2010 Indiana Basketball Coaches Association Spring Clinic Notes

Coach Thompson has notes and handouts for all of the speakers within these highlighted points…some of the notes have hot links to the handouts provided by these speakers in PDF format.

Friday, April 23, 2010

Rodney Watson, University of Southern Indiana—Eagle Coaching and PVC Chute Drills



- 3 Rules to Live by at USI Basketball
  - Illegal activity is not acceptable—it carries a heavy penalty
  - Class attendance is non-negotiable
  - Enjoy playing basketball
- Bullet Theory
  - Each coach on staff is awarded four plastic bullets at the start of the fall semester.
    - We are allowed to have a "tantrum" at our discretion (practice, game, locker room, team meal, scouting report, class check, etc.)
    - At the end of the day following the "tantrum" the individual coach must surrender a bullet
    - After four bullets are surrendered—NO MORE TANTRUMS—coaching only!
- PVC Chute Drills
  - Big Step Defensive Drill
  - Skip Close-out Drill
  - Sideline Slide Drill
  - 1-on-1 Cut-off Drive Drill
  - Tight Curl Jumpers
  - Entry Pass, Rip, Jumper
  - Rip Jumper, Outlet
  - Up and Under Drill
  - Box Drill
    - Teaches proper close-out technique and defensive slide principle while maintaining a proper basketball position
    - Use as a warm-up drill 1-3 repetitions per individual clockwise and counter clockwise

David Benter, Brownstown Central High School—Man/Man Defensive System

CLICK HERE FORE DAVID'S PRESENTATION

BENTER'S 20 DEFENSIVE IDEAS

- Being a good defensive team allows you to do the five following things…
  - Control tempo
  - Take away the opposing team's sets/strengths
  - No open 3's or shots in the scoring triangle (nail hole to the blocks)
  - Force the other team to score in the half-court
  - Make the opposing team's worst players beat you
- Run/Glide/Run Drill
  - Sprint/Reach-Step
  - Baseline/Elbow/Half-court/Elbow/Baseline
- Defend Inside Cut Drill
- 1 on 3 Recovery
- 1 on 1 in the post to 3pts.
  - Player passers are on the wings

    - Coach starts the drill at the top of the key…this is the only passer that can throw a lob
    - Play to three points
- 2 on 2 Down Screens
    - Defense has to jump to the ball
- 2 on 2 in the Post
    -
- 3 on 3
    - Turnover consequence is down and back
    - Missed block outs are down and back
- 4 on 4 Help and Recover
    - When player on the wing gets beat the helper cuts off the penetration outside the lane
    - Weak wing has to help the helper and split the weak side offensive players
- 4 on 4 on 4
    - Play with three teams in the half-court
    - Non scores you have to take the ball back to the center circle
    - Turnover means you are automatically out
- 3 on 2 Pass/Power
    - 3 offensive players against 2 defense
- Bubas Drill
    - 4 on 4 catch-up
    - Use the whistle to make the offensive team get back on defense

Tricia Cullop, University of Toledo—Transition Game



- 3 Man Break
- 3 on 2, 2 on 1
- Cyclone Drill
- Post Double Drill
    - Three defensive players and three offensive players are required
    - Three offensive players are wings and post
    - Three defensive players are guarding wings and post
    - Coach/manager throws pass to post side wing…opposite wing defender goes to double
    - Wing enters the ball to the post…post skips to opposite wing
    - Doubling defender has to sprint back out to cover
    - Post player follows pass and weak side wing defender has to double once the ball goes back into the post
- Penetration Series
    - Coach/manager always hits the player that initiates the dribble drive
    - Drive and kick for to player in the corner for a wing shot…get pass from coach in the corner for corner jumper
    - Penetrate…hit crackback and then the passer goes through to the opposite corner for a shot
    - Penetrate and kick baseline…passer comes back on the same side for a wing shot
    - One more pass (same as above with extra player getting the shot)…passer still comes back on the same side for a wing shot

Dana Altman, Creighton University—Wheel Offensive Movements



- Players still have to learn to make reads…just as in Read/React
- Coaches can utilize mis-matches and scoring opportunities that the defense presents…giving the coaches a lot of control
- Offense works effectively against a zone as well
    - Players just hold cuts in the gaps for longer periods of time
    - More screening of chasers (up defenders)

Steve Alford, New Mexico University—Individual Workout Drills



- Players are made in May, June, July, August, and September
- Three main keys to work on in individual workouts…ball handling; pivoting; shooting
- W Dribbling
  - Working on going from cone to cone as fast as you can with two balls
- Three Line Cone Drill
  - Players start with a ball at half-court and complete the task instructed by the coach
  - Players do not stop until they have went through all three lines
- Three Line Chair Drill
  - Players pass to coach who sets the ball down on a chair
  - Players pick up the ball and have to pivot/rip
  - Players can come from half-court (forward pivot) or baseline (reverse pivot)
- Championship Shooting
  - Four chairs…two on the blocks and two on the elbows
  - Player curls on outside for first jumper
  - Each jumper after that forces the player to go down through the X
  - Player will shoot where the coach instructs him to do so…flair for three, curl at the elbow, rip through for jumper off one dribble, etc.
  - Players may have to make a certain amount in a row or 2/4…whatever the coach wants
- Tight Cuts
- 21
  - Player starts at half-court and must shoot a lay-up; two-point jumper; and three-point jumper
  - Player cannot stop until he gets to 21 points
  - Some high-level players are able to do this three times before they are done with their workouts
- 3:00 3's
  - Keep records for this…top guard/top forward/top big
  - Players cannot shoot a three from the same spot two times in a row
  - Rebounder continues to rebound and pass to the shooter for the entire three-minutes

<u>Saturday, April 24, 2010</u>

Jerry Hoover, Logansport High School—Turning a Loser into a Winner

- D-1 Team Camps; Rick Mount Shooting Camps; Five-Star Camps
- Don't exclude groups or people from your team
  - Is there anyone that you are excluding? Look for players that can help…wherever/whoever they are!
- 7 Basketball Skills
  - Basketball is a game of running, jumping, sliding, pivoting, dribbling, passing, and shooting
  - Norm Stewart shared this with Hoover
  - All feeder teams begin their practices working on each of these skills
- Share athletes
  - Don't be selfish and make sure you are fair
  - Remember though that shooting is a PERISHABLE skill

Chris Johnson, Homestead High School—Important Drills for Motion Offense

- Two Ball Chair Drill
  - Chair is placed at top of key

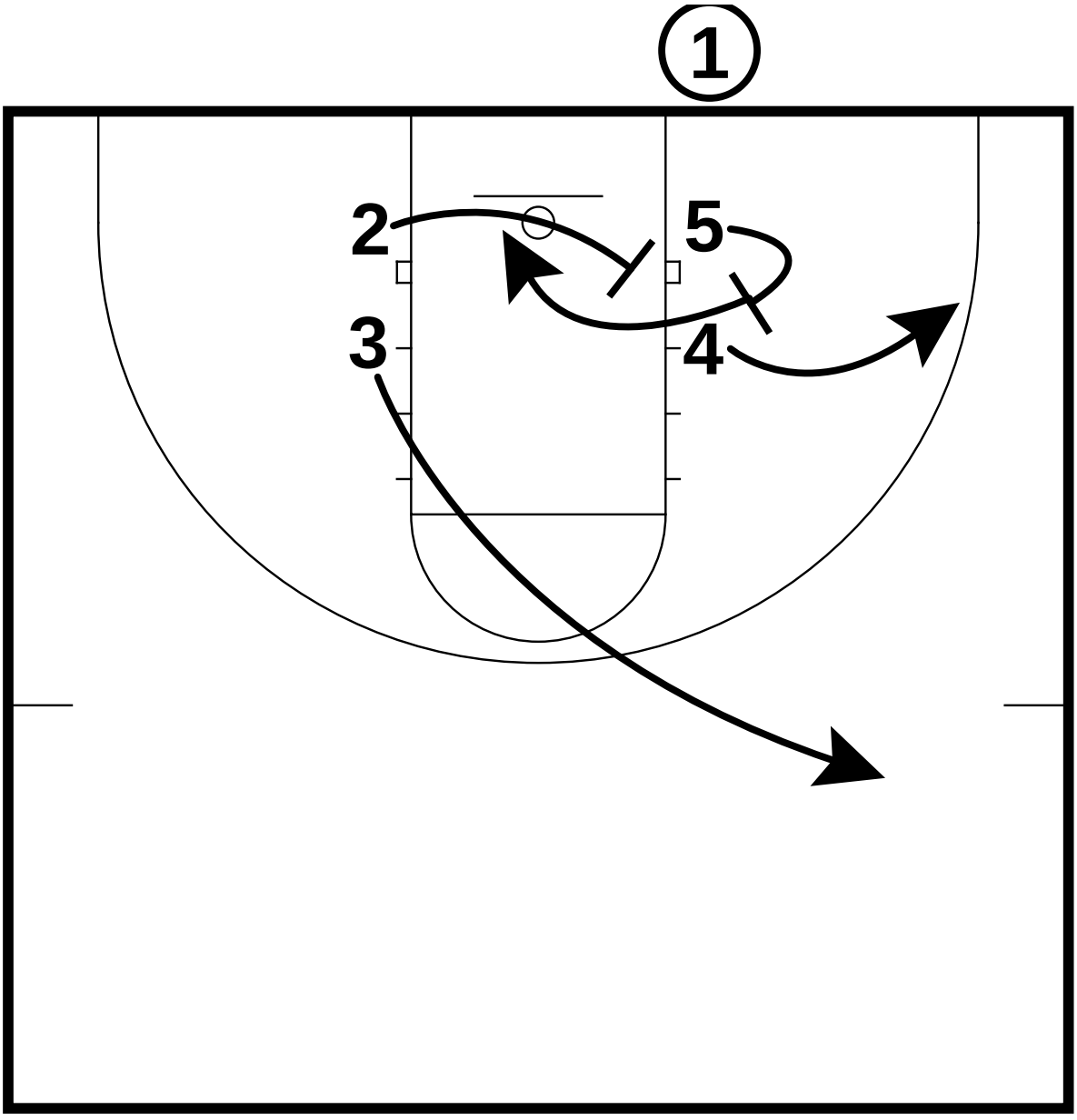
        - Players must dribble two balls from the half-court line to the top of the key
        - Players must make a pass to a manager/coach on one wing and then a pass to another manager/coach on the side that they will get the shot from
        - Player receives a pass back and shoots the shot that is indicated by the coach

Matt Wadsworth, North Posey High School—Competitive Transition Drills for Practice
CLICK HERE FOR MATT'S HANDOUT

- Pull-Back Series
- Viking Lay-up Drill
    - Three offensive players are necessary
        - 01 starts with the ball in the middle of the floor
        - 01 dribbles to wing and hands off to 02 who dribbles to opposite end of the floor to shoot a break-away lay-up
        - 01 goes to the block and curls around the chair at the nail hole
            - shoots lay-up; vb line jumper; elbow jumper; step-off three
        - 03 makes the pass to 01
        - 01 gets his own rebound and goes to the wing to be a passer—where 03 was
        - 03 goes to the opposite side to be the player that will shoot the full court lay-up
        - 02 goes to the center of the court after he shoots his lay-up

Blobs

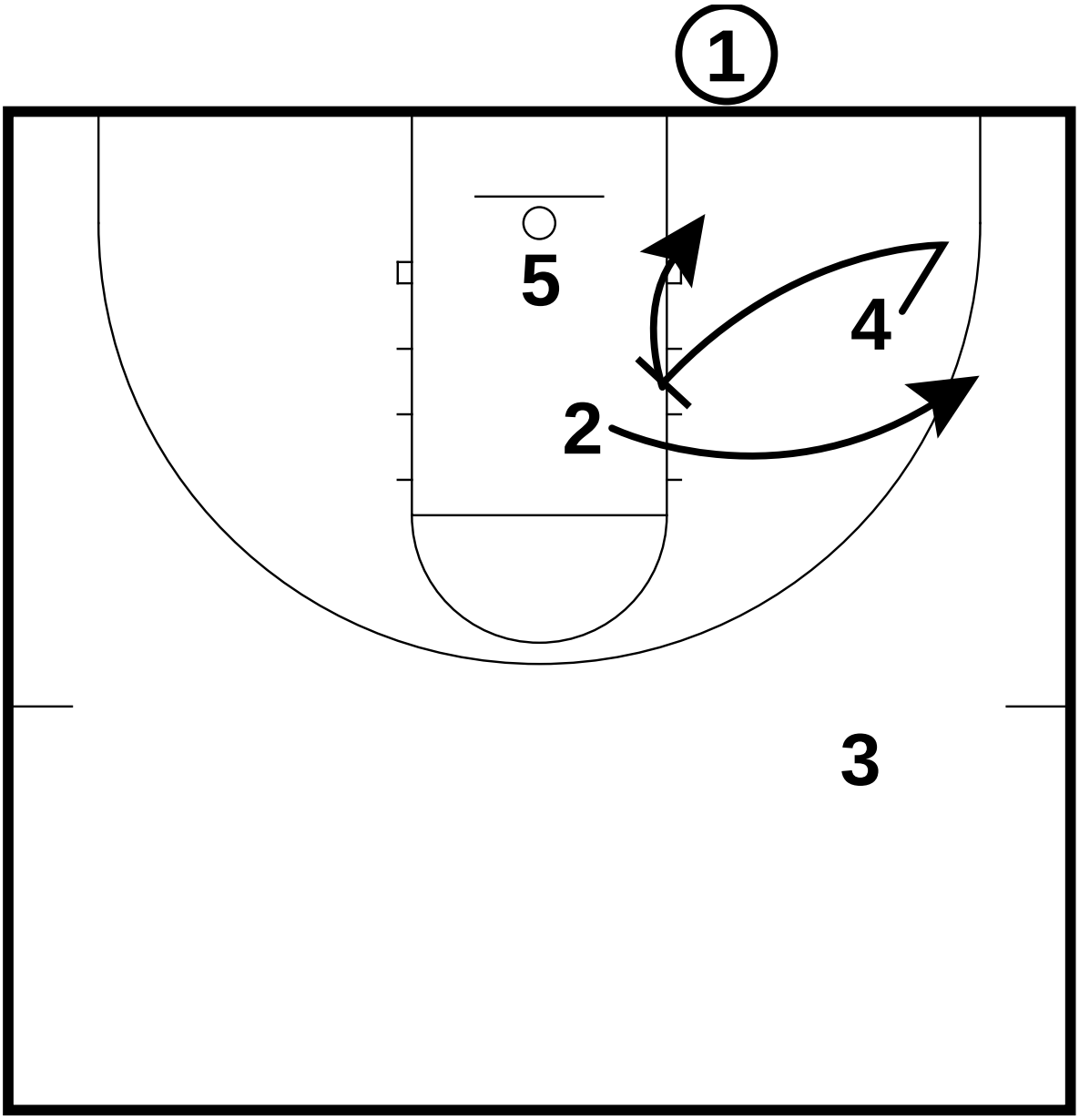
Box 1
Blob's



5 sets a screen for 4. 4 heads toward the right corner. 2 will set a backscreen for 5. 5 rolls to the basket while 3 pops back to be the safety pass.

Blobs

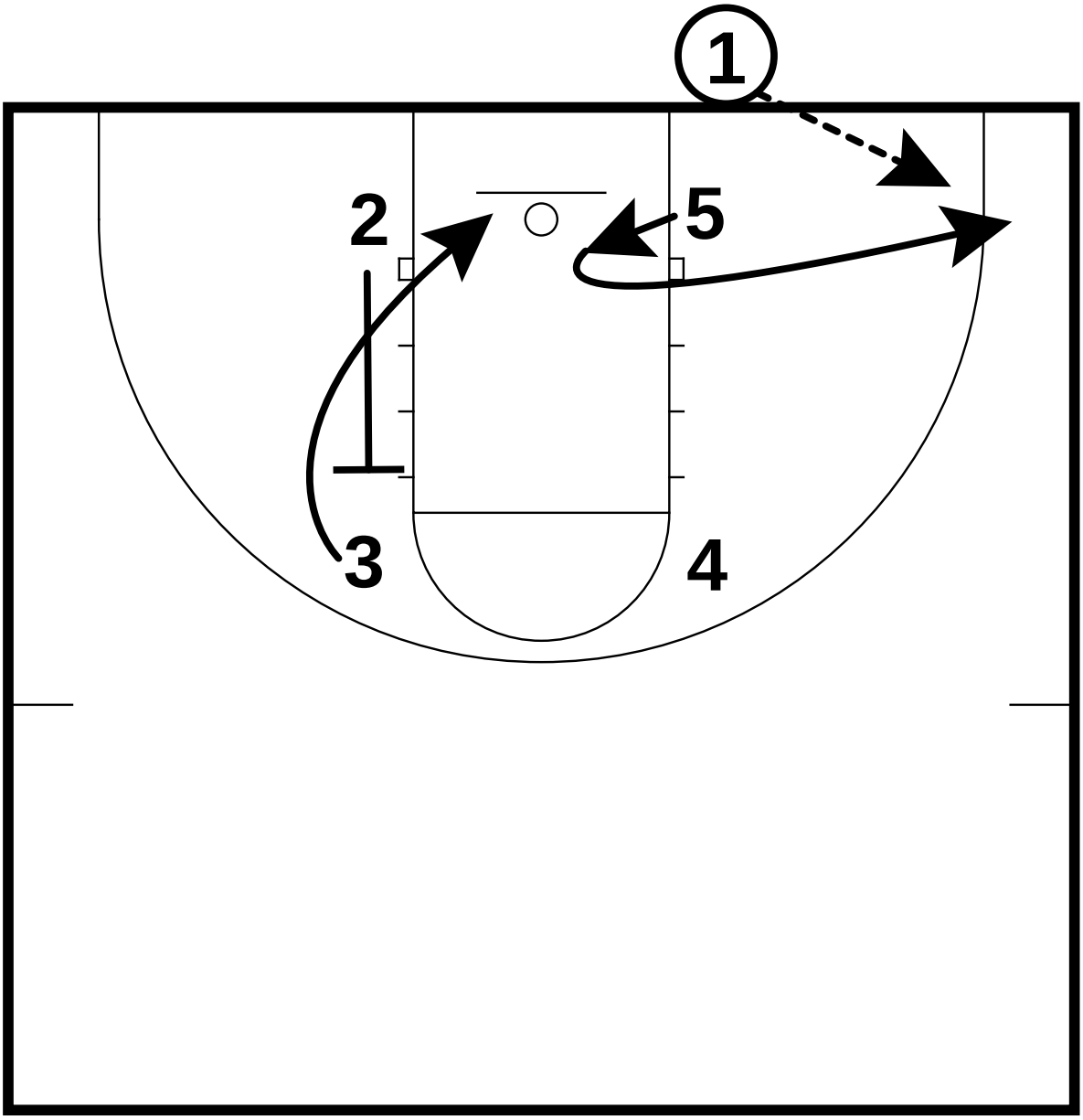
Box 1
Blob's



4 takes two steps toward the corner, then turns around and screens for 2. 2 pops out to the right wing while 4 rolls to the ball. 1 either passes to 2 or 4.

Blobs

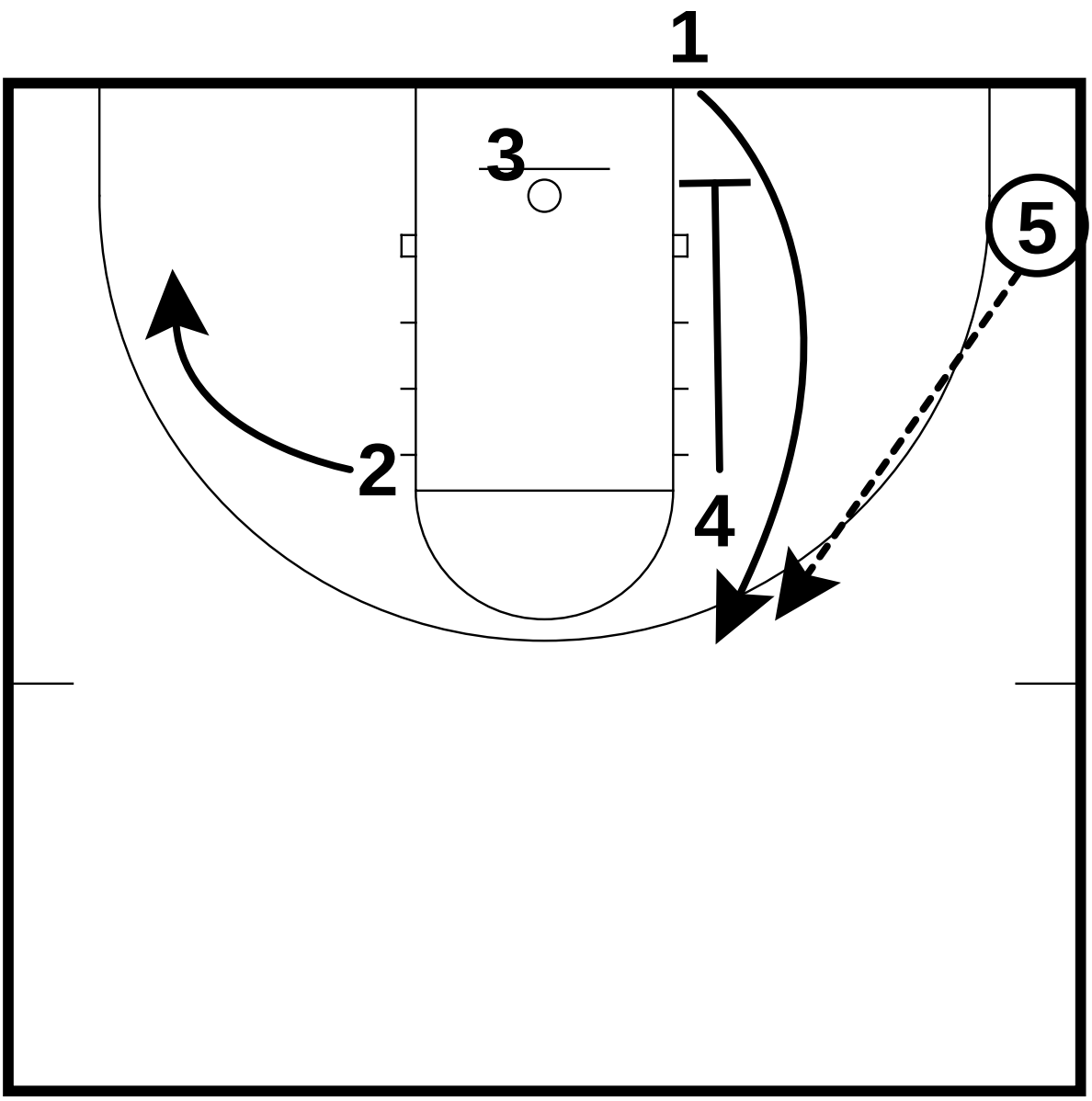
Box 2
Blob's



5 will step in to post-up hard, then cut to the ball side corner. 2 sets a backscreen for 3. 3 cuts to the the basket. 1 passes to 5.

Blobs

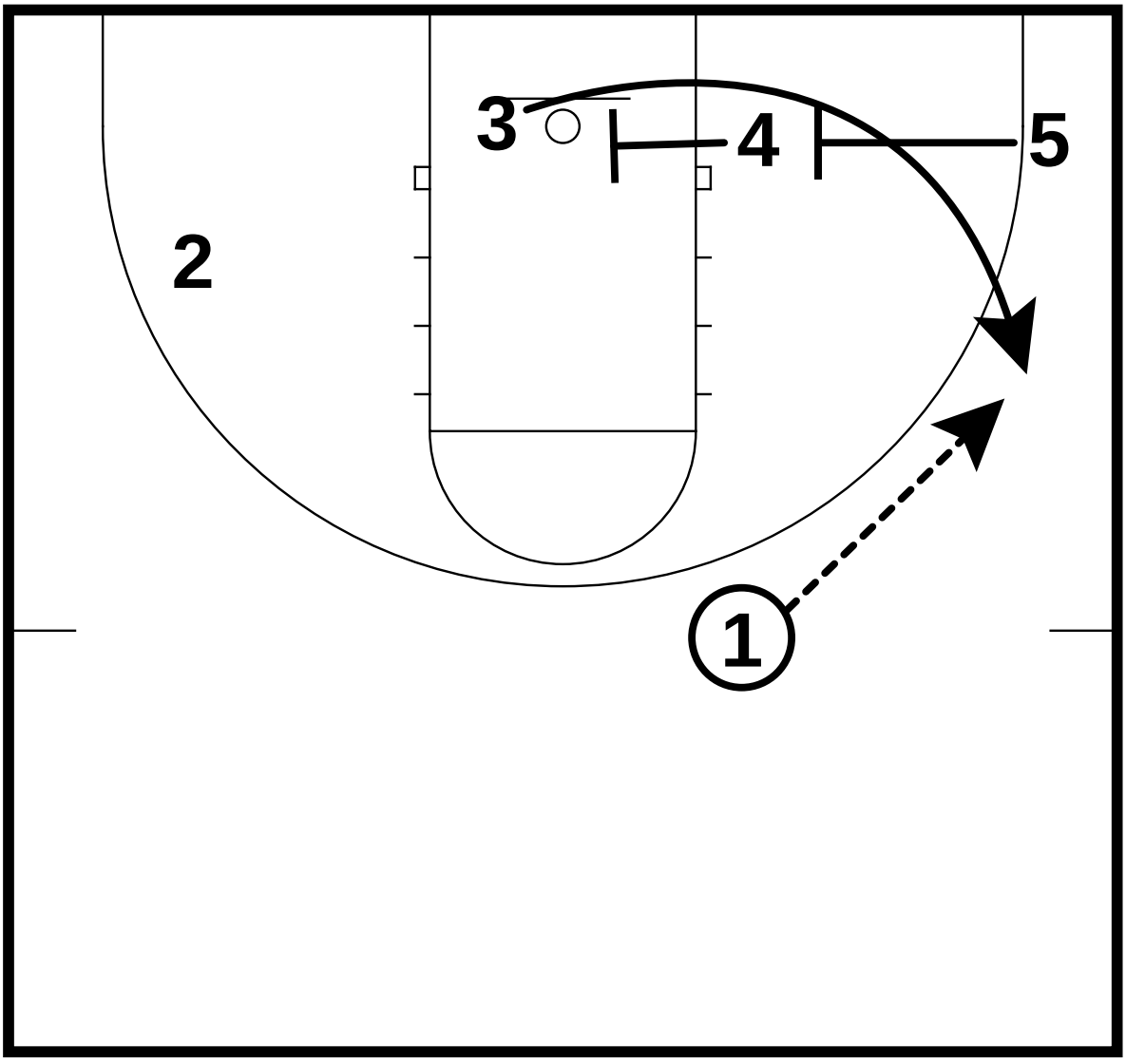
Box 2
Blob's



4 sets a downscreen for 1. 1 comes on the court and does a zipper cut to the top of the key. 2 floats to the weak-side corner. 5 passes to 1.

Blobs

Box 2
Blob's



4 and 5 set a staggered cross screen for 3. 3 cuts off the downscreens to the ball side wing.. 1 can pass to 3 for the shot.

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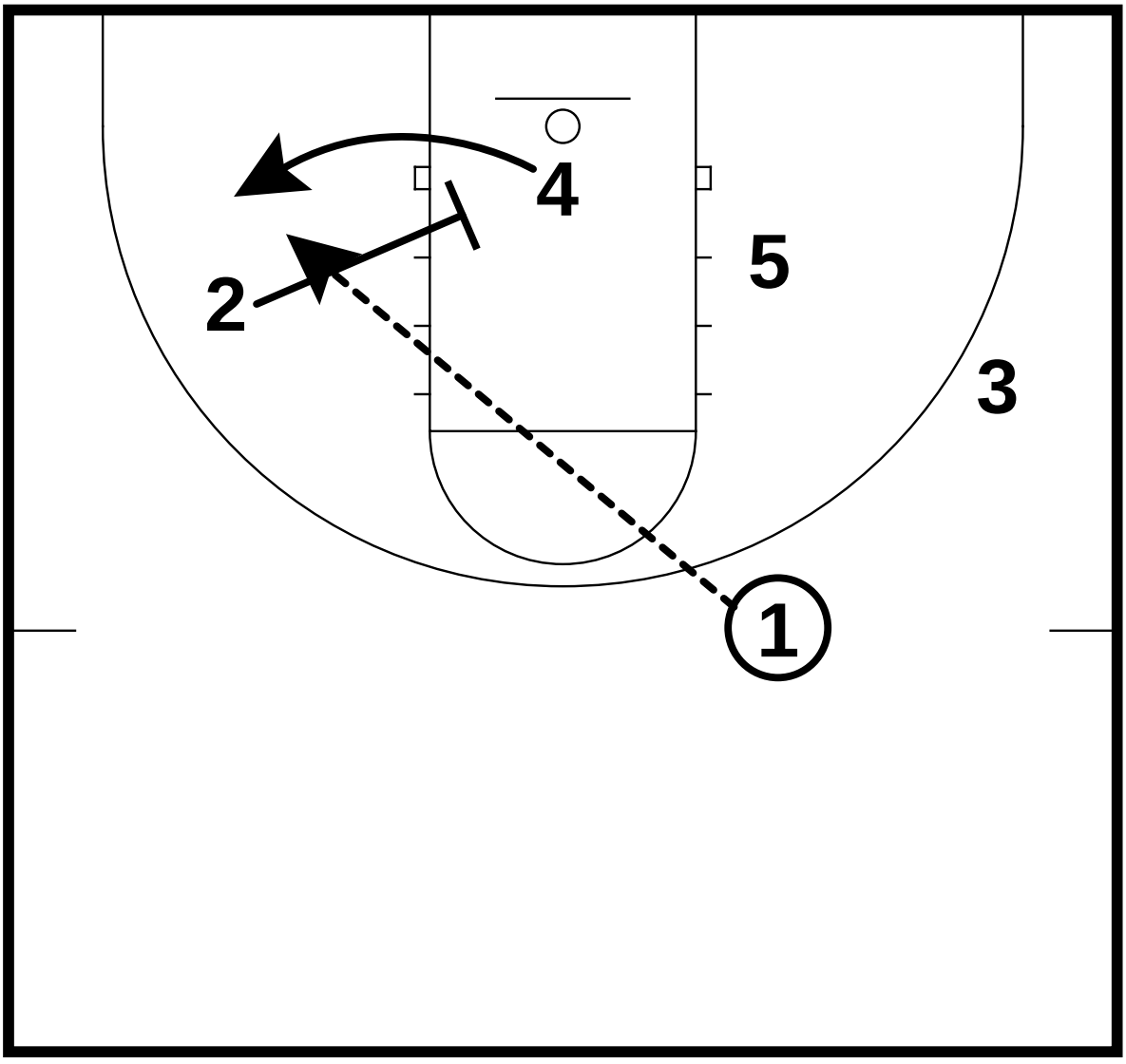
Box 2
Blob's



If 1 doesn't pass to 3, then 2 sets a downscren for 4. 4 comes off the screen from 2. 1 passes to 4 for the open look.

Advanced Individual Skill Development

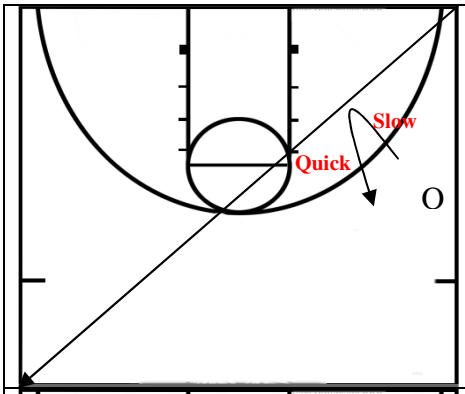
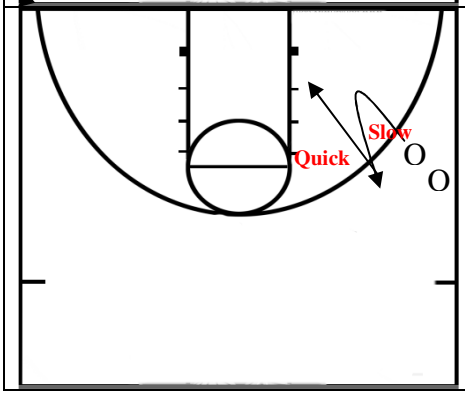
Dave Thorson

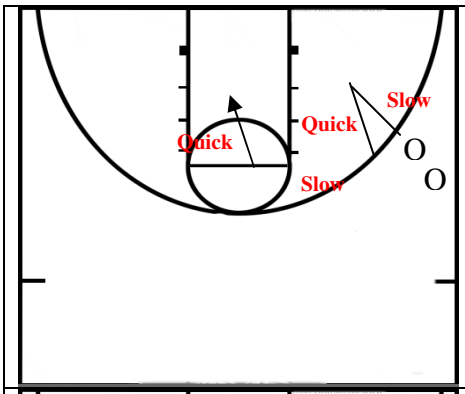
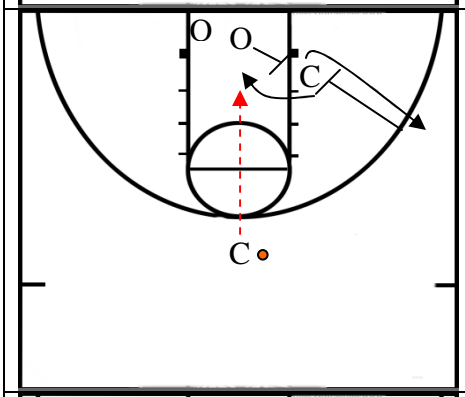
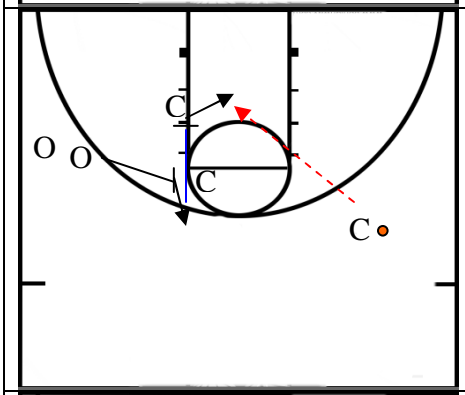
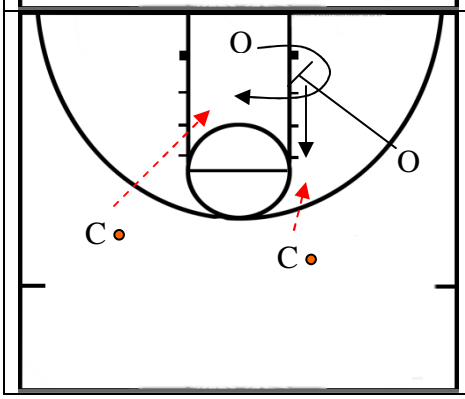
General Notes

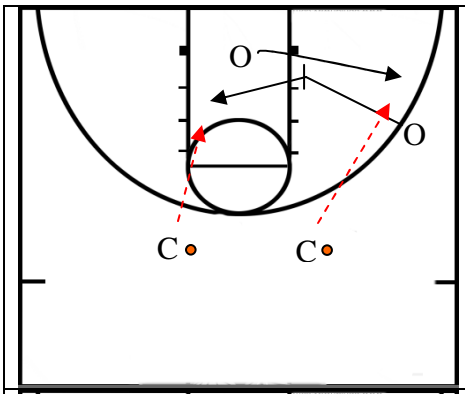
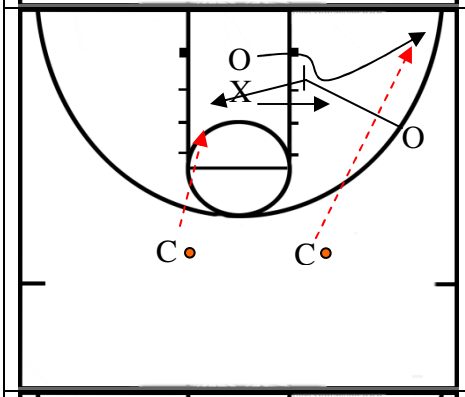
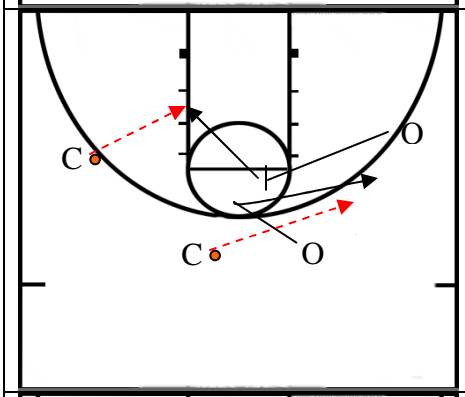
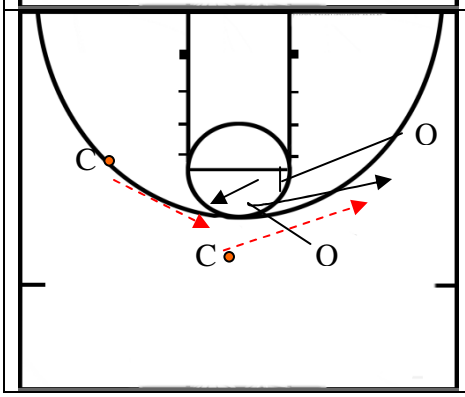
- 2 types of Intensity
    1. Physical Intensity (Effort)
    2. Mental Intensity (Focus, listening)

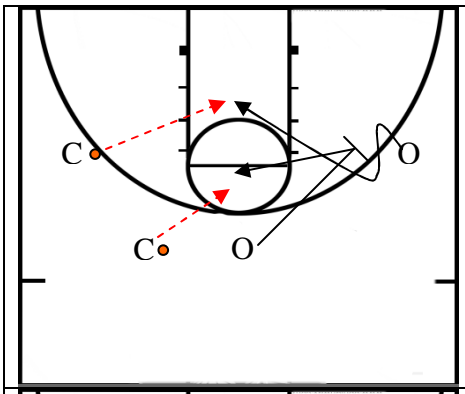
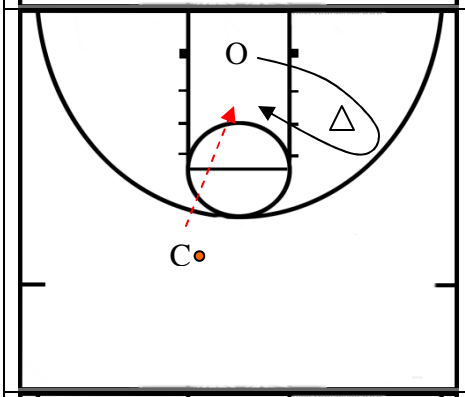
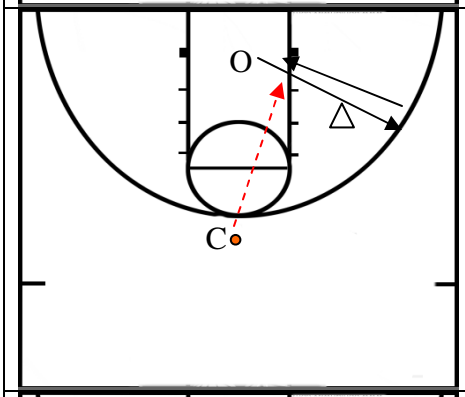
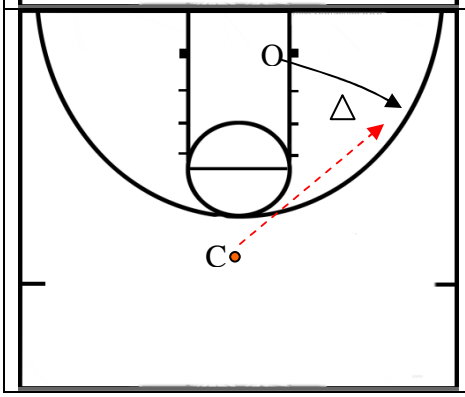
- Like to use an "inside" pivot foot for shot footwork

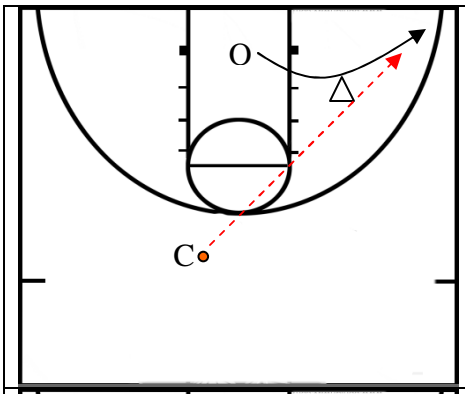
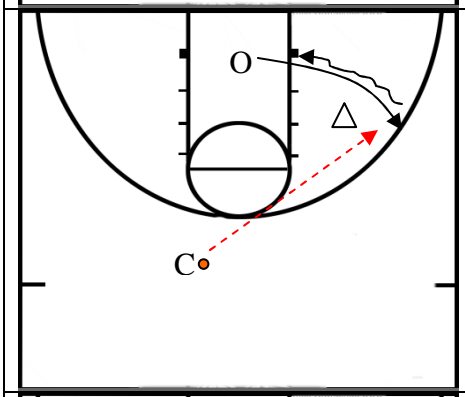
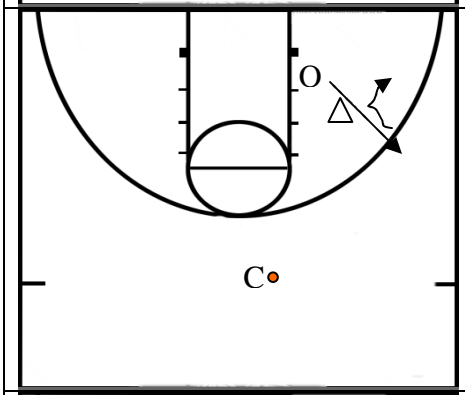
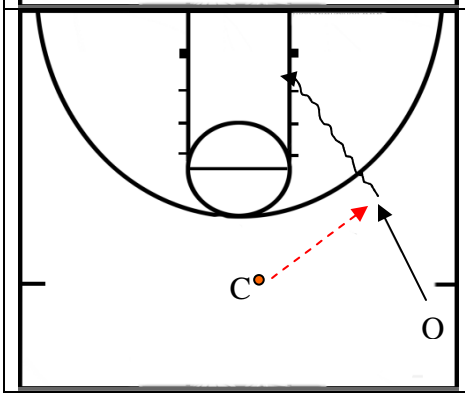
<u>Reasons to play motion offense</u>
- "Teach players how to play not how to run a play"
- "Motion offense evolves with player's talents"
- "Mistakes are OK, if you are going hard"
- "Freedom of players to play"
- "Unpredictable"

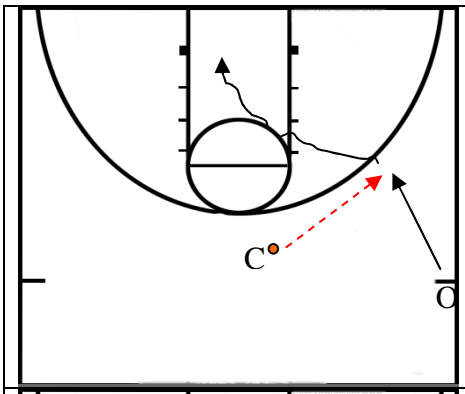
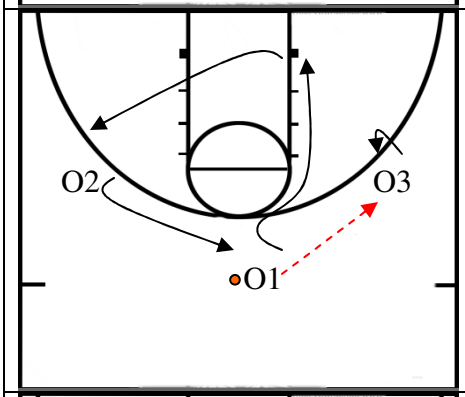
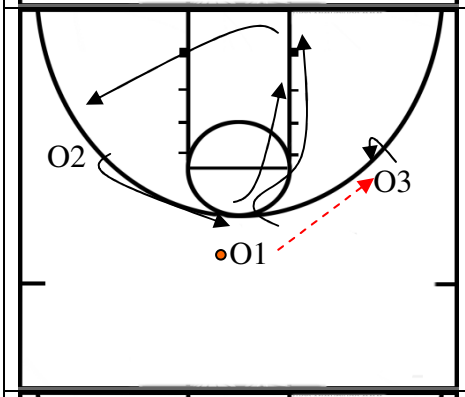
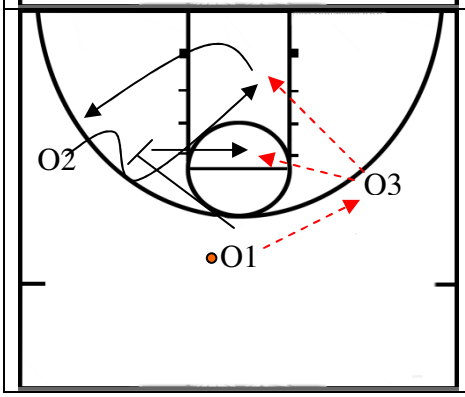
	**Getting Open 1 on 0 with NO Ball – V Cut** - Catch and sweep * Use V cut or L cut * Catch the ball and sweep it through * Change of pace and direction on the cut **Option**: add the ball **Approx Time**: 1 min
	**V Cut Back Cut 1 on 0 with NO Ball** - Get the defense outside the 3 point line to set up the Back Cut - Go slow to quick - Use a "low fist" hand signal to let the passer know you are back cutting - Give a BIG target for the passer **Option**: Add a ball **Approx Time**: 1 min

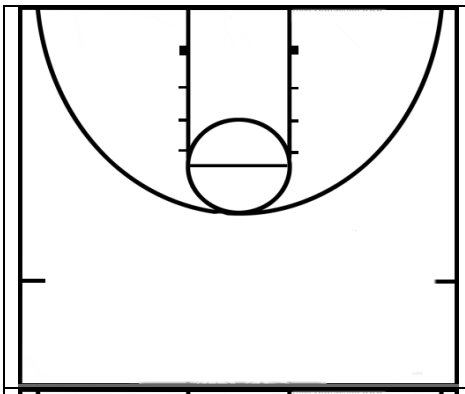
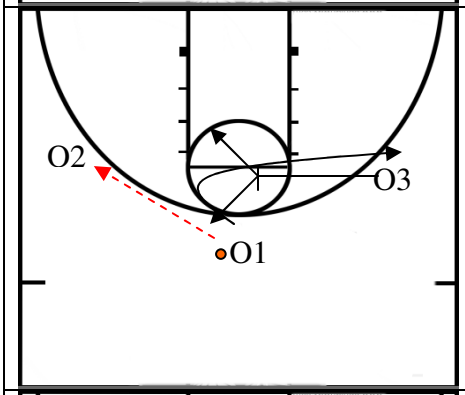
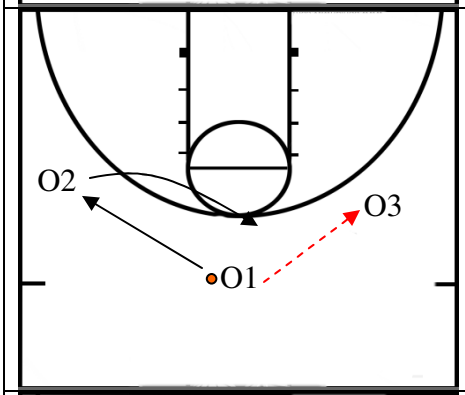
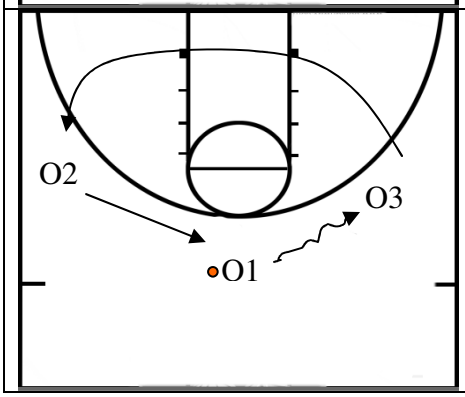
	**High Post Flash Back Cut** - Slow to quick - Work both sides **Option**: Add a ball
	**1 on 0 Screening Back Screen Down Screen** - Back screen and separate - Use a blocking pad - Get outside the 3 point line - Down screen and then show to the ball
	**1 on 0 Screening Flare Screen Down Screen** - Separate out after flare - Slip to the ball after down screen
	**2 on 0 Screen Cuts (1)** - Need 2 balls and 2 passers - Screener comes back up the lane to look for shot - Curl cut down screen **Option**: Can catch and rip and drive instead of jump shot.

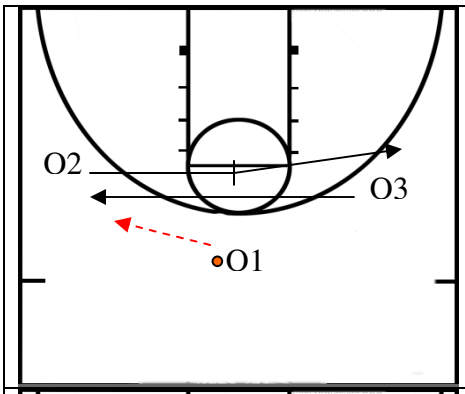
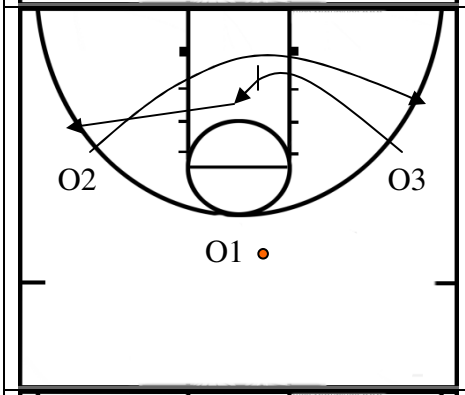
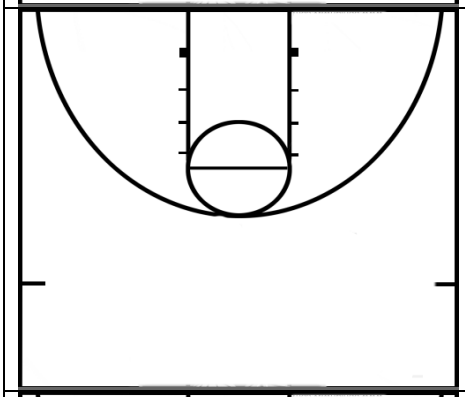
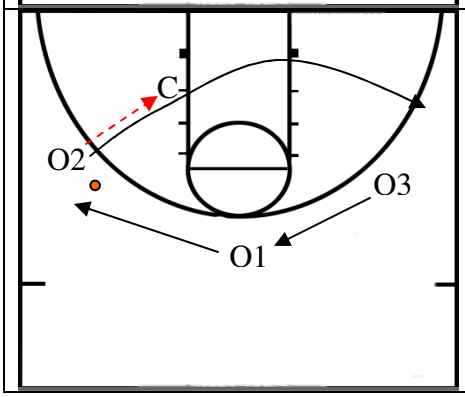
	**Down Screen and Pop (2)** - Screener shapes up to the bal after screen
	**Down Screen and Flare (3)** - If defense goes over the top of the screen, flare to the corner - Don't fade away on flare, maintain balance - Screener shapes up to the ball – big target
	**Flare Screen and Slip (4)** - Set man up on flare cut - Screener dives after screen
	**Flare Screen and Pop** - Screener can "pop" out for the jumper rather than slipping to the basket

	**Screen Away and Curl (5)** - Must curl on screen away - Screener comes back to the ball - Add the Catch and Rip option with the person flashing to the ball after the screen – mix up your finishes
	**Motion Shooting – Curl Cut and Down Screen** - △ = Chair - Show big target - Curl cut down screens - Add curl jump shot variation - Add curl 1 dribble pull up / rim finish
	**Motion Shooting – Back Cut** - Get into the screen - Use low fist as hand signal
	**Motion Shooting – Straight or Pop Cut** - Use inside pivot foot - Don't fade – stay in balance

	**Motion Shooting – Flare Cut** - Catch inside foot - Don't fade – stay in balance - Read the screen and get into the screen **Option**: you can add a defender who goes over the top of the screen
	**Motion Shooting – Catch and Rip to Rim** - Mix up finishes (pull ups, lay-ups, reverse lay-ups) - Add a shot fake
	**Motion Shooting – Step Back Move** - Catch with inside foot - Shot fake - Cross over step - Drive defender off with inside foot - Stay in balance and don't fade **Step Back Counter**: - Crossover dribble, between legs, behind back - Utilize when defender closes out when you have created space on the step back
	**Wing Attack – Catch and Rip and Score** - Mix up finishes - Pound the dribble - Use either 1 dribble or 2 dribbles to get where you need to go - Make cut at 45 degree angles - Add a shot fake

	**Wing Attack – Catch and Rip and Score** - Shot fake - Cross step - Inside pivot foot - Can throw in the step back move as well the counters with the step back (between the legs, crossover, behind the back)
	**Building a Motion Offense 3-0: Action 1 Basket Cuts** - Slow to Quick - Fill to reverse - Add a back cut action
	**Building a Motion Offense 3-0: Action 1 Cont.** - Add the back cut - Use a low fist to signal a back cut is being made - Need constant talk
	**Building a Motion Offense 3-0: Action 2 Screen Away and Curl Cut** - Screener always comes back to the ball - Curl all screen aways - Fill spots

	**Building a Motion Offense 3-0: Actions 1 and 2** - Players can use any of the cuts used in Actions 1 and 2 - Need to always fill and communicate
	**Building a Motion Offense 3-0: Action 3 Flare Screen and Slip / Pop** - Slip on switches - Dribble at the flare - Fill vacant spots **Action 4: Flare Screen and Pop** - Screener can also POP for a 3
	**Building a Motion Offense 3-0: Action 5 Shallow Cut / Baseline Cut**
	**Building a Motion Offense 3-0: Action 5 Baseline Cut** - Can back cut on dribble entries

	**Building a Motion Offense 3-0: Action 6 Loop Screening** - Cutter can go high or low - Fill spots
	**Building a Motion Offense 3-0: Action 6 Baseline Screening** - Screener should SHAPE UP after setting the screen and then fill
	**Building a Motion Offense 3-0: All Actions** - Combine all Actions for complete development - Need to constantly be talking
	**Adding a Post Player: Basket Cut on Post Entry** - Basket cut on post entry and fill spots

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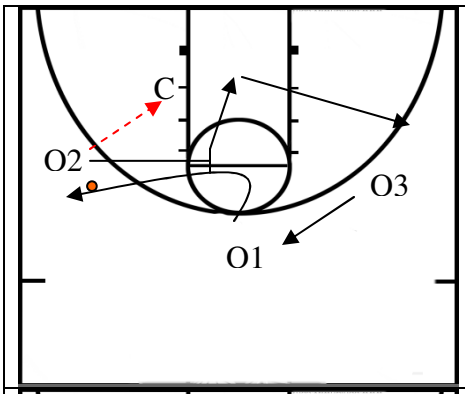
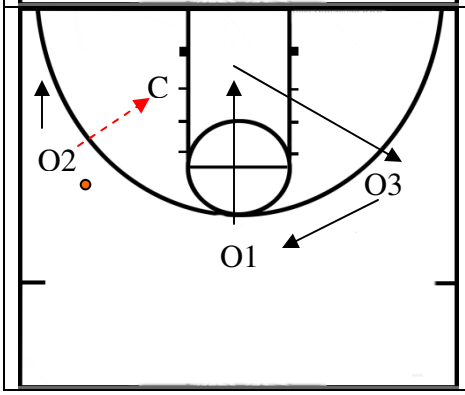


Adding a Post Player: Flare Screen Dive
- Dive to basket after screen



Adding a Post Player: Weak side Dive

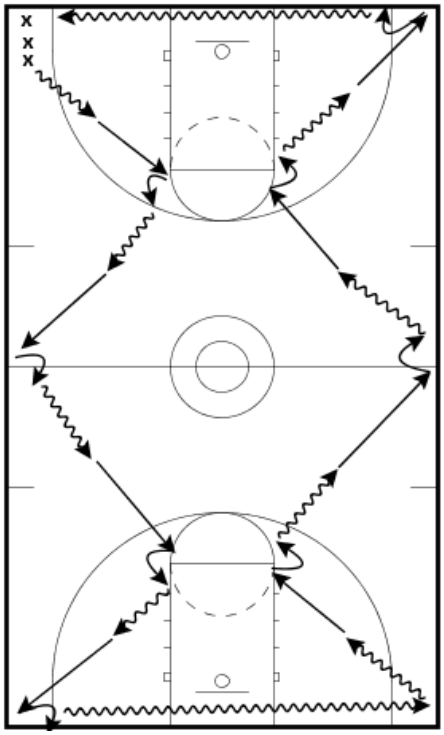
Ben Jacobson
Competitive Drills For Man To Man

Defensive Philosophy

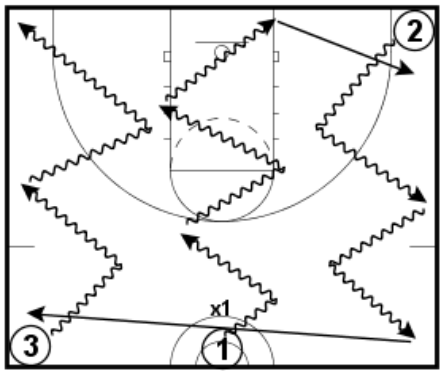
1. Create an identity for you program- ¼ court defense
2. Charges and Loose balls- you must finish possessions
    a. These are two things that your guys can rally around
3. 80% Dick Bennett Pack Defense…15% pressure…5% their own concepts
4. Offensively push the ball and give their players freedom with ball screens and then set plays
5. Communication
    a. Must be part of everything
6. 4 Key Areas of Defensive Play
    a. Guard the basketball- with a certain level of pressure and limited rotation…build a wall
    b. Don't take yourself out of position to guard…shot fake…jab…closouts…jump the passing lane
    c. Be part of our team defense- you are not guarding a guy
    d. Finish every play- charges, loose balls, defensive rebounds…talk about every day in practice, you cannot give in at the end of defensive possession. You need consequences, competitive drills

Drill: Slide, Run, Pivot

1. Helps builds a mindset
2. First drill he runs
3. Take three defensive slides, turn and sprint....jump stop at elbow…reverse pivot, three slides, turn and sprint…jump stop at ½…defensive slide across the ½ court line…3 slides, turn and sprint to elbow, reverse pivot…jump stop…reverse pivot, 3 slides, turn and sprint to corner…jump stop, reverse pivot, slice across the baseline (showed this way…with his team they do it the length of the floor)
4. Defensive slide…do not bounce…widen your hands
5. Have balance with your jump stop
6. On jump stop make sure you are low and wide
7. "Push, push, push" any time you make a slide…players will make a verbal call…"push, push, push"
8. You must talk
9. When drill is finished…don't cut corners…finish from corner to corner

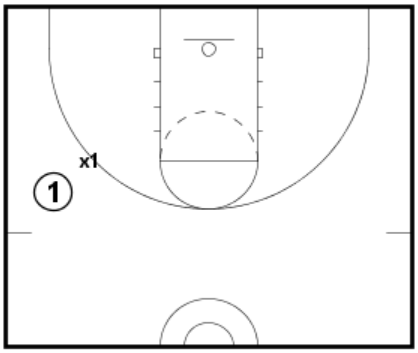


Drill: Alley Drill



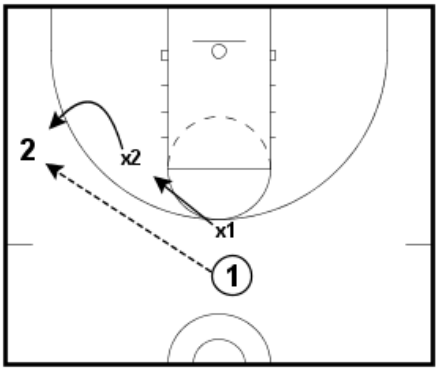
1. Start at ½…get the ball to the end line between the FL extended…he is not trying to score
2. Defense is working on technique and avoiding the foul…you cannot be fouling team
3. Offense starts with a live dribble
4. Defense starts with a "ball" call
5. You do not want a hop in your stance…keep your feet on the ground, do not let both feet come off the ground
6. Will often run with three offensive players and one defensive players…the defense must defend three different guys…and then he rotates out
7. How many times can you turn him
8. Do not reach…don't foul
9. If the ball is loose on the floor…players must be diving on the floor
10. Add a Purdue concept…the most physical defensive team
    a. After alley drill, he runs to the corner and guards a second offensive players on the outside third of the court…then runs to the ½ court sideline corner and defends a third player to the baseline

Drill: One-On-One Live From the Wing



1. If you want to get better guarding the ball…you must play live one on one
2. Head up on the ball…square
3. You cannot get beat baseline…if he goes middle you must level the dribble off going toward the top of key
4. Ball pressure is scouting based…pressure to your ability…if you can dominate the ball, dominate the ball
5. When the ball is in the middle, you level off the dribble both directions
6. Trace the ball with one hand…as it moves your hand will change…start with a ball call
7. Hand the ball to the offense…end the possession
8. Offense has three dribbles
9. When the dribble is picked up…chest up with your knees bent…both feet on the floor…finish plays in this position…shooters are bothered more this way
10. When starting on the wing the ball must be leveled off above the elbow

Drill: Two on Two Angle of Approach-



1. When the ball is at the top…level it off above the elbow
2. On the wing…don't get beat baseline
3. Use the elbow as the pack line
4. When off the ball you are in a closed stance…gives you a better opportunity for a short close out when the ball goes to your man
5. As your man moves down the floor you must stay up in the gap…if you get flat in the gap it kills this defense…even with your man…when the ball is dribbled right on top of you, you can never get to the corner
6. Angle of approach- get underneath opponent to approach head on when closing out to your man when he received the ball…puts you in a position to cut off baseline

7. Take the same angle on the wing and at the top
8. Communicate in the drill…Talk to each other…Talk to each other by name
9. Close out…weight back, chop your steps, throw both hands high
10. Do not bounce when you guard the ball…you cant bounce
11. When you throw up both hands…take his vision away

Drill: Three on Three Angle of Approach

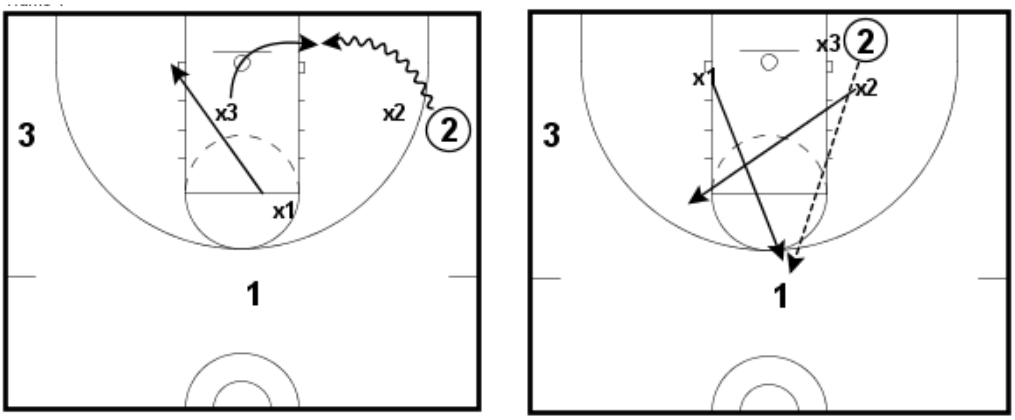
1. New position is the midline defender
2. Ball side foot must be on the mid line…much better position to be in to be part of team defense
3. Same emphasis on angle of approach and close outs

Drill: Paint Touch Drill

1. 3 on 3. .offense is trying to touch the paint as many times as they can…or beat them baseline…coach counts
2. When you get loose ball recovery every sprints to help him up…rally around it
3. Make competitive…Defense has an up and back for each paint touch or baseline drive
4. Any time an offensive player is on the move and they leave their feet it has to be charge

Drill: Rotation (3 on 3)

1. Why do you work on rotation if it violates the rules? They are not supposed to get beat but they do
2. Teaches your players how to play…teaches them to play as a team…get stops as a team
3. When the ball goes baseline…mid line defender gets outside of lane line…top man covers down outside the land…butt to the baseline…below the offensive player
4. When the bal comes out...Cover down guys takes first pass…ball defender rotates with his momentum to the mid line
5. Get two good rotations…any more than that and you are just running around
6. Long close out sprint half way first

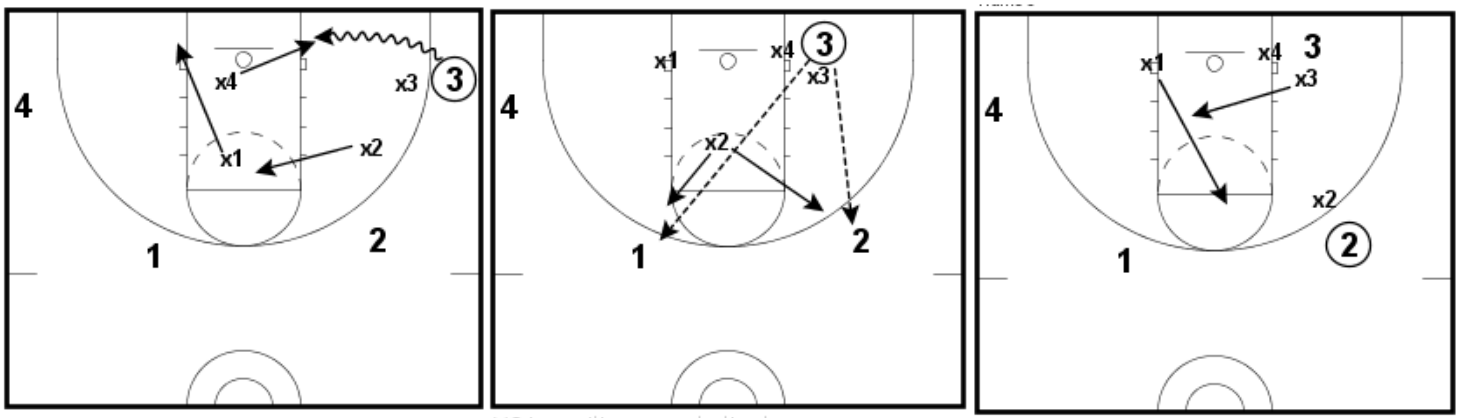


Drill: 3 on 3 Live

1. Defense gets perfect possession they are out…or get three stops in a row

Drill: Four on Four Shell Drill

1. When your are two passes away from the ball you are one step off the line of the ball in a slightly closed position
2. Progression
    a. Position- get to your position while the ball is in the air…your positioning has to be the help…there is no help and recovery in this defense
    b. Front the cutter…jump to the ball and move on air time…entire defense jumps to the ball
        - When you front the cut…stay at the mid line
        - Only cut on pass from the slot to the wing
    c. Rotation- ball is driven baseline…4th defender is center fielder…one step below the line of the ball to the next player (not your own)
        - When ball is passed out the man who rotated to the ball stays…they guy who got beat rotates out
        - When you come out of rotations you must talk
        - Center fielder takes any pass to the top of the floor…skip pass is taken by the cover down guy



Drill: Four on Four Scramble

1. Promotes communication
2. Great Daily Drill
3. Offense starts with ball…when coach says go…they scramble to a defensive position…defense then becomes the offense…the new defense must cross the midline and sprint to defensive spots
4. Don't run to a man…sprint to your position
5. As soon as the defense picks the ball up they are trying to drive and score
6. Get to ball…get is covered
7. Give the offense 18 seconds to score…that is good defensive possession
8. To give the defense more time…require offense to complete one pass (start with this, then go to the dribble)

Drill: Seven Point Game 5 on 5

1. Defense gets two points for a loose ball recovery or charge taken
2. Defense gets one point for a stop
3. Offense gets two points for an offense rebound…and the points for their score…if they get fouled they get a point
4. The first team to 7 wins…losers run…must have a consequence
5. Defense is at a distinct disadvantage…when you are on the road you are at a disadvantage

Finales

"Pack" Questions:

1. General Transition Defense Philosophy?
   a. Where do you stop basketball?
   b. Man responsibilities in transition: Match-up? Sprint Back?
   c. Terminology – "we stop ball?", "get back, then stop ball?"
   d. Offensive rebounding philosophy?
      a. How many guys are you sending to glass?

2. Screens – how do you defend
   a. Cross screen – big to big and small to big
   b. Staggered double – shortcut 1st, chase 2nd
   c. Down screen
   d. Away screen
   e. Flare screen – good shoot (post) → jam

3. Ball Screens
   a. Do you have 2-3 primary ways that you defend ball screens?

4. Against KU, how did you defend the ball reversal through the high post to the 2-guard side of the floor? Giving up a quick three is common on the reversal, how did you defend against this?

5. What are the weaknesses of your defense? How do you compensate for them? Do you have problems with guys playing passively within the "Pack"? Do you use a pack-line taped on the floor in practice?

6. Do you look to trap out of the "Pack"? Dribble penetration? Can you explain your rotation used in video (defending baseline penetration).

7. Post Defense
   a. What is your philosophy in the post?
      i. Against KU – saw some of the following
         1. Double from weakside post (KU had trouble)
         2. Cover down from guard
         3. Some front on 4 man
         4. Seemed to play behind or ¾ high on 5 man
      ii. How do you defend the high/low pass?

8. What defense(s) do you run to complement the "Pack"? Do you use any zone (full court or ¼ court) ie.1-2-1-1? What do you run in late game situations when behind?

2 passes - no closed stance

3 passes - straddle rim

9. Is your help defense in a closed stance or an open stance? One pass away? Two passes away? How does this stance allow you to get through screens? What is on-the-floor positioning (one pass away, two passes away, three passes away)?

10. How do you tweak defense to defend the following? What is your terminology/teaching with this? In KU game you denied some shooters and sagged off some players on the perimeter.
    a. Shooter
    b. Non-shooter
    c. More or less ball pressure
    d. More or less help (deny)

11. Can you take us through a normal defensive progression of a practice?
    a. Shell
    b. Transition Defense
    c. Closeouts
    d. Live

General Questions:

1. What is your offensive philosophy?
2. What do you do to keep your players fresh at half-time?
3. What type of motivational things do you do with your team? Team Building Activities?

Toughness Board
1. Loose balls
2. Charges

Def. Phil

1. Contested shots - Protect/Own Paint - nothing 15'
2. No gamble - Not leaving feet
3. Finish Possessions
4. Toughness Plays-

Straight Up - Head Up & Square Up

Guarding Ball

1 arm length - make them feel you — 1st month - same rules
- active hands
- hands off guarding ball

Transition Def.

2 back - top of key area — 5 on 4 / 4 on 3

PG always back

stop ball - 25' or in, still have to dictate
- sprint back to gap help

"Fire" - automatic double
get on big - automatic front
If you feel like you could go get it, go get it. - O-board
Getting back - 1st 2 steps
Funnel them off
Get to Gap Help

Bigs - coral, get back to foul line

Packline - 16'

- How often - def transition - down / back & stop.

- Closed stance

Film - Def. Trans in practice - watch it.

Defending Screens

Big to Big - Switch

- 3/4 in post - hand or foot around, keep space
- front if offense has 2 ft in paint - wing entry
- slide behind - when ball goes into post
- on catch - chest between ball & rim, don't let them get angle

Post double - post to post "Fire"

Post Def Drill - 3 out, 1 in

Cover down → go one he dribbles

Gd on Post - auto double & auto front

Air time

Approach?
Sprint to gap (help)

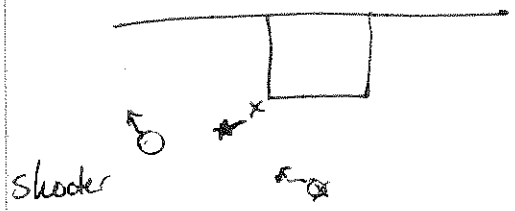
Who is shooter -
Can't rotate to non-shooter
If shooter - bluff!

Angle of Approach - 1st step underneath
Protect the elbows

On ball - level dribble off - keep outside elbow
Gotta guard 2-3 dribbles

- 1-on-1 - from gap help - long + short (different positions on floor)
- 1on1 on block
- 1on1
- 2on2
- 3on3
- 4on4
- 4 Rotations 3on3 + 4on4
- Trans

- Late Breakdown or No Breakdown on Shooter
  Close Short



Gap help, ◆ as dribble, move with dribble

1. Full ct defense
2. 3-2

Change
Double ball screens – switch up 2 possessions, trap out of TO
Double post
Run & Jump
Trap 1st pass - pt to wing

1-2-2 → back 3-2
1-2-1-1 →

Creighton - trap 1st pass, let big get it back,

Ball Screens
1. Ball Screen - 2 dribble trap
   - big to ½ ct, gd under
2. Flat Show -
3. Jam (if stationary)
4. Switch - 1-4
5. NBA - jump high & force baseline

Freedom or Off -

70% Defense

Watch our practices

Less than :08 - switch it - "Red"

Hales

1. TO's
2. Not into Post

PACK-LINE DEFENSE

Dick Bennett

Brad Soderberg

"PACK-LINE"

- 16-17 feet from basket
- GOLDEN RULE: No one but the defender guarding the ball goes outside the PL except for "dead" situations – NO EXCEPTIONS
    - If at any time there are not four inside the PL, 1 out there is a problem

This defense is NOT for every team –

- However, it is a great way to neutralize high-powered offenses
- It will keep you competitive against teams with superior talent

The 6 Points:

1. Transition Defense** (1 and 2 back every time, other three players offensive rebound)
2. Low Post Defense
3. Contain the Ball
4. Defend Screens
5. Practice game-like defensive situations as often as possible (4o4 Drills)
6. Defensive Rebounding**

** Most Important

You want to force your opponent to shoot over you on every possession

- This will allow you to be a better defensive rebounding team (especially if you're undersized)

A Coach has 2 responsibilities on defense:

1. Transition Defense (no easy transition baskets)
2. Defending the Post (do not get beat by a post player)

Defense is 4 Things:

1. Recognition
2. Anticipation
3. Reaction
4. Communication

In general, within this defense you must work to prevent:

1. Shot Fakes
2. Reaching
3. Hands Down
4. Silence
5. Over helping in the lane
    - Mainly by post defenders looking to stop penetration – the help must come from perimeter
6. Lateness on trap or choke
7. Soft Play/ Lack of Physicality

TRANSITION DEFENSE

DRILL: 3o2o1

- Emphasize getting back on "defense" just as much as anything else
- The "1" must be in two places at once – jab step and recover
- If a player isn't converting fast enough (homerun trot), give them a timed sprint goal

DRILL: 4o4 Switch

- Improves Alertness
- Set up like 4o4 Shell Drill
- Defense starts inside the PL
- Offense swings the ball in a stationary position
- When "switch" is called, the 4 offensive players must touch the lane with a foot and defend a different player (the defense assumes an offensive spot)
  - YOU MUST TALK ON DEFENSE!
  - Make sure the Ball is picked up!!
- You can also add that the ball is not allowed to enter the lane either through pass or dribble

POST DEFENSE

- The way you defend the post dictates the way you defend everywhere else
  - You start building your defense from the inside out
- Guarding the post has nothing to do with speed, it has everything to do with recognition and quickness
- This only concerns the low-post
  - Treat the high post the same way you would treat a perimeter player
- *** Absolutely no feeds from the top – NO EXCUSES
- Guard the post from a 3 qr. position, back facing the top, top arm out in front
  - As the pass is in flight, the defender slides behind the post's back – NOT BEFORE
  - Resist the urge to go for a steal on the pass unless it is obvious
- If you are trapping the post, the opposite defender must close the door hard and high trapping at a 90 degree angle
  - HANDS UP!
- However, you don't want to trap the post all of the time
  - Just when defending good post players
  - It's difficult enough to shot over the top of the defense

DRILL: Post Trap Drill

- 3 offensive players around the perimeter (top and two wings), 2 low post players
- 2 defenders guarding the posts
- Offensive players swing the ball looking to enter the post, defense does not allow feeds from the top

- Once ball enters the post, post defenders work on hard/high 90 degree trap
- Once post passes ball back out, post defenders recover and reset
- Next, allow post players to exchange, cross, screen for one another, etc.

DRILL: Post Trap Drill – Perimeter Rotation

- 3 offensive players (top, wing, wing), 2 low post players (coaches or managers)
- 3 defenders guarding perimeter players
- When ball enters post from wing –
  - Ball-side wing defender must lock up man
    - DO NOT ALLOW QUICK PASS BACK OUT, even if he cuts through
  - Other two defensive players must TALK!
    - One must drop and guard the rim
    - One must guard the top
- 3 perimeter offensive players are allowed to move, pass, and cut
  - Posts stay still

- Conduct both of these drills simultaneously for five minutes every practice
- If you choose not to trap in the post, then you must CHOKE with the ball-side wing defender and top defender
  - Jab step back and forth if offensive wing/top is good shooter, crash down harder if not

BALL PRESSURE

DRILL: 1o1 Close-Outs

- c/o high-handed – defender does not have to be so close this way
- You must take away the rhythm shot
- NO BASELINE DRIVES!! NO EXCEPTIONS
- You must "level off" dribbler if he drives middle – force him to the side at an angle
  - DRILL: Full Court Zig-Zags
    - Will work on leveling off dribblers
    - The defender wants to force the offensive player to change directions as many times as possible

- You must bother the shooter, hand in face, take away vision
  - With this defense, defenders cannot buy ball fakes!

- For good ball pressure defense, you must be able to
  1. Close-out
  2. Take away baseline
  3. Take away rhythm shots
  4. Level off

5. Bother shooters
6. Jump to the ball (Make sure to emphasize no Face Cuts!)

DRILL: 3o3 Jump to the Ball
- 3 offensive perimeter players (top, wing, wing), 3 defenders
- Offensive players can pass/cut, defensive players must jump to the ball every time
- Offensive players must pass to a cutter if he successfully completes a face cut

OFF THE BALL PRESSURE

- In the PL Defense, there is NO help and recover
  - When guarding off the ball, you are already in the help position (because you're inside the PL and closer to the ball than your man)
  - You only have to recover on close-outs

DRILL: 3o3 Close-Outs ** This is the best drill to work on the PL Defense
- Conduct this drill EVERY PRACTICE!
- 3 offensive perimeter players (top, wing, wing), 3 defenders start underneath the basket
- 1 defender closes out on ball (see ball pressure), the other two defenders close out INSIDE THE PL in a closed-stance *help position*, not denying passing lanes
- Do not look to intercept passes, rather react to the pass and close out quickly
- Offense can pass/cut/move
- Defense must "close gaps" on dribble penetration
- Off ball defenders must be INSIDE the PL at all times!
  - The coach should be able to yell "freeze" and see two defenders out, 1 in at any point
- Every possession must end with a block out, penalty for offensive rebounds
- Progression:
  - 1st Time – No dribble or shots
  - 2nd Time – 2 gap dribbles only
  - 3rd Time – Only dribble penetration
  - 4th Time – 3 Pointers only
  - 5th Time – Live
  - 6th Time – Add Post Player (now 4o4 drill)

SCREENS

- Defensive player must stay within touching distance of offensive player as he uses screens
  - Defensive player chases (except outside the PL)
  - He has NO HELP duties

- If you are guarding the screener, you help anyway you can – just make sure you stay within touching distance of screener
    - Give the helper some freedom
    - You don't have to worry about screener slipping because there are three other defenders inside the PL to stop this
- For cross screens in the post, defender being screened does a "V" move – step over the top of the screener (even if post being screened for goes underneath) and close hard back on man

DRILL: Chasing Off Screens

- 1 coach/manager stand at top to pass
- Arrange multiple stationary screeners/chairs randomly within the PL
- Offensive player must run off screens however he can, the defensive player must chase (stay within touching distance)
- Only rule for offensive player: he cannot curl
    - The defender guarding the screener will take this away

UNIVERSITY BASKETBALL

Pack-Line Defense

General Rules:

- We must get back defensively (2 players have the hole)
- We want to pack it in (15 feet) and make teams shoot over us
- We must defend the post
- We must contain the basketball
- We must learn how to defend and fight through screens
- We must rebound !!!

On-the-ball Defense:

- Close-out with two hands high = (you don't have to get as close if you do this)
- No Rhythm Jump Shots
- Defend the ball as hard as you can with what your ability allows
- DO NOT allow baseline drives
- "Level" the dribbler off = Do not allow direct line drives to the basket (force an angle or sideways)
- Box out and rebound or "hit and go get it" !!!

Off-the-ball Defense:

- *BE IN THE PACK* = No one except the player guarding the ball goes outside the pack-line
  - ➢ Except on dead ball = everyone denies on ball side
- Be closer to the ball than your man
- See the ball = Ball-You-Man
- The key is to be able to get to the ball = *the Recovery*
- Take Charges
- Box out and rebound or "hit and go get it" !!!

Defending the Post:

- No feeds from the top
  - On a feed from the top, everyone collapse = "crisis"
- ¾ front on top – slide or move behind on pass
  - You must move quickly while the ball is in the air!
- On the catch, stay one step off the player and get down in a stance
  - If he can touch you, he can beat you
- Stunting
- Trapping

Defending Screens:

General:

- Fight Through
- Chase screens on the perimeter
- If you are guarding the screener, help any way you can

Specific Screens:

Ball, Cross, Down, Back, Stagger, Double, etc.

Bill Self Shooting Drills for The Gun

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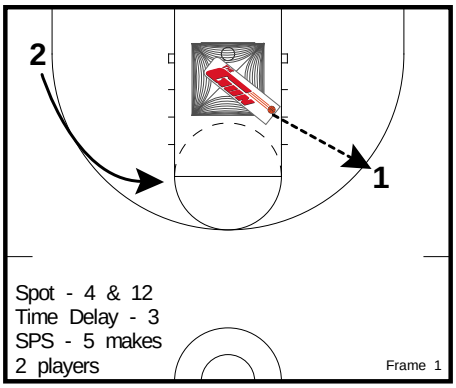
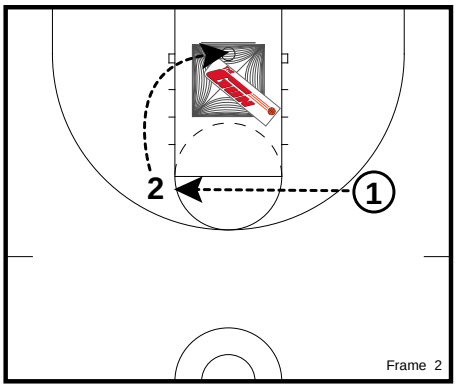
All Contents Proprietary

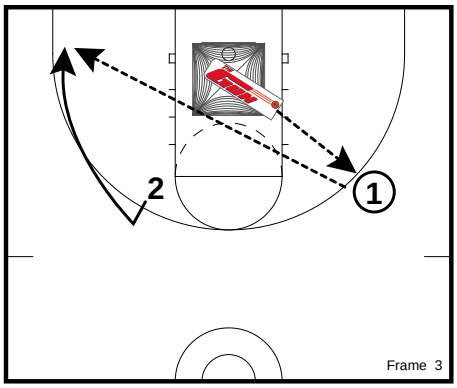
2-Man Curl and Fade Jumpers



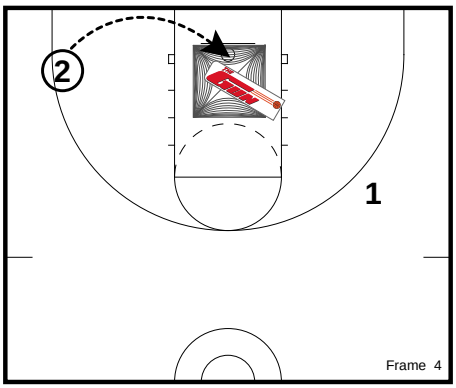
2-MAN CURL AND FADE JUMPERS starts with player #1 in front of the Gun on the wing and player #2 in the opposite corner. As player #1 receives the pass from the Gun, player #2 will curl toward the elbow.



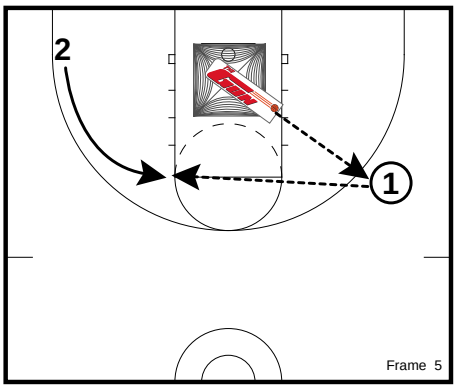
PLAYER #1 will pass to player #2 on the move off the curl and player #2 will take the jumper.



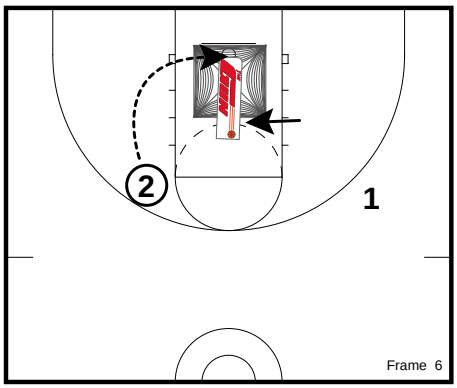
AS PLAYER #1 receives the next pass from the Gun, player #2 will fade to the corner. Player #1 will make an over-head skip pass to the corner.



PLAYER #2 will shoot the jumper off the fade.



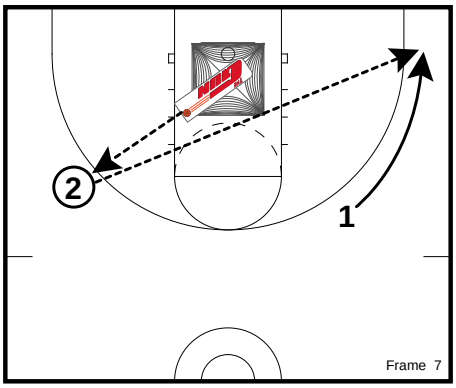
AS PLAYER #1 receives the next pass from the Gun, player #2 will run a curl cut and catch the pass on the move for the jumper. This will continue until player #1 makes 5 shots.



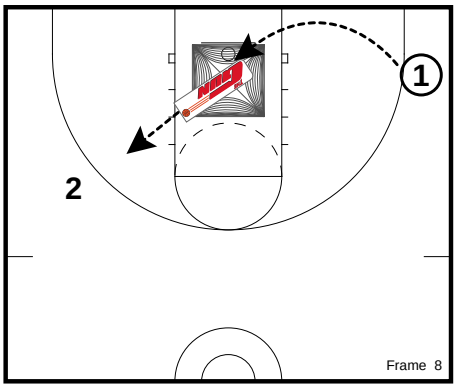
ONCE PLAYER #2 hits 5 shots, the Gun will rotate to the opposite wing and player #1 will become the shooter.

All Contents Proprietary

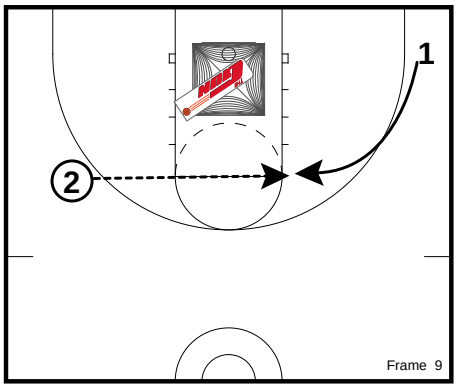
2-Man Curl and Fade Jumpers



PLAYER #2 will then receive the pass from the Gun and player #1 will fade to the corner for the skip pass.



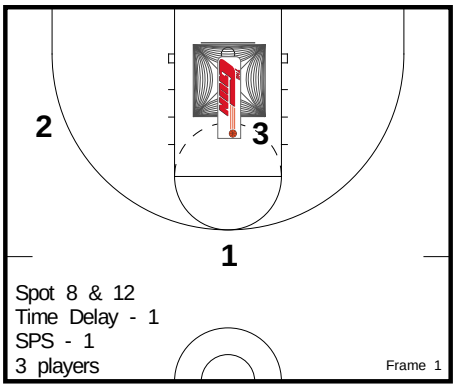
PLAYER #1 will shoot the jumper as player #2 receives the next pass from the Gun.



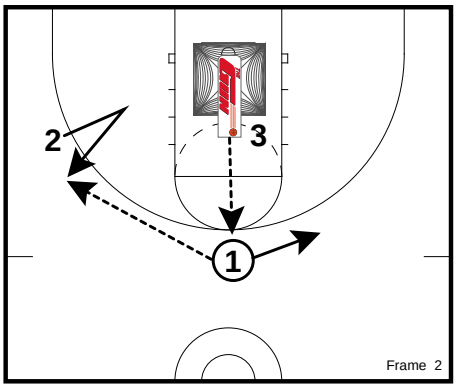
PLAYER #1 will now curl toward the elbow and receive the pass on the move. Player #1 will run the curls and fades until five shots are made. Then, the Gun will rotate back to the opposite wing and player #2 will become the shooter again.

All Contents Proprietary

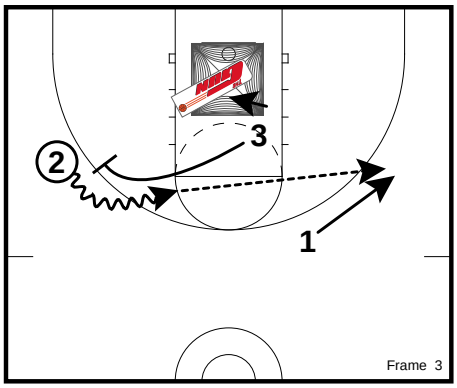
Ball Screen with Penetrate & Pitch



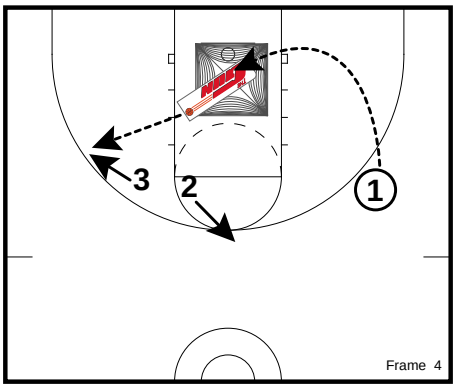
BALL SCREEN WITH PENETRATE & PITCH begins with player #2 on the wing, player #3 in the middle, and player #1 at the point ready to receive the pass from the Gun.



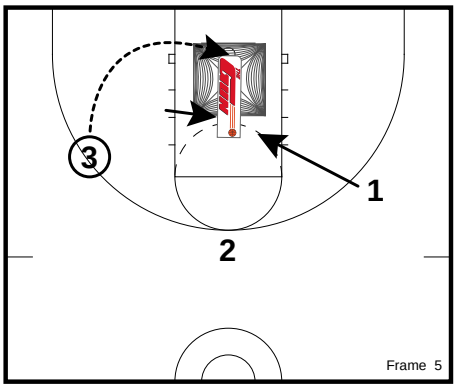
AS PLAYER #1 receives the pass from the Gun, player #2 runs a v-cut or "check mark" to get open. Player #1 will deliver the pass to player #2 on the wing. Once player #1 delivers the pass, he/she will take a few steps away to create space for the attack.



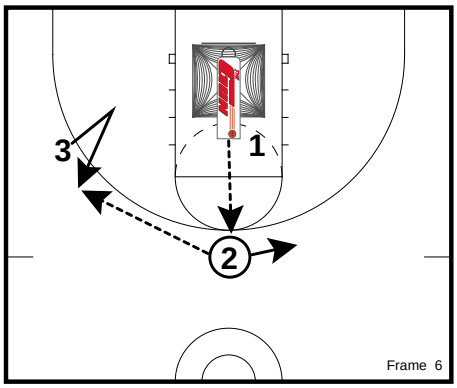
PLAYER #3 will then go set a ball screen for player #2. Player #2 will use a jab to set up the screen and come off the ball screen hard attacking the middle. Player #2 will make the pass to player #1 on the wing. NOTICE the Gun is rotating toward the wing while this action is going on.



PLAYER #1 will shoot the jumper off the penetrate and pitch. Player #3 will open up after screening and receive the next pass from the Gun for the jumper. Player #2 will relocate to the point for the next pass from the Gun.



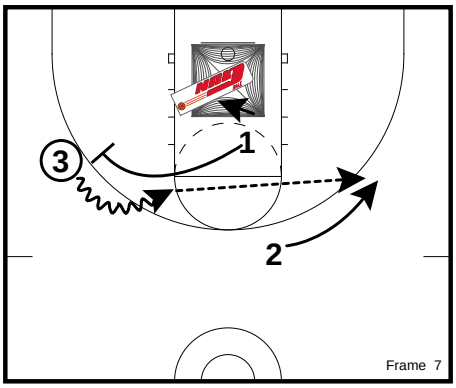
PLAYER #3 will shoot the jumper off the catch, while the Gun rotates back toward the point. Player #1 now rotates to the middle and becomes the screener.



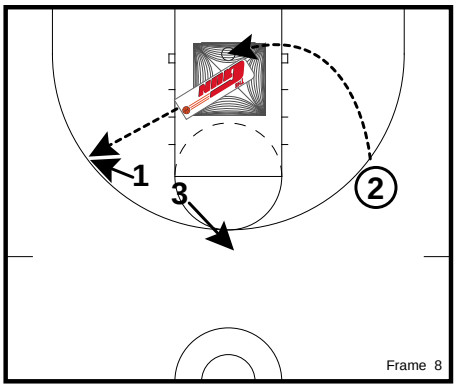
PLAYER #2 receives the next pass from the Gun as player #3 cuts to get open. Player #2 will then deliver the pass to player #3 on the wing. Player #2 takes a few steps away from the ball to create space.

All Contents Proprietary

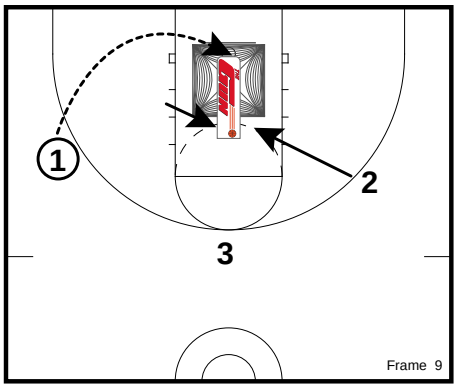
Ball Screen with Penetrate & Pitch



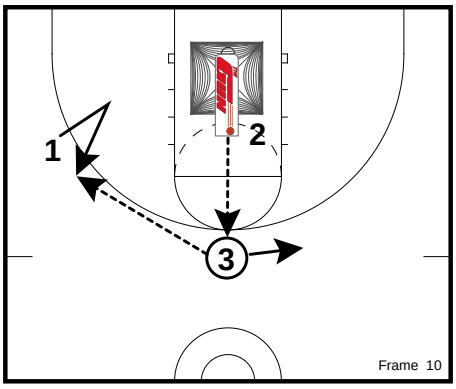
PLAYER #1 will then sprint to set a ball screen for player #3. Player #3 will attack the middle and kick to player #2 on the wing. The Gun will rotate to the wing.



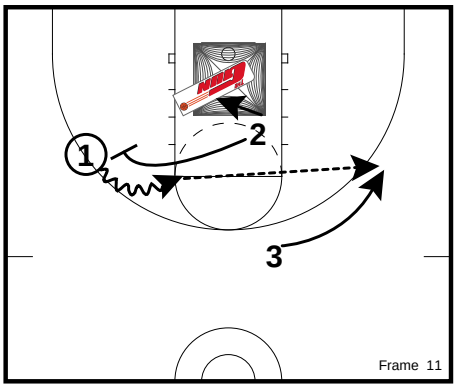
PLAYER #2 shoots the jumper off the catch. Player #1 opens up off the screen and catches the next pass from the Gun, and player #3 relocates to the point to receive the next pass from the Gun.



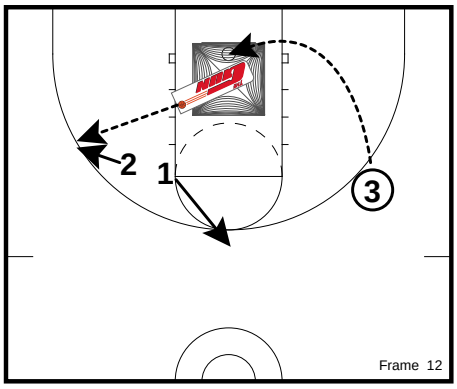
PLAYER #1 shoots the jumper off the catch as the Gun rotates back to the point. Player #2 drops to the middle and becomes the screener.



AS PLAYER #3 receives the next pass from the Gun, player #1 runs a v-cut to get open. Player #3 will deliver the pass to player #1 on the wing. Player #3 will then take a few steps away from the pass to create space.



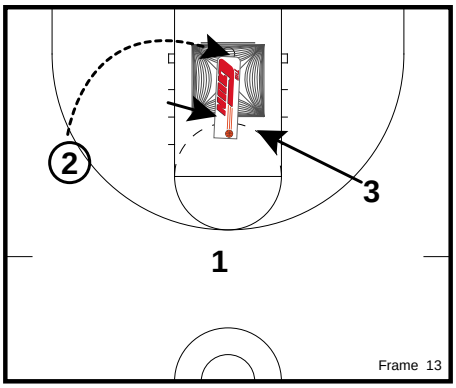
PLAYER #2 will sprint to set a ball screen for player #1. Player #1 will attack the middle and kick to player #3 on the wing for the jumper. The Gun will rotate to the wing for the next shot.



PLAYER #3 will shoot the jumper off the pass. Player #2 will open up off the screen and catch the next pass from the Gun. Player #1 will relocate to the point and prepare for the next pass.

All Contents Proprietary

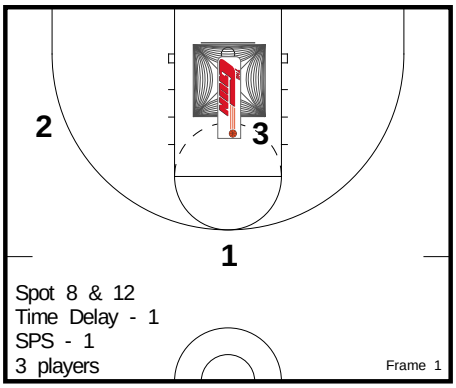
Ball Screen with Penetrate & Pitch



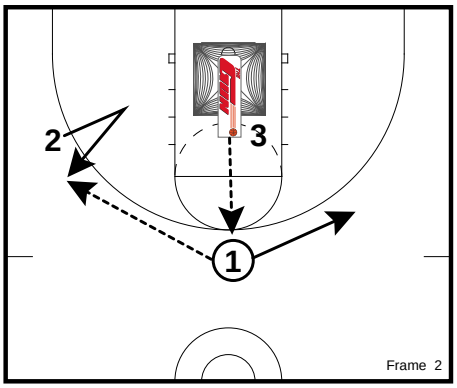
PLAYER #2 will shoot the jumper off the catch as the Gun rotates back towards the point. Player #3 will rotate to the middle and become the screener. We are now back to where the drill began. The drill can be executed until a number of shots are taken, made, or a time limit expires.

All Contents Proprietary

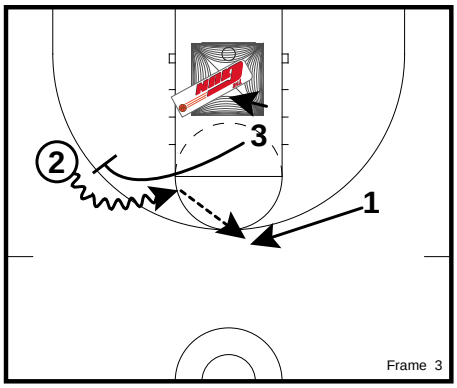
Ball Screen with Penetrate & Pitch Fill Up



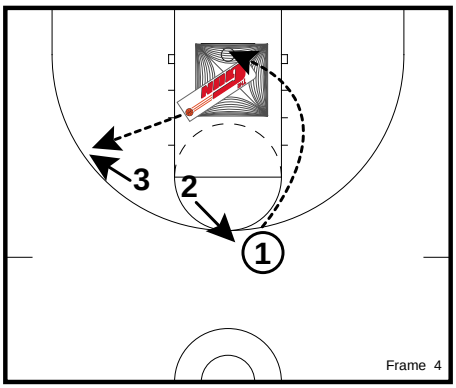
BALL SCREEN WITH PENETRATE & PITCH FILL UP begins with player #2 on the wing, player #3 in the middle, and player #1 at the point ready to receive the pass from the Gun.



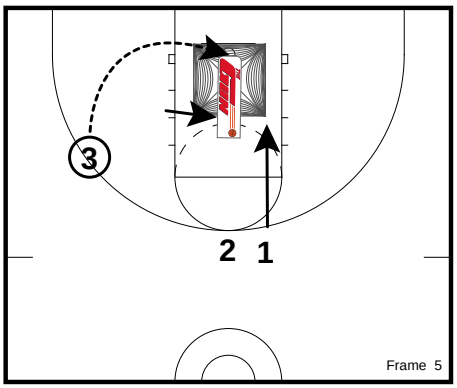
AS PLAYER #1 receives the pass from the Gun, player #2 runs a v-cut or "check mark" to get open. Player #1 will deliver the pass to player #2 on the wing. Once player #1 delivers the pass, he/she will take a few steps away to create space for the attack.



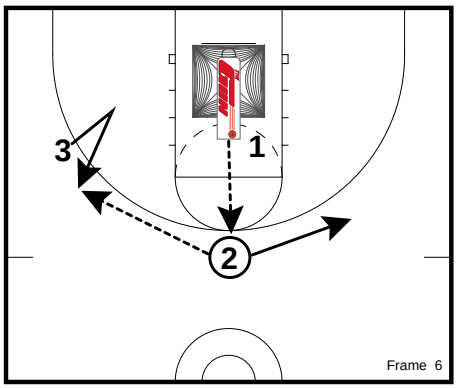
PLAYER #3 will then go set a ball screen for player #2. Player #2 will use a jab to set up the screen and come off the ball screen hard attacking the middle. Player #1 will now ill in behind the penetration and shoot the jumper as player #2 delivers the pass. This simulates the defense is dropping flat rather than stepping up. NOTICE the Gun is rotating toward the wing while this action is going on.



PLAYER #1 will shoot the jumper off the penetrate and fill. Player #3 will open up after screening and receive the next pass from the Gun for the jumper. Player #2 will relocate to the point for the next pass from the Gun.



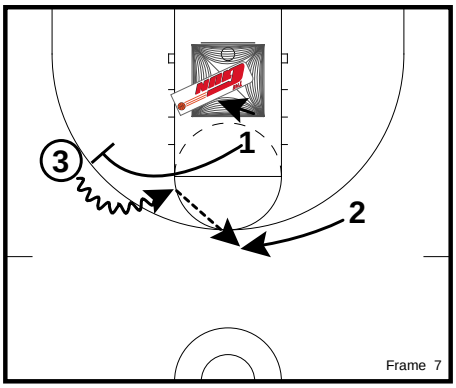
PLAYER #3 will shoot the jumper off the catch, while the Gun rotates back toward the point. Player #1 now rotates to the middle and becomes the screener.



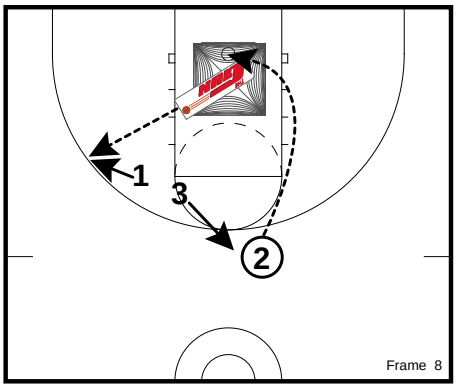
PLAYER #2 receives the next pass from the Gun as player #3 cuts to get open. Player #2 will then deliver the pass to player #3 on the wing. Player #2 takes a few steps away from the ball to create space.

All Contents Proprietary

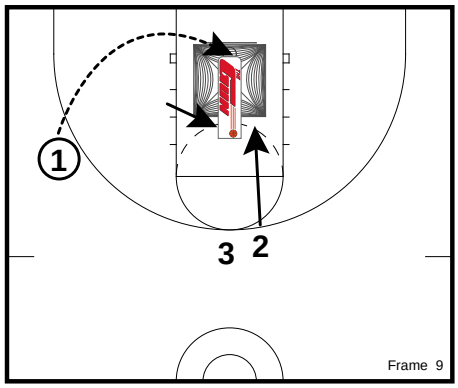
Ball Screen with Penetrate & Pitch Fill Up



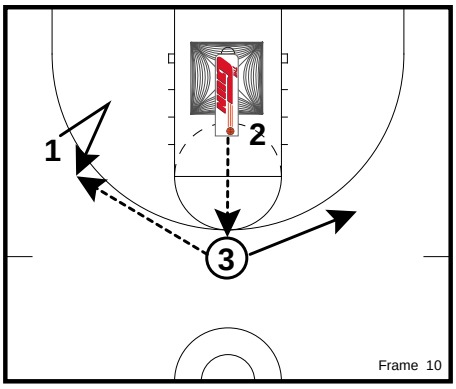
PLAYER #1 will then sprint to set a ball screen for player #3. Player #3 will attack the middle and kick to player #2 on the fill. The Gun will rotate to the wing.



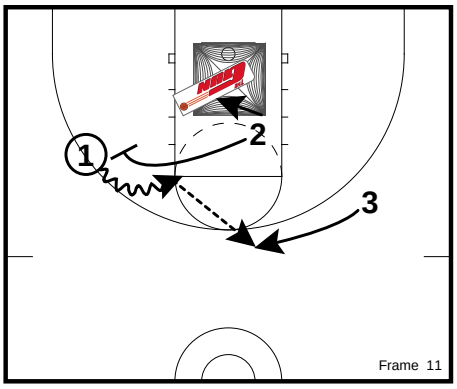
PLAYER #2 shoots the jumper off the catch. Player #1 opens up off the screen and catches the next pass from the Gun, and player #3 relocates to the point to receive the next pass from the Gun.



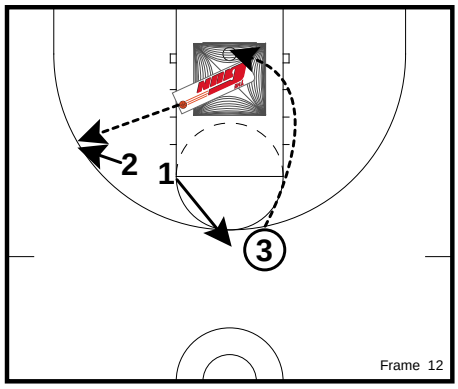
PLAYER #1 shoots the jumper off the catch as the Gun rotates back to the point. Player #2 drops to the middle and becomes the screener.



AS PLAYER #3 receives the next pass from the Gun, player #1 runs a v-cut to get open. Player #3 will deliver the pass to player #1 on the wing. Player #3 will then take a few steps away from the pass to create space.



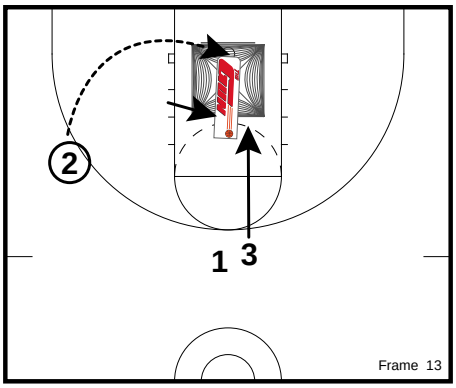
PLAYER #2 will sprint to set a ball screen for player #1. Player #1 will attack the middle and kick to player #3 on the fill for the jumper. The Gun will rotate to the wing for the next shot.



PLAYER #3 will shoot the jumper off the pass. Player #2 will open up off the screen and catch the next pass from the Gun. Player #1 will relocate to the point and prepare for the next pass.

All Contents Proprietary

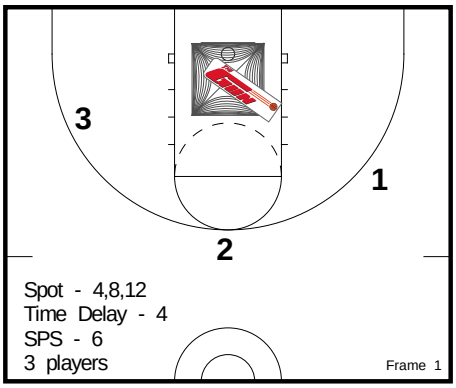
Ball Screen with Penetrate & Pitch Fill Up



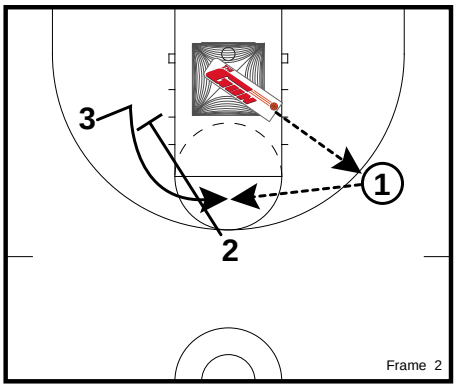
PLAYER #2 will shoot the jumper off the catch as the Gun rotates back towards the point. Player #3 will rotate to the middle and become the screener. We are now back to where the drill began. The drill can be executed until a number of shots are taken, made, or a time limit expires.

All Contents Proprietary

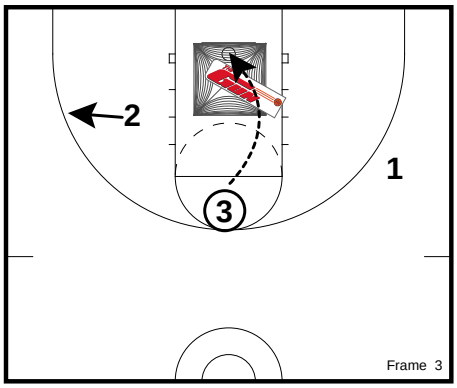
Memphis Jumpers



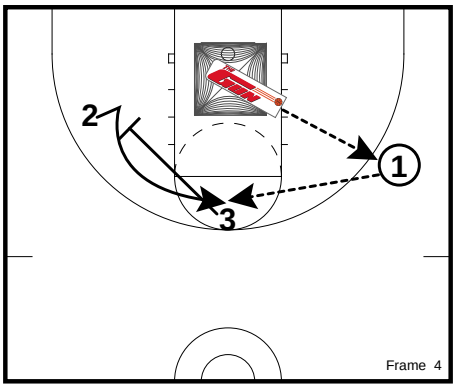
MEMPHIS JUMPERS begins with player #1 standing in front of the Gun on the wing, player #2 at the point, and player #3 on the opposite wing.



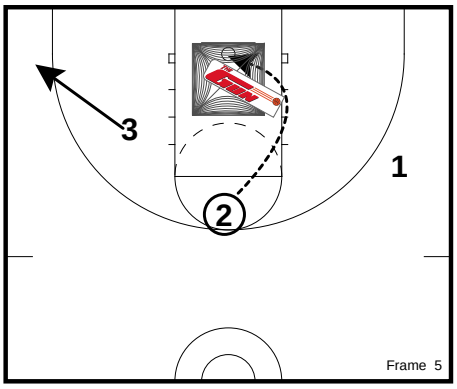
AS PLAYER #1 receives the first pass from the Gun, player #2 will sprint to set a down screen for player #3. Player #3 will set it up and curl to the middle of the floor for a jump shot.



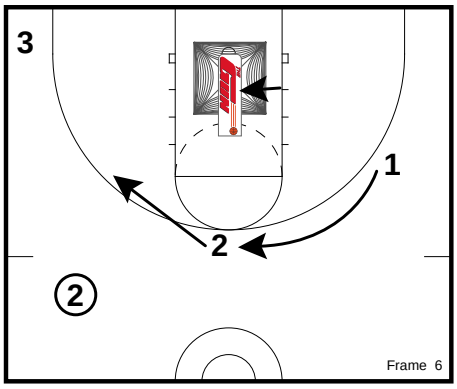
PLAYER #3 will take the jumper from the top of the key, and player #2 will prepare to receive the screen for the next shot.



AS PLAYER #1 catches the next pass from the Gun, player #3 will sprint to set the down screen for player #2. Player #2 will curl off the screen and move to the point to receive the pass.



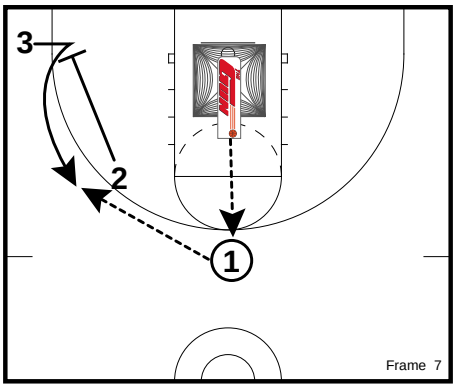
PLAYER #2 will shoot the jumper from the top of the key as player #3 fans out to prepare for the screen.



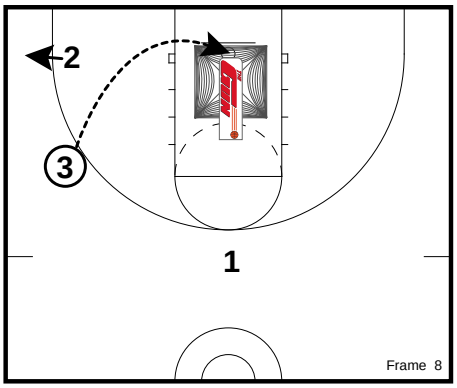
ONCE PLAYER #2 and player #3 have taken 3 shots from the top, the Gun will rotate to the top of the key and the shooters will move to the corner. They will then shoot off the down screen from the corner. Player #1 will follow the Gun to the top of the key and continue to be the passer in the drill.

All Contents Proprietary

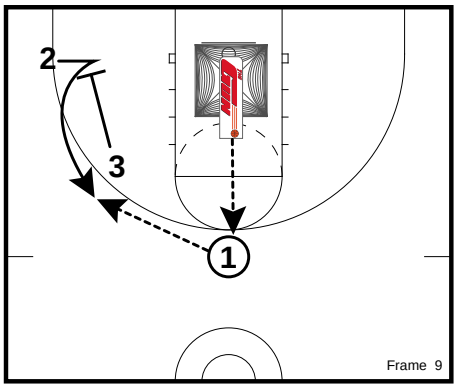
Memphis Jumpers



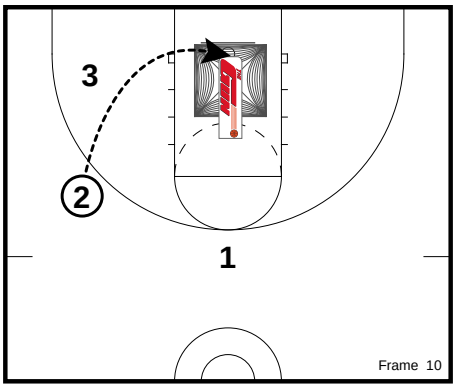
AS PLAYER #1 receives the next pass from the Gun, player #2 sprints to set a down screen for player #3. Player #3 sets up the screen and curls toward the wing to receive the pass.



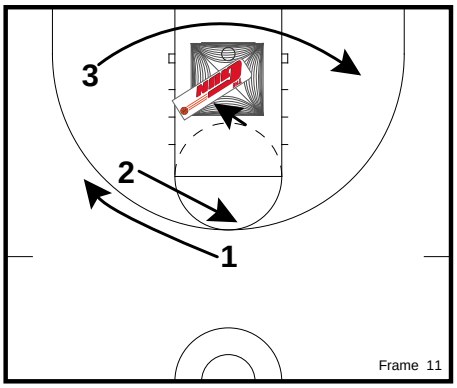
PLAYER #3 shoots the jumper and player #2 prepares for the down screen.



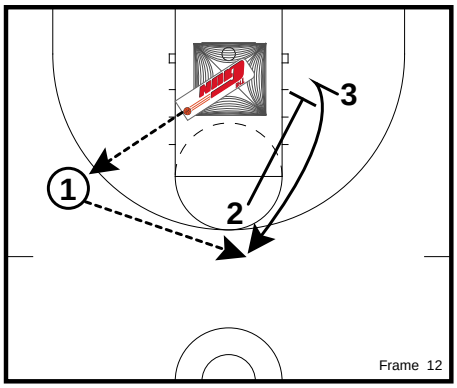
AS PLAYER #1 receives the next ball from the Gun, player #3 will sprint to down screen for player #2. Player #2 will set up the screen and curl to the wing to receive the ball.



PLAYER #2 will shoot the jumper and player #3 will prepare for the screen. This can be flipped and ran from the other side also.
Once 3 shots have been taken by player #2 and player #3, The Gun will then rotate to the wing.



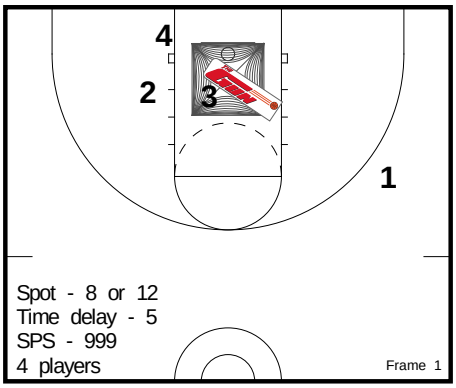
AS THE GUN rotates to the wing, player #1 follows as the passer, player #2 goes across as the screener, and player #3 is still the next shooter.



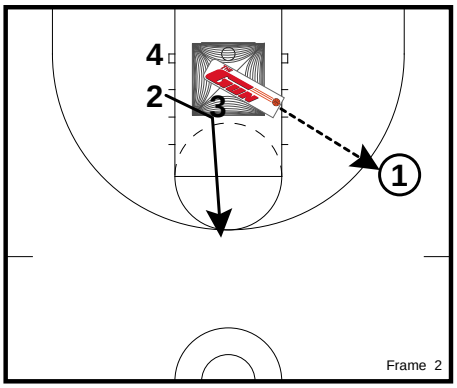
AS PLAYER #1 receives the pass from the Gun, player #2 sprints to down screen for player #3. Player #3 will set up the screen and curl to the top of the key to receive the pass.
NOTE: This drill has many options. Screening angles and footwork on both sides of the floor can be practiced daily. The number of shots from each spot can be changed and the challenge mode can be used if so desired.

All Contents Proprietary

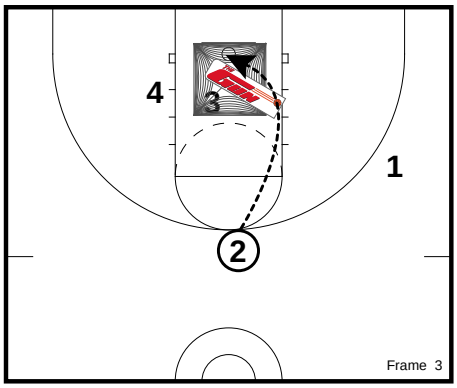
Post Step Across and Flash



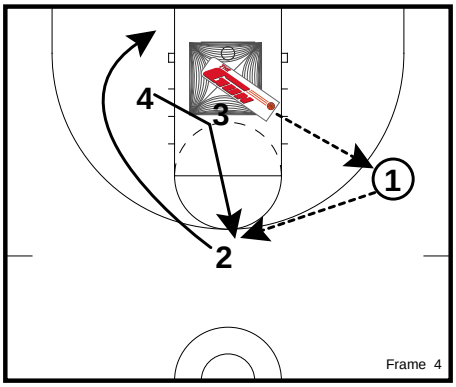
POST STEP ACROSS AND FLASH will start with player #1 on the wing in front of the Gun, player #2 as the first shooter, player #3 as the defender, and player #4 as the next shooter.



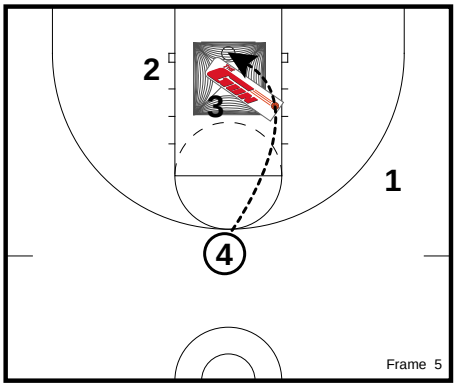
AS PLAYER #1 receives the first pass form the Gun, player #2 will step across player #3 and flash to the top of the key. Player #1 will deliver the pass for the jumper off the move. Player #2 will catch "inside foot pivot" and cheat-step for balance before the shot.



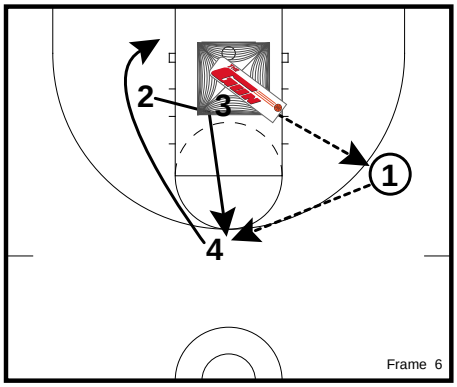
PLAYER #2 will shoot the jumper. Player #4 now steps up and becomes the next shooter.



AS PLAYER #1 receives the next pass from the Gun, player #2 will clear around the drill to the next position in line under the basket. Player #4 will step across player #3 and flash to the top of the key and receive the pass from player #1.



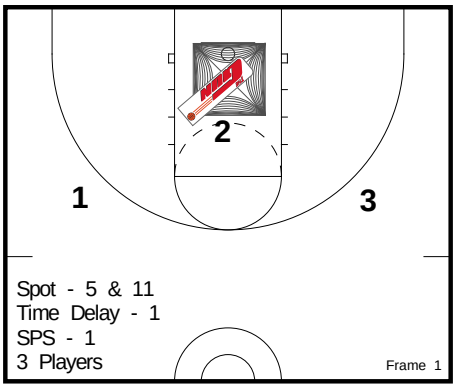
PLAYER #4 will shoot the jumper as player #3 becomes the next shooter and player #2 becomes the next defender.



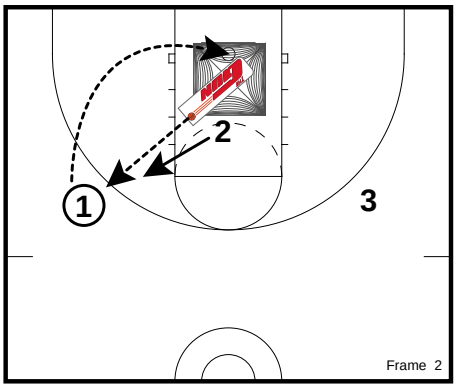
AS PLAYER #1 receives the next pass from the Gun, player #2 will step across player #3 and flash to the top of the key to receive the pass. Player #4 will rotate to the next position in line.

All Contents Proprietary

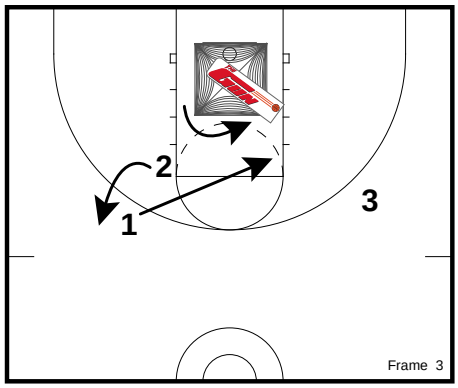
Shoulder Square Threes



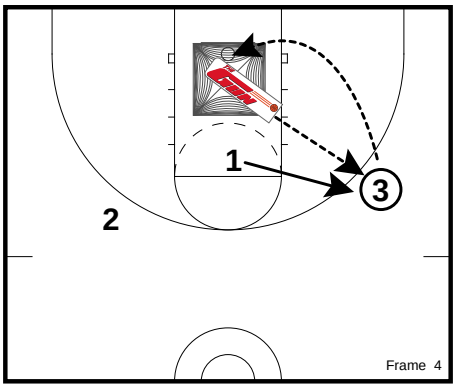
SQUARE UP THREES begins with a shooter on each wing and a defender beside the Gun.



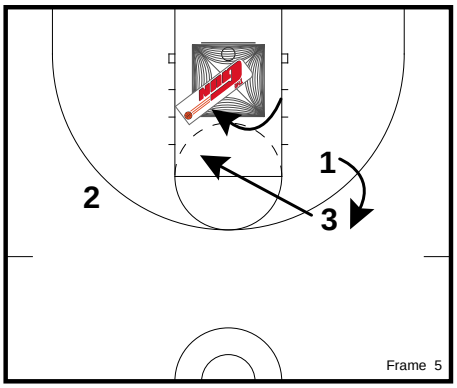
PLAYER #1 will catch the first ball out of the Gun and shoot a square-up three. Player #2 will close-out and pressure the shot. Coach Self emphasizes the "one-two" step on the catch.



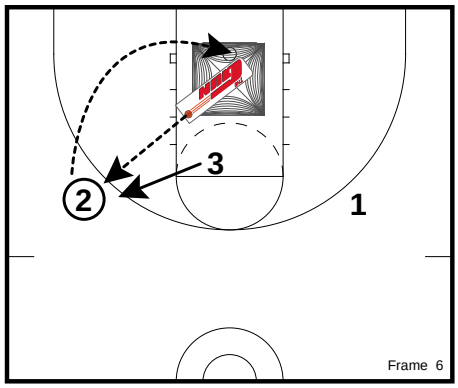
AS THE GUN rotates to the opposite wing, player #2 will replace player #1 on the wing and player #1 becomes the defender for the next shot.



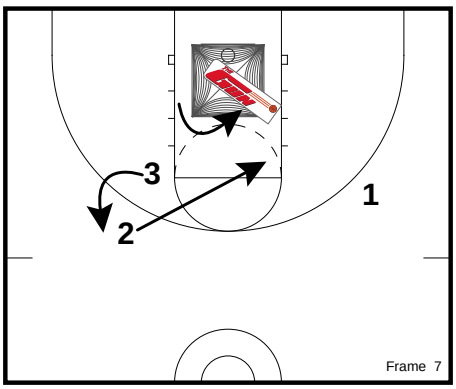
PLAYER #3 will receive the next pass from the Gun and shoot a square-up three. Player #1 will close-out and pressure the shot!



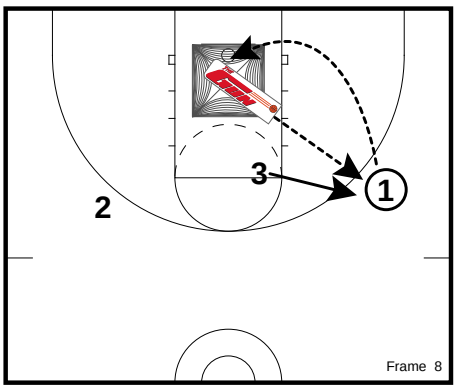
AS THE GUN rotates to the opposite wing, player #1 replaces player #3 and player #3 becomes the defender for the next shot.



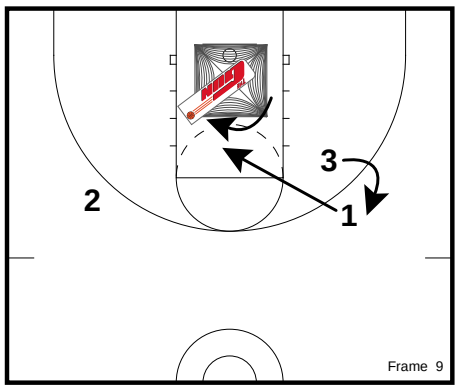
PLAYER #2 will catch the next pass from the Gun and shoot a square-up three. Player #3 will close-out and pressure the shot.



AS THE GUN rotates to the opposite wing, player #3 replaces player #2 and player #2 becomes the defender for the next shot.



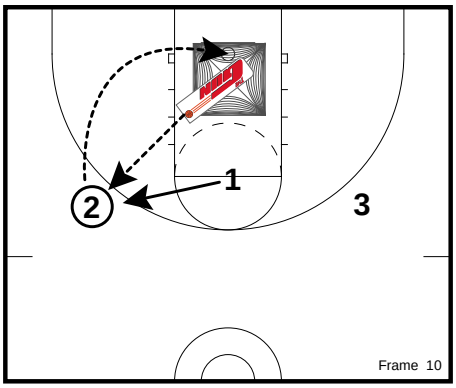
PLAYER #1 catches the next pass from the Gun and shoots the square-up three while player #3 pressures the shot.



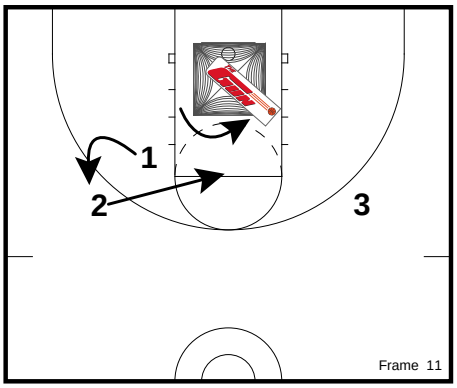
AS THE GUN rotates to the opposite wing, player #3 replaces player #1 and player #1 becomes the defender for the next shot.

All Contents Proprietary

Shoulder Square Threes



PLAYER #2 receives the next pass from the Gun and shoots a square-up three as player #1 pressures the shot.



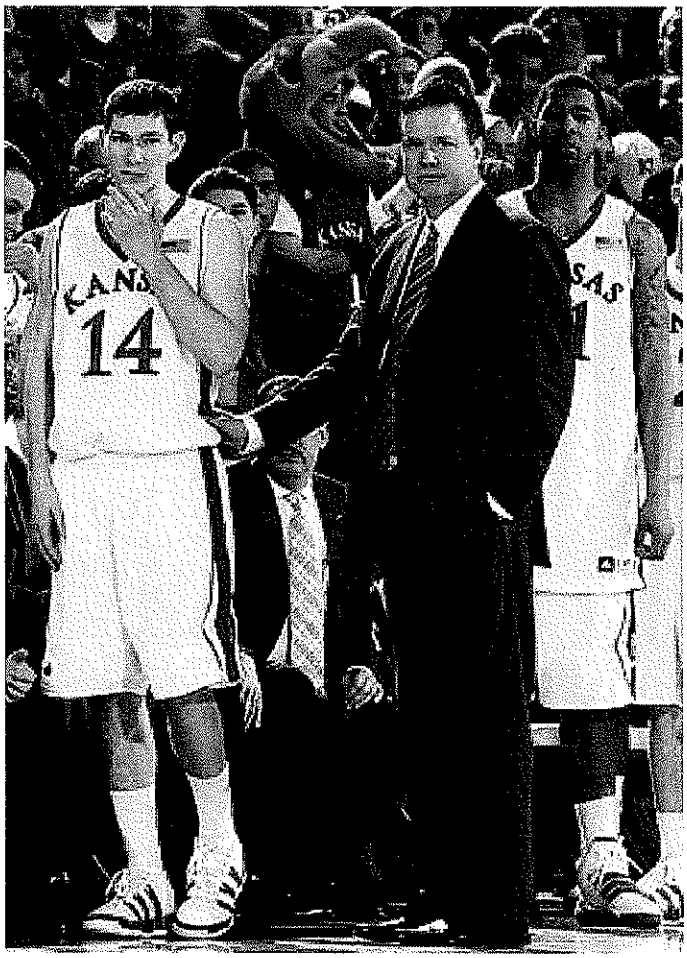
AS THE GUN rotates to the opposite wing, player #1 replaces player #2 and player #2 becomes the defender. We are now back to where the drill began. The drill continues until a number of shots have been taken, made, or a time limit has expired.

All Contents Proprietary

Bill Self's

High/Low

Motion Offense



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Breakdown Drills 23

Sources

1. Championship Productions DVD

   Bill Self: High/Low Motion Offense

2. Championship Productions DVD

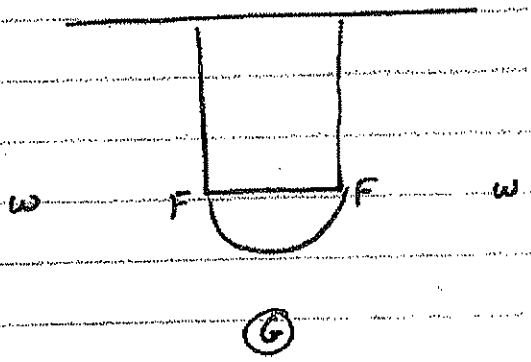
   Six Effective Entries into the High/Low Motion Offense

3. Championship Productions DVD

   Breakdown Drills for the High/Low Motion Offense

"KANSAS"

Basic Alignment



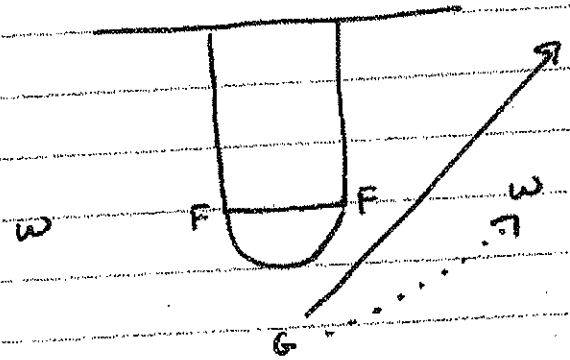
Regardless of whether you secondary into it, cross screen into it, down screen into it, etc.

3 BASIC ENTRIES:

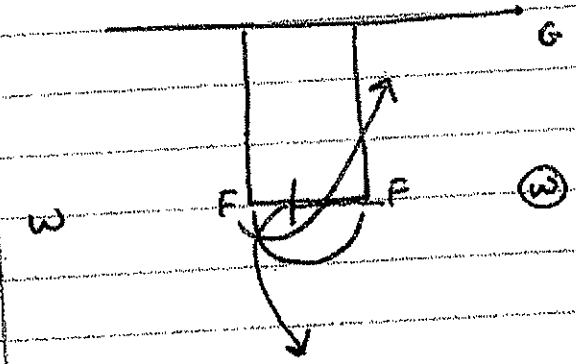
1. WING
2. ELBOW
3. DRIBBLE OVER

GUARD CAN GO EITHER WAY (6 TOTAL ENTRIES).

1. Wing Entry

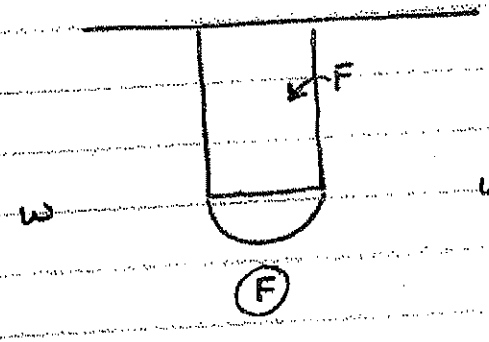


G cuts strong side to create "2 Side" of floor. Weakside becomes "1 Side."

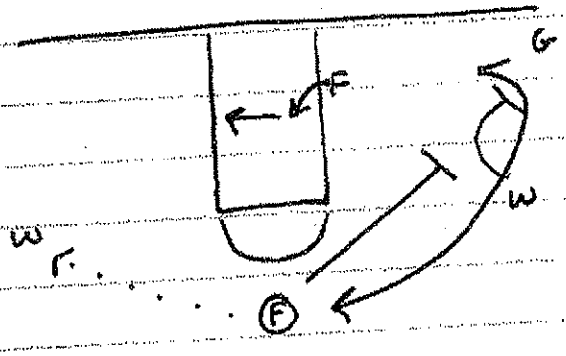


Ballside F cross-screens + pops to top. Weakside F curls to block.

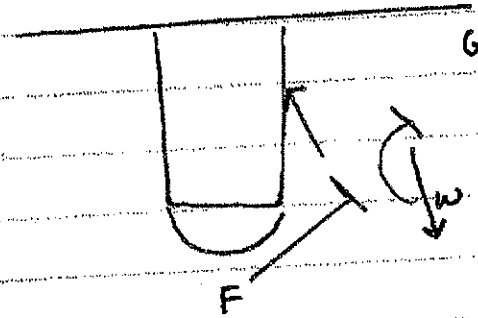
* Rarely will low post be open on first side. To set up the duck-in, low post makes contact so that his defender plays high side.



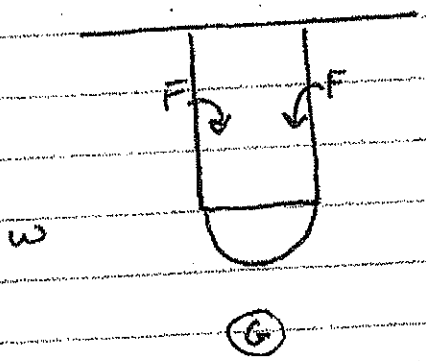
F's look to make high / Low pass.
Low Post has to leg whip defender to seal for the duck in.



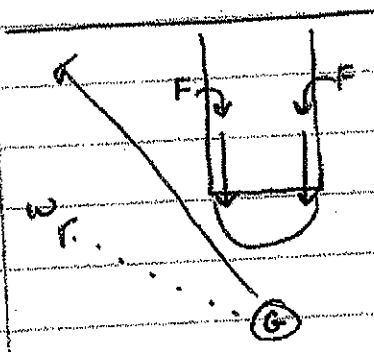
F swings to "1 side".
Low Post maintains contact + keeps defender on high side.
W looks to throw pass to corner of backboard.
Top F + W stagger away for G.



* on any screen away, Guards pop back to 3-pt line, Forwards slip to block.



Return to initial set-up.
F's look for another high / low duck-in.



If F's not open, they flash to elbows to initiate offense again.

TEACHING POINTS:

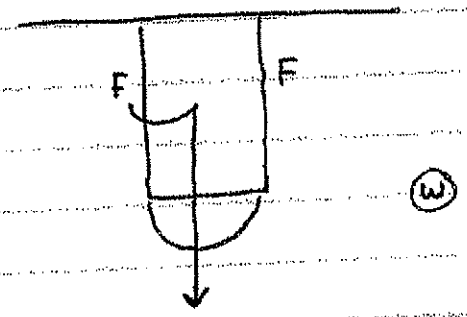
1. Wings have to v-cut to get open.
2. F's READS on catch at top:
   - SHOT
   - DUMP
   - REVERSE
3. On flash to top, F can use "cheat step" for balance.
4. If wing is overplayed on reverse, F takes one hard dribble at w's man. W executes back cut. * W must be above the line of the ball.

5. On low post duck-ins, forward should maintain contact w/ defender on the high side.

6. All high/low passes should come from the forehead.

7. Do you always have to bring F's to elbows to reinitiate offense?

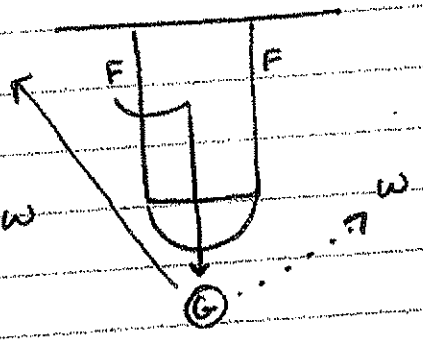
No. F's can stay on low blocks w/ weakside F using a "step across" move to flash to top.

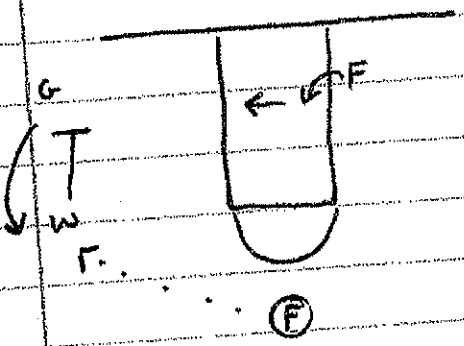


step across the defender w/ the inside foot & cut in a straight line to top.

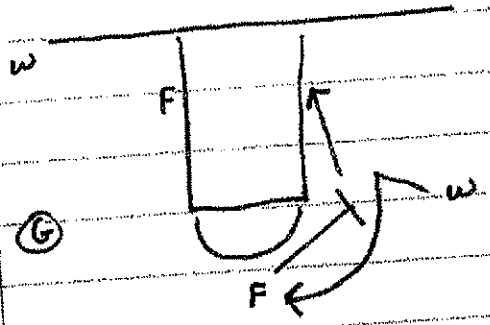
8. Does the G always have to pass + cut strong side?

No. G can cut weakside.

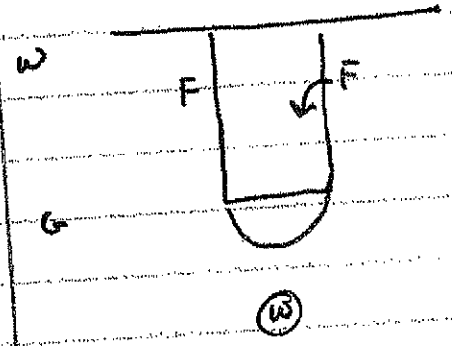




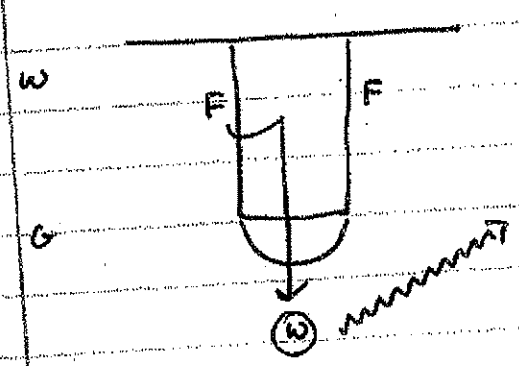
* on reverse, W + G may have to interchange, down screen, etc. to get open.



* Now, instead of a double stagger away, it's just a single away.

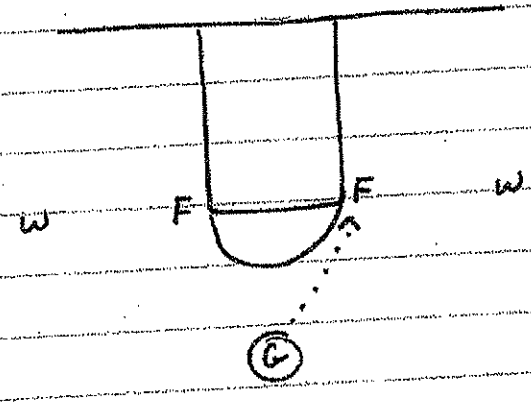


Wing looks for shot
Weakside duck-in

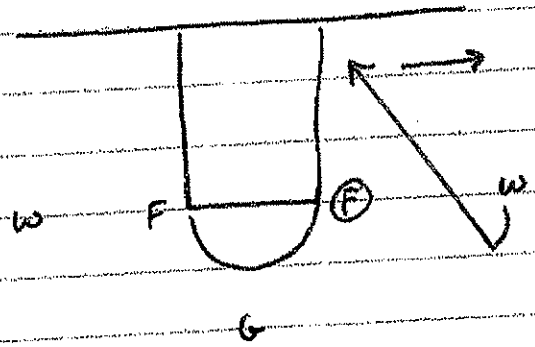


If w/s duck-in isn't open, W dribbles over to reinitiate offense.

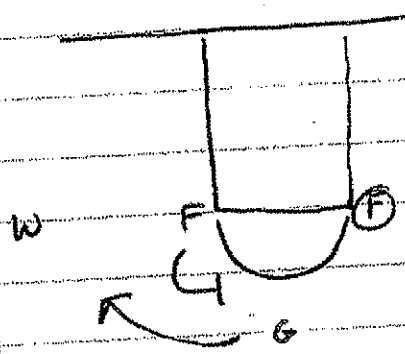
2. ELBOW ENTRY



Pass to elbow is wings are overplayed.

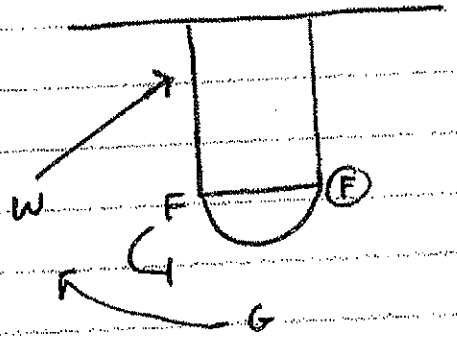


Wing must bring his man above the line of the ball to execute back cut.

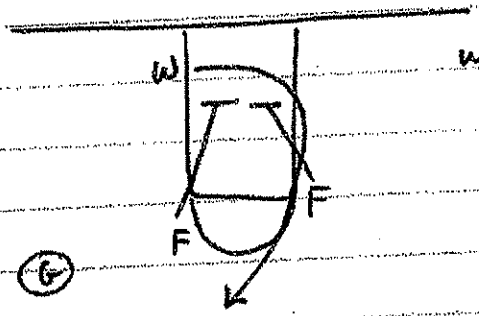


W Weakside F sets a fade screen for G.

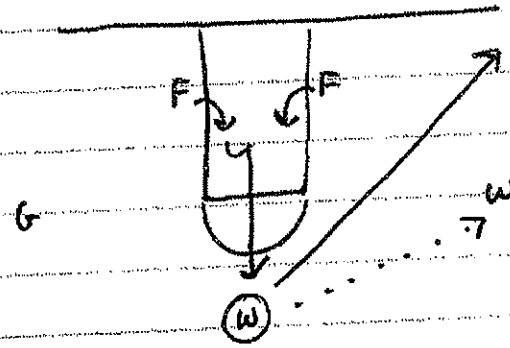
F uses a one dribble-pass to deliver ball.



As G uses fade screen, wealside wing runs a delayed back cut.



If pass is made to G on fade, both F's set double down on wing



Wing reads

SHOT

DUMP

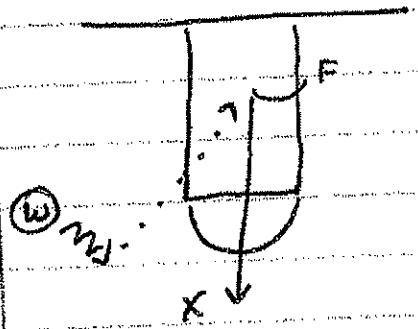
REVERSE

TEACHING POINTS:

1. Backdoor pass to wing from elbow should be a drop step bounce pass. The pass should bounce at defenders knees out in front of cutter. Pass it late, rather than early.

2. The one dribble-pass to fade screen should be an overhead pass.

3. What if the F is being overplayed on flash to top?

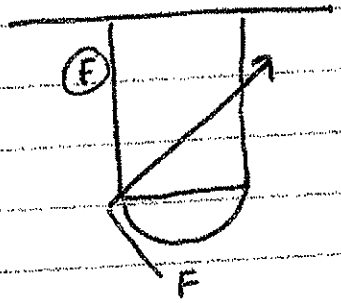


The wing executes a one dribble at to send F backdoor.

4. What are the F's reads if he catches in low post?

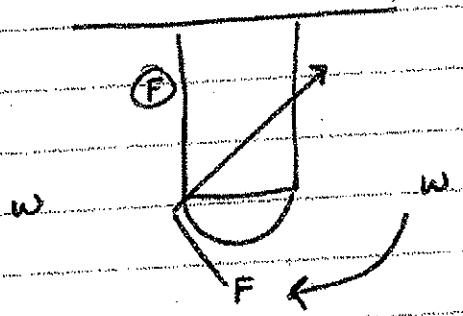
1. SCORE (HAVE A PRIMARY + SECONDARY / COUNTER MOVE)

2. BUDDY

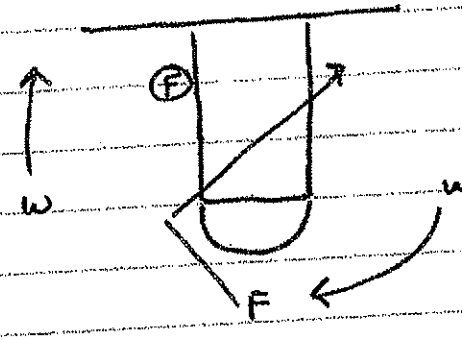


* F should flash to elbow 1ST W

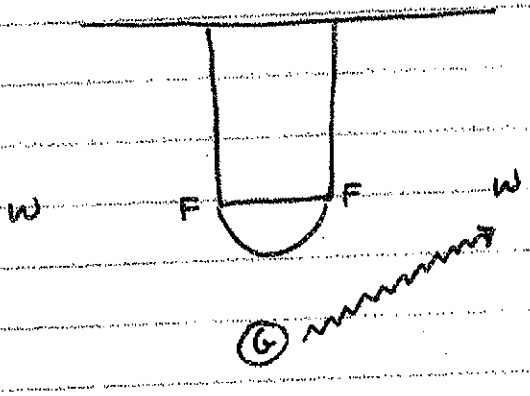
3. FAN



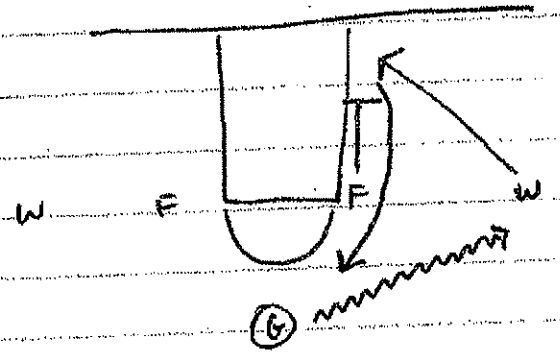
4. CORNER



3. DRIBBLE OVER

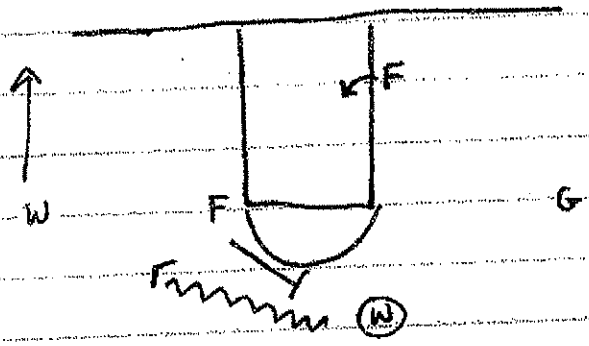


Dribble out wing if both wing & elbow aren't open.



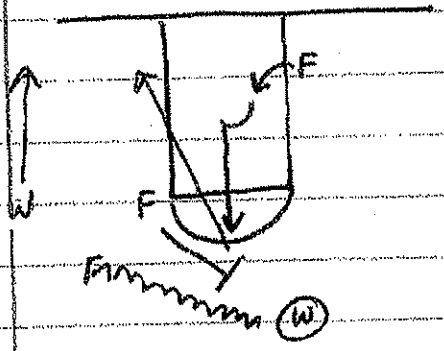
Wing back cuts on G's dribble at. Ballside F sets down screen for a zipper cut.

* Wing should catch on FT-line extended.



Look for duck-in first.

Then use F's ball-screen.



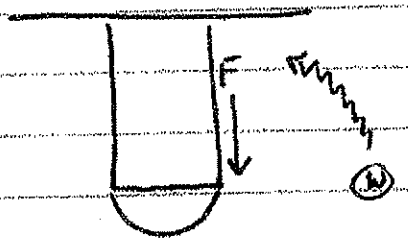
F's Roll / Flach to get back into offense.

TEACHING POINTS

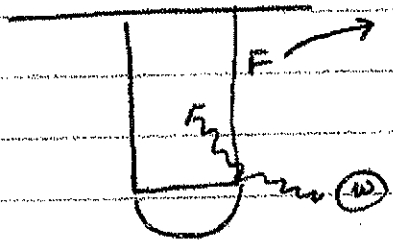
1. Wing must catch FT-line ext. off zipper cut to allow max. space for ball-screen.

2. Wing's first option off ball-screen is to turn the corner + score, or kick to corner.

3. If a player has the ball on the wing, how can he drive if there's always a F occupying the Low Post?



F makes a two-step relocation to High Post on baseline drive.



F makes a two-step reloc. to Short Corner on middle drive.

Set Plays as Counters

Ball Screen Sets

- Aggie 17
- Sooner 18

Wing Entry Sets

- Oklahoma 19
- Missouri 20

1-4 High Entry Set

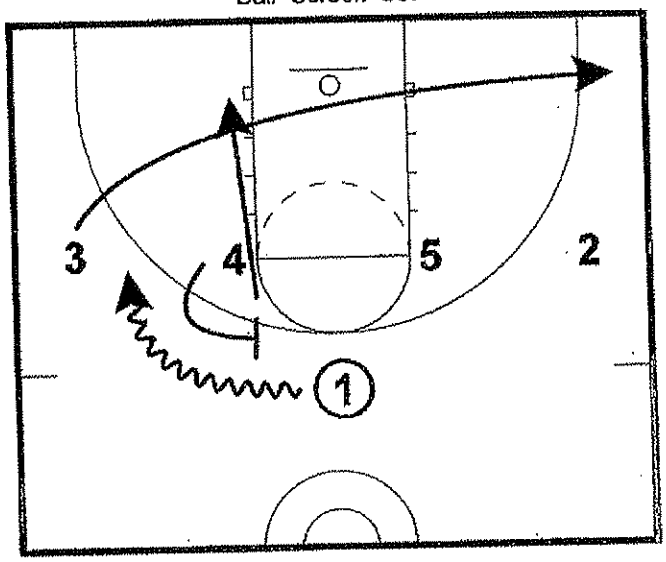
- Illinois 21

Dribble Over Entry Set

- Tulsa 22

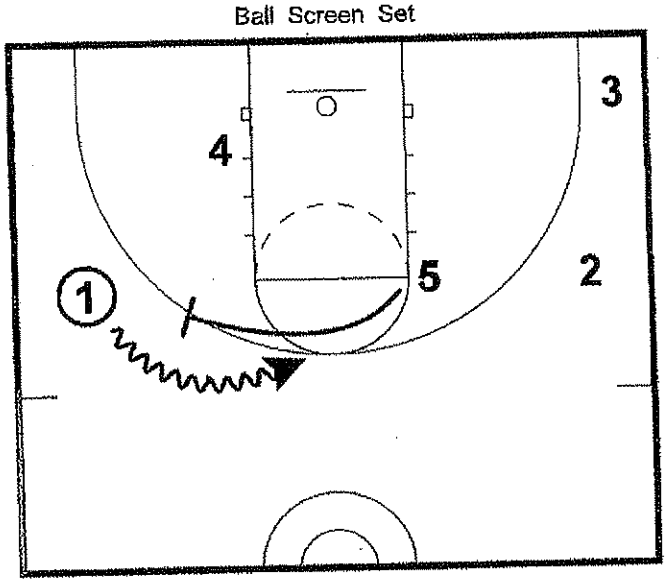
Aggie

Ball Screen Set



Wing clears to opposite corner. Forward sets "rim-runner" screen and rolls to block.

Ball Screen Set

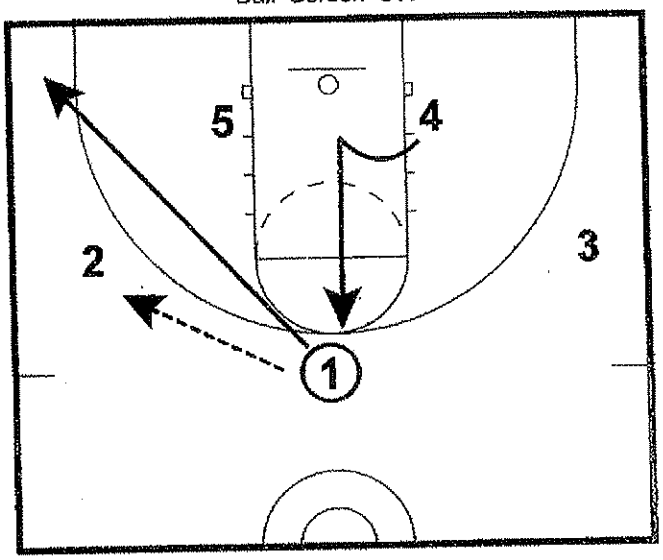


Opposite forward sets another pick and pop screen for guard.

All Contents Proprietary

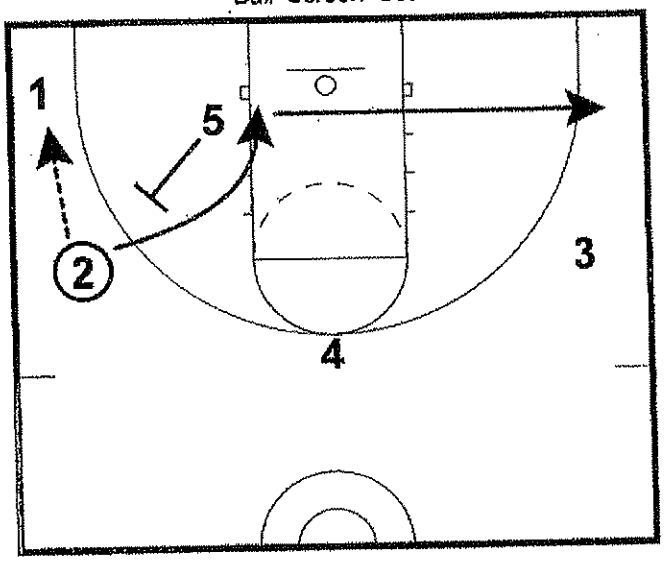
Sooner

Ball Screen Set



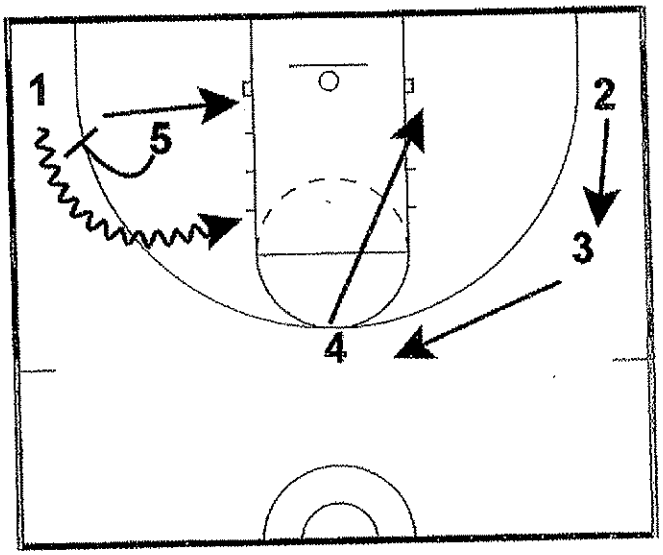
Guard passes to wing and cuts strongside. Weakside forward steps across and flashes to top.

Ball Screen Set



If forward is not open up top, wing passes to corner and uses forward's backscreen. If not open, wing fills to opposite corner.

Ball Screen Set

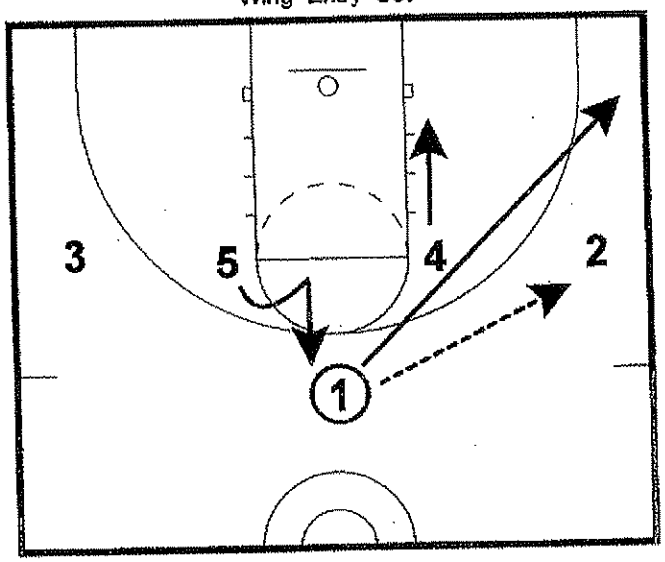


Guard uses forwards ball screen and looks to attack. Top forward dives to opposite block. Opposite guards fill top and wing.

All Contents Proprietary

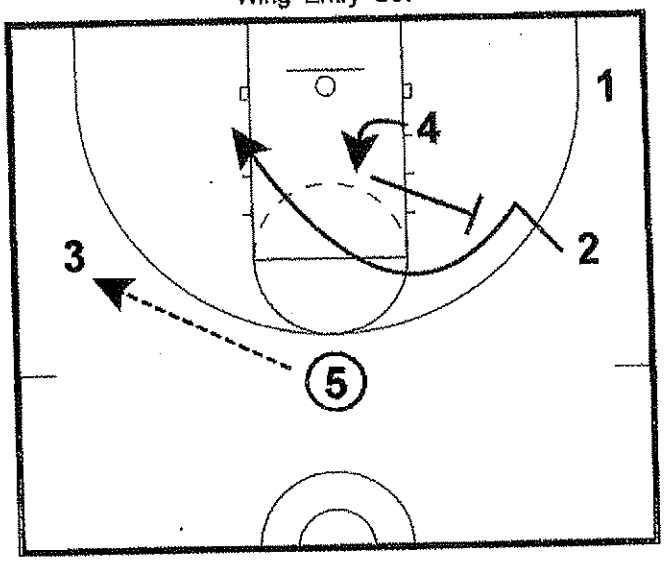
Oklahoma

Wing Entry Set



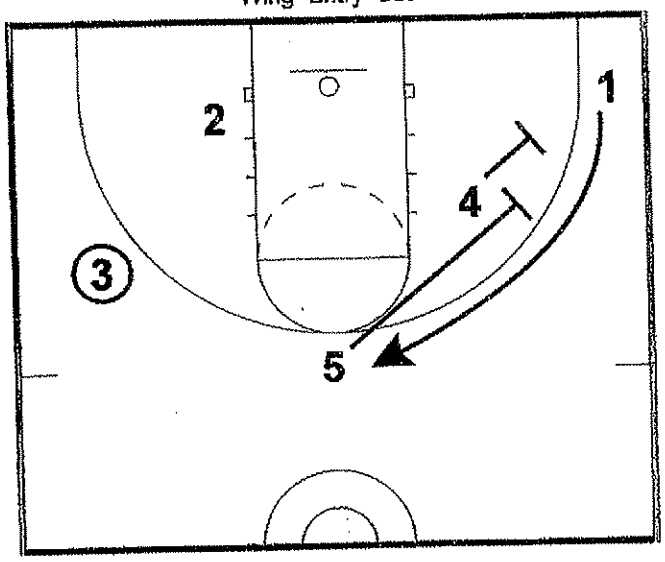
1 passes to 2 and cuts strongside. 4 dives to low post. 5 steps across and cuts to top.

Wing Entry Set



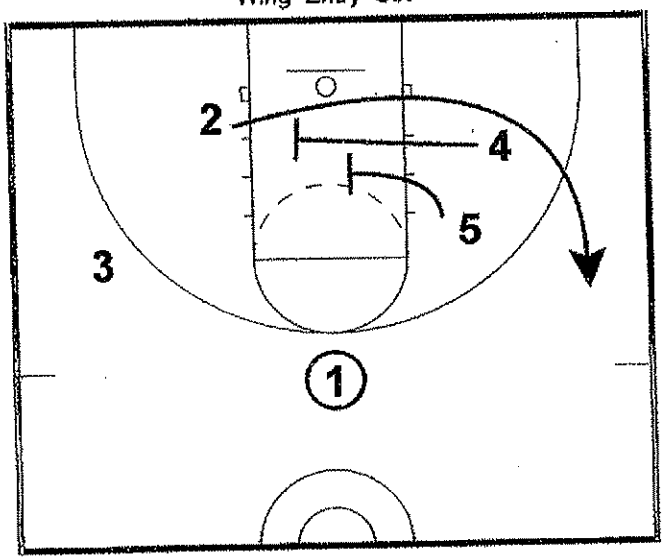
5 looks to hit 4 on duck-in, or reverse to 3. (If 3 is overplayed, 5 dirbbles at for a back cut.) 4 sets backscreen for 2 who shuffle cuts to ballside block.

Wing Entry Set



4 and 5 stagger away for 1.

Wing Entry Set

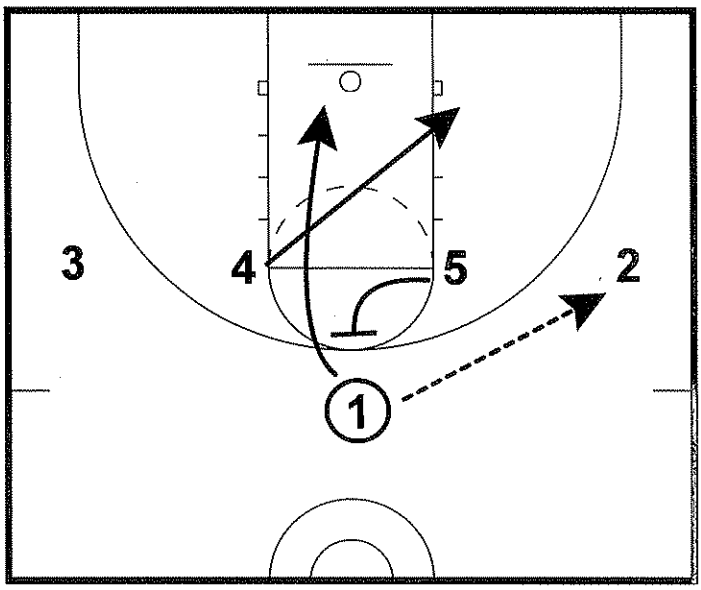


4 and 5 set a double cross screen for 2. 2 looks shot or to hit 4 or 5 on seal. If nothin is open - right back into high/low alignment.

All Contents Proprietary

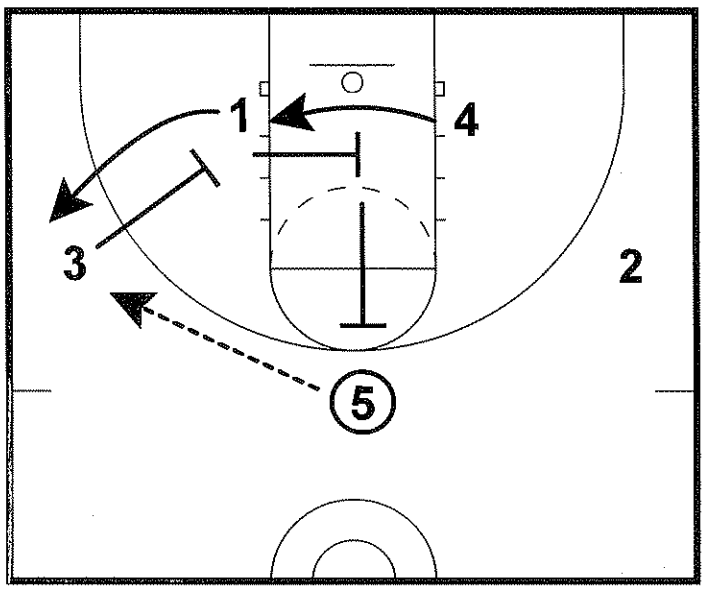
Missouri

Wing Entry Set



Ballside forward sets backscreen for guard. Weakside forward dives to ballside block. (More than likely this first lob won't be open.)

Wing Entry Set

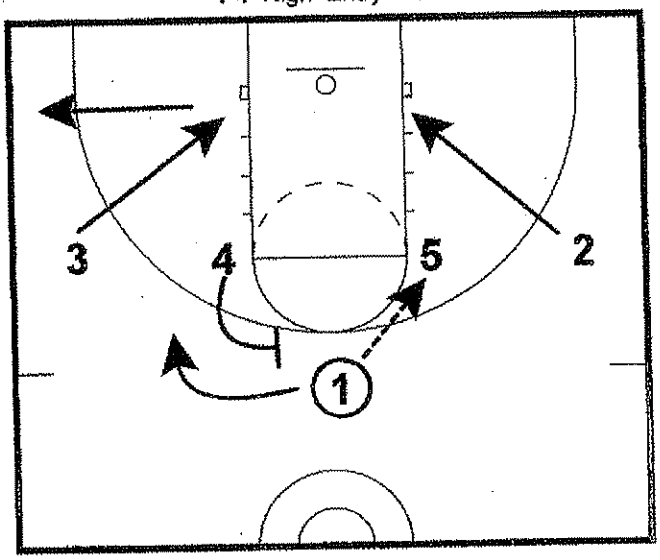


3 downscreens for 1. 5 passes to 1. 3 then sets cross screen for 4, into a backscreen for 5. 1 passes to 5 on the lob if 4 isn't open off the cross screen.

All Contents Proprietary

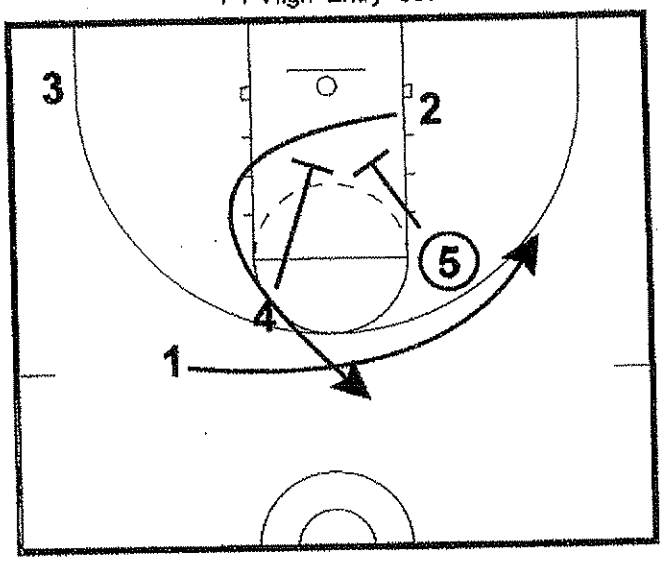
Illinois

1-4 High Entry Set



Basic 1-4 High entry action.

1-4 High Entry Set

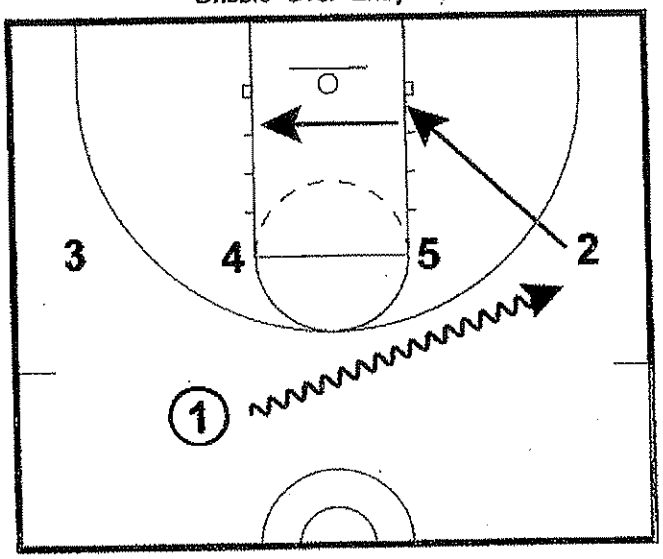


1 fakes the fade screen and runs a dribble handoff with 5. 1 looks to turn the corner and attack, or flatten out and hit 2 off 4 and 5's double downscreen.

All Contents Proprietary

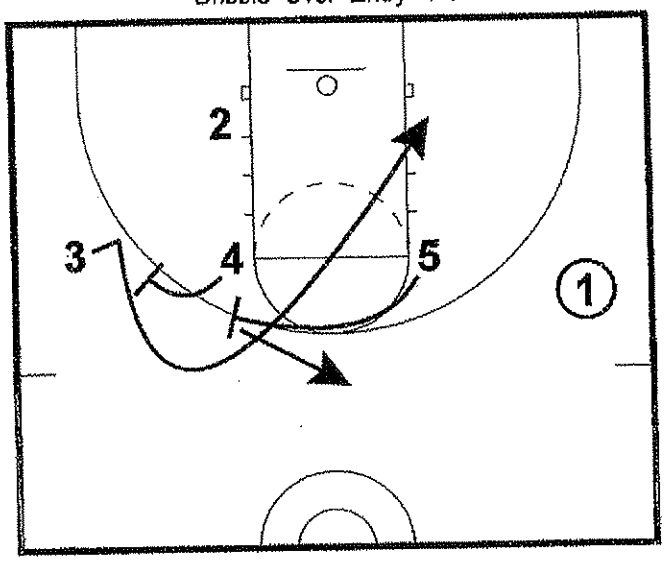
Tulsa

Dribble Over Entry Set



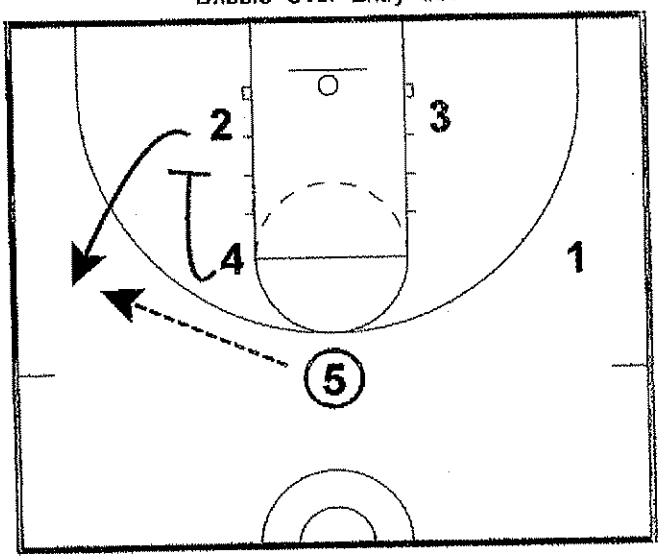
Guard starts opposite of direction he wants to go. 1 dribbles at 2 sending him backdoor.

Dribble Over Entry Set



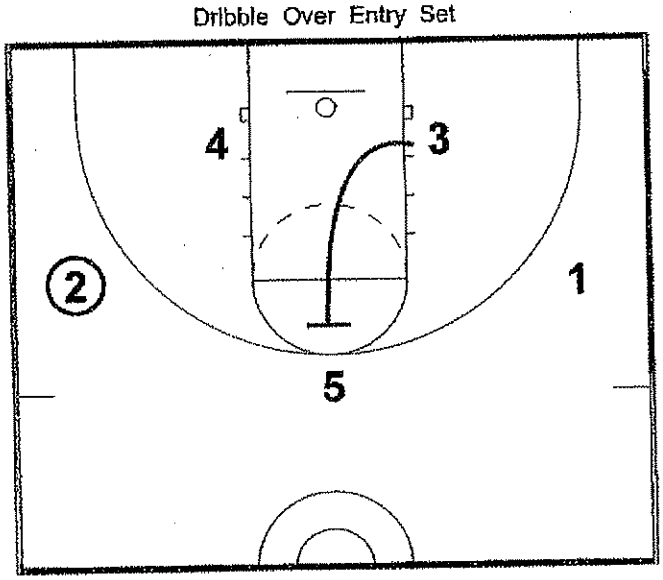
3 curls 4 and 5's double stagger. 5 pops back to top.

Dribble Over Entry Set



4 downscreens for 2 who receives pass from top. 4 looks to seal after screening.

Dribble Over Entry Set



3 backscreens for 5. If 5 isn't open on the lob, 2 passes to 3 up top. The offense returns to basic high/low alignment.

All Contents Proprietary

Bill Self:
Breakdown Drills for the
High / Low Offense

I. Position Shooting Drills

1. "5-minute shooting"
(like 3-man, 2-ball shooting)
- G's on one end, F's on the other
- more like 6-man, 3/4-ball shooting
- concentrate on making 15' shots from spots out of the offense
- Shooters are stepping into a 1-2 shot → use shooting hand as a "backstop" on the catch
- Count makes on scoreboard

2a. "Guard Shooting"
(like our shooting off chairs)
- FOCUS: FOOTWORK on CATCH INTO SHOT
- Your inside foot should be your pivot foot
- 1ST SET: Use on one side, coach on the other from 3 from 15'
- 2ND SET: bump + fade to, using a down screen corner from 3 to top from 3
- 3RD SET: coming off staggers both ways
  - one side is inside staggers (15-18')
  - the other side is deep (3)

2b. "POST MOVES"
- TEACH your POSTS ONE MOVE + a COUNTER
- 2 lines on baseline, coaches are passers on wings
- 1ST SET: Baseline drop step, middle drop step
- 2ND SET: Baseline up + under, middle up + under
- 3RD SET: Duck-ins from top (post up first, then leg whip to seal)
- 4TH SET: Step off lane, Reverse Pivot, 5-7' shot

- 5TH SET: Step off lane, Reverse Pivot, shot fake
drive baseline (one dribble),
drive middle (one dribble) on other side
- 6TH SET: guard drive middle → vacate to short corner, (2 STEPS)
guard drive baseline → vacate to mid-post (2 STEPS)

3. "PARTNER 3-PT SHOOTING"
- G's + F's pair up
- 1/2 of team on each goal → competition btw both sides to see who is fastest to 30 makes
- Shooter / Rebounder switches every :30
- IT'S OK TO LET POSTS SHOOT 3's IN PRACTICE → IT STRETCHES THEIR RANGE

II. FOOTWORK IMPROVEMENT

4a. "GET OPEN ON THE 2-SIDE"
(2-SIDE = THE SIDE OF THE FLOOR w/ 2 PLAYERS)
- passers up top simulating shot, dump, reverse
- 2 on 2 to get open on wing, defense is switching everything
- work on down screens, fade screens, slips/pops

4b. "POST PLAYERS 2 ON"
- Posts start on blocks, passers on wings
- Start w/ a cross-screen into high flash (shot, dump, reverse)
- Work on duck-in's
- Work on step across
- Work on cheat step
- when pass is reversed to opp. wing, work on maintaining duck-in to ball side block (pass to corner of backboard); work on elbow flash to dive opp. block

III. 1-4 Timing Drills

5. Wing Backdoor
   - THE WINGS MUST BE ABOVE THE LEVEL OF THE BALL.
   - Use multiple goals at one time
   - Need a passer up top, a forward flashing to elbow, a wing & a wing defender (guards can alternate between offense & defense
   - Posts work on catch, chin, check
   - Wings work on getting above the ball & planting into a straight-line cut
   - Drop-step bounce pass → lead the cut, better late than early

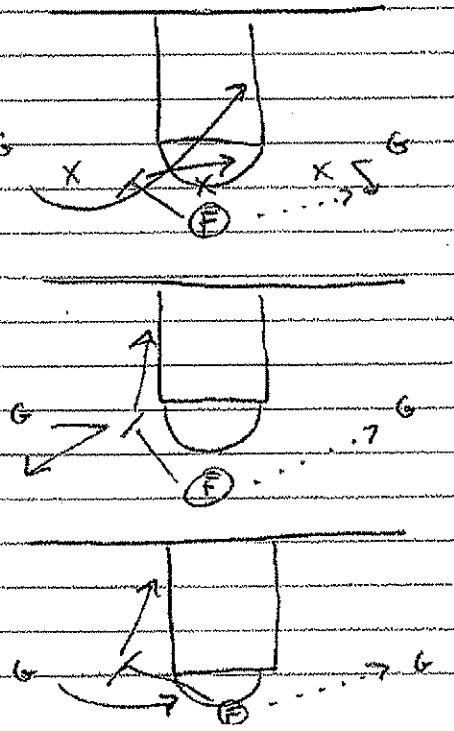
6. High Post Backdoor
   - If the Forward is overplayed flashing to the top w/ ball on wing
   - wing takes one hard dribble at forwards defender and executes a bounce pass to the forward back cutting
   - Need a guard on wing, forward flashing, forward defending
   - ** Forward can't go Backdoor until he is dribbled at.
   - ** IF Forward sees he's overplayed, he should take his man out further (allows more room for the pass)
   - Work on from both sides
   - The pass should bounce at forward defender's knees

7. SINGLE SIDE BACKDOOR

- forward slashes to top - looks shot, dump, reverse → wing is overplayed, so it's one dribble + backdoor
- need passer on wing, forward sliding high, guard on opp. wing, guard defender
- Forward needs to dribble @ guard defender to allow guard to get above the line of the ball (elbow-ish)
- Forward must concentrate on catch footwork (cheat step) + go through shot, dump, reverse progression
  - also allows guard to recognize he's overplayed + set his man up
  - Guard needs to get "High + Wide"

IV. 3o3 BREAKDOWN DRILLS

8. SCORING OFF SINGLE DOWN



* Live
* whichever way F passes → that becomes "2 side"
* F whom goes to single down/away to get G open
* G has to read his man + either curl (if D chases) → F flashes back; fade (if D plays ball side) → F slips for duck-in; cut (if D plays underneath) → F slips for duck-in

V. 5 on 5 Breakdown Drills

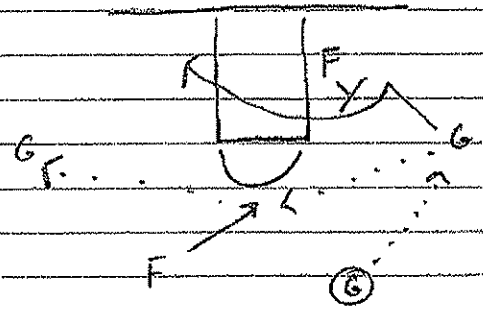
9. "Post Fan"
   - Run offense, last only way they can score is off of a 2 pass to top, or pass to stagger away

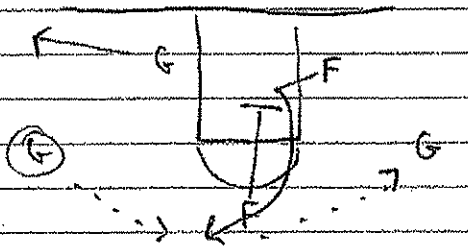
10. "Dribble Over"
   - can only score out of "dribble over" into "2 Game"

11. "1-4 High"
   - let the forwards catch an elbow & have to score out of 1-4 action into 2 Game

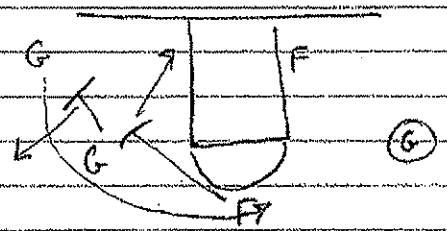
12 "Live Offense"

13. "Secondary Break" (Pitch & Skip) into "Live Offense"
   - work on shuffle pick, down screen





into stagger away



Coaching Points: Man to Man Defense

Guarding the Ball – "BALL"

1. Good defense starts with the proper defensive STANCE and PRESSURE on the ball.
2. Knees should be bent, body should be low and feet ready to move.
3. Feet should be shoulder width apart, with weight on the balls of the feet and heels slightly off the ground. The foot closest to the middle of the floor should be slightly ahead to force the ball out of the middle of the floor. This will be reversed if your coach decides to force the ball to the middle of the floor.
4. Hands should be up, with one hand pressuring the ball and one hand in the passing lane.

One Pass Away – "DENY"

1. Ball side hand in the passing lane with the thumb down.
2. Position "up the line, off the line" seeing the ball and your man.
3. You must be ready to react to the offensive player's movement.

Two or More Passes Away – "HELP"

1. Get off your man with at least one foot in the lane.
2. Talk and let your teammate know that you are ready to help.
3. When you help, you must be ready to quickly recover to your man.
4. When the ball is driven baseline and you are in the opposite corner, step up and help. Be ready to take a charge.

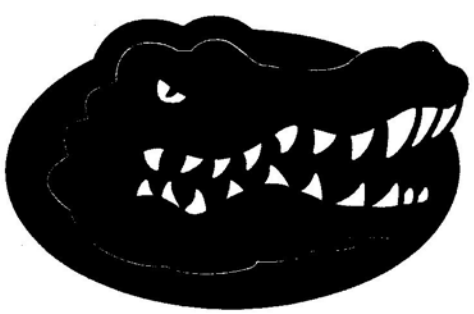
Close Outs

1. Close outs occur when you move from a help position back to guarding the man with the ball.
2. The player must recover in a defensive position that will allow the defender to contain the dribbler and contest the shot.

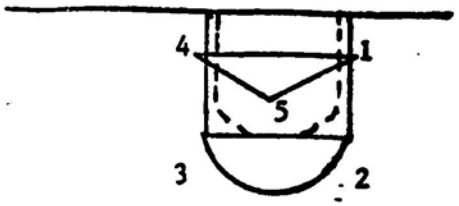
Close Out Fundamentals

a. As the defensive player runs toward the man with the ball, he must lower his body.
b. When the defensive player gets to his man he should be in a good defensive stance with hands thrown back.
c. Stay low and do not go for the shot fake.

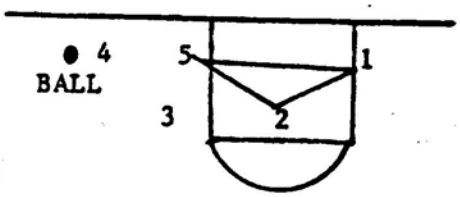
***One of the most important defensive fundamentals is LOUD COMMUNICATION!!!**



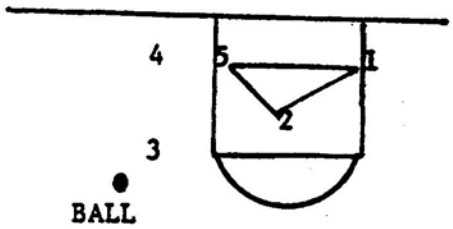
2-1-2 ZONE DEFENSE



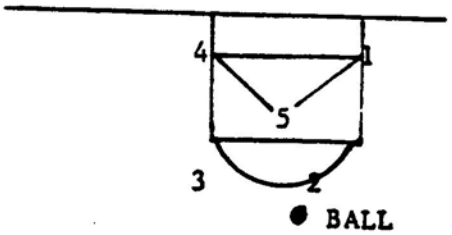
The middle man in the back line plays between the ball and the basket (indirect line) while playing an imaginary horseshoe that is indicated with the dotted line. There is always a 3 man rebound triangle that is indicated with the connecting lines. NOTE: HANDS UP AT ALL TIMES IS A "MUST"!



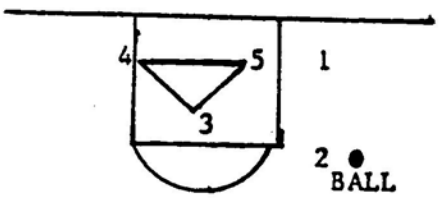
The #4 plays the ball while #5 takes his former position. #2 moves into the rebound triangle being sure to get between any high post offensive man and the basket. #3 drops back and in to choke the middle.



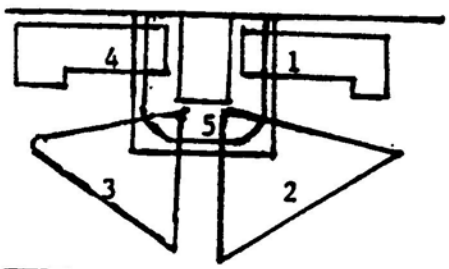
#4 drops back slightly while #3 plays the ball. #5 stays on the horseshoe between the ball and the basket.



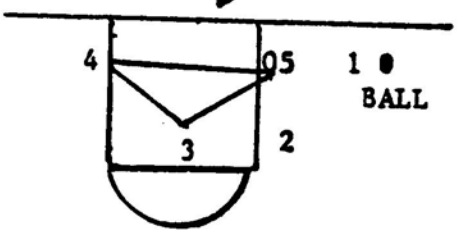
As the ball moves to the "point" #2 meets it. #3 can harrass from his side anticipating that the ball will be moved to the right.



#1 moves out slightly in anticipation of the ball being moved to his cornerman. #2 plays the ball. #3 moves into the triangle for rebound purposes and to clog the middle.



NOTE: Approximate paths each player must cover. The 2-1-2 stresses: 1) Sound rebounding with 3 men in position at all times. 2) Clogging the middle to prevent close in shots. 3) Proper distribution of personnel to take advantage of fast break opportunities. 4) The front 2 men must hustle and give maximum effort—they pay the price so that strong rebound position is maintained by others (play great outs. shooters tighter).



With regards to personnel #5 is probably the most vital person. He is involved in the rebound triangle at all times and he also is usually the one who battles the offensive team's big inside man for position. The general rule is for #5 to stay between the ball and the basket while maintaining position on the horseshoe. However, he must also prevent a feed pass to the low post or pivot man who is playing just on the edge of the lane. Should this post move out further from the lane #5 stays behind him and #1 converges upon him if he receives a pass. If #5 is content to stay behind this low post or pivot man (the lane man) he can't prevent this pass, and the result is an easy 6'-7' shot.

Keystone Oaks Basketball

These are drills I use that I feel are effective in teaching the Blocker/Mover offense. I picked up these drills from various sources. Specifically, I got a lot of these drills from the Winning Hoops Special Report on Motion Offenses written by Bruce Brown, Uniontown Lake HS. Other sources include Bob Knight, Dave Arsenault and Mark Few videos. If you need further explanation of the drills let me know, sometimes a diagram of the drill is easier to follow.

I. 2 on 0, 1 Ball Drills to Use in Teaching Free Offense

A. 2 on 0 Backcut Drill (3 players, 1 Ball)

a. 1 Player has a ball and passes to additional player.
b. Screener sets a back screen on Mover, mover cuts off back screen and receives pass to score.
c. Rotate players
d. Vary the areas/angles the screens take place.

B. 2 on 0 Fake Curl to Post Cut Drill (3 players, 1 ball)

a. Mover with ball starts at top of key, he passes to player on wing and sets up for a screen away to Mover on other wing.
b. The cutter fakes a curl cut over top of screen and just before reaching screen cuts low to the basket to receive pass.
c. Rotate and change sides of floor.

C. 2 on 0 Wing Entry to Flare Screen (3 players, 1 ball)

a. Players set up on wings and point. Point player with ball.
b. Point player pass to wing, opposite wing sets a flare screen on point player.
c. Wing with ball throws skip to the flare cutter for shot

D. 2 on 0 Flare-Screen-Re-Screen –Curl Screen Drill (3 players, 1 ball)

a. Same set up as "C"
b. After wing sets flare screen, the wing with ball does not throw skip pass.
c. The screener will then turn and re-screen for the flare cutter. Flare cutter will now run a curl cut to the basket to receive pass.

E. 2 on 0 Dixie Cut to Backcut Drill (2 players, 1 ball)

a. This drill teaches the "Dixie cut". Player at point starts with ball. Other player is on wing. Point dribbles at wing player.
b. Wing player then makes a shallow cut from wing to wing, (basically dribbler and cutter cross each other)
c. Dribbler turns back and pass to cutter who is now on opposite wing.
d. Passer now makes a basket "give and go" cut.

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II. 2 on 0, 2-Ball Drills (4 players)

a. Essentially you can do all of the drills above but just add an additional player and ball. Now whenever the screen and cut are made 1 passer passed to cutter and 1 passer passes to screener. Therefore, 2 shots are taken on each sequence. Also you add to the drill by instructing the screener to either pop or cut to receive the pass. The emphasis on these drills is to teach the screener to be a potential scorer.

b. Additional 2 ball drills:

i. Down Screen to flare screen to slip drill

1. Setup with 4 players on perimeter. Player on point has ball and player on far right wing has the other ball.
2. Point player pass to right wing player then sets a down screen on left wing player.
3. Left wing player curl cuts to basket. After curl cut, the screener re-screens for this cutter and sets a flare screen.
4. Player who ran curl cut and then flare cut receives skip pass for jumper. After setting the flare screen the screener slips the screen to the basket for pass from other player with ball.

ii. UCLA Cut to Pop Drill

1. Setup with player with ball at point, screener on left block, and 2 players on right wing, the wing player closest to corner has a ball.
2. Point player passes to wing. Screener on block comes up the lane line to elbow to set a back screen for the point player who executes a "UCLA" basket cut

III. 2 on 1 Drills (1 Ball) and 2 on 2 Drills

a. Now you can do all of the same drills listed above but add a defender. When first teaching specifically tell the defender how to react, i.e. fight over screens, go underneath, etc. By telling the defense how to play the screens you get your offensive players to learn the correct response by repetitive drilling.

b. After practicing all defensive scenarios then let the defensive player freelance and check to see if the cutter makes the correct read and cut.

c. Once 2 on 1 is mastered repeat drills but add a 2nd defender to teach options for blockers.

i. Specific 2 on 2 Drills with a Coach

ii. Flare Cut to Curl Cut—Defender goes underneath

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1. Set up with offensive player at point with a ball and the other offensive player on left wing. Two defenders on, coach on right wing.
2. Pass to coach and wing sets a flare screen on point. Point flare cuts to wing.
3. Tell point defender to play the screen "soft" and go underneath.
4. When screener sees this, he then re-screens down on the defender and the point will read the defense and run a curl cut into the lane if the defender gets caught in the screen.

iii. Down Screen to Slip—Defender hedges screen

1. Same setup.
2. On Pass point screens away.
3. Defender who is getting screened "skinny's" around screen and goes over top.
4. When reading this the screener will automatically slip the screen to the basket to receive pass.

iv. Down Screen to Pop—Defenders Sag

1. Same setup and same downscreen.
2. Tell defenders to sag in lane to cover curl cut.
3. Screener will step back (pop) looking for jump shot.

IV. 3 on 0/3 on 3 Drills

a. The focus of these drills is to teach players that if one screen and cut does not create a score they must keep moving and flow into another screen and cut action.

b. You can be creative and essentially set up numerous formations and cuts to be run. Some examples are:

i. Flare cut to lane cut.

1. Setup with 3 players on perimeter. Ball in middle.
2. Point passes to left wing. Right wing sets a flare screen. Wing player with ball will dribble at the screening action (attack the elbow) and then throw skip pass.
3. After setting flare screen, the screen will then reposition himself to set a back screen for the passer, who will then run a curl cut into the lane.

ii. Dixie Cut to Down Screen

1. Same setup.
2. After point passes to left wing, wing with ball will dribble to top and replace point, as point makes a Dixie cut to the wing at that he just passed to.
3. Player with ball will then pass to right wing. After pass, he will set a down screen on the player who just made a Dixie cut and is now on left wing.

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4. Player on wing can then curl, back cut, bump, etc. depending on the call by the coach.

iii. **3 line—12 Second Shooting Drills**

1. **This is one of my favorite shooting drills.**
2. Set up with 2 players on each side of the center circle. Player on right side has ball. Third player is on right wing at three point line. 12 seconds on clock.
3. Player with ball will dribble at right elbow. On dribble the wing player will make a basket cut and go all the way through to opposite side of court. The player who started on the left side of center court will sprint to left side of court and will work will set a screen for the cutter.
4. Now players will run the various screens and cuts, and passes for 12 seconds and take a shot at the buzzer. Don't give the offense too much to think about, just have them "play" out of concepts. The only "rule" we use for this drill is that whoever has the ball should have that side of the court to himself. The other two players should be screening and cutting on the other side of the court. After a few repetitions the players will get used to working with each other and will surprise you with the motion concepts that they have picked up.
5. Players like this drill as well if you use the clock because they get to take shots at the buzzer.

iv. **3 line—12 Seconds 2 shots drill**

1. Same setup as prior drill and same initial action.
2. This time however players work together and take a shot about 6-7 seconds into drill.
3. After shot the shooter will run to the top of the key. Other players go to the offensive glass, whoever does not rebound will then sprint to the top to screen for the initial shooter. The rebounder will then pass to the shooter so he gets a second shot at the buzzer as he comes off of the screen

V. 5 on 0/5 on 5 Drills

a. We then work up to 5 on 5 (or sometimes 4 on 4) drills and games.

b. We will start with 5 on 0 and explain the rules of our free offense (i.e. rules for blockers/movers). We will then simply let the players pass, screen, and cut in a 5 on 0 situation so they can learn to work together and settle into an offensive flow. Here is where you really can teach and stress the general principles of the offense such as,

spacing, catching and holding for a 2 count, floor balance, and all of the other fundamentals that were discussed in the other handout.

i. **No dribble game**
   1. Play 5 on 5, running blocker/mover but do not allow dribbling unless it directly leads to a lay-up.

ii. **Designated Shooter Game**
   1. Make the offense run screens and only a specific player can shoot. Sometimes tell the defense who the designated shooter is to increase the difficulty.

iii. **Only Blockers Can Shoot Game**
   1. Run the offense and restrict the offense to only letting blockers score. This is an essential drill because it makes blockers be offensive threats. Also it shows the blockers that they are still in fact "allowed" and actually encouraged to be offensive threats.

iv. **5 Good Screens Game**
   1. Run the offense but allow no shots until 5 good screens are set. Have coaches count out loud whenever a good screen has been set.

v. **Number of Passes before a Shot Game**
   1. Set a number of required passes. Do not count out loud, which forces the offense to concentrate. If they take a shot too early if gives you a great teaching opportunity to discuss paying attention to detail and concentration,

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Blocker/Mover Offense

We call this offense "Free" because it gives players freedom to create offense through spacing, ball movement, screening and cutting. Players are designated as either Blockers or Movers and given specific rules or guidelines to follow. There are no set patterns or cuts in this offense, the players simply work together and play out of the concepts that we teach.

One great benefit of our "Free" offense is its flexibility. Based on personnel strengths we can modify the offense to best fit our needs. For example, we have typically run our Free with the "Wide-Lane Blocker Assignment" (this will be explained later), but if we have a more post-oriented team we can easily run our Free with the "Lane-Lane" assignments, or if we go small we can run the "Wide-Wide".

The screening possibilities and angles are virtually limitless in this offense. This offense is generally easy to teach, but it will take awhile for a team to master the intricacies and to completely gel together and run it well.

This offense is based on the concepts taken from former Wisconsin coach Dick Bennett and High School Coach Brad Winters.

Player Responsibilities

Movers

Movers are the cutters in the offense. We designate 3 players as movers. They are typically our three best scorers and must have the ability to read screens, make the appropriate cut (curl, pop out, flare, or back cut) and create offense off of the dribble.

One key concept we teach our movers is they must be hard to guard. We tell them to imagine that they are playing tag with the defender. They must constantly be moving and looking to run their defenders off of screens from the blockers. Movers can move throughout the entire court although we tell them to stay off of the baseline as much as possible unless they are attacking to score.

We also stress to the movers to attack the elbows with the dribble. Movers are also encouraged to screen for other movers, with the exception that we do not allow movers to set on-ball screens. We do encourage the movers to look for dribble weave action whenever the opportunity presents itself.

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Movers also can cut through and post up whenever there is a mismatch in the post. We tell them to post for a 2-count and if they do not receive the ball by then to begin moving again. We do not want them to be stationary.

Although movers should be called upon to take a majority of the shots, it must be emphasized early that movers must pass to blockers whenever they are open for easy looks.

Blockers

There are two different types of Blockers in our "Free" offense. One is called a "wide blocker" and the other is called a "lane blocker". We restrict the areas in which the blockers can move. This is important because it allows for proper spacing and it gives the movers a general frame of reference for where the blockers are going to be so they can move with a purpose and not look like they are running around like a chicken with its head cut off.

The most important role for the blocker is to get the mover open with a good solid screen. Once the screen is set the blocker then has three options: (1) Re-screen (2) Become the second cutter or (3) Pop.

Blockers never screen for each other. The exception to that rule is if we run the "lane-lane" alignment and have 2 "lane blockers." In this setup we will allow them to run cross-screens for each other.

One important concept that needs taught from the beginning is that Blockers are allowed to, and encouraged to, shoot and score. They are not being taken out of the offense. The classic coaching concept that the player that sets the screen is often the player that is open must be taught. For sure, their first job is to screen for the mover and get the mover a shot, but they must then become an offensive threat.

Lane Blockers

Lane blockers are typically your best post player. Whenever we run our "wide-lane" version of Free this player will be the best post player on the team. We want this blocker to play in the low post on the left hand side. The lane blocker is allowed to move up and down the left **Lane** line from block to the elbow. He can also screen down into the lane. Essentially, we draw a rectangle from the lane line into the middle of the lane and the lane blocker is **restricted** to go anywhere else on the floor. This places him in an ideal location to cut to the basket, post up, duck in, or flash to the elbow or high post. We restrict him to the left side of the court so that the right side of the court is clear for dribble penetration.

All blockers, lane and wide, first job is to screen for the movers. They must constantly be looking to screen first and then look to be a scoring option after

setting a screen. If a mover is in the lane area, our Lane blockers are allowed to screen down into the lane to get a mover open. If, however, a mover is on the wing, the lane blocker should hold his position on the lane and allow the mover to run a rub screen off of the lane blocker. We do not want our lane blocker to step out to the wing to set the screen.

Wide Blockers

Wide blockers have the freedom to move over the entire right side of the court. Their area of movement extends from baseline to half-court line and from the middle of the lane over to the sideline. Wide blockers constantly look to set screens on the perimeter. The wide blocker is usually the post player with the best perimeter skills; however, we have had small guards play the wide blocker position as well.

Once the wide blocker sets a screen he can perform any of the three actions that we described above, (1) Re-screen (2) Become the second cutter or (3) Pop. After screening, the blocker should remain stationary for a 2-count to allow the mover and his defender to clear the area. The blocker would then do one of his three options. We particularly stress for the blockers to look for the screen then re-screen option. This is a very difficult action for the defense to cover.

Furthermore, we stress to the wide blocker to be an outlet to receive passes and to fill the top of the key if the floor is not balanced. Wide blockers can post up, however, we teach them to post and if they do not receive the ball within 2 seconds to then leave the post area and look to screen on the perimeter again.

Wide blockers are the only players allowed to set on-ball screens.

Teaching Points

- Keep the offense high and wide. We want to use the NBA three-point line for spacing purposes. Always try to maintain 15'-18' spacing between each player.

- Watch the defense not the ball. Movers must read the defense and make the appropriate cut based on how the defender plays. The ball will come to the action.

- On all catches. Face the basket in a triple threat position and hold for a 2-count. Look for movers coming off of screens and then take the ball to

- the action via pass or dribble. This is a key point because often players want to catch and dribble right away.

- Look to dribble penetrate to the elbows.

- "Side-Top-Side" mentality. Basically this means that we want to reverse the ball whenever we can. When reversing we also stress that we want to make quick decisions whenever the ball is on the wing. We don't want to hold or dribble too much with the ball on the wings because it will allow the defense to set up in a strong help side position. When the ball is at the top of the key, however, we can be a little more deliberate with the ball and really take a good look at the passing angles and cutters.

- Don't clog the ball side post. If player is posting and open give him the ball. If not open after a 2-count, the post should leave the area to open it up.

- Drill all of the screening options in a 2, 3, and 4 player work up drills. The screen and re-screen actions are numerous. (Flare screen to down screen; back screen to down screen; down screen to flare screen). I believe that you must drill these actions daily until it becomes second nature for the players.

- In practice we will also play 5 on 5 with restrictions such as: only blockers can score, or we must hit a blocker off of a cut or off of a pop. We will also often tell both the offense and the defense that a particular mover must get the next shot so it causes the offense to really set good screens to get that particular mover open. These types of drills are essential.

Free Alignment Options

In the past we have generally used the "wide-lane" alignment. That is, we played with 3 movers, 1 lane blocker, and 1 wide blocker.

The Free offense is very flexible. This upcoming season we will have a big team so we will also run the "Lane-Lane" alignment. This alignment consists of 3 movers, and 2 lane blockers. It is a more post-oriented style to Free. All the same rules apply, with the exception that we will allow the 2 lane blockers to screen for each other.

In years when we were small we have run the "wide-wide" version. As the name indicates the lineup would consist of 3 movers and 2 wide blockers.

We have also run the "Top/Bottom" version against zones. This is basically a high-low set up with one blocker at the foul line high post area and the other blocker sets up block to block.

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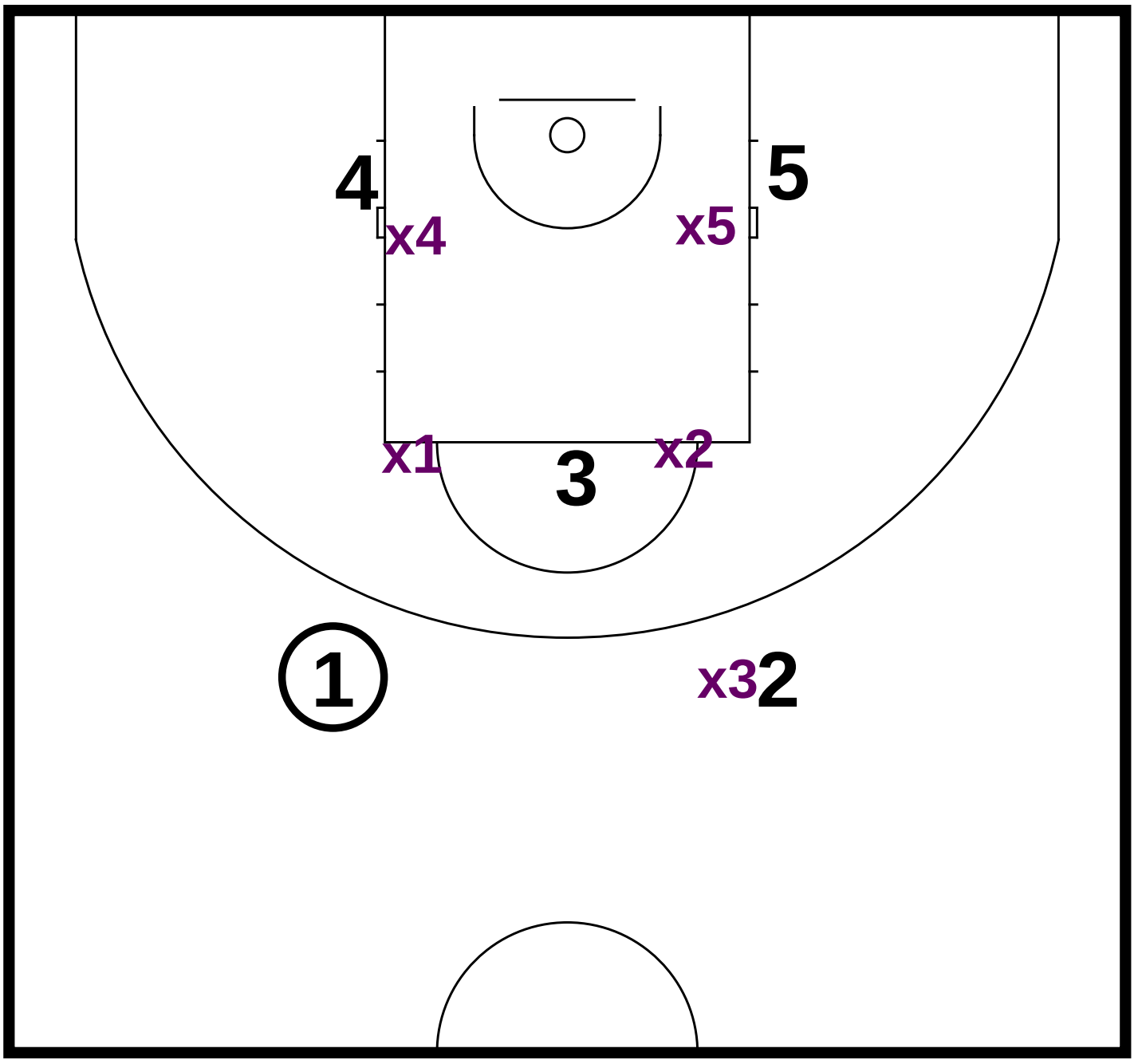
"Tigers"

Box & 1 Offense

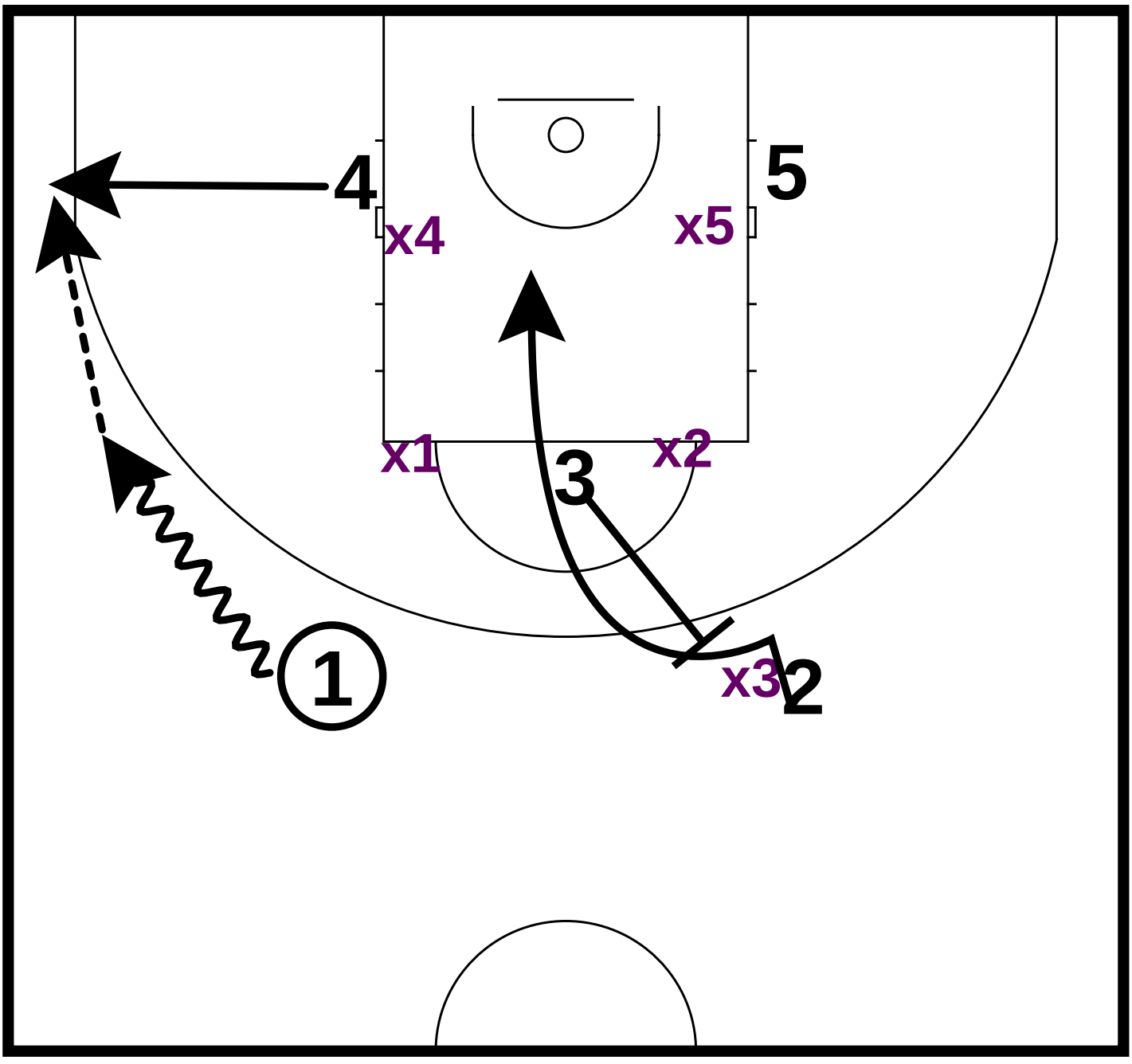


The initial aligment will be a 2-1-2

2 is the player being guarded man-to-man

"Tigers"

Box & 1 Offense



1 dribbles down until picked up by the defense

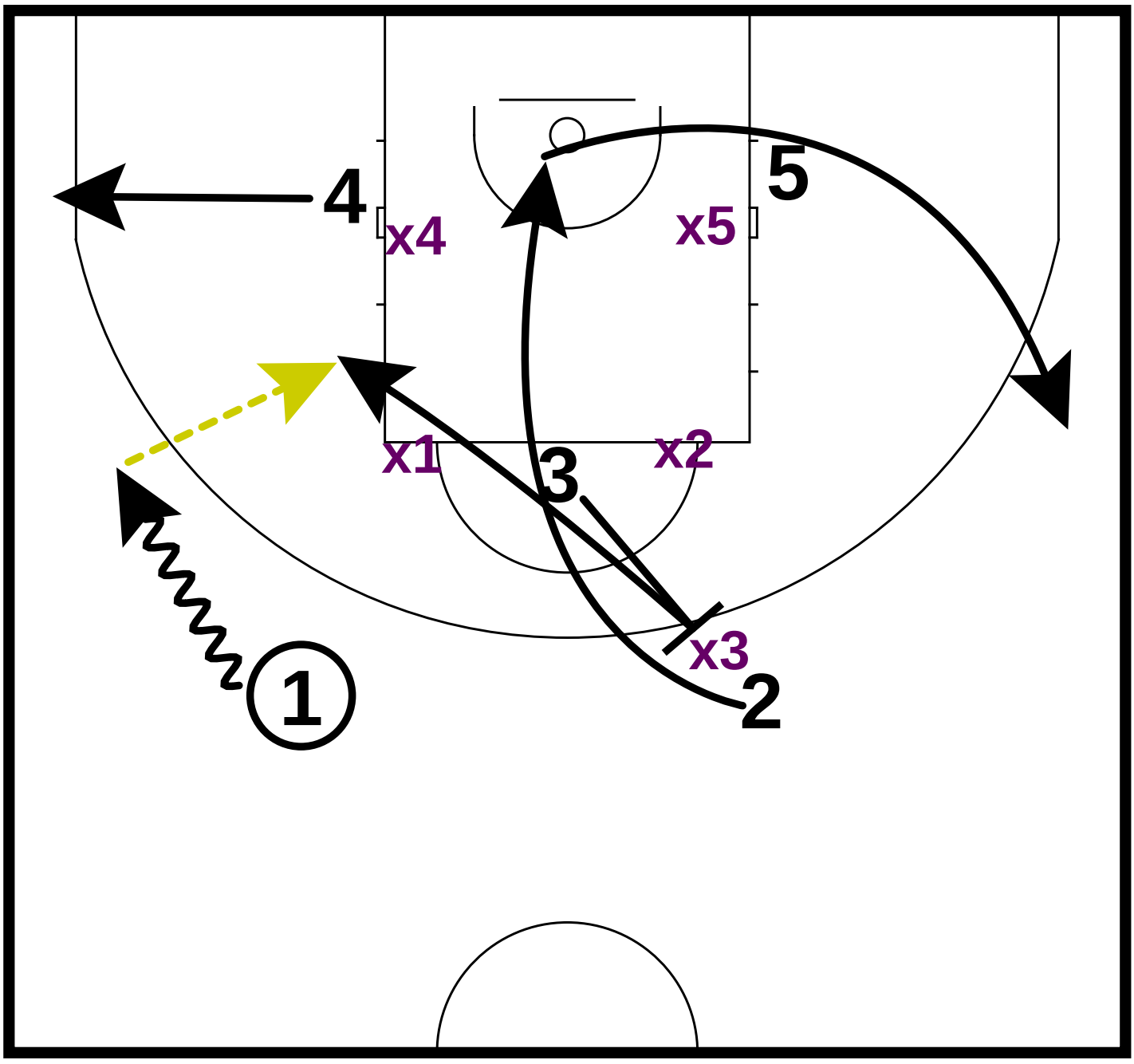
Meanwhile, 3 backscreens for 2 who cuts down the middle

4 & 5 will step out on the baseline to bring the defense out and open the middle for cutters

4 can take a pass for a shot if open or a look to drive or pass to 2 on his cut

"Tigers"

Box & 1 Offense



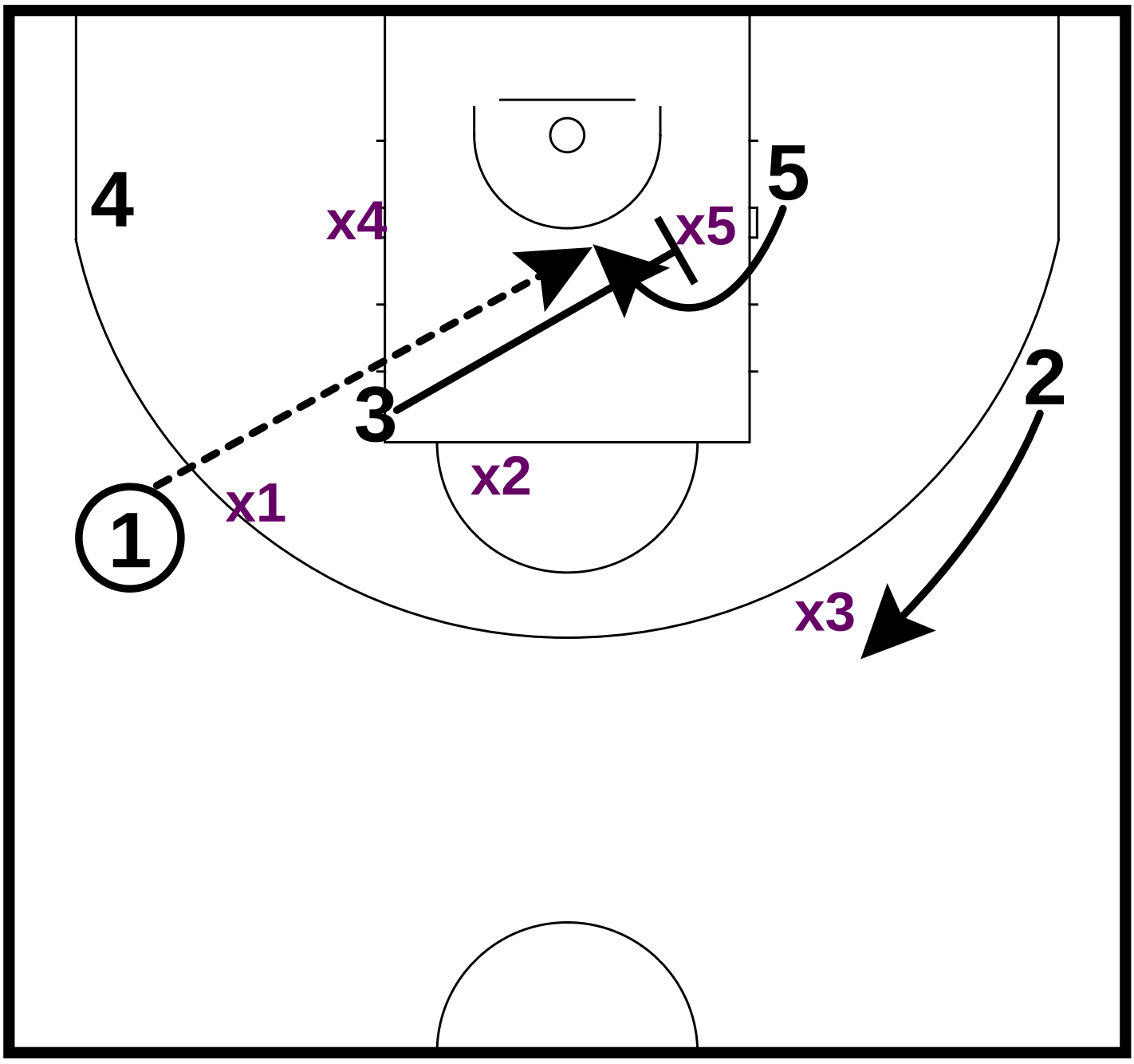
If 2 isn't open on the cut:

3 opens to the ball for a possible pass from 1 or 4

He also will then have the option of the jump shot or drive as 2 clears out to the opposite side

"Tigers"

Box & 1 Offense



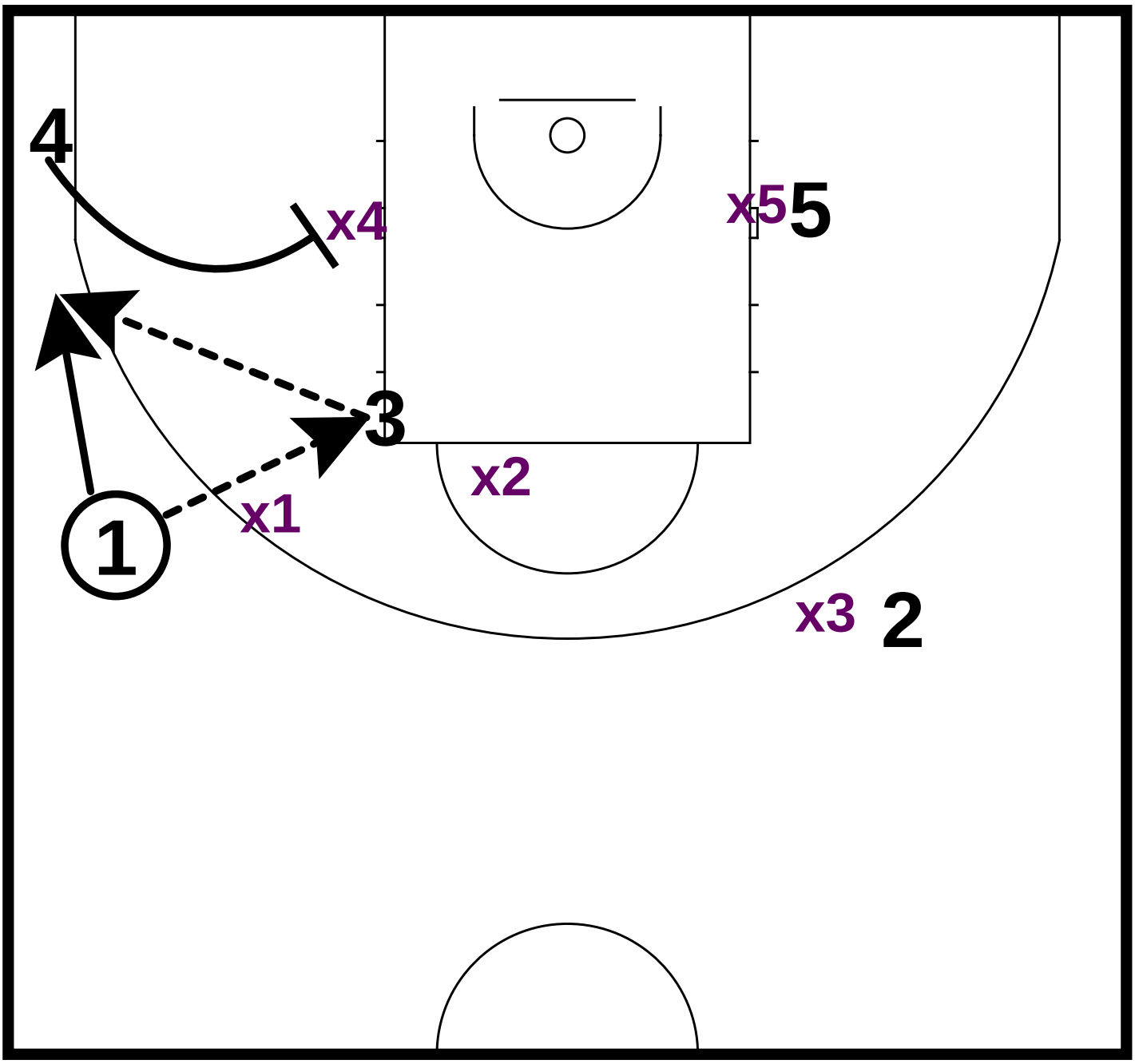
If neither 2 or 3 is open:

2 continues through to the wing

3 rolls and screens for 5 who cuts across the lane for a pass from 1 or 4

"Tigers"

Box & 1 Offense

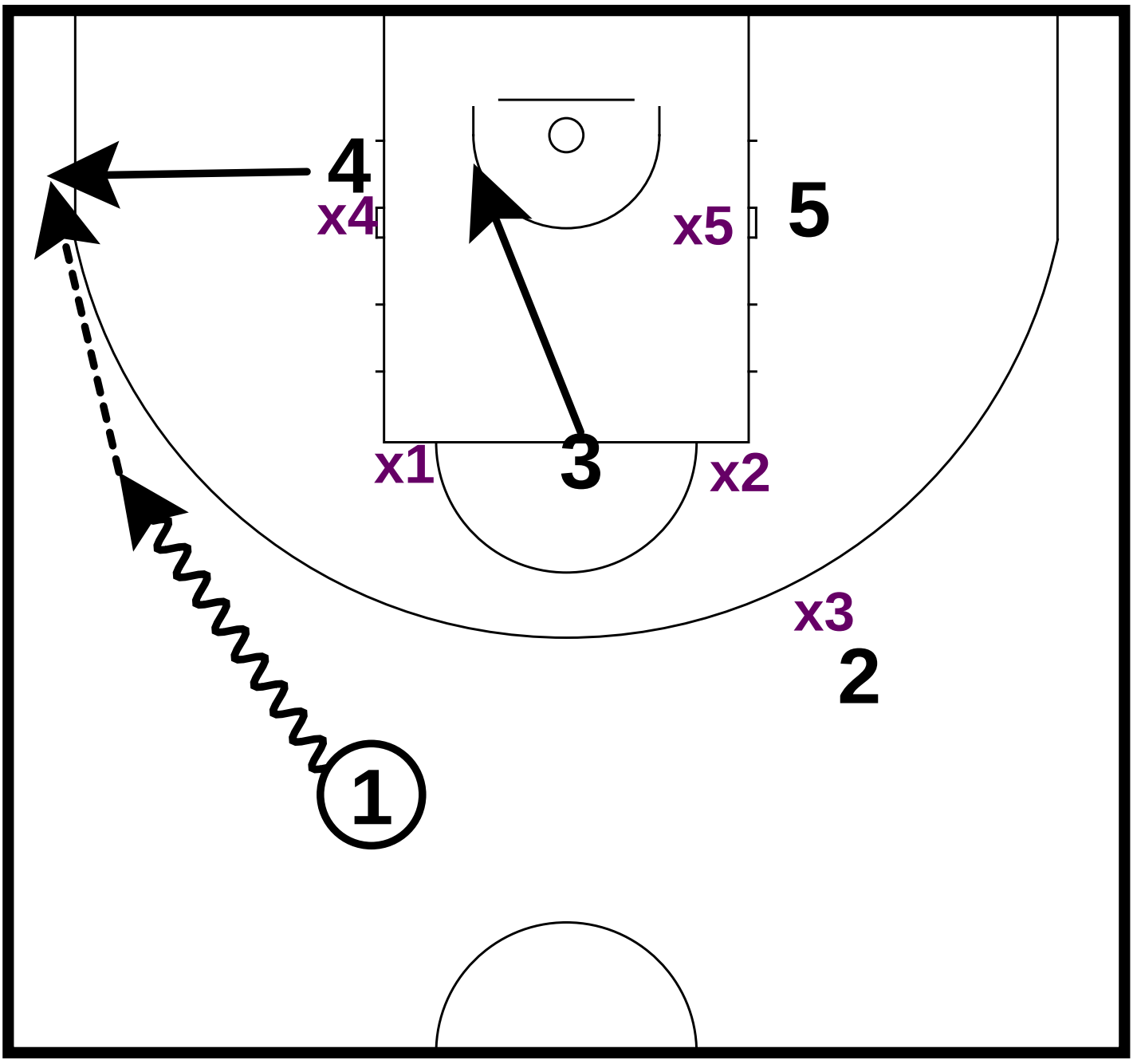


Should 1 decide to pass to 3 before 3's screen for 5

3 will then have the otpion of shooting, driving, or passing to 1 breaking behind the screen of 4 down on the baseline

"Tigers"

Box & 1 Offense



If the defense is stopping 2's cut down the middle:

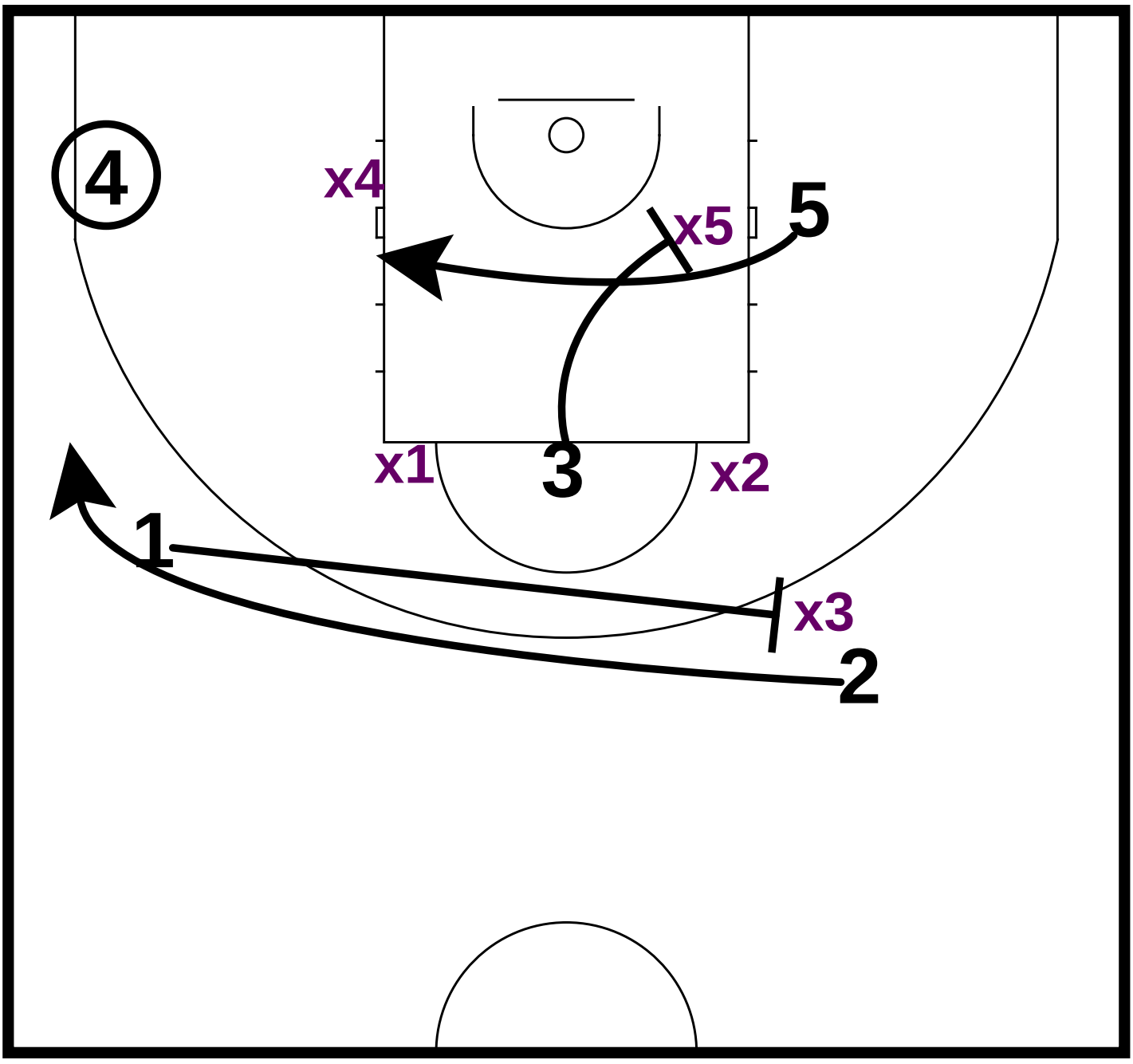
3 can also go down the middle on 1's penetrating dribble

1 can then pass to 3 directly or pass to 4 who can pass to 3 inside

1 can also look at 5 if x5 helps on the cut

"Tigers"

Box & 1 Offense



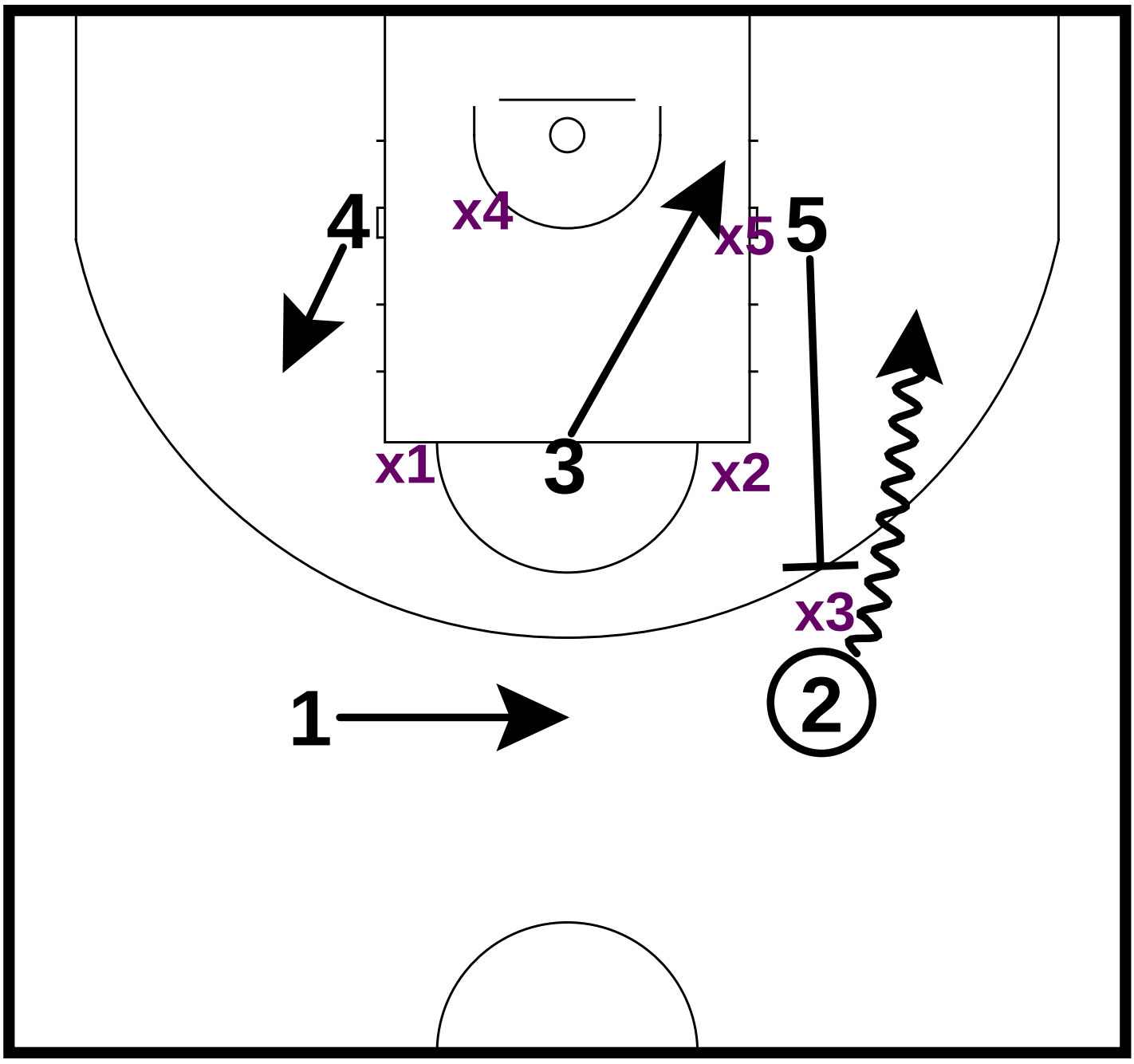
If 3 isn't open he can screen for 5 who cuts across the lane looking for a pass

If both 3 & 5 are covered:

1 should roll back and screen for 2 who will cut around for a pass & shoot catch

"Tigers"

Box & 1 Offense



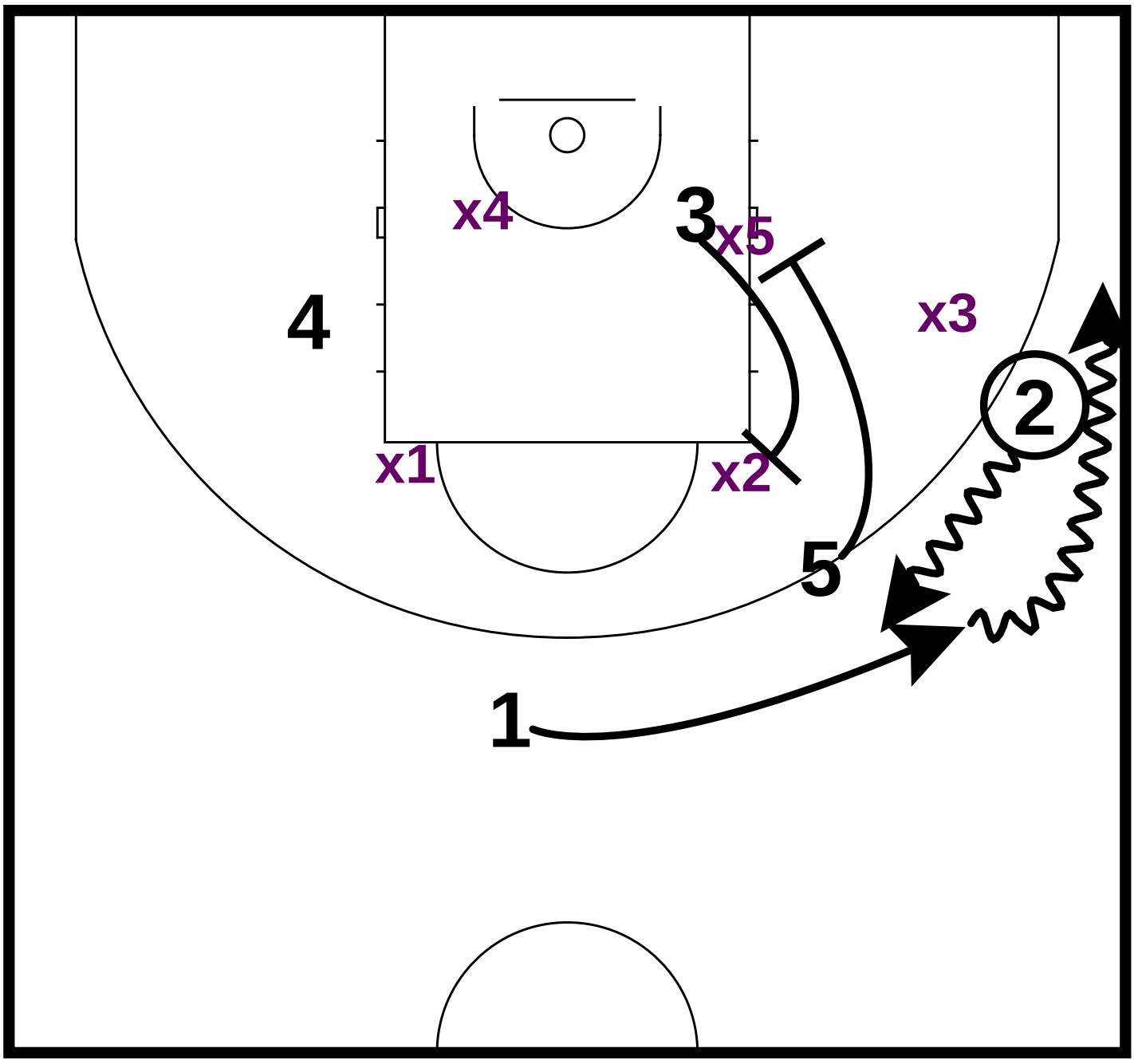
The following options are when the player being played man-to-man has the ball out front:

5 comes up to screen for 2, who dribbles down and takes the jumper or passes to 3 rolling to the basket

3 will hold up and roll at the last moment

"Tigers"

Box & 1 Offense



If 2 does not have a pass to 3 inside

3 rolls up and screens the top of the "box"

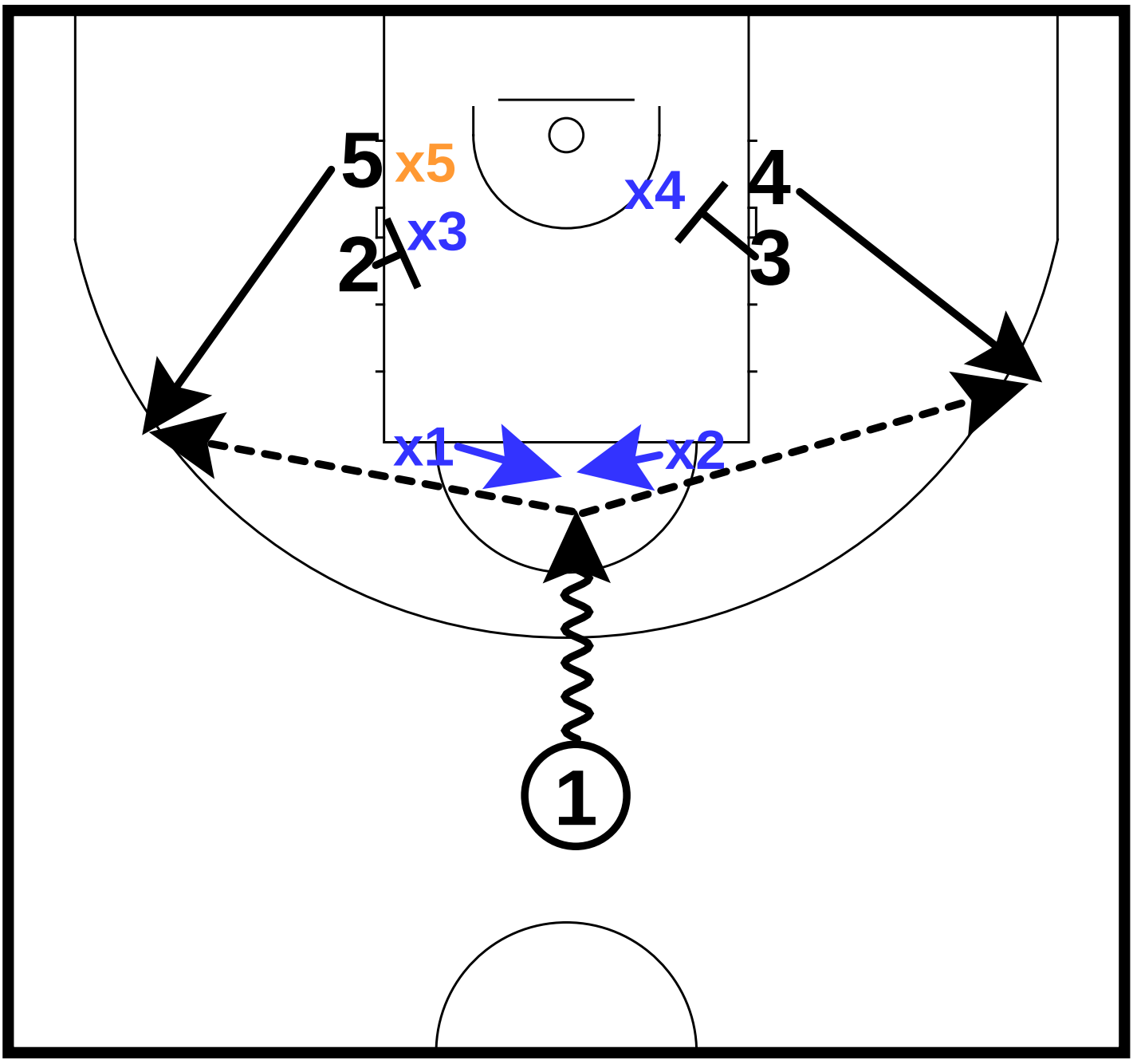
5 rolls down and screens the bottom of the "box"

2 dribbles towards 1 on 3's high cut for a DHO

1 comes off the DHO looking for an open shot

"Box"

Box & 1 Offense



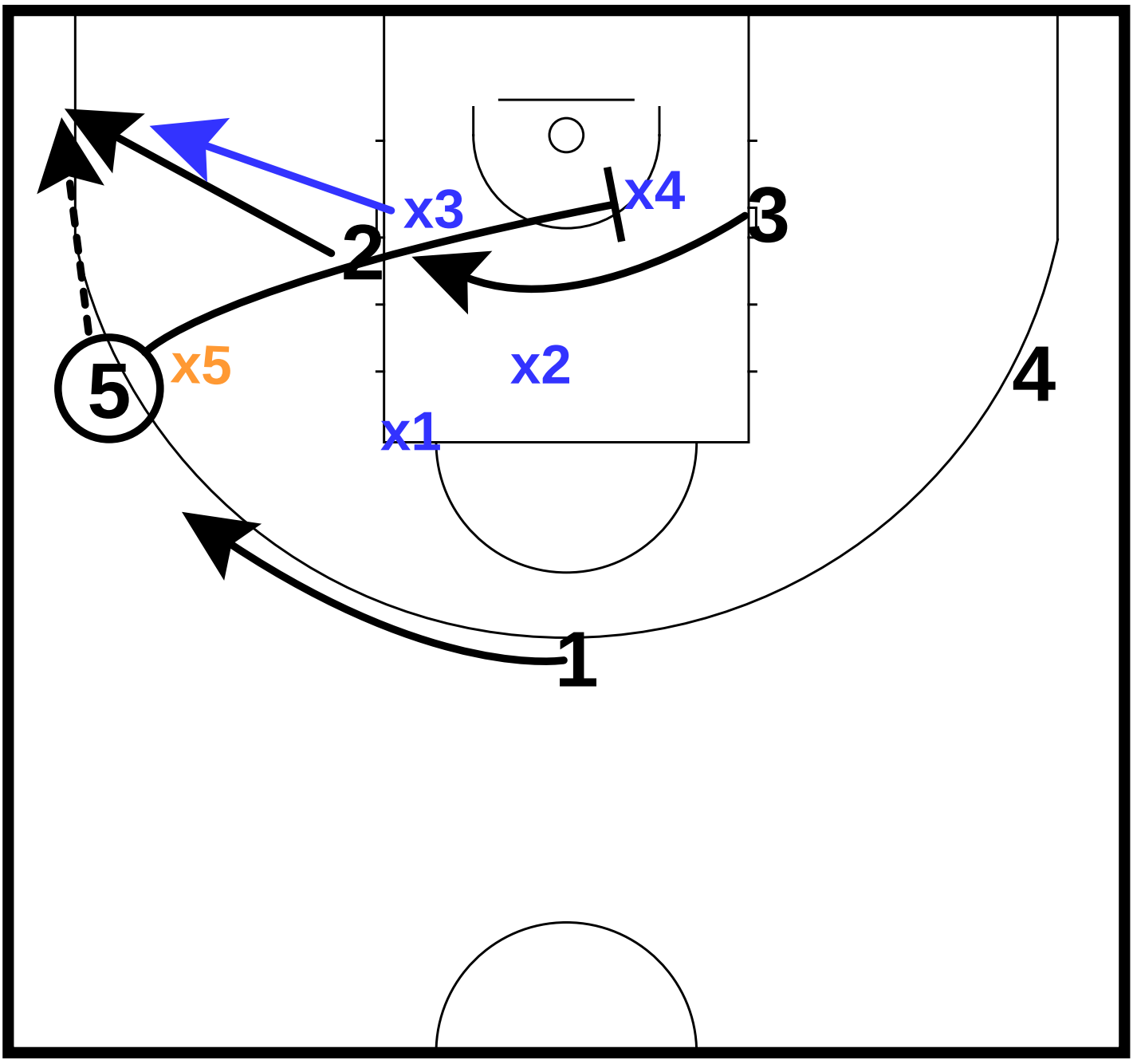
In this "double stack alignment":

Both baseline men step out behind the screens by the top men

1 can pass to either side

"Box"

Box & 1 Offense



If the ball is passed to 5

2 will step out to the corner to receive a pass from 5

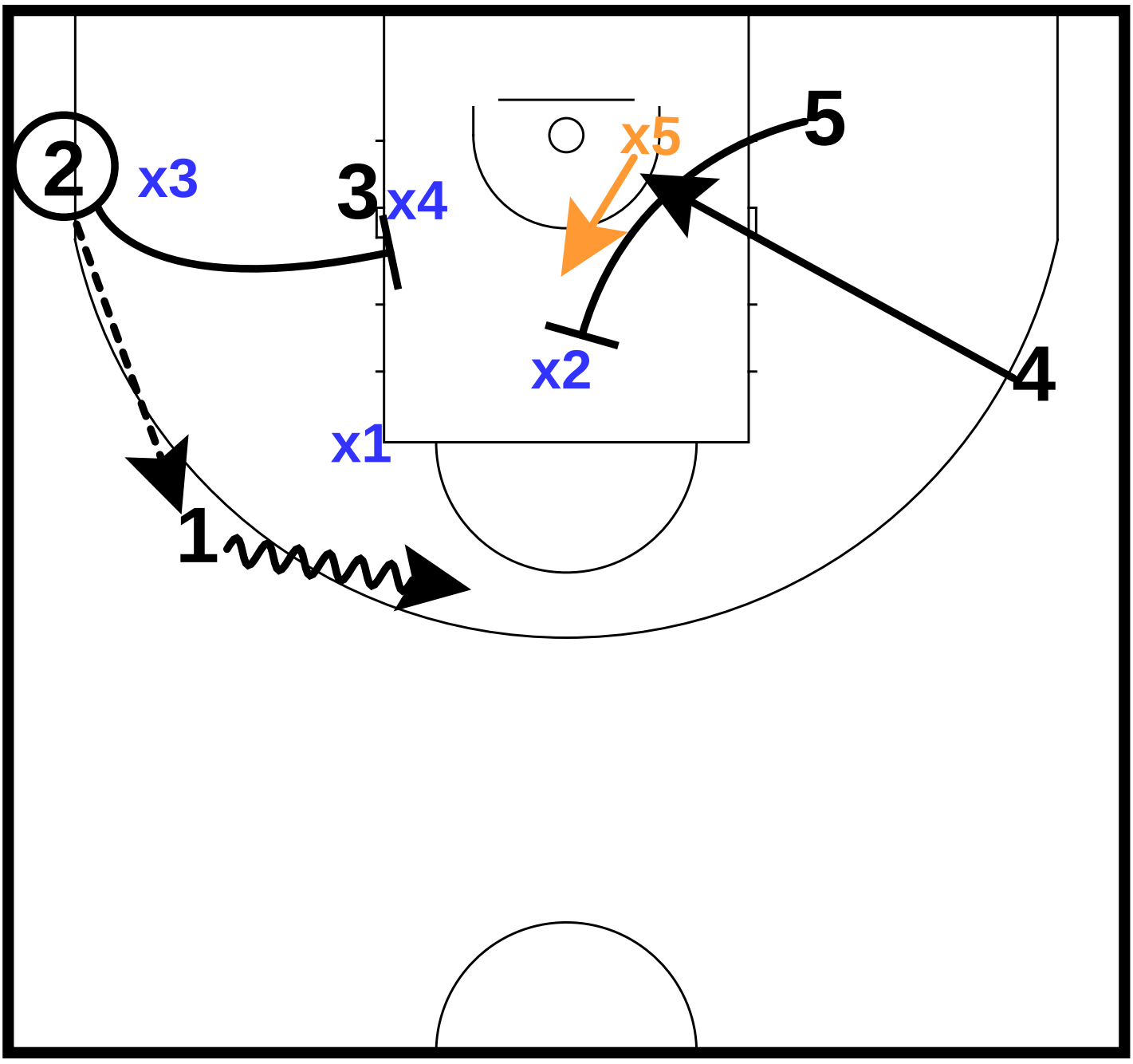
2 will have a shot if the back defender doesn't step out to take him

5 cuts through to the basket after his pass and then screens across the lane for 3

3 moves to the ball side low post

"Box"

Box & 1 Offense



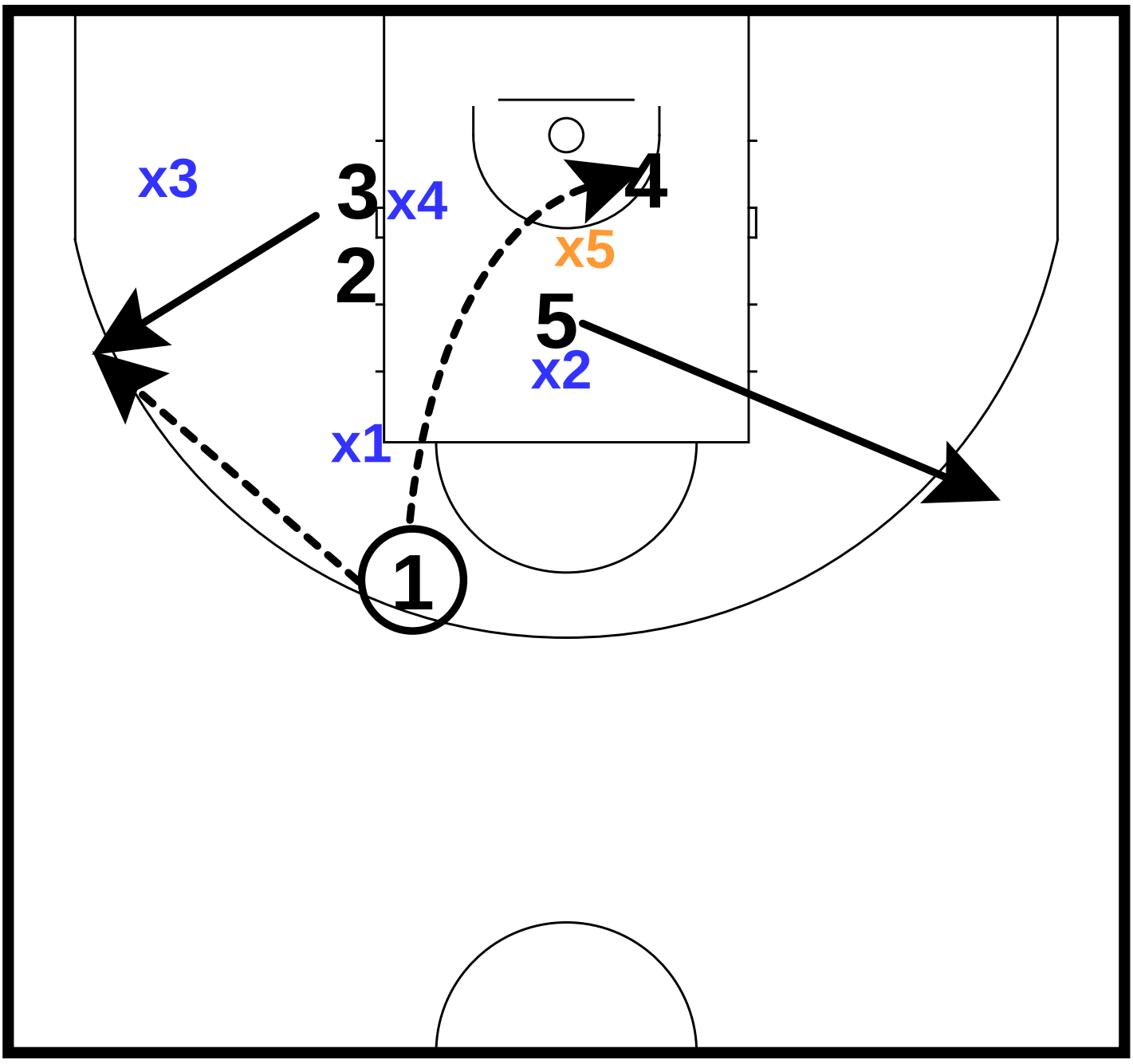
2 passes out to 1 and then screens for 3 to step out behind looking for a pass and shot

As 1 starts his dribble across:

5 sets a **"back screen"** on the offside top defender and 4 drops to the basket looking for a pass at the basket **(lob)**

"Box"

Box & 1 Offense



1 has three options:

-as after 5 screens he pops to the wing

The players are now in position to reset and begin again

EARLY OFFENSE

BASIC CONCEPT:

- Spacing
  - Everyone must be outside of 3 (high post player has some flexibility with this rule), except low block player
  - Perimeter stay out of high post area

- Ball Movement
  - Pass to the first open player with the corner person being the only exception. Only pass to the corner if needed to enter the ball into your low block player
  - No wasted dribble

POST OPTIONS TO FILL BALLSIDE BLOCK:

- High post can down screen for low post and roll to block
- Low post can back screen for high post
- High post can fake away and dive to block
- **Low post never goes block to block**

*Block to Block is allowed on the skip pass

BALL REVERSAL OPTIONS:

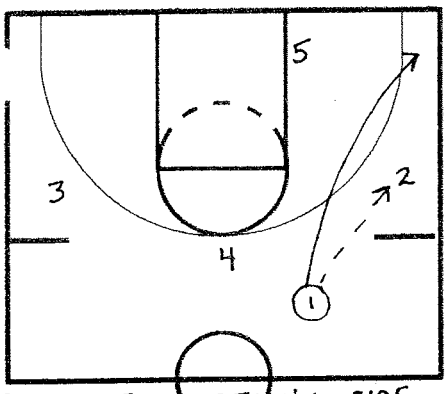
- Guard immediately goes backdoor
- Wing on-ball screen
- Flex screen for weakside guard
- Dribble hand-off

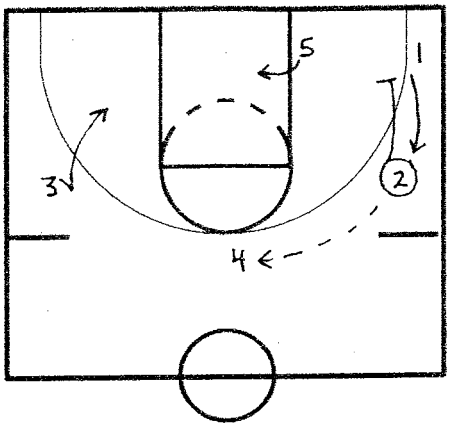
GUARD MOVEMENT:

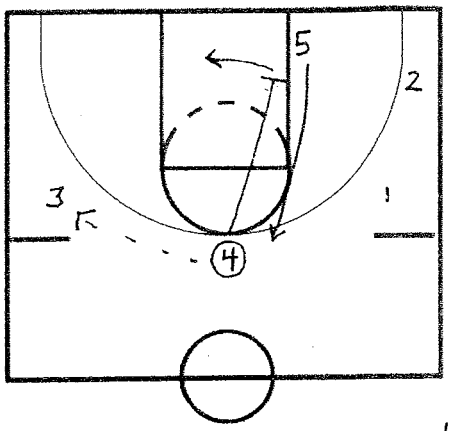
- When pass is made to high post
  - Splits Low
  - Splits Up
  - Guard in corner waits for flex screen from low post
- When ball is passed into the post
  - Splits Low
  - Splits Up
  - Give and Go
  - Spot up for skip pass out of post on weakside
- When ball is passed to corner
  - Passer cuts through the lane behind ballside post to weakside
  - Guard in the corner passes into the post or dribbles to the wing to reverse the ball or attack
  - **OR** guard in the corner waits for the on-ball screen from the post player

EARLY OFFENSE

CALIFORNIA GOLDEN BEARS







- GUARD FILLS STRONG SIDE

1 passes to 2 and fills ballside corner

4 trails or flashes to high post

2 reverses ball to 4

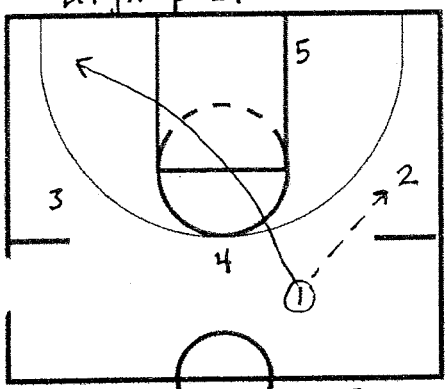
5 does duck-in for hi-low

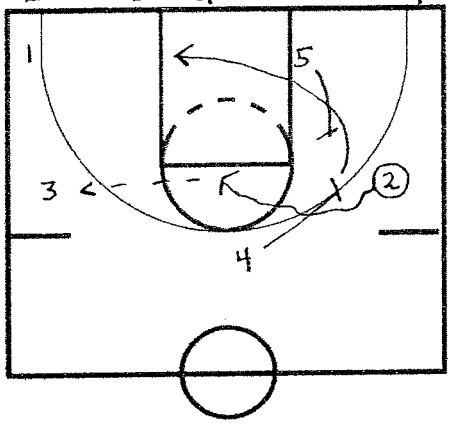
3 looks for backdoor cut

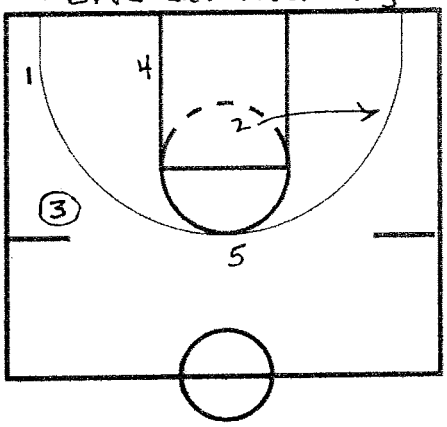
2 and 1 - Splits low or up

Options for Posts on reversal

- Downscreen and seal
- Backscreen
- Dive and Flash high







- GUARD FILLS WEAKSIDE

1 passes to 2 and goes to opposite corner

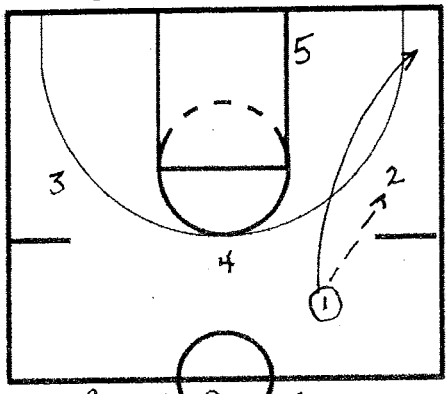
4 trails or flashes to high post

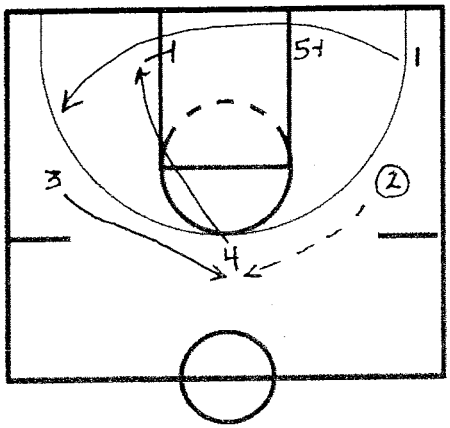
4 sets ball screen for 2

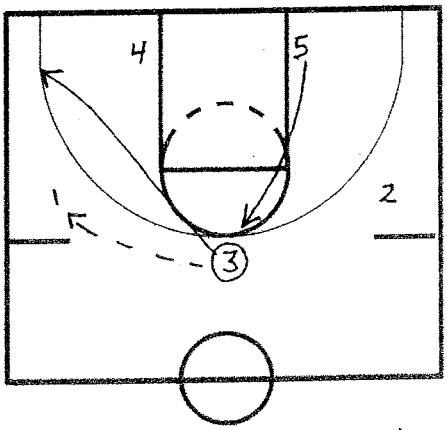
2 looks to attack

5 sets backpick for 4 and flashes high

Fill spots and continue offense







- High Post is DENIED

1 passes to 2 and fills ballside corner

4 trails or flashes high

4 is denied and goes backdoor

3 rotates to top; 1 comes off baseline screens from posts

3 reverses it to 1 and fills strong or weakside corner; 5 flashes high

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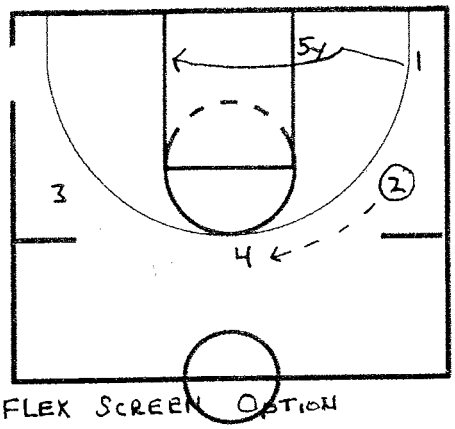
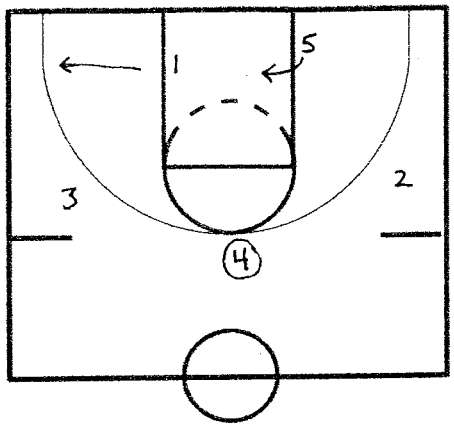
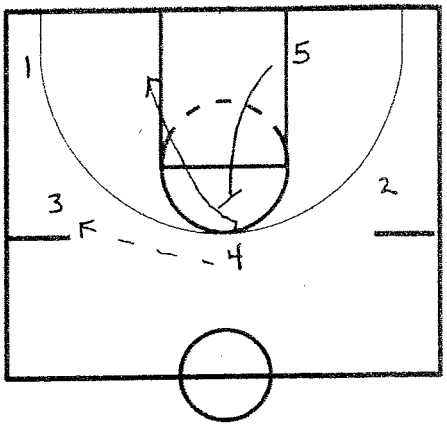
CALIFORNIA GOLDEN BEARS







- FLEX SCREEN OPTION

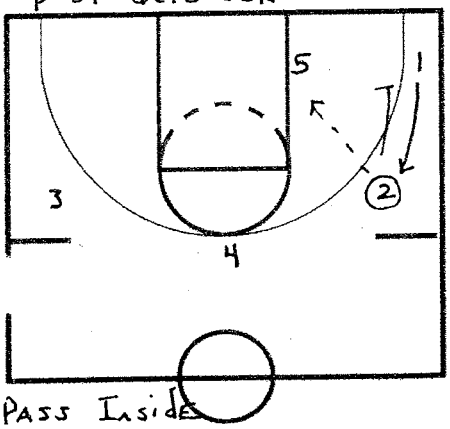
2 reverses ball to 4

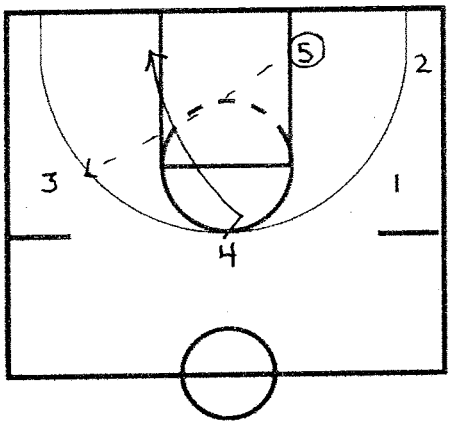
1 comes off flex screen from 5 trying to rub off post defender

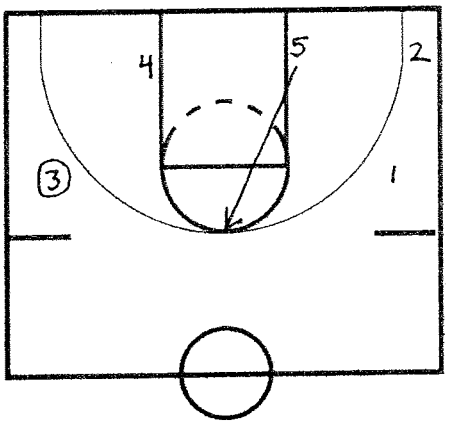
5 does duck-in looking for pass from 4

1 clears to the corner

4 reverses ball to 3 then makes one of the post options to fill low block







- PASS INSIDE

Splits Low

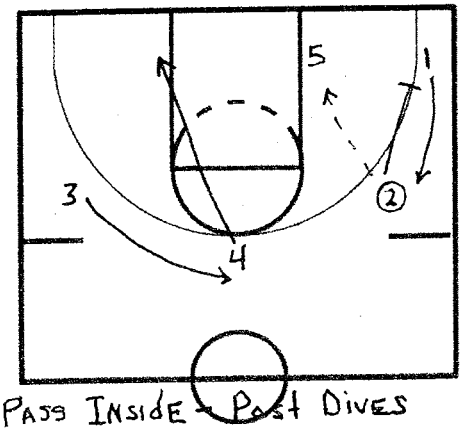
Splits Up

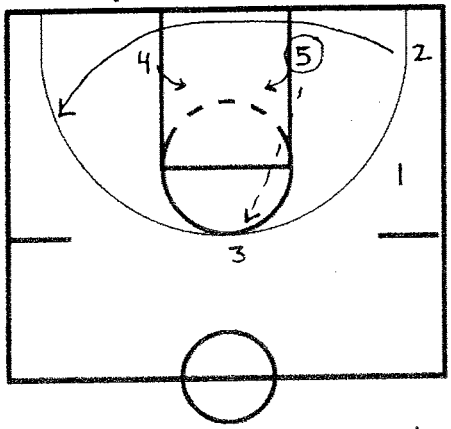
Give and Go

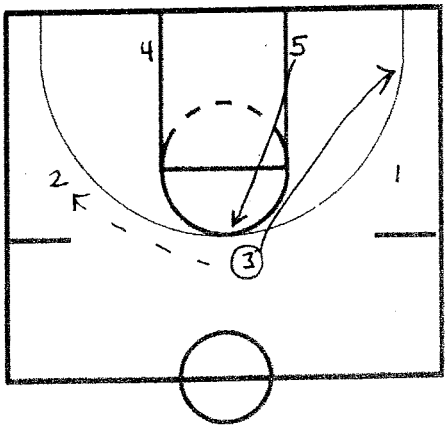
On skip pass out 4 chooses post option

Dive is most effective on skip

5 flashes high to continue offense







- PASS INSIDE - Post Dives

1 and 1 - splits low or up

4 dives looking for pass from 5

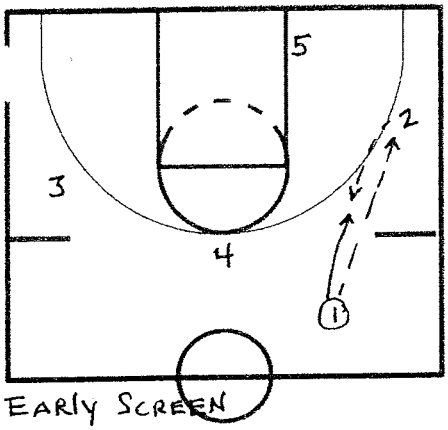
3 rotates

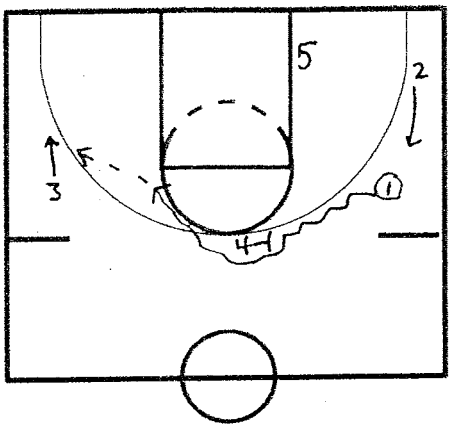
On pass to top both posts duck-in

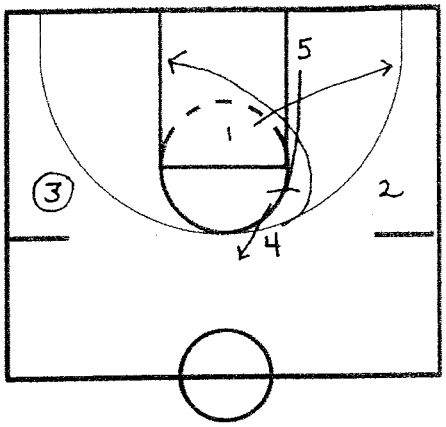
Guard rotates to balance floor

3 passes and fills either corner

CALIFORNIA GOLDEN BEARS







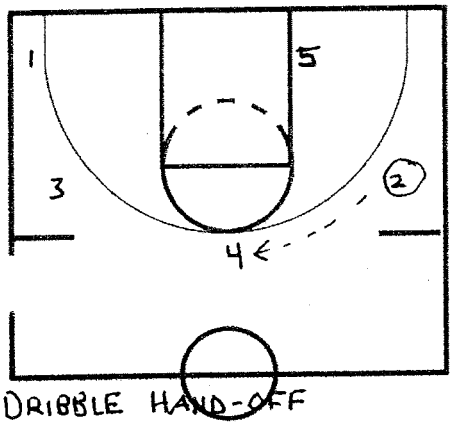
- EARLY SCREEN

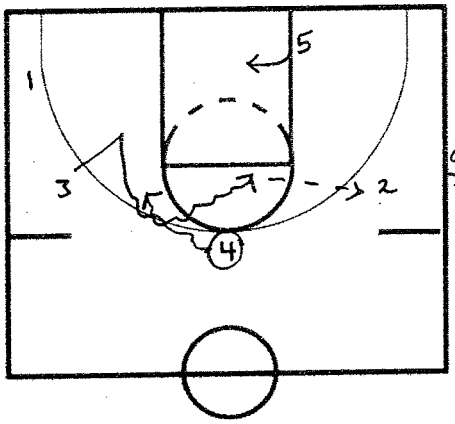
1 gives it up early to 2 then receives pass back

4 sets EARLY screen for 1

5 sets backpick for 4 to go to the low post

5 then flashes high





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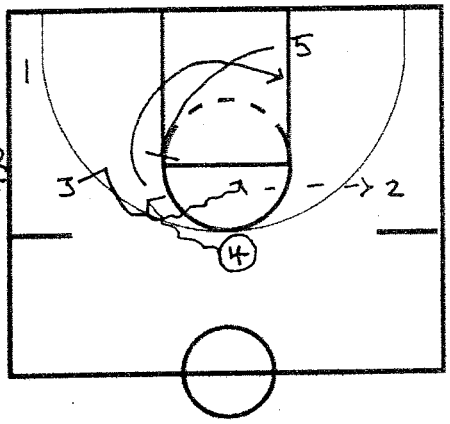


- DRIBBLE HAND-OFF

Ball reversal

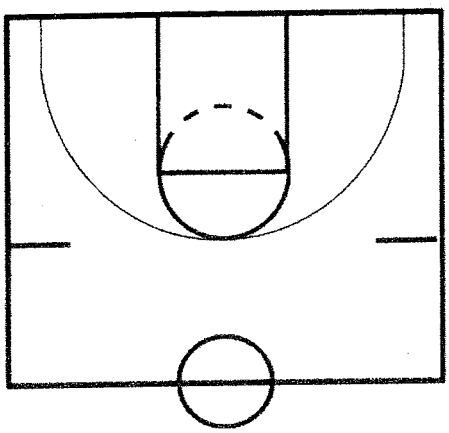
4 does dribble hand-off with 3

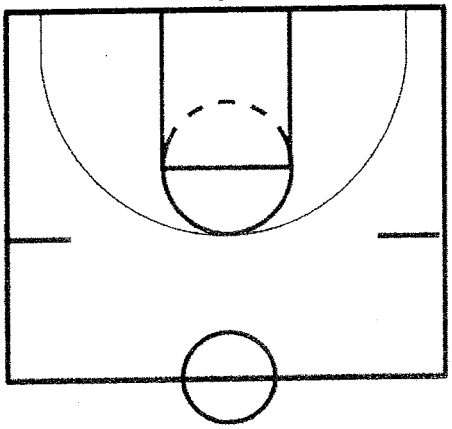
5 does duck-in

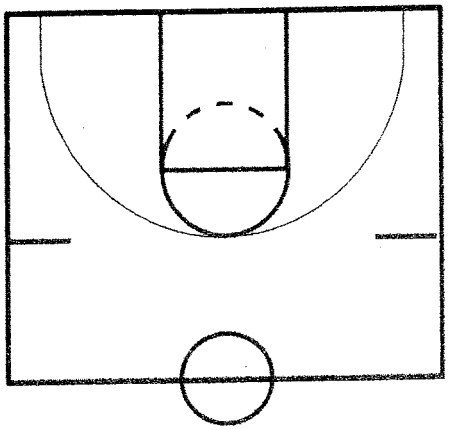
2 spots up

4 does dribble hand-off with 3

5 sets backpick for 4







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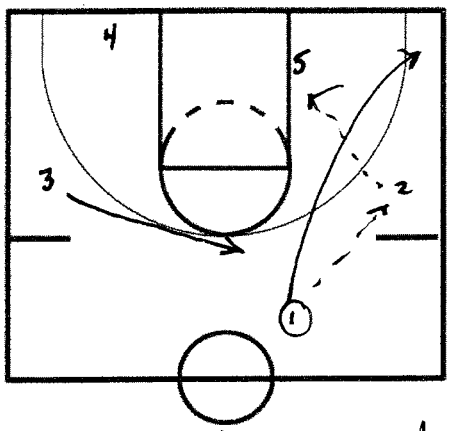
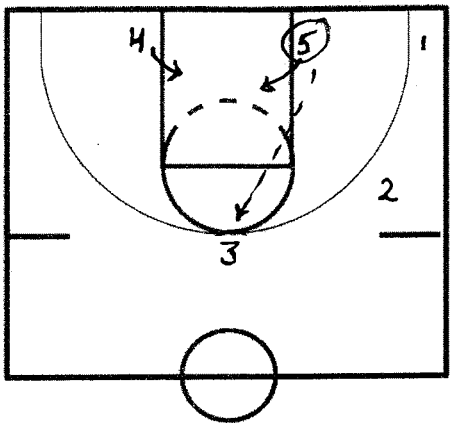
CALIFORNIA GOLDEN BEARS

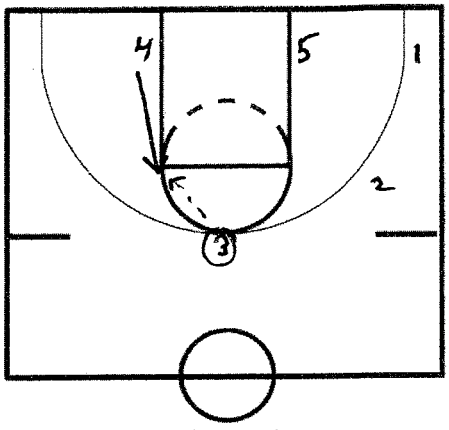
Δ Options for Early



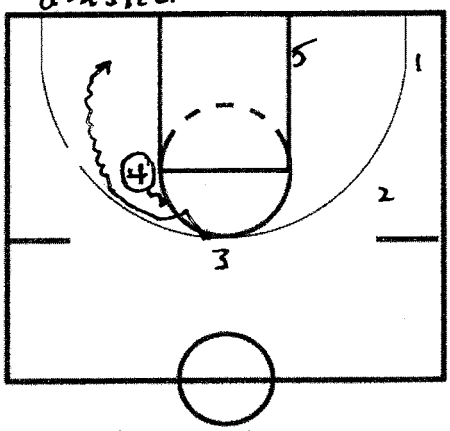
1 passes to wing and cuts corner
2 enters to 5 who is doubled



On kick out to the top → double duck in from both posts

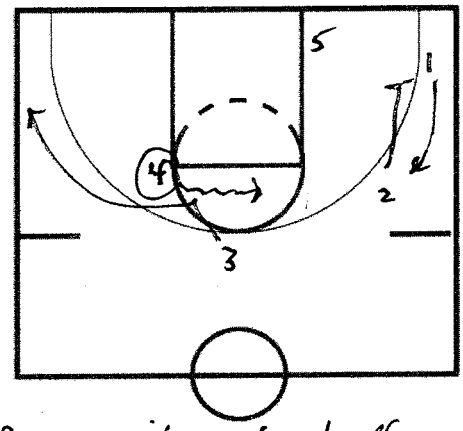


If nothing 4 comes to pinch... looking for rip and go...

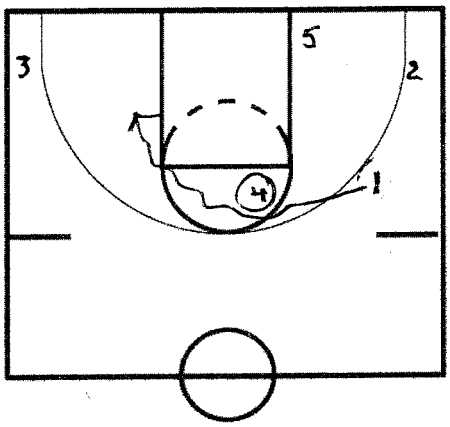


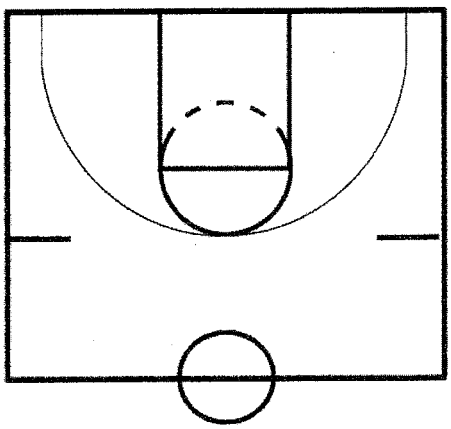
If nothing, dribble hand-off with 4

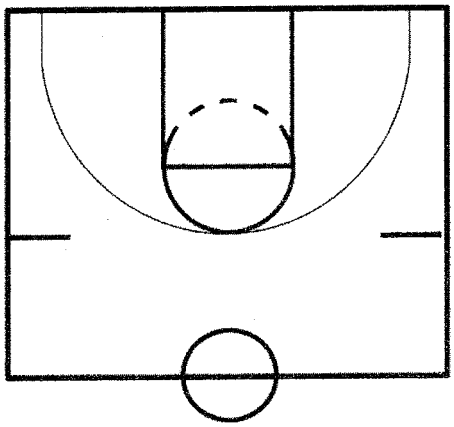
OR

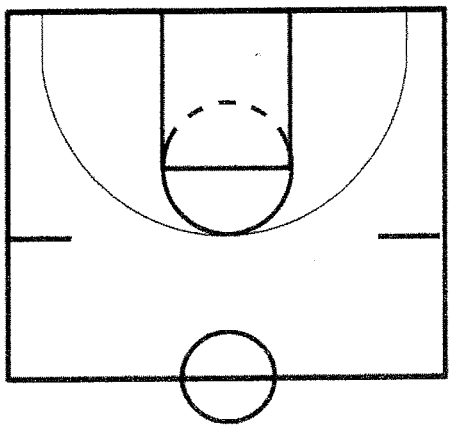


Dribble Hand-off with weakside guard....









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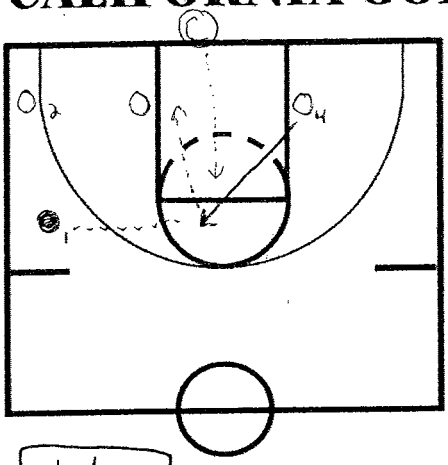
EARLY SHOOTING DRILLS

CALIFORNIA GOLDEN BEARS

Flash Options

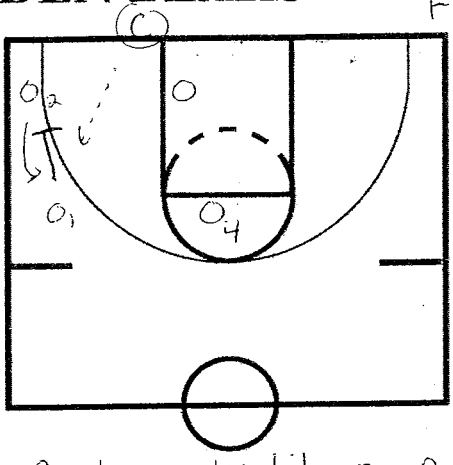


Hi/Lo

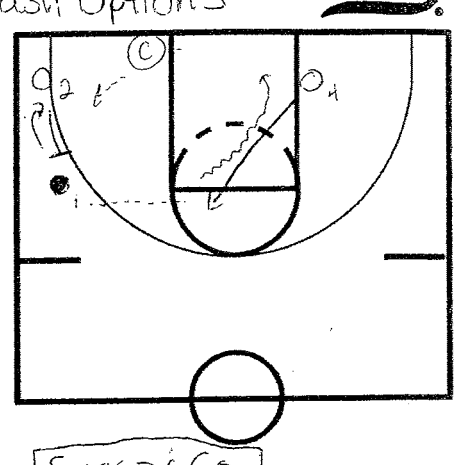
Wing hits O_4 on flash

O_4 hits low post on hi/Lo

Coach hits O_4 for shot



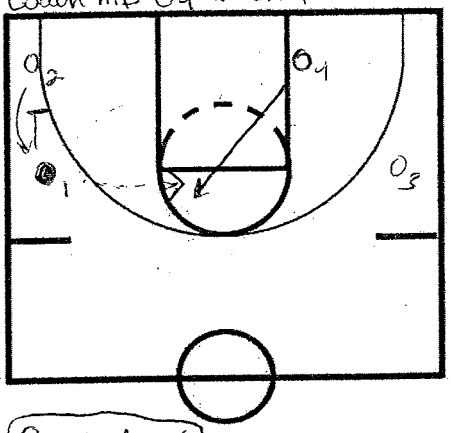
Coach can also hit O_1 or O_2 on splits screen.



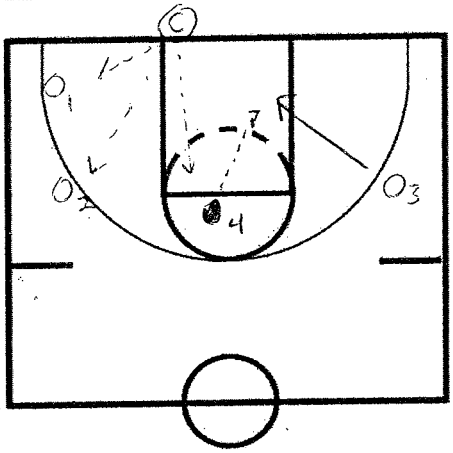
SWEEP & GO

Wing hits O_4 on Flash.

O_4 goes to basket. Coach hits O_1 or O_2 off splits

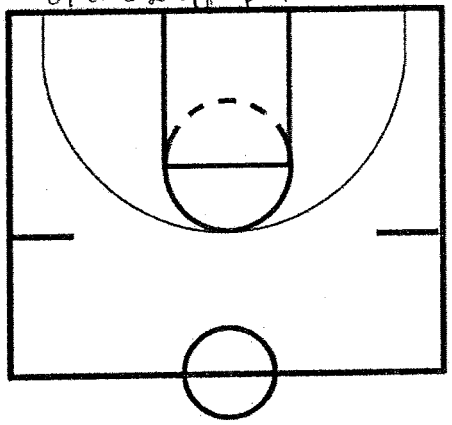


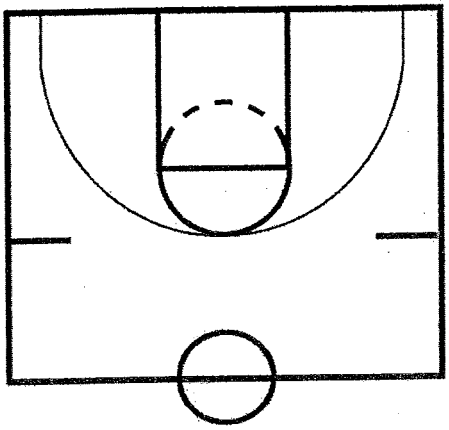
Backdoor

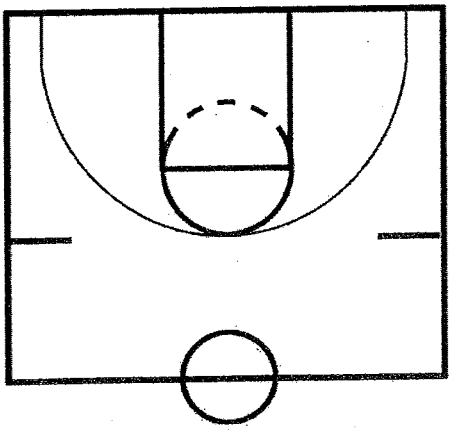


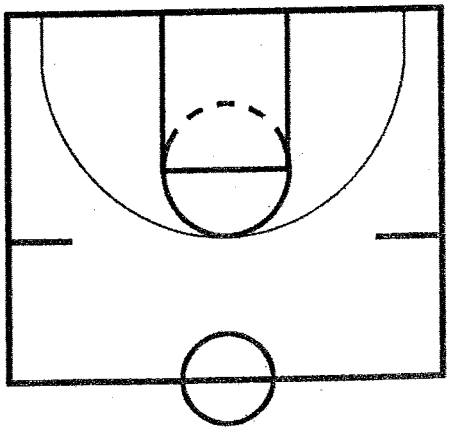
O_4 hits O_3 on backdoor pass.

Coach hits O_1 or O_3 off splits or O_4 shaping up.





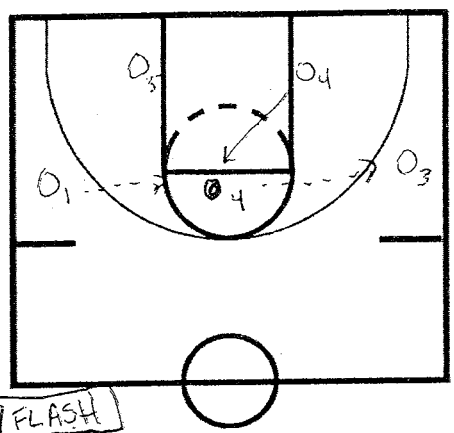




EARLY SHOOTING DRILLS

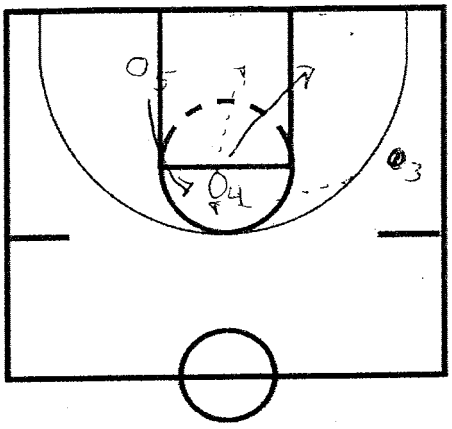
CALIFORNIA GOLDEN BEARS

FLASH → REVERSE → POST OPTIONS



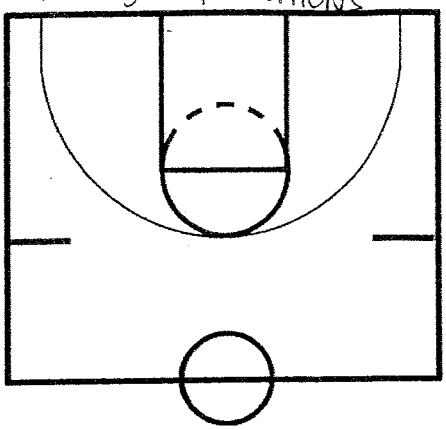
WE/FLASH

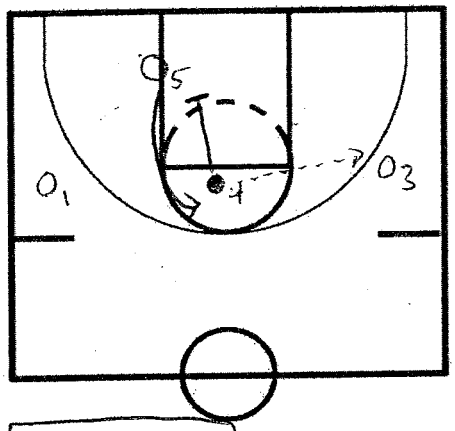
O4 Flash, catch + reverse



O4 Dive, O5 flash

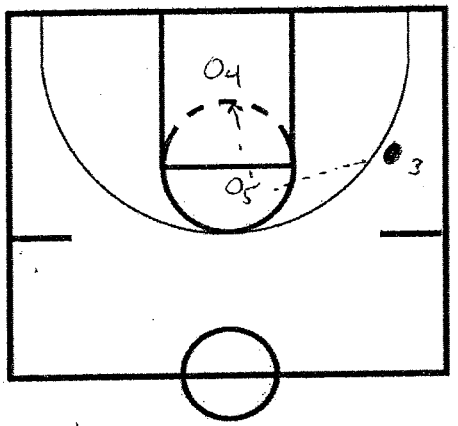
Hi/LO or Sweep + Go





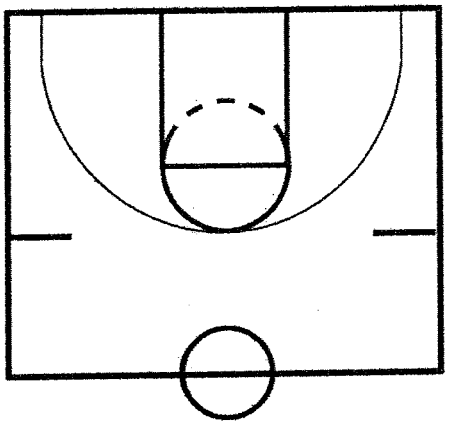
DOWNSCREEN

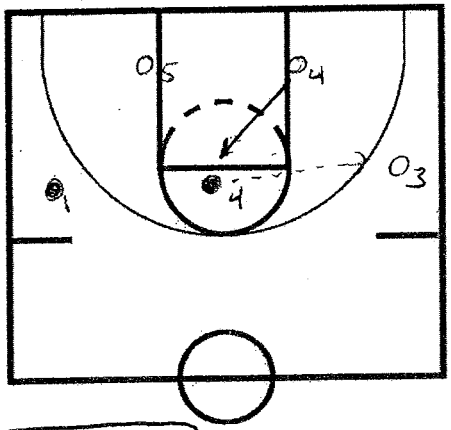
O4 reverse + downscreen



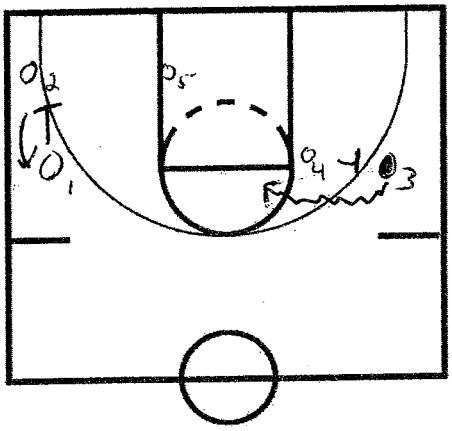
Hi/Lo, Sweep + go options

(can reverse again)

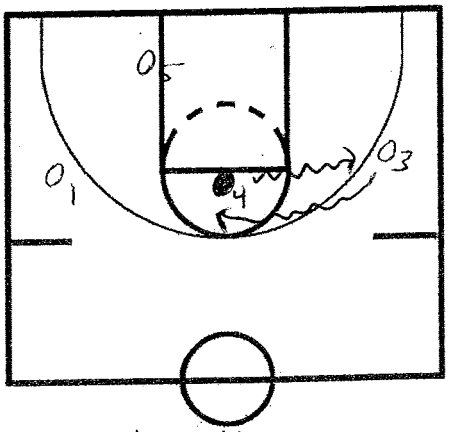




BALLSCREEN



Ballscreen + 2 Man Game

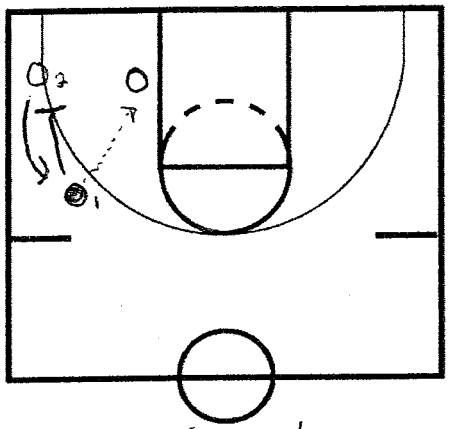


Dribble Handoff

EARLY SHOOTING DRILLS

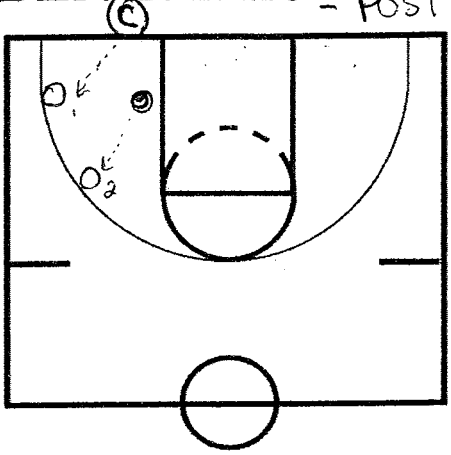
CALIFORNIA GOLDEN BEARS

- STRONG - POST ENTRY SERIES -



SPLITS LOW

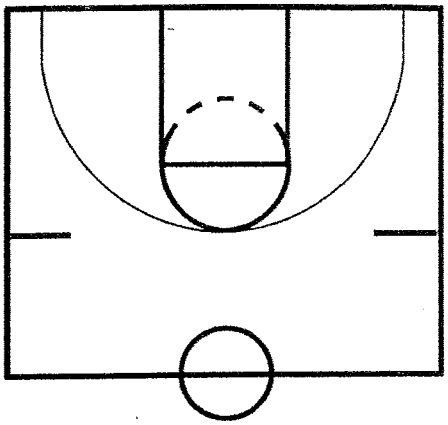
- Ball entered wing to post
- wing screens down

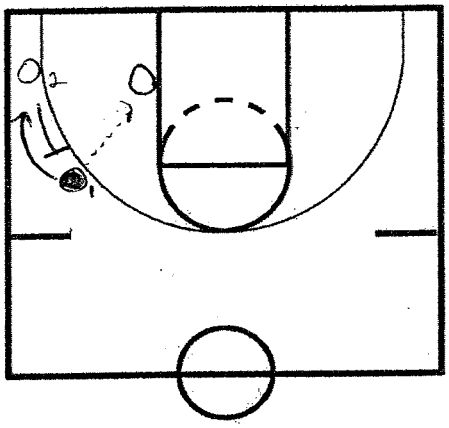


Post hits O_2 for shot

Coach hits O_1 for shot

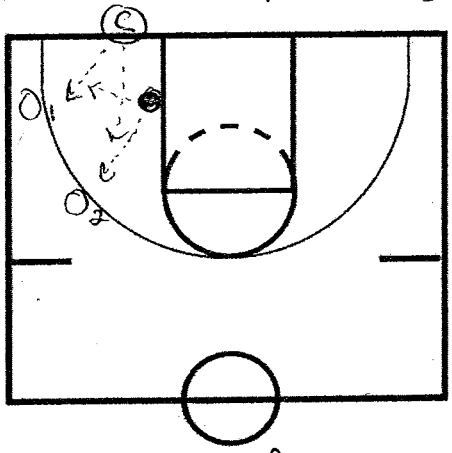
(* switch Coach/Post passes)





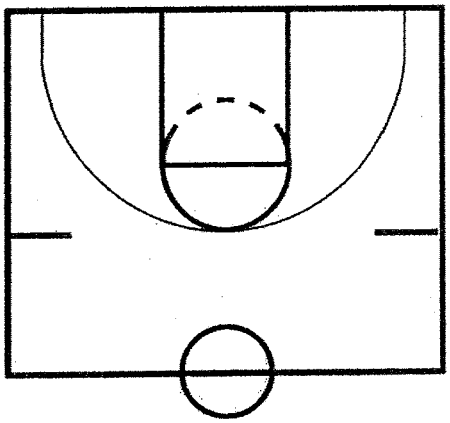
SPLITS UP

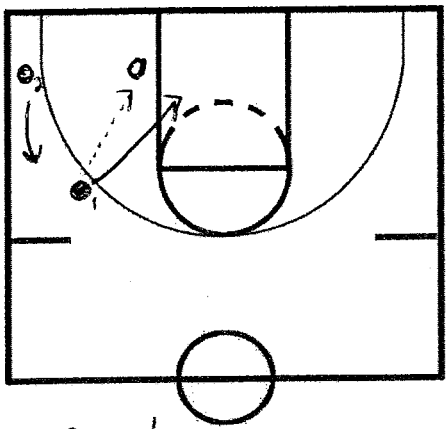
- Ball entered wing to post
- corner guard upscreens



Post hits O_1 for shot

or O_2 shaping up after upscreen. (Coach hits other guard)

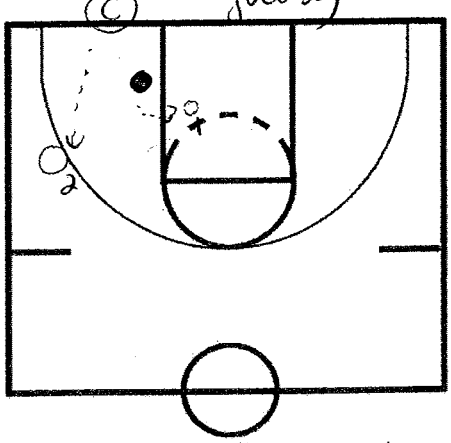




GIVE/GO

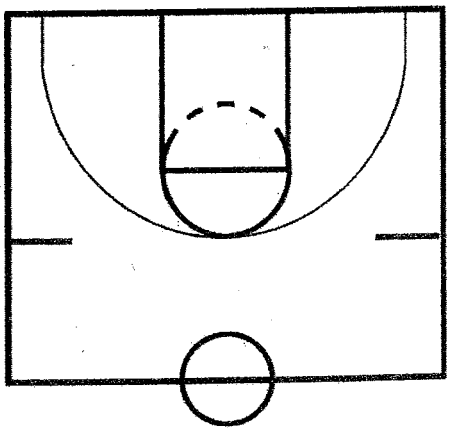
Ball entered wing to post

O_1 cuts hard off post high side for give/go.



Post hits cutter with drop pass. Coach hits O_2.

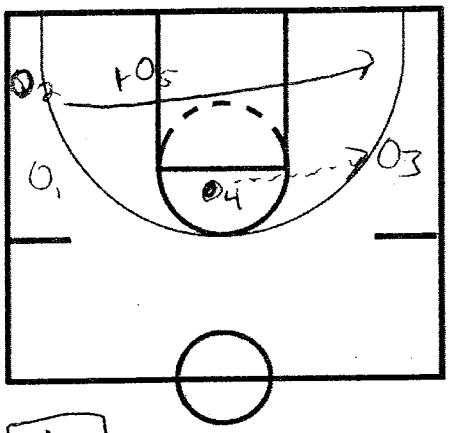
When Coach hits cutter, post hits O_2 + they can work re-entry or kick



EARLY SHOOTING DRILLS

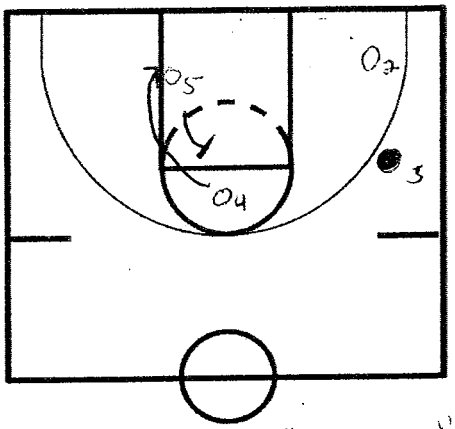
CALIFORNIA GOLDEN BEARS

Flash → Reverse - Options



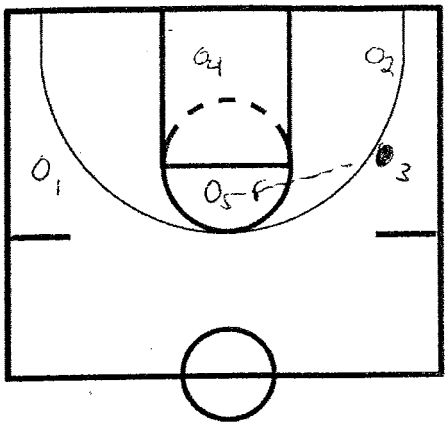
Flex

On reversal, O5 Flex screens for O2

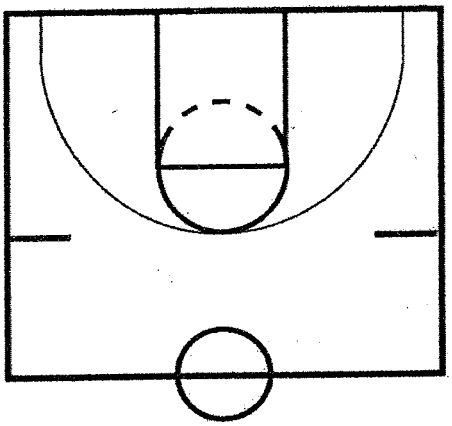


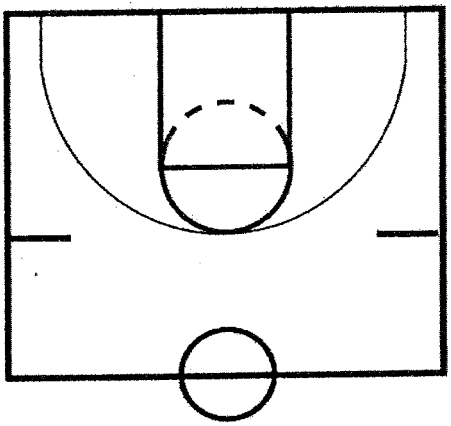
O2 can post up if "big guard"

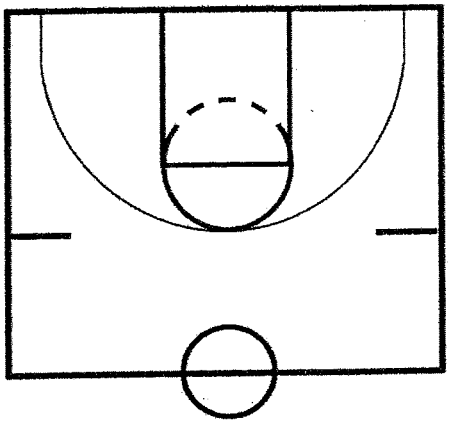
O5 & O4 work post options (downscreen or backscreen)

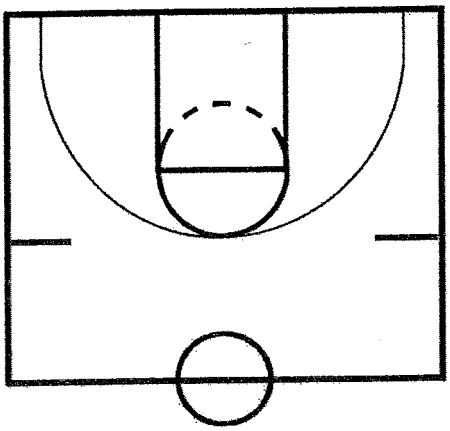


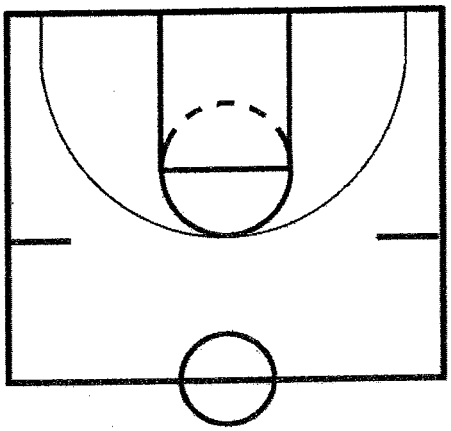
Reversal to O5 triggers reversal options on opposite side (backdoor, ballscreen, etc)

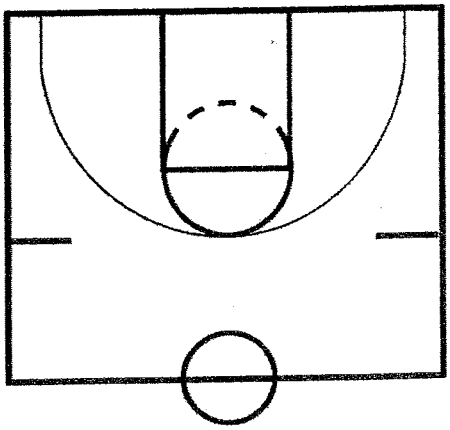












Triangle Shots:

Top guard
- Shot for top guard
  - Second shot for duck-in
- Hit duck-in
  - Second shot for counter

Pinch
- Post attack
  - 2nd shot counter
- Hand-off to top guard
  - 2nd shot for post
- Ball-screen top guard
  - 2nd shot counter or post
- 2nd hand –off
  - guard pull-up or kick to corner
- hit post partner

Counter
- re-post and score or in/out

Early Shots:

Flash
- Sweep and Go
- Hi-Lo

Reversal
- Post-to-post screen
  - 2nd shot for guard
- Wing ball-screen
  - 2nd shot for duck-in post
- Dribble hand-off
  - 2nd shot for post
  - guard back to pinch with post

Doubles:

Hi post dive, guard replace
- guard shot
- double duck-ins
- pinch
- counter

Chris Mack: Continuity Ballscreen

Connection Past / Present

2 must-haves: - Identity (hard Man 2 Man)
(offense unselfish)
(hard 2 play against, fearless, relentless)

- System (practice, schedule, recruit
use assistants)

↳ 1- Accountability
2- Credibility
3- Belief

Ballscreen

1) yield fewer to's (ball is more often in best ballhandler)
2) post players must defend away from basket
3) Creates more rotations
4) makes life easier for post off player

P.O.V.'s (control set-up)

↳ off live dribble
• off triple threat
↳ easier to set

thinks live-dribble is more dangerous

Guard:

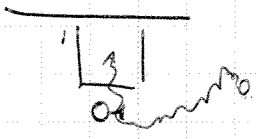
- must get separation from defender
(do not get pinned on the sideline)
- get to the level of the screen

Screener:

- pop the feet when setting the screen
  to hold the screen
- set the screen on
  the 3pt line

types of screens

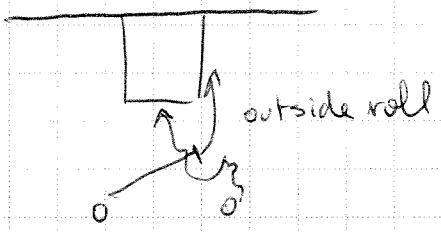
1) Stationary



2) Dynamic, sprint into the screen

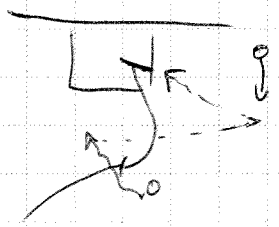
3) Screen for the ball screener

"Tap and go"
in transition



Drag screens
in transitions

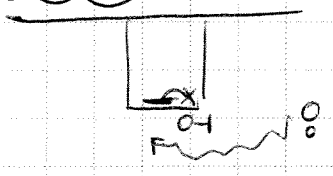
1) don't look for ball early
2) look for recovering defender
   and seal



"Pick and Pop"
"Pick and Roll"
for less skilled Bigs

Sideline Ballscreen
vs different types of defensive reactions

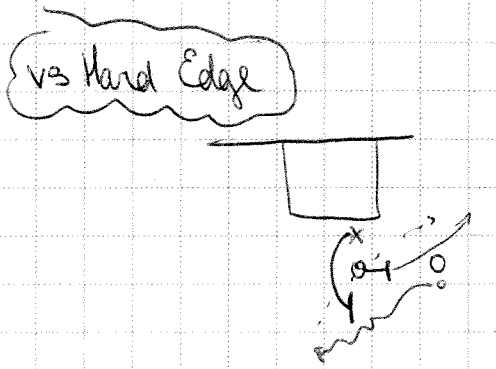
vs Flat Edge



1st read: hesitate and go
↳ to provoke hedger to retreat

2nd read: String 3pointer

vs Hard Edge



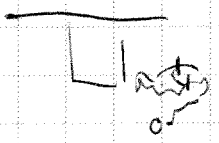
Read : • throwback (reverse opposite of dribbling direction)

• late split
↳ vs slower hedger
↳ go big to little

vs Under

Start setting the screen lower

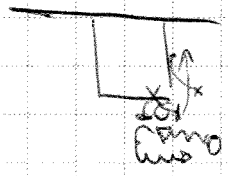
Read: • ball handler shoots
• Re-Screen



vs Switch

drive vs switch
or post the switch

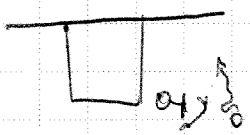
Switch lookpost



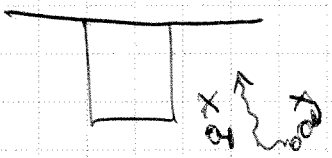
span back

vs Overplay

- teach players to reject ballscreen



- Early Split



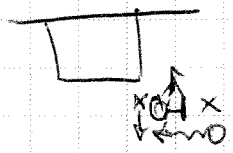
split before screen

vs Trap

treat it as a hard edge

Passes

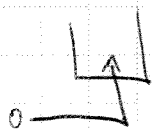
- pocket bounce pass



- late throwback pass on a hard edge
  - (keep your dribble live)
- jumping throwback
  - reverse pivot pass
- slip pass
  - See the help

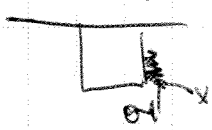
Screener's Reads

- Cut on slip



sees his defender on wrong side

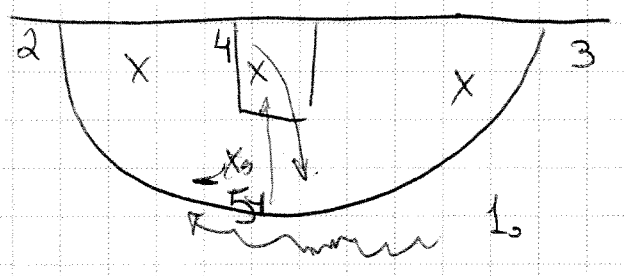
- Angle change screen (or Flat screen set-up)
- Roll to bury the under defender



hold hands high in air

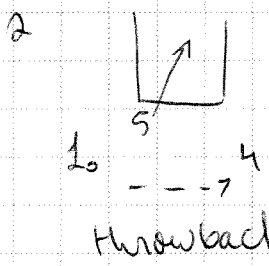
Plays

vs Flat edges



if not involved in ball screen ⇒ provide spacing

1) middle ballscreen - roll replace



throwback

* heels on sideline exaggerate

teach 1st Step

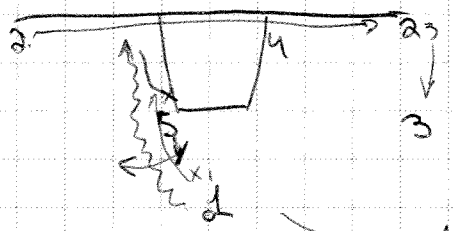
↳ forward
many start with back foot 1st step

during throwback pass 5 should be looking for recovering defender and bury him

---

with good shooting post

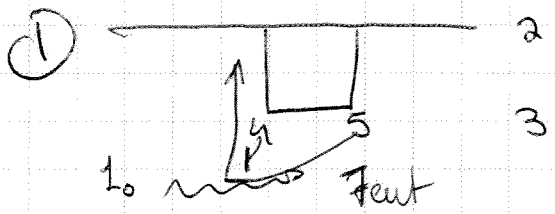
2) Elbow ballscreen : clear corner fos Flat edge

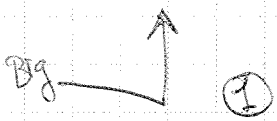


→ try to turn corner as much as possible recovery to 5 is difficult

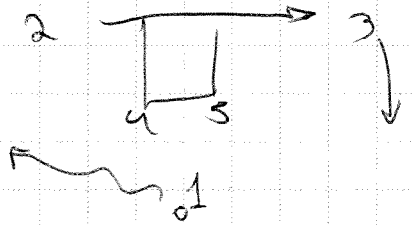
vs Hard Edges

7 cut

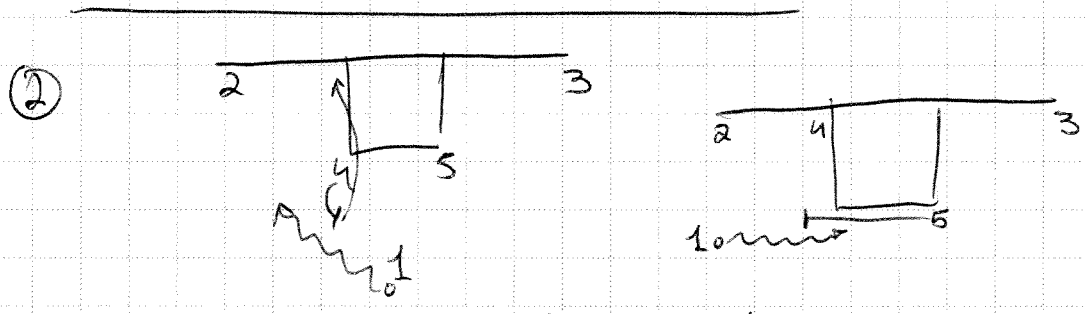




4 follows immediately with ballscreen



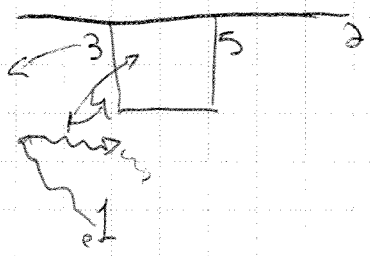
slip 1st screen pick & pop 2nd guy



vs Under teams

hard to do so when Bigs are moving into screen

Sideline hand

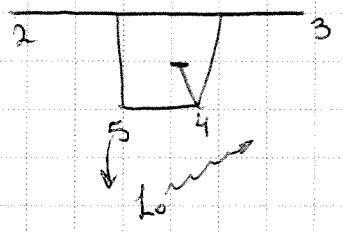


5 may flash high if 4 is fronted

Horns action

vs teams going under

(Roll to bury)



* Stagger / double ballscreens into pindowns for shooters *

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http://coachoakman.blogspot.com

CHRIS MOONEY: PRINCETON OFFENSE

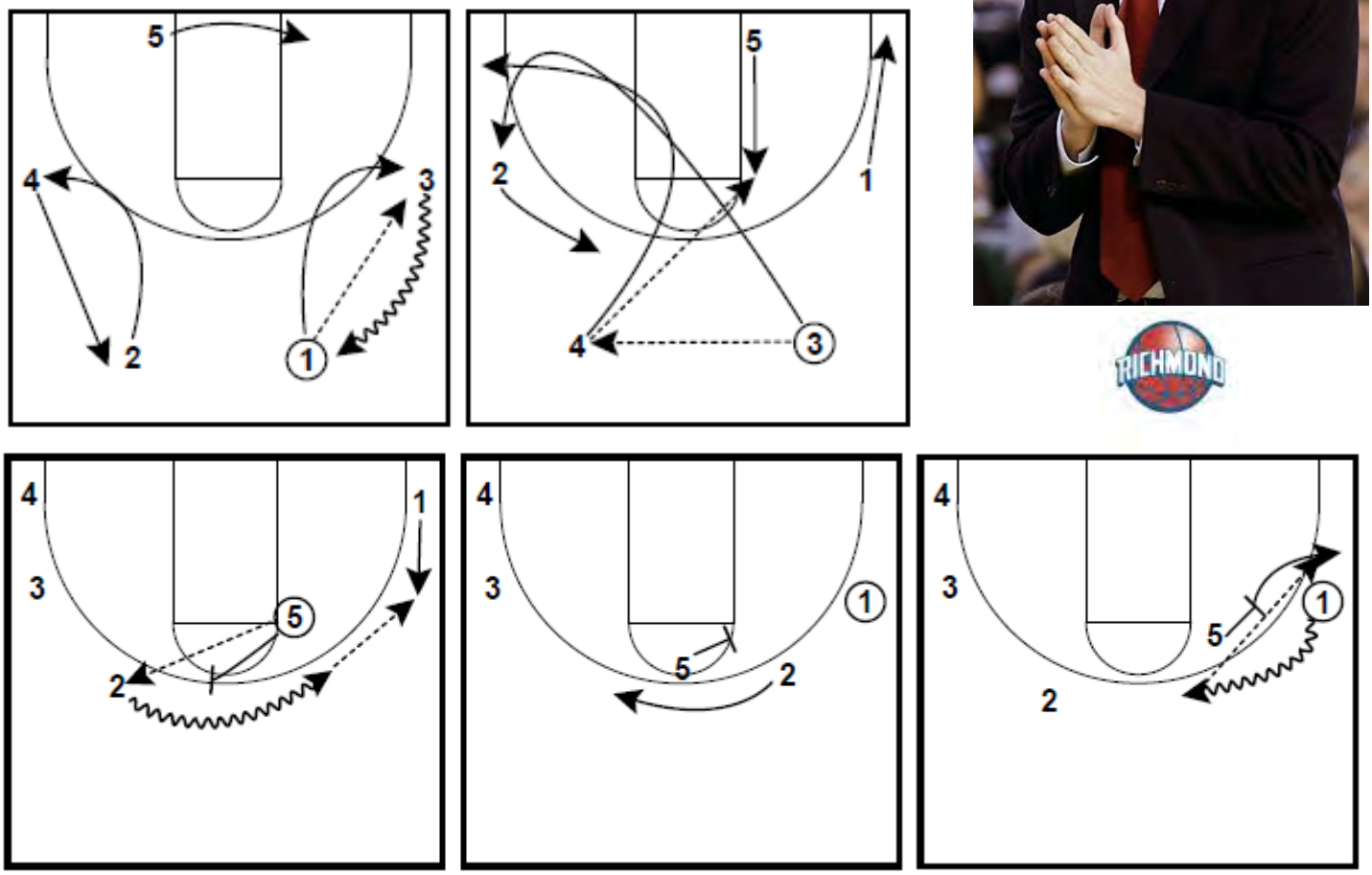
2011 NCAA Tournament—Sweet 16 vs. Kansas 3/25/2011

Offensive Plan of Attack:

- Control the tempo
- Backdoor cuts for open lay-ups
- Utilize the three point shot from all five players
- Proper spacing with precise cuts and screens



HALF-COURT OFFENSE



1: Kevin Anderson
2: Darien Brothers
3: Kevin Smith
4: Justin Harper
5: Dan Geriot

In this opening play, Richmond goes with a quick ball-side exchange and swing to Harper cutting high. As Smith hits Harper he cuts through the lane to the strongside and Geriot pops to the elbow to receive the pass from Harper. As the pass is heading to Geriot, Anderson cuts to the corner for spacing. Brothers continues the rotation and receives the quick pass from Geriot who then sets a ball-screen for him. After not turning the corner, Brothers hits Anderson and then receives a flare screen from Geriot. Anderson, now with the ball receives a ball-screen from Geriot, who then pops outside the three point line for the return three point shot.

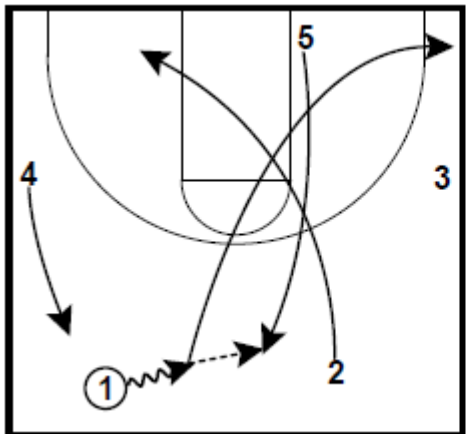
CHRIS MOONEY: PRINCETON OFFENSE

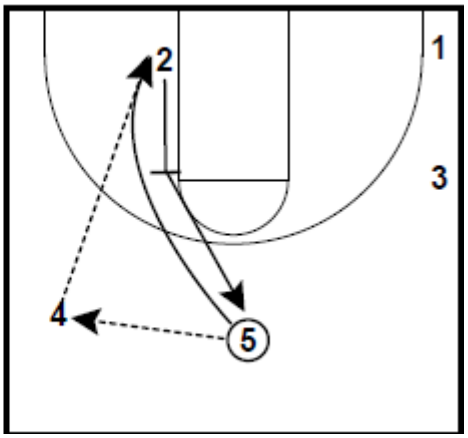


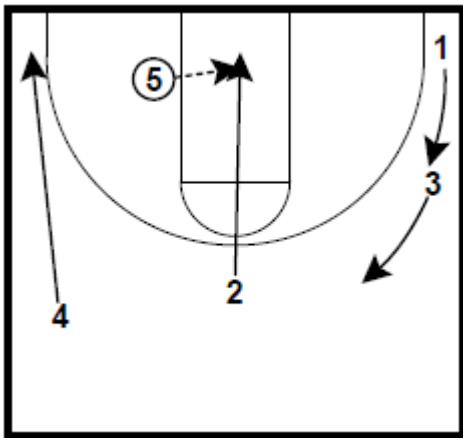
PRINCETON UPSCREEN

1: Kevin Anderson
2: Darien Brothers
3: Kevin Smith
4: Justin Harper
5: Dan Geriot

Richmond looked to get the ball inside to Geriot coming off the downscreen from Brothers. As Harper feeds Geriot he spaces to the corner and while Brothers quickly goes to the three point line, he immediately dives to the basket for a backdoor lay in





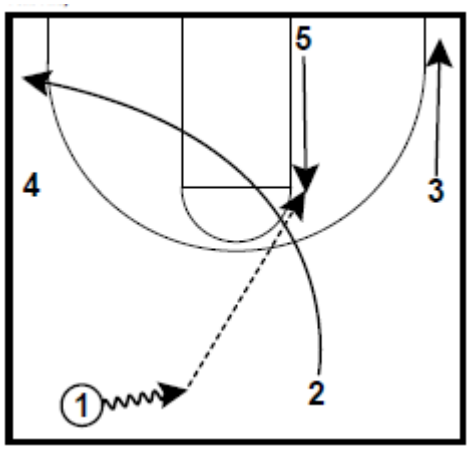


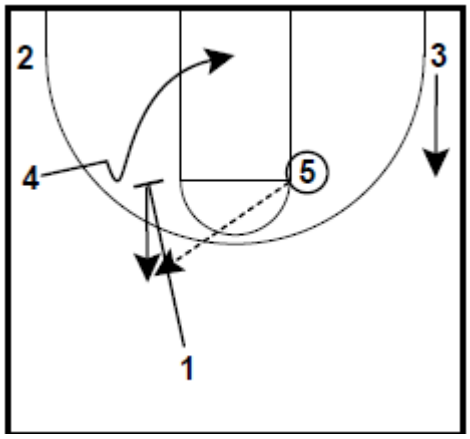


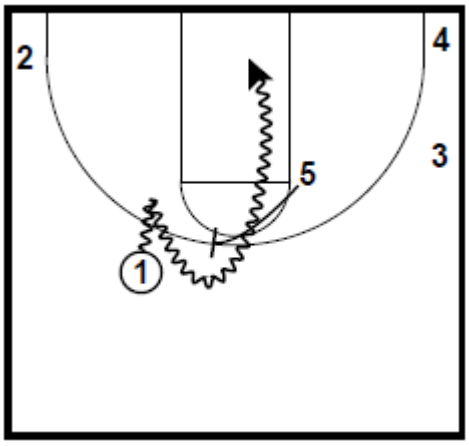
POINT SERIES: 1

1: Kevin Anderson
2: Darien Brothers
3: Kevin Smith
4: Justin Harper
5: Dan Geriot

Anderson waves Brothers through and hits Geriot popping to the elbow. Anderson then sets the dummy Princeton screen for Harper, who fakes and backdoors. Kansas played it well, so Anderson then pops and receives a return pass from Geriot, who follow with a ball-screen. Anderson uses his quickness and is able to turn the corner and drive for an easy lay-up.



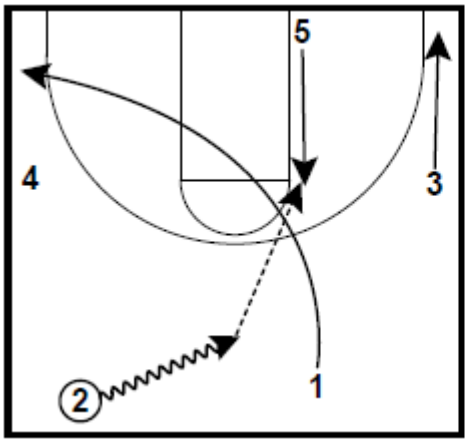


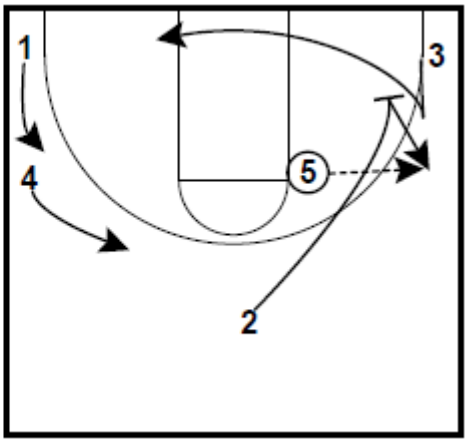




POINT SERIES: II

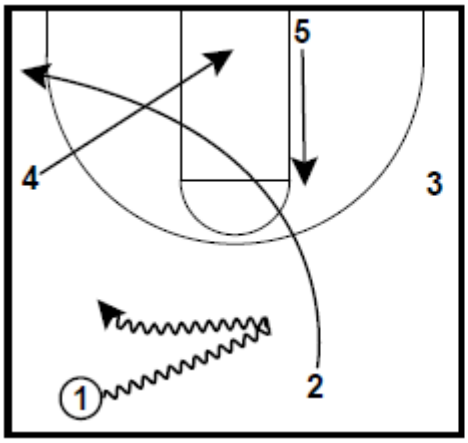
1: Kevin Anderson
2: Darien Brothers
3: Kevin Smith
4: Justin Harper
5: Dan Geriot

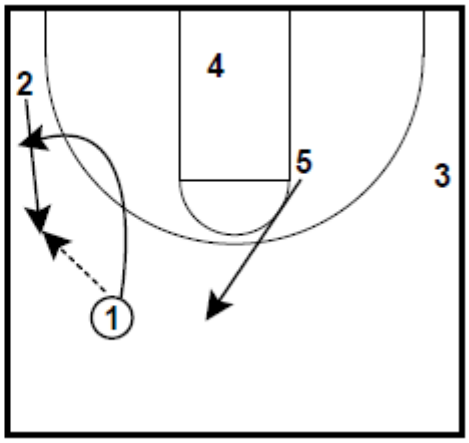


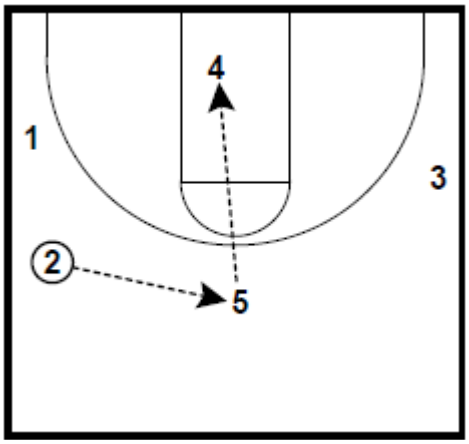


Brothers now brings up the ball and waves Anderson through similar to the first point action. This time Brothers goes over Geriot and sets the dummy screen for Smith in the corner. Both Brothers' and Smith's defenders go for the backdoor leaving Brother wide open for the return pass and three pointer on the wing.

POINT SERIES: III







1: Kevin Anderson
2: Darien Brothers
3: Kevin Smith
4: Justin Harper
5: Dan Geriot

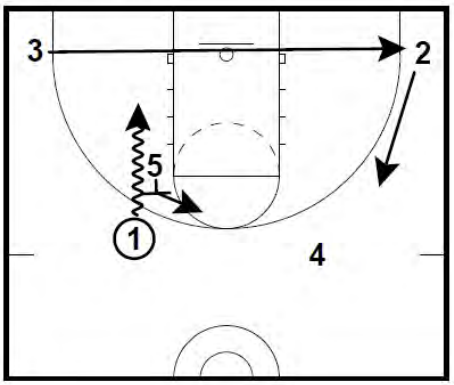
Identical to the way the other two point plays have started, the point waves the other guard through, sending Geriot to the elbow. This time the elbow is denied. Anderson spin dribbles, signaling Harper backdoor to the post. He hits Brothers and replaces him. Brothers snaps it to Geriot who goes hi-lo to Harper in the post.

Chuck Martin
Marist College
"Running the Pick N' Roll"
Premier Coaches Clinic
Ramsey High School
Ramsey, NJ
October 2009

Transition

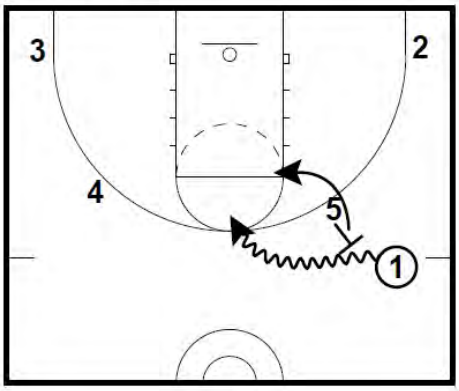
1. Any time you see the numbers on the back of the defender (usually caused by the 5 sprinting rim to rim) go off his back like a screen
2. Corners lift as the ball drops

Chuck Martin - Seattle



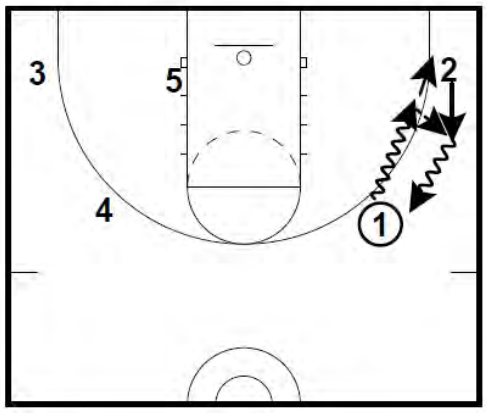
- 5 sets ball screen for 1 outside of lane 6 inches off the elbow
- 1 goes off 5 shoulder to shoulder and drags the ball down the lane
- 3 cuts through to weak side corner
- 2 lifts to weakside elbow
- 5 pops above elbow

Chuck Martin - Crack



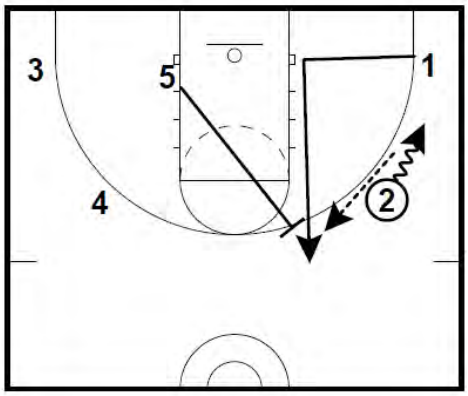
- 5 sets a ball screen for 1; 5 does not face the sideline when setting the screen, instead he gets his butt crack facing the rim to provide a better screening angle
- 1 dribbles to the middle
- 5 rolls to the elbow for a jumper

Chuck Martin - Top Fist



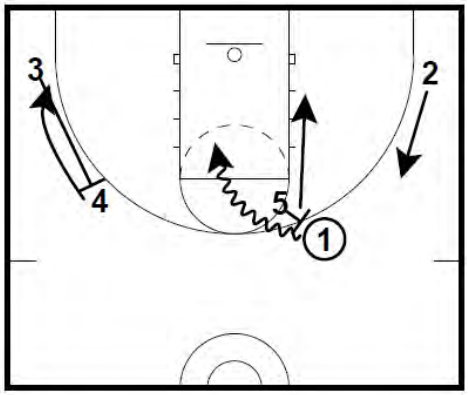
- 1 executes a dribble handoff with 2
- 1 goes to corner
- 2 dribbles to wing and keeps dribble alive

Chuck Martin - Top Fist



- 1 goes to the block and then cuts up the lane line
- 2 dribbles towards the corner and passes back to 1
- 5 cuts up to set ball screen for 1

Chuck Martin - Top Fist

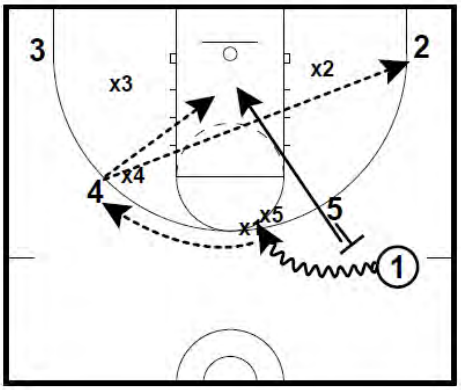


- 1 goes shoulder to shoulder off 5
- 5 rolls outside the lane to put pressure on the corner defender
- 2 lifts up out of the corner to the wing
- 3 sets a fade screen for 4 to keep the weak side defenders occupied

“Advertise” the ball screen and counter it

1. Have the 5 man slip the screen
2. Have the 1 fake using the screen, cross over, and attack the rim

Chuck Martin - Swing

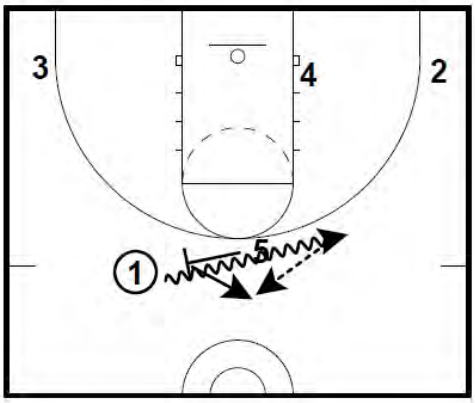


- 5 sets a ball screen for 1; 5 does not face the sideline when setting the screen, instead he gets his butt crack facing the rim to provide a better screening angle
- 1 dribbles to the middle
- If they trap 1, he throws a bounce pass outside to 4 on the opposite wing
- 4 looks to hit 5 diving to the rim or skip to 2 in the corner

Invert the ball screen

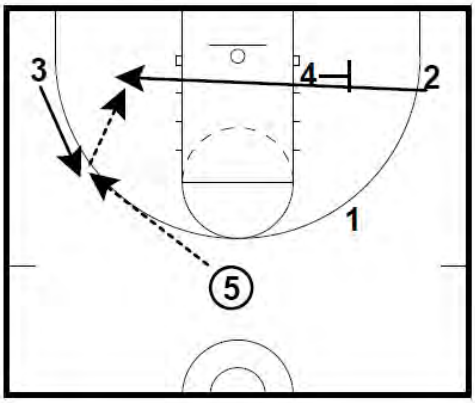
- Screen the guards on the baseline
- Who teaches pick n' roll defense on the baseline?

Chuck Martin - Logo



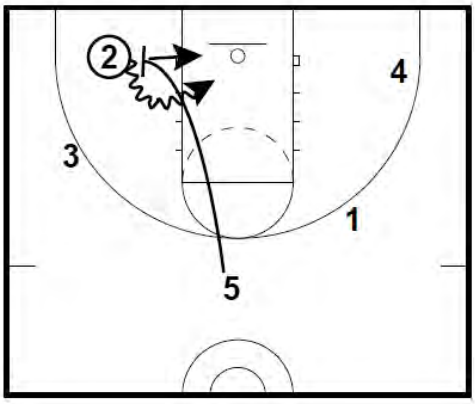
- 1 goes shoulder to shouler off 5
- 5 pops
- 1 passes back to 5

Chuck Martin - Logo



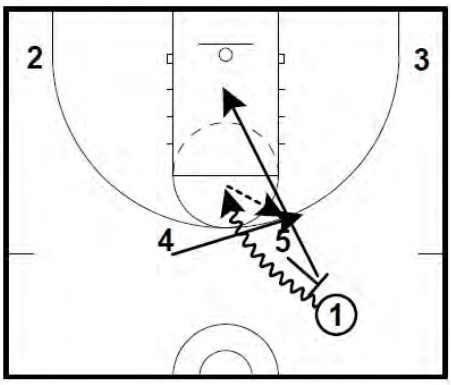
- 3 pops to wing
- 5 passes to 3
- 4 sets a flex screen for 2
- 2 cuts to short corner
- 3 passes to 2

Chuck Martin - Logo



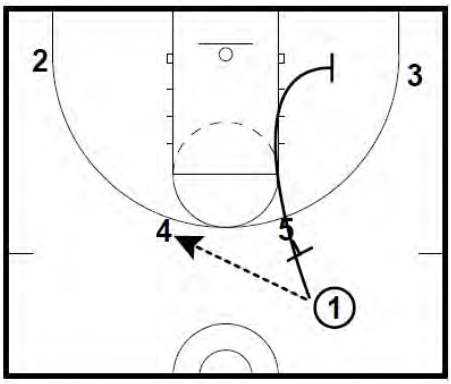
- 5 sets a ball screen for 2 and rolls to the basket

Chuck Martin - Horns



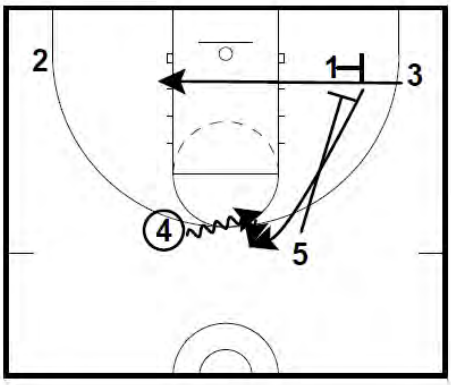
- 5 sets a ball screen for 1
- 1 goes off 5 shoulder to shoulder
- 5 rolls to the basket
- 4 rolls behind 1 for the pitch

Chuck Martin - Oregon



- 1 passes to 4
- 5 sets back screen for 1
- 1 cuts through and goes to corner to set a flex screen for 3

Chuck Martin - Oregon



- 3 cuts shoulder to shoulder off 1
- 5 sets a downscreen for 1 as part of Flex action
- Instead of passing to 1, 4 dribbles at 1 and executes a dribble handoff

Howard M. Garfinkel

presents ...

The Clinic to End
All Clinics IV

Manhattan College
Draddy Gym
April 16, 2011

Starring

Jim Boeheim
Dave Odom
Bob Huggins
Rollie Massimino



Jim Boeheim
The Secrets of the 2-3 Zone Defense

pages 1 – 7



Dave Odom
Breaking the 2-3 and Matchup Zones

pages 8 – 18



Bob Huggins
The Science of the 1-3-1 Zone Defense

pages 19 – 21



Rollie Massimino
Multiple Defenses

pages 22 – 27



Dave Odom
Playing Against Pressure

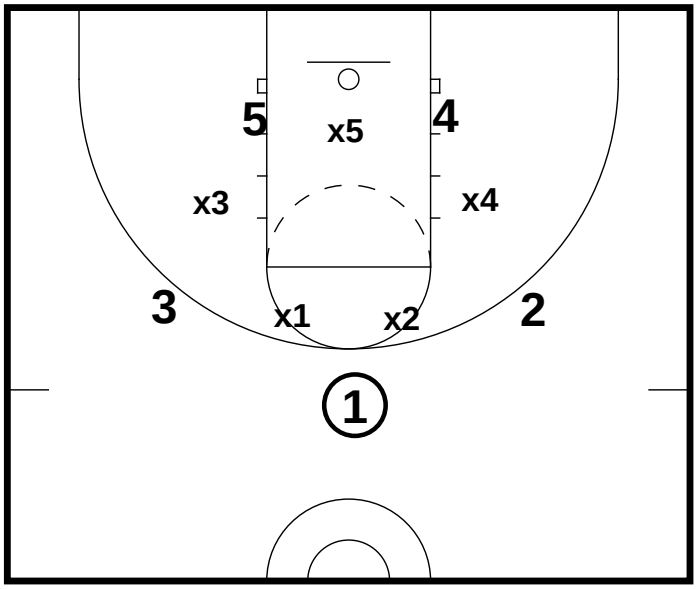
pages 28 – 32

Dave Odom
Beating the 1-3-1

page 33

Jim Boeheim - The Secrets of the 2-3 Zone

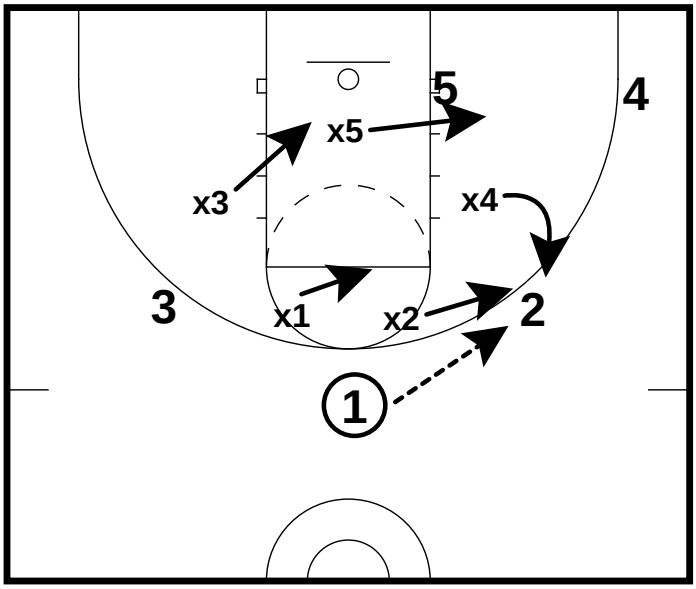
Jim Boeheim - The Secrets of the 2-3 Zone



Drills

- Play 3 perimeter players with 2 guards and help from forwards
- Top 2 guys must be close enough to touch hands

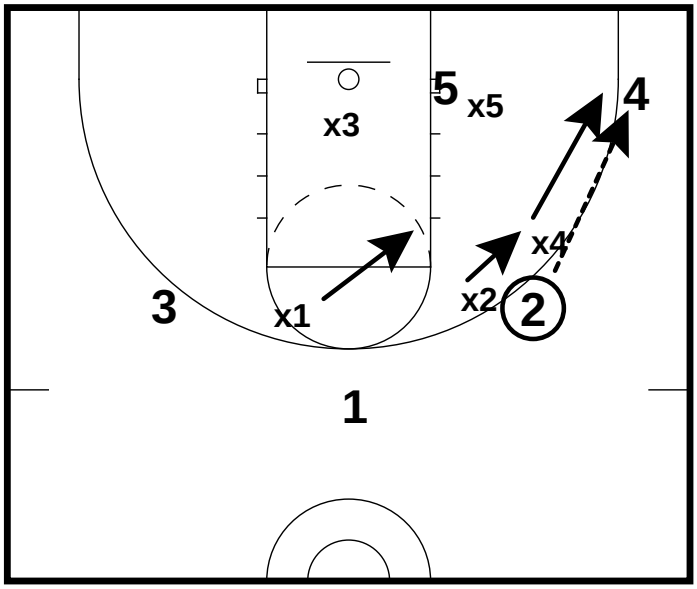
Jim Boeheim - The Secrets of the 2-3 Zone



Drills

- First forward must close out on outside lane
- Forward bumps back when guard gets there, backs up into passing lane

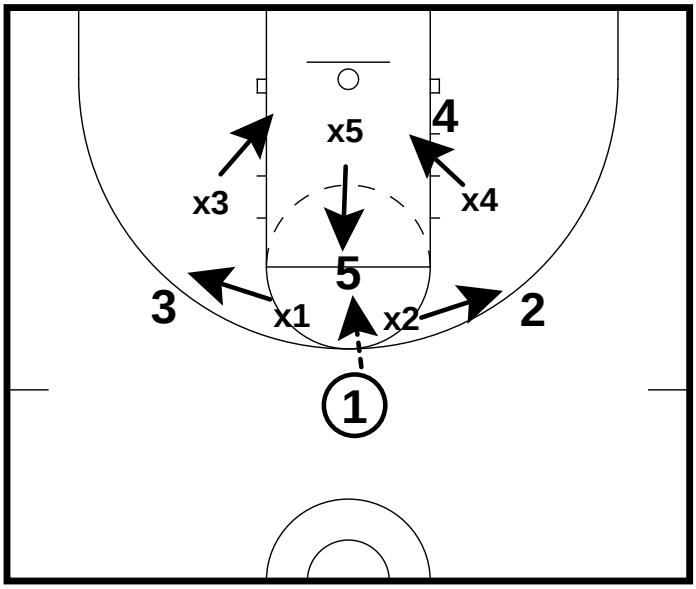
Jim Boeheim - The Secrets of the 2-3 Zone



Drills

- If the ball goes to the corner, the forward takes the ball
- x5 takes the strong side block
- The weakside forward takes the middle
- The weakside guard takes away the ballside elbow
- The ballside guard takes the ballside wing

Jim Boeheim - The Secrets of the 2-3 Zone



Drills

- Ball enters post
- x3 and x4 drop to blocks
- x5 hesitates while forwards drop and then picks up the ball
- Guards go to wings to take away shooters
- Defense is matching up now

All Contents Proprietary

Jim Boeheim - The Secrets of the 2-3 Zone

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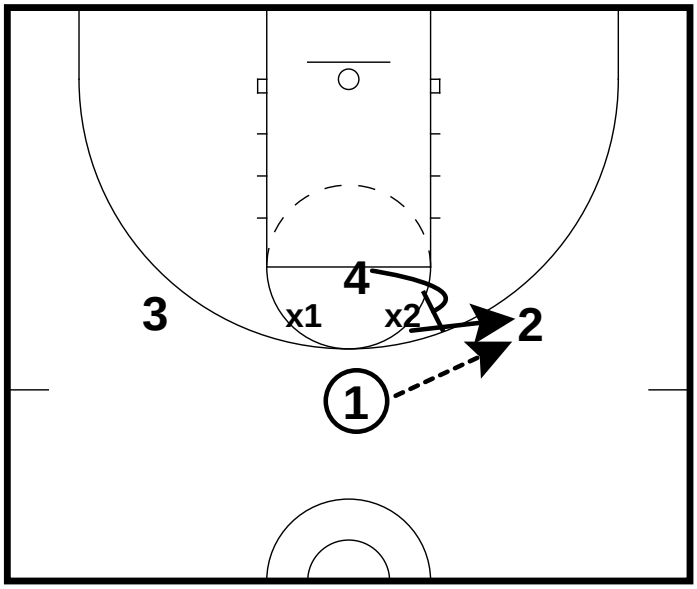
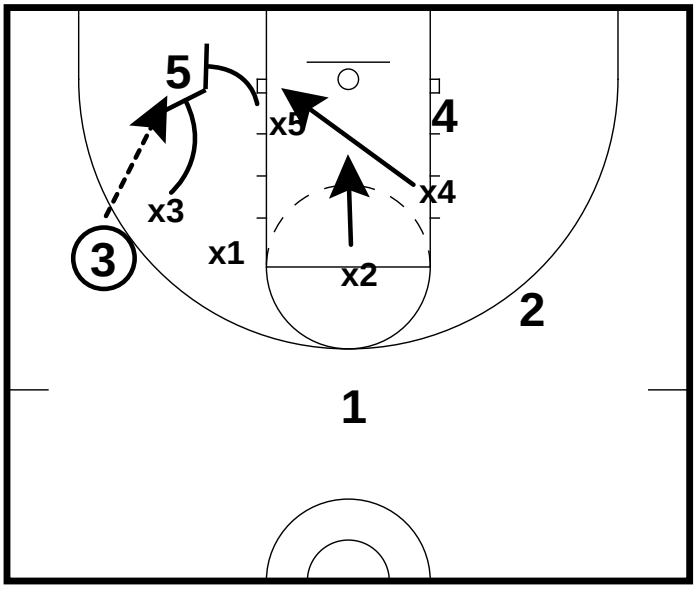


Drills

Drill for Screens

- 3 guys on the perimeter, 1 in the post
- Post screens the guards
- Guards fight over on a shooter and go under if it is a non-shooter

Jim Boeheim - The Secrets of the 2-3 Zone

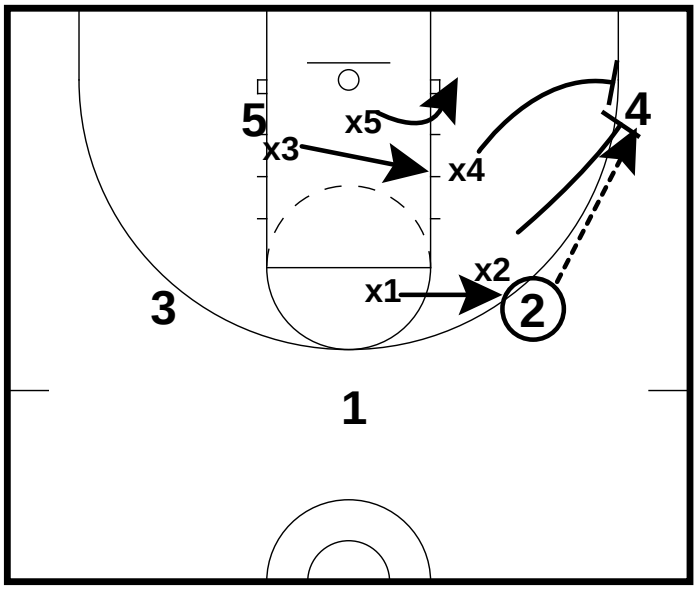


Drills

Trap Short Corner

- x5 steps out
- x3 doubles with x5
- x4 comes across to the block
- x2 drops

Jim Boeheim - The Secrets of the 2-3 Zone

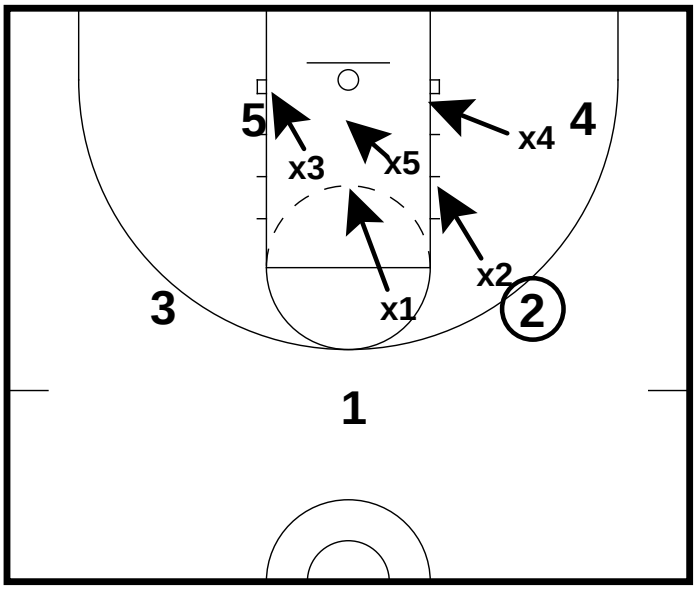


Drills

Trap Corner

- x4 and x2 trap the corner
- x1 takes away the wing
- x5 takes away the block
- x3 takes away the mid-post

Jim Boeheim - The Secrets of the 2-3 Zone



Drills

Rebounding Responsibilities

- Weakside forward gets to the edge
- x5 gets to the middle of the paint
- Ballside forward gets to the block
- Weakside guard gets to the middle of the paint
- Ballside guard gets to the lane

All Contents Proprietary

Jim Boeheim - The Secrets of the 2-3 Zone

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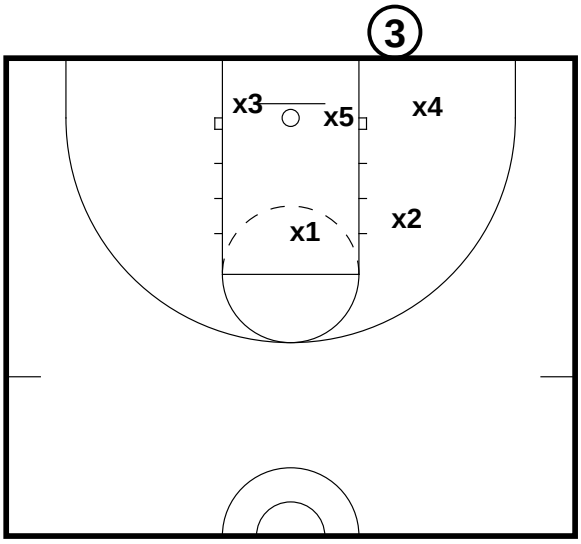


Drills

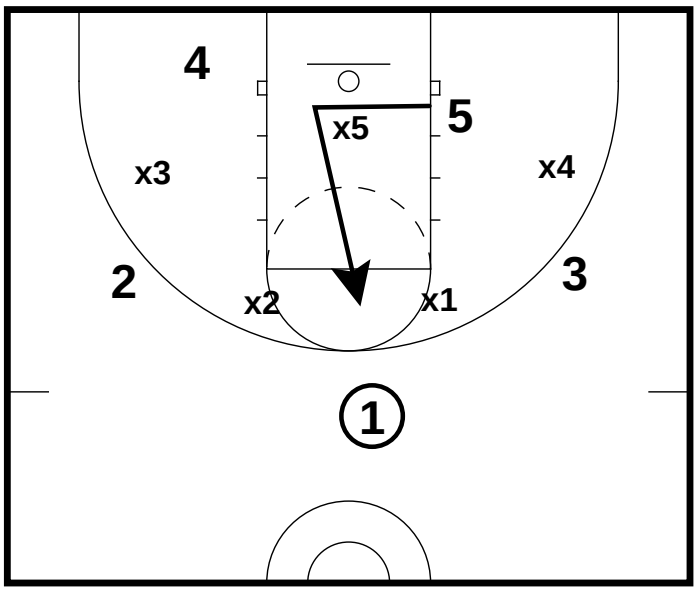
Alignment Against Baseline Inbounds

- Forwards cannot let the ball go to the corner
- Guards mus take away the high post

All Contents Proprietary

Dave Odom - Breaking the 2-3 and Matchup Zones

Dave Odom - Zone Prinicipals

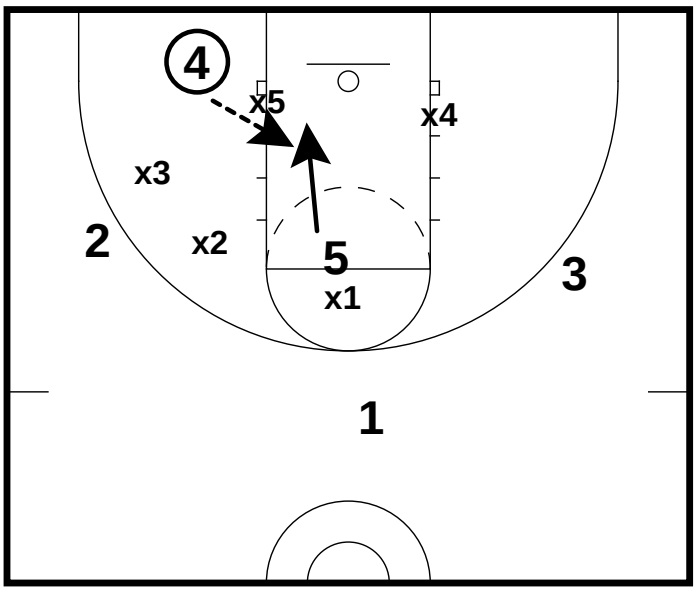


Zone Offense

Basic Alignment Against a 2-3

- 5 can start low and flash to middle

Dave Odom - Zone Prinicipals

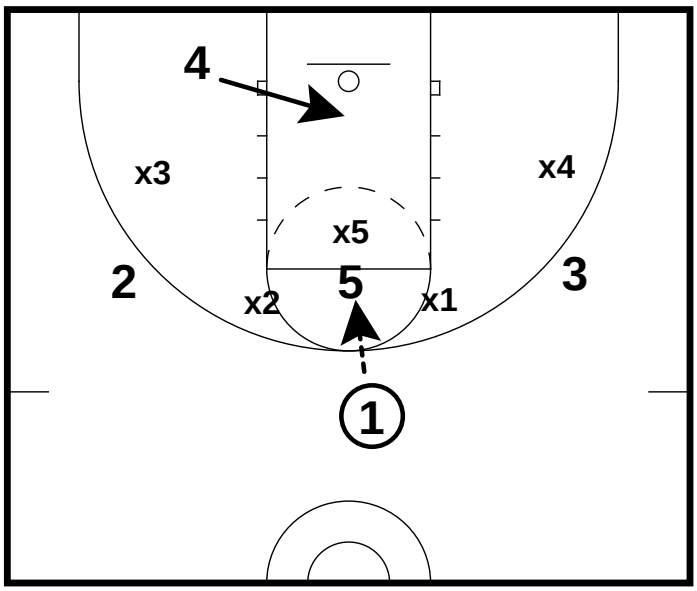


Zone Offense

Short Corner Entry

- 5 rolls to the rim
- 4 throws an air pass to 5

Dave Odom - Zone Prinicipals

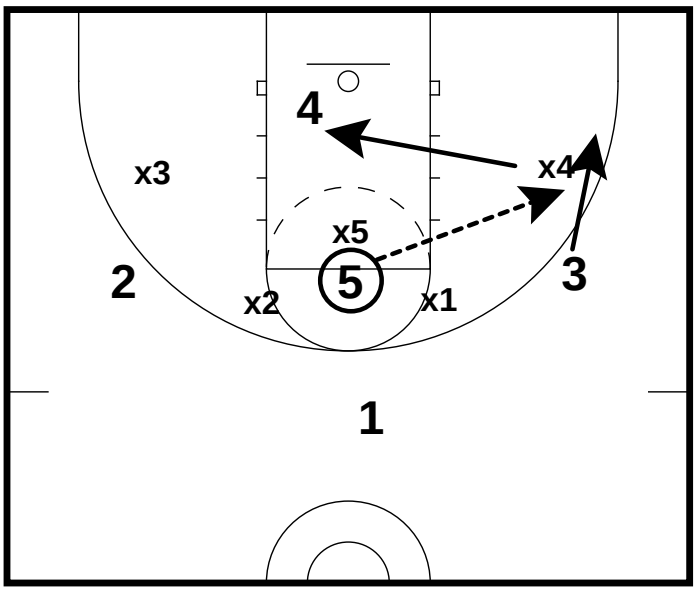


Zone Offense

High Post Entry

- When the ball goes to the high post, the man in the short corner cuts right under the rim.

Dave Odom - Zone Prinicipals



Zone Offense

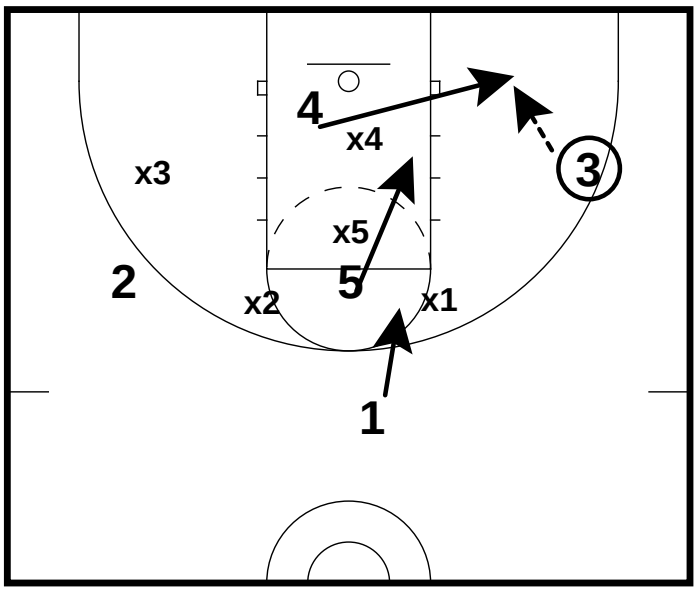
High Post Entry Adjustment

- When x4 drops to take away the man under the basket, space the wing down and pass to the wing.

All Contents Proprietary

Dave Odom - Breaking the 2-3 and Matchup Zones

Dave Odom - Zone Prinicipals

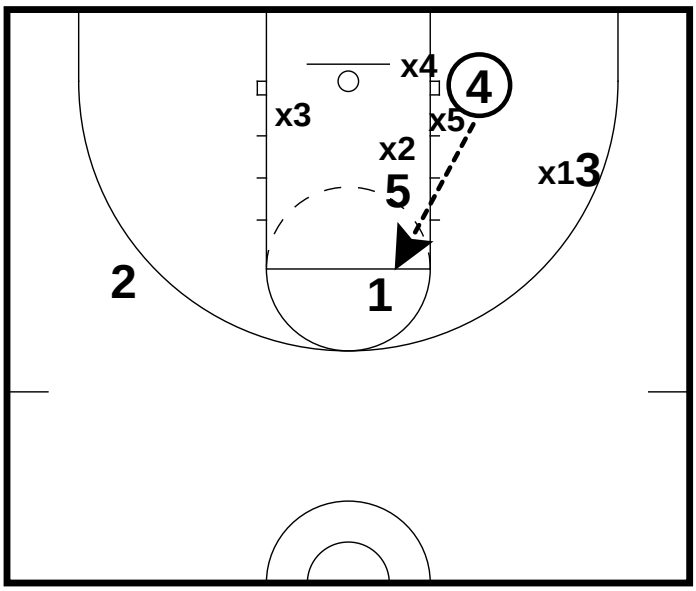


Zone Offense

High Post Entry Adjustment 2

- 4 flashes across the lane to the short corner
- 3 passes to 4
- 5 rolls down the lane
- 1 steps in

Dave Odom - Zone Prinicipals



Zone Offense

High Post Entry Adjustment 3

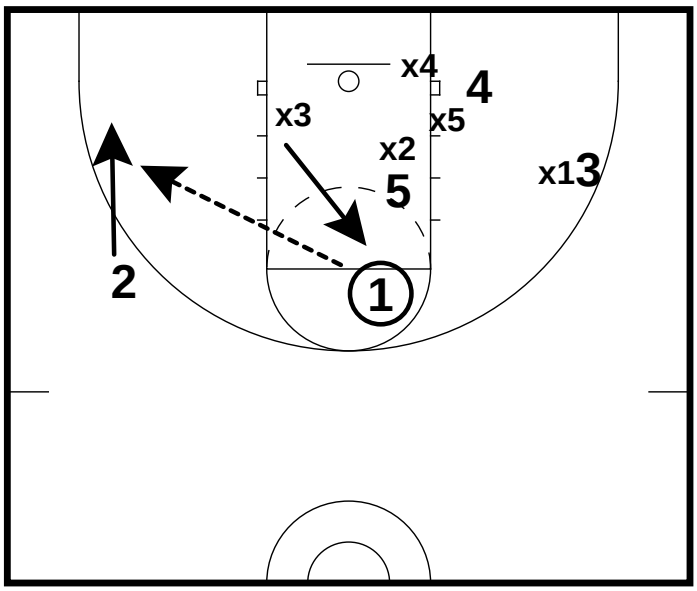
- 4's first look is to 5 rolling down the lane. If he throws to 5, it must be an air pass since a bounce pass will be difficult to complete given the spacing and the fact that 5 is running at the ball.

- 4's second look is through the double team to 1 by the foul line.

All Contents Proprietary

Dave Odom - Breaking the 2-3 and Matchup Zones

Dave Odom - Zone Prinicipals

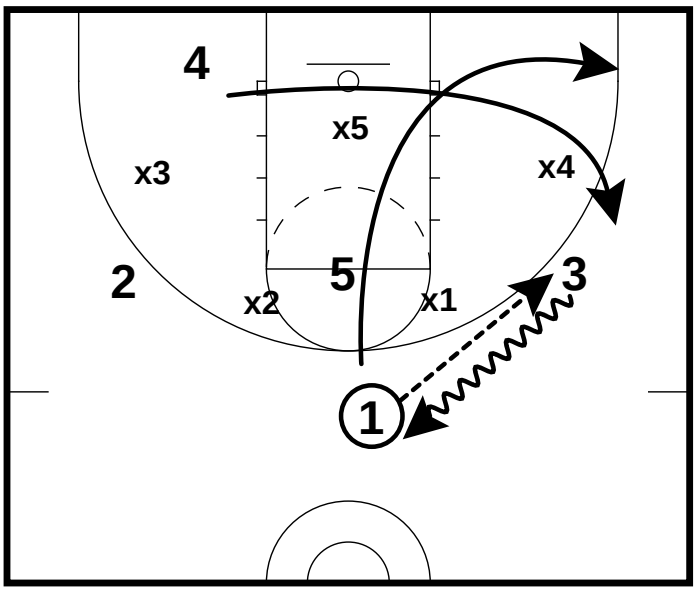


Zone Offense

High Post Entry Adjustment 4

- 2 spaces down to the corner
- 1 passes to 2
- 2 looks to shoot or attack the basket

Dave Odom - Zone Prinicipals



Zone Offense

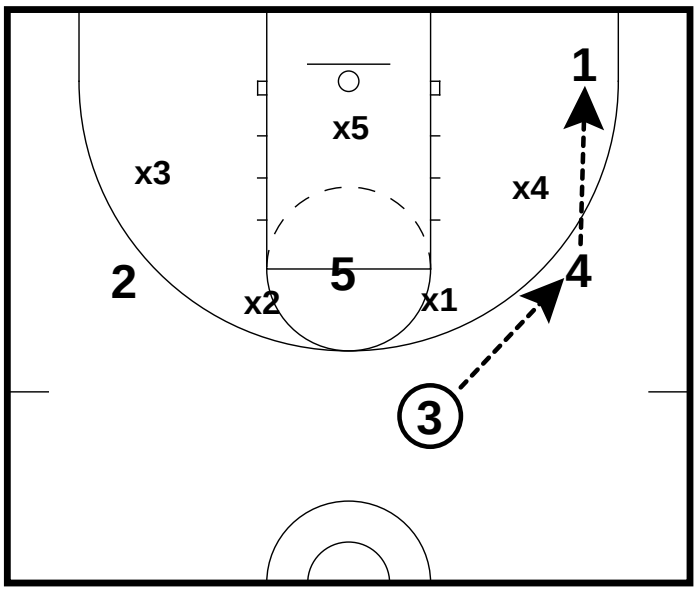
Dribble Throwback

- 1 passes to 3
- 1 cuts to corner
- 3 dribbles to top of key to replace 1
- 4 cuts to the wing

All Contents Proprietary

Dave Odom - Breaking the 2-3 and Matchup Zones

Dave Odom - Zone Prinicipals

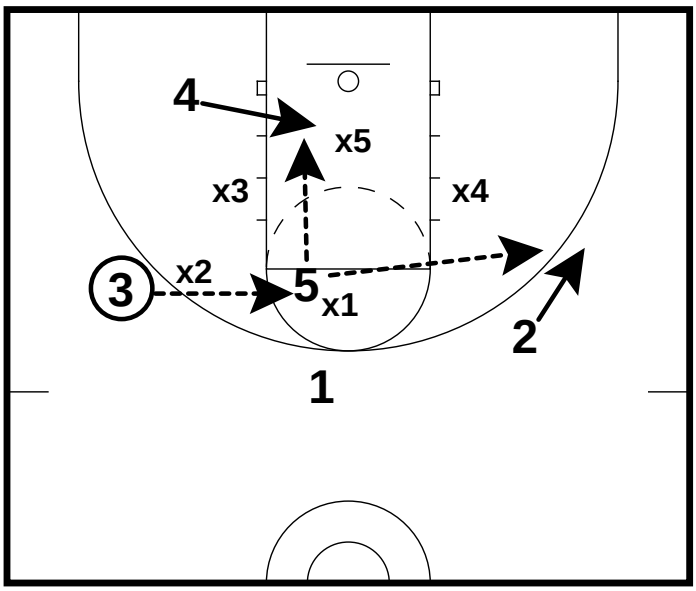


Zone Offense

Dribble Throwback 2

- 3 passes to 4
- 4 passes to 1
- 1 looks to shoot or attack the basket

Dave Odom - Zone Prinicipals

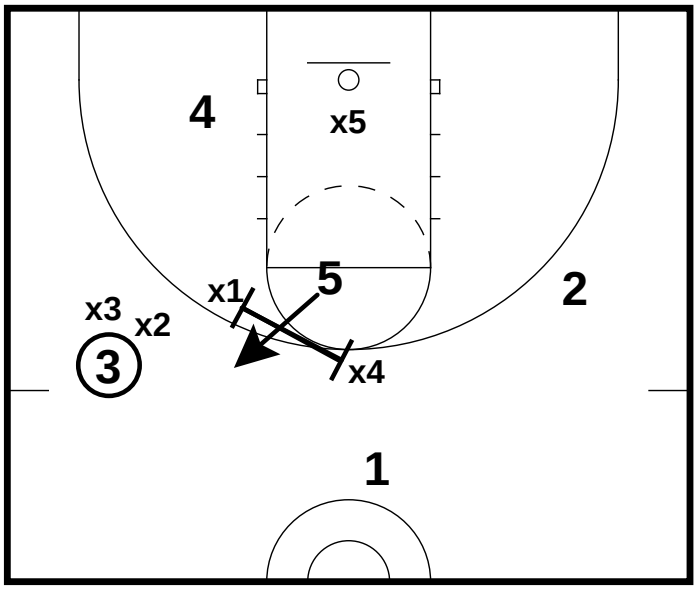


Zone Offense

Outside-Inside-Below-Reverse

- Ball goes into 5 at high post
- 5's first look is at 4 ducking in
- 5's second look is to reverse the ball to 2 spacing to the wing

Dave Odom - Zone Prinicipals

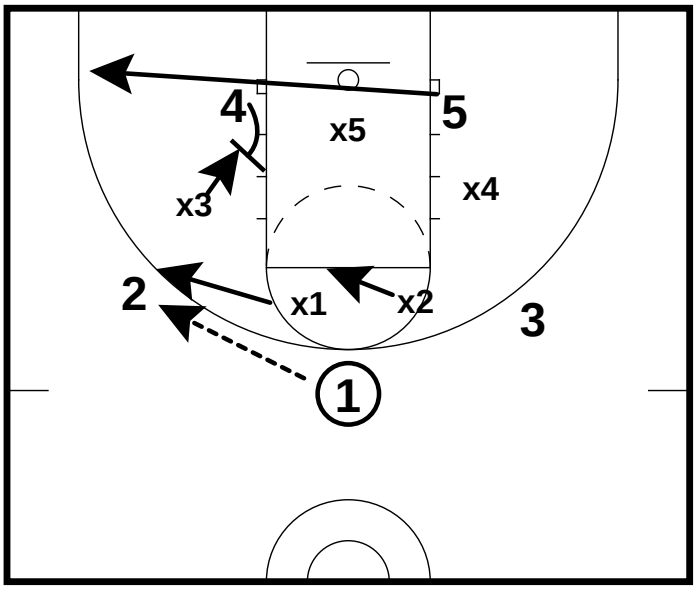


Zone Offense

Line of the 2 Interceptors

- Offense must get above the line of the 2 interceptors

Dave Odom - Basic



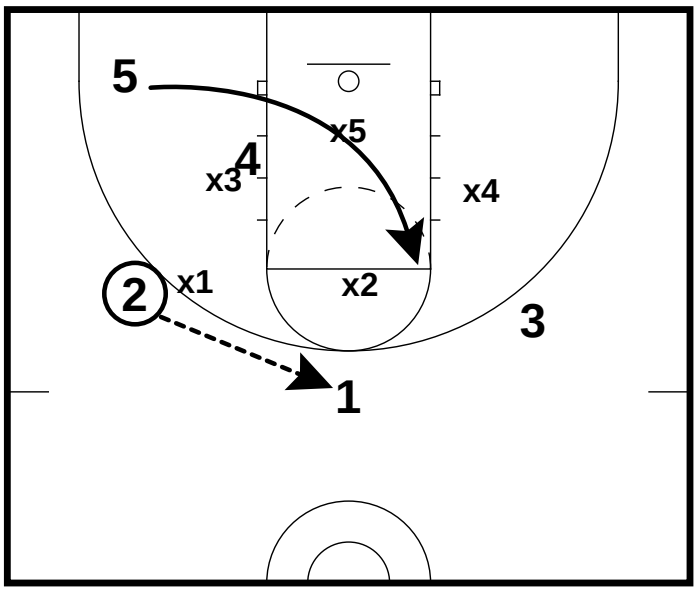
Zone Offense

- 1 passes to 2
- 5 goes to ball side corner
- 4 steps up and posts x3

All Contents Proprietary

Dave Odom - Breaking the 2-3 and Matchup Zones

Dave Odom - Basic

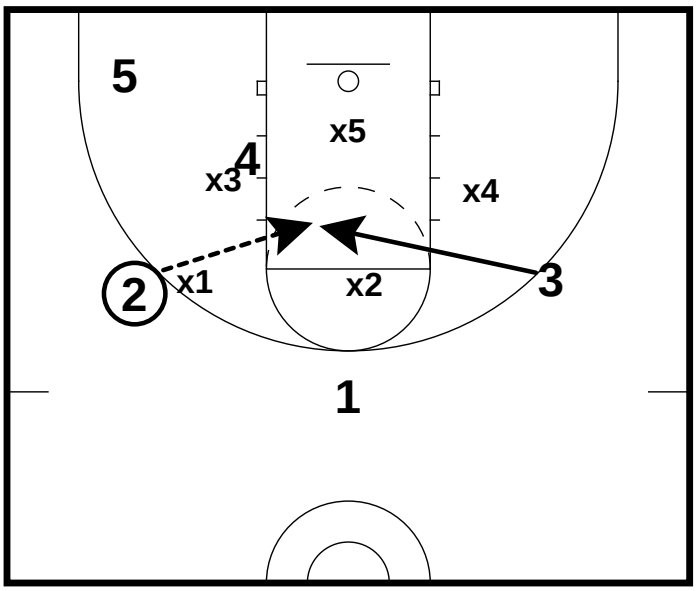


Zone Offense

Option 1

- 2 reverses the ball to 1
- 5 cuts through middle to high post
- 1 looks to lob the ball into 4

Dave Odom - Basic

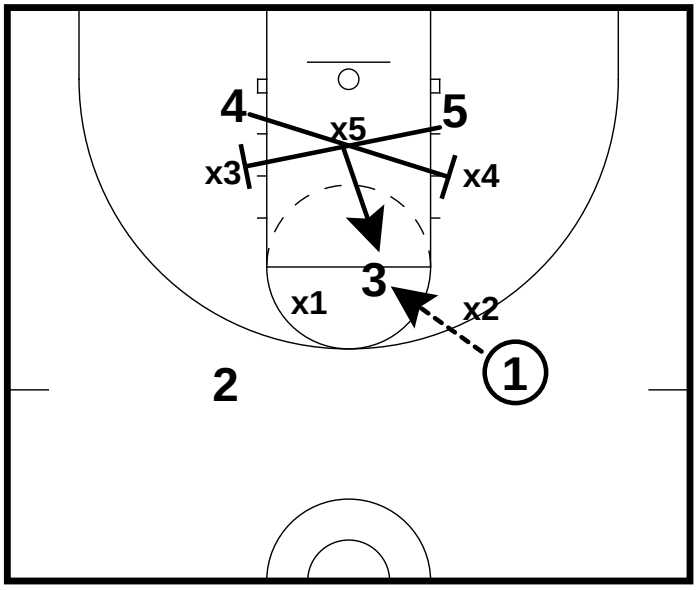


Zone Offense

Option 2

- Flash 3 to middle (This needs to be someone who can make a play with the ball.)
- 3 looks to score or dump ball off to 4

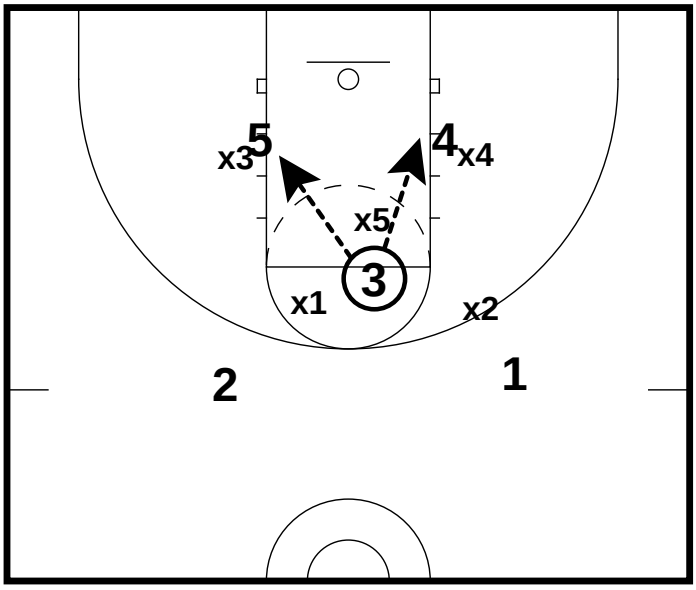
Dave Odom - Inside Rover X



Zone Offense

- 3 is the rover, he can go right to the high post or stack with 1 of the forwards and cut there
- Whenever 3 gets the ball at the foul line, 4 and 5 cross and body up the defense inside

Dave Odom - Inside Rover X



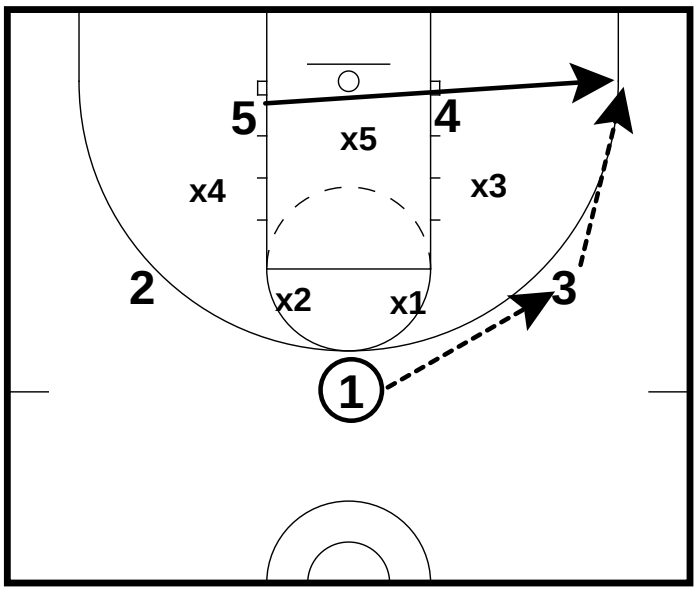
Zone Offense

- 3 looks to pass to 4 or 5 for a layup

All Contents Proprietary

Dave Odom - Breaking the 2-3 and Matchup Zones

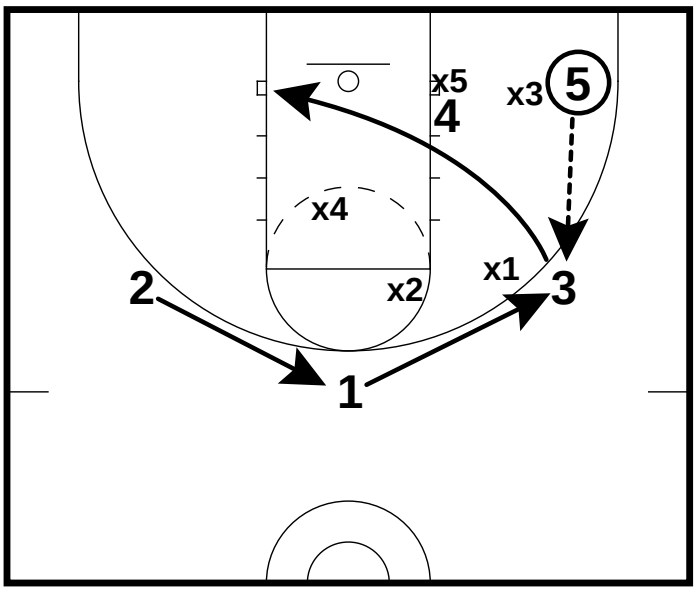
Dave Odom - Corner



Zone Offense

- 1 passes to 3
- 5 cuts to the corner
- 3 passes to 5

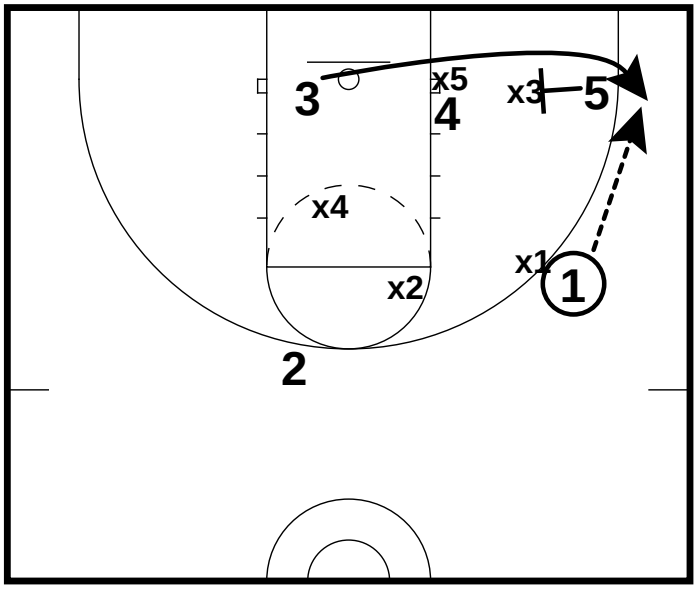
Dave Odom - Corner



Zone Offense

- 3 cuts through to weak side block
- 1 fills 3's spot on the wing
- 2 fills 1's spot at the top of key
- 5 passes to 1

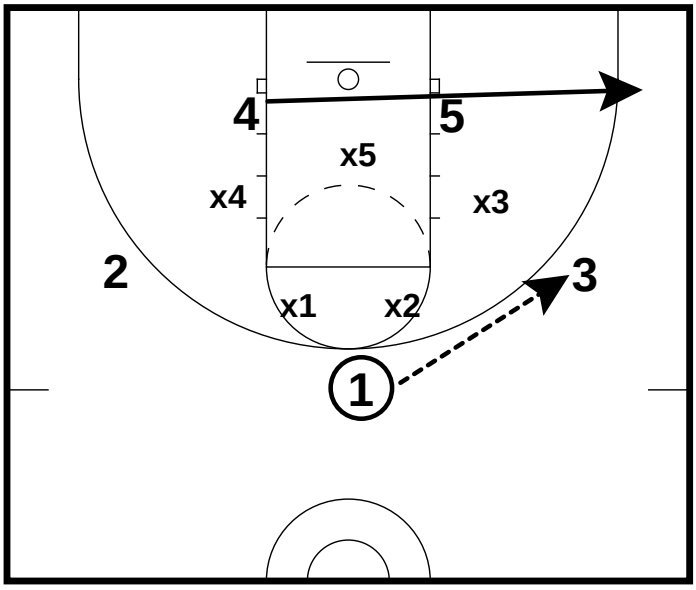
Dave Odom - Corner



Zone Offense

- 5 buries the back side defender with a screen
- 3 cuts to corner
- 1 passes to 3 for shot

Dave Odom - Notch



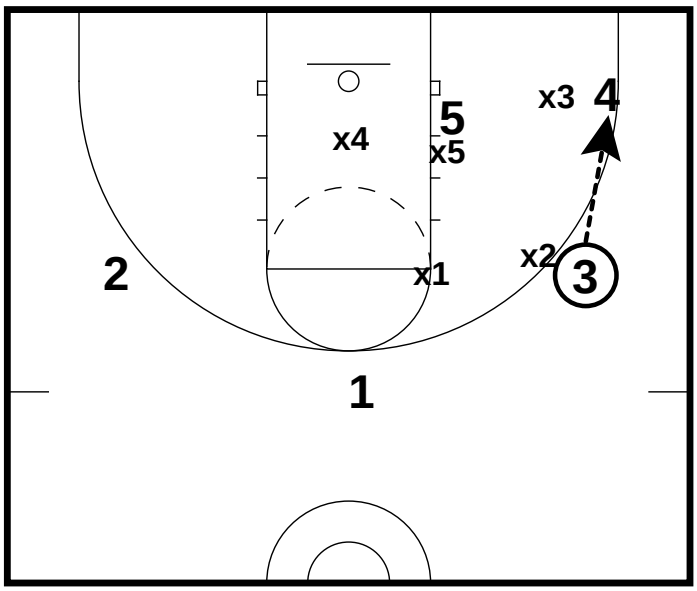
Zone Offense

- 1 passes to 3
- 4 cuts to the corner

All Contents Proprietary

Dave Odom - Breaking the 2-3 and Matchup Zones

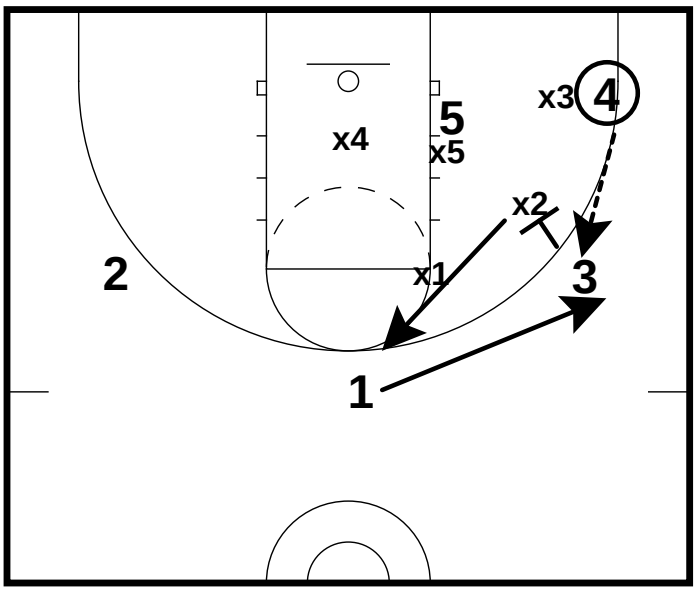
Dave Odom - Notch



Zone Offense

- 3 passes to 4

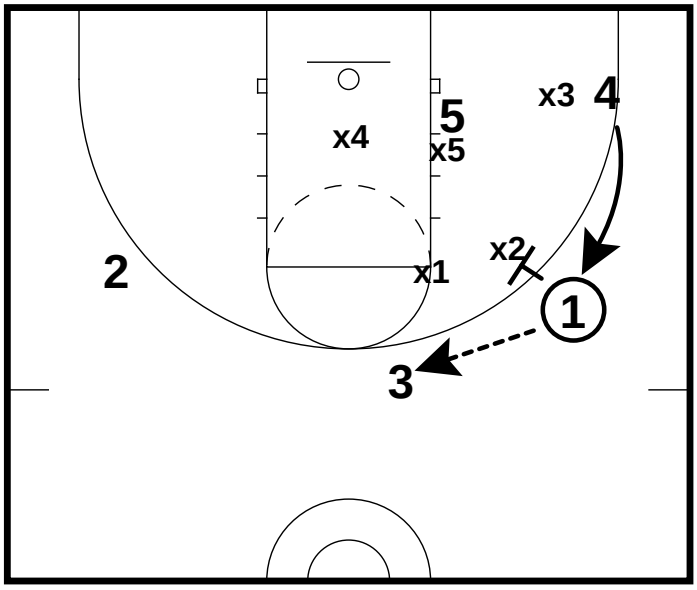
Dave Odom - Notch



Zone Offense

- 3 screens in
- 1 cuts behind 3
- 4 looks to pass to 1
- 3 cuts to top of key

Dave Odom - Notch



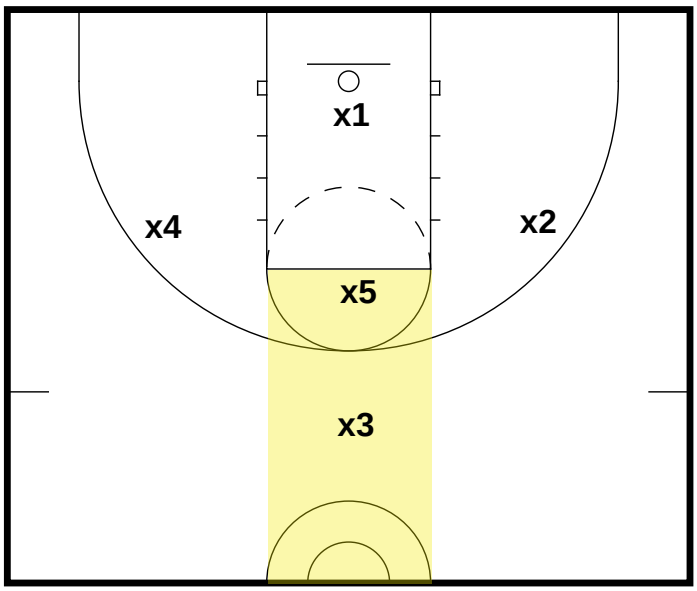
Zone Offense

- If 1 does not have the shot, he passes to 3 and screens in
- 4 cuts to wing for shot

All Contents Proprietary

Bob Huggins - The Science of the 1-3-1 Zone

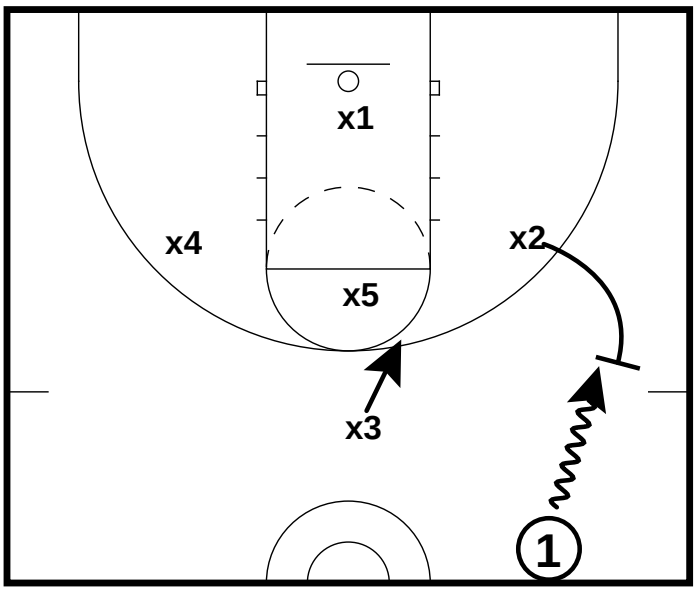
Bob Huggins - The Science of the 1-3-1 Zone Defense



Zone Defense

- The top guy never leaves the middle lane
- Top guy can't let the ball get reversed
- If the ball does get reversed, the top guy must slow it down
- Wings cover their side
- Middle guy covers middle
- Back guy covers corners

Bob Huggins - The Science of the 1-3-1 Zone Defense



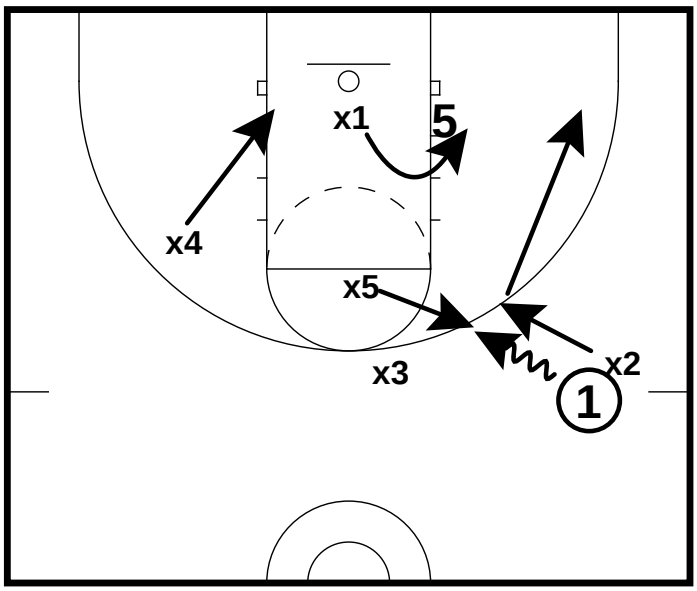
Zone Defense

- The wings job is to the ball out of the corner (this keeps the back guy in the paint)
- High hands
- Top guy stays on line of the ball to try and keep it from being reversed

All Contents Proprietary

Bob Huggins - The Science of the 1-3-1 Zone

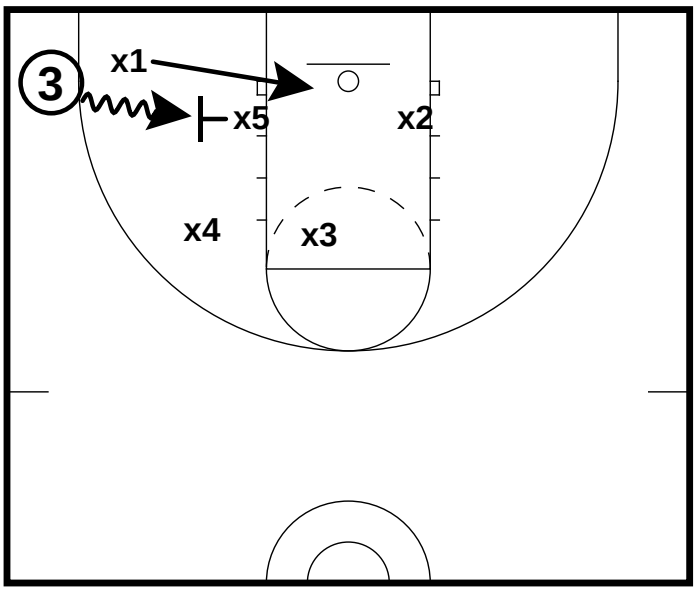
Bob Huggins - The Science of the 1-3-1 Zone Defense



Zone Defense

- Middle guy stops penetration
- Middle guy gets heels to 3 point line
- At the 3 point line, the wing drops to the corner
- Back guy plays on the ball side, outside hip of the post player
- Weak side wing drops to block

Bob Huggins - The Science of the 1-3-1 Zone Defense

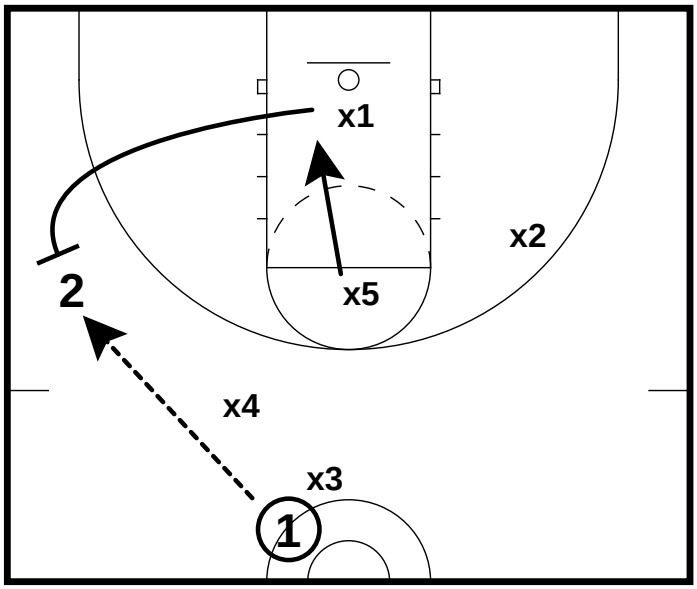


Zone Defense

If the ball penetrates to the middle from the corner...

- The middle man stops the ball
- The corner man goes back to the post

Bob Huggins - The Science of the 1-3-1 Zone Defense



Zone Defense

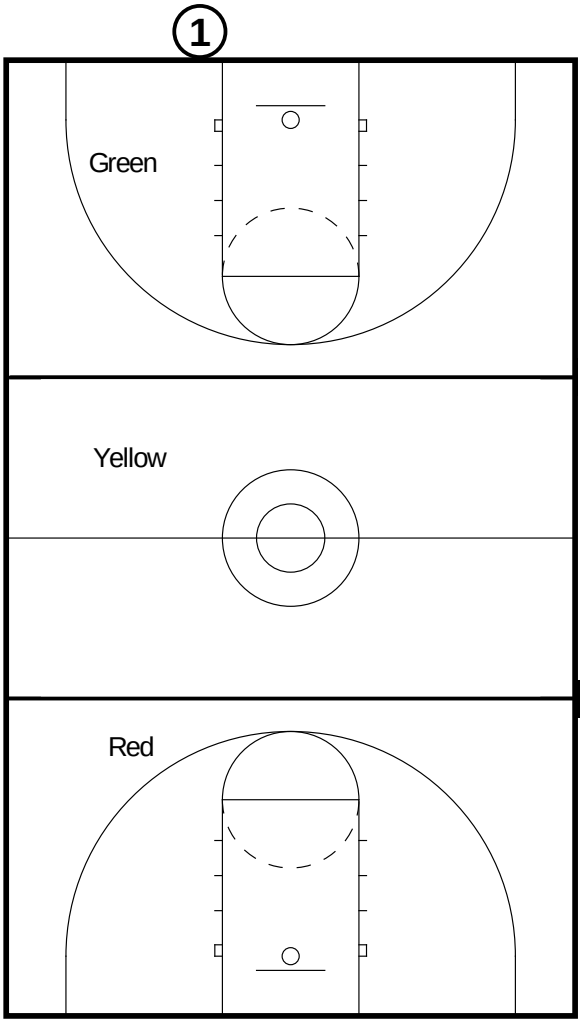
If the wing does a bad job and a pass is thrown to the wing...

