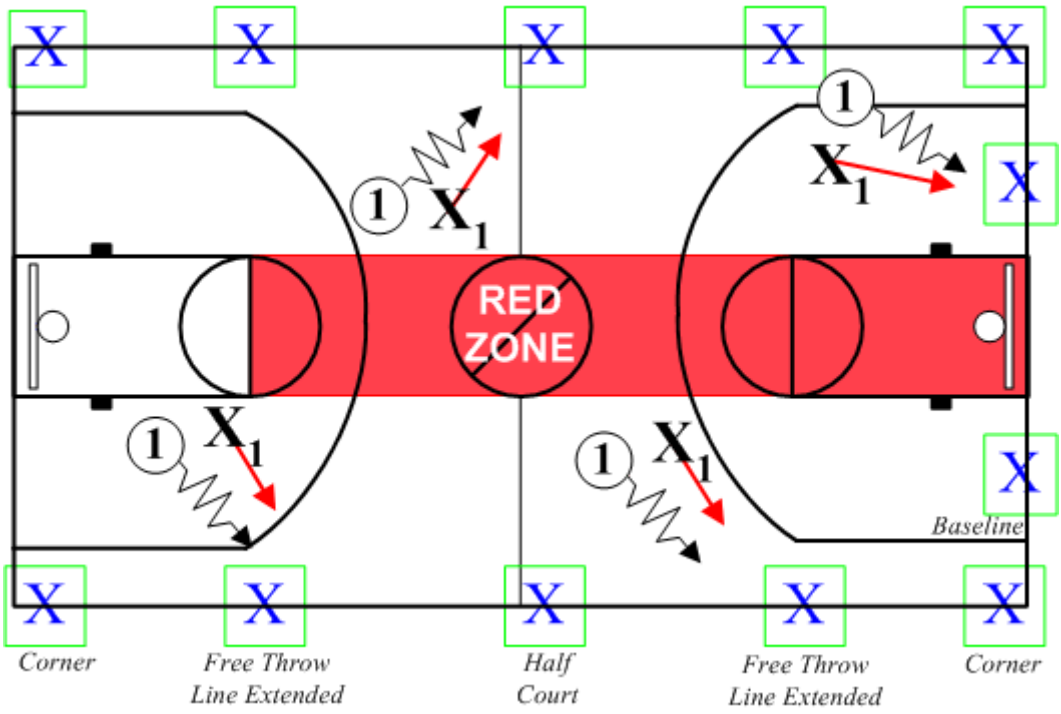
Crowley County Chargers Basketball
Full Court Presses

We will use full court pressure as a way to control tempo…either to increase the tempo or to slow down the tempo. We will use full court pressure to also wear down an undermanned team, as fatigue leads to more mistakes and creates more turnovers. Our main purposes for pressing will be the following reasons:

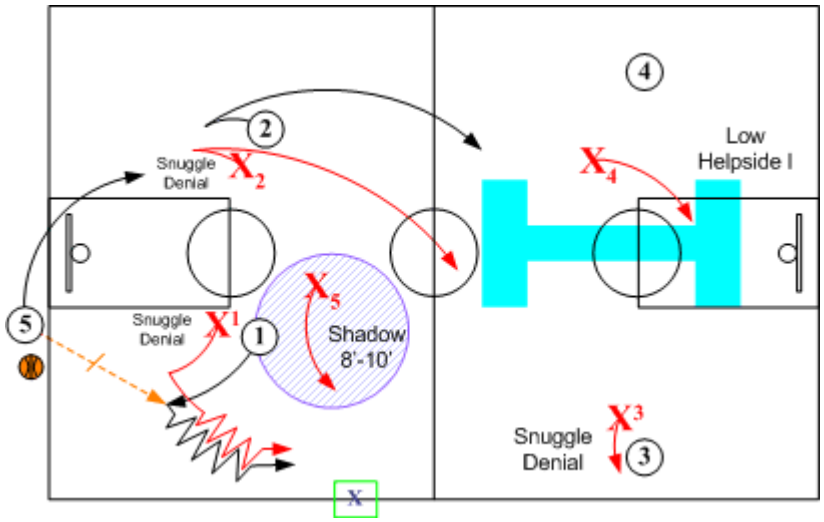
1. To create turnovers and rush shots
2. To force pressure on opponents the entire length of the floor
3. To increase the distance of passing lanes
4. To disrupt normal offensive flow and pattern
5. To keep the ball out of the playmaker's hand.

All of the presses will be based on basic defensive fundamentals. The ball must be forced out of the middle of the floor; it must be pushed to checkpoints and trap zones. The help side I and trap triangle are still in effect, and must be used quickly and completely. The defense must move when the ball is in the air.

If the ball gets into the middle of the press, the defense must turn, sprint and defend the basket using half court man defense.

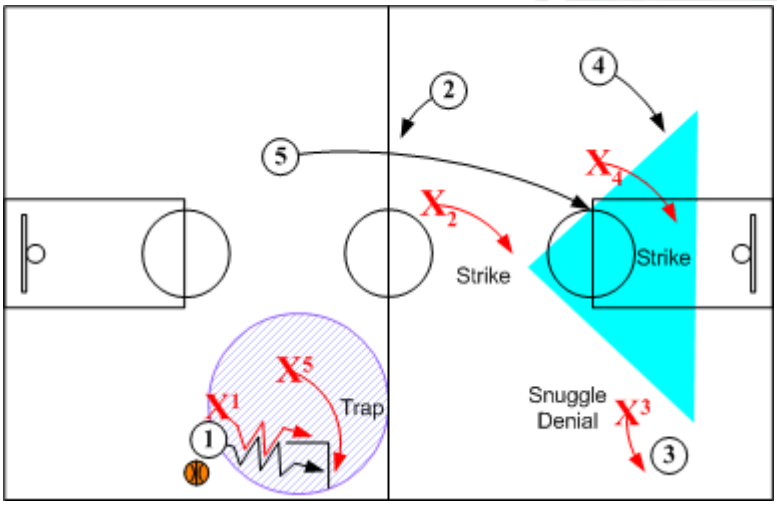


“55”



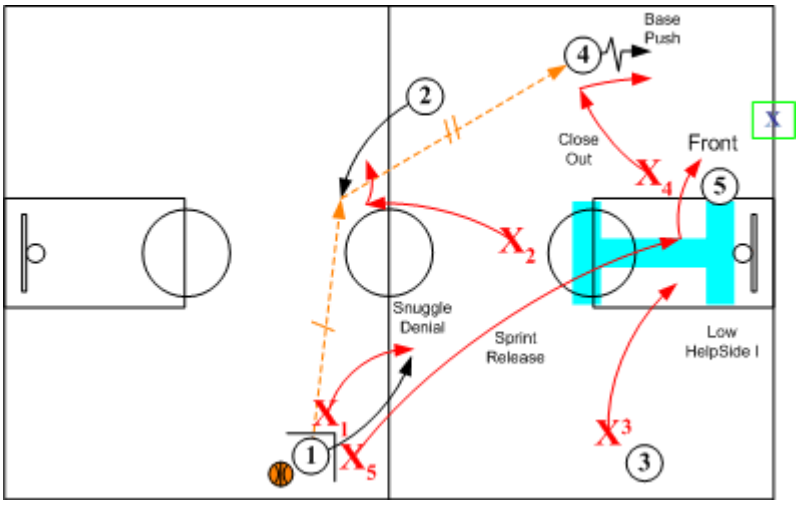
We play the man guarding the inbounder off the ball and behind the guards. X1 and X2 push the offensive players towards the sidelines to catch the inbound pass. They then direct dribble towards the sideline checkpoints. The other defenders will make their ball adjustments, with X3 denying sideline pass, X2 filling high help side I and X4 filling low help side I. Until there is uncontrolled dribble, X5 simply shadows the ball handler, being ready to help on dribble back to the middle or trap uncontrolled dribble up the sideline.

Trap



When the shadow defender (X5) goes to trap, the help triangle is set. X2 fills the high point, being ready to match-up on the first pass opposite the trap. X3 is still denying the sideline pass and X4 is filling the backside basket protect position.

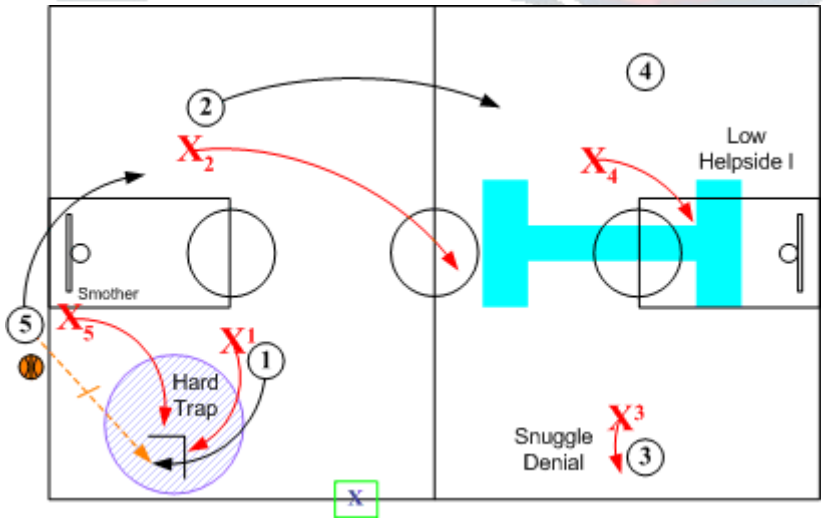
Passes out of Trap



On the first pass out of the trap, the following actions must happen as soon as the ball is in the air:

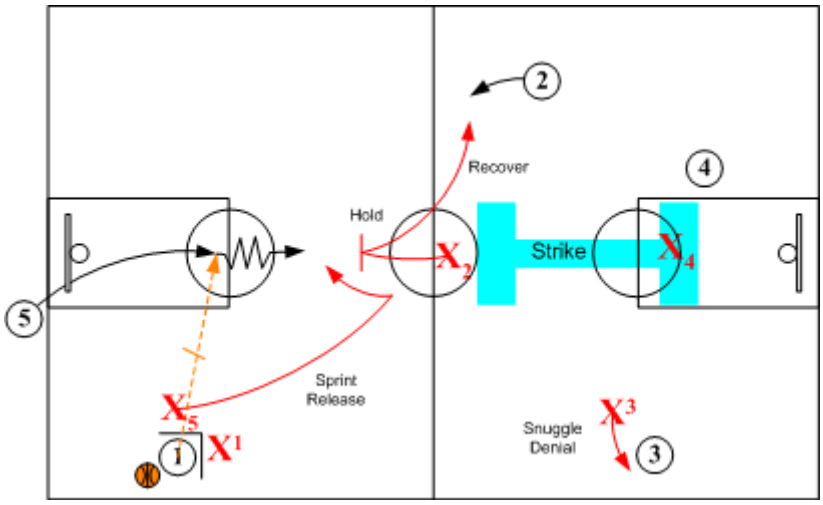
- X5, the trapper, must turn and sprint to the basket. He then will find his man.
- X2, the top player in the help triangle, will match up on the ball and drive it towards a checkpoint.

"55 Mob"



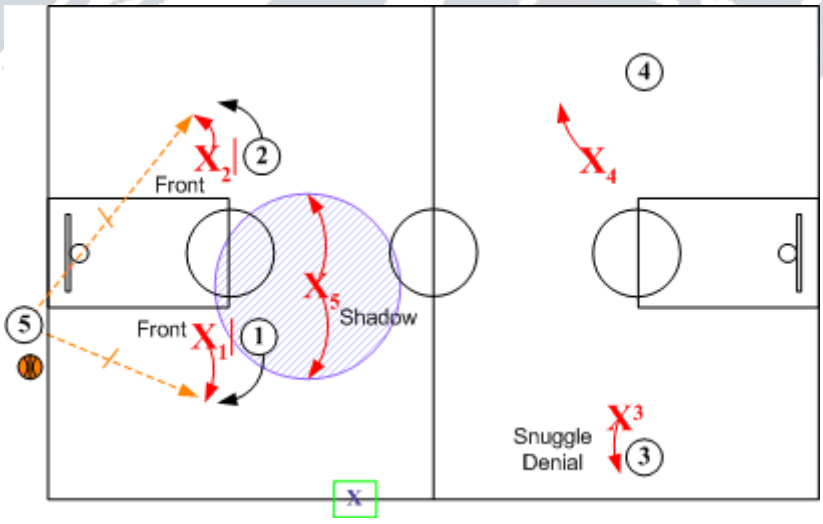
We want extreme pressure on the inbounder (X5) and all passing lanes. As soon as the ball is inbounded, we set an immediate, hard trap on the ball. We will form a help side triangle taking away short middle, 1st pass up the sideline and deep pass to the middle.

Passes out of Trap



When the ball is passed out of the trap to the inbounder, X2 must rotate over and hold fast advancement up the floor. When the ball is passed out of the trap, X5 will turn and sprint release to a spot ahead of the ball, pick up his man and release X2 back to his man, putting the defense back in a normal man to man situation. X1 stays with his man, X3 and X4 are still in their normal defensive positions.

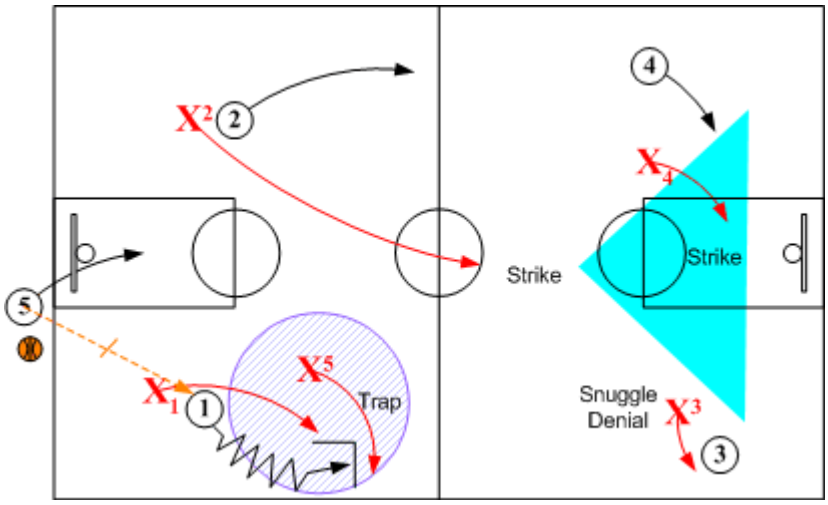
"55 Red"



In this press variation, we will have all four players besides the man guarding the inbounder in a full contact denial position. We will use "55 Red" to try to do one of the following things defensively:

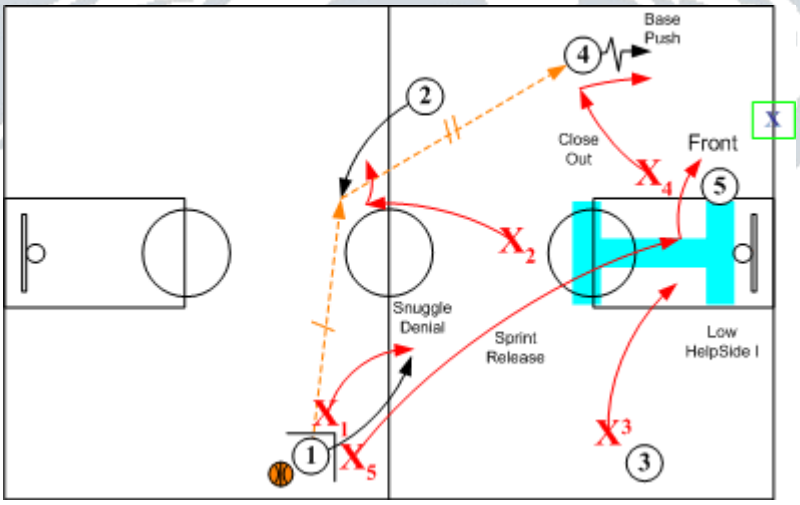
1. Get a five second count on full denial.
2. Force a pass over the top that X5 will intercept
3. Run the offensive player into a quick trap with his back to the offense.

Trap



If the ball is inbounded, we will set an immediate, hard trap on the ball with the person guarding the inbounder (X5) and the man on the ball (X1). The other three players will form the help side triangle and be ready to rotate to help stop the ball.

Passes out of Trap



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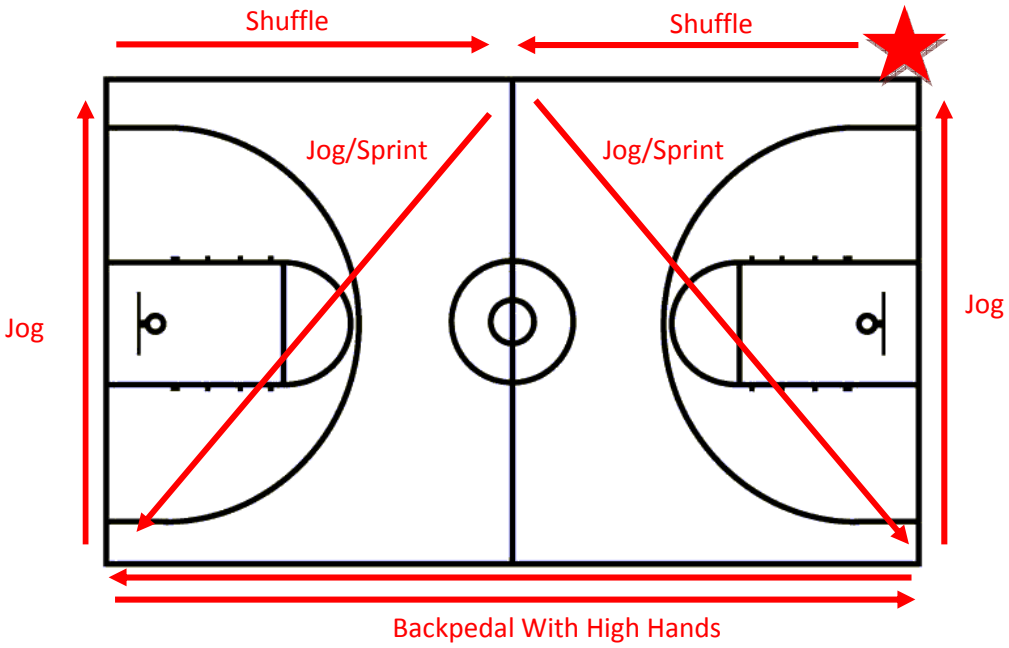
- X2, the top player in the help triangle, will match up on the ball and drive it towards a checkpoint.

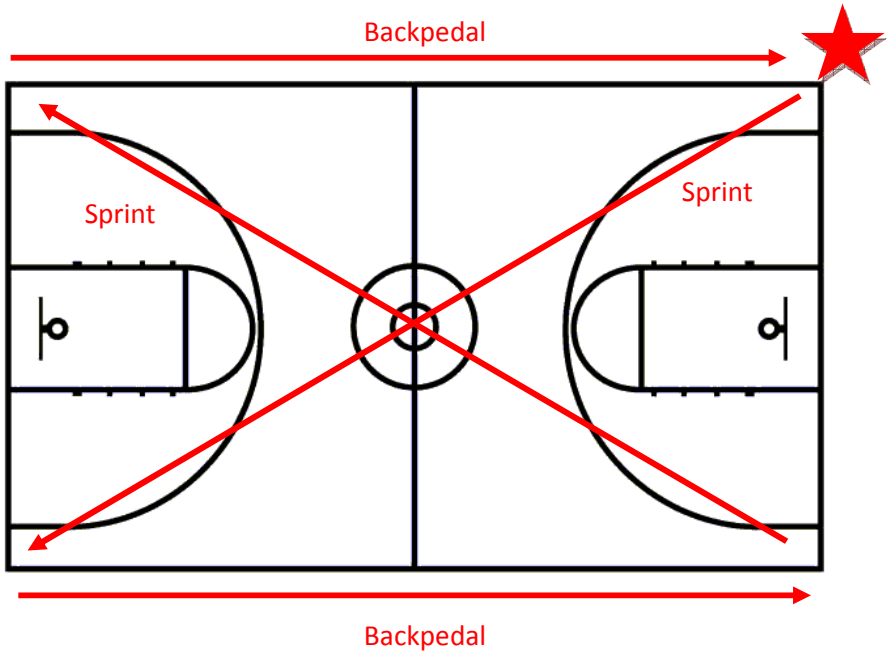
Active Warm-Up & Core Training
For Basketball Player
Alan Stein (DVD)

Court Warm-Up

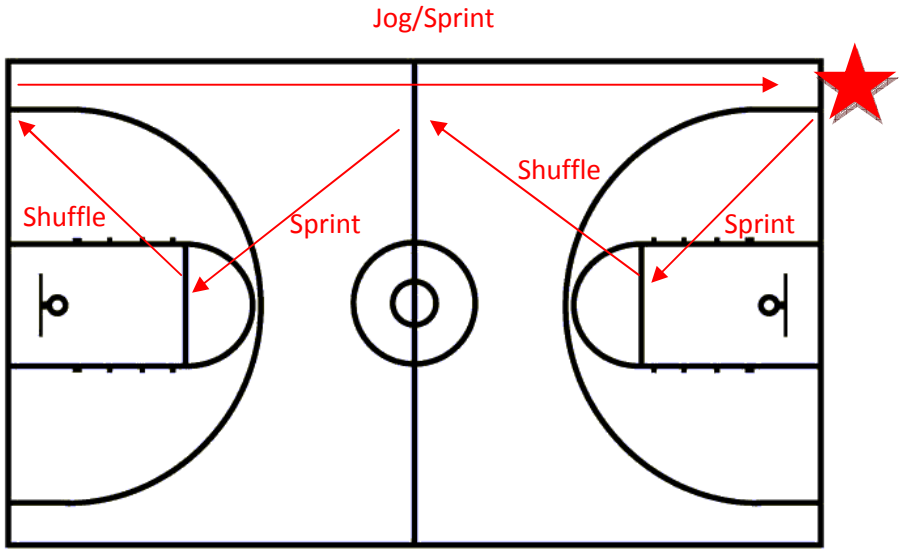
1. Follow The Leader
    i. Done at about 60% effort



2. Full Court X



3. Zig-Zag- Can do on both halves of court



Dynamic Flexibility

1. Toe walks
2. Heel walks
3. Frankensteins
4. Knee hugs (up & out)
5. Toe touches (2 hands)
6. Butt kicks (reach up w/opposite hand)
7. Eagles (ground stretch facing both directions)
8. Over the fence (backwards)
9. Low lunge (2 hands on floor)

Core Training-Plank Series (1 min. or 30 secs.)

1. Plank w/ball
2. Plank w/ball w/knee touches to ball
3. Reverse plank w/feet on ball
4. Reverse plank walk ball to hands and back out
5. Reverse plank w/1 foot only, bring knee to opposite elbow
6. Supine plank w/hands on ball
7. Woodchoppers (quick & hard)

8. Toe touches (heels to sky)
9. Twists (20)
10. Figues 8's with ball; legs off floor (20)
11. Bicycle; body straight, feet off ground, ball to shoes
12. Behind the back twists (feet off the ground)
13. Toe touches w/body flat on the ground
14. Partner pass: on butt w/feet off the ground. Throw away from body's mid-line. Smack ball on catch and chin it.
15. Get ups: get up from floor as fast as you can while keeping both hands on the ball.
16. Wall sit w/ball pinched between legs. Coach can try to knock ball out (30 sec.)
17. Wall sit w/foot on ball (30 sec)
18. Partner sissy squat.
19. Uneven push-ups w/ball
20. 2 ball push-ups
21. Do 5 or 6 core & stability exercises per day.

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The Measure Of A Great Program
Off Season Strength & Conditioning
Alan Stein
Stronger Team.Com
May 9th, 2009
8:15 AM

Structured warm-up

1. Skipping while tapping ball to belly button then to back
2. Same as above but with ball side to side over shoulders; running forward then backwards
3. Same as above but now twisting with the ball side to side as they run forward then backwards
4. Shuffle steps with ball to belly then to back
5. Same as above with ball side to side over shoulders; change direction they face at half court
6. Same as above but now twisting with the ball side to side with shuffle steps; change direction they face at half court

Box Drill

1. 1 leg hoping over line to elbow
2. Shuffle
3. Back peddle with hands high
4. Quick feet over baseline up and back over line.

*Don't ever walk by a teammate without showing love.

Dynamic Flex

1. Knee to chest then rotate leg out
2. Foot to butt opposite hand straight in the air
3. Touch floor opposite leg up behind you
4. Groin stretches

*2 Choices
1. Work Hard
2. Don't Work Hard

Tennis Ball Warm-Up

1. Roll ball out, run 3 circles around it before it stops rolling pick up ball and run back
2. Toss 1 ball out once players gets it he needs to find the other ball that was tossed behind him.
3. 2 ball drop; teaching reaction time. Catch before second bounce. Must catch three then switch.

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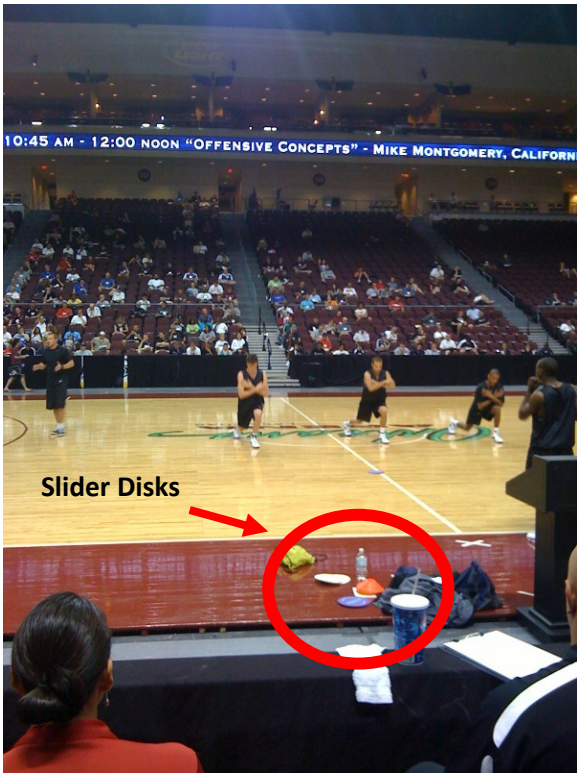
4. 2 ball drop with back turned. Players turns on vocal cue, "ball". Don't make it easy; make it tough so that your teammates get better. Challenge each other.
5. 2 ball dance; tossing balls while moving all over the court. Players catch them then return them to teammate. Must catch on 1 bounce then can advance to no bounce. Do for 1 minute.
6. 2 ball drop with hands on top of teammates. Player drops ball and teammate must catch before it hits floor.
7. 1 ball drop with hands on ears or behind back. Teammate call out what hand to use.

Slider Disks/Plates (Can use simple wax paper plates instead of spending big $ on expensive Sliders)

1. Standing slide-lunges
   *Note: Always hold the ball like a player except on picture day
2. Push up position; circle plate around outside of body.
3. Same as #2 except bring knee to chest then opposite across body and back to start.
4. On back one leg in the air, butt off the ground and slide (on plate) other leg under butt.