- The back guy must come out to the wing
- The middle guy drops

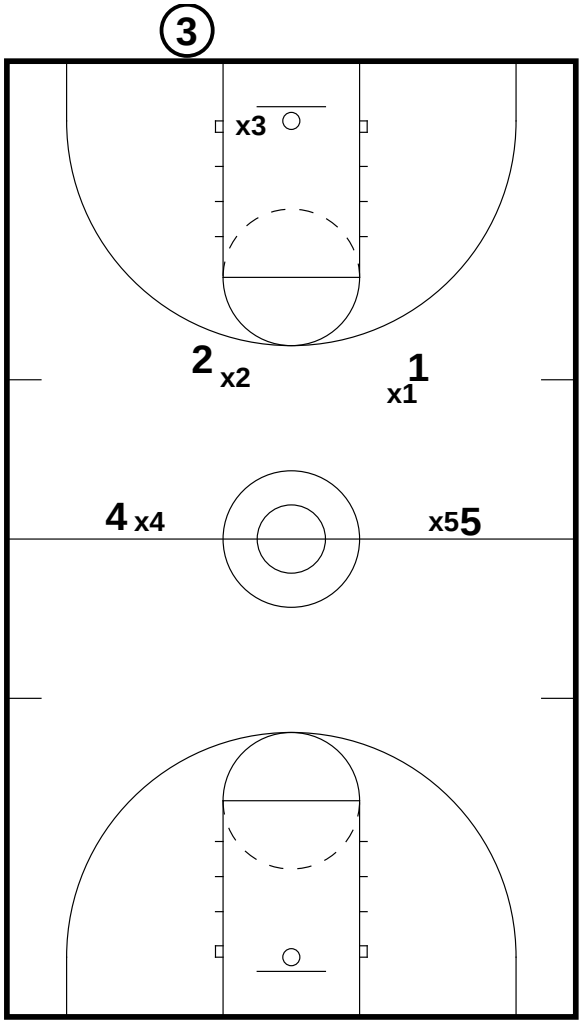
All Contents Proprietary

Rollie Massimino

Rollie Massimino - Three Areas of the Floor



Rollie Massimino - Going to School



Zone Defense

Green - baseline to hash mark; can take chances; have time to recover

Yellow - hash mark to hash mark; can still take some chances

Red - hash mark to baseline; war zone; must play best defense here; don't gamble

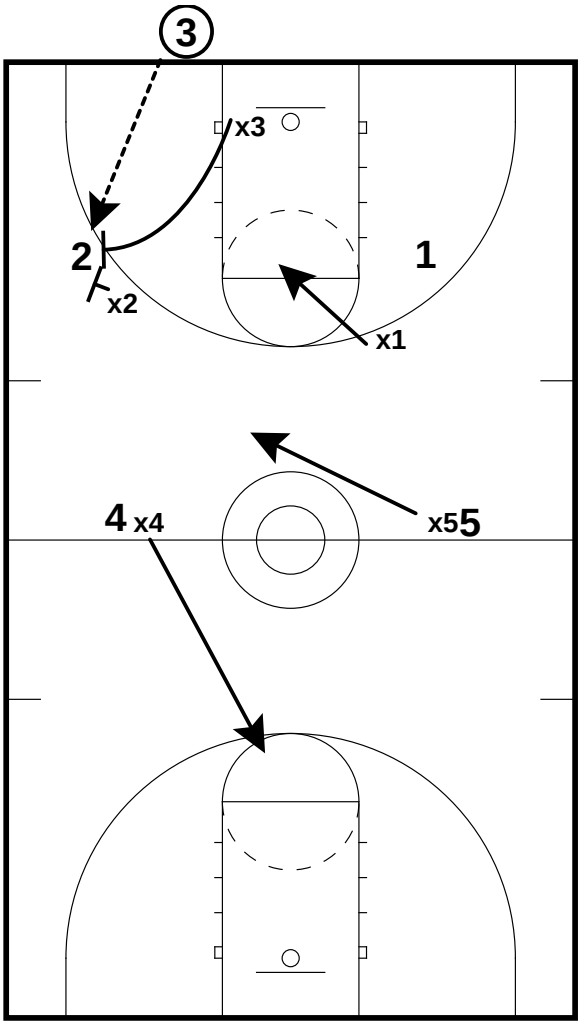
Zone Defense

How do you attack them?

All Contents Proprietary

Rollie Massimino

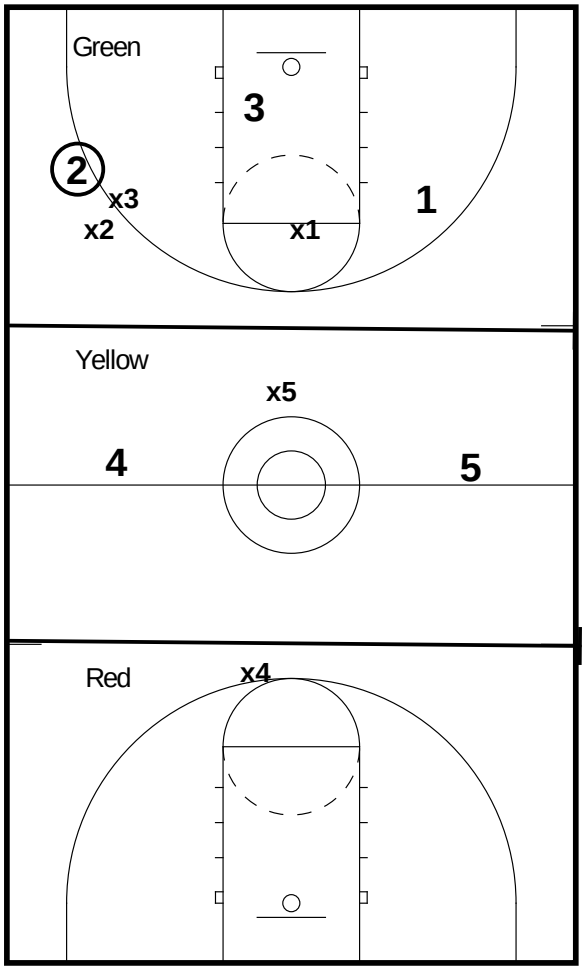
Rollie Massimino - Going to School



Zone Defense

Trap away from the ball

Rollie Massimino - Going to School



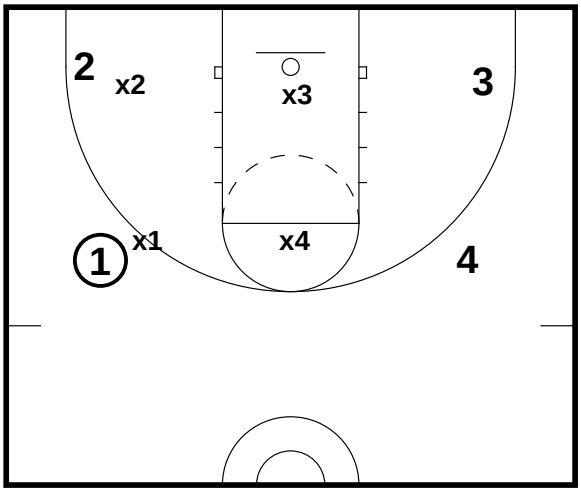
Zone Defense

- Green: Play man-to-man
- Yellow: Play zone
- Red: Decide what to play, whatever you are best at

All Contents Proprietary

Rollie Massimino

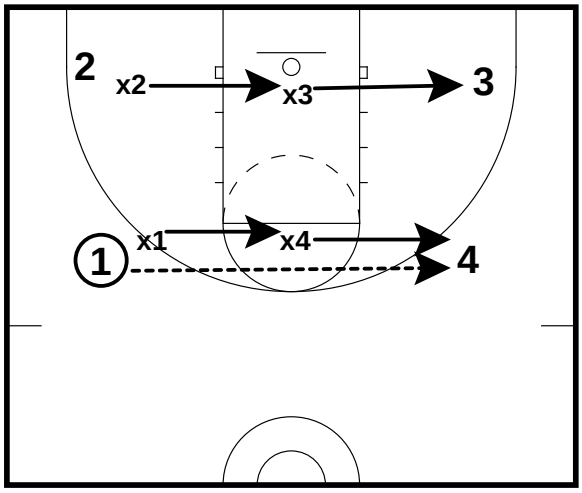
Rollie Massimino - Shell Drill



Zone Defense

- Search the ball first
- Defense retreats to the line of the ball

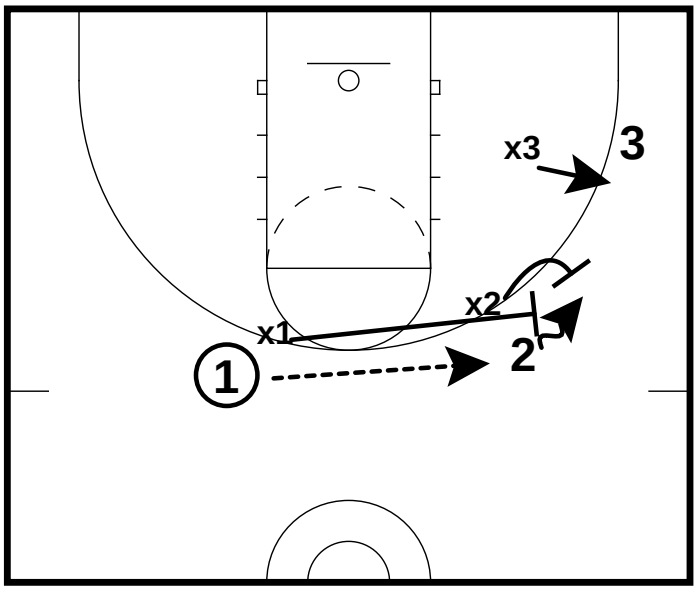
Rollie Massimino - Shell Drill



Zone Defense

- 1 hand is always on the line of the ball
- When the ball moves, the line of the ball moves, so the defense has to move

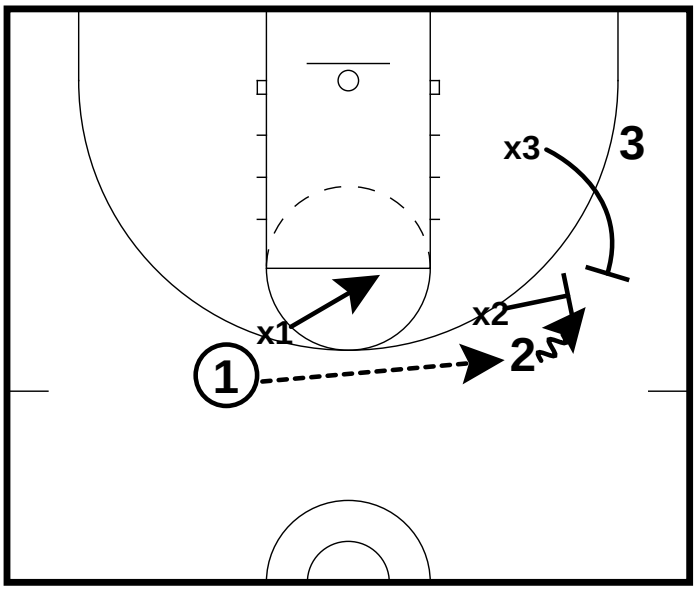
Rollie Massimino - Traps



Zone Defense

Trap away from the ball

Rollie Massimino - Traps



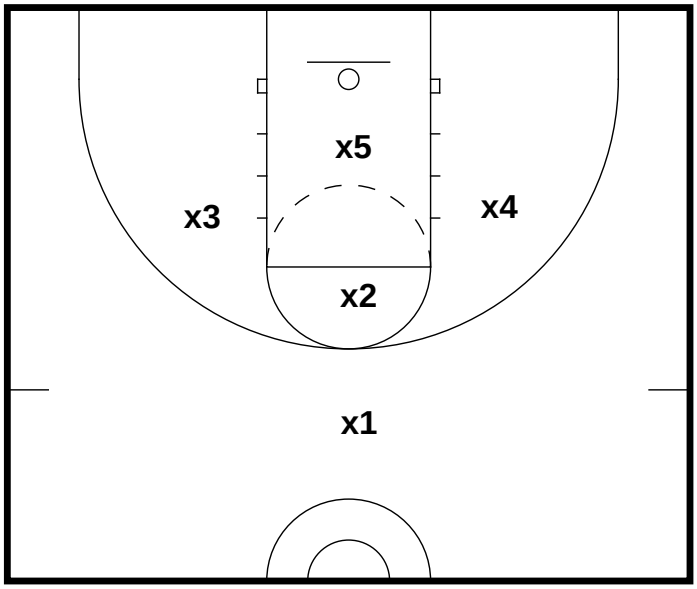
Zone Defense

Trap to the ball

All Contents Proprietary

Rollie Massimino

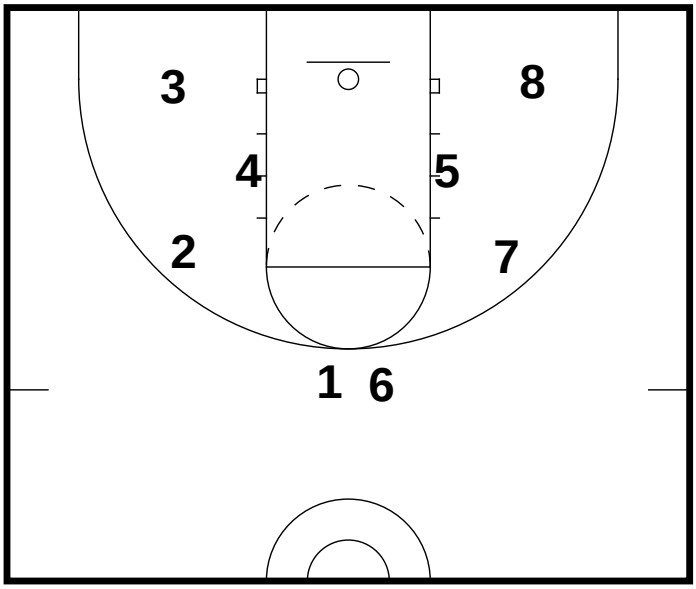
Rollie Massimino - 1-1-3



Zone Defense

- Initial alignment
- Vary what you do from 1 possession to the next

Rollie Massimino - 8 Zone Offense Spots



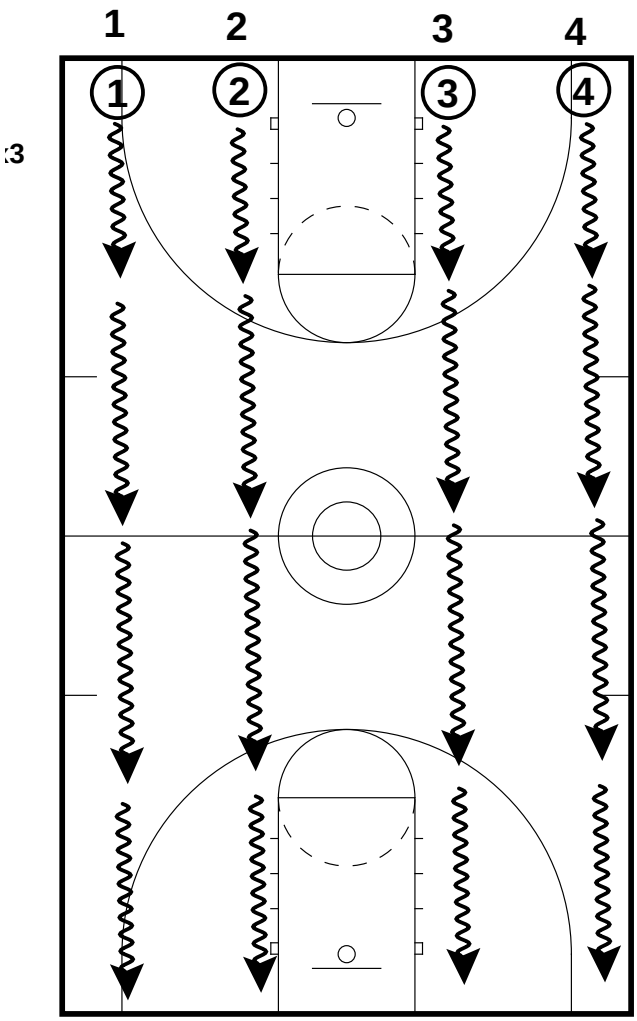
Zone Defense

- When you are playing a zone, you want to keep the ball out of these spots

All Contents Proprietary

Dave Odom - Attacking Pressure

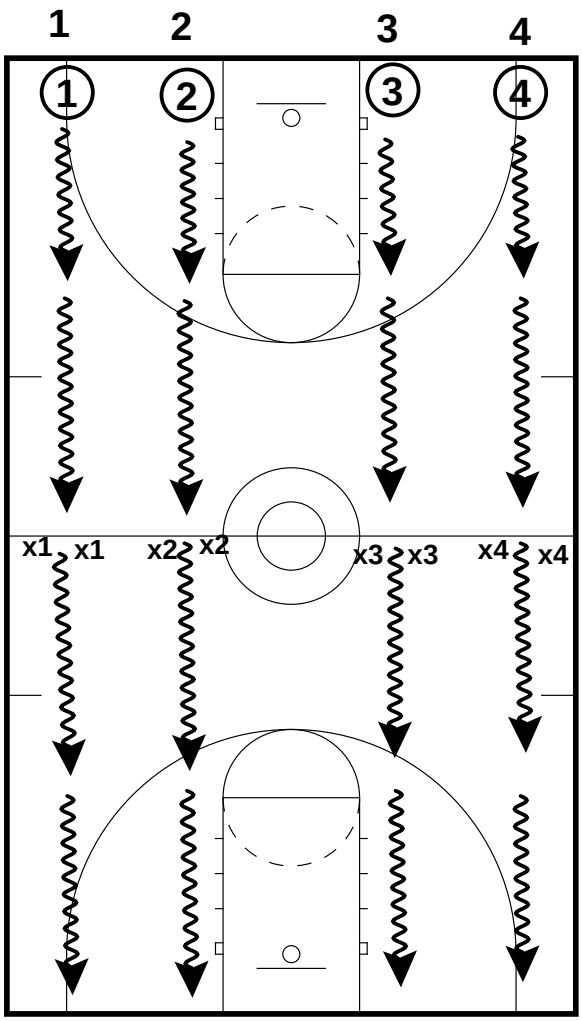
Power Basketball



Drills

- Dribble to foul line and jump stop
- Imagine being double teamed
- Pivot with elbows out
- Look through the double team, not at it
- Face the double team, do not turn your back to it
- After 3 to 5 seconds, dribble to half-court and repeat, dribble to the opposite foul line and repeat, and dribble to the opposite baseline.
- Go down dribbling with the right hand and come back dribbling with the left hand.

Power Basketball



Drills

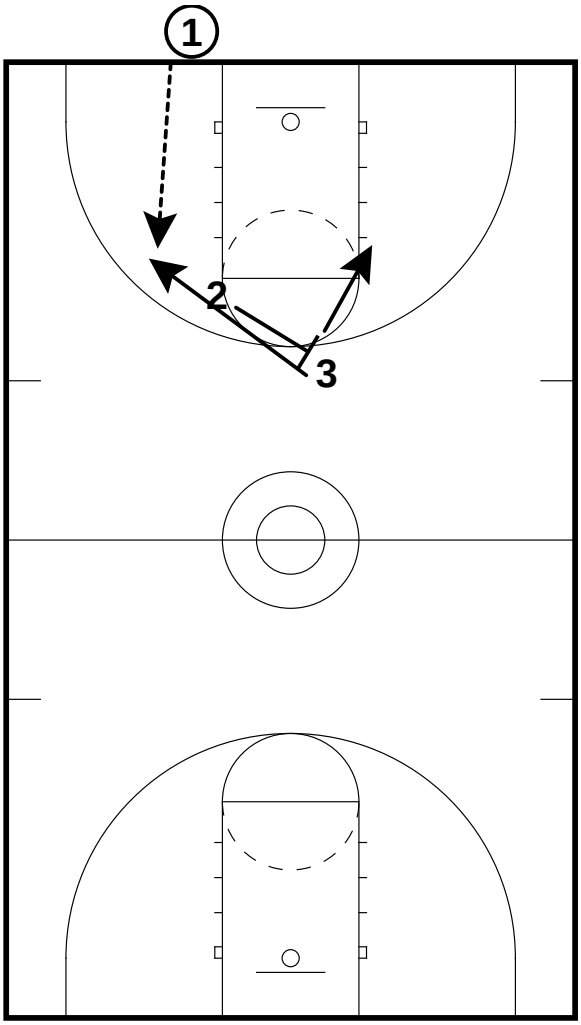
Enhancement

Run the same drill, but add 2 defenders at half-court for each line.

All Contents Proprietary

Dave Odom - Attacking Pressure

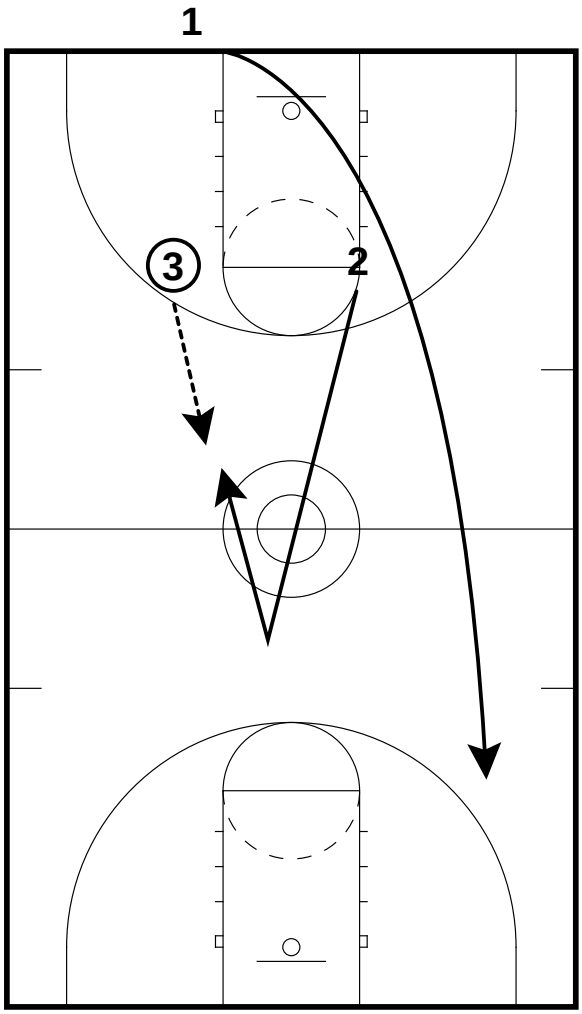
3-on-0



Drills

- 1 inbounds the ball to 2
- 3 sprints to the line of the ball to the basket and then comes back to the ball with a big target
- 1 comes in opposite of the inbounds pass and sprints up the floor

3-on-0



Drills

- 3 passes the ball to 2
- 1 sprints to the line of the ball to the basket and then comes back to the ball with a big target
- 3 sprints up the opposite side of the floor

*Repeat this pattern until a catch is made at the rim and the receiver finishes the drill with a layup

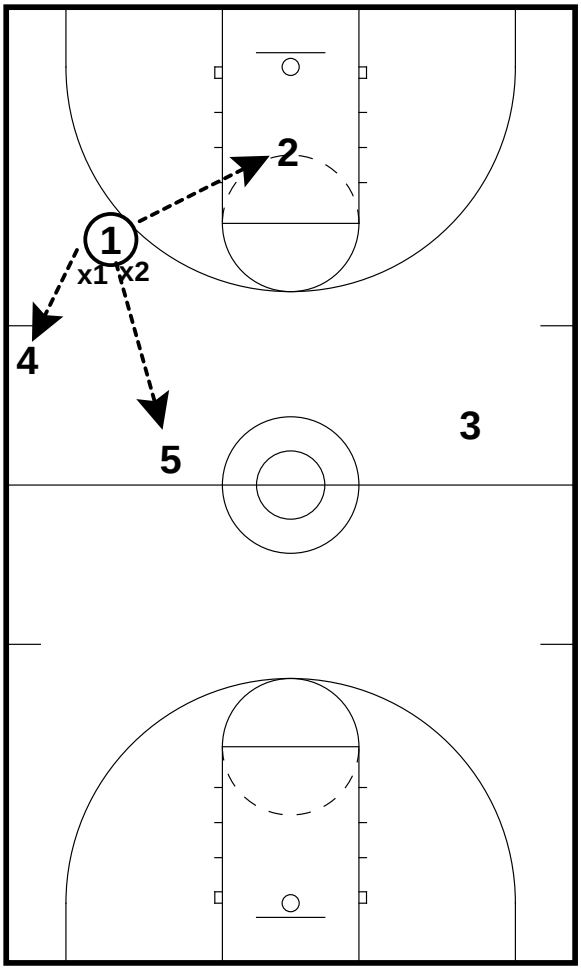
Enhancement

- Add defense to make the offense work harder to get open on their cuts back to the ball

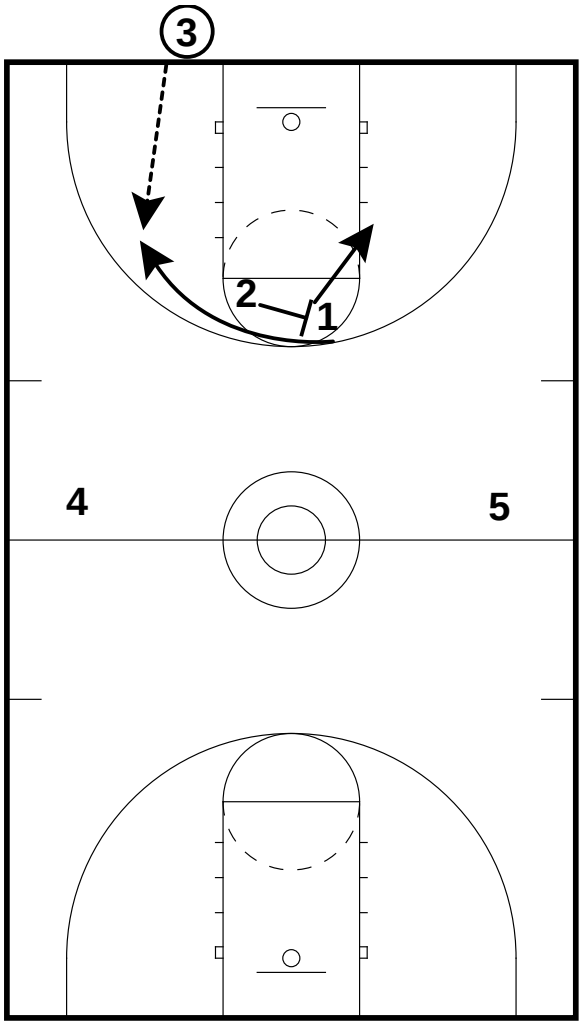
All Contents Proprietary

Dave Odom - Attacking Pressure

3 Passes at Once



Slice



Drills

Whether the trap is expected or not, we need 3 players one pass away and an attacker on the back side.

- 5 is on the line of the ball to the basket
- 2 is behind the trap
- 4 is outside the trap
- 3 is the attacker on the back side

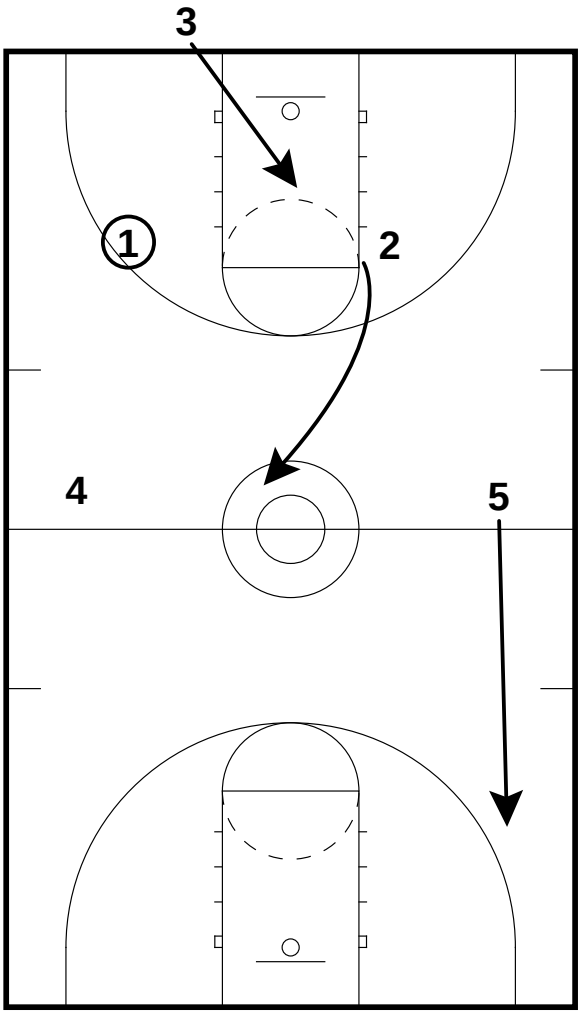
Press Breakers

- 2 screens for 1
- 2 rolls back to the ball
- 3 inbounds to 1 or 2

All Contents Proprietary

Dave Odom - Attacking Pressure

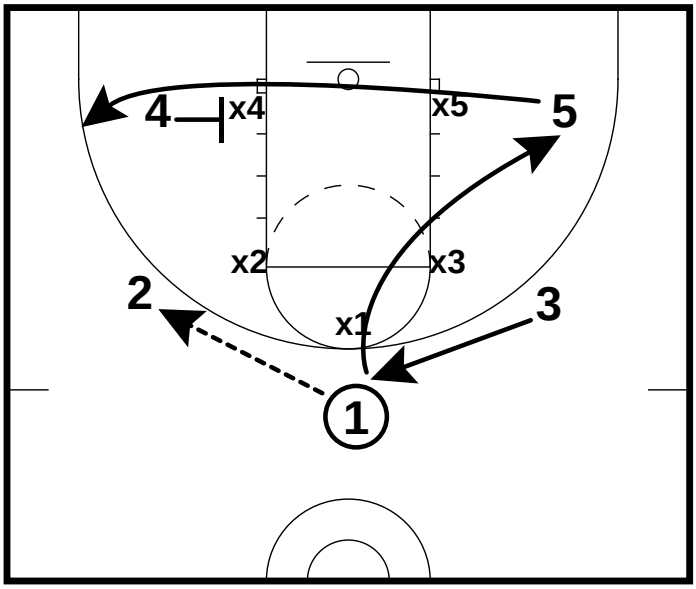
Slice



Press Breakers

- The opposite forward (5) goes deep
- The opposite guard (2) runs a slice cut up the middle of the floor
- If 2 does not get the ball, he goes to the side line and gets ready to flash back to the ball

Dave Odom - Patriot



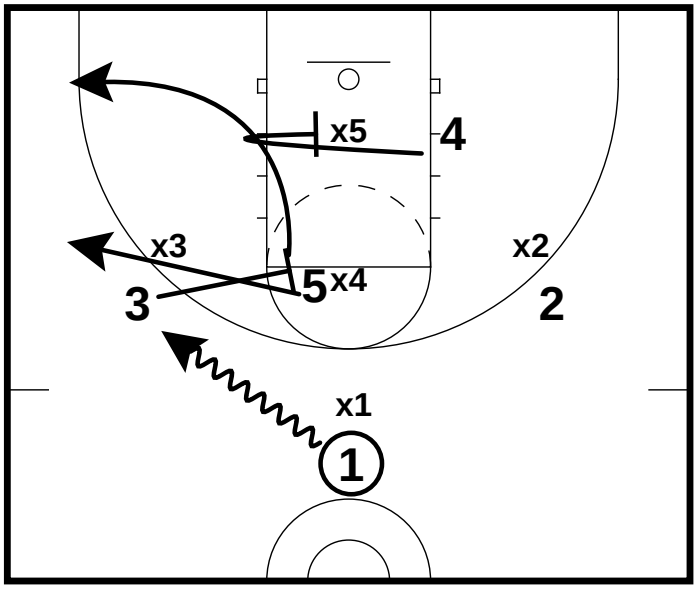
Zone Offense

- 1 passes to 2
- 1 clears to weakside corner
- 4 screens in
- 5 uses 4's screen and pops to corner
- 3 fills up
- 4 posts

All Contents Proprietary

Dave Odom - Attacking Pressure

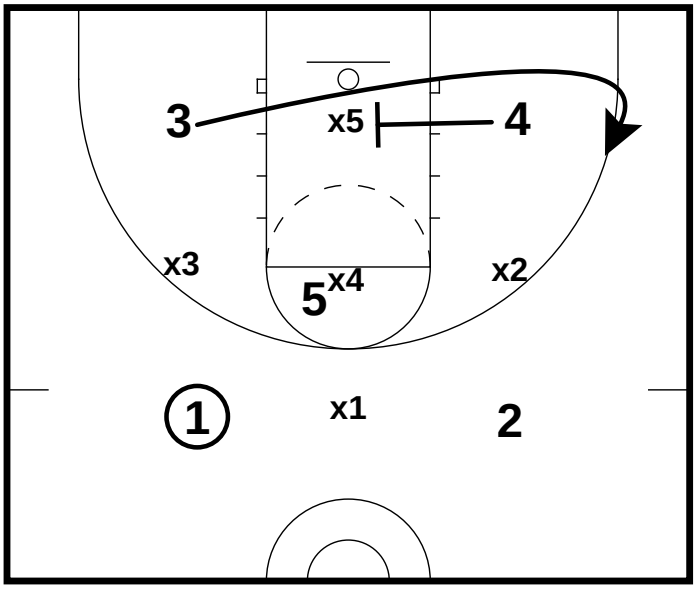
Dave Odom - Beating the 1-3-1



Zone Offense

- 1 dribbles 3 out
- 3 screens for 5
- 5 rolls to wing
- 4 comes across the lane and screens the bottom of the zone
- 3 pops to corner

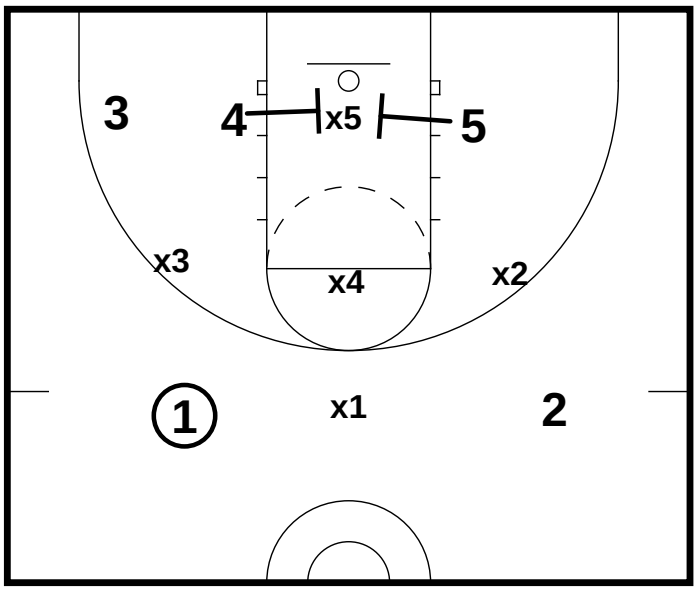
Dave Odom - Beating the 1-3-1



Zone Offense

Can also attack it from a 2-1-2 set
- 5 must get free on his own

Dave Odom - Beating the 1-3-1



Zone Offense

- If you can't get the ball to the middle, drop the middle man as a screener on the baseline.
- 3 becomes the rover

All Contents Proprietary

Coach K: Attacking Zone Defenses

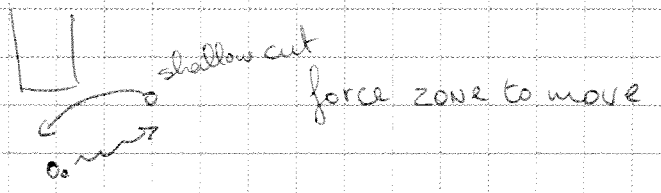
Zone Offense principles

A familiar Offense for all defenses keeps Players Instinctive

Don't allow defense to break rythm

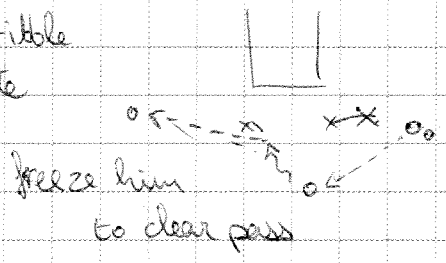
1 • intelligent use of dribble
- gap penetration
- step back dribble
- force 2 to play 1

angle penetration

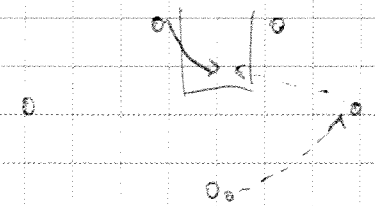


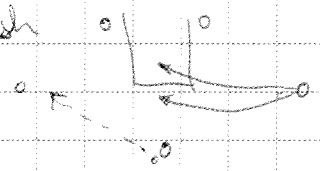
2 • Use ball reversal

- freeze dribble
- look to create a 2 on 1



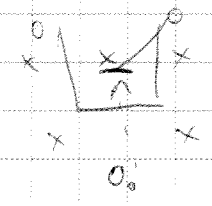
3 • Flash to the middle





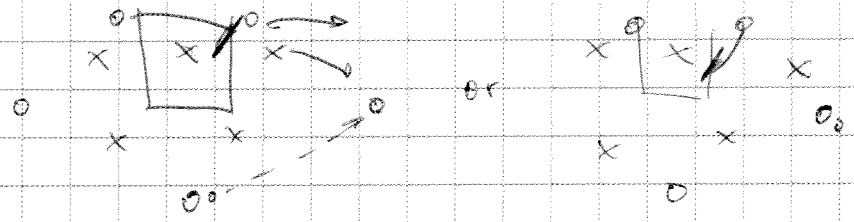
4 • Keep Bigs behind the zone when possible
gives inside position on rebounds

gives vision for post-up opportunities



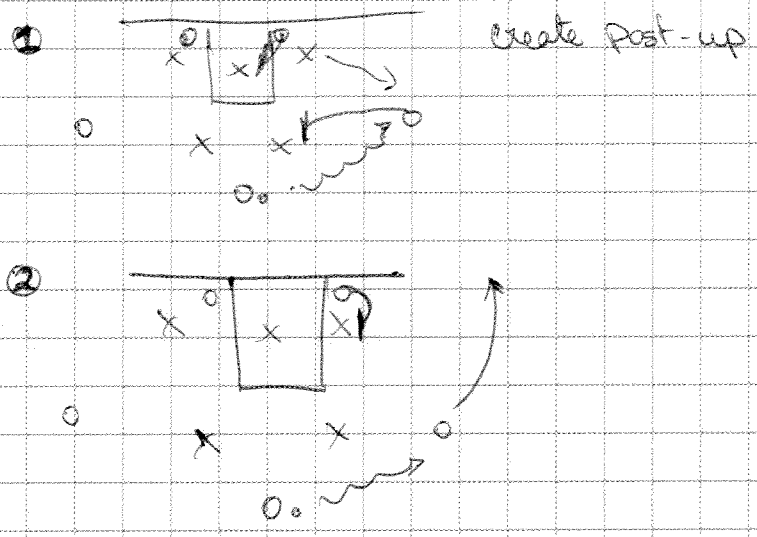
* When a bottom guy of zone comes out

Bigs should post in the middle



Post / Flash / Rebound

5. Screening the Zone



* Perimeter players must always be ready to shoot off of the Re-Location Pass from Post

Do not Toe the line

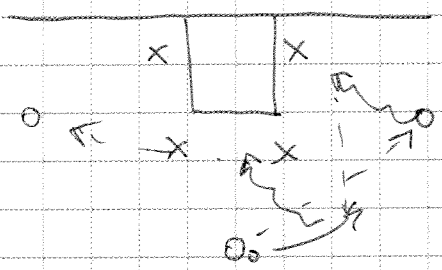
<u>You create your Passing Lane</u>

Use jump stop on middle penetration

Box Drill

for perimeter players

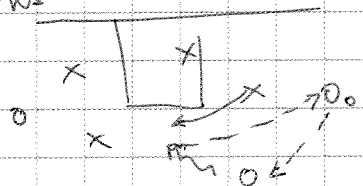
4 defenders in a box or diamond



Use dribble penetration
shot fakes
pass fakes

MISDIRECTION Create & maintain spacing
Be foot ready

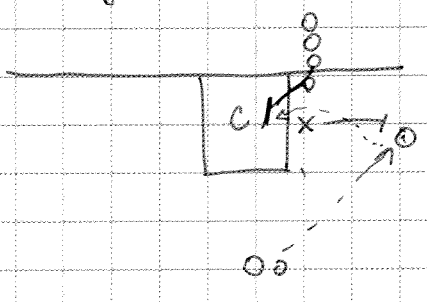
this fake works



fake reversal

Misdirection

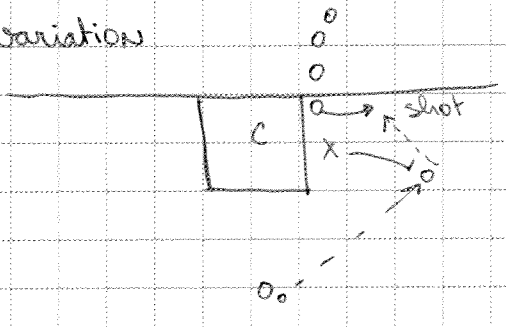
Bigs Shooting Zone Drill



simulate
pulling bottom man out
and sealing
middle man.

post feed

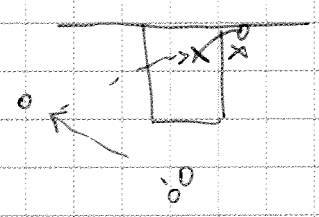
Russian variation



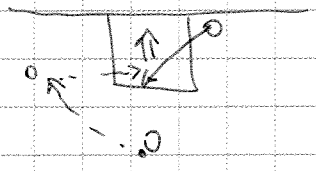
short corner
shape up & shoot

Bigs have hands up to show target

seal from weakside



lob to weakside



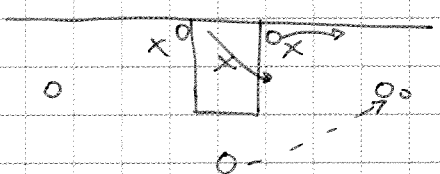
flash pass shape up and shoot

Follow your Shot

good chance they won't box out

Progression

add 2nd Big



and play 2on2

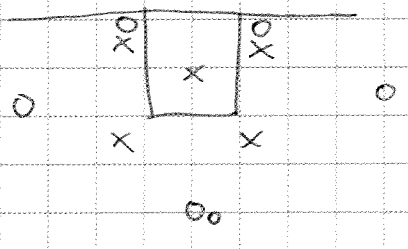
inside / use perimeter to reverse it

Attacking the 2-1-2 zone

use the same principles

re-emphasis Pass Fakes and Misdirections

be ready to shoot

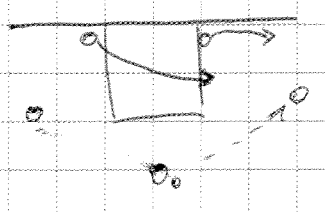


Opposite wing has Rebounding opportunities

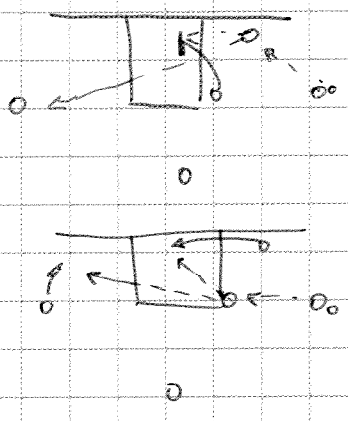
Add Restriction: A post touch before a shot

passing to post => zone moves & create openings

Create overloads by having guys pull-out to short corner

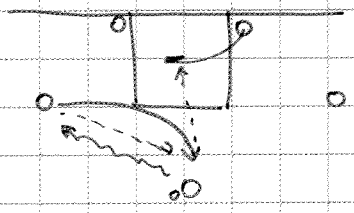


look for hi-Lo's
Lo-hi's
45° skips



- Flashers must call for the Ball
- meet the Ball
  - face up

Shallow cut action

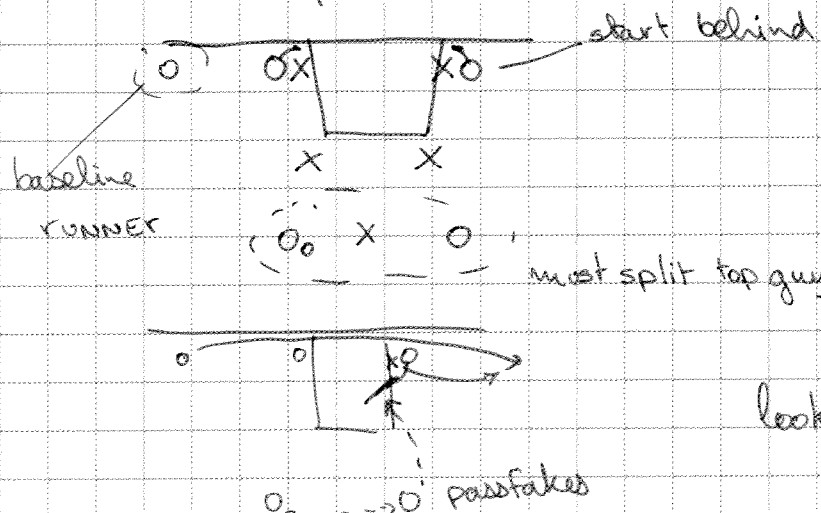


- Opposite Wings must Crash Boards

Attacking the 1-2-2 zone

attack with 2-man front to exploit the gaps

have 3 deep on baseline



look for free shots off rebs

Baseline runners create confusion and opens zone

3 Deep with corners filled



Spread out the D

Conclusion

KEEP things Simple
to keep Players Instinctive

Coach K

Breaking the Press

Presses becoming popular

-1 during Press they rush you, to stand you up

Drill ① : Man in the Middle drill

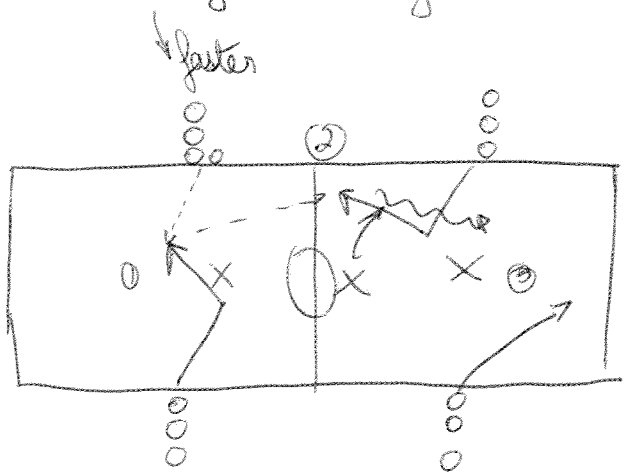
switch on deflections

- Establish strong pivot foot
- Ball fakes
- 1 dribble

Drill ② 4 man Cut Drill

Meet the Pass and Face up to SEE

Passing vs Dribbling



go to line you passed to

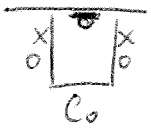
Drill ③

2 on 2 Baseline

Stationary players help the defense

running the baseline

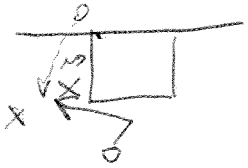
takes away the diagonal



"Do not follow your pass"

Drill ④ 2 on 1 Zig Zag

Catch with some distance from baseline

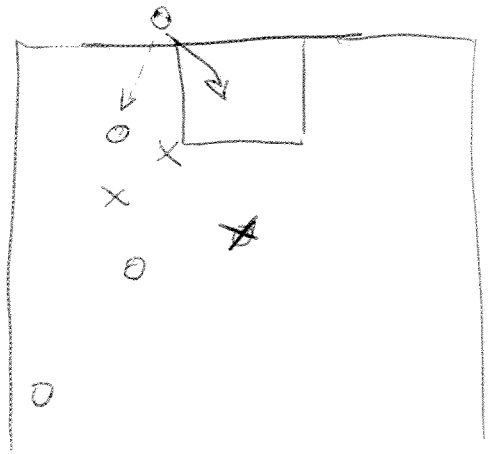


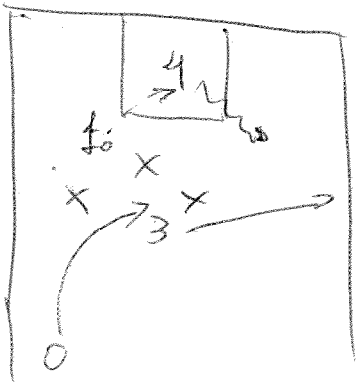
dribble low

single out 1 defender to attack

---

vs 1-2-1-1





have 3 options short

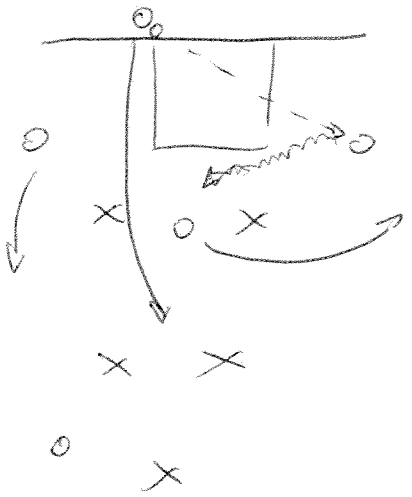
1 option long → ball side

Beat Press to score

Offensive Rebs are available after presses
and shooters are also open after Off Rebs

Attacking mentality

2-2-1 3/4 court press



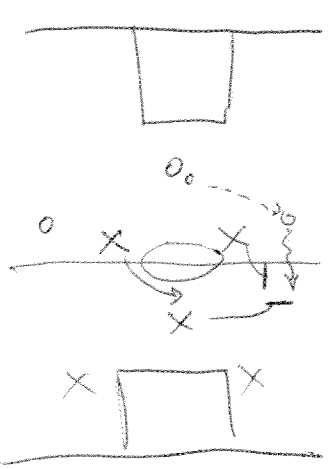
3 short passes available

Drives will work during Recovery

meet the Pass

Donot be in a hurry

2-1-2 HC press



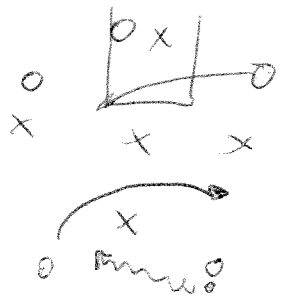
must have convincing Pass fakes

1-3-1 HC Trap

trapping in corners

do not leave feet to pass

shallow cut on dribble



perimeter players

must be ready to shoot

flash from opposite

try to work it inside before kicking out

Conclusion

Dave Leitao 4 Out Motion Set Plays Clinic

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4 Game Cutting Actions

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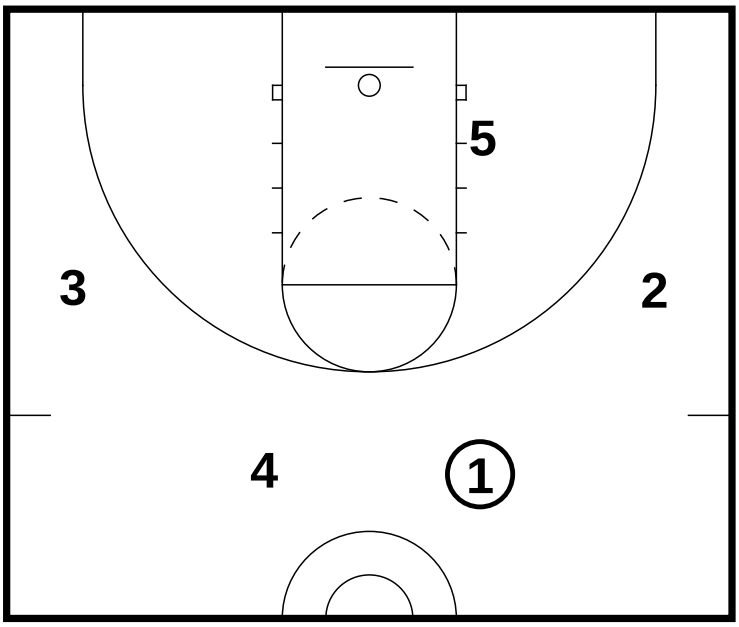
4 Game Cutting Actions

4 Game Cutting Actions



- Keep things simple for players. The less they have to think the faster their feet will be
- Focus on fundamental play

Positioning

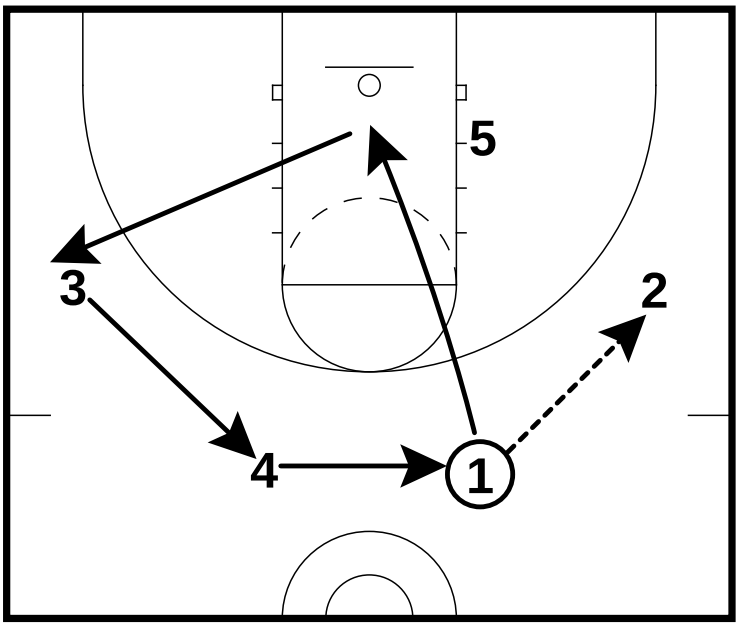
2 perimeter players fill the free throw lane lines extended

2 perimeter players fill the free throw line extended

5 man sprints to the rim and declares a side

-Once 5 declares a side, he stays there the entire possession. He does not switch sides or follow the ball.

- Perimeter players need to move with speed

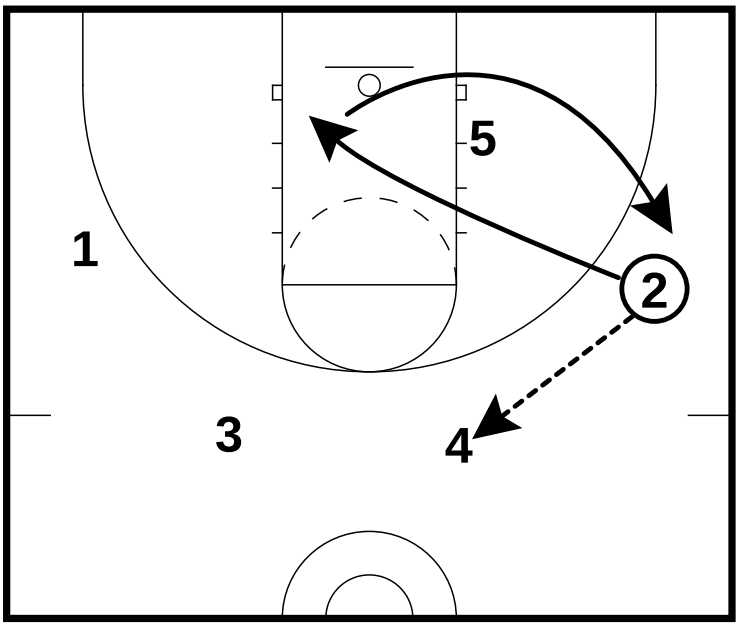


- Pass from top to wing, player cuts hard to the basket and then fills the next open spot
- Designate names for your cuts
- A basket cut = Laker Cut

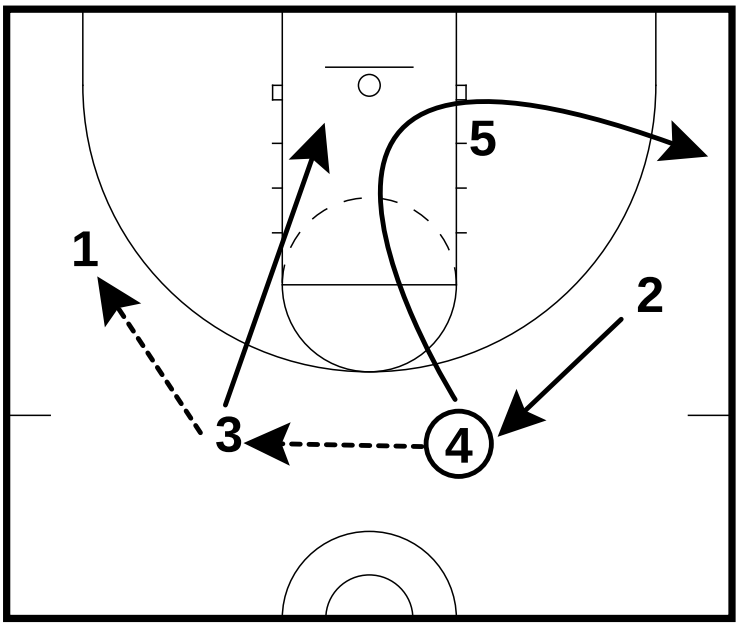
All Contents Proprietary

4 Game Cutting Actions

4 Game Cutting Actions



- Laker cut from the wing to top
- Fill open spots
- Make the defense chase you

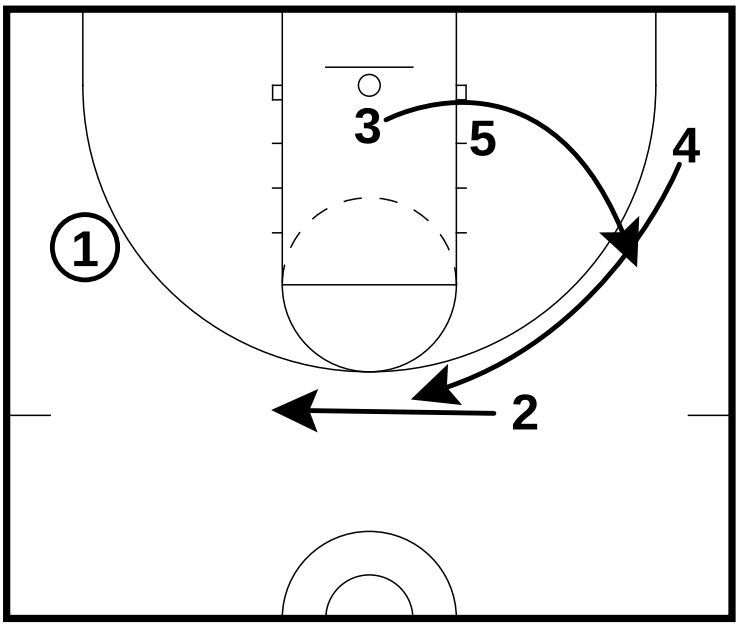


- At times you will have multiple people cutting at the same time
- Players need to stop and look to see where the next open spot is at

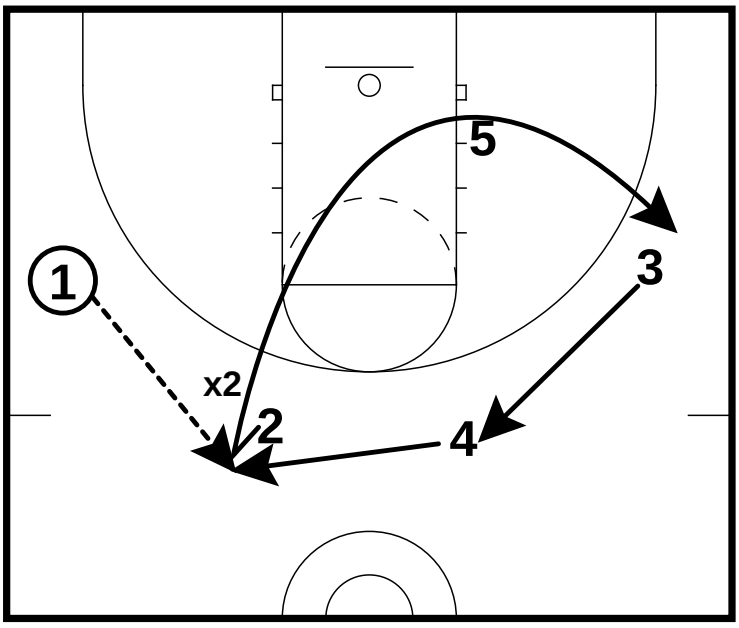
All Contents Proprietary

4 Game Cutting Actions

4 Game Cutting Actions



- Need to fill all open spots

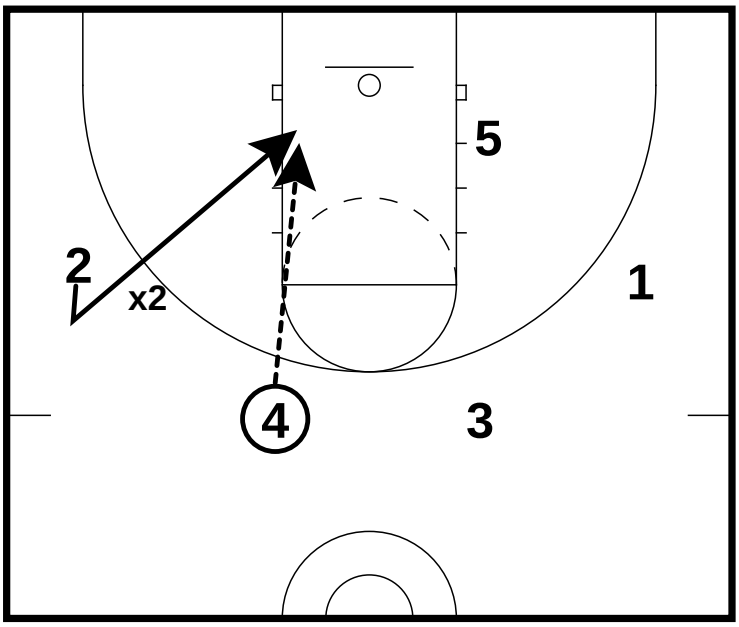


- If a player is denying, run a back door cut
- Back door cuts are called Jersey cuts
- Players fill the open spots
- Person running Jersey cut should yell "Jersey"

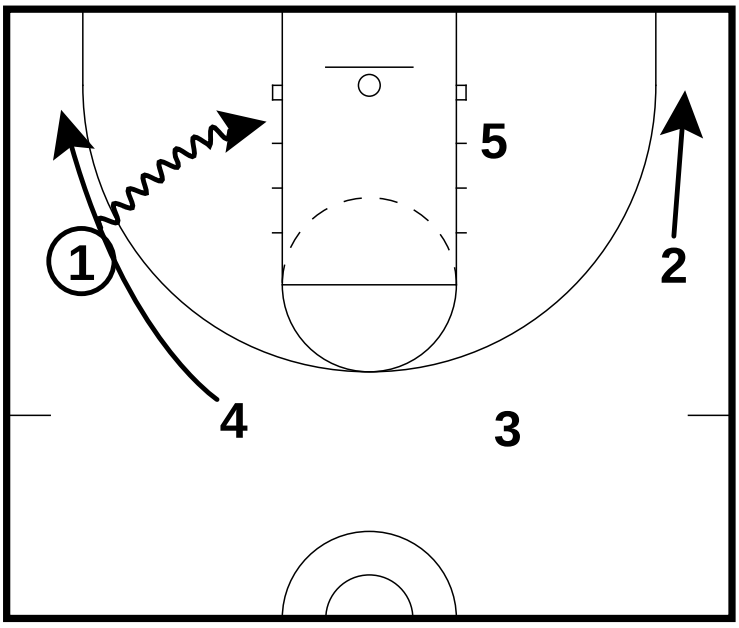
All Contents Proprietary

4 Game Cutting Actions

4 Game Cutting Actions



- On defensive over play, players can run a Jersey cut (back door)

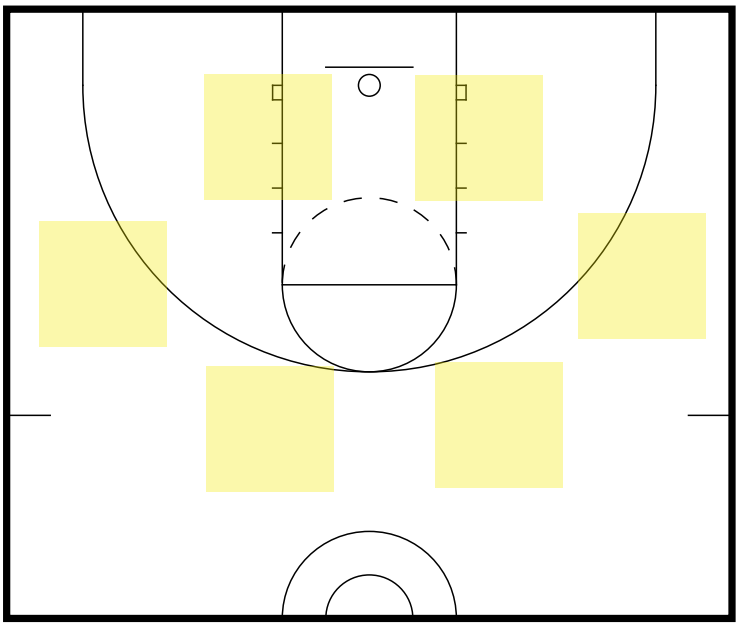


- Players who are good off the dribble should look to attack from the open side of the floor
- Focus on going knee-to-knee on the drive
- Player should look to attack off of the catch

All Contents Proprietary

4 Game Cutting Actions

4 Game Cutting Actions



- It is important that players do not cheat the spots
- Need to make sure that they keep good spacing
- Also important that they dribble with a purpose
1. To score
2. To fill a spot
- Motion takes months to put in comletely so you need to be dedicated to it
- Need to work on fundamental skills all year long
- Work on build up drills such as 2-0, 3-0, 4-0, and 5-0

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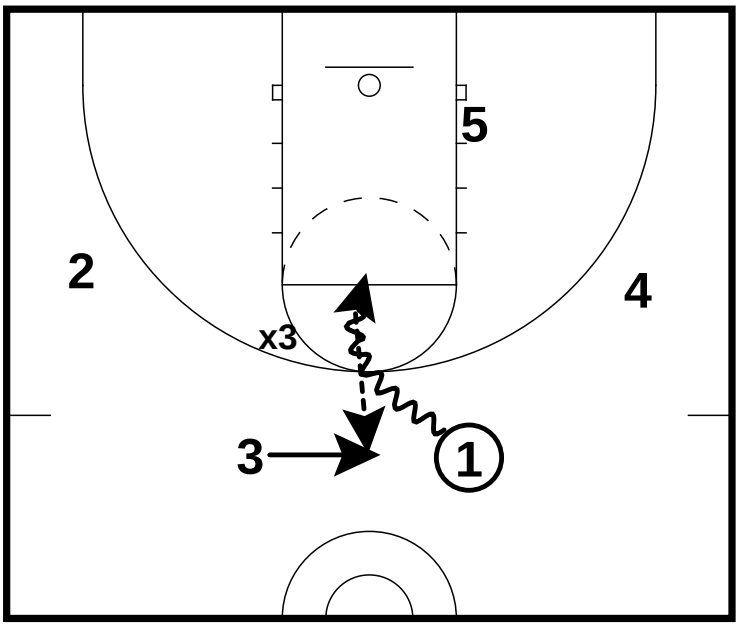
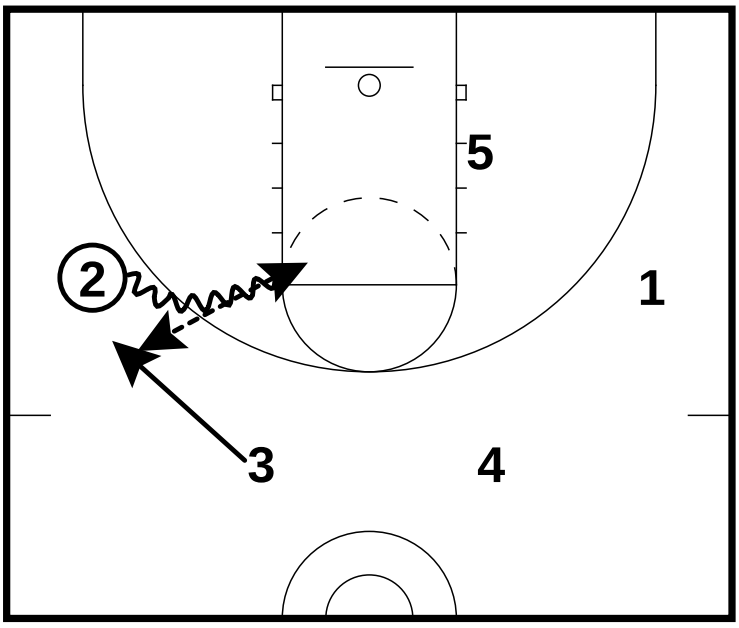
4 Game Driving Actions

4 Game Loop Driving Action



- Always have a person come behind on a drive for a kick out
- Person with the ball should get as deep as possible with the drive, come to a jump stop and pivot for a kick out



- Looping action from the wing position
- Person looping behind can shoot off of the catch or drive

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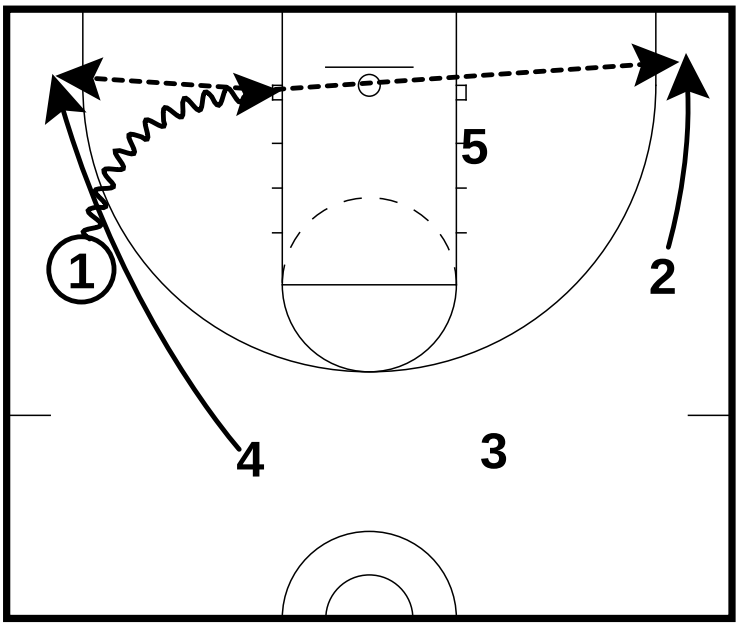
4 Game Driving Actions

4 Game Fade Driving Action



- On the drive, 4 runs a crack back option
- 2 fades to the corner for a kick out from 1
- 3 stays opposite top

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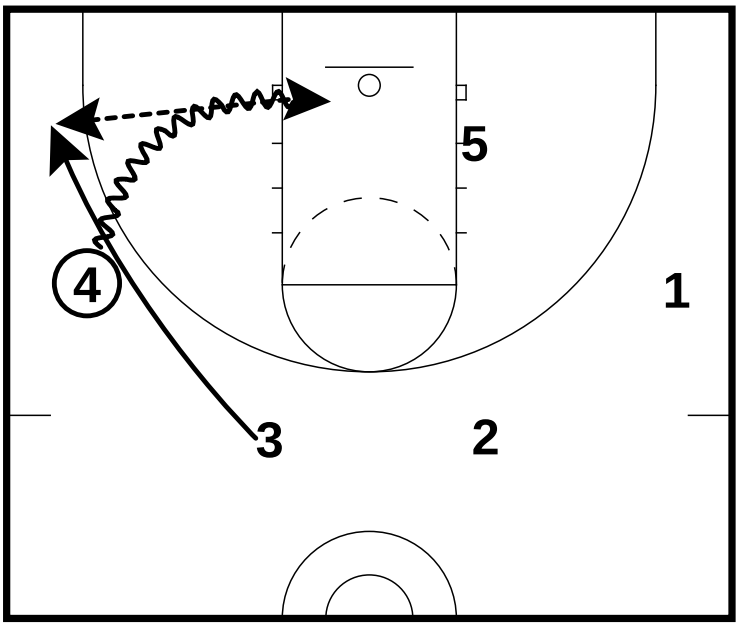
4 Game Driving Actions

4 Game Crack Back Driving Action



- On the drive, the next closest player fills behind for a kick out
- Need to fill the opposite top position of the basketball

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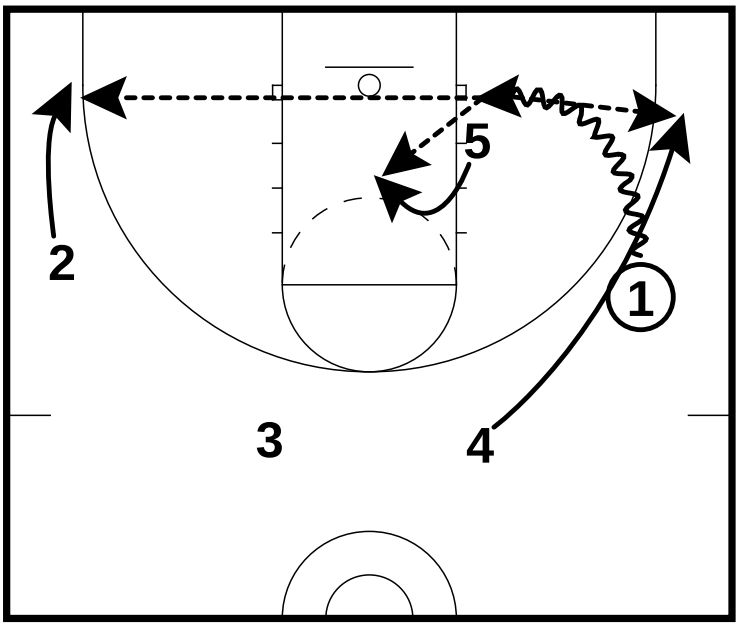
4 Game Driving Actions

Strong Side Baseline Drive Post Step Up



- On a basline drive on the strong side, the low post steps up the lane for spacing and passing angle
- Closest player cracks back
- Farthest player fades to the corner

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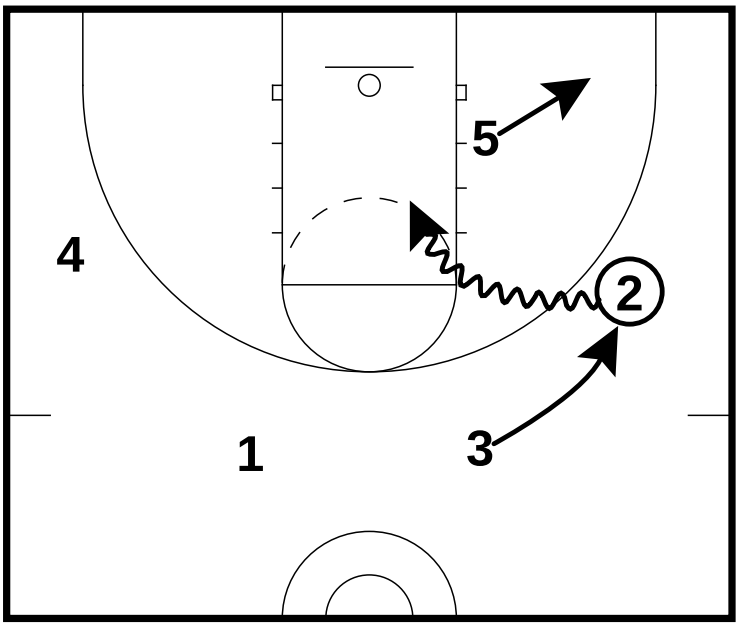
4 Game Driving Actions

Strong Side Middle Drive Post Step Out



- When the ball is drove into the middle on the strong side, the low post player should step for spacing and passing angle

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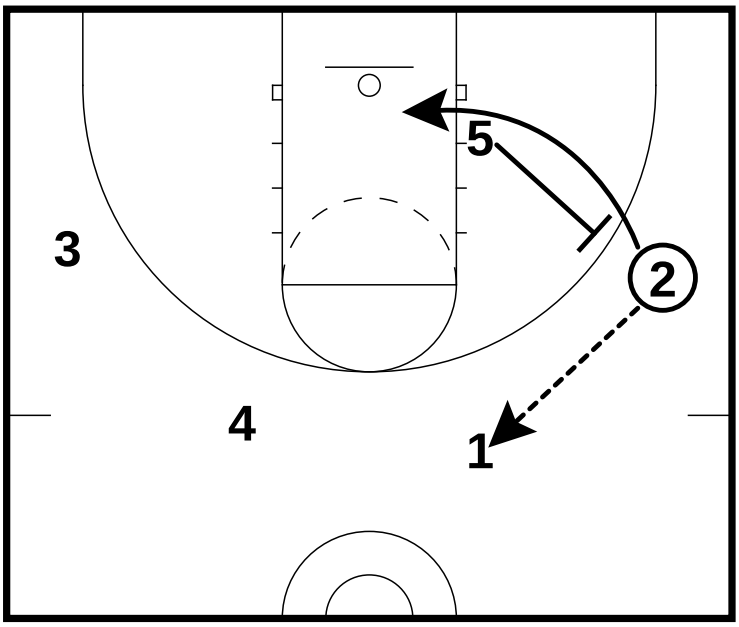
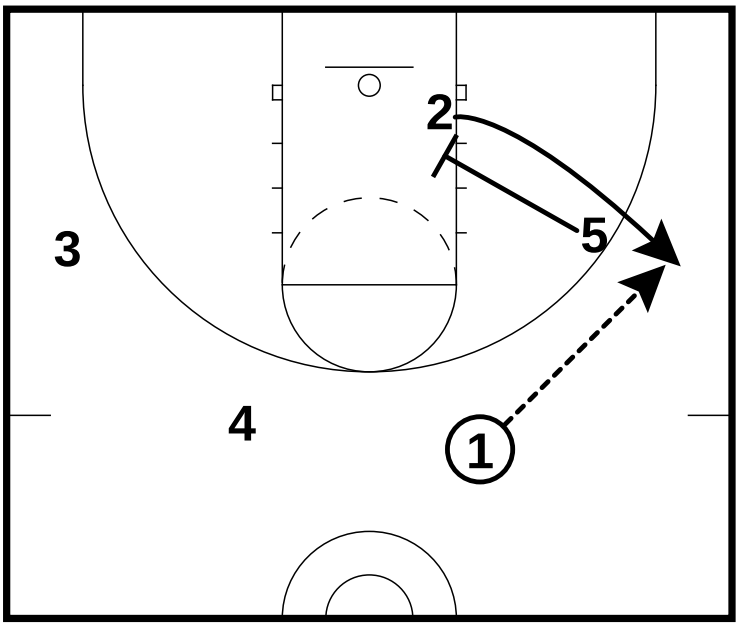
4 Game Post Reads

5 Man Reads: Back Screen Re-Screen



- On a wing to top pass, the post can back screen for the wing



- The post can then re-screen for the wing to pop back out

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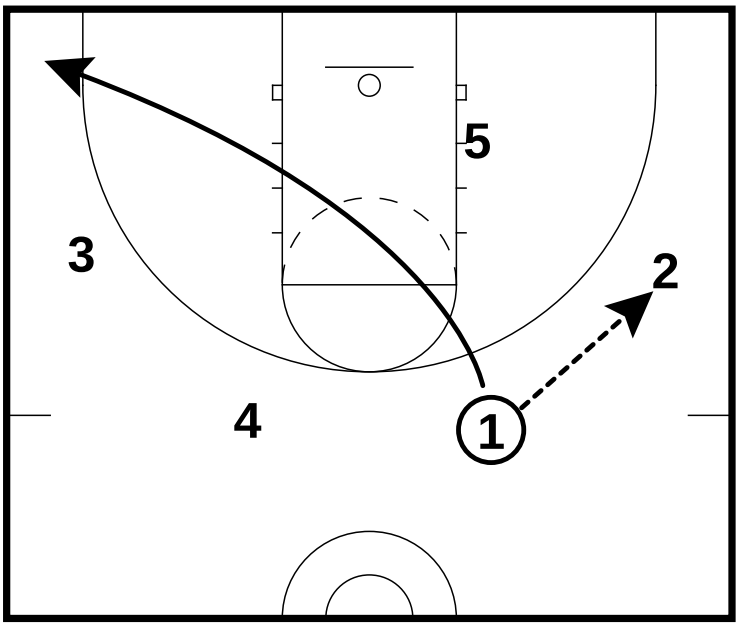
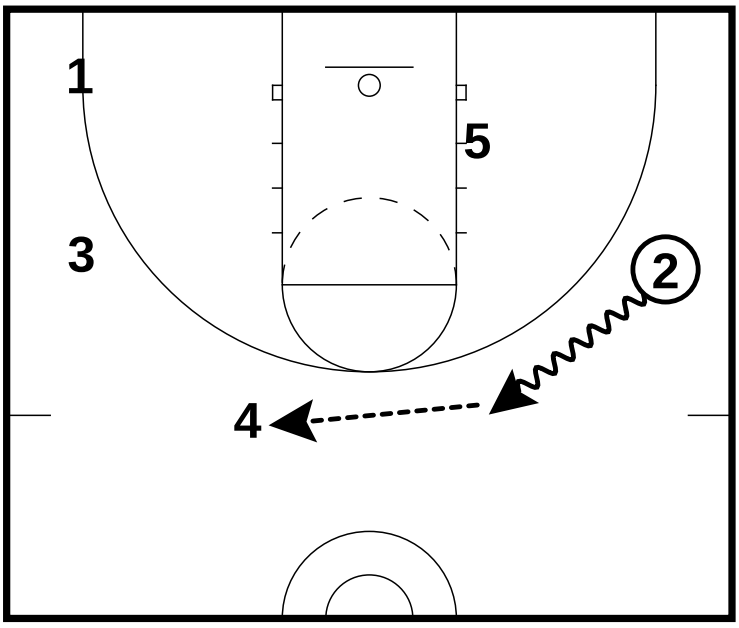
4 Game Post Reads

5 Man Reads: Flare Screen



- On the wing entry, the guard cuts through



- The wing can dribble out and pass to the top

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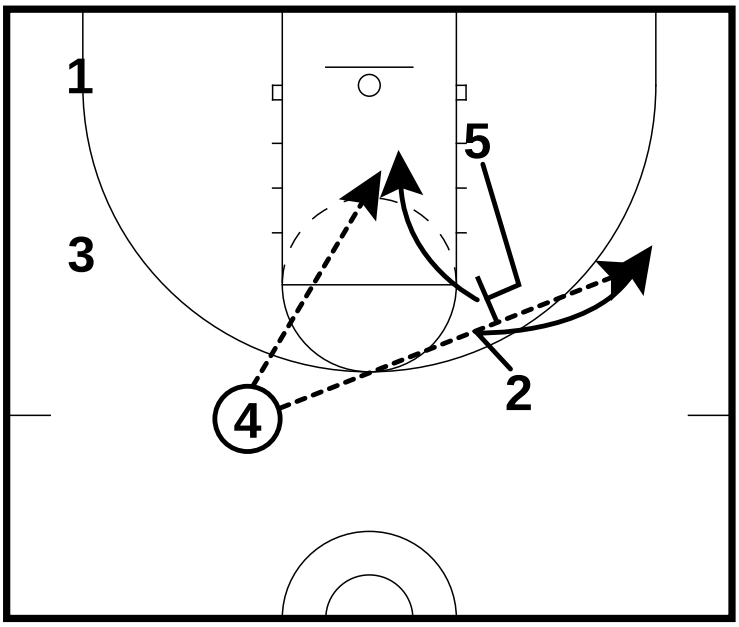
4 Game Post Reads

5 Man Reads: Flare Screen



- This triggers the post to set a flare screen for the 2
- 5 can slip or dive after setting the screen

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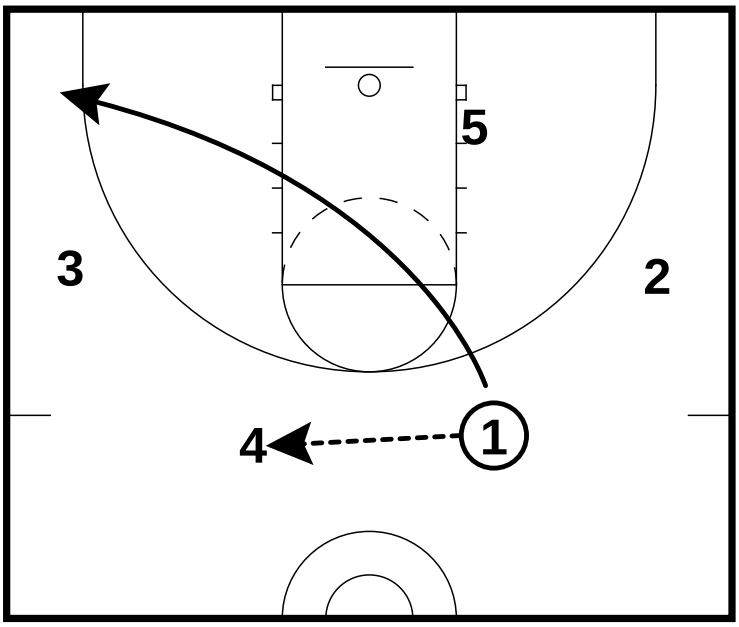
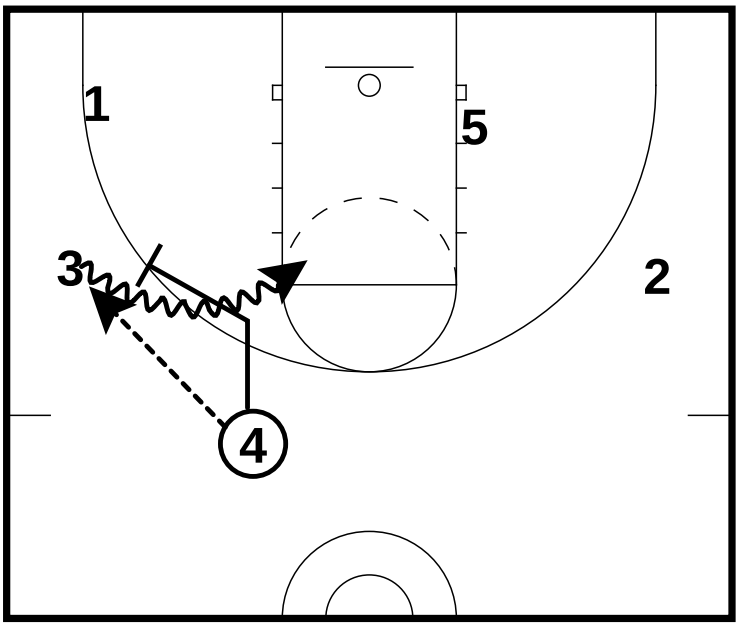
4 Game Scoring Opportunities

Creating Scoring Opportunities: Utah Screen



- Utah = Ball Screen: Named after the Utah Jazz
- You can designate a person to always ball screen after making a perimeter pass



- In this example, every time the 4 man makes a perimeter pass, he will follow the pass and set a ball screen
- Depending on his strength, he can either roll to the basket or pop for a 3 after setting the screen
- This is a good way to create mismatches
- The goal is to get more than one person guarding the ball

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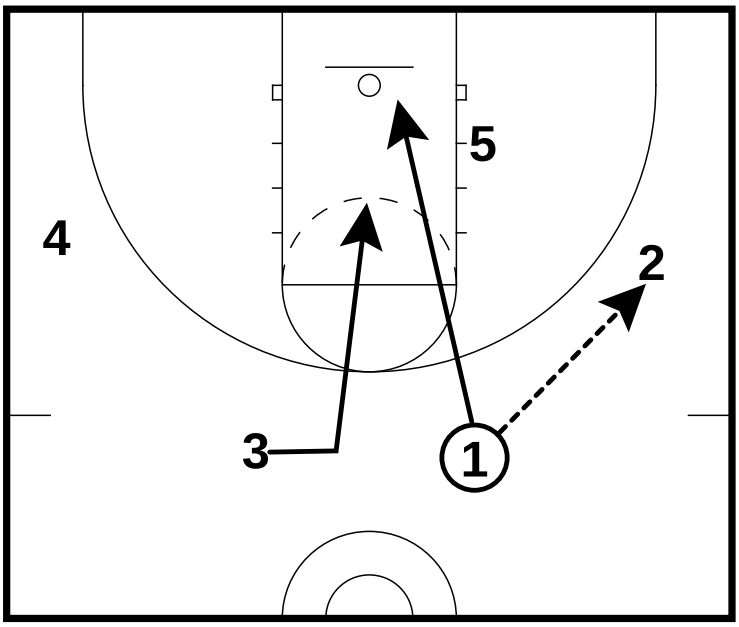
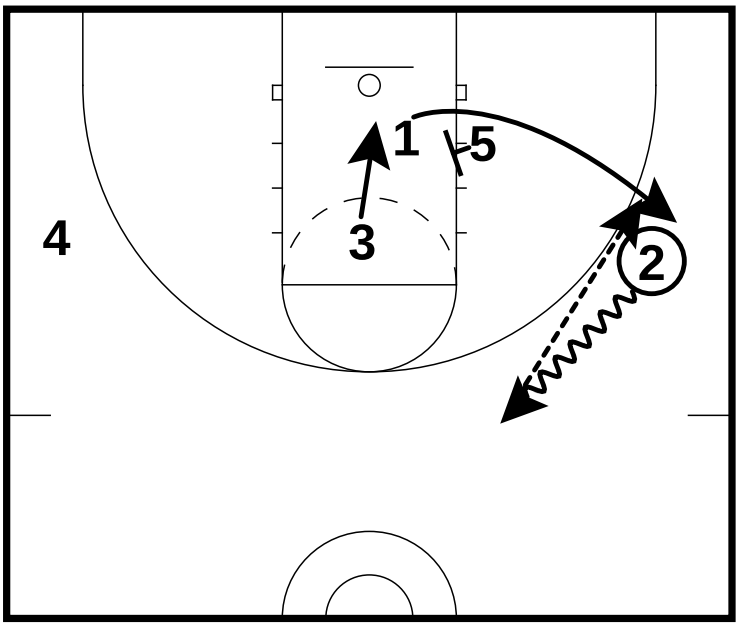
4 Game Scoring Opportunities

Creating Scoring Opportunities: Multiple Cutters



- There will be instances of multiple cutters cutting after a pass is made



- Dribble to fill a spot
- 1st cutter fills the open spot

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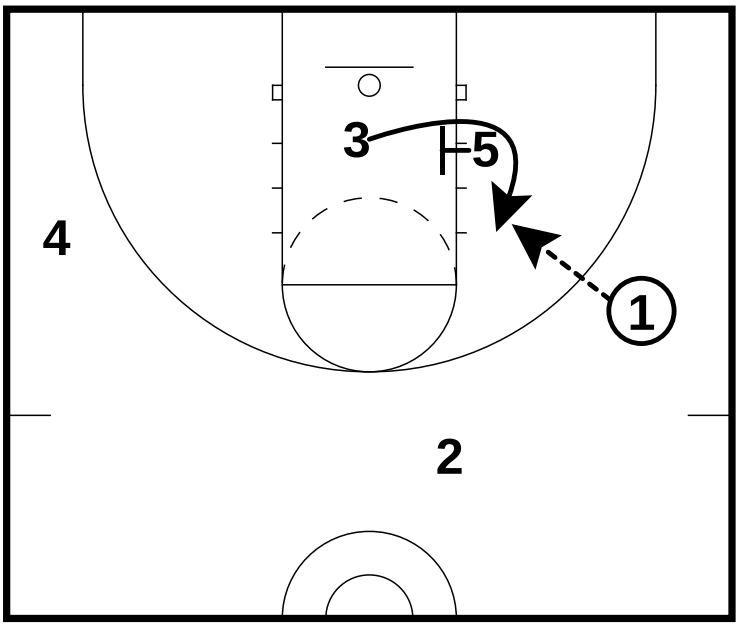
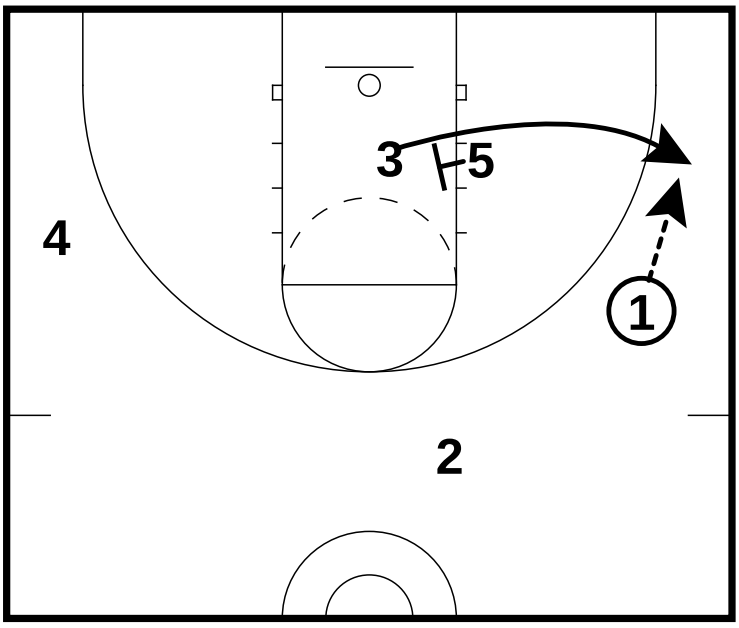
4 Game Scoring Opportunities

Creating Scoring Opportunities: Multiple Cutters



- Second cutter cuts off the screen
- He should read the defense
- In this example he is making a curl cut



- In this example, he flares to the corner
- Most often, the first cutter becomes the passer and the second cutter becomes the scorer

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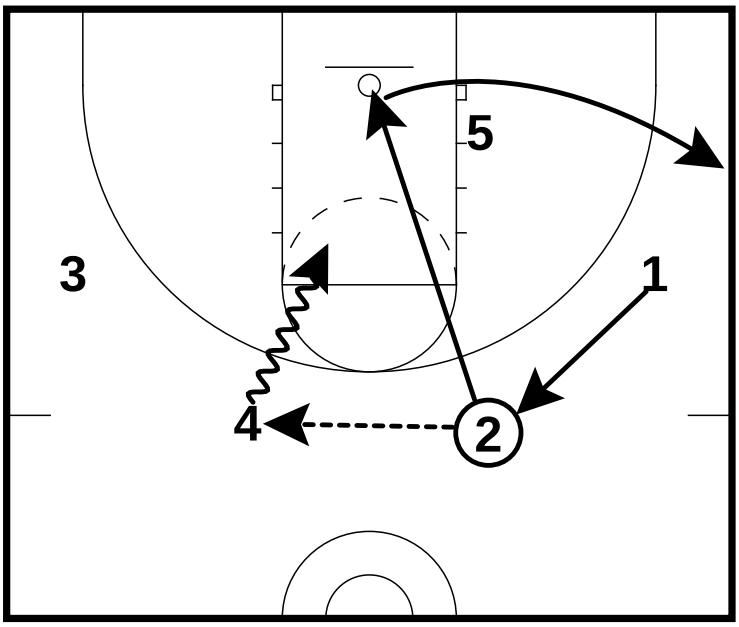
4 Game Scoring Opportunities

Creating Scoring Opportunities: Driving into Cutters



- When you cut, look to get the ball back
- There will be tiems when you cut and someone starts to drive the ball

1. Cutters need to have vision
2. Cut with urgency
3. Try to clear out quickly and fill a spot

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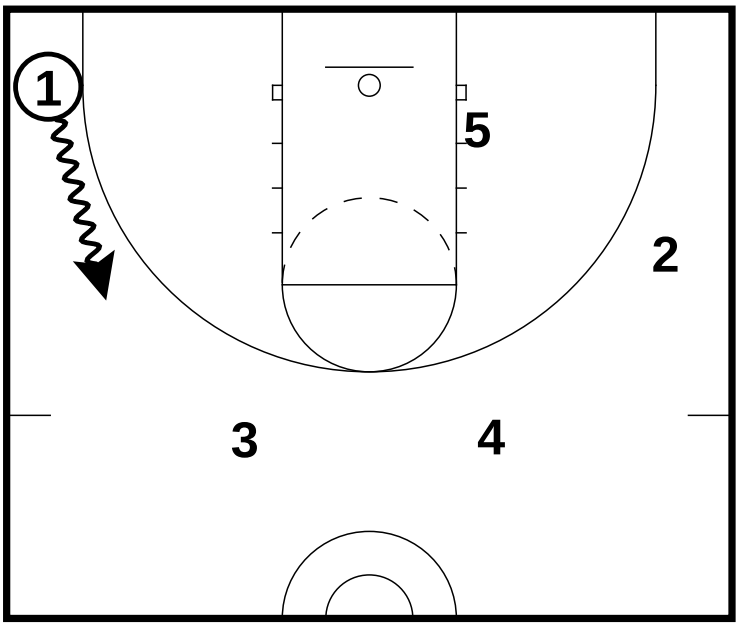
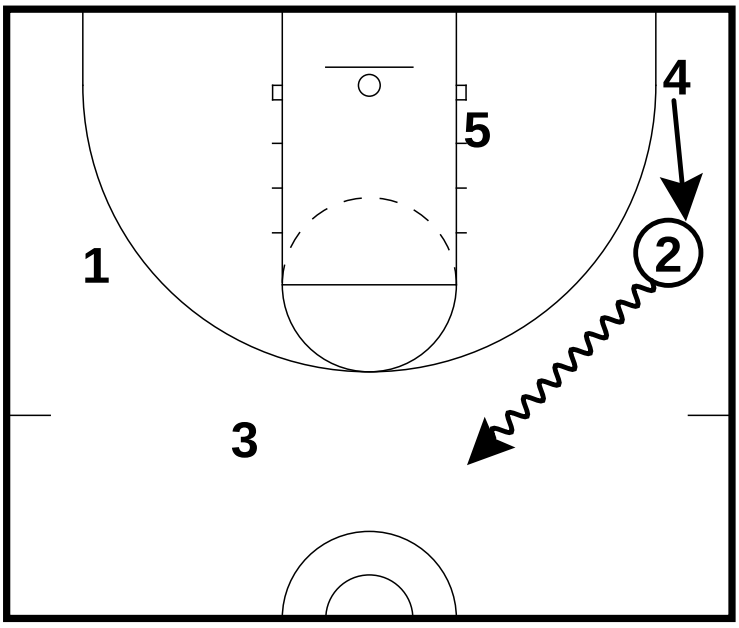
4 Game Scoring Opportunities

Creating Scoring Opportunities: Dribble to Fill Spots



- Players can use a dribble to fill a spot on the floor to maintain spacing



- Filling a top position with the dribble

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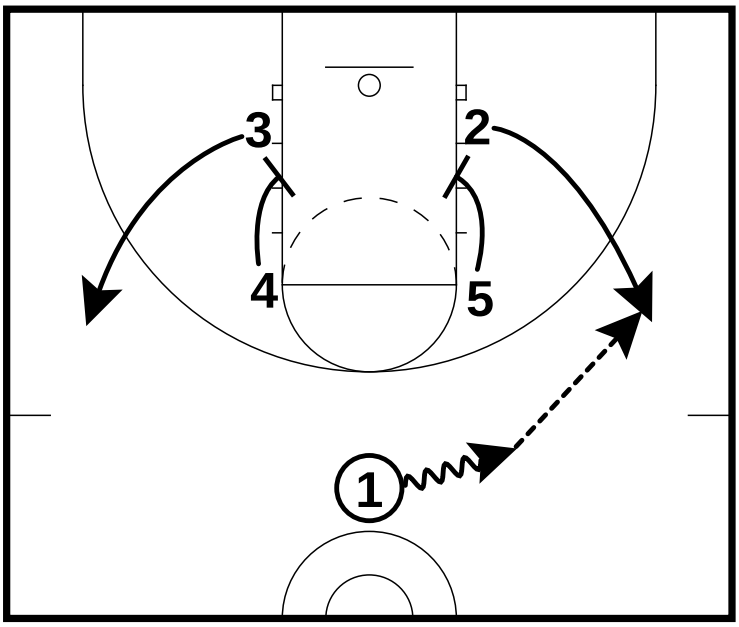
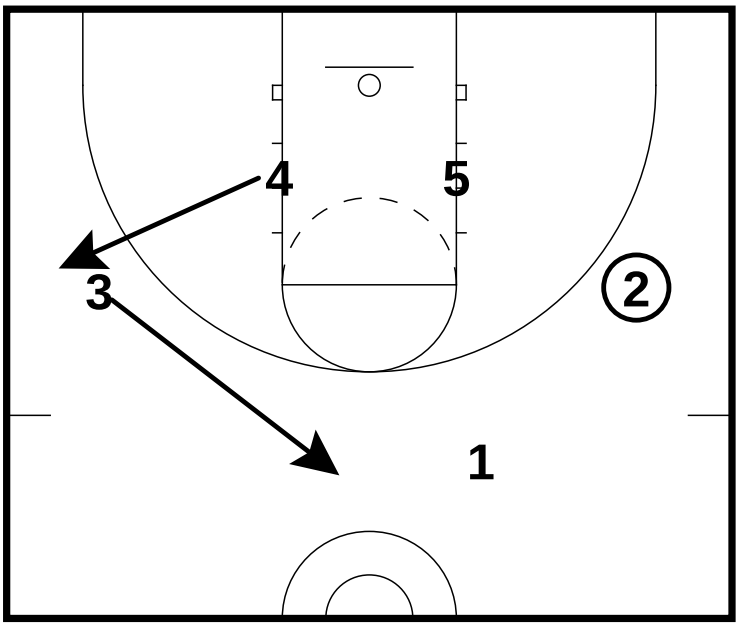
4 Game Entries

Box Entry



- Posts can down screen for wings



- Opposite wing fills top
- 4 fills open spot

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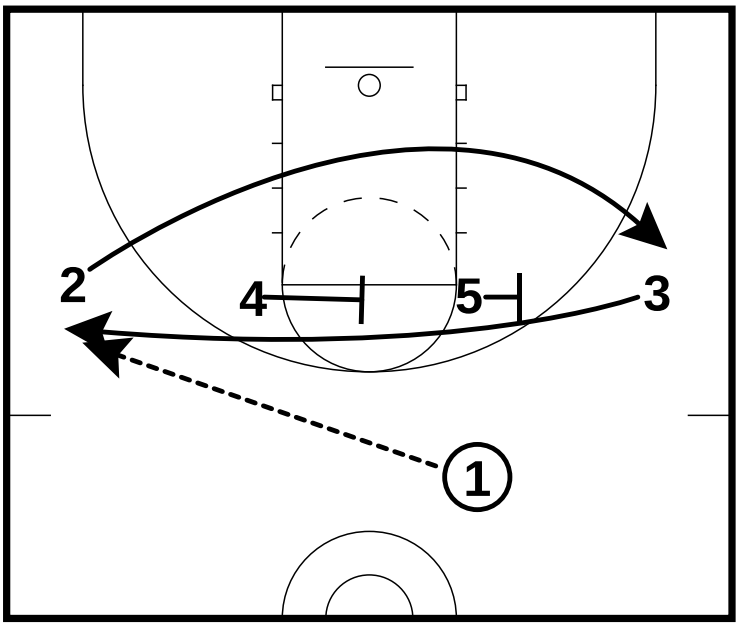
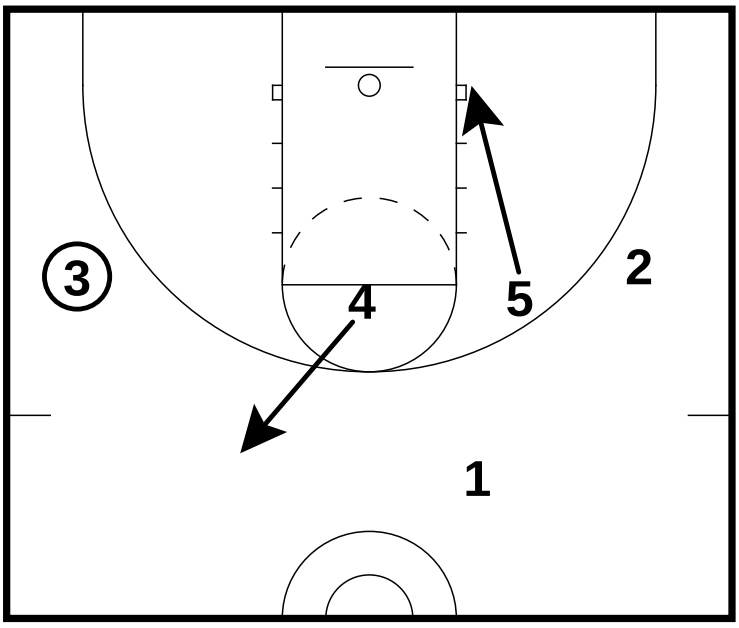
4 Game Entries

Entry vs. Denial Defense



- 1 wing cuts under the other wing cuts over off of double staggered screen



- 4 fills spot and 5 dives to low post

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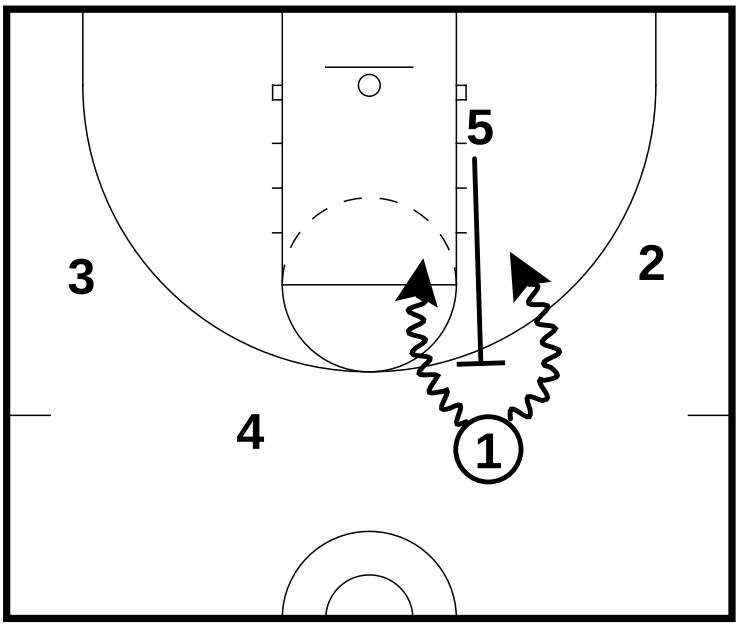
4 Game Entries

Flat Ball Screen Entry

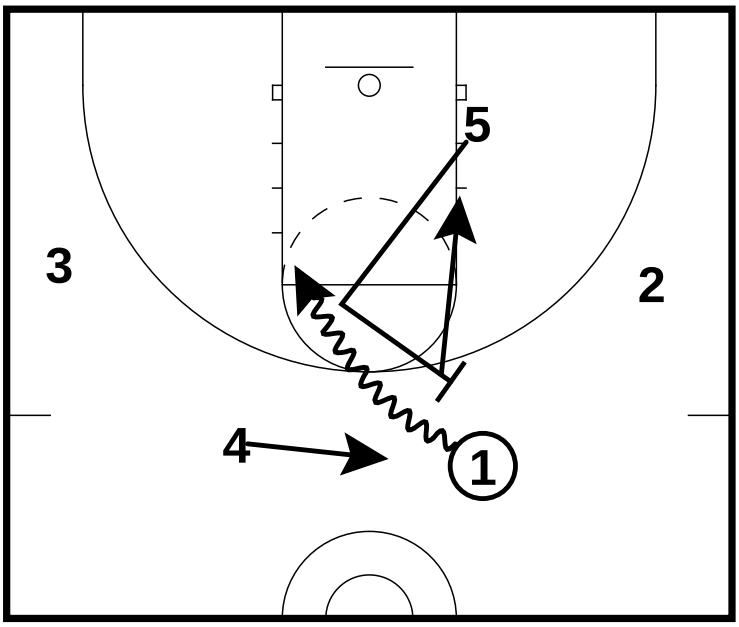


- 5 comes up to set a flat ball screen
- 1 can read defense and go either way on the drive

All Contents Proprietary

4 Game Entries

Pheonix Screen Entry



- 5 can come up and set a ball screen (Pheonix) for the guard
- 4 runs a loop cut

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Attacking Special Defenses

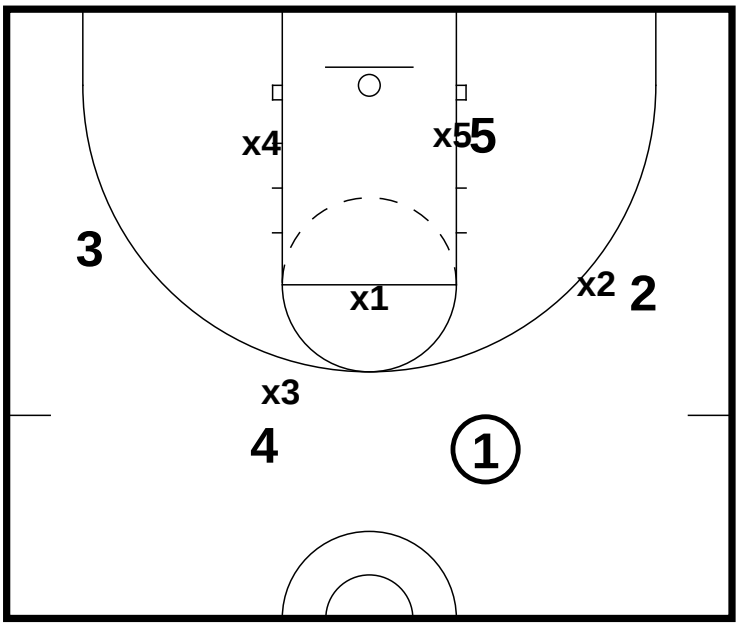
Table of Contents

Attacking Special Defenses: Junk Defense 30

All Contents Proprietary

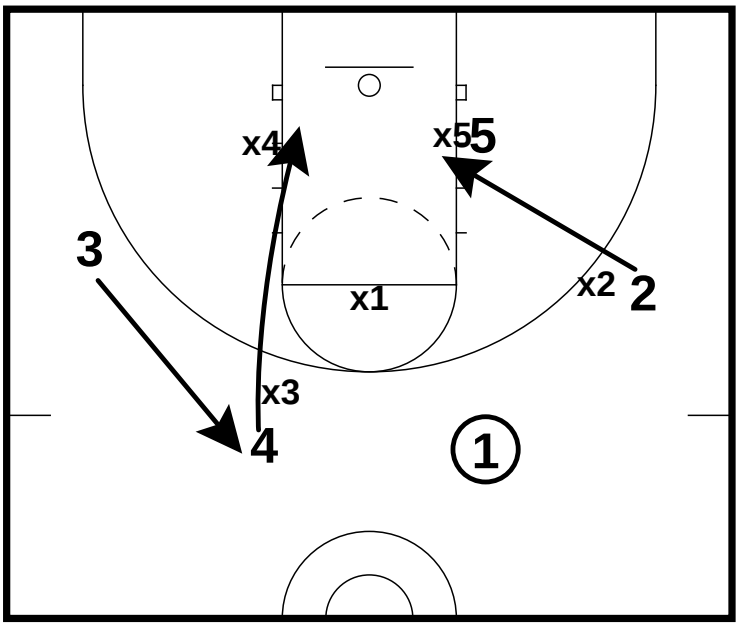
Attacking Special Defenses

Attacking Special Defenses: Junk Defense



- You can stay within your motion offense when facing junk defenses such as a box and 1 or triangle and 2
- Need to be patient
- Adjustment to make

1. When players cut, they should stopin the middle of the zone and ask for the ball
2. The fill out



- Against a triangle and 2, you can put your players who have man defense down in the post and move your 5 man to a new position (high post, wing
- You now have 3 offensive players being guarded by 1 top defender

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Dave Odom

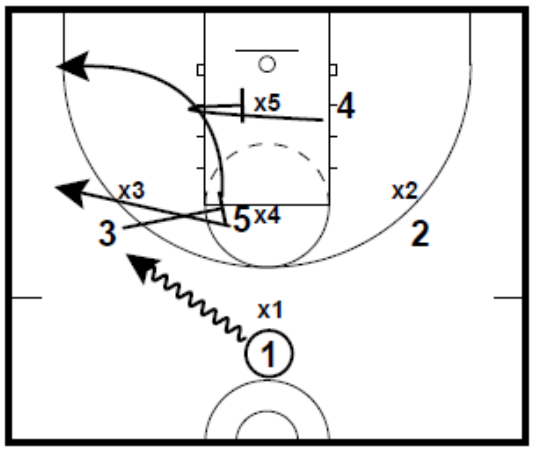
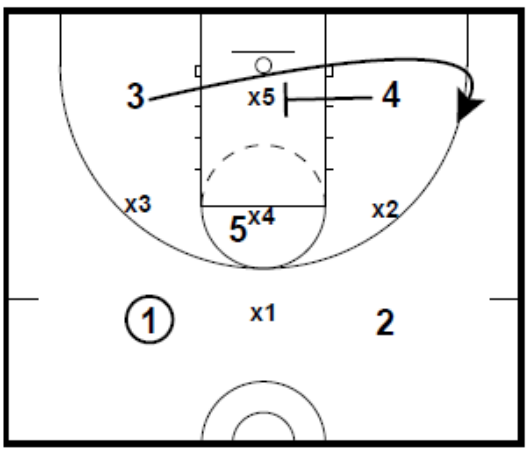
Beating the 1-3-1

Clinic To End All Clinics IV

Manhattan College

4/16/11

- If the offense allows the defense to make them throw lob passes, the defense wins
- Attack it up the middle
- The high post always has to fighting for post position; he cannot post air

Beating the 1-3-1	
Diagram	**Notes**
	• 1 dribbles 3 out • 3 screens for 5 • 5 rolls to wing • 4 comes across the lane and screens bottom of the zone • 3 pops to corner
	Can also attack it from a 2-1-2 set • 5 must get free on his own

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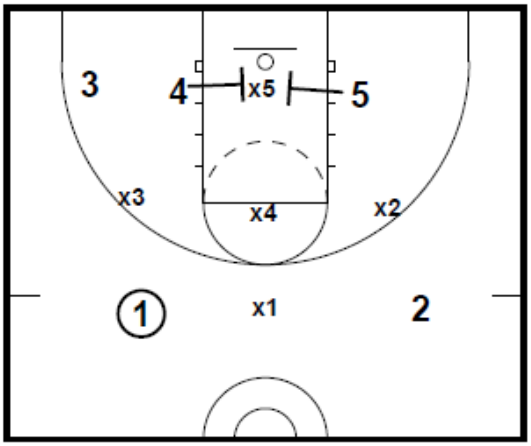

- If you can't get the ball to the middle, drop the middle man as a screener on the baseline
- 3 becomes the rover

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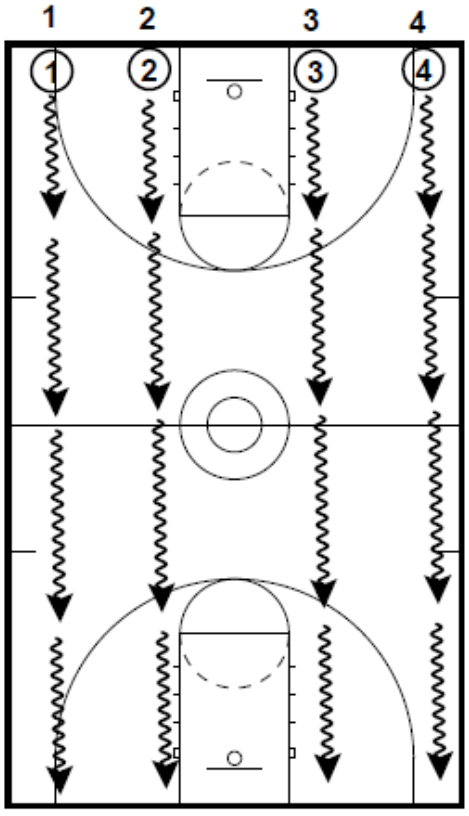
Playing Against Pressure

Clinic to End All Clinics IV

Manhattan College

4/16/11

- Philosophically you have to sell how to beat pressure to your team.
- Keys for Attacking Pressure
  1. Safely getting the ball up the floor
  2. Passing and catching
  3. Ability to play against pressure spontaneously
- He runs Power Basketball as a warmup drill to work on footwork for attacking pressure

Power Basketball	
Diagrams	**Notes**
	• Dribble to the foul line and jump stop • Imagine being double teamed • Pivot with elbows out • Look through the double team, not at it • Eyes up • Face the double team, don't turn your back to it • After 3 to 5 seconds – dribble to half-court and repeat, dribble to the opposite foul line and repeat, and dribble to the opposite baseline • Go down the court with the right hand • Come back with the left hand

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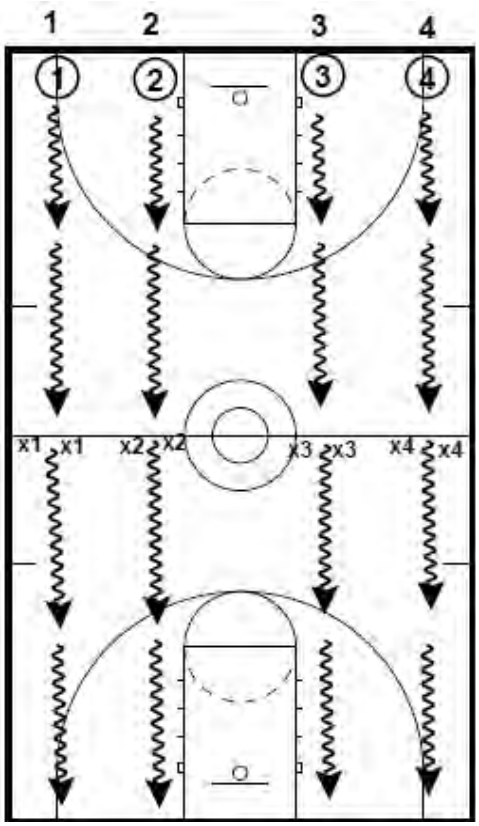
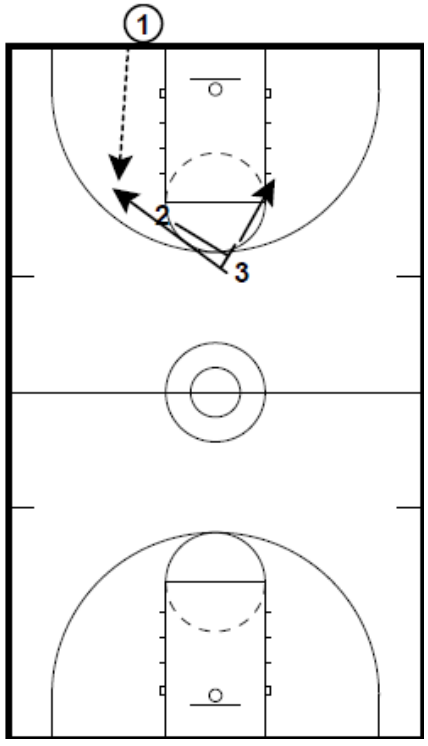


Enhanncement

- Run the same drill, but add 2 defenders at half-court for each line

3-on-0	
Diagrams	**Notes**
	• 1 inbounds to 2 • 3 sprints to the line of the ball to the basket and comes back to the ball with a big target • 1 comes in opposite the ball and sprints up the floor

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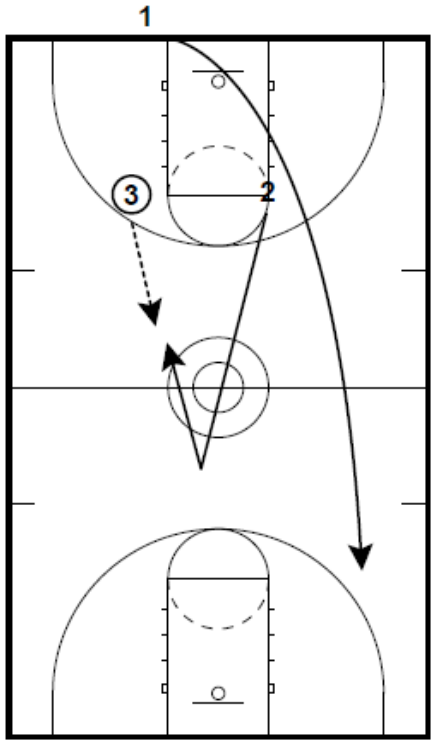

- 3 passes the ball to 2
- 1 sprints to the line of the ball to the basket and comes back to the ball with a big target
- 3 sprints up the opposite side of the floor

* Repeat this pattern until a catch is made at the rim and the receiver finishes the drill with a layup.

Enhancement
Add defense to make the offense work harder on their cuts to get open.

- Doesn't like it when players throw bounce passes in the back court because they are slower and easier to deflect or steal
- Feels that all 5 guys need to know what everyone is supposed to do
- Whether the trap is expected or not, we need 3 players one pass away and an attacker
    - 1 player should be on the line of the ball to the basket
    - 1 player should be behind the trap
    - 1 player should be outside the trap
    - The attacker should be on the backside
- He drills this into his players by having them run a classic 5-on-0 fast break or their press breaker.
    - While they are running the drill, he will randomly call out trap.
    - On the trap call, the other players must get into position for 3 passes at once.
    - This gets players used to being trapped and responding to it with a plan of attack.

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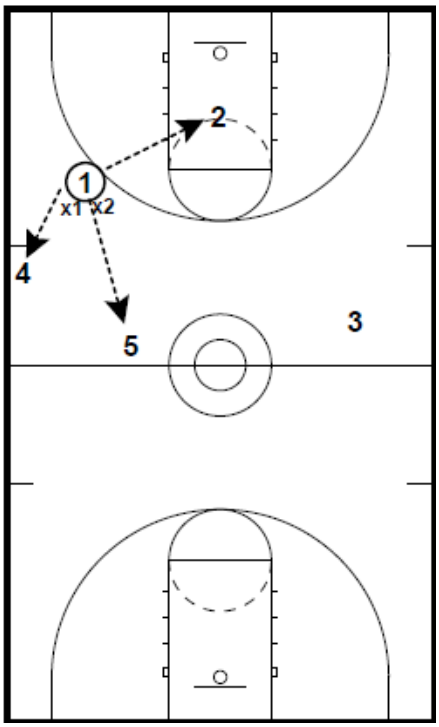
3 Passes at Once	
Diagrams	**Notes**
	• 1 is trapped • 5 is on the line of the ball to the basket • 2 is behind the trap • 4 is outside of the trap • 3 is the attacker on the backside

Possible Defenses He could call

20, 22, 23, 24 - All of these are straight man-man
The second digit tells where they will pick up, (23 being man-man 3/4 court)

30, 32, 33, 34 - All of these are scramble doubling the dribbler (32 being double the dribbler as he crosses ½ court.)

40, 42, 43, 44 - All of these are scramble doubling the 1st pass (43 meaning Double the 1st pass beyond the 3/4 court line.)

On 4 possessions he will generally run.

2 - 20's
1 - 30
1 - 40

He will Scramble → recover → Scramble Again.

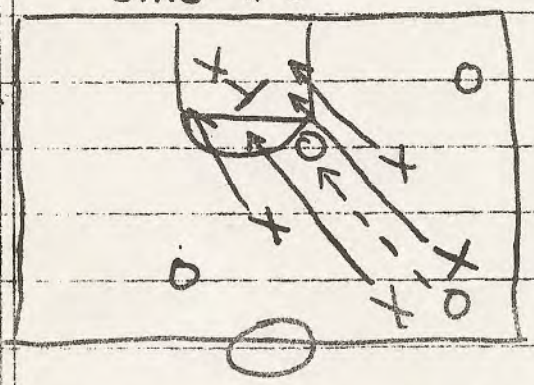
Example: After Scrambling once and falling back to a 20. He can scramble again 3 ways.

#1 - Any screen on the ball
(double and get into scramble)

#2 - On Any Pass to Post Area
(double and since ball is below ft line he will scramble but with a flyer).

#3 - On Any Dribble to the Post Area
(Double and since ball is below ft line he will Scramble but with a flyer.

DIAG #3



Philosphy: DEAN does not want the offense to get the shot from their offense that they practice getting every day. IF the other team shoots quick or gets an easy shot he doesn't care because they are not getting shots from their offense. He said that the scramble is most effectiv vs teams that are highly organized.

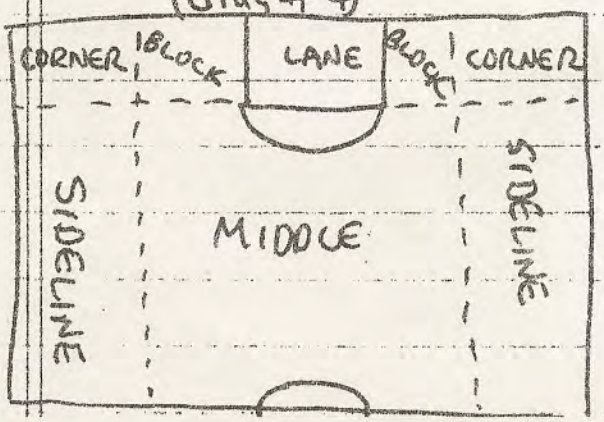
DEFENSIVE Numbering System

20 - STRAIGHT MAN-MAN
30 - MAN-MAN (DOUBLE THE DRIBBLER)
40 - MAN-MAN (DOUBLE THE PASS)

1. ON ALL MISSED SHOTS THEY GET BACK IN A 20 DEFENSE
2. WILL GET INTO 30 AND 40 ON MADE FG AND FT's.
3. HIS POINT GUARD SIGNALS THE DEFENSE AS PLAYERS ARE GETTING BACK ON DEFENSE.

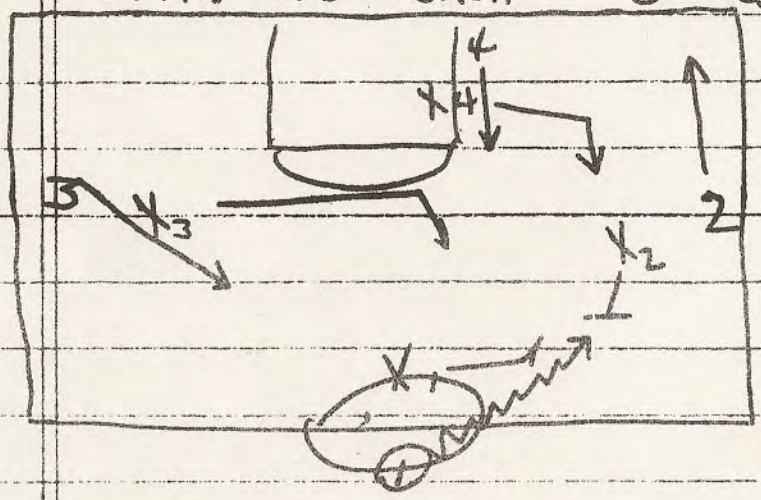
(example) 1 open hand, 1 closed hand, 2 open hands (et

(diag #4)



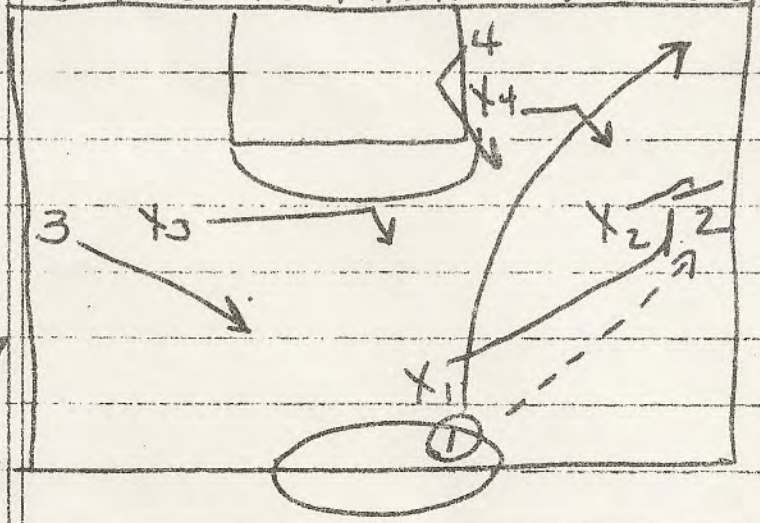
He said they go on practice floor the 1st day with tape on the floor dividing the court into areas. This is so that all defensive terminology remain consistent. (diag #4)

Drills to Teach - 30 defense

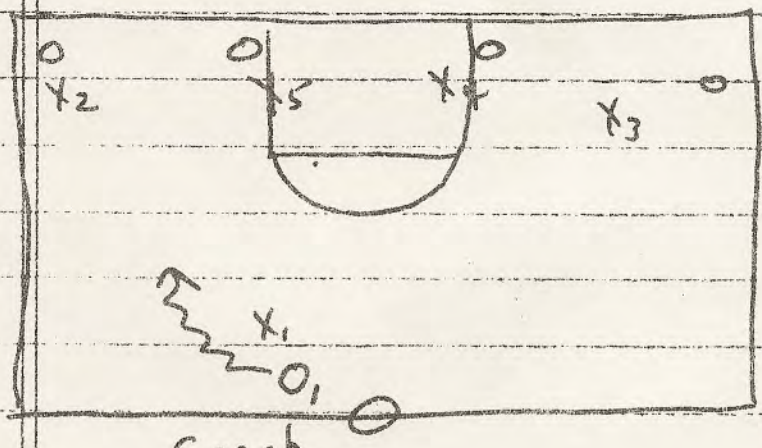


Offensive players must do as diagrammed.
X_4 covers pass to O_2 1st
X_3 covers pass to O_4 1st

Drills To Teach - 40 defense

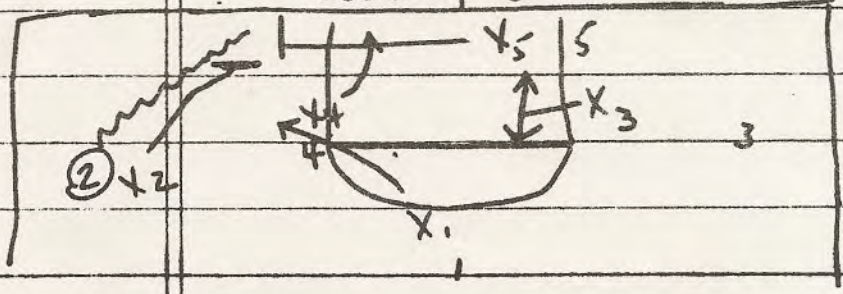


X_1 and X_2 Double team
X_3 and X_4 become intercept



Bottom 4 offensive people moved randomly. (5-10 secs
Coach tells O_1 when to dribble across then some one comes to double and interceptors shape up with goal tender

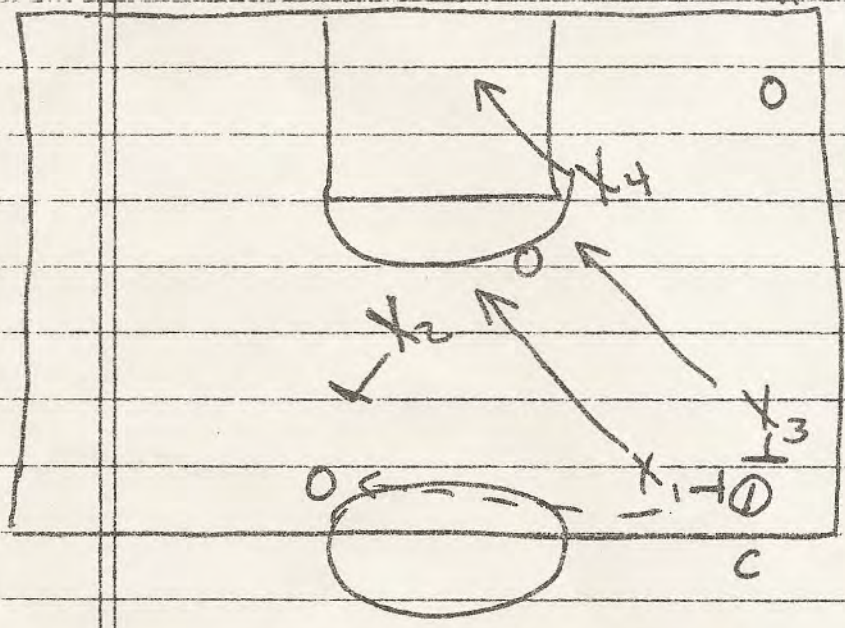
Doubling Dribble To Post



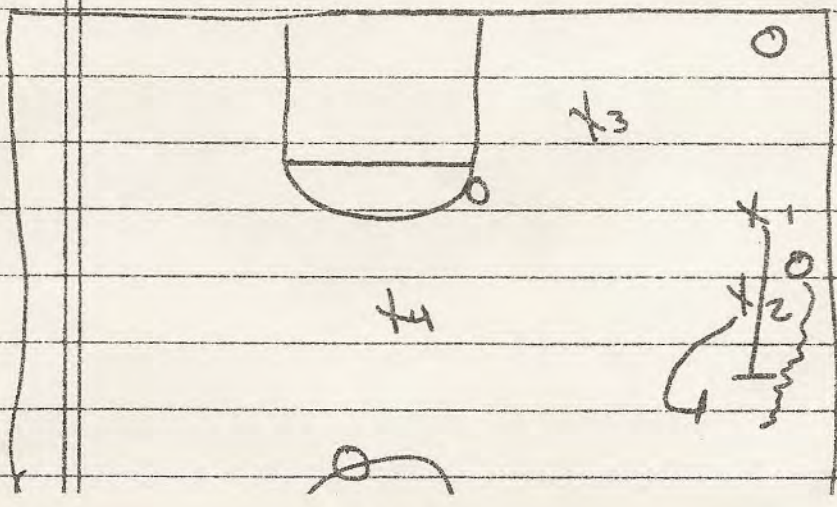
X_5 and X_2 Double team
X_4 and X_1 become interceptors
X_3 becomes flyer.

Can also get into 40 defense on sideline inbounds. Double the 1st pass inbounds.

Breakdown Drills To Teach

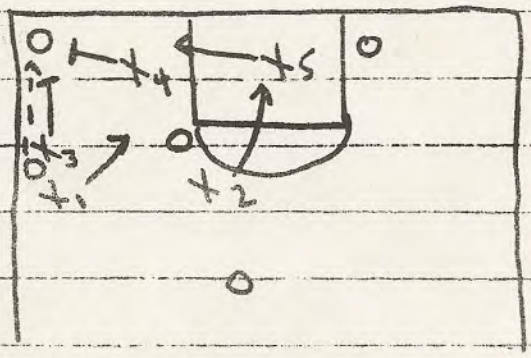


Coach hands offensive player the ball and he can't dribble. On any pass out that is not stolen work on containing and scrambling to cover goal.



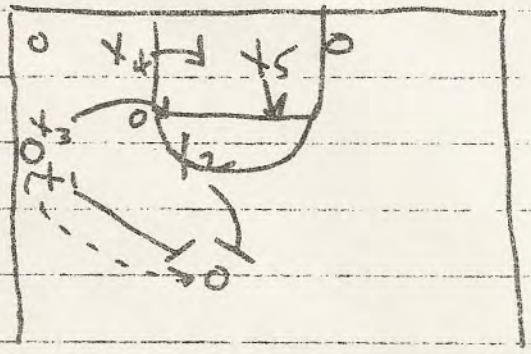
Coach hand offensive player the ball and he can dribble. Defensive players must corrall him and double. X_3 and X_4 remain interceptors.

40 DEFENSE ON PASS OUT of 1st DOUBLE TO THE CORNER.



X_3 AND X_4 double teams
X_1 AND X_5 become interceptors
X_2 becomes flyER
NOTE: flyER leaves goal open
COVERS CROSS COURT pass.

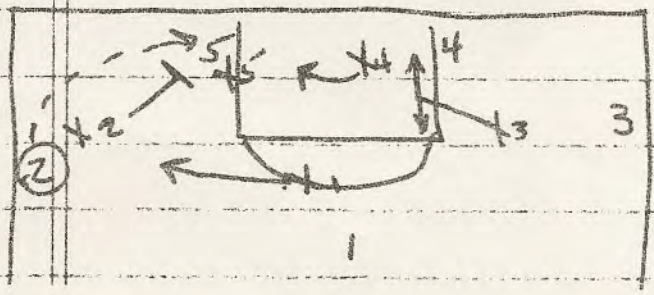
40 DEFENSE ON PASS OUT of 1st DOUBLE BACK OUT TO GUAR



X_1 AND X_2 double teams
X_3 AND X_5 become interceptors
X_4 becomes flyER

If by mistake you call A 30 defense AND DEFENSIVE PLAYER ALLOWS PASS TO BE MADE TO HIS MAN THE GO STRAIGHT TO A 40 defense OR possibly take player out for allowing pass

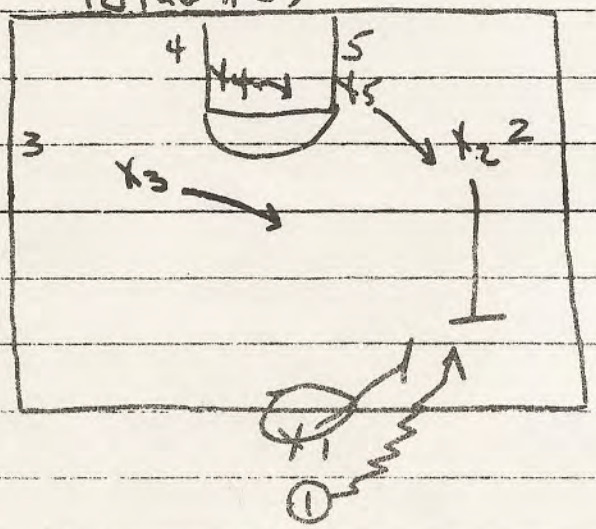
Doubling on pass to post



X_2 AND X_5 Double team
X_1 AND X_4 become interceptor
X_3 becomes flyer

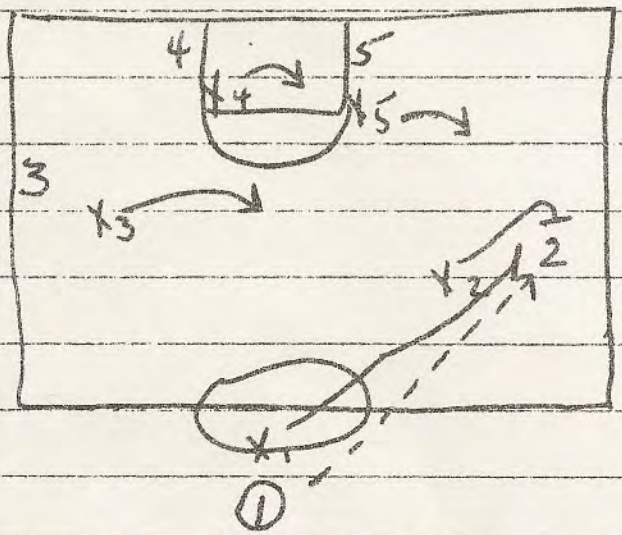
EXAMPLE of 30 defense (DIAG #5)

(DIAG #5)



Defensive players X_1 AND X_2 double the dribbler. X_3 AND X_5 become interceptors. X_4 is the goal tender.

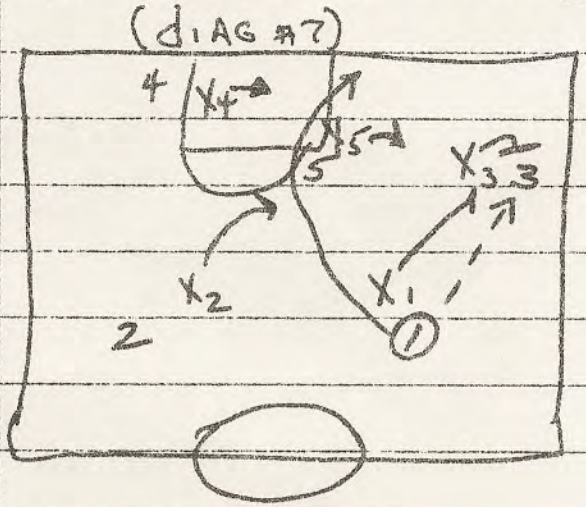
EXAMPLE OF 40 defense (DIAG #6)



Defensive players X_1 AND X_2 double the 1st pass made X_3 AND X_5 become interceptors X_4 is the goal tender.

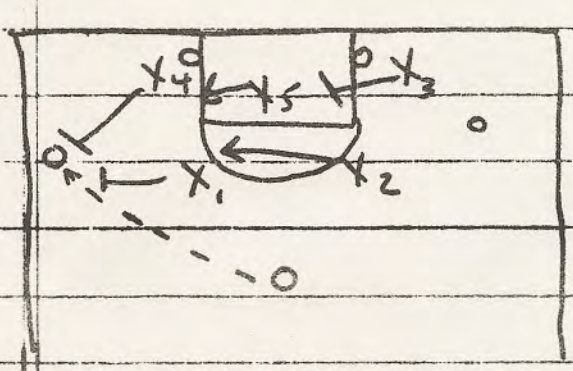
EXAMPLE OF 40 defense VS UCLA HIGH POST (DIAG #7)

(DIAG #7)



Defensive players X_1 AND X_3 double the 1st pass made. X_2 AND X_5 become interceptors X_4 is the goal tender.

EXAMPLE of 40 defense from 2-3 zone (DIAG #8)

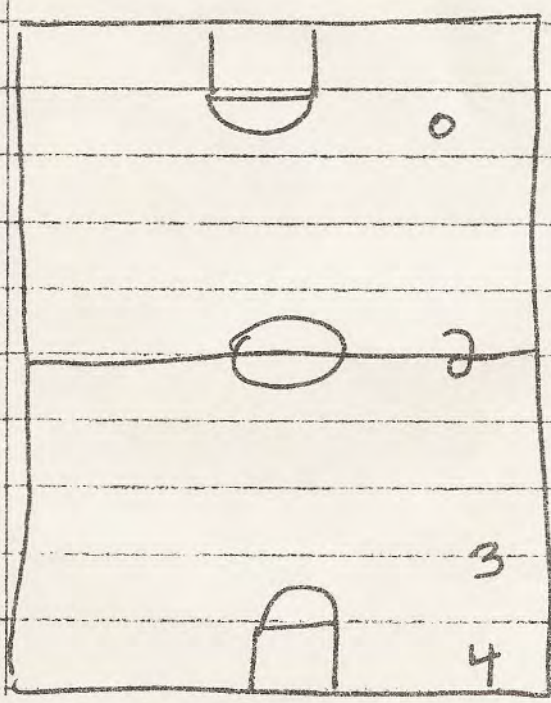


DEFENSIVE players X_1 AND X_4 double the 1st pass. X_5 AND X_2 become interceptors, X_3 is the goaltender

1. Note: IF YOU GET INTO SCRAMBLE FROM A ZONE FALL BACK INTO A ZONE.
   IF YOU GET INTO SCRAMBLE FROM A MAN FALL BACK INTO A MAN.
2. Good drill to use AT PRACTICE. PLAY 6 possessions
   2 - 20's 2 - 30's 2 - 40's

DEAN STANDS BEHIND OFFENSIVE TEAM AND SIGNALS WHAT DEFENSE HE WANTS.

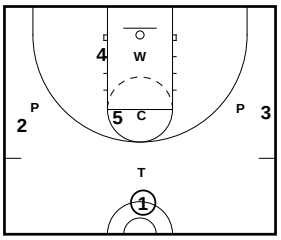
DIVISION OF THE COURT



0 - top of key
2 - Half court
3 - 3/4 court
4 - full court

Building Blocks

3
3 Defense (1-3-1)



T- Thief (Top)

C- Clogger (Center)

P-Pushers (Wing)

W- Warrior(Bottom)

3
3 Defense (1-3-1)



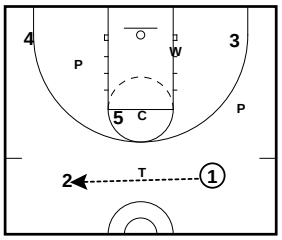
T- Is always halfway direct line of the person with the ball and the guard on the opposite side . He is always facing the ball never flat

C- Is always between the ball and the rim. Always has it's hands wide to take away high post pass

P- Always in direct line of the ball and the corner pass strong or weakside

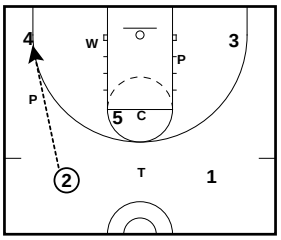
W- Is always matched up with the ball. If a post is down there will play on outside to run the corner pass

3
3 Defense (1-3-1)



As you notice here when the ball is one side of the floor the opposite wing must drop to take weak side skip becuase the warrior has to follow the ball.

3
3 Defense (1-3-1)



On a corner pass:

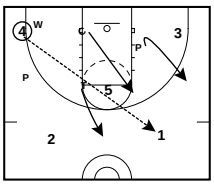
T- Must take high post

C- Must take the block(Always between ball and basket)

P- Turn around and perform same action

W- Takes the corner pass. The Warrior must closeout on the basline side as he never ants to give up baseline

3
3 Defense (1-3-1)



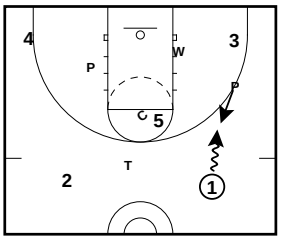
On a skip pass

T- Will run to a direct line halfway between the ball and the guard on other side. Must be wide and facing the ball

C- Will run directly between the ball and the basket and hand wide to eflect high post pass

P- Ballside pusher will run in direct line of ball and corner pass. Weakside take away weakside corner pass

3
3 Defense (1-3-1)



On penetration

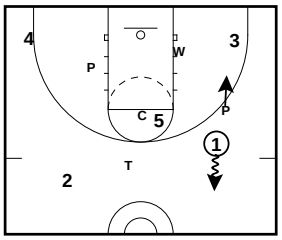
T- Will move towards the ball attempting to tip away.

C- Staying between ball and rim

P- Job is to push up and make them retreat out of scoring area

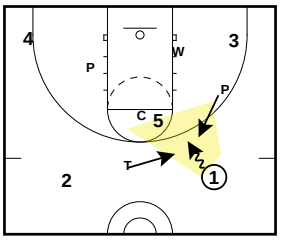
W- Always matched up with ball

3
3 Defense (1-3-1)



Once dribbler has retreated back to regular rules

3
3 Defense (1-3-1)



Dribbling in the Funnel

T-Must stunt and play with ballhandler's ball

P-Must stunt and play with ball

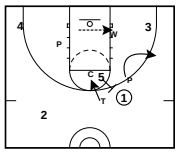
C- Stay between ball and basket

W- Matched up with ball

All Contents Proprietary

Building Blocks

3
3 Defense (1-3-1)



Meltdown

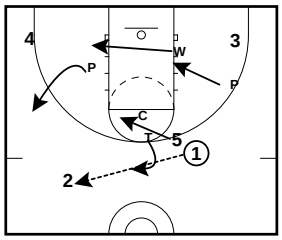
T- When the Clogger comes up and gets the ball handler out of scoring range it meltdown to the high post anticipating that pass

C- Anytime the ballhandler is trying to penetrate the funnel it will clog it up

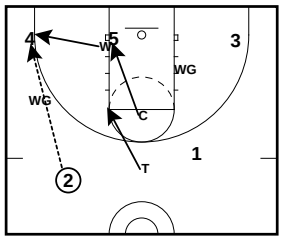
P- Will Meltdown to take awat corner pass

W- Matched up with ball

3
3 Defense (1-3-1)



3
3 Defense (1-3-1)



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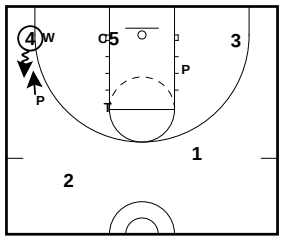
3 Defense (1-3-1)



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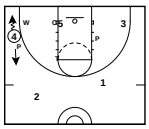
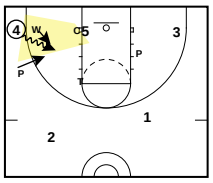


Pusher is pushing the ball down to the corner

3
3 Defense (1-3-1)



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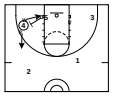

Warrior and Pusher will meltdown after Clogger has clogged the funnel

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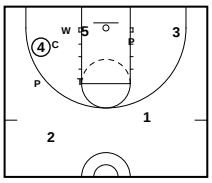

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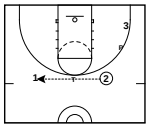

Breakdown Drills (Thief-Pusher)

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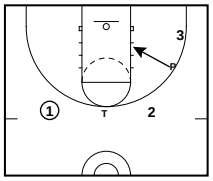

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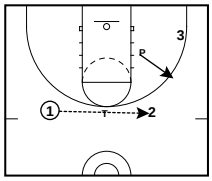

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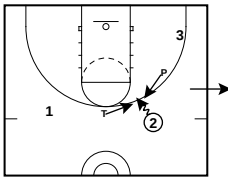

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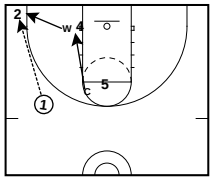

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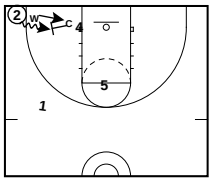

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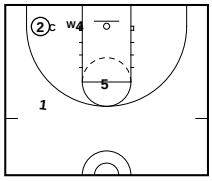

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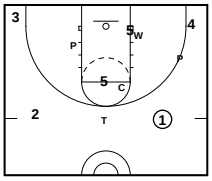

All Contents Proprietary

Don Meyer Leadership Seminar

August 2010

-PowerPoint on coachmeyer.com (230 pages)

-You can have anything you want, just not everything you want.

-Learn who you are and what your game is.

-Biggest turnoff is being fake.

-Cornell notetaking skills.

-Effective better than Efficient.

-Your example isn't the main way in leading others, it is the only way.

-Your example screams so loudly that they can't hear what I am saying.

-"Leadership starts at the top." Morgan Wooten

-Leadership: Like pornography, can't explain it or describe it, but I know what it is when I see it.

-Abe Lincoln: wrote Gettysburg Address on envelope

-Women need 24,000 words to express themselves daily (2/3's more than men) Men use 8,000 words

-Pat Summitt: "Got to have guts to make the big decisions."
    -her Dad never hugged her or told her he loved her until she was 48 years old

-We are all free agents.

-TEAMS: Tough, Effort, Attitude, Motives, Servant Leaders

-Karl Malone missed 10 games in 14 NBA seasons.

-Find the need, fill the need. (What is - where you want to be = need assessment)

-Positive Leadership: Pessimist: "Things can't get any worse." Optimist: "Oh, yes they can."

-2 types of people, energy givers and energy takers

-10 yr. stretch at Lipscombe, averaged 33 wins per season, after a win, couldn't sleep-"how are we going to have an edge in practice tomorrow"

-Be Sound: teach fundamentals
-Be Solid: integrity, authenticity
-Be Simple: the more you think, the slower your feet get

-Not everyone can work the cash register, somebody has to sweep out the backroom. Sam Walton Story

-Study your opposition, but don't be obsessed about your opposition.

-Humility precedes Honor

-Bum Philips, "If we make the playoffs, they will let us know."
-Make up your own mission statement.

-Get praised and criticized when I shouldn't.

-Simple Truths, 212 extra degree

-Got to win when the ball doesn't bounce our way.

-Start to watch the way successful coaches deal with people.

-People not changing: If the vaccine doesn't work, quit applying the ointment to the infected area.

-You can whip a horse to run, but sometimes they will run faster if you whisper in their ear.

-Get mad, cool down, then act mad.

-We all laugh together, we all stay quit together.

-"I don't make decisions because they are convenient, easy, or popular, I make them because they are right." President of Notre Dame

Cancer Player: Malignant-cut it off
Benign-treat it and decide at end of season
Can't decide-treat it as malignant (cut it off)

-Respond with wisdom, love, firmness and positive self-control when dissatisfied with the behavior, performance or response of others.

-We all work with others.

-Discipline and Demand without being Demeaning.

-"Huberis" to the extreme
-an arrogant leader who never thinks they are wrong / "and let me make this clear" / very difficult to play for

-3-legged pig-"When you love a pig this much, you just can't eat him all at once."

-"Cows don't take days off." Pat Summitt

-Hurts me to leave a task undone.

-Selfishness will kill your team.

-Just because you are elected doesn't mean you can lead.

-You can elect your team captions, but your players will pick your leaders.

-Internal Control: whoever controls the locker room, controls the team.

-Leadership: you have to let go of your ego, be a follower first, influence others

-You must meet someone in your life that expects greatness from you.

-Expect Greatness, Inspect for Greatness, Accept only Greatness.

-Your legacy: never have a legacy if you don't give your power away
-Inspect Supervision: be there physically, be there mentally

-Internal Leadership (characteristics of Leaders)
1) Hardest Worker 2) Take of care of stuff off the floor 3) Let the coaches take care of everything else

-everyday need a soft rain (reign) of leadership, like an irrigation system, can't be too hard, will break the corn stalks off, need a slow and steady drizzle everyday

-Great practice needed from 1) Head Coach 2) Point Guard 3) Best Player

-Al McGuirre came back to Marquette to talk to Kevin O'Neill who just took the job, told him that the Jesuits just took a vow of poverty, (not going to get paid much), all the friends you made shaking hands the first week will desert you after 3 years, (they are just hanger-ons), and that you better have great practices.

-A coach needs creditability to confront.

-Building a positive culture takes a long time, doesn't take long to lose it.

-Handle wins/loses the same way.

-Cause / Self (must have a cause bigger than yourself)

-Process / Results (can't be a scoreboard watcher)

-Nothing more harmful to a team than the lack of discipline.

-IBM story, were giving out personnal quarterly awards, gave talk on teamwork, didn't get paid, (product over personal)

-Dick Bennett Badger Basketball, 1)see the picture 2)sell the picture 3)everyone has to help paint the picture

-Don't set long term goals, we have to be the very best we can be today.

-Word of mouth – best selling practice, but the hardest to accomplish

-We aren't going to cheat and win and then get put on probation, but I hope we win enough to warrant an investigation.

-"Art of War" Sun Tzu
Need proper disciple, Can't fear losing, Must face it together, Prepare for the worst, expect the best.

-The teacher always learns more than the students.

-Make no threats, it is a promise to you!

-Load the work on the plow horse. Animal Farm

3 Signs of a miserable job
1) anonymity-nobody knows who you are and nobody cares
2) irrelevance- don't think my job is important
3) immeasurability- don't get any feedback (good or bad)

4 Tongues
Good-controlled, caring Bad-conniving, careless

Important Situations

	Urgent Matter	Non-urgent
Good Businesses (time spent on prob.)	20-25%	65-80%
Bad Businesses	25-30%	15%

Non-important Situations

	Urgent Matters	Non-urgent
Good Businesses	15%	1%
Bad Businesses	50-60%	2-3%

*Be efficient by planning / prepare

McCormack's Rules
1)get a system , any system
2)stick to it
3)write everything down

Meyer's Rule's
1)Plan the week on Sunday
2)plan the next day the night before
3)exercise
4)Say No
5)Take mini-vacations (long lunch, early leave)
6)keep a journal, not what you did, but what you learned

3 Traits of an Addict
1)perfectionist
2)have high control needs
3)people pleaser (get self-esteem by pleasing people)

"The game is over, it all goes back in the box."
-story of little grandson finally beating Grandma in monopoly

Low Expectations = No Disappointments

-Adapt a few new ideas, don't adopt everything.

-"It don't cost a thing to do things right or be nice." Bear Bryant

Need Assessment
What is - What should be = The Need

Promise less, deliver more

Warren Buffet on hiring:
1)Work Ethic
2)Intelligence
3)Character
*the first 2 without the last will undermine the operation

Leaders and their company
"You can't tell an eagle from a buzzard when they are flying together."

Bad Pie story: Pastor got pie from lady at church, was a terrible pie, took 1 bite and spit it out, saw lady at church the next Sunday, she walked straight over to Pastor and asked how he liked her pie. "Maam, pie like that doesn't last long around our house."
3 People to Hire

Paul: older, experienced, always positive
Barnabus: your accountability partner, your moral compass
Timothy: the bear, the young guy that you are going to teach and learn a lot by doing it

Don't Hire:
1)gossip guy-will always be talking behind your back
2)flatterer-(perfume-OK to smell, terrible to drink)

-There is a good / bad time to fire people.

-Good enough is the enemy of Great

-Whisper criticize and Yell praise

-Check, Check and Recheck

Lieutenant in the Army helicopter checked his maps 6 times in Vietnam, "their lives are in my hands"

Rules of Basketball Camp
1)everyone takes notes / always have your notebook
2)be polite yes sir/no sir, yes maam/no maam, please and thank you sir/maam
3)everyone picks up trash, we are all on the grounds crew

-retrieve, review, and reinforce info.

McDonald's Story
-Des Plaines, IL, ran out of pepsi on Saturday and called the store, employee said, "we don't deliver no pepsi on Saturday", Monday a.m. McDonald's signed an exclusive deal with Coca-Cola

Tony LaRussa's red fungo bat has never touched a baseball, have a meeting without having a meeting.

4Types of Players:
Unconscious and incompetent
-they don't know they don't know

Conscious and incompetent
-they know they don't know

Conscious and competent
-they know, but there is no flow

Unconscious and incompetent
-they know and it flows (Jordan)

MJ:"If people knew how hard I have worked, they wouldn't think what I do is so easy."

-No task too small, no sacrifice too big.

-Great leader, will not give them a reason to leave the team
-Bad leader, will give them several everyday

1 min. assessment (praise, prompt, and leave)
-1 thing you are doing well and why, 1 thing we can do better and how

Bobby Knight

“It is not enough to know we are going to win, but how we are going to win.”

Jerry Krause, Gonzaga Bulldogs
1)find your unique gift or talent
2)develop it
3)give it away

How to build a TEAM
-shared ownership, own vs rent, you succeed, we succeed, you succeed
-invest vs rent

-You learn a lot more at a funeral than at a wedding

Collective Pride, We Did It

-You only shine when you reflect credit to others.

“I have decided to make my life my argument.” Albert Schweiter

Story of Fielding Yost

Fire yourself every year and come back with the energy of a first year coach

-For every 100 who can handle failure, but 1 can handle success.

-Average racehorse heart weighs 14 lbs., Secretariat heart weighed 22 lbs.

Winston Churchill graduation speech: “Never, never, never, never, never quit.”

Larry Bird Story:
Playing HORSE against 10-day contract guys for paychecks, Bird wins and rookie walks by locker to hand check over, Bird doesn’t want his check, rookie glances into Bird’s locker, on top shelf is 5-6 uncashed paychecks
-it wasn’t about the $ for Bird

-Want a team of left tackles, who has your blind side

MJ and Nike contract:
Nike offered MJ mere pennies on the dollar for the new “Jordan” line of apparel, MJ said no, you will pay me 17% or I am gone after my contract is up, I am going to play a round of golf and when I come back in 4 hours I want the contract changed.

5 vitamin C’s
Concentration + courtesy + communications + compete = consistency

-Remote control story in bedroom

-Only give orders that can not be misunderstood

-Quiet team is a sacred team

-Toast Story, only 2 slices the rest is for your Dad

-Necessity is the Mother of Invention

-Instruction vs Criticism
5 Stages of Coaches

1)survival / blind enthusiasm
2)striving for success, being recognized by your peers
3)satisfied, very dangerous stage
4)significant, UCLA = Wooden, Penn State = Paterno
5)spent, exhausted, no juice left

Lou Holtz 3 questions to players
1)Are you committed to excellence?
2)Can I trust you?
3)Do you care about me?

W.I.N. Approach
What's Important Now

-Measure yourself by the response to disaster

-Most empires have been destroyed from within

Double Pump Clinic
Universal City, CA

Speaker: George Karl
Denver Nuggets

- Pick n rolls are over 50% of NBA basketball.
- Phoenix Suns gave him a lot of trouble. Drove him crazy so he has adapted to their style and added it to his team.
- Too much dribbling in the American game.
- In practice, he has a 3 second rule- They must catch, shoot, pass, or attack in 3 seconds or it is a turnover. Forces guys to make quick decisions, catch in ready position.
- Play Hard, Play Smart, Play Together- Carolina Way
- Read- Carolina Way by Dean Smith for Leadership
- Build a team culture that you are better when you walk out than when you walked into the gym.
- Good shooters prepare feet before they catch.
- Play 1 on 1, 2 on 2, 3 on 3, to start practice.
- More guards than bigs are posting up in the NBA. Not many true low post threats in the NBA. Bigs aren't good passers in the post so double them.
- Phoenix was always in control of the Nuggets and this was very frustrating. They were bad defensively though.
- Most intimidating part of basketball- when you can't score on an opponent!

- New style of play: Every possession has an aggressive approach.
- ATTACK, ATTACK, ATTACK
- Open the middle of the floor up to create penetration opportunities.
- Must have a good shooting 4 man.
- Do not clutter middle of the floor.

- Always tried to switch men on Steve Nash. Keep him to the sideline, away from his left hand.
- Switch pick n roll defense every week.
- Best players must be your best practice players.
- Leadership is not talked about, it's about actions.
- Loves to front the post, it frustrates post players.

- When teams double Carmelo, forces him to move early in offense.
- Melo is great at early post ups.

- Not a lot of coaches believe that guards like Nash will shoot the 3 ball off of a screen and roll, so they will play soft & under.
- Stunt Rotations, in NBA, corner 3 ball is hit 41% of time, top of key 36%.
- Touch every player everyday- in stretching, meetings, etc.

Speaker: Dave Odom
South Carolina
Zone Offense

- Championships are won in the last 5-7 minutes of the game.
- Must be able to play vs. set defenses in closing minutes vs. 1-3-1, 1-2-2
- Must have set plays vs. zones
- Talk about zone principles, not zone offense patterns

Zone Offensive Principles
1. Even-Odd Principle- attack with opposite # of men as top man of zone

2. Outside Inside Outside Principle
- go out when defense comes in, make defense like an accordion
- make defense spread out as far as possible, and then pass inside.

3. Does zone hang out/relax or does it attack?
    - Is it aggressive with ball pressure or do they just cover their zone.

A hang out zone is not chasing you, must move it with dribble, not pass
Vs. an attack zone, must move it with pass- quicker, covers more ground.

Dribble Freeze vs. 1-3-1 zone- dribble at man's chest and make a play.

Dribble Throwback- Dribble influence defense out of position until they stop. Use dribble to your advantage.

High Low passing- No bounce passes from low to high, air passes only to posts diving down the middle of the lane.

- Likes 4 guys who can pass and shoot on the perimeter vs. zone.

- Screen vs. zones, just like vs. man to man

4. Inside X Principle
- Man at high post, 4/5 interchange block to block, shooters in corners. 4/5 must get inside position, if defense goes over the top, screen down for shooters.

Speaker: Tom Crean
Marquette University

1. Team and Player Development
2. Recruiting
3. Game Management & Game Marketing

Need to commit to player development. Developing skills is the most important thing a coach can do.

"Just Coach the Team"- sign on his office wall.

- You have to be more than a recruiter to be a Head Coach. If you can only recruit, you will get fired quickly.

Assistant Coaches- Must be known for something: recruiting, scheduling, offense, academics, marketing

1. Skill Fundamentals workout- isolate skills
2. Strategies/Schemes
3. Contingency plan on the floor

Who is the best in your conference- look at them and find a way to make your team better.

- Need two ball-handlers vs. press
- Your team must be skilled enough to compete vs. all types of teams

Study leadership/football coaches/Frank Beamer VA Tech special teams

Frank Beamer owns special teams and they are the best in the country.
How do you score in all different situations?
You must have a plan.

Head coaches should totally understand special teams- every out of bounds situation, FT's, after time outs.

Van Gundy- studied last 5 minutes of every game. Breaks down film to help his coaching.

Contingency plans- How obsessed, how detailed are you in every situation?

Cannot pick and choose ownership- will get you beat!

- Can't pick what is passionate to them.
- Assign roles, but everybody must be involved
- Agendas = jealousy and disloyal coaches

Establish Trust
Establish Roles on your staff-

Avg. consumers' long-term view is 3 days. Must have contact with your players everyday, esp. when you are out of the office.

If you are gone, you must re-connect with staff and players- keep in touch.

Magic and Jud Heathcoate have a very special relationship

What do your players say about you?

Magic Johnson had an unreal work ethic. Worked on one new skill per day.

Players will buy into your system if they know you are making them better.

Less than 5% of players are NBA ready when they enter the NBA according to Coach Brian James.

Focus on skill development for the entire team.

Reads all newspapers every single day- learn about opponents- what are they doing that you are not?

You must be on the floor with your players- Rick Pitino is, so should I, during individual workouts.

Anything that happens in an organization comes back to the leadership of the organization- late to class, in the café, always treat people the right way.

People on your staff must be committed to making the head coach better.

Is trust/loyalty there for the head coach?

Recruiting

New England Patriots-great strategies and great leadership
They don't bring Belichick players he cannot coach

Evaluation, Communication, Identification- Find people that fit what we like.

Could player x play for your head coach?
What fits the head coach?

What is your identity when a recruit visits with you? What image does your program convey?

Long-term plan vs. contingency plan.

Be able to identify what you like.

Study film of recruits- what do they need to be better?
Have outside people watch your team practice/workouts.

You must be demanding to get your players better- be accountable to each other.

1. Strength Coach
2. Trainer
3. Academic Advisor

- Can be more important than coaches at this time of the year. Have a meeting with them.

Need to involve them in meetings to spread your message. Must all be on the same page.

Home-Court Advantage

- Need to sell your program
- People told him they could not create a home-court atmosphere at Marquette when he took the job.
- Fear of failure- will it paralyze you or motivate you.
- Hire and recruit people who are motivated by fear of failure.
- They averaged 7200 fans when he arrived, now it is rolling.

How to connect fans with your team- Need team and fan connection.
NBA Ticket Commercials are the best ideas- Very creative- watch them for ideas.

Minor League baseball is great source of marketing ideas. They get their stadiums full of energy.

Marquette has grown their fan base by 79%.

Students drive the energy of their arenas. Nothing better than a full house of students.

Make it happen/make it a reality.

Work with marketing professors for ideas for game promotion.

If your marketing people won't do things, take the lead yourself.

He bought gold shirts, pom pons, towels etc for the students.

Must brand market your team. Started with 250 shirts, now in the thousands.

Went on the radio for 15 minutes a week to speak with students.
Must be serious about building a connection with students.

In Roy Williams' 1st season at Kansas, 18 coaches at his clinic and 117 campers. Now look at it.

Do not wait for people to promote your program.
You need foot soldiers to put posters up on campus, pass out schedules.

Ask students what they think of the team and your players- are they accessible, are they acting right on campus, are they representing your program and promoting your brand image.

"It's all about the energy of your building that gets boosters on board."

It does not take a lot of money to create a great atmosphere at home games.
Cheerleaders, band, music

Get it done.

Things to do as an assistant coach.

1. Develop players- Don't ever lose faith of players. Always be in high demand.
2. Bring the best out of your players.
3. The best recruiters are the best with your current players.
4. Call players when you are on the road recruiting.

Diener and Wade took ownership of their program.

It only takes one player to screw up your situation with a recruit. They need to back you on everything that you say.
Ex. A recruit at another school told their recruit to go to Marquette because he didn't like his own coaches. One of their top recruits.

Assistant Coaches
1. Game Operations- Music, band, cheerleaders
Must build a great game atmosphere. Can't lose at home.
2. Students- Oversee operations.
3. Scheduling- Moving at a rapid pace. Work with TV deals and negotiate. Games are going for $100,000 now.

Establish Roles

- Can't be about you.
- Team and coaches must promote each other in the media. Have your players sound like you in the media.

- No bulletin board material, get media training,
- Build a role, don't get away from it.
- D Wade avg 10.8 deflections as freshman, 12.2 as sophomore
- 9 games over 18 deflections
- 3 games over 22 deflections

Magic always practiced shots off the backboard to build his shooting touch.

Dwayne Wade shot chart- charted stretch of 15 shots where he could have used the backboard over 5 games. Shooting % went up when he learned to use backboard.

Incredible chip on his shoulder.
Always wants to prove people wrong
Under-recruited, was a 4 man in HS

Find something special about your game.
Don't move to a new role until you mastered the current one.

Be Indispensable to your Head Coach

Learn, Study, Support

Help others with their roles, upper classmen help the freshmen.
D Wade would play shooting games all the time with Novak and Diener.
He knew he needed Novak to play well to win games.
Deiner and Wade abused Novak in practice; they knew they needed a big to shoot it well.

Speaker: Karl Hobbs
George Washington

Assess what you can do that is different from others.
What can we do better than anybody in the league?

Teach pressure defense, find long, athletic, lean guys.

Average 22 wins per year, force 18 TO's a game, avg. 10 steals per game.

Be the best team at applying full court pressure.
Find ways to get easy baskets
Dictate tempo, play at a fast pace
Make teams make mistakes
Force teams to have to attack us

Play 55 1-2-2 defense
Hard, soft, whole possession

6 keys to a press:
Pressure on ball
Force on sideline, in alley- mug you and jump you
Contain ball
Rotation
Challenge every shot- no lay-ups, challenge all jumpers
1 shot, then box out and rebound and run

Good defensive teams are teams that are very close! Cover for each other.
We are never concerned with what is behind us on ball-side because we know somebody has our back.

Rule- anytime you steal the ball, you must pass it. Keep the fast-break alive.

They recruit from a defensive standpoint. 2, 3, 4 man all look alike. Long, lean, athletic.

Only allow long passes in their press if they are high in the air. This allows enough time for guys to leave their man and sprint to the ball.

Really encourage deflections- CELEBRATE THEM
Gets team to play hard.
At some point, we are going to get you.
1st ½ goal- 10-2 run, 2nd ½ goal 10-2 run.

Were 20-0 when leading with 4 minutes left in the game.

55 Soft- Play it Safe

Takes opponent away from set plays, takes time to bring the ball up the court. 25 secs on shot clock.
Containment defense is +8pts with less than 4 minutes left.
Do not let them reverse ball in the half-court.

55 Whole Possession
Sprint out of traps, and then trap again to be a good pressing team. This mentality alone helped to have a player drafted.

Offensively
Pass it quickly on a steal
Reverse ball quickly and attack
Offense is designed to wear you down.
Ball is only in our hands for 3 secs.

Deflections
Reading passes
Speed you up
No straight line passes

What am I the best at as an assistant coach?

Roland Houston-the best big man coach in the country

Identify 4 things your program is good at

1. Be the best defensive team in the league.
2. Top rebounding team in league.
3. Fast-break, easy basket team.
4. Share the game- Highest scoring team in league, 5 guy's avg. double figures.

Speaker: John Calipari
Memphis

Love of learning
Love of helping others is what coaching is all about.

Do you love to coach?

Money and fame are fleeting.

Knowledge and character = the rock.

Memphis sets no screens.

Converted to a new style over 3 years.
Did less coaching and more winning, let team sub on rotation.

Players want to play up-tempo style.
Defenses can't hold Nash and Wade, why send them off screens.

Dean Smith and Bob Spears - great book. Points per possession.

FT 1.4
3 1.2
Shots in tight 1

Basketball is becoming a driving game.

Pass and get out of the way, back-door cuts.

3rd in country in FG % defense.

1,2,3,4 have to be able to play

Do what you do, be unselfish

Shoot, pass, cut, drive ball- if you can't do it, don't do it.

1st time in his career- more turnovers, than assists.

What have you done for another coach?
What have you done for our profession?

We are in this together- have people look after you in case you get fired.

Head Coach should get assistant coaches raises and head coaching jobs.

Be a PR machine for the guys on your staff.

Have fun, promote each other, hang out, enjoy the challenge, and enjoy each other's company.

NABC- Assistant coaches need 2 tickets to the Final 4.
Legends of coaching should have priority seating, not behind our seats.

Speaker: Lawrence Frank
New Jersey Nets

There is no I, only We.

Be true to yourself.

Sign on the locker room, huge picture of Muhammad Ali "Greatness"

"I run on the road, before I dance under the lights.

Develop habits that will show during crucial spots.

Some players need a mental break, need to feel good about themselves. Head and heart are important to a player.

Accountability
Never be Stale

Keep it fresh in practice- beat the clock, dribble tag, etc.

Best players are the most unselfish, hardest workers.

Kidd, Carter, Jefferson

82 games, 116 practices- guys can't do it every night.

Must be able to coach best players
J Kidd takes all of the pressure off of everybody else.

Pick N roll defense- Every single time, they do the same thing; you have to beat us.

Get best players in scoring position with little time on clock.

Vs. screen and roll defense, if they go under the screen, guard does not have to shoot the ball, go back and drive it where you came from and put pressure on the post player.

Mike Dunlap
Metro State

- It is very inexpensive to jam rebounders.
- Direct your rebounding on all shots
- Create an edge using overload drills
- Majerus always taught to have 3 defenders back after a missed shot to limit passes over the top.
- Sprint lanes and finish their runs.
- Run through their lanes.

- Measure people when things aren't going right.
- How much discouragement can your guys take?
- What does their face look like in adversity?
- Measure people under pressure.
- Learn a lot about your players.

Thou Shall Sprint
Match-up in your lanes on defense- point to man and visualize.

When in doubt, rotate!
Help and recover vs. rotate

Contest all shots- 17% decline in FG% with a hand-up in shooter's face.
Chart contested shots during and after every game.

Rebound- Must finish plays
Don't let your players pivot in 1st practices- have them chest up to keep man from getting the ball.
Keep pounding the drum with players- make sure they know how to rebound.

Pitino- Consistently transition out of offense.
Do not finish a drill without transition- at least until ½ court.

Possession- 70 possessions per game- 140 transitions per game.

Must hit end line at least 40 times during practice.

Do not look at the ball until you are at ½ court- keep it simple

As a coach, be clear about what you want.

Commitment= 10,000 close-outs with high hands.
Temple- John Chaney's teams did not turn the ball over. Very committed to close-outs.

Defensive Transition- Closest man hounds the rebounder.

Will send big and non-rebounders back on defense.

Be flexible in practice- put a jersey on a player and tell him he has 4 fouls.

Practice plans- your entire practice should be situational play.

1 guy on each team with 4 fouls.

Don't believe in benching players just because they have 2 fouls early. "Cookie cutter coaching"

Create confusion in drills.

Rotation is the key to success on d. Will tell defenders to face-guard and do not look at the ball. Follow his chest and give up no touches.

Great penetrators would rather pass then score, don't over-help- make them bring it to the rim.

Take options away for great scorers- penetration and pitch

NBA Finals- Dallas was hurting Miami with their zone.
Kept Miami off-balance.
Zone is great vs. UOOB sets.

Zone UOOB sets- how many coaches work against this? Not many.

Defense should be flexible.

Man to man is a form of zone. 1 guy will always guard 2 guys.

Rotation- how can you come back if down by 15 points if players do not know how to rotate?

Remind yourself- why are you coaching? Write it down. Call former coaches.

Surround yourself with older coaches when you need help. Create a network to help you- they will love the calls.

Run 2-2-1 on made baskets- Run/Jump/Trap on misses

Do not let teams reverse ball 3-4 sides.
Press delays the attack on your defense.

Teams overreact to presses.

Press can also regulate tempo.

Long-lasting relationships with assistant coaches are the most important thing to have.

Great Books-
Coach
My Losing Season
Season of Life
Philosophical thoughts of a Fighter Pilot.
Wages of Win- Malcolm Gladwell

Best assistants wear a jacket of humility- 24/7 - In it for the right reasons.

Speaker: Terry Waldrop
Texas Wesleyan- NAIA National Champions

Best decision he made all year is not calling a timeout after a missed FT in championship game. Let his players make a play.

Recruiting-
Character is the most important thing to look at.
"Basketball doesn't build character, it reveals it"
Character kids want to be pushed.

Academic Commitment

Why do you want to play here?

Only gets 5.5 full rides, compared with 11 at other schools. His kids had to play 35 + minutes a night. Great recruiting sell.

Dependability

Back-door cuts/Princeton

- Recruited great shooters.
- Spacing and cutting
- 5 man was a converted 4 that could shoot
- Played all 5 games in National tournament and had no dunks.
- Space and move, = high % shots
- Find weak link on opponent defense
- No dribble 3's allowed- only off catch- good shooters take good shots
- 6 am workouts
- Sprints- if you bend over, we do it again.
- Players thought they were in the best shape in the country

Studied the game the year before. Went to NAIA Championships and watched every single game courtside. Wanted to understand what it took to be successful.

Traits

- Teams that win in March- DEFEND!!!
- Contain, not pressure
- Stressful situations bring about change.
- Have to guard people, guard somebody!
- Teams that are losing shoot a lot of jumpers.
- Jumpers can be best friends of your defense because they start the break.
- Get to the glass and FT line.
- Have to attack!
- Men Only in March!
- In tournaments, rotations get shorter, starters play more minutes

- Use this to your advantage, make players think that they are in the best shape.
- The more you attack, the more fouls you receive. Other teams shoot jumpers. Teams that attack on opposite end tend to shoot jumpers.
- Have 2 or 3 sets out of time-outs to get a foul picked up.

- Composure- kids that have success early in a game.

- How you use time-outs- takes the jitters out of your team.

Teams that get bad calls- how do they react?
Coaches and players waste too much energy on reactions.
Deal with it and move on.

How does your team react to good calls and bad calls?

Play with emotion, don't be emotional!

What's Important Now?

Your players will mirror the reactions of their head coach.

Communicate with your players at half-time. 2-3 adjustments only. They won't remember more than this.
Make sure everybody in room understands these adjustments.

Condition your players to adjust to bad calls, adjust to officials.

Get players to buy into your system. They had to win 5 games in 6 days!

Speaker: Jeremy Cox
Arkansas Fort Smith

Must build a culture in juco ball.

Must develop ownership immediately.

Core Values
- Play harder
- Work harder
- Everybody around your program must be possessed by basketball- managers, trainers, coaches, etc.
- Be unselfish/share- on campus and in the community
- Can't have jerks on campus- make your program look bad.
- You are 1 of 12, you are not special.

Read the book, "GOOD TO GREAT"

Constantly evaluate what we want to change about our program- everyday

Put the right people on your bus; get the wrong people off of the bus.

Likes guys that are warriors, hungry, and innocent

Take away other coach's practice time by being disruptive- traps, press, run, etc. – make them prepare for you.

Culture of discipline- in their daily thoughts and actions.

Create a great practice atmosphere.

Pick-up games- play them to 3 or 1. Make it meaningful. Do not reward losers with 20 minute break.

Put ownership on winning.
If you lose, you run, then run more each additional week

Offensive rebound + score with no dribble or pass- 2 points
No out of bounds

Chart wins- individual records

Accountability

2 most demanding coaches were in the NBA Finals

There is a lot of drama in JUCO ball.

Always talk about CHAMPIONSHIPS
Confidence in yourself- believe in it.

Can't change your personality- be yourself.

Be optimistic

Celebrate Tradition and Success- You have a responsibility to future and past players

You have a responsibility and you will be held accountable.

The past will hold you accountable.

Celebrate traditions of the past.

All about culture

Jerry Sloan- always crosses wings in fastbreak.

Adam Keefe led league in dunks? Why? Ran the floor hard all of the time.

Bob Huggins
"West Virginia Defense"

- Defense- Box Philosophy- wants to divide the court in half and keep the ball in the box- love when ball is passed to the corner. Shorten the box whenever possible.
- Look at what you do & why you do it? Because you've always done it or because that's how you were taught?
- Rule: Never let your man throw a 2 hand chest pass or you won't play.
- Easiest way to score is on a direct pass- take away all direct passes.
- How often does a guy shoot a 3 off a curl, fade, etc? Most are step-in 3's on direct passes.
- Study passes that hurt your team- direct passes.
- Good idea: Do shooting drills with indirect passes- throw above their head, at feet, etc. and see how differently your guys will shoot it.
- Direct passes hurt you the most.

- In-Line Help & Recover Philosophy- Anybody who catches the ball must step out of line because there is a guy in the passing lane.

- Rule: they can throw over, under, or around us- but can't throw it through us. If they throw indirect passes- we will have time to recover.

- Stay in-line, keep your man in the box, Keep ball out of the shoot in the middle of floor.

- PG drills- force ball to the wing out of the shoot.

- Get your people where they are supposed to be.

- Want guys catching the ball going away from the rim; keep them on sideline in protective mode. Make them catch the ball with back to the basket.

- At Cincy, lost to Michigan in Final 4 because weak-side help couldn't box out Webber, etc. Changed philosophy to have opp. Wing as rotate man instead of big.

- Team Motto: "GET TO THE BALL"

- They run a lot of 5 vs. 4 drills to force rotations either with open post or with open PG- if you want your guys to talk, take one defender off the floor and it will force talk.

- Coaching is the most admirable profession there is. Teach guys how to communicate, share, care, be responsible. Be proud of it.

Billy Gillespie
"Kentucky Basketball & Thoughts on Success"

- Call the parents when a guy screws up. This will help ease the situation.
- He has always been afraid to under-perform- why he works so hard.
- Teach players how to talk! Must do this to play no matter how great they are.
- Acie Law refused to talk early in career, he didn't want to affect the way his teammates played.
- Eventually, became a great talker in locker room, on defense, and offense.
- Force best players to talk, only way to make your team great.

- Transition Defense- Be passionate about not giving up buckets in transition.

- Can't change philosophy with your guards every game about rebounding or getting back. If your guards are good on the boards, let them go get ball.

- Practice game situations everyday. All games will usually come down to 3-5 points.

- Put players through tough situations on a daily basis.

- Great idea: Situation worksheet- Keep folder of all types of situations. He has over 200 of them that his team has faced- corresponding play for each situation.

- Study your stats closely- they were giving up too many 3's, changed their wing defense by 1 step and it made a huge difference.

- Schedule like you want to win- tournaments, less rest, Sat-Mon games.

- Be specific, not general when you score.

- They really break down tape- how does Jarrious Jackson get all his shots- how does he score- he may like to fade cut, but he only scored 5x all year on fades.

- Find 1 basket advantages. Use tape to your advantage.

- New idea: Special Teams with bench players- for UOOB plays, FT box outs, etc. Designates certain guys for key situations to keep them sharp and involve more guys.

- Have a start time and end-time for meetings! Set objectives for preparation.

- Put a NCAA Tournament bracket in locker room to create excitement.

- Study your season stats- How many players are you playing with # of good players that you have.

- Recruiting- Must recruit spirit- helps when they are very talented too!

- Force assistant coaches to spend time with their families. You preach family with your team, why must you and assistants neglect your own family. Coach needs to make sure wives are happy- give them a chance at home and they will be much more productive. There is nothing that can't get done at home for recruiting.

- Schedule time off to stay sharp. Take vacation, make staff take vacations.

- Be available to everybody on campus- say kind words to anybody you meet.

- Perception becomes a reality with your teams- Defensive-minded coaches get labeled, what people don't know is that Texas A&M was one of the most high-powered offenses in the country.

- Never watched a tape that didn't help. Always find something to help his team.

- Defensive rebounding + Good Shots= wins!

- 1 guy can make a difference on defense- 1 guy can shut down an entire side of the floor! Eric Coley at Tulsa never let opponent catch any ball on the wing- disrupted timing, started Offense higher, above FT-line; helps your post D inside too.

Mark Fox
"Adjustments to be a Head Coach"

-Do your current job well and you will advance.
- Great advice- keep 2 shooters on the floor and schedule well.
- Assistants have 2-3 issues, coach has 12 issues.
-Assistants must learn all aspects of the game.
-Sometimes best assistants are guys that knew nothing when they started.

-Coaching and Teaching- offense & defense- transition, man, zone
-Rebounding
-Player development- Posts & Guards
-Pick brains of respected coaches
-Team Travel
-Scheduling
-Media
-Radio Shows
-Admissions
-Discipline
-Fund-raising
-Video
-Academics
-Eligibility
-Camp
-Organization
-Mgmt. of Staff
-Team Building
-Scouting
-Budget Mgmt.
-Equipment

- Must get exposure to all of these areas.

Recruiting- Challenge to sell yourself vs. sell your head coach when you move a few inches down on the bench.

-Your knowledge isn't good enough, unless you share it.

- Staffing- Find guys better than you in every capacity.

- Gain understanding of what head job involves.

- Let your asst. coaches coach- on foreign trip, he let each asst. coach 1 game- was a great experience.

- Have to understand life of head coach and the management skills necessary- must stay sharp on detail when you are head coach because you get so busy.

- Gain more experience- do more individual workouts, do more with post-players, etc.

- Most challenging aspect for him was changing mindset of players in current program- be professional, be prepared.

- Skill development- learn from the pros in the field.

- How can you help a PG or C get better?

- Must build the "Loyola Experience" in your facility and throughout the program- how are you telling your story, what do others say about your program?

- "Expect Greatness"

Jamie Dixon
"Zone Offense & Assistant to Head Coach Ideas"

-Lucky to have been around great people in entire career.
- Keys have been toughness & competition.
-Keep records of your practice plans.
- As head coach, didn't want to change much, needed to delegate more, and didn't change relationships with current players.
-Dealing with people on campus is key- must maintain relationships when you are a head coach.

Zone Offense

- Keep it simple and understand reads- repetition and patience.
- Key- Must Crash Boards vs. Zone- has to be universal philosophy when you see zone- must get after offensive glass.
- Do a lot of breakdown drills vs. zone.
- Must get inside touches and guard penetration.
- Hi-posts must look to be screeners
- Recruit bigs who can catch, pass, and make plays from high post or short corner. Big East sees plenty of zones! Must get up to speed on how to attack it.
- 1-3-1 zones becoming more prevalent.
- Take a good shot and go get it!
- Always have 3 guys going to boards.
- Skip & follow, X action, partner up, dribble penetration, and pass penetration.
- Vs. 1-3-1 zone- spacing, action, offensive boards
- Run a lot of sets vs. zone to initiate movement.
- Start with zone offense on 1st day of practice.
- Movement is key vs. zone- do not be easy to guard.

Kelvin Sampson
"Indiana Basketball Play Hard vs. Compete"

- Get your guys playing the way you teach.
- Playing Hard vs. Competing- There is a big difference. Must convince guys of this difference to win in March.
- Magic went from playing hard to being a MONSTER during his freshman year.
- College: Teach Technique, Teach Effort
- Need to figure out which guys play tough at home and on road.
- Must compete in every drill you do. Every drill has time element and goal element.

Drill #1- Every shooting drill is a shot within your offense.

- 2 minutes- From Elbows, with 2 teams of 4, attempt 76 shots, make 50- "Pick me up drill" when practice drags, after a water break, etc. If they don't get it, must do it again.

Drill #2- 1 minute drill- Elbow to Elbow- 27 attempts, 16 makes.

- Big difference is only the rebounder can get a rebound, only the passer can pass the ball. All 3 guys must work together or have to start over. Teaches rebounder to work hard. Be strict on details! Effort drill.

Drill #3- Single Bubble Drill on the rim- Cut Throat- 5 teams of 3

- 5 pt game - get 1 pt. for defensive stop.
- Must get O rebound to get on D,
- New team comes in on O.
- Stay on D with rebound.

When rebounding, do not run up his back- get to inside or outside shoulder- Get all guys to develop great O rebounding habits!

- Figure out how to be different than bigger schools with more resources- in how you play- can't buy effort or toughness. Kelvin once lost 18 straight games at WSU.

Drill #4- Double Bubble Drill

- Bubble on each end, every shot is a rebound, play normal basketball.
- Create habits, create pursuits, do not stand-biggest problem with AAU basketball.
- 2 pts. For Offensive board, 1 pt. for Def rebound, -1 for TO, 10 pts. Is winner.

MUST BUILD EXCITEMENT FOR OFFENSIVE REBOUNDS!
Keys early in the season- Must TALK/Team defense on rotations.

- Do Talk Drills to start practice- 5 v. 5, sprint to half-court point and call out a jersey #- don't shout I got him, shout the jersey #.
- Get great at talking, pursuing, & rotating and you will win games.
- "DEMAND WHAT YOU TEACH!"

- Good Idea- Call an ex-coach in your area, invite them to practice, have them scout your practices, take notes, get feedback.

- Coaching is an amazing power.

- Your best player has to get it to have shorter practices!

- Advice: Don’t listen to people behind you or you will end up sitting with them.

- Parents would rather have kids be All-Conference than Conference Champs.

Bill Self
"Kansas Offense"

- Coaches are evaluated on how hard their teams play, how unselfish they play and how tough they play.
- Coached for Larry Brown- never mentioned winning or losing- didn't put pressure on player.
- Handle problems before it becomes a problem.
- Coach Sutton was very simple- His teams did not beat themselves and they guarded like crazy.
- Develop a philosophy and play the same style every game, no matter whom you play.
- His Philosophy: 1 or more shots on O, 1 or less shots on D.

- When he was at Oral Roberts- had 15 players quit in 2 years!

- The better your players, the more freedom you can give them.

- Player's win- best players play in best games.

- To change a mindset of team, you must have very positive assistant coaches. Everyday is a new day at practice.

- Offense- Hi-Low allowed more control in offense- allowed flow into O. They run their offense into ball-screen offense.

- All ball-screens are sprinting. 1st one always doesn't work, so you get them again and again.

- Good idea: Show guards how to score off all options on ball-screens- show Steve Nash highlights.

- When offense breaks down, go into ball-screen mode. When posts pass out, chase it with ball-screen across court.

- Hard to guard penetration to lane- rule is that guards must get 2 feet in paint.

- On any baseline penetration, opposite big must roll to the front of the rim, open up b. line drift.

- FG% defense is key stat- defend 1st shot, limit shots off the catch.

- Good idea to get guys to talk- during all shell drills- next player in line must coach them for every movement.

- Head coaches- let your assistants coach! Let them better themselves, lose a coach for a head job, not for burn out.

- Convince best players that the program is bigger than them.

- Get them to buy into idea that if we win, they will win in their futures.

- Team meeting- asked team, what can we hang our hat on? Ripped them apart early in the season.

Chris Lowery- Southern Illinois
"Being a Young Head Coach & Defense"

- Biggest pet peeve- do not walk by people who are at smaller schools & walk to the next polo shirt because it's bigger school.
- Be proud to meet new people- he worked at all levels before becoming a head coach.
- Was 31 years old when first head coach.
- Stop looking in rear view mirror- it doesn't matter how you have been, only matters what you do in the future.
- Bruce Weber had 9 interviews before he became a head coach. 19 years with Coach Keady in Big 10.
- Find niche on your staff- healthy to have competition on your staff.
- He took a lot of pride in scouting reports.
- Listen, learn, be on campus committees.

- In-game adjustments as a head coach were a big change.

- Learned that plays don't work as well the 2nd time in games. Learned valuable lessons about preparation in NCAA tournaments- didn't compete vs. West Virginia's 1-3-1 zone like they needed to.

- Do you want a better play or better player in March? - You need to have better players so work with them.

- During preparation, hard to make adjustments in games for things you didn't predict. Indiana spring 1-3-1 zone on them and really bothered them.

- SIU is never afraid to play anybody.

- Need to have fundamental focus with kid's everyday.

- They've had recruiting success because they know them as babies, they wear them out; develop relationships so they will commit.

- SIU has NFL training camp workouts at 6 am everyday in the summer- every player in program must have great feet to play for them.

- Agility drills, ladders, closeouts, etc.

- SIU DEFENSE

    - Close out hard on shooters!
    - Turn them into PROTECTORS, not shooters or passers.
    - Disrupt timing every possession
    - Make them play a different way.

- Do Things Right.

Drill #1- Timberwolf Drill- Every guard in line must guard each guy to half- court, sprint back to baseline, close-out again. Really focus on jamming ball-handler full court every possession.

Drill #2- Guard in the Hole- Full court, 1 side of court, must guard every guy full court to opposite baseline. 5 trips in a row. If you get beat, throw ball to Assistant Coach at half-court, then you must deny and guard full-court again. Last offensive player becomes next defensive player

- Focus is to keep guys in front of you, deny.
- Creates level of toughness
- Must be relentless on defense.
- Guard everybody the same whether they can shoot or not.
- Everything is full-speed, 100 %.
- Do these two drills back to back early in practice and it sets the tone.
- SIU runs motion with 7-10 screens, that's why they see a lot of zone.

Defense

- Play below the level of ball by 1 step.
- Extend arm is simple concept, but creates a lot of steals in passing lanes.
- Turn guys from Passers to Protectors!
- Do not over-extend.
- Never get split off the bounce.
- Do a lot of Disadvantage Drills- Tell defense to win.
- Great talk, rotations, send 4 to boards.
- Teach them to talk by going 5 v4 4 vs3 3 v 2
- Must put freshman at disadvantage early to make sure they understand and can't have senior always covering for them.
- Contain the ball- TRUST BEHIND YOU
- Rely on shock value of a hard close-out.
- Must make your bigs close out also- they will have to guard perimeter at some point.
- Very good at taking charges and getting weak-side blocks.
- Protect behind you.
- Been 79-3 at home the last few years.

Drills for Defense

1. **Warm-Up**
   - Jog length of court and back
   - High knees to mid-court and jog rest of way…Come back same.
   - Defensive Slide to half…turn and continue leading with other leg.
   - Cariocha to half-court and turn…
   - Back-peddle to half-court and turn and jog to baseline…repeat.
2. **Stretching Routine**
   - Flex bands on the ankles.
     a) Put band around the middle part of foot…Rotate in and out and side-to-side pulling on inside or outside of cord.
     b) Slide band to ball of foot and slightly bend knee for plantar flexion.
   - Quad Stretch on side
     a) Knees close together and pull heal into hip (both sides).
   - IT Band Stretch
     a) Laying on back put leg across knee and grab ankle and pull back.
     b) Variation…push knee forward.
   - Spinal Twist
   - Groin Stretch
     a) (Hold for 10 seconds)
   - Hip Flexor Stretch
     a) On one knee foot is flat slightly leaning forward.
   - Sumo Squat Stretch
     a) Keep feet flat on floor and take arms and push knees out wide.
   - Standing Groin Stretch
   - Calf Stretch on wall.
     a) right and left leg. Keep heal flat and leg straight.
   - Achilles Stretch
     a) Bend leg
   - Both legs back (slightly leaning forward)

3. **Partner Stretching**
   - Butterfly Stretch (partner pushes down on knees)
   - Touch Toe (push down on back)
     a) Put forehead on knee, touch toe and keep leg straight right and left legs.
     b) Both legs (push on back).
   - Hamstring Stretch on back
     a) Push on leg, keep leg straight, Keep other leg on ground.
   - Achilles Stretch on back
     a) Push toe and foot down)
   - Hip Stretch on back
     a) Push leg forward toward head
   - Rotational Groin Stretch
     a) Rotate to side (groin) then across body (hip)…

   *Start entire partner routine with other leg.

4. **Rope Jump**
   - Both feet together.
   - Side to side jump
   - Double Step (2 on right & 2 on left)
   - Speed Jump

Defensive Drills

5. **Defensive Slide Form Drill**
   - Two lines go from top of key to top of key at half speed. Get wide and do not cross feet.
   - Increase speed. (maintain proper stance)
   - Defensive slide with resistance bands.
   - Increase speed
6. **Mirror Drill (12-15 seconds)**
   - Stay low and wide
7. **Driving Line one-on-one**
   - Coach passes to wing who drives against defensive player. Pressure the ball with proper stance…attack and do not stand straight up. Bringing arm across body leaves player off balance.
8. **Speed Skater**
   - Half court line across court to sideline.
9. **Lateral Bounds**
   - On sideline from free throw to free throw. Keep square looking at other sideline…do not turn.

Reaction Drills

10. **Reaction Drill Defensive Slide**
    - Line up in a V beside 7 cones and coach yells and points sideways…Rush back to cone.
11. **Reaction Drill Hip Rotation**
    - Line up in V. Player reacts to hand signals by rotating hips left and right. Maintain proper stance…don't turn shoulders. Look straight ahead and turn hips.
12. **Reaction Drill Defensive Slide**
    - Line up in a V beside 7 cones and coach yells and points sideways…Rush back to cone.
13. **The Parapet**
    - Place two cones on half court line and two to side. Distances are varied.
    - Player Run forward and slide laterally. Keep shoulders and hips square. Can be timed or raced. Have two lines.
14. **Barbell Drill**
    - 5 cones in shape of barbell. Player alternates sprinting and sliding.
    - Can be raced if set up at both ends of court.
15. **Full-Court Defensive Zig-Zag**
    - Good warm-up drill. Talk to one another "stay on top, I got help"
16. **Full-Court Zig-Zag with ball**
    - Keep hands off and play with feet. Have two lines.

17. **Six-Point Contesting (without ball)**
    - Wing Denial
    - Stance (when man gets ball)
    - Post Defense (when offensive player goes inside)
    - Help and Recover
    - Deny Flash Pivot
    - Skip and Closeout
    - Do this at each goal.
18. **Help and Recover Progression Drill**
    - Coach points to cone and close out to that man.
    - Have 4 reaction cones (2 wing and 2 guard)
    - Player closes out…comes back to middle…closes out…sprints to half court.
19. **Help and Recover in Transition**
    - Begin at half court…sprint down and then same drill.
    - Can be split on both ends of court.

20. **Attack the Shooter Box-out Drill (no ball)**
    - Shooter goes around 3-point line shooting…Player closes or attacks shooter, boxes him out, then crashes the boards.
    - Put a hand up, block him out, go to the boards.

Defensive Contests and Slides

21. **Defensive Contest & Slides one-on-Zero (without ball)**
    - Players imagine they have a teammate on ball and talk to them.
22. **Defensive Slides Two-on-Zero (without Ball)**
    - Practice how to go from ball side (helping out)…Move as ball moves.
23. **Defensive Slides Three on Zero (without ball)**
    - Do for 10-15 seconds)…Talk…
24. **Defensive Contest & Slides One on One (with ball)…**
    - Player contests for 10-15 seconds then pass it and shoot.

25. **Agility Shuttle Cone Touch**
    - Four cones in square…Players face each other…Sprint to 3-point line and touch cone…Sprint back to center court cones and touch…then sprint back to finish at 3-point line.
    - Can be raced.
26. **Agility Shuttle Around the Cones**
    - Same drill except retreat around cones (transition defense)
27. **Backward Hip Skips and Hop**
    - Skip back right-left-right and squat on the 3rd.
    - Do over half court or full court or number of reps.
    - Shoulders square, knees high as hips rotate backwards.
28. **Speed Skater Sprints**
    - Half court or full court.
    - Stay low while driving and rotating hips aggressively.
    - Do speed skater to side then turn and sprint.
29. **Whistle Slide Drill**
    - Slide laterally and at whistle break forward to a line (distance varies)…Back peddle back to original line.
    - Each time the whistle is blown player repeats forward and backward action until distance is completed.
30. **Hip Rotational Pull Through**
    - Stand off wall and rotate inside knee toward the wall. Push other leg with a one legged squat.
    - Can be used during warm-up.
31. **Wall Sits**
    - Lateral Wall Sit (both sides)…15-30 seconds and up.
    - Traditional Wall Sit (1 minute to 2 minutes).

Ernie Kent Continuity Motion and Quick Hitters

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Continuity Motion

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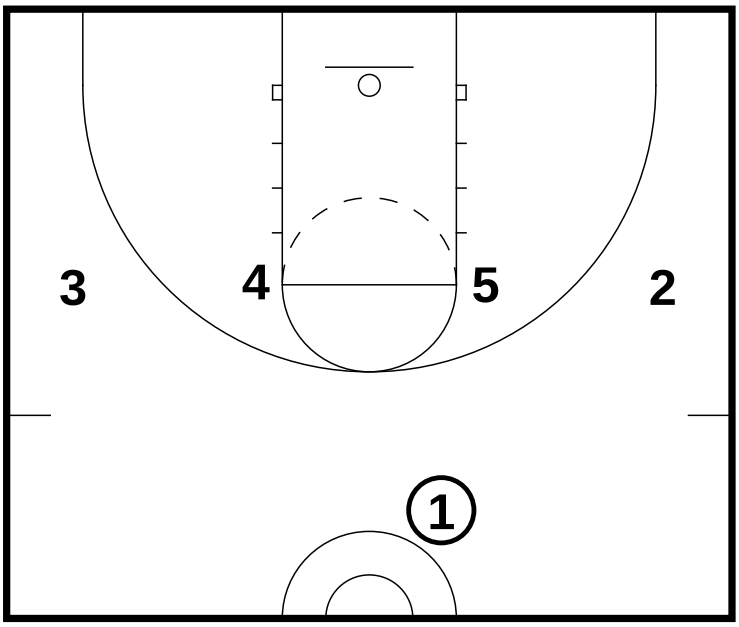
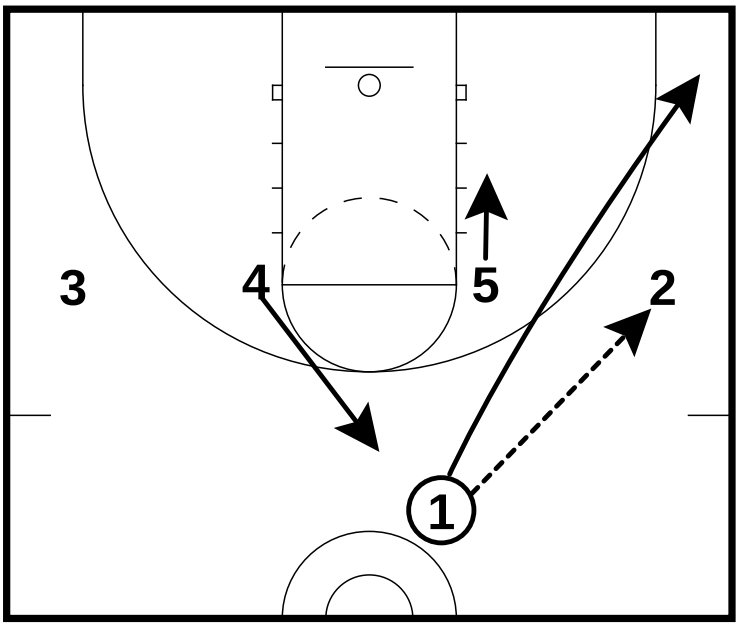
Continuity Motion

Warrior Continuity Offense



- Guards positions are interchangable
- Post positions are interchangable
- Offense can start from a box formation, 1-4 high formation or be used as a secondary break

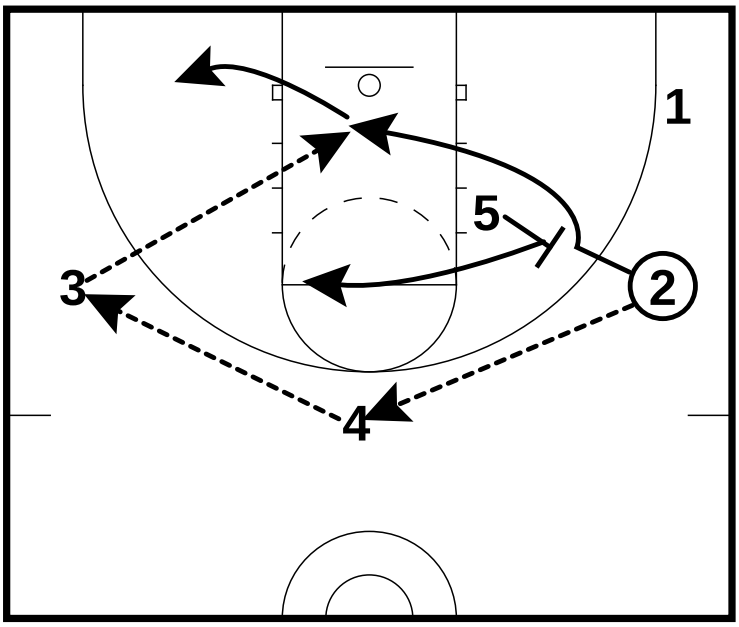


- 1 passes to a wing and then cuts to the ball side corner
- Opposite post player steps out for a ball reversal and swings the ball to the other wing

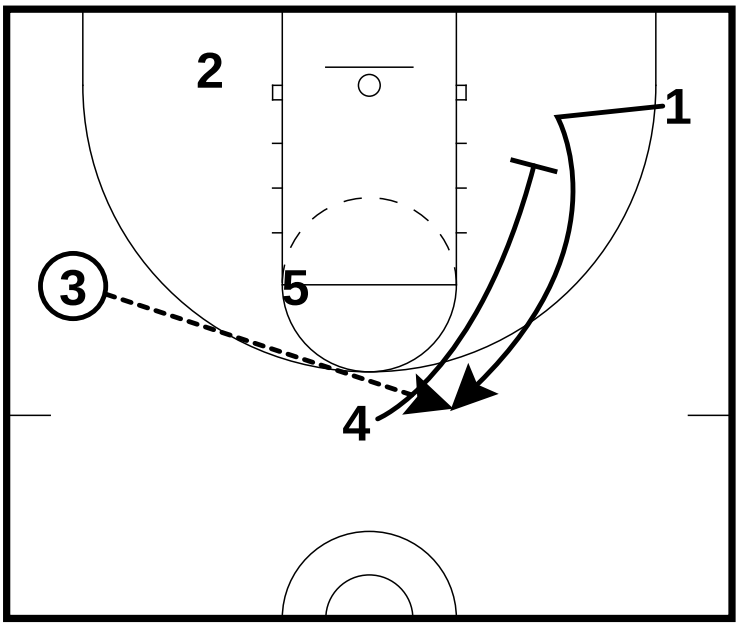
All Contents Proprietary

Continuity Motion

Warrior Continuity Offense



- Once the ball is reversd to 3, 5 sets a shuffle screen for 2
- If 2 does not get the pass from 3, he continues to the ball side short corner
- It is important that the shuffle cutter times his cut so
- After 5 sets the shuffle screen he flashes to the ball side elbow

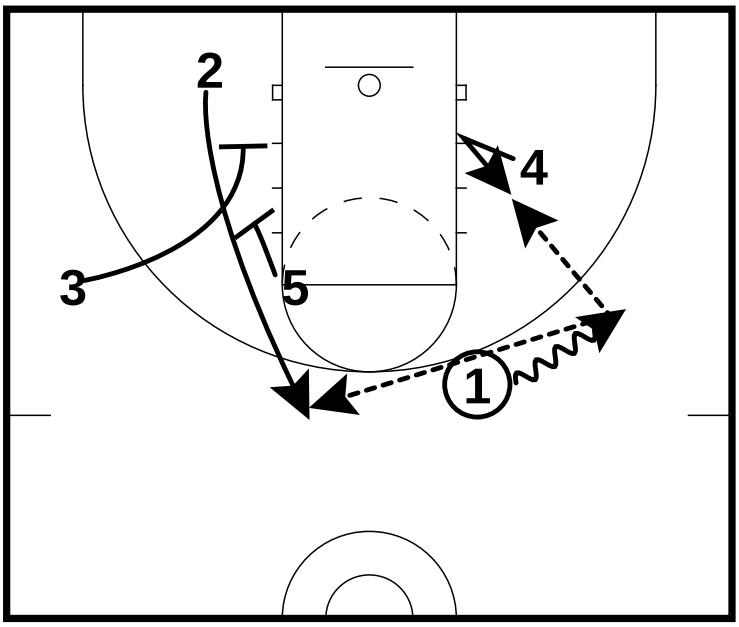


- 4 sets a single screen for 1 to pop to the key for a jumper

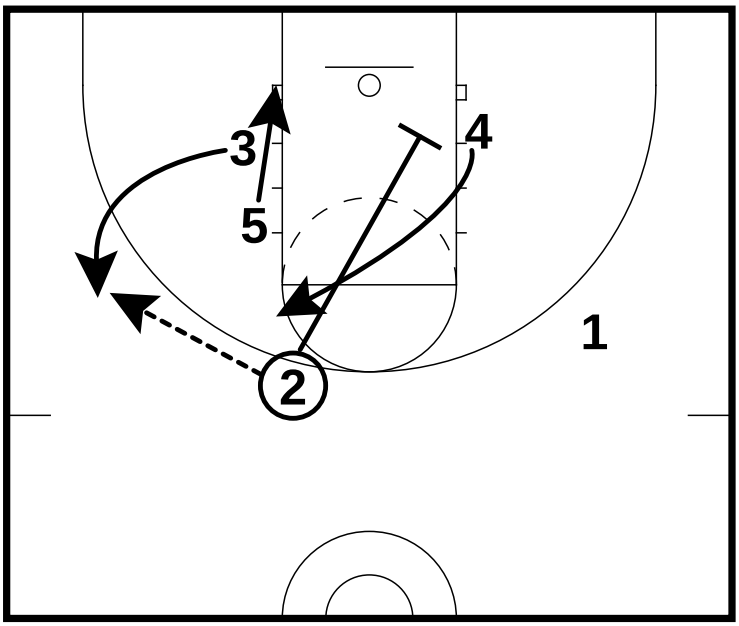
All Contents Proprietary

Continuity Motion

Warrior Continuity Offense



- Immediately after setting the signle screen, 4 posts up
- 1 takes 1 dribble to the wing to keep a passing angle. 1 does not want to pick up dribble
- 3 and 5 set single screens for 2 to cut to they key for a jumper. The perimeter goes first to set the screen and the post cleans up the defender with the second single screen

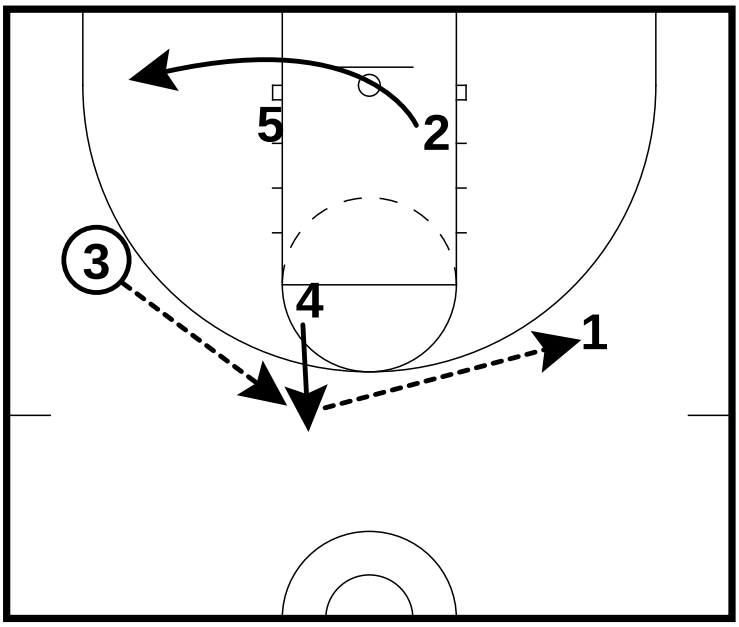


- 3 pops to the wing and 5 dives to the block
- 2 passes to 3 and then down screens for 4 to pop to the high post

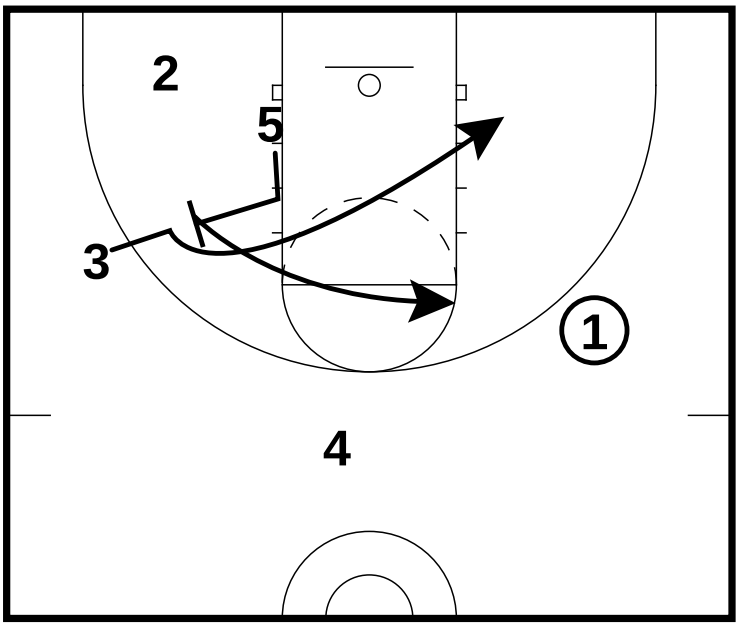
All Contents Proprietary

Continuity Motion

Warrior Continuity Offense



- 2 immediately cuts the ball side short corner
- 4 steps out for a ball reversal

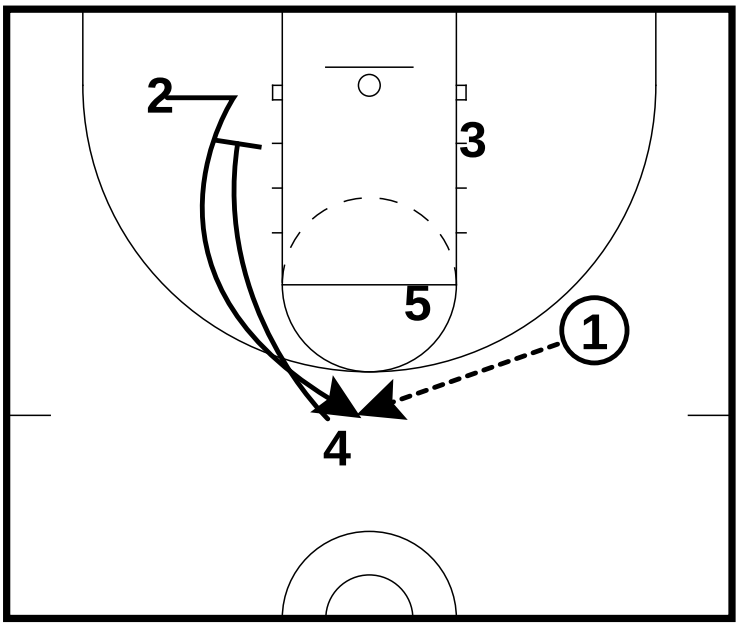


- The continuity continues with the shuffle cut
- 5 flashes to the ball side elbow

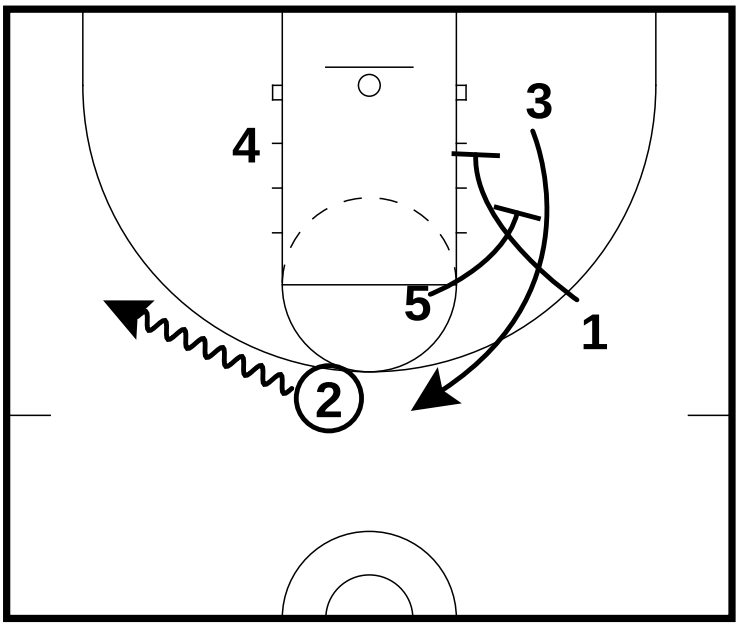
All Contents Proprietary

Continuity Motion

Warrior Continuity Offense



- 4 sets a single screen for 2 to cut the key for a jumper



- 4 posts up hard
- 2 uses dribble to create passing lane to 4
- 1 sets a single screen for 3
- 5 sets another single screen for 3

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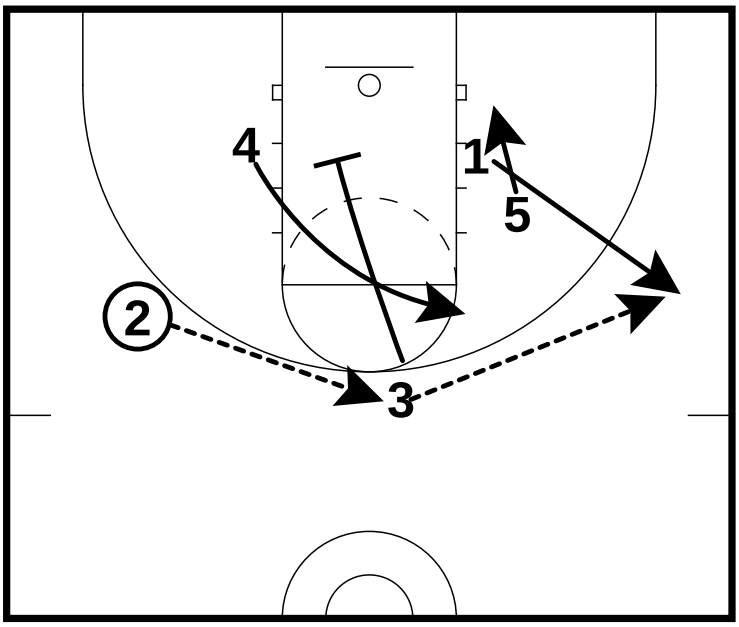
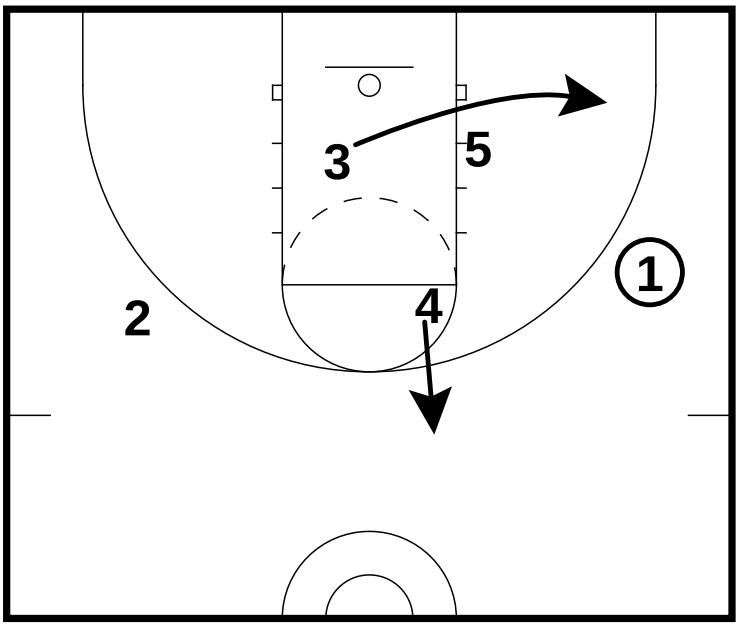
Continuity Motion

Warrior Continuity Offense



- Ball gets reversed to 1
- 5 cuts to the block and 3 sets a single for 4 to cut to the high post



- Continuity continues

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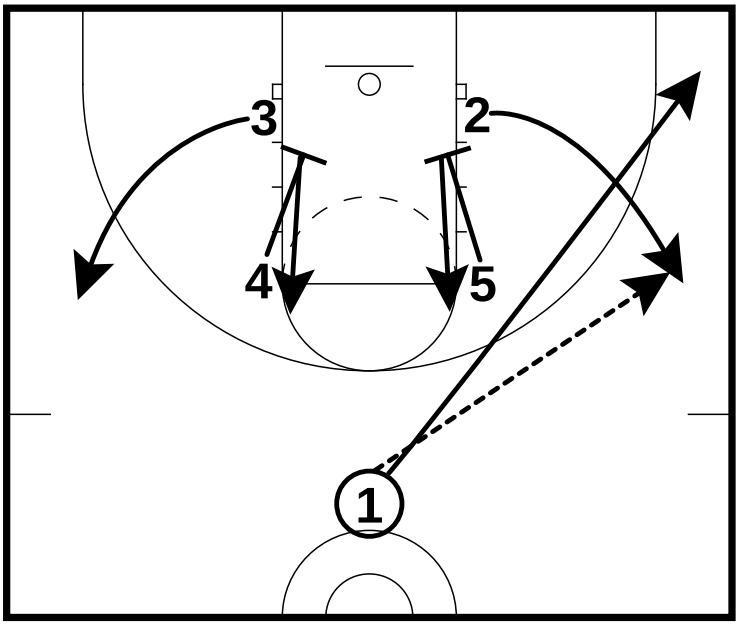
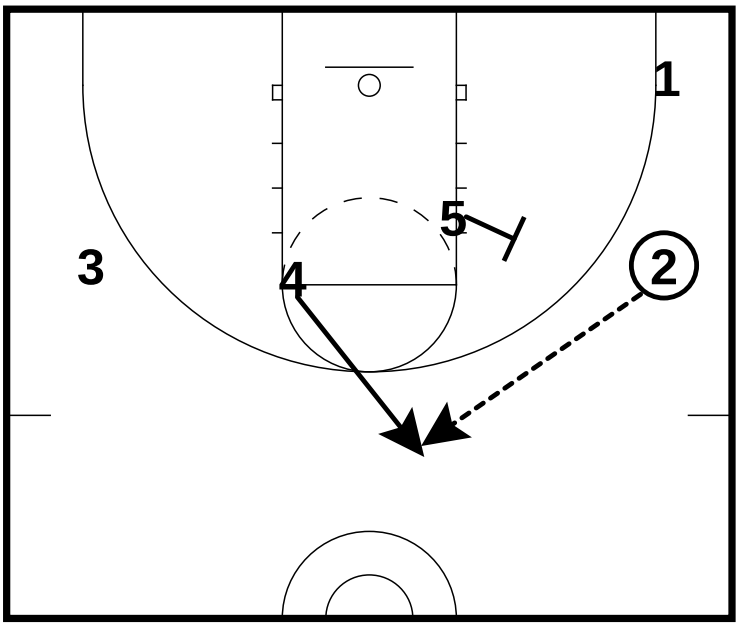
Continuity Motion

Warrior Adjustments



- Offense can start from a box formation
- Post players down screen for the wings and then pop back to the high post



- Now you are in the Warrior continuity offense

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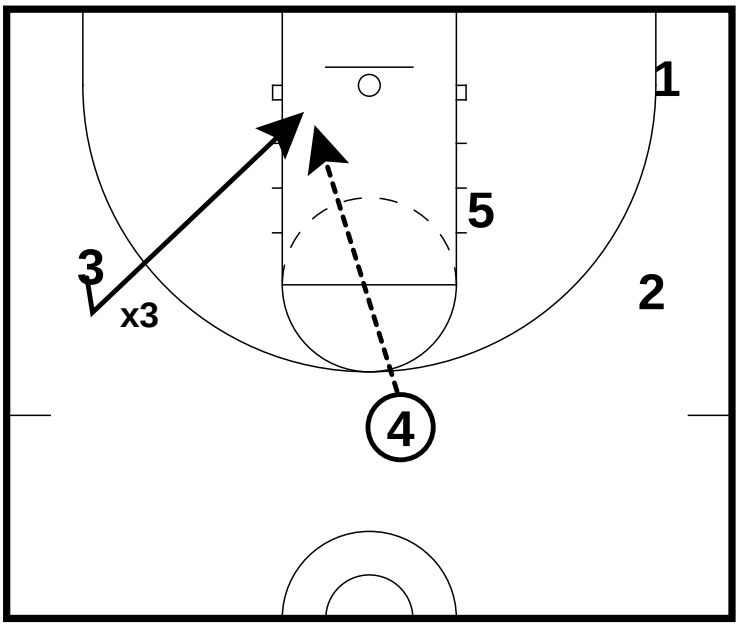
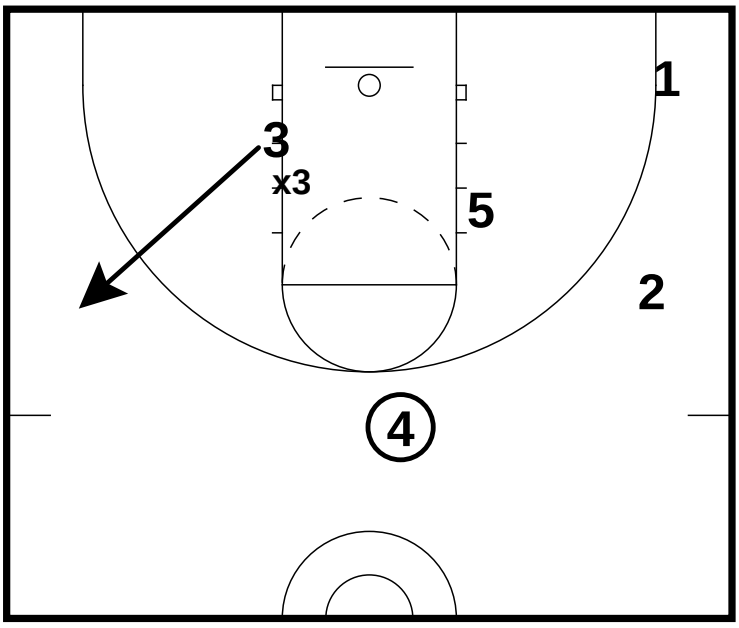
Continuity Motion

Warrior Adjustments



- If a defender tries to deny the pass to 3, he should look to back cut



- If he does not get the pass, he pops back out to the wing

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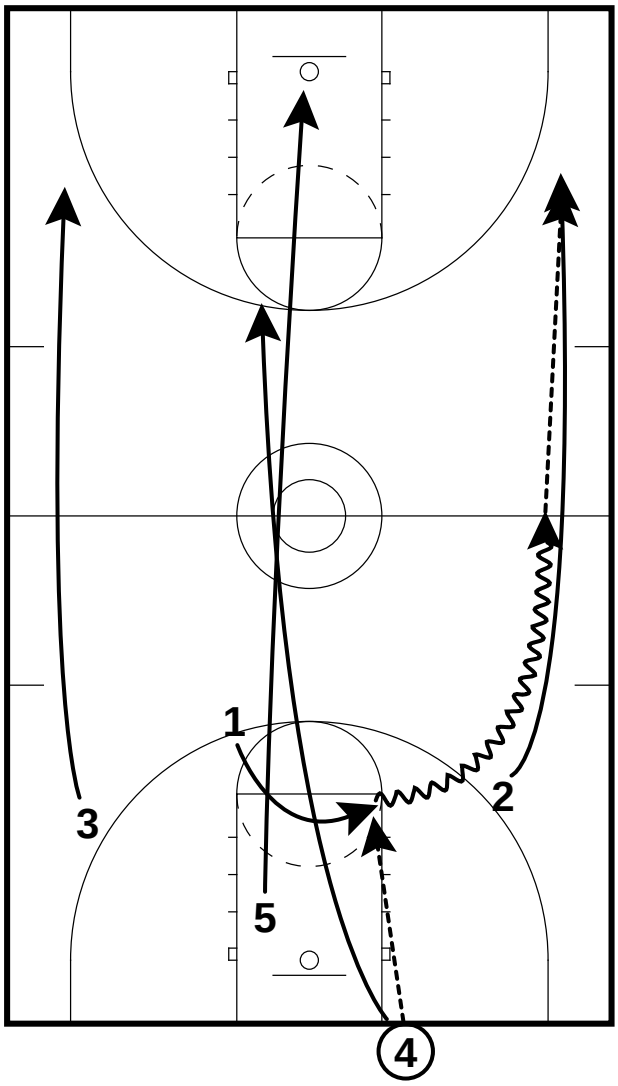
Continuity Motion

Warrior out of Transition



- Wings get wide and sprint to free throw line extended
- 1 gets inbounds pass and gets the ball up the sideline as fast as possible (with dribble or pass)
- 1st post player down gets to ball side block
- 2nd post player is the trailer

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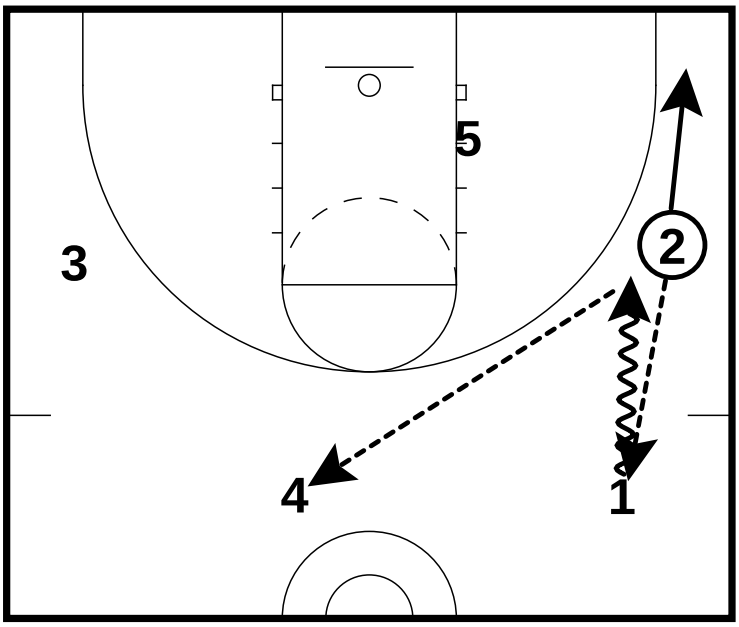
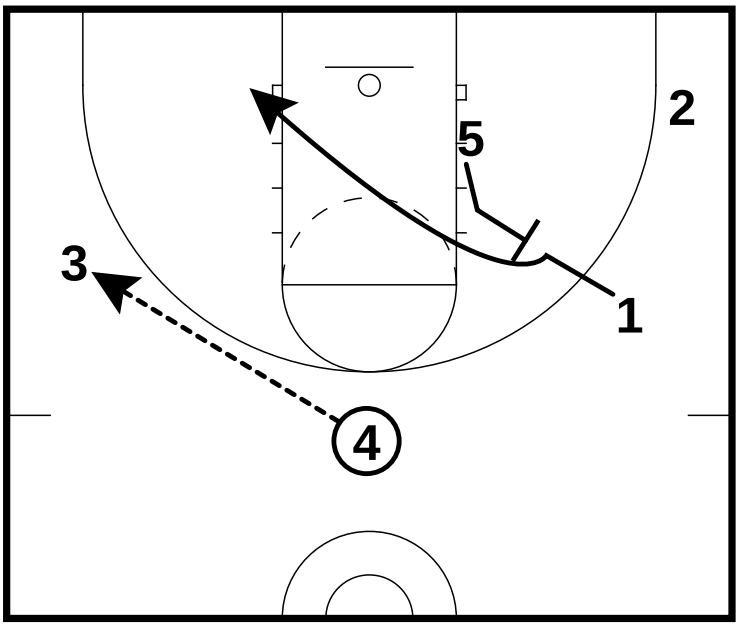
Continuity Motion

Warrior out of Transition



- If no post up is available, ball is passed back to 1
- 1 dribbles at 2 to push him to the corner and then reverses the ball to the post trailer



- Ball gets passed to the wing
- 5 sets a shuffle cut and you are now in your Warrior continuity offense

All Contents Proprietary

Man Quick Hitters

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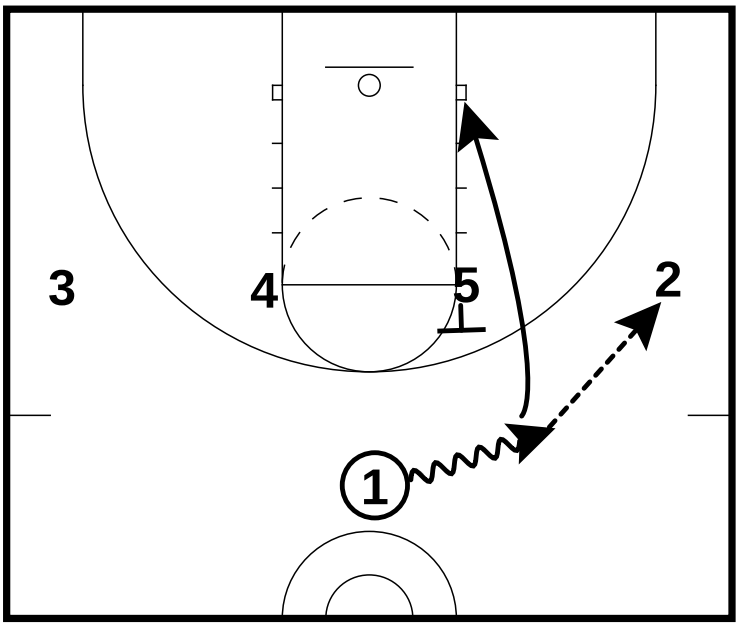
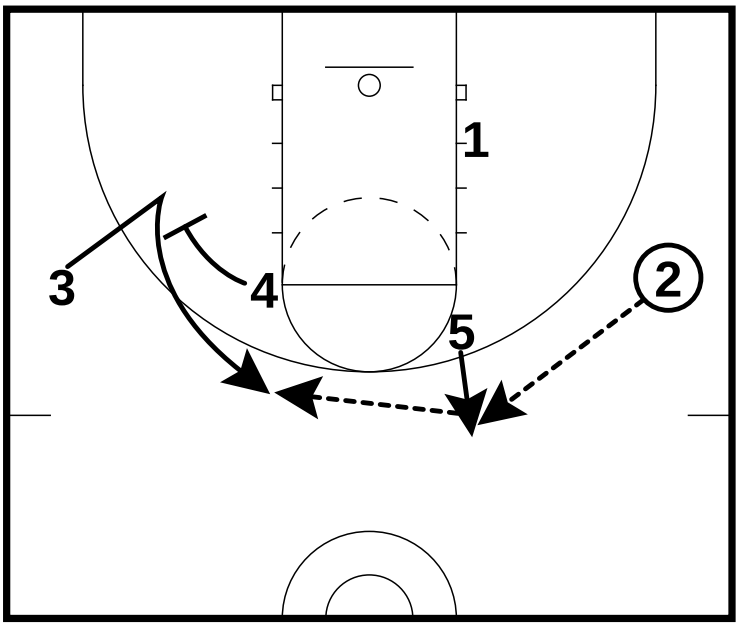
Man Quick Hitters

Quick Hitter "1"



- 1 passes to 2 and then UCLA cuts to the block to post up

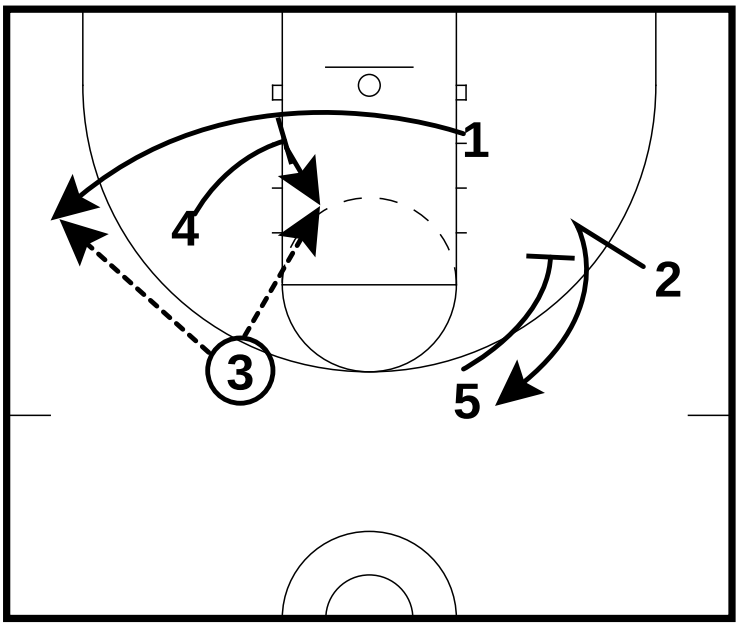


- 5 steps out for a ball reversal
- 4 sets a single screen for 3 to get a jump shot

All Contents Proprietary

Man Quick Hitters

Quick Hitter "1"

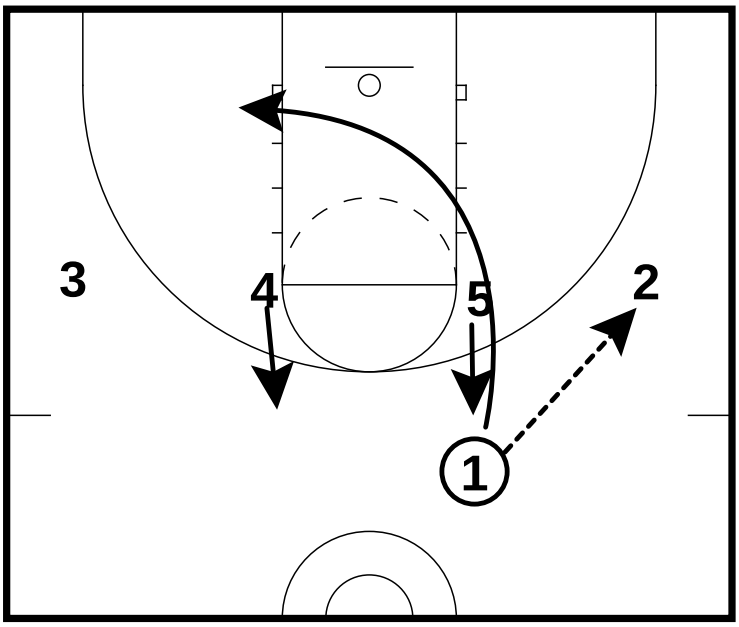


- 4 then sets a single screen for 1 to pop to the wing for a jump shot
- 4 immediately posts up after setting the screen
- 5 sets a single screen for 2

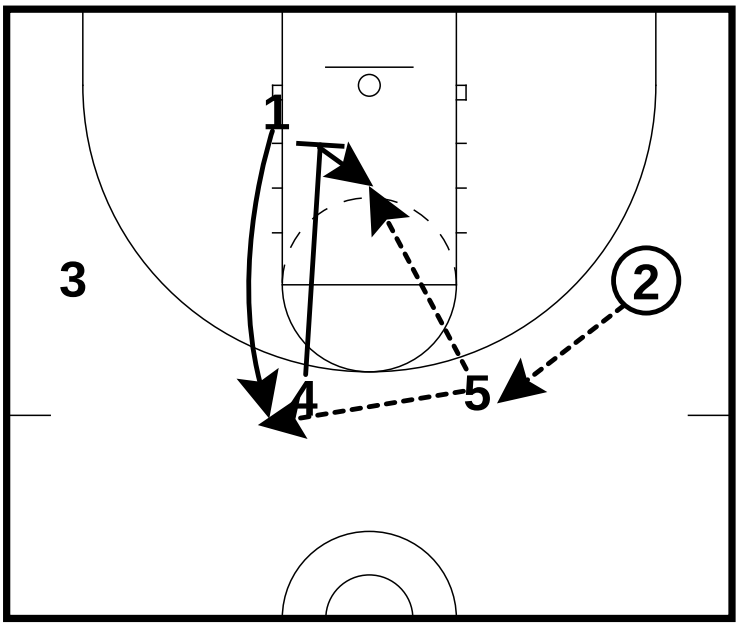
All Contents Proprietary

Man Quick Hitters

Quick Hitter "1 Down"



- 1 passes to the wing and cuts off of 5 and goes to the opposite block
- 5 steps out for ball reversal

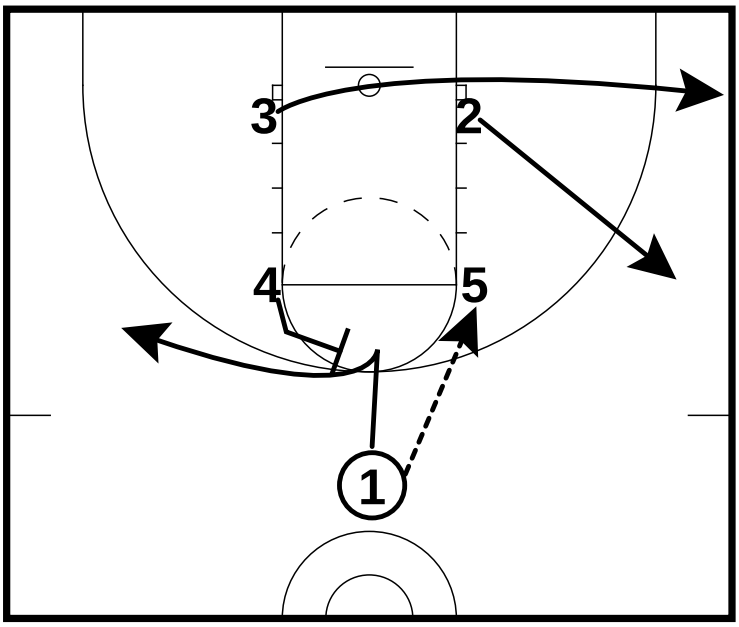


- 2 reverses the ball to 5
- 4 sets a single screen for 1
- 4 immediately posts up

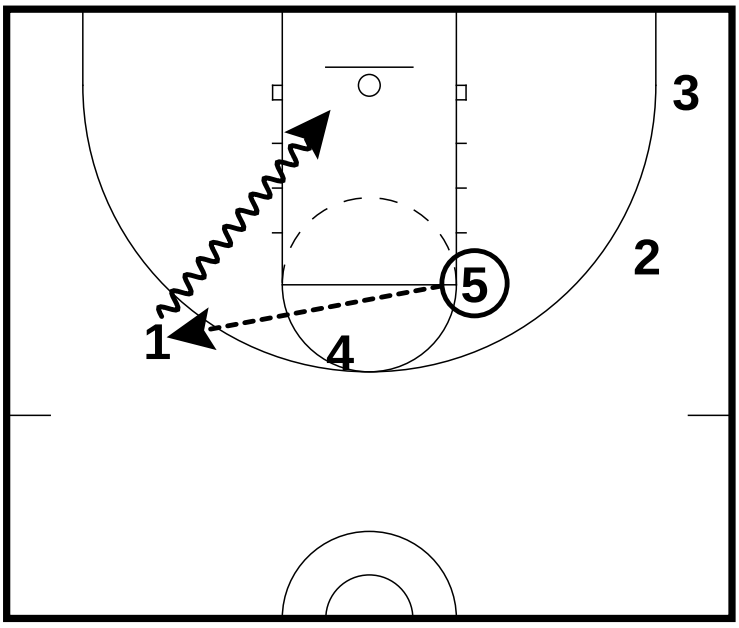
All Contents Proprietary

Man Quick Hitters

Quick Hitter "2"



- Out of a box formation, 2 cuts the wing
- 3 clears to the corner
- 5 receives the pass
- 4 sets a flare screen for 1



- 1 can shoot the jumper, curl off of the screen or drive to the basket

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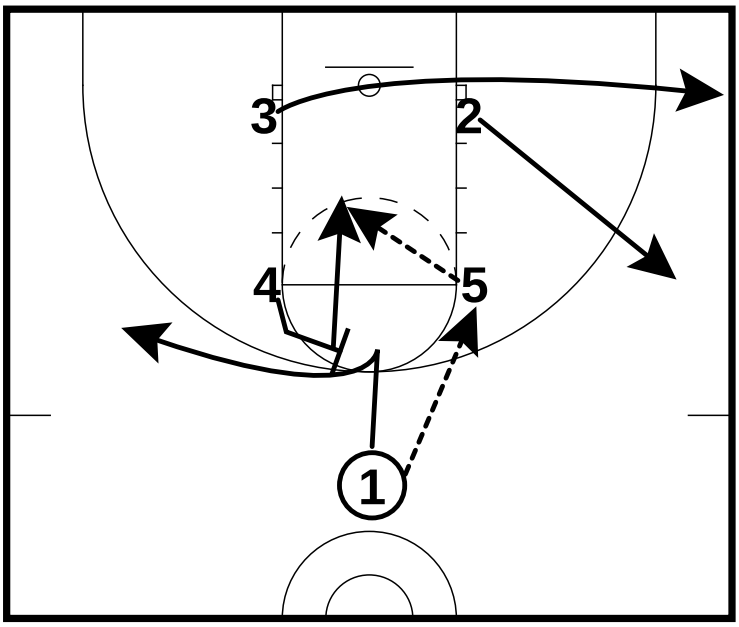
Man Quick Hitters

Quick Hitter "2"

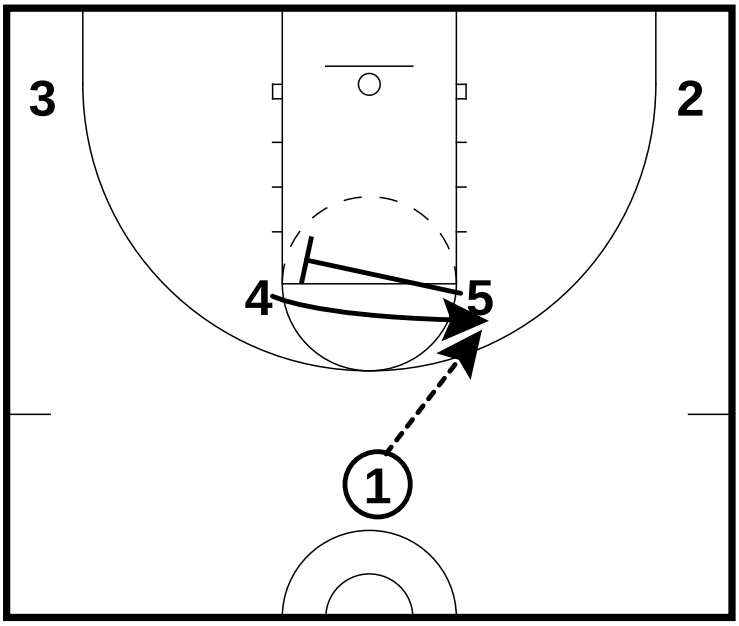


- If 4's defender starts to help on the flare screen, 4 should slip to the basket

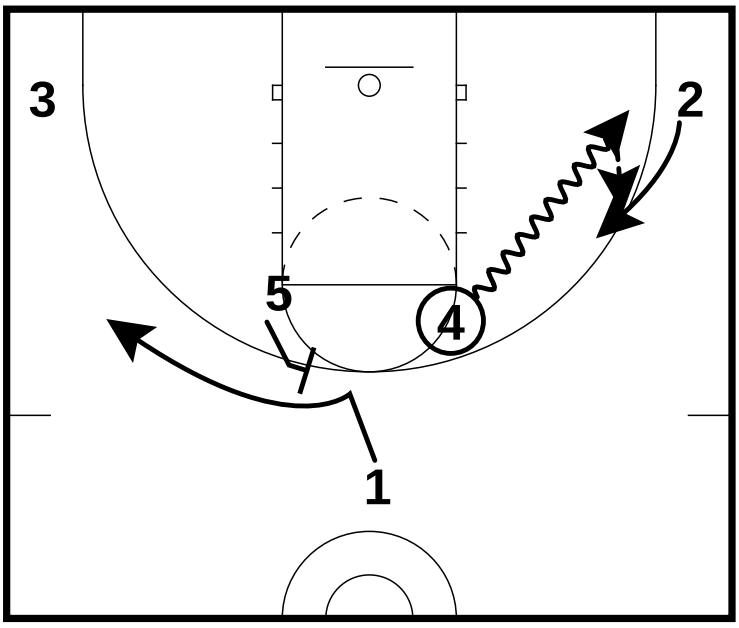
All Contents Proprietary

Man Quick Hitters

Quick Hitter "2 Down"



- 5 screens for 4 to receive the ball from 1

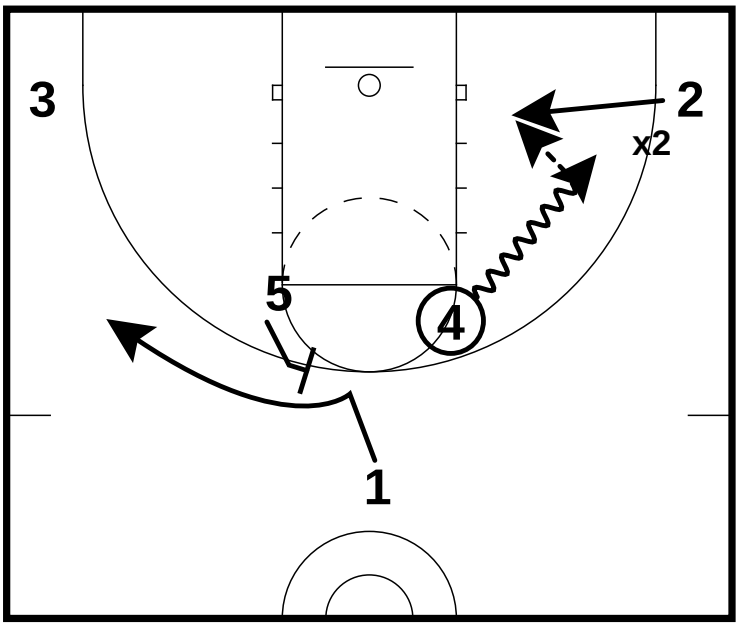


- 4 ball fakes the skip to 1 on the flare screen
- 4 dribbles at 2 in the corner
- If 2's defender sags off he gets a dribble hand-off for a jumper

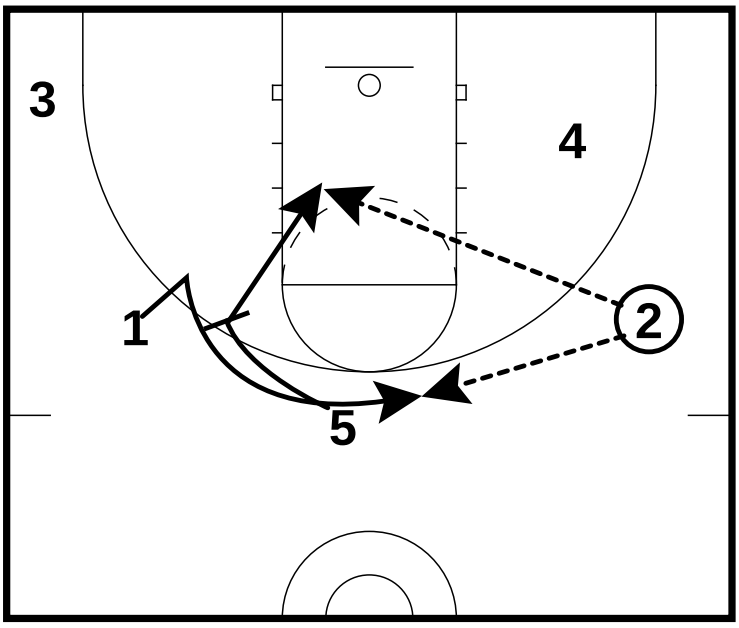
All Contents Proprietary

Man Quick Hitters

Quick Hitter "2 Down"



- If 2's defender tries to deny, 2 back cuts to the basket

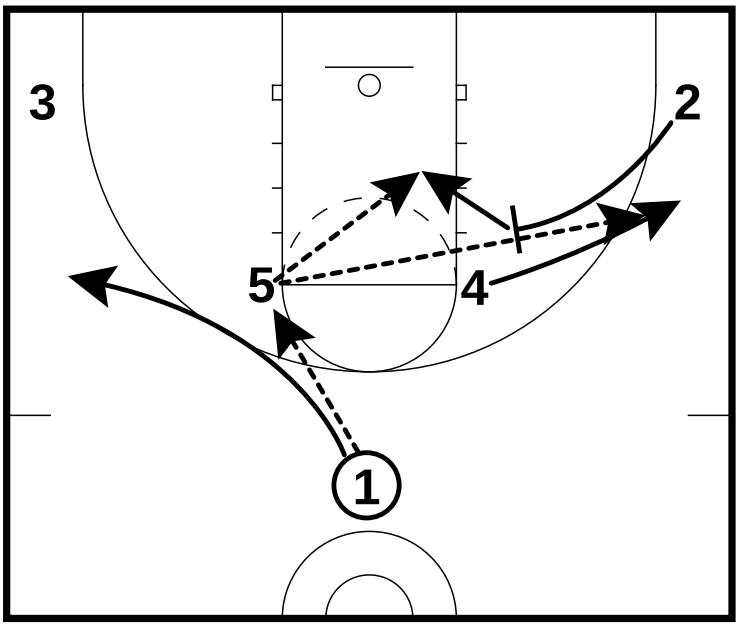


- If 2 does not have a jump shot, he looks for 1 coming off of a single screen from 5

All Contents Proprietary

Man Quick Hitters

Quick Hitter "4 Side"

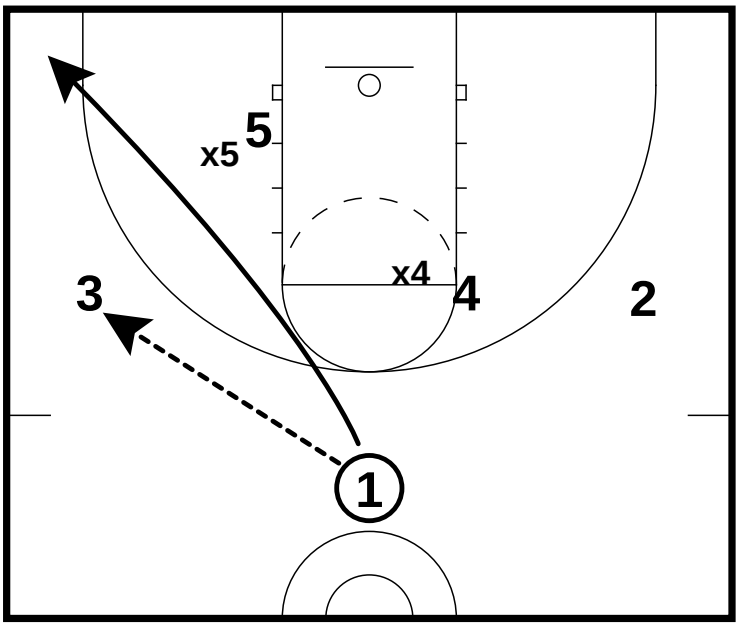


- Ball is entered to 5
- 2 sets a back screen for 4 to get a pass from 5 for a 3
- 2 looks to slip if his man helps on the flare

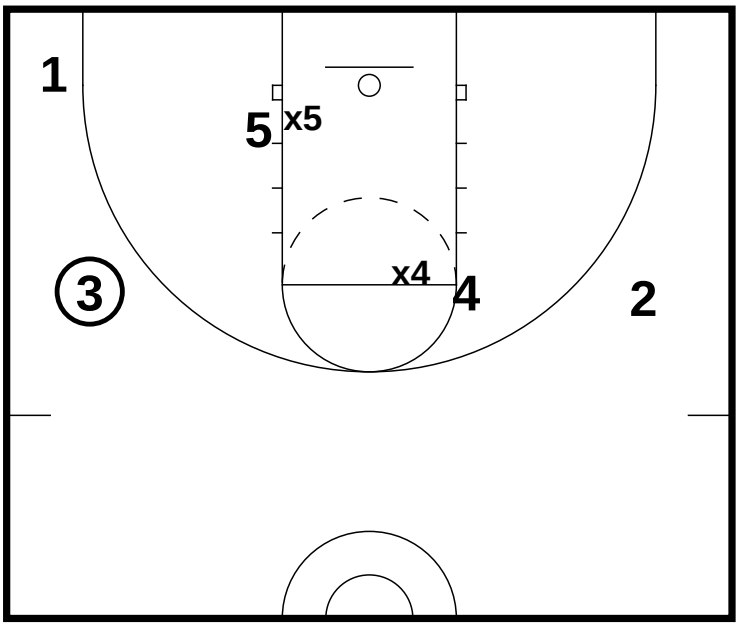
All Contents Proprietary

Man Quick Hitters

Quick Hitter "C"



- 1st look is to the post
- If 5 is fronted, look for the lob over the top

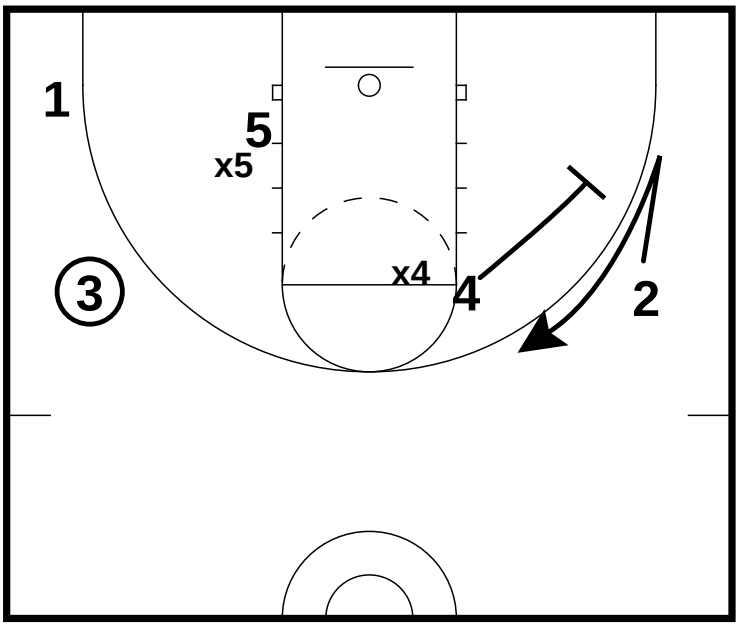


- If X5 is playing directly behind 5, make a direct pass to the post

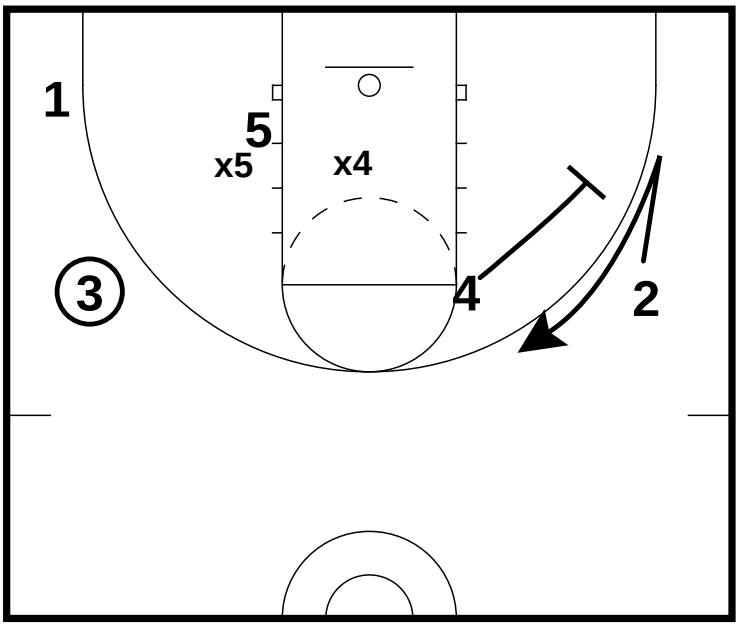
All Contents Proprietary

Man Quick Hitters

Quick Hitter "C"



- 2nd option is 2 coming off a single screen from 4



- If X4 is sagging to help on 5, there will be no help over the top for 2 coming off the screen

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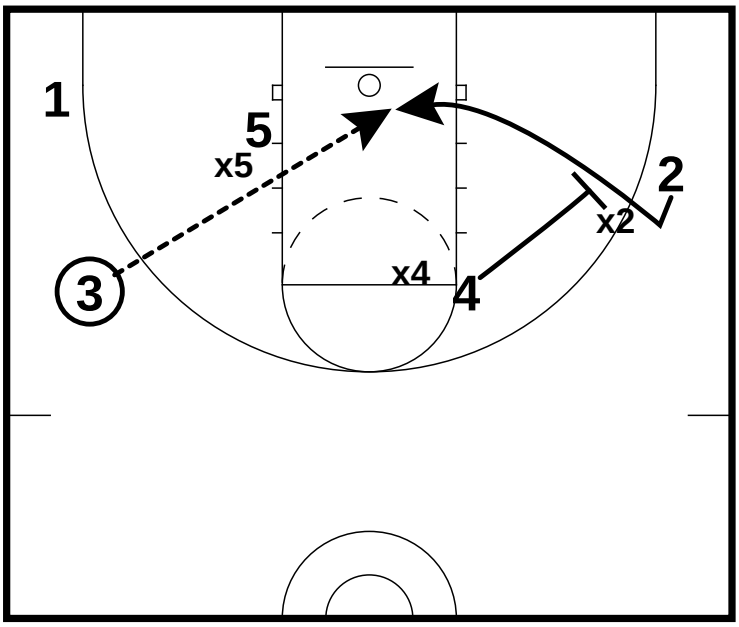
Man Quick Hitters

Quick Hitter "C"



- If X2 is overplaying the screen, 2 should back door cut for the lob

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Quick Hitter "Stack" 30

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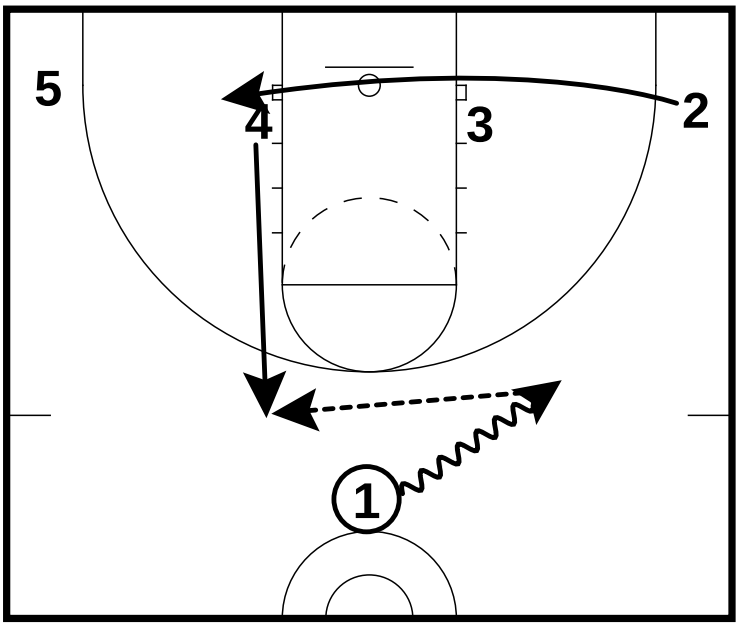
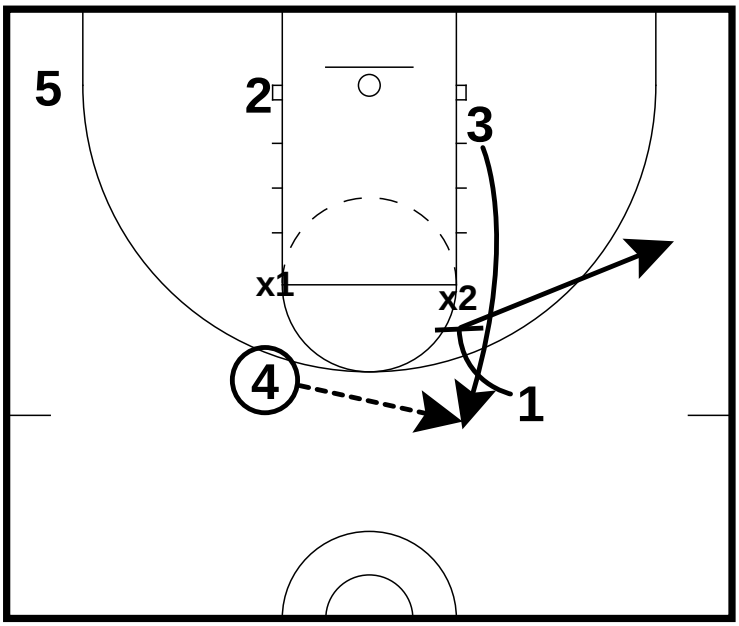
Zone Quick Hitters

Quick Hitter "3 Up"



- 1 dribbles at 3's side
- 4 flashes to the key to receive pass from 1
- 2 cuts to the ball side block



- 1 screens the top of the zone for 3 to cut to the key
- 1 clears to the wing

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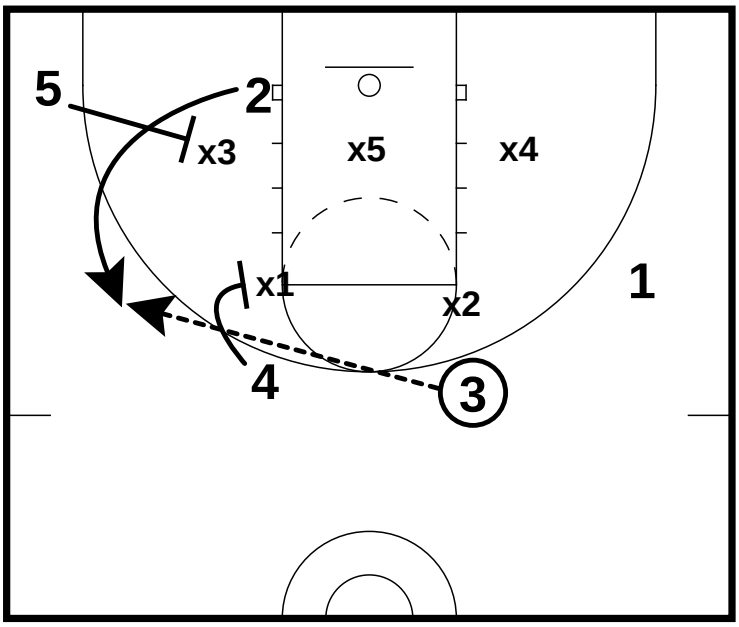
Zone Quick Hitters

Quick Hitter "3 Up"

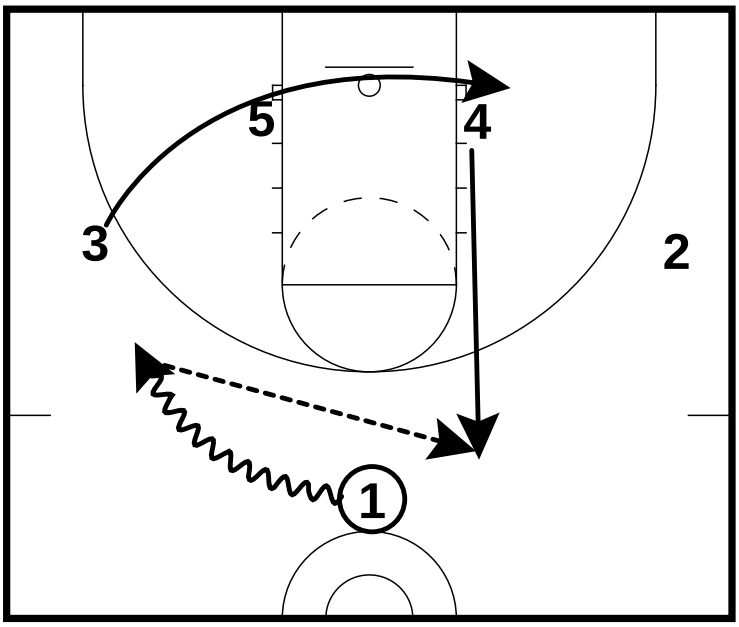


- 4 and 5 screen the zone for 2 to get a jumper

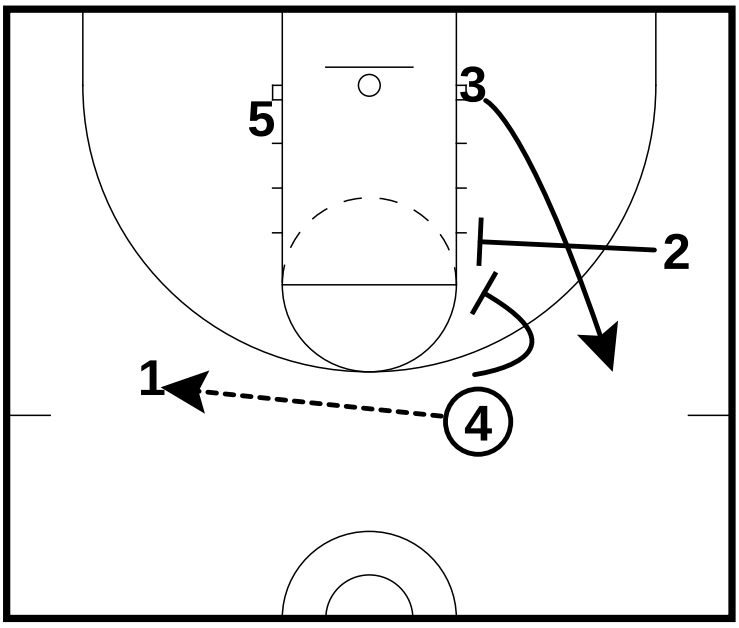
All Contents Proprietary

Zone Quick Hitters

Quick Hitter "3"



- 1 dribbles at 3
- 3 cuts through to the opposite block
- 5 posts up hard
- 4 flashes high to receive pass from 1

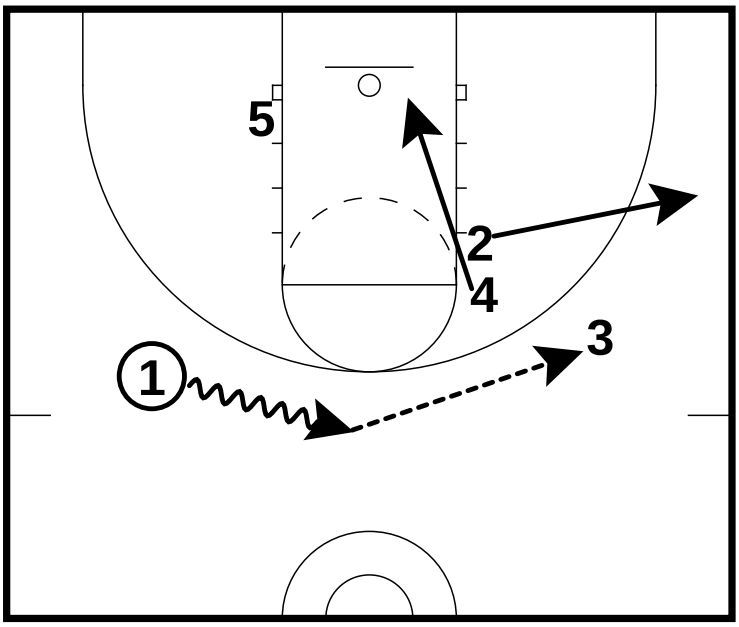


- Ball gets passed back to 1
- 2 and 4 screen the top of the zone for 3 to cut to the wing

All Contents Proprietary

Zone Quick Hitters

Quick Hitter "3"

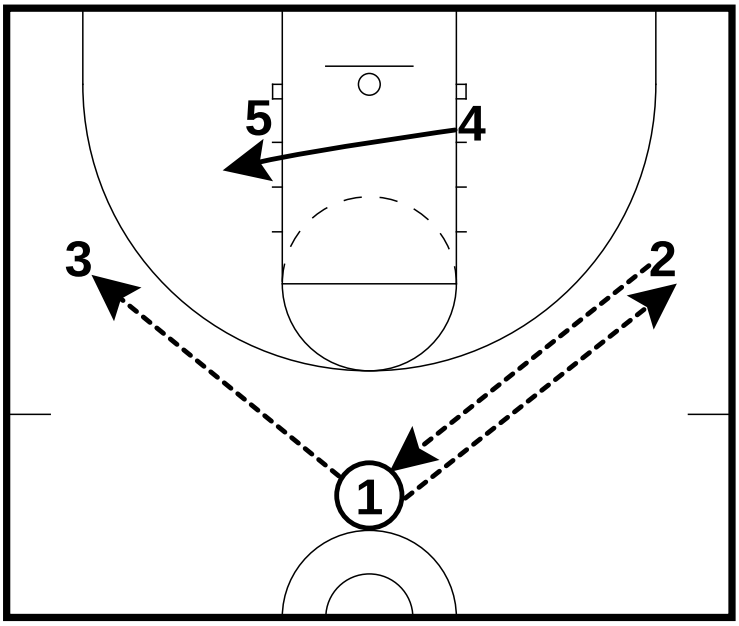


- 1 looks to 3 for a 3 point shot

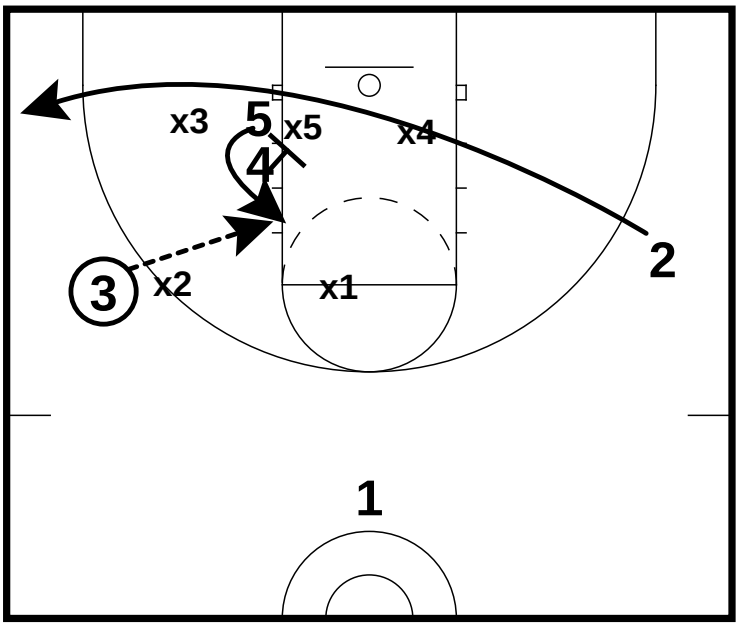
All Contents Proprietary

Zone Quick Hitters

Quick Hitter "Stack"

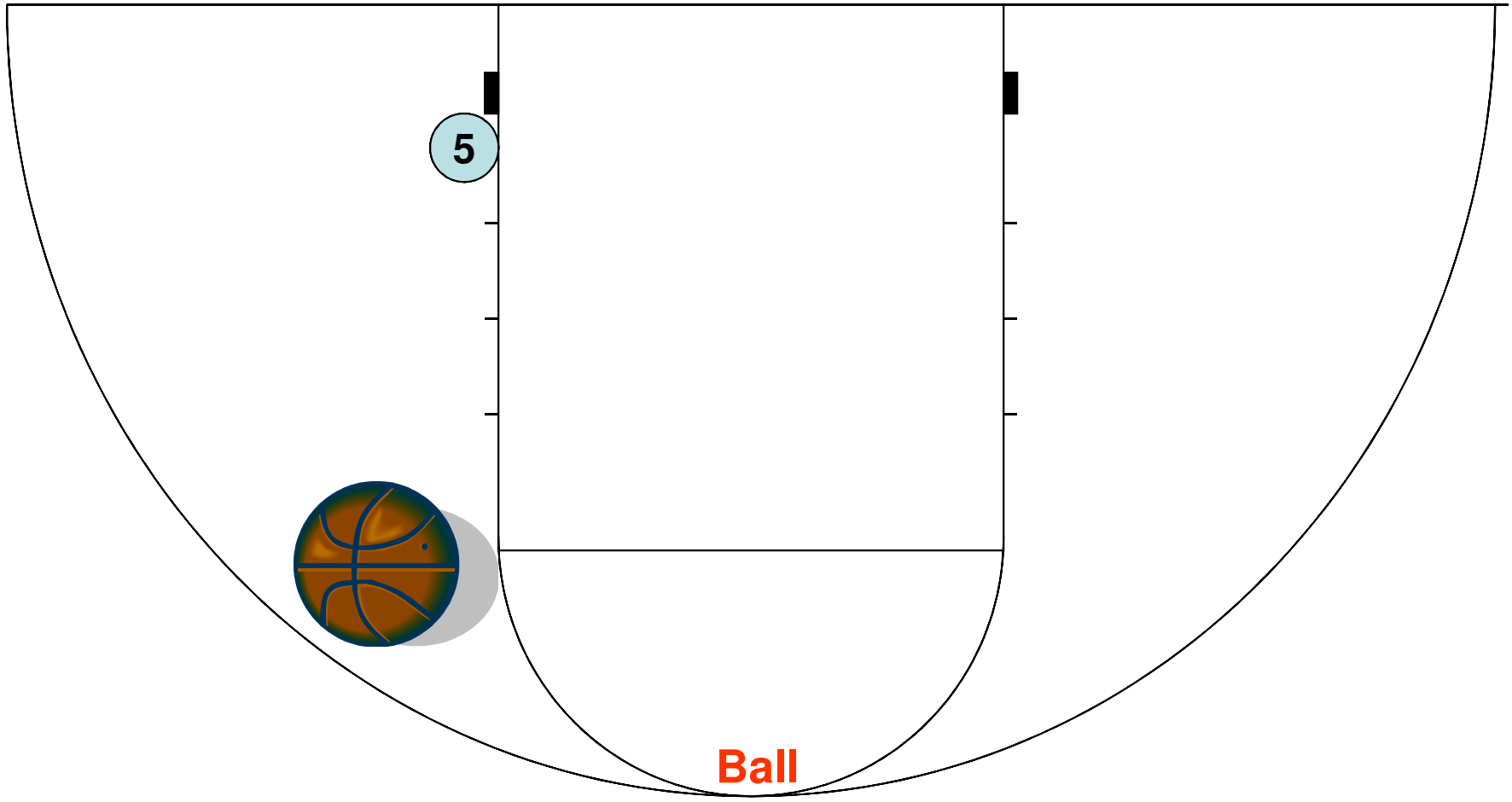


- Ball gets passed to the shooter and then passed back to the top
- 1 passes to 3
- 4 cuts to 5's side to make a small stack



- 2 cuts to the ball side corner
- 4 screens X5 for 5 to post up and receive pass from 3

All Contents Proprietary



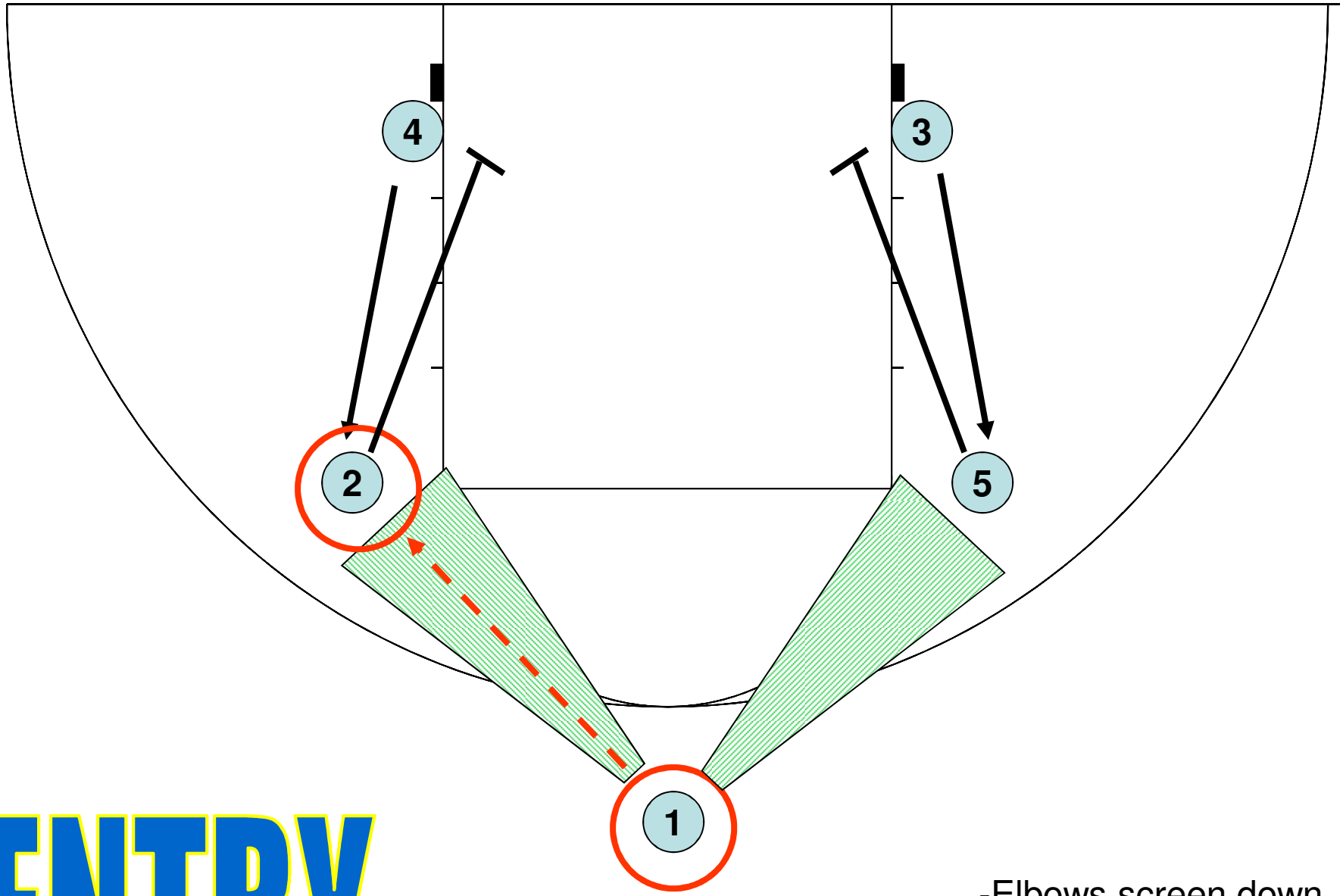
Ball

-Elbow to Elbow

FLEX

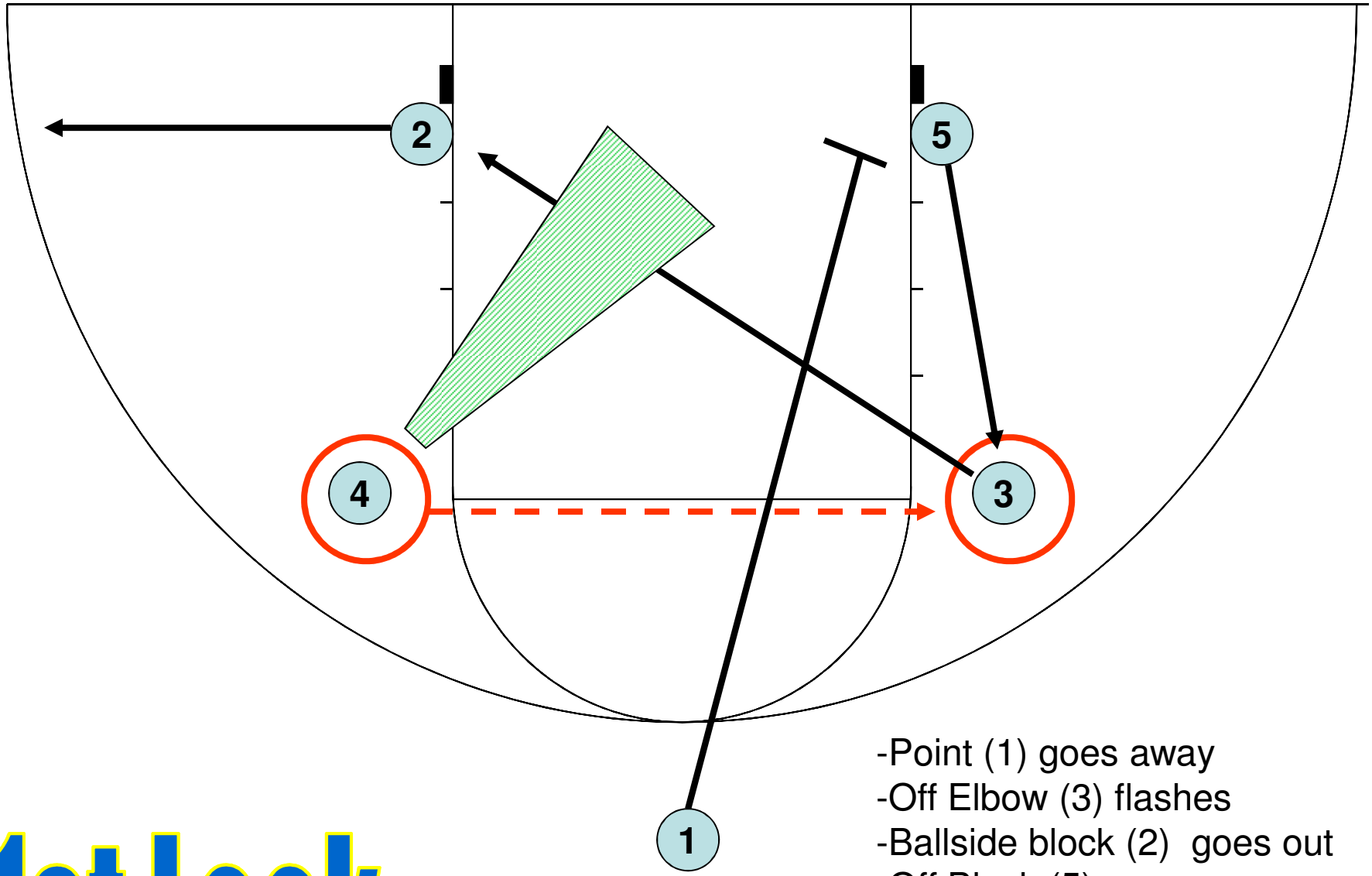
Players

-Up, Down, Out, Across



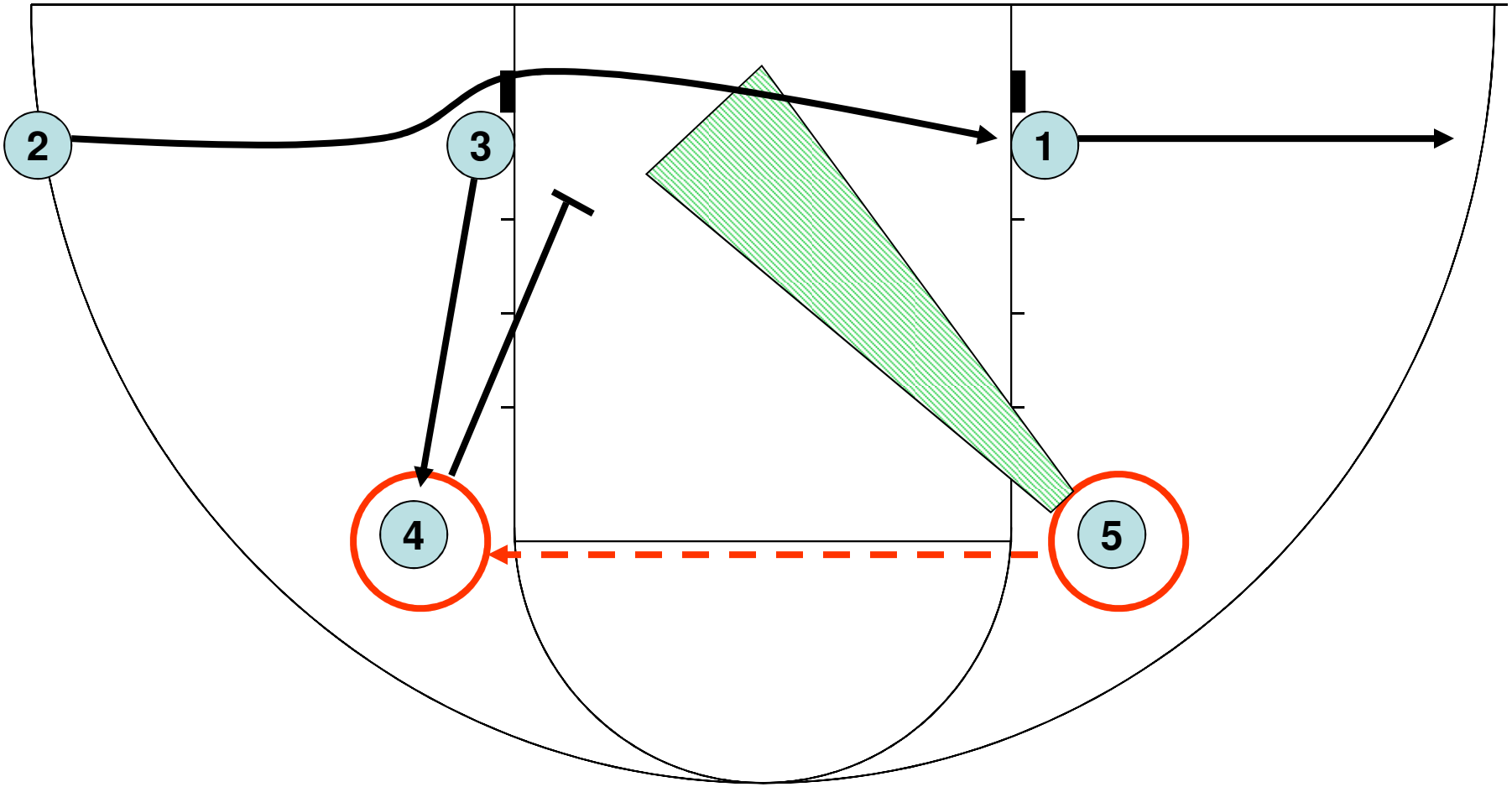
ENTRY

-Elbows screen down
-Blocks sprint up
-Entry either side



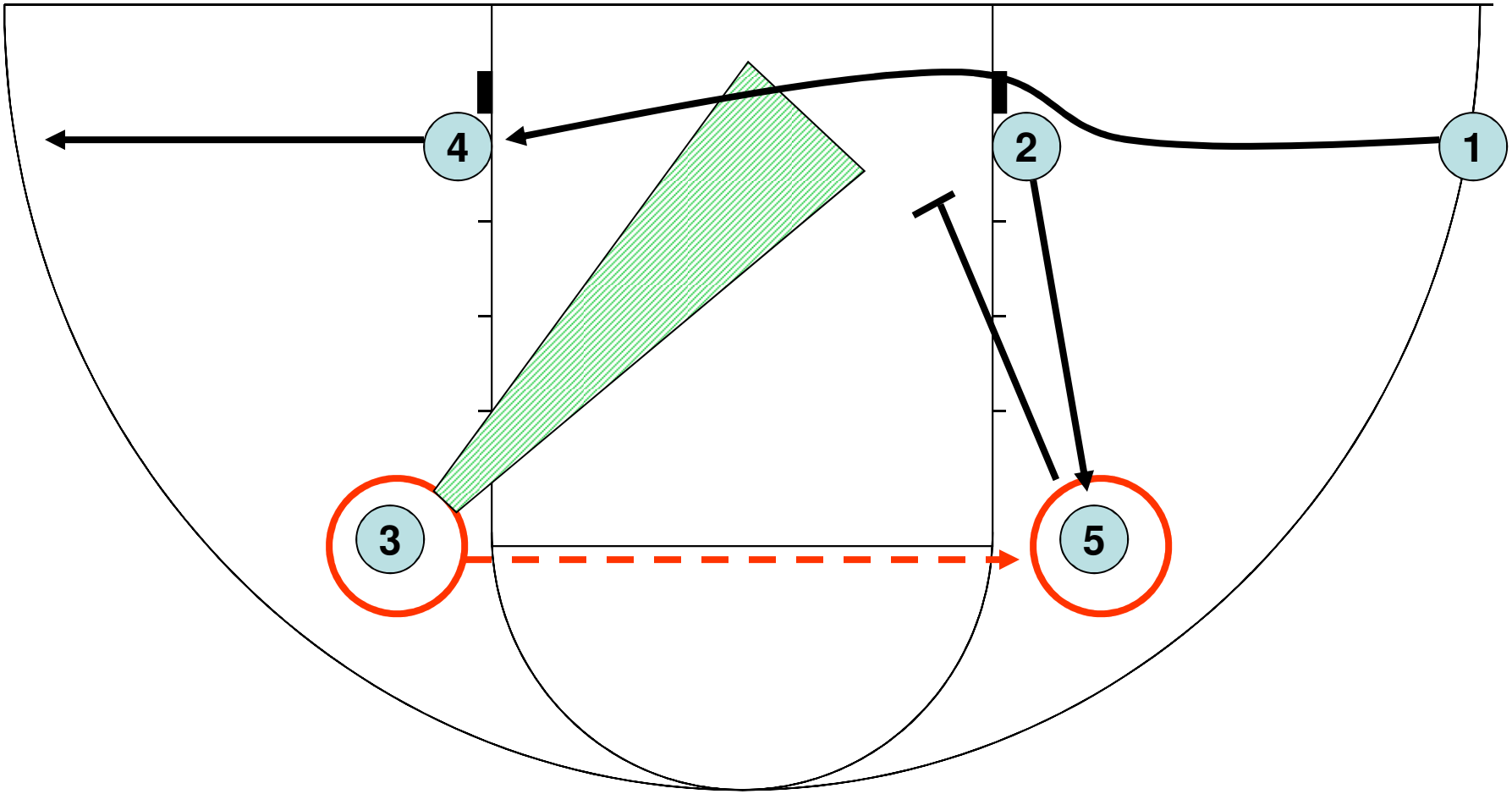
1st Look

-Point (1) goes away
-Off Elbow (3) flashes
-Ballside block (2) goes out
-Off Block (5) goes up



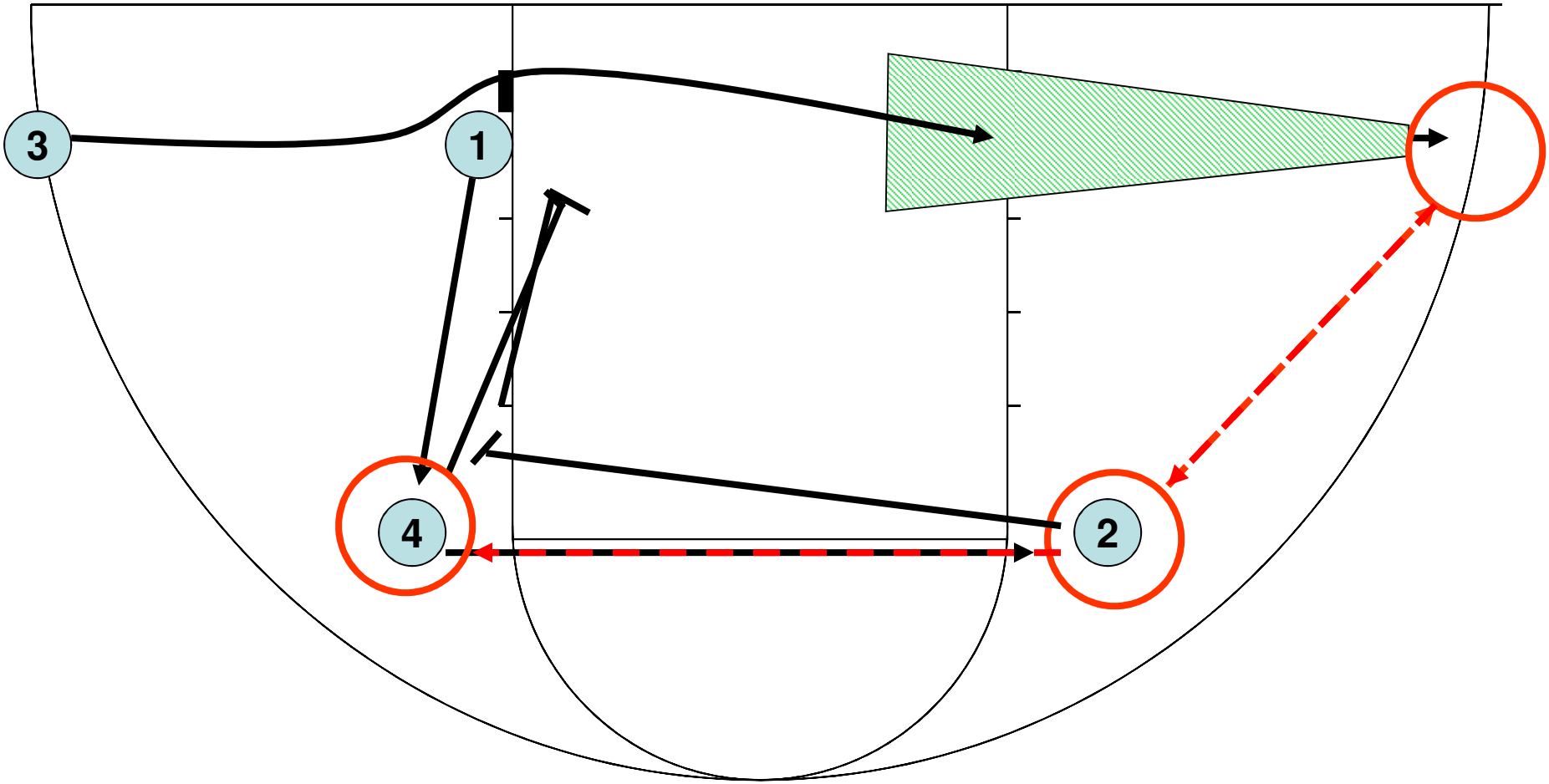
Cutter

-Ballside block (1) goes out
-Off Elbow (4) picks down
-Off Block (3) picks & goes up
-Off Corner (2) goes across



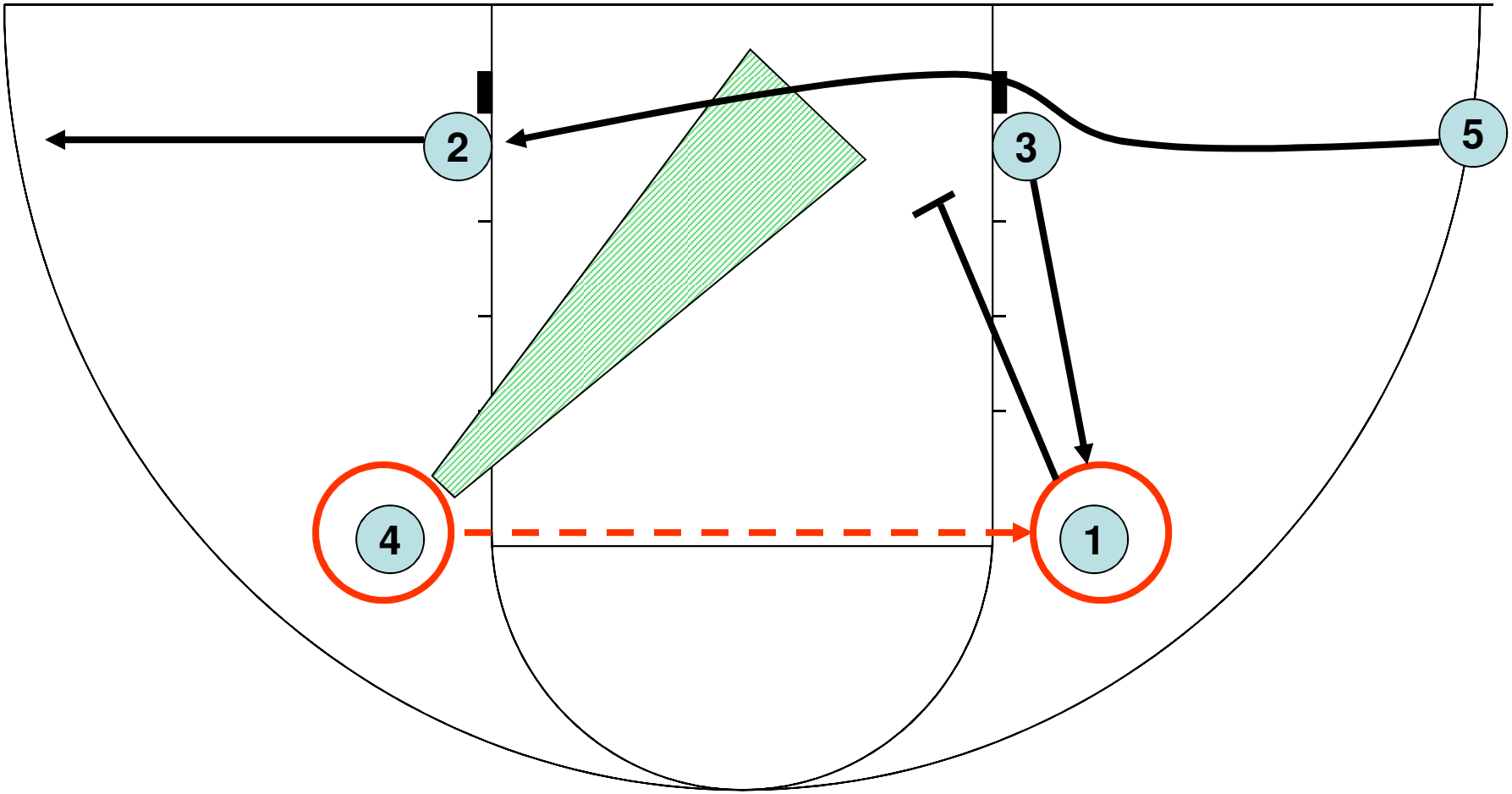
-Ballside block (4) goes out
-Off Elbow (5) picks down
-Off Block (2) picks & goes up
-Off Corner (1) goes across

Repeat



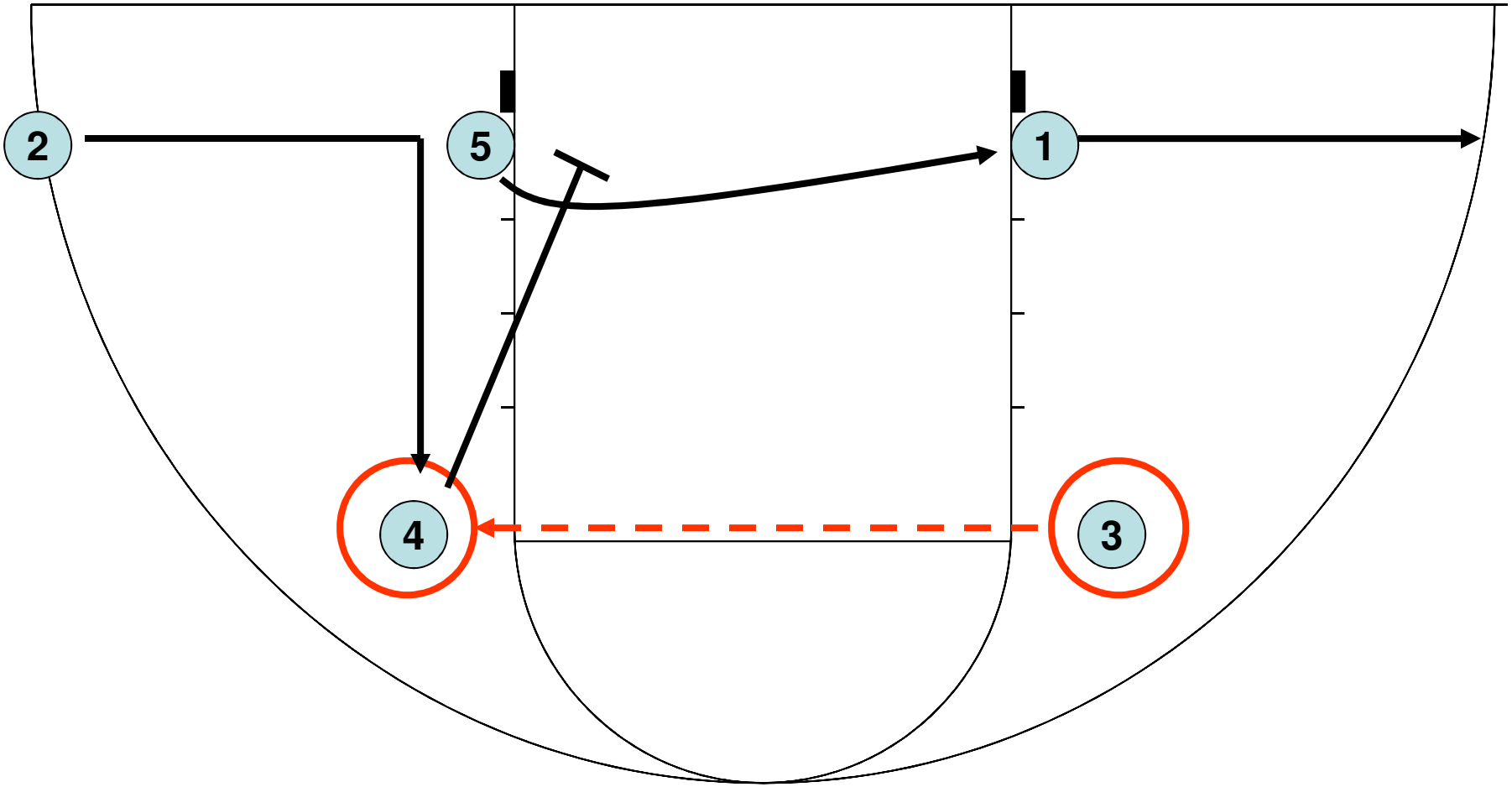
Corner Option

-Ballside block (5) goes out
-Off Elbow (4) picks down
-Off Block (1) picks & goes up
-Off Corner (3) goes across
*Pass to corner, (2) picks away & down
*New Off Block (4) goes up for reversal



Back in Flex

-Ballside block (2) goes out
-Off Elbow (1) picks down
-Off Block (3) picks & goes up
-Off Corner (5) goes across



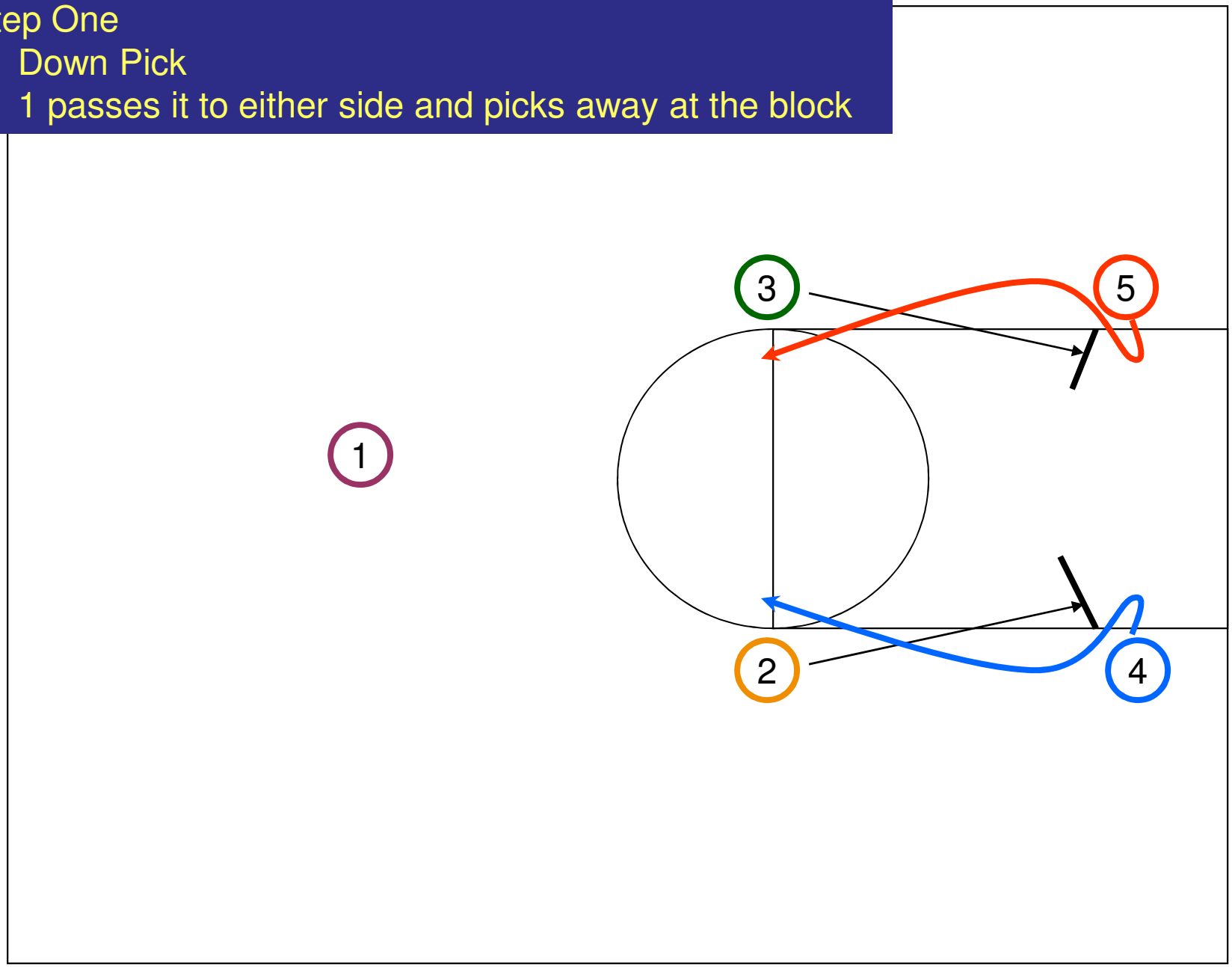
Cutter Option

-If defense on 2 slides baseline cutter has the option to go up
-Off Elbow (4) picks down
-Off Block (5) curls across
-Ballside block (1) goes out

Flex

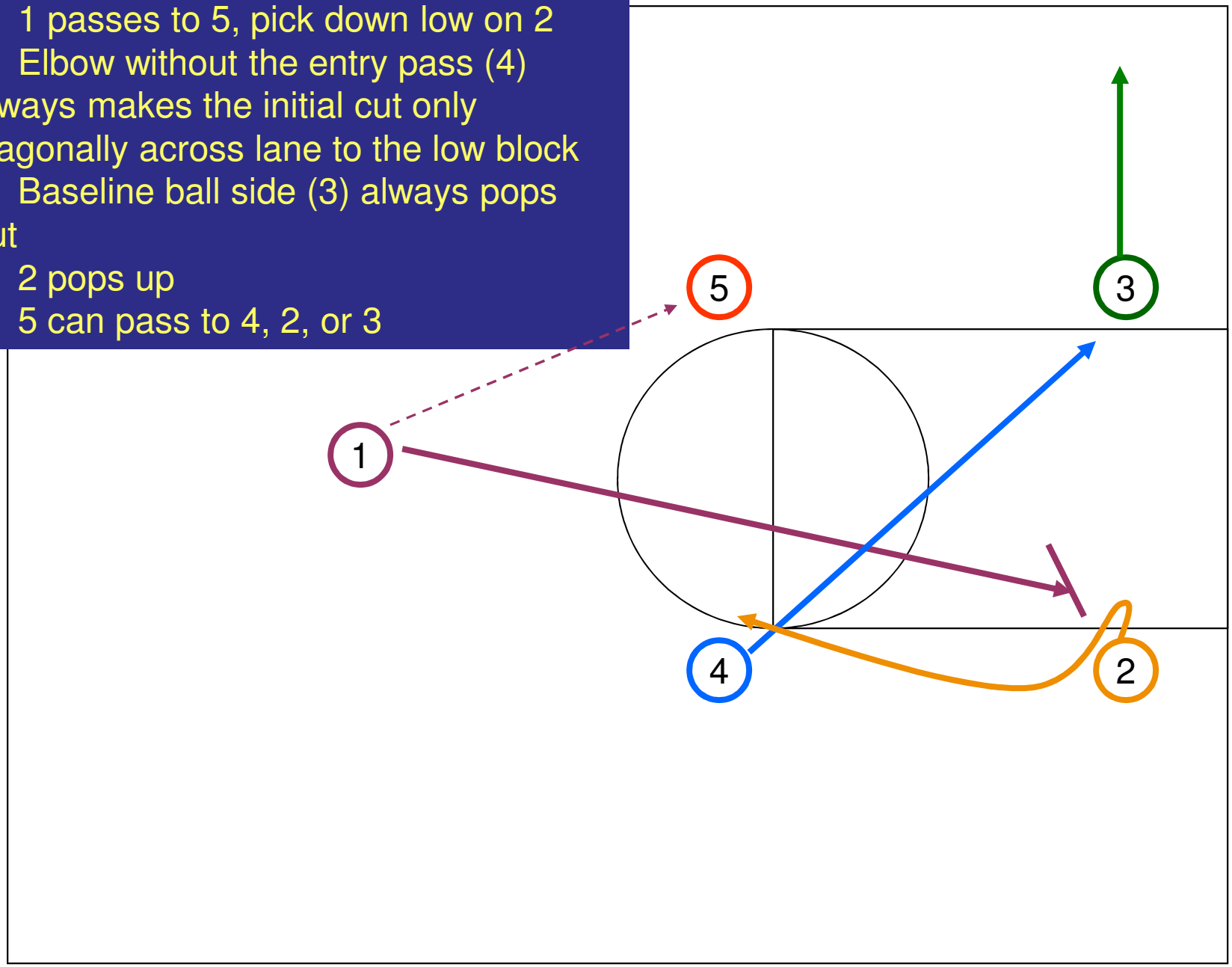
Step One

1. Down Pick
2. 1 passes it to either side and picks away at the block



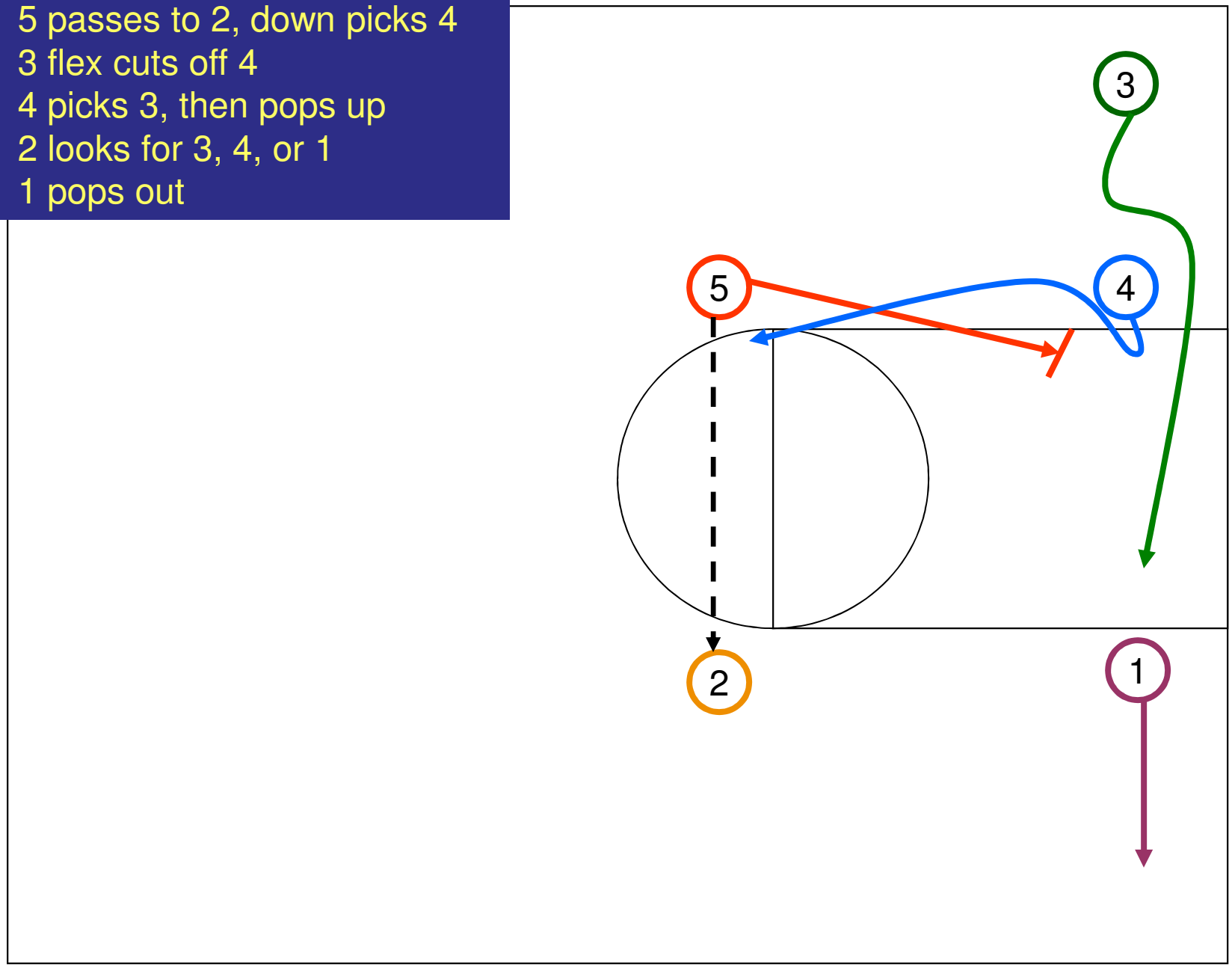
Flex Step Two

1. 1 passes to 5, pick down low on 2
2. Elbow without the entry pass (4) always makes the initial cut only diagonally across lane to the low block
3. Baseline ball side (3) always pops out
4. 2 pops up
5. 5 can pass to 4, 2, or 3



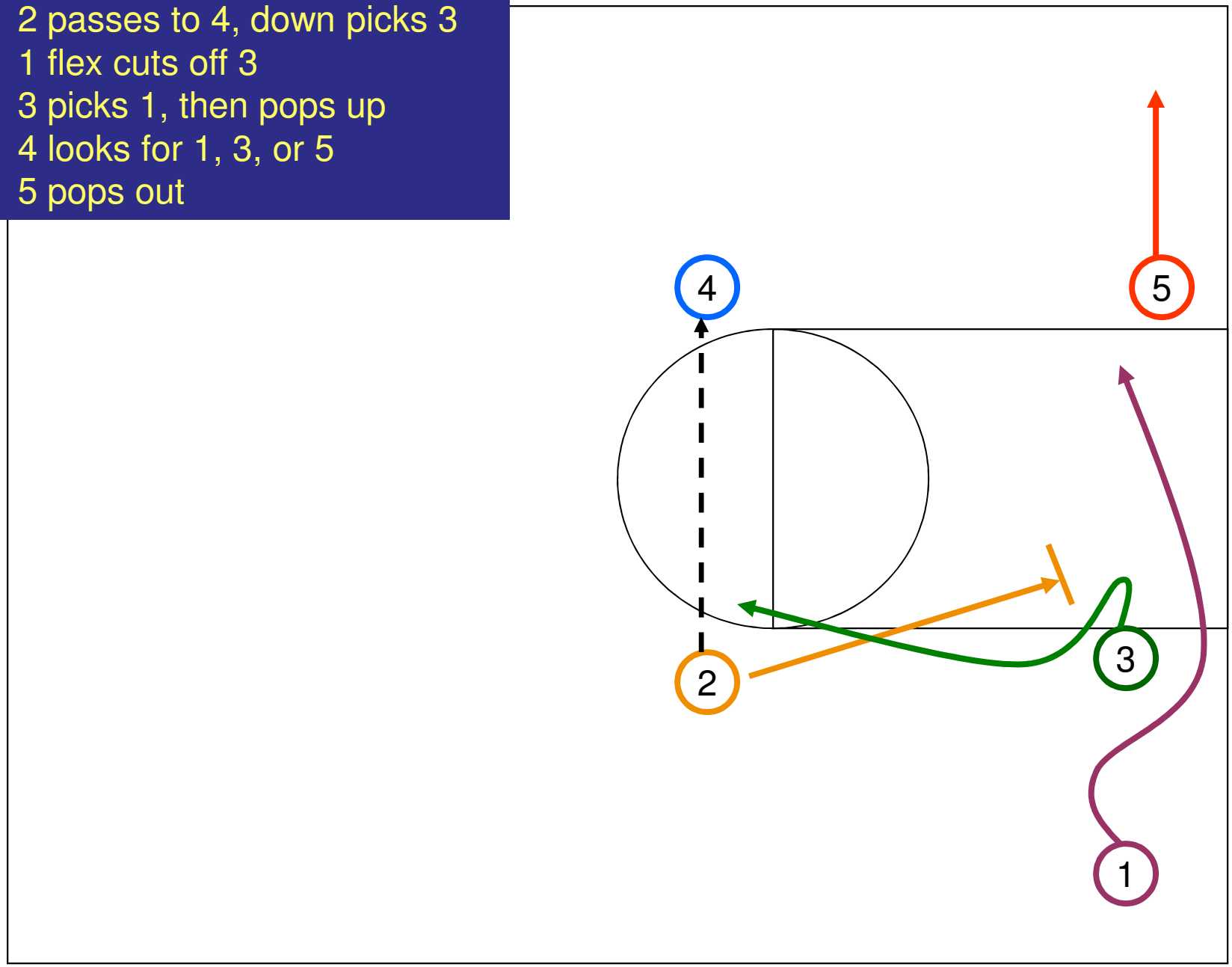
Flex Step Three

1. 5 passes to 2, down picks 4
2. 3 flex cuts off 4
3. 4 picks 3, then pops up
4. 2 looks for 3, 4, or 1
5. 1 pops out



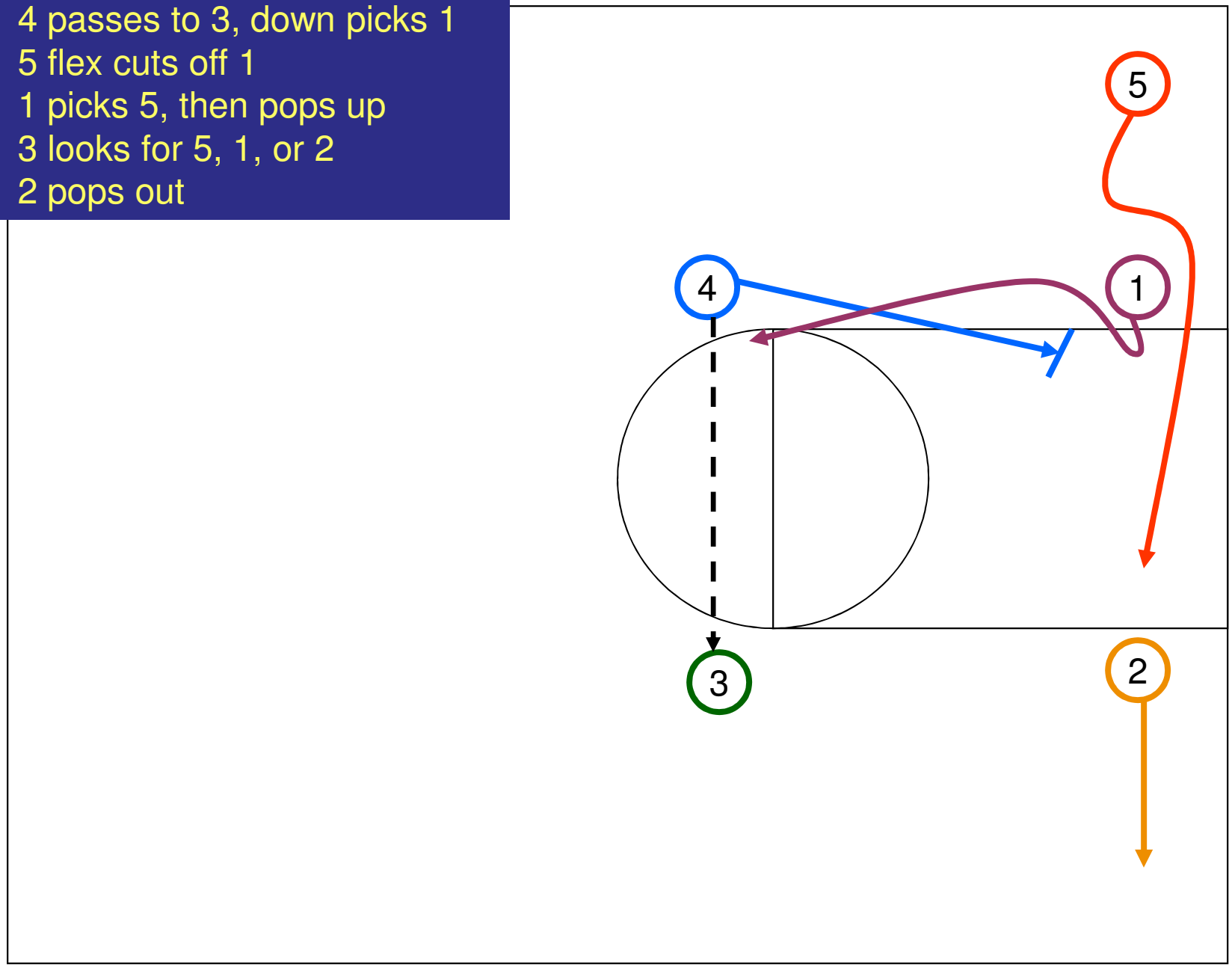
Flex Step Four

1. 2 passes to 4, down picks 3
2. 1 flex cuts off 3
3. 3 picks 1, then pops up
4. 4 looks for 1, 3, or 5
5. 5 pops out



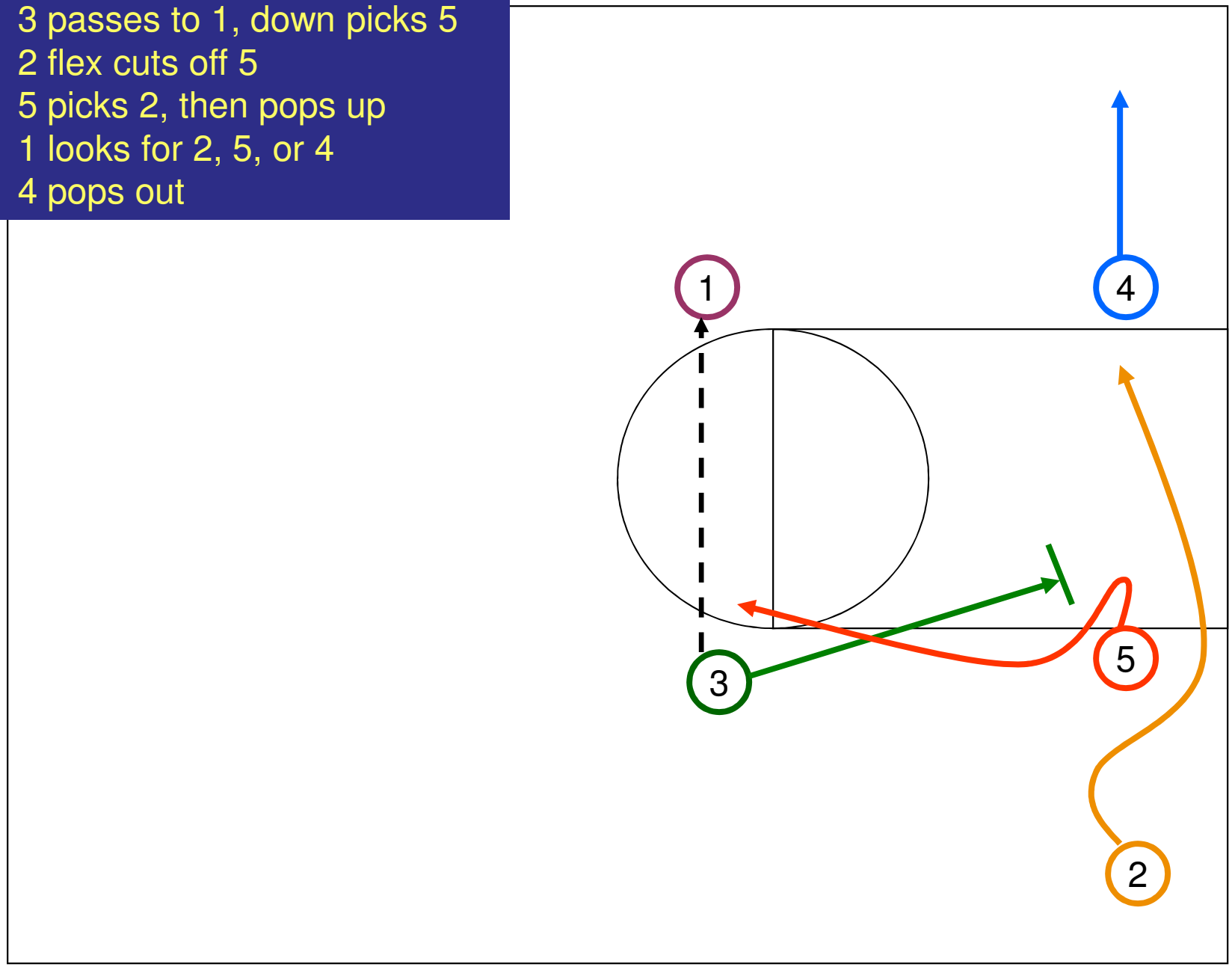
Flex Step Five

1. 4 passes to 3, down picks 1
2. 5 flex cuts off 1
3. 1 picks 5, then pops up
4. 3 looks for 5, 1, or 2
5. 2 pops out



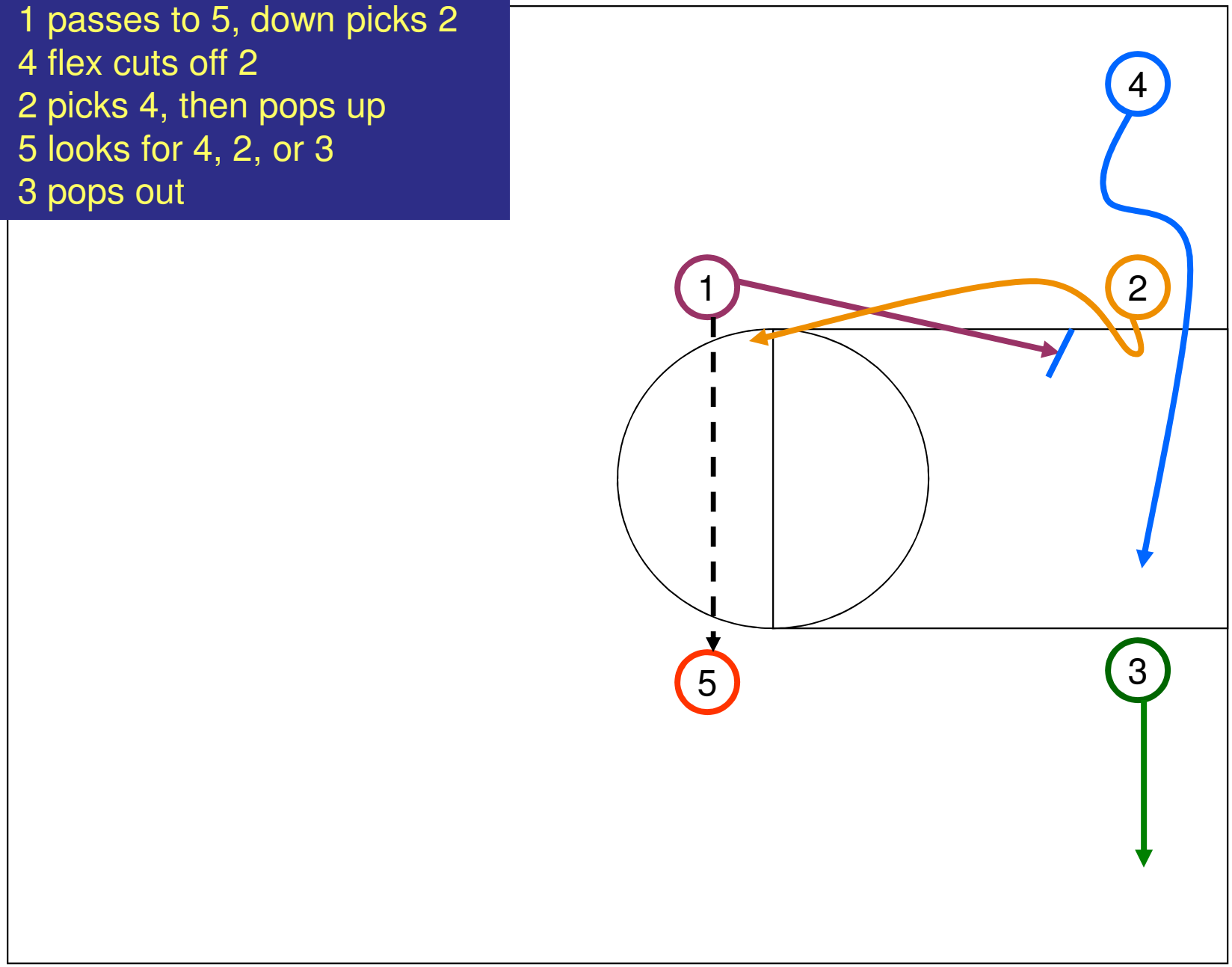
Flex Step Six

1. 3 passes to 1, down picks 5
2. 2 flex cuts off 5
3. 5 picks 2, then pops up
4. 1 looks for 2, 5, or 4
5. 4 pops out



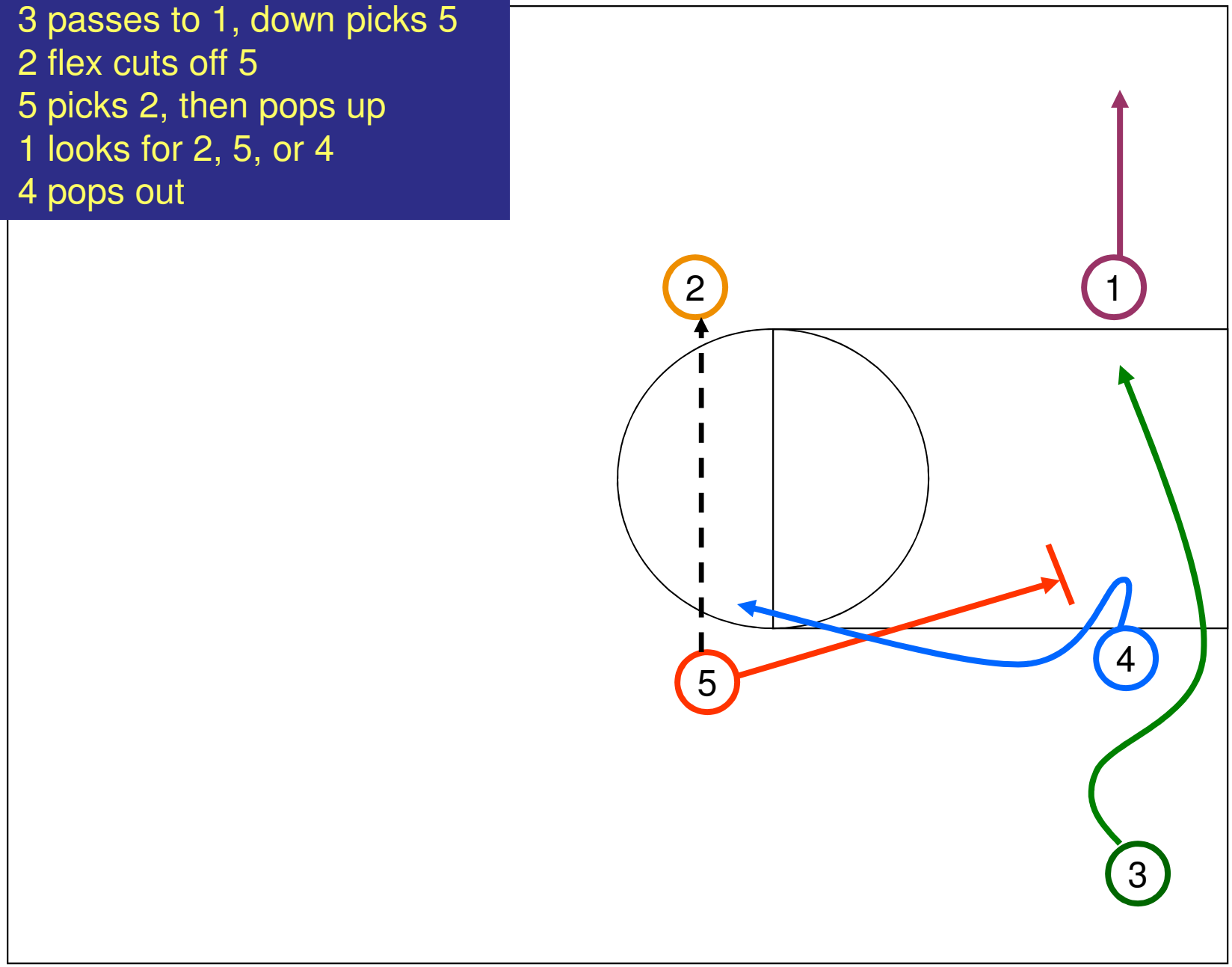
Flex Step Seven

1. 1 passes to 5, down picks 2
2. 4 flex cuts off 2
3. 2 picks 4, then pops up
4. 5 looks for 4, 2, or 3
5. 3 pops out



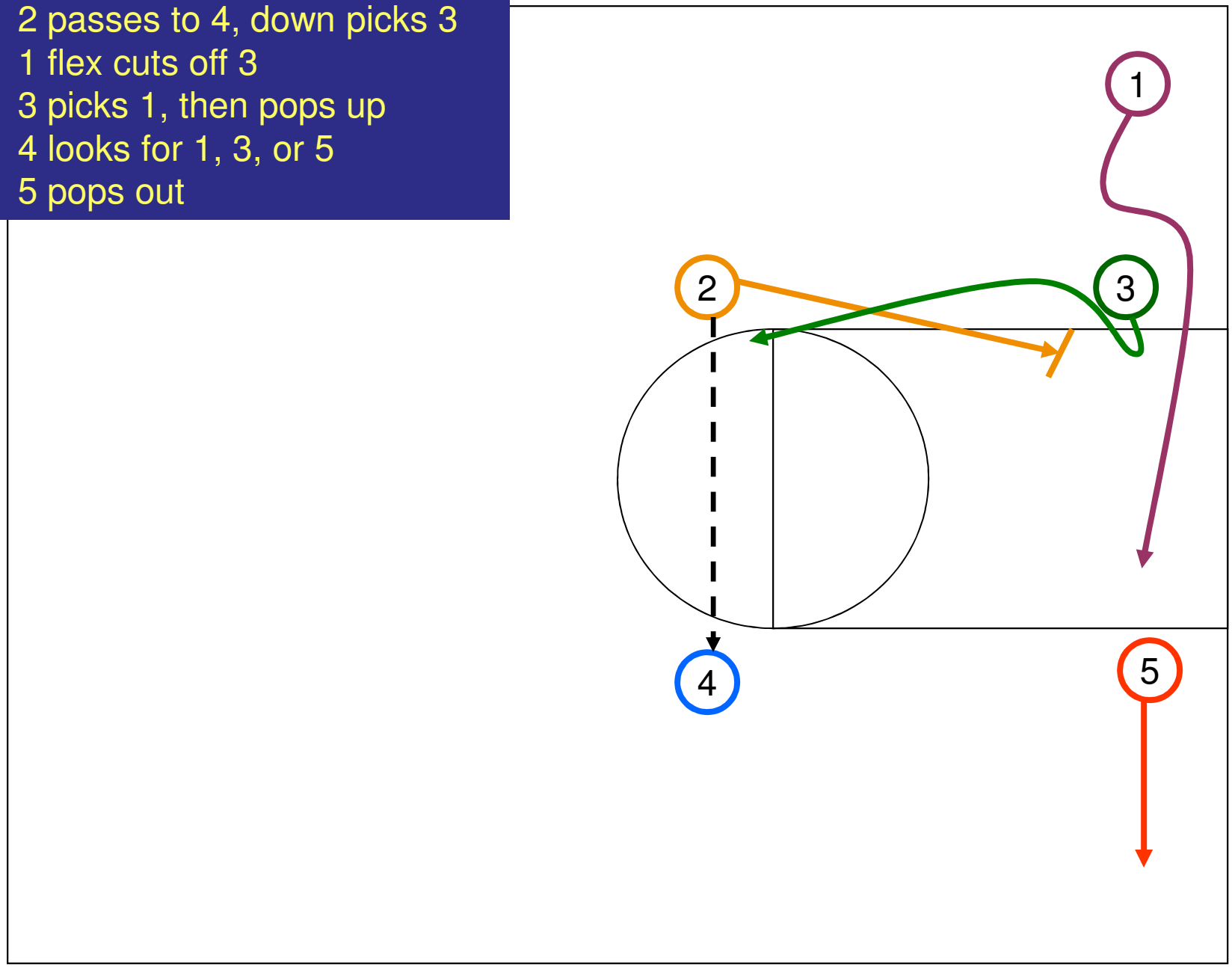
Flex Step Eight

1. 3 passes to 1, down picks 5
2. 2 flex cuts off 5
3. 5 picks 2, then pops up
4. 1 looks for 2, 5, or 4
5. 4 pops out



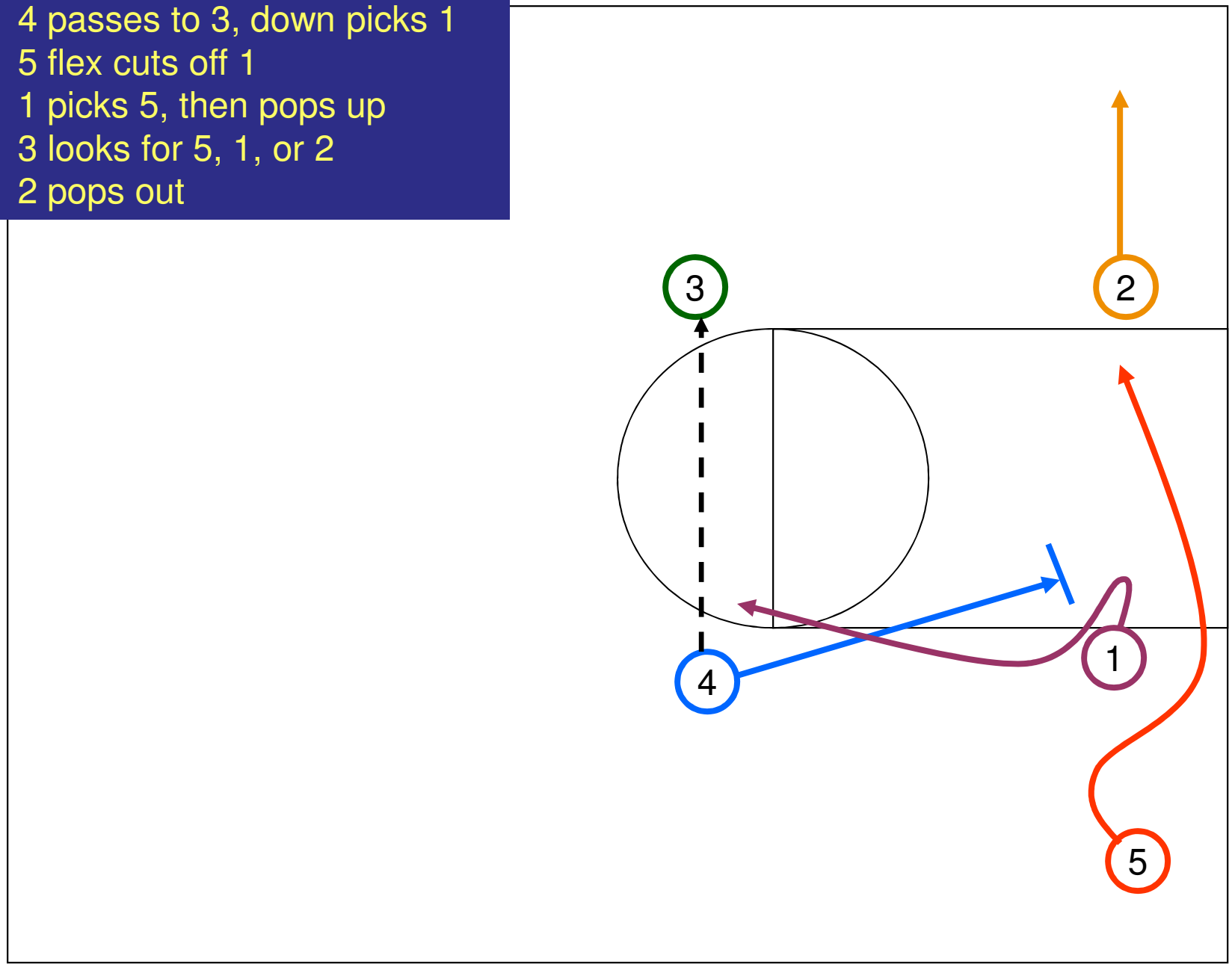
Flex Step Nine

1. 2 passes to 4, down picks 3
2. 1 flex cuts off 3
3. 3 picks 1, then pops up
4. 4 looks for 1, 3, or 5
5. 5 pops out



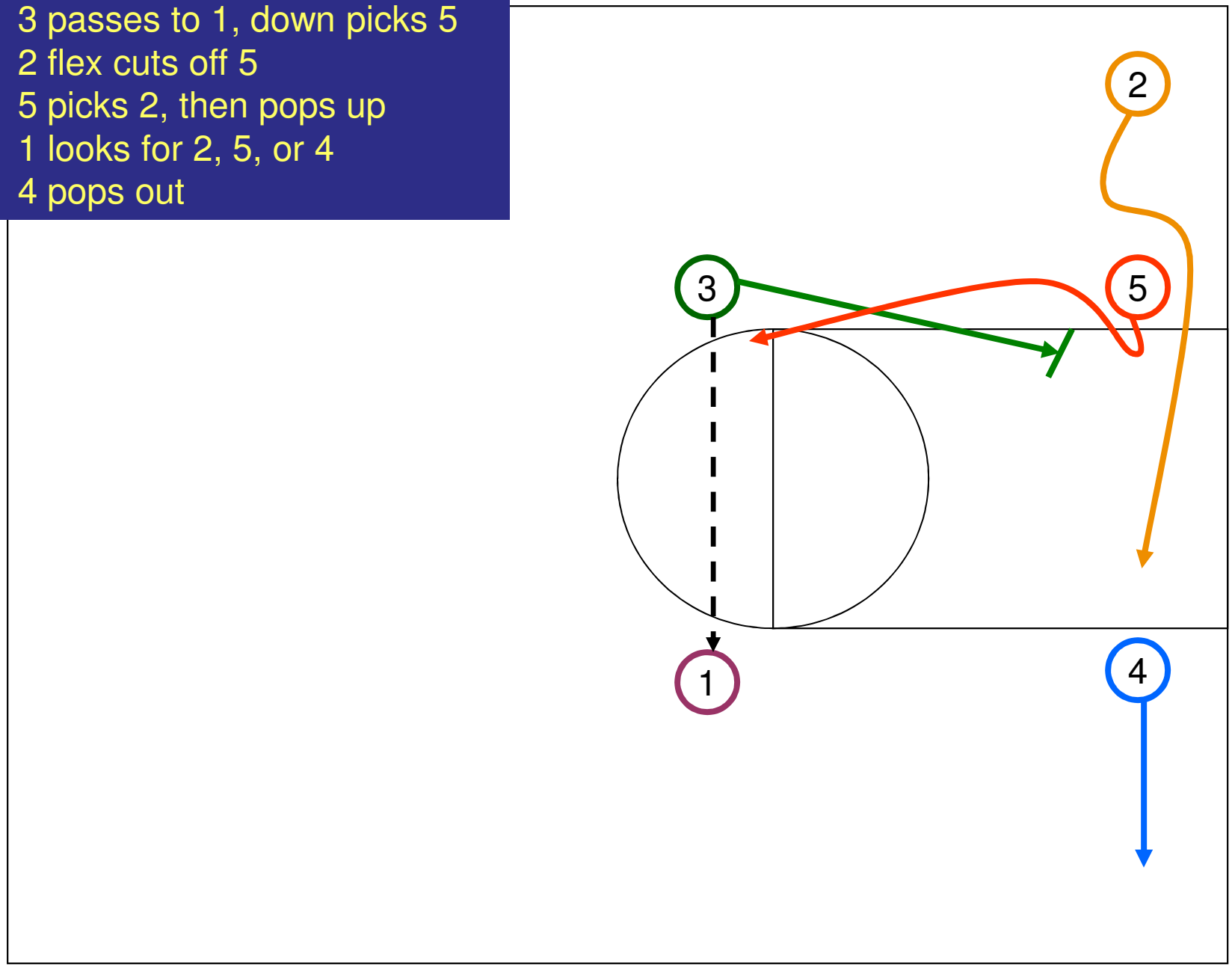
Flex Step Ten

1. 4 passes to 3, down picks 1
2. 5 flex cuts off 1
3. 1 picks 5, then pops up
4. 3 looks for 5, 1, or 2
5. 2 pops out



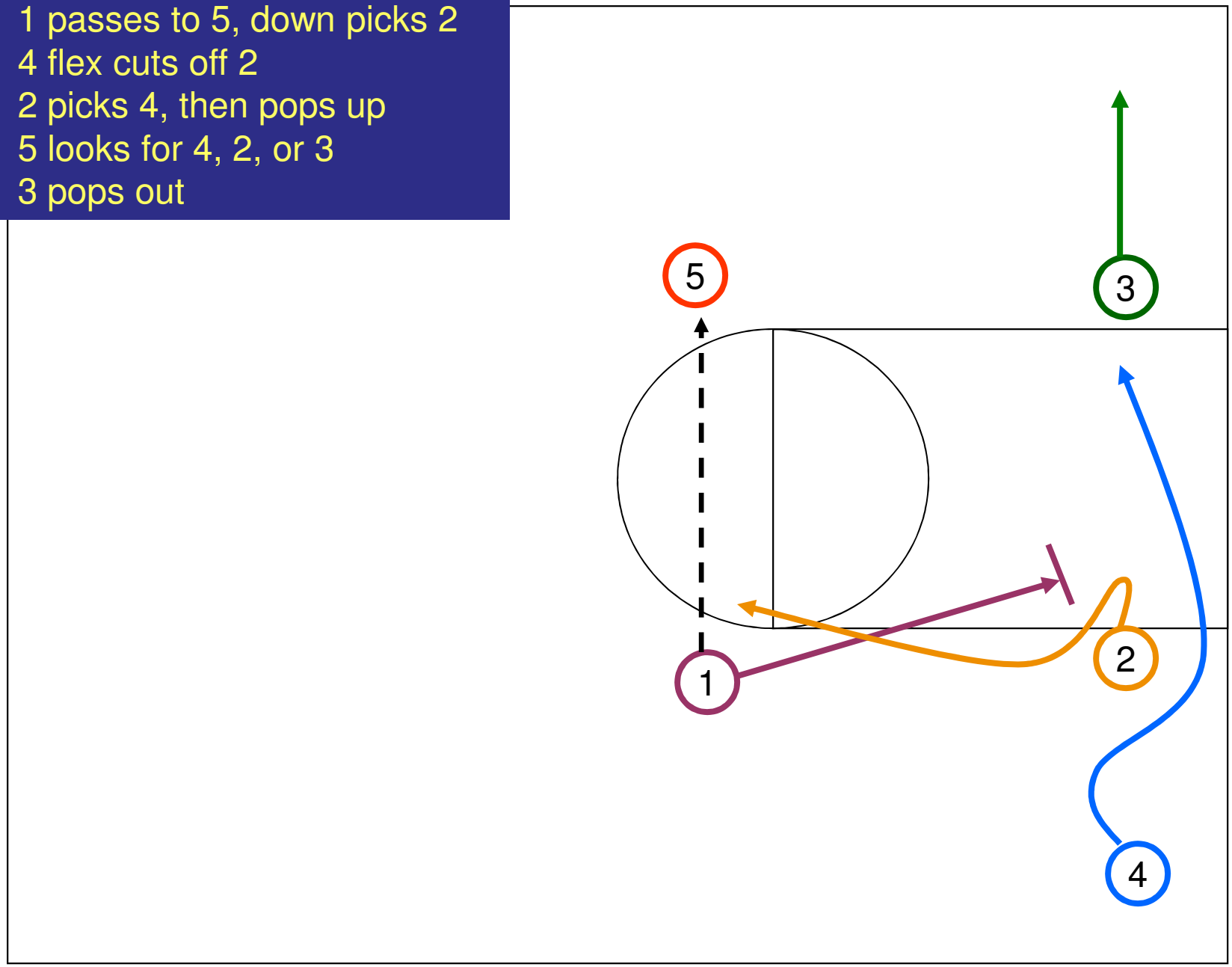
Flex Step Eleven

1. 3 passes to 1, down picks 5
2. 2 flex cuts off 5
3. 5 picks 2, then pops up
4. 1 looks for 2, 5, or 4
5. 4 pops out



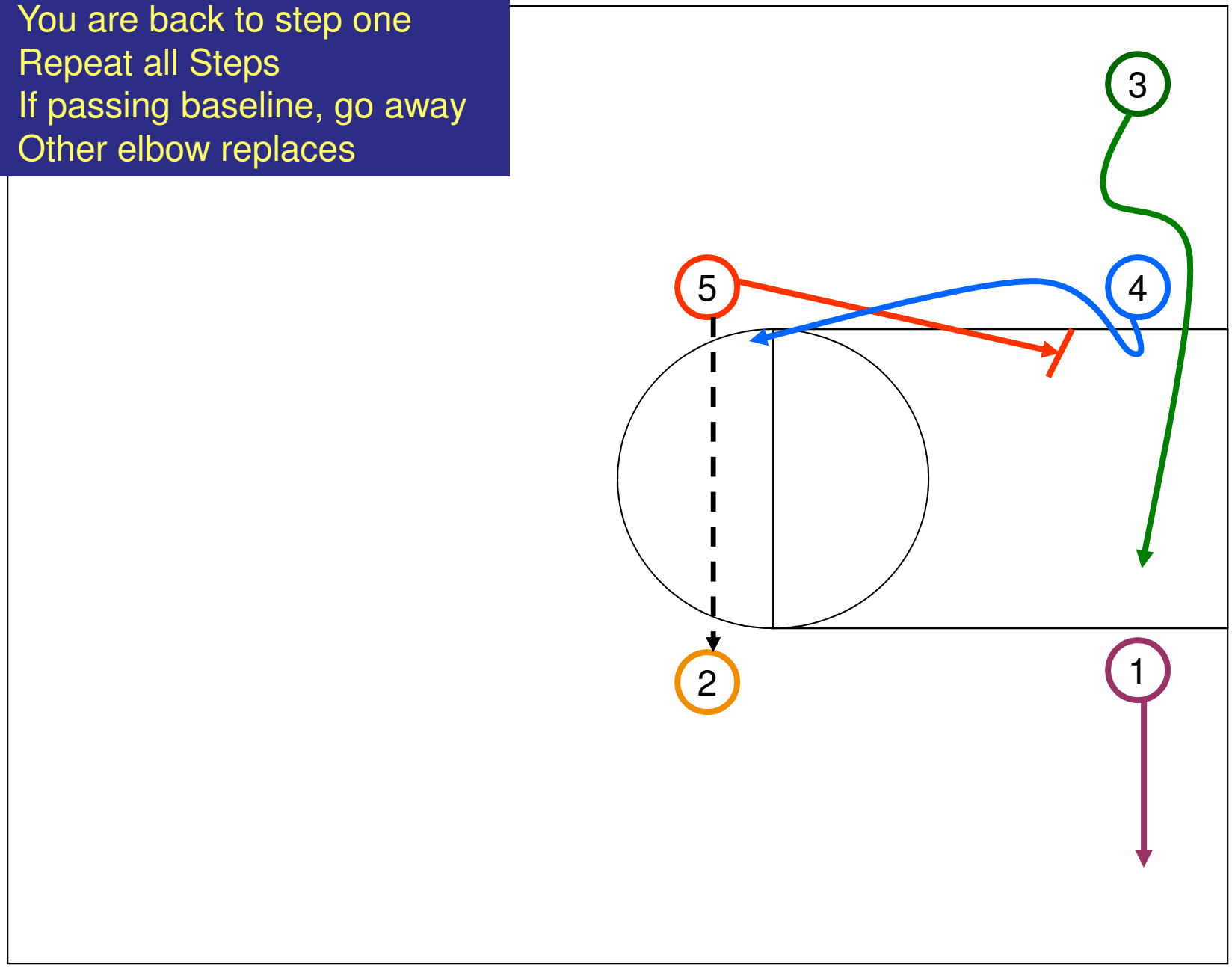
Flex Step Twelve

1. 1 passes to 5, down picks 2
2. 4 flex cuts off 2
3. 2 picks 4, then pops up
4. 5 looks for 4, 2, or 3
5. 3 pops out



Flex The End

1. You are back to step one
2. Repeat all Steps
3. If passing baseline, go away
4. Other elbow replaces



Flex: (Teaching It)

These are the movements in order

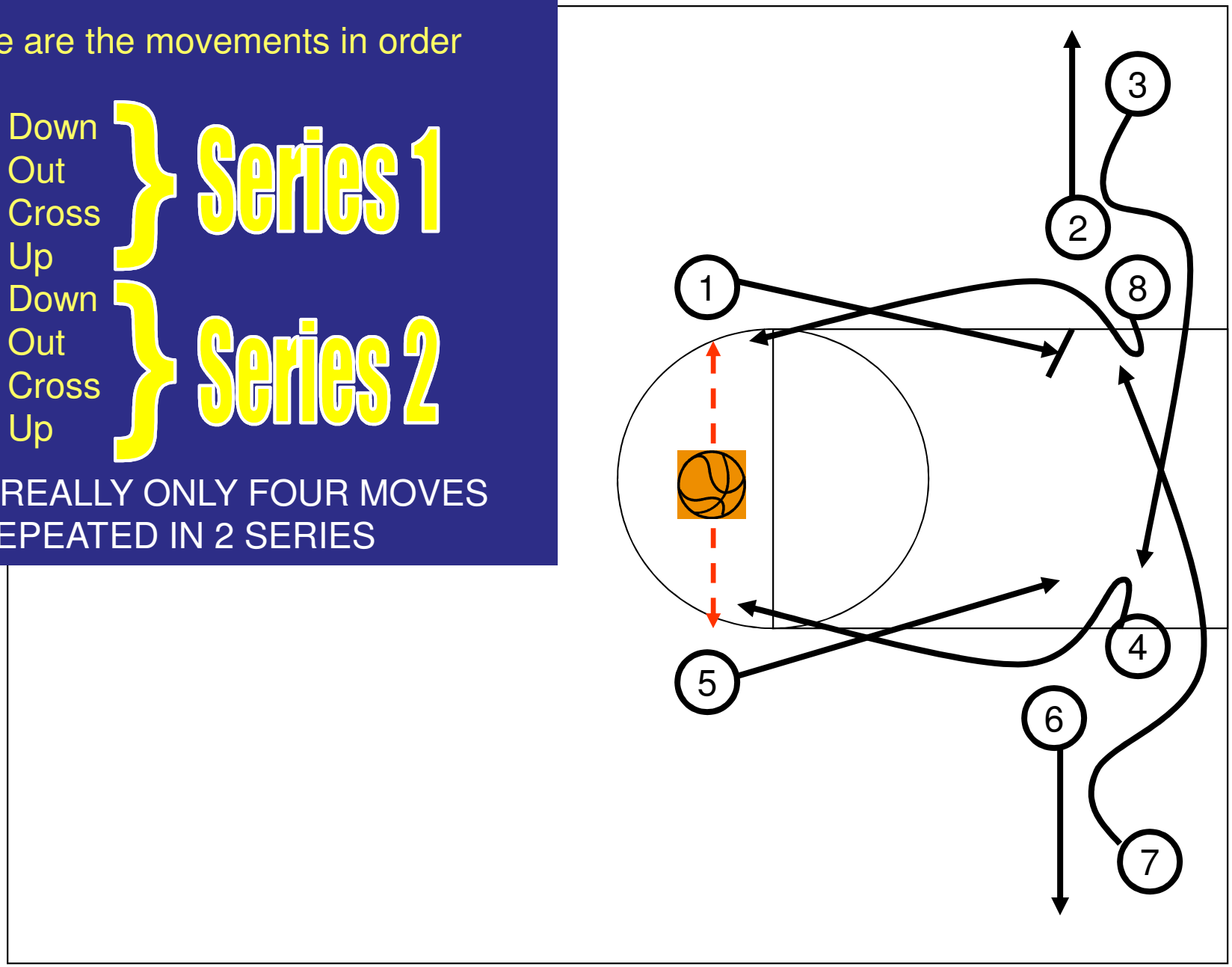
1. Down
2. Out
3. Cross
4. Up

Series 1

5. Down
6. Out
7. Cross
8. Up

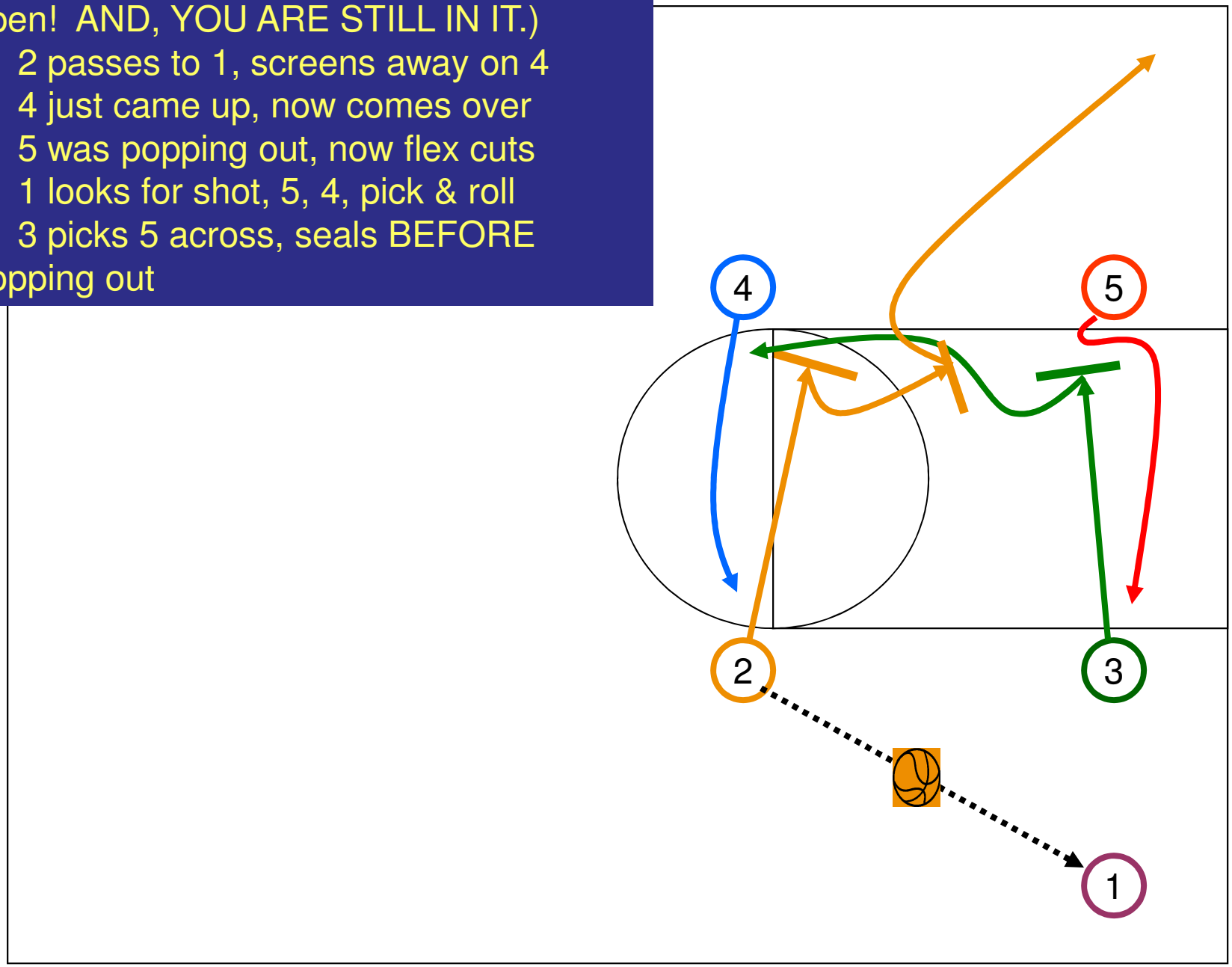
Series 2

IT IS REALLY ONLY FOUR MOVES
REPEATED IN 2 SERIES



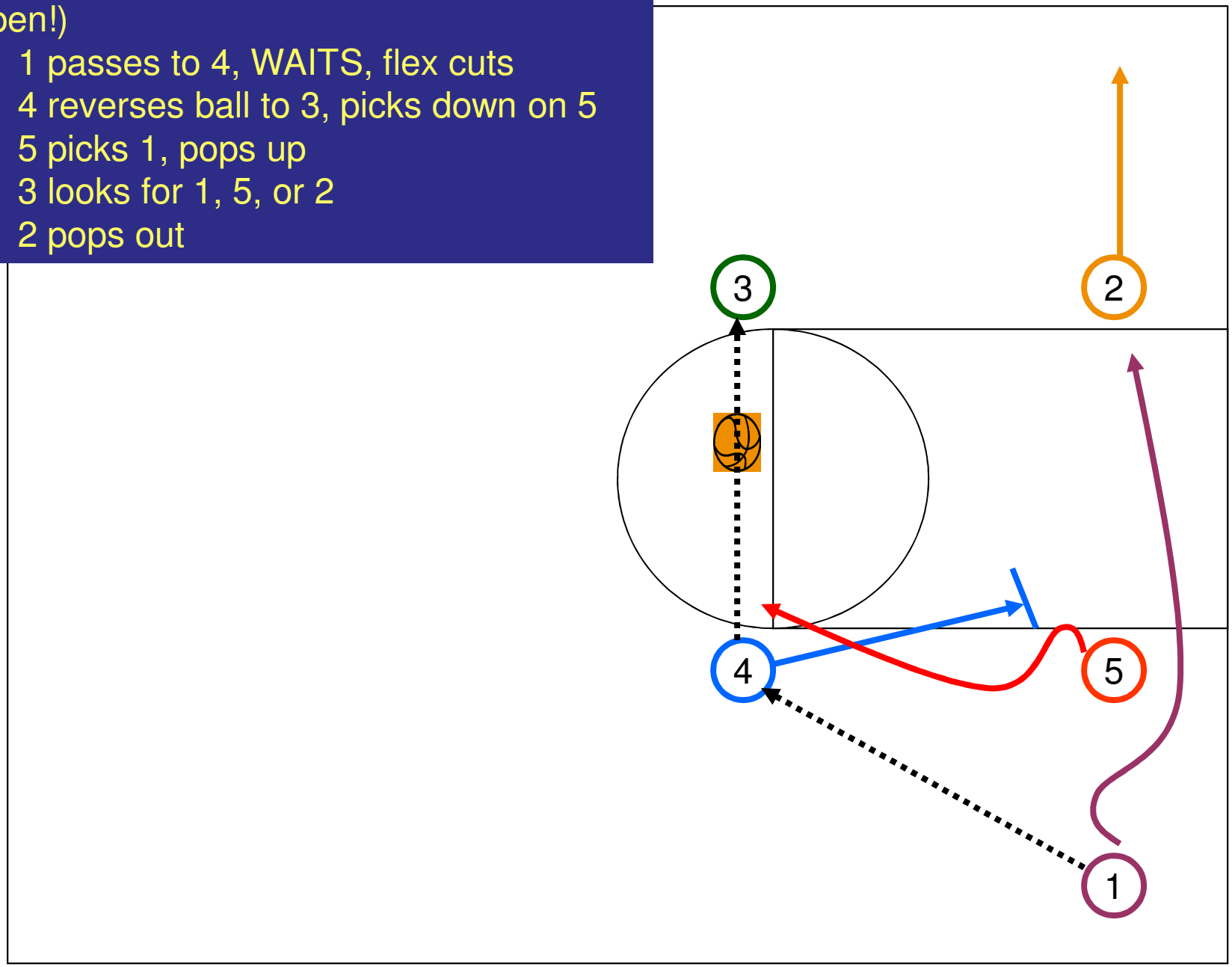
Flex: Corner Option (This will always be open! AND, YOU ARE STILL IN IT.)

1. 2 passes to 1, screens away on 4
2. 4 just came up, now comes over
3. 5 was popping out, now flex cuts
4. 1 looks for shot, 5, 4, pick & roll
5. 3 picks 5 across, seals BEFORE popping out



Flex: Corner Option (This will always be open!)

1. 1 passes to 4, WAITS, flex cuts
2. 4 reverses ball to 3, picks down on 5
3. 5 picks 1, pops up
4. 3 looks for 1, 5, or 2
5. 2 pops out



Florida Basketball Coaches Clinic 2010



Hosted by the University of Florida Athletic Association

August 23 & 24, 2010

Notes Compiled by: **Mark Daigneault**
markd@ufl.edu

Larry Shyatt, Florida
Introduction

- Be sure to write a handwritten note to our athletic director, Jeremy Foley, who has been such a huge supporter of this clinic.

- You can read 100 books on leadership, but there are very few books on how to be a great follower/listener/supporter

- Focus of the clinic: to make yourself, your staff, and your team better.
    - All "in the name of sharing."

- Use this clinic to "test" everything you're doing
    - Hopefully this will affect some way you are handling your team or your practices

Brad Stevens, Butler
Defensive Principles

- Big into the process, statistics, and numbers
  - This helps him to coach his team

- Always trying to get guys to do the things that are important
  - Having a Defensive DNA is a big part of that

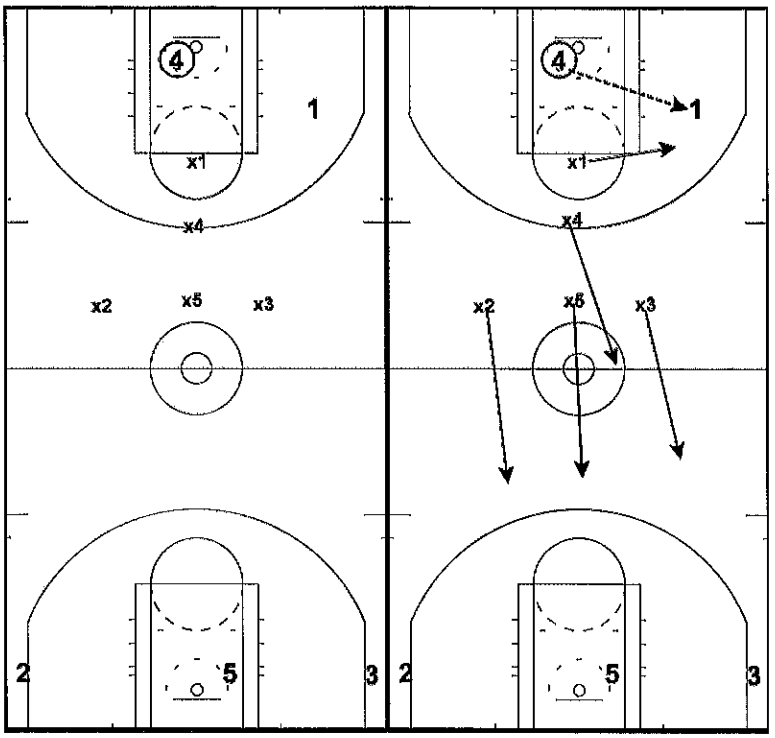
- Gained an appreciation when he became a head coach for how hard it is to prepare the right practice
  - Your team has to be good at practicing the right things. This puts a huge premium on the head coach being right.

- Broke their Defensive DNA up into 6 categories
  - Did this because he was coaching a team with 6 freshman who needed to learn how to play their system
  - What is the best way to teach something at the beginning of the year that instills your system, but is also able to be changed/adjusted later on in the season?

1. Commitment
   - Your players must be completely committed to the system
   - In 11 years, never had a player in the program that worked his tail off on the defensive end that wasn't a great teammate/student
   - People that do their job on every play make you feel proud to be a part of the program
   - Starts with establishing the correct mindset
     - Referenced Doc Rivers from last year's clinic: Believe or Leave
     - If your players believe, you can establish a Defensive DNA
   - Felt that when he had young teams, having a great defensive team gave him the best chance to win
   - Challenge your team statistically
     - Example: Earlier this season, Butler was giving up 45% from the floor, but they found out that if they had gotten three more stops per game, they would be giving up 39%. Defensive FG% dropped 2 percentage points for every stop.
     - Your team is never too far away from being great, and never too far away from being bad
   - Really uses the 10 day break during the season to be tremendously beneficial
   - Really admires how Davidson plays:
     - They are unpredictable, yet they have a system that they believe in

- Your system must be built to defend everything, no matter what is being run against it (i.e. something you didn't cover in scouting)
- At the same time, have a degree of unpredictability

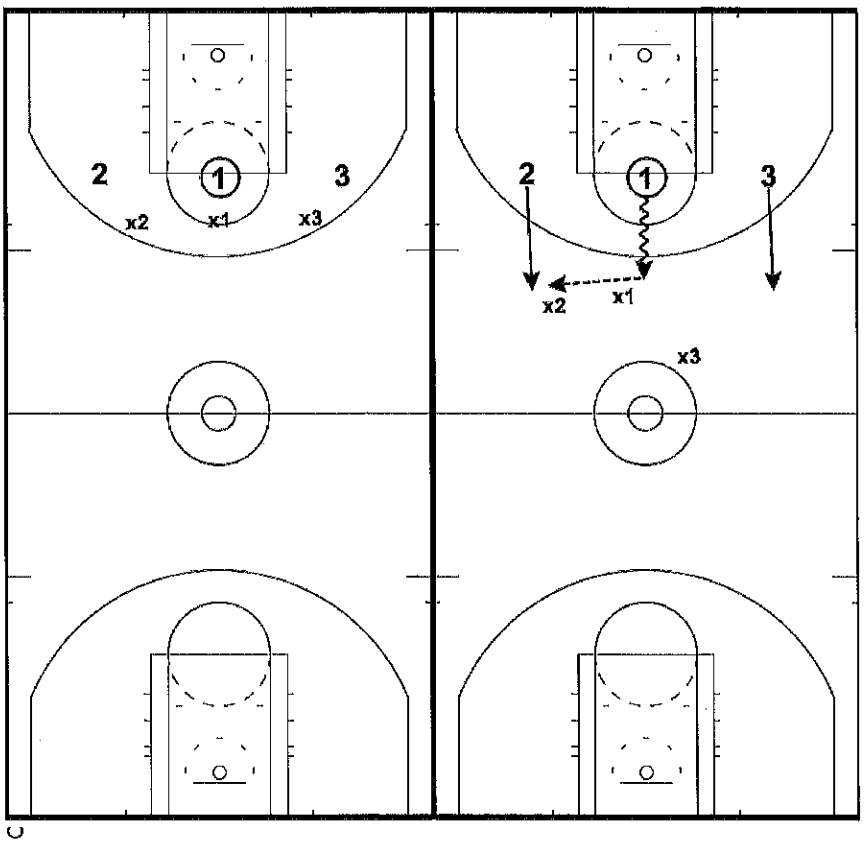
2. Positioning
   - First step in proper positioning is your transition defense
   - Your transition drills have to simulate what happens in the game
   - 3 plus 2 on 2 plus 3
     - Goals of the drill (and in transition defense):
       - Stay in front of the ball
       - Protect the basket
       - Pick up the ball
       - Find good shooters



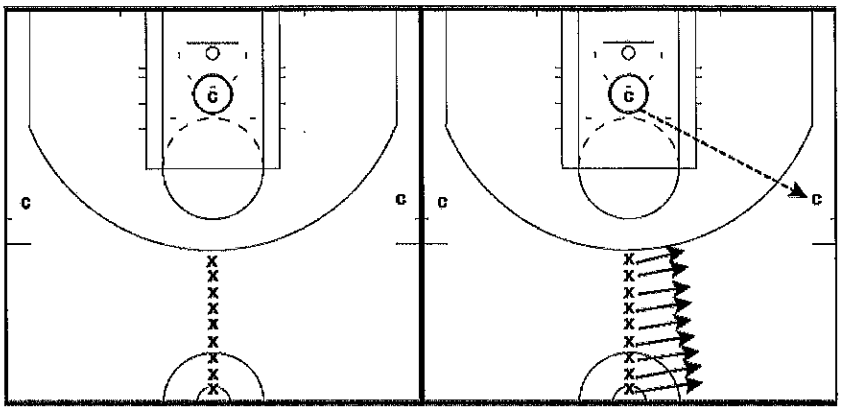
   - Defending the ball
     - First important question: where are you on the floor?
       - If you have an athletic advantage, you can pressure more.
       - If you are at an athletic disadvantage, you have to trick the offensive player in different ways to keep him off balance.
       - Butler plays a lot of 1 on 1—both bigs and guards. Everyone must be able to guard 2 dribbles on the perimeter. (Bigs will often switch onto a guard late in the shot clock)

- Closeouts
  - Three steps then break down (chop your feet) with your arms up; close out to his dominant hand.
  - Closeouts are dependant on personnel.
    - If you're closing out to a great shooter, close out to his shooting hand and give him less room to get his shot off.
    - If you're closing out to a great driver, you don't want to break down as much. "A great driver beats a great closeout every time."

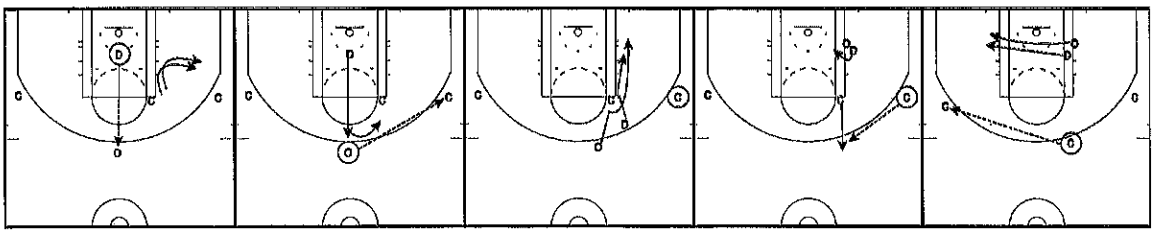
- 3 on 3, free throw line to free throw line.
  - 1 ball is being moved among the three offensive players. The defense is either:
    - Guarding the ball
    - 1 pass away (faking at the ball handler)
    - 2 passes away (lower ready to give help)



- Jump to the ball drill
  - All players line up in the middle of the floor
  - Coaches (under the basket and two on the sidelines) move the ball and all thirteen guys jump to the ball on every pass.
  - Simple and easy, but a great way to build and reinforce good habits.



- Jump to the ball series
  - Defense starts with the ball under the basket. The offense is at the top of the key. Three coaches are on the floor (two on the wings and one on the elbow).
  - Defender throws the ball out to the offensive player and closes out.
  - Offensive player throws to the coach on the right wing (defender jumps to the ball)
  - Offensive player runs off a UCLA screen (defender stays on the top side and does not allow a face cut)
  - Offensive player posts up (defender plays post defense. Butler fronts the post—"post up the post player." But, you can play the post however you teach post defense.)
  - Coach on the wing passes the ball to the coach at the top of the key. (defender jumps to the ball)
  - Coach at the top passes the ball to the coach on the opposite wing (defender jumps to the ball)
  - Offensive player follows the ball and looks to post on the ball side block (defender battles him for the position; trying to make him post off the block)



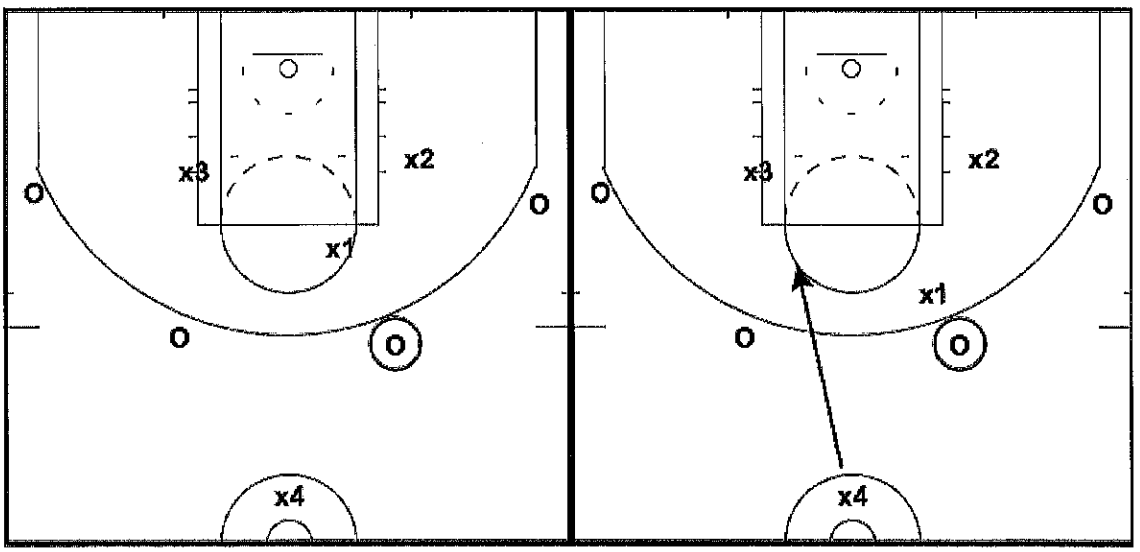
3. Prioritization
    - Important question: Are you prioritizing what's important?
        - The goal is to stop the other team from scoring.
    - Lots of talk about "tempo" in the NCAA Tournament
        - Butler never once talked about tempo; in fact, their time of possession in the final weekend of the NCAA Tournament was less than both of their opponents.
        - They just want to make it difficult for you to score
    - Scouting is a large part of the equation
        - Their system must be adjustable and flexible in terms of guarding different teams/players
    - Coach Stevens gave an example of how he used their trip to Italy to work on some different things, and "it took (Butler) three months to get back to our identity."
        - Even though you (as a coach) are thinking about jumping to the ball/your identity all summer doesn't mean your players are.
        - Learned that you need to start back over every year
    - Tony Dungy example from his new book:
        - Concept of "regenerative leadership"
            - Older players spreading the culture to the younger players, and the younger players continue the cycle when they become older players

4. Awareness
    - Awareness can allow a marginal athlete to become a very good defender—more so than a great athlete with marginal awareness
    - The 4 levels of competency:
        i. Unconsciously incompetent
            1. You don't know what you don't know
        ii. Consciously incompetent
            1. You know that you have no clue
        iii. Consciously competent
            1. You know what's going on
        iv. Unconsciously competent
            1. You begin to see things before they happen

2. You can rely on your habits because of how many times you've done it before
3. Coach will allow players to have "mature freedom" to make reads when they are in this stage of competency.

- When you're in the first two categories (unconsciously/consciously incompetent), you should be a great follower/listener.
- 60% of awareness comes from what you have built through practice/drills/habits
- 40% of awareness comes from who you are guarding or what the other team is running

- Lots of 4 on 4 work in practice:
  - 4 offensive players start on the perimeter
  - 3 defensive players guard them; a fourth defender starts at half court
  - At 22 seconds, the 4th defender can sprint on and play (must communicate)
  - A defensive player (that they have pre-determined) then jumps back off the floor and they play live 4 on 3.
    - When the defender drops out of the drill, early awareness and early prioritization are necessary.



5. Execution/Technique
   - Technique is easy to work on in individuals
   - Coach Stevens spent some time at the Indianapolis Colts offseason training
     - Was struck by the consistency in their approach
     - Quarterbacks spent 5-7 minutes per day watching their handoffs with no defense. (Attention to detail)
     - Described Peyton Manning as "Elite in his preparation"

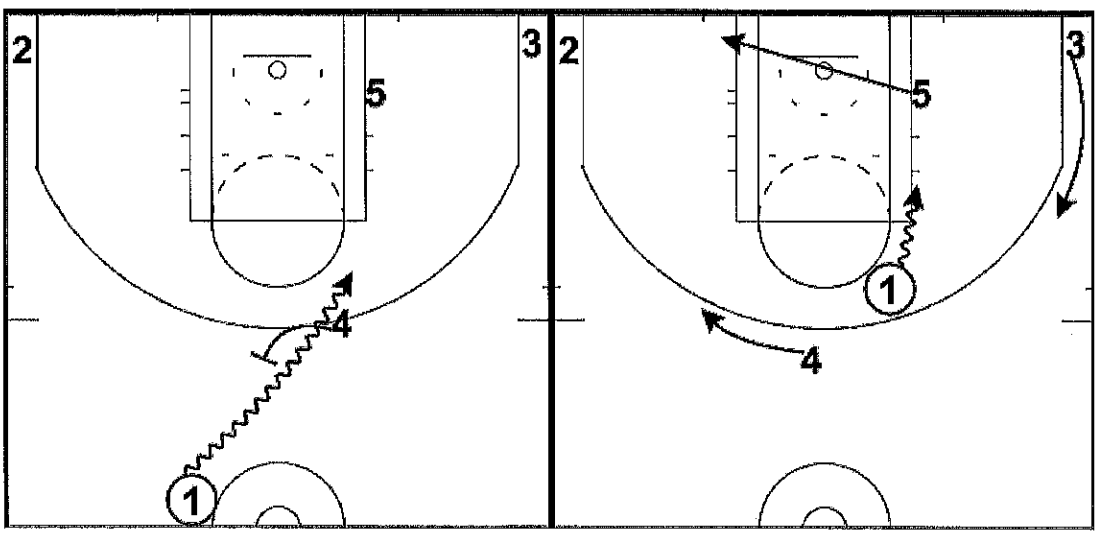
- Butler is big on drilling and technique
    - Be deliberate in your practice and approach
- The strength and conditioning coach will drill the players in the offseason around techniques that the players will be executing all season (i.e. hedging a ball screen)
    - Deliberate conditioning

6. Completion
    a. The importance of "finishing plays"
    b. Guys that really care understand the concept of blocking out
    c. Butler teaches blocking out based on the individual personnel of their players
        i. A less mobile player's responsibility is to keep the offensive player from getting the ball
        ii. A more mobile player (with a nose for the ball) may just hit his man then pursue the ball.
    d. "The Big Finish"
        i. Energy drill that the players get into; they'll use it if things are a bit flat in practice
        ii. 5 coaches/managers vs. 2 players
            1. Players move and guard their man as the ball moves
            2. Must be constant communication; and there is usually a lot of talk on the baseline

Del Harris, Texas Legends
Today's Game

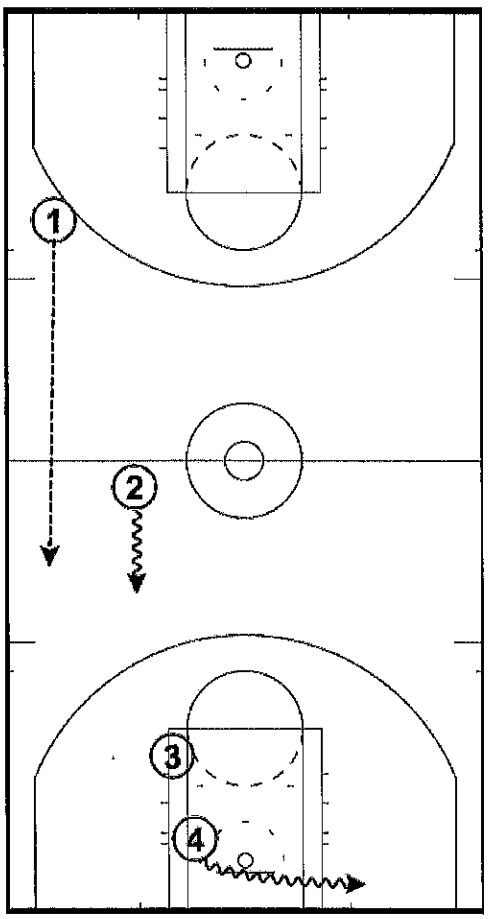
Coach Harris' lecture notes are included in this packet. The following are additional notes from his lecture:

- It is important to teach the "why" along with whatever you are teaching.
- You should always question what may be considered a fact.
- In whole-part-whole teaching, it is important to teach the "parts"—we as coaches tend to get too caught up in the whole.
- Correcting an error is 100% better than verbalizing the correction.
- When you throw into the post, it is not only important to create motion around the post player, but also to create space.
- Coach Harris' mantra in practice: spend more time on offense, but more emphasis on defense.
    - Offense requires more timing and skill
    - Defense requires more reaction and less skill
- Containing the ball is the most important aspect of defense in the game today
- It is important to stunt and rotate with an understanding of personnel
- Transition Pick & Roll
    - Called a "drag"
    - Ball handler and screener need to communicate the screen
    - Guard cannot take the ball so deep that he needs to dribble "uphill" as he approaches the pick
    - When the guard takes a "downhill line" to the screener, you don't even need to screen the defender as long as you bother him.
        - You are now 4 on 3 with the ball in the middle of the floor



- "Rim Run"
  - Does not teach bigs to run directly to the rim
  - Has them run "down the line" (lane line) on the opposite side of the ball; which allows the ball handler to drive the ball to the hoop.

- 3-4 areas on the floor for a ball handler
  1. Pass ahead area—anytime you can throw the ball ahead to someone who can handle it
  2. First decision area
     - Decide whether to continue to attack or pull back to initiate a play
  3. Second decision area
  - Just inside the free throw line
    - Pull the ball out, attack the basket, or pass
  4. Deep
     - Put the ball on the glass or dribble through to pull the ball out
     - Do not get into the habit of leaving your feet in this area



- Pick and Roll Defense
  - Compared forcing the ball handler away from the pick and roll to a changeup in baseball
    - It is important to have a Plan A and Plan B so that you can easily adjust to different situations
  - It takes 5 guys to guard the pick and roll; not just the defenders involved in the ball screen
  - The Pick & Roll is not just "one play":
    - Depends greatly on where the P&R is happening on the floor, and who is involved in the ball screen
  - It is always good to knock the screener "off his angle" as he approaches setting a pick

- Closing
  - "Coaching is a special role in life." Coach Harris worked 15 years without making $10,000
  - "Don't accept everything you hear or what you've been doing as the best way today"
    - Challenge the clichés in the game

Clinic Univ. of Fla. August 2010—Refining Some Teaching Techniques—Del Harris, GM, Texas Legends NBA-D League

Intro: Understanding better the teaching aspects of coaching.

1. We all know the whole-part-whole method but often rush right into the whole and stay there too long without spending enough time on the refinement of techniques that are best learned in the part method of 3-3 or 2-2.
   a. **Most of us learned the game 1-1, 2-2, 3-3** because we played before the advent of the current AAU system. It used to be for men and they ran our national Olympic system. Now they run our high school programs and not for the better.
   b. What happens now is that **players play much less alley ball, playground ball, dirt ball**. They save for the 6-8 AAU games they have to play on the weekend. **Remember the value of 3-3 basketball for better teaching and player development.**
   c. **Best teaching guide for sports** right now that I have seen is the book, ***The Talent Code*** by Daniel Coyle. One of the best points in the book is the discovery as to why the **Brazilians** were able to come from obscurity to world prominence in soccer. Before the rest of the world caught on to what was going on in Brazil, they had **won 35 of 38 international competitions**. They did it because in Sao Paolo they had no facilities for soccer and **adjusted the game to smaller areas** with less players and called it **Futsal**.
   d. **Futsal** is soccer played with **5 or 6 on a team** instead of 11 and in a much **smaller space**---streets, gyms, wherever a game can be improvised. Pele, Robinho, Ronaldinho were all products of Futsal.
   e. The point is that teaching in basketball is done best in **breakdown drills** and in a **limited space**, such as ¼ court, not ½ court. No one can hide and the coach can concentrate on specific techniques and get far more repetitions than in 5-5.
   f. In Futsal a player gets **6X more touches per minute** than in Soccer for example. The court really opens up for them in soccer when they learn the more precise techniques required in the smaller space for Futsal.

2. **Targeted, mistake-focused practice** is essential to increased learning efficiency. Coyle calls it "deep practice."
   a. Key here is when a mistake is made in execution of an action that you **start from the positions everyone was in and make the correct action** from that point and complete the play as opposed to starting all over again.
   b. You must **isolate the error** and do the correct movement. Doing the correction **is worth multiple times more** than any demonstration or verbal correction. "**One real encounter is worth several hundred observations**" is the mantra. (Film is not the total panacea)
   c. **Slow it down**—learning to do it over and over slowly allows perfection and the body and brain to correlate the activity. **Seeing oneself in slow motion also speeds up execution. (better film use)**
   d. **Repetitions**—attentive repetitions. Fire the impulse, fix errors and hone the circuit.

e. Best defense on a player is keep him from practicing for a month. The myelin that allows best functioning of our muscles and synapses breaks down.
f. **Caveat:** it is only repetitions in **"deep practice"** that matters. **Work ethic is overrated because it always involves a time equation when one speaks of it.**
g. **Spending more time is effective** only when you are in the **"sweet spot" of your effort,** attentively honing your circuits. Practice that is focused, passionate, even desperate is the ultimate state. Keep it interesting and helpful.`

Specific areas to consider re-evaluating
OFFENSE

1. **Maintaining Spacing**—with better player movement on **penetration and post passes.**
   a. **Points:**
      i. **Dribble penetration** is the most dangerous offensive weapon in the game today.
      ii. **Ball skills** are much better than previous generations.
      iii. **Problem areas are perimeter movements:** Basic post moves on penetration are well known and executed by now.
      iv. Whether strong or weak side the **posts are good at moving opposite and opening up** to a catch/shoot position.

2. **Perimeter players movements.**
   a. **Players in front of penetration should move against (into) the direction of the penetration** as opposed to drifting in the same flow as the ballhandler.
      i. **Breaks the 3-in-a-row** alignment with ball, teammate in front and that man's defender.
      ii. Allows the front player to **move into rhythm** to catch/shoot or to make a second penetration.
      iii. **Second penetration** will often create something more positive than the first, especially if the **passer will go behind his pass.**
      iv. **Defensive balance is key**. If the ballhandler shoots or dishes off inside, the front defender is already in a better position for **defensive balance** than is one who drifts away in the same direction as the penetration.
      v. **Corner shooters should both move up** when there is penetration from the front, making both perimeter targets and putting them in positions to be back on defense.
      vi. **Alert: be ready to backcut**. In the case where the defender on the man in front does not open or drop to commit to give help to the ball, but maintains visual and /or body contact with the front man, the rule can be broken if the player thinks he can make a good backcut to the goal.
      vii. He should **continue the cut on through** if he does not get the ball.
   b. **Players behind the ball on penetration must rotate to follow in the direction of the penetration.**

i. This puts him in position to **serve as a safety outlet** in the event that the penetrator gets stuck.

ii. In the case of a **baseline penetration** it is especially vital that the nearest perimeter player follow the penetration since the best defensive teams will attack the ball at the baseline, **cutting off clear passing angles** in front.

iii. The **ballhandler knows he can stop and reverse pivot and get the ball out of the problem** when he has a player is in the safety position behind him.

iv. **The followup man will be open for a catch and shoot or an easy penetration or reversal** because the defender on the player following up the penetration will normally drop down toward the help area.

v. **Create four targets**. Making this cut also **opens up the floor** for the penetrator as he will **have 4 targets**—the safety, the post who moves , and the other two perimeter players will be in good positions.

vi. If the play started from the front **with both corners filled**, they will have moved up a couple steps and there will be the safety and a player at a weakside diagonal angle on the perimeter for him as well as a post man who will have moved opposite the ball. (**note**: after stepping up initially, the player in the weak side corner will **drift down to the corner if the penetrator goes deeper than the dotted line in both points vi and vii.**)

vii. If the play started with **no one in the strong side corner**, the penetrator will have a safety behind him and a man moving up in the weak side corner area and a man at the weak side diagonal spot, as well as the post man.

3. **Cross-penetration**. The same principle for the corner area player applies to a player in the front court who has the ball penetrated toward him by the other front court player or the wing man nearest him.
   a. This one is **generally violated by players at all levels** as they drift in the direction of the ball, putting the off-ball defender in a great position to help on the penetrator and still stay directly in line with the pass to the drifter.
   b. Again, this puts the second offensive player in a **defensive balance** position, has him catch in rhythm with a better chance to shoot or make a second penetration.
   c. A **turnover** is a layup when there is a steal on a pass to a front man who drifts away from the ball.
      i.

4. **Do not jam up a player in the low post with poor cutting techniques.**
   a. The best cuts when the ball is passed into the low post from the wing are the **baseline cut** and the **drift to the corner.**
   b. The **worst cut** is the **middle cut** unless you have a specific move set up to pick the weak side low post man (e.g. Laker's Triangle)
   c. The middle cut jams the lane and lets a **defender drag through** to hamper the post man's inside move; and allows for an **easy trap**.

d. If you want a middle cut, then at least pick for the next perimeter man on top as in **a high split action** so that a player is brought over to the strong side.
e. If the ball is passed into the low post in a **three-man wing and corner triangle, the corner man must cut hard baseline** as in the Triangle offense. The wing man will drift down (or even up a little) but must stay on the strong side unless he picks away at the top to bring another man to the strong side.
f. In a **two-man game, wing to low post**, the wing man should **cut hard baseline or drift to corner** as noted.
g. But then the **next man on top must move to a position on the strong side that is at least two full steps** (more is better) past the verticle line of the ball so that only two or three offensive players are on the weak side of the posted man, depending on whether the feeder cut through or drifted.
h. **Big common error is the high drift**—in a two-man game it is not good for the feeder to drift high toward the weak side, loading up the weak side of the floor. Reasons:
    i. This **puts 9 players behind the post man** and allows the defense to have to defend only half of the front court.
    ii. **The post man has no easy** outlet in front of him, the **safest** pass he will be able to make if he gets doubled.
    iii. **Shortens rotations. It's easier to double the post** because the rotations to get back to defenders are so short with the floor compacted.
    iv. **It's harder for a slot cutter** to be able to get a pass on a cut into a **lane that is clogged up** with so many players.
    v. **Self-inflicted wound**. Bottom line is that it creates terrible spacing.

Note: **However, if a wing passes to a man in the medium post or if it is a clearout for a 1-1 on the wing or mid-post, the high drift is the right cut to make.**

But if he backs all the way down into the low post, then the nearest top man should move out to the strong side wing as the outlet and to open up the weak side, just like when the play starts in the low post.

5. **Players should learn the basics of the passing game.** Simplified version is enough.
    a. **No need to be a passing game team**, just need to know the elements because it is basic basketball and is **best learned 3 on 3.**
    b. See **the accompanying notes regarding some simple passing game** techniques a team can use by learning it in 3 on 3 basic training without committing totally to a passing game regime.
    c. I have always been a passing game coach since 1967, but never exclusively.

6. **Things to use more of:**
    a. **High wing curls**, wide turnouts that **put the defender in a bind to know whether to go over or under** the pick. Best if the picker can **pop back** a step or two and make shots. Must be a **big and a small** to prevent switching.

b. **Use multiple pick and rolls in your offense**. The first one is usually covered fairly well by the good teams, but they are not ready for the second and third ones as often. But to do this you **must have more than one player** who can handle the ball on the pick and roll.
c. The **first pick** on the pick and roll in the multiple system **can be a fraud** to set up the second one. Know your personnel.

7. **Things to do less of:**
   a. I do not recommend **pick and rolls on the late clock**. They are too **easy to switch** and you **do not have time** on the late clock to take advantage of the mismatches adequately. (therefore, we have an automatic to **switch** all pick and rolls the **last 5 seconds** of a shot clock.)
   b. In addition they can be **trapped easily** on the late clock and again, the time pressure becomes an issue in beating it.
   c. I do not recommend **pick and rolls as game winner plays** for the same reasons above.
   d. If you have a good player, getting him **1 on 1 is superior** to setting a pick and roll for him and bringing that extra defender.
   e. If your key man is not a 1-1 player, then have some sets where he gets lots of **picks off of the ball**, as they do for Ray Allen or did for Reggie Miller, etc.

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DEFENSE

Some things that I think are over-done:

1. **Too much of what is called "shrinking the defense".** Some is absolutely necessary, but I think that there are a couple of issues. Immediately, some will disagree without following this through with me.

Dropping in too far from the strong side top when the ball is on the wing, or even the low post in most cases, makes too easy of a pass for a catch and shoot by a the player from whom the defense dropped off. The pass is too short to make a good recovery for a good player. Know the personnel.

Overcommitting physically or visually on the weak side. Given today's players who have the ability to make **plays off of the dribble** on penetration, it is problematic to drop in so far from the weak side that **you put your defender's in closeout situations** so often. (a quick swing after a wing pass is effective.0

It puts the offensive player in an advantageous situation because the biggest problem with the closeout is that it is the **defensive move that players have the most difficulty executing,** regardless of how much the coach drills it.

Attack the weak side vs. teams that overcommit to shrinking into the lane.

Closeouts allow the good penetrator a shot or a quick pass option to as he draws defense to him.

2. **Stunting too far from your man to another player.** Too many players go so far as to practically be able to touch the man they stunt to. **Problems:**

This **does not bother the good players** that you stunt to in the first place.

The **bigger issue** is that it puts the stunter into a situation whereby he has to **close out** on his man from a significant distance.

The crazier thing is that the player is stunting to a lesser player or else he would fully rotate to him and then he is **closing out to the better player** he stunted from.

3. **Consider your terminology and teaching on closeouts.** We have become so accustomed to saying **"close out hard and high"** that no one questions it.

Perhaps closing out to contain and challenge is better in today's game.

Know the personnel. Against a shooter only type, the hard and high makes sense. But not against a versatile player who can penetrate well.

It is a formula for Blow-bys with a really good D-1 or pro player.

Regarding pick and roll defenses:

1. **Avoid "stringing out" too far** on showing/hedging from the picker.

It is **fine to jump up hard in a position parallel,** or virtually so, to the sideline and go a step or even two with the ballhandler as a defensive option.

Continuing to string out with the ball handler forces **the team defense has to rotate to your** man on any kind of show.

The **stringer** is in a position **too far out to rotate back** safely to any man.

Remedy: After a defender shows, he needs to recover quickly **"down the line"** toward the free throw lane, **not out toward the sideline.**

2. When defending **elbow area** picks, show **hard or soft,** but:

If you **show hard**, your man will roll to the basket and will have to be picked up by a teammate.

Show high, stay high. The defender on the elbow who **shows aggressively** must be prepared to cover the next player who comes up high---**"show high, stay high!"**

If you show soft at a 45 degree angle, then you **cannot string out toward the corner** more than a step.

Show "down the line" so as to be able to stay in a position whereby you are able to slow down the ball and still make it hard to pass to the roller by **staying in the pass lane with active hands.**

Weak side help is vital. As in showing soft (covering the turn) on the top pick and roll, the defender goes down the line but still needs help.

3. <u>To Turn the pick/roll down</u>? If you try to mix your pick and roll defenses by **"turning it down"** here are some suggestions:

First, **do not be afraid to try it.** But then do not be like many NBA teams and overdo it. It is a good **changeup**, when done right, and a lot of teams do not do a good job of going against it. (But that is changing in the NBA now as **teams overuse** it.)

<u>**The defender on the picker**</u> must **call it out loud** and clear three times, (whatever signal you decide to use) and the ball **defender cannot change positions** until he hears it, no matter what the game plan is.