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*Note: Push step vs. step slide
Stated that physiologically the push step puts less strain on the groin area and is easier and quicker. Something to think about. How much do we actually step-slide on defense? I think maybe it looks good when you have a great defensive guard working the point guard all the way down the floor.

Core Series:

1. Ball plank for 1 minute then bring knee to chest.
2. Wood Choppers: on your butt slam ball into floor between legs and above your head for 1 minute. *Be comfortable being uncomfortable, that's how you improve.
3. Lateral bounds: push off back foot and land in a 1-2 stop.









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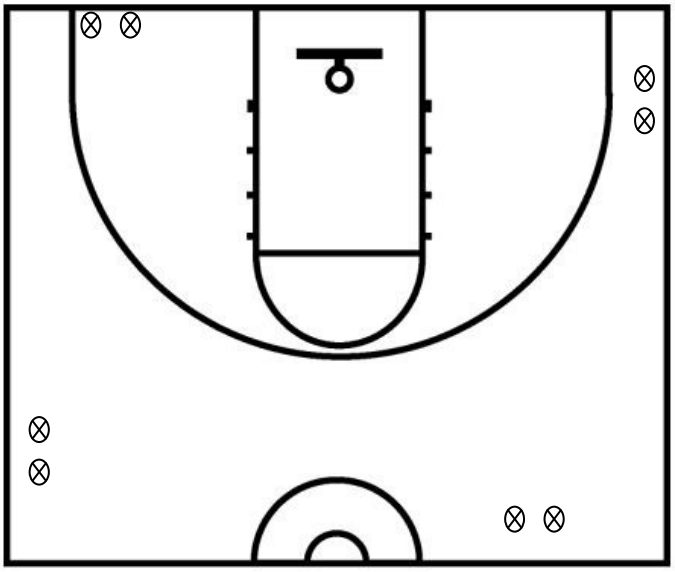
Finishers

1. Corner Series:



1. 4 players line up in each corner behind the cones set up.
2. Sprint to first cone then back pedal back to start
3. Same to second cone and back
4. Then sprint to next corner.
5. Done when everyone is back at their starting sport.
6. Can mix up what they do around cones or on sprint to next corner (shuffles, back pedals, sprints, etc.)

1. Competitive Shuffle
2. 4 players line up outside the free-throw lane.
3. They will make about 2 ½ slides to the other side of the lane
4. Then 1 good cross over run back to starting point
5. They should go 5 times up and back
6. The winner is out and you go again
7. Make it competitive and the intensity goes through the roof.

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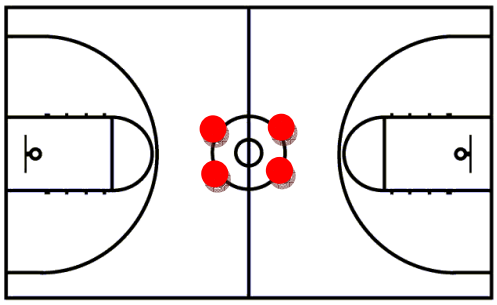
1. 4 Corner Circle
2. 4 players line up at the "4 corners" of the jump circle at mid-court
3. Coach calls out "1", "2", or "3"
    a. 1 is sprint to your corner and back
    b. 2 is sprint to slap the backboard and back
    c. 3 is shuffle to sideline and back
4. Players on the sideline should echo calls
5. Coach can mix up calls such as "1,3,2,11,3,2"



1. Clean the Lane
2. 5 tennis balls in the key with 1 player
3. Players are lined up around the key
4. The player in the key's job is to get all of the tennis balls out of the key (can't throw the balls all over the gym)
5. The players outside the key are constantly recovering balls and rolling them back into the key.
6. If the player in the center cleans the lanes then the guys outside have some consequence.
7. If the player doesn't clean lane then guy in center has 10 pushups; or whatever.

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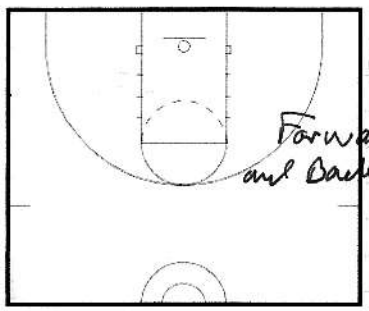
Arvada West Basketball

Play Hard • Play Smart • Play Together • With Pride

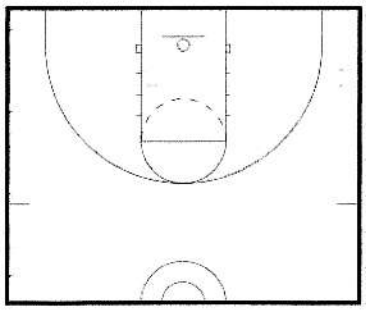
Alan Stein



1 Structured Warmup – Physical and Psychological sets the tone for your workout
- Do something that involves all major BB movements
- Skip touch ball belly to back
- skip Side to Side
- Chin twist side to side
- Side Gallop → same series

Keep Ball High

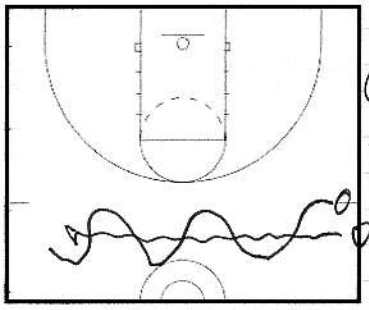
* Must talk and communicate w/ energy



(B) 1 Leg bound Block to elbow stance → slide to sideline / Backpedal

(C) Knee to Chest → Rotate Out (Groin)
Heel to Butt → Raise opp hand high

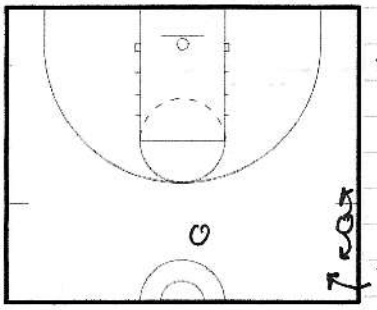
(D) Balance on each foot → touch opposite hand to the ground



(E) Lunge to R and L → skip, palms to floor - same

You have two choices - you are going to work hard or your not → not working hard is a choice

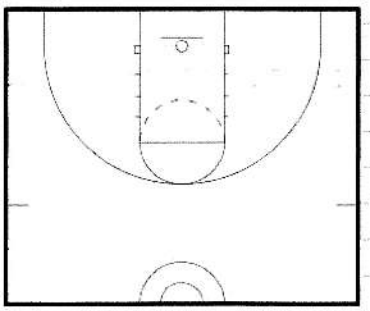
Drill → Roll ball from sideline, partner circle the ball three times



2 Ball – first ball & chase then find the second one

Arms extended ball drop - must catch 3
Ball cannot hit the floor twice - if he leans, back up

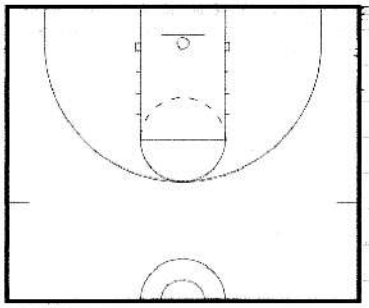
Turn find and catch ball in one bounce, on Ball Call



2 Ball Dance – Catch with the near hand on one bounce → same drill no bounce – 1 minute on clock learn to slide or run

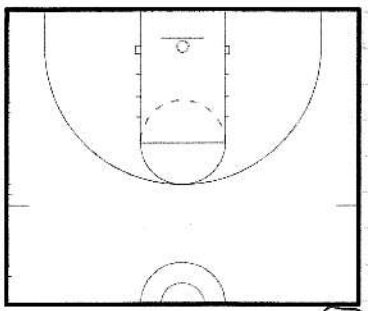
Partner → hands on top of partner - arms extended - Ball is dropped → catch before it hits ground
↳ Use this drill as rest interval

"It's not what happens to you, it's how you react to it"

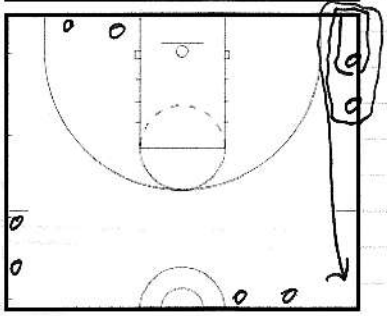


Strength Segment

Core Series -
Plank Position - hold for 1 minute - arms extended
Knee to elbow
Push up with ball under one hand - "Pop"
Slam ball behind head and between legs
(On your butt)
Bicycle
Hold ball on butt → stand up 10 times



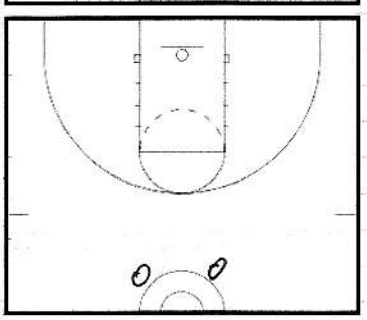
Conditioning



Cone Conditioning

Slide to lane line - Sprint ~~back~~ back

20 in 20 → 20 Successes, you get rest in between, start on the minute

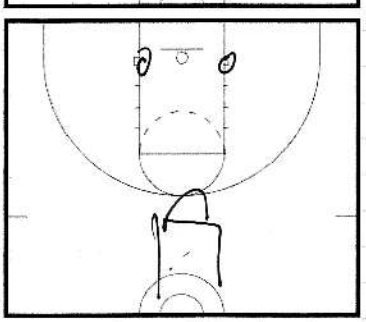


1 Sprint to your corner
2 Sprint to backboard - jump touch
3 Defensive slide to sideline

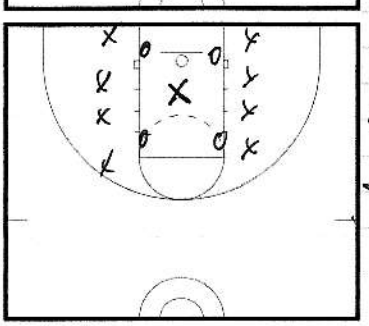
↙ Call Combinations.

Players on sideline echo calls for other 4

"Point" - Slide in direction
"Get Back" - Sprint back
↓
Reverse → sprint first direction
slide back



Be Comfortable Being Uncomfortable
"Clean the Square" 1 Minute



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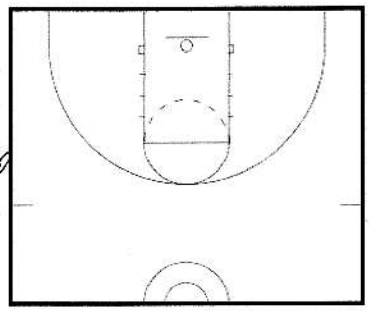

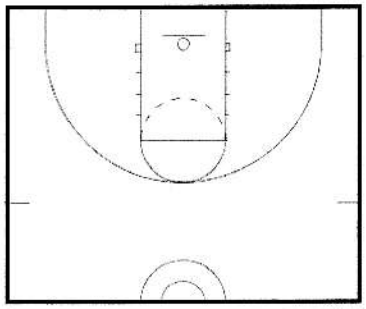

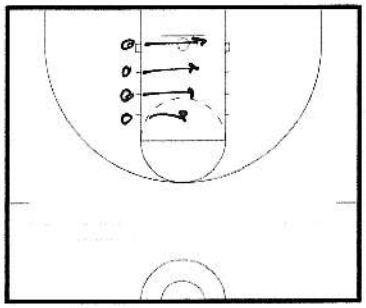

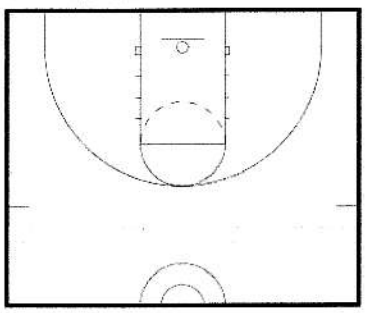

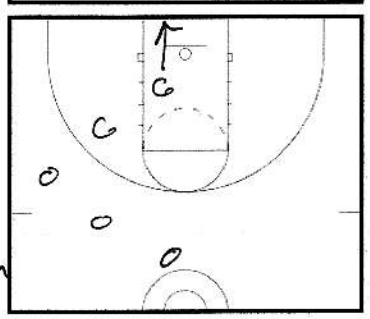

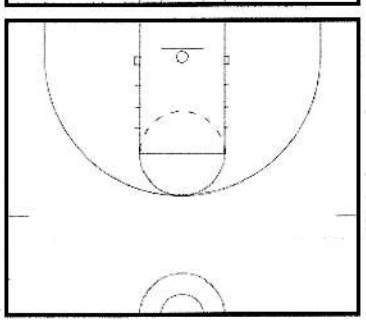

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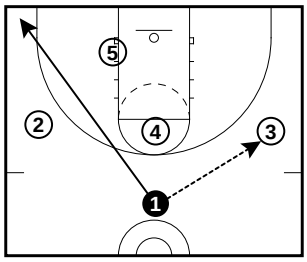

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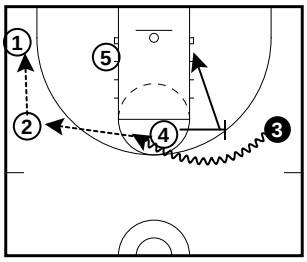

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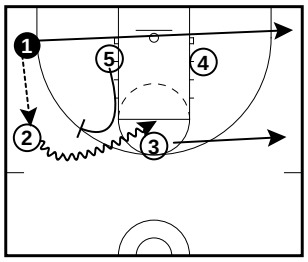
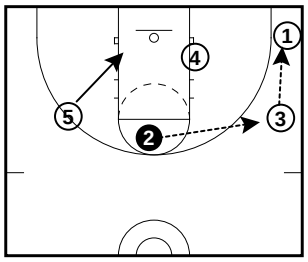
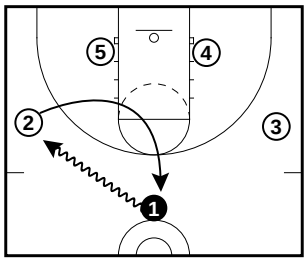


zone bs (4 of 4)

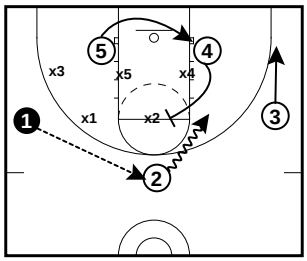


Up (1 of 4)



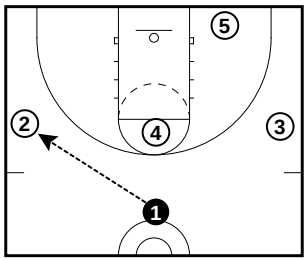
1 must dribble to free throw line extended or below

Up (2 of 4)



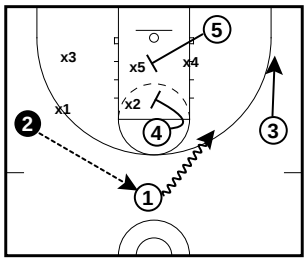
4 screens top of zone, 5 loops under backboard

Up (3 of 4)



Same action, from 1-3-1 set

Up (4 of 4)



The Swing Offense

CAUTION

Basketball is a highly physical sport. If you have heart, joint, or any other medical conditions that strenuous exercise might be dangerous. You should consult your doctor before you play.

Jose E. Pulido
10/8/2007

Introduction

Basketball is a great sport. It was created in 1891 by James Naismith. It is played by teams of five on a rectangular court. The court has “hoops” at either end. The point of the game is to shoot the ball into the other team’s hoop. The Swing offense is a structured movement of all 5 members of the team to get the ball into a good position to shoot at the basket. It emphasizes ball movement and screens to get the ball close to the basket for an easy score. It is a complex offense that requires coordination of the players and should not be used with beginner teams.

Requirements

One must be playing a full 5v5 game. It is optimally used against a man to man defense. A man to man defense is when the defenders stay with the men as they move across the court instead of staying in a particular area.

Initial Setup

The offensive team should line up as shown in fig 1. The important thing is to have a triangle on the side with the ball. The triangle should consist of a player on the lane line extended with the ball, a player on the wing, and a player on the post. On the weak side one player should be on the wing and the other should be on the lane line extended. Two potential things can occur. Player 1 can pass to the 3 on the wing or pass the ball to Player 4 at the opposite lane line. These two occurrences are described below.

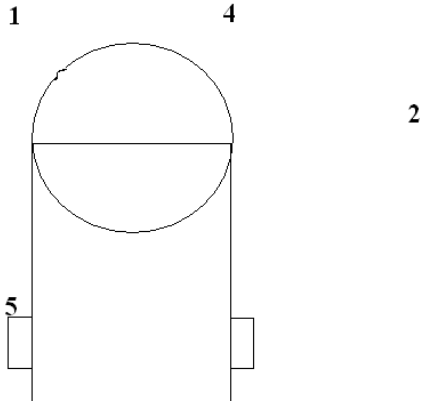


Figure 1 – Basic Setup

Note: Players 1 and 4 may need to V-cut to get open. This is taking 1 or 2 steps in towards the basket and then quickly taking 2 or 3 away. This should create ample separation to make the pass.

Pass to the Wing

If the point guard passes to the wing (Figure 2) (3) you should do these things (in order):

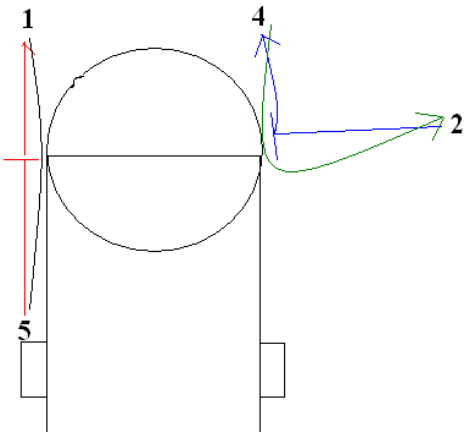


Figure 2 – Pass to Wing

1. Look to pass to player 5 at the post.
2. The post player moves up to the elbow and sets a screen.
3. The point cuts down to the block running his man off the screen. The three looks to pass to the point.
4. The wing looks to pass to player 5 at the elbow.
5. Meanwhile, player 4 moves to the opposite elbow.
6. Player 2 should set a screen for player 4 at the elbow.
7. Player 4 fades off this screen to the weak side wing.
8. The wing looks to pass to player 4.
9. Five cuts from the elbow up to the lane line extended where the 1 used to be.
10. This pass at least should be open.

11. If not, the 5 should v-cut until open and the 3 should pass to him. This sets the offense back up into the original set-up just with people in different places.

Note: All of the movement should occur in approximately 3 seconds. If it is too slow, a 5 second call will be made against the 3.

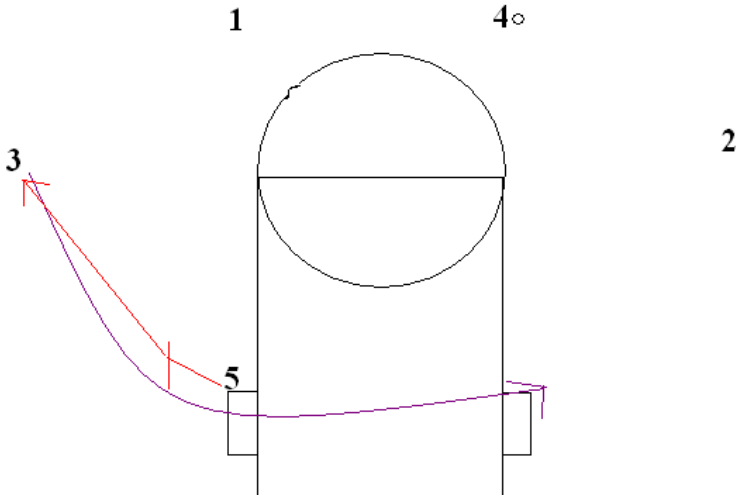


Figure 3 - Swing

Swing (Figure 3)

1. Player 1 passes the ball to Player 4.
2. Player 5 takes one or two steps out towards Player 3 and sets a screen.
3. Player 3 guard runs off of the screen to the strong side block.
4. Player 5 pivots to try to get player 3's man on his back.
5. Player 4 looks to pass to player 3 at what is now the strong side block.
6. Player 4 looks to pass to player 5.
7. If neither of these options are open player 5 should move out to the weak-side wing.
8. Player 3 should post up. This sets the offense up in the same initial set-up (except on opposite sides).

Set plays

There are variations you can do from this general formation that may be helpful in certain scenarios.

Back door Cut

If the defender is overplaying the wing and trying to prevent the pass a back door cut (Figure 4) should be made. This play is good both because it can lead to an easy basket and it makes the 3's defender be a bit more hesitant about denying the pass and play back a bit more.

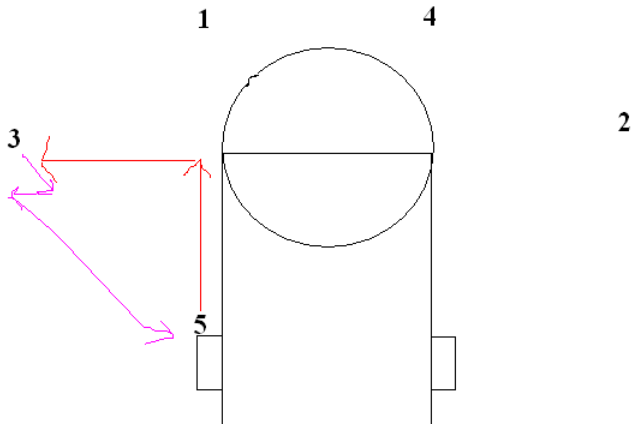


Figure 4 – Backdoor Cut

1. As player 3 makes his v-cut, player 5 goes out towards the elbow.
2. As player 3 rapidly cuts outside, he shifts directions and cuts back to the basket.
3. Player 1 looks to make the bounce pass to Player 3. Hopefully, for an easy lay-up.
4. If Player 3 isn't open, player 5 moves out to the wing taking player 3's old position.
5. Player 3 posts up in player 5's old position resetting the offense to the initial setup.

Pick and Roll

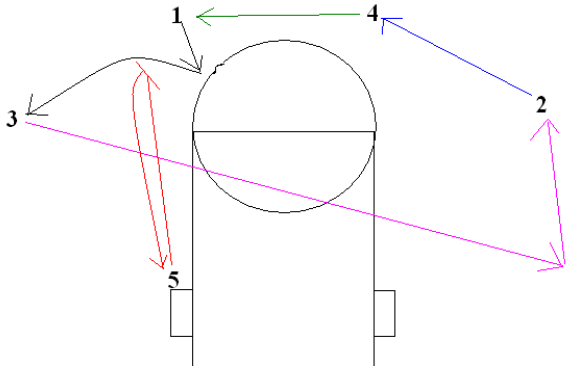


Figure 5 – Pick and Roll

The Pick and Roll (figure 4) is a rather classic play. It creates isolation on the ball side. There should be two defenders between the ball and the basket and one of them should get stuck behind player 5 creating a mismatch. This should either end in an easy basket or one of the weak-side defenders must come over allowing a skip-pass for a three pointer. The pick and roll first involves:

1. Player 3 runs to the weak-side corner. This isolates player 5 and the point on the strong side.
2. Player 5 comes up and sets a screen for player 1 right inside the three point line.
3. Player 5 then rolls attempting to catch player 1's man on his backside.
4. If player 1 is open coming off the screen, he shoots or drives.
5. If not, he moves to player 3's old position as player 5 cuts to the basket.
6. The one looks to pass to player 5 during the cut.
7. If the pass is not made, the four moves from weak-side to the strong-side where player 1 was.
8. Player 2 moves to where player 4 was.
9. Player 3 replaces Player 2. This puts you back into the initial setup.

Note: If defenders move from the weak-side to the strong-side to help at any time look to skip pass to one of the open men on the weak-side for a three.

Bob Huggins: Open Post Motion Offense

Offensive philosophy:

Use markers on the floor to teach offensive spacing

What is spacing? Should be 15 to 17 feet

Close enough to make direct passes but far enough from keeping one defender guarding two offensive players

Bad passes lead to bad shots

This offense exploits bad help defense (help defense is the hardest thing to teach). This offense makes defense go from ball side to help side and back. Block outs are also harder because defense has to travel a longer way to block out.

Basics of the motion:

Add an X (or marker) to the free throw line. Players must touch this X before filling the top of the key. This makes players use a V cut instead of just filling up.

After you pass:

(1) cut to the basket or screen away

(2) screen with your butt to the ball or to the basket. Cutter always goes to the basket and screen always pops to the ball.

(3) Go to the ball: handoff, screen, inside handoff

Cutting:

Backcut – take a couple steps toward the ball get your head under the basket. Open up to the ball to see where to fill, if you need to rebound, or if you need to get back. Communicate with your hands on a back cut, put your inside hand in.

After cutting do not stand, fill spots hard and fast.

Basketball comes down to minimizing steps: angles have to be good, don't take four steps when you can take one, get the ball then get to the basket.

If you screw up just find an open spot.

If you have a big guy run your offense until the big catches the ball at the top. He swings then cuts into post and seals which ever way the defense is playing. If defense is behind turn up towards the middle and seal. If defense is in front turn toward the baseline and seal.

Screening:

On a screen the cutter always goes to goal and screen always pops back to ball.

Don’t hold screen for too long, screen and separate.

Switch cuts – guy who curls off screen will turn and rescreen for screener – he curls.

Players will develop in this offense because everyone has to pass, dribble and screen.

This offense is very flexible. You can run flex screen, shuffle screen, and stagger screens.

To get a flex screen, big guy runs open until he cuts and posts. If defense takes the post up away on reversal he sets a flex screen (same thing with shuffle).

On a ball screen to the wing, baseline should fill because if the screener rolls the defender on the baseline will probably help. Huggins calls this “ball screen and drag”.

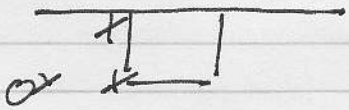
Play 3 on 3 half court on one side using all your teaching points. Also play 3 on 3 half court using both sides of the court.