The picker defender must get into a strong, **athletic position** ready to defend any attacker **and stay in it**. This is crucial.

The picker defender must get into a line **between the ball and the basket** but ought not to be any further from the picker than **an arm's length plus a step**, certainly no more than two steps.

The biggest concerns are:

1. the **ballhandler splitting** between him and the picker, leaving the ball defender behind,
2. and allowing a quick short bounce pass **("pocket pass")** to the picker whereby he can catch and get to the goal or catch/shoot so quickly no one can get to him.

If the ball is penetrated the picker's defender will try **to defend both players as long as he can**, by dropping **down the line toward the goal.**

The ball defender must try to recover back in front, but the help defender must be ready to **commit to the ball if he has to.**

<u>**The defender on the ball**</u> must quickly jump to the high side of the ballhandler, **maintaining at least a touch** with his man, and be in a position to force him to go to the sideline/baseline instead of penetrating to the middle.

Do not get too high on the top of the ballhandler. Be only slightly higher than parallel with the sideline, not turned too far toward the baseline because it **encourages a split**

The ball defender must try to maintain contact with the ballhandler to influence him toward the baseline and still **try to get back into a position** in front of the ball as soon as he can.

In an emergency he may have to call out for an emergency or "late switch" when he sees he is beaten badly.

<u>**The weakside defenders**</u> **must be greatly involved in every pick and roll defense—it takes 5 players.**

The weak side defenders must move in to give help in the lane because the two prime defenders cannot get it done by themselves every time.

If the picker is a roller, the weak side low man must help greatly and rotate to him if necessary. Normally the **ball defender then must rotate** to the weakside to pick up an open man, normally at the top.

If the picker is a shooter, and he pops back, the front weak side defender must rotate to him, if the ball comes back to him.

In that rotation, the picker's defender will rotate across to pick up the weak side low defender's man who will have to rotate on out to the corner or wing.

Brief note on zone defense technique:

1. **Unnecessary bump-downs.** On a pass to the wing some teams rotate (bump down) the wing even **when there is no one in the corner or short corner.** This is not only unnecessary and breaks up a basic matchup, it makes the weak side very vulnerable to a quick swing of the ball from one wing to the other.
2. This **forces the weak side low man to come up** to cover the wing and leave the corner open, or to stunt and expose the defense to a top or wing penetration.
3. If the weak side wing rotates up to cover the weak side wing, it often forces **the center man to fire out to the corner,** usually a bad deal for the defense.
4. **The remedy** is having the **defense hold** in this situation. The key to bumping down a wing is when the **front man sees two men** as the ball goes to the wing—one on the wing and one in the corner.
5. A **decision** needs to be made relative to whether to bump down to the short corner, however.
    a. **One way** is to rule that you **will rotate your X4 down to the short corner,** but will leave X3 on the wing and keep X5 down on the short corner.
    b. **Another way is to rotate both wings down.** This creates a lot of movement that can break down after a few passes at times.
6. **Not rotating down has its issues as well** in that the weak side is vulnerable to **lobs or skip passes** when the weak side wing has to **cover a flash cut** up into the high post as X5 is defending the short corner. This forces the **weak side front man to have to cover the entire weak side.**

Gary Parrish, CBS Sports
Reporter's Perspective

- Perception does become reality, even if it is not accurate
    - This process happens through the media. The media dictates the perception of coaches, players, and programs

- Your reputation in the media could undo you
    - How you are perceived through the media shapes your public vision

- Your relationships with the media could make or break a situation and how it is reported. There are very few "elite" exceptions. (i.e. Duke, North Carolina)

- Rather than shutting the media off, you should use the media to your benefit
    - Use the media as a means to spread your message to the people that you want to reach
    - There may come a time when you need a media member to go to bat for you

- Humanize yourself in the media

- Most columnists will respect "I can't talk about it."

- Much can get accomplished from telling the media what is going on off the record.

- It can definitely help to have a beat writer that believes in you—that is the guy that is constantly getting information out to your fan base

- Opening practice is another suggestion
    - You have something to take away (you can always close practice)
    - Let people see it rather than having to tell them

Jamie Dixon, Matthew Driscoll, Shaka Smart
Special Situations

The entire group had a discussion about multiple end of half/late game situations. The session was led by coaches Dixon, Driscoll, and Smart, but many others participated. The following are notes taken from the various discussion subjects.

- **2 for 1**
  - Coach Dixon does is not as concerned with a 2 for 1 as he is with getting a good shot, then getting a stop down the other end. Says that they do not go 2 for 1 because they are confident in getting the stop.
  - "It is not worth taking a bad shot to get a 2 for 1"
  - NBA teams typically try to score within 39-33 seconds. Also spoke about the difference between the NBA and college game in this respect—clock stops on a score, you can move the ball up in the frontcourt with a timeout.
  - Coach Smart is far more likely to go 2 for 1 in the 1st half. He said that late in games, "the urgency of getting a great shot" is more important than a 2 for 1.

- **Last shot of half/game**
  - When do you start your set and take your shot at the end of a clock
    - Answers varied from 8-13 seconds
    - Coach Smart prefers to go at 12 seconds—especially if it is a longer developing play. This also gives you time to recover from a mistake.
    - Big pet peeve of Coach Dixon's is not being able to get a shot off at the end of a clock. As a result, they'll go at 10-12 seconds.
    - Defenses tend to over-help at the end of the clock, which allows for offensive rebounding opportunities.
    - Coach Driscoll spends time in practice talking about what they want and when they want it.
    - Will take a quick score and pick up full court if they score with enough time for the opponent to get another possession.
    - Whether or not the team has a foul to give is also a consideration; especially in the NBA.
  - Do you take a timeout at the end of the half?
    - Depends on the flow of the game
    - Get your team into a somewhat familiar situation that you've worked on in practice, then call a timeout.

- **Do you foul late in the game when you're up by 3?**
  - If you do, be sure to have all guys on your team individually practice giving a foul. Often times, more than half of the team will do it incorrectly.

- Many coaches agree that you should play for the stop and not let them score. “We work on getting the stop every day of practice, all day.”
- Tell the referee you’re going if you’re going to give a foul or not so that they understand your intention.
- Common NBA rule of thumb: only give a foul if the players back is to the basket (because of the continuation rule)
- Regardless of what you do, this situation deserves 10 minutes per week in your practice because of the amount of times it will come up in games.
- Be sure that you are squared up to the offensive player, because if you’re on the side or behind him, the ref will often let the foul go.
- Take away the space of the offensive player so that he cannot get a shot off.
- Do your trust your team enough to execute a proper foul?
- Something to also consider—what to do on offense when you know they’re going to foul.

- **Under OOB, Need a 3, Late in the Game**
  - Do you have a play?
  - Defensively how do you play this situation?

- **4 seconds left in the game, 1 possession game, do you call timeout?**
  - Coach Smart talked about if you just scored a big basket, to call timeout to keep your guys from celebrating and allowing your defense to be set.
  - Do not allow the offense to sprint the ball up the floor after a score
  - Calling timeout with less than 10 seconds allows you to set your defense and allows more options for the defense. Percentages go with the defense when you set it.
  - Cannot get hung up on the time that your philosophy does not work. Must play percentages.
  - Counter point: calling timeout with less than 2-3 seconds may allow the offense to set a play up to move the ball down the floor.
  - Teach your players “how much time is time.” You can make 3+ basketball plays in 4 seconds.

- **Other notes:**
  - Play 2 minute games in practice
    - “That is the time frame where coaches are judged.”
  - ODO’s: 3 possessions: Offense/Defense/Offense
  - Practice last second shots in practice
    - ½ court shots
  - Run late game plays dry in practice so that you get a shot every time (builds confidence in knowing that you’re going to get a shot)

- What are assistant coaches telling players coming out of a timeout huddle?
    - Fouls to give, timeouts, opponent substitutions, possession arrow, whether they have the spot or can run on an inbound.
- Boston Celtics saying in regards to late game situations: “Be there before you get there.” Make these decisions in June and July, not in the heat of the moment.
- Allow your players (point guards, specifically) to run your huddles in practice so that they are thinking through situations.
- Have a notebook on the bench of special situation plays so that you can refer to it (or even show it to your team) during specific situations.
- Make film edits of your own team (or other teams) of special situations to use as a teaching tool.
- More games are lost than they are won. Don’t panic and be solid. Mistakes usually lose the game, not great plays/coaches winning it.

Buzz Williams, Marquette
Program Organization

- Everything in his program is organized in categories of four (4).

- "Character Revealed"
    1. "Life Lessons"—every Sunday outside of the season, everyone involved in the program meets for 1 hour and 18 minutes and discusses life (led by Coach Williams).
    2. "Story Time"—the night before every game, he tells the team a story. (Coach Williams talked about his love for great stories and how this activity calms his nerves the night before a game)
    3. "Boot Camp"—they have boot camp 15 days before the first practice. This is an emotionally draining series of conditioning drills without a basketball. Players choose teams each day, so it is always competitive and requires thinking and strategy. "This is when we become a team." Players, who, for whatever reason, do not complete boot camp, do not get practice gear until it is completed.
    4. "The Words We Use"—A set of vocabulary words that becomes the language among those in the program. All players and coaches speak this language, keeping everything consistent and clear. Says that while it can be overwhelming for young guys in the first month, it is a great way to assimilate them into the program.

- Core Values for the program:
    1. Get back in transition—no easy baskets
    2. Keep the ball out of the paint—no layups
    3. Defend without fouling—great ball pressure
    4. Paint touches—Great shots—Throw aheads

- Comes up with 4 core values before every game (dependant on the upcoming game/opponent)
    - Will not openly discuss an opponent 3-5 days before the game, and will never prepare his team for more than the next game.
    - Has a pregame routine that he follows strictly, starting 2 days before the game
        - Specific to film, scouting reports, when they eat, etc.
        - This creates a rhythm with what they do with their team.
    - 2 days before the game
        - Go over the 4 best thing the opponent does offensively
    - 1 day before
        - Review those 4 plays, then add 2 plays and 1 under OB play
    - Day of the game (Shootaround)
        - Review those 7 plays, then add 2 UOB plays

- Wants to tell the team things that resonate with players—especially when it comes to scouting personnel. (Glaring numbers for personnel that re-emphasize important points)
    - Gives 4 things about every player in the scouting report.
        - Scout tape correlates with whatever is written in the scouting report.
    - Assistants (Primary and secondary scouts for each game) chart important stats 8 games ahead of Marquette's game against an opponent.
    - Understand the importance of knowing how your players learn.

- Timeouts are highly organized
    - Players in the game sit in assigned seats based on position.
    - Backups stand behind the players in the game.
    - Primary scout is directly next to him.
    - Players are allowed to call one timeout per practice, and they will treat it as if it is a game timeout.
    - As a result, timeouts flow very well in the game.

- They chart 4 stats during games:
    - ATO's (success after time outs: offensively/defensively)
    - Paint Touches
    - 4 minute games
    - FT's (want to make more than the opponent attempts)

- After games, they will show 4 good offensive clips, 4 bad offensive clips, 4 good/bad defensive clips, and Coach Williams gets 1 bonus clip (usually relating to culture or toughness).

- Watches the last 4 minutes of every BCS college game if the differential is within 6 points
    - Wants to stay fluent with special situations

- Coach Williams will watch upcoming opponents' ATO's and Marquette's ATO's after every game.
    - Gives him a feel for what the opponent is trying to do
    - Gives him a feel for how his team is executing after a timeout
    - Will carry over to the keys to the game for an upcoming opponent

- Practice is the same format every day. Players know exactly what to expect.
    - Has 4 competitive drills (all are named so that players know exactly what they're expected to do) for each of the following categories:
        - 1 on 1
        - 2 on 1
        - 2 on 2
        - 3 on 2
        - 3 on 3
        - 4 on 3
        - 4 on 4
        - 5 on 4
        - 5 on 5
    - Believes that in basketball, everything comes down to advantage/disadvantage, and their drills reflect this.
    - Individual workouts are formed by these drills as well.
    - Will play three games to start every practice that incorporate one of the 4 drills in every drill category.
        - (i.e. Game 1 may be a 1 on 1 drill, a 3 on 2 drill, and a 5 on 4 drill)
        - There are winning and losing teams at the end of each game.
        - You must confirm your win by having one player from your team make a free throw.
    - "Confirm the confirmation"
        - After confirming the win, Coach Williams sets up a special situation that the two teams will play. The winning team goes with Coach Williams with an opportunity to "confirm the confirmation," or execute a special situation.
        - Players gain confidence in executing late in games.
        - 15 of Marquette's 21 Big East games last season were decided by 1 possession or less.
    - There is a 1 ½ hour freeze before practice, where no one in the program can schedule anything with a player.
        - Allows his players time to prepare for practice

- Believes that his relationship with his players contributes to 90% of winning and losing.
    - Coaches call or write every player every day of the week during the offseason.
    - Coach Williams writes letters every day to players/managers/support staff.

- "Old people live in the past, young people live in the future, wise people live in the present."

LuAnn Humphrey
Director, NCAA Enforcement

- Basketball Focus Group is a proactive group; not a reactive group.

- BFG wants to support leaders that do it the right way.

- Goals are to detect and deter issues specific to basketball
    - Will make fore more effective and efficient investigations

- Group was formed out of a "lack of healthy respect for the enforcement process."

- When asked what the three biggest issues that BFG is dealing with right now: agents, agents, and agents.
    - Specifically: funneling of money, parental relocation, boosters in the recruiting process, and boosters providing additional benefits.

- Also looking at "packages" being put together for elite athletes
    - Parental relocation, jobs for parents

- They have created a database tracking all IAWP (Individual associated with a prospect).
    - Regulation of money to IAWP's in the recruiting process
    - How long has the relationship between IAWP and the prospect existed?
    - Is there a change in benefits from the IAWP to the prospect once he is identified as a possible basketball prospect?
    - Camp employment
    - Hiring practices
    - Non-profit organizations

- When asked about eligibility issues surrounding a recruit:
    - Says it is now the responsibility of the head coach to pay attention to what is going on and ask questions. It is no longer acceptable to look the other way.

- Possible red flags when it comes to amateurism with an athlete. (This is a fact-specific analysis)
    - 4 pronged test:
        1. How long has he known the IAWP?
        2. Was the relationship a result of basketball?
        3. Have benefits been consistent over time?
        4. Did this continue through the recruiting process?

Kevin Eastman
NBA Defense & More

- Wanted to allow coaches inside of how the Celtics operate.
    - Celtics are very open about what they do. "There are no secrets to what we do." (Even if it is a play, because you don't know when we're running it or how well we're going to run it.)
- Also wanted to provide questions that stimulate thinking, rather than trying to provide the answers.
    - As coaches, we must translate knowledge (through learning and discussing) into wisdom (through our experiences and by thinking and reflecting). "That is what we owe our players."

- Latest topic of his newsletter: what are some of the principles our players need to be "100% in"? In other words, you can't be partially "in."
    1. Trust
    2. Commitment
    3. Loyalty
    4. Truthfulness
    5. Discipline
        - "The best players discipline themselves to be disciplined."
    6. Responsibility
    7. Dedication

- Talked about the importance of the Celtics' culture and explained the "core covenants" of the Celtics' culture:
    1. Winning/Success
        - Players will often *say* that they want to win championships, but almost always want to do it *their* way (their playing time, number of shots, etc.)
        - Your role is based on winning. You may not like or agree with it, but it is what we need in order to win.
    2. Personal Sacrifice
    3. Accountability—personal and to the team

- Doc always talks about "confronting reality" and being truthful with today's player. Used the Shaq signing as an example. Doc was very upfront with Shaq about his role/minutes and was willing to lose him if it was not the right fit. "Doc would rather lose him than have to trick him into coming."

- Celtics set standards of excellence coming into each year.
- Coaching staff makes every decision "through the prism of their culture and standards."
    - When asked if a player does not meet the culture or standards:

        - First, they get a head start with who they bring in. Not everyone can be a Boston Celtic and live/play within their culture.
        - Any non-compliance is dealt with by the "internal leadership" (leaders of the team)
        - Also talked about "hidden leaders." (i.e. Garnett was Glen Davis' hidden leader. Ray Allen: Rondo. James Posey: 2nd unit)
        - If needed, Doc will handle a player that is not complying with the culture/standards with a "tremendous dose of reality."
        - Doc encourages his assistants to immediately confront any challenge to the culture.
        - Says that they have very few drastic deviations from their standard or culture. In 1,875 meetings over the course of the season, players only missed five of them; and none missed by any player in the top 10 of their rotation.

- The power of words. What we say as coaches are very powerful.
    - Example: The year Boston won the NBA title, Doc said the most powerful 4 words to the team at a time when Rondo was struggling: "I believe in you."

- Coaches and leaders must sometimes have blind faith. You may not see it, but you'll have to sell it.
    - Example: Doc, during tough stretches late in the regular season this year, would tell his team: "I see it, I feel it, it's coming."

- What do they put premiums on when evaluating players:
    1. Talent
    2. Character (not characters)
    3. Discipline
    4. Competitive Drive
    5. Intelligent Work Ethic
    6. Focus

- There is a difference between talent and talented. The "ed" in talented stands for "extra dimension."
- Talented players:
    1. Make teammates their teammates better
    2. Make their team better
    3. As a result of #1 and #2, make themselves better. (Uses KG as an example of this)

- 2 things you must get past to win championships:
    1. Hard (it's hard to win a championship)
    2. Personal (if it's "you-"driven, you'll be done early.)

- Celtics Defense emphasizes three things:
    - Transition D
    - Pick & Roll D
    - ½ Court Defense

- TRANSITION DEFENSE
- 12 Basic Tenants of Transition Defense
    1. On the raise of the shot, the 1, 2, and 3 get back. (4 and 5 can go to the glass). They would rather give up a few offensive rebounds to have a better chance of getting their defense set.
    2. First three steps are most important in terms of sprinting back on defense (beat your man to ½ court)
    3. Must get "below the ball"
    4. We are guarding their team, not our matchup
    5. 2 guys back are in a tandem
    6. 3 guys back are in a triangle
    7. 1st big guy back protects the basket
    8. 2nd big guy back "loads to the ball;" with the goal being to take away any seams and to stop dribble penetration. With great penetrating players, they will "load to touch."
    9. No Buddy. Find the ball. Don't just find your matchup.
    10. Get to "shrink spots" (help). Again, take away all possibilities of penetration. Do not allow any seams.
    11. Make them throw 2 passes in transition
    12. Use your voices and your fingers in transition defense
- 8 "Musts" in Transition D:
    1. Must have a transition defense mindset
    2. Must sprint back and be back
    3. Must take away the early strike (for them, it's the first 6 seconds)
    4. Must make them throw at least 2 passes (buys time for your defense)
    5. Must guard their team, not your matchup
    6. Must play team defense, not individual defense
    7. Must find and cover shooters
    8. Must use our fingers and voices
- 6 Things that players can do to make Transition D harder:
    1. Complaining to the referee
    2. Missed shot followed by histrionics
    3. Celebrating a shot
    4. Instinct of going to the offensive glass
    5. Player gambles and misses (they will stat this if they start to gamble too much)
    6. Player falls trying to draw a foul call
- 3 Things that improve Transition D:
    1. Great shot selection (gives you balance on the other end)

2. 4 & 5 offensive rebound
3. Driving the ball against a good running team to draw fouls, thus breaking up the game and taking them out of their flow.

- 10 Things that hurt Transition D:
  1. Lazy first 3 steps
  2. Lack of communication
  3. A "my man" mentality
  4. Crashing the boards
  5. Gambles
  6. Transition Offense at the expense of Transition D (leak outs)
  7. Long, easy throw aheads
  8. Buddy running
  9. Drags or double drags (transition ball screen by the offense)
  10. Cross Matchups
      - On misses, they guard who guarded them
      - On makes, they guard their matchup

- Their ideal defensive possession: no penetration, then a contested jumpshot.
  - If they allow penetration, they do not want any shots off the first pass of penetration. They want to make you throw 3+ passes.

- Difference between a "flat drive" and a "penetration drive."
  - They will stunt their help defenders on a flat drive
  - On a penetration drive, if the defender is beaten, they will switch.
    - "We switch out of necessity, not convenience."
    - What beats you? The mismatch or the open shot? Open shot.

- Adjustment philosophy
  - They are not just going to change their scheme if things aren't going their way. If you are getting beat by a player/action:
    - "Do it harder."
    - "Do it better."
    - Sub them out of the game
    - Then, if none of that has worked, change your scheme.

- Want to avoid having to scramble, but says that the best defensive teams in NBA history still defend well when "all hell breaks loose."
- Best defensive teams when they are in practice: "Their mouths are talking, their sneakers are squeaking, and their fingers are pointing."

- What communication does for them:
  1. Intimidates the offense (can play with other teams' heads)
  2. Gives you a head start at whatever your next movement is (i.e. fighting a screen; early communication allows you to start fighting through a screen before the screener makes contact)

3. Man guarding the ball has much more confidence
4. Wakes up a disengaged defense
5. Catches mistakes before they are made
6. Energizes our team (our best practices are our loudest practices)

- TRUST
    1. Trust takes time.
    2. Trust takes consistency.
    3. Trust takes proof. When you say you're going to do something, you do it.
    - Also noted that teams that they believe that teams that trust each other foul less often.

- If you blindfolded someone, what would they hear at your practice?
    - "The low man wins." (Leverage game)
    - "Fouling negates hustle."
    - "Defense is about commitment; Offense is about comfort. Take offenses out of their comfort zones."
    - "The help defender should never get beat." (He's already there)
    - "Ball-side defense wins games; weak-side defense wins championships."

- Notes he had taken from Lawrence Frank:
- Setting a goal of consecutive stops
    - Get 3 straight stops seven times in the first 42 minutes
    - Get 3 straight stops twice in the last 6 minutes.
        - Last 6 minutes is the "moment of truth time."
- The stat sheet the NBA gives you tells you what happened in the game; the numbers you choose to keep tell you the how and the why.
- You should choose the numbers you keep by setting a priority, creating a category, setting a goal, then charting your results.
- Example:

PRIORITY	CATEGORY	GOAL	RESULT
TRANSITION D	Fast Break Points	11 or less	

- Other notes from the lecture:
    - Your 2nd Unit: can't win you championships but can keep you from winning them.
    - "It's." Stands for "Impossible to Succeed." (i.e. "It's hard;" "It's early.")
    - They constantly duplicate and repeat things of ultra importance.
    - Great players do what is outstanding for the team, not what makes them stand out.

- Talk energizes your team during practice
- "Are you an energy giver or an energy zapper?"
- "Emotional Hijackers": guys that require teammates to expend energy calming you down.
- The Celtics "validate" every win in practice by making a free throw.
    - Along with emphasizing free throw shooting, you will find out who wants to take the last shot.
- Doc will occasionally allow a player to diagram a play.
- 2 types of penetration:
    - Shotfake, penetration
    - Quick penetration (pull through)
- Celtics staff is constantly reading
    - Not just for knowledge, but in looking for ways to motivate their team.
- Great story about motivation:
    - Overheard Bill Russell talking to KG. His advice: "put your arm around them and take them with you." (Don't drag them or push them, but put your arm around them)
- Big eyes, big ears, small mouth
    - Doc lives this, and thus can always make an accurate read on his team.

Travis Ford, Shaka Smart, Brendan Suhr
Finding and Coaching Your Team Leader/Coaching the Modern Player

- Coach Suhr: NBA comes down to two things: 1. Basketball 2. Leadership
    - Are your leaders your best players?
    - Were you one of the best players when you played?
        - Are you taking care of the potential leaders that are not your best players?

- Who picks the captains of the team?
    - Coach Ford gives a questionnaire to his team and gets their input, but will ultimately make the decision as to who his captains are. Will also confer with the strength and conditioning coach.
    - Coach Smart meets with potential leaders of his team once a week. This is an informal meeting where he lets his guys talk. He also allows them to run captains practice once a week in the offseason.
        - Will also meet with potential leaders in his freshman and sophomore classes to nurture leadership skills
    - One of the best ways to develop leadership is through recruiting—identifying potential leaders in the recruiting process.

- Leadership Discussion
    - "What ifs"—pose questions to your players during the springtime that address specific issues that could come up on/off the floor.
    - Coach Smart: 1st level of leadership is taking care of your own stuff. You can't lead anyone if you don't take care of your own stuff.
    - The first time your team faces adversity, your leaders reveal themselves.
    - Coach Ford: James Anderson needed to be cultivated as a leader because he was the best player on the team; even though this went against James' personality.
    - You can identify a leader by who is following him
        - Almost as important to identify players with the *wrong* message. What is coming out of your players' mouths when you're not around?
    - Coach Ford: spends the first two weeks of school very focused on who's going to lead his team…especially when adversity sets in.
    - Focus on the 9-10 guys that are on board with your message/culture. Cannot get distracted by 1-2 guys that are not.
    - Three kinds of guys on your team:
        - Leaders
        - Followers
        - Cowards
    - Players don't know what they don't know, so we need to tell them what they don't know.

- Bring in people that the players have high respect for to talk to the team.
- Get your leaders to see the game as the coaches see it.
  - Common Kevin Garnett quote: "I hear leadership, I don't see it."
- Leadership is truth: the truth has to be told.
- The hardest place to provide leadership is with your friends.
- Leaders- do they occupy the seat or execute the position?
- Leadership can build or destroy
- You can win without a great leader; you cannot win with a great leader of the wrong things.
- Three simple steps to getting what you want:
  1. Know what you want
  2. Be willing to pay the price
  3. Pay it.

- Shaka Smart:
  - Captains' practice- once a week for 45 minutes
  - Have leaders show the team an edit on film
  - Have players give a scouting report
    - Have your point guard lead a walk through
  - 1 timeout per practice for his team
  - "Accountability Teams"—3 teams with 1 leader per team
    - Used this over the summer with the strength coach in charge
    - Awarded points for various different things: showing up on time, getting extra shots up, etc.
  - There is always inconsistency between what a player wants and what he is willing to sacrifice/do to get it.

- Travis Ford:
  - Spends an enormous amount of time and energy getting to know his players.
  - Will walk a player to class from time to time
  - Will bring guys to his house (usually meets with guys individually at the beginning of the year)
  - "Bio Night"
    - Players are assigned to do bios on one other player and all bios are presented on Bio Night.
    - Coach selects who is partners with whom and says that he learns a ton about his players (and they learn a ton about each other) during this night.
    - Will also allow his players to ask him any questions they want.
  - Need to maintain a good relationship with players because there are a lot of avenues for them to vent (facebook, AAU coach, family, etc.)

Matt Painter
Motion Offense

- Teaching and coaching is about relationships, understanding, and trust

- Good offensive players need spacing in order to be effective
- Lately has been playing 5 man motion, but will also go 4 out, 1 in when he has a great big man inside.

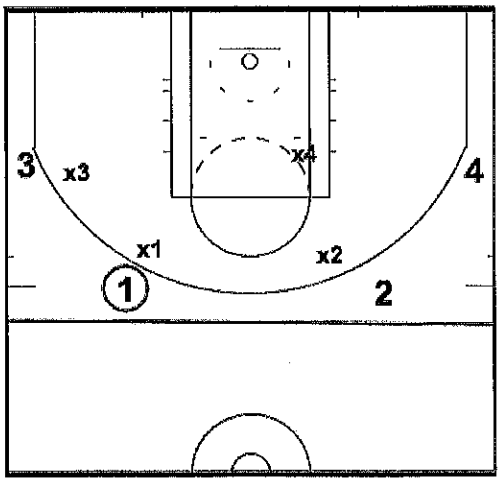
- 5 man motion
    - Predicated on driving the basketball—playing off the closeout
    - Looking for three things:
        1. Open shots
        2. Layups
        3. Free Throws
    - Motion tends to be perimeter oriented, so it's crucial to emphasize:
        1. No contested 3's
        2. Drive the basketball
        3. Post touches

- They do not always have 5 great shooters on the floor because how you play defensively is what gets you on the court.

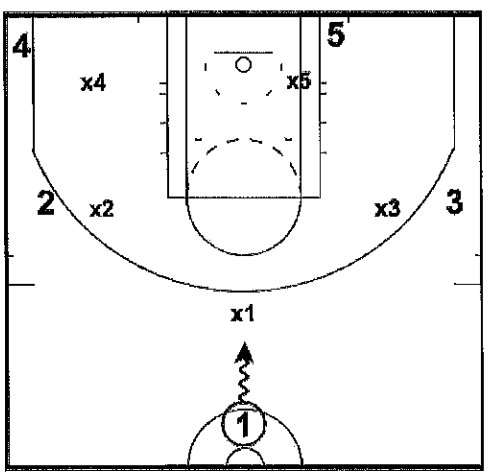
- 3 important things to think about if you are going to run motion:
    1. What are your rules when the ball goes in the post?
    2. What are your dribble rules? (How will you play off of dribble penetration?)
    3. What are your screening rules?

- What is the first key to motion offense? Being able to relieve pressure.
    - He described this as when your ball handler is "drowning."
    - Players must be able to recognize when they need to be a pressure release.
    - In order to execute your screening actions, the basketball must be in a position to deliver to an open man.
    - Never worry about a guy who can play (in terms of handling the ball).
        - However, in motion, your 5 man may be catching the ball on the perimeter, in which case you must provide a pressure release for him

- They will play 4 on 4 with no dribbles allowed
  - Put a piece of tape from sideline to sideline at 23 feet and force them to play within that area. Treat the 23' line as out of bounds.
  - Works on getting guys to be in triple threat, forces you to set screens, and gets guys to look at the 2nd action of a screen.



- 60 Point Game
  - 5 on 5, half court game
    - You are allowed to use the entire half of the court (23' line is no longer a factor)
  - The ball handler can start with a live dribble, but once he enters the ball, you can no longer dribble
  - Layups are worth 5 points
  - Fouls are worth 4 points
  - Every pass is worth 1 point.
    - You cannot throw a pass to the person who threw it to you unless it is for a layup.
  - They will run "60 Point Game" as a delay late in games when they are playing with a lead
  - Says that he would still play this game every day even if he ran sets.



- Plays these two games in practice to teach his guys that "you can't hide in motion."

- 3 different guys in every motion action:
    1. Screener
    2. Cutter
    3. Decision Maker
        - The most important guy is the one making the decision

- You cannot walk in motion.

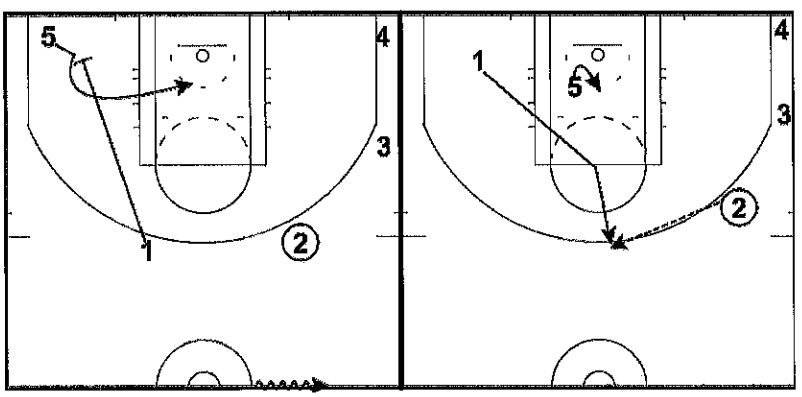
- Ball reversal supersedes your action
    - It is more important to get the ball reversed
    - When they are constantly catching the ball at the top of the key (in the middle of the floor) within a possession, they know they're going to get something good.
        - When you do this, there is no weak side of the floor. You force teams to play each side of the floor equally, which contributes to spacing.

- Defensive teams get consumed with the jump shot, when in fact, where offenses hurt you is by driving the ball, throwing it into the post, and getting to the free throw line

- Tells his cutters to face cut whenever possible. Face cutters are a greater threat at the basket, which scares the screener's defender and forces more help.

- They will post up every player on the floor (does not mean that they will throw everybody the ball)
- Cutters constantly use a "leg whip" (reverse pivot) into a post up off of every cut.
    - This creates space for a drive
    - This seals the help with your post up

- Will even invert a 1 to 5 screen as a way to get the 5 man posted up in the middle of the lane



- Personnel always dictates what you can do within your motion

- Always teaches the post player to rim run and post up
    - This engages the safety defender and often creates cross-matchups or confusion for the defense

- Players can stay with their post-up if:
    - They have the defender on their back
    - If they have space for the ball to be thrown over the top
    - If not, get out of the lane

- Opening the middle is important because it creates the space that guys need to cut, drive, and post

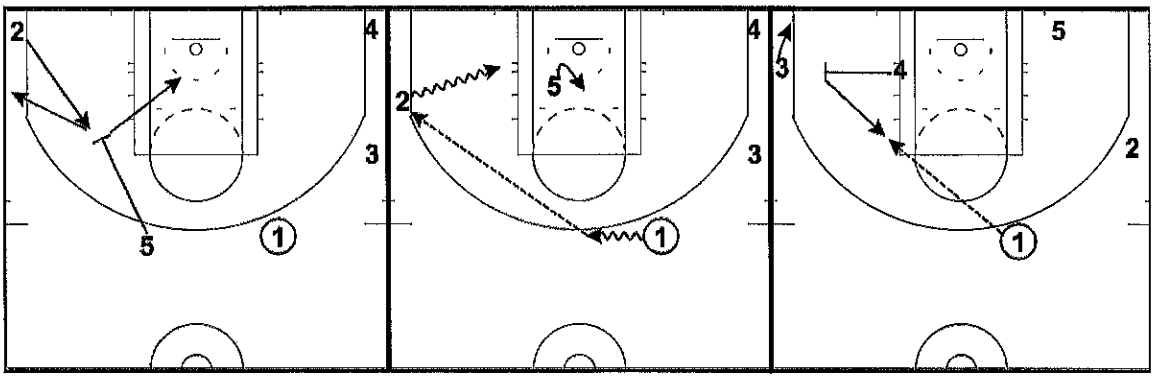
- You are going to get a good shot if the ball can keep getting to the midpoint

- Offensive rebounding:
    - 3, 4, and 5 go to the glass
    - 2 is the safety
    - 1 is the jammer
        - 1 Jams the point guard and does not allow him to catch going towards the other end; force him to come back to catch
        - All teams find their 1 man on a made basket
        - If they throw away from the jammer, he runs and plays the ball (the point guard who does not get the ball will inevitably watch the play rather than sprinting back into it)

- Defensive rule of thumb: if you gamble and miss, and you have created a 1 man advantage, the other defenders cannot gamble again. Must rotate and be solid.

- The toughest defenses to play against are the ones that force you to score over them

- Actions vs. switching defenses
    - Slip/Fade (action happens at the same time)
    - Slip/Fade with a leg whip create space to drive
    - Backscreen—Buttscreen



- Other notes:
    - Question: in the last 2 minutes of the game, do you rely on motion or sets?
        - A: If we get the ball cleanly into transition, we will flow into motion; if we face a set defense, we will run a set play
    - Will use a speed cut on most cuts because this creates separation
    - If the defender tries to go under a screen, the cutter hits the screener's shoulder and yells "change," which changes the screening angle

John Costigan

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iPad Application: Courtside Technology Pro for iPad

- When you get an objection/rejection from a kid in recruiting:
    - Steps he uses as a salesman:
        1. Agree
            a. Don't put them on the defensive
            b. This puts their guard down
        2. Find out *why* they said what they said
        3. Three steps:
            a. Ask permission to ask a question
            b. Ask the question, or tell them that this is very important
            c. Ask for help
                i. People love helping people
    - In your initial sales pitch, "go for the no."
        - Try to get the recruit/consumer to say no.
        - Yes is a great answer
        - No is a good answer if you get it early enough

Spencer Wood, Icebox Athlete
Mental Toughness in the Clutch

- Wooden:
  - "Most athletes/teams are either 25% better under pressure or 25% worse"
  - Goal = Poise, focus, confidence under pressure
  - "Mental toughness does not guarantee a championship, but a lack of mental toughness is guaranteed to lose us a championship"

- Pressure can affect:
  - Decision making—shot selection, turnovers
  - Skill execution

- 13.6% difference between FT% in the regular season than with less than 2 minutes and a +/- 3 point spread

- Response to stress and pressure
  - Practice until automatic
  - Coach admonishment to "relax" or "focus"
  - Mask fear with intensity

- Mental skills make up for more than 50% of success, so why not dedicate more time?
  - Principles are still a mystery
  - False sense of "you either have it or you don't"
  - If it isn't broke, don't fix it
  - Comfort level with what you're doing

- Great coaches are willing to improve what they don't know

- To answer all questions:
  - Where are you now?
  - Where are you going?
  - How are you going to get there?

- Give your players a test of their own mental skills & toughness:
  1. Ability to handle adversity and mistakes
  2. Ability to compete vs. equal or better competition
  3. Ability to compete vs. weaker competition
  4. Big game preparation (maturity & dedication to game strategy)
  5. Coachability
  6. Ability to push through fatigue & positive pain in practice and games
  7. Poise
     a. In practice

    b. In games
8. Focus
    a. In practice
    b. In games
9. Consistency
10. Dedication to skills outside of team practice
11. Accepting responsibility for actions vs. blaming others
12. Leadership (positive vs. negative influence on your team; integrity)
13. Overall work ethic
14. Basketball IQ—commitment to be a student of the game
15. Intensity
    a. In practice
    b. In competition
16. Confidence
    a. In practice
    b. In games

- The 4 C's in developing clutch consistency
    - Composure
    - Concentration
    - Confidence
    - Commitment

- Developing clutch consistency
    - You will never outperform your self belief system
        - Importance of staying in the moment
    - Build confidence carefully
    - We need to be aware of our stress levels on our players stress levels
        - Stress translates to athletes
    - Don't assume your athletes want to win!
        - Self esteem is protected by humans 2nd only to life preservation
        - Must inform your athletes what "choking" really is. Educate them.

Larry Greer (Portland Trailblazers) and Charles Klask (Orlando Magic) Scouting

Notes were handed out to coincide with this session. The following are additional notes from the session:

- Why do you scout?
    - Referred back to Brad Stevens' earlier point—3 more stops per game can drastically change your FG% defense and your record

- Terminology is key in scouting
    - Label and name everything

- Use a binder/textbook to organize and arrange laws and principles into a system

- Quality over quantity in scouting

- Find teams to that play like you do and put more emphasis on how the opponent plays against them

- When presenting to the team:
    - The importance of 1 voice presenting the gameplan
    - Use the correct/consistent terminology when you present to the team; give your team a dictionary at the beginning of the year
    - Knowing the call is for the coach so that he can use the terminology to counter what play is coming
    - Players must learn how to learn

- Have a standard scheme to guard the following:
    - Pick and Roll
    - Post Defense
    - Rules for Switching
    - Pin Down screens

- When game planning, prioritize:
    - Strengths
    - Weaknesses
    - Unique looks/actions
    - Things that could be problematic for your team

Billy Donovan, Florida
"Preparing to become a head coach"

- What does he do as a head coach on the day of the game?
    - Thinks it's crucial to find out the pulse of the team and the pulse of the players on game day.
        - No matter how much film you watch, how great your scout is, how sharp shoot around is, etc, your team must be ready to play on the day of the game.
        - From Pat Riley: Never be ready to play yesterday. Being ready to play today is what's important.

    - Always evaluating and asking, "are these guys in the right frame of mind?"

    - Will often rely upon assistant coaches, strength coach, and trainer to learn more about the pulse of his team.

    - Will read the body language of his players; citing that players often communicate through body language.
        - Allow players the opportunity to feel comfortable speaking what's on their minds.

    - Will confront every issue. Recommends that you do it in the way that you are comfortable with, but be sure to confront important issues as they arise.
        - Explains how confrontation is not always yelling and screaming, but it is necessary to get everything on the table.
        - Always communicates openly and honestly.
        - Does not know if this always works, but he will always address it.
        - One of his biggest fears as a coach: an issue didn't get addressed when it needed to, it affected winning, and it could have been prevented by a 2 minute conversation.

    - Every player has intentions. When the lights go on, players can change and their intentions can change. It is important to understand players' intentions.
        - The best players' intentions are to make the "next best play," whatever that may be.

    - Not as concerned with a player's behavior as he is with a player's attitude. We all can monitor and correct our behaviors, but attitude dictates whether or not you've corrected the root of the problem.

- Know and understand the behavior of guys in the locker room on the day of the game. Different guys prepare differently for a game.
    - Also, be sure that guys understand that while you need to be yourself in preparing for a game, you cannot do so at the expense of others as they get ready to play.

- What is going through your head during the game?
    - Rarely interacts with guys when they're coming out of the game if they are in a bad place.
        - Will allow assistant coaches to deal with a player; especially if he's emotional.
        - Never wants to have a blow up at the front of the bench.
        - Will address any issue after the game.
    - Always thinking about what he's going to do when things don't go well. It is more important to think about that (in practice and in games) than it is to worry about the perfect practice plan or the perfect game plan.
        - Always asking himself how he would deal with potential situations.

    - Officials
        - Always wants to know who the officials are
        - Tries to create an open dialogue with officials based upon respect
        - Says that the worst thing he could have happen with an official is for the guy to shut him off, or not deal with him anymore
        - Because you treat an official with respect, they know they have made a mistake if you get upset
        - Respects when officials admit a mistake, and will show them that respect
        - Thinks it's important to have a pulse on the other coach; especially if he's being very hard on an official
        - When you're seeing officials on a regular basis, you want them to respect your program and you want to maintain an open line of communication
        - Constantly talking to his players about how to handle the officials
            - Will be sure that the team is seen in a positive light, and will have players apologize if they are in the wrong with how they treat an official

    - Chemistry issues in the game
        - Wants to know what chemistry issues exist within the team during the game
        - Will confront any issue right way

        - "We never want anything to get in the way of the team."
    - Looks at extra pass opportunities, if a player is missing shots, or if a player is down on himself.
    - Assistants have a pulse on what is being said on the bench.
    - Again, we're all about "getting guys moving together in the right direction and making the next right play."

- Mentioned Bill Belichick. Asked him who are the hardest/easiest teams to prepare for in the NFL.
    - Hardest teams can disguise what it is they do by making everything look the same.
    - Easiest teams "do what they do." You know going into the game what they're going to do.

Forrest Larson

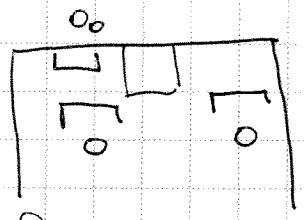
Full court Man 2 Man press

1. Increase Pace
2. Make conditioning a factor
3. Difficult to prepare for
4. TO's

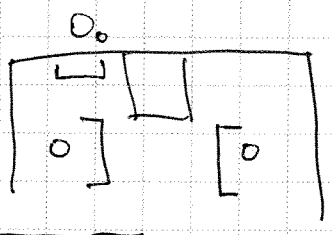
Make Reads

① Pick up Points

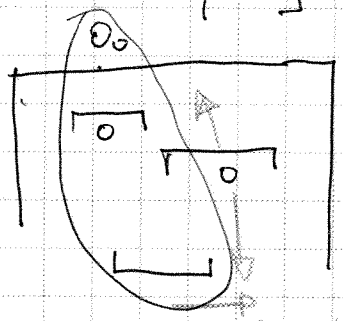
- On the Ball all-out Denial



- On the Ball Side by Side

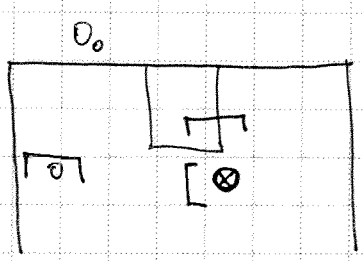


- Off the Ball

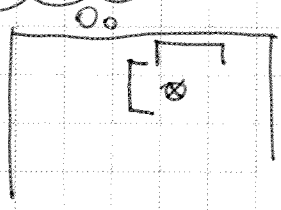


- Fight through screens
- switching the screen

- vs outstanding PG's
  - double team
  - fatigue



- vs stack 1
  - leaving only 1 guard in back court
  - Automatic Double



2. Ball Pressure

never give up a direct drive

- Fan to sideline
- Create a change of direction → Best situation to trap

3. Always trap the Dribble

(never pass)

Only attack when the Ball can't see you

element of surprise

4. Never Behind the line of Basketball

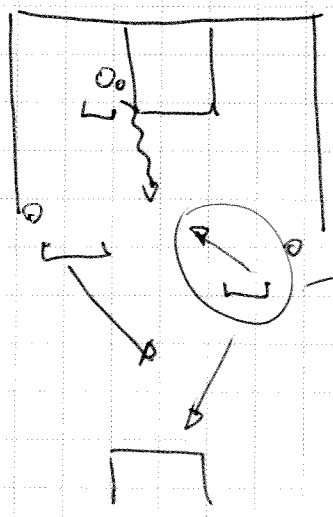
Backward pass cannot hurt

- Back up the gap

5. Sprint Mentality

- always sprint back to paint in breakdown situation
- sprint out of traps

turn & sprint



if steps up, we're in trouble

6. Floor positionning

1 pass away : Backing the Gap ; looking to trap

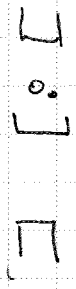
2 pass away : look to shoot the gap (smell steal) rotate on trap

on Late rotation

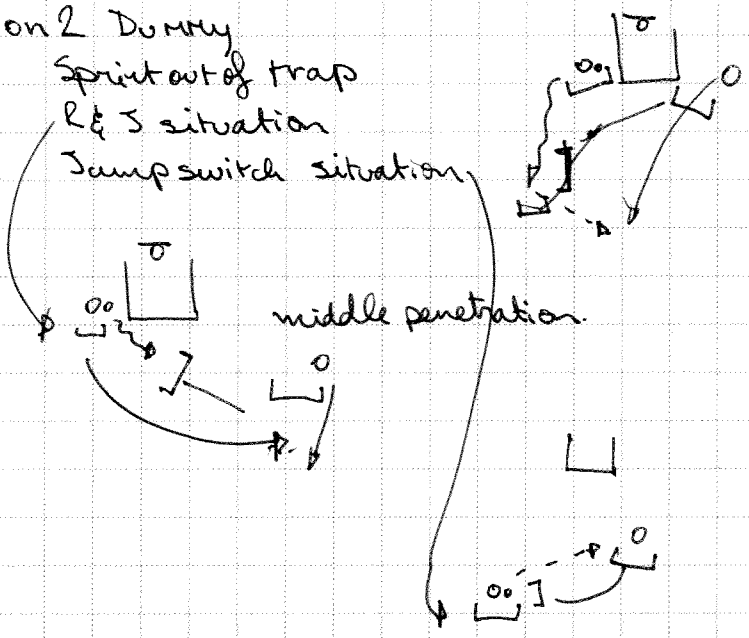
rotater stays ; everybody rotates to closest man (No in-between)

Drills

1. Full-court 1on1
   - take away comfort drill
   - ball handler cannot watch whole floor
   - beaten
     - turn & sprint to tip / level off dribble

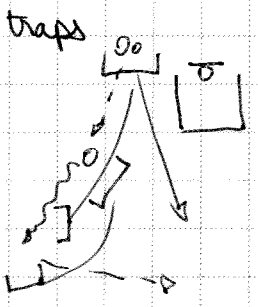


2. 2on2 Dummy
   - Sprint out of trap
   - R & S situation
   - Jump switch situation



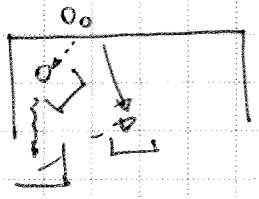
Fan Sideline
Beat Sideline
& trap Sideline

3. 2 on 2 Trap situation
   - Inbounds on & off ball traps

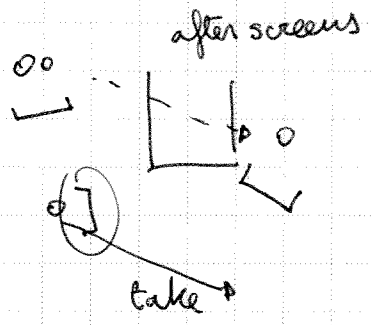


Side by Side

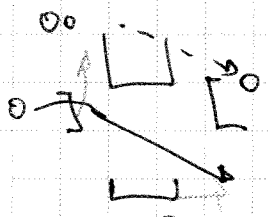
Off-Ball Situation



4. 3on3 Inbounds Situation.
Defending screens
Stunt at the ball



if it becomes too good

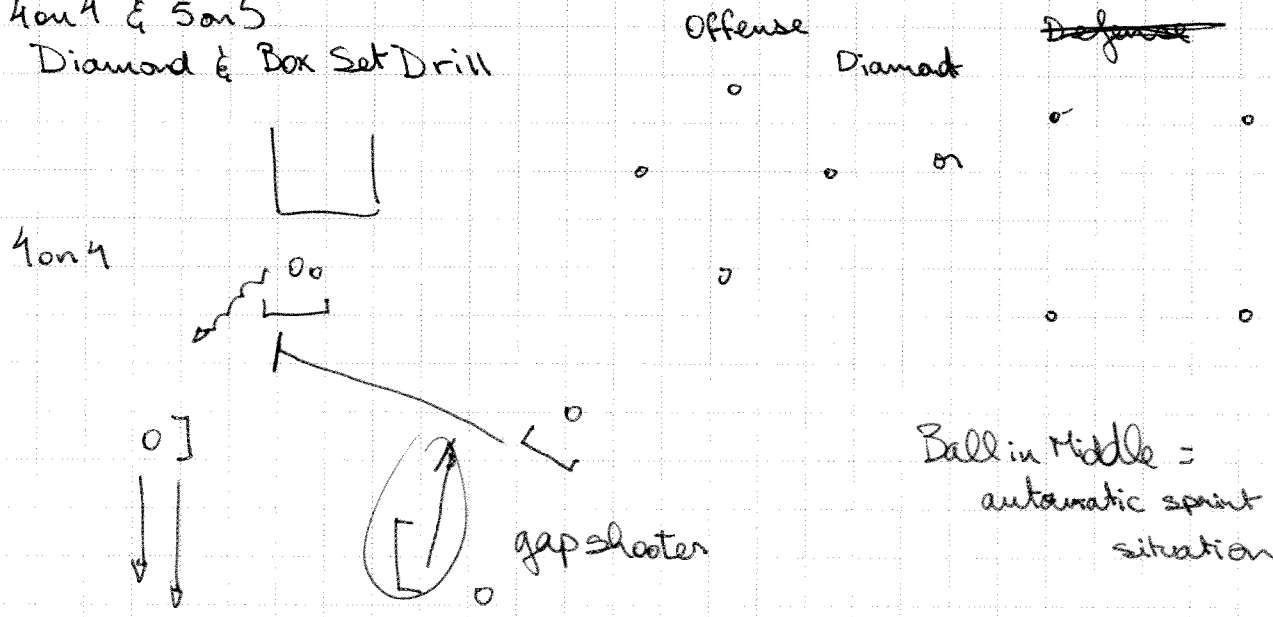


off ball & switch on diagonal cut

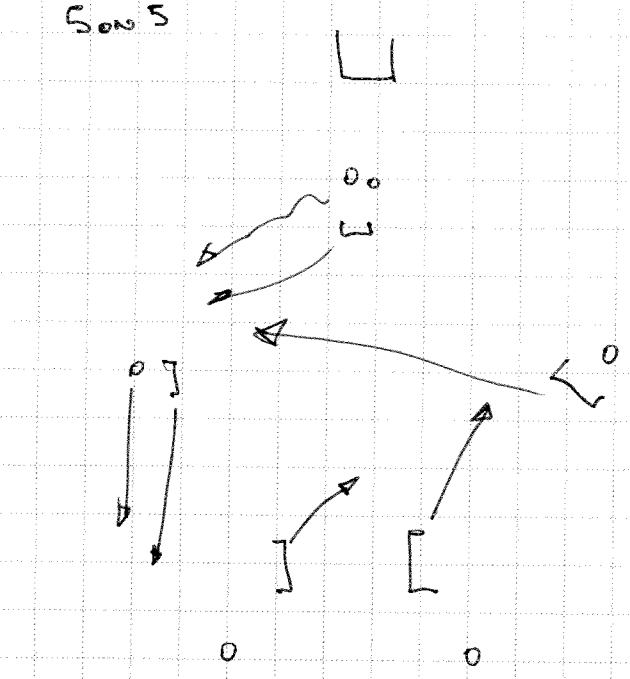
Always play after a turnover

Stunting in press is very effective

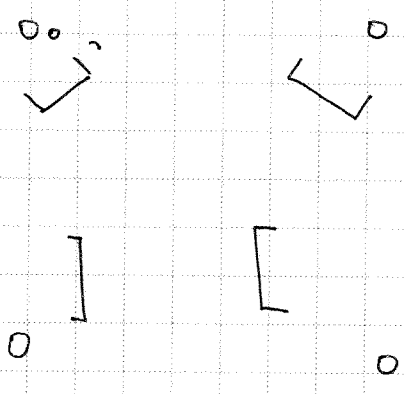
5. 4on4 & 5on5
Diamond & Box Set Drill



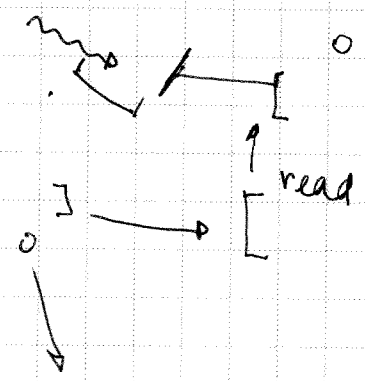
5 on 5



4 on 4 Box

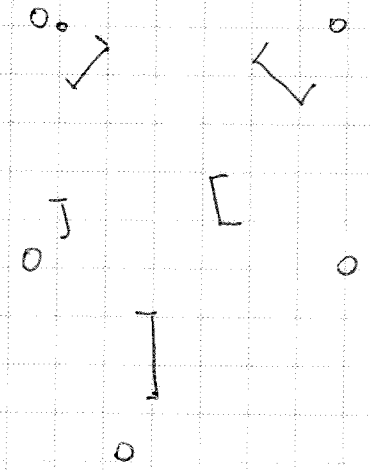


middle



Rarely will jump come from strongside

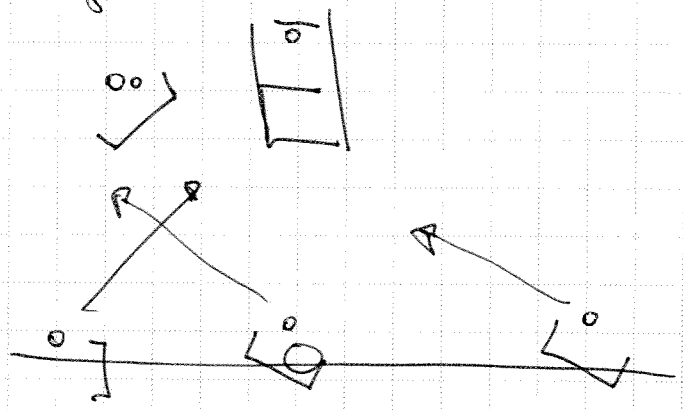
Then go 5 on 5



Communication
No Fear of Rotation

Rule: closest man
& communicate

(6.) 4on4 Florida SET
Defending Diagonal Cuts

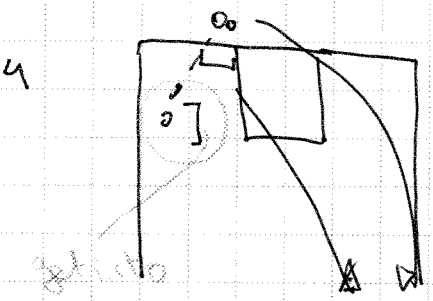


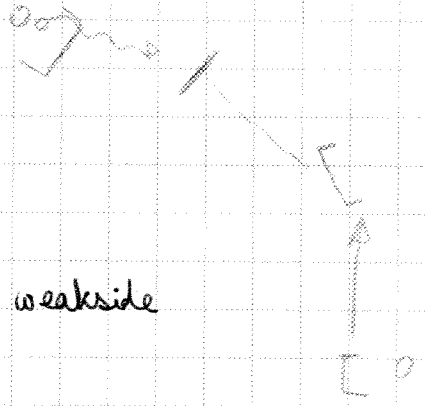
3 sprints to the ball

after inbounds
2 diagonal cuts

(7.) Trap the Clear Out
4on4 & 5on5

4on4

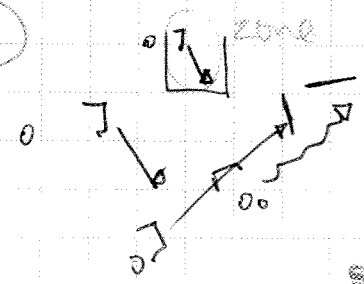




rotation comes from weakside

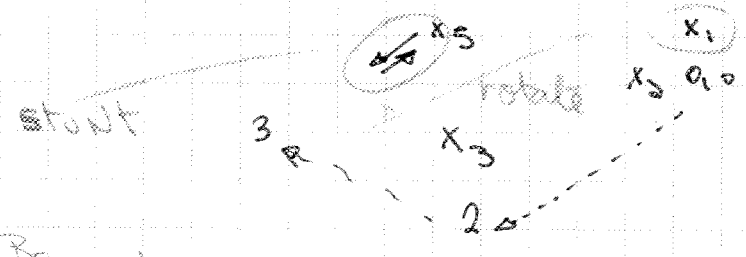
(8.) Half-Court Rotation Situations
Rotate out of post

4on4



on ball reversal

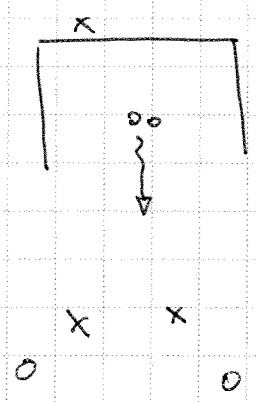
5



Box-out

(9.) Recovery with transition

- 3on2+1



- 4on3+1

work on rotations

- 5on4+1

(5.) 5on5 circle transition

PUBLIC RELATIONS AND PROMOTIONS

I feel that the constant improvement of the public image of our basketball program is a direct responsibility of the head coach and his staff, in conjunction with the athletic director and athletic department staff.

Accessibility, I believe, is the key, and our staff will always be available to promote our basketball program and speak to groups like:

1. Students
2. Faculty, Staff and Administration
3. Campus Organizations
4. Fraternities and Sororities
5. Athletic Booster Clubs
6. Alumni Groups
7. Area High School Coaches
8. Area Youth Organizations
9. News Media
10. Local Businesses
11. Non-Profit Organizations
12. General Population

RESPONSIBILITIES OF ASSISTANT COACHES

Webster's dictionary defines an "assistant" as "one who gives aid and support; a helper." There are no more important people in a basketball program than the assistant coaches, and I am of the opinion that any head coach is only as good as his assistant coaches.

It is important that an assistant coach's key word is "we." Every phase of the job requires loyalty to the head coach. Publicly, it is a strength and a necessity to support the program. However, when among other staff members behind closed doors, it is important to express one's opinions and maintain his individuality.

An assistant coach should be prepared to be involved with every aspect of the program. Not only can he be of help in different areas, but he can help himself grow professionally, as well.

Responsibilities

Academics

1. Relationship with faculty
2. Relationship with academic counselors
3. Study hall
4. Involvement with tutoring program
5. NCAA and school requirements
6. Class scheduling
7. Attendance check
8. Summer school

Recruiting

1. Organization and filing system
2. Evaluation and identification
3. Academic information
4. Mail-out system
5. Organization of home and campus visits
6. Yearly recruiting calendar
7. Phone calls
8. Organization of travel
9. Coverage of summer leagues, camps, tournaments
10. Subscription scouting services
11. Budget
12. Underclassmen recruiting
13. Recruiting film, brochures, questionnaire

Scouting

1. Opponents' scheduling
2. Organization of film exchange
3. Budget
4. Film editing
5. Pre-game preparation

Pre-Season Conditioning

1. Weight-training
2. Endurance program
3. Jump rope and agility program
4. Free play

Practice -- Basketball Philosophy and Teaching Methods

1. Responsible for position players -- guards, forwards, center
2. Drill organization
3. Individual instruction and pre-practice
4. Breakdown, as a staff, every phase of game:
   a. Fast break and secondary break
   b. Offense: man and zones offense
   c. Special situations: out of bounds, delay, last second, etc.
   d. Defense: man and zone at half-court
   e. Pressure defenses
   f. Special defenses
   g. Offensive and defensive philosophies
   h. Game situations: free throw plays, timeout philosophy
   i. Breakdown drills for all of the above
5. Game organization:
   a. Statistics used on bench
   b. Scouting report: free throw shooters to foul, etc.

Public Relations and Promotions

1. Speaking engagements: campus, alumni and booster clubs
2. Media day, picture day
3. Promotional film, pocket schedules, posters, brochures, etc.
4. Hospital visits and volunteer work with team
5. T.V. and radio show
6. Relationship with S.I.D. and Ticket offices
7. Speakers for team concerning motivation and personal improvement
8. Mailing list for parents, former players, season ticket holders

Budget

1. Meetings set up to check monthly expenditures
2. Evaluation for present and future needs
3. Itemized areas

Scheduling

1. Future dates and opponents
2. Contracts for opponents for current year
3. Tournaments: hosting or attending
4. League schedule
5. Foreign trips and exhibition games
6. Pre-season scrimmages

Team Travel

1. Team transportation and lodging -- done before season
2. Practice times at home and on the road
3. Meal arrangements
4. Itinerary for each trip
5. Budget

Team Discipline

1. Enforcement of punctuality, dress, grooming and etiquette rules
2. Road trips: dress, curfew, etc.
3. Office hours for staff
4. Communication with parents of players
5. Tone set by the head coach

Managers

1. Daily assignments: pre-practice setup, post-practice clean-ups
2. Game day responsibilities
3. Road trip responsibilities
4. Relationship with staff and players -- equals
5. Off-season responsibilities

Facilities Coordination

1. Practice times coordinated with other teams
2. School calender -- other events
3. Maintenance and equipment
4. Game day preparation: media, officials, maintenance, etc.

Summer Camp

1. Facilities coordination
2. Dates and times
3. Promotions: brochures, advertising, mail-outs, etc.
4. Staff organization
5. Camp organization: speakers, films, etc.

Clinic

1. Speakers
2. Facilities secured
3. Advertising and promotions
4. Clinic day responsibilities

Professional Advancement

1. Write for publications
2. Attend clinics
3. Work at camps
4. Committee work for NABC
5. Speaking engagements and volunteer work
6. Read-read-read

Any coach, whether he is a head coach or an assistant coach, should have the attitude that he can always learn more and improve professionally. Remember that we can learn from anyone (the best, the worst, pro coaches, high school coaches, etc.) and should always be open to new ideas.

My goal as a head coach is to prepare each of my assistant coaches for his head coaching opportunity some day. It is to their benefit, therefore, to take responsibility for working with each aspect of our program. The worst thing an assistant can do, in my opinion, is to be one-dimensional.

I have enjoyed the experience and challenges of taking on new responsibilities as an assistant coach under some excellent head coaches and, because of that, feel I am prepared for every situation. That is the type of attitude I want to instill in my assistants.

Fran Fraschilla

Philosophy of Coaching

ACADEMIC PHILOSOPHY

There is no question in my mind that the role of a college basketball coach is that of an educator first. Obviously, our main priority is to see that each student-athlete graduates with a degree that will put him on track towards his long-term career goals.

I believe that each member of our basketball team should look at himself as a student who happens to play basketball. I am convinced that college basketball can be a tremendously positive part of our players' education.

We will provide a disciplined and structured academic support program from freshman orientation to graduation and beyond. It will include:

a. Academic and career counseling
b. Manditory study table
c. Study skills development
d. Manditory class attendance
e. Weekly academic meetings with coaching staff
f. Tutoring help

Our players will be monitored closely, not only to insure that they are making "normal progress" toward their degree requirements, but also to show them that we care about them as students and as people.

As coaches, we have a tremendous opportunity to educate each and every student-athlete so that they are prepared for situations they will encounter after they leave college. To that end, we will organize a weekly personal improvement program that will cover areas such as:

a. Time management
b. Drug and alcohol awareness
c. Handling media interviews
d. Stress management
e. Budgeting and check-writing
f. Manners and etiquette
g. Public speaking

Our coaching staff will be very actively involved with our student-athletes, not only on the basketball court, but off it as well. An assistant coach will be designated as our team academic coordinator, and his responsibilities will include:

a. To be a liaison with the faculty and staff
b. To coordinate class scheduling and degree requirements
c. To establish weekly meetings to monitor progress
d. To guide student-athletes to available and appropriate help
e. To organize and supervise study table and tutoring

In addition to the academic support program that we will provide, I believe that the lessons learned on the basketball court, such as teamwork, hard work, competition, discipline and sacrifice, will be a very valuable educational experience when our student-athletes have to "compete" in the "real world."

MY BASKETBALL PHILOSOPHY

Every team has a real or identifiable personality or image. This personality or image is a direct reflection and extension of the head coach's philosophy. My philosophy is a simple one: **BE THE BEST YOU CAN BE.**

My job as a college basketball coach is to help each and every member of my team reach his **full potential** as a student, as an athlete and as a person. The challenge of this responsibility is the reason I am in the coaching profession.

The cornerstones of my philosophy are **discipline** and **enthusiasm.** To me, discipline is getting your players to do the right thing and doing it that way every single time. As Lou Holtz says, "Discipline isn't something you do to someone, it's something you do for someone." And, I firmly believe that nothing great in this world was ever accomplished without enthusiasm.

On the basketball court, I want our players to have the attitude that they will **play hard, play unselfishly and have fun.** If we can accomplish this, we are building the foundation of a successful basketball program. I believe in **pressure basketball** with an emphasis on a fast break offense and aggressive man-to-man defense, and I have a mental picture of how I want our team to play. It is very important, I believe, that ***we*** **dictate the tempo** of the basketball game.

Basketball is a simple game; when we try to make it complex, we get in trouble. Limit your opponent to low percentage shots and get high percentage shots when you have the ball. It is a game of percentages and mistakes. We believe our defense will cause our opponents' mistakes while our offense will create high percentage shots.

Finally, because I believe it is my main responsibility to develop each player to his full potential, on and off the court, I will never lose sight of that goal. I believe that the game of basketball is a great tool with which to teach some important lessons applicable in all areas of life: **hard work, teamwork, discipline, competition and enthusiasm.**

RECRUITING PHILOSOPHY

The "heart" of any basketball program are the players. With this in mind, my recruiting philosophy is very simple: **We want to recruit student-athletes who have the ability to be successful both on the basketball court and in the classroom.** In addition, they must fit in with our players and coaching staff as people and represent the school in a first-class manner.

A prospect who has the athletic ability, qualifies academically and has a sincere interest in the school is considered **a priority recruit.** Once we have determined that a prospect is a priority recruit, we begin an intense recruiting effort through mail, phone and personal contact. We must be selective and intelligent in who we recruit.

I believe that **recruiting is a team effort** among the entire coaching staff and it is important that our egos have no part in recruiting a player. This is summed up in the old adage, "It is amazing what can be accomplished when nobody worries about who gets the credit."

Each year the head coach, along with input from the staff, will identify our **recruiting needs** for the following year. To be considered are: the number of players, the type of players, position, etc. The head coach will coordinate the staff's efforts to meet those needs.

Recruiting staff meetings will be held regularly to discuss, prospects, visits, games to attend, etc. so that each staff member will be aware of the changing goals and objectives of our recruiting effort. To that end, we must share everything concerning our prospects. Any information regarding a prospect may be vital to deciding whether to recruit a prospect or not.

If our players are the heart of our basketball program, then **recruiting is the "lifeblood".** It is the most important phase of our program and is the most time-consuming aspect of coaching. It requires teamwork and an organized, concerted effort by the entire staff. And to reach the goals we set for ourselves as a staff, we will get up the earliest, stay the latest, and be there first and last.

TEAM MEETING

I. Academics

A. Class Attendance

1. Importance of attending every class or notifying coaching staff of any absences.
2. Obligation to contact the professor and making up work after any absence (road trips, for example).

B. Study Hall

1. Manditory study hall for all freshmen and players whose G.P.A. is under a 2.5. Coaching staff has the right to assign study hall for a player who, in the opinion of the coaching staff, needs extra help.
2. Study hall will be held Sunday through Thursday from 7 p.m. to 9 p.m.

C. Grade Checks and Monitoring

1. Responsibility of every player to submit his grades weekly at Thursday evening study hall.
2. Importance of every player turning in a copy of each syllabus for each class. Coaching staff will keep on file in the office.

D. Library

Need for every player to have an active library card at the start of the semester.

E. Tutorial Help

1. Procedure for getting tutorial help and the importance of having help available for each subject.
2. It is extremely important for players to come to tutoring sessions prepared.

F. NCAA Requirements

1. Minimum of 12 hours per semester is required but emphasis is on taking a course load that would lead to an on-time graduation.
2. Declaration of a major and an emphasis on taking courses that will put the student-athlete on track towards graduation.

G. Academic Planner

1. Each player will be required to maintain an academic planner to keep track of all assignments, exams and papers due during the semester.
2. Coaching staff will check academic planners on a weekly basis to insure that their time is being properly budgeted.

H. Weekly Meeting

1. Each member of the coaching staff will be assigned three players, with whom he will meet weekly on an individual basis.
2. Player will be responsible for reporting all grades received that week and for reviewing assignments due for the week ahead.

II. College Rules and Regulations

A. **Dormitory Guidelines**
1. Players will be responsible for their own rooms and must follow all rules and regulations.
2. Be neat and clean.
3. Do not be loud.
4. Respect your roommate.
5. If you have a phone installed, it is your responsibility to take care of all related costs. Do not mess with the phone company!
6. Dormitory check every Sunday at 5:00 p.m.

B. **Cafeteria**
1. Follow all rules and regulations.
2. Demonstrate good manners.
3. Do not be loud.

C. **Cars**
1. Must have car registered on campus or turn keys into coaching staff.
2. Park car only where allowed on campus.

D. **Office**
1. Coaches will always be available to help you with any problems. Just stop by the basketball office.
2. Unauthorized use of basketball office phones is prohibited.

E. **Support People**
Includes everyone involved with the college like resident staff, cafeteria staff, security, tutorial staff and custodial staff. Have a great image around them. Be humble and show class.

III. Basketball

A. **Basketball Complex**
1. Keep locker room and players' lounge neat and clean at all times. Treat it like were your home.
2. No one is allowed in the locker room area but players.
3. Appreciate and take care of all equipment and <u>do not steal!</u>

B. **Weight Training and Conditioning Program**
1. Weight training will be held Monday,Wednesday and Friday on an individual basis with the coaching staff.
2. Aerobic training will be held on Monday, Wednesday and Friday during the pre-season.
3. Pre-season running program will be held on Tuesdays and Thursdays.

C. **Basketball Rules and Regulations**
1. Always be on time.
2. The worst thing you can do is lie!

D. **Goals**
1. Academic
2. Basketball -- both personal and team
3. Career and long-term

E. **Team**

1. Team as a unit is more important than any individual.
2. Players must understand that each one will have a specific role to help make team successful.
3. We want to have a **family atmosphere** on our team. We will be together many hours during the course of the season.
4. What happens within this program stays within this program.

F. **Drugs and Alcohol**

We will be a "drug free" team, and we will not tolerate any problems in the area.

ACADEMIC DEVELOPMENT OF PLAYERS

The academic development of each player begins during the recruiting process. It starts with the recruit's guidance couselor and our Director of Admissions. Academic priorities must be firmly established early in a player's career and must be followed until a degree is earned and the player has started on a career path in his chosen profession.

The following considerations are important in developing an academic support system:

1. Initial screening during the recruiting process.
2. Backing of the Athletic Director and the department to see that the necessary people are in place
3. Discipline of the head coach to make the system work
4. Academic support system includes:
   a. Academic counselor
   b. Daily breakfast check
   c. Manditory class attendance
   d. Study halls
   e. Tutors
5. Head coach and academic coordinator must sit down weekly to go over player's academic progress
6. Weekly meeting with players
7. Pride Sheet
8. Academic goals:
   a. All players graduate
   b. All players receive proper direction to start a career
9. Social and personal development
   a. Self-Improvement Program
   b. Community involvement

TEAM IMAGE

It is important for our basketball team to create an identity or image for itself. This is how it wants to be seen by people -- what it believes about itself.

These are the words I use to describe our team image:

1. Unselfish
2. Play Hard
3. First Class
4. Poise and Composure
5. Togetherness
6. Discipline
7. Tough Defense
8. Enthusiastic
9. Confident in Each Other
10. Smart
11. Mentally Tough
12. Great Communication
13. Love for Each Other

It is up to the coach to mold the team image and to make sure that our players believe completely in what will go into making the team successful.

When both the coach and our players are "on the same wavelength" concerning our team image, there will be a mutual confidence in each other and a team with high morale and esprit de corps.

PRACTICE ORGANIZATION

The basketball court in practice is a coach's classroom. I consider myself a demanding teacher and believe strongly in the adage **"practice doesn't make perfect, perfect practice makes perfect."** To the end, we will be very demanding and require maximum effort and concentration. It is my feeling that good players want to be worked hard.

It is my goal to make practice more physically and mentally demanding than any situation that may occur in a game. And, while our players will be asked to achieve what is beyond normally comfortable for them, our primary concern is their development as players and people. Our goal for them is: **to improve each day.** Winning is a by-product of this improvement.

Team Practice Rules

1. Never miss a practice except for:
   a. injury
   b. home emergency
   c. extra academic help
2. Never be late for practice
3. No coach or player will be disturbed during practice unless it is an extreme emergency.
4. At no time during practice may a player sit or kneel. (Exception would be to allow the winners of a particular drill to rest during a water break.)
5. When a coach speaks, all eyes must be on this coach. When a player speaks, all eyes are on the player.
6. No player may offer an excuse to any criticism during practice.
7. Play until you hear a coach's whistle, then stop immediately.
8. Always sprint to where you are going.
9. No profanity will be allowed at any time.
10. No outward display of temper will be allowed.
11. When a coach or manager referees during practice, no one will be allowed to question a call or comment on it.
12. All players must sprint on the court and sprint off the court.
13. Tremendous effort will be demanded of everyone.
14. Make a great effort to be enthusiastic.
15. Players must be completely dressed before they come on the court.
16. Shirt tails will always be in.
17. Never criticize anyone.
18. Approach new techniques and situations with a positive attitude.
19. Work at game tempo. All-out effort during practice is demanded and will make game habits automatic.
20. Always be aware of THE EMPHASIS OF THE DAY.
21. Always acknowledge a GOOD PASS. This helps build team unity.

Our players must know the satisfaction of an **all-out effort** each day. Some men play out their entire athletic careers without really knowing what full extension of their abilities feels like. When we practice or play, we give it everything we have.

Along with maximum effort, we must have **maximum concentration** on the practice floor. This is our coaches' classroom, and our players are our pupils. As someone once said, "When you are through learning, you are through."

1990-91 PRACTICE ORGANIZATION CLIPS

Week One: October 15, 16, 17, 18, 19
- Fast break -- Whole and Part
- Secondary Break -- Dribble Entry
- 10 (man-to-man) Defensive series 12-13-14
- Man-To-Man Offense #1
- Special Situations -- Inbounds plays

Week Two: October 21, 22, 23, 24, 25
- Fast Break and Secondary Break
- Free Throw Break and Free Throw Situations
- 10 Defensive Series
- 40 (scramble) Defensive Series -- Late in Week
- Man-To-Man Offenses #1 and #2
- Zone Offense (4 Game) -- Late in Week

Week Three: October 27, 28, 29, 30, 31
- Fast Break
- 10 Defensive Series
- 40 Defensive Series
- Man Offense #1 and #2
- Zone Offense -- 4 Game
- Special Situations -- Delay Game
- Press Offense
- 30 Defensive Series -- 34 Press

Week Four: November 2, 3, 4, 5, 6
- Fast Break
- 10 Defensive Series
- 30 Defensive Series
- 40 Defensive Series
- Man Offenses #1, #2 and #3
- Press Offense
- Special Situations -- Late Game Situations

Week Five: November 8, 9, 10, 11, 12
- Fast Break
- 10 Defensive Series
- 30 Defensive Series
- 40 Defensive Series
- Zone Offense -- 4 Game and Special Plays
- Man Offenses #1, #2 and #3
- Press Offense
- Special Situations

Week Six: November 14, 15, 16, 17, 18
- Fast Break
- 10, 30, and 40 Defensive Series
- Man Offenses #1, #2 and #3
- Zone Offense -- 4 Game, Rotation, Push, Drag
- Special Situations

Week Seven: November 21, 22, 23, 24, 25
- Review All of Above

PRACTICE #1: OCTOBER 15th

Emphasis of the day: Intensity and Hard Work

2:45 Form running, ball handling, jump rope

2:55 Stretching

3:05 Meeting

3:08 Passing
- a. 4 Lane Passing
- b. Machine Gun Drill
- c. 2 On A Ball
- d. 3 Lane Break
- e. 2 1/2 Cycles

3:23 Man-To-Man Defense
- a. Mass Reaction and Slide Drill
- b. 1-on-1 Reaction Drill
- c. 1-on-1 Full Court Zig-Zag Drill
- d. 2-on-2 Close-Out Drill

3:45 Free Throws -- Water Break

3:50 Rebounding -- 2 Groups
- a. 2-on-2 Contest Drill
- b. Manhattan Drill

4:00 Individual Offense
- a. U.C.L.A. Series
- b. 2 On The Ball Shooting
- c. Pull and Kick Shooting

4:20 3-on-3 Full Court Drill -- Explain

4:35 Free Throws -- Water Break

4:40 Controlled Scrimmage -- Man Offense and Defense at Half Court

4:55 Introduce 34 Press

5:05 Special Situations -- Introduce Out-Of-Bounds Play

5:10 Full Court Conditioning
- a. 80 in 2 Minutes
- b. Fast Break Cycles

5:25 Free Throws

Quote Of The Day:

"The harder you work, the harder it is to surrender."

Vince Lombardi

PLAYER SKILL DEVELOPMENT

Player skill development is essential to the success of any basketball program, in my opinion. Development is an on-going process and requires a big commitment from the player and the coaching staff.

Yearly Breakdown

A. **Pre-Season**
Emphasis on:
1. Strength Training
2. Flexibility
3. Speed and Agility
4. Endurance
5. Basketball Skill Development

B. **In-Season**
Emphasis on:
1. Strength Training
2. Flexibility
3. Basketball Skill Development

C. **Post-Season**
Emphasis on:
1. Academics
2. Three Weeks Rest
3. Strength Training
4. Basketball Skill Development (on their own)

D. **Off-Season**
Emphasis on:
1. Strength Training
2. Flexibility
3. Agility
4. Basketball Skill Development (on their own)
5. Summer League Play

Nike Championship basketball clinic April-May 2010

Gail Goestenkors – Favorite Drills and building a championship program

University of Texas Women's Basketball

4/30/2010

Read the book Good to Great

Summary notes from book

1) Who you hire
    a. Right people on the bus and in the right seats
    b. People who compliment your strengths with their strengths
2) What can you handle
    a. This is who we are going to be
    b. What you can accept
    c. What you cannot accept i.e. shirts tucked in, tardiness etc
    d. STICK TO YOUR GUNS
3) Parents
    a. Set the tone with parents
    b. Tell players and parents what their roles are
    c. What you expect
    d. What their role is
        i. Example, playing time is a relationship between players and coach not parent's role.
    e. Tell the player "I don't see you coming off the bench unless it is a blowout winning or losing"
    f. Then give them hope – "you have the power to change your role. It is up to you."
    g. Then tell whole group each persons role
        i. Puts everyone on the same page
        ii. Tell them the toughest role is that one sitting on the bench, you need to support her and I expect her to be a leader on the bench. If this doesn't happen then we will evaluate another place for them to go.

Teambuilding ideas

Journals

Every player gets a journal when they get on campus.
Start it off with the words I am…….. (find out who they think they are)
This helps you learn how to motivate them
Give them 10 questions
1. What are your greatest strengths as a person
2. If you could change one thing about yourself physically/emotionally what would it be
Make them write in it following games/practices
Write about goals- individual & team
Keep journals; may give it back to them once they graduate or later down the road

Show & Tell

Players bring something from home with meaning & talk about it

Book Reports

Books are assigned based on their personality and what they need to work on. They are to summarize how this book relates to them and how it can help our team (Verbal Report). Match player to need. What did you learn? How will it help us?

Player + Coach Scouting Report

One of the players help with scouting report. They watch film together; discuss player tendencies and stopping offensive flow. By doing this they are learning the game and developing a better coach/player relationship. It also eliminates them only watching themselves when we watch film of our team. Type up notes on player personnel, strengths and weaknesses. The present it to team.

Discuss Team Identity with Players

Who do they want to be? For example do they want to run more and press etc? Make them write it in their journal and hold them accountable later in practice when they are not running hard etc.

Buddy System

Pair up player with minutes vs bench player
Always responsible for their buddy – stand up high five, say something positive to them every time they come out.
Buddy's run with each other
Help out at practice

Players evaluate themselves and each other

20 categories
Rank yourself and then their teammates
1-5 five being the best
Good idea for leadership council

Expectations – what can you handle?

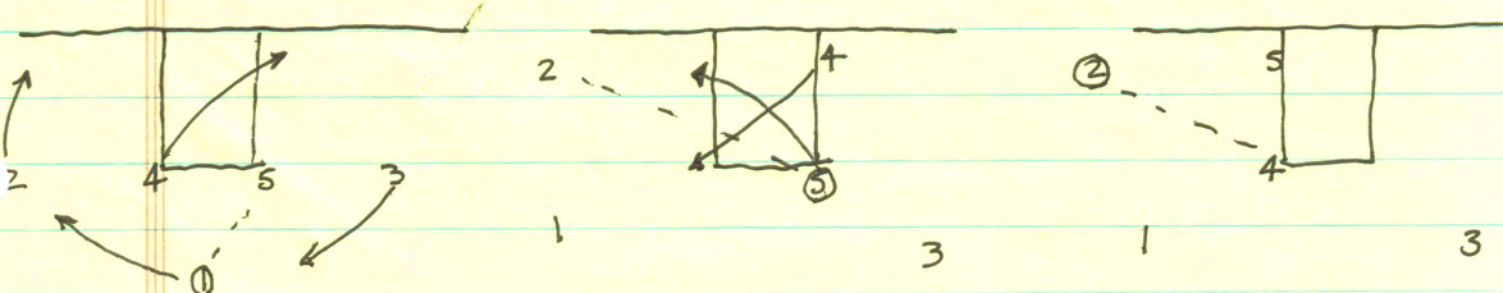
1) Hands on knees – shows weakness everyone keeps running
2) Every drill is competitive – loser runs
3) Select captains for drills and captains choose teams – shows them the difficulties in decision making and leadership (who is going to choose friends, who will be competitive)
4) Everything is timed – 5-15 minutes you can go back to it later
    a. Keep drills short and intense
    b. After each drill shoot 1 &1 free throws
        i. Miss first = 2 sprints
        ii. Miss second make first = 1 sprint
        iii. Go until they make both
        iv. Once they are made
            1. 30 seconds to get water (just like a timeout)
        v. Draw a special situation out of a hat after each water break. Choose who will do it, coach player or assistant. (need about 50 of them)

★ Hubie Brown - Secrets of Winning BB (Part 1)

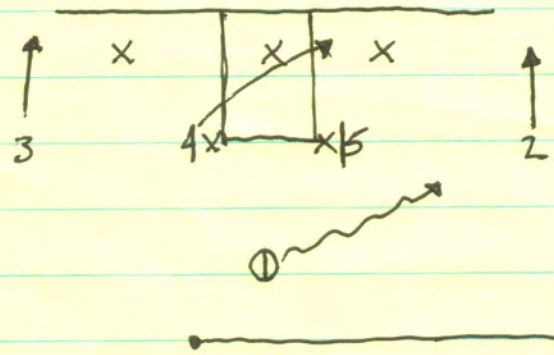
* Starts practice w/ players in a circle around him - gives him a mindset of who is thinking what
  - Eye contact = connections

★ 4 rules: 1) Be on time
2) Play <u>hard</u>
- <u>Outwork</u> people | push your team to a new level. Make other teams <u>adjust to you</u>
3) Know your job
- What do you do as the coach - accountability - do players know what they are supposed to do?
4) Must know when to <u>shoot</u> and when to <u>pass</u>

Zone off. scheme:

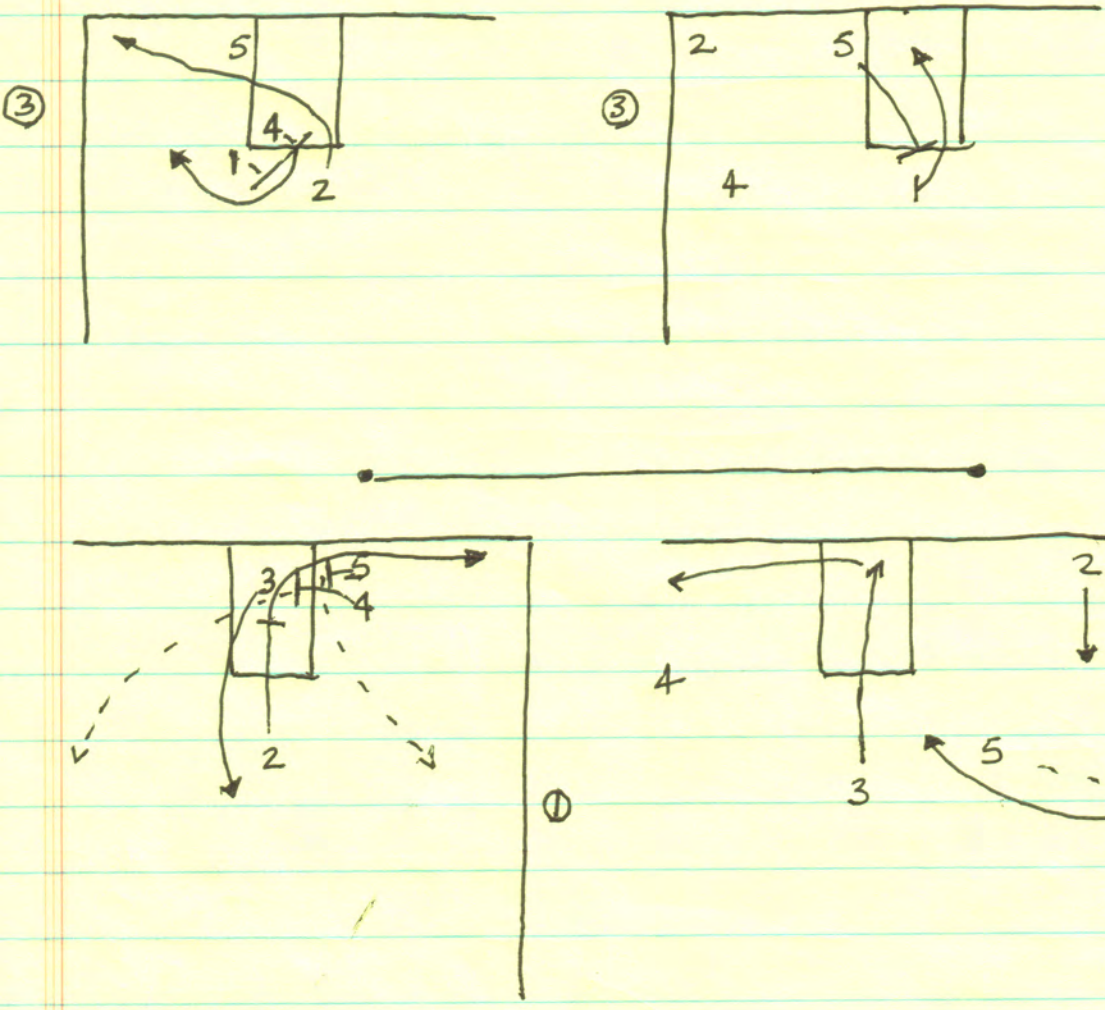


★ V. 2-3 OFFENSIVE SCHEME



- RUN FOR A '3' OR A POST FEED / SKIP OPPO.

★ SIDELINE OB BALL BELOW FT



★ SIDELINE OB BALL ABOVE FT

* FRONT ALL POST PLAY (CHEST TO CHEST) CAN USE ATHLETICISM THEN TO TIP & STEAL

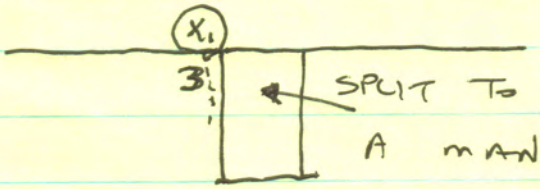
* NOT ABOUT SPEED OFF OF SCREENS BUT IS ABOUT READS.

* GRAB THE JERSEY OF YOUR GUY WHEN COMING OFF OF SCREENS.

* FORCE A PICK UP OF DRIBBLE; THEN JAM THEM TO GET SHOULDERS TURNED

★ 1-2-2 PRESS

- PUT A MAN ON THE BALL
- SPLIT TO 1/2 MAN OR TO FORCE LEFT HAND THROW
- JUMP WHEN GUARDING THE INBOUNDER



- ONE HARD TRAP : RETREAT

1 2

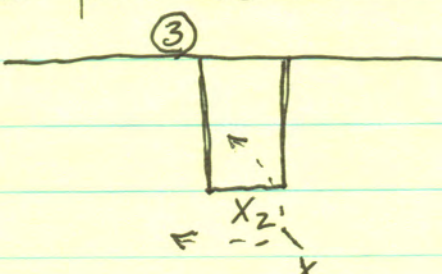
4 5 DEEP ROTATION



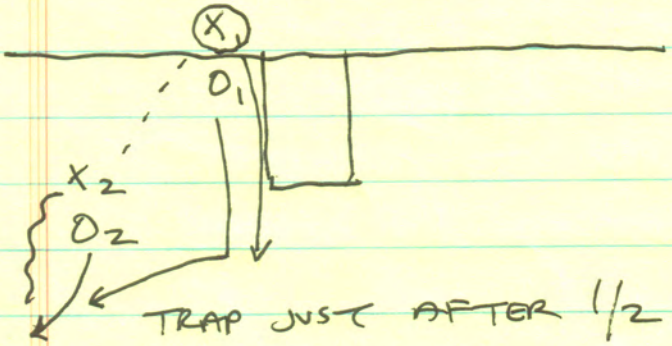
★ SOB COUNTER



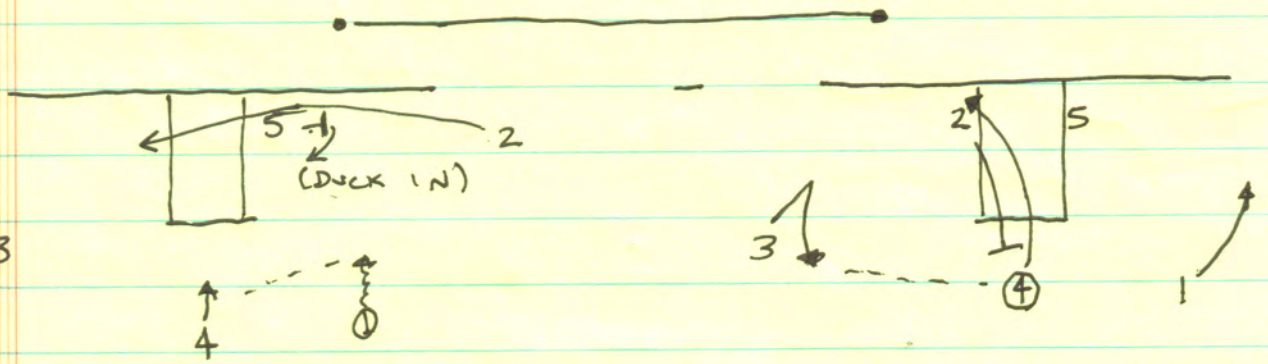
★ AS A GUARD / V. THE PRESS GRAB YOUR TEAMMATES JERSEY - OFF-SET GUARDS



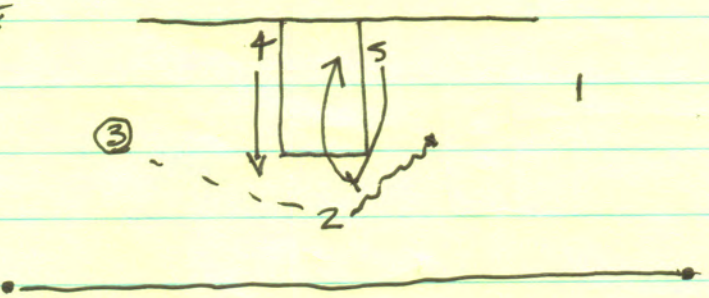
* "SHADOW" PRESS
- MAN TO MAN PRESS W/O FRONT



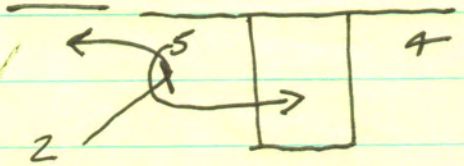
TRAP JUST AFTER 1/2 CT. / MUST FORCE CT. IN HALF.



* CIRCLE CIRCLE



- DEFENDER WILL HELP ON CURL



- 2 IS OPEN FOR JUMPSHOTS

International PnR Starter Playbook

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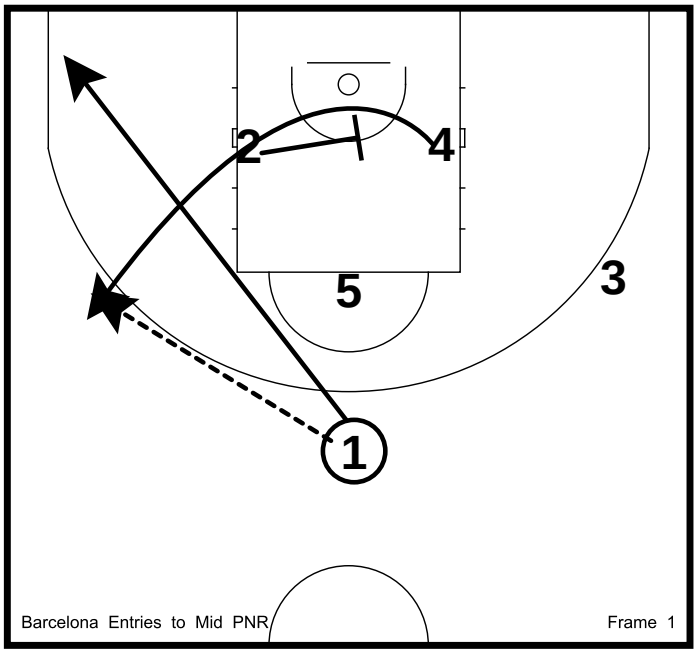

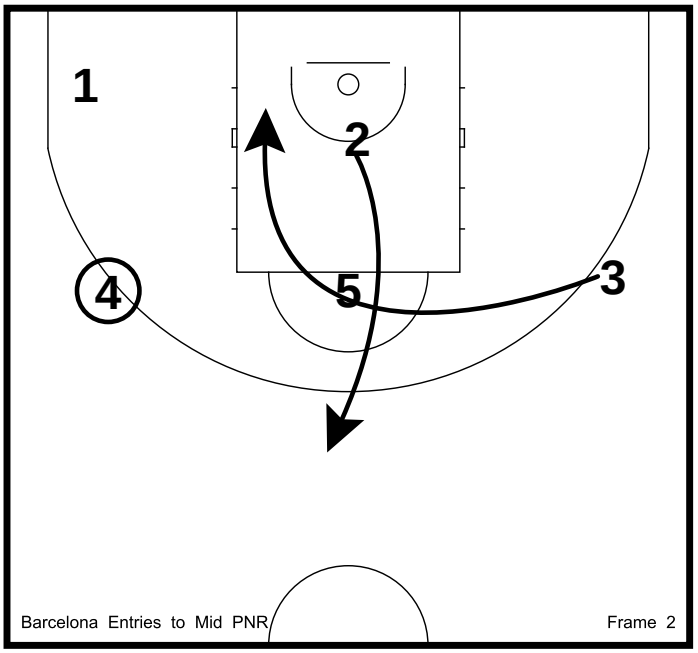

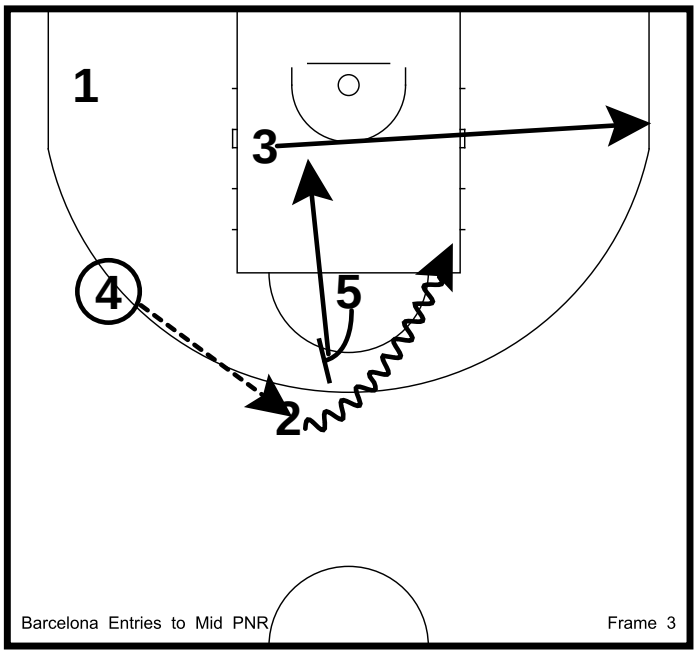

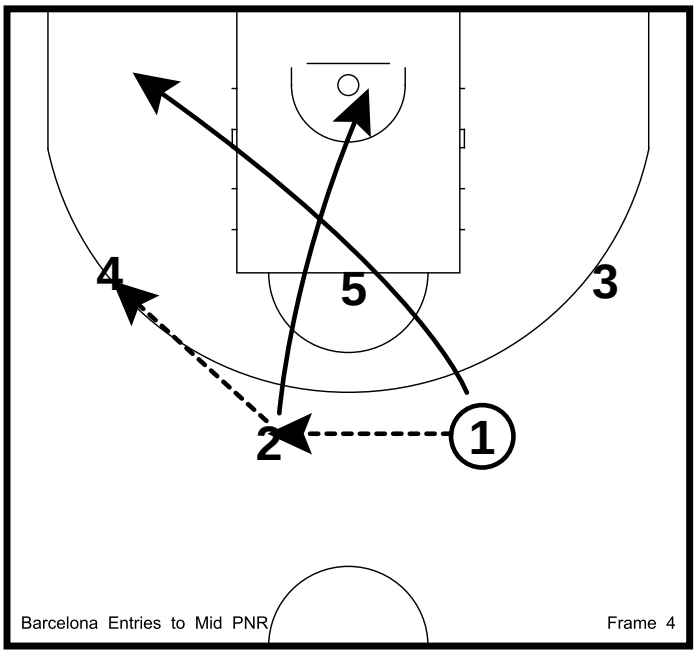

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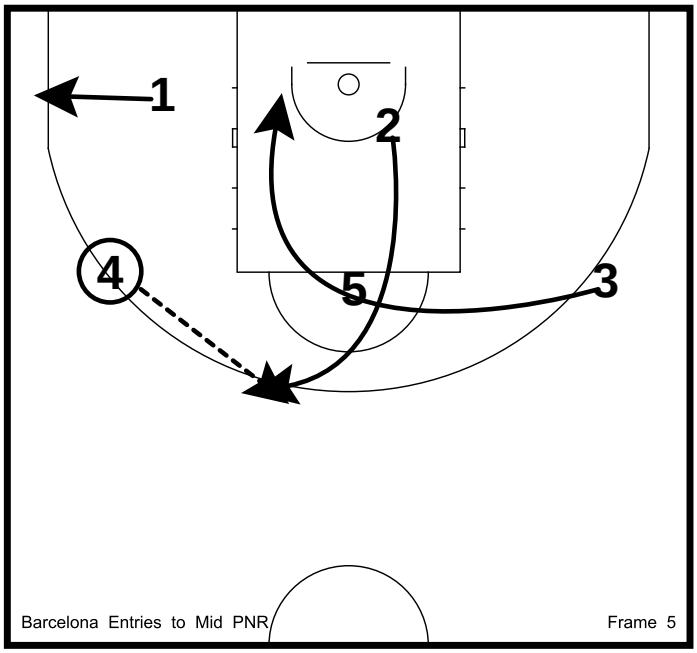

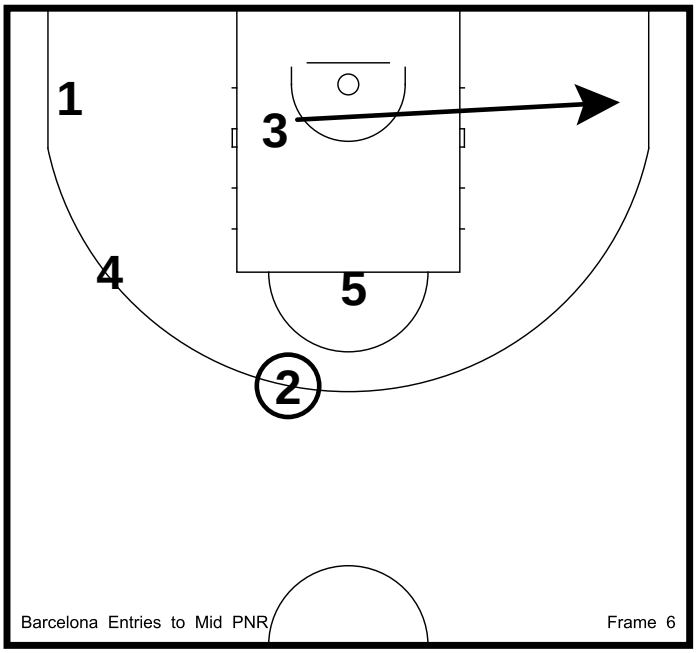

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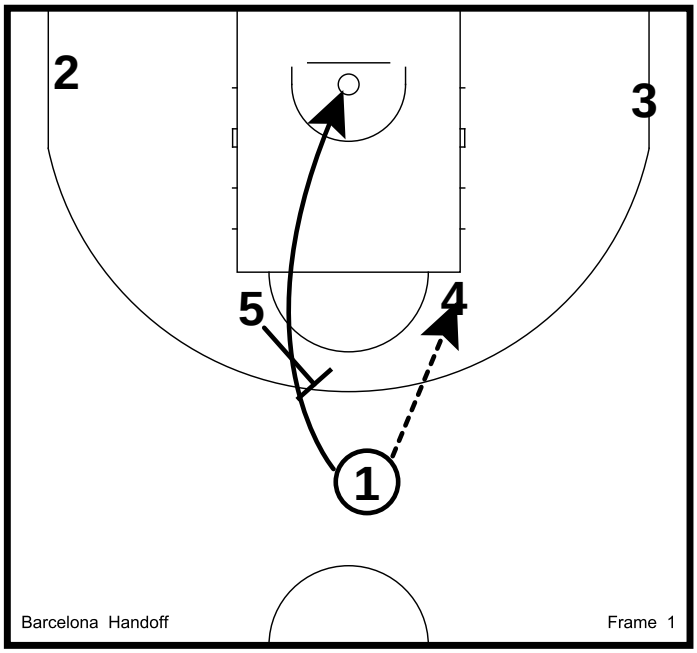

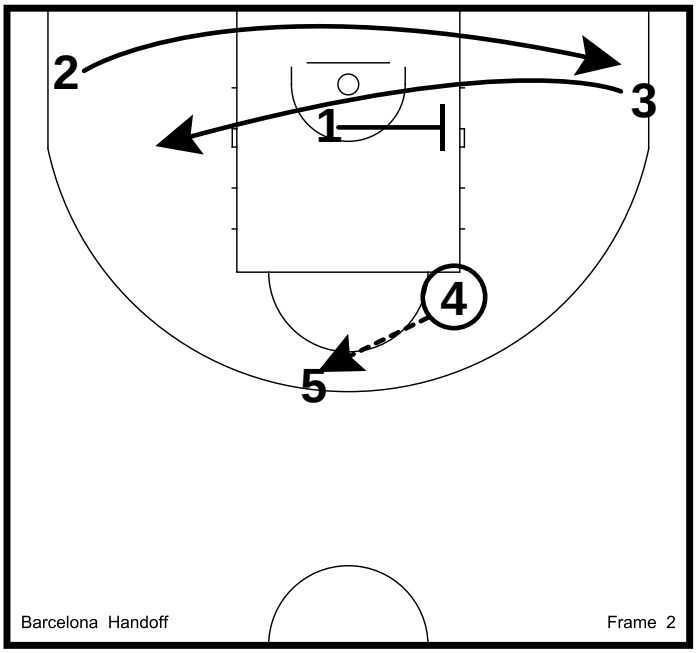

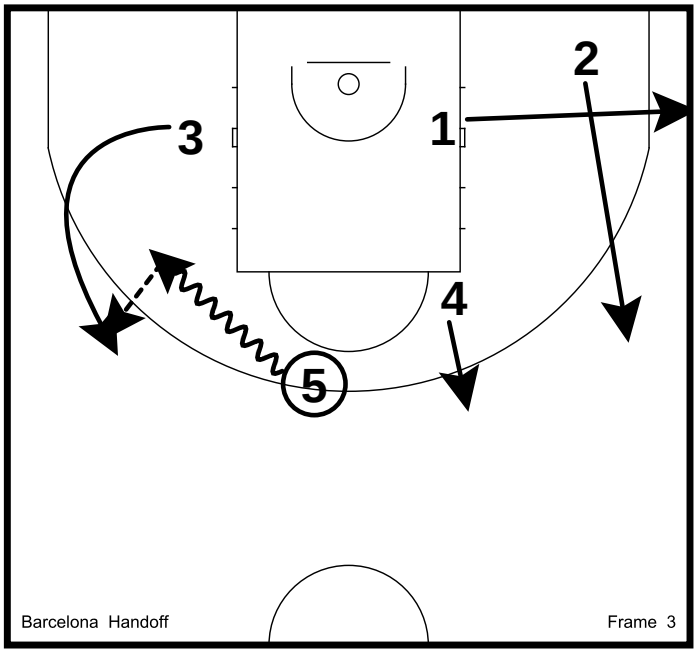

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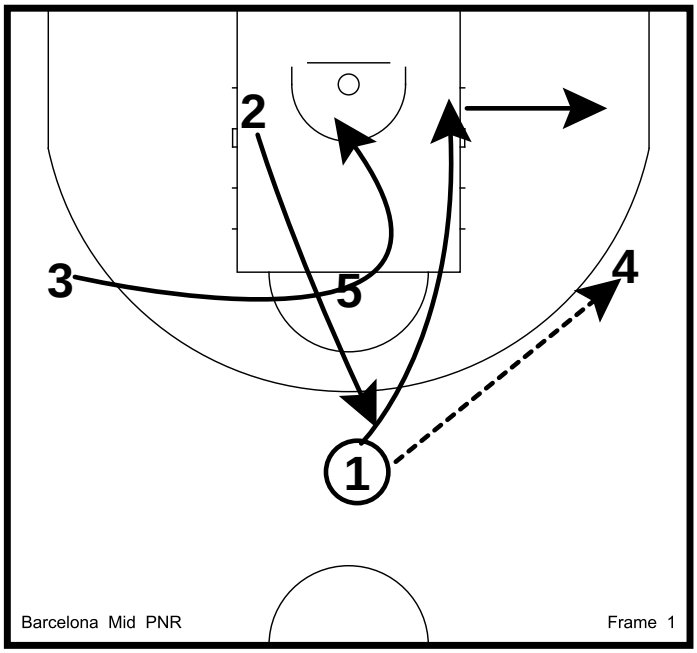
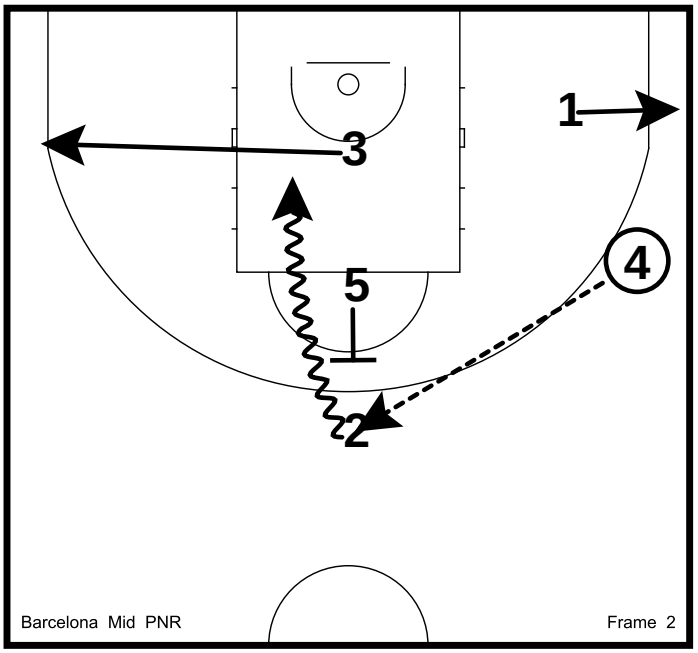
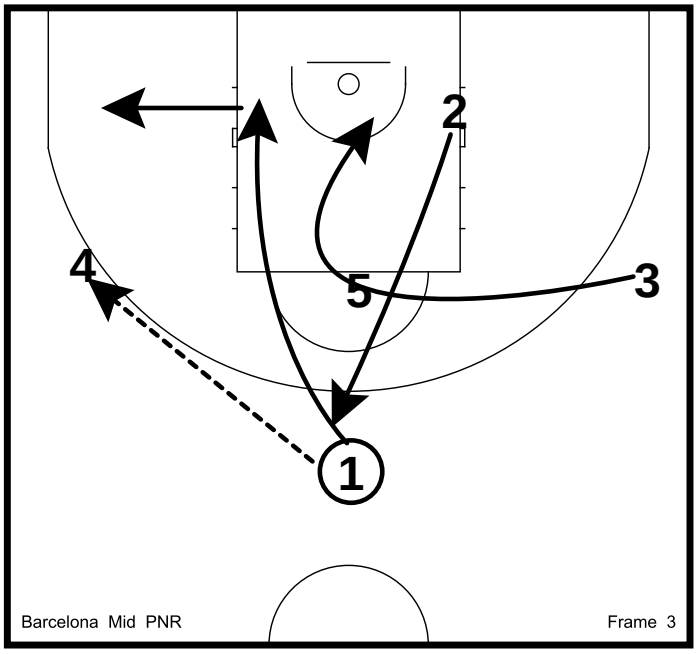
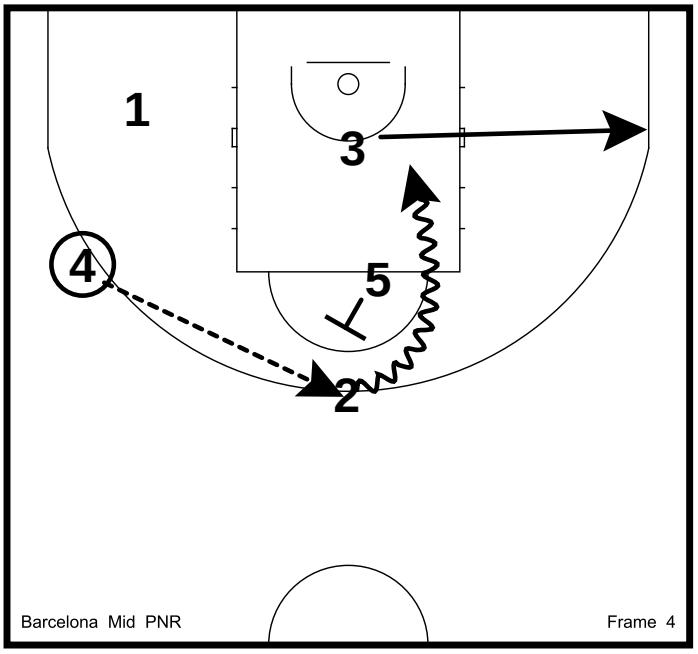
Barcelona









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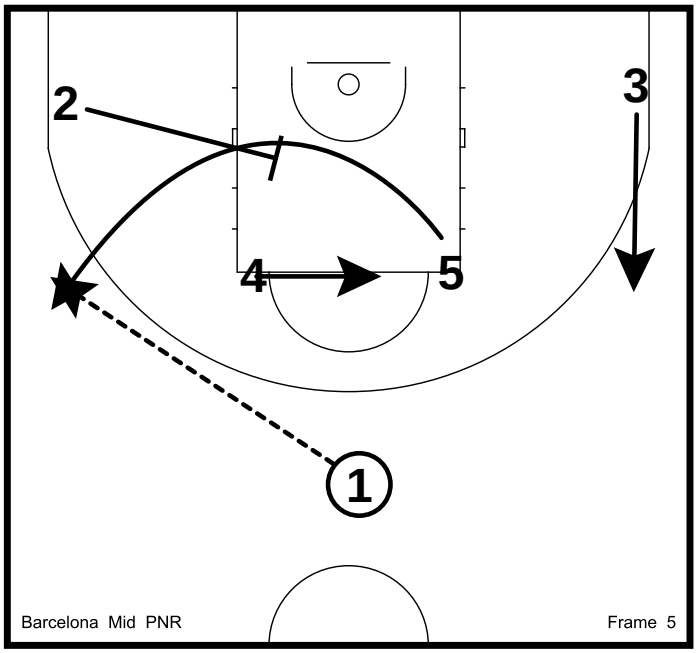

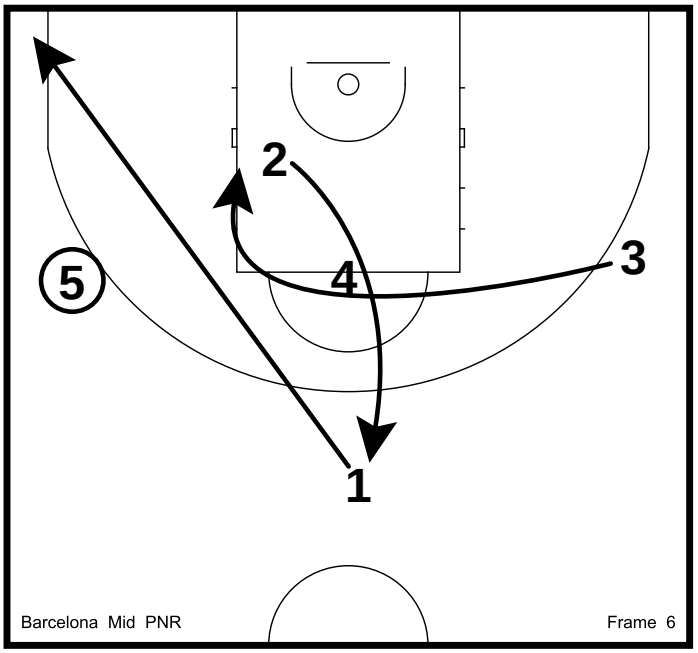

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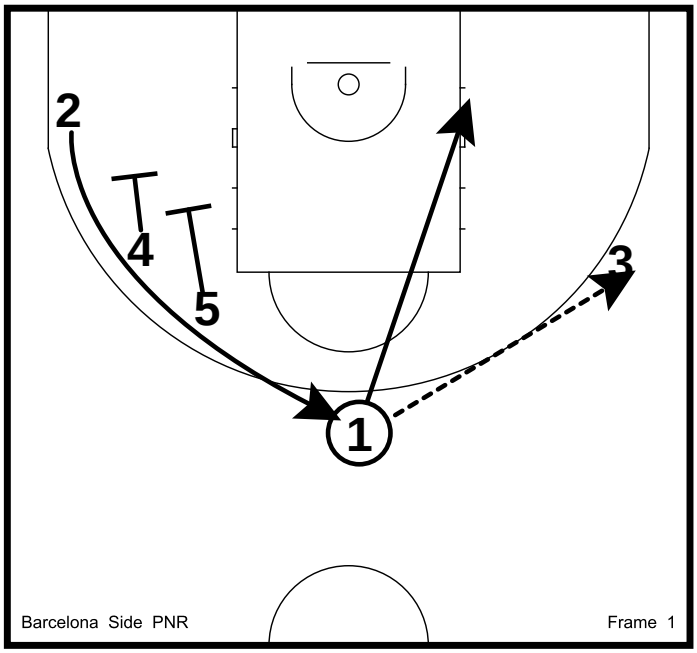

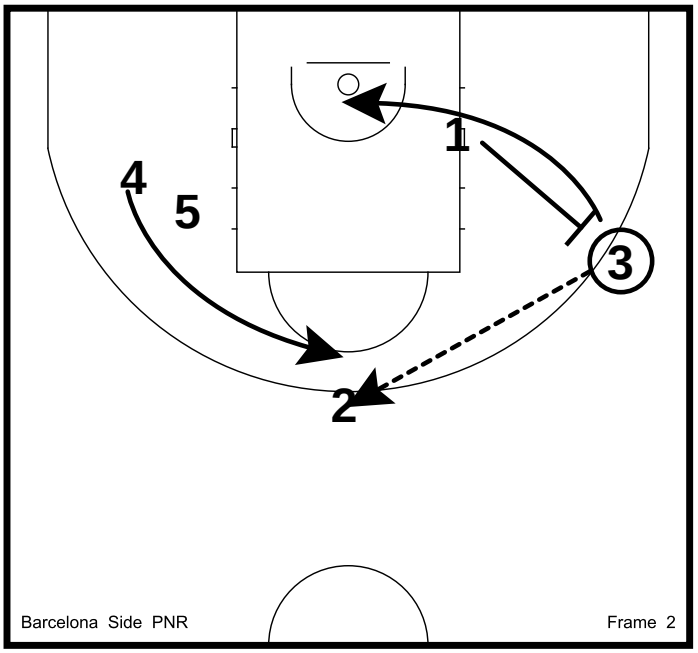

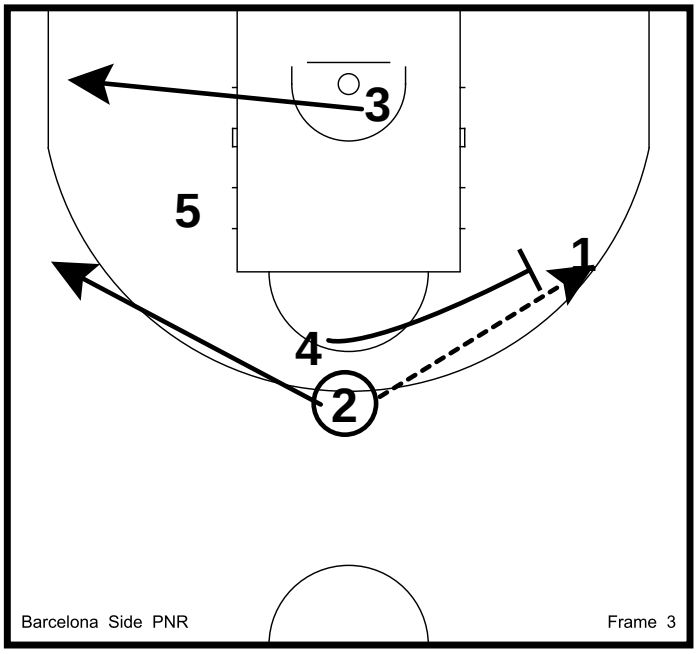

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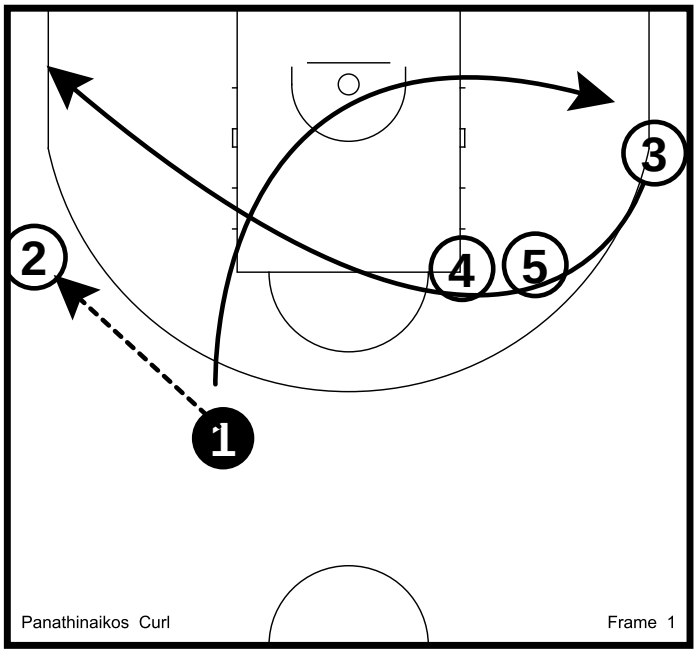

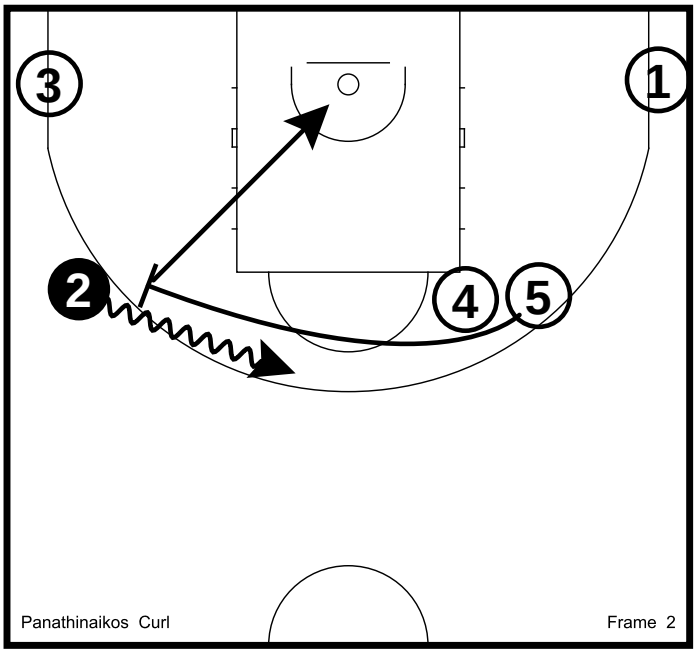

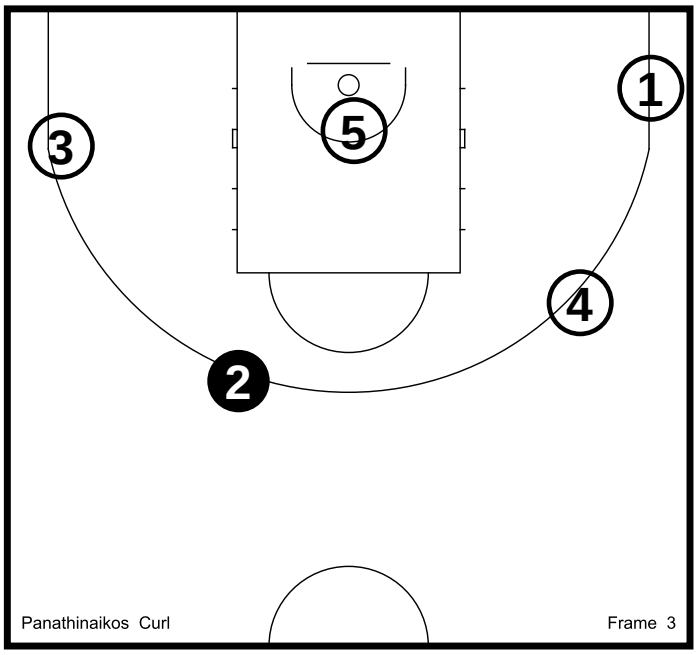

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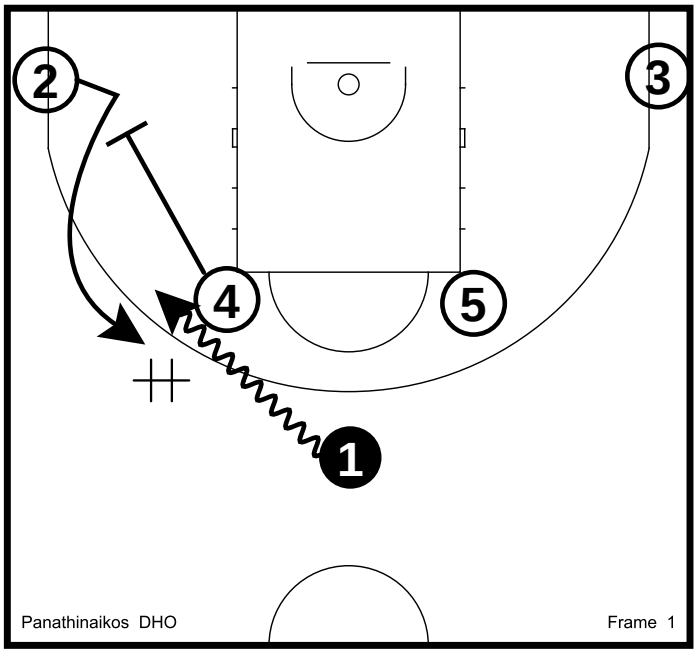

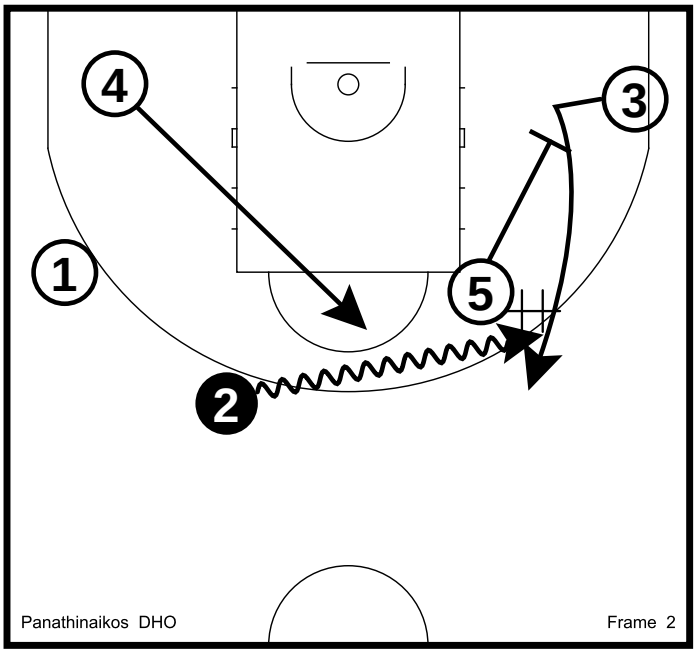

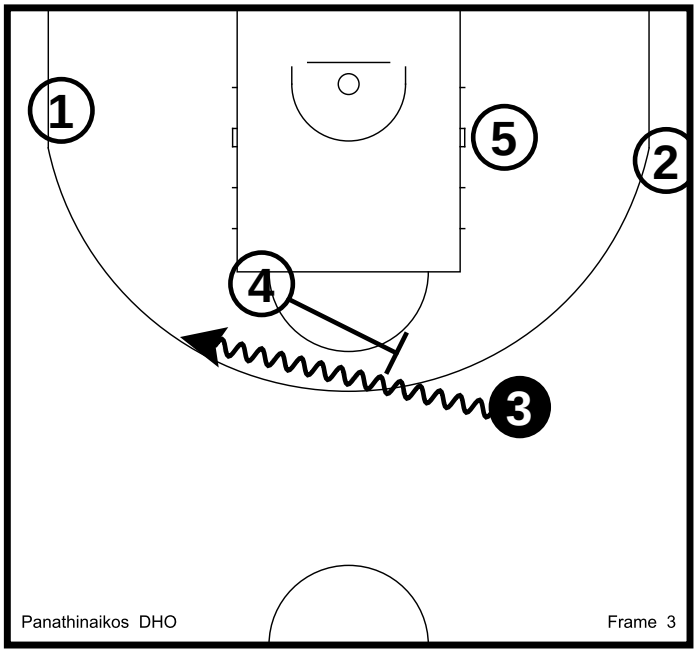

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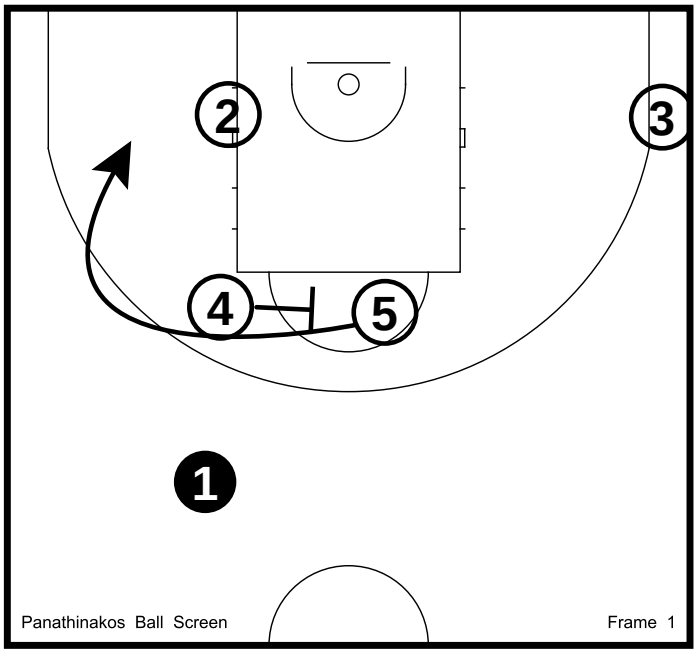

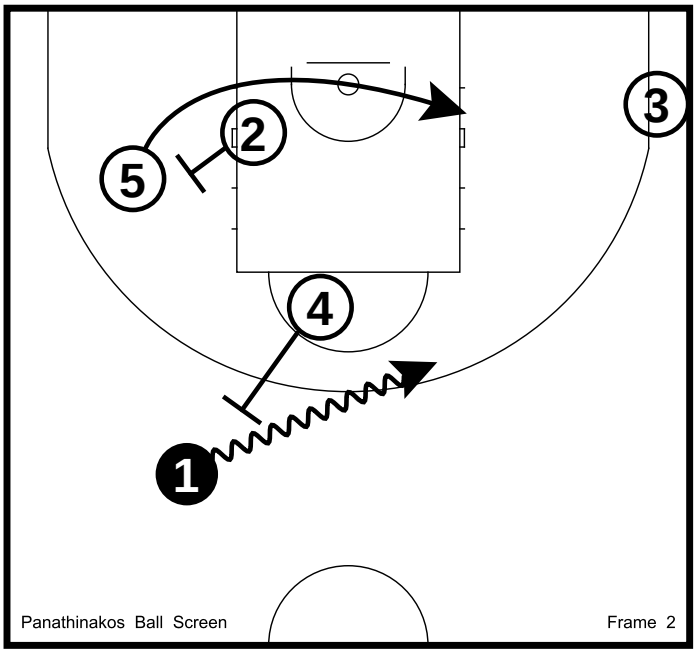

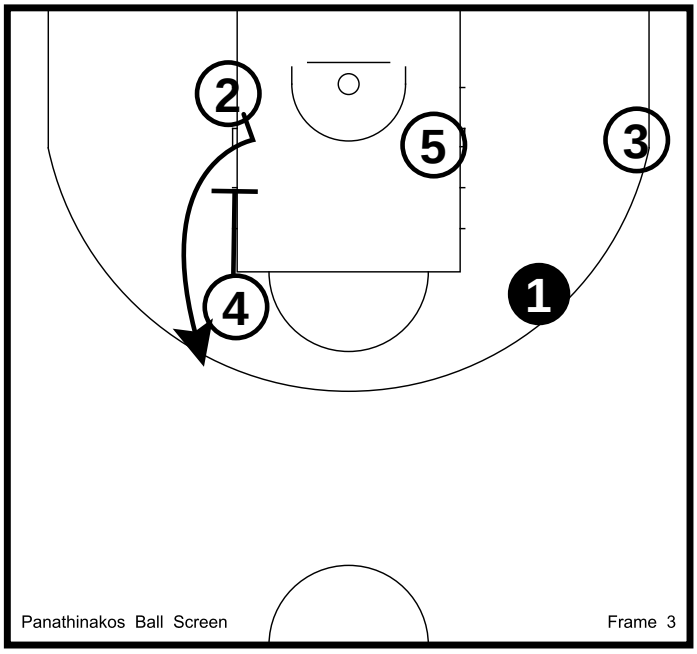

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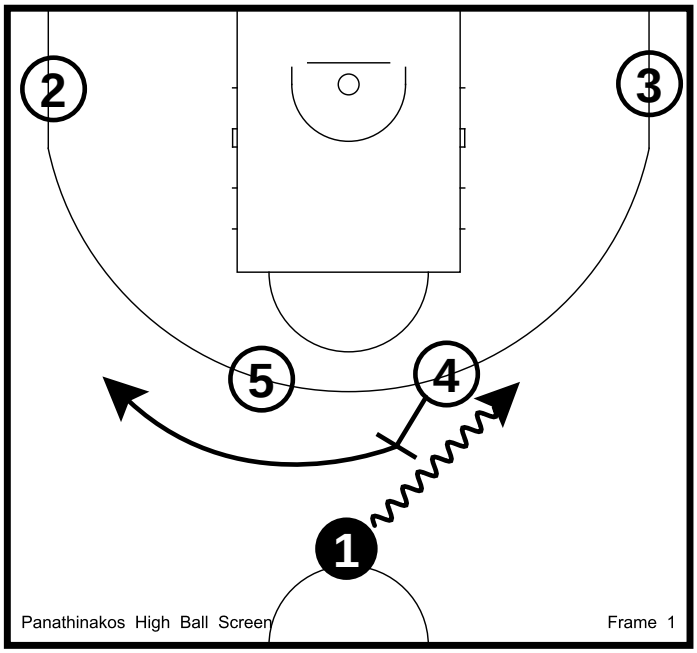

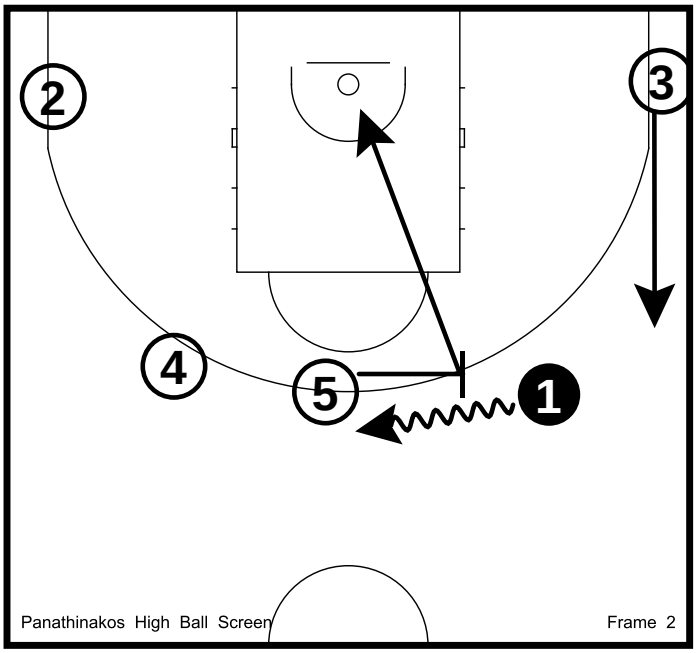

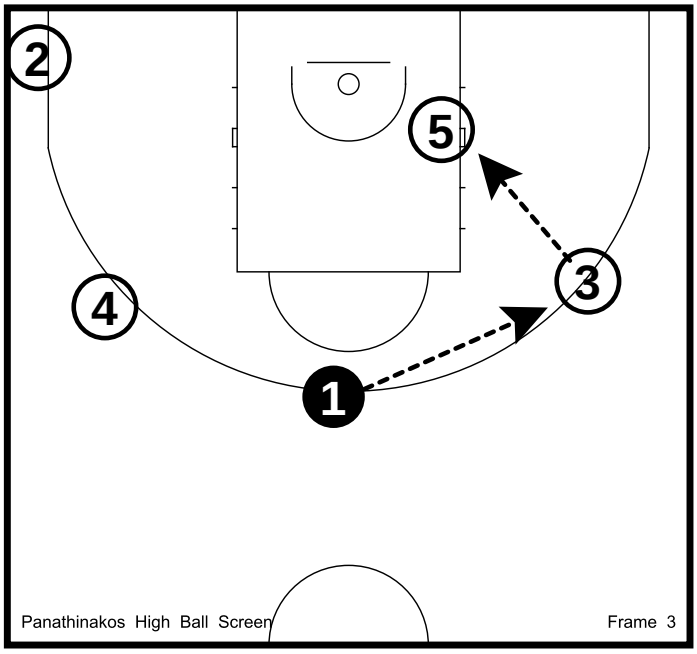

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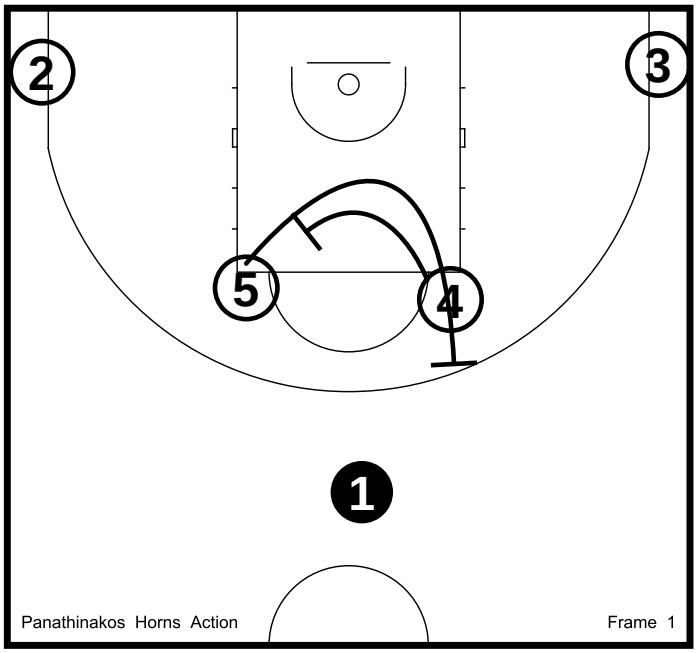

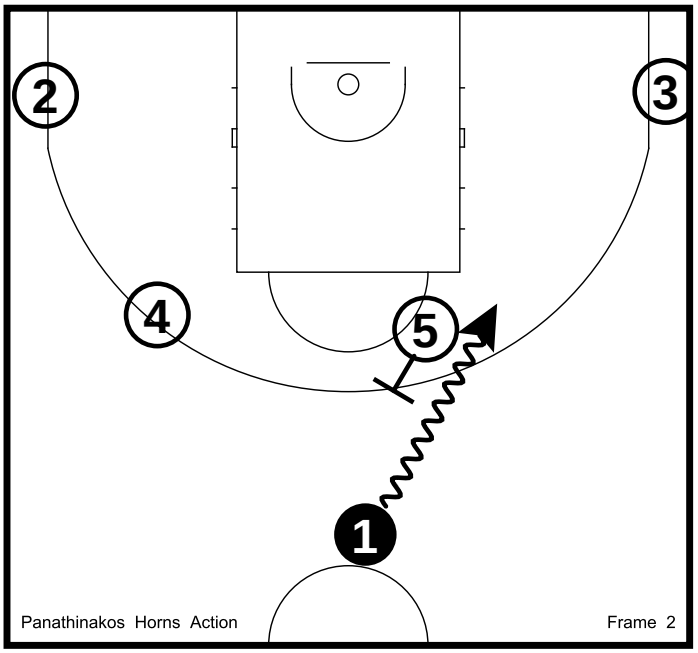

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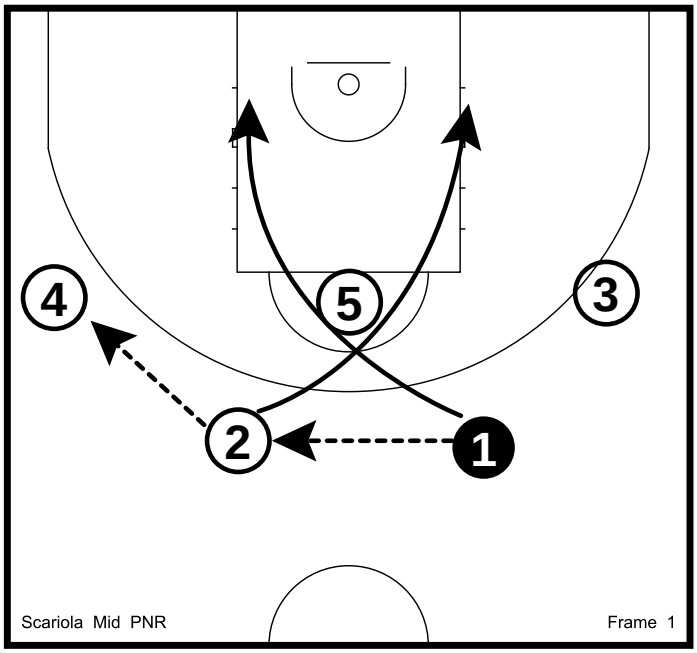

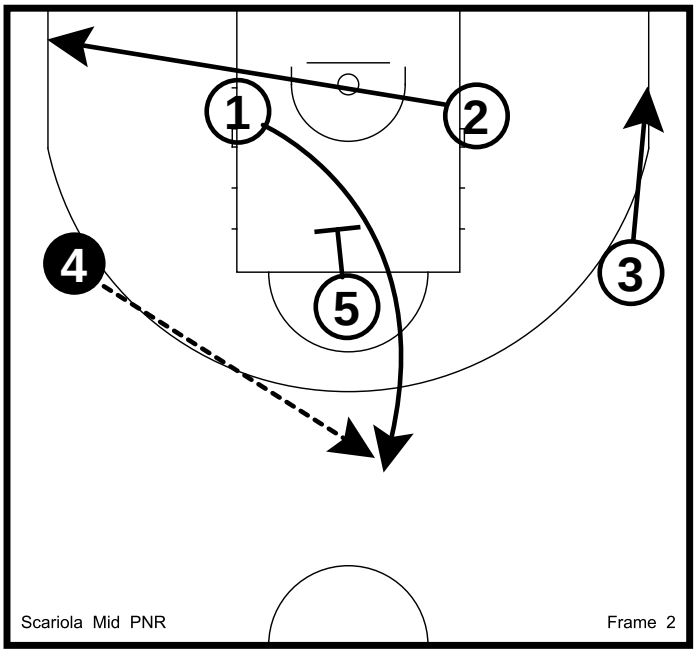

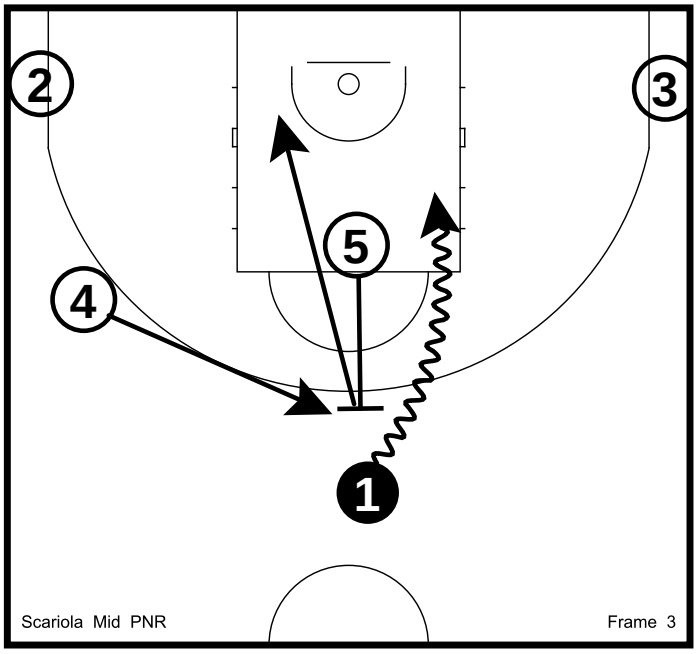

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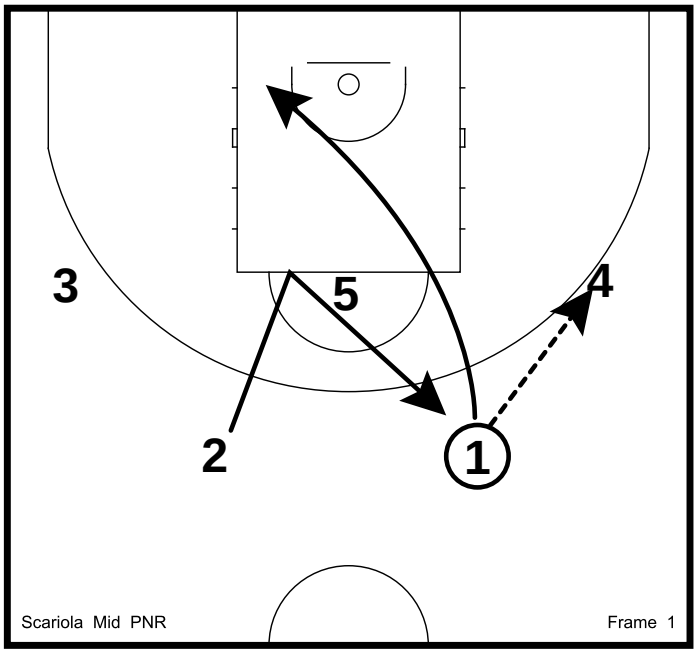

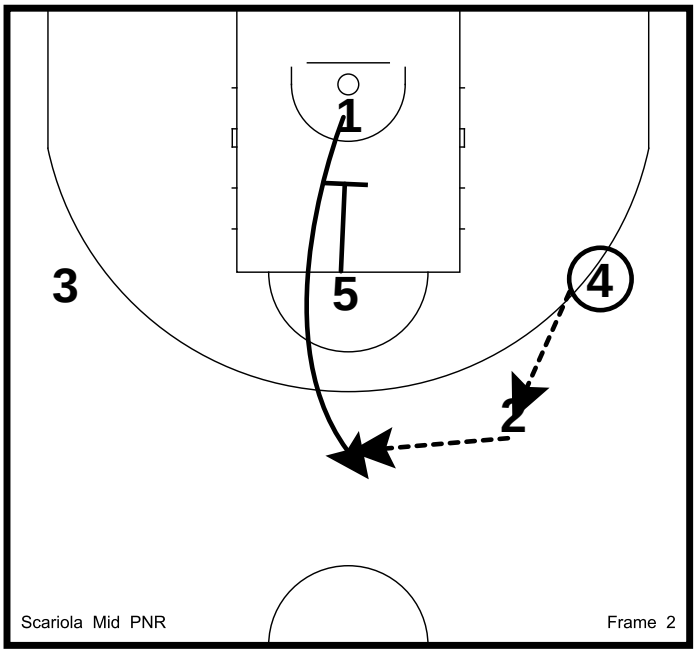

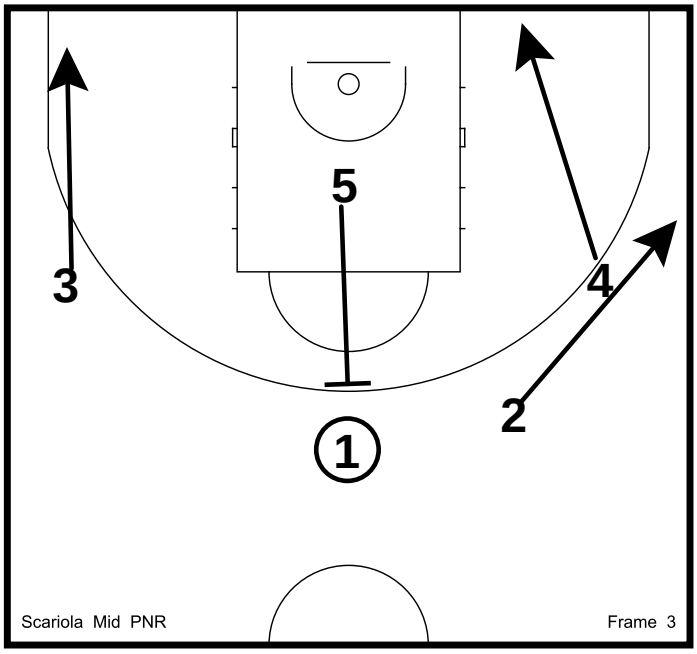

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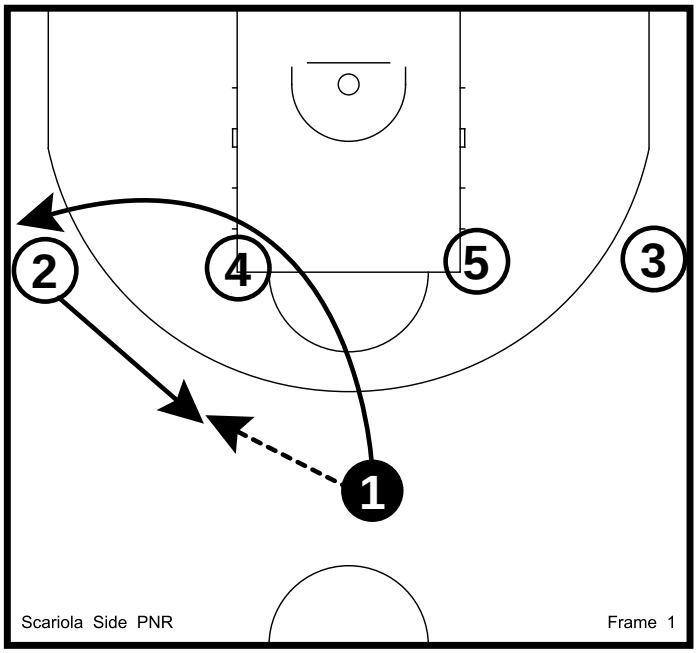

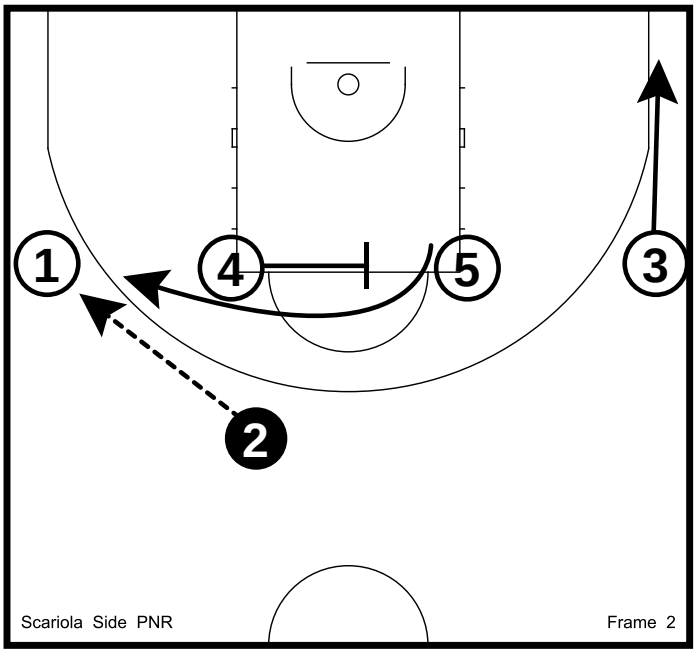

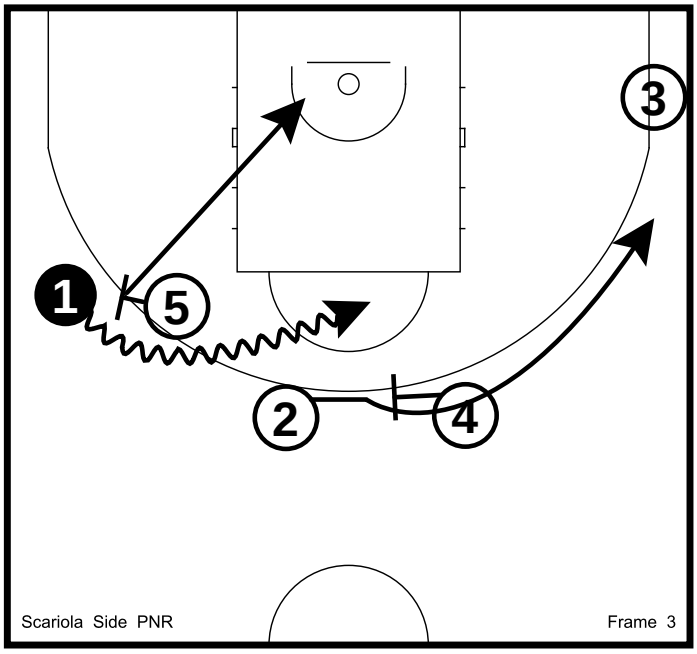

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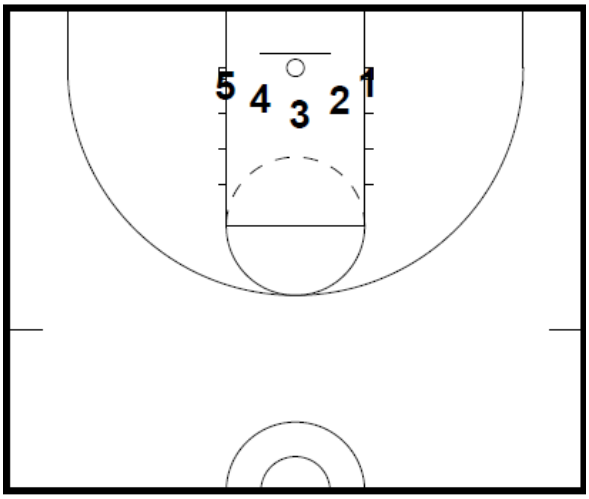
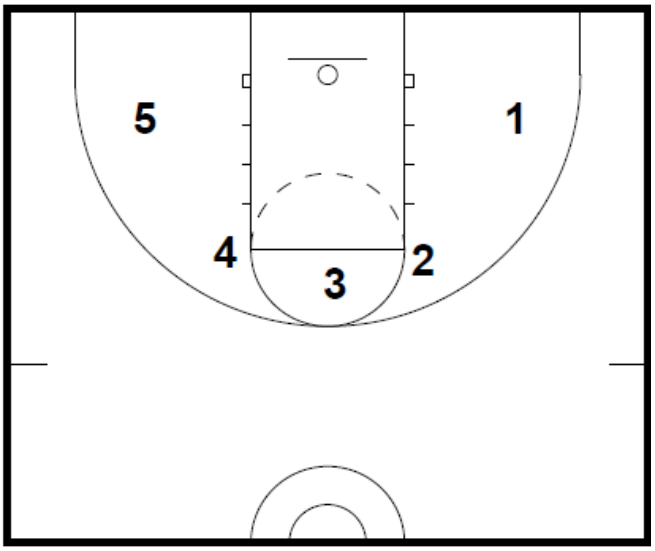
Jay Wright
Building a Player the Wright Way

- Have a mission or philosophy for your team
- At Villanova, every player commits to excellence as
  1. A student
  2. A man
  3. An athlete
- Spring and Summer are committed to individual development
- 5 Areas of Development
  1. Shooting
  2. Passing
  3. Dribbling
  4. Footwork
  5. Defense
- It's about who you have, not who you lost.
- Fall and Winter are about team development
  - You have to believe that the work we do with you is going to make you the best player you can be.
  - 45 minutes of technique shooting every morning at 7:00
  - After a Saturday game, the next day
    - The 5 guys who played the most minutes do a technique shooting workout.
    - The other 8 guys do an off-season skills workout.
- Don't change players shot
  1. Try to get technique as close to perfect as possible
  2. Rhythm
  3. Game speed
- Chart the makes and misses in live shooting drills
- The closer you are to the rim, the higher you shoot the ball.

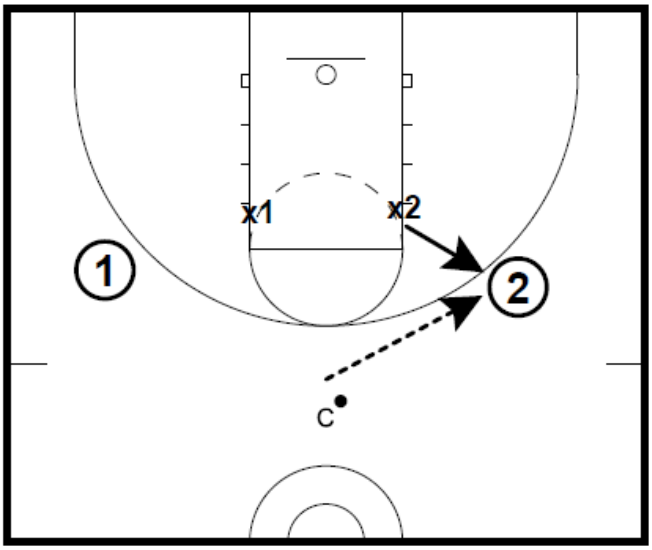
Get 50	
Diagram	Notes
	Do 10 of each • Set lifts (form shooting) • Mikan • Reverse Mikan • Bradleys – work around the rim at spots 1 – 5 • 1-2 steps from 3 point line Object is perfect technique

Jay Wright
Building a Player the Wright Way

- Bradley's are hop jumpers
  - Ball over head
  - Elbows under ball
  - Lift ball

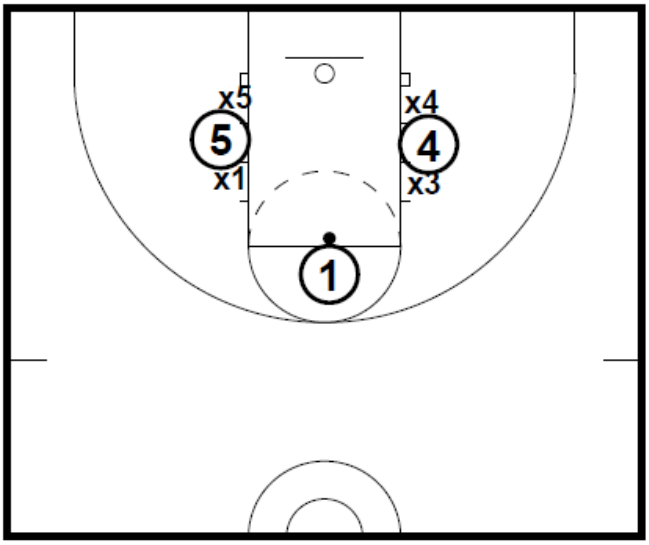
5 Spot Shooting	
Diagram	Notes
	• Technique shooting, not game shooting • Focus on 1-2 step with left and right

Wack Out	
Diagram	Notes

	• Coach passes to wing
	• Defender closes out
	• Offense is low, ready to catch, and shoot
	• If the offense cannot get a shot off in rhythm, they
	  ◦ fake
	  ◦ dribble
	  ◦ shoot
	• Weak side offense and defense go for rebound

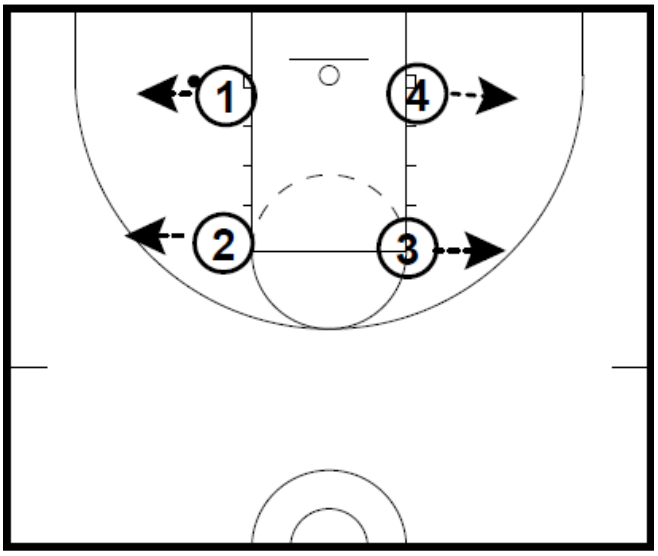
Jay Wright
Building a Player the Wright Way

- Word Press
  - Software that lets coaches send the players questions
  - The players write back
  - Coaches use this to see if what they are teaching is getting through to the players
  - ex. “What are the 3 points for pivoting?”
- Free-Throw Shooting
  1. Technique
  2. Every possibility
     - 5, 4, 3, 2, 1-and-1, And 1
     - Each basket has one of the above sitiuations
     - Rotate baskets after each series so there is a break in between – this makes the shooting more game like

Win the Game	
Diagram	Notes
	• Run at the end of practice • Puts Villanova 70 Syracuse 70 on the scoreboard • Syracuse gets 2 points on a miss • Villanova gets 1 point for a make • Coach gives instructions to team like he would in a game ◦ ex. “We're in 50 on a miss and Blitz on a make.”

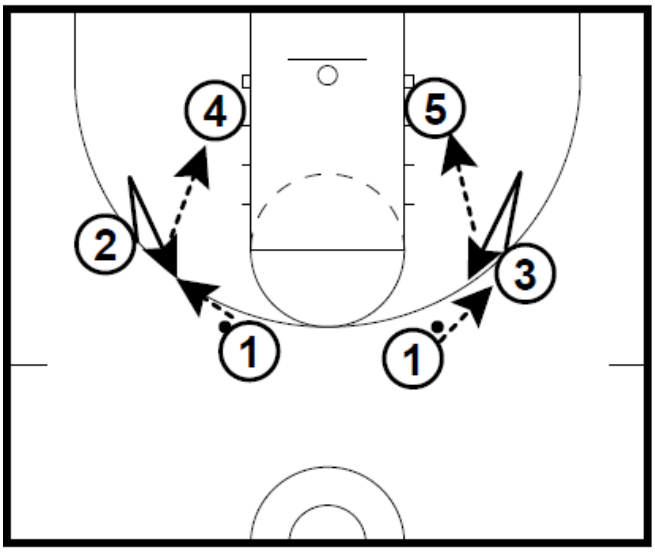
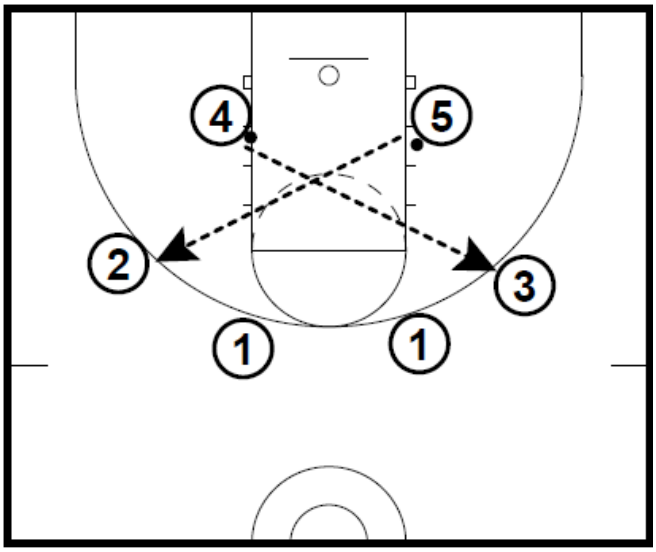
- Have to emphasize every little detail in practice to create good habits. This allows you to give players freedom in games because you can trust their habits.
- Malik Allen is in the gym at 8:00 am everyday in the summer

Jay Wright
Building a Player the Wright Way

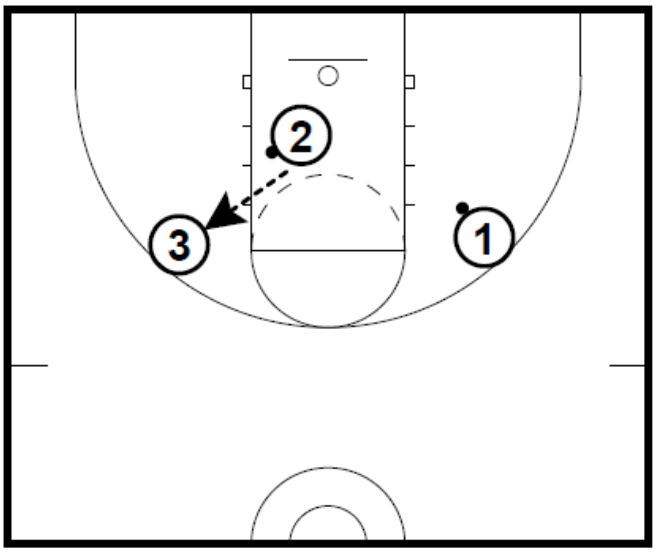
Malik Allen Drill	
Diagram	Notes
	• 4 spots – 2 elbows, 2 blocks • Flip the ball out • Jump stop on the catch • Pivot on left foot • Shoot

- 4 Ways to Feed the post
  1. Quick feed
  2. Fake a pass to make a pass
  3. Baseline bounce pass
  4. 2nd look – fake away and come back

Jay Wright
Building a Player the Wright Way

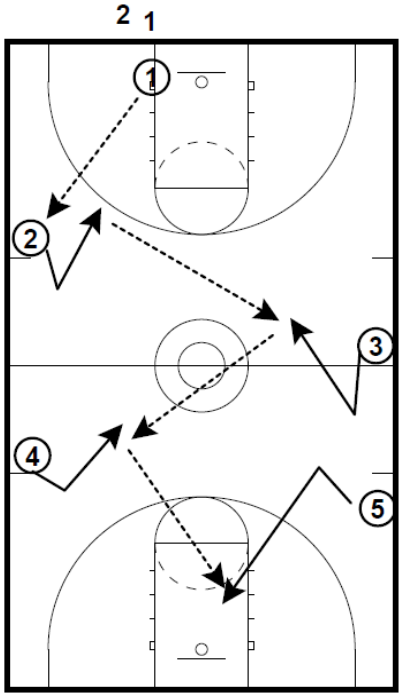
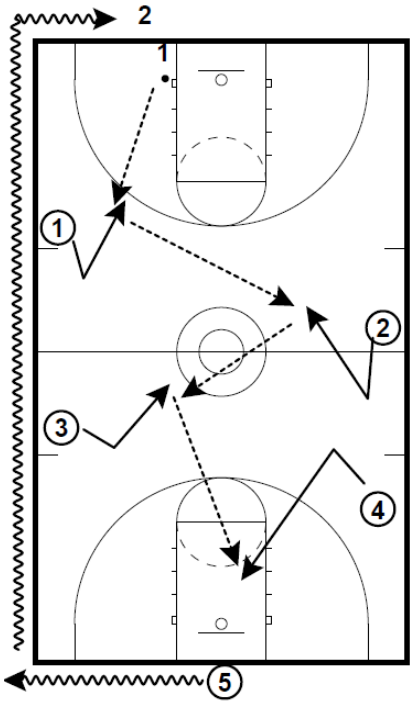
Feed the Post Drill	
Diagram	Notes
	• Wings v-cut to get open • Slot passes to wing • Wings feeds the post • Post chins the ball
	• Post pivots on top foot and passes to opposite wing • Every pass has a name

Jay Wright
Building a Player the Wright Way

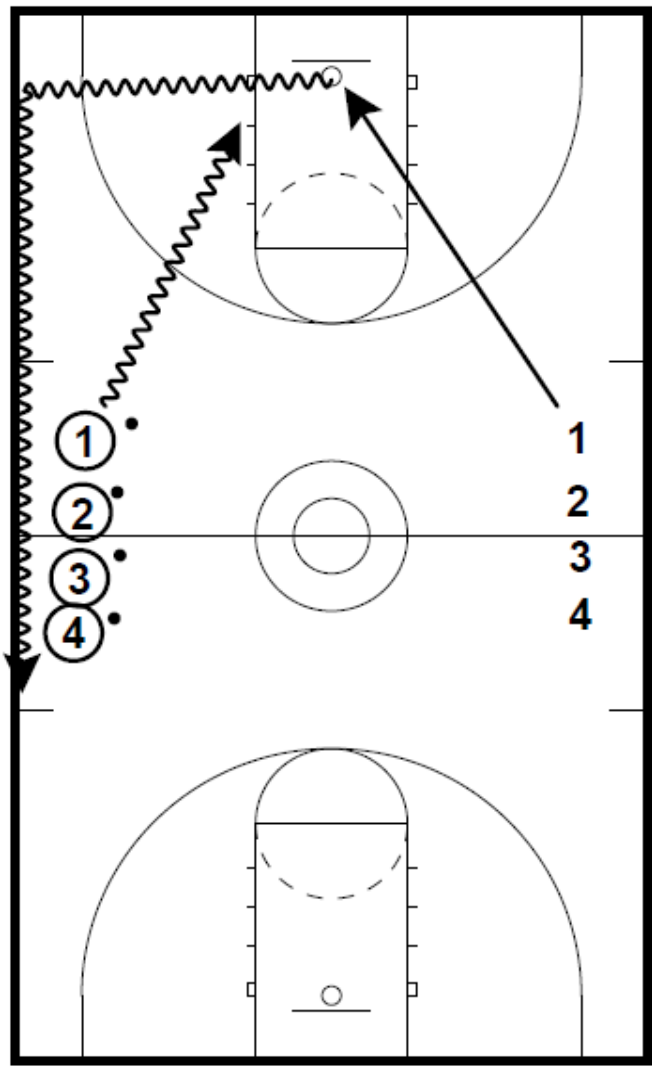
Olympic Shooting	
Diagram	Notes
	• This drill works on shooting, passing, and footwork. • Shoot • Follow your shot • Pass to perimeter • Get to perimeter for your shot • Points of Precision 1. Chin every rebound 2. Pivot to pass 3. Get good spacing 4. Footwork (ex. Pivot on inside foot) 5. Chin every loose ball 6. Different shots (ex. Shot fake, 1 dribble, shot)

- "Spacing is offense and offense is spacing." - Chuck Daly

Jay Wright
Building a Player the Wright Way

V-Cut Drill	
Diagrams	Notes
	• All players v-cut back to ball and jump stop on catch • Every pass has a name • Follow the pass to the next spot • Last guy shoots a layup
	• Shooter gets rebound and speed dribbles up the floor to fill the spot

Jay Wright
Building a Player the Wright Way

Pete Carill Layup Drill	
Diagram	Notes
	• Left hand layup • Rebounder 1. Chins the ball 2. Dribbles to corner 3. Crossover in corner to other hand 4. Dribble up sideline 5. Repeat • Can add reverse layup

- Make sure you connect every drill to a game situation
- When watching game film, be sure to point out things that are done in drills.
  - ex. “That's a Bradley.”
- Everything you do speaks, whether it is positive or negative
  - If you walk to the spot
  - If you run to the spot
  - If you shave
  - If you don't shave

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Jim Boeheim

The Secrets of the 2-3 Zone Defense

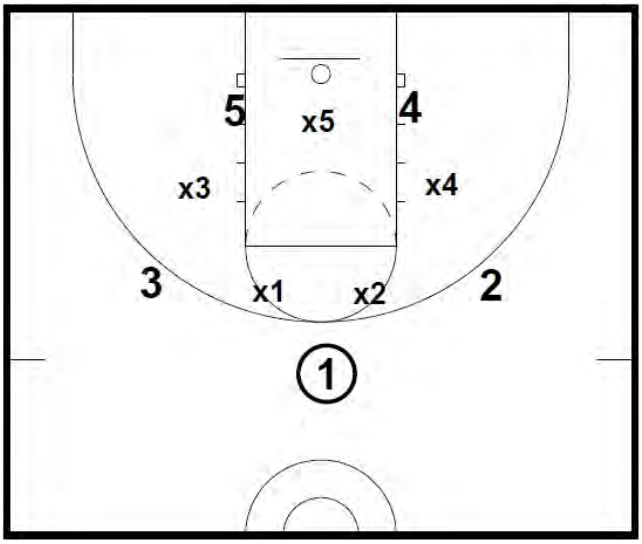
Clinic to End All Clinics IV

Manhattan College

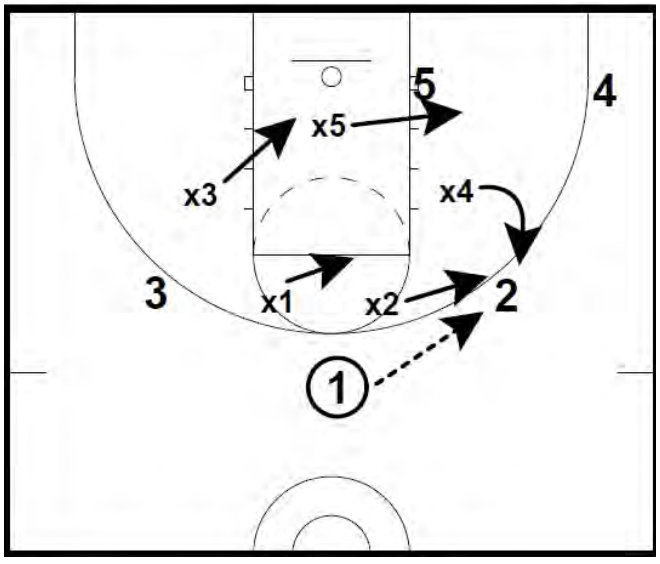
4/16/11

- I believe in the zone, it's made my career.
- Spends more time teaching zone then man.
- Use to spend more time teaching man than zone.
  - Shell drill
  - How to defend the pick and roll
- Most teams, including Syracuse, used to use zone as a change of pace.
- If you play a couple of defenses, usually your man is better or your zone is better.
- Practice about 2 hours and 20 minutes before the season starts, scale down to 1 hour and 50 minutes, and then 1 hour and 20 minutes.
  - 20 minutes of each practice is individual skill work. This is true for the entire year.
- Spend 10 to 15 minutes teaching the zone in the half-court.
- Believes in scrimmaging, starts full-court scrimmaging the 1st day of practice.
- In practice they typically...
  - 10 minutes of zone breakdowns – guards on one end and forwards on the other
  - 10 minutes of 5-on-5 zone
  - Scrimmage at the end
- If a team is shooting 42% from 3, what would your assistants tell you to play?
  - They will tell you to play man.
  - They are shooting 42% against man to man.
  - They must have figured out how to get good shots against man.
- Philosophy/Fundamentals of the Zone
  - When a pass is made, 5 defenders should be moving.
  - Guards try to keep the ball out of the high post.

- On the perimeter play 3 players with 2 guards and help from forwards.

2-3 Initial Alignment	
Diagrams	**Notes**
	• The top 2 guys must be close enough to touch hands • Play 3 players with 2 guards on top and help from the forwards

- **Primary Rule:** Take away 3 point shot – pressure shooters, get them off their spots
- Designate who to stop and all 5 guys are responsible for stopping him. Match up with him, no matter where he is.
- The forwards rule is if a man is open in front of you, pick him up.

2-3 Rotation on Pass to Wing	
Diagrams	**Notes**
	• First forward must close out on outside lane • Forward bumps back into passing lane once guard gets there • Center rotates to ball side block • Weak side forward goes to weak side block • Weak side guard drops to foul line

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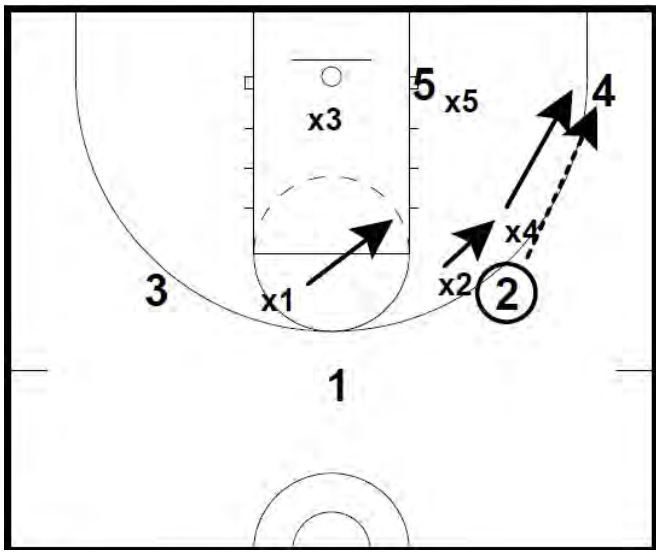
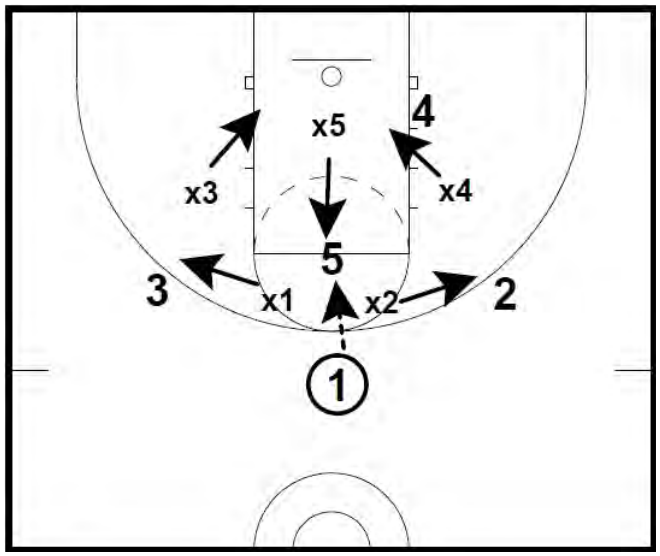
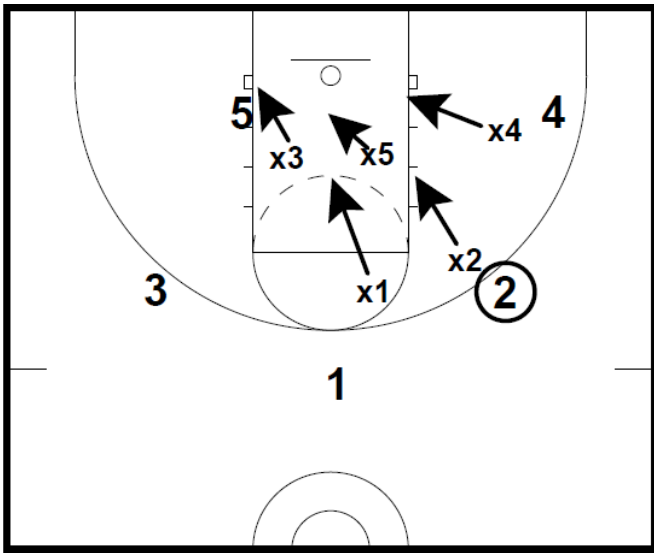
2-3 Rotation on Pass to Corner	
Diagrams	**Notes**
	• If the ball goes to the corner, the ball side forward takes the ball. • X5 takes the ball side block • The weak side forward takes the middle • The weak side guard takes away the ball side elbow • The ball side guard takes the ball side wing

- If ball goes into the post, the center is responsible for playing the ball.

2-3 Rotation on Pass to High Post	
Diagrams	**Notes**
	• x3 and x4 drop to blocks • x5 hesitates while the forwards drop to the blocks and then picks up the ball • x2 and x3 go to the wings to take away the shooters

- Ball up top
  - Guard is up on a shooter
  - Guard gives space to penetrator or passer

- Start teaching zone
  - 5 guys on perimeter
  - Offense passes ball for 25 to 30 seconds (This is how long most teams take to attack the zone.)
  - Defense moves on every pass
  - Then add 2 guys in post and play 5 against 7
- Rebounding Responsibilities
  - Weak side forward is alone on the weak side
  - If a team plays 4 out, they are not as good at rebounding
  - There is no block out on the weak side - the weak side forward gets position on the weak side edge
  - If the other team crashes the boards hard, Syracuse looks to run

2-3 Rebounding Responsibilities	
Diagrams	**Notes**
	• Weak side forward gets to the edge • x5 gets position inthe middle of the paint • Ball side forward gets to the block • The guard in the post gets to the middle • Ball side guard gets to the lane line

- Likes to play man and then switch to zone for the last 5 minutes
  - Keeps team from penetrating, getting fouled and getting to the foul line
  - Forces teams to make shots
- Used to play man-to-man in non-conference schedule and then introduce zone in conference play. Now they play zone all season.
- Al McGuire - “Don't fuck up the game!”
  - If you are winning with the zone, don't switch to man-to-man to see what happens. If they hit two 3's against man-to-man, then they are back in the game.
- Your man-to-man defense suffers the more you practice your zone.

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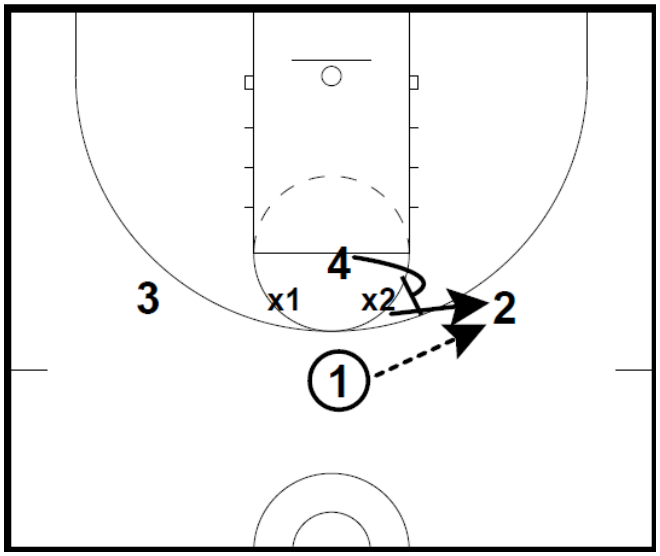
- Most teams don't play zone so it is harder for teams to prepare for in a short time frame
- Coach K will take suggestions from players and coaches
- Players get layups or get fouled because players are afraid to commit a foul at the end of the game
- It is tough for teams to get a good shot off against a zone with 10 seconds left
- More teams are setting screens against the zone
- Drills screens with guards on one end of the floor

2-3 Screening Drill	
Diagrams	**Notes**
	• 3 guys on the perimeter, 1 in the post • Post screens for the guards • Defense fights over the sceen if it is a shooter, under the screen if it is a non-shooter

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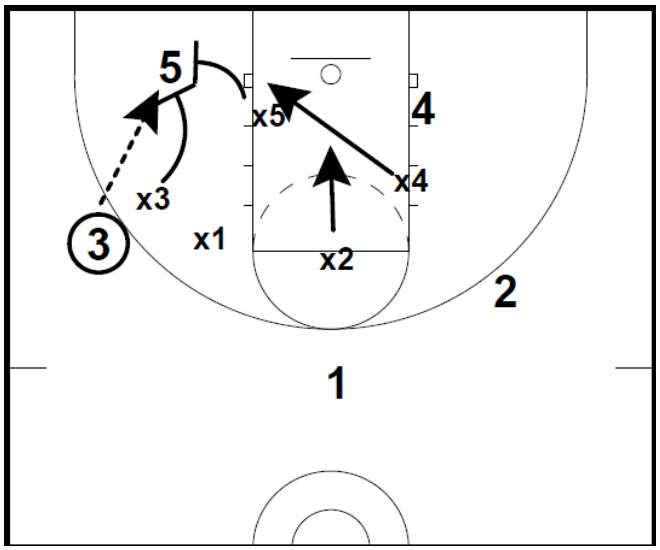
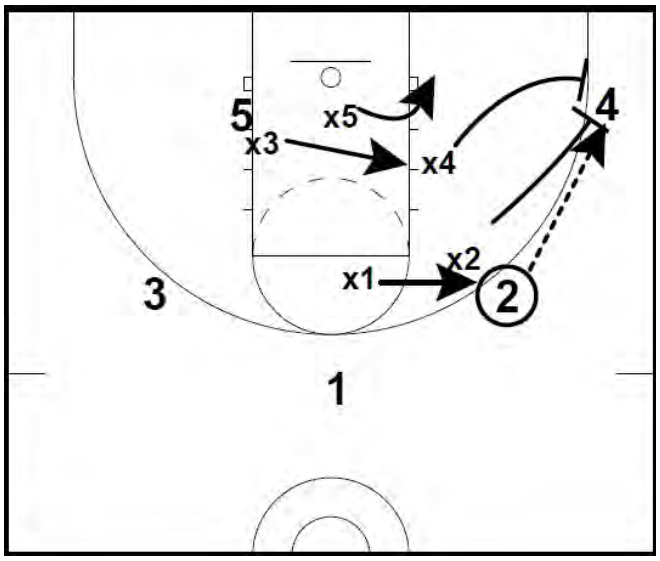
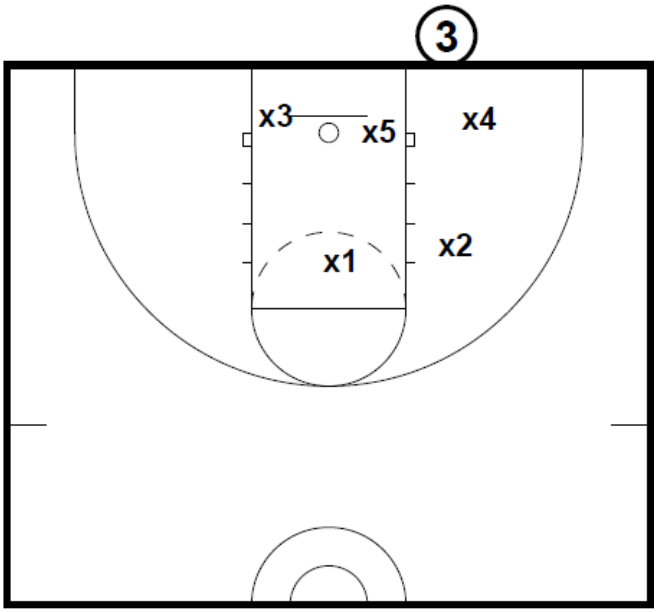
- Runs Short Corner and Corner Traps 3 to 4 minutes every day to get players used to the movements

2-3 Short Corner Trap	
Diagrams	**Notes**
	• x5 steps out • x3 doubles with x5 • x4 comes across to the block • x2 drops

2-3 Corner Trap	
Diagrams	**Notes**
	• x4 and x2 trap corner • x1 takes away the wing • x5 takes away the block • x3 takes away the mid post

- Teams only make high post shot 20% of time and we are in good rebounding position

- What do you do you defensively if you are down?
  - Stays in zone even when they are down 8 to 10
  - They will go to full-court press and try to trap more
  - If they are down 15 or more, they will look to go man-to-man
  - If a team hits a couple of 3's early against the zone, stay with it. If a team did this against you in man-to-man, you would take a time out and tell them to play better man-to-man. You would not change the defense.
- How does the zone impact your offense?
  - Players are in better position for transition game
  - Guards don't get caught underneath
- What do you do against baseline inbounds plays?

2-3 Corner Trap	
Diagrams	**Notes**
	• Forwards can't let the ball go to the corner • Guards take away the high post

- BOEHEIM: 2-3 ZONE -

MATCHUP ZONE DVD (CH. PRO.)

I) FOCUS ON CONTESTING 3 POINT SHOTS / PERIMETER PLAY

II) ALL 5 GUYS MUST MOVE ON EVERY PASS

- STRESS TEAM MOVEMENT

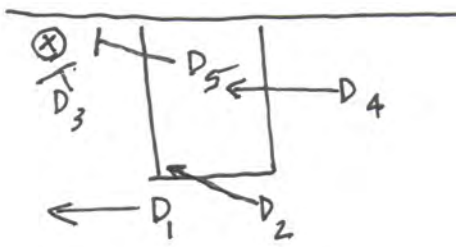
BEST RESULTS? 1-2-2 PRESS ('12 PREYS) → 2-3

- MUST SPRINT TO YOUR SPOT / NEXT POSITION IN THE ZONE

III) BALL ENTERS SHORT CORNER: ALWAYS TRAP

- LOW POST (MIDDLE MAN) DEFENDER SHOULD ALWAYS FRONT

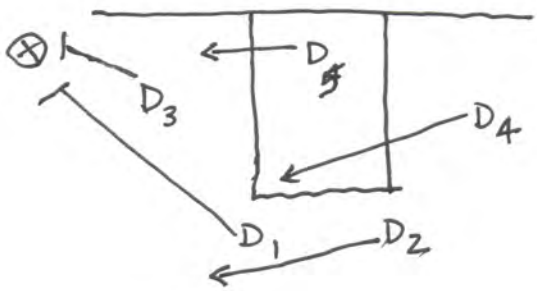
ROTATION:



• FORCE A SKIP OR A PASS THROUGH THE BASKET

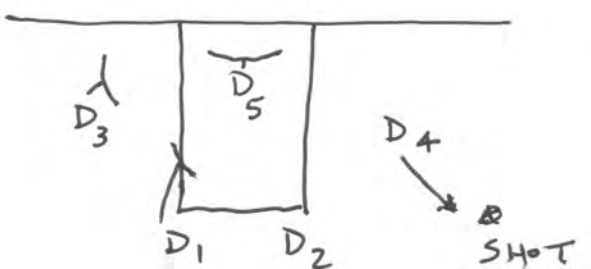
IV) CORNER TRAP ROTATION:

• AGAIN, TAKE AWAY OBVIOUS NEXT PASS. FORCE A SKIP OR PASS THROUGH THE HOOP.



V) REBOUNDING ROTATION:

• BOEHEIM DOES NOT TEACH SPECIFIC BLOCK OUTS. REBOUND YOUR POSITION IN ZONE



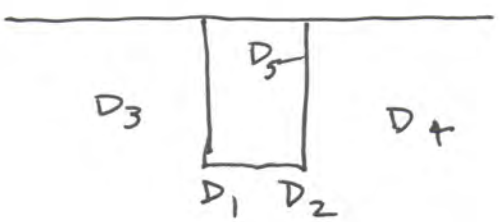
VI) ON-COURT DEMO

- TO SET UP ZONE:

A. TOP GUARDS SHOULD BE ABLE TO TOUCH HANDS - ARMS EXTENDED

B. FORWARDS SHOULD BE UP ABOVE CENTER - VB END LINE

C. A GOOD 2-3 SHOULD BE ABLE TO PLAY THE 3 PERIMETER GUYS W/ 2 DEFENDERS



RULE 1 - 5 GUYS MUST MOVE

RULE 2 - DEFEND THE 3

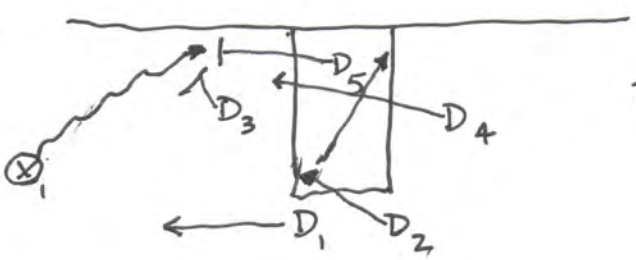
- GOOD PRACTICE DRILL: PLAY ZONE ROTATION, NO SHOTS, FOR THIRTY SECONDS

- NOTE: OFF-BALL GUARD TAKES ELBOW! MUST BE OPENED UP TO SEE; DO NOT TURN: WATCH THE BALL.

- NOTE: MUST HAVE "BIG HANDS" & "ACTIVE HANDS"

★ AVTO-TRAP ON BASELINE DRILL:

- D_2 MUST DROP & COVER - DEEP AS THE BALL



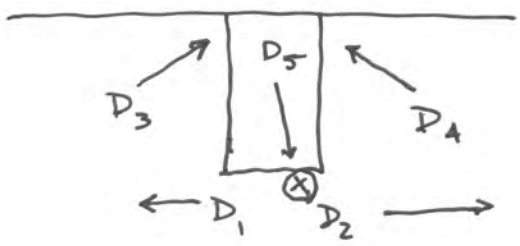
- OPPOSITE WING MUST ROTATE OVER ON DRIVE

- SKIP PASS OPPOSITE, TRAP OTHER SIDE

- IF BALL IS ENTERED TO HIGH POST

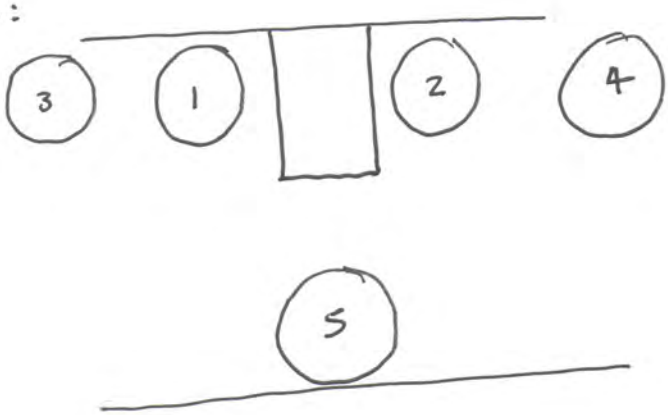
RULE: DO NOT GUARD THE HIGH POST PLAYER UNTIL HE FACES TO SCORE.

ROTATION:

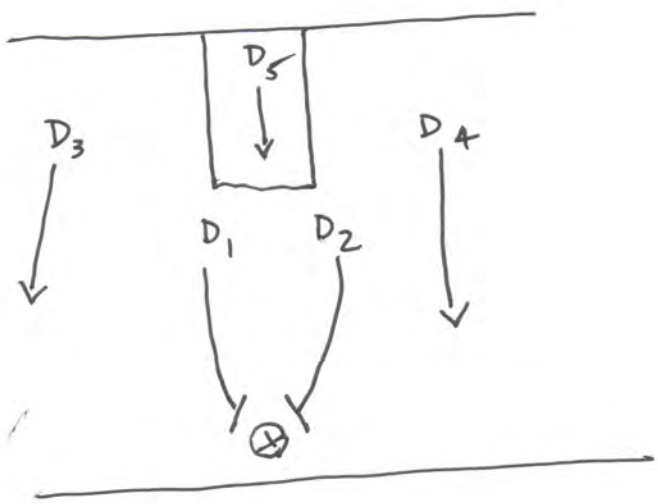


• GUARDS COVER WINGS - FORCE HIGH POST PLAYER TO TURN & KICK BACKWARDS

VII TRAP AREAS:



→ TRAP ROTATION SPOT #5



VIII RANDOM NOTES:
- GUARDS CANNOT GET SCREENED
- GET OVER TOP OF BALL SCREENS
- TALK EARLY AND OFTEN!

Jim Calhoun with Kevin Ollie
Make Practice Time Your Winning Time

Jim Calhoun

- "Most teams take a break in practice for shooting." - Bob Knight
- Winning questions – know the answer beforehand
  - ex. "Why are you shooting a low percentage in games?" "You're a terrific shooter taking bad shots."
- The hardest Coach Knight went in practice was shooting drills.
- You can't just shoot, you must take game shots at game speed.
- Ben Gordon took 500 game speed 3 point shots every night and charted them.
- Coaches should have packages of drills
  - ex. UConn's Defensive Package includes shell drill (they do it everyday), zig-zag, 1-on-1, etc.
- Practice with a purpose
  - If someone from outside your program comes to your practice, they should be able to learn how you want to play by watching that practice.
  - If they cannot tell that, you are wasting your time in practice.
- 4 Things the Coach Can Control
  1. Every team can rebound if you put enough emphasis on it
     - Drills
     - Emphasized throughout practice
     - Can't give a lot of 2nd shots
     - Real judge of your defense is FG% defense
     - % of offensive rebounds you get – 40% + is good
     - % of defensive rebounds you get – 65% + is good
  2. Defense
     - Contest all shots
     - Pressure the ball with help behind you
     - Pressure everything from the NBA 3 point line in
     - Make them shoot, pass, or dribble; don't let them stand with the ball
     - Force offense where you want them and then contain them there
     - Need to make stops when the game is on the line
     - Defend through all of practice, make the defense challenge the offense
     - Have a thought of the day (ex. Nothing great has ever been accomplished without great enthusiasm.)
     - Have an emphasis of the day (ex. Rebounding)
  3. Run
     - more possessions
     - allows for more mistakes
     - allows you to play more kids
     - run for conditioning and in drills
     - get #s to create good shots and create rebounding advantages

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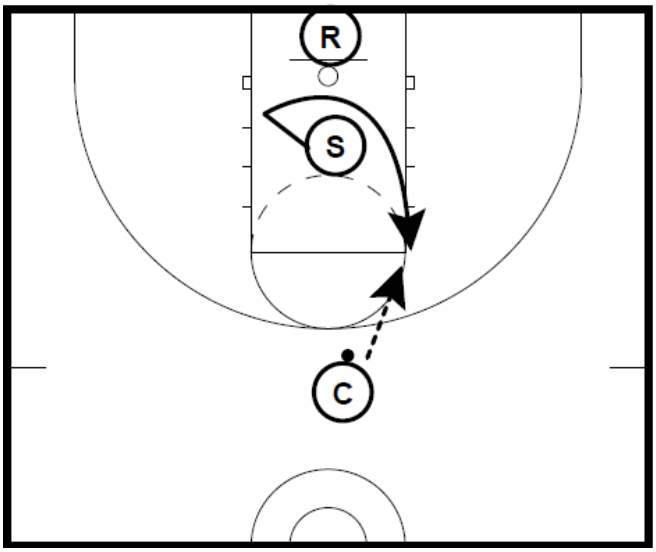
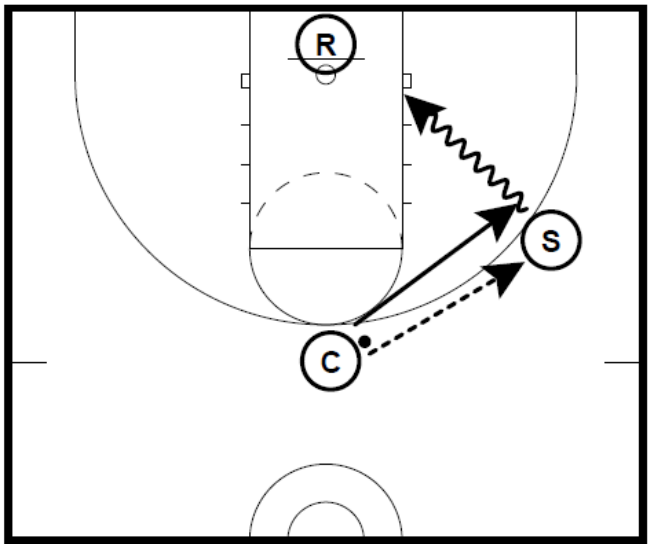
4. Play Hard
    - steals
    - charges
    - make everything competitive in practice
    - everything is a slice of the game

- 60% of practice is full-court (helps teach)
- 20 minutes of practice is assistant coaches doing warm-ups
- 4 minutes of shooting each day
    - Players take in-between shots
    - 1 minute at each spot
    - They should make 110 swishes or 140 bank shots
- Technique work
    - how to feed the post
- 15 – 20 minutes fast break
    - 3-on-2
    - 2-on-1
- Practice must be
    1. Who you are
    2. What you are
    3. What you want to be

Kevin Ollie

- Play hard
- No substitute for hard work
- Be prepared to play
- Coaches must have enthusiasm
- Coaches must have love of game, not passion for it
- Passion is temporary, love is unconditional
- One of the greatest gifts a coach can give a player is believing in him
- All drills are done at full speed
- Can't go half speed in a game
- “The game starts the day before.” - Larry Brown
- If you're prepared, all things fall into place.

Jim Calhoun with Kevin Ollie
Make Practice Time Your Winning Time

UConn Shooting 1	
Diagrams	Notes
 UConn Shooting 1 Frame 1	• Shooter sets up defender by taking him away and then curls to elbow for shot • After shot, back pedal to 45 degree angle • Rebounder gets the rebound and passes the ball back to the coach
 UConn Shooting 1 Frame 2	• Coach passes the ball to the shooter and then closes out on the shooter • Shooter rips through low and drives for the layup • Shooter should cut the shoulder off of the defender as he drives by him

- Coach Ollie demonstrated great positive energy and provided positive reinforcements
- Do not accept incorrect technique, correct it in the drill so you do not create a bad habit

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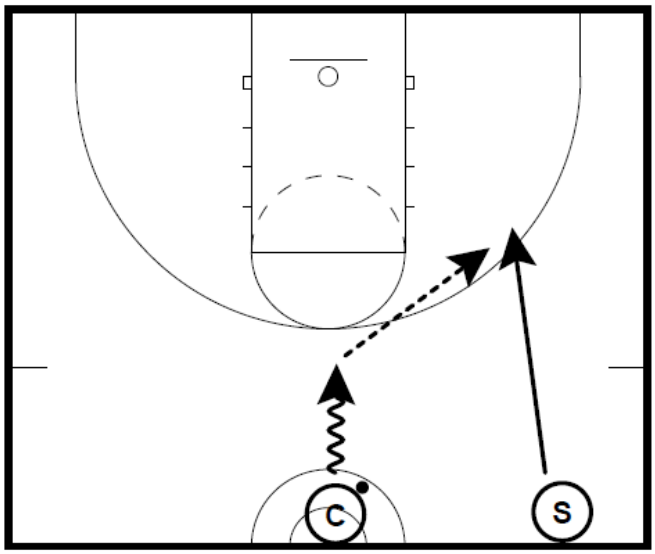
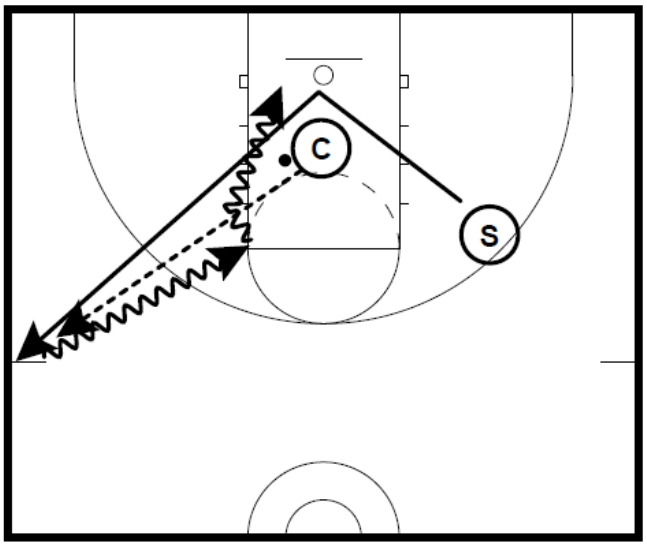
Make Practice Time Your Winning Time

UConn Shooting 2	
Diagrams	Notes
 UConn Shooting 2 Frame 1	• Coach dribbles up the floor • Shooter sprints to the wing • Coach passes to the shooter • Shooter catches the pass as an airborne receiver and shoots
 UConn Shooting 2 Frame 2	• Shooter runs under the basket and out to the hash mark • Coach gets the rebound and passes to the shooter at the hash mark • Shooter drives to the elbow and makes a right to left crossover move • Shooter gets the defense to lean on the crossover and drives by him for the layup (The drill was demonstrated without a defender, the offense must use their imagination.)

- Whenever a player comes into the gym to work out, someone is there to help them get better.
- Players must be able to convert from aggressive defense to attacking offense.
- 2-2-1 Press
  - Cut off baseline
  - Cut off sideline
  - Get foot outside of lane

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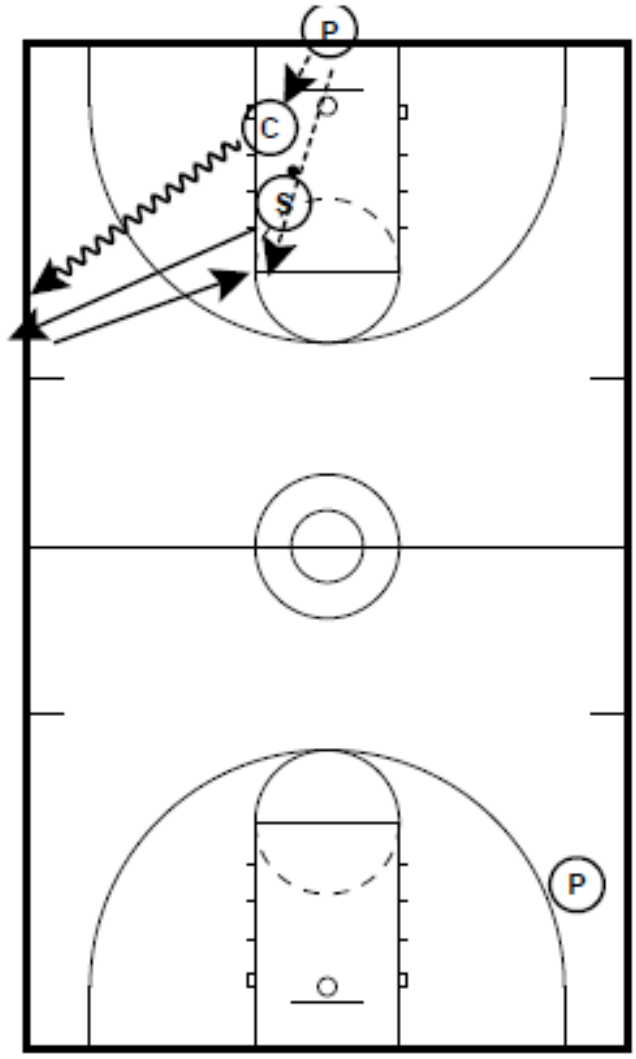
- When the other team has the ball, someone must be "in the frame" with them
- "In the frame" refers to watching video and seeing a defender in the frame with the offensive player

2-2-1 Breakdown – Take Away the Sideline	
Diagrams	Notes
 2-2-1 Breakdown – Take Away the Sideline Frame 1	• Shooter shoots a short jumper in the paint • Passer gets the rebound and passes to coach • Coach starts under the basket and dribbles to the sideline • Cut coach off at the sideline • Sprint back for shot at elbow

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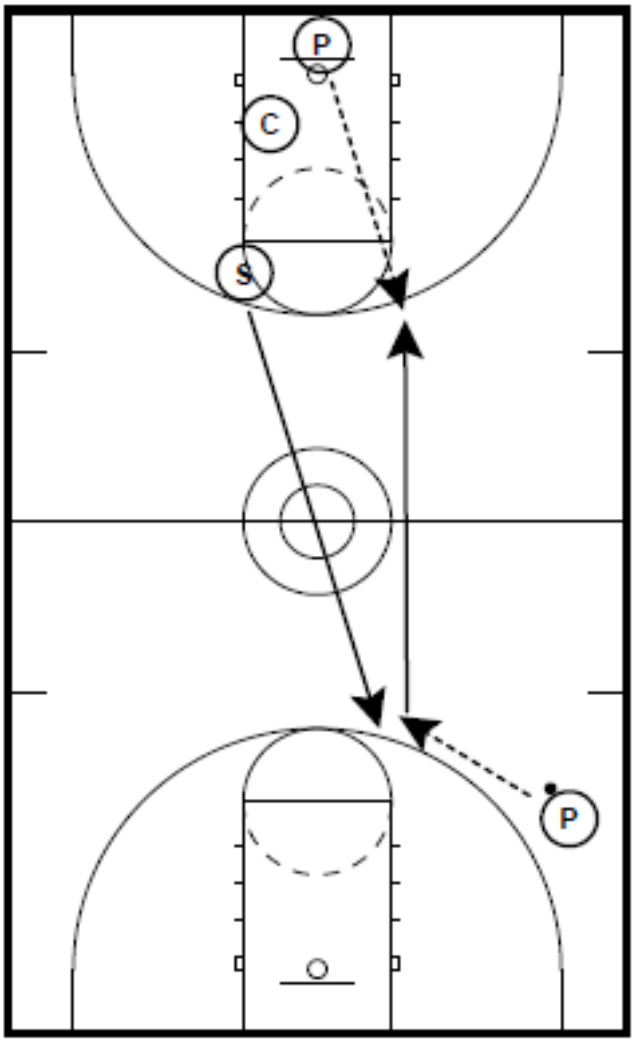

2-2-1 Breakdown – Take Away the Sideline Frame 2

- Sprint for 3 pointer at other end
- Shoot the 3 and sprint back for a 3 at the other end
- Shooter shoots 4 shots total
- Coach Calhoun said the entire series should take 12 – 15 seconds per player

- Be ready to go at all times
  - Next guy in the drill is ready to hop on
  - If coach looks down the bench at you, look back at him so he knows you're ready to go.
- Don't take any negative steps, whether you make it or miss it, you should get back on defense enthusiastically
- Respect the speed of the game
- Teach full out so players keep their speed up in practice

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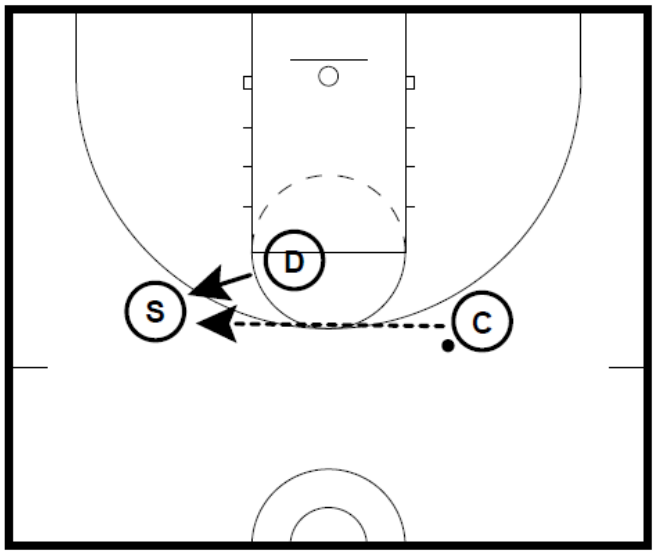
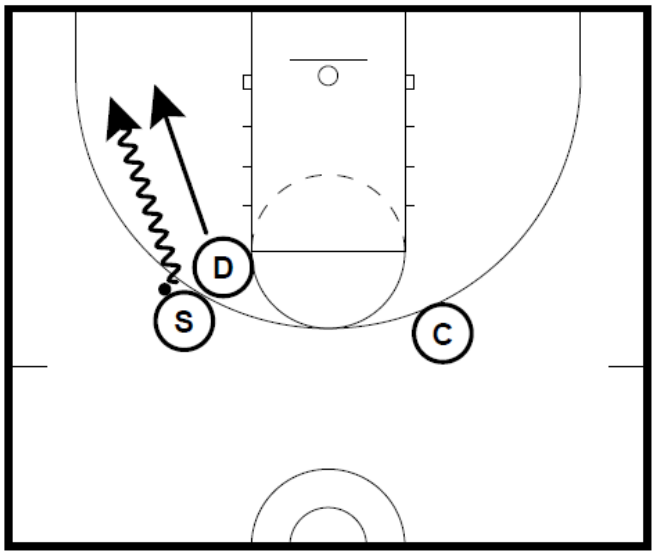
UConn Closeouts	
Diagrams	Notes
 UConn Closeouts Frame 1	• Coach passes ball to weak side • Defense closes out with stick hand up • Influence the ball, but do not open the door
 UConn Closeouts Frame 2	• Offense dribbles to baseline and shoots • Defense contests the shot – do not twist, contest straight up and down • Finish the play with a box out

- Cover elbows and blocks on D
- Not worried about the weak side, worried about the ball
- Get stick hand up when your man has the ball
- Stick hand becomes pointer hand when the offense dribbles, the other hand is the deflection hand
- Contest the shot – do not twist on the contest, contest straight up and down
- If everyone talks and hands are up, your presentation is good

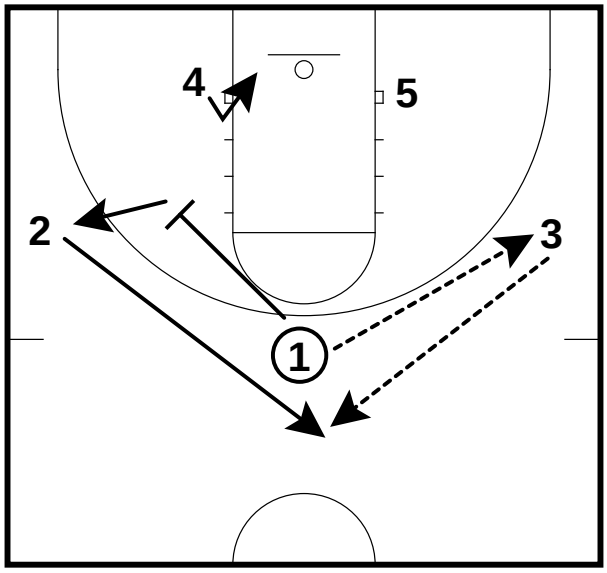
Jim Calhoun with Kevin Ollie
Make Practice Time Your Winning Time

- Sometimes you have to fake it to make it
- It's not about winning, it's about wanting to win
- Be where you're supposed to be, don't let your teammates down
- Greatest 2 Things Kevin Ollie has
  1. He's a father
  2. He's a teacher/coach
- You're always a role model
- Believe in yourself
- You can control how in shape you are
- You can control if you are mentally prepared
- Strive for perfection

321 - Crack and Carve

George Mason

Frame 1

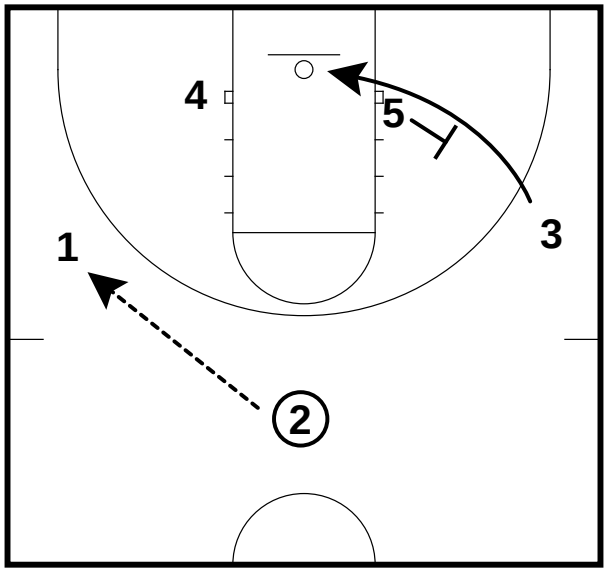


1. 1 intiates with a pass to 3
2. 1 screens away and exchanges with 2
3. 4 tries to crack his defender and carve space for a pass over the top. 4 should be facing the basket when he posts.
4. If not there, 3 reverses ball to 2

321 - Crack and Carve

George Mason

Frame 2

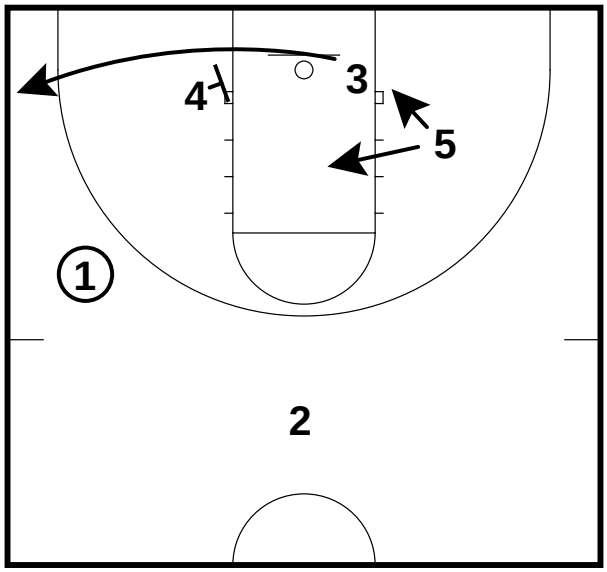


1. 2 reverses ball to 1
2. 5 backscreens and 3 cuts to the rim.
3. 1 looks to lob to 3

321 - Crack and Carve

George Mason

Frame 3

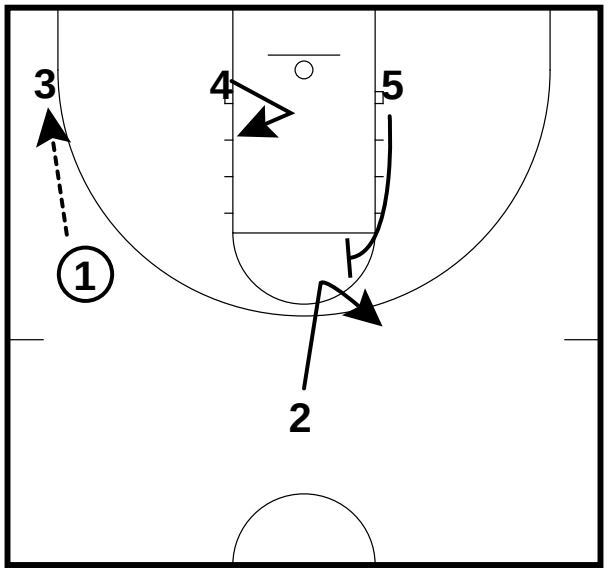


1. If the lob to 3 isn't available, 5 seals and looks for a pass to the rim or flash middle.
2. 3 continues to run to the corner off of 4's screen.

321 - Crack and Carve

George Mason

Frame 4

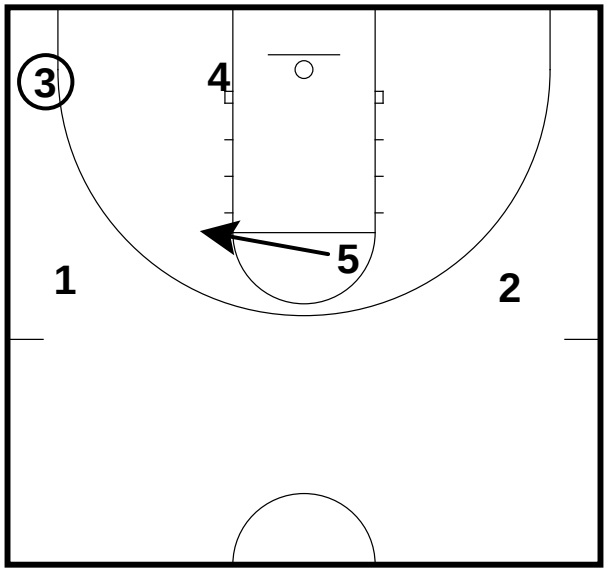


1. 1 passes to the corner and 4 looks to post the middle of the zone.
2. 5 looks to flare for 2 and 1 can chose to pass it to 2 for a 3 point shot

321 - Crack and Carve

George Mason

Frame 5

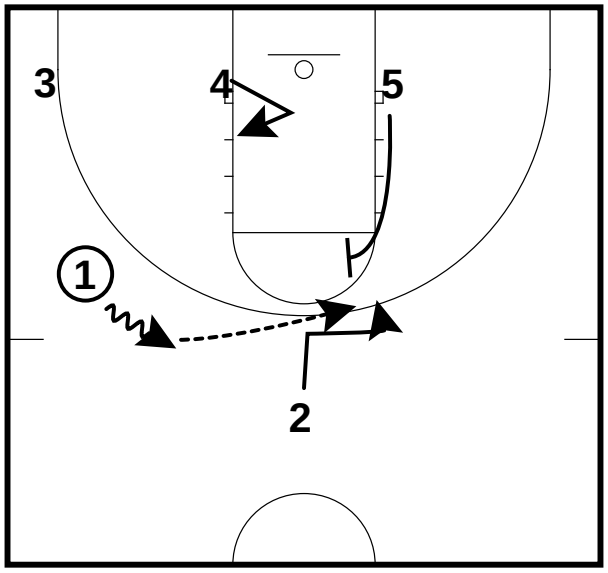


1. When 3 has the ball in the corner, we slide 5 into the high post and go into our slide and fill action

321 - Crack and Carve

George Mason

Frame 6



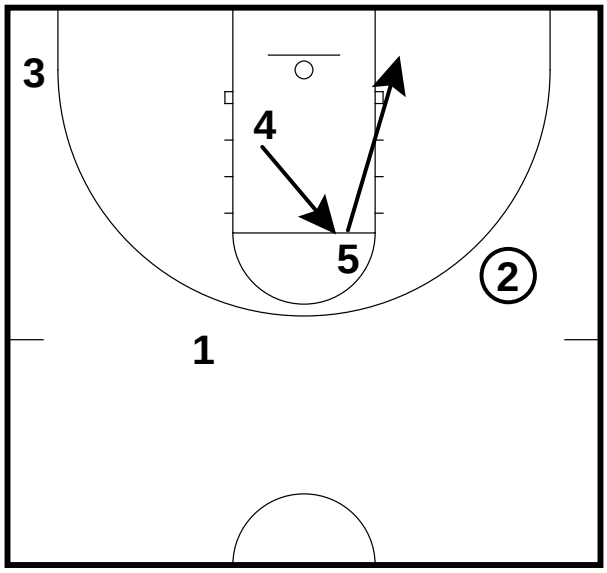
CONT from Frame 3

1. 1 dribbles and hits 2 on the flare

321 - Crack and Carve

George Mason

Frame 7

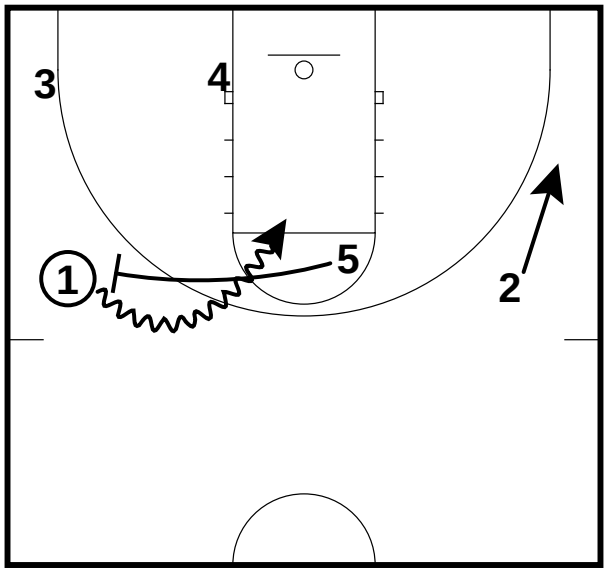


1. 5 rolls to the rim
2. 4 flashes to the high post and we look to go slide and fill

321 - Crack and Carve

George Mason

Frame 8



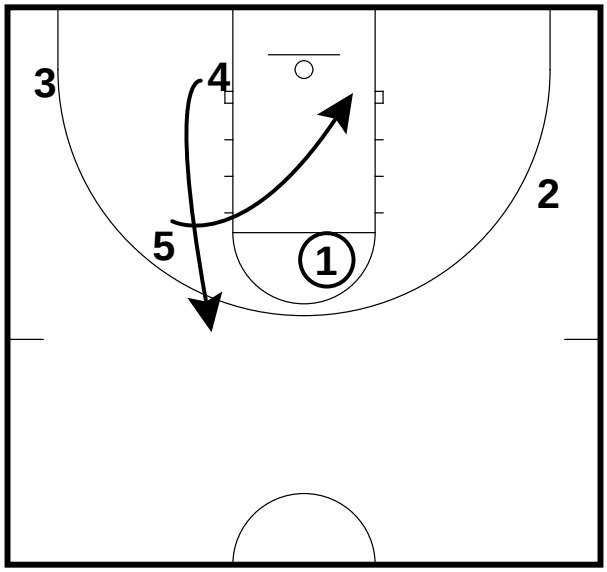
CONT from Frame 3

1. Instead of just flashing to the high post, 5 can run into a ballscreen for 1 at any time.

321 - Crack and Carve

George Mason

Frame 9

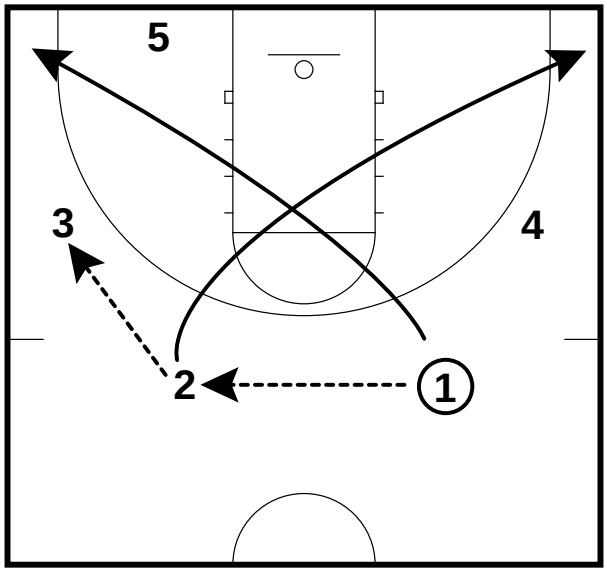


1. 5 rolls to the rim and 4 replaces high for slide and fill action

34 - Slice and Dice

George Mason

Frame 1

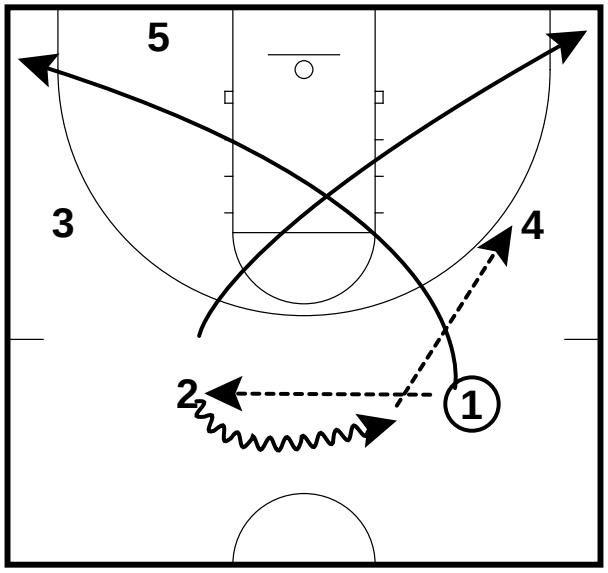


1. 1 reverses to 2 and cuts to ballside corner
2. 2 swings to 3 and cuts to weakside corner

34 - Slice and Dice

George Mason

Frame 2



ENTRY OPTION

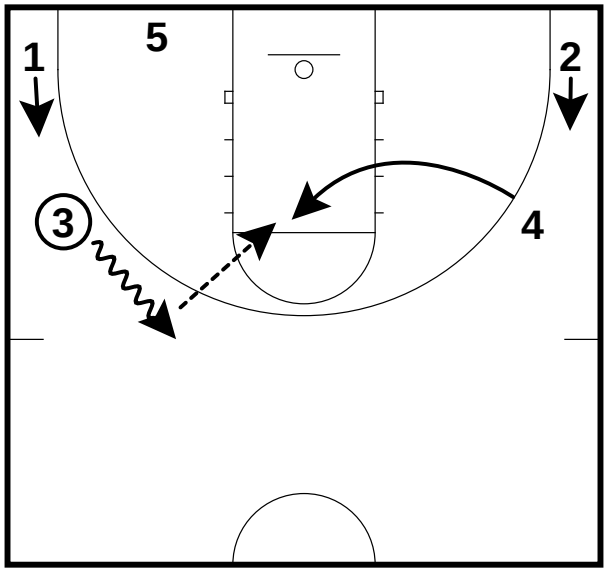
1. 2 has the option to enter it on either side.

2. 1 passes to 2 and 1 cuts.
3. 2 dribbles to top of key, passes to 4, and cuts strongside

34 - Slice and Dice

George Mason

Frame 3

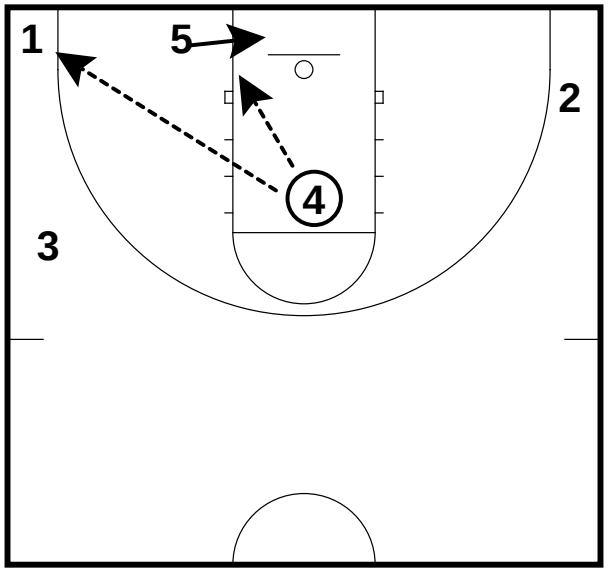


1. If 3 catches the entry he dribbles up to occupy X1
2. 4 flashes inside free throw line looking for the catch and shoot jumper in the lane.
3. If 4 catches the entry then 3 flashes into the lane and they switch roles.
4. 5 is on the baseline with his back to the basket waiting for either a dump down pass or his chance to flash middle.

34 - Slice and Dice

George Mason

Frame 4

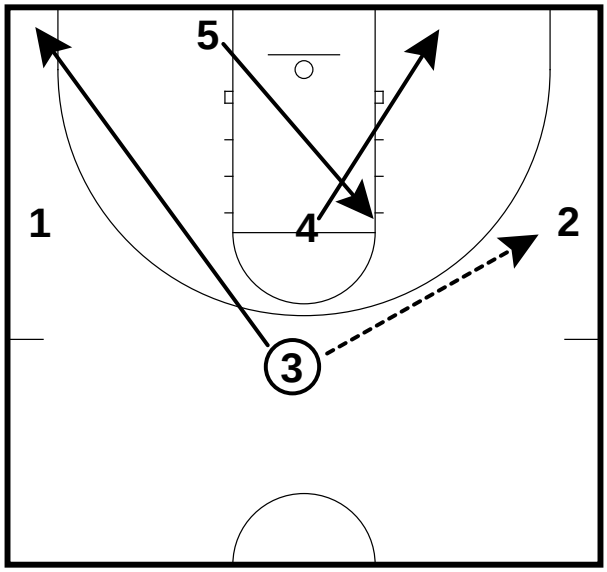


1. 4 looks for pass low to 5, pass out to 1 for 3 point shot or for his own shot.

34 - Slice and Dice

George Mason

Frame 5

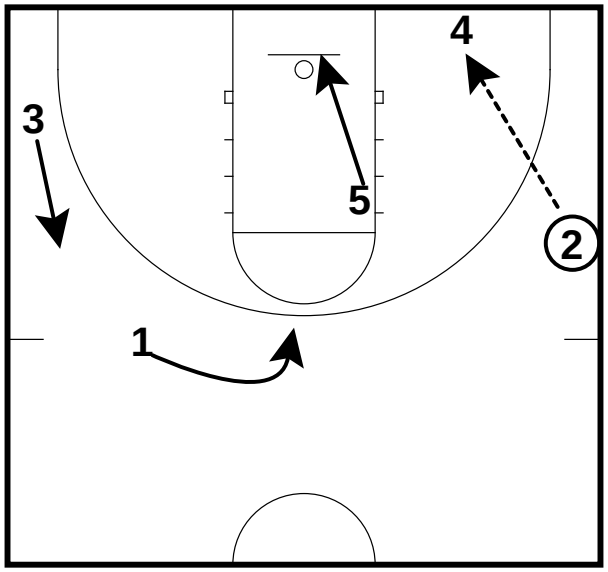


1. If 4 is not open, 3 swings the ball to 2 and cuts to the weakside corner.
2. 4 dives to the ballside short corner.
3. 5 flashes to the ballside high post.

34 - Slice and Dice

George Mason

Frame 6

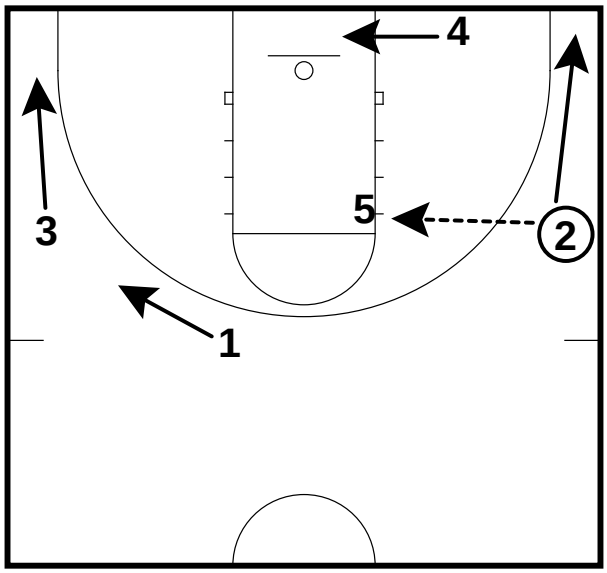


1. If 2 passes to 4, 5 dives to the basket.
2. 1 and 3 balance the floor.

34 - Slice and Dice

George Mason

Frame 7

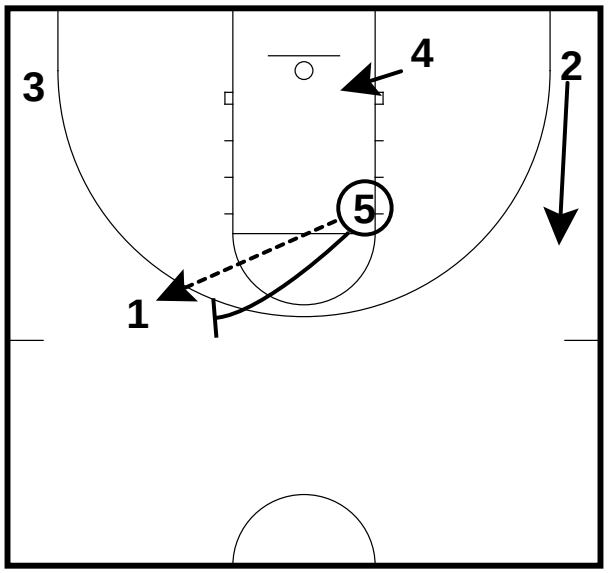


1. If 2 passes to 5, 4 dives to the basket.
2. 2 cuts to the corner.
3. 1 and 3 balance the weak side.
4. 5 looks for 4 for a layup, 2 for a 3 pointer or reverses the ball to 1.

34 - Slice and Dice

George Mason

Frame 8

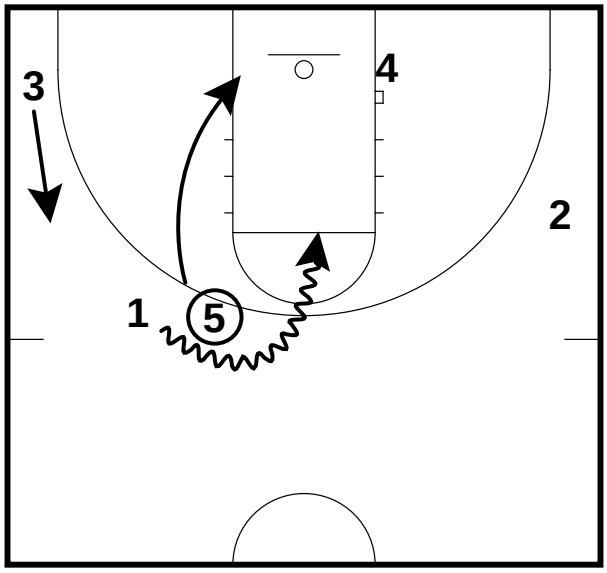


1. If 5 reverses to 1
2. 2 cuts to the weak side wing.
3. 5 follows his pass and ballscreens for 1.
4. 4 ducks in.

34 - Slice and Dice

George Mason

Frame 9

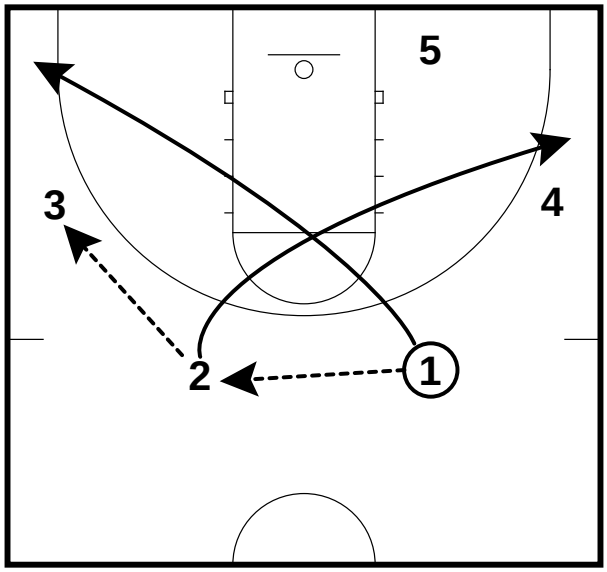


1. 1 attacks the foul line
2. 5 rolls to the rim
3. 4 seals
4. 3 lifts

34 - Slice and Dice - Up

George Mason

Frame 1

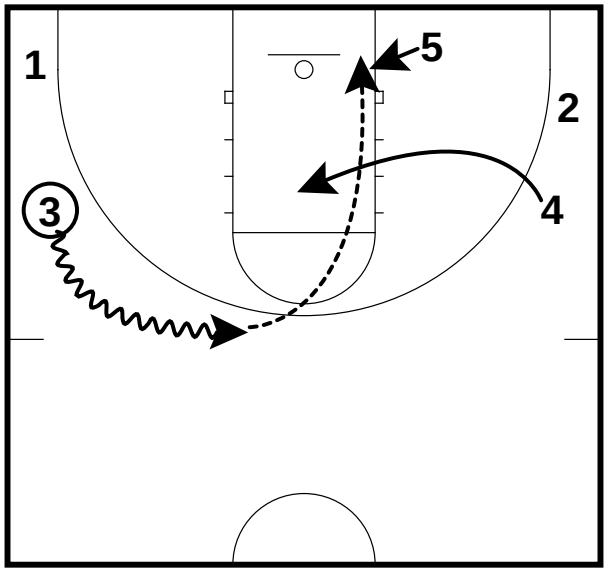


1. 1 passes to 2 and 1 cuts to corner.
2. 2 passes to 3 and 2 cuts to opposite corner.

34 - Slice and Dice - Up

George Mason

Frame 2

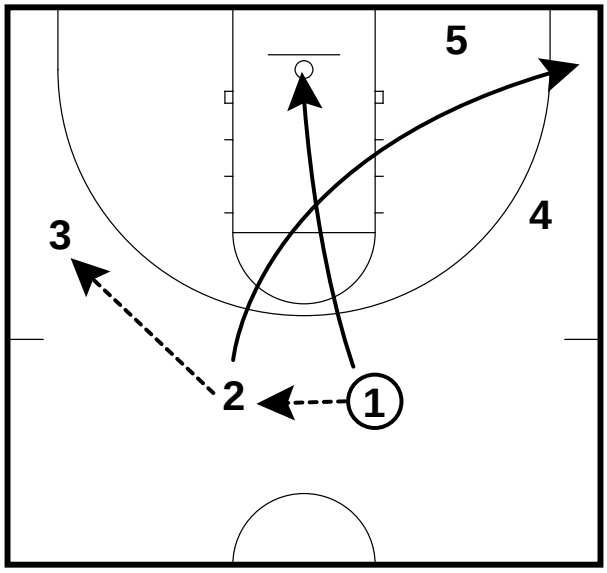


3 dribbles toward top of key.
4 flashes middle.
5 who has lined up opposite the entry pass now looks for the lob.
3 throws the lob.

34 - Slice and Dice - X

George Mason

Frame 1



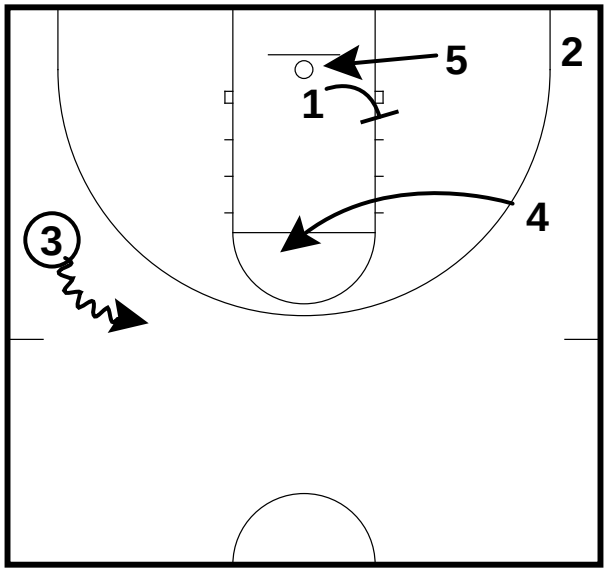
For Lob option:

1. 1 enters the ball opposite of 5.
2. He then dives to the basket and positions himself behind the defense and prepares to set a back screen.

34 - Slice and Dice - X

George Mason

Frame 2

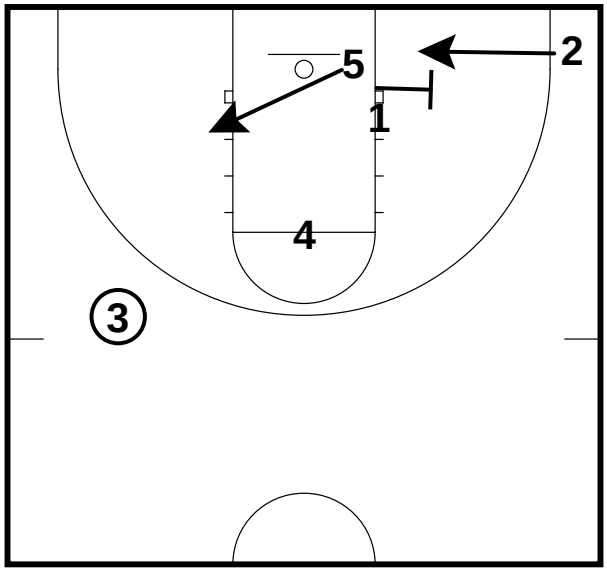


1. On 3's dribble, 4 flashes to the high post.
2. 1 back screens the back of the zone.
3. 3 lobs to 5 for a dunk or layup.

34 - Slice and Dice - X

George Mason

Frame 3

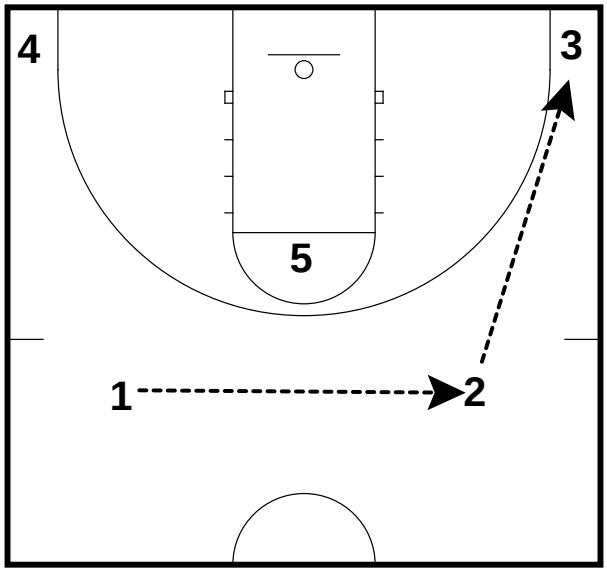


1. If 5 does not catch the lob he comes to the ball side low block.
2. 1 sets a second back screen for 2.

41 High - Seek and Find

George Mason

Frame 1



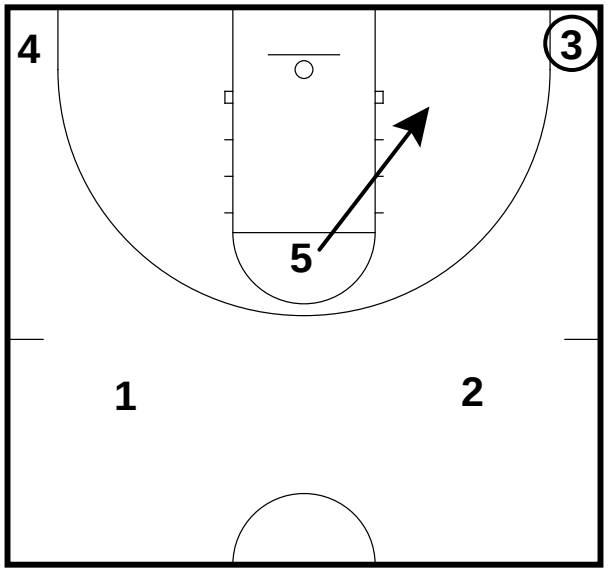
Use this vs. 1-3-1 defense

1. 1 passes to 2
2. 2 passes to 3

41 High - Seek and Find

George Mason

Frame 2

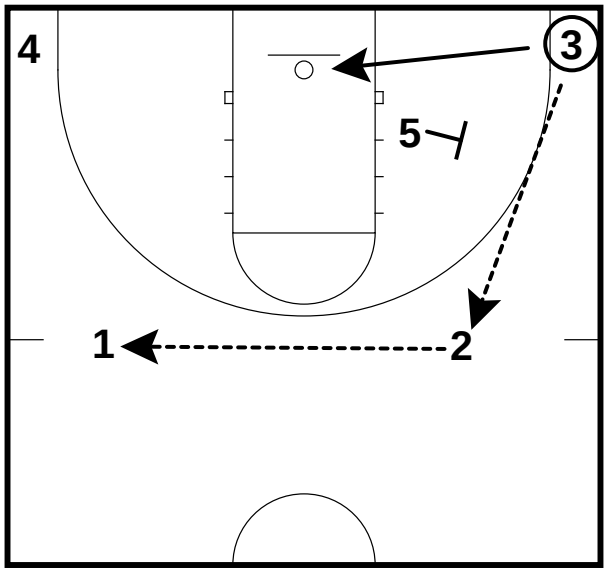


1. Once the ball hits the corner, 5 slides to that strongside block

41 High - Seek and Find

George Mason

Frame 3

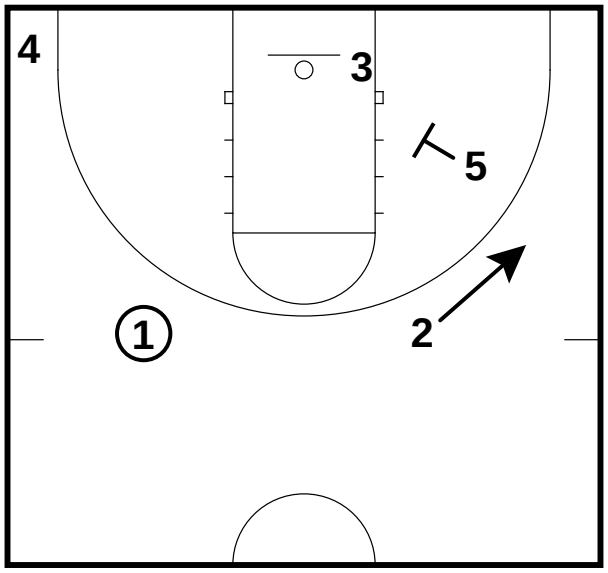


1. When the ball is reversed from 3 to 2 to 1, 5 backscreens for 3 for the lob

41 High - Seek and Find

George Mason

Frame 4

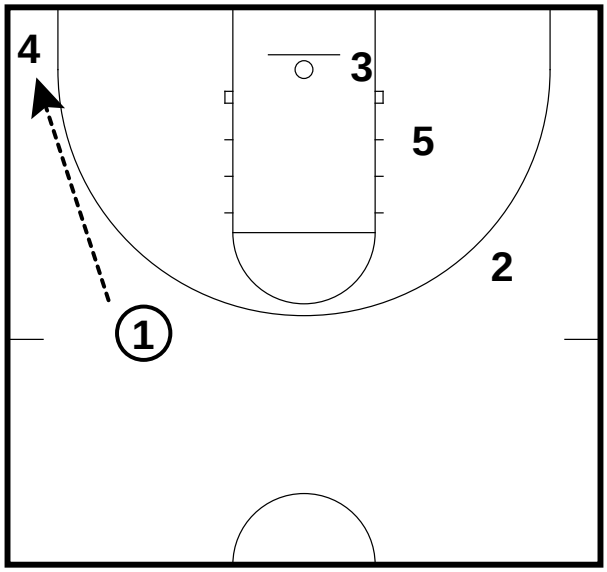


1. If the lob is covered, 5 rescreens and 2 uses it as a flare

41 High - Seek and Find

George Mason

Frame 5

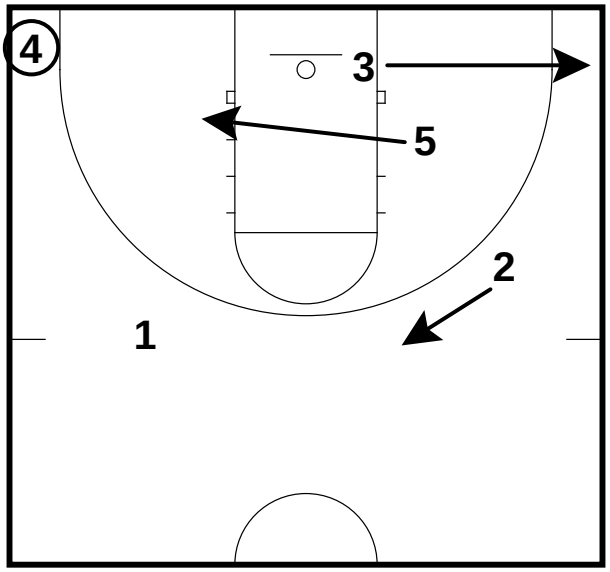


1. If neither are available, 1 is free to dribble penetrate or pass it to 4 in the corner

41 High - Seek and Find

George Mason

Frame 6



1. 2, 3, and 5 get into position to repeat the action

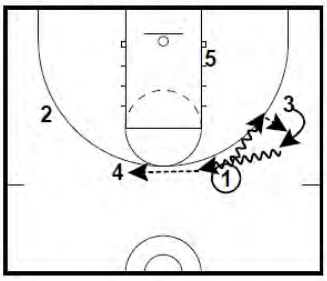


Jim Ferry
LIU
"LIU Offensive Sets"
5 Star Coaching Clinic
Iona College
May 7, 2011

- All of these plays work great if you have great players
- You can use these plays to play to your strengths
- 4th in the country in offense this year
- Scored 84 points against UNC in NCAA tournament
- Very aggressive on offense
  - 1st way to score is transition
  - 2nd way to score is secondary break
  - 3rd way to score is half-court entry
  - 4th way to score is late clock plays
  - 5th way to score is at the foul line
- If there are 3 or more defenders back, fan out and get to spots
- 2 and 3 are interc hangeable, the wings
- 4 and 5 are interchangeable
  - First one down the floor runs to the rim
  - Second one down trails
- Force movement
  - try to get the defense to change sides of the floor twice before attacking

- Shuffle – play is initiated with a dribble handoff

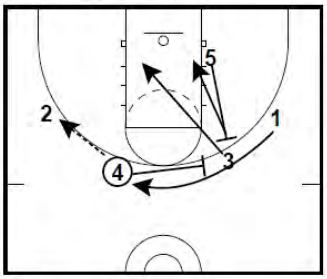
Jim Ferry - Shuffle



- 1 to 3 dribble handoff
- 3 passes to 4

Half-Court Sets Frame 1

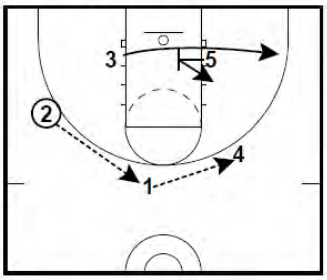
Jim Ferry - Shuffle



- 5 backscreens 3
- 5 dives to block
- 4 passes to 2
- 4 screens away for 1

Half-Court Sets Frame 2

Jim Ferry - Shuffle

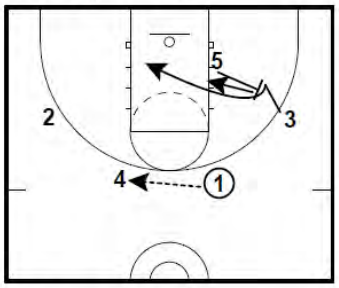


- 2 passes to 1
- 1 passes to 4
- 5 screens 3 on the baseline
- 4 looks to pass to 3 on the baseline or 5 posting

Half-Court Sets Frame 3

- Toss – play is initiated off 1 passing to 4

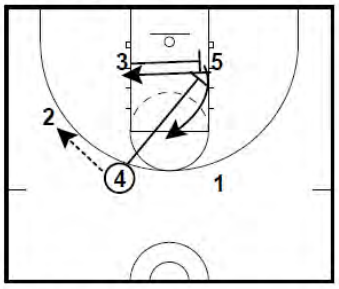
Jim Ferry - Toss



- 1 passes to 4
- 4 looks to drive or drive and kick to 2
- If drive is not there, 3 Flex cuts off of 5 (over the top)
- 5 ducks in
- 4 looks to 3 and 5

Half-Court Sets Frame 1

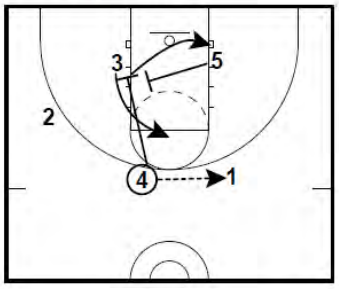
Jim Ferry - Toss



Option 1 Flex to Throw Ahead
- Screens for 5
- 4 screens for 3
- 2 looks to pass to 5 or 3

Half-Court Sets Frame 2

Jim Ferry - Toss

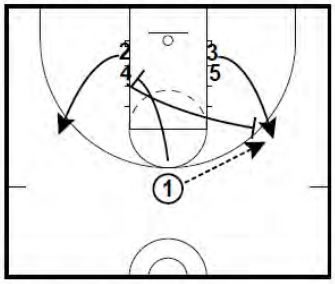


Option 2 Flex to Throw Back
- 4 passes to 1
- 4 sets a diagonal downscreen for 3
- 5 backscreens 4
- 1 looks to pass to 3 or 4

Half-Court Sets Frame 3

- Stacks – if a team denies, invert the stacks and have 4 and 5 curl screen

Jim Ferry - Stacks



- 2 and 3 pop off screens
- 1 diagonal downscreens the opposite forward (4)
- 4 sprints to ball screen 3

Half-Court Sets Frame 1

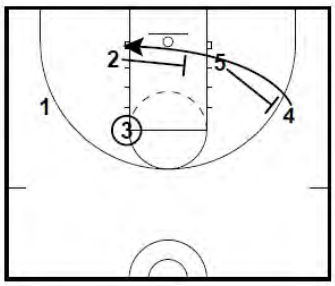
Jim Ferry - Stacks



- 3 drives middle off 4's ball screen
- 1 back screens 2

Half-Court Sets Frame 2

Jim Ferry - Stacks

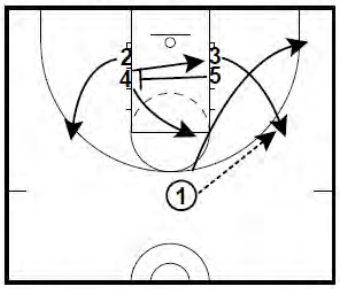


- 2 and 5 set staggered back screens for 4

Option
- 5 and 4 can screen for 2 popping, close the fence

Half-Court Sets Frame 3

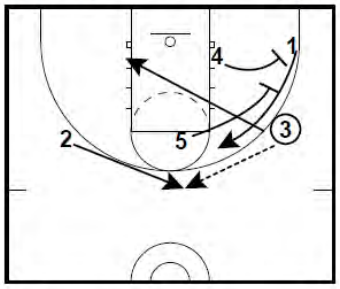
Jim Ferry - Stack Stagger



- 2 and 3 pop to wing off screen
- 1 passes to 3 and shallow cuts to corner
- 5 screens 4
- 4 goes low
- 5 pops

Half-Court Sets Frame 1

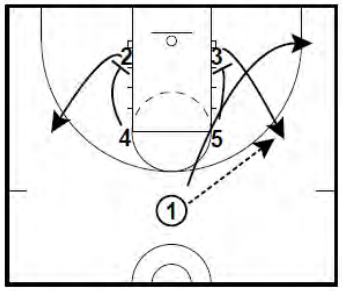
Jim Ferry - Stack Stagger



- 2 flashes to top
- 3 passes to 2
- 3 cuts through
- 4 and 5 set stagger screens for 1

Half-Court Sets Frame 2

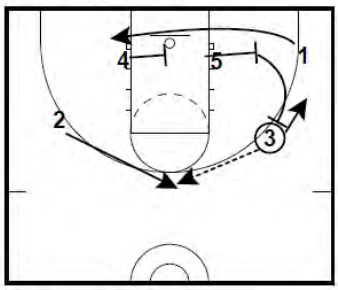
Jim Ferry - Box Flare



- 4 and 5 downscreen for 2 and 3
- 2 and 3 pop to the wings
- 1 passes to 3 and shallow cuts to corner

Half-Court Sets Frame 1

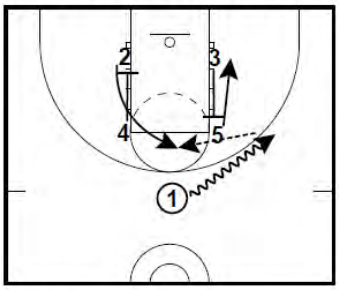
Jim Ferry - Box Flare



- 2 cuts to top
- 3 passes to 2
- 4 and 5 screen for 1
- 5 sets a flare screen for 3

Half-Court Sets Frame 2

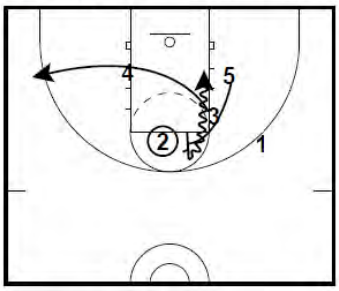
Jim Ferry - Box Ball Screen



- 1 dribbles right
- 3 back screens 5
- 4 down screens 2
- 1 passes to 2

Half-Court Sets Frame 1

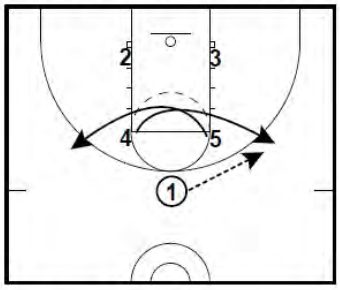
Jim Ferry - Box Ball Screen



- 3 cuts through off 4
- 5 all screens 2

Half-Court Sets Frame 2

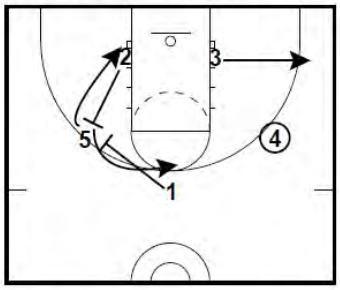
Jim Ferry - Box Cross



- 4 and 5 cross high
- 1 passes to 5

Half-Court Sets Frame 1

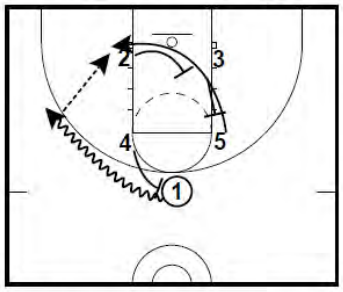
Jim Ferry - Box Cross



- 3 pops to the corner
- 2 back screens 5
- 1 screens 2

Half-Court Sets Frame 2

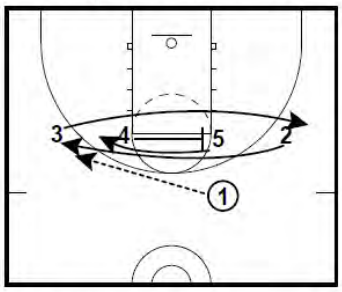
Jim Ferry - Box Stagger



- 4 ball screens 1
- 1 dribbles wide
- 3 and 2 set staggered back screens for 5
- 1 looks to hit 5 on the block

Half-Court Sets Frame 1

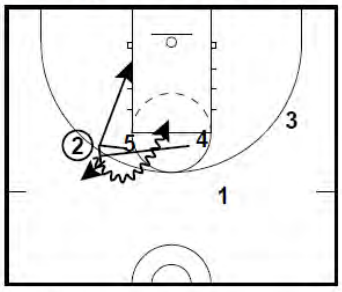
Jim Ferry - Over Under 1



- 2 cuts over 4 and 5
- 3 cuts under 4 and 5
- 4 screens 5

Half-Court Sets Frame 1

Jim Ferry - Over Under 1

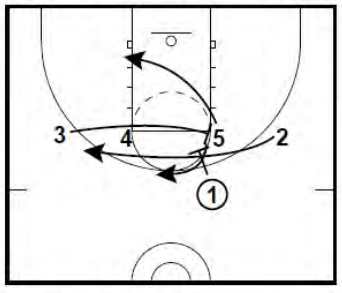


- 5 fakes the ball screen and slips
- 4 sets a ball screen for 2 and then pops

* If 5's defender drops to basket, 5 won't slip - he sets the ball screen.

Half-Court Sets Frame 2

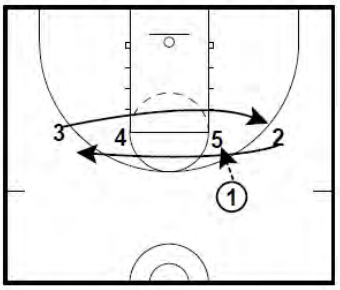
Jim Ferry - Over Under 2



- 2 cuts over 4 and 5
- 3 cuts under 4 and back screens 5
- 1 passes to 2 and screens for 3
- 2 looks to pass to 5 or 3

Half-Court Sets Frame 1

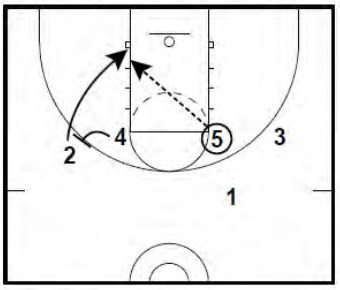
Jim Ferry - Over Under 3



- 2 cuts over 4 and 5
- 3 cuts under 4 and 5
- 1 passes to 5

Half-Court Sets Frame 1

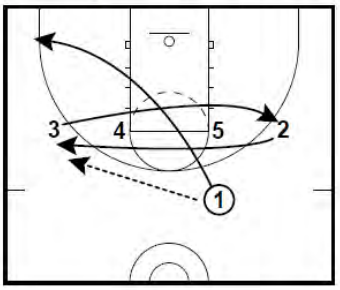
Jim Ferry - Over Under 3



- 4 back screens for 2
- 2 cuts to the block
- 5 passes to 2

Half-Court Sets Frame 2

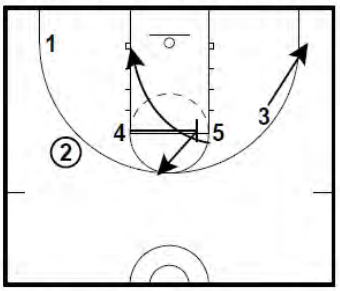
Jim Ferry - Over Under 4



- 2 cuts over 4 and 5
- 3 cuts under 4 and 5
- 1 passes to 2 and cuts through to ball side corner

Half-Court Sets Frame 1

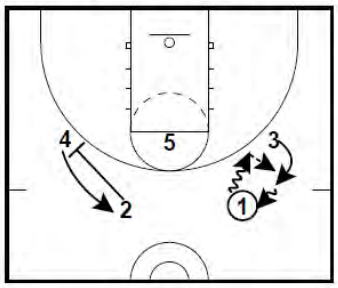
Jim Ferry - Over Under 4



- 4 screens 5
- 5 rolls off screen to the ball side block
- 4 pops to top of key
- 3 fades to corner

Half-Court Sets Frame 2

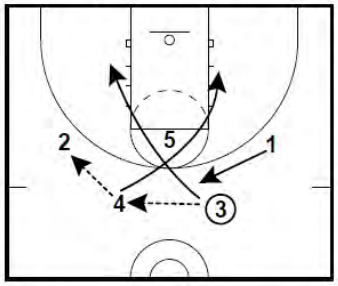
Jim Ferry - Scissors 1



- 1 and 3 dribble handoff
- 2 and 4 exchange

Half-Court Sets Frame 1

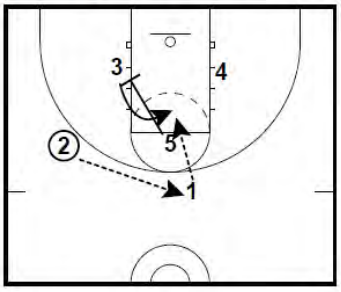
Jim Ferry - Scissors 1



- 3 passes to 4
- 4 passes to 2
- 3 and 4 X off 5
- 1 rotates up

Half-Court Sets Frame 2

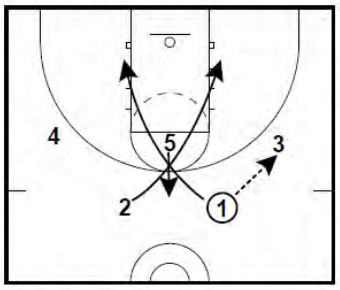
Jim Ferry - Scissors 1



- 2 passes to 1
- 5 diagonal down screens for 3
- 1 passes to 3
- 3 looks for shot or dump down to 5

Half-Court Sets Frame 3

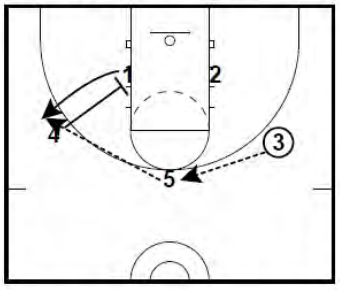
Jim Ferry - Scissors 2



- 1 passes to 3
- 2 and 1 X off 5
- 5 pops

Half-Court Sets Frame 1

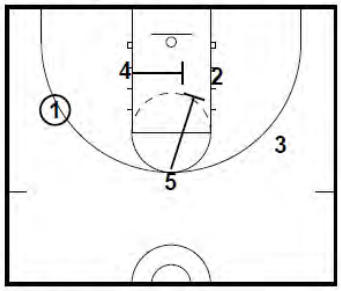
Jim Ferry - Scissors 2



- 3 passes to 5
- 4 down screens for 1
- 5 passes to 1

Half-Court Sets Frame 2

Jim Ferry - Scissors 2



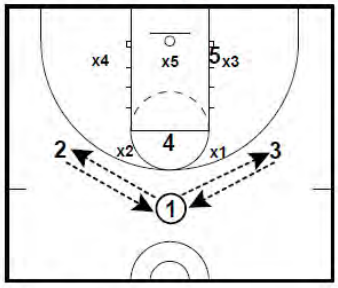
- 4 sets a baseline screen
- 5 sets a down screen
- 2 chooses which screen to use

* If there is no shot in the corner, 4 sets a pin screen for 5

Half-Court Sets Frame 3

- Zone Offense
  - identifies weakest defender and tries to attack him in the zone
  - sends 4 to 5 guys to the boards against zone to take advantage of open lanes
  - offensive rebounding forces teams out of the zone

Jim Ferry - Pepper

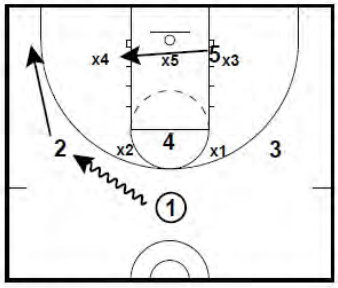


- 1 passes to 3
- 3 passes to 1
- 1 passes to 2
- 2 passes to 1

* Move the ball quickly

Half-Court Sets Frame 1

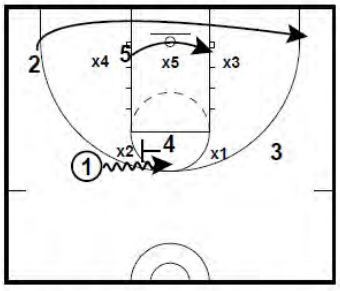
Jim Ferry - Pepper



- 1 dribbles 2 out
- 2 cuts to the corner
- 5 cuts across the lane

Half-Court Sets Frame 2

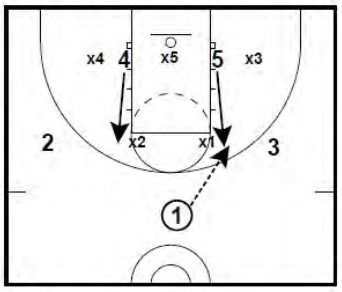
Jim Ferry - Pepper



- 4 ball screens 1 coming back to the middle
- 2 runs baseline
- 5 rolls back to the block
- 1 has 3, 2, or 5 depending on the defense

Half-Court Sets Frame 3

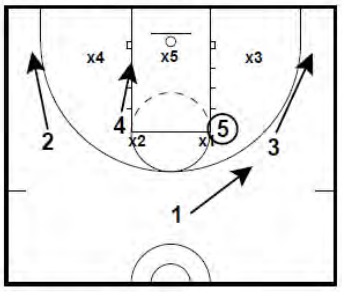
Jim Ferry - Flash



- 4 and 5 flash to the elbows
- 1 passes to 4 or 5

Half-Court Sets Frame 1

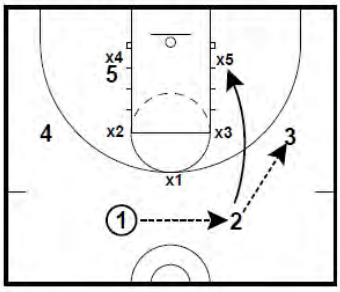
Jim Ferry - Flash



- Opposite forward (4) dives to the block
- Wings drop to corners
- 1 fills ball side wing

Half-Court Sets Frame 2

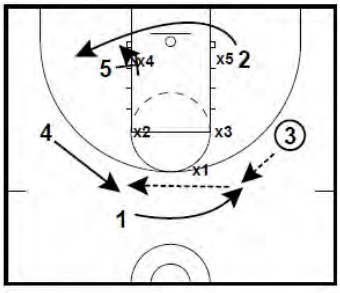
Jim Ferry - Reverse



- 1 passes to 2
- 2 passes to 3
- 2 dives to the block

Half-Court Sets Frame 1

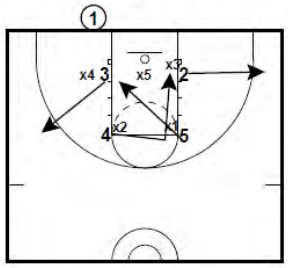
Jim Ferry - Reverse



- 1 and 4 fill up
- 3 passes to 1
- 1 passes to 4
- 5 screens for 2
- 2 cuts off 5's screen to the corner
- 4 passes to 2
- 5 ducks in

Half-Court Sets Frame 2

Jim Ferry - Zone Inbounds Play



- 2 cuts to corner
- 3 cuts to wing
- 5 cuts to ball side block
- 4 walks across the foul line and dives to the weak side block

* 4 and 2 are the primary options
** 2 should be your best shooter
*** 4 should be your best hands guy
**** 3 is the safety

BLOB's Frame 1

- Focus on the things you can control
- You can control offensive rebounding
- Must hold guys accountable for getting to the glass
- Shot 47% from the field, but they got back 46% of their misses back
- Make them do something they don't want to do or haven't done before
- Sends 4 guys to the glass
- Uses football terminology to make guys think they are tough
- Refers to rebounding as tailbacking
- If the 1 does not shoot the ball, he is the fullback. He gets fully back.
- If the 1 shoots, then the 2 is the fullback.
- Shooter is the halfback, he gets to the foul line area.
- The other 3 guys are tailbacks. They attack the offensive glass like animals. If they don't get the rebound, they must get their tails back on defense.
- Manager charts rebounding responsibilities every possession in practice.
- If you miss an assignment, it is -1. You run for each one at the end.
- If someone is really struggling with their responsibility, you can make it -2 if they miss it.
- We cannot control the ball going in, but we can control getting to our spots to offensive rebound.

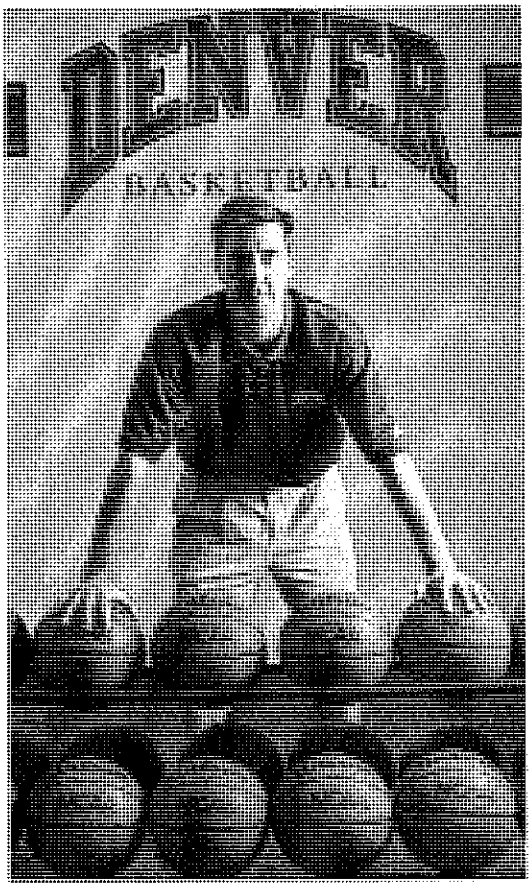
Joe Scott
University of Denver

"Princeton Offense Half Court Drills"

Notes taken from Championship Productions DVD

General Notes

- No positions in the Princeton-style of offense – just guards and forwards
- Players must have the freedom to make good decisions based on how the defense plays the situation
- This offense is based on hard cuts that will produce scores
    - Either on a pass to the cutter, or on a pass to teammate who is now open because the defense shifted to cover the cutter
    - Whether cutting or screening you are thinking SCORE
        - Cut as if your action will lead to a score
- Good decision makers are hard to guard
- Watch the guy in front of you, he will tell you what to do
- Passing:
    - 2-hand chest pass is MOST IMPORTANT
    - Bounce pass only in tight corners – do not bounce pass to feed the post!
    - Overhead pass only to skip and to feed the post



Dribble Lines

- Do this drill to warm up
- All five players on the floor MUST be able to handle the ball
- Make five lines on one baseline and have players use the entire floor
- Players should vary their dribble (sprint, slow down, crossover, between the legs, pull back, etc.) and their direction
- Players should envision certain situations unfolding in front of them

Star Passing

- Catch the ball and set to pass all in one motion
- Run this drill on both sides of the floor
- 5 lines (one under basket, one at FT line-extended sideline, one in each HC corner)
- Players should meet every pass
- Fill to the back of the line you pass to

Warm Up Lay Ups

- Players need to be able to complete a variety of lay-ups from all different angles
- Right hand running, left hand running, right hand power, left hand power, reverse on both sides back to baseline & chest to baseline, righty on left, lefty on right

3o3 Half Court

- Put defense in all of your drills – players need to understand who the defense will position itself to take what you want to do away
- Pass & Screen Away
    - Screener sets screen on the defender, not on air
    - The player being screened for reads how his defender plays and makes the correct decision:
        - Backdoor cut the screen – if defender overplays the screen, screener pops back to the ball
        - Curl the screen – if defender chases, screener pops back to the ball

        - Use/Fill the screen – if defender plays underneath the screen, screener cuts to basket
    - "Late for a Lay Up"
        - Passer wants to hit cutter late right behind the defender's butt
        - If the screener's defender helps, passer waits for the defender to try to recover and passes late for a lay up
        - Thus, cutter must cut ALL THE WAY to the basket looking for the ball the entire time
    - Also, on any basket cut, the cutter can seal and post if he doesn't receive a pass immediately
- Put it Together:
    - 1. Cut hard to set screen
    - 2. Cut hard coming off screen
    - 3. Know how to use a screen
        - The player being screened for waits for the screener to jump stop
        - The cutter walks up to the screen ("meet in the middle") in a straight line, chops feet, and waits for defender to choose how to guard
        - The player being screened for changes direction HARD!
- Ball Screen
    - The player being screened must read the defender and make one of three choices:
        - Use the screen – if screener's defender doesn't hedge, screener pops
        - Screener Backdoor Cut – if his defender hedges aggressively
        - Refuse the screen – if the on-ball defender leans
- Post Feeds
    - If we feed the post, passer has three options:
        - Screen Away left
        - Screen Away right
        - Cut

Created by: Jimmie Oakman
jimmie.oakman@gmail.com

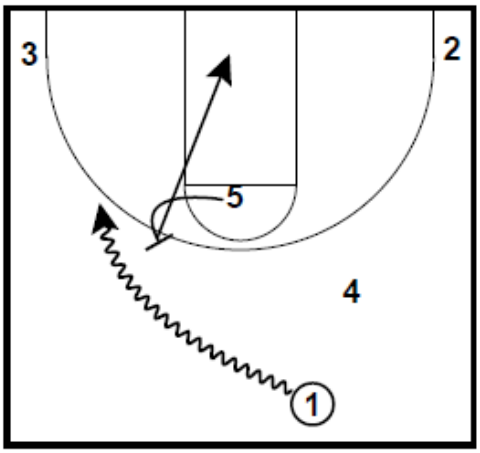
JOHN BEILEIN: MICHIGAN OFFENSE

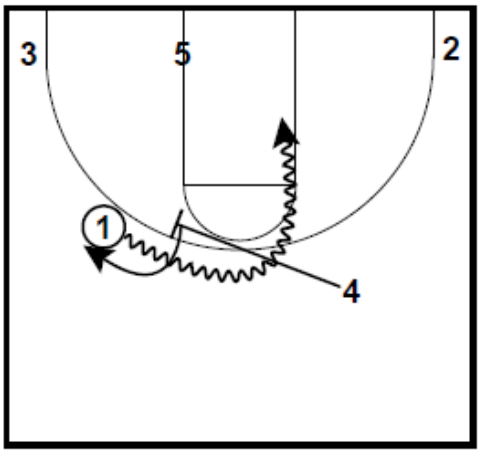
2011 NCAA Tournament—2nd Round vs. Duke 3/20/2011

Offensive Plan of Attack:

- Penetrate the lane; kick to open three's
- Control the tempo
- Create mismatches with on-ball screens
- Backdoor cuts for open lay-ups

HALF-COURT OFFENSE



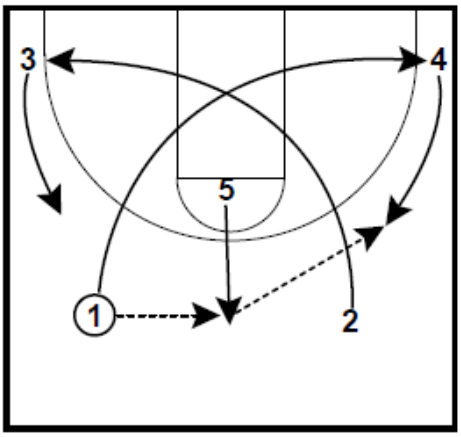


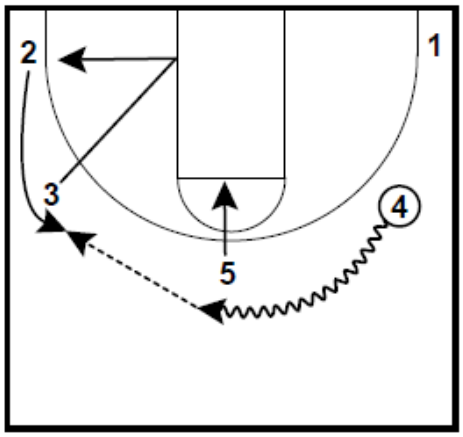


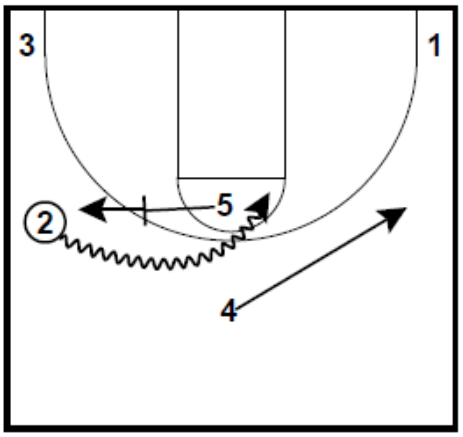
1: Darius Morris
2: Stu Douglass
3: Tim Hardaway Jr.
4: Zach Novak
5: Jordan Morgan

The Wolverines opened up with a set to take advantage of Darius Morris' driving ability. Coming off two screens and looking to get to the rim, Morris has three shooter spotted up beyond the arc.

CIRCLE





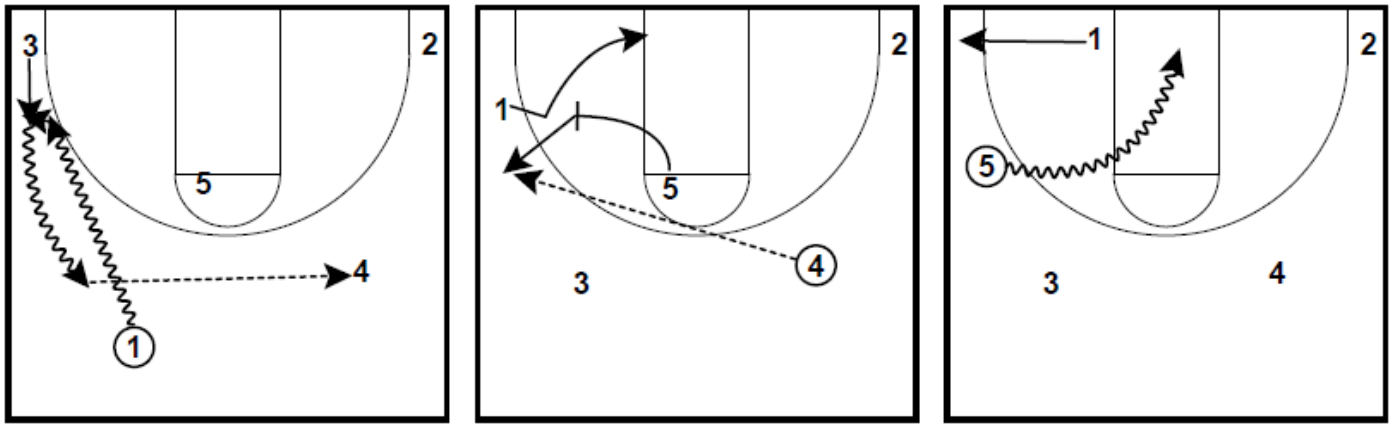


JOHN BEILEIN: MICHIGAN OFFENSE

1: Matt Vogrich
2: Stu Douglass
3: Tim Hardaway Jr.
4: Zach Novak
5: Jordan Morgan

A pressure release set to initiate some movement against an intense Duke defense. Utilizing this play six times, you see how important the drive and kick game is for Beilein's offense.

MICHIGAN FLEX ACTION



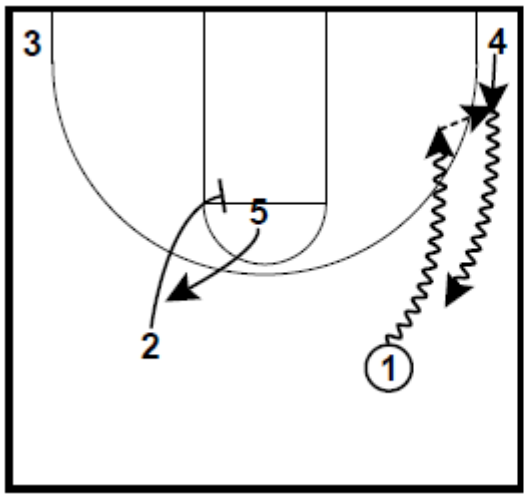
1: Darius Morris
2: Stu Douglass
3: Matt Vogrich
4: Zach Novak
5: Evan Smotrycz

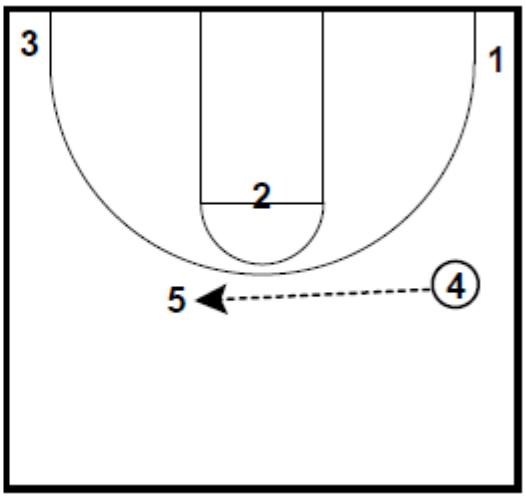
Darius Morris begins with a dribble hand-off to Matt Vogrich. On the ball reversal to Novak, Smotrycz banana cuts to a flex screen for Morris and pops to the three-point line. As the defense helps on the flex screen, Novak skips to Smotrycz for the quick shot or the drive.



MICHIGAN FLARE ACTION





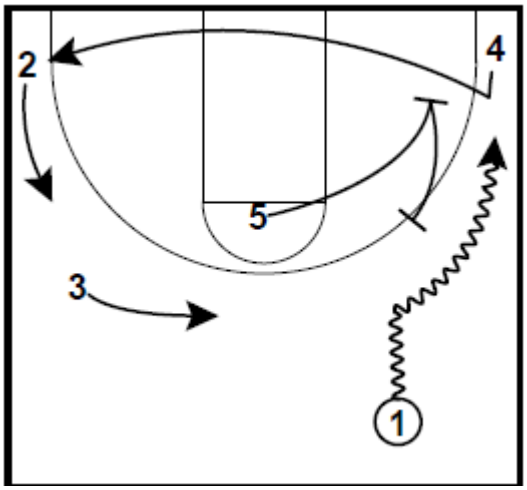


1: Stu Douglass
2: Matt Vogrich
3: Tim Hardaway Jr.
4: Zach Novak
5: Evan Smotrycz

Douglass starts with a hard drive and dribble-exchanges with Novak on the wing. As Douglass breaks the three-point plane, Vogrich steps in to seal Smotrycz's man. Smotrycz steps back off of the flare screen for the open look from Novak.



ISO-POP ACTION



1: Stu Douglass
2: Matt Vogrich
3: Tim Hardaway Jr.
4: Zach Novak
5: Evan Smotrycz

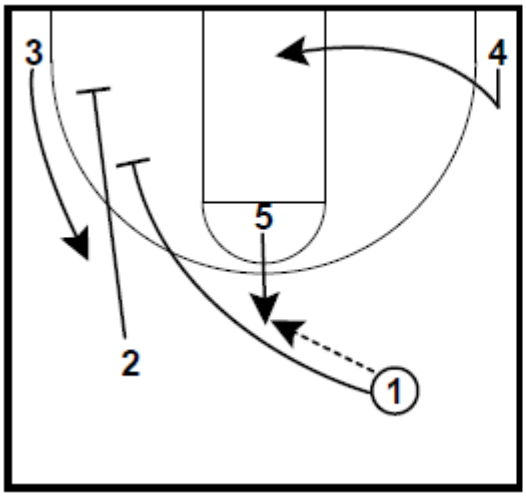


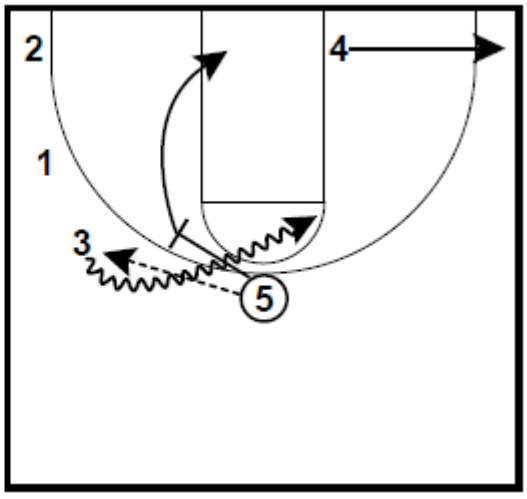
Smotrycz goes to set a dummy down-screen for Novak in the corner, who rejects it and backdoors. Douglass then uses the side-screen and looks to turn the corner. If the defense hedges off of Smotrycz, Douglass reverse pivots and hits him for the three.

STAGGER

1: Darius Morris
2: Stu Douglass
3: Tim Hardaway Jr.
4: Zach Novak
5: Jordan Morgan



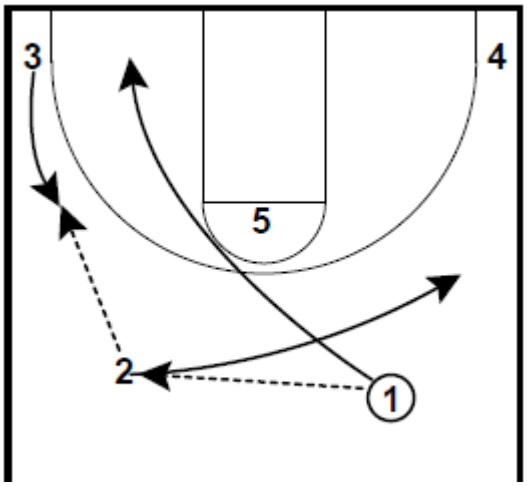


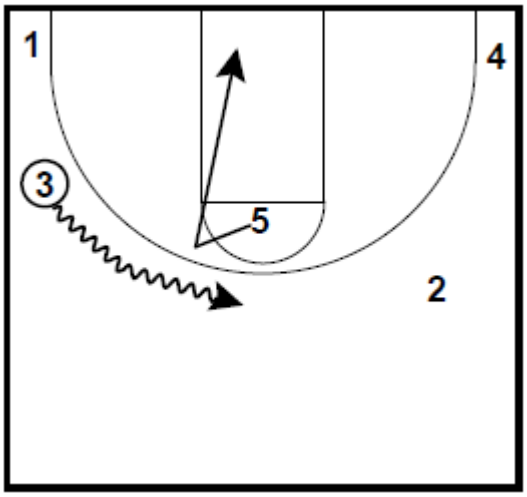


As Morris hits Morgan in the middle, he and Douglass go to set the double-down on Hardaway's man. Hardaway comes off aggressively receiving the pass from Morgan, who immediately sets the ball screen. Hardaway makes the read to either shoot over the defense or to attack the weakside with Novak in the corner.



SLIP AND ROLL





1: Darius Morris
2: Stu Douglass
3: Tim Hardaway Jr.
4: Zach Novak
5: Jordan Morgan

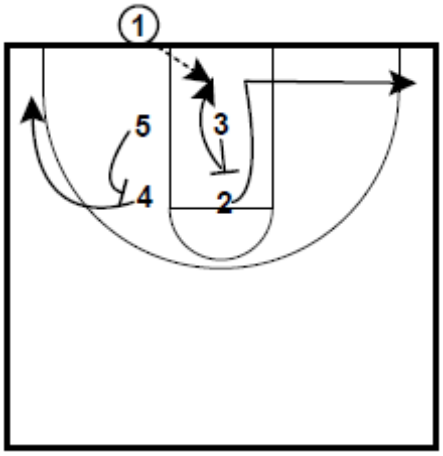
Knowing that Duke was switching on ball screens, Beilein drew up this play to counter their pressure. Morris hits Douglass and blasts to the strongside. Douglass hits Hardaway who pops up from the corner and then fades wide on the weakside wing. Morgan takes two steps toward Hardaway and immediately slips the screen. Both Duke defenders went with Morgan to the rim as Hardaway buried a three over the defense.

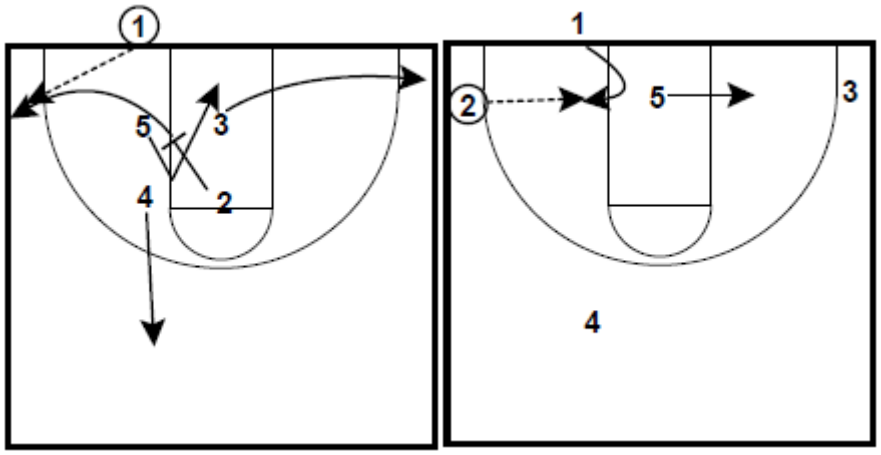
BASELINE OUT OF BOUNDS

1: Darius Morris
2: Stu Douglass
3: Tim Hardaway Jr.
4: Zach Novak
5: Jordan Morgan

Bottom Left: Again using switches against the defense, Hardaway screens for Douglass and on the switch, dives right to the rim.

Bottom Right: Same set-up, looking to hit Morgan for the lob right away. Morris in-bounds to Douglass and turns to post on the block





John Beilein Shooting Drills for the Gun

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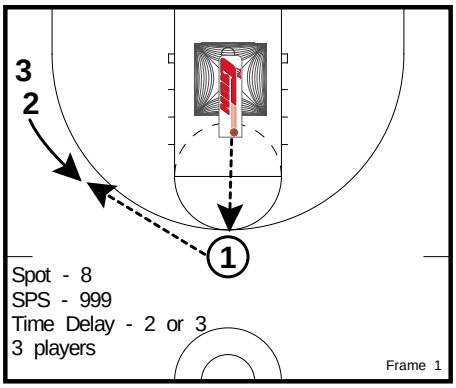
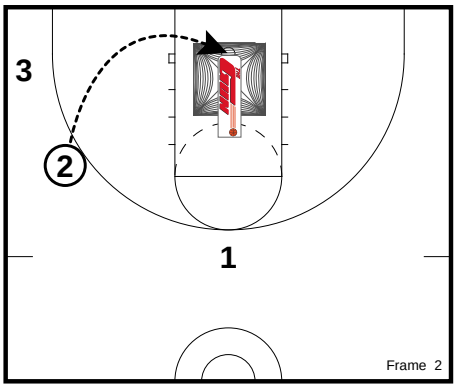
8. Wing Throughs 20

All Contents Proprietary

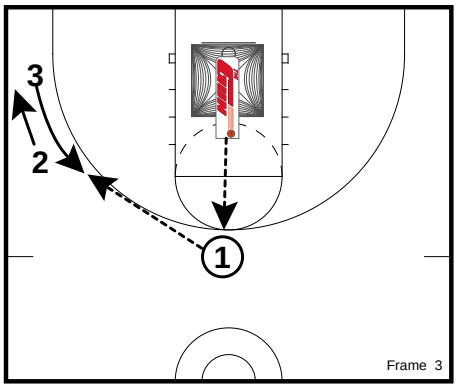
4 in a Row Spot Shooting



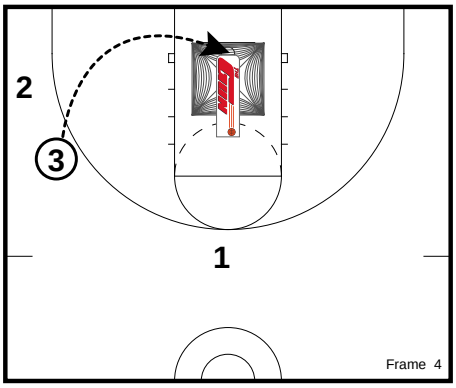
4 IN A ROW SPOT SHOOTING starts with player #1 at the point, and player #2 and #3 on the wing. As player #1 receives the pass from the Gun, player #2 will move up to receive the pass from player #1.



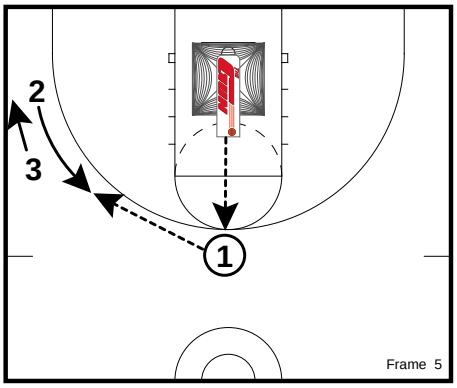
PLAYER #2 will shoot the jumper from the wing.



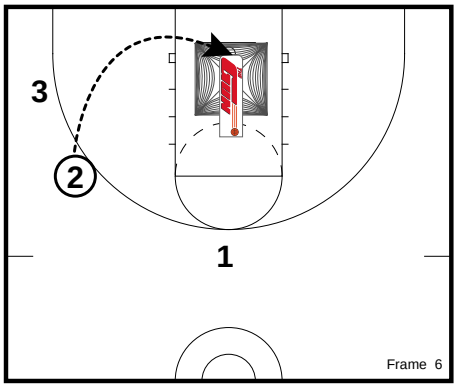
AS PLAYER #1 receives the next pass from the Gun, player #2 will move to the outside of player #3. Player #3 will move up toward the pass and catch on the move.



PLAYER #3 will shoot the jump shot off the catch from the wing.



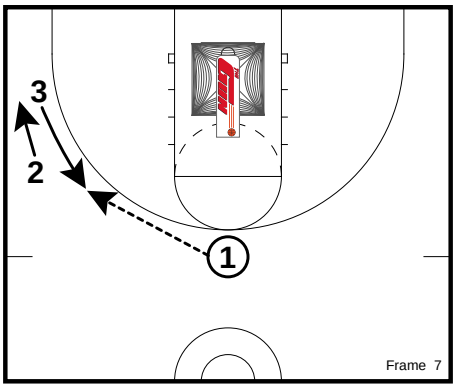
AS PLAYER #1 receives the next pass from the Gun, player #3 will move around player #2 who is moving up to receive the pass on the wing. Player #1 will deliver the pass to player #2 on the move.



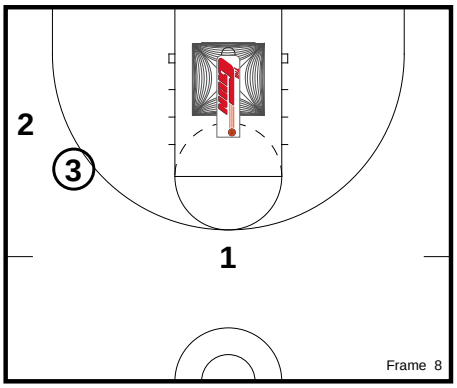
PLAYER #2 will shoot the jumper from the wing.

All Contents Proprietary

4 in a Row Spot Shooting



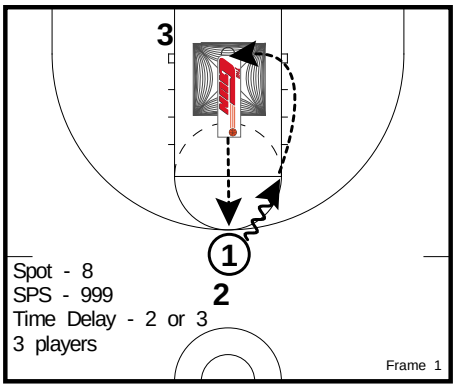
AS PLAYER #1 receives the next pass from the Gun, player #2 will move around player #3. Player #3 will move up to receive the pass from player #1 on the wing.



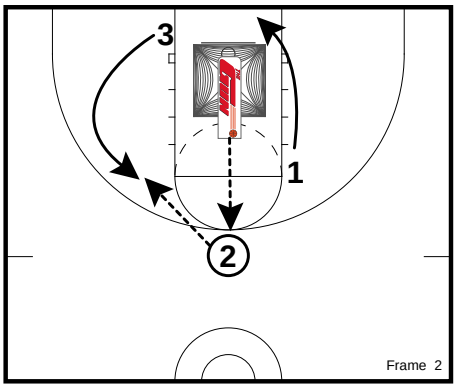
PLAYER #3 will shoot the jumper from the wing. Once 4 shots in a row are made, the drill end or players can change spots on the floor. Obviously, the drill can be adjusted to make the number of shots made in a row, higher or lower.

All Contents Proprietary

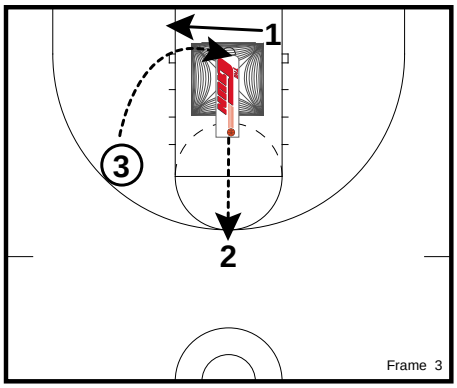
One-Dribble Pull-Up & Curl



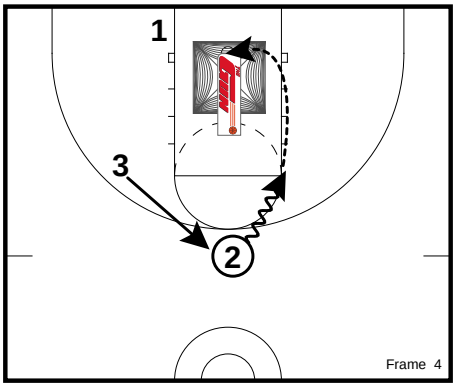
ONE-DRIBBLE PULL-UP & CURL starts with player #1 and #2 at the top of the key. Player #3 will start on the block opposite the way of the one-dribble pull-up. Player #1 will receive the first pass from the Gun and shoot a one-dribble pull-up going right.



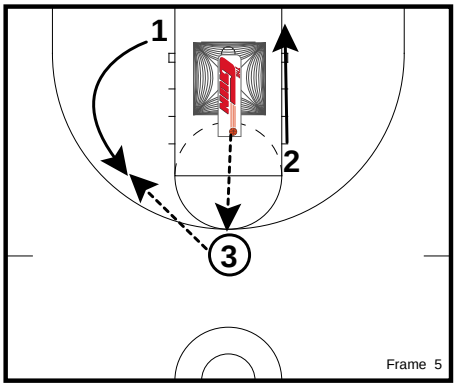
AS PLAYER #2 receives the next pass from the Gun, player #3 will run a curl cut. Player #2 will deliver the basketball to player #3 on the move. Player #1 will rotate under the Gun and replace player #3.



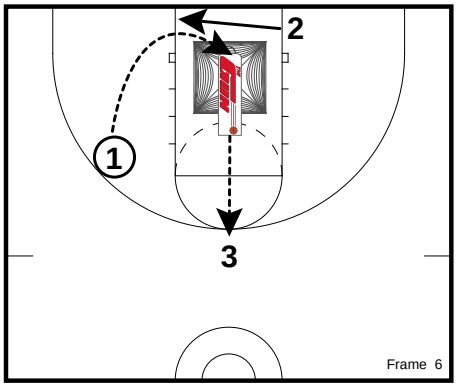
PLAYER #3 will shoot the jump shot off the curl cut as player #2 receives the next pass from the Gun.



PLAYER #2 will shoot a one-dribble pull-up as player #3 rotates and replaces player #2 at the top of the key.



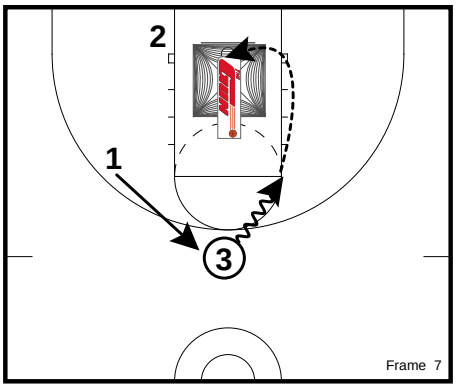
AS PLAYER #3 receives the next pass from the Gun, player #1 will run a curl cut and receive the ball from player #1, between the elbow and wing. Player #2 will rotate under the Gun and replace player #1.



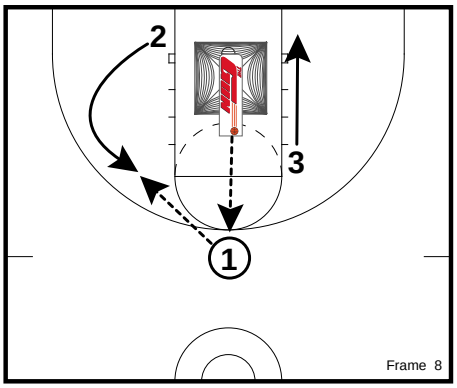
PLAYER #1 will shoot the jump shot off the curl as player #3 receives the next pass from the Gun.

All Contents Proprietary

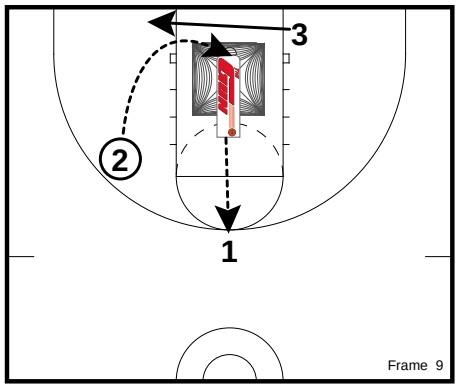
One-Dribble Pull-Up & Curl



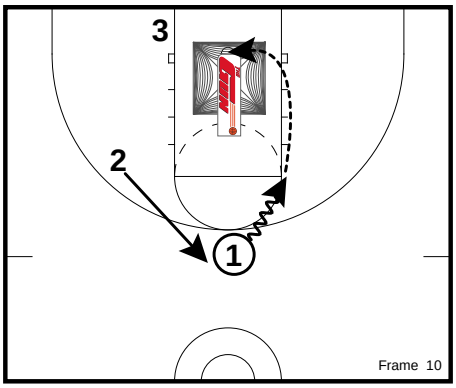
PLAYER #3 will shoot a one-dribble pull-up going right. Player #1 will replace player #3 at the top of the key.



PLAYER #1 will receive the next pass from the Gun and deliver to player #2 on the curl cut. Player #3 will rotate under the Gun and replace player #2.



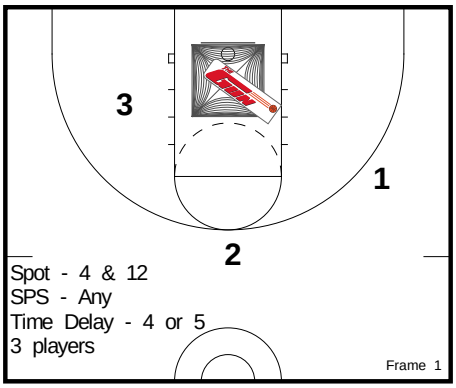
PLAYER #2 will shoot the jump shot off the curl as player #1 receives the next pass from the Gun.



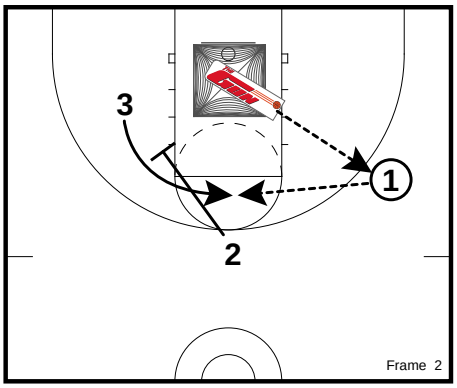
PLAYER #1 will shoot a one-dribble pull-up going right as player #2 replaces at the top ofthe key. We are now back to where the drill began. The drill continues until a certain amount of shots are taken, made, or a time limit is reached. The drill can be ran to both sides.

All Contents Proprietary

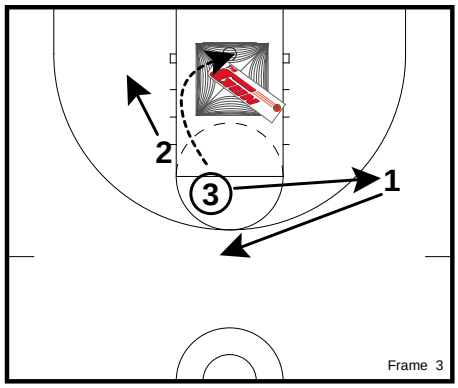
Screen the Screener



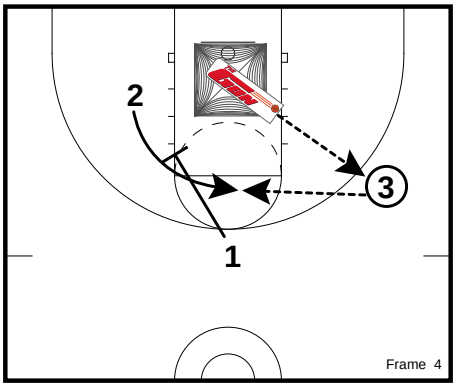
SCREEN THE SCREENER uses three players. Player #1 will start directly in front of the Gun and be the passer. Player #2 will start at the point as the screener. Player #3 will start opposite of the passer and be the shooter. The passer will become the screener, the screener will become the shooter, and the shooter will become the passer. In this drill, you are able to control the amount of shots that players get from each side.



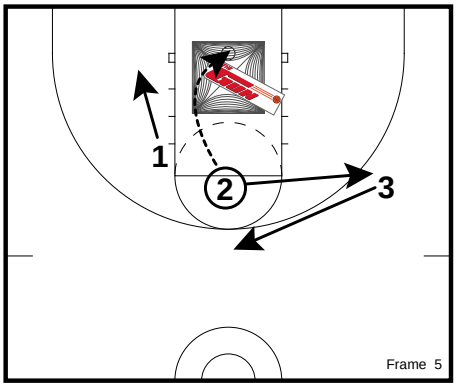
AS PLAYER #1 receives the pass from the Gun, player #2 will set a down screen for player #3. Player #3 will come off the screen and receive the pass from player #1 in the middle of the floor.



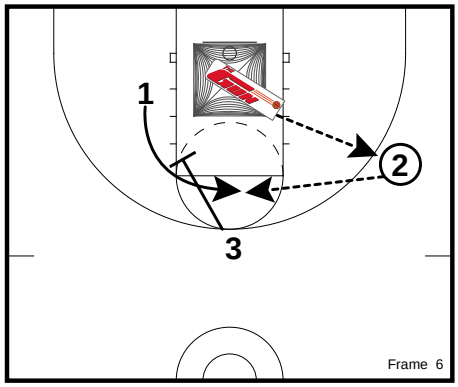
PLAYER #3 will shoot the jump shot off the screen. Player #2 now moves down and becomes the shooter, player #1 moves over and becomes the screener, and player #3 will move over and become the passer.



PLAYER #3 will receive the next pass from the Gun. Player #1 will screen down and player #2 will use the screen and receive the pass from player #3 in the middle of the floor.



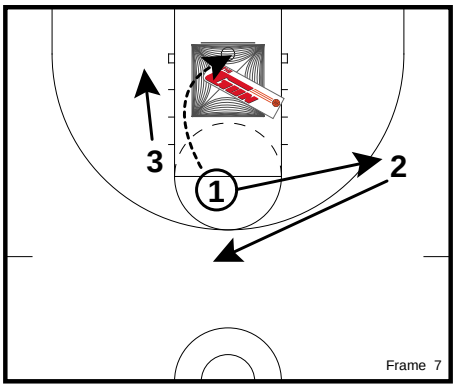
PLAYER #2 will shoot the jump shot coming off the screen and then move over and replace player #3. Player #3 will move to the screening position, and player #1 will move down and become the shooter.



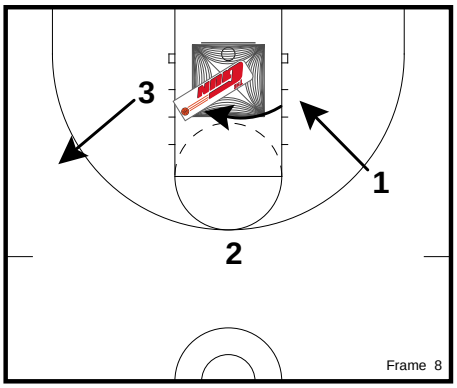
PLAYER #2 will receive the next pass from the Gun. Player #3 will down screen for player #1. Player #1 will use the screen and receive the pass from player #2 in the middle of the floor.

All Contents Proprietary

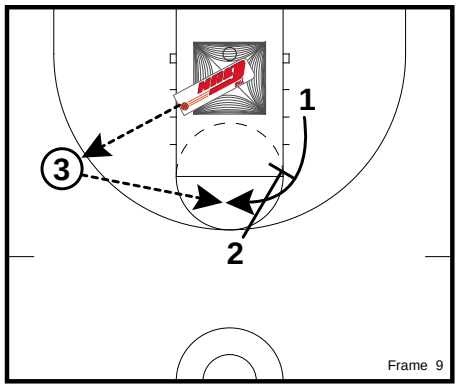
Screen the Screener



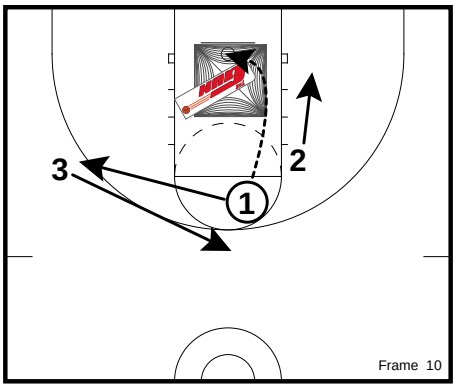
PLAYER #1 will shoot the jump shot coming off the screen and then replace player #2. Player #2 will move to the top of the key and become the screener. Player #3 will drop and become the shooter. At this point, each player has shot one shot from this side. For demonstration, we will now swap the Gun to the opposite side and work the drill from the other side. A coach or player may choose how many shots he/she wants before the Gun moves to the opposite side.



SINCE THE GUN has now rotated to the other side, player #3 will move out and become the passer while player #1 drops down and becomes the shooter. This adds the element of communication to the drill. Players must talk on change of sides.



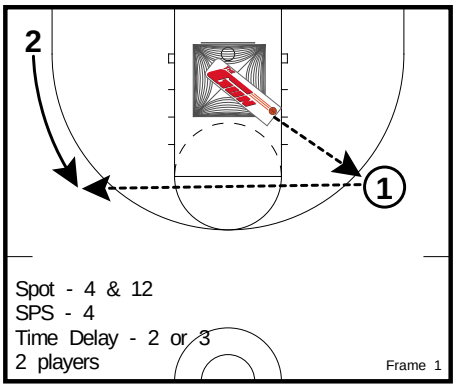
PLAYER #3 will receive the pass from the Gun. Player #2 will set a down screen for player #1. Player #1 will use the screen and receive the ball from player #3 in the middle of the floor.



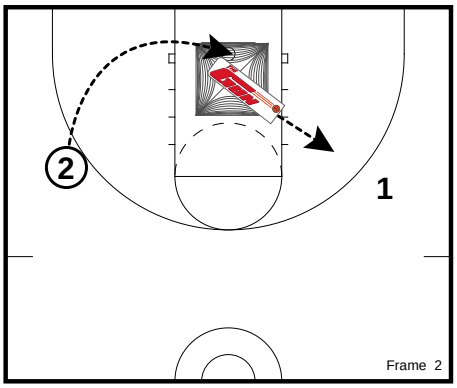
PLAYER #1 will shoot the jumper coming off the screen and then replace player #3. Player #3 will become the screener and player #2 will drop down and become the shooter. The drill rotation continues on this side until a certain amount of shots have been taken, made, or a time limit has been reached. The Gun will continue to swap sides until expectations have been met.

All Contents Proprietary

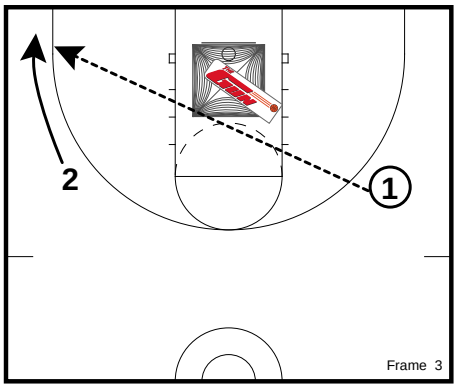
Skip Pass Jumpers



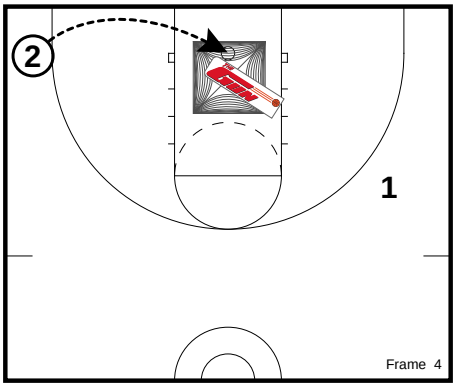
SKIP PASS JUMPERS will start witl player #1 on the wing directly in front of the Gun. Player #2 will start in the opposite corner. As player #1 catches the pass from the Gun, player #2 will cut to the wing and receive the ball for the shot.



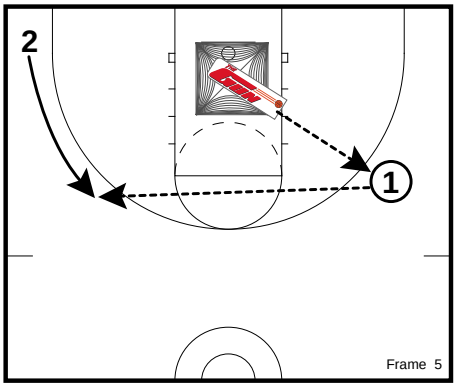
PLAYER #2 will shoot the jumper from the wing as player #1 prepares to receive the next pass from the Gun.



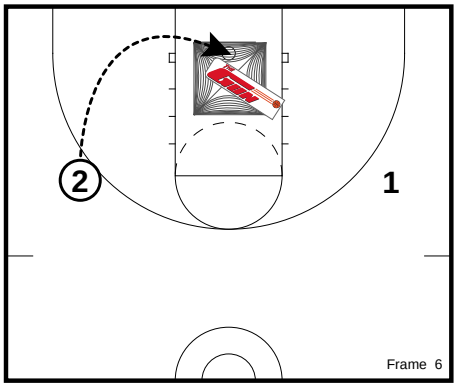
AFTER PLAYER #1 receives the pass from the Gun, he/she will deliver a skip pass to player #2 who is fading to the corner.



PLAYER #2 will shoot the jump shot from the corner.



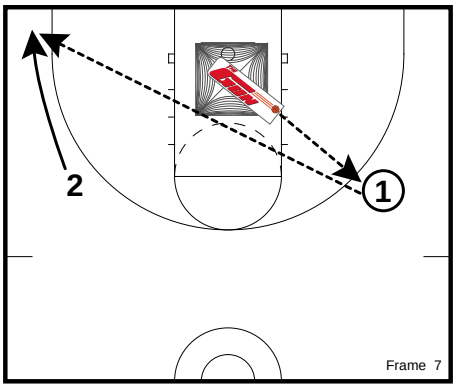
AS PLAYER #1 receives the next pass from the Gun, player #2 will move up from the wing and catch the skip pass on the move for a jump shot. This is an "air-time" move. Player #2 should be on the move when the ball is in the air.



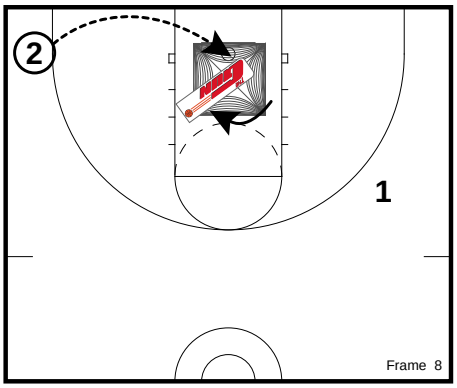
PLAYER #2 will shoot the jump shot from the wing.

All Contents Proprietary

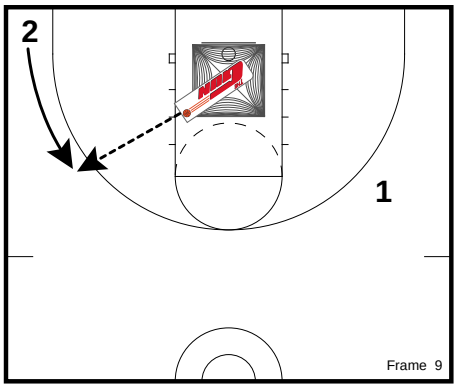
Skip Pass Jumpers



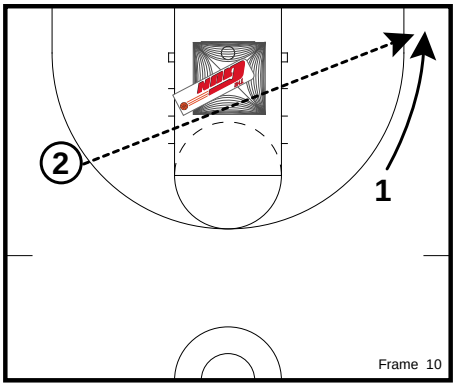
AS PLAYER #1 receives the pass from the Gun, player #2 will fade to the corner. Player #1 will deliver a skip pass to player #2 in the corner.



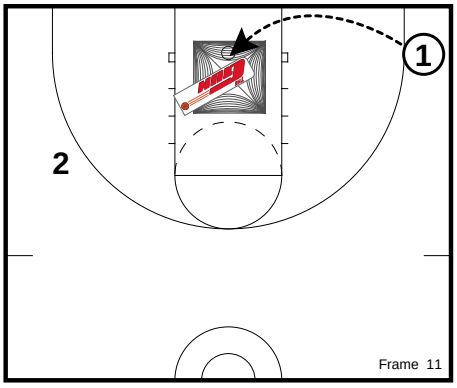
PLAYER #2 will shoot the jump shot from the corner. Since the drill was programmed to shoot out 4 passes per spot, the Gun will now move to the opposite wing.



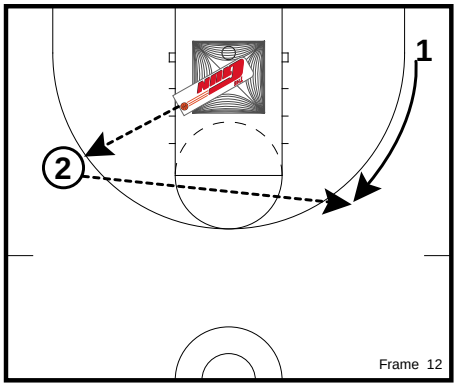
AFTER PLAYER #2 shoots from the corner, he/she will move up to the wing to receive the next pass from the Gun. Now the drill reverses and player #1 becomes the shooter.



PLAYER #2 will throw the skip pass to player #1 who is fading to the corner to receive the pass.



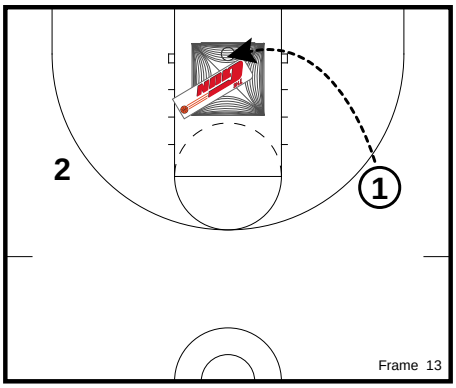
PLAYER #1 will shoot the jumper from the corner.



AS PLAYER #2 receives the next pass from the Gun, player #1 will move up from the wing to receive the skip pass.

All Contents Proprietary

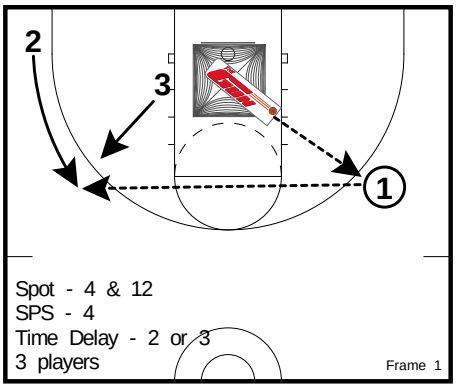
Skip Pass Jumpers



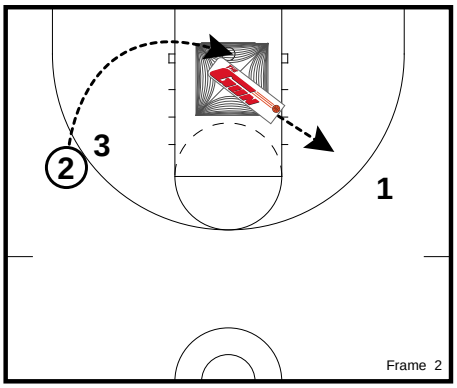
PLAYER #1 will shoot the jump shot from the wing. The drill continues with each player shootin four shots from each side. The drill ends when a certain amount of shots have been taken, made, or a time limit is reached.

All Contents Proprietary

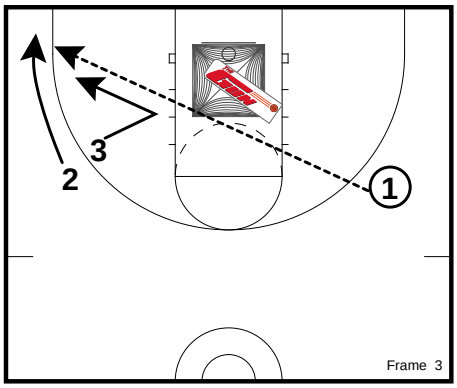
Skip Pass Jumpers with Defense



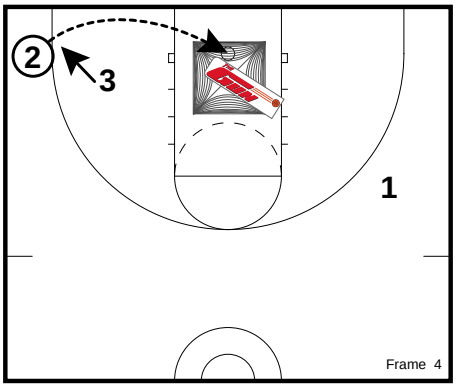
SKIP PASS JUMPERS will start witl player #1 on the wing directly in front of the Gun. Player #2 will start in the opposite corner. As player #1 catches the pass from the Gun, player #2 will cut to the wing and receive the ball for the shot. Player #3 will put pressure on the shot by closing out or flying by. Now the shooter has to make a decision to shoot the jumper or the one-dribble pull-up.



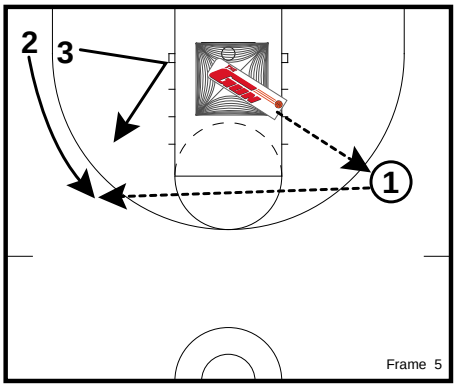
PLAYER #2 will shoot the jumper from the wing as player #1 prepares to receive the next pass from the Gun.



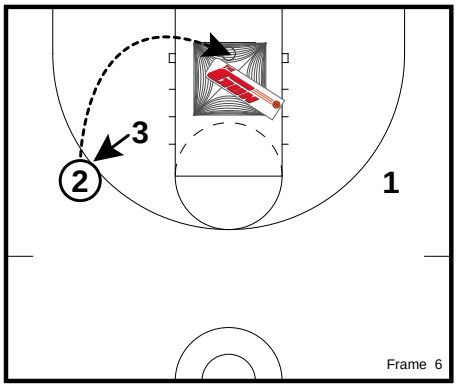
AFTER PLAYER #1 receives the pass from the Gun, he/she will deliver a skip pass to player #2 who is fading to the corner. Player #3 will drop back to the middle and then close out and pressure the shot.



PLAYER #2 will shoot the jump shot from the corner. Player #3 will close out or fly by.



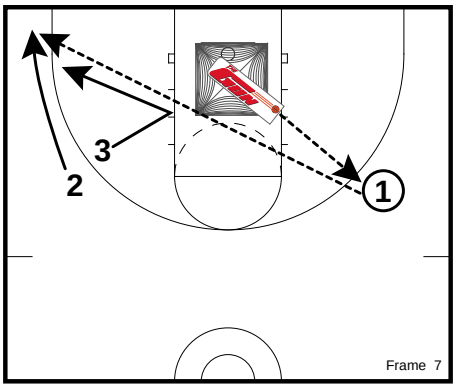
AS PLAYER #1 receives the next pass from the Gun, player #2 will move up from the wing and catch the skip pass on the move for a jump shot. This is an "air-time" move. Player #2 should be on the move when the ball is in the air. Player #3 will drop and then pressure on the catch.



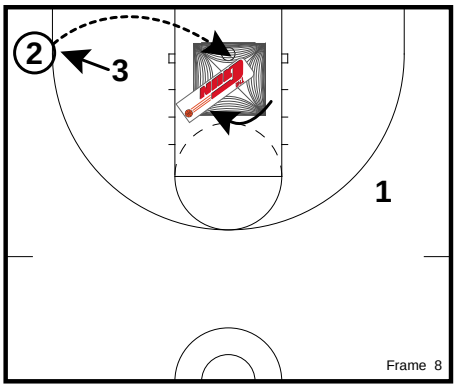
PLAYER #2 will shoot the jump shot from the wing. Player #3 will apply pressure on the release.

All Contents Proprietary

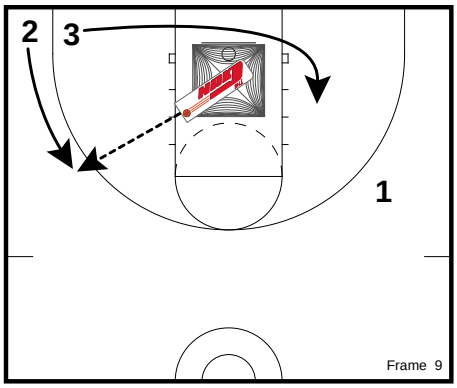
Skip Pass Jumpers with Defense



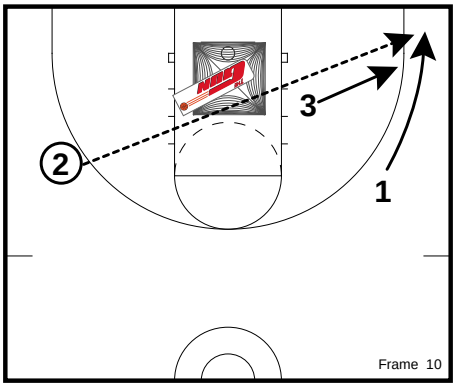
AS PLAYER #1 receives the pass from the Gun, player #2 will fade to the corner. Player #1 will deliver a skip pass to player #2 in the corner. Player #3 will close out on the catch.



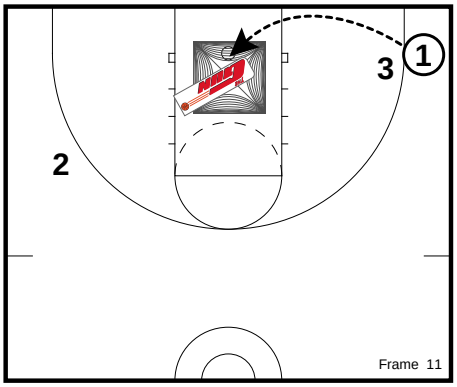
PLAYER #2 will shoot the jump shot from the corner. Since the drill was programmed to shoot out 4 passes per spot, the Gun will now move to the opposite wing. Player #3 continues to pressure the shot.



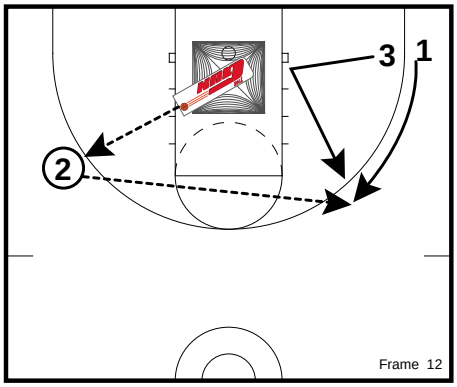
AFTER PLAYER #2 shoots from the corner, he/she will move up to the wing to receive the next pass from the Gun. Now the drill reverses and player #1 becomes the shooter. Player #3 will now move to the other side of the floor to defend player #1.



PLAYER #2 will throw the skip pass to player #1 who is fading to the corner to receive the pass. Player #3 closes out or flies by on the shot.



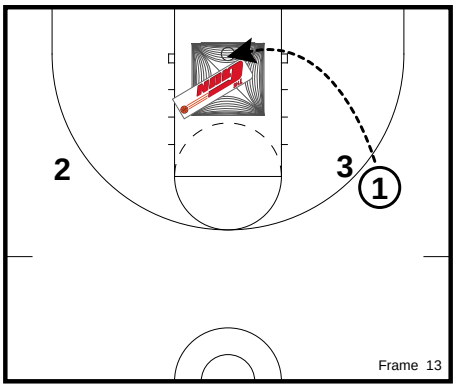
PLAYER #1 will shoot the jumper from the corner.



AS PLAYER #2 receives the next pass from the Gun, player #1 will move up from the wing to receive the skip pass. Player #3 continues to drop and apply pressure on the catch.

All Contents Proprietary

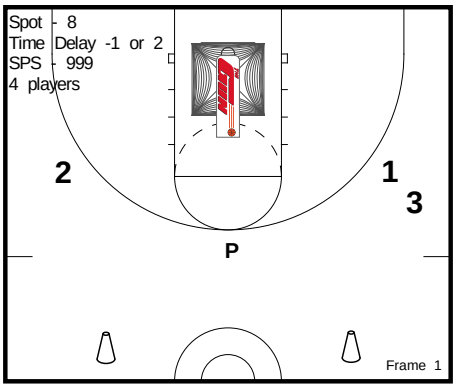
Skip Pass Jumpers with Defense



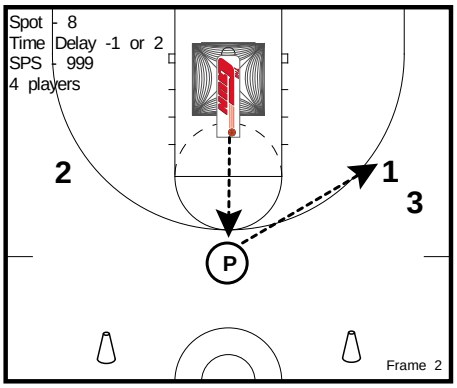
PLAYER #1 will shoot the jump shot from the wing. The drill continues with each player shootin four shots from each side. The drill ends when a certain amount of shots have been taken, made, or a time limit is reached.

All Contents Proprietary

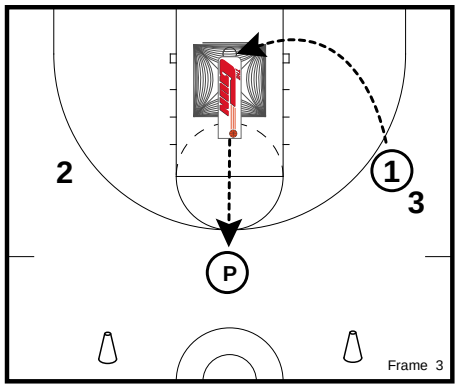
Transition Jumpers



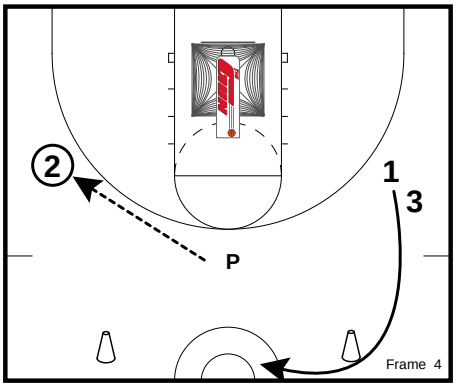
TRANSITION JUMPERS begins with a passer at the top of the key, two players on the right wing, and one player on the left wing. The passer is responsible for getting the ball from the Gun and delivering to shooters on alternating wings. The shooters will catch the pass, shoot, and then sprint to half court and fill the lane on the opposite wing. NOTE: Cones or chairs are often placed at half-court to force players to get wide when they fill the lanes.



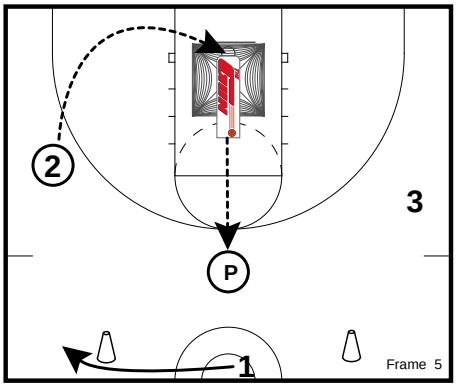
THE PASSER will catch the ball from the Gun and deliver it to Player #1, or the first player in the line that has two players.



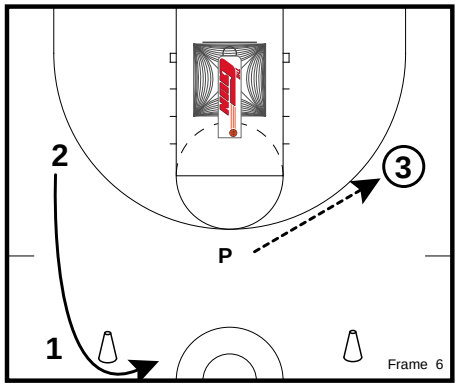
PLAYER #1 will then shoot the ball as the passer is receiving the next ball out of the Gun



ONCE PLAYER #1 shoots the ball, he/she will sprint to half court and look to fill the lane on the opposite wing. While Player #1 is sprinting, Player #2 is receiving the ball from the passer.



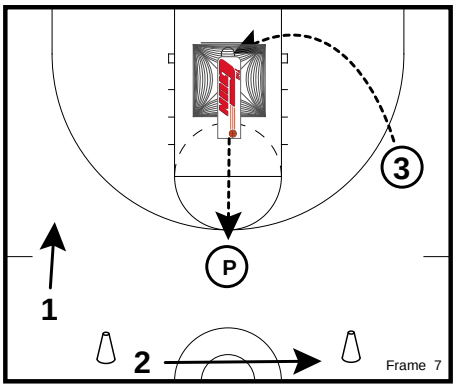
PLAYER #2 shoots the ball as the passer is receiving the ball from the Gun. Player #1 is now ready to fill the lane on the opposite wing.



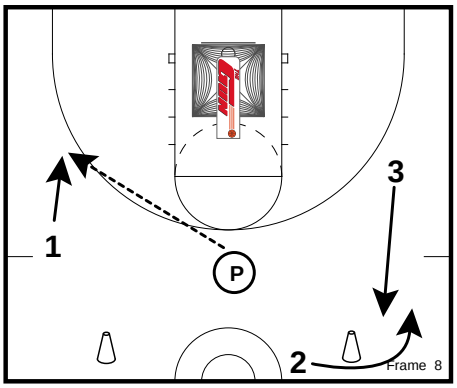
AS PLAYER #3 receives the pass, Player #2 sprints to half court and prepares to fill the lane on the opposite wing. Player #1 is now on the opposite side and ready to fill the lane and catch the ball on the wing at game speed.

All Contents Proprietary

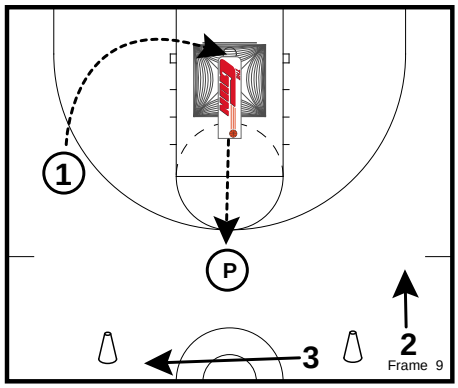
Transition Jumpers



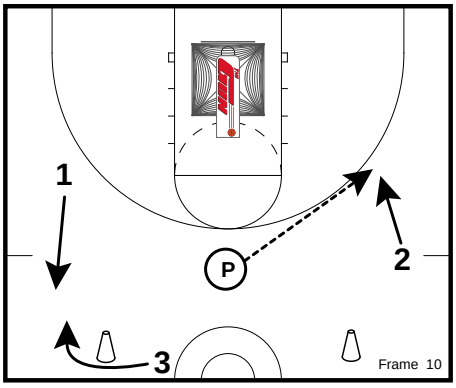
PLAYER #3 shoots the ball as the passer is catching the ball from the Gun. Player #1 is now filling the lane and Player #2 continues to sprint to the oppostie wing.



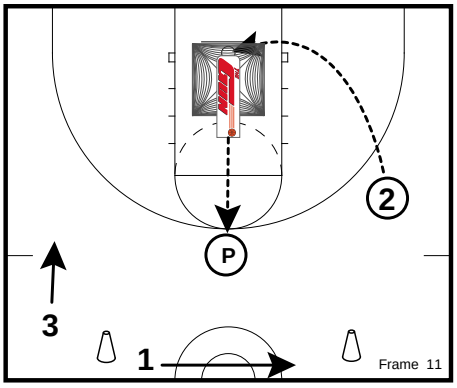
PLAYER #1 receives the ball on the move from the passer while #3 sprints to half court and #2 starts to fill the lane on the wing.



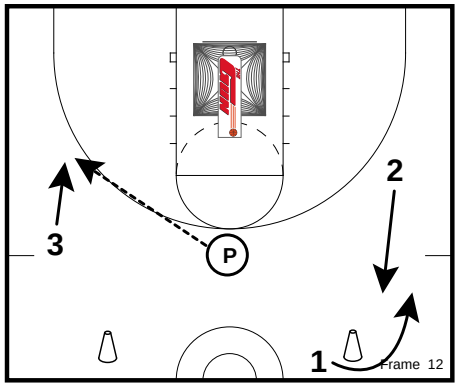
PLAYER #1 shoots the ball as the passer receives the next ball from the Gun. Player #2 is in position to fill the right lane and #3 is sprinting to the oppostie side to fill the left wing.



THE PASSER delivers the ball to #2 for the shot while #3 prepares to fill the wing on the left side. #1 is now sprinting to half court in preparation for filling on the opposite side.



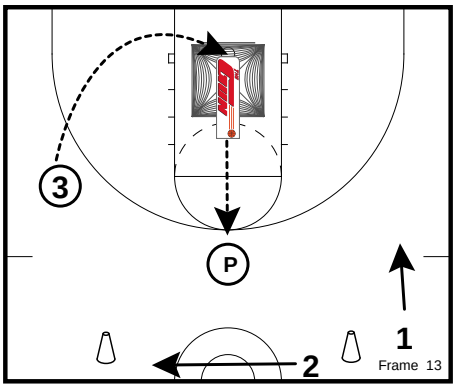
PLAYER #2 shoots the ball as the passer receives the next ball from the Gun. Player #3 is in position to fill the lane on the left side and #1 is sprinting to the opposite side to fill the right wing.



THE PASSER now delivers the ball to Player #3 on the left wing as #1 prepares to fill the lane on the right wing and #2 sprints to half-court.

All Contents Proprietary

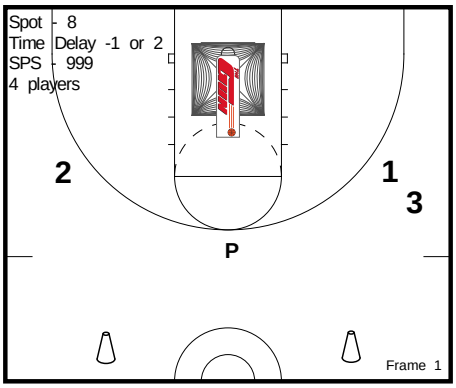
Transition Jumpers



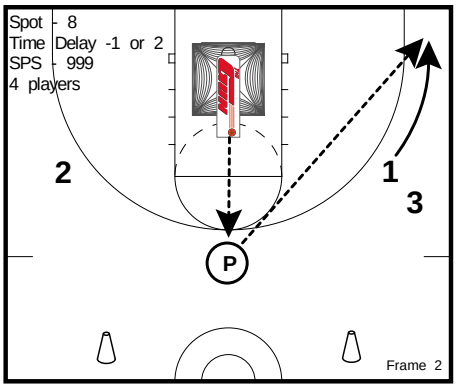
PLAYER #3 shoots the ball as the passer receives the next ball from the Gun. Players #1 is now in position to fill the wing on the right side and #2 is sprinting to the opposite side to fill the left wing. We are now back to where we started the drill with #1 ready to catch the ball for a shot. The drill will continue until a certain number of shots are taken, made, or a time limit is reached.

All Contents Proprietary

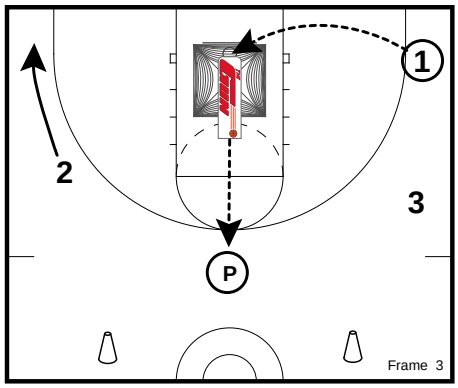
Transition Jumpers - Slide the Line



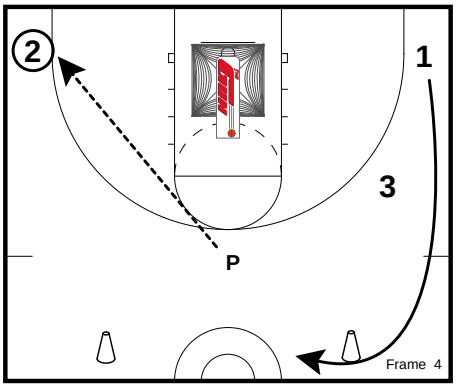
TRANSITION JUMPERS (Slide the Line) begins with a passer at the top of the key, two players on the right wing, and one player on the left wing. The passer is responsible for getting the ball from the Gun and delivering to shooters on alternating wings. The shooters will catch the pass, shoot, and then sprint to half court and fill the lane on the opposite wing. This time, the shooters will slide the line down to the corner for the 3-point shot. NOTE: Cones or chairs are often placed at half-court to force players to get wide when they fill the lanes.



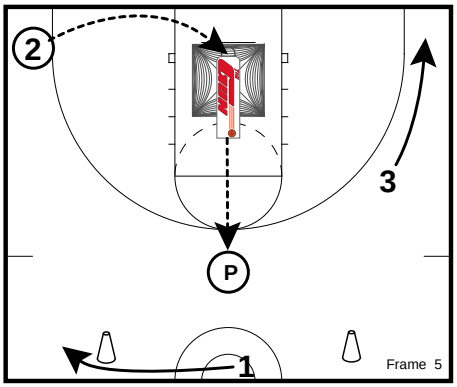
THE PASSER will catch the ball from the Gun and deliver it to Player #1, or the first player in the line that has two players.



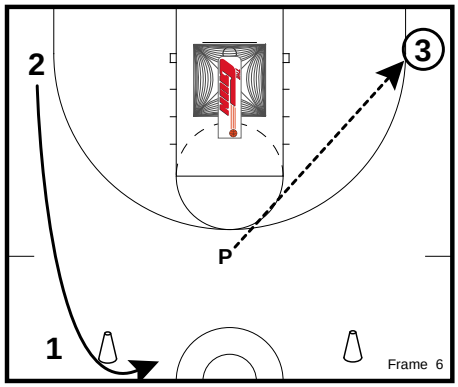
PLAYER #1 will then shoot the ball as the passer is receiving the next ball out of the Gun. Player #2 will "slide the line" to the corner and prepare to catch the pass.



ONCE PLAYER #1 shoots the ball, he/she will sprint to half court and look to fill the lane on the opposite wing. While Player #1 is sprinting, Player #2 is receiving the ball from the passer.



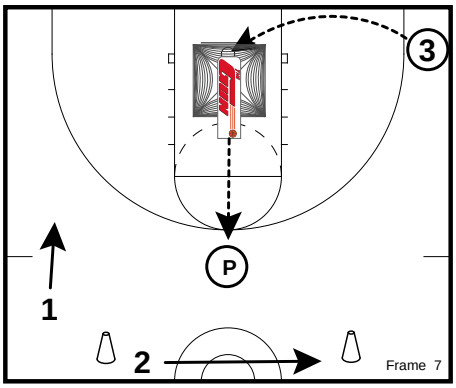
PLAYER #2 shoots the ball as the passer is receiving the ball from the Gun. Player #1 is now ready to fill the lane on the opposite wing. Player #3 will slide the line in preparation for the pass in the corner.



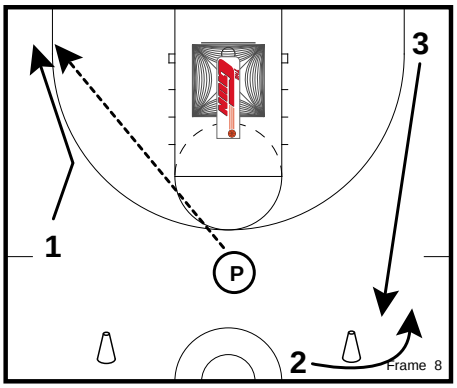
AS PLAYER #3 receives the pass, Player #2 sprints to half court and prepares to fill the lane on the opposite wing. Player #1 is now on the opposite side and ready to fill the lane and catch the ball on the wing at game speed.

All Contents Proprietary

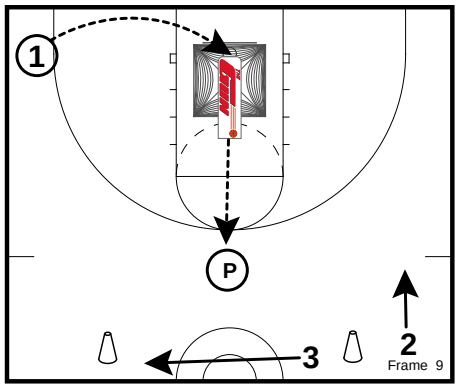
Transition Jumpers - Slide the Line



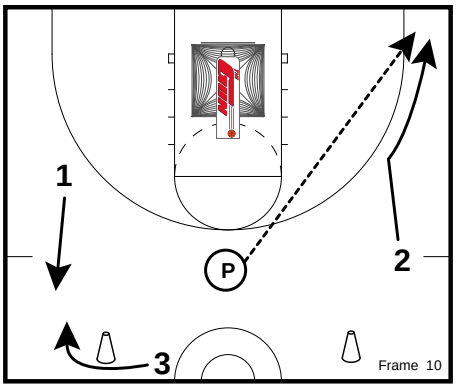
PLAYER #3 shoots the ball as the passer is catching the ball from the Gun. Player #1 is now filling the lane and Player #2 continues to sprint to the oppostie wing.



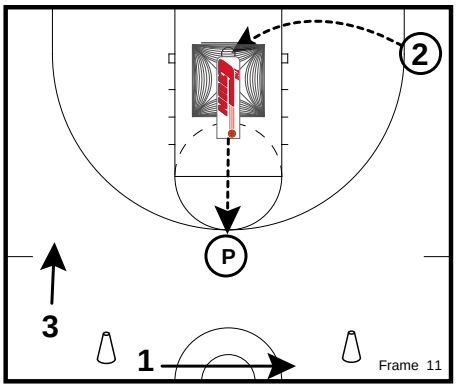
PLAYER #1 receives the ball on the move from the passer while #3 sprints to half court and #2 starts to fill the lane on the wing.



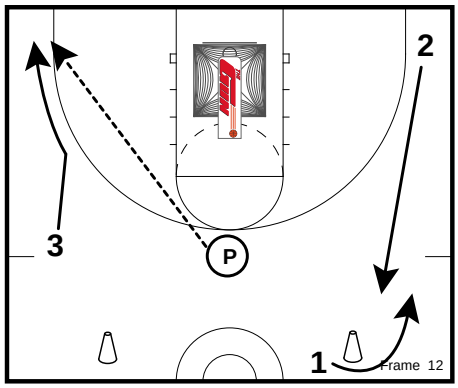
PLAYER #1 shoots the ball as the passer receives the next ball from the Gun. Player #2 is in position to fill the right lane and #3 is sprinting to the oppostie side to fill the left wing.



THE PASSER delivers the ball to #2 for the shot while #3 prepares to fill the wing on the left side. #1 is now sprinting to half court in preparation for filling on the opposite side.



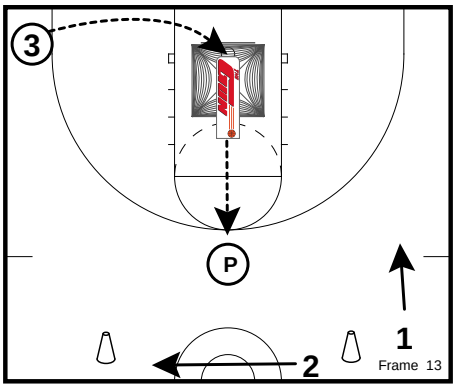
PLAYER #2 shoots the ball as the passer receives the next ball from the Gun. Player #3 is in position to fill the lane on the left side and #1 is sprinting to the opposite side to fill the right wing.



THE PASSER now delivers the ball to Player #3 on the left wing as #1 prepares to fill the lane on the right wing and #2 sprints to half-court.

All Contents Proprietary

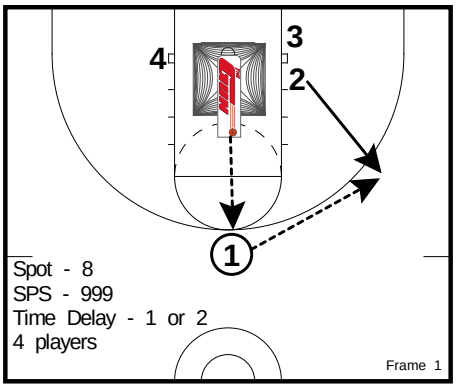
Transition Jumpers - Slide the Line



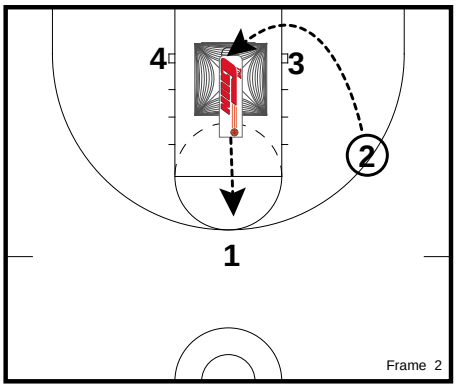
PLAYER #3 shoots the ball as the passer receives the next ball from the Gun. Players #1 is now in position to fill the wing on the right side and #2 is sprinting to the opposite side to fill the left wing. We are now back to where we started the drill with #1 ready to catch the ball for a shot. The drill will continue until a certain number of shots are taken, made, or a time limit is reached.

All Contents Proprietary

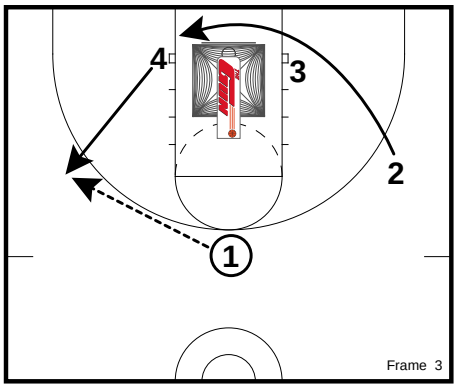
Wing Throughs



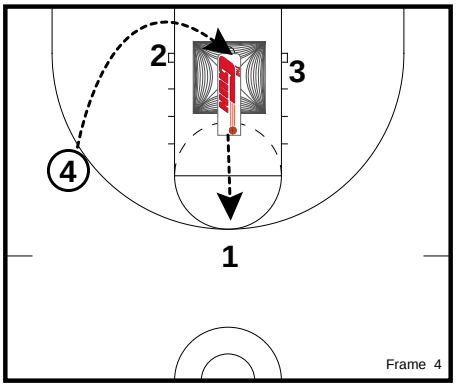
WING THROUGHS starts with player #1 at the point, 2 players on one block, and a single player on the opposite block. Once player #1 receives the first pass from the Gun, player #2 will cut to the wing and receive the pass from player #1.



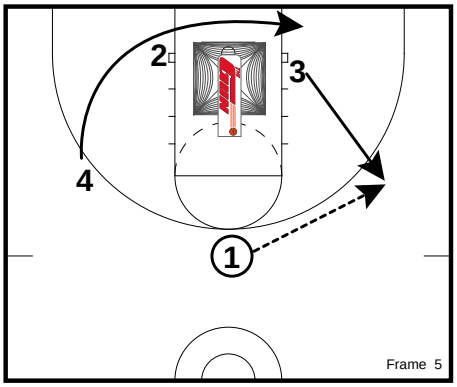
PLAYER #2 will shoot the jumper from the wing. Player #1 will prepare to catch the next pass from the Gun.



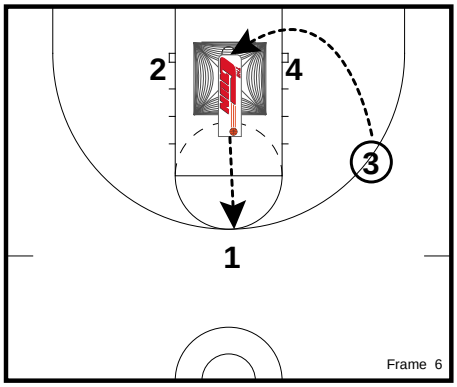
PLAYER #4 will cut to the wing and receive the pass from player #1. Player #2 will rotate under the Gun to the opposite block.



PLAYER #4 will shoot the jumper from the wing as player #1 receives the next pass from the Gun.



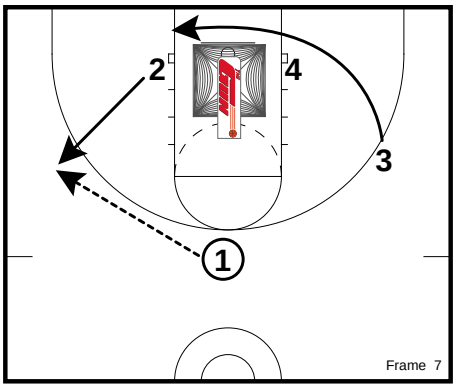
PLAYER #1 will pass to player #3 on the wing. Player #4 will rotate under the Gun to the opposite block.



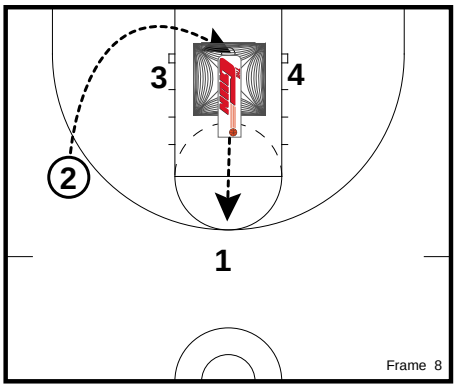
PLAYER #3 will shoot the jumer from the wing. Player #1 will then receive the next pass from the Gun.

All Contents Proprietary

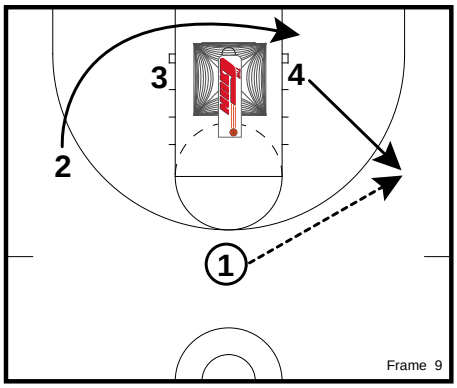
Wing Throughs



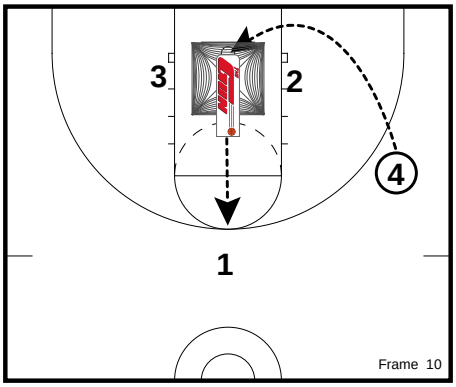
PLAYER #1 will deliver the pass to player #2 on the wing. Player #3 will rotate under the Gun to the opposite block.



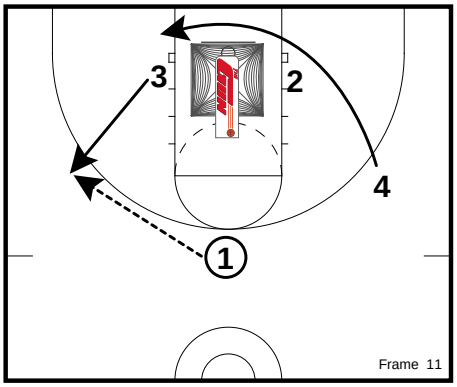
PLAYER #2 will shoot the jumper from the wing. Player #1 will receive the next pass from the Gun.



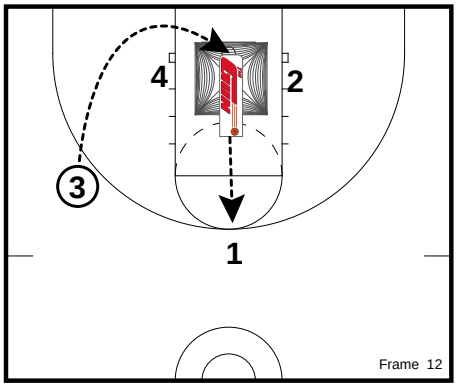
PLAYER #1 will deliver the pass to player #4 on the wing. Player #2 will rotate under the Gun to the opposite block.



PLAYER #4 will shoot the jumper from the wing, and then player #1 will receive the next pass from the Gun.



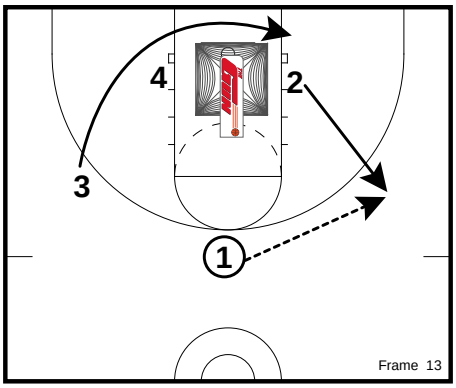
PLAYER #1 will deliver the pass to player #3 on the wing. Player #4 will rotate under the Gun to the opposite block.



PLAYER #3 will shoot the jumper from the wing, and player #1 will receive the next pass from the Gun.

All Contents Proprietary

Wing Throughs



PLAYER #2 will receive the next pass from player #1 and player #3 will rotate under the Gun to the opposite block. Notice, we are back to where the drill began. This drill is a continuous conditioning drill that forces players to move quickly and catch on the move. The drill continues until a certain amount of shots are taken, made, or a time limit is reached.

All Contents Proprietary

THE GREATEST COACH EVER:
Timeless Wisdom and Insight of John Wooden

Notes By:
Chris Iversen - Rochester RazorSharks

- Before Success comes patience…When we add to our accomplishments the element of hard work over a long period of time, we'll place a far greater value on the outcome. When we are patient, we'll have a greater appreciation of our success
- People with initiative will act when action is needed.
- Criticism and correction differ, especially when it comes to methods and motives. Criticism puts someone down. Correction means I want to help.
- Be slow to correct and quick to commend. No one likes correction, but we learn from it. If we commend before we correct, the person will accept the correction better. But we must listen before we correct. There is usually another side to every story. If we listen to others, they will be more apt to listen to us.
- Loyalty is the fundamental quality that gets us through hard times. Will we compromise our integrity when temptation is great? Or will we remain loyal to our core beliefs and values?
- If I'm prepared, perhaps my chance will come. But if I'm not primed, I'll miss my opportunity, and it isn't likely to come again. I have to think as if I'm only going to get one shot, so I must be ready.
- Most people have a tendency to look for shortcuts or at least for the easiest way to complete any given task. If we only put a minimum effort we might get by in some situations, but in the long run we won't fully develop the talents that lie within us.
- When we are reliable, others know that they can depend on us.
- Reliability takes sacrifice because of the many things that can distract us from consistency. Being there for someone means focusing on an individual or circumstance and taking on the responsibility of seeing things through.
- Reliability also requires a high level of selflessness.

- People can bet the farm on us and still be able to sleep at night. Reliability earns the respect of those around us.
- A leader's most powerful ally is his or her own example.
- Purity of intention is really a reflection of the heart…the heart of a person with integrity always wants to do what's right, once he or she is sure what "right" is.
- Helping others in any way – with a smile, a nod or a pat on the back – warms the heart.
- There is always great joy in learning that something you've said or done has been meaningful to another, especially when you do it without any thought of receiving anything in return.
- The most important profession in the world is parenting. The second is teaching, and everyone is a teacher to someone.
- Each one of us has a different mix of talents and a distinctive set of circumstances…if we put forward our best effort, we can consider ourselves to be successful.
- Don't measure yourself by what you accomplished, but by what you should have accomplished with your ability. You can't live a perfect day without doing something for someone who will never be able to repay you.
- Friendship comes from mutual esteem and devotion. Friendship is doing for others while they are doing for you. Friendship goes both ways. …It's based on mutual concern.
- With competitive greatness, we can deliver our best when our best is needed; at the same time, we can make those around us better, too.
- Resourcefulness is using our wits, proper judgment and common sense to solve problems and meet challenges… dreaming up ways to meet our goals.
- If we want to succeed, we must readily adapt to circumstances as they unfold – this includes both what we cannot change and what will take some time to change.
- It is easier to reach our potential when we learn the value of including others in our quest.
- Do nothing out of rivalry or conceit, but in humility consider others as more important than yourselves. Everyone should look out not [only] for his own interests, but also for the interests of others.
- …we are most likely to succeed when ambition is focused on noble and worthy purposes and outcomes rather than on goals set out of selfishness.

- When our emotions dominate our actions, we make mistakes.
- Patience is the ability to wait and calmly persevere.
- …the outcome was merely the byproduct of preparation and hard work.
- I've always wanted to be the best I can be. I still do, so I work at it.
- Catching up leaves no room for them to do their best tomorrow. People with the philosophy of putting off and then working twice as hard cheat themselves.
- No individual or team will become great without loyalty.
- When we are disloyal, we compromise our character. Essentially, disloyalty is a betrayal of friendship.
- I have often cautioned people that we can become great in the eyes of others, but we'll never become successful when we compromise our character and show disloyalty toward friends or teammates.

Jon Gruden

- Coach Knight's practices were harder than games. They were as intense as anything I had ever seen. It was not "Go out there & shoot 10 FT." It was "Go out there & make 10 FT." It was structured to be very situational & as game like as possible. The biggest points stressed were "Don't make stupid mistakes! Don't get careless w/ the ball. Take high percentage shots. Fundamentals. We are not going to tolerate undisciplined, careless error."

- He established a sense of urgency to get it right in practice. You'd better be mentally prepared to execute because it's going to be mentally as well as physically taxing. If you're a star player, if you're Brent Benson or Quinn Buckner, you're going to get coached just as hard as Tom Abernathy & Jim Crews.

- The most valuable lesson - Teach your players how to practice. That's even more important than teaching them what to practice, because if you don't establish the pace you want & you aren't consistent about it, they're going to work the way they want to & it's going to change w/ each day. You have to let them know that you want them practicing hard, w/ a sense of purpose, every time.

- There's absolutely a correlation between practicing well & playing well. Players can see the film, why they're doing what they're doing, but at the same time if they half ass their way through a day of practice, they're not going to have a true feel for what it's going to be like on game day. You

want them walking off that field & going to bed at night knowing they've had a really good week of practice & are prepared to play. It builds confidence that everyone - players & coaches - will carry into the game.

- The relationship between a player & a coach is a two-way street & a coach, either professionally or personally, just might not like a particular player. You always read about the player saying he's unhappy w/ his coach, but do you ever stop & consider that his coach might not be too fond of him, either?

- As a coach, it's hard to genuinely like or love all the guys on your team. You've got to respect them. You've got to coach them. You've got to work together but when you think you can please everybody all the time & make everybody like you all the time you're living in la-la land. We've got to be professional & we've got to have a common goal, which is to win. But we don't have to go to dinner together & like the same movies & read the same books & listen to the same music.

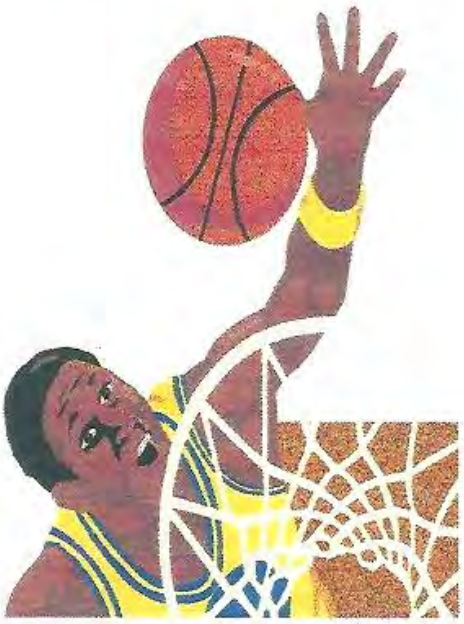
Parcells

- A coach has to say things over & over again, & after a while you can look into their eyes & see that the elevator is finally moving up a few floors. Some have elevators that move faster, & there might never get off the ground.
- One of the more important things we look for when we pick a player is that he is a worker, someone who will buy into our program. If a young player knows what he is going to have to do to play & recognizes opportunity when he sees it, he should be okay.
- Don't come in here & say, "Bill, you owe me a chance." I don't owe you anything. You make your own chances.
- Can you be the same person every day? Do I see some of you guys come out to practice one day you look like a world beater, the next day you're just a little too tired & just can't keep up?
- Sometimes you fall into the trap of giving a player, esp a young player, too much too soon, to a point where he is overcoached. With most guys you have to spoon feed them a little at a time & in a sequence that makes sense. If you feed him everything you know, or every-thing you think he needs to know, he can become confused. You can't give him too many things to think about. If you do, he's not reacting naturally to what is going on. He's thinking about what he's supposed to do.

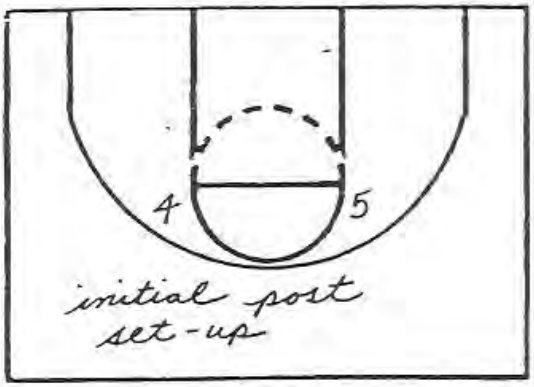
- Club Fighter Mentality - In the old days of boxing you'd find a club fighter, a guy who was pretty good but knew he was never going to be a champion. He kept on fighting because it was a way to make a living. He had to keep on fighting hard, even though he never aspired to be a champion. I told them we can't have that mentality & be successful. We want to be good enough to be on the top of the card at MSG. We could not trap ourselves into thinking about going through the motions the rest of the way. If you let some of them do it, they would. It's human nature in a situation like this.
- It's easy to stand on the sideline & say I can do this & I can do that & I can be a starter. But when I put you in the game & ask you to play like a starter, you have to be accountable for the way you perform. This is when you find out if you can do it.
- Fans & the media don't understand that no matter how close you get to some players, & how much you think you know about how they will respond to pressure, you just never know.
- When you are losing, you coach better. When you are winning, you accept some things that have happened, even though you shouldn't have, because you won. When you lose you are on top of every detail. You scrutinize yourself, your coaches, your players, & the system you are using.

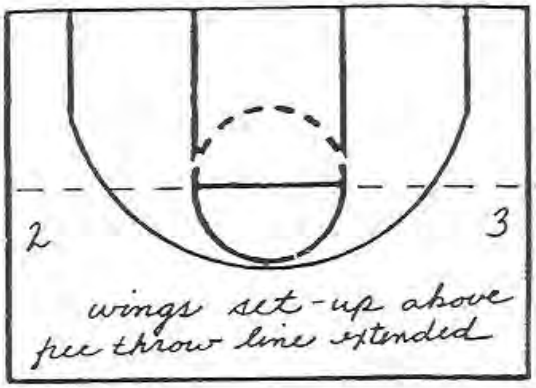
- The test of a QB is not going out there & playing a game or two, hitting a few passes, & everybody thinking you can do it. The test is you just lost 30-7, been beat up, & thrown 4 or 5 interceptions. The loss is primarily your fault. And everyone around you starts to lose confidence in you. How do you respond?
- I know I had at least 3 guys that took the day off, & a few more that are suspect. And that really bothers me because I take it personally. "One of the things you can do in this business is fool yourself. It's human nature to do so. Now, if you want to fool yourselves, go ahead. But we won't have a chance to do anything the rest of the year."
- What others say & think about you is not as important as what you can say, & feel, about yourself. Life is about being true to yourself, & in the end, if you are not happy w/ the man you see in the glass, you are going to go through the rest of your life experiencing a lot of heartache.
- What do I look for in a coach? I want someone who's consistent, who's not afraid to confront the players, & who makes the players accountable for their performance. A successful coach will not take any excuses & is a very good teacher.

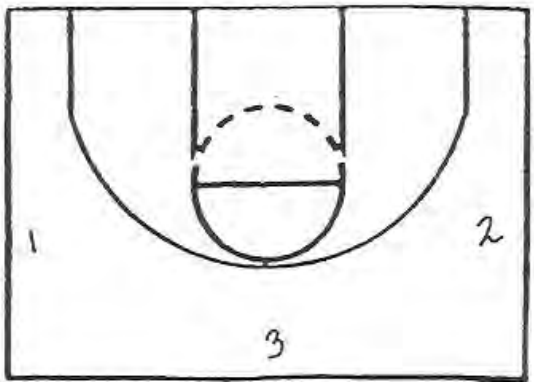
OKLAHOMA BASKETBALL



The 1-4 Offense







BASKETBALL

THE

1-4

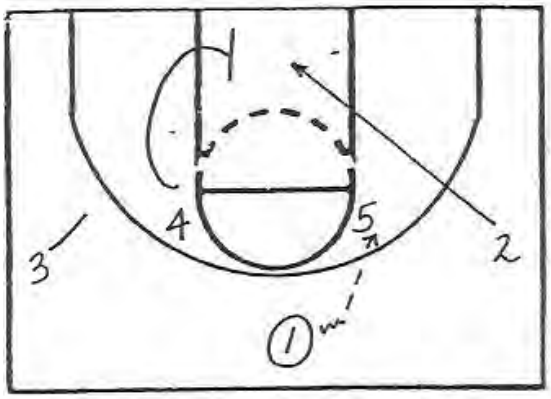
OFFENSE

THE BASIC SET

The 1-4 is unique because it initiates with your post players at the elbow, 15 feet from the basket. Because of this, it is essential that your post-players be very adept at catching and passing the basketball.

The wings (2-3) set-up 3-4 steps above the free throw line extended. This is done to give your wings a maximum area from which to back cut or attack the basket one-one-one.

In the 1-4 all three of your guards (1, 2 & 3) will eventually play the point once the offense resets. Therefore, ball handling and passing become critical for your guards to be effective in the 1-4.



Perhaps the most popula option in the 1-4. If executec properly this option can present fou excellent scoring opportunities.

Diagram 1:
Option begins with a bounce pass to 5, as the ball is **in flight** to 5, 2 back cuts hard. 4 wheels and sets up to screen 2 under the basket. **Scoring Option #1:** Back door pass to 2.

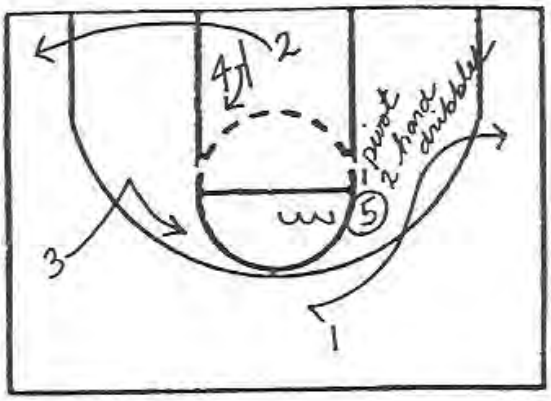


Diagram 2:
After faking hard away from the ball, 1 and 3 cut off of 5 - both are hand off options - 1st 1 then 3. After checking with 1, 5 pivots and takes one or two hard dribbles to the middle of the free throw line to positions for the hand off to 3. 2 goes hard off of 4's baseline screen to the corner. **Scoring Option #2:** Hand off to 1 or 3.

4 can be fed by 2 or by 5 looking hi-lo.

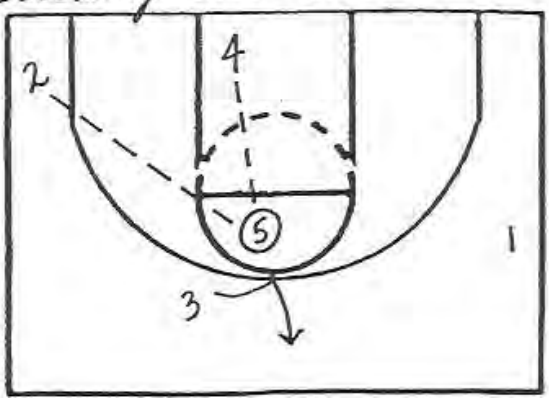


Diagram 3:
1 resets to the wing, 3 to the top. 5 now looks for 2 in the corner. After screening, 4 pins and seals looking for a pass from 2, or the hi/lo pass from 5. **Scoring Option 3 and 4:** Shot for 2 in the corner on 4 on the post up.

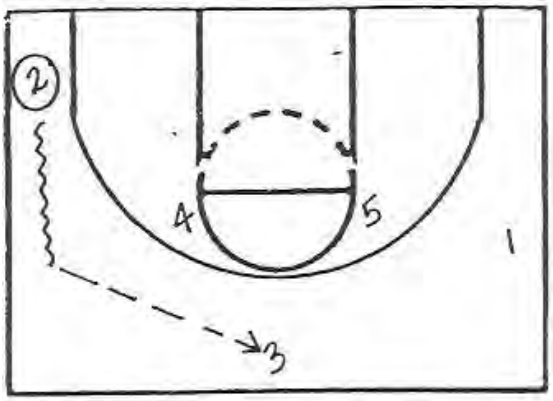


Diagram 4:

The reset - 2 dribbles hard up the side an passes to 3. The offense is now reset with at the point, 1 and 2 on the wings. Be sur your wings reset high and wide.

WING SERIES

Like the "post-series", the "wing series" offers a variety of scoring options for both your post and perimeter players.

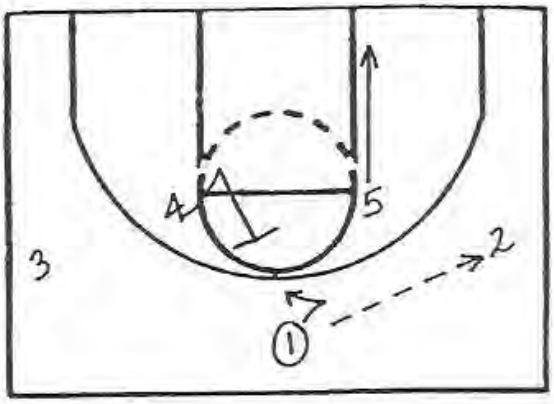


Diagram 1:

Offense initiates with a pass to the wing (2) When this happens 5 posts up strong and 4 sets up for the back pick on 1. ***Scoring Options:*** 5 on the post up or 1 over the top for the lob.

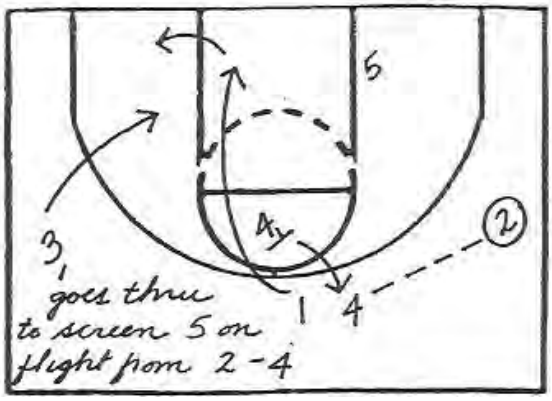


Diagram 2:

After 4 screens, he steps out for bal reversal. As the ball is in flight from 2 to 4 3 sprints thru to set the cross screen for 5. 1 replaces 3 on the wing.

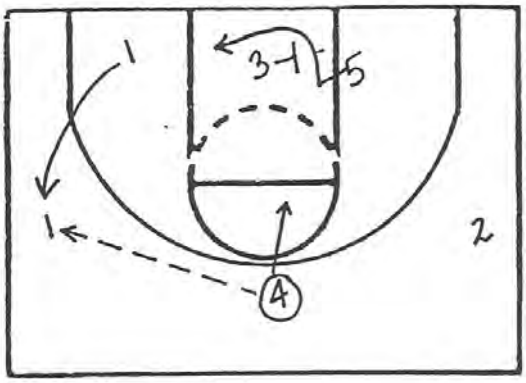


Diagram 3:
The ball is reversed from 4 to 1. 3 sets the cross for 5. 5 posts up after clearing 3's screen. After reversing the ball, 4 looks to down screen for 3.

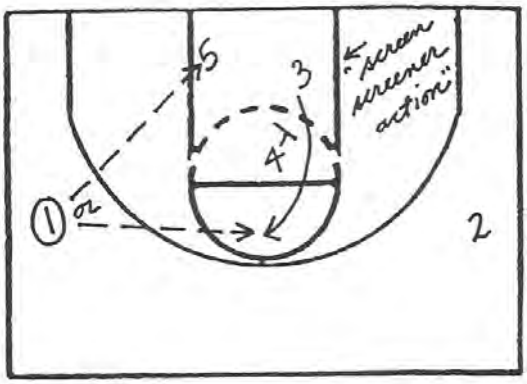


Diagram 4:
The ball in 1's hand, 5 on the block or 3 off of 4's down screen are the two developing options.

The offense is easily reset

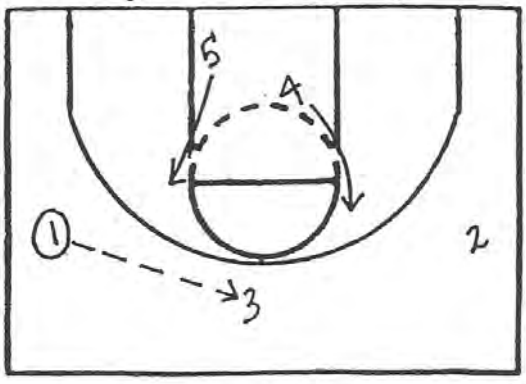


Diagram 5:
1 has the option of feeding 5 on the post or 3 for the jumper.

OKLAHOMA BASKETBALL

CLEAR

(Or dribble entry for wing series)

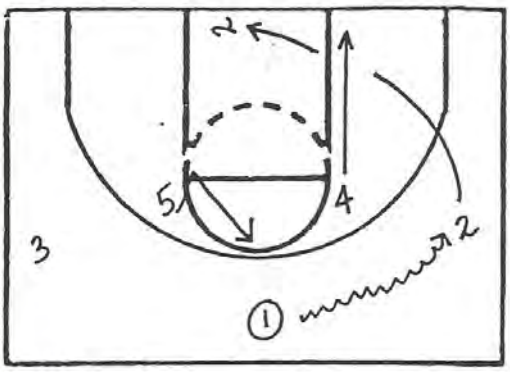


Diagram 1:
If 2 is denied, 1 can dribble to the wing and initiate the action for the "wing series". As 1 dribbles over, 5 breaks to the top of the key for ball reversal, and 4 posts up on ball side.

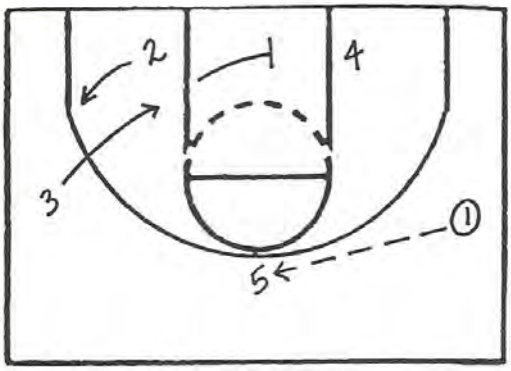


Diagram 2:
2 has cleared all the way through to the opposite wing. The ball is reversed to 5, as this happens 3 sprints through to cross screen for 4.

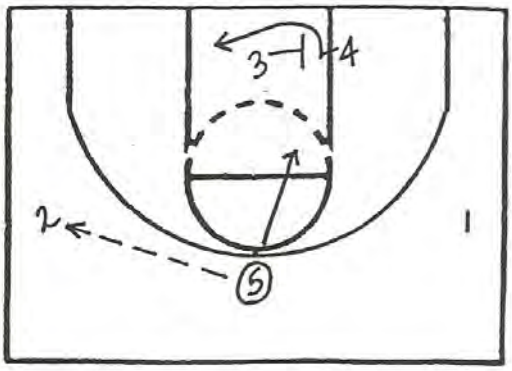


Diagram 3:
Ball is reversed to 2, 4 clears 3's screen to post up ball side. 5 begins down screen for 3.

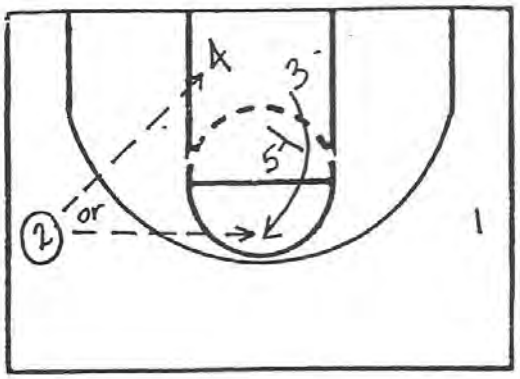


Diagram 4:
The ball now in 2's hands, two scoring options present themselves: 4 on the block or 3 off of 5's screen.

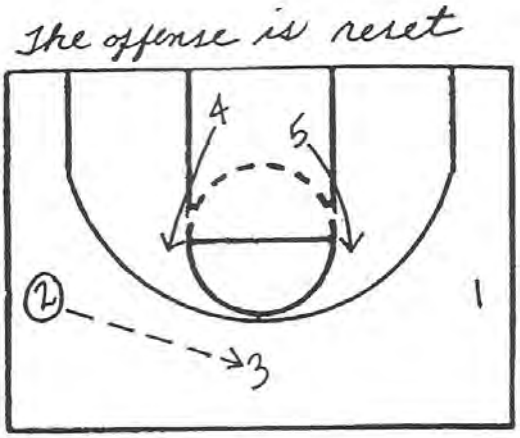


Diagram 5:
If no scoring options develop, 2 can pass to 3 who will reset the offense as the point.

CIRCLE

(Pressure Release / Dribble Entry for 1-4)

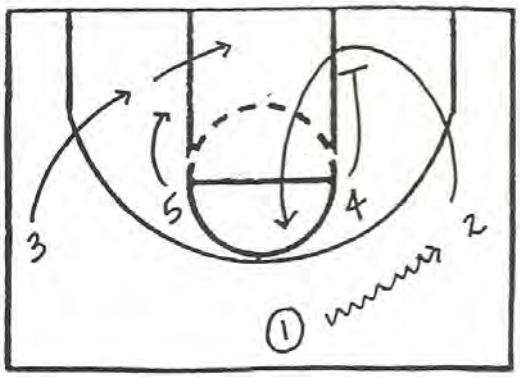


Diagram 1:
With 4 and 2 being denied the entry pass, 1 dribbles at 2 who loops down and comes to the top off 4's down screen. As this happens 3 goes down to set up under the basket.

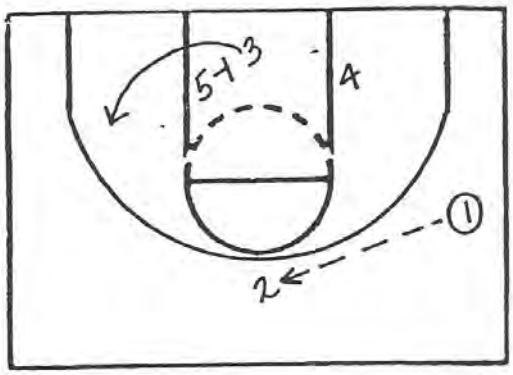


Diagram 2:
1 reverses the ball to 2 who can do one of two things: hit 3 for the jumper off of 5's screen or simply keep the ball and initiate the offense as the point guard.

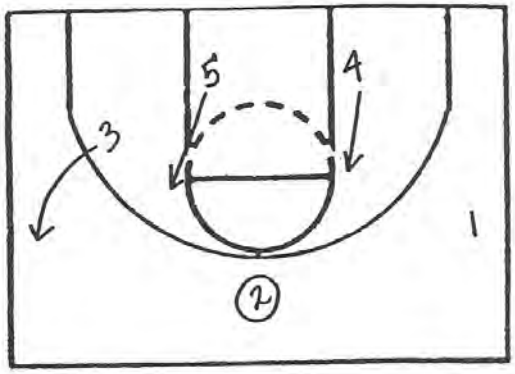


Diagram 3:
The offense resets with 2 as the point guard.

2 GAME

(This option presents a great scoring opportunity for your best perimeter shooter.)

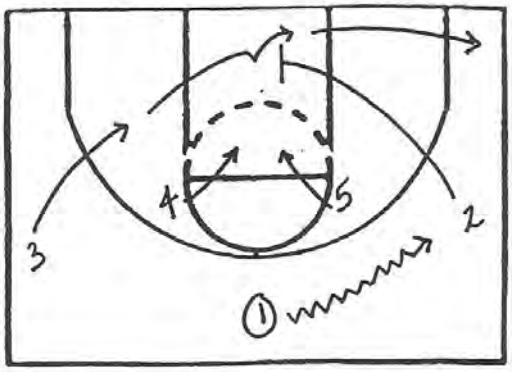


Diagram 1:
1 dribbles hard at 2 (your best shooter). 2 sets a brush screen for 3 who releases to the ball side corner. 4 and 5 set up for the double screen.

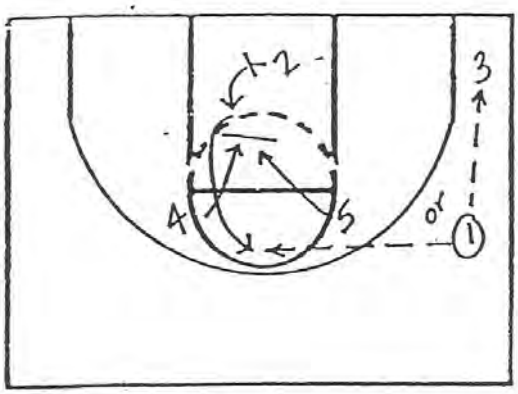


Diagram 2:
Immediately after 2 screens for 3, 4 and 5 set a double screen for 2. If timed properly, 1 will have the option of hitting 2 or 3 for the open jumper.

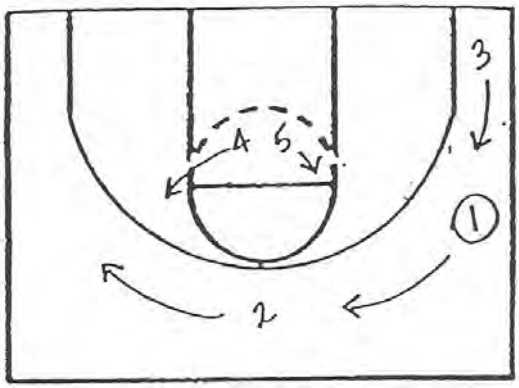


Diagram 3:
The offense can be reset by 2, 1 and 3 rotating spots and 4 and 5 resetting to the elbows.

OKLAHOMA BASKETBALL

OKLAHOMA BASKETBALL

HELPFUL HINTS FOR UNDERSTANDING THE 1-4 OFFENSE

1. Your post players (4 and 5) must be interchangeable and very adapt at catching and passing the basketball.

2. The 1-4 is ideal if you like to play three guards as your 1, 2 and 3 must all be able to play the point, especially when the offense is reset.

3. The majority of the cuts in the 1-4 offense occur when the ball is in flight from point to wing or point to post. Teach your players to move on the flight of the ball, not after the ball is caught.

4. The majority of the screening in the 1-4 is "big on little" or "little on big", this eliminates the defense being able to switch. If the defense does, you will benefit from the mismatches which are created.

5. Your wings and posts must reset hard and fast. The wings must always reset above the free throw line extended and the posts flash hard to the elbows. The defense is very vulnerable to the back-door option off of the post series during the reset.

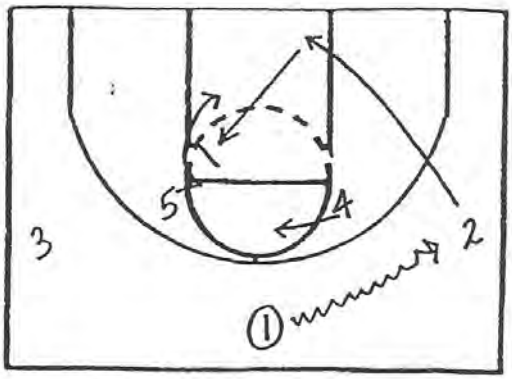
6. Unlike motion offense, the 1-4 allows you, as coach, to dictate who gets what shot when and where you want it. The 1-4 appeals to many coaches because of its many and varied scoring options, but also because it allows for a certain element of control from the bench.

OKLAHOMA BASKETBALL

OKLAHOMA BASKETBALL



SPECIAL SITUATIONS



DIAGONAL

(Excellent isolation option for your best post scorer)

Diagram 1:

1 dribbles hard at 2, who goes to the block then sets up for the diagonal screen on 5. 4 releases to the top of the key.

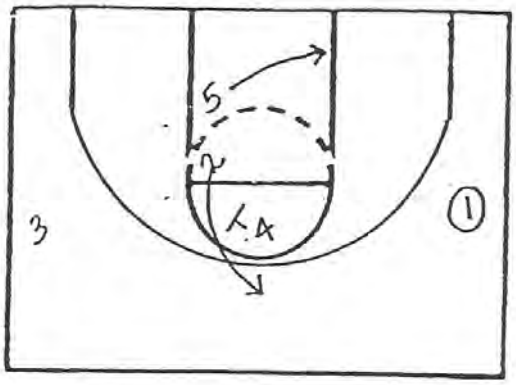


Diagram 2:

5 breaks to the block off of 2's diagonal screen. Immediately after screening for 5, 2 then comes off of 4's screen in the middle of the key.

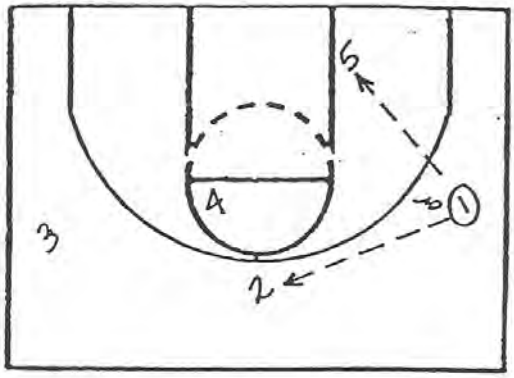
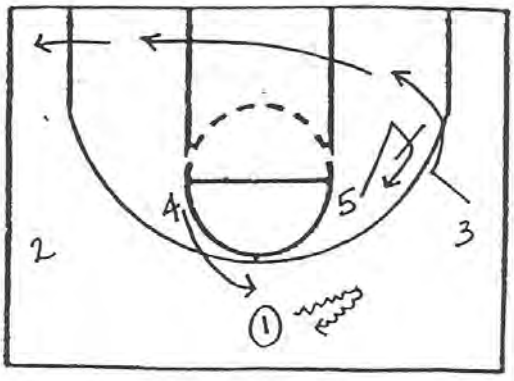


Diagram 3:

Two scoring options have developed, 5 on the block or 2 at the top of the key for the jumper. Timing is critical in the development of this play.



LOB

(This option is excellent out of time-outs or dead ball situations)

Diagram 1:

1 dribbles at 5 and 3, then reverses his dribble. 3 cuts off of 5's screen all the way to the opposite corner. 4 sets up for the on-ball screen on 1.

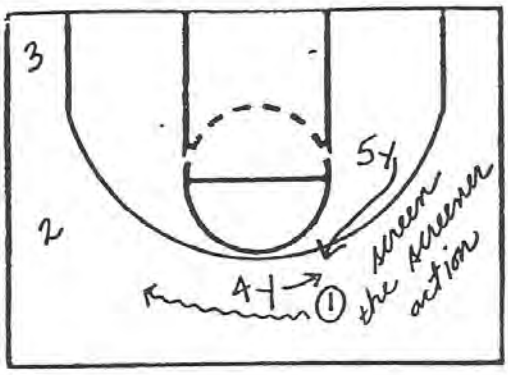


Diagram 2:
1 clears 4's on ball screen, then heads for the basket (lob) off of 5's back screen. The timing between 4 and 5 is critical and 4 must "lull" his man to sleep before breaking off of 5's screen.

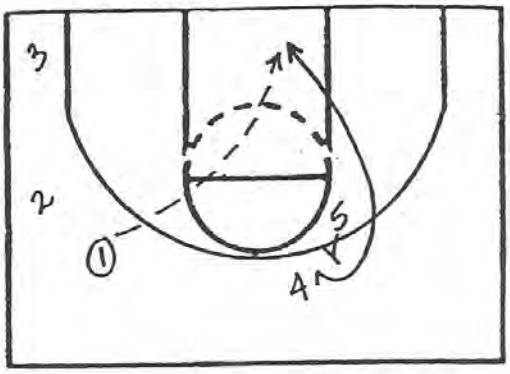


Diagram 3:
The entire side has been cleared out for the lob pass from 1 to 4.

FLEX OPTION

(A little "flex appeal" for the 1-4)

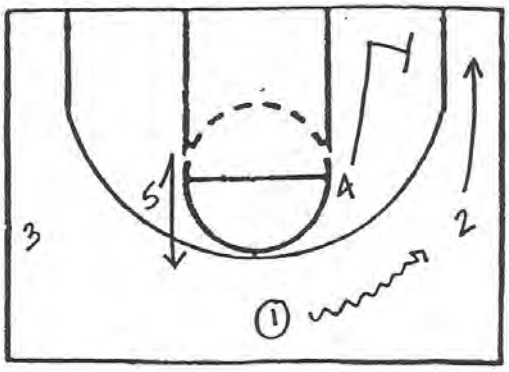


Diagram 1:
1 dribbles at 2 who drops to the corner. 4 sets up for the flex or baseline screen. 5 gets open for ball reversal.

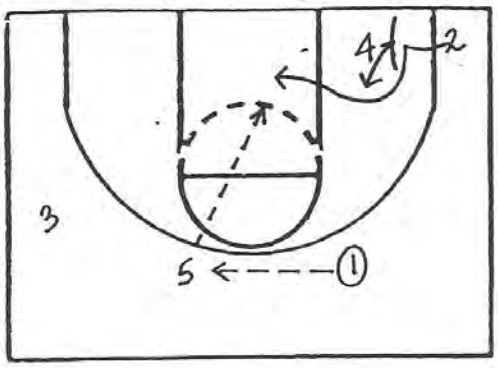


Diagram 2:
As the ball is reversed from 1 to 5, 2 cuts hard to the basket off of 4's screen. 4 steps in after screening and looking for the "hi-lo" pass from 5.

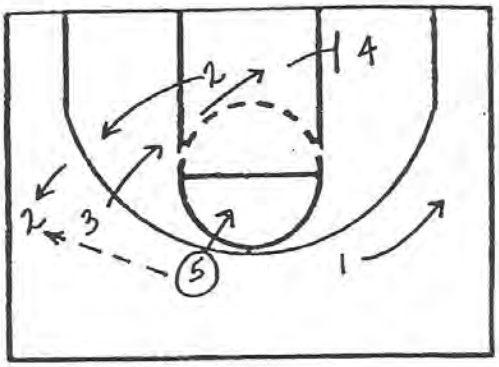


Diagram 3:
If 2 does not receive the ball, he clears all the way to the opposite wing for ball reversal from 5. 3 sprints through to initiate a cross screen for 4.

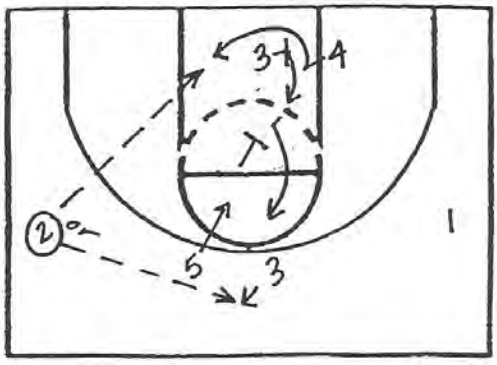


Diagram 4:
Two options are presented to 2. One is the post up for 4, the other is 3 coming off of 5's down screen. 5 screens for 3 immediately after 4 clears to the block.

"ISO"

(If you have a wing who is excellent off the dribble, this is a nice option)

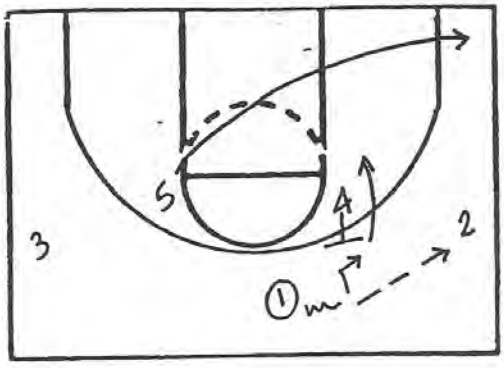


Diagram 1:

1 passes to 2, then rub cuts off of 4 to the block. 5 clears to the ball side corner. 1 may clear for the easy feed from 2, if not 1 clears to the opposite corner.

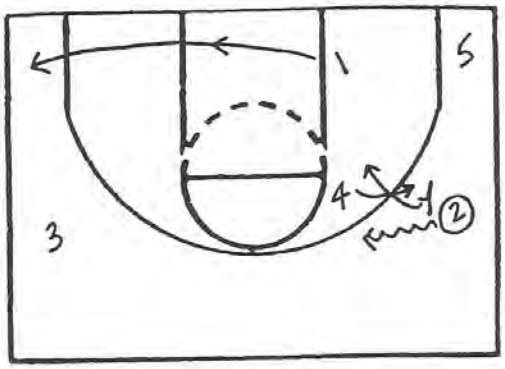


Diagram 2:

After screening for 1, 4 then goes to the wing to set the on ball screen for 2. 1, 3 and 5 have all spotted up behind the three point line.

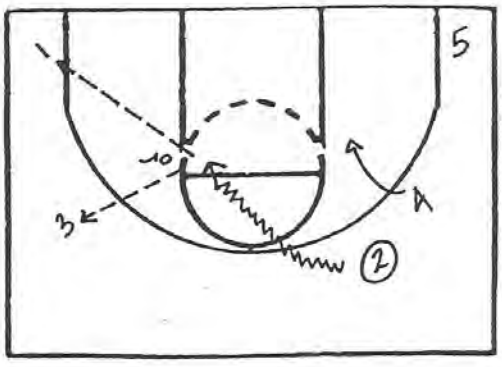


Diagram 3:

2 and 4 work the "two-man" or "pick and roll" game from the wing. 2 makes a play to the basket creating a shot either for himself or for one of the wings spotted up behind the three point line.

"OVER"

(Excellent mis-direction option)

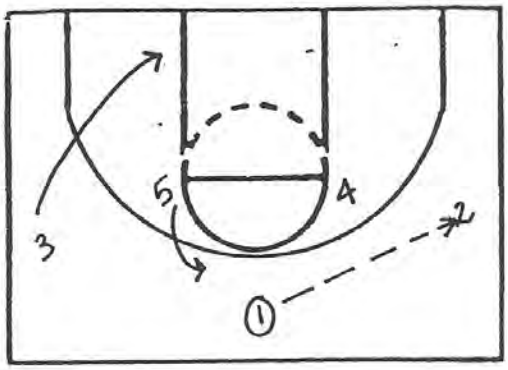


Diagram 1:
1 passes to 2 on the wing. 5 positions at the top of the key for the flare screen for 1. 3 sets up for the diagonal screen of 4.

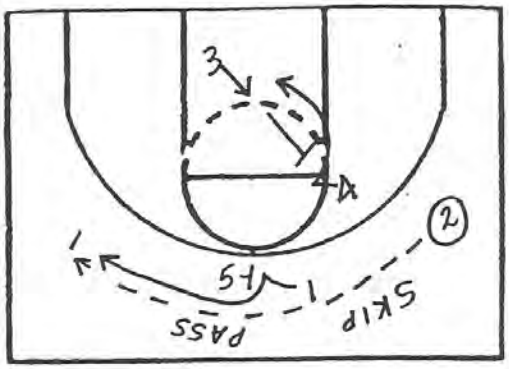


Diagram 2:
1 clears 5's screen looking for the skip pass from 2. While this is happening 3 is setting the diagonal screen for 4.

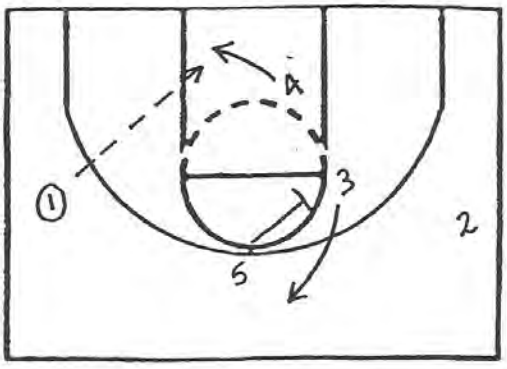


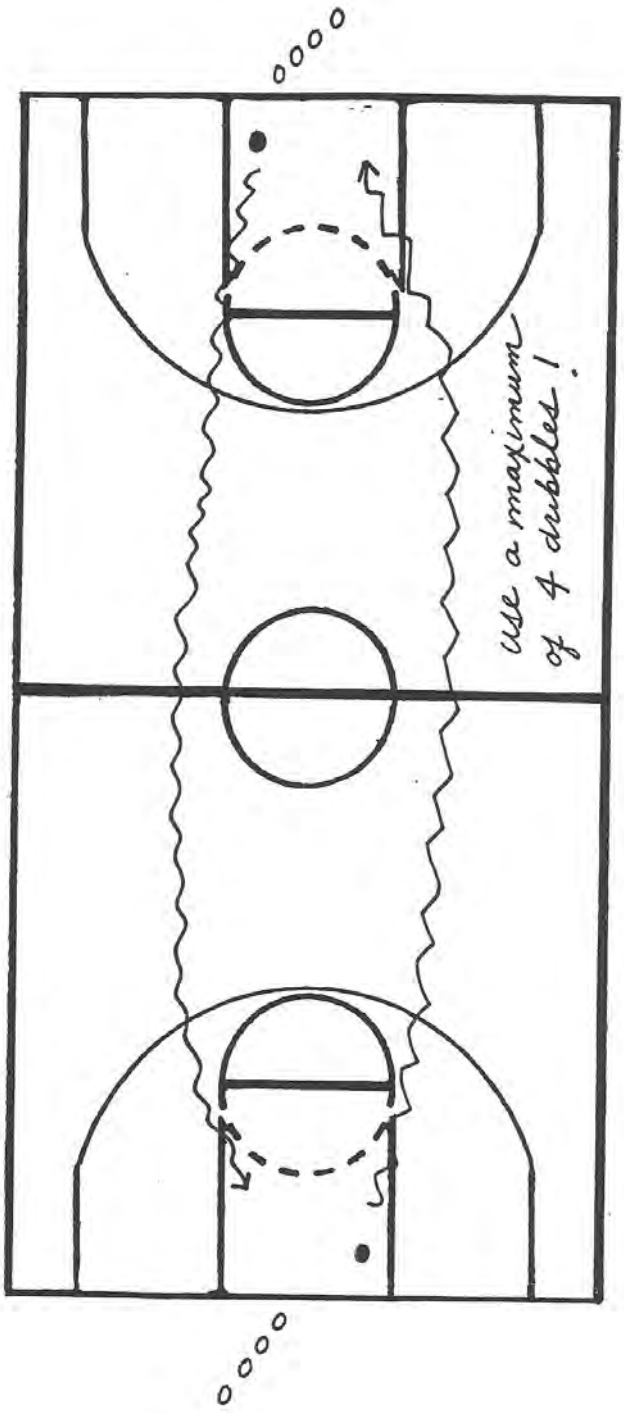
Diagram 3:
1 has the open three-point shot or has the option of hitting 4 on the block. This is a fantastic option, especially if 1 is a good three-point shooter.

OKLAHOMA BASKETBALL

OKLAHOMA BASKETBALL



Sooner Intensity Drills

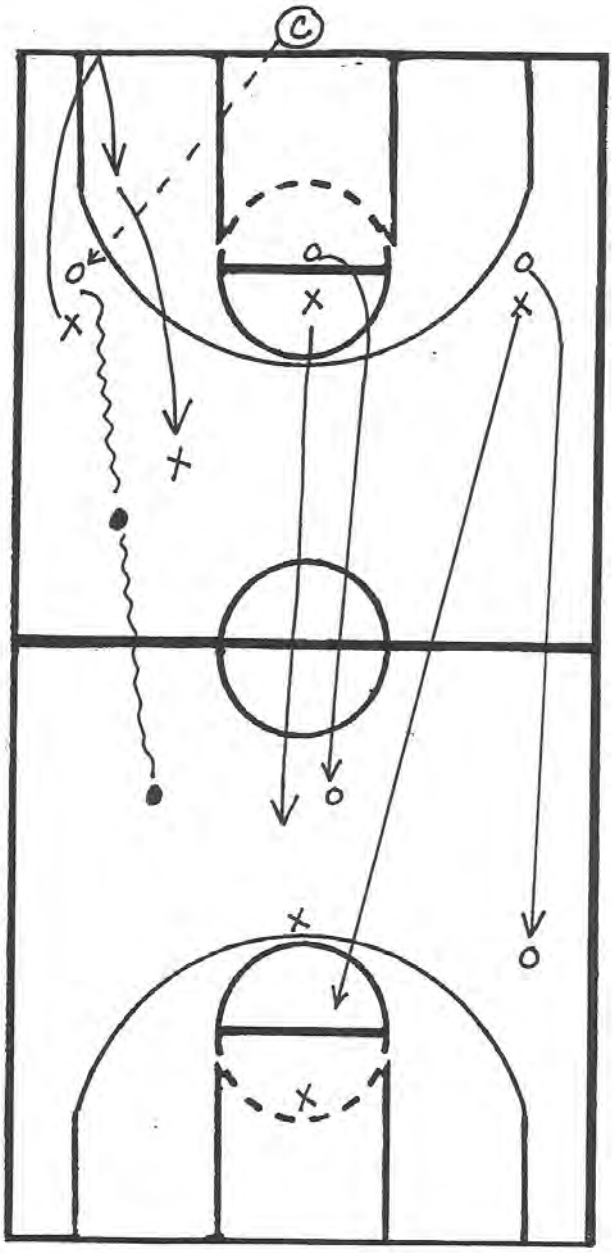


Full Court Lay-Ups:

1. Divide your team into two groups at opposite ends of the floor. One ball at each end.
2. Players are required to take only four dribbles before shooting a lay-up.
3. The next player in line takes the ball out of the net and repeats the drill.

Teaching Points:

1. Maximum of 4 dribbles - Push the ball out in front - speed dribble.
2. When shooting the lay-up tell your players to high jump, not long jump into their shot.



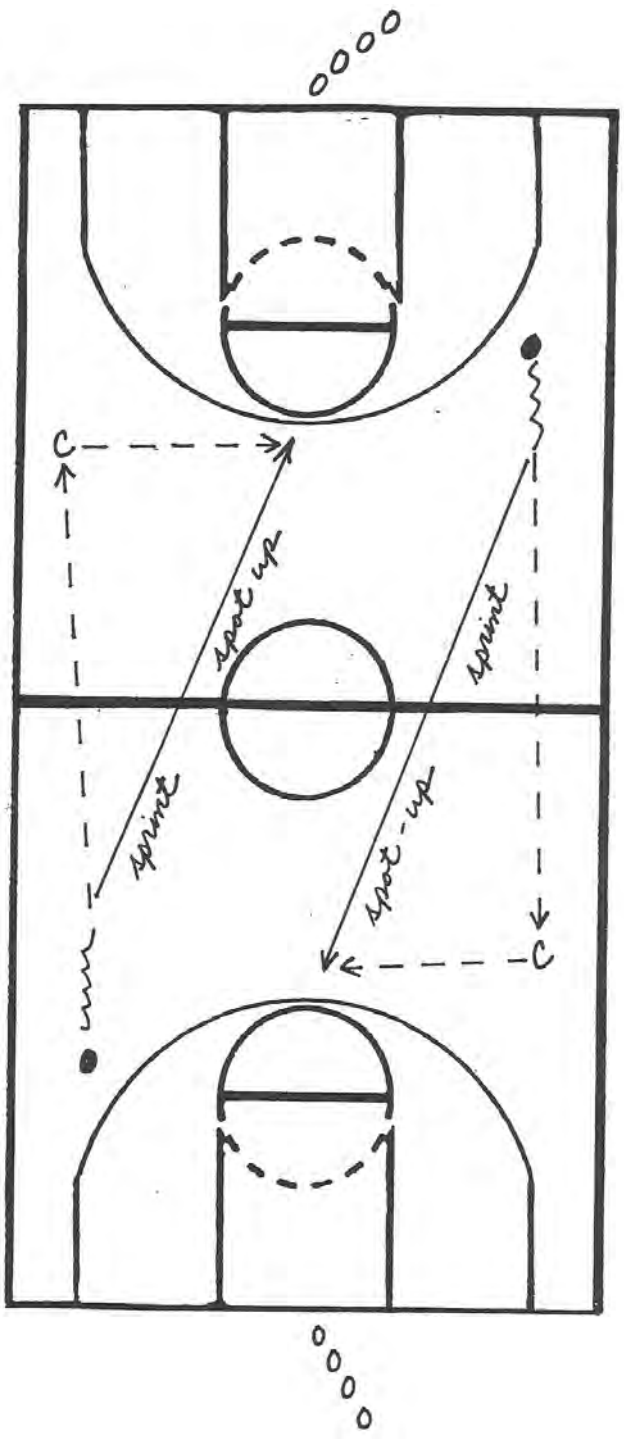
3 on 3 / 4 on 4 / 5 on 5 Transition:

Another excellent competitive transition drill.

1. A coach is on the baseline with a ball. The players line up across the free throw line extended - offense in front - a defensive player is positioned directly behind each offensive player.
2. The coach throws the ball to any of the four offensive players. The defensive player directly behind the offensive player who catches the ball must run and touch the baseline - the other seven players attack the opposite goal in transition.
3. This drill creates a numbers advantage for the offense until the designated defensive player is able to get back in transition.
4. This drill will teach the offense to effectively use their numbers advantage and forces the defense to scramble until the numbers are even.

Teaching Points:

1. Stress communication
2. Get the Ball to the Point Guard
3. Drill is equally effective in 3 on 3 / 4 on 4 / or 5 on 5 situations

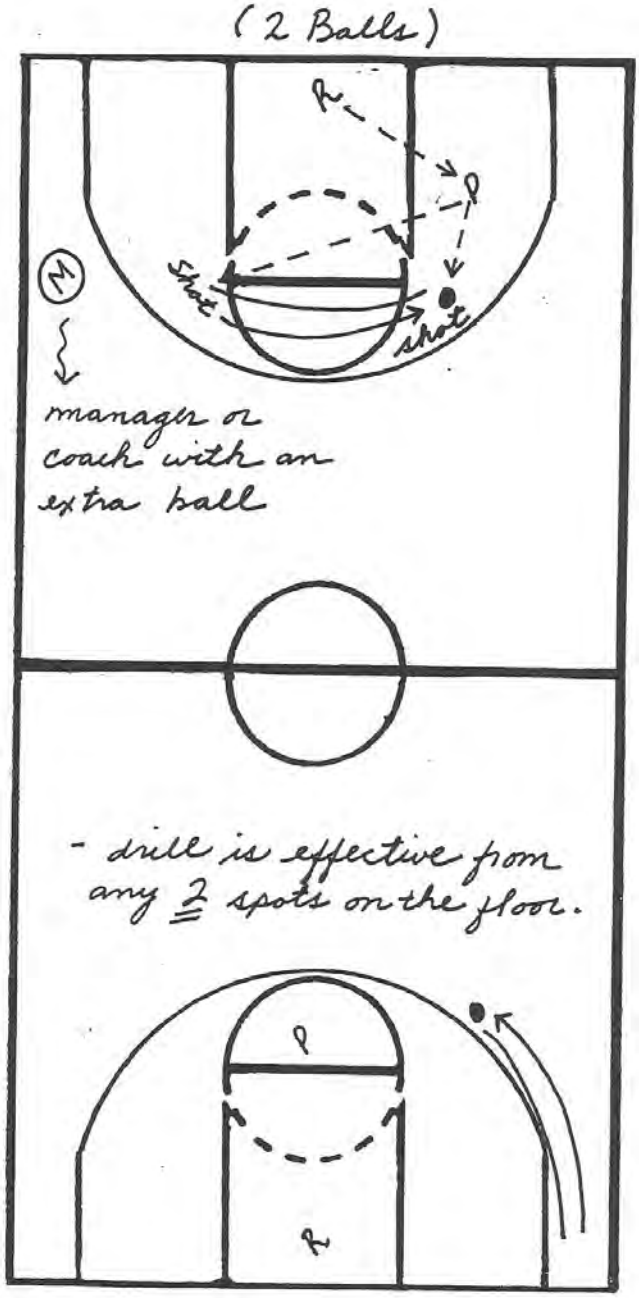


Full Court Spot Up Shooting:

1. Divide your team into two groups at opposite ends of the floor - one ball with each group.
2. Drill begins as player (1) in each line takes two dribbles and passes ahead to the coach.
3. After passing ahead, player (1) sprints and spots up for the return pass from the coach.
4. The next player in line, player (2), positions himself for the rebound and then repeats the drill.

Teaching Points:

1. Make a solid pass ahead to the coach.
2. Encourage players to stay in their range. (Guards shoot 3's - Post players 15' and in)
3. Vary shooting spots on the floor.

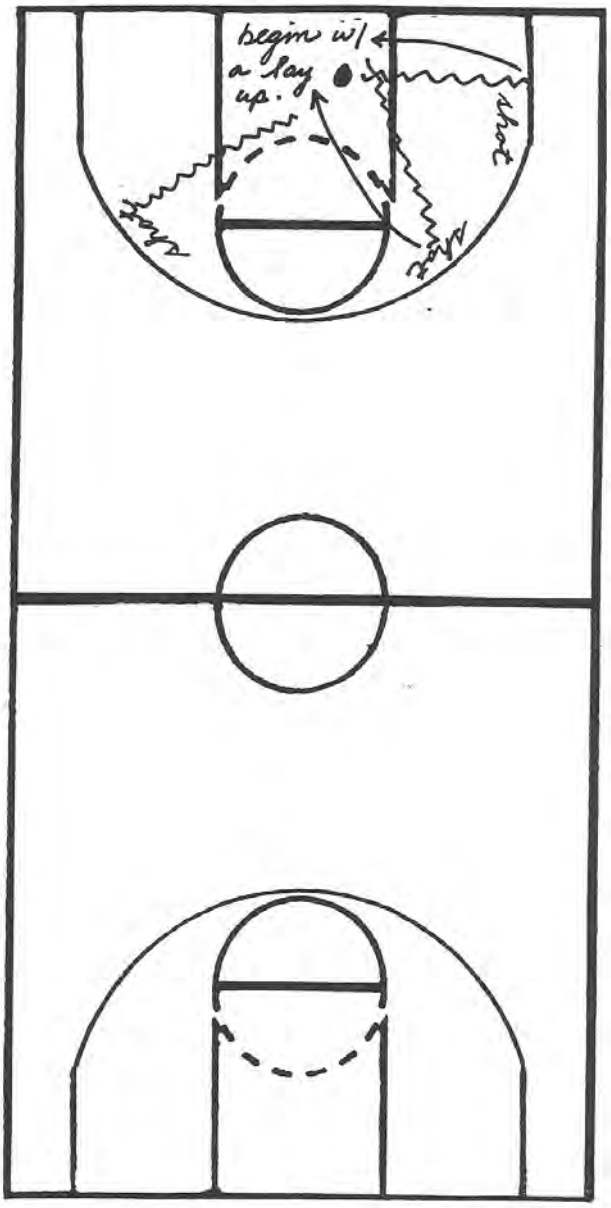


Competitive Shooting:

1. Set a time limit of one minute.
2. Use two balls, but have a coach or manager ready should another ball be needed.
3. Spots on the floor can be varied (elbow - elbow), (baseline - elbow).
4. Drill begins with player one shooting a jump shot, after relearning the shot, player (1) moves immediately to the next spot.
4. This is repeated for one minute.

Teaching Points:

1. Set goals for the number of shots attempted and made, if these goals are not met, institute a conditioning penalty.

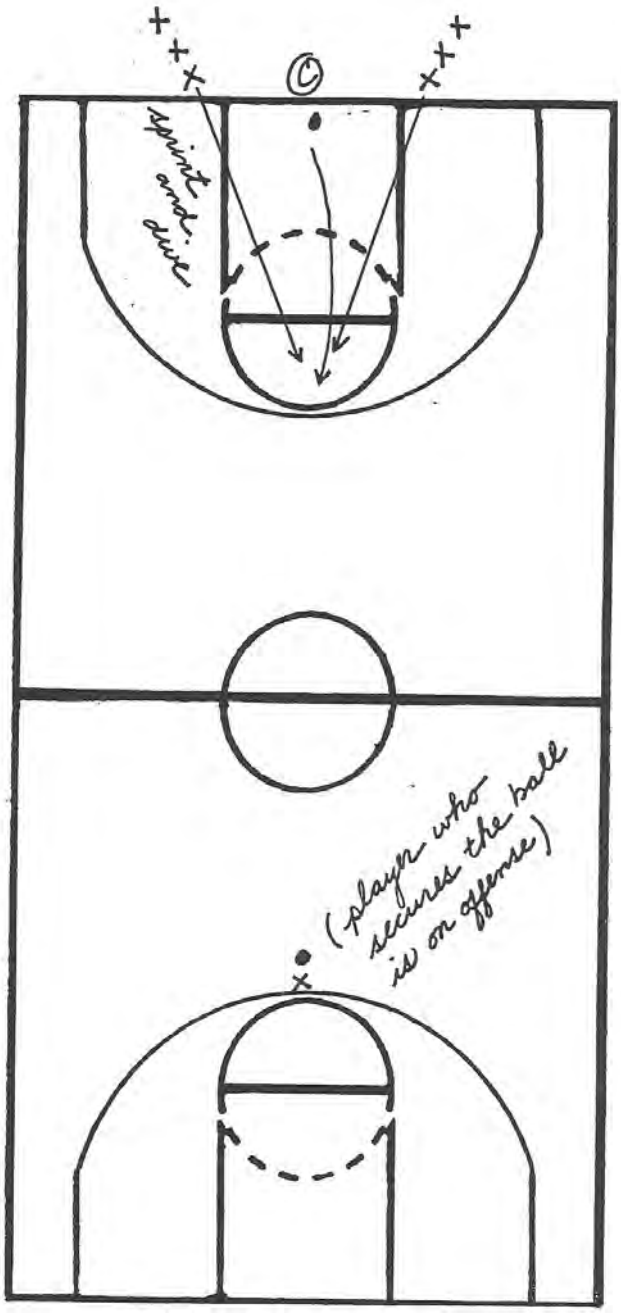


Intensity Shooting:

1. Set a time limit of one minute.
2. Player starts underneath the basket with the ball, when the drill begins the player initiates the drill by shooting a lay-up. (There is no rebounder in this drill).
3. After shooting the lay-up, the player gets his own rebound and takes two hard dribbles away from the basket (in any direction), squares up and shoots.
4. This is repeated for one minute.

Teaching Points:

1. Emphasize two hard dribbles after each make or miss.
2. Set a goal for a certain number of makes in a minute. Make the drill competitive.



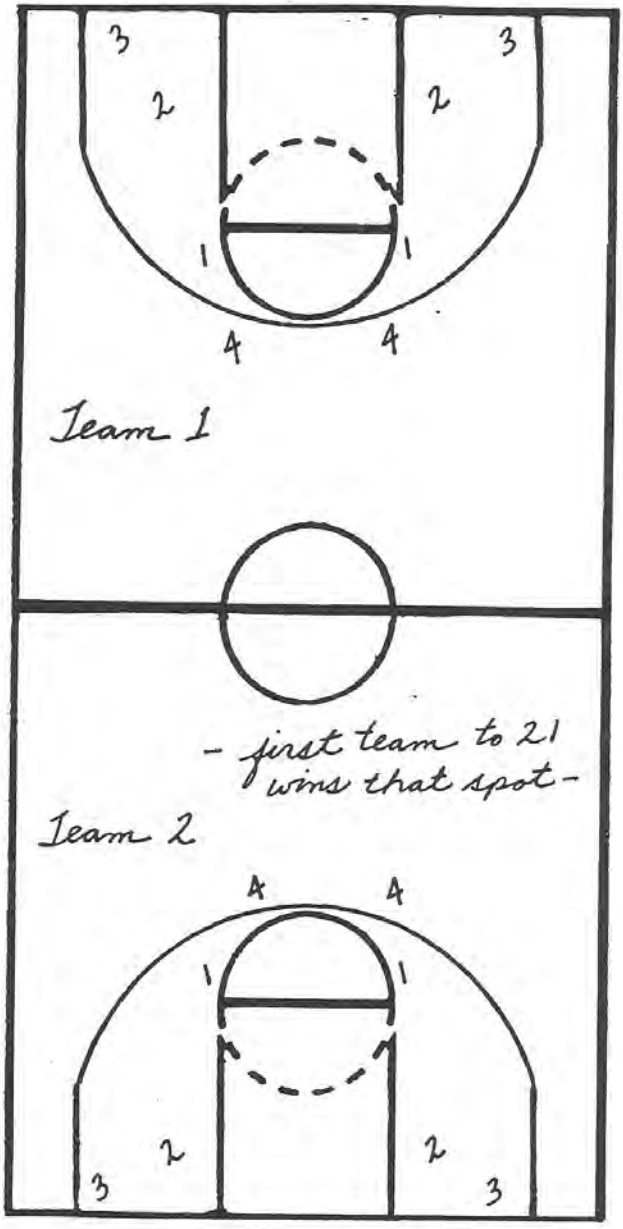
Dive Drill:

A throw back drill - this drill will encourage your player to get on the floor after loose balls. A little toughness is a good thing.

1. Two lines underneath the basket - use the free throw lanes as your marks.
2. Coach is directly under the basket with the ball.
3. Coach slowly rolls the ball down the middle of the lane. When the coach blows the whistle, the two players sprint and dive for the loose ball.
4. The player who secures the ball is on offense, the other on defense. These two play one-on-one until a score or a defensive stop.

Teaching Points:

1. Pair up individuals of equal size.
2. Use this drill as a reminder or motivator, not on a daily basis.



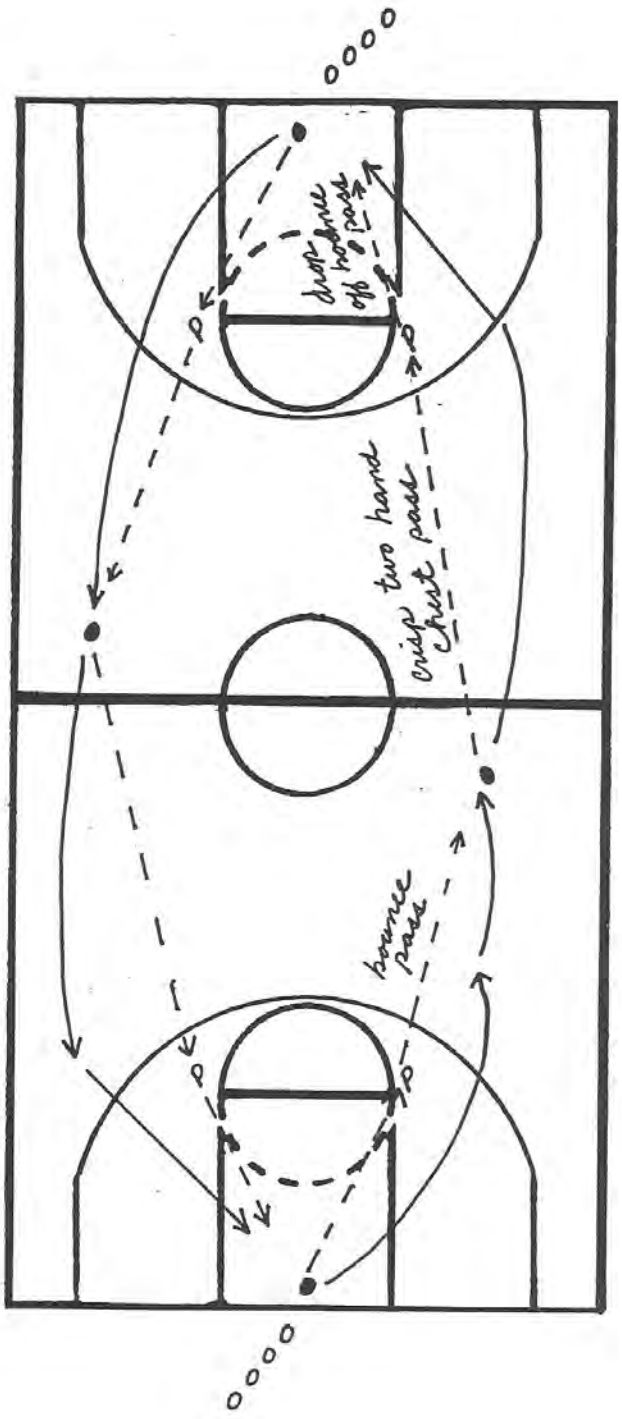
"21" Shooting:

A team shooting drill which gets the competitive juices flowing.

1. Divide your squad into two equal teams. (A suggestion is to have the two captains choose up teams).
2. There are four spots from which the teams will shoot: elbow jumpers, short 12' shots, 15' corner jumpers and top of the key 3's.
3. Teams split up to two baskets. The first spot is at the elbow, on the whistle it is each teams goal to make 21 shots as quickly as possible. Each player shoots and gets his own rebound (make or miss), then passes the ball to the next player in line. First team to 21 wins. Move to next spot and wait for the coaches whistle.
4. If there is a tie after all 4 spots have been shot, use the 12' bank shots as your tie breaker.

Teaching Points:

1. Entire team counts after each made basket.
2. Go at game speed.



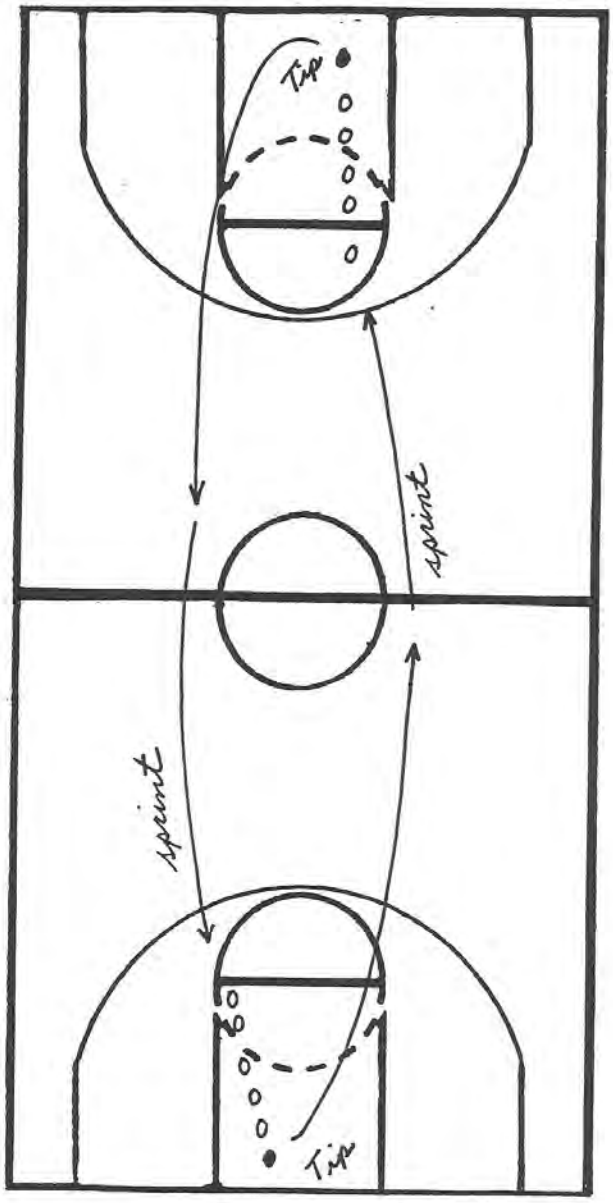
4 Minute Lay-Up Drill:

Excellent drill to enhance conditioning and team chemistry.

1. Drill sets up with a line of shooters under each basket and a passer at each of the elbows.
2. As the drill begins the first player in line passes to the nearest elbow, this pass is returned to the shooter via a bounce pass thrown out in front of the shooter as he heads towards the opposite goal.
3. Shooter then passes to the next elbow, cuts hard to the basket, receives a drop-off bounce pass and shoots the lay-up.
4. Next shooter in line takes the ball from the net and does the same routine going the other way.

Teaching Points:

1. Keep the ball off the floor, there should be no dribbles.
2. Switch passers at the 2 minute mark.
3. Set a goal of between 80 - 90 makes - 90 is very good!



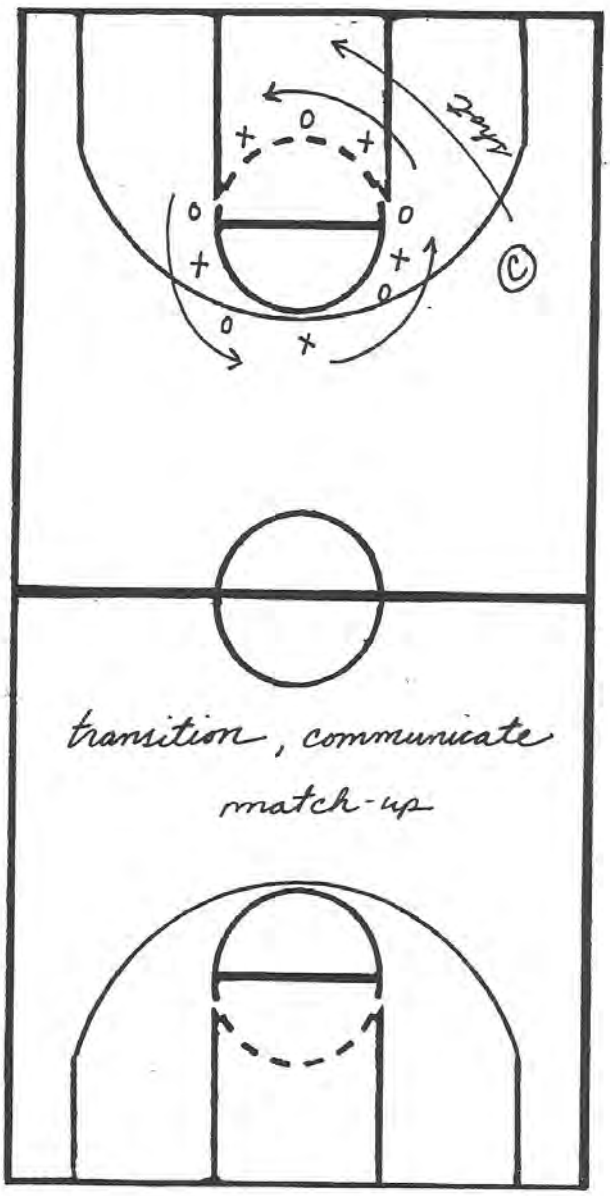
Tip Drill:

An excellent conditioning drill which encourages team unity. This drill can be done with either a basketball or a heavy trainer medicine ball.

1. Set a time limit - a good measuring stick is 5 minutes for a team of 12 players.
2. Divide the team between two baskets - each in a single file line on the right side of the basket. A ball is in the hands of each player at the front of each line.
3. On the whistle, the first player tosses the ball off of the back board and then sprints to the end of the line at the opposite end of the court. The second player in line repeats this and so on for 5 minutes.

Teaching Points:

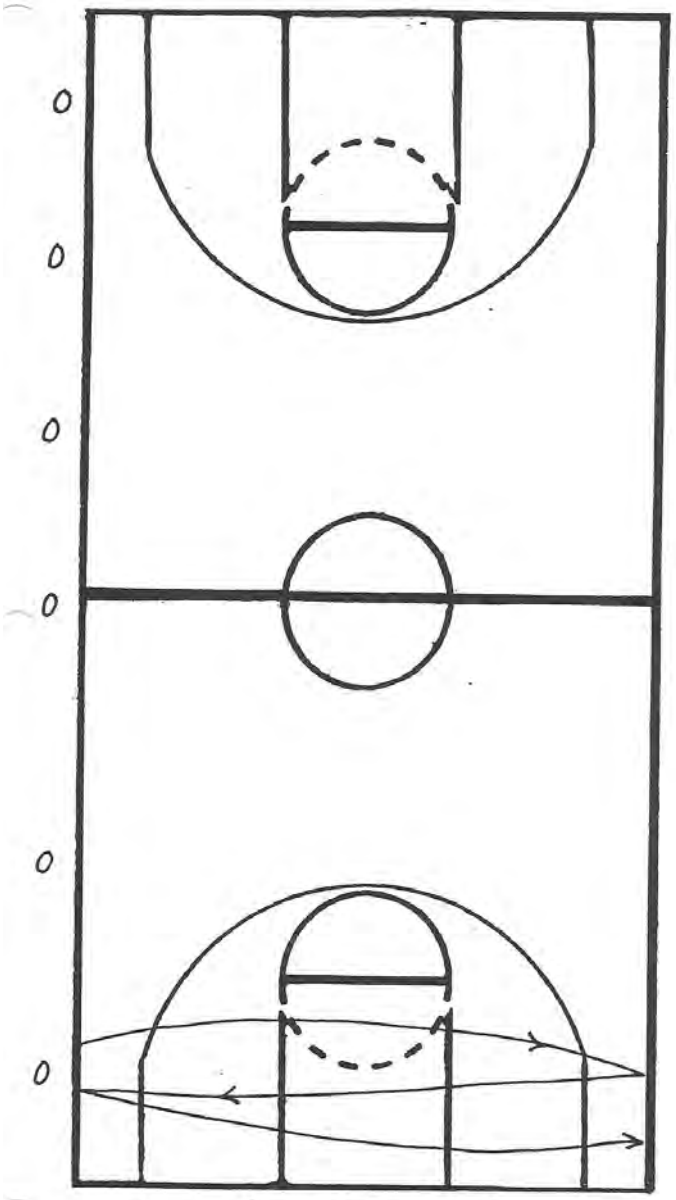
Do not let the ball hit the floor, if it does the original time is re-set.



Circle Transition:

Excellent offensive and defensive transition drill.

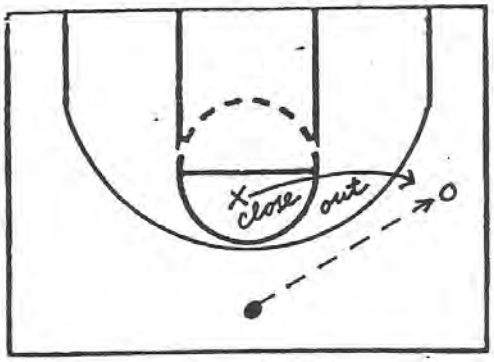
1. Alternate your players (5 on 5 or 4 on 4) around the free throw circle.
2. On the whistle the players begin moving clockwise around the circle. The pace of movement should be a jog.
3. When the coach shoots the ball at the goal, the players cease their movement around the circle and pursue the rebound.
4. The team which secures the ball is on offense attacking the opposite goal. The other team is in defensive transition.
5. The offenses objective is to score and the defenses objective is to not allow a transition basket.
6. After a defensive stop or a score, the drill is repeated.



Sideline 9 or 17:

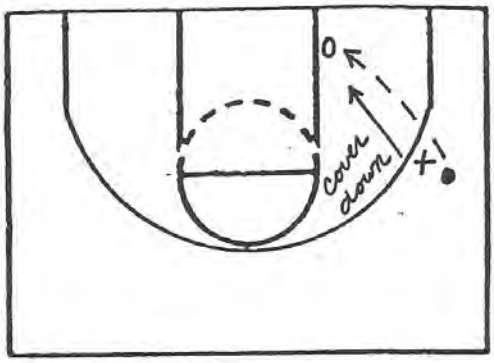
Excellent conditioning drill emphasizing change of direction and acceleration.

1. Team is lined up across the sideline.
2. Each player must go from sideline to sideline 9 times within a :30 second time period or 17 times in a :60 second time period.
3. Each player must touch the sideline with their foot - a coach is stationed on each sideline to monitor this.
4. To be successful, the player must be across the sideline on the 9th or 17th trip before the whistle blows.
5. This is an excellent drill to incorporate with your teams free throw shooting during or after practice.

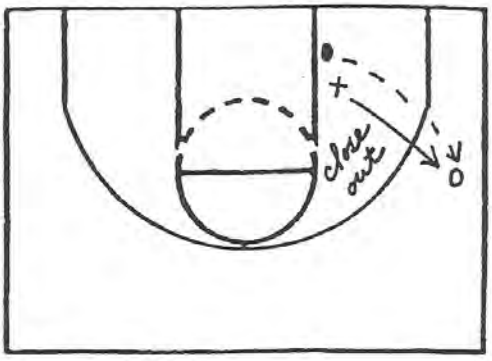


Close-Out, Help, Cover Down:

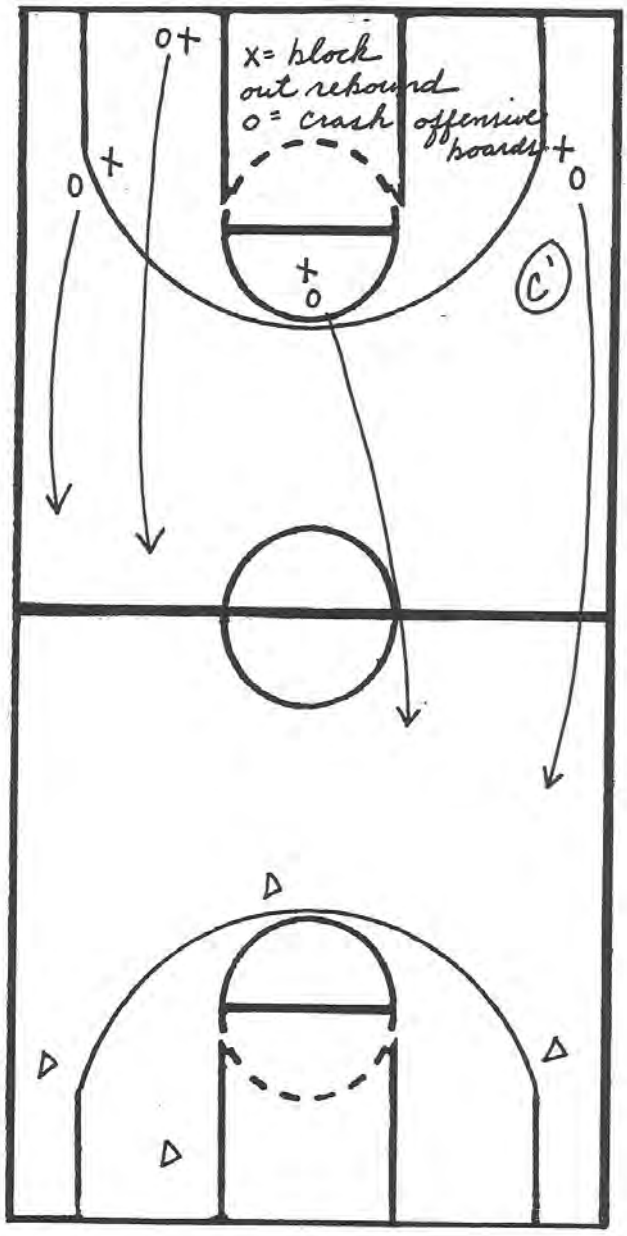
Drill begins with the ball on the point and the defender in help position at the foul line. When the ball is passed to the wing, the defender closes out on the ball. When the ball is returned to the point, the defender sprints back to help position. (Diagram 1).



With the ball on the wing and the defender in a ball pressure situation, should the ball go into the post, the defender will now cover down (back to the baseline) and dig at the ball (Diagram 2).



The ball is passed back out to the wing and the defender closes out on the ball. This drill is continuous for 30 seconds - technique and effort are emphasized.



Full Court Triangle:

Defend, Block Out, Rebound, Transition

Diagram 1:

Play begins with the coach (C1) shooting a perimeter jump shot. The X-team must block out and secure the rebound. If they fail to do so and the offense (O-team) gains possession of the ball, these two teams play four on four at that basket.

Once the X-team gains the possession, the O-team then transitions down the floor to defense the Δ team. While in transition, it is imperative that the O-team communicates with one another and establishes match-ups.

The X-team resets to half court.

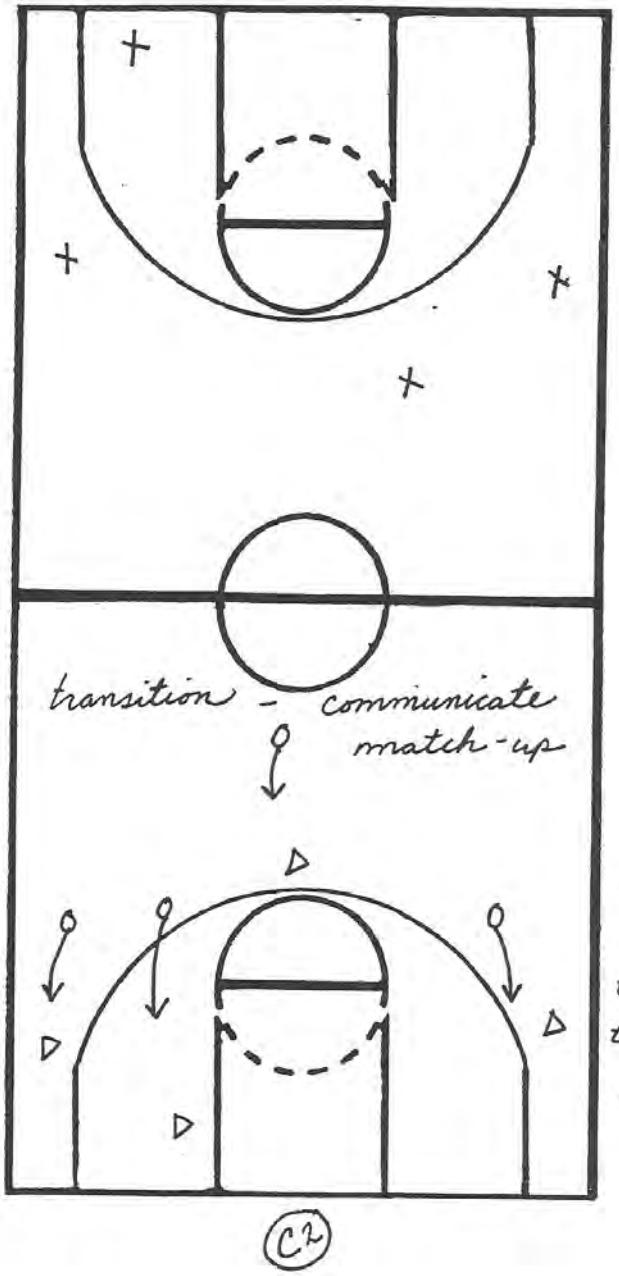


Diagram 2:

As the O-team approaches the Δ team, the coach (C2) at that end will inbound the ball to the Δ team. The Δ team must make at least one pass before they attack the basket to score. The O-team's objective is to transition, communicate, defend and prevent the Δ team from scoring.

If this objective is met and the O-team secures the rebound, the Δ team will now transition to the other end to defend and block off the X-team.

★ O's & Δ's will play 4 on 4 until O's secure the rebound. Then the Δ's will transition at the X's.

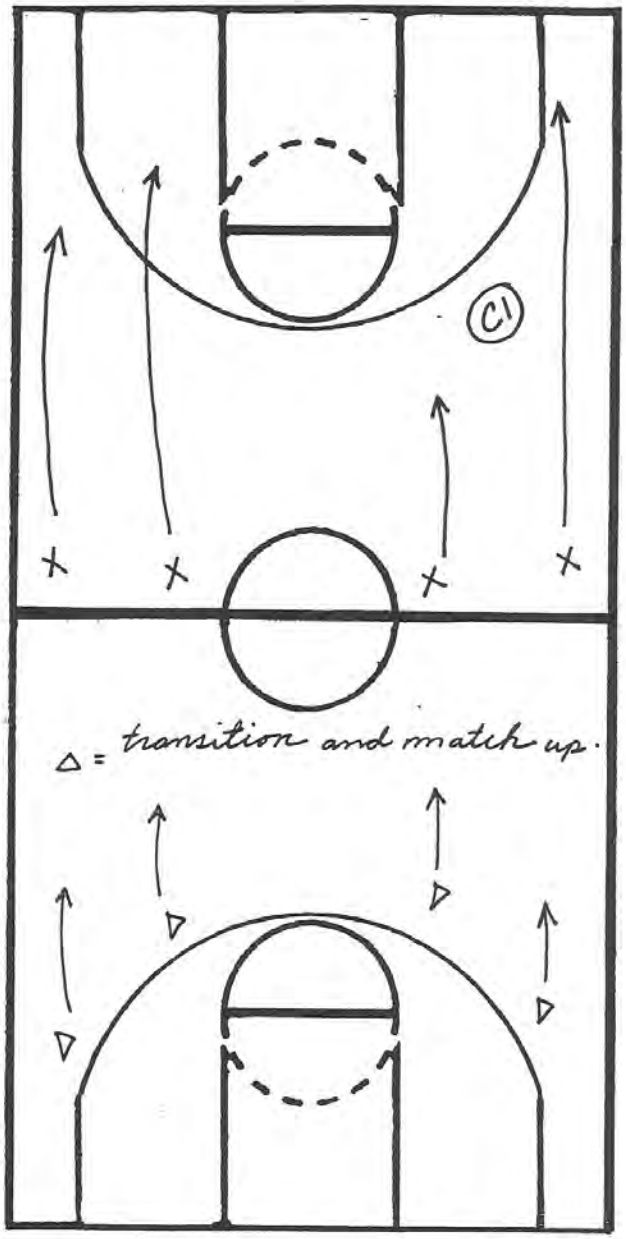
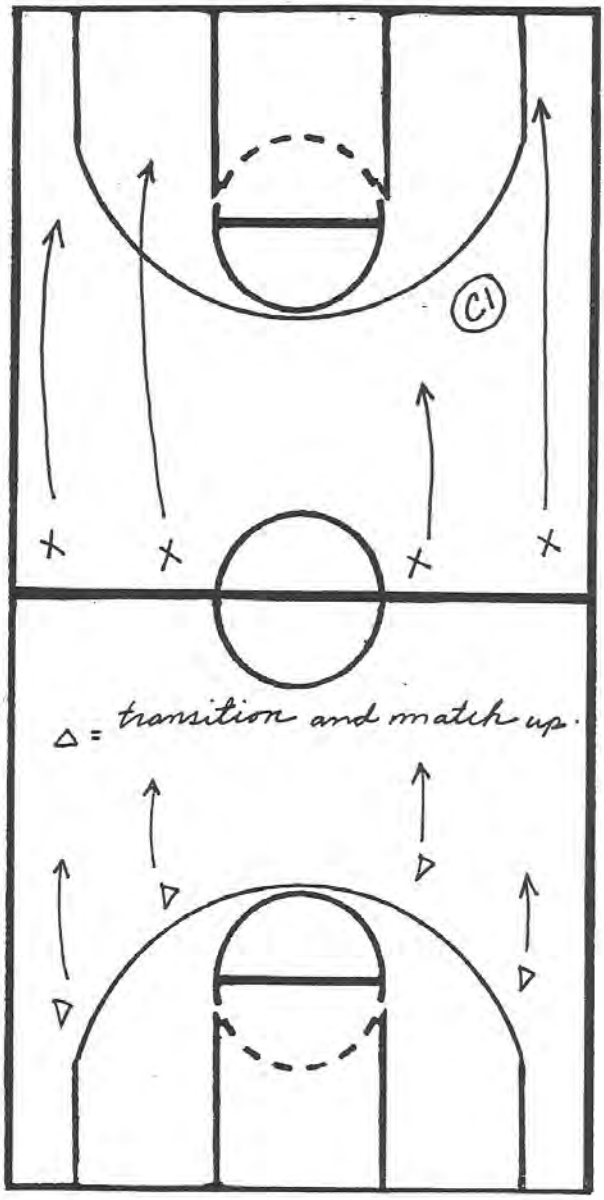


Diagram 3:

As the Δ team is in transition, the X-team leaves from half court to spot up offensively. Again, the emphasis placed upon the Δ team is to transition and communicate. The coach (C1) will shoot a perimeter jump shot once the team has matched up in transition. The team must then work to secure the defensive rebound.

If the Δ team establishes possession, the drill repeats itself.

The goal of Full Court Triangle is to work on and improve our defensive transition. Incorporated into this drill will be extensive work on our defensive and offensive rebounding. It is critical that the offensive team "crashes the glass" hard and at a game pace. If they do not, the purpose of the drill is lost.



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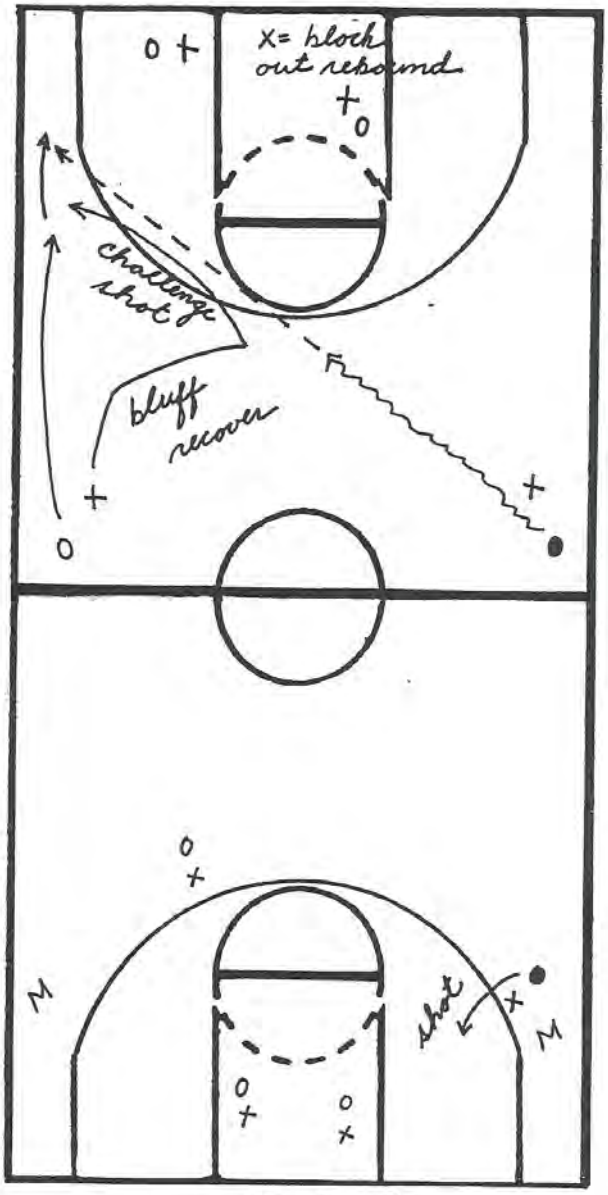


Perimeter Shot / Post Block-Out:

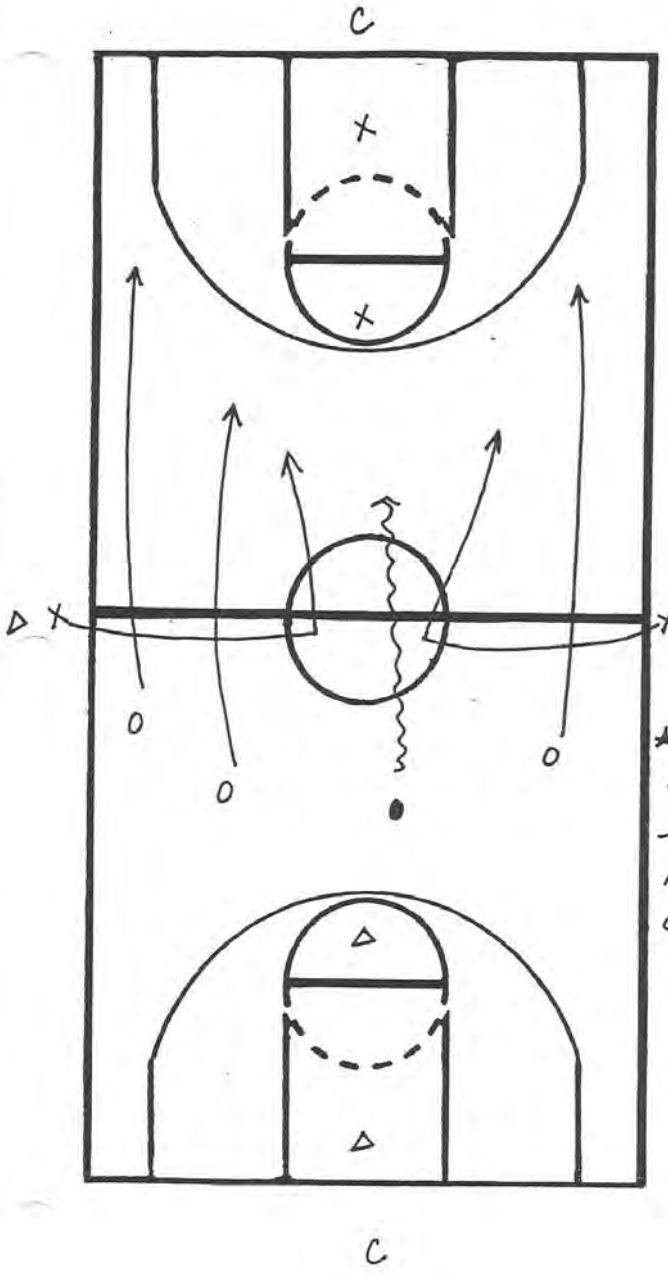
Drill begins with two lines of perimeter players at half court and 4 post players in the lane area. Coach under the basket determines who is on offense and who is on defense. Coach at half-court passes to either perimeter line. Player dribbles hard to the middle of the court. Opposite line offense runs the lane. Guard makes pass to wing for jump shot.

Emphasis for perimeter offense is hard dribble penetration, good wing or baseline jump shot, and then crashing offensive boards (Diagram 1).

Emphasis for post offense is to move around and go to boards hard, making the defense block out.

Emphasis for post defense is to block out, rebound and throw outlet pass to managers on the wing (Diagram 2).

Emphasis on perimeter defense is to help and recover, close out, contest shot, block out and rebound



Fastbreak League:

Transition, Condition, Finish the Play

Diagram 1:

Drill initiates by the O-team attacking the two X defenders. Once the ball is advanced across half-court - will sprint to the center circle and then work to get into the play defensively. Once the O-team crosses half court, they have 5 seconds to shoot the ball. The X-team works to establish possession of the ball (rebound, steal or advance after a make by the offensive team) after which they attack the Δ team at the other end of the floor (Diagram 2). The O-team resets.

* X's in half court will enter play once the ball crosses half court. *

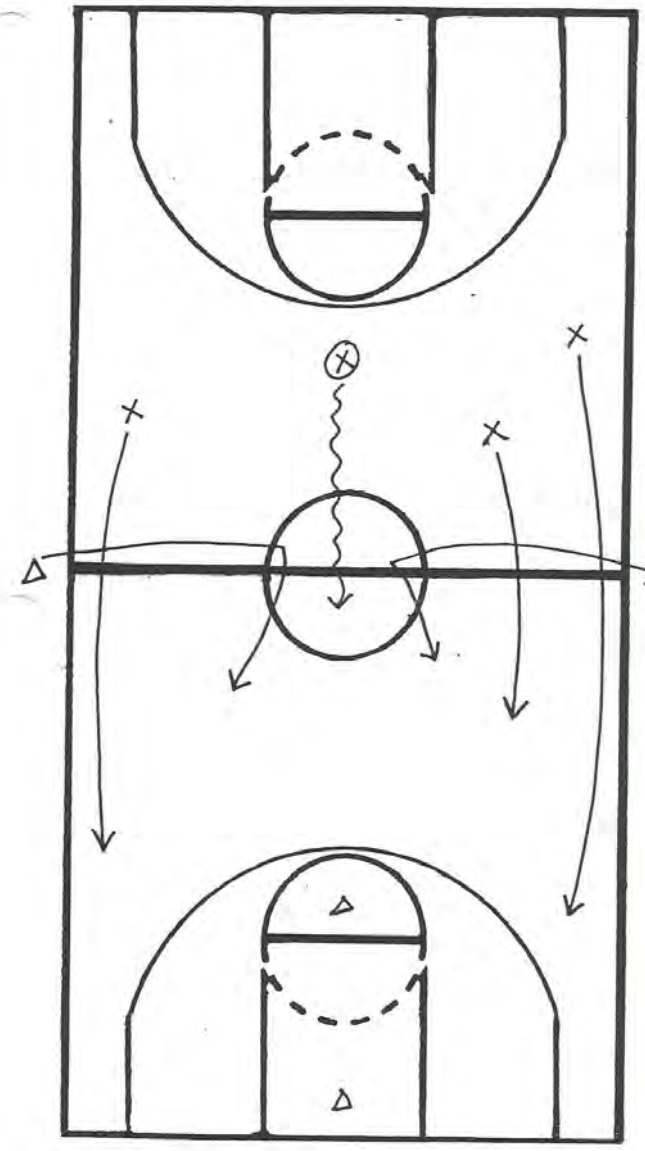


Diagram 2:

Fastbreak league is continuous non-stop action. Generally we will compete for 4 three minute quarters. One member of each team will keep their respective scores. A coach will be stationed under each basket to call fouls. All fouls are 1 point, as are all baskets.

* Remember Δ's @ half court must sprint to the center circle and then transition once the X's cross half court.

NBA defensive systems - Kevin Eastman

1. Never allow anything into the lane
2. Take away corner threes

1. Keep the ball in front of us
2. Protect the basket
3. Recover out to the three point line

Three things in a perfect defensive possession

1. Don't allow penetration 1b. No shots off penetration
2. No shots at all in first three passes
3. Great defensive teams are multiple effort teams.

"Penetration box"

Penetration hurts you
1. Create fouls
2. Short two on one's

Five areas on defensive emphasis

1. Transition
2. Help
3. No paint
4. No corner threes
5. Awareness and alertness

The best defensive team can still defend in disadvantage situations.

"Must haves" on defense

1. Communication- Talking intimidates, gives defense a head start, gives the man on the ball more confidence, wakes up a disengaged defender, catches the mistake before it happens, energizes the team.
2. Trust- team that don't trust each other foul more.
3. Positioning
4. Awareness
5. Alertness
6. Multiple effort mindset

Three must haves in communication

1. Early 2.Loud 3.Continuous

Can't haves in defense

1. Lack of the Must haves
2. Personal defense
3. Can't have gamble
4. Can't have dare shots
5. Blow bys
6. Never outside foot help

Consistency in five areas

1. Focus- defensive rotations
2. Effort
3. Positioning
4. Awareness
5. Alertness

Perfect defensive posession

1. Set our defense
2. We stop the ball
3. Pressure the ball
4. We stay between the man and the basket
5. Contested shot " the higher level you go the more the court shrinks"
6. Block out and rebound

Breakdown of shot percentages after rebounds

1 shot 35%
2nd shot 50%
3rd shot 65

1. Must defend
2. Must eliminate transition baskets
3. Must rebound
4. Must have defensive resolve
5. Must eliminate turnovers

Celtics 70 percent of practice is spent on defense (Spurs 65 percent)

If you have these four things you will be good at any defense:

1. Player commitment
2. Habits
3. Focus
4. Passion

"Great defensive teams have competitive motors" - Doc Rivers

5 game changers on defense

1. 50 50 game
2. First to the floor
3. Charges- one a quarter for the celtics
4. Deflections - six per quarter

Let a player know how many rebounds he has for the game- Marshall

Keys to buy time on defensive end:

1. Ball pressure - intelligent pressure not crazy pressure
2. Early helpspots.
3. Stunts
4. High hands

Five things you have to master on defense:
1. Our help positions
2. Defensive rotations
3. Closing out
4. Reaction to jabs - jab steps- back, top foot back foot
5. Cross matchups

"pause for poise" - post players once you catch it into the post

Cross matchups
- deadballs guard your assignment
- live action- guard who's guarding you

Post defense before the catch
1. Early defense / sprint back turn and bang the big outside the lane and off the block
2. Leverage game - post defense- lower shoulders usually win
3. Physical war- fist fight for position ,foot fight for the basket

"Take away the first move and react to the second move"

Taking the air space away. Once the man shoots take away any space.

Breakdown of TRANSITION defense:
One defender dunk
Two defender layup
Three defenders jumpshots
Four defenders, were good

Eight basic tenants for transition d-
1. Raise of the shot one two and three are back immediately . Four or five make their decisions.
2. First three steps are most important. Sprint steps!!
3. Get below the ball and in stance
4. If two are back tandem, three back in triangle
5. First big back to basket
6. Second big back load to the ball
7. No buddy running
8. No shots in the first two passes

MORE TRANSITION D….
1. Must have transistion d mindset
2. Must sprint back
3. Must take away early strike
4. Must make them throw two passes
5. Must guard their team not their man.
6. Transition defense is about team defense
7. Fingers and our voices.
8. Must find shooters

What will hurt you in bad transition defense
1. Lazy first three steps
2. Lack of communication
3. My man mentality
4. Offensive rebound
5. Gambling
6. Allowing easy advance passes
7. Buddy running
8. Guarding drags
9. Cross matching

"How the NBA defends the pick and roll"--Kevin Eastman

General comments about learning:
-Keep learning, keep growing , nothing is guaranteed.
-coaching is about investment not entitlement -ten toes to the rim when shooting
- when setting a screen put your back to where you want them to attack

As a head coach:::
-Do you know it, see it, can you feel it? (your system)

- Brendan suhr -clapping story about Jimmy valvano, Jimmy v would have kids work on standing ovations, fist above your head is clapping when you bring it down they stop. "your coaching the coaches"

- It pays to get off your ass. Taped fifties to the bottom of their chairs.

Pick n roll- advantages of pick and roll
1. Forces defenders to make a decision
2. Keeps two defenders on the ball
3. Puts us into physical defensive position.
4. Puts you into scramble mode and not rotation mode.

Three parts of defense that if we do them well good things will happen:

1. Positioning- be wear you need to be, not wear you feel you can be.- help spots, must stops
2. Awareness- love players who can sniff plays out, know before they happen, what's gonna happen next? Kevin Garnett has lasers watching
tape- will get on teammates when there not focused.
3. Alertness- ready to move when you need to.

Question Eastman always asks coaches (feels it tells him a lot about their style)

What will I always here at your practice, sayings?

Transition defense-pick and roll
1. Faster pace
2. Putting the defense into a tough situation as Early as possible.
NBA - will have to guard sixty ballscreens a game.

Simplicity-" a hesitant athlete is a non athlete"- they must be decisive and aggressive

Types of screens:
High and middle picks
Side
Step ups
Angle pick and rolls
Corner pick and rolls
Flat
Drags
Double drags
Twist - " our again screens "
Late angle- last minute screens

Five ways you can disguise the pick and roll:

1. Change who the screener is
2. Change the ballhandler
3. Change the angle of the screen
4. Anywhere anytime
5. Range shooting 4's - 4 man can shoot

10 ways you can guard it:

1. Hedge
2. Soft
3. Catch - a little futher up than soft
4. Weak- not an option coming off the side the screen is set -when screen is set
I. The middle of the floor
5. Spread right or left - sending the ball back to strong side
6. Switch it
7. Ride the screener - push the screener.
8. Blitz or trap it - committing two defenders to the ball you better have an impact because your eliminating a defender
9. Early blitz - blitz before he gets to the screen
10. Ice it- push it to the side - take away the middle

Five w's...of guarding ballscreens
Where is set?-see notes
Who is setting it? 1. Guard coming off a big 2. Big coming off a little, see mavericks- did a lot for Dirk. 3 shooter or non shooter 4. Shooter or non shooter setting the pick 5. Setting the screen popper or roller What is the alighnment ? Where is the 4 man, where are the shooters What is our communication? The best way to to talk on screens , EARLY , LOUD, and CONTINIOUS ....determine who does the talk. Celtics- bigs do the talking, they are never blind to the ball.
What is our coverage? The more change of ways to guard the more the hesitation .

Ideas:
Show/hedge...small: 1. on a hedge small must push up into his man" if the pick hits you before you hit your man your dead " 2. Small must make the ballhandler use the pick 3. Small squaring the ball back up after he gets back . " don't melt on the picks"

Big 1. Big guarding the picker must arrive when the pick arrives. 2. Chest on his shoulder when your man is setting he ball screen. 3. Bigs can't jump out to far or too early. 4. Finger tips away when hedging on a screen. Split dribble hand...and an advance pass hand. If offense wants to advance the ball they have to go arc. 5. Bigs feet must mirror the pickers feet. 6. Pickers defender shoulders must be lower than the ball handlers hips. 7. Bigs are responsible for two dribbles and then get back

Soft: small- 1. Whatever the coverage is called he needs to adjust 2. Square the ball off

Bigs 1. Down in a stance 2. Ball you lane basket 3. Bigs need to know the shooters coming off the pick. 4. Bigs stay with ball until small gets back

Blitz: must have an impact. Protection must be aware and alert because we have two guys on the ball

Switches: make sure we know who can switch with who. Switching groups.
If you have a freak- use them. ---guys can guard any position.
Marshall moses?? Terell would have been. Roger Franklin?

Force down?????
Teaching points:

1. Whoever is guarding the ball you can't allow rejects. Force him to one side. Great players want to play in space not traffic.

2. "Trust the talk"-

3. If your playing a non shooter. At the point of the pick make your decision

4. A call for when a ball screen is so high that the guy can go under. "under"

5. Scouting report- who the shooters are?

6. No "my bads aloud"

6b. Bigs stay with bigs, guards stay with guards

" messages are only messages if their recieved" -point guard example.

"Winning teams communicate"

Silent coaches practice idea. Coaches are not aloud to speak.

Key terms:
1. High hands- want to force hang time passes.
2. Stunt- fake help
3. Bumps- weakside guy bumping big who is rolling to he basket.
4. Pursue and square- as fast as you can.
5. "trust the talk and trust the coverage"

Ten things that hurt your coverage:
1. Poor communication
2. Small not forcing the ball into the pick.
3. Bigs not arriving with the picker
4. Splits or early splits. Early split----offensively: if guys are forcing you to the one way...have the screener stop short and create more space.

Rules and guidlines : rules you do 100 percent of the time ...guidlines you do 75 percent of the

-Hedge man must divert the route of the ball.

5. Rejects - make them use the pick
6. Lack of effort- tell your guys ways you can be taken out
7. Bigs not in a stance
8. Opponents do a great job of engaging the three other players.
9. If the ballhandler defender gets hit by the pick before he pushes up on the ballhandler
10. Offense gets into a pick and roll rythm

Heiarchy: pick and roll defense
1. Do it harder 2. Do it better 3. Sub for you 4. Change the scheme.

Skill development - Kevin Eastman

Two things that will improve
1. The player
2. The coach

Two guys that can't have a bad day
1. The head coach
2. The best player

Six ways to have players buy in:
1. Thoroughly study the game
2. Thoroughly study your system- what shot can your players get
3. Catch your players doing something right.
4. Educate them on their label- and tell them it's not true
5. Tell them the truth
6. It's not what you know, but what you bring to the floor.

Five areas that what it takes to be a pro

1. Three areas - Hard work, competitive, committed---Kobe Bryant "black out story"
Track- 6am
Weight room
Gym - shooting 1 hour/2hour/ 3 hour
"As long as it needs to be "

"I didn't see the game as my coaches see it " - Kobe Bryant

Six keys to great skill development
- practice harder and quicker than in the game
- understand that it's a process
- you must workout without workout kills - you can't be bored, you can't be tired.

How do you eliminate bordom?

- have a written workout plan
- work on five areas per day

1. Conditioning
2. Weak hand development
3 footwork and developement
4. Play game through contact
5. Shooting
6. Theory of two (two minute coaching session- will take a player 2 weeks to get (2 month analogy) for games

10 different shots

- Get shots from their operational areas
- get your finish at the rim shots
- game shots at game spots at game speed.
- demand perfect form on every shot
- contest all shots
- foul after shots
- anything goes
-never miss two in a row
- shooting stamina
- secret workouts

Putting the shoes down on the floor drill.

Game of inches....we want to go buy a guy not around him.
Play the game low to high- they will break tape down when they high, low, high

Finding your feet on all shots

Best players respond to two things
1. The clock
2. Competition

Repetion will create skills
Detailed repetition will create great skills.

DNA of a great player:
1. Compete in every practice and every game
2. Hold themselves accountable
3. Put demands of themselves and others

"Daily lessons of Coaching" - Brendan suhr

"Coaching is about helping people get better. We try to take you where you can't take yourself "

"You must first know yourself"

Get this book. Strength finder 2.0.

"You must coach each player differently. It's about their strengths, not yours!!"

"Your goal should be the best version of himself , than in turn should help make the team the best it could be "

" I've learned more from my players than they have ever learned from me"

"A coach and a parent are "servant leaders"

Everybody needs a coach, mj, Tiger, Kobe, the hardest thing to do is coach someone with talent, the more intense the talent, the greater expectation of you.

Coaching high maintenance player! Dennis rodman " If I let them down, the disappointment is greater! I love players with talent!

You win with internal leadership!

"Fill up your emotional bank accounts, make more deposits than withdrawals (analagy of bucket of water in front of their locker) 4 to 1 ratio.

Dream team meeting -
16 chairs “U” shaped. Set a vision for the team. Commited to winning a gold medal. Can't be worried about how many shots you get or touches you have. Don't be late, mj if your late than thats disrespectful to magic, magic disrespectful to drexler.

Chuck daly treated players like business partners

Jordan rules-
How do you motivate Michael Jordan? Put Michael on the second team everyday in practice. He competed everyday in practice and gave the second team some confidence.

"20 second coaching" - story of his son in the parking lot about giving his son motivation. Telling him he thought he could be a pro.

Portland loss/ change lineup!

How many meetings do you have a year?

<u>5 keys to success</u>
1. High energy level and enthusiasm.
2. Pitbull determination
3. Out liers the book- have a plan / preperation (10000 hours of practice)
4. Insatiable desire to win
5. Must have mental toughness/ control the things you can: attitude, work ethic, preperation, energy level and enthusiasm.

Dalyisms
1. Nobody looks bad in a blue suit
2. Coaching is like flying an airplane, there will be turbulence but you have to land the plane safely.
3. Never trust happiness.
4. You can't fool dogs, kids and NBA players
5. I'm not a pessimist, but rather an optimist with experience.
6. See that bridge? I'm not jumping.
7. All decisions are 50/50
8. Your no bargain either!

9. You don't have many ideas tonight.
10. Get past mad.
11. Whatever!!
12. Never look back!
13. Make it a one day story
14. Never get into a fight with a person who buys ink by the barrell
15. Hang around!
16. Play 40 minutes
17. Get one stop
18. Every step a struggle
19. Nothing easy - defensive term.
20. No warmup jumpers
21. It won't work
22. Beyond belief!!
23. I'm a pretty good coach If I have good players
24. They allow us to coach them! When your players stop listening it's time to go
25. Understand your players
26. 12 o'clock rule! - get over a loss by midnight
27. To be a good NBA coach, you need to hard of hearing and poor of eye sight
28. Shout praise and whisper criticism
29. Be non confrontational
30. You must love your players.
31. Speak in headlines
32. You must have likeability
33. What's your teams identity?
34. You must have presence to be a head coach
35. Daddy Rich!!!
36. They are tired of hearing me, they need a new voice.
37. It's real simple, I got outcoached.
38. The job! Work that job ! It's the best one you've got.
39. You must have patience don't be in a hurry.

NBA pick and roll offensive Concepts
- Brendan suhr

Why use pick and roll:
1. Control tempo
2. Get best shooters open shots
3. Create mismatches
4. Can run an offense without making an entry pass 5. Goal is to get two defenders to guard ball.
6. Spread the floor
7. Take shot blocker away from rim
8. Put best defender in p&r
9. Put worst defender in pick and roll.
10. Create confusion in opponent’s defensive philosophy
11. Cause players not to trust staff
12. Teach pickers to slip vs show or blitz
13. Pick up easy foul on big
14. Relieve full court pressure
15. Make one defender play two.
16. Picker : roll (no) sprint to rim

17. Attack at different angles
18. Screener must arrive without defender
19. Spread d- allows you to get offensive rebounds
20. Ultimate team game.

-When trapped advance the ball

- when ball defender goes under screener ; pick must be moved down

- middle
- Baer
- side
- corner
- step up
- horns
- low wing
- flat
- drag
- double drag
-running slips
-L screen

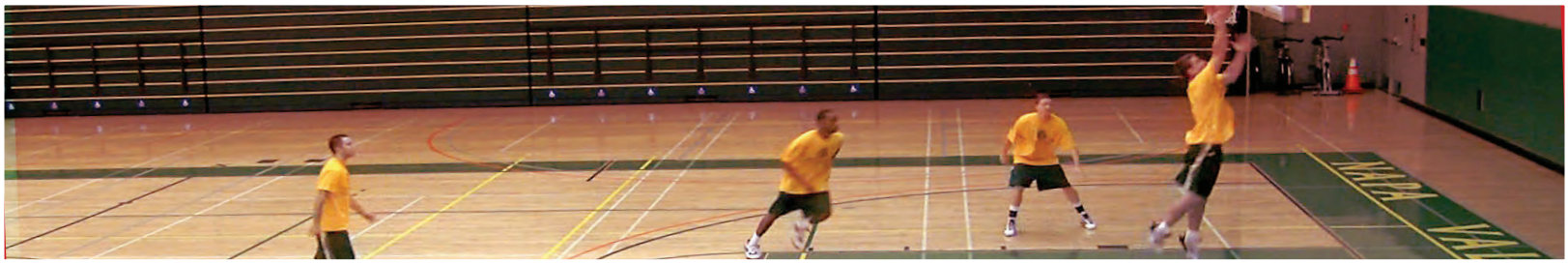
****put 10 seconds or twelve up on the shot clock and play a game.

Over 30 effective A-SET actions from around the world!





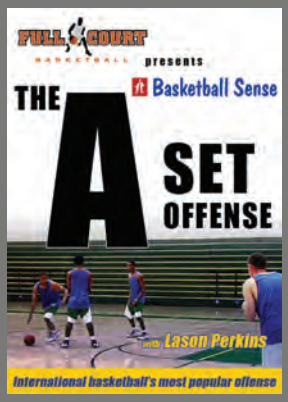


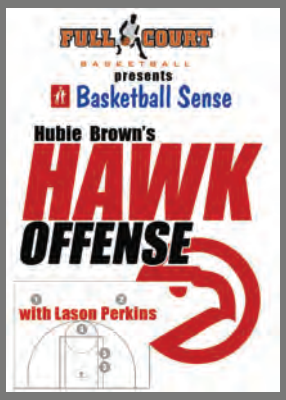


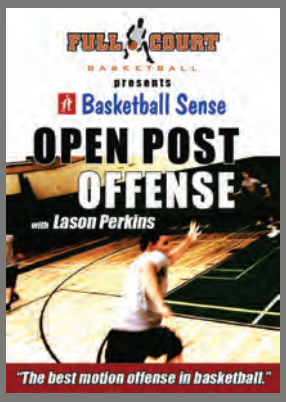
LASON PERKINS' EUROPEAN BALL SCREEN OFFENSE PLAYBOOK

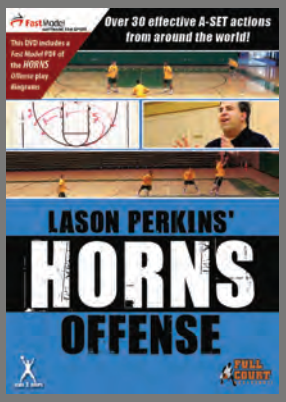
FULL COURT BASKETBALL

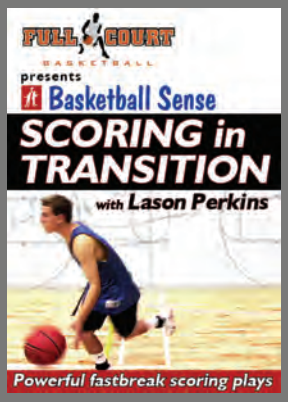
THE WORLD'S BEST BASKETBALL DVDS!

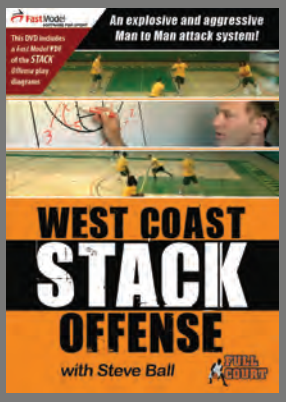


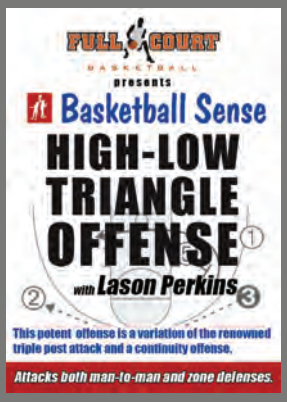




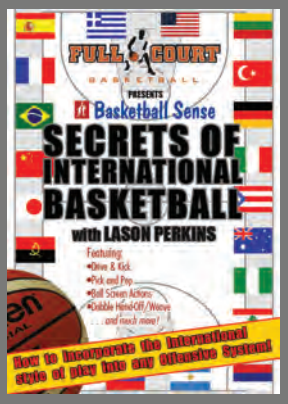










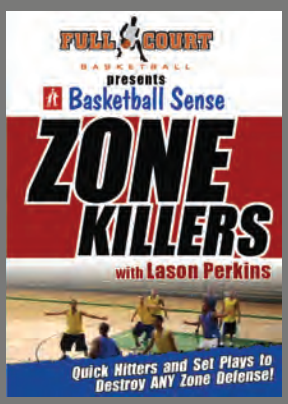


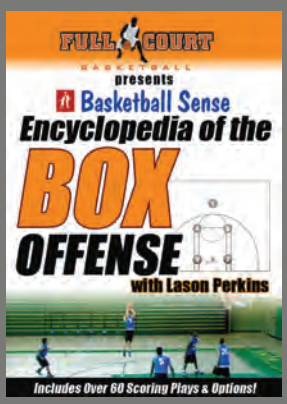


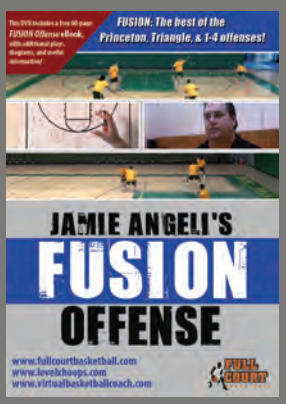








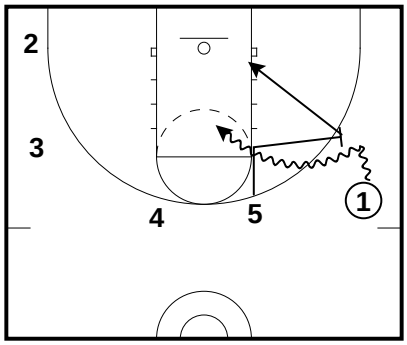




www.fullcourtbasketball.com www.basketballsense.com

Basic Continuity

Basic Continuity (1 of 6)



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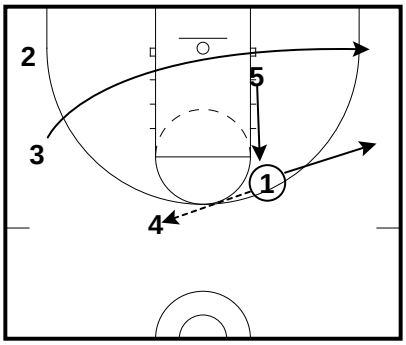
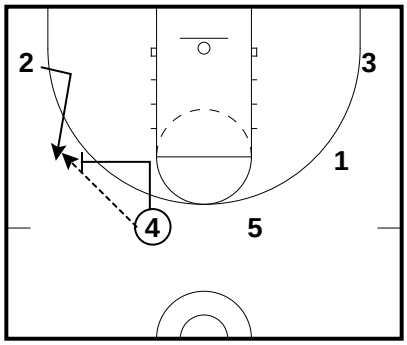


If #1 does not hit #5 or kick out to perimeter shooters, hit #4 and continuity starts.

Basic Continuity (3 of 6)



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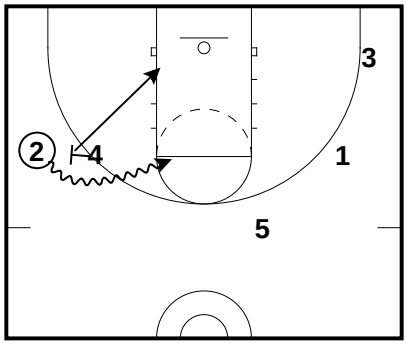

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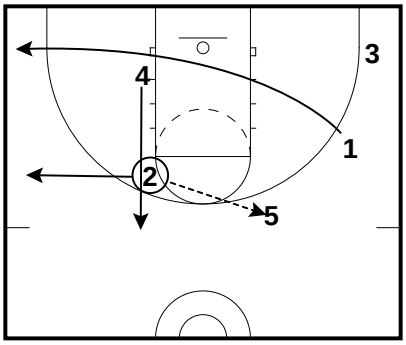
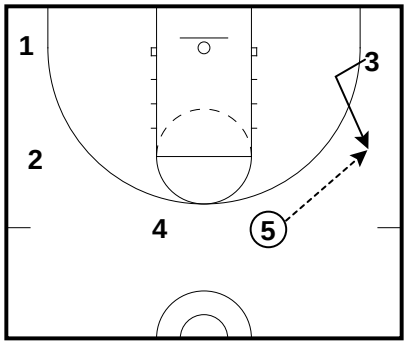
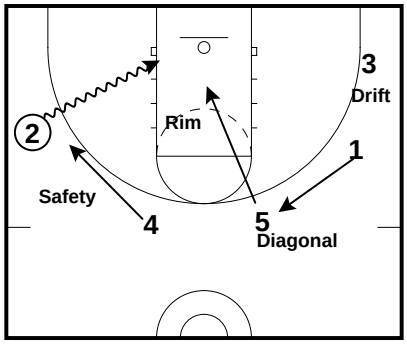


Basic Continuity (6 of 6)



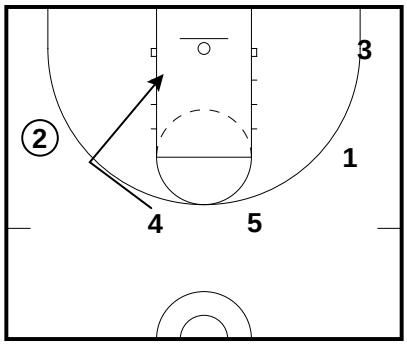
Adjustments

Baseline Drive/Reject Screen



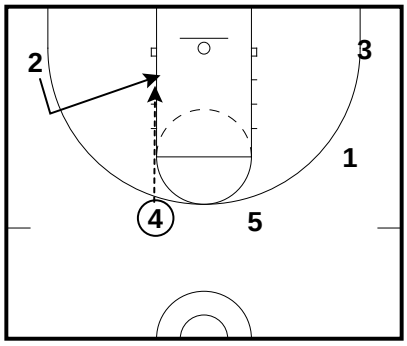
Ballhandler can reject the screen at anytime. React to baseline drive by having the corner drift position filled, high diagonal, rim, and safety spots filled.

Slip



Post player setting the screen can slip anytime. Good to mix in to keep defense guessing.

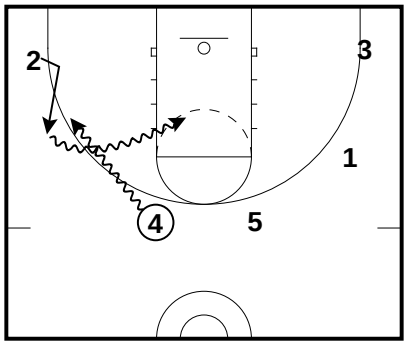
Backdoor



Guard has the option to cut backdoor on overplay

Adjustments

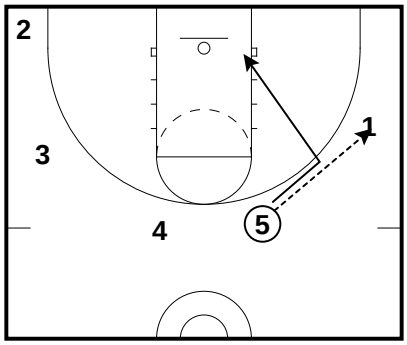
DHO



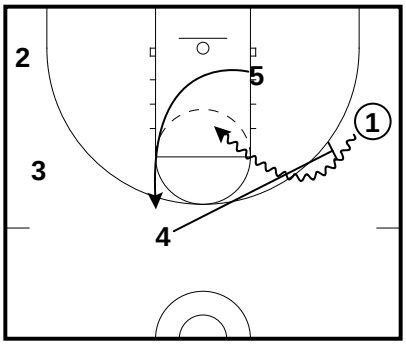
Post player can also run dribble hand off if cutter is overplayed

Special Actions

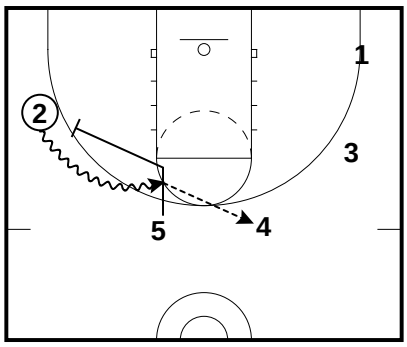
Running Slip (1 of 2)



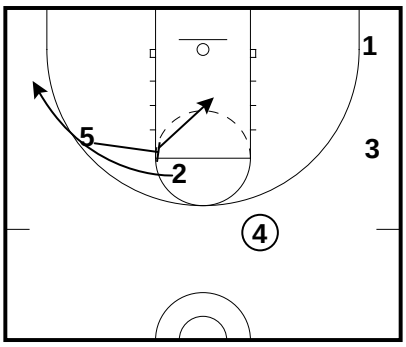
Running Slip (2 of 2)



Flare Slip (1 of 2)

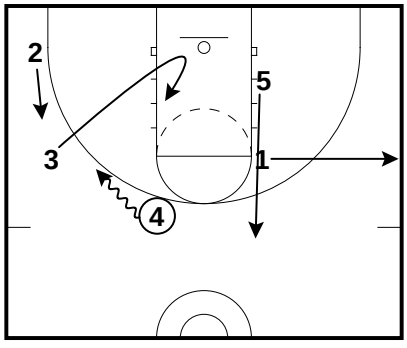


Flare Slip (2 of 2)



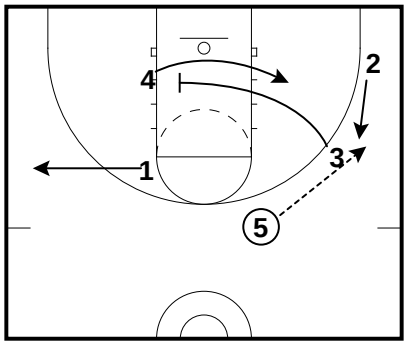
Hook Post

Can use this with any perimeter player who has mismatch



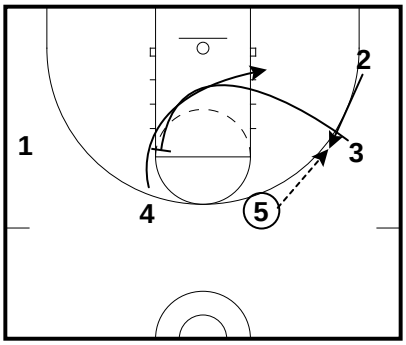
Special Actions

Post Special 1 (1 of 2)



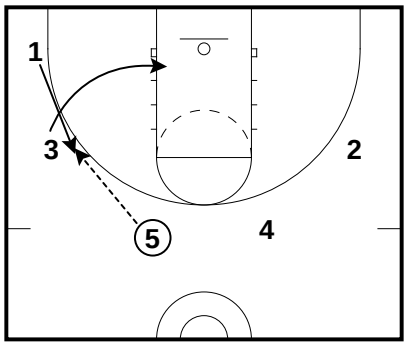
4 can hold on the block, then get the cross screen. This option was not shown on the video

Post Special 1 (2 of 2)

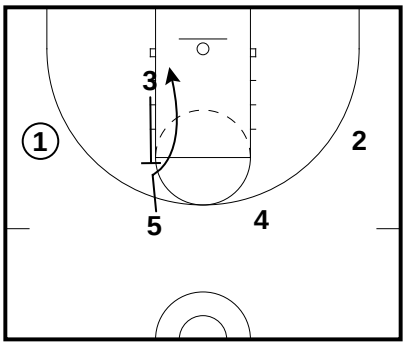


If 4 gets up to the post spot, 3 comes up to set back screen as shown on the video.

Post Special 2 (1 of 2)



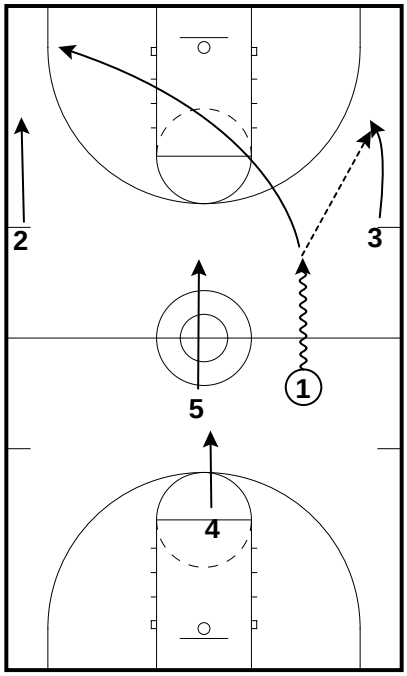
Post Special 2 (2 of 2)



Full Court Entries

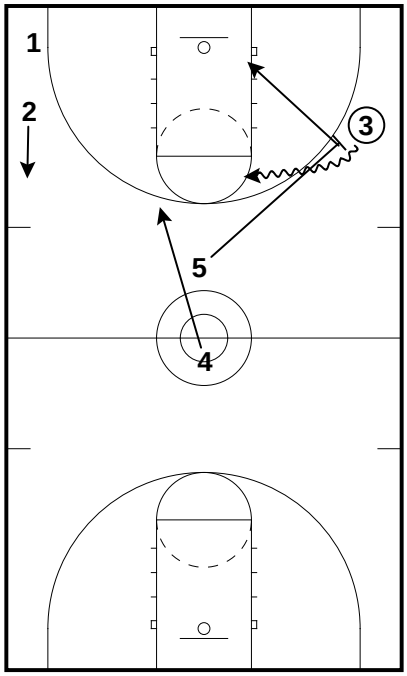
Transition Entry (1 of 2)

Off Made Basket

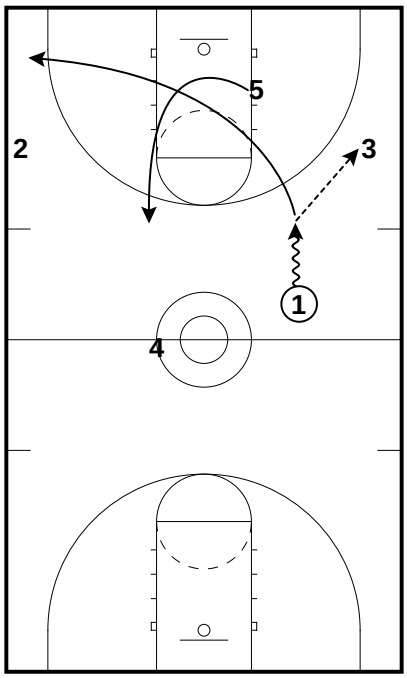


Transition Entry (2 of 2)

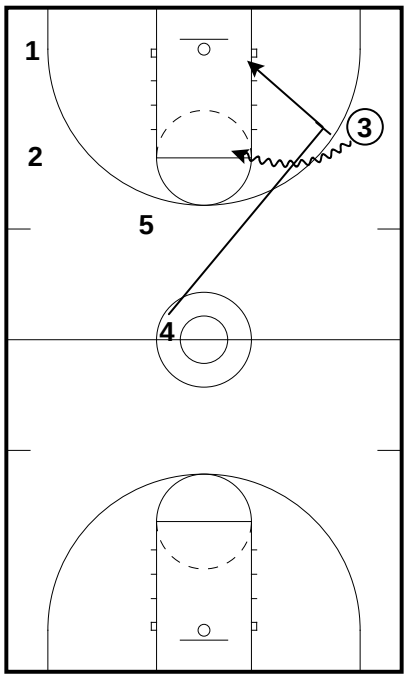
Off Made Basket



Dead Ball Entry (1 of 2)



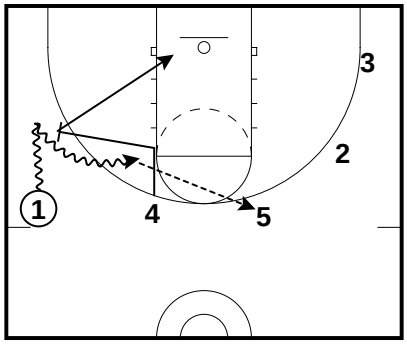
Dead Ball Entry (2 of 2)



Half Court Entries

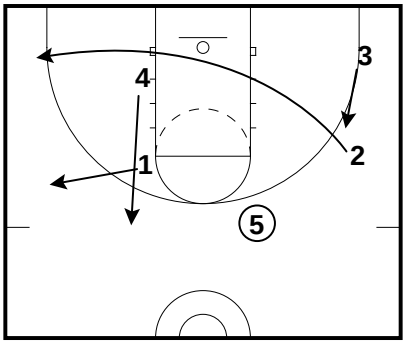
Basic Entry (1 of 2)

This entry was not featured on the video

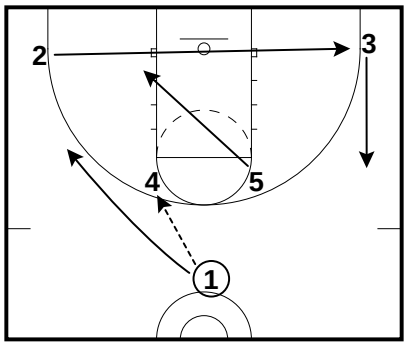


Basic Entry (2 of 2)

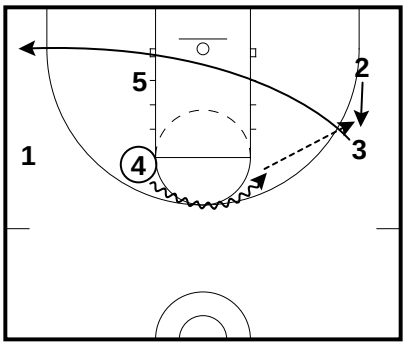
This entry was not featured on the video



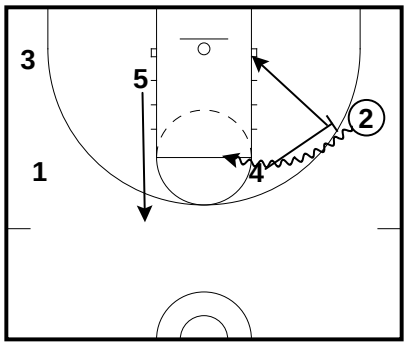
Horns 1 (1 of 3)



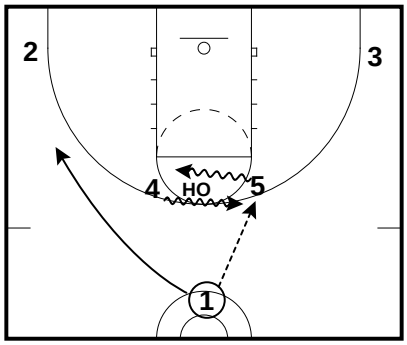
Horns 1 (2 of 3)



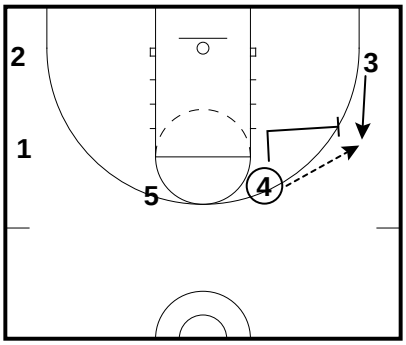
Horns 1 (3 of 3)



Horns 2 (1 of 2)

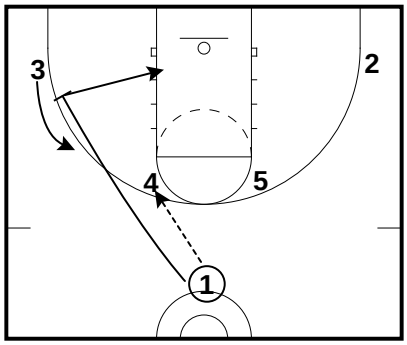


Horns 2 (2 of 2)

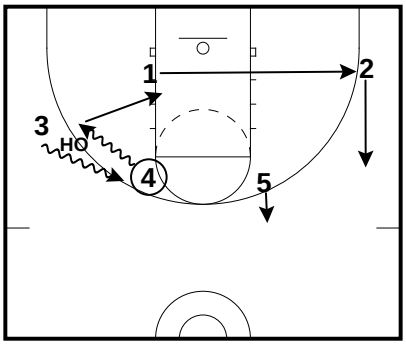


Half Court Entries

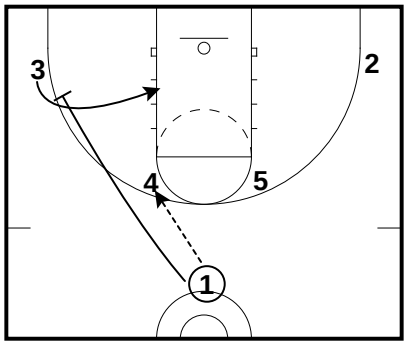
Horns 3 (1 of 4)



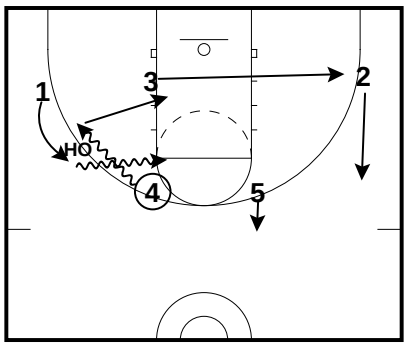
Horns 3 (2 of 4)



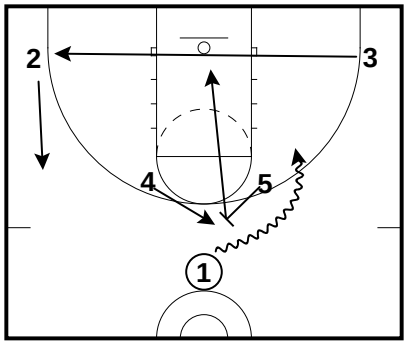
Horns 3 (3 of 4)



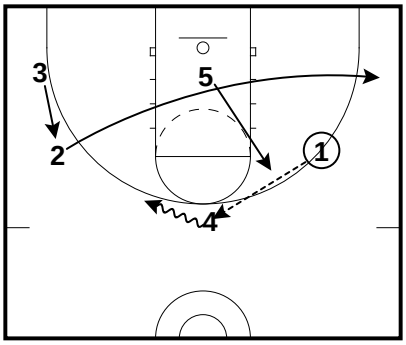
Horns 3 (4 of 4)



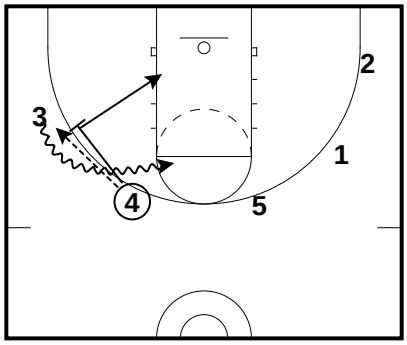
Horns 4 (1 of 3)



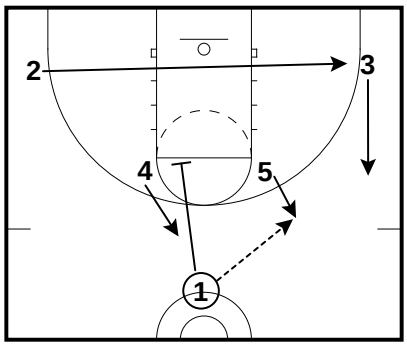
Horns 4 (2 of 3)



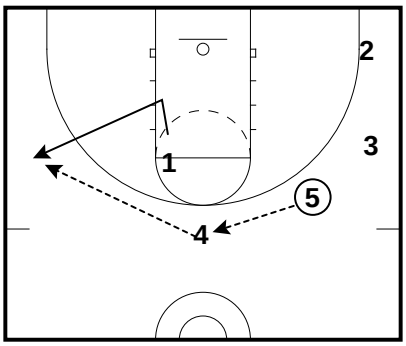
Horns 4 (3 of 3)



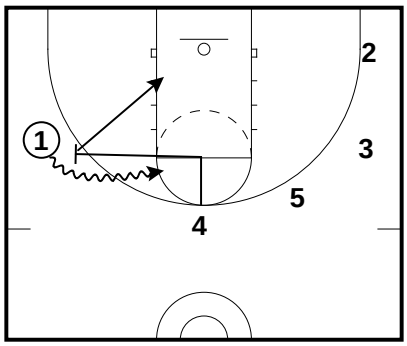
Horns 5 (1 of 3)



Horns 5 (2 of 3)

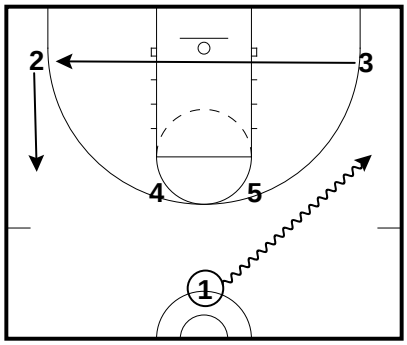


Horns 5 (3 of 3)

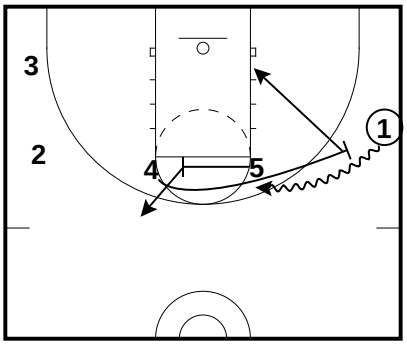


Half Court Entries

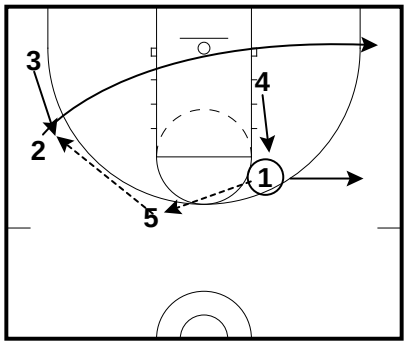
Horns 6 (1 of 3)



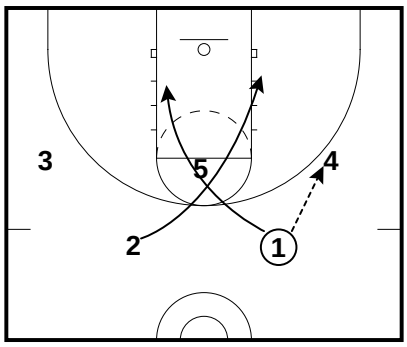
Horns 6 (2 of 3)



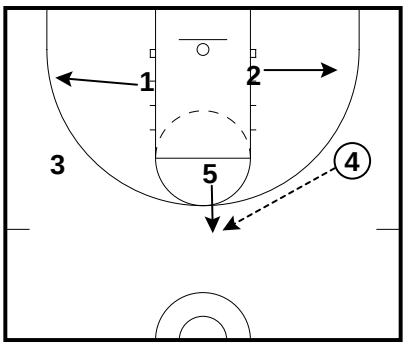
Horns 6 (3 of 3)



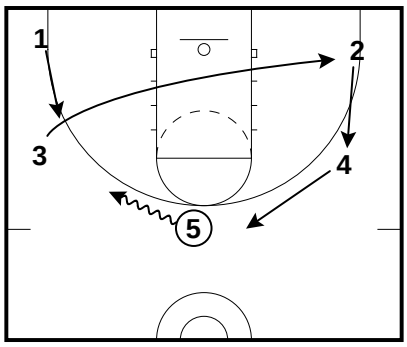
Two Guard Entry (1 of 3)



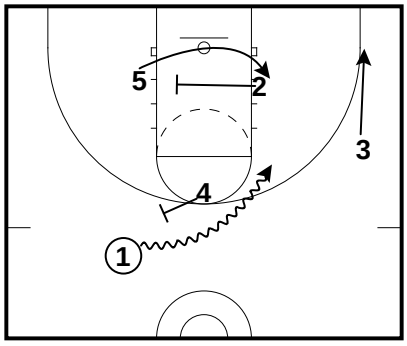
Two Guard Entry (2 of 3)



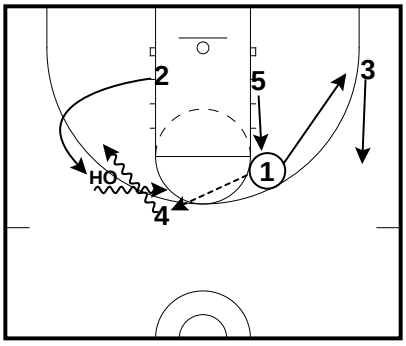
Two Guard Entry (3 of 3)



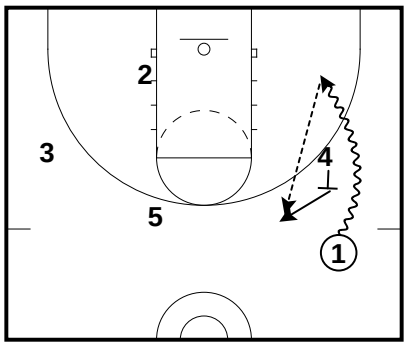
Up Entry (1 of 2)



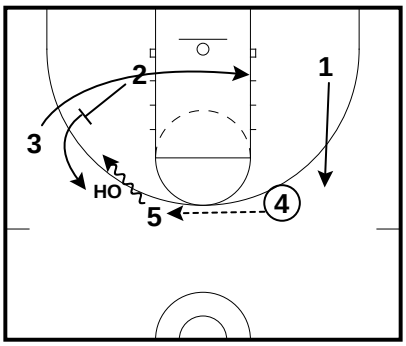
Up Entry (2 of 2)



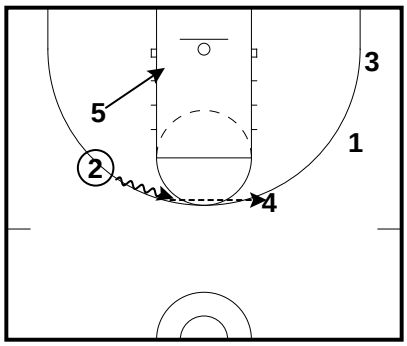
Step Up (1 of 3)



Step Up (2 of 3)

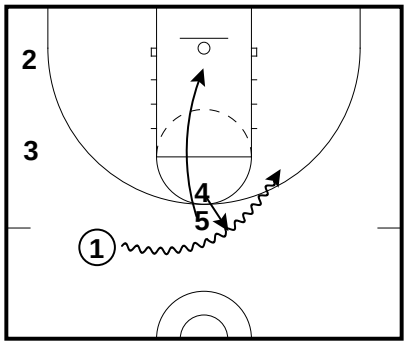


Step Up (3 of 3)

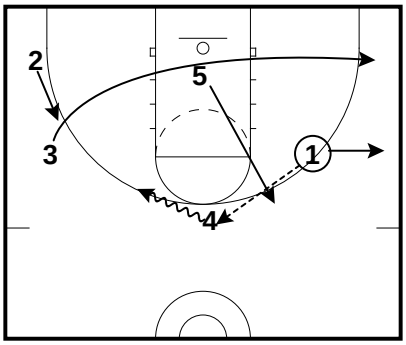


Half Court Entries

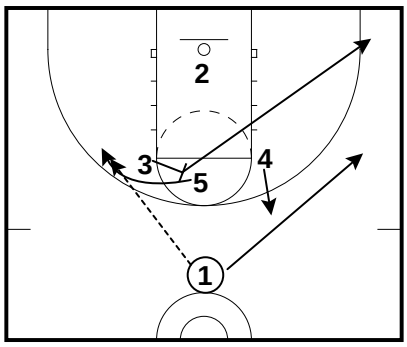
Magic (1 of 2)



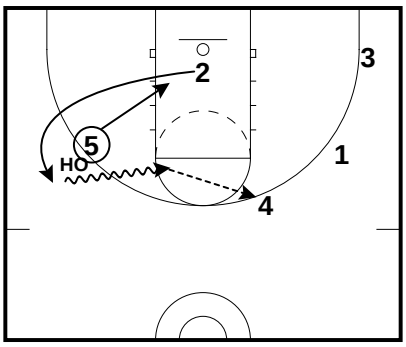
Magic (2 of 2)



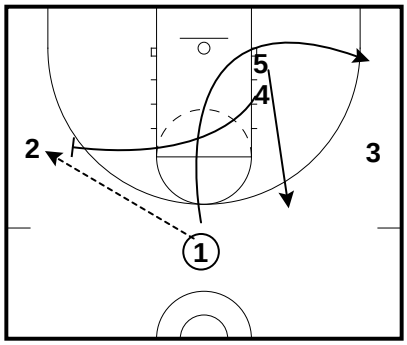
Hoosier (1 of 2)



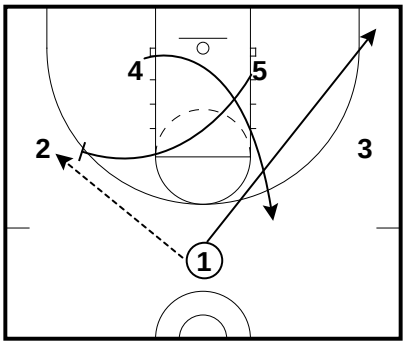
Hoosier (2 of 2)



Additional Entries Not Shown (1 of 2)

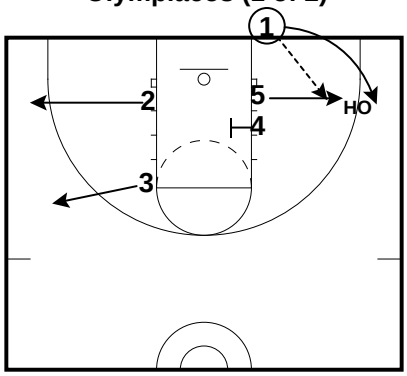


Additional Entries Not Shown (2 of 2)

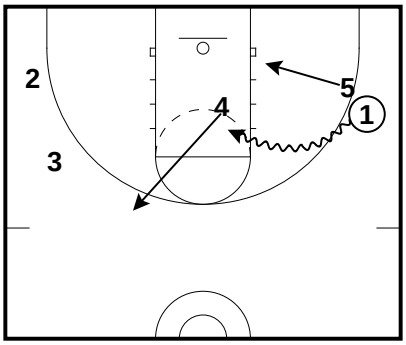


Out of Bounds Entries

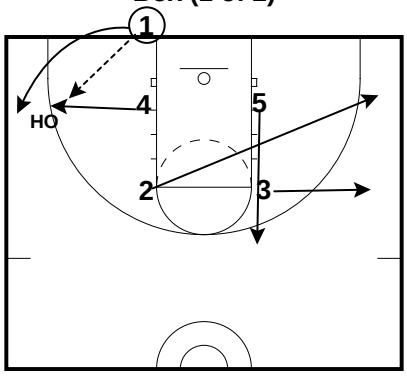
Olympiacos (1 of 2)



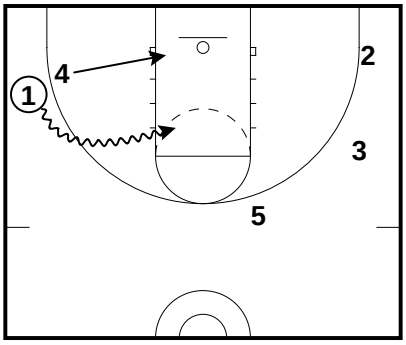
Olympiacos (2 of 2)



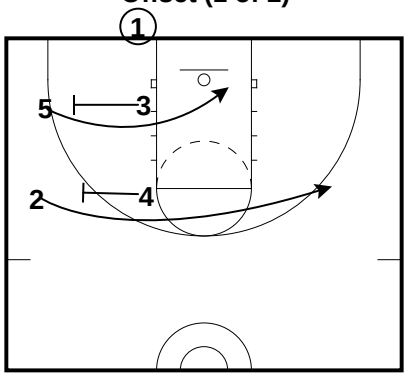
Box (1 of 2)



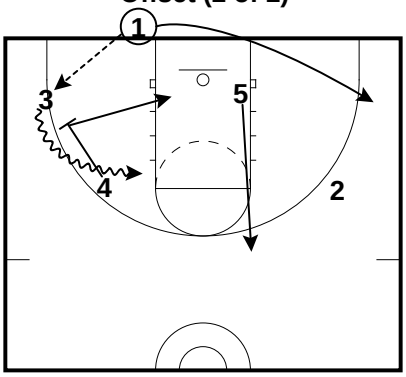
Box (2 of 2)



Offset (1 of 2)

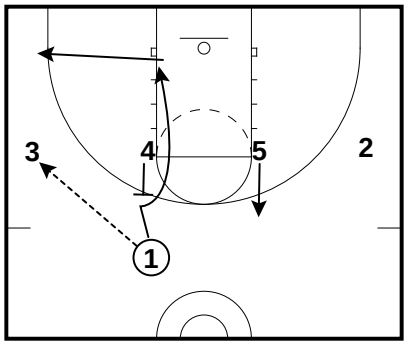


Offset (2 of 2)

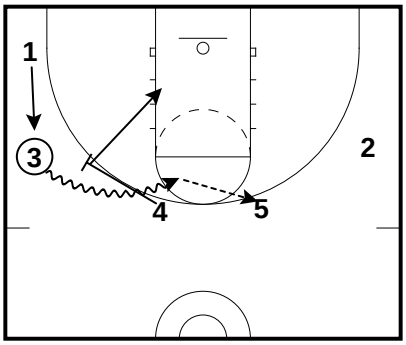


Additional Continuities

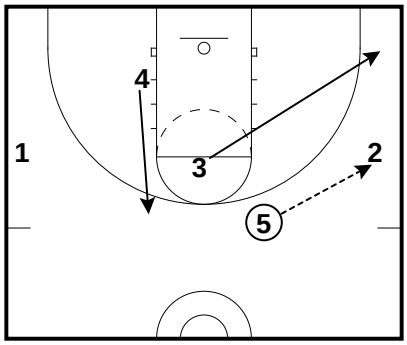
Portland Continuity (1 of 5)



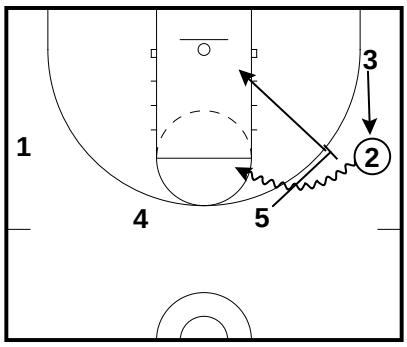
Portland Continuity (2 of 5)



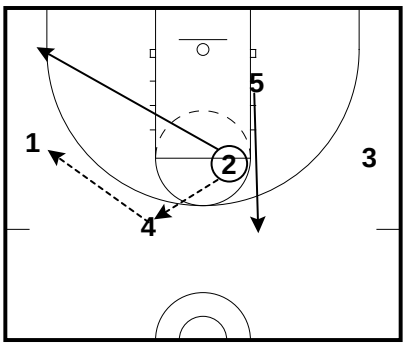
Portland Continuity (3 of 5)



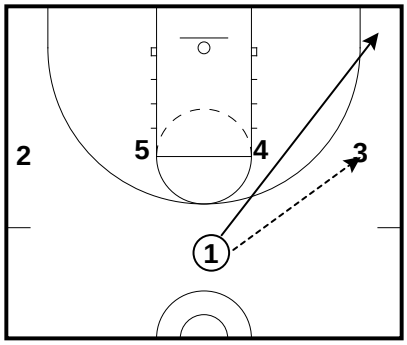
Portland Continuity (4 of 5)



Portland Continuity (5 of 5)



Corner (1 of 5)



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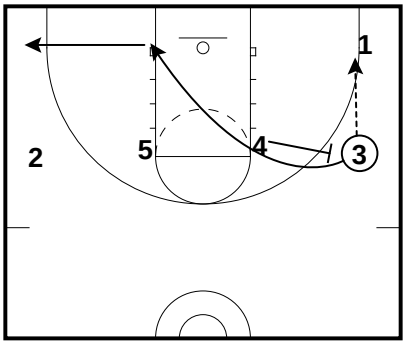

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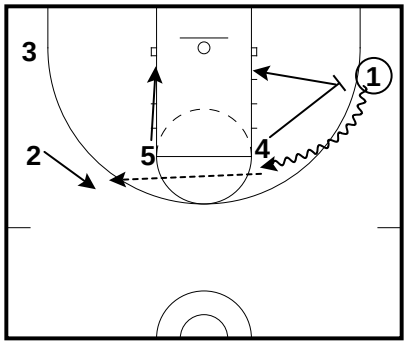

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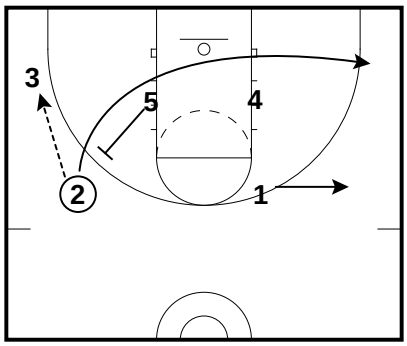

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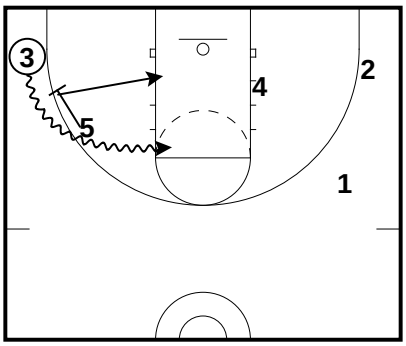
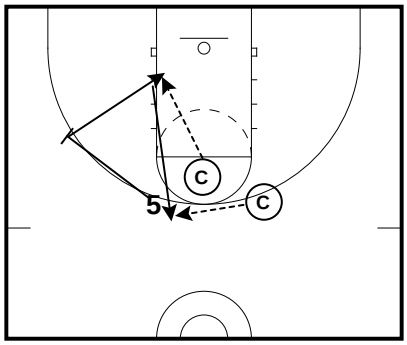


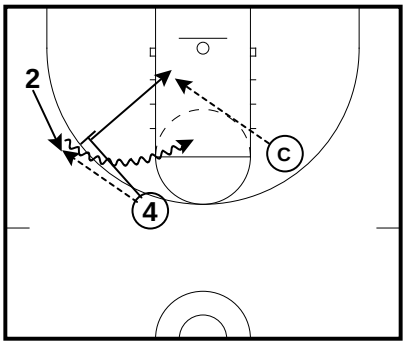
Drills

Drills (1 of 4)



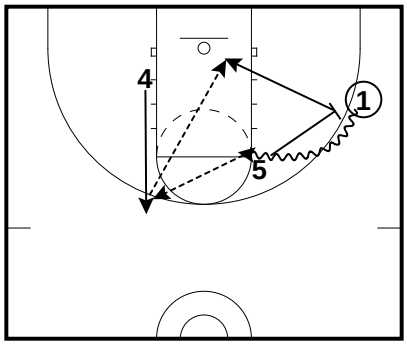
2 Ball Shooting for Post

Drills (2 of 4)



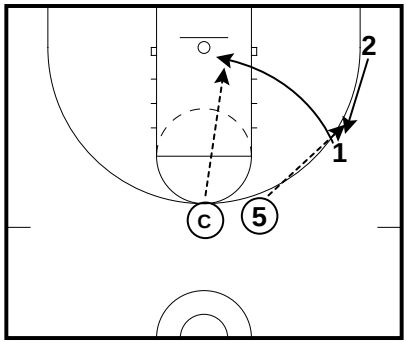
2 Ball Shooting for Guard and Post

Drills (3 of 4)



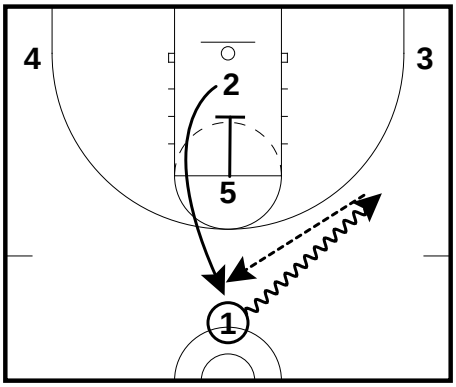
High Low Feed off Ball Screen

Drills (4 of 4)



Half Court Plays

2 Down
PNR



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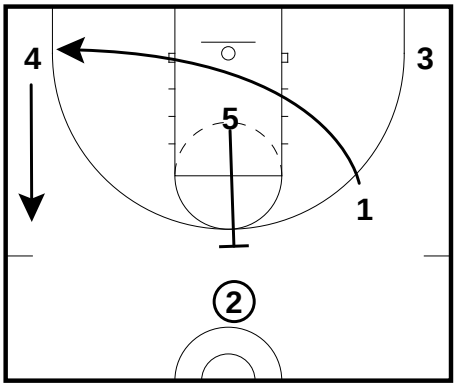

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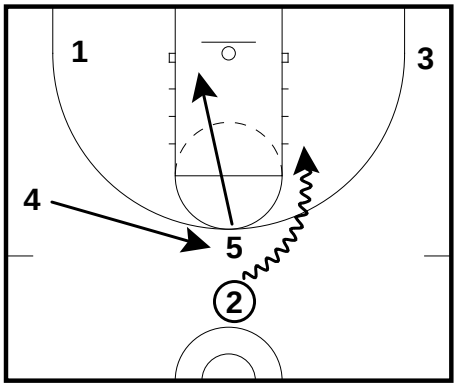

A Set
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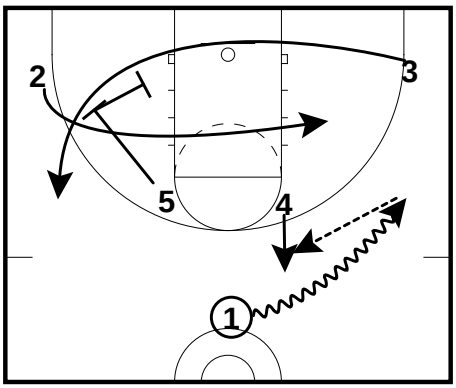

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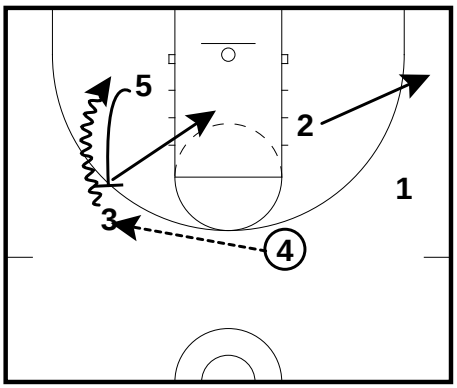

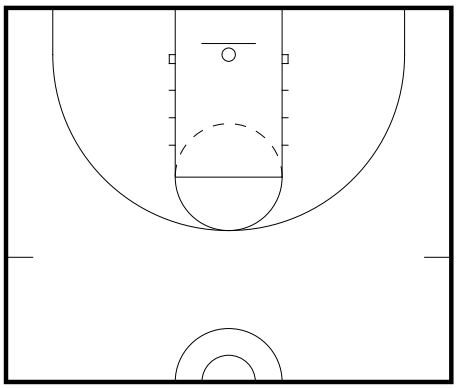

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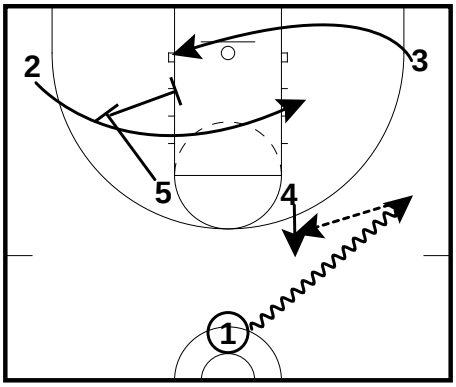
PNR



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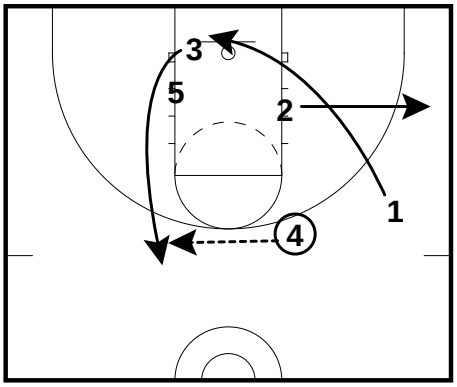

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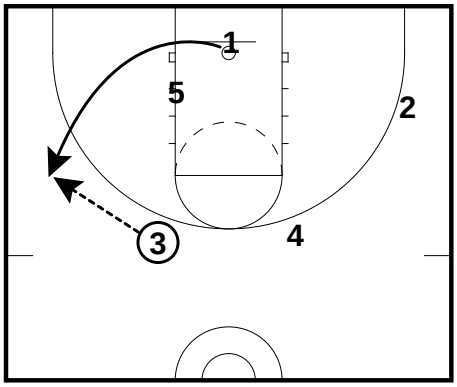
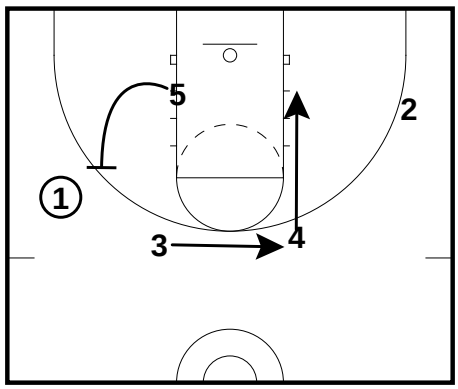
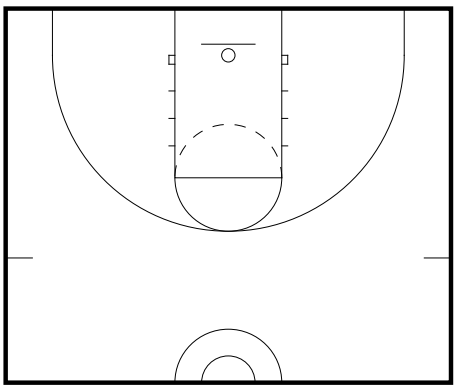


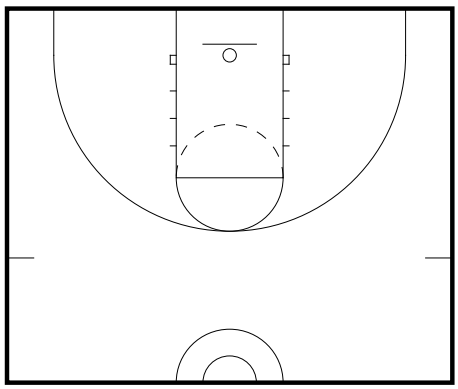
All Contents Proprietary

Half Court Plays

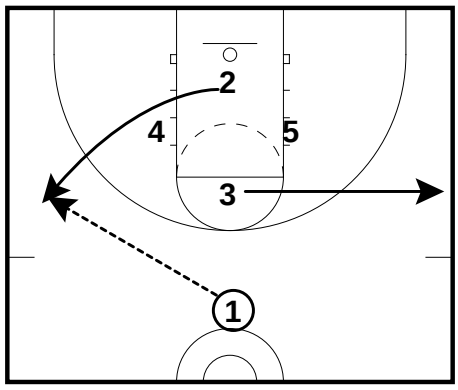
A Set Point
PNR



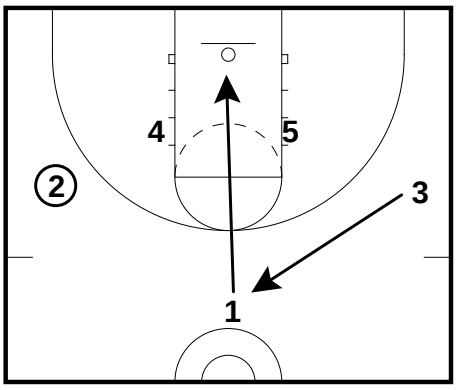




ACB
PNR



ACB
PNR



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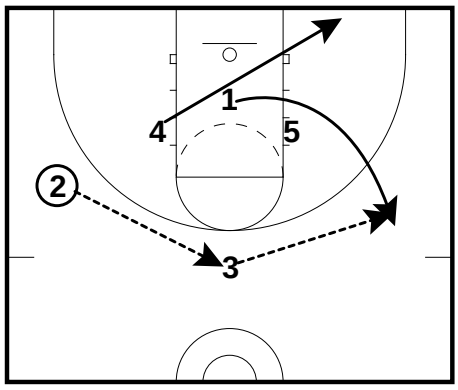

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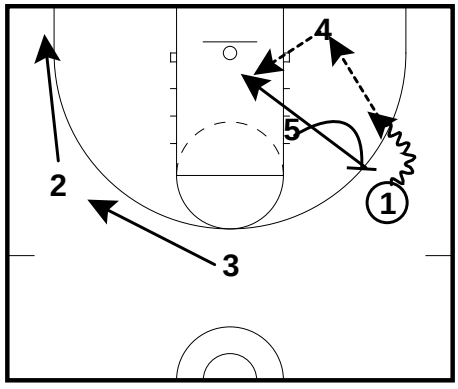
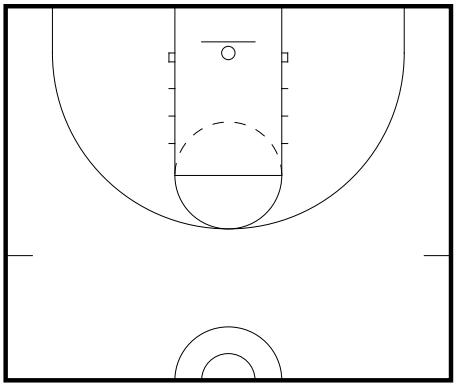
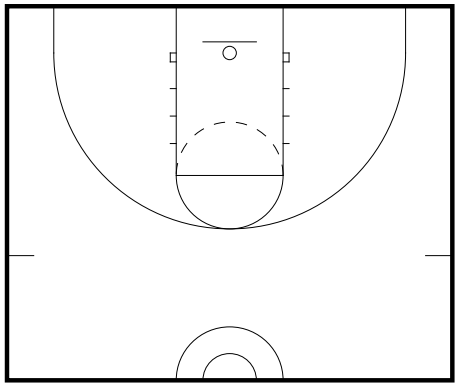


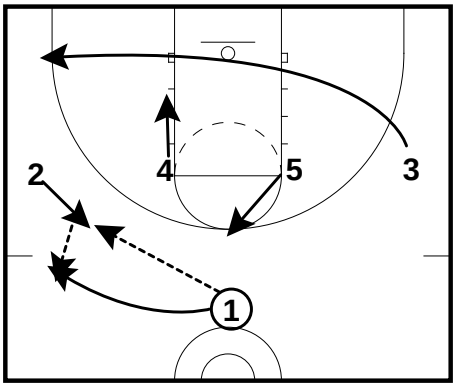




All Contents Proprietary

Half Court Plays

Argentina
PNR



Argentina
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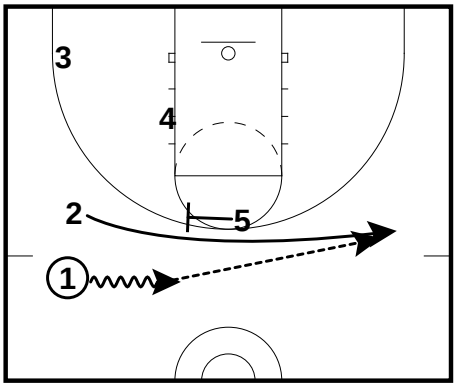

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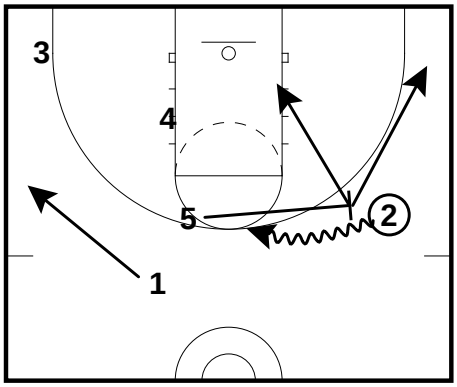

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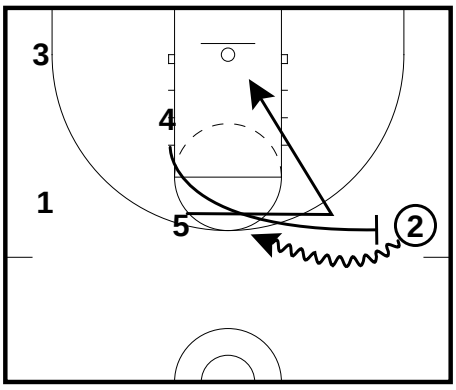
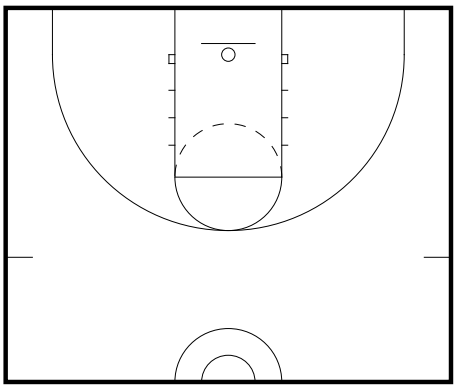
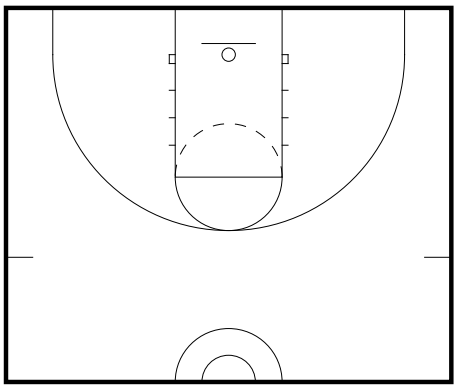
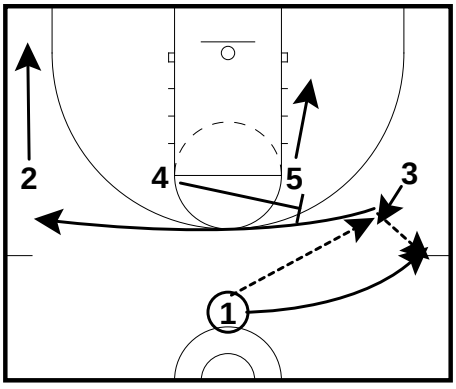






Argentina L Screen
PNR



Argentina L Screen
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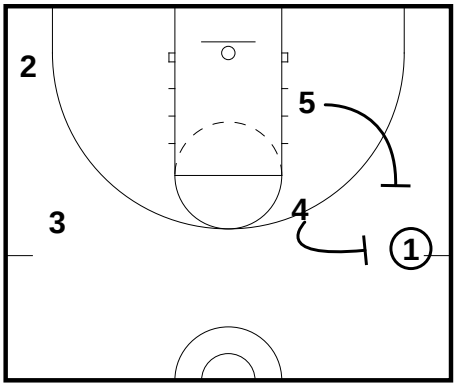
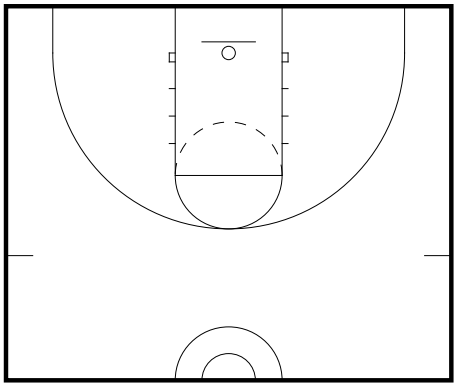
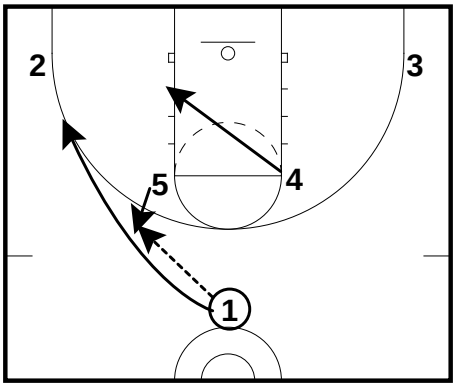




All Contents Proprietary

Half Court Plays

Barcelona DHO
PNR



Barcelona DHO
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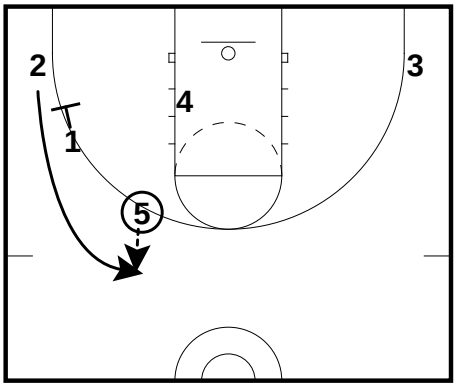

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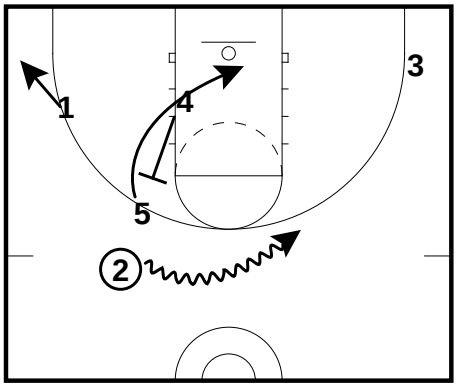

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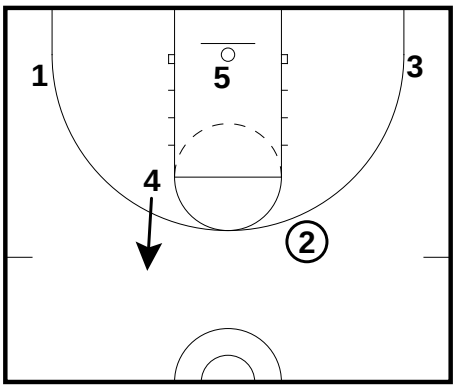
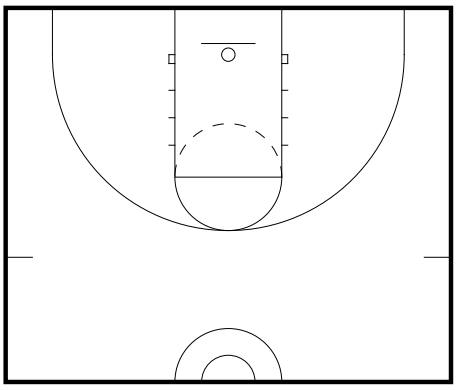
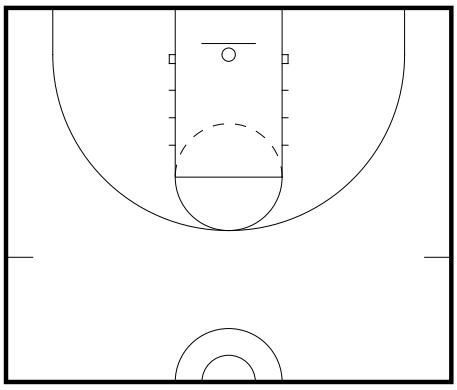
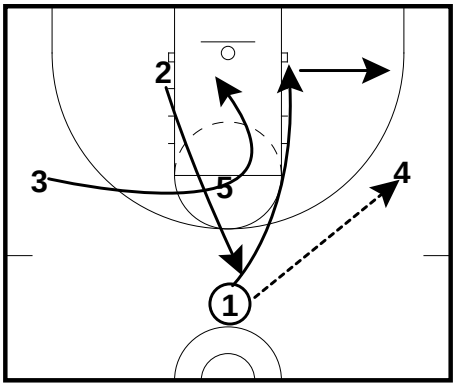


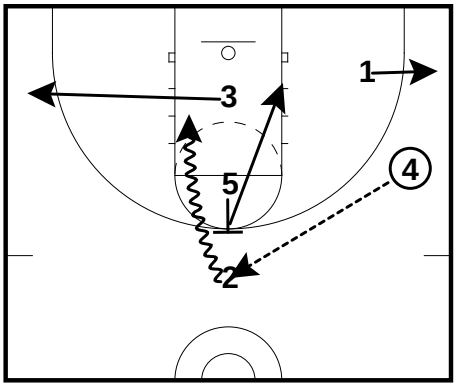




Barcelona Mid PNR
PNR



Barcelona Mid PNR
PNR



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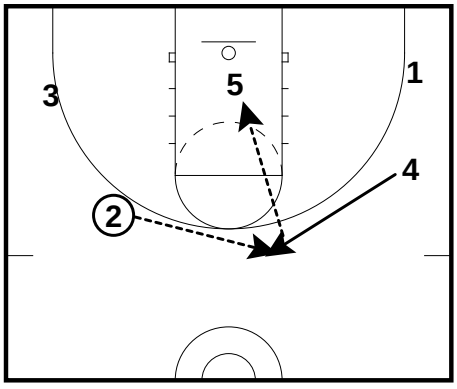
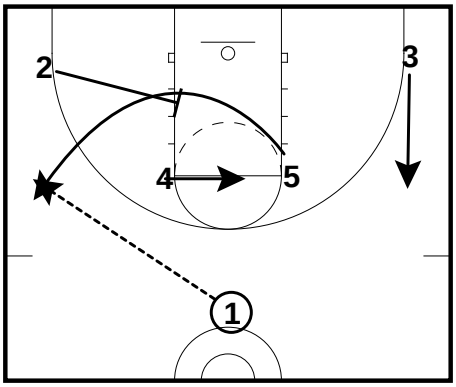


All Contents Proprietary

Half Court Plays

Barcelona Mid PNR
PNR



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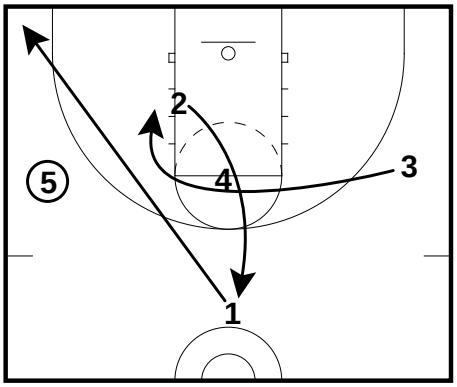
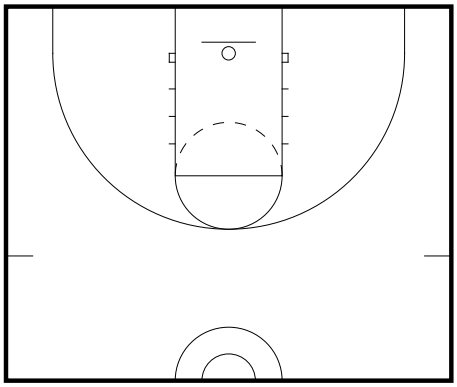
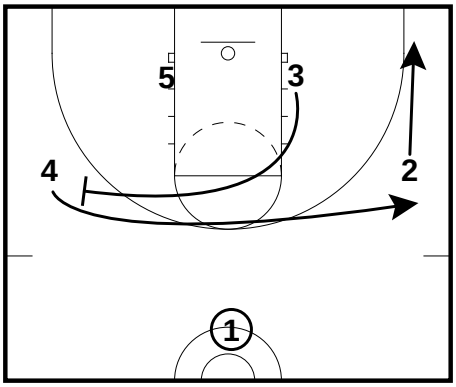


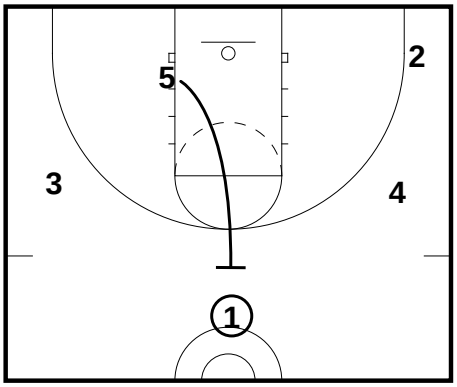


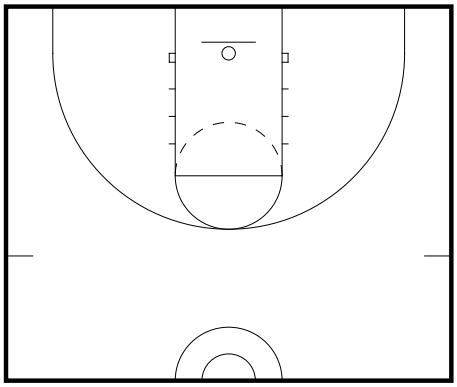
Horns Entry into PNR

Belgrade
PNR

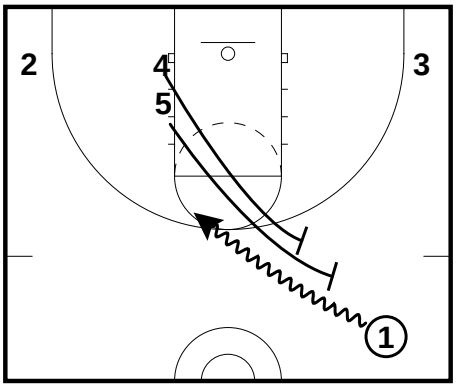


Belgrade
PNR





China
PNR



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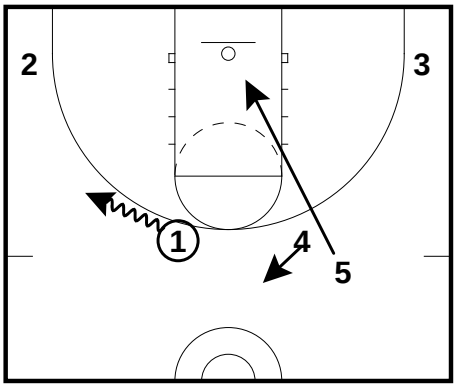
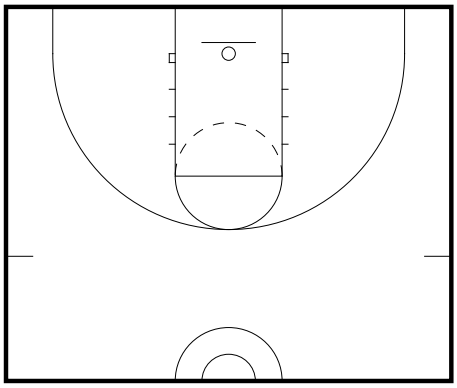
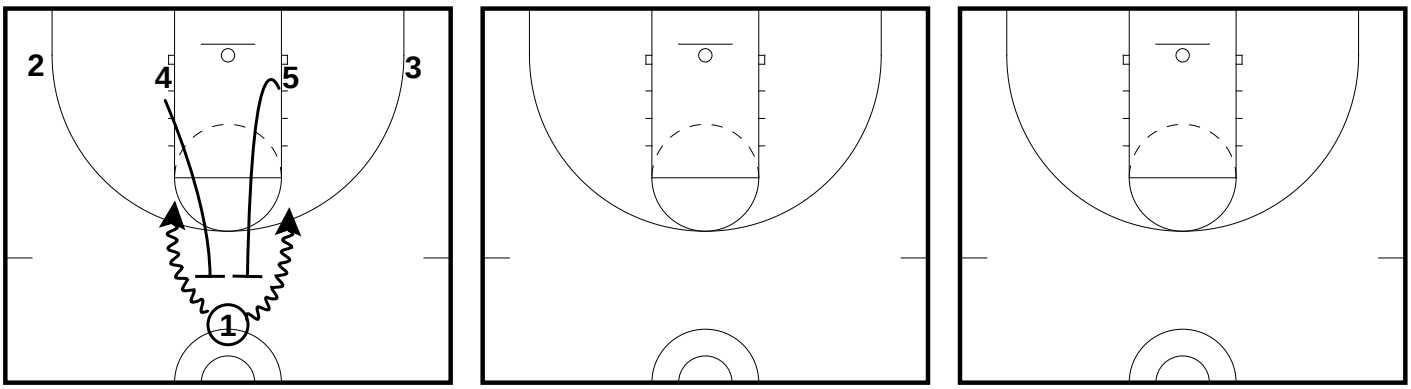




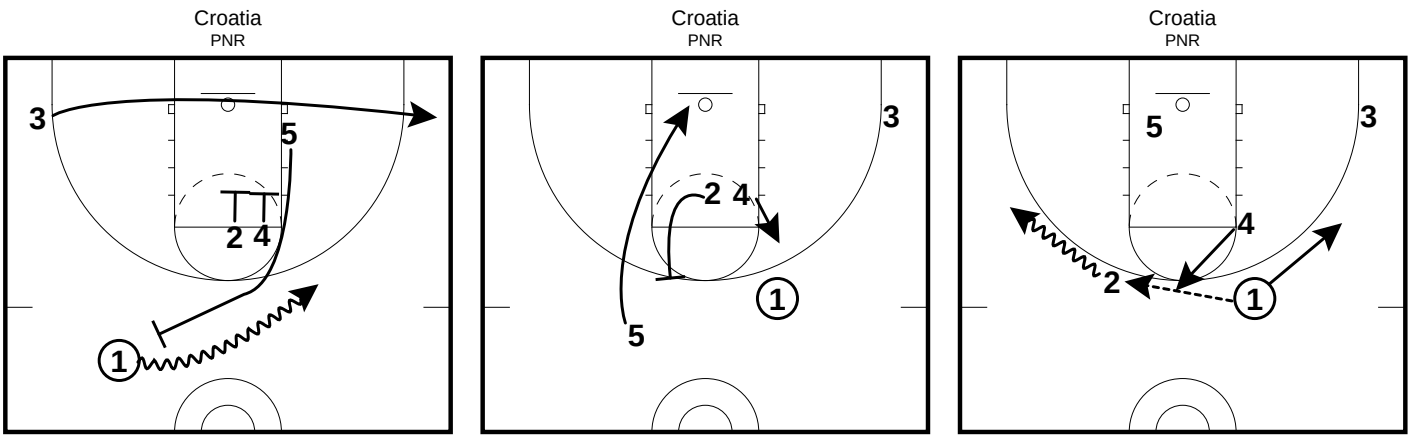
All Contents Proprietary

Half Court Plays

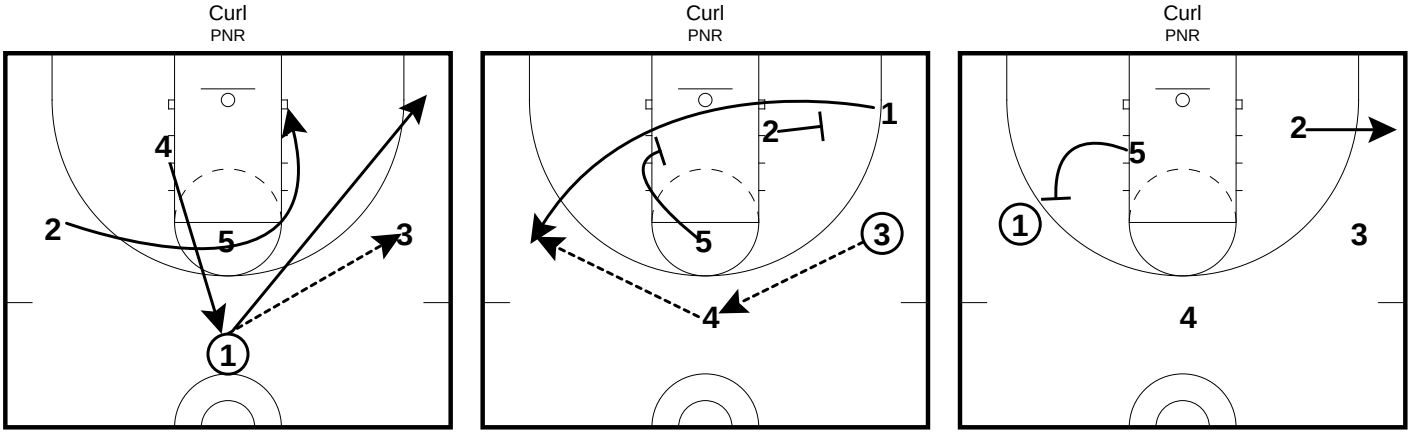
China 2
PNR



Croatia
PNR



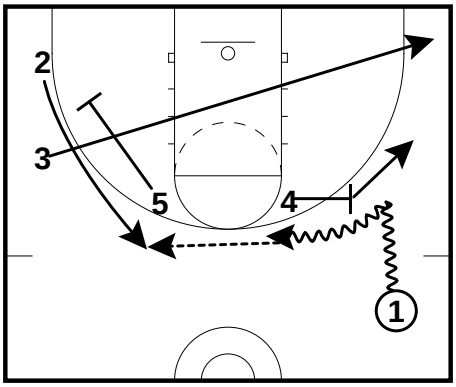
Curl
PNR



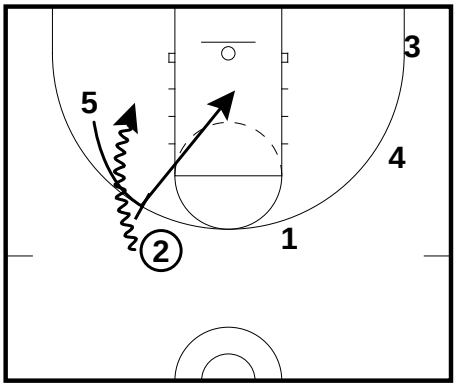
All Contents Proprietary

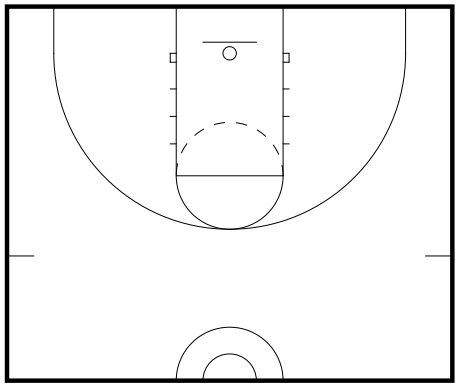
Half Court Plays

D'Antoni
PNR



D'Antoni
PNR





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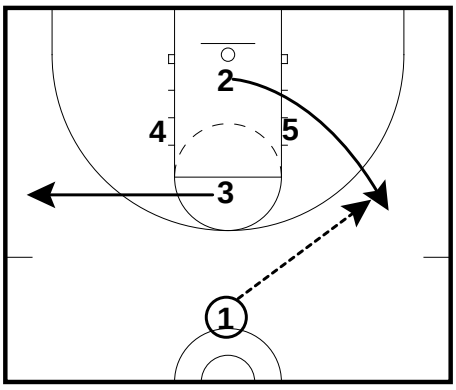

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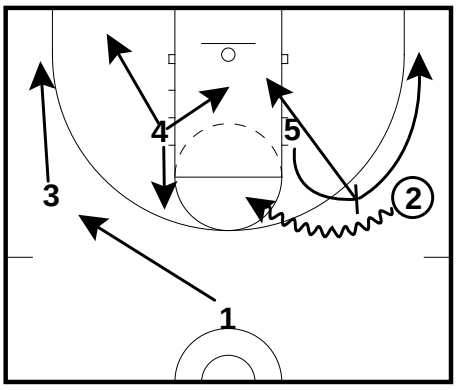

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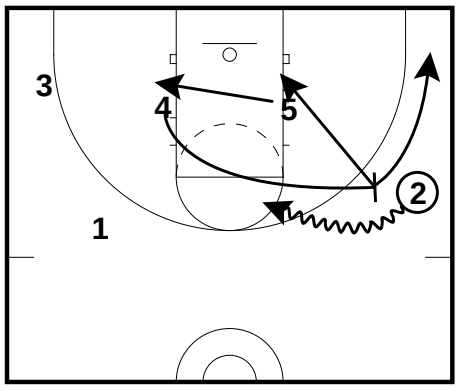

2 can cut off 4 or 5. 3 will go opposite of 2

Double Exit 1
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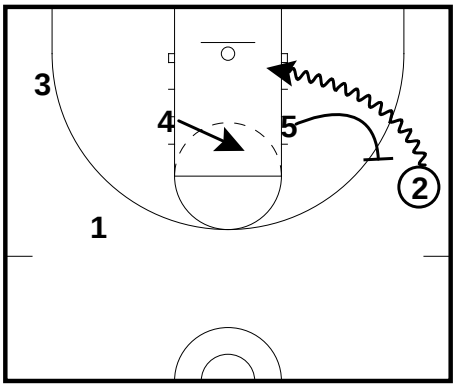
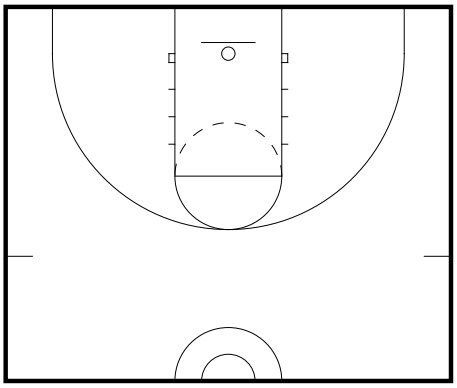
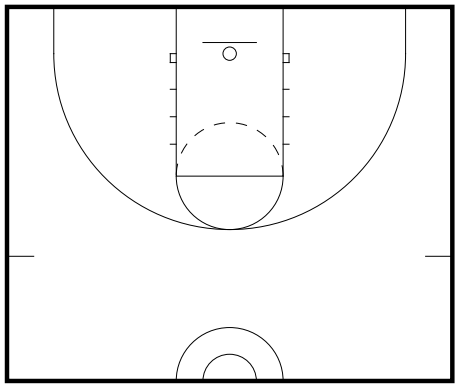


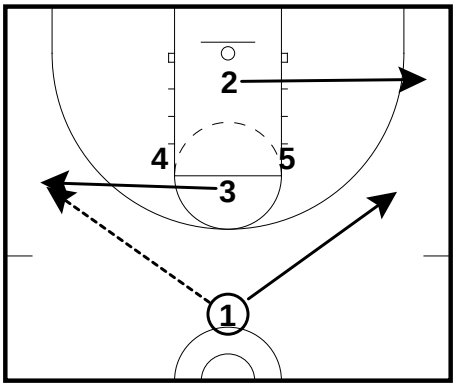




All Contents Proprietary

Half Court Plays

Double Exit 2
PNR



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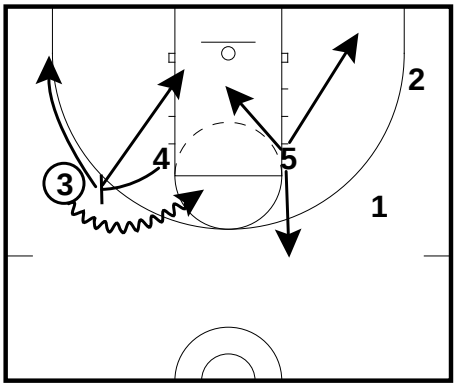

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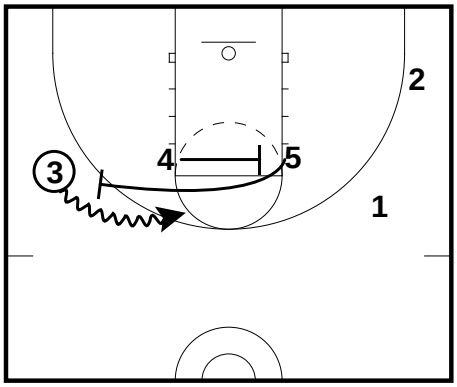

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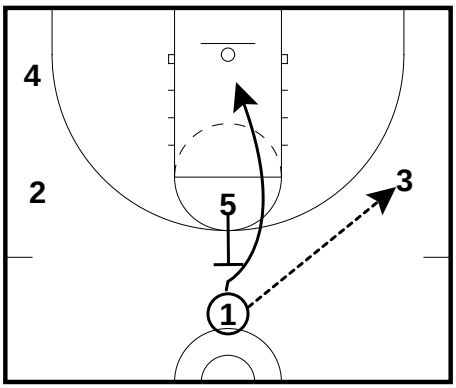

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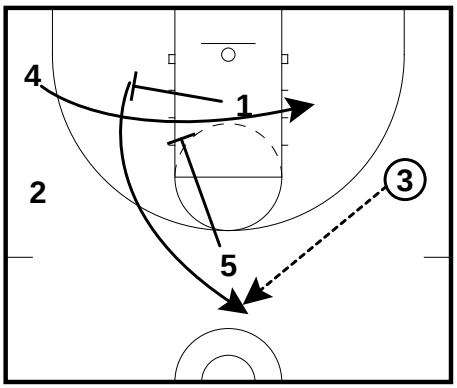

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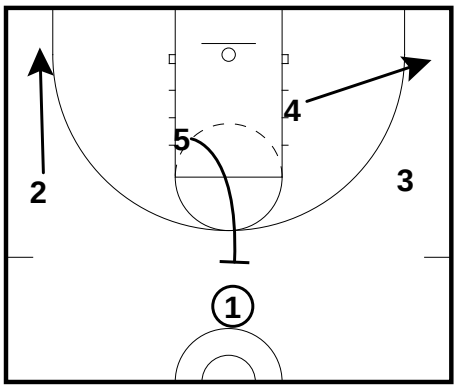

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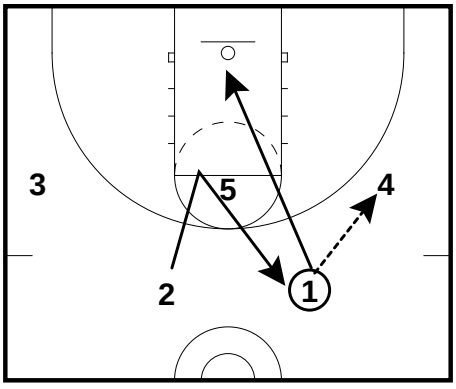

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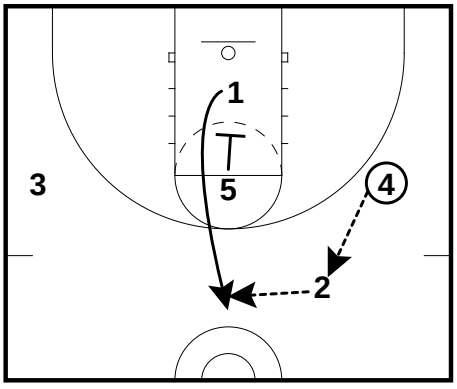

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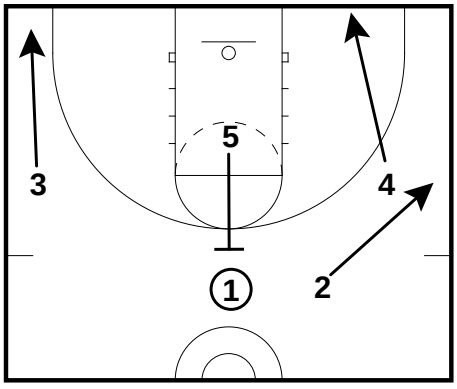
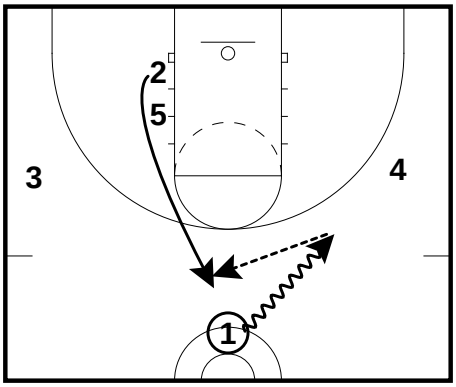


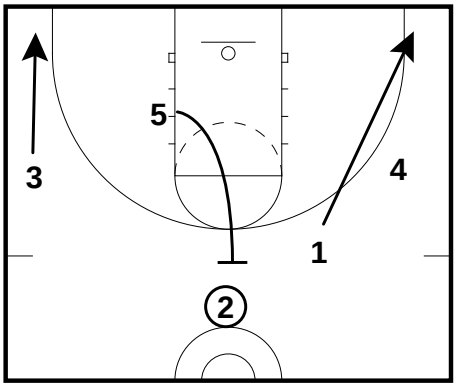
All Contents Proprietary

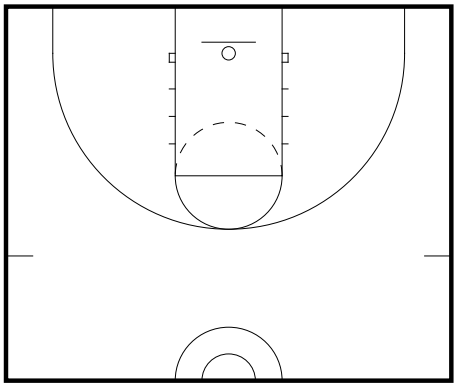
Half Court Plays

Stack
PNR



Stack
PNR





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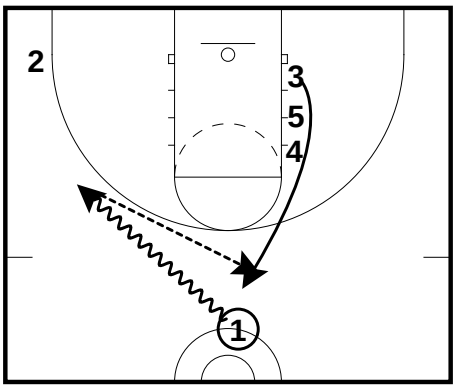

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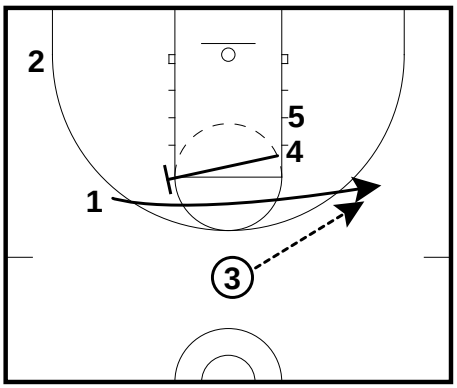

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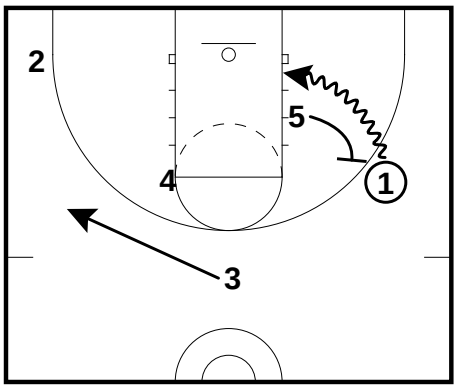

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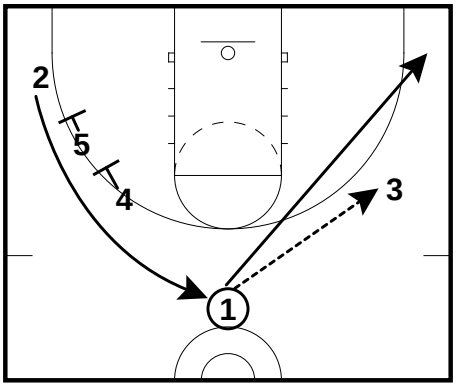

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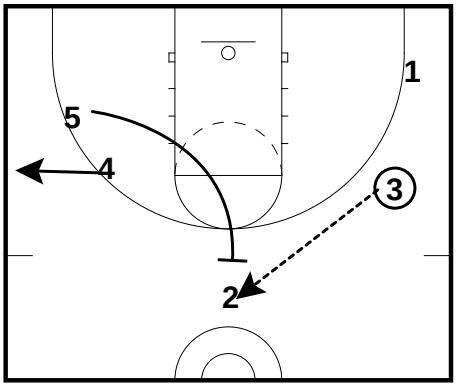

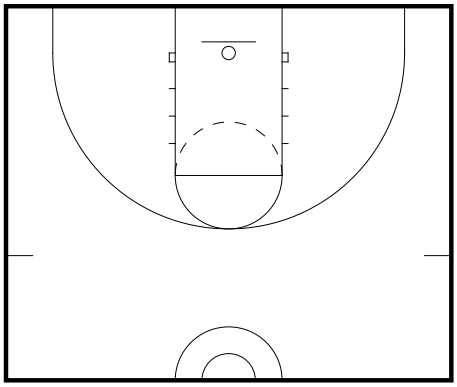

All Contents Proprietary

Half Court Plays

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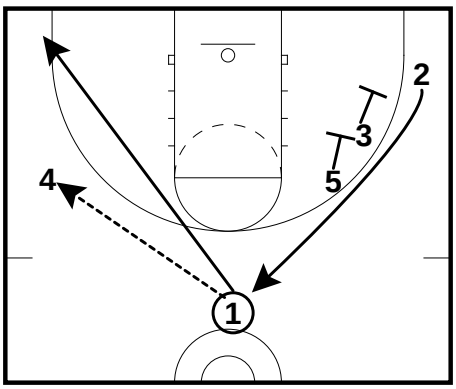

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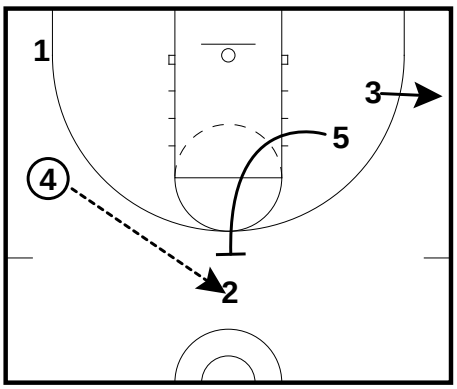

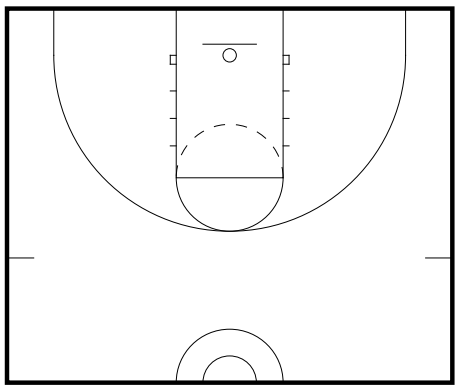

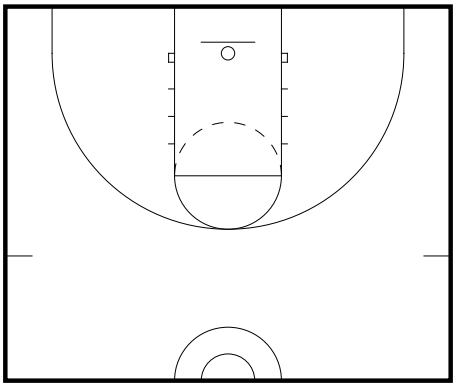

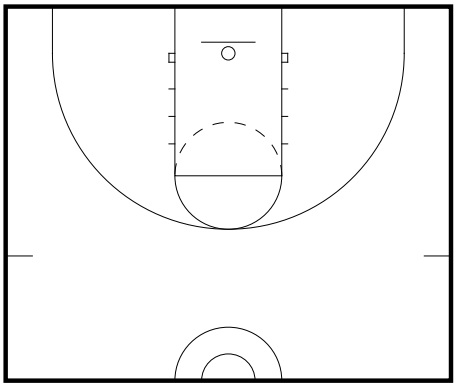

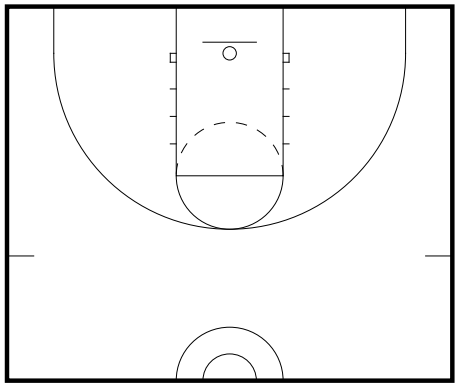

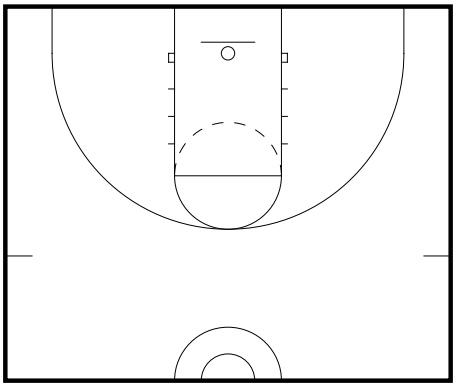

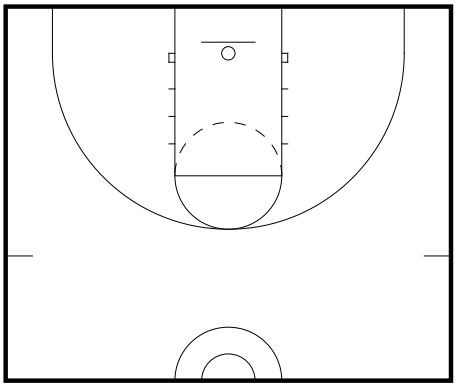

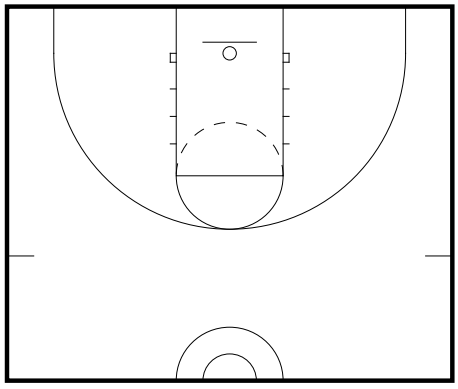

All Contents Proprietary

BOB Plays

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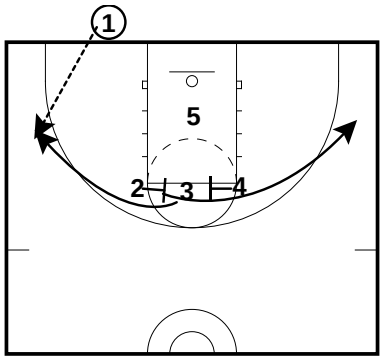

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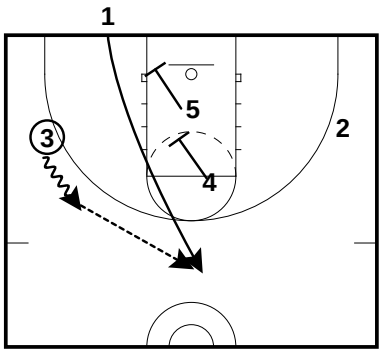

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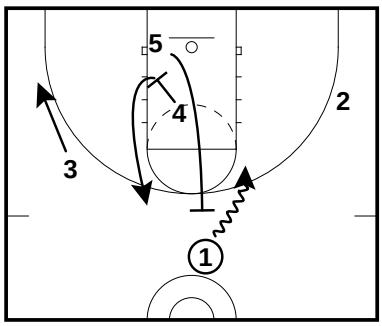

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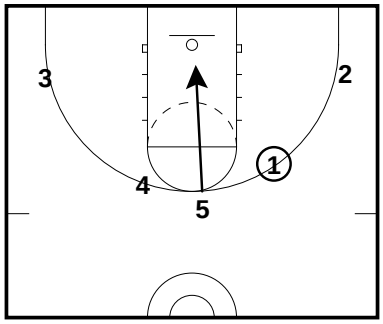

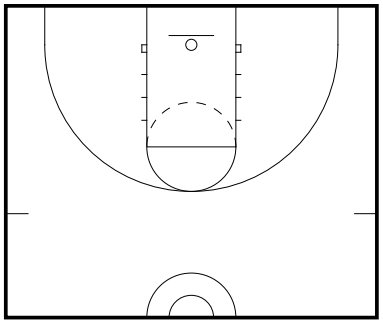

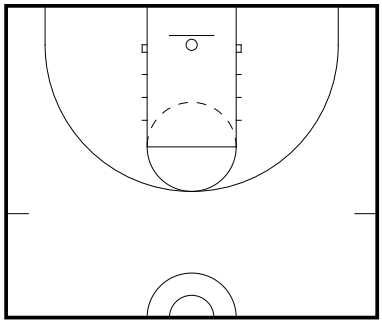

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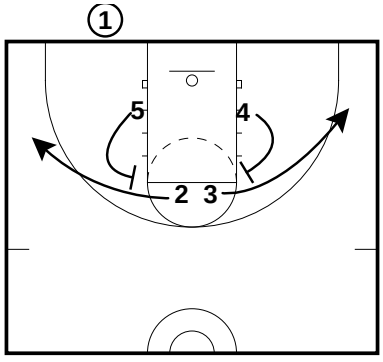
PNR



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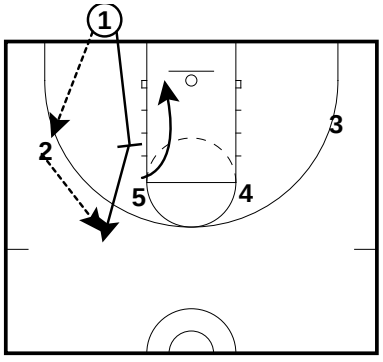

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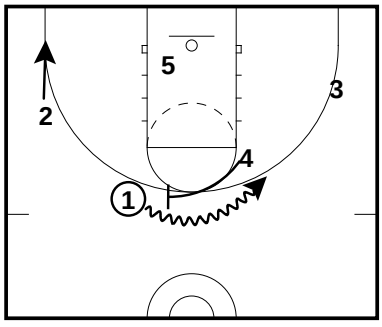

All Contents Proprietary

BOB Plays

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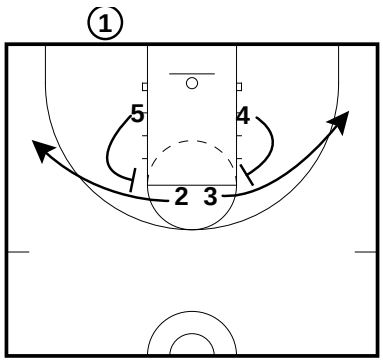

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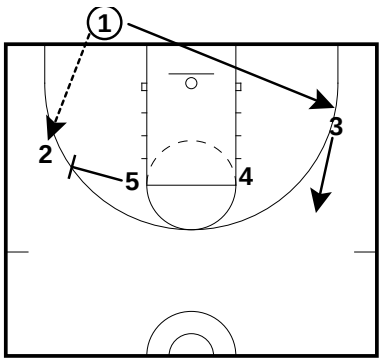
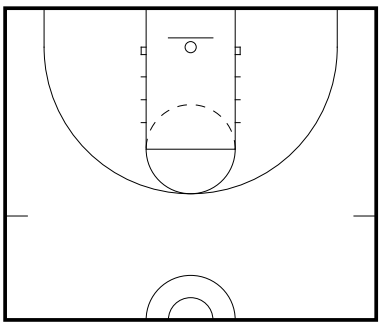
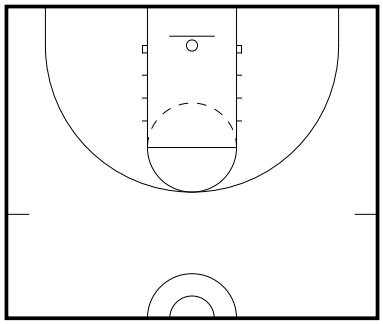
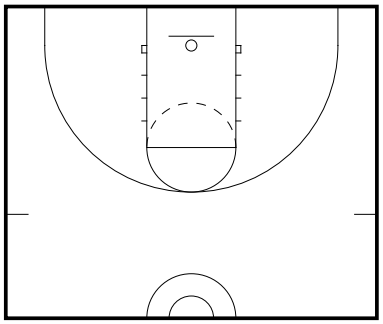
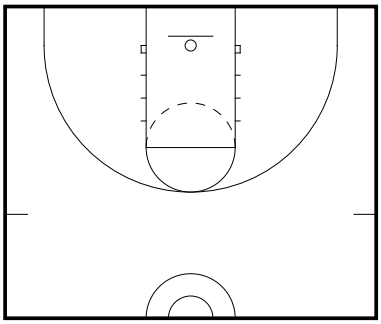
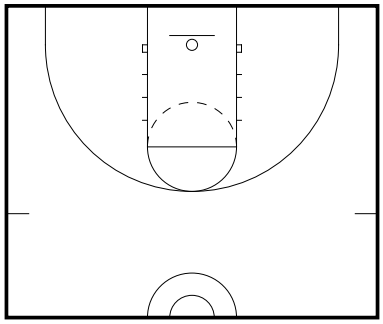


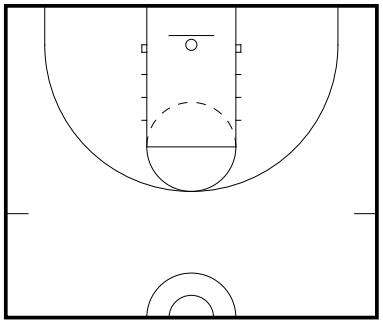


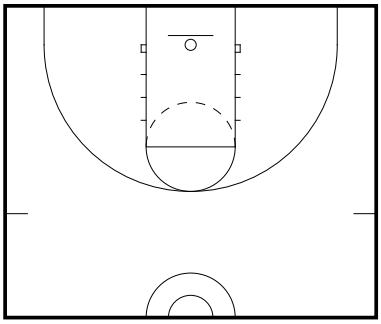


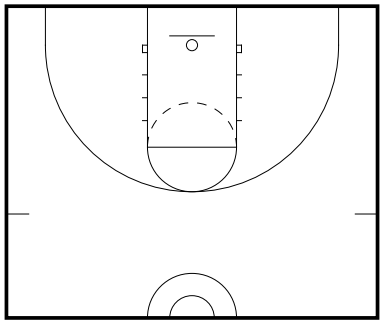


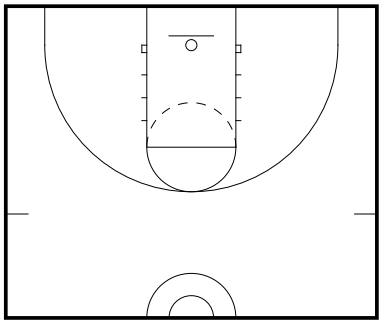


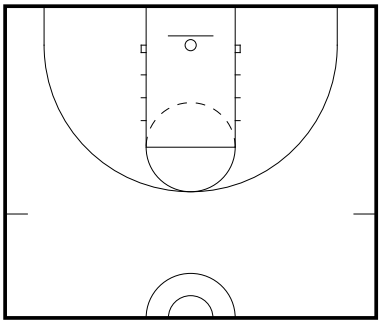








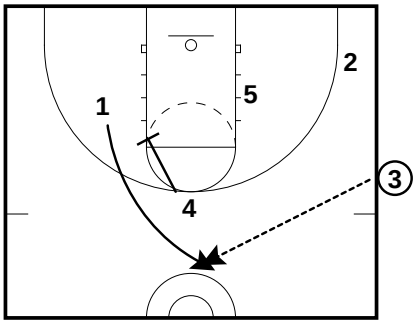




All Contents Proprietary

SOB Plays

Down/Up
PNR



Down/Up
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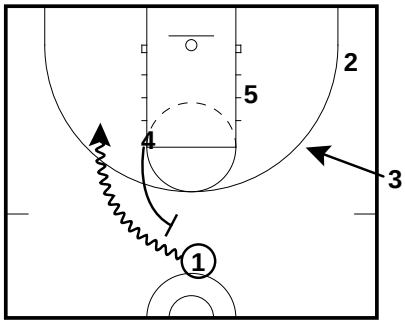
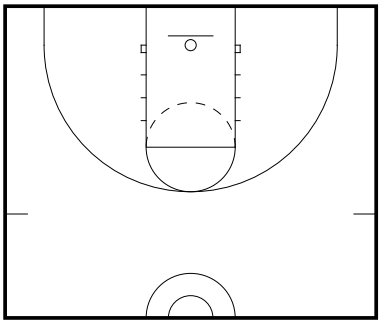
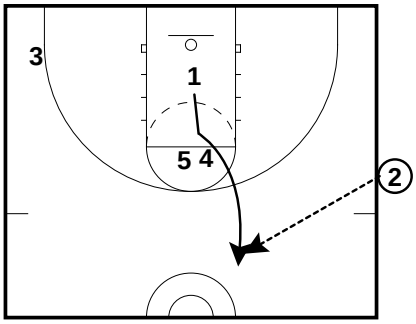
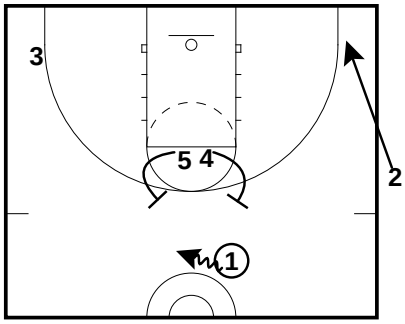




Horns
PNR



Horns
PNR



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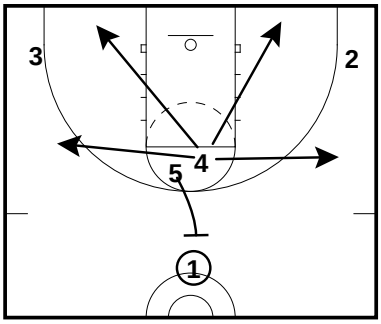

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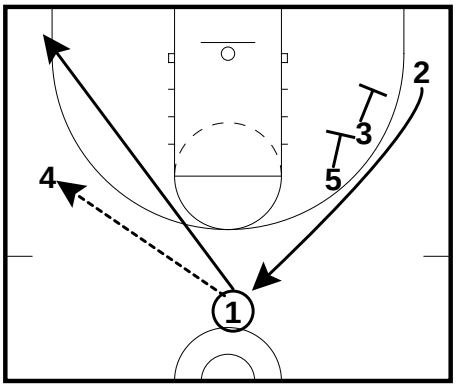

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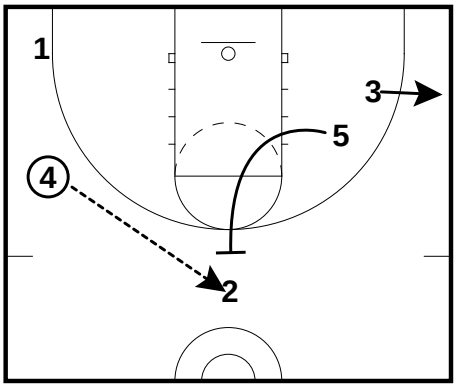
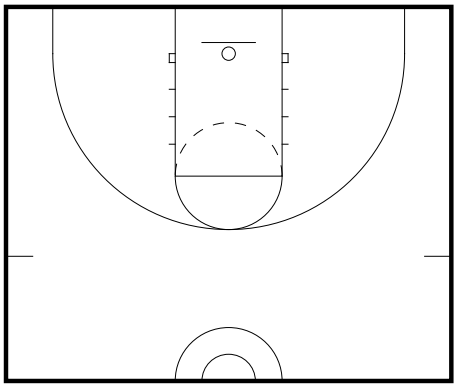
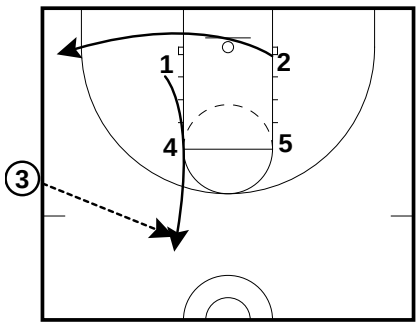




All Contents Proprietary

SOB Plays

SOB 1
PNR



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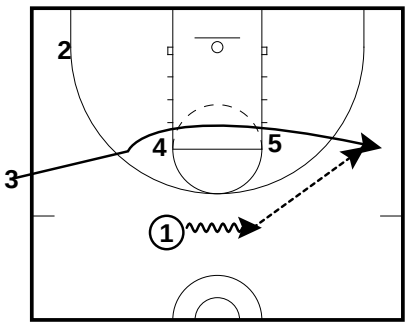

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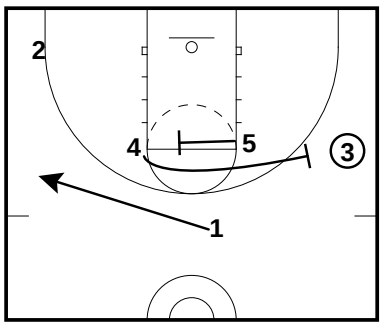
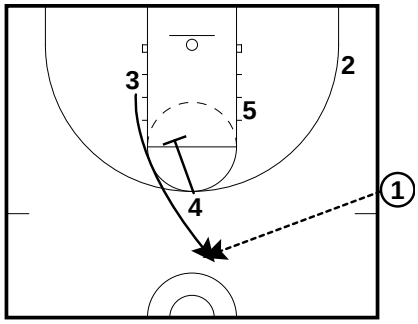


Spain
PNR



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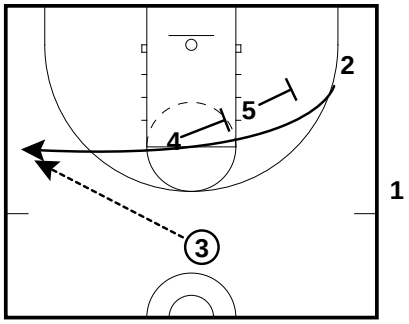

Spain
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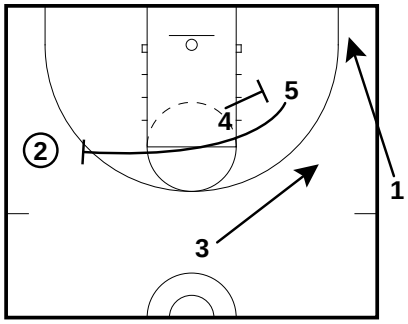

Zipper
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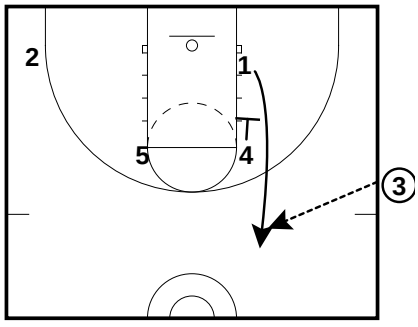

Zipper
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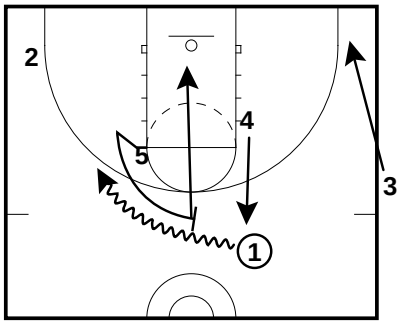

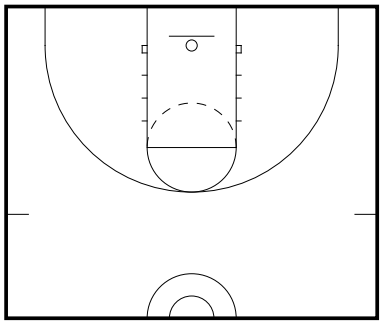

All Contents Proprietary

Lason Perkins Zone Killers

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2. 2-3 Zone Attack 11
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1-2-2 Zone Attack

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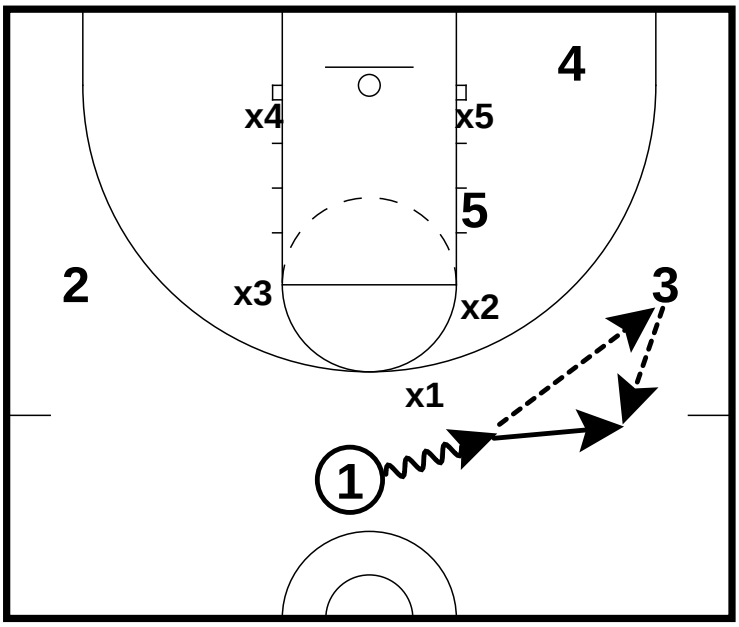
Spartans vs 1-2-2 Zone	10

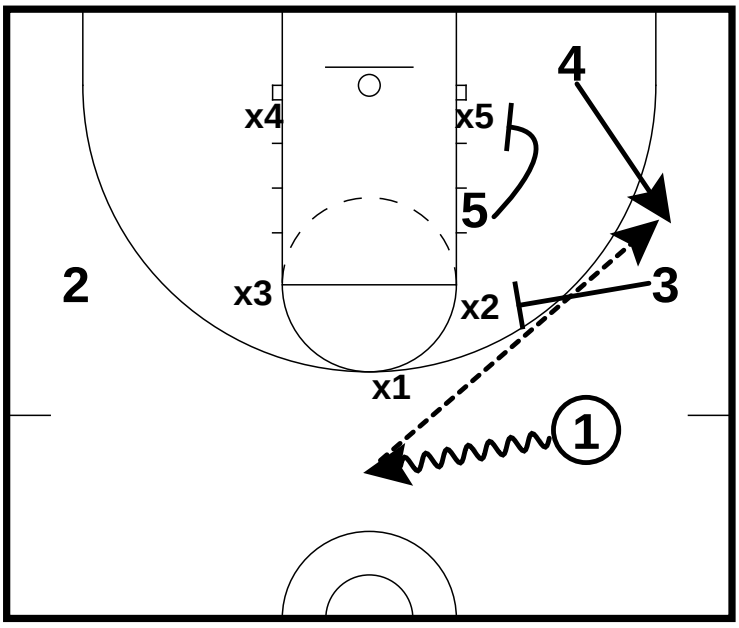
All Contents Proprietary

1-2-2 Zone Attack

1-3-1 Big vs 1-2-2 Zone



- 1 dribbles towards wing and passes to 3
- 1 cuts to receive the back from 3

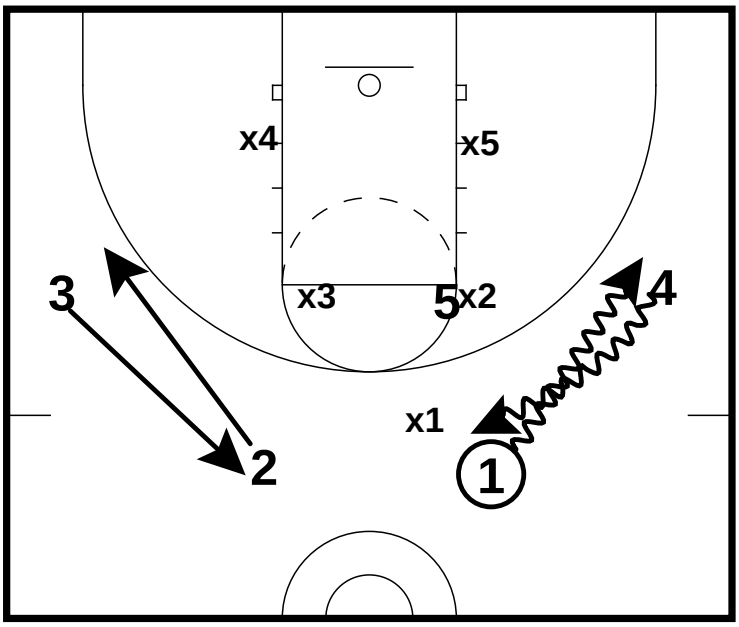


- 1 dribbles back towards the key
- 3 and 5 screen the zone for 4 to pop to the wing for a 3

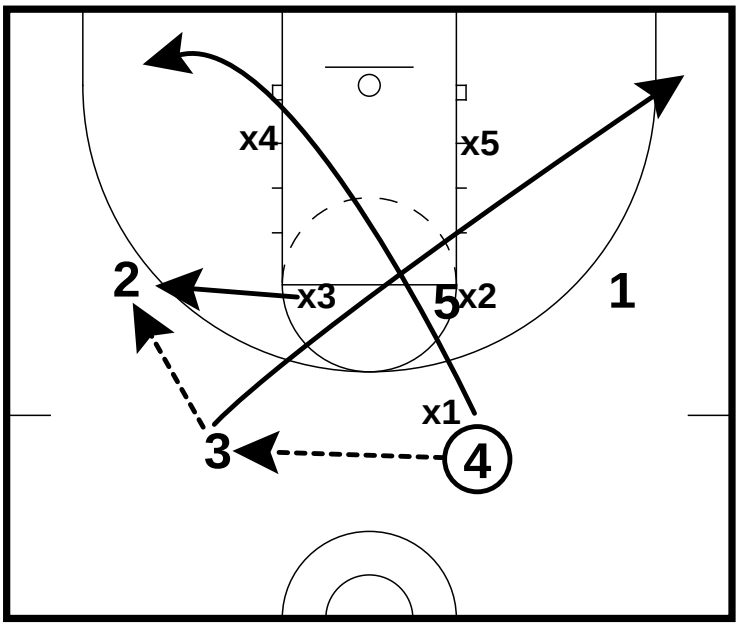
All Contents Proprietary

1-2-2 Zone Attack

Chin vs 1-2-2 Zone



- 1 and 4 run a dribble hand-off
- 2 and 3 interchange

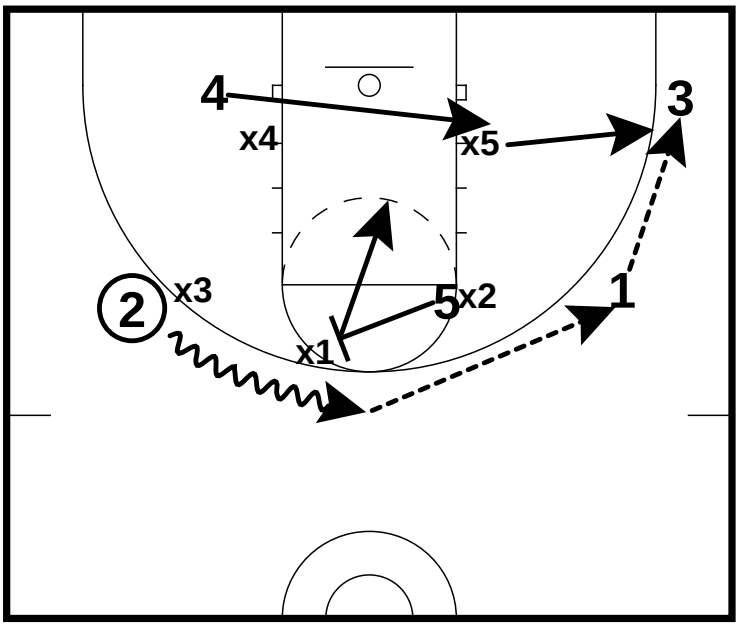


- 4 passes to 3 and 3 passes to 2
- 3 cuts to the opposite corner
- 4 cuts to the ball side short corner

All Contents Proprietary

1-2-2 Zone Attack

Chin vs 1-2-2 Zone

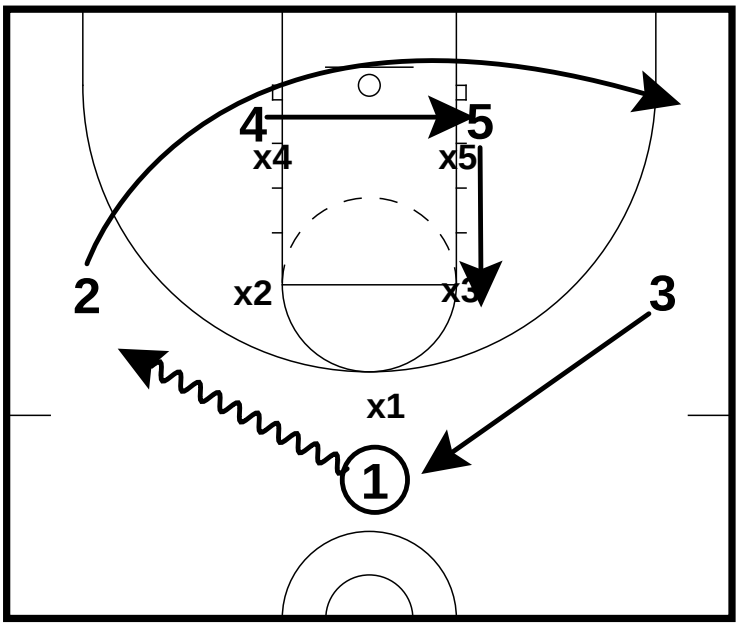


- 5 ball screens the top of the zone for 2 to drive
- 2 can pass to 1 who can shoot or pass to 3
- 3 can shoot the 3 or pass to 5 or 4

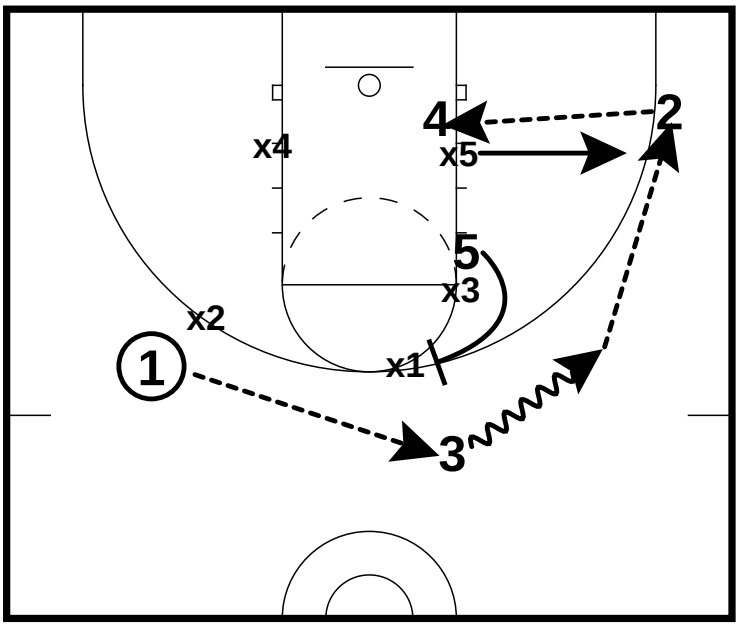
All Contents Proprietary

1-2-2 Zone Attack

CSKA vs 1-2-2 Zone



- 1 dribbles to the wing to stretch the zone
- 2 cuts to the opposite corner
- 4 cuts to the opposite block
- 5 flashes to the high post
- 3 fills the top of the key

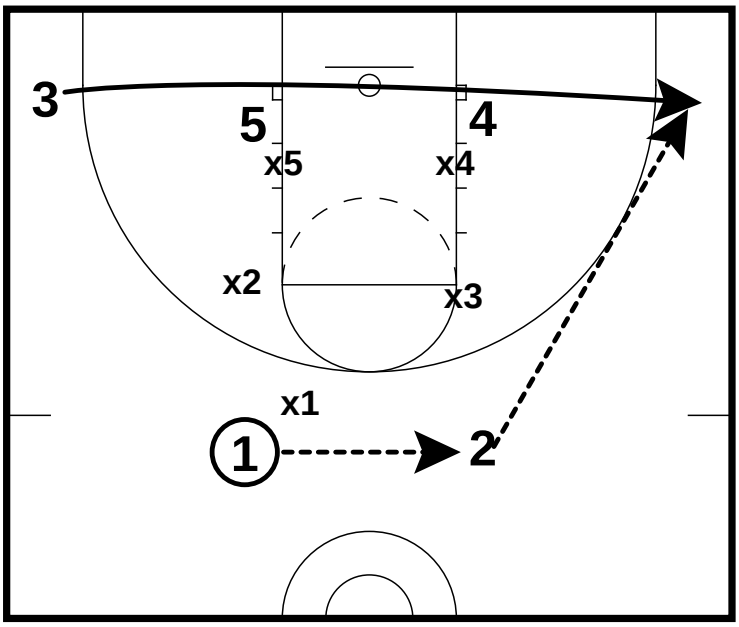


- Ball is reversed to 3 and 5 sets a high ball screen
- Ball is passed to the corner
- If the post comes out to defend, 2 passes to 4. Otherwise 2 shoots the 3

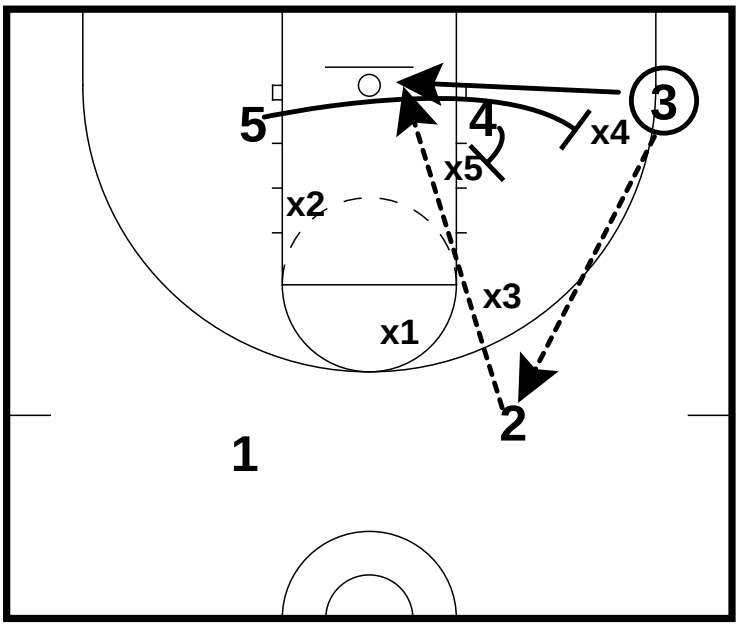
All Contents Proprietary

1-2-2 Zone Attack

UNC vs 1-2-2 Zone



- 1 passes to 2 who passes to 3 cutting to the ball side corner

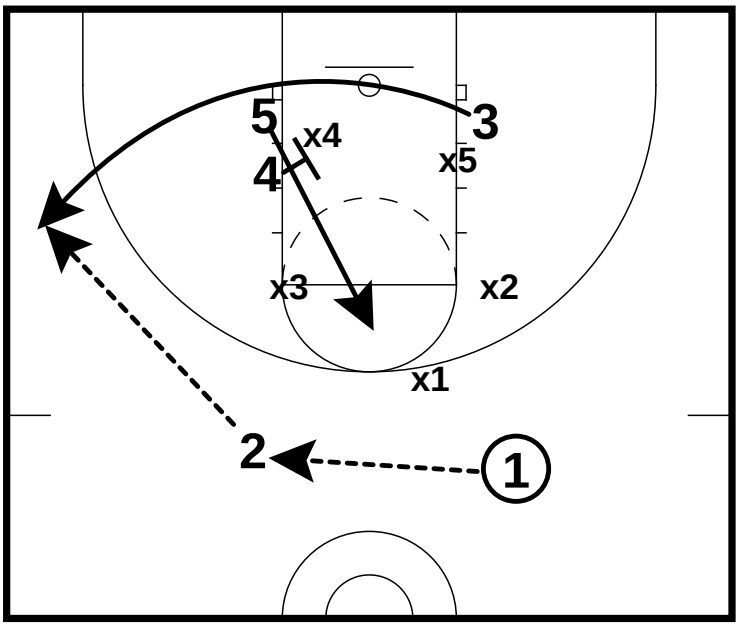


- 4 screens X5 and 5 screens X4
- 3 cuts baseline to receive lob pass from 2

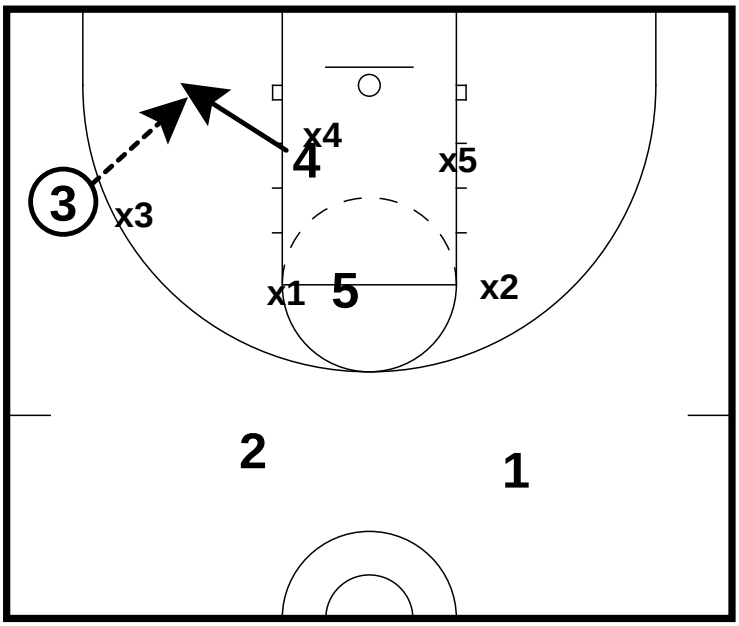
All Contents Proprietary

1-2-2 Zone Attack

Memphis 1 vs 1-2-2 Zone



- 3 cuts off of 4 and 5
- 4 screens X4 while 5 flashes to the high post
- Ball gets passed 3

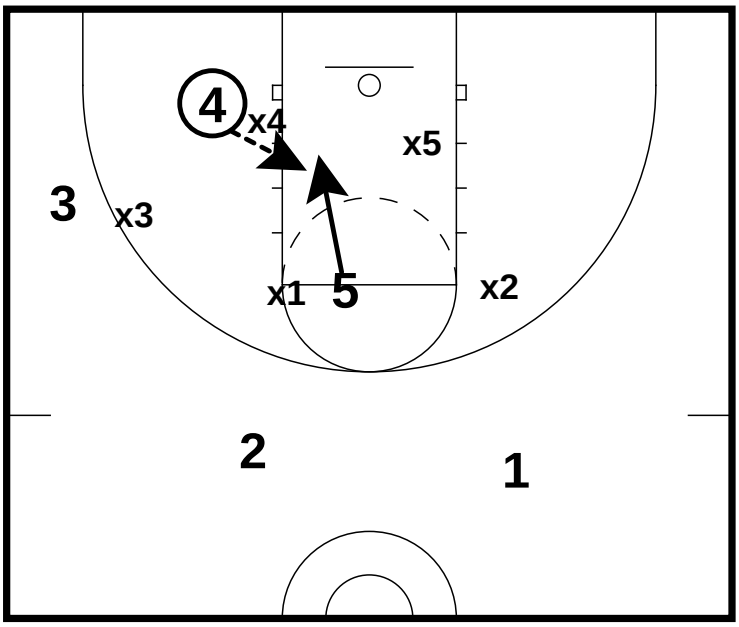


- 4 steps out to the short corner to recevie the ball from 3

All Contents Proprietary

1-2-2 Zone Attack

Memphis 1 vs 1-2-2 Zone

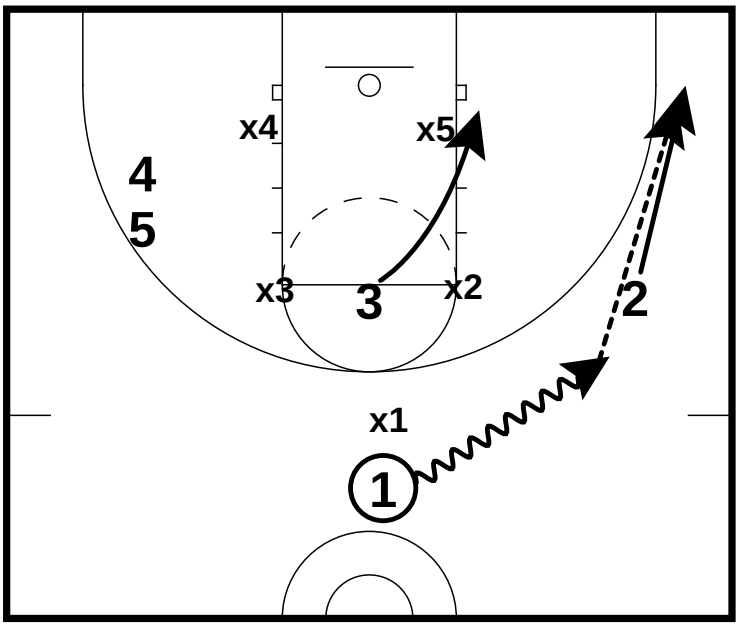


- 4 reads the defense and either looks to score or hit 5 diving down the lane

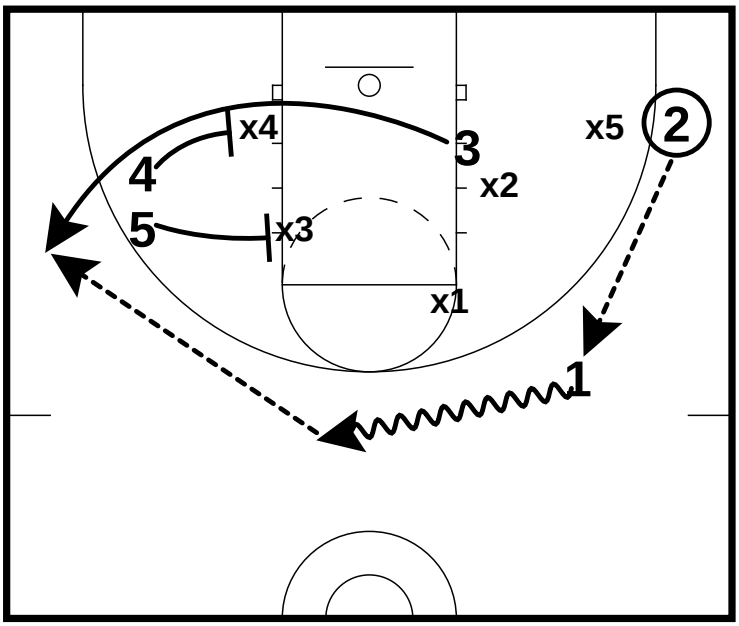
All Contents Proprietary

1-2-2 Zone Attack

Spartans vs 1-2-2 Zone



- 1 dribbles towards to and passes to 2 in the corner to stretch the defense
- 3 dives to the low block



- 2 passes back to 1 who dribbles back towards the top of the key
- 4 and 5 screen the back of the zone for 3
- 1 looks to 3 for a 3 point shot
- 4 and 5 look to slip

All Contents Proprietary

2-3 Zone Attack

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Post vs 2-3 Zone	28
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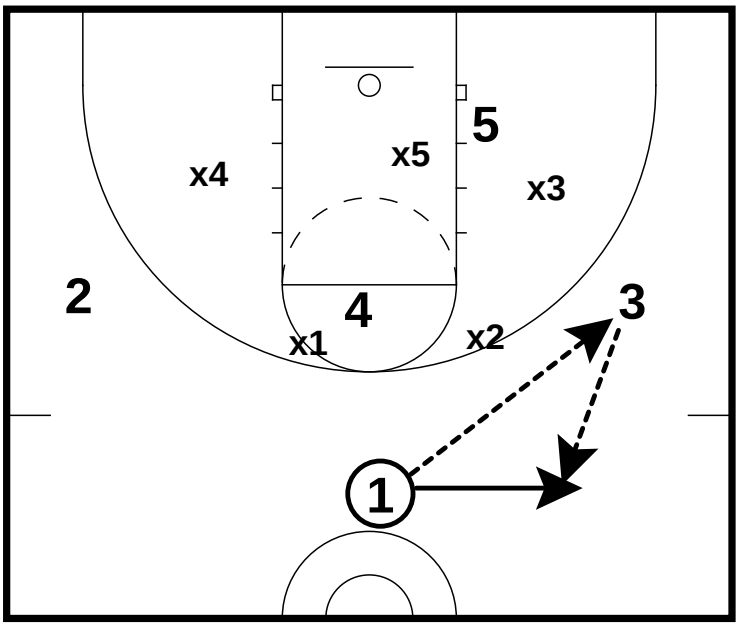
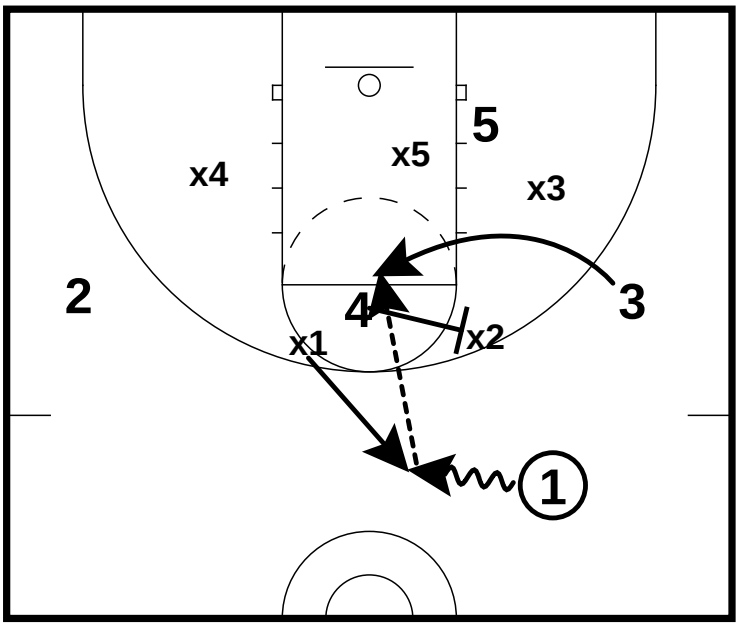
2-3 Zone Attack

1-3-1 vs 2-3 Zone



- 1 passes to the wing and then cuts to receive ball back from 3

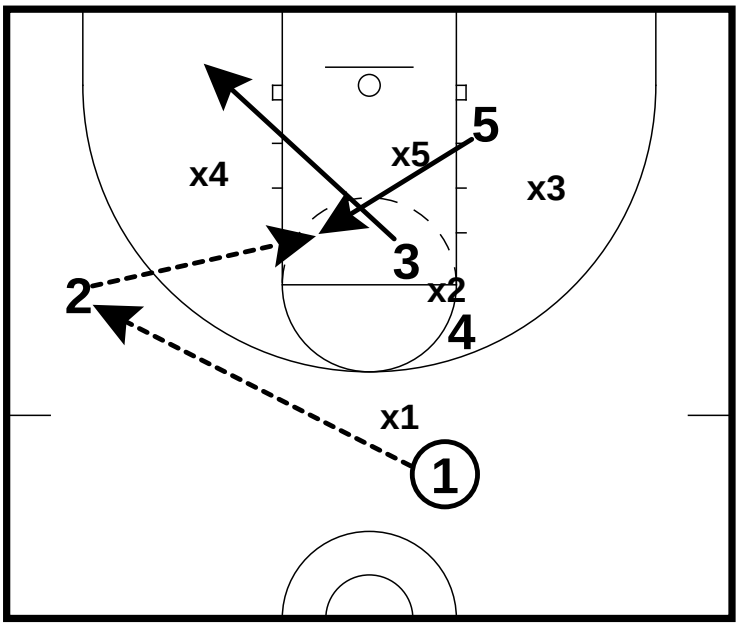


- 4 screens out the zone so 3 can flash to the middle of the zone
- 1 should pass the ball to 3 if he is open

All Contents Proprietary

2-3 Zone Attack

1-3-1 vs 2-3 Zone

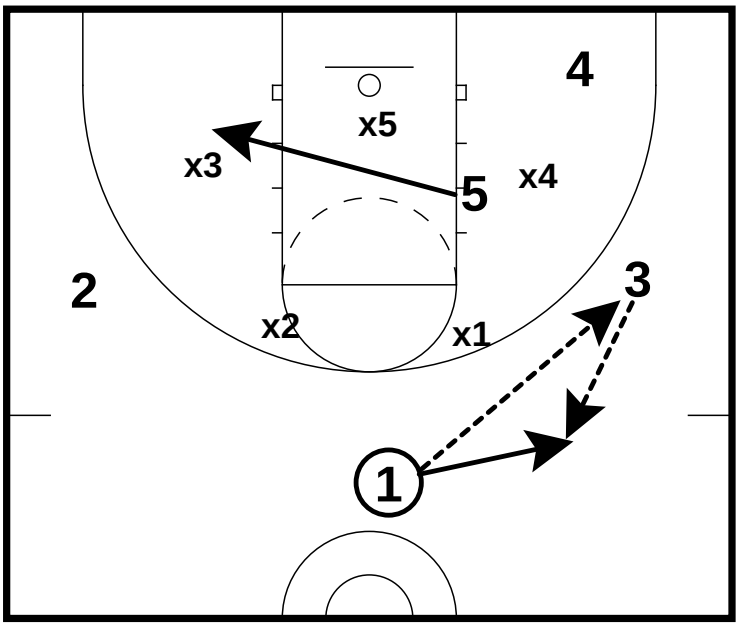


- If no scoring opportunity is produced, the ball is passed to 2
- 3 dives to the short corner and 5 cuts right behind him to the middle of the zone

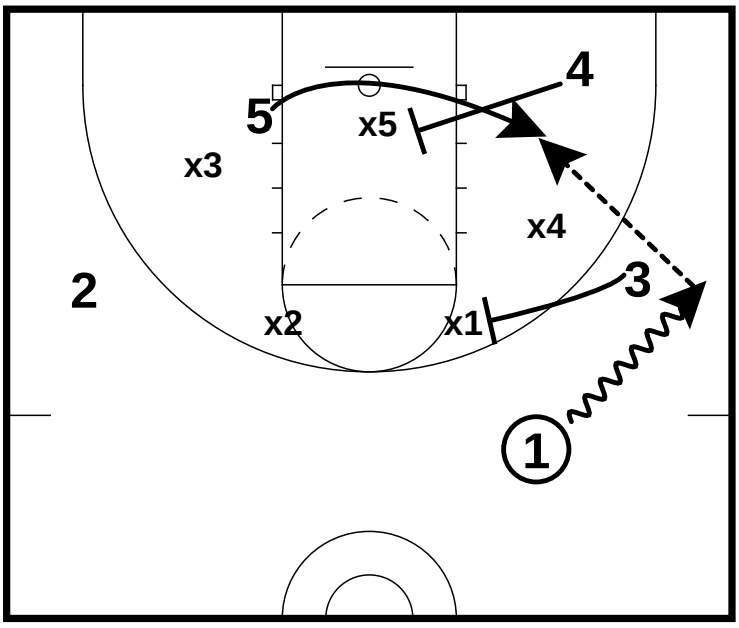
All Contents Proprietary

2-3 Zone Attack

1-3-1 Short vs 2-3 Zone



- 1 passes to 3 and cuts to receive the ball back
- 5 cuts to the opposite block

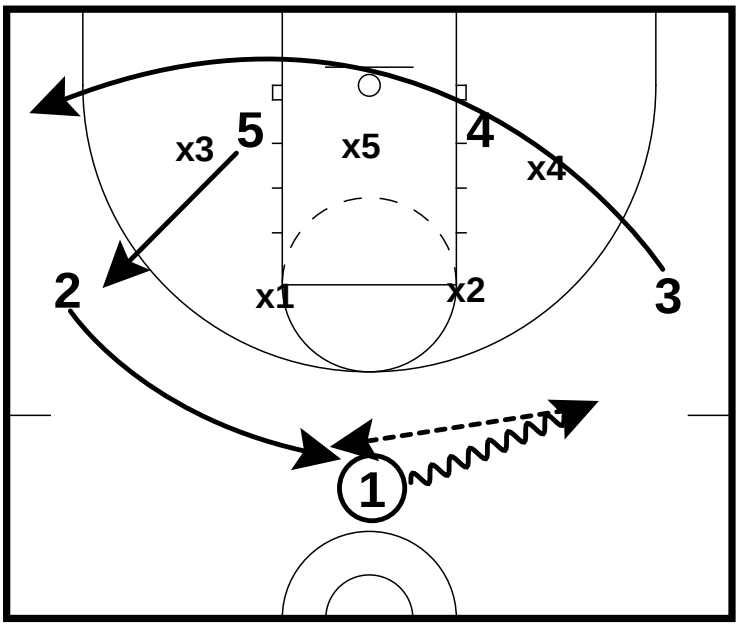


- 4 and 3 screen the zone for 5 to cut to the ball side low block / short corner
- 1 dribble entries to create better passing angle

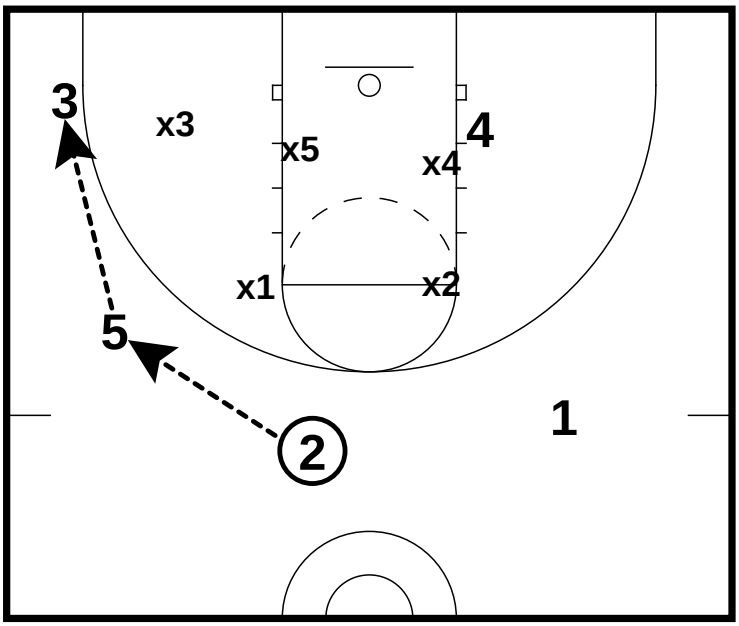
All Contents Proprietary

2-3 Zone Attack

Utah vs 2-3 Zone



- 1 dribbles entries to the wing
- 2 fills the 1 spot to receive the ball
- 3 cuts to the opposite corner
- 5 flashes to the wing

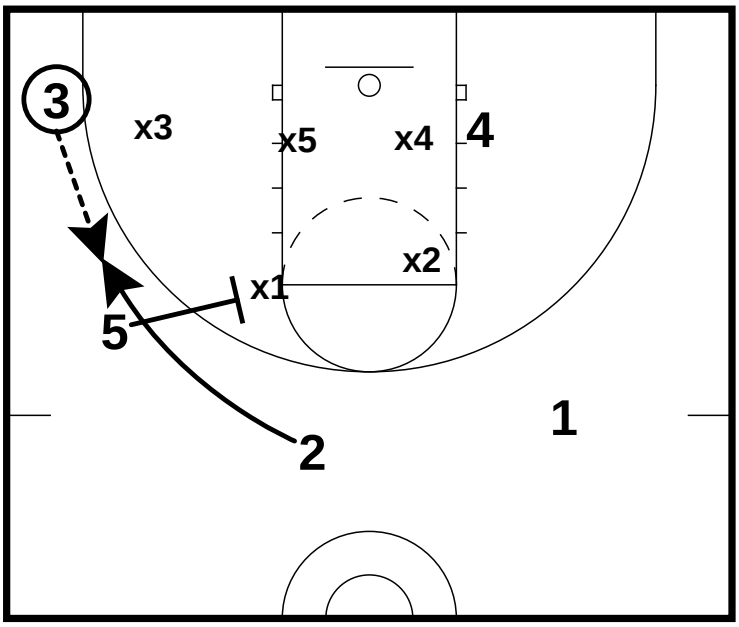


- Ball gets passed to 5 and then 3 in the corner

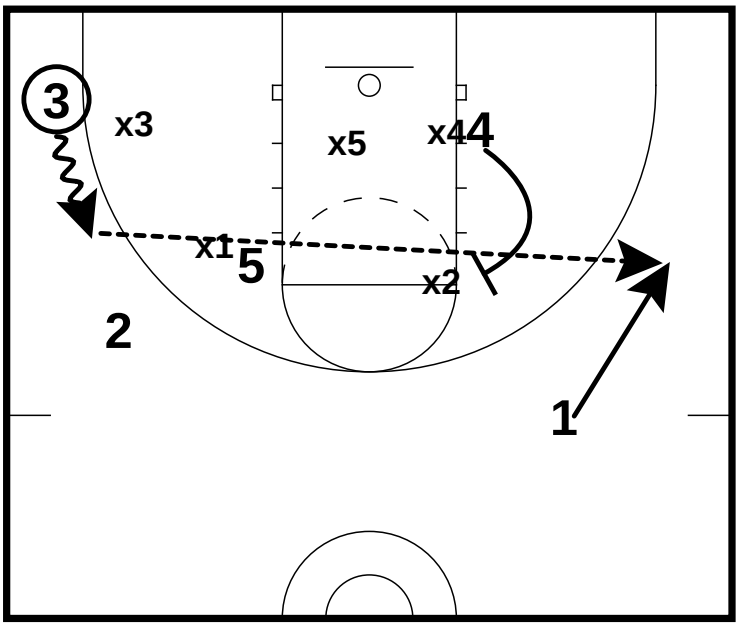
All Contents Proprietary

2-3 Zone Attack

Utah vs 2-3 Zone



- 5 then screens in the zone for 2 to fill behind and receive the ball from 3 for a 3 point shot

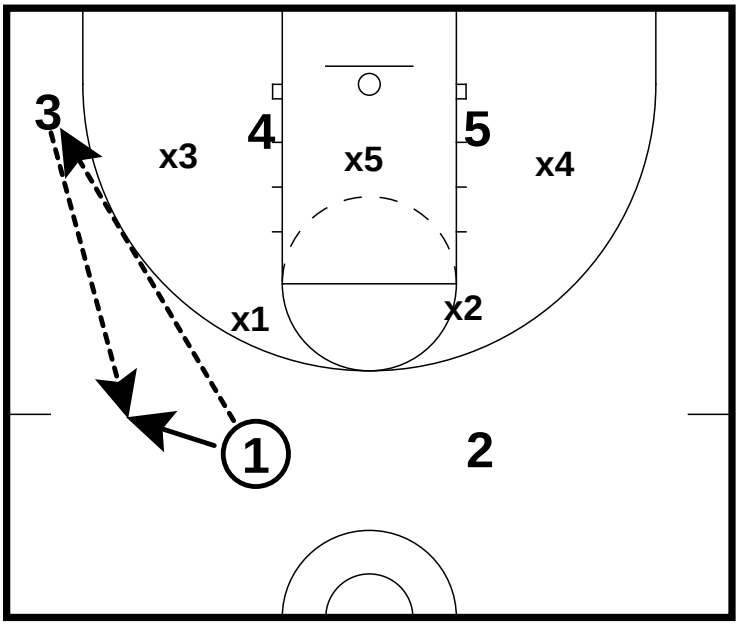


- 3 can also dribble out and look to skip the ball to 1 with 4 screening the top of the zone

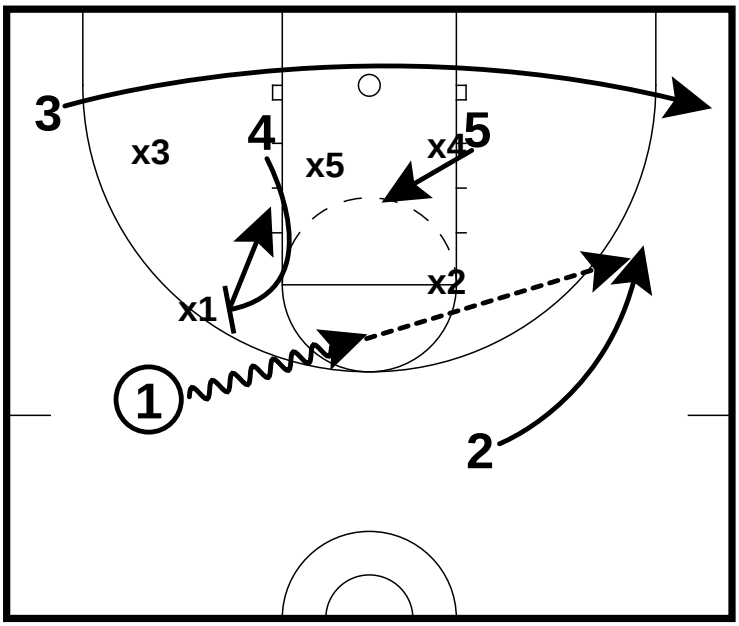
All Contents Proprietary

2-3 Zone Attack

Middle vs 2-3 Zone



- 1 passes to 3 to flatten out the zone and then 3 passes back to 1

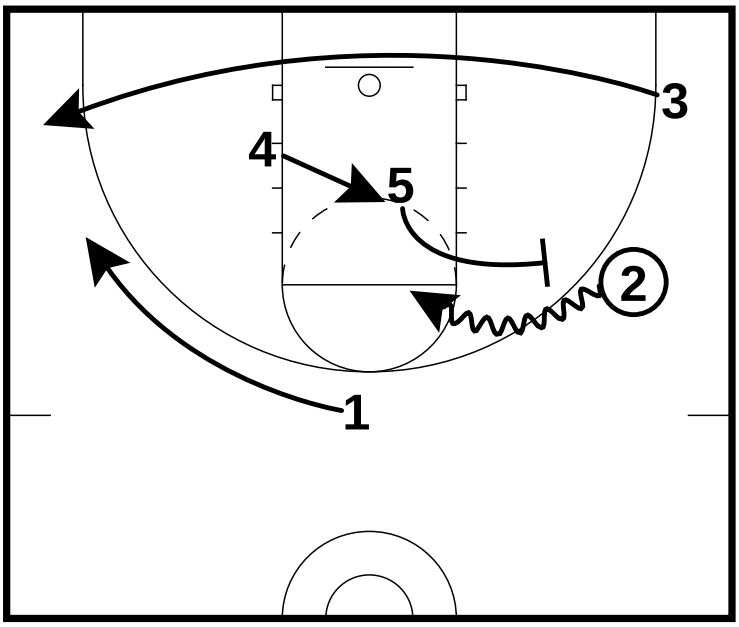


- 4 sets a high ball screen for 1 to drive the gap
- 2 drifts to the wing for a kick out
- 5 flashes to the middle of the zone to occupy the middle defender
- 3 cuts to the ball corner

All Contents Proprietary

2-3 Zone Attack

Middle vs 2-3 Zone

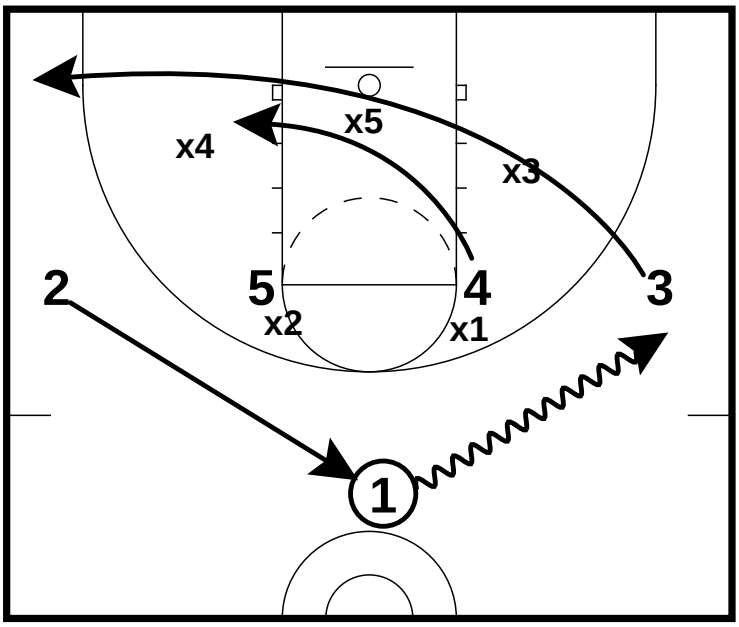


- You now can run the same action on the other side

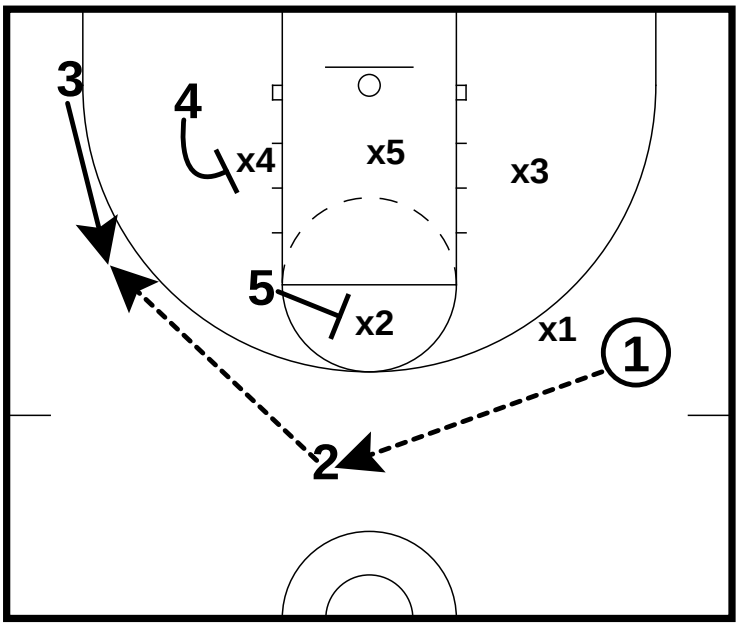
All Contents Proprietary

2-3 Zone Attack

Screen Back vs 2-3 Zone



- 1 dribbles towards the wing
- 3 cuts to the opposite corner and 4 cuts to the opposite short corner
- 2 replaces 1

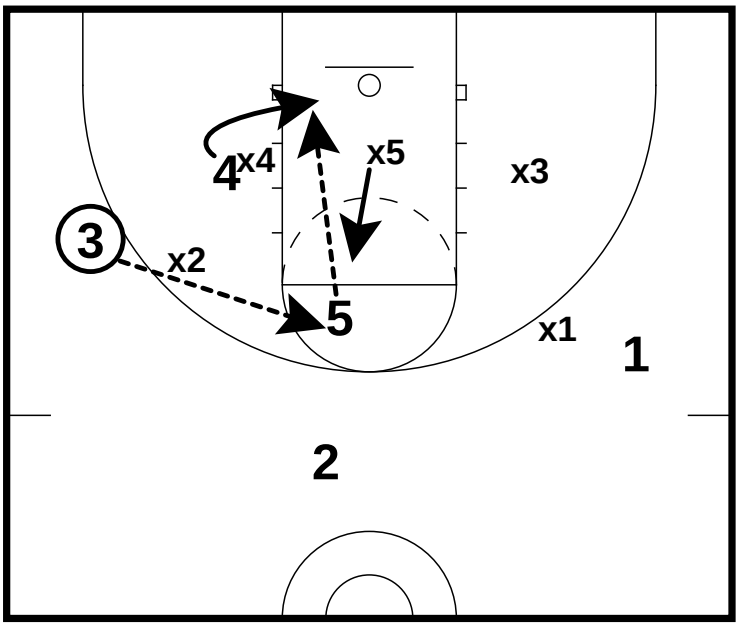


- Ball gets reversed to 2
- 4 and 5 screen the zone
- 3 cuts to the wing for a 3 point shot

All Contents Proprietary

2-3 Zone Attack

Screen Back vs 2-3 Zone

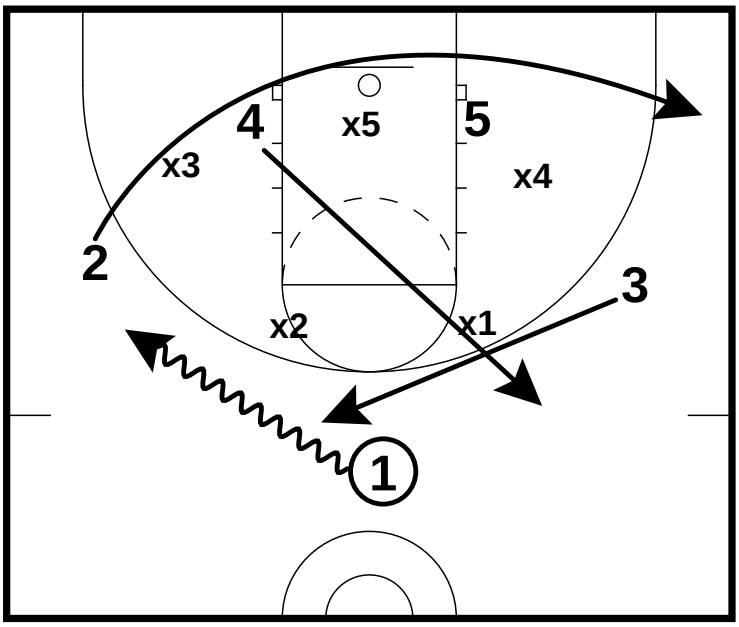


- If there is not shot, 3 looks to 5 at the high post who can shoot or look for high low feed to 4

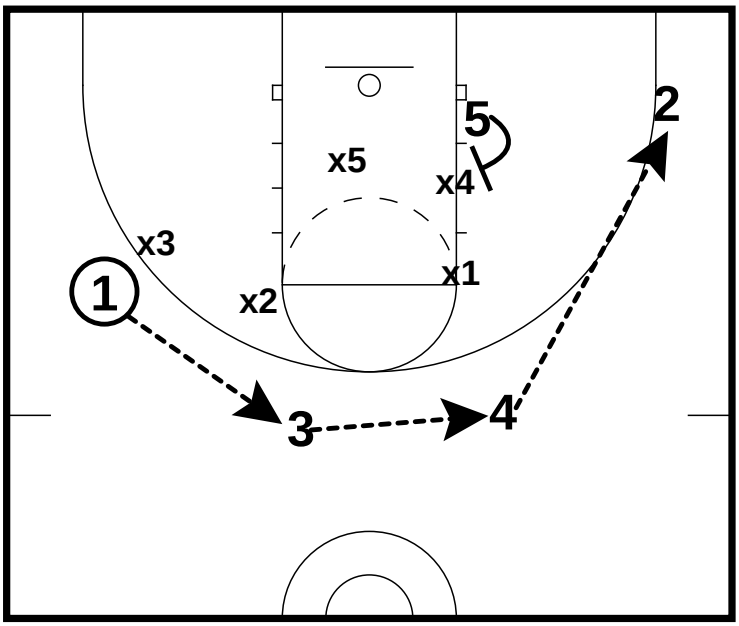
All Contents Proprietary

2-3 Zone Attack

KO vs 2-3 Zone



- 1 dribble entries to the wing
- 2 cuts to the opposite corner
- 3 cuts to the ball side slot position
- 4 cuts to the opposite slot position

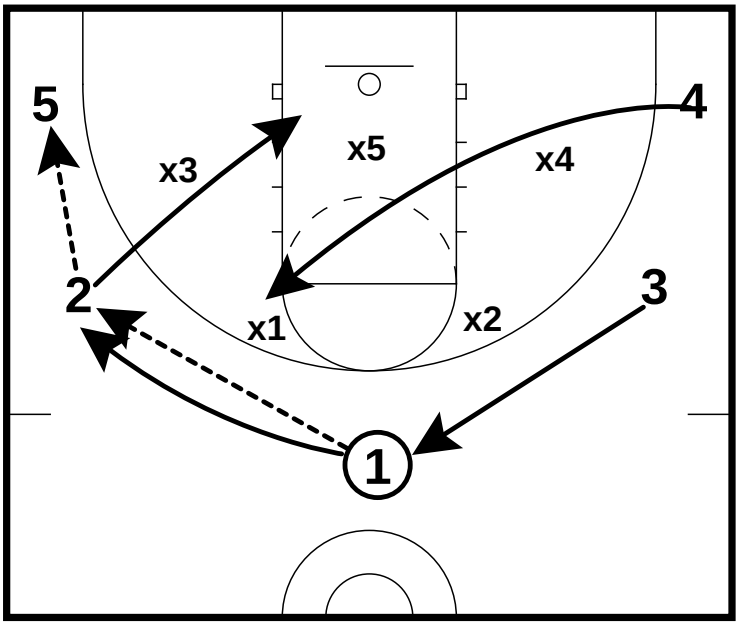


- 5 seals the bottom of the zone and the ball gets passed around to 2 for a 3 point shot

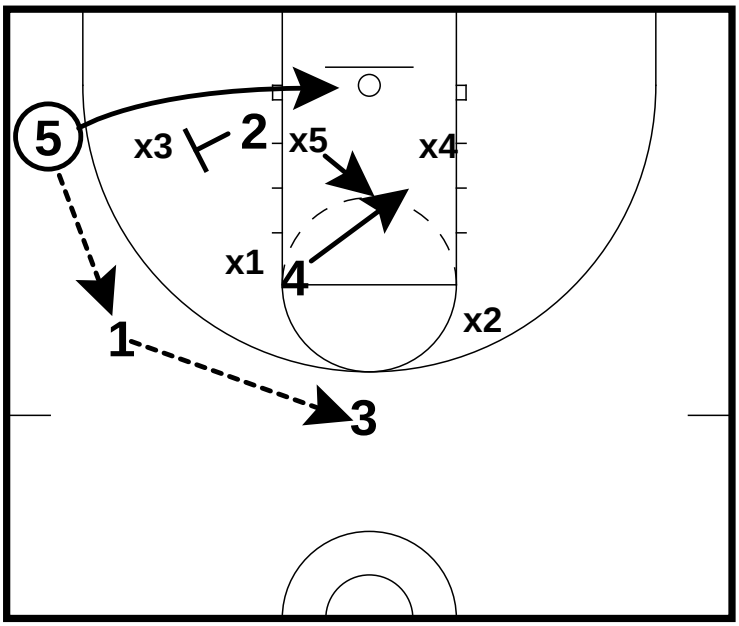
All Contents Proprietary

2-3 Zone Attack

Up vs 2-3 Zone



- 1 passes to 2 who passes to 5
- 2 cuts to the block, 1 replaces 2, and 3 replaces 1
- 4 cuts to the high post elbow

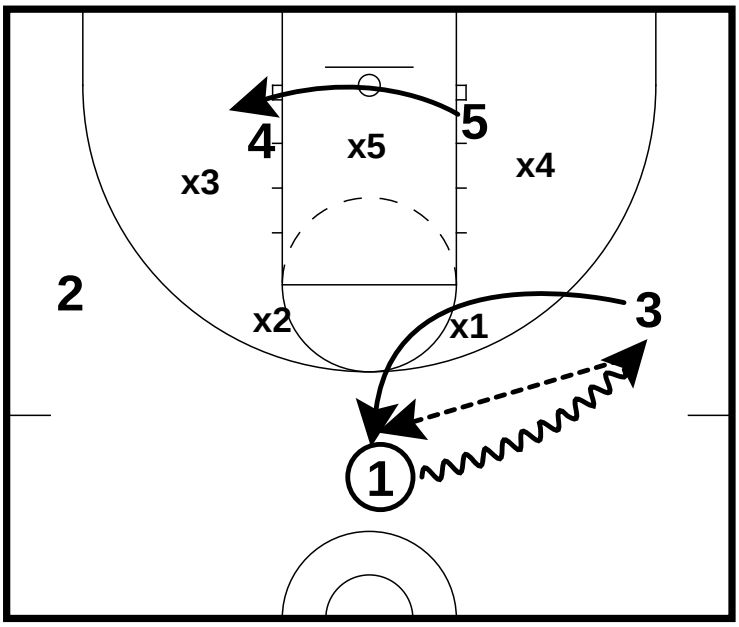


- Ball gets reversed to 3
- 4 cuts to the middle of the lane to occupy X5
- 2 screens X3 for 5 to cut baseline for the lob

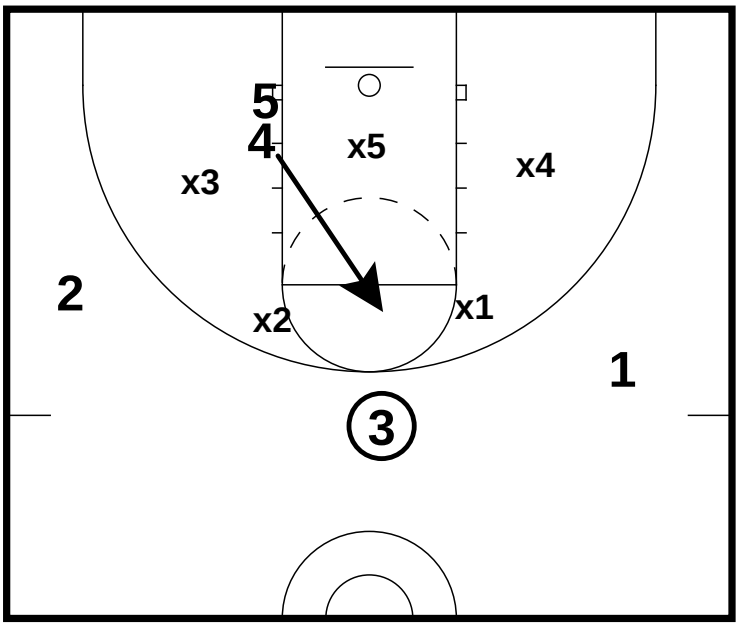
All Contents Proprietary

2-3 Zone Attack

Flash vs 2-3 Zone



- 1 dribble entries to the wing
- 3 loop cuts to the key to receive the ball from 1
- 5 cuts to the opposite low block

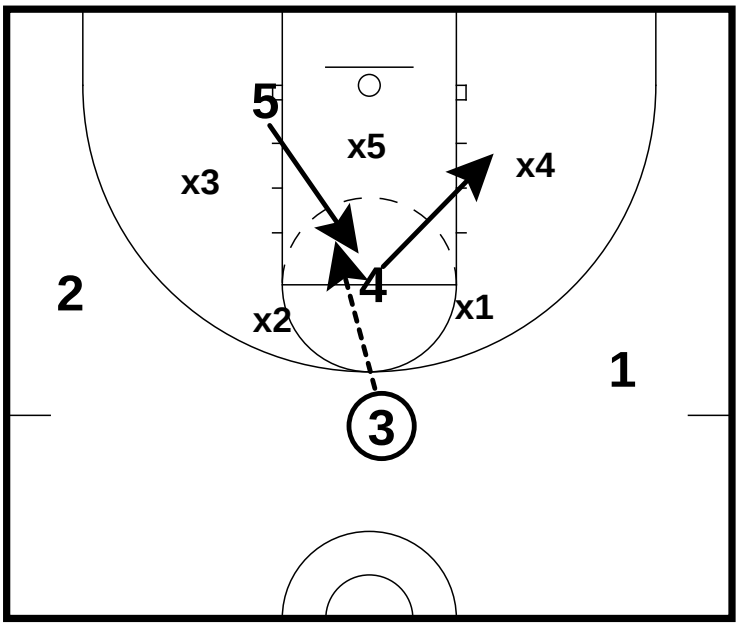


- 4 flashes to the open gap in the paint to look to receive the ball from 3

All Contents Proprietary

2-3 Zone Attack

Flash vs 2-3 Zone

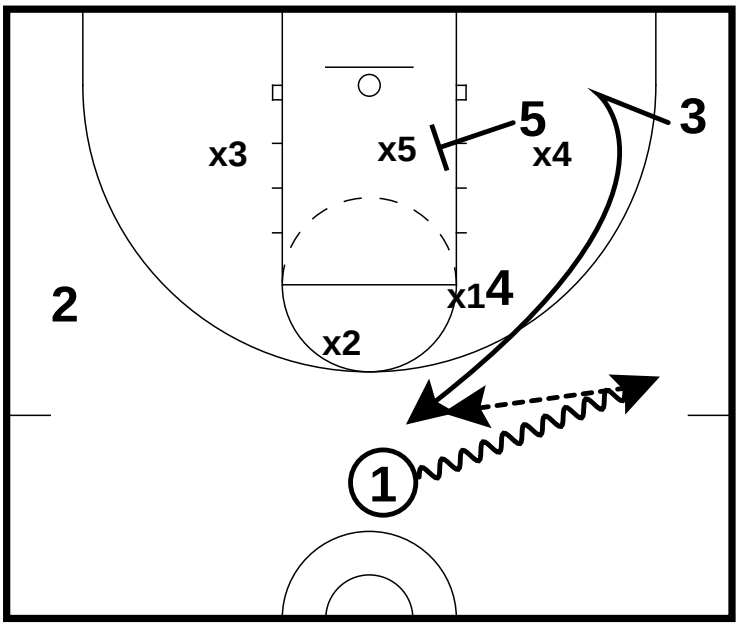


- If 4 does not receive the ball, he dives to opposite block
- 5 immediately flashes to the high post right behind 4

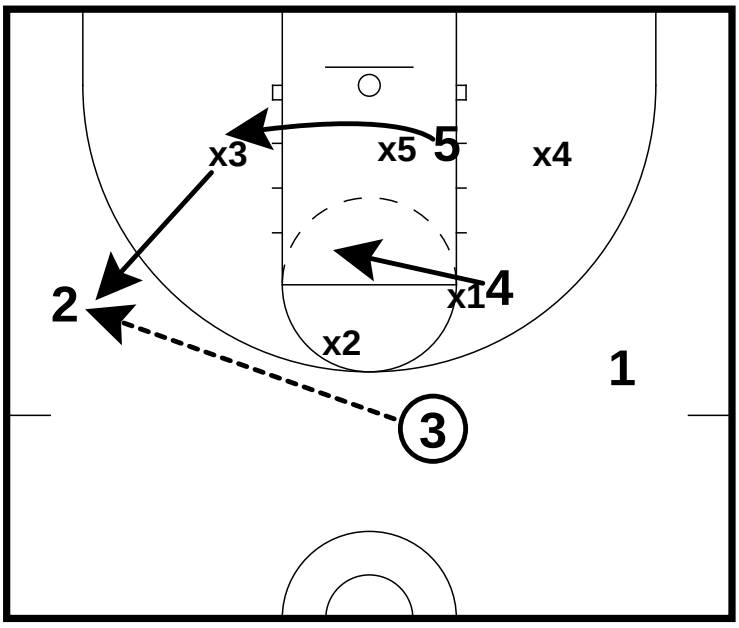
All Contents Proprietary

2-3 Zone Attack

Van Gundy 2 vs 2-3 Zone



- 1 dribble entries to the wing
- 4 and 5 screen the zone for 3 to cut to the top of the key
- 1 passes to 3

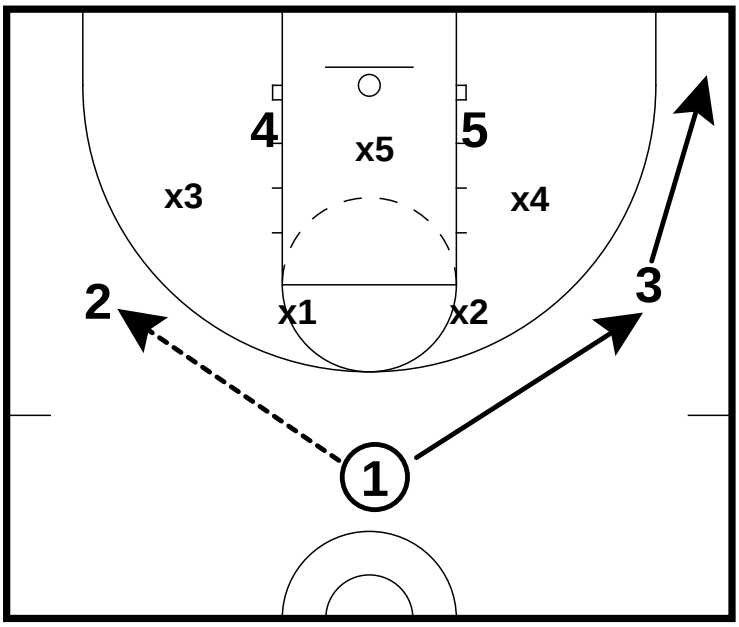


- 3 passes to 2
- 4 and 5 flash into open gaps and look to receive the ball from 2

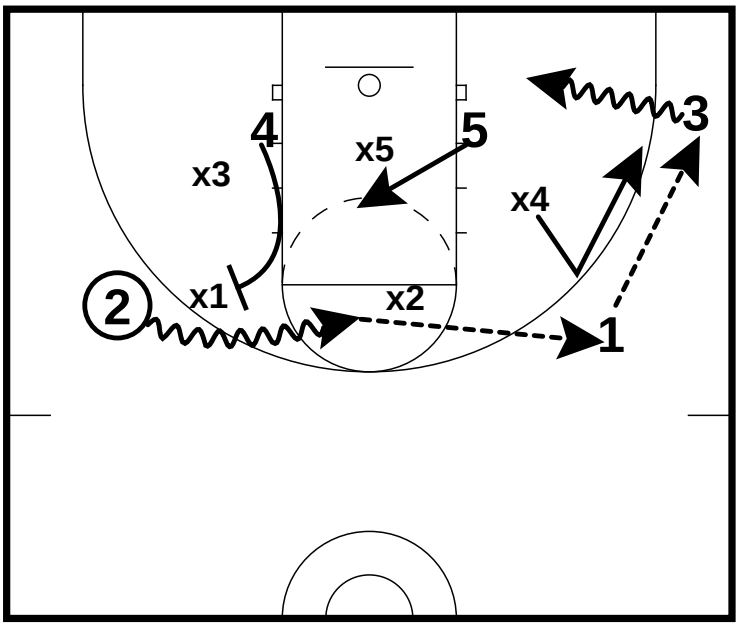
All Contents Proprietary

2-3 Zone Attack

Van Gundy 3 vs 2-3 Zone



- 1 passes to 2
- 3 cuts to the corner
- 1 cuts to the wing

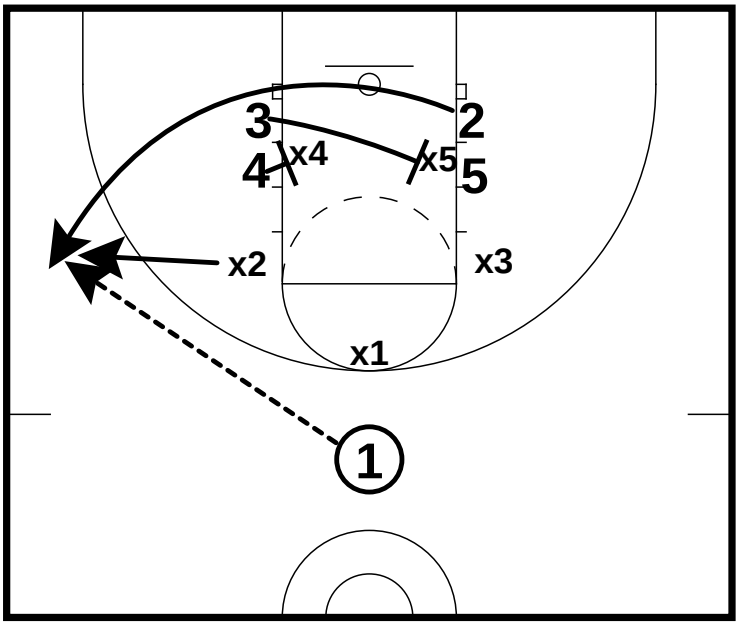


- 4 sets a wing ball screen for 2 to drive the ball
- 5 flashes to the middle to occupy 5
- 2 kicks to 1. 1 shoots if X4 does not close out
- If X4 closes out, 1 passes to 3 who can shoot or drive

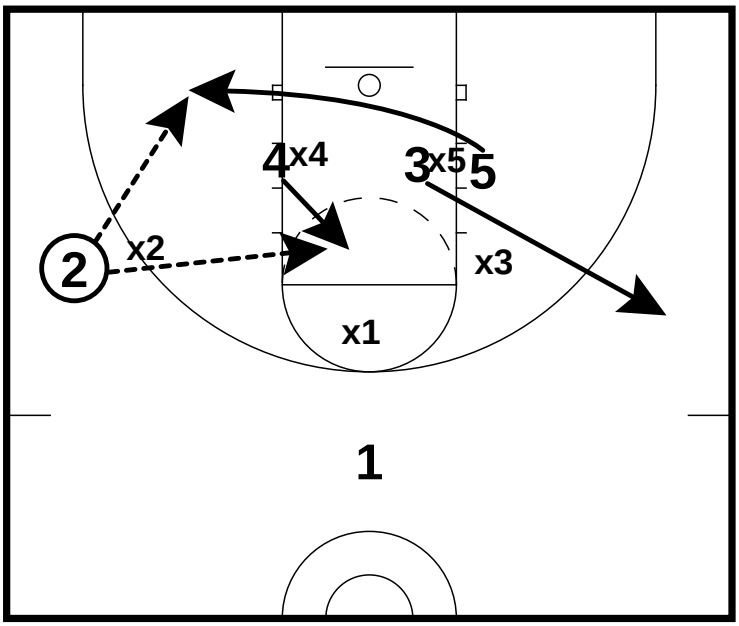
All Contents Proprietary

2-3 Zone Attack

Wake vs 1-2-2 Zone



- 3 and 4 screen the zone for 2 to pop to the wing and receive the ball from 1

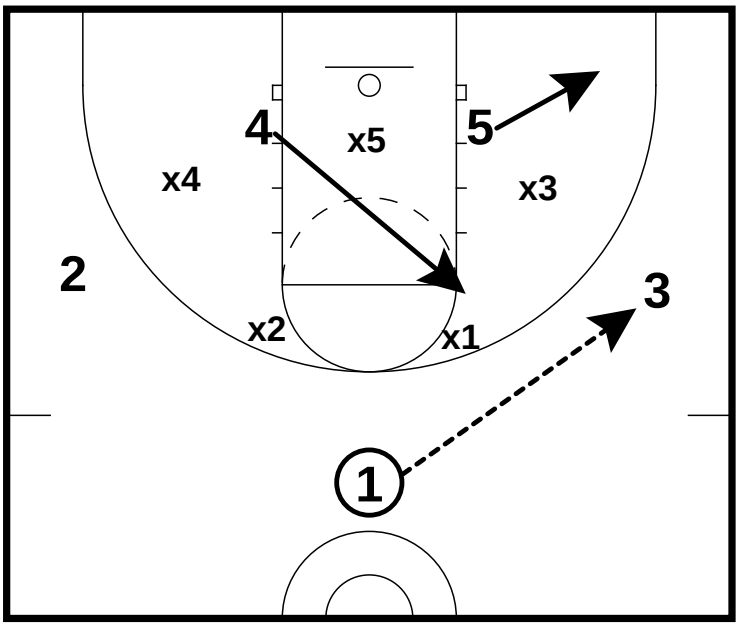


- 5 cuts to the ball side short corner and 4 flashes to the middle of the zone
- 3 clears to the wing

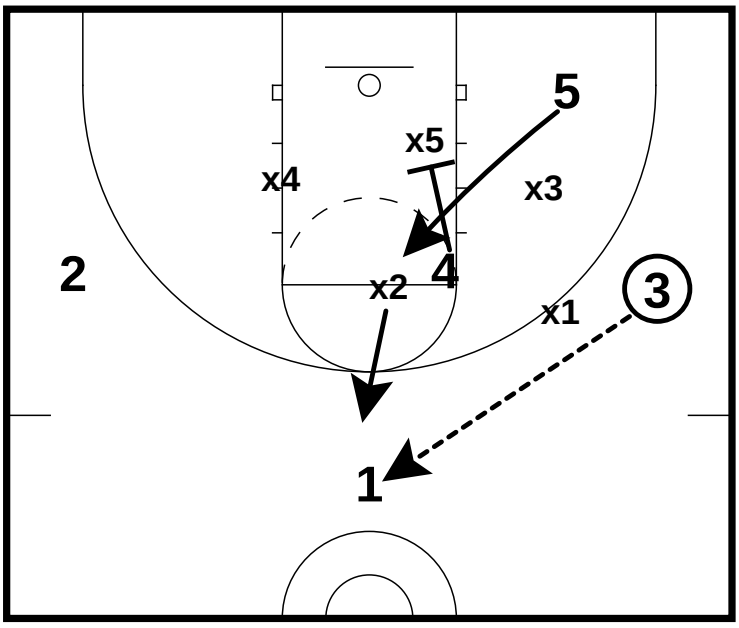
All Contents Proprietary

2-3 Zone Attack

Post vs 2-3 Zone



- 1 passes to the wing
- 5 steps out to the short corner
- 4 flashes high

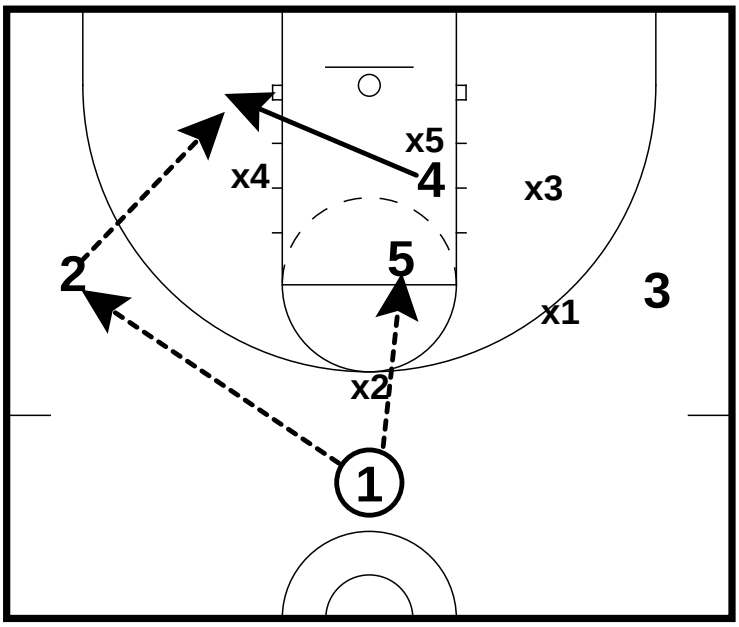


- 3 passes back to 1
- 4 screens the middle of the zone for 5 to flash to the high post

All Contents Proprietary

2-3 Zone Attack

Post vs 2-3 Zone

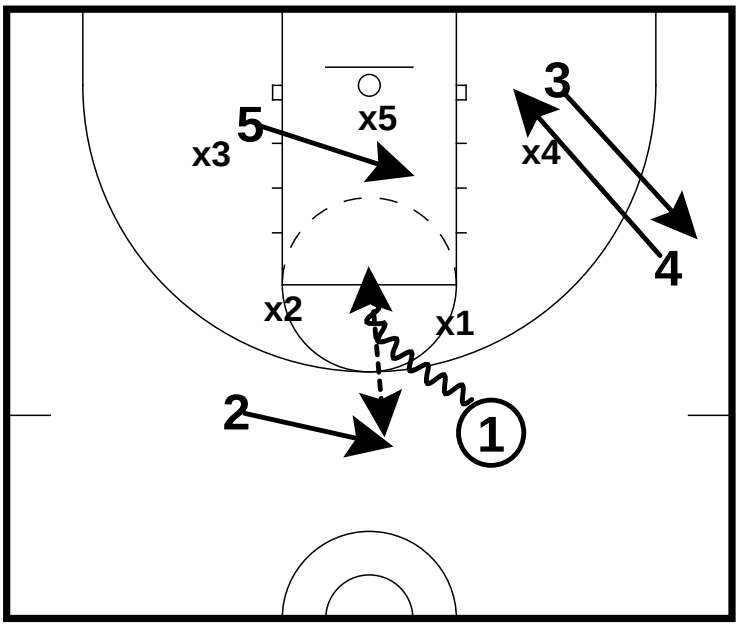


- 1 can pass to 2 or 5 depending on the defensive read

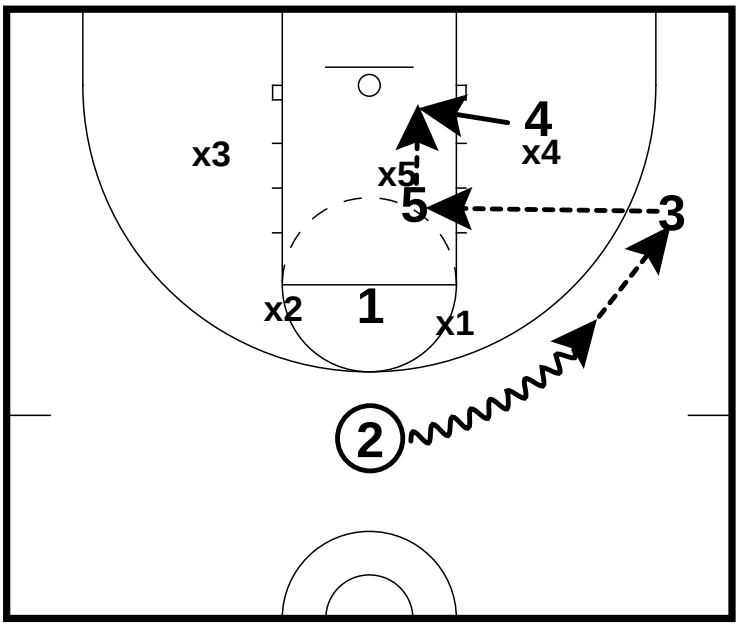
All Contents Proprietary

2-3 Zone Attack

Memphis 2 vs 2-3 Zone



- 1 drives the ball to the middle
- 2 fills behind and receives the ball from 1
- 5 flashes to the middle to occupy the middle defender
- 4 and 3 interchange

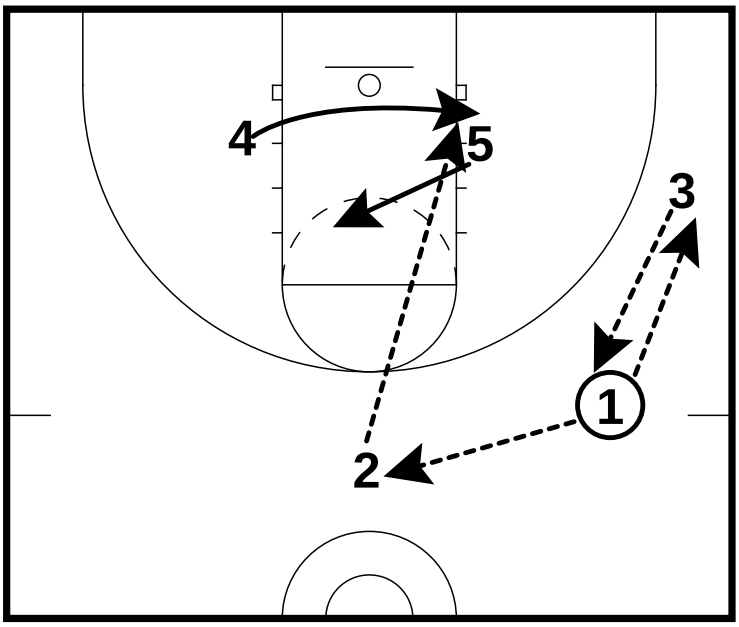


- 2 passes to 3 who looks to 5 at the mid post
- 4 back cuts if X5 comes high to defend 5

All Contents Proprietary

2-3 Zone Attack

Iowa vs 2-3 Zone



- 1 passes to 3
- 3 passes back to 1 who passes to 2 at the top of the key
- 5 flashes to the middle of the lane to occupy the middle defender
- 4 cuts to the opposite block to receive a pass from 2

All Contents Proprietary

1-3-1 Zone Attack

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Post 2 vs 1-3-1 Zone 33

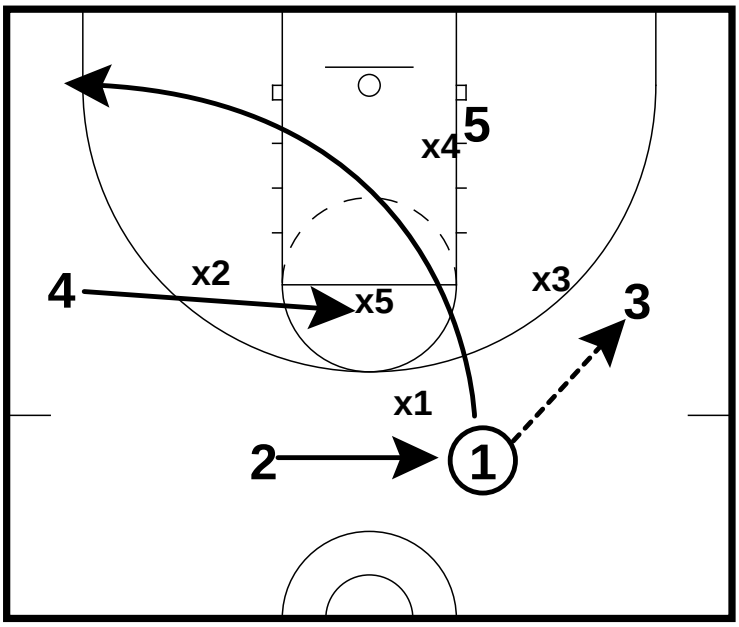
2 Guard vs 1-3-1 Zone 35

Van Gundy 1 v s 1-3-1 Zone 37

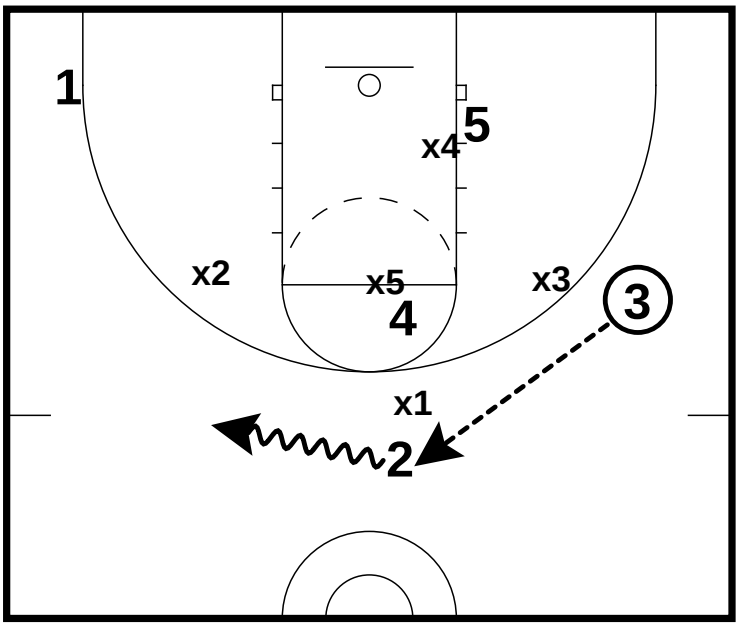
All Contents Proprietary

1-3-1 Zone Attack

Post 2 vs 1-3-1 Zone



- 1 pases to 3 and cuts through to the opposite corner
- 4 flashes to the high post
- 2 fills the ball side slot

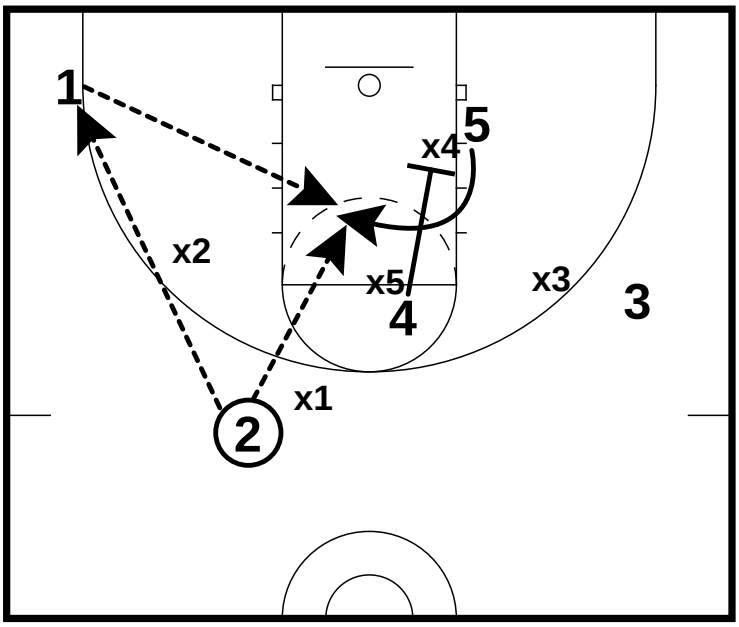


- Ball gets reversed to 2 who dribbles to create a passing angle

All Contents Proprietary

1-3-1 Zone Attack

Post 2 vs 1-3-1 Zone

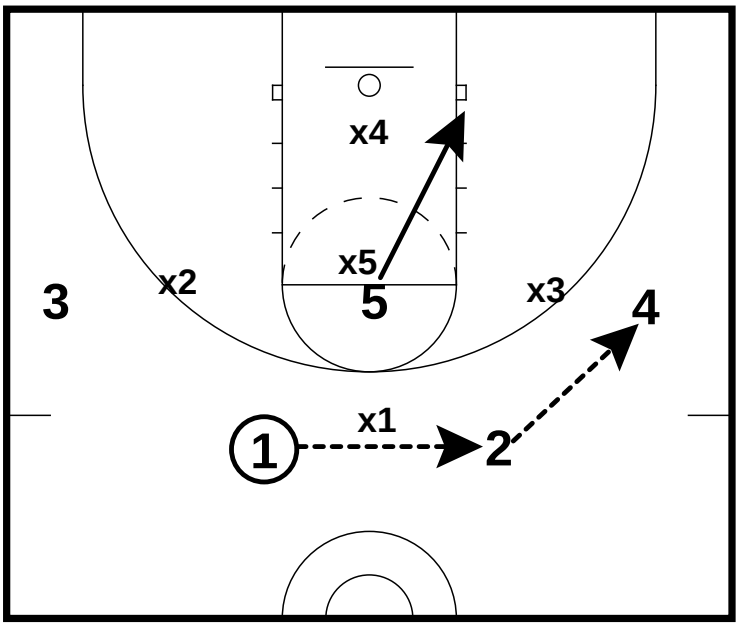


- 4 down screens for 5 to flash to the mid/high post
- 2 can look to pass to 5 or pass to 1 in the corner based on the defensive reads

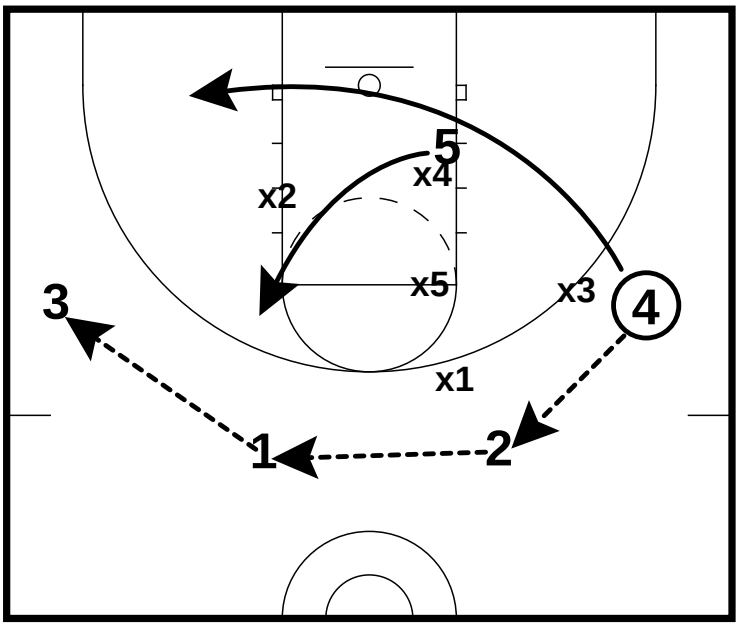
All Contents Proprietary

1-3-1 Zone Attack

2 Guard vs 1-3-1 Zone



- 1 passes to 2 who passes to 4 to stretch the zone
- 5 cuts to the low block

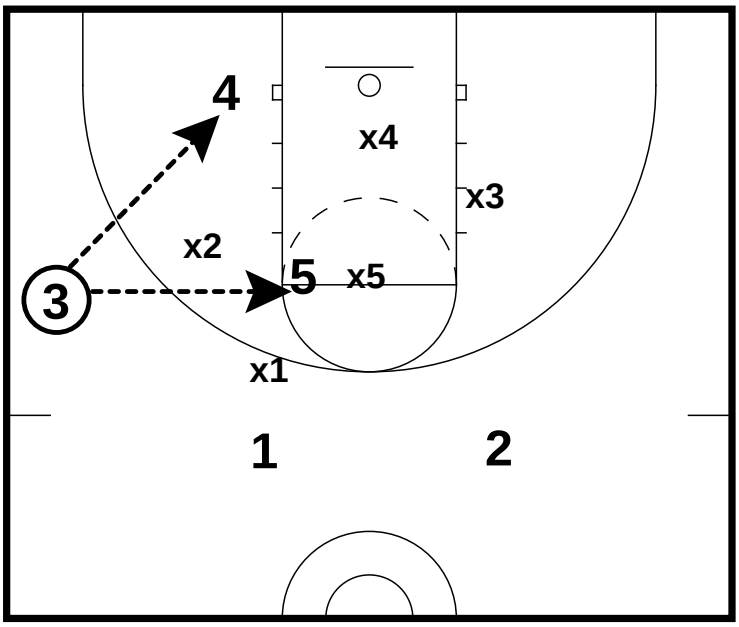


- Ball gets reversed to 3
- 5 cuts to the high post
- 4 cuts to the ball side short corner

All Contents Proprietary

1-3-1 Zone Attack

2 Guard vs 1-3-1 Zone

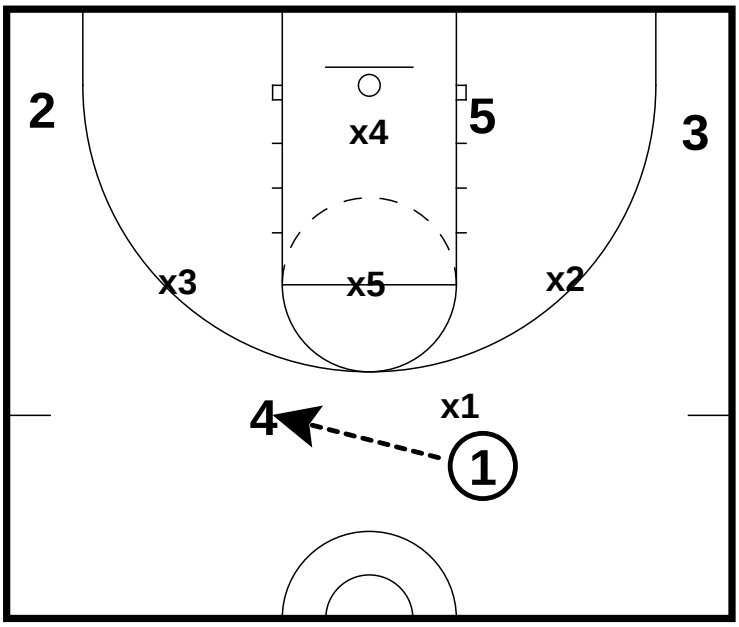


- 3 looks to enter the ball to 4 at the short corner
- 3 can also pass to 5 at the high post and look for high low to 4

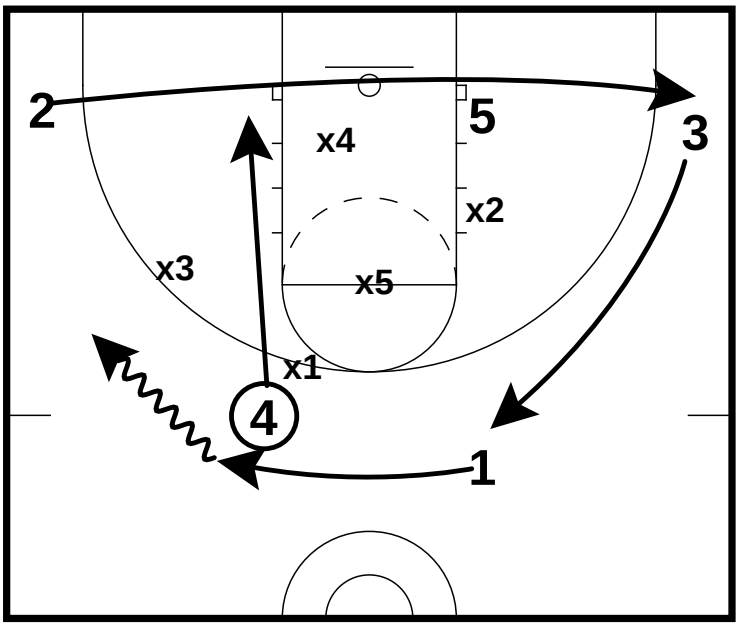
All Contents Proprietary

1-3-1 Zone Attack

Van Gundy 1 v s 1-3-1 Zone



- 1 passes to 4

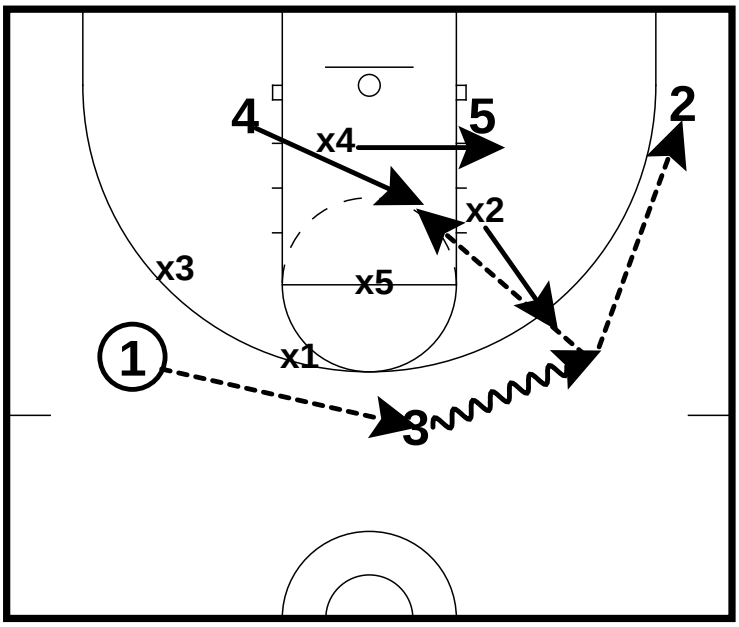


- 1 receives a hand off from 4
- 4 dives to the low block
- 3 cuts to the top of the key
- 2 cuts to the opposite corner

All Contents Proprietary

1-3-1 Zone Attack

Van Gundy 1 v s 1-3-1 Zone



- 1 passes back to 3 who dribbles to get a better passing angle
- 4 flashes to open gap
- 3 can pass to 2 in the corner or 4 and 5 in the post

All Contents Proprietary

1-1-3 Zone Attack

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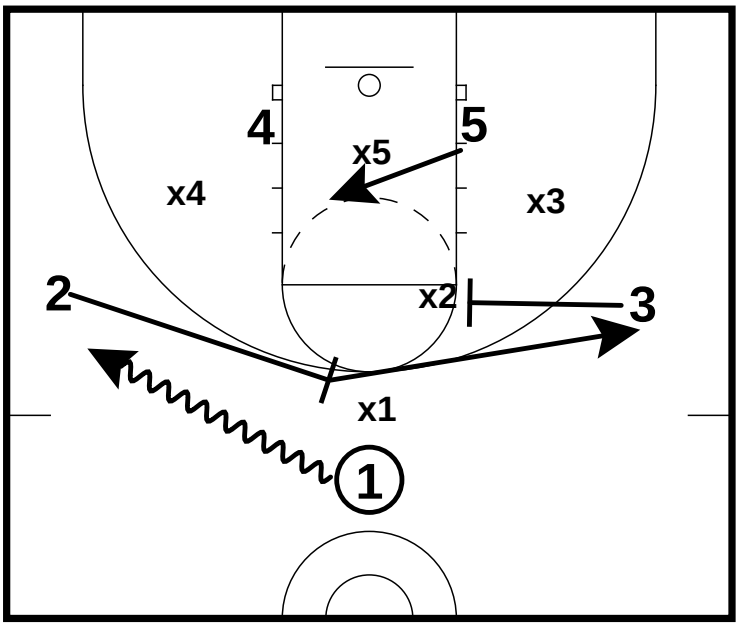
Pinch vs 1-1-3 Zone 40

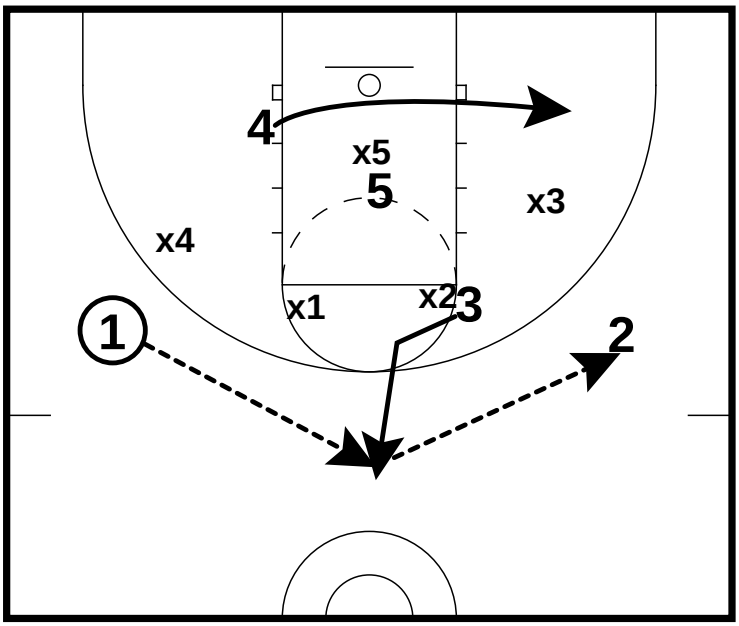
All Contents Proprietary

1-1-3 Zone Attack

Pinch vs 1-1-3 Zone



- 2 and 3 screen the top of the zone while 1 dribble entries to the wing
- 2 clears to the opposite wing
- 5 flashes to the middle to occupy X5

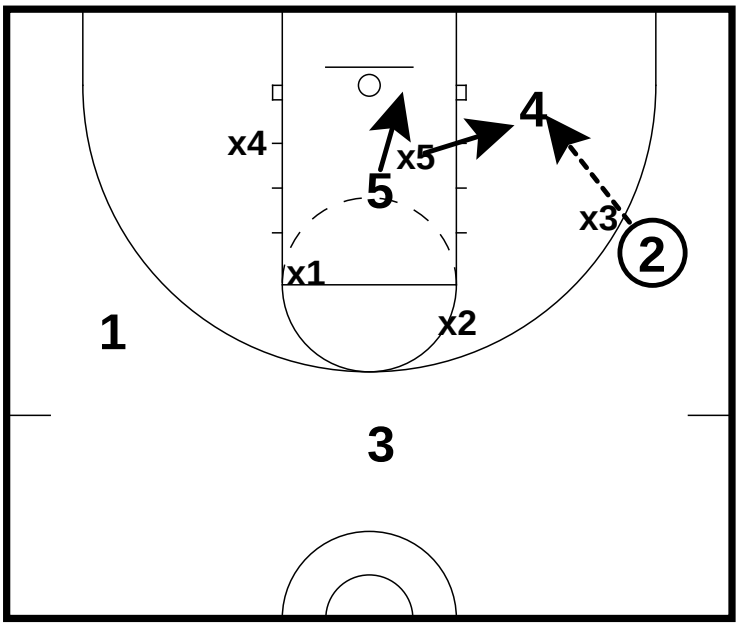


- 3 cuts to the key and receives the ball from 1
- Ball gets reversed to 2 while 4 cuts to the short corner

All Contents Proprietary

1-1-3 Zone Attack

Pinch vs 1-1-3 Zone



- 2 looks to pass to 4
- 4 reads the defense and either looks to score or pass to 5

All Contents Proprietary

BLOBS

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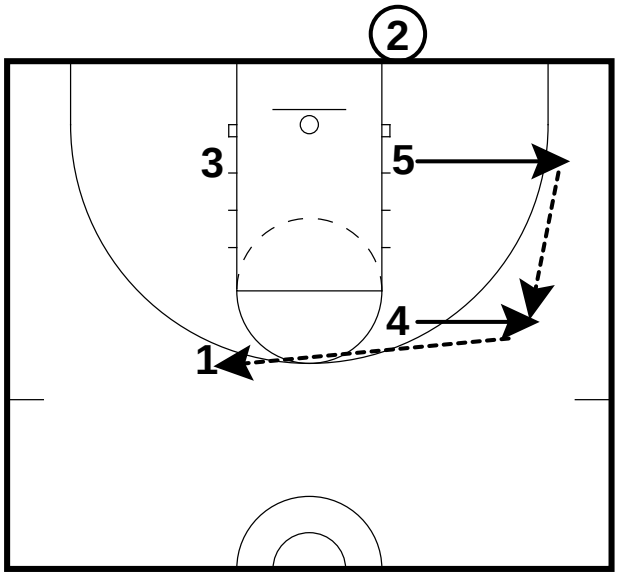
Badger BLOB	43
1-2 BLOB	44
Box BLOB	46
Ohio BLOB	47

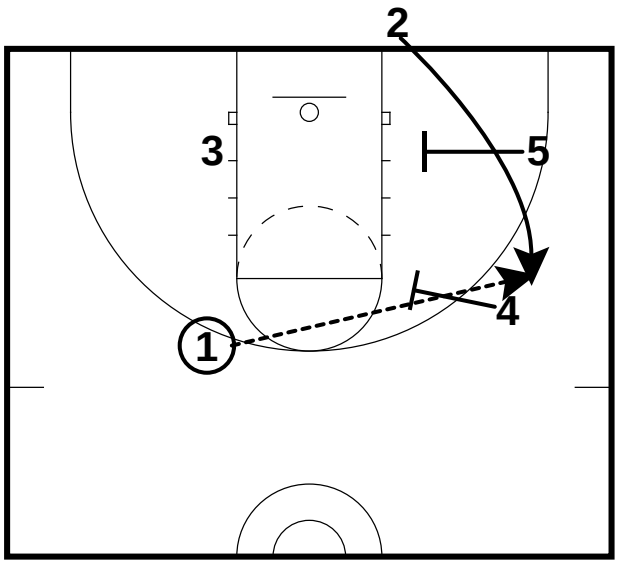
All Contents Proprietary

BLOBS

Badger BLOB



- 5 steps out to receive the ball from 2 and then passes to 4
- 4 passes to 1

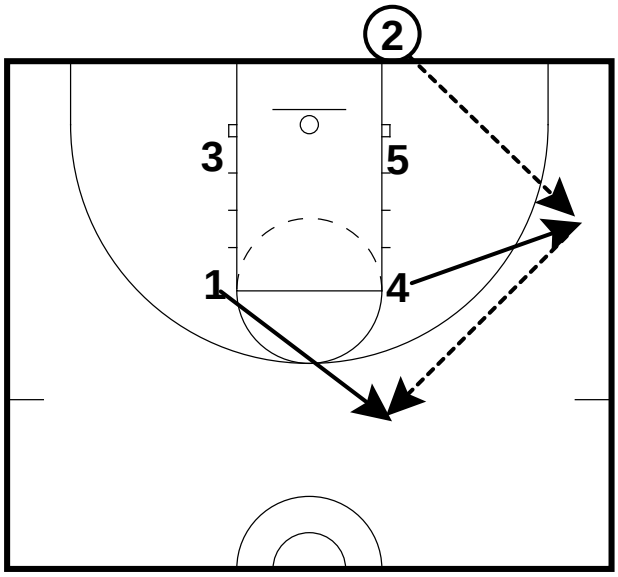


- 5 and 4 screen the zone for 2 to cut to the 3 point line for a pass from 1

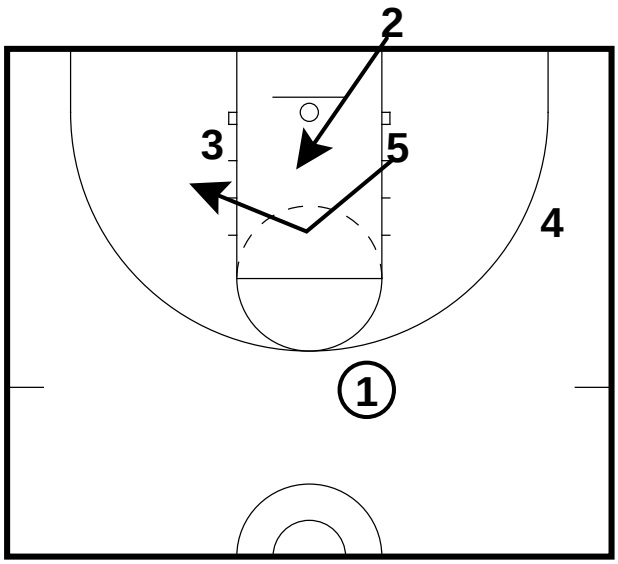
All Contents Proprietary

BLOBS

1-2 BLOB



- 4 cuts to the wing to receive the pass from 2
- 1 cuts to the key to receive the pass from 4

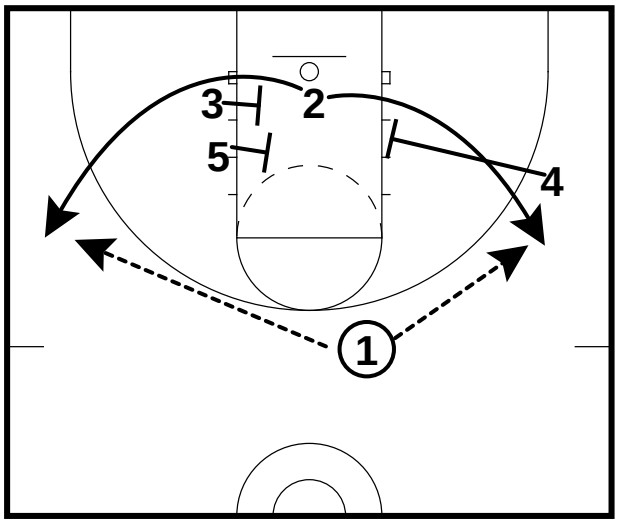


- 5 flashes high and then down to the block if he does not receive a pass from 1
- 2 steps in under the rim

All Contents Proprietary

BLOBS

1-2 BLOB

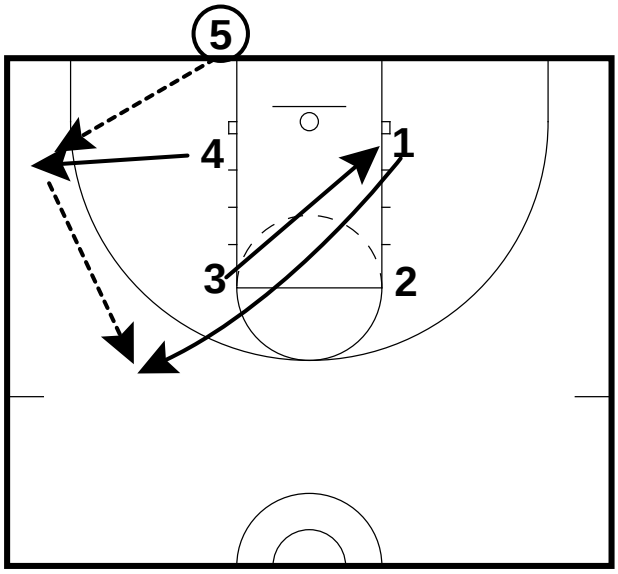


- 2 can use a double screen or a single screen to receive a pass from 1

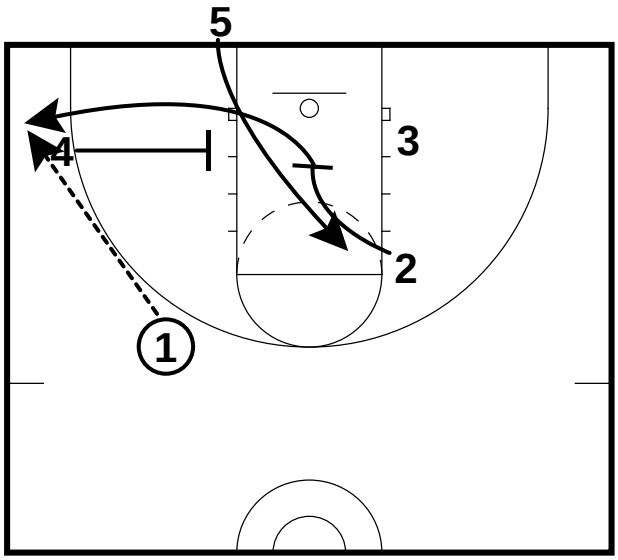
All Contents Proprietary

BLOBS

Box BLOB



- 1 cuts to the ball side wing
- 3 cuts to the block
- 4 cuts to the corner to receive the pass from 1
- 4 passes to 1

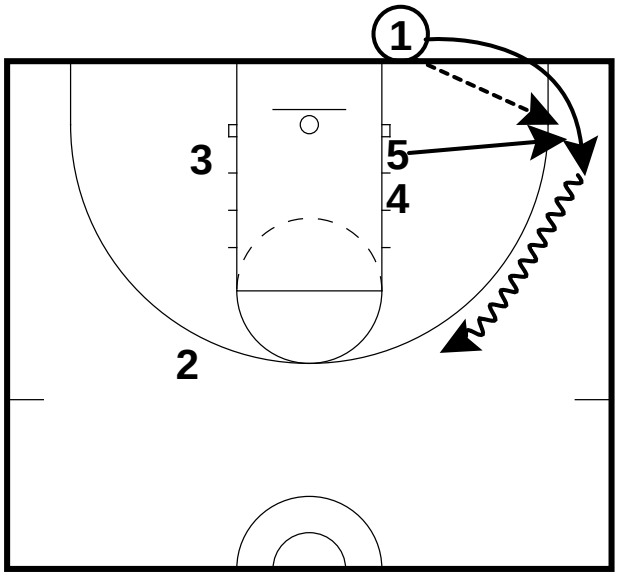


- 2 screens the middle of the zone
- 4 screens the bottom of the zone for to pop to the corner for a 3

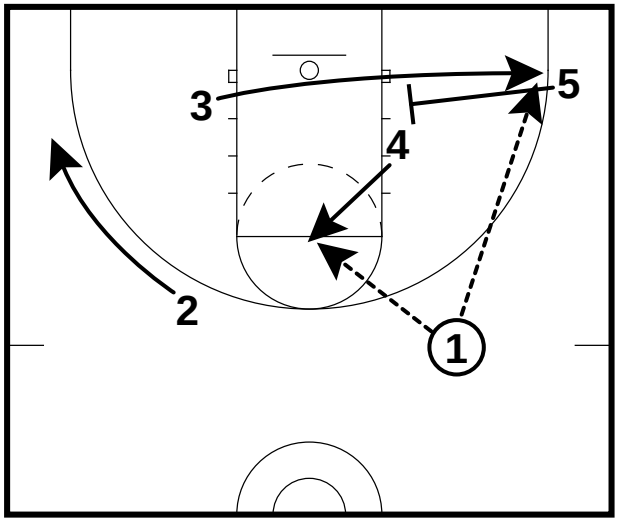
All Contents Proprietary

BLOBS

Ohio BLOB



- 5 cuts to the corner to receive the ball from 1
- 1 cuts off of 5 for a hand-off
- 1 dribbles out to the wing



- 5 screens the bottom of the zone for 3 to come to the corner
-4 flashes to the middle
- 2 drifts to the corner

All Contents Proprietary

Attacking Half Court Traps

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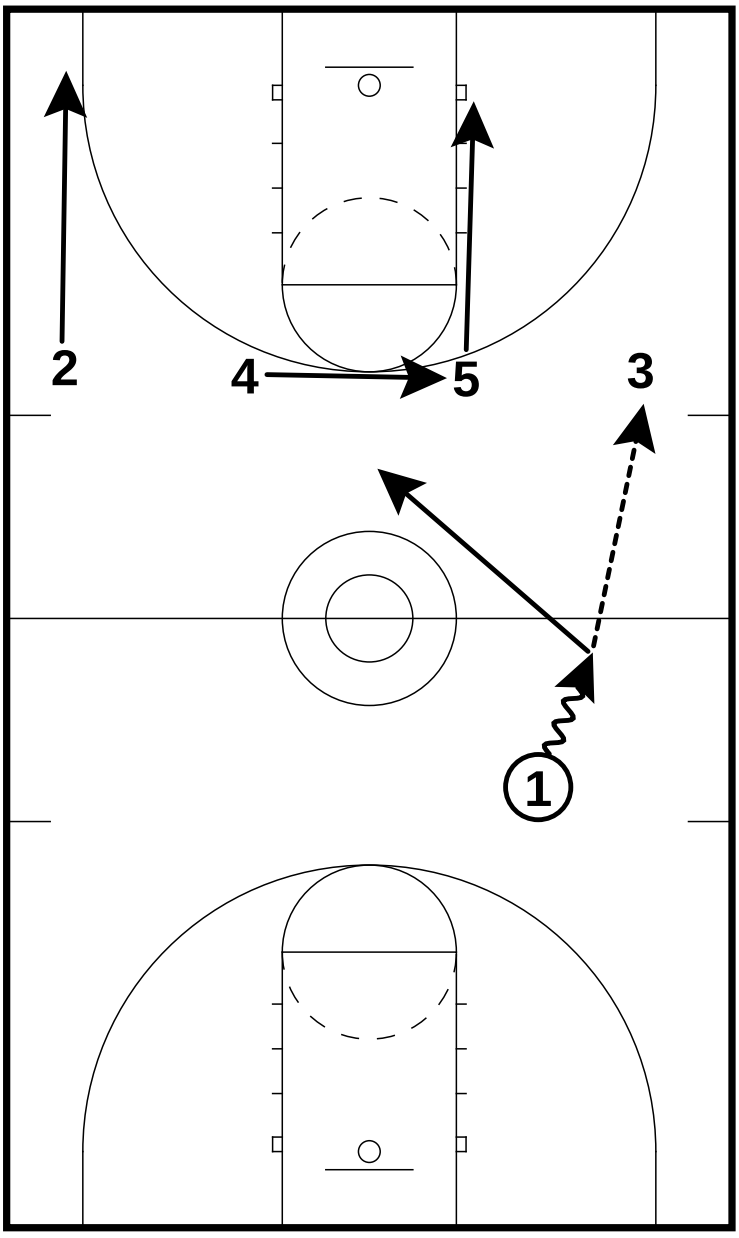
1-4 49

2-1-2 Attack 51

All Contents Proprietary

Attacking Half Court Traps

1-4

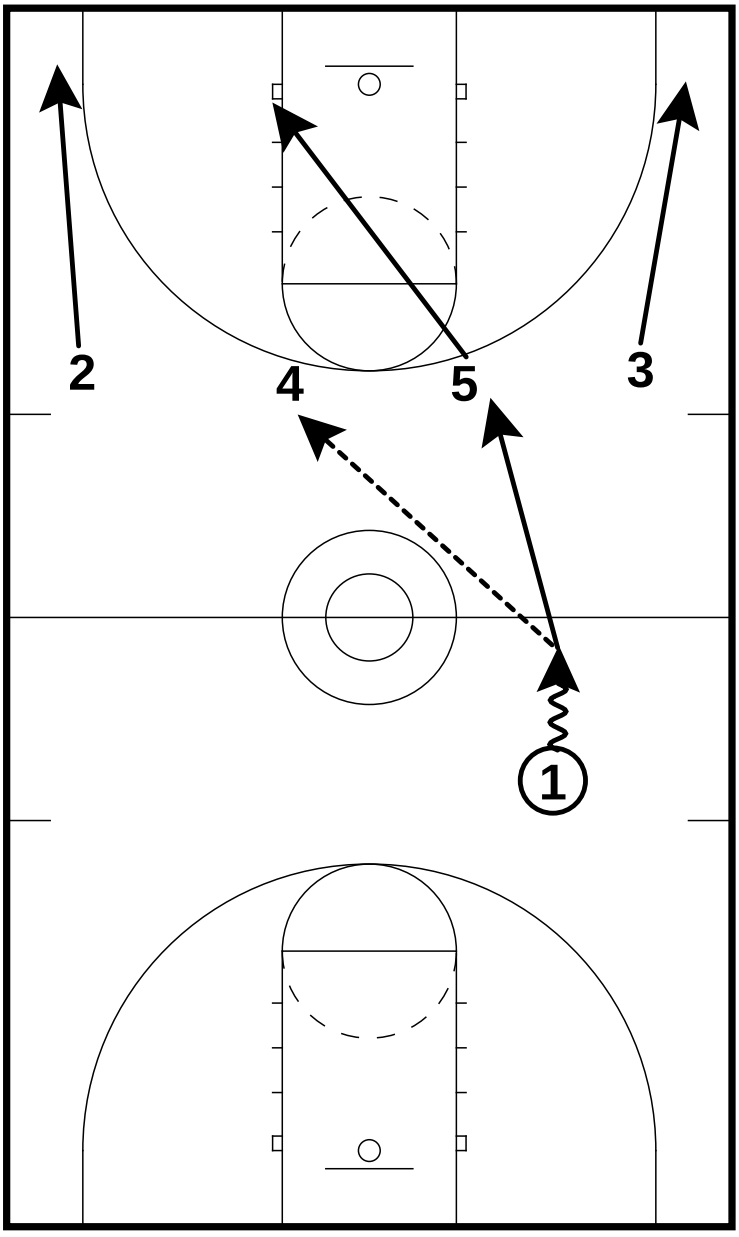


- On a wing entry, 5 cuts to the low post, 4 flashes to the slot and 2 slides to the corner

All Contents Proprietary

Attacking Half Court Traps

1-4

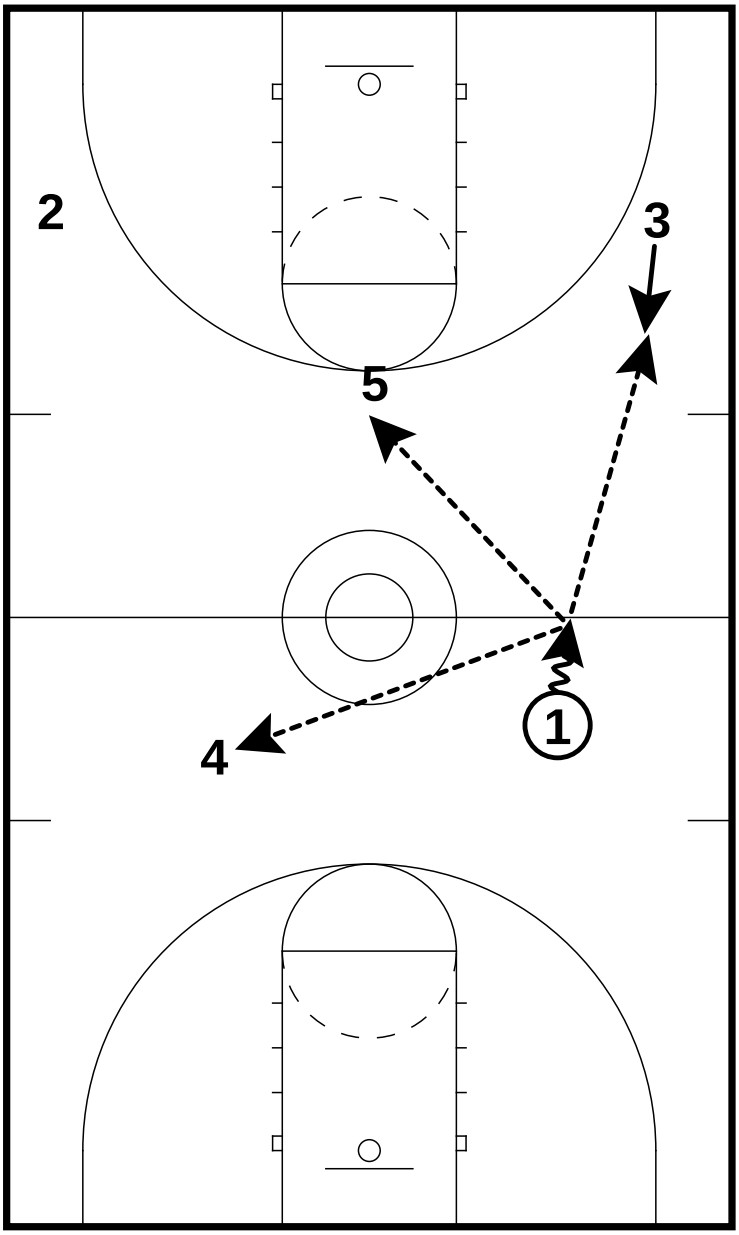


- On a post entry, the wings cut to the corners, opposite post cuts to the ball side low block and 1fills

All Contents Proprietary

Attacking Half Court Traps

2-1-2 Attack

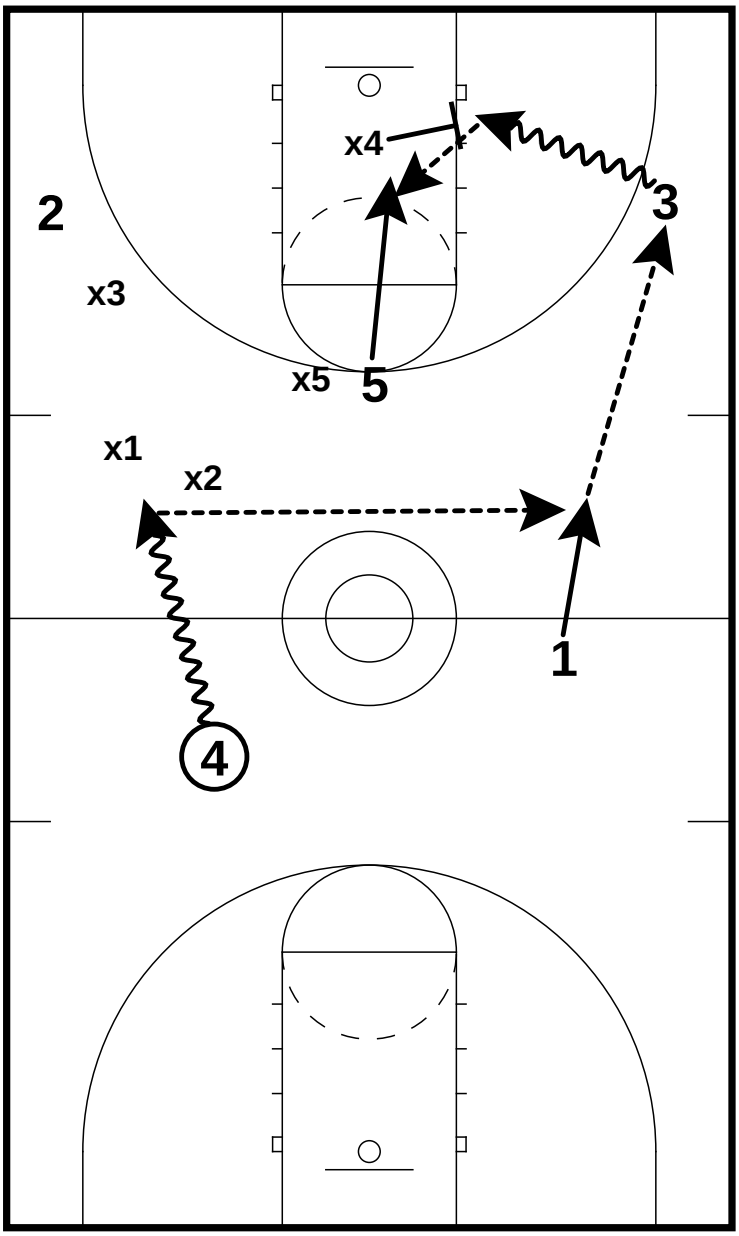


- Always have 3 available passes (wing, middle, reversal)

All Contents Proprietary

Attacking Half Court Traps

2-1-2 Attack



- If the trap is set, reverse the ball and attack the back side of the zone

All Contents Proprietary

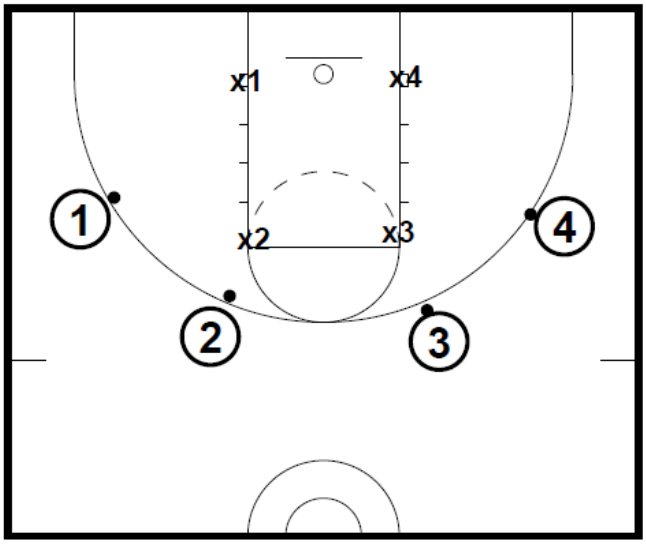
Lawrence Frank
The X's and O's You Forgot to Ask

- Went to 5 Star in high school to learn from coaches, not as an athlete
- If you don't have their heads and hearts, the X's and O's don't matter.
- With the Nets, Coach Frank had big signs made for the practice facility and locker room that showed their Building Blocks for Success. He would hold them accountable to those things.
- Building Blocks for Success
  - How We Play
    - Smart, Hard, Together
    - Protect the Paint 1st
    - Force Contested 2's
    - Gang Rebound
    - Attack Mentality
    - High Assist/Low Turnover
    - Take Great Shots
  - Core Values
    - Trust and Integrity
    - Accountability
    - Respect
    - Commitment
    - Sacrifice
    - Perseverance
  - Our Culture
    - Strive for Excellence
    - Hardest Working
    - Most Unseflish
    - Winning Attitude
    - Be a Great Teammate
- It is better if you can get your team to come up with these items because it makes them easier to hold them accountable for them if the players create them.
- The best coaches get the players to want the same thing the coach wants.
- Have the players give examples of each thing so everyone knows what they mean.
- Write a book for yourself about how you are going to handle different situations.
- The book should not have X's and O's in it; it is about philosophy.
- Frank's book has the following sections:
  - Overall Philosophy
  - Accountability
  - Practice Philosophy
    - Master calendar for the season
  - Player Relations
  - Player Development
    - How do you deal with players who don't play a lot? How are you keeping them in shape?
    - Skill development sheet

Lawrence Frank
The X's and O's You Forgot to Ask

        - Work with player to come up with goals for player, create a plan to achieve those goals, and go over the plan with the player each week.
    - Philosophy on Staff
        - What do you like them to help with?
        - What do you hate them doing?
    - Training Staff
    - Special Teams/Special Situations
- Coaches need to feed players knowledge so players know what to say when they talk on the floor.
- If the ball is in the middle third of the court, defense takes a weak hand-no paint stance.
- If the ball is in one of the outside thirds of the court, the defense takes a no middle-no paint stance.
- Absorb jab steps with the back foot, don't open the door.

Celtics Closeouts 1	
Diagram	Notes

	• Defense starts in the paint in their defensive stance doing foot fires
	• Talk ELC (Early, Loud, Continuous)
	• If the ball is in the middle third, players closeout with a weak hand – no paint stance
	• If the ball is in one of the outside thirds, the players closeout with a no middle – no paint stance
	• On coaches “Go!” call, players yell “Shrink, shrink, shrink!”
	  ◦ Shrink is Boston's term for help defense.
	• Slide to the help line and touch hands with the defensive player opposite them and yell, “2-9, 2-9, 2-9!”
	  ◦ They yell 2-9 because in the NBA there is defensive 3 seconds so you can only be in the paint for 2.9 seconds without guarding someone.
	• Closeout with hands high to stop shot and pass
	• Shadow the ball and yell, “Ball, ball, ball!”
	• Inside hand is the dig hand
	• Outside hand is the deflection hand
	• Defense absorbs the jab step with their back foot.

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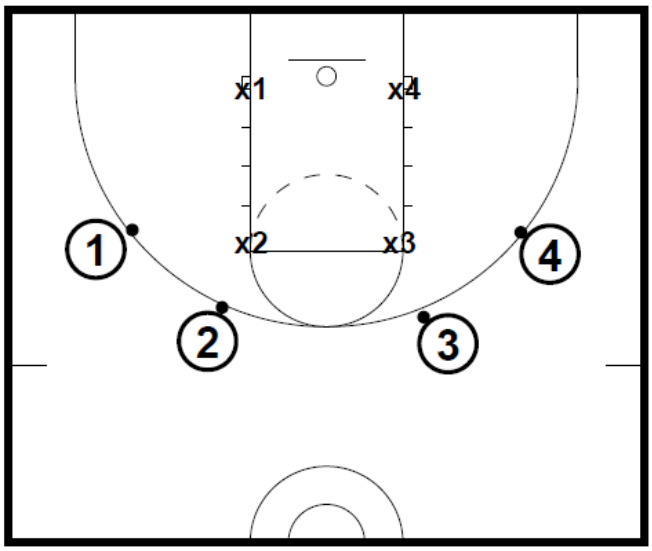
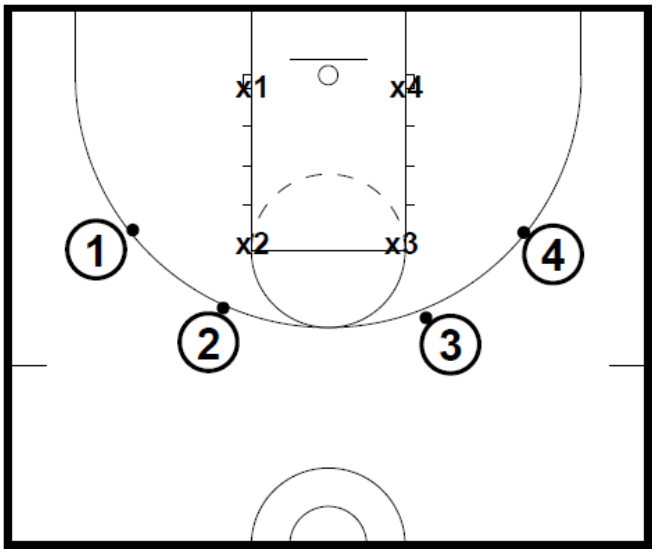
The X's and O's You Forgot to Ask

Celtics Closeouts 2	
Diagram	Notes
	• Same setup and points of precision as Celtics Closeouts 1 • Add a jab step and 2 dribbles by the offense • When the dribble is picked up, the defense yells, “Dead, dead, dead!” • Offense will pivot back to make a pass, the defense must get chest to chest with offense to prevent a bang-bang pass • Defense imagines that the offense has thrown a lob pass and then sprints back to help ◦ It's not jump to the ball, it's sprint to the ball!

Celtics Closeouts 3	
Diagram	Notes
	• Same setup and points of precision as Celtics Closeouts 1 • Add a shot fake, 2 dribbles, and a shot • The defense contests on the shot fake, but does not leave the floor ◦ The rule for the defense when contesting shots is their feet don't leave the floor until the shooters feet have left the floor. • When the dribble is picked up, the offense raises the ball up and jumps like they are shooting without actually shooting • The defense contests the shot high and hard and finishes the play with a box out

- When contesting shots, the defender's feet don't leave the floor until the shooter's feet leave the floor.

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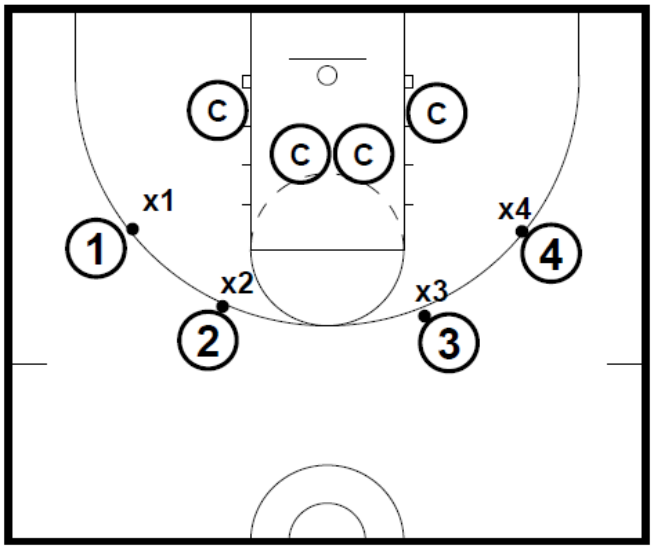
The X's and O's You Forgot to Ask

Celtics Closeouts 4	
Diagrams	Notes

	• Same setup and points of precision as Celtics Closeouts 1, except now there are 2 coaches in the middle of the paint and 1 on each block
	• Add a pass to the coach
	• If the ball is passed to a coach on the block
	  ◦ the perimeter defender gets their chest to the baseline so they can see both
	  ◦ the defender digs down when the ball crosses the lane line
	• If the ball is passed to a coach in the middle of the paint
	  ◦ the perimeter defender swarms the ball right away
	  ◦ force the ball out of the paint

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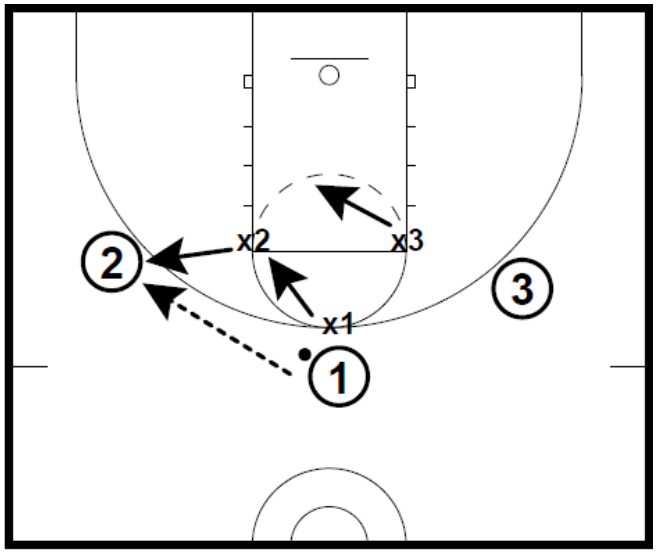
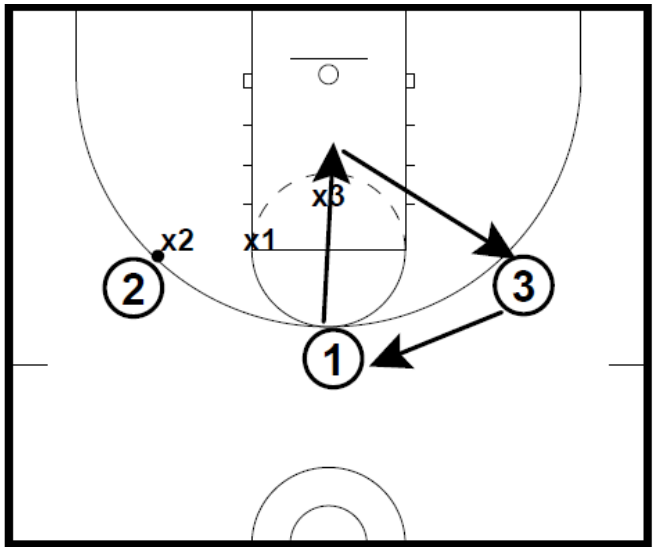
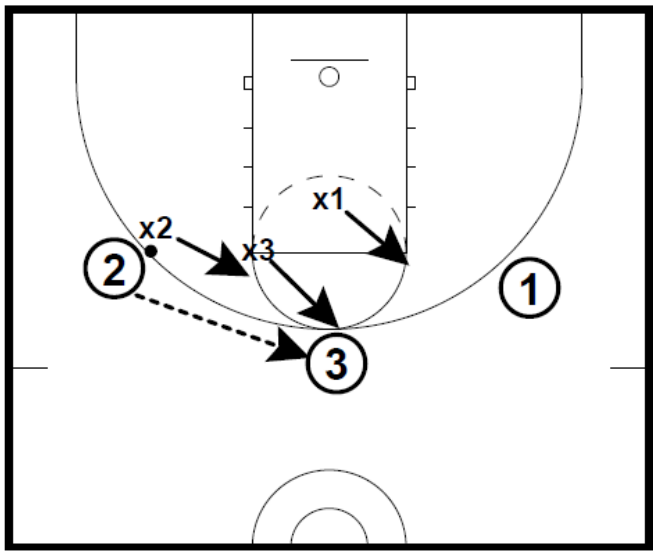
The X's and O's You Forgot to Ask

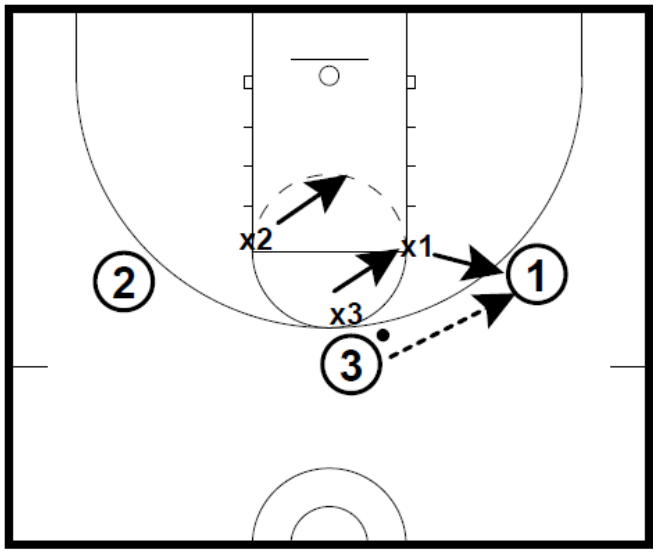
- The Celtics run 3-on-3 Shrink everyday in practice

3-on-3 Shrink	
Diagrams	Notes
 3-on-3 Shrink Frame 1	• On pass to wing, wing defender closes out • Top defender sprints to help position at elbow • Weak side defender sprints to help position in middle of the paint
 3-on-3 Shrink Frame 2	• The offensive player at the top of the key cuts through the lane and out to the weak side wing • The weak side wing fills up to the top of the key • The defender in the paint must tag the offense as he cuts through the paint and talk to his teammate • The help defenders adjust positioning based on the cuts



3-on-3 Shrink Frame 3

- The offensive player on the wing, passes back to the top of the key
- The defense adjusts by sprinting to defend the ball and help positions



3-on-3 Shrink Frame 4

- The ball is reversed to the opposite wing
- The defense adjusts by sprinting to defend the ball and help positions
- The cycle repeats itself

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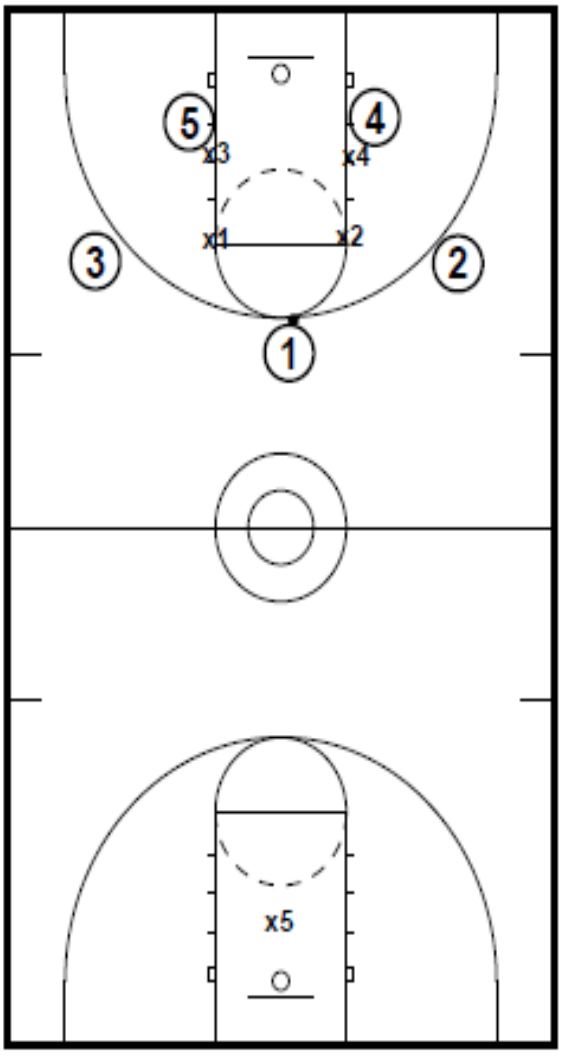
The X's and O's You Forgot to Ask

- Transition Defense
  - 1 and 2 are back on the raise of any shot
  - 3 gets back immediately if he is outside the 3 point line or after crashing if he is inside the three point line
  - 1, 2, and 3 get back in a triangle alignment

5-on-4 Scramble	
Diagrams	Notes
	• Offense starts with a 5-on-4 advantage • Offense works the ball around for a shot • Defense must communicate • Weak side post defender sits on the top leg of the weak side post • On the rise of the shot 1 and 2 get back, 3 goes back right away as well if he is outside the 3 point line • The defense transitions to offense and outlets the ball immediately whether the shot is a make or miss • The offense transitions back to defense with 1, 2, and 3 lining up in a triangle alignment • The first big back on defense kicks the small off of the ball side block to the weak side block • Everyone needs to get below the ball line • Contain the ball on one side of the floor

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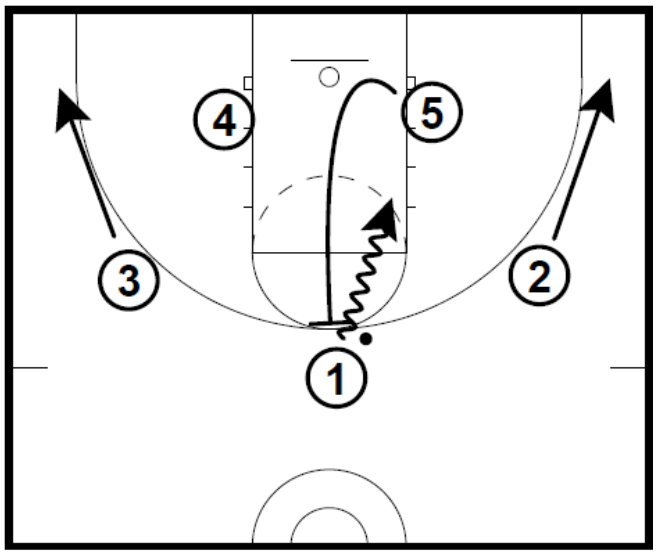
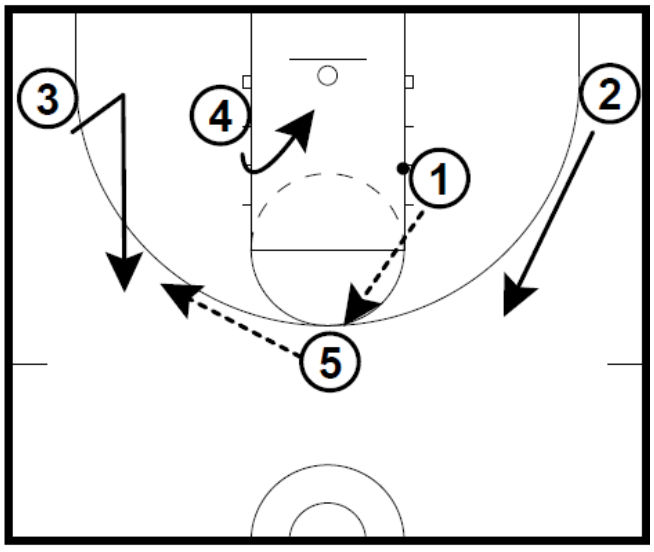
The X's and O's You Forgot to Ask

- Pick-n-Roll Offense
- 4 S's for Man Receiving the Screen
  - Starting point
  - Setup – have to be a threat to beat him away
  - Separation – attack the rim
  - Shoot/Score
- Have to keep flow going
- NBA playoff basketball comes down to the play after the play
- With the Nets, he would start rehearsal offense at the end of the play to teach what they should do next

Pick-n-Roll Offense	
Diagrams	Notes
 Pick-n-Roll Offense Frame 1	• Screener runs straight through the nail and adjusts his angle based on the defense ◦ Screener must give defense a chance to change direction so he does not get called for an illegal screen • 2 and 3 cut to corner to create space up top and take away help • 1 attacks the rim

 Pick-n-Roll Offense Frame 2	• If 1 gets stopped going to the rim, he can pass to 4 inside or to 5 who has popped out
	• 3 v-cuts to get open on wing
	• 5 can
	  1. Shoot
	  2. Look for high – low action with 4
	  3. Pass to 3 on the wing
	• 2 fills up to wing
	• 1 fills the corner

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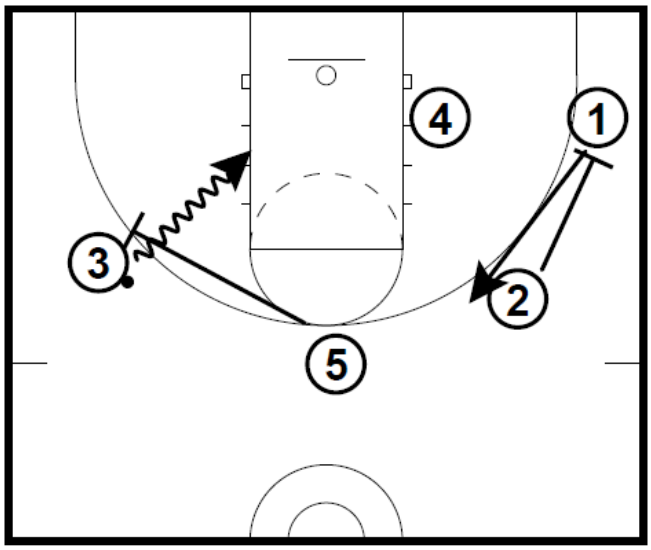
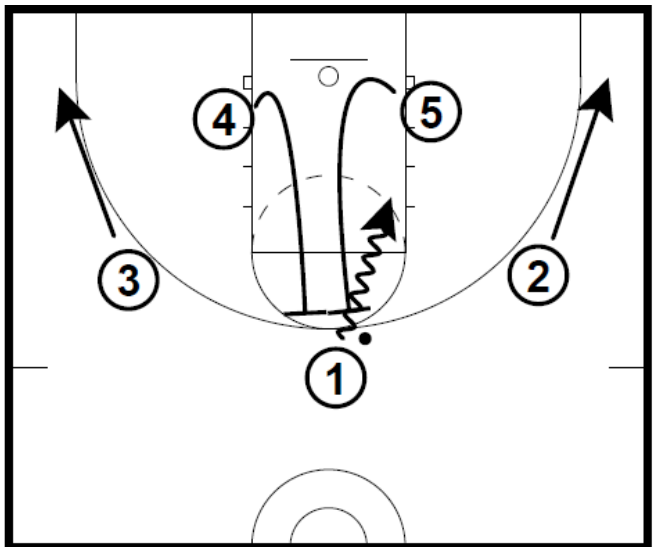
 Pick-n-Roll Offense Frame 3	• Keep flow alive by having bigs continue setting ball screens • 5 follows his pass and sets a ball screen for 3 • 2 screens for 1 to occupy weak side defenders
 Pick-n-Roll Offense Frame 4	• This is an alternative way to start the offense • Having both bigs sprint through the nail to set a ball screen puts a lot of pressure on the defense to defend this unique situation • This was done in the NBA playoffs and it took a few games for the coaches to figure out how to defend it!

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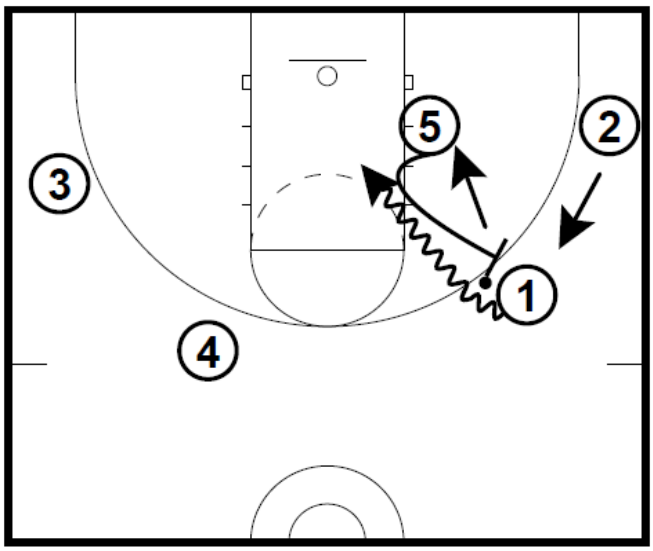
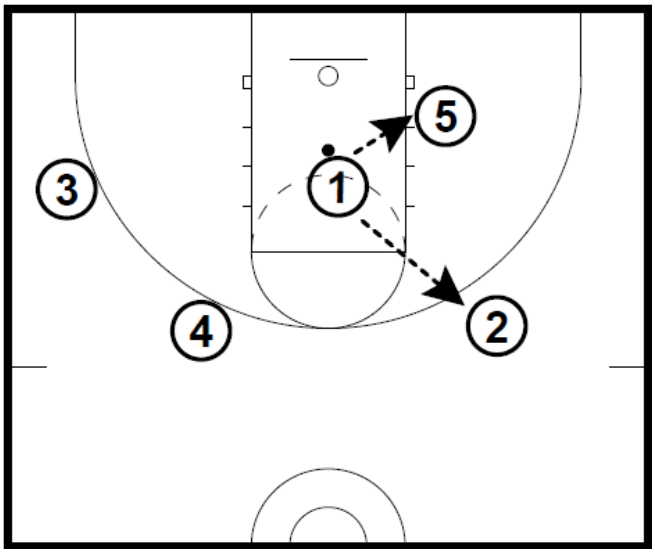
The X's and O's You Forgot to Ask

- Early offense can be very effective if you have multiple options out of the same alignment

Early Offense - Strong	
Diagrams	Notes
 Early Offense – Strong Frame 1	• 5 sprints up to set a ball screen for 1 • 1 uses the screen and attacks the paint • 2 fills up to the wing
 Early Offense – Strong Frame 2	• 1 can ◦ Shoot ◦ Pass the ball to 5 rolling to the rim ◦ Kick the ball out to 2 for a jumper

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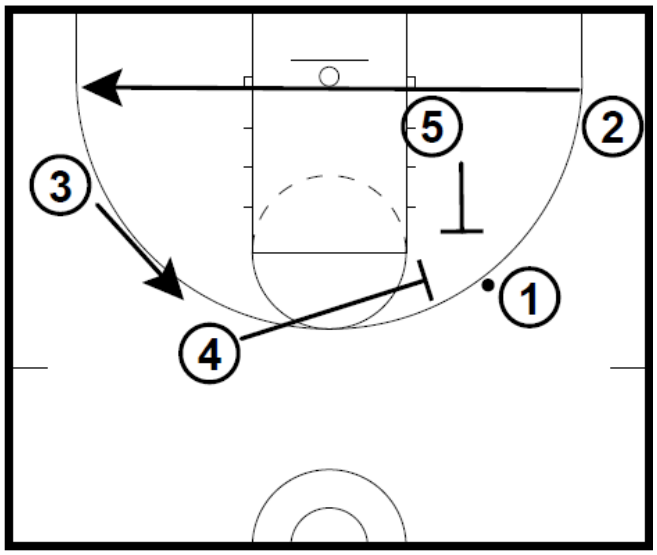
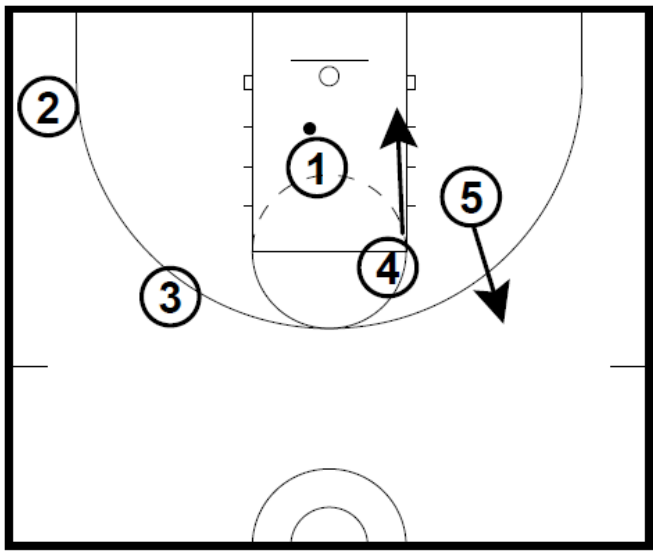
Early Offense - L	
Diagrams	Notes
	• 4 and 5 sprint to set a ball screen for 1 • 2 clears to the opposite corner • 1 chooses a screen and attacks the paint • 3 fills up to take 4's spot
	• The screener rolls to the basket • The other big pops

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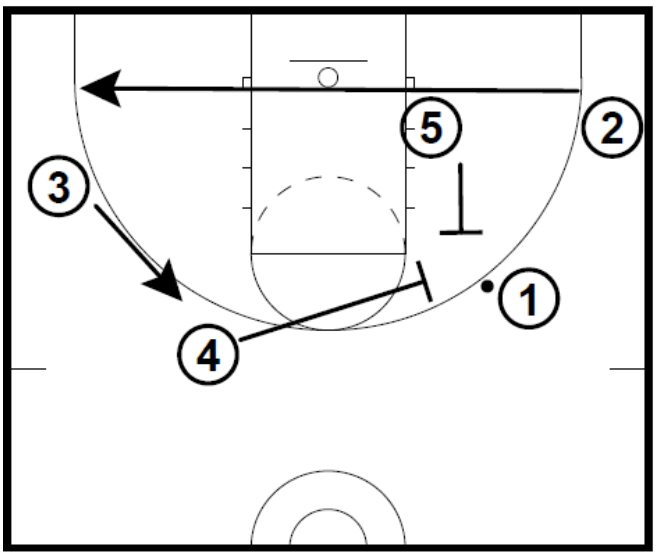
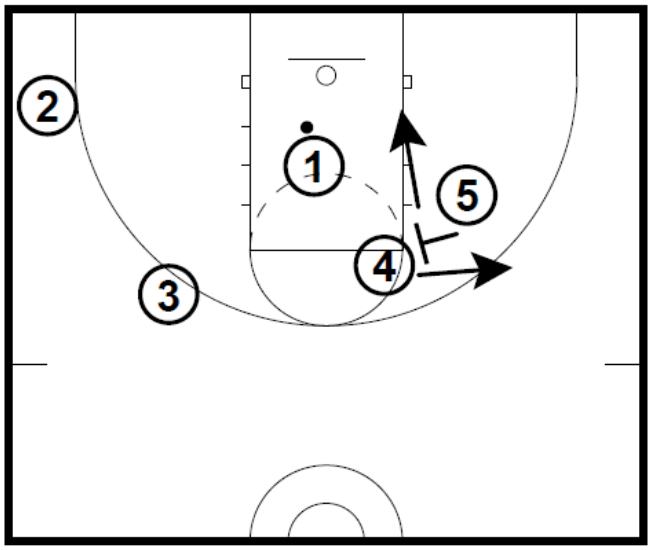
Early Offense – L With Flare Screen and Slip	
Diagrams	Notes
 Early Offense – L With Flare Screen and Slip Frame 1	• 4 and 5 sprint to set a ball screen for 1 • 2 clears to the opposite corner • 1 chooses a screen and attacks the paint • 3 fills up to take 4's spot
 Early Offense – L With Flare Screen and Slip Frame 2	• 5 sets a flare screen for 4 • 5 slips the screen and dives to the rim

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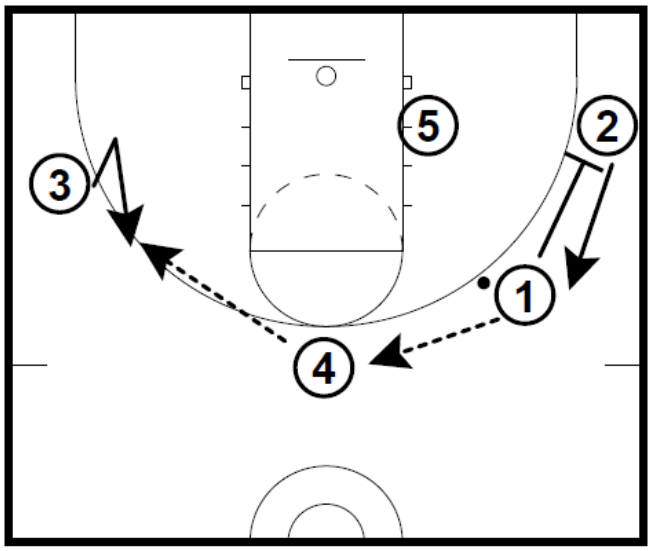
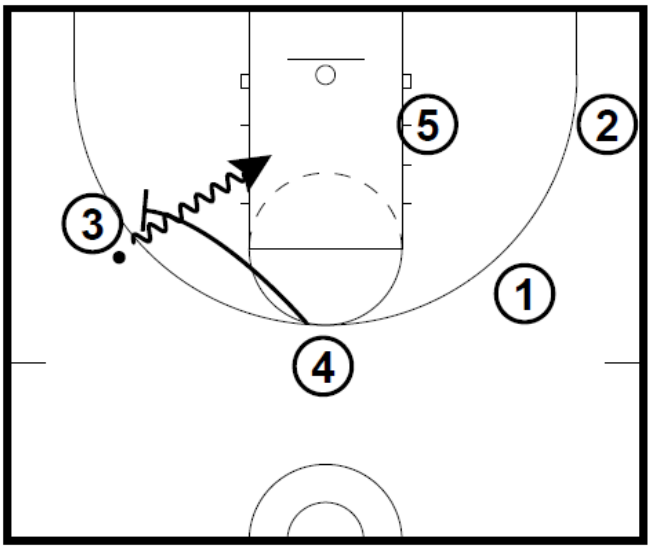
Early Offense - Swing	
Diagrams	Notes
 Early Offense – Swing Frame 1	• 1 swings the ball to 4 • 1 screens for 2 • 3 v-cuts to get open • 4 swings the ball to 3
 Early Offense – Swing Frame 2	• 4 sprints after the pass to set a ball screen for 3 • 3 attacks the paint

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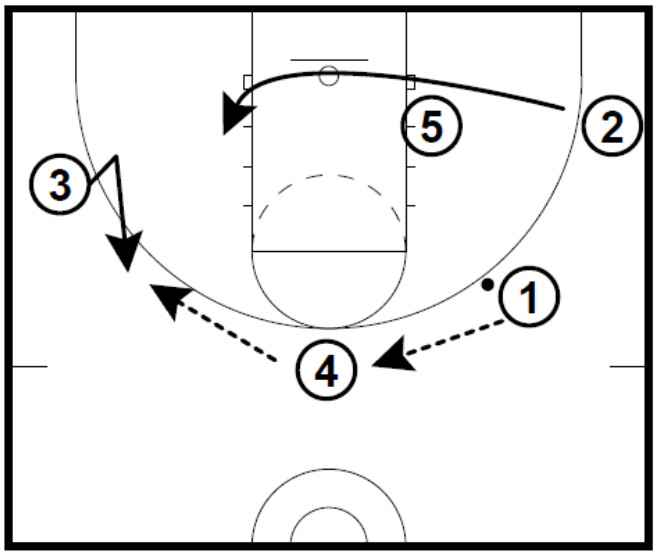
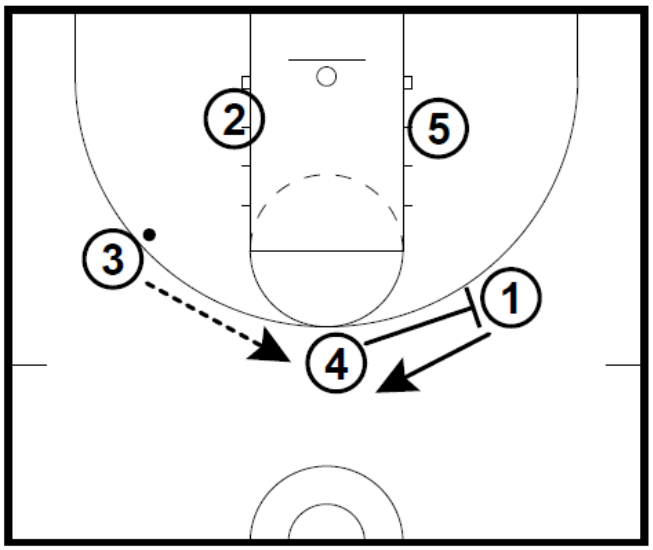
Early Offense – Slice	
Diagrams	Notes
 Early Offense – Slice Frame 1	• 1 swings the ball to 4 • 2 cuts through to the opposite block • 4 swings the ball to 3
 Early Offense – Slice Frame 2	• 4 screens for 1 • 3 reverses the ball to 1

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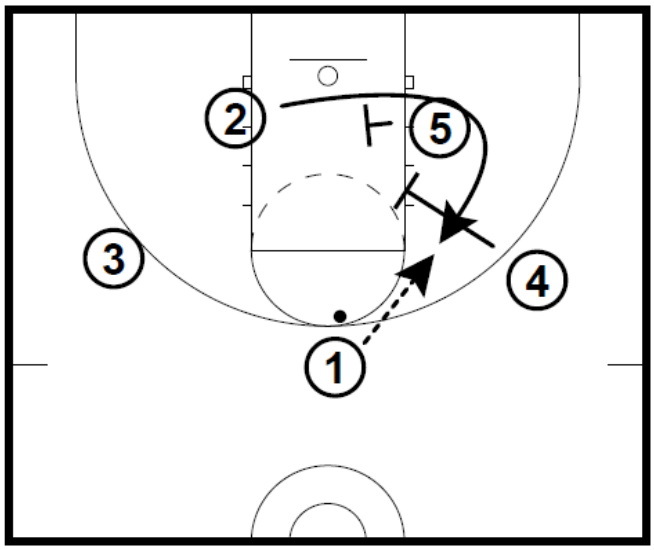


Early Offense – Slice Frame 3

- 5 and 4 set staggered screens for 2
- 1 passes to 2 for shot

Loren LeBeau
Fresno Central
Conversation + Practice 4/30/10

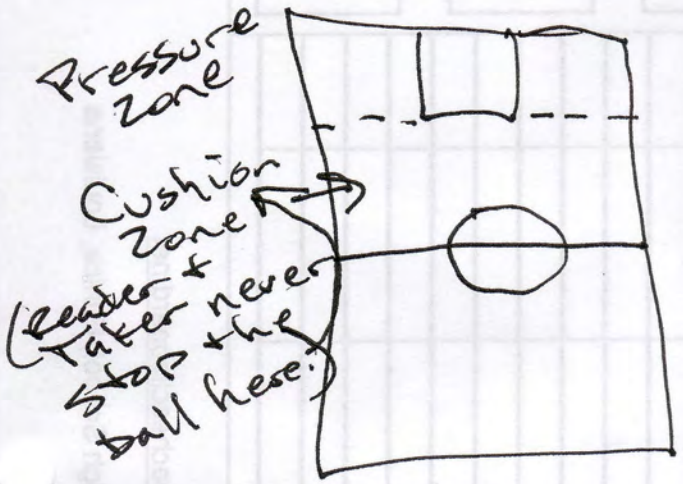
Walberg Press Keys'.

(3) on the ball

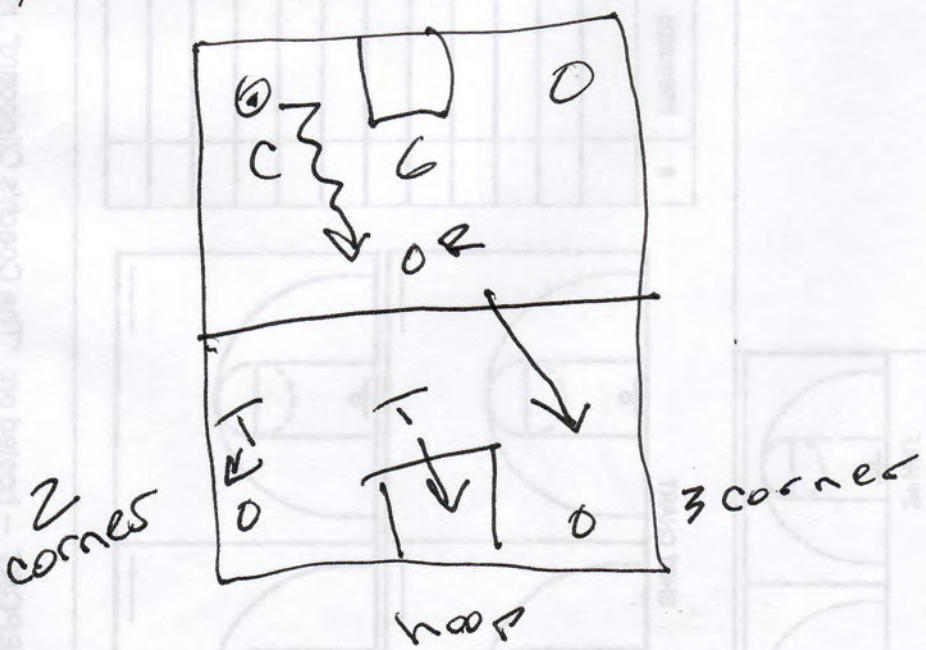
(3) behind the ball (Biggest Rule — Get better at)

Control + Gapper (Role Guys)
Reader + Taker (chasers
(Best Players)

Teaser (Shot Blocker — Charge Taker)



(3) Behind the Ball



Get an appt w/ (2)
Ed Madec

It's "D" by Committee - "Team D"

X over Keys: Elbows In - SLAM the Ball
Drive + Go (Pound the Ball) 1 step then 2 steps

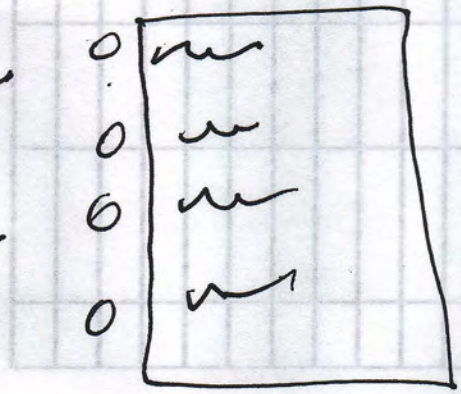
Practice

Ball Handling

~~Negative Steps~~

On the sideline - Hitch + Go (1 Bounce)
Emphasis: Ball in shot pocket - Then 2 Bounces

SLAM the Ball!



Emphasis: Big Steps
Elbow In

Rt
Lft
X
} 1 + 2 Bounce

Emphasis: Long effective strides

Next: Blow out dribble to 1/2 ct -
then freeze + Go - Lft + Rt.
Then X over - Lft + Rt

Next: Around the Arc



Two Bounces (SLAMS) the explode @ the wing to the hole

Next: Around the Arc ~~to~~ the top then X over



Next: 3 on 2 continuous (Limit 2-3 Passes)

Emphasis: 2 "D" r"UP near ½ ct (Reader + Taker)

Emphasis: Simple Passes - "Play Catch" (Catch) where u can't shoot it

Emphasis: 1 Bounce "Read"; 2ND Bounce ~~Passi~~

If u get to a 3RD ~~Bounce~~ - ATTACK the Paint

Then "111" - Then "121"



Mike Maker

Williams College

"Offensive Concepts"

5 Star Coaching Clinic

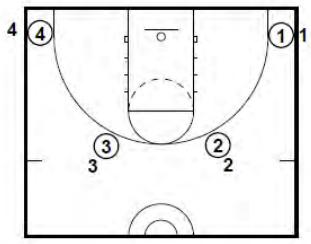
Iona College

May 7, 2011

- Players are allowed to play freely within his structure
- Need to have a philosophy/conviction that you believe in
- Complicated or sophisticated? - It depends on how you look at it
- The glass is always half-full with my guys
- Hybrid between Beilein's 2 Guard Offense and Princeton Offense
- Foundation
  - Spacing
  - Skill
  - Intelligence
- Make more free throws than the opponent attempts
- Shoot a lot of layups and free throws in practice
- Believe in dominant hand layups
- Believe in dominant foot as hot foot, weak foot as pivot foot
- At Duke practices, players talk more than coaches
- Structure practices according to facilities and academic demands
- Todd Lickliter - "Juniors and seniors cheat to win. Freshmen and sophomores cheat to get by."
- Doesn't tolerate poor communication.
  - Any consequence is a short run
  - Could be run 2 sidelines, only a 17 if he is really pissed

- Drills teach players how to play
  - Not married to a system
  - Allows players to play
  - Prepares them to play against any kind of defense (denial, sag)
- Spends most of his practice time on offense
- McKillop on defense
  - Protect the President
    - Basket is the president
    - Defenders are the Secret Service
    - Ball is the bomb
    - The lane is the White House
- Guarding ball screens
  - Hard hedge
  - Bump
  - High hedge
- One More – most important drill that they do
  - Helps eliminate turnovers
  - Gets higher percentage shots because of better passes

Mike Maker - One More



- Shot fake
- Drive 2 dribbles
- Jump stop
- Pass to the right (stop and pass)
- Every pass has a name - both passer and receiver

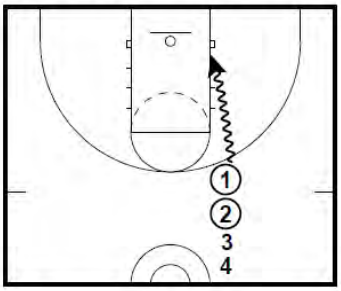
* Work on reverse pivots and forward pivots
** Run drill to right and left

Frame 1

- Doughnut – forward pivot
- Waffle – reverse pivot

- Layups
  - Land on 2
  - Swoop the ball, use longer limbs
  - Body on
  - Ball away
- Start different ways
  - Inside out, crossover
  - Waffle/doughnut
  - Shot fake
- Alleys and Slots – shoot with dominant hand, it's like a reverse Mikan if you are on your weak side

Mike Maker - Alley Drives

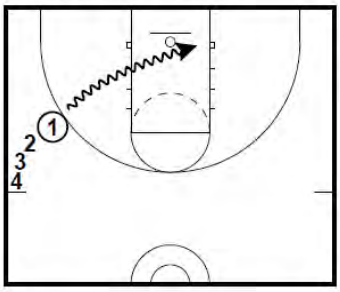


- Assistants hit players with pads as they drive to rim

* Run drill on right and left

Frame 1

Mike Maker - Slots



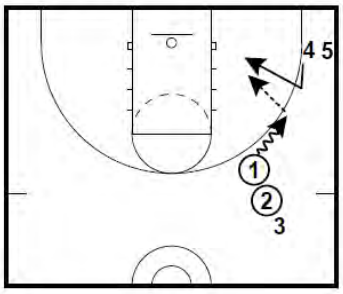
- Drive and finish on opposite side of the rim

* Run drill on right and left

Frame 1

- Italian Drill – encourages 1 handed passes, feels they are less likely to be deflected

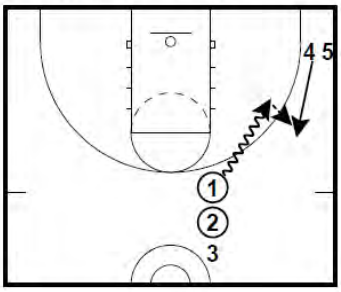
Mike Maker - Italian Drill



- Dribble to wing
- Corner goes back door for layup

Frame 1

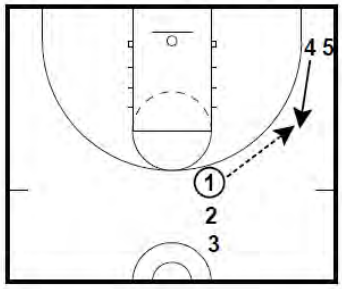
Mike Maker - Euro



- Drive to wing
- Corner cuts right behind dribbler's butt
- Pitch back for 3

Frame 1

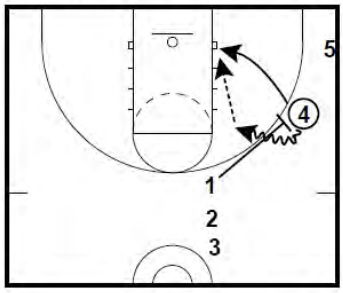
Mike Maker - Ball Screens



- Pass to wing

Frame 1

Mike Maker - Ball Screens

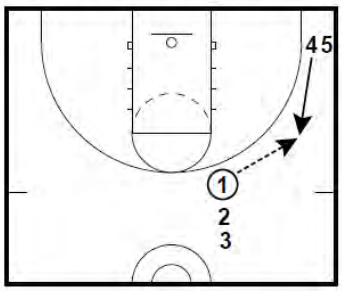


- Ball screen and roll
- Bounce pass to roller
- Catch with 2
- Land with 2

Frame 2

- Slips
  - The players choose what to do based on how the defense plays them
  - They do not do things off calls from the bench
  - Takes away low shoulder step to 10:00 cut to 2:00
  - Takes away the high shoulder, step to 2:00 cut to 10:00

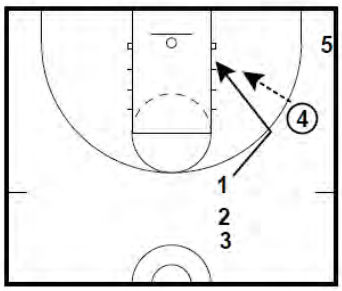
Mike Maker - Slips



- Pass to wing

Frame 1

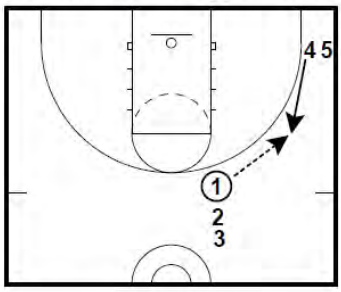
Mike Maker - Slips



- Fake ball screen
- Slip for layup

Frame 2

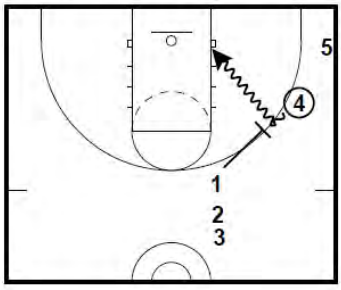
Mike Maker - Reject Screen (Refusal)



- Pass to wing

Frame 1

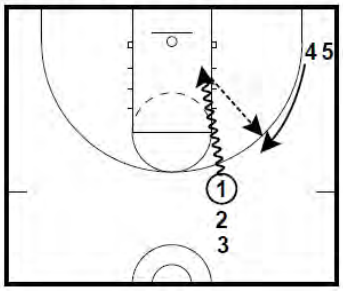
Mike Maker - Reject Screen (Refusal)



- Wing rejects screen and drives
- Wing finishes at rim or pivots and kicks ball out

Frame 2

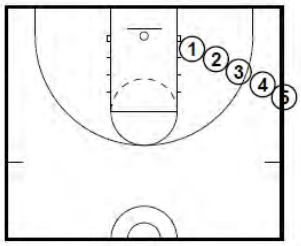
Mike Maker - Tonies



- Drive from top
- Corner fills up
- Kick ball back for jumper

Frame 1

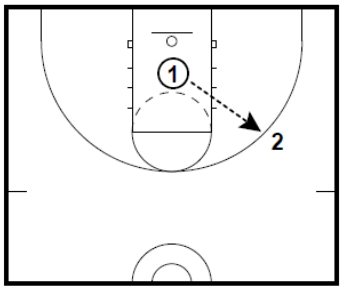
Mike Maker - Popeyes



- Shoot a normal shot
- Use the glass
- Try not to hit the rim
- Get your own rebound
- Dribble to the end of the line

Frame 1

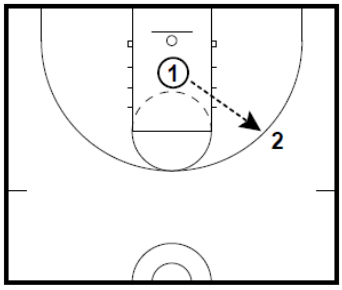
Mike Maker - Strengths



- 2 man shooting drill
- Shooters can shoot from the right, left, or middle
- The drill runs for 2 minutes, each player shoots for 1 minute
- Take 2 shots from area of strength for every one from areas of weaknesses
- The 1st shot is the money ball and it is worth 3, everything else is worth 1
- The goal is 20 makes in 2 minutes
- If they don't make it, sprint to half-court and back to the basket
- Now shoot free throws

Frame 1

Mike Maker - Weaknesses



- 2 man shooting drill
- Shooters can shoot from the right, left, or middle
- The drill runs for 2 minutes, each player shoots for 1 minute
- Take 2 shots from area of weakness for every one from areas of strength
- The 1st shot is the money ball and it is worth 3, everything else is worth 1
- The goal is 20 makes in 2 minutes
- If they don't make it, sprint to half-court and back to the basket
- Now shoot free throws

Frame 1

Mike Maker - Carril Drill



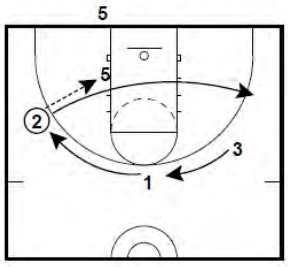
- Make 75 shots in 4 minutes, 1 minute from each spot

1) Top passes to corner for shot
2) Wing pass to top of key for shot
3) Top of key passes to other corner for shot
4) Other wing passes to top of key for shot

Frame 1

- Cut and Fill
  - Post feed
    - P shoots or passes
    - Perimeter shoots on kick out from post

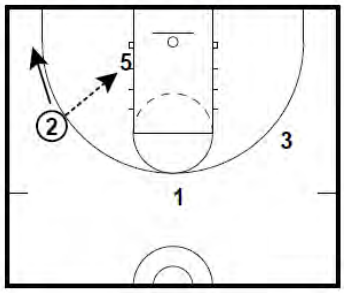
Mike Maker - Cut and Fill



- Two 5's in dark shirts, everyone else is in white
- 2 passes to 5 in the post
- 2 cuts through to opposite wing
- 1 fills the wing
- 3 fills the top of the key
- 5 shoots or kicks the ball out

Frame 1

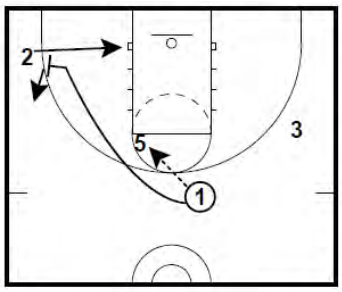
Mike Maker - Spot



- 2 passes to 5
- 2 cuts to corner
- 1 cuts to basket or screens the weak side wing

Frame 1

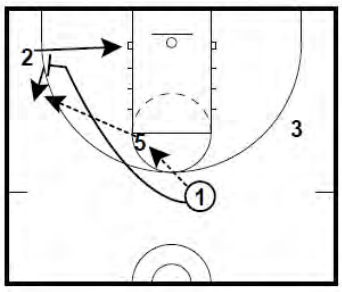
Mike Maker - Corner 1



- 1 passes to 5
- 1 sprints to screen 2 in corner
- 2 goes back door and 1 pops
- 5 passes to 2 for layup or 1 for jumper

Frame 1

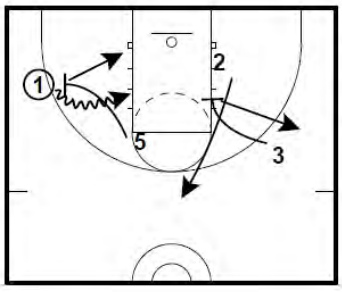
Mike Maker - Corner 2



- 1 passes to 5
- 1 sprints to screen 2 in corner
- 2 goes back door and 1 pops
- 5 passes to 1

Frame 1

Mike Maker - Corner 2

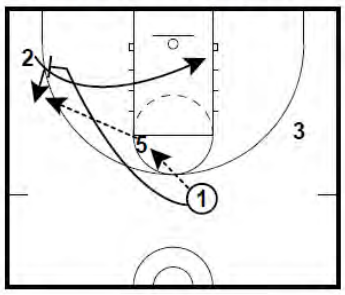


- 3 sets a down screen for 2
- 5 sprints to ball screen 1

1) Pick and roll
2) Slip
3) Refusal

Frame 2

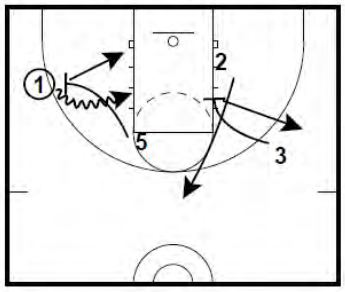
Mike Maker - Corner 3



- 1 passes to 5
- 1 sprints to screen 2 in corner
- 2 curls and 1 pops
- 5 passes to 1

Frame 1

Mike Maker - Corner 3

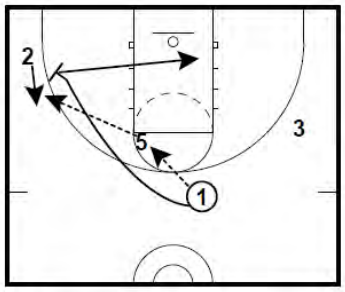


- 3 sets a down screen for 2
- 5 sprints to ball screen 1

1) Pick and roll
2) Slip
3) Refusal

Frame 2

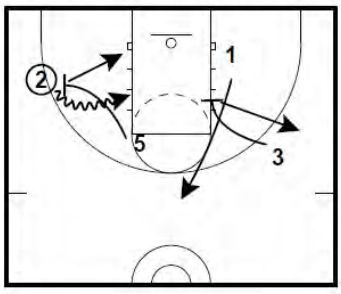
Mike Maker - Corner 4



- 1 passes to 5
- 1 sprints to screen 2 in corner
- 1 slips the screen
- 2 rises up
- 5 passes to 1 or 2

Frame 1

Mike Maker - Corner 4



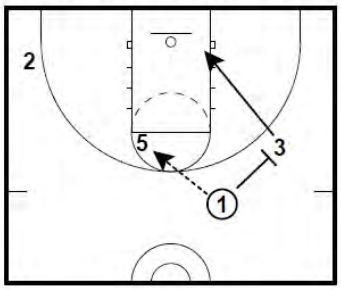
- 3 sets a down screen for 1
- 5 sprints to ball screen 2

1) Pick and roll
2) Slip
3) Refusal

Frame 2

- 2 Man Game – wing should be a step off the alley, don't drift

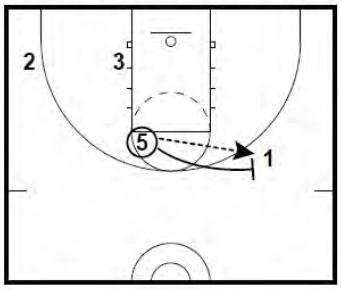
Mike Maker - 2 Man Game



- 1 passes to 5
- 1 sprints to screen 3
- 3 can either curl over the screen or slip it

Frame 1

Mike Maker - 2 Man Game

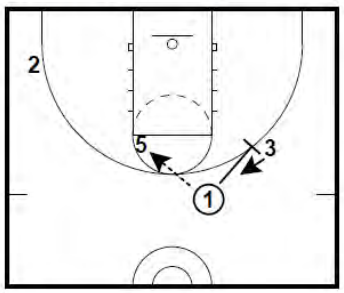


- 5 kicks the ball out to 1
- 5 sprints to set a ball screen for 1

1) Accept
2) Slip
3) Refusal

Frame 2

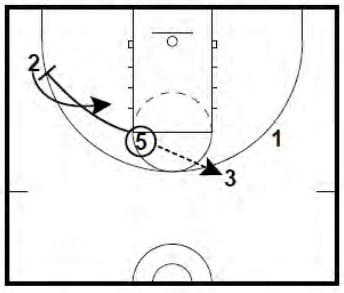
Mike Maker - Pop



- 1 passes to 5
- 1 screens 3
- 3 goes behind screen

Frame 1

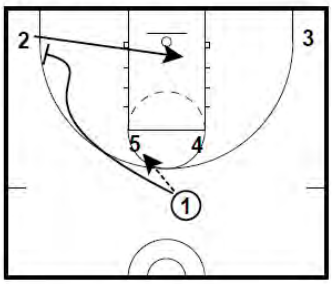
Mike Maker - Pop



- 5 passes to 3
- 5 screens 2
- 3 makes a read

Frame 2

Mike Maker - A

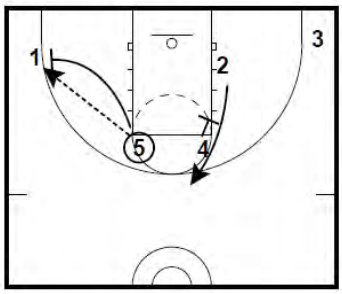


- 1 passes to 5
- 1 screens 2

Run with 2 bigs

Frame 1

Mike Maker - A



- 5 passes to 1
- 4 sets screen at foul line for 3
- 5 sets ball screen for 1

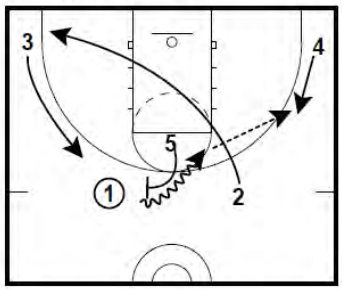
1) Accept
2) Slip
3) Refusal

Run with 2 bigs

Frame 2

- Fill – If 4 is denied, he should go back door and pop back to corner. 1 keeps dribble alive and goes to wing to take 4's place.

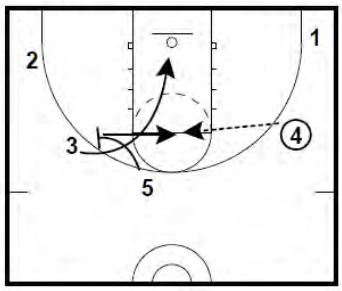
Mike Maker - Fill



- 2 cuts through to corner
- 3 fills up
- 5 sets a ball screen for 1
- 4 rises up
- 1 passes to 4

Frame 1

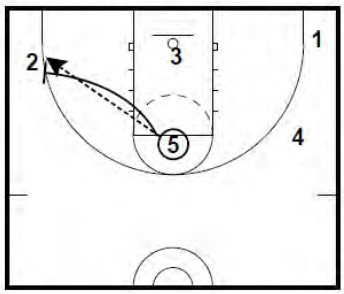
Mike Maker - Fill



- 5 screens 3
- 3 gets head under basket
- 5 rolls back
- 4 passes to 5

Frame 2

Mike Maker - Fill



- 5 passes to 2
- 5 sprints to ball screen 2

1) Accept
2) Slip
3) Reject

Frame 3

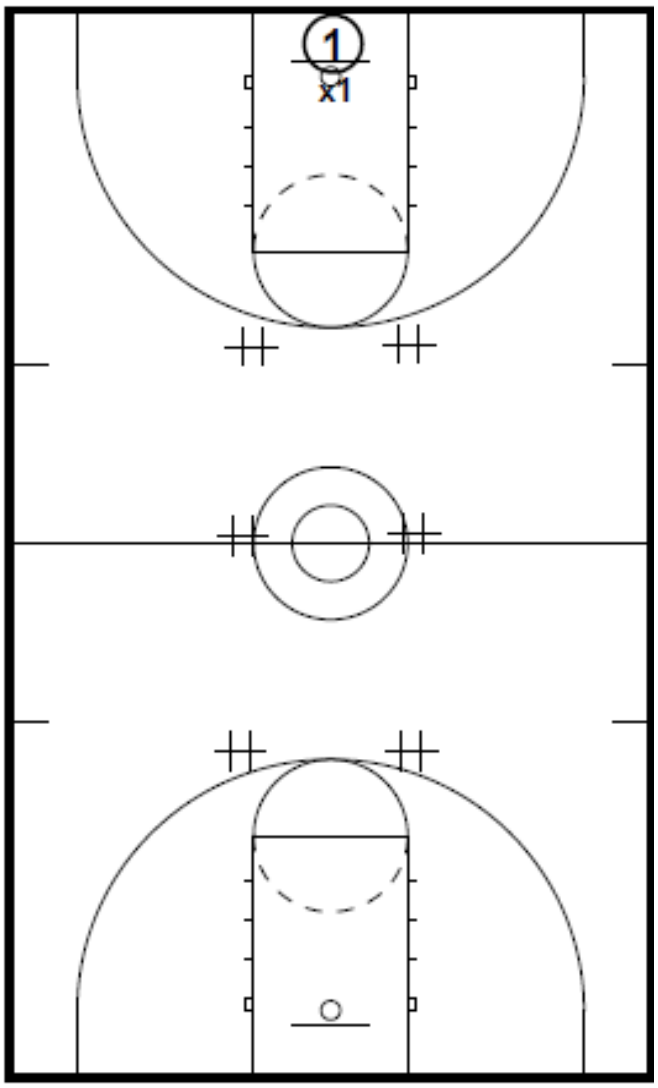
Jim Ponchak
www.twitter.com/coachponchak
5/7/11
coachponchak@gmail.com



Full-Court Chair 1-on-1

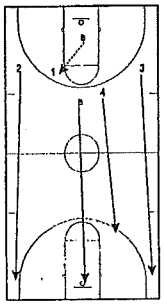
Setup:

- This drill is from Mike Rice at Rutgers.
- It is a more competitive version of the classic zig-zag drill.
- The chairs should be positioned in line with the lane lines.
- Players should line up on the baseline in groups of 2; 1 on offense and 1 on defense.

Diagrams	Notes
	• Offense must stay in lane • Defense tries to turn offense • Drill ends when offense goes out of the lane, offense scores, or defense gets a stop

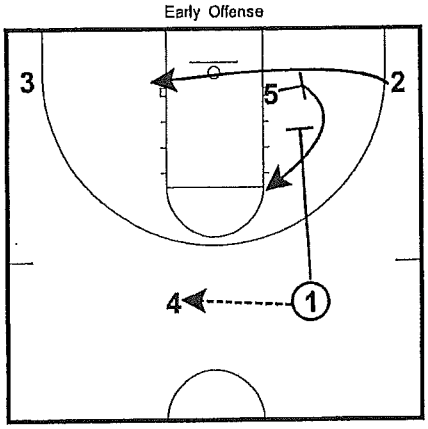
Iowa State Early Offense

Open Court Break
Early Offense



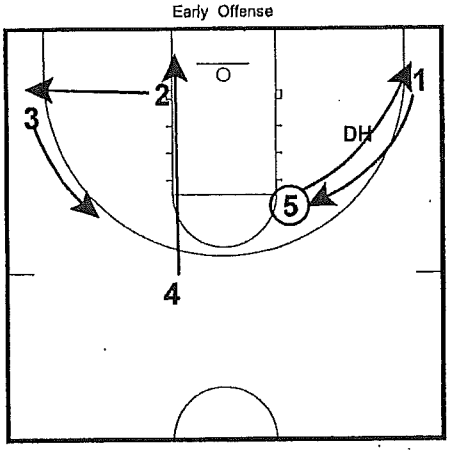
1 receives ball ALWAYS FT LINE EXTENDED. Big ahead sprints straights to the rim. 2 & 3 flatten out floor, sprint to corners.Trailing big goes to opposite lane line

Flex Acton
Early Offense



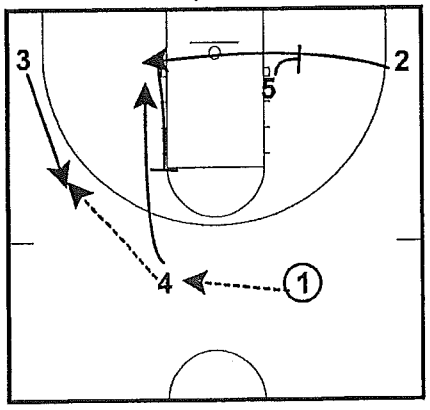
Looking for 2 off the flex cut or 5 jumpshot at elbow

Flex Acton
Early Offense



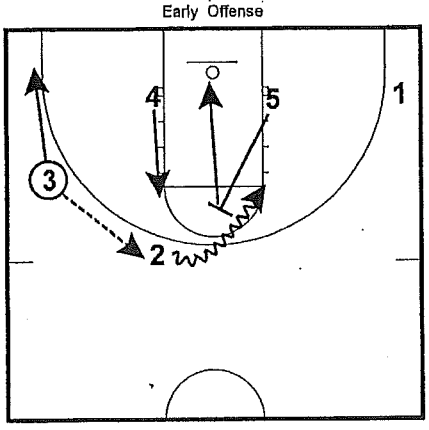
1/5 DH

Flex Rip Action
Early Offense



First look is 2 in the post. If not there, 2 rip screens 4 for post up

Flex Rip Action
Early Offense

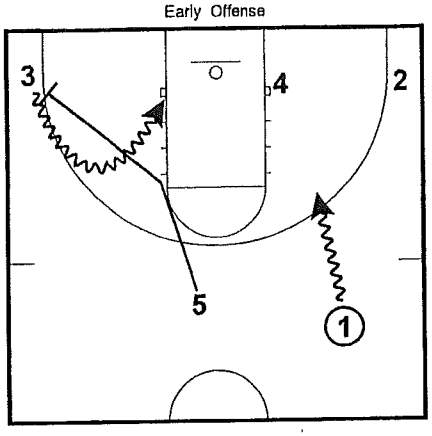


If no post for 4, becomes RIP FIST. 3 swings to 2, for 2/5 PNR

All Contents Proprietary

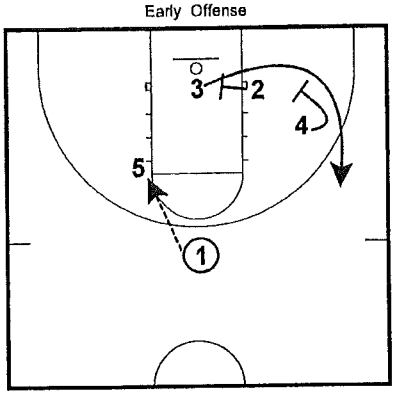
Iowa State Early Offense

Weak Side Pindown
Early Offense



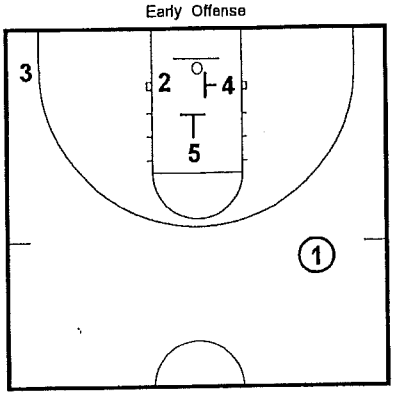
Trailing Big sets weakside corner screen

Weak Side Pindown
Early Offense



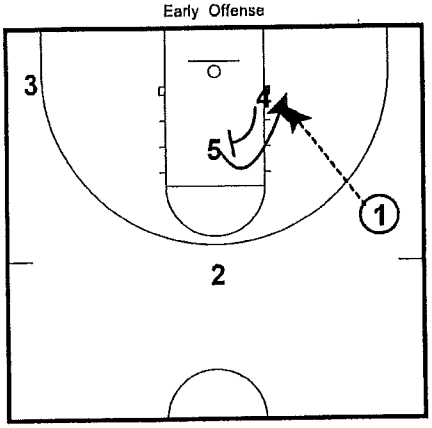
3 curls and comes off stagger. 5 pops to Pinch Post and runs "2 Man Game" with 1

Guard Choice
Early Offense



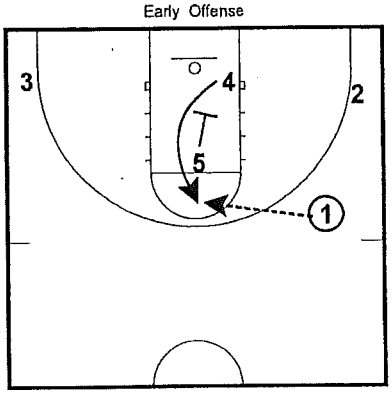
2 has the option to go off of the 5 or 4. In "X Strong", 3 starts in strong side corner

Guard Choice
Early Offense



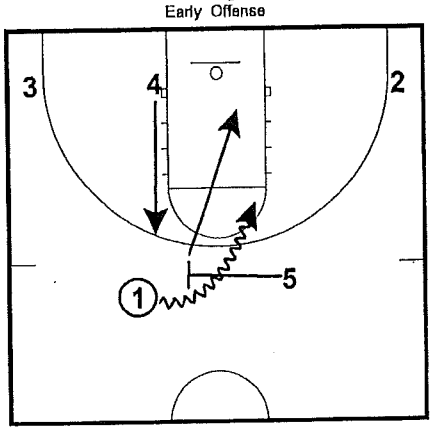
If 2 goes off 5, 5 x's off of 4 and look is in the post to 5

Guard Choice
Early Offense



If 2 goes off 4, 4 comes off 5 to FT line for jumpshot or swing to 5/3 PNR

Drag
Early Offense

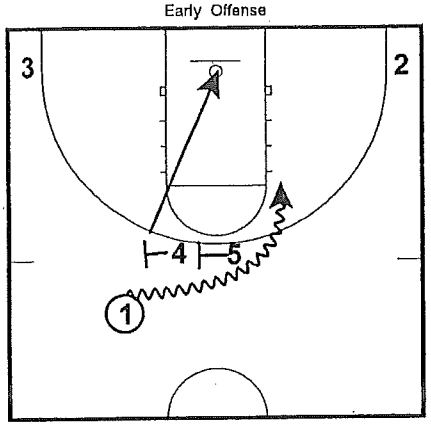


5 man rolls to basket
4 man replaces up the lane line

All Contents Proprietary

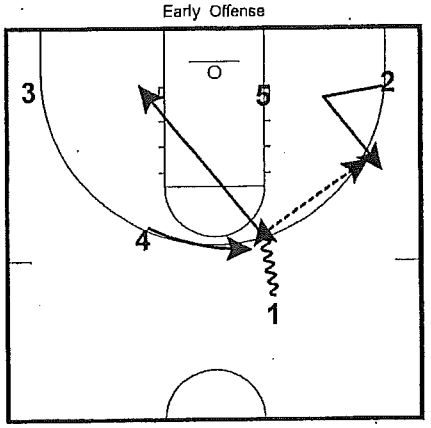
Iowa State Early Offense

Double Drag
Early Offense



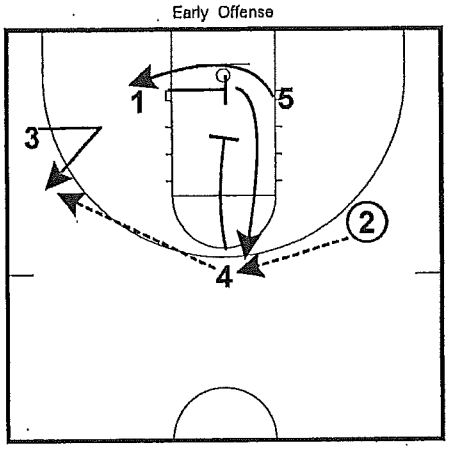
1st screener dives, 2nd screener pops

Point Thru
Early Offense



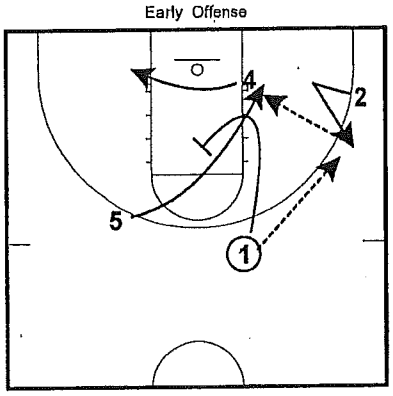
1 swings to 2 1 cuts weakside after pass 4 replaces 1

Point Thru
Early Offense



Looking for 5 on post or 1 off 4

Backscreen Action
Early Offense

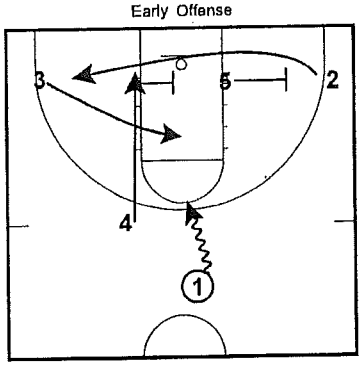


5 trailing the play. 1 swings to 2 2 sets backscreen for 5 for a look in the post from 2

All Contents Proprietary

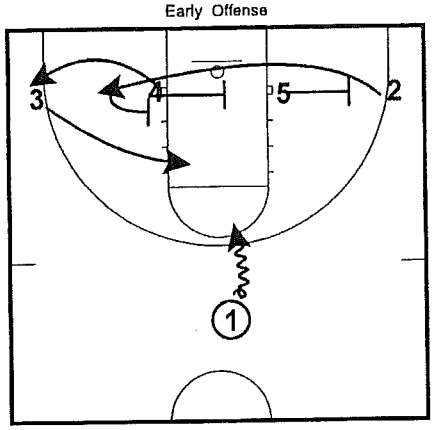
Iowa State Early Offense

Baseline Double
Early Offense



2 coming off double from 4/5 or curl 3 cuts to middle 4 cleans up on 5 Looking for 2 coming off double

Baseline Double
Early Offense



"Corner 5" 5 coming off for look in corner

All Contents Proprietary

ESTABLISHING AN OVERALL PHILOSOPHY

I. Overview
   A. Primary "Object of the Game"
      1. To score more points than the opponent
      2. Not to score as many points as possible

II. Points/Possession (OER & DER)

   A. Offensive "objective of the game"
      1. To Score as many points/possession as possible.
         a. High field goal percentage
            1. Have our best shooters shoot most of the shots.
            2. Get the ball inside the TFZ (ten foot zone)
            3. Take advantage of fastbreak opportunities

         b. High number and percentage of free-throws taken
            1. Throw the ball to the post.
            2. Attack the basket.
            3. Show patience.

         c. Low number of turnovers and violations
         d. Offensive rebounds

   B. Defensive "objective of the game"
      1. To allow as few points/possession as possible.
         a. Low field goal percentage
            1. Keep the ball out of the hands of the best shooters
            2. Keep the ball out of the TFZ
            3. No layups!
         b. Low number of free throws (keep your hands off drivers and trust teammates)
         c. Force turnovers
         d. Defensive rebounds

III. Win the rebound war. ***(PROBABLY THE MOST IMPORTANT STAT)***

4-ON-4 Rebounding

This practice drill is designed to develop team defense, team intensity and offensive and defensive rebounding.