Brian Gregory - Blueprint for a Successful MTM Defense

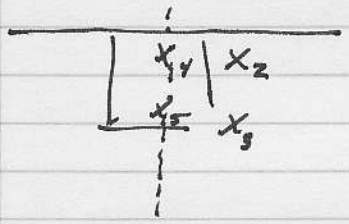
Philosophy

Goals

1. Force Low % Shots
2. Dominate the Backboard

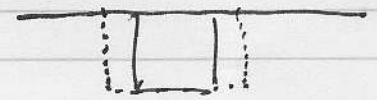


1. Elbow - Block Theory
   You want the ball to see 2 players ready to help
   Be active off the ball - You want the ball to see the help
   Shorter Recovery Time
2. Early Help - Defend before its a crisis



X_2-X_3 First line of Defense
X_1 X_2 Second line of Defense - if you help with these guys bad things will happen 2nd line of defense leaves you with very poor rebounding position

3. Protect the Scoring Area
   Do not allow the ball in the scoring area



Ball in the Post - Everyone have one foot in the lane - get it out

4. Contesting Shots - 15-20% Rule
   Don't contest the shot - Contest the Shot Motion

You Give up Easy Shots
1. Poor CloseOuts
2. Lazy -

Close Outs - 1. High Hands Butt Down, Chest to Chest
Don't Hop out → Chop your steps

5. Contesting Passes - Pressure the Ball - 1 hand low, 1 hand traces the ball
   Protects the Backside

Implementing the Blue Print

1. Individual Drill
2. Team Drill
3. Specific Action
4. Live / Competition Play

} End the Drill with a live competition play

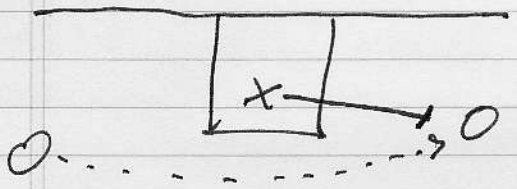
You must learn to compete on Defense

Individual Drills

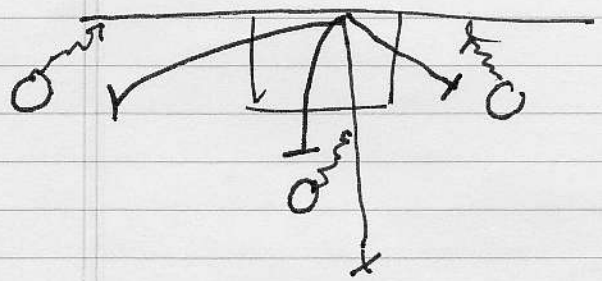
1. Close Outs
2. Jump
3. H-R
4. One on One MTM
5. Rebounding

* 5 Drills for each of the 5

1. Close Outs



(a) Weak side Close Out — On the Catch - go live

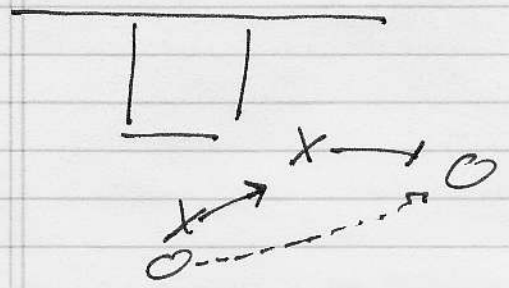


(b) 3 Spot Close Out

"Release" after 2 dribbles

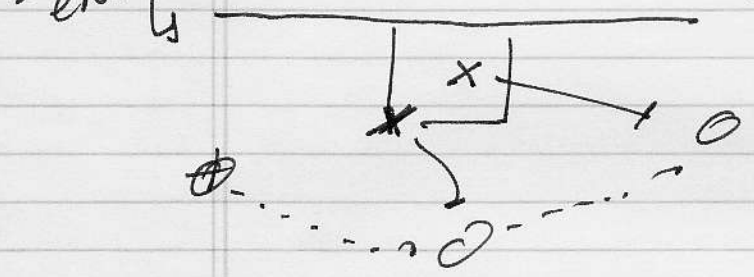
3rd Spot take a charge

2. Jump To The Ball



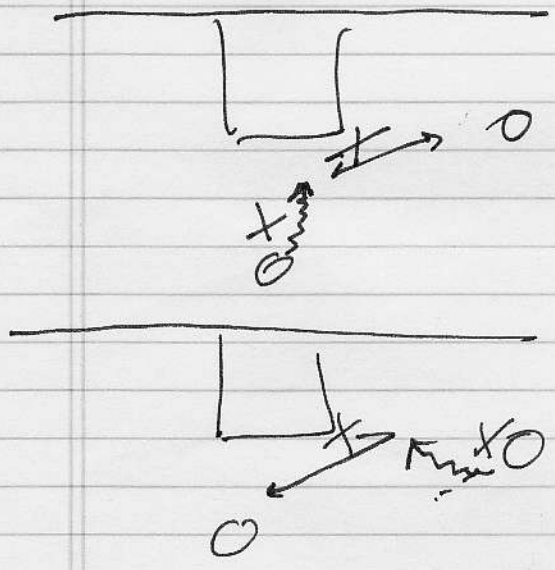
(a) 2 on 2 Jump to the Ball
More on pass not catch
Not on the line up the line
Gap help must be active
After 2 or 3 time we are live

Start with elbow coverage



(b) 2 on 2 Jab from weakside
When ball is reversed to the wing we are live

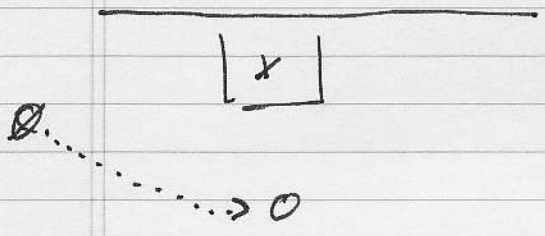
3. Help and Recover



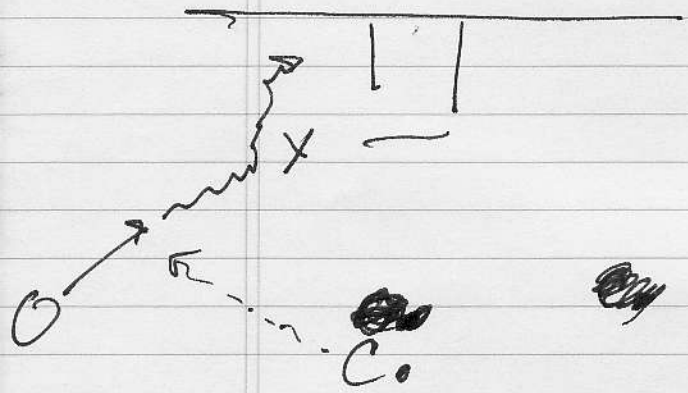
(a) 2 on 2 H + R
Parallel to Ball line
Help will fake and fade back with a close out
"Fake and fade"
Go three times and then you are live

4. One on One MTM — 1 on 1 @ From Top

On The Ball – Think you have no help
Off The Ball – Think your teammate cannot guard

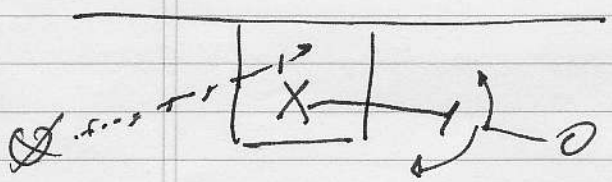


Offense has 3 Dribble
Dont reach – Dont Gamble
Keep the Ball out of Scoring area



(b) 1 on 1 on the Move
Limit of 3 Dribbles

5. Rebounding



(a.) 1 on 1 Weakside Reb. — Offense needs to go 1 on 1

Dont teach traditional Cut Out
Called "Cut-Out"
Make the First Contact – Hit outside the Arm

1. Find
2. Hit
3. Pursue

} You have to help if the coach drives start with an action, talking defender

"Linebacker mentality"
Pursue the ball after you hit somebody

Team Drills

a. 5 on 4 Scramble
Apply your individual concepts

1. Contain the Ball
2. Contest the Pass

Must have one man on ball – other three are help and recover guys

Offense can do whatever they want

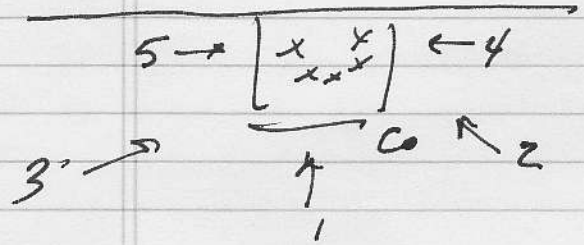
Don't overextend the defense

1) Open shots get your head – Not mismatches

1. Move on air time
2. Communicate who has ball
3. Ball cannot get into scoring area
4. Contest every shot – (Shot Motion)
5. Cut Out

Add a defensive guy at half → when they get a stop they outlet to 1/2 the offense must convert to defense

b. War Drill – Rebounding (20-25 minutes every day)



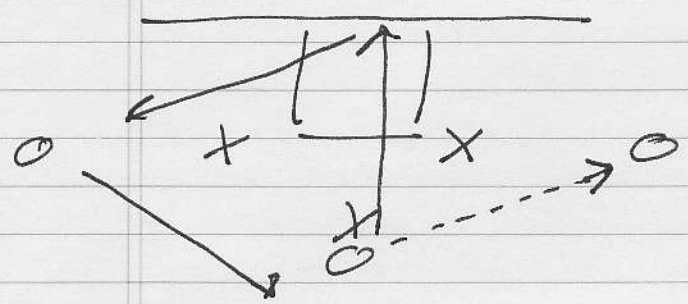
On the shot, 5 offensive players chase the ball

All five defenders must have their feet touching

Offense must go hard

You can Run your break out of War Drill

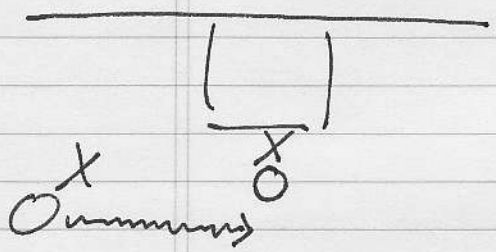
c. Nagomi Drill



Always recover to the help

Don't let the cut cross your face

Specific Actions



Offence dribbles 3 times
1. Jam
2. Trap
3. Live

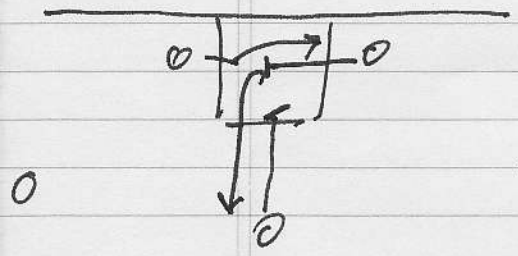
Ball Screens

2 Coverages

① Jam – vs guard who can't shoot
Put body on inside shoulder
– Ball defender goes under

② "Trap" – not really a trap
Big will show straight up, Ball defender goes over top of screen and under your man

③ Live



X – Out → Screen-Screen

Cross Screen → Bump high – Cutter defender goes under

Down Screen → Wing will X out
Cutter defender goes to wing

Skip makes you vulnerable – so you must pressure the ball

Live Competitive Play

a. 5 Stop Drill — Offense runs motion - Defense must get 5 stops — 1st team to get 5 stops wins

b. Run opponent Action Live

Blue Print Eliminates

1. Open Shots
2. Dribble Penetration
3. Deep Post Ups
4. Second Shots
5. Transition Baskets

Create a defensive mentality in your program - it's how you win Championships

Build an unselfish mentality defensively

10-15	min	→	1v0
10-15	min	→	Team
10-15	min	→	Specific Actions
10-15	min	→	5v5

Championship Basketball Clinic
Las Vegas, Nevada
May 8, 9, 19, 2009

Offensive Skill Development
Bruce Weber, University of Illinois
May 8th, 2009
7 PM

Opening Comments

1. Must buy into team success
2. Buy into winning
3. Kobe diving on floor for Team U.S.A.
4. Best player become the hardest worker with the best attitude then coaches job will be easy.
5. Must believe in the system.
6. Skill development every day; Kids just want to "play".
7. Must score if you're going to win.
8. Skill work has to be challenging and competitive.
9. Compete against each other, themselves, and the clock.

Ball-Handling

1. Two-ball dribbling to half court
2. Balls together/alternating
3. Walking forward then backwards
4. Go against a defender using two basketballs
5. One ball with a defender riding/fouling him with a blocking pad
6. 2 on 1 in a circle; trying to dribble through the defense, not really trying to steal the ball just applying tough pressure. Try to force a turnover. Can use a blocking pad.
7. Dribble through cones; 1-inch dribble through cones with one hand (right) come back with the other (left).
    a. Can also dribble through cones using various moves such as a 1-2-cross over move
    b. Behind the back
    c. Through the legs
    d. In & out move
8. Weak Hand Dribble Series
    a. Using weak hand only
        i. Cross-over (In & Out?) twice then pass with one hand (left).
        ii. Behind the back twice then pass with weak hand.
        iii. Around the world then pass

Championship Basketball Clinic
Las Vegas, Nevada
May 8, 9, 19, 2009

Shooting/Scoring

1. Rope series; good for "Attack" offense. Can do this 2-0 or 3-0. Players drive the ball and move and re-space as if tied together on a rope. Coach will specify a certain number of passes or drives before a shot.
2. 6 Shots in 22 Seconds
    a. Player will shoot 6 shots off of 6 areas specified by cones.
    b. Baseline on both sides
    c. Wings on both sides
    d. Top of the key on both sides; these shots will be off fade cuts.
3. Make 10 3's in 1 minute.
    a. 2 rebounders
    b. 1 shooter
    c. Can increase time as much as you want. Example: Make 100 3's in 10 minutes.
    d. Great conditioner as well
4. Make 5 at 5 spots
    a. 1 ½ minutes
    b. Must make 5 at each of 5 spots
    c. Corner, wing, top, wing, corner

Specials

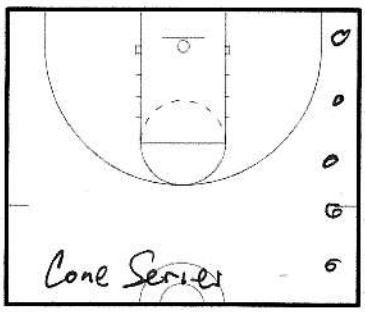
1. "54"
    a. "Bigs" at the elbows
    b. Shooters at the corners
    c. 1 man drives to wing off a pick and roll screen off either big; big rolls to basket
    d. 1 positions at wing area; so you have 1 at wing, shooter in corner, and post on the block
    e. Other big moves over for a high low opportunity then he picks and pops with 1 man coming off his screen again. (Actually it is probably another pick and roll to the basket). Test it out.
    f. Shooters move up off drive.
    g. First post player moves out to corner and pushes shooter up to wing filling the 1 mans previous position.
2. "55"
    a. "Bigs" at the elbows
    b. 1 man going from left to right, or right to left
    c. Pick and roll off first screen
    d. Pick and pop off second screen

e. 1 man has the option to drop ball to “roller” for shot, or pass to “popper” for shot (or High-Low Play)

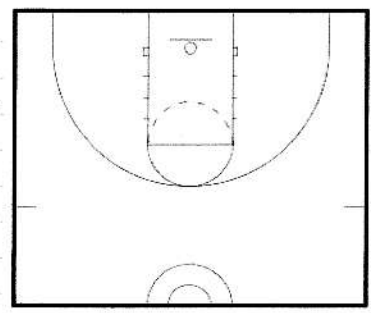
Arvada West Basketball

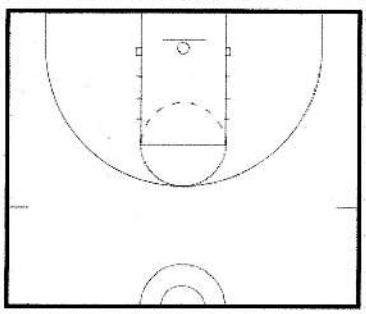
Play Hard • Play Smart • Play Together • With Pride

University of Illinois
Bruce Weber – Vegas 09
Offensive Skill Development / Ball Screen Schemes



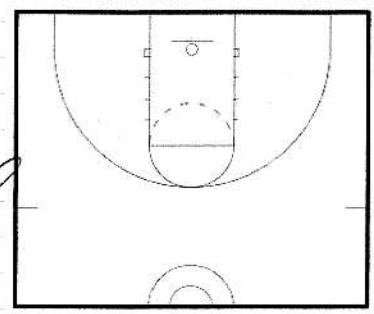
1. Coaching must be your passion
2. Believe in team success
3. Best player needs to be your hardest worker
4. They must believe in system → it changes each yr.
5. BB is a game of habits
6. Practice must be competitive
7. Footwork every day, shooting, 1on1, 2on2

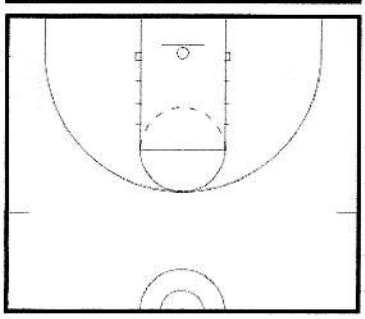




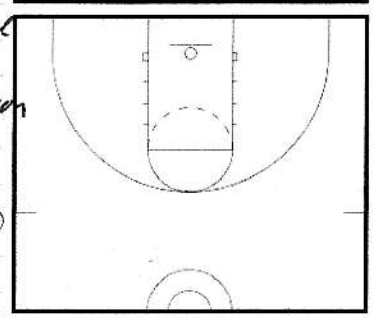
Ball handling Drills – Change it up with your drills
Keeps their attention

1. 2 Ball Dribbling – Rytnm. Non-Rytnm
   * Ball Below Knees
   - Stationary, on move to ½, backward
   - Speed dribble, Speed back
   - On move – between legs. Behind back
   - 2 Ball Zig Zag vs. a defence to ½

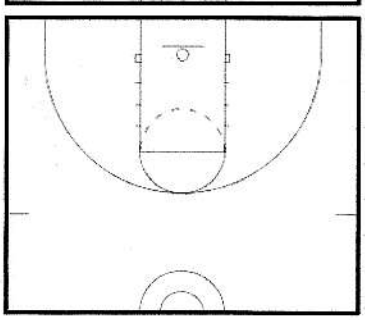


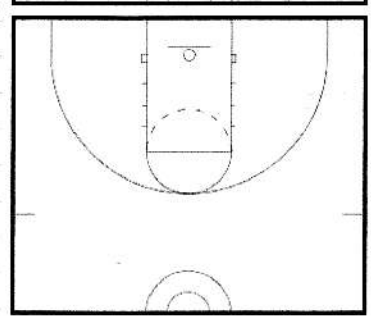


1 ball – Zig Zag vs. Blocking Dummy – Bump the whole way
- 2 vs. 1 in the circle – 2 guys pressure
- The ball with pack in the circle

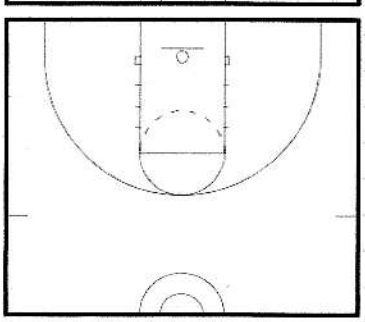


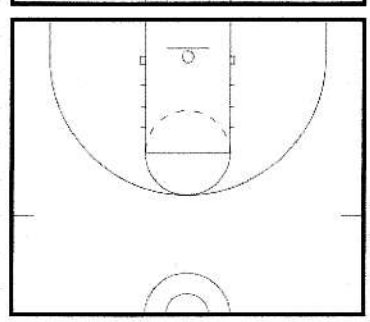
Cone Series
1. Dribble around cone low with same hand
   Switch hands coming back
2. Python Dribble – 2 hard dribbles then cross over
3. 2 Hard – behind back
4. Between the legs
5. Inside Out – Hard away

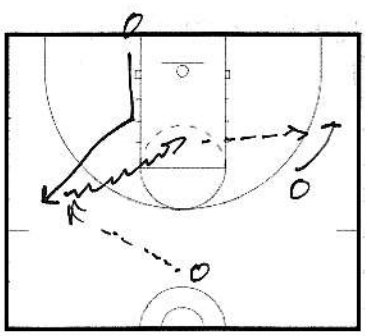




Weak hand Series – (Partner Passing)
Face each other 15'
Pass with weak hand
1. Cross Over
2. Behind Back
3. Around the world – behind back, cross in front

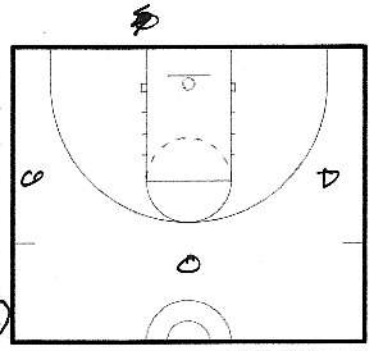


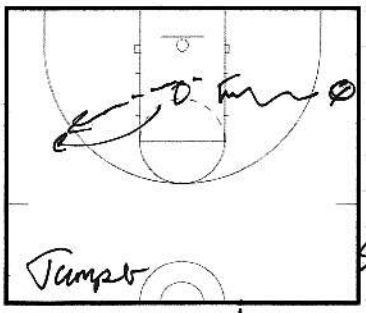




Step up into Layups — (Shooter Series)
Rip to a Layup
Rip to a pullup J

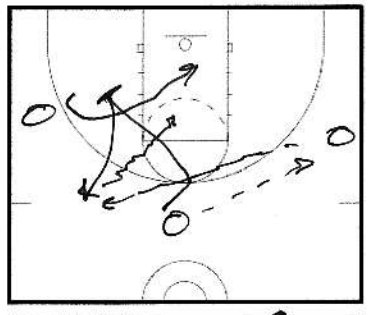
Rope
Series — * Keep the rope tight
1. Middle Drive
2. Drift Pass
* Draw and Kick serves with 2 and 3 guys



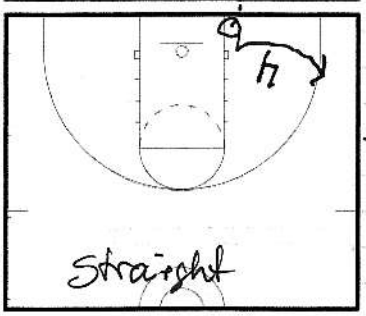


Same action off a curl screen
Back Screen

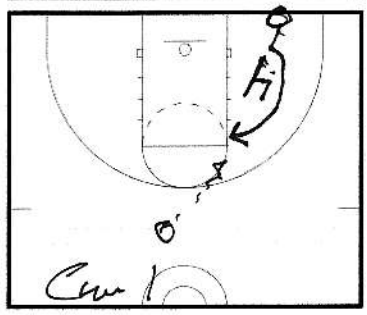
With 3 players — All 3 must touch it

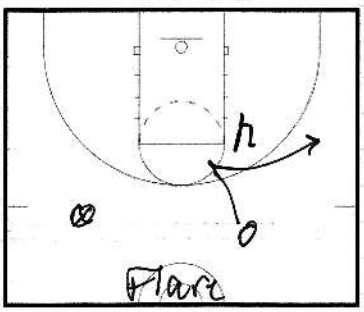


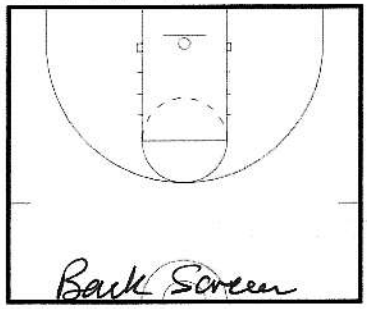
Shooting Drills — Try to make competition
4 Cuts — Sprint
Curl
Flare
Back
} incorporate all into shooting drills

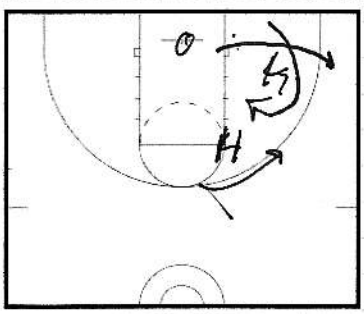


3 Shots — get all 3 off in 10 Seconds - you need to touch the block → Then 3 in a row in 10 seconds → or your starting pt.



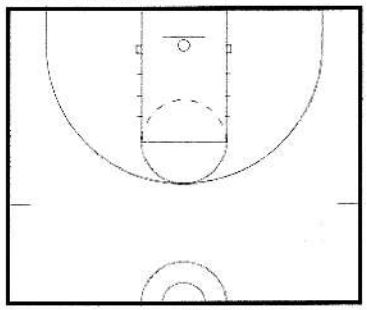




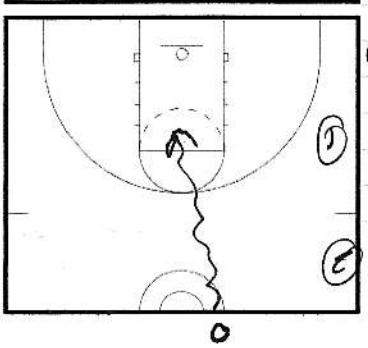


3 Shots in 10 Seconds

Same setup other side of Door → you have 20 seconds

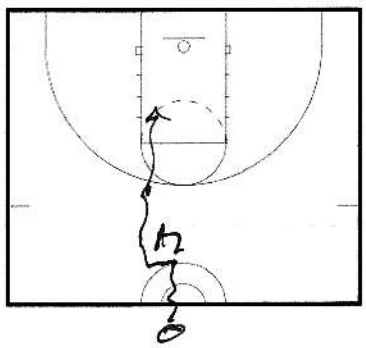


Same series with the Four cuts with shot fakes
* 14 Seconds *
1. ~~Shoot~~ Shot Fake
2. Pop from — No shot fake



Pullup Jumpers from ½ Ct
You have 2 dribbles to get to paint
Right hand / left hand

Make crossover move at chair, get into the paint →

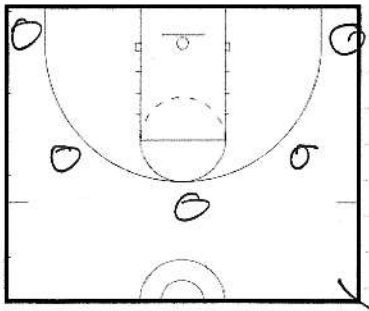


It's not what happens to you, but how you react to it

Weber - 3

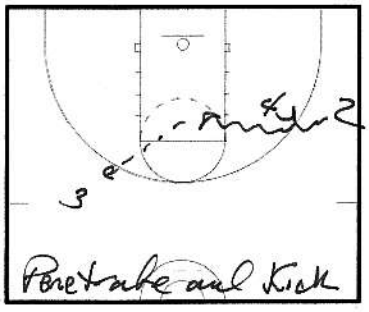
Arvada West Basketball

Play Hard • Play Smart • Play Together • With Pride

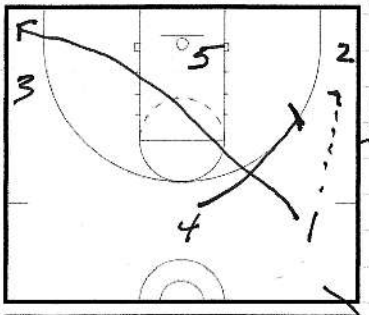


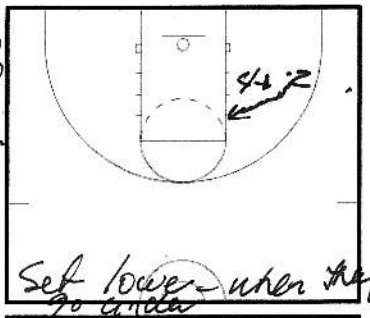
(1) 1 minute 3pt shooting — Must make 10
2 ball 2 Rebounders — you have to move after each shot

2 → 20 up to 10 minutes →
3 min → 30 100 3's



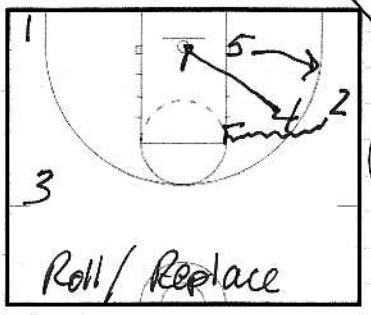
(2) You have 1:30 to make 5 shots from 5 spots w/ Rebounder and a feeder

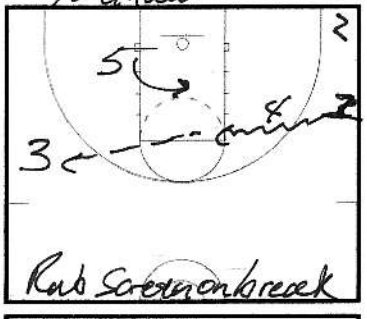




Ball Screen Action

1. Gets the ball in hands of your play makers
2. Your always defining roles - this helps
3. Bigs struggle guarding out on the court
4.