*Rules:
- If you get a stop you stay, if you foul or give up a bucket you're out
- If you don't score you immediately get off the floor and jog back to half court
- The team out of the drill should be at half court ready to come on the floor to play offense
- If you score the basket you immediately go to defense

*Point system
1 point for a stop
5 points for a charge
2 points for an offensive rebound
-1 point for turnovers and fouls

Powerball

This practice drill is mostly designed to get your players to rebound and play with intensity

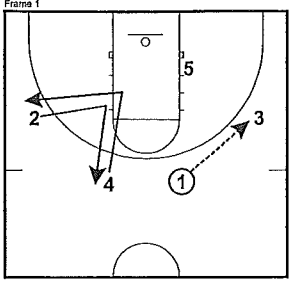
*Rules
-The team that scores first can continue to score until the defense gets the ball
-If the initial shot is missed than everybody becomes an offensive rebounder
-No jump balls
-No out-of-bounds unless the ball is thrown away

*Points system
2 points for any score inside the TFZ
1 point for any score outside the TFZ and inside the three point line
2 points for any score outside the three point line
5 points for a charge
-1 point for turnovers and defensive fouls

Swing Continuity

"Swing" Continuity
Wisconsin - Swing

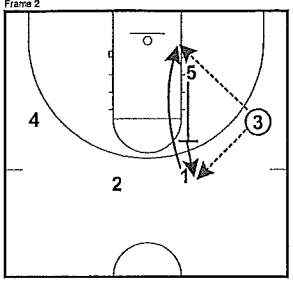
Frame 1



1 enters to 3 on RT wing
3 looks to 5 in post
2 & 4 interchange on weakside

"Swing" Continuity
Wisconsin - Swing

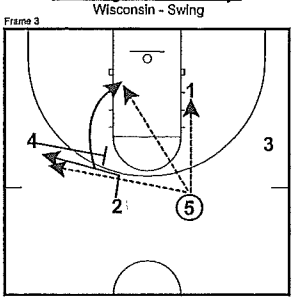
Frame 2



5 sets upscreen for 1
1 takes path of least resistance
5 steps off after screen
3 has options to 1 or 5

"Swing" Continuity
Wisconsin - Swing

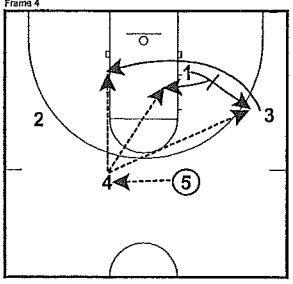
Frame 3



5 looks to 1 for lane line lob
4 sts fade screen for 2 as ball comes from 3 to 5
2 reads 4's screen & cuts accordingly

"Swing" Continuity
Wisconsin - Swing

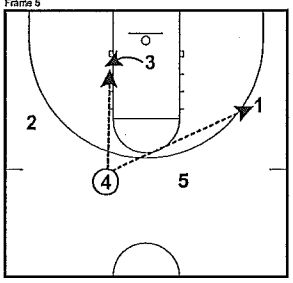
Frame 4



When ball changes sides of floor, 1 sets backscreen for 3
3 makes cut off 1 to path of least resistance
1 can step off to wing or duck in to post

"Swing" Continuity
Wisconsin - Swing

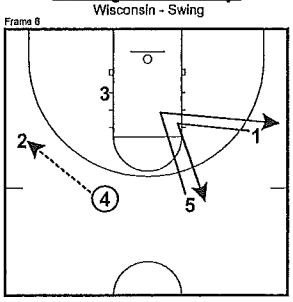
Frame 5



4 reads options of 3 cutting to post or 1 stepping off on right wing

"Swing" Continuity
Wisconsin - Swing

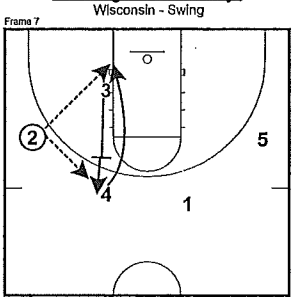
Frame 6



4 passes to 2 on left wing
1 & 5 interchange on weakside

"Swing" Continuity
Wisconsin - Swing

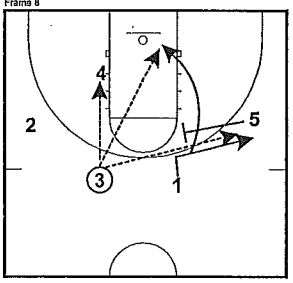
Frame 7



3 sts upscreen for 4 who makes cut
3 immediately steps off after screen
2 reads defense & makes best decsion

"Swing" Continuity
Wisconsin - Swing

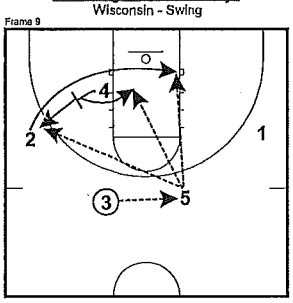
Frame 8



As ball comes from 2 to 3,
5 sets fade screen for 1
1 can fade to wing or wrap to rim
3 can look LL lob to 4

"Swing" Continuity
Wisconsin - Swing

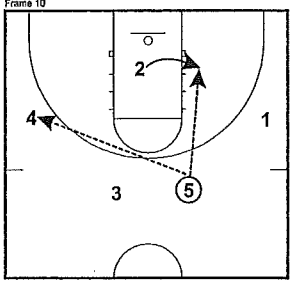
Frame 9



As ball changes sides of floor (3 ot 5), 4 sets backscren for 2
4 can step off to LT wing or duck in to post

"Swing" Continuity
Wisconsin - Swing

Frame 10



5 reads defense of 2's cut & can pass to 2 in post or to 4 stepping off following his backscreen
We are now back to original side in ball side triangle

Swing Offense Concepts

1. Touch the post – ball side triangles – find defensive weaknesses

2. More & better vs Fewer & poorer

3. Draw fouls – personal, team, get to bonus first

4. Get to FT line – make more FT's than opponent attempts

5. Tandem partners – off ball movement – counter pressure - spacing

6. Cuts are toward rim & put pressure on defense to protect vital area

7. Spread floor vertically & horizontally – force to defend entire court

8. Developing the overall player

DAKOTA COUNTY TECHNICAL COLLEGE
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Piv's Daily Essential Drills

Pregame Defensive Footwork*quick feet*big step*quick jump*stance*wide arms – active arms*approach-low to high*ball trace*dead ball* 4 man reaction* out-across-down-shot-box*touch ball-all players

Blind Approach Control Drill *1/1 drive or s *box out/follow shot-work both o and d (players love this drill)

3 Man Timed Conditioning D *slide-contact-box out-hard drill (players dislike)

3-2-1 Free Throws *winners/losers 17(1min) down/back(10sec)

7 shooting *conditioning-repetition-competition*players shoot from elbow-touch sideline/mark start at 7 and must get to zero *timed or winner drill

Quick Conversion Fly Drill *2 player drill with coach make quick conversion off turnover for layup

MN 22 *all time favorite *timed layup drill* covers many offensive components

5 on 5 Conversion drill *communication-conditioning- competition

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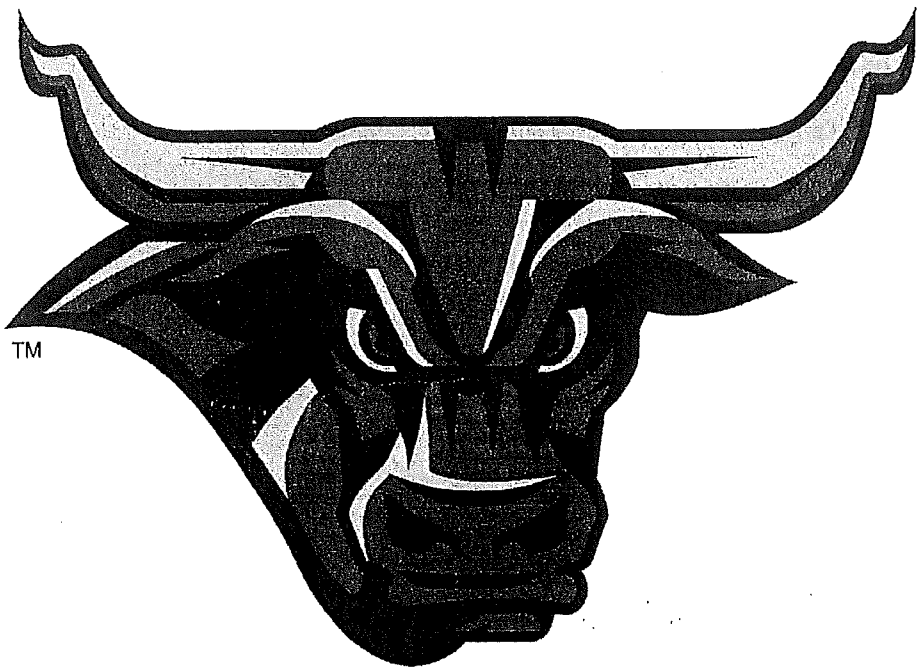
MINNESOTA STATE UNIVERSITY

MAVERICKS BASKETBALL



PRACTICE DRILLS

1. Shell with 4 & 5

Purpose: Positioning & Defensive principles
Rules:

- 4 man or 5 man shell
- Ball swung around to each position forcing defense to adjust positioning according to where ball is at on the floor
  - Jump to ball – end with high ballscreen
  - Ballcut – end with wing screen
  - Dribble penetration – end with stagger screen
  - Opposite flash – end with LIVE play
- May end each action with a shot (from starting line) & rebound
- No scoring
- If give up "O" rebound, 5 pushups

2. 4 on 4 on 4 Rebounding

Purpose: Defensive principles, rebounding, & toughness
Rules:

- Continuous
- 3 teams
- Defense stays until scored on, or makes a mistake
- If offense scores they go to defense

"D" scoring	"O" Scoring
- 1pt = stop	- 1pt=score or shooting foul
- 5pts=charge	-2pts= score and a foul
	-2pts=O board

3. Stop and Score

Purpose: Defensive principles, puts premium on converting D stops into points
Rules:

- 1/2 court to fullcourt
- Must get a stop in initial 1/2 court play to start transition
- If D stops, they start transition
- If O scores, play starts over with offense going to defense

Regular scoring = can only score in transition
Variation: Stop, Score and Stop

4. Half court :35 sec drill

Purpose: Defensive principles, develop mental toughness and focus
Rules:

- Start clock on 1st dribble/pass
- Defense can't get out until they've stopped O for 35 seconds
- Clock stops after each stop
  Ex. 1st poss. = 17 sec., 2nd poss. = 12 sec., 3rd poss. = 4 sec.
- 35 second shot clock starts over if Offense scores or Offensive board
- O runs if they get stopped for :35, track completed stops

5. Rush Series
   - 5 on 0 Rush

Purpose: Transition defense + Skeleton O Reps
Rules:

- 1/2 Ct to full to full
- Skeleton Offense in 1/2 court
- After made basket, coach gives ball to team on baseline, O must transition back to D, everyone but pg (guy back) must touch paint after basket made
- D foul or out of bounds=change of possession
- Scoring in transition:

"O" scoring	"D" scoring
-1pt=score	- 1pt=stop
-2pt=O board	-5pt=charge
-2pt=score and a foul	

5 on 5/4 on 4/4 on 3 Rush
-Conversion drill
Rules:
-Full to Full
-Coach calls out player's name, he must touch baseline before he can enter play
-5 on 5, 4 on 4, 4 on 3

6. Half to Full 5 on 5 war

Purpose: Rebounding & toughness
Rules for 1/2 Court:

- D Board=No points
- O Board=1 point, play live, regular scoring or change of possession

Rules for full court

- 1 Pt for O board + any points scored in initial 1/2 court
- Defensive scoring in transition:
  1 Pt = Stop, 2 Pts = O board, 1 Pt = basket, 5 Pts = Charge,
  1 Pt & Off = Dfoul

Variation:

- Full to Full
- Don't designate O & D, team that gets rebound starts transition-1 point for the O board
- Always start with a shot from the coach
- Match up with someone
- Rotation blockout, right and left rotations
- Defensive scoring in transition:
  1 Pt = Stop, 2 Pts = O board, 1 Pt = basket, 5 Pts = Charge,
  1 Pt & Off = Dfoul

7. Half court Powerball

Purpose: Offensive and Defensive Rebounding & toughness
Rules:

- Offense stays until defense gets the ball
- No out of bounds on rebounds only
- Ball is live on all made baskets – if offense rebounds made basket they may quickly put it back in (unlimited number of times) until defense gets it
- Defense to offense on defensive stop or rebound
- Scoring:
    - Regular scoring, +1 for O board

8. Free Throw Game

Purpose: Pressure Free throws, getting a defensive stop without fouling and converting on the offensive end.
Rules:

- 1:30 on the game clock
- Each team gets five opportunities
- Must make 2 free throws, then get a stop on the defensive end without fouling, then finish game by scoring on the offensive end.
- One point for finishing all three
- Keep track of games won, losing team runs
- Sudden death if tie(5 more rounds max)
- Both teams run if still a tie

UMD Basketball-Principles of Offensive Zone Attack
(Five man weak side)

1-Do not shoot too quickly

2-Move the ball-move people

3-Attack at the posts (live in the middle)

4-Five man is weak side

5-Punch the seams (dribble at inside shoulder of the outside defender) point or wing man in front of you=swing it/no man=punch it CREATE ENGAGEMENTS

6-Dribble rules
1. drift, dribble at you, go away
2. slide, dribble away from you, follow
3. European, punch seam, fill void

7-Shallow cut (particular against extended zones when entries are tough)

8-Look behind on dribble drag (pass to where you came from)

9-Fill the void, fill the vacuum (fill area where teammate vacated) drag defense up or down to create vacuum

10-Screen the zone

11-Post X-cuts

12-Skip pass

13-Cutters thru zone (strong to weak/weak to strong) thru middle, baseline, high post

14-Flashes (duck-ins, spread the zone than duck in, punch the zone with your body)

15-Step outs (quick ball reversal on top or short corner)

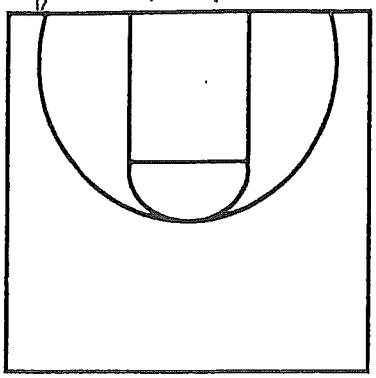
16-Ball fake & shot fake

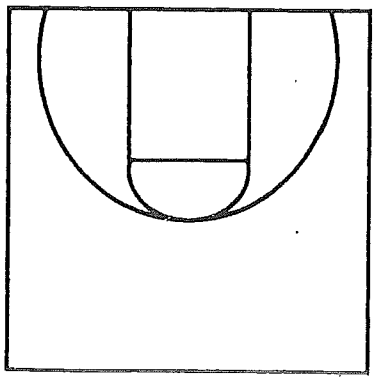
(17-Zone shots for point guard, wing man, and posts) vs. various sets

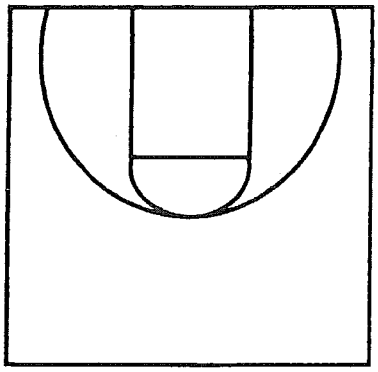
Coach Vallin

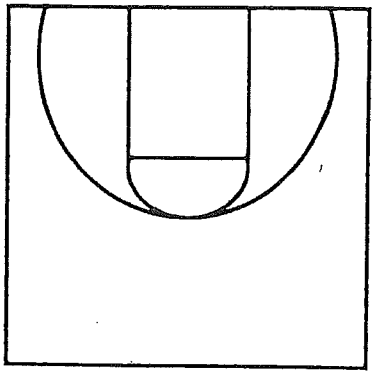
MINNESOTA BASKETBALL

End of game play, after opponent scores a go ahead. (vs. man-to man pressure)

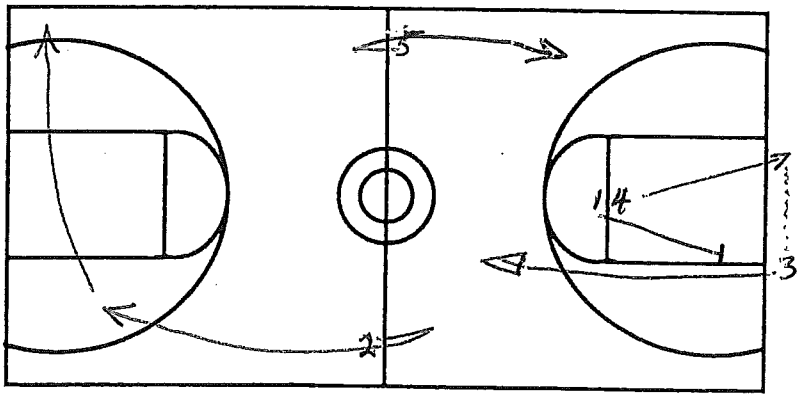




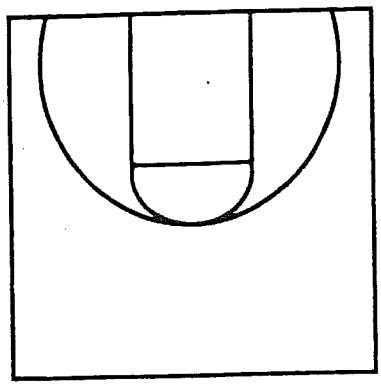


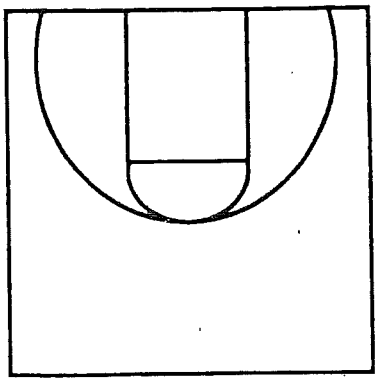


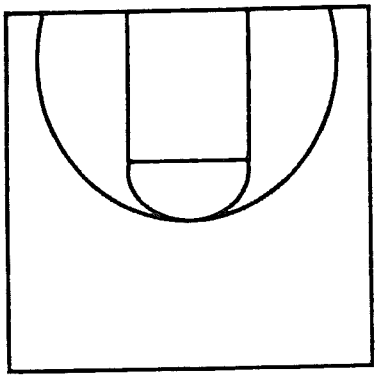
4 goes out of bounds baseline to reset inbounder. 3 passes to 4 then goes
1 back screens for 3 who runs the middle
2 is shooter and flys to basket, then fades to corner to get set.
5 comes to recieve inbounds pass as a safety

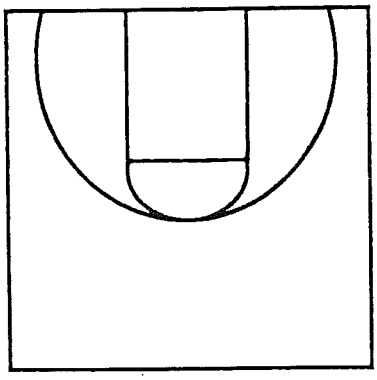


OVER

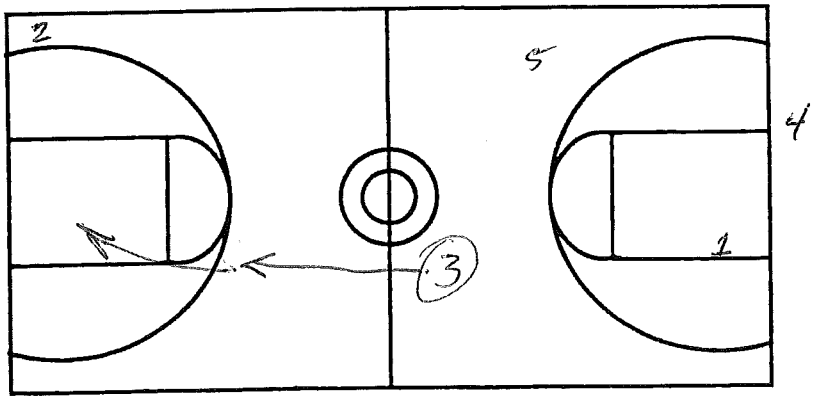








3 gets ball either from 4 directly, or second pass from 5 or 1 to shooter in corner
then pushes to score or kick

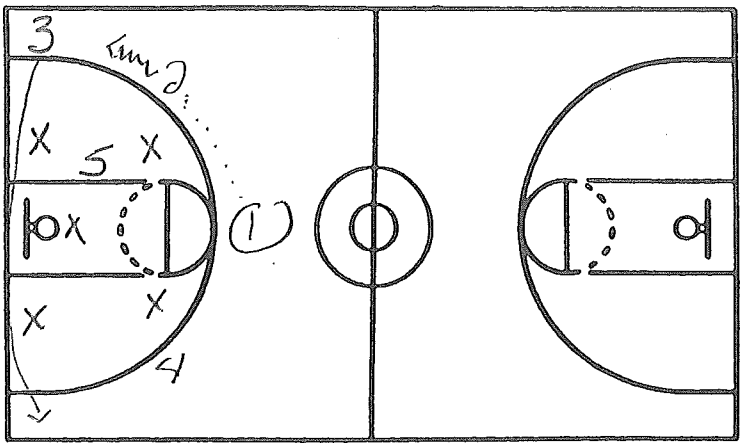


Play

~~Drill~~ Name Drag vs 2-3

Directions:

1 passes to 2
2 dribbles down
looks at 5
3 cuts baseline

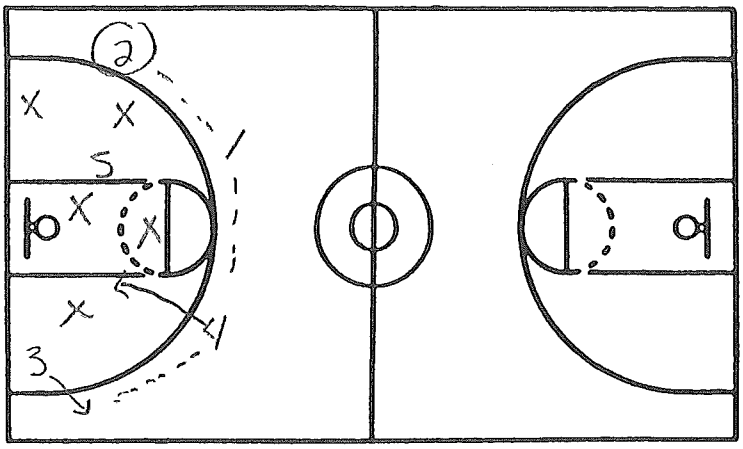


Notes:

Drill Name

Directions:

2 reverses to
1 who passes to 4
who passes to 3
(Quick reverse)

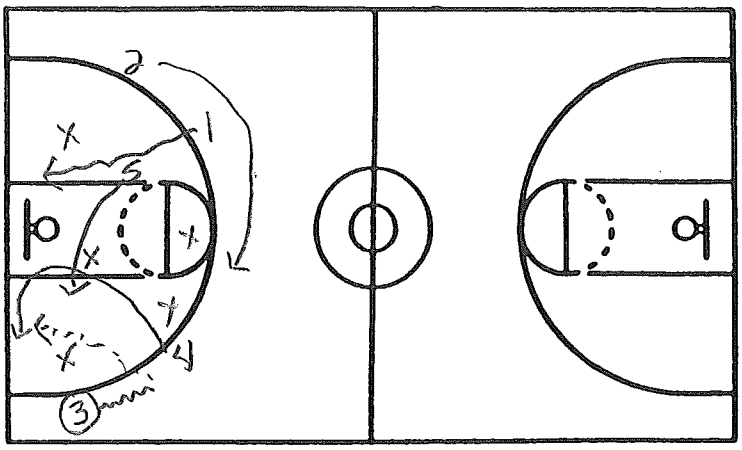


Notes:

Drill Name

Directions:

3 dribbles up
4 cuts to short
corner and receives
pass
Options (3 on 2)
shot
pass to 5
pass to 1



Notes:

Basketball Practice Plan

Practice #____

Day_____ Date_____ Time_____ Site_____

Theme For The Day:_____

Offensive Fundamentals

___*Footwork*
___*Ball Handling*
___*Dribbling*
___*Passing*
___*Shooting*
___*3-Point Shooting*
___*Free Throw Shooting*
___*Cutting*
___*Screening*
___*Post Moves*
___*Perimeter Moves*
___*Offensive Rebounding*
___
___

Defensive Fundamentals

___*Stance*
___*Defensive Slides*
___*Contesting Pass*
___*Defending Cuts*
___*Defending Screens*
___*Defending Post*
___*Defensive Rebounding*
___*Help and Recover*
___*Helpside Defense*
___*Denying Post Cuts*
___
___

Special Situations

___*Inbound Under Basket*
___*Side Inbound*
___*Bomb Play*
___*2-Minute Drill*
___*3-Point Plays*
___*Jump Balls*
___*3-Point Defense*
___*Pressure Inbound*
___*Free Throw Play*
___
___

Time	*Drill*	*Special Instructions*
	1._____	
	2._____	
	3._____	
	4._____	
	5._____	
	6._____	
	7._____	
	8._____	
	9._____	
	10._____	
	11._____	
	12._____	
	13._____	
	14._____	
	15._____	
	16._____	
	17._____	
	18._____	

Evaluation/Comments:

_____

_____

_____

_____

Reminders:

_____

_____

Team Offense

___*M to M Press Attack*
___*Zone Press Attack*
___*Fast Break*
___*Secondary Break*
___*Man to Man Offense*
___*1.*
___*2.*
___*3.*
___*Specials*
___*1.*
___*2.*
___*3.*
___*Zone Offense*
___*1.*
___*2.*
___*3.*
___*Offense vs Gimmicks*
___*1. Box and 1*
___*2. Triangle and 2*
___*3.*
___*4.*

Team Defense

___*Man to Man Defense*
___*1. Full Court*
___*2. Half Court*
___*3. 2-Minute*
___*4.*
___*Zone Defense*
___*1. 2-3*
___*2. 3-2*
___*3. 1-3-1*
___*4.*
___*5.*
___*Zone Presses*
___*1. 2-2-1*
___*2. 1-2-1-1*
___*3. 1-3-1*
___*4.*
___*5.*
___*Gimmick Defenses*
___*1.*
___*2.*

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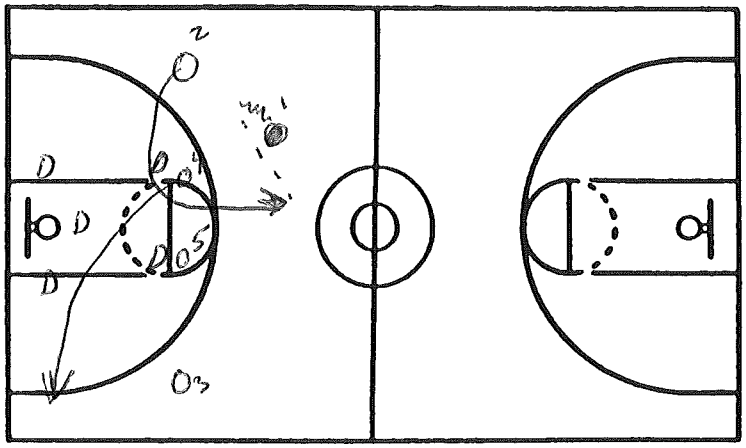
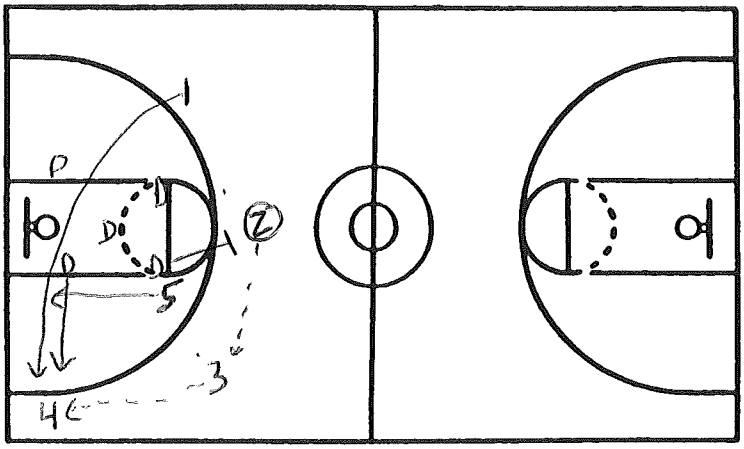
Play
~~Drill~~ Name Against 2-3 Zone

Directions:
3pt play to get
1 on 1 at low block
or
wide open 3 in Corner



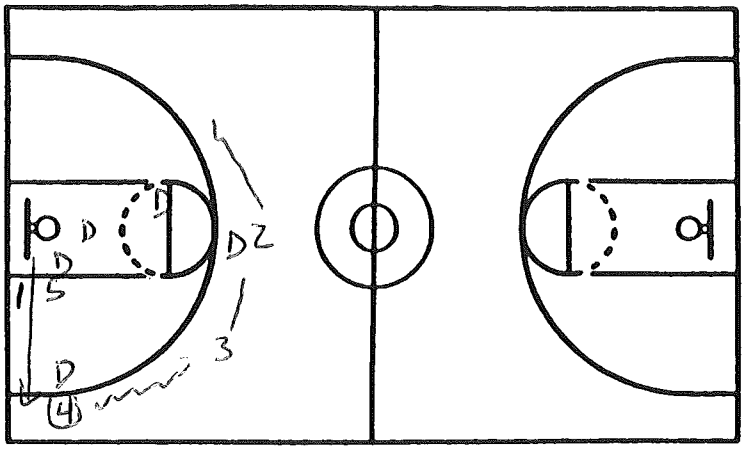
Notes: 1 Dribbles Rt and passes to 2 at top of key
4 Cuts to Corner after 2 goes through.

Drill Name
Directions:



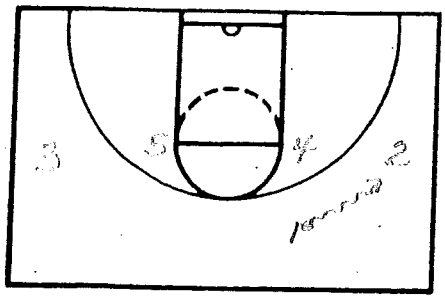
Notes: quick reverse to 4 in Corner to bring bottom defender out.
5 goes to block
1 Starts to Corner.

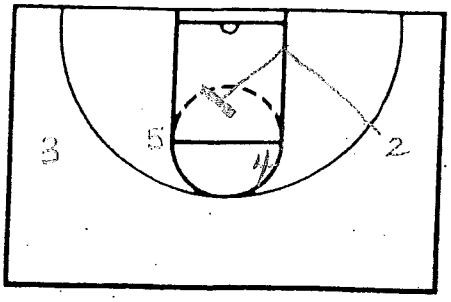
Drill Name
Directions:

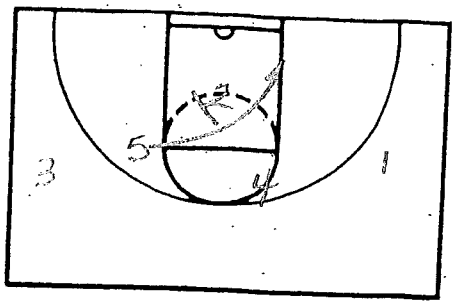


Notes: 4 dribbles hard out and hits 1 in Corner for easy 3. If another defender comes out 5 has 1 on 1 at low block.

MINNESOTA





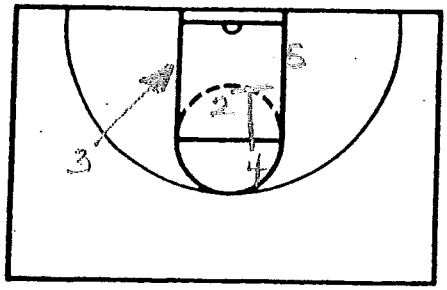


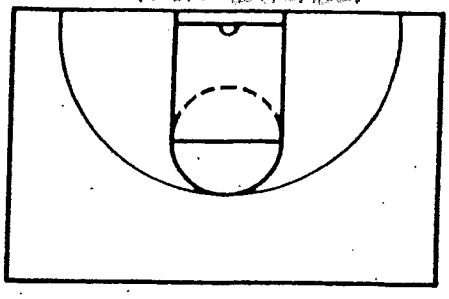
NOTES

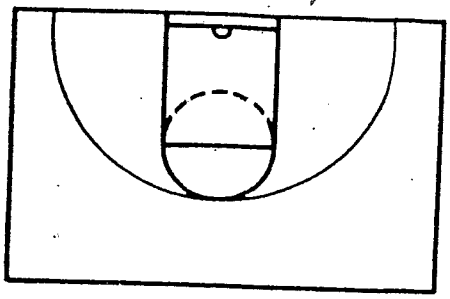
1-4 Set
PG dribbles to Right

#2 cuts hard to the block and Screens up for #5
#4 Slips higher to remove their defender

#5 comes down and posts up hard.
#2 Holds Screen while their defense helps.



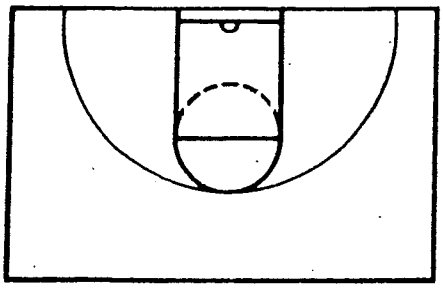


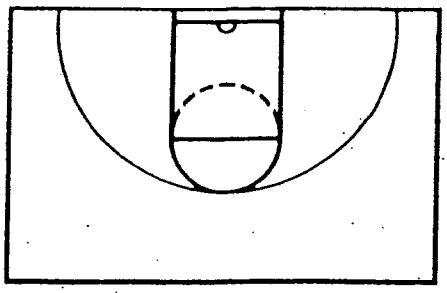


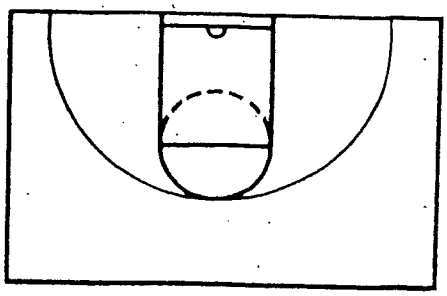
NOTES

#4 down Screens for #2
#2 comes to above ft. line for jump shot.
#3 Secures Weakside Rebound

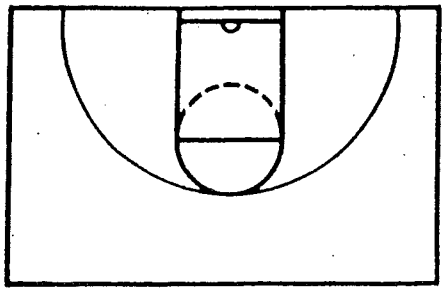
First Option: #5 in Post
Second Option: #2 at top

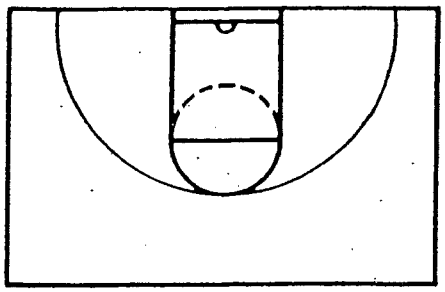


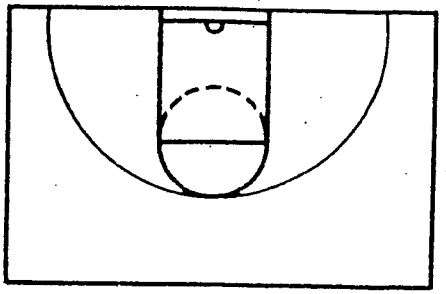




NOTES

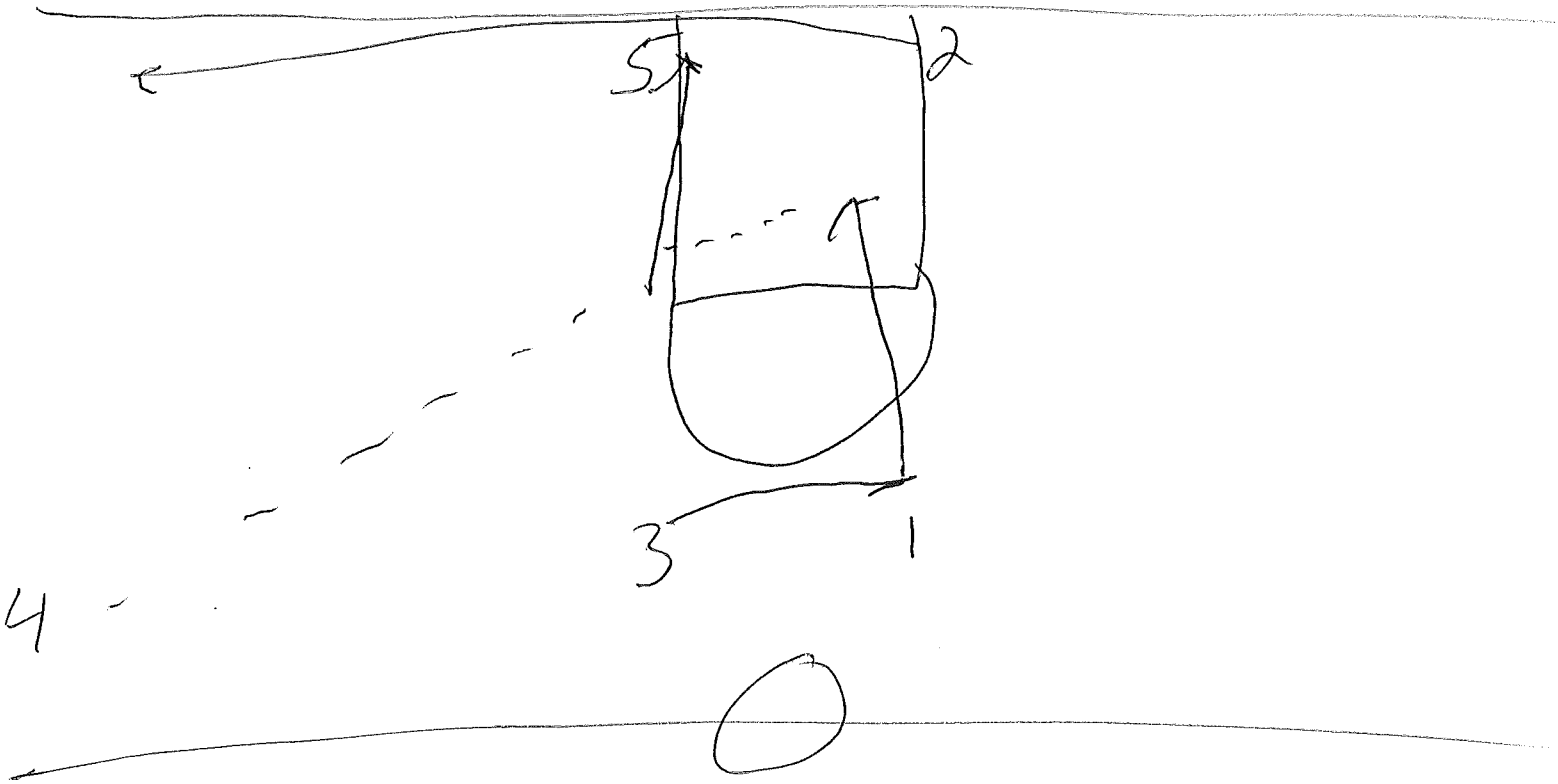






NOTES

Sideline Slip Play

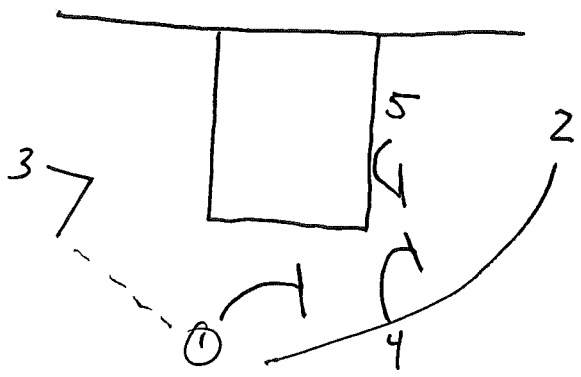


4 looks at 2
+ hits 5 flashing
to the high post

3 sets a screen on
1 as 5 flashes
3 can't leave too early
he should wait + so
set the screen just before
5 gets the ball

5 looks to hit 3
on a bounce pass
after recieving the
pass from 4

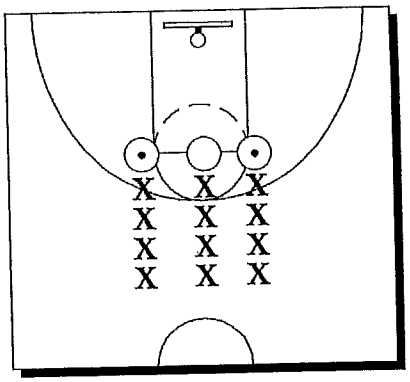
Coach Otterness Kasson-Mantorville H.S.



- 2 comes off screens
- 1, 4, 5 watch for thier defender helping and look to slip

Ruth Ann Pederson
SCL JV Coach

"21" Rebound Drill



Purpose:
To get players more involved in the aspect of rebounding. This employs the actions of offensive and defensive rebounding skills. This drill can be performed for a complete team or merely the post players on your team.

Organization:
Three balanced lines are established.
There are lines at each elbow and one in the middle at the free-throw line. A basketball is placed at the front of the two lines at the elbow. The middle line will not recieve a ball.

On the signal the two lines with basketballs will shoot from their line position. The middle line that does not have a ball will work for defensive rebound position to gain possession of a ball. If the individual from the middle line does get a rebound she can stick it back in for a point. When a shot is made, regardless if from the line or on a stick-back, the person that shot the ball must get a rebound and pass the ball back to her line. If the shot is missed, the ball must be rebounded and put back in. Any shot made from the line position is worth 2 points. Any rebound stick-back is worth one point.

There is always going to be a player without a ball. Once the balls are shot at the beginning there is a battle for each rebound and stick-back. The first team to get to 21 points is the winner with the other two performing the extra skill of the coaches' choice while the winners sit out.

Dave Smart
Ada-Borup HS

3 Ball Transition Shooting Drill

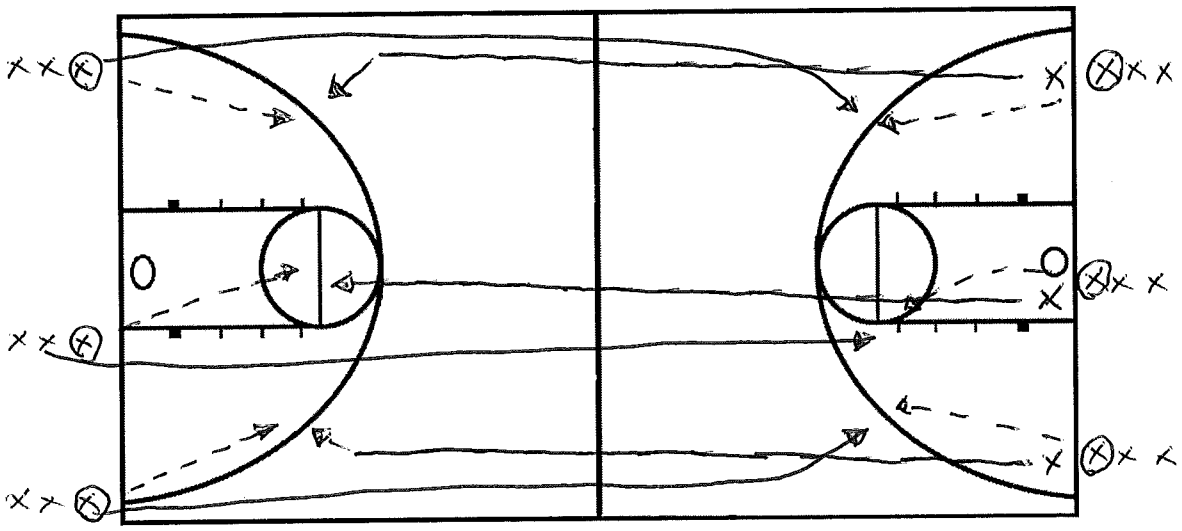
Category: conditioning, catching and shooting
Duration: varies
Number of Players: all
Equipment or space needed: 6 basketballs and full court
Source: MBCA Clinic 2006

Instructions:

This is a full court drill that involves shooting after sprinting down from the other end of the court. You start with an equal number of kids on each end and three balls on each end. The first three people in line will throw to the three runners coming from the other end. Immediately upon throwing to the shooter the passer will try to briefly distract them as they leave to sprint to the other end and receive passes from the three people in line on the other end and the drill goes on continuously.
Emphasis should be on getting the kids to sprint most of the way down but then breakdown to receive the ball and be able to go straight up on their shot. The coach will call out the type of shot to be taken each time and should vary it from pull up jumper to shot fake and slide, to bank shot, etc. You can use different types of shots for the wings as opposed to the middle.

Tips:

Change the types of shots taken. Start with **1)** level-catch-shoot, **2)** catch-shot fake-slide right-shoot, **3)** catch-shot fake-slide left-shoot **4)** catch-shot fake-2 dribble right-shoot and **5)** catch-shot fake-2 dribble left shoot Make sure the shooter gets their own rebound and passes to the next person in line. Be loud and communicate!!



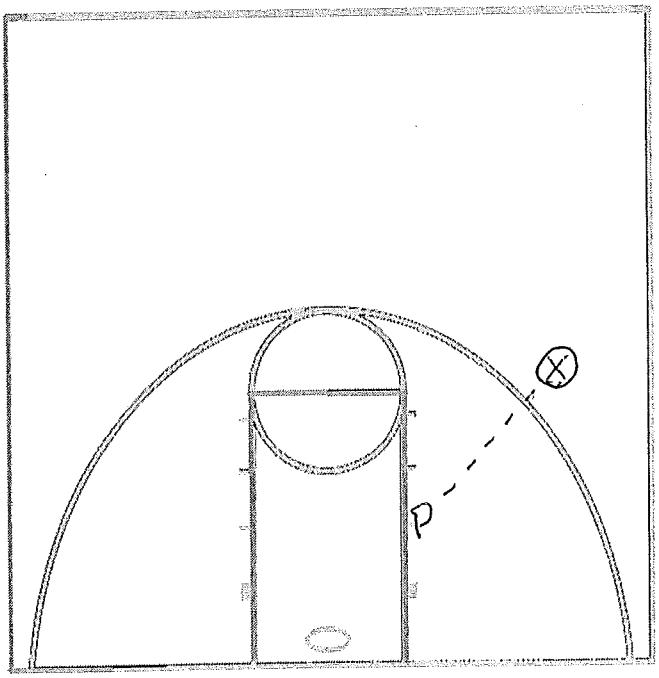
David Smart
Ada-Borup HS

Tennis Ball Pickup Drill

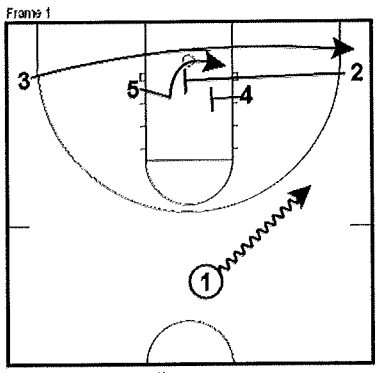
Category: Post receiving ball
Duration: Varies usually about 3-4 minutes
Number of Players: posts and one wing
Equipment or space needed: court and tennis ball
Source: Dennis Hutter Head Coach Mayville State Women's Basketball

Instructions:
This drill is just a short post up and catch drill. A wing with a tennis ball will roll the ball to the post who should be posted up at the 2nd hash mark. The post needs to pick up the ball with two hands and stay wide in their base with arms out after it is picked up. The ball should be under their chin with elbows out.

Tips:
You can progress to a regular basketball and even add in post moves if you want but the main objective here is catching he ball in a good low and wide postion. It is better to play slower in the post than it is to play too fast!

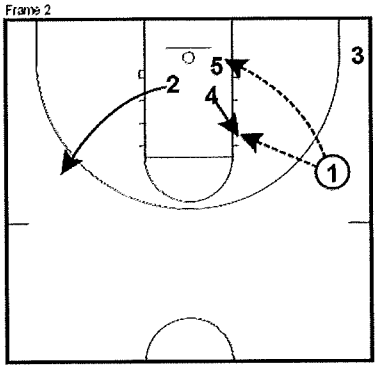


Double Smash (1 of 3)



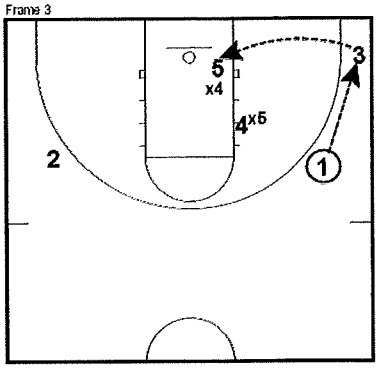
Double Smash Action
1 dribble enters wing.
3 sprints ballside corner.
2+4/5 cross screen.

Double Smash (2 of 3)



Double Smash Continued
Option 1:
1-5 post feed.
Option 2: (If Defense Switches)
1-4 pass for J.

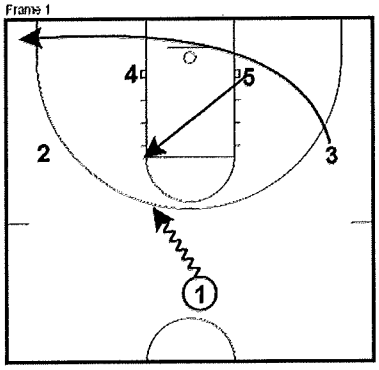
Double Smash (3 of 3)



Double Smash Continued
Option 3:
1-3-5 post feed.

Blast (1 of 3)

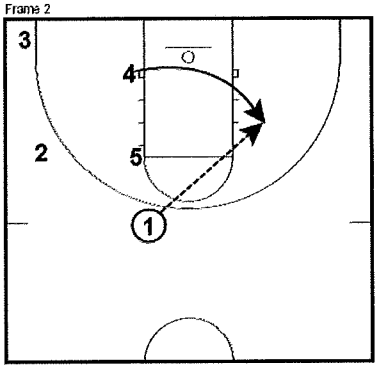
Frame 1



Blast
Misdirection Play
Can start in a High 1-4, 3 out, 2 in set, or Horns Set.
1 dribble enters seam or lane line extended.
3 clears strong corner.
5 flashes to strong elbow.

Blast (2 of 3)

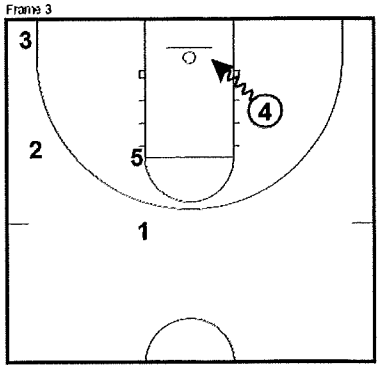
Frame 2



Blast Continued
On 5's cut or flash:
4 cuts off his backside to weak wing area.
Note:
Try not to cut further than NBA lane line and as shallow as defense allows.

Blast (3 of 3)

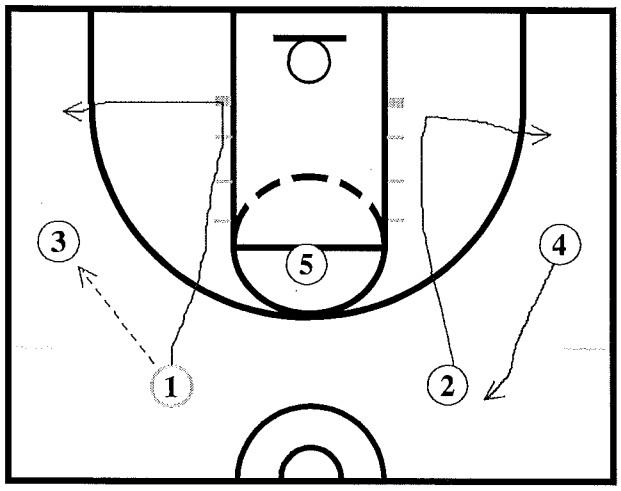
Frame 3



Blast Continued
4 makes hard, aggressive, scoring move/drive.
Note:
4's goal is to score, get fouled, or both.

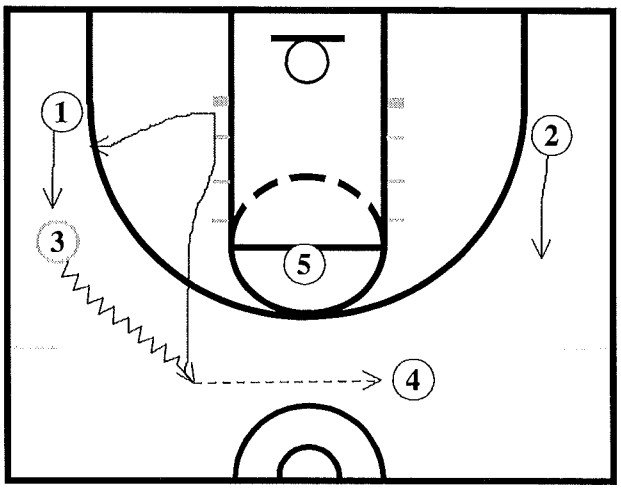
Delay Game

02-03-2006



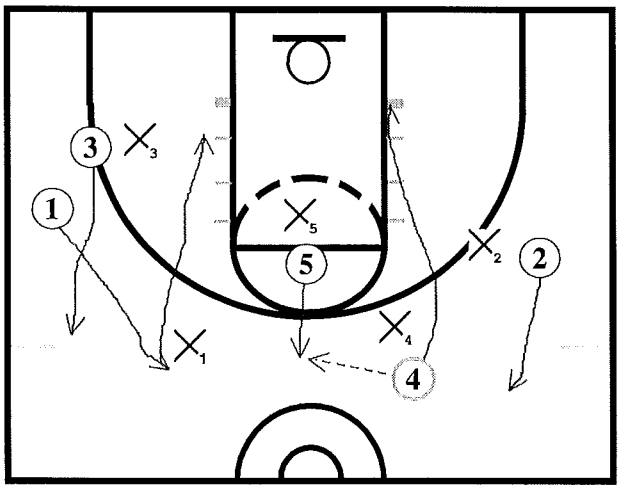
Frame A

1 passes to 3 and cuts to the ballside block. 2 and 4 interchange on the weakside of the floor. 5 is the pressure release man in the middle of the floor.



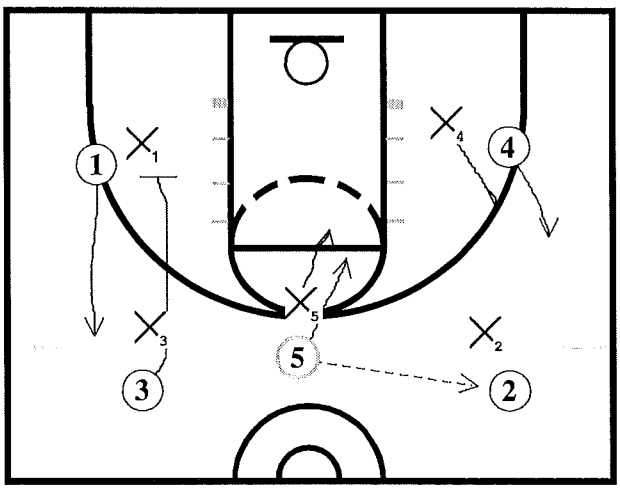
Frame B

If 3 cannot pass to 1 cutting he will dribble up to his spot and pass to 4 on the right side. 5 may have to help if 3 is in trouble.



Frame C

In this frame 4 passes to 5 and cuts to the goal. 3 also cuts to the goal and they are replaced up top by 2 and 1. The players do NOT switch sides of the floor!



Frame D

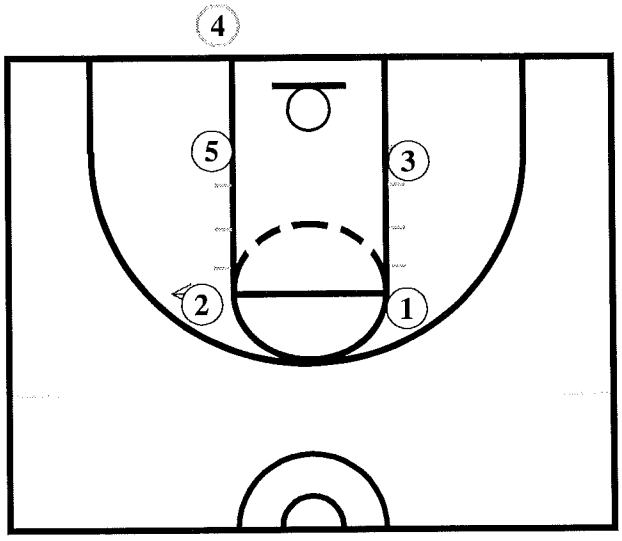
Here 5 passes to 2 and goes back to the free line area as 3 down screens for 1 to come up top. (The more the players interchange the better this delay game works.)

General Comments

Rules: 1)Keep the four outside spots filled. 2) Every time the ball is passed you interchange with the player below you. 3) If you catch the ball free throw line extended you dribble toward half court to fill the top spot. 4) You are allowed to screen. 5) Meet every pass. 6) Look to score

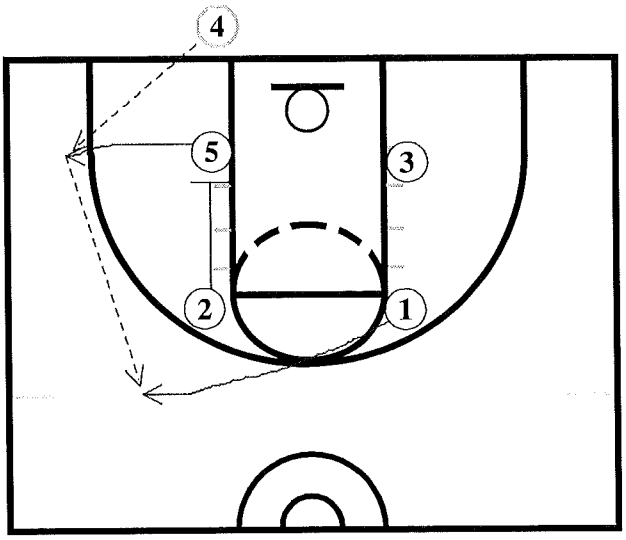
Zip

03-13-2006



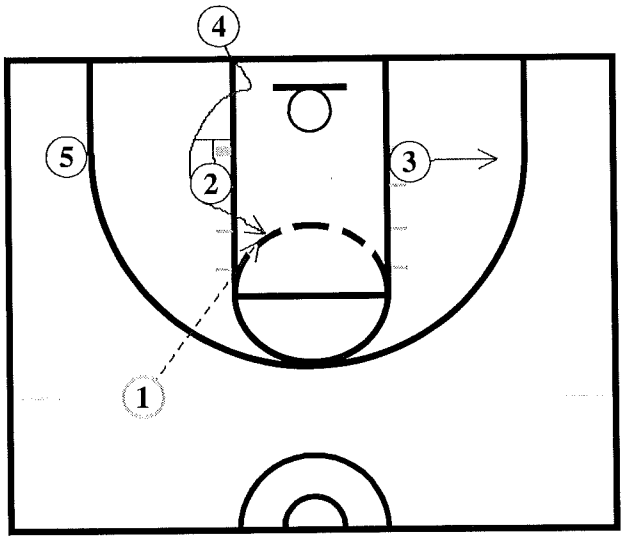
Frame A

Box Set: 2 needs to be your best shooter.



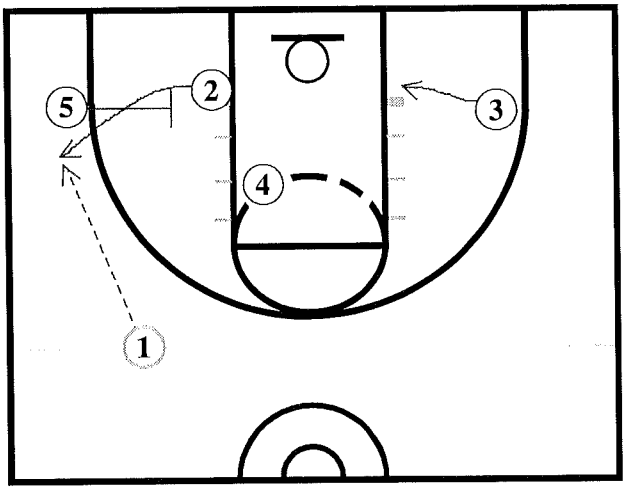
Frame B

5 pops out to the ballside corner, 2 breaks to the block. 4 passes to 5 who passes to 1 up top. (1 must get open) *4 can skip pass to 1 if 5 is covered in the corner.



Frame C

When 1 catches the ball he will pass to 4 coming off of 2's down screen. 4 is open a lot on this set.



Frame D

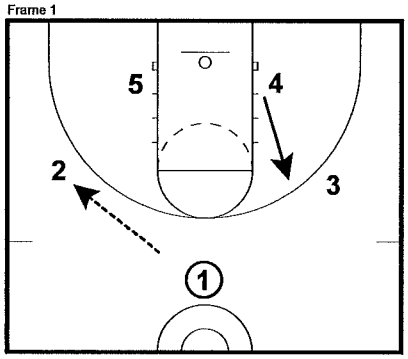
If 4 is covered 1 will now look for 2 coming off of 5's screen. 1 will pass to 2 for a three point shot. 3 is the weakside rebounder.

General Comments

This set works great against a man to man defense and a 2-3 zone defense.

Flare

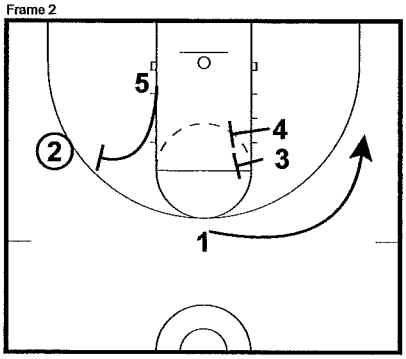
Frame 1



1enters the ball to 2. 4 slides up the lane line to prepare to set a screen with 3.

Flare

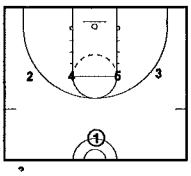
Frame 2



5 ball screesn for 1. 4 and 3 set a double flare screen for 1.

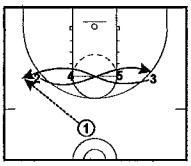
USC Rebels

50
Half Court Man Sets



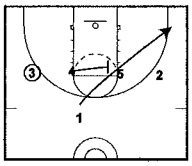
Start in a 1-4 set. Try to enter the ball to the side opposite your best low post player.

50
Half Court Man Sets



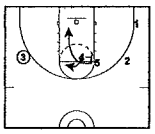
2 and 3 cross, 1 enters to wing.

50
Half Court Man Sets



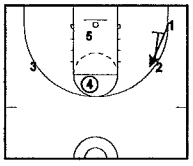
4 screens across the lane for 5. 1 sprints to weakside corner.

50
Half Court Man Sets



5 cuts off 4's screen to the low post. 5 should try to seal his man and look for a hi-lo feed. 4 should shape up and look for a pass in the hi post area. 3 looks at 5 cutting off the screen or 4 in the hi post.

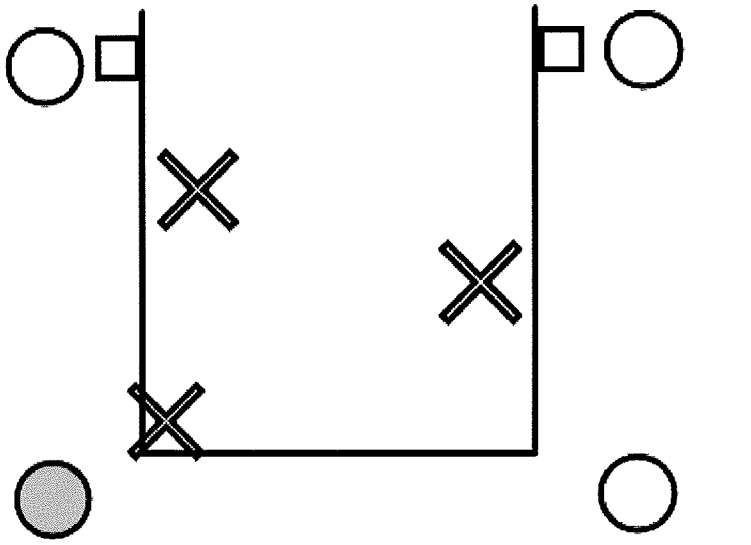
50
Half Court Man Sets



4 looks for hi-lo to 5 or for 1 coming off 2's downscreen.

All Contents Proprietary

"Super" Man-in-the-Middle (10 passes)



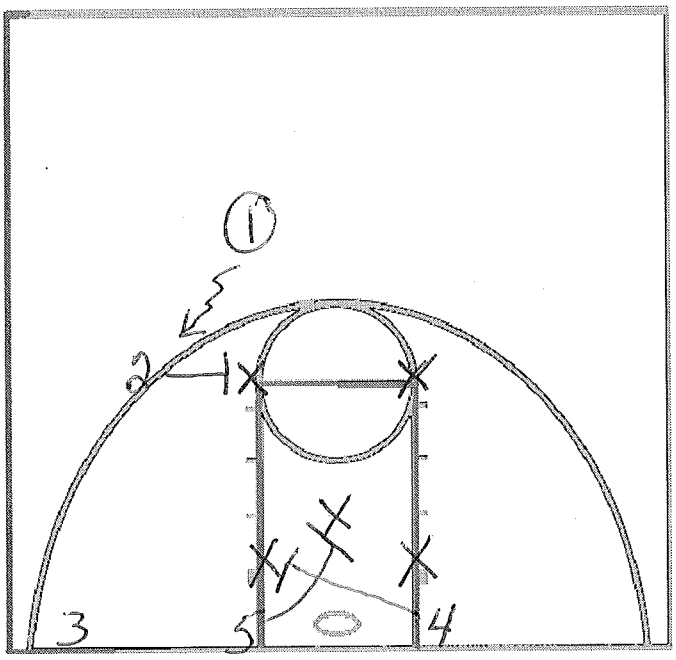
Most everyone has done the "Man-in-the-Middle" passing drill; here is a variation that our players have really liked and I feel teaches making good decisions with the ball quickly.

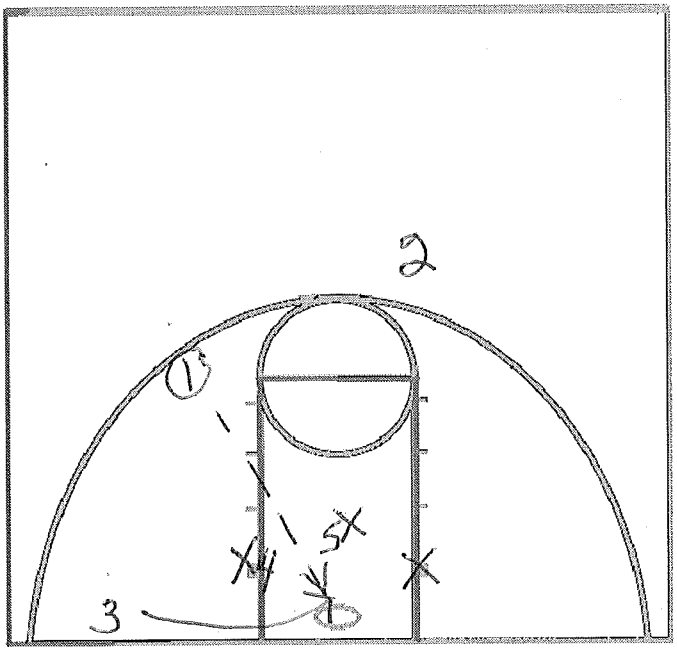
1. 4 on offense positioned stationary just outside of lane, 3 on defense.
2. Offense can pass to anyone, but may not throw a "rainbow" pass.
3. Offense must remain stationary, but may pivot to pass or receive.
4. ANY touch by the defense ends the drill, as does a pass that gets away from the O.
5. Defense must guard the ball.
6. The goal is for the offense to get to 10 passes. If they make it the D does 5 pushups, otherwise the offense does 5. O goes to D, D goes out and into O lines.

Note: The offense should rarely get to 10 passes; it should be difficult. We'll do this for 10 minutes and not make it to 10 sometimes. Our kids really get into it and want to be the one that "gets it" so it can be a really fun and competitive passing drill. Encourage to make passes quickly before the defense adjusts; to make good ball fakes to move the D, and to use bounce passes.

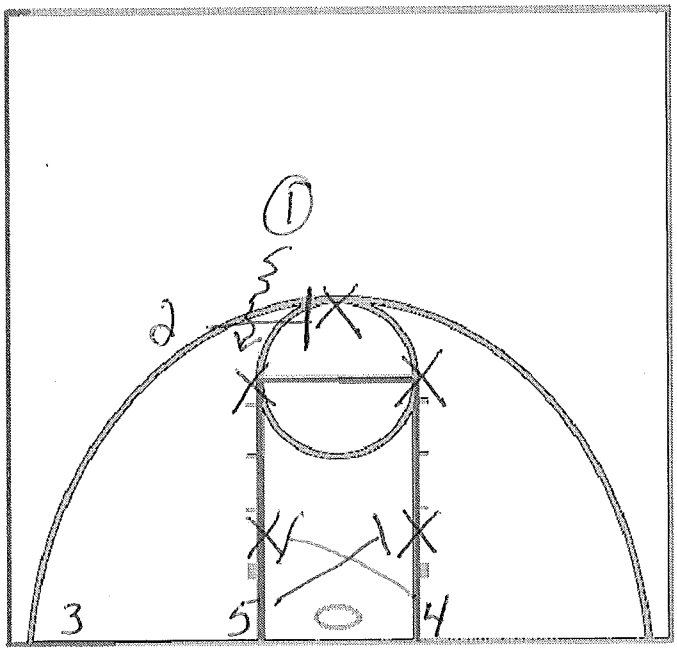
ESKO BASKETBALL

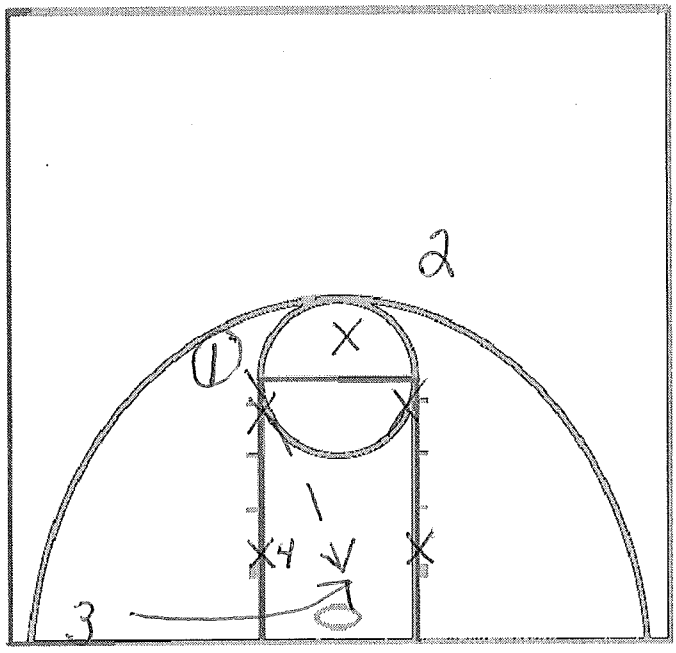
"Ripper" vs 2-1-2 ZONE





1 drives off 2's screen as 4 and 5 set crossscreens
3 runs baseline and receives pass from 1

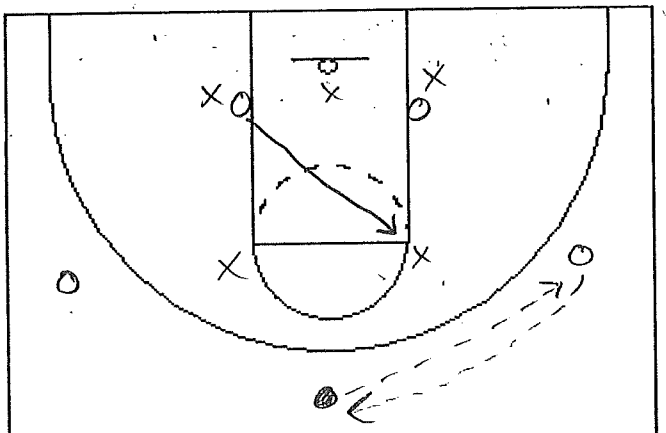




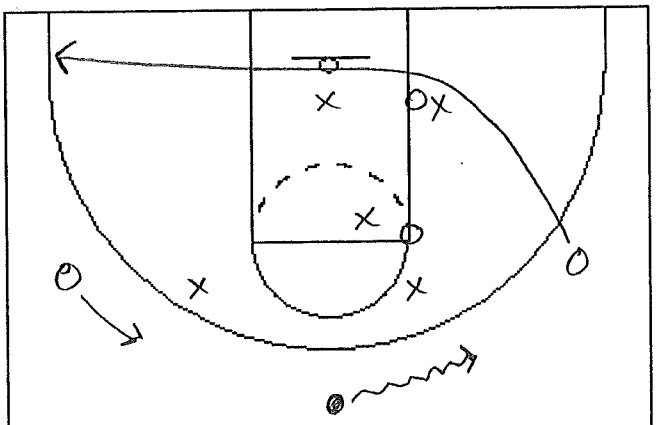
"Ripper" vs 1-2-2 ZONE

Mike Dewey

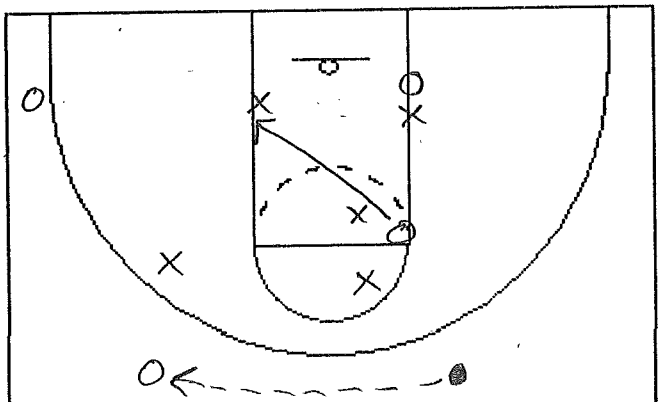
SET PLAY "COBBER" VS 23 ZONE



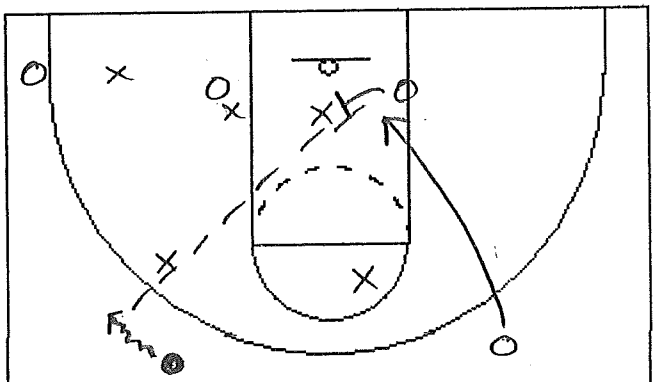
- get defense to shift
- pass to wing; back to pt.
- opposite post flashes high



- wing cuts through to corner
- pt. dribble ½ way to wing
- other wing rotates up



- pass ball cross court to get defense shifting
- high post cuts back to opposite block (short corner maybe)



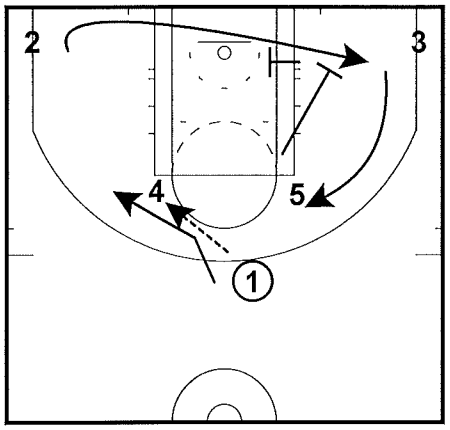
- defense should shift
- post sets back pick
- lob over the top to guard

* Keys *

- pt. gaurd should be someone who can catch a lob and tip it in
- quick ball movement after initial pass
- set good back pick and hold position
- could always have shooter start at pt. & skip pass to

MN Fury 2010

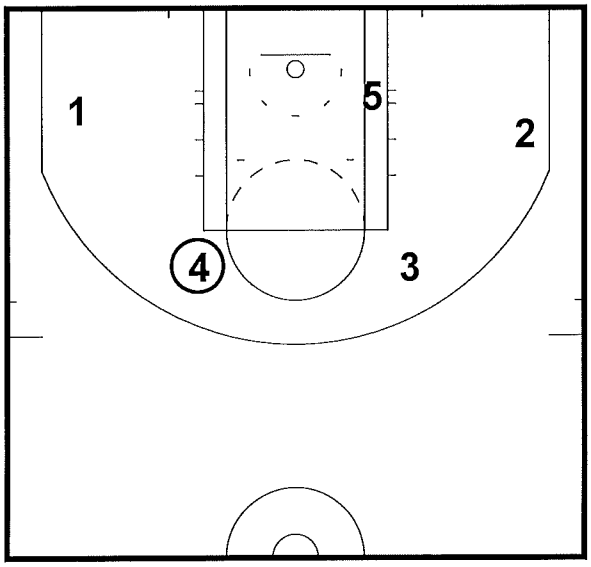
14 "Corner"
"14" Set Plays



14 "Corner"
By: Dan Greene
Coach: Mahtomedi HS and MN Fury

1 passes to 4
1 looks for return handoff from 4
4 faces if handoff is not available
5 downscreens for 3
2 cuts across getting screen from 5

14 "Corner"
"14" Set Plays



Option 1 is handoff to 1
Option 2 is 4 to face and drive or shoot
Option 3 is 3 looking for jumper or curl cut at elbow
Option 4 is 2 off screen from 5
Option 5 is 5 posting up in lane for 1 on 1 opportunity

All Contents Proprietary

POST WORKOUT

"FOOT ADVANTAGE"

1. Ball Handling Warm Up
   - Figure 8 (walking) push pull, spider (walking)
   - Rapid fire, backup dribble

2. Miken Drill (Hooks) ⇨ Make 20

3. Backboard Touches ⇨ Make 20

4. Superman Drill ⇨ 20 to middle ⇨ 20 to baseline

5. Rebounding Drill

6. Catching Drill ⇨ 3 sets

SHOOTING

1. Partner shooting ⇨ Make 12
   - corner to wing
   - elbow to elbow
   - corner to wing

2. Trail the break ⇨ Shot at top

3. Post Series ⇨ Both sides ⇨ 5 times
   - Drop step
   - Jump hook
   - Up and Under both ways
   - Re-Post
   - Turn and Face
   - Short Corner
   - High Post Flash

4. Trail the break seal at the Front of Rim

5. Post moves with defender

6. One on One ⇨ up to 4

7. Dunk Drill
   * 5 Fts after every set Total of 100 Fts

POINT GUARD WORKOUT

"FOLLOW ALL SHOTS"

1. **Ball Handling Warm Up**
   - **Figure 8 (walking), push pull, spider (walking)**
   - **Rapid fire, back up dribble, 2 ball dribbling, speed dribble, cross over dribble with chairs**

2. **Full ct dribbling with layup**

3. **Zig Zag with defender live at ½ ct**

4. **Full ct dribbling beat 2 defenders**

SHOOTING

1. **Full Court Shots**
   - **dribble pass ahead fill the lane**
   - **speed dribble pull up**

   (If manager has back turned no pass, pass to manager when he is facing you)

2. **Break out shots from both sides and top ⇨ Make 16**

3. **Break out shots from both sides and top**
   - **1 dribble pull up ⇨ Make 16**

4. **Fill the lane jumpers from the wing ⇨ Make 16**

5. **Fill the lane shot fake 1 dribble pull up jumpers ⇨ Make 16**

6. **Partner shooting ⇨ Make 12**
   - **corner to wing**
   - **elbow to elbow**
   - **corner to wing**

7. **Partner shooting behind arc ⇨ Make 12**
   - **corner to wing**
   - **elbow to elbow**
   - **corner to wing**

8. **One on One ⇨ up to 4**

   *** 5 Free throws after every set of shots ⇨ Total of 100 Fts**

GUARD WORKOUT

"FOLLOW ALL SHOTS"

1. Ball Handling Warm Up
   - Figure 8 (walking), push pull, spider (walking)
   - Rapid fire, back up dribble

2. Full ct dribbling with layup

3. Zig Zag with defender live at ½ ct

4. Full ct dribbling beat 2 defenders

SHOOTING

1. Break out shots from both sides and top ⇨ Make 16

2. Break out shots from both sides and top
   - 1 dribble pull up ⇨ Make 16

3. Fill the lane jumpers from the wing ⇨ Make 16

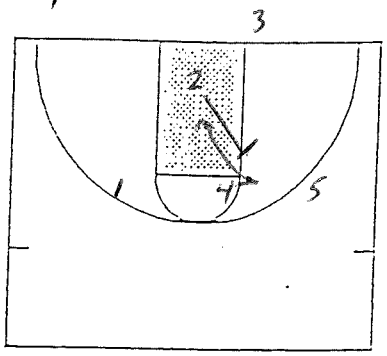
4. Fill the lane shot fake 1 dribble pull up jumpers ⇨ Make 16

5. Partner shooting ⇨ Make 12
   - corner to wing
   - elbow to elbow
   - corner to wing

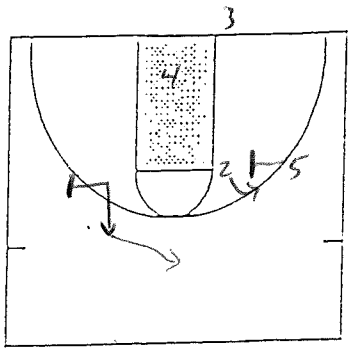
6. Partner shooting behind arc ⇨ Make 12
   - corner to wing
   - elbow to elbow
   - corner to wing

7. One on One ⇨ up to 4
   * 5 Free throws after every set of shots ⇨ Total of 100 Fts

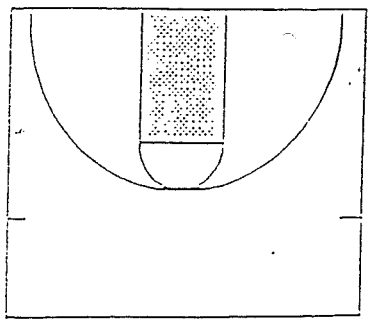
"T₁" Out of Bounds



NOTES: 2 screen 4

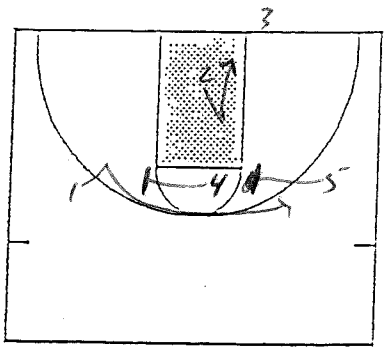


NOTES: 5 screens 2
1 is safety

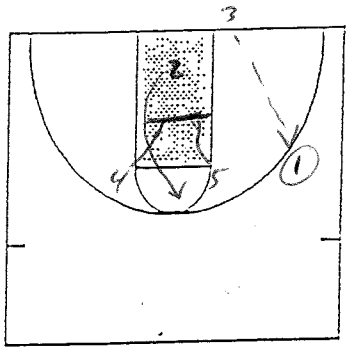


NOTES:

"T₂"

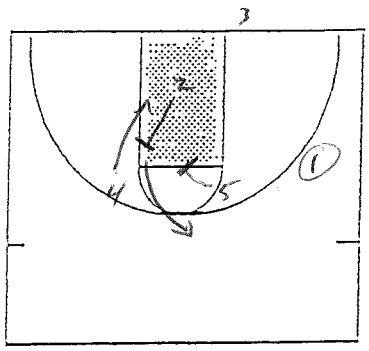


NOTES: 2 fakes screening 4 and pins his man

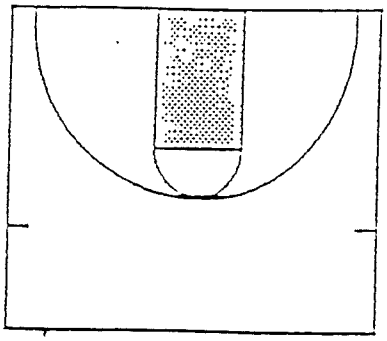


NOTES: 1 looks for shot off 4+5 stagger screen. 2 gets double for 4+5

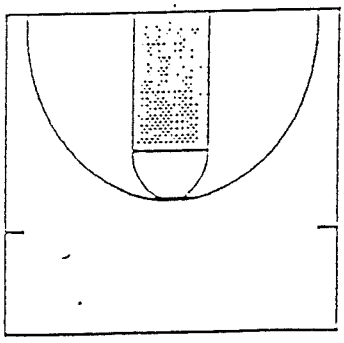
Or



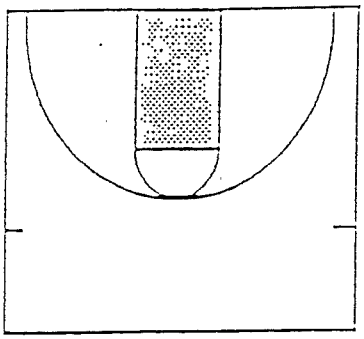
NOTES: 2 backscreens 4, 5 picks 2



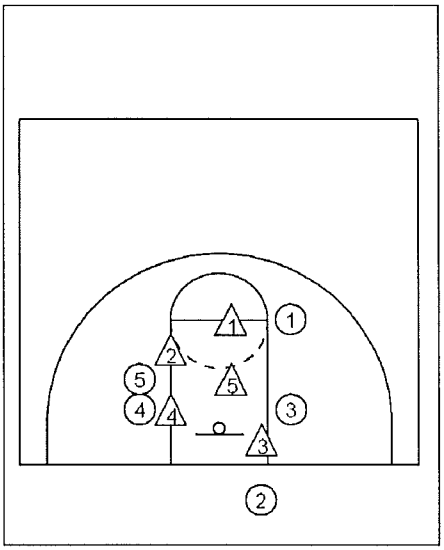
NOTES:



NOTES:



NOTES:

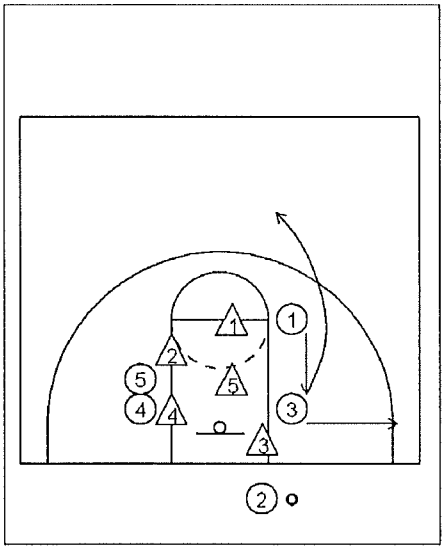


Playname : ***Baseline inbounds*** ***1***

Baseline In Bounds (BLOB) vs Zone or Man

Your best shooter, #2, inbounds the ball.

On the setup #3 plays close to the ball, #1 is stacked high at the free-throw line. Both #4 and #5 stack closely at the opposite block. They will be the screeners for #2.



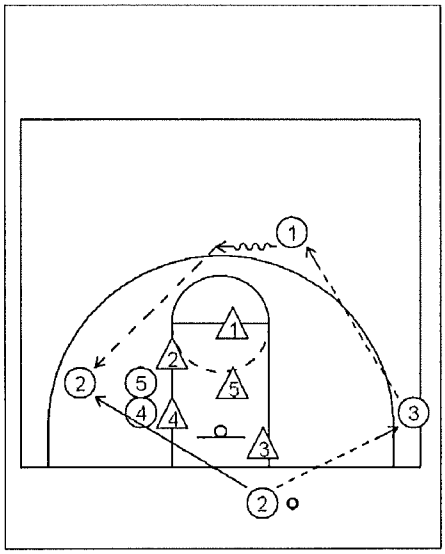
Playname : ***Baseline inbounds*** ***2***

Baseline Inbound

Opening break

#3 cuts to sideline for the pass.

#1 cuts to spot left by 3, but then reverses to top of key.



Playname : ***Baseline inbounds*** ***3***

Baseline Inbounds

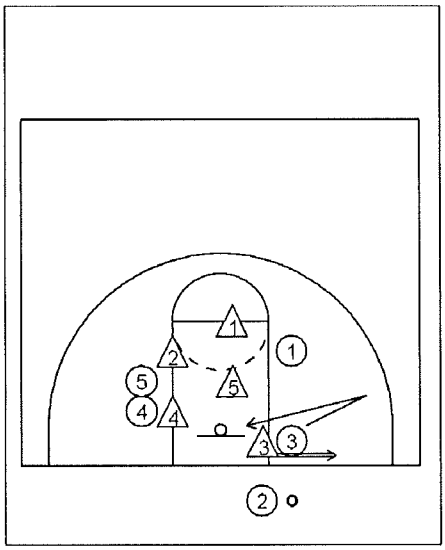
#2 passes to #3, and cuts baseline inbounds to sit behind screen set by #4 and #5.

#3 passes to #1.

#1 may need to take a couple of dribbles to his right to get around zone for pass to #2.

#1 passes to #2 who takes open shot.

#4 and #5 stay for screen then rebound along with #3.



Playname : ***Baseline inbounds*** ***4***

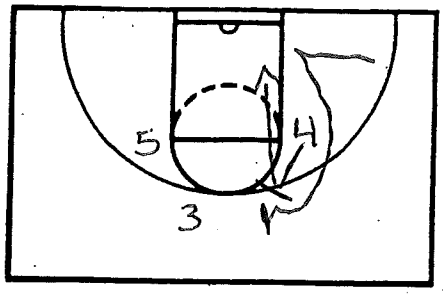
Variation on Baseline Inbounds (Agressive Defense)

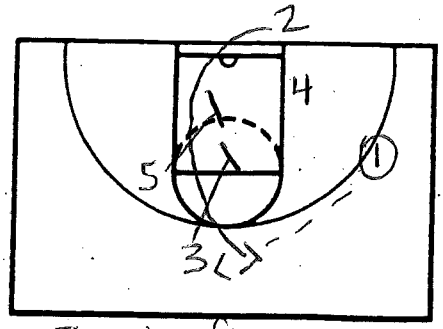
After having run this inbound play against a team, the defenders may start to get agressive and overplay. This is a variation on the previous play, where you take advantage of that.

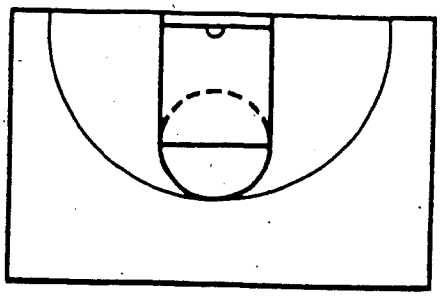
I called a time out once I saw that and had my guard #3 who kicks out for he pass to cut back hard toward the basket because defender #3 was overplaying him to the outside trying to deny the inbounds pass. It worked to perfection as he cut back to the basket to receive inbound pass for an easy layup!

Out of Bounds

1







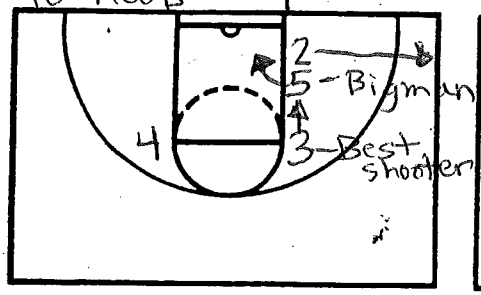
NOTES

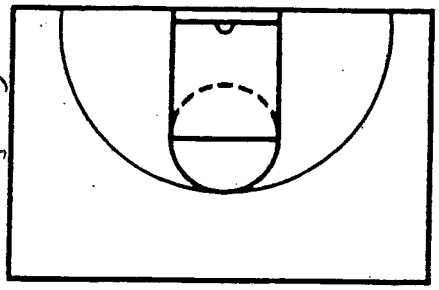
4 screens for 1, looks for easy layup. If not there 1 gets ball on wing. 4 rolls back to hoop

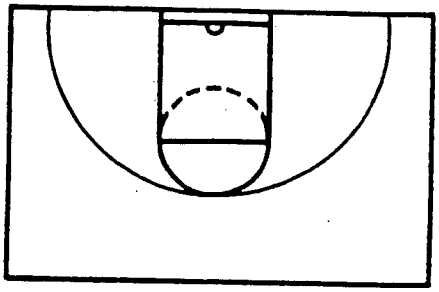
5 sets first screen
3 sets second screen
2 looks for "3" at top of key

2

*Works well vs. 2-3 zone



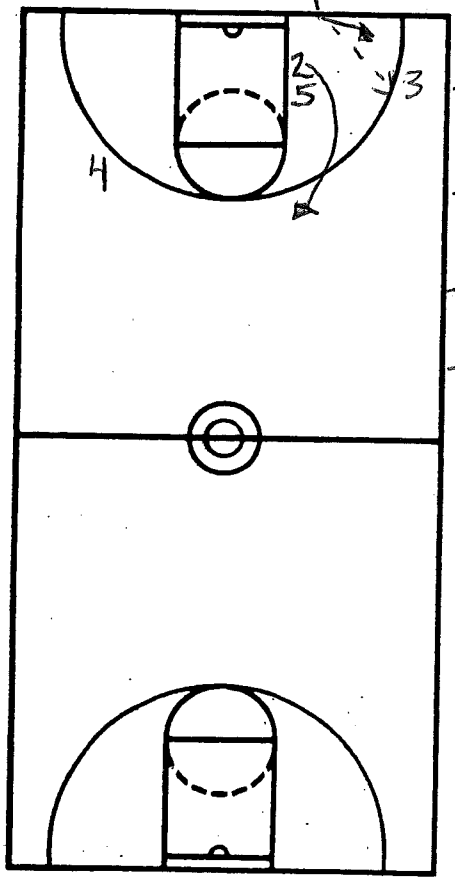




NOTES

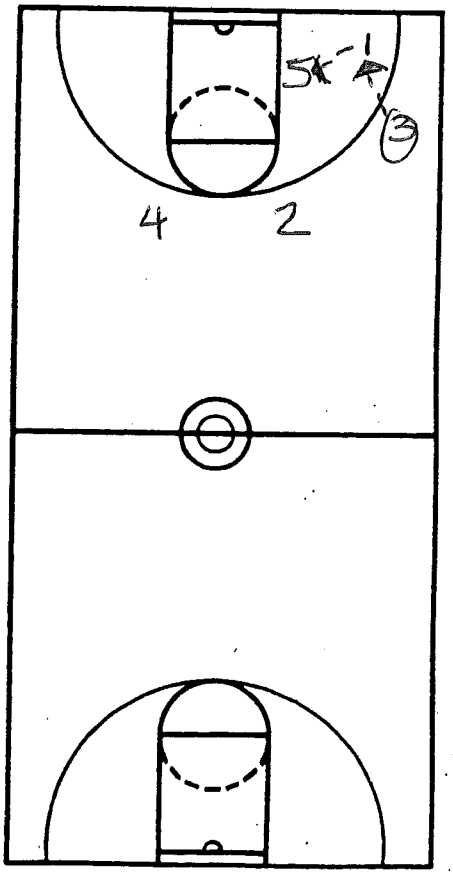
2 cuts to corner
5 pushes/makes contact with middle to post
3 crashes for bank shot

3



NOTES

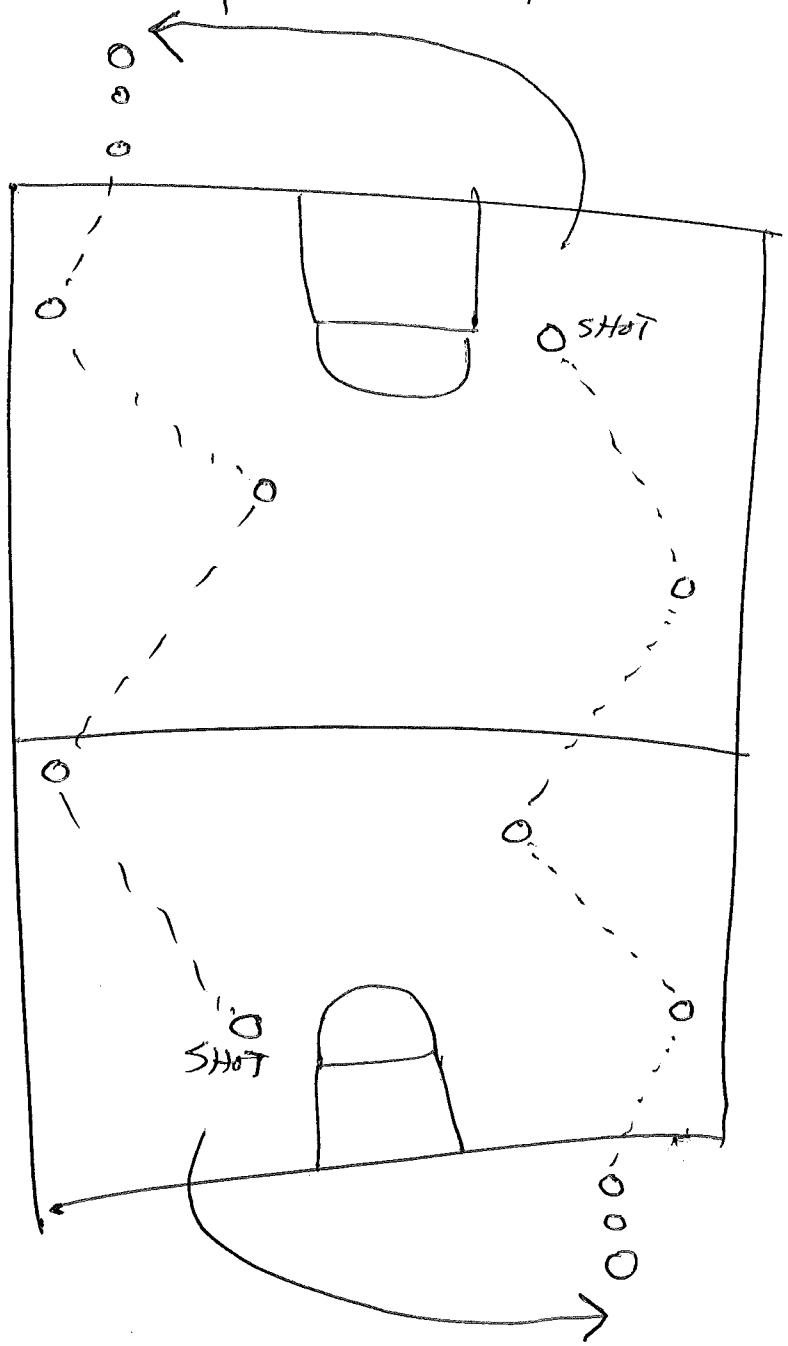
- 1 passes in to 3, then steps in bounds
- 2 releases back to 3 point
- 3 looks for pass to 1
- 1 looks for bounce pass to 5 pinning inside



COACHES MINNESOTA GIRLS BASKETBALL ASSOCIATION

PRESS BREAK DRILL

*ENCOURAGE, DEVELOP HABIT OF QUICK PASSES

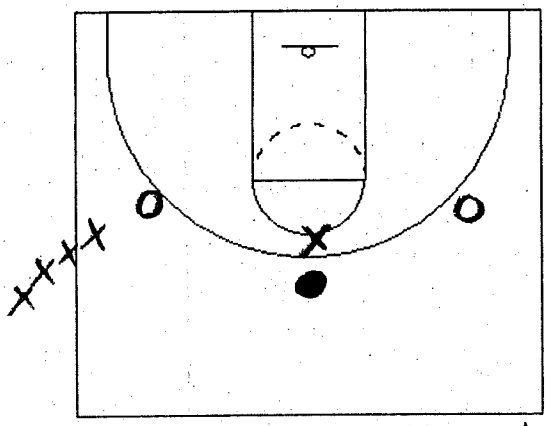


* 2 LINES, BOTH ENDS OF COURT - NO DRIBBLE, TURN PASS, LAST PLAYER TAKES LAYUP & GOES TO END OF LINE STARTING @ OTHER END OF COURT.

"TALK"

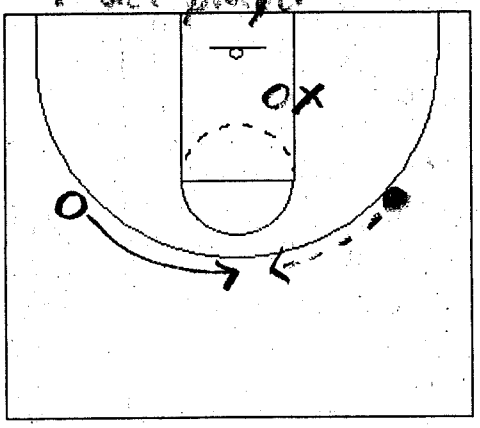
"JUMP TO THE BALL"

TENNESSEE DRILL



WE ARE WORKING ON
"JUMPING TO THE BALL"
+
"CLOSE OUTS"

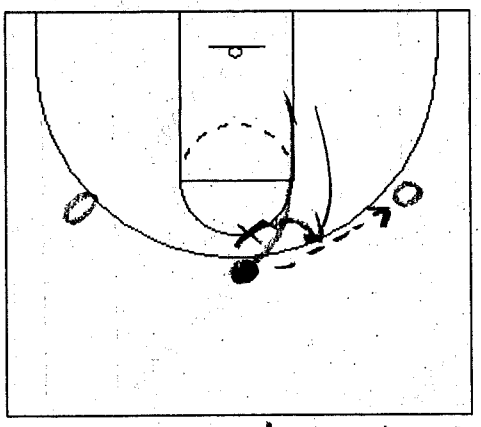
3 off players 1 BALL
1 def player



OPP. WING ROTATES TO TOP (BALANCE THE FLOOR)

WING W/ BALL PASSES TO TOP

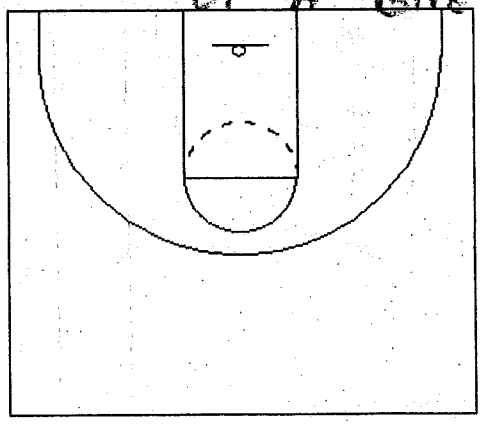
DEF HAS TO NOW "CLOSE OUT"



OFF W/ BALL DRIVES A SIDE + PASSES TO WING

Def - JUMP TO THE BALL + FORCES OFF TO THE INSIDE

Def - DOES NOT WANT TO GIVE UP A GIVE N GO

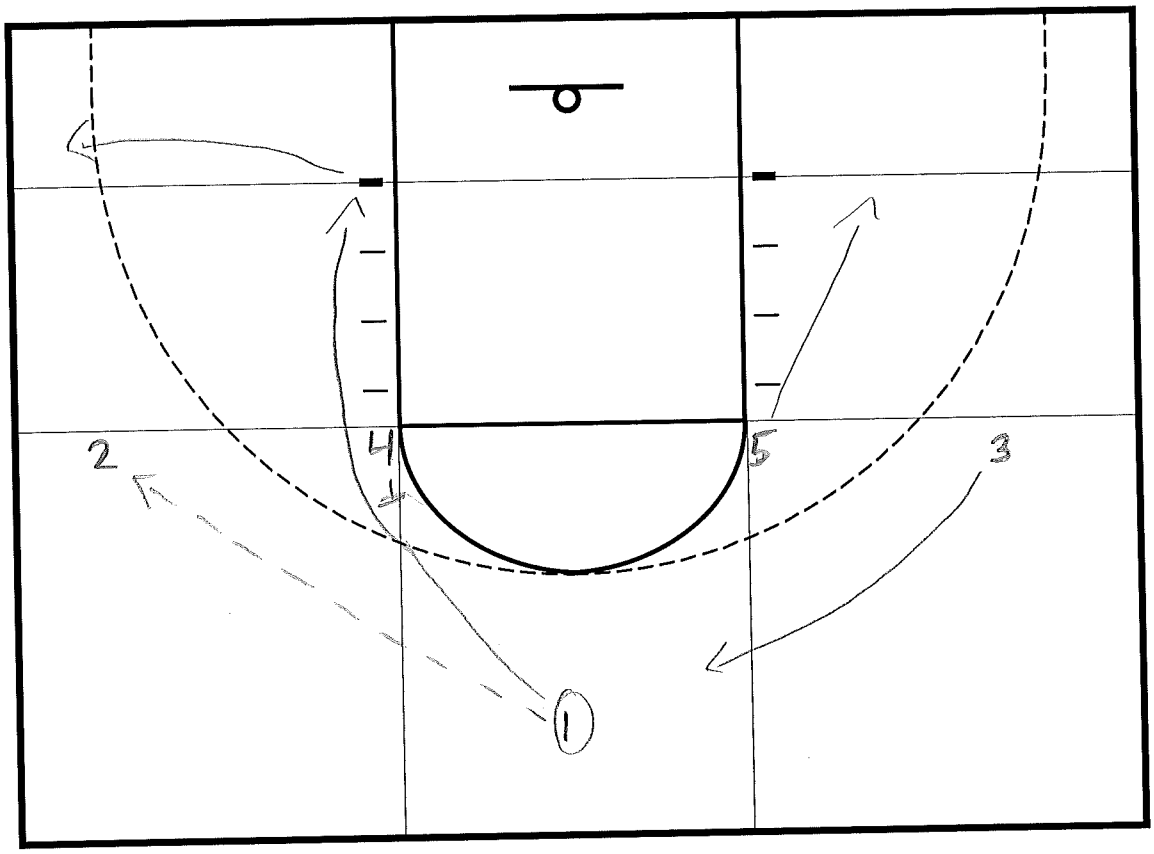


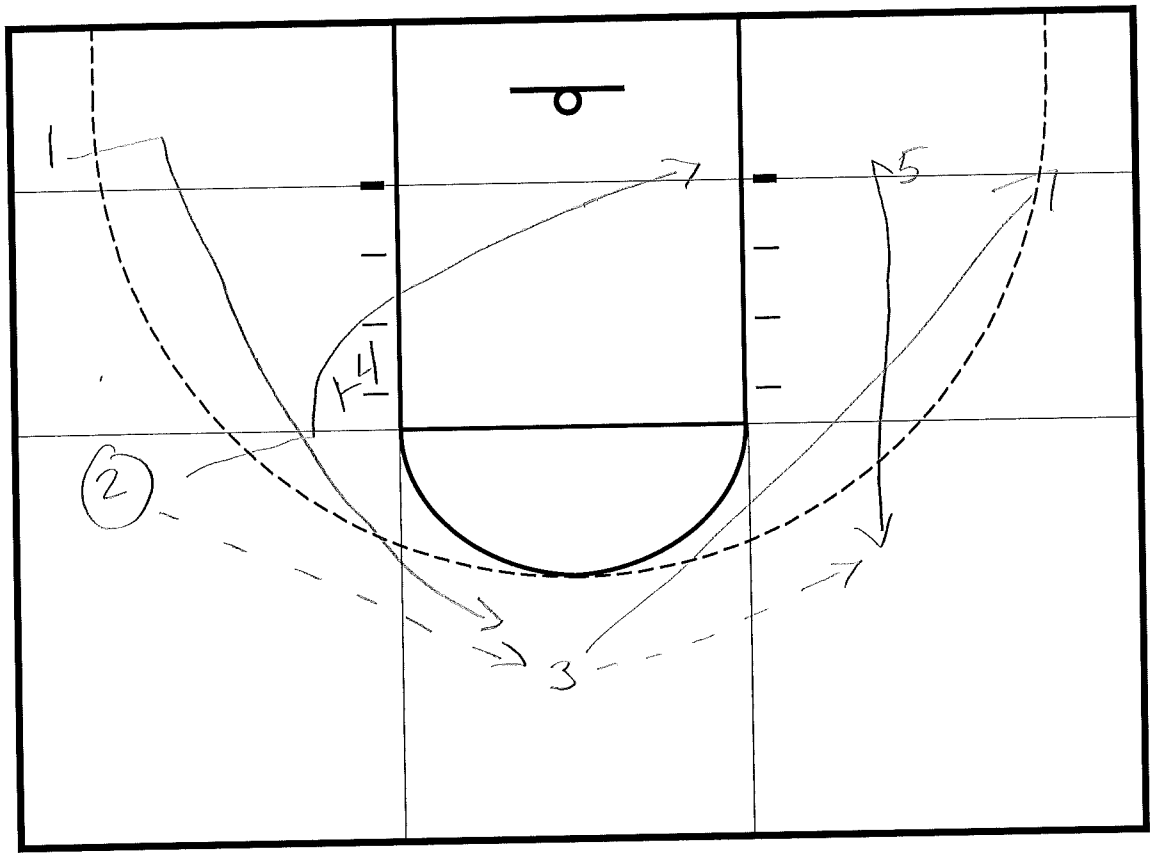
"CLOSE OUT"

AFTER CLOSE OUT OFF PLAYER SHOT FAKES + DEF YELLS "SHOT" FOLLOWED BY BOX OUT

CLOSE OUTS - COME @ OFF FAST BUT UNDER CONTROL, STAY LOW, SHORT CHOPPY STEPS, ONE HAND HI + ONE HAND LOW

Play Name: _____



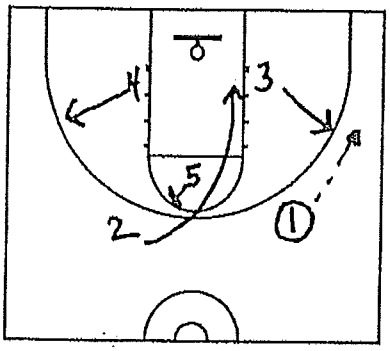


1 cuts right behind 2

3 can also run an outside cut around 5

10 pass Drill

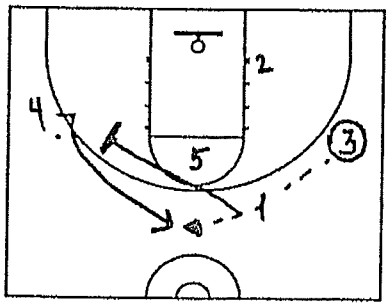
Put a time (3:00) on the clock. Play in the half court 5 on 5. Take a lay up at anytime, can only shoot after 10 passes. O Team is given 1 ball on the court and 2 on the sideline. If a t.o. is committed the ball goes in the basket and a ball from the sideline is put in play. After 3 balls are used, you run the remainder of the time on the clock.



3 and 4 break out to the wing.

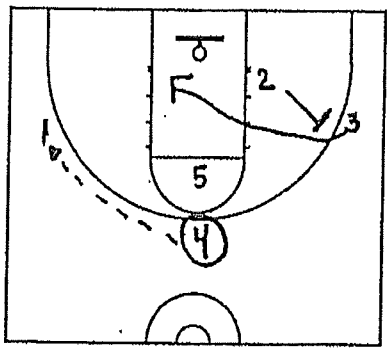
5 sets a backscreen for 2.

1 enters the ball to the wing.



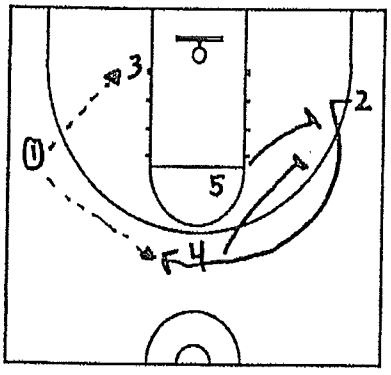
1 downscreens for 4.

3 reverses the ball to the 4.



4 reverses the ball to the 1.

2 sets a backscreen for 3.

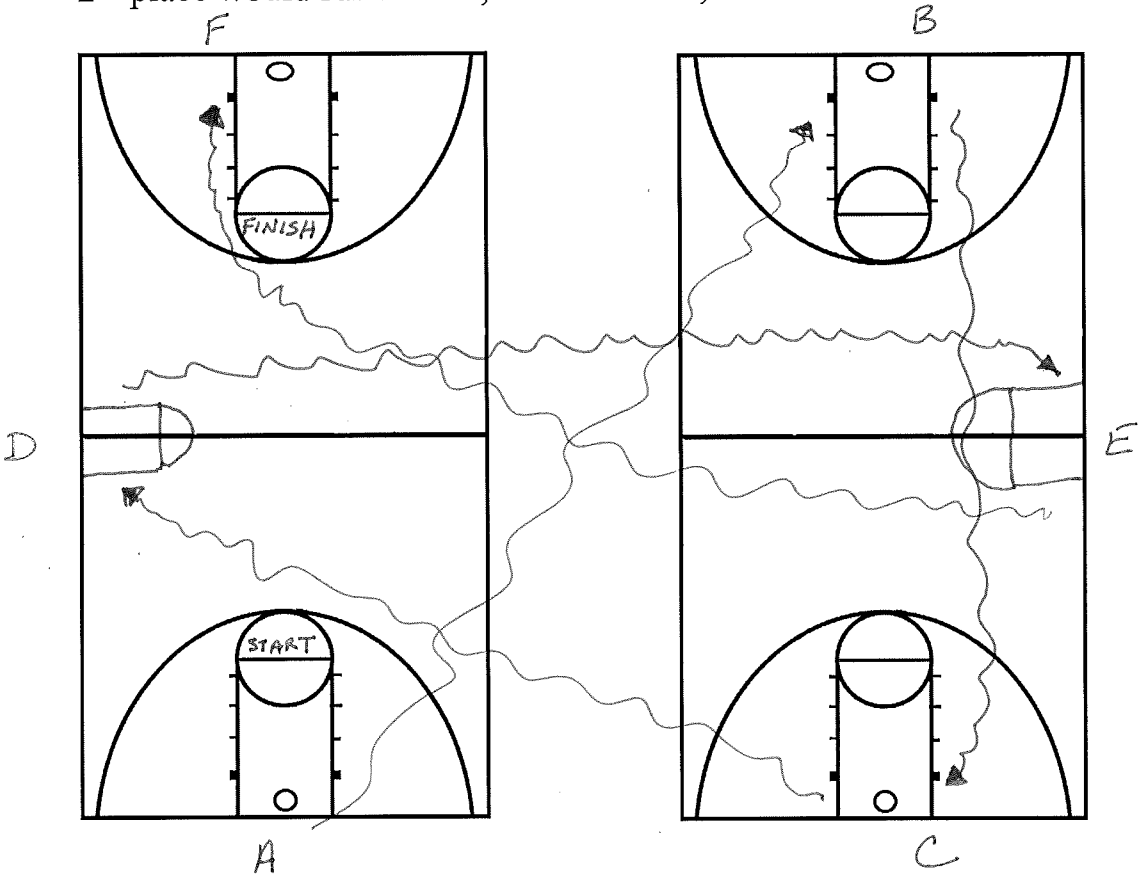


4 and 5 set a staggered screen for the 2.

6 in a Row

In this drill we divide our squad into two "equal" teams. I will have decided who is on each team before practice starts. Each player will have a basketball. Teams will line-up alternating at basket A. The first player will shoot a free throw, if he makes it he will dribble to basket B and shoot a weak-handed lay-up, if he makes it he will then shoot a free throw. He will continue is this manner to the next basket. Once he misses a shot he must return to the end of the line at basket A. If a player is able to make six free throws and five lay-ups without missing he will earn a point for his team and he will return to basket A and continue with his next turn. We will usually do this until one team has earned 5 points. The losing team will run.

A variation of this drill is to have the players do it individually. They will line-up in a single line at basket A. You need to determine the order. (may be based on FT % or some other criteria) As before if a player misses any shot he will have to start over at basket A. Players are competing to finish as soon as possible. (They may not pass anyone who is front of them) When a player finished they may get a drink, shoot at an open basket or watch their teammates try to finish the drill. Who ever finishes first has no conditioning, 2nd place would run 2 lines, 3rd three lines, and so on.



Perfect Defense:

This is a high intensity drill where you need to play **perfect defense** in order to score a point. Perfect defense is everyone doing their part and doing perfectly to stop the other team from scoring. If they do something wrong you blow a whistle and they are off the court. Make sure to tell them what they did wrong so they can fix it next time. While one team is coming off the other two teams are making the transition from offense to defense and from being out to offense. Don't let them take their time! They need to sprint on and off the court. You can concentrate on anything your team needs to work on when doing this drill.

-Need 3 teams of at least 5 (4 will work but 5 gets you into a game type situation)

-One team is on offense, one team is on defense, and one team is underneath the hoop

-Rotation: The team that is out is always on offense next. If the offense scores or the defense is blown off, due to not being perfect, then the offensive team goes to defense. If the defense gets a perfect stop then they get a point and stay on defense.

-Play to 5 points all in one defense or play to 9 in 3 separate defenses.

-At the beginning of the year I always play man-to-man up to 5 to make sure our man-to-man principals are where they need to be.

-As the year goes on I sometimes play to 9 and mix up our defenses. For example, they must get 3 stops in man, 3 stops in our match up, and 3 stops in a 2-3. Once a team gets 3 stops in man they go to the next defense while the other 2 teams work on getting 3 stops in man.

-Winners don't have to run. Losers have a 16 (side-to-side 16 times) in 1 min. Winning team must cheer the other two teams on.

-Promote team building and bonding all throughout this drill. When a team is kick off the court, they should get together to identify and fix the problem. As a result, they are better the next time. We all make mistakes on the court but don't be the one who keeps repeating that same mistake over and over.

Nathan Pelowski

Chanhassen Boys Basketball

pelowskin@district112.org

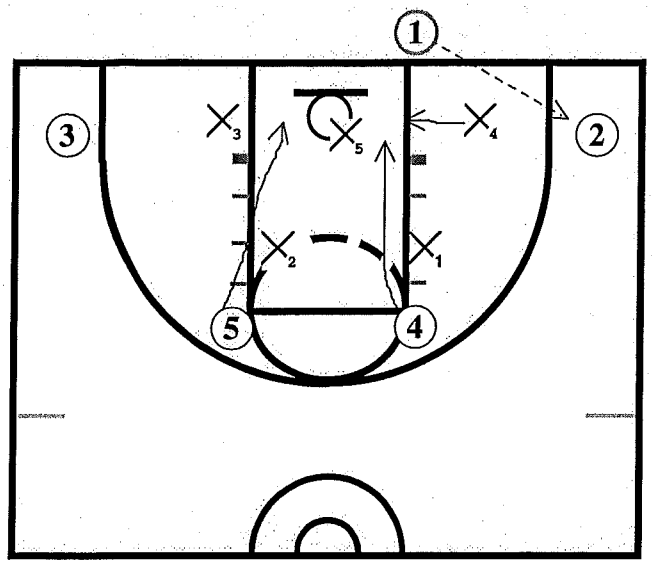
Sit Down Rebounding Drill

Daved Lundeen, North Central University Rams

.

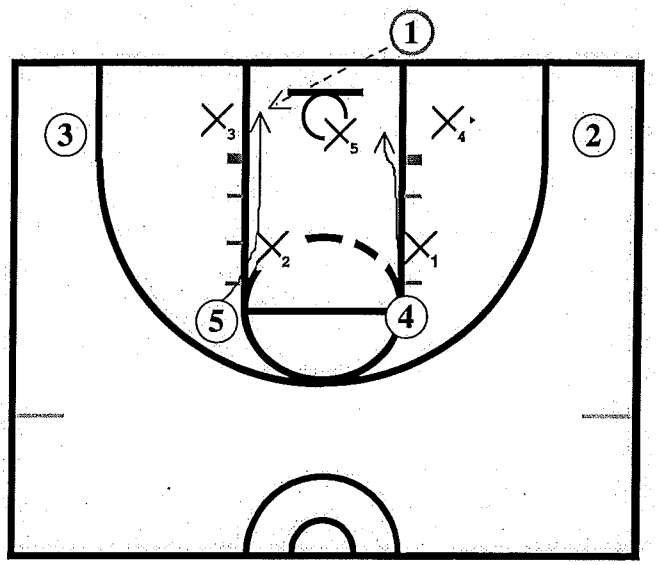
Drill: 6 Players at a basket, divided into groups of three. The three offensive players start outside the 3-point line. One of them will shoot the ball. The three defenders sit in the middle of the lane with their backs facing each other. As soon as the offensive player releases the shot, all three defenders stand up and find an offensive player to block out.
If the offense gets the rebound, they should look to finish with a score. If the defense gets the rebound, that possession is complete. Play until the defense scores 3 in a row, or 5 total. No punishment is necessary for failure to rebound as the drill itself is conditioning enough if it has to be repeated over and over.

Coaching Point: The defensive players should look for a player to box out first ... then go for the rebound.



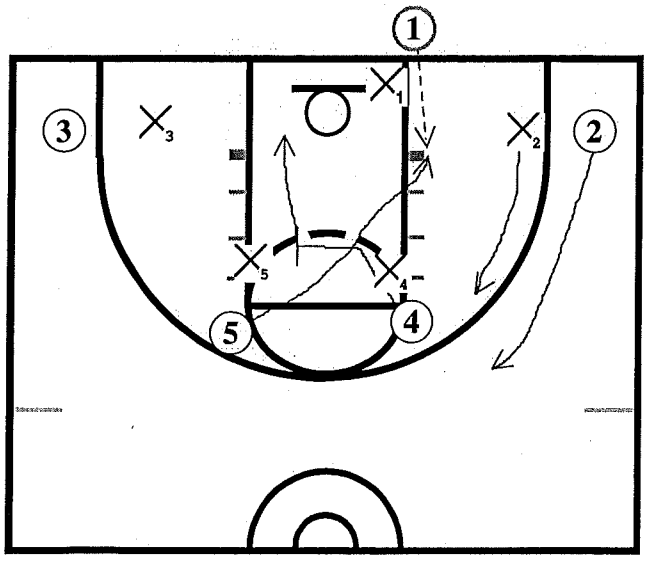
Frame A

)aches Yells:ZONE In frames A and B. .ayers 4 and 5 break into the inside ıps looking for a pass from 1, but 2 ; open in the corner. 1 passes to 2)r a three point shot.



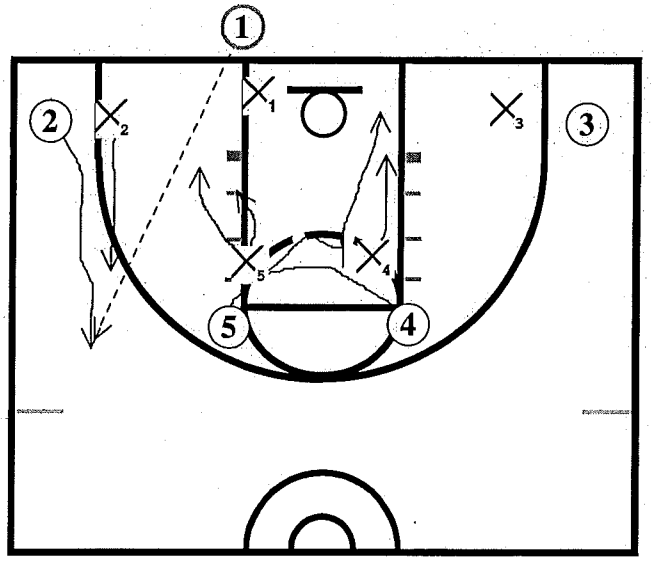
Frame B

In this frame 1 passes to 5 cutting into a gap to get a pass for a layup.



Frame C

)aches Yells: MAN...4 screens for 5 ıd then rolls to the goal. 1 reads ıe defense. 2 stays in the corner for ; long as possible before breaking ıck for the safety pass.



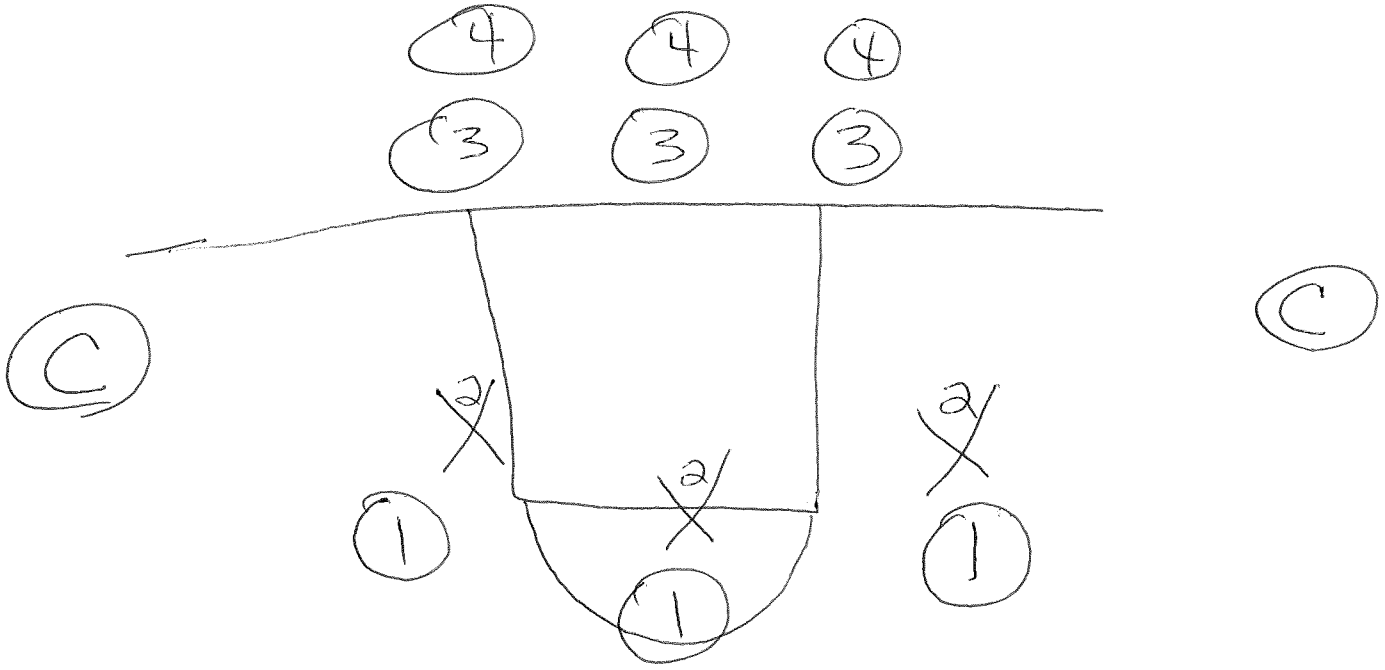
Frame D

Coach Yells Man again. The best shooter 2 is always in the ballside corner. 5 screens for 4 and rolls to the basket, everyone is covered so 1 passes to 2 breaking deep.

ɜneral Comments

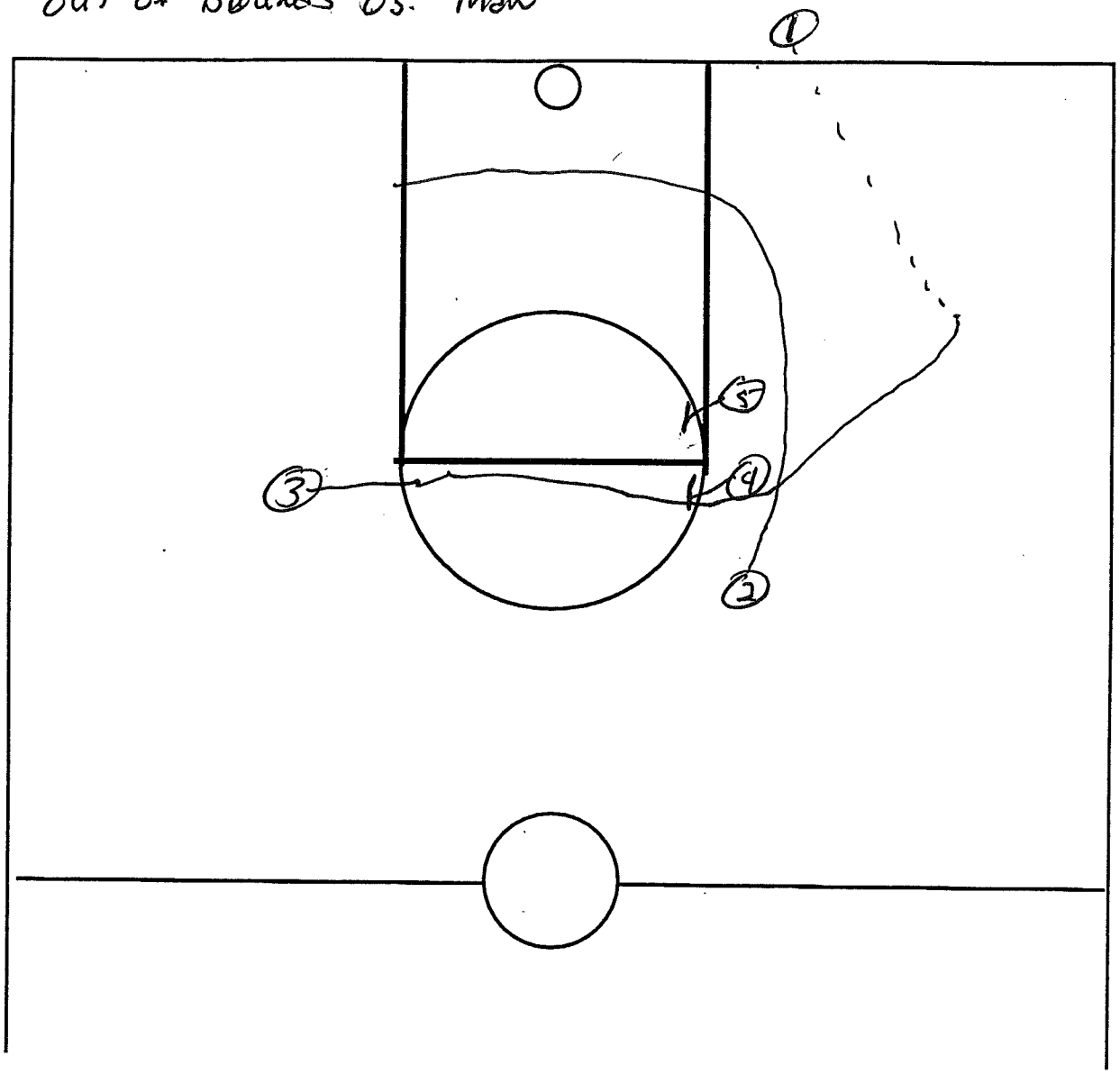
`ames A and B are what you do vs a zone and frames C and D are Man to Man)tions. The biggest problem is 2 wants to break back deep too soon to get)en. He must stay in the ballside corner as long as possible looking to get ıe ball for a shot.

3 on 3 Continuous w/ Transition



- play 3 on 3 - first team to score wins
- winning team fires ball to coach while team 3 moves in quickly to play Defense
- coach quickly passes ball to open player + play continues
- teaches communication + transition skills
- when the defense rebounds, they outlet the ball to a coach + the 2 teams stay - you are only out when scored upon.
- when scored upon, go to end of line

OUT OF BOUNDS VS. MAN



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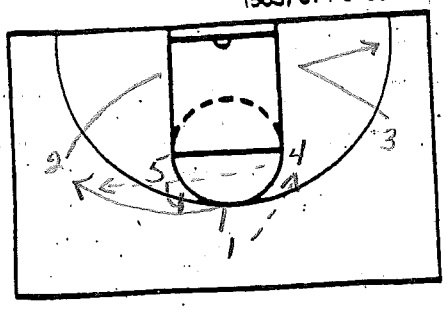

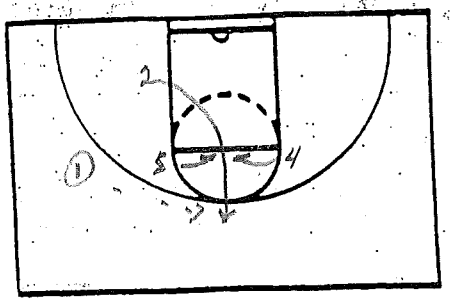

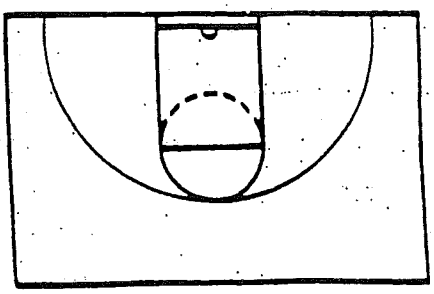

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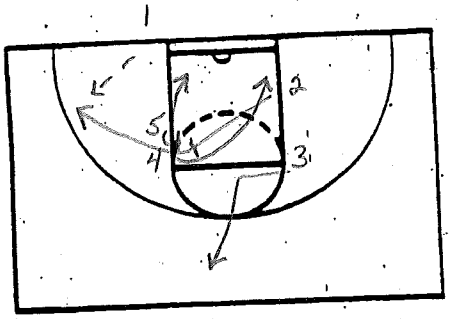
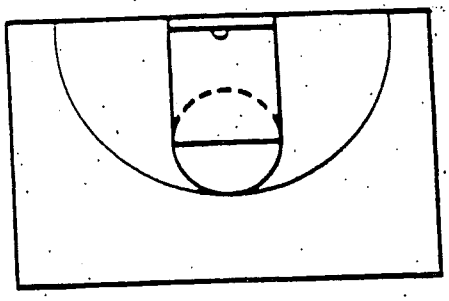
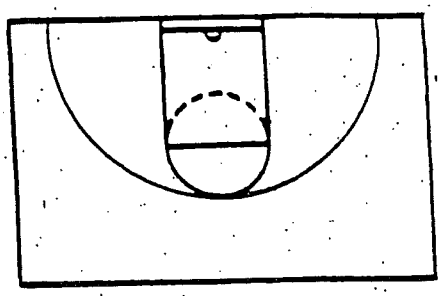


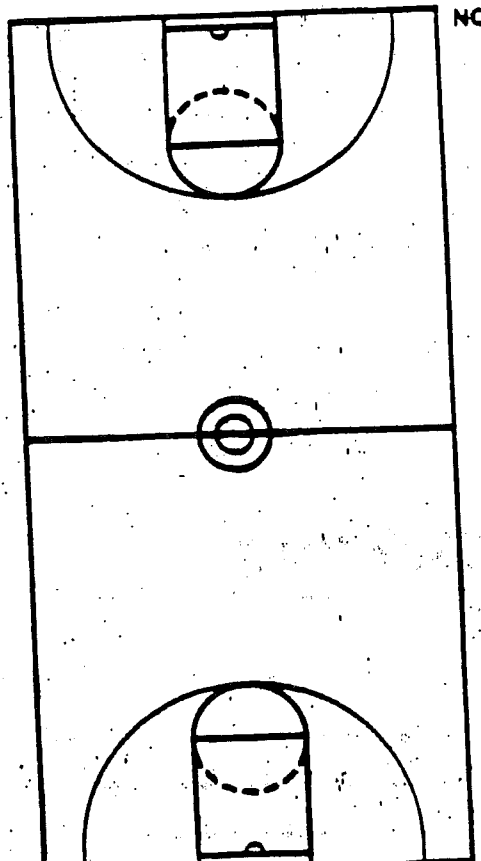


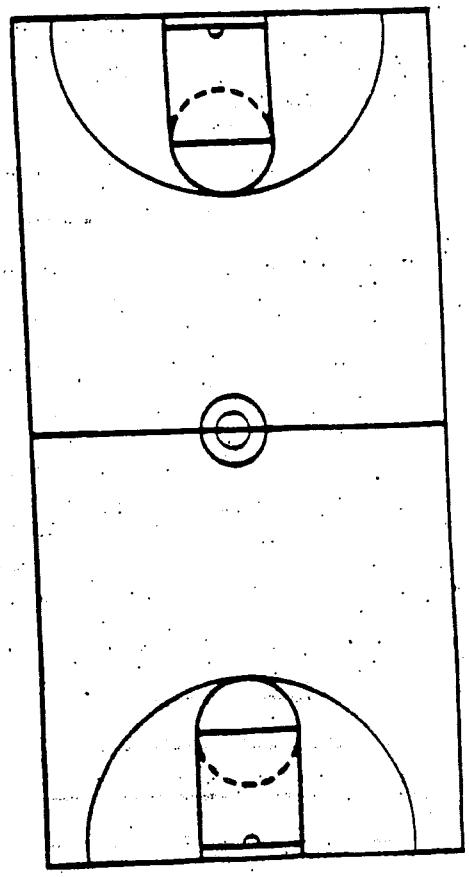


NOTES

JUST DO IT

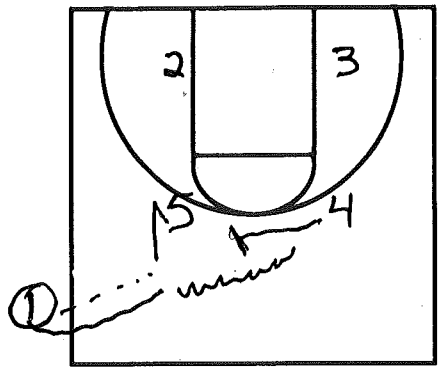
NOTES





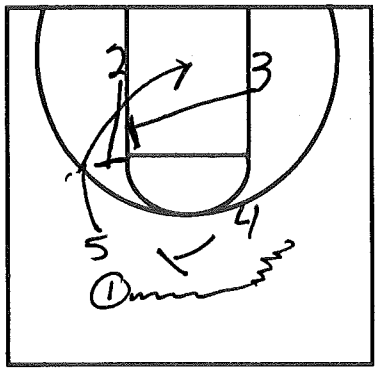
MINNESOTA BASKETBALL

SLOB

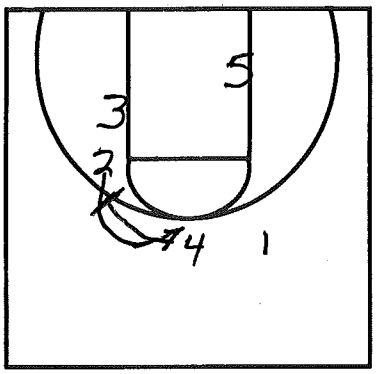


1 inbounds to 5 who has V-cut to get open, then 1 follows & gets a hand off from 5 looking to come off 4's high screen

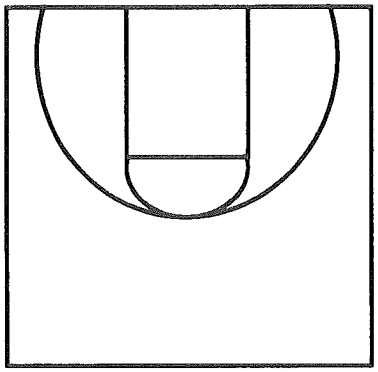
lob
1st option



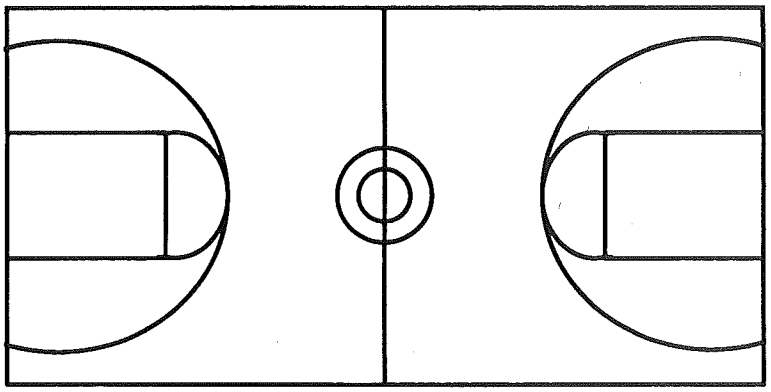
5 then cuts off screens from 2 & 3 looking for pass from 1



3pt
shot
second option

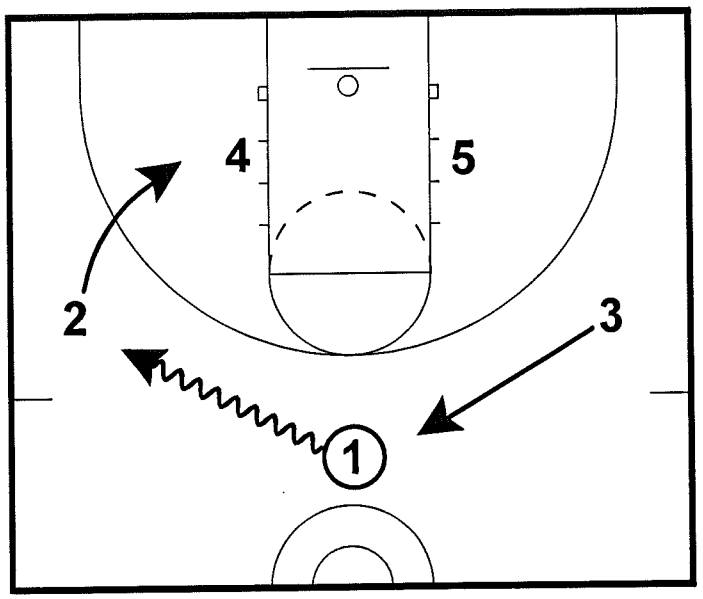


4 after screening for 1 then turns & down screens for 2 for 3pt shot at top of key



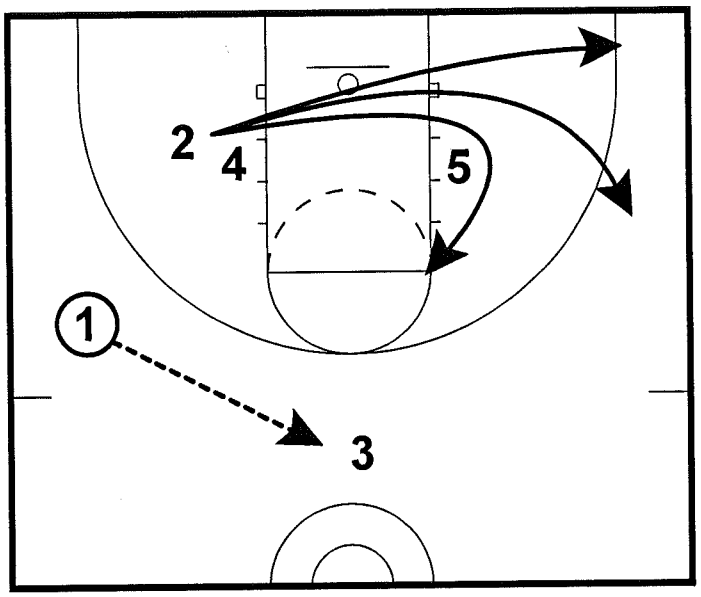
Better Basketball's Read & React Offense

3 OUT Entry: Dribble-At
R&R Quickhitters



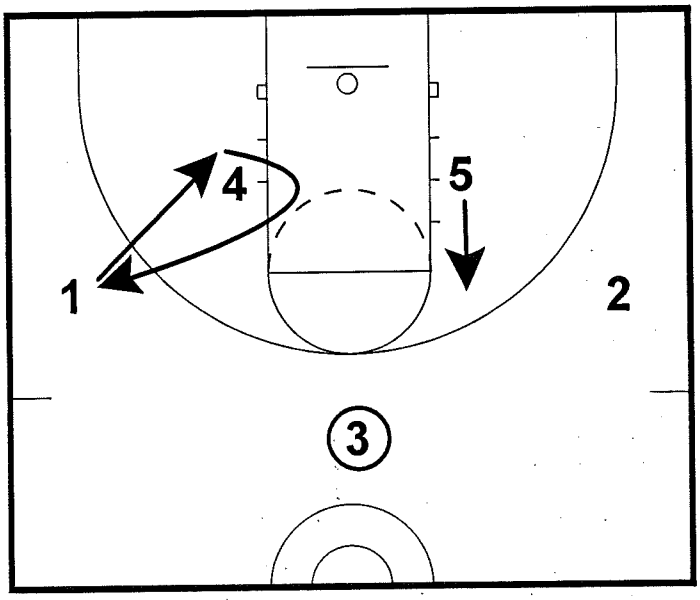
1 **Dribbles-At** (Speed Dribble) 2, while 3 fills

3 OUT Entry: Dribble-At
R&R Quickhitters



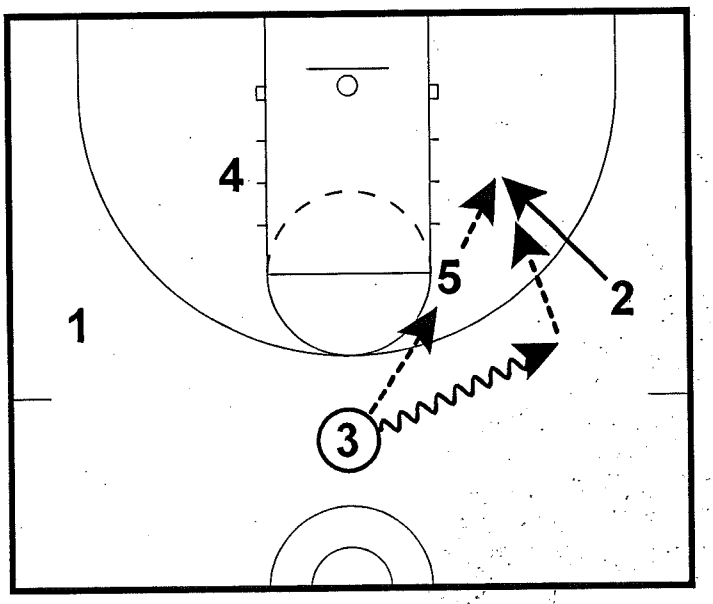
1 passes to 3 who looks for 2. 2 has the chance to play off of **two screens** - one from 4 and one from 5.

3 OUT Entry: Dribble-At
R&R Quickhitters



When 1 passes, he must cut and fill the spot he left, but there is a chance for 1 to play off a **screen set by** 4. 5 flashes high.

3 OUT Entry: Dribble-At
R&R Quickhitters



3 can pass to 5 hitting 2 going backdoor. Or, 3 Dribbles-At 2 for the backdoor.

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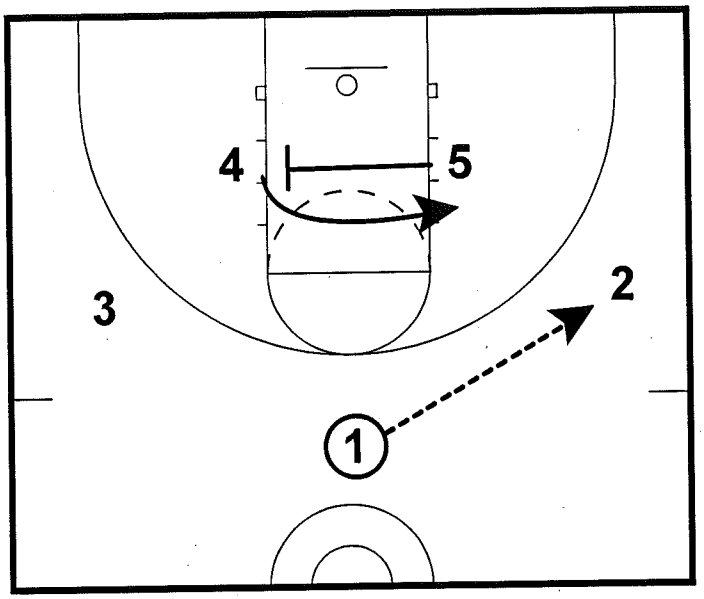
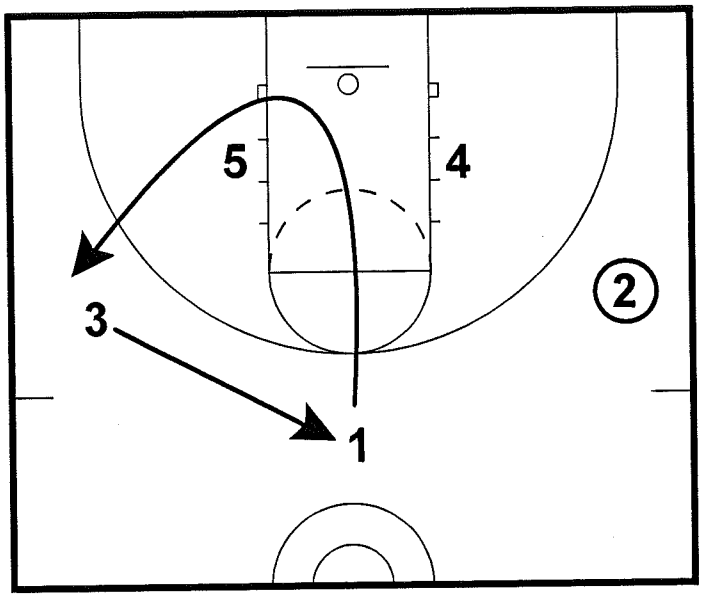
3 OUT Entry: Triple Screen
R&R Quickhitters



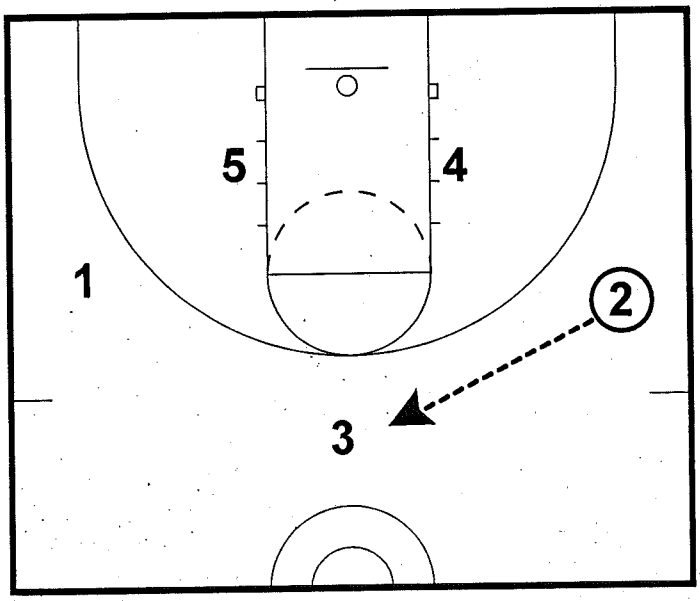
1 passes to 2. 5 **Cross Screens** 4.

3 OUT Entry: Triple Screen
R&R Quickhitters



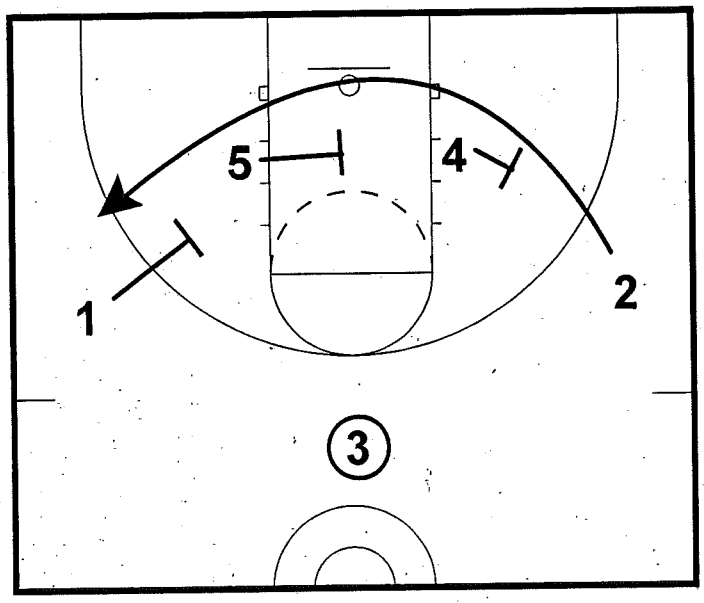
1 basket cuts and 3 fills the empty spot.

3 OUT Entry: Triple Screen
R&R Quickhitters



2 passes to 3 and must basket cut.

3 OUT Entry: Triple Screen
R&R Quickhitters



1 steps in to join 4 and 5 in setting screens. Now, 2 has a chance to play off **Triple Staggered Screens.**

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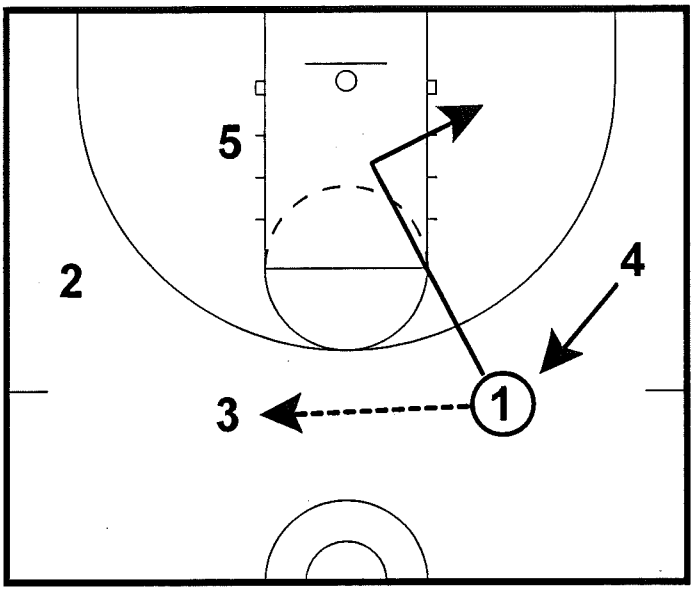
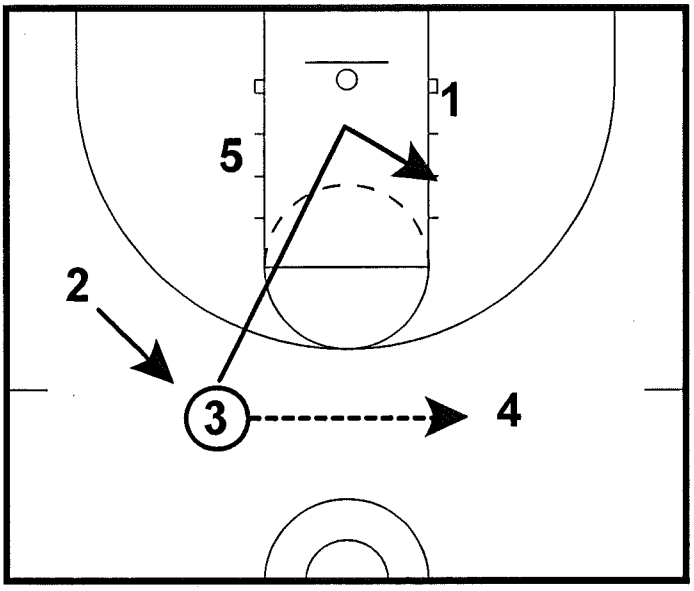
4 OUT Entry: Double Flare Screen
R&R Quickhitters



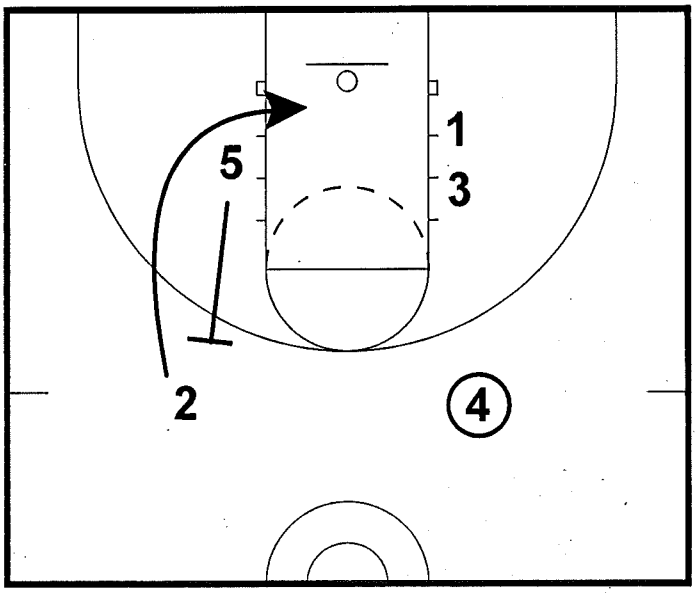
1 passes to 3 and cuts. 4 fills up. 1 does not fill out, but instead **stops in the Post.**

4 OUT Entry: Double Flare Screen
R&R Quickhitters



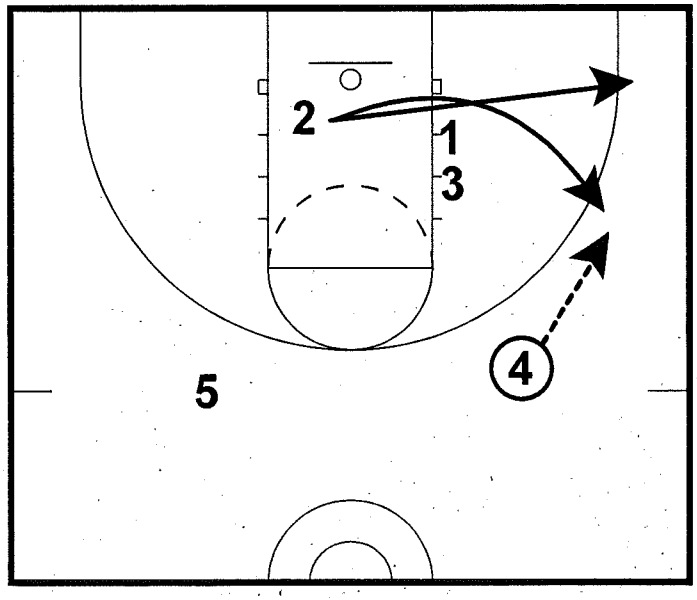
3 passes to 4 and cuts. **3 fills the Post beside 1.** 2 starts to fill...

4 OUT Entry: Double Flare Screen
R&R Quickhitters



...but 2 changes direction and uses the back screen from 5. All defenders must stop 2 from shooting a lay-up.

4 OUT Entry: Double Flare Screen
R&R Quickhitters



With the defenders of 1 & 3 in the lane helping against 2's lay-up opportunity, 2 can continue the cut off the **double screen of 1 and 3.**

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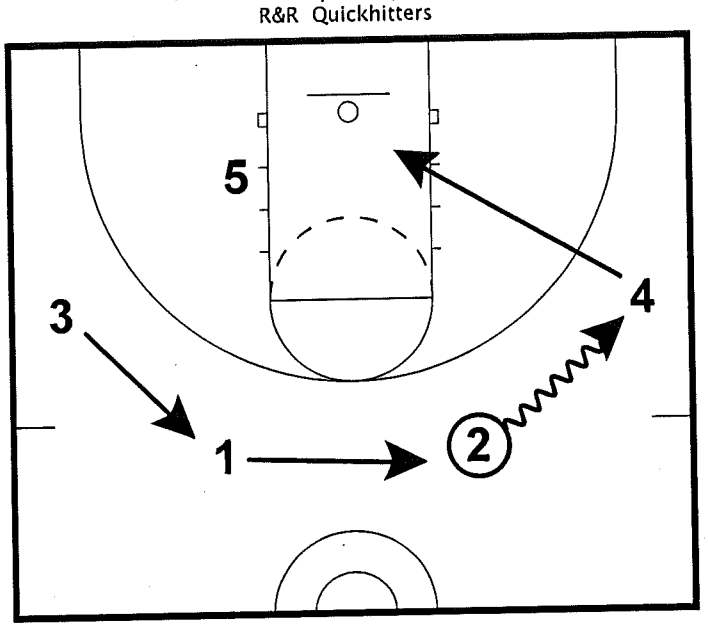
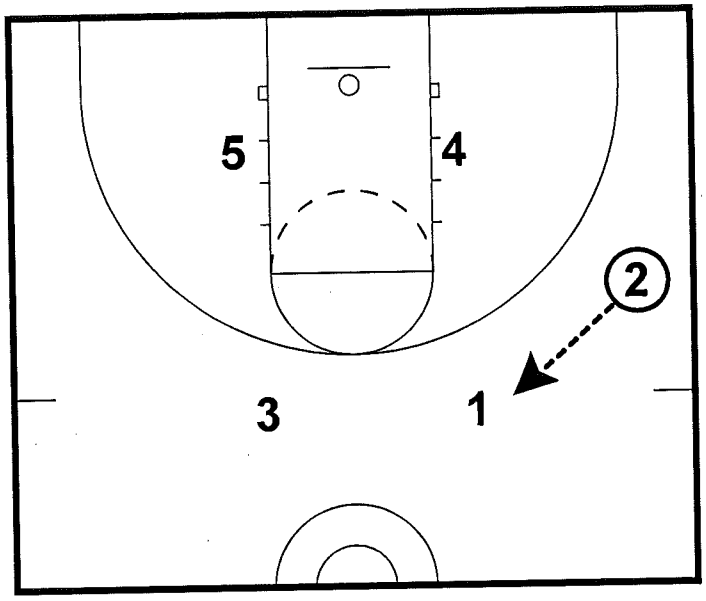
4 OUT Entry: Triple Screen
R&R Quickhitters



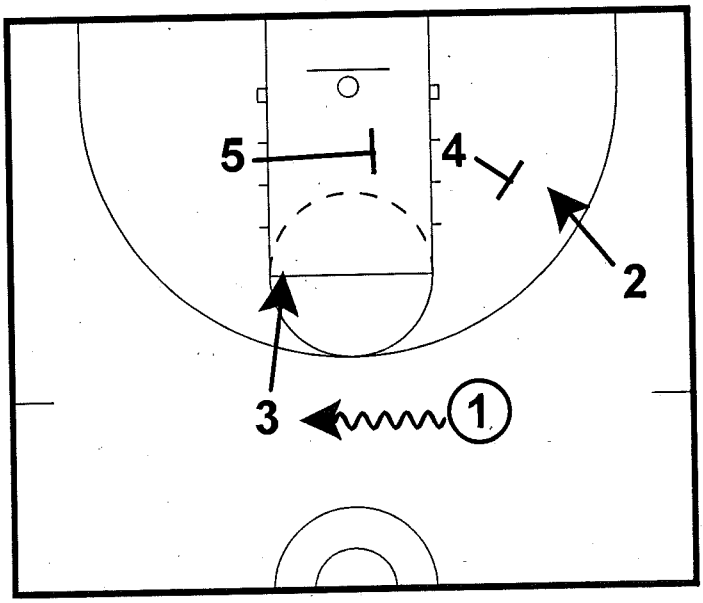
2 **Dribbles-At** 4 looking for the backdoor. 4 pivots and **Posts Up.**

4 OUT Entry: Triple Screen
R&R Quickhitters



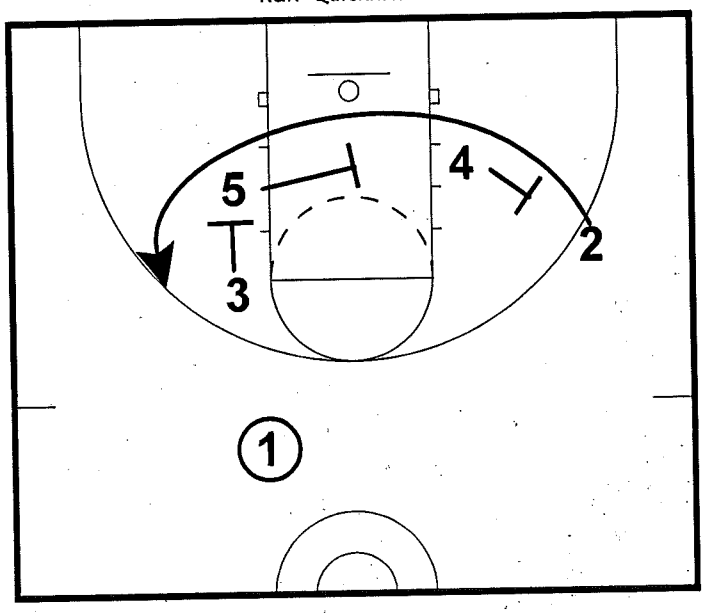
2 passes to 1 and cuts.

4 OUT Entry: Triple Screen
R&R Quickhitters



As 2 is cutting, 1 dribbles at 3. 4 and 5 move to set screens for 2.

4 OUT Entry: Triple Screen
R&R Quickhitters



4 and 5 move to set screens for 2. 3 stops his cut to set a third. Now, 2 has **Triple Staggered Screens** to play off. The third one is a down screen.

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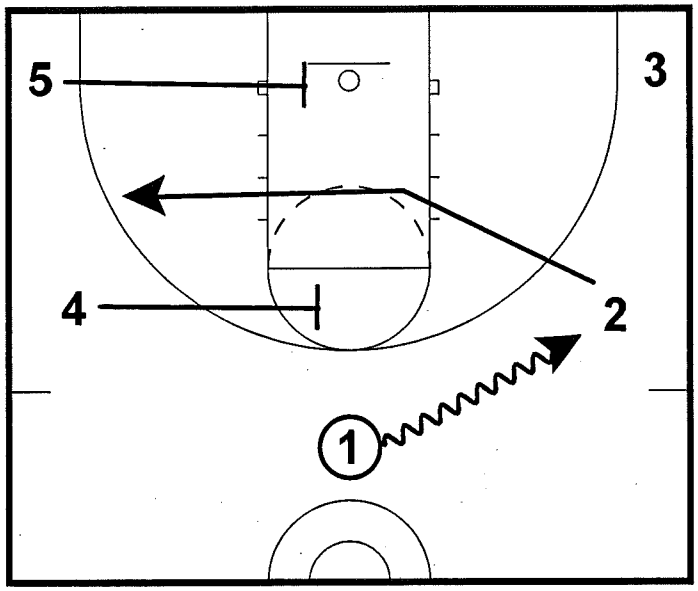
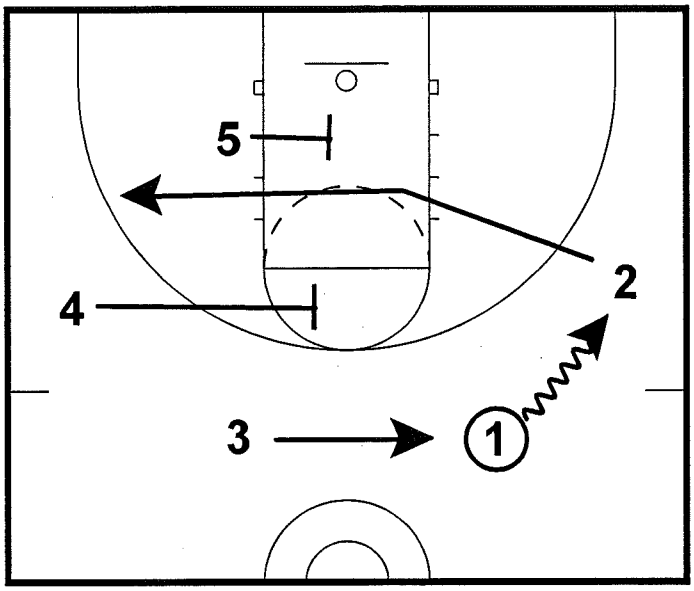
Zone Entry: Double Pin Screen
R&R Quickhitters



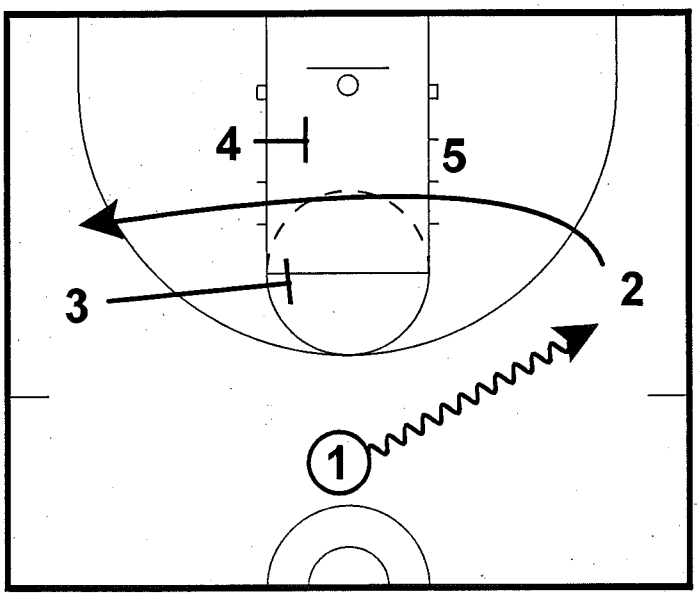
5 OUT: 1 Dribbles-At 2. 2 basket cuts through the seam of the zone to the weakside. 5 and 4 set Pin Screens.

Zone Entry: Double Pin Screen
R&R Quickhitters



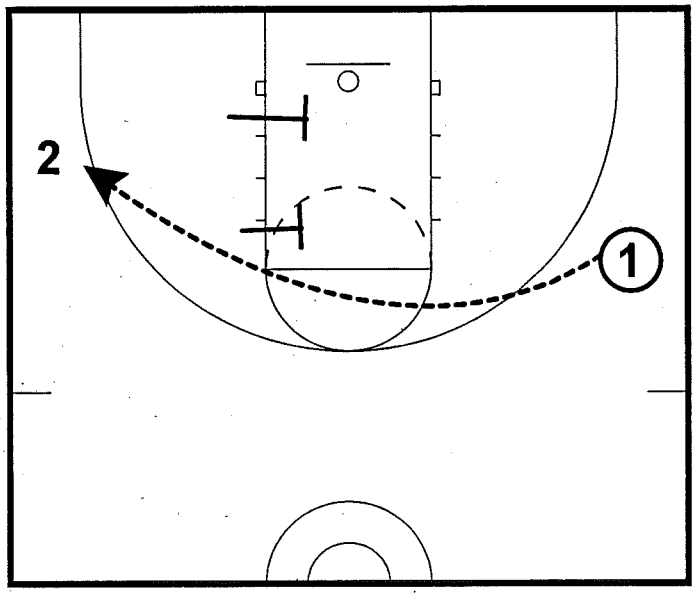
4 OUT: Once the ball is on the wing, the zone will have top and bottom weak-side defenders. These are Pin Screened by 4 and 5 as 2 cuts through.

Zone Entry: Double Pin Screen
R&R Quickhitters



3 OUT: These **Double Pin Screens** can be set regardless of your offensive formation.

Zone Entry: Double Pin Screen
R&R Quickhitters



5, 4, 3 OUT Finish: 1 skips to 2 who can shoot, drive, pass, anyting. R&R continues...

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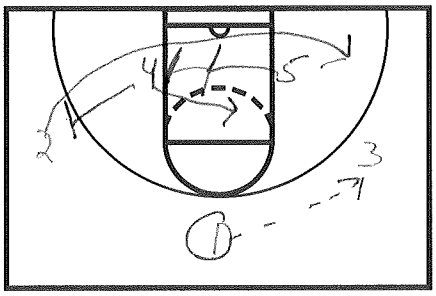
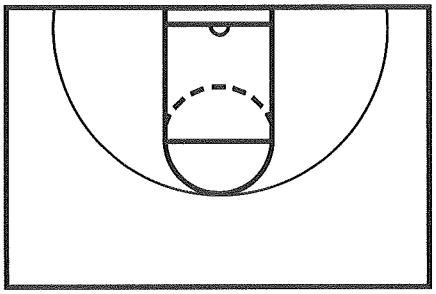
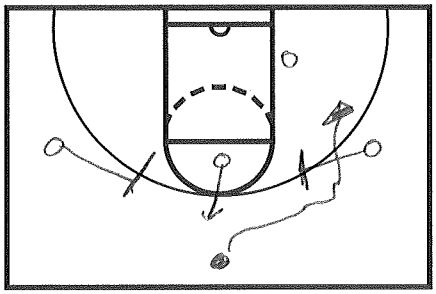
Green



1. Passes to wing
2. Runs off double Pick to opposite corner
5. sets a screen for 2, then screens 4
4. sets a pick on 2, then uses 5 screen

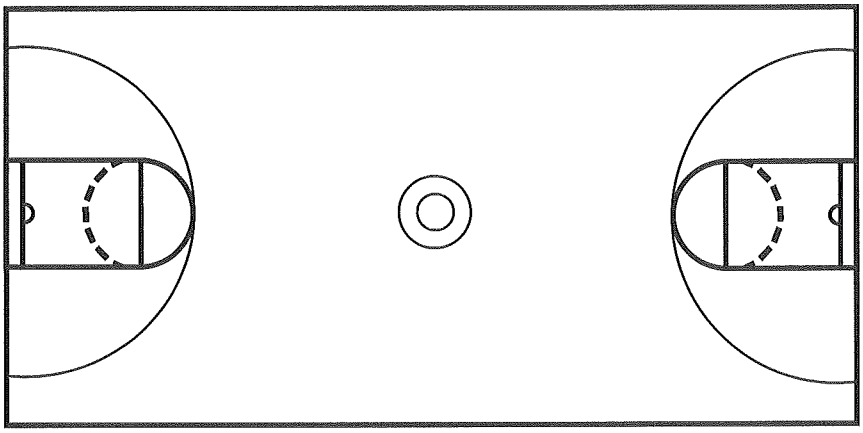


(Zone or Man)



- offense sets up in 1-3-1 set
- PG uses ball screen either side
- middle guy pops for 3

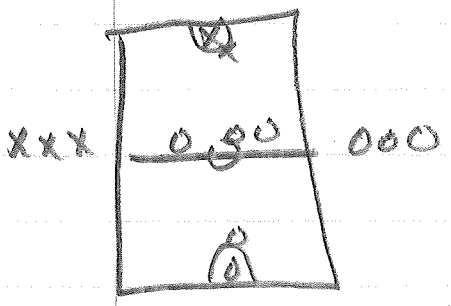
Triples



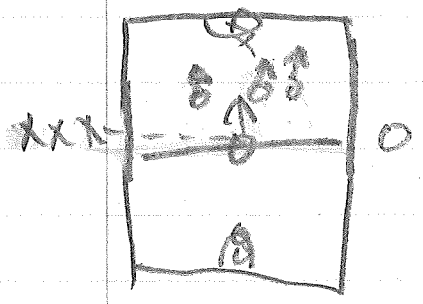
- winner is first to 7
  - Basket 1 pt
  - stop 1 pt

"333"

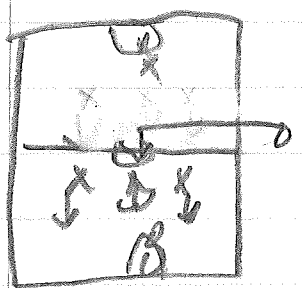
Emphasis: Hustle, Positioning, Rebounding



- Start w/ 2 teams
- Two of each team defending a basket
- Three of one team @ half court
- Everyone else @ half court out of bounds



- 3 "o" players break to basket trying to score
- one "x" player runs towards half court touches center court, then breaks (hard) towards his basket to help teammates Stop "o"



- If "x" gets rebound they break other way and 1 "o" out of bounds player breaks (hard) towards half court, touches half court then runs to help teammats.

- If "o" rebounds they go until "x" rebounds. scoring as possible

Free Throw Drills

Westhead Drill

1. Shoot 5 Free throws - Physical
2. Picture 5 Successful Shots - Mental
3. Shoot 5 Shots – Physical
4. Close Eyes, Picture 5 Successful Shots – Mental
5. Shoot 5 Shots – Physical
6. Close Eyes, Picture 5 Successful Shots – Mental
7. Shoot 5 Shots – Physical

Nothing but Net Game

Objective: Go up to 2-3 points

1. Make nothing but net = 1 point
2. Make but hits the rim = 0 points
3. Miss = - 1 point

- Compete against each other or groups. First to score 3 doesn't run… etc.

"No Catch Drill"

5 on 5 drill. Each team gets 5 offensive possessions. Each possession is a maximum of 1 minute. The goal of the defensive team is to limit the number of catches the offense makes inside the 3 point arc. If the offense scores, it counts as five passes against the defense. The team that allows the most passes inside the 3 point arc is the loser.

"No Paint Drill"

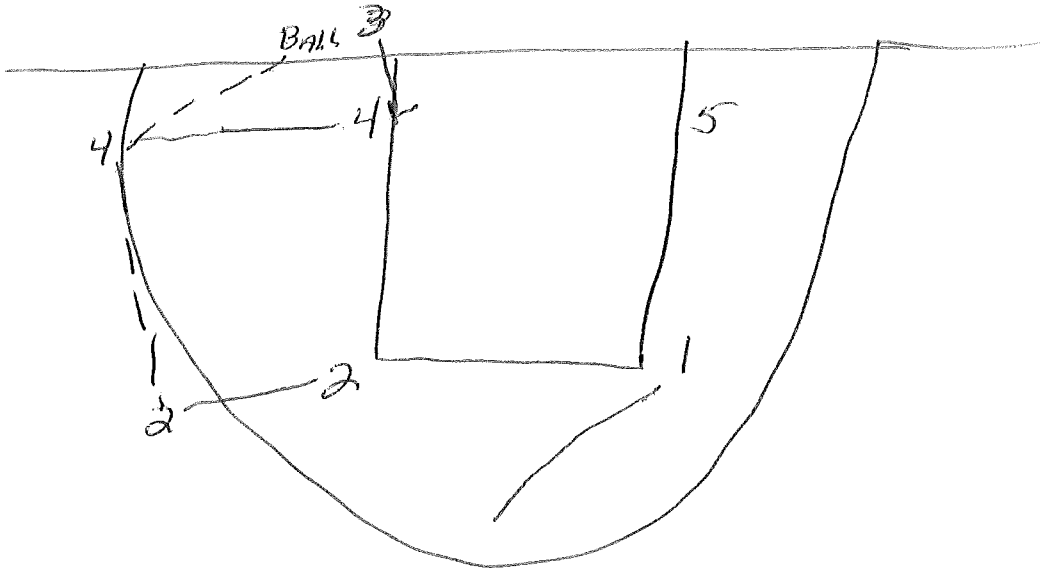
5 on 5 drill. Each team gets 5 offensive possessions. Each possession has a maximum time of 30 seconds. Each time the offense gets the ball into the paint, the defense has to run a sprint:

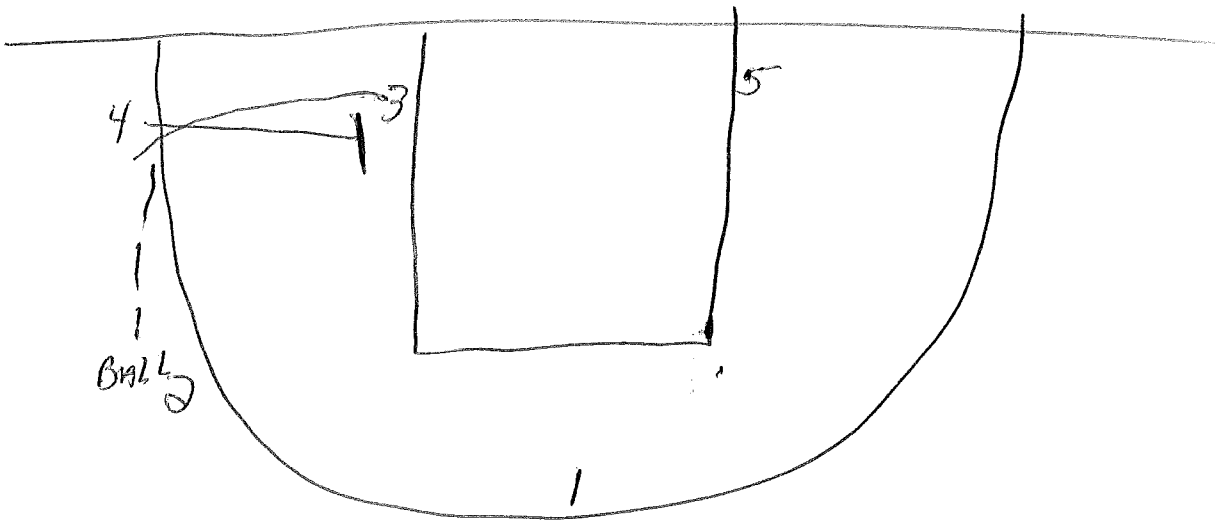
1st possession - sprint down & back
2nd possession - sprint down & back twice
3rd possession - sprint down & back three times
4th possession - sprint down & back four times
5th possession - sprint down & back five times

Any steal, deflection out of bounds, or other turnover counts as possession. If offense does not get a lay up during the five possessions the offense will have five down and backs.

Rich Odell
Virginia High School
Virginia, Minnesota

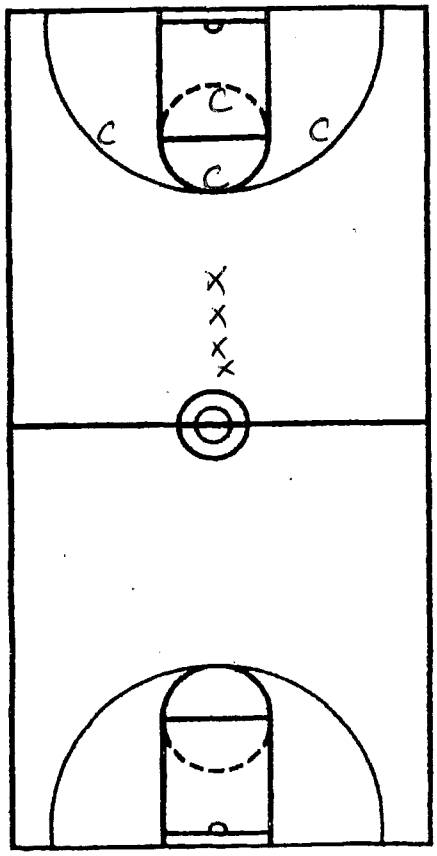
Out of Bounds





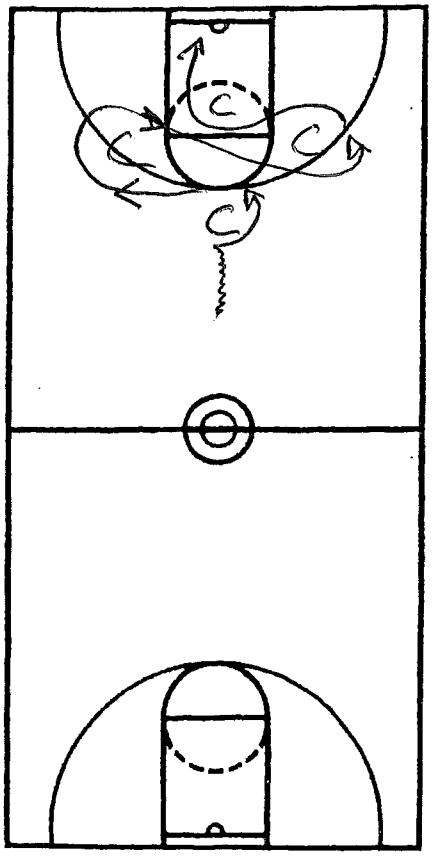
Bomber Basketball Drills

Name Chair Drill



C = Chair

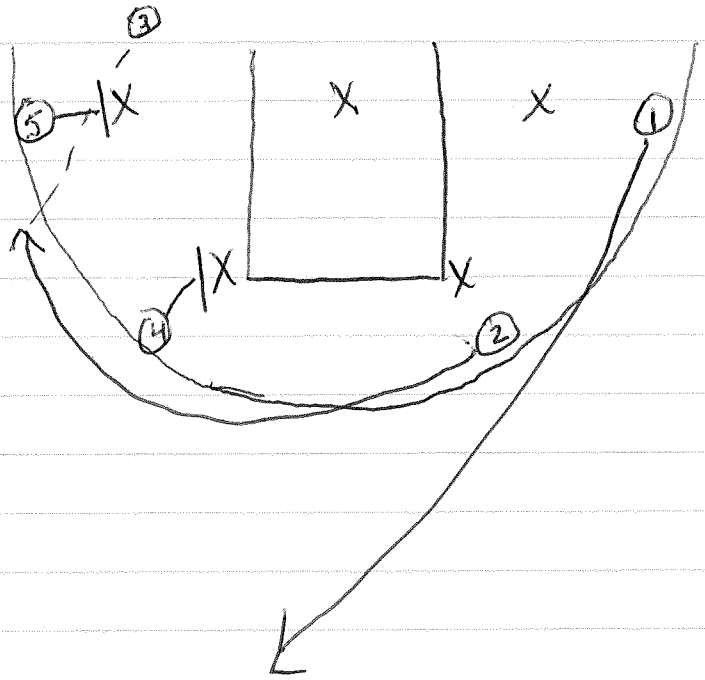
- Drill Runs to the Right + left side.
- we have the next player go when the player Reaches the 3rd chair.



* Set up chairs + players line up facing middle chair - Dribble through with Basketball on the outside of each chair & score layup.

Teaching points - head up
Switch hands
Stay low - Shoulder low
Sharp cut to layup.

* Drill works well for all ages

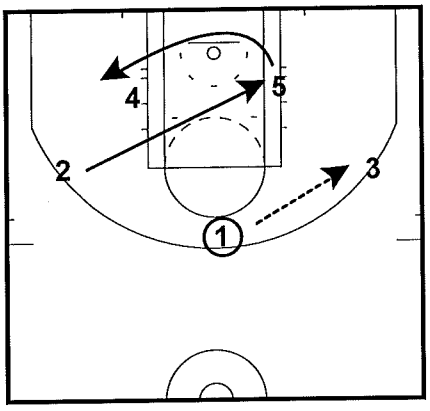


Inbounds from under the basket vs. 2-3

4 & 5 screen down for 2 coming around the outside. 1 falls back for safety.

Thumbs up
Zone Offense

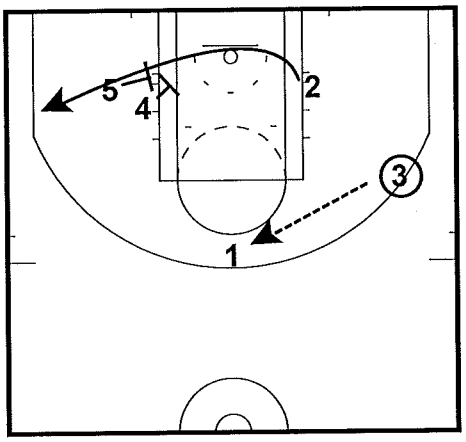
Frame 1



1 enters to 3 on the wing. 2 fills to strong side block. 4 and 5 set up outside the weakside of the zone.

Thumbs up
Zone Offense

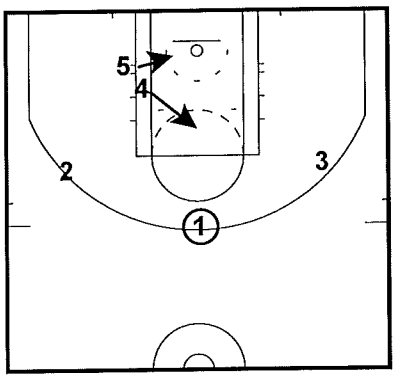
Frame 2



3 passes back to 1. 2 comes off the double screen looking for the shot.

Thumbs up
Zone Offense

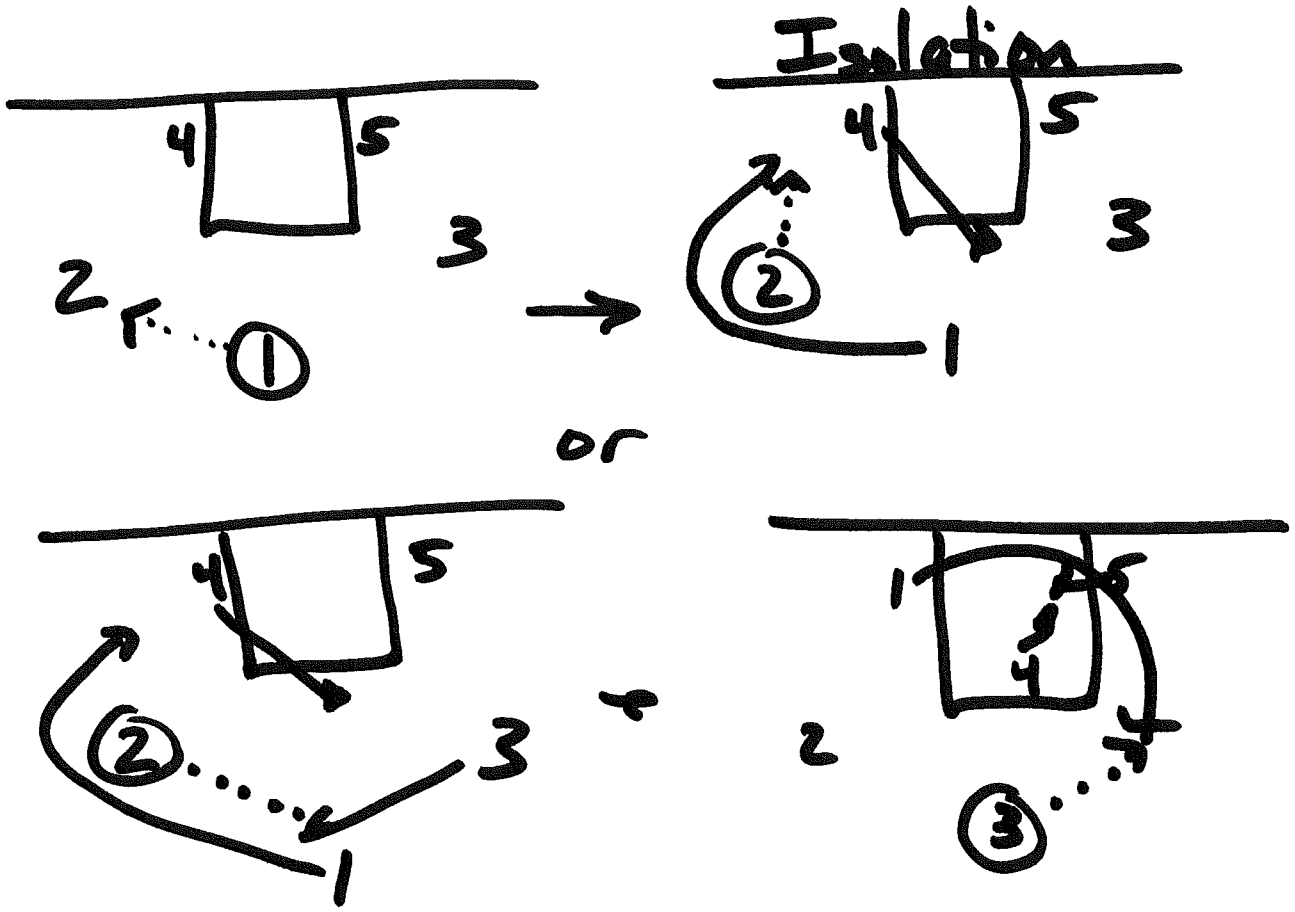
Frame 3



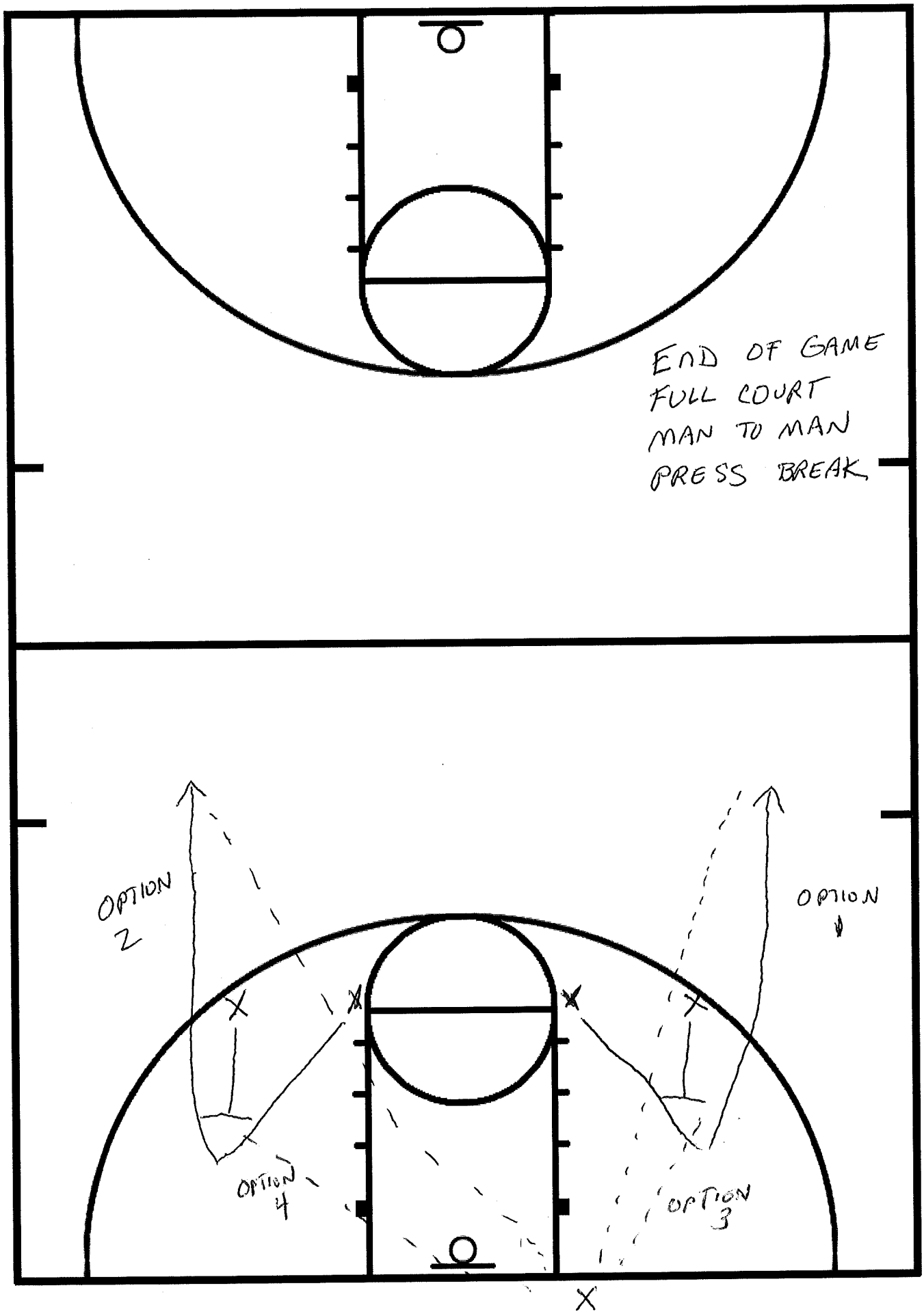
Bottom zone defender must go out to guard the shooter. 4 flashes high and 5 cuts for the lob, middle defender has to choose which one to guard, leaving one open.

All Contents Proprietary

Favorite play vs. M-M defense



* Double pick on weakside reversal
* Works well when #2 is a good passer or driver and #1 is good shooter from outside.



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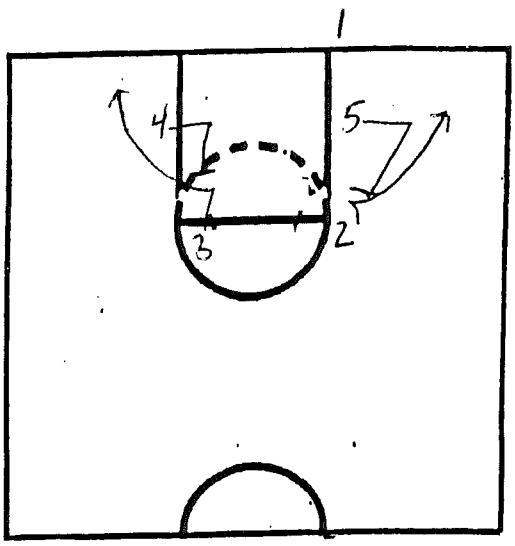
End out of Bounds Play

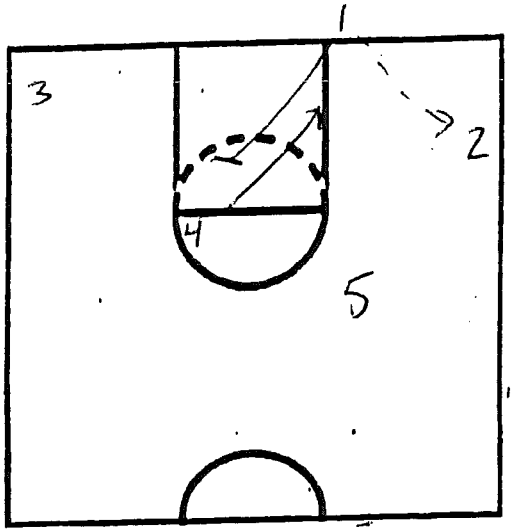
"3"

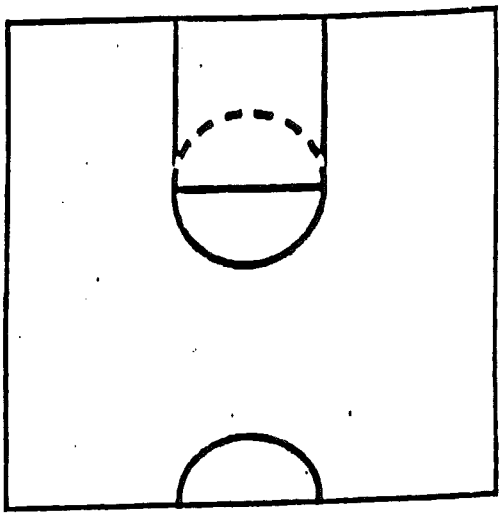
5 screens for 2
4 screens for 3

White



Cont.
1 passes to 2
5 steps up for spacing
1 sets a diagonal screen for 4





"Rambo" Rebound Drill

To start divide into 2 teams of 5.
Each team secretly picks their teams "Rambo" and tells coach/manager.

Scoring: Offensive board=1pt.
Defensive board=2pts.
Steal=1pt
Turn over= -1
3pt. Shot=2pts.
2pt. shot=1pt.
Foul= -1

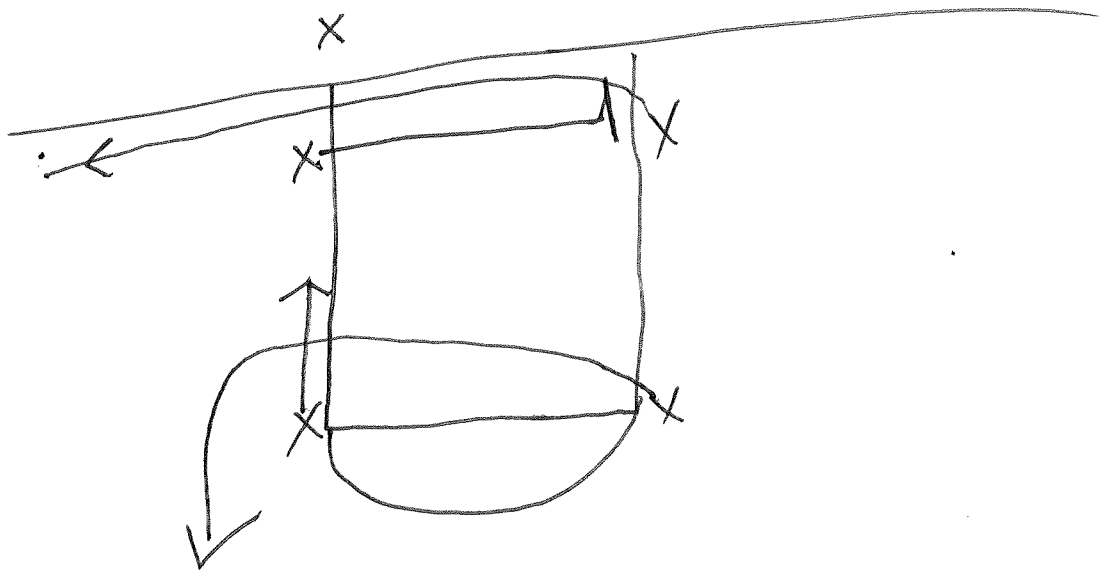
*Any rebound that a teams "Rambo" gets is automatically worth 3pts.

*We let the kids play pretty physical, only calling fouls that are cheap/really bad.

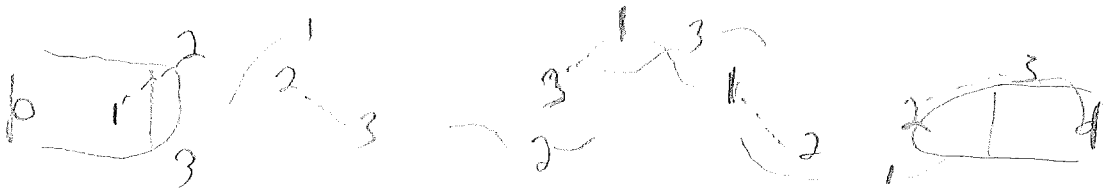
You can run the drill to a set number of points or for a set amount of time. Losing team does conditioning drill. A great way to get an intense work out with your game offenses and defenses.

*Can be played "make it take it" or alternating possessions.

In Bounds - MAN or ZONE



3 Man Weave

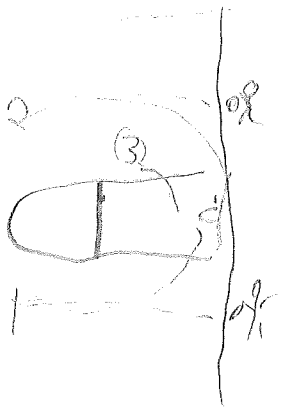


pass to elbow
follow pass around receiver
Receiver moves to center lane

---

5 man Weave — Some Thing

add all 3 Shoot by 2 Base line
Passers to 1 & 2 around Elbow.



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100 baskets 5 min

Goal: the whole players need to make 100 basket in 5 min
Maybe Reduce by 10 from 5th Grade

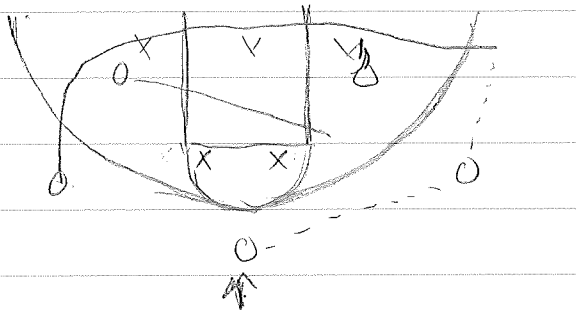
8 - 100
7 - 90
6 - 80
5 - 70

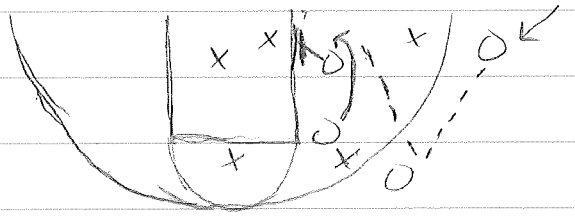
Top - 3 man weave
w/ 2 Tips
3 passes off Backboard
2 Tips to Basket
1 Tip in ball

Drill/Play

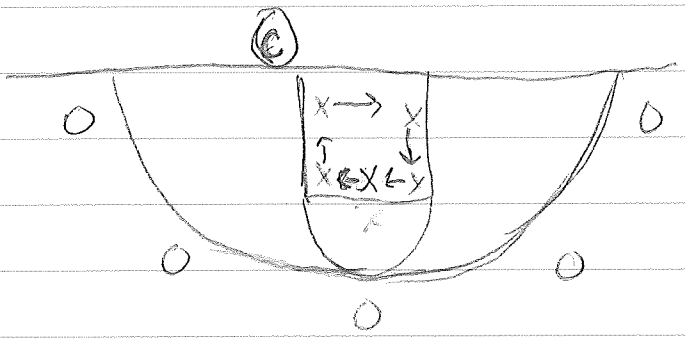
Kansas

Wichita Outfit





Rebounding

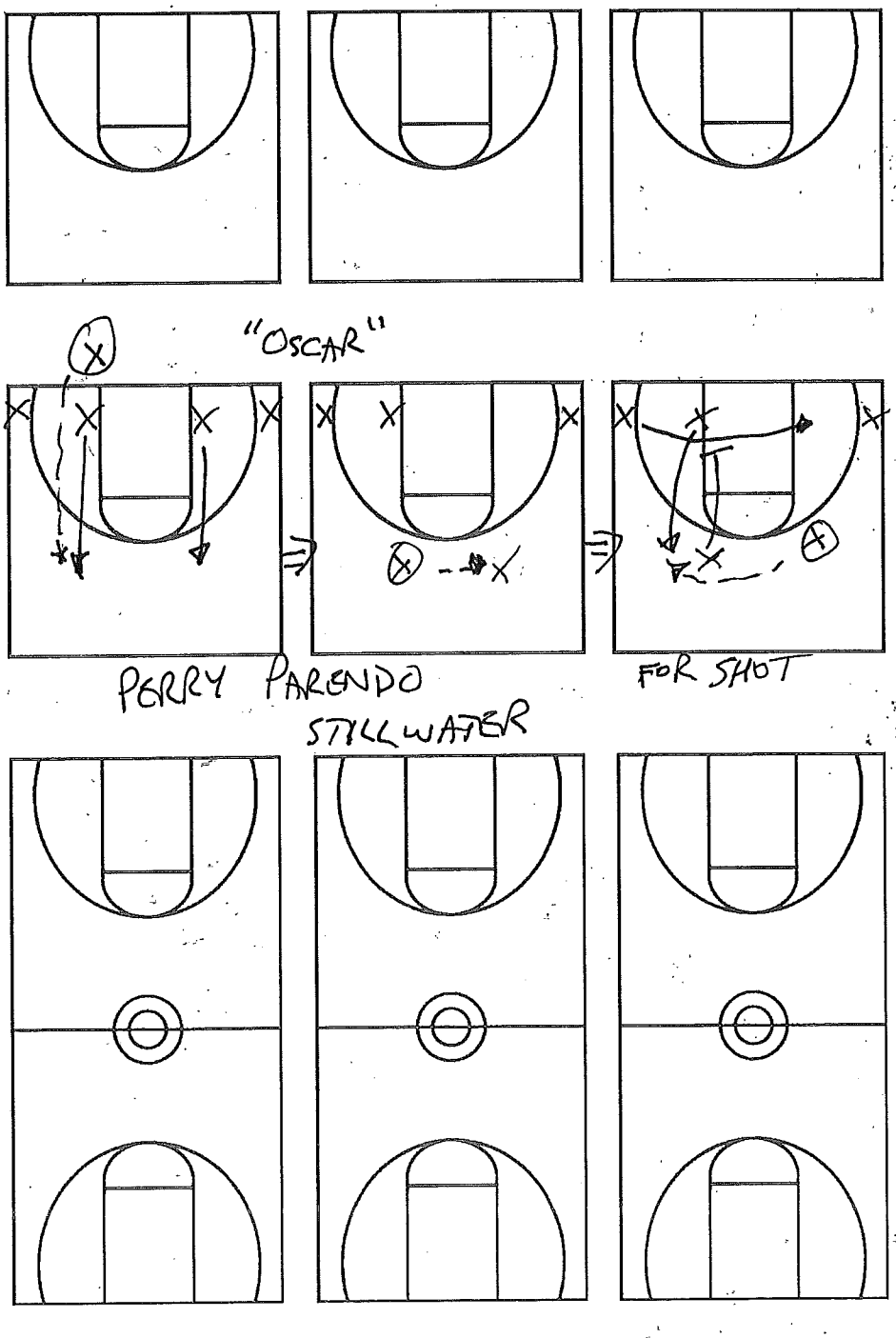


Defense starts by foot fire or slap of the ball or whistle rotate to right/left (switch after a few), maintain good space & eyes on offense player. When coach throws the ball in defender closest to the ball contest shot & box out to rebound everybody else find someone to box out. (offense catch & shoot)

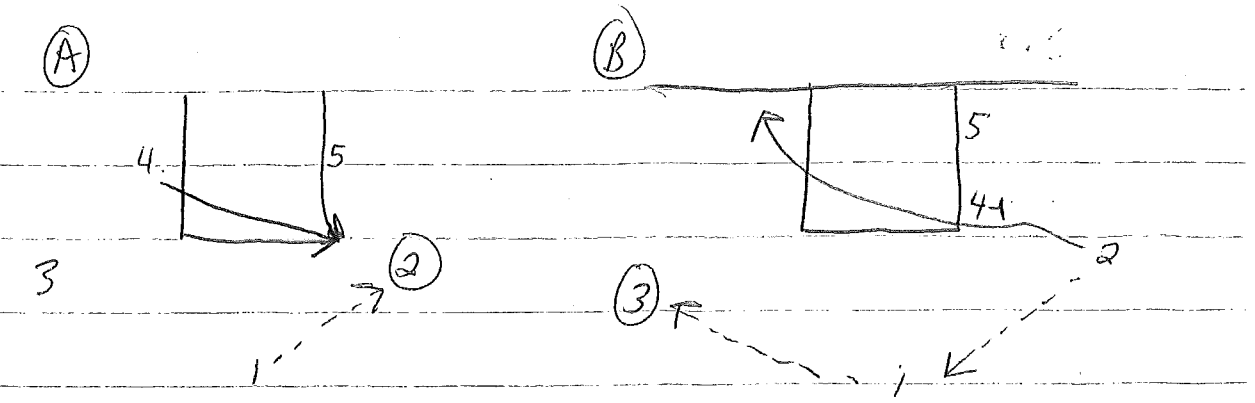
Scoring - Defense 1pt - if defense rebounds they go to offense

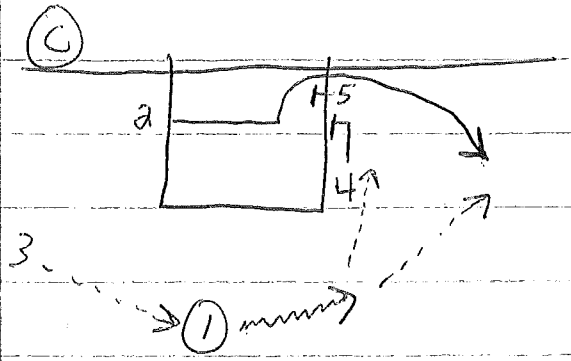
Offense 2pt. - if offense rebounds they stay on offense.

MINNESOTA BASKETBALL

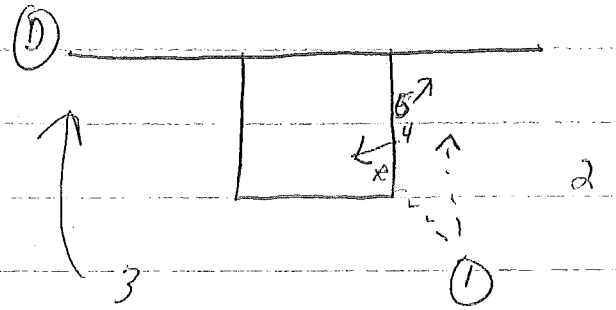


Zone Play





I can 2 off double scree



I can hit 4 or 5 splitting

or

I can skip to 3

Weave Screen W-Series (Wisconsin-Washington-Wyoming)

The point guard dribbles over to O2, makes the handoff to O2, while screening off his/her defender. O2 comes around the screen, getting the hand-off and can pop out for the 3-point shot (this screen usually results in enough spacing for an open shot). Optionally, if the X1 defender plays up tight to deny the outside shot, O2 can beat the defender and make a move into the paint for a pull-up jumper. If D2 moves in to double the point guard, O2 reads this immediately and cuts backdoor (Diagram C).

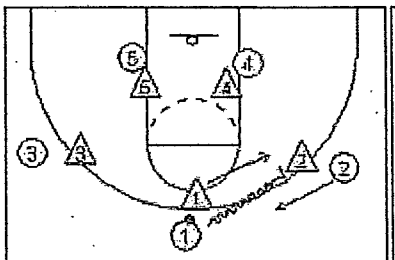


Diagram A

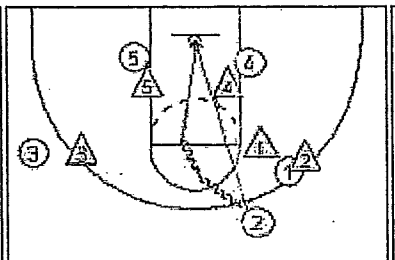


Diagram B
Red line = shot option

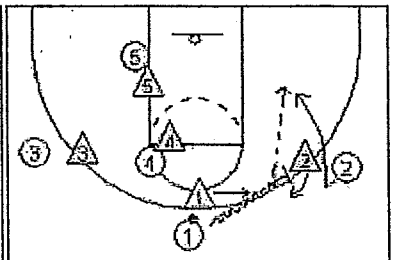
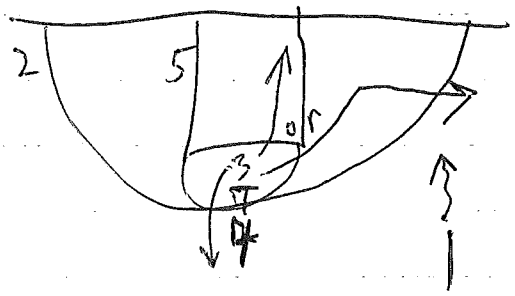


Diagram C "Back" option.

Snake Entry vs Pressure
½ Court Defense



Grey
Miller
Arm Strong

Works to enter ball vs.
wing denial.

NEW MEXICO STATE UNIVERSITY

MATCH-UP ZONE DEFENSE

Dave,

Hope this defense will help you. If you have any questions, call or write.

Best Wishes

Neil McCarthy

MATCH-UP ZONE DEFENSE

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II. #1, Match-up vs. One Guard Front Offense..... 2

III. #2, Match-up vs. Two guard Front Offense..... 4

IV. Blitz, Force Toward Baseline and Deny the Reversal Pass... 5

V. Drill Sequence..... 6

MATCH-UP ZONE DEFENSE

Advantages of the Match-up Zone

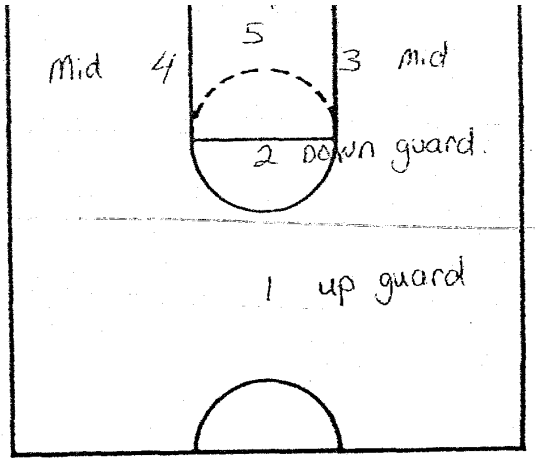
1. It puts good man pressure on the ball with excellent help side defense.
2. It forces opponents to go into zone offenses which normally are much simpler to defend.

Basic Principles

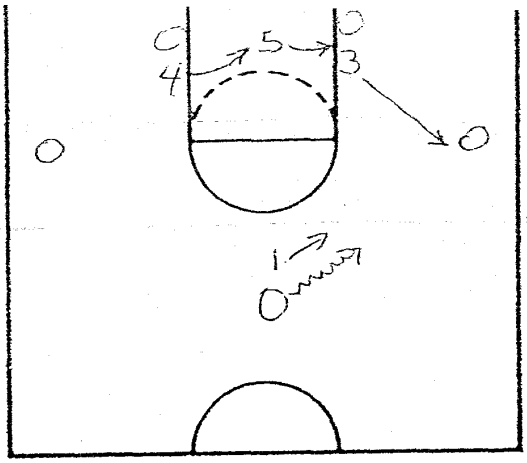
1. Man-to-man pressure on the ball at all times.
2. Deny all lead and penetrating passes.
3. Built in help side defense.
4. Trap all dribble penetration.
5. Trap in pre-designated positions on the floor.
6. All five men must rebound.
7. Verbalize ball movements.
   a. ready, point, stick, ball, shot
8. Verbalize player positions.
   a. up, down, mid, hoop, deny, corner, trap, half

Basic Variations

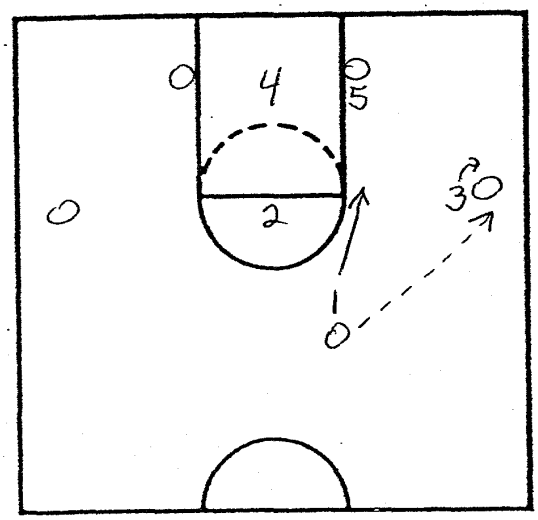
1. #1 - match-up vs. one guard front offense
2. #2 - match-up vs. two guard front offense
3. Blitz - force toward baseline and deny the reversal pass



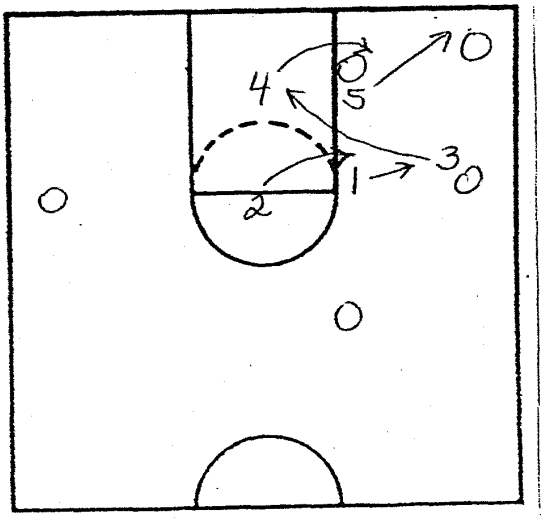
Starting positions.



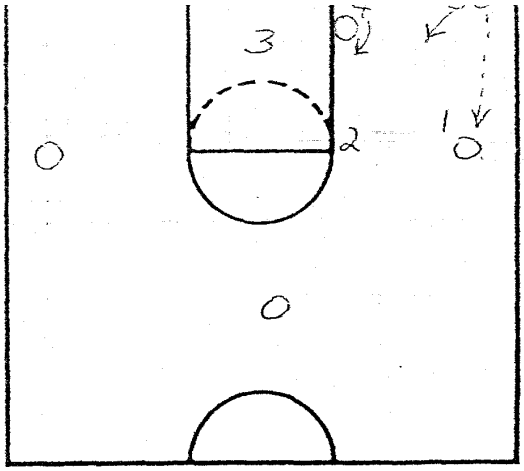
#1 Keep the ball off center court.
#2 Stays in line with the 1 man and the basket.
#3 Deny the lead pass.
#4 Moves to the hoop.
#5 Fronts the low post.



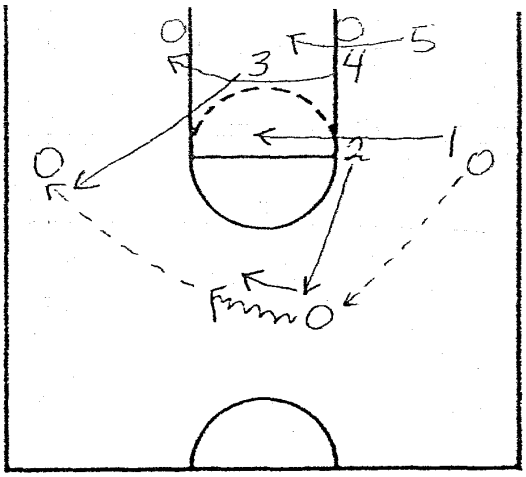
#1 Will become the half guard just outside the elbow.
#2 Remains the down guard.
#3 Will relocate and take away the basline
#4 Will remain in the hoop.
#5 Will remain in the low post.



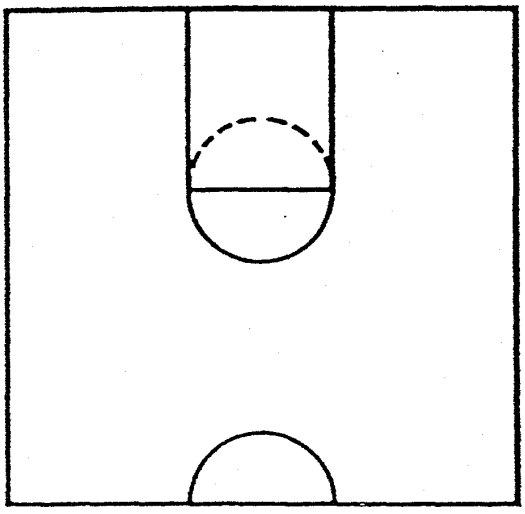
#1 Will take away the pass back to the wing and be in position to not let the offensive player split him and the 5 man.
#2 Will become the half guard.
#3 Will loop to the hoop.
#4 Will front the low post on the baseline side.
#5 Will cover the corner.

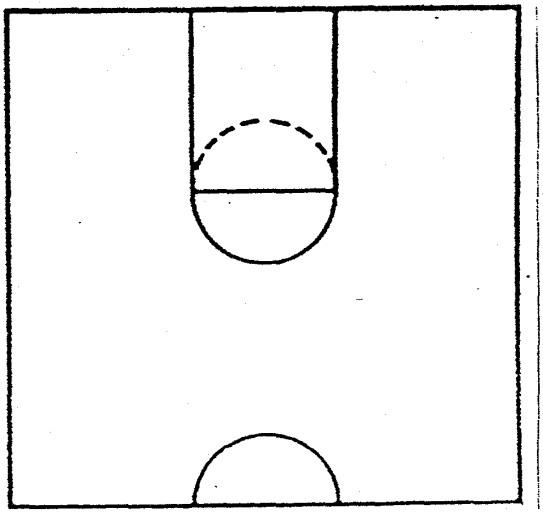


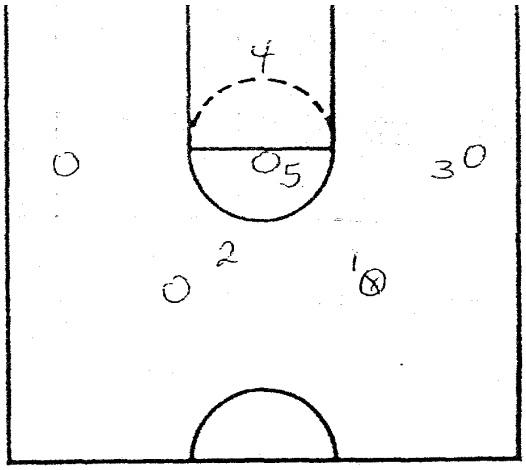
#1 Will take the ball if the ball is passed out.
#2 Will remain the half guard.
#3 Will remain the hoop man.
#4 Will remain in the low post.
#5 Will move to the modified position between the elbow and the corner.



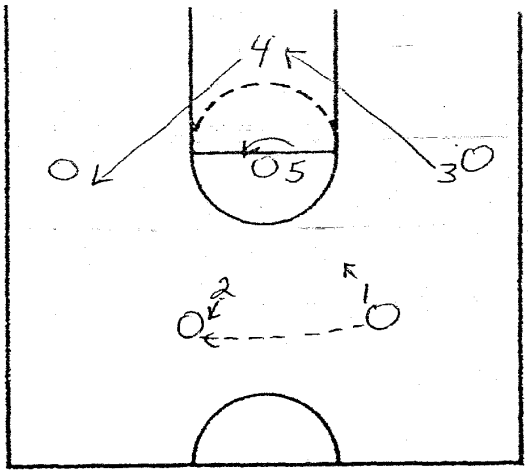
#1 Will become the down guard.
#2 Will become the up guard approaching on the opposite shoulder and then push ball off center court.
#3 Will deny the lead pass.
#4 Will front the low post.
#5 Will become the hoop man.



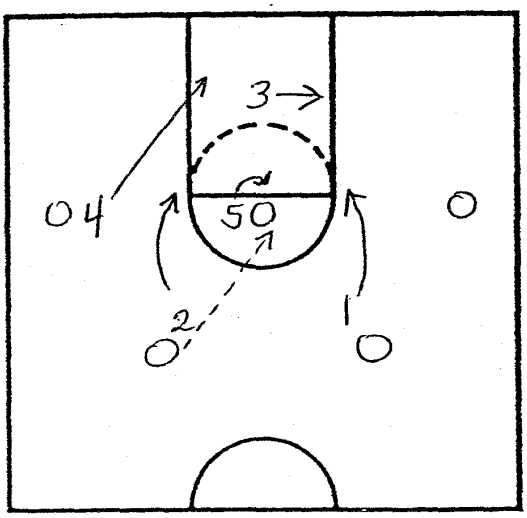




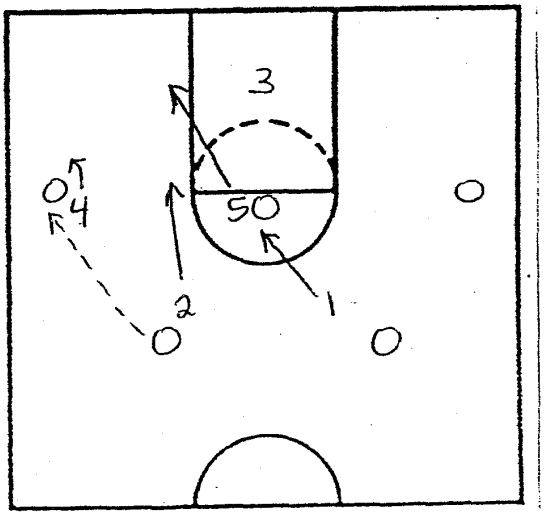
Starting positions



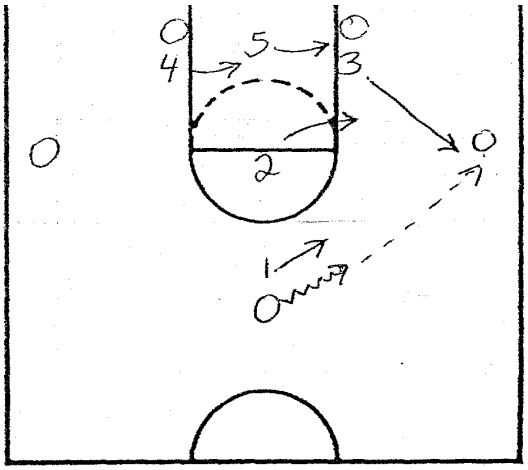
#1 Will move to a help position.
#2 Will take the ball and force it to the side.
#3 Will become the hoop man.
#4 Will deny the lead pass.
#5 Will cover the high post on the ball side.



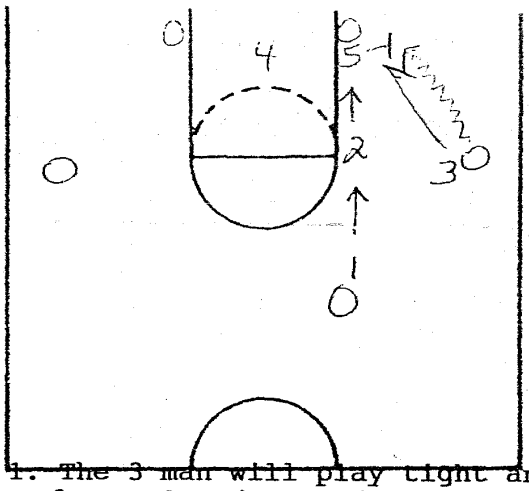
#1 Will rotate back to the elbow in a help position.
#2 Will rotate back to the elbow in a help position.
#3 Will cover the block.
#4 Will rotate down and cover the block.
#5 Will take the man with the ball in the high post.



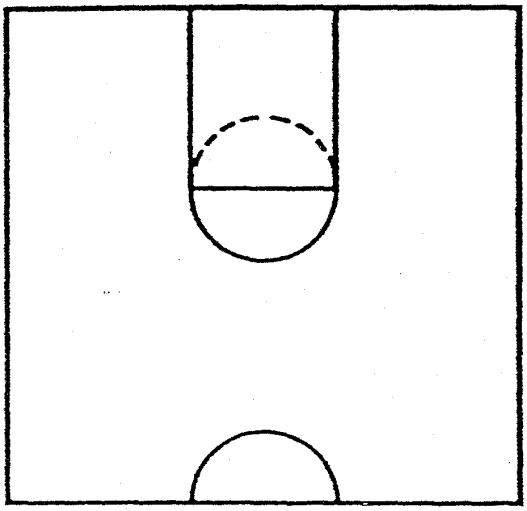
When the ball is at the wing or below the free throw line, everything is the same as the #1 Defense against a one guard front.

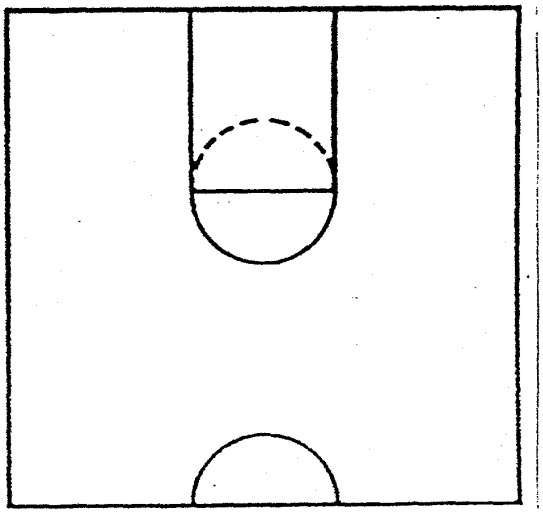


Pass to the Wing



1. The 3 man will play tight and force the wing to drive baseline while the 1 man takes away the reversal pass.
2. The 5 will step out and trap about 6 ft. outside the lane while the 2 man covers the post. This will leave a bigger player in the hoop.
3. The 1 or 2 man will never force the wing to the baseline. If they are guarding the ball on the wing it will be the regular match-up.





Drill Sequence

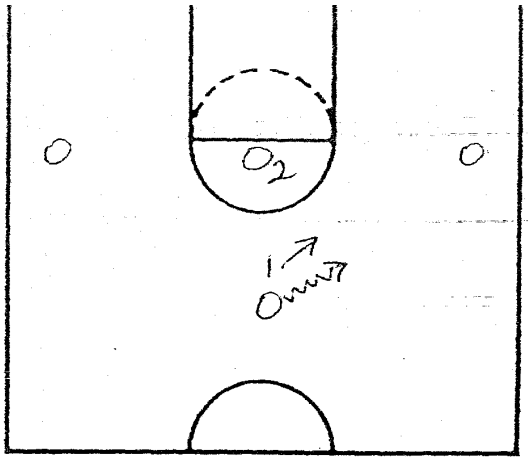
1. Basic man fundamentals

   a. contain the ball
   b. pressure the ball
   c. post defense
   d. deny lead and penetrating passes
   e. help side
   f. cutters behind (jump to ball)
   g. never get split
   h. aggressive (intensity)

2. 2 on 4 drill (guards)

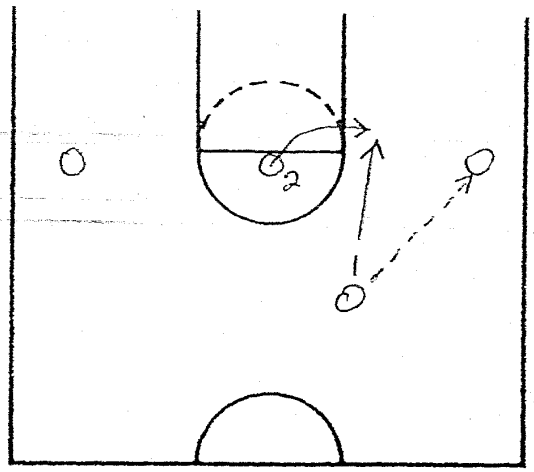
3. 3 on 7 drill (forwards & center)

4. 5 on 8 drill (everyone)

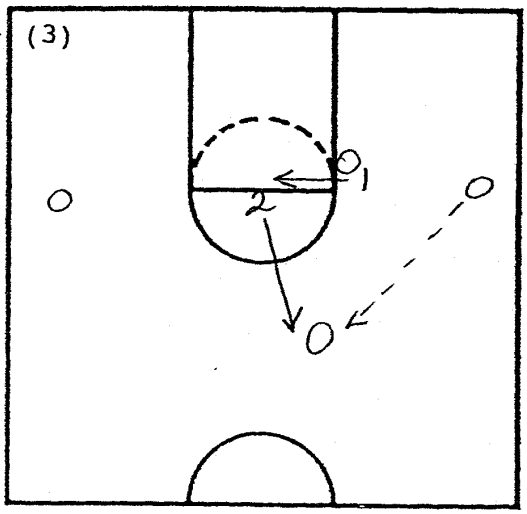


Starting position

#1 forces ball of center.

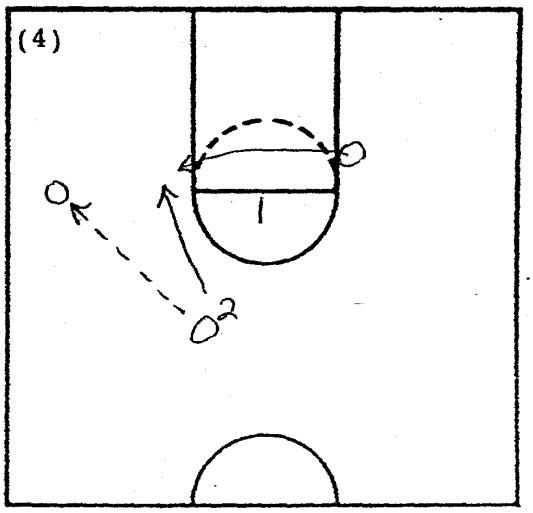


Pass to the right wing

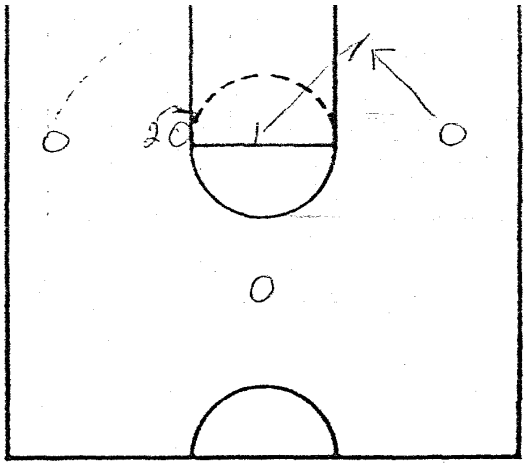


Pass back to the top

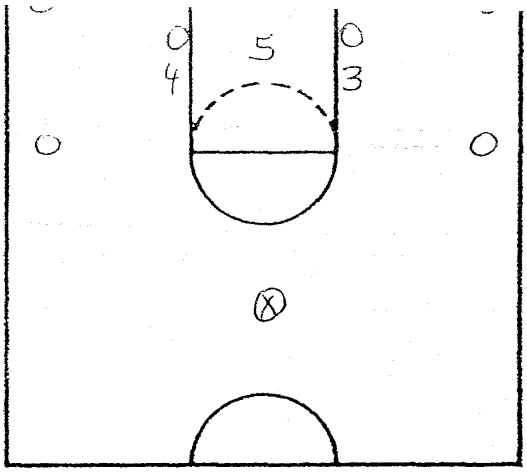
#2 approaches on opposite shoulder and then tries to force the ball off center.



Pass to the left wing.

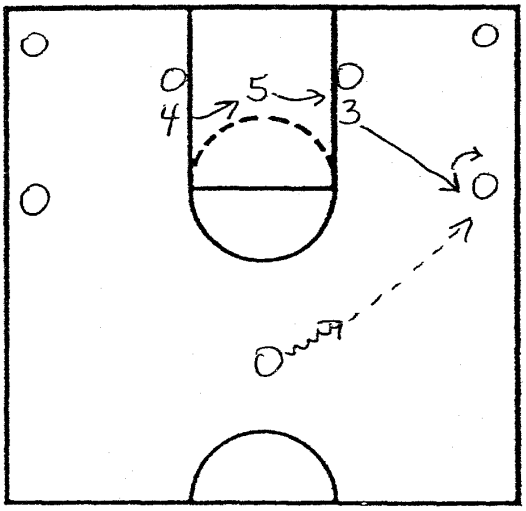


Rebounding responsibilities when the shot taken from the wing



Starting position

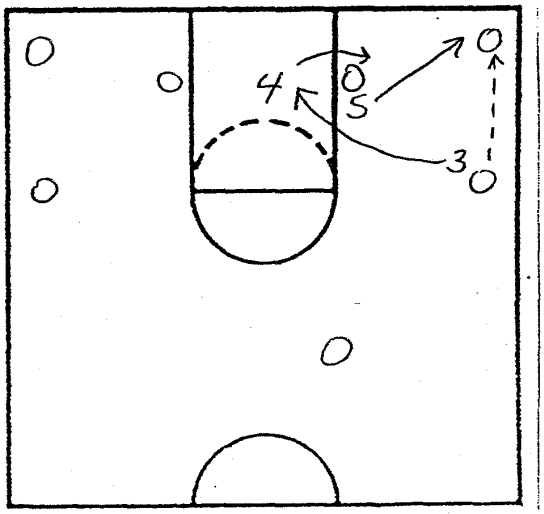
(2)



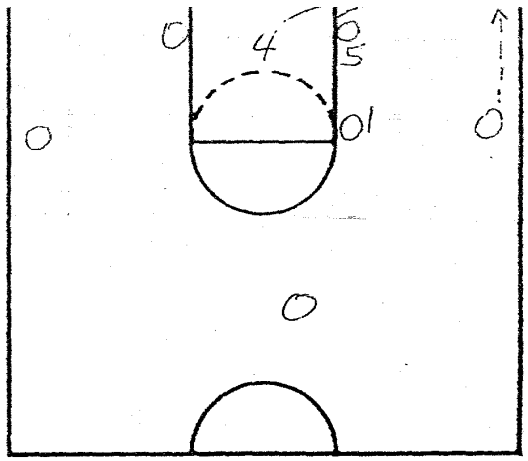
Pass to the wing

#3 Will relocate and take away the baseline penetration.

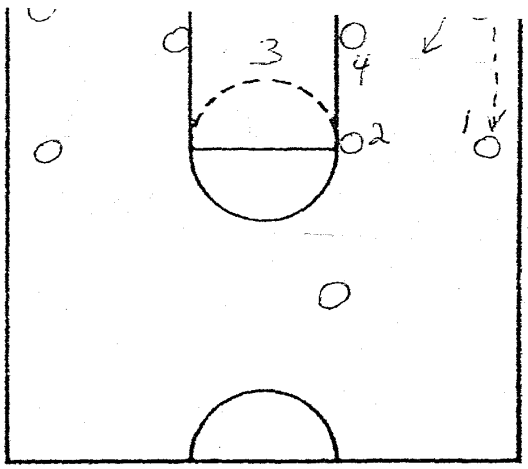
(3)



Pass to the corner



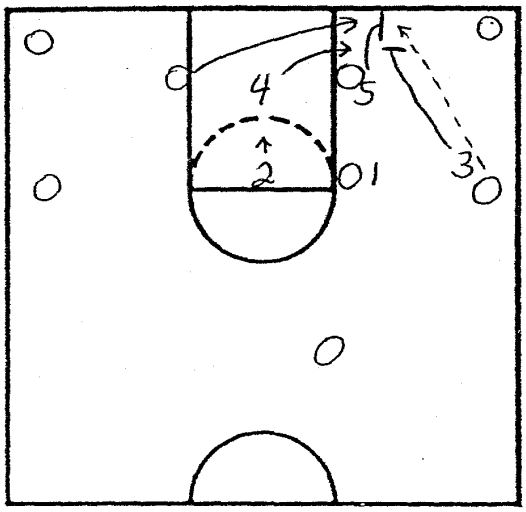
Pass to the corner



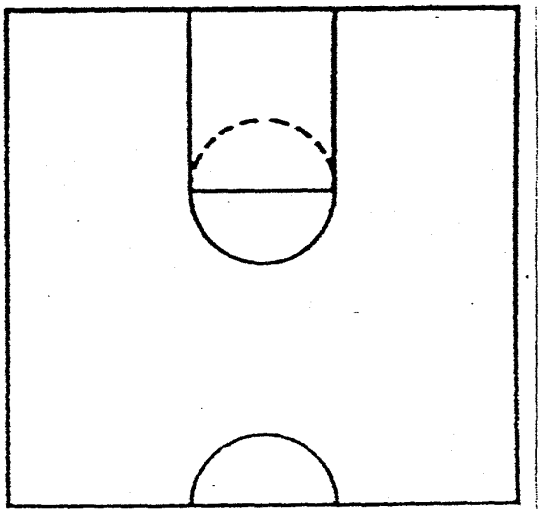
Pass back to the wing

#5 Will move to the modified position between the elbow and the corner.

(5)



Pass to the short corner



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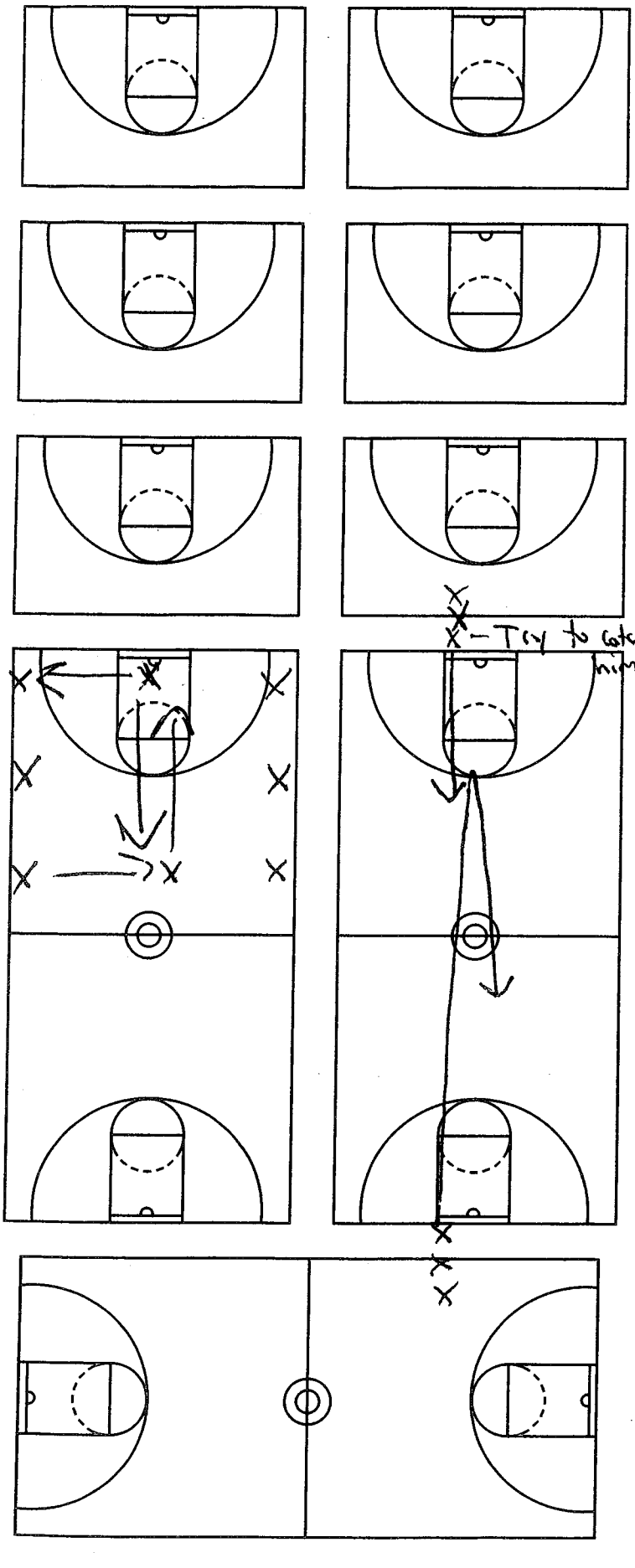
CLINIC Alan Stein
DATE



Dynamic stretching
Red light/Green light
ACL injury - Landing stiff leg or change of direction

Flat on feet → Reach out w/ Ball
Hold ball in front → Push ball down, lft + Rt
Athletic Position → Strengthen core
Lunges → 1-12 o'clock
Squats → staggered

Lateral Lunges

Tennis ball - Hold straight out + drop
Bounce, spike it get ball @ highest point

Circles around center circle
Backwards
"Tag" around circle

Full court tap → Backboard
10 guys → 2 balls
Keep 3rd ball off floor

alan@strongerteam.com
24 hrs 100% return

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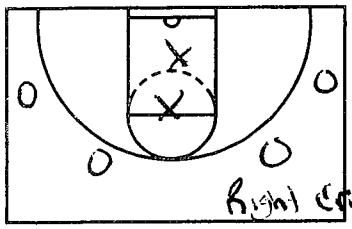
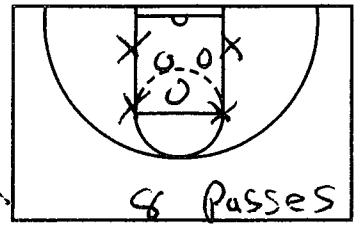
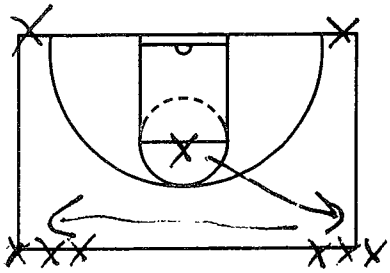
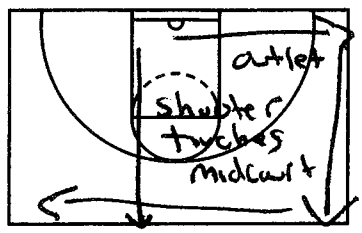
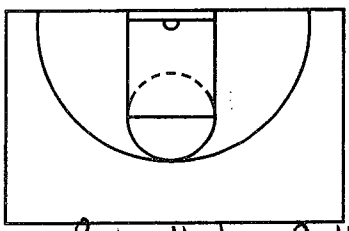
CLINIC Robert Morris
DATE Andy Toole

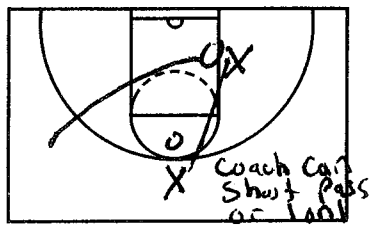




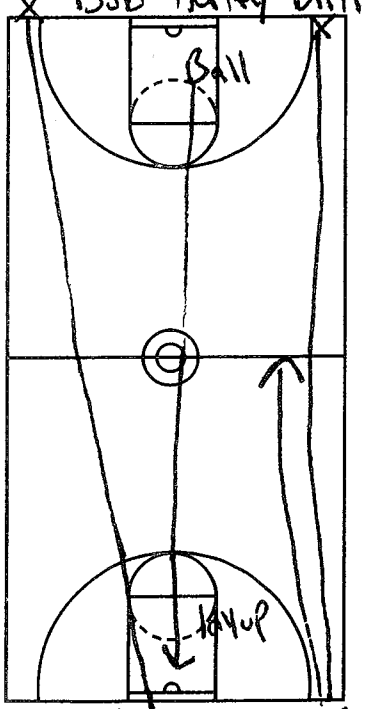


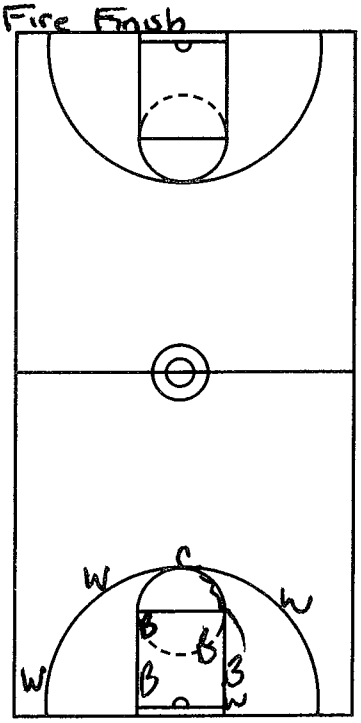




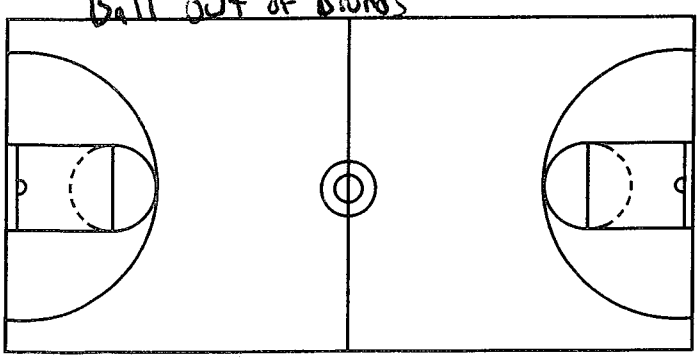


X Bob Hurley Drill Fire Finish





Ball out of Bounds



Cant come to Practice saying Im gonna hate the next 2 hrs
1) creativity
2) Energy
3) competitive
Plan Practice everyday
Creative
What your trying to accomplish
Different way to present
No monotony

Asst - Incredible energy
Goals - Getting to mark
Always raising goal.
Competition allows you to get better

Transition shot → Rebound

4 on 3 passing
Deflections on defense
offense cant dribble
Have poise + make good decision

Your job is never done
Always something you can do to help team

Make guys uncomfortable
4 on 2 Rebounding

How quickly getting on + off court
Keep going until defense gets ball
Right, Left, Front, sides
Get 1 shot then 4 on 2

Priority getting Rebound

Invite skip, Switch 1-3

Regular shell everyday
Reaction shell

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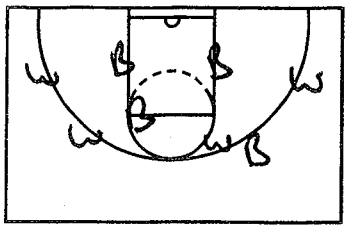
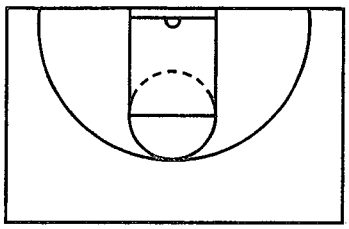
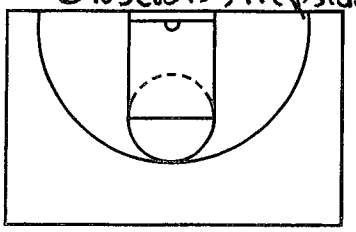
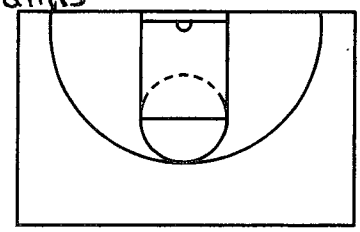
CLINIC Robert- morris #2
DATE

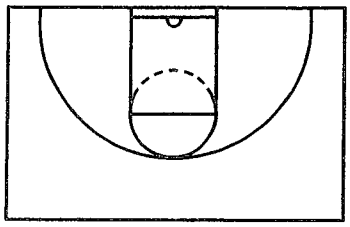


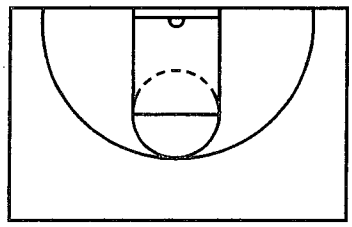


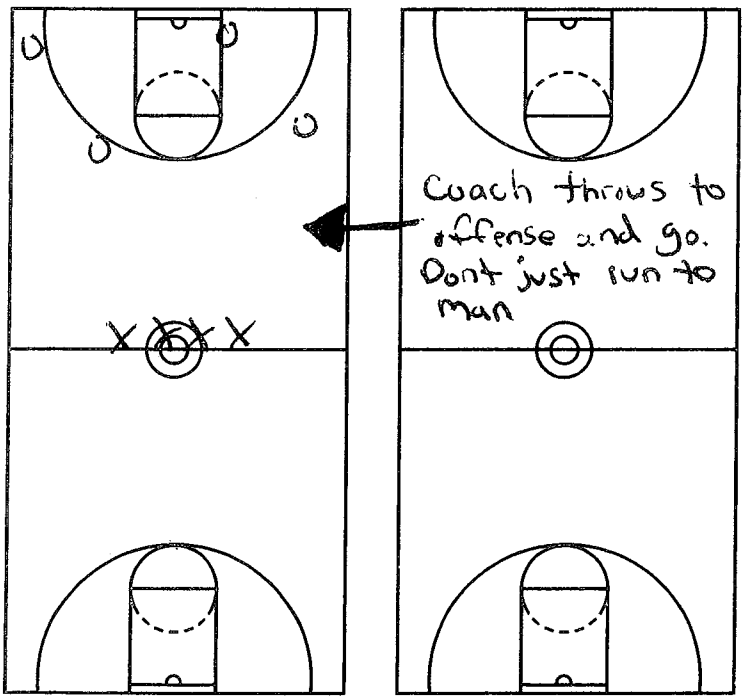
Closeouts, helpside drills

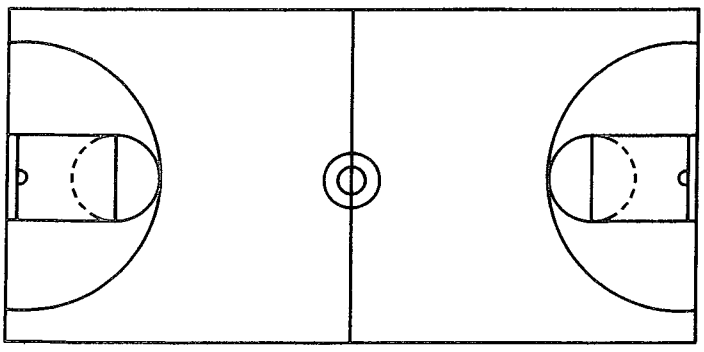












Closeout out of help/recovery is critical

When your beat, get back in front again => recover

Closeout corner, save ball to closest corner where guy at of bounds

Never stop
Quick minded
Aggressive

Talk thru screen even in walkthrus!

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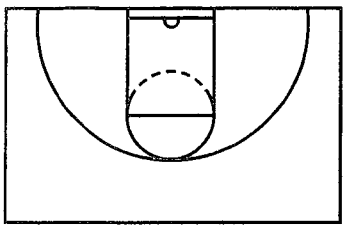
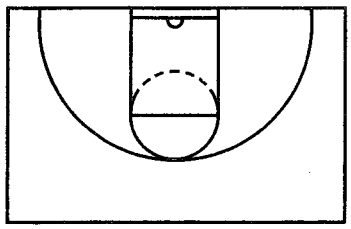
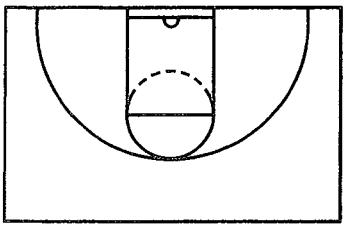
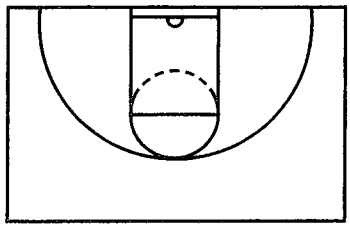
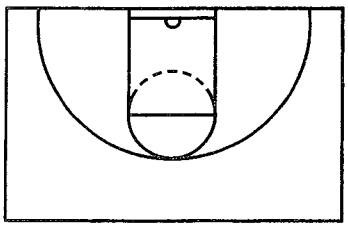
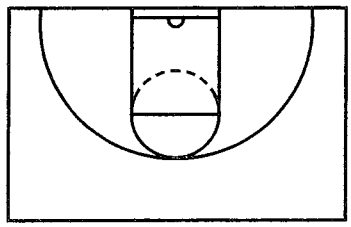
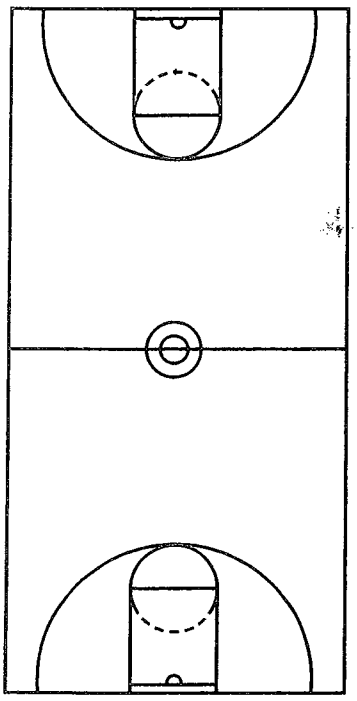
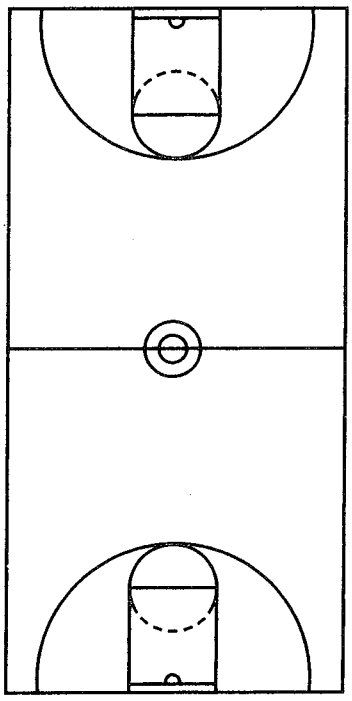
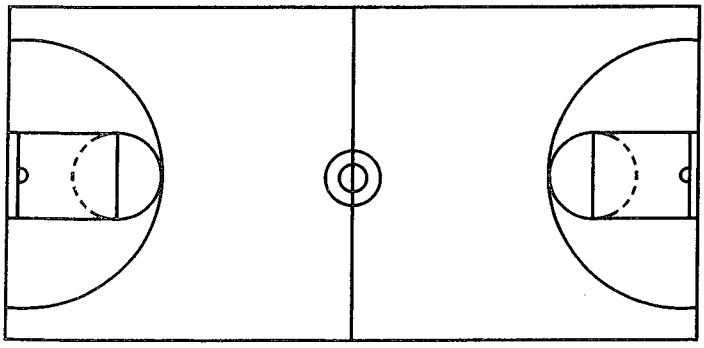
CLINIC Frank Martin
DATE Kansas State

Enthusiasm, Energy + Passion

JV Coach = 8 years, Varsity = 8 years

Always Listen
When defense is set, tough to score

Disrupt you on defense + get out + run
"Broken floor" opportunities

Best shot as fast as we can

Run + get defense on heels
3v2+1 Drill

Non stop - Make guys communicate

Honesty in todays society → Problem

Lead nation in offensive rebounding + Free throws attempted

Experienced talent > Talent

Run fast; Play slow

No seperation between def → off

Flare screen - Not used enough; Great tool

① People that bring energy
② People that drain energy

On defense move/force ball to wings
never center/High Post.

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CLINIC Frank Martin
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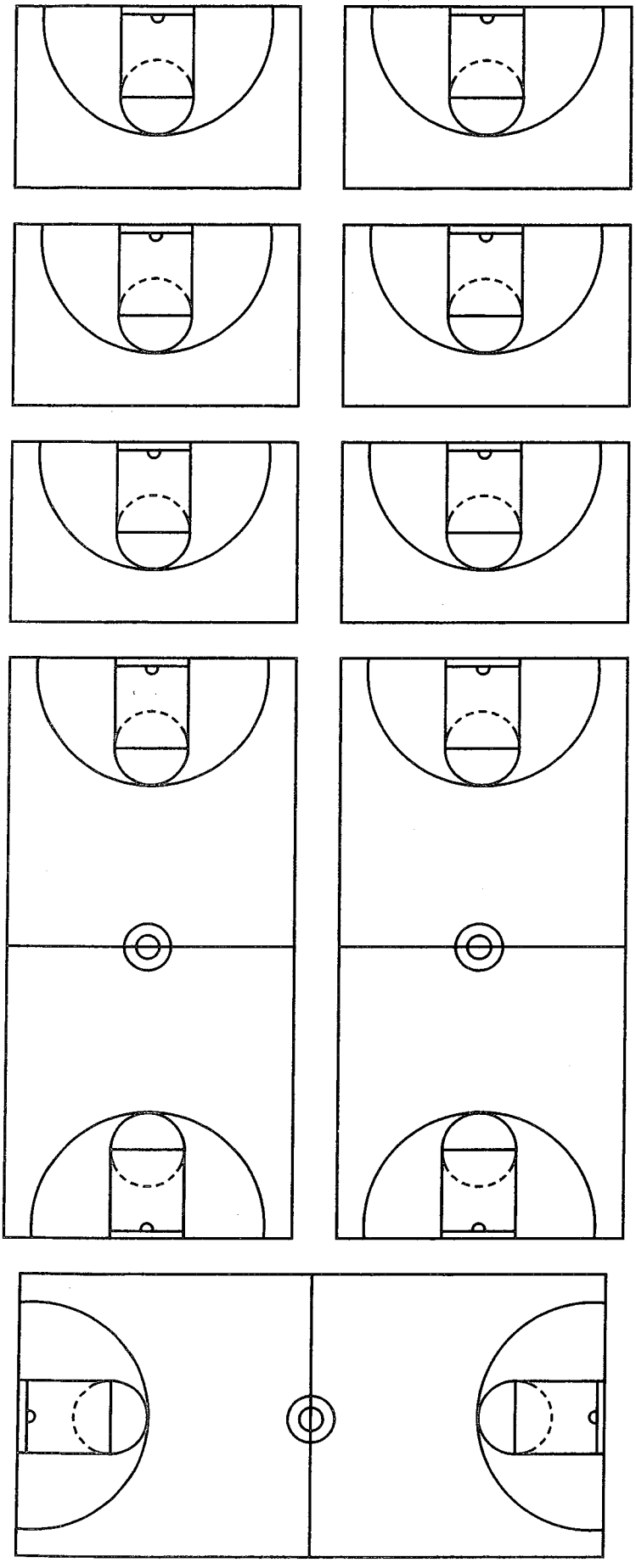

Pressure the rim on offense
Passes
Cuts
Post ups

Dont fight pressure - Backcourt

Rule when off Rebund
3,4,5 → Glass
unless they take a jump shot

Force team off Rebund

We accept less from players
Dont hold them accountable
work at something, fight for it
Give in like everyone else

Must demand more
Believe what your selling
Don't give in
Get thru it

If we give in as adults, they give in

Best skill = Listen

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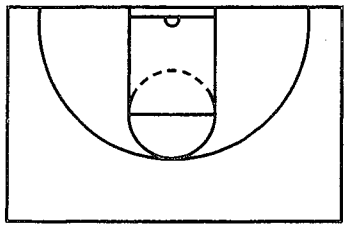
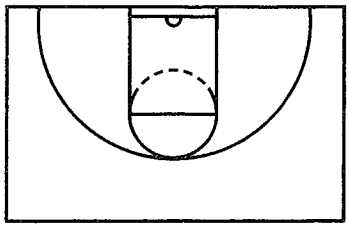
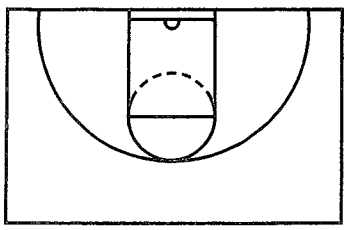
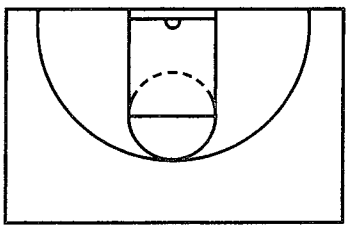
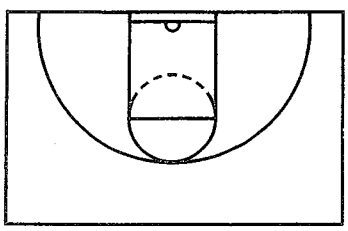
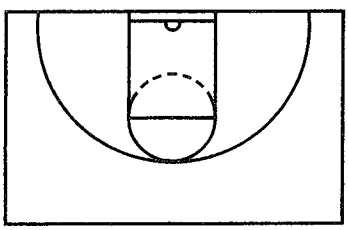
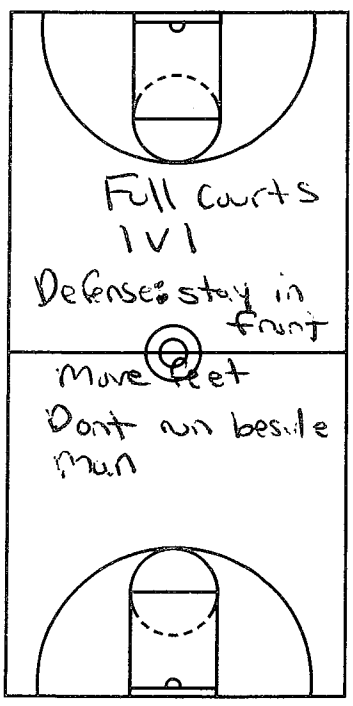
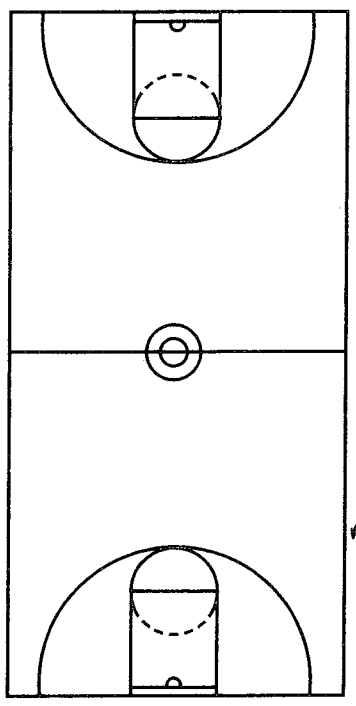
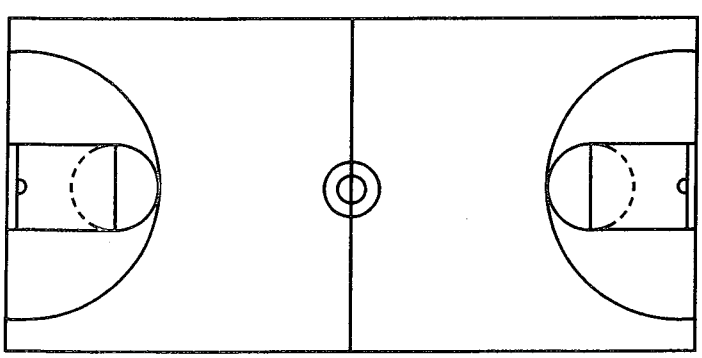
CLINIC Winston Bennett
DATE Mid Continent

Advice: Take a couple things for Program
whats gonna work best for me + my Players
Dont try to grasp everything

Learn how to fail
Understand how to live life

Never despise the day of small beginnings

Do you see yourself being great?
Can you push men + women to be great?

Press- contain dribble
Defensive back in football
Hands are a weapon - down + swipes
4/5+ deflections = 90% winning

Step in between lines = Passion off the charts
Fouls defeat a press
"Must not foul"

Arms length away = Hot
Take at shoulder

mc staggered stance on throw in - 4096

Trap -> speed dribble or short run

offensive rebound = 28 second sprint

Players will take on your Mantra + characteristics, bet in him, All at no holds bars. Passion

Coaching is a Privledge
Someone waiting for you to mess up

"Fight for your life"

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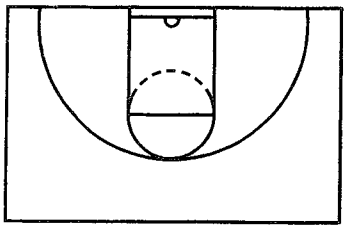
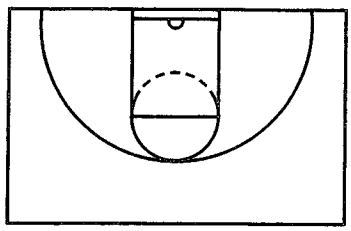
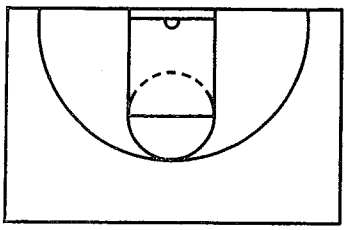
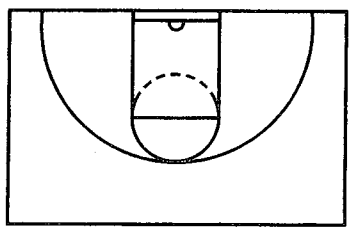
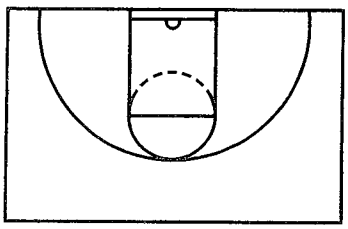
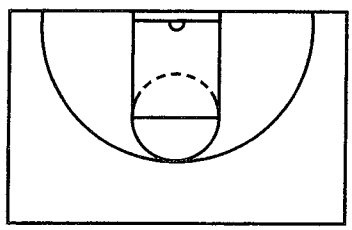
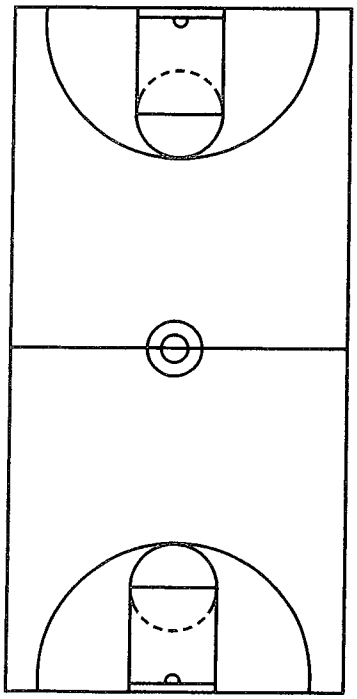
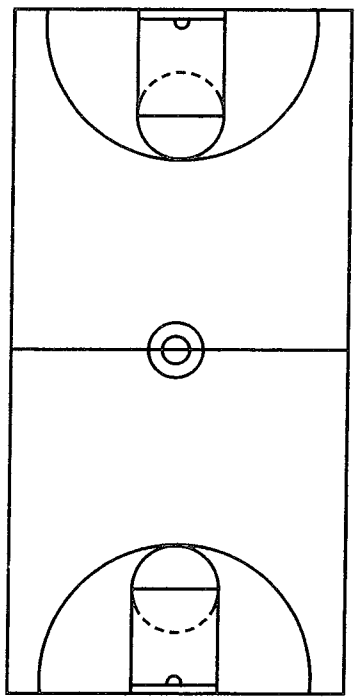
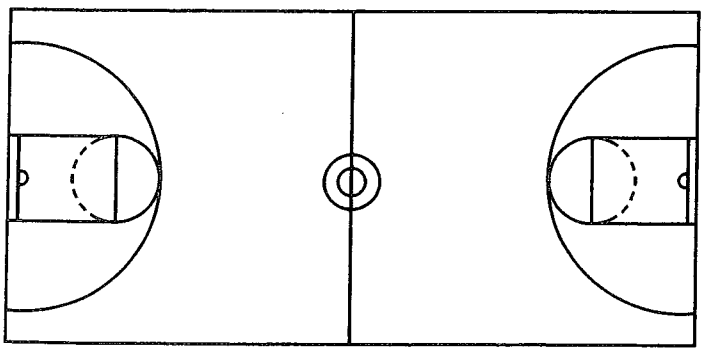
CLINIC Winston Bennett
DATE

Appreciation of what you have
wife everywhere
skeleton = women
one thing that saved him — Jesus Christ

once your out of business - impossible to get back in

Appreciate what you have

Integrity - what is done in dark is brought to light!

1998 - women more important

Div I transfer - thought he was best
Lost job @ Kentucky State - Hands on player

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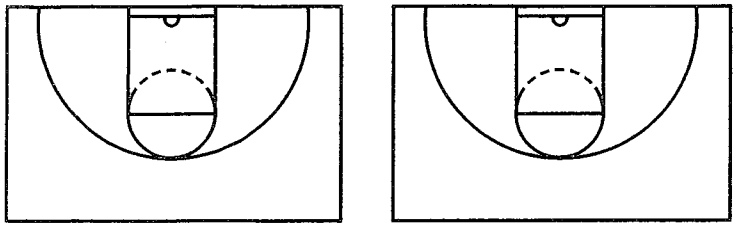
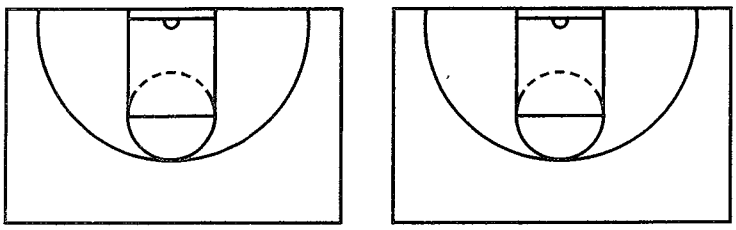
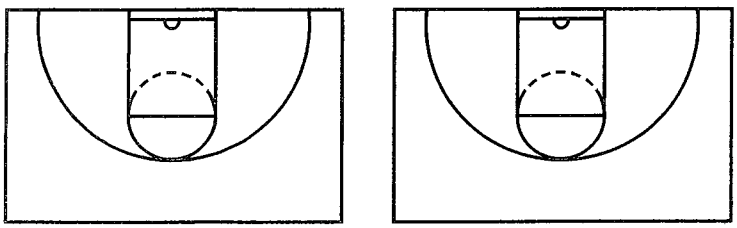
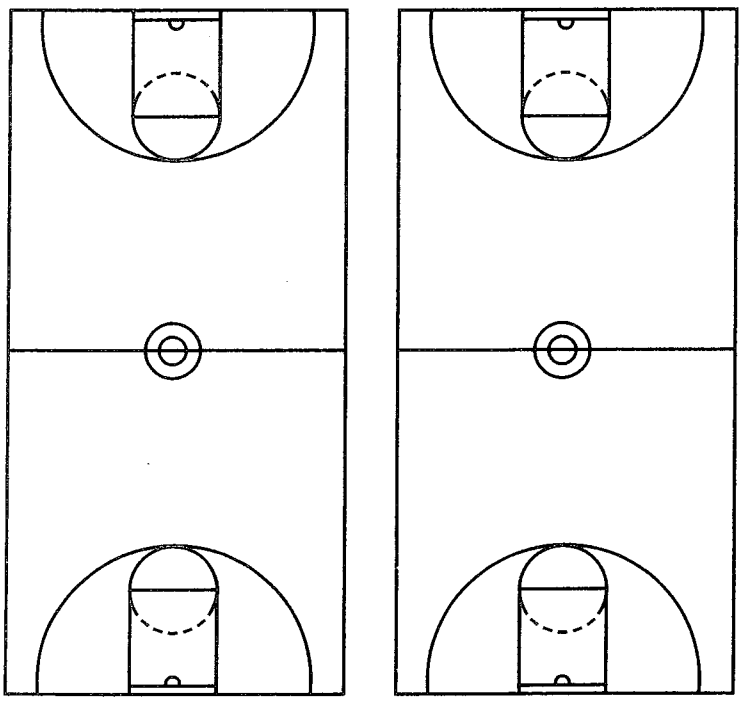
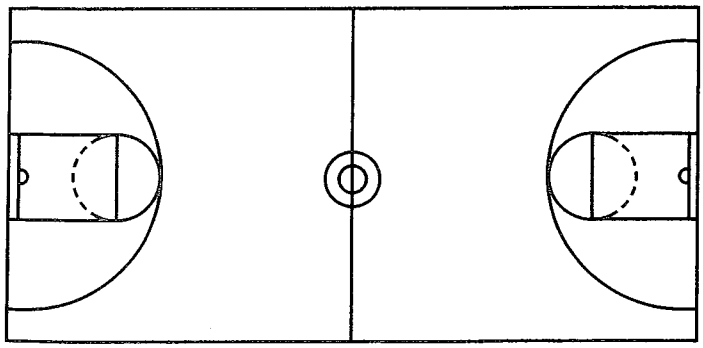
CLINIC Tubby Smith
DATE UNIV of Minn











6 Years H.S.
37 years coaching

Be prepared when the opportunity comes
Never know whos watching
Asst A.D → remembers yw

W.B. - Taking notes on Tubby

3 things you need to do
1) Philosophy - what do you stand for
Perception, image, Leader, Window to University
Adversity will come - Be Prepared
Be Yourself
If you change who you are the players will catch on.
Image + Perception
Dont get a 2nd chance to make 1st impression
Image = selling yourself
Look the Part
Act, Walk, Talk like a H.C.
2) Image
3) Schedule - Be in charge
- Scheduling Philosophy

Persevere
Patience

Run motion offense
Check list

Ups + downs, Peaks + valleys in life

Spend more time coaching than dealing with officials

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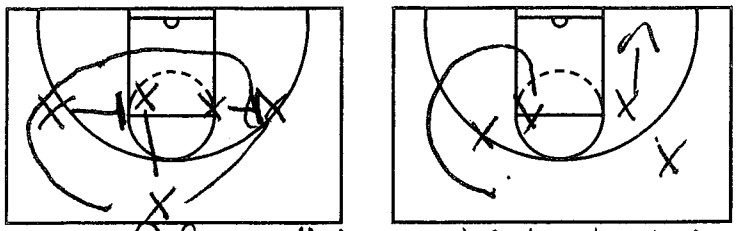
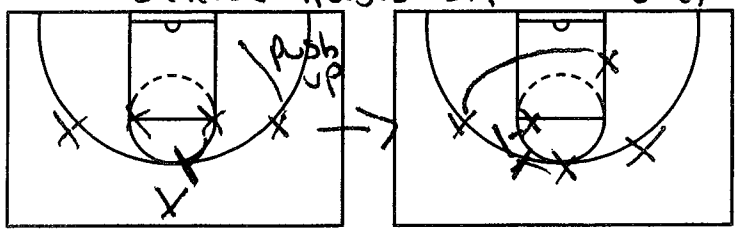
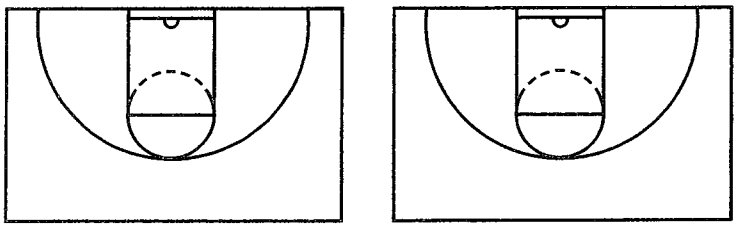
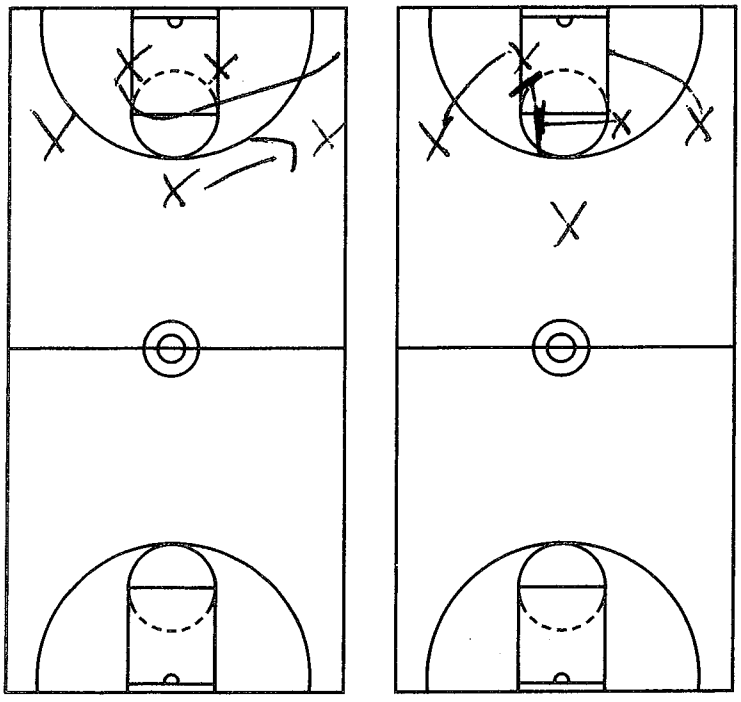
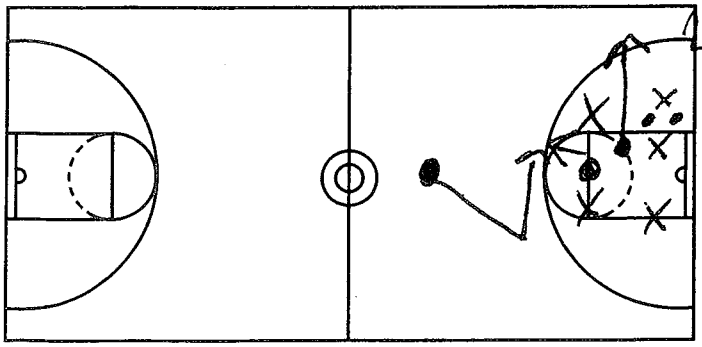


Defense hedges - slip to baseline









Hi-Low motion
4 out 1 in
3 out 2 in
Move w/a purpose

42 + 43

Zipper series

Zipper flare
Backscreen for passer

Faith, Family, Friendship
Bright side of things
Feet on ground

Expect the best
Work to be the best

Dont let anyone steal your dreams
Sex, drugs, alcohol
Forget mistakes + move on

"No one cares how much you know, until they know how much you care"

Team switches to zone
stretch the zone

Double Double

Groom + prepare leaders within team
willing to confront
Leadership
- Build consistency
- Pick people that help you w/weaknesses to be a better coach
- Its not you, its the team
- willing to take risks

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CLINIC Brad Stevens
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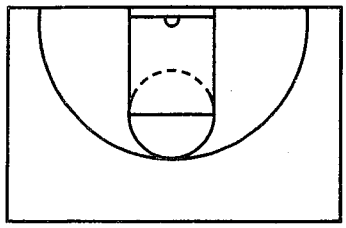
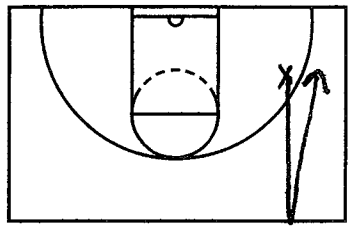
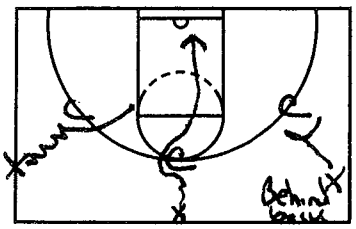
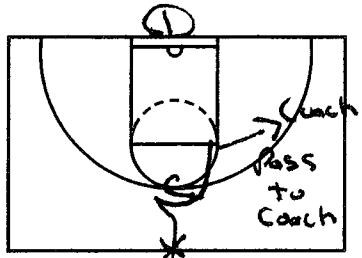
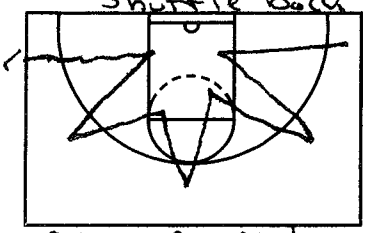


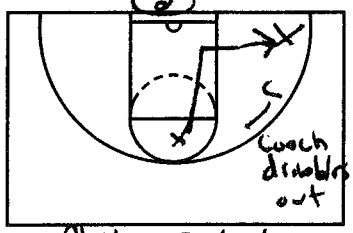






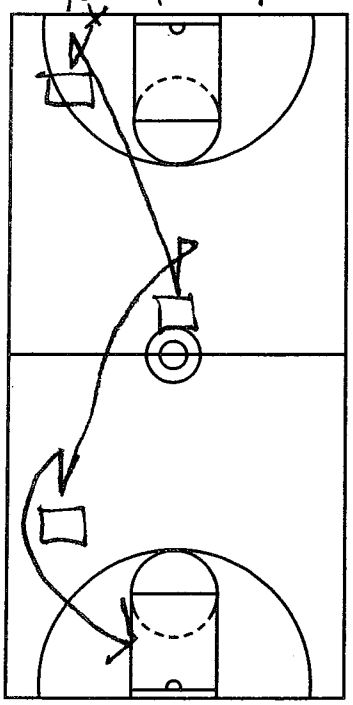
Shuffle back

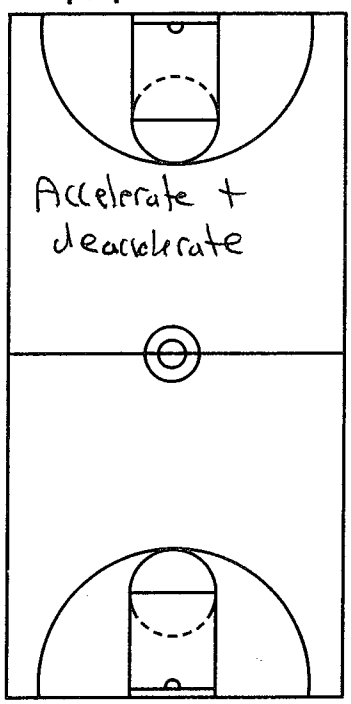


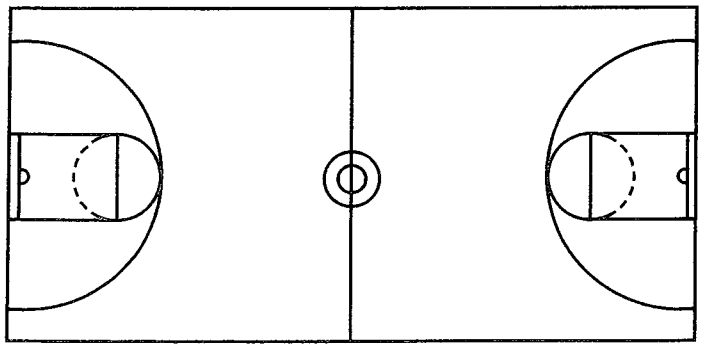


Eyes up everytime

Player cuts to corner







Switched to earlier time slot, Speaking @ Church Sunday Morning.
Dash - Maximize what you can
Being efficient workers → Players
Give players game plan for summer
Talk in office, internships, changing majors
10-14 → very important to keep happy
Learned from 2 great coaches Matta + Brad White
Assistant Coach - opportunity to create a plan

- Each player is different
- Some you whisper, Some you yell
- Personal workouts - different personalities

Ball quick

Increase Ball Quickness
Quick + tight
1 dribble stop: shut fake

Tell a story w/ your eyes

Championship shooting drill
2-3's, 2-pull-ps, 2 layups

Create a mindset of who you wanna be
Coach Meyer - 4 things in locker room we must do to win

Values, vission + mission statement
small Pyramid - Team first
Win game; 1 Pass at a time
Chance complete championship

Team First
Improve on daily basis
Better teams - 70% of time

1) Be tough w/ Basketball 2) Dominate defensive
3) Take great shots 4) Dominate as a player

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CLINIC Brad Stevens
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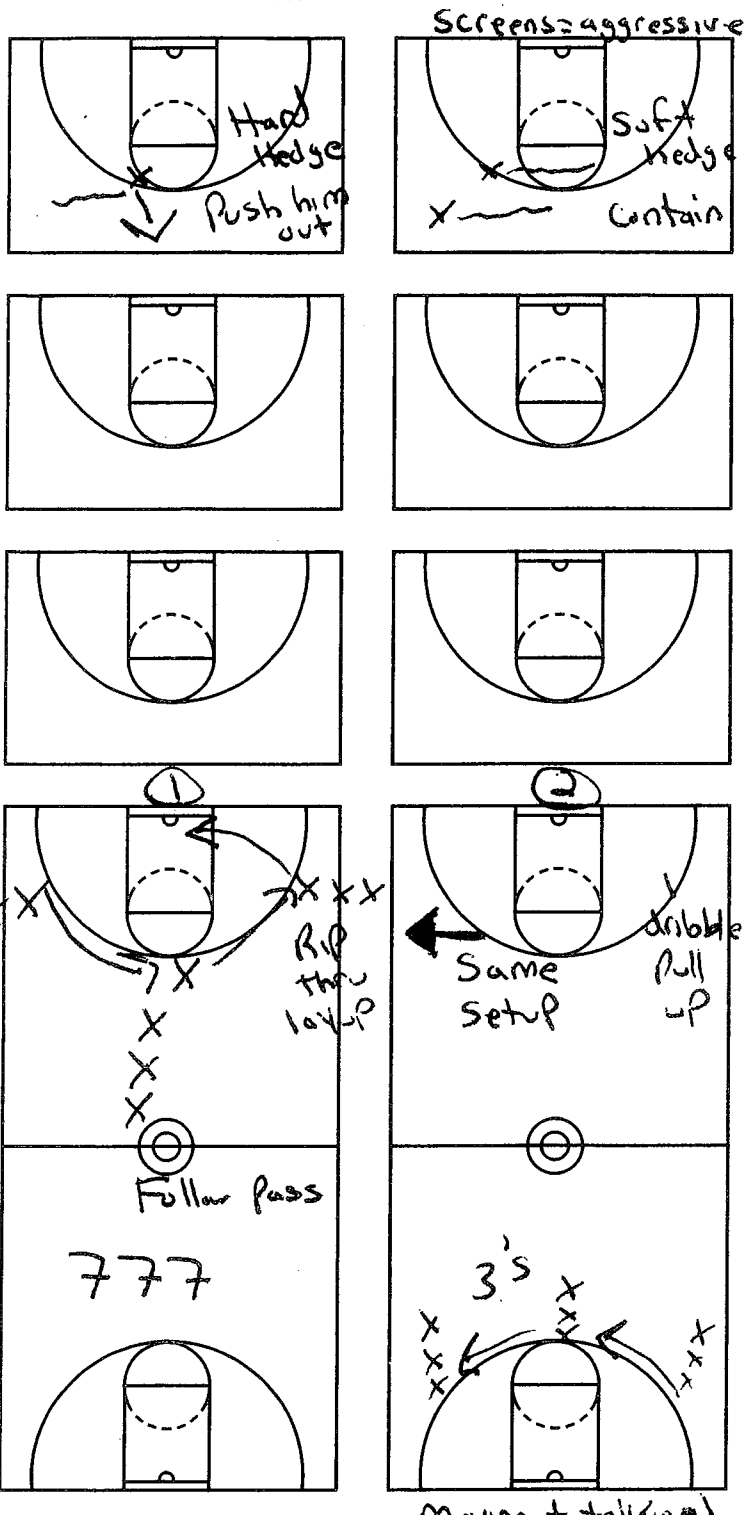

Never talks about turnovers
Lower man wins
Toughness
Collective mindset → Defense
Commit people + hold to standard

What are you good at?
What do you do best?

Fouls, Preparation, want
3/4 your gonna win
50/50 balls - must win

Individual goals + objectives
on everyones locker

First practice = 3 hrs, go over every drill
Always take game shots

Time, thought + preparation before practice
When plan is better, Practice is better

Base, readiness, Low man wins
Ready for miss all the time

As a player!
Are you prepared?
How good do you feel?

Defending ball screens
Switch
Hard Hedge - Trap not push it
Hard Trap - Go under on both

Touch opposite baseline + sprint
Back in live
80 in 3 min

Numbers → FTS, Rebounds
Free throws - limit motion, Keep ball high

H: Def fg %, 3-pt Fg%, Turnovers, opp specific

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CLINIC Mark Few
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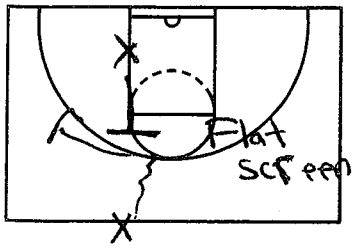

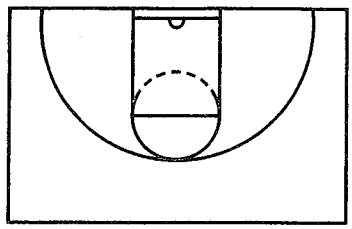

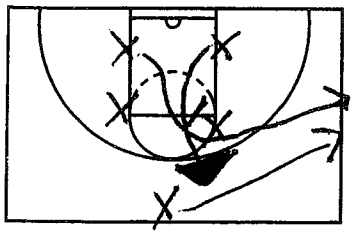

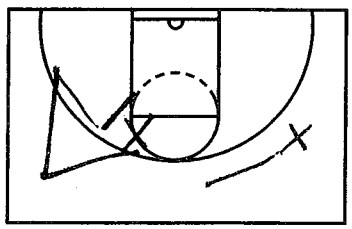

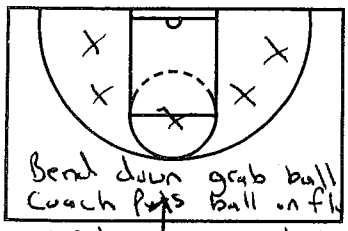

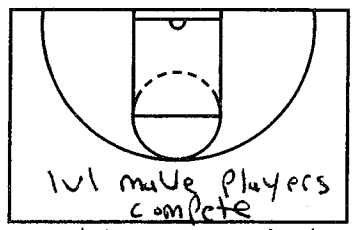

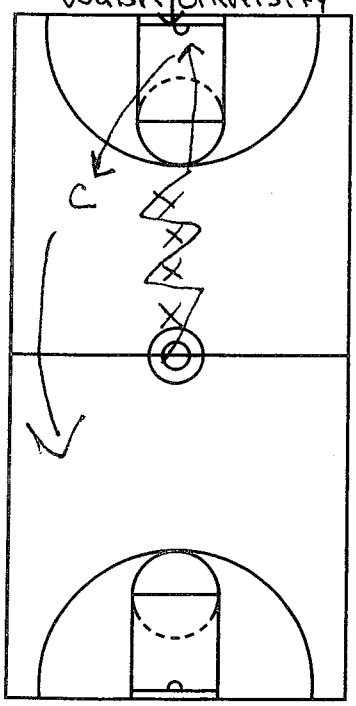

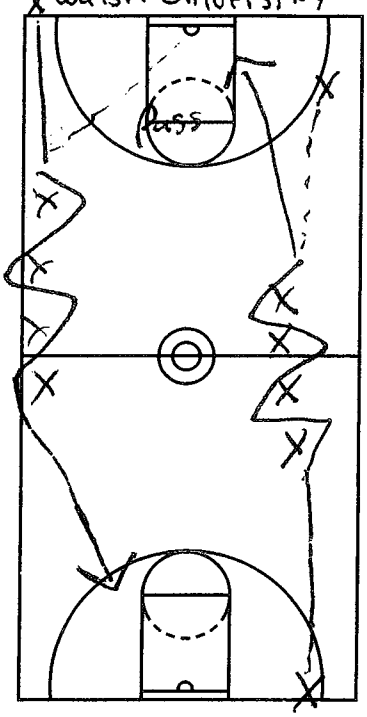

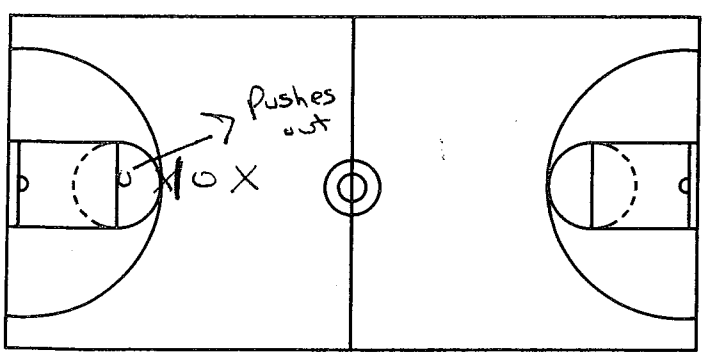

Get your kids to buy into system

Formulate offensive gameplan
Execution + Planning

Opponent
Primarily man to man, Zone, Press?
Pick up full court?
Deny?
Pack Team?

Clip film + show guys
Press, Packing in on defense
How they guard post? Front, side, 3/4
Greatest words → Dead Behind
Ballscreen coverage
Switch, hedge hard, go under

1 or 2 Homerun Plays
Slip downscreens?
Pack defense?

High Pressure defensive team vs Gonzaga
Everything to the basket
Cutting + Curling Penetration
Limit passes vs aggressive defense
Look for deflections + steals

open motion, spread the floor, attack basket

Make more free throws than the opponent takes
Be in Bonus @ 12:00 mark
- constant reminders → Bonus + double Bonus

Post defense — maintain contact

Ballscreens — showing hard 80's

Sprint out on high hedge ballscreen. Brushscreen, show hard

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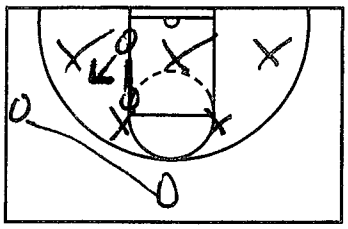
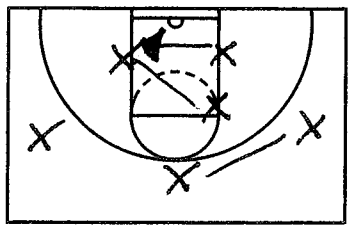
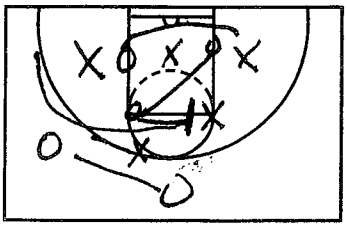
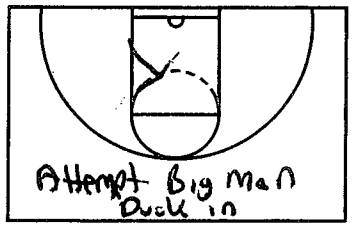
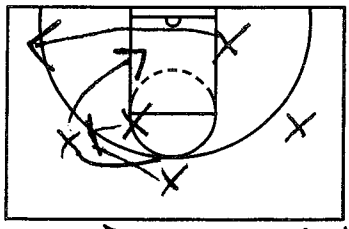
CLINIC Geno Auriemo
DATE Zone offense

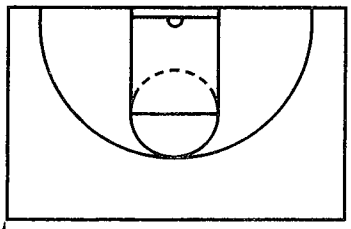




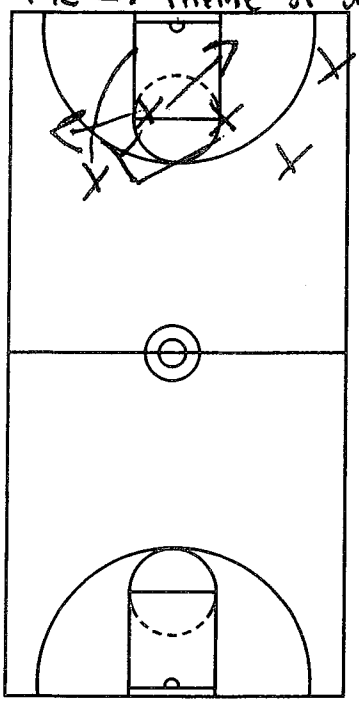


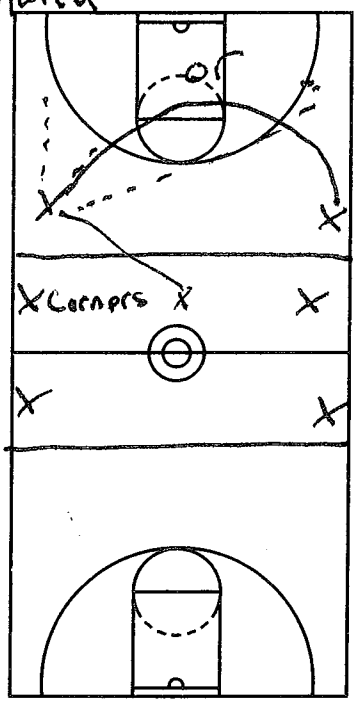


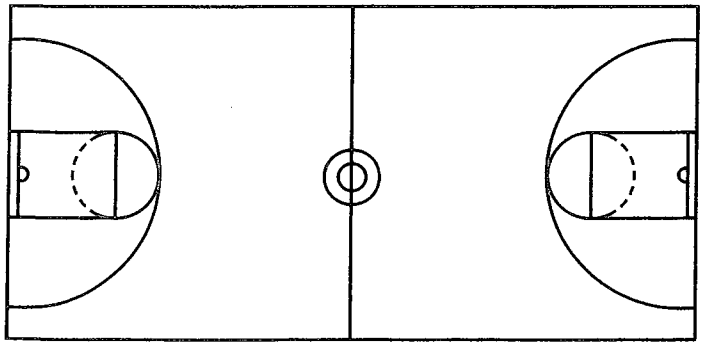




me → Theme of day/week







Become good at understanding what a zone is a can/cant do
Jordan playoffs → wrong spot
Put your players in spots when they do what they do best.
Stretch defense = Breakdown
Compact zone = cant beat
Make defense play man to man in zone

Set backscreen on top guy → open jumper
Always try to get ball to high post

You cant get ball inside against a zone, You cant win.

Play against a team w/ good shooters + no big men → play zone

Step in on reverse

Get them to guard you 3v3 but score 2v2.

Most good defensive teams play 5v3

Best offense against a zone, dont let them get into zone.

up 2-7 seconds left, what defense do you run? 2-3, Always someone driving to basket + scoring

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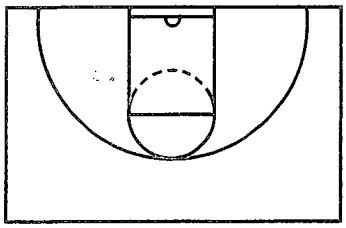
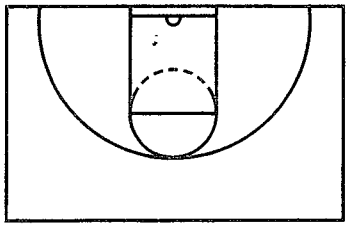
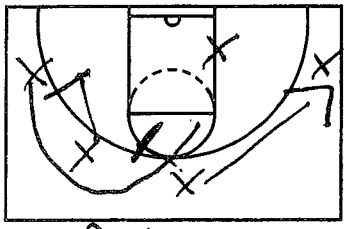
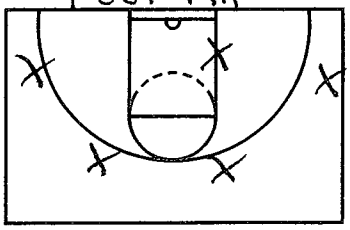
CLINIC Mike Andersen
DATE



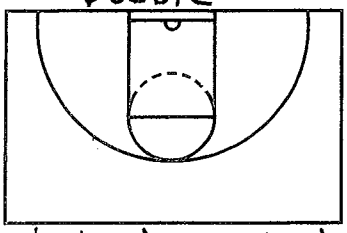




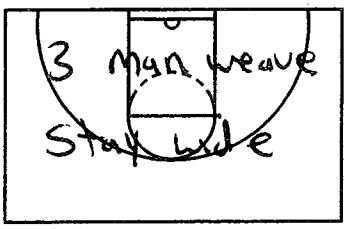
4 out 1 in



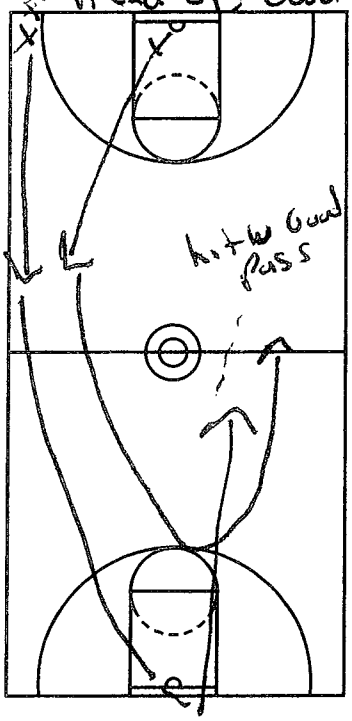
Double

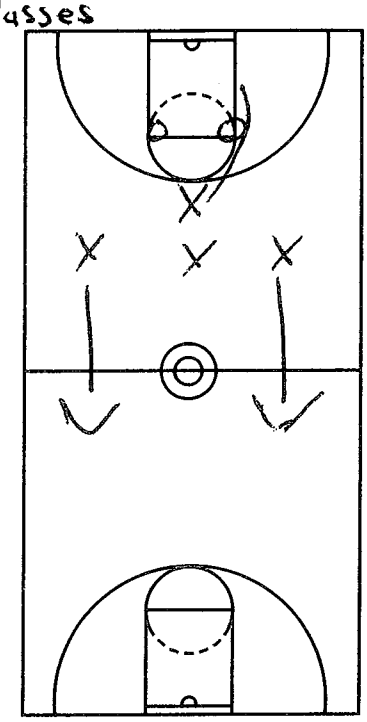


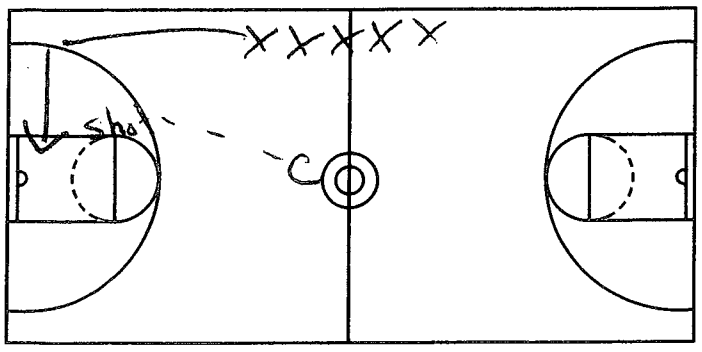
3 man weave
Stay wide



Head up, Good Passes







Pressure ball defensively
Attack the basket offensively

Take what the defense gives you
Fastest 40 min of basketball

Weight conditioning
Pickup everything low
Intensity

Put a body on him
Push the ball
Attack defense

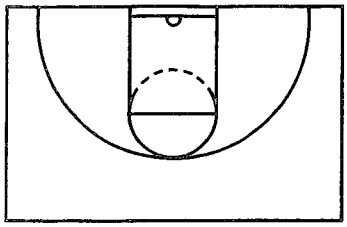
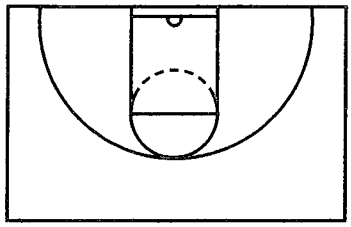
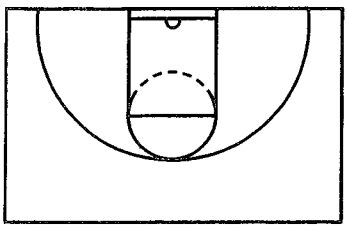
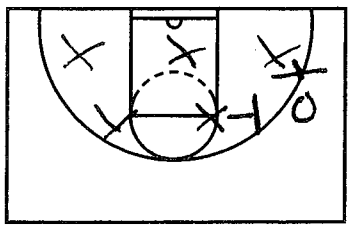
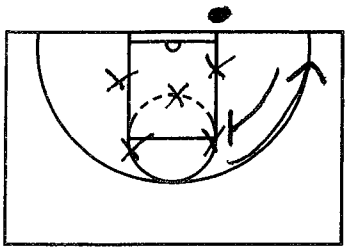
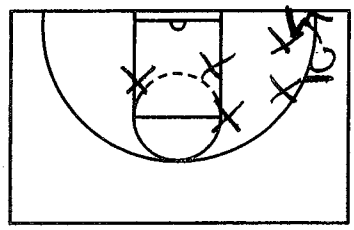
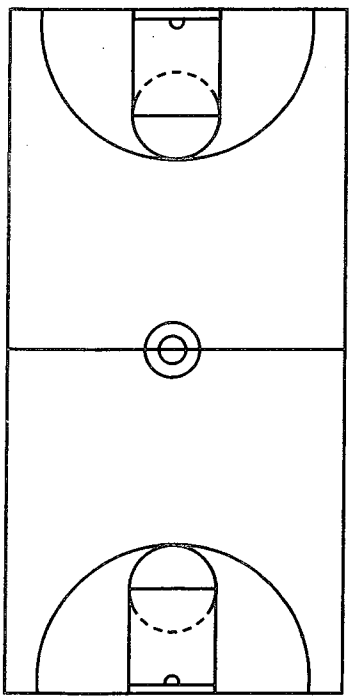
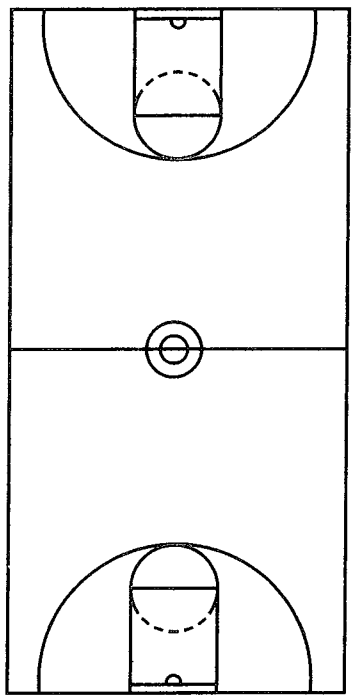
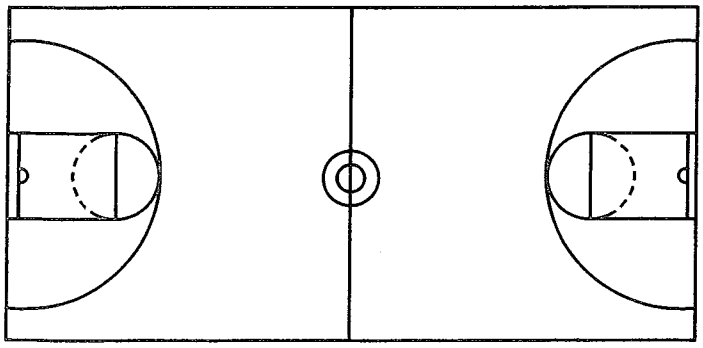
Lanes filled
Triple threat

Run + execute

Dont want to be predictable
Prepare for everything

Nike Championship Clinic Headquarters
5645 Woodsmore Drive
Solon, OH 44139
Clinic Hotline: (503) 671-3041
www.BasketballCoach.com

CLINIC Jim Boehiem
DATE

Zone defense
Ideally 50-50 zone run

Main principle: Guard 3 point line
Push up
Run at guys
Match up if necessary
Everyone moves on every pass
Hands up
Angles & getting position

Try to keep ball out of high post

Don't look/watch then move
Move on pass
Rotations are easy

Run @ shooter
Doesn't matter if he goes by

Don't foul as much
Can't attack weak defender
Players are in good position to go

7 on 5 vs 2-3
Make 7 touch ball

Get more out of practice when you go full speed the entire time

1 hr 15 min during season

All about Angles

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http://twitter.com/CoachRosenthal

Nike Championship Basketball Clinics

Verona, New York

May 14 – 16, 2010

Brandon Rosenthal

Speakers:

Angus Berenato, Pittsburgh

"My Favorite Drills"

"Great head to head pressure will take away high % shot."

-This is why you put pressure on shooters.

"Make kids buy into head to head competition."

-During drills make them accountable by asking for a head to head score.

"Make kids love playing head to head defense."

-Low % shots make for better defense.

Drill:

Head to Head Series

1 on 1

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Player A spins ball out

Player B defends

Player A reverse pivots

Series:

1) Player A goes through jab series

   -Keep eyes up, be realistic, pivot

   Player B traces ball

   -Talk, move feet, be aggressive

2) Stationary Dribble

   -Player B play the ball, dive for loose balls

3) Player A is now free to dribble

   Player B must defend base on team principles

   -Force baseline

4) Add shot after whistle

   Player A only gets two dribbles after whistle

   -Ask outcome of game

Kevin O'Neill, USC

213.300.9262

"Man to Man Defense"

Man to man defense:

-Bonds team together

-Makes players responsible

-Makes champions

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"Whatever you do, be committed to it."

"If you give up easy baskets you won't win."

Key's to Defense:

1. Transition "D"
2. No easy layups
3. No open 3's
4. Contested 2's
5. Enjoy contact
6. Play as a group on defense

"One guy always on the ball, four guys always in help."

"In transition, one man must stop the ball, the other four must be ready to help."

"Send to guys back on the raise."

"3 on 2, 5 on 4 D, must be great or you won't win."

-Up 6 or more points, consider sending four guys back on defense.

-Don't let the ball into the shoot. Keep it out of the middle.

-Work on 3 on 2 defenses every day.

-Must get the ball on one side of the court to be a functional group.

Defense:

1. On the ball
2. One the middle help line
3. Or on the bench

"Want people to feel you on defense."

Get your big to sprint to the nail and help stop penetration from the point guard.

15' area: Dribble, shot, pass – Own this area and you win.

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"It's how you play after you get beat that decides how good your going to be."

"Turn and run to paint."

Drills:

5 on 4 Scramble -> 5 on 5, each team plays offense and defense once

5 on 5 Switch & Change

- Pull
- Change – Run other way
- Switch – Drop ball and go defend someone else

3 min games – Conditioning

Aspects to Defense

1. System
2. Adjustments
3. Parachute

-When offensives teams swing, bump them.

-If you have the best players you should win.

Defense Half court Man:

- Play at the level of the ball at all times
- Man to man, shoulder to shoulder
- Close to touch
- No middle stance
- Be in air space
- Physical presence

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- Be in shrink spot
- Make it look crowded
- Front post
- No middle ball in post

Pre-season practice - 3 Days on 1 day off

In practice work on changing coverages. "It's your job to prepare your players."

-Arm bar, foot free

Defending the Pic & Roll:

-Hand on, go to player and chest up

-2 hand tag with help guy in the middle

Teaches them to always be in help

3 Things to get on guys for:

1. Effort
2. Coverage
3. Play

-Make guys hate to lose! If you win, they should love it, if they lose make them pay for it!

-Be physical, refs get tired of calling fouls.

-"We constantly are working on our double teams. We practice it every other day or every third day. This way if we did it, we are ready!"

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Special Team's:

1. Foul line block out
2. Foul line offensive rebound
3. Fouling up – 3 (Practice)
4. Foul with double team chop
5. End of game switch and double handoff

-When you talk to players always make it we (talk selfless).

-No out of bounds, no fouls in practice.

Makes you play harder.

-Coaches should always stick up for other coaches.

When you lose, respect the other team. Congratulate the game the other team played.

-Respect the game!

-Head Coaches have a responsibility to develop their assistants.

When you're an assistant you have the responsibility to be an assistant not the head coach. Respect what your head coach wants.

-"The players on your team are the most important part of the job."

-If you have someone in your program who is hurting it, get rid of them!

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Billy Donovan, Florida

352.375.4683 XT 4200 (Darrin Hertz for Drills)

"Utilizing the Three Point Shot vs. Man to Man and Zone Defenses"

-Chart everything in practice.

Chart the 3 point shot %:

- No Defense
- Defense

Show every type of 3:

- On the break
- Out of post
- Ect.

-Consider all the ways you get a 3 point shot over the course of a game.

-Florida runs a 4 out 1 in offense because it's difficult to defend in transition, forces a true 4 man to defend on the perimeter, and makes it difficult to double team post with so much space.

-Donovan and staff tell their players no 3's unless there is a post player in the paint to rebound.

-Look to get 3's off dribble penetration.

-Look to get 3's out of post (double teams).

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-Send 3 to 4 guys to offensive rebound.

- If offensive rebound, clear shot to 3pt line every time, creates the next way to get a 3pt. shot.

Implement all five into offense.

5 ways to get 3 point shot:

1. Fast Break
2. Catch & Shoot (Penetration)
3. Post Catch (Double Team)
4. Shots Out of Offense (Screens, Pic & Roll)
5. Offensive Rebound

-In practice make players pass to shooters.

-Passers should always lead shooters and pass the ball into inside shoulder.

-"No one just gets up shots, always shoot for a goal."

- Use managers to rebound and keep track of shots.
- Always set goal when you go to shoot.
- Players doing get to shoot by themselves.

-Work on shooting conditioning.

- Want players to know how to shoot when tired.

-Chart all shots on the floor.

- Have managers keep track of every shot in practice and games.

-Don't ignore the numbers. Numbers are facts.

Drills:

-Olympic Shooting Drill

- Loop & Follow
- Time the weave, so your running into the 3pt. line
- 3 min
- -3pt.-3, 2pt.-2, Layup-1pt.
- 120 points, go up 2pts each time

-Celtic 50

- Make 5 from 5 sports/10 from 5 spots

-Inside foot Pivot

-Get Trapped

- Get trapped from offensive rebound and find open shooter on wing

Sets:

1. Pic and Pop, reverse ball to corner.

    -Screen inside of elbow defender.

2. High-Low Action, double screen in low block, top of double screen flash to high post.

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Things to consider:

-How many shots does your best player get in a two hour practice?

-Always do a good 20 to 30 minutes of individual work.

Kevin Sutton:

Monteverde Academy (FL)

"Post Skill Development"

Kevin.Sutton@montverde.org

A Great Post Player does all of the Following:

- Runs Rim to Rim
- Legally Physical
- On Balance
- Good Feet
- Relentless Rebounder
- Good Hands
- Defends the Position
- Defends and Controls the Paint
- Makes Free Throws
- Vocal
- Does not miss Layups

Tell Bigs:

- Run for scores

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- Run Rim to Rim
- Fist Fight (1st to get position) – Then Foot Fight to Score
- Own the Paint
- Get in Operating Position
- Post Play is a Leverage Game
- Catch Ball Clean (eyes first – hands second)
- Jump to the Ball

-To get better you must take players out of their comfort zone.

Drills:

-Blind Pass

- Slap ball then players turns around and catches pass.

-Blind Pass Chair Drill

- Coach passes the ball to post player who starts in low block
- Then catches off the block
- Then passes back to coach and circles around chair
- Player must whip his head around to see and catch ball
- Coach passes lob and player finishes at the rim

- Next, catch lob and pass back to coach
- Swim move back to low block

-Pound Back Board Jumps

- Hold shirt to create resistance

-Tips

- Inside hand touches rim outside hand tips ball 6X's

-Always get players to talk.

-Find a responsible player to take ball out, so develop post player.

-Second jump is more important than the first.

-Alternate Tips

- Inside then outside 10X's each side of rim
- Alternate, then finish tip drill with made basket

-George Mikan Drill

- Do mikan drill, take it out of the net then inbound it into a guard and sprint to rim for long pass and finish.

-Communication

- Information Given
- Information Received
- Information Understood

-Mikan Drill

- Outlet out of bounds
- Run and touch half court
- Pass back for finish

- Then swim move to low block (swim with arm and leg)

-3 Man Weave Tip Drill

-Hold players accountable.

-Don't miss layups, always make players use the back board.

- Paint-Own
- Outside the paint-Rent
- 3point Line-Homeless

-Chair Drill

- Grab rim then go chair to chair
- Chairs are placed outside the paint just a little above the low blocks
- Keep body low and keep elbows up!
- Post moves should include:

  Drop Step

  Dribble (2) middle turn spin and drop step

  Use chin check move.

  Tell post players to look middle, most likely a doubles comes from the high side.

  - Pull chairs out further and use reverse pivot fake. Tell post players to use their shoulders to fake.
  - Reverse pivot, one dribble middle and finish.
  - Reverse pivot opposite direction.

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"When players hold each other accountable you have something special."

-Tell your post players to establish position and maintain it. "Be legally physical."

-When you're in the post, a post player should feel a hand or forearm, a leg, so know which way to go.

- Forearm –use power game.
- Hand-use face up game.

-When you pivot, pivot even to even. Feet are always shoulder width apart and under your body.

Drill:

High-Post Reverse Pivot and Shoot

- Post player on the baseline.
- Runs the lane line to elbow, coach passes from top of the key.
- Post player reverse pivots into jump shot.

"Fist fight under the hoop, foot fight as you move out from underneath the basket."

1 on 1 First one to the Ball

- Players start at elbow, must touch baseline.
- First one to the ball that is in the middle of the paint is on offense.

Bob McKillop, Davidson

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"Davidson's Offensive Philosophy."

- Always make yourself better.
- Be a great copier.
- Keep it simple.
- Establish a system you believe in, trust, and fits your personality.
- Must have consistency.

7 Fundamental Keys

1. See
2. Talk
3. Have an Act
4. Down and Balanced
5. Details
6. Flesh to Flesh Contact
7. Finish Everything

See – Games are like darting taxis.

Act – Faking a cut.

Down and Balanced – Need to be powerful.

Detail – Do the little things.

Flesh to Flesh Contact – Take a charge.

Finish Everything – Last play has to be the strongest.

Daily Objectives

1. Get Better

2. Have Fun
3. Make Every Play Count
4. Play to Win

Every meeting, practice, game day, ect.

Rules of Offense

1. Fight for Space
2. Catch and See
3. Help Somebody
4. Finish Your Cut
5. Dribble with a Purpose

"Coaching is not plays, its playing."

"Teach playing and teach decision making."

"Teach Unselfishness."

-If you want to miss a foul shot, lower the arc.

-Fill the penny jar.

Players were given a penny for doing a good job; the penny was placed into the jar. Team was able to visually see the good things they had accomplished throughout the season.

-Play Volleyball one practice, everyone must touch the ball before it goes over the net. Find team building games outside of basketball.

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"Players can never be afraid to lose or make a mistake. Your team should never be afraid to lose or make a mistake." #4 on Daily Objectives.

-Can't worry about the things you can't control.

-Control: Attitude, and build the 4 Daily Objectives up every single day!

Davidson Offense

-Attacking Team

-Offense based on rhythm & flow

"If you want to get an offensive rebound, take high % shots in transition, no one rebounds very well in transition."

-Run with a sense of discipline.

-"The ball is like spot light the longer you hold it the hotter it gets!"

-"Running in transition run for a spot on the floor, fight for the space!"

-"Run through you cut, no no-mans land."

Rules of Offense

1. Fight for Space
    a) Space to pass, dribble, & shoot
    b) Use pivot to create space. A pivot is an act, it forces defense to cover space.

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2. Catch and See
    a) Opponent
    b) Teammates
    c) Teammates opponent
3. Help Somebody
    a) Reward, who gets ball.
    b) Cheer the guy who sets the screen, runs hard.
    c) Willingness to sacrifice.
4. Finish Your Cut
    a) Top of key
    b) Slot
    c) Corner
    d) Low Block Ball Side
    e) Center of Paint, Head Under Basket
5. Dribble with a Purpose
    a) Attack Somebody
    b) To Help Somebody

-When you cut, its talk & see, flesh to flesh cuts, have an act, are balanced and finish your cut.

"When you help somebody you help yourself."

"Always talk imagination with your players."

"Always get your players thinking."

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"Imagination is greater than knowledge." -Einstein.

Drill:

- Line at the slot
- Line in opposite corner with ball
- Coach at elbow
- Corner player dribbles up the wing while player in from the slot cuts hard off the coach and then receives a nice hard bounce pass.
- Players then switch lines
- Emphasize imagination, finishing their cuts, talking, seeing, flesh to flesh

CHECK NOTES FOR SIMILAR DRILLS

-Teach your players to seek contact, not avoid it. Find contact first, and then shoot.

-Again, flesh to flesh contact, seek and then finish.

-Never become good at drills and bad at playing. We want to perform our best when the lights are on! Often teams act as robots and run drills perfectly. Then in games can't do what they do in practice. Use imagination, make your players think.

-In practice make drill for your offense.

-When you want the ball "Ask with 10". Get your hands up!

-Play a lot of 3 on 3 live on different parts of the court with different rules. Make players use their imagination and become comfortable with all types of situations.

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-If the first pass into your offense is easy, then the second pass is easy, and then so on.

-Finish your spots and angles.

-Slow down, avoid the pressure of time. Teach your players to feel comfortable with different time situations on the clock.

Drill:

Pivot – 360 Degree Move

1. Jab
2. Step Across
3. Reverse Pivot
    - Down
    - Seeing
    - Protecting the ball
    - Work on both feet
    - Handle the pressure

- Three players or two players with one coach.
- Offensive player with the ball can't dribble.
- Defensive player traces ball and puts as much pressure on offensive player as possible.
- When offensive player can see the coaches or players "numbers" he can pass them the ball.

    Emphasize the pivot and having it create space for lots of ball pressure. Can't give up your space to the defense, you must create it for yourself on offense.

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Pivot – 360 Degree Move

1. **Jab**
2. **Step Across**
3. **Reverse Pivot**
4. Down
5. Seeing
6. Protecting the ball
7. Work on both feet
8. Handle the pressure

SCREENS:

-Set fat screens on the crack of someone's ass.

-Be skinny to get through a screen.

Drill:

Triangle Shell Drill

- Offense and Defense on the low blocks and free throw line.
- Coaches on both wings to pass.
- Free throw line players sets a down screen for low block player after he passes to a coach.
- Drill is continuous; player can choose which side to screen.
- Then add shooting, driving, or concepts.

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- "Arena football made me make my reads faster." Kurt Warner

-Thus, play games in a small or shorter space.

Story: In the 60's and 70's players played 3 on 3 outside because there were no great gyms, and then played on two hoops so 12 guys could play.

-Credibility and presence are key for coaches.

- ❖ Respect the game
- ❖ Market Individuals

-Get five guys to do simple things and work together, because when it happens its magical!

-Balance, freedom, and responsibility.

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http://twitter.com/CoachRosenthal

ALAN STEIN, CCS, CSCS

Alan@strongerteam.com

Checkout BLOG, VIDEO, TWITTER

"Offseason strength and conditioning –The foundation of a championship program."

"Basketball changes things; it speaks the essence of a universal language."

Drills:

Skip Forward and Backwards

1. Belly Button to Back of Head
2. Sway Side to Side Overhead
3. Twist 180 Side to Side

Side Skip Slide

1. Belly Button to Back of Head
2. Sway Side to Side Overhead
3. Twist 180 Side to Side

Side slide – Walk the Ball

1. Roll the ball back and forth

Side to Side Jumps

1. Ball Above Head

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Back and Forth Jumps

1. Ball Above Head

-Foundation of success stems from the work you do in April till November.

-Comes down to executing skills.

-#1 Reason to be on year around program: Reduce Injury.

Enforce good habits on a daily basis:

1. Toughness
2. Competiveness
3. Communication

All Programs Should Include:

1. Use of Angles
2. 3 Ranges of Motion – Twist, Length, Vertical
3. Balance
4. Work Front and Back of Body
5. Everything must be Safe
6. Time Efficient

-Feet are the most important part of the basketball body. You do everything starting with you feet. In a perfect world, workouts would be done without shoes.

- Several Muscles and Bones
- Do Exercise Bare Foot

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-Triple Extension:

- Ankles
- Knees
- Hips

WORKOUTS:

-Heel to toe jumps.

- Ball Above Head

-Reach forward

-Reach to side

- On one Foot

❖ -Use static stretching at the end of practice.

-Staggered feet touch toes:

- Ten Fingers Inside
- L Side
- R Side
- Up & Down

❖ -Use workouts to stimulate audio and visual functions…Read & React

-Tennis Ball Drills

❖ Tell kids "Chest over knees, knees over feet, on the power pads of your feet."

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1. Throw ball over shoulder and do a HOCKEY STOP
2. 2 Balls, 1 over shoulder and 1 right before you get back
    - A false step or a plyo step is ok
3. Throw ball out and do footwork circles around it.
4. Roll out suicides.
5. 3 in a line, get it and throw it back.
6. Hold tennis balls straight arm, drop and let player chase it, then throw another behind head.
7. Place two balls in hands while other person puts hands on top. Drop ball and must catch ball before it hits the floor.
    - Change Positions
    - Use Word Cues

-Sprint to elbow, back pedal to baseline, push slide to corner, and sprint to half court.

DEFENSIVE SLIDES:

"Push Step"

- Don't open up outside foot.
- Create Pyramid.

Pyramid

Knee

Ankle

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Have to be outside to create greatest push off.

RACES:

- Player 1 starts on baseline and back pedals to half court
- Player 2 starts on 2nd marker and chases on coaches call

- Same starting points, chase around the middle circle.

PLAY TAG:

- Agility
- Accountability

PLAY CARD GAME BEFORE GAME-Show card and read.

THROW CARDS IN AIR

- Make them catch
- Make them pick up

3-2-3 box, ALWAYS PASS TO THE RIGHT and ALWAYS TRADE PLACES WITH PARTNER

FULL COURT TIP DRILL

- Two Lines
- Don't let the Ball Touch the Floor

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FOUR PERSON BOX – FOUR ON THE INSIDE

- Each person on the inside touches on the outside, comes back to the middle and runs right.

John Calipari, Kentucky

"Dribble Drive Motion Offense"

-To be an effective leader you need to be concerned about individual development.

-Get out early to practice and spend time with the guys at the end of the bench so they know you care.

-Can't listen to parents.

-We live in the INFORMATION AGE:

- Kids listen to rankings

-"Spend time developing the people around you because it is the most effective way to be a leader."

-Start practice and end practice with a message because these guys hear so much different stuff over the course of a season.

-Whatever you put in, you need to feel good about it.

-Dean Smith – Points Per. Possession

- Foul Line

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- Lay Ups
- Open 3's

-Worst shot is mid-level shots 31% over two seasons.

- More turnovers from guys working to get that shot.

-Run plays to get layups

- Ask yourself, can you get a layup out of this?

-Don't practice defense in pre-season

- Long season
- Work on development
- Practice dribble drive with is 1 on 1 defense

Drills:

1 on 1 full court with a chaser, come back 2 on 1

- Look at the defender you are attacking.
- Drive to score.
- Not driving to pass.
- Drive at the man.

Purdue Drill

- Get the ball on the back board.

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- When you drive, go to the ball.
- Must play through bumps.
- "Showing your back shows you're a weak player."
- Throw lobs when help comes because we have the advantage in length.
- We are "Shooting layups and driving the ball."

-2 on 1

- In line throw lob
- Comes late, off backboard
- No inline, drive and finish at the rim

- ❖ Second pass receiver is shooting or passing it
- ❖ 350 layups missed 90
- ❖ NBA is about spacing
- ❖ College is about movement
- ❖ Players feel "unleashed" because they can score a layup with either hand
- ❖ Big man must read driver and get out of the way
- ❖ Everything is keyed by the ball

Bob Huggins, West Virginia

"Our Defensive Philosophy."

-Do drills that you're going to do in a game.

-Defense better always have help.

-"Sprint to help."

-Defend in a box, shorten box, we don't want to switch boxes

- Keep ball on one side of the floor

-When you are a smaller team you need to extend the passing lanes.

-You get hurt by direct passes.

-Can't pass the ball through someone.

-"Direct passes kill a defense."

-"Want to help in line with our man, not the ball."

- Use flat triangles

  -See ball & man

- Bat, you constantly must readjust as a defender
- Get in a direct line

-Post feeds, no bounce pass because post players must give up position to catch ball. Pass ball to hand.

-Sprint to help and plug back cut.

-"If your defender is not closer to the ball then his man you're going to be in trouble."

-"You must do things the right way to be the good teams and have a chance to be the great teams."

-"Read shoulders, not eyes."

-Help comes from same guy so big can rebound.

-Next guard rotates.

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-Worry about defending the ball.

-Get players to buy in "you're going to have to beat more than 1 of us!"

-Bottom guy of a 1-3-1 zone must be a tough guy.

Bob Knight, "Knight School: Defending today's Offenses."

1. Conversion
    - Most fouls are dumb and unnecessary
    - Know what goes on that leads to a foul
    - Officiate Practice
    - When converting to defense, don't give up easy points
    - Always work on defense by converting from offense to defense.

2. Offense
    - Get it there
    - Don't turn it over
    - Rebounding must be worked on everyday
    - Always do an offensive and defensive possession

3. Use timeouts during practice
    - Discuss out of bounds
    - Screeners
    - Shooters

4. Make kids think and concentrate
5. See & Listen makes you a better player

6. Be observant
7. Make kids pay attention to their surroundings

-Defense starts with transition and ends with a box out.

-If you rebound well

- Take away easy shots
- Make easy shots

-Box out:

- Step over – cross over
- Get elbows up
- May need a reverse turn
- Hold him with butt

-Post Defense

- Play defense behind big man
- Takes away angles

What you look for:

1. Somebody who's got a good shooter
2. Or can't shoot
    - No help responsibilities or if can't shoot then ball off and channel ball to him.

Guard Defense:

1. Square stance

2. Head up

-Best way to drive is attack extended foot.

-Force ball to corner.

-Give up corner shot.

Ball side – Channel ball to corner

Help side – Protect the drive

-Can't press good teams

- So how far can you extend your defense
- 1 step above 3point line is last line of defense

-Good teams get better and better with the ball so it gets harder to press.

-Look at how athletic and quick a team is on when you will pick up on defense.

- Most important thing is the ball, if you don't know where the ball is, you have a problem. Five guys must stop the ball."

-Recover low and short on close outs.

-Spend time on shot fakes

- Everyday use shot fake.

-Pay attention just to what your kids can do.

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-Ball side and defensive help.

-Nothing better to do to aid your defense then to switch.

Post Screen:

- The slop is effective against the switch.
- Offense can't be effective if you don't screen.
- Look for key spots to switch.

"He who hesitates is last."

2 Things to Watch When Kids Shoot

1. Eyes on free throw
2. Eyes on jump shot

Shooting Drills – Make quick and have a fatigue factor.

Nike Clinic
Las Vegas
May 6, 7, 8 2011

SPEAKERS COVERED:

1.	Alan Stein	Conditioning
2.	Mike Rice	Rutgers Defense
3.	Scott Schumacher	Half court defense
4.	Jamie Dixon	Defending sets
5.	Sean Miller	Attacking pressure
6.	Buzz Williams	Words that you use
7.	Dana Altman	Drills
8.	Stew Morrill	Sets
9.	Steve Fisher	Drills and sets

Note:
Janka screwed the schedule up since Frank Martin couldn't make it. Matt Painter spoke in the last spot on Friday night and I had already scheduled something else. I skipped Lorenzo Romar as he burned me the last year the clinic was at the Paris.

COLLEGE COACHES:

One thing to remember when listening to these guys is that they have all fall to condition, work on individuals, and do their install. As a high school coach we have to figure out how to do everything in 90-120 minutes and 15 practices prior to your first game.

Alan Stein:
He is DeMatha's strength and conditioning coach. I don't think any of their players play football. He works with them all year. He is high energy and a lot of what he showed could be done during indys in the summer or a 10-20 minute period of practice throughout the season. He showed a couple of really good things to do with a basketball including some 5 v 5.

Drills:

1. Euro pass: This requires 8 players and is a drill that Kevin Eastman has talked about. Great drill to start practice.
2. Chaos passing: Teams of 5 on half court each team with a ball. Both teams pass and run around and try to complete 2 passes in a row. Start each team with one ball and and then add a second ball. Rules: Passes must be 15 feet , you cannot pass back to same player, and each player must move.
3. 5 v 5 pass plus two coaches as outlets. True 5 v 5 pass drill first team to complete 20 passes in a row. Deflection or steal the other team gets ball.
4. Conditioning drills:
    - Tennis balls
    - Races where you chase a teammate

- Chasing around the circle with and without a ball

5. Full court tip drill like everyone does but he adds an extra ball that must be passed.

Note: He is 100% on email: Tell him you went to clinic and want his drills alan@strongerteam.com
Also he has a lot of drills on utube. He will sell you a workout program for a discount: use the following code: vegas-ten in the coupon box.

RICE/RUTGERS: Very energetic and coached the kids hard.

DEFENSE STUFF:

1. Switch positions 1-4 in gap
2. CLOSE OUTS: chin to top shoulder
3. Create chaos when ball goes to post

FINISH DRILLS and 1 v 1:
I really got a lot out of this and will use in individuals for summer

1. He had two posts on blocks outside lane and would throw the ball to one and the other would play D. Keep shoulders square etc.
2. Screening concepts into 1 v 1: Set a screen shoulder to shoulder and then the screener becomes defense. He covered the following screens: flex/flare/down/curl etc.
3. Used a term called carving where you post the helper.
4. EMAIL: mrice@scarletknights.com

Schumacher North Dakota College of Science juco

1. 3 consecutive close out drill that was good.
2. He always starts his shell drill in ¾ court and has players switch positions before starting. He yells go when it becomes live.
3. He runs a 5 v 3 with a trailer drill that is really good. It turns into 4 v 5 at end.

Jamie Dixon: Defending sets:
This was really good and I learned a lot of teaching terms. Of course once it got to ball screens he showed about 5 ways to defend them.

Here are some of his basic rules for defending plays. He showed the following plays: USA, cross screen down screen, shuffle cut, flex, ucla and then a ton of ball screen stuff.

Rules:

1. Go under all cross screens
2. Man guarding the screener steps in path and changes route of cutter
3. Down screen after a cross: the big is an EXTENDER and puts his hand in the passing lane and takes away a curl cut.
4. Guard the feeder and then jump to the gap and defend the drive.
5. They trail shooters and go ball side on non shooters.
6. They jump lane side on a UCLA cut so that the guard cannot pop back on a re-screen.
7. When trapping a ball screen the biggest problem they have is the man guarding the ball not pushing up and applying pressure.
8. They teach switching of ball screens for late game situations.

SEAN MILLER attacking pressure:

I learned a lot from him about how I coached in the past. You have to give your kids a method of breaking pressure as well as getting open in late game situations.

1. Getting open in full court on inbounds:
   - Run and get as close to ball as possible.
   - If you have baseline have in bounder run under basket so cutter has two way go and you can throw him a bounce pass.
   - All his press breaks end with 3 near outlets
2. Plays to get open in full court:
   - Box
   - Box cross
   - L
   - Stack
3. He really wants to attack half court traps and uses what he calls diamond which is a 1-3-1 offensive formation. The point guard must keep ball in middle of the floor. He pulls them if they pick up their dribble.
4. He likes to flood the baseline v extended 2-3 zones.
5. A couple of good ¾ and full court plays to score.

DANA ALTMAN:

He showed some stuff for individuals that we all do. We was big on rebounder/passer/shooter drills with posts doing jump hooks.

DRILLS:

1. 3 player 2 ball shooting
2. Morningside drill: a great 2 v 2 rebound and tuff drill.
3. Power out is what post wears if he rebounds and is going to dribble down middle.
4. Check hand out in your PDF.

One thing that he emphasized was that once they did a couple of pre-practice fundamental drills then they went into defensive stuff early in practice.

Stew Morrill:

He runs set plays into PNR. He is very inside oriented. He got through quite a few sets and some counters to the sets. He showed two of his zone offense sets as well.

Simple rules:

1. He starts his point guard behind the jump circle and the players start their action when the point clears the circle or "logo."
2. At the end of a play when the guard wants the post to come out for PNR he brings the ball above his head.
3. In zone offense they do not throw the ball inside on the first side.

Steve Fisher:

He started with some good quotes and what is important in coaching etc. He showed some individual drills and then sets.

INDY stuff:

1. Around the world drill: Make 10 before you miss 5. Start on first spot with a make.
2. Money ball: On team shooting drills to 10 you must end with a money ball which is 2 in a row.

SETS:

1. SHUFFLE: They set up a triangle and swing the ball. After the swing they set a stagger for the corner man and then another double screen for the shuffle cut player. He showed a lot of counters.
2. SCISSORS: It start in HORNS and is a post entry. They have some good action off of it.

WHAT I LEARNED:

1. You must guard the ball.
2. Close out drills should be run every day.
3. You need to have a plan to guard ball screens and pick and roll.
4. Good shooters can make up for a multitude of sins.
5. No matter how hard you work on defense you better run shooting drills so that you can score.

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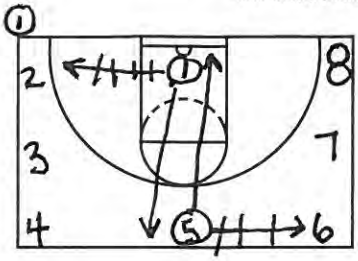
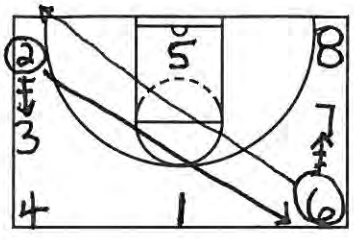
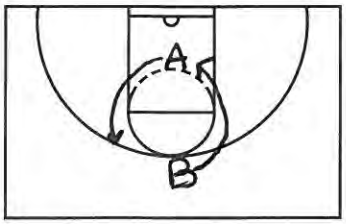
CLINIC Alan Stein
DATE 5-6-2011

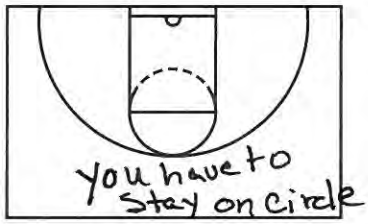




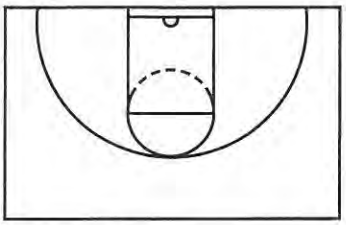
① Euro Pass - 1,5 have bballs
- Pass to your right and - exchange with person across from you

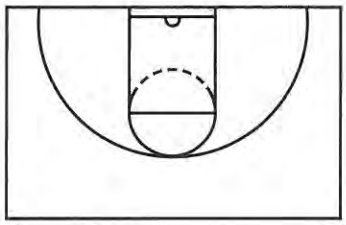
* Keep passing/exchanging



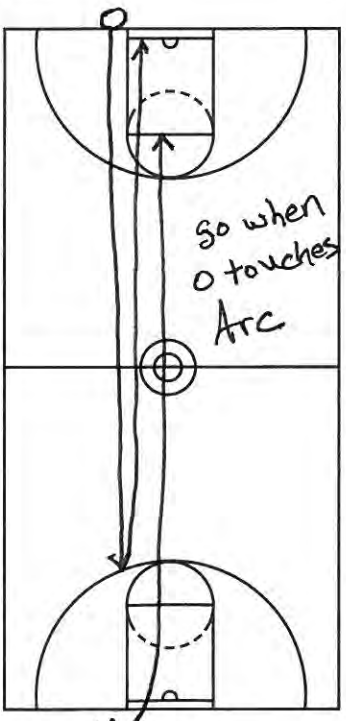


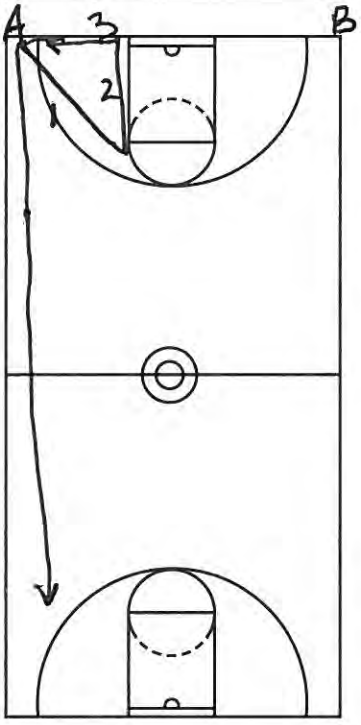
② Circle Drills
- Sprint around circle and TAG
- Add bball or do D-slides

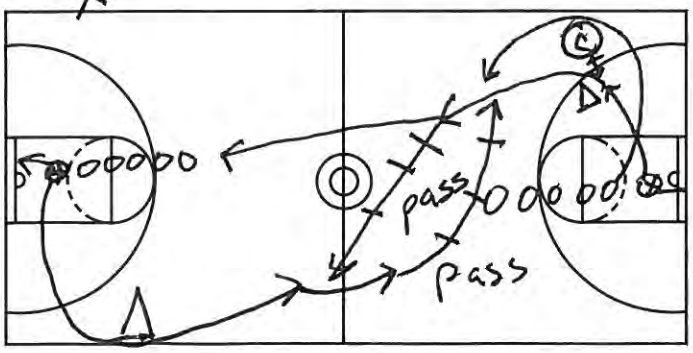




Team Drills = TAG
1 = sprint 2 = Backpedal 3 = slide 4 sprint to FT = Decel to complete stop







Tip drill with passing:
- Cones to run around

Coach tosses 1st Kid a ball and he passes

Pass again go to end of line

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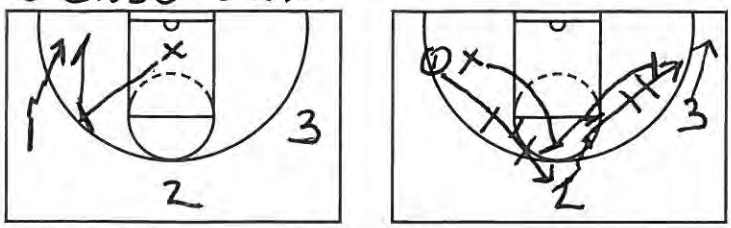
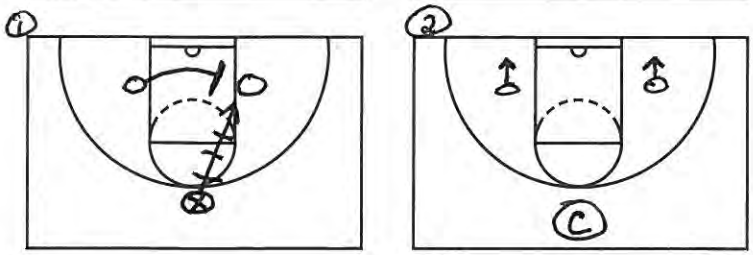
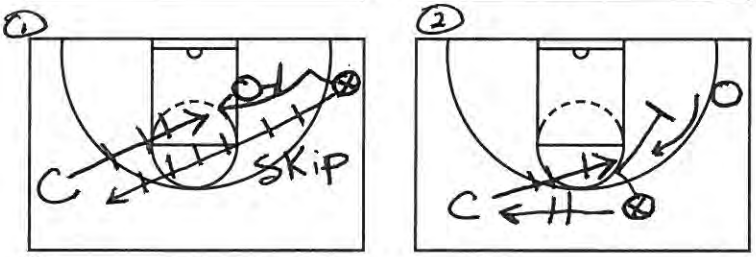
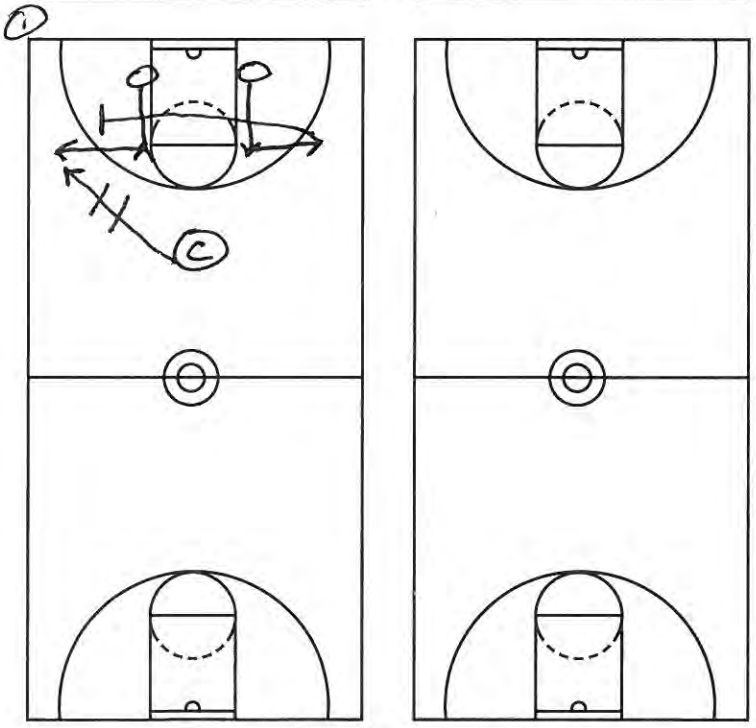
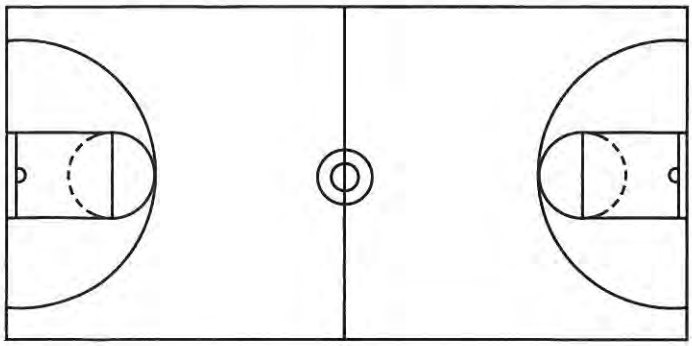
3 close-outs











Rice / Rutgers

3 close outs • pass ball to 1 • close out 2 dribbles • 1 pass 2 close out 2 dribbles • 2-3

New player

Finish:

① pass - play 1v1 - chin get big power

② Face baseline / Roll ball

* Move up lane and do same

Screening to 1v1

① Skip - shoulder rub screener Finish v screener as D

② Down screen / curl etc

① Elbow out to 1v1

Both break up / out - sprint / play

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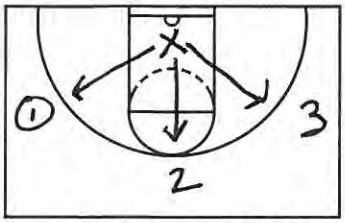
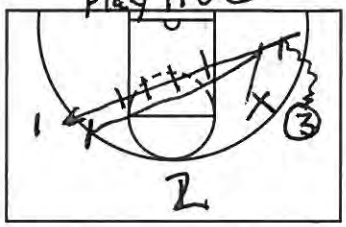
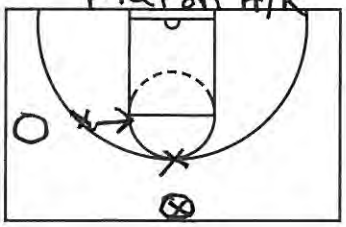
Schumacher

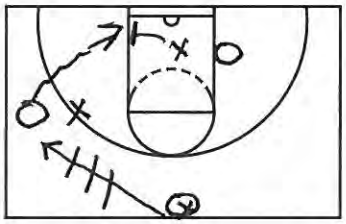
CLOSE out Drill:
3 in a row → skip 3-1
and play live





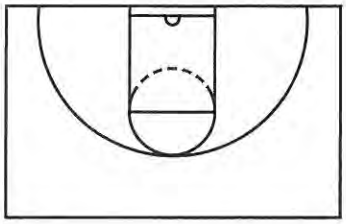
Help Recover

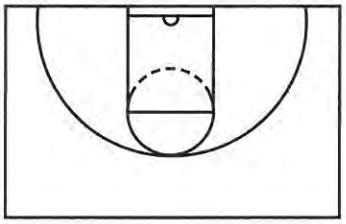




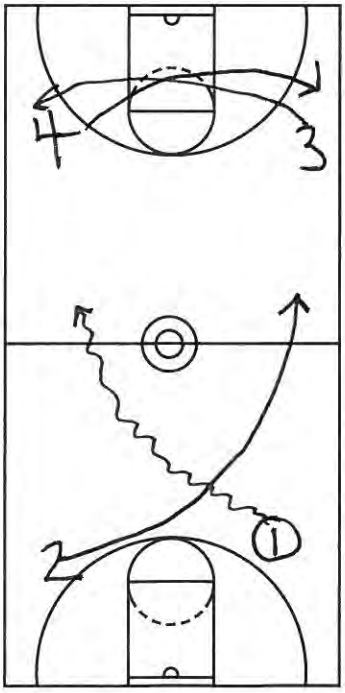
Back to basket

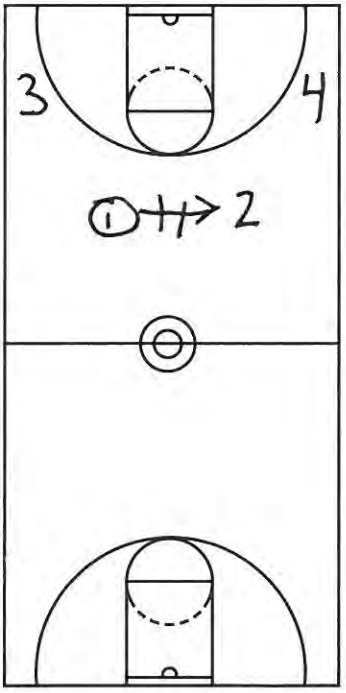
Do not violate principles
Run with weighted vest





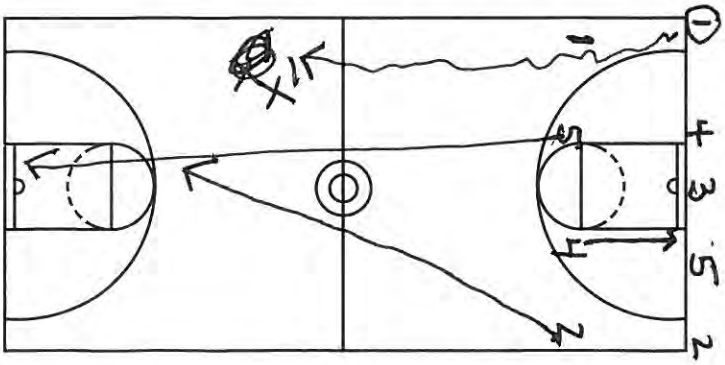
Shell:
- Start with dribble up and cross wings
- 2 cuts of 1's back
- Pass until he yells go
- He yells go after skip ALOT





Transition D
- Line up G's in corner and always throw to corner player
- Call name of 4-5 to touch line

1st ball - 2nd to basket
3rd ball side
4th back side
play 4v5



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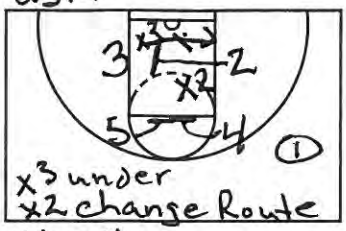
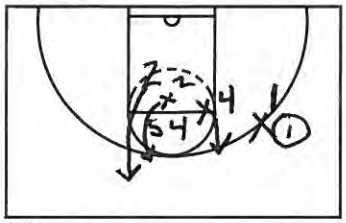
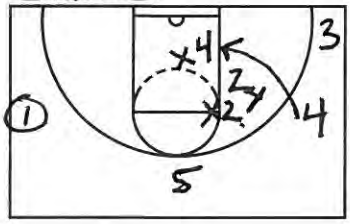


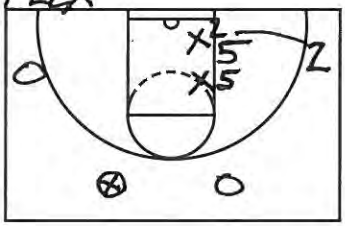
USA

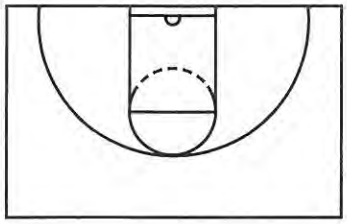


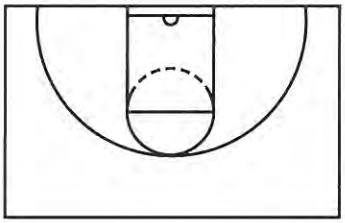
Shuffle

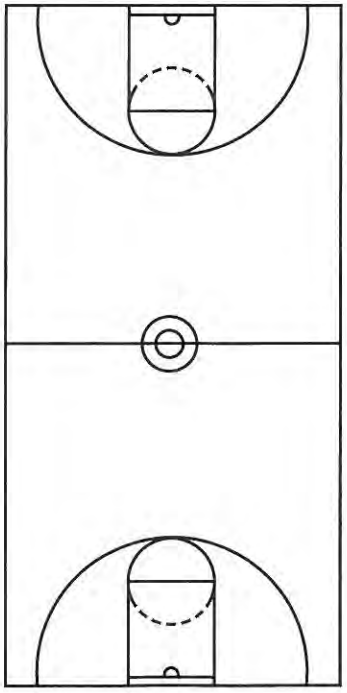


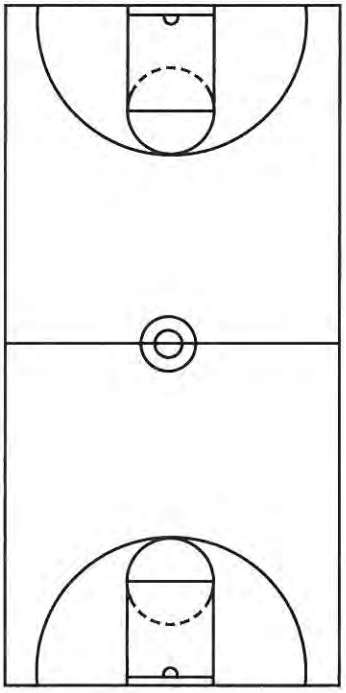
FLEX

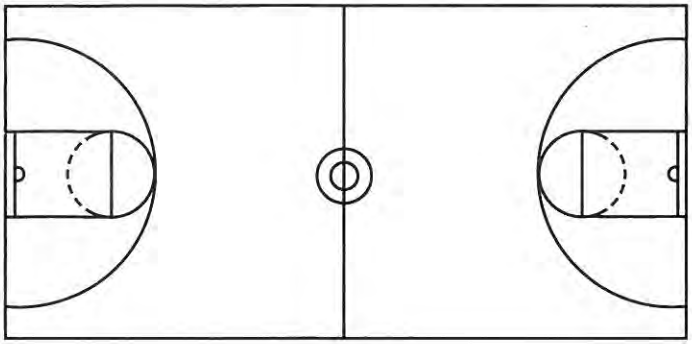












Jamie Dixon

→ Play under
Change cutters direction
Trail shooter
Gap non shooter

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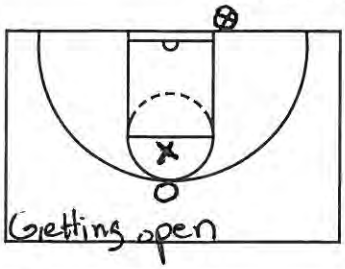
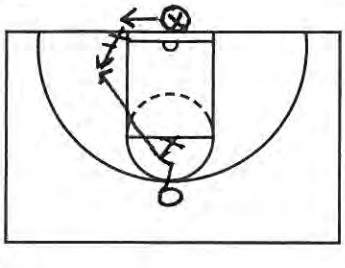
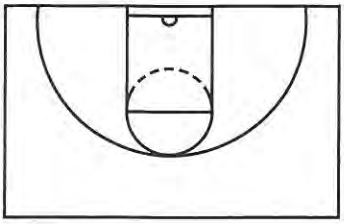
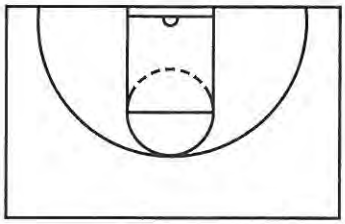
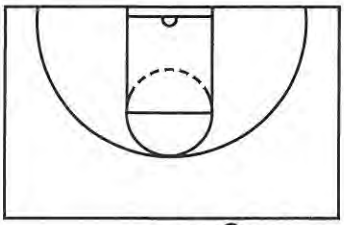


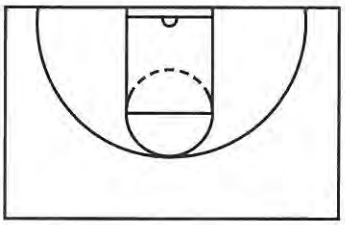


- start with inbounder under basket if you can run baseline or have him run under rim and then offense works to get open



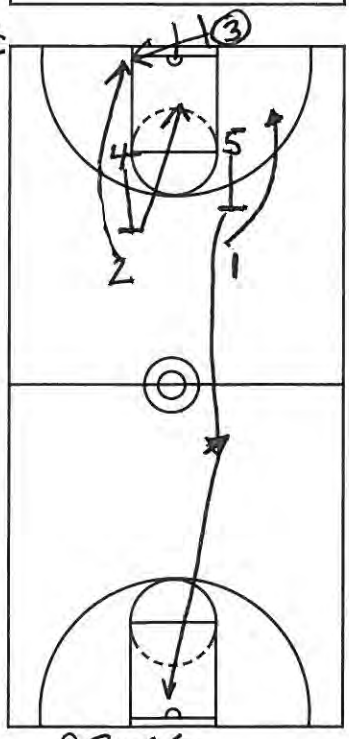


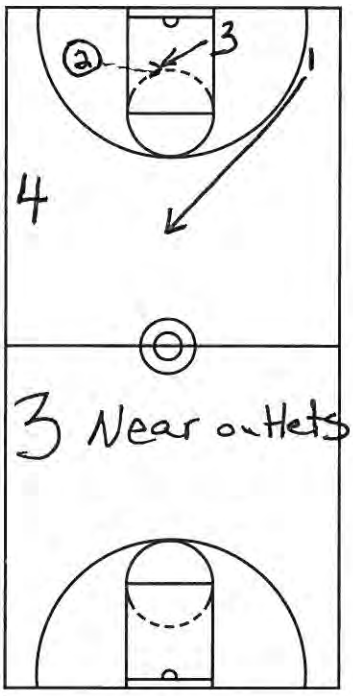




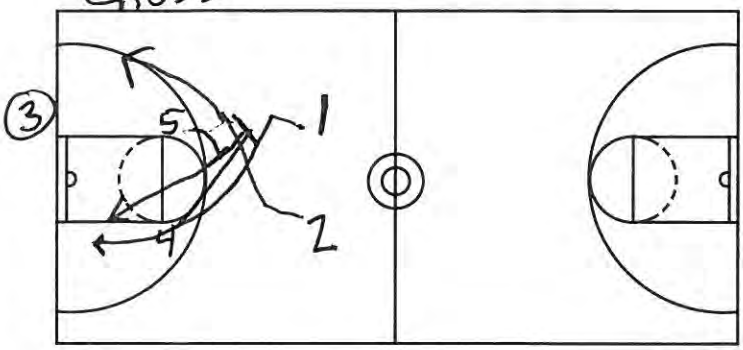
Full ct late game FOB:
- 5 hands on Knees Face Y2 ct
1-2 do not move until 4-5 leave to screen
* Late than early
Further away From 3 the better
4 is 2nd cutter
options 1-2-4
* Like For spot
Ball above head begins play
3 Near outlets

BOX





CROSS



- Ball side is 1st cutter on cross

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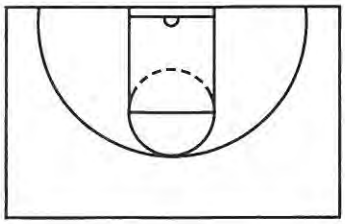
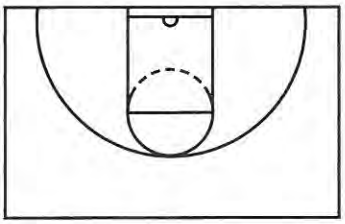
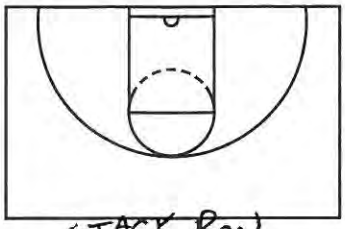
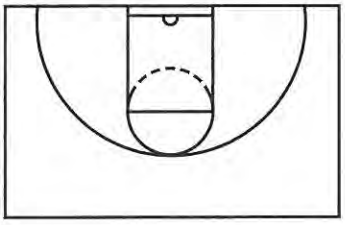
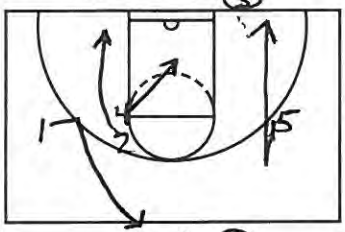
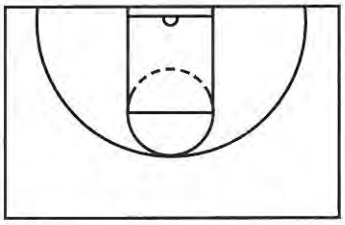


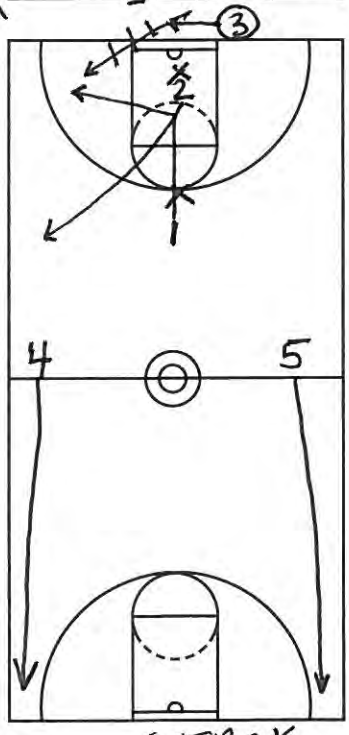


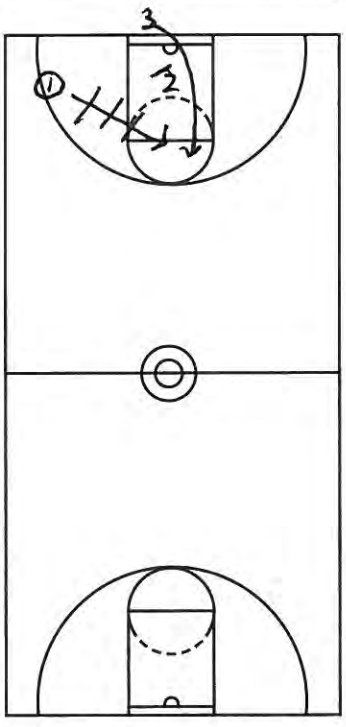


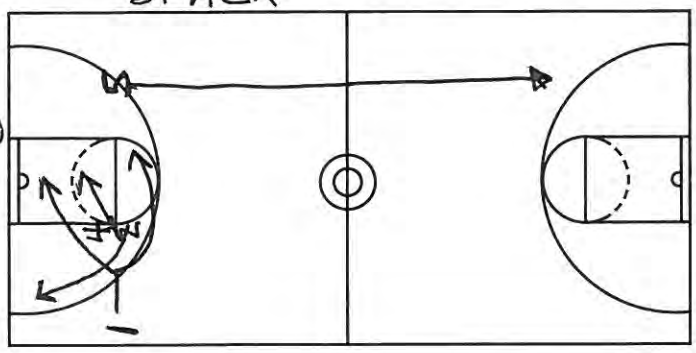








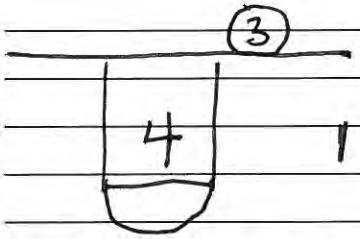




EYES: "L"
On hand to 3 - 4-5 go to corners
They cannot: switch

2 still goes sideline and
3 steps in →

ATO: CTR to L
streak 3 off 2 after 1 gets
the ball → 3 go middle to sideline



End same
way every time

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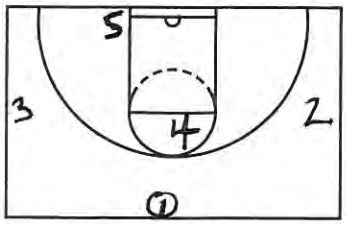
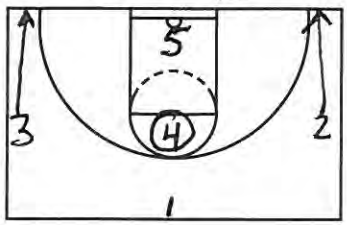
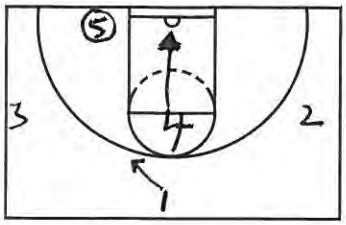
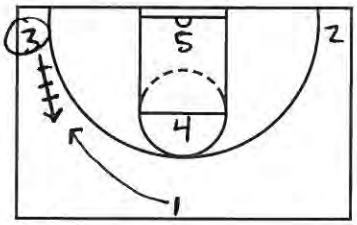
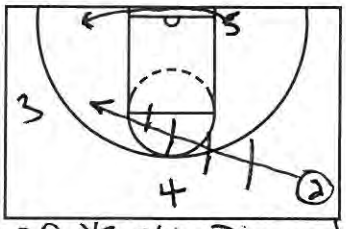
Flood "Y" (Baseline)

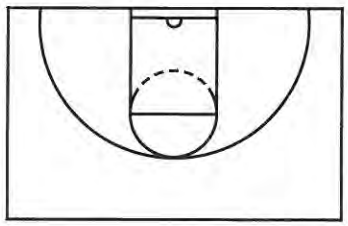




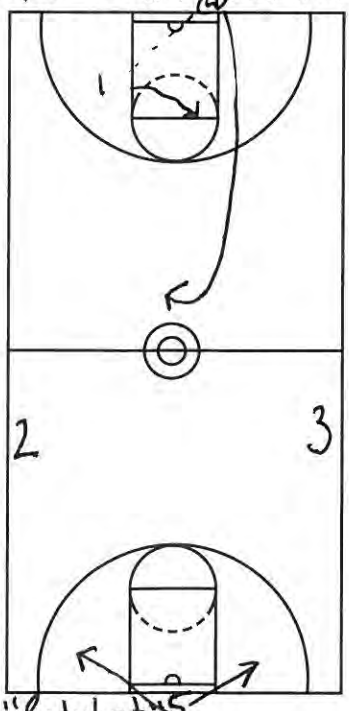


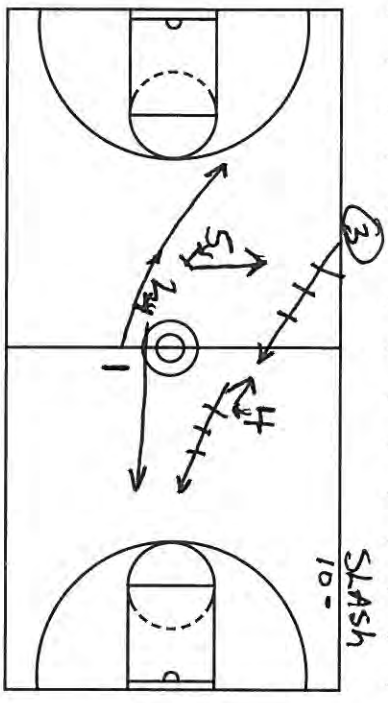




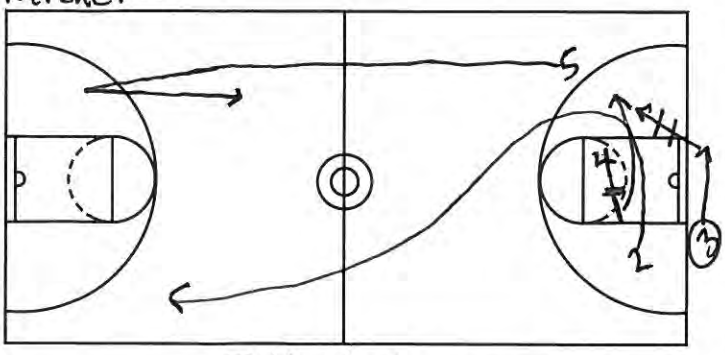


Trap O 1/2 3/4 Diamond





"Ratchet"



Full ct to score

ZONE O vs pressure "LOGO"
2-3 stay below FT line extended
pressure/trapping zone

Ping/Passing = side to side Move Ball

Every 3-5 passes we want ball to touch logo with a bounce pass

When ball goes to LOGO 5's head is under rim - 3-2 are on baseline -
"The best thing that we have done vs pressure"

SLASH = 4 must have an act turn and post & when 1 cuts hit 2 @ basket -
options:
① 3-4-2
② 3-1
③ 3-5

Diamond
2-3-4 on same plane in and around 1/2 ct if pressure

Point = Ball in middle as much as possible - Keep dribble - Take him out if he picks up
5 must stay behind backboard

Not vs true 1-3-1

Put ball in point & and on run
Let him make a play

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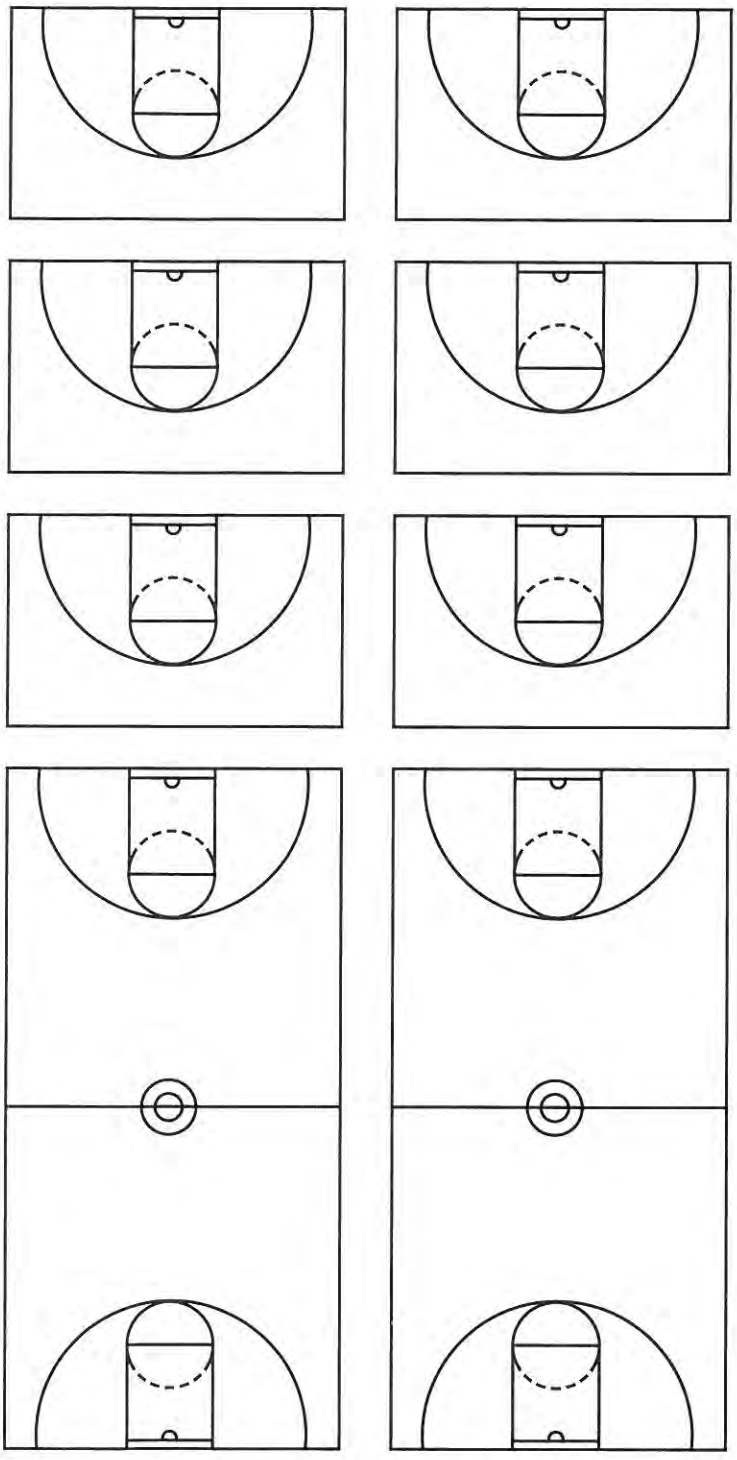
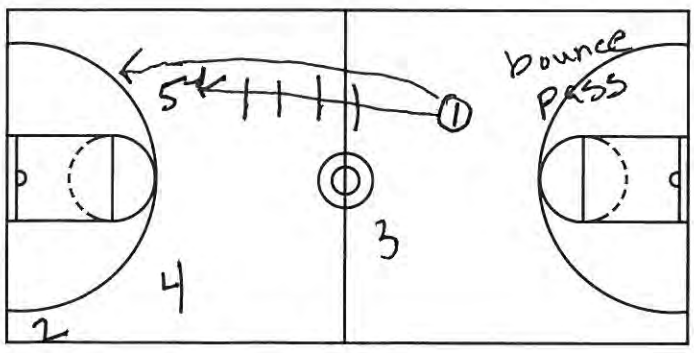
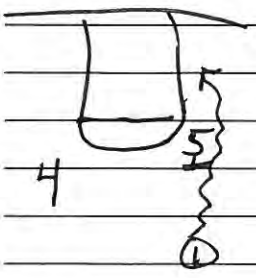




• Bounce pass to 5 or



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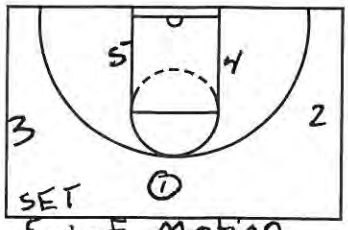
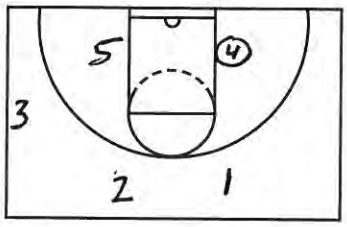
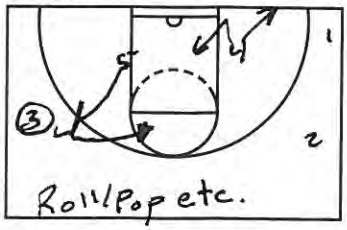
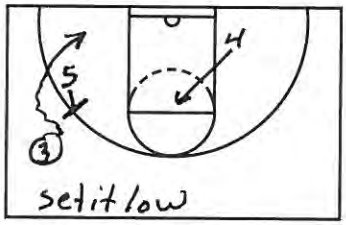
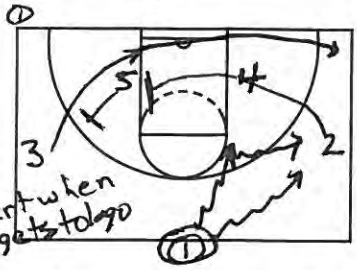
End play space:

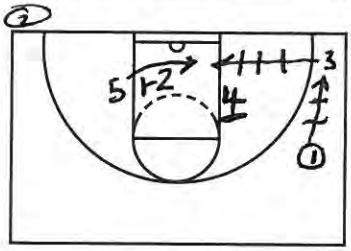


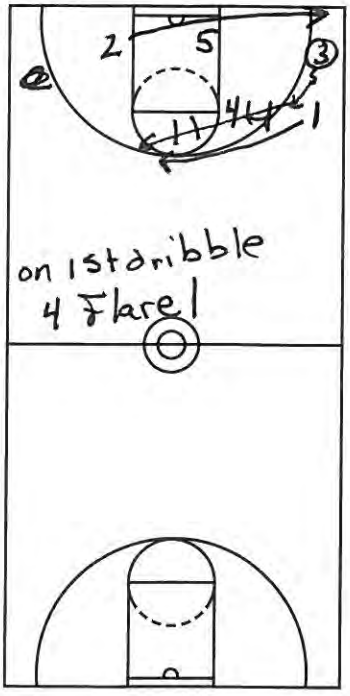


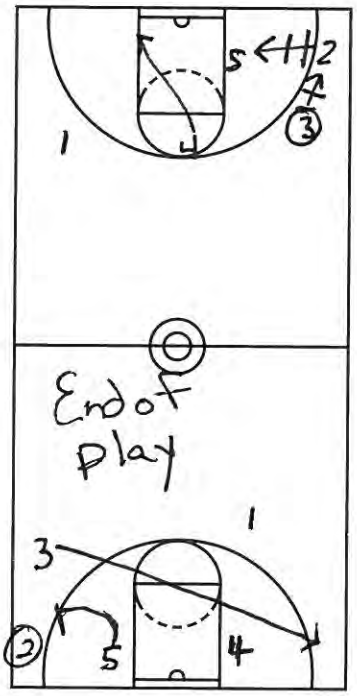


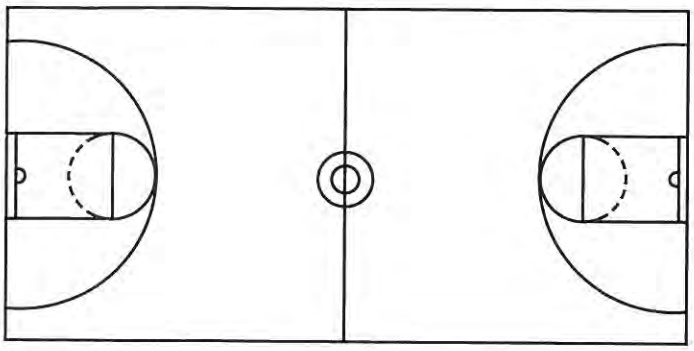












- When you bring ball above your head it tells you to come out & play PNR-
- Try to get a piece of the paint in your PNR

ACTION @ end

Dribble Rt
- Start when 1 clears logo
- 5 back pick 3
- 2 screen 5

Play is a lot like HEAT
- Wait to use a screen until jump stop →
- Always take the ball to the action on a FLARE

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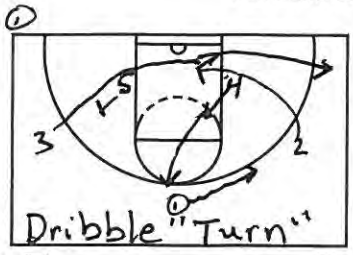

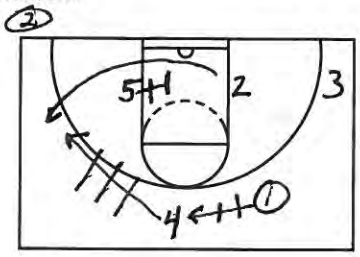

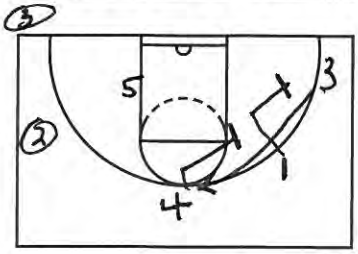



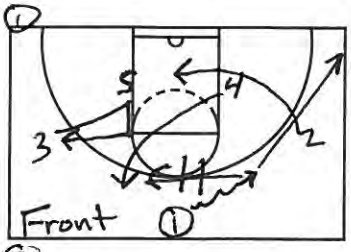

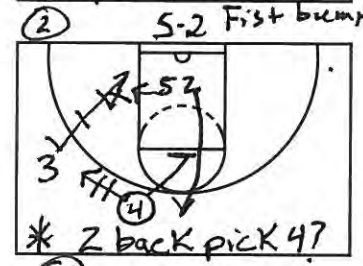

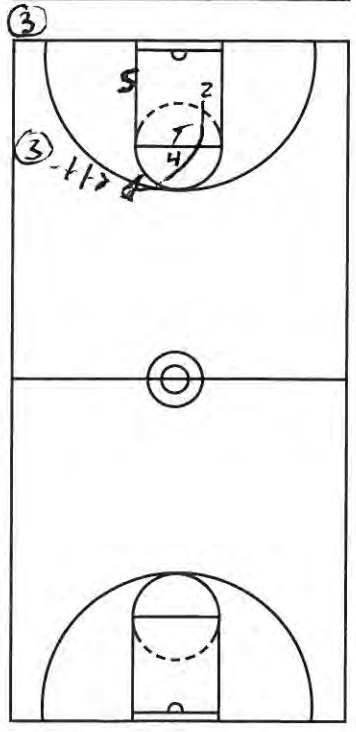

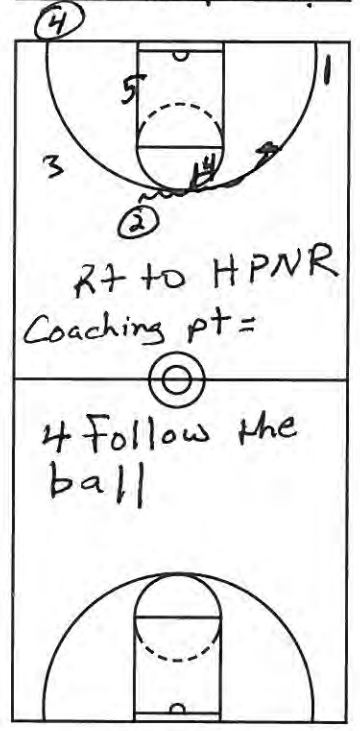

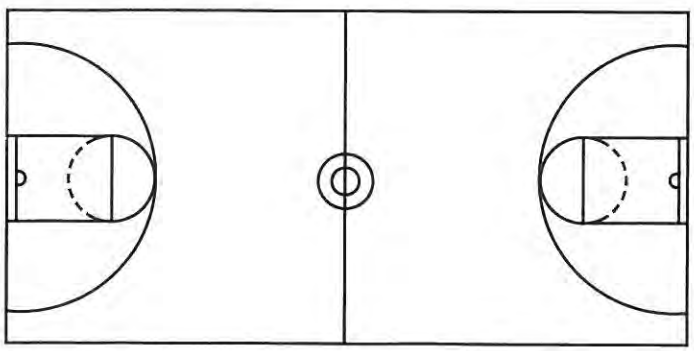

"Turn"
- 2 instead of screening 5 "Turns out off of his screen"
- 4 comes up to reverse
- Stagger away @ end to PNR or ball screen

* opposite wing starts action

Clear the logo →

"Front" when they front post

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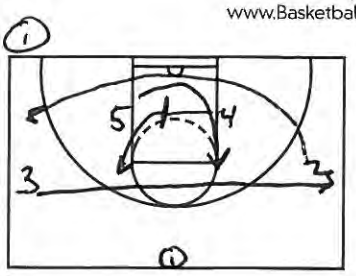
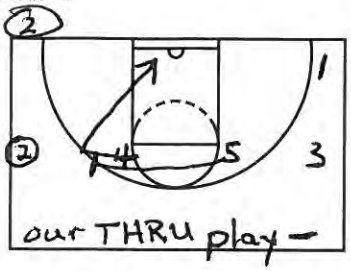
CLINIC Stu Morrill
DATE 5-8-2011

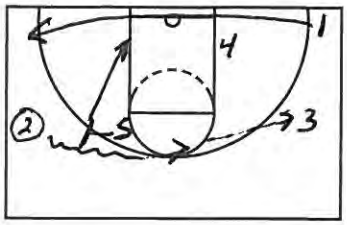


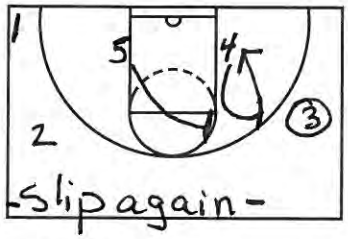


our THRU play –

"Bait"
over under cut

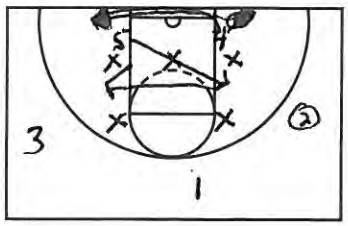
– Like through but do it twice

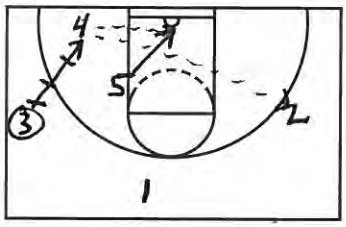


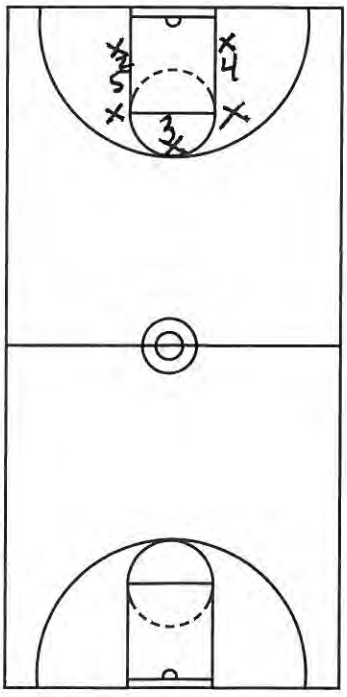


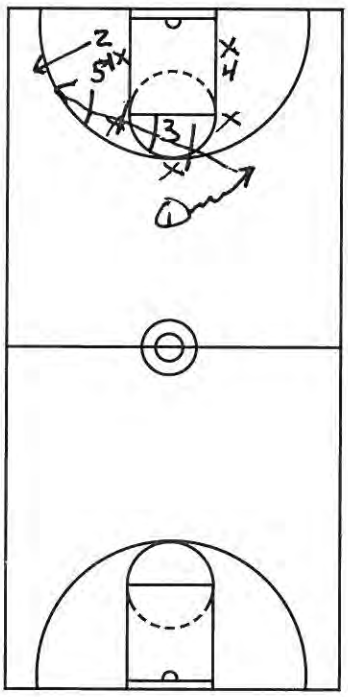
-slip again-

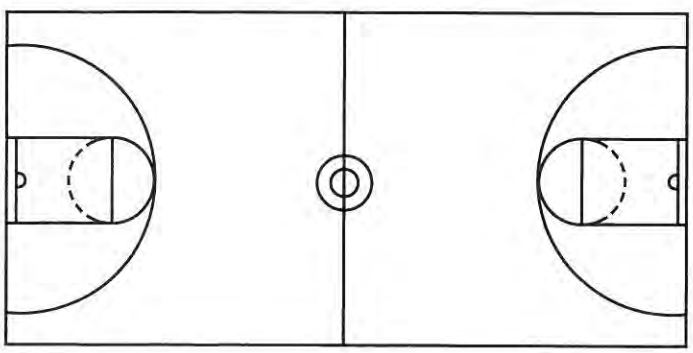
ZONE offense
"GHOST" vs 2-3
short corner/mid past
• Low goes away so you can attack 2nd side
do not throw in on 1st side
1-2-2 run Baseline











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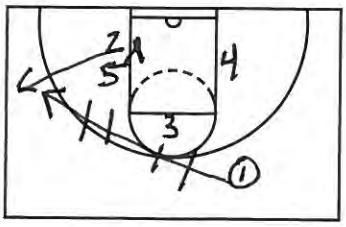
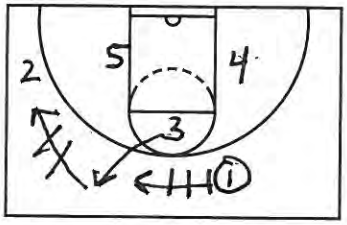
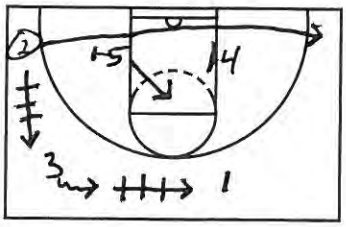
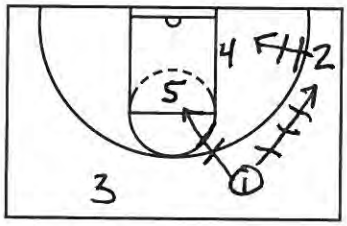
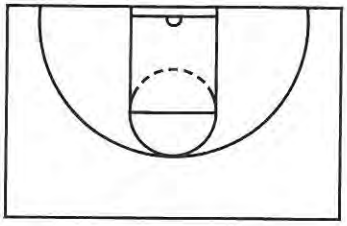
CLINIC STU MORRILL
DATE 5-7-2011

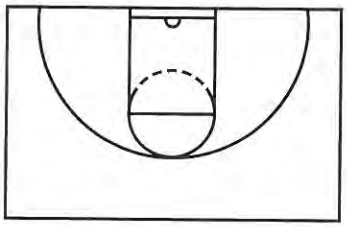


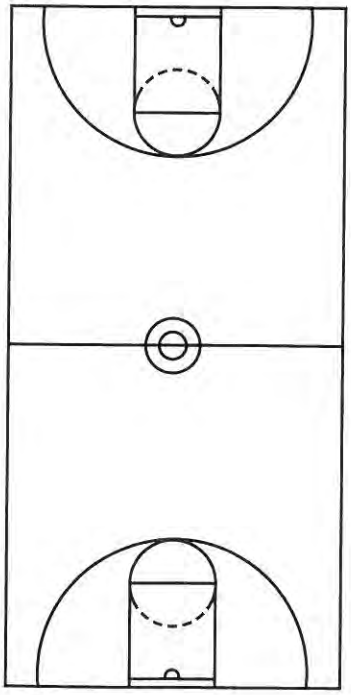


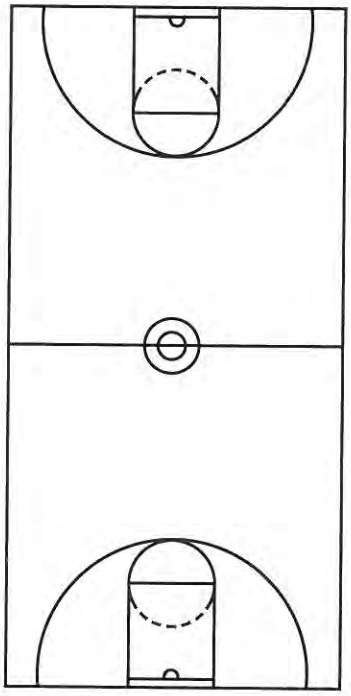


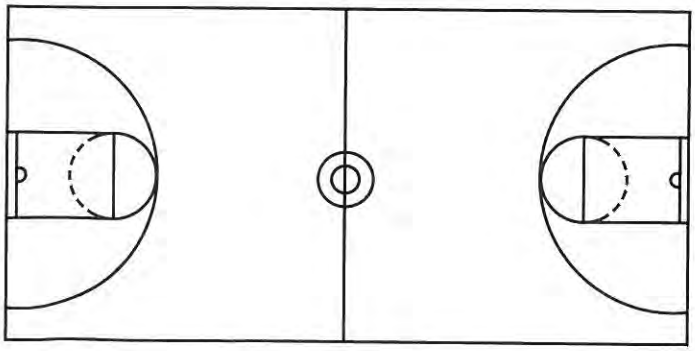












Baseline

→ Start with skip
→ 3 comes out if skip isn't there

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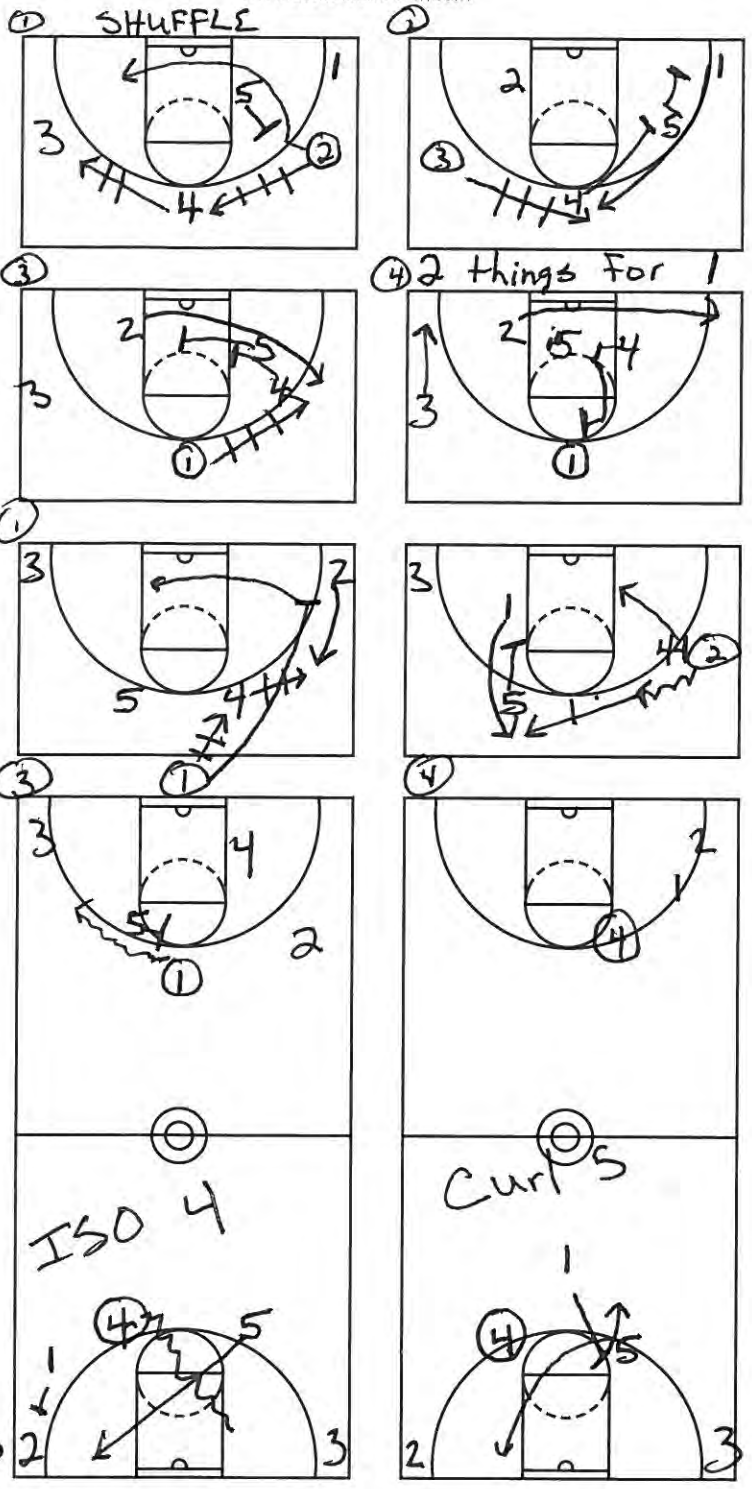
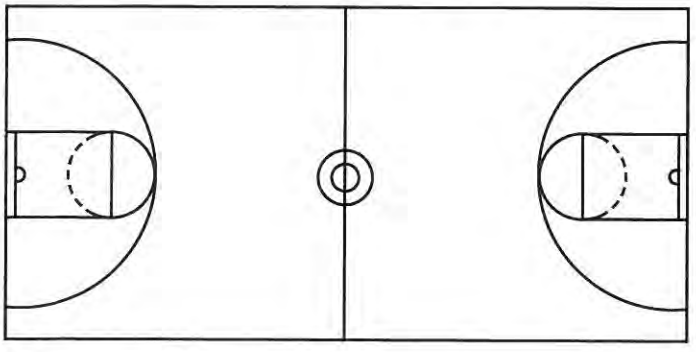




Fisher

SHUFFLE

① 1-2 4 to top 2-4-3 shuffle
② Stagger for 1
③ 5/4 double again for 2
④ Flattern for 1
or High PNR with 4

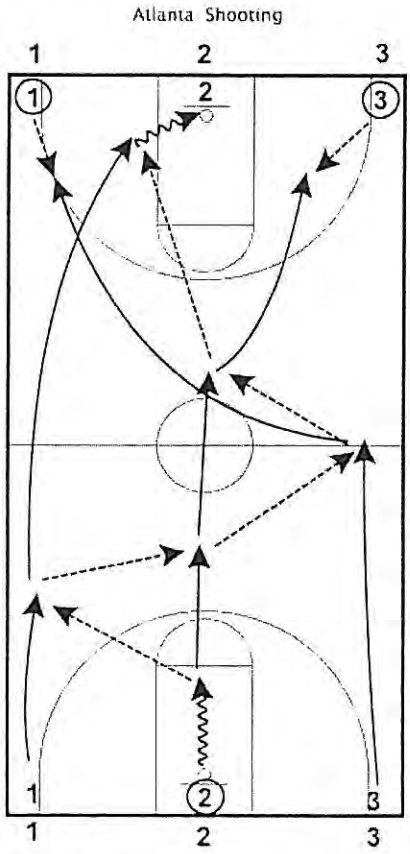
Scissors (Stertin Horns)

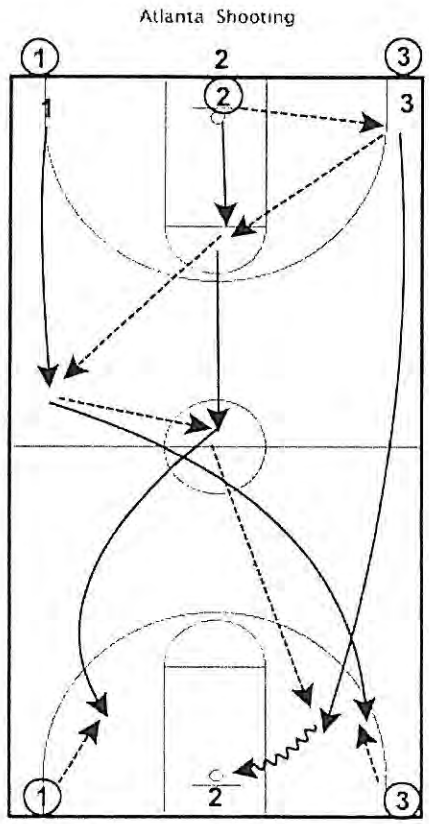
① 1-4 cut and screen 2
4 hit 2
② 4/2 PNR 1 curl 5
③ 5/1 HPNR

④ options
- 2 backcut switch respons with 1
- 2 curl and switch

He showed a ton of CTRS etc

OREGON





ATLANTA SHOOTING DRILL

This is a timed shooting drill. Goal of the drill is to get maximum made shots in time allowed. Our normal time is 4:15 and our goal for makes is 110-115. Like many of our drills, passing, catching, running, and shooting are all incorporated in this drill. A premium is placed on making good passes while running full speed. The drill starts with a minimum of 6 players at each end on the baseline with 3 lines. Ball starts in middle at one end and is passed to a wing that has started running. Ball is passed back to middle and then passed to other wing for layup. Middle man and non layup shooter flow to shooting are on each wing for shot. Pass is made from 2 spots on baseline. The other baseline "middle" man grabs rebound and hits a baseline passer who makes a return pass to middle. Middle man then hits opposite baseline passer for layup and middle man and non layup shooters flow to wing area for shot. All made baskets count for 1 point. Manager/coach runs clock and keeps score.

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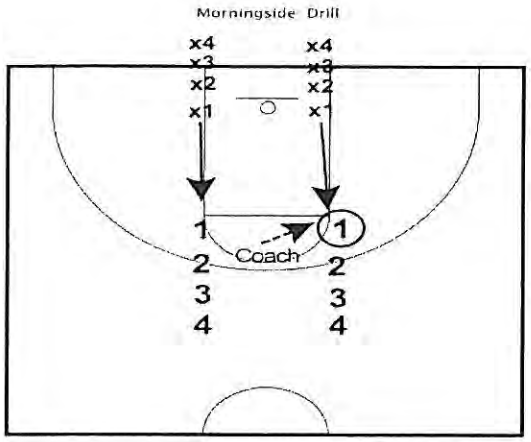

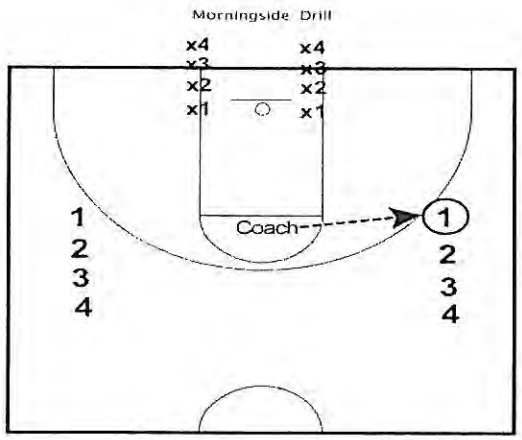

MORNINGSIDE COMPETITIVE DRILL

This is one of our favorite drills. It covers many facets of the game and gets very competitive. Coach splits group evenly, one group on baseline, one at elbow area. "Defensive" group starts with a foot on baseline, 2 guys on the FT lane line. The offensive group is lined up around the top of key, with 1st two offensive players at about 16' elbow area. Coach has a ball on baseline and yells "ball" when he passes to one of the offensive players at elbow area. Defense closes out hard to contest shot or contain dribble. Offensive player can shoot or he has ONE dribble to get shot. Shot goes up and it is live on make or miss. Defense or offense can get rebound and put it back. Drill ends after a shot is made after the initial shot. So offense can score twice and defense can score once. Offense goes through the drill twice and then switch with defense team. Both teams should have the same amount of possessions to make it competitive. We do this drill with no out of bounds. We also "let 'em play" and only call the obvious fouls. Emphasis placed on contest, physical block out, and go get the ball for defense. On offense, emphasis is on having hands and feet ready for initial shot, attack the offensive boards, and go "at the basket" for shot. The scoring should be done mainly in the paint after the initial shot. We also do this drill from the wing, with 2 defensive guys facing the top of key and 2 offensive guys on wings. Coach yells "ball" and defensive players close out and run drill same from there. Close out principles and forcing offensive player a certain way are also incorporated in this drill.