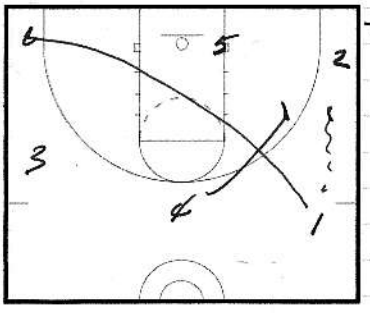


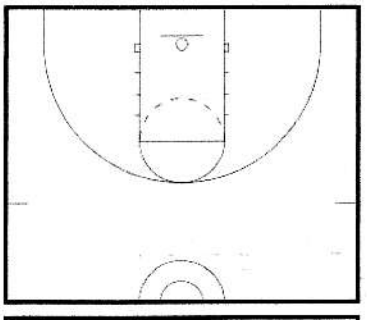


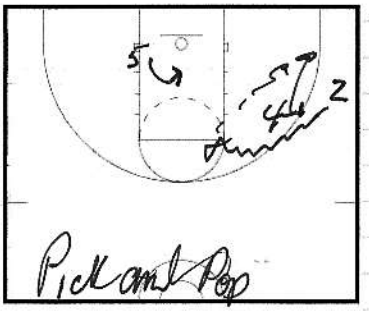
→ Different Angles

(1) Trail sets ball screen
Ball handler must want
Screen get wide and low
Ball handler must get separation

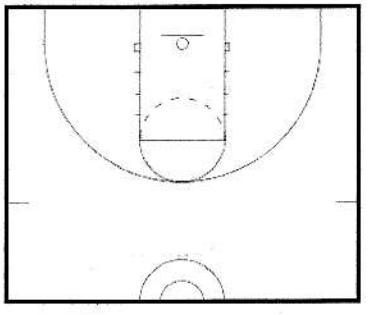
* If they go behind → set it lower



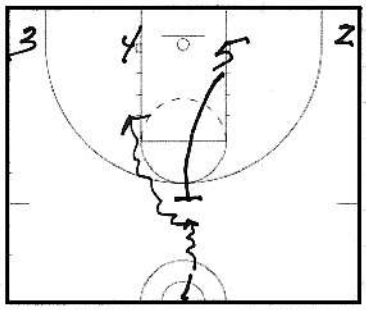




Pick and Pop vs. hedge
Ball Screen into "Rope" Action

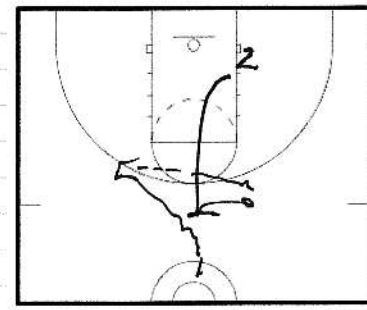


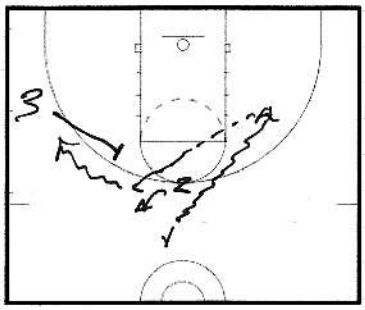
④ - Weber



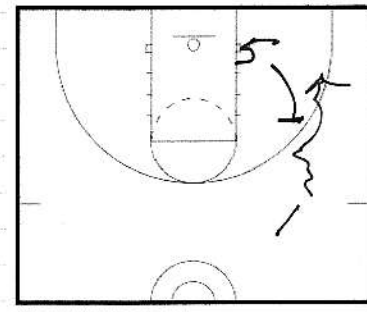
Butt Screen or Up Screen
5 Comes up Butt to baseline
1 uses the screen — 5 can change the angle of the screen based on the defense
2 and 3 can relocate up to the wing

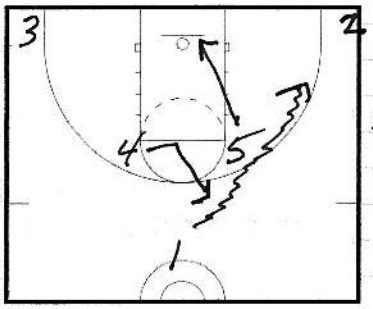
Can Butt screen with a guard - pick and pop
" little Butt "



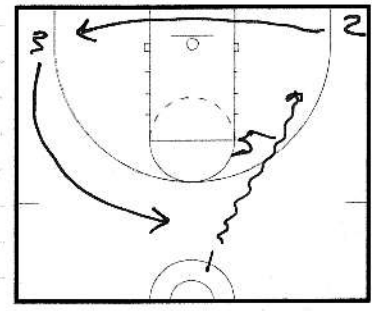


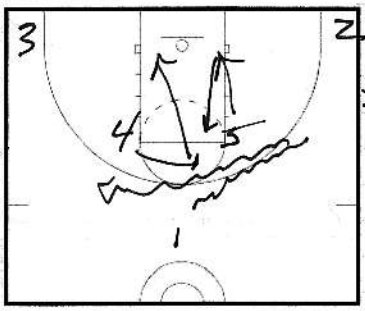
Pick and Pop into a side Ball screen
Transition into side Butt Screen →



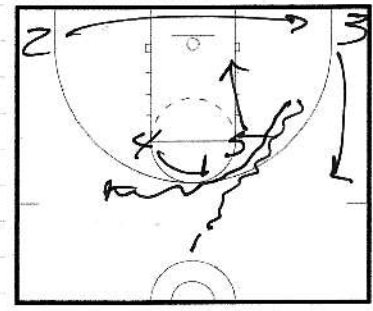


Elbow Screens — 5x or 4x
* Option → Run 2 away, 1 At 3

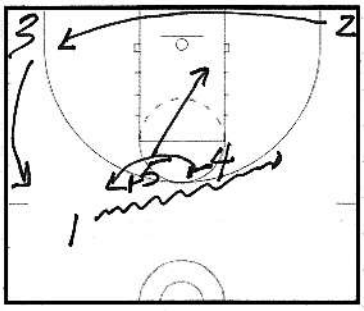




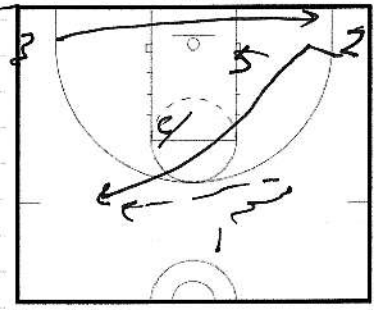
54 → 2 elbow screens
* Rotate 2 and 3 →



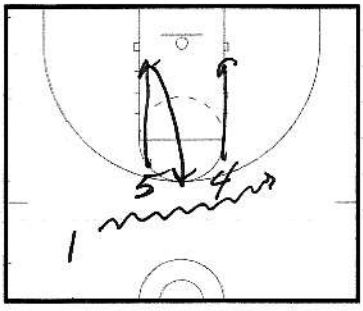
"Top"
2 Ball Screens → Single, Sing 4
2 and 3 can stay or circle

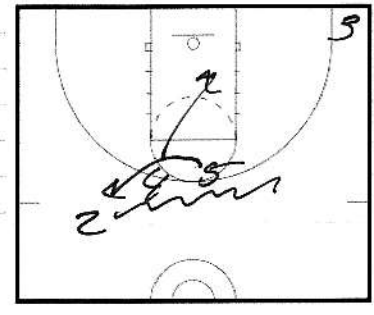


"Pro Cut"
Treason Cut
2 needs to look to Pop



Roll / Roll and Replace

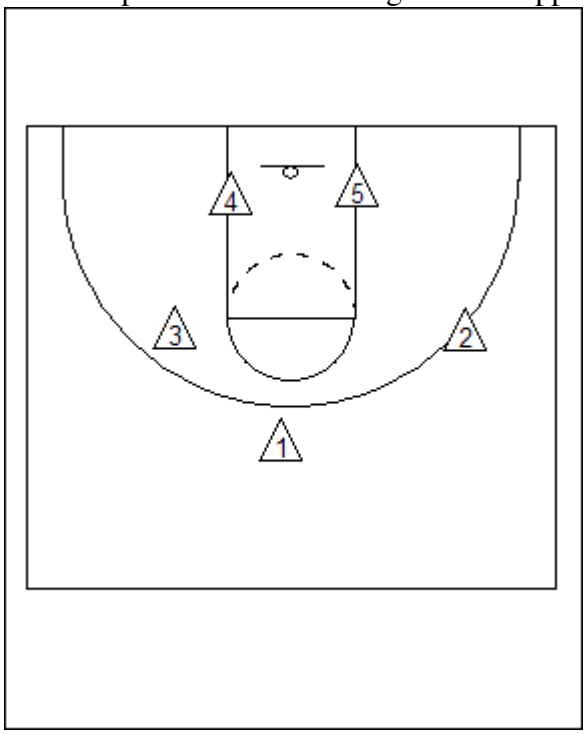




It's not what happens to you, it's how you react to it

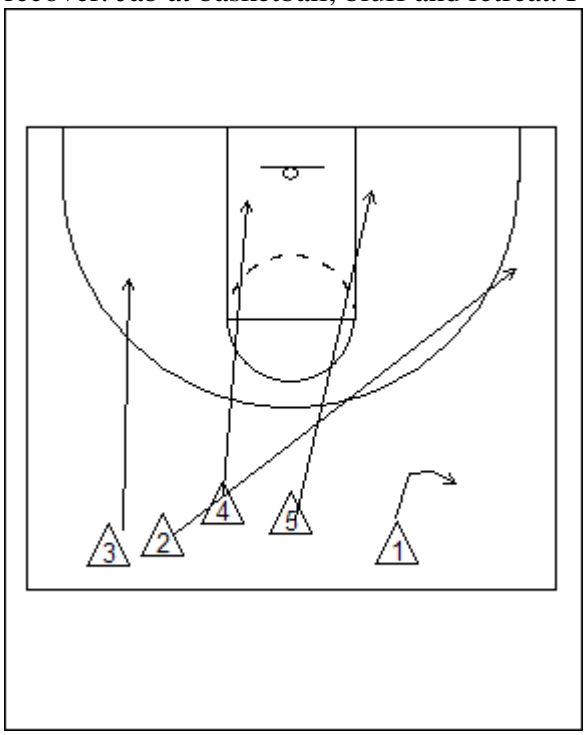
Bucknell Match-up Zone

Match-up Keys:
1. Communication
2. Never should have 2 guys on same man or ball
3. Ball pressure
4. Keep ball out of middle
5. Ball side you are ball conscious (man open is farthest from ball). Flat tire principle: expanded ball side/flattened out on weak side.
6. Side front post high; ball above foul line- side front post low; ball below foul line
7. Once you release cutter find next closest man in your area or your help side responsibility
8. Big Men who are vocal and understand match improve effectiveness of it.
9. Help and recover principles.
10. Know how to play individuals; sluff off non-perimeter threats who step out; shade shooters can't use 3-point line as gauge.
11. Don't extend defense beyond shooting range of opponent (2 steps beyond 3-point line)
12. Call shot, box, rebound- run
13. Fun comes from accepting a challenge and meeting it. Get a stop.
14. No mistakes can be made, only selfishness through lack of hustle.
15. Start possession with recognition of opponent's strengths individually.

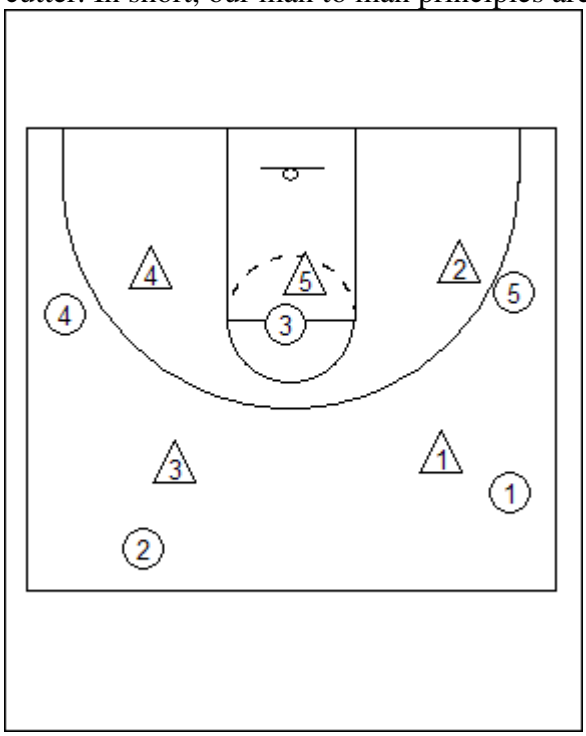


X1- dictates ball until called off by teammate
X2 & X3- must be ready to take ball if driven into their area. Their first priority is to fan and prevent ball being pitched ahead.
X4 & X5 find men close to interior area. They must protect the basket. Jam people down interior and force out.
-This puts us in our strengths (pt, wing, post) and allows us to get back on defense with a purpose and place.
-If offense has a break we immediately mark the ball with someone and remaining defenders pick-up until we can get back to even.
-Defense is aggressive, pressure and harasses the ball! Force dribbler out of middle, good help-side principles, takes away ball reversal.

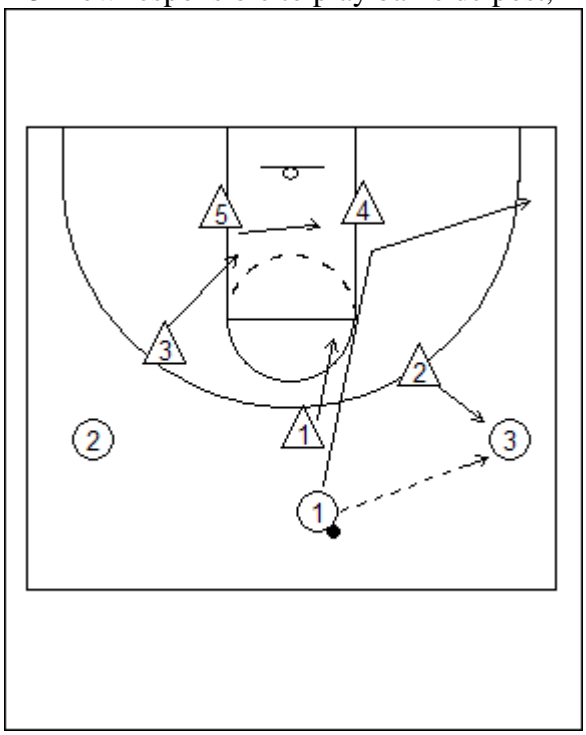
Situation Transition:
Sprint back to an area of the floor and find man. If nobody is in your area find next closest man. If offense has numbers then match up and stay stopping the ball. We never run off the basketball- unless pushed off by a teammate. We are ball conscious, aware of opponents strength's and have bought time for our teammates to recover. Jab at basketball, bluff and retreat. Force man with ball to make decisions under pressure!



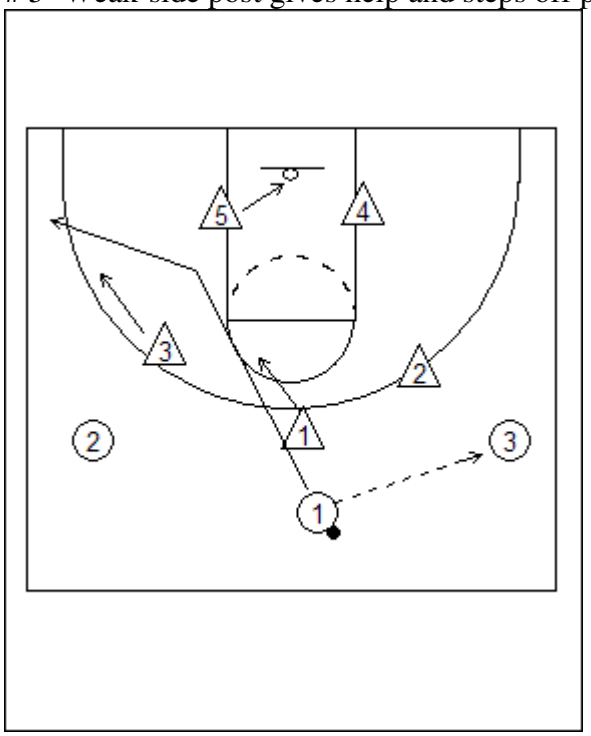
Match-up Defense Attacks based on Offensive set:
We are not fixed into a specific set, 3-2, 2-3, 1-3-1
X1- will alway pick up dribbler right, pressuring smart, and forcing to a side
Defenders behind will then locate and make sure everyone is marked on the floor.
We will have a ball-side- weakside, we will be aggressive on the floor, and we will always be physical with cutter. In short, our man to man principles are the foundation of the match-up defense!



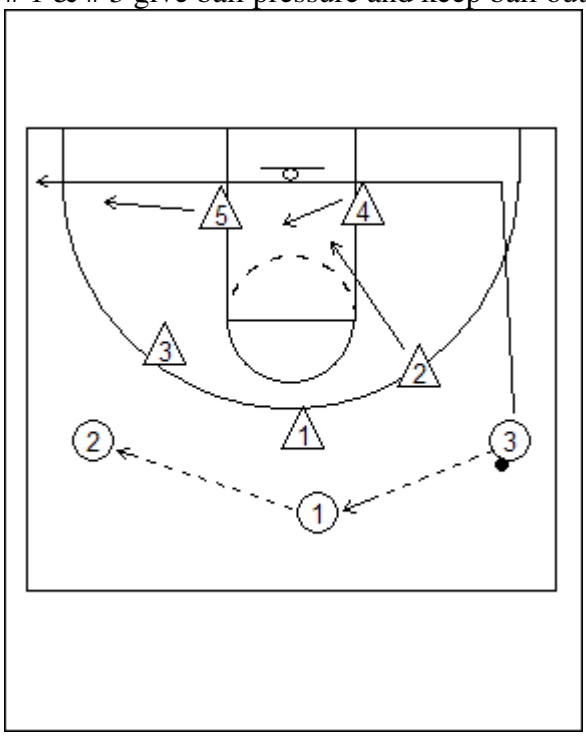
Match-up 3 Defense:
"Same Side Cut"
1- jumps to ball, takes cutter down, and kicks him to # 4
2- pressures the ball, forces ball out of middle
3- weak side wing holds down weak side post.
4- kicks # 1 back up and takes cutter to ball side corner, going out over high side of post.
5- now responsible to play ball side post, must tell # 4 to go to corner ball side.



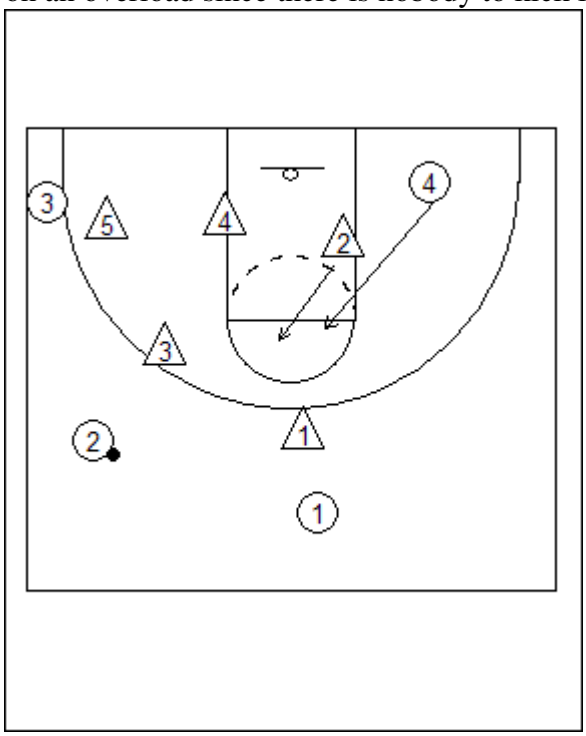
Weak- Side Cut
1 jumps to ball, as cutter goes weak-side, he kicks cutter to # 3, he then looks to find next closest man.
2- ball pressure, forces out of middle
3 weak-side wing gives help defense
4- side fronts high with ball above free-throw line
5- Weak-side post gives help and steps off post flash to ball side high post



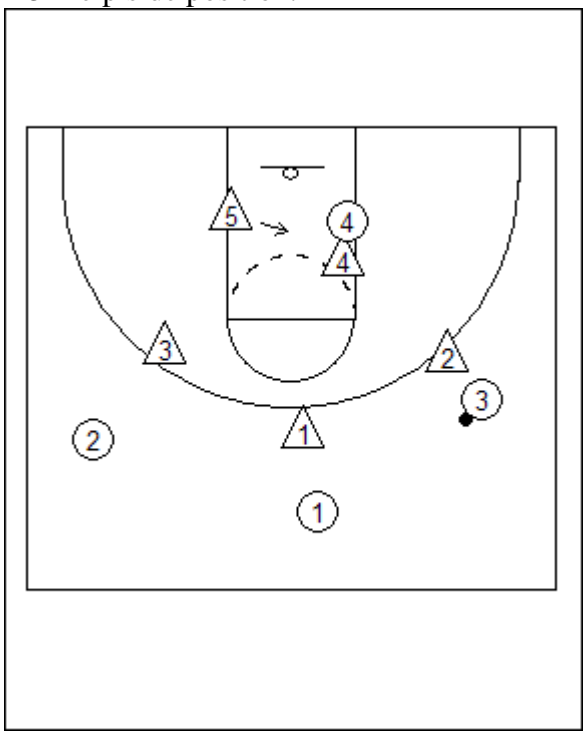
Wing Baseline cutter
2 takes cutter down and kicks to # 4, # 2 holds down weakside post
4 stays above cutter on baseline and kicks to # 5; # 4 now plays ballside post defense
5 takes cutter to corner, he goes out over high side of ballside post man.
1 & # 3 give ball pressure and keep ball out of middle. both are in a position to help and recover.



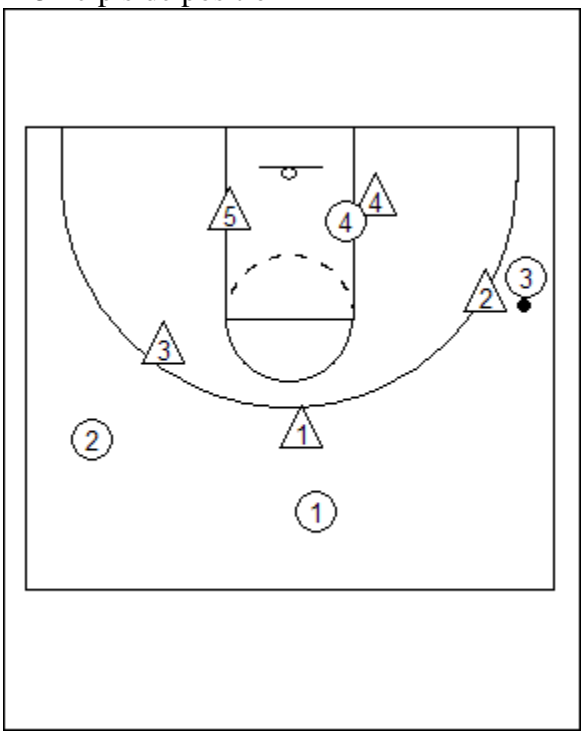
Overload with Weak side Flash:
2 responsible to cover any weak side flash
on an overload since there is nobody to kick flasher to.



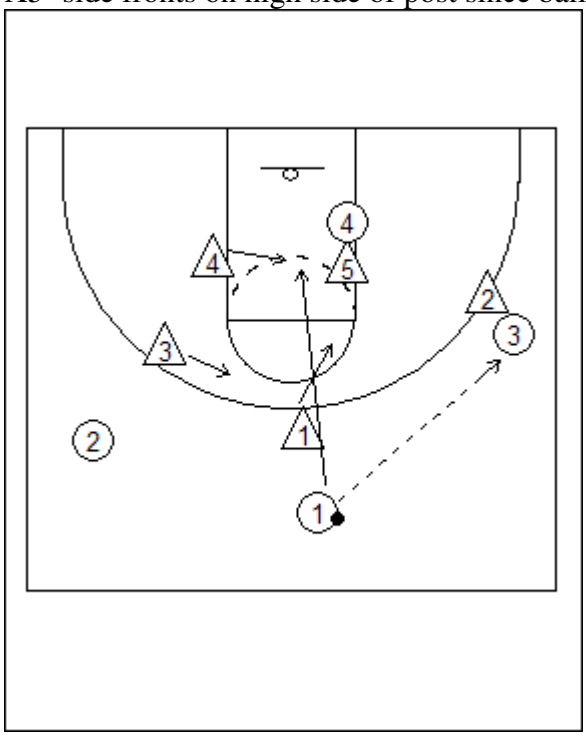
Post Defense ball above Foul Line
2- pressure ball, forces out of middle
4- side front actively on high side
5- help side position.



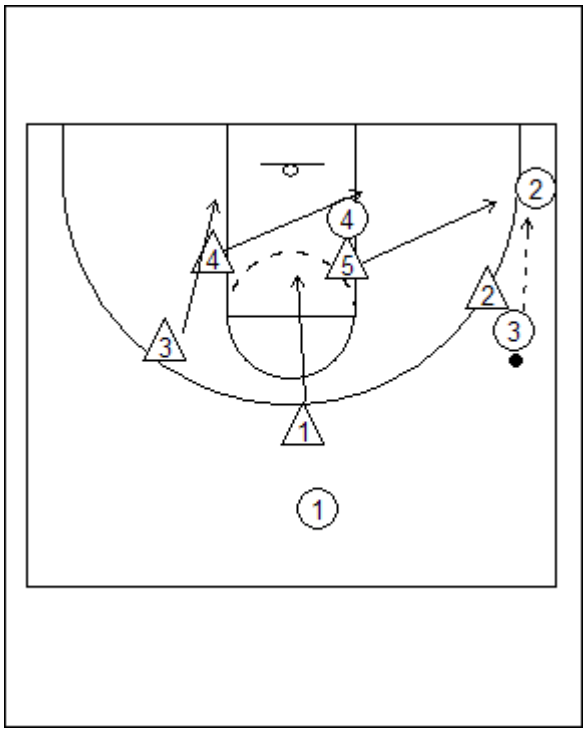
Post Defense ball below foul line
2 pressures ball, forces out of middle
4 side fronts actively on low side
5 help side position



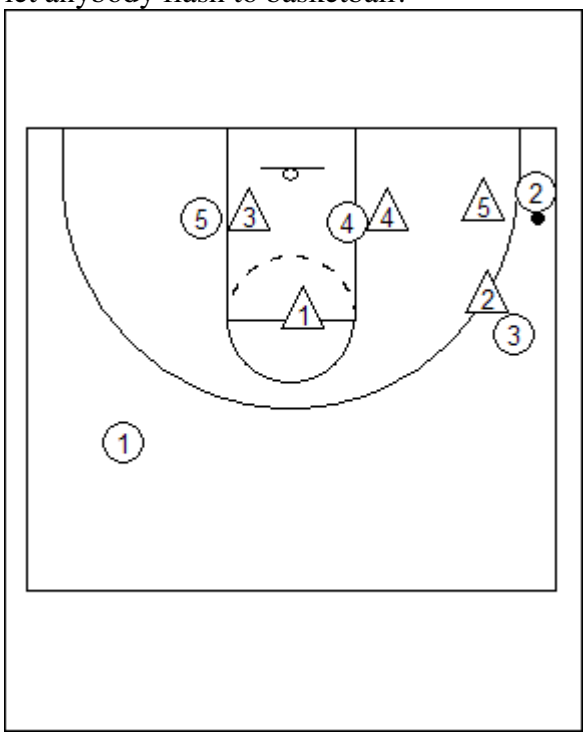
Same Side Cut
X1- bump cutter and stay until call off by X 4
X2- forces ball out of middle- attack and harrass the ball
X3- weak side help, guard against flash or skip
X4 - free safety, must talk and direct traffic from behind
X5- side fronts on high side of post since ball is above foul line.



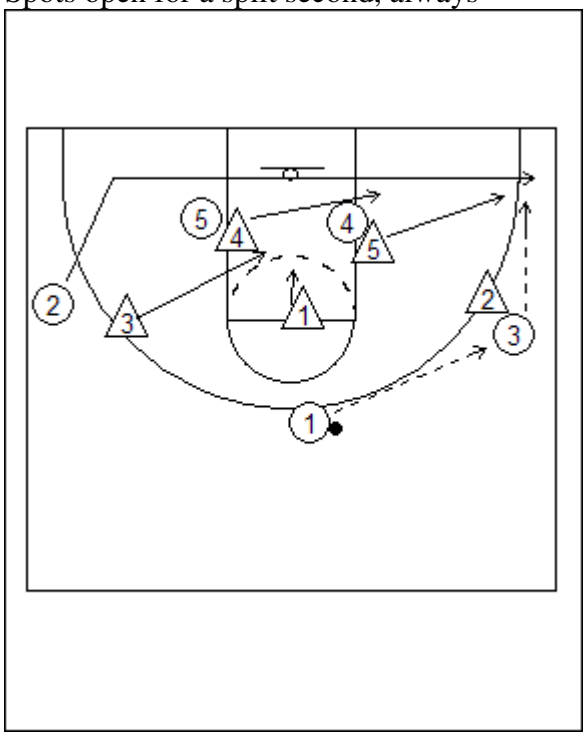
X5- attack corner, forces out of middle. uses size and must gauge foot speed, disrupt passing lane.
X4- was already in weakside help, one now defends ballside post. he side fronts low since ball is below foul lone.
X3- is farthest man from ball and must protect weakside block. Must avoid getting sealed in or man flashing.
X2- jumps to ball on pass to corner. in help and recover position. must jam wing cutter if he deides to face cut
X1- weakside help, responsible for weakside wing flashing.



-Everyone on the floor is marked
-Ballside and weakside principles
-Nobody cuts or comes to basketball freely
-The skip pass is not open and we don't let anybody flash to basketball!

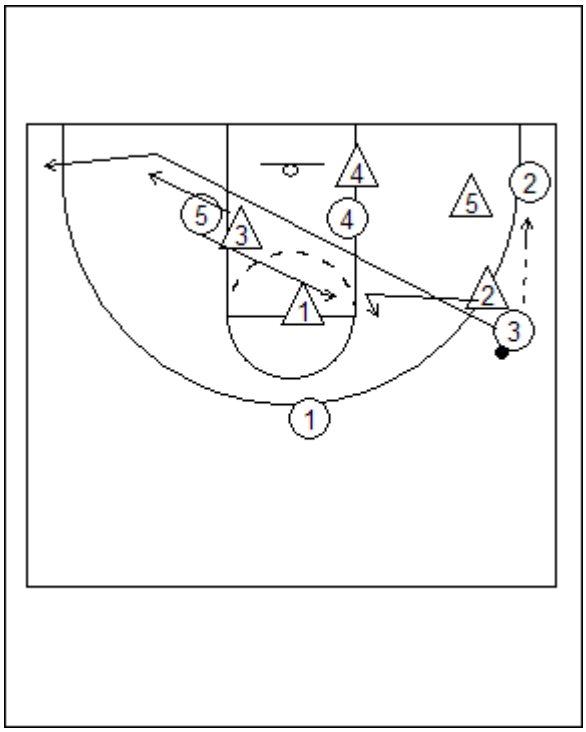


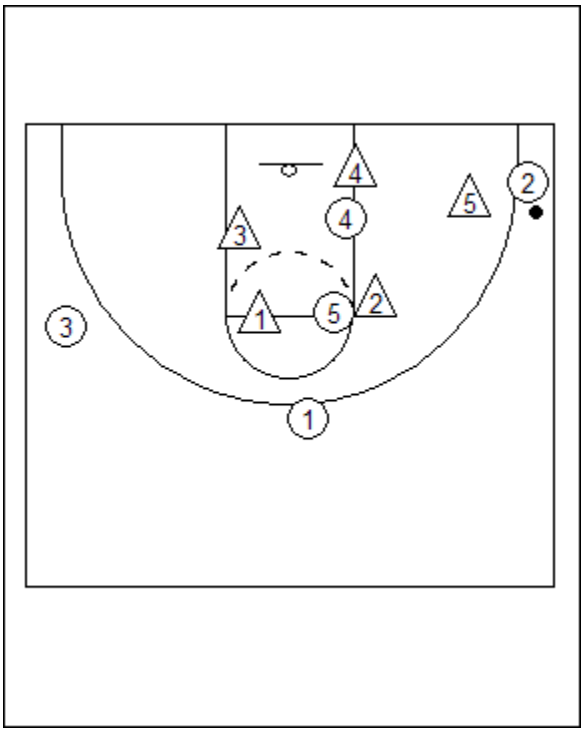
Baseline Cutter
X3, X4,X5- stay above offense man
X5- corner
X4 Ballside
X3- drops
X1, X2 help and recover
Spots open for a split second, always



X2- "Key" bump cutter till pushed off
* Let them play/ Give some freedom
A) Attack corner man dribbling out of corner
B) Switch with X3 on flash man
C) Take anyone that replaces in his area
X5- on ball
X4- ballside block
X3- step flash and call out
X1- pinch post and recover

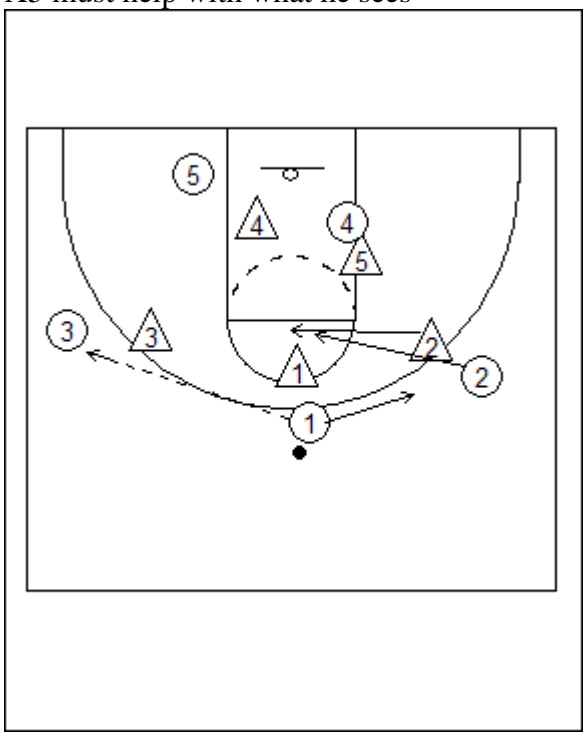
Communicate, most comfortable movement by players
Weak side/ Pressure Ball
Ballside

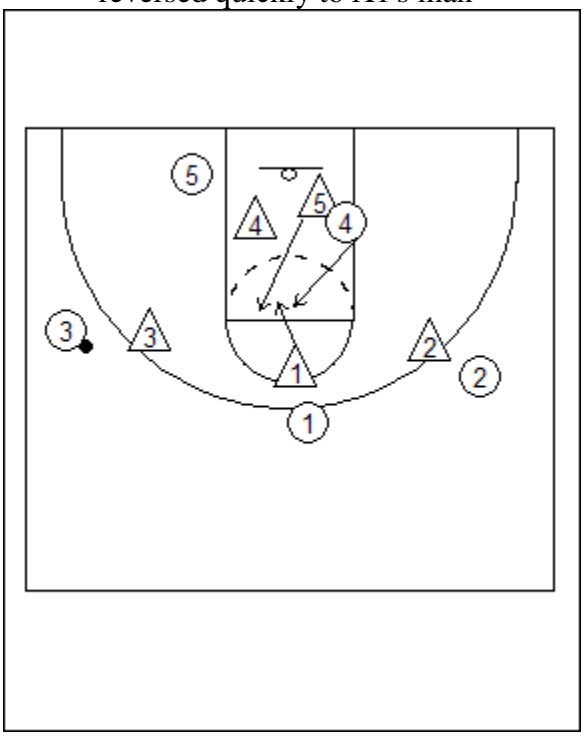




Flashes
X1 pinches post
X2 if stays with flash calls (staying) ex shooter at top
X3- if takes floor guy, call (high) post, ex shooter flairs
X5 must help with what he sees

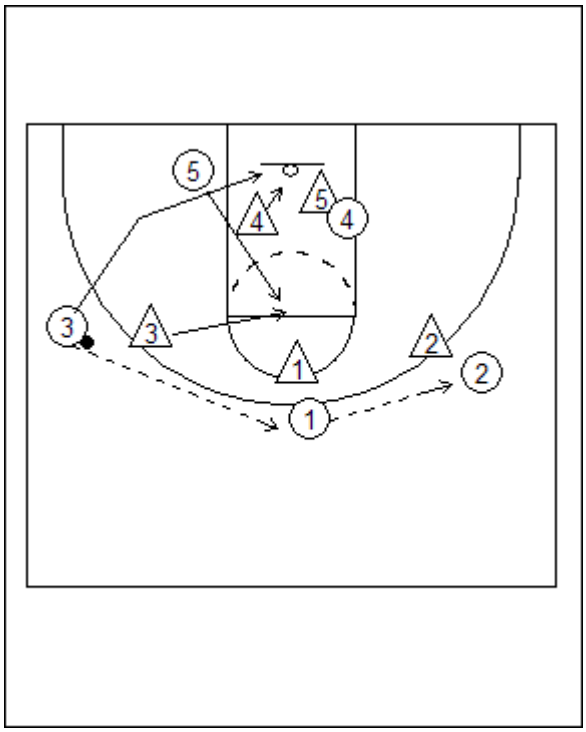
X5 stays with flasher if no cut
X1 pinch post- these 2 must communicate
X3- must force down so that ball can't be reversed quickly to X1's man





X4 calls cutter
X 3 calls Flash
Always ball conscious

- Don't let flash run free *



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JOE STOLZER

"THE TEN COMMANDMENTS OF PHYSICAL DEVELOPMENT"

I. Warming Up
- -Goal: raise body temperature by 2 degrees (skipping, jogging forward/backwards, jumping rope, jumping jacks)
- -Running backwards: prepares your front muscles, creating a balance of the muscle
- -Side shuffles- 31% of all movement is basketball is lateral, yet no one trains that way
- -Lunges- angling right or left at 45° angles
- -Squat thrust

II. Foot and Ankle
- -Foot & Ankle strength affects knee stability and hip strength
- -Often times a bad knee is a result of a weakness in foot/ankle area
- -Walking on toes
- -Walking on heels
- -Jogging barefoot in place- 5-15 minutes
-

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-Side Ankle Lifts- 2 people, one lies down on one side and pushes ankle upwards against the resistance of partner standing above them and pushing down on their foot

III. Lower Body

-Basketball is played from one leg to the other (major key of basketball strength is the ability to transfer weight from one leg to the other).

-1 leg get-up: with back to bench, raise one foot barely off the ground and lower your body to sit on bench. 10 reps, switch legs

-IsoExplosion: squat on one leg, holding for 4 seconds before jumping as high as you can

-1 Leg Squat Hold- Standing on bench, squat on one leg- Hold for 30 seconds- 5 minutes

-Side to Side 1 Leg Jump- jumping side to side off of one leg as far as you can, holding for 4 seconds on each leg before jump

IV. Pillar Strength- Emphasis should be on inner abs rather than outer abs. No matter how big a guy is, on the court he is only as strong as his inner abs are.

-Planks: Top ab exercise for everyone from soccer moms to Kobe Bryant

-Bridge: Shoulders and feet on the ground, body raised for :30-5:00 (strengthens the body in a synergistic way)

-Figure 8- butt on the ground, legs raised, wrap the ball around and through your legs in a figure 8 motion while moving your legs up and down. Works hand-eye, basketball specific muscles, shoulders, core, and hips, go for 30 seconds to 1 minute.

-Bicycle Lateral Raises- Sitting on your, move your legs in a bicycle motion while performing lateral raises with 10 pound weights

V. Basketball Torso- The forgotten muscles

-Hands:

-Ball Push-ups: rolling ball from hand-to-hand

-Elbows (must pump elbows efficiently):

-The Set-up: standing with one leg on the bench and the other resting on the ground, lift leg up to level of bench (forces one to pump elbows).

-Gluteus Medius

-Coach Hang: Lie down sideways on bench, rest bottom leg on bench on your ankle

-Upper back (true measure of upper body strength):

-Kneeling Outlet Pass: kneeling on the floor, throw outlet passes to teammate. Teammate moves back on each set of 10 passes.

-Basketball Back- the taller the player is, the longer is spine and, thus, the greater the need for muscle development to protect it.

VI. Lateral Movement- Defensive speed

-Line touches 30 in 30 seconds, 40 in 40 seconds, 50 in 50 seconds

-Basketball Volley- Player slides across lane while partner tosses him a tennis ball. Player catches it with one hand and tosses it back.

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-Lateral Hurdles- Place three hurdles on ground, player must move across them in a line by jumping side-to-side

-Boxing- Player jumps on and off the board, scissoring feet, and throwing punches.

VII. First Step (The most important step in basketball)

-Ball Drop (Dwyane Wade Drill): Player stands in a ready position on the baseline, Coach stands at volleyball line and tosses ball out. Player must accelerate and catch the ball before it bounces twice. This can be varied by having the player start lying on his stomach or back.

-Timed Sprints:

-Baseline to top of key: 1.8 seconds

-Baseline to halfcourt: 3 seconds

-Baseline to opposite foul line: 3.5 seconds

-Resistive Sprints:

-Jump rope to halfcourt, drop the jump rope, receive a pass, layup.

-Player runs against resistance of teammate pushing him. At halfcourt teammate lets go, player finishes his sprint.

VIII. Multi-Directional Quickness (Ability to change speed & direction with the ball)

-L-Sprint: With the ball, player begins at the corner of baseline to halfcourt, across the court to opposite sideline, back across and then finish at beginning corner- 10 seconds.

-X-Sprint: With the ball, player begins at corner of baseline and sprints to halfcourt on the opposite side of floor. Player turns and runs across halfcourt and then moves diagonally back to baseline before dribbling across baseline.

-Jog-Run-Sprint: Walk dribble to foul line, jog dribble to half court, sprint to baseline.

IX. Vertical (A measure of one's true explosive power)

-Pogo Jumps: 20 short, 20 high

-Broad jump: Off two feet, jump forward as far as you can.

-Overspeed: Sprint from halfcourt to baseline coming to a jumpstop before jumping as high as one can, trying to touch backboard with 2 hands.

-Jump Squats: Bend down to touch the floor then jump to touch the ceiling.

-Knees-to-Chest: Jump with the goal of bringing your knees to the level of your chest. 25 jumps, rest, 25 jumps, rest.

X. Recovery

-The Golden Hour: In the 60 minutes after a workout, body is peaking: you must replenish the nutrients.

Notes:

-I can't make the people that come to me be Olympians, I can only inspire them and try to make them a better athlete than when they came to me.

-In today's game, defensively it's all about getting to a spot (QUICKNESS)

-31% of all movement in basketball is lateral, why don't we train that way?

-A player is only as fast as how short of the time period in which his feet are resting on the floor

-Brain doesn't know the difference between a dumbbell and a basketball- Bring the weight room to the court

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BILLY DONOVAN

"COACHING THE MINDSET"

-What do you do to get your guys mentally ready to play?
    -A team can't play well if it is not in the right frame of mind
-Bill Parcells: "Players haven't changed (from the 80's until now), it's the people around them that have."
-Basketball is an unselfish game that is too often played by selfish people
-Where are our guys mentally?
    -Examine body language as they come into practice
    -Have a beat on everything going on in the Athletic Center (trainers, managers, etc)
-How do your guys learn? Film? Walk-through? Be CREATIVE!!!
-After 2006, wrote down all the things that could get in the way of the team being the best they could be- players being selfish, over-confident, not handling roles
-2006 & 2007 National Champs had an enormous level of sacrifice
.-Live in the present: forget the past, play the next play to the best of your abilities
-Encountering over-confidence: yesterday is over, we need to compete NOW
- COMPETITORS (!!!)- great competitors bring it every game, every practice

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-Role Players
    -Never underestimate how important role players are.
    -Stars will get the pub, it's the role players whom you need to make sure feel appreciated
    -Stars must endear themselves to those role players (think KG offering anyone on the team a free meal every road trip)
    -Building chemistry isn't all on the coach, your best players have the best chance to improve chemistry
-Leaders on the floor/ Leaders in the locker room- often can be two different sets of people
-Approach/Avoidance goals
    -Approach Goals: things the team wants to see accomplished
    -Avoidance Goals: things the team is hoping to avoid.
    -Focus on approach goals. Avoidance goals are too negative, makes teams play to not lose rather than to win
-Live in the present: forget the past, play the next play to the best of your abilities
-Encountering over-confidence: yesterday is over, we need to compete NOW
-COMPETITORS (!!!)- great competitors bring it every game, every practice
-How do you make sure your message is being carried?
    -Choose 3-4 players who are responsible that the message isn't diffused by negativity in the locker room
-Watching film after a loss shouldn't be punishment. Be objective. You can be harder after a win, go easier after a loss.
-Halftime motivational strategy: Really not much time, only 15 minutes, but if they're too high emotionally, bring them down. If they're down, bring them up.
-Create epiphanies- talking can only do so much, at times a coach needs to come up with a creative way of getting his message across. Sometimes players get too caught up in themselves and seeing those who are less fortunate, they realize they don't have it as bad as they think.
    -Ideas:
        -Bring role models to practice
        -Visit a local children's hospital
        -Ask for the team's input.
-Bill Belicheck met with the team shortly before the SEC tournament. Showed them a video of the Breeders' Cup (horse race) and paused the tape halfway through the race with the outcome still up in the air. He asked the team "Who will win? The horse with the most experienced jockey? The horse who has won the most money? The horse with the best odds prior to the race?" The team was puzzled, "No, it's the horse that runs the best race from here on out." You can't focus on prior accomplishments/failures, you must only focus on the present and doing your best the next play.

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RICK PITINO

"PLAYER DEVELOPMENT FROM A TO Z"

-The NCAA established the 20 hour a week rule because of me. If you don't like to work at your game, I'm the worst coach for you.
-Favorite 3 players of all-time: Mark Jackson, Jamal Mashburn and Billy Donovan because all three players were overachievers who got to levels that he didn't think they would ever get to.
-Sits down with all his seniors after the season is over and asks them to tell him what they enjoyed and what they hated. Constantly seeks feedback.
-New book- Rebound: Art of Success. Deals with rebounding from adversity in life.
-Skill development philosophy: We're not leaving until you master that move
-3 or 4 man workouts lasting either 42 minutes or 1 hour
-Offensive player should go body-to-body with defender not just to beat the individual defender, but also to stay away from off-ball defenders ("slapdown guys")
-Players shoot 22% when challenged. (He really emphasizes this fact to the point that during one-on-one competition, Louisville players are told to pass it back to a coach rather than take a challenged shot)

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-42 Point Game: Group of 3 players stand at 3 point line, managers rebound. Players shoot a corner 3 running to opposite corner after their shot to take a 3 from opposite corner. Players will then run back to original corner for a one dribble pull-up before heading to opposite corner to do the same. Players will then return to original corner for a catch-rip- 1 dribble-layup. Players will do this from seven spots (corners, wings, elbows extended, top of key) with the three-pointer counting as 3, pull-up counting as 2, and the layup as 1. Maximum point total:42, losers run.

-Four rules in terms of team defense::

- -no 3 point attempts
- -every 2 is challenged
- -no shots at the rim
- -no second shots

-Footwork drill: players line up on baseline under basket, toss the ball to a coach at the three-point line in the corner. Player sprints out to catch the ball on a jump stop facing the coach. Turns his body ripping the ball through (2 important notes: first thing the defender should see is the offensive player's elbow coming through before the body. Player should exaggerate how low he is on pivot) Run from seven spots on the floor) pivoting both ways- 14 actions.

-Post footwork: Drill begins same as above, but guards now go to block. Before coach passes it into the post, he will hold and make the player move laterally to fight for position against manager. First rep: player turns to the middle, one dribble, point the shoulder into jump hook. Second rep: baseline jumper (DON'T FADE!!!)

-Box Drill: 1 player on each block, one with a ball. The player with the ball (X1) tosses the ball out to a coach standing outside the 3 point line before x-cutting to elbow. As he's doing this, the player on opposite block (X2) cuts to the opposite elbow. X1 passes to X2 (who is bothered by manager playing dummy defense to force a difficult pass), X1 takes one step away before cutting across the lane to catch a pass back from X2, X1 absorbs contact (coach holding pad underneath hoop) with his inside shoulder and finishing with his outside hand. Switch players and sides.

-1-on-1 Keepout: 1 player on each block. Player with the ball (Offense) throws the ball out to coach and sprints out to receive handoff. As the defensive player steps up, his goal is to keep the offensive player out of the paint. If offensive player can get into the paint= point for the offense. If the defensive player is able to drive him out= defensive wins.

-The mark of a great on-the-ball defender: ability to keep his shoulders squared on offensive player. Once you open up your shoulders, you're beat

-Box Tap Drill: One player on each block. The player with the ball (offense) throws the ball out to the coach and sprints to elbow, defensive player trails. Offensive player catches with his back to the basket at the elbow and waits for the defensive player to touch his back (his cue to play) Winner stays on offense.

-3 man shooting: 1 player at the top of the key and each wing (3 total). Player at the top of the key receives first pass from coach underneath the hoop for a catch and shoot three. On the next pass, player dribbles twice to the right into the paint and kicks to right wing who spaces out on point's penetration (Player shoots and then runs through to opposite wing). Player on the left wing replaces at the top of the key and receives his first pass for a catch and shoot and his 2nd for a drive and kick to the right wing (now held by the person who began at the top of the key)

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-Doesn't allow full court 5-on-5 in the off-season: "All it does is allow your team to repeat bad habits."
-Put competition in every drill—players play harder when there's a winner/loser. Put something on the line.
-Goals: 6-8 steals, +8 differential in FGA, 35 deflections (30 in HS) and 10 2nd shots.
- Don't personalize criticism- "We" not "You"
-Uses treadmill resting on side of practice court for punishment. 1 minute on 9.0, 2 minutes if they don't sprint to treadmill
-Working hard is an acquired skill
-The more you build self-esteem **when it's deserved** the more likely guys will work to overachieve.
-1on1: Coach on each wing with ball, one player at top of key (offense) and one player just below FT line (defense). Player can step to either side (elbow extended) to receive pass from coach. Defensive player closes out, offensive player is allowed 2 dribbles. On a miss, defensive player passes ball out to coach only to receive it right back (mid-range area on wing). Players stay on until a score. On a make, offensive player heads out to the top of the key and the drill starts again. ON A FOUL: offensive player ducks in immediately to post up next player in line (players must be ready to jump on and try to get in front). A couple of points: no staredowns (players must work quickly) and do not allow your players to take contested shots (rather than take a contested shot, they can pass the ball out to one of the coaches and play again).

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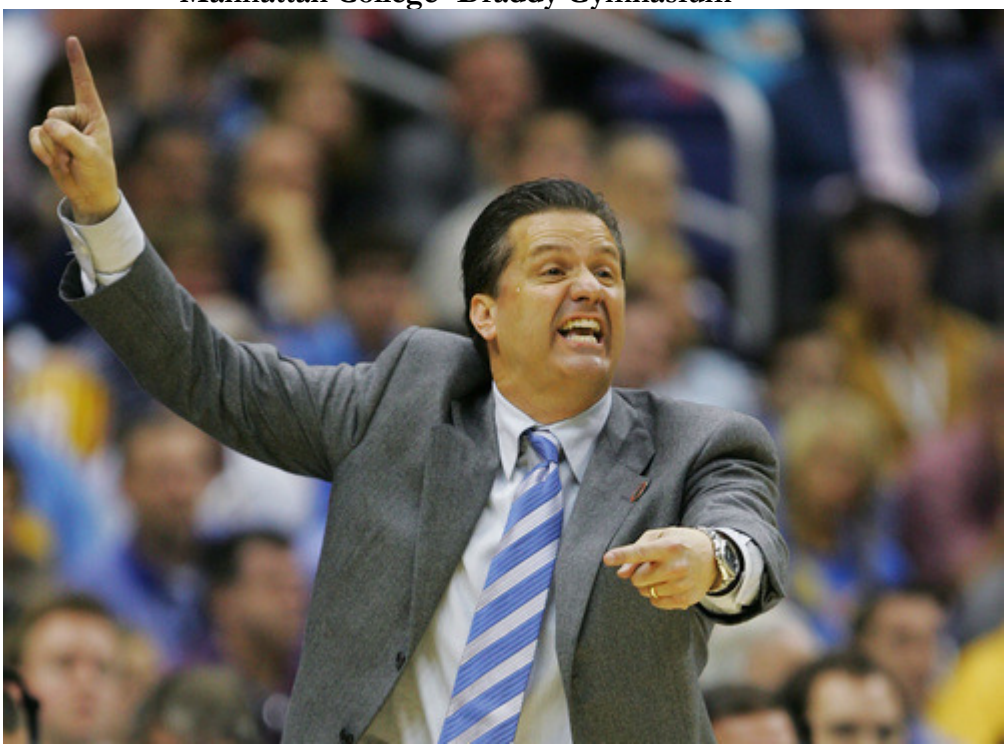

JOHN CALIPARI

"THE MEMPHIS OFFENSE"

-Points per possession: Free Throws: 1.4, Threes: 1.2, layups: 1.2, midrange: 0.7.
-SPRINT to the rim on cuts
-Big rim-runs HARD for a layup. If big doesn't get it, weakside just below block.
-Dribbler must continue to come on drive, can't be knocked off course of drive and CANNOT spin back across basket line. He must play through bumps, can't move back.
-All passes in this offense are high or lobs (no direct-line passes)
-Big moving to opposite block on ball movement can't slide across lane, it's a cross step and sprint
-Make sure trailer (4 man) is properly spaced. He should be at the midpoint (halfway between the lane line and sideline.
-On wing drive, once dribbler breaks the 3 point line, player in the corner must take 1 step out of corner in order to occupy defender (all you need is 1 step, just make sure defender sees you move)
-In this offense if you have the ball, it's your game: beat your man, try to score. Hardest thing to guard is the dribble drive.
-Weakside wing is 1st defensive guy back

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-"Bailout" cuts: cuts made to give dribble-driver options if drive is cut off and can't get all the way to the rim. Bailout cut must stop if driver stops. In the case of a jump stop, cut must hold up

-Bob Knight (Motion, Motion, Motion) upon seeing the DDM for the first time: "This is the stupidest shit I've ever seen, but I like it." Bob Knight's critiques: too many teams play the team too fast, don't be afraid to look to see if you have the open shot on the catch rather than putting the ball on the floor right away

-He's coaching less, winning more

-With DDM, practice is teaching how to play rather than teaching them plays

-Players love gametape of themselves

-Charts shot % during practice- EVERY shot

-You CAN run this with a post presence. Quick post-up: send 2 man through, 1 dribbles right to elbow while 5 man ducks in from opposite block. The great spacing in this offense is what allows this to happen. Teams can't double.