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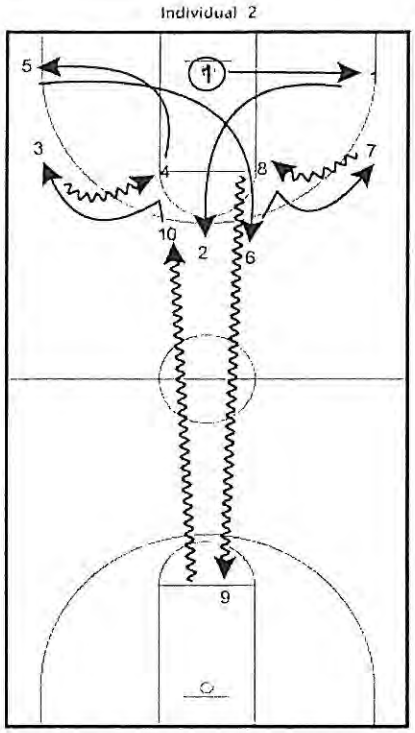
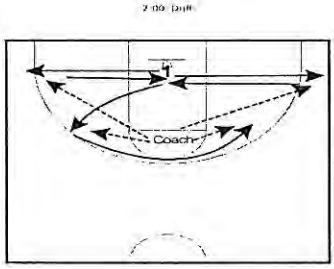
INDIVIDUAL SHOOTING WORKOUT



Player starts with his head under basket. Sets man up and runs right baseline for corner J(coach/ manager make all passes). After shot, player goes under basket again and comes right up middle for top of key J. After shot, he simulates receiving a flare screen and goes to left for J. Shooter receives pass and simulates receiving a ball screen on left wing, shoots jumper. After shot, shooter goes under basket and repeats the drill starting on left baseline. After last shot, shooter receives pass and pushes ball to other end for pull up J. After shot, receives another pass and pushes back to original end for pull up J.

Drill is done at max effort-game speed. Focus is on footwork, setting man up, quick release, sprinting to next shot, ball handling, and conditioning. We go at both ends at same time and make it competitive, loser runs or does push ups. Should be a total of 10 shots while moving, running, ball handling.



2:00 MINUTE DRILL

Start under basket, run left baseline for shot(coach/manager passes). After shot, run to right baseline for shot on other side. Run back under basket and come out to left wing for shot. After shot, run over top of key for shot on right wing. After shot, run baseline and start over with left baseline J. Repeat for 2 minutes. Anything over 20 makes is very good.

Drill should be done at maximium effort, game speed. Focus is on footwork, setting man up, quick release, sprinting to next shot, ball handling, and conditioning. We go at both ends at same time and make it competitive, loser runs or does push ups.

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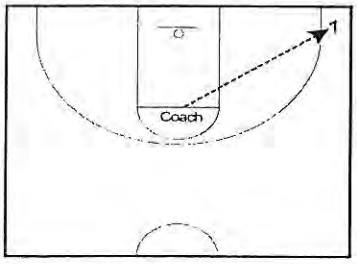

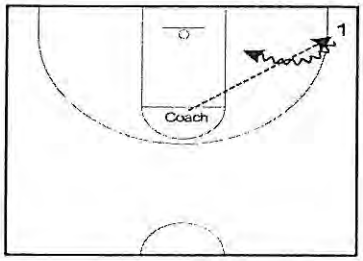

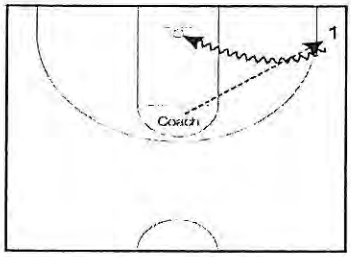

"35"

Start on baseline with corner 3. After shot, receives pass and takes one hard dribble for pull up J. Shooter goes back to 3 point line and receives pass, shooter gets 1 dribble and attacks rim. 3 pt shot is worth 3, pull up J is worth 2, attack basket shot is worth 1. Do this drill from both corners, both wings, and top of the key. Shoot 5 FTs after drill. FTs are worth 1 point. Best possible score is 35.

OREGON BASKETBALL CAMPS

2011 OREGON TEAM CAMP - High School Teams

Dates: June 24th-26th Cost: $200 per player

Seven game guarantee

Games are played at brand new Matthew Knight Arena

Stay and dine on campus - Give your players a college experience

Breakout Sessions and Coaches Clinics

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Residential options available

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Skill development, games, contests

For more information, contact:

Josh Jamieson, Camp Director
Toll Free: (800) 249-7209 email: joshj@uoregon.edu

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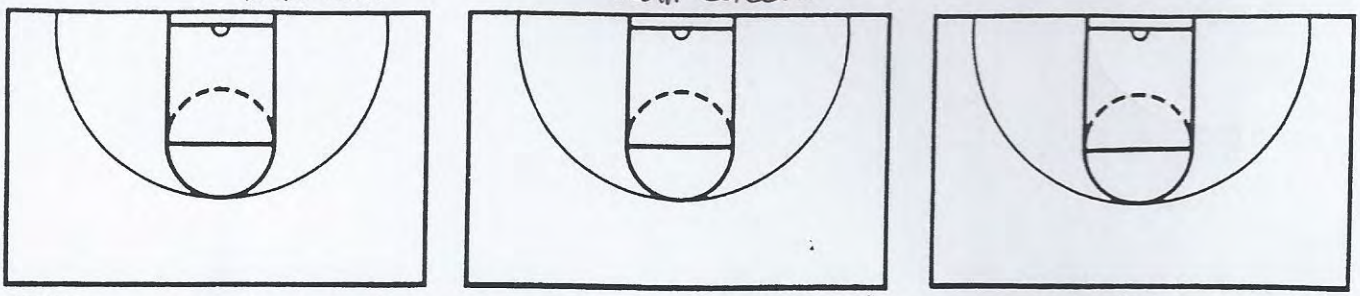
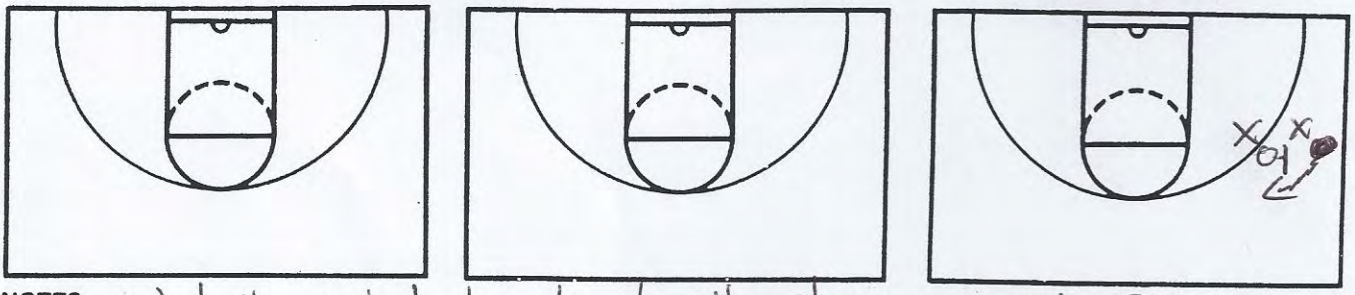
Mike Young
Wofford / Defending Ball Screens

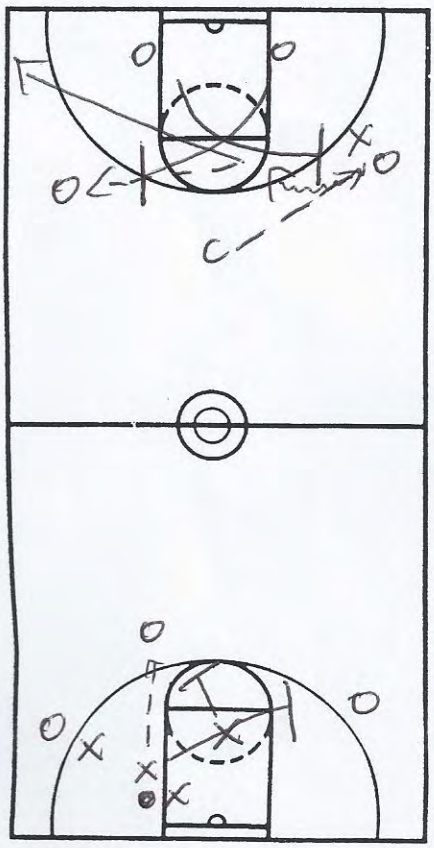


NOTES 1. Tight & Under → Only do way away from the basket
2. Switch



NOTES Wants the post to have to make the play

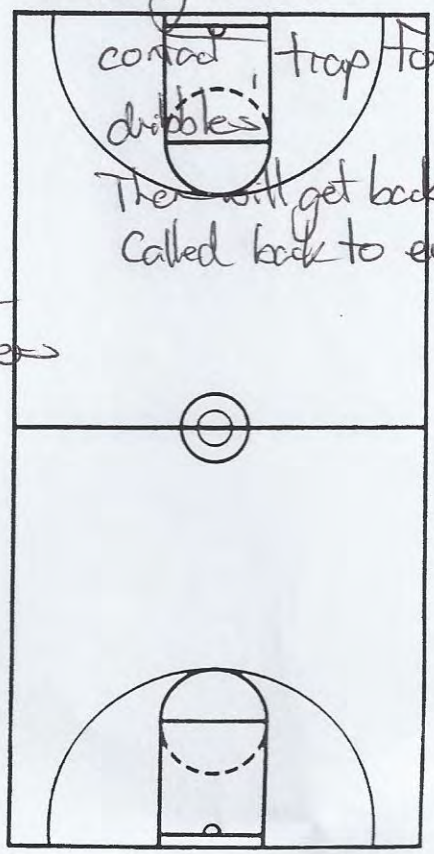
Side Flat
Ball defender → force to screen
Guarding screener → maintain contact trap for two dribbles
They will get back
Called back to eve



NOTES

Bucks Shell Drill
with two ball screens
Key → shoulders square
contact w/ screener

Disadvantage Drills



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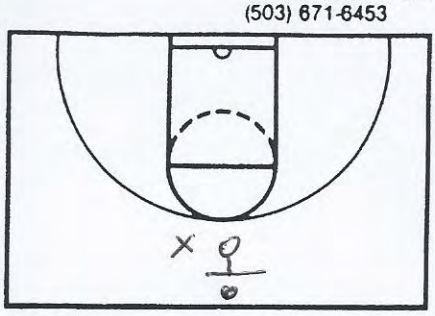
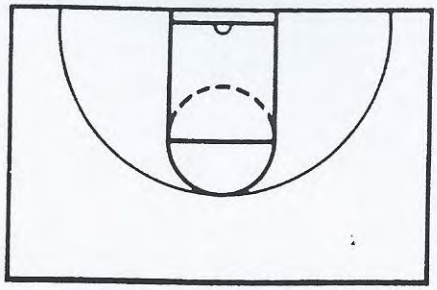
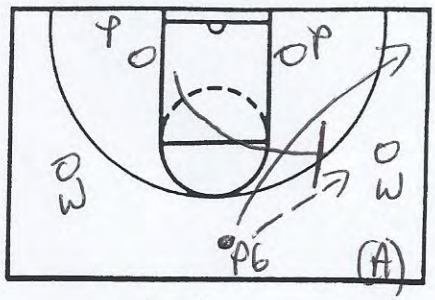
CLINIC Young/Wofford 2
DATE

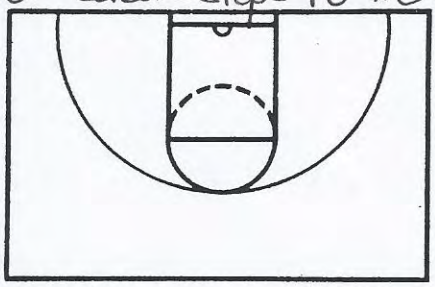


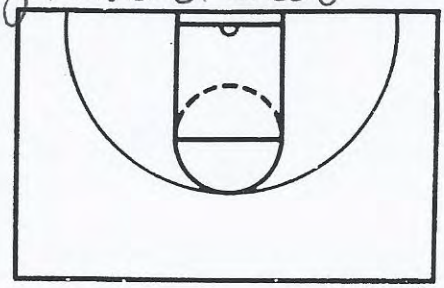


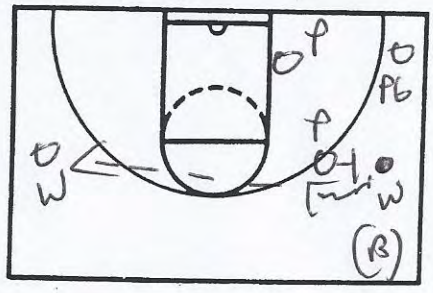


NOTES Flat Ball Screen
They play off ball, defender on screener steps to the right side of screener

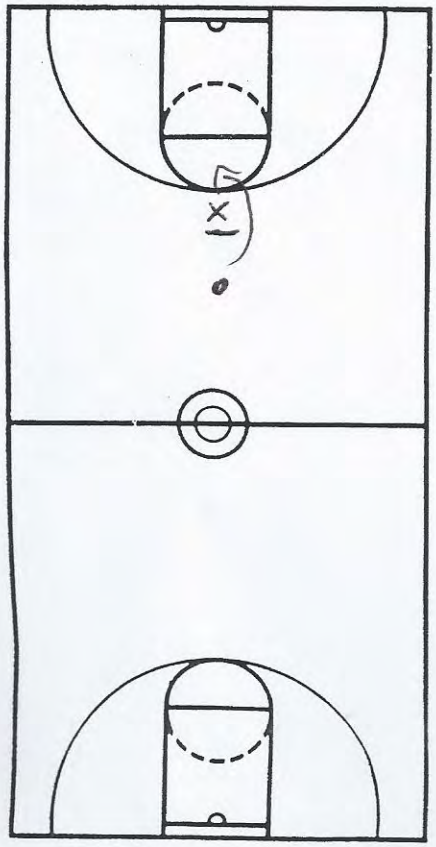
Wofford
Delay Game







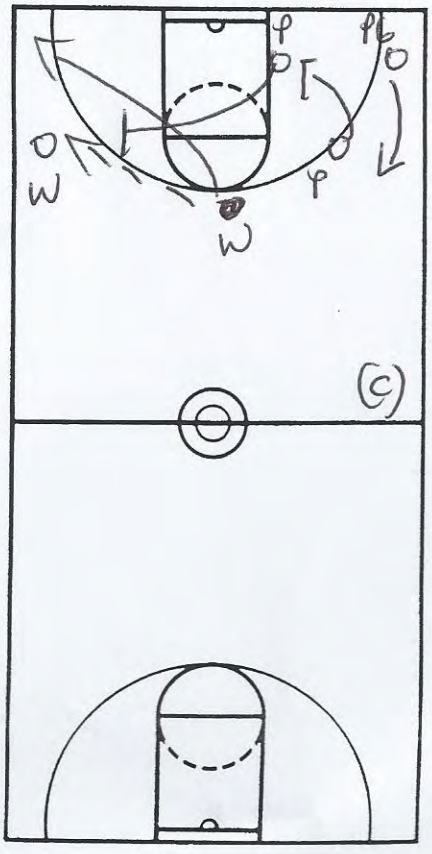
NOTES



NOTES

Things that give us the most trouble. Look for (3)

Will prepare for at start of season



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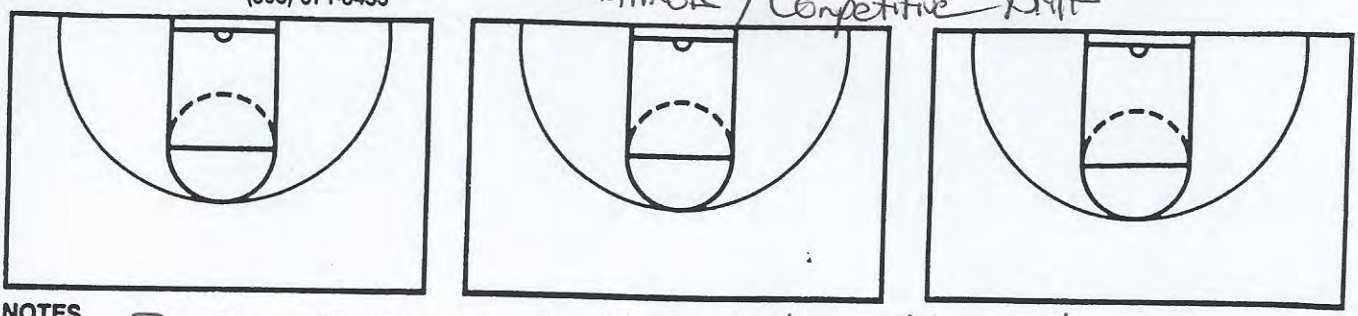
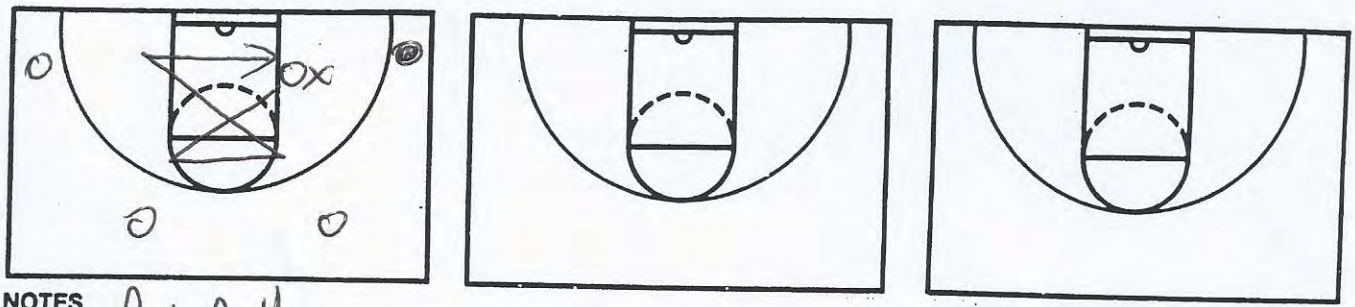
DATE _____

Bruce Weber
Illinois / Competitive Drills



NOTES

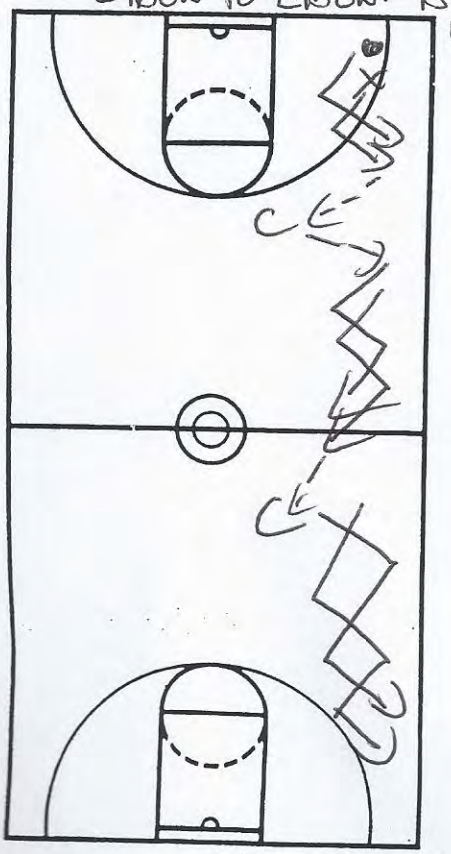
Zig Zag → Zig Zag to ½ court / live afterwards



NOTES

Post Drill

A Block to Elbow C Elbow to Block
B Elbow to Elbow D Block to Block



NOTES

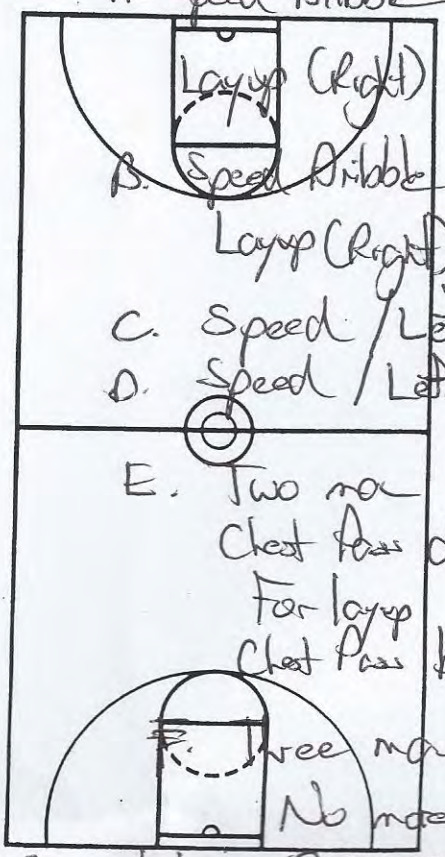
Guard in the Hole

Zig Zag Drill
Ball passed to
Coach / Defender
works on denying

Zig Zag Again
Ball passed
again to coach

Seven Minutes to Complete
Three Balls

A. Speed Dribble
Layup (Right)
B. Speed Dribble
Layup (Right)
C. Speed / Left
D. Speed / Left



E. Two man
Chest Pass down
For layup
Chest Pass back

F. Three man weave
No more than
3 passes
no dribble

G. Add jump shot

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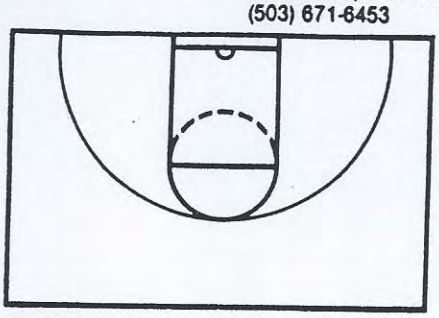
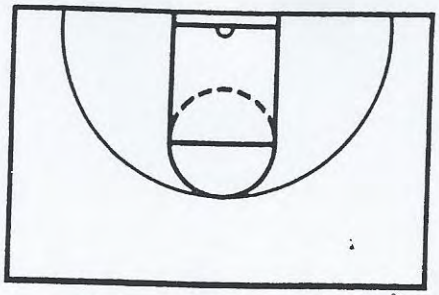
DATE Weber / Illinois
Favorite Drills

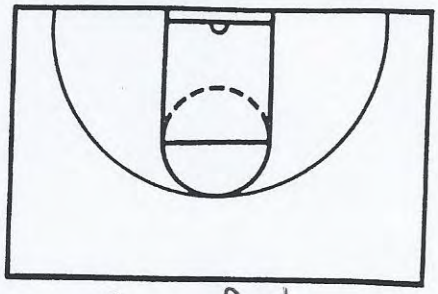


NOTES

3 on 2 → 2 on 1
+1 Basket ⇦ TO
+2 Layup

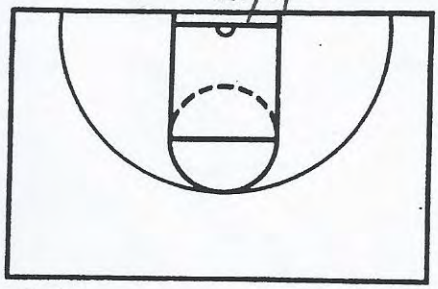


Five Man Break



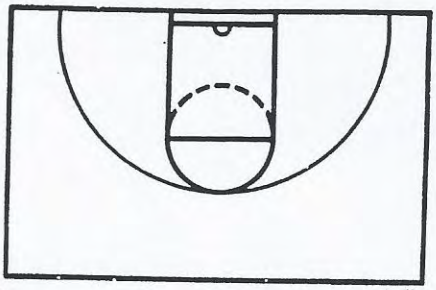
Sums Drill

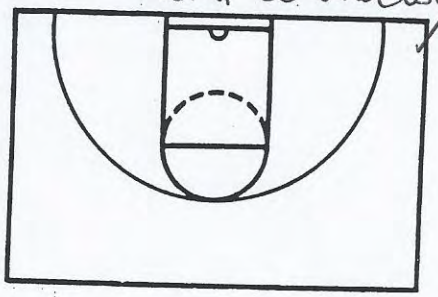
3 on 3 transition
Drill continuous

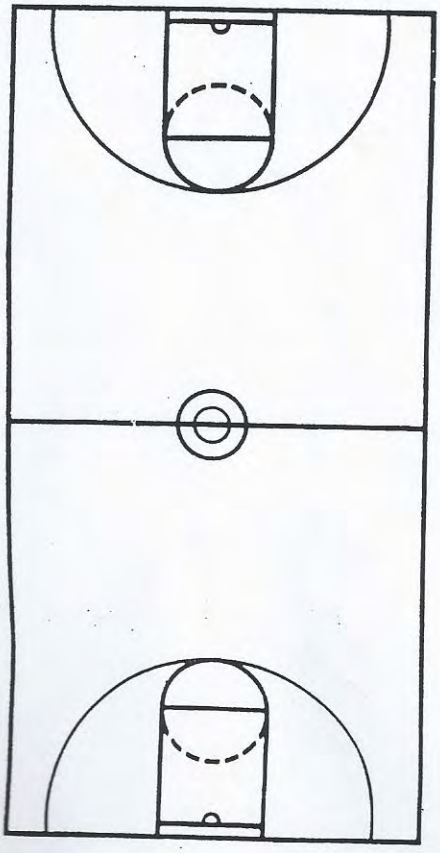


NOTES

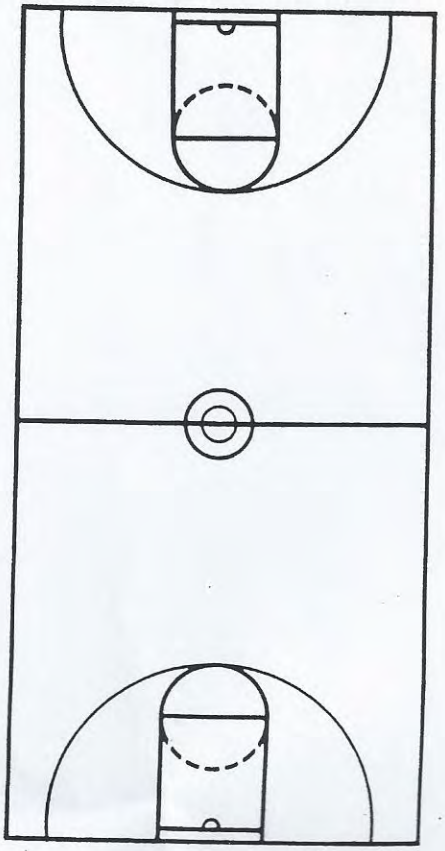
Team Fast Break







NOTES



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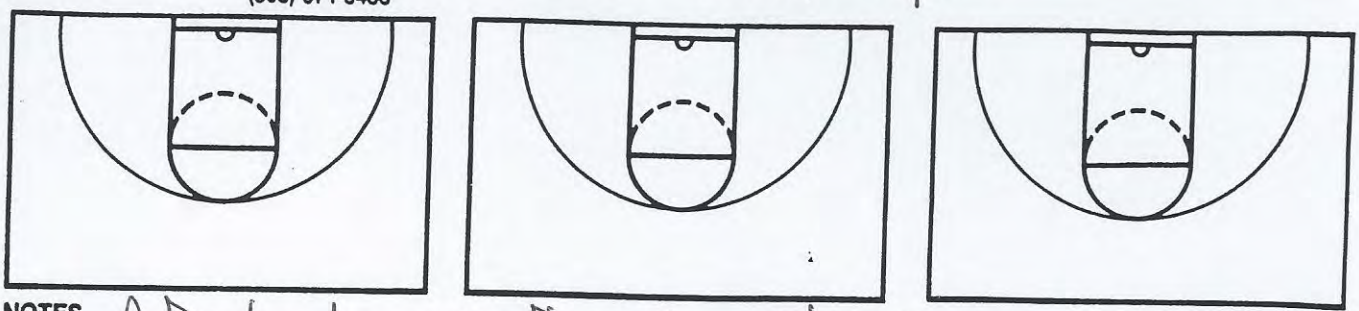
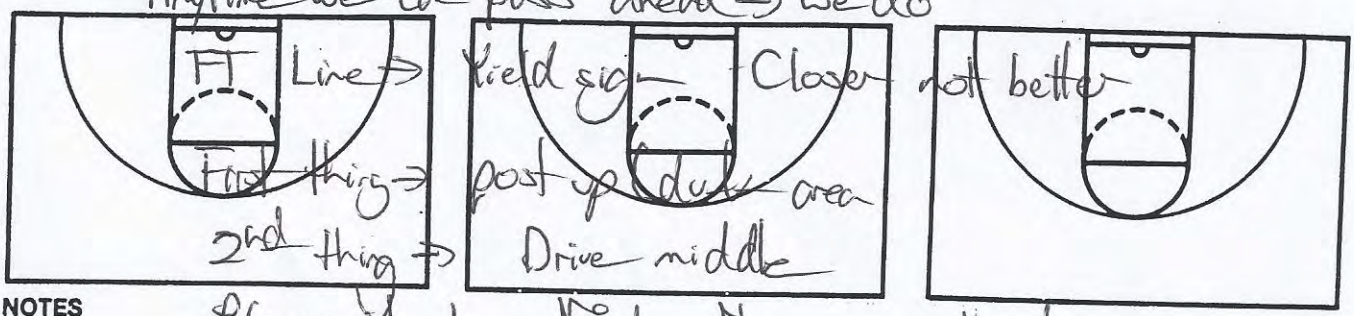
Josh Postner / Memphis



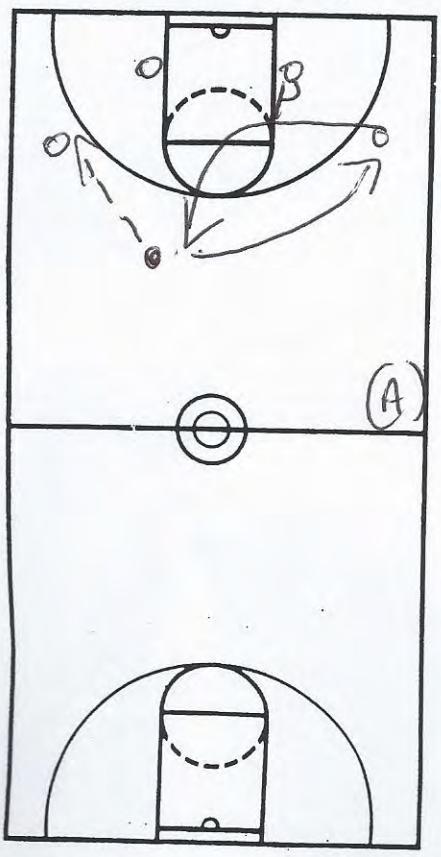
NOTES

Def. rebounding → 10 ft. in the paint
Want PG running through nail on the run to get the ball
Anytime we can pass ahead → we do



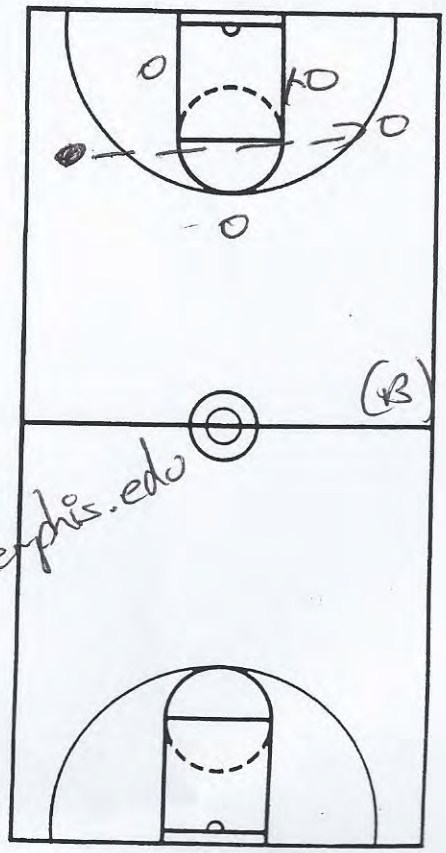
NOTES

PG sprints to offside after pass ahead
Looking for a 2 on 1 off. advantage



NOTES

Vs (23)



Josh.Postner@memphis.edu

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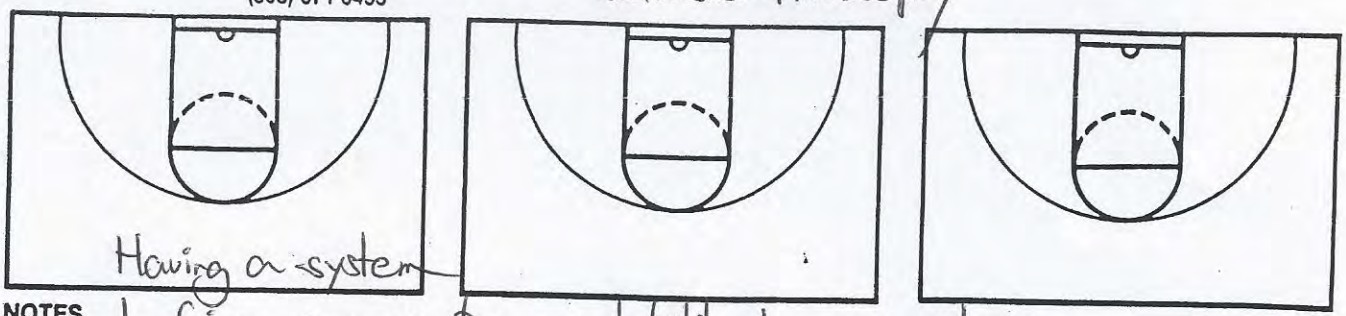
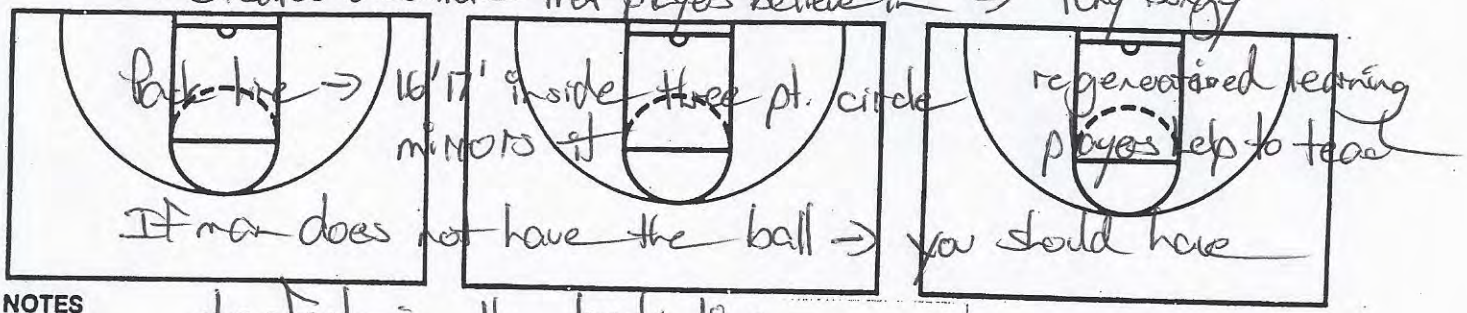
Chris Mack / Xavier
Defensive Philosophy

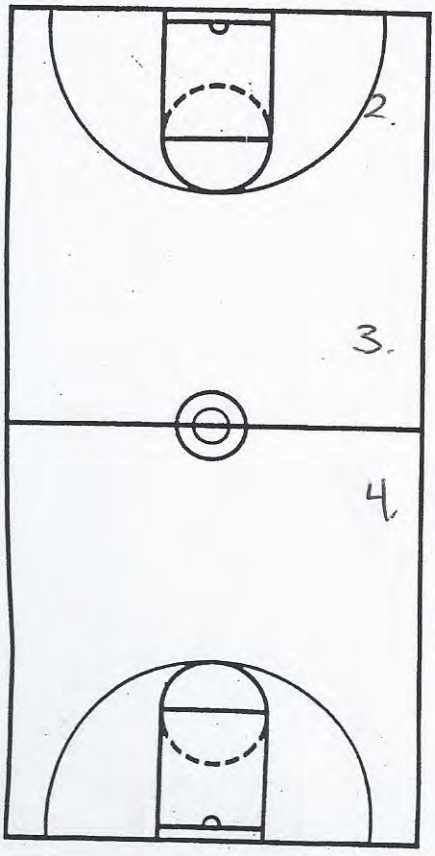


NOTES 1. Gives answers & accountability to your players
2. Simplifies scouting
3. Creates a culture that players believe in → Tony Dungy

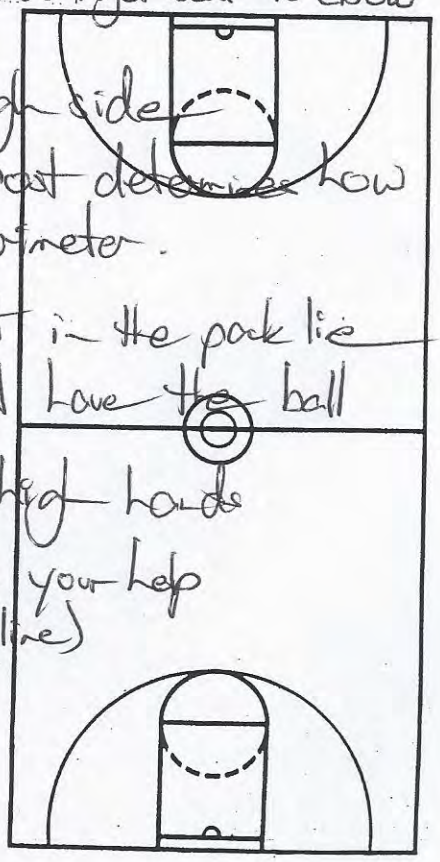


NOTES to feet in the pack line

Misnomer → 1. Want ball pressure / extreme pressure
don't get beat baseline / don't get beat to elbow



NOTES 2. Post def. → 3/4 on high side
How you play the post determines how you guard the perimeter.
3. Positioning → two feet in the pack line
if man doesn't have the ball
4. Closeouts → w/ two high hands
Your positioning is your help
In to out (pack line)



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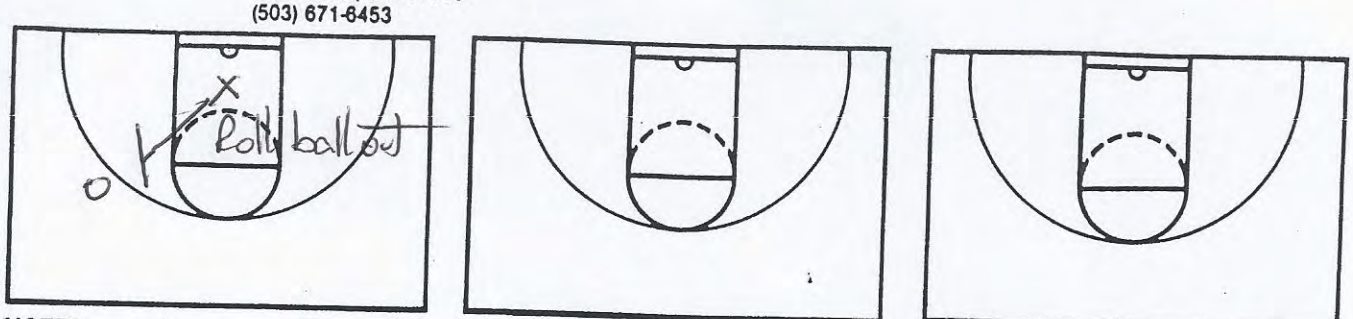
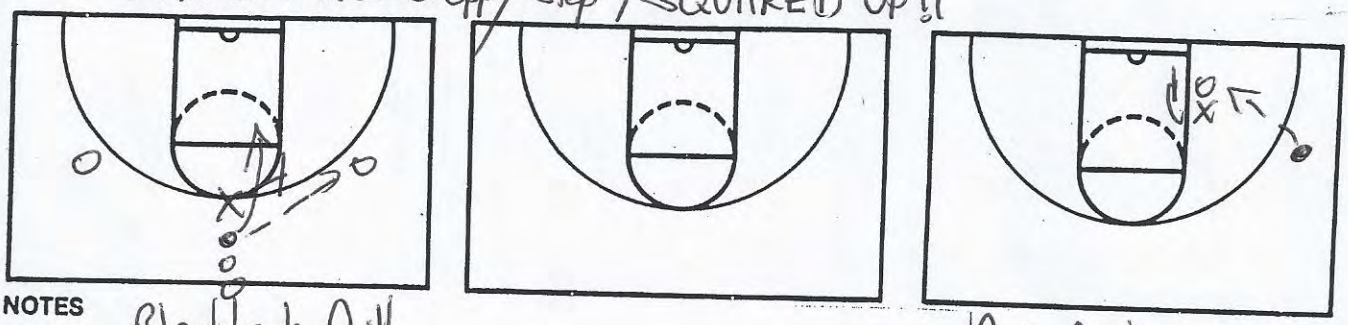


NOTES

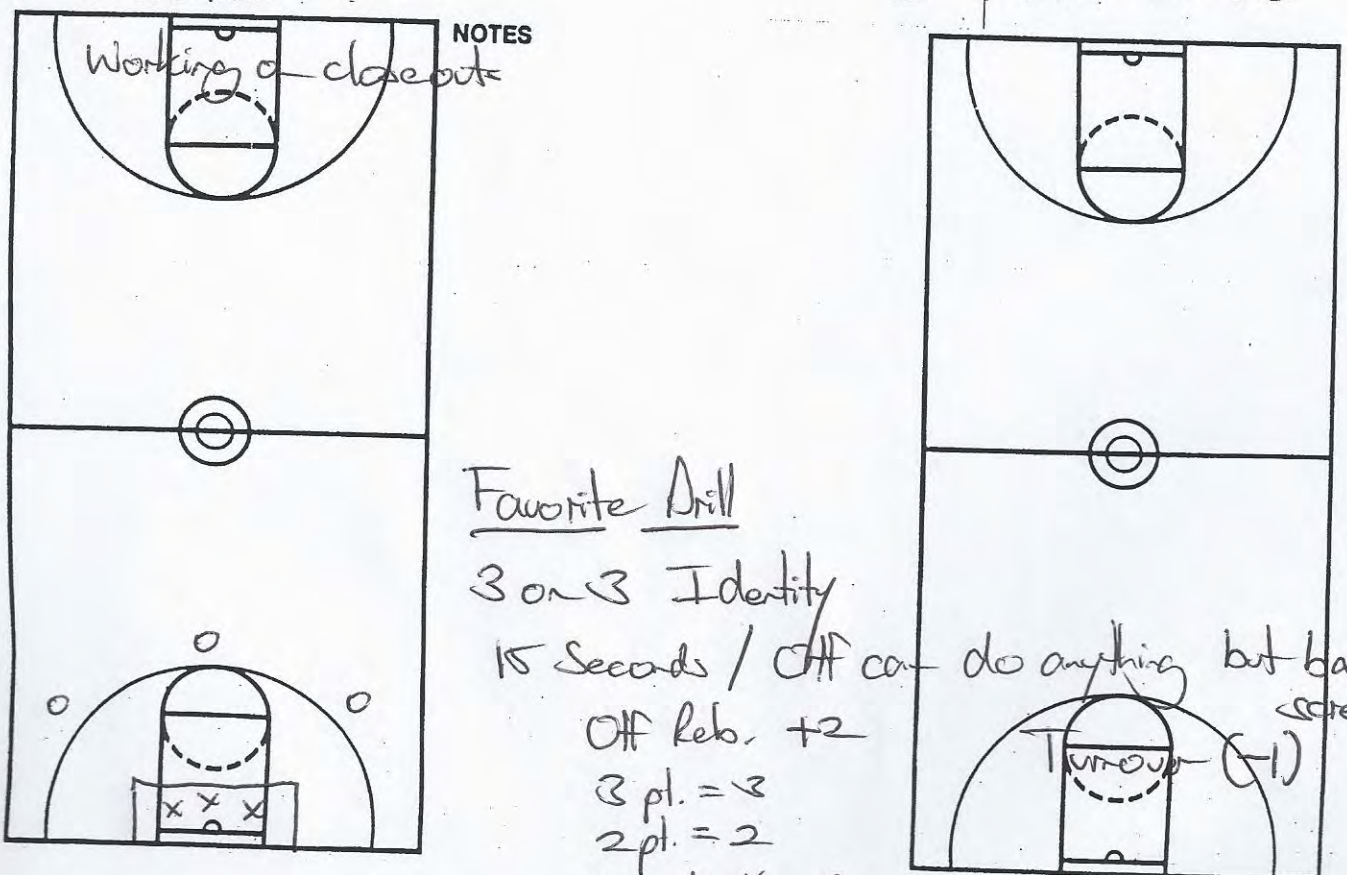
Vegas Closeout
First two steps are hard
Next ones are choppy steps / SQUARED UP!!



NOTES

Blacktop Drill
First two off. players pass & cut
Third line

Post Drill Work
3/4 to behind



NOTES

Working a closeout

Favorite Drill
3 on 3 Identity
15 Seconds / Off can do anything but ball screen
Off Reb. +2
3 pt. = 3
2 pt. = 2
Inside the Box +2
Turnover (-1)

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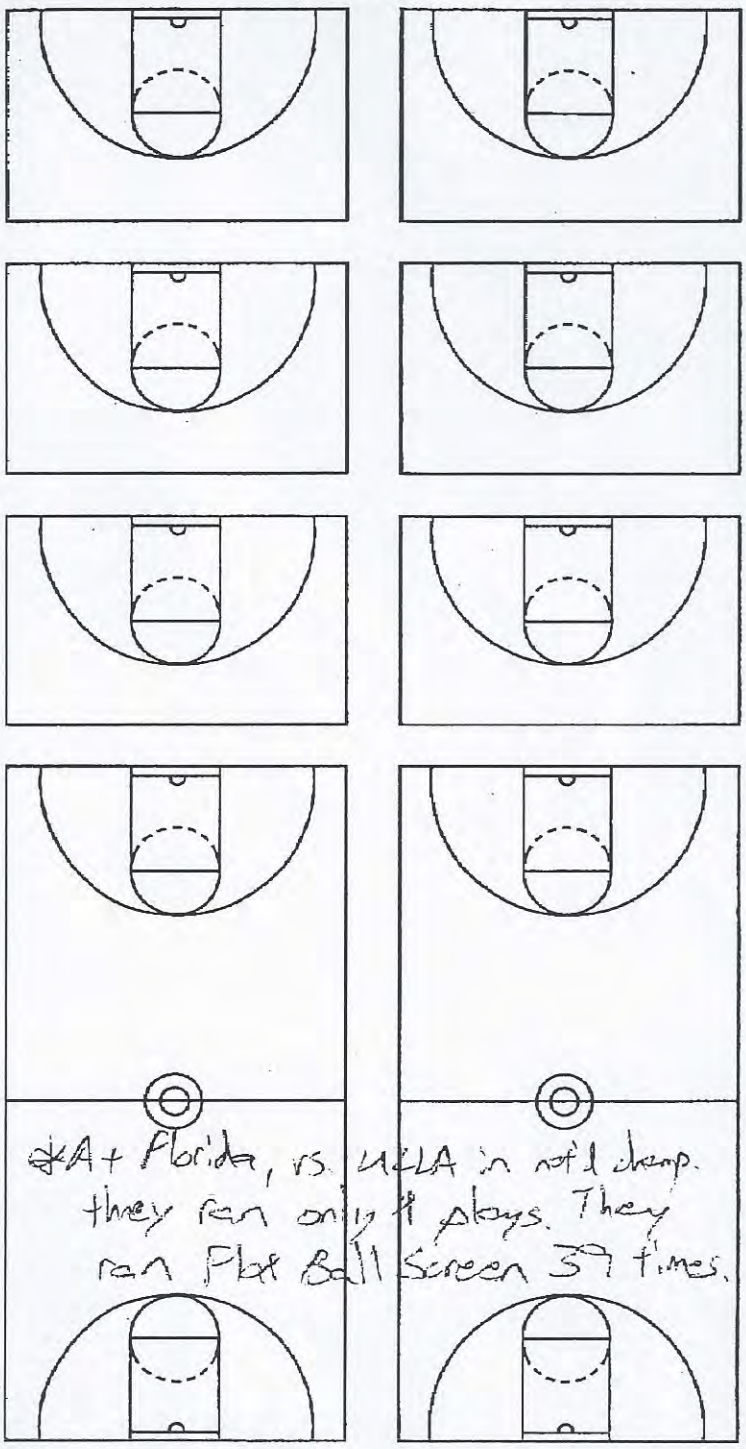
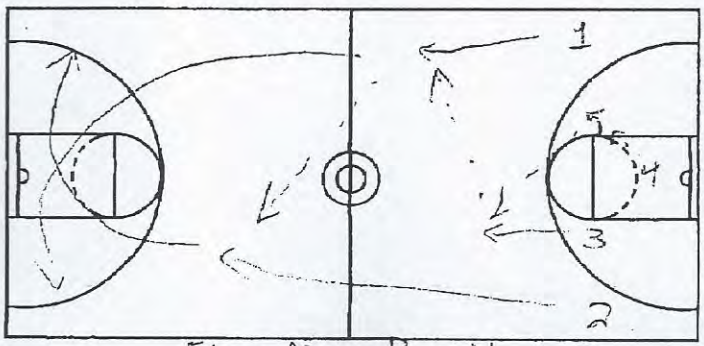
CLINIC Donnie Jones, C. Fla
DATE 4-17-11
Up Tempo Game



#4 Florida, vs. UCLA in nat'l champ. they ran only 4 plays. They ran Flat Ball Screen 39 times.



Five Man Break

Sell it to Players Everyday. How?
1. Show Film
2. Individual Instruction
3. Play alot of 2 on 2 + 3 on 3

Has about 20 peer pressure drills + pick 5 every day to start practice off with.

He wants to take shot in 7 sec.
" " an 80 possession game.
If going to get same shot in 32 sec, why not take it in 7 sec.

Drills
1. Two man one ball passing running full speed + calling names. (a) Chest pass (b) Bounce 4 guys going at once.
2. Two man two ball
3. Three man two ball -
4. Figure 8 - 4 passes - last one banner Two min on clock must make 22 layups - no dunks
5. Gator Drill - does like Donovan. If have 14 guys, must get 14 perfect. No Time.
6. Five Man Break - Down + Back Four guy get rebound + takes it out + do same coming back. Do two trips, then four trips, then 8 trips.
7. Cycles - 35 sec. Want five scores. Makes wing take last few steps out of bounds

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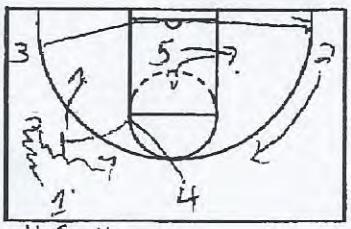

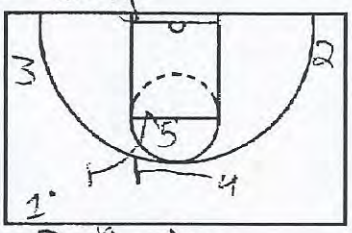

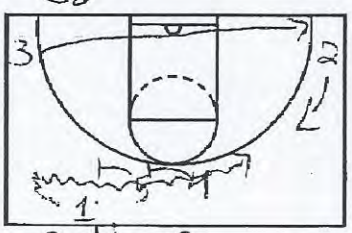



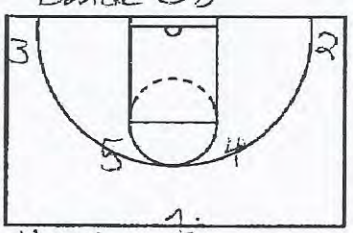

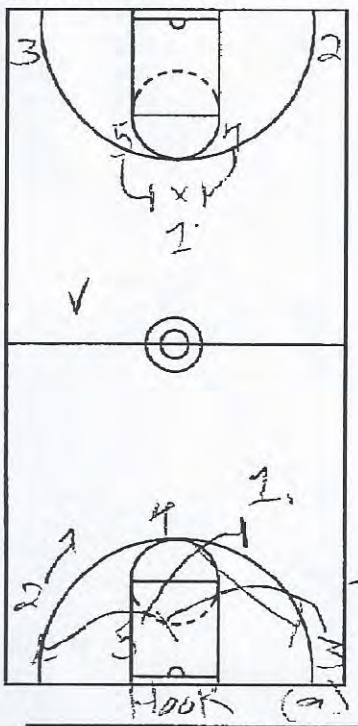

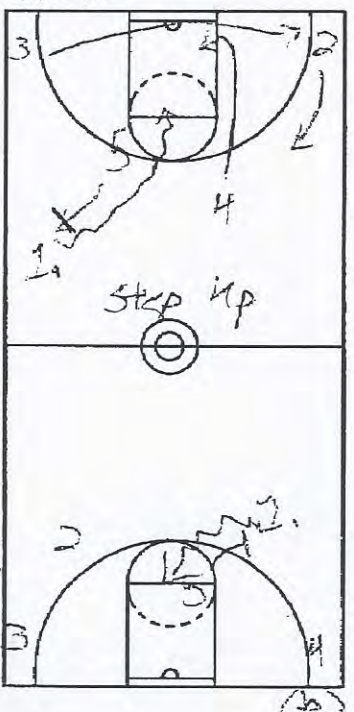

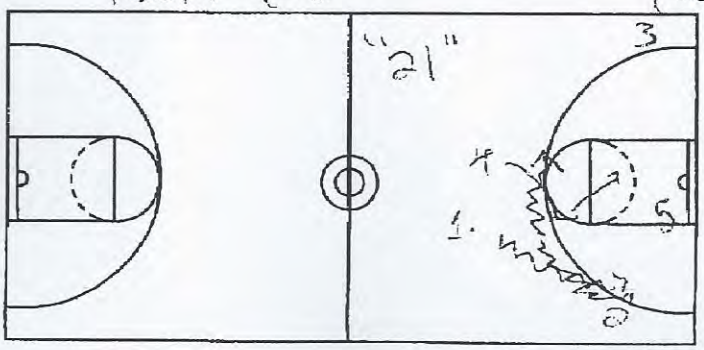

What they do is similar to D'Antoni
1. Drag
2. Go - 5 & 4 will roll & 5 will duck in
3. Double Drag - 5 always rolls & 4 always pops - doesn't matter who is first
4. Double Go
* Any "Go" means "go, clear out"
* Any yell of "x" by pg is signal for 5 to slip to basket.
5. Double Flat
6. Horns
7. V - look clock. Same as Horns but come out & surround defender.
8. Step Up
9. "124" - 1's got ball, 2 screens for 4, 4 comes out & screens box
"236" - 2's got ball, 3 screens for 5, 5 comes out & screens box
"125X" - X signals slip
10. Hook
11. "21" - Handoff into ball screen

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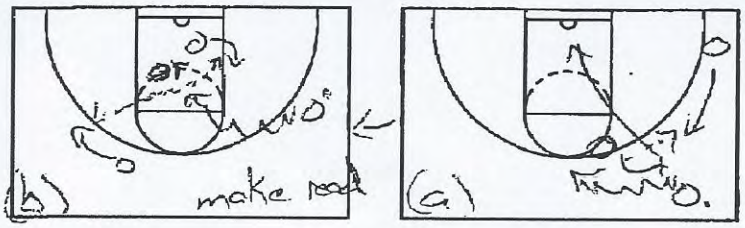

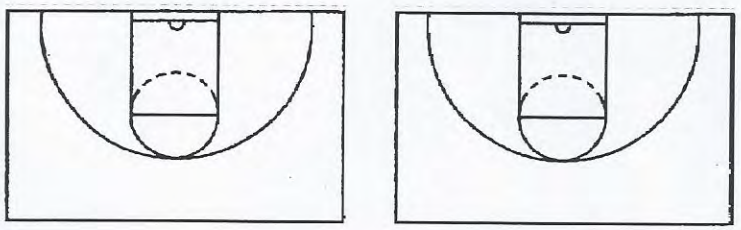

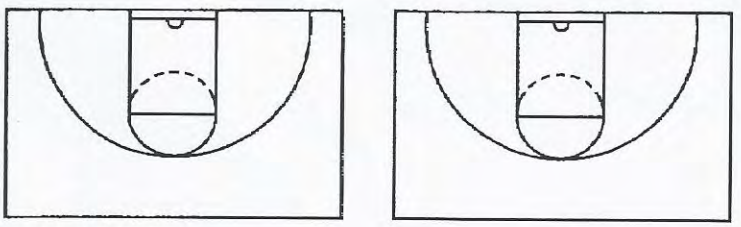

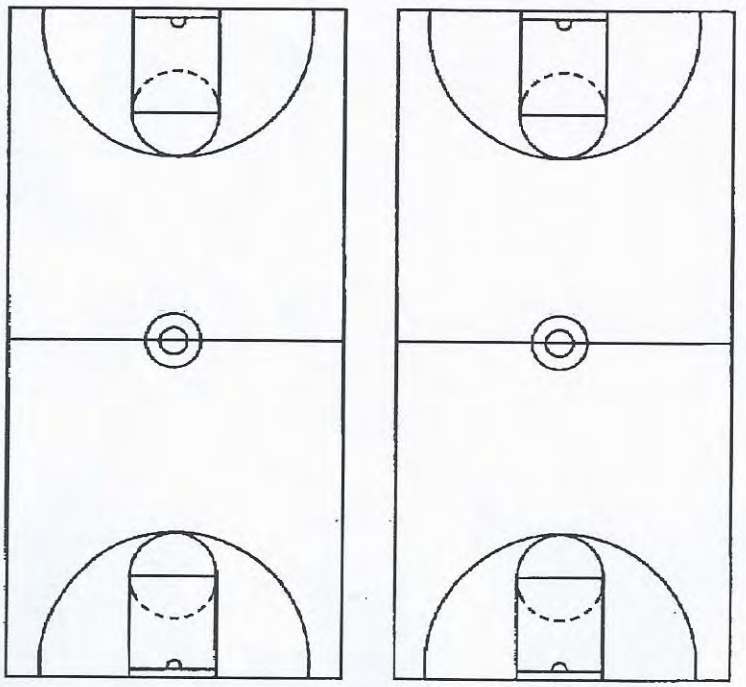

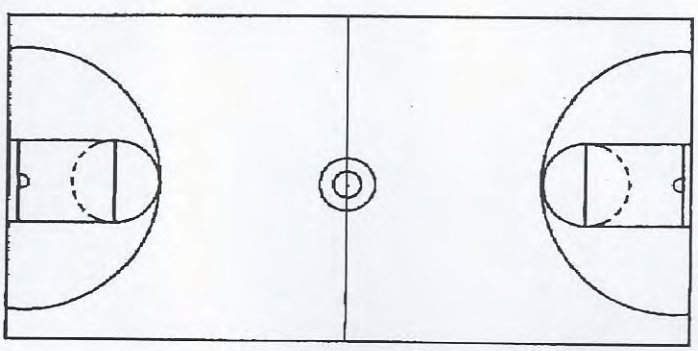

Drills for reading pick & rolls
- Dribbler comes off screen, get your shoulders below hips of guy screening for you
- 3 on 0

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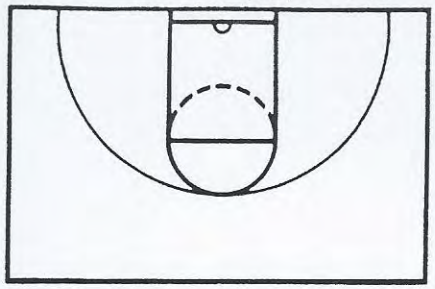
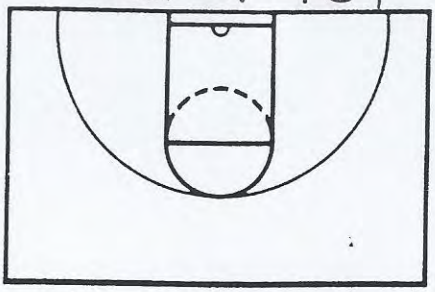
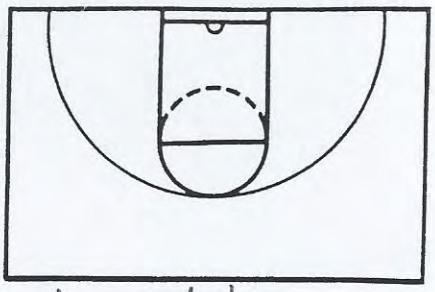
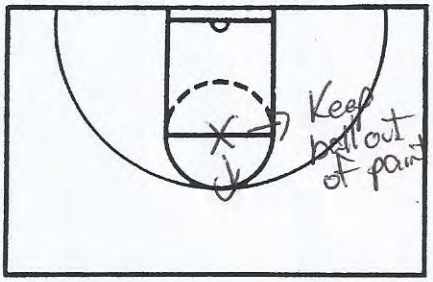
Bob Huggins
West VA 1-3-1

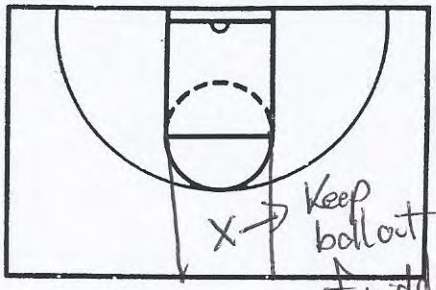


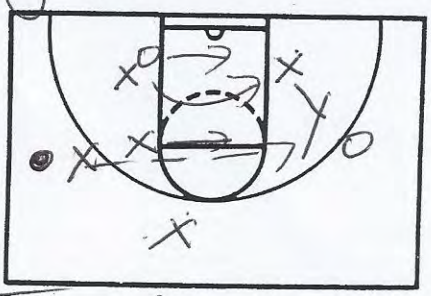




NOTES Spacing → 15-17' Hard enough where one can't guard two
Short enough to make a direct pass
Can throw over under crowdw but not through



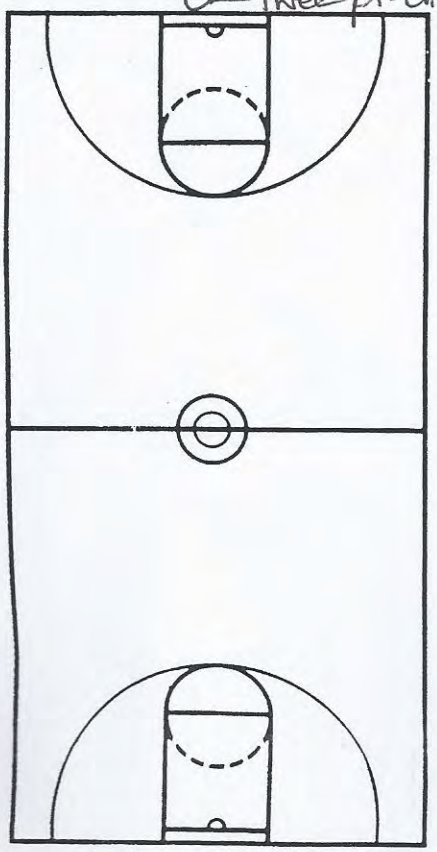




NOTES Ball out top
Post has feet
on three pt. circle

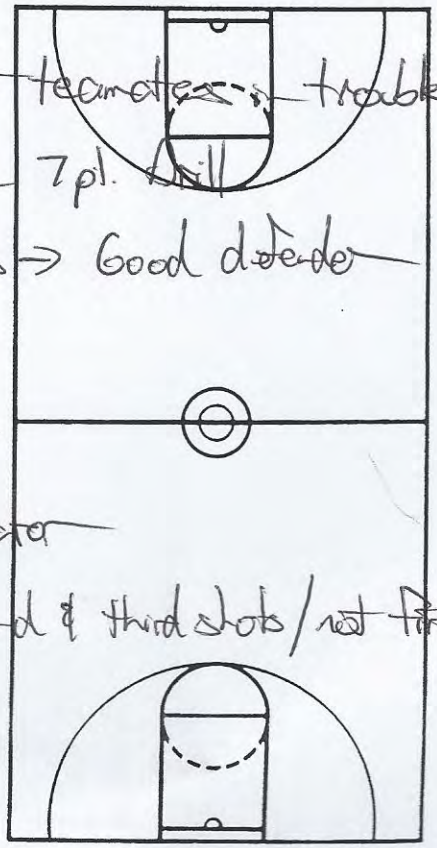
Skip pass

"Sprint to help"
Don't over run
the ball → put teammates in trouble



NOTES

Favorite → Drill → Duke 7 pt. Drill
Angles & Straight lines → Good defense
Shell Drill →
4 on 4 plus 1 post
4 on 4 plus 1 penetrator
You get beat on second & third shots / not first



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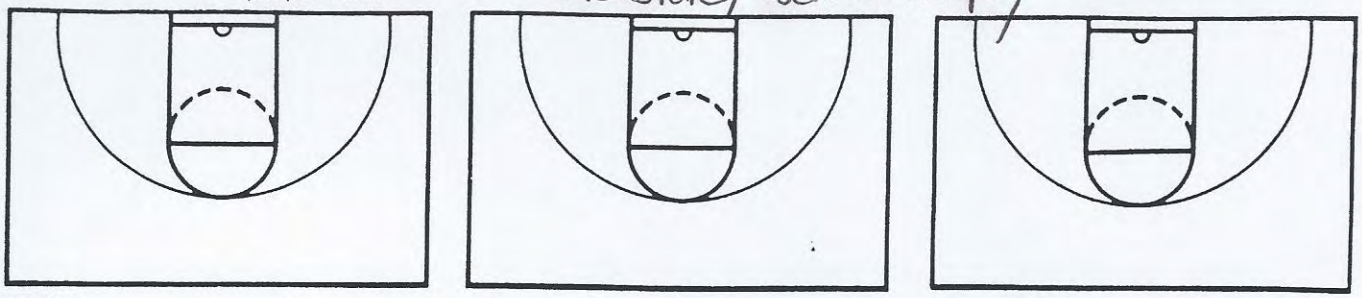
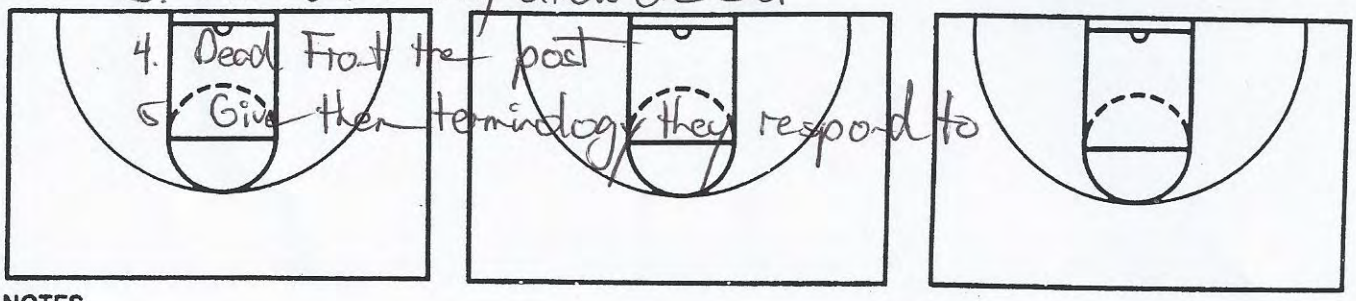
Leonard Hamilton
FL State / Def. Philosophy



NOTES

1. Prevent easy baskets
2. Must contest every shot
3. Block out ⇒ only allow one shot
4. Deny Front the post
   ⇒ Give them terminology they respond to



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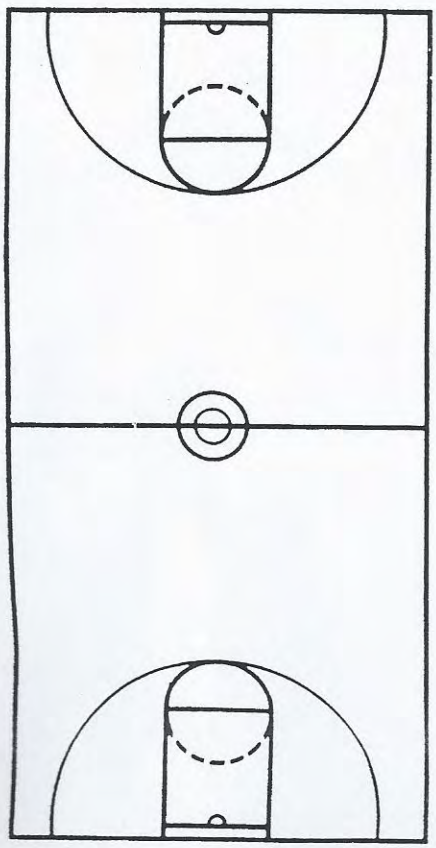

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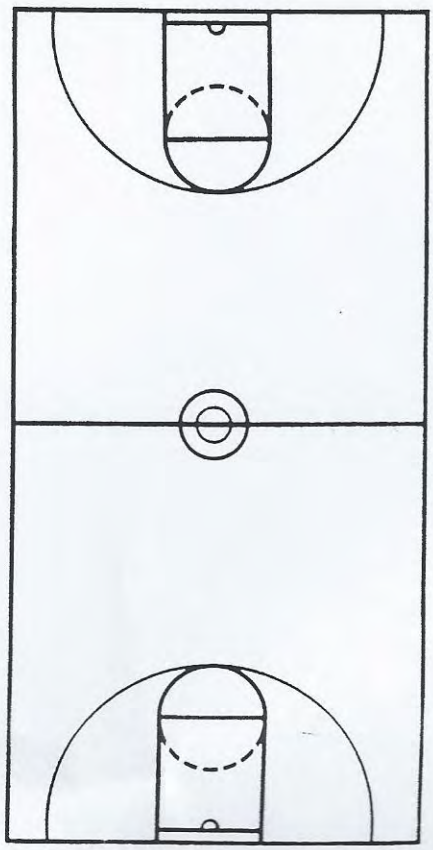

Florida State
Defensive Breakdown Drills:

To Teach	To Review		
			Group A
5	2	2 on 2	Jump to the Ball (guard to wing and wing to guard)
5	2	2 on 2	Guard/Forward help and recover
5	2	2 on 2	Front the post (on dribble and on pass)
			Group B
6	2	2 on 2	Forward/Center help and recover
6	2	1 on 1	Helpside to 1 pass away (finish with live 1 on 1)
6	2	1 on 1	Defend the give and go
			Group C
8	2	2 on 2	Defend the cross screen
8	2	2 on 2	Defend the backscreen
8	2	2 on 2	Defend the pindown
			Group D
6	2	2 on 2	With a coach
6	2	1 on 1	With a coach
6	2	2 on 2	Defend the helpside downscreen

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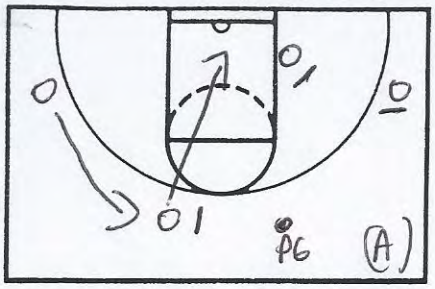
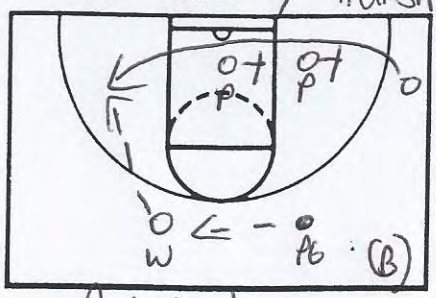
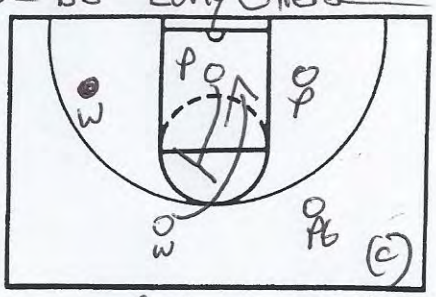
DATE _____
_____

Leonard Hamilton — FL State / Transition BB - Early Offense





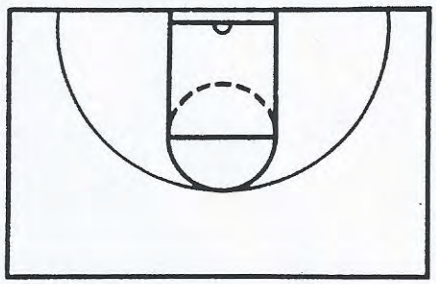


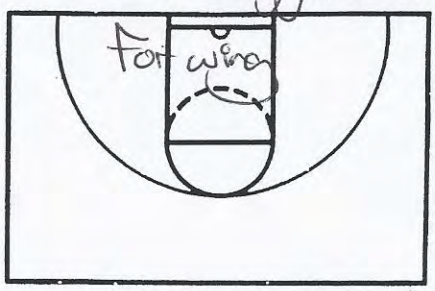
NOTES

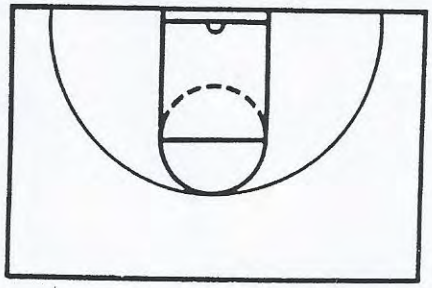
Denying Lead to wing / post / post trailer

Post trailer runs to FM, sets baseline staggered double for wing

Post sets backscreen for wing for lob







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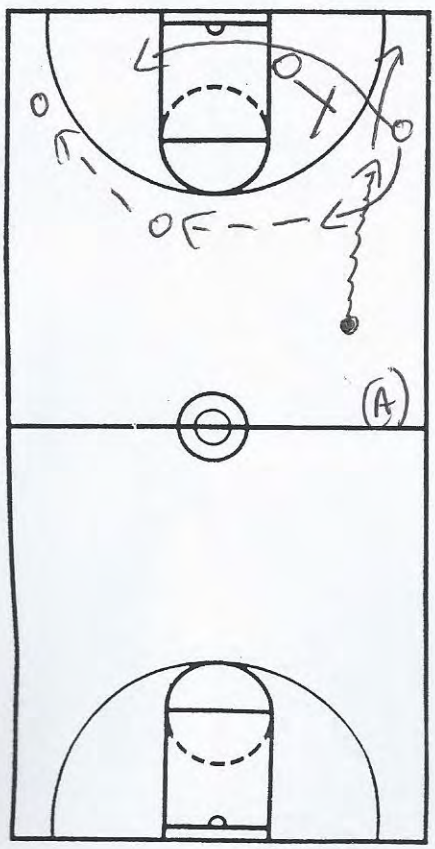
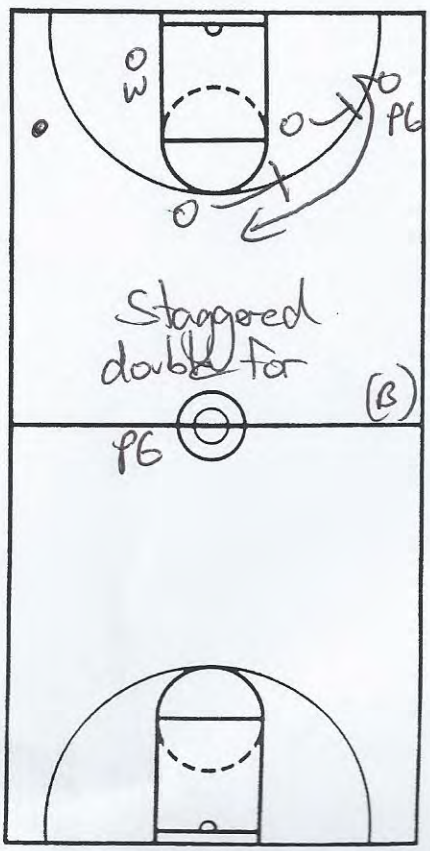


NOTES

Posting up big wing in transition
Starts w/ dribble
Leadoff by PG
Backscreen by post



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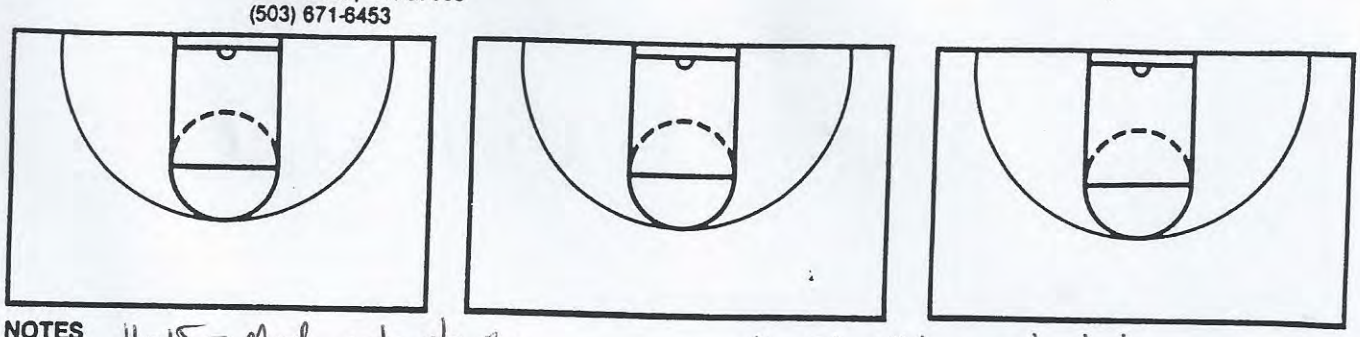
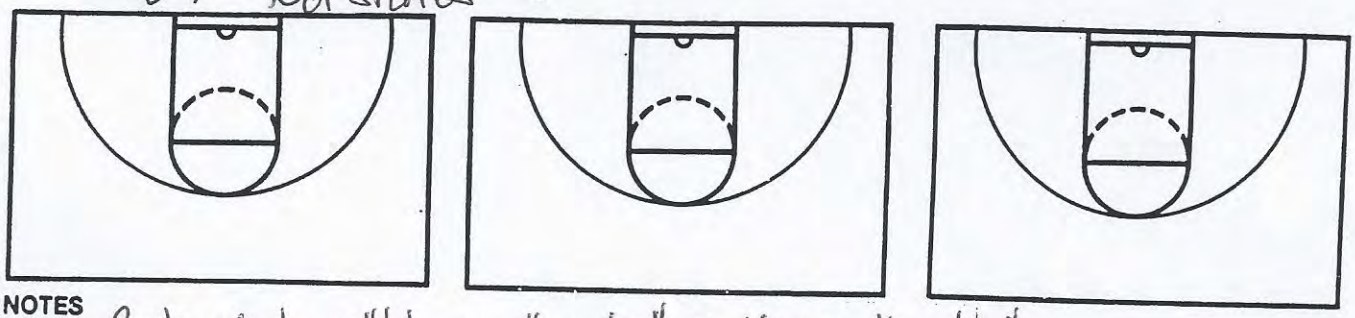
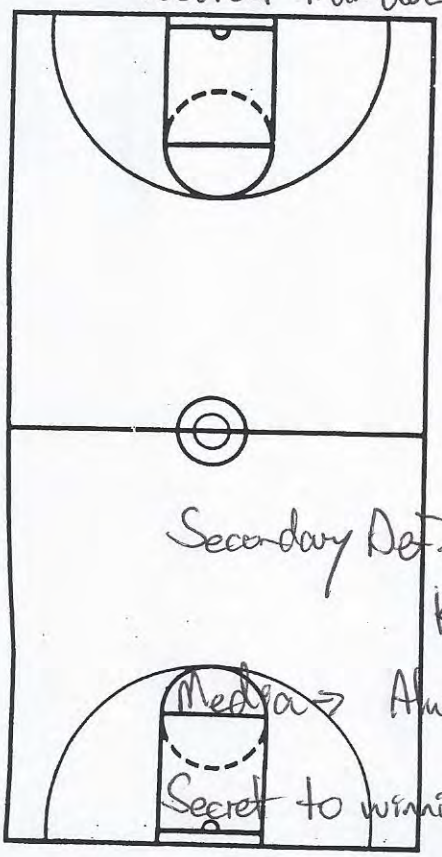
CLINIC David Boyd
DATE Milton H.S. GA



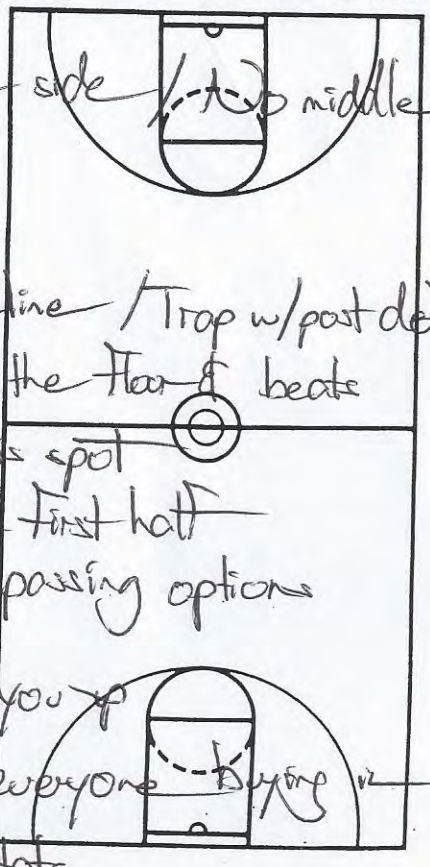
NOTES
11-15 - Mad not playing
10-12 Not playing enough
8-9 Not getting enough minutes
6-7 Not starters
4-5 Not enough shots
2-3 Not the ma



NOTES
Best perimeter athlete on the ball → Harass the ball
Next best defender → on best scorer
Weakest individual defender but good anticipator → worse scorer



NOTES
Keep the ball on one side / No middle
Front the post
Pressure on the ball
Force the ball to baseline / Trap w/post defender
Post defender → sprints the floor & beats off post to his spot
Secondary Def. → 1-3-1 / Not run in first half
Key → Defender between passing options
Medgar → Always wins / Can build you up
Secret to winning at a high level → everyone buying in
not worried about stats



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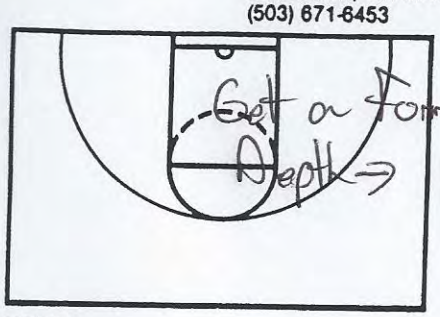
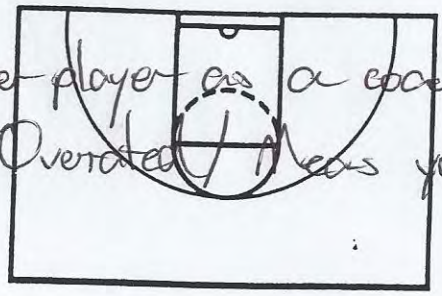
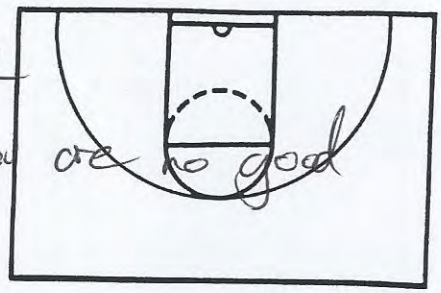
CLINIC
DATE Boyd / Milton H.S. 2







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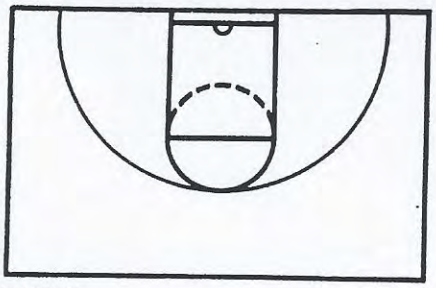

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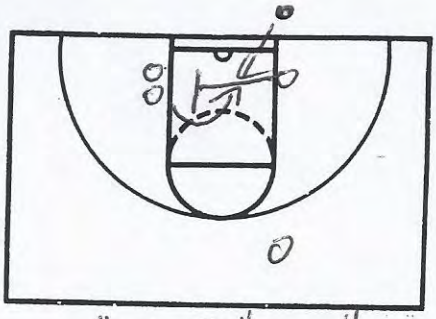
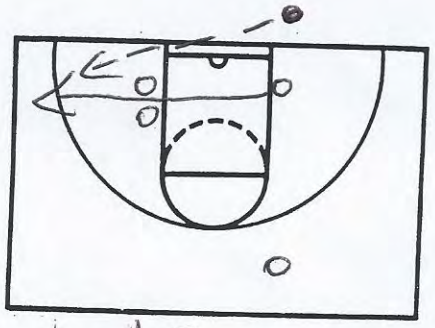
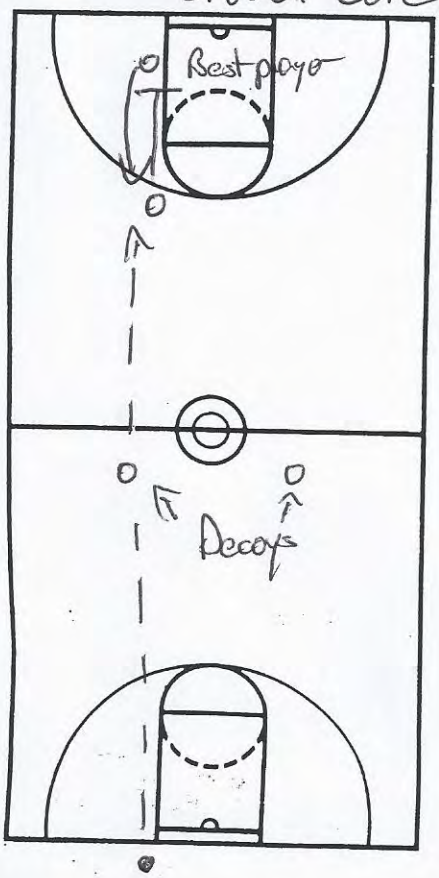


#2 Cutter will screen for 2nd post for lob pass



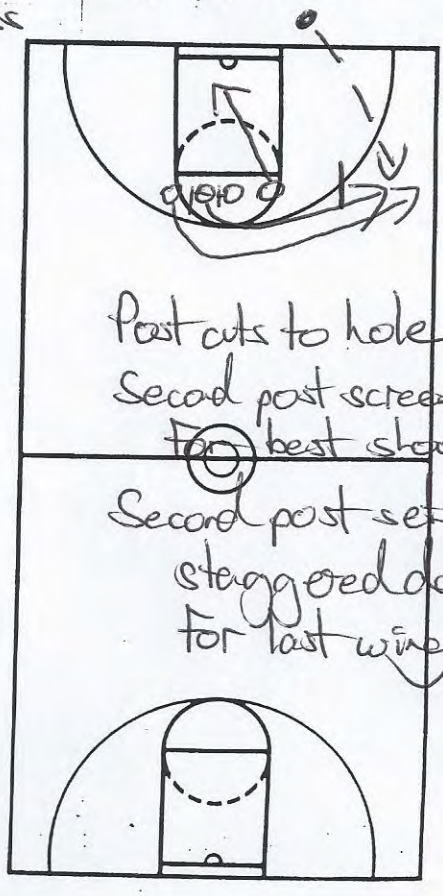
#2
End of Game

End of Game / One Second



NOTES

Best player will let ball go through hands to screener for shot



Post cuts to hole
Second post screens for best shooter
Second post sets staggered double for last win

Building an Elite Championship High School Basketball Team: David Boyd

I. My admiration of all high school basketball coaches
    A. All the things you do
    B. Thankless job most of the time
II. Motivation to play
    A. Nobody's happy but one person (Oliver Purnell)
    B. Honey, my rescue pit bull and motivating the team (Seth Greenburg stole it)
III My background in coaching
    A. Campbell (you can go home again)
    B. Berkmar (wrong side of the tracks)
    C. Milton (national recognition and schedule) (scholarships) 82-15
IV. Team must be fundamentally sound
    A. Man to man defensive philosophy
    B. 1-3-1 special defense
    C. Must score three ways:
        1. Primary break
        2. Secondary break
        3. Half court sets
V. Ride your "horse" motif to start
    A. Use them to score as much as you can
    B. Promote them using good public relations
    C. Establish a good relationship with their AAU program
    D. Play your best up
VI. Choose a school with excellent academics
    A. Three week grade checks
    B. Individual improvement plan below a 75 (player must come up with the plan and have it signed by his teacher)
VII. Schedule (have a plan)
    A. Rivals first, local
    B. Region second (go to state)
    C. Your half of the state
    D. The state
    E. National
VIII. Use the media and social networking to your advantage
    A. Quick returns on e-mail
    B. Send out a weekly summary to all media folks
    C. Facebook, web site
    D. Tournament contacts (first big tournament story) Beach Ball Classic; City of Palms)
IX. Use them all to your advantage
    A. AAU (support, provide gym use, but draw the line in the sand)
    B. Trainers
    C. Summer practice (working around elite camps, scrimmages, no team camps)
    D. Individual workouts
    E. Strength and conditioning

X. Dealing with parents
    A. No meeting without your son
    B. No discussion about playing time
    C. Have team meeting with parents and go over roles of the players
XI. Team philosophy
    A. Team over the individual
    B. Team drills, competition
    C. Emphasize assists, steals, charges taken, with media, not scoring
XII. Special plays
    A. Must have a last second play for every situation (99)
    B. Same name different play
XIII. Transfers
    A. Always beware (two stories that did not work out)
    B. No deals, but the best must play
XIV. Depth and likeability are overrated
    A. Don't worry about trying to make folks like you
    B. Too much depth often means you are not very good
XV. Rewards for building an exceptional program
    A. Nike sponsorship
    B. National tournaments, televised games, accolades for players
    B. D I scholarships
    C. College coaches always come around
    D. April 20th college coaches invited

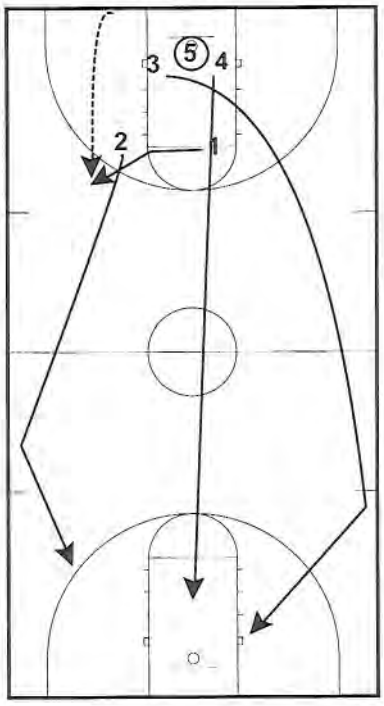
Contact information:
David Boyd, Milton High School, Alpharetta, Ga.:

Write for information on tournament contacts or any other information you may want.

Boydd@fultonschools.org

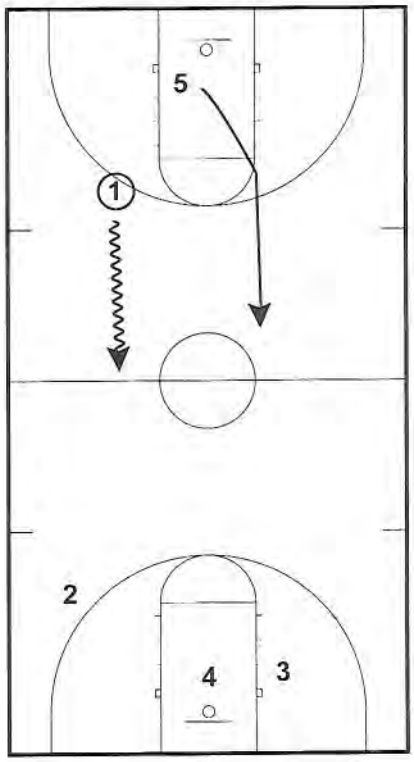
Oregon

Fast Break Basic Positions - MISSED SHOT
Fast Break

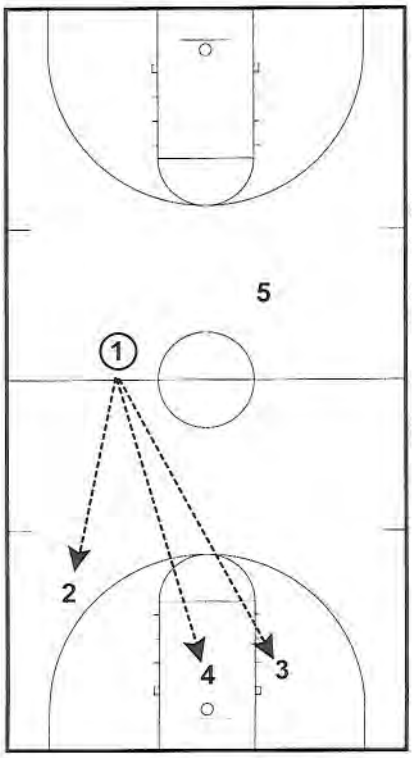


IF 5 rebounds, 4 sprints; IF 4 rebounds, 5 sprints

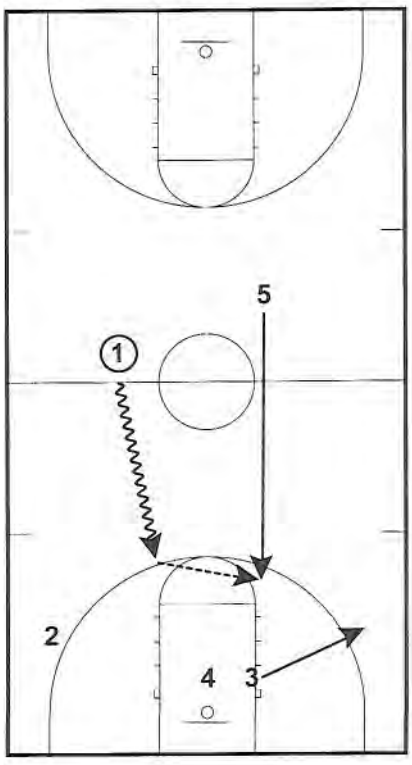
Fast Break Basic Positions - MISSED SHOT
Fast Break



Fast Break Basic Positions - MISSED SHOT
Fast Break



Fast Break Basic Positions - MISSED SHOT
Fast Break



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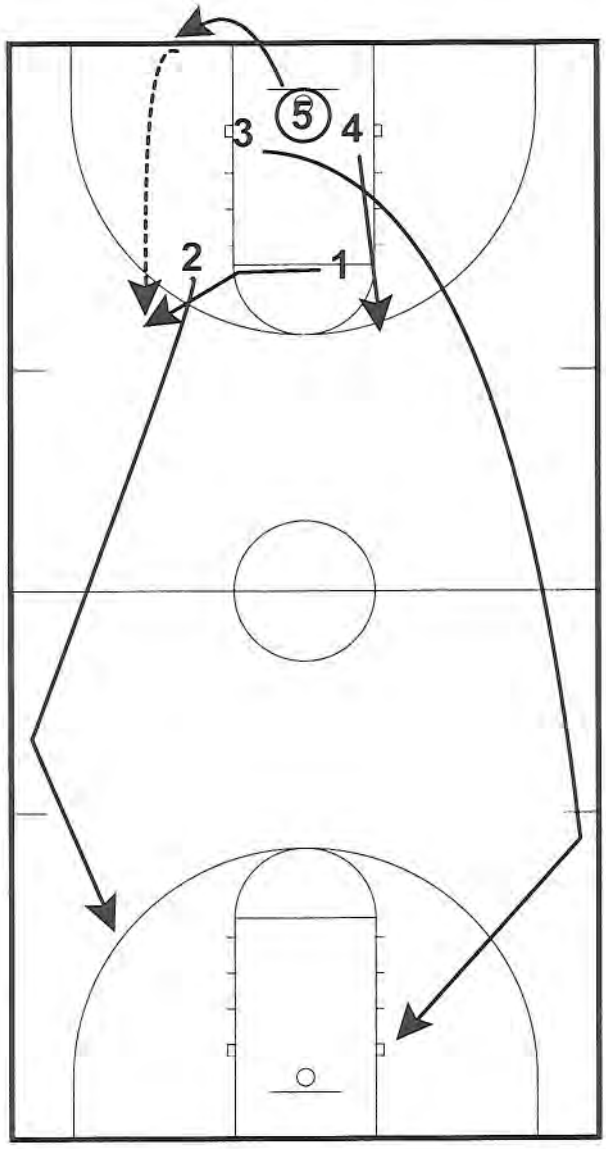
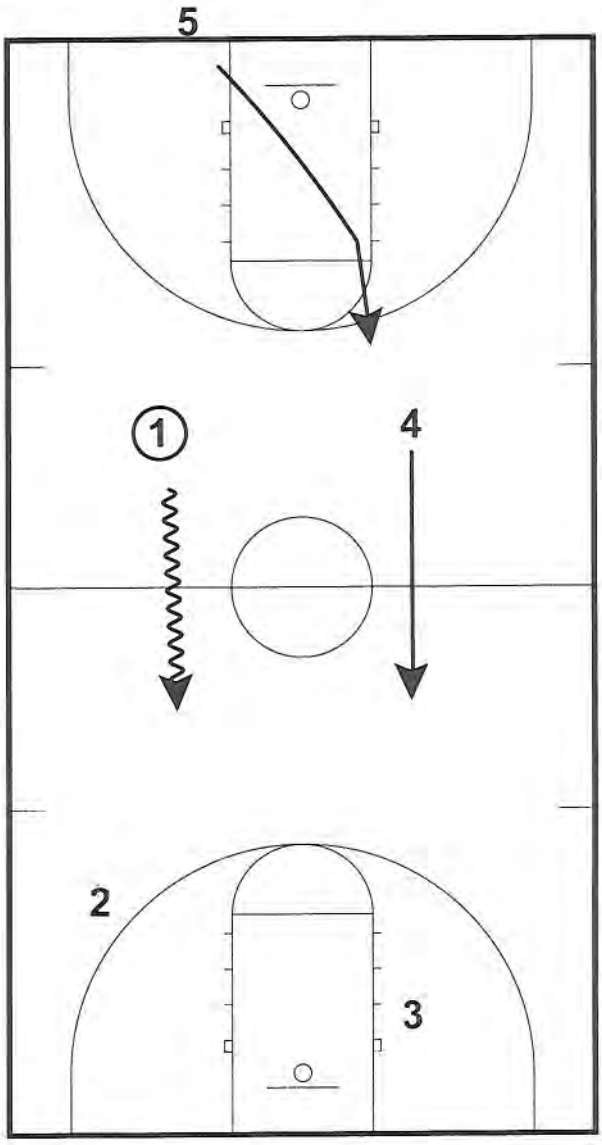
Oregon

Fast Break Basic Positions - MADE SHOT
Fast Break



Fast Break Basic Positions - MADE SHOT
Fast Break



4 runs parallel with 1; sprints to rim on pass ahead

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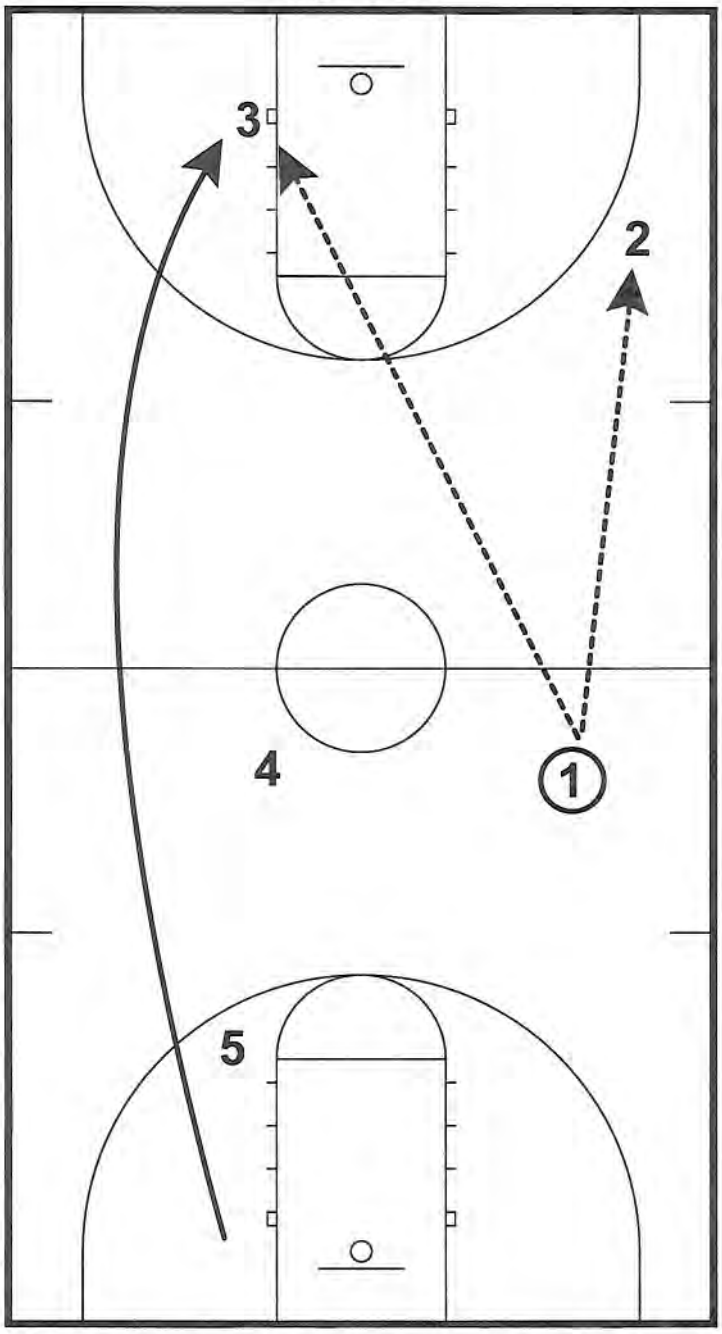
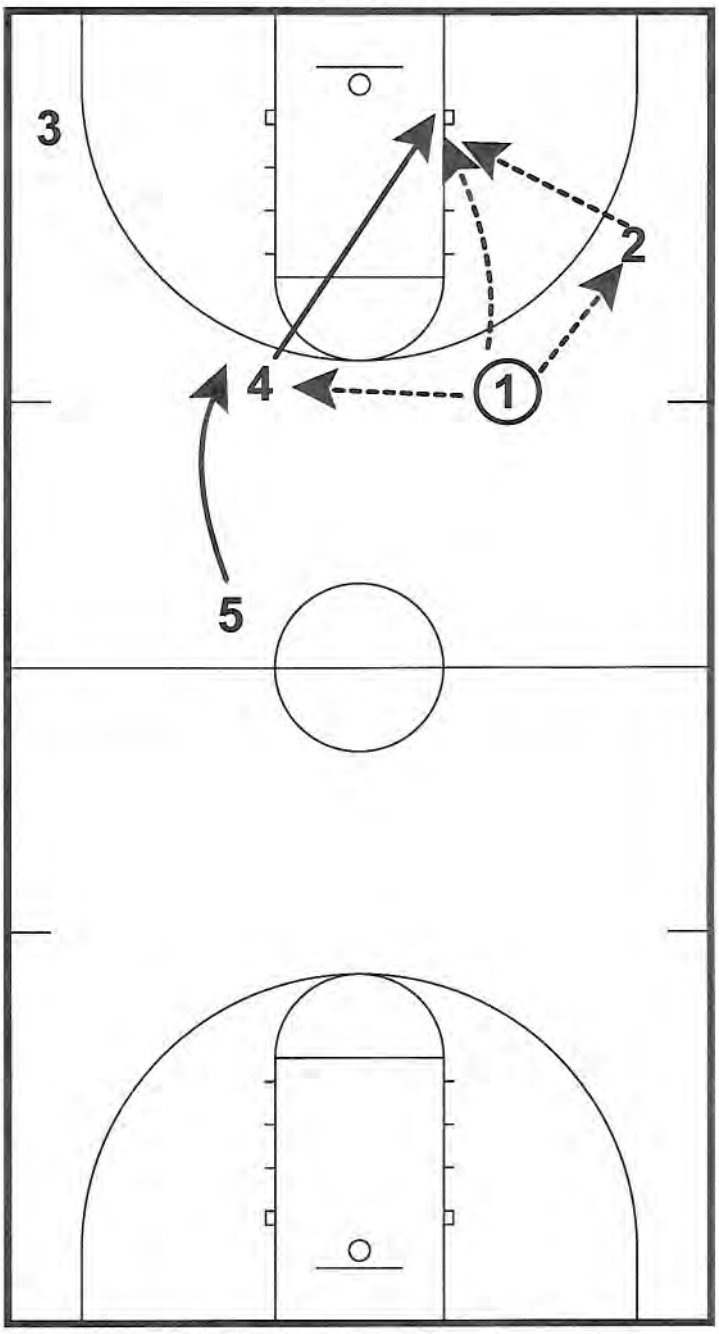
Fast Break Options
Oregon Offense



Early Options.: 1--->2 for jumper 1--->3 for lay-up 1 takes it for her own shot!

Fast Break Options
Oregon Offense



Late Options: 1--->4 at hi-post or arc for shot 1--->4 cutting to block for lay-in 1--->2--->4 on block 1--->5 for trailer shot

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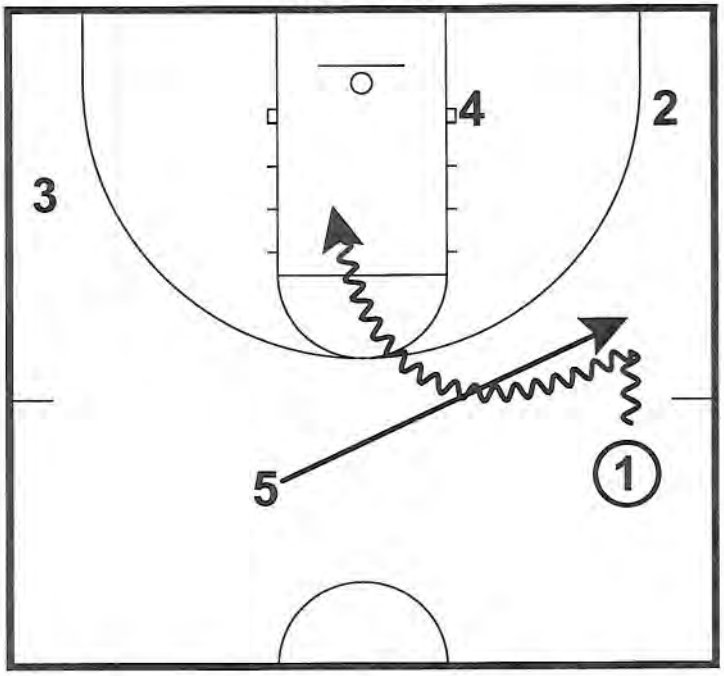
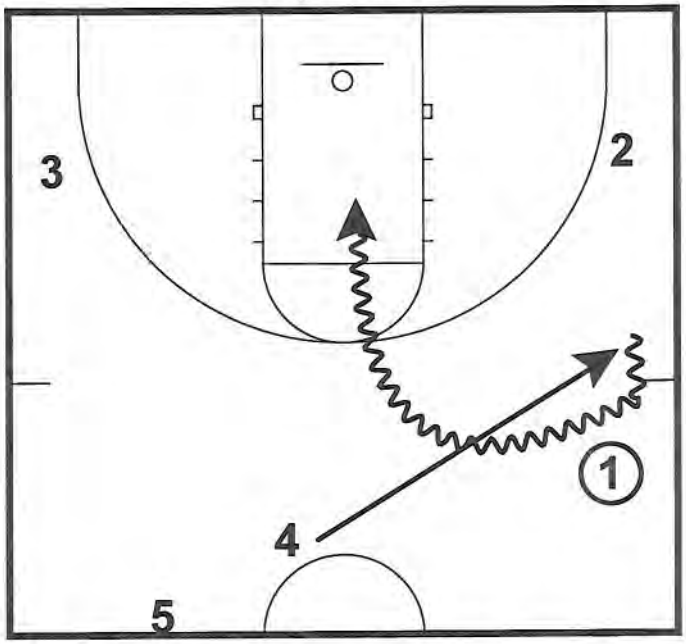
Drag
Oregon Offense



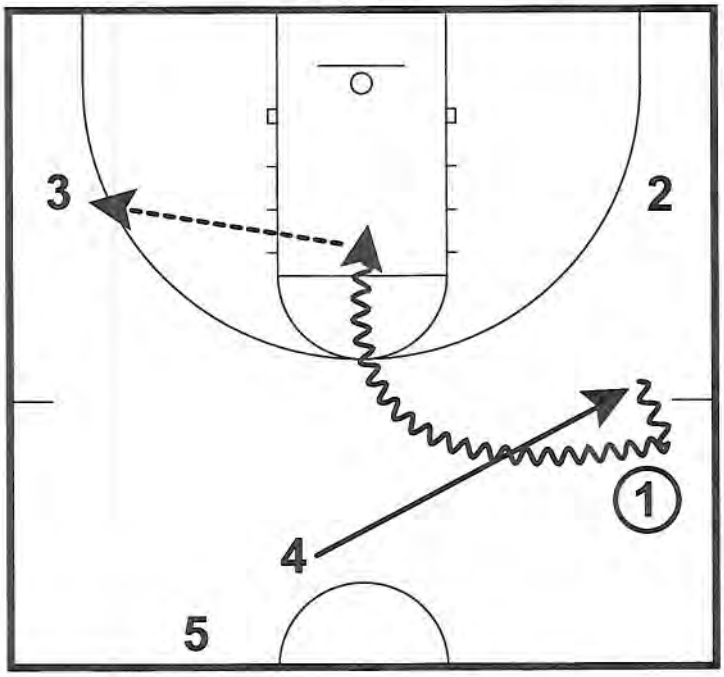
5 Drag 5 drags with 1 off the fastbreak (a token screen). Options: Shot, bounce to 4 and kick out to 3

Drag
Oregon Offense



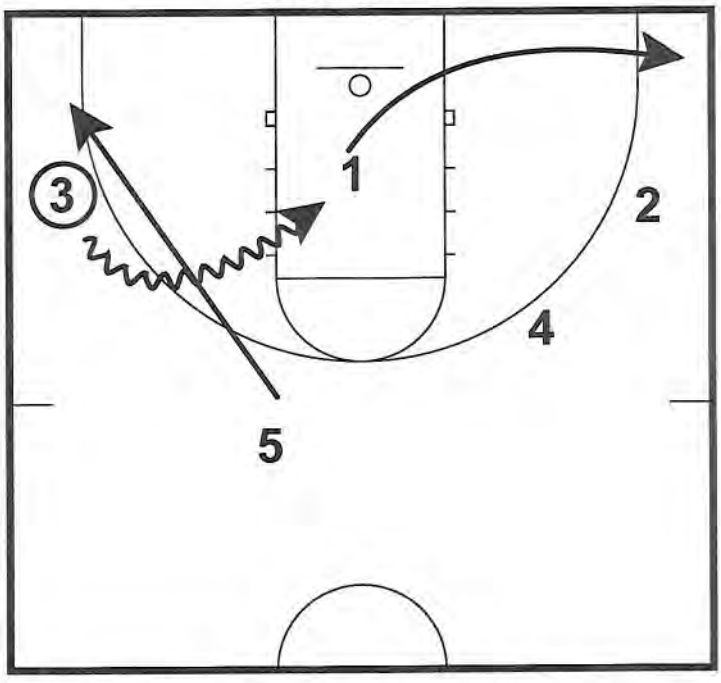
4 Drag: 4 drags with 1 off the break and then spots up for shot. (The slips down to block, read defense) Options: Shot, kick to 3 and 4 popping and 5 is trailing

Drag
Oregon Offense



Double Drag: 4 Drags with 1 and 1 kicks it to 3. Opposite post (who did not set first drag) will drag with 3 guard

Drag
Oregon Offense



3 comes off drag with 5. 5 is rolling to basket and 1 is clearing out opposite

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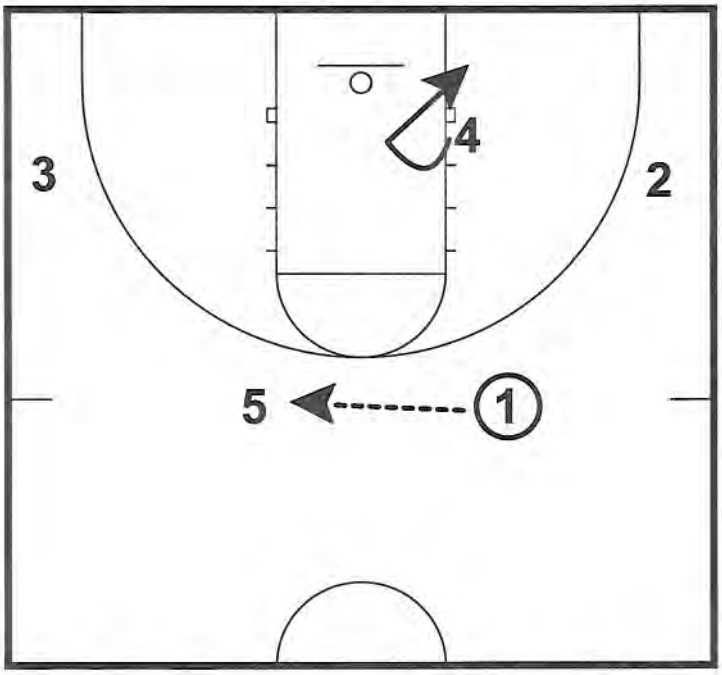
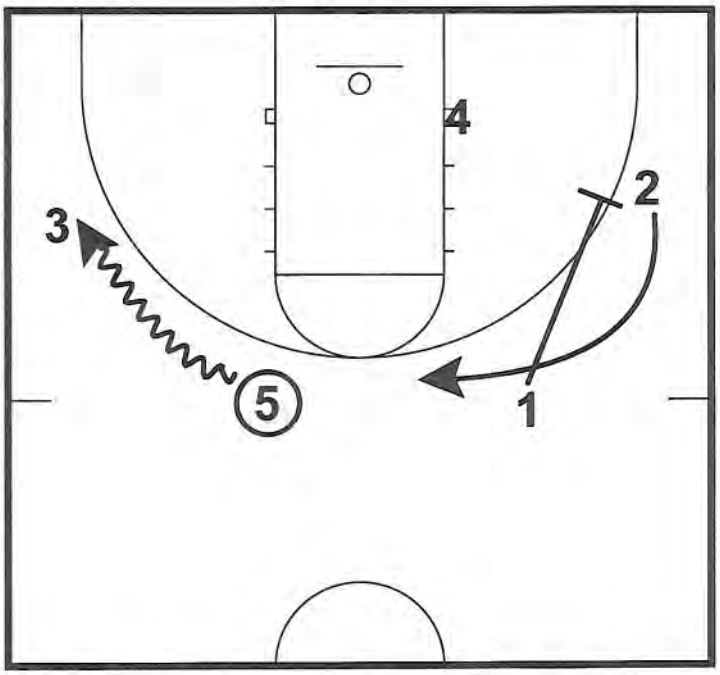
5 Dribble
Oregon Offense



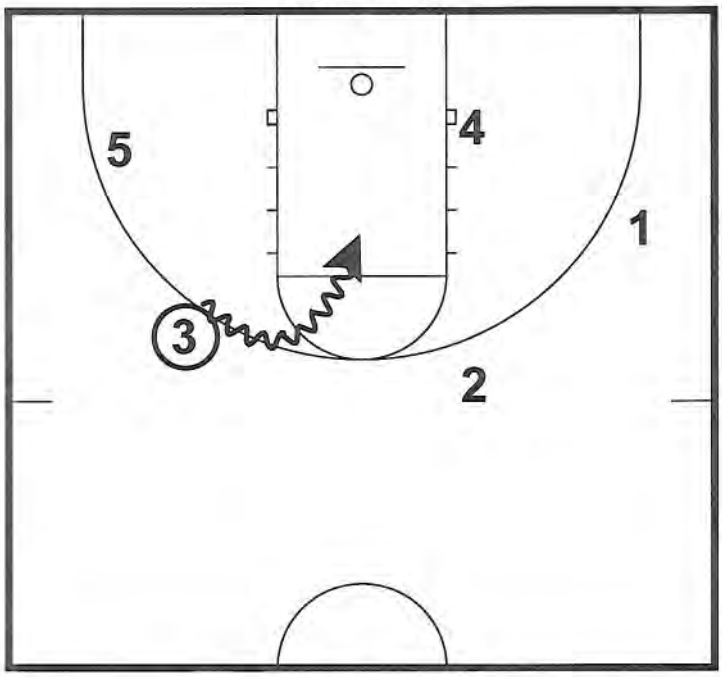
1 passes to the 5 on the trail. 4 flashes middle and retraces her steps back...

5 Dribble
Oregon Offense



5 run a dribble hand-off with 3 as 1 down screens for 2.

5 Dribble
Oregon Offense



3 options: drive and shoot, drive and dump to 4 and drive and kick to 2.

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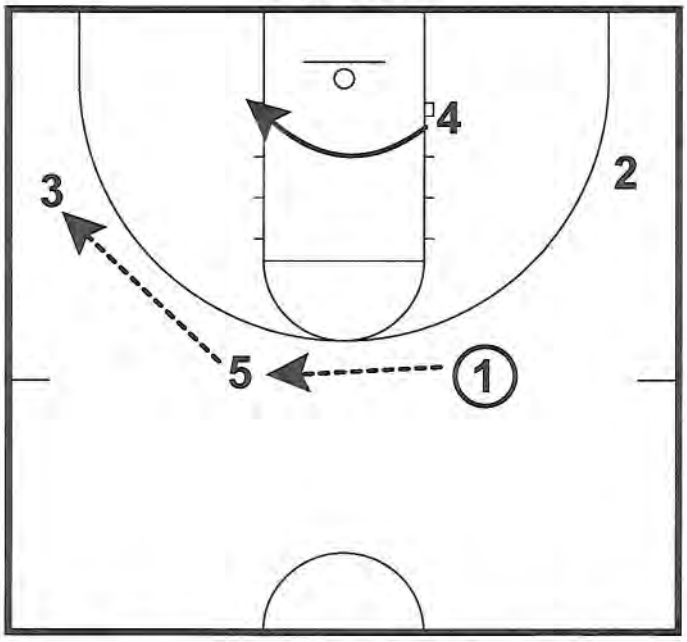
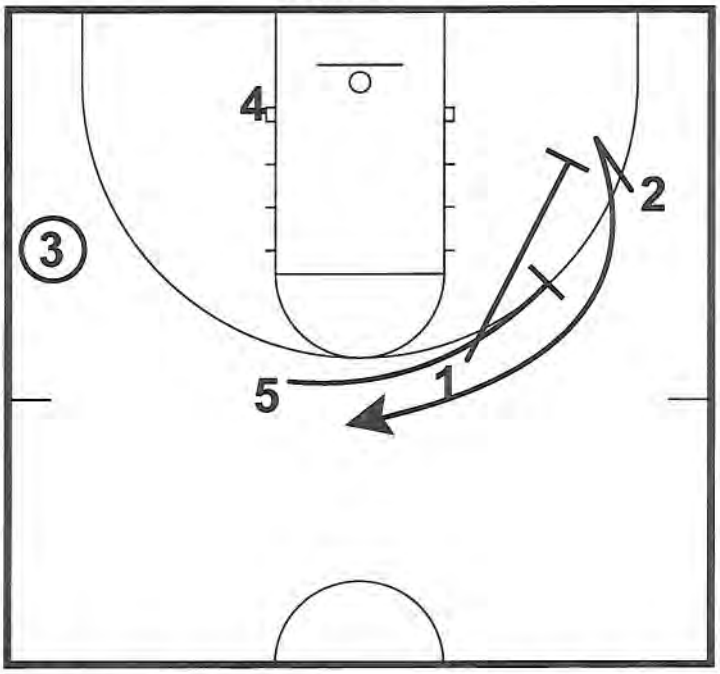
4 Roll
Oregon Offense



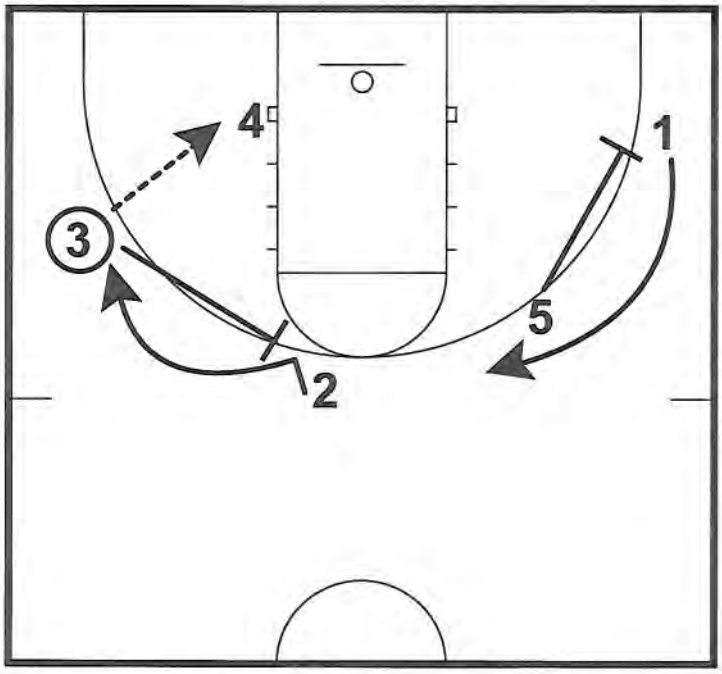
Off the break, 4 cuts down to block. 1 is reversing the ball to the 5 who then reverses it to the 3. As the ball heads to 3, the 4 is following to same side block.

4 Roll
Oregon Offense



Once the ball has left the 1 and 5, they are heading to set a double stagger for the 2 guard.

4 Roll
Oregon Offense



If 3 passes the ball into 4, there will be split action between 3 and 2. On the opposite side, 5 is down screening for 1.

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Premier Coaches Clinic

Presented by DC Sports

Ramsey High School
Ramsey, NJ
October 3, 2010

Featuring
Steve Donahue
Mike Rice
Tom Pecora
Spencer Mayfield

Steve Donahue
Boston College
Offensive Transition Drills
Pgs. 1 – 11

Mike Rice
Rutgers University
One on One Drills to Improve Half-Court Offense
Pgs. 12 – 22

Tom Pecora
Fordham University
Attacking Pressure Defenses
Pgs. 23 – 32

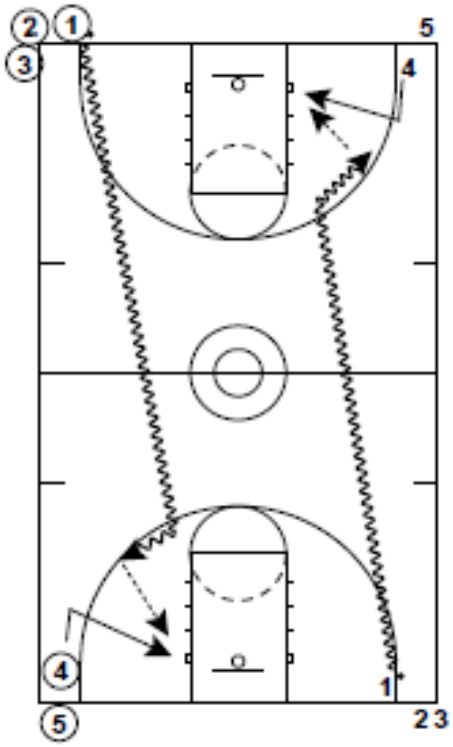
Spencer Mayfield
White Plains High School
Favorite Practice Drills
Pgs. 33 – 40

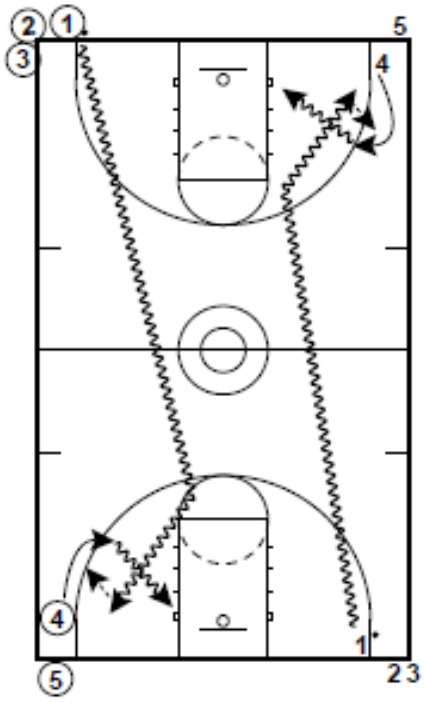
Steve Donahue

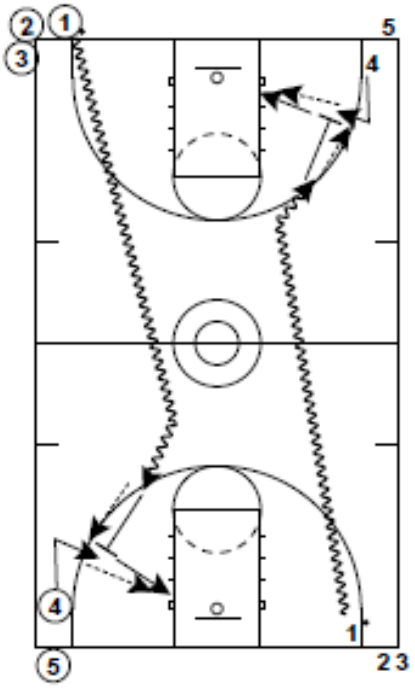
Boston College

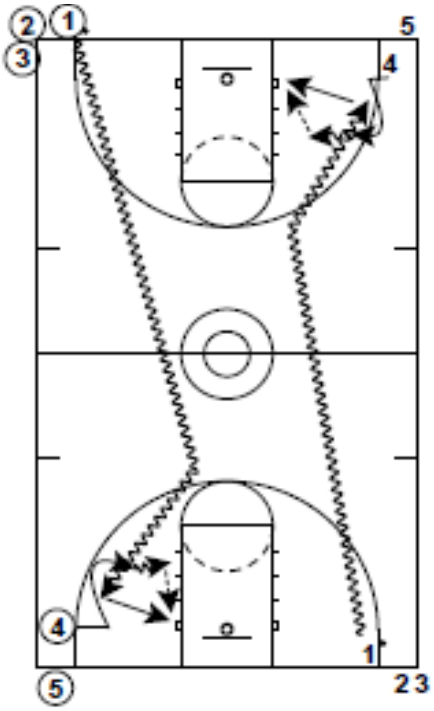
Offensive Transition Drills

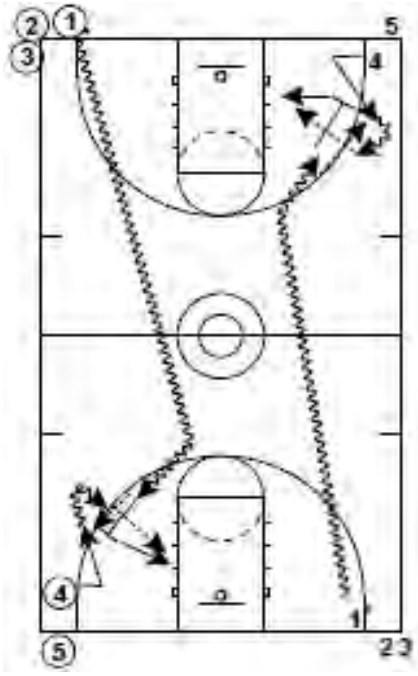
- Don't need to be athletic to play fast, need kids who can make good decisions quickly
- Cornell averaged almost 80 points per game despite having a team whose athleticism was in the bottom 20% in the country
- Have to cut hard
- Play North-South
- Can't sacrifice taking care of the ball as part of playing fast
- Doesn't talk to kids about turnovers, feels it makes kids afraid to make plays
- Kids can make mistakes as long as they are trying to do what you are asking of them
- Shooting
  - Keep left foot down on catch
  - Prepare for shot
  - Catch ball above elbow in the shooting pocket
  - Don't want to slide or adjust after the catch
- Italian Drill
  - Run Back Door Cut, Euro Action, Ball Screen Slip, Dribble Handoff Drive, and Inside Pocket Pass for 1 minute each on the right side and then 1 minute each on the left side.

Backdoor Cut	
Diagram	Notes
	• Ball starts in corner, player dribbles the ball the length of the floor • Dribbler pounds the ball to keep the imaginary defender occupied • Cutter gets confrontational – walks into defender and pushes off on back door cut • Passer delivers pass off the dribble • Lead the cutter for a layup • Get own rebound and outlet the ball

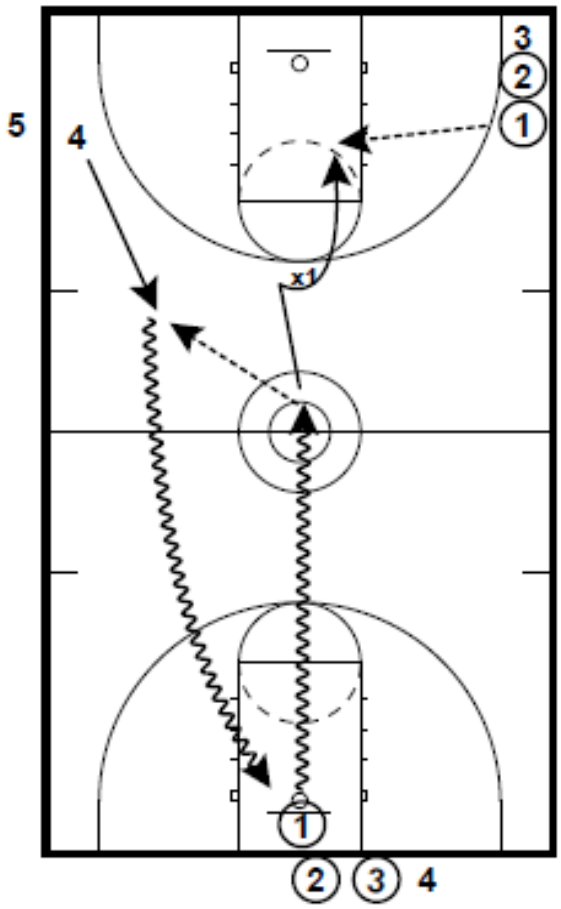
Euro Action	
Diagram	Notes
	• Same setup as Backdoor Cut • Dribble up the court and then dribble at the man in the corner • Corner fills behind, catches pass, and drives for layup

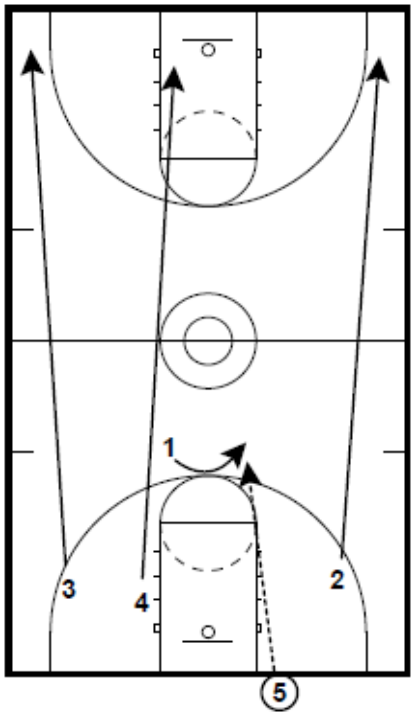
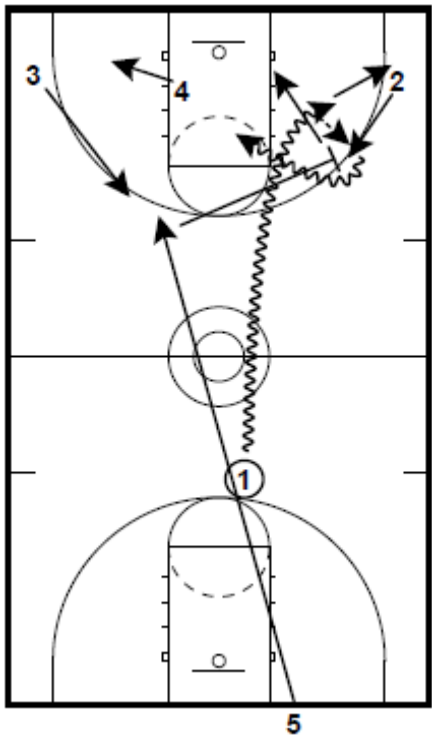
Ball Screen Slip	
Diagram	Notes
	• Same setup as Backdoor Cut • Dribble up the court and then pass to the man in the corner • Sprint to ball screen • Slip and slide to hoop (slide keeps you from running into help defense) • Pass to cutter on slip for layup

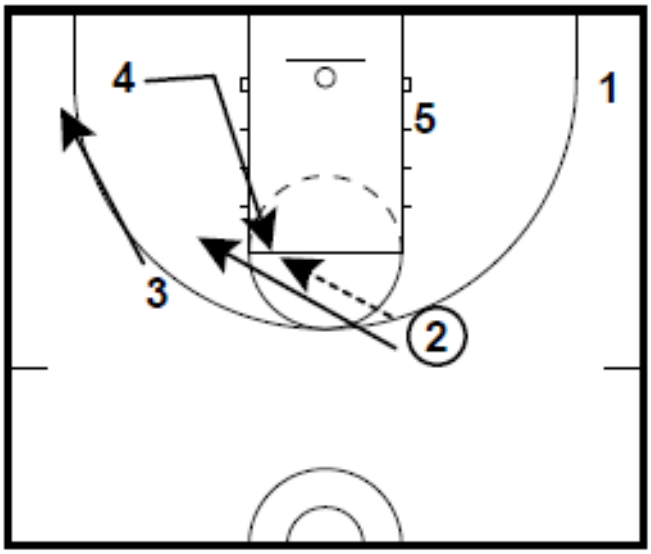
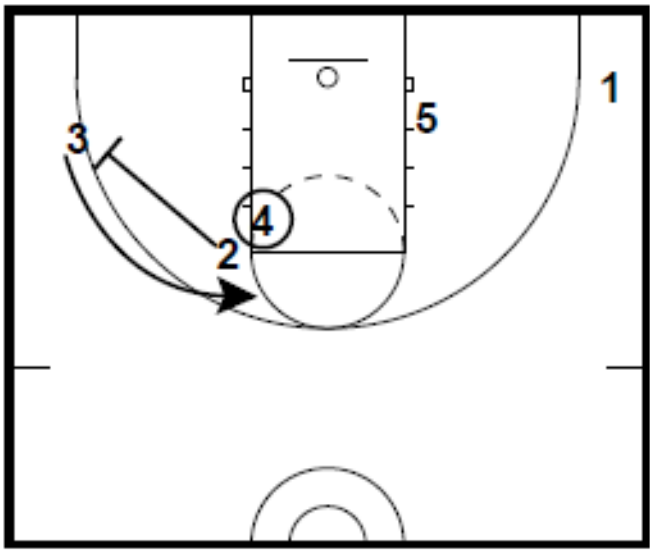
Dribble Handoff Dive	
Diagram	Notes
	• Same setup as Backdoor Cut • Dribble up the court • Pound the ball hard as the cutter sets up his man • Dribble at the defender's butt • Hand it off high • Cutter takes 1 dribble • Handoff screener dives for layup • Cutter passes to screener for layup

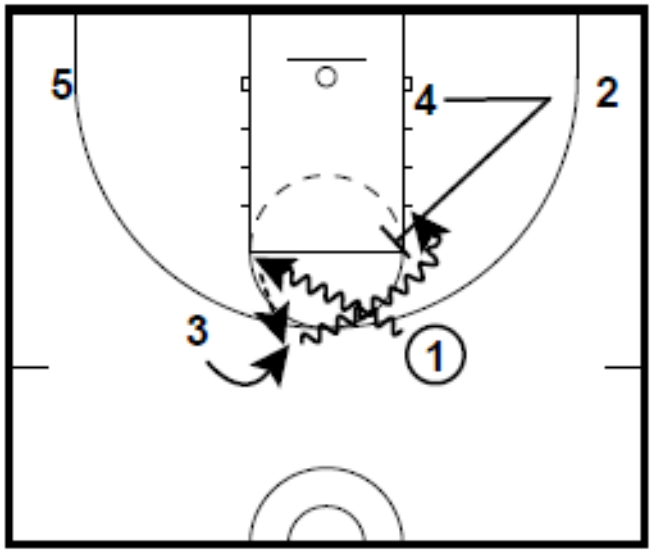
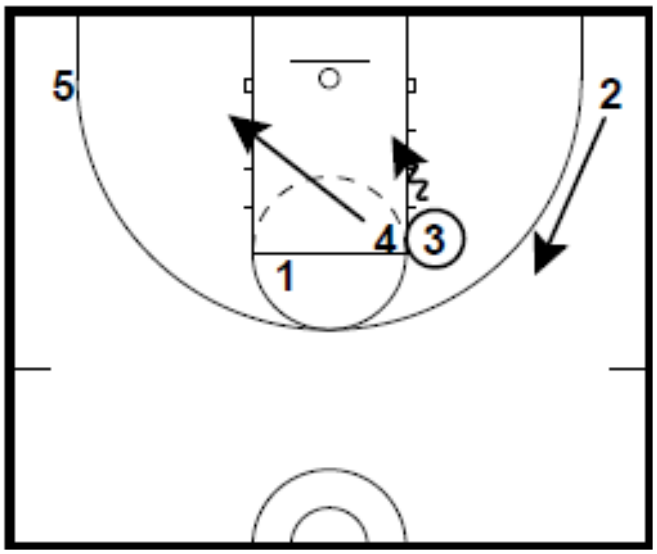
Inside Pocket Pass	
Diagram	Notes
	• Same setup as Backdoor Cut • Dribble up the court • Pass and sprint to ball screen • Hard hedge to double team • Stay low until opportunity becomes available • Take advantage of 4 on 3 opportunity • Slide to pocket • Catch, peak at rim, and read defense

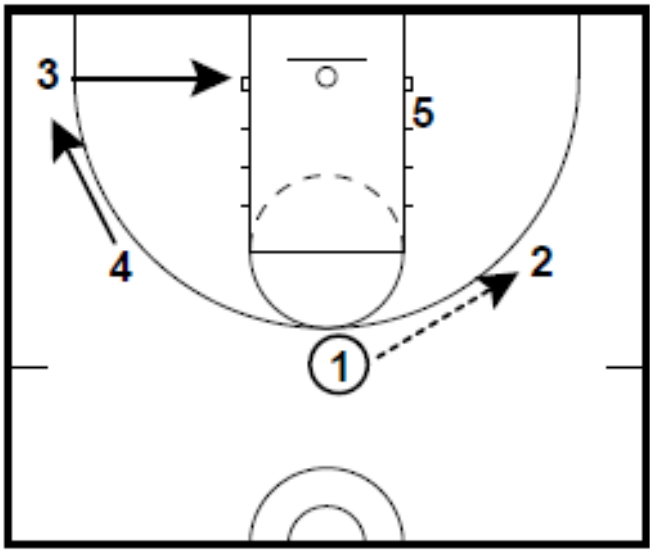
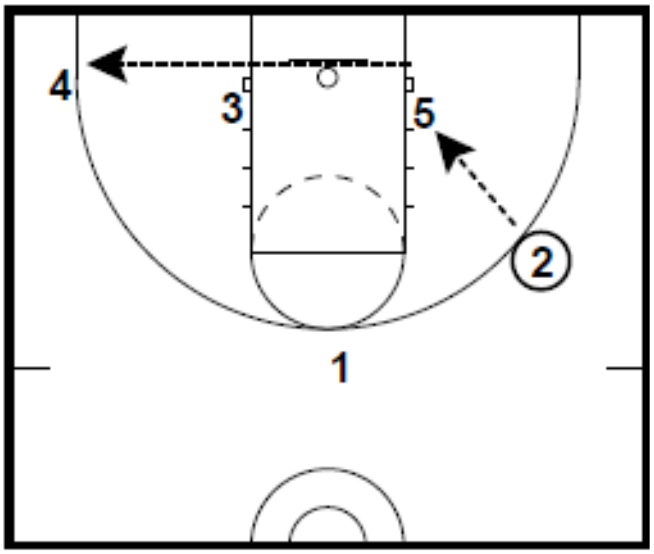
- Demonstrators had trouble making the pocket pass
- Doesn't yell at players for poor execution of a pass he's trying to get them to throw
  - If he yells at them, they are less likely to try it

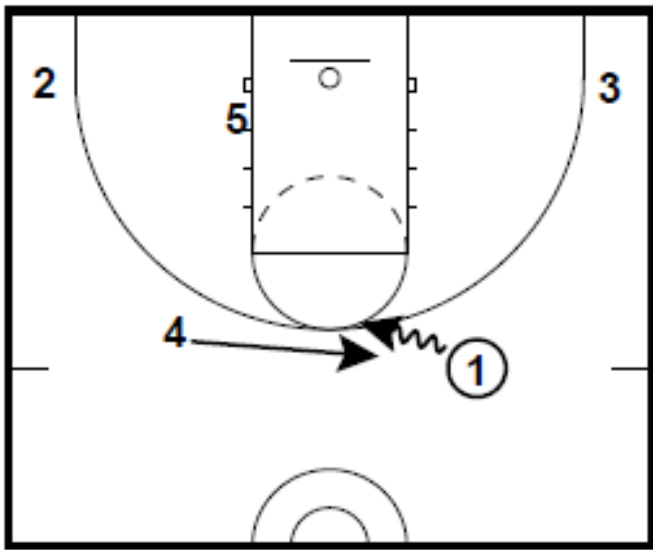
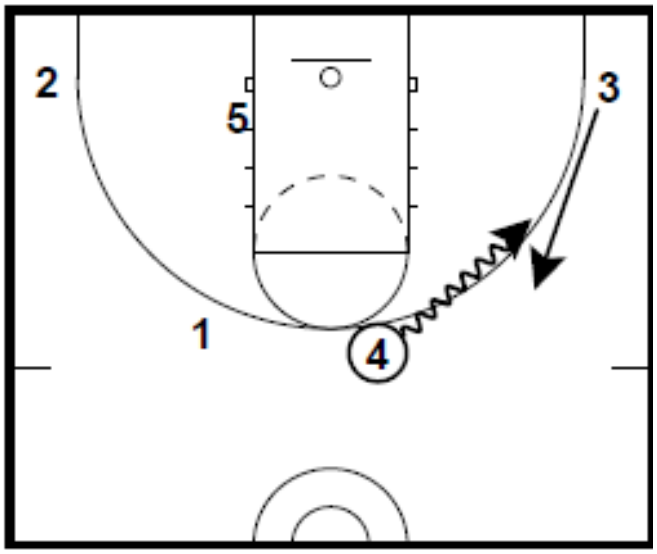
Transition Offense	
Diagram	Notes
	• Player under the basket dribbles to half court and hits cutter off of the dribble • Cutter drives for layup and goes to end of line • Dribbler makes back door to end of passing line • Passer gets rebound and goes to line on opposite sideline * You can run all of the same actions as the Italian Drill out of this set.

Transition 1	
Diagrams	Notes
	• Wings look for ball until half-court and then sprint to corner • PG catches the ball as close to half-court as possible • PG crosses the ball in the circle • 4 man runs to rim and seals • If he doesn't have it, he goes opposite the ball • Bigs create traffic if they can't get to the rim, PG can use them as screens
	• Euro action 1 to 2 • Ball screen and slip 5 to 2 • Read defense and react *Coach can call different actions for players to execute (see below – Point, Australia, Phoenix, Dribble Hand-off)

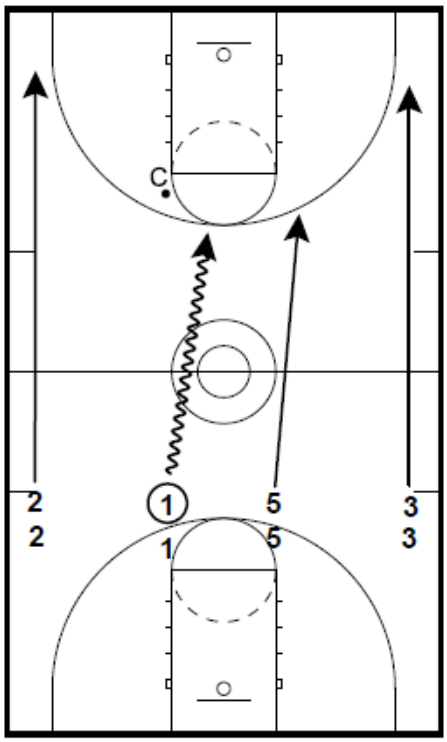
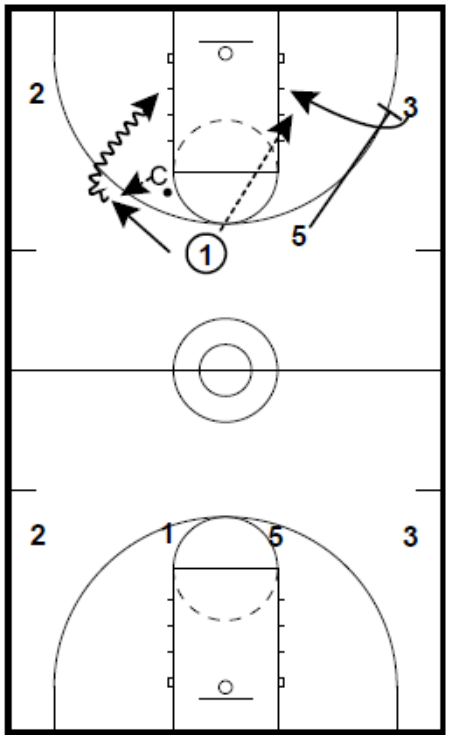
Point	
Diagrams	Notes
	• 4 flashes to elbow for catch (go backdoor if overplayed) • 3 fades to corner • 2 cuts off 4 • 4 fakes hand-off to 2 and squares up to rim This play picks up where Transition 1 left off.
	• 2 screens for 3 to set up Euro action with 4

Australia	
Diagrams	Notes
	• 1 runs Euro action to the left with 3 • 4 fakes a screen for 2 and sets ball screen for 3 Run this play when you have a shooter trailing.
	• 4 dives to opposite block • 2 rises up to wing to make himself available for Euro action with 3

Phoenix	
Diagrams	Notes
	• 1 passes to 2 • 3 cuts to block • 4 goes to corner
	• 2 passes into 5 • 5 turns baseline and hits 4 in the corner for a three

Dribble Handoff	
Diagrams	Notes
	• Dribble hand-off 1 to 4
	• Dribble hand-off 4 to 3

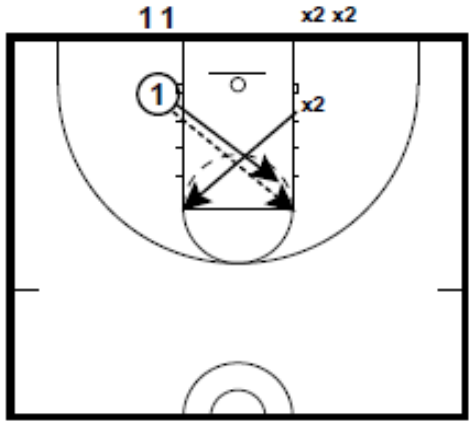
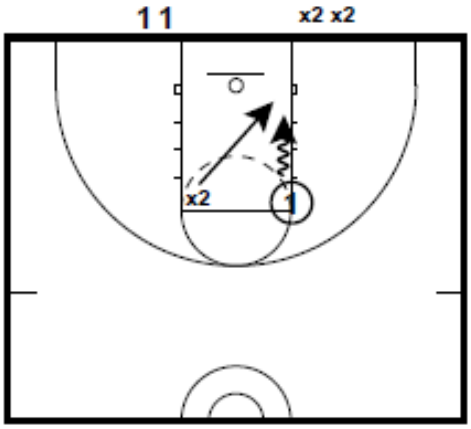
- Runs BC Transition the last 10 minutes of practice
- Run one action on the right side and another action on the left side
  - Right side – ball screen, Left side – Euro action
  - Right side – drive and search, hit opposite side corner for jumper, Left side – Euro action
- Station a coach or manager on the left side with a ball for the action on the left side

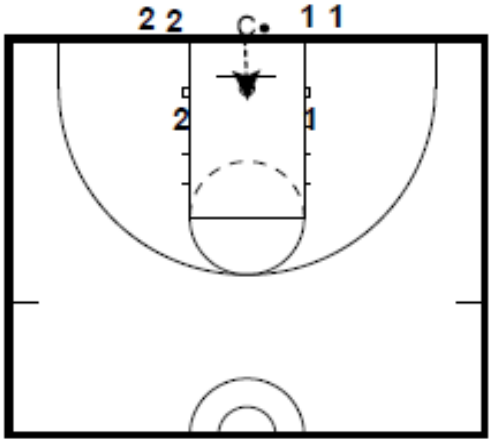
BC Transition	
Diagrams	Notes
	• Players run the floor and push the ball in transition • Coach calls out actions ◦ Right side – 5 – 3 screen ◦ Left side – Euro action
	• Players execute the coaches call

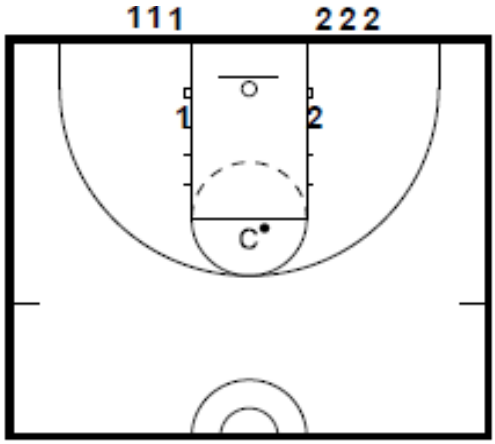
- Question and Answer Period
  - “Do you run the 3 man weave in practice to work on the exchange?”
  - No, I do star passing for 3 minutes and call out the different passes I want them to work on.
  - “What do you run for zone offense?”
  - I run the same actions against a zone. Players don't stand for more than 2 seconds and they must cut hard.

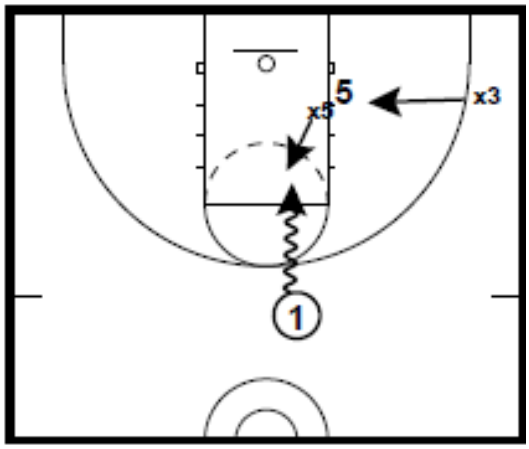
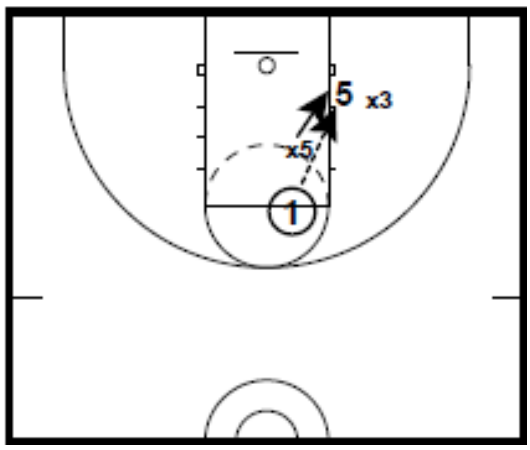
Mike Rice
Rutgers University
One on One Drills to Improve Half-Court Offense

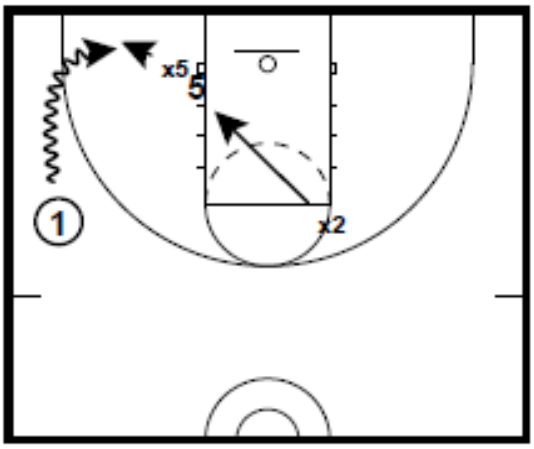
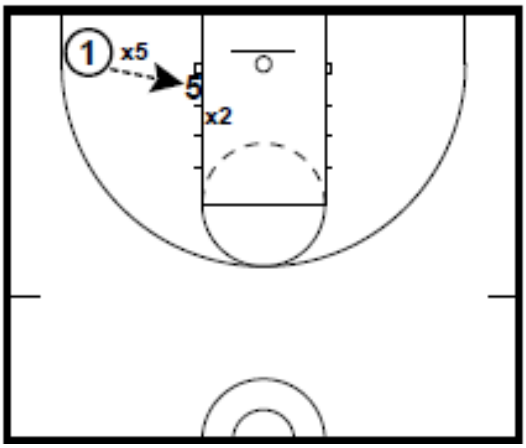
- Goes on annual retreat with 16 coaches for a think tank weekend, share ideas
- Rice believes in playing an attack style
- Players don't read defense, they attack it
- Coach Rice has drill ADD – he can't stay with the same drill for more than 3 – 5 times in a 3 week period
- Coaches manipulate players thoughts to make instincts what they want them to be
- You beat great coaches who run great stuff by creating chaos and disrupting them from running it.
- "Rip the face off the ball handler."
- Create chaos. The chaos must be instinctive.
- In basketball, the person who thinks first and hits first is going to be successful.
- Players need to have urgency, be low, ready to score.
- Contact drills get players to instinctively close shoulders and play through contact.
- As a head coach, you have to make people uncomfortable so they don't cut corners.
- Threw one of his players out the first two days of practice at Rutgers because he was starting in front of the line.
- Must have a high level of demand.

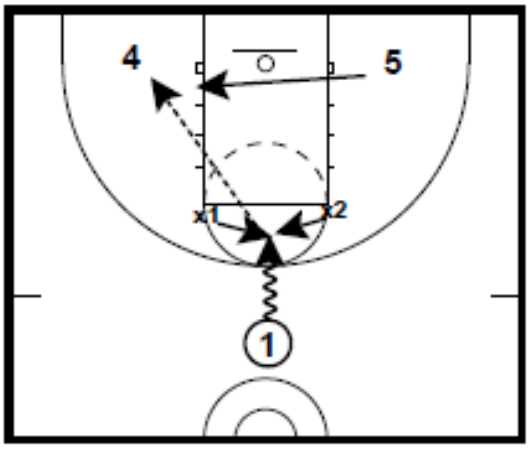
Finishing Drill	
Diagrams	Notes
	• Roll ball to elbow • Sprint and get it • Defense runs to opposite elbow
	• Offense drives for layup • Defense sprints back to block to stop layup

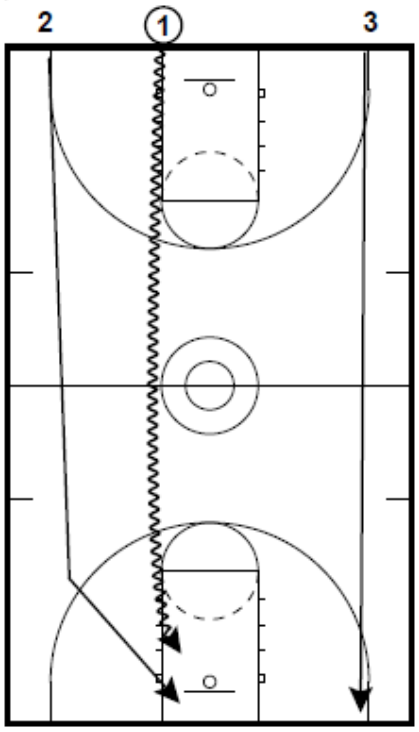
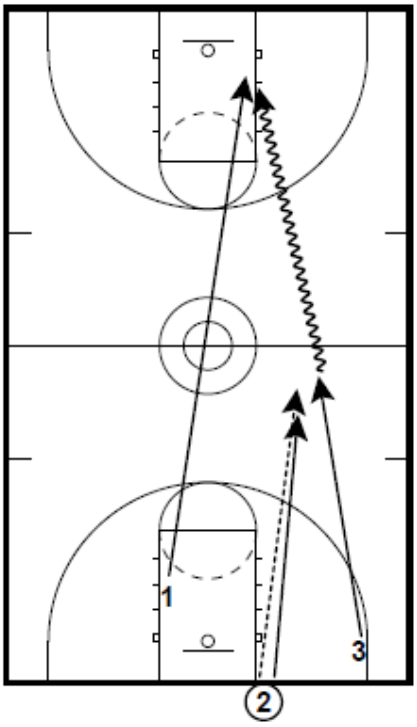
War	
Diagram	Notes
	• One player on each block facing half-court • Players do foot fires until the coach blows the whistle • On the whistle, the coach rolls the ball into the middle of the paint • Whoever gets the ball is on offense • Go until someone scores

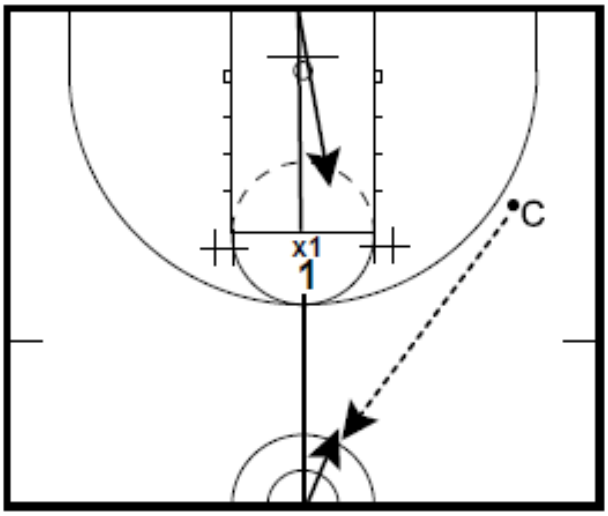
Spurs Finishing	
Diagram	Notes
	• One player on each block facing baseline • Players do foot fires until the coach blows the whistle • On the whistle, both players turn and look for the ball • Coach passes the ball to one of the players • Whoever gets the ball is on offense • Go until someone scores * Can move players up the lane; make them use an efficient dribble.

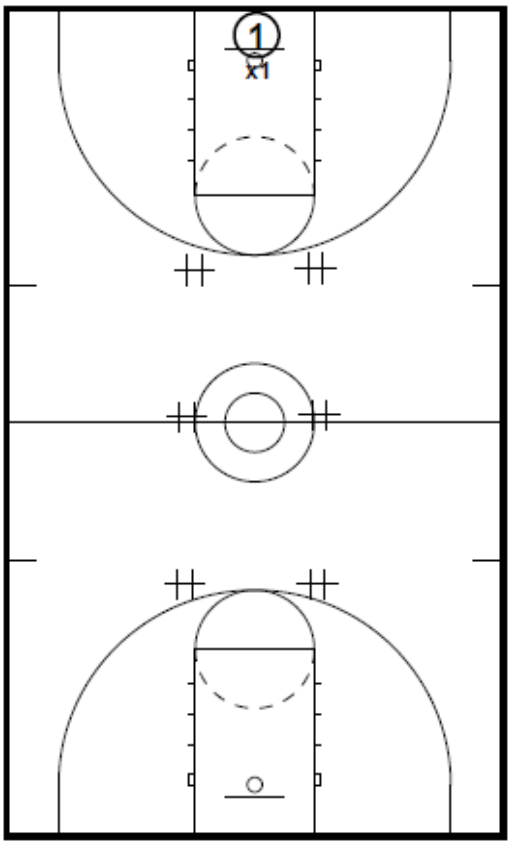
Pitt Finishing	
Diagrams	Notes
	• Guard penetrates from top • Post defense helps • Perimeter defender helps the helper
	• Guard passes to big • Post defender recovers and tries to block shot

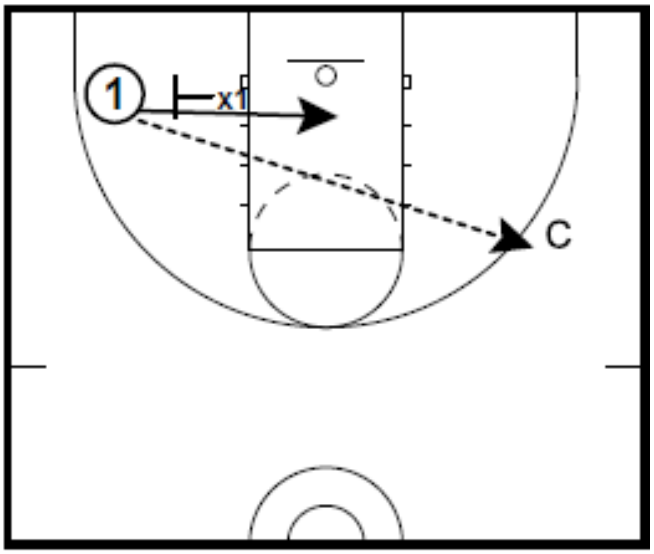
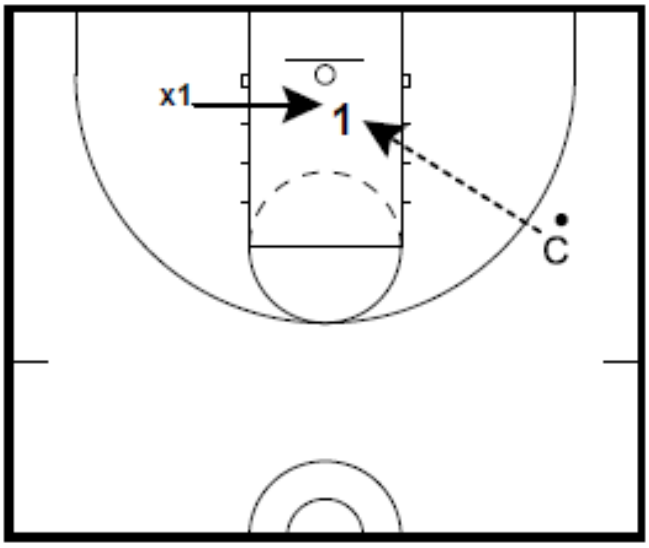
Pitt Finishing Baseline	
Diagrams	Notes
	• Guard drives baseline • Post defense helps • Perimeter defender helps the helper
	• Guard feeds the post • Post defender recovers and tries to block shot

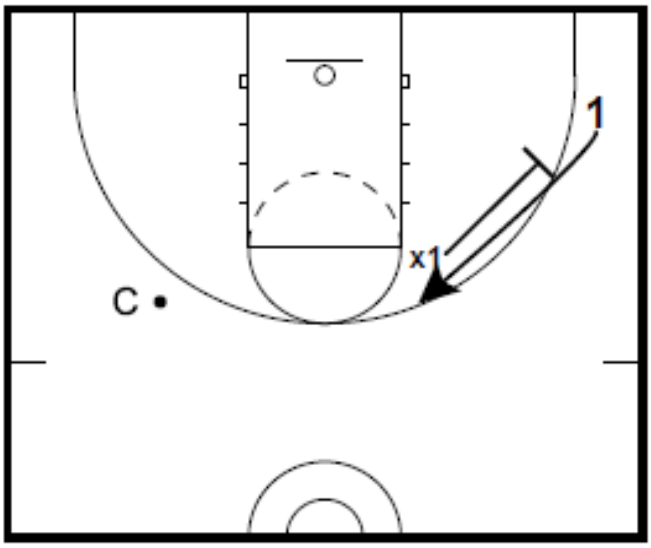
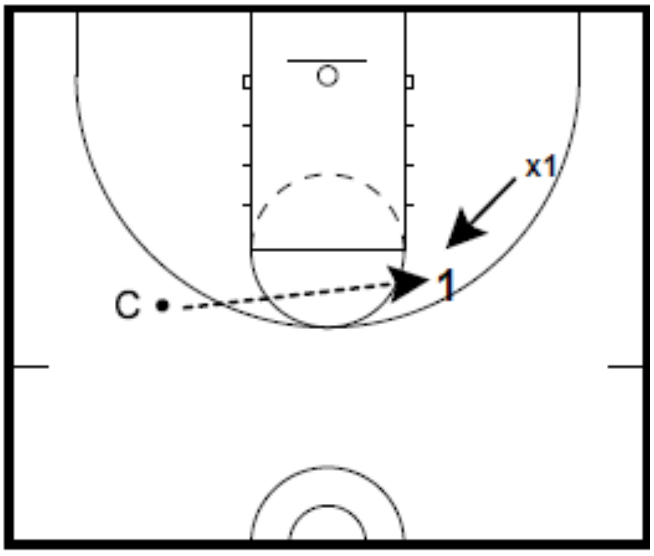
Beat The Double Team	
Diagram	Notes
	• Guard drives into double team • Defense tries to block pass • Guard passes to a big in the short corner • Once receiver touches ball, other offensive player plays defense • Go until someone scores

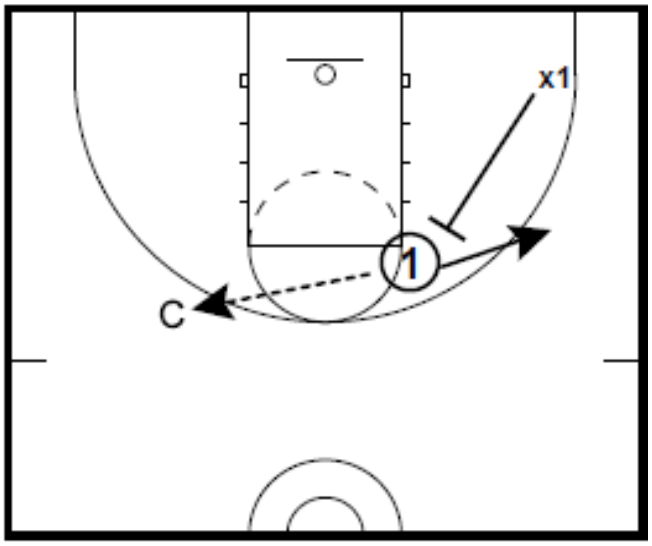
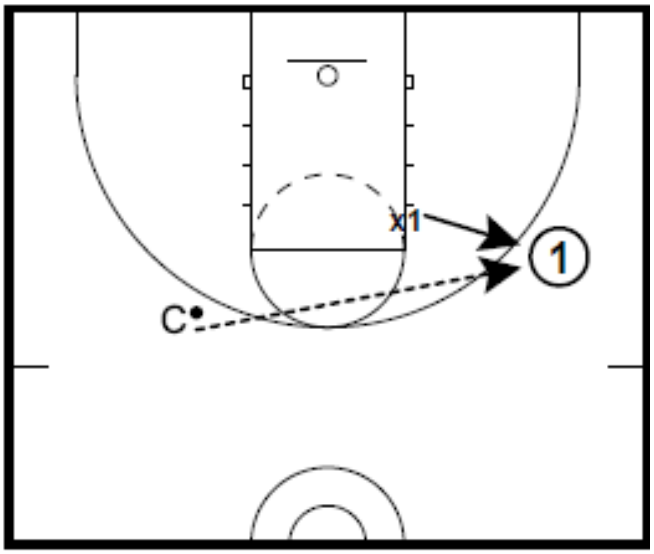
Hurley Drill	
Diagrams	Notes
	• Middle man drives for layup • Rebounder outlets ball • Outside man touches baseline and sprints back for layup
	• Scorer sprints back on defense • Play 1-on-1 • Rebounder chases ball done from behind and tries to flick it out

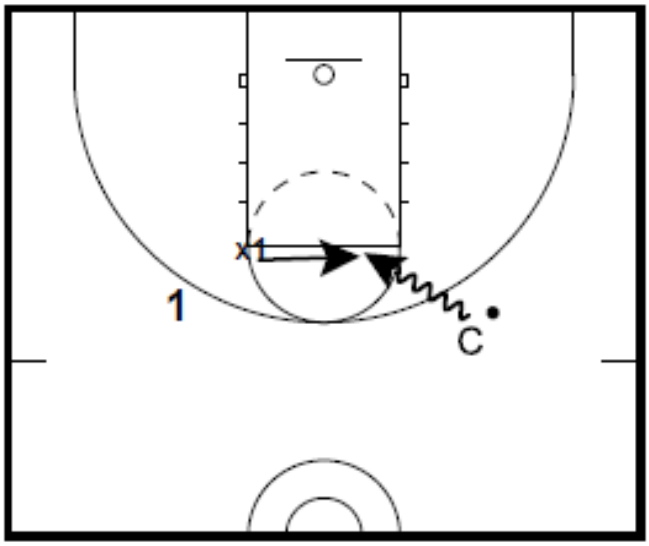
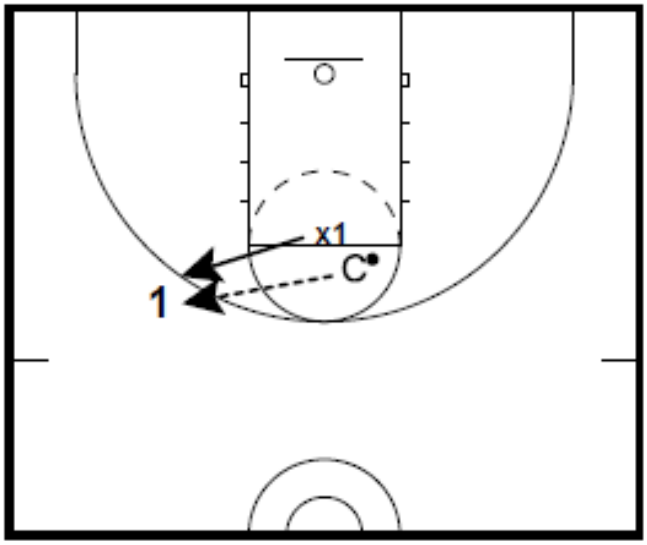
Half-Court Chair 1-on-1	
Diagram	Notes
	• Defense and offense start with feet next to each other facing opposite sidelines • Players hands touch to start drill • Offense sprints to half-court and defense sprints to the baseline; players much touch the line • Offense must stay between the chairs

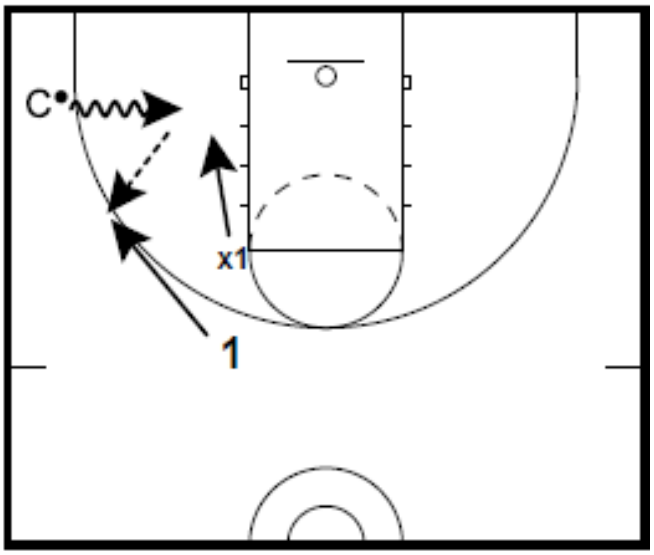
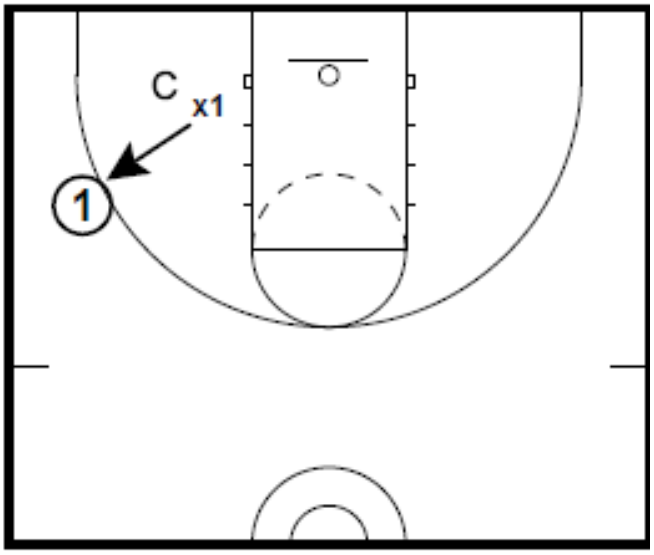
Full-Court Chair 1-on-1	
Diagram	Notes
	• Offense must stay in lane • Defense tries to turn offense • Drill ends when offense goes outside of lane or scores

Flex Cut 1-on-1	
Diagrams	Notes
	• Offense throws skip pass to coach • Screener steps out to set Flex screen • Offense cuts off screen and stops in paint for post up
	• As soon as the offense passes his shoulder, the screener becomes the defender • Coach feeds the post • Offense tries to score

Pinch Screen 1-on-1	
Diagrams	Notes
	• Screener sprints to corner to set screen • Offense comes off screen
	• As soon as the offense passes his shoulder, the screener becomes the defender • Coach passes to offense • The screener closes out on defense • Offense reads the defense and attacks

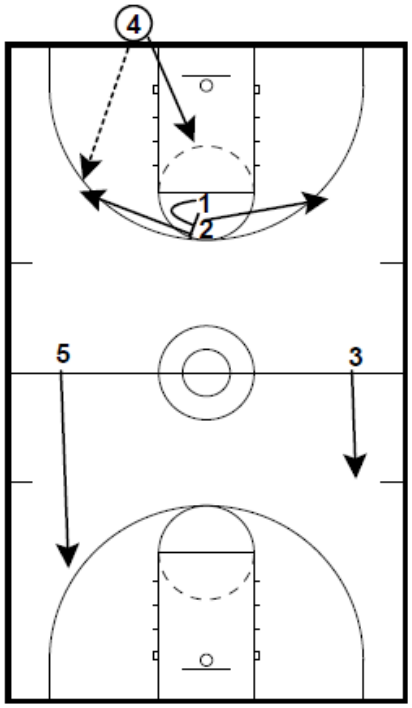
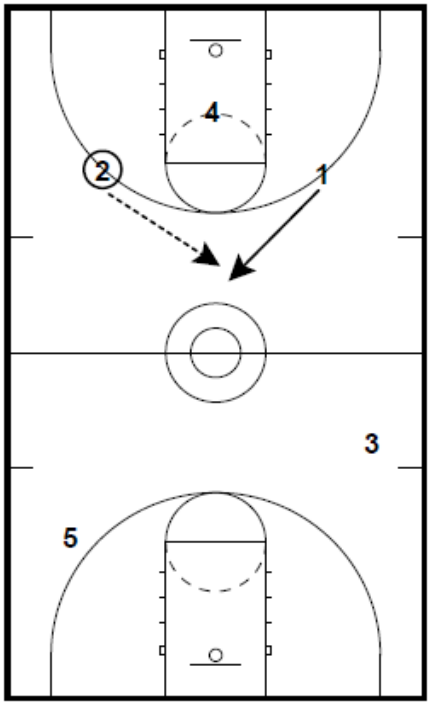
Flare Screen 1-on-1	
Diagrams	Notes
	• Offense passes to coach • As soon as the ball is in the air, the screener sprints to set a flare screen
	• As soon as the offense passes his shoulder, the screener becomes the defender • Coach passes to offense • The screener closes out on defense • Offense reads the defense and attacks

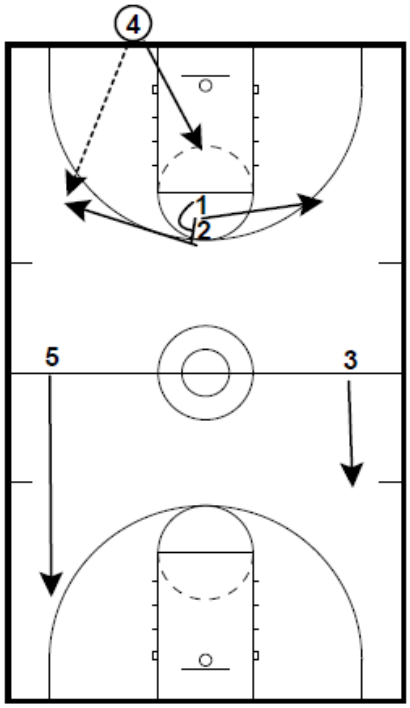
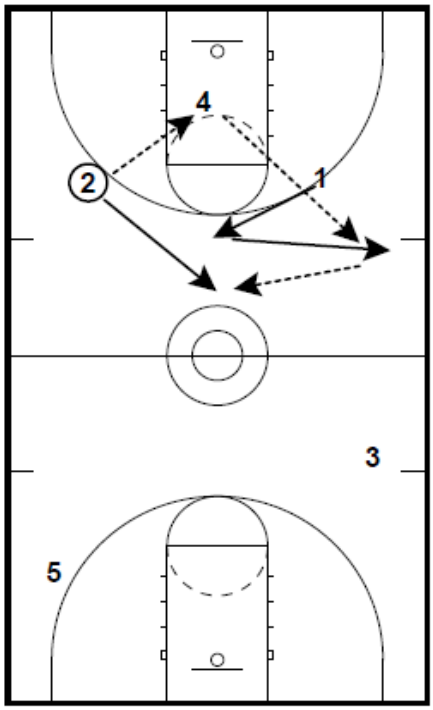
Penetration 1-on-1 Kick	
Diagrams	Notes
	• Defense helps on drive by coach • Coach kicks the ball out to the wing
	• The defender closes out on the ball • Offense reads the defense and attacks

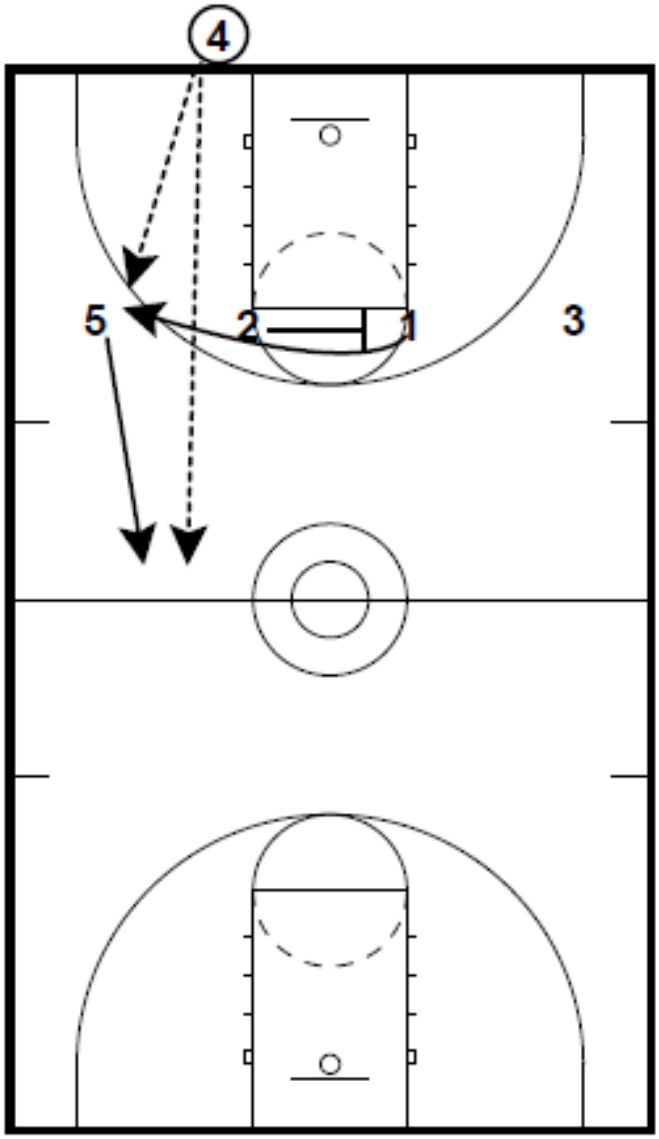
Penetration 1-on-1 Euro	
Diagrams	Notes
	• Defense slides to help the helper position on drive by coach • Offense makes Euro cut behind • Coach kicks the ball out to the offense
	• The defender closes out on the ball • Offense reads the defense and attacks

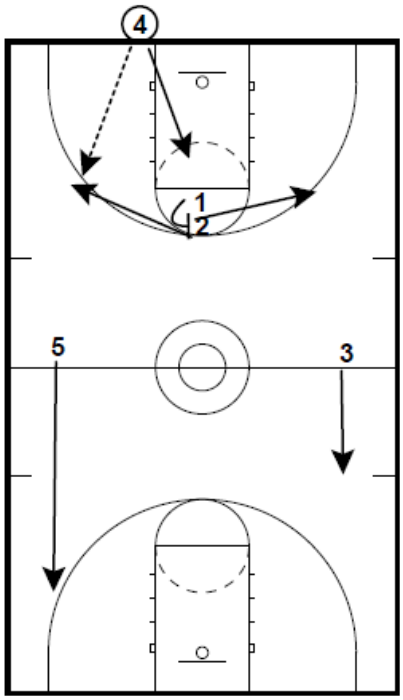
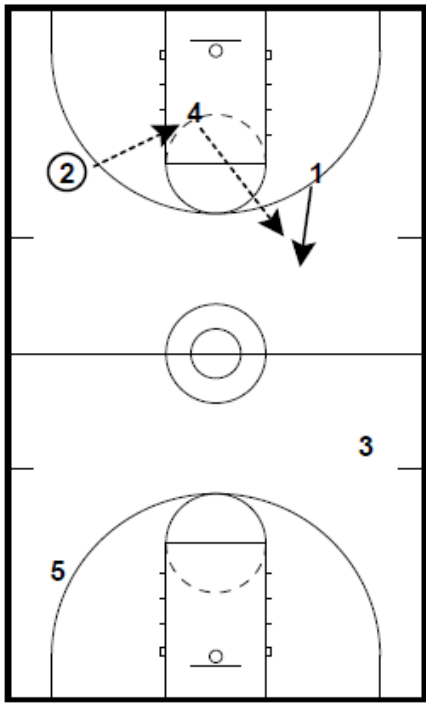
Tom Pecora
Fordham University
Attacking Pressure Defenses

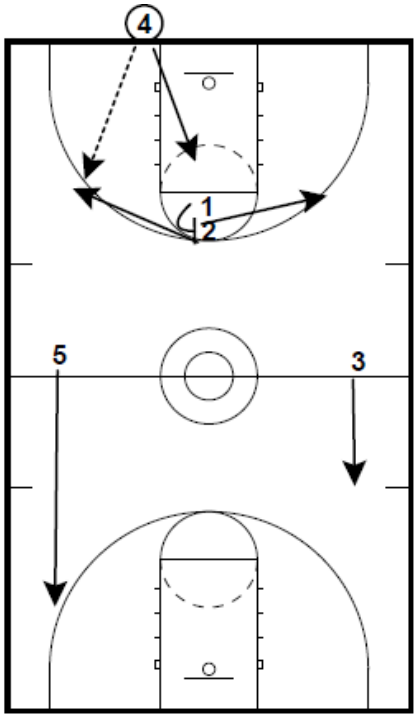
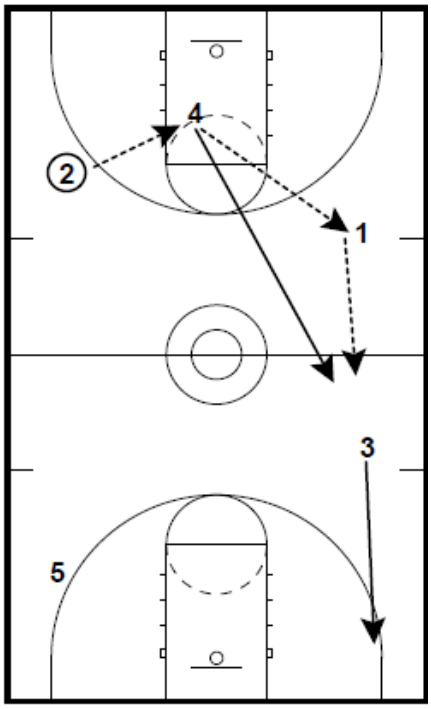
- Coached the freshman for Bob McKillop at Long Island Lutheran
- Got half a court for 45 minutes for practice
- At the end of the season he practices half-court for 45 minutes because the players get beat up over the season
- Uses some of the same drills from CYO team that he coached in 1984
- Question you need to ask yourself, “How do I see the game?”
- Coach the game the way you see it and believe it should be played
- Once the season starts in October he requires a coach to go to 1 practice a week and bring something back
- Need a pressure offense for full-court, ¾ court, ½ court, and ¼ court
- Encourages all coaches to have a coaches retreat before each season
  - run same system
  - use same terminology
- Man defenses are numbers
  - 100 = full-court
  - 75 = ¾ court
  - 50 = ½ court
  - 25 = ¼ court
- Zone defenses are colors
- Doesn't use numbers for positions
- In college, the key to running good offense is having a skilled 4 man
- Important Stats
  1. Defensive FG%
  2. Defensive FG% after we score
  3. Defensive FG% after we don't score
  4. Defensive FG% after giving up an offensive rebound
- Puts tape down from 1 rim to the other, calls it the “load line”
- 5 guys on the load line
- Marks floor with X's for motion spots and boxes for zone spots
- 8 zone spots, the rule is leave a spot, fill a spot
- Pecora looks at pressure as offensive sweet spots and defensive pressure points
- Blitz Package
  - dictated by
    1. location on the floor (Trap City)
    2. player movement (pick-n-roll, dribble hand offs)
    3. great player
- Crush – double ball in corner
- If you can't shoot, you can be the guy who can't shoot, but plays because of the other things he can do or you can be the guy who can't shoot and doesn't play.

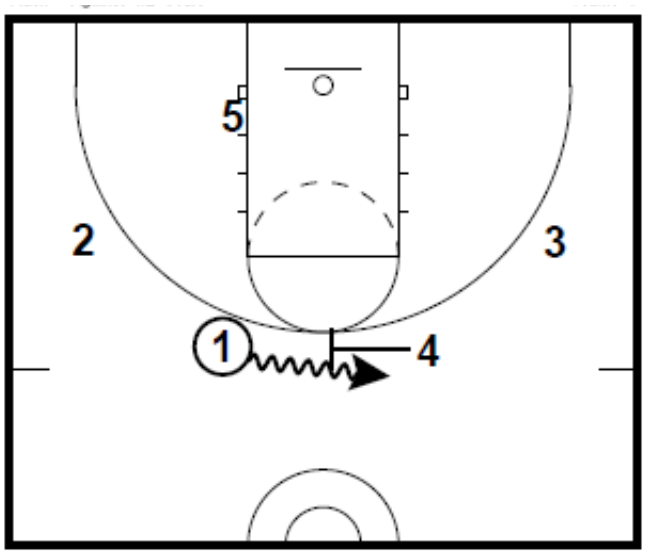
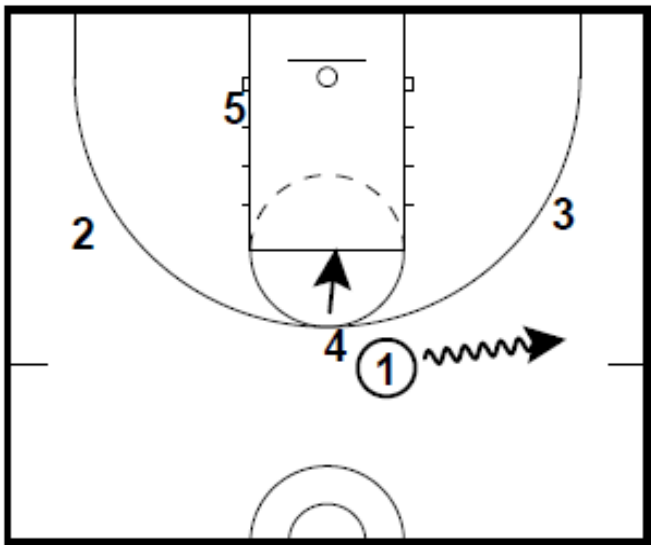
Basic – Against Full-Court	
Diagrams	Notes
	• Predicated on having tough city kids who can attack off the dribble • 1 turns and screens for 2 • 2 runs to foul line extended, stay out of Trap City (corners) • 1 hesitates and breaks opposite, reverse pivot in case of switch • If he goes high, you go by. • If a team is a good pressure team, inbound the ball to the weak side. • 4 inbounds to 2 • 2 peaks at rim • 3 cuts up
	• 1 cuts to top of key • 2 throws a bounce pass to him * All passes against pressure in the middle are bounce passes because they are stolen and deflected less often.

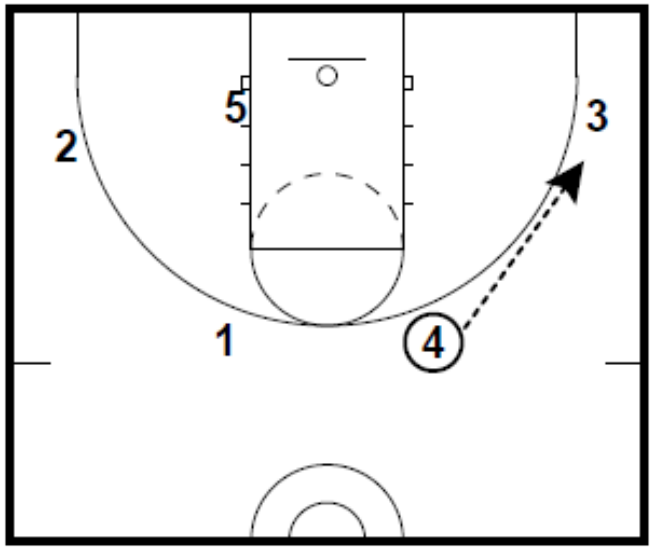
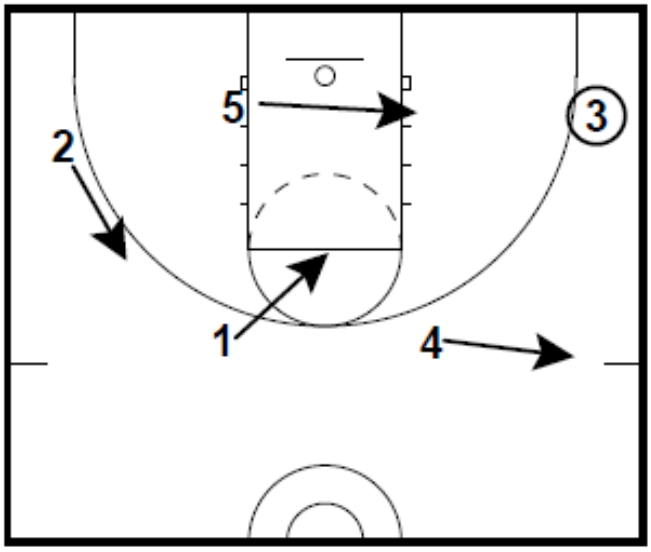
Basic Reversal – Against Full-Court	
Diagrams	Notes
	• 1 turns and screens for 2 • 2 runs to foul line extended, stay out of Trap City (corners) • 1 hesitates and breaks opposite, reverse pivot in case of switch * If guards are not open, 5 flashes middle. 4 throws the pass high and 5 goes up and gets it like a rebound.
	• 1 cuts to top of key • If 1 is not open, he cuts back to sideline • 2 passes to 4 • 4 passes to 1 • 2 cuts to middle of floor between top of key and half-court • 1 passes to 2 * Run through every pass so the defender cannot jump the pass and get a steal.

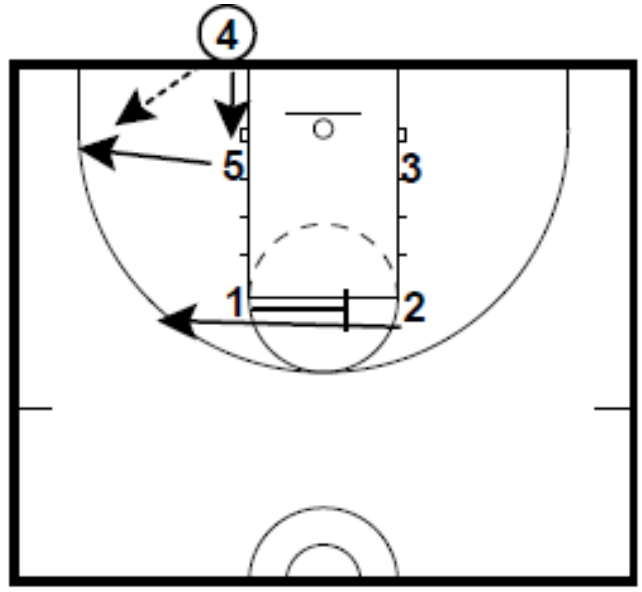
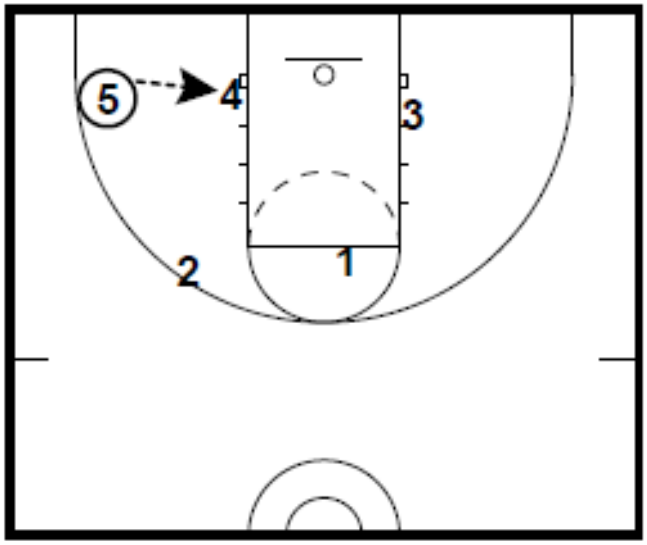
4 Across – Against Full-Court	
Diagram	Notes
	• 5 breaks down court • 2 screens for 1 • 1 cuts off the screen to the foul line extended • 4 can hit 5 going deep or 1 coming off 2's screen

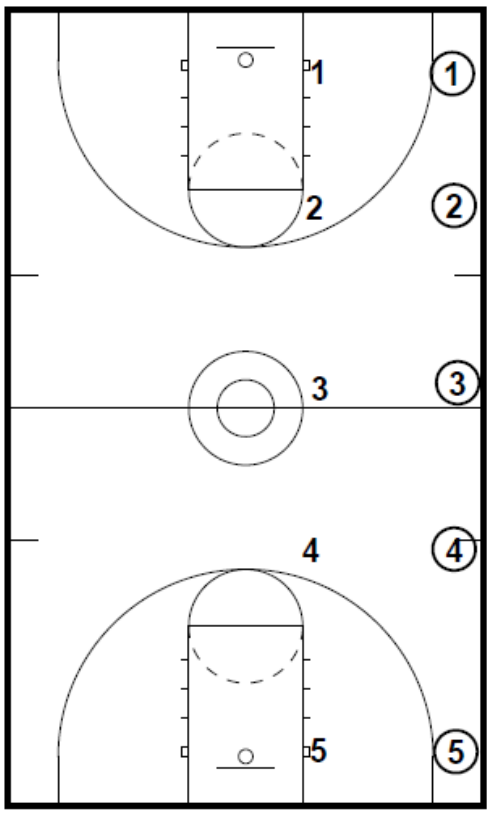
4 Up – Against ¾ Court	
Diagrams	Notes
	• 1 turns and screens for 2 • 2 runs to foul line extended, stay out of Trap City (corners) • 1 hesitates and breaks opposite, reverse pivot in case of switch • 4 passes to 1 or 2 and cuts hard to the middle
	• 4 gets a pass back and passes ahead opposite

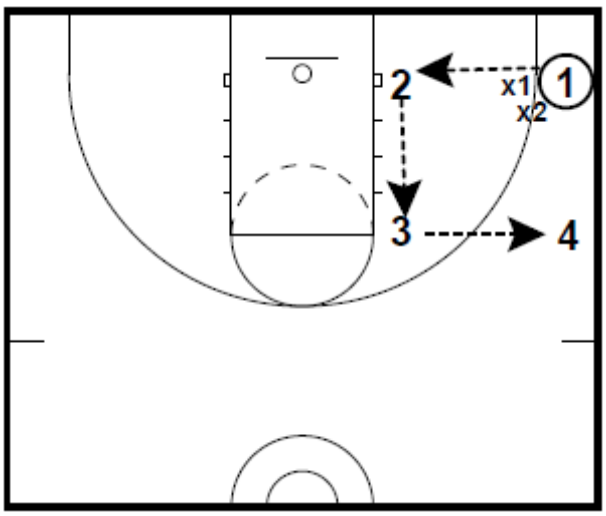
4 To The Side – Against ¾ Court	
Diagrams	Notes
	• 1 turns and screens for 2 • 2 runs to foul line extended, stay out of Trap City (corners) • 1 hesitates and breaks opposite, reverse pivot in case of switch • 4 passes to 1 or 2 and cuts hard to the middle
	• 2 passes to 4 • 4 passes to 1 • On the reversal, 4 runs ahead on the ball side • Advance the ball up the sideline

Flash – Against ½ Court	
Diagrams	Notes
	• 4 sets ball screen for 1 • Defense double • 4 and 5 yell, “Flash” when they see the double
	• 1 drags the ball through • Get in 1-3-1 set • 2 comes high • 4 goes to foul line • 5 stays at block

Flash Corner– Against ½ Court	
Diagrams	Notes
	• 4 passes to 3 • 3 gets doubled • 5, 2, and 1 yell, “Flash” when they see the double
	• 5 flashes to the block • 4 slides up • 1 goes to foul line • 2 goes to wing

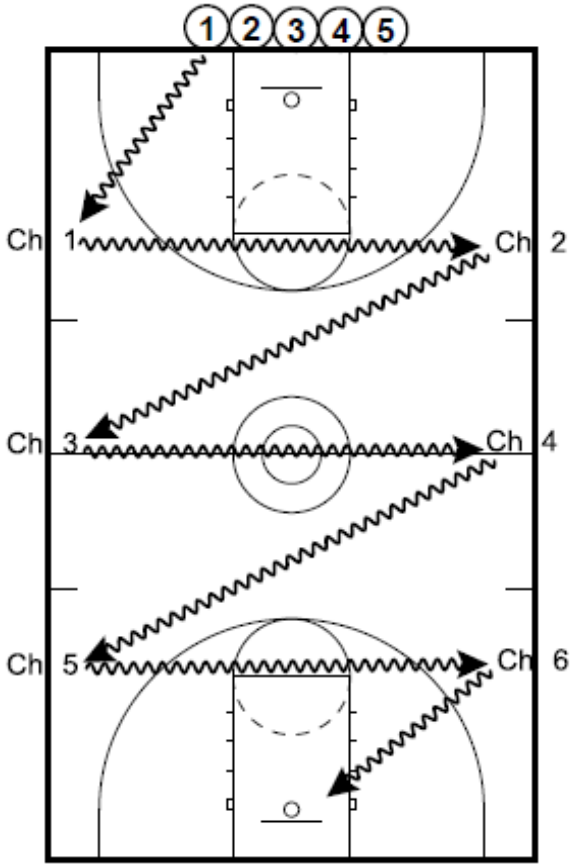
Tap Head	
Diagrams	Notes
	• 1 screens for 2 • 5 pops • 4 passes to 5 and steps into block
	• 5 gets doubled and dumps the ball into 4 • 4 shoots or passes to 3 on the weak side block

Pivot Drill	
Diagrams	Notes
	• Left foot pivot • Ball toughness • 10 seconds • Pivot hard on left foot • Forward and reverse pivots • Rip ball through • After 10 seconds pass to man across • Repeat • Pass back and repeat same series with the right foot • Run drill for 2 minutes

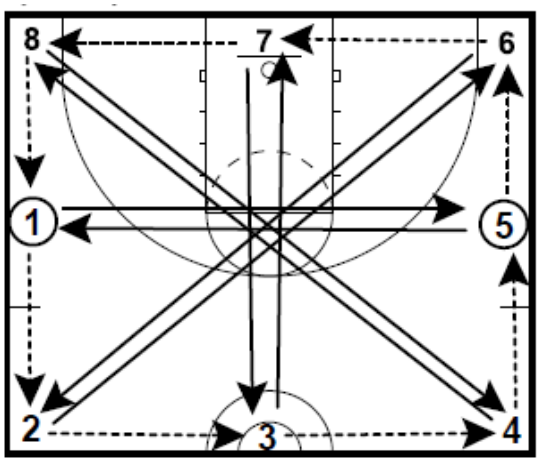
Blitz Box	
Diagrams	Notes
	• On go call, defense doubles the ball • Defenders keep hands up, don't foul • Pass ball around the box • Defenders follow the ball and double it • Last guy steps through the double team • Defense takes charge on the step through * Can increase size of the box, hash mark and weakside block.

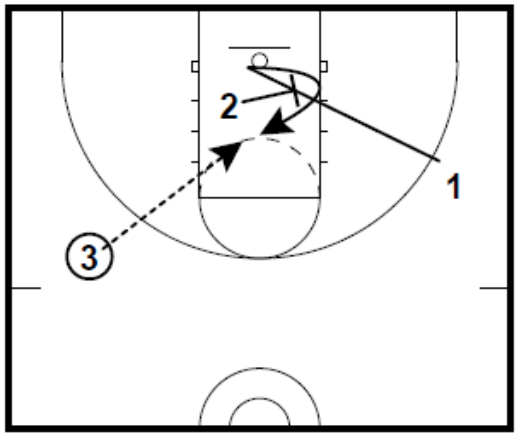
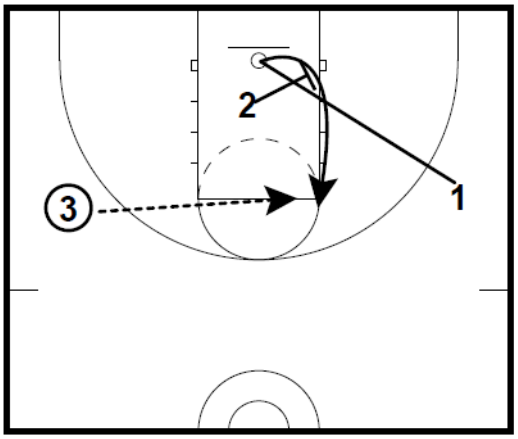
Spencer Mayfield
White Plains High School
Favorite Practice Drills

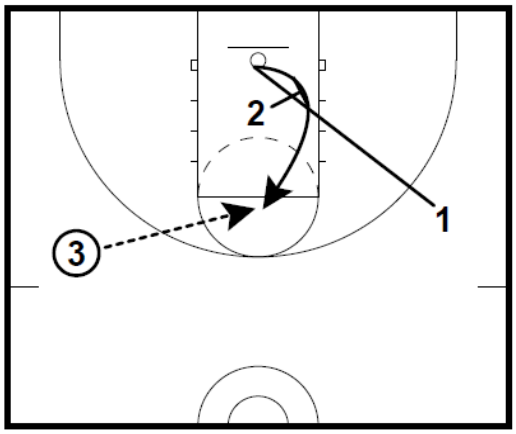
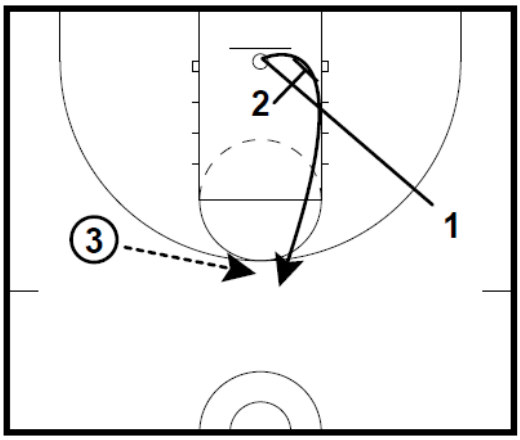
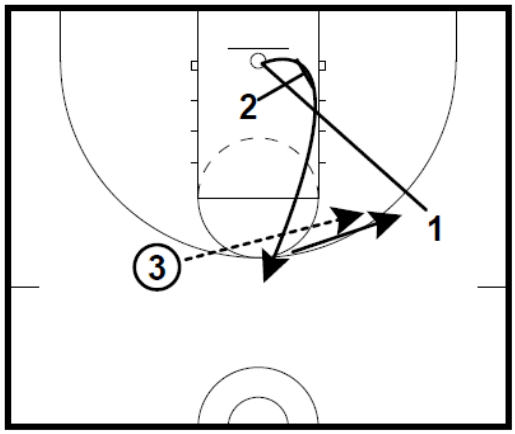
- Scout for Utah Jazz
- Jerry Sloan runs a disciplined team the same way regardless of the player

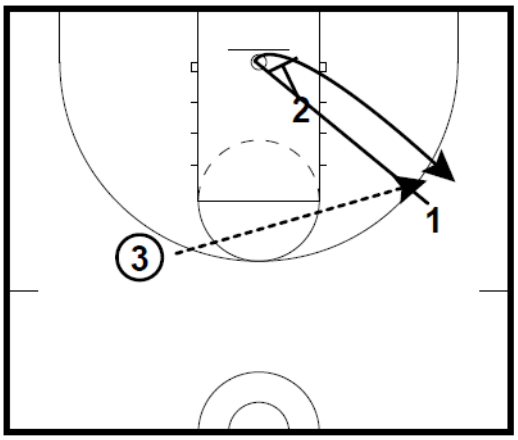
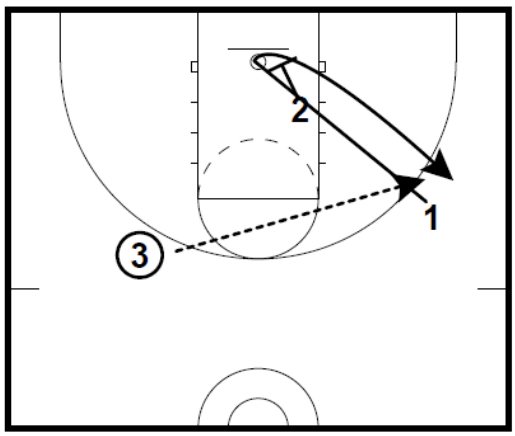
Florida State Dribbling	
Diagram	Notes
	• 7 dribble moves • Speed dribble to Chair 1 • Spin dribble at Chair 1 • Continuous crossover dribbles to Chair 2 • Spin dribble at Chair 2 • Continuous inside out to Chair 3 • Spin dribble at Chair 3 • Continuous hesitation dribble to Chair 4 • Spin dribble at Chair 4 • Continuous behind the back dribble to Chair 5 • Spin dribble at Chair 5 • Continuous through the legs dribble to Chair 6 • Spin dribble at Chair 6 • Drive for layup * The next player goes when the player in front of him starts to spin at Chair 1. ** Go right hand coming down and left hand going back. *** Go 3 times with each hand.

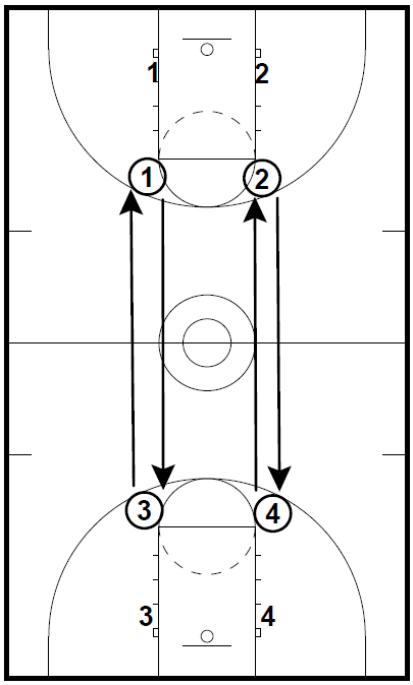
- Florida State Dribbling can also be performed with two balls.
    1. Pound dribble to Chair 1
    2. Machine gun (alternating) dribble to Chair 2
    3. Defensive slide and pound dribble to Chair 3
    4. Defensive slide and machine gun dribble to Chair 4
    5. Windshield wipers to Chair 5
    6. Inside out to Chair 6
    7. Pound dribble to baseline
- Have coaches hold up numbers and players call them out to make sure that players are keeping their heads up.

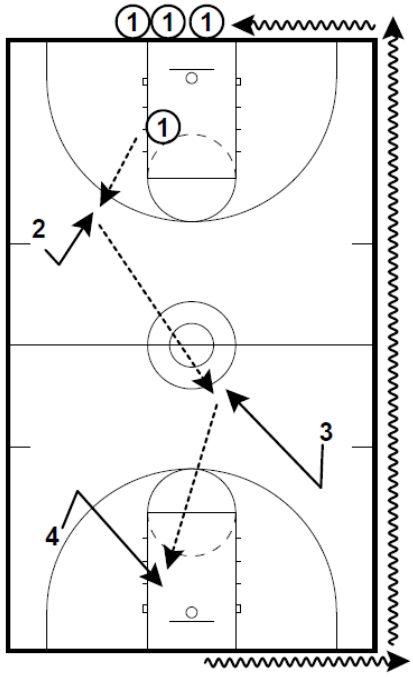
Argentina Passing	
Diagram	Notes
	• Pass ball to right • Exchange with player across from you • Allowed 1 pump fake if receiver is not there • Every pass has a name • Players must stay in bound and throw straight line passes • The drill is run with 2 balls • The balls always start with players who are opposite from each other

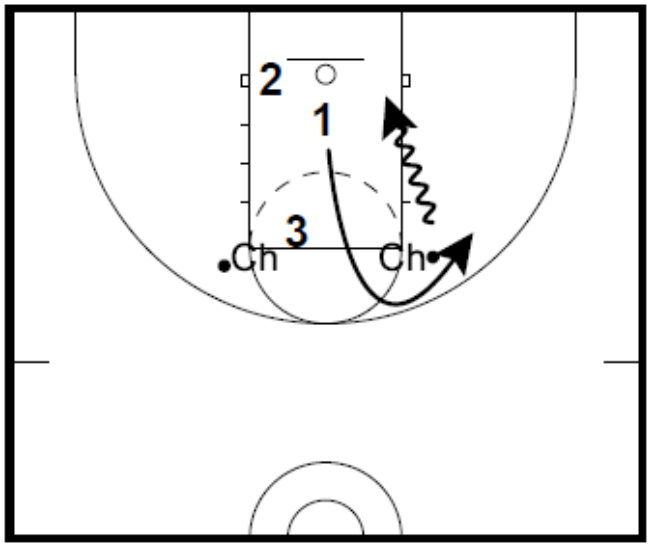
Reggie Miller Shooting Drill	
Diagrams	Notes
	• 7 spots, 14 shots Spot 1 • Cut under rim, tight curl off screen into lane for jump shot • Sprint out to opposite wing and repeat on other side • Go back to original spot on wing
	Spot 2 • Cut under rim, tight curl off screen to elbow for jump shot • Sprint out to opposite wing and repeat on other side • Go back to original spot on wing

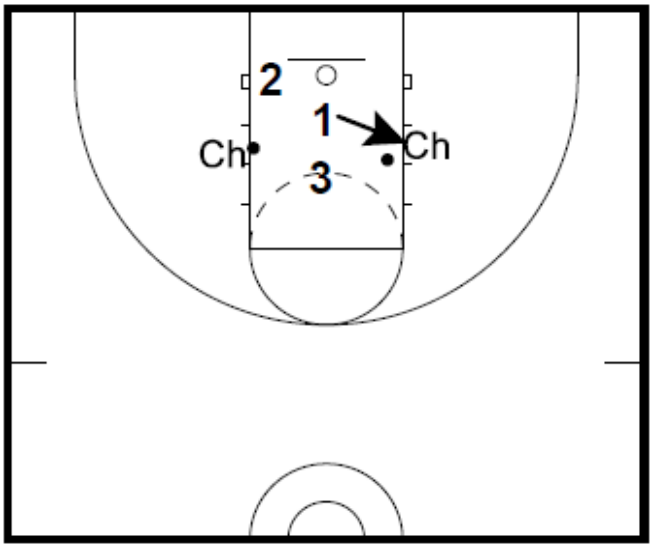
	Spot 3 • Cut under rim, tight curl off screen to foul line for jump shot • Sprint out to opposite wing and repeat on other side • Go back to original spot on wing
	Spot 4 • Cut under rim, tight curl off screen to top of key for jump shot • Sprint out to opposite wing and repeat on other side • Go back to original spot on wing
	Spot 5 • Cut under rim, tight curl off screen to top of key and fade to wing for jump shot • Sprint out to opposite wing and repeat on other side • Go back to original spot on wing

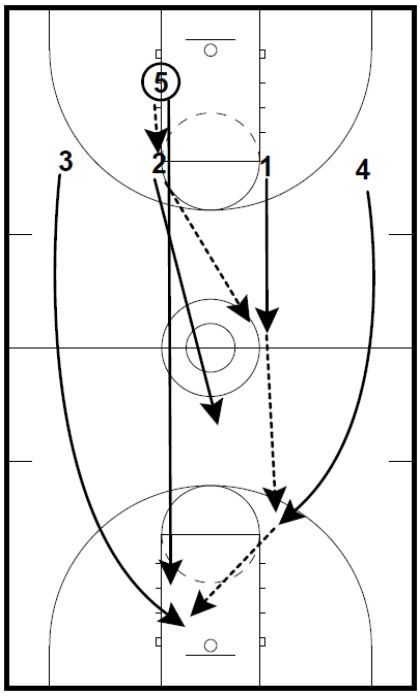
	Spot 6 • Cut under rim, tight curl off screen to wing for jump shot • Sprint out to opposite wing and repeat on other side • Go back to original spot on wing
	Spot 7 • Cut under rim, tight curl off screen to wing and fade to corner for jump shot • Sprint out to opposite wing and repeat on other side • Go back to original spot on wing

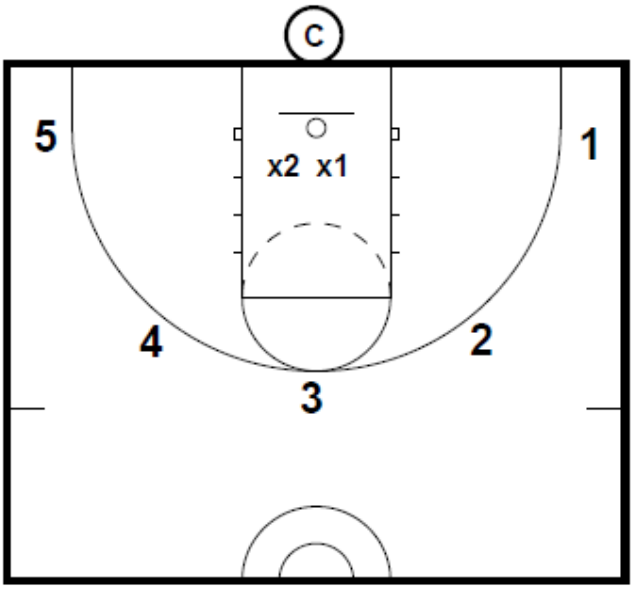
California Shooting	
Diagram	Notes
	• Shooters shoot and sprint to other end of the floor • Rebounders get rebound and pass to shooter for jumper * Players not in the drill are shooting foul shots on the side. ** Run for 1 minute and rotate. *** Rebounder to Shooter to Foul Shots to Rebounder

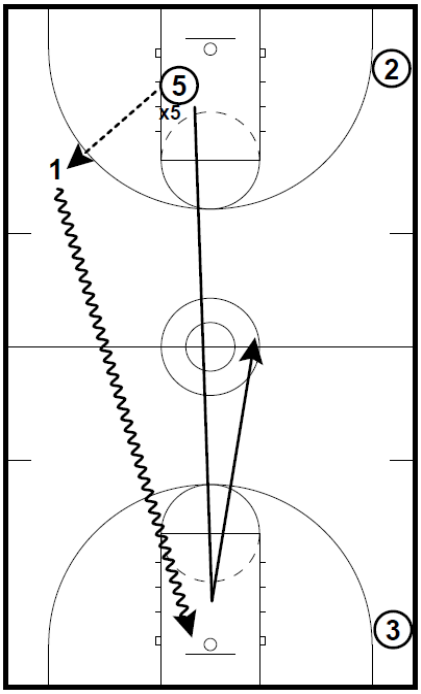
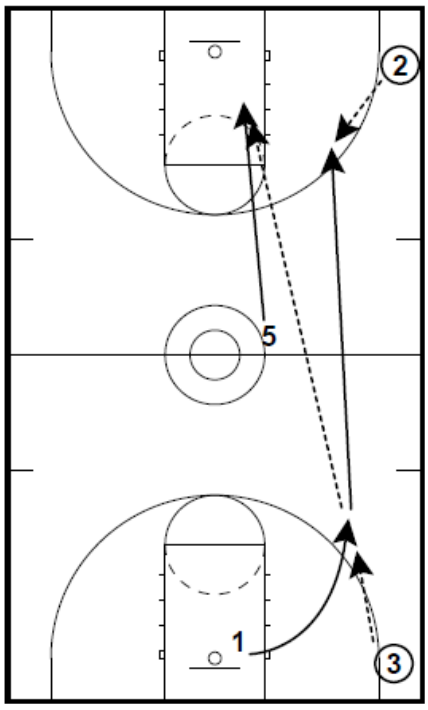
V-Cut Drill	
Diagram	Notes
	• Rebounder throws the ball off boards, grabs rebound, and outlets ball • Receiver v-cuts and yells outlet, catches ball with back to sideline, rips through low, takes 1 dribble with the left hand and passes ahead • Next receiver v-cuts, catches the pass, and passes ahead • Next receiver v-cuts, plants, and goes back door for a layup • Get own rebound and dribble to the other end of the court with weak hand • Passers follow pass to next spot * Can add pull up jumper instead of layup.

Intensity Layups	
Diagram	Notes
	• Shooter (1) comes up the middle after each layup, picks the ball up off the outside of the chair, and drives for the layup • Rebounder (2) give the ball to the passer • Passer (3) place the ball on the chair * 15 seconds, goal is 6 layups

Post Moves	
Diagram	Notes
	• Shooter (1) starts by touching rim or net 3 times • Pick ball up off chair, get low • 1 dribble • Get feet on split line • Shoulders square to sideline • Shoot 3 jump hooks on each side • Rebounder (2) give the ball to the passer • Passer (3) place the ball on the chair * Drop step ** KG – rip from shoulder to knee and shoot jump hook

5 Lines Drill	
Diagram	Notes
	• 1st time make 5 trips, 2nd time 4 trips, 3rd time 3 trips, 4th time 2 trips, and 5th time 1 trip • Ball doesn't touch the floor • Can't miss a layup • If a layup is missed, you start over • No travelling • Pass goes forward • Everyone must run • On a mistake everyone starts back at 5

Double Numbers	
Diagram	Notes
	• Coach passes to a player on the perimeter and calls a number to crash • Rebounders must close out on a shooter and pick up crasher • Rebounders need to get 2 straight rebounds to get out of the drill * Can require rebounders to cross before boxing someone out

Rim Runner	
Diagrams	Notes
	• Post player throws ball off boards, gets rebound, and outlets to PG against token defense • PG drives for layup • Post touches middle of paint and sprints back the other way
	• PG gets outlet from corner and pitches ahead to post for layup • PG trails play to get pass from corner for jumper

Ric Wesley Early Offense into the High Post Offense

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3. Zone Sets 26

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High Post Offense Basics

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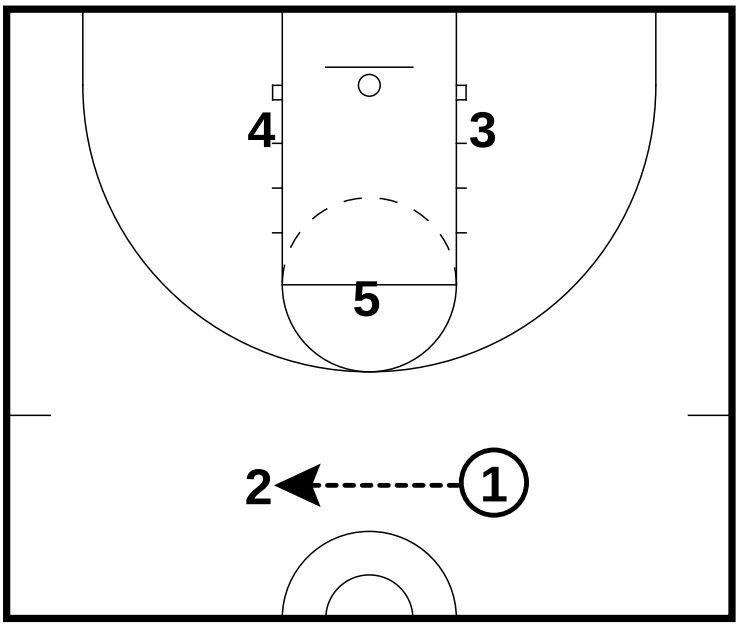
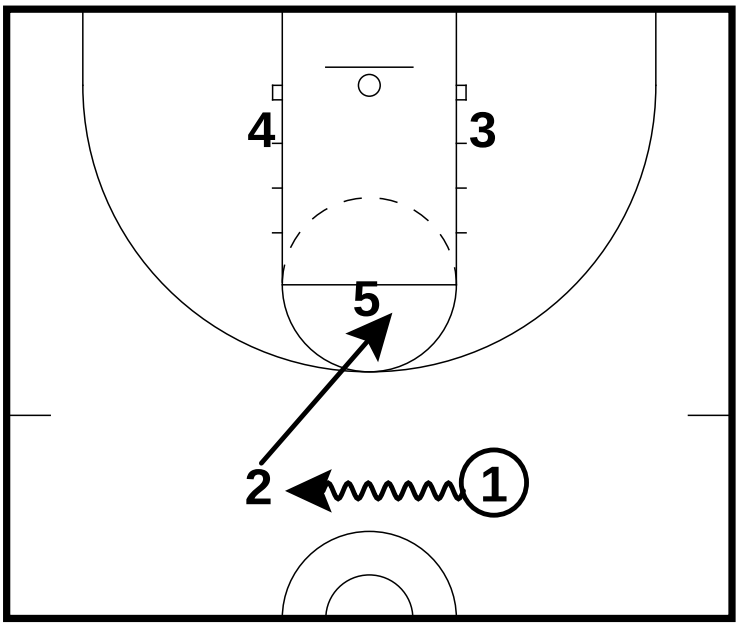
High Post Offense Basics

The Basics



- You dont have to switch offensive sets every time down the floor
- You can call out a new set coming out of a dead ball situation or free throw situation
- Try to get the ball to change sides of the floor with either a pass or dribble

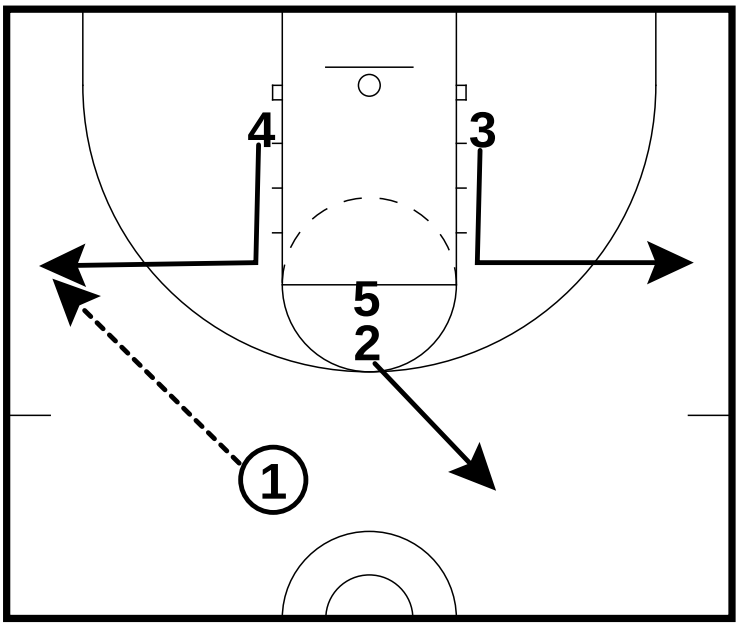


- Can also run an OVER action where a guard dribbles at another guard
- 2 cuts towards 5 and sits on top of him to form a small stack

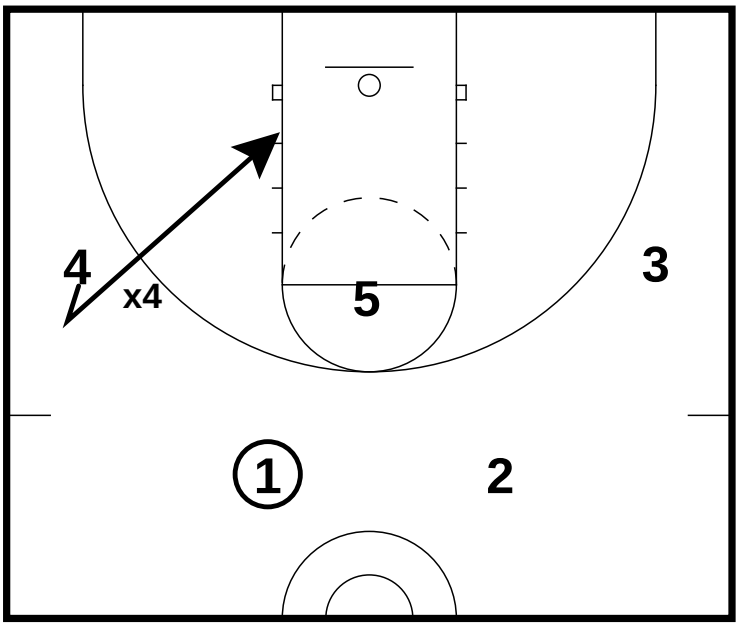
All Contents Proprietary

High Post Offense Basics

The Basics



- Wings L cut to the wing positions
- 2 pops out to the other guard position
- To initiate the offense, the ball needs to get to the wing

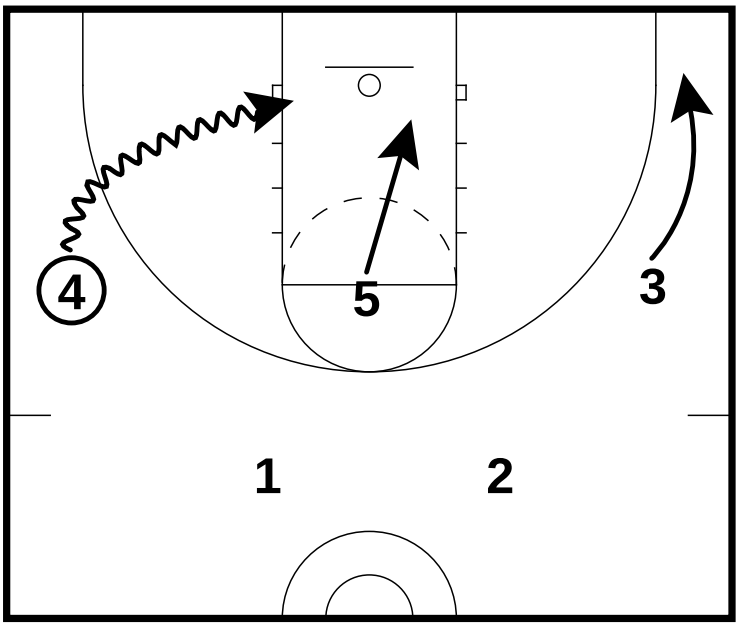


- If a player tries to deny the wing entry, the wing should look to back cut to the basket

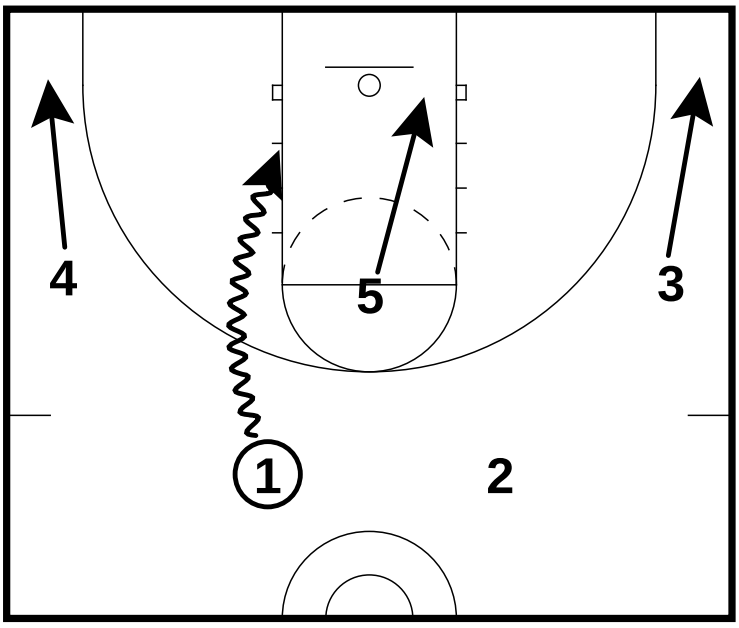
All Contents Proprietary

High Post Offense Basics

The Basics



- When the ball is at the wing, the wing can look to rip and drive to the basket
- Opoosite wing drops to the corner
- 5 gets to the rim



- On a lane line drive, the wings drop to the corner
- 5 gets to the rim

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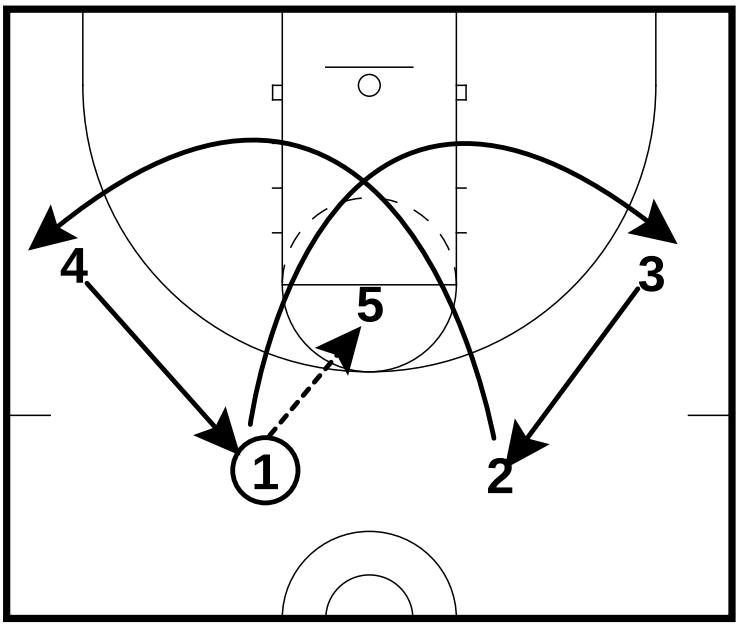
High Post Offense Basics

The Basics



- On the high post entry, the guards cut through and cross to the wing positions
- The wings fill the guard positions

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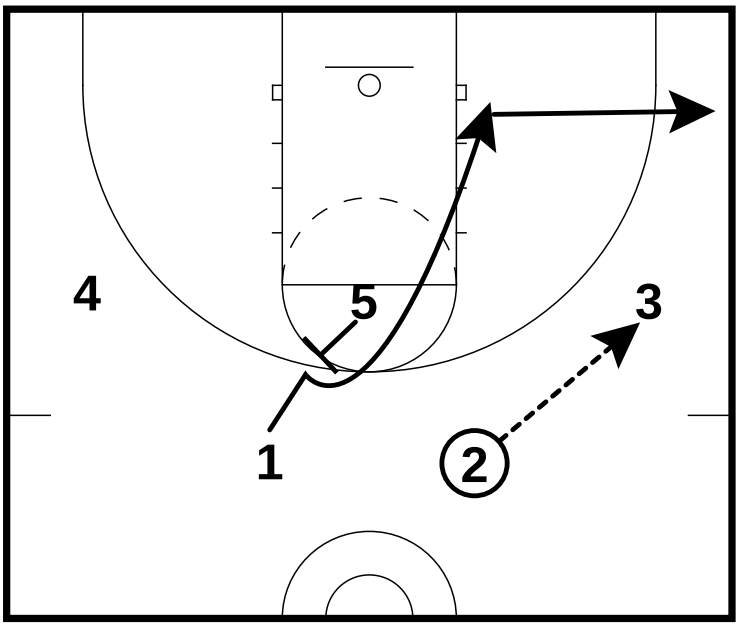
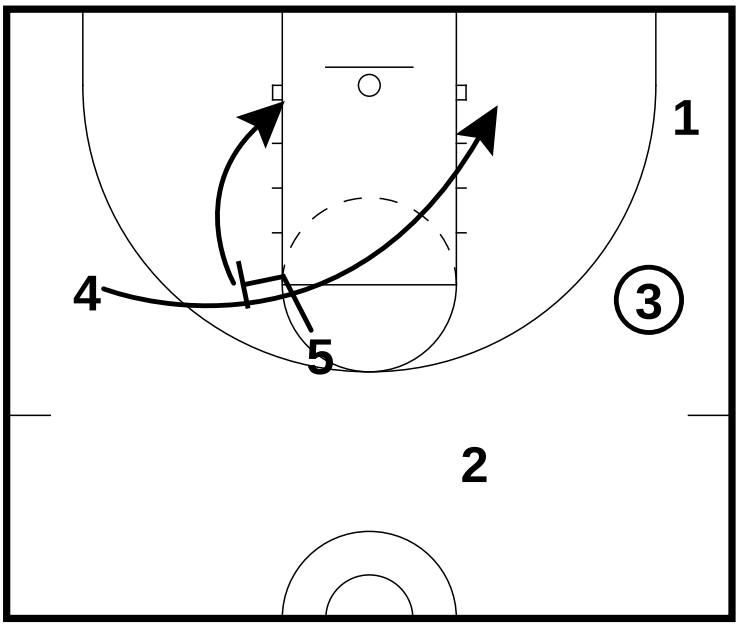
High Post Offense Basics

Cutting Actions



- On the wing entry, the opposite guard cuts off of the high post
- 1st cutter can cut high or low
- 1st cutter clears to the deep corner if he does not get the pass from the wing

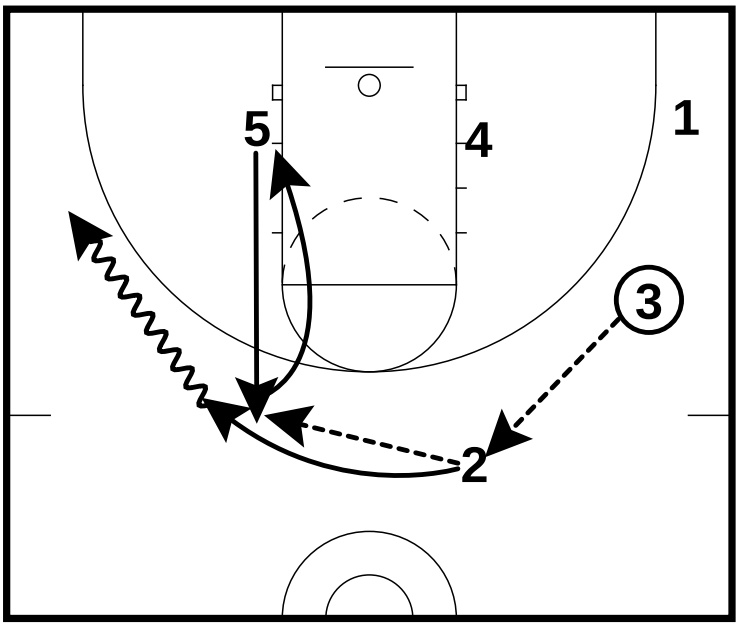


- The 2nd cutter is the opposite wing
- He can cut high or low off of the high post
- If he has a post up game, he can post up momentarily on the low post
- 5 slides down to the opposite block after setting the screen

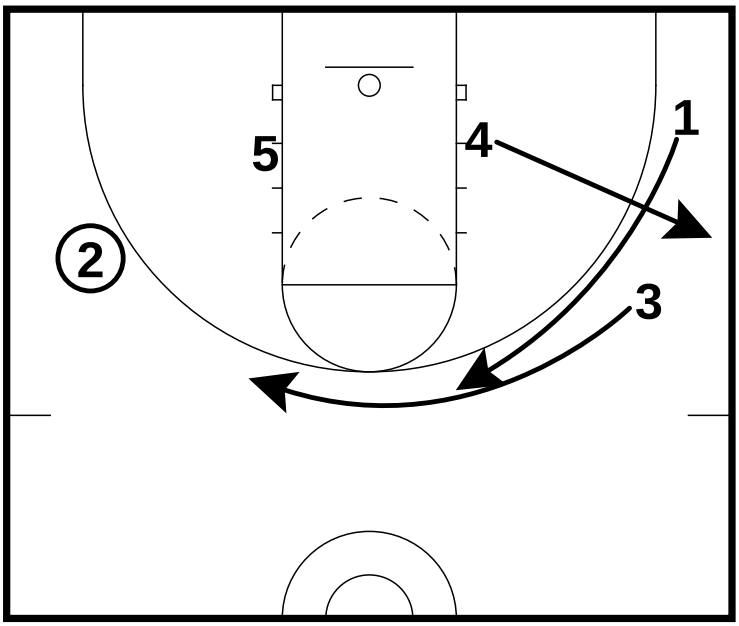
All Contents Proprietary

High Post Offense Basics

Cutting Actions



- On the reversal, 5 flashes high to get a swing pass from 2
- 2 cuts off of 5 for a hand-off which will initiate a 2 man game with 2 and 5

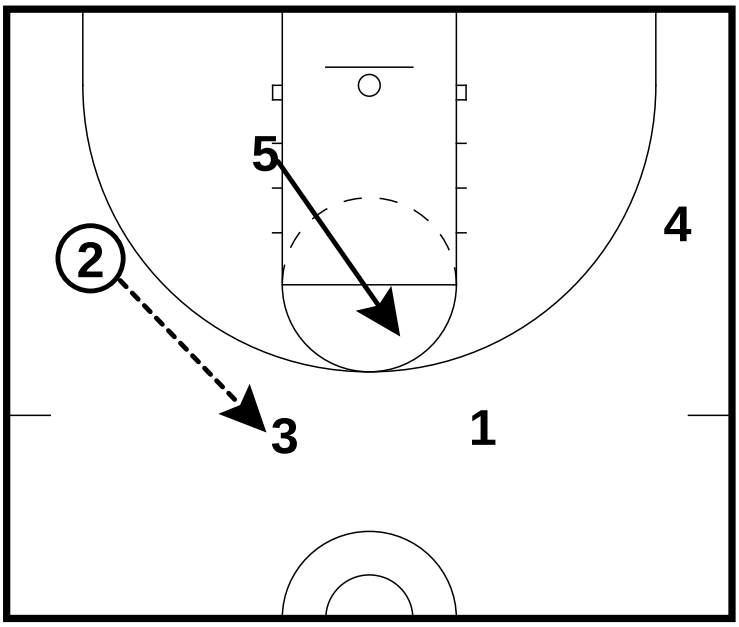


- 3 slides over to form a triangle and a 3 man game
- 4 and 1 fill spots
- Ideally, it is good to try and get your best shooter in the opposite corner when in the triangle 3 man game

All Contents Proprietary

High Post Offense Basics

Cutting Actions



- 5 flashes to the high post and you are now in your regular high post offense

All Contents Proprietary

Early Offensive Sets

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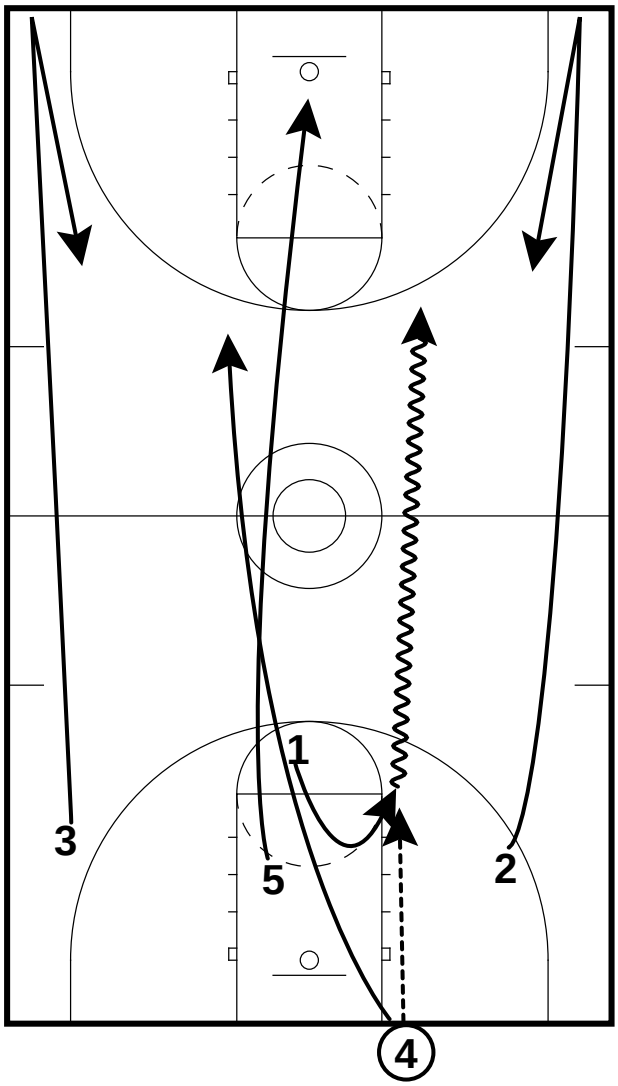
All Contents Proprietary

Early Offensive Sets

Primary Break

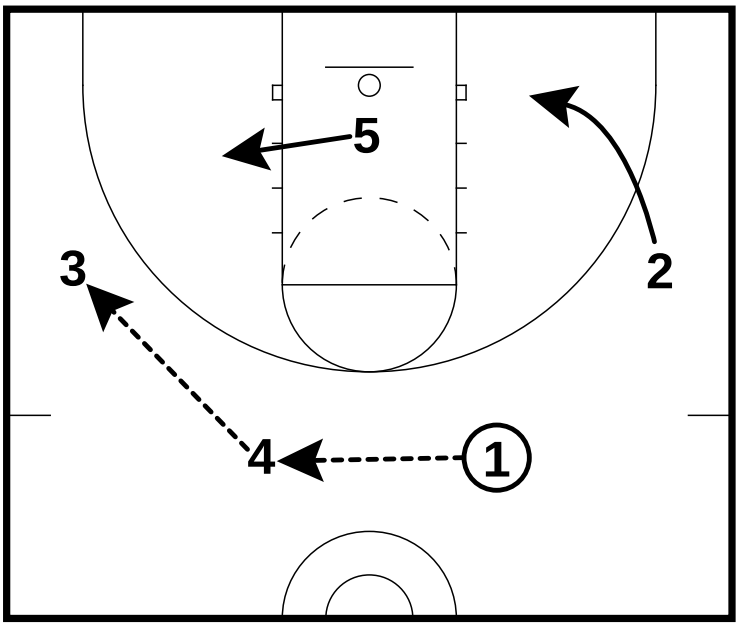


- Off a made basket, 4 takes the ball out
- Wings sprint to the baseline and bounce back up to the wing positions
- 5 sprints to the rim
- 1 gets the inbounds pass and pushes up the floor
- 4 trails and fills opposite guard spot of 1

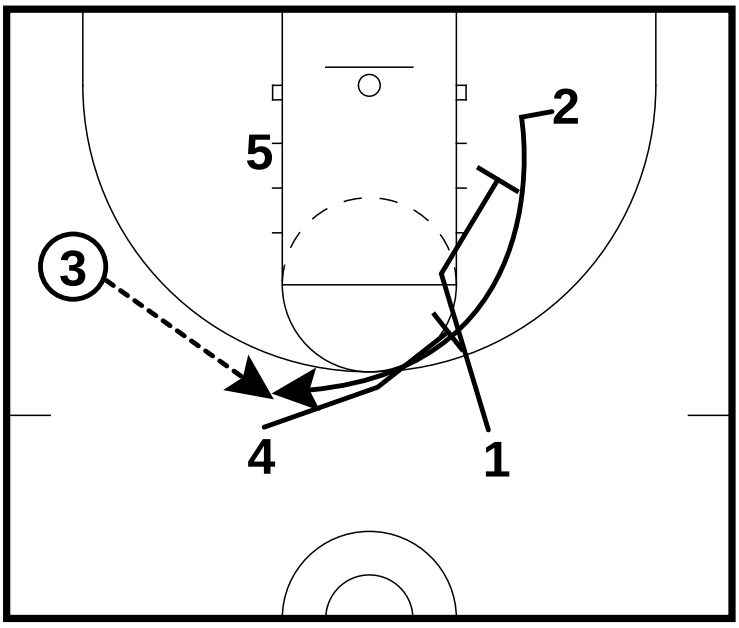
All Contents Proprietary

Early Offensive Sets

Stagger Set



- 5 comes to ball side and tries to get his man above the passing line
- If X5 is above the passing line, the wing should look to get the ball over the top to 5

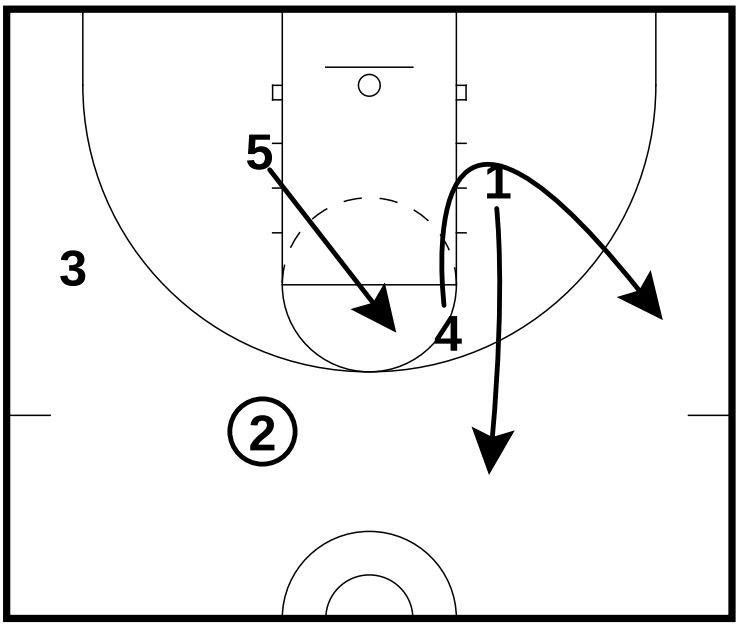


- 1 and 4 set a stagger screen for 2 to pop to the top of the key

All Contents Proprietary

Early Offensive Sets

Stagger Set

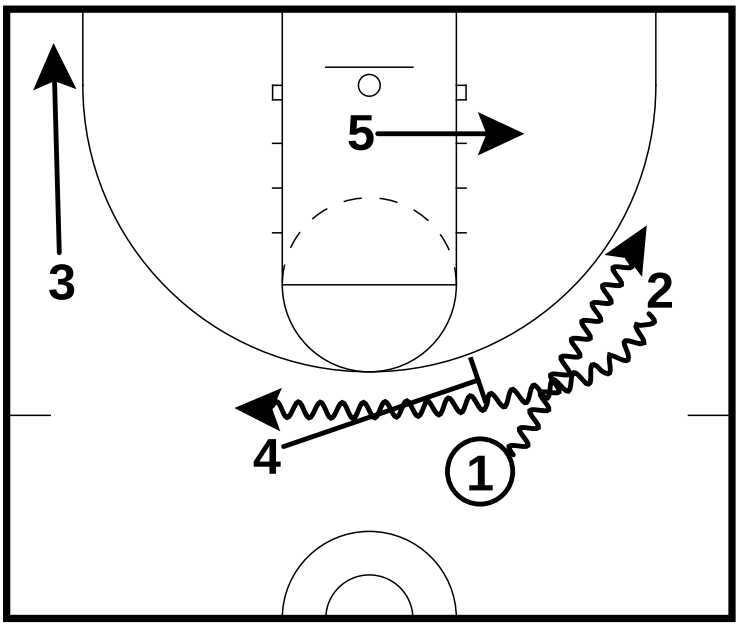


- Rotations to get back into high post offense

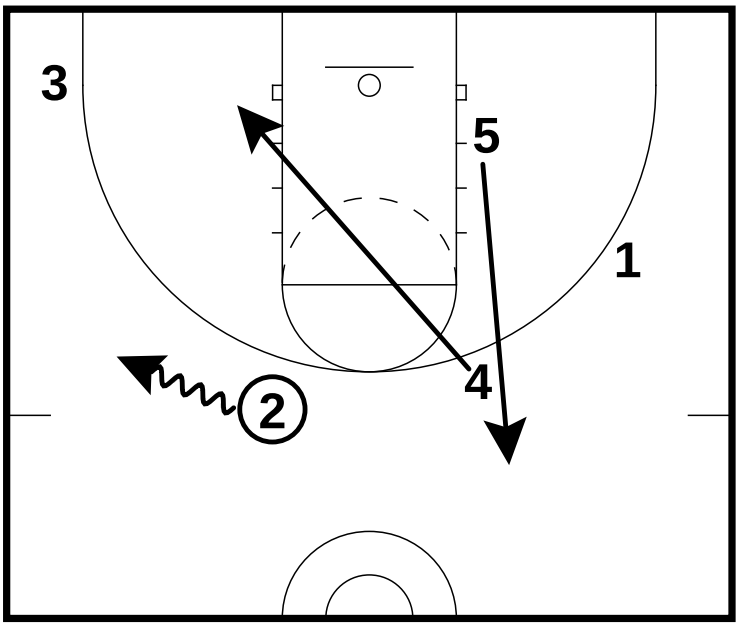
All Contents Proprietary

Early Offensive Sets

Rub Set



- At times, teams will try to take away the wing pass
- 1 can dribble at the wing for a dribble hand-off
- 4 sets a ball screen for 2
- 5 folows the ball
- 3 drops to the corner

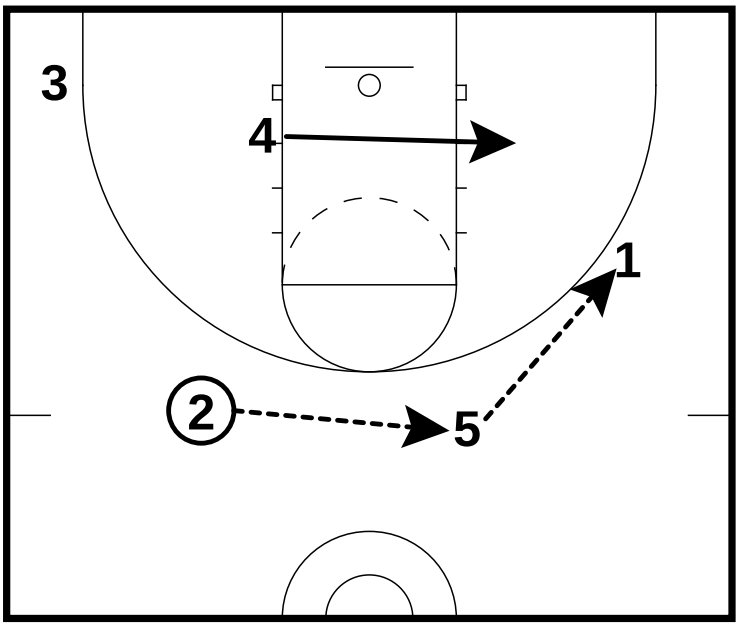


- After setting the ball screen 4 then rolls down to the block
- 5 flashes high
- This is called the Piston Action. 1 post player down, 1 post player up

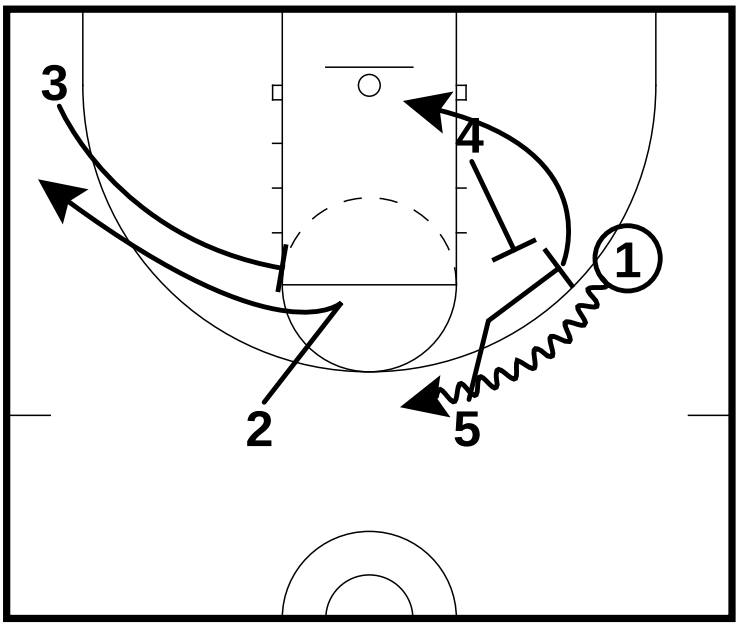
All Contents Proprietary

Early Offensive Sets

Rub Set



- To get 5 back down into the low post, run Bear set

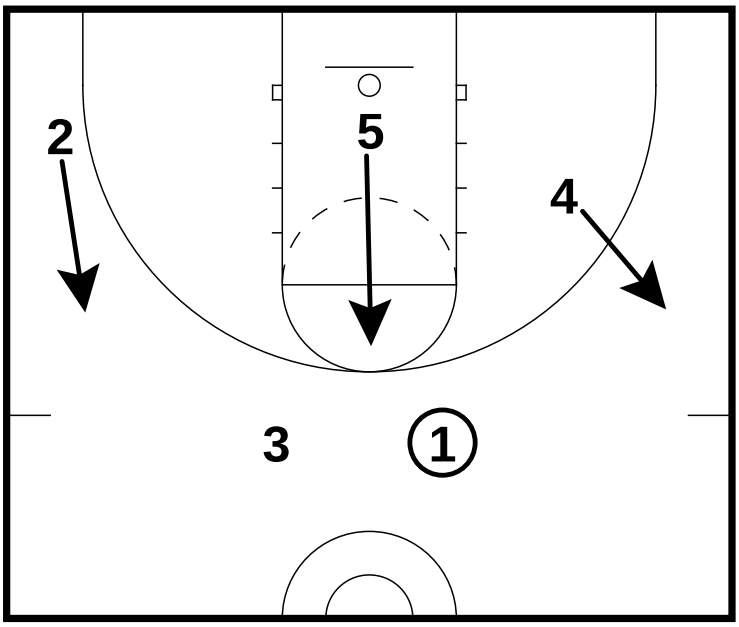


- 5 follows pass and sets a ball screen
- 4 back screens for 5 to get him back into the post
- 3 sets a flare screen for 2

All Contents Proprietary

Early Offensive Sets

Rub Set

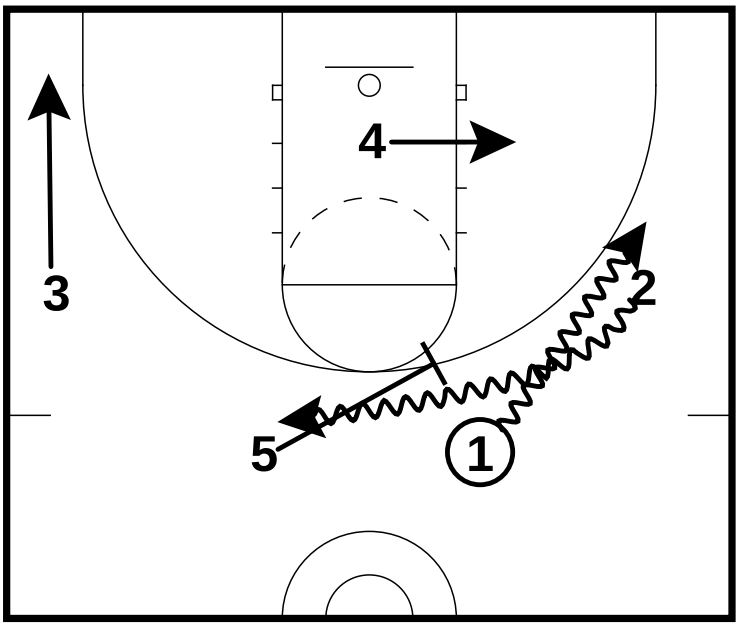


- Rotations to get back into high post set

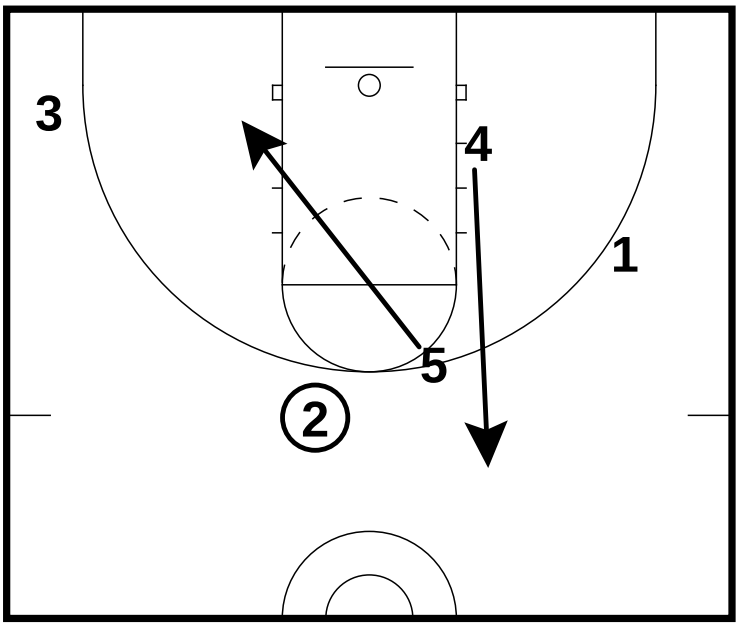
All Contents Proprietary

Early Offensive Sets

Rub Set with 5 Man Trailing



- If 5 is the trailer and you running RUB, you run the same actions
- Dribble hand-off
- High ball screen from 5
- 3 drops to the corner

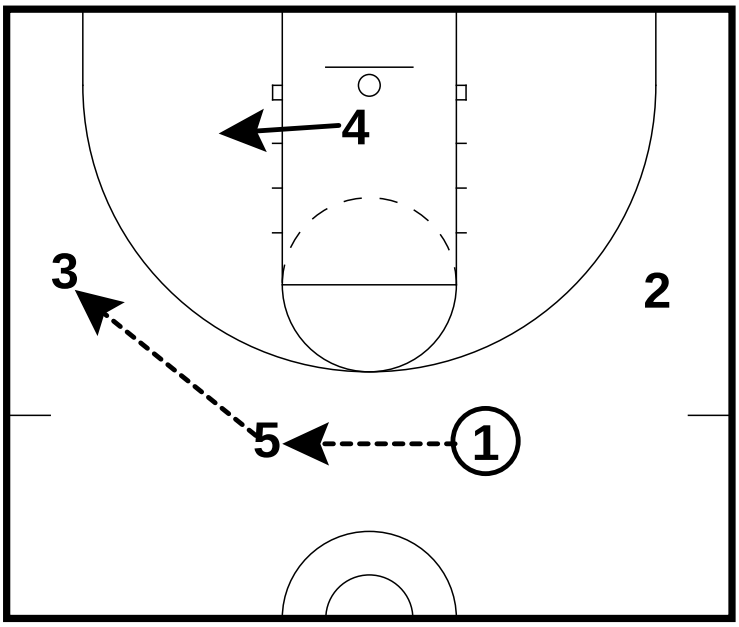


- 4 and 5 run Piston Action

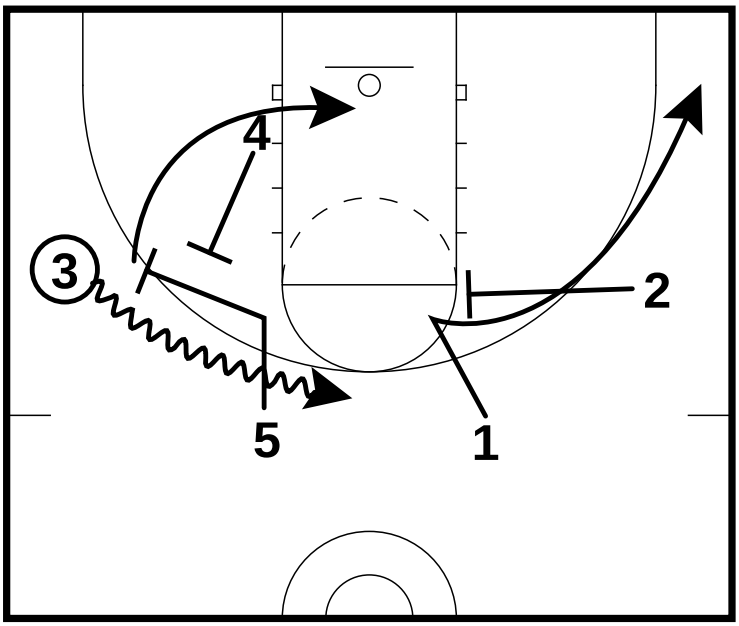
All Contents Proprietary

Early Offensive Sets

Bear Set



- After a missed shot, 5 will sometimes be the trailer and 4 will be in the low post
- Ball gets reversed to 3
- 5 follows the ball

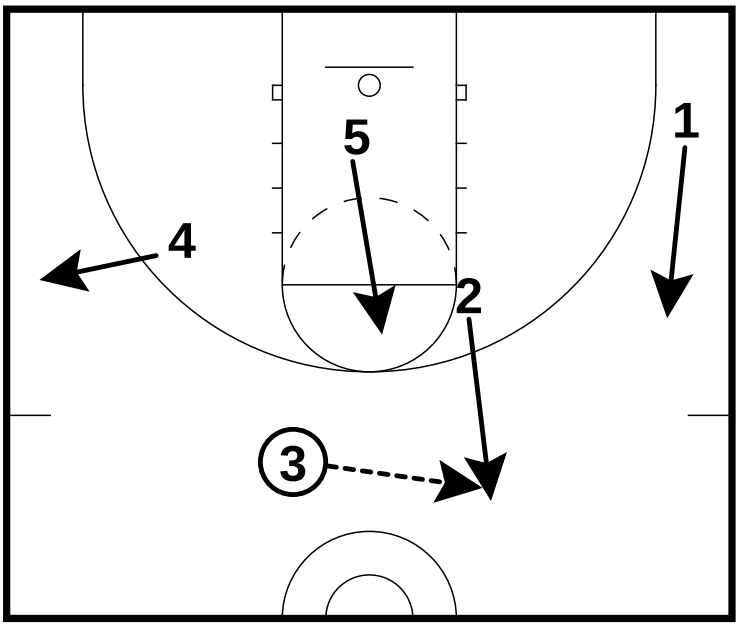


- 5 follows his pass and sets a ball screen for 3
- 4 immediately back screens for 5 to dive to low post
- 2 sets a flare screen for 1 to flare to the corner

All Contents Proprietary

Early Offensive Sets

Bear Set

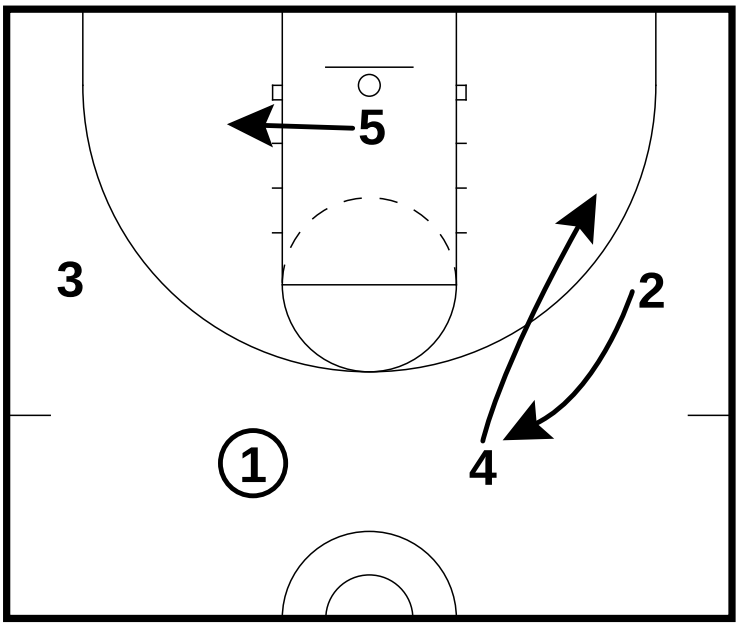


- Rotations to get back into high post offense

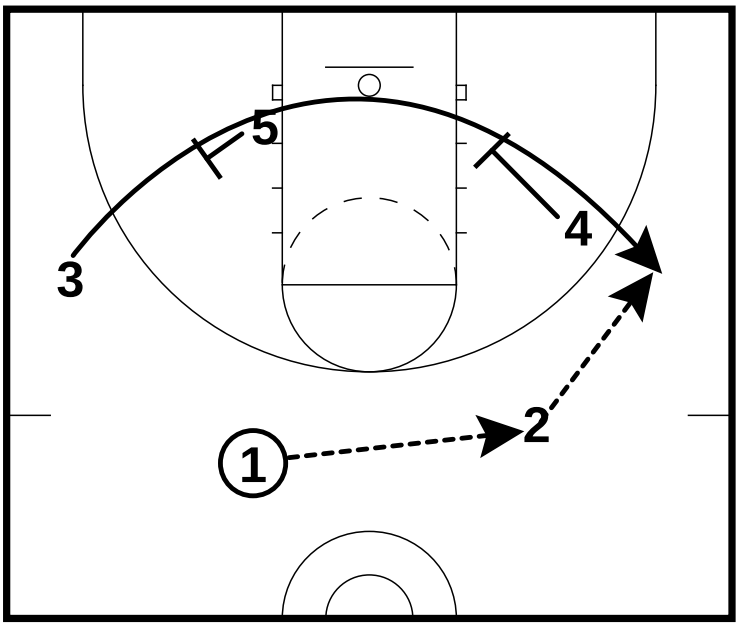
All Contents Proprietary

Early Offensive Sets

Weak Side Set



- If teams try to jam your trailing post, you can run Weak Side set
- 4 and 2 interchange spots

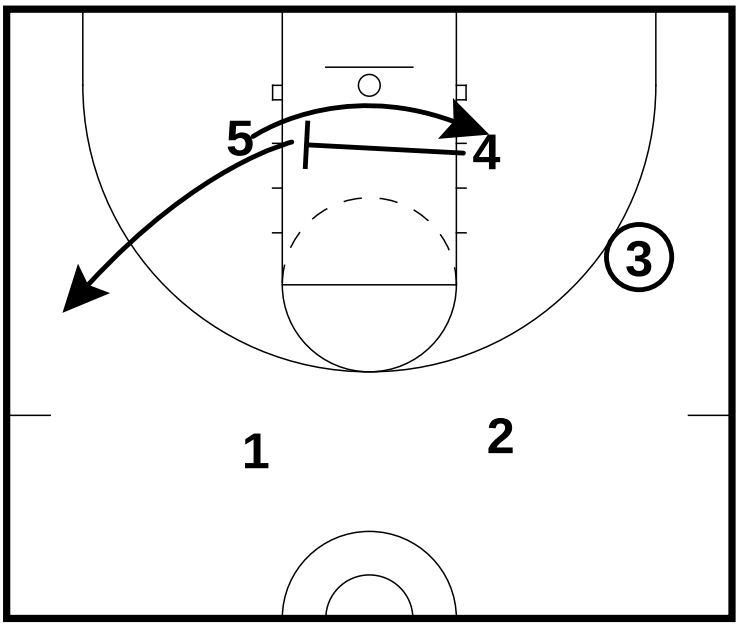


- Ball is passed to 2
- 3 cuts baseline off of a screen from 5 and then a single screen from 4
- 4 needs to position himself at an angle that allows him to slip if his man helps defend the cutter coming off of the screen
- Cutter can curl or straight line pop coming off the screen

All Contents Proprietary

Early Offensive Sets

Weak Side Set

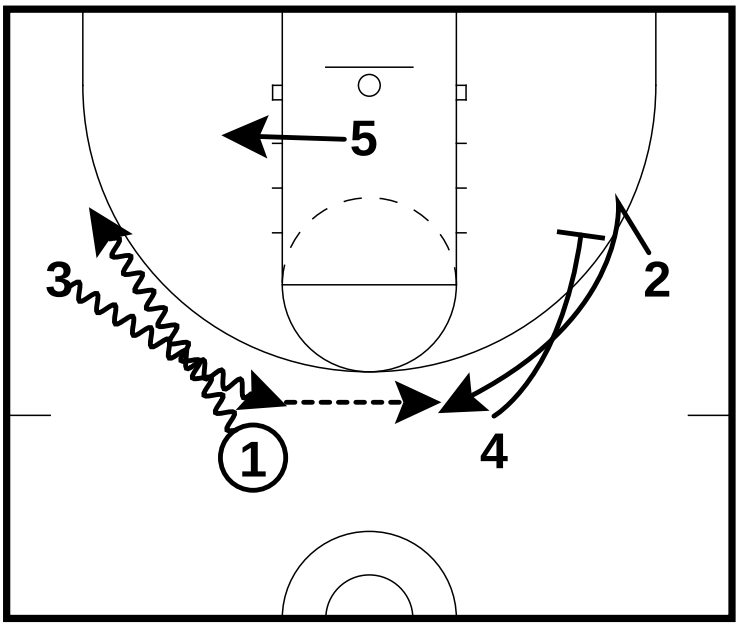


- 4 can post up momentarily or directly cross screen for 5
- The guards need to establish a 2 guard front
- 4 pops out to the wing

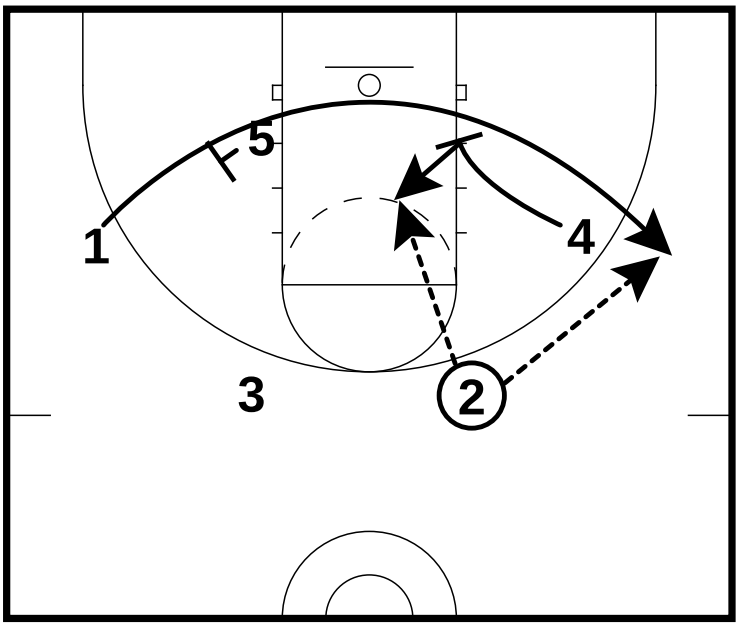
All Contents Proprietary

Early Offensive Sets

Weak Side 1 Set



- 1 dribbles at 3 for a dribble hand-off
- 5 follows the ball
- 4 screens for 2

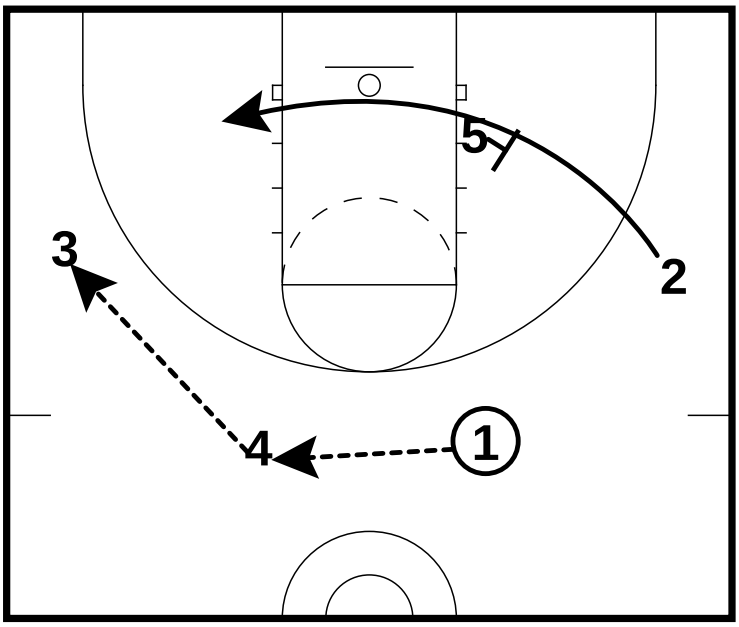


- 1 cuts baseline off of a screen for 5
- 4 sets a single screen for 1
- 4 needs to screen around the lane line and look to slip if his defender helps on the screen

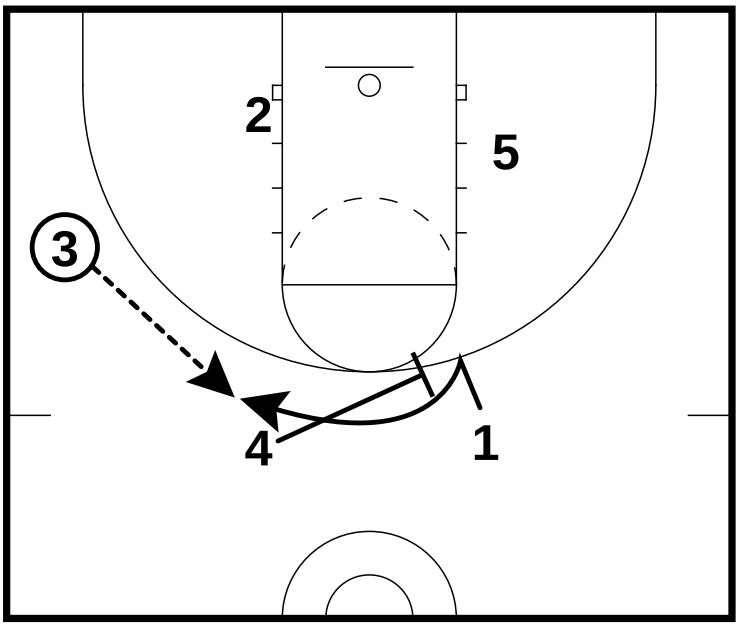
All Contents Proprietary

Early Offensive Sets

Flat Set



- If you have a guard who has a good post up game, he can cut off a Flat screen from 5

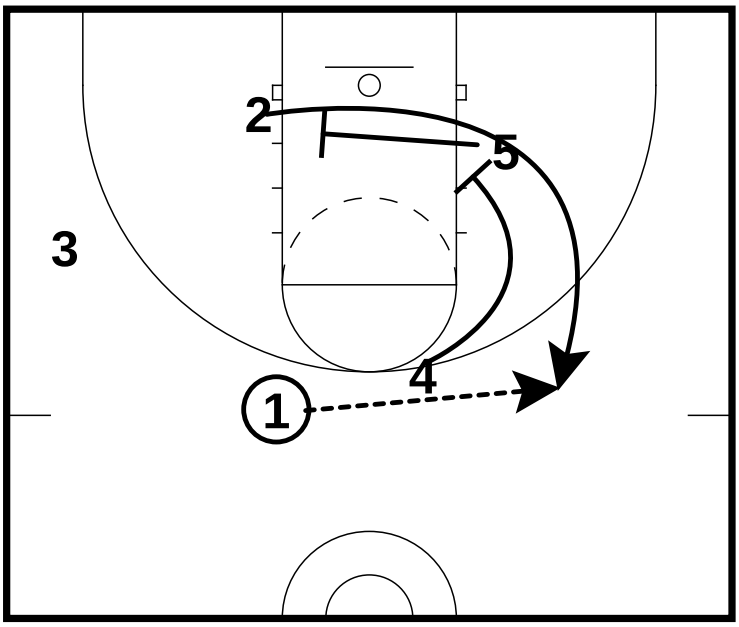


- 4 screens for 1 to get a ball reversal

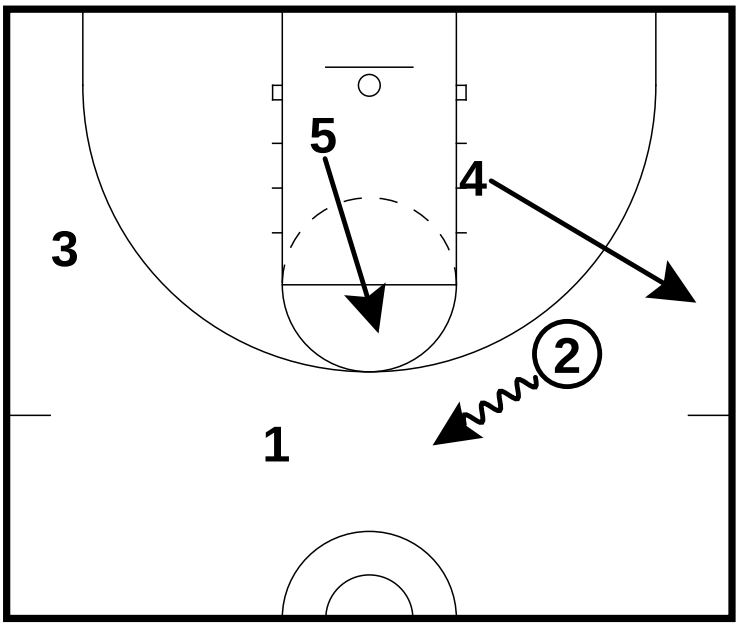
All Contents Proprietary

Early Offensive Sets

Flat Set



- 5 cross screens for 2 and 4 sets a single screen for 2

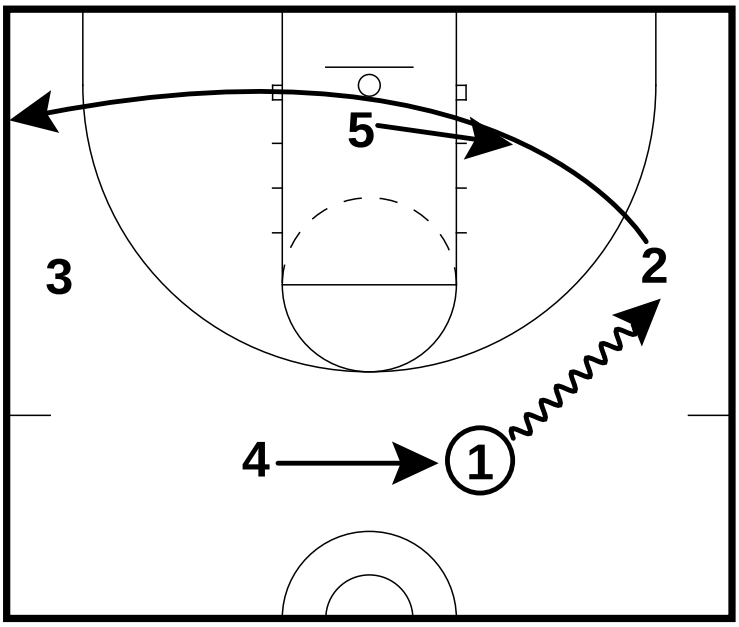


- Rotations to get back into high post offense

All Contents Proprietary

Early Offensive Sets

Loop Set



- If teams are really pressuring you and need a quick high quality shot, you can run Loop
- 1 dribble entries while 2 clears to the opposite corner
- 5 posts up hard
- 4 forms the triangle

All Contents Proprietary

Zone Sets

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1-3-1 for Name 28

Swing Set 29

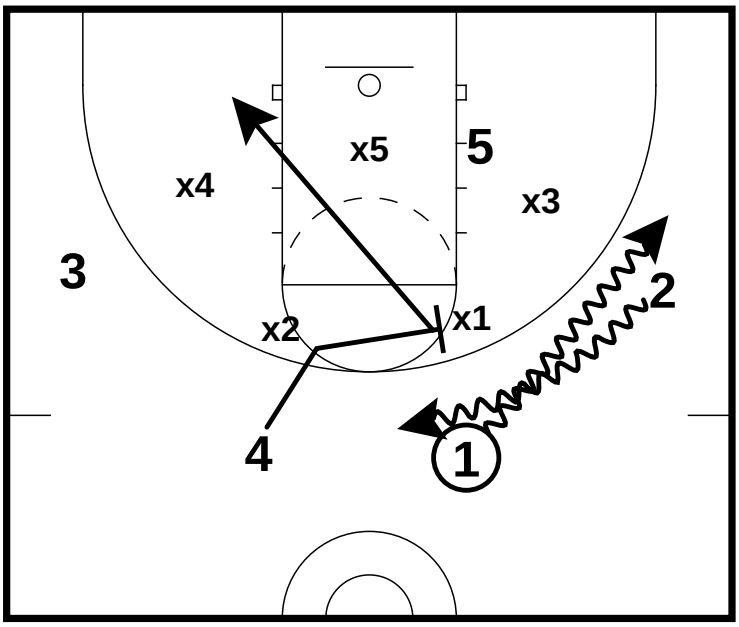
J Set 30

Screener Set vs Odd Front Zone 32

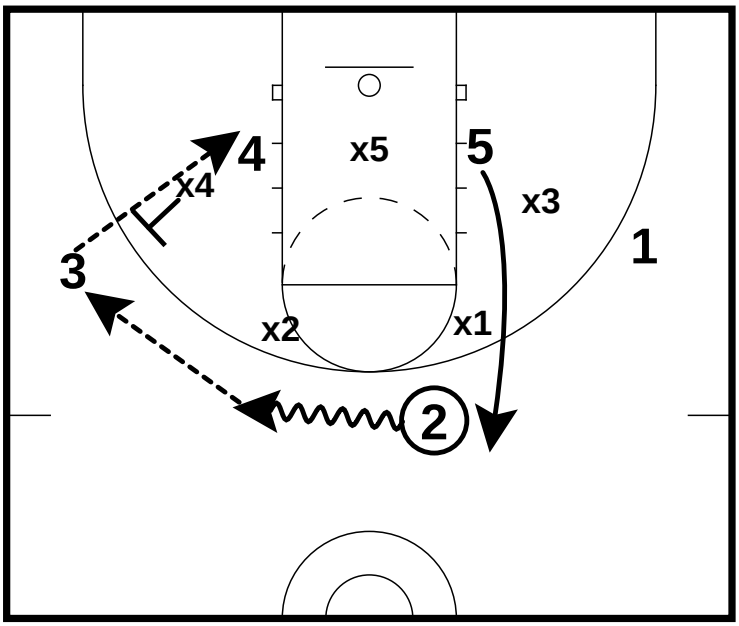
All Contents Proprietary

Zone Sets

Rub Set Against Zone Defense



- 1 dribbles at 2 for a dribble hand-off
- 4 screens the ball defender and dives to the low post

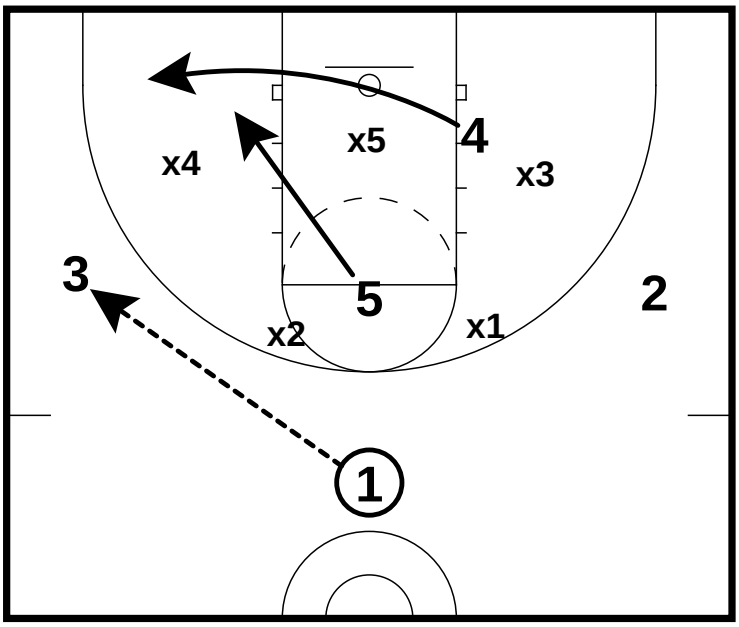


- 2 continues to drag dribble and 5 flashes high

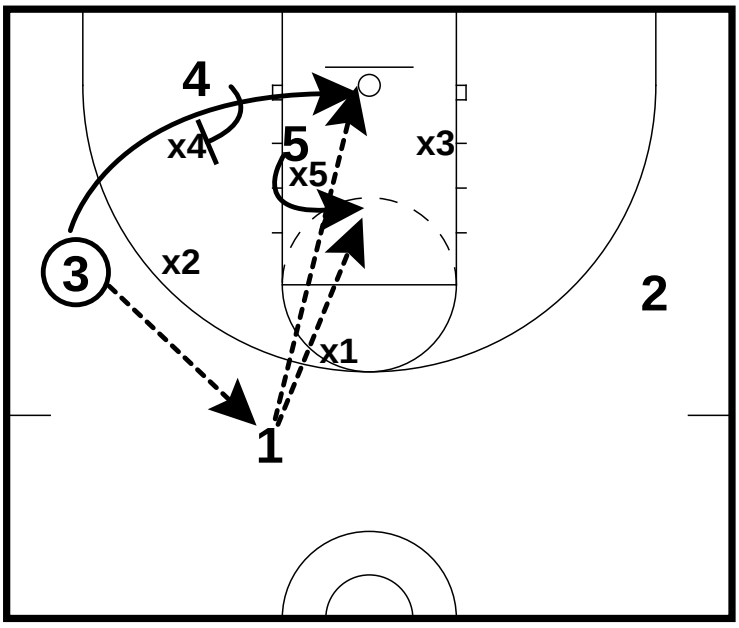
All Contents Proprietary

Zone Sets

1-3-1 for Name



- 3 = who the play is being ran for

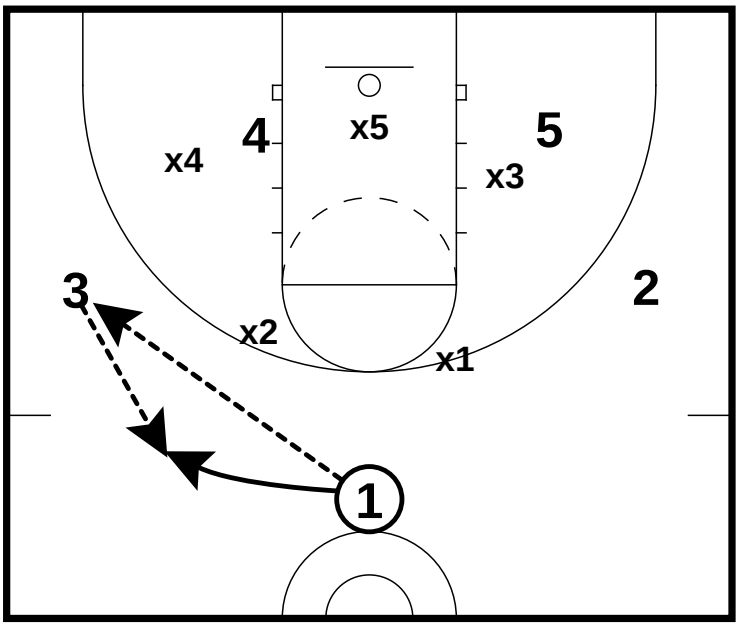


- 4 screens X4
- 5 screens X5
- 3 cuts through for a lob
- If X5 fights through the screen to play the lob, 5 slips

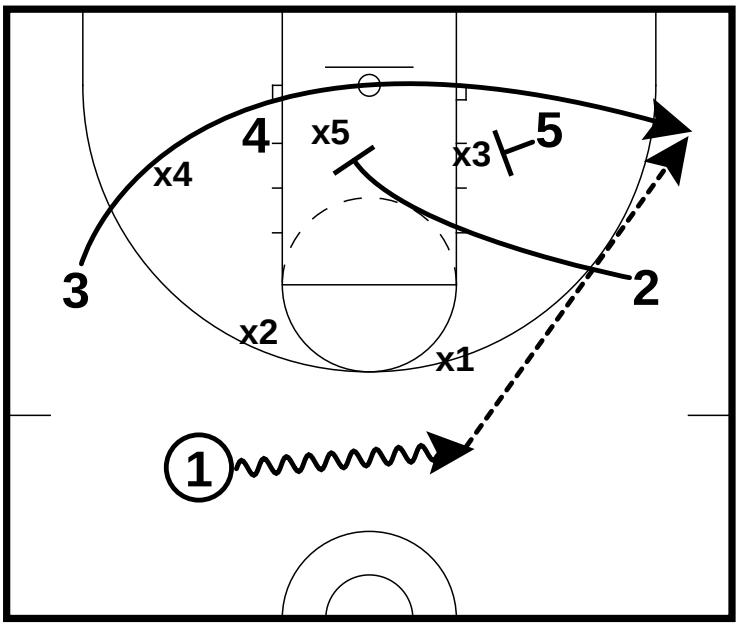
All Contents Proprietary

Zone Sets

Swing Set



- 1 passes to the shooter and then gets the ball back

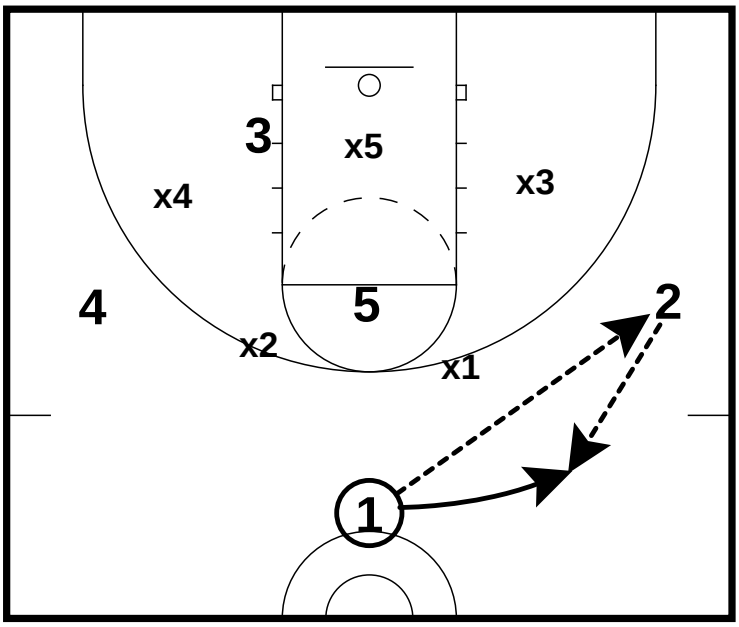


- 2 screens the middle defender of the zone
- 5 screens the back defender
- 3 cuts baseline looking to get the ball from 1
- 1 uses dribble to shorten pass
- 5 looks to slip if X3 fights through the screen

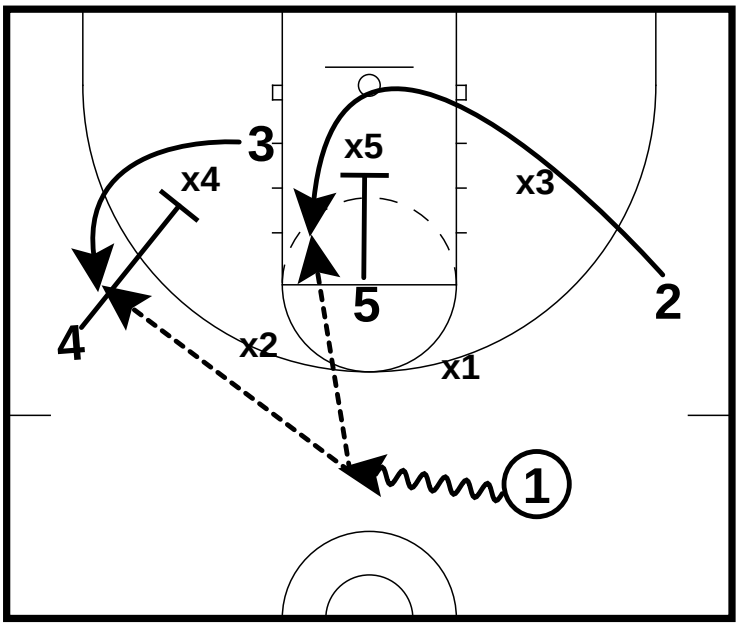
All Contents Proprietary

Zone Sets

J Set



- 1 passes to 2 who receives the ball back from 2

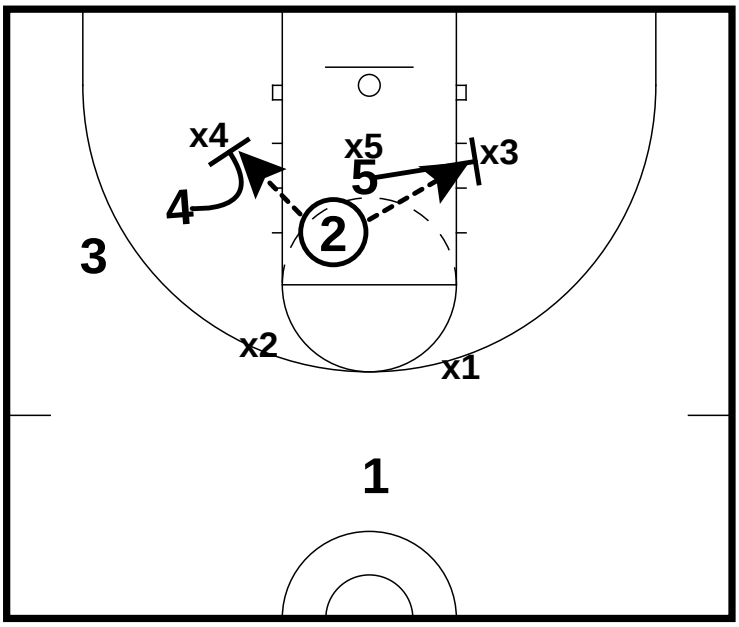


- 5 pins the middle defender in the zone while 2 loops up through the lane
- 4 screens the bottom of the zone for 3 to pop out
- 1 uses a dribble to shorten passing lanes

All Contents Proprietary

Zone Sets

J Set

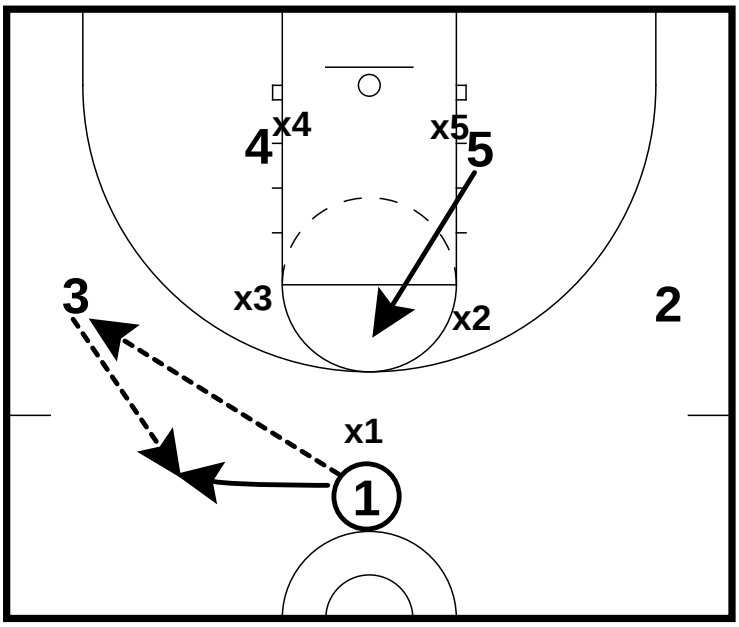


- If 2 receives the pass he can look to score or dump to 5 and 4 who are sealing the out of the zone

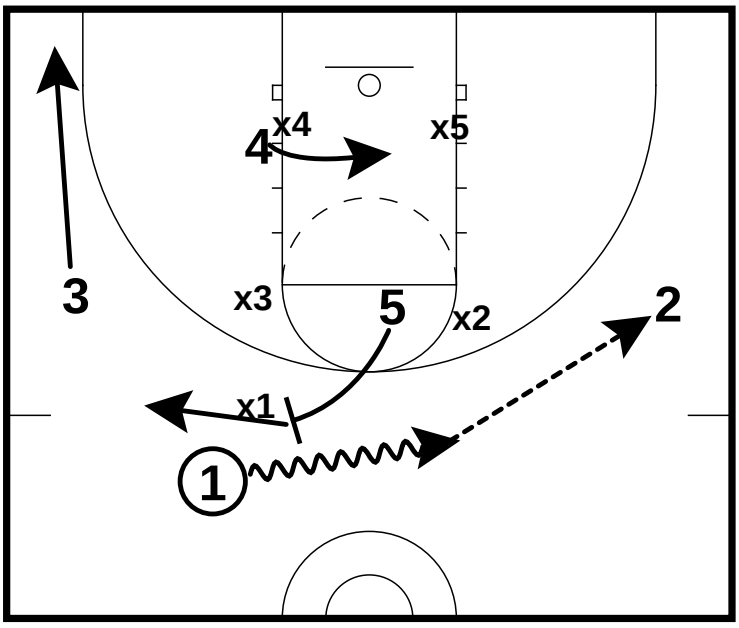
All Contents Proprietary

Zone Sets

Screener Set vs Odd Front Zone



- Against an odd front zone
- 1 passes to 3 who passes back to 1

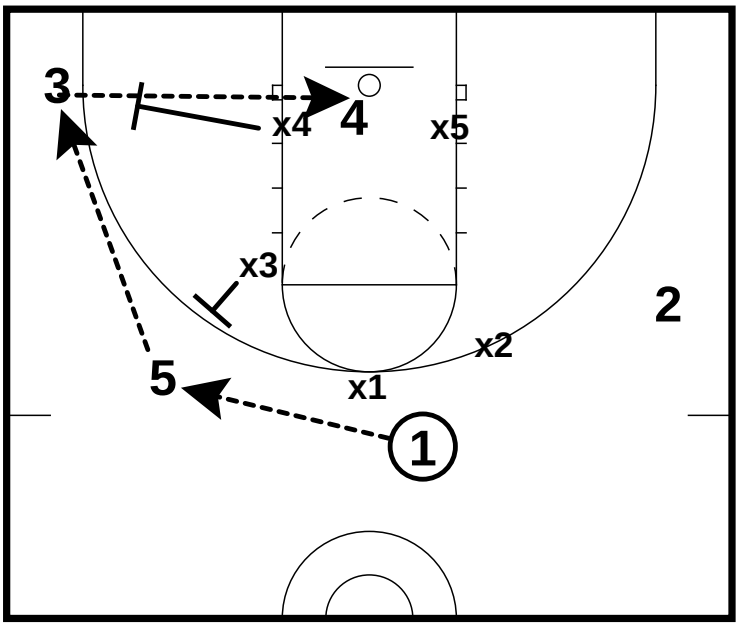


- 5 sets a high ball screen and then pops
- If X2 helps on the drive, 1 can kick to 2 for a 3
- 3 drops to the corner

All Contents Proprietary

Zone Sets

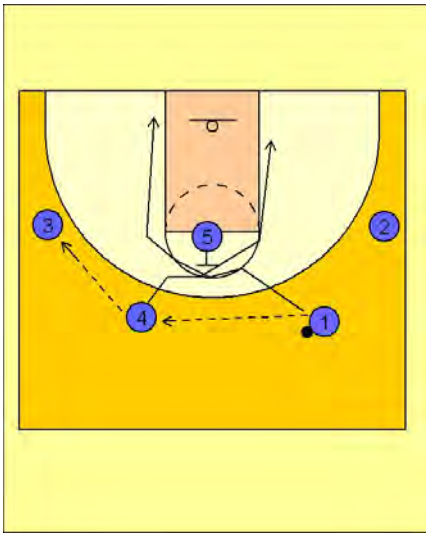
Screener Set vs Odd Front Zone



- 1 can kick back to 5 on the shape up which will draw out X2
- 5 passes to 3 in the corner which will draw X4
- 3 can enter the ball to 4 who is pinning the backside defender

All Contents Proprietary

Louisville
Half court offense (1)

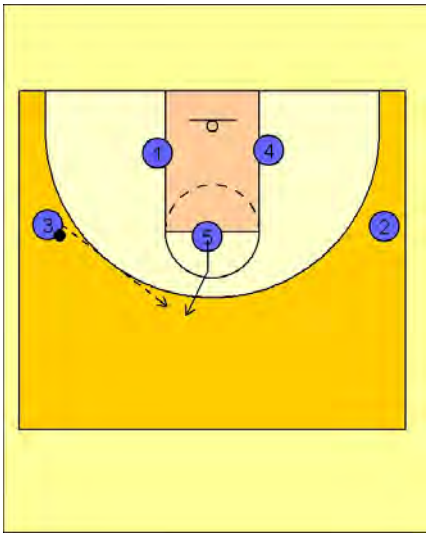


1

Louisville Half Court Offense

2 - 3 high alignment to start.
(#1) passes to (#4) who passes to the wing player (#3).

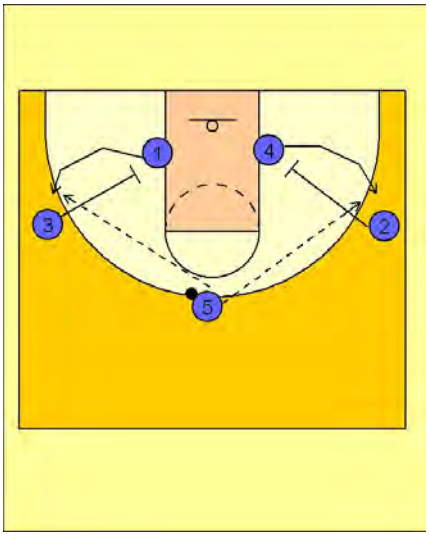
(#4) and (#1) "X" cut off the screen by the post player (#5).



2

Louisville Half Court Offense

After screening, (#5) steps out to the top of the key to receive a pass from the wing player (#3).



3

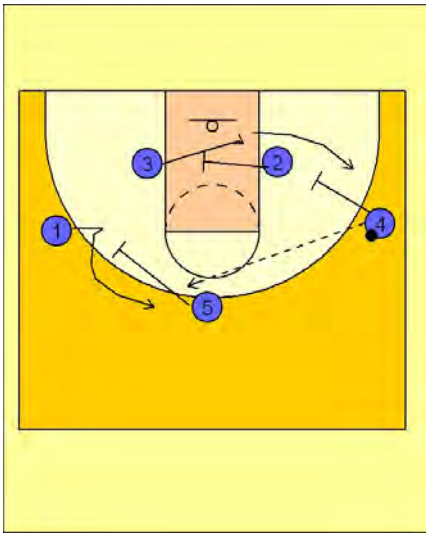
Louisville Half Court Offense

Once (#5) receives the ball a couple of options can happen.

(#2) and (#3) can down screen for (#1) and (#4) on the blocks bringing them out to their respective wing areas for a pass or shot.

Created with basketball playbook from www.jes-soft.com

Louisville
Half court offense (1)

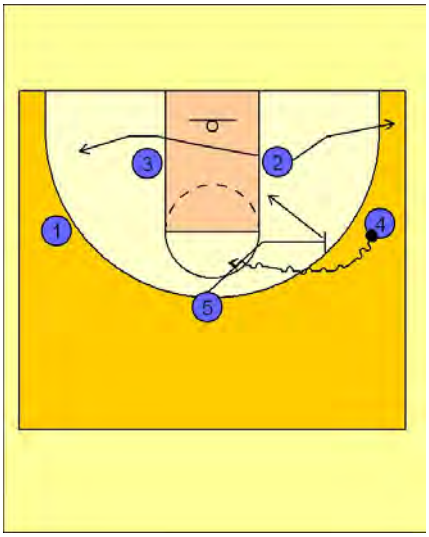


4

Louisville Half Court Offense

Once (#5) picks a side on the pass, one option he has is to screen away on the perimeter while the inside players screen across for each other.

(#4) passes to (#1) coming to the top off of (#5's) screen and then (#4) looks to down screen whoever is on the block.



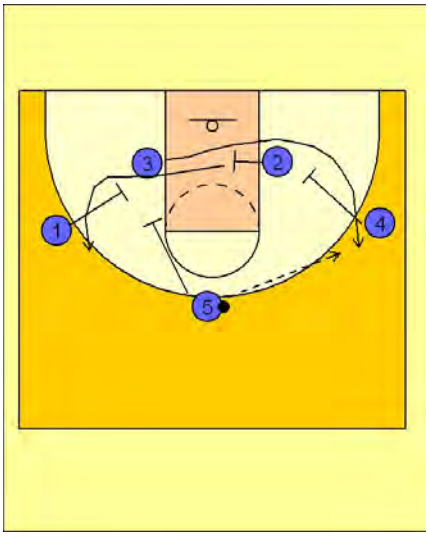
5

Louisville Half Court Offense

Another option the (#5) man has is to pass to a wing player, in this diagram (#4), and move over to execute a pick and roll on the wing. (#2) reading this would clear out so that (#5) has room to roll to the basket.

(#5) could also dribble over and performa dribble hand off on the wing with (#4) creating the same type of action.

The movement will continue throughout with slight variations to the offense. For example, the low post players (#2) and (#3) in this diagram, may move up at anytime and back screen the perimeter players to fade to the back side for a shot. In any event, the basic spots on the floor are filled with each knowing the various options available to them at each spot.



6

Louisville Half Court Offense

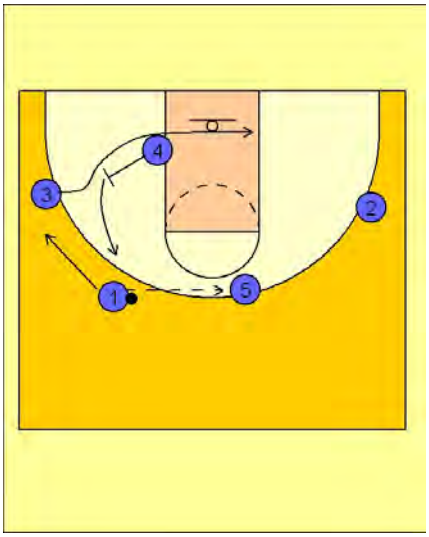
Another option off this popular alignment for Louisville is when the (#5) man has the ball on top, instead of (#2) and (#3) coming off the down screens, (#2) turns and screens for (#3). (#4) continues down and screens for (#3) as well.

(#5) will look first to (#3) coming off the staggered screens.

(#3) will then look for (#2) coming off the staggered screens on the other side of the floor.

Created with basketball playbook from www.jes-soft.com

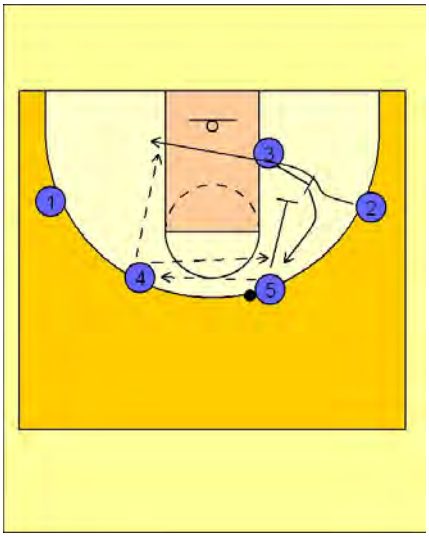
Louisville
Half court offense (2)



1

Louisville Half Court Offense

Louisville uses some flex action throughout the course of the game. #1 reverses the ball on top to #5. #4 sets a back screen for #3 who cuts across the lane looking for the ball. Usually #1 would set a down screen for #4 here, but Louisville had #1 cut away and #4 came straight up to the top without a screen.



2

Louisville Half Court Offense

#5 hit #4 on top. #3 now back screens for #2 who cuts across the lane. #4 looks for #2 cutting across and then will look for #3 coming up off the down screen from #5, resembly the more normal flex action. From here, Louisville will either continue to run this action or will ball screen for someone on the perimeter and look to create, drive and dish.

Press Defense- Rick Pitino

To be a good pressing team, you do not need gifted athletes. You need

1. Outstanding quickness
2. Great anticipation
3. A desire to excel beyond everyone's norm

Change your presses

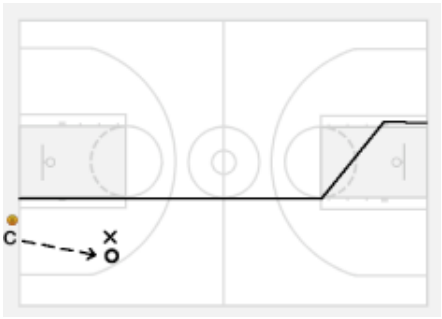
1. Jump shot→match-up press
2. Inside the paint shot→1211 press
3. 3-pt shot→half-court trap

Fouling negates hustle

Drills

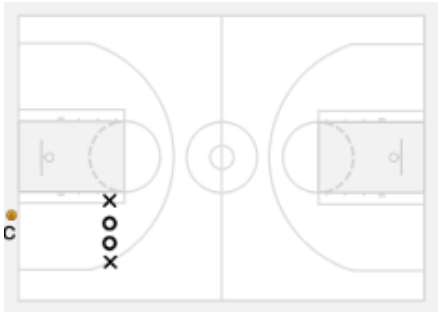
1 on 1 Full Court

- If the offensive player lines up outside the line of the ball, line up to his inside
- If the offensive player lines up inside the line of the ball, line up to his outside
- Play the ball and see the man- thumbs to shoulders position
- Do not close down on the man in a chest-to-chest position- flatten out to the baseline and make a steal by stepping in
- The ball is every players' responsibility
- Play from sideline to lane line extended
- Concentrate on both offense and defense in teaching these drills
- Offense- go by the defender and not side to side
- Defense
    1. If the player gets by you sideline, pick out a spot ahead of the ball and try to turn the ball handler by beating him to a spot
    2. If the player beats you middle, catch up and tip from behind to a teammate
    3. Turn sideline/ tip middle
- Wear down your opponents



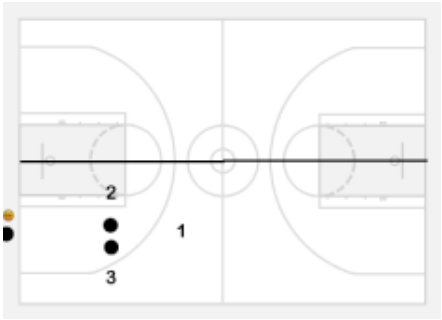
2 on 2 Full Court

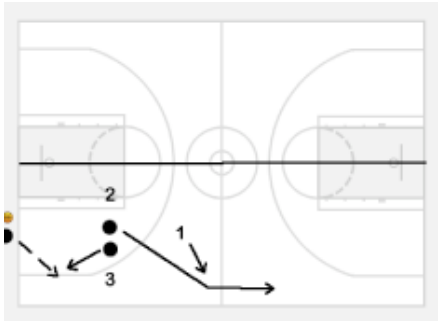
- The speed of the dribbler will determine whether you trap or not- try to get them into an uncontrolled dribble
- Defense
    1. On ball →Pressure the ball
    2. Off ball →see your man, play the ball
    3. If you can trap the dribbler→both defenders take 1 shoulder and lock legs
    4. If the offensive player pivots, move with him
    5. Get a deflection
    6. Sprint out of the trap when the ball is passed to tip from behind or stop the ball penetration
    7. **Do not reach or foul (Fouling negates hustle)**
    8. If the offense lines up in a tandem, both defenders play to the outside
- Rules
    1. Ball pressure
    2. If you see the man in a speed dribble, come and trap big
    3. If the man is under control, back up and wait for the uncontrolled dribble or just have a possession with no trapping but constant ball pressure
    4. If the ball handler goes middle but the defender is on the side of him, trap the uncontrolled dribble
    5. If the ball hander goes middle and gets by the defender, tip from behind and the second defender goes to the middle of the floor and must play 2
    6. If we can tip from the behind, the player that tipped the ball immediately releases down court to the sideline to receive a pass for a shot from his teammate
- If we knock the ball out of bounds into a dead ball situation→**change your press**
- The offense will win 95% of the time
- The goals of this drill are
    1. Work out sliding
    2. Learn when to trap and get deflections
    3. Learn how to back tip
    4. Learn how to level a ball handler off



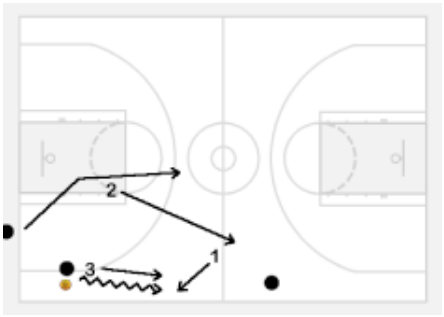
3 on 3 Full Court

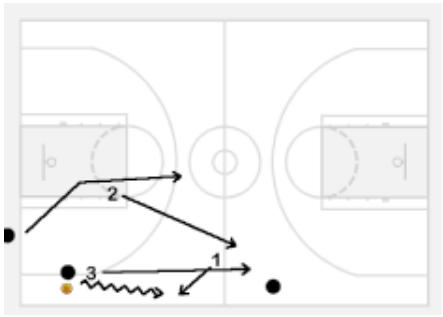
- The 3-man plays to the outside
- The 2-man plays to the inside
- The 1-man plays middle and is the safety preventing any long pass
- Read the shoulders of the in-bounder and move accordingly
- This way they can fill the lanes to a numbered offensive break
- Play from the rim-line extended to the sideline
- Make the offense catch the ball below the FT line
- The 1-man will need to switch men when the 2-man **calls out that he has the in-bounder** lets go of his man and now defends the ball but sees the in-bounder





- The #1 will now trap **or jump** any uncontrolled dribble on the sideline
- The #2 will now trap **or jump** any uncontrolled middle dribble
- On any sideline trap, the #2 will need to play 2 men and will shift to the sideline and wait for a 2 count and if the ball is not passed, shift back middle toward the middle offensive player





- The players in the trap try to deflect the pass
- See the man and play the ball
- If they offense misses a shot, take it and advance it to try to score (**learn to transition- get a lay-up or a 3-pt shot**)
- You want the offense to get into a run and gun situation

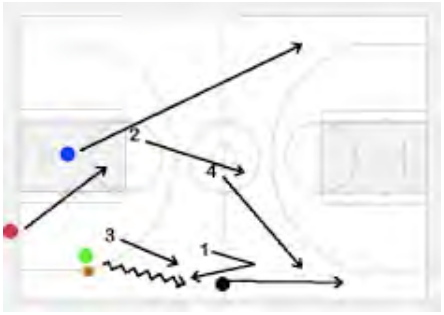
4 on 4 Full Court

- Locate where the offensive players are lining up
- Play the ball and see the man
- When the offense breaks, the #3 will take the man to the sideline and the #2 will take the man in the middle if he receives the ball





- If the ball is passed sideline, the #2 will rotate up slightly and take the in-bounder and the #4 will rotate up to play the man in the middle (the man originally covered by #2) and the #1 will rotate to the sideline. These four players form a **box when the ball is on the sideline.** The box may be distorted but it is still a box. When the ball is dribbled down the sideline, we will look to trap the uncontrolled dribble. We can also **hedge** (fake the trap and then recover to the man in your area) or **run and jump** this player as a variation.



- If the **ball is rotated to the middle, the four players form a diamond** and it too may be distorted. Here the #2 will form the tip of the diamond, the #3 and #4 the outside and the #1 the apex if the ball is in-bounded on the right side of the floor.





- If the ball rotates from the middle of the floor to the left, a **box is once again formed** and the #4 pressures the ball, the #2 helps middle, the #1 once again rotates to the sideline and the #3 covers mid-court middle.



- Stay with any dribbler and if he **dribbles middle, get into your diamond** and if he continues to **dribble to the sideline, get into your box**
- **When a trap is made, rotate over to fill the position the man has vacated**
- If the ball goes left, the #3 has point, #2 and #1 the outsides and the #4 the apex.
- Wear down your opponents mentally and physically by playing 10 men and being in top physical condition
- Read any spin dribbles and attack from behind
- Four across- the defense loves this attack as it is easy to defend. The #2 and #3 guard the middle, the #4 guards the gap and is staggered behind the offense and the #1 rotates to the ball side gap again to the defensive side of the offensive players. #5 protects the long pass. All 4 players must be able to play all 4 defensive positions.



5 on 5 Full Court

- No traps unless the man is in a speed dribble
- You may elect to double team with the #2 and #3 immediately to take the ball out of his hands
- Diamond press
- If the ball is passed into the corner and the man originally on the ball can see it, he immediately goes and traps and the #2 rotates up and the #1 rotates middle up
- If the ball is passed into the corner and the man originally on the ball cannot see it, he rotates into his box position, the #1 rotates sideline and the #2 rotates to a position near the jump ball circle forming a box
- On any steal, pass the ball ahead quickly
- Use the same principles of the diamond press to press at the half court sideline out of bounds

First Game Checklist

Things to get done before first game

We can't have any indecision about things. If we have any indecision, then we need to discuss options.

Individual Workouts – Things to Do/Think About

- Keep diary or day planner and chart things you like and don't like
- We need to set the tone for the year. What do we want this to be? Toughness, conditioning, work ethic, etc.
- Do we work on just individual skills or do we start putting our system into place? Or both?
- How big are the groups? 2-3 men or 4 men?
- How many workouts per week? How long? 3-40 minute, 4-30 minute workouts
- Sept. 15 – Team workout?
- How many individual, how many team workouts?
- Do we put advanced players together or split them so they can help progress younger players?
- How much time does head coach miss to recruit?
- Skill Development – Which players need what?

Things to cover in Individual Workouts and Practices before first game:

Back Doors – teach set-up, cut, when to use

- Cuts – types to be used, back, basket, v-cut, L-cut, shallow-cut, deep cut, back screen into back door – when and how to use them
- Screens – types to be used, down back, rip, fade, screen/roll, screen/fade, screen/roll/replace, angles of screens, set-up screens – when and how to use them.
- Spacing – mark floor early – maybe even in drills to get them used to spots.
- Break out of stacks (if we ever start in stacks) – L-cut, breakout, circle, ½ circle – how to use each
- Shooting – footwork, reach with inside foot and inside hand.
- Outlet passes – passing and receiving to start break
- Out to take ball out of bounds –go to a side, not under basket to inbounds.
- Pass into post – bounce/lob
- Pass out of past – all players
- Jump to ball
- Stance on defense/offense – can't play straight up
- Deny/overplay – stance, hands, position – how far up line of ball
- Baseline rotation
- Rotation back out from baseline

- Defensive Transition – what spots do we cover first?
- 1 on 1 defense – stay in front, keep on side, force up or down
- Block-out/release to ball
- Free throw blockout/pinch
- Jump ball alignment/plays
- Free Throw Fast Break
- Press offense vs. man
- Press offense vs. zone
- ½ Court trap offense
- Defensive Shell – D
- 4 on 3 defense (work on jumping to ball, react to movement, rotating, talking)
- Bump the cutters of their lines
- 1/2 Court Defense
- Full Court Defense
- **Entries – how many for first game? Who for?
- OOB under – how many? Zone/man – who takes it out? How do we call?
- OOB Side – how many? Zone/man, who takes it out? How do we call?
- OOB FL – who takes it out?
- Press Breaker zone/man
- Primary Break
- Secondary Break
- Offense after made FG
- Offense after missed FG
- Offense after made FT
- Offense after missed FT
- Defense after made FG
- Defense after missed FG
- Defense after made FT
- Defense after missed FT
- 15 sec. offense – work on fast break, scoring first
- 12 sec. offense
- Post Defense – all players
- Dig post
- Dig post and recover out
- Close-outs
- Double Post
- ½ Way on Post
- Offense vs. triangle and 2
- Offense vs. box and 1

Special Situations:

2:00 or 1:30 on clock up 2
2:00 or 1:30 on clock down 2
2:00 or 1:30 on clock up 3
2:00 or 1:30 on clock down 3
2:00 or 1:30 on clock up 4
2:00 or 1:30 on clock down 4
Change clock and score according to what you want to do that day
Under OOB – 5-10 seconds on clock down 1
Under OOB – 5-10 seconds on clock down 2
Under OOB – 5-10 seconds on clock down 3
Side OOB – 10-12 seconds on clock down 1
Side OOB – 10-12 seconds on clock down 2
Side OOB – 10-12 seconds on clock down 3
Full Court OOB – 10-15 seconds on clock down 1
Full Court OOB – 10-15 seconds on clock down 2
Full court OOB – 10-15 seconds on clock down 3

Work on timeouts –

30 sec. – where to meet, where to stand, draw plays, execute
Full – where to sit, where everyone goes, change offense or defense, draw play, execute

Draw up plays that they have never run – see if they can execute and listen.

Run regular plays with a little wrinkle – (slip, backdoor, comeback, etc.)

Warm-ups –

pre-game – 1 hour before game,
pre-game – 30 minutes before game,
½ time

Inbounds play for 4 or 5 guards – late game and FT shooters are in

Dribble at – either backdoor or go behind the hand off.

Dribble at – go behind, gets cut off, go backdoor (great cut for Sims)

Execution – run entries, OOBS, side OOB – each team gets X number of possessions – keep score, film entries to see if they screen right and cut right.

Read & React Offense: Layer 1 Pass & Cut

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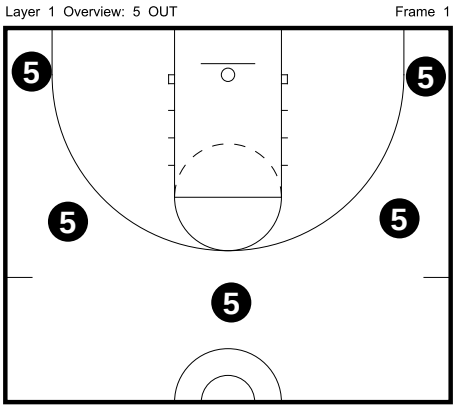
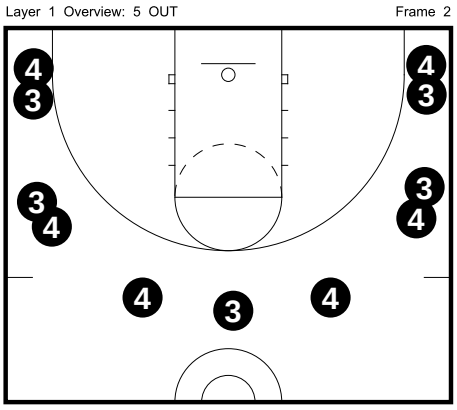
2. Layer 1 Drills 5

All Contents Proprietary

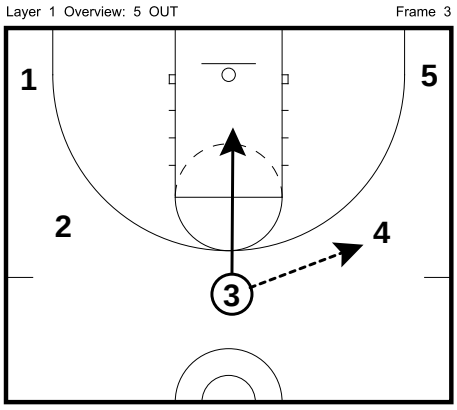
Layer 1 Overview



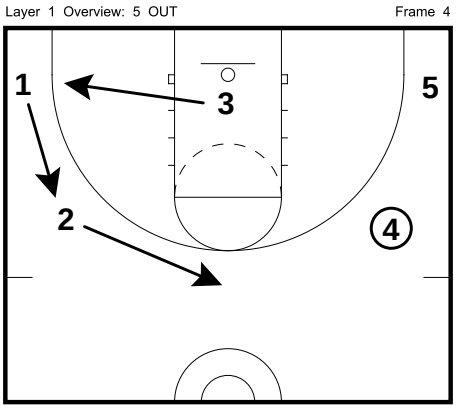
Layer 1 Pass & Cut is most easily taught in the 5 OUT formation - that means each of the 5 spots on the perimeter must be filled by a player.



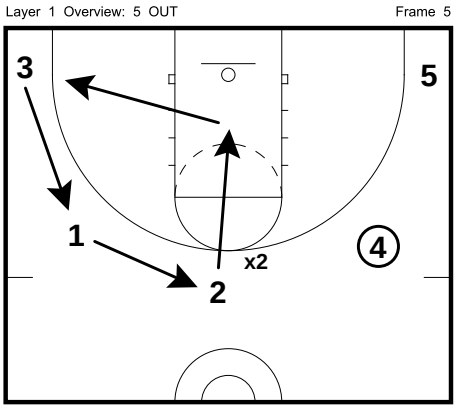
Of course, it can also be taught in 3 OUT and 4 OUT depending on your post presence. If you want 2 post players, your perimeter players must play on the 3's. If you want 1 post, your perimeter players must play on the 4's. More on additional formations later.



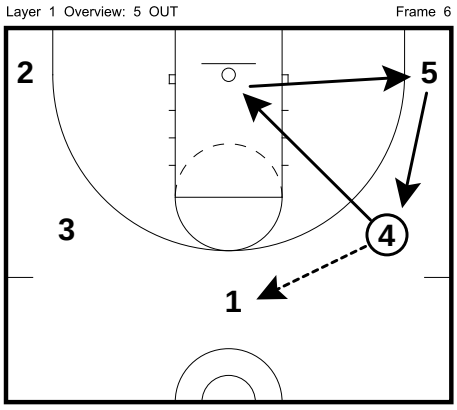
There are two reactions in this layer that must be automatic. **Reaction #1: If you pass one spot away, then you must cut.**



Reaction #2: If the Spot above you, in the direction of the ball is empty, then you must fill it. If this happens, the cutter will always have an empty spot to fill out to.



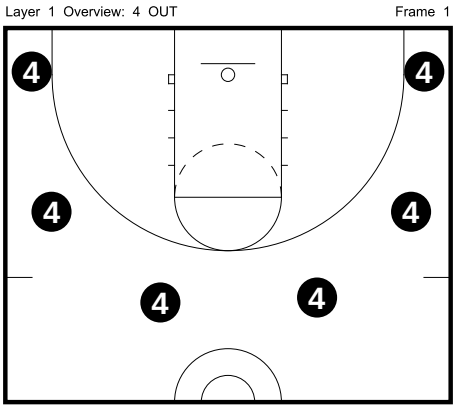
The Read Line: For most teams at any level, the 3-point line is the Read Line. The habit that must be automatic is this: **If you are one Spot or one Pass away from the ball and your defender has even ONE foot over the Read Line, you must basket cut.** And again, if the Spot above you is empty, then you must fill it.



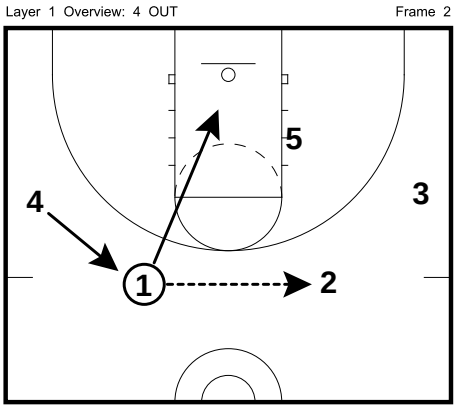
Here's a challenge: take 20 minutes with your team, put in this layer, and see what Pass & Cut does to their movement. And, remember, there are 19 other layers in the R&R, each building upon this foundation. If one layer has an immediate impact, imagine adding 5, 6, or 19.

All Contents Proprietary

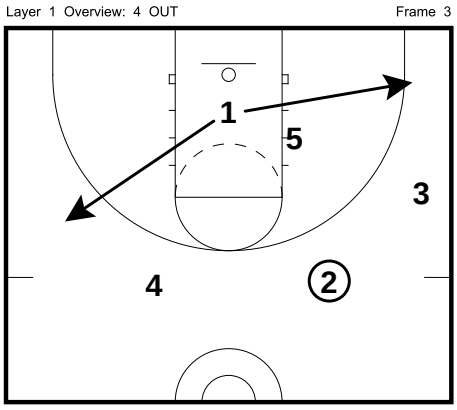
Layer 1 Overview



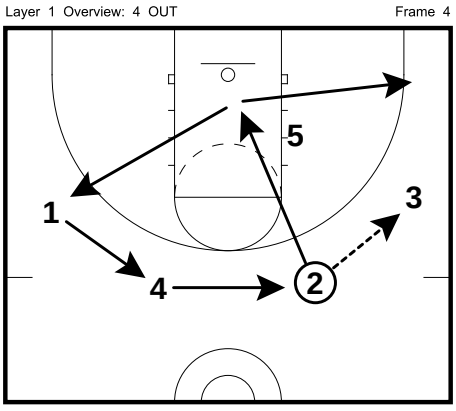
If you have a Post player you want in the middle, Pass & Cut can be run in a 4 OUT formation. There are 6 spots in this formation and generally, you'll want to keep the corners open to keep them available for future layer's actions.



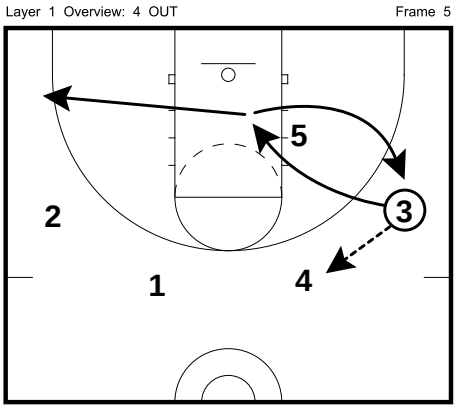
The rules remain the same. Rule #1: if you pass one spot away, you must basket cut. Rule #2: if there is an open spot above you, you must fill it. That means, in this case, 4 must fill up to 1's vacated spot.



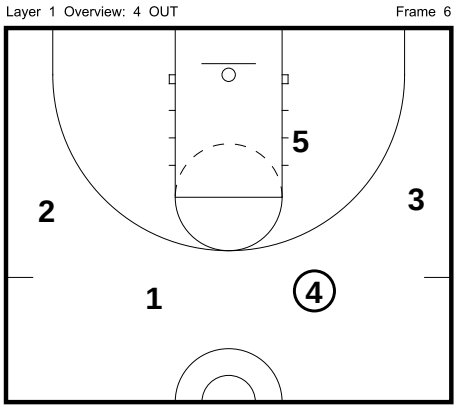
After the cut, 1 must fill out to an open spot. Here, that's either the ball-side corner or the weak-side wing. Generally (unless you want to create an overload), the wing will be the best choice.



2 chooses to pass to 3 and cuts. 4 and 1 must fill toward the ball. Again, 2 can choose to fill the ball-side corner or the weak-side wing. **The rules remain the same regardless of the choice.**



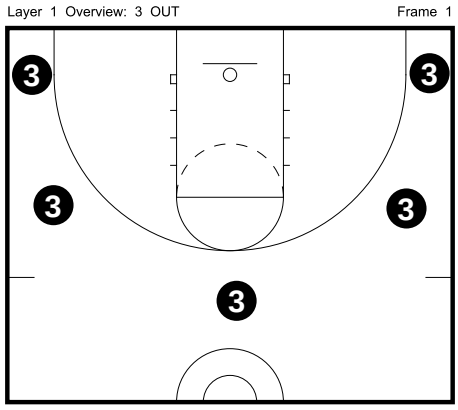
3 passes to 4 and cuts. Since there is no one below 3, there isn't a player filling. 3 can choose to return to the spot he/she just left or fill out to the weak-side corner.



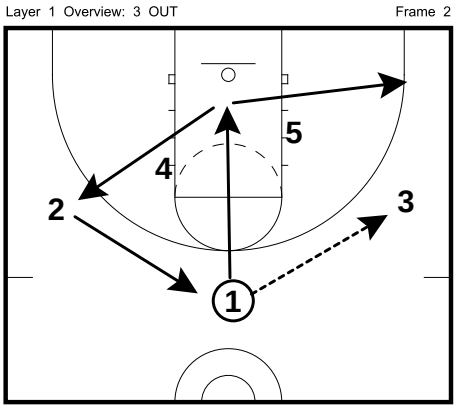
By the way, in the early stages of the R&R, the choices about where the cutter can fill could be predetermined by the coach. Perhaps you don't allow players to fill the corners until they have mastered the general rules. And, what does the post do? Well, that's another layer.

All Contents Proprietary

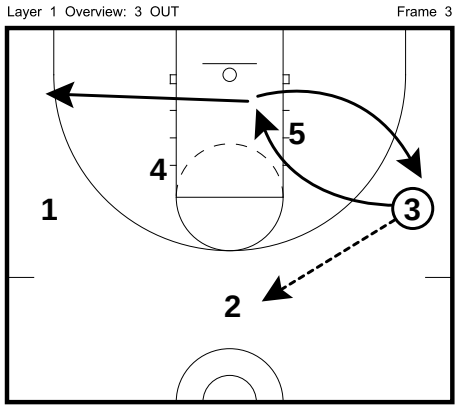
Layer 1 Overview



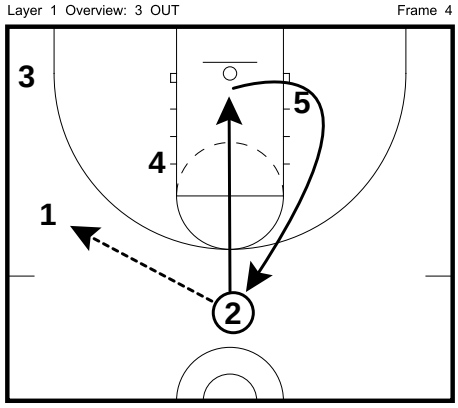
If you have two post players, you may consider the 3 OUT formation. The spots are the same as the 5 OUT spots, but again, generally, you'll want to keep the corners empty. Once the basics of the R&R have been learned, your team could easily flow between all three formations depending on your substitution patterns, the defense, or any other variable.



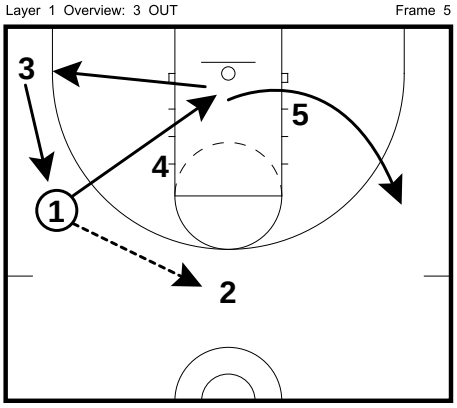
As you've probably noted already, **the rules of the R&R don't change** even when the formation does. So, 1 passes to 3 and must basket cut. 2 must fill the empty spot. 1 can choose to fill out to the ball-side corner or the weak-side wing. 1 could and should play off of the posts on his/her way out.



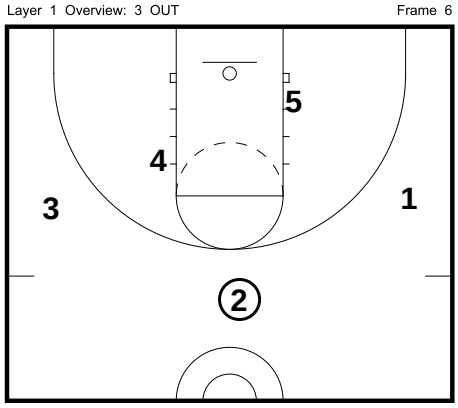
3 passes to 2 and cuts. There is no one to fill so 3 can either fill the spot he/she just left or fill the opposite corner and create an overload.



2 passes to 1 and cuts. Since 3 has filled the corner, 2's only option is to return to the original spot - and it doesn't hurt to work off of 5 in the process.



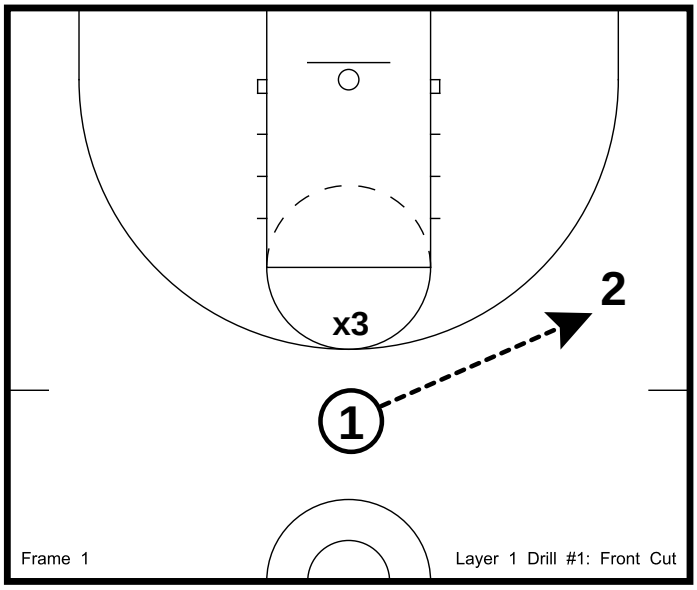
1 passes to 2 and cuts. 3 must fill the empty spot. 1 can choose to fill the opposite wing or the near corner.



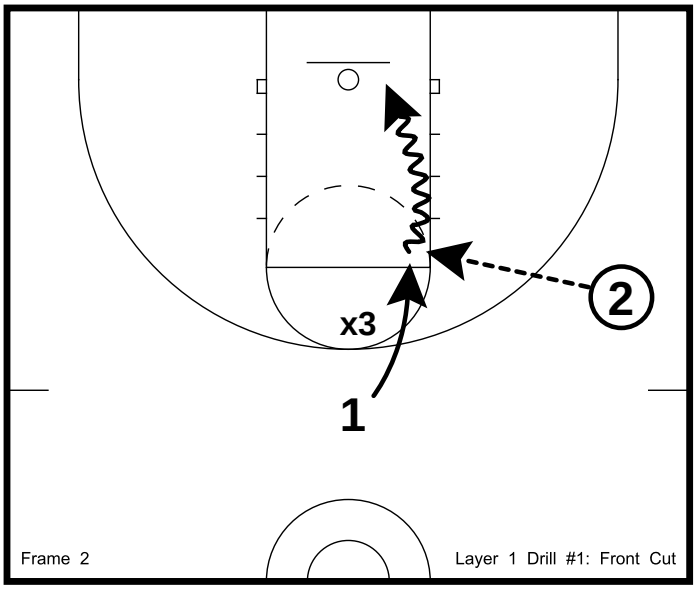
The location of the post players is irrelevant. The rules for the perimeter players always remain the same. And remember, we're only demonstrating perimeter actions in this layer. Once you add the Post Pass & Cut Layer (Layer 2), you will be able to easily integrate passing into and out of the post.

All Contents Proprietary

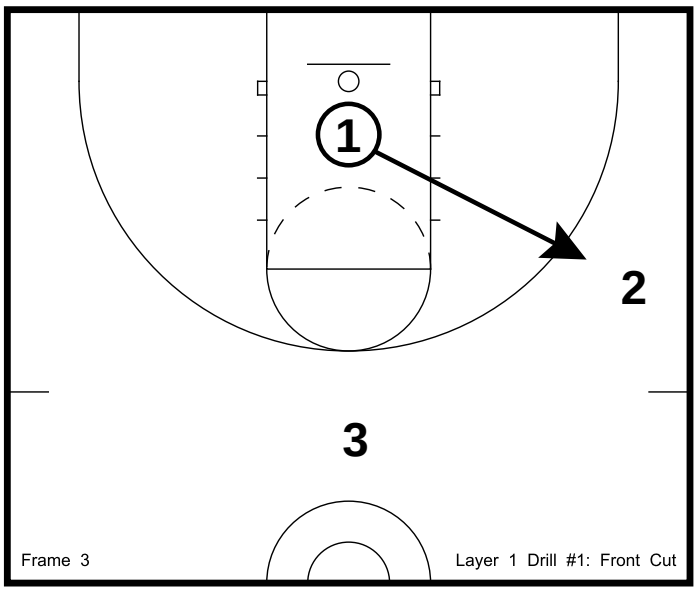
Layer 1 Drills



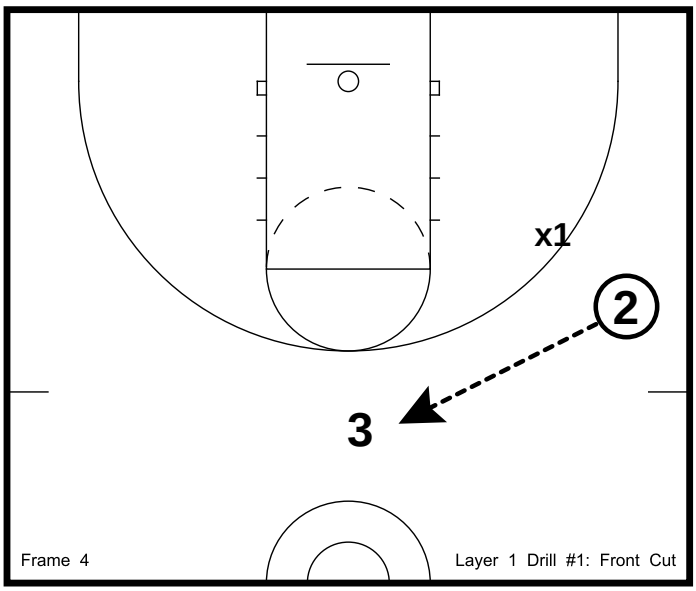
A unique feature of the R&R is that all its habits can be built through 3 player drills. Mastery of every R&R layer requires drilling, not basketball IQ. 1 passes one spot away to 2. Defender x3 does not move.



1 Front Cuts, receives a return pass from 2, and finishes with a lay-up.



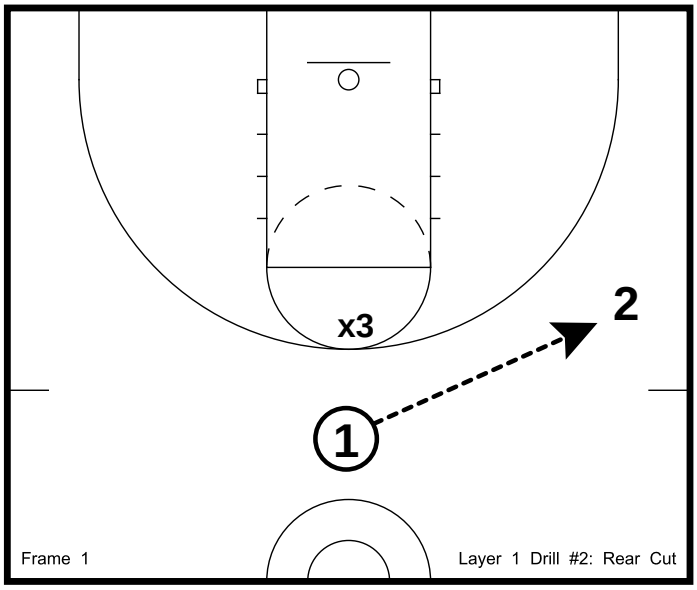
Defender x3 replaces 1 as an offensive player. 1 rebounds, then takes the ball to the player who passed for the lay-up (in this case, 2). 1 becomes the defender.



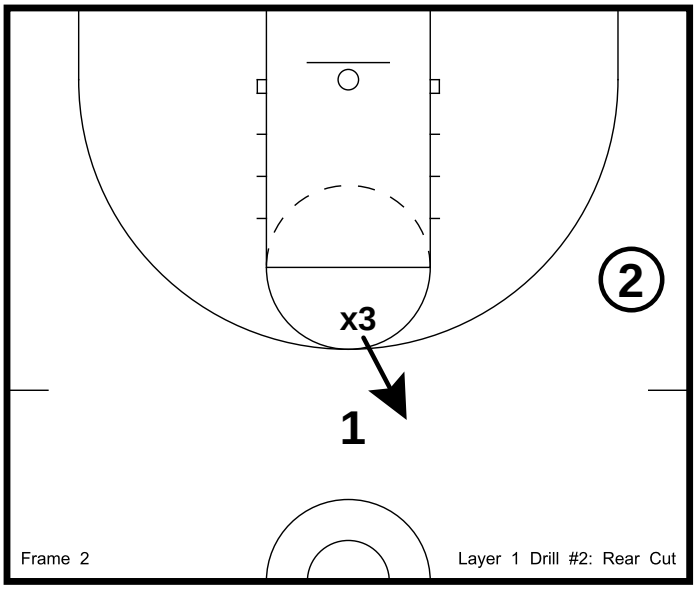
2 starts the drill by passing to 3. Defender x1 does not move. 2 Front Cuts, receives a return pass from 3, and finishes with a lay-up.

All Contents Proprietary

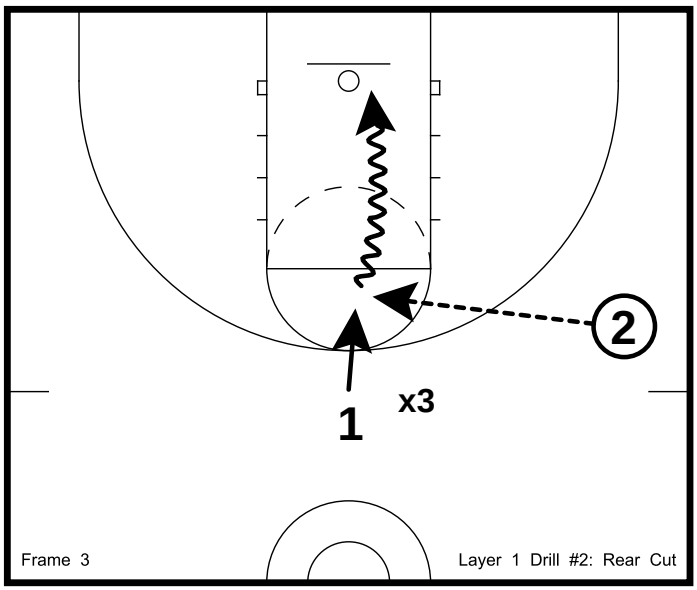
Layer 1 Drills



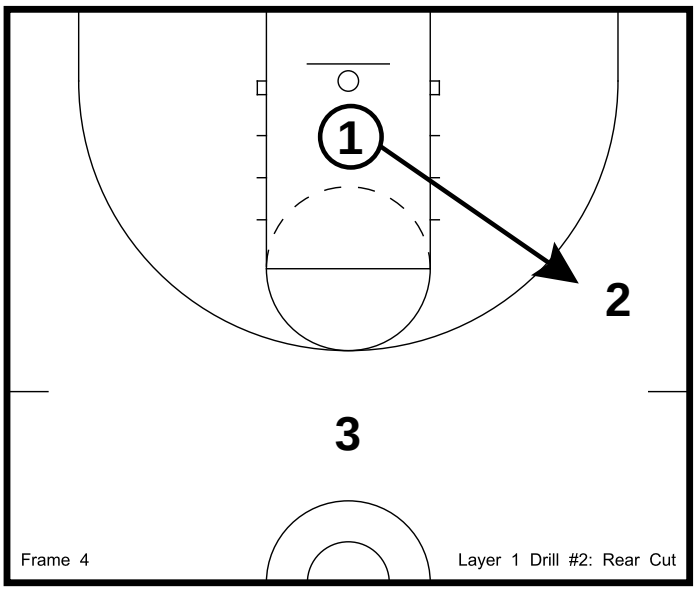
1 passes one spot away to 2.



Defender x3 jumps ball-side to deny the return pass.



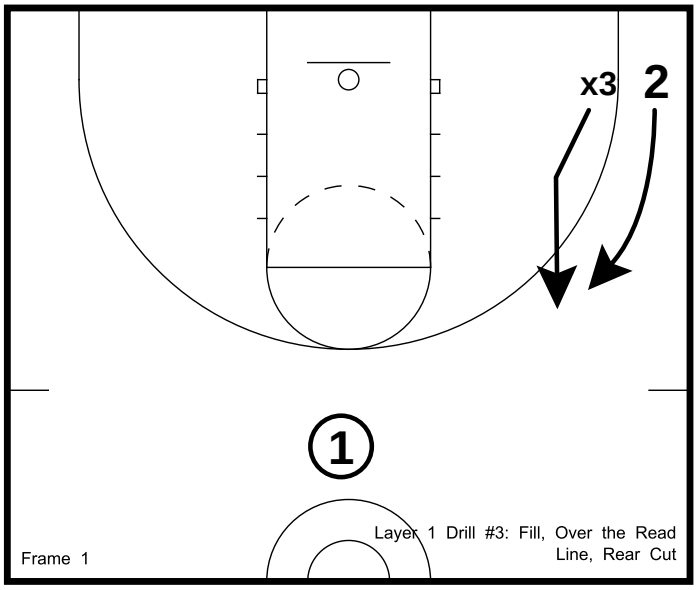
1 Rear Cuts, receives the return pass from 2, and finishes with a lay-up.



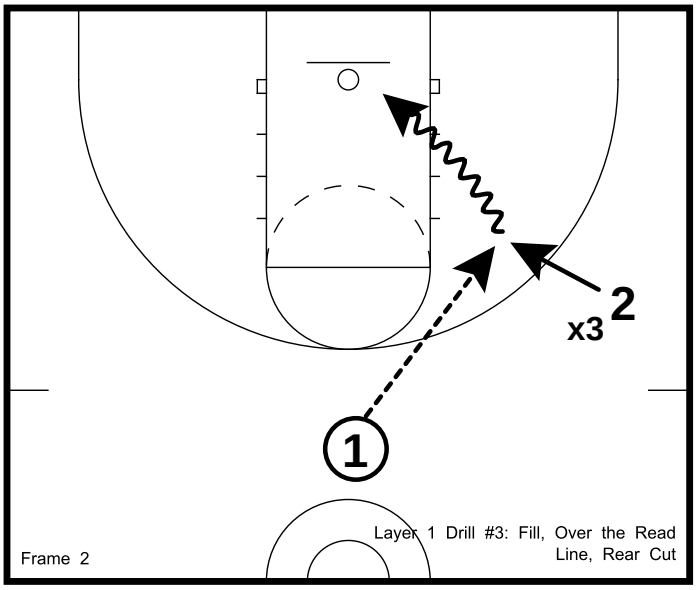
Defender x3 replaces 1 as an offensive player. 1 rebounds, then takes the ball to the player who passed for the lay-up (in this case, 2). 1 becomes the defender.

All Contents Proprietary

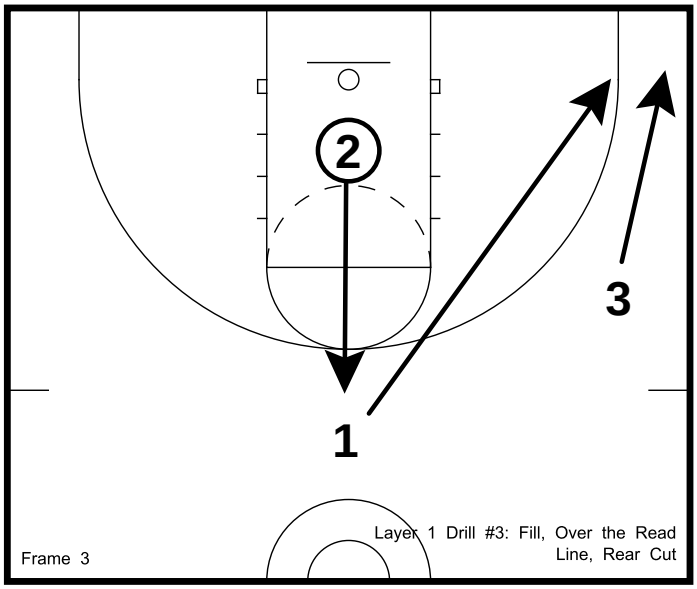
Layer 1 Drills



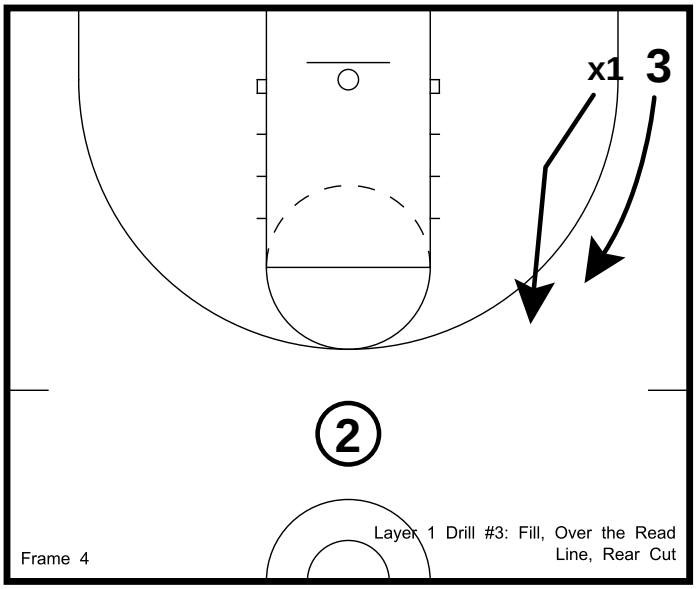
2 Fills the empty spot on the wing. Defender x3 crosses the Read Line to deny the pass from 1.



As soon as the defender steps over the Read Line (but not sooner), 2 Rear Cuts. 1 makes the bounce pass as close to the defender's back foot as possible. 2 finishes with a lay-up.



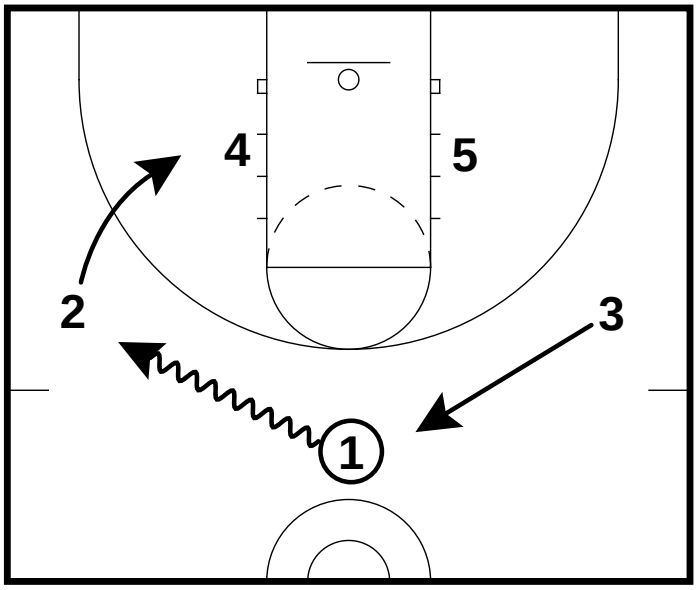
2 rebounds the shot and becomes the passer. 1, the passer, becomes the defender. 3, the defender, becomes the cutter.



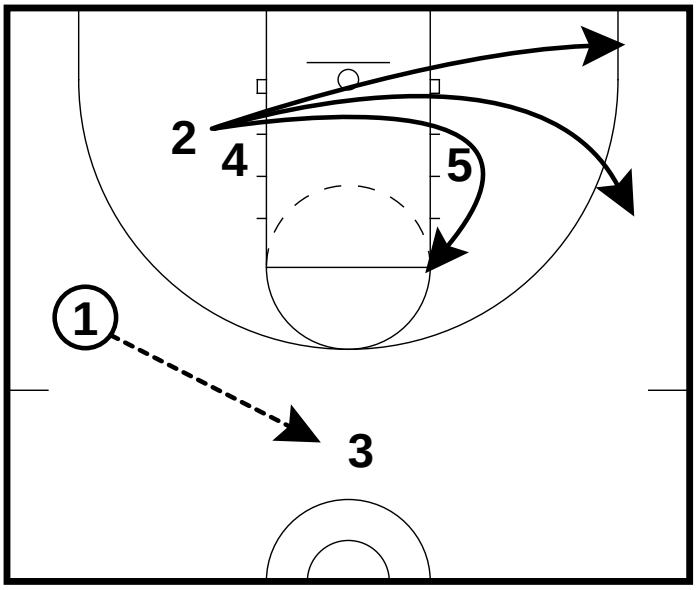
3 Fills the empty spot on the wing. Defender x1 crosses the Read Line to deny the pass from 2.

All Contents Proprietary

Read & React Entries



R&R Quickhitters



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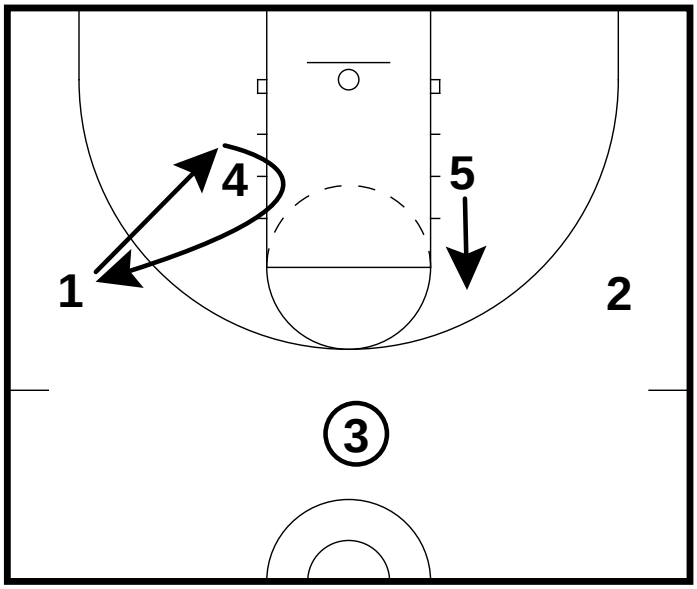

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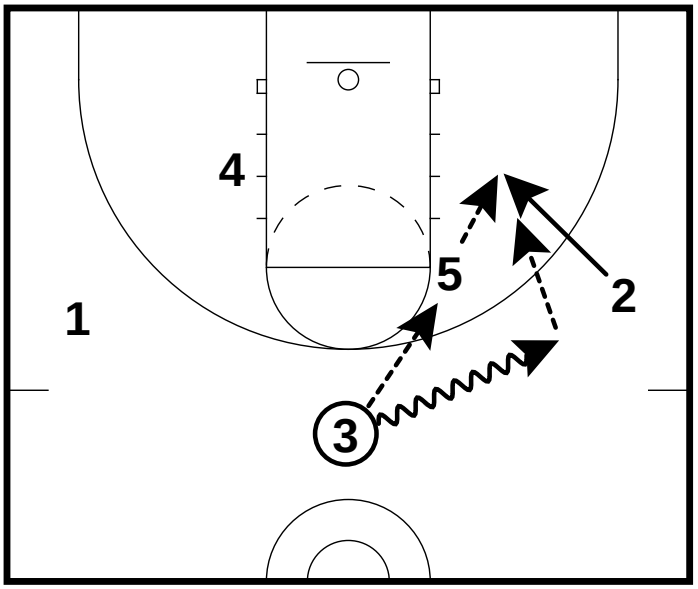

R&R Quickhitters

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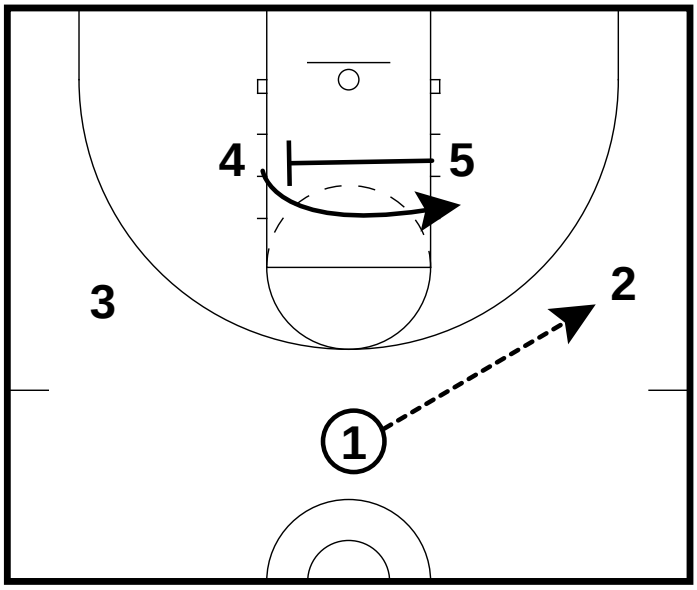

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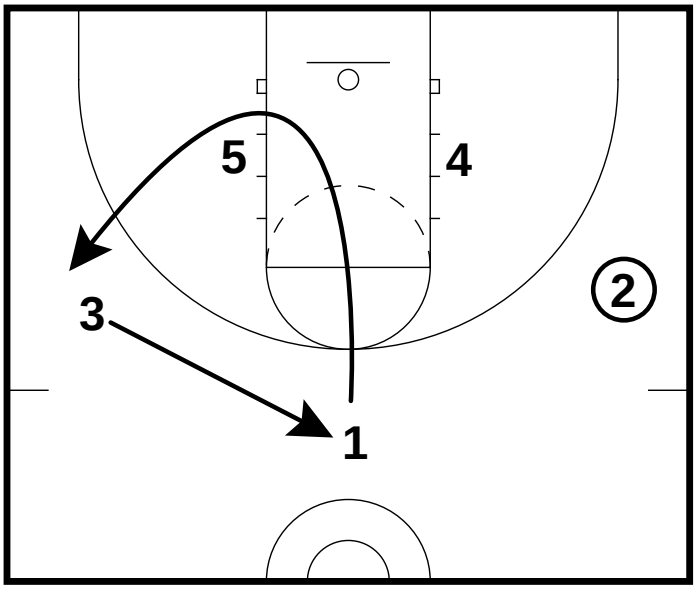

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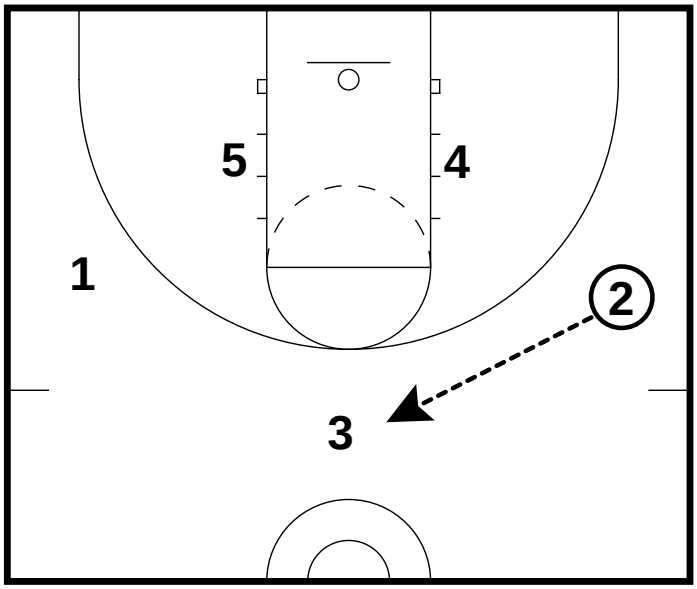

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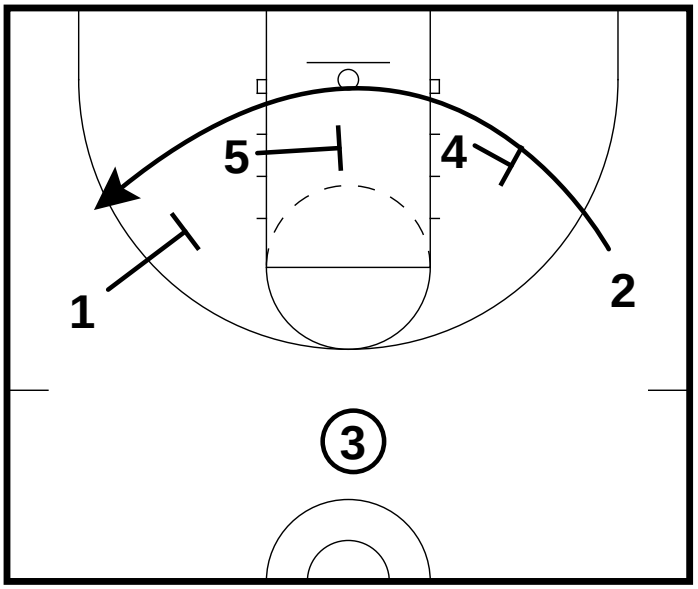

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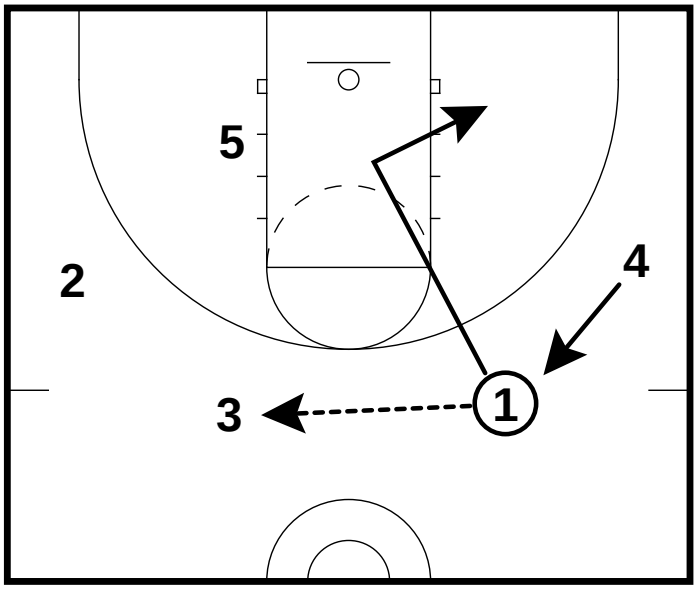

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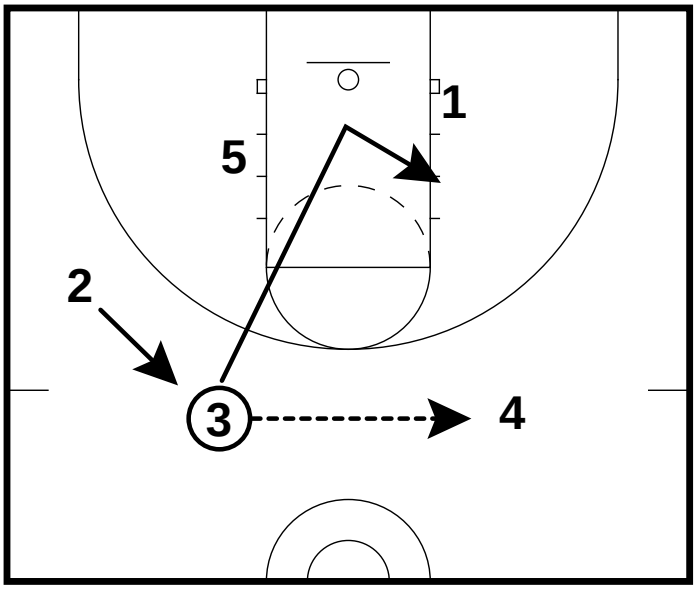

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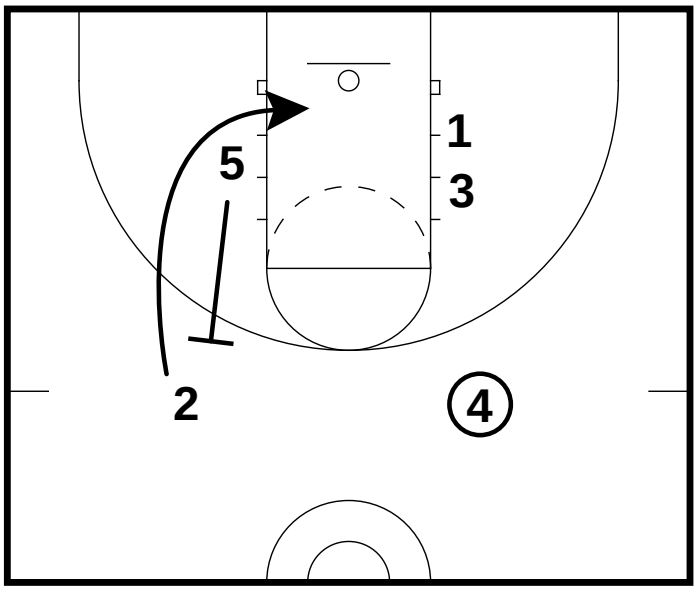

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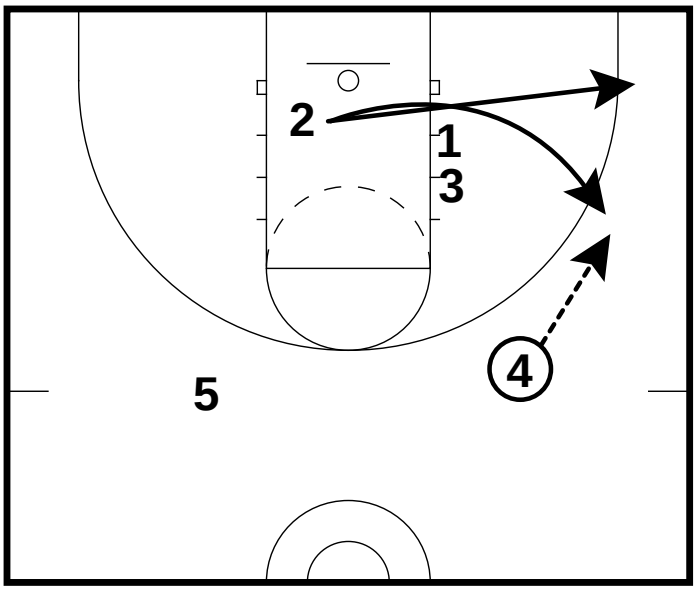

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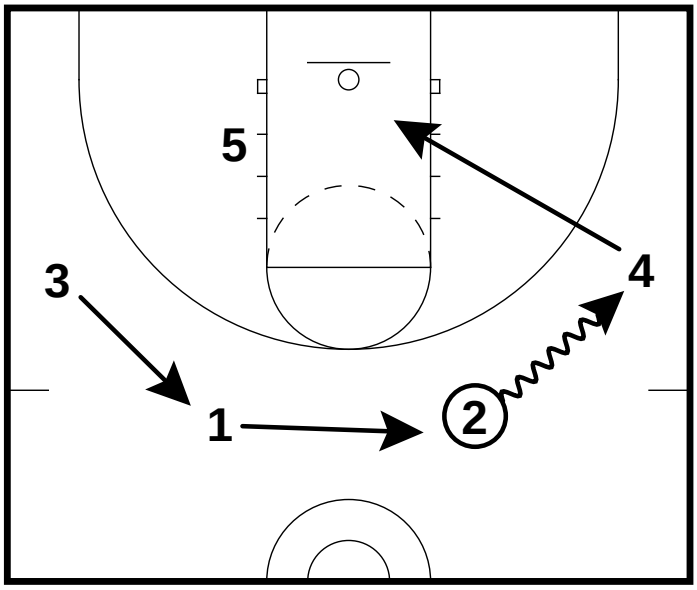

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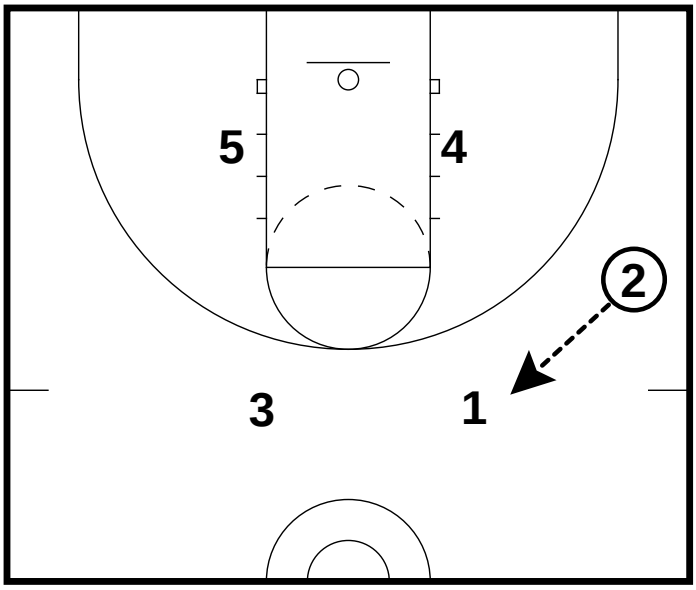

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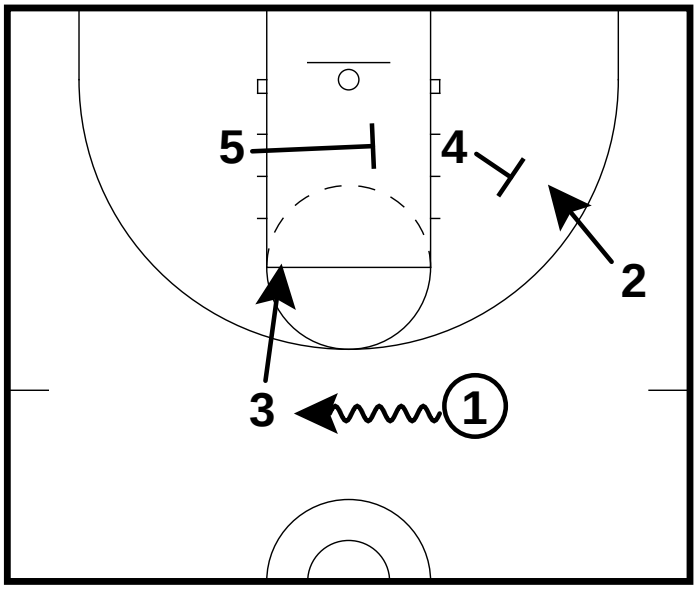

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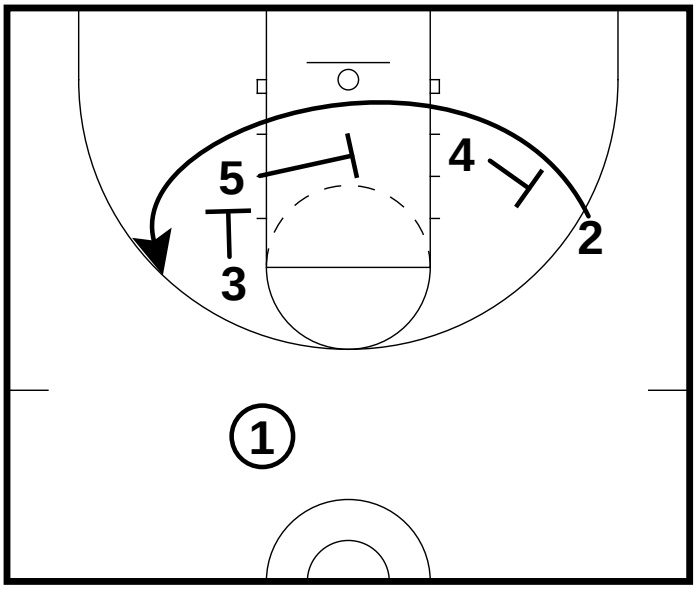

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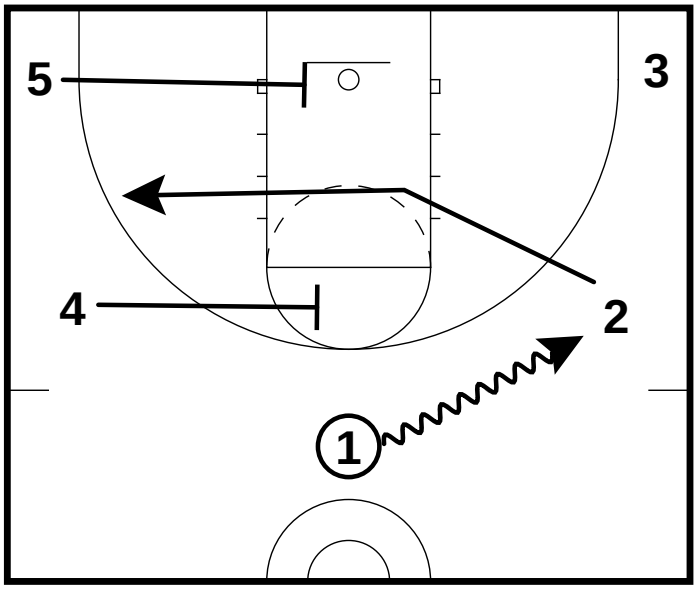

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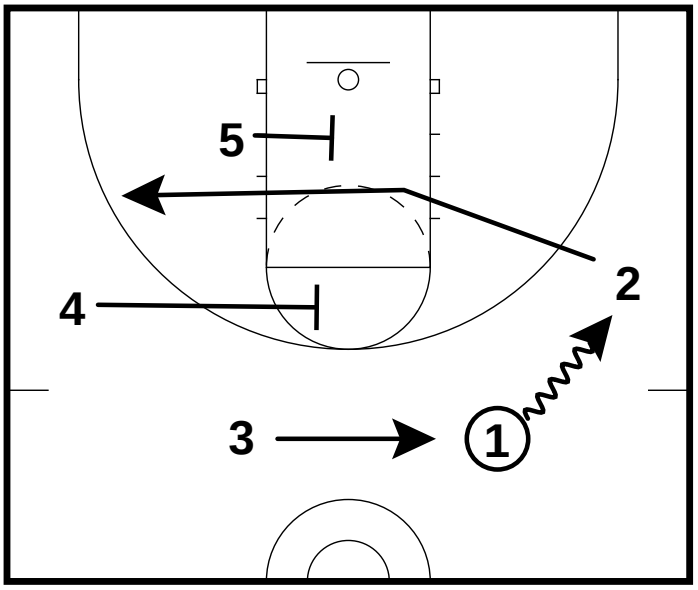

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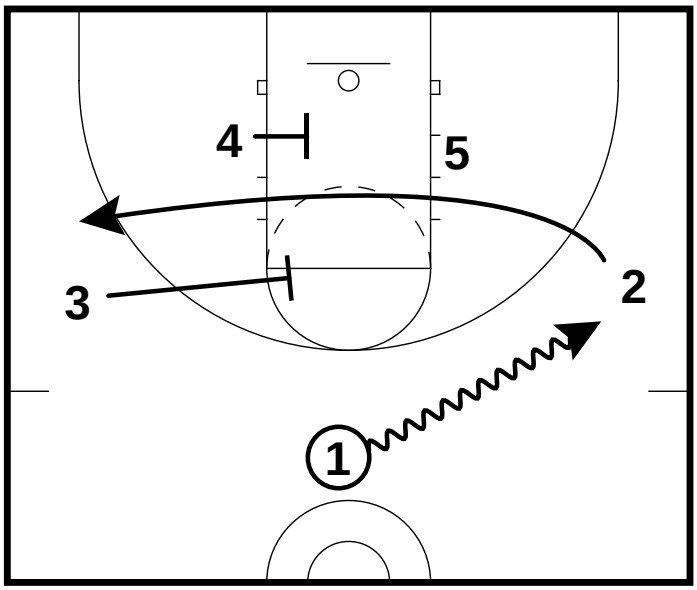

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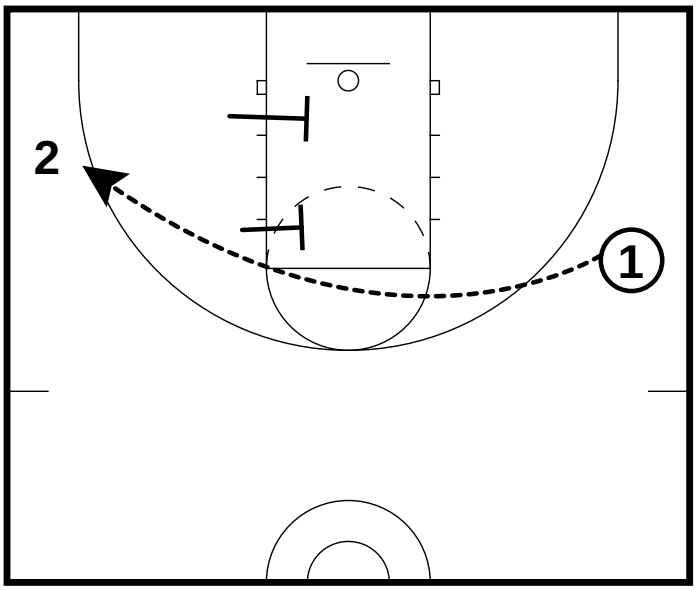

R&R Quickhitters

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July 20-22, 2010

Las Vegas, NV

RISING COACHES
ELITE

1ST ANNUAL RISING COACHES CONFERENCE

(FOR NCAA BASKETBALL SUPPORT STAFF MEMBERS)

Andy Farrell · DePaul · (773) 255-8226
Adam Gordon · Clemson · (813) 205-2106
Trey Meyer · Tennessee State · (706) 832-3529

Earl Grant- Clemson

- You never know who is watching you & paying attention
  - How do you treat people?
  - Your presentation is essential/crucial
  - This is a profession, we are professionals
- We need to learn how to grind
  - You are going to get told "no" a lot, get use to hearing it, but never settle for it
- Keys to getting jobs: meet with your assistants & bust your ass for them
  - They are always watching you!
  - Work for people who let you grow as a person and coach
- Look for loyal people, good people, and hard workers to associate yourself with
- This is a "people's business"- network!
- Learned from Greg Marshall: hold people accountable for little things.
- Coach Marshall insisted that his assistants blow the whistle and coach in practice.
  - Have an acute attention to detail
- How can you make the next jump?
  - You **will** be surprised with who is watching you
  - More people can hurt you than can help you
  - Best way to move up is to get your Head Coach (HC) an extension by winning
    - Work hard and don't spend time looking for jobs; just work hard!
- Connect the dots with recruits
  - Who deals with that recruit the most
    - Get to know everyone associated with the recruit
    - Put a fence around a kid & know who surrounds him
      - Get information and **USE** that information
      - Start early on kids because it takes time
  - Initiate conversations with your relationships
- When recruiting at AAU tournaments, watch the games. There is a time (night) to socialize with your peers

Mark Morefield- Baylor

- Don't get caught up in "did I play in college? (or did I not?)"
- It's all about RELATIONSHIPS & NETWORKING
    - Your relationships can get you relationships
        - It's a trickledown effect.
    - Keep building on your current relationships and make new ones
- Always keep learning from your peers
    - Everything is a building block- learn from your coaches
- When your time gets here, be ready & be confident!
    - You have only one opportunity to make a first impression
- Everything is important (big and small); it will help the program
- With recruiting, BE CREATIVE!
    - Ask questions with recruits & be involved with visits
        - It helps you learn how to talk and deal with recruits
    - Read websites
        - Gather information about recruits from the source themselves
        - Information overload! Get it
        - Find out who helps call the shots for the recruits
            - Do your homework
                - There's always more people involved
                - Ask the recruit!
                - Make those people that surround the recruit feel involved & treat them as if they mean the world to you
- Think like a HC & Assistant
    - Show your HC you want to coach
- You never know where people are going to be in 3 years (and 2 years, and 1 year!)
- Your relationships can get you relationships
    - Put stock and trust in your relationships
- Talk about basketball with people! It's a great ice-breaker
    - At the Final 4, be "all-lobby" team

Cornell Mann- Dayton

- I do the best I can to be real at all times
- Support staff jobs are important, always remember that!
    - Work hard at everything you do
- Meeting new people is essential
    - Hand-write letters to people all the time
- DO A GREAT JOB AT THE JOB YOU ARE AT
- The people you work with are the people you need to impress
    - Never let an opportunity pass you by
    - Wear slacks to the office on an off-day
    - Know your co-workers contacts
    - Your coaches are your promoters
        - Earn their respect
- Best way to advance: show passion & attack each assignment/task with passion
    - Have an attention to detail and consistent with terminology
    - Have a niche!
        - Re-create your position on your staff
            - Ask your coaches for projects & be creative
                - Create projects for your staff
    - Continue to be impressive to everyone
- Learn *how*, not *who*
    - Learn how to do things from people, but don't be them- be yourself & be real
    - Be <u>you</u> & learn how <u>you</u> can be successful
- Hold true to your core values
    - Don't ever compare yourself to the success of others
- BE LOYAL!

Jim Fox- Davidson

- Never be content
- You need to want to be a Head Coach
    - If your HC preparing you to be a HC yourself?
        - You need to wear different hats so you have a well-rounded perspective and have a well-rounded set of abilities
- Be loyal- it's the most important thing
    - Don't have one foot in the door and one foot out of it
    - This is a cut-throat business, but we don't have to be
- We are not irreplaceable
- Be trustworthy
    - If you make a mistake, own up to it and learn
- Be competent- know your stuff & get better at it
    - Always be learning from peers and other programs
    - Players will see right through you if you are not competent
    - Seek out opportunities to get better
        - Gather information constantly
- Be reliable, be detailed
    - Be organized!
        - Sloppiness is a disease
- HC's want *Finishers*
    - Follow up and be a finisher
        - We are in a results-based business
- It's not about who you know- it's about <u>who knows you!</u>
- Be respectful- you don't know it all
- "Conversation is your personal advertisement."
- The relationships you develop will set you apart
- Prepare yourself a day before, for all your calls, texts, and emails
- Be aggressive

Josh Pastner- Memphis

- We are coaches. We have an ability to impact lives.
    - We have an opportunity, don't take it for granted
    - Enjoy the journey, enjoy the process
        - Life flies by; it goes by fast
        - Recognize that we need to embrace the journey
- You have responsibilities to a lot of people when you are a coach
- GRATEFULNESS!
- You have to be at the right place at the right time
    - But work hard, so you have the opportunity to catch a break
- Know your limitations
    - Your (assistant coaches and support staff) strengths should be your HC's weakness(es)
- The best power you can have is a calmness and a clear mindset
    - You need to have clarity in every decision you make
    - Think of the long-term
- Players win games
    - Teach them to win and put them in positions to be successful
    - Get guys to play hard!
    - Start out being tough on them and gradually back up if needed
        - Much better than doing the opposite
- Be a disciplined individual
- Have documentation of everything you do
    - Serves as a way to protect yourself
    - Also serves as a way to reflect on things
- If you are ever a HC, fight to have your own compliance personnel
    - It will save you headaches in the long-run and it protects you
- Recruiting:
    - Keep it simple with recruits
        - Have a little shake & bake, but keep it simple and be direct
        - Get straight to the point with recruits
            - Get to the source
            - Find out who is helping make the decision
            - Underrated person involved: HS Coach
                - He gets to see the kid daily for 9 months of the year
        - Always be selling the program to recruits

Bob Cantu- Southern California

- Every day you interact with people, it's like an interview
  - The only thing you can control is your own, personal work ethic
  - Make a name for yourself on your own staff!
    - Out work everyone.
      - Sell yourself daily with your work ethic
  - Find an area/niche and be great at it
    - Take ownership and pride in everything- big and small
  - Are you a "task guy" or a "responsibility guy"?
    - Be a "responsibility guy".
  - You interview for your next job every day you are alive
- Start your own network
  - Expand your network
  - Write down 5 Assistant coaches & 3 Head Coaches, and work those guys
    - After hour messages (short & simple, no need for a return call from them)
- What can you do to make the program better?
  - What do you bring to the table? (VERY IMPORTANT!)
- Prepare to give the Head Coach information you think he needs, especially if you are trying to be retained on a staff that has left
  - "You gotta last.": What do you have to do to stay in the business?
- If you have to say "if" about a recruit, don't sign him
  - i.e.: *If* he played harder, he would be a high major talent.
- It's better to listen, then to speak
- Be organized, be efficient
  - Take notes and make an agenda for each day
  - Budget your time and make things a priority
- Try to have everything run through you
  - i.e.: camp brochures, equipment supplies, travel, etc.
  - Become irreplaceable!
- If you want something bad enough, don't let anyone tell you that you can't
- Evaluate talent with your eyes, not your ears
- Be loyal- ALL THE TIME
- During recruiting, try to stand at the baseline so the kid sees you and sit across from his bench to see interactions with coaches and refs when he is not in the game
- Ask a recruit who he is going to have help with the decision-making process.
  - Get information constantly.
  - Remember that a "key person" can change in the recruiting world
- "*Who you know*" will get you a job, but "*what you know*" will help you keep it.
- Get to know your own players!!
  - Invest time with them, interact with them, and earn their trust
  - We must get to know our players better!
    - Utilize pre and post practices (it's essential!)
- Be patient… doors will open and close over time for you

Paul Fortier- Washington

- A lot of people don't know how hard you're going to have to work
- To advance, you have to be willing to relocate
- Work for a coach who you believe in
    - It's crucial to work for a good person
- Never make promises you can't 100% keep
    - Situations change a lot and often
- People will check up on you and notice you when you don't know it
    - Seek out opportunities to better yourself
        - If things don't work out, stay focused and stay the course
    - Take initiative and do more
        - Don't be scared to push the envelop
            - Don't just be a "Yes" guy.
    - Make sure you are always on point and complete your tasks
        - Do your job to the best possible way
- Who is the "button guy" for recruiting?
    - Who will ultimately help the kid make his decision

Gary Parrish- CBS Sports & Jeff Goodman- Fox Sports

- The more you interact with the media, they better they can help you
  - Even a local beat-writer
- The media can help go to bat for a guy
  - To help you get your name in for a job
  - To help come to your defense
- Reach out to the media guys
  - Make sure they know you by name
    - If they don't, you're doing something wrong.
    - Know them and stay connected with them
- They are going to find out the story anyways!
  - Don't lie to reporters
    - It will make enemies
    - Tell them you need more time or that you simply cannot answer that and ask them to respect that from you
- You can be great at your job, but you HAVE TO NETWORK
  - Be well-rounded
  - Don't be a self-promoter
    - Media guys and people in this business can spot self-promoters
    - Be real, be true, be you
- Don't take "No" for an answer
  - If you want something, find a way to get it done

Stan Jones- Florida State

- If you do the right things long enough, good things happen
  - Every experience helps us grow
  - Be consistent.
    - "The true test of success will be told over time."
- Who knows you?
  - It's not always about "who *you* know", it could be about who knows you!
  - Get involved in everything and learn
- Whatever you need to get done, do it at a high level
- Learn something about personal finance! Take time to invest money.
- Develop great administrative skills
  - Be organized and stay organized
  - Get involved with academics
- Be valuable
- When networking, don't just write a letter to people; develop the relationship over time
  - Help someone else before you help yourself.
  - Who can you call to get information? Who can help you do your current job?
  - Who can help you get jobs?
  - Get to know people- meet people, and get to know them on a personal level
- Always be learning, studying, and reading.
  - The Power of Who, by Bob Beaudine
    - Talks about "working your friends" and knowing who your friends are
  - Make the big-time where you are, by Frosty Westering
    - Embrace where you are and make it a winner
- Coaching is teaching! It's a lost art
  - Practice teaching with every opportunity you can get
- Be a self starter. (Find stuff to do, and do it!)
- Don't waste favors on jobs you can't get
- When you get an interview, be prepared (over-prepare) thoroughly
  - Talk in a position of confidence
  - Try to control the interview
    - Take it in the direction *you* want *it* to go
    - Be comfortable- prepare!
- Make relationships with the administrators and the news media
  - Everyone can either help you, or hurt you
- Get to know HS Coaches, AAU Coaches, & retired coaches for their perspective & intel.
- To be an assistant:
  1) Have loyalty, 2) Be able to recruit (recruiting is sales), 3) Be a self-starter, 4) Teach, 5) Possess people skills, 6) Have great interviewing skills, 7) Be enthusiastic, 8) Know your situation (family, friends, and finances), 9) Have a clean slate in life, 10) Know your negatives, and 11) Have a fanatical attention to detail
- Know what your HC is looking for before your scout and even before you start a scout
  - See it through his eyes

Jim Christian- Texas Christian

- Who are the guys you are working with now?
    - Be united and keep your Head Coach happy!
    - Your co-workers are your best supporters
        - You can get a job from people on your current staff
            - How hard are you willing to work?
- Roll with the punches
    - You can't prepare for everything
    - Don't worry about things you cannot control down the road
- As an assistant, get to know everyone on campus
- Spend your time learning and getting the program better
    - You better have ideas about how to get the program better
- You are always being evaluated and always being interviewed
    - Be genuine, be real, be available, and be approachable
        - Be thankful
- You better be a good coach, and you better know how to coach
    - The one thing **every** program has is players
        - Invest in the players!
            - It's all about them!
- It's not a race to get the next job
- What's a bad job? If it doesn't have any players!
- Figure out what works for you and do it!
- When recruiting, ask yourself: "can he play for me?"

Mo Cassara- Hofstra

- People are always watching you (socially & professionally)
    - You never know when your opportunity is going to come
        - Be prepared to be prepared
- Have a willingness to do everything
    - Do anything!
    - Take opportunities
    - Always take lessons from every experience
- Take a chance and step out of your comfort zone every once and awhile
    - It forces you to grow and develop skills
    - Sometimes you have to side step or take a step back in your journey
- Advice: If you have an opportunity to be a Head Coach at any level, do it!
- Build relationships.
    - Interviews are very rare at this point
- Know where you want to coach and stop at nothing for it
    - Know who you are and what you do well
    - Get people who can help you
- There are many ways to do things.
    - Learn from coaches and get experience from their experiences.
- Keep your relationships going!
    - You never know who you are going to meet and how they can help you
    - Some of your best friends should be people no one cares about
        - The janitor, the lunch lady, the trash cleaners, etc.
- The dynamics of the game is changing
- Build an infrastructure with a solid foundation
    - Recruiting, scouting, relationships, etc.
- Adjust and adapt
    - Learn the players
        - Know the players
        - Build a relationship with them
        - Talk their language to them
        - Invest in them

Brad Brownell- Clemson & Steve Lavin- St. John's

- Be a sponge
  - Soak up your opportunities to learn
- Sometimes, it's all about luck
- The Head Coach is *always* watching
  - Who is working hard?
  - Who is staying late?
    - Who is showing up early?
- Make sure the woman you marry understands coaching and the demands of the profession
- You have an opportunity to learn from everyone you associate yourself with
- You learn X's & O's from people, but also intangibles too
  - i.e.: How to get the most out of your team
- For staff hiring, you have to make sure that the Head Coach has a good "feel" for you
  - It's your responsibility to make sure he has that
  - Share your Head Coach's vision
  - Head Coaches will hire guys he can trust
    - "Who can help me relax?"
    - **"Who will dive on a knife for me?"**
- You have to be really good at something
  - Take initiative
- Work like hell to be good at everything
  - Have an attention to detail (Use spell check!)
- Hustle & grind!
  - How are you going to separate yourself?
  - Networking is about the bridges you build.
  - Gain credibility by your appearance and if you can play the game.
    - Especially in the eyes of the players
- Do an unbelievable job at the job you have
  - You will get ample opportunities from there
- Gene Keady's "3's" for hiring assistants:
  1) Loyalty 2) Work Ethic 3) Talent
- Staff harmony is crucial
  - Does he blend with everyone?
  - Will he share our vision and goals?
- Two important words in basketball: TEACH and DEMAND
- You must have daily improvement. (Let's just get better!)
- <u>Wooden's 4 Laws of Teaching:</u>
  Explanation, Demonstration, Repetition, Correction (repeat if necessary)



- Ask your boss and mentors about their thoughts on a job you are trying to get
  - Get his/their blessing and seek their advice
  - Go for a job based on <u>who</u> you are going to work for, not the money

Buzz Williams- Marquette

- Success is found in your daily agenda
- "**The general is the only one that loves the killer.**"
    - Your Head Coach *needs* the killers
    - Be a killer!
        - Be a killer every day
    - Be ready to grind and work
        - That must be your mentality if you want to be elite
- You will have a lid on your success if you are not willing to sacrifice
- What are you doing today?
    - What are you doing tomorrow?
    - Have you learned all the steps on your journey?
        - Or are you just going through the journey and not learning?
- What separates you from everyone else?
- Question to ask yourself: Can you sign the players on your team now?
    - You better be able to if you want your Head Coach to hire you as an assistant.
- Do what you're supposed to do, every day.
- You conversations are your personal advertisers!
    - Don't ever talk down to someone.
        - Always (ALWAYS) talk UP to people.
    - Introduce yourself, have confidence, and make an impression.
        - They are going to form an impression of you anyways, so control that impression!
- You have 2 things you can change in your life:
    1) The books you read
    2) The people you meet
        - Study those books, and build those relationships!
            - Study both success and study failures!
                - At what point did they fail?
                - Why did they fail?
- Walk around like you have a black eye every day!
    - Be humble
- The game is pure inside the lines!
    - When the ball goes up, you can't hide.
        - You better be ready, because the game is coming.
- God blesses the intent of our heart.
- Be a servant to the staff.

Charlton Young- Georgia Southern

- You have to be able to recruit.
  - Find out who the top kids are in the surrounding states.
    - 2 hours north, 2 hours south, 2 hours east, 2 hours west.
      - Call their High School, JV, AAU, etc. coaches
      - Plant your roots (know those coaches and establish relationships).
  - The game is recruiting.
- Learn to truly evaluate players.
  - Practice it!
    - Watch those DVDs that come in for coaches to watch.
  - Evaluate the players as if they are 1st Round Draft picks
  - You need to get guys 2 leagues better than where you are currently at, for your Head Coach.
    - He will like one 1 league better, but go for 2.
    - Use the "LM, LM+, MM, MM+, HM" scale.
      - LM: Big South, A-Sun, SWAC, MEAC, etc.
      - MM: OVC, Sun Belt, Southern, etc.
      - MM+: CUSA, A10, WCC, Mountain West, CAA, etc.
      - HM: ACC, Big 10, Big East, SEC, Pac 10, Big 12
- Learn your trade- learn *how* to recruit!
  - Master the science of it.
- You've got to do more than just your job
- Be a gorilla!
  - **GET DOWN OR LAY DOWN.**
- Pick 5 Mid-major & 5 High-major assistants that you truly respect
  - Build those relationships and help them out.
    - Be loyal to the guys in your tribe
- **Sniper Mode.**
  - "Gate mode"
    - Build a gate around a recruit
      - Find out who the people are that he trusts and that is giving him information and feedback
      - Your gate will help you control the flow of information
        - Start early, and use those contacts often
          - Go out of your way to find those people
      - Who has the juice?
        - You may think you found the person with the juice, but you may not have.
      - People may not be able to necessarily help you get the kid, but they can definitely keep you from getting him.
- Respect is the ultimate currency
- It's amazing how many kids want you to invite them to your campus!
- Coaching is about loyalty.

Dustin Kerns- Santa Clara

- Trust is very important
  - Head Coaches want to hire guys they can trust
- This is an ultra competitive profession
  - Use that as motivation for success
- We are all replacements. Are you replaceable?
  - Be thankful for the job you have right now.
- Don't chase jobs.
  - If you spend time chasing jobs, you can't do your current job as well as you can.
  - The job you have now will make you a better coach.
- Be relentless, be creative, and be proactive.
  - Wear people out.
  - Not only make relationships, but build them.
- Stay organized, and make a calendar to follow it.
- Failures are the best way to learn.
  - But don't let others know you've failed.
- You've got to love recruiting, and love it every day.
  - Email AAU & HS coaches and follow up with them often.
- Trust your own eyes with recruiting
  - If you like a kid, don't over-analyze him
  - Keep stats and shot charts on a kid when you are recruiting
  - Do not waste your Head Coaches time.
    - If you like the kid on tape or in person AND he shows interest in the program, that's when you bring the Head Coach in.
  - Does the recruit affect winning?
    - Is he tough? Competitive?
    - Does he love to play? Does he love the game?
- Study what other coaches are doing on the road.
- "Your choices are determined by your voices (in your head)."
- Find ways to brand yourself**.**
  - Not just as a "hard worker".
- Always be learning!
  - Go watch other teams practice.
  - Constantly be reading and learning.
    - Winning Takes Care of Itself. – Bill Walsh
    - The Winners Manuel. – Jim Tressel

Josh Postorino- DePaul

- Befriend the assistants.
    - Learn from them and their experiences.
        - Let them take you under their wings
- Find your personal niche and the niche of the program
- Do the best job you can do at your current job
- Support staff can call anyone, except for recruits
    - Do it!
        - Work your phones, emails, etc.
- In this profession, just hang in there.
    - Hang around, and just stay in the game and something good will happen if you do things the right way and you work hard.
- When you are trying to move up:
    1) Do your job well (become indispensable)
    2) Develop your philosophy (have it organized and on paper)
    3) Network (follow up) to it's full extent (keep building it daily)
    4) Practice (interviewing, talking with the media, giving scouting reports, etc.)
- Recruit to your Head Coach!
    - Always showcase his talents and attributes.
- Remember that positivity is contagious!
- "Office time" is over-rated.
    - Spend time with the players.
        - Go out and meet with them on their own turf.
    - Meet with instrumental people.
        - For recruits, and for the university.