-DDM is NOT "drive and kick." In fact, he loves when he hears that or "it's just AAU ball" because that means the other team doesn't understand what we're running

-Breakdown drill for Bigs: Coach stands at FT line, line of bigs on the block. Coach throws it in the air, big jumps up (no step, just jump) and gets it, putting it off the backboard.

-Offense is great for offensive rebounding because you can send 3-4 to the glass because teams are so afraid to even try to run with this offense.

-Important stat: rebound percentage—how many times did a player ATTEMPT to rebound?

-Offense is easy to recruit to—kids want to play this way

-It's not the first drive of the possession that will get to the rim, it's the 3rd or 4th that will provide the layups.

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HUBIE BROWN

"THE X'S AND O'S YOU FORGOT TO ASK"

-At clinics, take only what you can teach; be sure to stay within your personality and personnel. You MUST believe in what you teach
-Great coaches aren't afraid to be innovators
-PLAYERS make the system, not the coach. You NEED players—During the Chicago Bulls' run during the '90's, eight newly-hired coaches installed the triangle offense in their new job, none, zero, lasted more than 2 years. What happens when you don't have the players?
-How do you ram home your emphasis?
-You don't lose your job just because of your win-loss record. Often times it is players complaining about style of play
-What kills a player's potential? 1. Low pain threshold 2. Low IQ (basketball) for what we're running 3. Selfishness 4. Can the person do the intangibles (charges, loose balls, pass aheads, rotations 5. Drugs and Alcohol
-Accountability is greatly missing in today's game

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-Shooting makes up for a multitude of sins. I have a shooter on each unit no matter how bad of a defender he is. We can hide a bad defender, we just need him to make the necessary rotations.

-Key halftime stats: offensive rebounds (& points off), fast break % (& points off) and deflections (Why do I love deflections so much? Because it shows that we're working and it tells me we're bothering them from making the pass to the spot they want)

-Reward your guys: tell them how much you appreciate them

-Give your players a chance to talk

-Never end a drill without a basket. It does 3 things: 1. improves their confidence 2. conditioning, forces them to chase the ball down 3. enforces good habits, conditions them into making scoring a reflexive action

-A coach must pay extreme attention to the last 6 minues of a game. Ask yourself:

1. Did we get high percentage shots for our shooters?
2. Did we get to the free throw line?
3. Turnovers

-The day after a loss, a coach must break those key plays in the last 6 minutes to explain to his players why we won/ why we lost

-Zone attack: 1. What kinds of shots are you getting? 2. Can you score in the paint? 3. Can you get to the line? 4. Can we get to the glass for offensive rebounding?

-Anytime a team is running a sideline break, we're going to take it away. On a make/miss, defender jams the rebounder. Drill: 2 players on each block, closest to baseline will be on offense. Coach scores the basket, offensive forward grabs the ball out of the net and steps out of bounds to inbounds the ball to guard streaking to near sideline (volleyball line). Defensive forward angles himself to cut off pass to sideline, defensive guard must force the guard to come back towards the inbounder for the outlet. On the catch, defensive player must turn ball-handler twice before halfcourt (forward sprints to half out of drill).

-I need more shots—how do I get them? Offensive rebounds, force TOs, and block shots.

-Hubie's 3 toughest offensive actions to guard: 1. Staggered screen for a shooter 2. Dribble handoff 3. Backscreen

-Do you shoot enough in practice? How many shots do your kids get up in a practice?

-To beat pressure: 1. If a player cuts out of an area, a player must be sprinting in to replace 2. Have the ability to reverse the ball 3. Do I have a backdoor/change of direction in our continuity?

-Make a zone press pay: attack, layups. If you don't, they will stay trapping

-Against physical defensive play, don't be afraid as an offensive player to use your hands when coming off a screen (against the screener, your teammate). Why? Because it slows the offensive player down and allows him to see how the defender is playing him.

-When your door is opened, will you be ready? Will you thank the person who helped to open that door?

-Great moment—Hubie: "Is he soft? Can't set a screen? Shit, he could start for Cal"

THE CLINIC TO END ALL CLINICS

September 19, 2008
Manhattan College · Draddy Gymnasium



PETE GILLEN

"HOW TO BEAT THE 'ZIGGY'… SURVIVE, ADVANCE, & CONQUER"

-Any coach in America can get fired. You can be fired for a variety of reasons: not winning enough, can't recruit your city or state, style of play (you have to play "fun"), attendance, players (discipline or academics), new administration, new building, lack of postseason success, etc.
-Be sure to keep in touch with people; drop them a simple note
-The right length of time to be in a job is around 7 years for a college job, 10-12 for a high school
-Even though being fired is THE most personal thing in the world, you can't take it that way. You have to see that it's the system
-What happens when you get fired? To get back you have to put your name out there and you can't do it by yourself.

THE CLINIC TO END ALL CLINICS

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-Coaching allows you to help kids, affect young lives, "The Ripple Effect"

-What do I miss now that I'm out of coaching? Practice (the teaching), the camaraderie between the coaches, the thrill of games

-Why did I leave Providence for Virginia? Honestly, money. I had an opportunity to secure the financial future of my family—I had to take it.

-Wouldn't trade his 36 years in the business for anything because of the relationships that he built with other coaches

THE CLINIC TO END ALL CLINICS

September 19, 2008
Manhattan College · Draddy Gymnasium



BOB HURLEY

"BUILDING A PROGRAM W/O $$$"

-Building a high school program:
-Decide what type of kids you're going to have
-Keep a separation from your players ("I'm Coach or Mr. Hurley, I am not your buddy") I never want a player to come back and say I was too nice to them and I should have pushed them harder.
-Have your former players come back and tell you're guys 2 things: that everything they're going through is worthwhile and how great college is.
-Give yourself time to develop your style, stick with it (In his first year at Duke, Coach K lost to Wagner)
-Very important to build feeder programs to your program (Jersey City Rec/ B&G Club)
-With city kids, you have to keep them involved—it's okay for them to play other sports, it's better than them being on the corner
-Make freshmen and junior varsity programs mirror the varsity. Get the coaches to view themselves not in terms of win-loss, but rather as varsity assistants.
-Keep maximum number of kids
-Make sure you keep size (even with no experience). Pay attention to how you handle these kids—keep telling him how good he's doing until he's there "in the web" and then treat him like shit like everyone else.

THE CLINIC TO END ALL CLINICS

September 19, 2008

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-Cultivate an identity in your community. If a cop sees a St. Anthony's kid on the corner, he will call me.
-Allow kids' play to dictate their playing time. Don't get too high on a kid as a freshman.
-Curfew: kids have to call from their home number between 9:30 and 10.
-Teach your kids how to act: short haircuts, no tattoos, good handshake and eye contact
-Pickup rules: Games to 8, 2's and 3's. Team that wins must "validate" the win with a free throw. If player misses, teams play again. If his team wins again, another free throw. On a miss, his team loses and is off.
-Drills: 2 teams go against each other for 4/8 minutes. Team that wins must validate the win with a free throw. If he makes it, losing team does the conditioning, but if he misses, his team is now the loser and must run.
-Validation idea came from Vance Walberg (UMASS and Pepperdine)
-Good assistants, ambitious coaches who want to be there are so important. If you are told that you have to hire assistants from within the school, try to mediate that
-Everyone in the program has gear, but the varsity has more (something the JV and freshmen can aspire to)
-If you have the opportunity, try to take an overnight trip
-Try to play as many as you can get away with
-Tries to get playing time for at least 1 sophomore each season
-Favorite players: ordinary players with an extraordinary desire to get better
-In today's game you must push fitness and strength training
-They must play hard. If they can't, they can't play for me.
-Get your guys to relish the opportunity to try, to challenge (when forced into the lineup due to injuries, 1 year varsity senior shutting Kobe Bryant down)
-Your best player must buy into playing defense
-Motivates his best defensive player by telling him in the scouting report that he's worried about his match-up and switches him off opposing team's best player. "He's too quick/ too big." If your guy is tough, he will come to you and demand that he gets the assignment.
-If you make them play hard and guard like crazy, you must give them freedom on offense
-FREE SHOT! When a player records a steal, it is his shot to take and may push until he's stopped. If it's a big, he gives it to a guard, but it's mandatory that he gets it back.
-Most important individual statistic for a guard: Assist/turnover. Good= 2:1, but a guy that wants to play in college should be above 3:1.
-Be sure to chart individual statistics/growth/achievement
-WIN STAT! Deflections + steals + contested shots + blocks + charges + defensive rebounds + loose balls + throw-aheads + offensive rebounds + 50% FG + 70% FT. Player who collects the most in each game gets to sit out all conditioning in the next practice.
-When practice starts, get the players together.
-Make sure that in the first 15 minutes of practice you say something to every player.
-After a bad loss, teach rather than blame
-Get your players to pay attention to detail, don't allow slippage
-Doesn't change defensive philosophy other than, depending on personnel, he will change his pickup point
-Keep a senior who doesn't play much IF he helps you in the class room or locker room
-You can pick your captains, but you can't pick your leaders.
-Talk constantly about their role, cultivate the back of your team

THE CLINIC TO END ALL CLINICS

September 19, 2008

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-3 times a week they practice hustle plays. Drill: Player slides to block to take charge of incoming offensive player. Defensive player jumps up and must dive on the floor to retrieve ball thrown on floor by coach. Player throws it back to coach, gets up and sprints in to get ball back from coach for a layup

-Killer conditioner: In the locker room, have a box of old shirts left at open gym. Have players bend and slide around the perimeter of the court, wiping the floor with the shirts.

-Late to a practice? Player stands on the sideline and watches everyone else do sprints (physically breaks them down in these sessions)

-Once you get defensive philosophy in, you don't need to push defense too much in practice. 3 drills is enough, just to work defensive leg muscles. In terms of practice time, offense over defense, emphasis on transition.

-Syracuse Lane Slides: Defensive slide across the lane coming to a jump stop (both feet outside of lane). Goal: 20 in a minute

-Work within your position only 10 minutes a day. Everyone practices every position everyday.

-A thousand times he has decided to try something else, but each time a kid (not even necessarily a player) has stopped him and kept St. Anthony's as being the only place he has ever worked. (Interesting to note that the closest he got to leaving was to Xavier with coach Gillen who preceded him at the lecture).

-You're crafted by who you played for/ worked with/ worked for

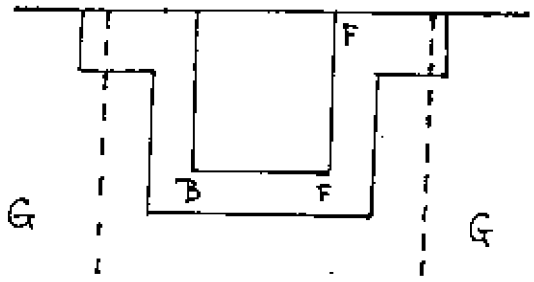
-You can dream

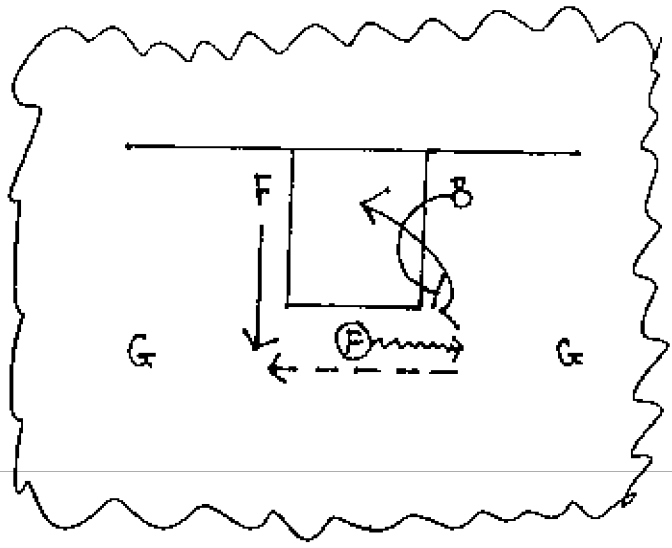
1) Get open
2) Square feet/fight for feet
3) Then catch and shoot

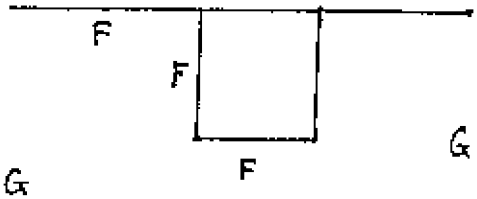
Must learn to fight for your feet. Feet have to be "open" to shoot. You can shoot when you can catch the ball square. - Tony Bennett

Bennett feels early in the season his team at U of W must get good shots early in the season. They must show this ability early.

<u>T Area Motion</u>:
Three players in the T Area





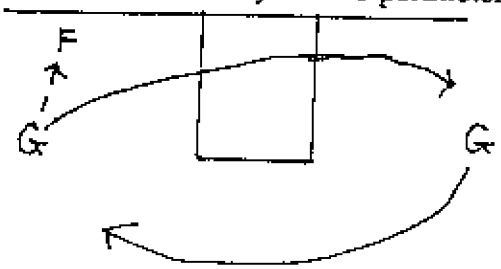


This is great against zones.

Problem is the guards get antsy.

Against a zone, if you catch the ball inside and don't have a shot go weakside fan with the ball.

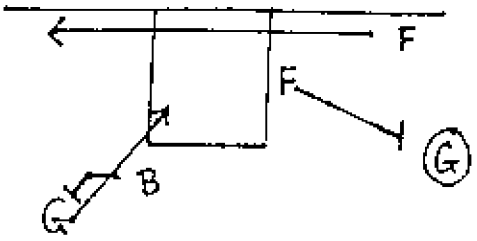
You can shallow cut or screen the interior with your two perimeters.

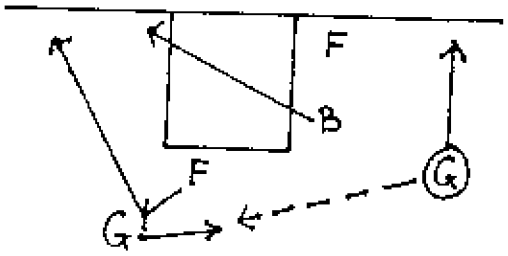


<u>Yellow/Green/Red T Area Motion</u>: this is what he plans to use at U. of W.
Yellow: Regular T Area Motion
Green: Everybody gets the off guard open - everybody off the ball is temporarily a blocker
Red: Under 10 seconds left on shot clock - one of two options

Red continued:

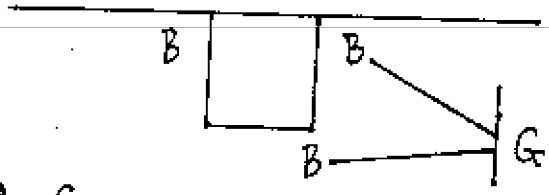
1) come out and set a ball screen
2) get the ball to a guard and flatten out on the baseline with a 4 across

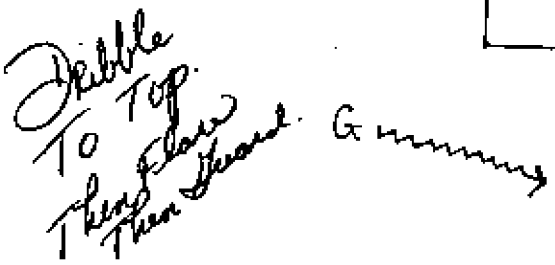




Green Option:

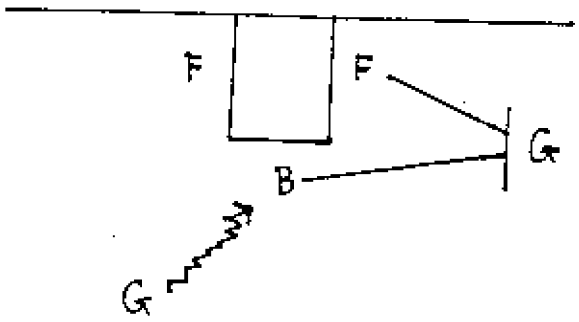
1) When the ball is dribbled up (centered on top) all forwards read this and become blockers for one pass. They must really nail the off-guard's man. Can set a wall or a triple stagger. Just need to nail the defender.
2) Teach the off guard to make good decisions.
3) Blocker's revert back to T Area Motion with three man moving and screening.
4) Ball guard who made the pass must balance the floor out.





Entering T Area Motion Offense:

1) The ball should be centered - Run *GREEN* to start the offense
2) Everybody gets the off guard open
3) Yellow regular after first pass
4) *Red* with under 10 seconds on shot clock
   - Bennett like/wants them to come out and screen the ball
   - Must clear out the side in a hurry if this happens on a side

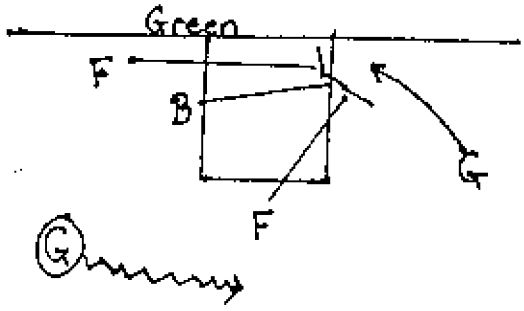


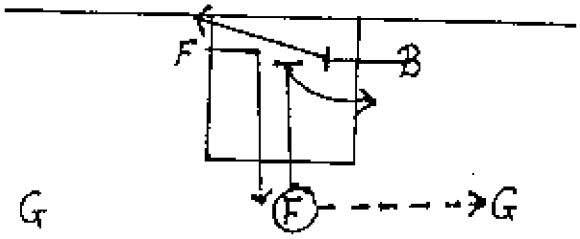
Green #2

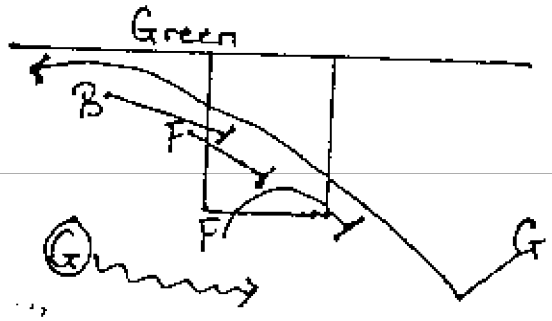
Wants to start the offense with *Green* so he can create a lot of movement fast. Go *Yellow* once your guard has the ball.

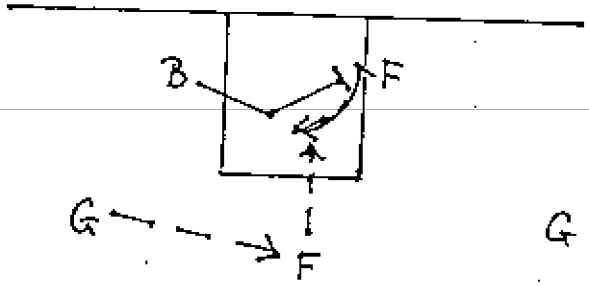
Can also run *Green* if the ball cannot be reversed.

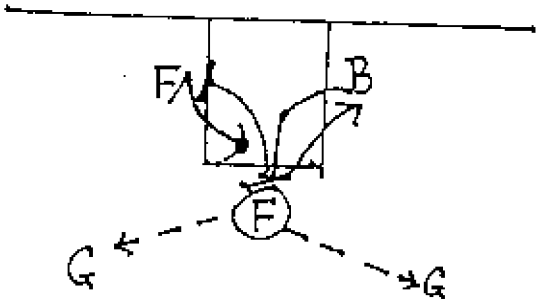
Following are possibilities for T Area Motion. Diagramed from tape Coach Bennett Showed of UW-GB. There is one blocker in the three man motion.

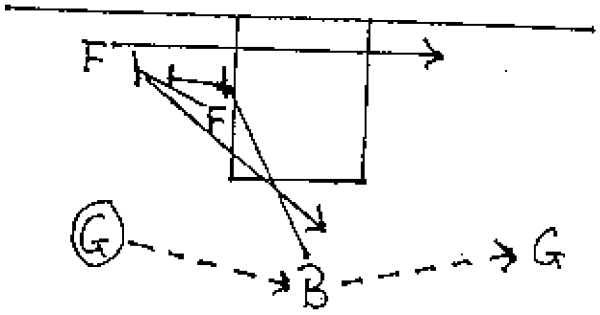


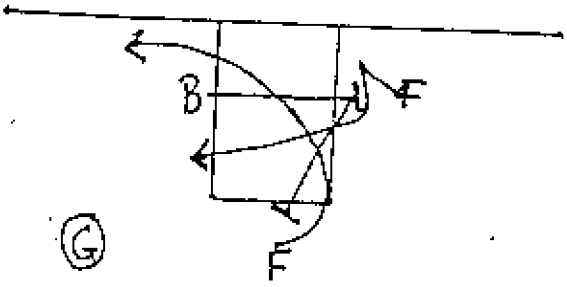


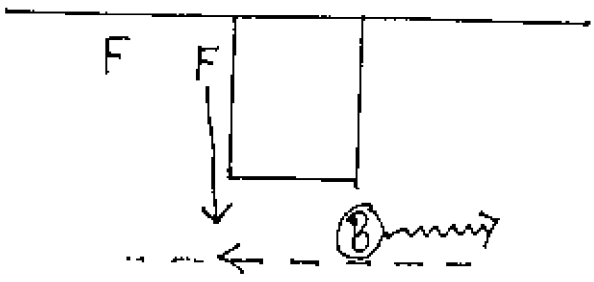




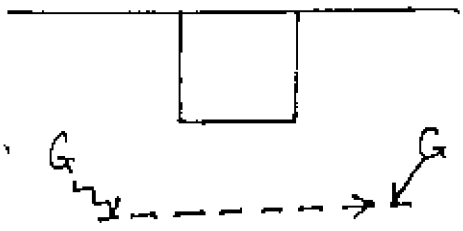


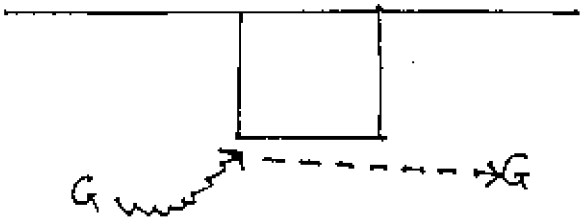


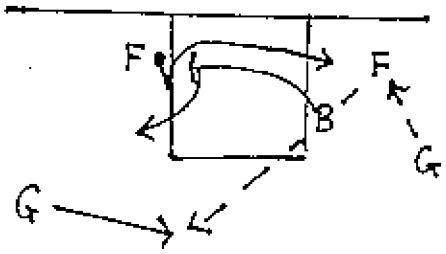


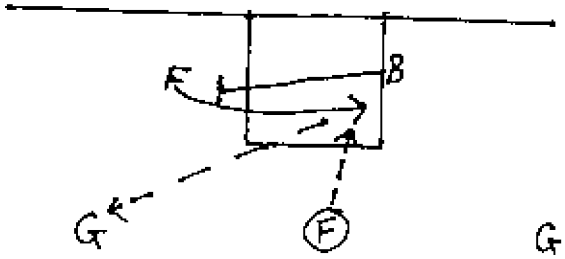


Most guard shots must come off inside/outside play. Following are options diagrammed off Coach Bennett's game film.