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Rollie Massimino

Multiple Defenses

Clinic To End All Clinics IV

Manhattan College

4/16/11

- 3 Kinds of Coaches at Clinics
  1. Write everything down
  2. Gets paid by school to attend
  3. Just takes things down that reflects his/her personality
- To be a good coach you need to
  1. be a good teacher
  2. be a good organizer
  3. create a discipline/personality that is right for your players
- Believe in what you want to teach
- Kids know
  - How you treat them
  - How you want them to work
- Multiple Defenses – show them something, then do something else
- "The game of basketball is over coached and under taught." - Pete Newell
- Once the first pass is made, every zone defense is the same.
  - They all become a 2-3.
- Every zone offense is one of four things
  1. Pass and stand
  2. Pass and go through same side
  3. Pass and go through opposite
  4. Screening
- Make them do something they don't want to do

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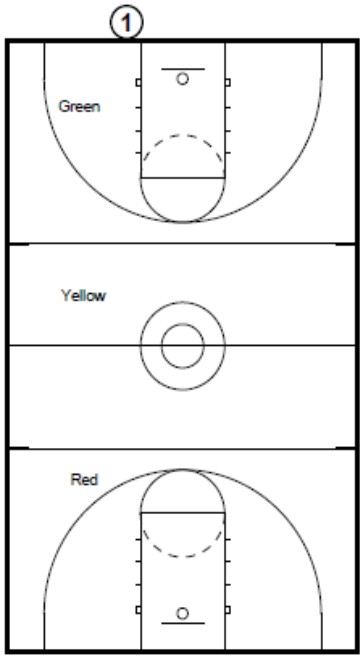
- Divides the court into three areas

• **3 Areas of the Court**	
• **Diagram**	• **Notes**
	• Green – baseline to hash mark; can take chances here, have time to recover • Yellow – hash mark to hash mark; can still take some chances • Red – hash mark to baseline; war zone; must play best defense here; don't gamble

- 1st time – you pass and go through, we go through with you
- 2nd time – you pass and go through, we stay
- 3rd time – you pass and go through, we go with you to the mid-post and stop

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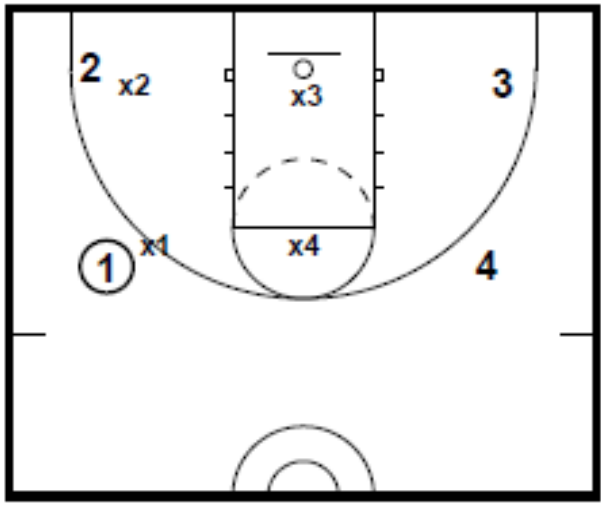
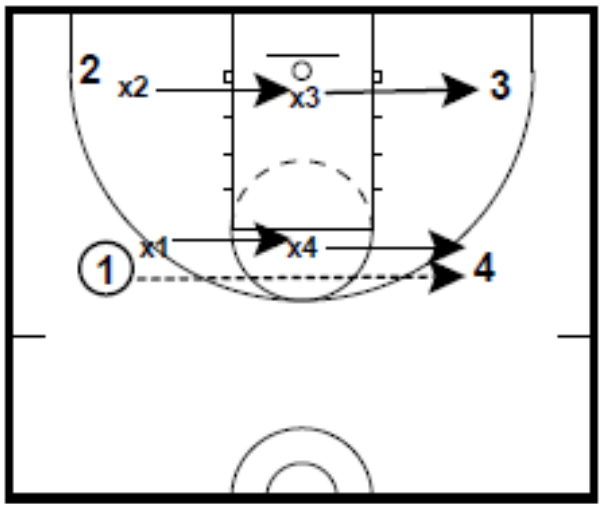
- Whenever the ball is moved, everyone has to move

• **Shell Drill**	
Diagram	• **Notes**
	• Search the ball first • Defense retreats to the line of the ball
	• 1 hand is always on the line of the ball • When the ball moves, the line of the ball moves, so the defense has to move

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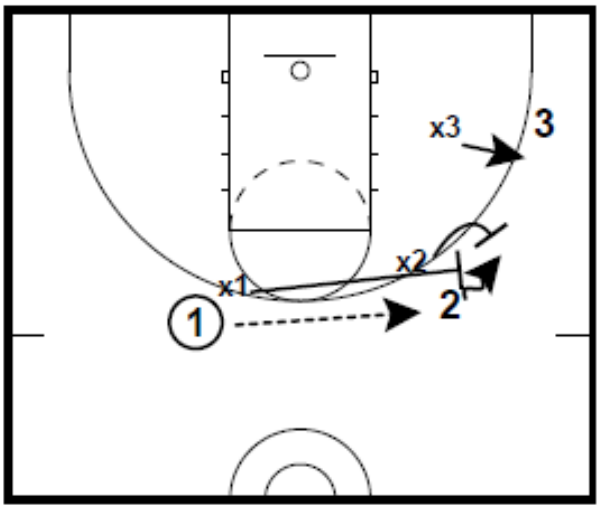
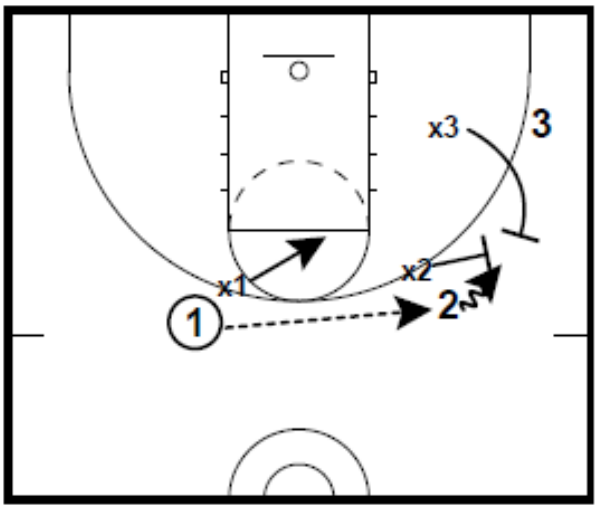
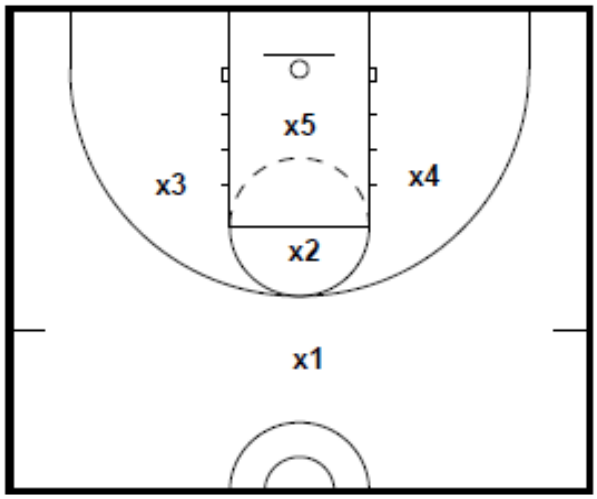
- Rotations are to the ball or away from the ball
- Man-to-man, trap away from the ball
- Zone, trap comes to the ball

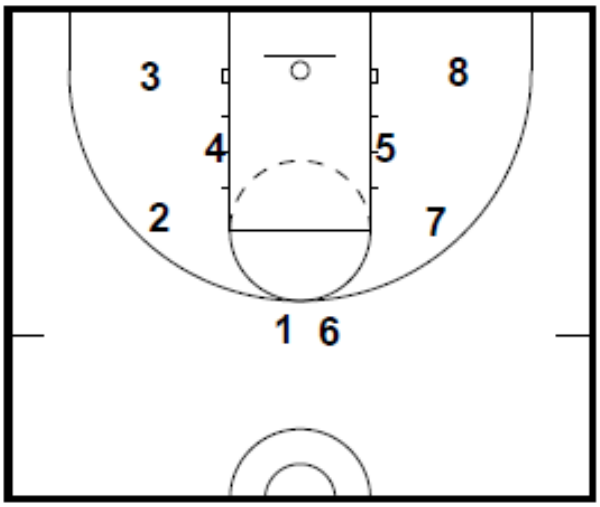
Traps	
Diagram	**Notes**
	• Trap away from the ball
	• Trap to the ball

- Thumbs Down: man-to-man, double team the dribble
- Thumbs Up: man-to-man, trap the firs pass
- Double team, step up, take away, take away
  - This is the heart of everything they do defensively
- Slant: double team comes to the ball

- 1-1-3
  - First time trap dribbler, then trap first pass
  - Next time trap the dribbler, then go 2-3

1-1-3	
Diagram	**Notes**
	• Initial alignment • Change what you do from one possession to the next

- Next time you play them do Thumbs Down, Thumbs Up, and Slant from zone
- There is no such thing as an always do it or never do it. You may not want to, but sometimes you have to do it.

8 Zone Offense Spots	
Diagram	**Notes**
	• When you are playing a zone defense, you want to keep the other team from getting the ball to these 8 spots.

- Play with hands up and make it look like a 2-3, but then play man-to-man
- Every time the ball is passed, the zone becomes a 2-3

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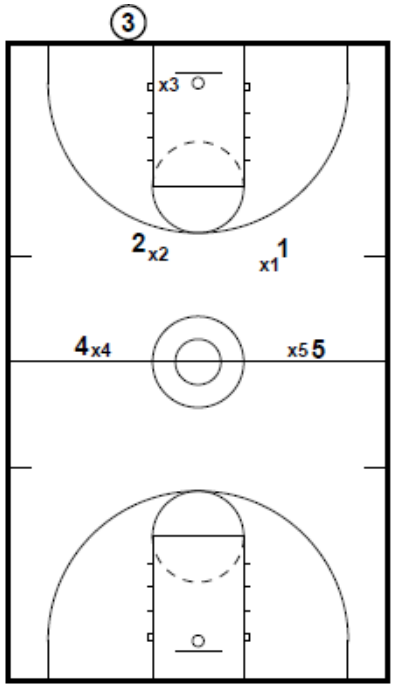
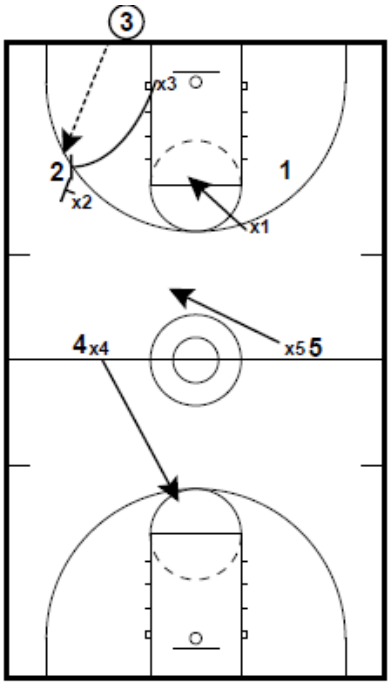
- Going to School – try different things early and see how they react

Going to School	
Diagram	**Notes**
	• How do you attack them?
	• Trap away from the ball

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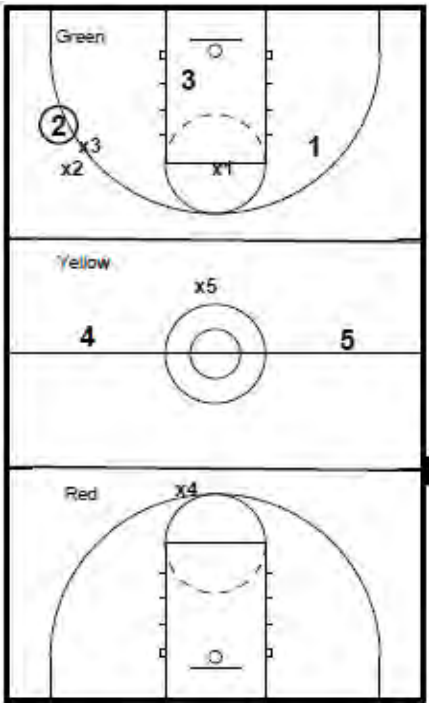


- Green: play man-to-man
- Yellow: play zone
- Red: decide what to play, whatever you are best at

SCOUTING REPORT
TEMPLATE

Transition Description:

-Talk about who does what, who runs, who shoots.

Secondary Transition:

-Talk about traffic, trailers, back screens, sets.

Half court man:

-What they try to establish, anything specific you must know.
-All man sets and clock sets they run.

All Sets V. Zone:

All BLOB Plays:

OFF Rebounding: Who is the best offensive rebounder?

FT INFO: Who not to foul.

Team Strengths:

Team Weakness:

Full Court Plays Offense/Defense:

3/4 Court: Traps, doubles, Rotations.

Half Court Man Defense:

P/R Defense:

Post Defense:

-Block to block, BL OBS, SOBS, DEF REB, Best Defender, Worst Defender

Keys to the game:

Key Players to attack and put into specific situations:

Your Defensive & Offensive Keys:

Player Info: Hand, Speed, Go to Moves, Shooter, Slasher, Athlete, Length, Spots, etc.

RAM GR. "M-M D"

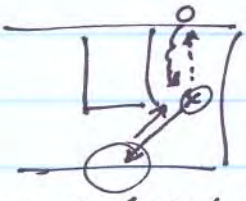
- WORK ON BALL REVERSAL & BALL SCREENS
- DENIAL D = KEEP BALL ON ONE SIDE - MUST HAVE GREAT LIVE BALL D
- 1 SMALL CHANGE = BIG DIF. (WATER SIMMERS @ 211° - BOILS @ 212°)
- *1ST THING 1ST DAY IS D DRILL (Y DRILL - "PUSH - REACH" - PUMP ARMS)

SLOW
- #1. PUSH - REACH #2. DENY PUSH - REACH (CHIN IN SHLDR.)
- #3. CLOSEOUT (BALL-SIDE FOOT UP, 2 STEPS & CHOP, W/HIGH HANDS)
- #4. RUN STEP ("BEAT" - 2 STEPS → 2 RUN STEPS → STABILIZE (* PROPER ANGLE)

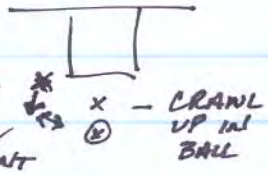
- NO FUNDAMENTALS = POOR SHELL D
- 2ND DRILL: "HC/FC" - TURN BALL IN BACKCOURT



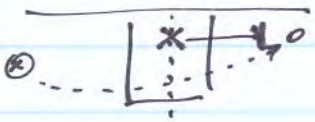
  * @ HC, KEEP BALL ON SIDE OF HC
  - KEEP HANDS BACK
- 3RD "RECOVER DRILL" - @ HT PASS TO BASELINE O
  - BACKPEDAL TO HC (CIRCLE)
  - O GOES 100% AS D CLOSES OUT (KNOW QUICK LEVEL)
  * KEEP BALL OUT OF MIDDLE



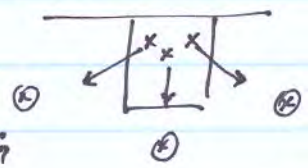
- GU D: BALL PRESSURE W/ DENIAL + EARLY HELP = "UP THE LINE"
- 4TH "2-ON-2 HELP" - GOOD HELP → CONF. LIVE BALL D
  * NO FLAT TRIANGLE!
  - TALK EARLY & OFTEN!
  ? TOP → WING PASS - DENY POINT OR HELP @ ELBOW



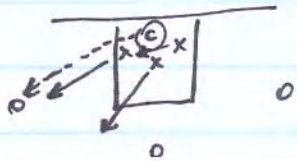
- 5TH "CLOSEOUT" - DEF. 1 STEP UNDER LINE
  - W/ "PISTOLS" = POINT
  - BALL-SIDE FOOT UP



- BALL ABOVE HEAD = "CRAWL UP" - TRAKE BELOW WAIST = BACK-UP
- 6TH "3 BALL CLOSEOUT"
  - O W/ 1 DRIBBLE
  - KEEPS A LOT OF GUYS MOVING

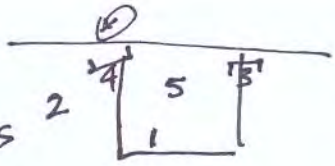


- 7TH "EARLY HELP" - 1 BALL
  - COACH PASSES TO ANY O
  - CLOSEOUT + HELP W/ 2 DEF.



- 8TH SKILL (4-ON-4 → 5-ON-5)

PLAY G. - M-M O.B. D - "VANDY"



* 4 - 10 TOES ON BASELINE + JUMP W/HANDS
  - NO MIDDLE - THE KEY GUY

5 - GOALIE - STAYS HOME
3 - HELP D + POINT - WATCH DRIFT
2 - 1ST GUY TO CORNER

- "POINT" TO MAN!
- SWITCH SCREENS
- PASS TO 3-PT. = WE WIN!

- TAKES PLAYS AWAY + NO LAY-IN
- EASY TO HANDLE SCREENS (CUTS?)
- NOT MATCHED-UP = TROUBLE
- CAN TRAP STRONG CORNER

ONLY
- REAL OPENING = DIAG. 3-PT. J + DRAG W/INBOUNDER OUT

DONNIE DANIELS (GU) - "POST PLAY"

- POSTING: START @ 5'8" (LOW) - FINISH @ 6'5" (POWER EXT.)
- ALLOW 1 CRAB DRIBBLE - NO MORE, NO LESS = NO TRAVEL
- MUSTS:
  - HANDS "FRAME" W/ARMS PARALLEL TO BALL
  - CALL "BALL" OR NO PASS
  - CATCH W/BOTH FEET IN AIR - JUMPSTOP
  - BALANCED - POISED - STRONG
  - GLASS ALWAYS - NO GLASS LIKE NO "BALL" = NO TOUCHES

DONNIE DANIELS (GU) - "ATTACK 2-3 ZONE"

* GAP DRIBBLES ON HC
- MAKE D "FIND" YOU = CUTTERS (MOVE) + SKIPS & FAKE SKIPS
- USE FAKES TO CREATE PASSING LANES
- POSTING SAME VS. ZONE & M-M - TAKE UP SPACE
- GO OPPOSITE (SKIP) & REVERSE - 1ST THOUGHT
* SCREEN BACK OF ZONE - WIDE BASE + LOW! + YELL "SKIP"
  - ON SKIP = "PAINT CATCH" (SEAL)
- HI-POST: CAN'T GET A CATCH THEN SCREEN!
* "DO NOT DRIVE A DRIVE" (GAP DRIVE → PASS → DRIVE) / INSIDE POSITION!
- GUARD PLAY IS THE KEY VS. ZONE + POST REBOUNDING - BLOCKOUT ON OFFENSE

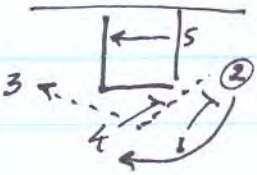
JIM HAYFORD - WHITWORTH "THOUGHTS"

- KEY TO CONSISTENCY - INDIV. WORK → THEIR OWN INVESTMENT
- SHOOTING GOALS: 50% / 40% / 80% (2 pt. / 3 PT. / FT)
- DEF. GOALS: 40% / 30% (2 PT. / 3 PT.)
- ANY TO ≠ PUSH-UPS NEXT DEAD BALL } PRACTICE
- ANY OFF. REB. = " " " " FOR ALL 5 }
- ONLY SHOOT SHOTS @ GAME SPEED
- "HOW CAN I COACH YOU BETTER?"
- * INTENSITY - SET THE BAR VERY HIGH - EVERY DRILL COMPETITIVE
- OR "COMMERCIAL TEST" - EXPLAIN WHAT YOU WANT IN :30 OR PLAYERS LOST
- SKILL DEVELOPMENT - TAKES REPETITION
- "FUN = DOING YOUR BEST AT WHAT YOU LOVE TO DO"
- START EA. PRACTICE W/ EVERYONE AROUND CENTER CIRCLE
- USE #'s / STATS - INCL. PRACTICE TO BE FAIR
- AT START OF SEASON, WRITE EVERYTHING YOU WANT TO BE ABLE TO DO AT END OF SEASON. NOW BREAK THE WHOLE INTO PARTS
- USE CLOCK & KEEP THINGS SHORT
- VISION - EXPRESS IT
- FIND OPPONENT'S SOFT UNDERBELLY (NFL: PICK ON SLOW DEF. BACK)
- MIKAN / REVERSE MIKAN / BALL ON BLOCK DRILLS - W/ SHIELD AND/OR HEAVY BALL
- DON'T WANT PG & BEST PLAYER TO THINK ABOUT WHAT HC WANTS.

JIM HAYFORD - WHITWORTH "TRANSITION OFFENSE"

- AFTER OUTLET, PG SEES RIM (WHOLE COURT)
- "BIG 5" 1. WING LAY-IN (POST SEAL/RIDE)
  2. PG → WING → RIM RUN - WING TAKES BALL DEEP ENTRY
  3. PG → WING → "SKIP TO SEAL" (5 FRONTED OR WING ENTRY)
  4. ALL WAY AROUND - POST FLASHES ACROSS
  5. ALL WAY AROUND - STAGGERED DOUBLE





* BALLSCREEN = GRAB SHORTS

JIM HAYFORD - "TEAM DEFENSE"

- BALL: HIGH/INSIDE FOOT UP IF STUD (NO STUD = "HOLD LINE" (SQUARE & OFF)
- WING: FORCE CORNER
- POST: FRONT - THEN FORCE TO "IRRELEVANT POSITION" ON SHOT
  - GREAT HELP D ON WING/BASELINE DRIVE

- OFF-BALL = "PISTOLS"



- ONLY PASS ALLOWED IS FLARE - POOR SET-UP FOR J
- FOLLOW CUTTER REQ. "HEDGE" HELP (OR ELSE CURL CUT WILL KILL)
- ON-BALL SCREEN = "HEDGE & ~~UNDER~~ OVER" - FORCE DRIBBLER HIGHER & RECOVER
  = "HEDGE & TRAP" - FORCE UP TO CORNER (2 DEFENDERS - SIDE & HC)
  - HELP D ANTIC. PASS TO SCREENER ON ROLL
  * CAN CHANGE "OVER" TO "TRAP" ON T.O., ETC.

T.O.: * 5 GUYS IN GAME HAVE A SEAT (F F PG G G) - BENCH STAND BEHIND BENCH = ALL CAN HEAR & LOOKING AT YOU = (SUBS CAN HEAR & SEE)
- FORCE BALL TO ONE SIDE BY HC
- FRONT POST VS. HI-LOW - KEY IS BALL PRESS.

* REBOUNDING - DO NOT PLAY GREAT D FOR 30 SEC. & GIVE UP OFF. REB
  * ON SHOT: HELP D MUST SEE/FACE OFFENSE W/FOREARM TO CHEST + YELL "SHOT"

~~CIRCLE~~ DRILLS:
- DEF. REB. = O W/5 PUSH-UPS
- OFF. REB. = D W/10 PUSH-UPS

#1. SHELL BLOCKOUT - TECHNIQUE
#2. CIRCLE BLOCKOUT - 2/3 DEFENDER CIRCLE IN KEY UNTIL COACH SHOOTS - CAN PUSH O TO BASE
#3. BALL-HELP-DENY - COACH/PLAYER SHOOTS

DRILLS:
#1. 1-ON-1 FROM TOP
#2. " " " " MIDDLE
#3. 2-ON-2 W/SCREEN - HAND ON SCREENER

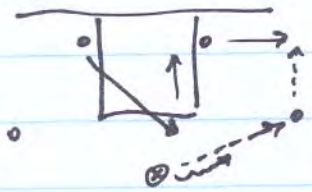
LIVE W/2 DRIBBLES
- O GETS MIDDLE = 5 P.
- O SCORES = 10 P.U.
- O GOES MIDDLE & SCORES = 20 P.U.
- O NO MIDDLE OR SCORE = 5 P.U. BY O

- "SET A "SCREEN THAT MATTERS" (OFFENSE)
- CHOOSE: LEAD LEAGUE IN STEALS (GAMBLE) OR LEAD IN REBOUND/FG% ("ONLY GUARD WHERE IT MATTERS")
- NO-SWITCH PHILOSOPHY

KEVIN BOYLE - ST. PATRICKS (NJ) - "ZONE OFFENSE"

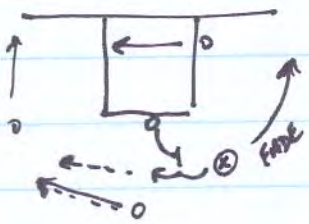
* GET FORWARD (CORNER) TO GUARD WING
* PASS AHEAD - QUICKLY (VS. DRIBBLE UP) TO ACCOMPLISH FWD W/WING

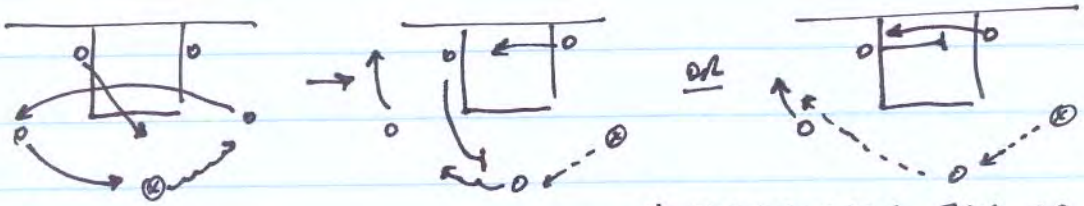
- 1-3-1 SET VS. 2-3



- NOW HI & LOW STAY PUT - NO "X" ACTION
← IF CORNER TAKES BALL = PASS TO CORNER (TAKE MIDDLE) & HI-POST DIVES

HI-POST BALL SCREEN
← IF WING TAKES BALL = ~~PASS TO HI-POST~~ & POST FLASH

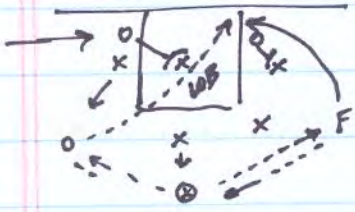




OR

- HI-POST SCREENS BALL OR SCREENS POST

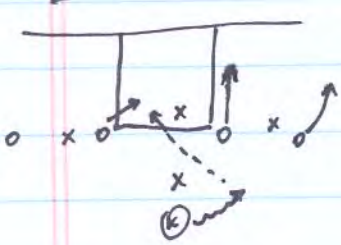
POST/FLASH THEN WALL

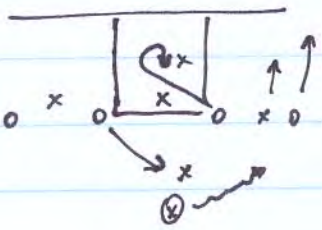


- LOB PLAY (ARIZ. VS. NC)

* KEY: QUICK REVERSAL BY TOP - FORCE CORNER TO TAKE BALL

VS. 1-3-1:

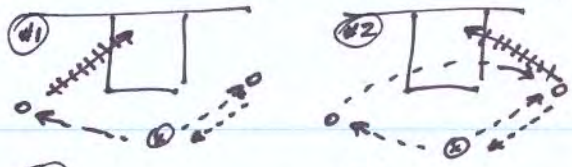




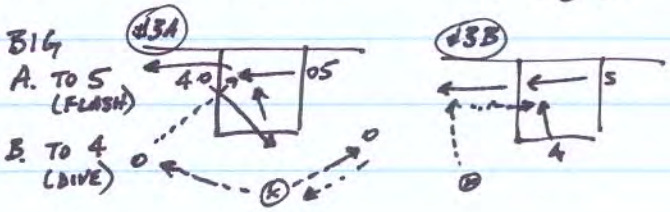
- HI-POST IS THREAT
- LOW-POST POSTS LITTLE DEF.

KEVIN BOYLE - ST. PATRICK'S (NJ) - "ZONE OFFENSE"

DRILL: "REVERSE - REVERSE" 1. 5
(WINGS) 2. SKIP

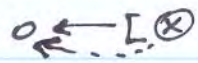


(W/ALL) 3. BIG
A. TO 5 (FLASH)
B. TO 4 (DIVE)



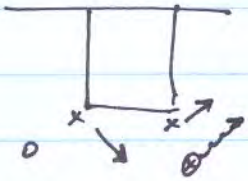
DRILL: PASSING & DEAD BALL D

- KEEP AWAY - D TO O W/DEFL. (PIECE)



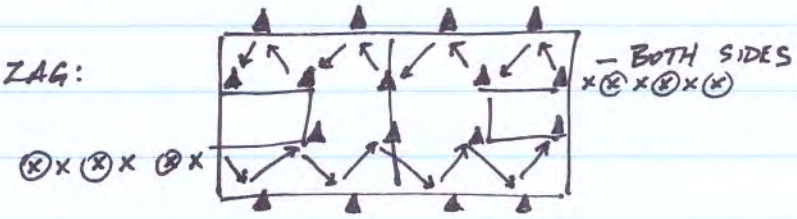
- O: HIP - SHOULDER - OVER W/KNEE IN MIDDLE
- D: WORKS ON HARD TRACE - NO REACH

- ZONE D:



- TAKE AWAY REVERSE VS. BEHIND YOU (CORNER WORRIED ABOUT BACKDOOR)
- ANGLE

- USE CONES FOR ZIG ZAG:



KEVIN BOYLE

"DEFENSE"

- HELP: IF BALL IS STUD = OPEN CHEST
  IF BALL IS AVE. = DENIAL

FT VISUALIZATION

- FILM ONLY MAKES (USE DIF. CAMERA ANGLES)
  - 1-2 MIN. (WITH OR W/OUT MUSIC)
- WATCH 40 CONSEC. NIGHTS

* GUARANTEE PLAYERS WHO WATCH IT WILL GET BETTER

Seth Greenberg

Closing Out

Closing out is important no matter what

Empower your players

1. People
2. Relationship
3. Trust

Care about them as people

Hardest playing team wins

Compete from day 1

Who's coaching the locker room?

Who's holding your team accountable when your absent.

Freshmen can be leaders

Tough to get them to agree on one thing

Ex: they hate 6am practice 1 hour practice they are on the same page

"Don't get caught up with fashion"

Figure out a system of play that fits team & community

Defense:

Better Be active and alert

Move on the air time of the pass

gives principles in rhymes

- No Blow bys
- Control at least 2 bounces
- No Uncontested Shots
- Solid Def transition; outnumber the Ball
- Early to Help, Quick to recover
- Be Hard to Screen "Don't Be a Velcro Man"
- See the play before it happens
- Finish

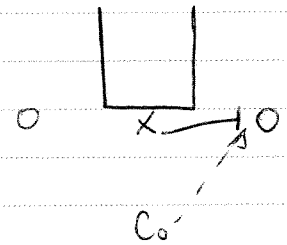
Closeout = Most UnderDrilled concept

Gameday ⇄ 2 closeout Drills

Closeout in balance

1st Drill:

Cheat Step



Closing out in HC
Read; Dribble killed

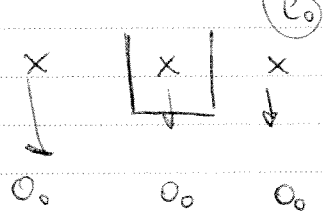
in FC press
Read eyes & shoulders

Go low
open up, level stance
hands above forehead

trace ball
invade neutral space with arm bar

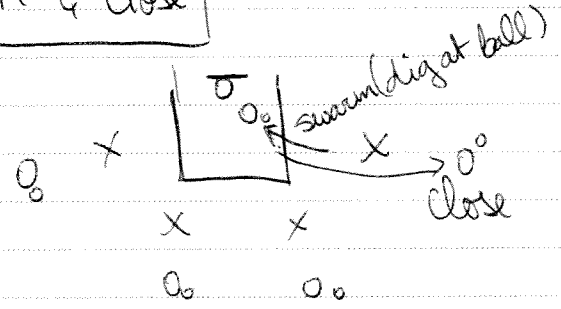
Coach passes to 1 player, closeout, pass on coach's call

Closeout ZigZag



coachs call
"Stance"
"Cheat" → dribble killed
"Close"
"Trace it"
"ZigZag"

SWARM & Close



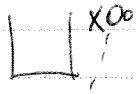
practice swarming past & closing out on recover

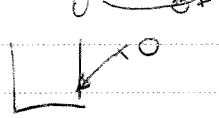
All in one Closeout drill

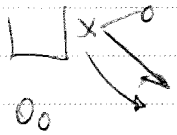


① dribble ; on pick up of dribble X cheats

② pass to wing =▷ closeout hard 

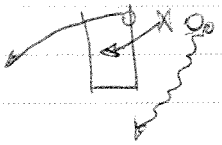
③ drive baseline 

④ kick out, step to ball 

⑤ V-cut defuse 

⑥ defend backdoor 

⑦ post up 

⑧ help 

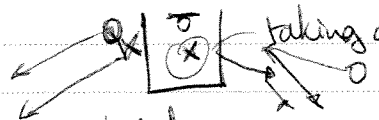
⑨ Closeout

cycle on other side

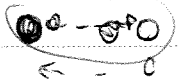
All in one drill defends all aspects

doesn't take too long

Deny Support



L cuts

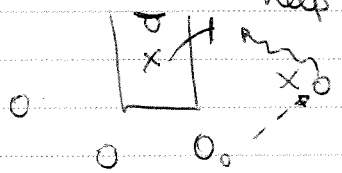


swing until coach yells pass

(pass to wing & play)

deny - help - close to deny - closeout

help



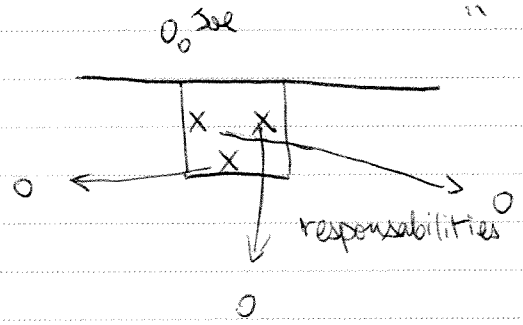
add to help recover + Rebound

Closeout Blockout Drill

closeout - reverse ball - block out

" " " screen away

" " " ball screen



Joe passes to whoever

Closeout responsabilities

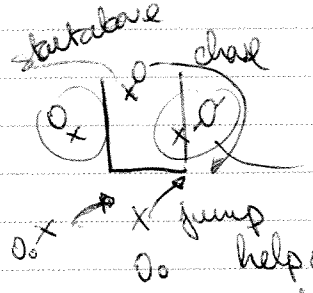
Help establish

① no dribble, swing, shot, blockout
② " " swing, cut, fill, shoot
③ " " " " screen away " "
④ " etc....
⑤ drive kick
⑥ etc...

Helping off the passer

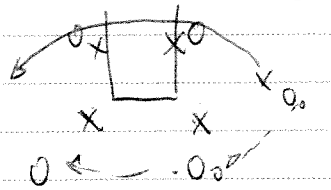
vs Curls & Rover

Any single, double, or rover situation – take away 1 cut
don't allow player too many options



Extending the Screen: the screener's inside shoulder is in the middle of your shoulder move on air time of pass almost touching ball

help off passer
push back recover
take away curl



help off passer
and push back
get them to fade off screen

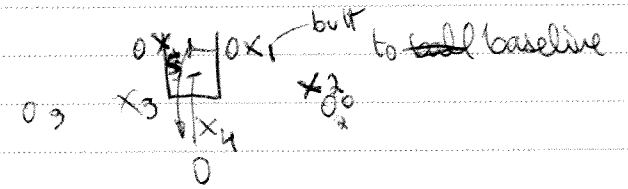
No Velcro

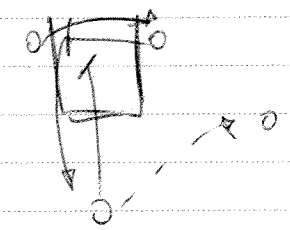
Chase drill

Close with hand on the Ball

VS Triangle action (Screen the Screener)

X-ing out the triangle action

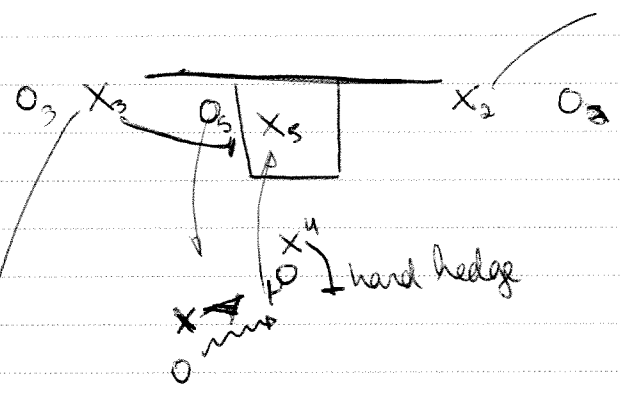




x_1 bumps baseline
x_5 takes above screen

X_1 will go to O_3 X_4 stays with O_4.
X_3 will go to O_1

Big X-out



Roll-up Man: If the Ball is going away from you, roll-up to the second hash-mark.

you may go under if Ballscreen is far away

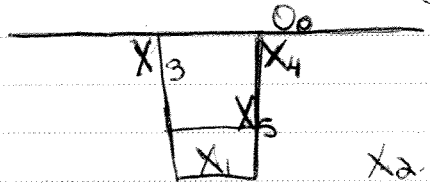
X_5 will pick-up roller (O_4) pick up early
X_4 will hedge hard, & pick-up replacer

X_3 is key

+/- in Special Situations

Double Fist

underneath out of bounds



encouraging pass to corner

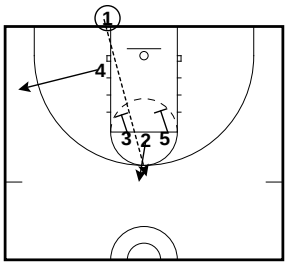
X_4 Monster Man on Ball

X_5 Mid Man picking up anybody coming into lane

X_3 foot on baseline to take away drift
X_1 comes into highpost
X_2 on wing

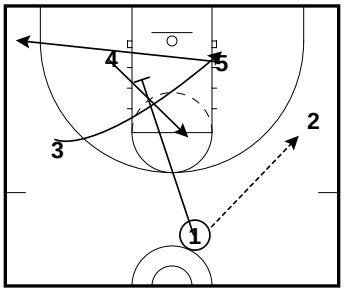
Ramsey Offense

VT
vs-2-3



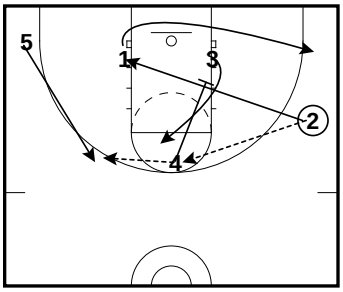
4&5 screen.

Basic Contuinity



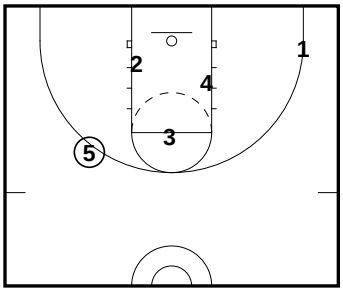
1st look is into the paint. The sets a brush screen for 3 curling to the oppostie block then 1 screen for 5 curling.

Basic Contuinity

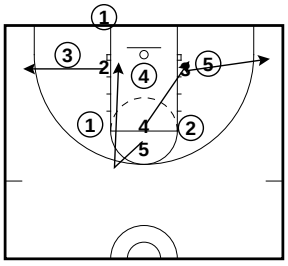


2 passes to 4 then 4 passes to 5.
2 cuts off of 4's brush screen. 4 then sets a down screen for 3 and 1 goes into the corner.

Basic Contuinity



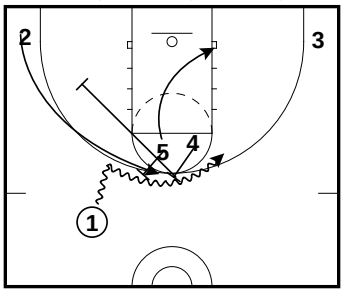
Hokie
vs 2-3



4&5 dive, 2&3 pop out

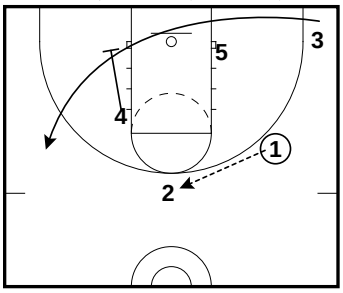
Ramsey Offense

Horns
Getting into Ramsey vs Overplay



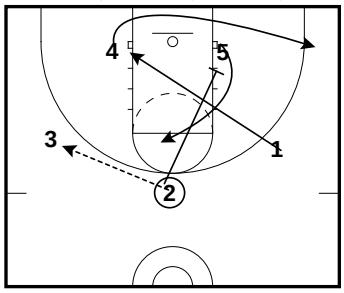
1 gets a double and 5 goes to the opposite block.
4 then screens for 2 who is coming up

Horns
Getting into Ramsey vs Overplay



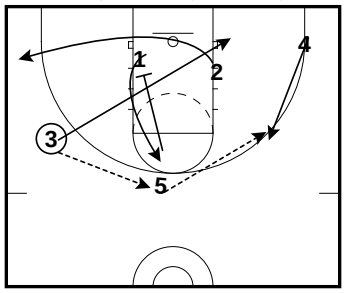
1 passes to 2 and 4 screens for 3.

Horns
Getting into Ramsey vs Overplay



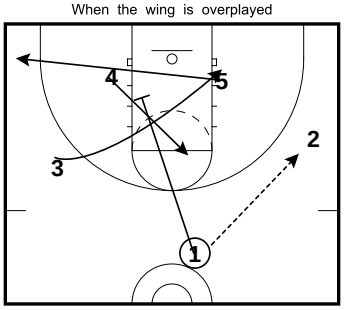
Ramsey Action

Horns
Getting into Ramsey vs Overplay



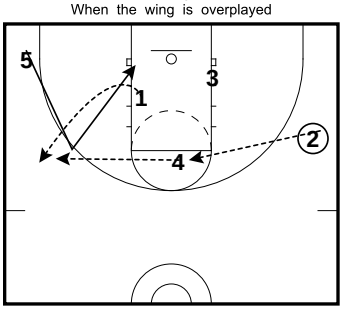
Ramsey Action

Wing
When the wing is overplayed



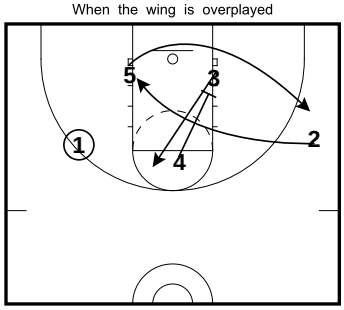
1st look is into the paint. The sets a brush screen for 3 curling to the oppostie block then 1 screen for 5 curling.

Wing
When the wing is overplayed



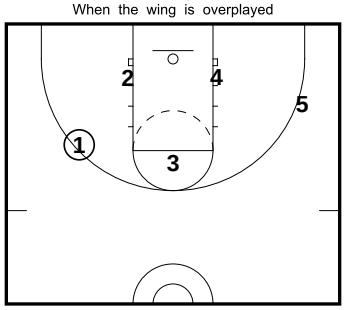
If 5 is overplayed on the reverse, he goes back door and 1 fills.

Wing
When the wing is overplayed



Basic Ramsey look.

Wing
When the wing is overplayed



Kevin Boyle
St. Patrick's High School
Jersey City
Kbbc24@msn.com

Our Complete Practice

1. 3 man weave type drills
    a. Bounce Passes
        i. Don't follow your pass, middle guy just passes back and forth

2. 5 man 3 on 2 drill (similar to what we do in pre game warm ups but turns it into full court.

3. Full Court Lay Up Drill

    a. Two lines, one on each end of the court at the baseline three point line.
    b. Dribble full speed down the court
    c. When you hit the elbow a coach will be there. There are three things we will do.
        i. Hesitation and accelerate
        ii. Slide to the baseline and reverse
        iii. Two drag dribbles and crossover
4. Shell Drill
    a. Teaching point : The ball is a magnet
    b. No steals, get to your position and then allow the ball to be passed
    c. Allow down screens and basket cuts off of the pass.
    d. Sprint on a skip pass
    e. Teaching point: Make sure every time the ball moves you move WITH the ball, not once it gets to its target.

5. Lines of 4 slide drill
    a. 4 shuffles each way and then to the back of the line
    b. working on proper technique

6. Zig Zag Shuffle
    a. The same way we do it but they air dribble so that balls are not flying all over the court and so everyone is pushed
        i. Regular
        ii. Got Beat

7. Stop Basket cut/ Charge Drill
    a. Player with the ball on the three point elbow and another offensive player in the baseline.

b. Ball is passed to the baseline and then the passer cuts hard to the block and then away.
c. The defensive player on the ball defends the basket cut to the block and then lets the player go.
d. The defense then takes a charge from the guy on the baseline going hard to the basket.

8. 4 on 0 motion work
    a. If you are working 5 on 0 with a 4 out 1 in motion remember for the post to wait 2 seconds before flashing to the block
    b. When the ball is passed to the post in 4 out 1 in, pick up and slip (Same as we do in our Princeton sets)
    c. TEACHING POINT: When dribble penetration occurs in your motion, fill in behind the dribbler, and you will get a flip pass jump shot. (Phoenix Suns)

Tubby Smith
University of Minnesota
otsmith@umn.edu

Defensive Philosophy

- Apply constant ball pressure
- Contest every shot
- Retreat Quickly to the ball line
- Deny all penetrating passes or dribble penetration
- Allow non dribble penetrating passes
- Play as close to the ball as you can without losing your man
- Steal all Lob and bounce passes
- Jump in the direction as the ball is passed
- TALK

Run and Jump Pressure

- Only trap when the ball cannot see you
- Always trap if the ball is below the block in the backcourt
- Traps have to be random
- Always jump to the ball after a pass

Drill:

1. Groups of four, two on offense and two on defense
2. Coach says "ball up and ball down"…defense traces the ball
3. When the coach says go the man with the ball is zig zagged by his defender. The other defender jumps to the ball.

- Practice your full court run and jump in a full court 1-2-2 setting, and really work on getting as close to the ball as you can without losing your man.

Jim Boheim
Syracuse

2 – 3 Zone

- 5 players must move on every pass
- It is the guards job to keep the ball out of the high post
- Bottom middle man will guard the high post if it is entered there.
- If you go zone inbounds, you should always think about trapping out of the inbounds situation.

- When practicing any zone, work 5 defensive players against 6 offensive players. (5 out and one in.)

Tom Izzo
Michigan State

1. Set up your screens drill
    a. One line on the elbow three point line and one line on the 17 foot baseline. (both on same side of the floor.)
    b. A coach is positioned on the 17 foot elbow opposite the lines.
    c. Ball is passed from the player on the top line to the coach, and then they go and set a motion down screen for the baseline guy.
    d. Front man of the baseline line is defense and the second guy is offense.
    e. Work on setting up your screen and getting a curl. If they overplay look to slip.

2. Pick and Roll Drill
    a. Line at the top of the key and a line at the mid elbow.

b. Two guys also on defense.
c. Ball is at the elbow. Top man runs a pick and roll with the elbow.

3. Went through a series of different sets
    a. Chest Series
    b. A lob Play
    c. Horns Series
    d. An Inbounds Play
        i. (all diagramed in our playbook software)

"Good Passes equal good shots"

Al Stein
Nike

- **You can follow him on Twitter**
- **Email: alan@strongerteam.com**
- **301-602-9393**

- Competitiveness
- Communication
- Toughness

1. Ankle Strengthening Drill
    a. No Shoes
    b. Bring your knee up with your eyes closed
    c. Stay on one foot and touch the ground with two hands
    d. Side Jumps on one foot. 10 Each Way.

2. Partner and a Tennis Ball
    a. Roll the ball out from behind them
    b. Fast Feet around the ball three times and then pick it up and shuffle back.

3. One foot back and forth up the lane.
    a. Slide across
    b. Shuffle Back

4. Partner and a Tennis Ball
    a. Throw one tennis ball high over their heads
    b. Once they go to pick it up toss another one for them.
    c. Need to try and pick up both on one bounce.

5. Toss a tennis ball at the back board.
    a. Go up as high as you can to rebound it with one hand
    b. Then go up again and touch the back board.

6. He did several other shuffle drills which are very similar to our D series

7. Conditioning Drill
    a. 4 guys in the center circle
    b. If you shout one they run to the corner and run back
    c. If you shout 2 they run and touch the back board and back pedal back
    d. If you shout three they shuffle to the sideline and shuffle back.

Hubie Brown
TNT Analyst
Former NBA Coach

1. Went over 1-3 –1 Trap Breaker
    a. In diagrams in playbook program

2. Went over an inbounds plays
    a. In diagrams in playbook program

3. Went over some 1-4 high offense
    a. In diagrams in the playbook program.

4. Never do a drill longer than 5 minutes

5. Always use the clock on drills

6. When you are working your half court offense, and your JV gets a turnover or a stop, let them go down the court one time to keep them working hard. When they go down the floor they only get one shot.

7. " If I have less talent than you, I CANNOT allow you to score on the break.

8. Hint against a box and 1

    a. Use the back of the box and one as a screen. You will basically be screening the defender with their own man.

Mike Rice
rice@ru.edu

1. Finish Drill
    a. Two Lines on the two blocks
    b. The line with the ball rolls the ball to the opposite elbow.
    c. The man who rolls the ball chases the ball and picks it up at the elbow, and has ONE dribble with NO SHOT FAKE to finish the shot.
    d. The opposite line is sprinting to touch the other elbow and then make a play on the ball.

2. Go Get it Drill
    a. Two lines on the two blocks.
    b. Coach in the center under the hoop.
    c. Coach rolls the ball out towards the top of the key.
    d. It is a race to the ball, and then turns into a finish drill.

3. Foot Fire Finish Drill
    a. Coach is at the free throw line
    b. Two players on the blocks facing the baseline (both players are foot firing)
    c. When the coach slaps the ball (or a whistle) both players turn and one is thrown the ball.
    d. It then turns into a finish drill.

4. 3 man Chaser Drill
    a. 3 men line up as if to do three man weave
    b. The guy in the middle is dribbling full speed to the other end to get a lay up.
    c. The guy on the right sprints to get the rebound and make a baseball pass.
    d. The guy on the left sprints, touches the end line, and the gets the baseball pass.
    e. The guy who shot the first lay up (the middle man) sprints back to contest the shot.

5. Screen and Defend Drill
    a. Coach is at the top of the key.
    b. A man under the hoop and a man on the wing.
    c. The wing man sets a pick for the guy under the hoop.
    d. The guy under the hoop sets up his screen and then pops out to the wing.
    e. The screener works on a close out and defends the ball going back to the hoop.

6. Flare Screen Drill
    a. Coach is on the 19 foot wing
    b. Opposite wing sets a high flare (Chin Screen) for the top man.
    c. Coach passes the ball for the flare jumper, and the guy who set the flare screen defends.

Ben Jacobson
University of Northern Iowa

1. Team Defense
    a. * Charges and Loose Ball are key and are tracked
        i. Keys to UNI Defense
            1. Guard the Basketball
            2. Don't ever take yourself out of position to guard.
                a. Example: going for a head fake
            3. Be part of the team defense

Finish Every Play

2. On all their shuffle drills they say " Push, Push, Push" to remind them to push off. (we could use this in end to ends, G drills, and Shuffle Marquette.)

3. Worked a 3 man shell drill with the offense starting above the three point line.

    a. Had 15 seconds to keep the ball out of the paint.

4. In their 4 on 4 shell drill, once a pass is made to the wing that player cuts through and fills opposite.

Tara VanDerveer Disguising Your Man and Zone Quick Hitters

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All Contents Proprietary

Drills

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1-4 High Warm Up Post Entry 4

1-4 High Warm Up Wing Entry 5

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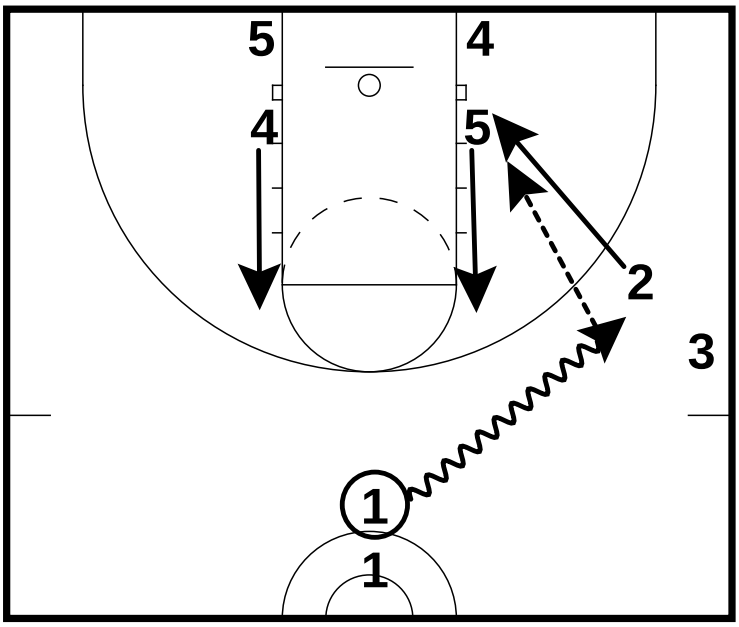
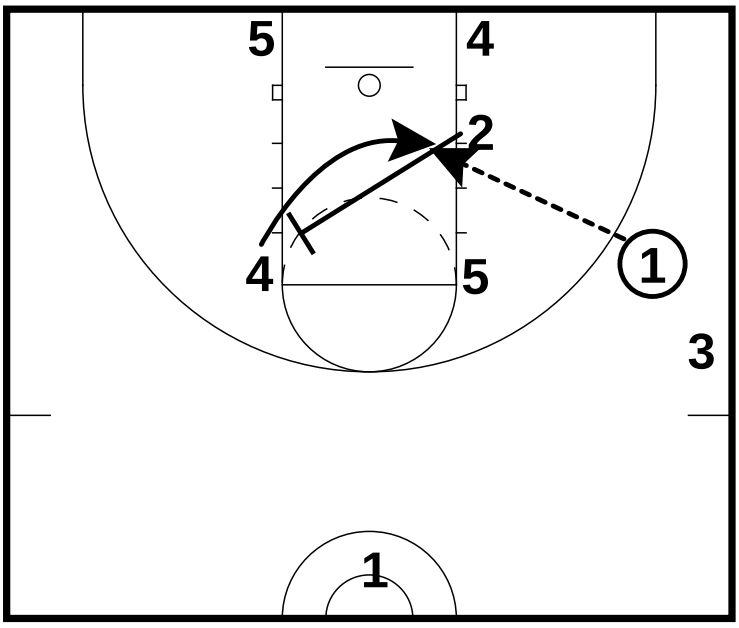
Drills

1-4 High Warm Up Dribble Entry



- Post players cut up to the high post while 1 dribble entries to the wing
- Wing back cuts to the block

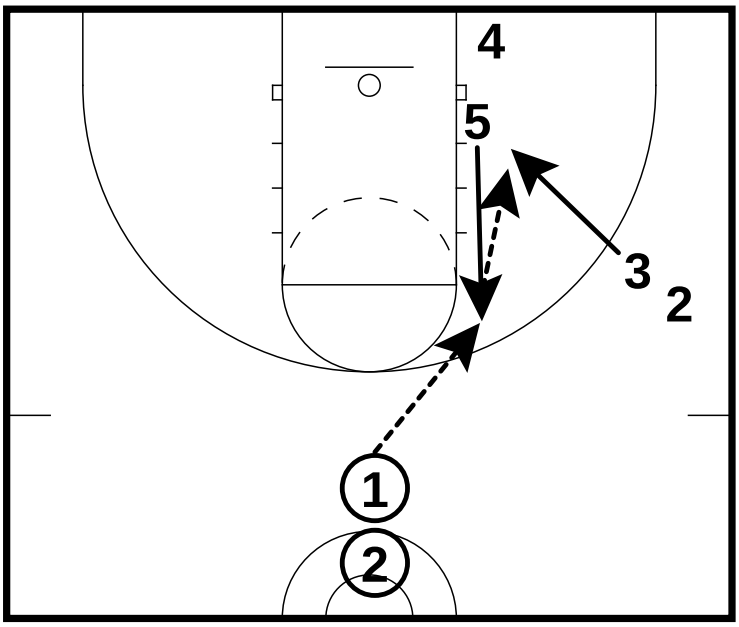


- If wing does not get the pass from 1, he up screens for the opposite post

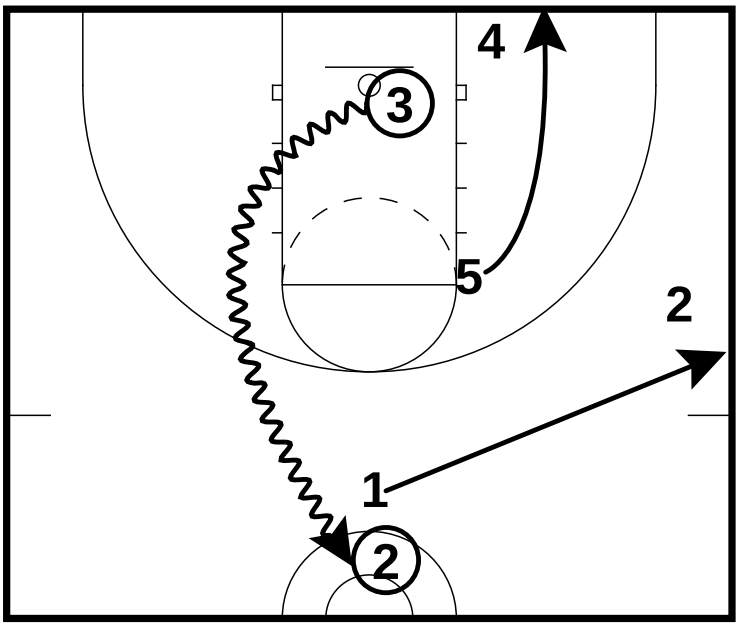
All Contents Proprietary

Drills

1-4 High Warm Up Post Entry



- Post cuts up, receive pass, wing back door cuts for a lay-up
- Post should pass with outside hand
- You can have the wings start at the block and cut out to the wing position
- Post should focus on the timing, catch the ball on the way up to the high post
- Correct mistakes as you see them, focus on the detail

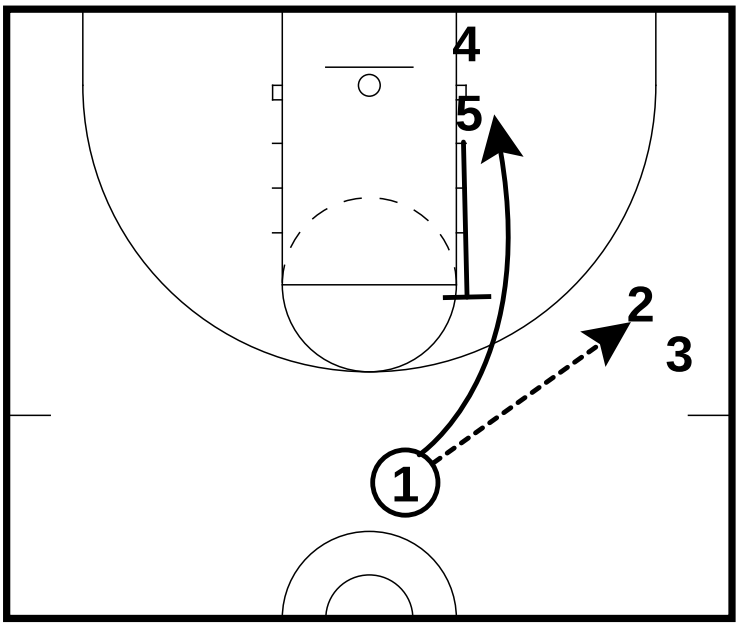


- Player rotations

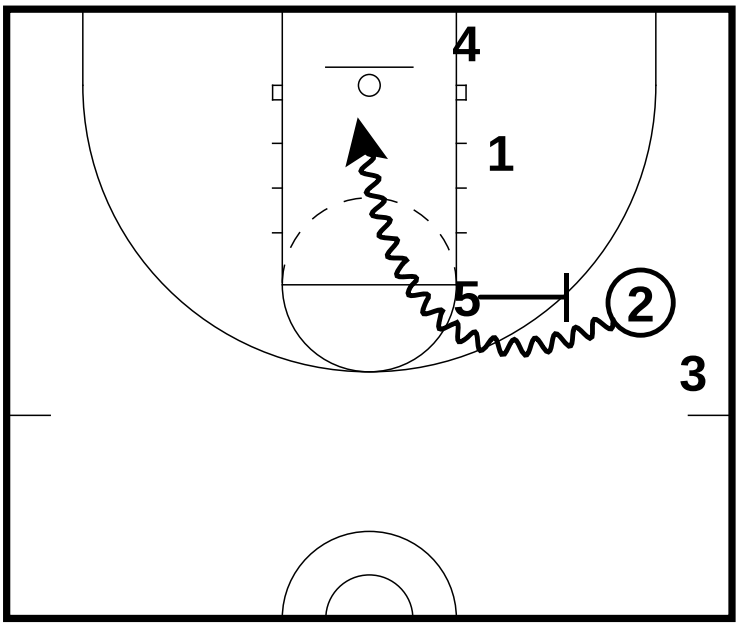
All Contents Proprietary

Drills

1-4 High Warm Up Wing Entry



- Same drill as the Post Entry, except the ball is passed to the wing
- Guard UCLA cuts off of 5' s back screen

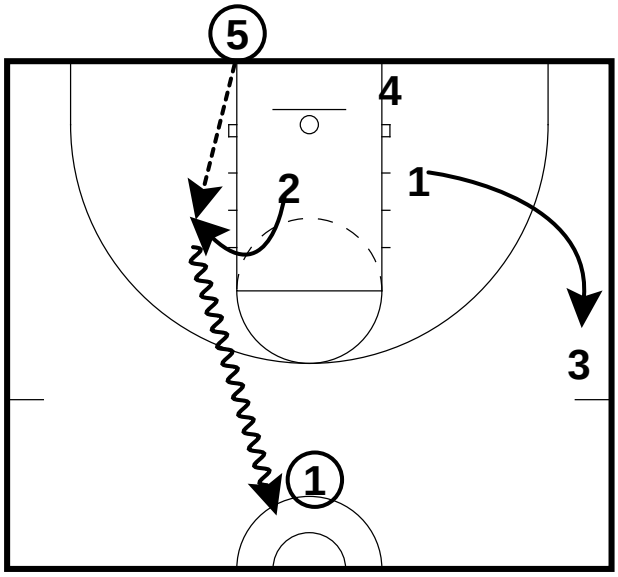


- 5 then sets a ball screen for the wing
- The wing can make various reads when using the screen (score, hit the roll man....)

All Contents Proprietary

Drills

1-4 High Warm Up Wing Entry



- You can add an outlet pass to the drill as a part of your player rotations

All Contents Proprietary

Entries

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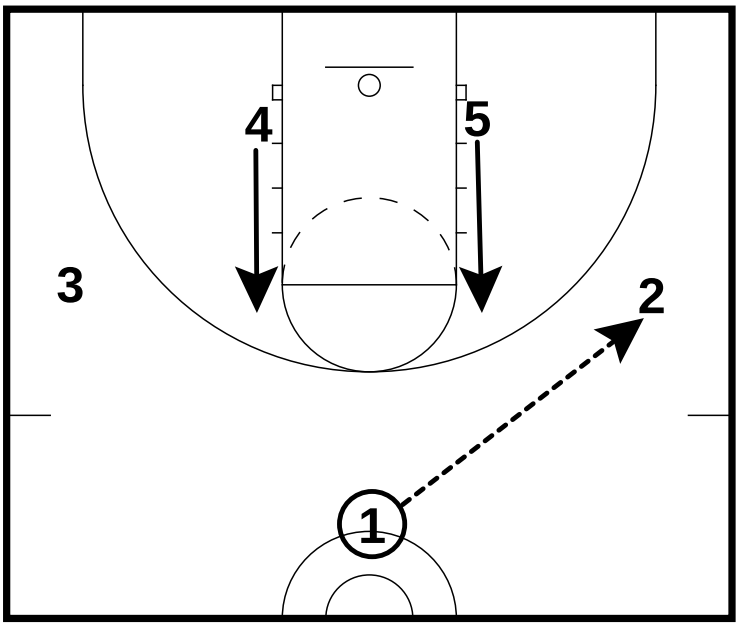
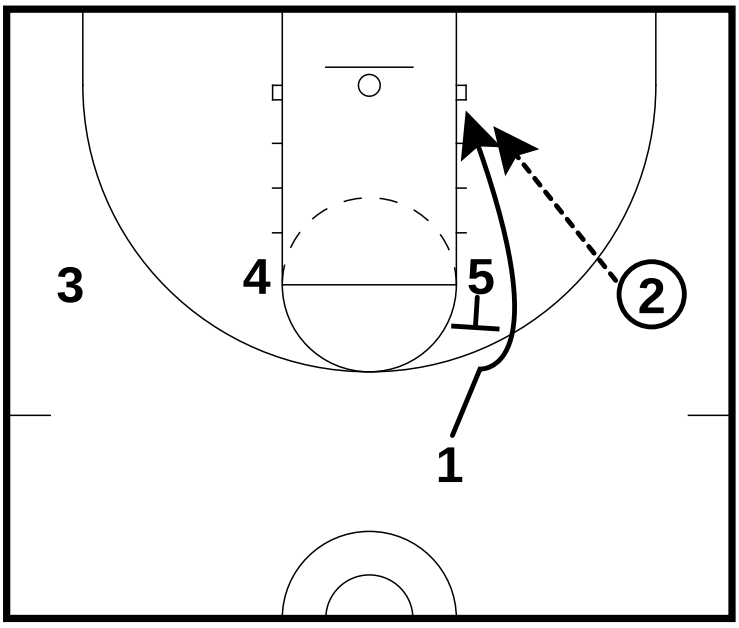
Entries

High Offense Wing Entry



- Post players flash to the high post
- Ball is passed to the wing

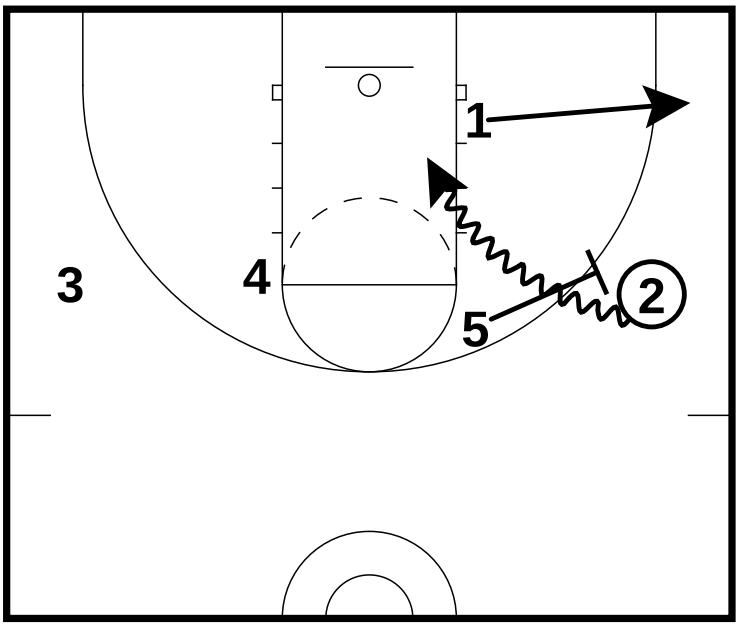


- Guard UCLA cuts off of post back screen

All Contents Proprietary

Entries

High Offense Wing Entry

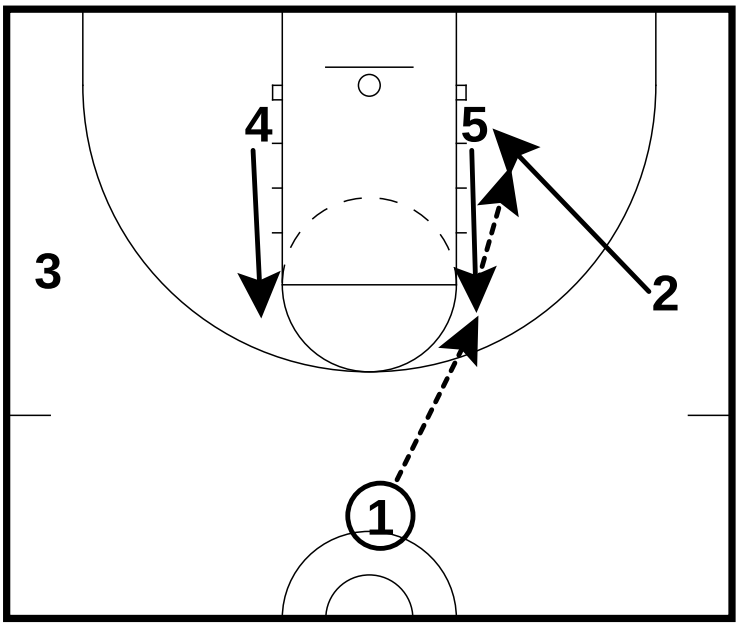


- If 1 is not open, ball side post sets a ball screen for 2
- 2 spaces out

All Contents Proprietary

Entries

High Offense Post Entry

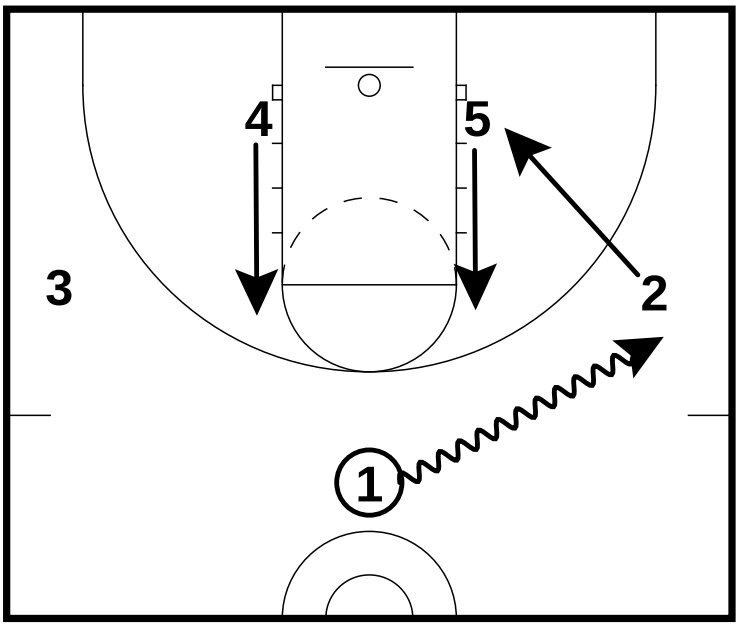


- Post cut to the high post
- Ball side wing back cuts to the block

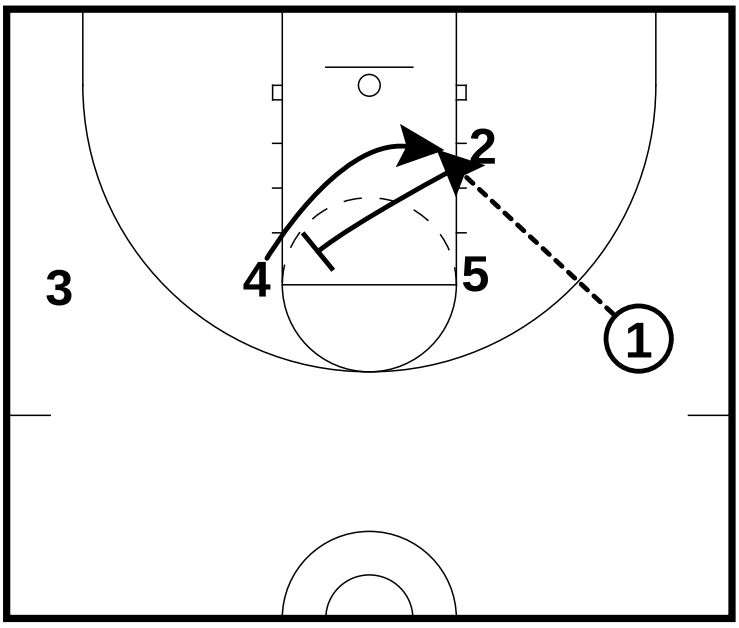
All Contents Proprietary

Entries

High Offense Dribble Entry



- Guard dribble entries at a wing
- Wing back cuts and looks to get pass from 1

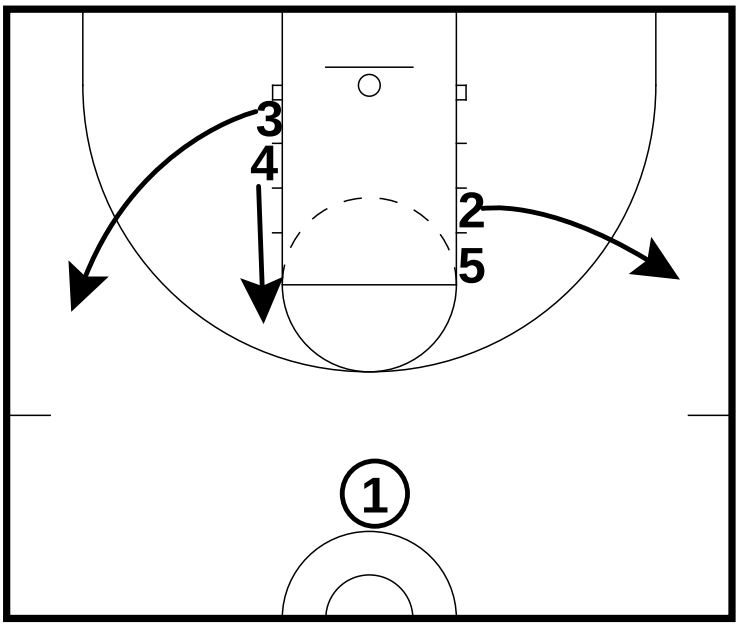


- If 2 does not get the pass from 1, he up screens for the opposite post player

All Contents Proprietary

Entries

Double Stack

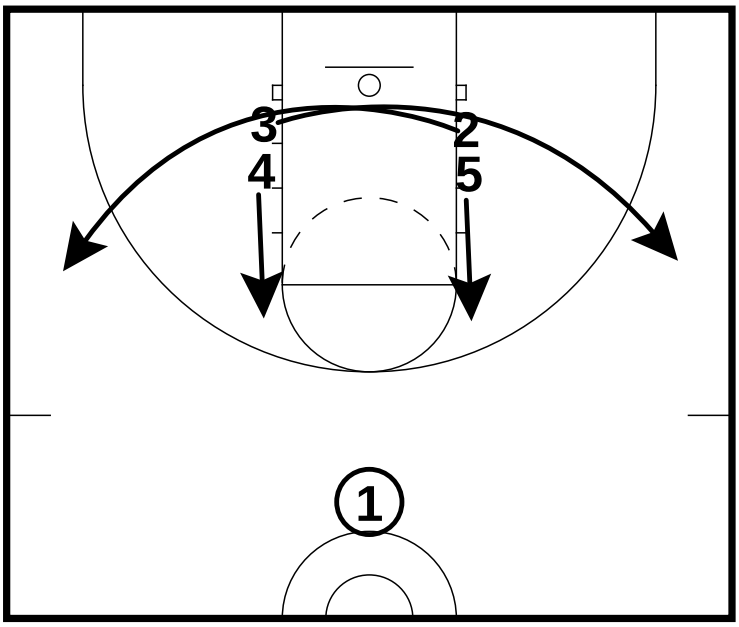


- You can disguise your High formation by using a double stack formation

All Contents Proprietary

Entries

Wing Swing Stack Entry

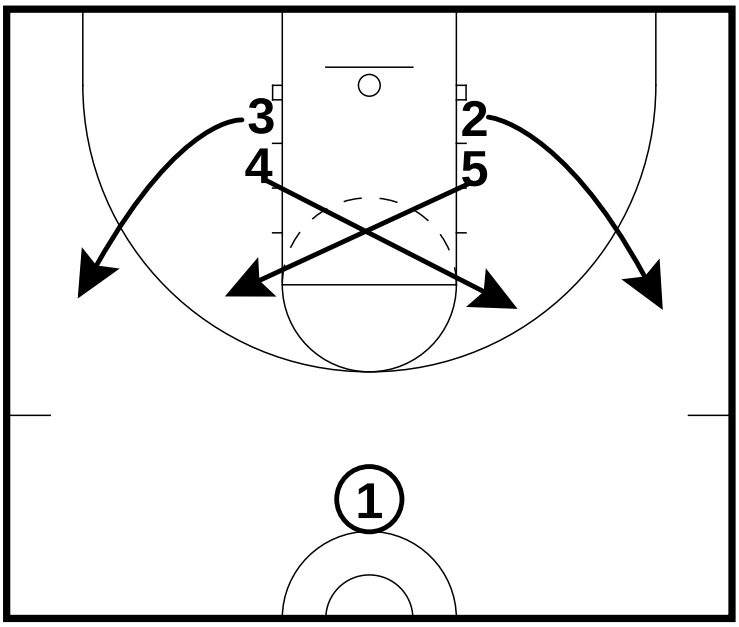


- Out of small stacks, the wings can swing through to the other side
- Post players flash high

All Contents Proprietary

Entries

Post X Stack Entry



- You can use small stacks to show a different formation to get into the High Offense
- Post players X cut to the high post

All Contents Proprietary

Man Sets

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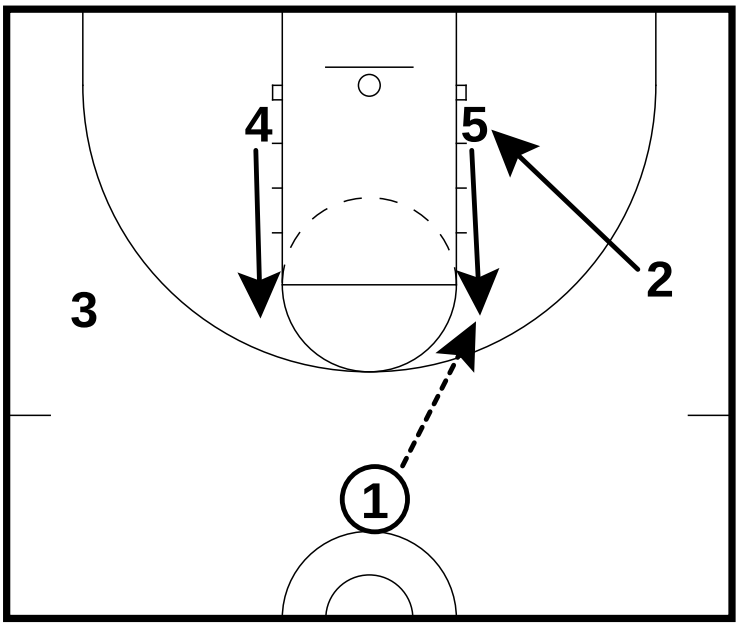
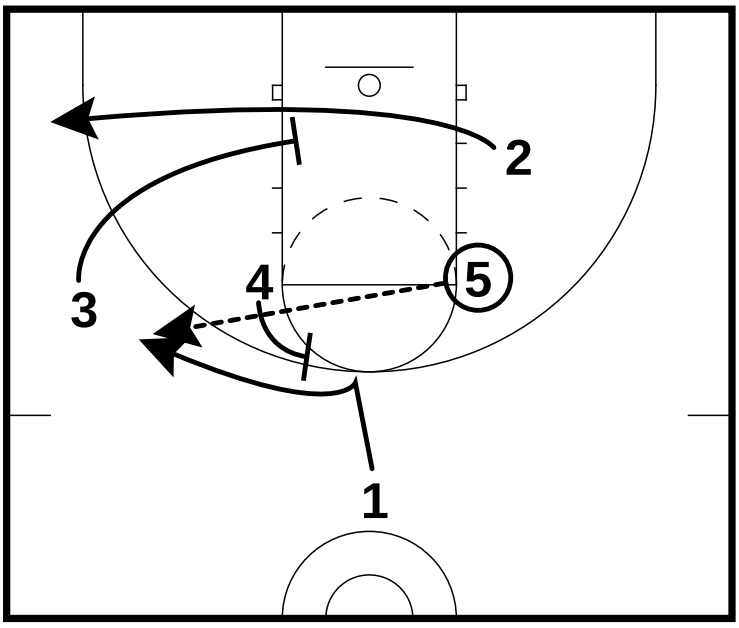
Man Sets

Post High Set



- Posts flash high
- Ball is entered to the post and the wing back cuts

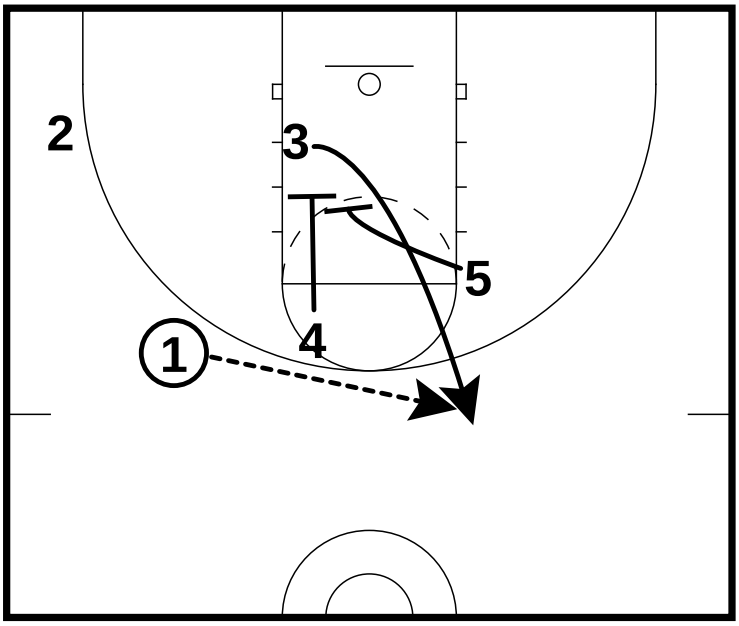


- Opposite wing sets a cross screen for 2
- 4 sets a flare screen for 1
- 5 has an isolation option

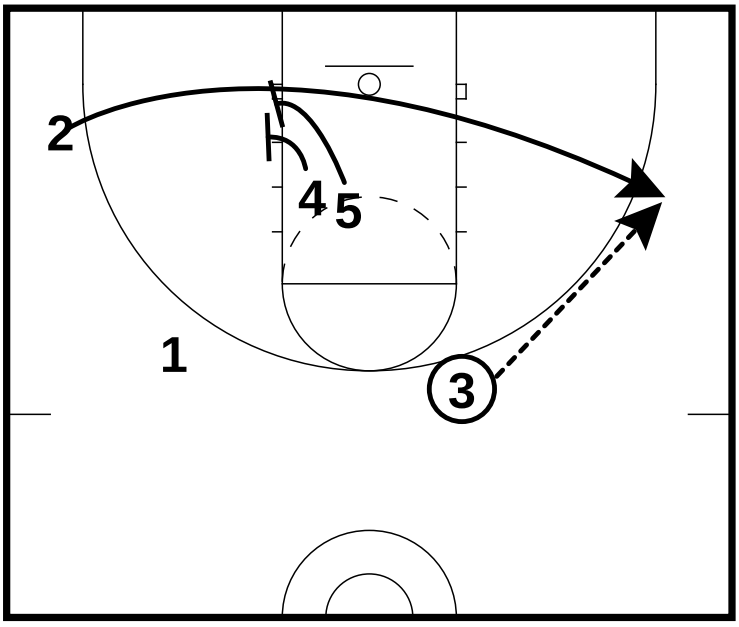
All Contents Proprietary

Man Sets

Post High Set



- 4 and 5 set a double screen for 3

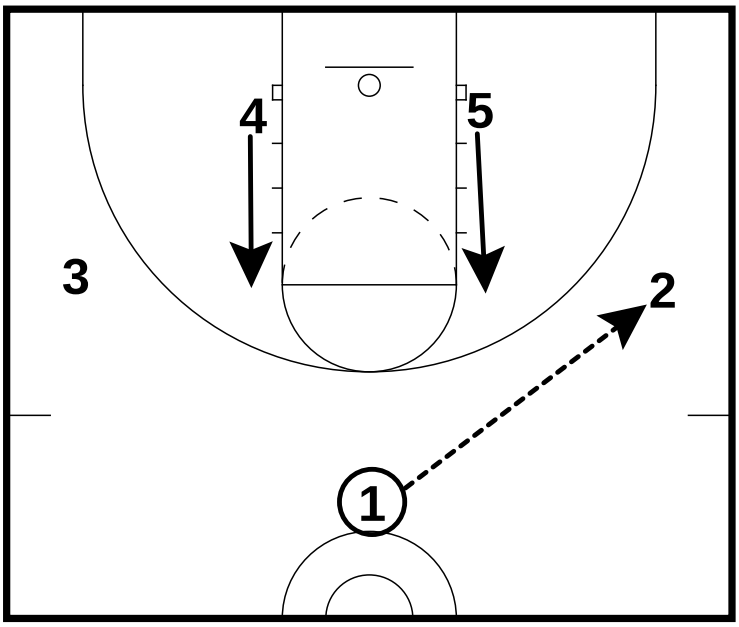


- 4 and 5 then set a double screen for 2

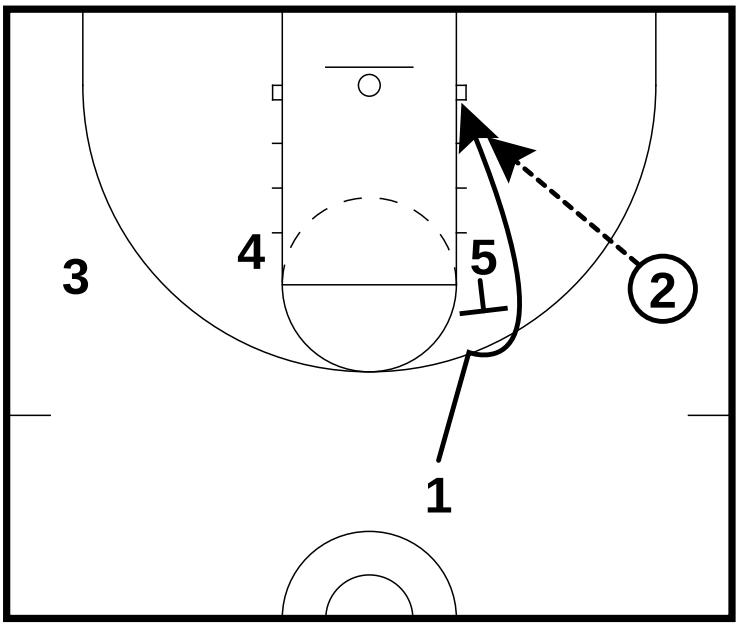
All Contents Proprietary

Man Sets

Wing High Set



- Posts flash high
- Ball is entered to the wing

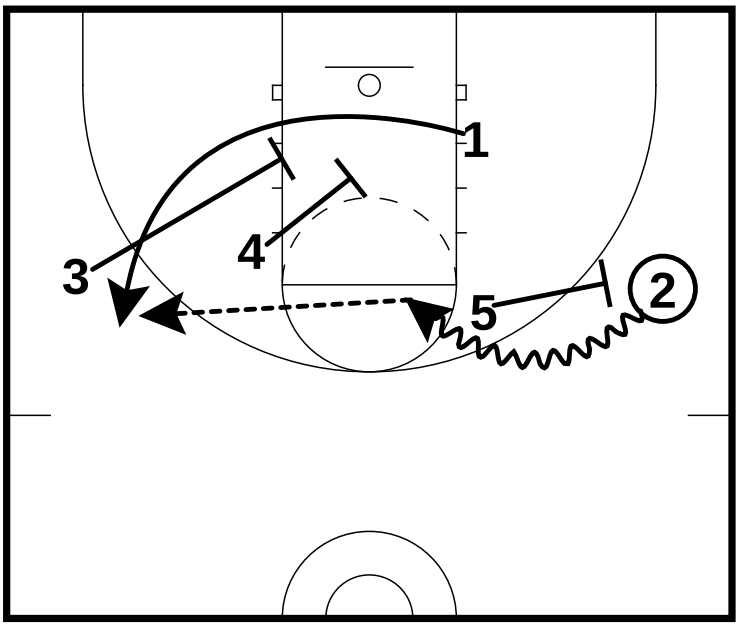


- 1 UCLA cuts off of back screen from 5 and looks to get a pass from 2

All Contents Proprietary

Man Sets

Wing High Set

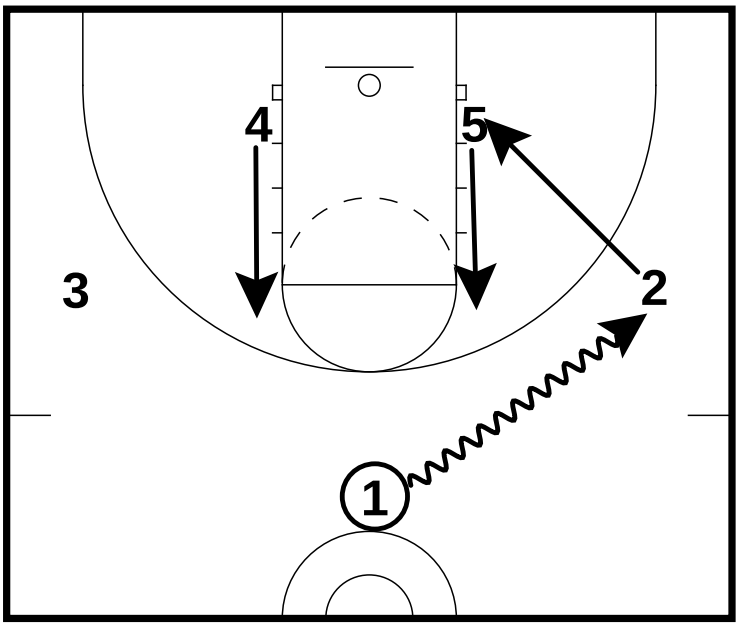


- 5 sets a ball screen for 2
- 4 and 3 set a double screen for 1

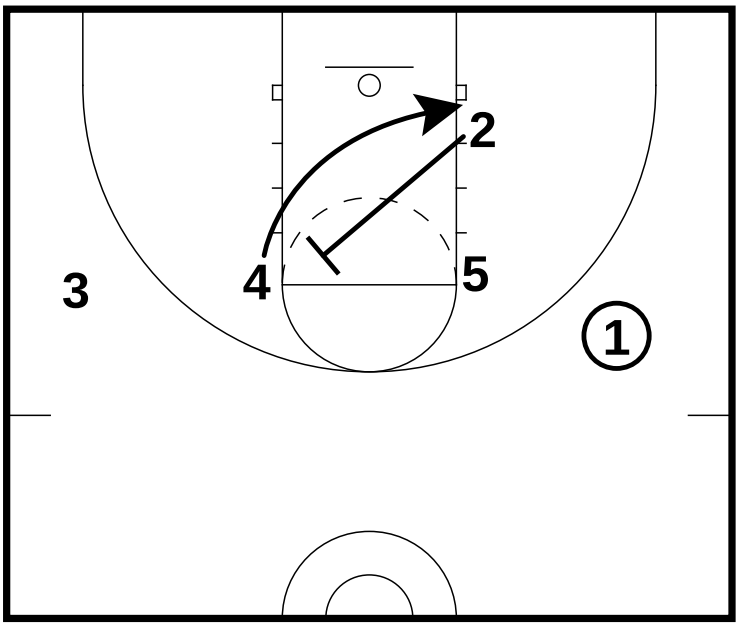
All Contents Proprietary

Man Sets

High Set Dribble Entry



- 1 dribble entries towards the wing
- Wing back cuts looking to get pass from 1

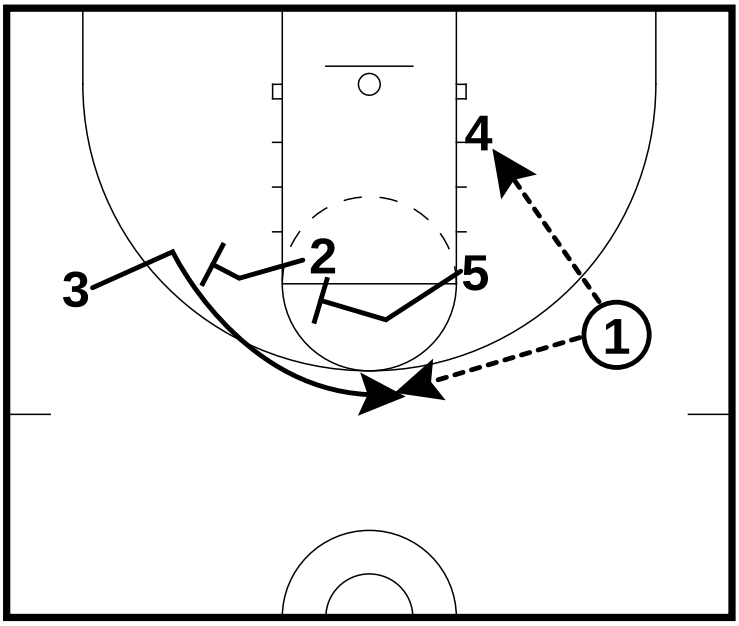


- If 2 does not receive the pass from 1, he up screens for the opposite post

All Contents Proprietary

Man Sets

High Set Dribble Entry

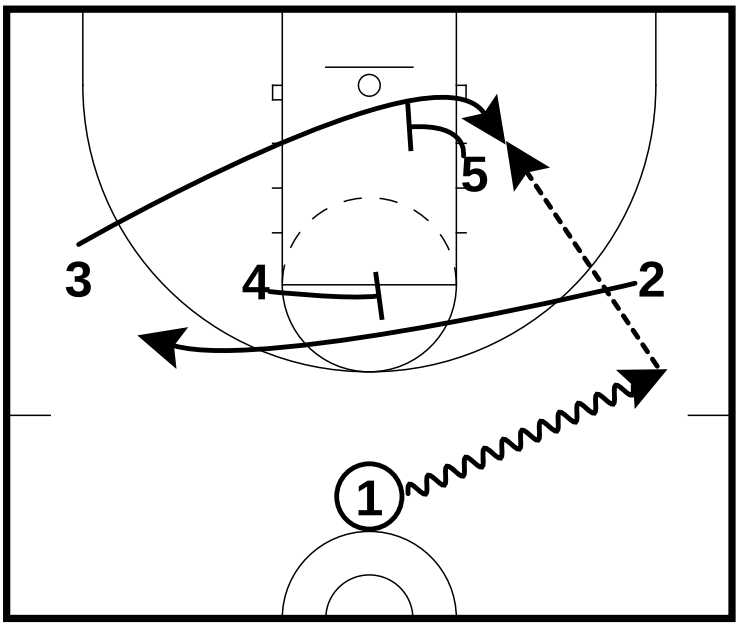


- 2 and 5 then double stagger screen for 3

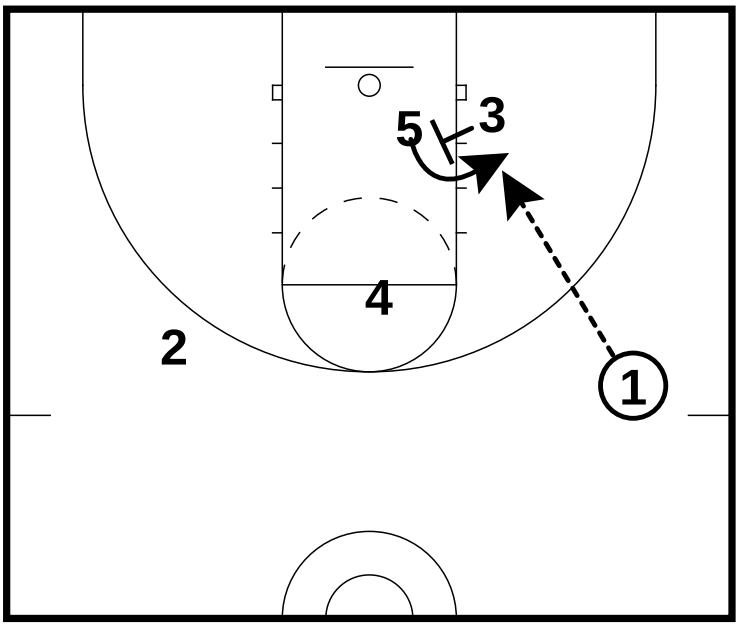
All Contents Proprietary

Man Sets

Slice Set



- 1 dribbles towards the wing
- 2 slice cuts off of a screen from 4
- 3 cuts to the ball side block off of a screen from 5

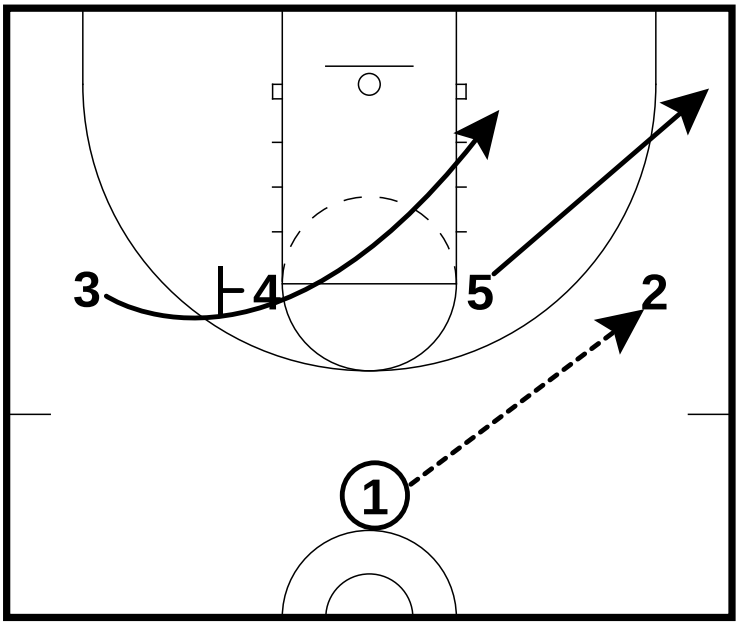


- If 3 does not get the pass, he screens for 5

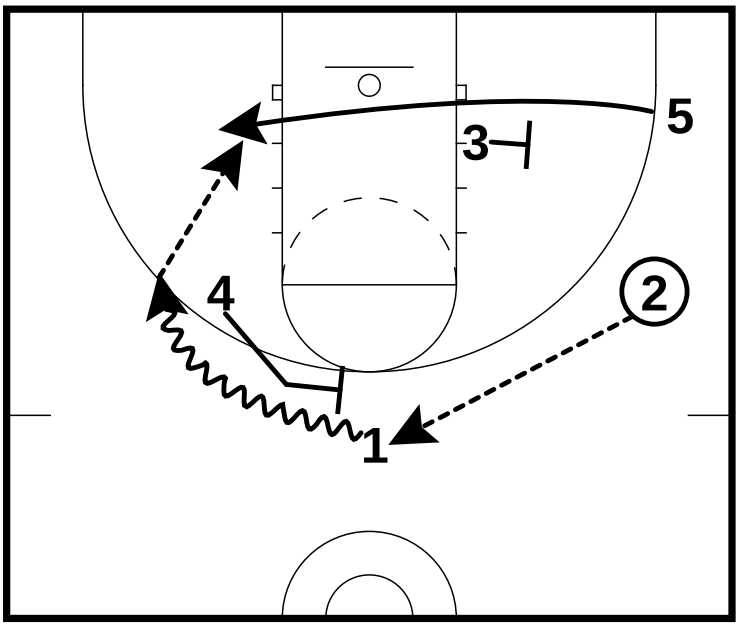
All Contents Proprietary

Man Sets

Pop Out Set



- On the wing entry, ball side post cuts to the corner
- 4 sets a screen for the wing to curl to the ball side block

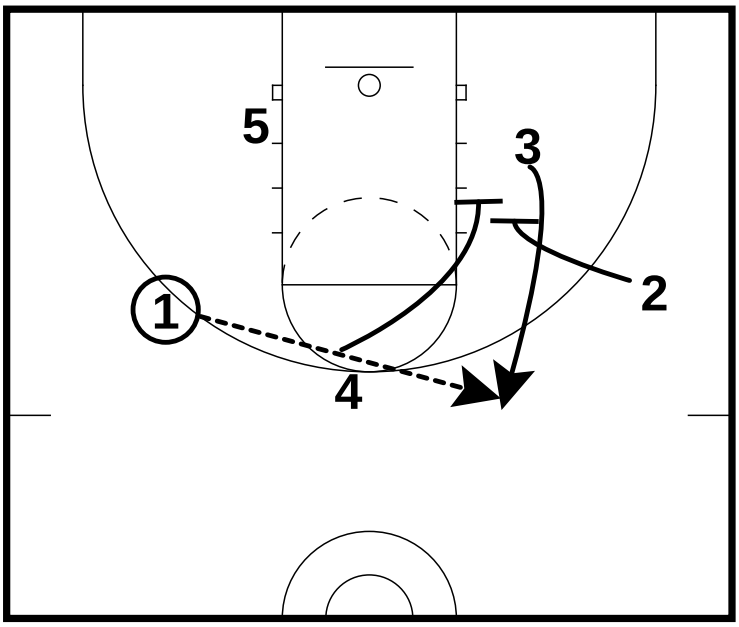


- Ball gets reversed back to 1 who uses a high ball screen from 4
- 3 sets a flex screen for 5

All Contents Proprietary

Man Sets

Pop Out Set

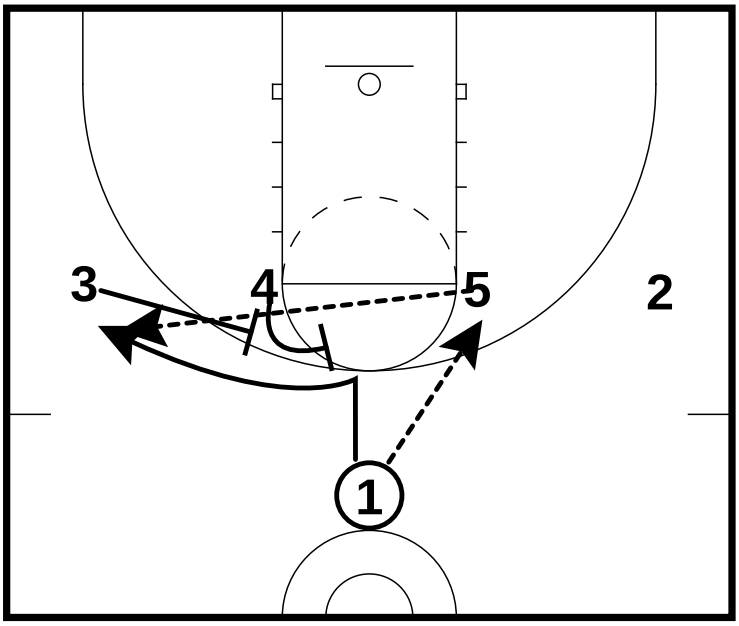


- 4 and 2 set a double screen for 3 to pop to the 3 point line

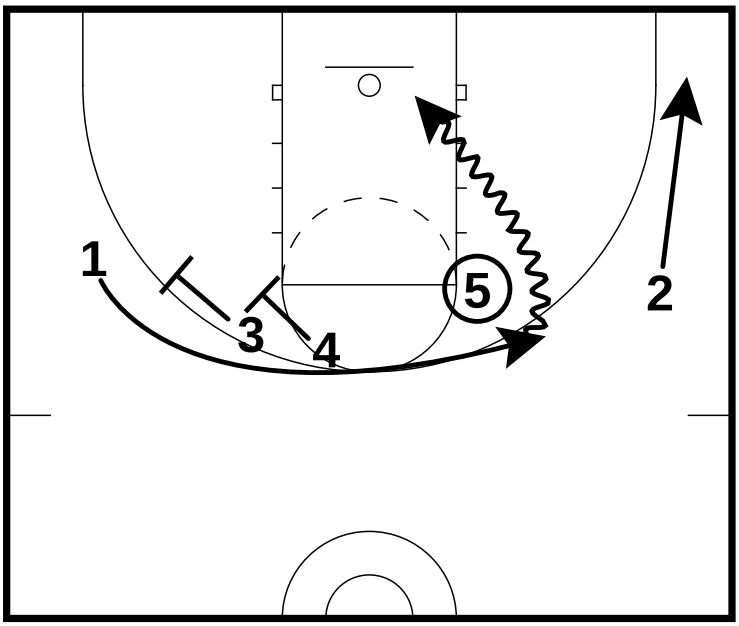
All Contents Proprietary

Man Sets

1 Man High Set



- On the post entry, 3 and 4 set a double flare screen for 1
- The pass can go to 1 if he is open

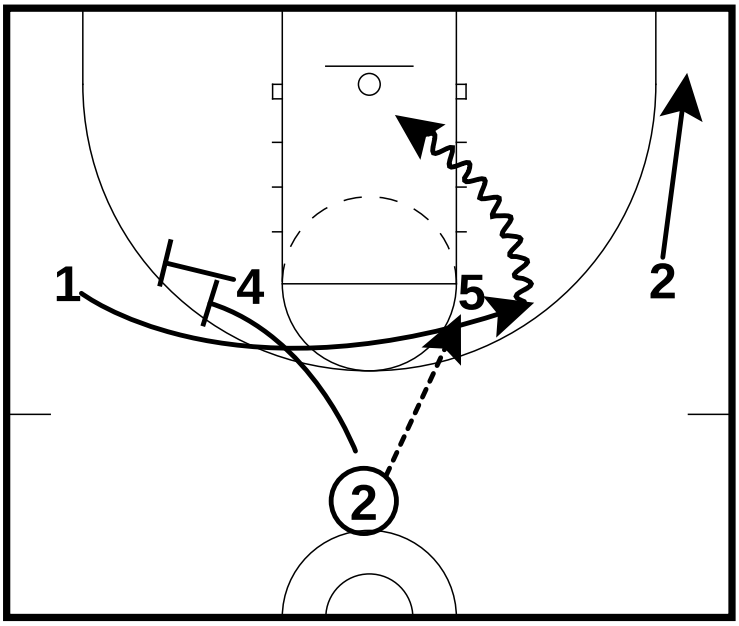


- 3 and 4 set a double screen for 1 to come off a hand-off from 5
- 2 clears to the corner

All Contents Proprietary

Man Sets

1 Man High Set

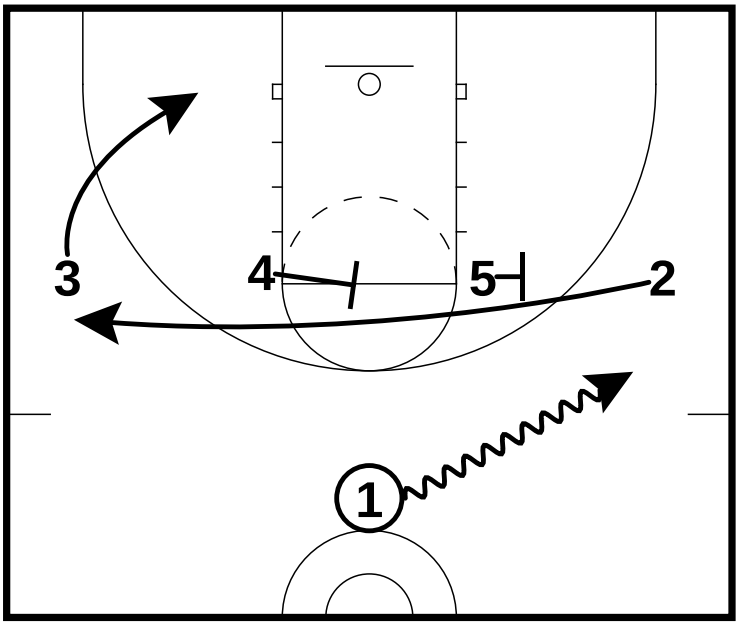


- You can also place 1 at the wing and run the same action

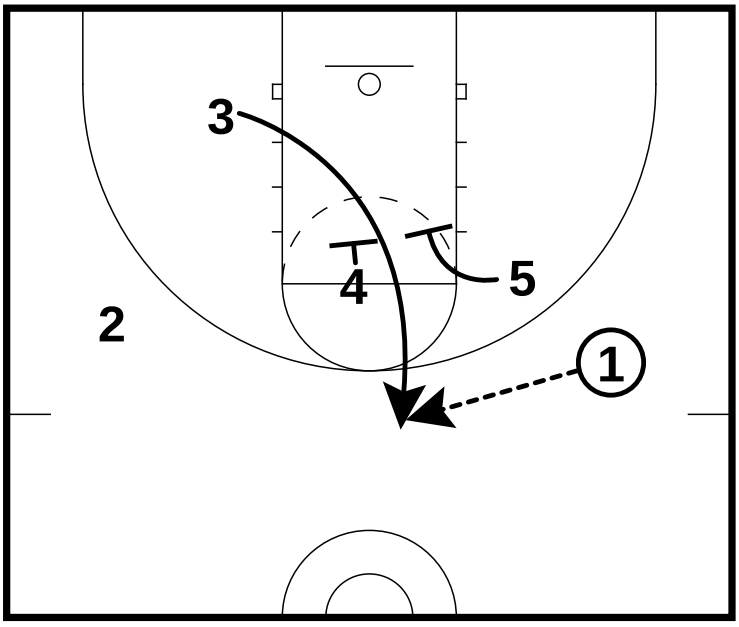
All Contents Proprietary

Man Sets

2 Man High Set 1



- 1 dribbles towards 2 who comes off a double screen
- 3 cuts to the block area

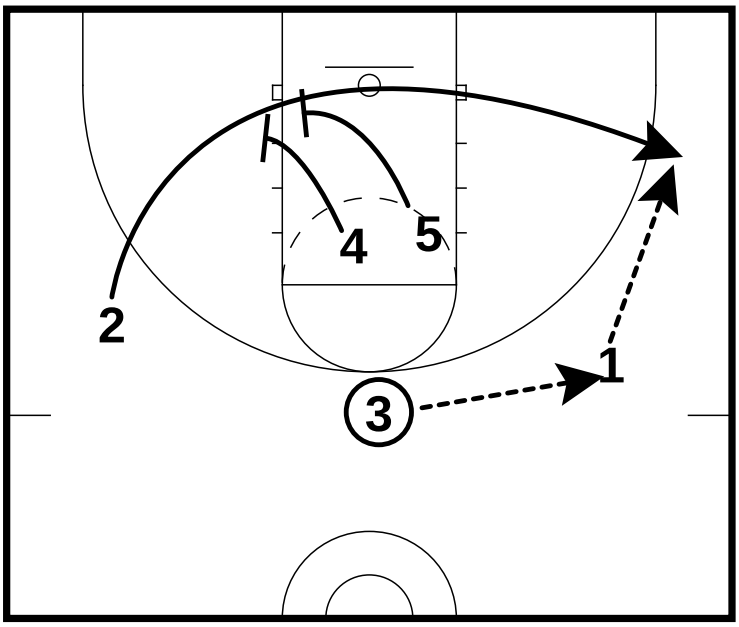


- 4 and 5 set an "elevator" screen for 3

All Contents Proprietary

Man Sets

2 Man High Set 1

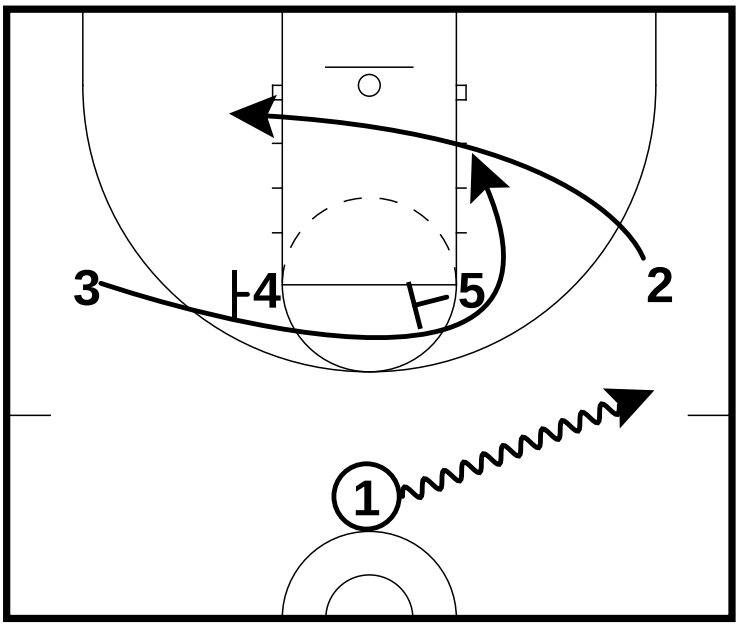


- If 3 has no shot, 2 comes off a double screen from 4 and 5

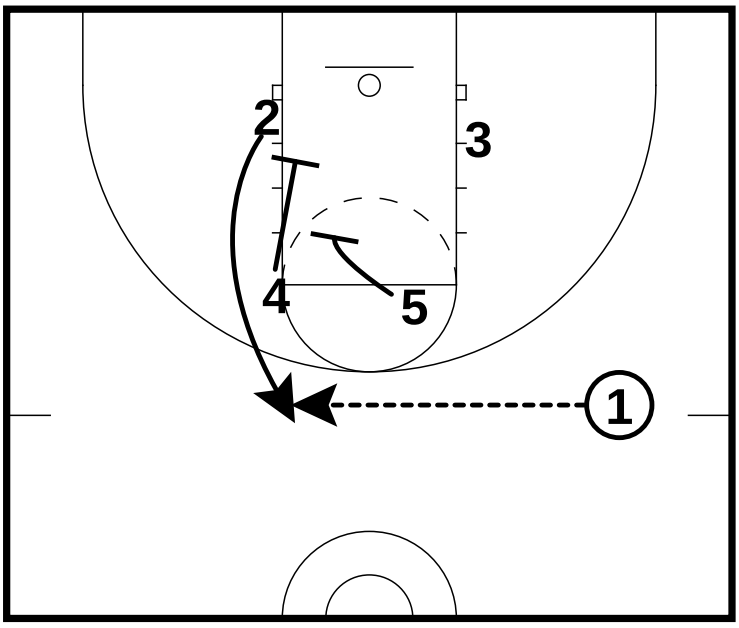
All Contents Proprietary

Man Sets

2 Man High Set 2



- 1 dribbles towards 2 who back cuts to the opposite block
- 3 curls off a double screen from 4 and 5

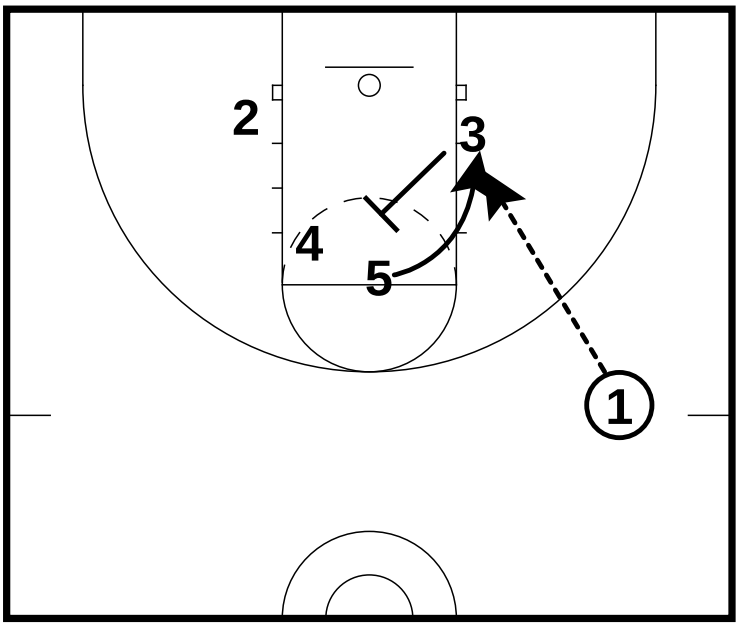


- 4 and 5 set a double screen for 2

All Contents Proprietary

Man Sets

2 Man High Set 2

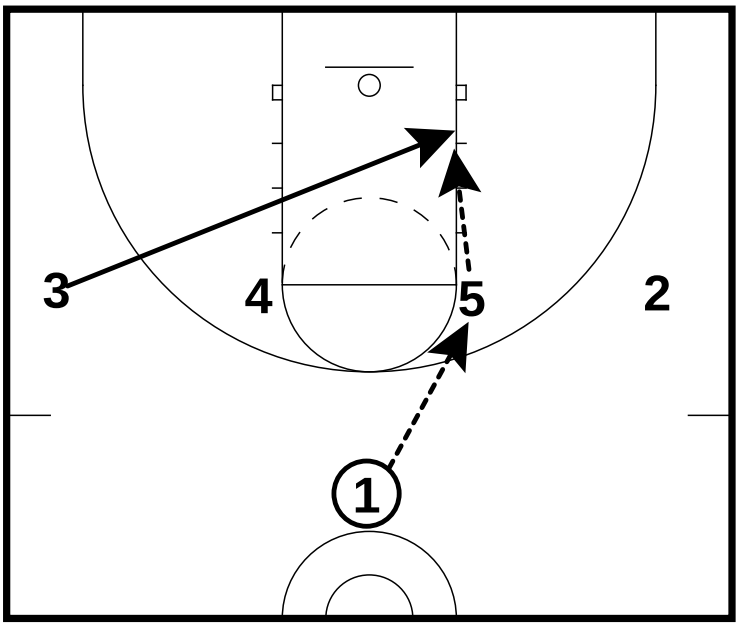


- 3 can also set an up screen as a variation if the defense starts cheating

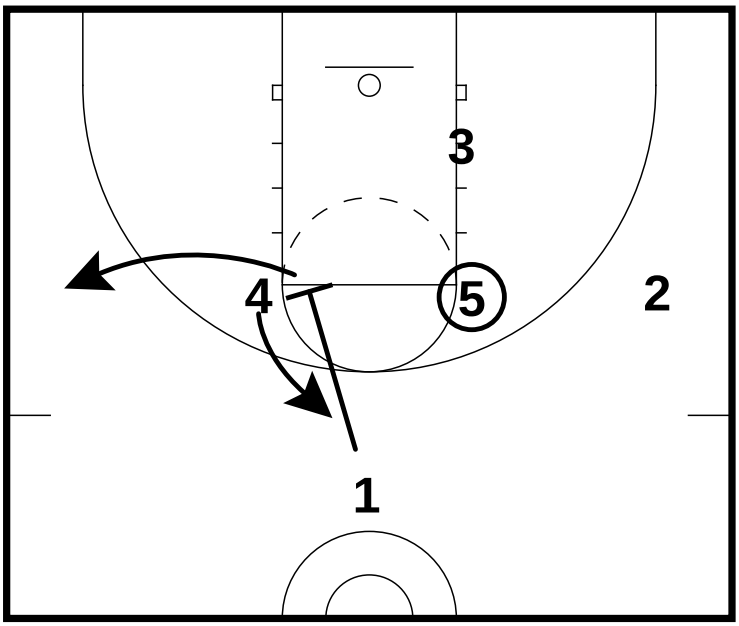
All Contents Proprietary

Man Sets

3 Man High Set 1



- Post players flash to the high post
- Ball is entered to a post and the opposite wing back cuts to the ball side block for a post up

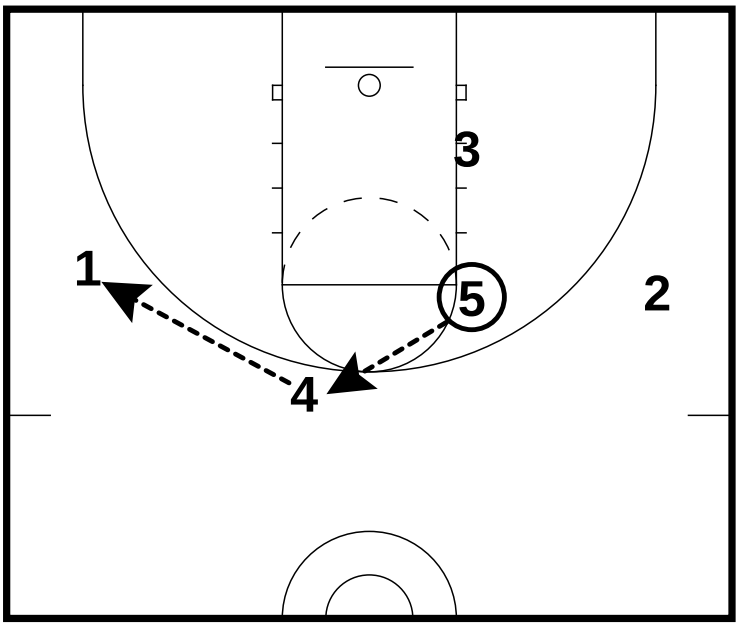


- 1 down screens for the opposite post to pop out for a ball reversal
- 1 clears out to the corner

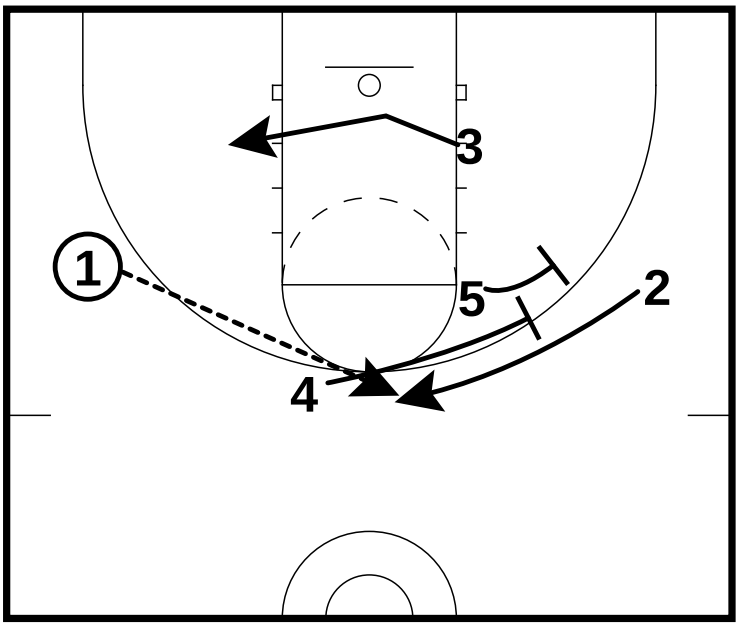
All Contents Proprietary

Man Sets

3 Man High Set 1



- Ball gets reversed around to 1

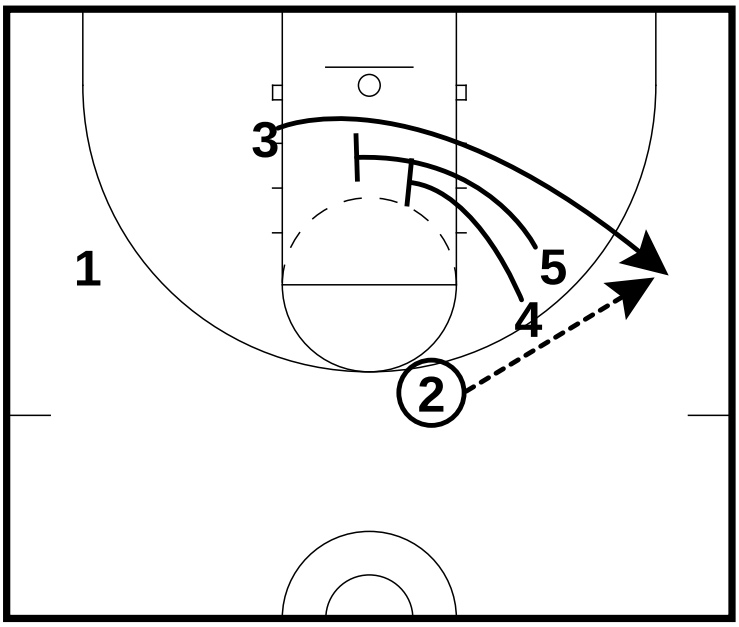


- 1 cuts to the ball side block for a post up
- 4 and 5 double screen for 2

All Contents Proprietary

Man Sets

3 Man High Set 1

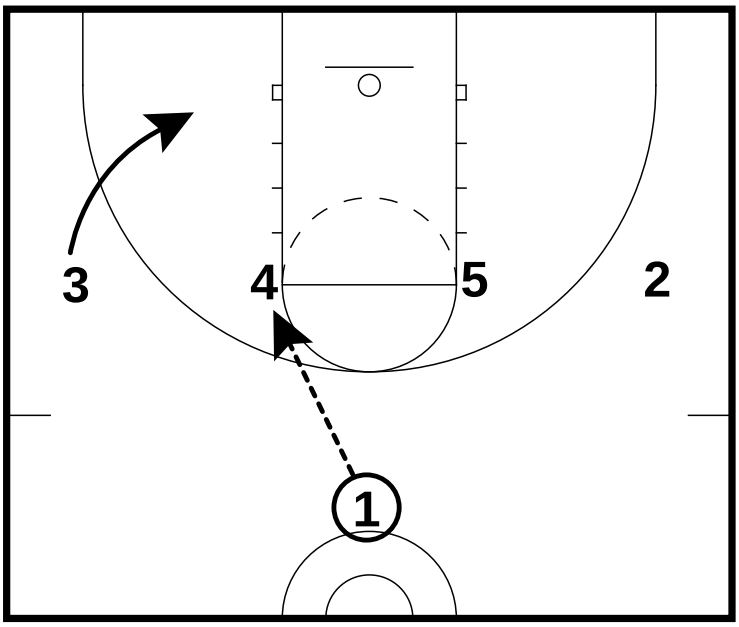


- 4 and 5 then double screen for 3

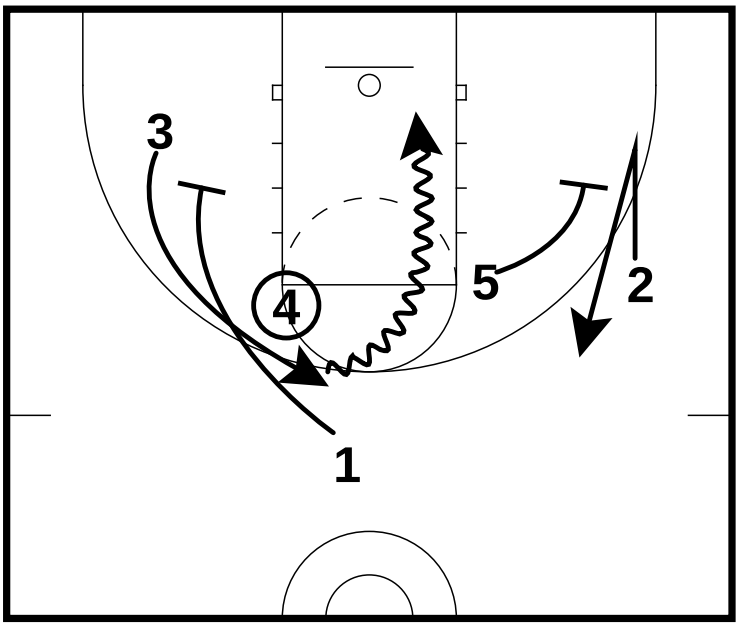
All Contents Proprietary

Man Sets

3 Man High Set 2



- Post players flash to the high post
- Ball is entered to a post
- Ball side wing gets in position for down screen

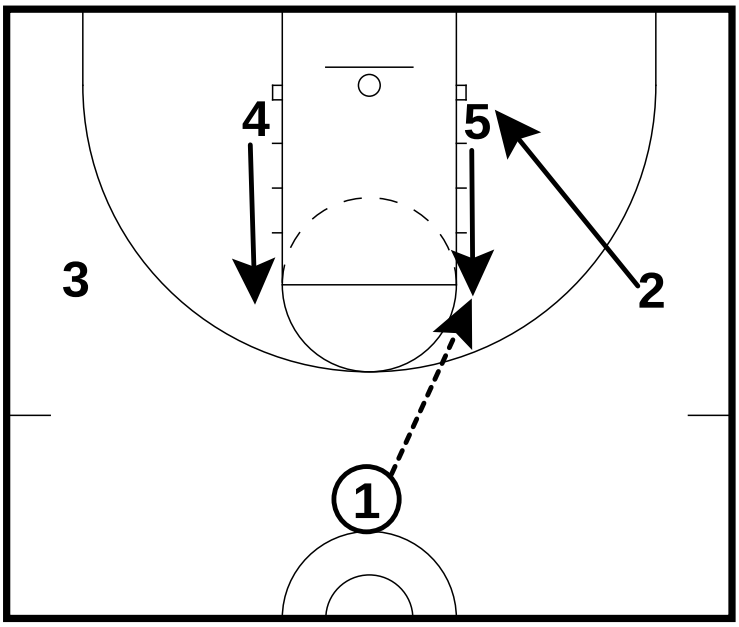


- 1 down screens for 3 and 3 curls around 4 for a hand-off
- 5 down screens for 2

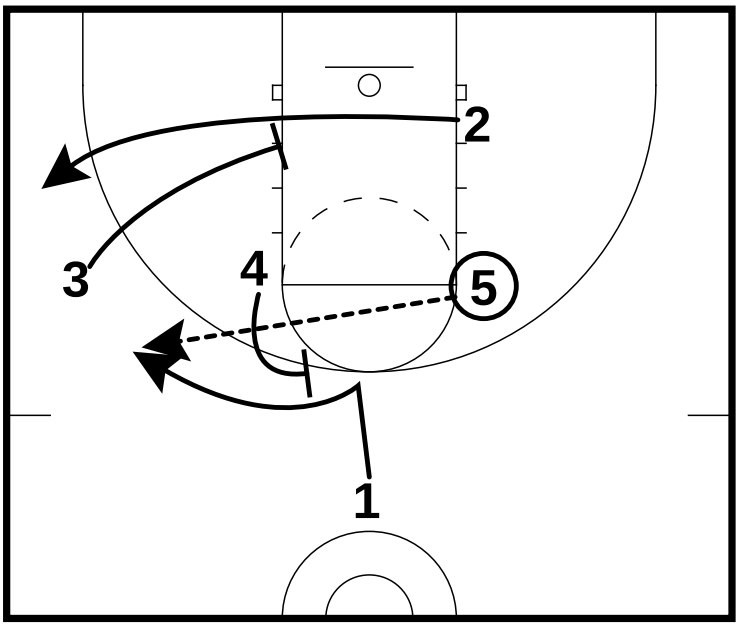
All Contents Proprietary

Man Sets

5 Man High Set 1



- Post flash to the high post
- Ball is entered to the post
- wing back cuts

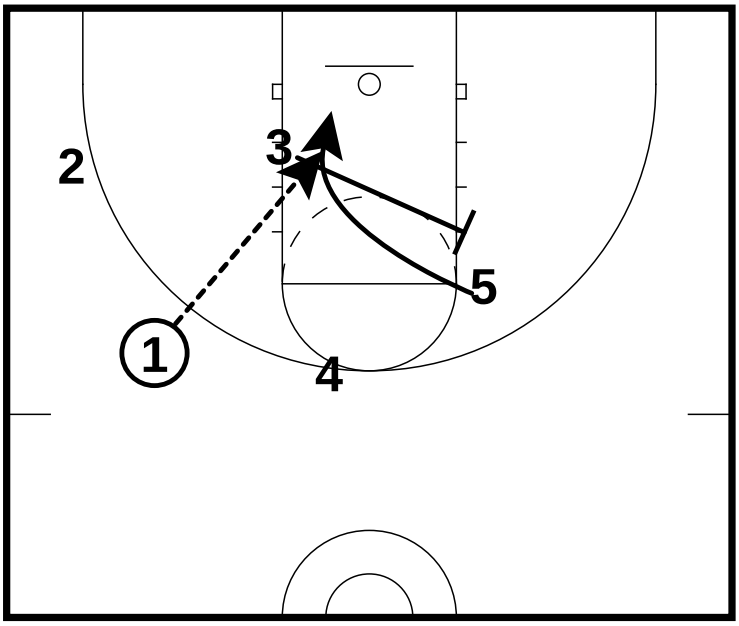


- 4 sets a flare screen for 1
- 3 sets a cross screen for 2

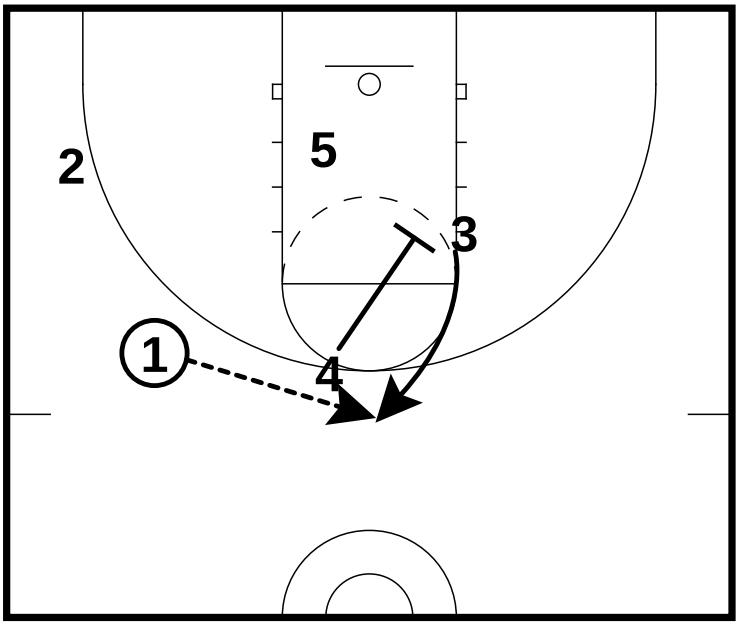
All Contents Proprietary

Man Sets

5 Man High Set 1



- 3 up screens for 5 and looks to get a pass from 1

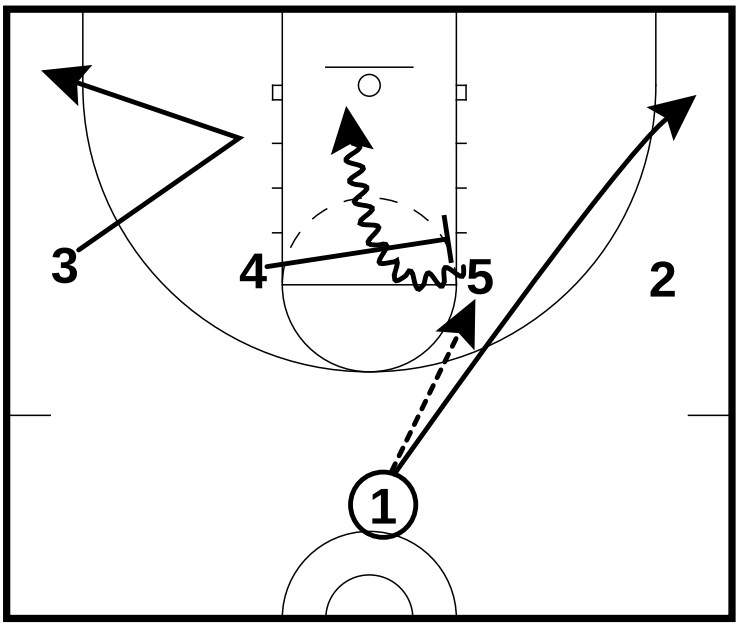


- 4 down screens for 3 to pop to the top of the key for a 3

All Contents Proprietary

Man Sets

5 Man High Set 2

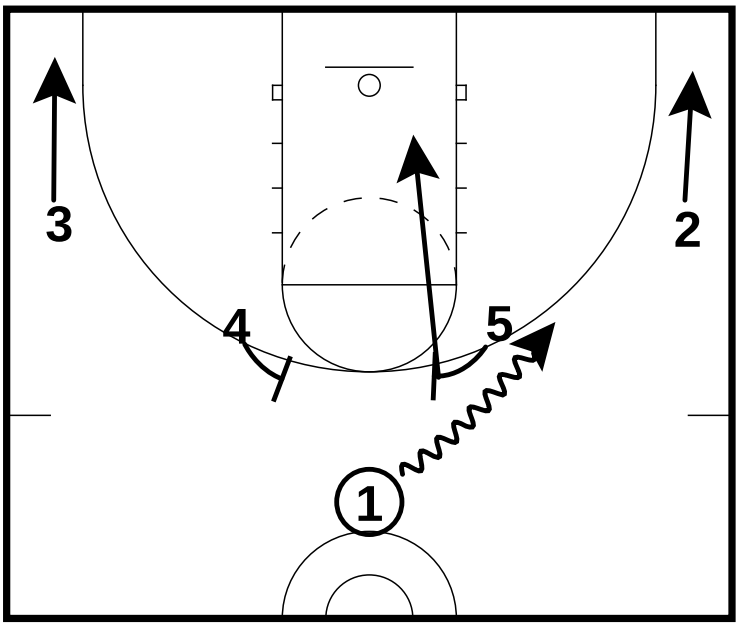


- Post players flash to the high post and receive a pass from 1
- 1 cuts to the ball side corner
- 3 clears to the corner
- 4 sets a ball screen for 5

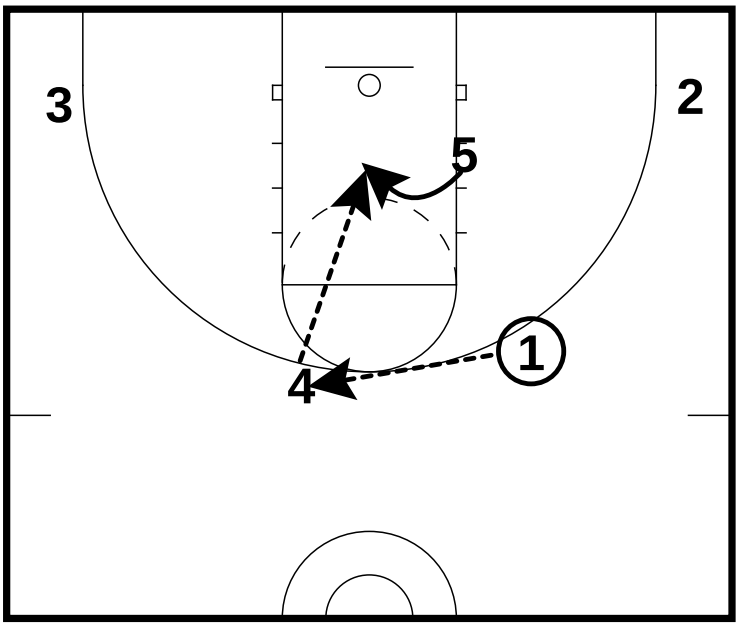
All Contents Proprietary

Man Sets

Trap Avoidance Set



- 1 uses a screen from 4 or 5
- Wings drop to the corners
- Whoever sets the screen dives to the hoop



- If the defense traps, the ball gets passed to the high post who looks for the high low to the low post

All Contents Proprietary

Man Quick Hitters

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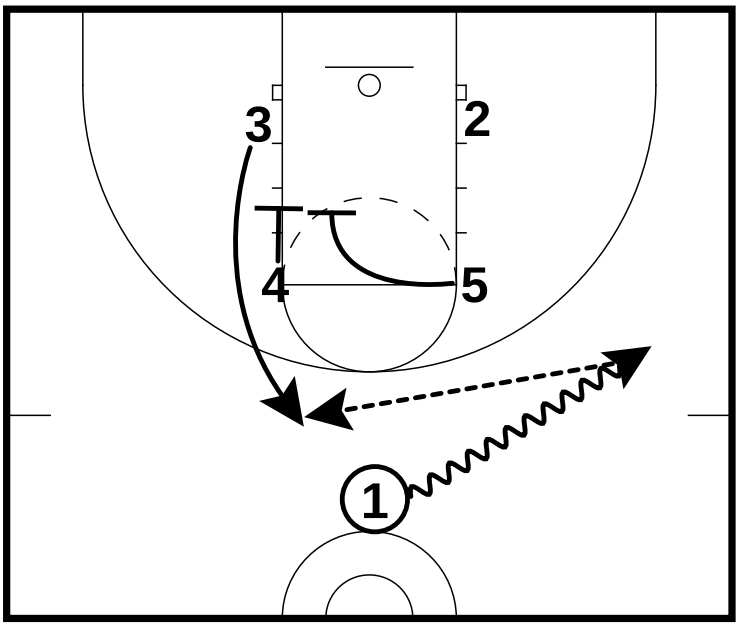
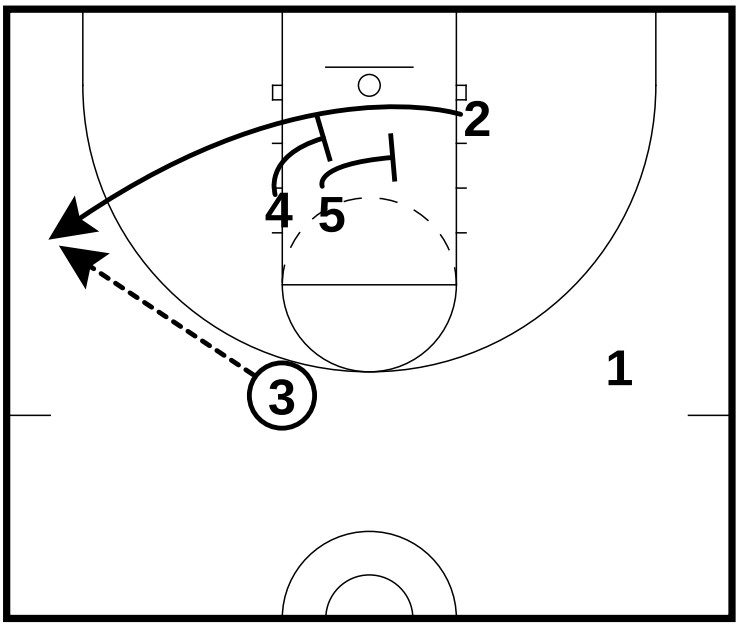
All Contents Proprietary

Man Quick Hitters

Box Set 1



- 1 dribble entries to the wing
- 4 and 5 set a double screen for 3 to pop to the top of the key

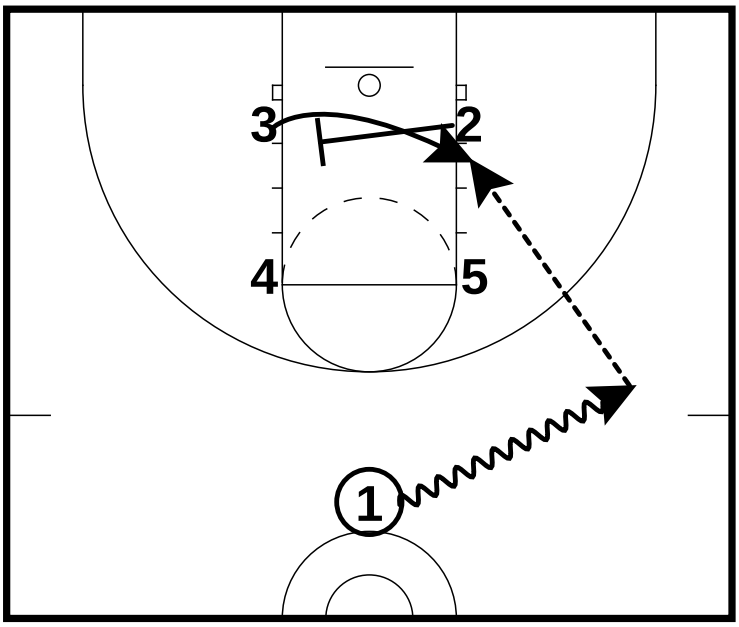


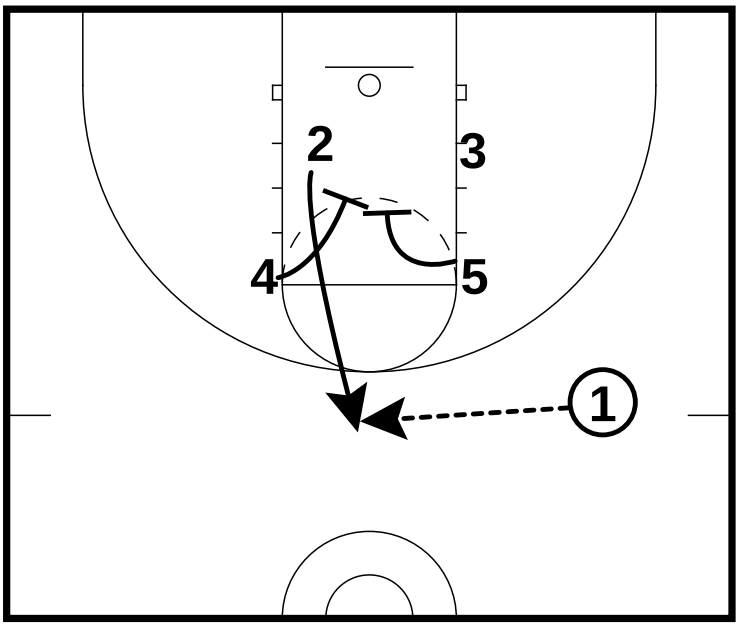
- 4 and 5 set a double screen for 2

All Contents Proprietary

Man Quick Hitters

Box Set 2

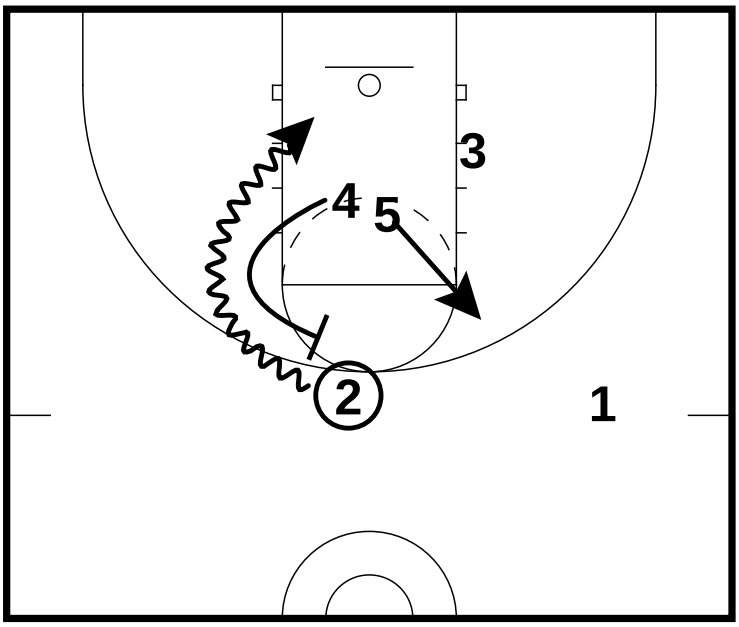




All Contents Proprietary

Man Quick Hitters

Box Set 2



All Contents Proprietary

Zone Quick Hitters

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Zone Quick Hitter 4 48

Zone Quick Hitter Lob 49

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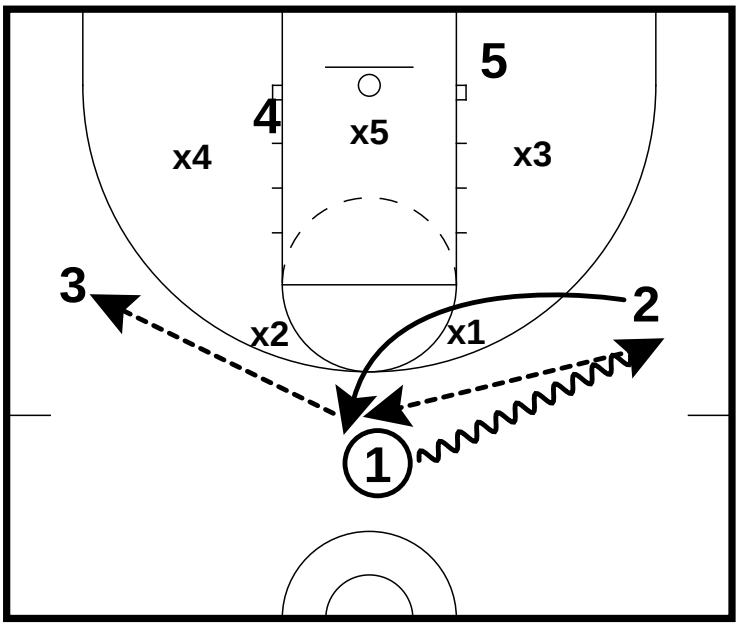
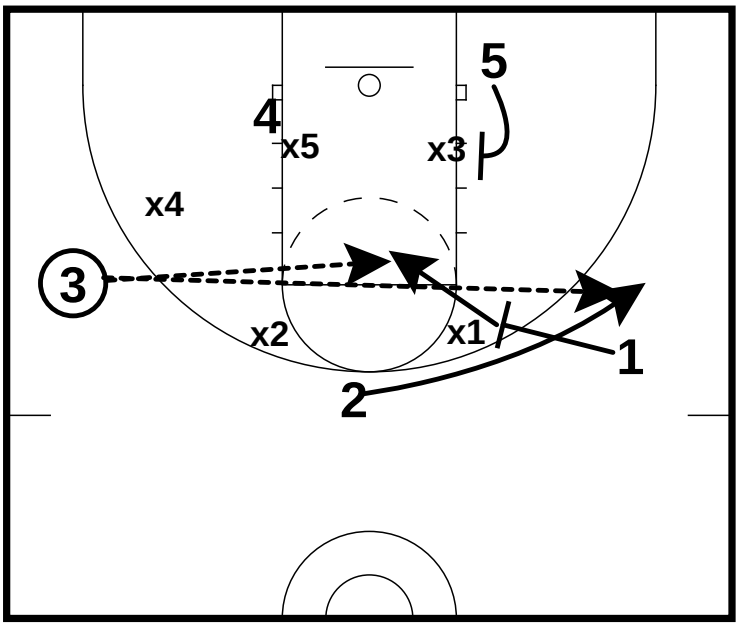
Zone Quick Hitters

Zone Quick Hitter 1



- 1 dribble entries to the wing and 2 loops to the top of the key

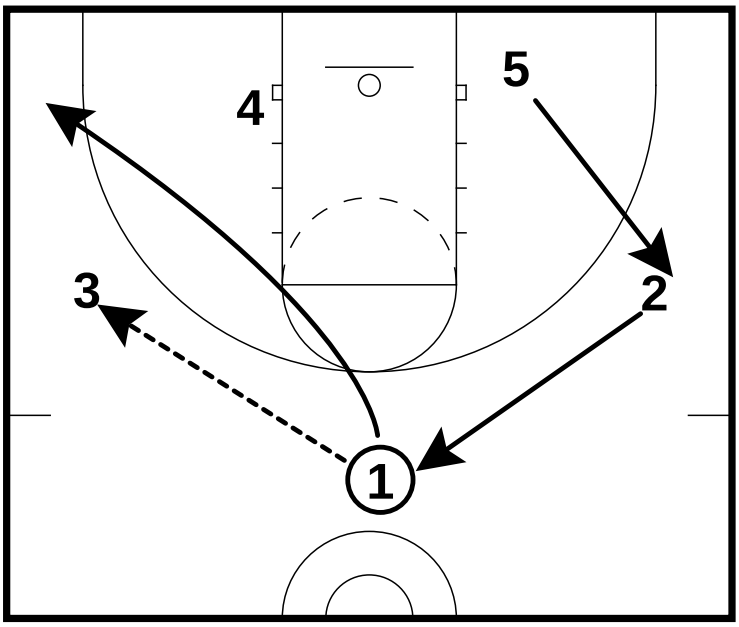


1 screens the back guard defender, if the defender fights through the screen, 1 slips to the middle
- 5 screens the back bottom defender

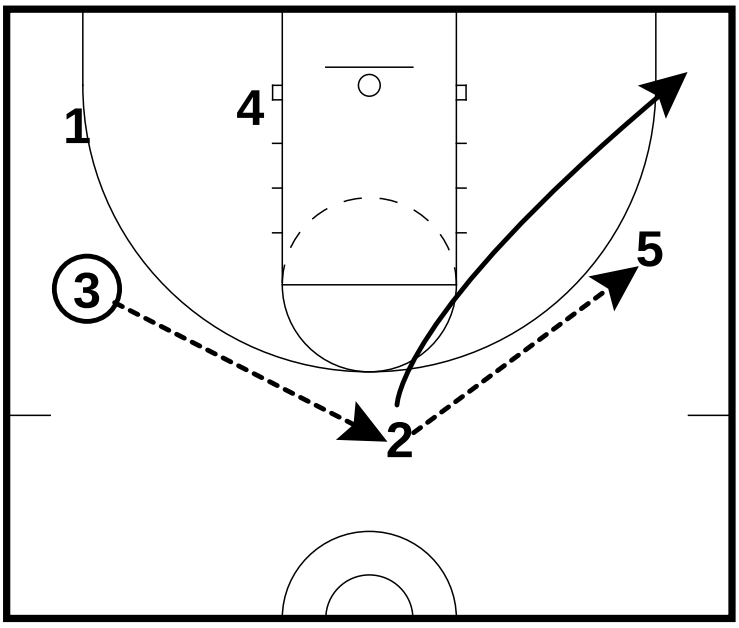
All Contents Proprietary

Zone Quick Hitters

Zone Quick Hitter 2



- 1 passes to the wing and then cuts to the corner
- 2 fills the top of the key and 5 cuts to the wing

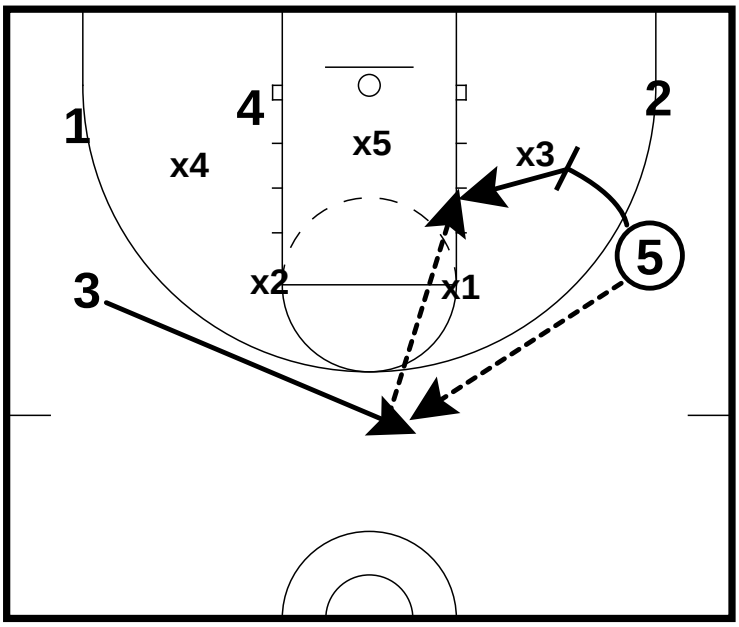


- Ball gets reversed to 5 and 2 cuts to the corner

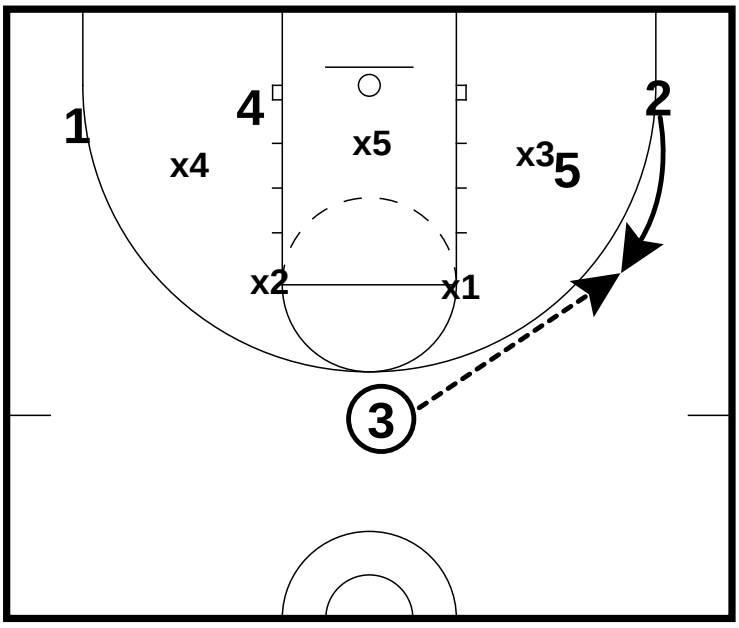
All Contents Proprietary

Zone Quick Hitters

Zone Quick Hitter 2



- 5 screens the bottom of the zone
- If the defender fights through the screen, 5 should slip

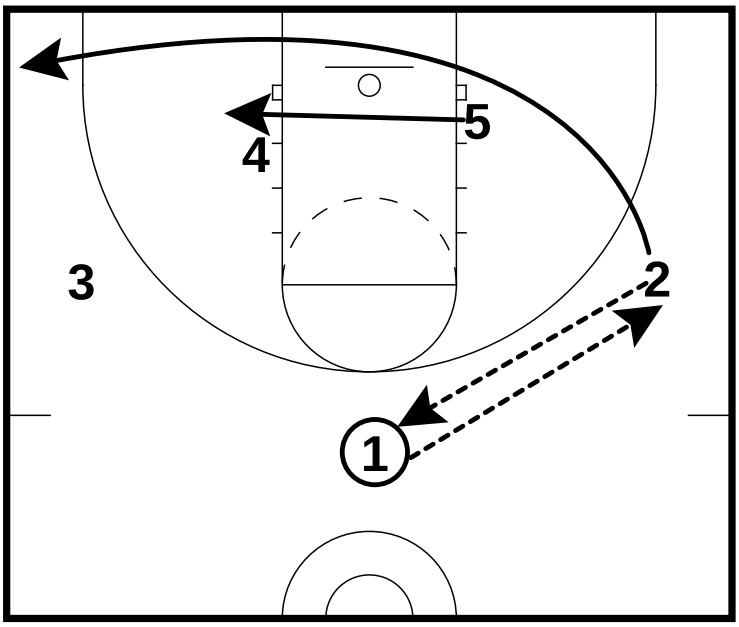


- 2 fills behind the screen from 5 for a 3

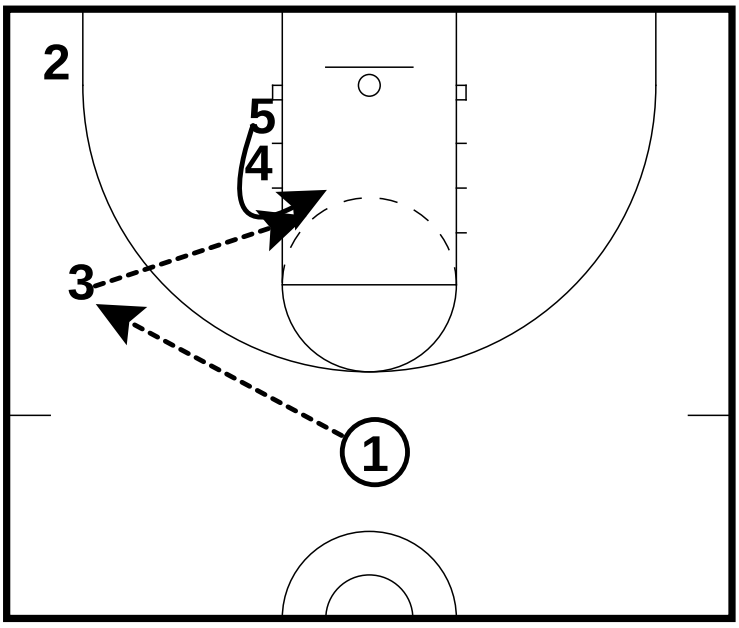
All Contents Proprietary

Zone Quick Hitters

Zone Quick Hitter 3



- 1 passes to 2 who passes back to 1
- 2 clears to the opposite corner
- 5 cuts to the opposite block to form a small stack with 4

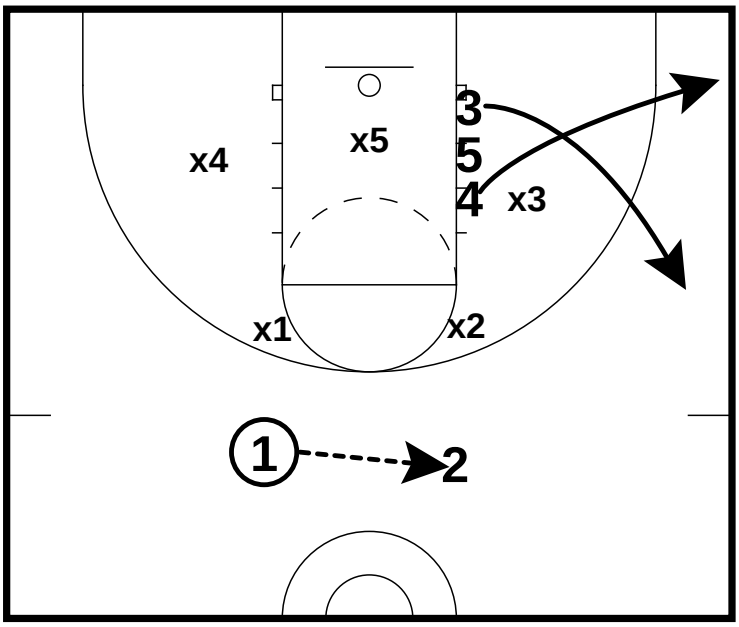


- Ball is passed to 3
- 5 curls around 4

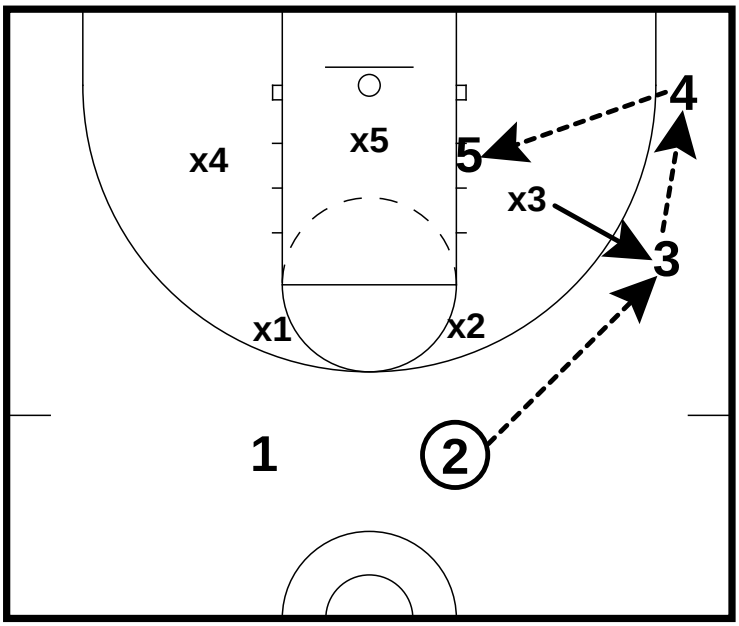
All Contents Proprietary

Zone Quick Hitters

Zone Quick Hitter 4



- 3, 4, and 5 make a small stack
- 3 cuts to the wing, and 4 cuts to the corner

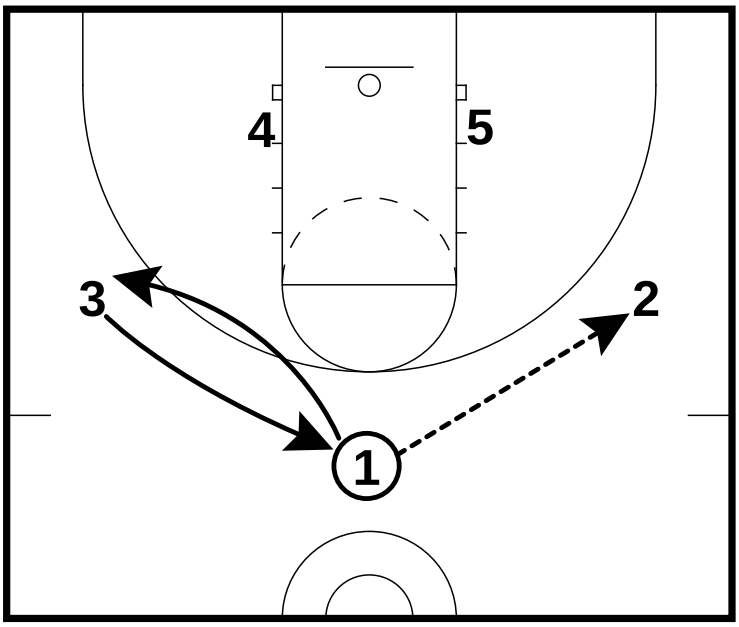


- When the ball is passed to 3, he reads where the defense comes from and either scores or passes to the open player

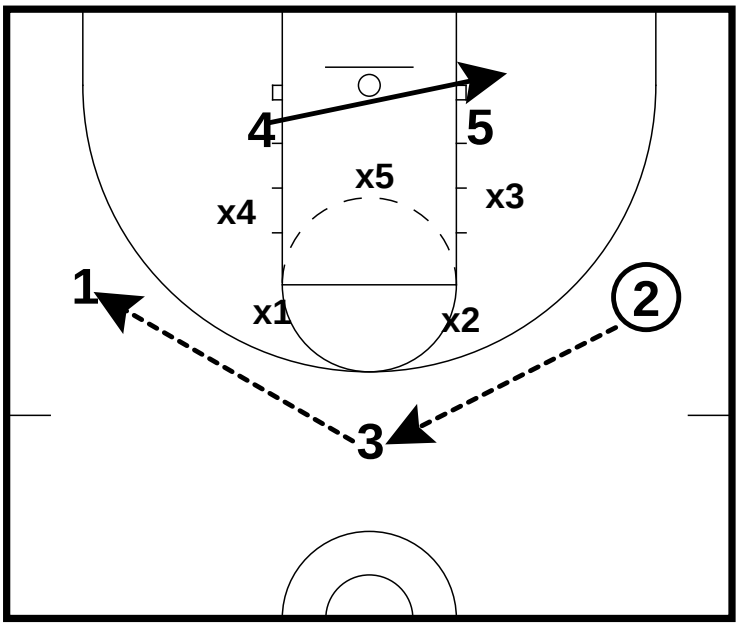
All Contents Proprietary

Zone Quick Hitters

Zone Quick Hitter Lob



- 1 passes to 2 and interchanges with 3

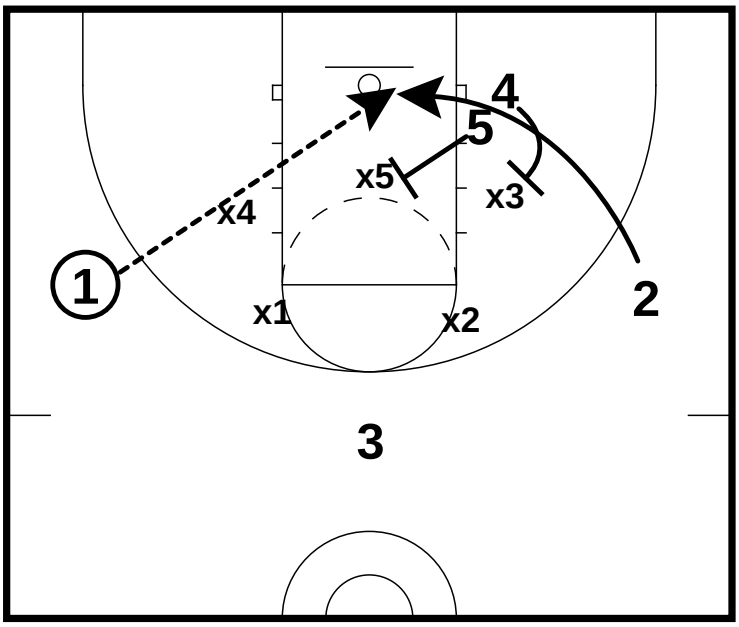


- Ball gets reversed to 1
- 4 cuts to the opposite block

All Contents Proprietary

Zone Quick Hitters

Zone Quick Hitter Lob



- 5 screens the middle of the zone
- 4 screens the back of the zone for 2 to come in for the lob

All Contents Proprietary

SLOBS

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Box Set 2 53

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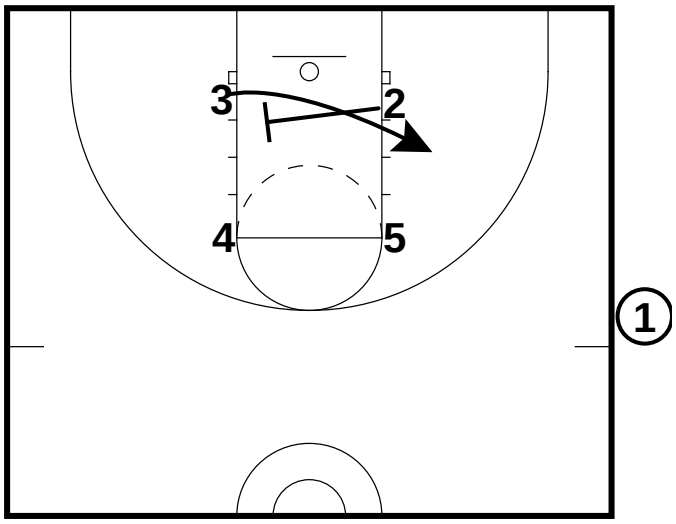
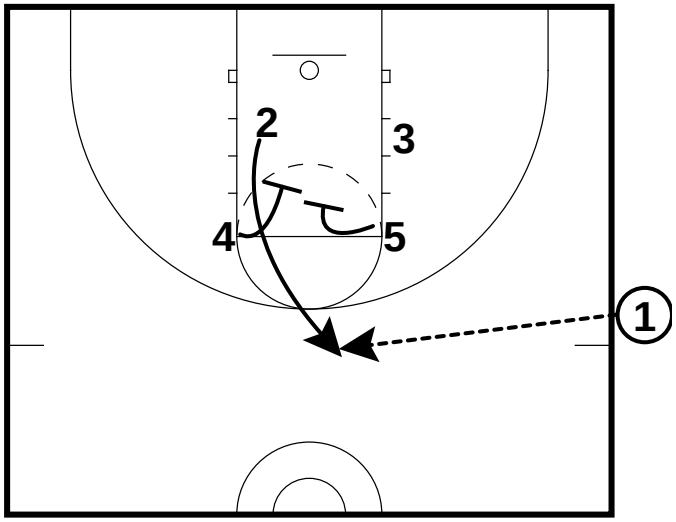
SLOBS

Box Set 1

- 1 cross screens for 3



- 4 and 5 set a double screen for 2

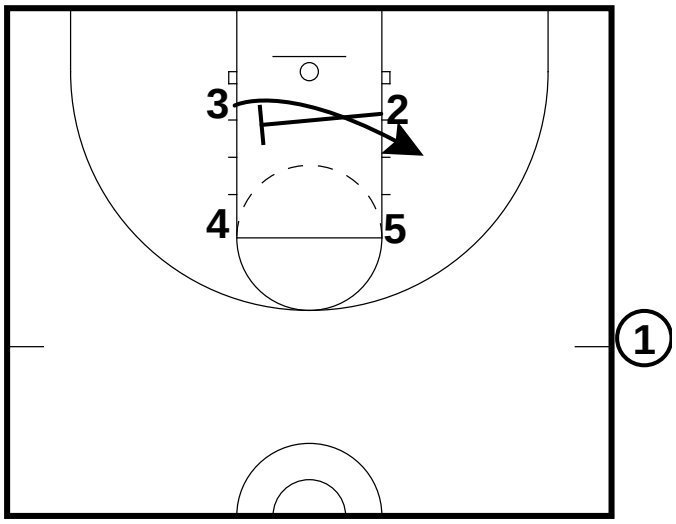


All Contents Proprietary

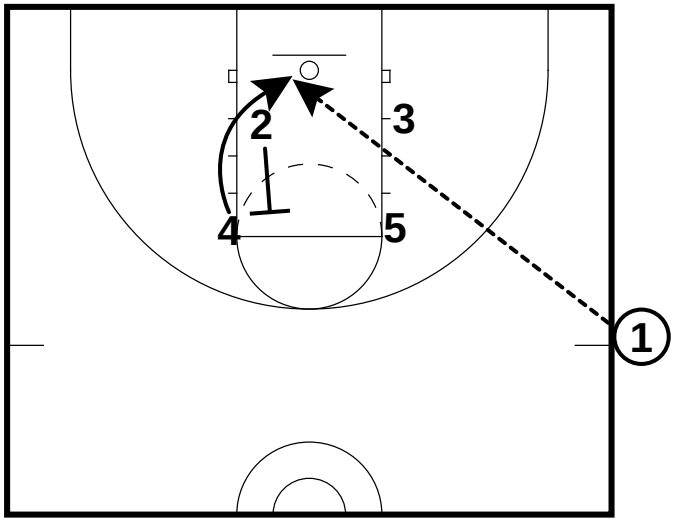
SLOBS

Box Set 2

- 2 cross screens for 3 to post up



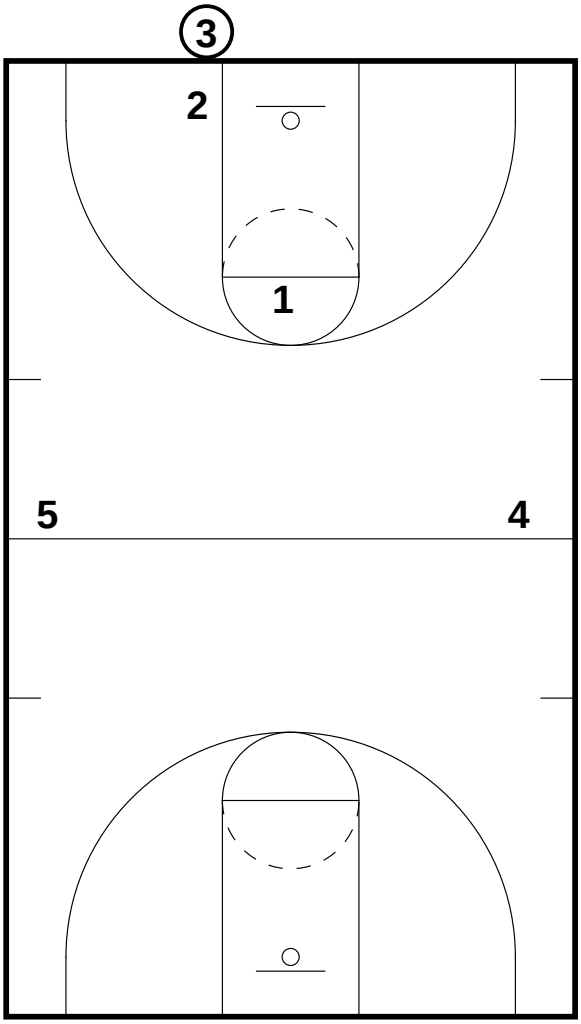
- Rather than 4 adn 5 setting down screens, 2 back screens for 4 for the lob



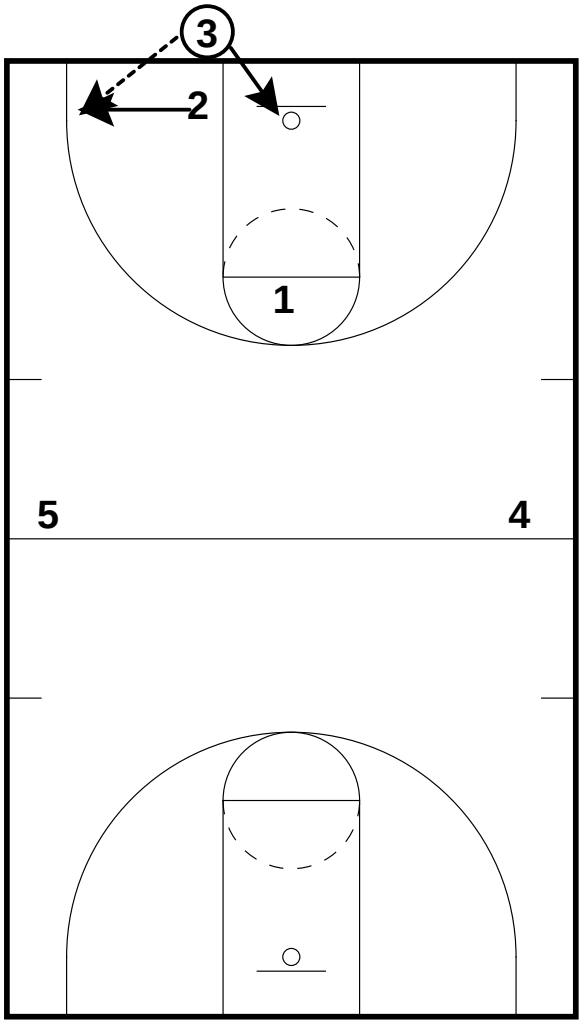
All Contents Proprietary

Second Cutter Press-Break

Basic set, easy-entry, two reversals



Basic set, easy-entry, two reversals



1 begins at the middle of the FT line
2 begins at the block in front of ball
3 inbounds the ball
4 begins opposite 5
5 begins 1-2 strides from sideline and 1 stride from half-court

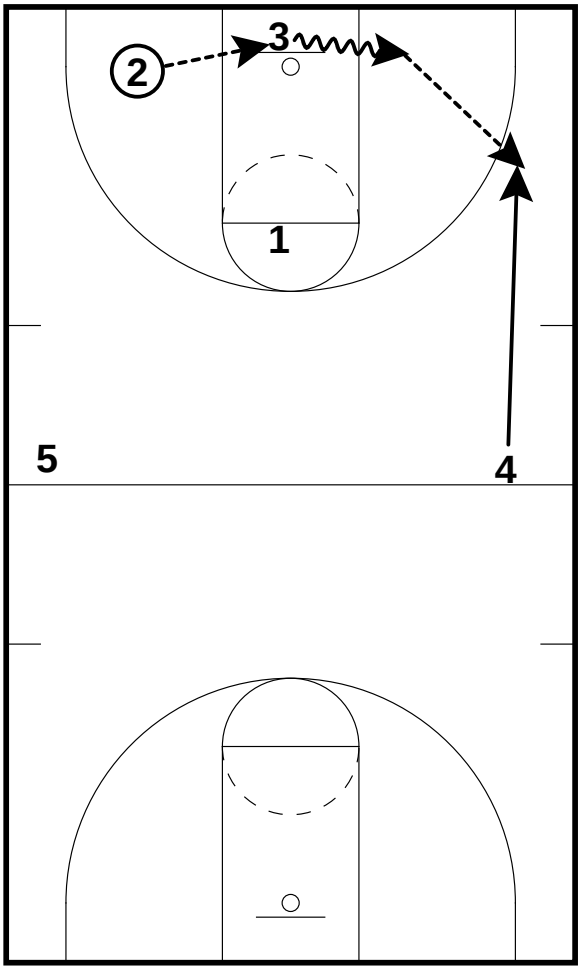
Options to in-bound:
1st option: Guards
2nd option: Ball-side Big
3rd option: Run baseline

Options after in-bounds:
1st cutter (sideline)
2nd cutter (middle)
Reverse the ball (safety)

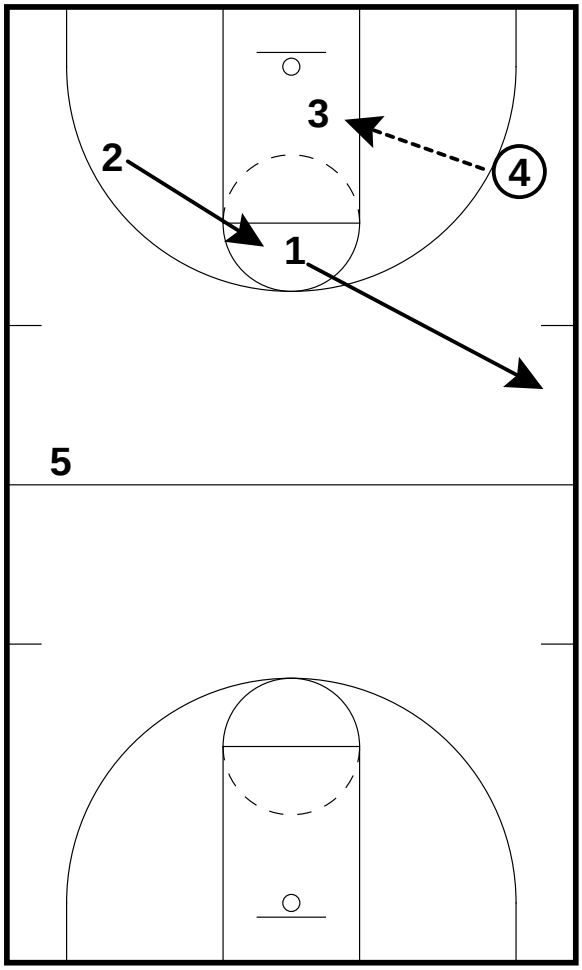
Shown above:
- easy entry to 2
- 5, 1 and 3 should be 12-15 feet from ball

Second Cutter Press-Break

Basic set, easy-entry, two reversals



Basic set, easy-entry, two reversals



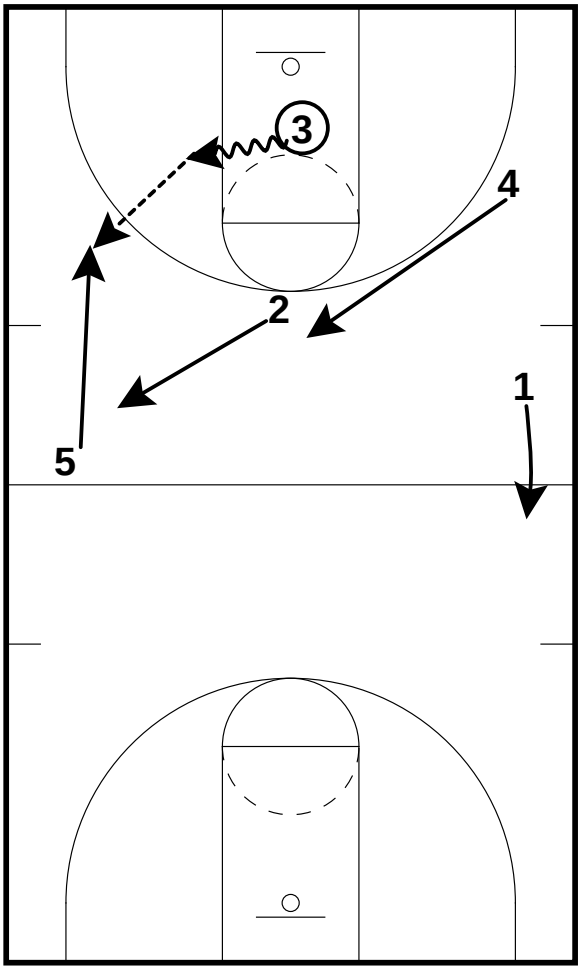
The guard's first look should be to the middle of the floor. The next look should be up the sideline.

Shown above:
2 passes to 3 for reversal
4 sprints up lane for reversal
3 dribbles at and passes to 4
5 is in "open window" for deep diagonal
Reversal player (3) looks at middle first, then dribbles for reversal
Middle player stays in the middle until the reversal player passes the ball

1 is first cutter
2 is second cutter
Ball is passed to 3 for reversal

Second Cutter Press-Break

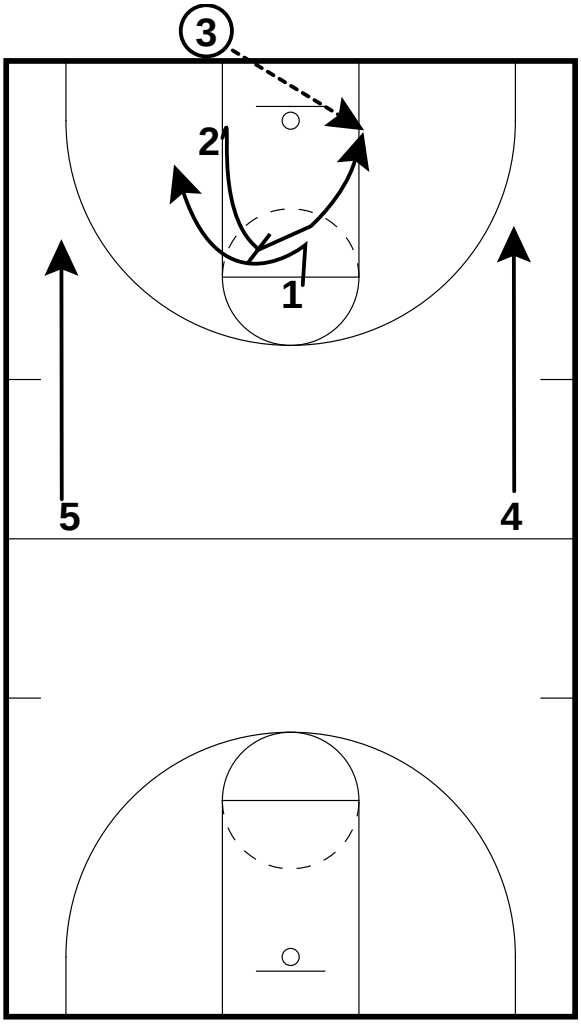
Basic set, easy-entry, two reversals



5 sprints up lane for reversal
3 dribbles at and passes to 5
2 is first cutter
4 is second cutter
1 finds "open window" for deep diagonal

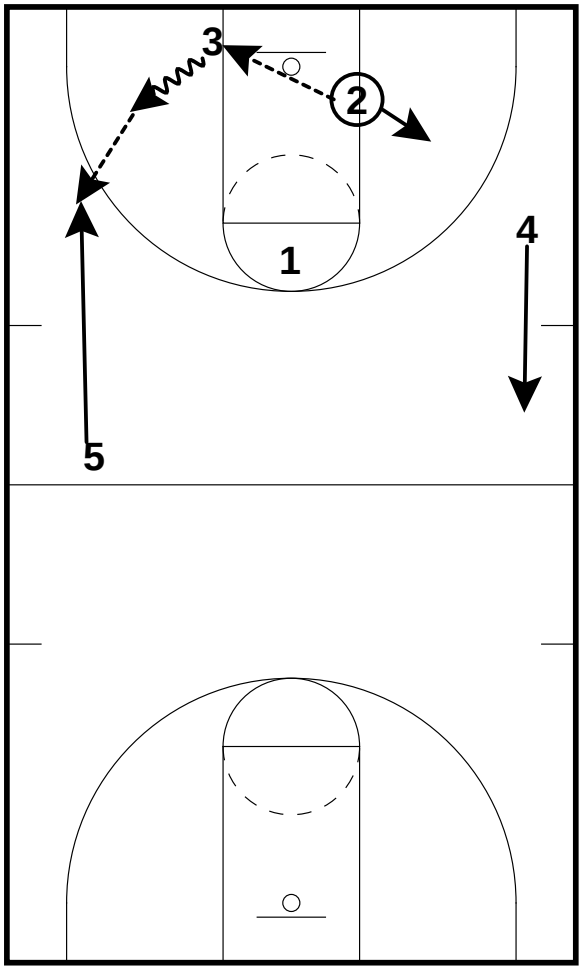
Second Cutter Press-Break

screen/roll & cutters, in-bound to 2



pass to 2 on the roll: catch, turn & face

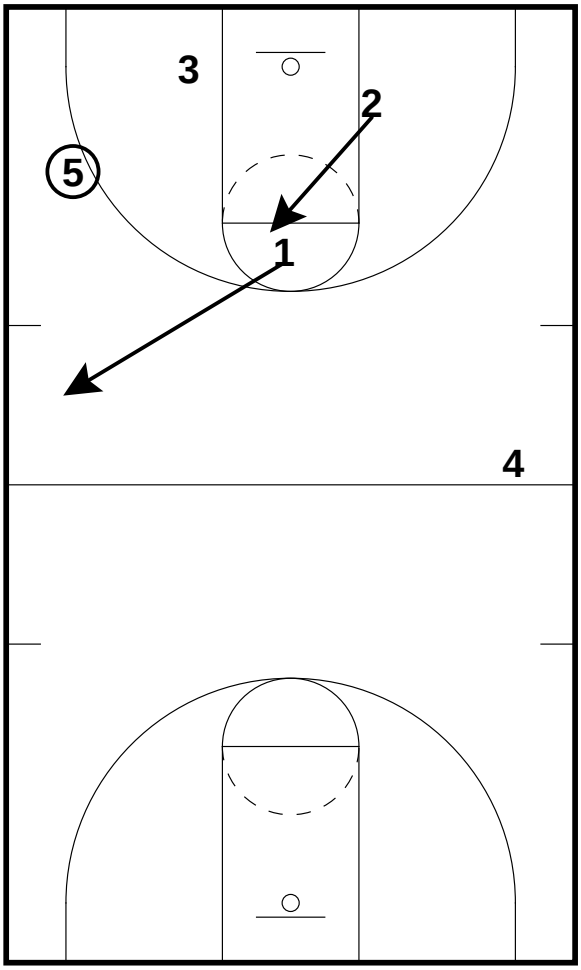
screen/roll & cutters, in-bound to 2



2 passes to the reversal player, 3
3 looks middle, then dribbles toward 5 (reversal)
If 5 is denied, over the top pass and look for 1
As 3 takes first dribble, 4 moves toward half-court
5 sprints up the sideline for reversal
4 positions himself as deep diagonal home-run

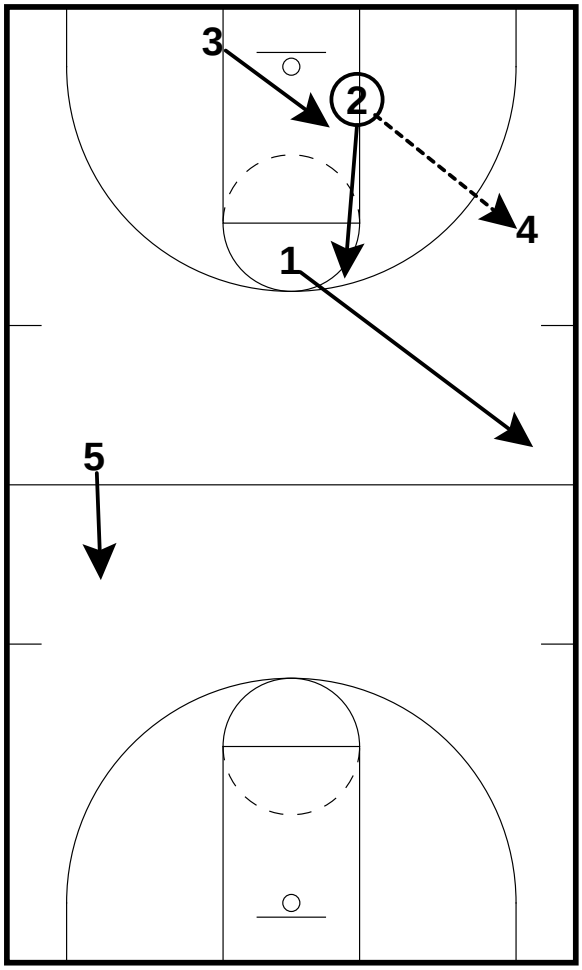
Second Cutter Press-Break

screen/roll & cutters, in-bound to 2



5's passing options:
- 1 (first cutter)
- 2 (second cutter)
- 3 (reversal)

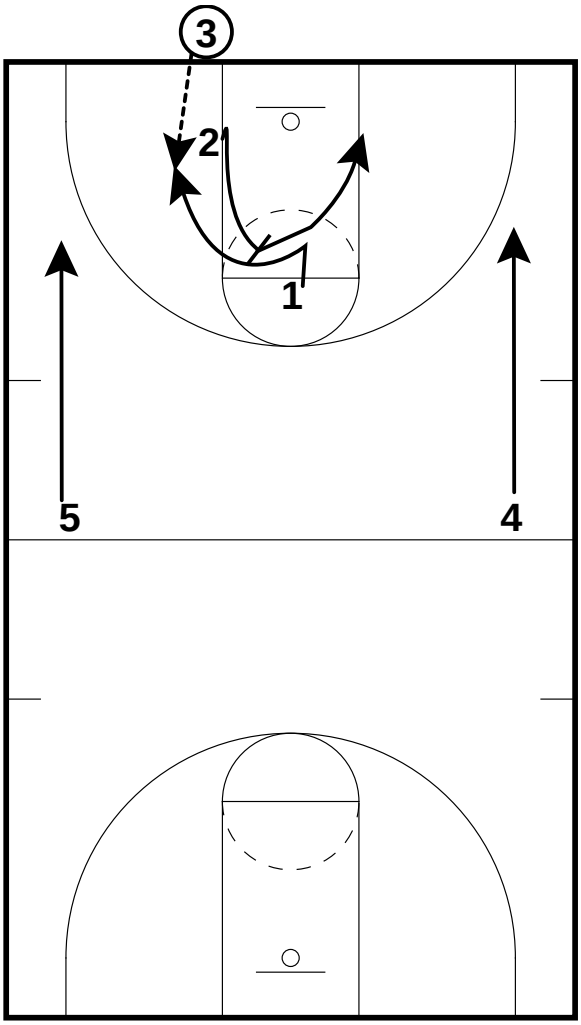
screen/roll & cutters, in-bound to 2



Pass up the sideline
2 passes to 4 and becomes second cutter
1 waits for the pass and is first cutter
*__Passer__ is second cutter, NOT 3

Second Cutter Press-Break

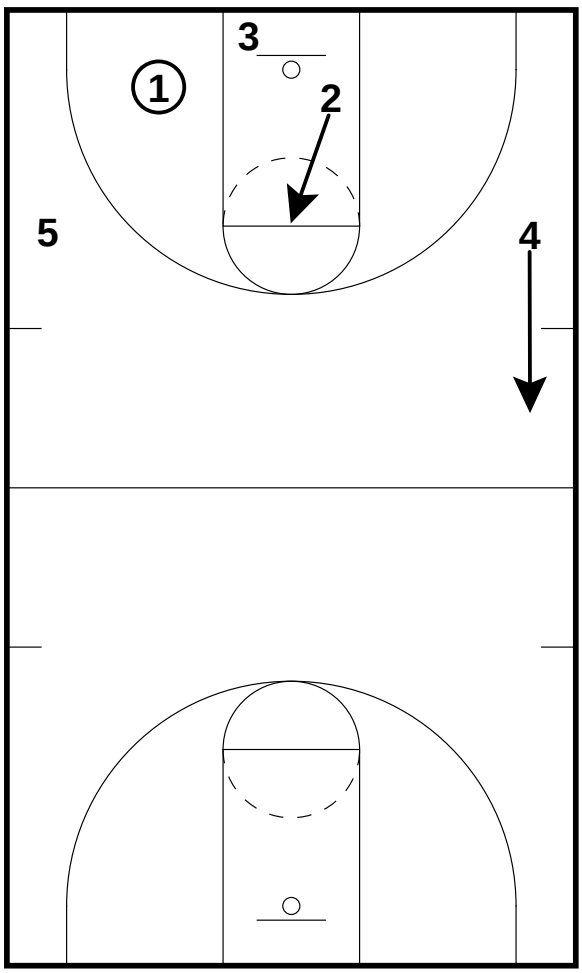
screen/roll & cutters, inbound to 1



- Do NOT inbound the ball to the corner.
- If the 2 is denied, he should NOT go to the sideline or corner; instead, set a 45-degree screen for the 1 and roll straight back to the basket.
- 4 and 5 wait for a 1-count and then cut hard up their sidelines

Shown above:
3 in-bounds to 1

screen/roll & cutters, inbound to 1

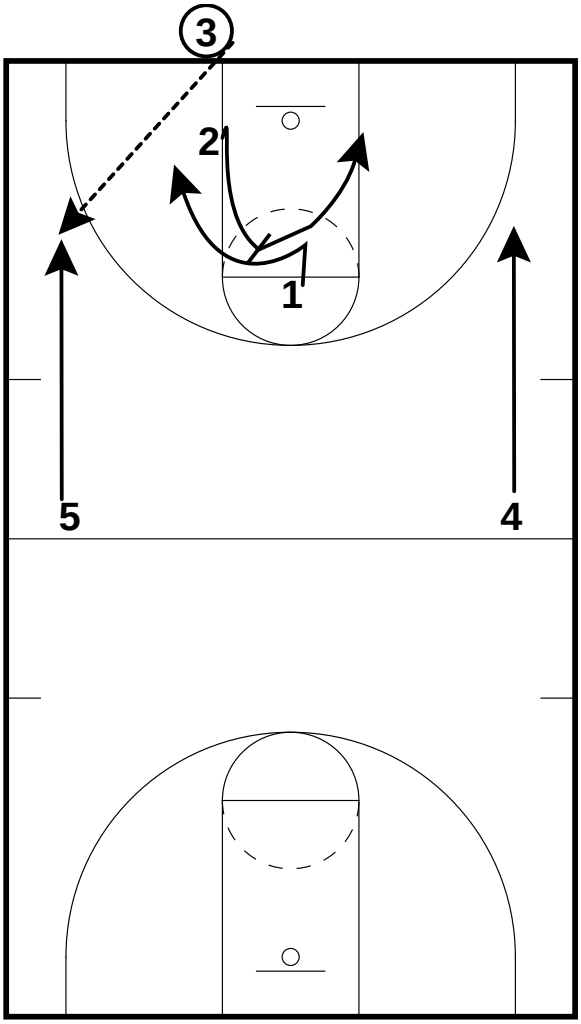


- If the in-bounds pass goes to 1 or 2, the guard who does not get the basketball goes to the middle of the floor.

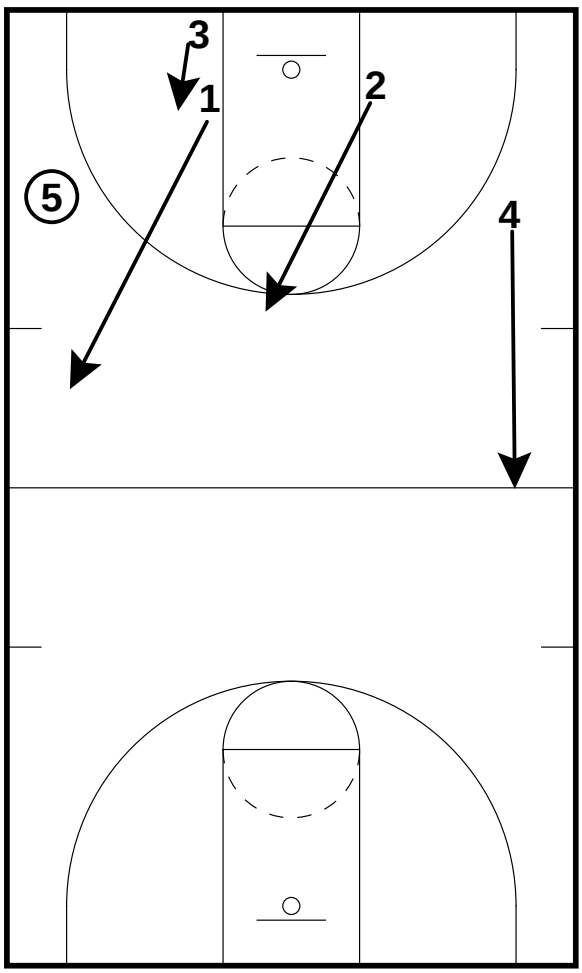
Shown above:
2 cuts to middle
3 steps to reversal area
4 is home run threat (if defender cheats up to help)
5 is 12-15 ft. from ball, at least 5 ft. from sideline

Second Cutter Press-Break

screen & roll/cutters, in-bound to 4 or 5



screen & roll/cutters, in-bound to 4 or 5



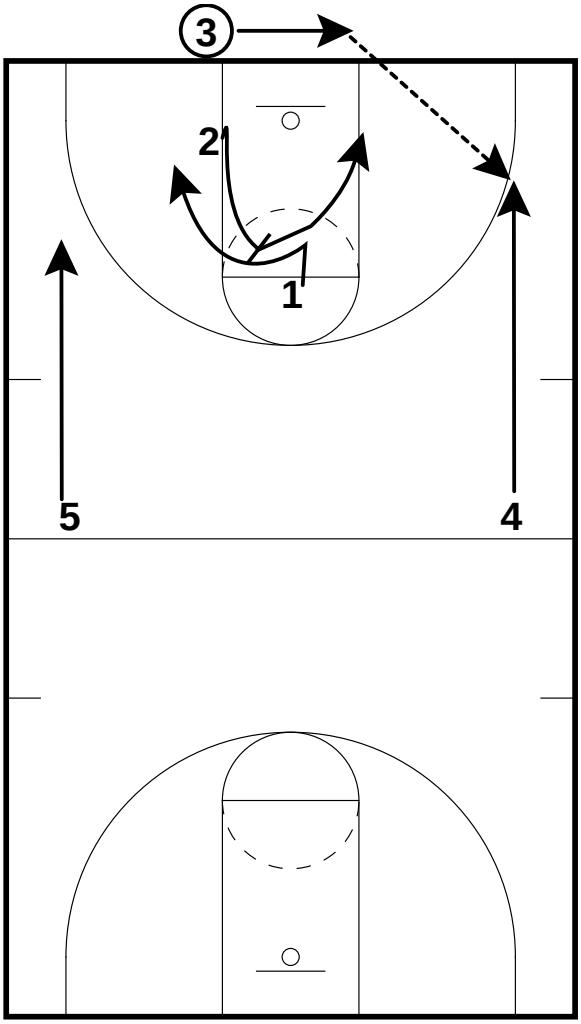
Shown above:
3 in-bounds to 5

<u>If in-bounds pass is to 4 or 5</u>...
- The closest guard to the ball is the first cutter (45-degree sideline cut).
- The other guard goes to the middle of the floor (second cutter)

1 is first cutter (sideline)
2 is second cutter (middle)
3 moves two strides behind ball-line for reversal
4 sprints to deep diagonal

Second Cutter Press-Break

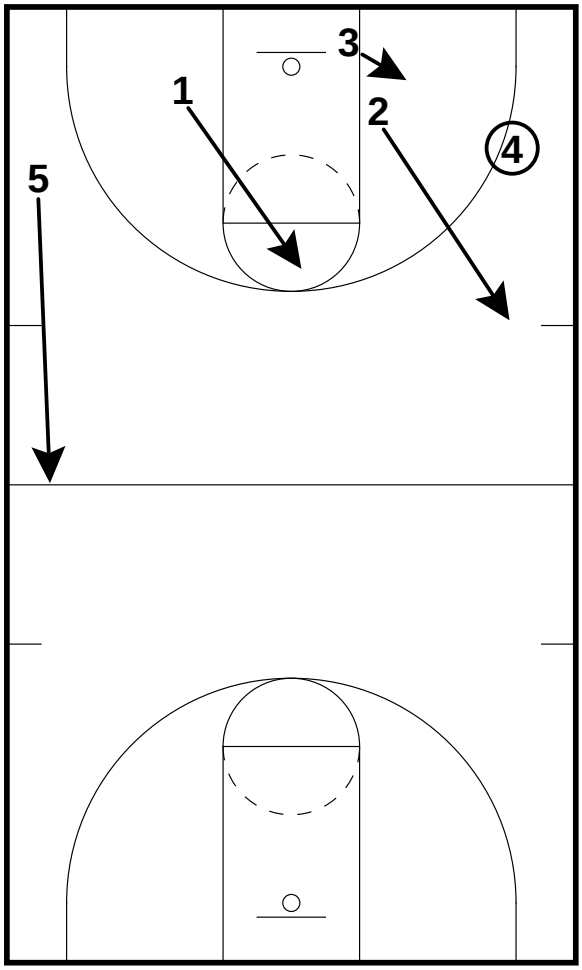
screen & roll/cutters, in-bound to 4 or 5



3 runs baseline and passes to 4
(third option after looking for guards, then ball-side Big)

***If 4 is denied, pass fake to 4 and go over-the-top**

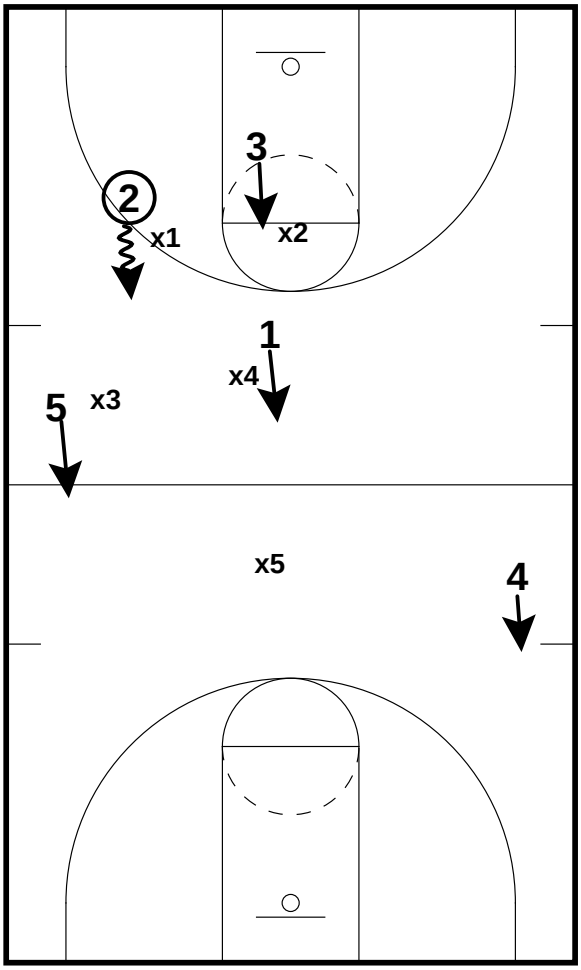
screen & roll/cutters, in-bound to 4 or 5



2 is first cutter (sideline)
1 is second cutter (middle)
3 moves two strides behind ball-line for reversal
5 sprints to deep diagonal

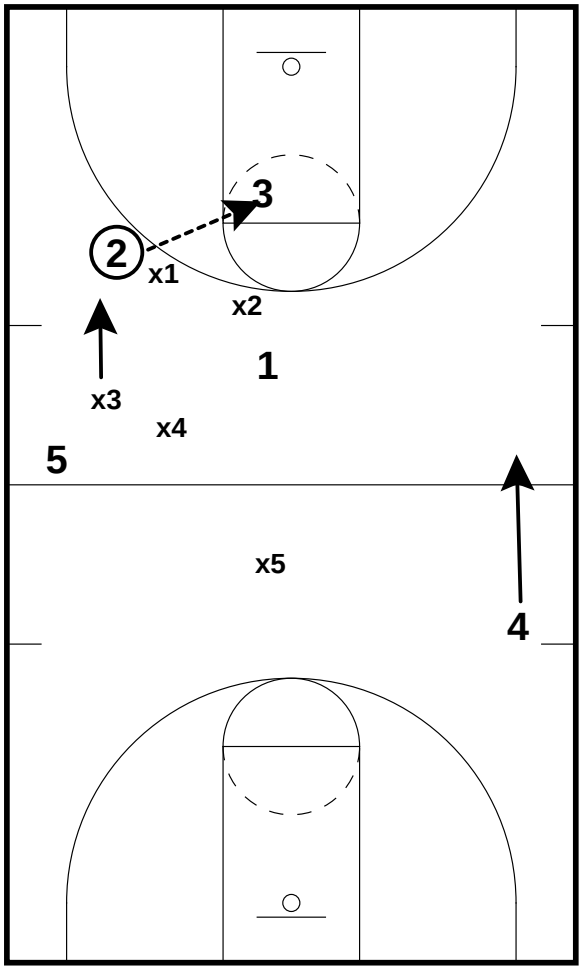
Second Cutter Press-Break

vs. 3/4 ct trap



Against a 2-2-1, simply move the press-break forward.

vs. 3/4 ct trap

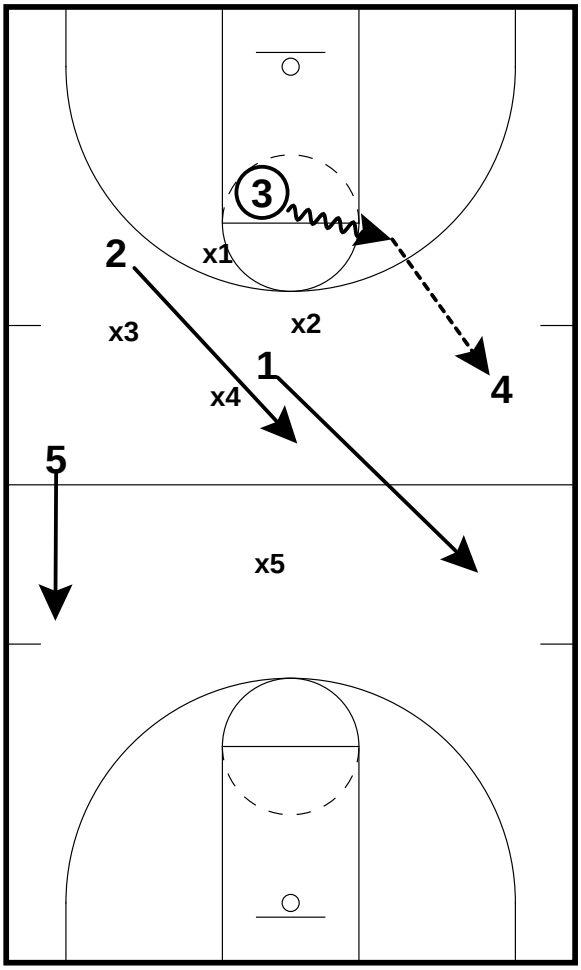


Do not accept the trap. Reverse the ball before the trapper gets to the ball.

Once 4 sees the ball being reversed, he sprints up the sideline for reversal.

Second Cutter Press-Break

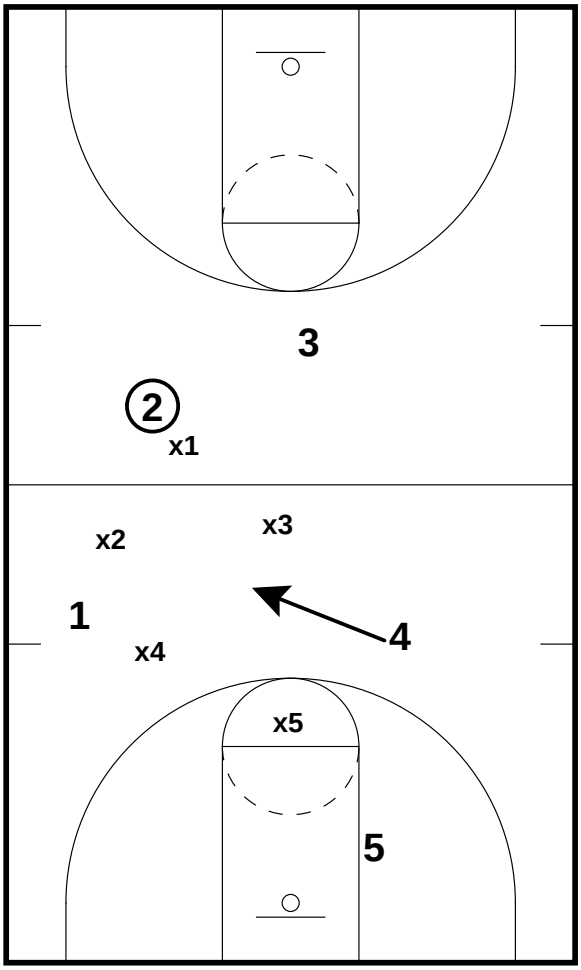
vs. 3/4 ct trap



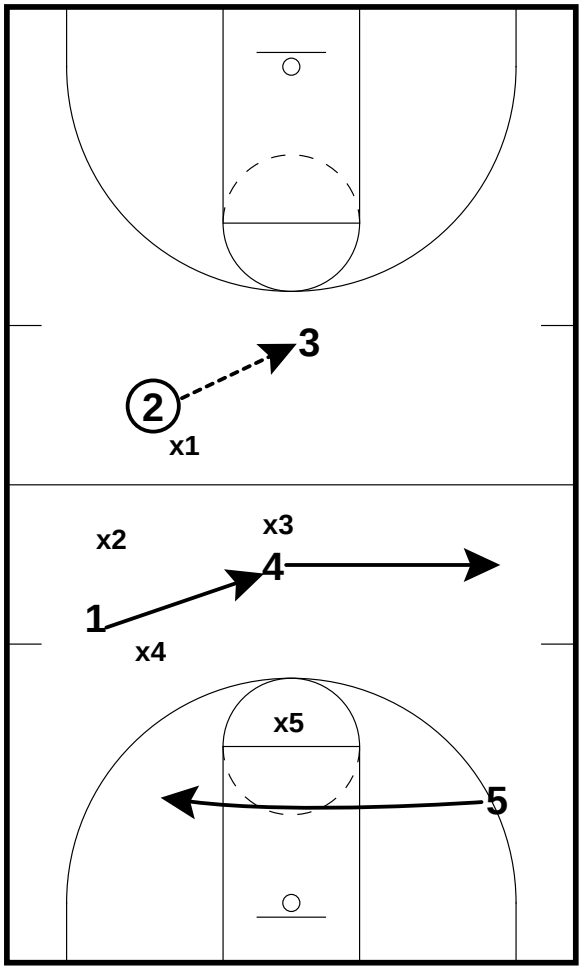
4 must catch the reversal pass in the back-court.

Second Cutter Press-Break

"Half" vs. half-court trap



"Half" vs. half-court trap

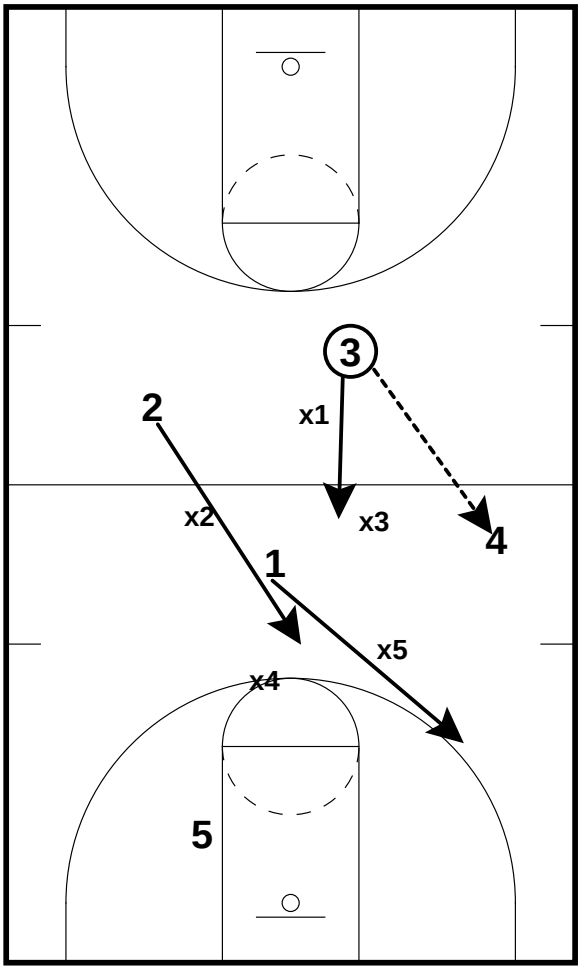


"Half"
5 is full-time deep diagonal
Other four players start in a 2-2 set
Opposite wing (4) flashes middle gap

- Ball is passed to safety/reversal player (3)
- Ball-side wing cuts to his sideline
- Opposite wing flashes middle
- 5 sprints to deep diagonal

Second Cutter Press-Break

"Half" vs. half-court trap



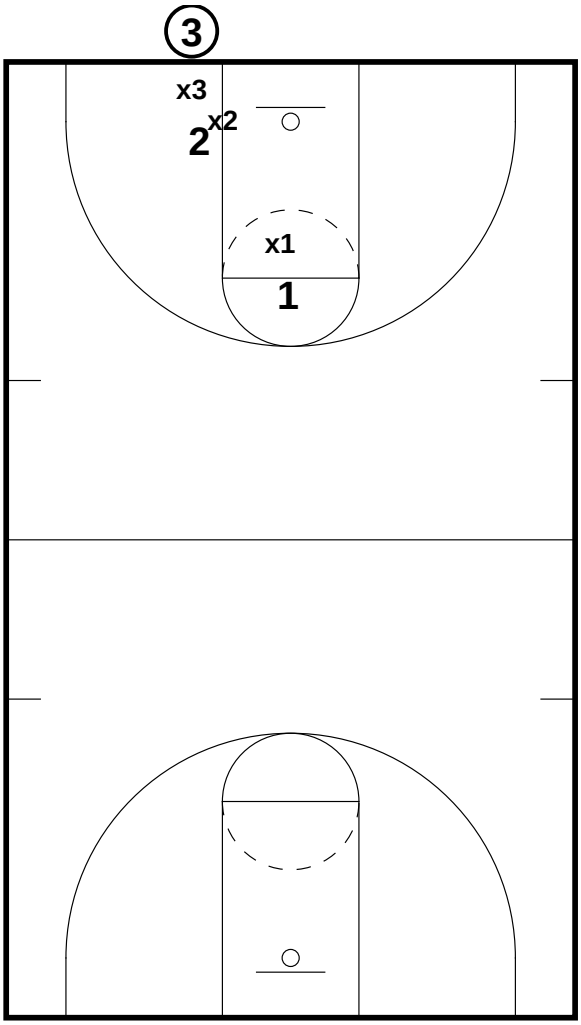
Guard passes to Wing

- 3 passes to 4 and gets across half-ct
- 1 is first cutter
- 2 is second cutter
- 5 is deep diagonal

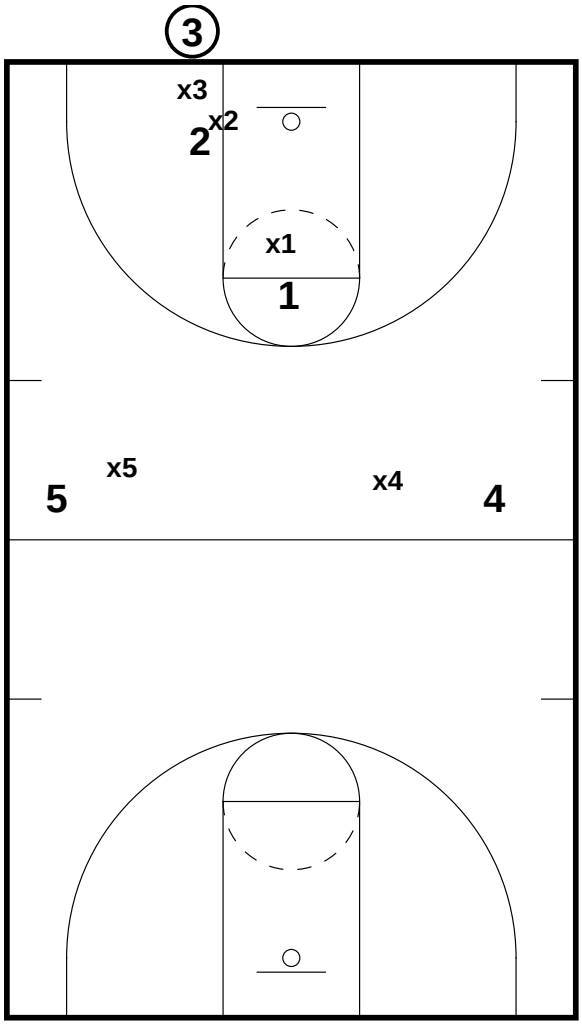
At this point, look to attack the rim

Second Cutter Press-Break

Breakdown Drills



Breakdown Drills



<u>3-on-3</u> (inbounder and two guards)

- players must get used to getting open
- pass to FIRST open man (catch, turn & face)
- other guard cuts to middle (12-15 ft spacing)
- in-bounder steps to reversal (12-15 ft spacing)
- DRILL is OVER (just get open & good spacing)

<u>5-on-5</u>

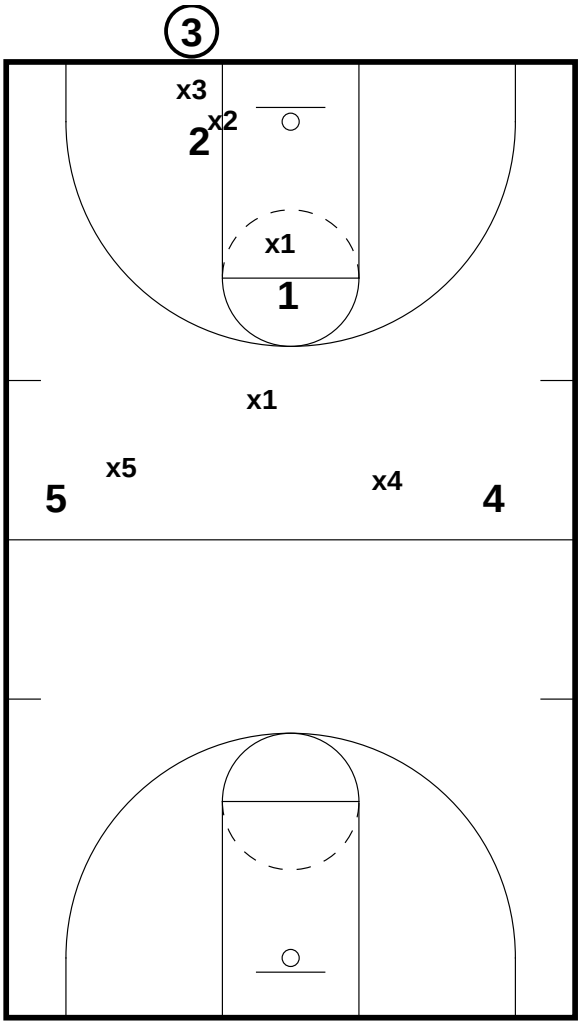
- must in-bound to 4 or 5 OR reverse the ball after in-bounding
- "one thousand one" <u>before</u> 4 and 5 cut up their lanes

Then play LIVE

- have defense change it up… For example, say "take away reversal"

Second Cutter Press-Break

Breakdown Drills



5-on-6

- have 6th defender play only in the back-court (drop off after ball crosses half)

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Tim Cleuss

"Transition Offense"

5 Star Coaching Clinic

Iona College

5/7/11

- Got his sideline break from his high school coach, Coach Morris
- Coach Morris was a lacrosse coach
- He took his sideline break from lacrosse and used it for basketball
- Pitino used to go to Coach Morris' practices to learn his fast break
- Makes every player run a 5 minute 30 second mile
- You run every day until you make it in 5 minutes and 30 seconds
- Fast break is not a play, it is a mindset
- You have to trust it and believe in it
    - You're going to throw the ball away a little bit
    - You're going to give up some easy baskets
    - It's going to wear your opponent out
- He has used it at every level and it has worked at every level
- Puts challenging time and a certain amount of made baskets on each drill
- If they don't make the time or # of baskets, the drill does not count and they have to run
- Doesn't yell at players for screwing up, just tells them to do it again
- Likes to train rebounder to take 1 dribble before outletting the ball – it gets him running and prevents him from standing and watching
- Likes to train the inbounder to turn his head and scan the floor as he steps out of bounds

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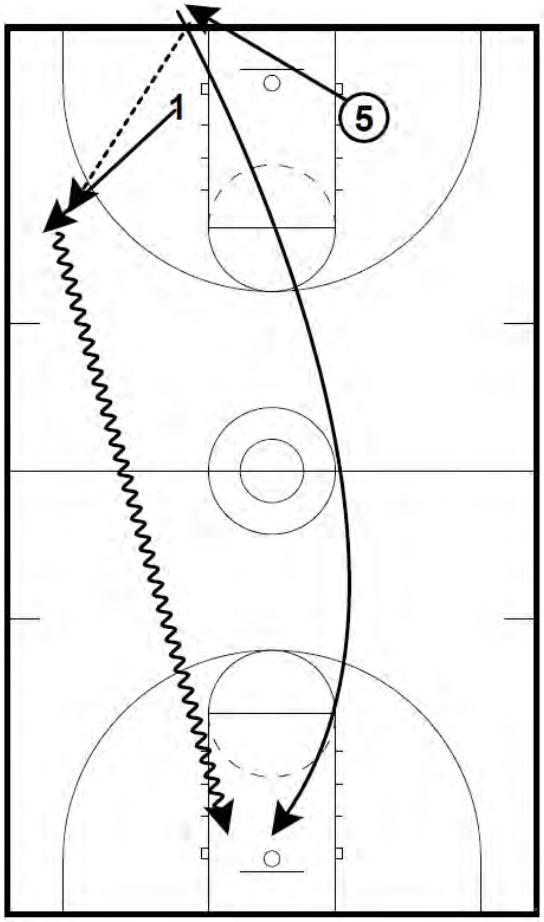
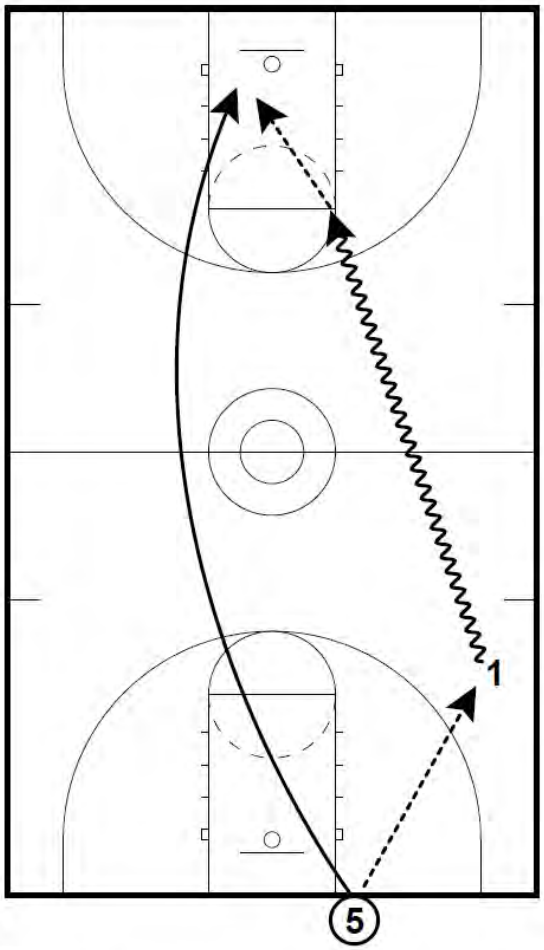
Tim Cleuss - 2 Man Break for Layup



Fast Break Frame 1

- 5 makes a layup, grabs the ball out of the net, and goes to inbound it
- 1 gets his butt to the sideline
- 5 outlets the ball to 1
- I dribbles the length of the floor for a layup
- 5 trails and grabs the ball out of the net before it hits the floor

Tim Cleuss - 2 Man Break for Layup



Fast Break Frame 2

- 5 outlets to 1
- 1 dribbles to elbow
- 5 trails the play
- 1 passes to 5 for layup

* Players need to make all 3 layups and make the trip down and back in 12 seconds or less

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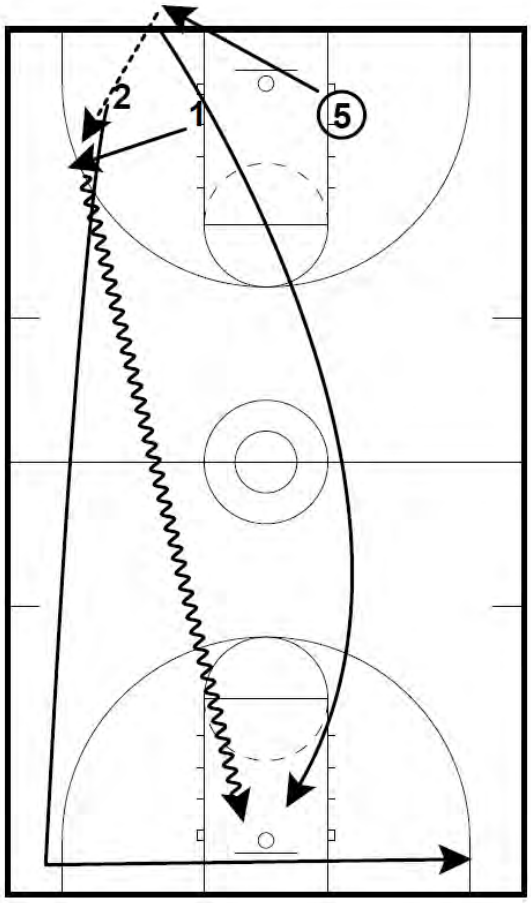
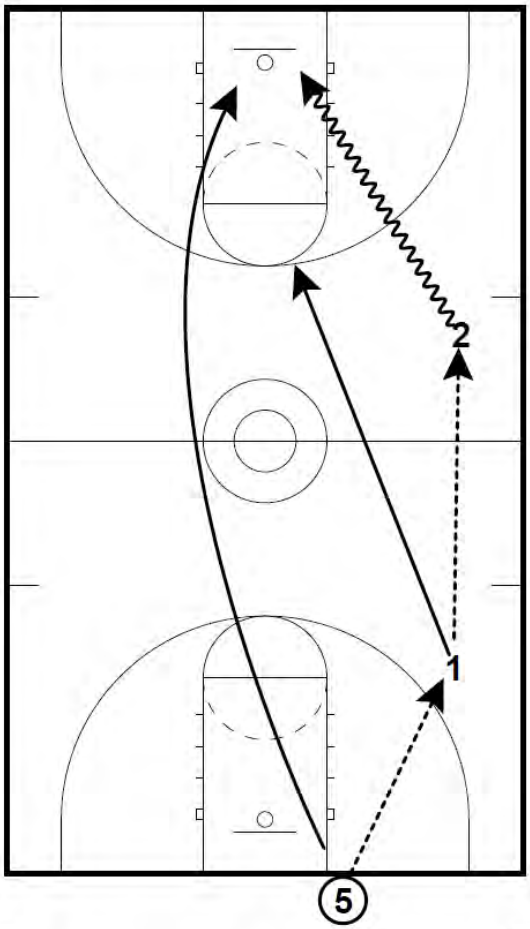
Tim Cleuss - 3 Man Break for Layup



Fast Break Frame 1

- 5 makes layup, grabs the ball out of the net, steps out of bounds, and outlets the ball to 1
- 2 sprints up the sideline and circles out
- 1 drives for the layup
- 5 trails and grabs the ball out of the net before it can touch the floor

Tim Cleuss - 3 Man Break for Layup



Fast Break Frame 2

- 5 gets the ball out of the net and outlets to 1
- 1 throws ahead to 2
- 2 makes the layup
- 5 grabs the ball out of the net before it touches the floor

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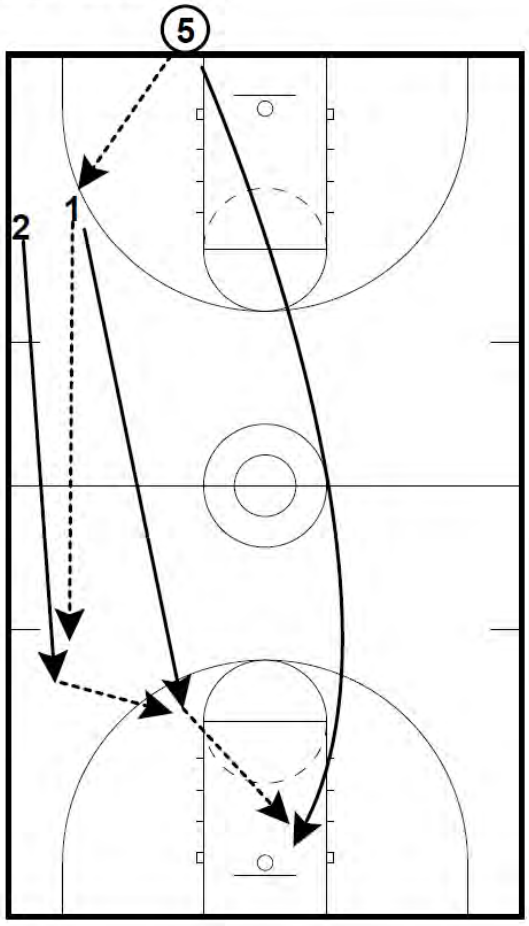
Tim Cleuss - 3 Man Break for Layup

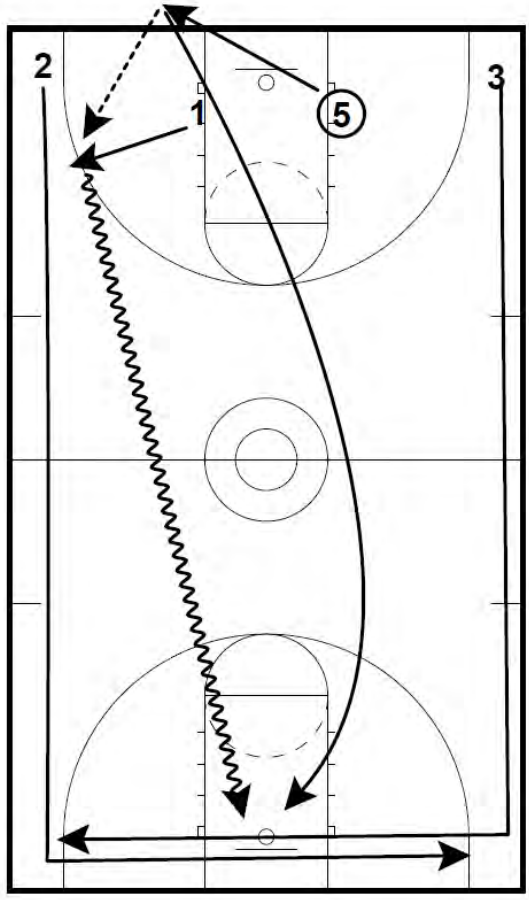


Fast Break Frame 3

- 5 outlets the ball to 1
- I throws ahead to 2
- 2 passes the ball to 1
- 1 passes to 5 for the layup

* The players should make all 4 layups and complete the 3 trips in 24 seconds

Tim Cleuss - 4 Man Break for Layup



Fast Break Frame 1

- 5 makes layup, grabs the ball out of the net, steps out of bounds, and outlets the ball to 1
- 2 sprints up the sideline and circles out
- 3 sprints up the sideline and circles out
- 2 and 3 keep their backs to the sideline and their outside hand up as they sprint up the sideline
- 1 drives for the layup
- 5 trails and grabs the ball out of the net before it can touch the floor

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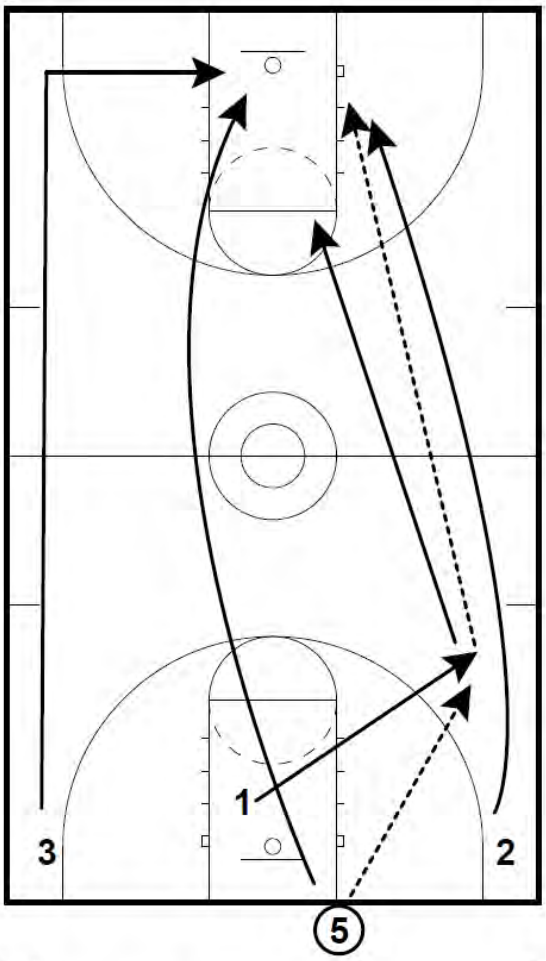
Tim Cleuss - 4 Man Break for Layup

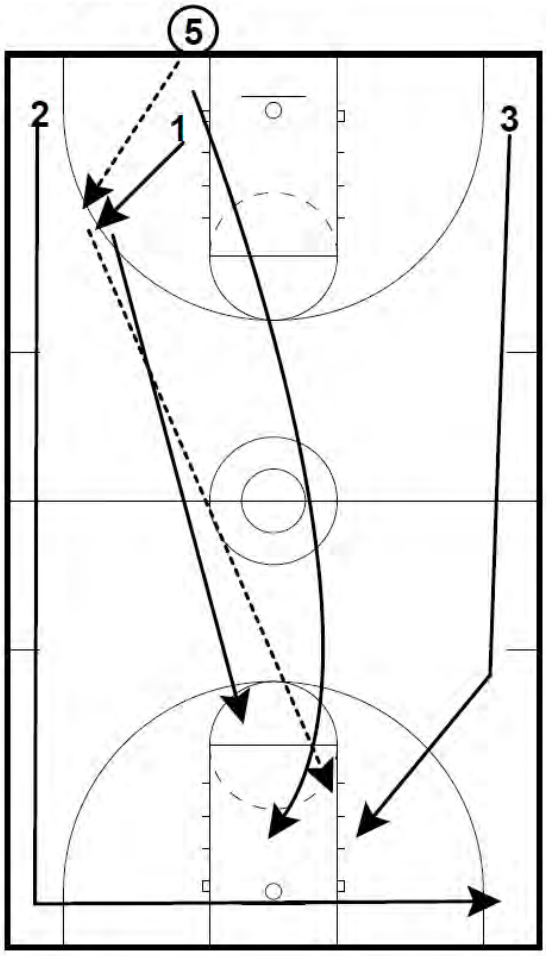


Fast Break

Frame 2

- 5 outlets the ball to 1
- 1 throws ahead to 2
- 2 drives for layup
- 5 grabs the ball out of the net before the ball hits the floor

Tim Cleuss - 4 Man Break for Layup



Fast Break

Frame 3

- 5 outlets the ball to 1
- 2 and 3 sprint up the sideline
- 1 passes ahead to 3
- 3 makes the layup
- 2 circles through
- 5 grabs the ball out of the net before it hits the floor

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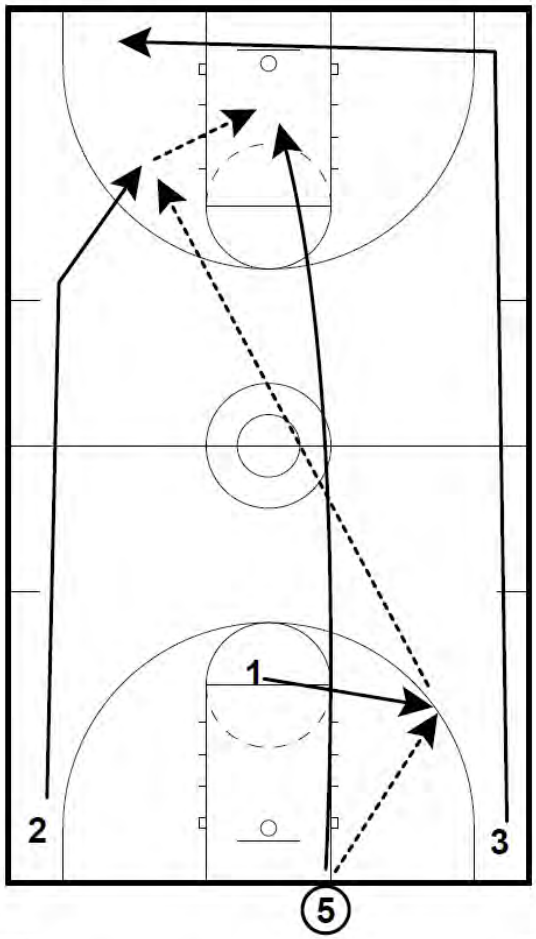
Tim Cleuss - 4 Man Break for Layup

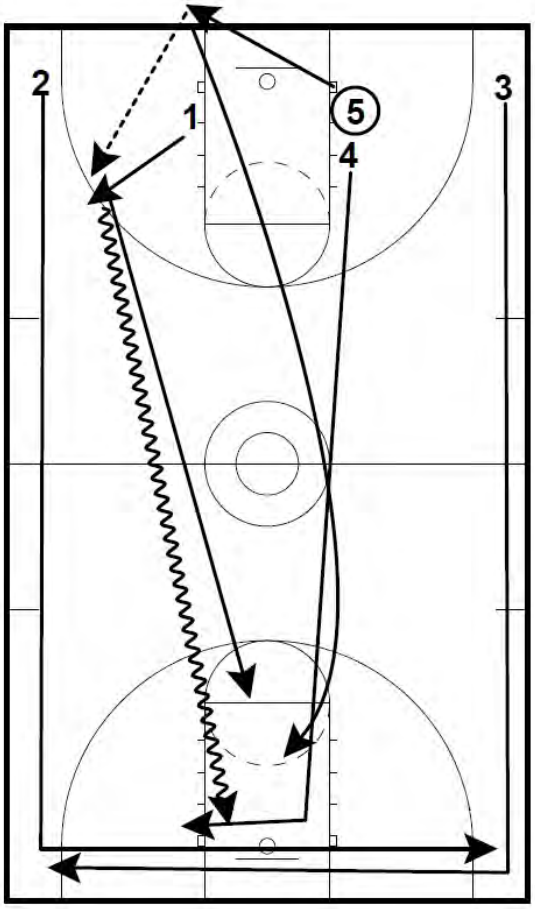


Fast Break Frame 4

- 5 outlets the ball to 1
- 2 and 3 sprint up the sidelines
- 1 throws ahead to 2
- 5 trails the play
- 2 passes to 5 for the layup

* Players should make all 5 layups and complete all 4 trips in 24 seconds

Tim Cleuss - 5 Man Break for Layup



Fast Break Frame 1

- 5 makes layup, grabs the ball out of the net, steps out of bounds, and outlets the ball to 1
- 2 sprints up the sideline and circles out
- 3 sprints up the sideline and circles out
- 2 and 3 keep their backs to the sideline and their outside hand up as they sprint up the sideline
- 1 drives for the layup
- 4 sprints to the rim
- 5 trails and grabs the ball out of the net before it can touch the floor

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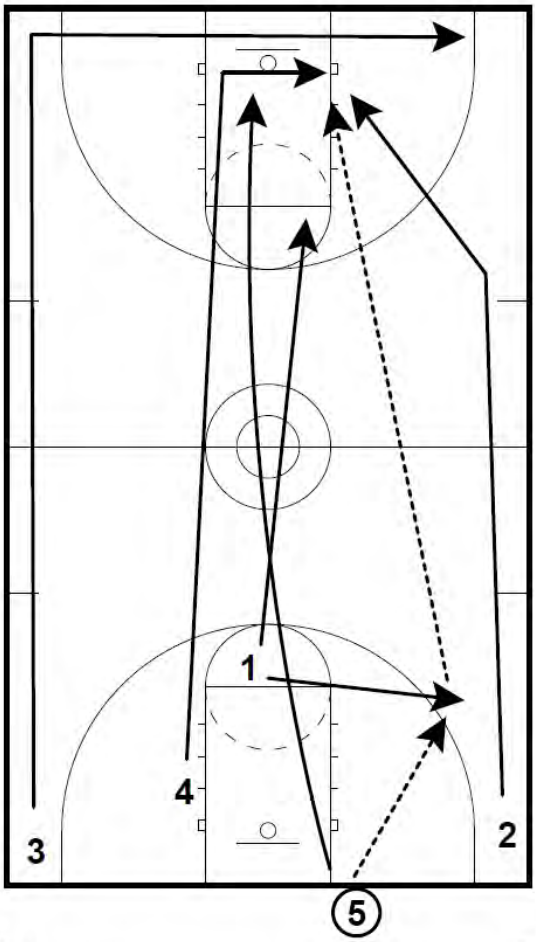
Tim Cleuss - 5 Man Break for Layup

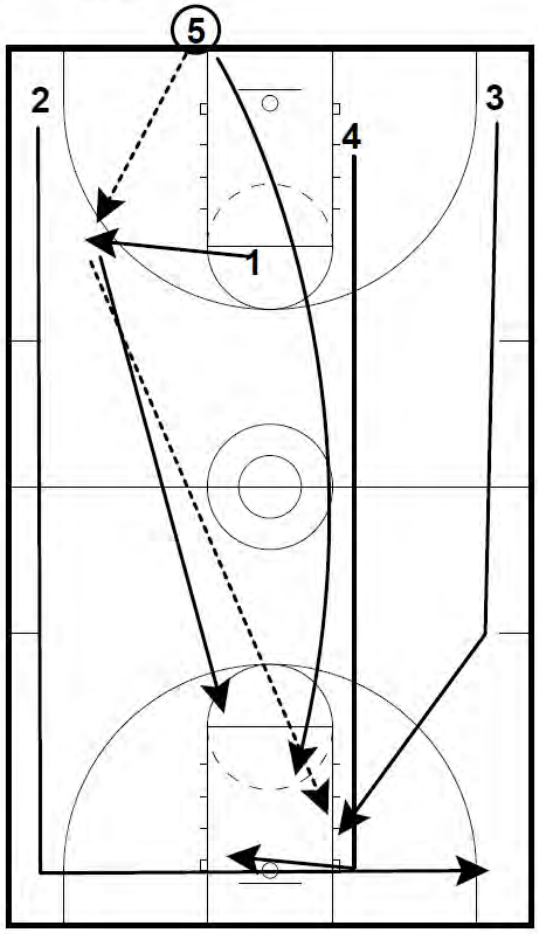


Fast Break Frame 2

- 5 outlets to 1
- 1 throws ahead to 2 for layup
- 4 rim runs and circles out
- 3 runs up the sideline and circles out
- 5 trails the play and grabs the ball out of the net before it hits the floor

* Players should make all 6 layups and complete all 5 trips in 30 seconds

Tim Cleuss - 5 Man Break for Layup



Fast Break Frame 3

- 5 outlets the ball to 1
- 1 throws ahead to 3 for a layup
- 4 rim runs and circles out
- 2 runs up the sideline and circles out
- 5 trails and grabs the ball out of the net before it hits the floor

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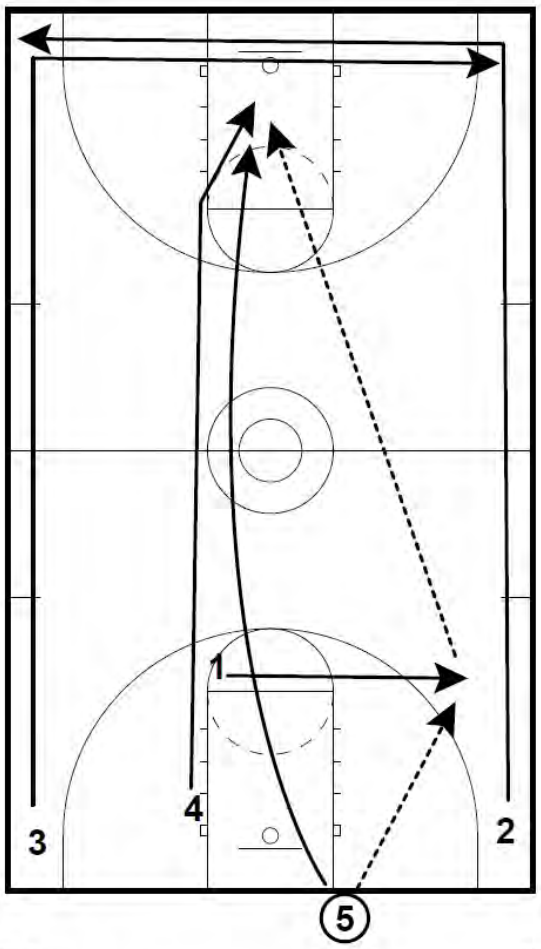
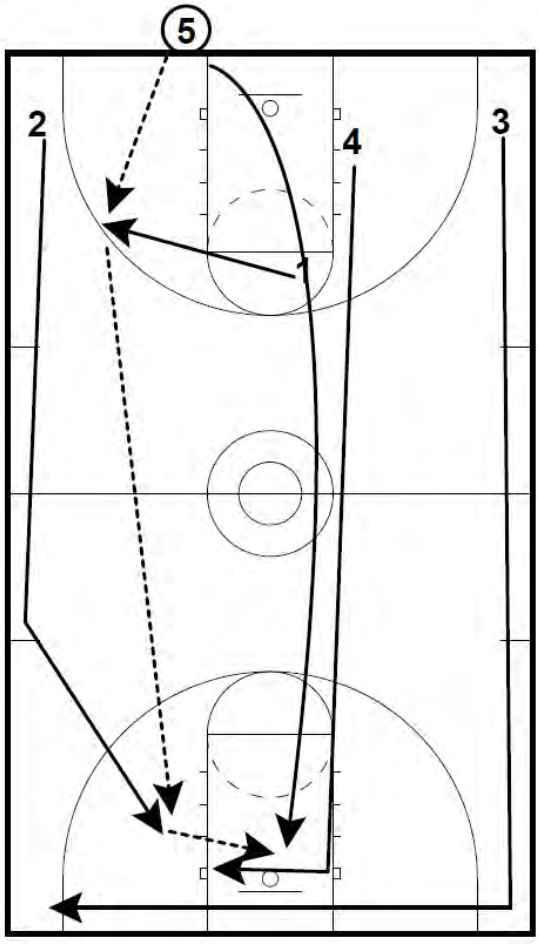
Tim Cleuss - 5 Man Break for Layup



Fast Break Frame 4

- 5 outlets to 1
- 1 throws ahead to 4 for a layup
- 2 and 3 sprint up the sideline and circle out
- 5 trails the play and grabs the ball out of the net before it hits the floor

Tim Cleuss - 5 Man Break for Layup



Fast Break Frame 5

- 5 outlets to 1
- 1 throws ahead to 2
- 3 sprints up the sideline and circles out
- 4 rim runs and circles out
- 2 passes to 5 for the layup

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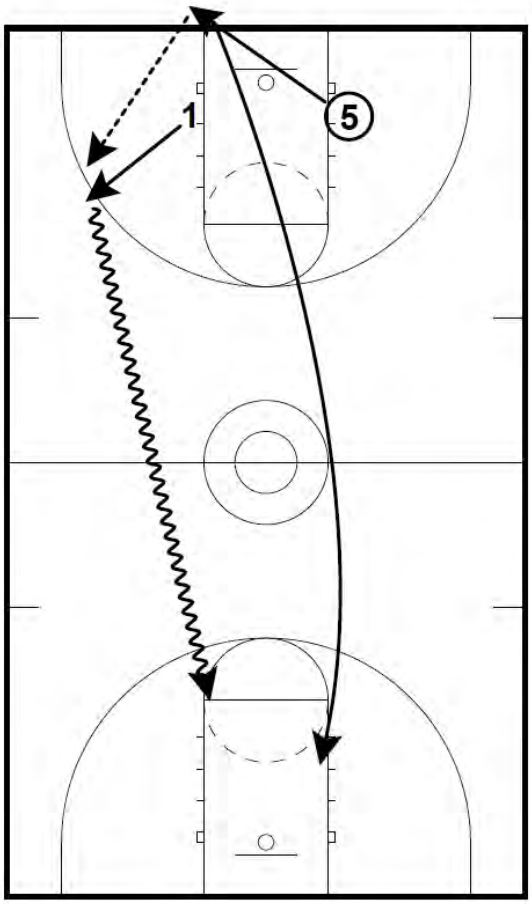
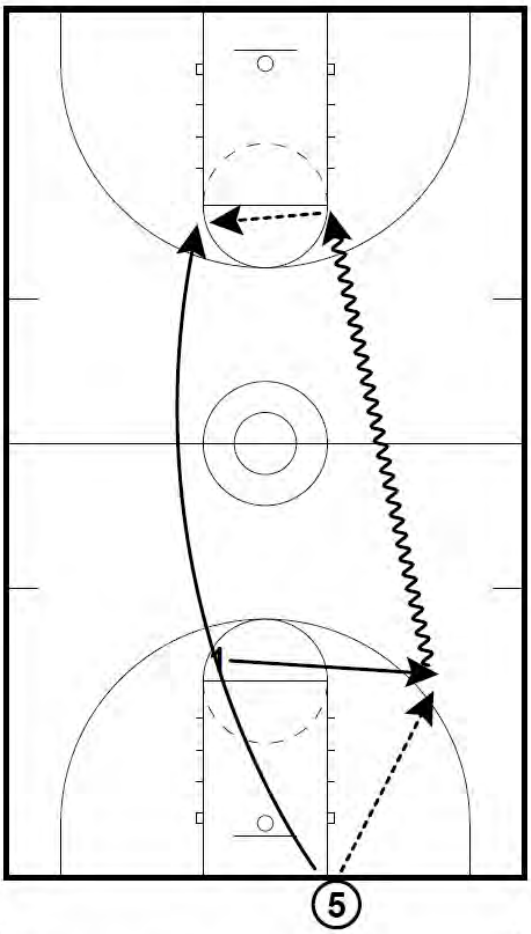
Tim Cleuss - 2 Man Break for Jumper



Fast Break Frame 1

- 5 makes a layup, grabs the ball out of the net, steps out of bounds and outlets the ball to 1
- 1 dribbles to the elbow for the jumper
- 5 trails opposite elbow and reads rebound

Tim Cleuss - 2 Man Break for Jumper



Fast Break Frame 2

- 5 outlets the ball to 1
- 1 dribbles to the elbow
- 5 trails to the opposite elbow
- 1 passes to 5 for the jumper

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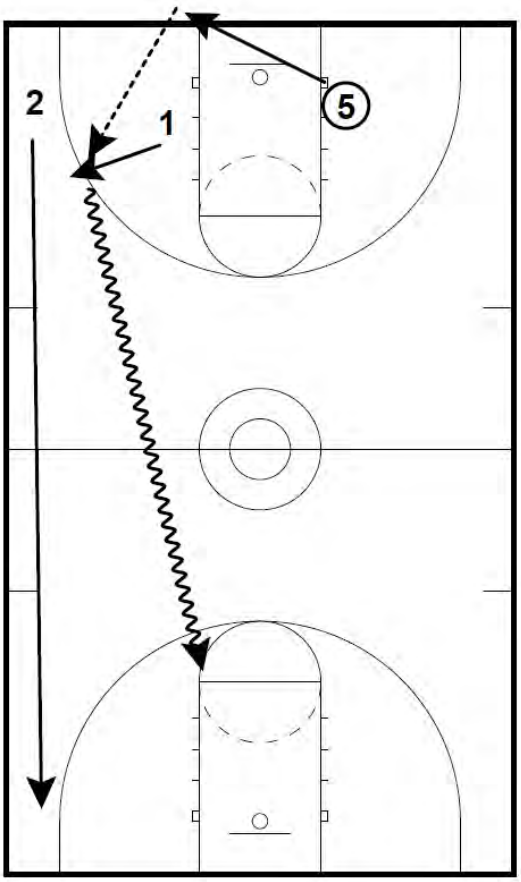
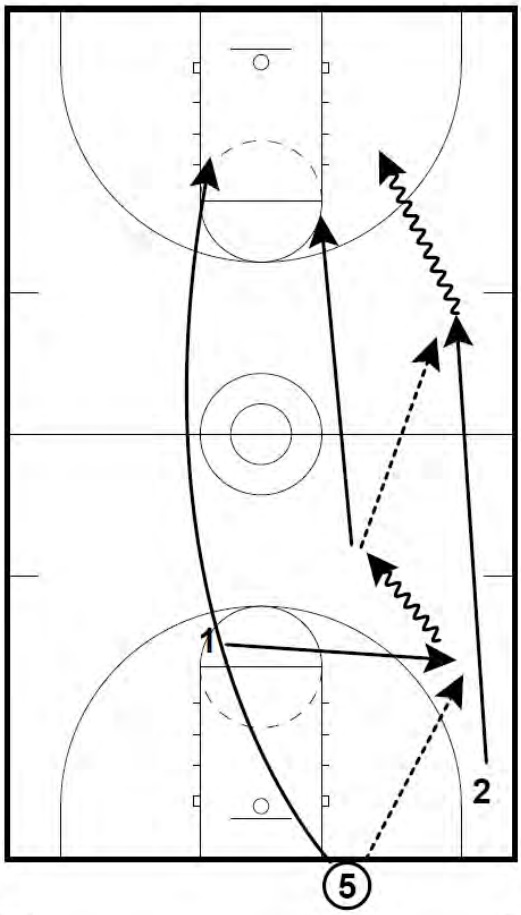
Tim Cleuss - 3 Man Break for Jumper



Fast Break Frame 1

- 5 makes a layup, grabs the ball out of the net, steps out of bounds, and outlets the ball to 1
- 2 sprints up the sideline to the corner
- 1 dribbles to the elbow for the jumper
- 5 trails to the opposite elbow and reads the rebound

Tim Cleuss - 3 Man Break for Jumper



Fast Break Frame 2

- 5 outlets the ball to 1
- 1 takes a couple of dribbles towards the middle of the floor to set up a passing angle
- 1 throws ahead to 2
- 2 dribbles in for jumper between wing and corner
- 5 trails to opposite elbow and reads the rebound

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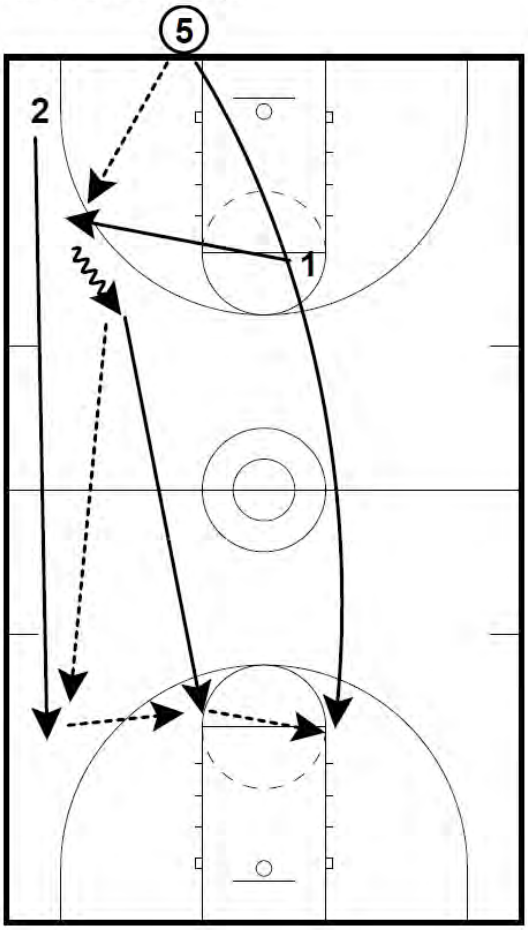
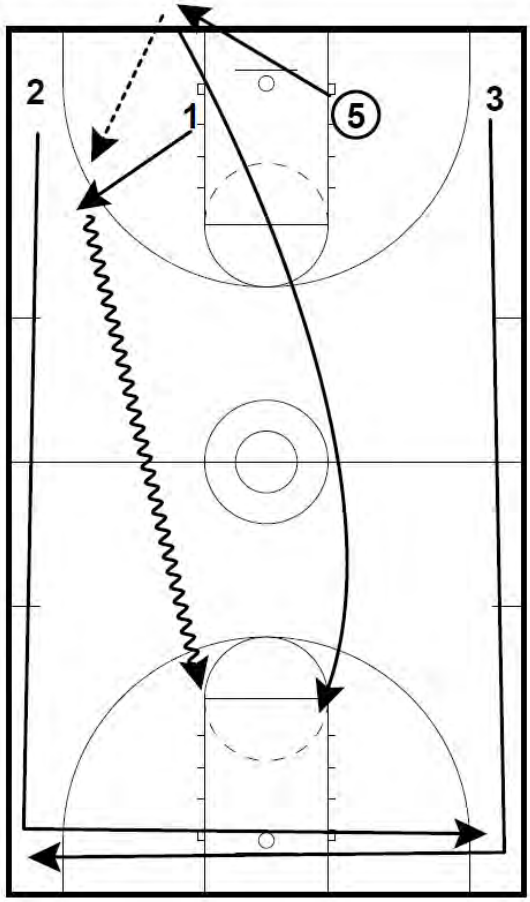
Tim Cleuss - 3 Man Break for Jumper



Fast Break Frame 3

- 5 outlets the ball to 1
- 1 takes two dribbles and throws ahead to 2
- 2 passes back to 1 at elbow
- 1 passes to 5 trailing
- 5 shoots the elbow jumper

Tim Cleuss - 4 Man Break for Jumper



Fast Break Frame 1

- 5 makes a layup, grabs the ball out of the net, steps out of bounds, and outlets the ball to 1
- 2 and 3 sprint up the sideline to the corner and circles out
- 1 dribbles to the elbow for the jumper
- 5 trails to the opposite elbow and reads the rebound

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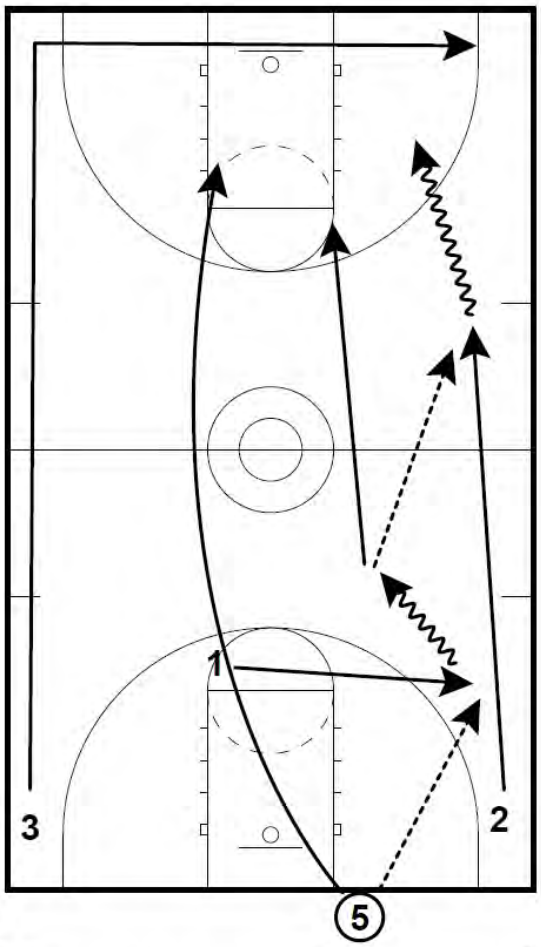
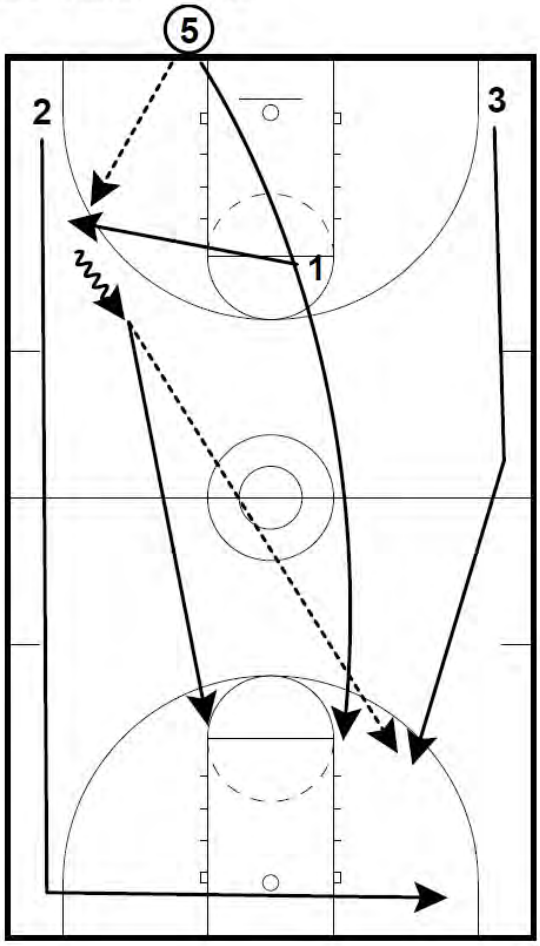
Tim Cleuss - 4 Man Break for Jumper



Fast Break Frame 2

- 5 outlets the ball to 1
- 3 sprints up the sideline to the corner and circles out
- 1 takes a couple of dribbles towards the middle of the floor to set up a passing angle
- 1 throws ahead to 2
- 2 dribbles in for jumper between wing and corner
- 5 trails to opposite elbow and reads the rebound

Tim Cleuss - 4 Man Break for Jumper



Fast Break Frame 3

- 5 outlets the ball to 1
- 1 takes two dribbles and throws ahead to 3
- 3 shoots the jumper between the wing and corner
- 2 sprints up the sideline to the corner and circles out
- 5 trails to the elbow and reads the rebound

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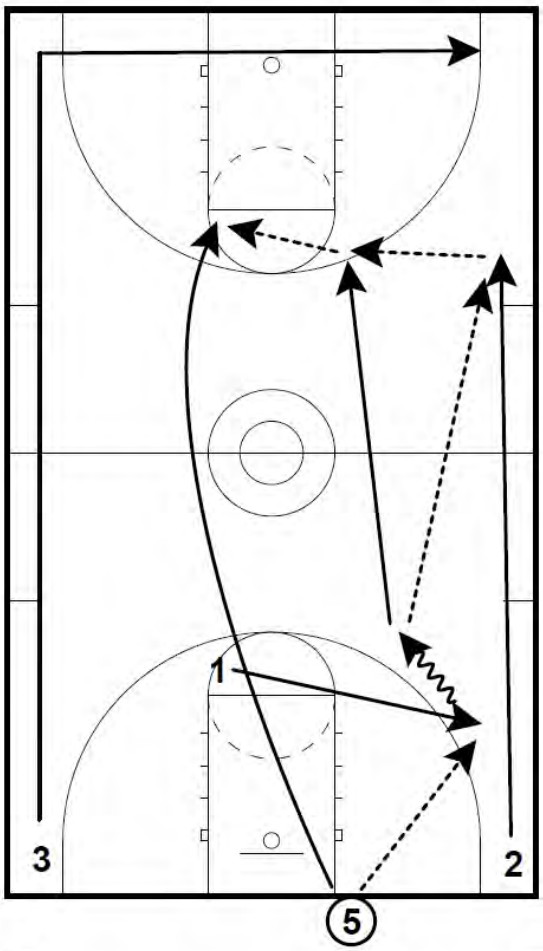
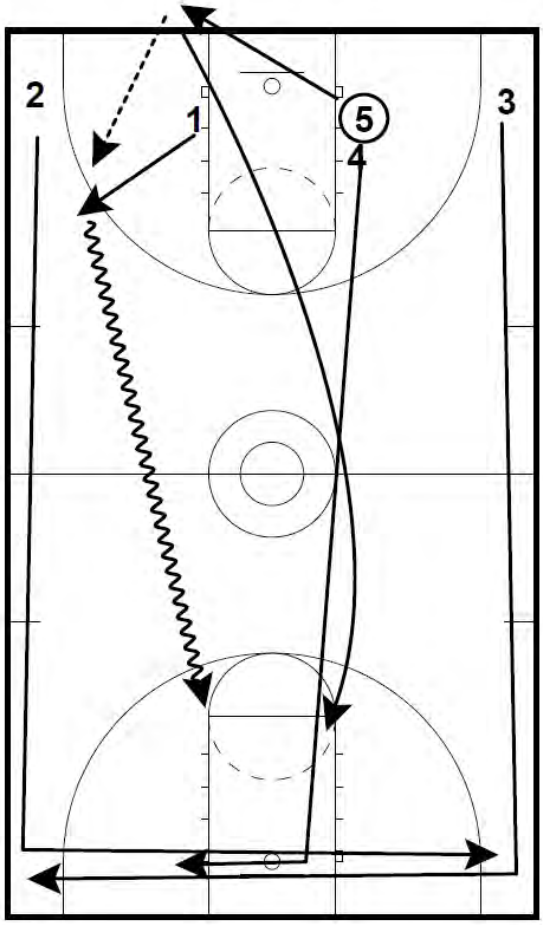
Tim Cleuss - 4 Man Break for Jumper



Fast Break Frame 4

- 5 outlets the ball to 1
- 1 takes two dribbles and throws ahead to 2
- 3 sprints up the sideline to the corner and circles out
- 2 passes back to 1 at elbow
- 1 passes to 5 trailing
- 5 shoots the elbow jumper

Tim Cleuss - 5 Man Break for Jumper



Fast Break Frame 1

- 5 makes a layup, grabs the ball out of the net, steps out of bounds, and outlets the ball to 1
- 2 and 3 sprint up the sideline to the corner and circles out
- 1 dribbles to the elbow for the jumper
- 4 man rim runs and circles out
- 5 trails to the opposite elbow and reads the rebound

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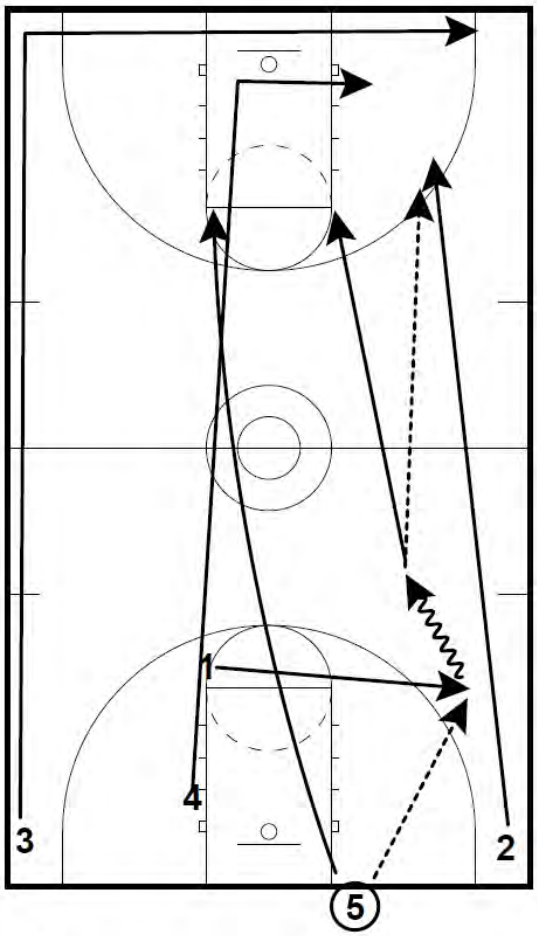
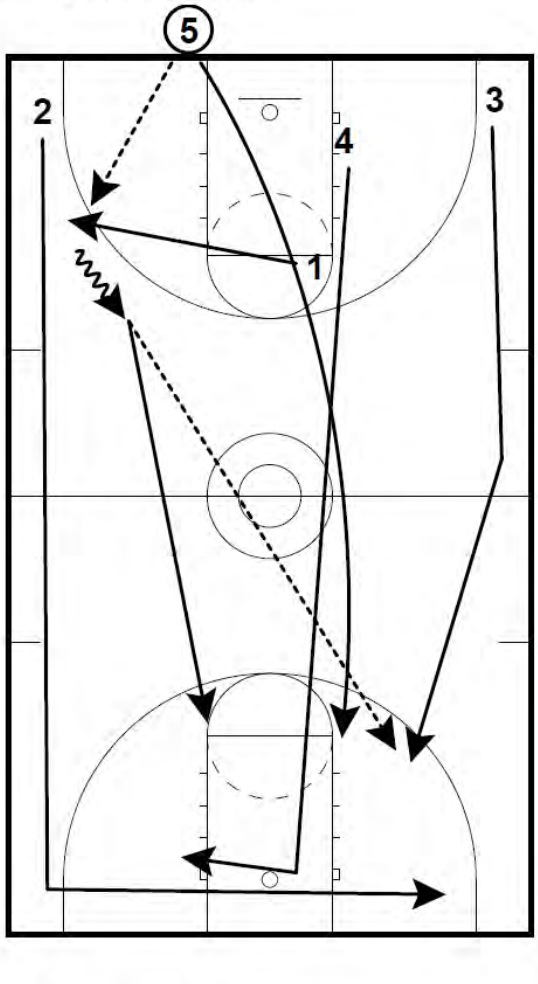
Tim Cleuss - 5 Man Break for Jumper



Fast Break Frame 2

- 5 outlets the ball to 1
- 3 sprints up the sideline to the corner and circles out
- 4 rim runs and circles out
- 1 takes a couple of dribbles towards the middle of the floor to set up a passing angle
- 1 throws ahead to 2
- 2 dribbles in for jumper between wing and corner
- 5 trails to opposite elbow and reads the rebound

Tim Cleuss - 5 Man Break for Jumper



Fast Break Frame 3

- 5 outlets the ball to 1
- 1 takes two dribbles and throws ahead to 3
- 3 shoots the jumper between the wing and corner
- 2 sprints up the sideline to the corner and circles out
- 4 rim runs and circles out
- 5 trails to the elbow and reads the rebound

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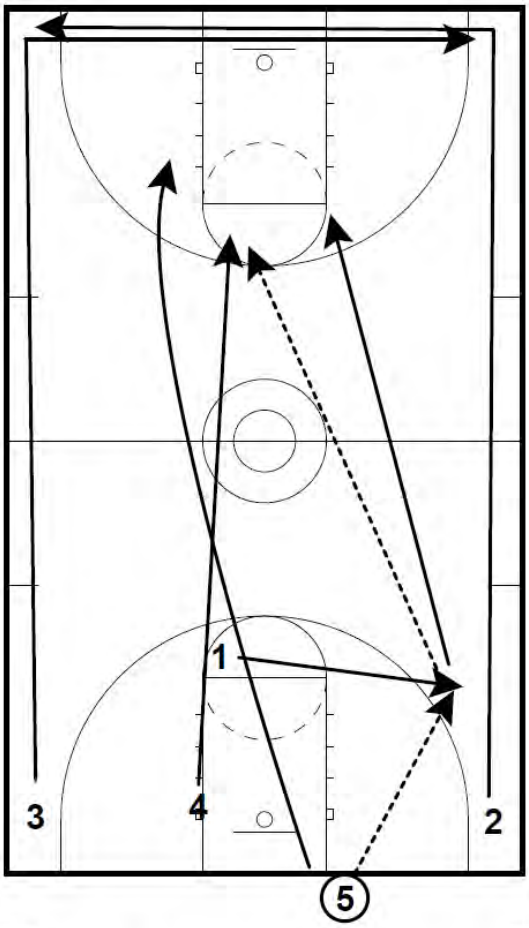
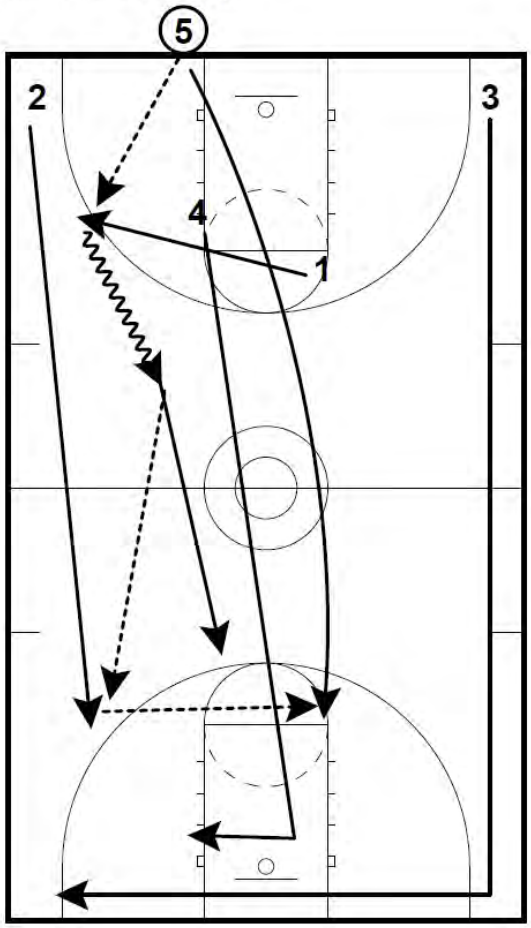
Tim Cleuss - 5 Man Break for Jumper



Fast Break Frame 4

- 5 outlets the ball to 1
- 1 throws ahead to 4
- 4 shoots the jumper between the foul line and three point line
- 2 and 3 sprint up the sideline to the corner and circle out
- 5 trails and reads the rebound

Tim Cleuss - 5 Man Break for Jumper



Fast Break Frame 5

- 5 outlets the ball to 1
- 3 sprints up the sideline to the corner and circles out
- 4 rim runs and circles out
- 1 takes a couple of dribbles towards the middle of the floor to set up a passing angle
- 1 throws ahead to 2
- 2 passes to 5 trailing
- 5 shoots the jumper

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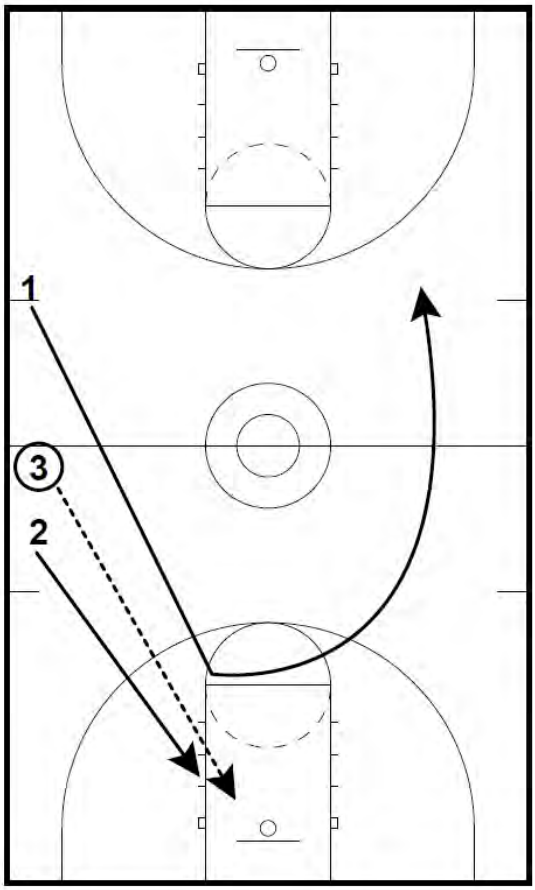
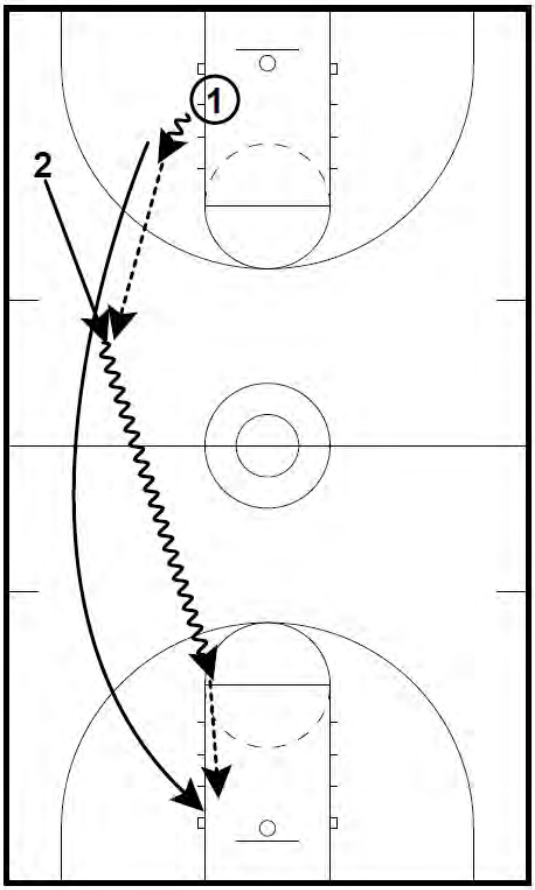
Tim Cleuss - 3 Man Layup Drill



Fast Break Frame 1

- Man who shoots the layup is the outlet (2)
- Trailer (3) takes out the ball
- Passer (1) hits the foul line and breaks deep
- Throw passes that lead man to the basket, no dribbling

Tim Cleuss - 2 Man Layup Drill



Fast Break Frame 1

- 1 throws the ball off the boards, grabs rebound, takes 1 dribble, and outlets the ball to 2
- 2 dribbles to elbow, passes to 1 for layup

* Reverse roles coming back down.

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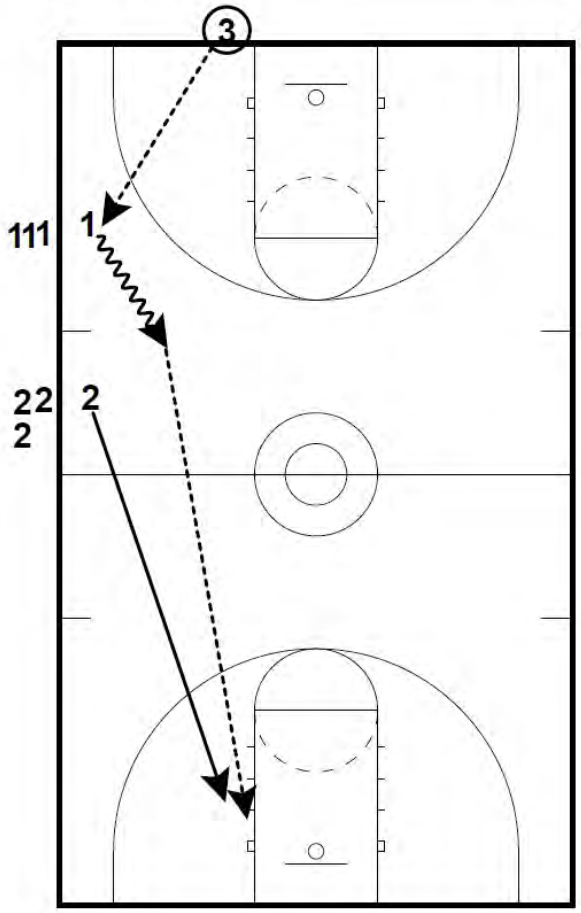
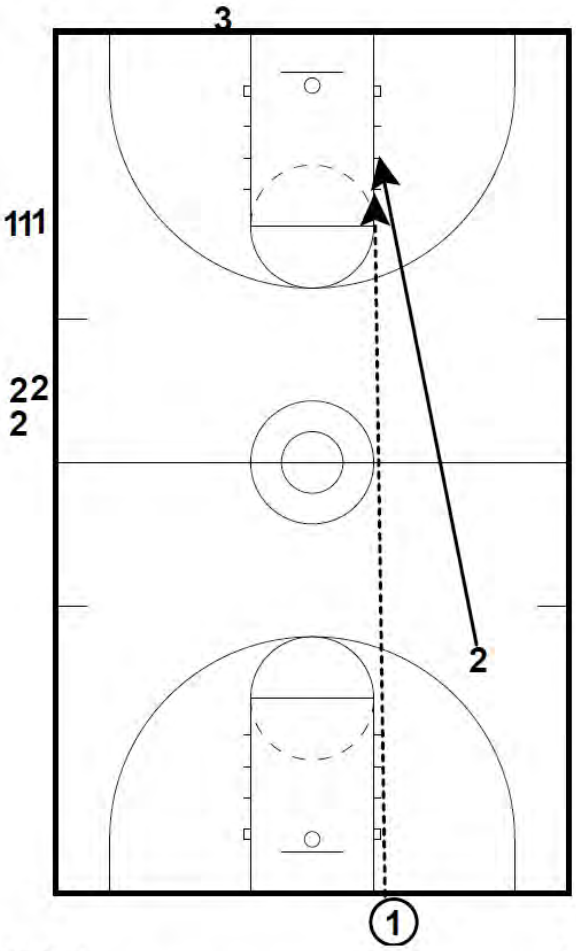
Tim Cleuss - 2 Man Baseball Pass



Fast Break Frame 1

- 3 outlets to 1
- 1 takes a dribble and then throws a leading pass to 2 for a layup
- 2 takes the pass and scores the layupu without dribbling

Tim Cleuss - 2 Man Baseball Pass



Fast Break Frame 2

- 1 grabs the ball out of the net, turns his head as he steps out of bounds, and throws a baseball pass to 2
- 2 makes the layup without taking a dribble
- 1 grabs the ball out of the net, turns his head as he steps out of bounds, and outlets to new 1

* Drill repeats
** 1 and 2 switch lines

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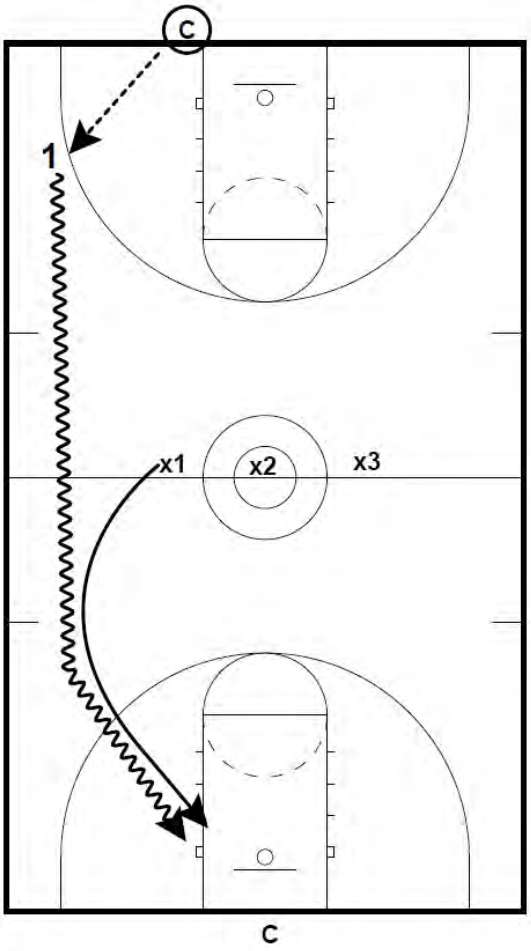
Tim Cleuss - Continuous 2 Man

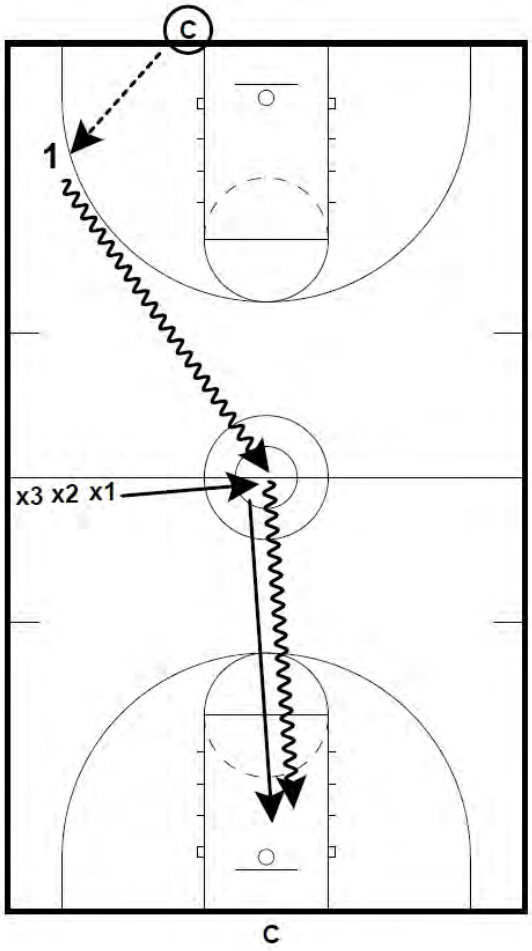


Fast Break Frame 1

- Coach outlets the ball to 1
- 1 dribbles up the floor wide (between the sideline and volleyball post)
- Defense picks up right before offense hits half-court

* Give each player four reps on offense to start

Tim Cleuss - Continuous 2 Man (Middle)



Fast Break Frame 1

- Coach outlets the ball to 1
- 1 dribbles up the middle of the floor
- Defense picks up at half-court and works on containing the dribble

* Give each player four reps on offense to start

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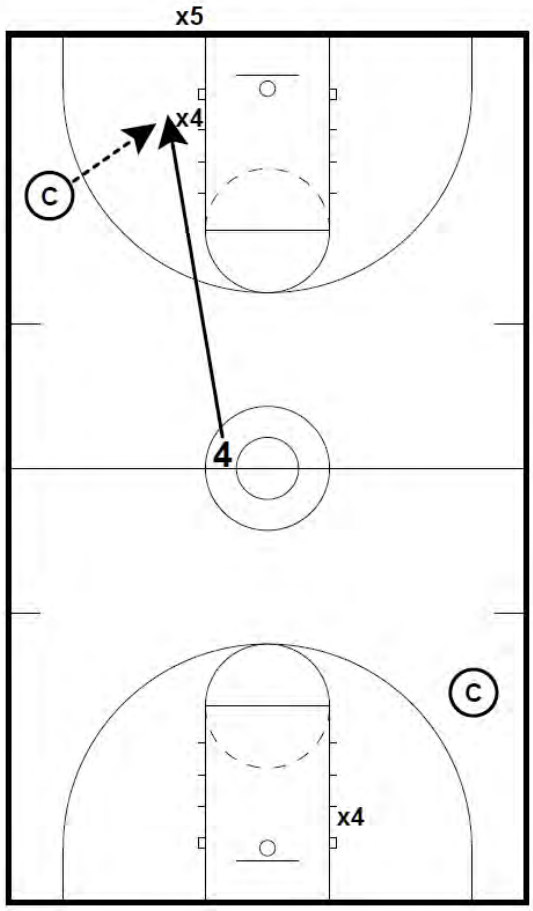
Tim Cleuss - Continuous 2 Man (Post Players)

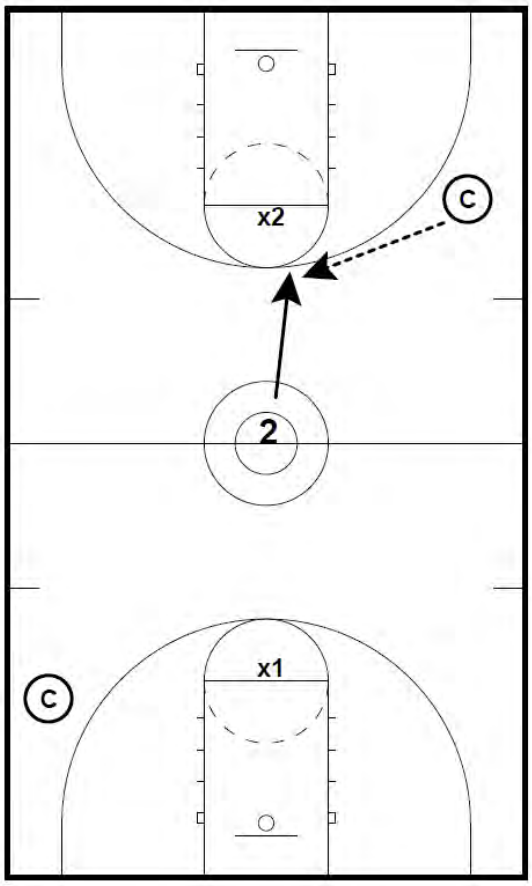


Fast Break Frame 1

- Offense sprints the floor and posts up
- Coach feeds the post
- Offense attacks
- After shooting, offense sprints to the other end of the floor and repeats the drill

* Run for 4 posts

Tim Cleuss - Continuous 2 Man (Perimeter Moves)



Fast Break Frame 1

- Defense waits at the foul line and picks man up off of the pass
- Offense keeps feet moving to move into shot or takes man off the dribble
- After shooting, offense sprints to the other end of the floor and the drill repeats

* Run drill for 4 offensive possessions

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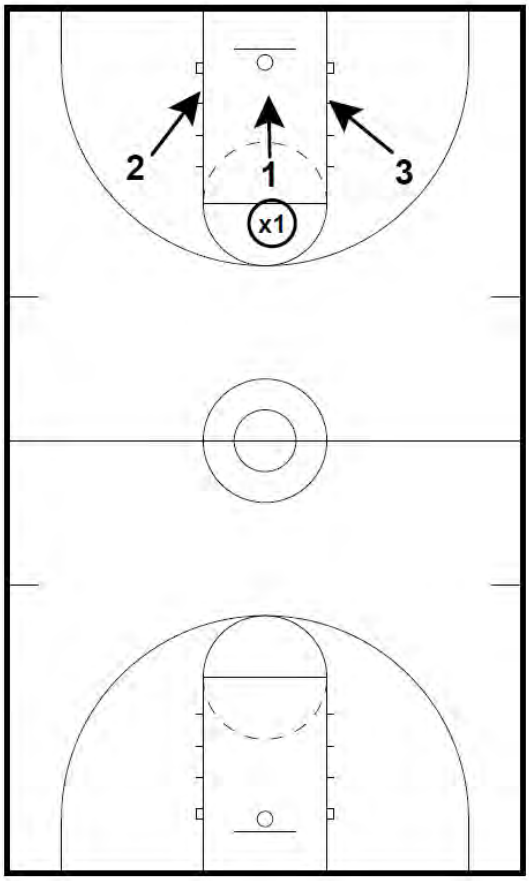
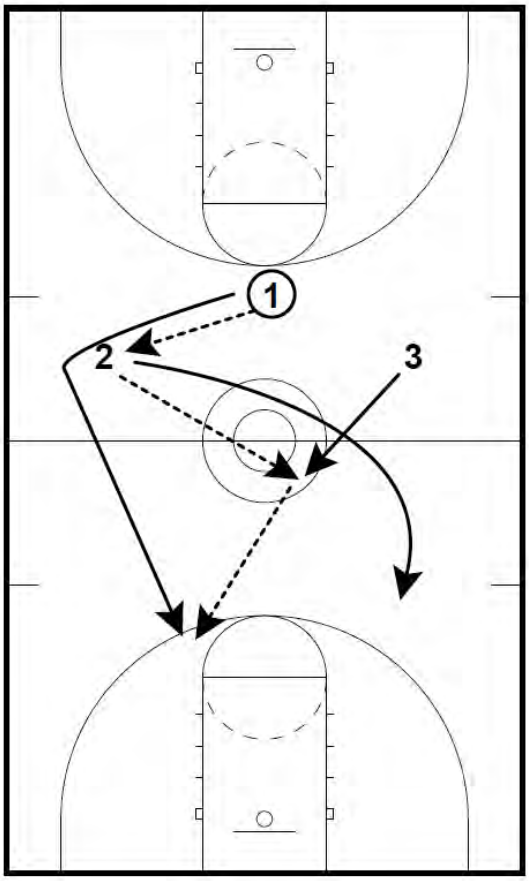
Tim Cleuss - Box and Shoot



Fast Break Frame 1

- Act like your on defense on wing
- Ball defender yells shot
- All 3 defenders yell ball
- 1 defender calls ball for outlet
- 3 on 0 the other way
- 3 on 1 coming back

Tim Cleuss - 3 Man Weave



Fast Break Frame 1

- 1st trip for jumper
- 2nd trip for jumper
- 3rd trip for jumper
- 4th trip layup for inbounder

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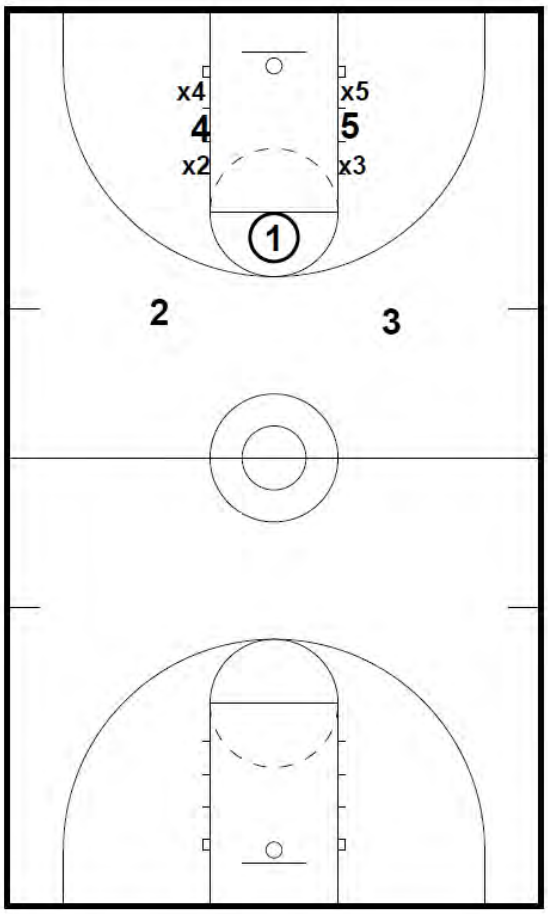
Tim Cleuss - Transition Reads

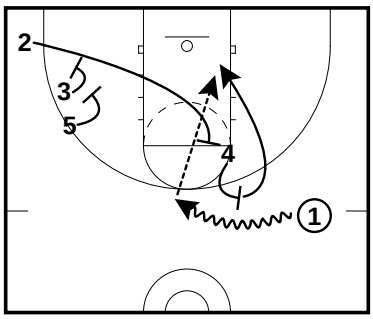


Fast Break

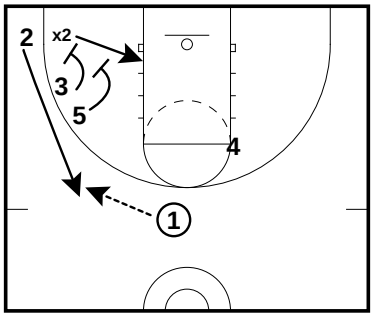
Frame 1

- Drill starts with a foul shot
- Foul shooter drops off
- 5 dark jerseys go the other way against 4 light jerseys
- Then 2 dark jerseys drop off and 4 lights come back against 3 darks
- Then 2 lights drop off and 3 darks come back against 2 lights
- Then 2 darks drop off and 2 lights come back against 1 dark

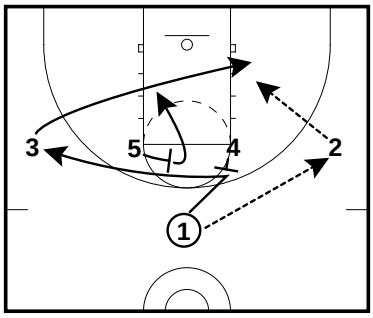
Quick Strikes Playbook



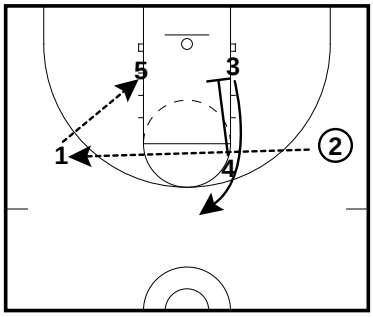
Twist (Option 1)
- 1 comes off a high ball screen
- 2 comes off double staggered screen from 3 and 5
- 2 sets back screen for 4



Twist (Option 2)
- If X2 cheats and goes under, 2 can pop to the wing for a 3 point shot



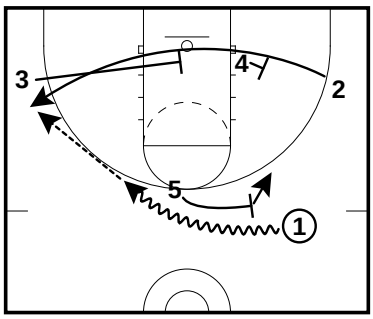
Fade (part 1)
- 3 cuts hard to ball side block for a post up
- 1 fakes a UCLA cut and then uses a flare screen from 5
- 5 man dives immediately after setting the screen



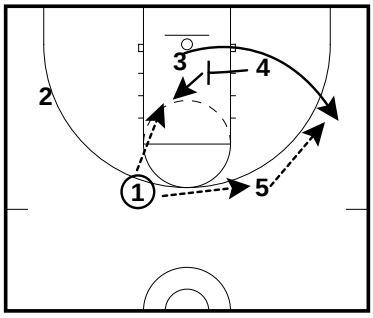
Fade (part 2)
- On the skip pass to the 1, he can shoot, drive or hit the 5 in teh post
- 4 sets a down screen for 3

All Contents Proprietary

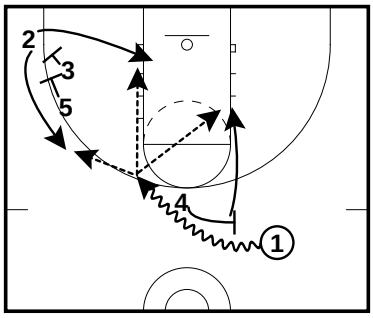
Quick Strikes Playbook



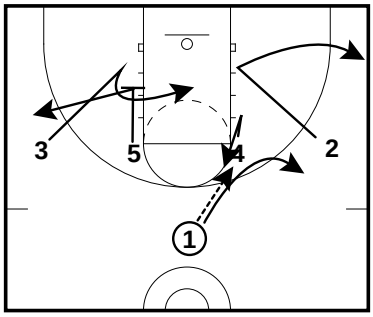
Fist (part 1)
- 5 sets a high ball screens and shapes up
- 2 comes off a double staggered baseline screen



Fist (part 2)
- 3 comes off a screen from 4
- Ball gets reversed or skipped to 3 for a 3
- 4 ducks in



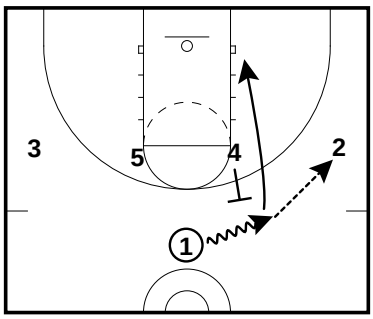
Fist 2
- 1 man attacks high ball screen from 4
- 2 reads defense and uses double screen from 5 adn 3



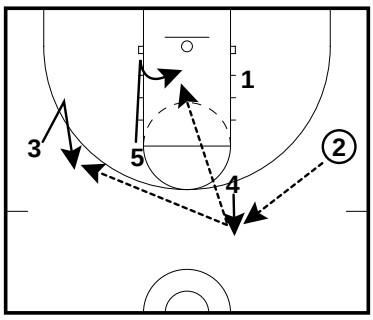
High Post Set
- 1 fakes dribble hand off
- 3 man looks to curl
- 5 man on curl will fade, on pop cut by 3, 5 man will up cut
- 4 man looks to 2 man on back door then to weak side action

All Contents Proprietary

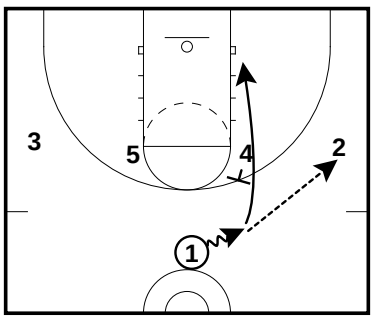
Quick Strikes Playbook



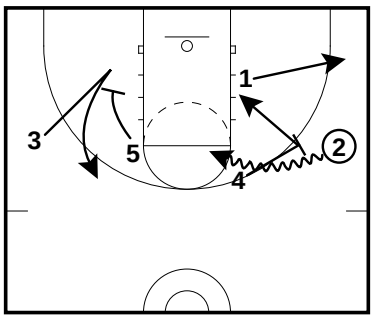
High Wing Set (part 1)
- Wing entry to 2
- 4 sets UCLA screen for 1
- 4 pops for ball revesal; 5 shoul WALK his defender down to the block
- Looks for 5 on low post seal
- If no low post entry, swing the ball to 3 and then into 5



High Wing Set (part 2)
- 4 pops for ball revesal; 5 shoul WALK his defender down to the block
- Looks for 5 on low post seal
- If no low post entry, swing the ball to 3 and then into 5



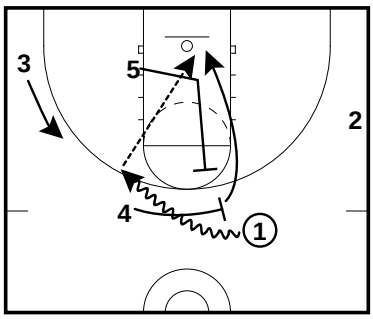
High Ball Screen (part 1)
- 1 passes to the wing and UCLA cuts off the 4 man



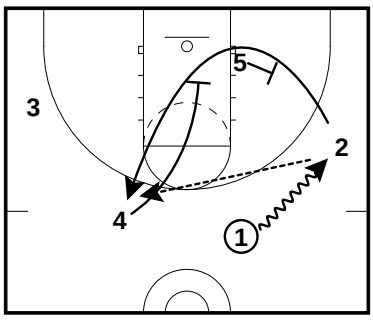
High Ball Screen (part 2)
- 4 goes and ball screens for the wing (4 can shape up or dive)
- 5 sets a down screen for 3

All Contents Proprietary

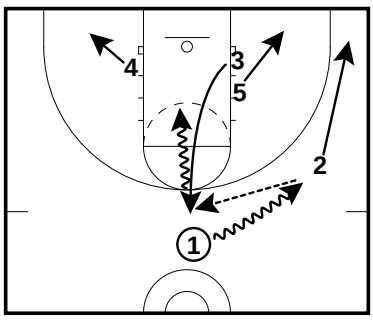
Quick Strikes Playbook



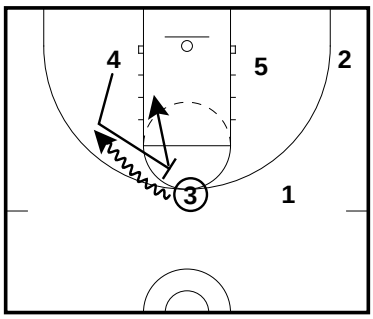
Open
- 4 sets a high ball screen
- 5 comes and head hunts 4's man for a back screen lob from 2
- If 2's defender starts to cheat in, 1 can skip to 2 for a 3



Dribble Out
- 2 comes off a series of screens to the top of the key for a 3
- Look for 3's defender to cheat where the ball can be skipped to 3
- Post players should read defense for slips and seals



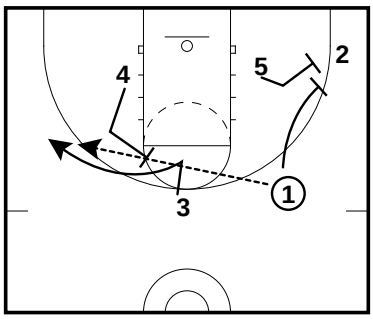
3 Man ISO (Option 1)
- 3 cuts up the middle to receive the pass from 1
- 3 looks to create



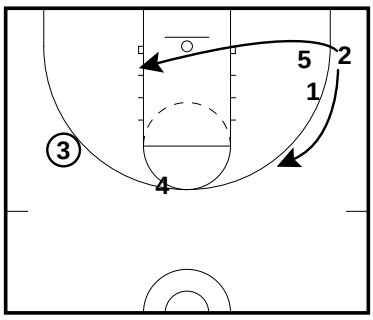
3 Man ISO (Option 2)
- 4 comes and sets a high ball screen for a 2 man game

All Contents Proprietary

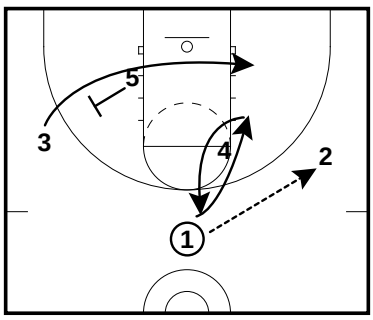
Quick Strikes Playbook



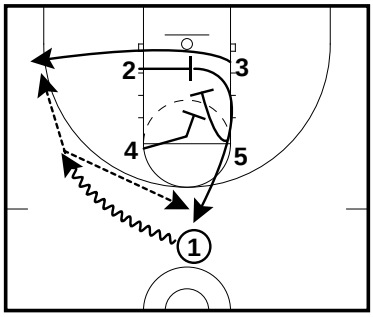
3 Man ISO (Option 3)
- 4 comes and sets a flare screen for the ball to be skipped
- 5 and 1 set a double for 2



3 Man ISO (Option 3)
- 2 can go high or low depending on how his defender plays the screens



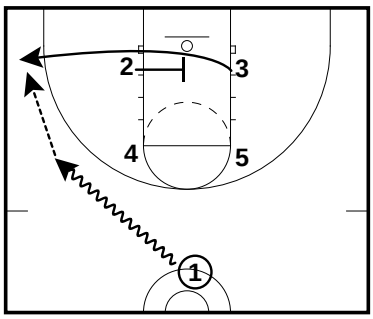
Return
- 1 passes to 2 and reads defense and uses a re-screen from 4
- 3 uses back screen to cut to ball side block for post up



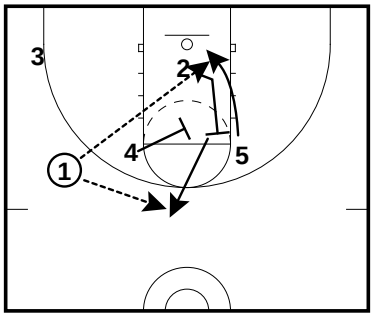
Stagger
- 2 sets a cross scree for 3
- 4 and 5 set a double staggered screen for 2 to pop to the key
- 1 dribble entries to the wing
- 5 looks to post up on the ball side block after setting screen

All Contents Proprietary

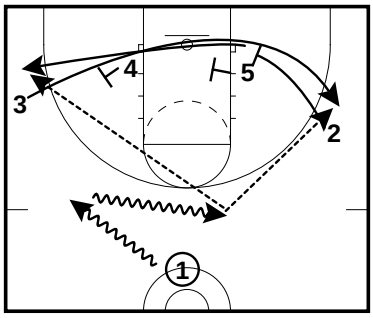
Quick Strikes Playbook



Red Post (part 1)
- 3 cuts to corner off of cross scree from 2
- 2 then sets back screen for 5 for lob look



Red Post (part 2)
- 2 then sets back screen for 5 for lob look
- 4 then screens for 2 to pop up for a 3



Triple
- 1 dribbles at a wing, that wing will come off a triple staggered screen
- The other wing will come out the back end off a screen from the post
- Post players look to slip and pin their man after the guards clear out

All Contents Proprietary

09-10 TULSA

March 8, 2010

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MAN OFFENSE (14 Plays) 4

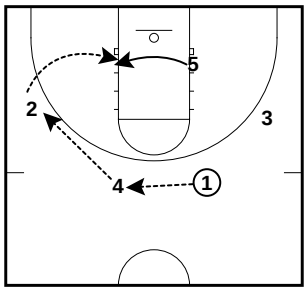
ZONE OFFENSE (0 Plays) 8

BLOBS (9 Plays) 9

EARLY OFFENSE

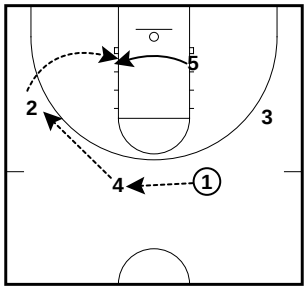
POST ENTRY

TULSA (OPP) - EARLY OFFENSE



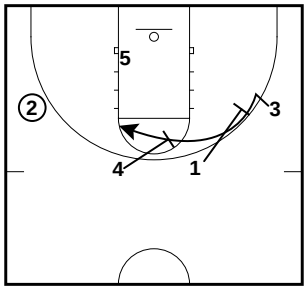
POST-STAGGER AWAY (1 of 2)

TULSA (OPP) - EARLY OFFENSE



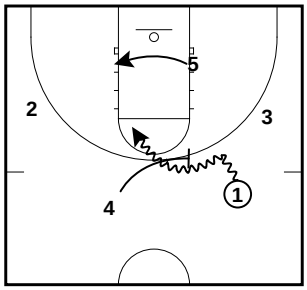
POST-STAGGER AWAY (2 of 2)

TULSA (OPP) - EARLY OFFENSE



RANDOM BALL

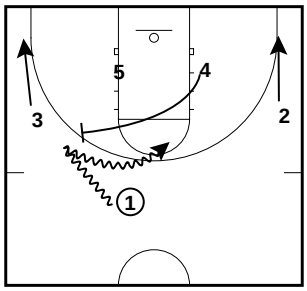
TULSA (OPP) - EARLY OFFENSE



LATE CLOCK

SPRINT WING BALL

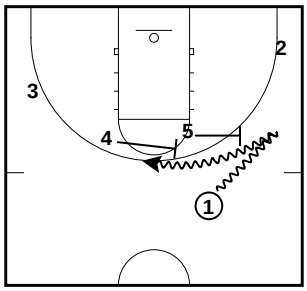
TULSA (OPP) - LATE CLOCK



MAN OFFENSE

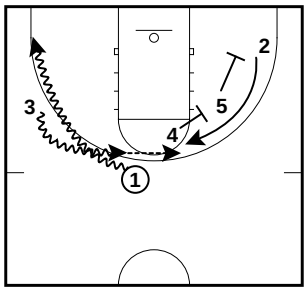
"44" (1 of 2)

TULSA (OPP) - MAN OFFENSE - DOUBLE HI BALL-H.O.-STAGGER



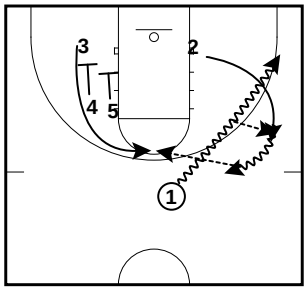
"44" (2 of 2)

TULSA (OPP) - MAN OFFENSE - DOUBLE HI BALL-H.O.-STAGGER



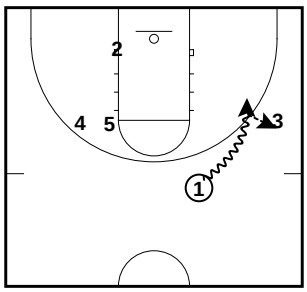
"ELBOW 3"

TULSA (OPP) - MAN OFFENSE



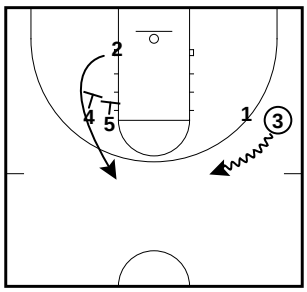
"ELBOW" HANDOFF-DOUBLE DOWN (1 of 2)

TULSA (OPP) - MAN OFFENSE



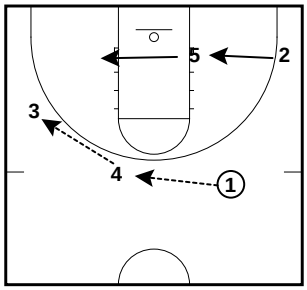
"ELBOW" HANDOFF-DOUBLE DOWN (2 of 2)

TULSA (OPP) - MAN OFFENSE



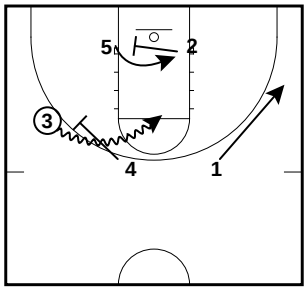
"FOLLOW" (1 of 2)

TULSA (OPP) - MAN OFFENSE



"FOLLOW" (2 of 2)

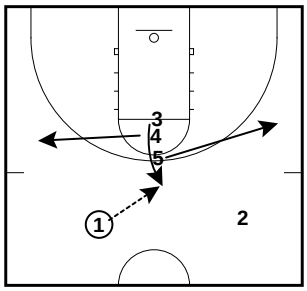
TULSA (OPP) - MAN OFFENSE



MAN OFFENSE

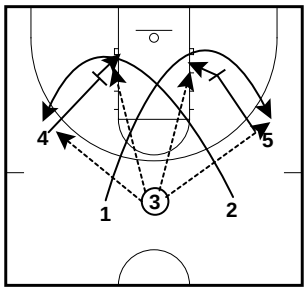
"GUARDS IN" (1 of 2)

TULSA (OPP) - MAN OFFENSE



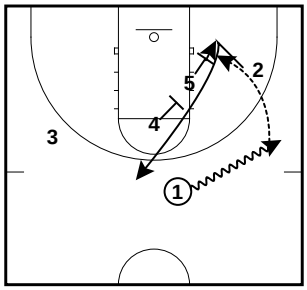
"GUARDS IN" (2 of 2)

TULSA (OPP) - MAN OFFENSE



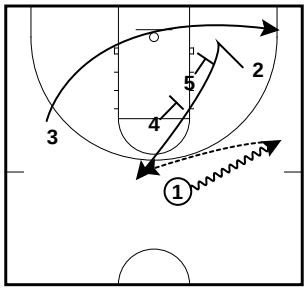
"PUSH"-IVERSON POST

TULSA (OPP) - MAN OFFENSE



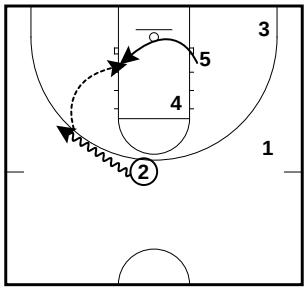
"SLICE"-IVERSON REVERSE (1 of 2)

TULSA (OPP) - MAN OFFENSE



"SLICE"-IVERSON REVERSE (2 of 2)

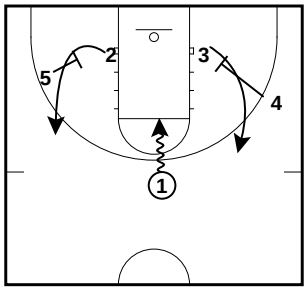
TULSA (OPP) - MAN OFFENSE



2 EITHER CREATES FOR SELF OR 5 POSTS

1-4 FLAT

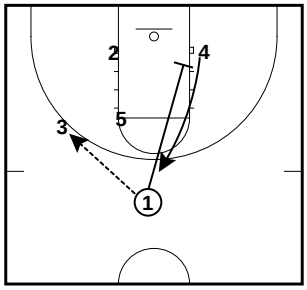
TULSA (OPP) - MAN OFFENSE



MAN OFFENSE

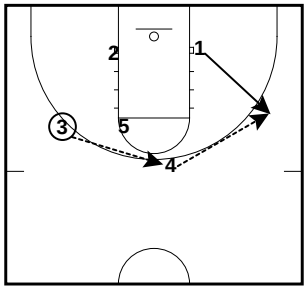
BACK SCREEN-STAGGER (1 of 3)

TULSA (OPP) - MAN OFFENSE



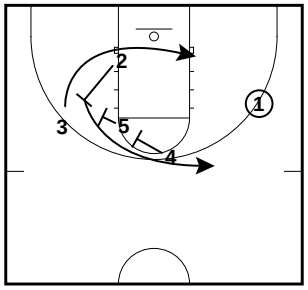
BACK SCREEN-STAGGER (2 of 3)

TULSA (OPP) - MAN OFFENSE



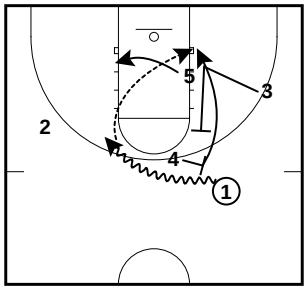
BACK SCREEN-STAGGER (3 of 3)

TULSA (OPP) - MAN OFFENSE



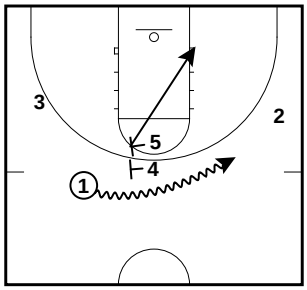
BALL SCREEN-BACK SCREEN

TULSA (OPP) - MAN OFFENSE



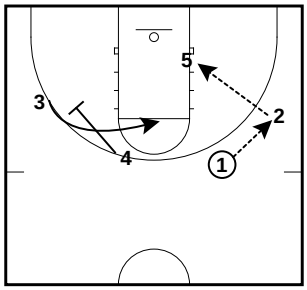
DUKE ACTION (1 of 2)

TULSA (OPP) - MAN OFFENSE



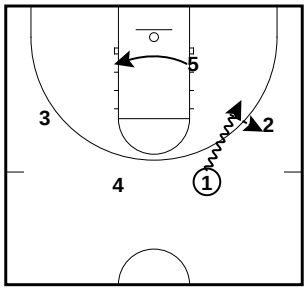
DUKE ACTION (2 of 2)

TULSA (OPP) - MAN OFFENSE



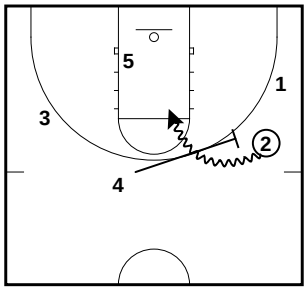
HANDOFF BALL SCREEN (1 of 2)

TULSA (OPP) - MAN OFFENSE



HANDOFF BALL SCREEN (2 of 2)

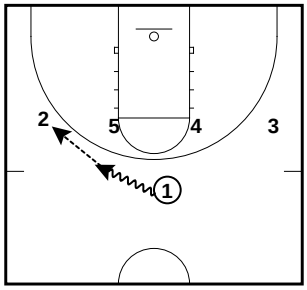
TULSA (OPP) - MAN OFFENSE



MAN OFFENSE

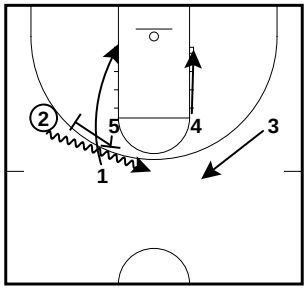
UCLA BALL SCREEN (1 of 2)

TULSA (OPP) - MAN OFFENSE



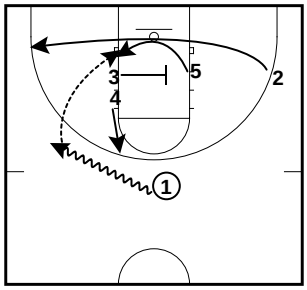
UCLA BALL SCREEN (2 of 2)

TULSA (OPP) - MAN OFFENSE



UNDER

TULSA (OPP) - MAN OFFENSE

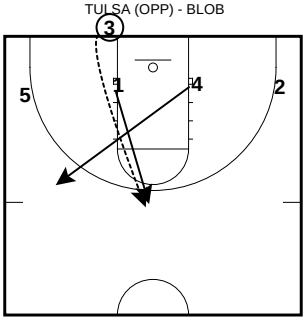


ZONE OFFENSE

BLOBS

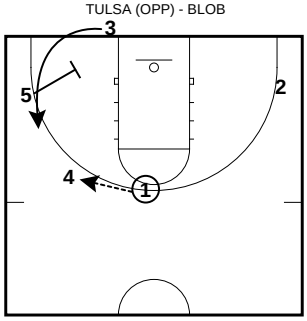
4 ACROSS-SCREEN INBOUNDER (1 of 2)

TULSA (OPP) - BLOB



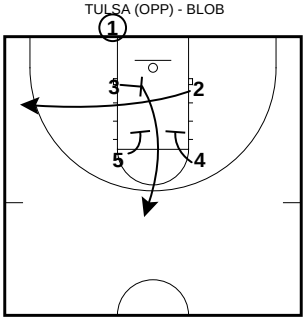
4 ACROSS-SCREEN INBOUNDER (2 of 2)

TULSA (OPP) - BLOB



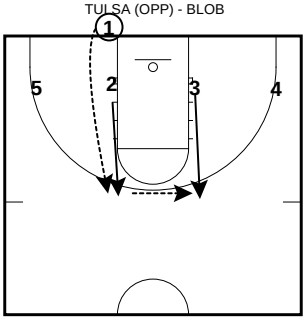
BOX

TULSA (OPP) - BLOB



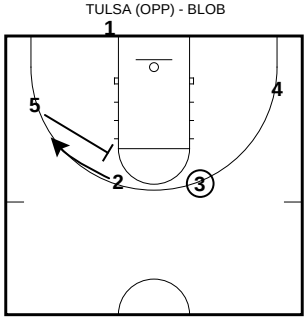
FLARE (1 of 2)

TULSA (OPP) - BLOB



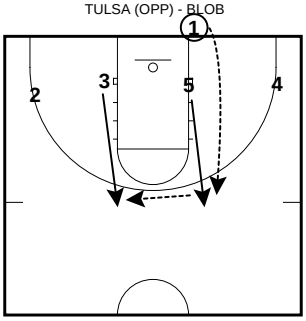
FLARE (2 of 2)

TULSA (OPP) - BLOB



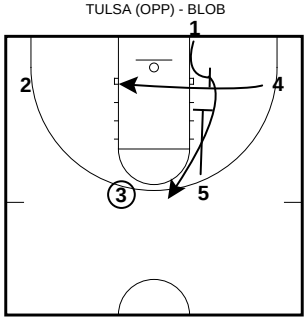
FLEX ACTION (1 of 3)

TULSA (OPP) - BLOB



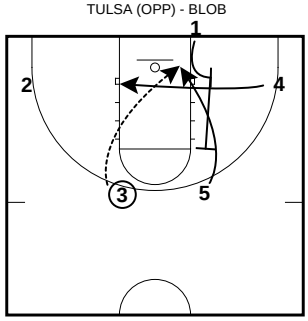
FLEX ACTION (2 of 3)

TULSA (OPP) - BLOB



FLEX ACTION (3 of 3)

TULSA (OPP) - BLOB

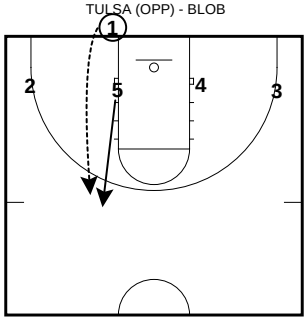


LOB OPTION

BLOBS

HAND OFF-POST ISO (1 of 2)

TULSA (OPP) - BLOB



HAND OFF-POST ISO (2 of 2)

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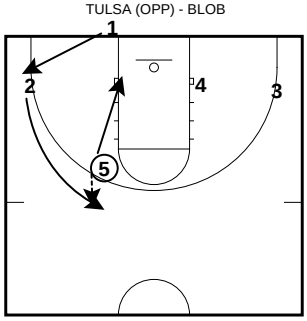
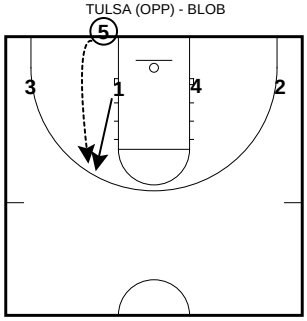


SPRINT WING BALL (1 of 2)

TULSA (OPP) - BLOB



SPRINT WING BALL (2 of 2)

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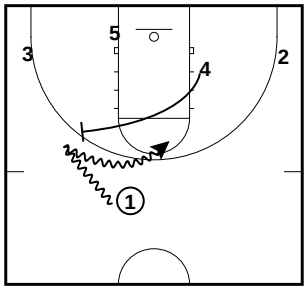

STACK CURL

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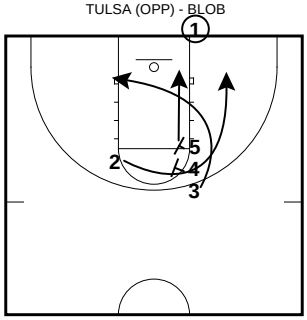

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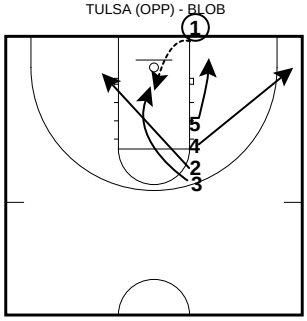

BLOBS

STACK-DIVE

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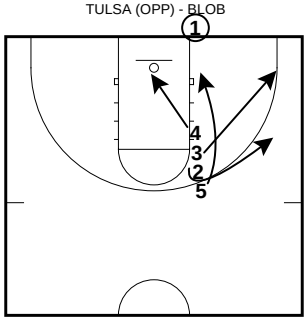

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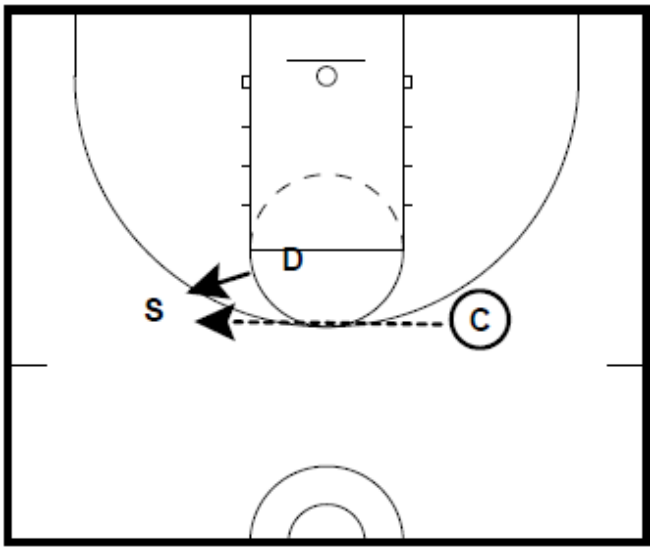
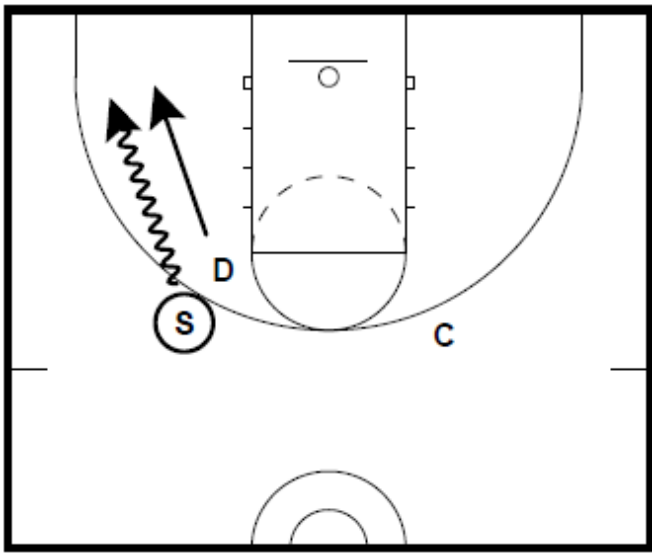
UConn Closeouts

Setup:

- Coach or manager on the wing with the ball
- Shooter on the opposite wing
- Defender in help position at the foul line

Diagrams	Notes
	• Coach passes ball to weak side • Defense closes out with stick hand up • Influence the ball, but do not open the door
	• Offense dribbles to baseline and shoots • Defense contests the shot – do not twist, contest straight up and down • Finish the play with a box out

URBAN'S WAY

Urban Meyer, The Florida Gators, and His Plan to Win

Notes by Bob Richey

PART ONE – THE ROAD TO GAINESVILLE

Chapter 1—The Cul-de-Sac of Champions

- Much is expected out of those athletes as willing participants in Meyer's "Competitive Excellence." All of his former players admit playing for Meyer "is hard!" Those who survive the rigors of mat drills and early morning running punishment for missed class or misbehaving badly, however, have a sense of accomplishment, although, admittedly, maybe not at the time they were stretching over a trash can or laboring to get up the stadium stairs.
- His promise to each player: "I will not QUIT on you."
- Some coaches talk about "family," but at Florida the families and children of all coaches and players are encouraged to attend Thursday's "Family Night Dinner" to hang out at their position coach's home; parents of players also have direct access to Meyer and his staff at all times.
- Meyer requires his coaches and their wives to "babysit" players and provide a family atmosphere for them as they are mentored through football, academics, and social responsibilities.
- Through disciplinary action, players are given every opportunity to redeem themselves for mistakes made on and off the field.
- Instead of constantly hammering on his players to get results on the field and in the classroom, he "bribes" them with the privileges of a "Champions Club," almost like a frequent-flier program.
- Meyer runs an offense that he mostly made up, borrowing parts from here or there, but producing a new edition or version every couple of years and adapting it to personnel.
- Good execution in practice is KEY.
- Meyers' handling of players has come under scrutiny. He believes in conditioning the behavioral system with rewards and extraction. It's a little trick Meyer learned by the reading of Ivan Petrovich Pavlov via John Wooden.
- The job description of each position coach mandates that he keep a close eye on players. That's also why players are often guests of Shelley and Urban Meyer for cookouts and other family occasions.
- Meyer was a hard charging young assistant who paid attention and took copious notes, then collated them into a manual of innovative techniques as he moved up on the coaching ladder towards his dream.
- Meyer believes in directly challenging players. Life as a Gator football player begins with throwing your press clipping away and taking a quick inventory of your shortcomings. "One of the biggest misconceptions for these kids is that they think they understand competition. Most of them have never faced adversity."
- All incoming freshman start with a black piece of tape on their helmets, which is removed in a battlefield promotion. "Just because you're here doesn't really mean you are here. You need to earn your way into this core group of guys, and I think there's merit in that."

- As passionate as he is about winning, Meyer is even more committed to keeping young men out of jail, off drugs, sober, alive, in class, and educated. Meyer is one part football coach and one part Father Flanagan.
- From the beginning of his relationship with players, Urban gets to know them through their mom or dad, or both. When parents send him their son, Meyer treats him like one of his own. Sometimes the nurturing of players becomes almost parental in nature, and Urban is not above taking away privileges—the way a mom or dad would take away the car keys from Little Johnny.
- One of Meyer's favorite slogan's is on the walls of the Florida facilities – Do YOUR JOB!

Chapter 2—The Man with the Plan

- Meyer created a 129 page document that is called the "Plan to Win."
- Don't mistake the Plan to Win as a trumped up bunch of football clichés and homilies that Urban Meyer writes up on the dry erase board in halftime speeches, because it is a definitive manifesto of philosophy and intent. He says it drives every player personnel issue, every game plan, and every decision that he makes in football.
- The four main staples of Urban's mandate for success and his organizational schematic are:
    - Play Great Defense
    - Turnovers
    - Score in the Red Zone
    - Win the Kicking Game
- The real secret, says Meyer, is realizing the infallibility of the plan. If it is followed, he says, "it is a hundred percent guaranteed" to work.
- The base philosophy of the Plan to Win is to articulate to the entire team an understandable plan that aligns team goals and balances effort and talent to give them the best chance of winning the football game by tilting the field in our favor.
- Included in the 129 page manual is a set of core values for players:
    - Honesty
    - Respect Women
    - No drugs
    - No stealing
    - No weapons
- Also included are the guides on how assistant coaches should coach, expectations about player academics, proper player nutrition, acceptable behavior while on a date, and a day planner that covers August through November.
- Built around those principles is the schedule, which designates times for such things as "summer brunch/church" to "kicking meeting" to "speed training/upper lifting" and "speed training/lower lifting."
- The magic potion is simply "DO YOUR JOB." That includes the following for coaches:
    - Take care of your family and your health

    - Take care of your players (academic, social, spiritual, family)
    - Be an expert at your position and excel as a teacher
    - Recruit everyday (expect to sign two to three players per year)
    - Be passionate about coaching and football
- The plan was conceived and written with a purpose, out of the need for some kind of blueprint as a new head coach. He had to be prepared for the moment. Urban hammered the document out in a week as he was about to leave Notre Dame for Bowling Green. "How are you going to handle EACH situation?"
- "I never got a book like that from a coach," he said. "I just kind of put that together myself. I wanted to have a resource when the situation called for it—I didn't want to have to grab from air."

Chapter 3—The Book of Urban

- Teams will have to win close games if they're going to win the SEC.
- The concern for Urban by friends and family is how far he is going to push himself and for how long. Urban says he working on trying to delegate more to his staff.
- That flashback to the Bowling Green version of Urban Meyer is not necessarily pretty to him. He didn't like what he had become—"a thirty six year old coach out of control." He was not only a control freak who was driving himself crazy, but everyone around him as well.
- As demanding as Meyer is of his players and assistant coaches, he is maybe more demanding of himself. Driven by his desire to excel in an organized manner and on his own timetable, he races the clock constantly, with every segment of practice timed out on digital clocks.
- There is always an implied message to go top speed, because speed wins in football. One of his mantras is "Four to six seconds of relentless effort."
- He's innovative. He's a scholar of the game. He works hard at it. And he works smart. He allows his intellect to be free. He isn't fettered by things that he's afraid won't work. He wants to do things that he understands will work.
- He is free to let himself learn from anybody and he surrounds himself with good coaches.
- "It seems to me you get somebody who's either highly intelligent or street smart. Urban's got both. He's very, very streetwise, but he's a very intelligent person. You combine those two things with somebody who's a hard worker—man! The sky's the limit."
- Urban Meyer is equal parts life coach and football coach who takes a "wholistic" approach. Building TRUST is the goal.
- Meyer also coaches everything that moves around his players. He coaches the alumni, the fans, his family and his football assistants. He coaches his players in football, in academics, health, decision making, discipline, physical fitness and accountability.
- One of the cornerstones of Meyer's coaching philosophy is owning up. If you are a teacher, you teach, and if you don't teach your players properly, then its on you.

- In Urban Meyer's program, everybody earns his way, or loses it, by performance. You have to know your guys and you deal with them all differently. A player gets a little different treatment if he's a 'program guy' and is somebody you can trust.
- Earn some of the trust and you make your way into the Champions Club, where the players get better athletic clothing, better food, and the ultimate respect of coaches and peers. It is a circle of trust based on adherence to team rules and putting forth a higher degree of effort in the classroom and on the field.
- And he's a great communicator. He gets very explicit with his players.
- Urban and Shelley annually invite the new recruits to their house for a cookout, and after the fete, the breaking down of the "over recruiting" is unleashed as Urban tells each of them about every weakness or flaw in his character, game, or academic regimen. Straight talk has worked so far for Meyer.
- In a letter to parents, Meyer tells them: They will be introduced to the core values by which they must live and abide on a daily basis. Honesty, Respect of Women, No Stealing, No Drugs, and No Weapons are the core values of our team."
- In a manual Meyer hands out to players, they are reminded, among other things:
    - You have responsibilities/obligations; not entitlement
    - Do you job, nothing else
    - You've done nothing; thank those who gave us what we have at Florida.
    - Selfish people fail
- Getting these players to apply those principles—that is the greatest challenge. That is called coaching. Meyer claims that what makes a good coach "is what makes a good father." Some coaches would call that babysitting. "You're damn right it is," Meyer admits. "If you are a position coach, you need to know everything there is to know about your player, where he is, what he's doing, who he's hanging out with, how he's doing in class, and what girl he's dating. If you are a coach, at Florida, yes, you will become a babysitter. And so will your wife."
- "We worked hard and failed to reach him (Atkins), but we must keep working. We know we cannot save them all, but that is what we must try to do.
- Meyer usually imposes stiff penalties when players violate core values, team rules, or bring embarrassment to the University of Florida. Meyer seemingly seeks to hit the offenders in the pocketbook. The disciplinary possibilities are endless, from suspensions, community service, return of bowl gifts, to academic and behavioral requirements.
- At times he's borderline brutal with his demands, but would no doubt argue that he's pushing the players to their maximum.

Chapter 4 – Winning Prevents Anarchy

- One of Urban Meyer's biggest attributes has been inclusion and the bringing together of all factions. That has included former players. He has involved the fans, the bands, the support staff, and the faculty.
- Winning prevents anarchy
- How do you keep that balance of that and winning? It's like Satan still dangles that carrot of winning in front of your face. And it's all well and good, but you

still got to win. That's the struggle in this profession—to do that in perspective. Just to trust that God is sovereign. Just be obedient and faithful and know he's going to take care of you. Rather than thinking that either you're going to have tow in or you've got to sell your house.

- One key ingredient to winning is the so-called chemistry.
- Meyer believes victory comes at a price and like everything else in his program, it should be earned.

Chapter 5 – The Good Life in Ashtabula

- Urban learned at an early age that failure comes with a price.
- While Bud Meyer was strict and believed in strong discipline, he also took a keen interest in his three children and gave them leeway in making their own decisions.
- That's the way God made it. You are supposed to sink every ounce into your children. I always remember that about my own.
- Urban learned to deal with criticism and responded to Kopko's (high school coach) hands-on approach by getting bigger, stronger, and becoming a leader.
- When he called Bud, however, that idea was quickly quashed. Urban made every excuse possible—"the coach didn't like me…didn't like the way I talked…didn't like the way I parted my hair," he told his father. To which Bud responded, "OK, you're seventeen and you're grown. So you're capable of making your own decision. But by the way, you're not welcome back here. I'm sure your mother would want to see you at Christmas, but other than that, you're not welcome. There are no quitters in the Meyer family." (after contemplating quitting)

Chapter 6 – Bud and Earle

- Earle's direct, nose-to-nose approach and the Way of the Scarlet and Gray had rubbed of on Meyer.
- Bruce was focused on doing everything "the right way," but was far from perfect. "He lost his temper and sometimes his self-control," said urban. "But there was never cheating. No chance of cheating on your wife. The loyalty, all the things that he taught, to this day is still the key."
- Coach Bruce tells you what's going on. At the end of the day I hope people say that about me. There's no BS. Coach Bruce is the best.
- Had it not been for the comforting words and strong encouragement of his wife, Urban Meyer the coach might have been Urban Meyer the banker or insurance man.
- At times, coaches' wives make a huge difference in the careers and lives of their husbands—as well as the football future of some schools.
- If Meyer learned anything in his first real coaching job at Illinois State it was that without good players, coaches would surely become candidates for road kill, because the Redbirds would certainly get run over.

- "We got our brains kicked in that first year, but I learned a lot of football. I actually thought about getting out of coaching. I was worried about surviving. It was so competitive to get a job, so saturated."
- It was more than just a job for Urban—it was beginning to feel like a calling. He and Shelley were about to embark on a partnership of mentoring players by providing them a family environment, encouragement in schoolwork, and counseling about personal problems.
- From Lubick, Urban learned the importance of treating people right. That meant compassion for players and respect for all members of the football organization—from secretaries to janitors to ball boys.

Chapter 7 – Loving Fort Collins

- Known on the staff as a no-nonsense wide receiver coach who drove his players hard and demanded near perfection, Urban often made his point at their expense.
- Mayer also had some rough edges that needed smoothing.
- Urban was so tough on his players, however, that attrition became an issue. He would scream at them, grab them by the face mask, and generally humiliate them in front of their teammates. "I was out of control."
- Ban witnessed from the inside what he considered mutiny as staff people turned on his mentor and he made a mental note about the importance of loyalty.
- The new coach, Sonny Lubick, at first said he had no place on his staff for Meyer. With no money in their savings, a two year old daughter named Nicki, and one on the way, there was cause for concern. "I was going to go into insurance or banking."
- Then came the good news. Lubick, a former Miami defensive assistant, had a change of hear and decided to retain Meyer. "You don't know who I am, but you will never be sorry for keeping me," Urban said.
- The learning curves was about to get steeper for Urban, whose feisty attitude and combative coaching style would get him reprimanded by the boss. "This kid quit. You know hwy he quit?" he asked Meyer. "He quit because of you."
    - "From that day forward I changed," said Meyer.
- Urban became more of a teacher and less of a drill sergeant.
- "I had grown up in an era when the louder you are, the more you get done. Just to watch coach Lubick operate, the way he treated everybody—secretaries, everybody! And our success rate was off the charts. We went ten and one that year."
- "Are you changing people's lives? Are you really involved? Are the forty yard dash and the vertical jump more important than trying to save a player's life? And that's when I changed. When he first started talking, I said, WOW."
- It's different now. I still confront them with a purpose. Years ago I would have beat that kid down.

Chapter 8—Lou Holtz Calls

- While less harsh, Urban was still no pussycat with his players.
- "Before we ever introduced ourselves, he said, 'Stand up and take your shirt off, I want to take a look at you. You look like you're about half of what a scholarship athlete at the University of Notre Dame should be. This meeting is going to be pretty short, because you obviously need to get in the weight room."
- "He was like Bobby Knight intense. In your face. His way or the highway. But the man could coach."
- As the up and coming wide receiver coach for the Fighting Irish, Meyer would refine his coaching skills and begin to raise his football IQ.
- Marotti had learned about their psyches. He was convinced that to get the best out of athletes, it would take more than regimen, discipline, and veiled threats. He and Meyer would scheme up ways later at Florida to entice the players to work harder—a sort of a caste system of the locker room. Those who worked hardest on the field, in the classroom, and in the weight room—plus kept their personal lives in order—would be rewarded with better living. That meant better gear, better food, and more privileges.
- "That's when I really got it how good they were as coaches. Not just X's and O's, but they ere really good with players. Greg Mattison was unbelievable. Players were over at his house all summer long. It was almost like a battle: Who would have more players over at their house, me or him?"
- Relationships with players became everything
- Mattison did it by being there as a father figure, with off-the-field mentoring and nurturing in the privacy of his home.
- Among the privileges for special teamers when Urban became a head coach: First in line to eat team meals and flying first class on the team plane. Special team, after all ,were the soul of the team, a place where desire often won out over skill, where speed and athleticism were advantages, where sneak attacks and the element of surprise were almost like guerrilla warfare.
- This was where battlefield promotions were awarded—sometimes even full scholarships, right on the spot.
- More significantly, at Notre Dame Meyer began to search for a way to get the ball in the hands of his best players.
- David Givens Story, WR for Notre Dame:
    - "Coach, I didn't touch the ball today."
    - His words jolted Meyer. He realized that he had not put the ball in the hands of his best playmaker and he vowed never to do that again. "You have to fire me immediately if I ever let that happen again.' I didn't do my job that day. My job is to get that kid the ball."
    - Out of David Given's tears the idea for the Spread would be born—at least Urban's version of it.
- "When Urban got the job at Bowling Green," said Mullen, "we went around to all those places and took the thoughts and beliefs back together with us. Instead of saying we ere going to run 'this offense' or 'that offense,' we took all the different ideas and philosophies, put them together, and said, 'OK, which direction do we want to go in—we want to run our own offense."

- Notre Dame would give Urban the last two pieces of his repertoire as a head coach: the Spread offense and the Plan to Win. Both were formulated in his final days there.
- Urban heeded the advice of his father about always having an orderly approach to decision-making and problem solving.

Chapter 9 – The Bowling Green Boys

- As Meyer had correctly assessed it, however, it wasn't "a very good job" at the time.
- Bowling Green would give Urban his own laboratory—a place where he could indoctrinate his assistant coaches into some of his own thinking, try out new offensive theories, and explore ways to get the student body and the faculty more involved. He was also going to be learning about the limit of how far he could push players.
- He followed the UCLA legend's advice that players should be treated equally, but rather rewarded for how they contributed to the team.
- He was cherry-picking the best idea and cobbling them together with his own fresh, imaginative perspective and growing his football IQ.
- Urban seemed "always to be writing down things that he wanted to do differently someday as a head coach."
- Those innovations were tied to the core values of physical conditioning, teamwork, living right and education.
- The coaches emphasized academics, following another Bud Meyer tenet: Thou shalt not make poor grades. And thou shalt go to study table. Urban had warned the players in his first meeting that if they missed classes, they could expect repercussions.
- Armed with all this coaching new think, Meyer set about to change the losing culture. The toxic waste of failure was so deeply ingrained in the football program that Meyer would have to go deep to remove it, and in doing so, he would go over the line with his disciplining.
- How far could Meyer push players to achieve their maximum effort? Urban knew the situation called for a quick and stern action.
- "He was definitely setting a tone that things were going to be different, and it was going to be his way or the highway." – Harris, QB
- "We're going to figure out whether we're going to be coming together or we're going to be going apart. If at any point and time you want to leave, you're more than welcome to quit. But I'm not going to quit on you." – Meyer to the team
- Then he called out a group of people who had been skipping and he said as they were standing before their teammates, "Why do you guys think it's not important to go to study table? Why don't you care about this team?"
- If you screw up, you run.
- Black Wednesday: 2 hours of running and exercising commenced
    - "I have never run more or harder in my life. It was an amazing thing. You just pushed yourself to that point because you just knew you had

to…there's nothing else you had to look forward to except coming together."
    - "That morning was the turning point. We were either going to die together or keep going together."
    - The worst part was having to wait in line to get to one of the trash cans and throw up. Meyer had warned them in advance, "Don't you throw up on the turf! Don't you throw up on my turf!"
    - Several players did quit that day, and eventually the number grew to more than twenty, leaving only about fifty on scholarship. But the team began to shape up, at least what was left of it. To fill out the roster, Meyer began recruiting walk-ons for the kickoff team by advertising in the school paper.
    - Urban won't ever do Camp Meyer the same way again, however. "It was dangerous," Meyer said of Black Wednesday. "What I know now is you can't do that. What happened that day at five o'clock that Wednesday—you can't do that now."
- So disgusted with losing were the players that they welcomed coaches who offered a personal touch, who invited them over to their houses and encouraged them to stay committed to their education.
- "Every player just wants to be helped. We were physically players. We owned them after that."
- The players who remained felt Meyer's stringent measures were necessary to get the program righted.
- "He walked into the team meeting room and just starts looking at us—basically staring us all down and telling us things are going to change. It's not going to be the same anymore. He's not putting up with mediocrity. Basically, calling us a One Double-A football team.
- The Spread was about MATCHUPS
- Thus began the two-year run of success for Bowling Green, starting with the biggest turnaround in the country, from a 2-9 season to an 8-3.
- Urban's Way began to have an impact with players, who were not only driven on the football field, but nurtured in the homes of their position coaches and given hands-on help with their studies.
- His players feel that way about him. "If he walked into a room today, I would literally run through the wall for that man."
- "I think he's a great life coach. Everything I learned my senior year at Bowling Green has made me a better person. Made me better understand how to have a work ethic. How to keep motivated. How to be personal with people. How to trust people. How to earn respect from people.
- "The first day I thought I was going to die. The second day I was sure I was going to die. And by the end of the week I was hard as a rock."
- "If done correctly, the player-coach relationship is the most meaningful relationship, second only to the parent-child relationship."
- "I have no hard feelings for him leaving. I think he's one of the greatest coaches and greatest mentors—one of the hardest mentors—that I've ever met.

Chapter 10—Utah: The Land of Diversity

- Meyer would tell his players their team should be among the country's elite, but few believed that possible at first.
- Some had drug and alcohol issues, just as there were on other campuses. He would come face-to-face with how to deal with troubled players.
- On having a player have a 2nd DUI: When Meyer found out, he immediately suspended Marty and was ready to boot him off the squad for good. Urban was furious. Meyer had a change of heart when Shelley stepped in to plead Johnson's case. Shelley convinced her husband that if football were taken from Johnson, he might return to drinking and wind up killing somebody while behind the wheel. Shelley followed up to let Johnson know somebody cared.
- That was Urban's Way: Your teammates decide your fate
- "He always kind of put all the decisions in our hands—whether it was ranch dressing or Italian dressing, or what jerseys and what shoe color or what kind of socks we were going to wear." Nagahi
- The Leadership Committee decided to give Johnson another chance, but only if he could meet what he remembers was "a list of about fifteen" conditions. He would be suspended from the team for 2003 and told to complete the list of demands.
- Urban vowed that he would never kick a football player off his team unless it was the absolute last resort. From that day forward, Urban had a new unpaid assistant coach in charge of counseling: Shelley.
- Starting off with good players to coach was not just luck, because Meyer says he would never take over a losing program without inheriting some talent. While McBride was an excellent recruiter and left behind good players, the players needed shaping into a solid team.
- "He had a vision, he had a purpose, and he knew where he was going. The first time he met with us he said, 'You know there are really only about eight teams in the nation that do things the right way. And we're going to be one of those football teams.' He was speaking to a bunch of guys who had gone 5-6 the year before. So he was speaking to a bunch of doubters in the room."
- Sure enough, when Meyer arrived in Salt Lake, out came the trash cans, on the doors went the chains, and the windows were covered with black paper—and the running commenced. This time it wasn't as harsh and there wasn't as big an exodus, but there was some negative reaction—and some attrition.
- "We had him over to our house all the time, and I found out the guy was a good kid. He was just a mess. We kept working with him, working with him. He became like a son to me."
- First they had to endure 12 straight workouts in the weight room, the difficulty of rope climbing, and the grueling tugs-of-war. Their motto became "Don't let go of the rope" that year.
- When the Champions Club started that year, Evans was a reject. He couldn't make the cut because his bench press wasn't good enough. Angry at this rejection, Evans began to work even harder. "It made me so mad that I didn't make it that I

spent every way imaginable trying to improve my bench," said Evans. Then Evans made it.

- "The majority of the team makes it," Evans said. "You don't want to be that kid over there eating hot dogs when everyone else is eating steaks."
- Nagahi would ask himself, "Who is this guy and what are we doing?"
- Meyer spend an inordinate amount of time teaching techniques to individual special teams players. They could never use an excuse of "I didn't know" if they screwed up.
- First, however, Urban had to win them all over. Meyer soon found resistance form a number of older players on the team to some of the hard-nosed drills imported from Bowling Green. In March 2003 of the first off-season, those players decided to push back.
    - Several older players were among those who went to Meyer's office and told him they'd had enough.
    - "This is not Bowling Green," one of them said. "You're not dealing with eighteen year olds anymore. You're dealing with returned missionaries, guys who are twenty-five who are married with kids."
    - They were risking a Meyer meltdown.
    - "There were a lot of coaches who would have said, 'You know what, guys—forget you! You shut up and listen.; But Urban is a guy who will listen to his leaders if they have proven he can trust them."
    - "He was great. He told us 'You know, you're right. This is as new to me as I am to you guys, and I'm learning just as much as you are. And we're going to have to work through this together."
    - Meyer followed that up by embracing the culture of the school, the program, and the state.
- At the first "Champions Banquet" held at the Meyer household, Urban and Shelley noticed something unorthodox.
    - "The married LDS kids were sitting over here, the black kids sitting over here, the Polynesians over there, the Hispanics over here. Nobody's talking. They couldn't stand each other. I looked at Shelley and we said, "What is this!?"
    - "This has got to stop"
    - At the insistence of their coach, the Ute players began to find out the family backgrounds of their teammates, their hometowns, their high schools, their like and their dislike. If they didn't have the correct answer, they had to run.
    - "They finally got it," Meyer said. "They cared for each other. All that hard work was paying off."
- "He was up front. Coach Meyer was a person that demanded respect."
- "At the time, it was blunt to have your head coach screaming and yelling that 'you're too weak, you're too slow, you're too little, and you're never going to be able to play like that." – Alex Smith
- Smith found out in a hurry that he, as the starting quarterback, would be no more important that the 115th player on the team, or the walk-ons.
- "I've never been ridden so hard in my entire life." – Alex Smith

- "They're talking about how I can't bench press three hundred pounds and I need to get down and do pushups. So they got me doing pushups in between workouts, then they bring over a ball, and I've got my feet on the ball doing pushups between bench presses." All of the sudden somebody sat on his back, "Pushing down as I'm trying to push up. It was such an intense environment!"
- Such as the time in the mat drills when the quarterbacks were asked to wrestle the linebackers who were sixteen to seventy pounds heavier.
- "I am just getting killed out there," said Smith. "My nose is bleeding, my shirt is ripped, I've rug burn all over me, and they're telling me to do up-downs because I just got beat and to get back in line because I just got beat.
- "At times you say, 'Man this is insane, this is crazy.' But everybody's doing it. He treated everyone the same—everyone is getting pushed. I learned to appreciate it because everyone is so tight because we've been through so much together. Those mental barriers are broken down. You found yourself really engaging that stuff and really wanting it, knowing it as going to make you better and pay off. It was something I'm so thankful I got to go through and to play for Coach Meyer. It's something that's going to change my life forever.
- After Utah beat UNC, 46-14, some of the players who had been grousing about Meyer's tactic began to get the vision. Meyer called them "the most 'invested team' in the county."
- Utah returned to the locker room, and, to prevent a slowing of metabolism, members of the support staff were sent to town to buy energy food (fruit). The players were fed and kept relaxed.

PART TWO – BECOMING A GATOR

Chapter 11—Shelley, the Go-To Girl

- Counselor, friend, mother, sweetheart, homemaker, cheerleader—Shelley Meyer can do it all, and sometimes does.
- "In this business, if you don't have the right wife, it can hinder you."
- Shelley's Energizer bunny enthusiasm abounds in everything she does. She feeds off the energy of her family, her friends, and her community activities, but she's also the No. 1 fan of Gator football.
- One key factor in Florida's favor: Notre Dame was a national school, meaning Urban would be flying coast to coast in the search for recruits. That would preclude Urban being home to see his son and daughters compete in sports. In talent-laden Florida and adjacent states, only short hops would be necessary to recruit some of the best players in America.
- Urban became convinced that Shelley was right and that winning back the lives of player was more important than winning football games.
- "She never said a word, other than, 'Let's go, let's go…let's keep it going.'"
- Meyer's style is all in coaching.
- "We took over a team with some serious issues and we still have issues we're dealing with—more so than I ever dreamed of, more than I ever wanted to."

- "Utah was the ultimate team," Meyer said proudly. "The 12-0 team, just to give you an example of ho tough they were, I couldn't break them. We were so hard on them the first year. And that next year we had a bunch of good, veteran players who just took control of the team."

Chapter 12—Getting the Band Back Together

- The group of coaches that Meyer put together to help win the 2006 national championship were excellent teachers, strong motivators, dogged recruiters, good in-game decision makers, and dedicated staff members. They had good chemistry and shared a common vision.
- "I wanted to pick the best coaches I'd been around and have them on my staff. And then you need a bunch of recruiting foods that don't mind spending six nights in a row in a hotel."
- The last thing he wanted was a staff of yes-men. "You have to have somebody who's got enough balls to disagree."
- Disloyalty however would get you fired.
- "The last page of the coaching manual says 'Disloyalty of any form will not be tolerated,'" Meyer said. "It says there right there in the book: disloyalty to the point of where I ask you to do something and you don't do it. Or you are negative about the program in a public place. Or cheating on your wife. It's over. You are finished."
- The "Do your job" mantra goes for assistant coaches as well as players. If there is an issue with a player that is a problem for the position coach. Assistants are expected to take on the responsibilities for their players—whether babysitting them, tutoring them, counseling them about their girlfriends, or simply teaching them better fundamentals on the field.
- Strong and Mattison were no-brainers because Meyer was already familiar with both and they possessed three important characteristic he wanted:
    - They were excellent coaches who knew how to take care of their players.
    - They were strong recruiters
    - They were committed to being good fathers and husbands.
- "Greg is a friend, but I just admire the way he handles players. He and his wife, Ann, just love players. He can recruit. He can motivate.
- "If you are a bad husband and bad father, you are a bad coach, man. I sincerely believe that."
- "He's an outstanding football coach, a great organizer, a great disciplinarian, and really concerned about the welfare of the players. He will tell you in a minute: Coaches take care of the players. Your whole life is around these players." – Charlie Strong on Meyer
- "Meyer was diligent in his chores, but no particularly upwardly mobile. Urban was more about getting the work in front of him done rather than campaigning to become head coach. He never worked at being a head coach. He worked at being a good coach." Heater on Meyer

- “He’s an ‘octopus’ when he recruits, because he wraps his tentacles around everybody,” said Meyer. “He not only recruits the player, but also the thirteen to fourteen people around him. When I go out recruiting with him, he beat me senseless.” Meyer on Doc Holiday
- “I think the thing I learned from Urban is how important that relationship is with the kids, how to get involved in their lives and how to develop their trust. We’ve always done that wherever I’ve been, but not to the extent that he does it. He’s got a good scheme on both offense and defense, but just his managerial skills and the way he attacks things is really special.” Holiday on Meyer
- By nature a perfectionist, Mullen demands excellence from all his quarterbacks and that means paying attention to the tiniest details of execution. And, as he had proven in his short tenure as an offensive assistant, the final product speaks for itself.
- “I loved the way Meyer coached the wide receivers. He as like a line coach. He as up in their jug, on ‘em—he was a wild man and I just loved that about him. I always felt he was a real guy. Hardworking. Wear emotions on his sleeve. Got a lot of juice. Kind of how I am, and was.” Steve Addazio on Meyer
- Meyer’s No. 1 asset as a coach, Hevesy says, is the ability to motivate. “I don’t think it can ever say that in seven years that I can recall kids coming out and not playing hard. They’re always ready to play. Maybe if we weren’t ready to play or somebody was better than us, but never because the kids were not motivated to play.
- “Discipline,” says Meyer, “is ninety percent anticipation, not reaction. Everybody thinks discipline is making him do one hundred wind sprints. No, discipline is, if the id’s an alcoholic, get him to a counselor before it comes an issue. Discipline is also if you her there’s a big party going on and there’s going to be a problem, not wake up in the morning and hope something’s not wrong—or, if there is, then punish them. That’s not discipline.
- “Discipline is making sure you talk to them before that party and then have someone there if it happens. So that’s in our book. It comes straight from Coach Bruce.”

Chapter 13 – The Spread for Arizona

- The first day Urban Meyer set foot on Gainesville soil as the official coach of the Florida Gators and announced that he would run the Spread offense, he drew mostly blank stares and some obligatory nodding of heads.
- “First of all, there is no ‘offense.’ We don’t have an offense. People say the Spread, because we like to spread the field. It’s all personnel dictated. If we get some really fast receivers here, I’m convinced we can win with the Wishbone—if you have good players, you can win. So that’s why I always take offense to that.”
- “When you start saying the Spread offense can’t work…no, not if you have bad players. Can you run the I formation? Yeah, Eddie George did it real well. Can you run the Spread offense? Well, yes, if you have Tim Tebow and Percy Harvin, Louis Murphy and those kind of guys. But if you don’t have those receivers, you can’t win the SEC.”

- So it turns out that the secret of the Spread is the same secret of the Wishbone, the West Coast offense, the I formation, and the Single Wing: If you've got superb material, you can win with any of those. It's more about recruiting—getting the right people on the bus—than it is about calling ball plays and formations.
- "If I'm the athletic director, I walk down the hall and fire him immediately. Because your job as a coach is to utilize your personnel, not to design some scheme. There's no magic scheme. You better get your tail out and recruit, because the result is that it changes and you need to match your personnel."
- "We definitely thought he was crazy. The first thing he did was when he came in and talked about there were going to be a lot of changes. He talked about the mat drills and the different things he had done at Bowling Green and Utah. I just remember me and a lot of guys were kind of like, 'Who does he think he is? This ain't Utah or Bowling Green. That stuff ain't going to work." – Jemalle Cornelius
- "It was January and we had this thing called Full Metal Jacket on Friday, and they had us in there doing all this crazy manual resistance stuff. They're talking all this trash. The workout was so hard that it was to the point of 'Well, this is a new coach, do I need to transfer?' I don't know if I could put up with this every Friday, with all them in your face and challenging you."
- The days of the laid-back Florida athlete were soon over. AS it got more competitive in the weight room and on the mats, however, the players began to respond. "They were trying to see who would break and who wouldn't. I think that right there was the turning point."
- "If you weren't strong minded and didn't have any heart, man, you definitely wouldn't survive on this team. He put you through some stuff when at lot of times you looked at each other and said, 'What the hell are we doing this for?' and 'how does this pertain to football?'"
- As a physically fit athlete who considered himself a workout warrior even Vernell found out in early 2005 how tough such events as the "Valentine's Day Massacre" in the weight room could be.
- At the same time, players could also be making progress toward their membership in the Champions Club, which would reward them at another level for the "investment."
- Meyer gives himself a poor grade for not adjusting his personnel quickly enough during the 2005 season, partly because he was so buy trying to change the attitude of the student body and the football culture.
- "That night at my house, after LSU, I had Dan Mullen and Steve Addazio come over until the early morning hours. Instead of complaining about how bad we were at certain positions, we changed our whole offense that night."
- Urban was so upset after the trip to Columbia that he had the captain park the airplane and called a team meeting at the gate, challenging any potential quitters to leave the team. Vernell Brown said the flight home from Columbia and the subsequent brouhaha on the plane may have been the turning point for the program.
- "This turned into-and I did you not—and hour and a half or two hour speech. And it was basically a man-to-man, heart-to-heart speech. He let you know that if you didn't want a part of this, now was the time to leave. "If you want to get off, get

off now. But when it's all said and done, we're going to get the train back on the track with you or without you.'"

Chapter 14—The SEC Stairway to Heaven

- Leak's own coaches and teammates accused him of poor leadership.
- "They day we signed Tim Tebow, I called Chris and said, 'We've signed Tim Tebow, but you're out quarterback.' And he said, 'Thanks, I needed to hear that.'"
- Leaders were being called out in January before the title run and one in particular was Dallas Baker.
    - It had taken a while for Baker to grow up.
    - Baker had arrived in Gainesville with a sense of history and a desire to excel for the team he had always loved.
    - Yet Baker seemed to be taking things for granted early on.
    - Dallas struggled with the temptations of his newfound freedoms.
    - He didn't run an all out route on a key pass against LSU and Florida lost by 3, He dropped a pass in a 7 point loss to Miss. St.
    - "He said, 'I understand some of you guys may not want to be here. He told us some of us needed to grow up. Some guys were upset…they thought he was going to be too strict." – Baker
    - "When we worked out, he would not let us use gloves.
    - Meyer informed Dallas that his teammates thought he was funny "but they don't think you're very smart."
    - "In May, me and Coach Meyer had a one-on-one meeting where he spoke to me like a man, telling me he was going to send me home, that he met both my parents and they were great people and he didn't want to disappoint them like that, but he can't have me 'messing up' his program. And that I could be a great player and I just don't know how much talent I have and I'm wasting it. I guess that just hit home, because I've never had anybody talk to me, telling me how great I could be…but my goofing up was going to mess it up."
    - "So I just thought, 'Well, how about I try it his way and see how everything works?'"
    - Dallas stopped the "goofing off" and become a productive performer on the 2005 squad.
- "Whatever we were doing in the past wasn't working, and that's what coach preached to us. Even in our off-season workouts a lot more of the stuff was team-oriented instead of individual stuff." - Siler
- "Mostly it was our mind set, the way we did things. We weren't going to lose." – Siler
- Starting in 2006, road trips were to become pleasurable. The mornings of the games would be more about waking players up with a purpose and interacting with assistant coaches the moment their feet hit the floor and making it fun.
- "We didn't change a whole lot. This came from Coach Holtz. It's an unusual environment for them, so the coaches go in with a glass of orange juice and a newspaper—rip the door open, throw the sheets back, turn on the TV, throw the

drapes open, get real loud and have fun with them. I noticed the players started getting a kick out of it."

- "The other thing we did was place more emphasis on toughness." –Meyer
- Frank Minnifield (New England Patriot), who was so competitive he didn't even want passes completed on him in practice. Not even in a walk through. That became a battle cry.
    - "Not even in walk-through," Belichick would say to Minnifield in warm-ups before a game. Minnifield would echo, "Not even in a walk-through."
    - Meyer borrowed that slogan to use on Reggie Lewis. Meyer would come by an utter, "Not even in walk-through."
    - "He was a man of his word and he gave me the opportunity. And I made the best of it." –Reggie Lewis
    - "As for the 'Not even in the walk-through' mantra: That's what gave me the personality that I had. I lived by that quote every day I touched the football field."
- Knoxville 2006 wiped away some of Baker's bad marks from 2004, and he was on his way. He had become a member of Meyer's Leadership Committee.
- Right away, Baker began to encourage young Percy Harvin, a star in the making, who had gotten a celebration penalty. "I told him, 'Don't make the same mistakes that I've made. Don't go down the same path. I've done some stupid stuff since I've been here. Next time, just hand the ball to the official."
- Louis Murphy had been booted off the team as a freshman for missing curfew, but given a second chance.
    - Much in the manner of Dallas Baker, Louis Murphy had one foot out the door in 2005 when the light turned on.
    - Meyer said Murphy was also hanging out with the wrong crowd and headed for trouble. To earn a spot back on the team, Murphy would be put through a brutal routine.
    - "I told Coach Meyer that he could try, but he was never going to break me." Murphy vowed after receiving the details of the punishment.
    - "I was hanging with people who weren't going anywhere. I don't know. I guess that was just a teenage thing…not knowing what you want for yourself…going with the wind…following the crowd."
- Vocal encounters became more heated and players screamed at each other. Leak was the focal point of criticism by the teammates, several of them calling the offense " a bunch of BS." Helmets were thrown. –After loss to Auburn
    - One of the assistant coaches warned Meyer that he'd better break things up. Meyer declined, remembering a similar incident at Colorado State and how Sonny Lubick had handled it.
    - "Let it go," Meyer told him.
    - "I wanted to hear what they were saying," Meyer said. "If they think Chris Leak's not very tough, I want to hear it. If they think the offense sucks, I want to hear it. Go ahead and get it out. Catharsis. I'm a big believer in that. You've got to release a little bit. So I let them release. Once it started to calm down and I got control of it, we knelt down and said a prayer."

    - "And then he said, 'There's one thing about being knocked down and getting back up: It's easier to win and win them all, but there's something about a team getting knocked off course and end up finding a way to come back and do something special.' Coach Meyer gave us a card of that, with a whole quote of Danny's, and that little thing we kept to ourselves—a card with the SEC championship rings on it. It was something we kept with us the rest of the year."
- Though it hadn't been made public yet, Florida would be losing its best defensive players and the anchor in the middle of the line. Having rejoined the team against LSU after a 2 game drug related suspension, Marcus Thomas was kicked off for good after the Georgia game for violating the terms of his reinstatement. This was yet another serious blow to the Gators' championship hopes.
- Right here is where the nurturing and care of players was about to pay off for Meyer.
- "God didn't make enough coach Meyers. He's a genuine caring person, not just a football coach. He treated Ray like his own son. You can feel the love and the passion from him and his family." Father of player
- "When he talks, he knows what he's talking about. When you're playing for somebody like that, you really believe in what they are saying and you want to make them happy."
- While some people might call that fate or luck, Meyer says definitely that the blocked field goal was the result of players training hard in practice and executing in games. The blocked kick was fate, perhaps, in a spiritual sense, but Moss also agrees with his former coach that design and rehearsal played a big part. (after the block FG against South Carolina)
- The only different wrinkly, said Smith, was that Meyer backed off a little on some of the grueling workouts because the athletes at Florida were the elite recruits that he didn't have at Utah. "At the same time he kept his sternness about him, but the players at Florida weren't used to it at all."
- "It was like déjà vu," Smith said of watching Meyer operate at Florida. "I've already seen what it did for us and how we ended up 12-0 and a top five team. I've seen it work. To see the process-it was a good experience for me…and basically the same thing happened again." – Alex Smith
- "I think his whole aim is to change lives. A lot of coaches go into the job saying, 'I'm not your babysitter, I'm you coach.' He says, "I am your football coach but at the same time, I'm going to hold you accountable and I want to make you a better man.' And that's what I really loved about being under him."
- "Part of playing quarterback is improving the level of play of the other ten guys around you. It's also having communication with your coaching staff, giving recommendations, and that was nonexistent a year ago. When he would come over to the sideline everybody would sit there and look at each other. There was no discussion. Chris has done a great job, and that was his best job as far as discussion, recommendations, and then more importantly than all, execution." – Meyer on Leak after the FSU win

Chapter 15 – Two Battles to Win in Atlanta

- "What is courage? Is that the lack of fear? No, courage is being afraid, but doing it anyway. That's what I love about Urban. It rips his heart out. But he still makes those tough decisions. And he'll throw his balls out there."
- "I believe in well-trained guys who work hard in practice and hang on to the ball. It called competitive excellence. If you believe in fate, why do guys work hard? Why not just hope fate takes over? We believe in hard work and being trained for the moment when you number's called."
- "He dropped the ball because he knew he was going to get whacked. That's how we teach our players; There's no such thing as luck. It's competitive excellence. So when your number is called, you make that play." Referring to the dropped punt by the Arkansas player in the SEC championship that changed the game

Chapter 16 – The Joy of Winning It All

- During preparation Urban would, of course, consult regularly with his mentors. He called Lou Holtz, who advised him to keep his team's emotions in check and evenly paced until the night before the game, then give his motivational speech.
    - Holtz warned Urban against getting the team fired up too soon, telling him, "Don't play that game night until January eight. You don't need to play it December sixth."
    - Out of the conversation with Holtz came the idea of breaking the forty=one days head into increments and keeping players on tasks for each segment of the plan. At the same time, Urban wanted his team to keep that chip on its shoulder. So he went a little old-school with his psychological warfare.
    - Preying on the angle that nobody was showing his Gators any love, he pulled out the oldest trick in the book: the dreaded Bulletin Board.
    - This was not just any old bulletin board, but a ten foot monstrosity strategically placed near the food table the week before the game, which Meyer called "ten feet of nonsense."
    - On it were clippings about Ohio State's superiority and Florida's fallibility, taken from newspaper or magazine stories, the Internet, and, in some cases, right out of a fiction book.
    - "Half of it was real and half of it was made up. And the half that was made up I signed 'Kirk Herbstreit of ESPN,'" Urban confessed.
- Reggie Nelson had bad news about his mother. Meyer and assistant coach Charlie Strong had paid a visit to Reggie's mom in Melbourne, Florida. A few days later, Meyer received a card from his All-American safety, which read, "Words can't express how much your thoughtfulness is appreciated. Thank you."
- By now it had become tough to contain his optimism. Meyer was telling his staff members, closest friends, and relatives that he loved everything he'd seen on tape about the matchups. The night before the game, Urban pulled off his masterpiece. He had made up his own "Tale of the Tape," pitting position versus position and stat versus stat.

- In his "How We Are Going to Win" speech, Meyer drove home the point that his Gators had played the toughest schedule in the country. "We can beat Ohio State," Meyer told them. "They have no idea what they are talking about. We're a better football team."
- No Confusion = How to beat Ohio State (Get your Position Group to Play Better than Ohio State's)
- Ohio State was proud of its completion percentage, but Urban wanted to emphasize his quarterbacks faced better defenses. Urban put a big orange "F" next to "Quarterbacks" for "advantage, Florida." And so on.
- If there had been any doubt by any of the Florida players about whether they were the better team, it was pretty much erased.
- "So the kids went to bed that night knowing that we had the advantage," said Meyer.
- "The whole year, Coach Meyer was saying something like, 'Something big is going to happen in the game, but don't let it get to you,'" Baker said, "because we had a couple of close games."
- The doctors told Meyer to "cool it with the screaming and yelling" which he did until he became a head coach at Utah.
- So this time, on the Florida sideline, with just sixteen seconds gone in the biggest football game of his life, Meyer turned and walked away calmly, almost dispassionate and expressionless. At least outwardly. Deep inside he was fearily seething, because he knew his team had to make an immediate answer. Ryan Smith, as did other players, looked into the face of his head coach and didn't see any emotion. –after Ohio State returned the opening kickoff for a touchdown.
- "When you work hard, when you keep doing the right things and you are a good person, you know, you get your schoolwork done, you graduate, when you are doing all the right things, eventually your time is going to come. This team has worked so hard, done all the right things. I am so proud of these guys, the way they have handled themselves." – Chris Leak
- "As far as a defining moment, you're not evaluated when you pick up a crystal ball," Meyer would say months later, looking in the rearview mirror at the night in Glendale. "Any nut can do that. You're evaluated when you get hit right in the mouth, as hard as you can, because you spit blood out and you go after that guy. Or do you put your tail between your legs? I've seen it handled both way."
- In football and in family, that measure of mental toughness is how Meyer judges himself and those around him.
- The national championship was textbook Plan to Win, and it had worked to perfection. Great defense and special teams play produced favorable field position, which led to the desired short field. And in all those trips to the red zone, they scored almost every time down.
- "For over thirty days they said the Florida Gators did not belong," Meyer said. "Little did they know we had a group of seniors who were the most motivated group I've ever been around."
- Many tears were shed at the football banquet that spring, especially by the Ray McDonald family and by Dallas Baker, who sobbed as he was crediting Urban Meyer with turning his life around and Coach Billy Gonzales for being like a

father to him. Urban Meyer said he cried for nearly a minute and the tears had nothing to do with how much he was going to miss the leadership of those twenty one in the upcoming 2007 season.

PART THREE – THE SEASON INSIDE GATOR FOOTBALL 2007

Chapter 17 – Making History, Maybe

- "The national championship is a powerful, but potentially evil, thing, I found out. Obviously it's great, but it also throws high expectations on people." –Meyer
- They were young and they were fast, but they were also foolish, which is why on soap-opera nickname for this team was "The Young, the Fast, and the Foolish."
- Belichick bluntly told the squad, "You woke up on third base, but you never hit the triple."
- Meyer said to them, "You're not that good. First of all, most of you guys were wearing ball caps on the sideline, watching other guys do it—you certainly didn't pay the price.
- "Discipline is not dismissal in our opinion. Discipline is education and correction, then doing what you've got to do. We're in the process of doing a lot of educating, a lot of correcting, and putting a product on the field.
- Summer practice was tough, hard and hot.
- A walk-on Joey was on the short list of three that were close to earning a "scholly." He would be painted in a corner with a series of pressure kicks that would decide his fate.
    - Urban yelled to Ijjas, "Make this one from fifty-two yards and you have a full scholarship. Right here, right now."
    - The players began hooting and hollering. Urban stood right next to the holder and was screaming at Ijjas, who nailed it, long, high, and true, right down the middle. Meyer high fived his new scholarship kicker. It was a good way to end a really tough practice.
- Urban remembers worrying about "ego, selfish approach to the game—all things that are conducive to not being a very good team."
- "We're not like other schools, because we don't practice at Florida Field. We only go there a few times a year. We need to own it. WE let it slip away a little from us a few years ago, but now we're taking it back. Sow e need to respect it and make sure others respect it. And the way to do that is not talk a bunch of crap to the other team."
- "You go as hard as you can, as fast as you can, you hit them in the mouth and you get up and pat each other on the back. You don't talk trash to the other team."
- Since the culture of Meyer's football team was built on sweat equity, with players receiving status through their conduct on the football field, in the classroom, and in their social activities, there was an order to everything. Even who got to eat first.

- On occasion there is laughter, but not loud and raucous. By now the ice cream sundae bar is open and a movie is playing next door—tonight's selection by Director of Football Jon Clark is 300.
    - Food, food, everywhere. The Gators eat well.
    - Pasta, beef, chicken, potatoes—topped off by sumptuous make-your-own ice cream sundaes. Then, after meeting, the groaning board reopens—hot dogs, hamburgers, fries, milk shakes and—oh yes, smoothies. Mickey Marottie's smoothies machine constantly whirs, and Tebow is a regular partaker.
    - There is also a little football homework on what Meyer like to call "the best Friday night in Football."
- 4 to 6 SECONDS OF RELENTLESS EFFORT
    - That "4 to 6 seconds" slogan wasn't just some inspirational bumper sticker on the wall, because it was a mandate drilled into the heads of Gator football players as if they were Manchurian candidates.
    - At Florida, everybody's on the clock all the time.
- It's the opening game and there are bound to be blown assignments on offense. As Florida breaks out of the huddle, Meyer mutters, "We're all screwed up. You'd better get the tailback in and get it straightened out!"
- "This is a good football team. We could be a great football team. Just take care of business. I know there are a bunch of others who played hard. We'll take care of you on Monday (recognition) when we've had a chance to evaluate the film."

Chapter 18 – Waltzing Past Tennessee

- Right under digital clock on the wall hung the sign that said, "DO YOU JOB."
- The one common denominator in the room is the bellowing rap music, apparently considered part of the mental preparedness that builds toward that moment when they will burst out of the locker room and onto what Meyer calls "sacred ground."
- Now Meyer's brief pregame speech: "Take care of business, Look out for yourself; Look out for each other, C.I.!" (calling on CI to lead the Lord's prayer)
- Overhanging the doorframe reads the sign, "ONLY GATORS GET OUT ALIVE."
- "This offense is fun. Just throw it, catch it, and run. We have so many playmakers on this team, you never know when somebody will break it open." –Percy Harvin
- "Bloody Tuesday," as always, would be the toughest day of weekly practice.

Chapter 19 – Learning the Truth in Oxford

- Good coaching cannot overcome football players acting badly off the field, the bounce of the ball, the twisting of an ankle or the bruising of a shoulder, or, worse yet, the death of a player. These were a few of the experiences of the young Florida football team in 2007.
- Meyer's Plan to win does not include luck, because it is designed down to every last detail, implying that proper work ethic fuels the engine that leads to success.

- "What happened is that we had some dynamic personnel making plays. That wasn't a good team, and that team that won that Tennessee game wasn't a good team. We had some great players."
- The following week in practice, the Florida team was smitten with a near-epidemic of swelled heads. Some began to fall behind to a point where Meyer warned them "You may not be good enough to play here—not because of talent, but lack of effort."
- When the players first hit the chairs, they were immediately hydrated with Gatorade and water. They ate organs and bananas and talked among themselves.
- There were no real Win One For the Gipper speeches as the coaches conferred in clusters, formulating the plan. This was about strategy and not emotion.
- Then Meyer takes the floor. "Listen UP! Nonplayers, get out of the way. Players gut up here! They're playing with two deep safeties. We need to run the ball and force them to load the box and go to man coverage on the outside."
- Old School style, Tebow was more like Bronko Nagurski or Jim Brown than Peyton Manning. He wanted the ball. He wanted to win the game. And he was "always in my ear," according to Meyer.
- "Some of our players gave in that game. Later on, some of those kids gave in. and giving in is when you lose. I think there is a lot of confusion about winning and losing. Losing a game is when someone gives in. That's why I feel like football is the greatest team sport of all. You can play with then guys going as hard as you can, and one guy gives in and you lose. And I saw guys give in. Boy, it got real hard."

Chapter 20 – Murderers' Row 2

- This year the Gators were national champions with a target on their backs and Urban's young team seemed to lack fight.
- He was going to have to love them, because they were about to go through some tough times together over the next four weeks.
- A few days later defensive captain and team leader Tony Joiner was charged with felony burglary when he attempted to pick up his girlfriend's car from Watson's Towing lot.
- There would be no words of legends to pump the Gators back up this time.
- "I have been asked how this compares to last year, and I think we are on a different planet than a year ago. Our whole intent is to make sure that we get a little better. That is it. There is not going to be a big rally cry, and we're not going to have a bunch of slogans around here."

Chapter 21 – Madhouse in Baton Rouge

- Urban had already had a tough week of dealing with Joiner's situation and had wound up stripping the captaincy from the senior safety even though the charges were dropped. But that didn't excuse Joiner's presence at the towing lot at 4:30 AM.

- LSU postgame press conference after a tough loss: He even went a step further, buoying the troops as he prepared for an open date: “The future of Florida football is terrific, it really is. I guarantee we’ll be back. The Florida Gators will be back. Smokin.”

Chapter 22 – Remember Sunshine

- Meyer tried to lighten it up with a n impromptu pickup game between the coaches and players, during which some of the players chided their fumbling coaches for their lack of ball security.
- His teammates put a Sunshine sticker on their helmets and would later add an orange bracelet with that nickname on it—plus the, inscription NEVER LET YOUR TEAMMATES DOWN.
- “When I saw LSU lose to Kentucky, I started calling the guys up, whatever time of day or night that was. I sat there for an hour just calling our guys, making sure they’re, first of all, just living right.”
- “Nowadays it’s constant motivation. Wake up in the morning and motivate them. Go to sleep at night and motivate them. Constant motivation. I think any time those kids understand that, man, there’s a light at the end of the tunnel, they’ll go to the wall for you. I think that’s it.”

Chapter 23 – The Georgia Surprise

- Reluctant even months later to talk about Georgia’s premeditated penalty, Meyer would only say, “That wasn’t right. It was a bad deal. And it will forever be in the mind of Urban Meyer and in the mind of our football team.”
- “So we’ll handle it,” promised Meyer, meaning any response would be done within the rules. “And it’s going to be a big deal.”

Chapter 24 – The Tim Tebow Show

- “What keeps a team from folding? Everybody says it’s the coach, but, no, it’s not. It’s the Vernell Browns, Jeremy Minceys, and Jarvis Herrings. Those are the guys who refused to give in. Because there are other players who give in in a minute. It’s just the way life is. And if you have too many guys that give in like that, then you lose six in a row. I think Cal lost six in a row. There’s documentation everywhere. That was my biggest fear: If it starts doing downhill fast, how do you get it back? And do we have the guys who can?”
- Great Story on Tebow on page 294
- “We’re running the quarterback and running backs, down and back, half court and back, foul line and back. He’s like in fourth place and he’s running and running…bad form, just trying to will himself across the finish line. He goes from the foul line to the baseline and dives—midair, arms out, screeching across the floor, into the wall.”

    - "And I'm thinking, 'He's just dislocated his shoulder, he hasn't played a down for us and he's out for the year.' He get ups. Doesn't win the race. Is pissed off like you've never seen. And I ask, 'Tim, what are you doing?'"
    - Tim replied, "I gotta win."
    - He has to win everything
- Have you ever seen anything like Tim Tebow? "Never. His love of the game, of being a competitor. He is a born leader and has all the leadership qualities of our greatest leaders of all time."
- "We kind of made the decision to ride the horse with Tim and he was phenomenal."
- Tebow makes everybody run hard, but sometimes you don't realize just how hard and high and fast he is going. He grinds toward greatness in ordinary increments that, only when added up, take on the staggering impact of the national debt.

Chapter 25 – The First "Heisman Dinner"

- The last player to arrive on Family Night was Tim Tebow. I was invited to this otherwise private meal when coaches, their wives, players, and children have dinner together after Thursday night practices—another way Meyer and his coaching staff get across the family image and role model that parents and future parents should play.
- The H-word is spoken in hushed tones around Meyer, who considers putting self above team both treasonous and poisonous. As much as possible, Meyer discouraged talk about the award because he gets paid to win football games, not Heisman's. So he wasn't going for the hype.
- When Pam, Tebow's mom, got pregnant, she found out she had contracted amoebic dysentery through the drinking water.
    - Doctors advised Bob and Pam to abort the fetus because they feared it had been damaged, but Pam refused because of her Christian faith.
    - After 2 months of bed rest for her, Tim was born, a healthy boy whom Pam described as "skinny, but rather long," joining brothers Peter and Robby and sisters Katie and Christy.
- Once he began competing, Tim was taught early to never, never, never take credit for anything. His fiery spirit had to be harnessed.
- "My parents made a rule when I was young that I couldn't tell anybody what I'd done until they asked me about it." – Tebow
- "No matter where I am, if I'm preaching to Muslims or in a prison, if you're in the will of God, that's safer than driving down the interstate. That's how I feel about it."
- "He's better than I thought he would be, but I was concerned a little about his throwing when we first got him. His downfield passing has always been strong. His first spring he wasn't very good at all at his short boots and threw as just dumping the ball. He'd throw it like a bad dart. He just didn't have confidence. Dan Mullen and Tim worked so hard on it. They redid his entire mechanics of throwing."

Chapter 26 – "That Was a Wow"

- Once the season was over, Meyer would say of Tebow's two spectacular plays, "As fine a pair of football plays as maybe I've ever seen—back-to-back like that. And you can say, 'Well, that coaching.' That ain't coaching. That's a ball player! One of the greatest players of our era, making a play. One the headsets, that was a 'Wow!' I'll never forget that.

Chapter 27 – Living Large on Times Square

- Urban Meyer declined media opportunities to stump his quarterback. He made it clear early on that he wanted no campaign for Tebow.
- "I want to accept this award on behalf of my coaches, teammates, and the entire Gator Nation. This award is more about them than it is for me. I am very pound to represent the University of Florida."
- Then he led interference for Urban and his wife, Shelley, across the street and through the masses of Times Square to the press conference in the Hard Rock Live Venue at the Hard Rock Café—Tebow with his arm around Meyer's neck like a high school pal—as the Big Apple parted.
- "I'll never forget that moment, because that was big-time" – Meyer
- How happy was Urban Meyer? "He's not my son, but my son gets to go hang out with him."

Chapter 28 – In the Rearview Mirror

- What went wrong? Lack of experience, maturity, and leadership which was exposed form the Auburn to the Georgia game.
- "That's a little stretch of games was a reflection of our team. I think we were a poor team then. Auburn, the offense screws it up. LSU, a combination: On five fourth downs and you tell me we can't make a play and get off the field? We have two turnovers on offense at terrible times—a guy runs the wrong route and the other guy makes a noncontact fumble? That's a bad team—real bad team. It's a maturity issue."
- Urban classified his team early in 2007 as a "bunch of spoiled young players who got much better as the year went on, but at that point and time they never had to fight for anything yet around here."
- "A lot of kids playing for us, what did they have to fight for? They had to fight for it against Auburn and they failed. They had to fight for it against LSU and they failed."
- The most important component of Meyer's coaching schematic is how he treats and values players. As a player advocate, Meyer gives them every conceivable opportunity to succeed, which is what he means by "never giving up" on them. But it does not mean coddling them or allowing them to cut corners or cutting them slack. ON the contrary, there is a huge penance when they do wrong.

- He is passionate about the game, surrounds himself with good people, represents the players interest in everything they do and sees to it that those who give effort are rewarded. But make no mistake. He is forceful.
- This was a testament to how resourceful Meyer was in finding, keeping, rehabilitating, and mentoring his players and teaching them how to lead. To a man, almost, they responded.
- Here is the difference: When a Florida player falls behind academically, commits a misdemeanor, breaks a team rule, becomes injured, gets homesick and wants to leave school, indulges in drugs, overindulges in alcohol, or simply has a fight and breaks up with his girlfriend, Urban Meyer or one of his assistants is there to extend a hand. Better yet, by allowing the players to be in their homes and around a family environment, the position coaches can help ward of those things.
- Valuing the player and the person comes back to reward Meyer. It's not just about quantity, because Meyer is diligent about reeling in blue chip players that are a good fit for both the Florida program and the athlete.
- Likewise James Wilson, a Parade All American offensive lineman and former Nease teammate of Tebow's. Injured in his redshirt year and never really able to get into the flow, Wilson informed Meyer that he would like to transfer in the spring of 2008. Meyer said OK, but told Wilson to at least go through spring practice before leaving for a school yet to be name. Before the spring game, Wilson was back on the field competing, enjoying camaraderie with teammates, eventually informing Meyer he would stay a Gator.
- "Discipline" to Meyer is not meting out punishment after the deed is done, but rather being proactive to head off problems in the first place. Discipline is Anticipation.
- It took me a while to figure this out, but when Meyer pays it forward with his players, they want to reciprocate by giving him back their best.
    - That's the power of Meyer that former Utah player Bo Nagahi talks about: "He does have this power over you and I don't know how he does it or what it is. I don't know whether it's trust—that he'll sit there and give us the trust, that he brings his family before us and he has nothing to hide. All his cards are on the table. To me, if you're going to give me all your trust, I'm going to give you all my trust. And that's the way everybody felt.
- People fail to put a price tag on momentum. That's one of the higher priority items in dealing with youth." – Meyer
- There is also a definite connection through commitment to a standard and willingness to show emotion.
- "I think Coach Meyer is passionate about everything he does."
- What coaches don't realize is you have to be that father figure—you have to be able to change somebody's life.
- "A lot of coaches don't want to accept that responsibility. And not only does Coach Meyer accept that responsibility, he embraces it. And that's what I loved playing under him."

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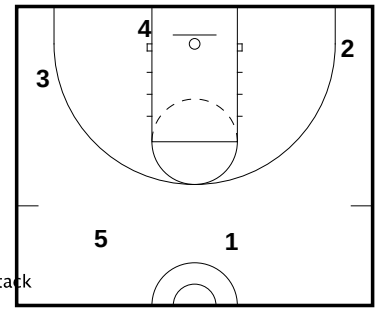

Dribble Drive Attack

1 - traditional Point Guard 2 - traditional Shooting Guard, both feet at the rim line extended 3 - shooter first, driver second, must be patient, 1 big step above where the 2 is 4 - traditional big man, runs to the rim and then gets opposite the ball, both feet below the block @ angle where he can see the ball at all times 5 - a second PG, driver first, shooter second

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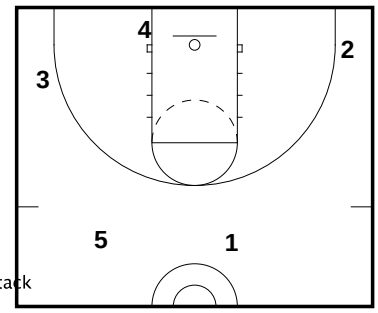

Dribble Drive Attack

5-3-4 = 3 Man Side 1-2 = 2 Man Side Like 3's, but we love lay ups! Points Per Possession = PPP (above 1 good) Inside Shots : 60% / .6x2 = 1.2ppp 3 Pointers : 35% / .35x3 = 1.05ppp Free Throws : 70% / .7x2 = 1.4ppp Mid Range : 35% / .35x2 = .7ppp *Get to the Rack* Extra points on fouls and 3pt shots

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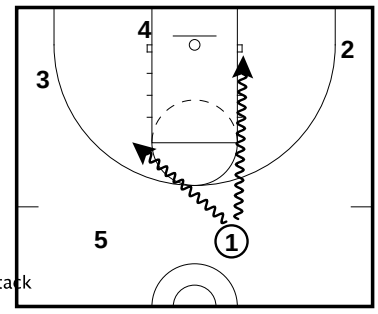

Dribble Drive Attack

1-5 Single Gap 1-2 Double Gap

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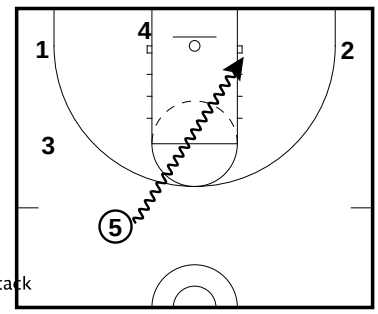

Dribble Drive Attack

5-2 Triple Gap. LOVE TRIPLE GAPS

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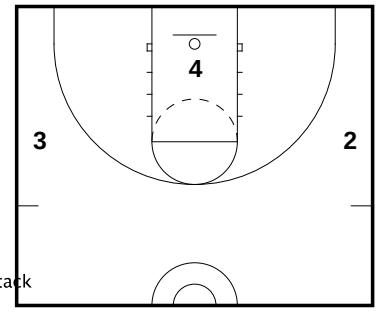

Dribble Drive Attack

Transition Lanes: 2&3 stay FT line extended until the ball is brought into the front court. The ball is passed ahead to 2 or 3 if they are open. 4 runs to the rim, then gets opposite the ball.

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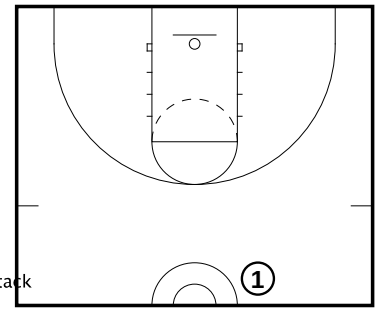

Dribble Drive Attack

The breakdown zone is located between the half court and the Top of the Key from sideline to sideline.

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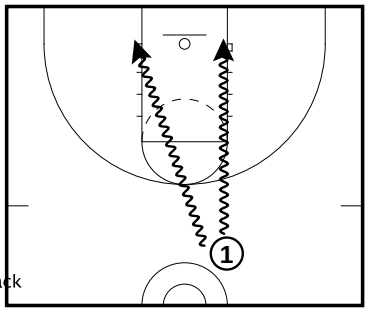

Dribble Drive Attack

The Rack Zone is located around each block at the rim. When you have the ball, think "Rack It."

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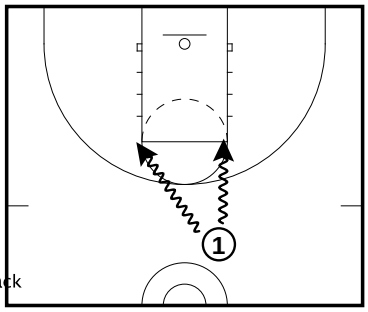

Dribble Drive Attack

The Drop Zone is located in the Elbow area on each side of the FT line. If you can't beat your man, "Stop in the Drop."

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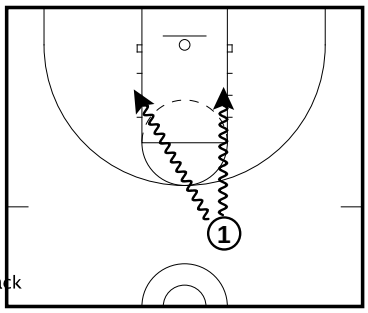

Dribble Drive Attack

The Drag Zone is located between the Rack and Drop Zones.

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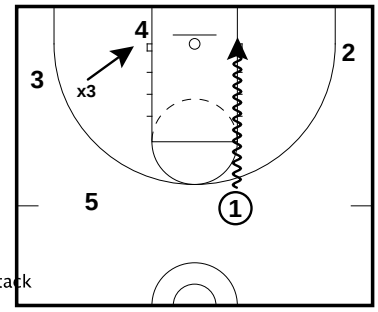

Dribble Drive Attack

Lane Penetration (when the ball gets to the rack zone, 2 is no longer an option) Once the ball gets past the drop zone, 4 gets to the "clean up" position. 4 Man cleans up on lane penetration, square up and face the basket and seal 3 defender from getting to the rim.

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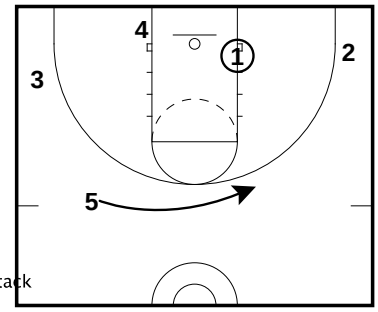

Dribble Drive Attack

"Drag 5" / 1 jump stops in the rack zone No negative steps after the pass. Moving without the ball, when you break the 3 pt line go to the rack zone and space out.

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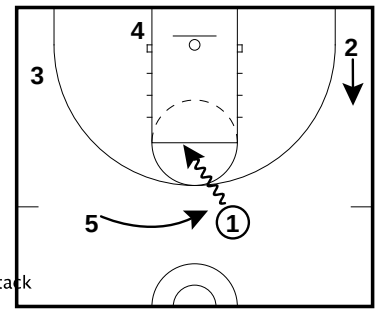

Dribble Drive Attack

Middle Penetration / 5 drag behind for a kickback. 6'-8' gap.

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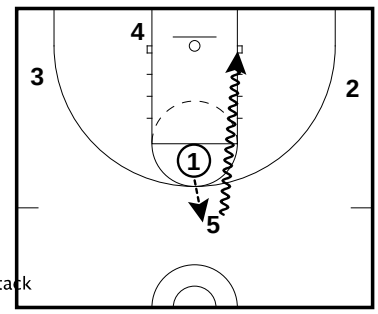

Dribble Drive Attack

"Kickback - Attack the Rack" 2's and 3's must always be patient!

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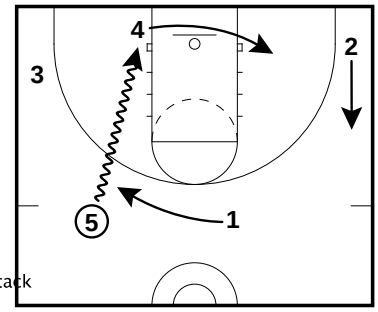

Dribble Drive Attack

5 Lane Penetration. 4 relocate. 1 drag behind. 2 lift.

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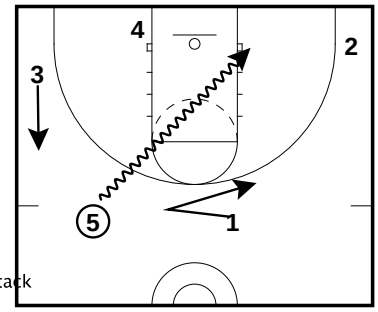

Dribble Drive Attack

5 Lane Penetration. 1 kickback, then drag. 3 Lift.

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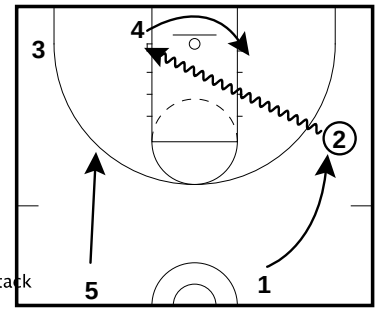

Dribble Drive Attack

Wing Middle Penetration Rack it. 1 drag behind. 4 relocate. 5 get to the open window. When one wing catches it, the other wing gets diagonal.

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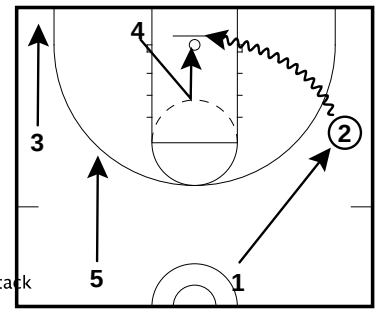

Dribble Drive Attack

Wing Baseline Penetration 4 Tup. 1 drag behind. 5 gets to the open window. 3 baseline drift.

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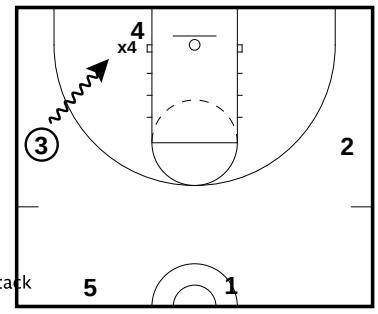

Dribble Drive Attack

Wing Baseline Penetration Does not like baseline penetration on the 3 side because of the trap with x4.

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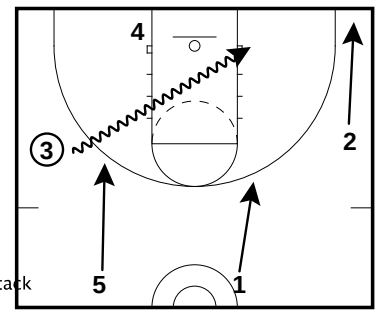

Dribble Drive Attack

Wing Middle Penetration On 3 catch, 2 rule is to get diagonal. On 3 penetration, 5 drag behind and 1 gets to the open window.

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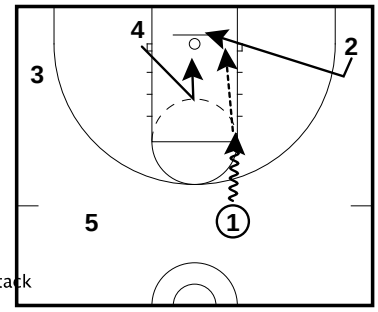

Dribble Drive Attack

"Drop 2" 1 stops in the drop on the 2 guard side. 2 takes one step to the ball, shows fist, and calls "ball." 4 Tup.

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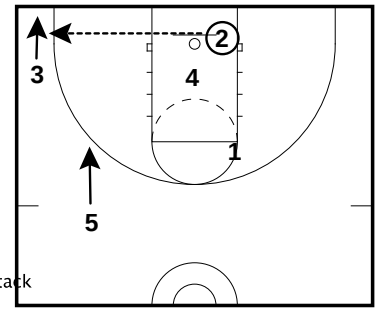

Dribble Drive Attack

Drop 2 Back Door, Baseline Drift.

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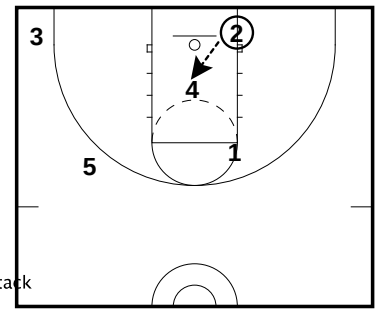

Dribble Drive Attack

Drop 2 Back Door, Tup.

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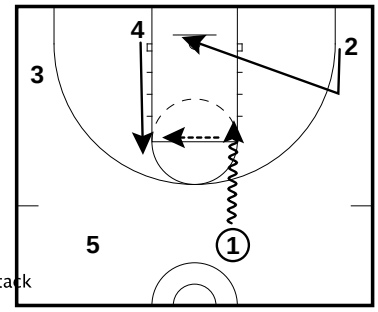
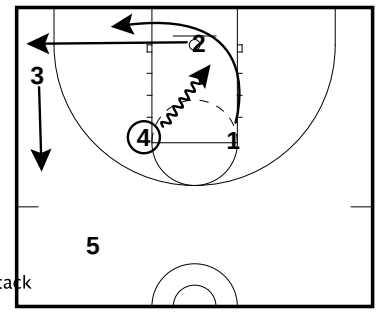


Dribble Drive Attack

After the 1 man stops in the drop, 4 elevates and calls "Ball", takes the big man out of the way and go back to the rim if the pass goes to 2. If 4 receives the pass, 1 give and go.

15

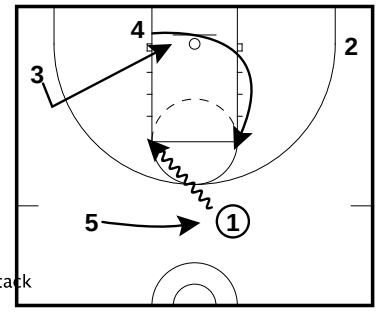


Dribble Drive Attack

After the give and go, 4 tries to rack it at the rim.

All Contents Proprietary

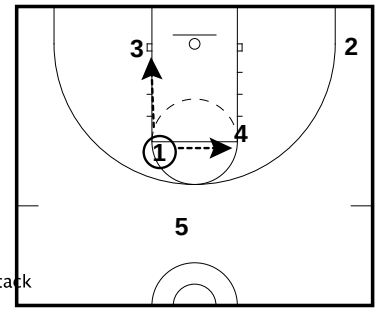
16



Dribble Drive Attack

Drop 3. 4 relocate and elevate. 3 back door. 5 kick back. 2 lift.

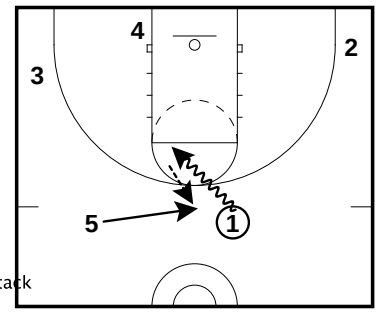
16



Dribble Drive Attack

1-3 back door. (4 tup, or 2 baseline drift) 1-4 for give and go, then 4 rack it.

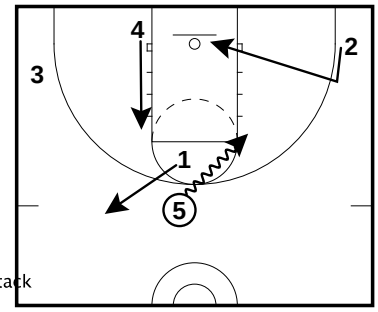
16



Dribble Drive Attack

Kickback to the 5.

16

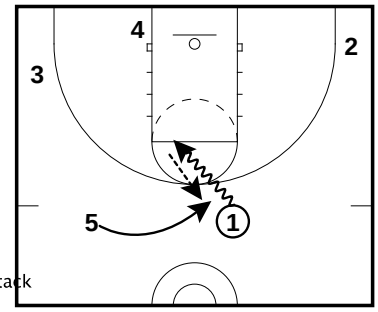


Dribble Drive Attack

5 stops in the drop. Drop 2 rules. 2 back door and 4 elevate.

All Contents Proprietary

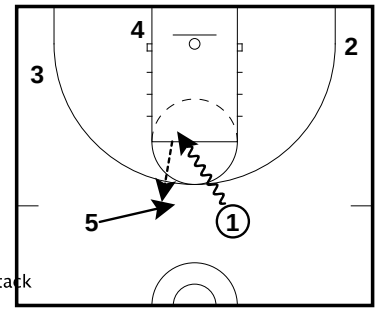
17



Dribble Drive Attack

Positive Kickback = 5 is past the ball.

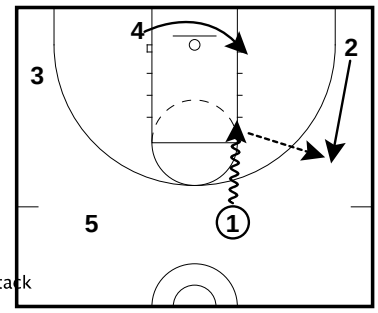
17



Dribble Drive Attack

Negative Kickback = 5 is not past the ball.

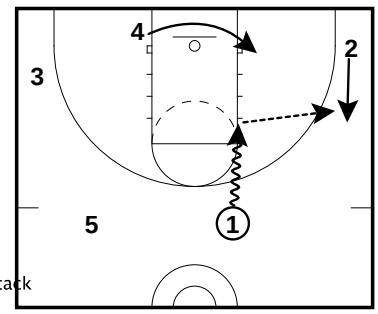
17



Dribble Drive Attack

Positive Kickup = 2 is past the ball and can drive downhill. Positive Kickup = Downhill Penetration

17

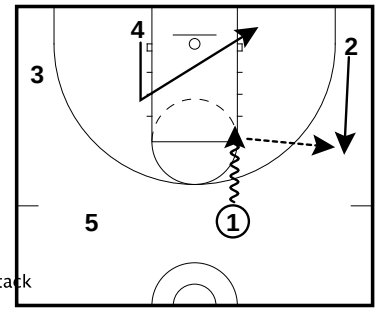


Dribble Drive Attack

Negative Kickup = 2 is NOT past the ball and cannot drive downhill.

All Contents Proprietary

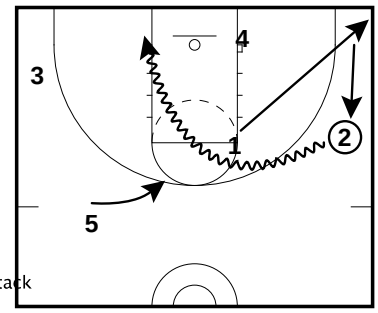
18



Dribble Drive Attack

Drop 2. 1-2 Kickup. 4 started to elevate when 1 is in the drop. When the kickup occurs, 4 relocates and looks for a post up.

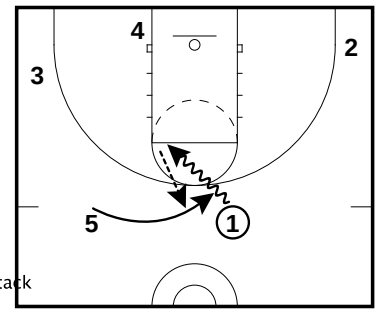
18



Dribble Drive Attack

2 looks to rack it and 4 relocates. 5 kickback. 1 lift opposite.

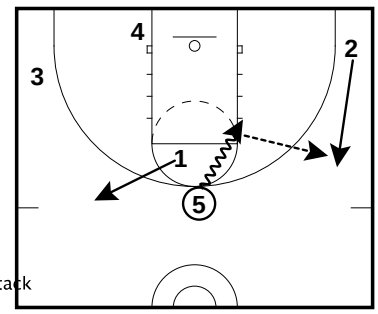
18



Dribble Drive Attack

"Kickback, Kickup, Drop 3" Kickback.

18



Dribble Drive Attack

Kickup.

All Contents Proprietary

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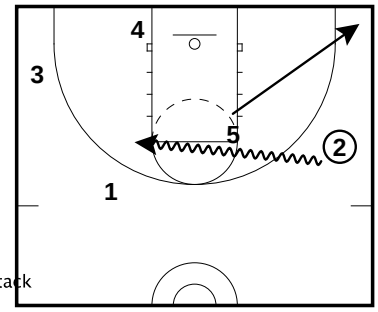
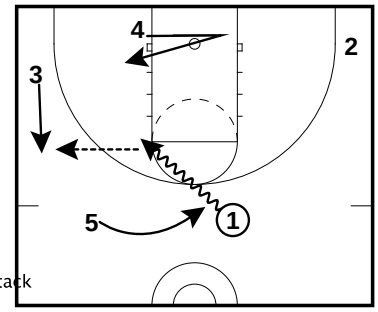


Dribble Drive Attack

Drop 3.

All Contents Proprietary

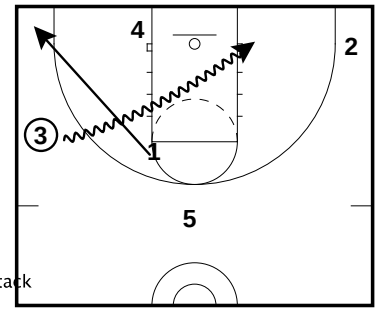
20



Dribble Drive Attack

Drop 3 into a kickup.

20

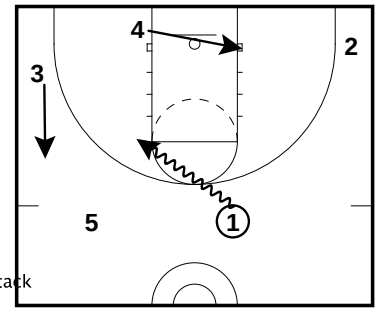


Dribble Drive Attack

1 replaces 5 after kickup pass to 3. 3 Drive Downhill.

All Contents Proprietary

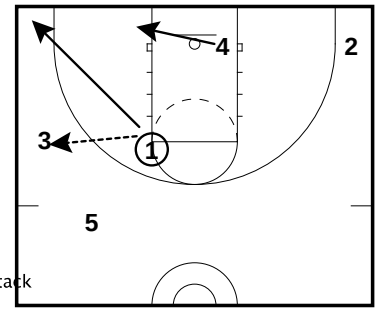
21



Dribble Drive Attack

Drop 3. 3 kickup and 4 relocates.

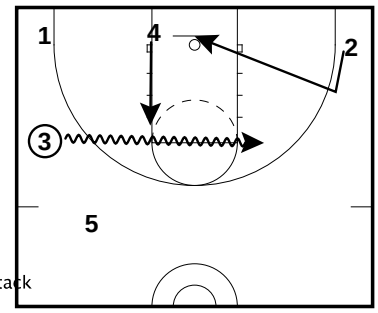
21



Dribble Drive Attack

1-3 kickup. 4 replaces himself when he sees 1 stop in the drop. 1 replaces 3 in the corner.

21

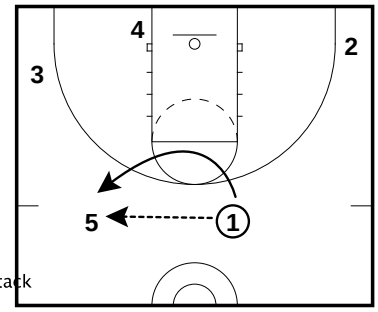


Dribble Drive Attack

3 stop in the drop. 4 elevate, 2 backdoors.

All Contents Proprietary

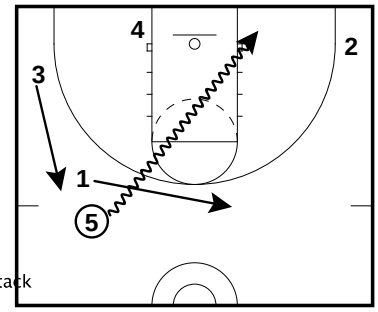
22



Dribble Drive Attack

"415" 4 set, 1-5 pass.

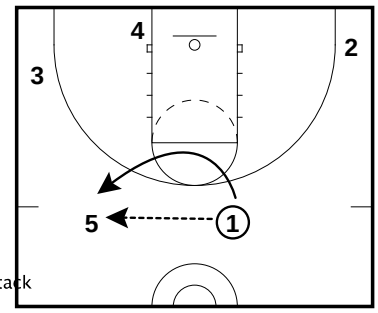
22



Dribble Drive Attack

5 rack it. 1 drag behind. 3 lift.

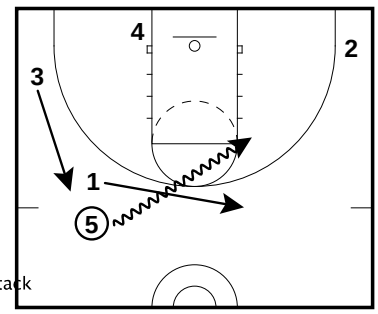
22



Dribble Drive Attack

"415" 4 set, 1-5 pass.

22

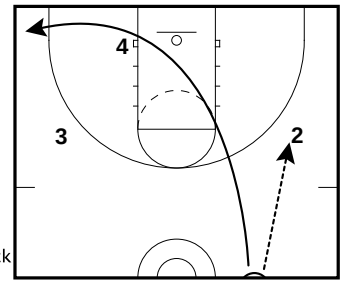


Dribble Drive Attack

Drop 2.

All Contents Proprietary

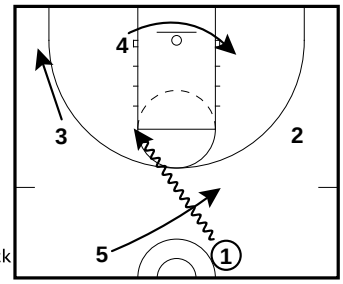
23



Dribble Drive Attack

Once the ball is over half court, 2&3 drop to the corners. 2&3 stay high when the ball is in the rear court, 2 hesitates and 1 goes through, 5 holds to keep the gap and hold for a :02 count.

23

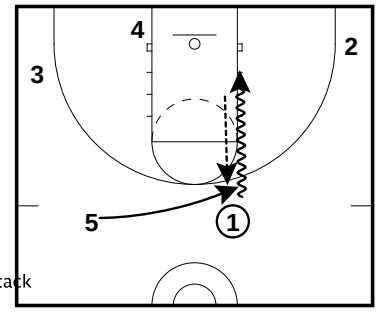


Dribble Drive Attack

1 Middle, Drop 3.

All Contents Proprietary

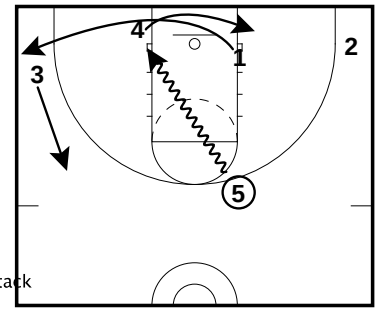
24



Dribble Drive Attack

"Drag 5" Late in the drag zone, we eliminate the 2 and look for the 5 who drags behind.

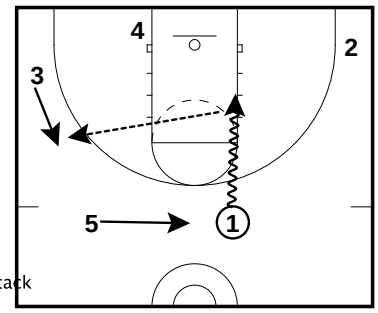
24



Dribble Drive Attack

1 clears through. 5 racks it and 4 relocates. 3 kickup.

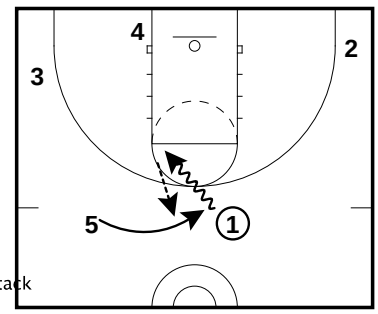
24



Dribble Drive Attack

Drag 3. Early in the Drag Zone look for lift 3 on the weakside. Great post up for 4.

24

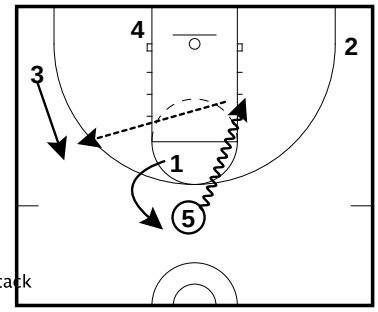


Dribble Drive Attack

"Kickback into a Drag 3" 1-5 Kickback

All Contents Proprietary

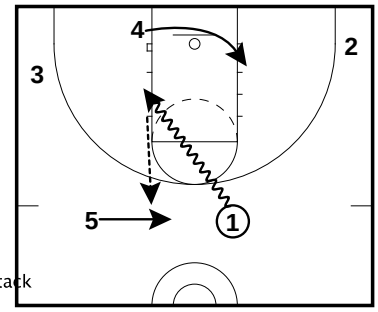
24



Dribble Drive Attack

5 stops early in the drag zone and passes to the drag 3.

24

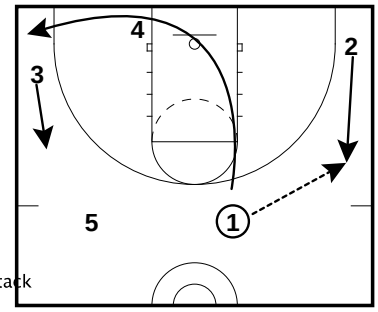


Dribble Drive Attack

"Middle Penetration into a Drag 5"

All Contents Proprietary

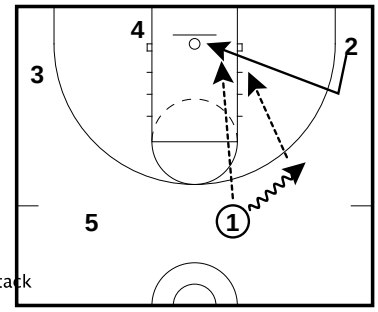
25



Dribble Drive Attack

1-2 pass 1 cut through to opposite corner. 5 holds for a :02 count, 2 penetration.

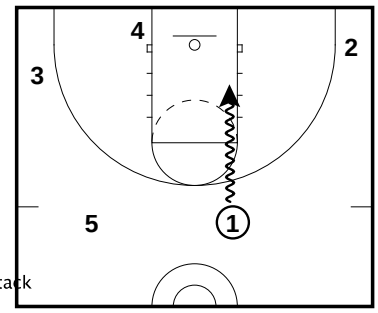
25



Dribble Drive Attack

2 Types of Backdoors. 1) Ball Fake 2) Dribble At

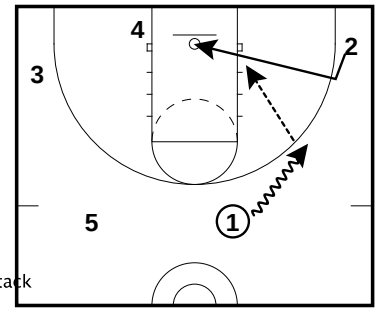
25



Dribble Drive Attack

Attack Dribble. Dribble going at the rim.

25

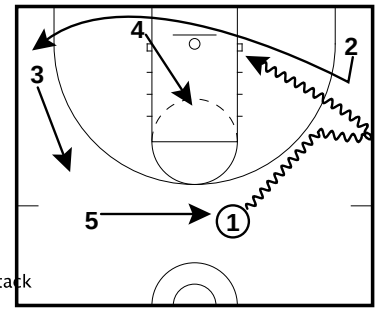


Dribble Drive Attack

Dribble At. Dribble at the guard and automatic backdoor. 5 hold until a back dribble.

All Contents Proprietary

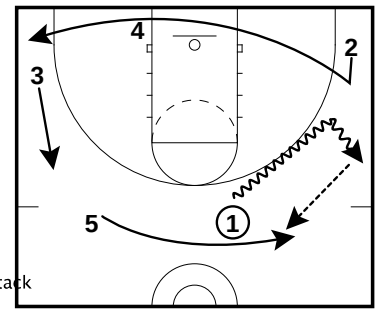
26



Dribble Drive Attack

"Dribble At, Backdoor, Back Dribble, Take Him." 2 backdoor on the dribble at. 3 lift (call ball), 5 drag behind, 4 tup.

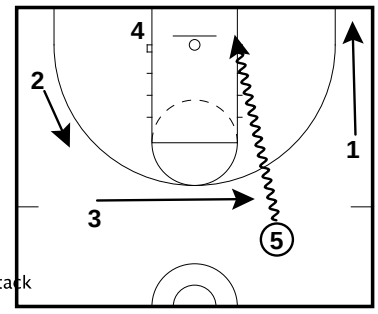
26



Dribble Drive Attack

"Backdribble reverse to the 5." Perimeter Players always line up at the NBA 3pt line.

26

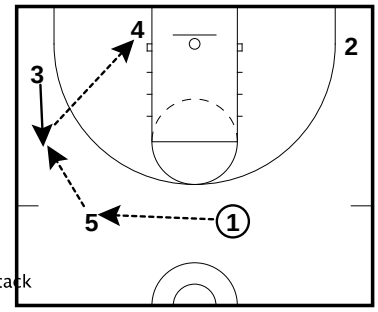


Dribble Drive Attack

After the pass to 5, 1 slides to the corner to open up a gap. 5 Lane penetration. Post: When your defender turns his head, put your baseline hand in the air to let him know your open.

All Contents Proprietary

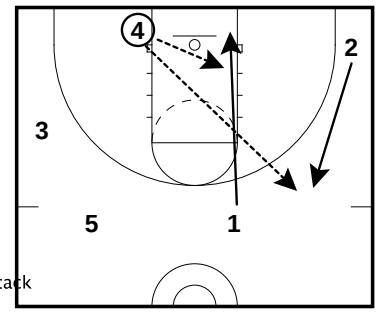
27



Dribble Drive Attack

Posting up the 4. 1-5 pass. 3 lift and receive pass from 3. 3 feed the post to 4.

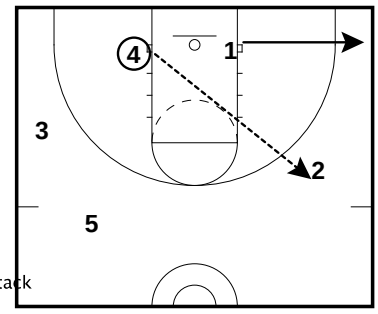
27



Dribble Drive Attack

4 makes a 1/2 turn to see dive, 1 opposite high dives to the rim (call "ball" if open) 2 elevate on the weakside.

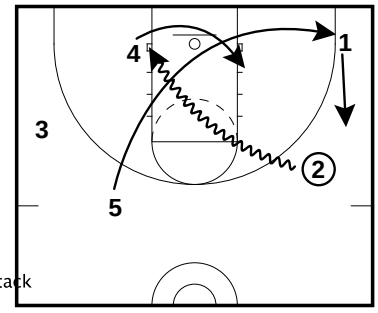
27



Dribble Drive Attack

1 dives rim. 4 makes the pass to 2.

27

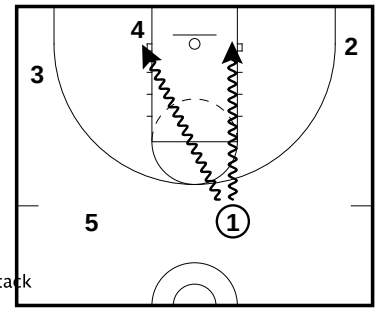


Dribble Drive Attack

On pass to 2, 5 cuts to the rim and opens up a gap for 2 to attack the rack.

All Contents Proprietary

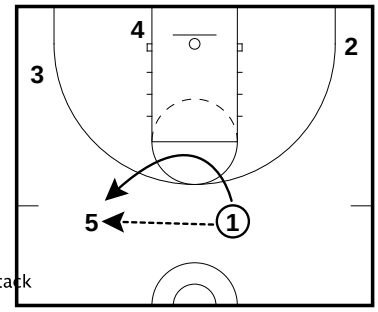
28



Dribble Drive Attack

Entry #1) 1 Racks it.

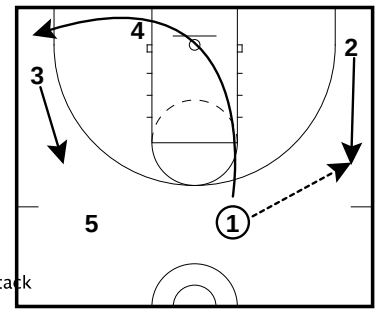
28



Dribble Drive Attack

Entry #2) "415" 4 set, 1-5 pass and 1 t's it up.

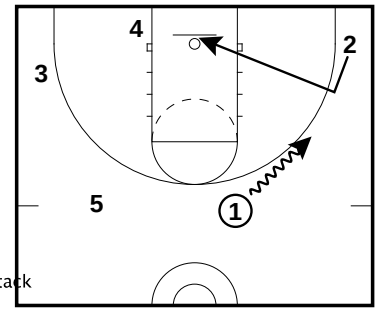
28



Dribble Drive Attack

Entry #3) Pass 1-2 and 1 cut through.

28

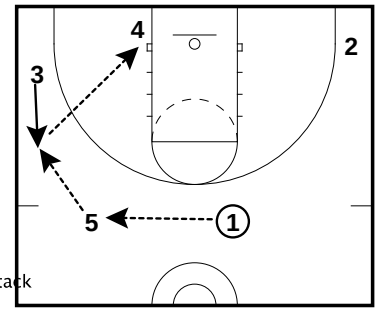


Dribble Drive Attack

Entry #4) Dribble 1-2 and Backdoor 2.

All Contents Proprietary

28

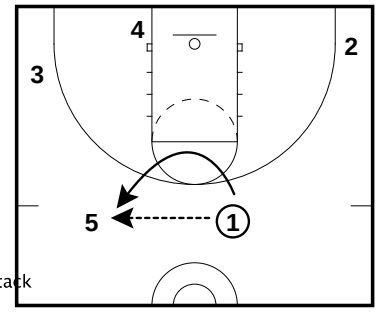


Dribble Drive Attack

Entry #5) Pass 1-5-3 and get the ball inside.

All Contents Proprietary

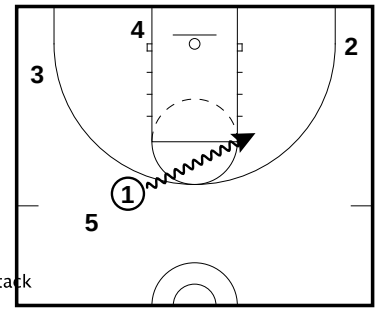
29



Dribble Drive Attack

Vs Sagging Defenses "415" to a Drop 2

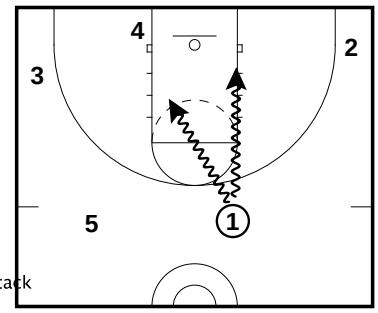
29



Dribble Drive Attack

Drop 2 with 5&2.

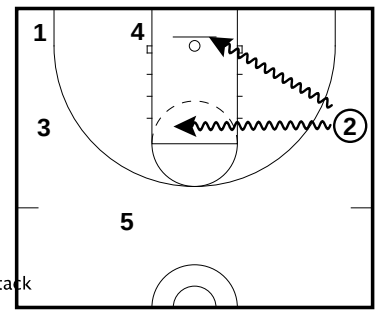
29



Dribble Drive Attack

(1) Lane or Middle Penetration.

29



Dribble Drive Attack

(2) Middle or Baseline Penetration.

All Contents Proprietary

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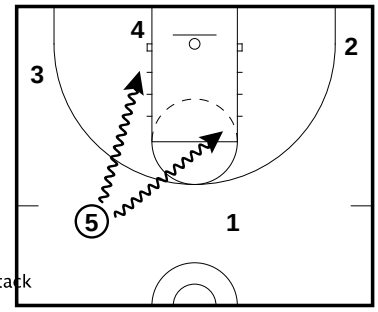

Dribble Drive Attack

(5) Middle or Lane Penetration.

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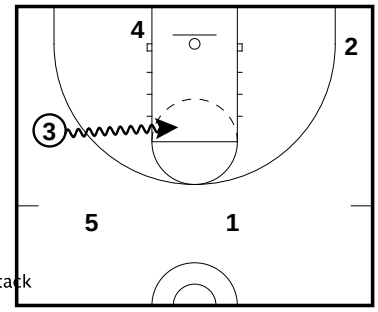


Dribble Drive Attack

(3) only Middle Penetration.

All Contents Proprietary

2-2-1

KEY IS PRESSURE, PRESSURE, PRESSURE

BREAK COURT INTO ZONES - 1/4's

1. OUTSIDE - BE ON HALF
2. INSIDE - BE ON INSIDE 1/4
3. INSIDE
4. OUTSIDE

DON'T OPEN GAPS * NO MIDDLE

TERMS-

HUGGER (TOO CLOSE TO YOUR MAN.)

HUGGERS OPEN GAPS & MIDDLE-

1. LINE OF BALL & 1/4's
2. LEVEL OF BALL
3.

1. PRESSURE
2. 1/4's
3. BEGINS ON ATTACK DRIBBLE. - NO 1 DRIBBLE & PASS.

WEAR DOWN FACTOR !!

IF YOU GET BEAT BADLY, DON'T BE A SNIVELER. CHASE & PUNCH FROM BEHIND.

X (C) CONTROLLER

(G) GAPPER

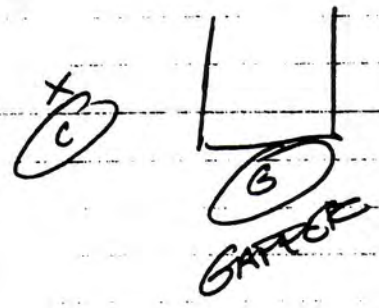
(F) BAKER

(E) READER

(T) TEASER

* CONTROLLER *

1. DON'T LET SEE FLOOR.
2. FORCE TO PUT BALL ON FLOOR.
3. TURN IN BACK-COURT.
   A. 1 = DID JOB
   2 = GREAT JOB
   0 = OUT !!



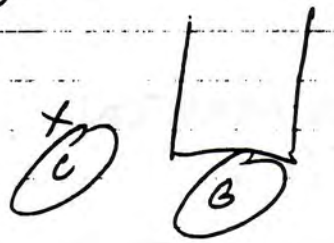
* GAPPER *

1. DON'T GET GAPPED.
2. GAPPER TURNS INTO TRAPPER.
3. ACTIVE HANDS - GET TIPS
4. WHEN BALL IS PASSED - GO & TRAP

NO STRAIGHT LINE PASSES! BOUNCE OR LOB!

ON TRAP - DON'T FOUL OR GET SPLIT!!

* HIGH SIDE
* STRAIGHT UP - NO
* LOW SIDE - NO



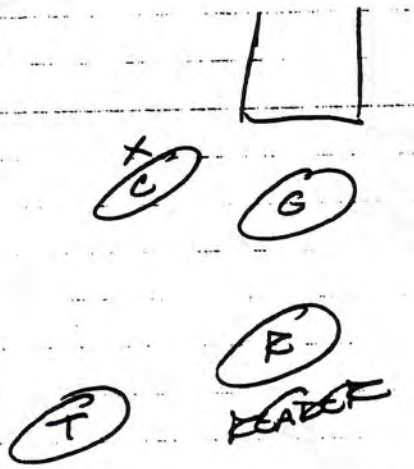
T
TAKER

* TAKER *

1. BE ON HIGH SIDE
2. TAKE PASS AWAY FROM MAN IN YOUR AREA.
3. DO NOT COME UP TO TRAP!!

NO
TERRIBLE 3's

SNIFFER STAYS BEHIND BALL



* READER *

MUST BE AGGRESSIVE

READ SITUATIONS

BAD BEAT - FALL BACK TO "UMBRELLA ZONE" FORM UMBRELLA WITH TAKER & TEASER.

HASH MARKS UP - PRESSURE ZONE
HASH MARK TO HASH MARK - CUSHION ZONE
HASH MARK TO BASELINE - UMBRELLA ZONE

* READER * CONT.

ON TRAP - READ STEAL.

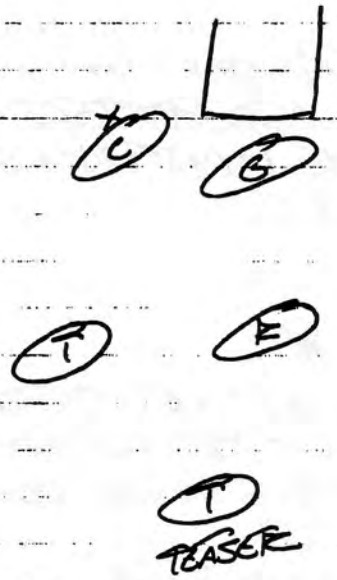
* GOOD PLAYERS MOVE ON THE PASS!

* NEVER BEHIND THE BALL!!

* GREAT PLAYERS MOVE ON THE PIVOT & SPRINT ON THE PASS!

ON BALL REVERSAL: READER BECOMES TAKER, TAKER BECOMES READER

* TEASER *



1. TEASE INTO THROWING A FULL COURT PASS.

2. NEVER WANT TO BE SQUARED SHOULDER TO THE BALL !!

3. MORE PRESSURE, MORE CHEAT !!

VERTICAL TRAPS.

SEE IT & FIX IT.

TERRIBLE

3

+

3 BEHIND BALL !!

BALL GOES OVER HEAD - IN LANE, GO TRAP IT.

ON BALL IN CUSHION ZONE - CAT & MOUSE HIM !!

WAIT FOR TRAP !!

DEF OF INBOUNDS

- 1 OFFENSIVE PLAYER UP
  GUARDS - FULL DENY ON MAN
  OFF GUARD - BACK UP AND PROTECT, DO NOT PRESSURE MAN TAKING BALL OUT OF BOUNDS.

- 2 OFFENSIVE PLAYERS UP
  * STRONG & WEAK *
  STRONG - FORCE TO CORNER - DON'T LET CATCH ON RUN!
  WEAK - DON'T HUG - STAY IN ¼'s = BE READY TO TAKE INBOUNDER ON PASS TO STRONG CORNER.

  * WEAK BECOMES STRONG WHEN INBOUNDER RUNS BALL TO HIS SIDE.

- 3 OFFENSIVE PLAYERS UP
  KEEP BALL OUT OF MIDDLE

- 4 UP OR 2 UP & FLASH 2 FROM HALF COURT !!
  TAKER & READER GO WITH & MAN UP!!

* BE IN RIGHT POSITIONS 25% OF THE TIME & WE ARE GOING TO BE VERY GOOD.

IF YOU BUST YOUR TAIL TO BE IN THE RIGHT POSITION YOU'RE GOING TO BE SUCCESSFUL.

DEFENSE DETERMINED BY HOW HARD YOU WORK.

* TAKER, READER & TEASER MUST ALWAYS READ THE INBOUNDER'S EYES.
  - WILL LOOK LONG 1ST.

* STRAIGHT LINE PASS MEANS NOT ENOUGH PRESSURE ON THE BALL!!

* FORCE OFFENSE TO BEAT YOU WITH DRIBBLE, DRIBBLE, DRIBBLE - NOT PASS, PASS, PASS

* WHEN YOU GET TO YOUR ¼'s, YOU SOLVE 99% OF YOUR PROBLEMS. WHEN YOU DON'T GET TO YOUR ¼'s, THAT'S WHEN PROBLEMS ARISE!!

  - THEREFORE, MOVE ON THE PIVOT & SPRINT ON THE PASS!!

KEYS TO MAKE DEFENSE WORK

* PRESSURE, PRESSURE, PRESSURE
  - HAVE TO PLAY YOUR TAILS OFF!
* GET TO YOUR ¼'s
* DEFENSE BEGINS ON HARD DRIBBLE.

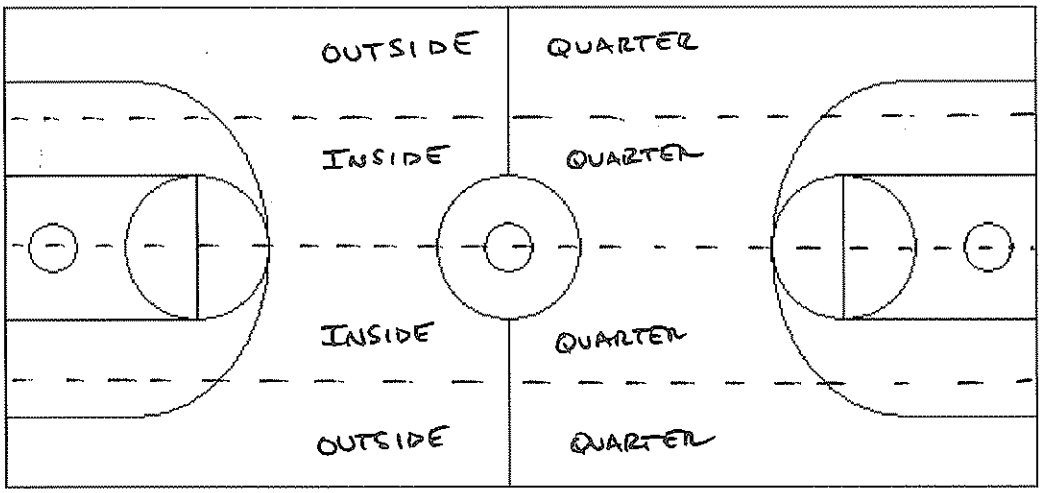
2-2-1 Press

Vance Walberg

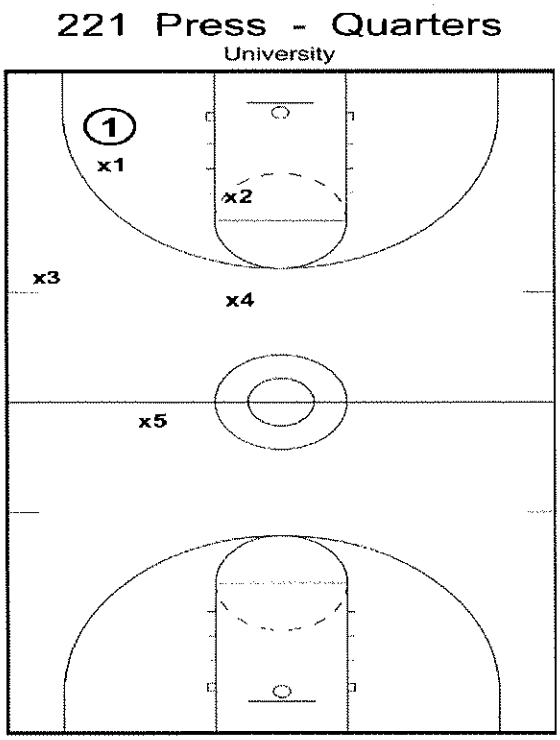
2-2-1 Press
Vance Walberg

Keys:
1. PRESSURE, PRESSURE, PRESSURE!!!
2. Get to your quarters.
3. The defense begins when the ball is dribbled.
4. Never have three players guarding the ball, or three players behind the ball.

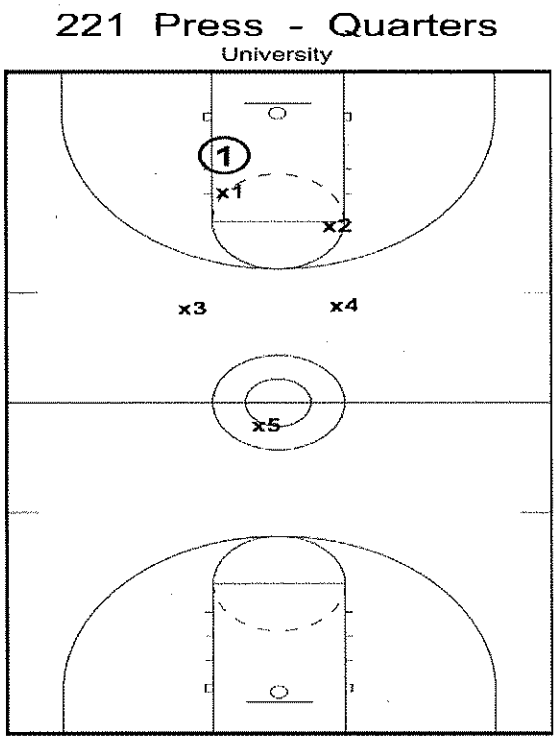
The court is broken up into 4 quarters:



*If the ball is in an *outside quarter*, all five defenders have to be on that side of the floor.



*If the ball is in an *inside quarter*, all five players have to be in an inside quarter.

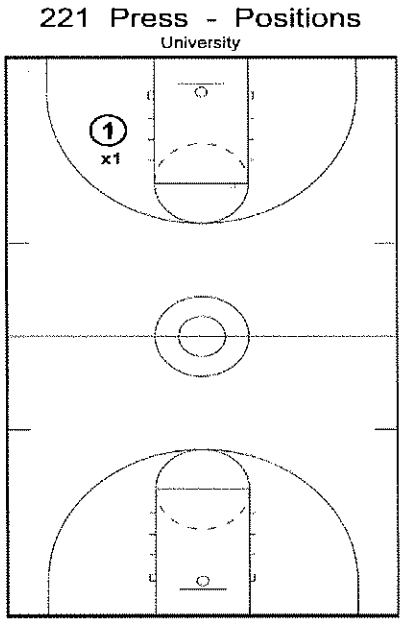


Positions:

CONTROLLER - Defender on the ball

Responsibilities:

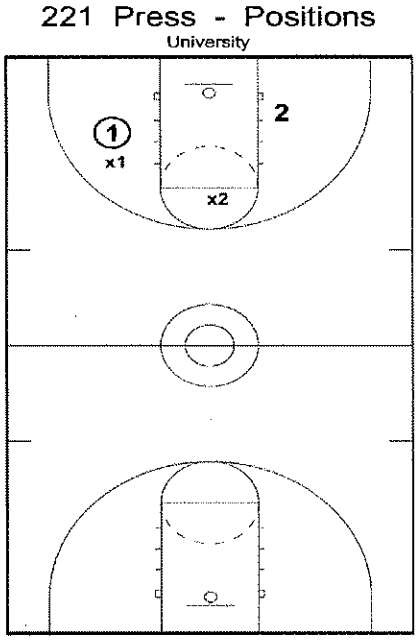
1. Do not let the ball-handler see up the floor – no straight line passes!
2. Force the ball-handler to dribble.
3. Force at least one turn, preferably more.
4. Full harassment, but do not foul!



GAPPER – one pass away from ball

Responsibilities:

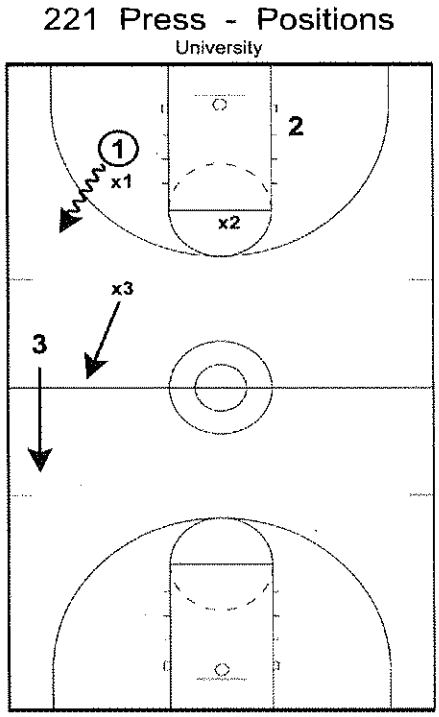
1. Do not get gapped – and remember, the controller will get beat.
2. Must always be positioned above the ball.
3. When the ball-handler attacks the gap or sideline, the gapper becomes a trapper.
4. When trapping, never foul and never get split!



TAKER – defends the ballside offensive player up the floor.

Responsibilities:

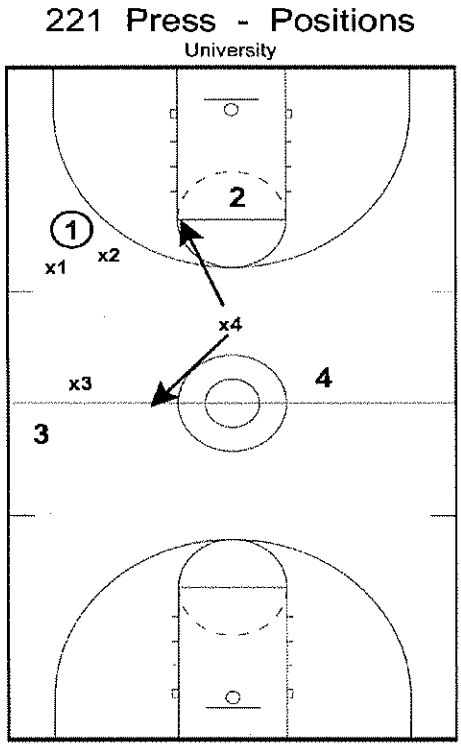
1. Take the pass away up the floor – play on the "high side"
2. Do not come up to trap!!! Stay with offensive player.



READER – Free safety defending the weakside.

Responsibilities:

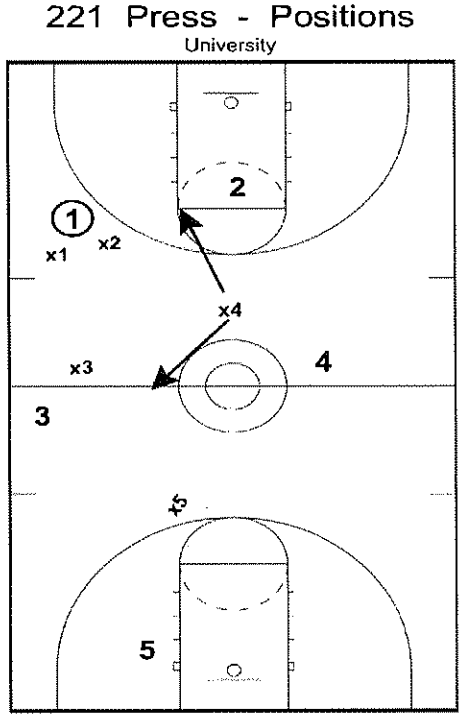
1. On a turn & trap, this defender *reads* eyes and shoulders to steal the next pass.
2. On a bad beat, he joins the Taker and Teaser in the "umbrella zone"



TEASER – starts at halfcourt and invites, or *teases* the inbounder into throwing a fullcourt pas.

Responsibilities:

1. Never play with shoulders squared to the baseline.
2. Teaser cannot allow a pass to be completed directly over his head.
3. The more pressure on the ball, the more the teaser can tease, or cheat up.



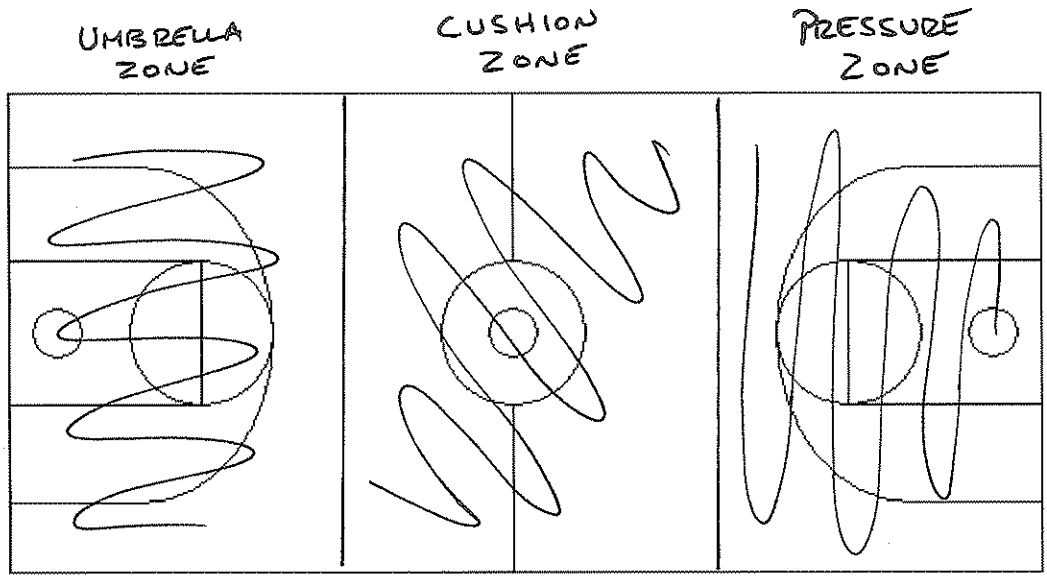
Notes:

*On a ball reversal, the Gapper becomes the Controller – the Controller becomes the Gapper; the Reader becomes the Taker – the Taker becomes the Reader.

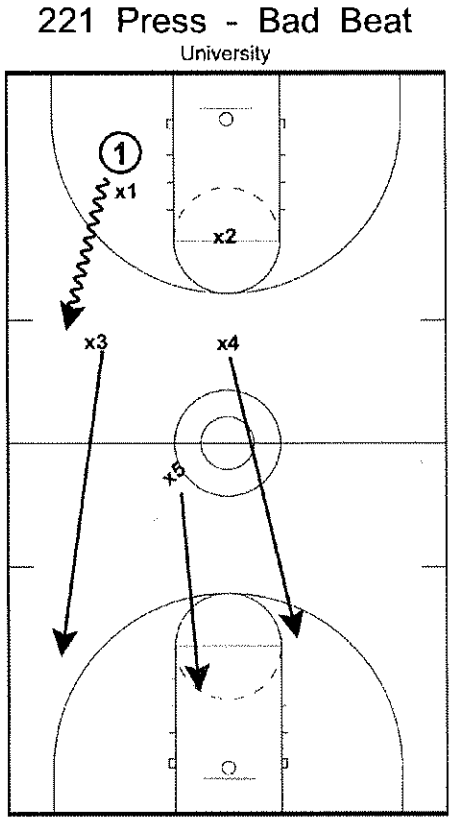
*If a defender gets beat, he has to sprint back to the ball for a "punch out." The defender will get more steals this way than from in front of the ball.

*Great defenders don't just move on the flight of the pass, they MOVE on the PIVOT and SPRINT on the PASS.

Floor Zones:



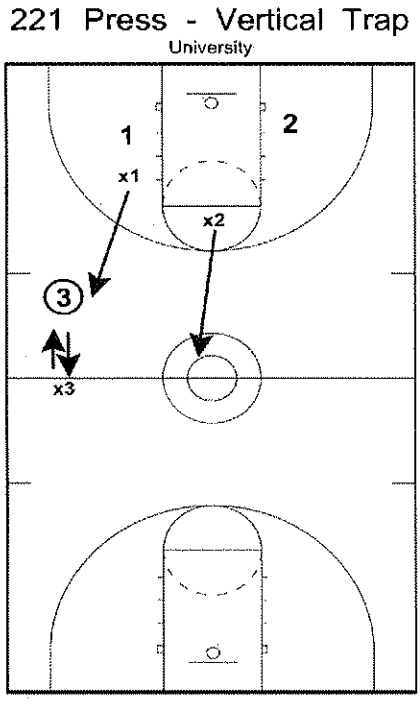
*If the Controller and Gapper get beat right off the dribble (we call this a "bad beat"), the TAKER, READER, and TEASER immediately drop to the "umbrella" zone to protect the basket.



Vertical Traps

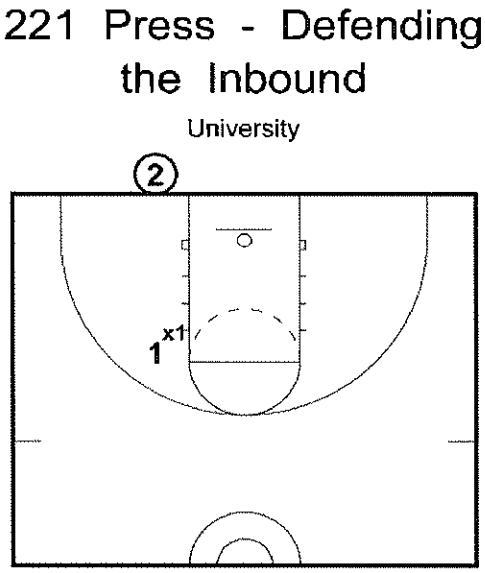
*If the ball is passed overhead to the "cushion zone," the on-ball defender plays "cat & mouse" with the ballhandler (jab step & recover) waiting for the nearest defender behind the ball to sprint and vertically trap.

*The weakside player sprinting from behind, runs up to "see it & fix it," meaning he becomes a Reader looking to trap next pass.

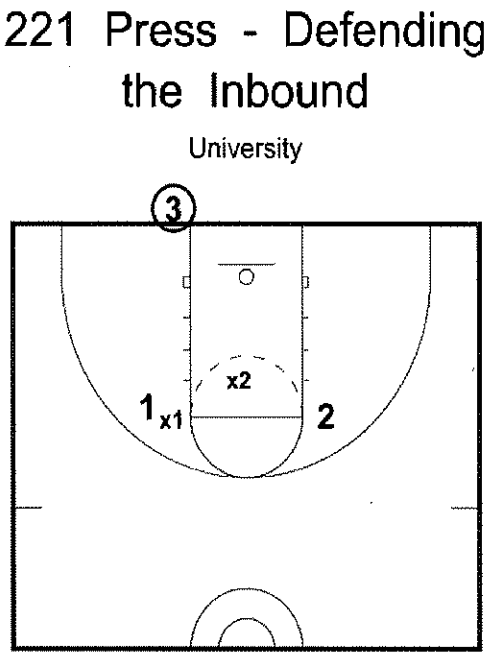


Defending the Inbound

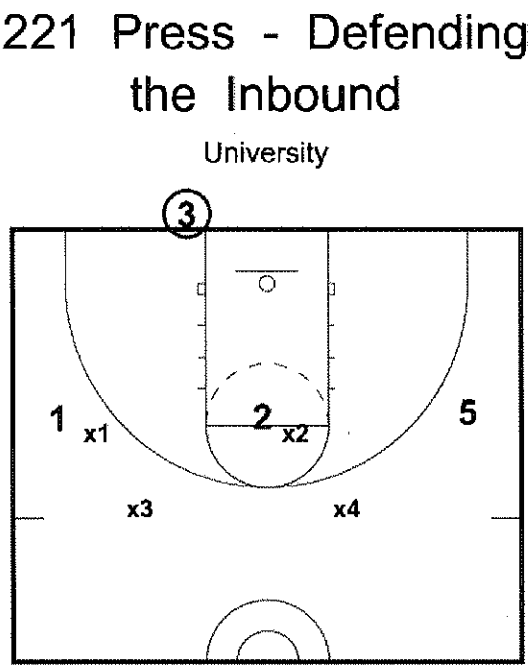
1-Guard Front = full denial



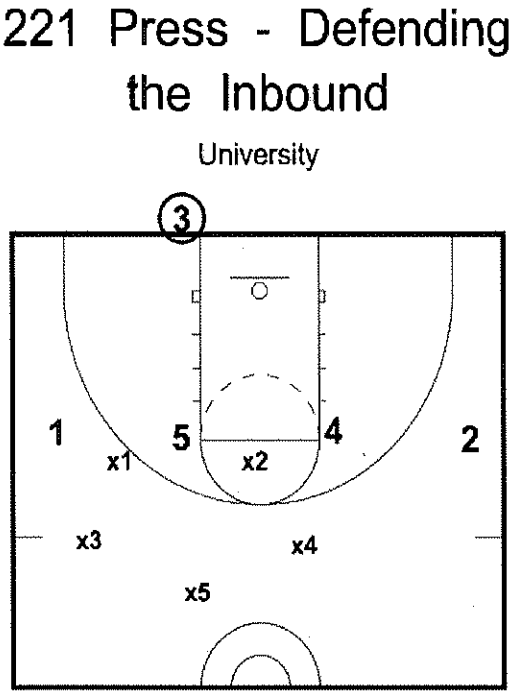
2-Guard Front = force corner on ballside; x2 is ready to take inbounder on a pass back

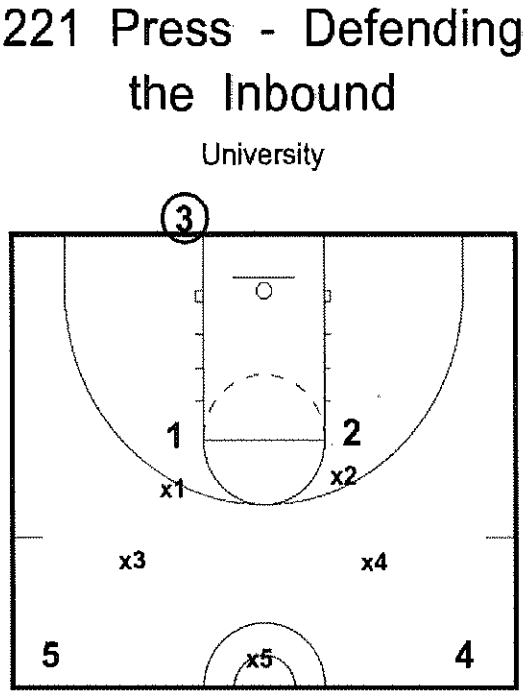


3-Guard Front = keep the ball out of the middle; give up the furthest pass



4-Guard Front & "Regular" = same defense as 3-guard front; bring x5 up





Breakdown Drills

1o1 Turn

2o2 Turn & Trap

3o3 Turn, Trap, & Take

4o4 Turn, Trap, Take, & Read

5o5 Circle Up into Live

Andy Farrell, 2009

Matt Matheny (Elon) & Shaka Smart (VCU) – "1st 100 Days"

- It's overwhelming: the phone calls, emails, etc.
- The "Cloud 9" of it is amazing
  - Ride the wave and make an impact early and often
- Be intelligent with your time
  - Meet for coffee, not lunch, if possible
- Go to the HR Department early and stay there to ask questions
- Take some time for YOURSELF- turn off your phone or do whatever you need to, specifically for yourself
- The most important thing in the program is THE STUDENT-ATHLETES
  - Make that your priority
    - What's the most important thing for them?

- BE YOURSELF, but you 1st must *know* yourself
  - Have an advanced understanding of who you are and what you are capable of doing
  - Book: Know Yourself as a Coach, by Denny Kuiper
- Delegate responsibilities as a Head Coach (you can't do it all yourself).
- Are you ready to be a head coach?
- Day #1: Understand your specific situation at your job
  - Develop allies to gather intelligence on your campus
    - Faculty Senate, Athletic Department, etc.
      - Faculty Senate was very impt. For Shaka
- Watch game tape (as much as possible) from last season
- Priotorize what you need to do
  - Some things need to be done within 6 months, others within 6 *hours*
  - **Player Relationships** are 1st priority
  - **Hiring Staff** is 2nd priority
    - It has to be the best staff- for YOU and YOUR needs
      - Not just the "best" coach or so-called "best"
    - Hire for the **long term**
  - **Recruiting**
    - Assess the situation and stack what you need relentlessly
    - What is your personal recruiting philosophy?
      - Example: How are the envelopes to be written? How often will you send out letters? What do you specifically send out?

    - **Communicate your VISION of the program**
        - It's a *specific vision* and you must communicate it to the players, staff, university, community, athletic dept., etc.
- Some days are great, some are crazy, but try not to *label* things as "good" or "bad"→ your emotional energy cannot handle it all
    - Take what comes and deal with it, because it is what it is
        - Don't take anything personally
- Take care of your mental and physical health → Find an outlet
    - People can tell if you have not taken care of it!

Questions:
"When did you start doing the X's and O's with your staff?"

- Early, but be comfortable with the system you are going to be running
    - It's should be something you have used and are familiar with
        - And trust

"…on taking other jobs…"

- You can lean on mentors for advice and be diligent in taking notes and learning from them throughout your coaching career
    - It is makes sense to leave somewhere, do it, but with a sense of loyalty
- You cannot take one job while looking for the next one
    - You must be fully committed to the one you are at

"…the interview process in getting the job…"

Norwood Teague, VCU AD

- Have 5 points or so, that is your "Coaching Philosophy"
    - Ex: recruiting, style of play, student-athlete development, etc.
    - Reference those points and ideals

- Be prepared with who you are going to meet
    - Know them inside and out
- Know what the agenda for the day is going to be
    - Don't be surprised; be comfortable
- Interview the people interviewing you
- To be a good Head Coach, you must be great where you are now
- Develop your philosophies
- Hone your interviewing skills→ practice being interviewed!

"How to prepare to be a Head Coach…"

- Do everything you can at your program and stretch yourself outside your comfort zone
- Have an "elevated sense of presence"
  - To be where you are mentally & physically and be in tune with the moment
    - Don't be easily distracted by outside "things"
- Do everything you can to make your head coach better and lift him up.
- Do whatever is asked and then ask for more.

"…1st meeting with the players/team…"

- Be brief: hit on 2 or 3 key points
- Connect with them on a personal level
- Meet with them ASAP afterwards, 1 on 1
- Be Brief!!
  - Address that this is my team, our team, and we are in this together
  - We are not just looking for success in 3 years… we want it NOW!
  - Give them a schedule of immediate and forward events

"…1st meeting with the players 1 on 1…"

- Every kid must know they have an opportunity to prove themselves
  - Regardless of playing time last year or anything
- **CONNECT** with them on a personal level

"…1st press conference…"

- Have a goal
  - Stress that you are excited to be the new coach
- Avoid too emotional of things
- Know your plan and convey your plan

"…Hiring your staff…"

- Don't promise anyone anything
  - Even if your friends are there
- It's *your* staff- it's not just the best possible staff
- Prioritize your importance
- Write what is important to you in your eyes for every position
  - DOBO, VC, 1st assistant, etc.
  - Does Person X meet those qualities?
- You don't necessarily have to have a former head coach on staff, but if it fits what you need, it certainly helps
- Have your list of candidates ready and don't be afraid to ask them if they are interested

- You must TRUST who you hire 100%

"… Player relationships…"

- Best advice: "The most important thing to gain is the players' trust!"
- Meet them more than ½ way and love what they love
  - Find their passions
- Find the players on their turf.
  - Spend time with them
    - Lunch, classroom, etc.

"…Life beyond basketball on campus: raising money, being visible, etc…"

- Spend time and build relationships b/c you are suppose to be a presence on campus and the campus needs to feel important
- Sell your program and your vision to everyone

"…before the actual interview process…"

Norwood Teague, VCU AD

- Develop a personal relationship with the AD
- Personalize things: hand-write notes
- You will be interviewed when you aren't being interviewed
  - Bench, Conferences, etc.
- Dress for the job you want, not the one you have
  - If you want to be a head coach, don't dress in sweats every day
  - Others must "see" you as a head coach
- Develop an appreciation for people who make your job easier
  - Assistants' wives, academic advisors, etc.
- Treat every decision you make as if you are the head coach already

"…for kids that don't buy in to your vision, what do you do?"

- Case by case basis
- Give them a chance to make the transition
- Is the kid bigger than the problem?
- Draw a line in the sand- don't go too far but come to him and meet him

"What did you take to the interview with you?"

- 8-10 page book with pictures, etc. of what you are going to be as a program
  - Not too many words
  - Your vision
  - Give it to them *in the end*
- Recruiting philosophy
- The book wasn't a priority and didn't feel necessary

Andy Farrell, 2009



Mark Phelps (Drake), Ken McDonald (WKU), & Gene Cross (Toledo)
"1st Year on the Job"

- We could be excellent if we just play harder
- Bring everyone down to a realistic level
- Kicked off 2 kids who didn't "buy in" & sat down a senior who didn't work hard
    - Took too long to do so
        - Glad he did it though
    - Regained credibility & the culture changed

- "I'm saving this ship" mentality
- No matter how prepared you think you are, there is nothing that can prepare you for this
    - You don't know what you don't know
        - Be comfortable with that and accept your decisions after your assessments
    - Be careful with your roster spots
        - Don't just give scholarships because you have some to give
            - It will hurt you later on
    - It's going to take awhile to realize what you have
    - The program is becoming the program I want it to be, slowly, once *my* culture is being grown
    - Don't worry about the APR early- you will make it up later
        - In other words: kick kids off if they aren't in line with the team's goals & culture

"Why are you better today, as apposed to one year ago?"

- I was forced to commit to paper what wasn't already
  - Required you to think about it and really consider how you will do *everything*
    - Recruiting, defense, alumni, managers, under ob, etc.

- Value things like base-hits; not everything has to be a home-run
- Your pace slows down once you get the hang of being a Head Coach
- Take time to train your assistants

- Access what you've done wrong and right
- Brainstorm ideas to get better
- Make a book for your staff to reflect on *everything* from the season
  - Game stats, player stats, W/L on Mon, Tues, Wed, etc.
  - Scout's game summary/reflections
    - What plays were run & what worked
      - What plays didn't work
    - Overall scout grade (A,B,C,D, & F)
- Try to keep a journal of the season
  - Where your team faltered, where they rose, etc.

"… Regular meetings with the AD?"

- No "set" meetings; all informal

- Every 2 weeks, scheduled, but also pops in & out
- Business approach to the meetings
  - We are not up to par where we need to be
  - Pick your battles
- Put it on paper & let them know in advance what will be discussed/asked for
- Demonstrate *passion* to start every meetings
  - Ex: Recruiting, players, upcoming games, etc.

Norwood Teague, VCU AD

- How you project your image is the key
  - Be positive
- Stories are great & it keeps the AD's motivated & passionate about your program

"… Positives and Negatives of going to a new program?"

- Set a tone early & change the culture & impact how the program is perceived

- Rebuild relationships
- Don't lose focus on the **players**

- Regardless, be ready with how you want your program to run and be perceived
- Give value to people who make your job easier

"When situations arose, how often did you rely on your mentors?"

- Often, especially early
  - Advice give: Keep is simple with where your program is and what you are capable of doing with your team
- Not just former head coaches you have worked for, but peers & colleagues

- You have to use your network
- You don't know everything & someone has been in your shoes before

"How do you choose your style?

- Concept: Championship effort, at all times
  - Ex: classroom, loose balls, fans, etc.- everything, all the time
- Custom fit your style to what your personnel is

- Keep it simple & consistant
- **Do your best! Effort & Potential and challenge your team on every aspect**

- You can't be all things to all people
- **Hold everyone accountable**
- What is the most important thing to you, that you think wins? Do it, and commit to it!

"…Pressure to retain on the new staff, from the old staff?"

- No pressure, but I did keep 1
- Secretary was awful
  - Document *everything* bad- if not, you are in the wrong

Andy Farrell, 2009

John Calipari (Kentucky) – Everything about Coaching Basketball

- You have to see yourself & dream about being a Head Coach
  - Office set-up
  - Who to hire
  - **UNLIMITED EXPECTATIONS**
  - *Visualize* it, so when you are there, you've lived it before
    - If not, you're behind the 8-ball already

- You must make yourself indispensible
  - Do something to make it that way
  - Are you doing more than expected?
    - Don't worry about money, it will come.
  - Know you are not indispensible, but make others think you are
  - Do **more** & jump into areas you aren't involved with currently

- **When you make it more about everyone else and not you, life is a lot easier**
  - The loss in the National Championship game could have been harder, but it was about *everyone else* who lost too, so it was easier to get over
    - Cared more about getting them through it

- As an assistant, you have to be each other's PR machine on the staff
  - Help each other out and look after each other
  - It carried over to the team
  - The entire staff needs to be on board
  - "Deal with it" if someone isn't on the same page- live with it!

- To be a Head Coach, you must learn to say "No"
  - First gain respect, then affection

- In surrounding yourself, hire someone you know & trust
  - Hire people who are better than you are in some areas
  - Have warriors around you for the battle

    - Have people around you with a good heart

- Use your network and learn what you don't know
    - Keep it simple!
    - You don't know everything

"**… Advice…?"**

- Keep practices shorter as the season progresses
- When getting a new job, change as much as you can early, so everyone recognizes a change
    - Visually especially: locker room, banners, bench design, etc.
- Just get better
    - Most jobs you will get right away will suck
        - Improve and go all out
- 1st years recruiting, you MUST get 5 players that can make your program better & be the crutch of your team.
    - 5 players in the 1st 2 years!
- Use a sports psychologist
    - The players' perception is their reality
    - Every team gets tired and has problems
        - Go in with a smile and energize the kids
    - If a kid is being beaten up and on the ropes, don't let him go- make him fight!

"How can you be who you are to the players?"

- They know you care
- Let them know what's in it for them
- Give them a home away from home
- Show love after discipline
- They watch you- who are you helping? Who are you finding a job for?
- Bottom Line: if they aren't fight for you, you're getting fired
- Show them points per minute stat & that the NBA cares about that more than PPG

"... Advice (cont'd)…"

- Go to war for your staff, because they go to war for you
- What's your plan of attack for an interview?
- You want guys & coaches that think like a Head Coach
    - Where is this game going? How do we win? What's next?
- Not one guy is in charge of one particular recruit
    - There may be a point man, but recruit *as a staff*

"How do you deal with Blogs, critics, etc.?"

- Live in reality
- Accept that that stuff is going to happen
- Prioritize what is important.

    - Players, family, staff
- Hire a content manager so *you* can be offensive to the attacks

"Do you deal with the parents of players?"

- Academics only
- Be cordial, but nothing basketball related

"How do you deal with AAU coaches?"

- Have "Goodwill Ambassadors"
    - You have to have them
- Keep people in your court and on your side

"What player should you recruit?"

- What are you looking for?
- You can't get a perfect player, so what do you need in the guys you want?
    - What's the one or two characteristics you *must* have to win with this kid
- You want program builders
- Who cares about the ratings by scout?

Conclusion:

- HAVE FUN AT WHAT YOU ARE DOING!
    - If your profession is a grind, it will kill you
    - Your staff & players need to love playing and being part of the TEAM

Andy Farrell, 2009



Lon Kruger (UNLV) & Dana Altman (Creighton)
"Advice about Coaching Basketball over the Years"

- Relationships: find people with integrity and ethics to work for you, and play for you
- The "short route" will always bite you in the long-run
    - There are no shortcuts in this business

"What qualities have allowed for your success & the longevity of your career?"

- Being Genuine, sincere, and trustworthy in every aspect of you & your program
- You also have to have players
- Be thorough and consistent
- Your relationships should follow the Golden Rule

- Your word has to mean something
- You must treat everyone well
    - Especially in your community
        - Money, fans, image, etc.
    - Technology can help you, but it can also hurt you

"… Career moves & other opportunities…?"

- Don't think about the next move, and don't try to get another job as your motivation
- Keep your family as a part of your career

- Take pride in what the program is
- Make sure the AD is in line with the needs of the program

"Is it harder to get it (success) going, it keep it going?"

- Case to case basis
  - Expectations grow, exposure grows
  - Start under the radar, but there were many sleepless nights

- Be patient & improve your starting point of every day, week, year
  - Success takes time

"How much have your philosophies changed?"

- There are so many perspectives to look at
  - Listen to people you trust
- You understand your own weaknesses
  - Find coaches to hire that can fill your void(s)
- First started as insecure, so therefore didn't listen to others early
  - The more secure, the easier it is to realize you need others

- Wasn't as patient as he should have been early in the career
  - May be too laid back now
- We'll push and drive others, but if a player doesn't want to perform, someone else will step up their game
- Talk with the players a lot and figure out a plan for them & execute it daily
  - *Shared ownership*

"… Advice to your assistants to pursuer other jobs?"

- If it can better them and their family, we encourage it

- I want assistants who want to be Head Coaches

"… Hiring your staff?"

- Managing personalities
- Managing strengths & weaknesses
- Balance, communicate, have fun
- We are leaders & teachers of these kids
  - A kid cant respect you if you don't practice what you preach
- It's crucial to spend time with players
  - Spend more time with them

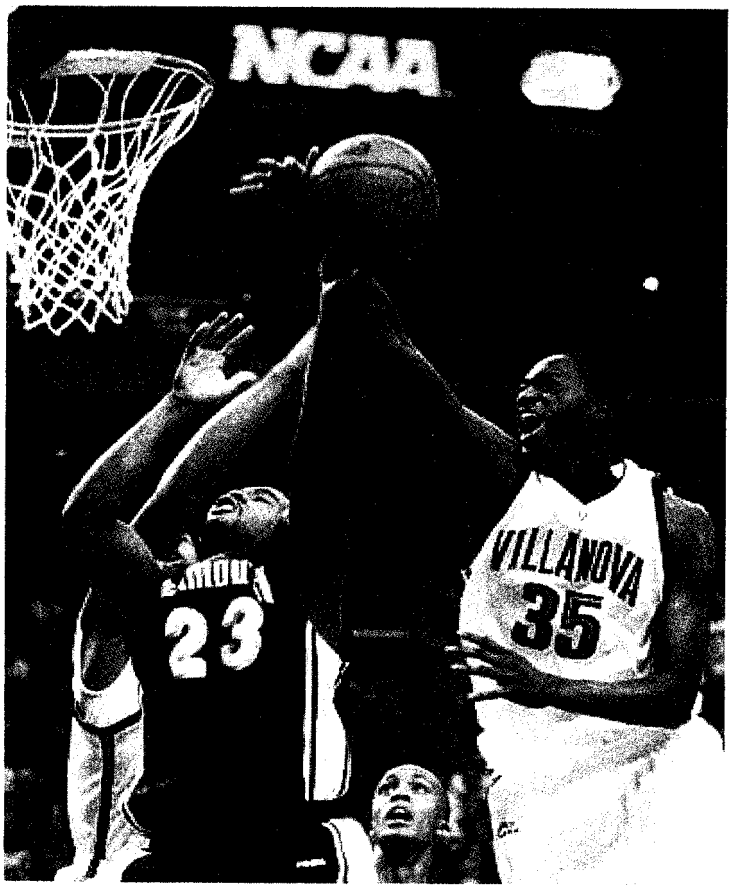
- Hire and efficient staff
- Working "X" hours doesn't guarantee wins
- Family time keeps everyone fresh
- Self-motivation is crucial

"As an assistant, how do you change the perception of who you are now and the coach you want to be?"

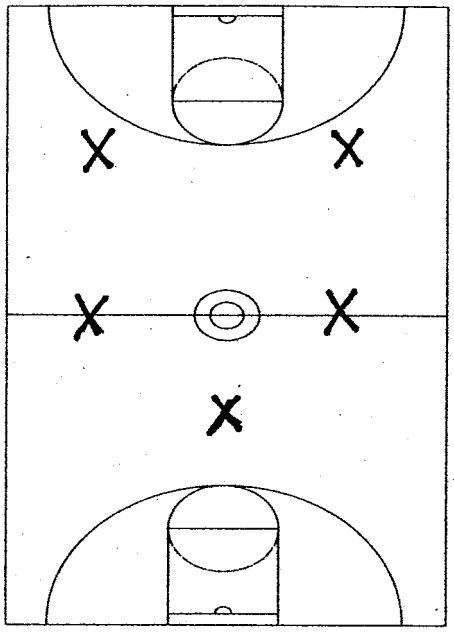
- Do more
- Be versatile
- Be available to do more
- Don't apologize for who you are; embrace it & be the best
- Volunteer to do things a Head Coach should do
- Have your players view you as a *coach*

Villanova Basketball

1-2-2
3/4 Court Trap

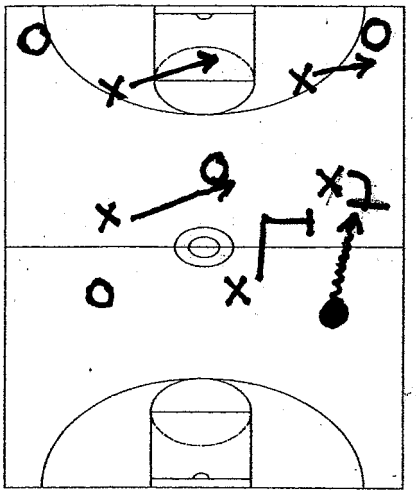


"1" Defense
(1-2-2 3/4 Court Trap)

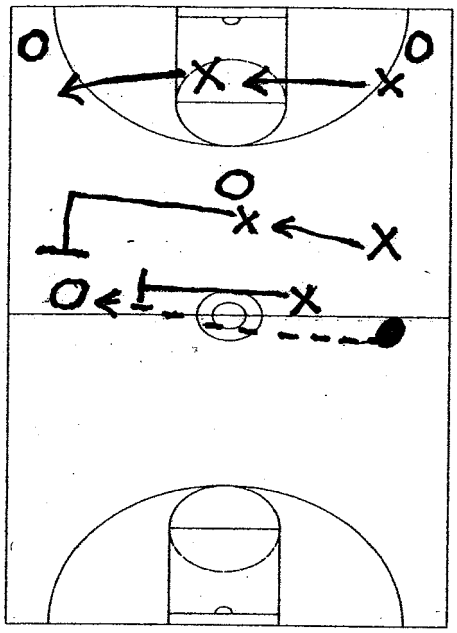


Teaching Points

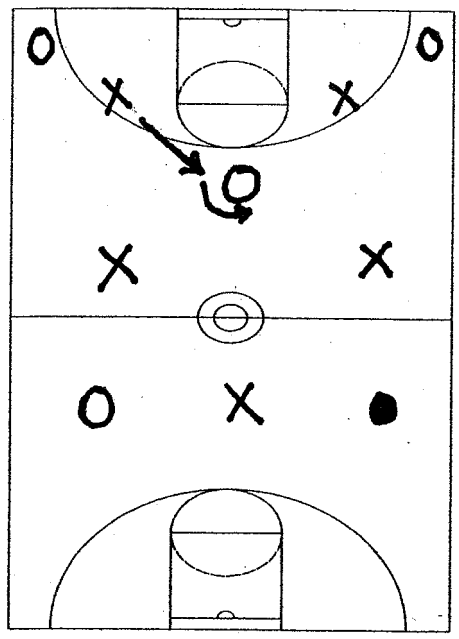
- Top man tries to force ball to a side
- Initially, top 3 defenders want to "fake small, retreat big" at the ball – make the offensive player with the ball think that you're coming to trap, then retreat back to try and steal the pass
- We look to get a trap right over 1/ 2court; so, whatever side the ball is forced to, the top man and that side wing defender look to trap; other wing defender takes away middle – a pass to the middle cannot be allowed

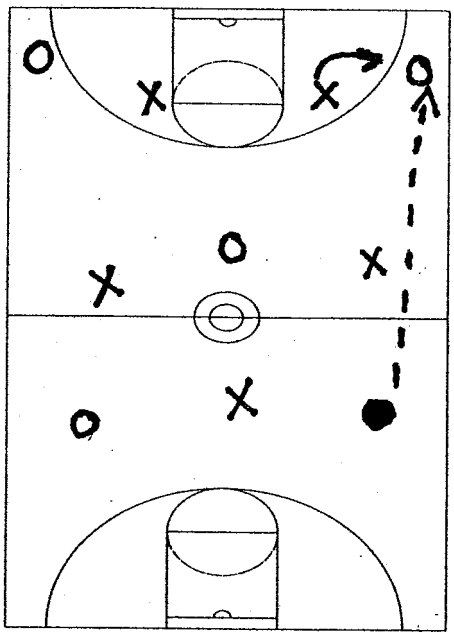


- If the ball is reversed, wing defender that was taking away middle now must sprint out and look to trap with top man; wing defender that was looking to trap must now sprint to the middle and not allow pass to come to the middle

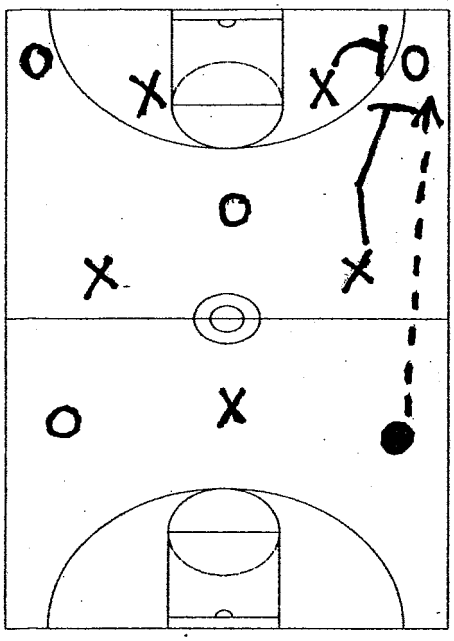


- Back men can cheat up and look to help on denying middle; they also must be ready to wack out if pass is made up the sideline

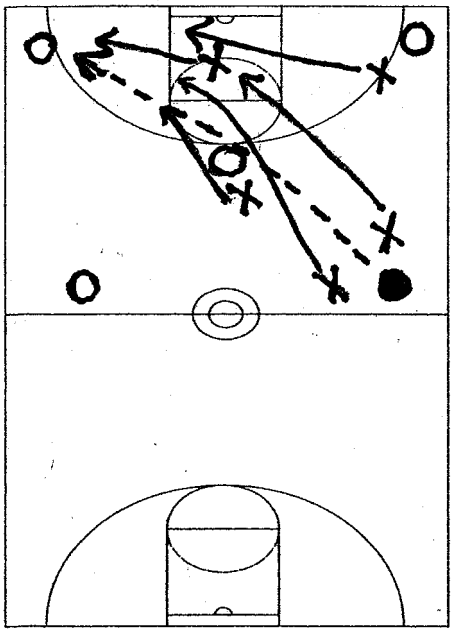




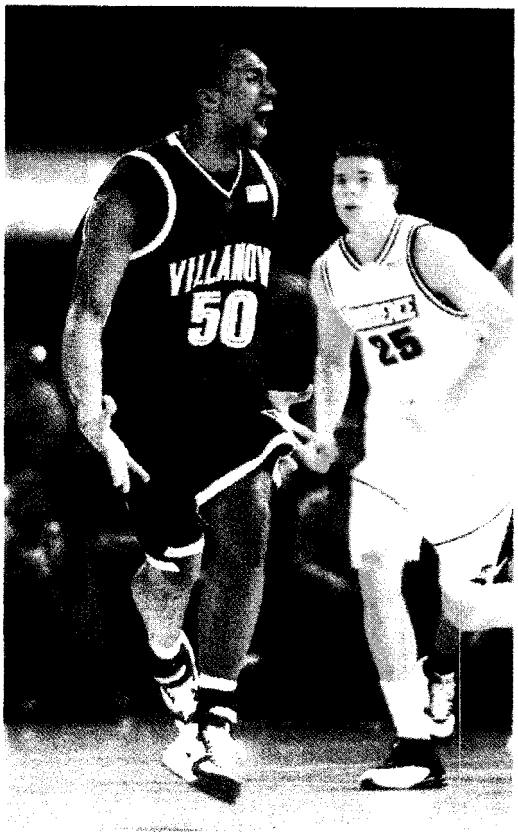
- If pass is made up the sideline, back man and wing defender on same side can look to get trap



- Once a pass is made out of the trap, all defenders sprint back the paint and load to the ball



VILLANOVA BASKETBALL



DEFENSIVE TECHNIQUES

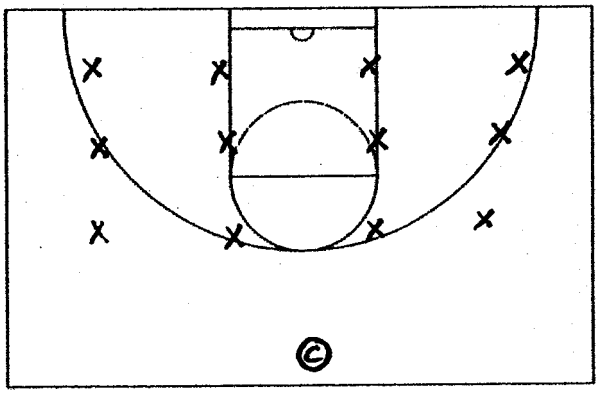
Villanova Basketball

Breakdown of Defensive Philosophy

1. Stance, Step Slide
2. Slide-Run-Slide
3. Wackouts
4. Denials & Backcuts
5. Post Defense
6. Attack & Swim

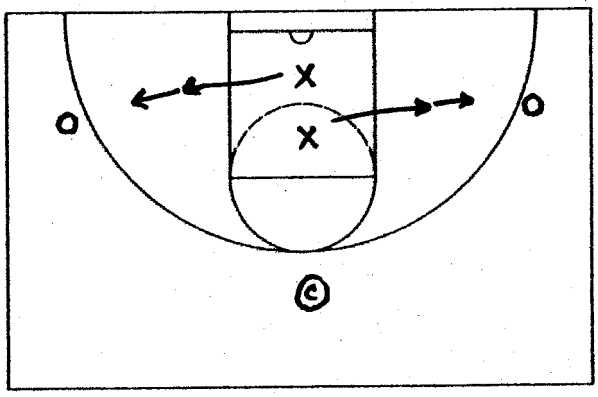
Stance, Step-Slide

- **Low & wide, knees bent, butt down**
- **Back straight, head up, arms length away**
- **Feet parallel, switch, feet stay parallel**
- **Don't come out of your stance**
- **Hand and head on ball; give space, take away space**
- **Ball over head – "ball, ball, ball" – stay in stance**
- **Long 1st step, short 2nd; stay wide**
- **Point your toe in direction that you are sliding**
- **Take 1st step with foot closest to direction you are sliding**
- **Once dribble is picked up – "dead, dead, dead"**



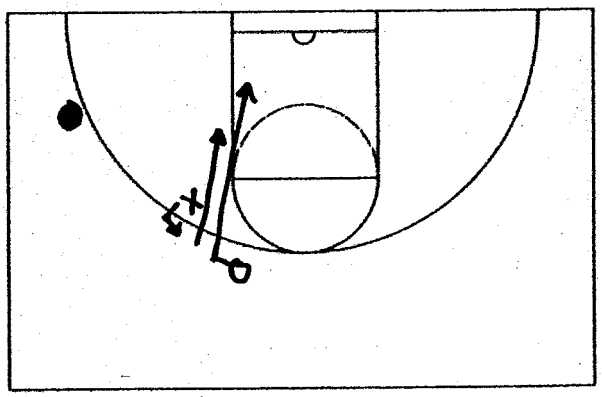
Wackouts

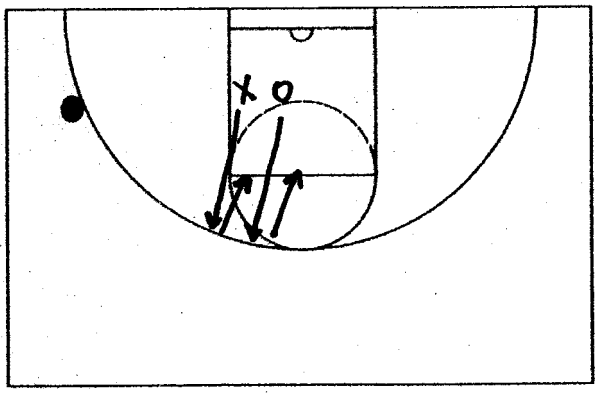
- **Point toe & step with foot closest to ball**
- **Cross low – long strides**
- **Stop 2/3 of distance, throw head back as you sit in stance**
- **Contain 1st, crow hop to offense, expect to step-slide**
- **Contest after shooter leaves feet**
- **"Touch" and "Space" (wackout close enough to "touch" shooter, and give more "space" to penetrator)**



Denials and Backcuts

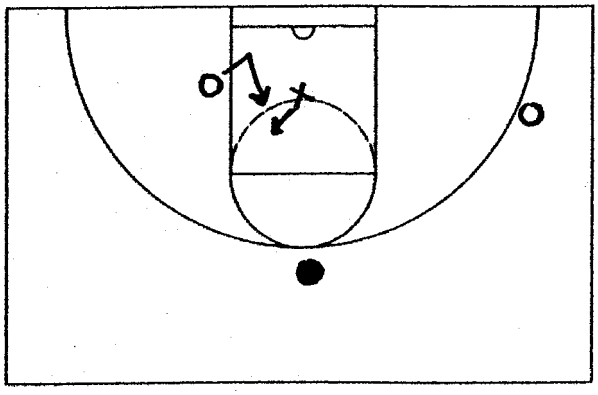
- **Defense: Near hand and near foot up; as offense steps to ball, stay ball-you-man; on back cut throw down back hand and snap head**
- **On 1st pop, pass is made, D knocks away**
- **On last backcut, pass is made, D knocks away**
- **Near hand knocks away pass**
- **"Head turn" – to see both man and ball**
- **Contain 1st, Deny 2nd – "Play ball 1st"**
- **At any time, offense can drive**
- **Contain and wack or fake and wack**



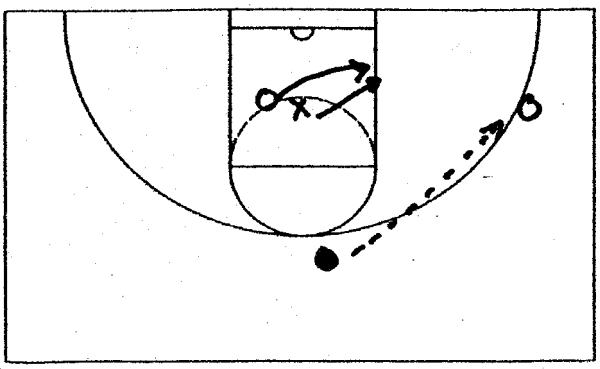


Post Defense

- **Hands above shoulders, move feet**
- **Ball-You-Man**
- **Back to middle (with ball in slot area)**
- **Take away duck-in with ball at top of key**

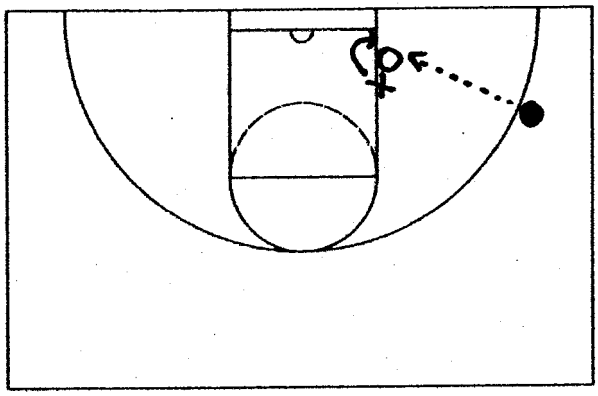


- **Back to Baseline (with ball on wing)**
- **Hard & High, Discourage pass, Don't steal pass**
- **Forwards: "Hard and High;" Guards: "Red Post"**

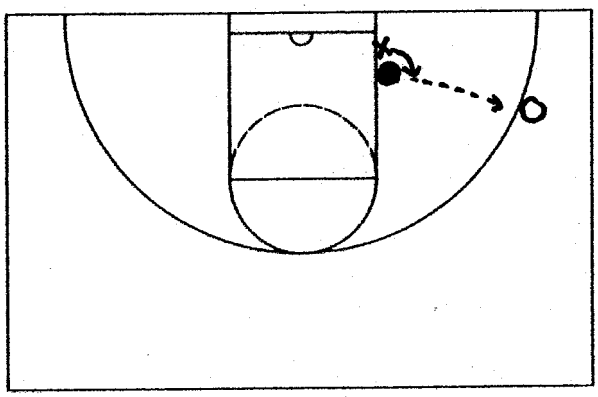


- **On pass, forwards jump behind and take away baseline**

- **Offense pivots, defense moves feet**



- **On kickout, defense "reds" the re-post, then gets hard and high after he forces offensive player to step out**

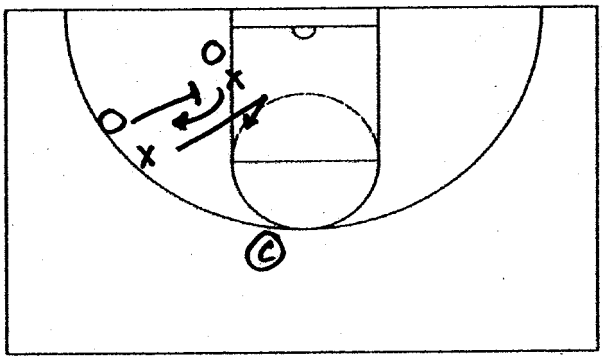


Attack-and-Swim

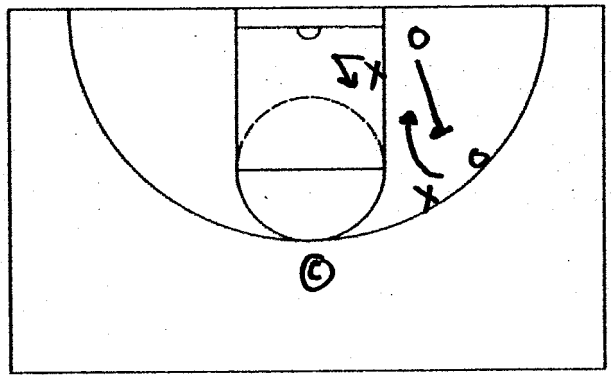
- **Screeners man yells out "screen," then helps low and steps up**

- **Defender being screened must first turn and face screen; Attack the screen, don't wait for it; Forget about your man, beat him to the spot (force outcut)**

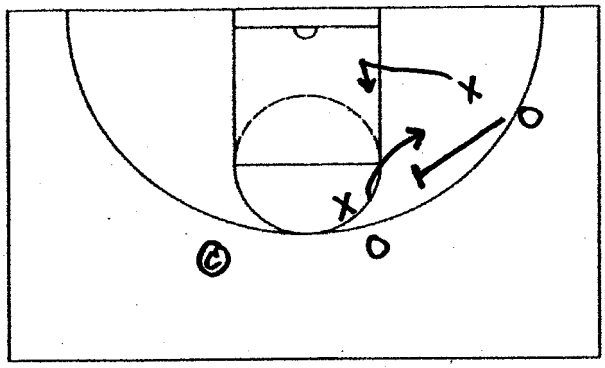
- **Attack – Swim – Deny**



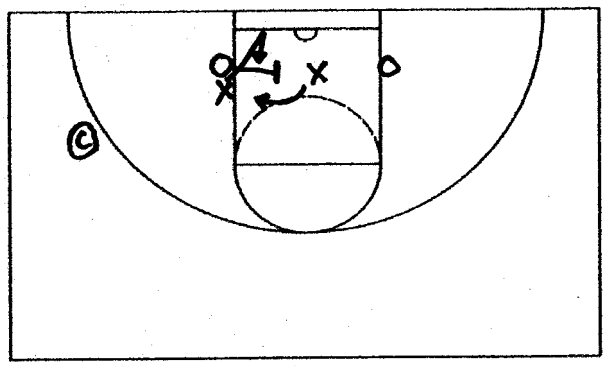
(Downscreen)



(Backscreen)



(Flair Screen)



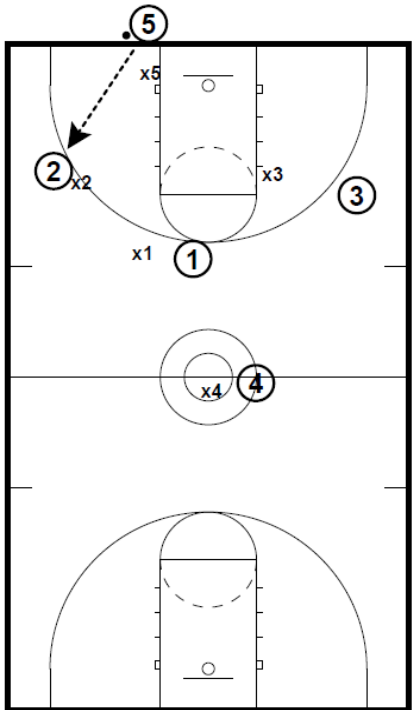
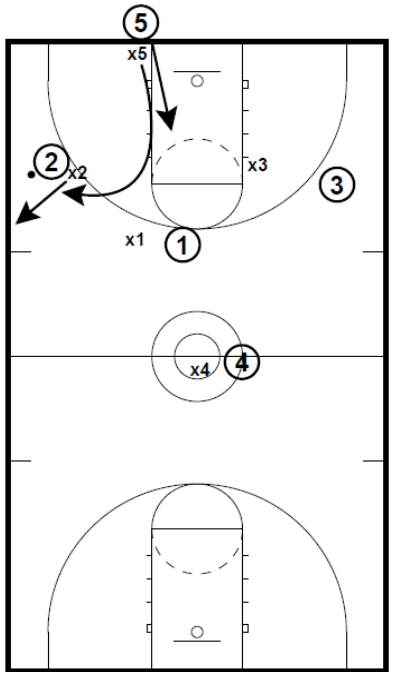
(Cross Screen)

Vivian Stringer
55 Defense

- 55 Defense is a full-court half zone, half man press
- On ball side it is man with a hard denial
- On weak side it is a zone
- All traps are on the sideline
- You never trap in the middle
- Skills
  - Influence the ball from side to side
  - Trap – need 45 degree angles
  - High level of conditioning – players can usually only handle playing 5 to 6 minutes at a time
- The 2 and the 3 are assigned a side of the court that they stay on
- If their men switch sides of the court, the 2 and 3 release them to the other side and stay on their side
- Running 55 forces the other team to prepare for you

Vivian Stringer
55 Defense

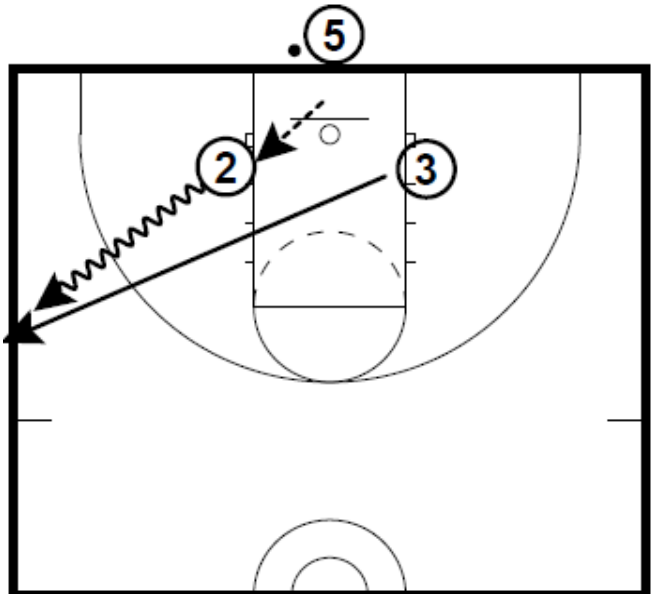
- Setup

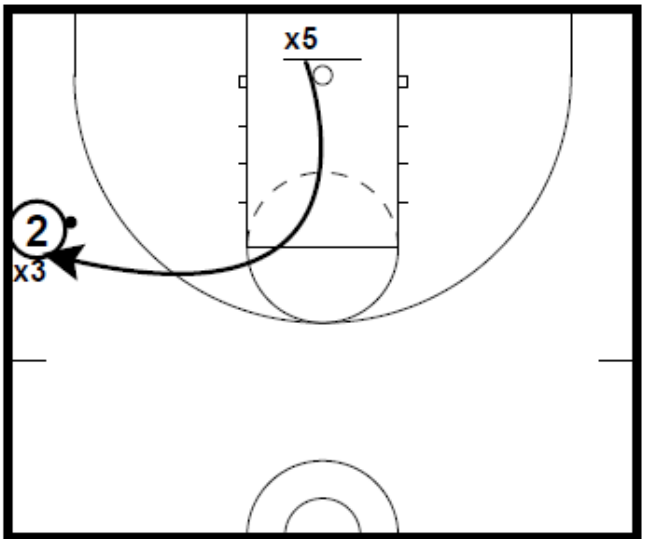
55 Defense	
Diagrams	Notes
	• Not concerned with lateral passes • The 1 can never trap • 1 is a safety, great anticipator, the thief, always in the ball lane, 1 never gets in front of 2 or 3 • 4 relieves the 1, watch ball as you get back • 5 is the hardest worker, traps all over the floor, willing to run, hands are up touching on top as he covers the inbounder, wants the ball to be lobbed, bounce passed, or deflected • 2 is on the man side of the zone (ball side), picks up the 1st pass to the left of the 5, responsible for trapping and tracking in his lane • If the 2 winds up on the weak side, he is in the middle behind the trap • 3 is the same as 2 on the other side of the floor except he starts out in zone on the weak side, responsible for the 1st pass to the right of the 5
	• 5 makes a C move to trap the inbounds pass • Players in the middle read eyes and feet of the man with the ball • Don't trap in the middle • Traps are always on the side

Vivian Stringer
55 Defense

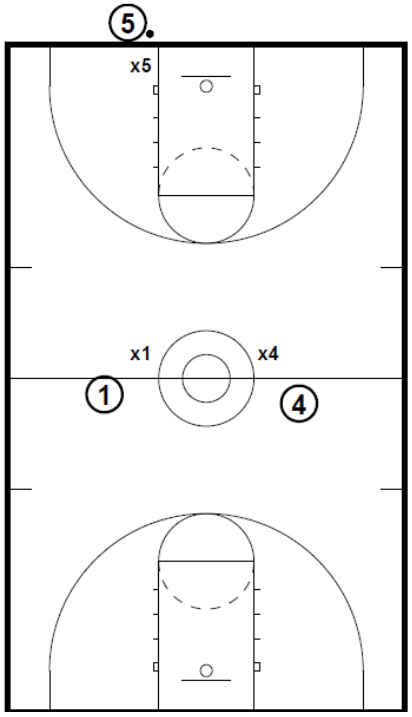
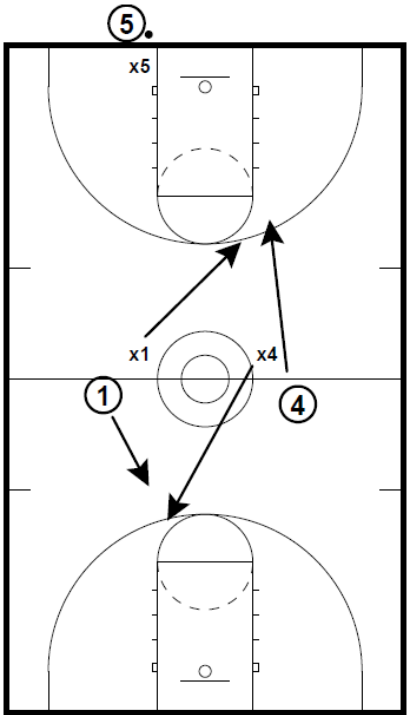
- If the 2 gets beat up the sideline, he c moves to track down the player in his lane
- "House on fire!" - ball beats the defense
  - 5 picks up the post player on the weak side of the floor
  - 4 picks up the post player on the ball side of the floor
  - 1 runs to the top of the key
  - 2 and 3 run to the ball if it is in their lane or the top of the key if it is on the weak side
  - 1 should call for a switch if he sees that 2 or 3 is beat
  - Players chasing the ball down from behind should slap up at it with their inside hand
- Drills
  - 5-on-5 Full-Court
    - Have all 10 players run in a tight circle in the lane
    - Coach drops the ball and yells, "Shot!"
    - The offense picks the ball up and inbounds it, it is now live 5-on-5
    - The 2 must create contact on the ball side
      - Hit the cutter with an arm bar
      - See the ball, feel the man
    - Check 3's positioning to make sure he can't get beat deep
    - 3 gets closer to his man as his man gets closer to the ball
    - If 1's man cuts to the ball, 1 yells cutter and passes man off to 3
    - If the inbounder runs the baseline, 3 denies in man and 2 becomes the zone defender as the ball side and weak side get switched
    - 5 C moves to the 1st pass and uses short choppy steps to slow down as approaches for the trap
    - If 4's man cuts, he calls cutter and passes him off to 1
    - 1 lets 4 know he has made the switch
    - 4 drops back on deep man
    - Emphasize talk and contact with arm bar
    - Defense needs to get their arm over the offense's arm so the offense cannot bring their arms together

Vivian Stringer
55 Defense

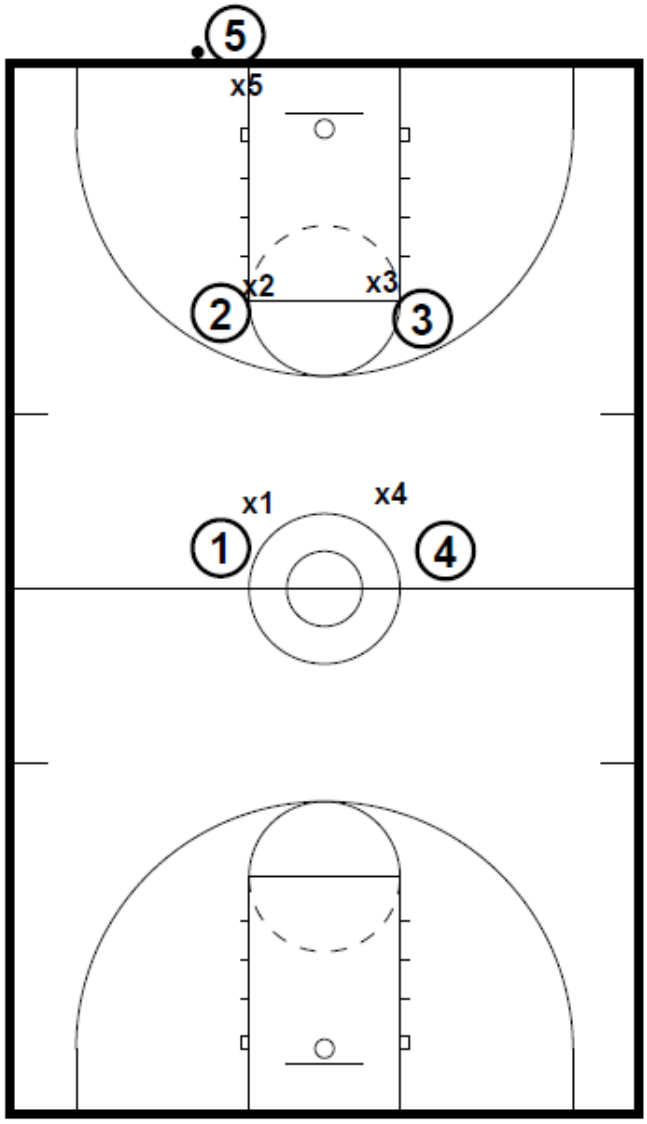
55 Breakdown – Traps 5-2-3	
Diagrams	Notes
	• 5 inbounds • 2 and 3 are on opposite blocks • 5 rolls the ball to 2 or 3 • The man who does not get the ball is on defense and forces the ball to the sideline

	• Inbounder makes a C move to the trap
	• Traps
	  ◦ Seal the side
	  ◦ Feet together to take away the split
	  ◦ Hands high
	  ◦ Make the offense pass the ball backwards
	  ◦ Steal the ball in the air
	  ◦ Force the offense to rush

Vivian Stringer
55 Defense

55 Breakdown – Safety 5-4-1	
Diagrams	Notes
	• Have players run a tight circle in the lane • Coach drops ball and yells, “Shot!” • 5 inbounds the ball and x5 defends • 1 is the safety on the ball side • 4 is the safety on the weak side
	• Offense can cut • 1 should take the cutter • 4 should be the deep man * Have 4's and 5's alternate as inbounders so they learn both positions

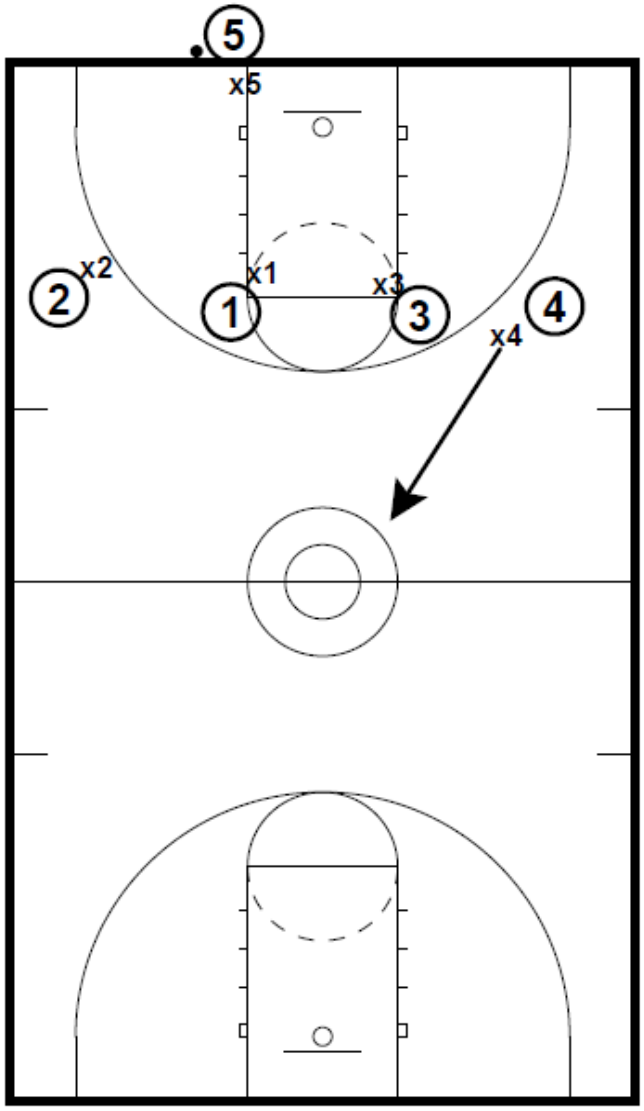
Vivian Stringer
55 Defense

55 vs 2 Up	
Diagram	Notes
	• 2 should sit on man's inside leg and force him sideline • 1 takes away cutter low in box out position • 4 is always the safety • If 1's man gets deep, 4 must drop back and bump 1 up

Vivian Stringer
55 Defense

55 vs 3 Up	
Diagram	Notes
	• If 1's man cuts below 2 or 3, 1 must switch men or switch roles with 2 or 3 • 1 has to talk to teammates and let them know to switch men or roles

Vivian Stringer
55 Defense

55 vs 4 Across	
Diagram	Notes
	• 4 starts in and drops when the inbounder brings the ball up • 1 and 3 sit on their men • 2 is in hard denial • If 2 drops back and 1 cuts corner, 1 and 2 stay on their men but switch roles in the press – 2 becomes the safety

2011 TABC CONVENTION

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VCU BASKETBALL

Overview

- Full Court Press / Build Up Drills
- Half Court Defensive Drills
- BOB Plays vs. Man / Zone
- Zone O Concept / Quick Hitters
- Late Game Situations

What are we trying to get out of the press

- Turnovers (Live Ball)
- Quick / Bad Shots
- Create Offensive Opportunities
- Force Tempo / Disrupt Offensive Flow
- Difficult to prepare for
- Make opposing players do things they aren't comfortable doing
- Create Fatigue (Cumulative Effect)
  - Who gets tired 1st? / Who recovers quickest?
- Make depth a factor (Who's 6-10 is better?)
- Exciting Style of Play (Players / Fans)
- Identity / Brand

What should you emphasize as a pressing team?

- Energy (5 guys Flying Around)
  - "Fouling negates hustle"
- Communication
  - "Talking makes you quicker"
- Getting into the press quickly
- Deflections
- Trapping Fundamentals
  - When to Trap? (Good trap vs. Bad Trap)
    - Ballhandler's level of control
    - Element of surprise
    - Location on the court
  - Who to trap?
    - "One man trap"
  - How to trap?
    - "Elasticity"
  - Off the ball
    - "Think like a trapper"

What should you emphasize as a pressing team?

- Taking away the obvious pass
- Pressuring the ball (esp MtoM)
- Stunting
- Back Pressure
- Outnumbered Situations
  - 2 vs. 1
- "Fix It" Situations
- Defending Multiple Positions
  - Front of Press
  - Back of Press

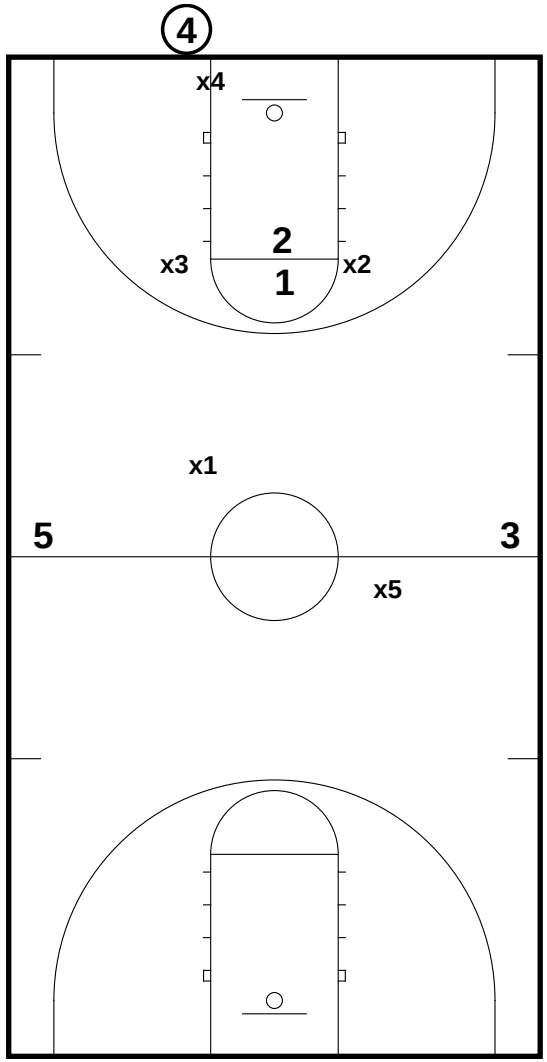
Diamond Press

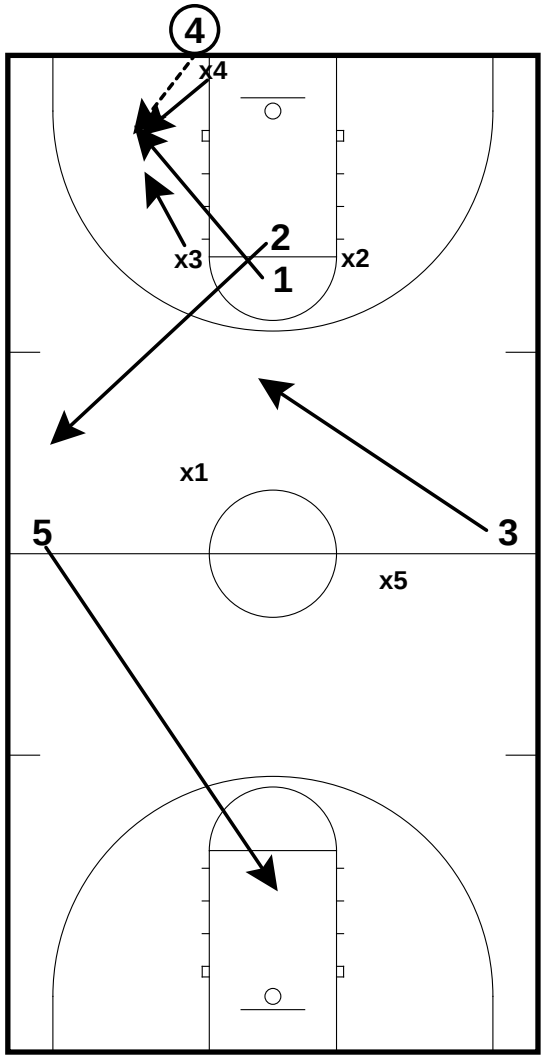
- Madman = On ball, Beat passer to the ball, Be Active, Angle yourself with the backboard
- 3 Man = 1st player to left of 4, Inside Shoulder / Even – don't deny the ball inbounds, No sideline
- 2 Man = 1st player to Right of 4, FT line to close down (No Sideline), Interceptor High
- 1 Man = Get back, Match up with next guy over top on the ball side, interceptor sideline
- 5 man = deep as the deepest to ½ court, 2 on 1 guy, Protect the rim – Nothing Easy

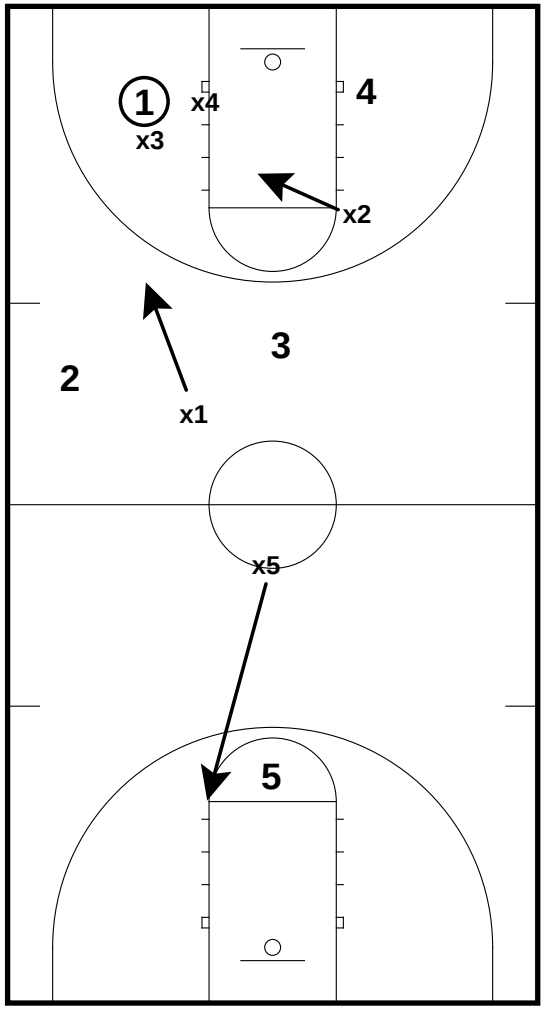
Diamond Teaching Points

- Cannot get beat sideline
- Control the dribble / corral
- Active traps and rotations – deflect pass back to 4 man
- Communicate = 2/3, 4/5 can switch based of offensive positioning
- Throwback to 4 = Stunt and Retreat, Get ready to come again
- Stay in it until a deep, penetrating pass
  - Back Tips, Back Pressure, Weakside Sprint to Rim
- Talk, Match Up, Fix It

Diamond Press





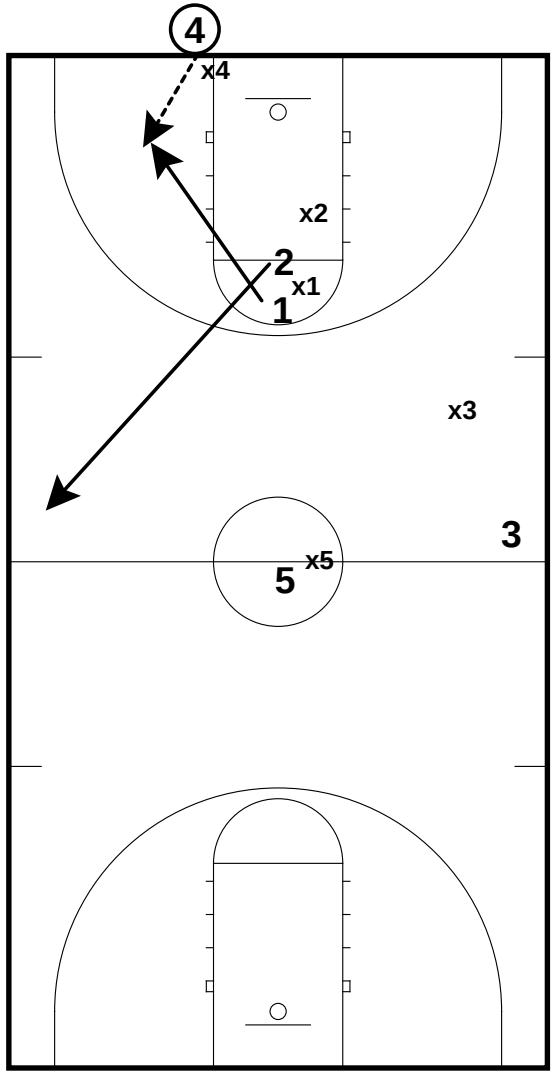


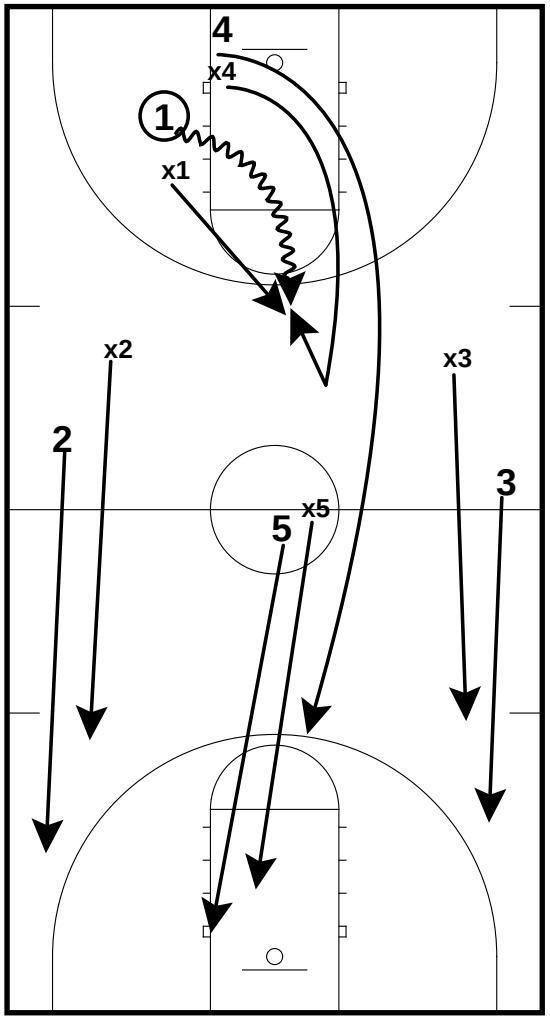
VCU BASKETBALL

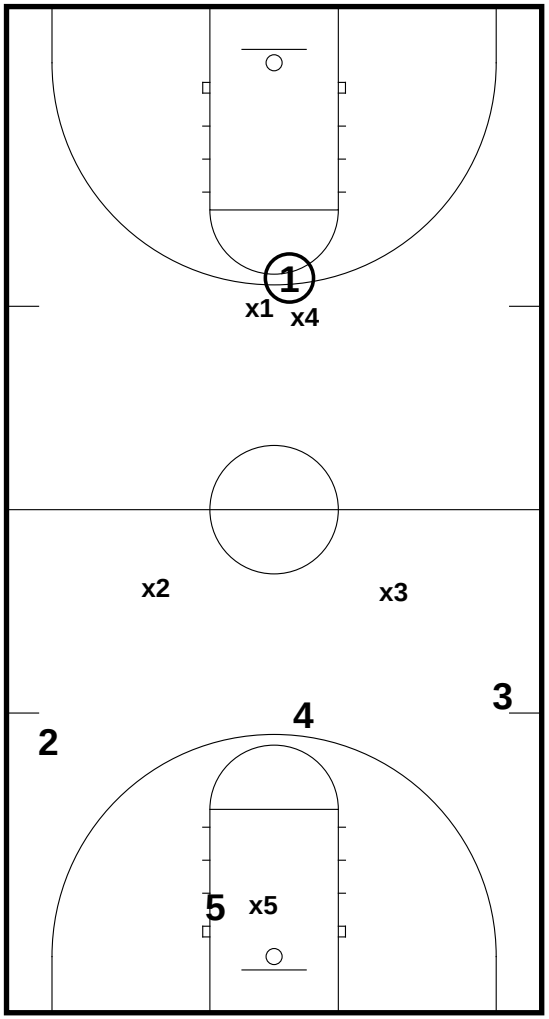
Double Fist

- Macth Up and Communicate Immediately – 4/5, 2/3, 1
- Mad Man Influence to Ball Side
- Inside Shoulder / Arrive on the Catch
- 1/3rd the distance = Stunt
- Force in the Ally / Stunt – Shrink the floor
- 3 Stride rule – trap the turn and up
- Clearout = FA at top of the key = trap turn / corral dribble

Double Fist







VCU BASKETBALL

Trapping

- No Splits / No Fouls
- Be physical with your lower body
- Obvious pass = Eyes and Shoulders / Be Elastic
- Penetrating Pass = 1st 3 steps, Sprint Back and Fix It

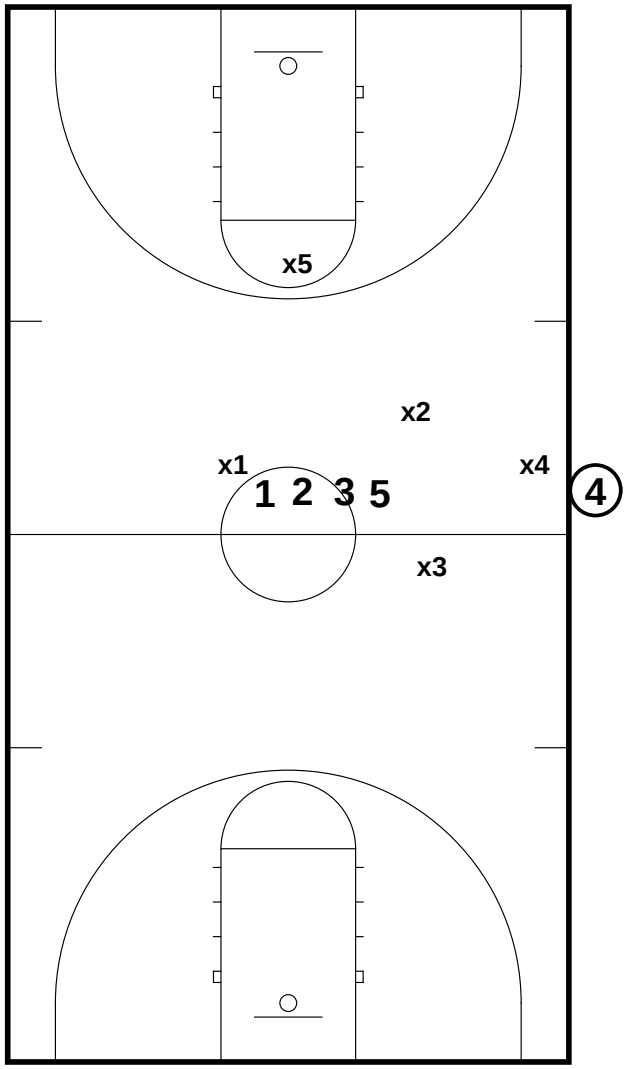
Side Diamond

- Turn Diamond on the Sideline
- 1 trap and sprint out
  - Midline and back or short pass up court
- Keep the ball out of the middle
- Closer to frontcourt = protect the middle even more

Side Diamond

- Madman = On ball, angle more as you are in the backcourt, trap 1st pass if within 3 strides
- 2 man = backcourt guy, face ball, take away the inbounder
- 3 man = front court, face ball, make sure no one is behind him
- 1 man = rover, free safety who faces down the ball, match up deep as deepest if behind him
- 5 man = enforcer, covers the basket, comes up with back guy if he flashes

SIDE DIAMOND

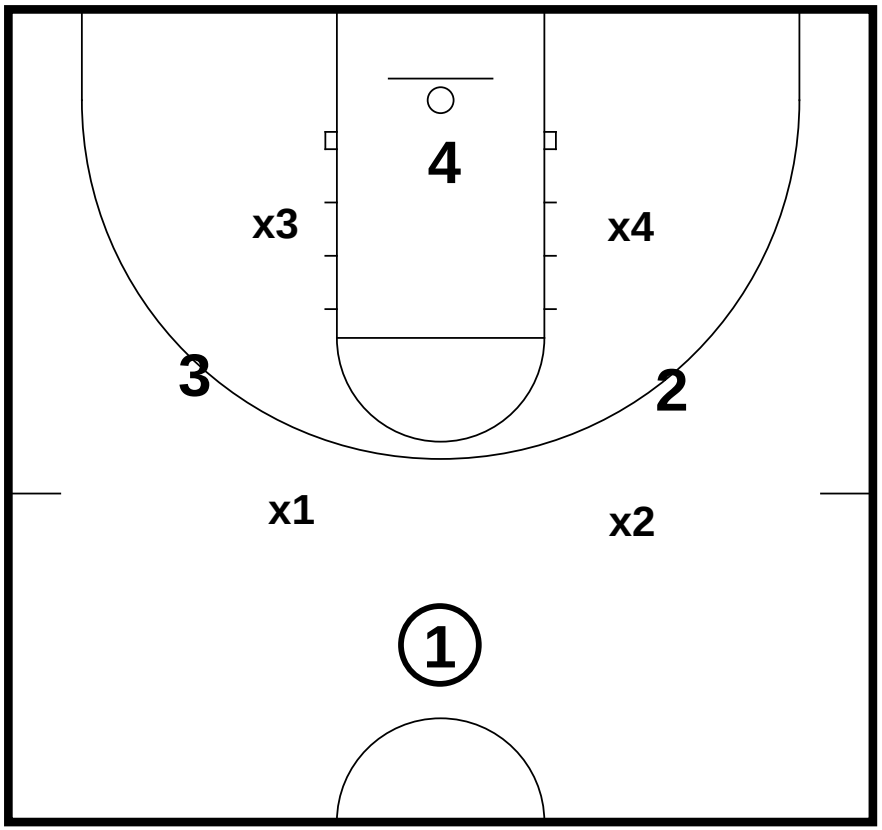


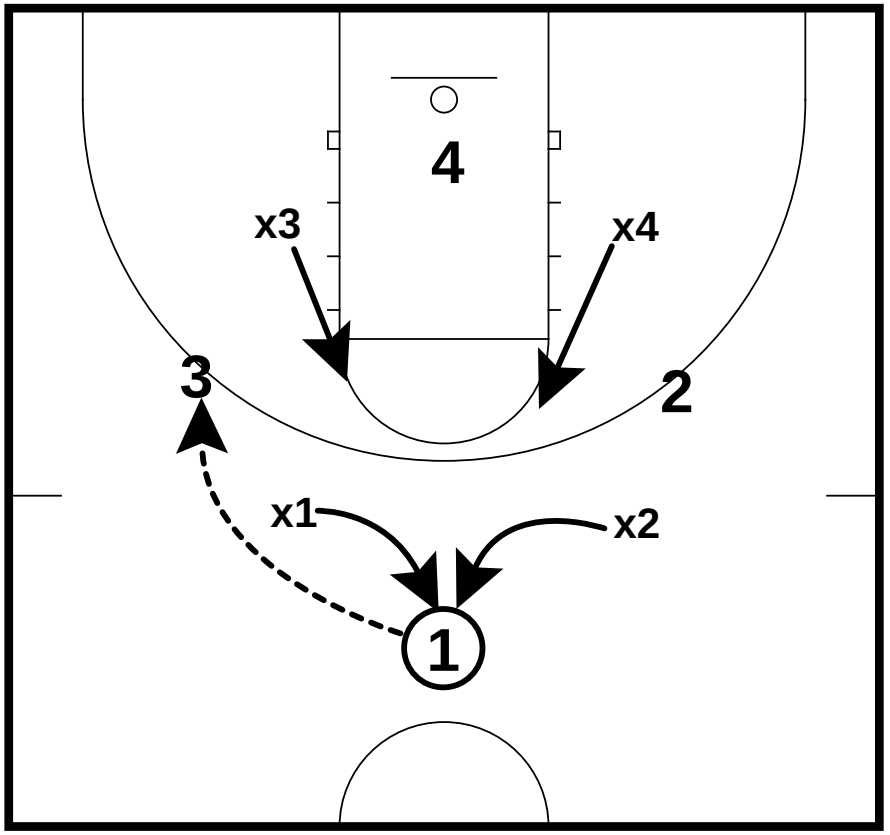
VCU BASKETBALL

Practicing the Press

- Circle Trap
  - Trapping Fundamentals, Interceptors Reads
- Trap Transition
  - Back Tips, Back Pressure, Talk & Fix It
- Triangle Fast Break
  - Back Tips, Back Pressure, Talk & Fix It
- 444
  - Get into press quickly, Conditioning
- 1 vs 1 building to 4 vs 4 – On Ball and Stunting
  - On ball pressure, Stunting, Keeping the ball in the right parts of the court, Traps

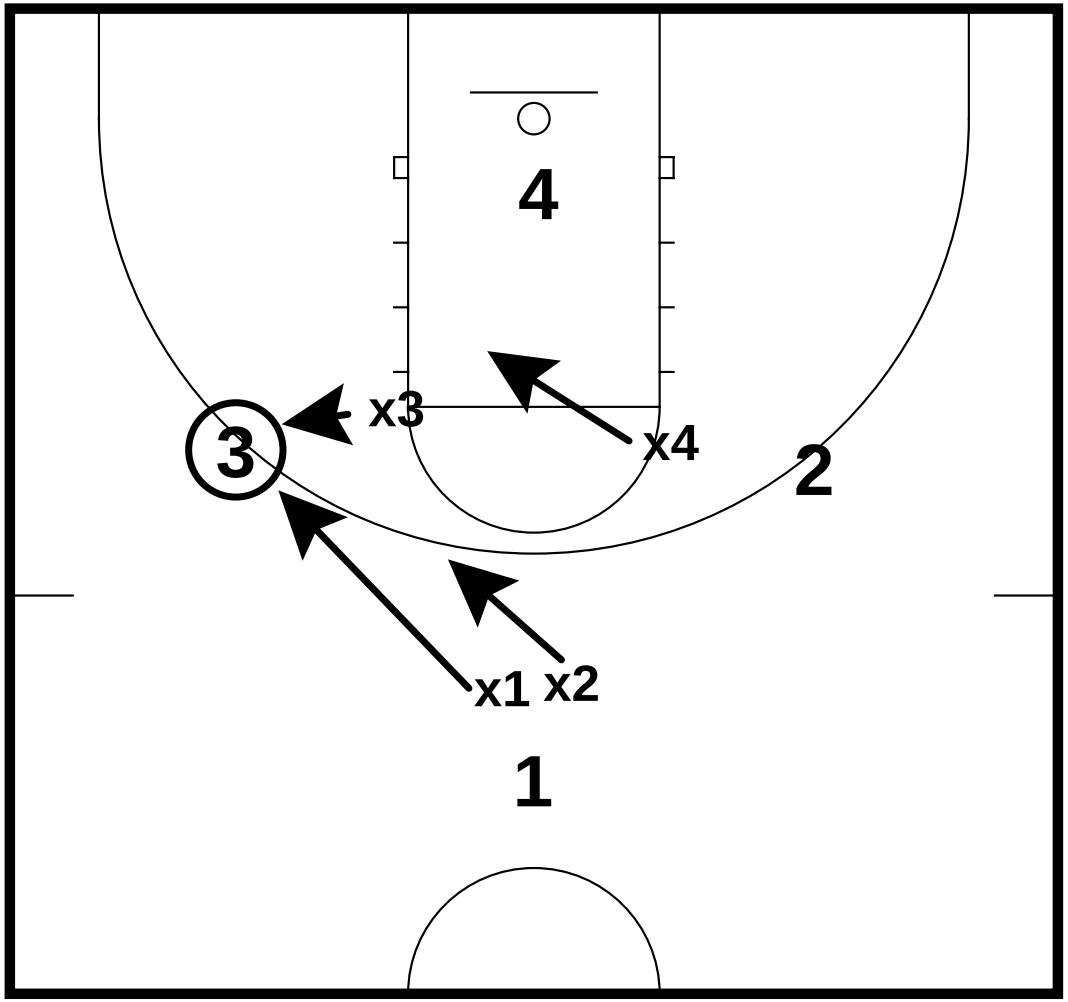
Circle Trap





VCU BASKETBALL

Circle Trap



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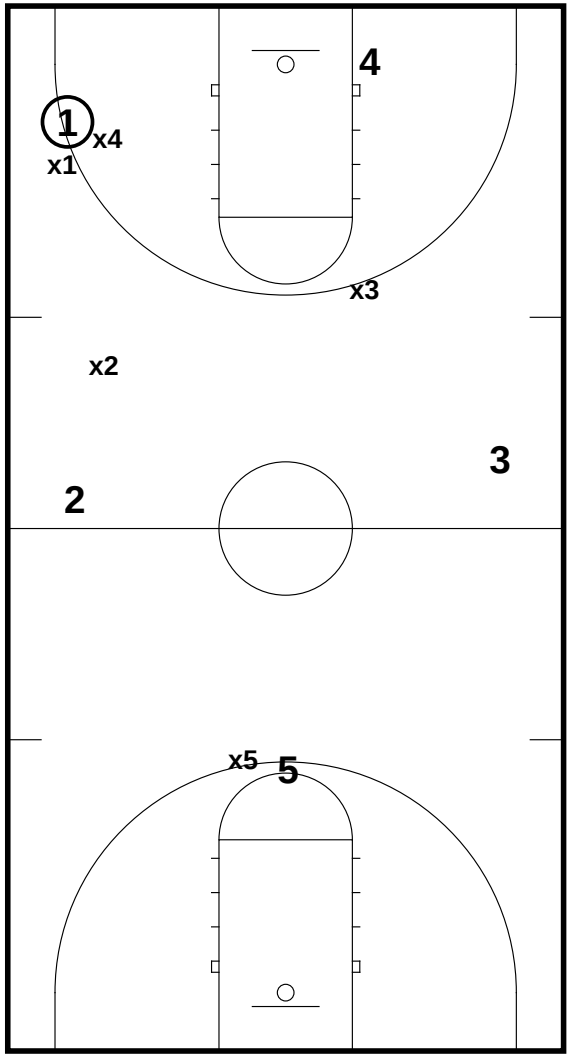
Trap Transition



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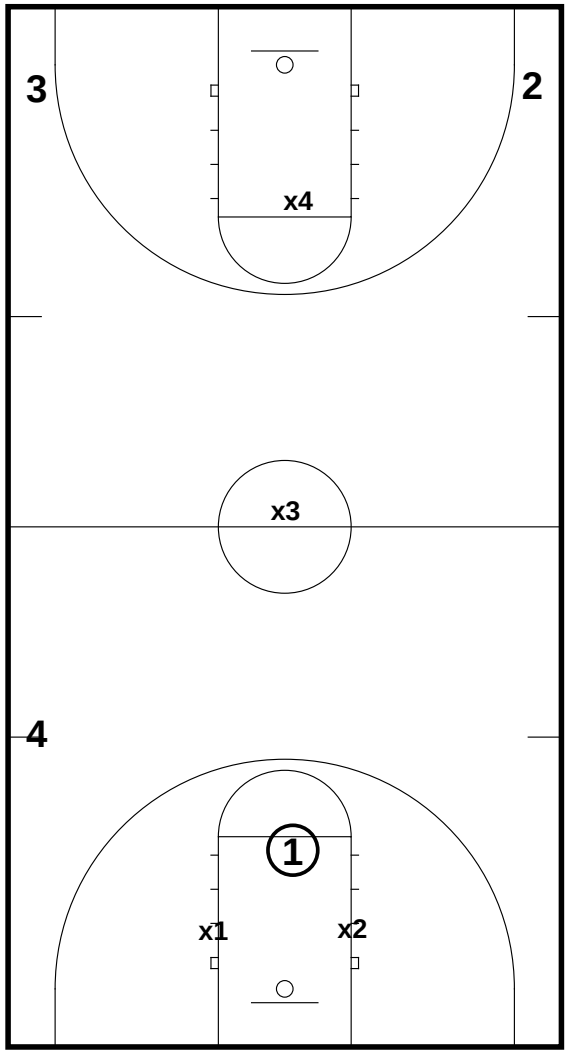
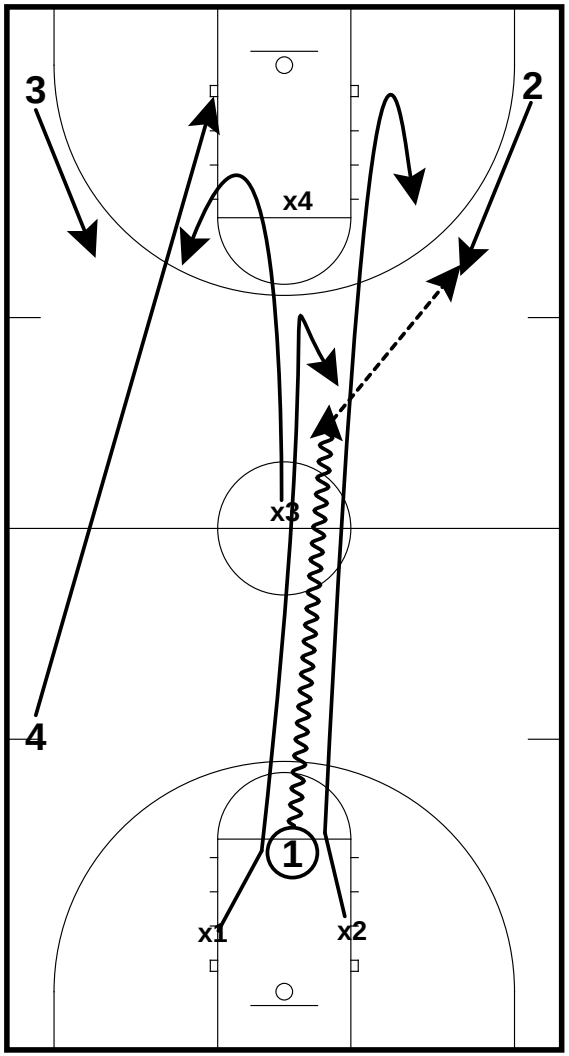
Triangle Fast Break





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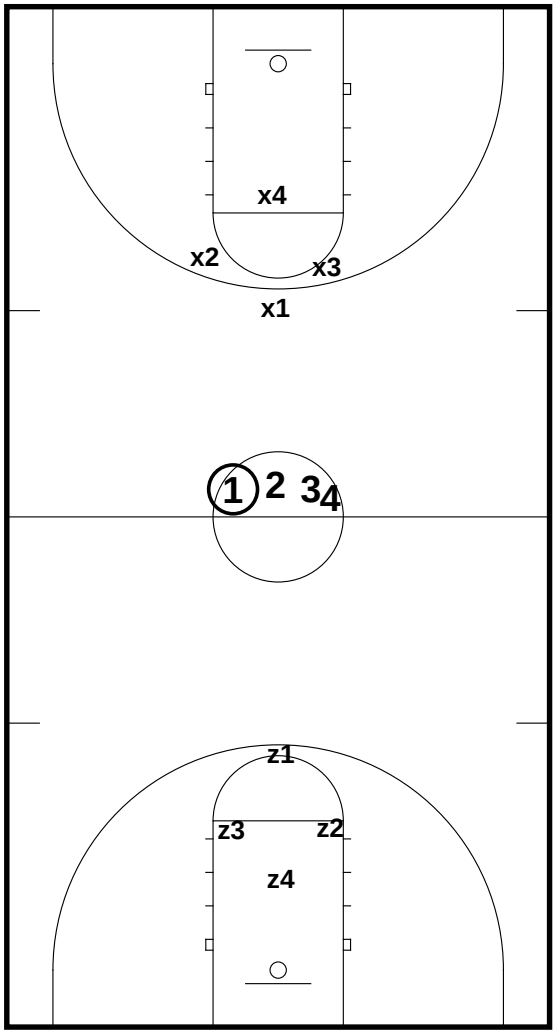
4 4 4



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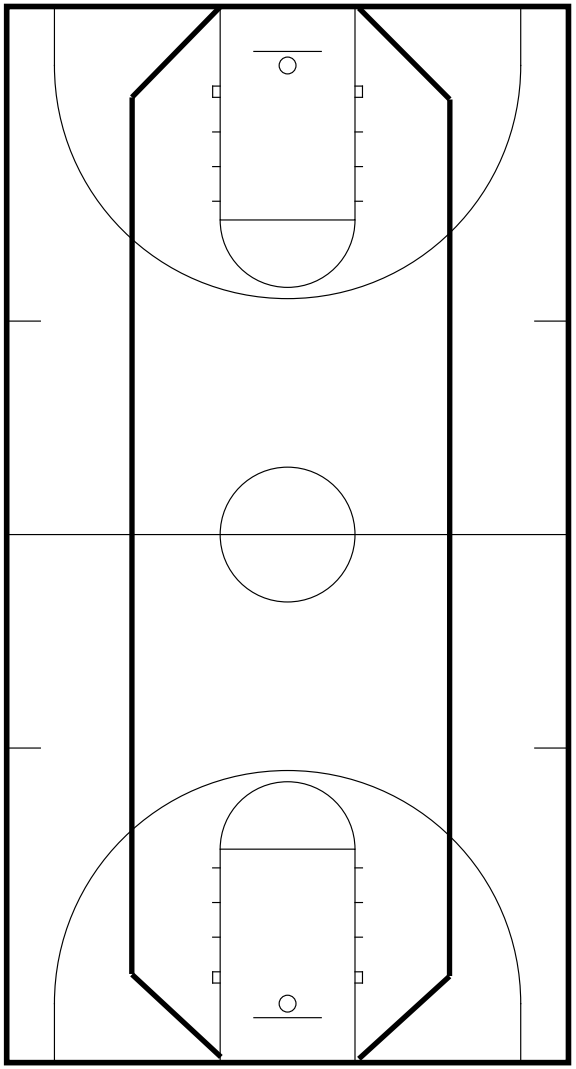
1v1 Building to 4v4

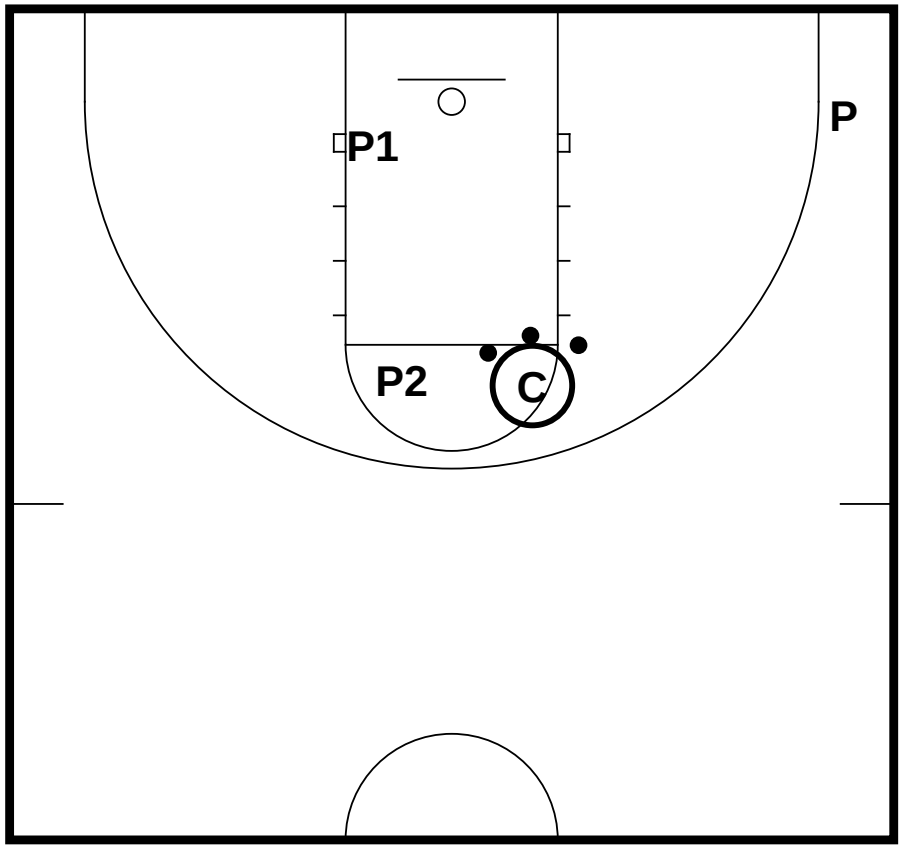


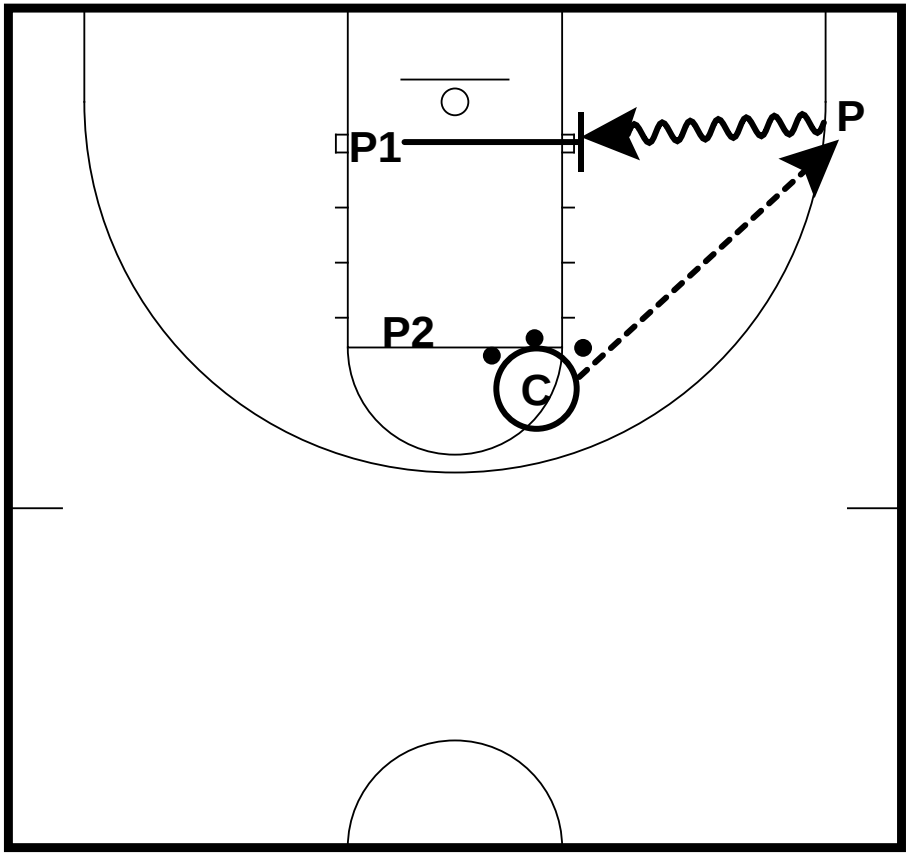
VCU BASKETBALL

Half court defensive drills

- Ironman Drill
  - Charge (3 per game), Loose Ball, Save it going out of bounds (specific spot?)
- Brockport Drill
  - Charge, rotation, playing out of a scramble situation
- Butler Transition Drill
  - Outnumbered in transition, hold fort for 7 seconds
- Ballscreen Scramble Drill
  - Show and Go, Stunts, Scramble

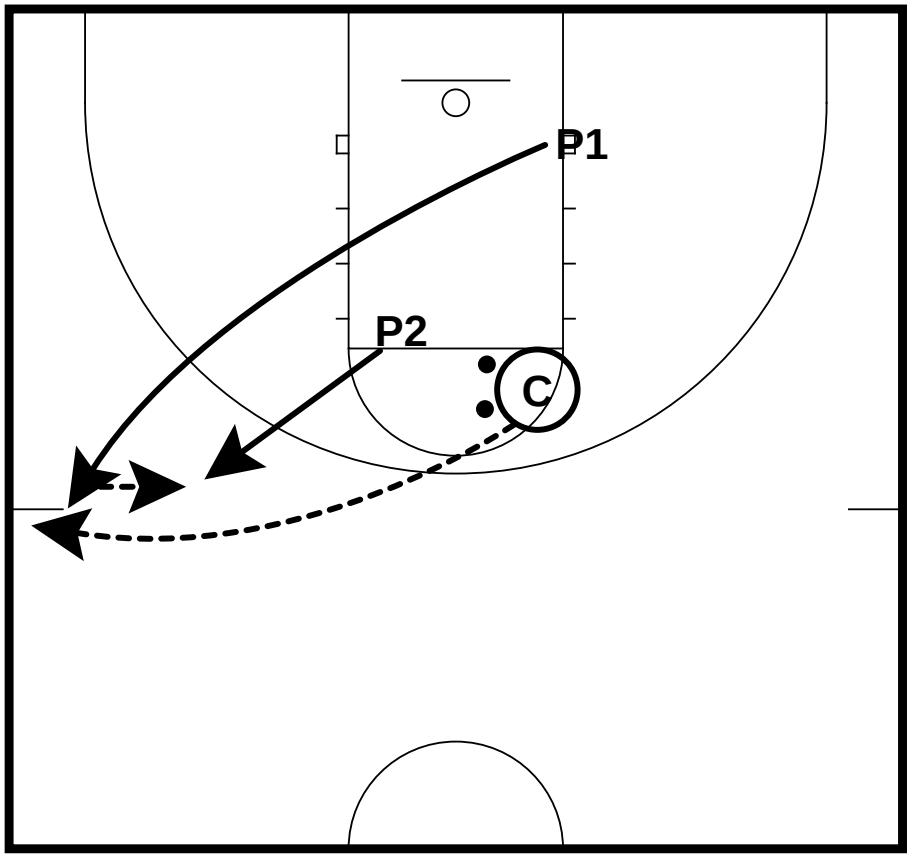
IRONMAN

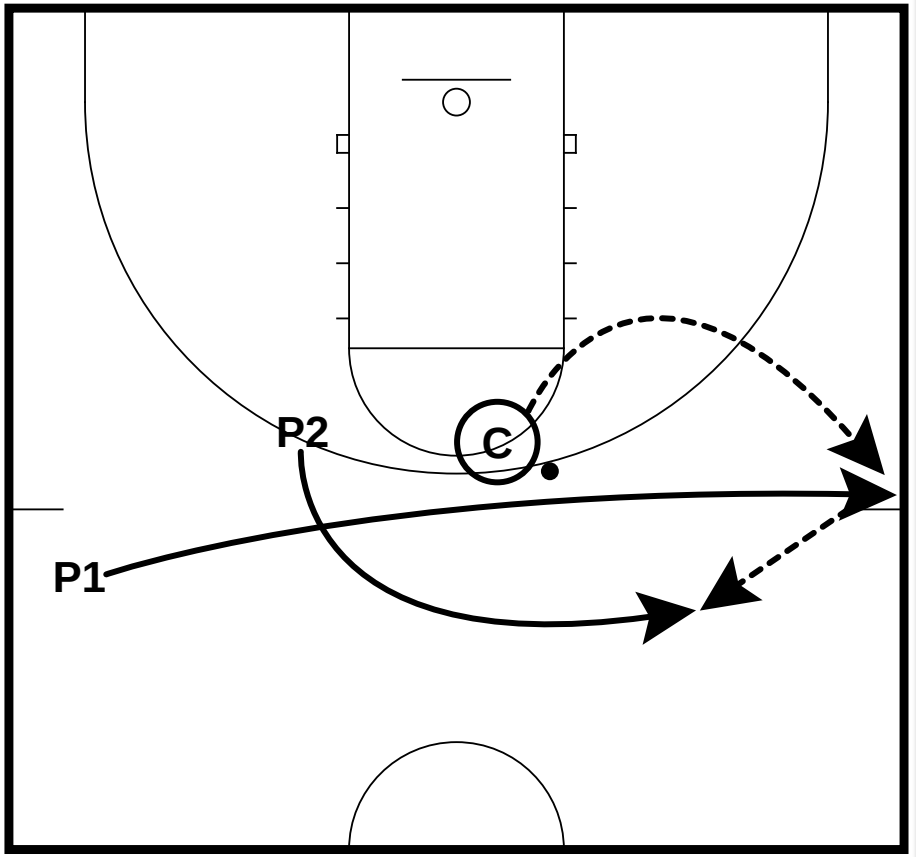




VCU BASKETBALL

IRONMAN





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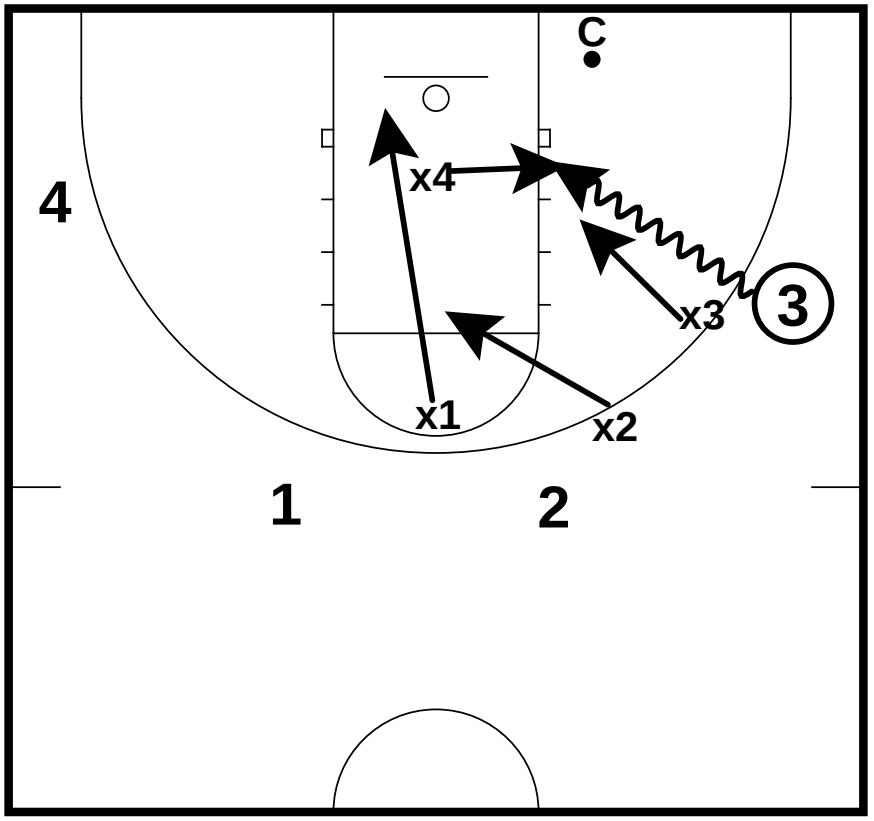
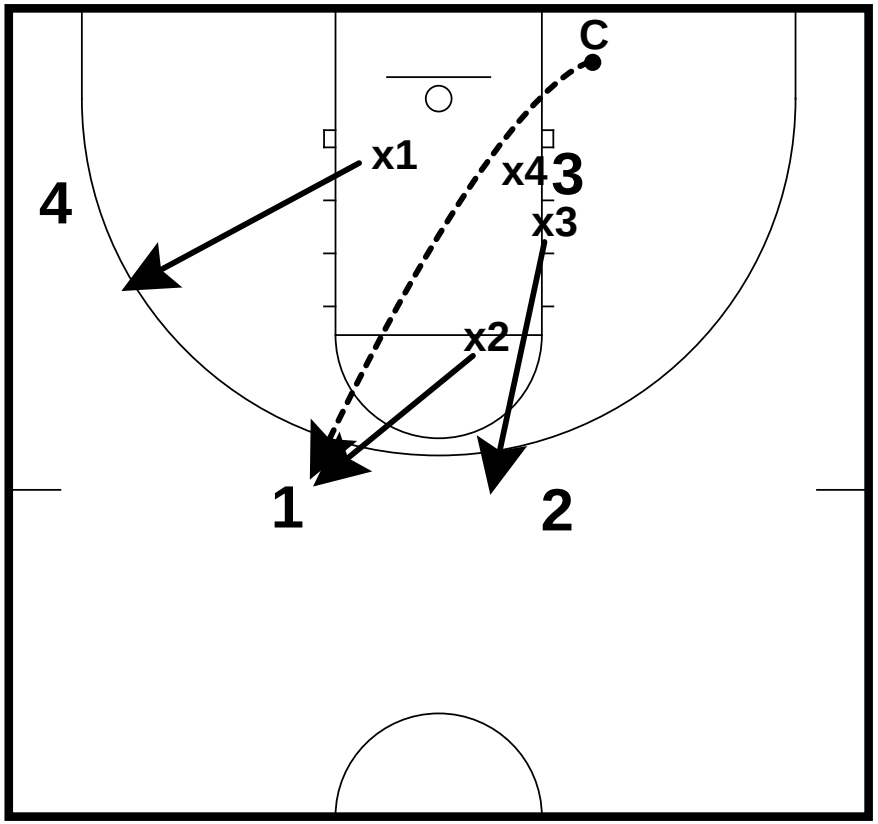
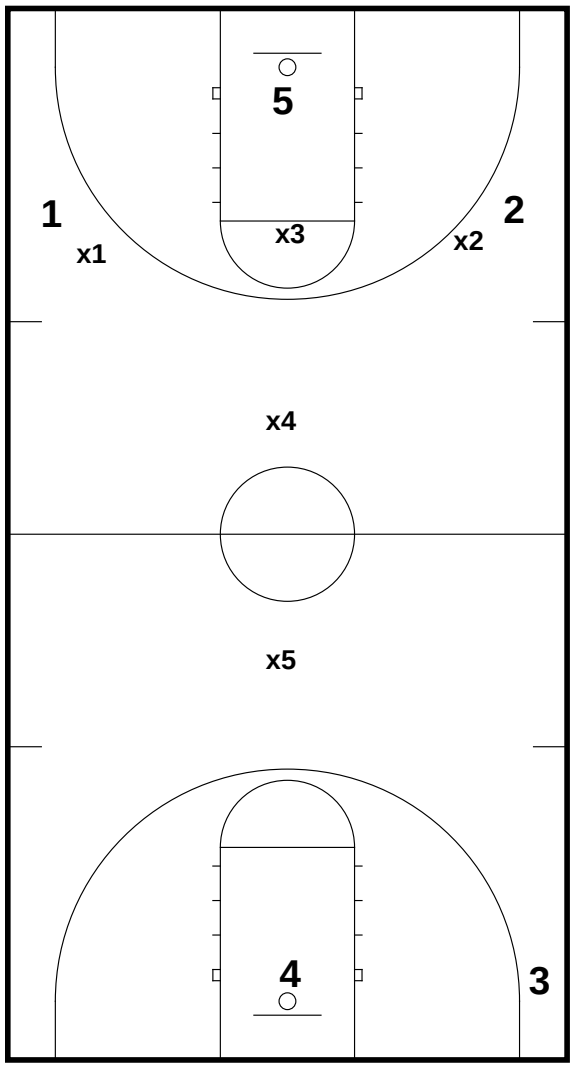
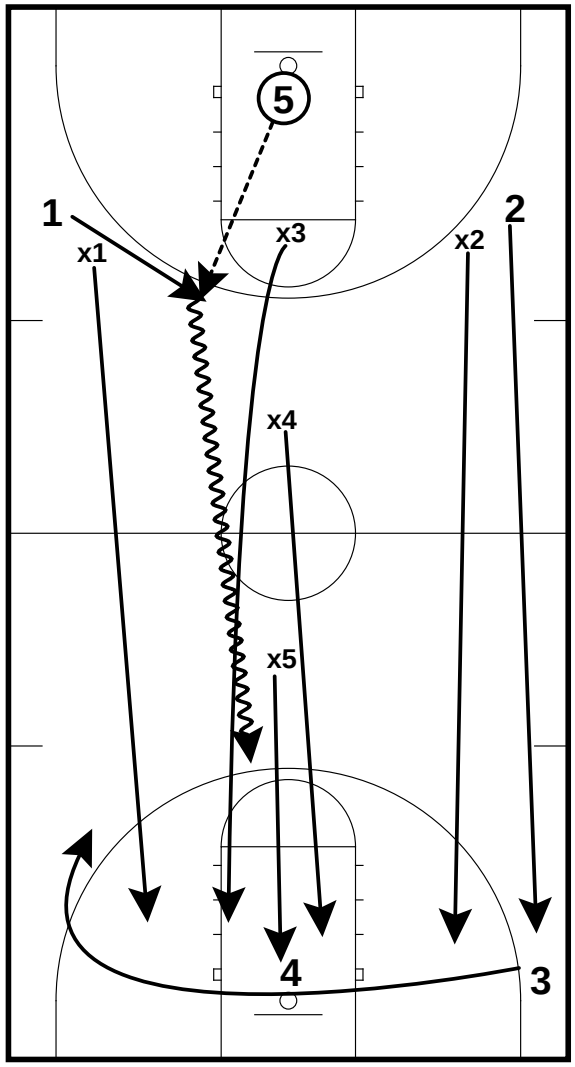
BROCKPORT





Butler Transition





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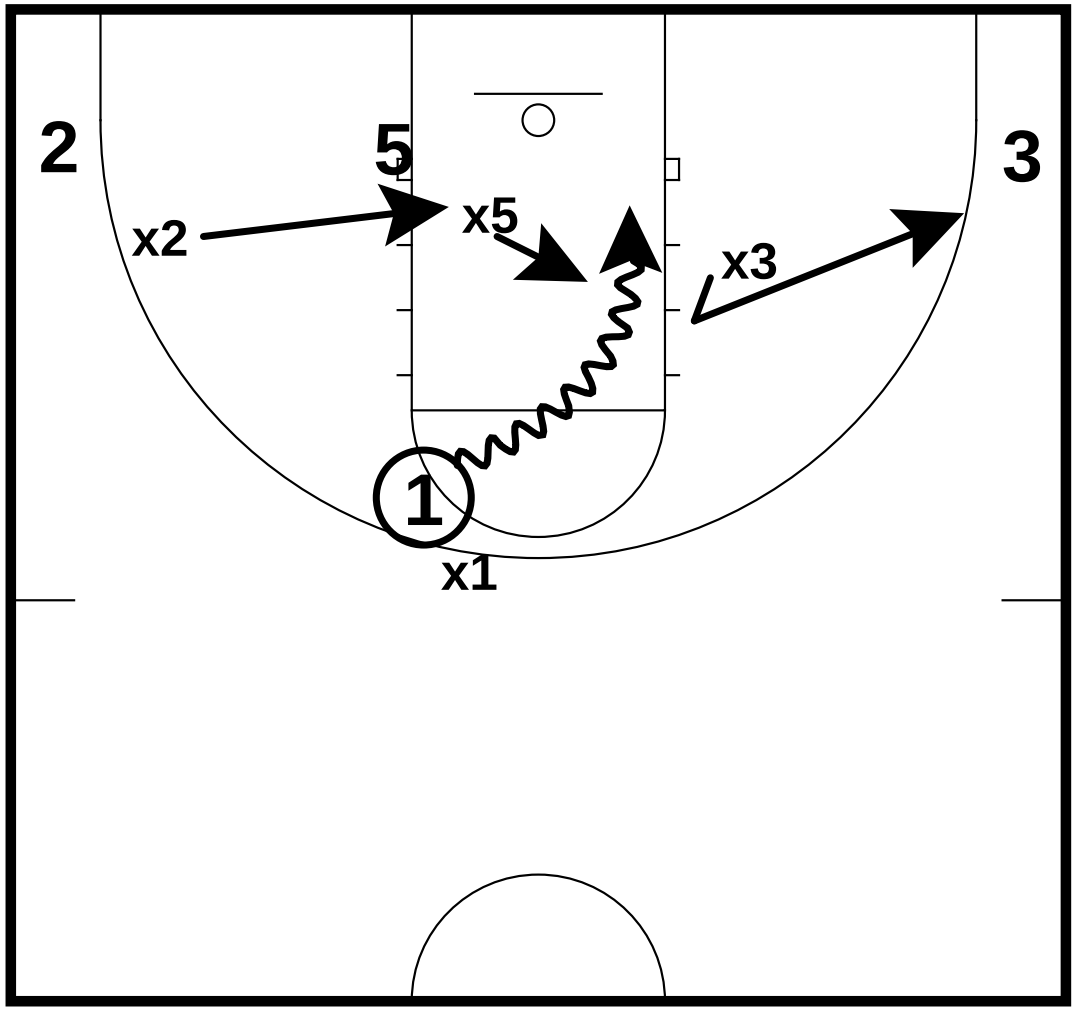
BALLSCREEN SCRAMBLE

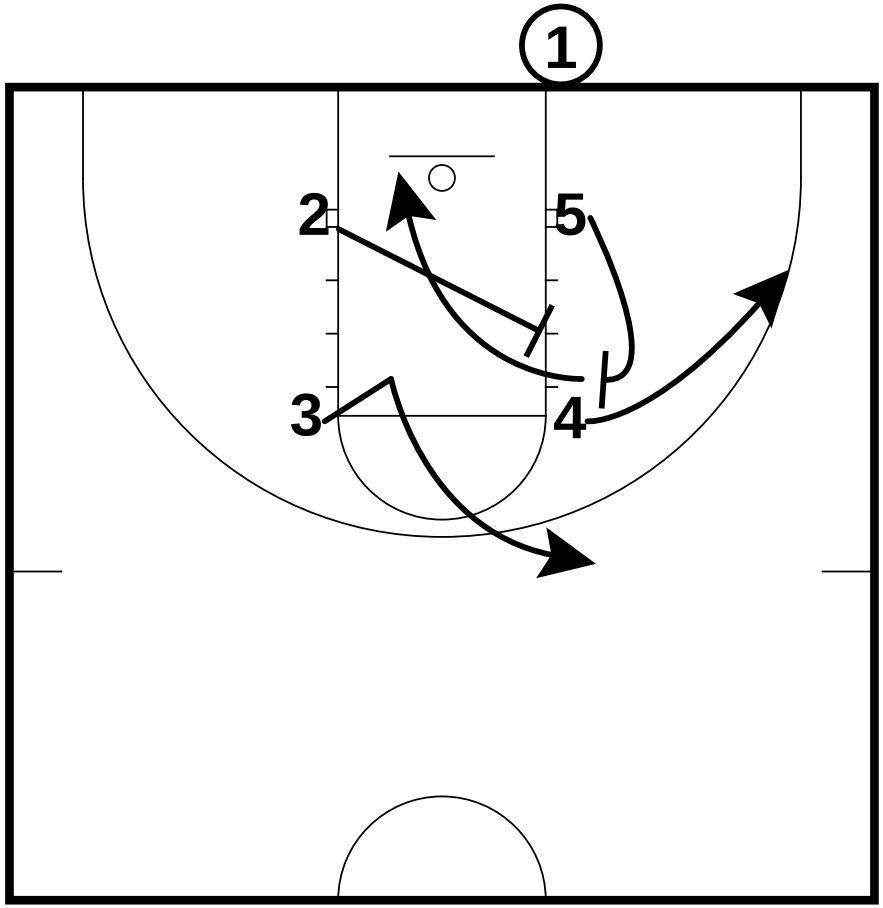


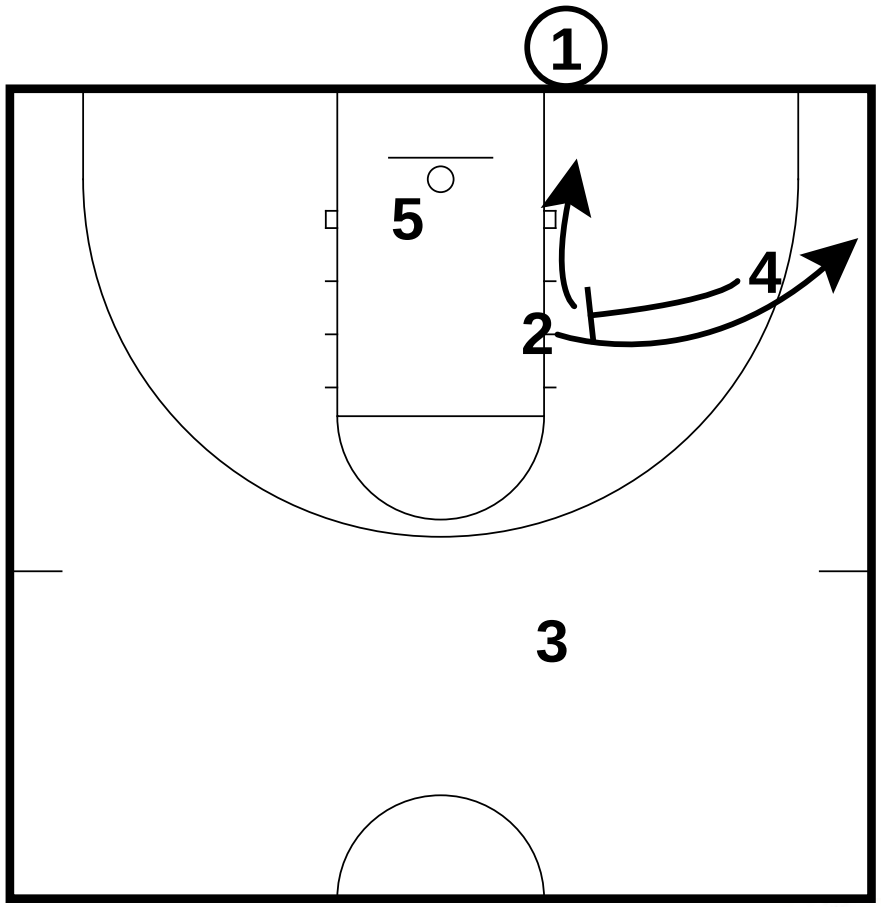
VCU BASKETBALL

BOB Plays

- 11
  - Both Bigs, Shooter
- 40
  - 1 Big, Shooter
- Slip (vs. zone)
  - 4 Man

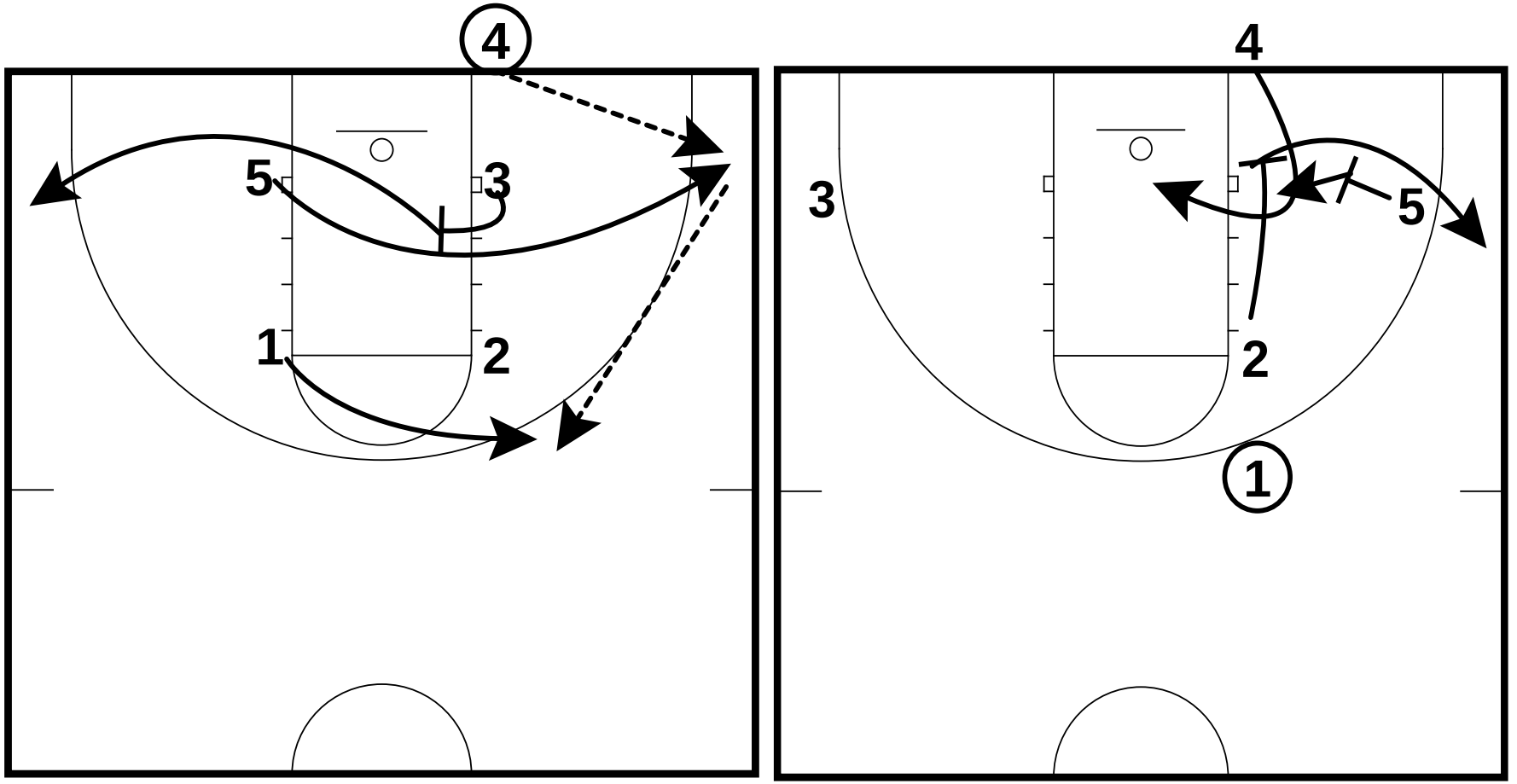
11





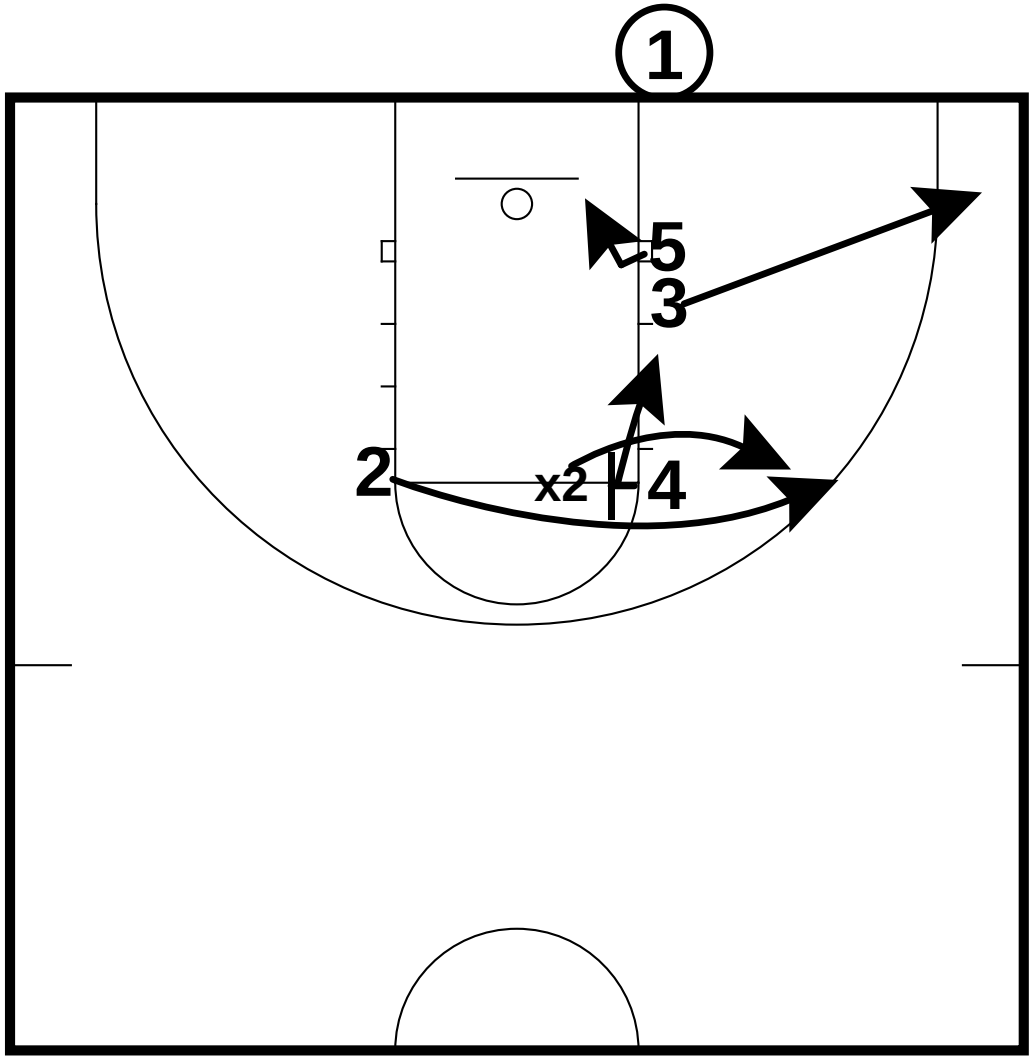
VCU BASKETBALL

40



VCU BASKETBALL

SLIP

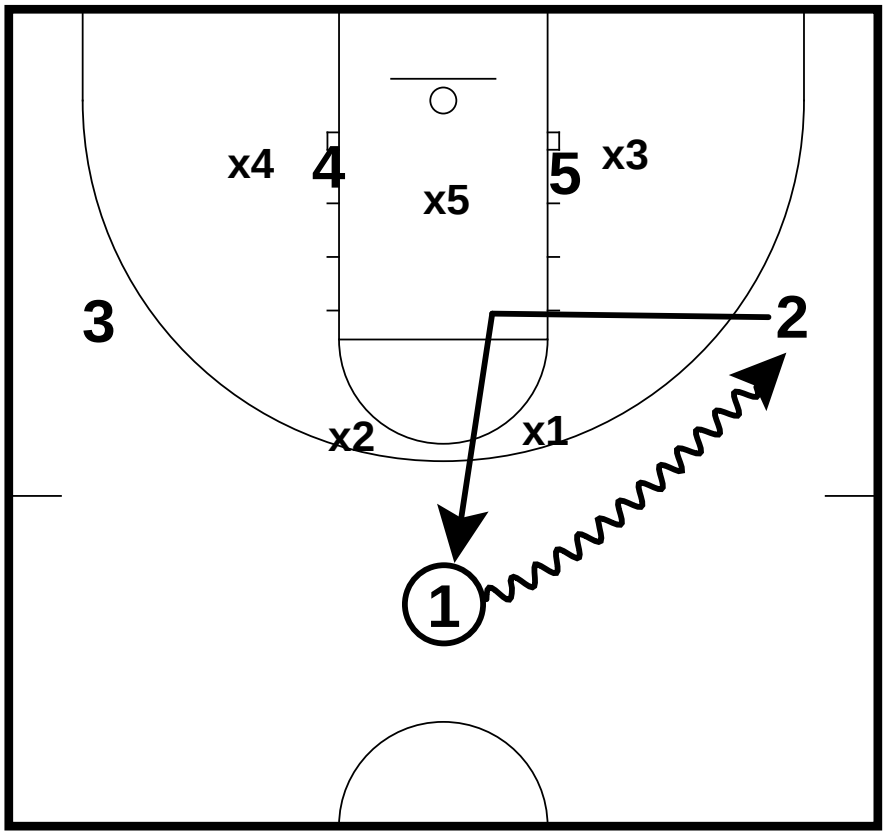


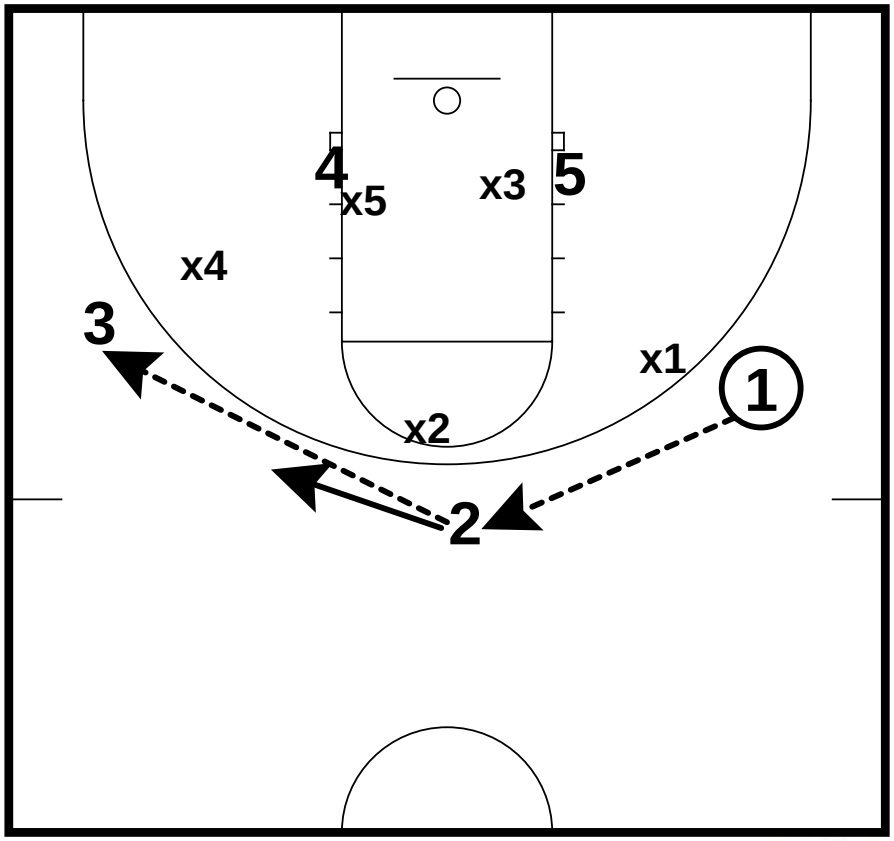
VCU BASKETBALL

Zone Offense

- Knife Action (Concept)
  - PG in the teeth of the zone
  - Be strong with the ball and make a play
- Hammer (2/3)
  - Shooter to Corner, Big guy to Mid Post
- Vandy
  - Shooter

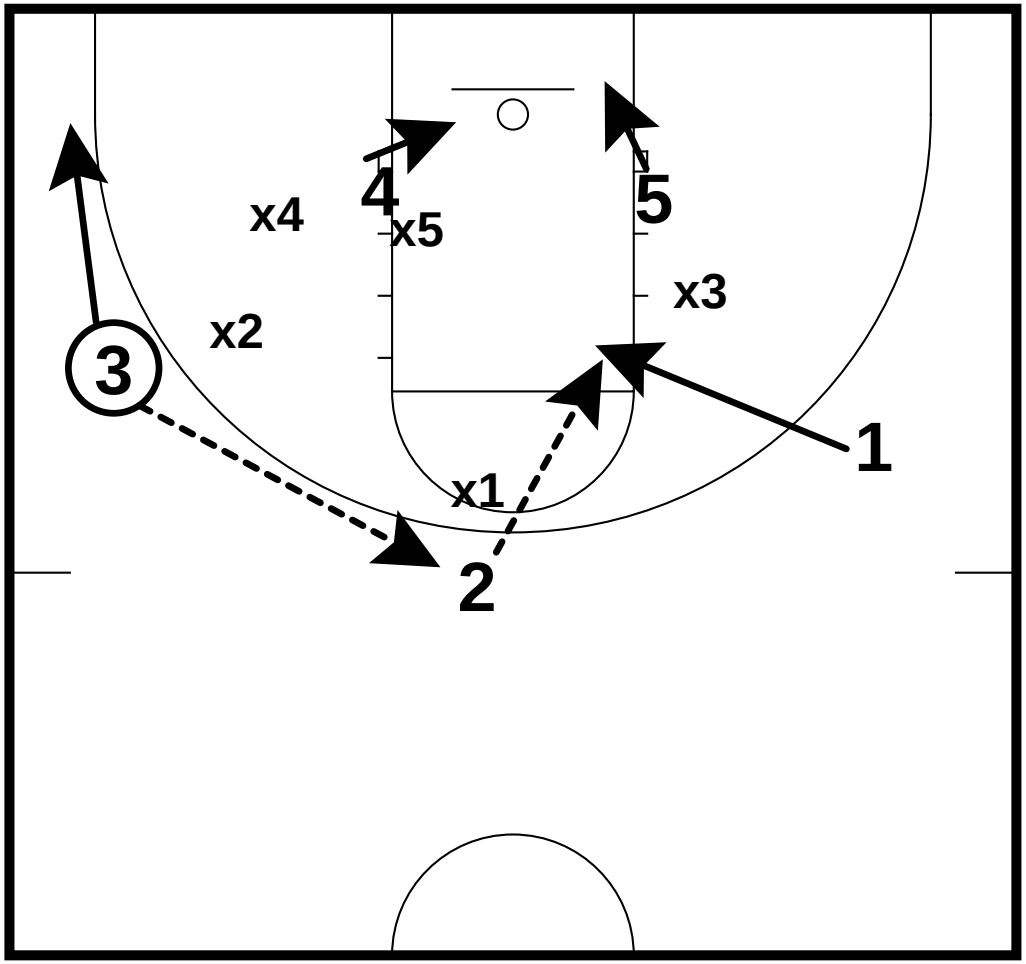
KNIFE





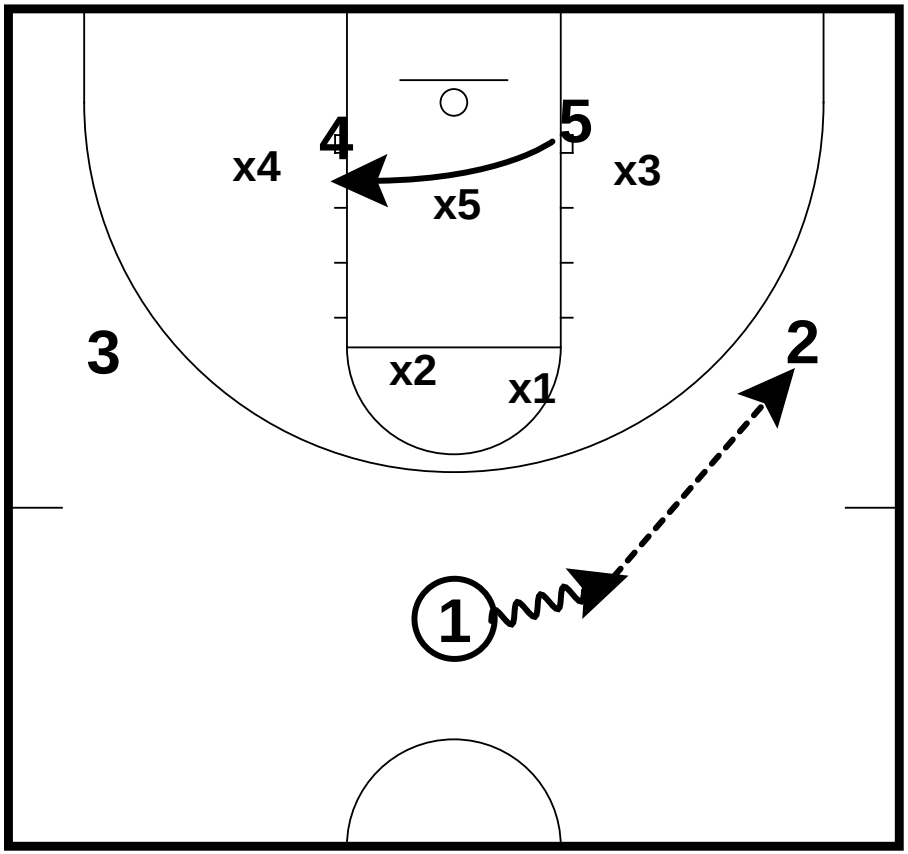
VCU BASKETBALL

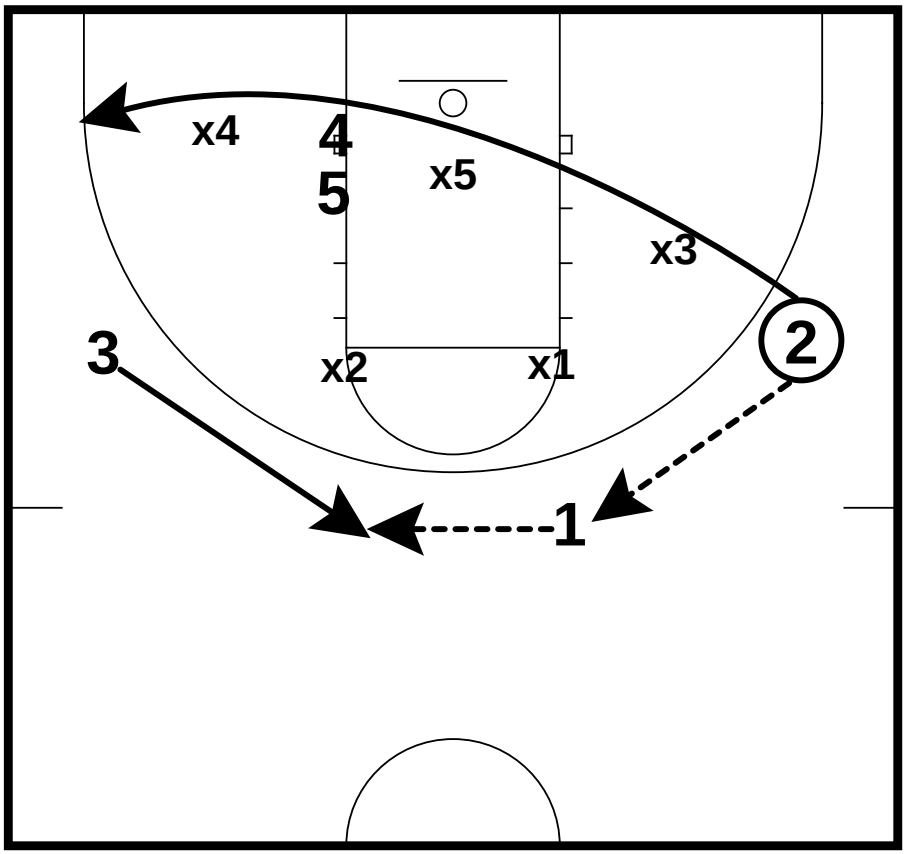
KNIFE



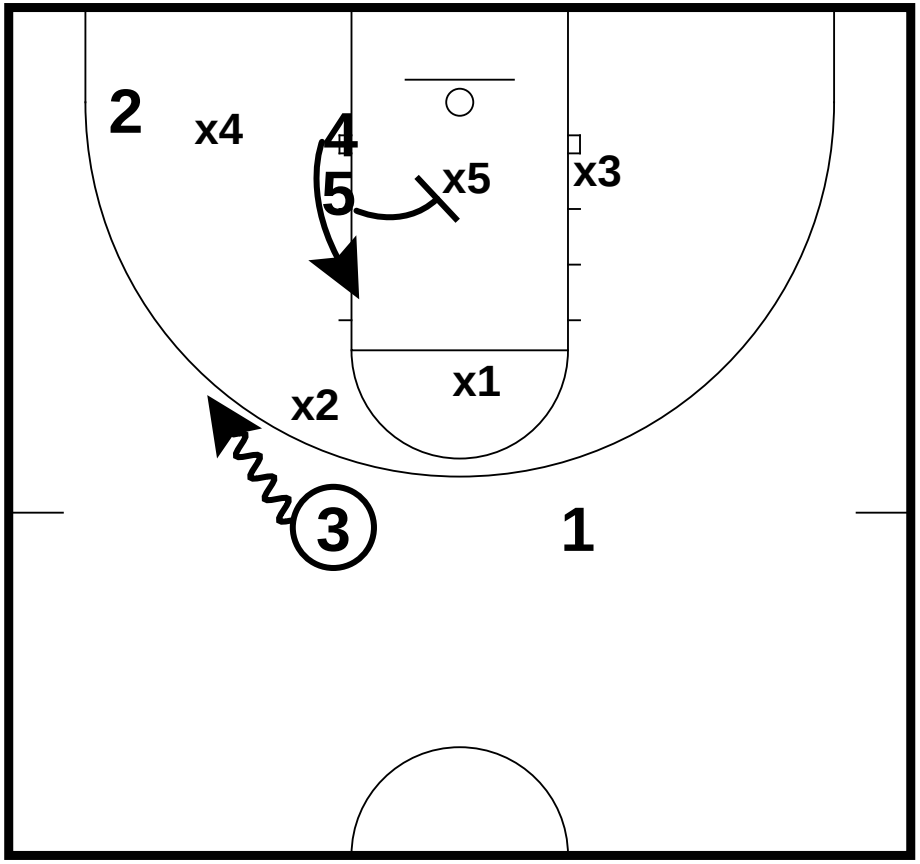
VCU BASKETBALL

HAMMER 2



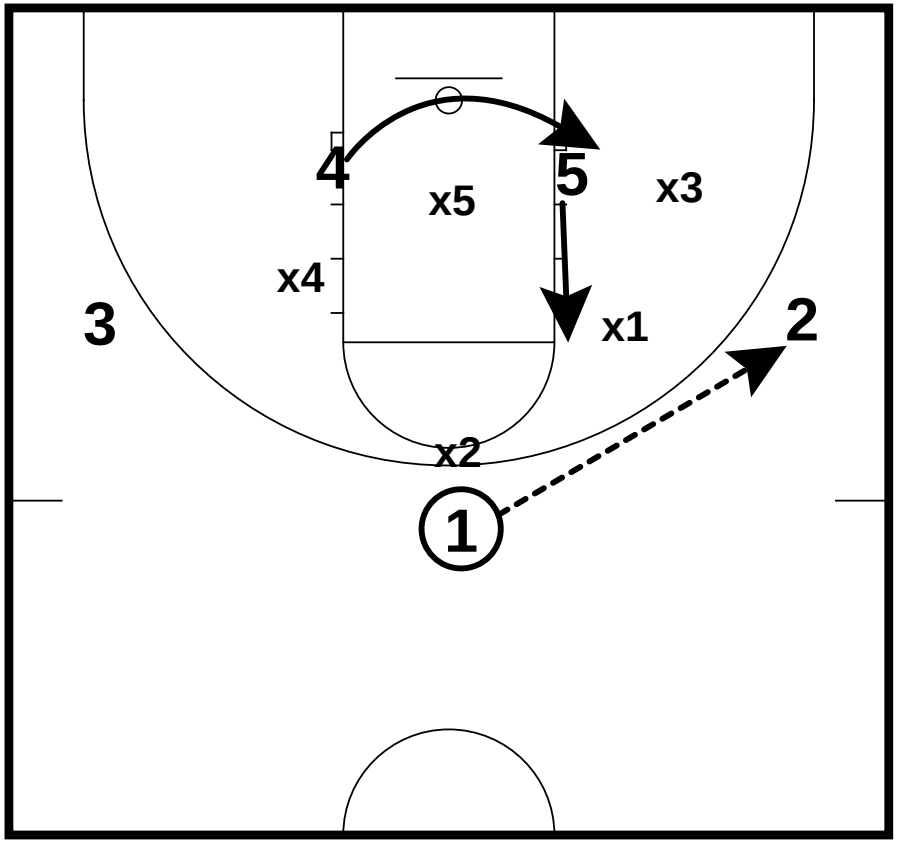


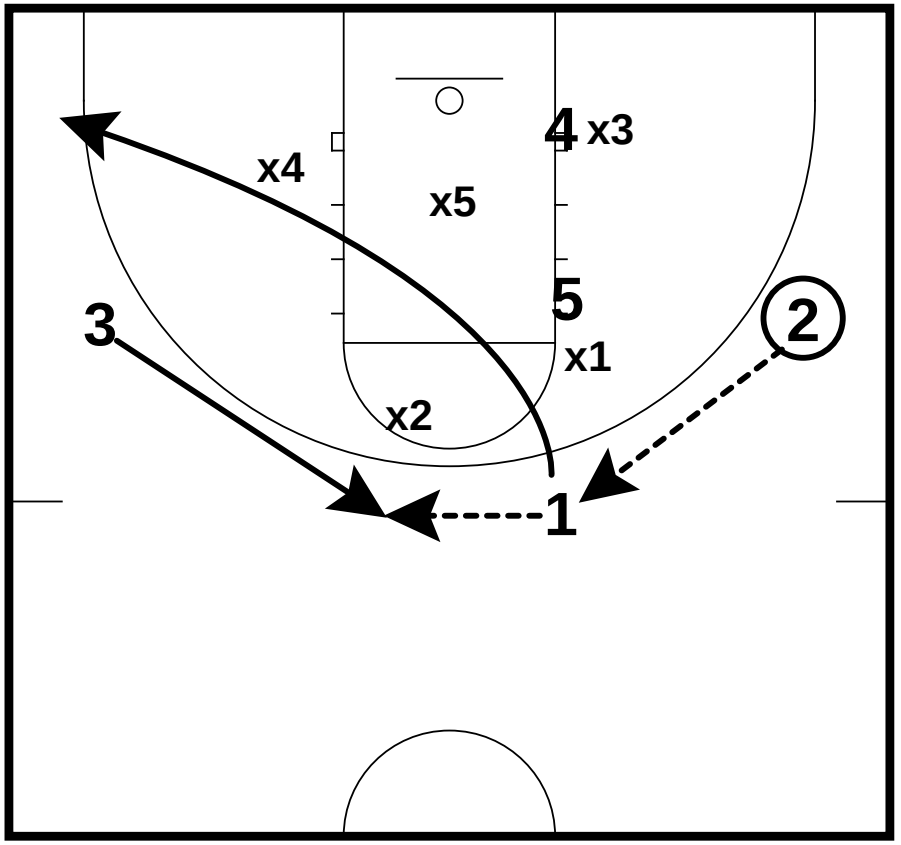
HAMMER 2



VCU BASKETBALL

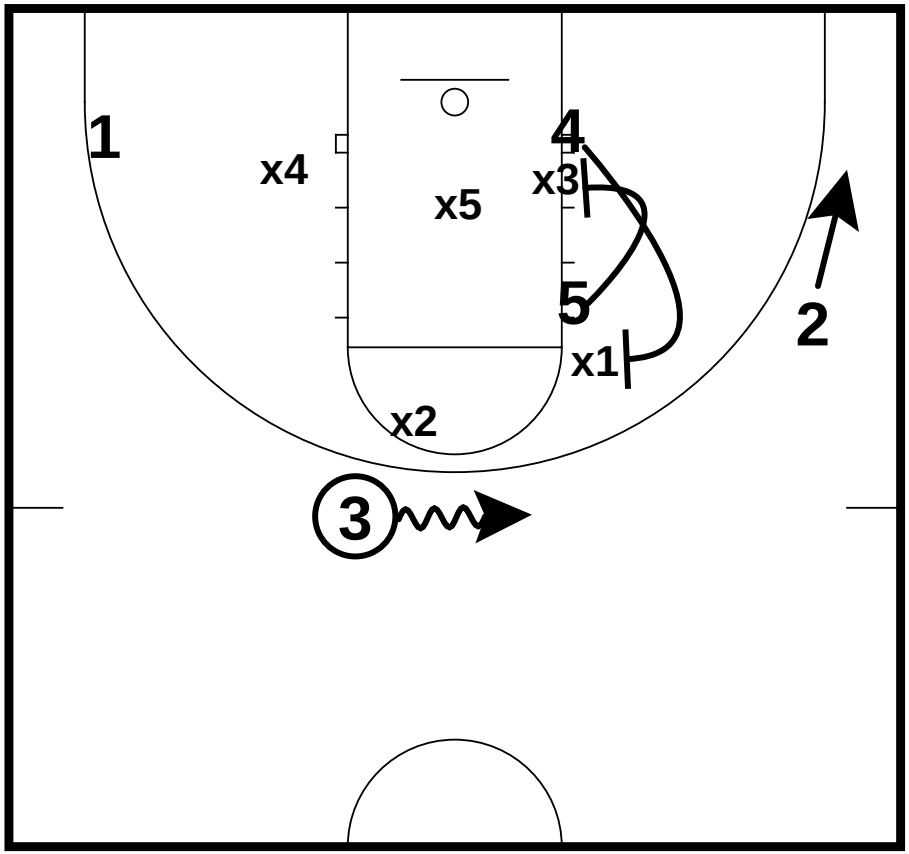
VANDY

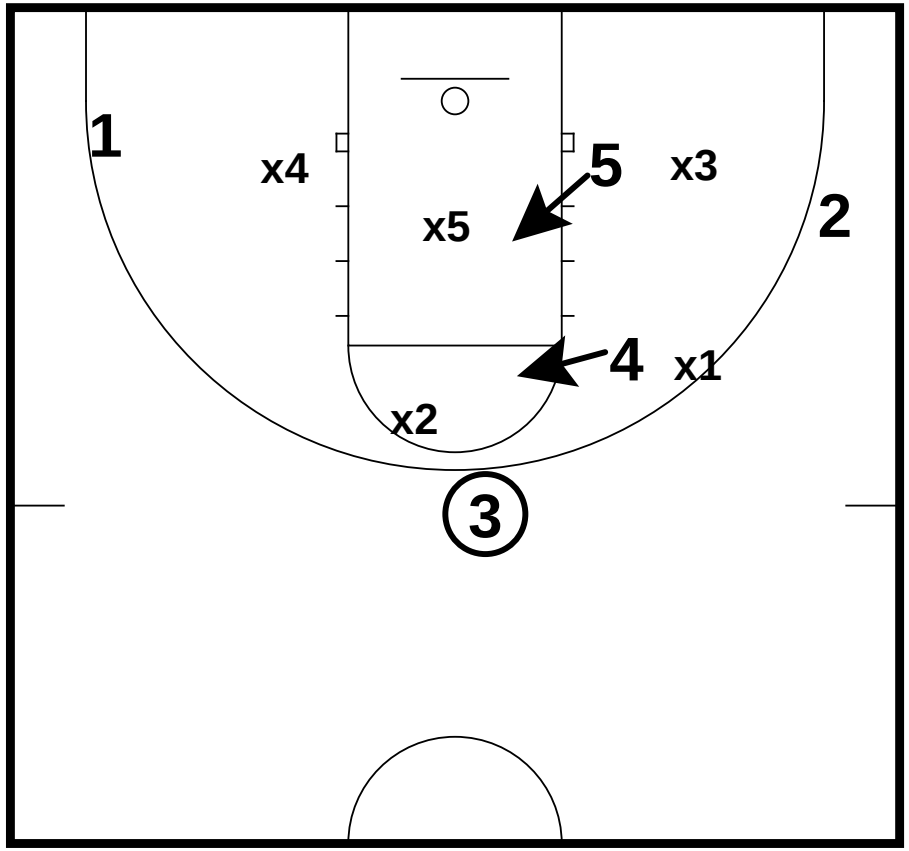




VCU BASKETBALL

VANDY





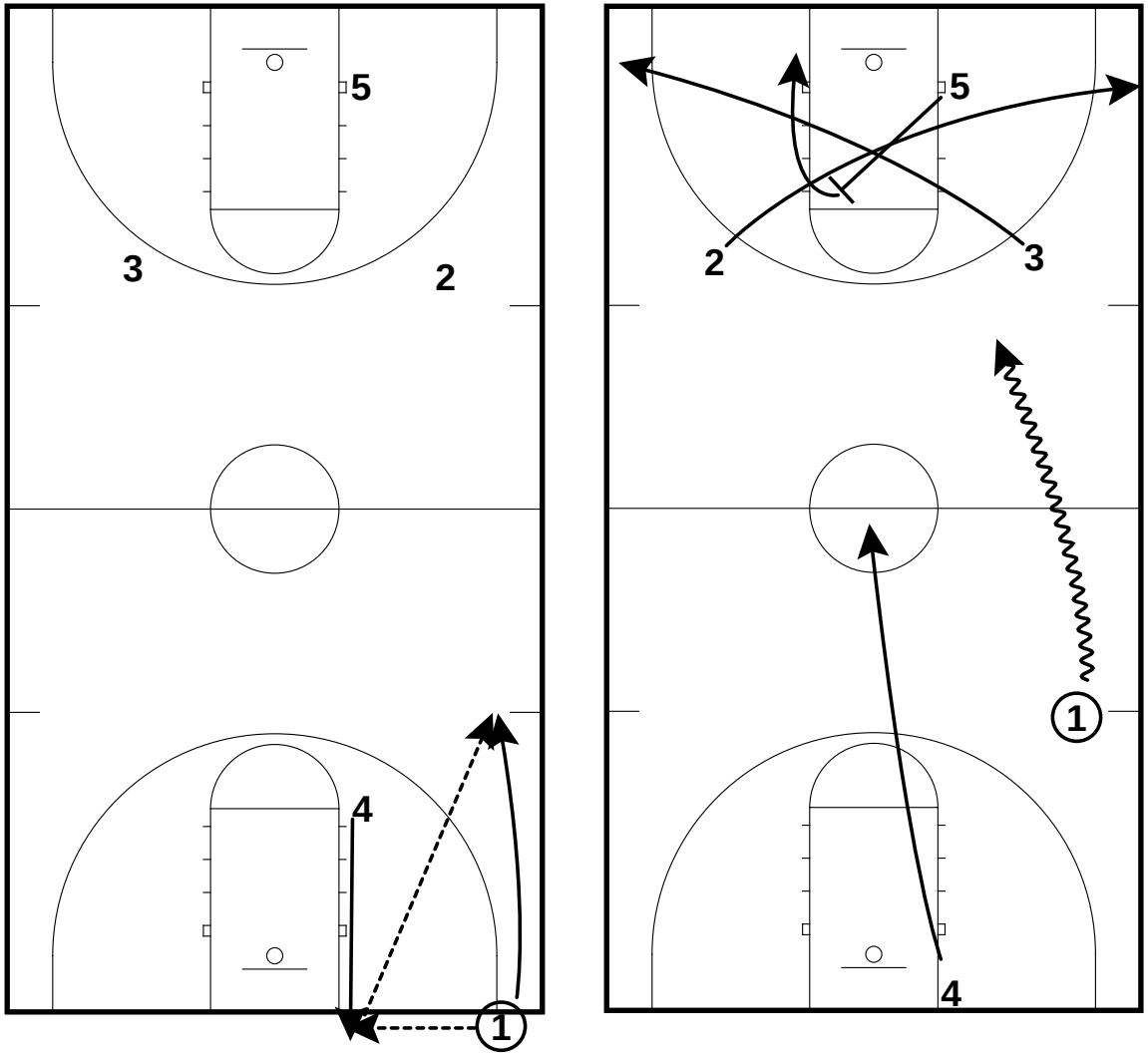
Late Game Thoughts

- Practice Passes (pre / post)
  - Full Court (Big on / off ball), Half Court (Big on / off ball), BOB (Big on ball)
- Book of all situations from the left and right side
- 6 minute game (3x a week)
  - Take care of the ball
  - Make free throws
  - Be solid on defense

Late Game

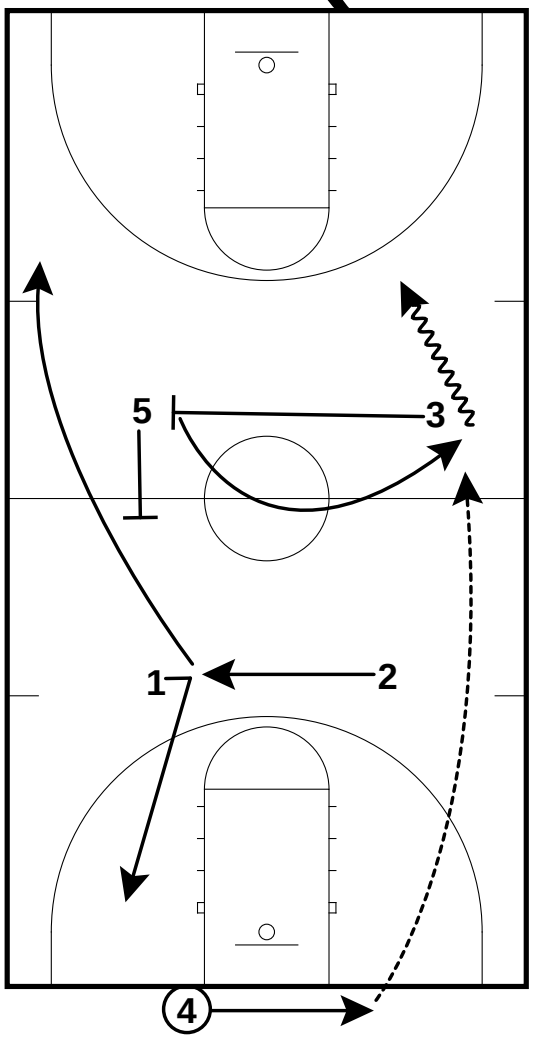
- Full Court
  - Dayton Fly (5-10), Righty ____ (.6-3)
  - Clemson (Pressure Inbounds)
- ¾ Court
  - Richmond (3-8), Winner (.6-2)
- ½ Court
  - Side 5 (2-5), Reddick (.6-5)
  - Rip, State (Live Ball, Need a 3)
- BOB
  - Banana (.6-4), Nova (.6-3), Rim (Tip - <1)

Dayton Fly



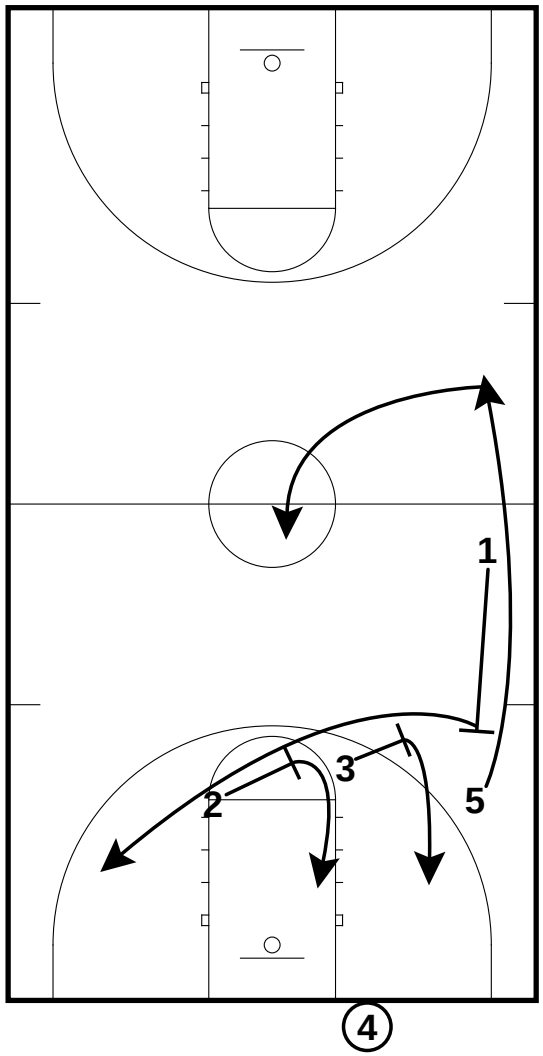
VCU BASKETBALL

Righty (Name)



VCU BASKETBALL

CLEMSON



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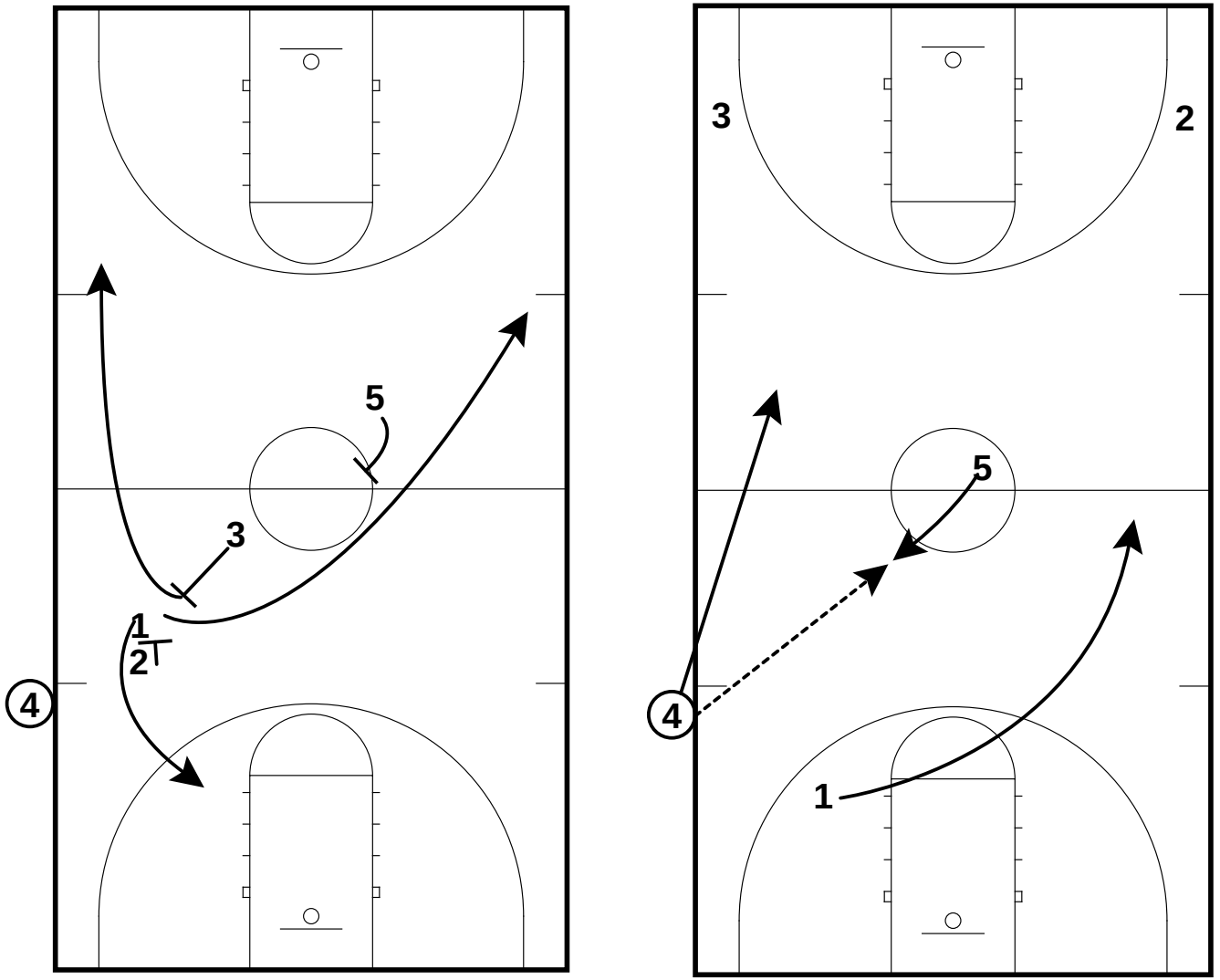
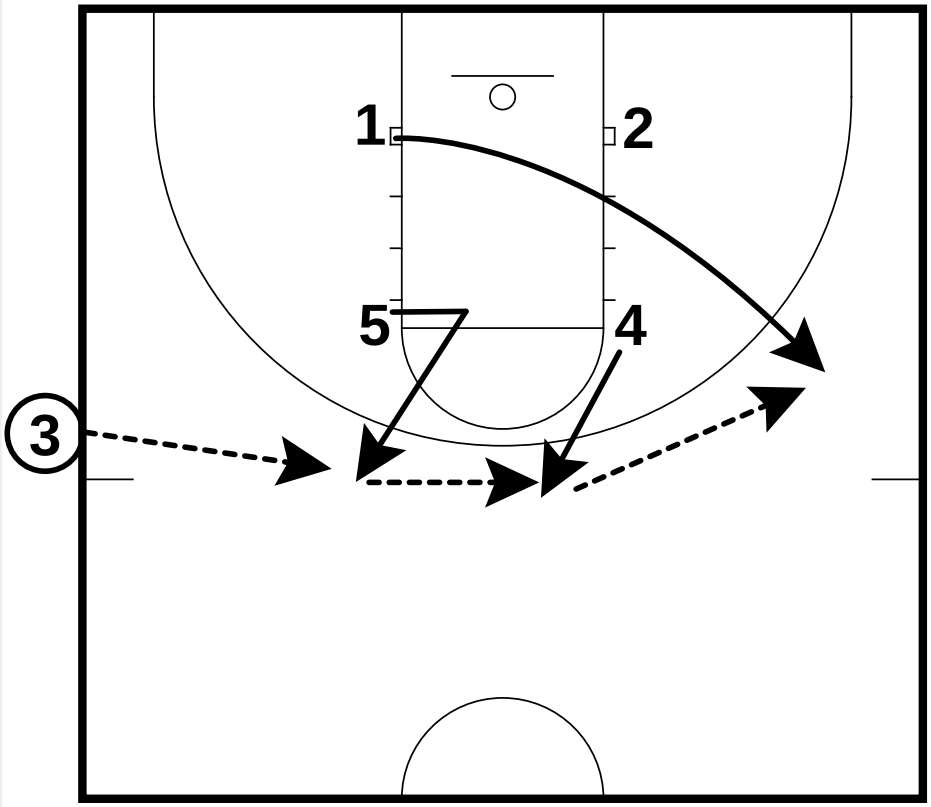
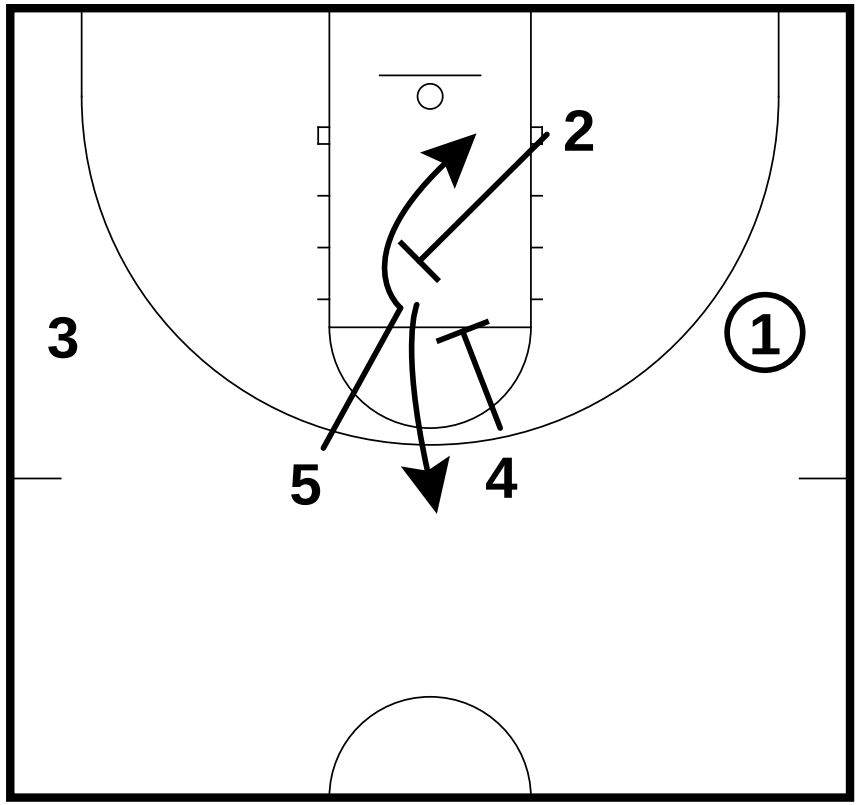
RICHMOND



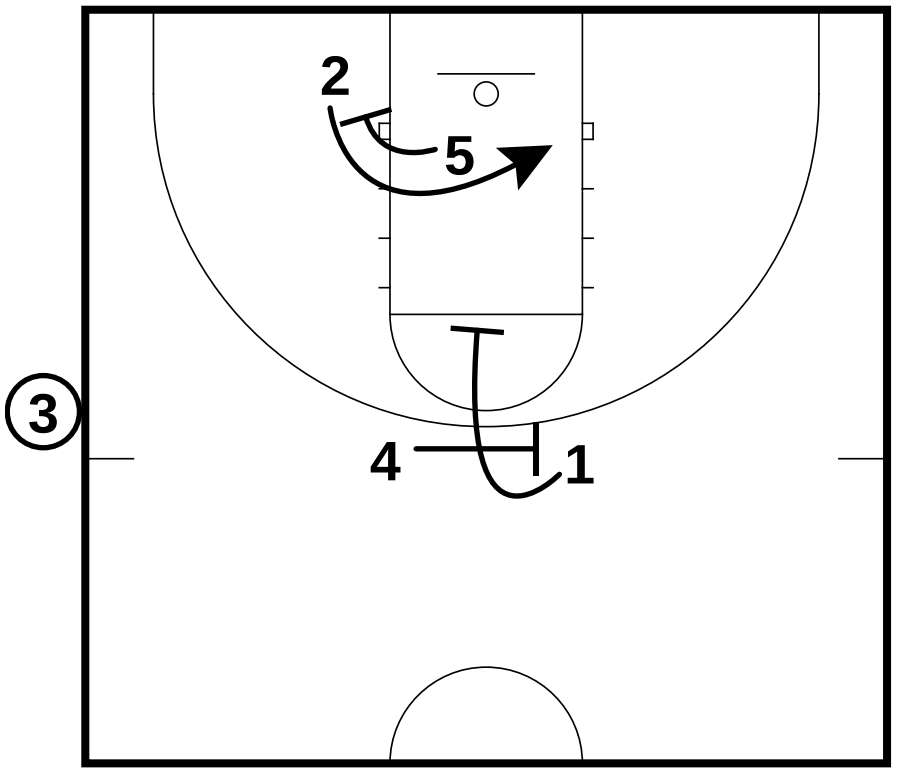
VCU BASKETBALL

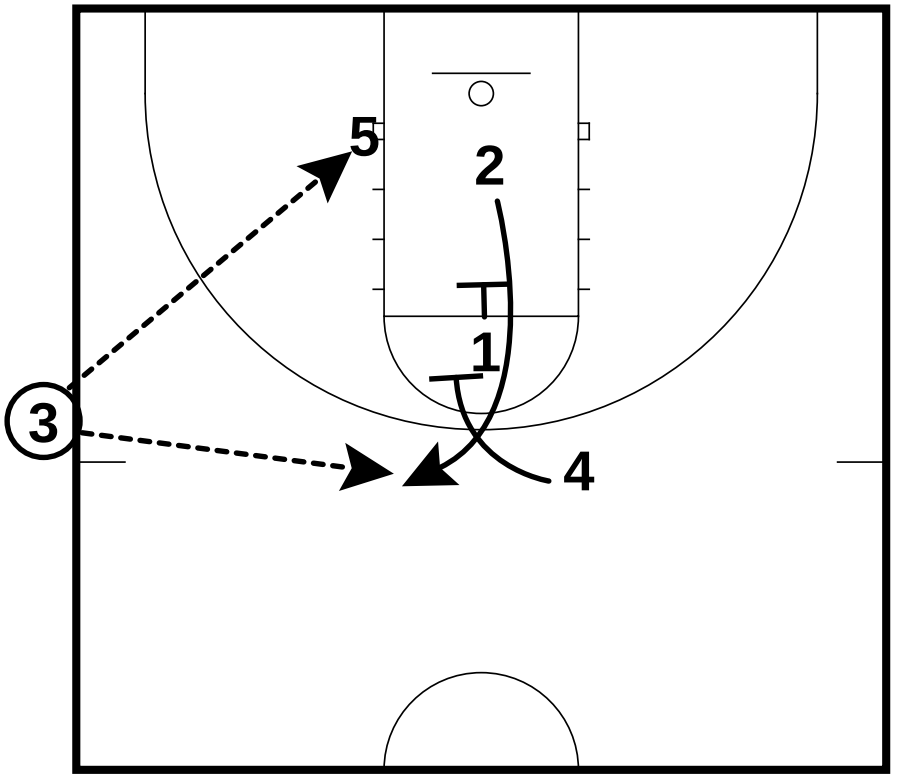
SIDE 5





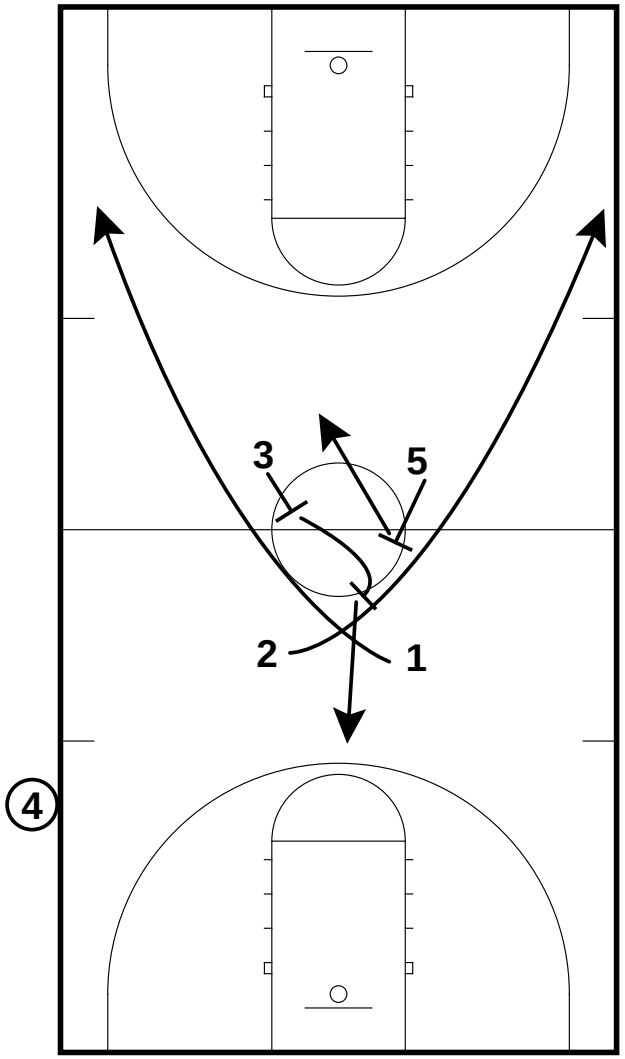
J.J. Reddick

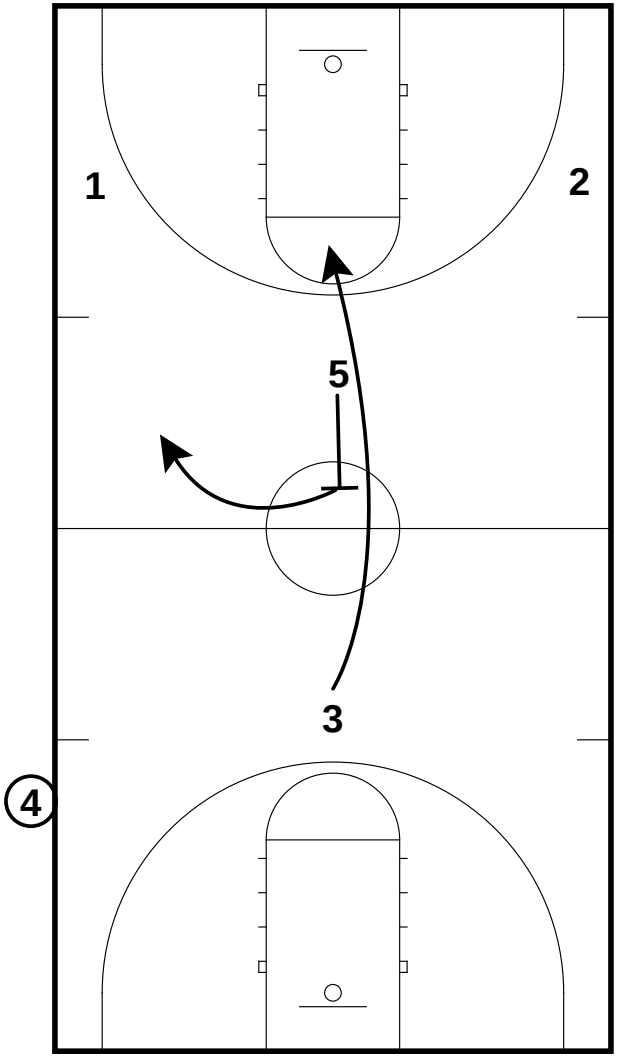




VCU BASKETBALL

WINNER





VCU BASKETBALL

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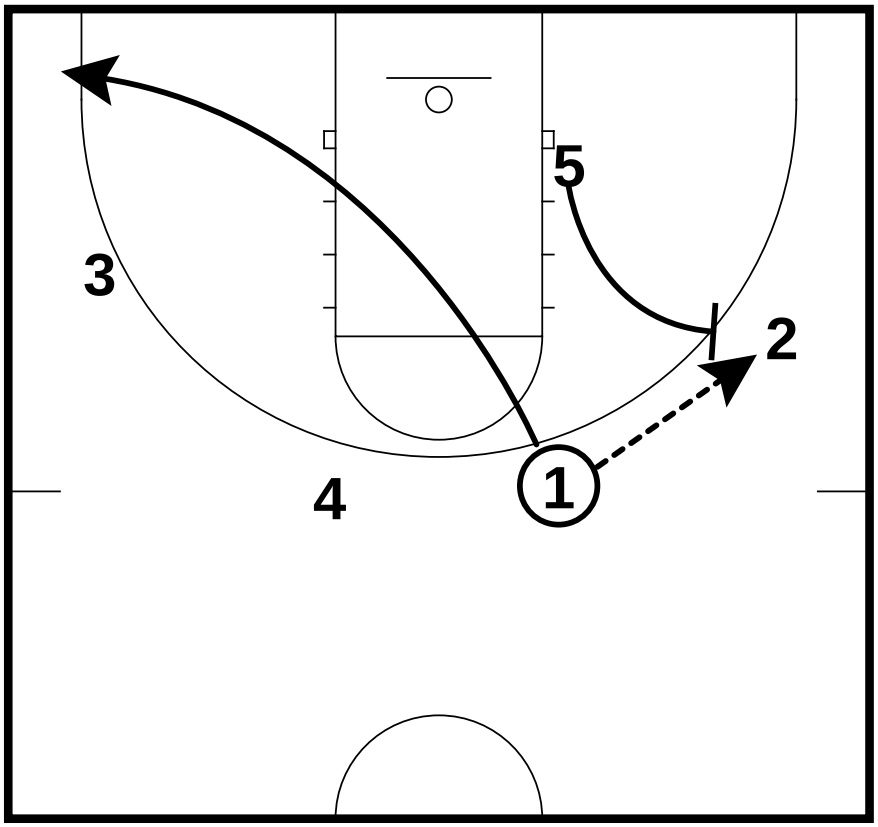

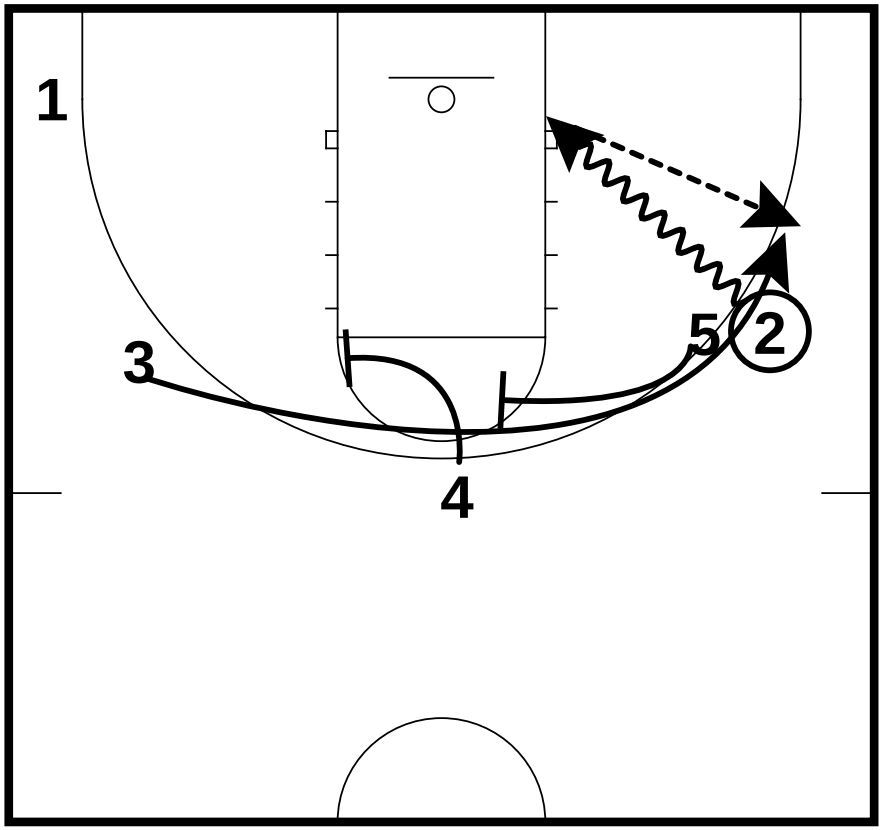

VCU BASKETBALL

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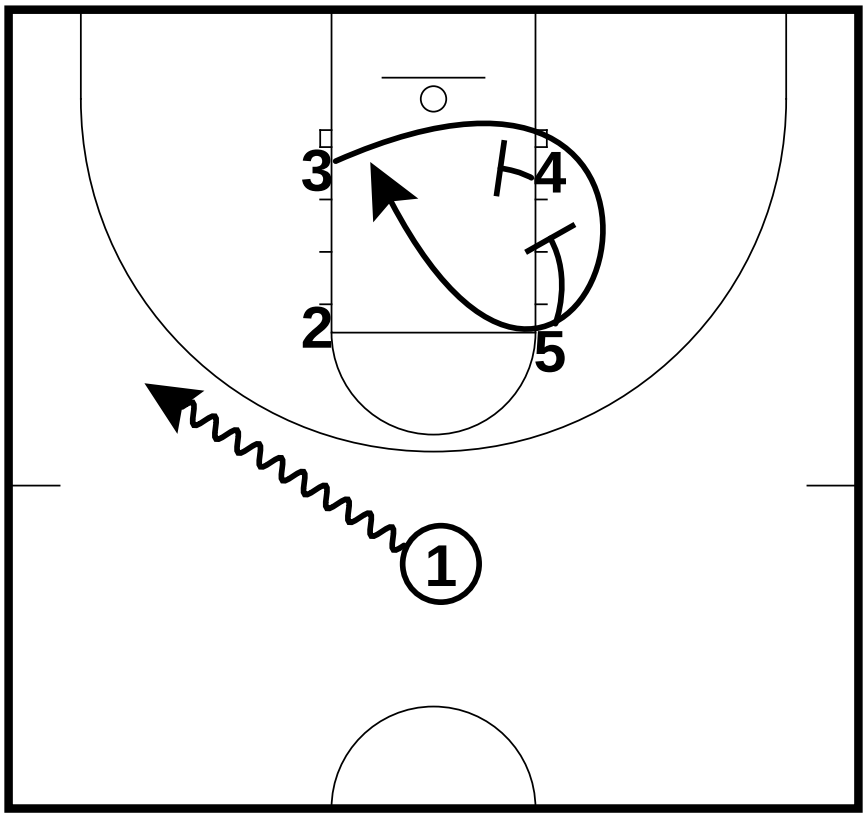
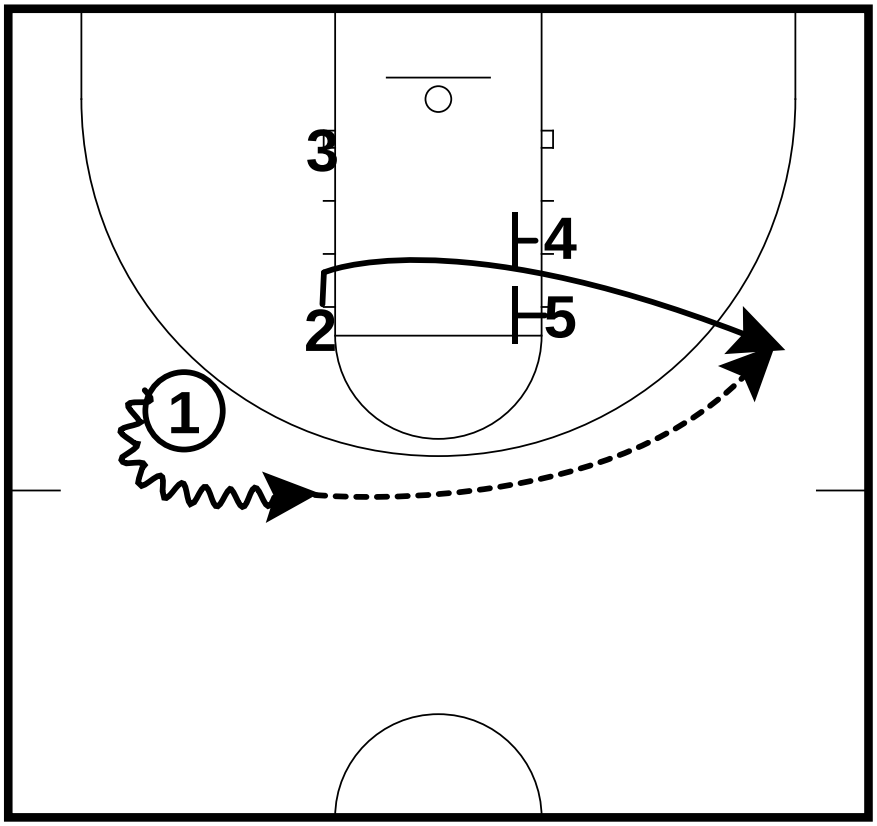
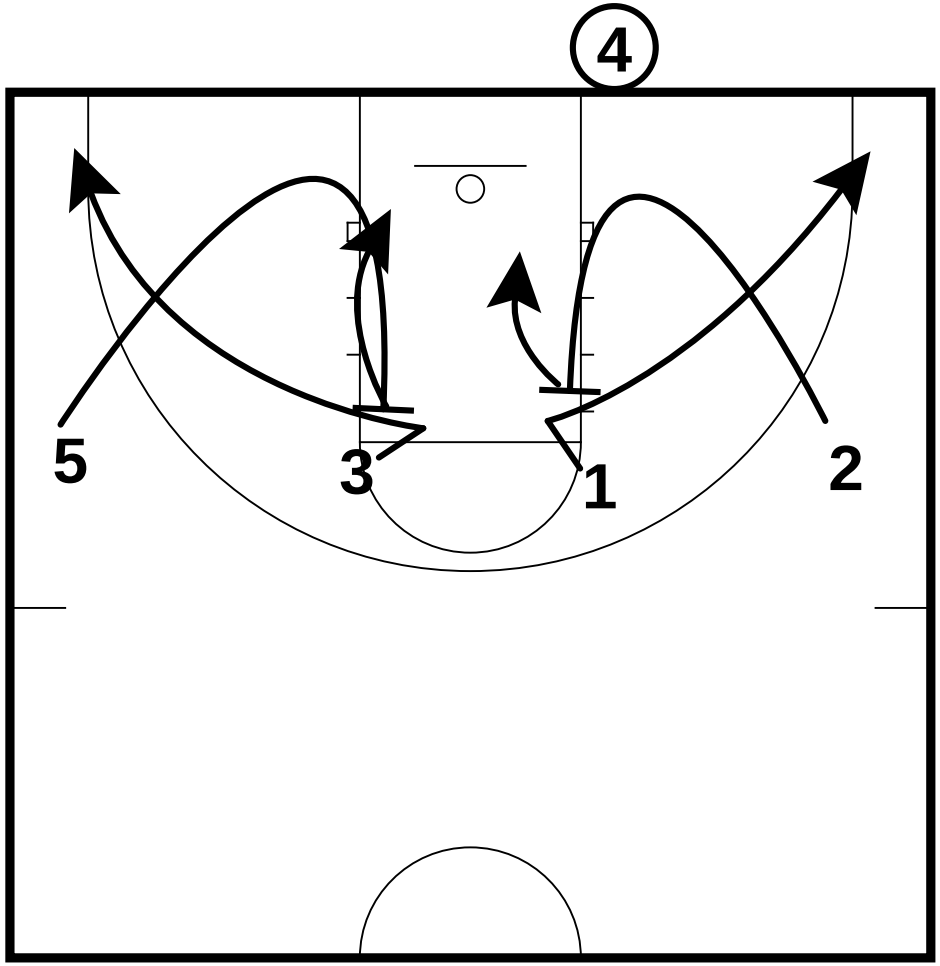




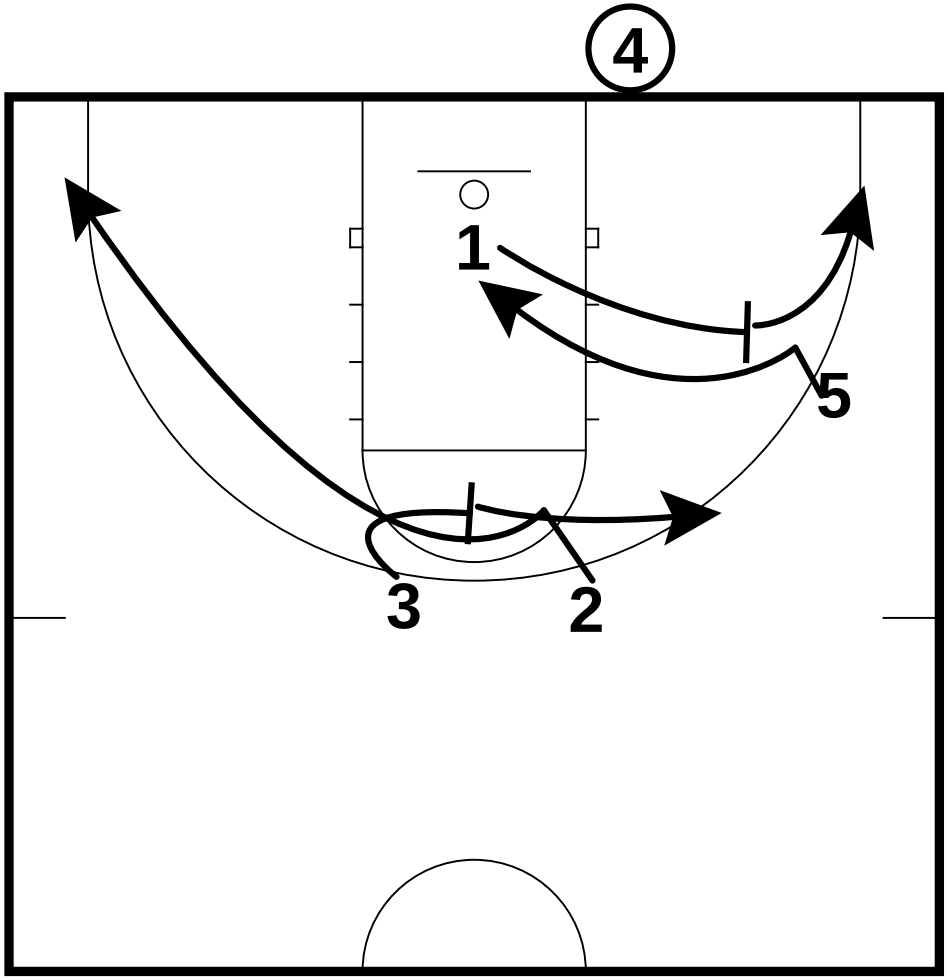
VCU BASKETBALL

BANANA



VCU BASKETBALL

Nova



VCU BASKETBALL

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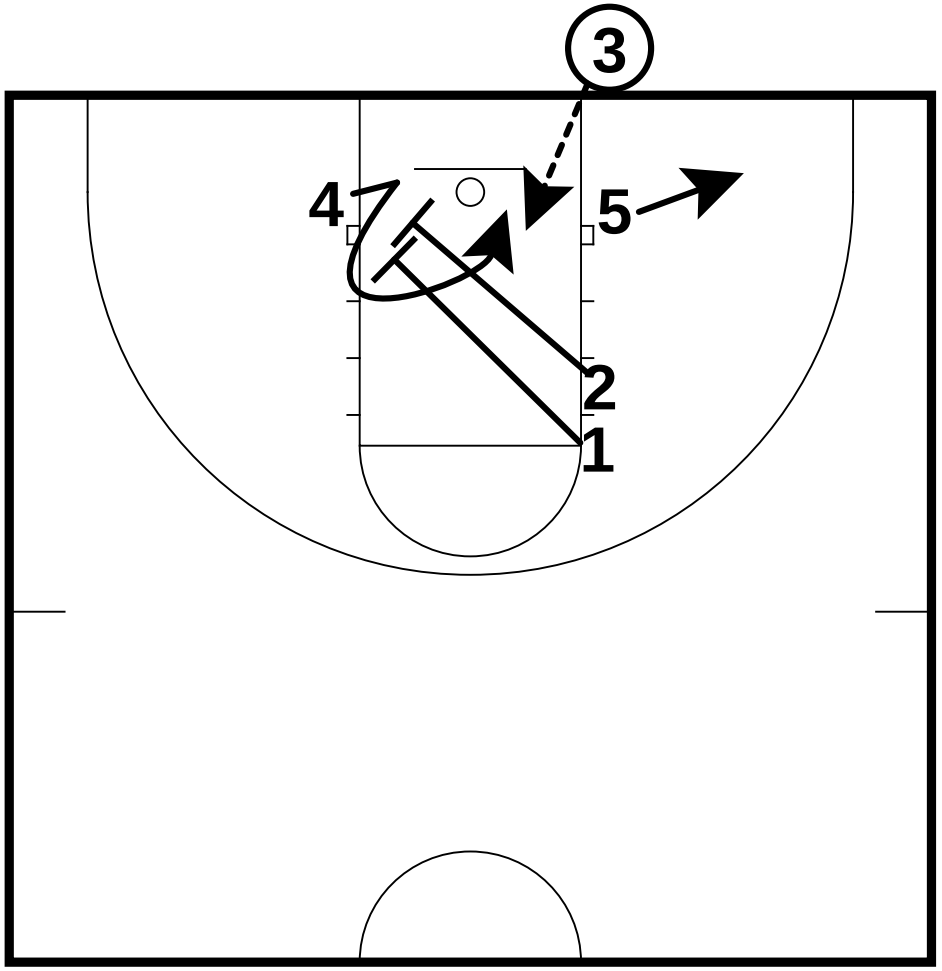

VCU BASKETBALL

Will Wade

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Zone Sets and Quick Hitters Playbook

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3 Out Sets

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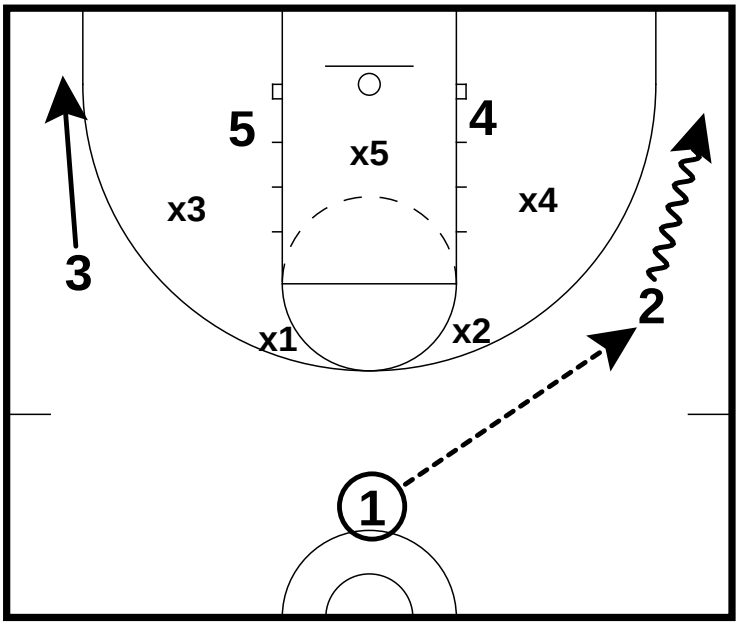
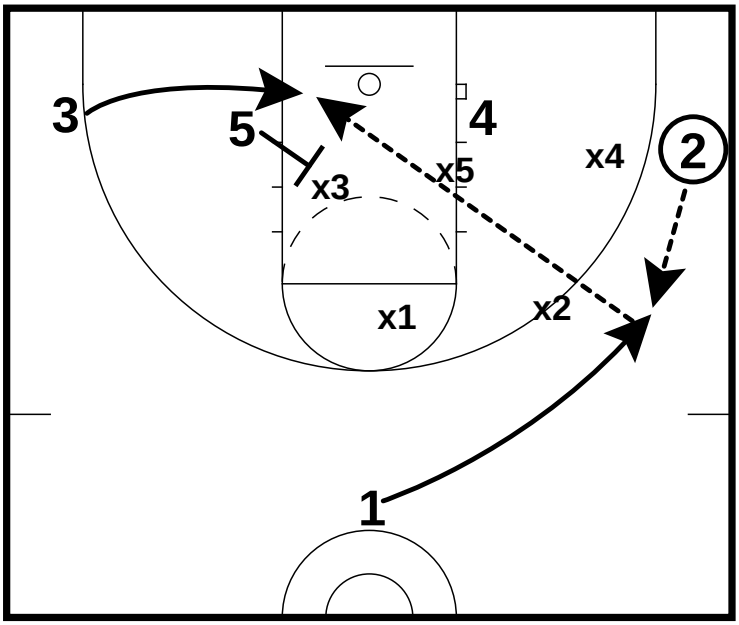
3 Out Sets

32 Lob



- 1 passes to 2 who then dribbles towards the corner to distort the zone
- 3 drops to the opposite corner

32 Lob

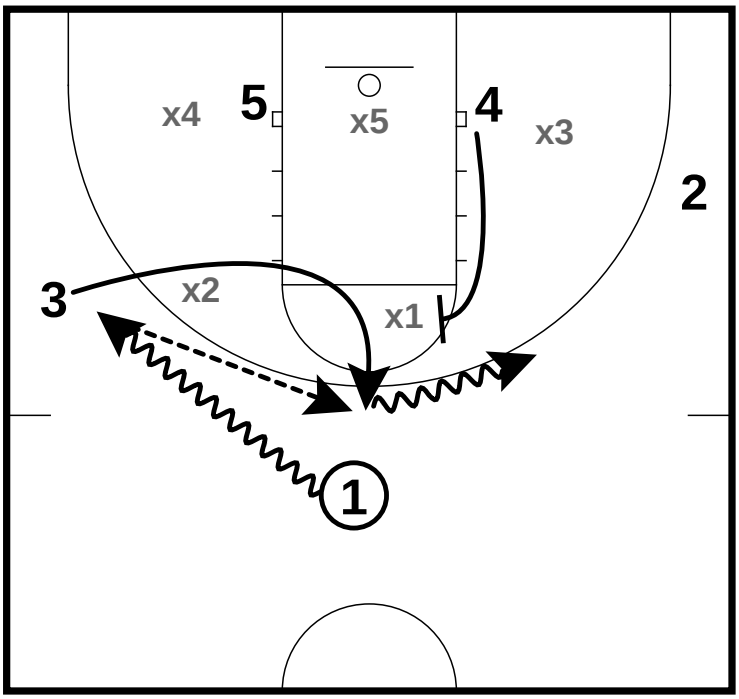


- 1 cuts to to the ball to receive the pass
- 4 posts up hard to occupy X5
- 5 looks to seal X3 by sliding him up the lane
- 3 cuts behind 5 looking for the lob from 1

All Contents Proprietary

3 Out Sets

3 Loop

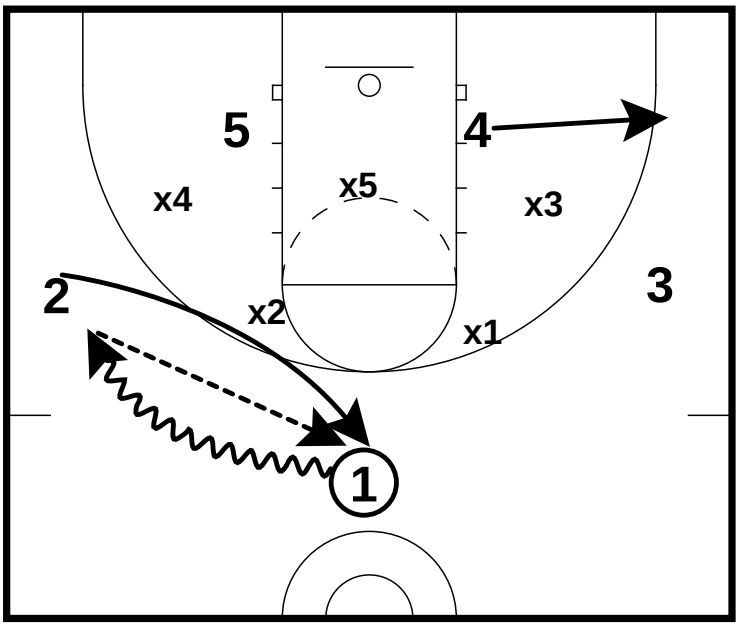


1 dribbles at 3. 3 loops up the lane. 4 sets a pick on X1.

All Contents Proprietary

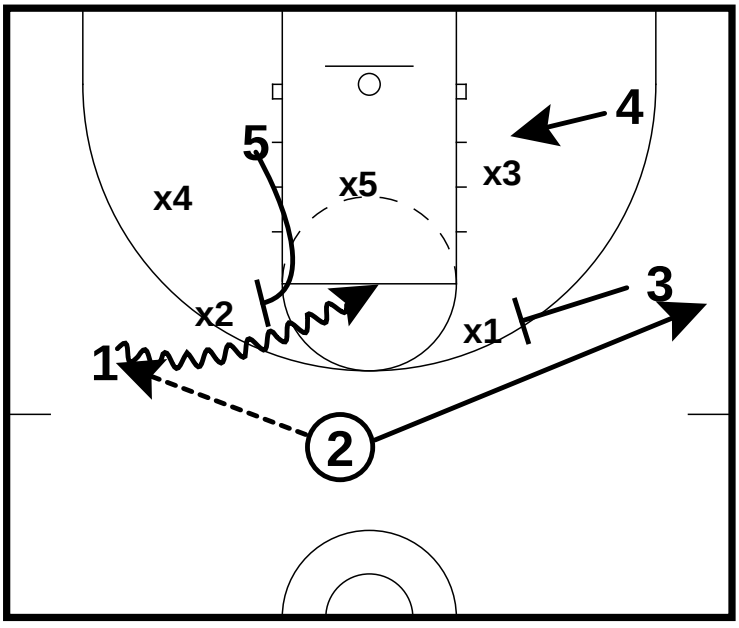
3 Out Sets

Argentina



- 1 dribble entries to the wing and 2 loop cuts to fill the top of the key
- 4 clears to the corner

Argentina

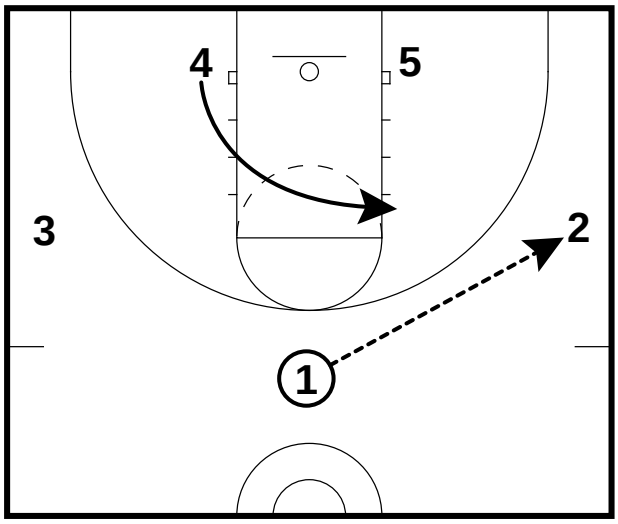


- 2 passes the ball back to 1 at the wing
- 5 sets a high ball screen
- 3 back screens for 2 to flare to the wing
- 4 reads X3 on the help

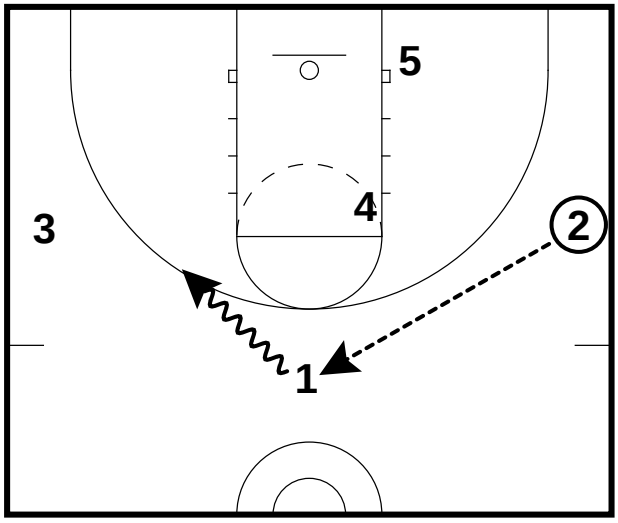
All Contents Proprietary

3 Out Sets

Quick Hitter 1



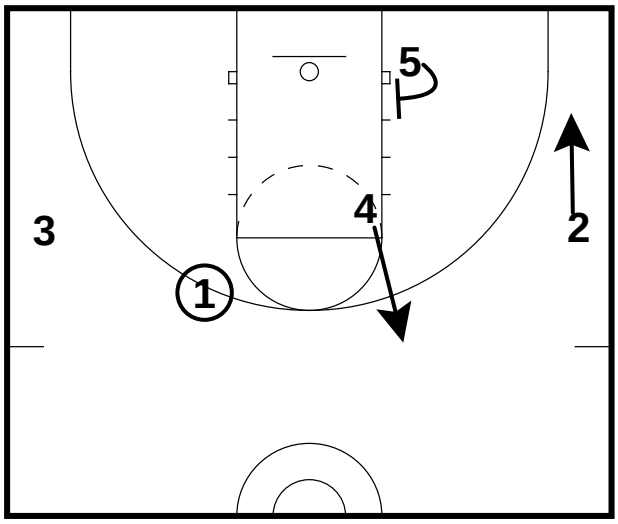
Quick Hitter 1



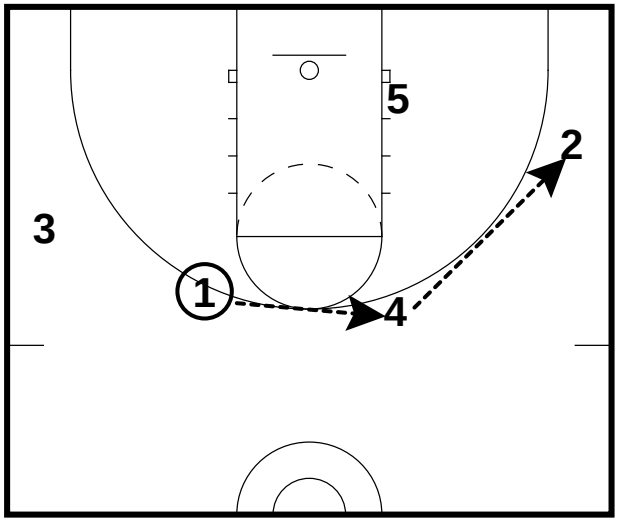
All Contents Proprietary

3 Out Sets

Quick Hitter 1



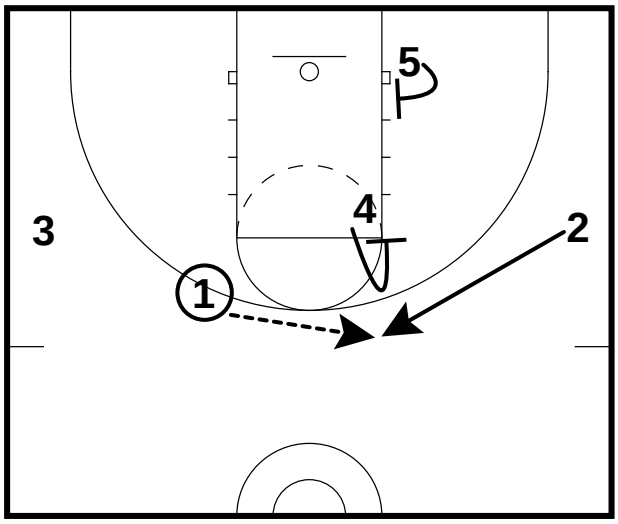
Quick Hitter 1



All Contents Proprietary

3 Out Sets

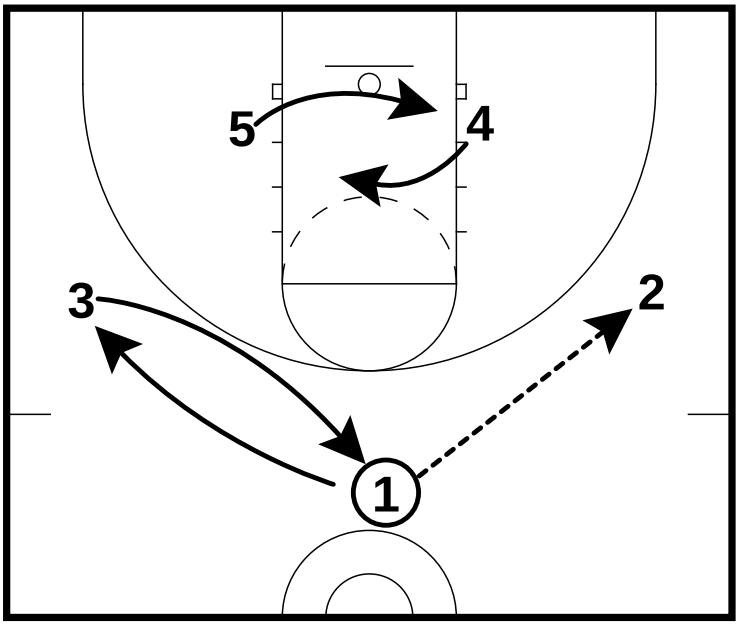
Quick Hitter 1



All Contents Proprietary

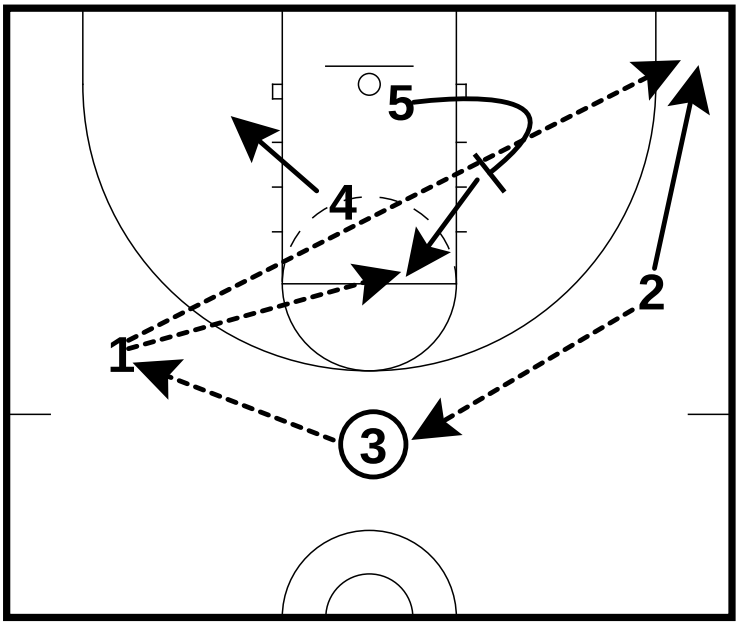
3 Out Sets

Australia



- Ball is passed to the shooters side
- 4 flashes to middle and 5 cuts to opposite block
- 1 and 3 loop to interchange

Australia

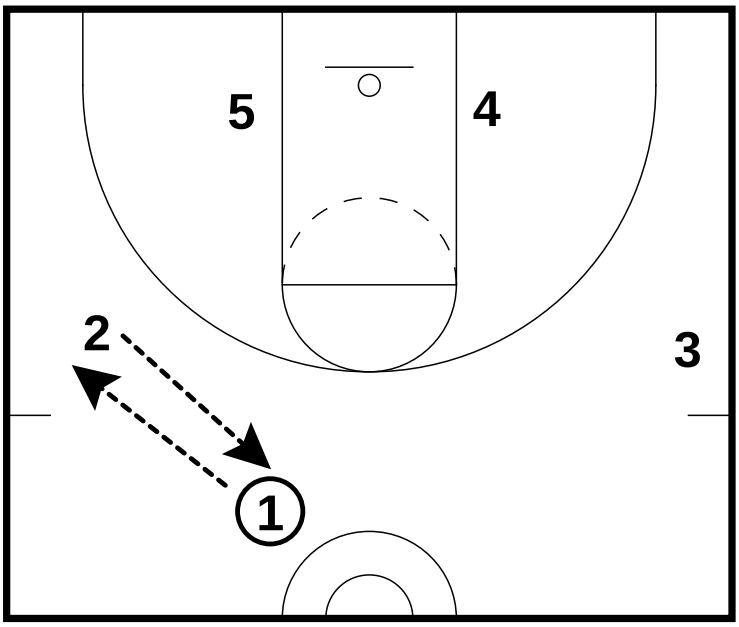


- 2 passes back to 3 who then passes to 1
- 4 posts up on low block
- 5 pins back of zone
- 2 fades to corner for skip
- If defense fights through 5's screen, 5 releases and flashes to mdidle of zone

All Contents Proprietary

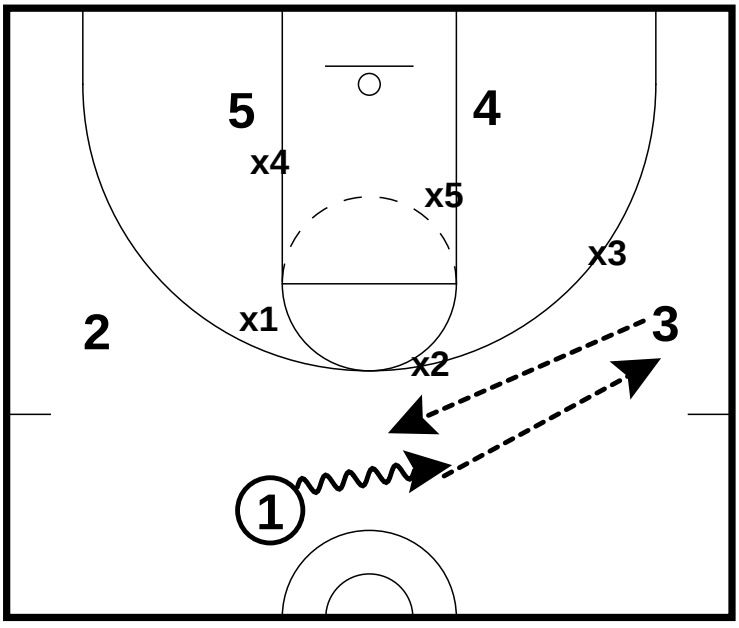
3 Out Sets

Malibu



1 passes to 2
2 passes back to 1

Malibu

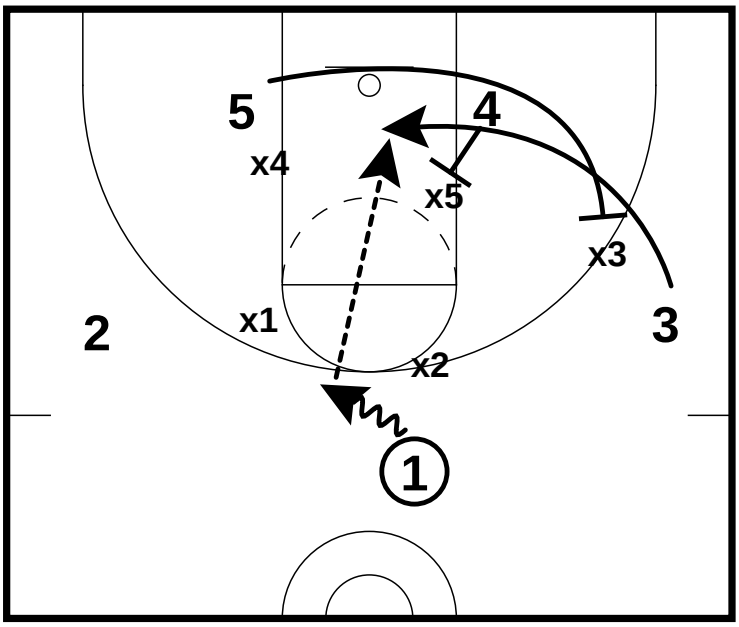


1 dribbles over and passes to 3
3 passes back to 1

All Contents Proprietary

3 Out Sets

Malibu

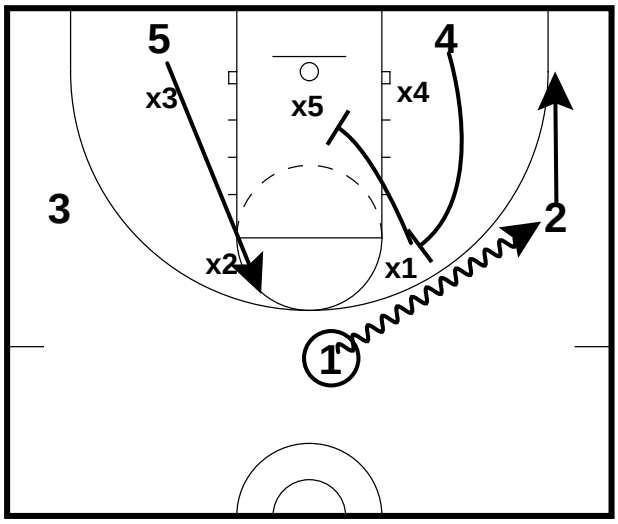


5 cuts under and backscreens forward
4 screens middle man
1 dribbles middle

All Contents Proprietary

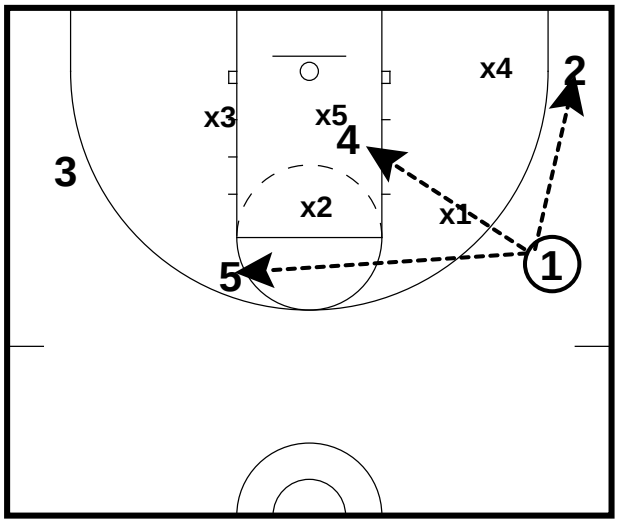
3 Out Sets

Minnesota



1 dribble to wing
2 float to corner
4 back screeens for 1 and rolls to middle of lane to seal x5 for post up
5 pop to elbow for shot or ball reversal.

Minnesota

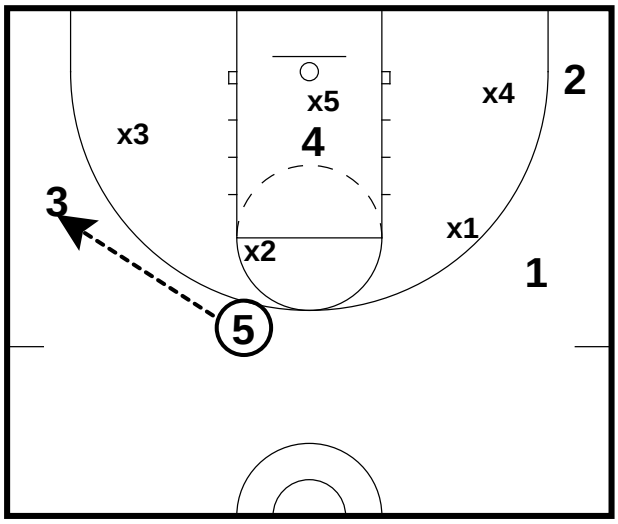


1 looks to 2,4,5 for shot
1st option is pick and roll action
If 2 receives pass he can look at 4 for post as well
if 5 receives the pass he can look for 4 as post up as well.

All Contents Proprietary

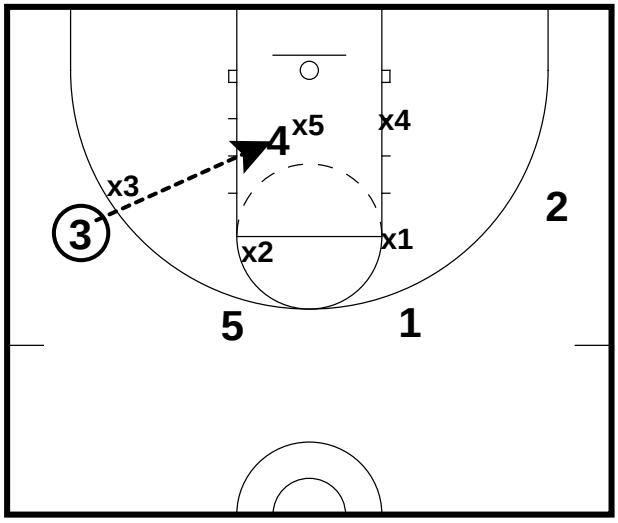
3 Out Sets

Minnesota



5 receives the pass looks to shoot, looks at 4 on post up or reverses to 3.

Minnesota

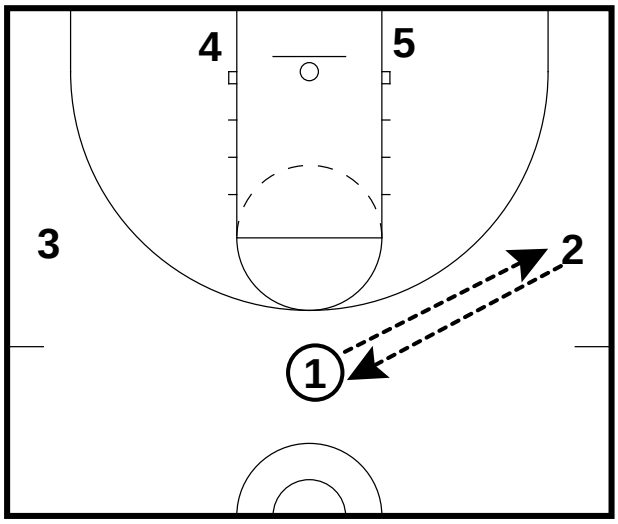


3 Looks to shoot, drive baseline or feed post.

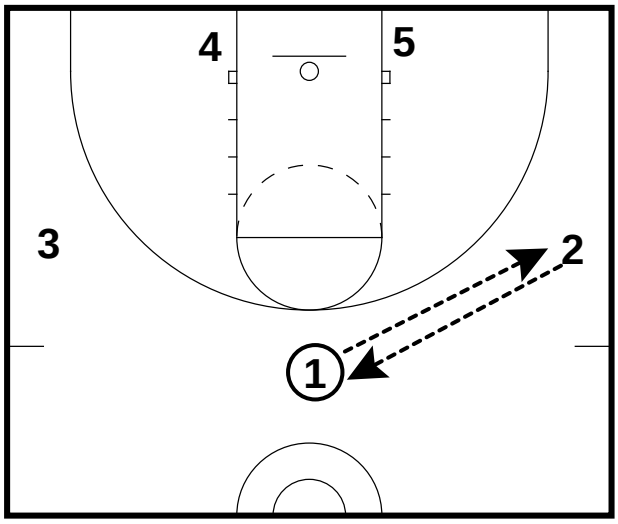
All Contents Proprietary

3 Out Sets

Quick Hitter 2



Quick Hitter 2



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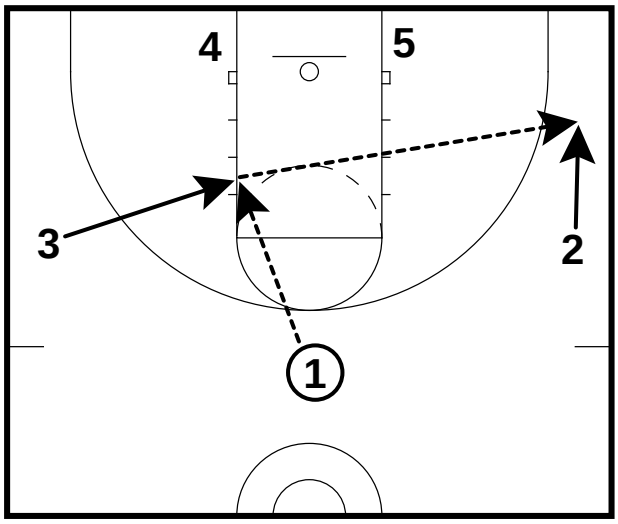
3 Out Sets

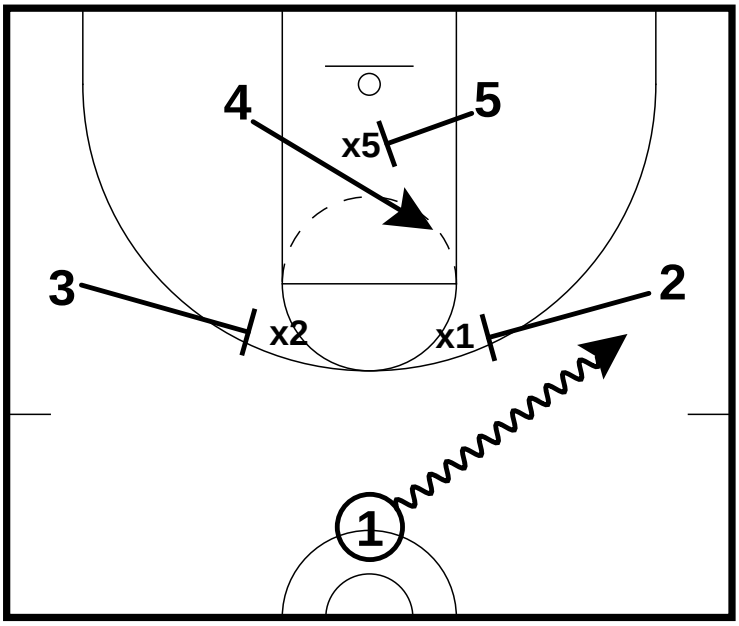
Quick Hitter 2



All Contents Proprietary

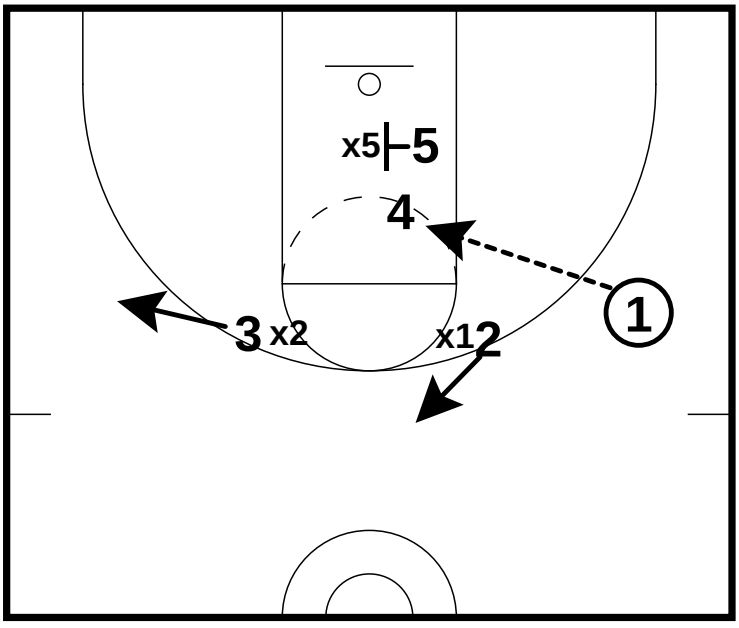
3 Out Sets

8



Both wings (2&3) screen guards
1 dribbles into wing
Ball side post screens middle of zone

8

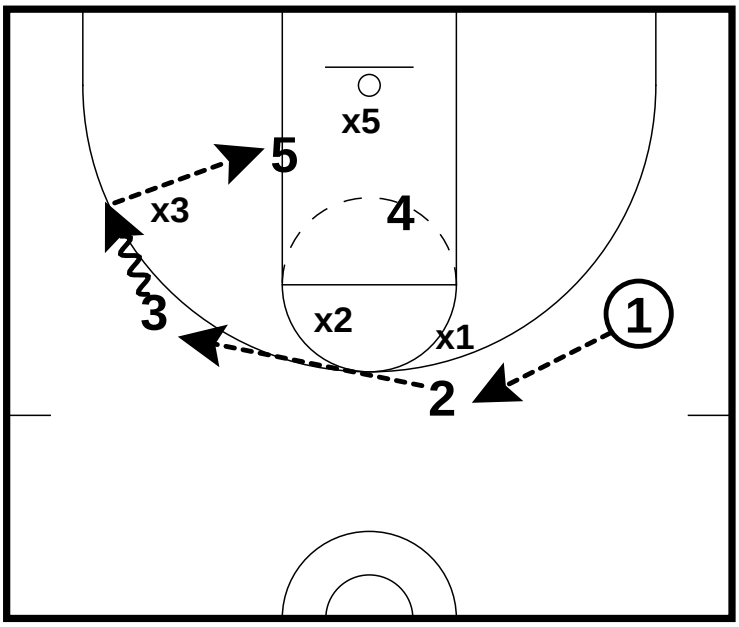


4 flashes mid-post for pass
2 steps out for reversal

All Contents Proprietary

3 Out Sets

8

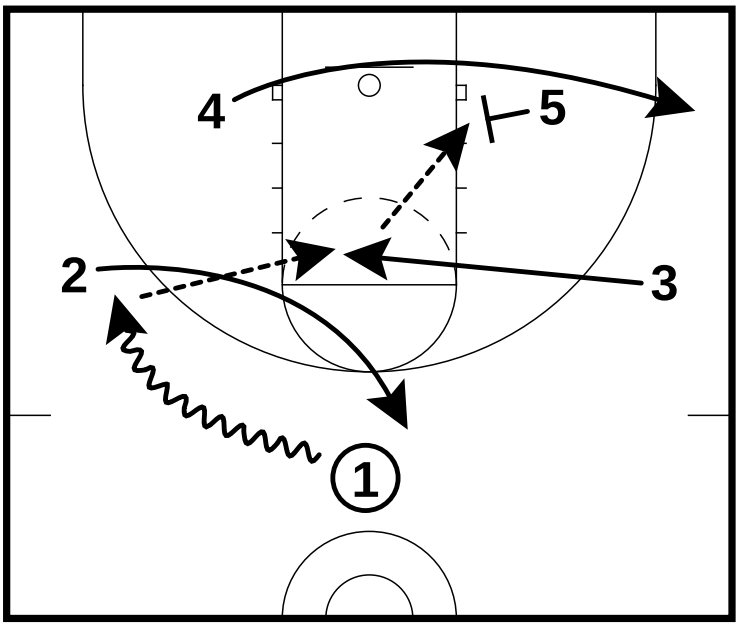


If no pass to 4
ball reversed to 2 and 3
3 looks side and in with 5

All Contents Proprietary

3 Out Sets

New Jersey

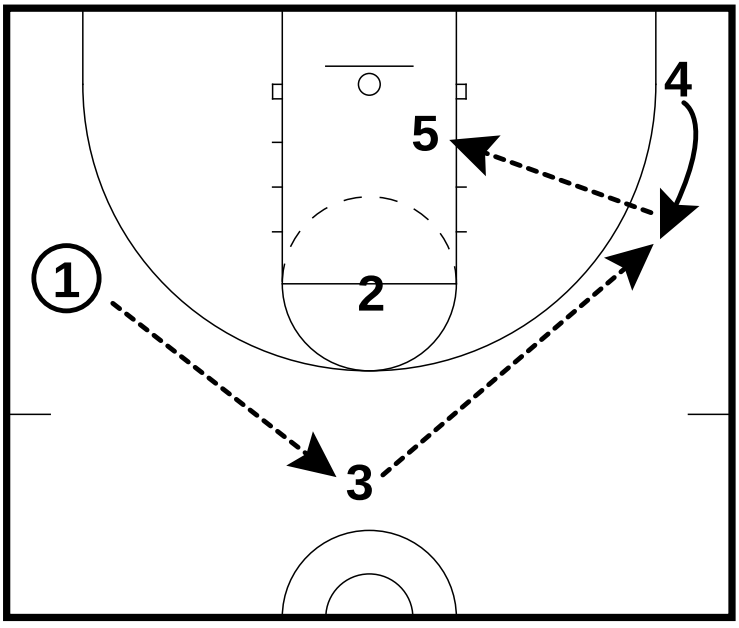


New Jersey - Part 1

- 1 dribble enties to either side
- The side that PG dribbles will shallow cut up to the top of the key
- The opposite wing will flash to the high post
- The ball side post will cut opposite of the dribble entry while 5 seals the backside of the zone

- The ball can get entered into the high post flash for a shot or a high low pass to 5 (especially if the defender fights through the screen to chase 4)

New Jersey



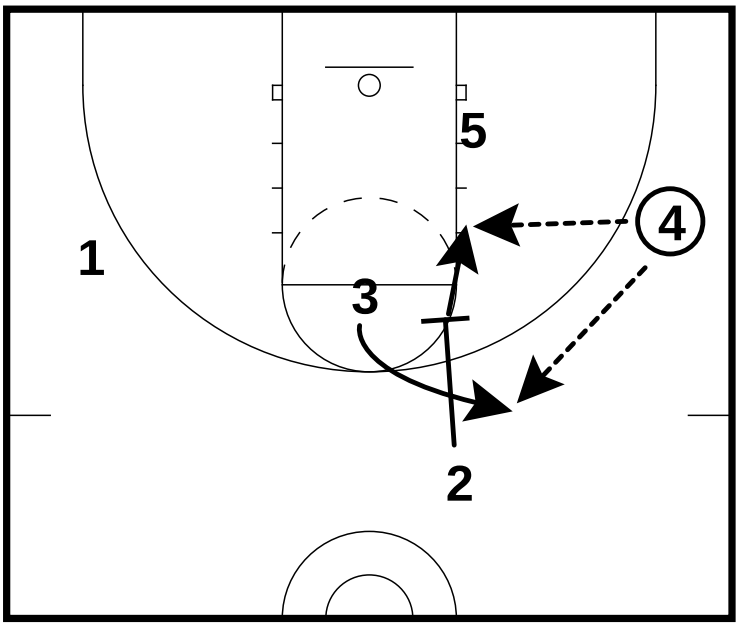
New Jersey - Part 2

- If no scoring opportunites take place, the ball gets reversed or skipped to 4
- 5 tries to pin middle of the defense for a post entry

All Contents Proprietary

3 Out Sets

New Jersey



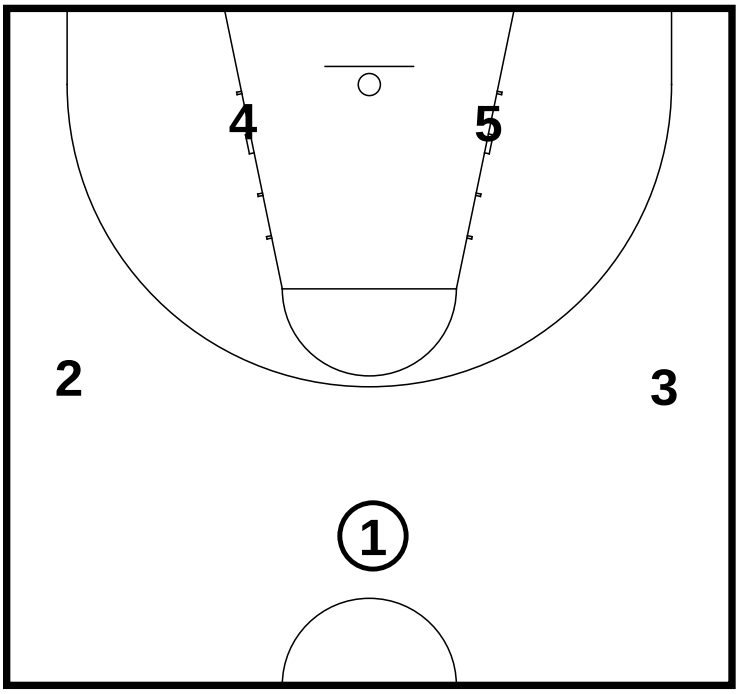
New Jersey - Part 3

- 2 now screens the top zone defender and 3 pops out for a 3
- It is important that 2 locate the proper defender to screen
- If the defender fights through the screen, he should look for the slip

All Contents Proprietary

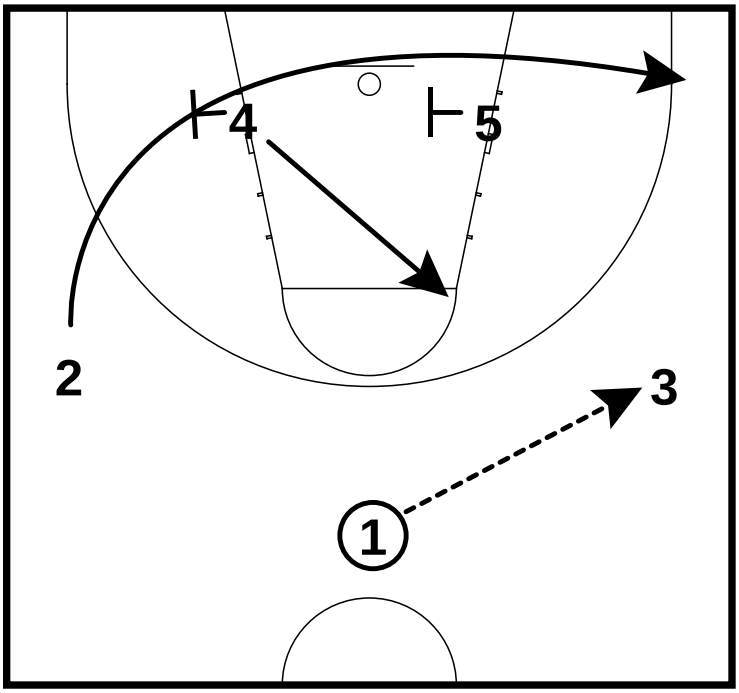
3 Out Sets

Shooter (New)



Play will start with the point guard calling shooter and then a players name. That player will be the designated player to run the baseline. Dont use the same player each time as it will tire them out!

Shooter (New)



In this example the point guard calls shooter for the 2 man. 2 makes his cut and comes off a staggered screen. The first time this is run we should get an open corner 3.

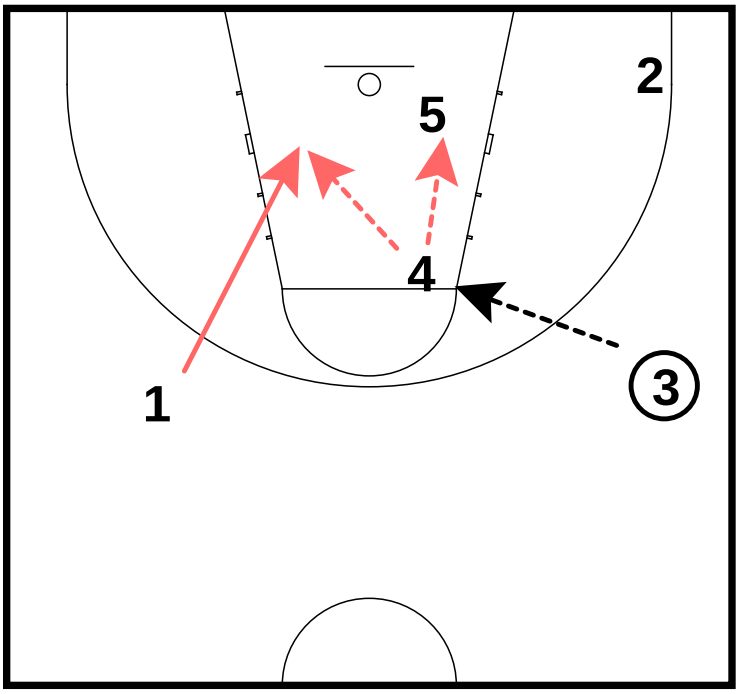
Note that for the 5 man instead of screening in it is better to seal his defender and post up. This will have the same effect as a screen but will make the 5 man more dangerous.

As soon as 4 sets his screen he will turn and flash hard to the ball side high post.

All Contents Proprietary

3 Out Sets

Shooter (New)

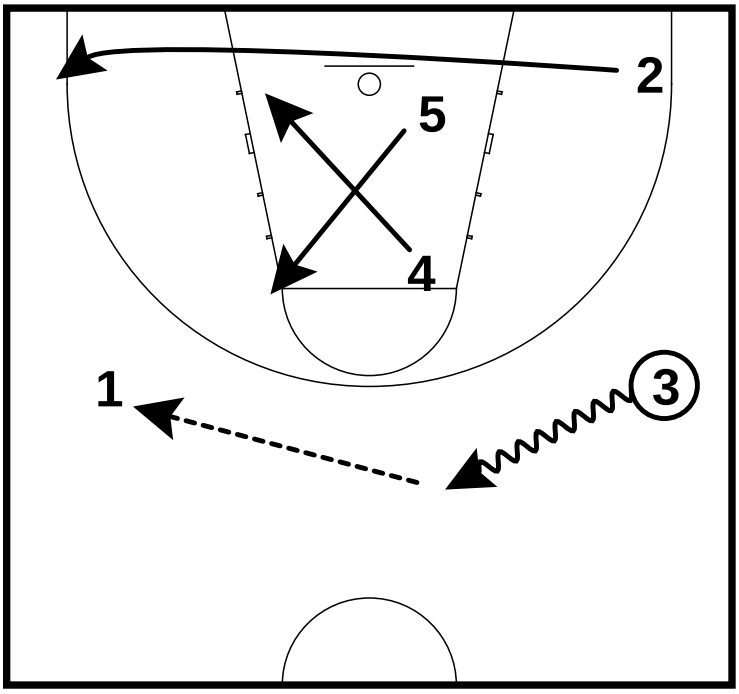


1 will leak to the weakside and we now have an overload situation.

4 will have the option of hitting 1 in the corner or looking for 3 flashing to the highpost.

If we get the ball to 4 there is a great high-low option to 5 or if he turns 1 should be cutting backdoor for the easy lay-up

Shooter (New)



If none of these options are on, we simply reverse the ball to the other side.

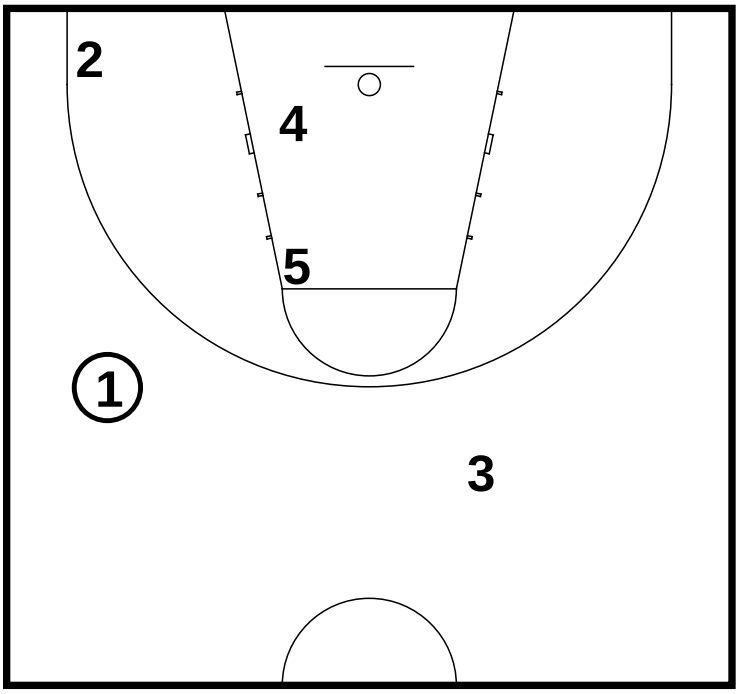
4 and 5 will criss cross in the key while our shooter, 2, will run the baseline.

4 must remember to seal his defender on the low block to help get 2 open.

All Contents Proprietary

3 Out Sets

Shooter (New)



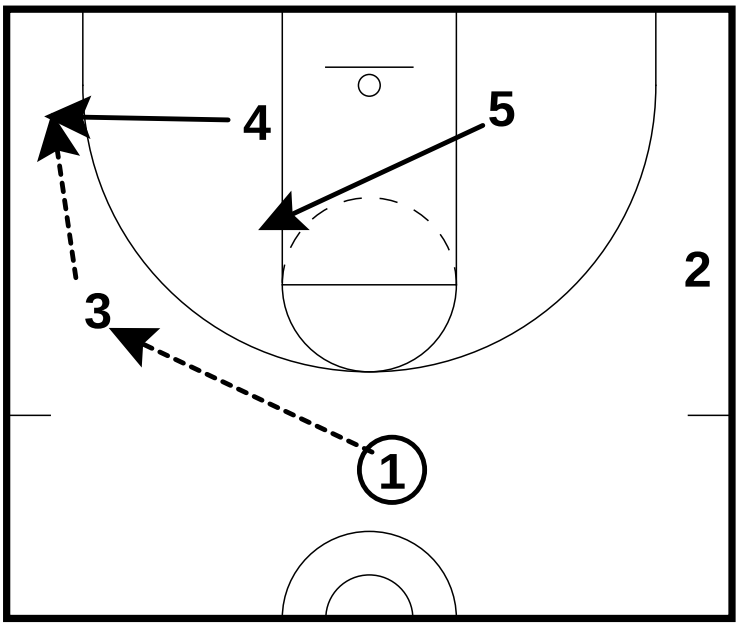
We now have an overload on the opposite side of the floor.

The key is to have patience and run this play from side to side a few times to find the gaps in the zone.

All Contents Proprietary

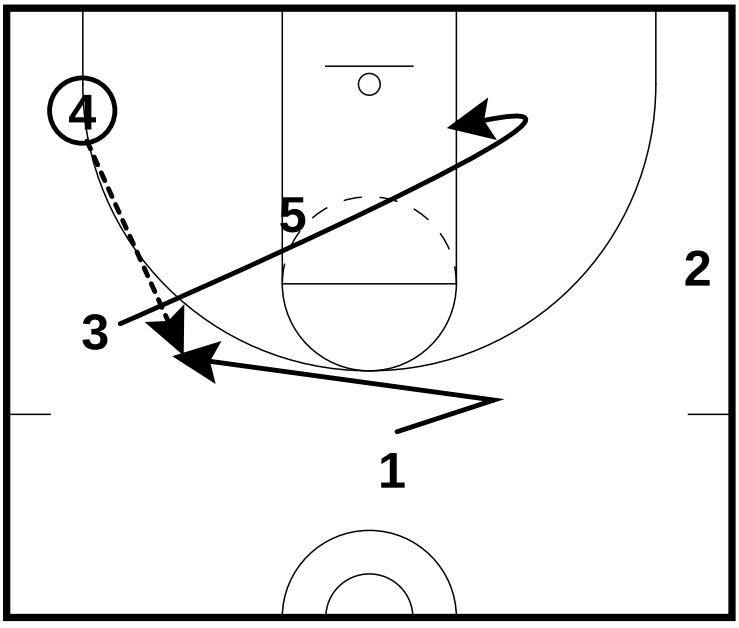
3 Out Sets

Shooter



1 enters to 3
4 pops to the corner
3 passes to 4
5 flashes ball side

Shooter

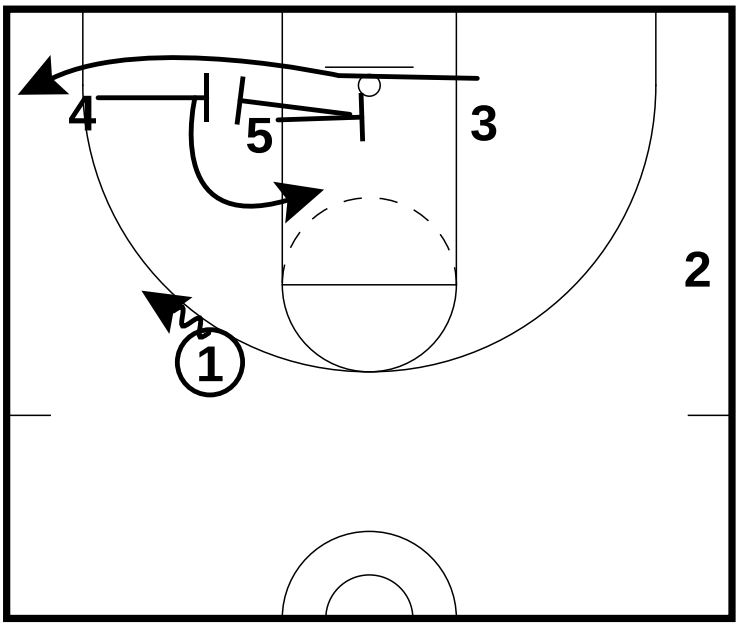


3 cuts thru to oppo block
1 v-cuts back for ball reversal
4 passes to 1

All Contents Proprietary

3 Out Sets

Shooter

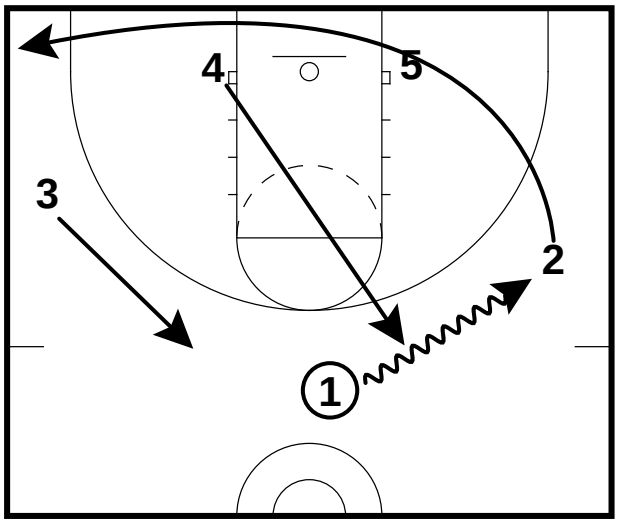


4 & 5 set stagger screen for 3
5 turns and screens for 4
4 rolls over the top of screen

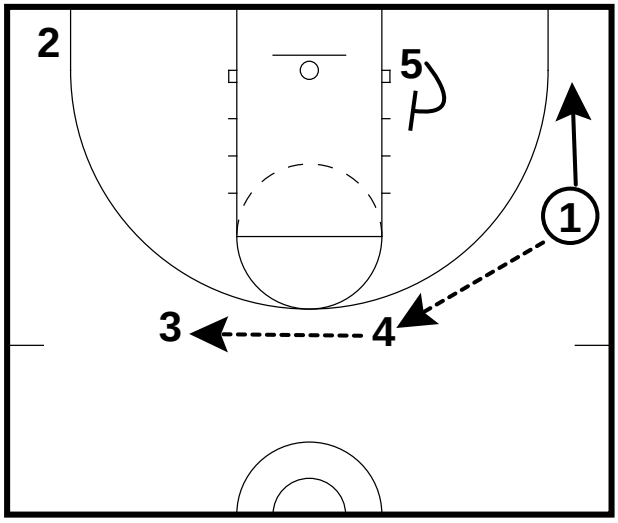
All Contents Proprietary

3 Out Sets

Misdirection



Misdirection



All Contents Proprietary

3 Out Sets

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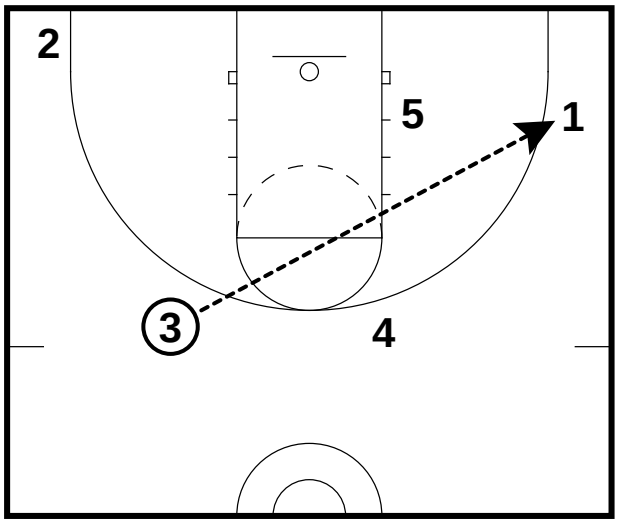

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3 Out Sets

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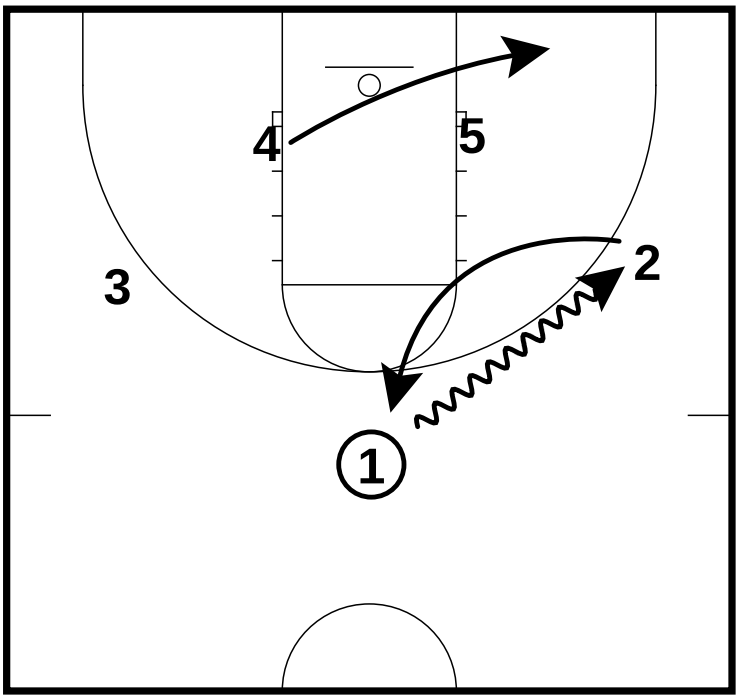

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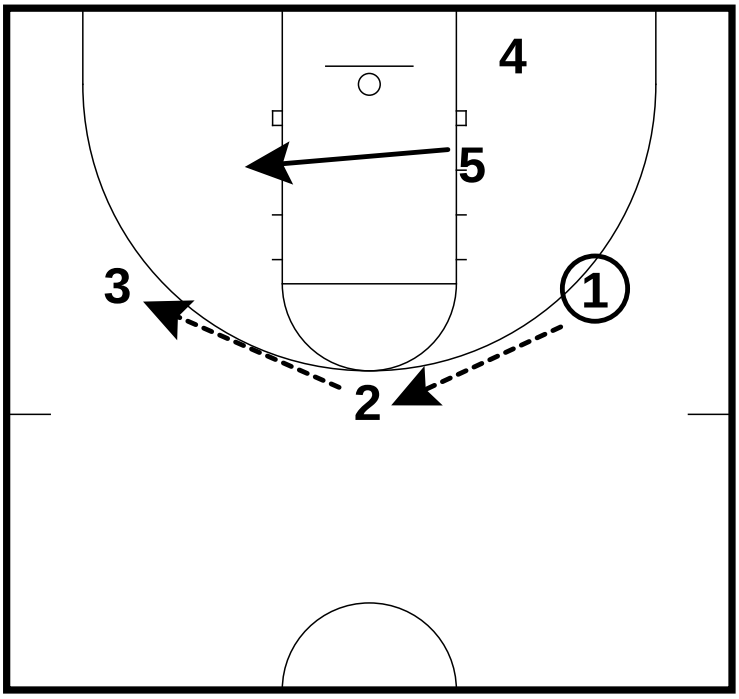

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3 Out Sets

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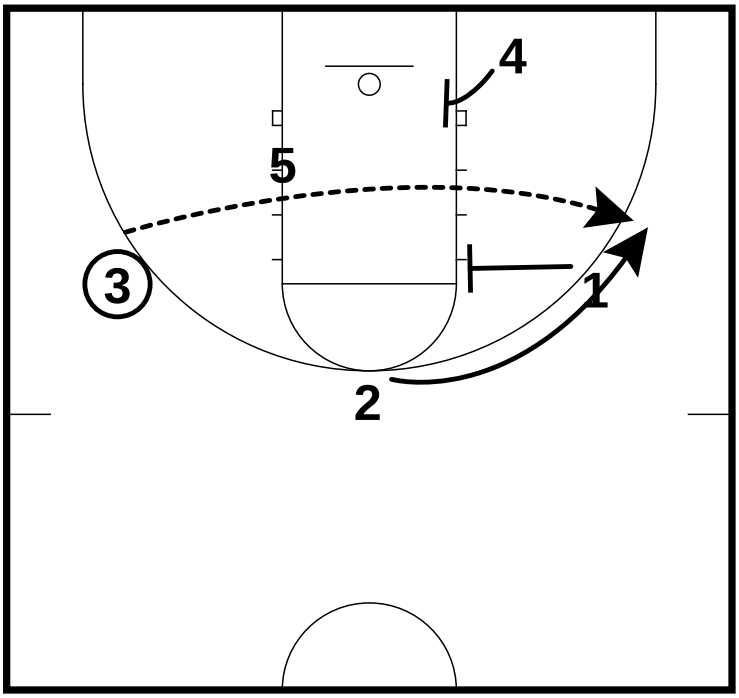

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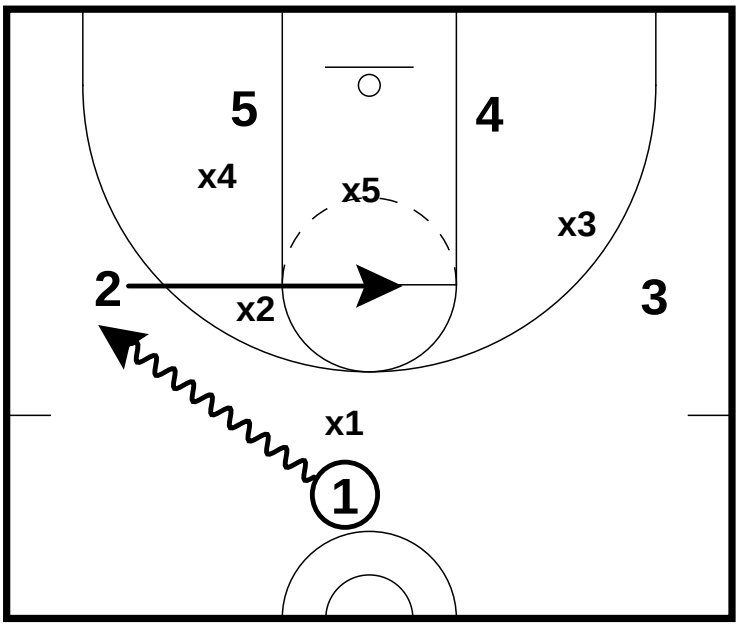
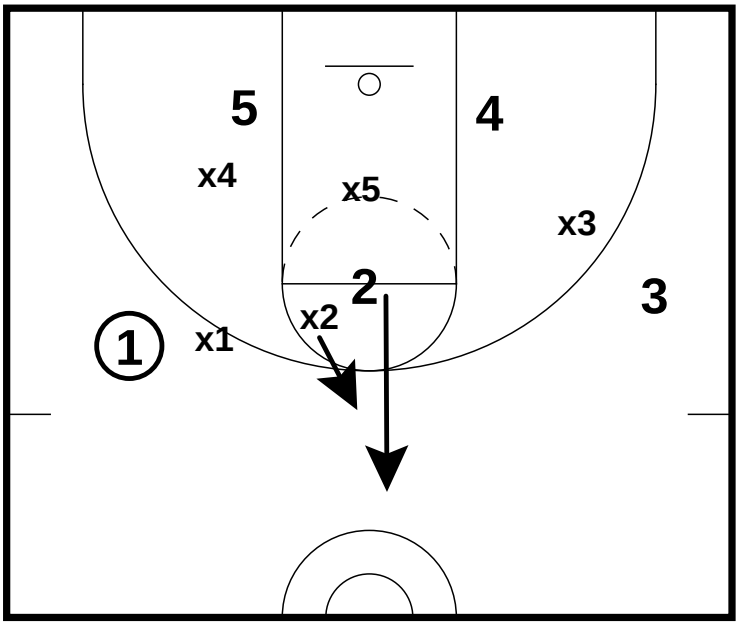
3 Out Sets

Bearcat



1 dribbles into wing
2 cuts into hi post

Bearcat

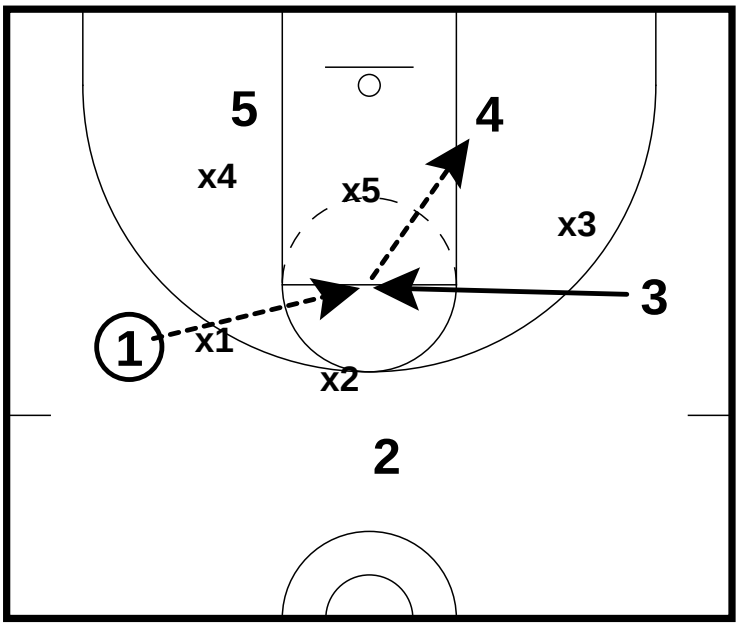


2 pops out for reversal

All Contents Proprietary

3 Out Sets

Bearcat

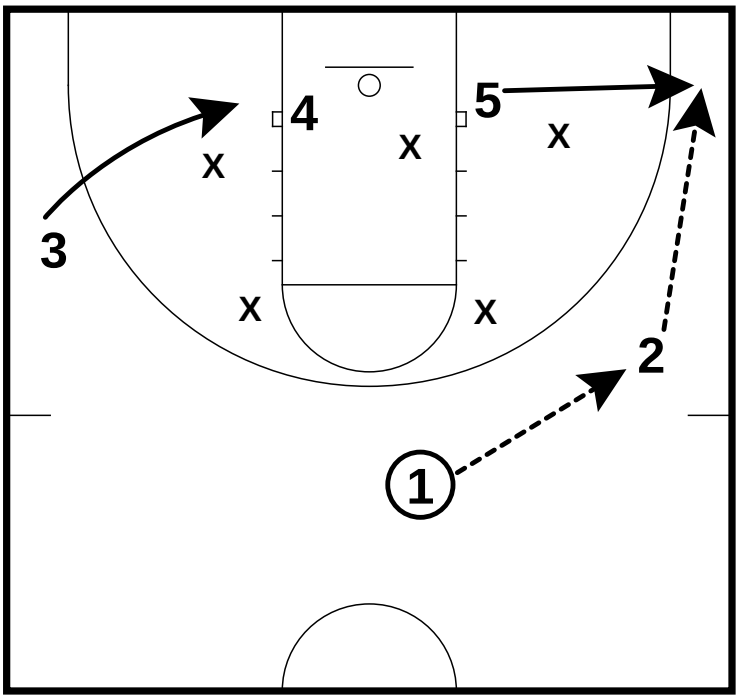


3 cuts hard to middle of floor
1 passes to 3

All Contents Proprietary

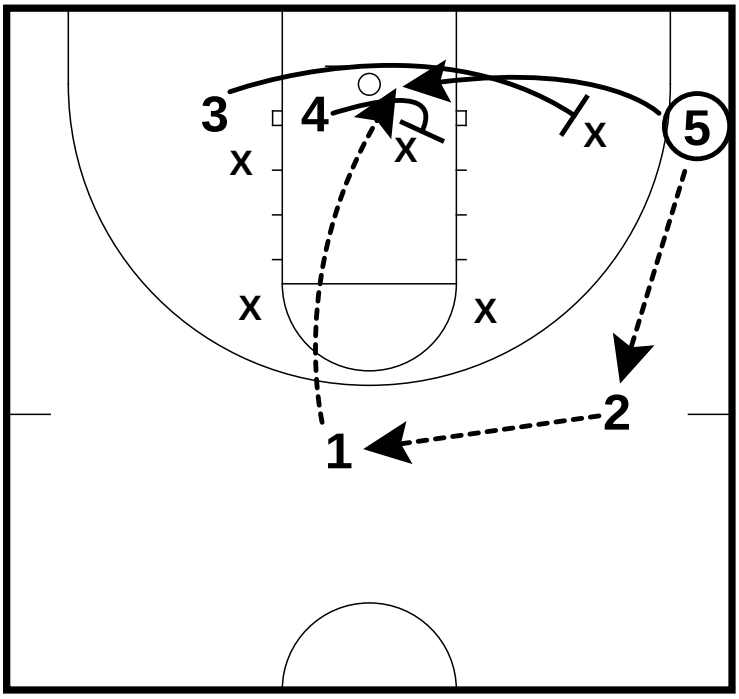
3 Out Sets

Zone Lob



1 hits 2, 5 pops out to shift the zone, 2 passes to 5.

Zone Lob



5 passes back to 2 who swings the ball to 1.

At the same time, 3 and 4 "backscreen" the zone to get 5 a Lob.

All Contents Proprietary

4 Out Sets

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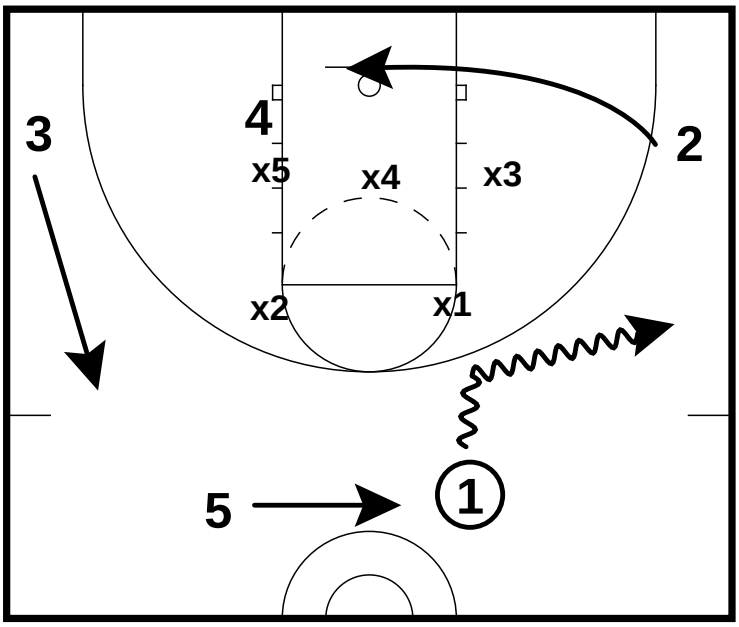
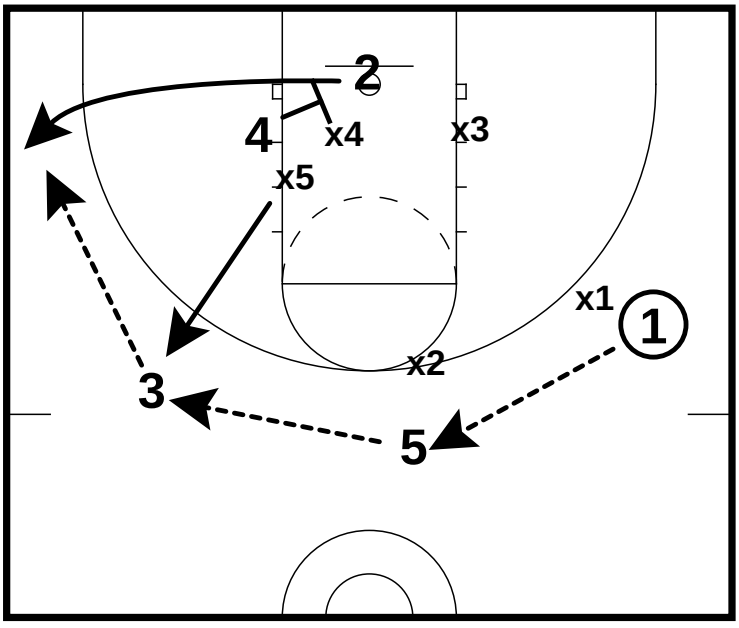
4 Out Sets

Push



1 Dribble Pushes out 2. 1 cannot be lazy need to go at 1 and then slide out to FT Line extended keys is pulling top guard out.

Push

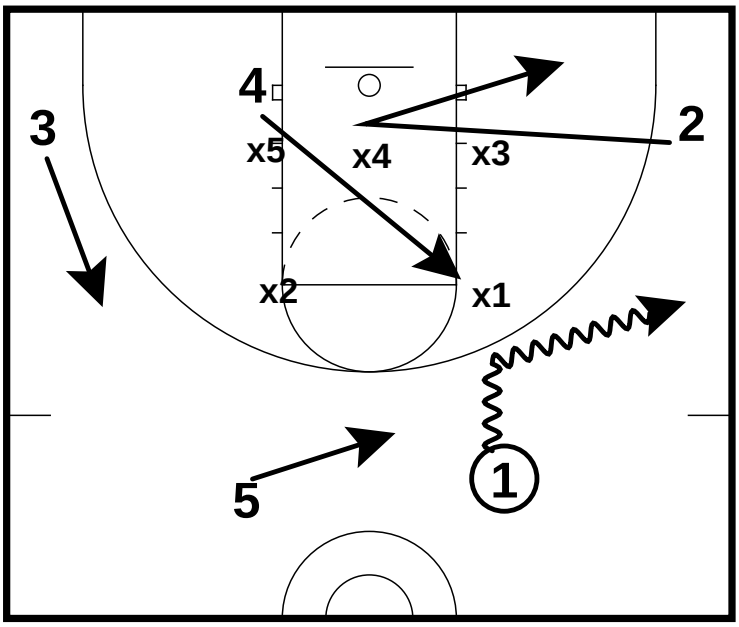


1 passes to 5 to 3. 4 screens for 2. 3 passes for 2

All Contents Proprietary

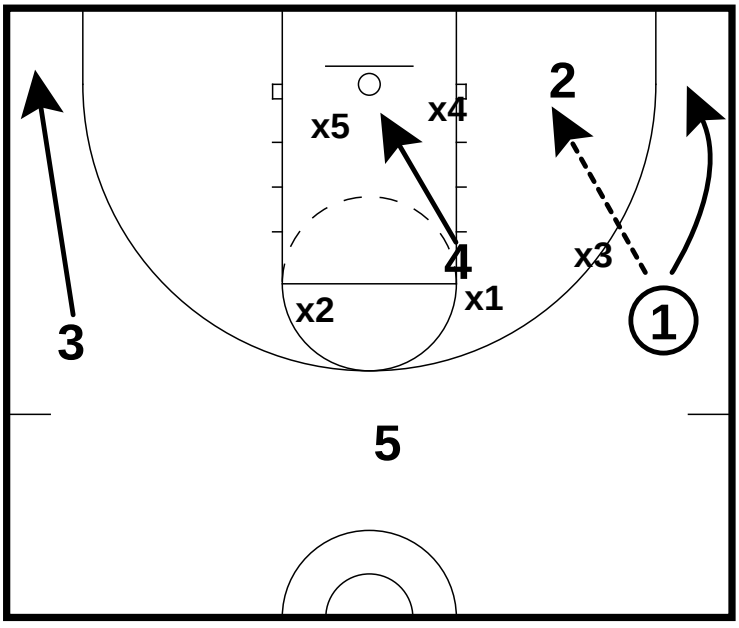
4 Out Sets

Bump



This play is a counter to play called push if the bottom player of the zone x3 guards 1 then we run Bump. 2 Bumps back to short corner because no one is guarding that area of the zone.

Bump



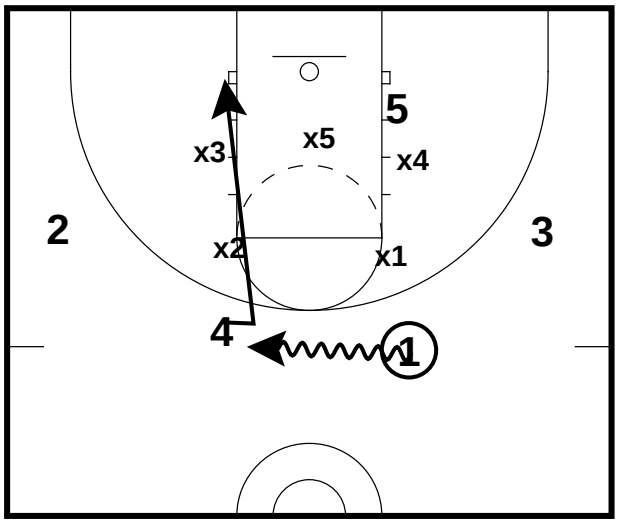
2 options are dependent on how the defense rotates.
Rack, Dump to Post, Skip Dead Corner 3, 1 dragging behind.

All Contents Proprietary

4 Out Sets

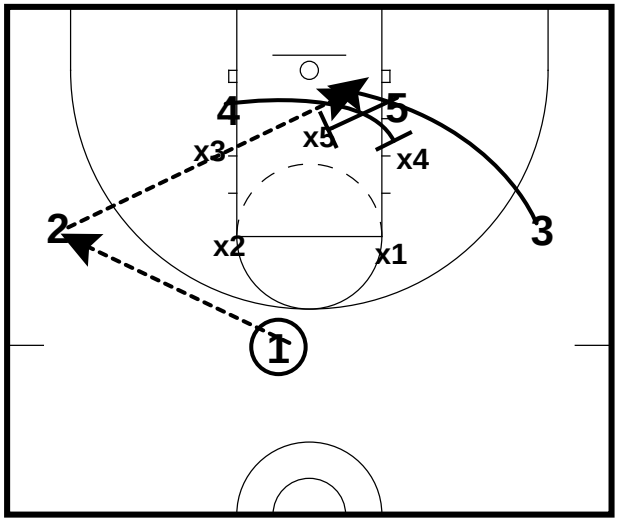
20

4 out 1 in set 1 dribbles at 4 who back cuts



20

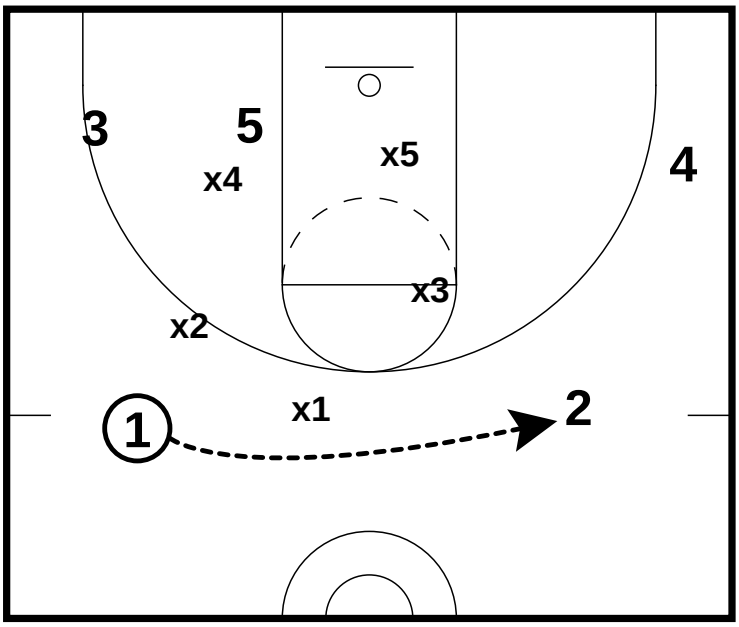
1 passes to 2 4 and 5 x screen 3 runs for a lob from 2



All Contents Proprietary

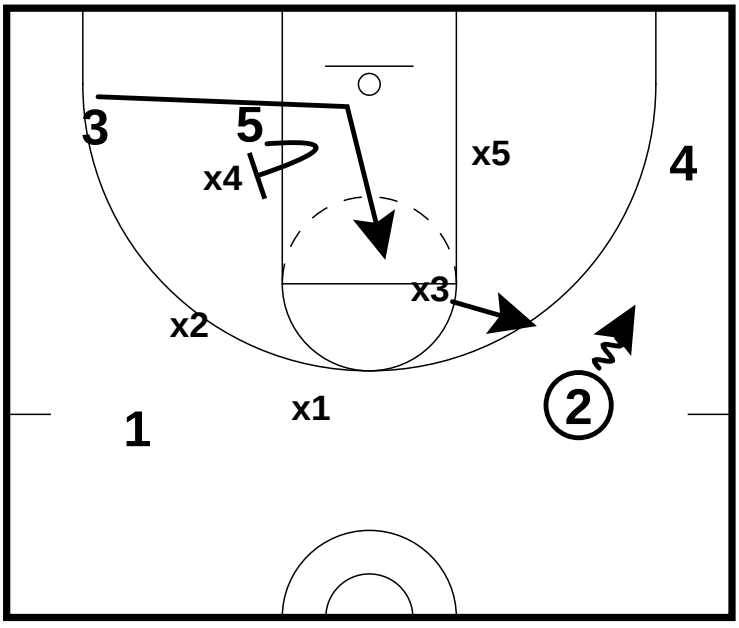
4 Out Sets

Villanova



1 dribbles up strong side
1 reverses to 2

Villanova

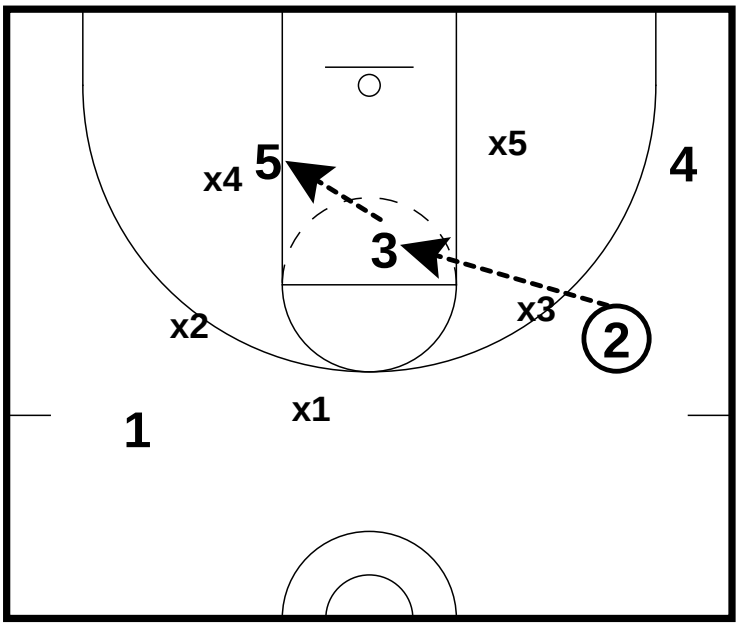


5 sets pick on bottom forward
3 rubs low and up lane
2 dribbles to wing

All Contents Proprietary

4 Out Sets

Villanova

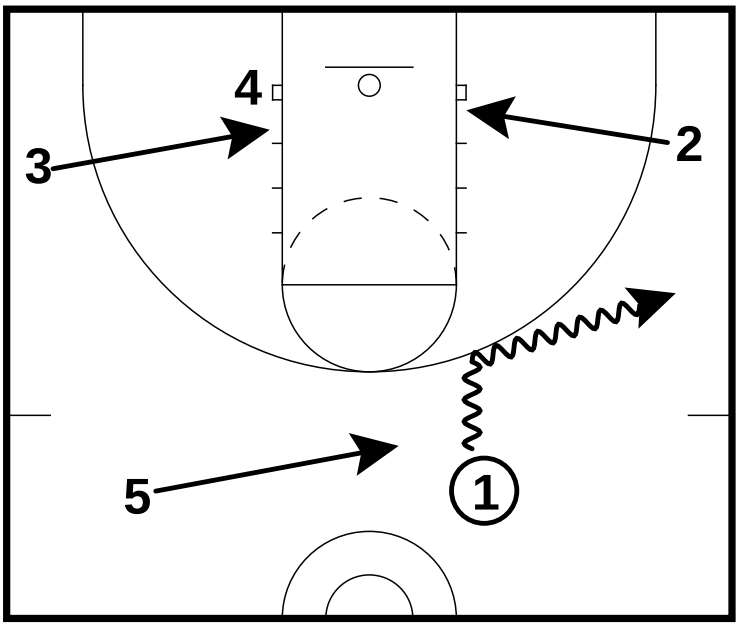


2 passes to 3
3 looks shot or 5 on seal

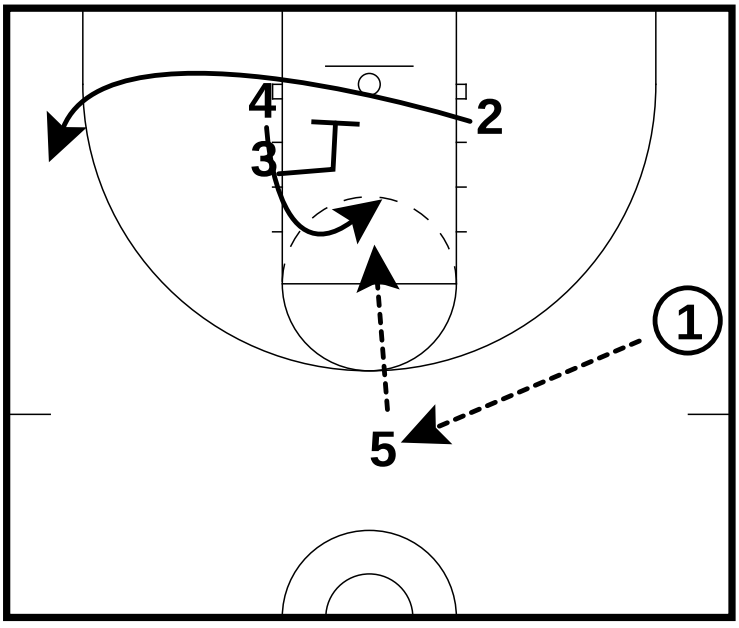
All Contents Proprietary

4 Out Sets

Stack



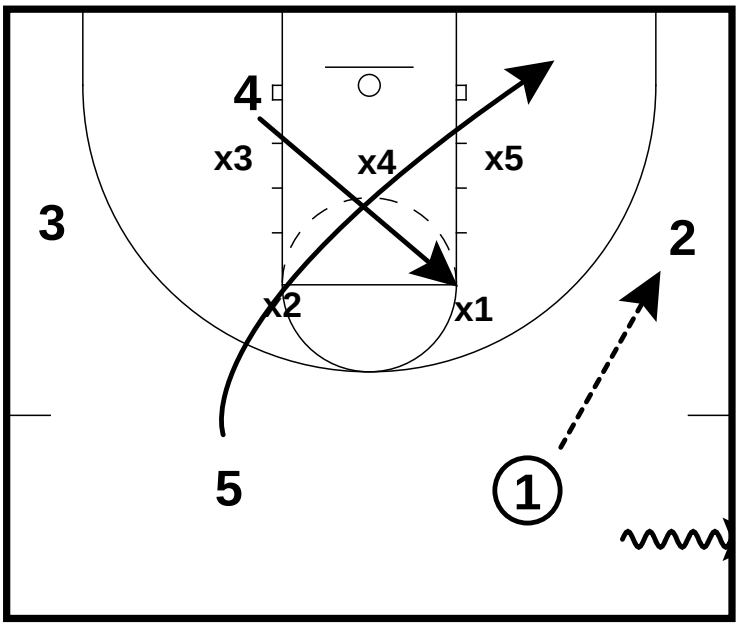
Stack



All Contents Proprietary

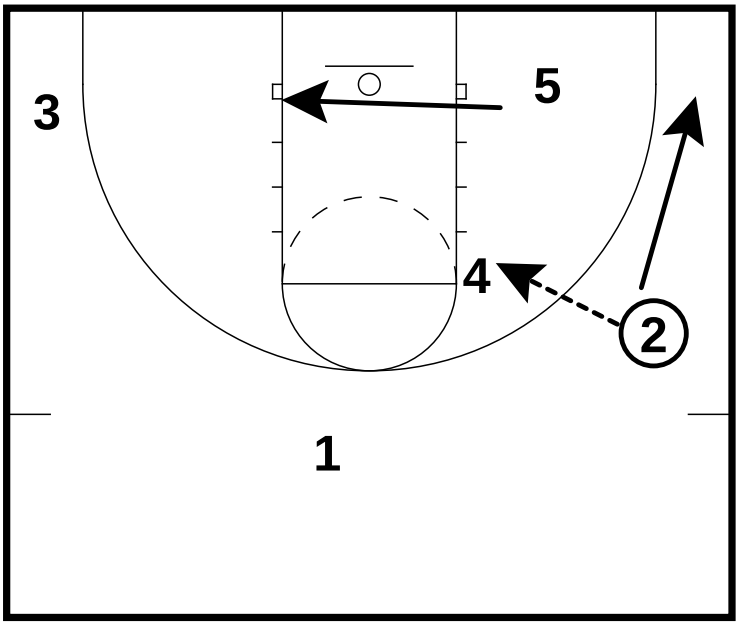
4 Out Sets

SC



We want to make sure that 2 and 3 are between the top and bottom guys on their side of the zone.

SC



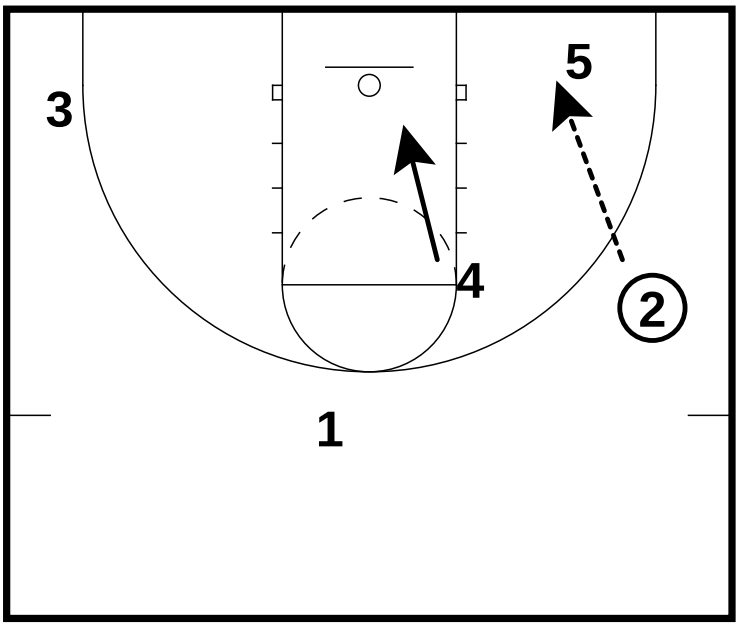
2's options are 5 in short corner. 4 at high post, 1 for ball reversal or 3 on a skip pass.

2 hits 4 at high post anytime we hit high post short corner man cuts backdoor.

All Contents Proprietary

4 Out Sets

SC



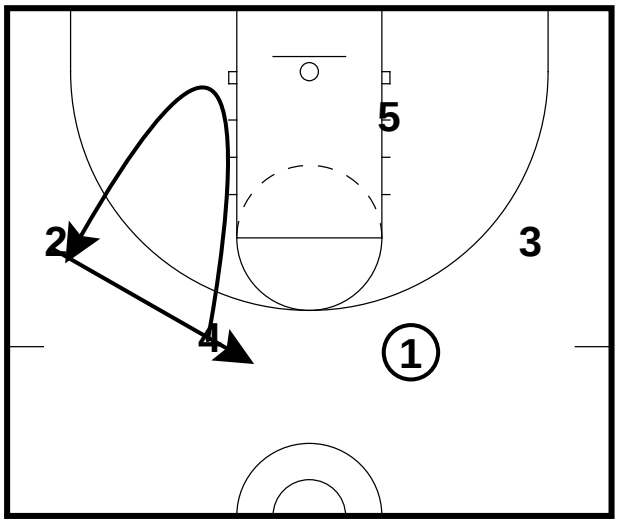
If 2 hits 5 he looks to rack or hit 4 on the dive if defense stops him or reads the helpside defense and hits 3 in the corner

All Contents Proprietary

4 Out Sets

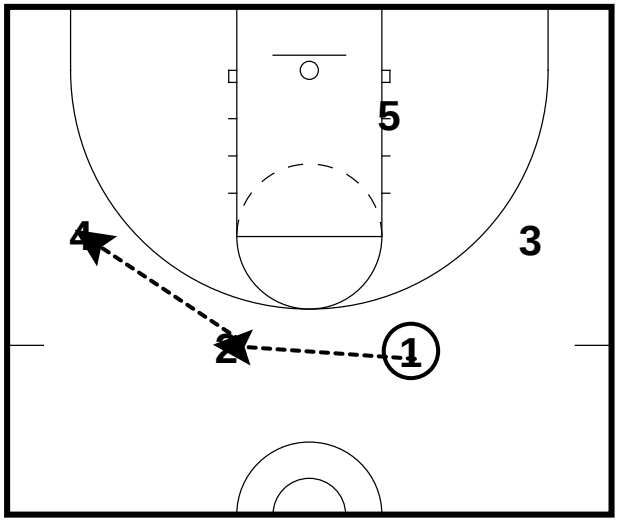
BC

4 out 1 in set 2 and 4 exchange



BC

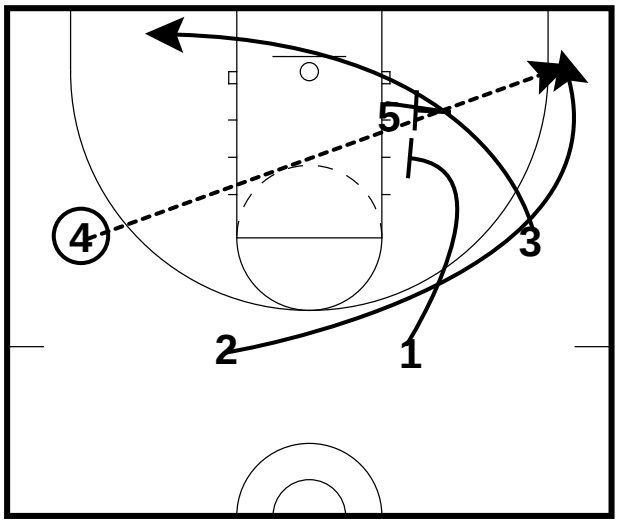
1 passes to 2 who swings to 4



All Contents Proprietary

4 Out Sets

BC



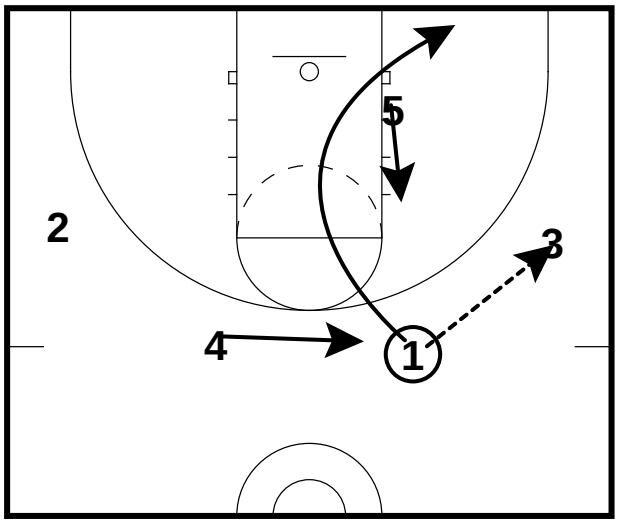
3 cuts hard to short corner trying to draw attention
5 and 1 screen the back of zone for skip pass
from 4 to 2 for jumper

All Contents Proprietary

4 Out Sets

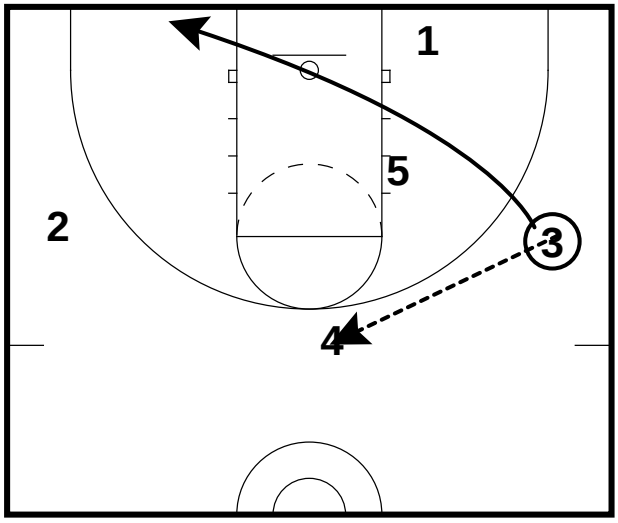
Eagles

1 passes to 3 and cuts through



Eagles

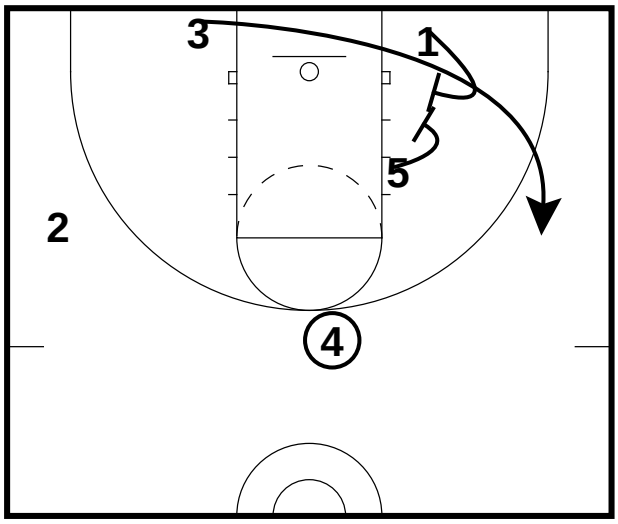
3 passes to 4 and cuts to short corner



All Contents Proprietary

4 Out Sets

Eagles



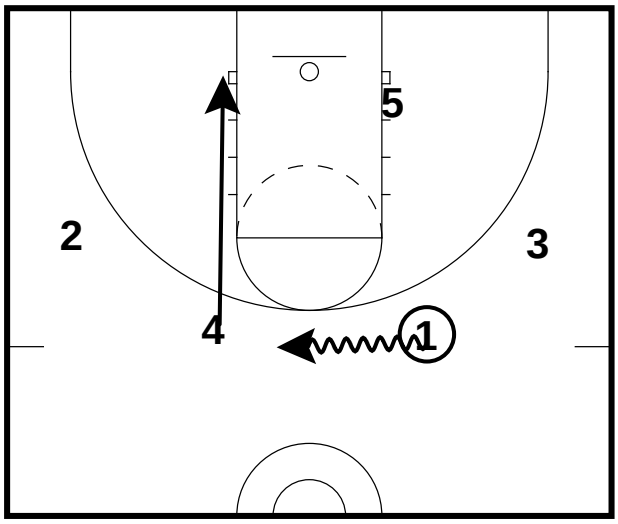
4 ball fakes hard to 2 then looks for 3 coming back off 5 and 1's double screen

All Contents Proprietary

4 Out Sets

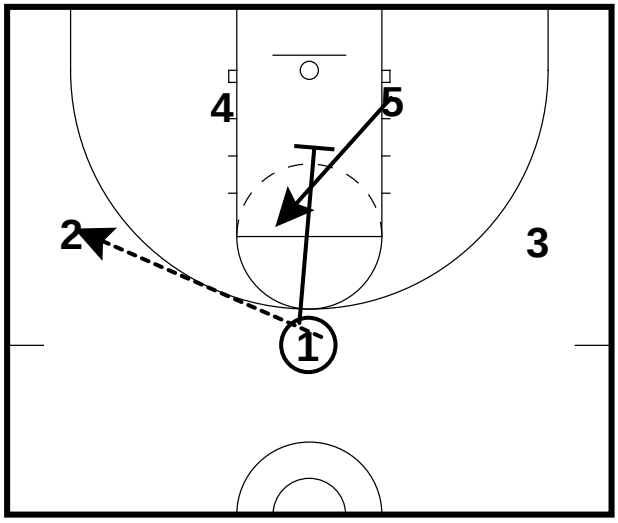
Xavier

1 dribbles at 4 who back cuts



Xavier

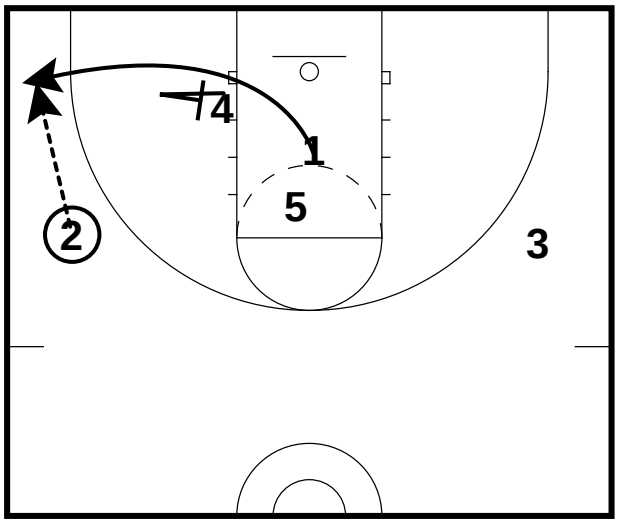
1 passes to 2 and screens middle of zone for 5 to flash to high post



All Contents Proprietary

4 Out Sets

Xavier



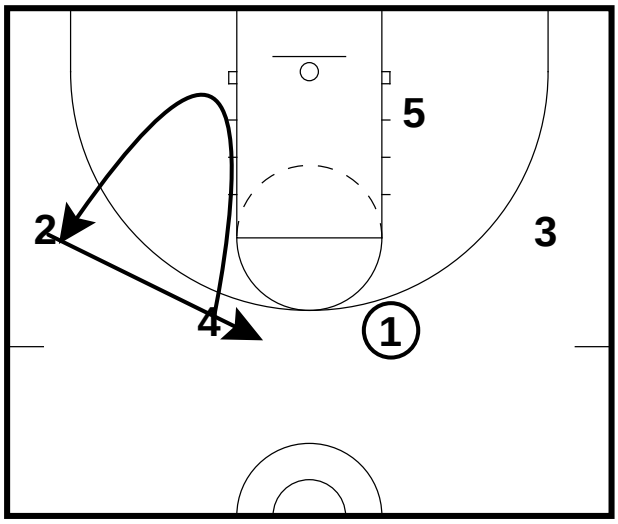
4 screens in on zone for 1 to cut to corner looking for J

All Contents Proprietary

4 Out Sets

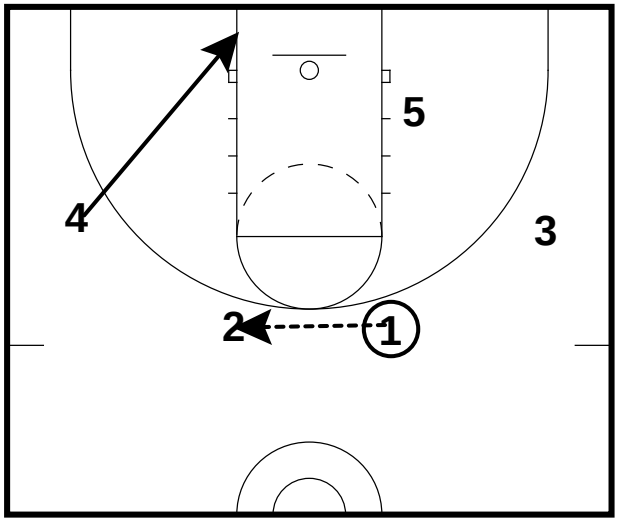
BYU

4 and 2 exchange



BYU

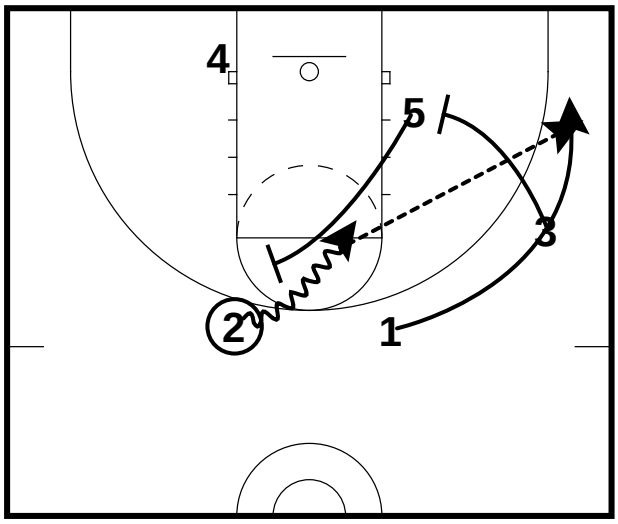
1 passes to 2 4 dives short corner



All Contents Proprietary

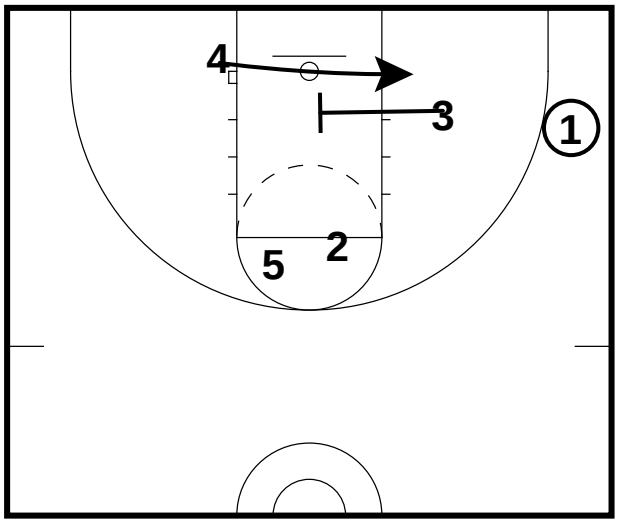
4 Out Sets

BYU



5 ballscreens for 2who looks to drive 3 screens weakside of zone 2 looks to drive a score pull up or kick to 1 in corner for J

BYU

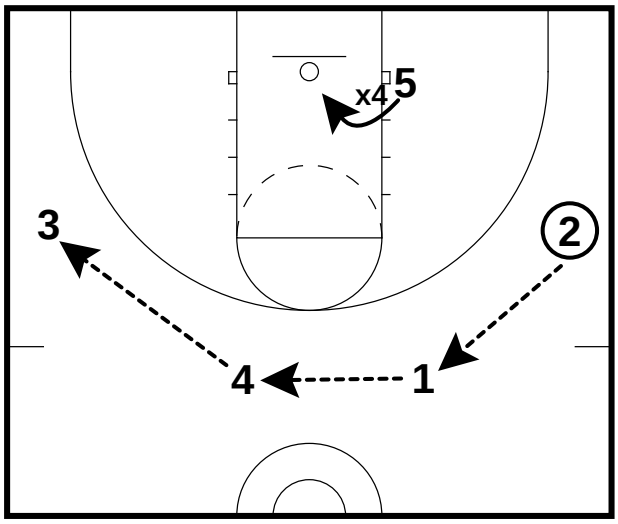


if 1 has no shot 3 screens middle of zone 4 slides low looking for pass and lay-up

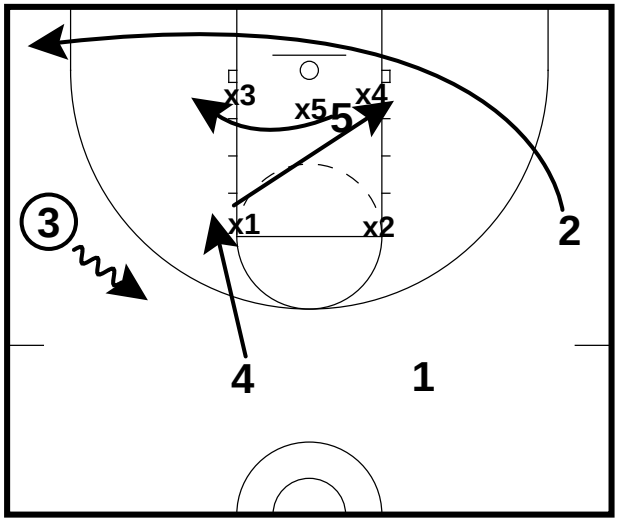
All Contents Proprietary

4 Out Sets

Transition Against Zone



Transition Against Zone

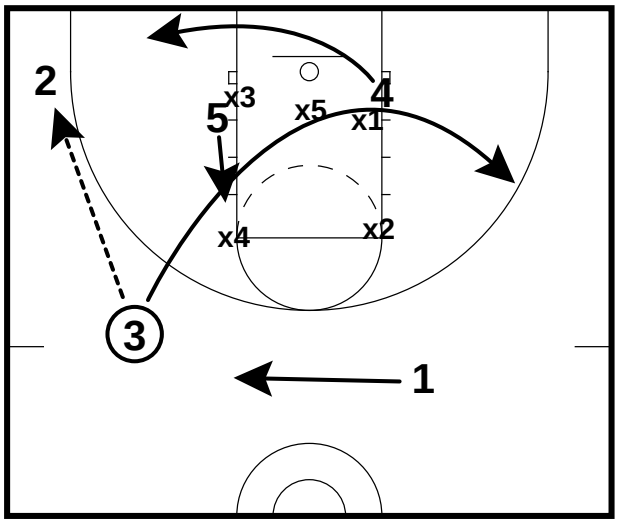


2 cuts through
4 pins x1 then x4
5 pins x3

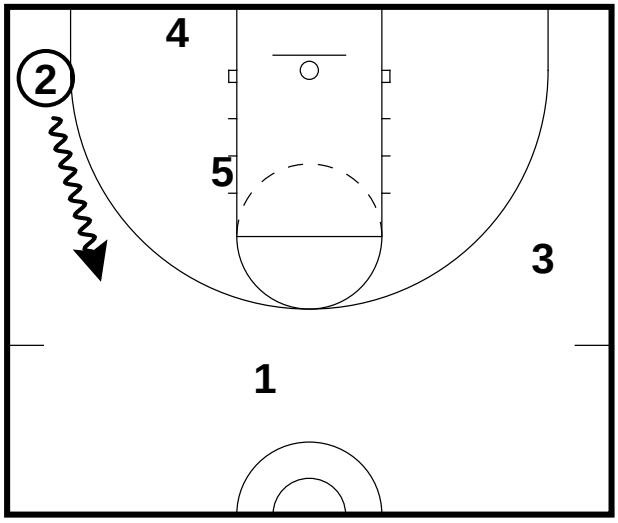
All Contents Proprietary

4 Out Sets

Transition Against Zone



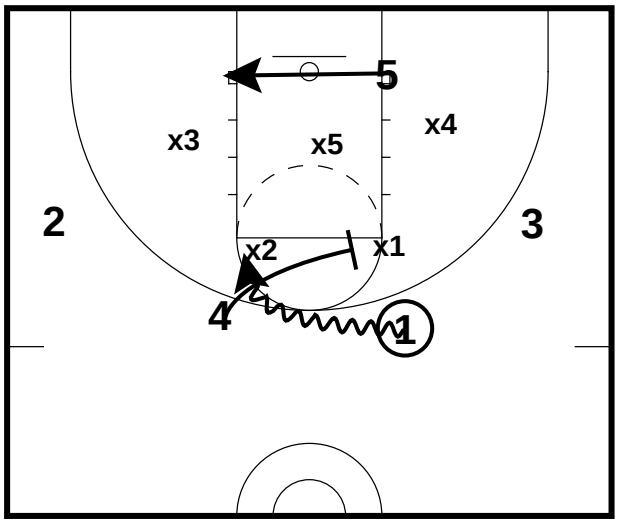
Transition Against Zone



All Contents Proprietary

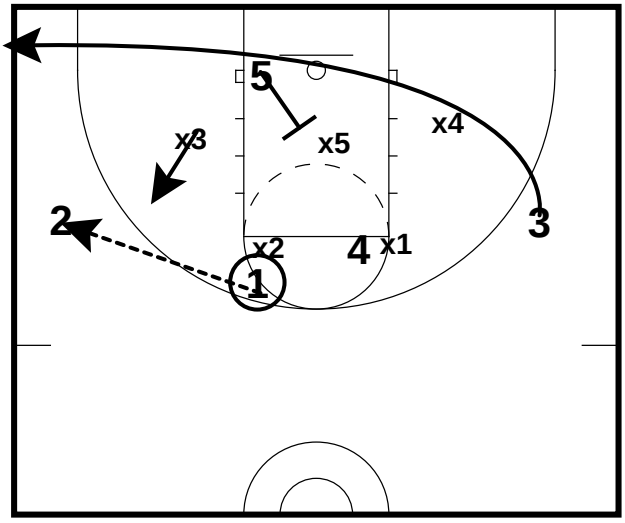
4 Out Sets

Gators



5 slides weakside 4 ball screens for 1 who looks to attack elbow or draw x2

Gators

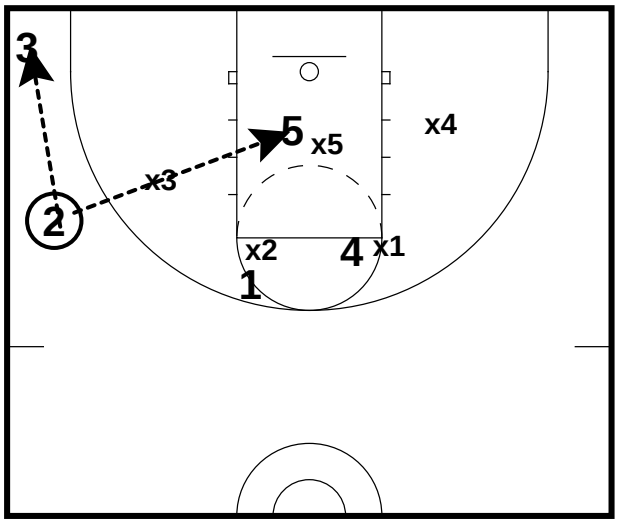


1 passes to 2 which draws x3 5 screens x5 in 3 sprints baseline

All Contents Proprietary

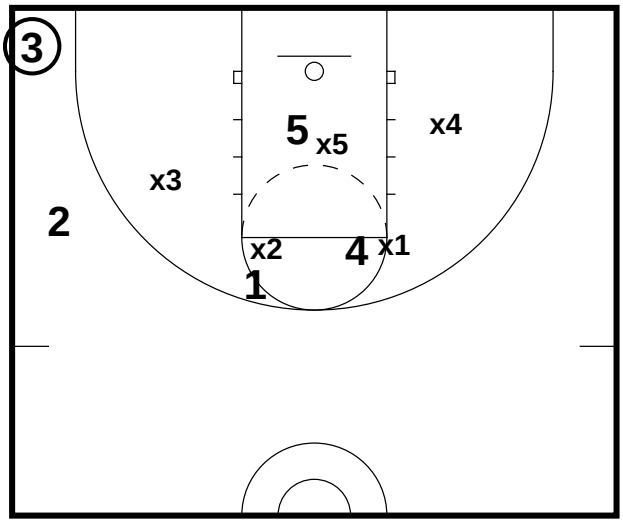
4 Out Sets

Gators



2 can now pass to 3 in corner for J or 5 in post if x 5 cheats out

Gators

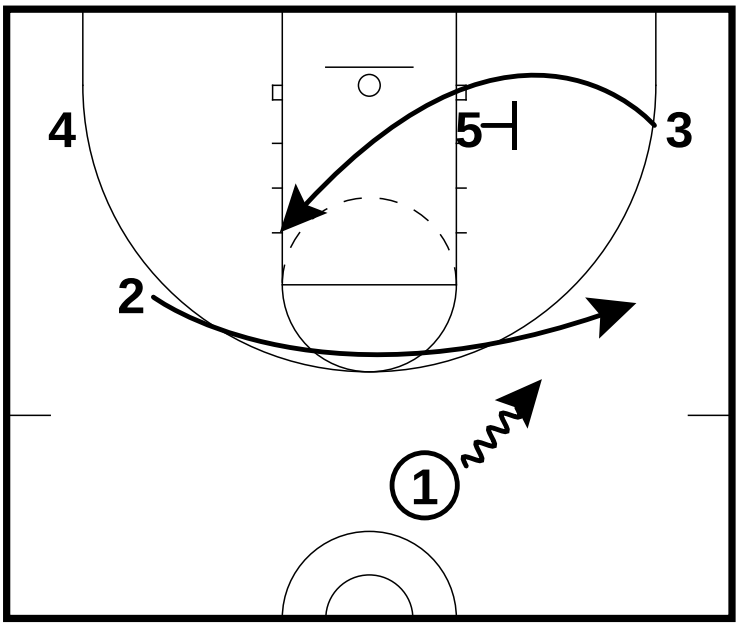


3 has shot or post seal pass to 5

All Contents Proprietary

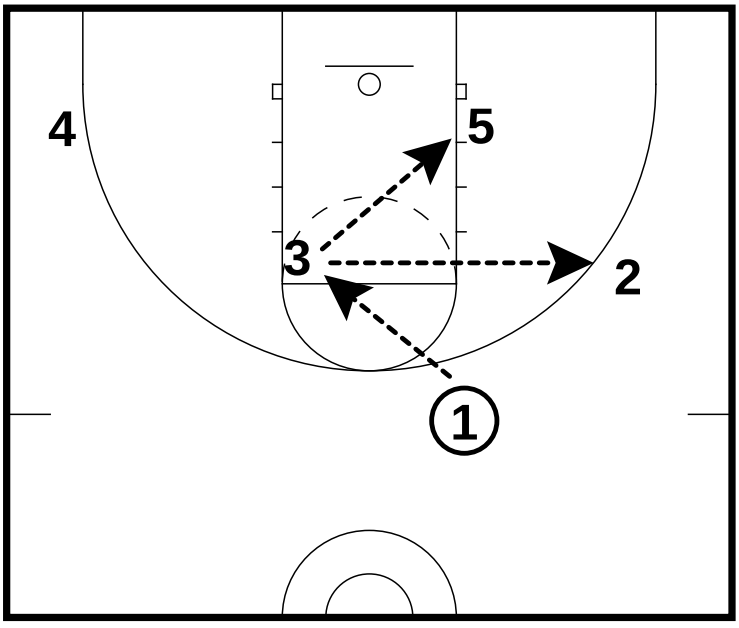
4 Out Sets

Butler



2 crosses in front of the zone to the ballside wing. 5 screens bottom outside defender. 3 cuts off 5's screen up through the middle of the zone to the opposite high post.

Butler

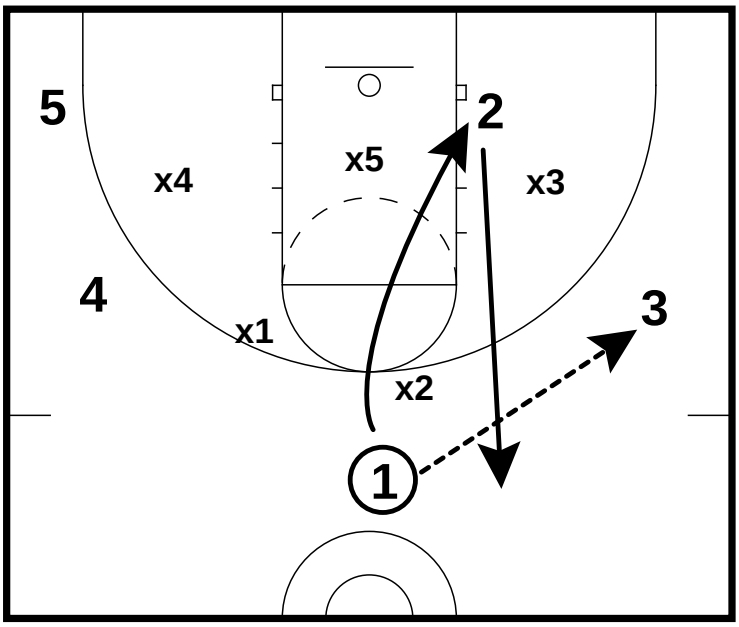


1 hits 3. 3 can hit 5 sealing the bottom outside defender or 2 on the wing.

All Contents Proprietary

4 Out Sets

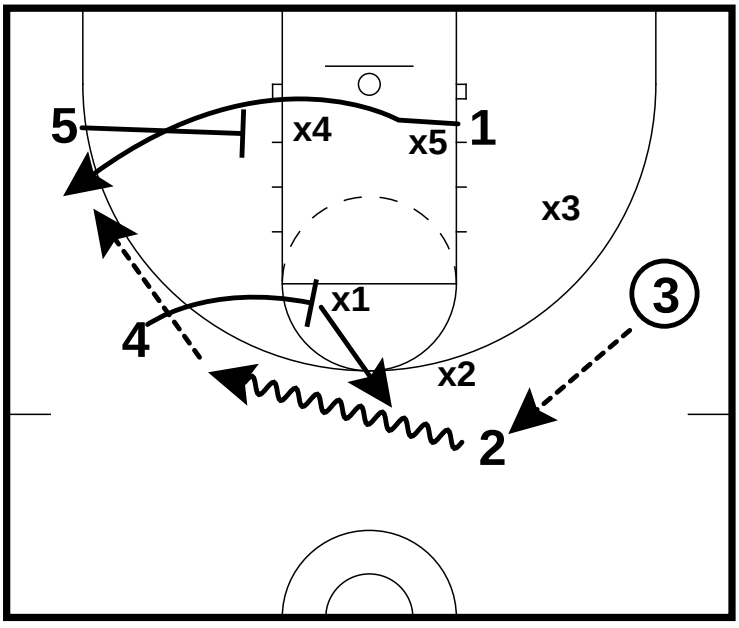
Ohio



Ohio - Part 1

- 1 enters the ball to 3 at the wing
- 1 and 2 exchange

Ohio



Ohio - Part 2

- Ball gets reversed to 2 who then dribbles towards the left side of the floor
- 4 sets a high ball screen on the top of the zone
- 5 screens the closest bottom zone defender
- 1 comes off of 5's screen for a 3
- 4 can slip the screen or pop after setting the ball screen
- 5 looks to post up in the paint

All Contents Proprietary

1-3-1 Sets

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Fist Down 57

Michigan State 58

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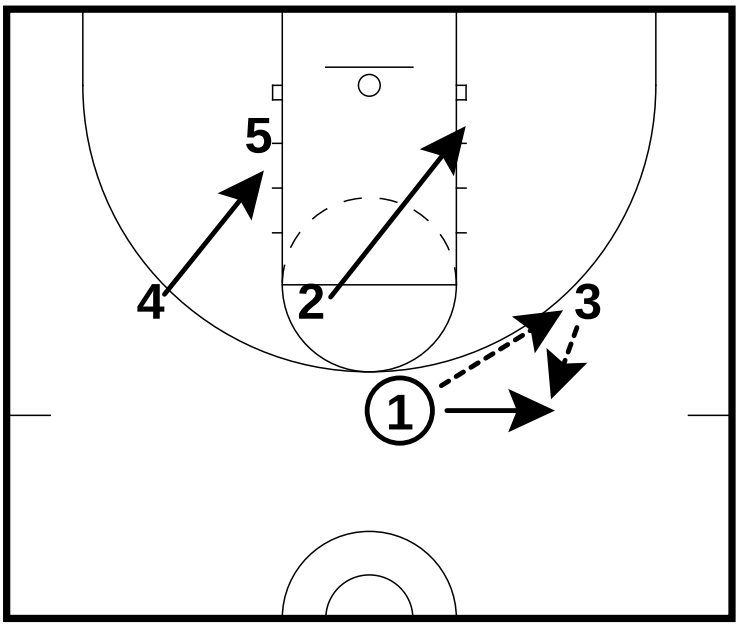
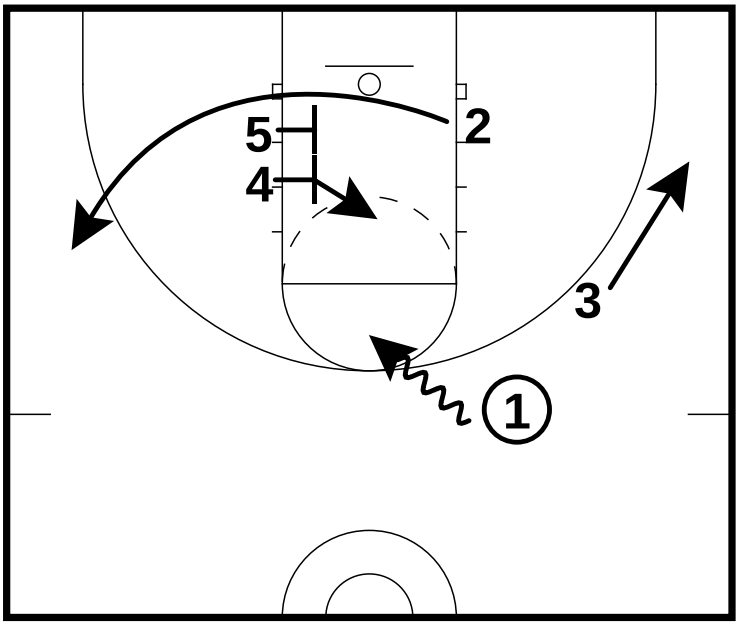
1-3-1 Sets

13 Double



1 hits 3 to shift zone. 2 dives to block. 4 dives to weakside block. 3 reverses ball to 1.

13 Double

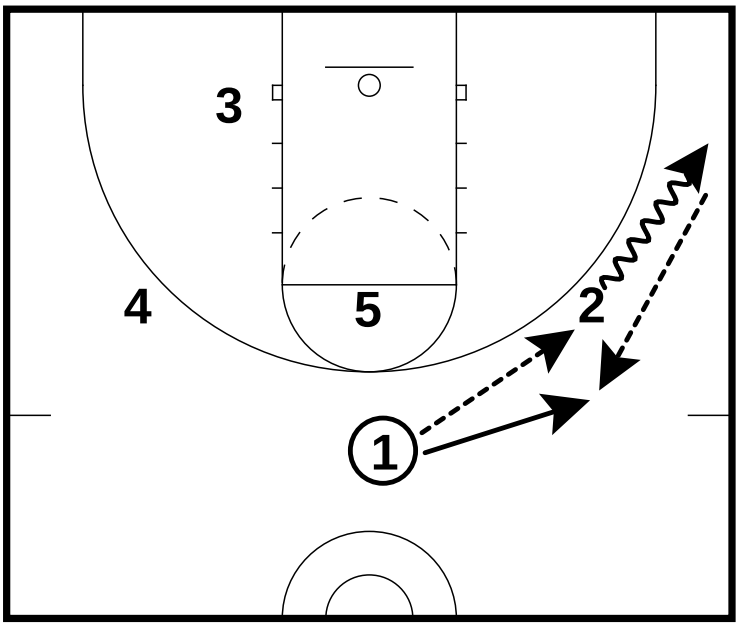


1 attacks top. 1 Can hit 2 or 4 in the middle. 1 can also throw back to 3 fading to the corner.

All Contents Proprietary

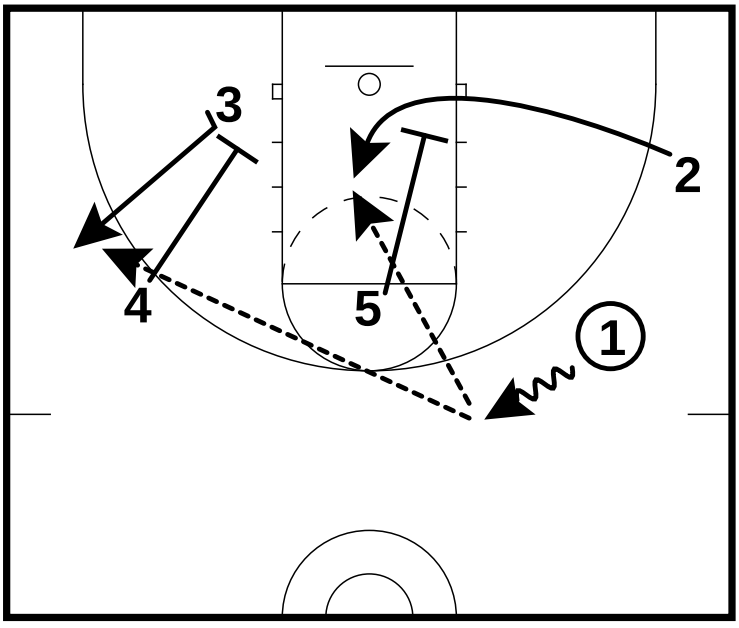
1-3-1 Sets

Fist Down



1 hits 2. 2 dribbles toward corner to shift zone and then passes back to 1.

Fist Down

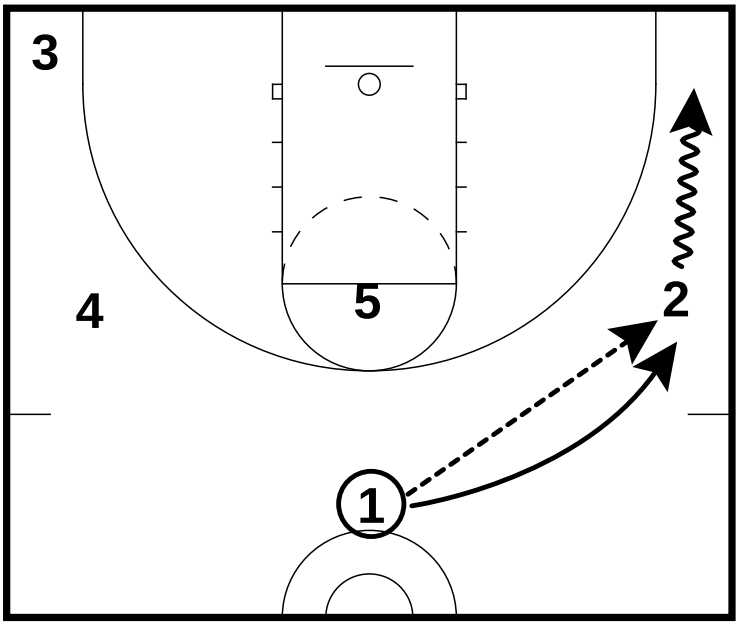


4 screens bottom outside defender. 5 screens middle defender. 2 sprints up through the double screen. 1 looks for 2 or 3.

All Contents Proprietary

1-3-1 Sets

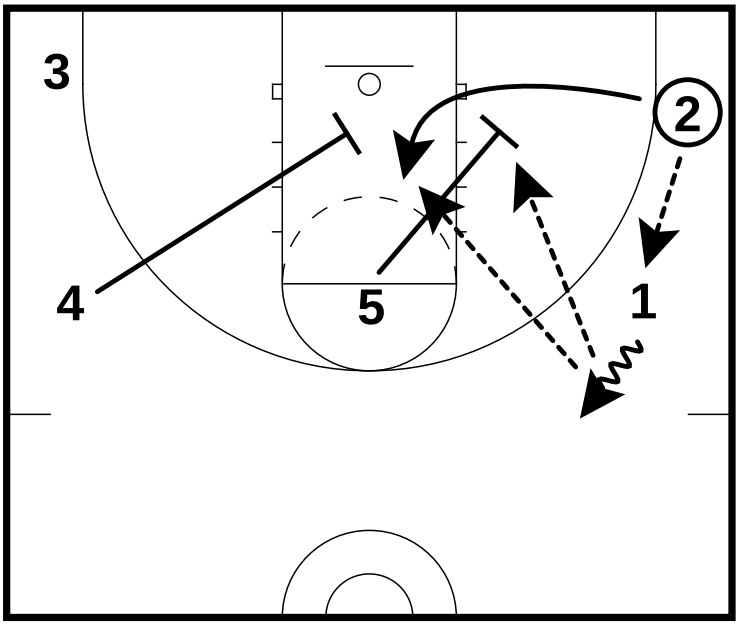
Michigan State



MSU - Part 1

- 1 passes to 2, who then dribble entries to the corner
- 1 filles the wing position

Michigan State



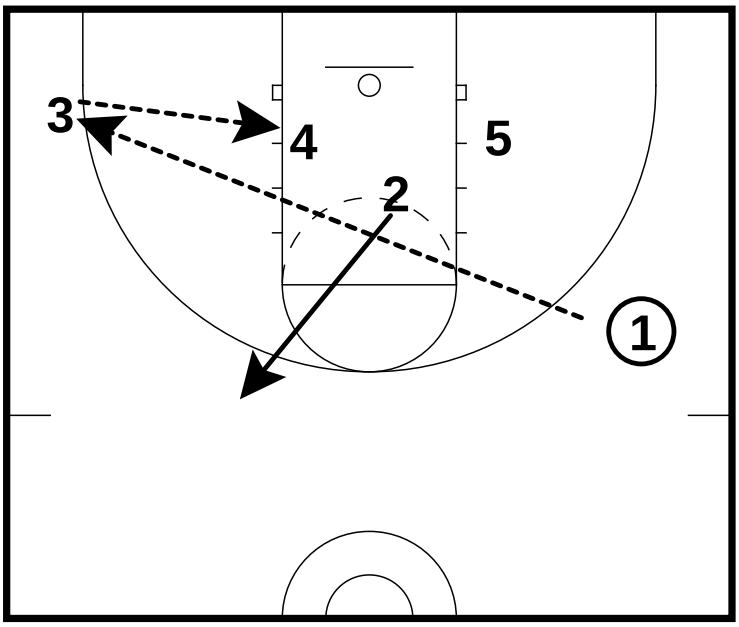
MSU - Part 2

- 2 passes back to 1
- 4 and 5 set pin down screens on the middle and outside of the bottom zone
- 2 cuts into the gap looking to get a pass from 1
- 5 looks to slip or pin the defense depending on whether or not the defender fights through the screen

All Contents Proprietary

1-3-1 Sets

Michigan State



MSU - Part 3

- If there is no shot, 1 should look to skip the ball to 3 for a 3 pointer or a post entry to 4
- 2 clears out of the lane

All Contents Proprietary

1-4 Sets

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1 Back Double 61

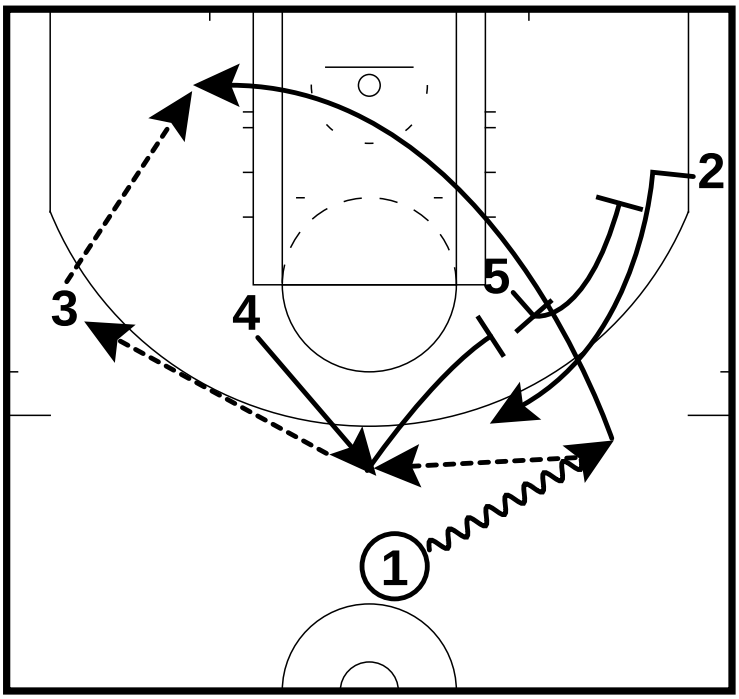
14 Fist 62

14 Quick 63

All Contents Proprietary

1-4 Sets

1 Back Double

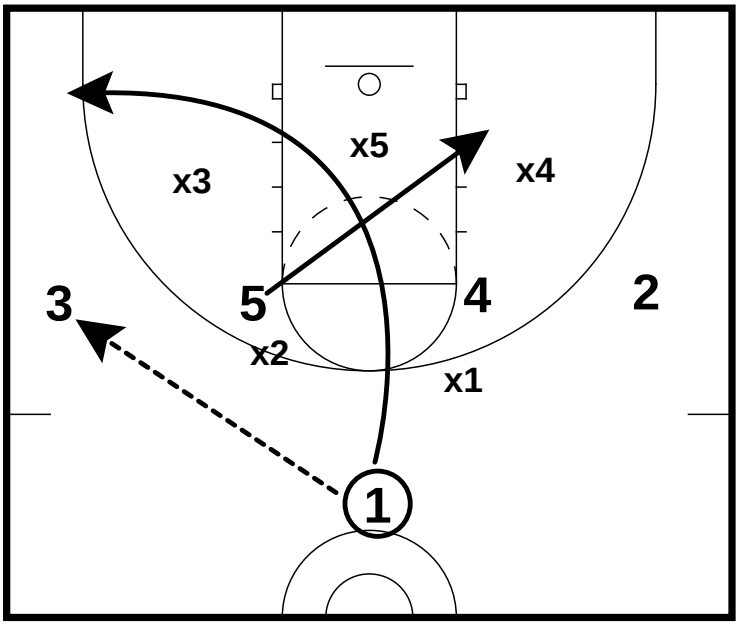


1 offsets the ball, 4 pops out, 1 passes to 4. 5 backscreens 1 who cuts to the block as 4 passes to 3. 5 & 4 stagger away for 2.

All Contents Proprietary

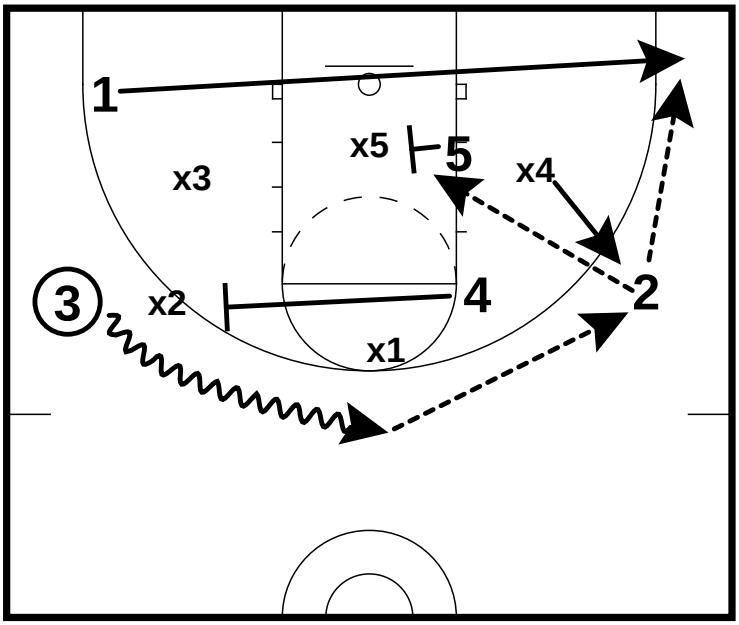
1-4 Sets

14 Fist



- 1 passes to the wing and cuts through to the ball side corner
- 5 cuts to the opposite block

14 Fist

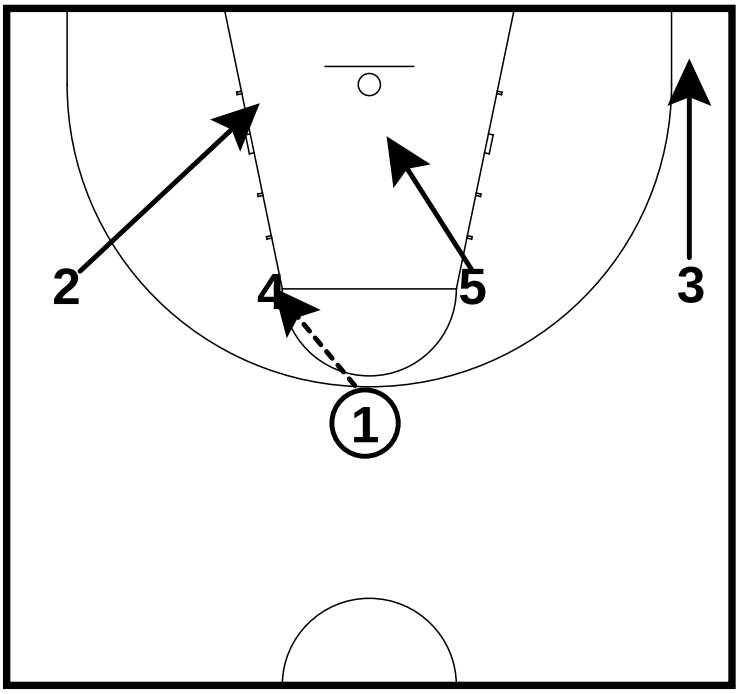


- 4 sets a ball screen for 3 who looks to attack the gap or kick to 2 if X1 helps on the drive
- If X4 closes on 2, 2 looks to feed 5 in the low post or kick to 1 in the corner for a 3

All Contents Proprietary

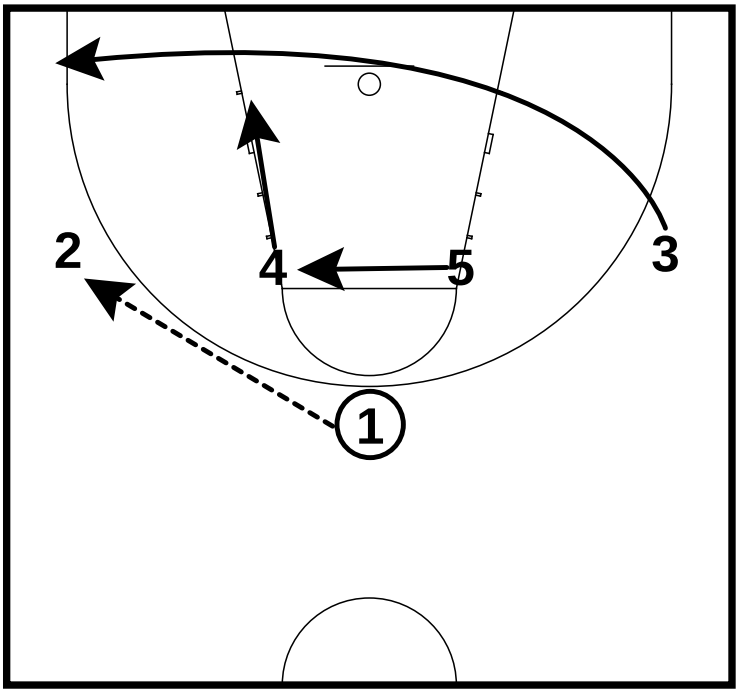
1-4 Sets

14 Quick



High Post Entry
This set is used against odd front offenses like a 1 -3-1 or a 1-2-2. Ball is passed into 4 in the high post. 4 faces up and 5 and 2 cut to the basket. 3 will flare to the corner.

14 Quick



Wing Entry
1 passes to 2 on the wing 4 dives to the low block 5 cuts to high post and looks for 4 on the hi lo. 3 banana cuts to the corner to overload the zone.

All Contents Proprietary

Box Set

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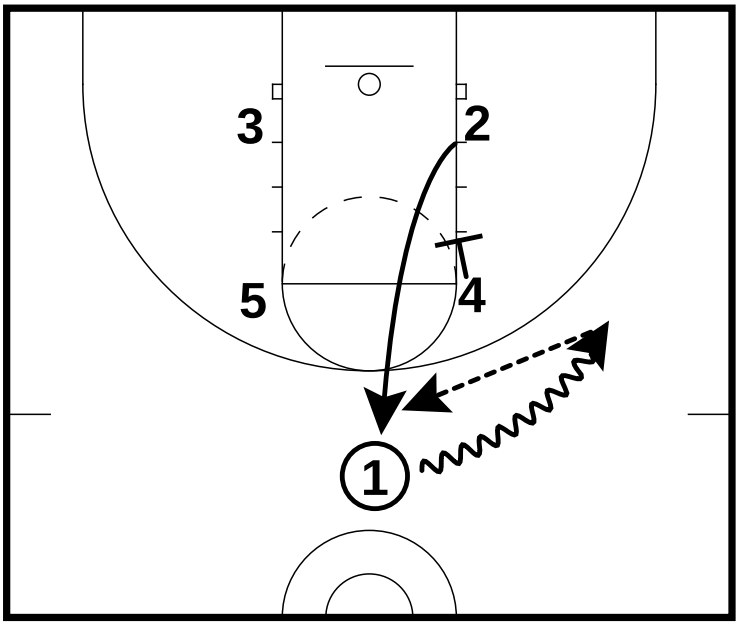
Box Zipper 65

All Contents Proprietary

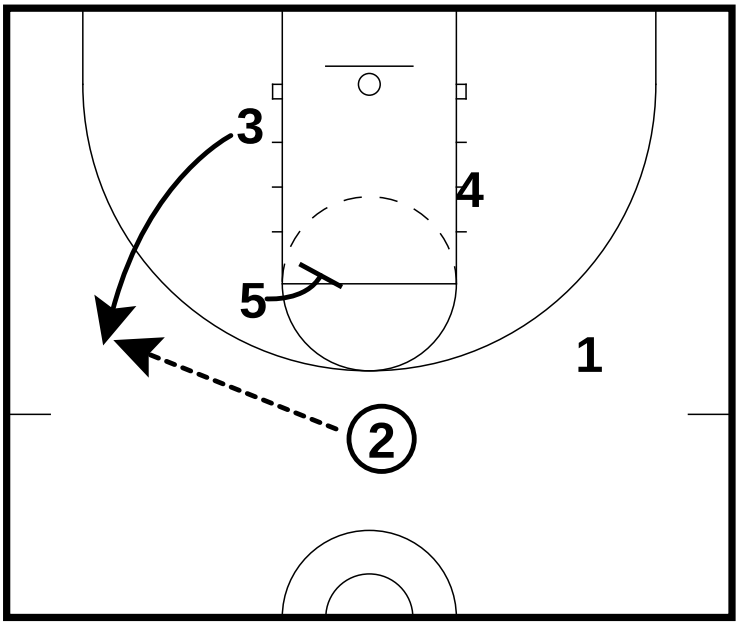
Box Set

Box Zipper



- 1 dribble entries to the wing and 2 flashes to the top of the key
- 4 tries to screen the top of the zone

Box Zipper

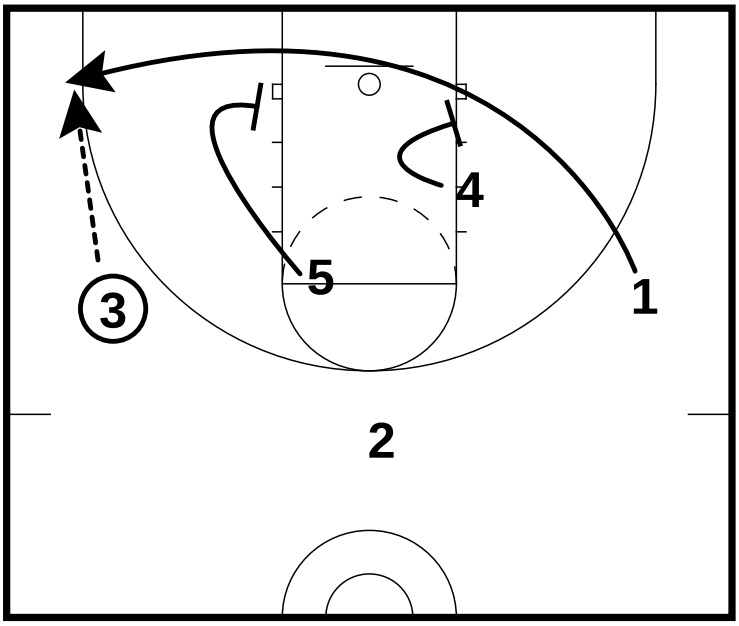


- Ball gets passed to 2 who then passes to 3 at the wing

All Contents Proprietary

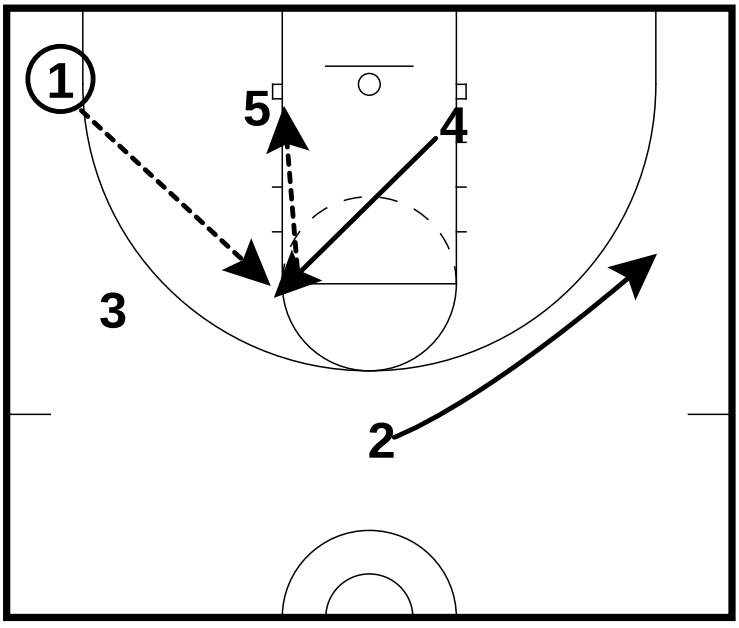
Box Set

Box Zipper



- 4 and 5 screen the zone for 1 to cut to the ball side corner

Box Zipper



- 4 flashes to the high post
- If ball is passed to the high post, 5 looks for high low seal while 2 drifts to the opposite wing for a kick out

All Contents Proprietary