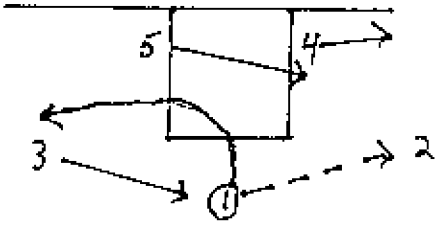


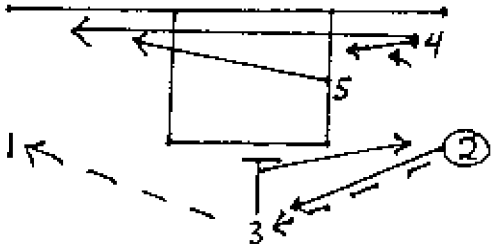


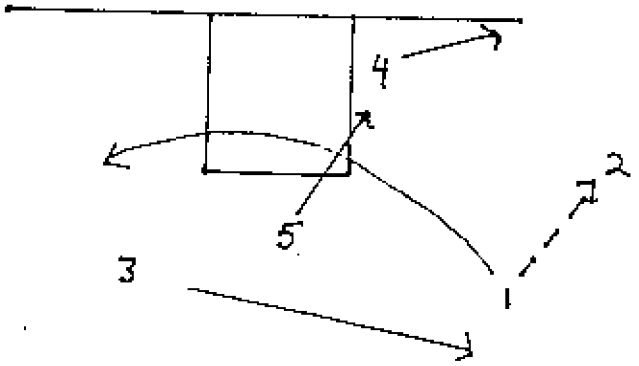




Bennett's Wisconsin Zone Continuity Offense:







Dakota Ridge Basketball

Play Hard • Play Smart • Play Together • With Pride

7/11e 3:00 pm

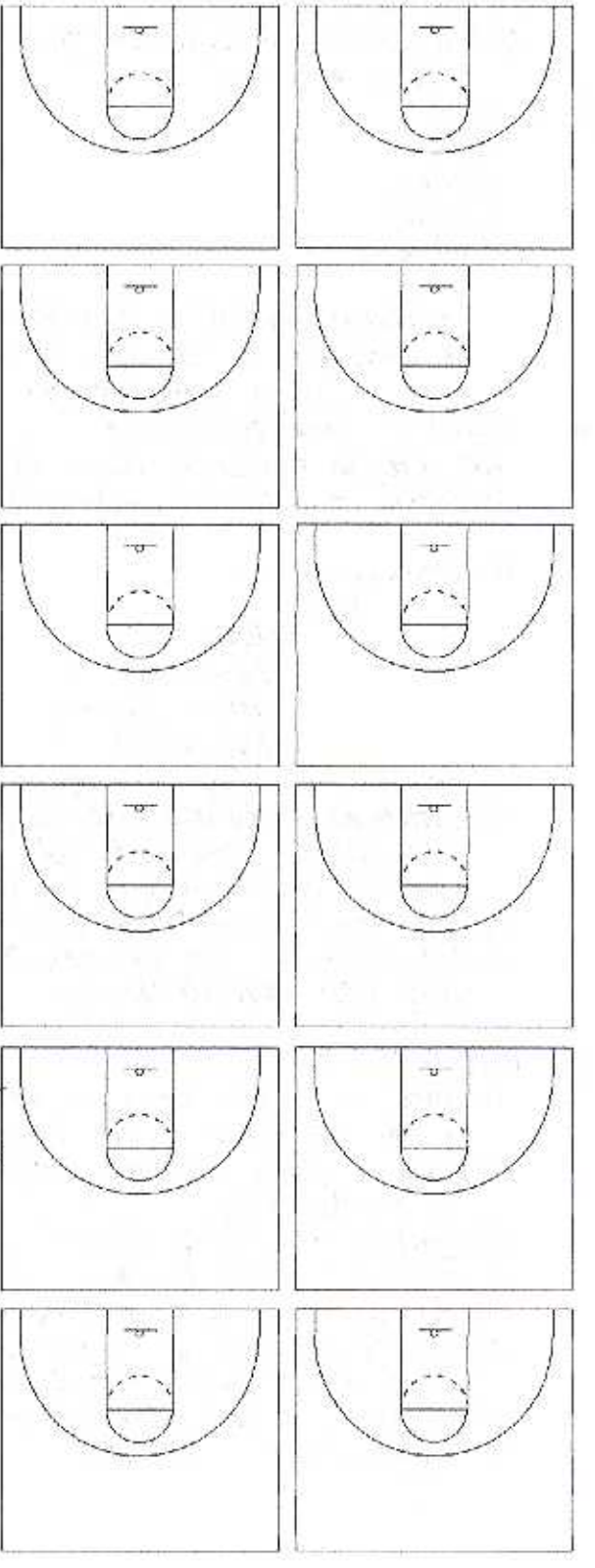
Session 1

Objectives
- Better Understanding of the game
- Have Fun

85% of failure is because of the process they use, its not that they didn't have the skills or ability

Concepts

1. Focus on the Finish Line
   - → Horses wear blinders
   - → Beware of distractions
   - → We all have goals – stay focused on them
2. 8 Ingredients to being a good player (From Big 10 Coach)
   1) Love to play the game
   2) Ball Skills – hands, shoot
   3) Footwork
   4) Offensive Moves
   5) Eyes – See the floor, team mates etc..
   6) Ears – teachers, coaches, parents
   7) Intelligence – Basketball IQ
   8) Physical condition
3. Cuters Credo – Know the situation
   ex. – Little Big Man
   1) Know what your coach wants – He decides P.T.
   2) Know the rules
   4) Time Remaining / Score
      Dean Smith – Stop practice ask players time and score
   5) Time Outs Remaining
      Coach, player, point guard responsibility
   6) What Defence are they playing
   7) Strong defenders, weak defenders – who are they?
   8) Good shot Blockers
   9) Loafers
   10) Know who the clutch performers are – don't let their player beat you
   11) Know good shooters / Bad Shooters
   12) PG Habits – Learn your opponents habits
   13) Your team: → Know about concepts about your team
   14) Where is ball inbounded / Can you move
   15) Know what is dumb foul is
   16) Who is in foul trouble – take it to someone in foul trouble



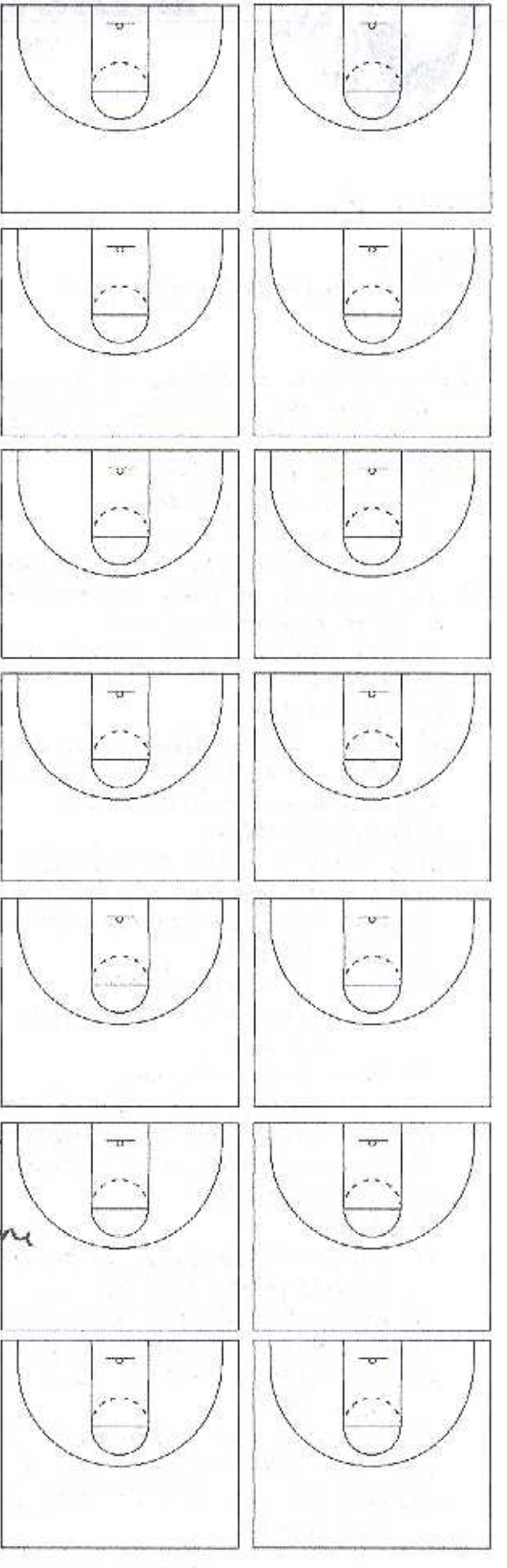
17) Team Fouls
18) Possession Arrow
19) Injury Problems
20) Rules of the gymnasium
21) Refs tendencies, style
22) Pre Game Rituals -
23) Know what just happened in the game ex. Guys hits 2 threes in a row

4 DADS
Days
Awfully
Dumb
Statement

- Throw the ball to your team!
- Don't Pitch a TO when throwing to someone in a worse position

5 SCHAPE Your enviroment
PG can naturally shape BB environment
1) Spirit - you need it when your team needs it most
2) Communication
Note
Name
Information
Tone - Urgency
Eye Contact
3) Hustle - Intelligent hustle - Know when
4) Attitude - do you make the people around you have a better attitude - how do you practice when there is no one there
5) Precision - Know what your Coach wants
6) Enhancement - Do you make the drill better
Keep score whenever you can

6 RALECAR
1) Race - 120 Zone - Don't spend time in the 120 Zone - get beyond circle to circle
2) Arc - Who's with me, against me, who is on the way
3) Control - Jump Stop! 20-30 time a game
4) ELANE - Enter the lane - Be ferocious - Be strong - Do something with the ball
5) Clever - Fake it - Be Deceptive "Fake Sandwich" → 2 Fakes
6) Arum - Get them up in the air
7) Reminders - Mental



2:00pm 7:10 pm

Dakota Ridge Basketball

Play Hard • Play Smart • Play Together • With Pride

7. The Three Ns
   1) Name
   2) Need
   3) Noise

Morning Two

Man to Man Concepts

1. Leonardo's Law (Devinci)
   Make your first pass to someone is growing position — puts more pressure on the defence - The offence is dictating

2. Shot Selection
   90% Open Layup
   70% Open Jumper
   50% 50-50 shot
   30% off balance shot

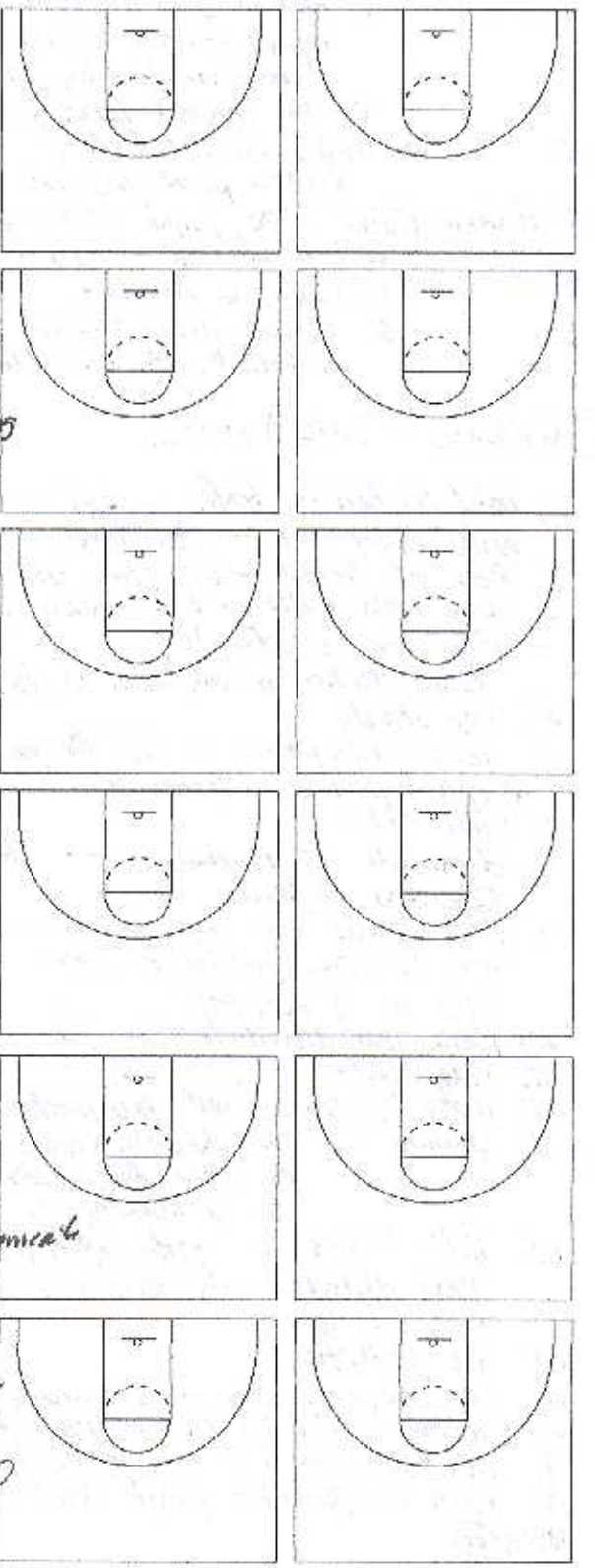
   - In practice — don't settle, An open jumper in practice is a 50-50 shot in a game
   - Work to get the 90% & 70% shots in practice

3. 88 x 44

   94 x 50 Regulation size
   You should make the dimensions: 88 x 44 — "Manure Strip"

4. P- Dribble
   Every dribble should take you as far as you are going in the woods
   a) Kills explosiveness — You get one free step
   b) Ruins offensive efficiency
   c) Negative effect on leadership — can't communicate with your team
   d) Triggers Traps

5. Mistake Response. Minimize mistakes - they still happen
   How do you respond - does heart rate go down or race up - It must go up - you have to get back, and you impact your team - why should we try when your mistake response is bad

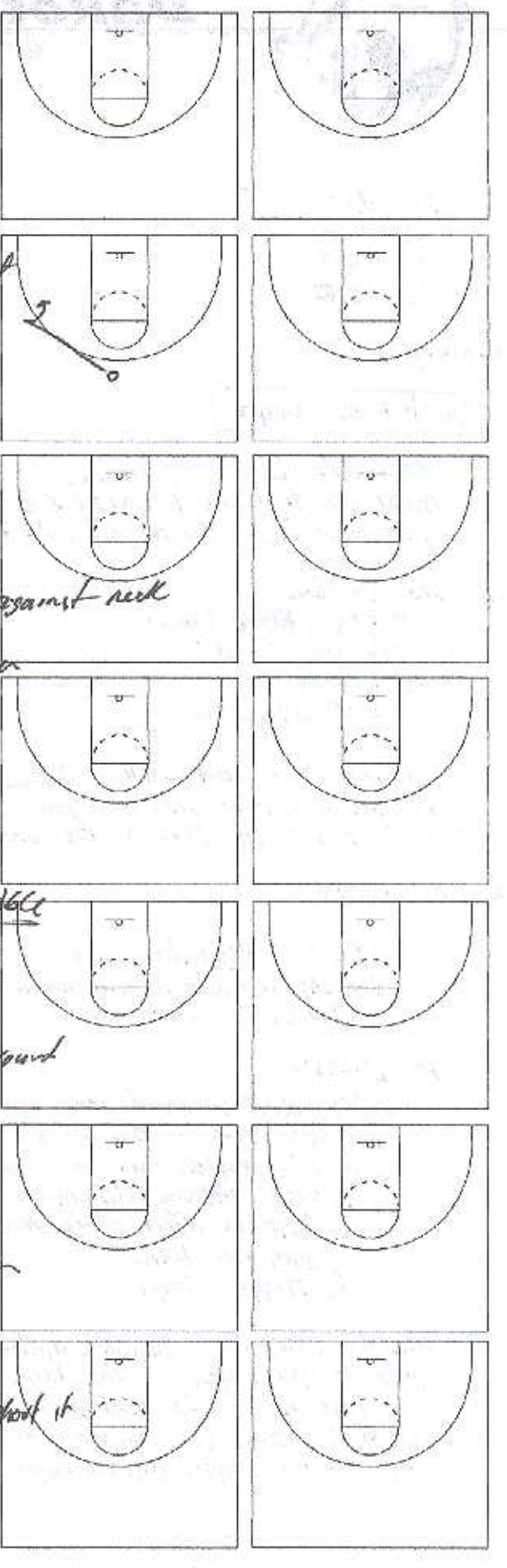


Keys to MTM offense

1. The Ball and your teammates have to move quickly
2. screening Effectively
   → 2 Reasons Screens Fail!
   1) Player does not wait for screen
   maybe — need screen to appear
   • Go shoulder-hip on the cut
   2) No Contact takes place — Make contact
* → Double / Illegal Screen
   Reverse pivot and ask for the ball
3. Harlem Rules - Play right Work - not smart
   1) Leap to Pass - lose strength
   2) Taking to Baseline
   3) ? Bad angle Passes (BAP)
   Above the FT extended

The Basics - Dick Davenzio

1. Hold the ball in traffic - put right under chin against neck with elbow out - Get Tough
2. Peek at basket - every time your hands touch leather
3. Grab loose balls - Don't dribble it
4. Fake for an advantage
   Be in a position to Continue if D does not move
5. Stop Sharply
6. Throw crisp passes - Not Maybe Passes
   * Every pass is a transaction
7. Force Left
8. Eliminate 1-Dribblers - How many X Dribble explosive Dribbler
9. Take Charges Low and Wide → Take it with your forearm parallel to floor
   Take a 4 inch fall
10. Raise your activity level - Put footprints all over court
11. Play Lower
12. Make eye contact with your coaches and teammates
13. Spinning - ex. When you pursue the ball
    ex Low Post defense
    ex. Jahsmaling the Body
14. Hide-N-Seek - getting open, get behind your defender - it's easier to get out of sight when you cut low
15. Be Cheerful
16. Use imaginary lines - eliminate turnovers
17. Always Read the Ball - You are a sandwich
18. Take 20 Shots - if you mistakenly by 20, don't shoot it
19. Focus on Yourself - Forget about Zebras



Dakota Ridge Basketball

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One On One
1. 1 Dribble moves
2. 3 seconds to score
3. 5 seconds to Score
4. Behind the head to get open - make D make a decision
5. Turn and face

One on One on the move

1. Go directly at the defender
2. Beat them by using a dribble move
3. start dribble move at least 3 feet before defender
4. Dribble moves - Crossover, between legs, behind back, stutter, inside out - or some combination

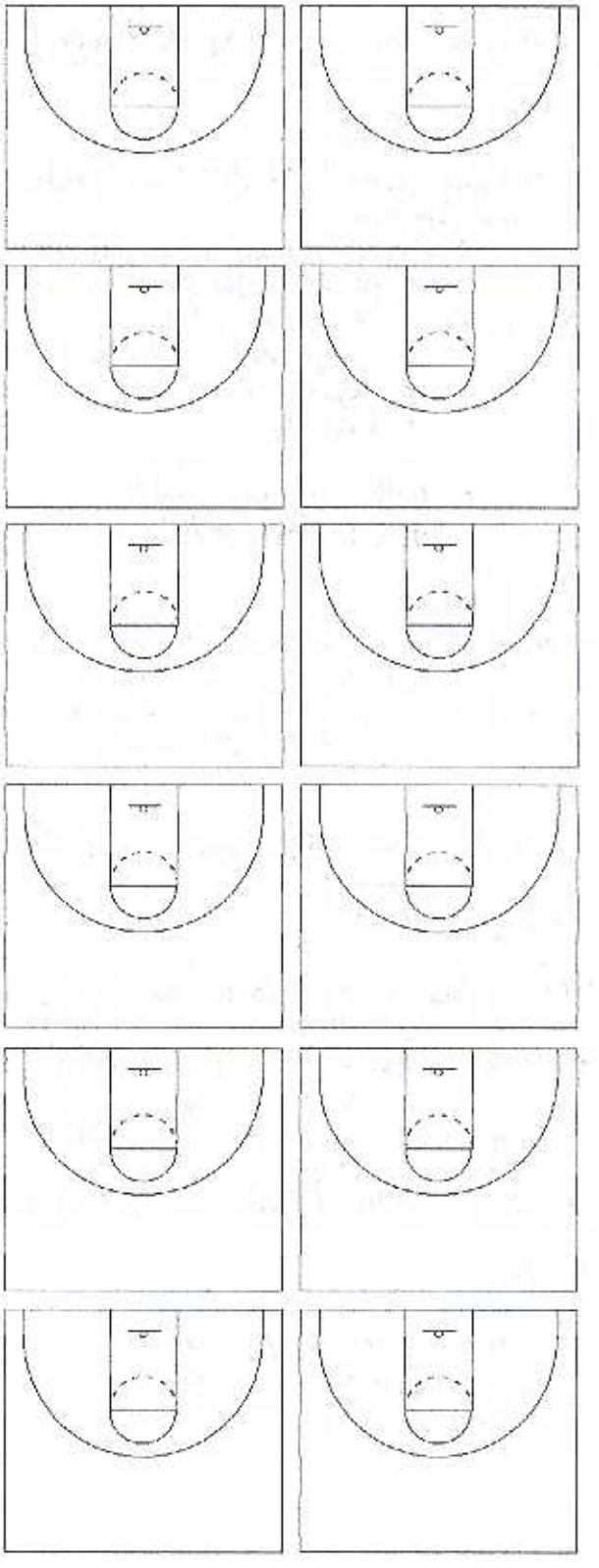
Common mistakes on the move

1. Slowing down or coming to a stop before you make your move
2. Looping after the move - go body to body

Shot Fakes
1. Ball in shooting Pocket
2. Eyes on the Hoop
3. Knees stay bent
4. Raise ball no higher than forehead
5. Ball quick vs. Ball slow
6. Stay low to improve quickness
7. Sending the ball left to go right, right to go left
8. Go somewhere with your dribble

Common Mistake - Shot Fake
1. Coming out of your athletic stance - no knees bent
2. Moving the ball out of shot pocket
3. Looking at the floor instead of hoop
4. Patting the dribble at your feet
5. Looping

Jab Step Series
- Pivots for facing hoops
  - front pivot
    - turn into heel/toe position with both feet facing hoop
    - Have ball in shot pocket
    - Knees bent
  - Reverse pivot
    - lead with your elbow to creat space
    - Pivot into heel/toe position
    - Shot Pocket
    - Knees Bent



Jab Series - Common Mistakes
1. Not getting into heel toe position
2. Leaving the ball at your waist - exposing ball
3. Raise up out of an athletic position

Developing into a Complete Player

3 Key Areas
1. Skill Development
2. Body Development - 1. Strength 2. Stamina 3. Flexibility 4. Footwork Agility
3 Game Impact
→ Playing against better athletes
→ Do you impact the game when you are not shooting well
1. Be a 3-D Scoring Threat
- Jump Shot 1. Toes 2. Elbow 3. Follow Through
- Explosive Drive
- Pull Up

- Both Left and Right
- Able to Make each

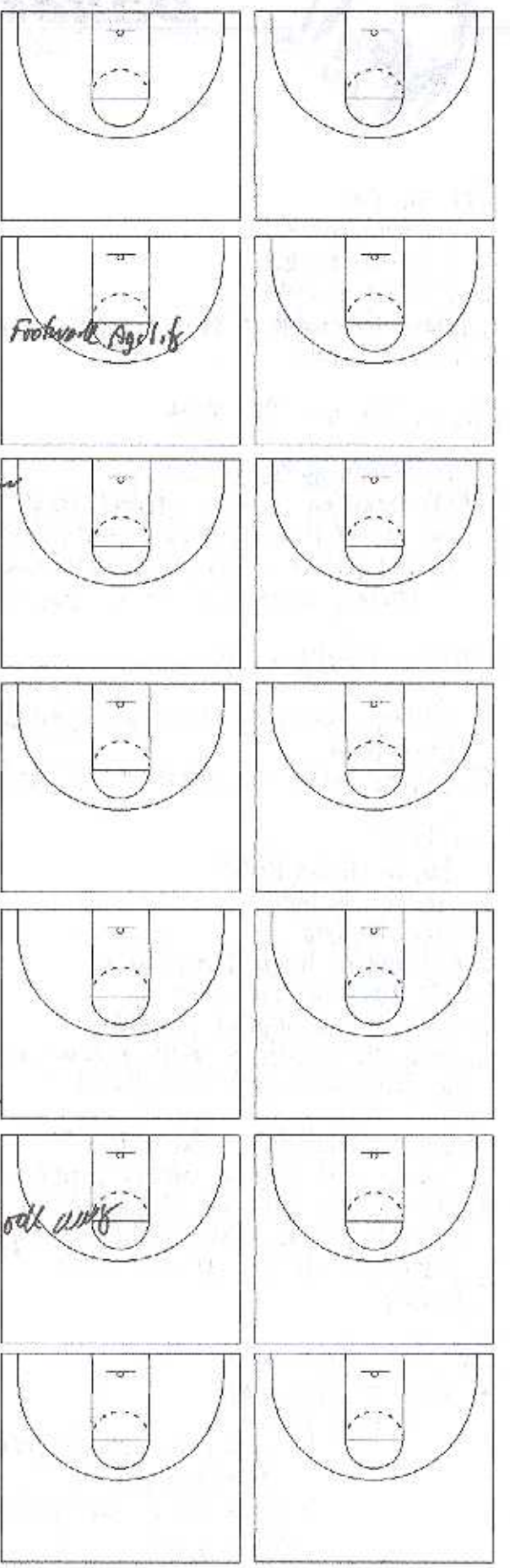
Fast Break
3 on 1 - Fails because of soft passes - gets their guardian - arrives higher
2 on 1 - Think Score - if he shuffles over look at teammate
3 on 2
4 on 3 → EZ and Ball Fake

Passing The Ball

- Fancy Passes - should not be used when you have an advantage
- Outlet Passes - Make it easy for your big man
- Alley Oop Passes - Don't throw it on the run
- Look Away Passes - See your target then look away

Breaks

Speed... Fast By Habit
E-T... To make a break
Expect to Stop



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Kevin
1. Dribble in Rhythm
2. Hesitation – Bounce on one foot, cripple out
3. Inversion Series – Sweep 60 – Sweep-N-Rip, 3 Sweeps
   R. Foot – Right Ear
4. Dribble Moves

Are you practicing in proportion to your aspirations

Beating Traps
1. Stay Calm
2. Don't use P. Dribble
3. Strength is important
4. Get yourself in P-I-P

Set The Table
1. Get teammates in a position to beat press

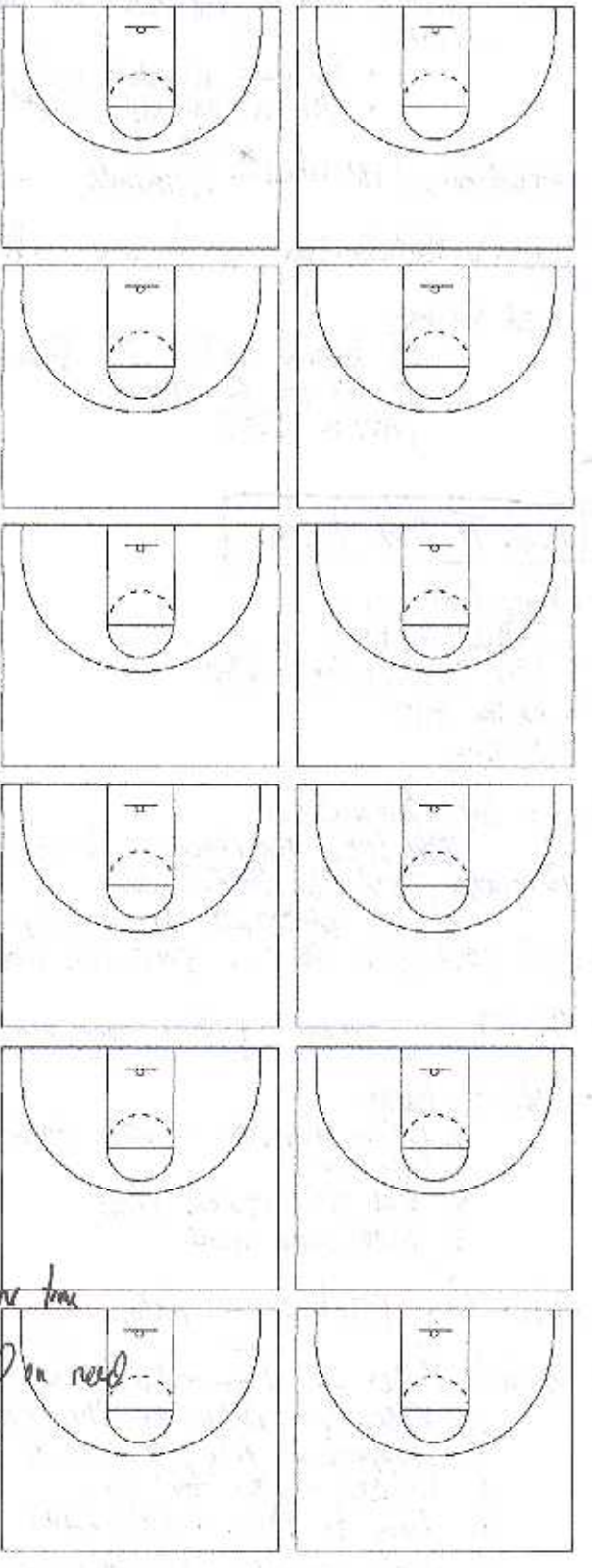
We broke their Press – we just weren't strong well
1. Heads up first step
2. Press is designed to speed you up

Over the ear pass (Bent elbow Pass)
   1st step to the side, flick it over the top

Getting The Ball Inbounds
   Makeup 4 Y man rage
   Sandwiches – Move horizontally

$1/2 + (1/1) = 3/2$ – Einstein – Beating Press
↓
Goon Concept

Marketing Yourself – Recruiting
(NCAA) – Division I Men(13 Scholarships) Women(15) at one time
– Division II – 10 Scholarships
– Division III – No athletic grants – Money is based on need
(NAIA) – Two Separate Divisions → Similar to NCAA I and II
– Divisions 1, 2, 3



What to send a coach
- Cover Letter (Proofread, stats, GPA, SAT Scores
- Transcripts
- Schedule
- Coach or Teacher Reference → not necessary the actual letter
- Video
  - Include number and jersey color
  - Not a highlight video

Academics | Athleticism (Attitude - Exposure

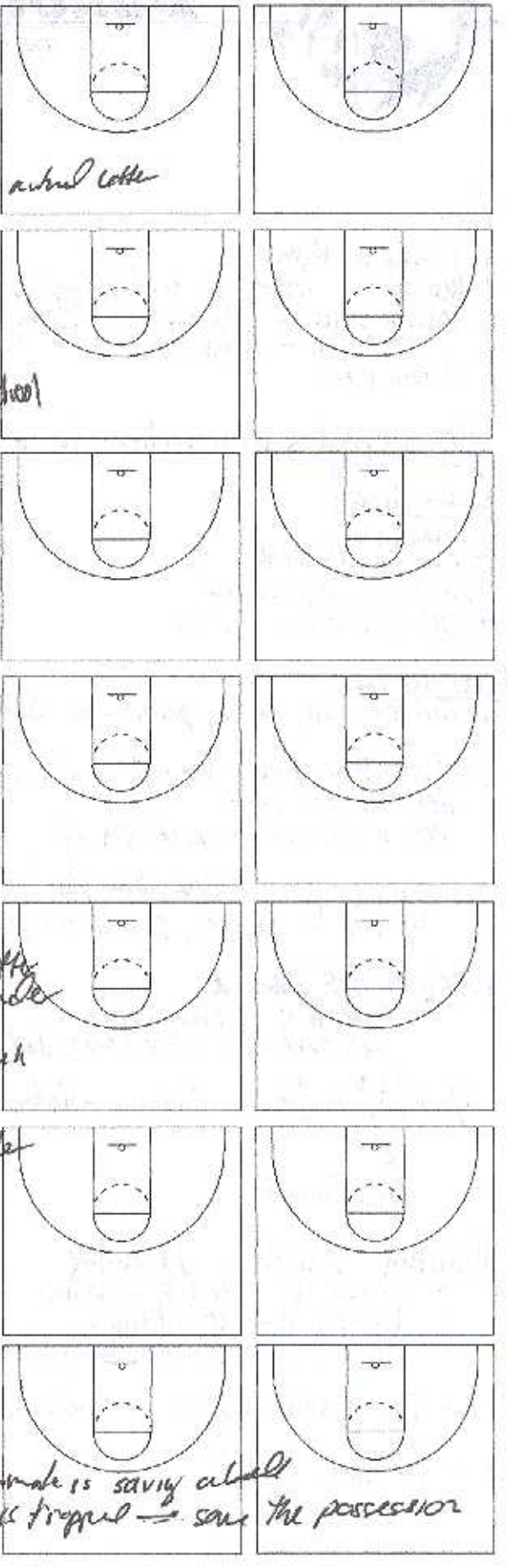
Powerbasketball.com → site map - Playing beyond High School

West Virginia
50 behind back 3s Second
50 3's in 5 Minutes
Mile in 5:30

Man To Man Defence

1. Force Left
2. Bother the Post
3. Offer dramatic talk help
4. Be the Actor
5. Rotating

- Stop the Penetration
  When you reach - he will get by you
- Remember that Red Hatted Lady
  if you got $10,000 for one stop would you be better
- Don't leave your feet - shots are blocked by help defender
- 31:52 - amount of time your eyes are on the ball
- Take a charge
  1. Be in Position - 50% taken by help defender
  2. Get Low
  3. Put arm across chest
  4. Make some noise
- 1972 Refs Meeting - Palm down = foul
- Pavlov's Rules - Immediate Reactions
  1. Warmup - Begin in the Paint
  2. Stoppage in Play → look at the clock
  3. Rotate at the foul line
  4. Run to them + Call name → when teammate is saving a ball
  5. Make yourself available when teammate is trapped → save the possession



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Session 2

Zone Offense

5 Rules (Concepts)

1. E-2 → Engage 2 / Engage but don't marry
   - MTM and Zone
   - In Zone - gives you a 4 v. 3 advantage
2. Triangle Position → 2 Players next to ball
3. Dancers - Mexican hat dancers
   - Can be a perimeter who reaches behind the zone
4. C-4, P-1
   - See all four of your teammates
   - Position 1
5. BF & G
   - Ball Fake and Grimmage, Grimmage calls the fake

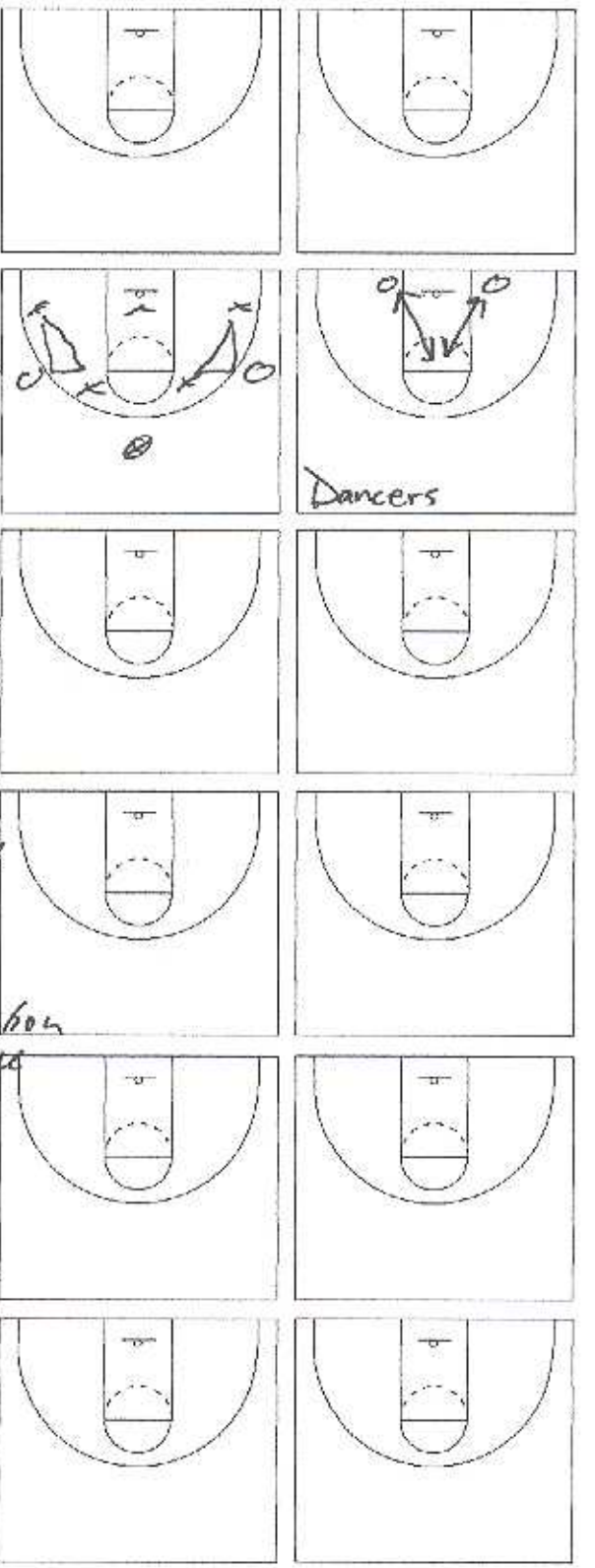
When Do You:

- E-2 → When NO one is open
- Ball Fake → When the D is headed in that direction
- Swing it → When defense is slow / and or spaced

Overall Concept

"Don't Get Fouled"

"Don't Play in a crowd" - Kelvin Sampson
- When you enter the lane with traffic you have done your job



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Pavlov Cont...
4. Every time you catch – Peek at the hoop
7. Pick up the loose ball. dont dribble it
8. Acknowledge the passer when they make a great pass
9. Challenge shots → call "shot" → Box out

Playing vs. 1-3-1

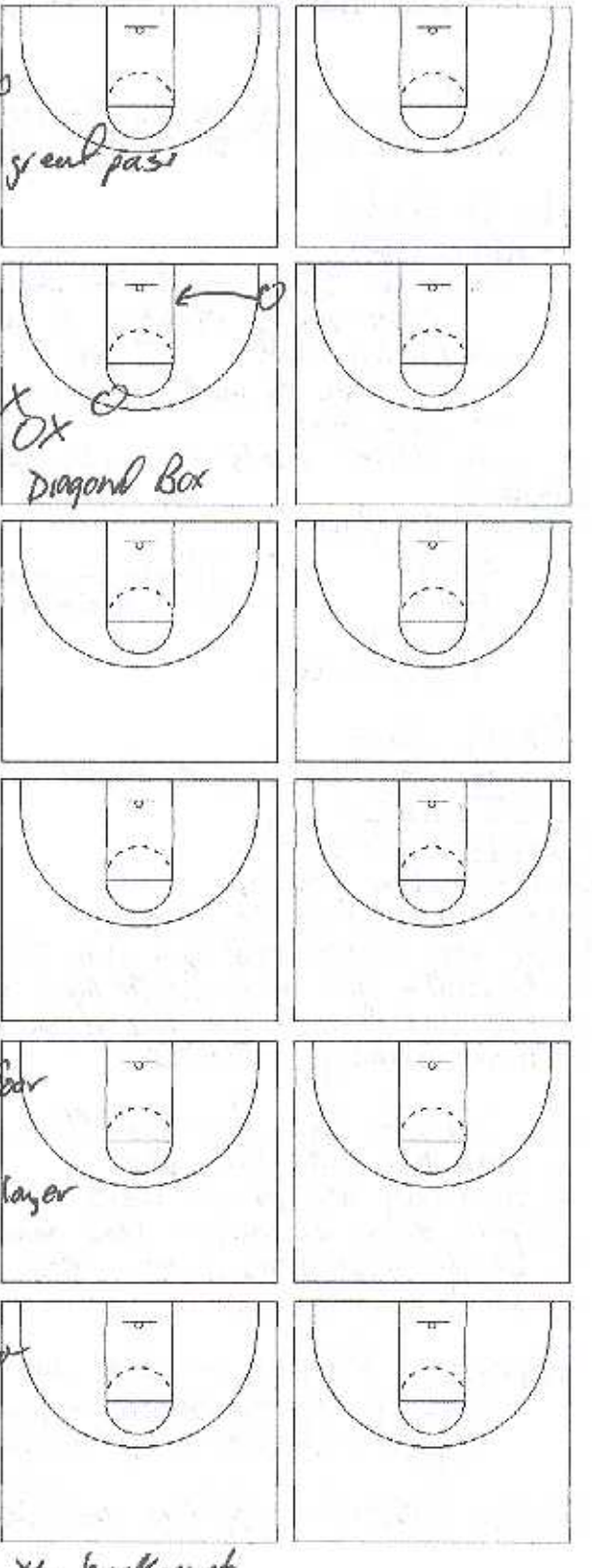
- Talk it to one side of the other (E-2)
- Pause before mid-court
- Don't go over mid court and stop

→ Get a high dancer
→ Diagonal Box

Zone Offense
→ Good Spacing
→ Use up two defenders

Esoterica - Information only known by few

How to Read a defense
Default Play - Default front, Plays you run when nothing has been called
B-S Exchange - Your not trying to set up the guy you pass – it's the next guy
Wise Time to Risk a Turnover – To Post-Man Running floor
Designated Ball-Back Guy →
Lombardi Time – Plan on being there early
One Hour – Difference between mature and immature player
Respond to criticism by coach
Defense on your center – Nailed high Post – Use as a screener
Stop Clock Time
Outlet Pass Harassment – Release the 2 guard down-floor
4:1 Ratio – for every one negative comment as a pt. guard – give 4 positive ones
MY Fault – PG two most important words even if you don't think it was
Plan Calling 1) Tell the inbounder – who runs down floor and tells teammates 2) Call the Play in the backcourt



Straddle the Arc – in defensive conversion
Sprint back on D – talk advantage x your defensive numbers advantage → Trap Ball
How to guard a better player – Get Beat early – Get Help
Magic Johnson & Dan Marino – Your job is easier when teammates believe in you

* Buzzer Beaters – Take away the right hand – They want the ball in their strong hand

How To Practice
• Charting Shots
→ Swish Shots – 2 foot shots, 1) helps follow 2) Get more # repetition 3) helps w/ concentration
→ Rhythm Shots 1-2 Step
* turn the inside shoulder to sell drive
→ Zone Shots
→ Neutral shots – Creates space

Shooting
Where's The BEEF?
Balance
Eyes
Elbow
Follow Through
> Tougher in games, more a shot selection issue

HOPLA's Rules
Always start one from the basket
WETLZMZ
1) Wrinkle at the wrist
2) Elbow above your eye
3) Point Your toe to the target
4) Let your forearm and upper arm form an L / not a
5) The further you move out the more you use your legs
6) Mis Guide Hand – Don't keep it on too long
7) Muscle Memory – Practice

Five Ways to Get Your shot off in Games
1) Catch Ball with Knees Bent
2) Move every time the ball moves
3) Sprint down the court – Point guard doesn't always bring it down
4) Decide ahead of time if your open
5) Sneak a pivot foot

Improvement Plateau – Neat and Beat Frustration
When you hit the plateau – improvement can happen instantaneously and dramatically

Shooting Workout – Get One and Shoot to it!!!

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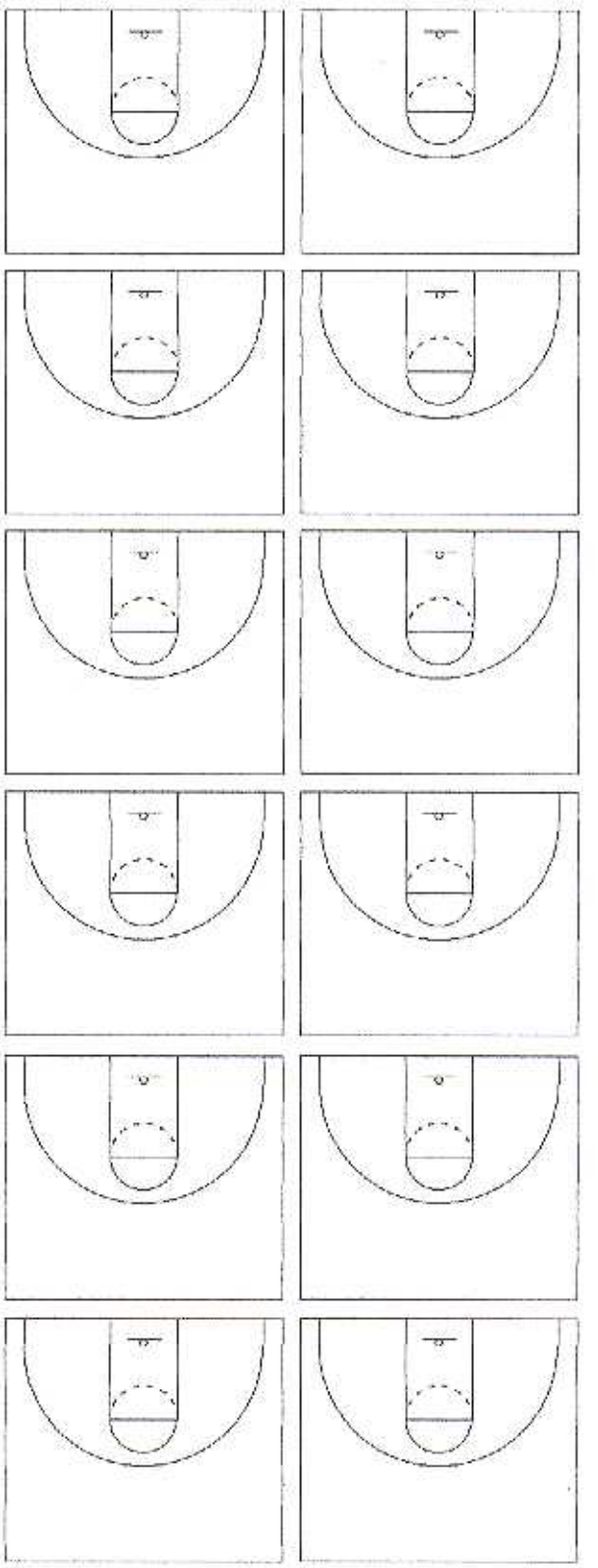
Attack n Defence to Improve Rebounding

Tempo

Speed up Tempo

Streaks or Runs
- → Someone stops to chat with the ref
- → A player will get frustrated and begin leading
- → someone who appears to doesn't appear to be hurt hurries and injury
- → People get salties and quiet – they won't talk on defence
- → when teammates Bickering

Stopping a Streak → Come down and run your offense



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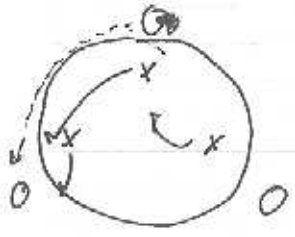
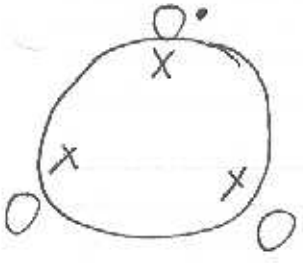
Passes	TO	Basket	Possessions
(3), 1, 1, 1, 2	11	11	1111 1111 1
0, 2, 3, (2)			
3			
1.5 passes	2 TO	4pts	11
1	1	1	1



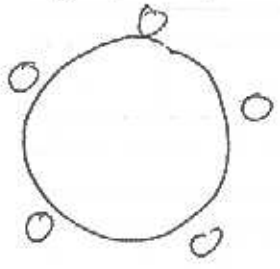
Trap the Pass → 1 Man Zone



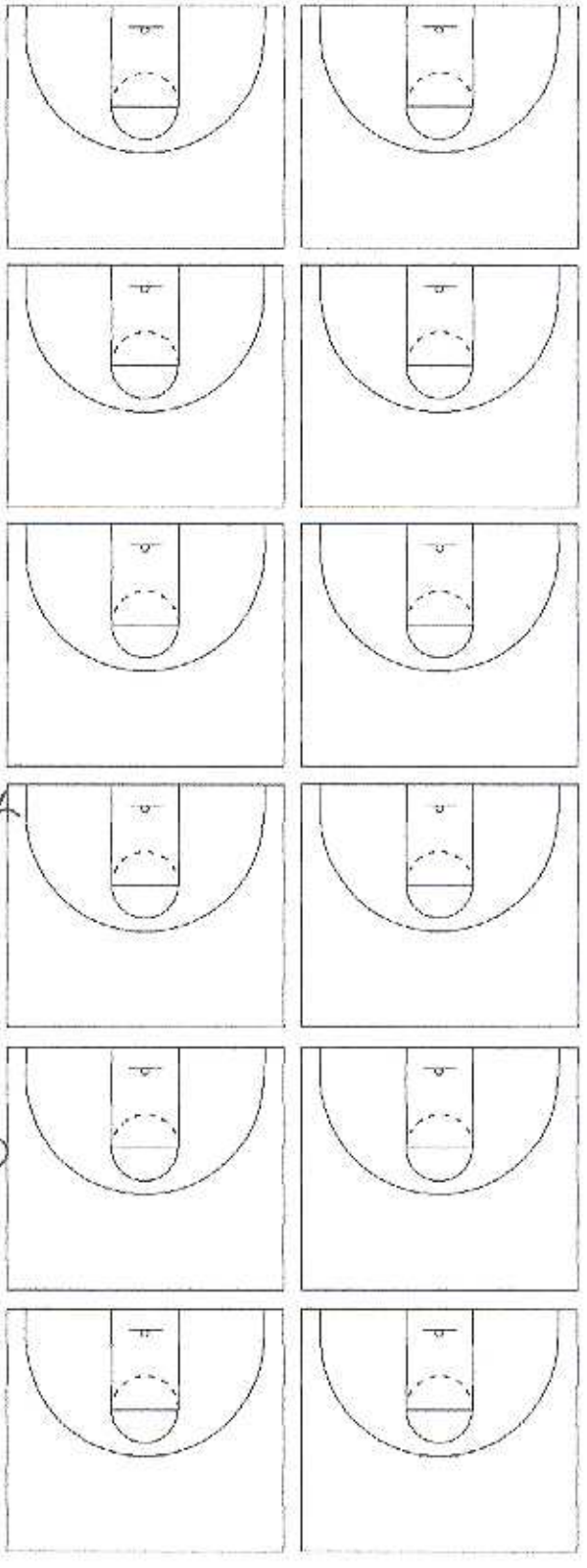
D- Get a deflection
O- Pivot → make pass

off ball defenders cannot touch → let it go through

2 or 3 Full → offense must get a jump step in the lane and then a pass



Zone ○ or Man ○ from this setup



Championship Basketball Clinic
Las Vegas, Nevada
May 8, 9, 19, 2009

The Best Things I've Learned Lately

Don Meyer, Northern State University
903 Wins, most ever by a men's NCAA coach
meyerd@northernstate.edu

May 9th, 2009
2:03 PM

1. Everyone should take notes all the time. Coaches, players, etc. Richest people all took great notes. Good notes that are reviewed you remember 80%, no notes you remember less than 20%.
2. Everyone say please, thank you, etc. Everyone is courteous.
3. Everyone in the program picks up trash. Leave every place cleaner than we found it. On a good team 2 or 3 people do the dirty work; on a great team everyone does dirty work. He described his star seniors after last game wasn't on bus because he has in locker room cleaning up trash. He said that was more satisfaction for him as a teacher than a win would have been.
4. Clean out the crap every day. Good is the enemy of great. Don't be satisfied, do it better.
5. Keep your edge as a coach. Wise people are humble.
6. Leadership at the top.
    a. "An army of lions led by an ass will be defeated by an army of asses led by a lion."
    b. Wooden: "you have to be our hardest worker"
    c. "you have to take care of things off the court"
    d. Leave everything else to the coaches
7. In the NBA there are two busses to games from hotels. First bus is for rookies, coaches, and free agents; about an hour later is the second bus for the stars. Tim Duncan road on the first bus from day one. San Antonio Spurs no longer have a second bus. Get everyone on the same bus (figuratively).
8. **YOU CAN PICK CAPTAINS BUT YOU CANNOT PICK LEADERS (THE FOXHOLE TEST):** When we think our team is ready each year, we have our players take the foxhole test. They draw a circle to represent their foxhole. They write their name at the front of the foxhole. They draw a line at their rear, their left, and their right. On each of those lines they write the names of teammates they would want in their foxhole if they were fighting a life and death battle. The position to their rear is worth three points and is awarded to their most trusted, courageous, and tough teammate. The position to their left is worth two points and is awarded to the second most trusted, etc. teammate, and the position to their right is awarded to the third teammate they would pick and is given a value of one point. This test cuts through all the friendships, cliques, and is the truest measure of what players really think of their teammates. It might be a good idea for each coach on the staff to do this with his/her coaching staff, administrators, teach associates, and of course your team. There are many people who you would love to have around on the golf course or in a duck blind but deep down you know that defeat is assured if they are in your foxhole.

Championship Basketball Clinic
Las Vegas, Nevada
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Assistant coaches: key is loyalty

a. What does Warren Buffet look for in assistants?
    i. Work ethic
    ii. Intelligence
    iii. Character
b. Who are the coaches you should hire?
    i. Paul: older guy that's seen it all and been through it all (Rizzi?)
    ii. Barnabus: coach that is same age as you and can be your moral compass (Bobby Z)
    iii. Timothy: He's going to be a great coach with your help (Mugz)
c. Points of contact: remember little things about people.
d. Who's helping you when you're not there?
e. 4 Types Of Coaches (which do you want to be?)
    i. Unconscious/Incompetent: doesn't have a clue and doesn't know he doesn't have a clue
    ii. Conscious/Incompetent: He knows he doesn't know (not so bad because hopefully he'll try to find out)
    iii. Conscious/Competent: Good coach and he knows it. Usually control freaks, very anal about everything. Will win with good players or not so good, but never has great teams.
    iv. Unconscious/Competent: This kind of coach just flows. Changes with the times and with his players. Learns from other coaches and his own players. Doesn't jam his system onto his players, his tweaks his system to fit his players. Can have great teams.

9. Tiger Woods: he ends every workout with 100-9 foot putts. If he misses one he starts over until he makes them all. He's quoted as saying "you wouldn't think it looked so easy if you knew how hard I work".
10. Administrators: (Meyer-"those little devils"). Respond to every challenge and don't let your program fall apart from within. Bad administrators will give you many reasons to leave every day. Good administrators will never give you any reason to leave.
11. Tough times: "The grass is always greener over the sewer"
12. No matter how bad you have it someone always has is worse (Don Meyer lost half of his leg in an auto accident last year).
13. Everyone you meet should be treated with kindness. Treat them as you'd want them to treat your child.
14. Words Meyer says to his team before every single game: "Keep alert, stay calm. Do not be afraid."
15. Be thankful for tough times because necessity is the mother of invention. You'll come up with something because you have to.
16. F-Words

a. Faith
b. Family
c. Friends: surround yourself with a team of "left-tackles". They protect your blind side. With real friends you don't have to measure your words.
d. Fitness
e. Finances: watch them, stay out of debt.
f. Figure it out for yourself.

17. When the game is over it all goes back in the box.
    a. Their okay to play the game, but don't become obsessed with it.
    b. Remember what's important
18. Nothing is more harmful to the team then a lack of discipline
    a. Discipline does not mean you have to be a jerk
    b. Players doing what they are supposed to do when they are supposed to do it.
19. Plan, prepare, practice, and play like you lost your last game.
20. Team Building
    a. Toughness
    b. Effort
    c. Attitude
    d. Motive
21. Servant Leaders-Building a Team
    a. Shared ownership: no renters on your team. They must invest in the business. Shared suffering. Practices need to be tougher than games.
    b. Accountability
    c. Responsibility
    d. Collective pride
22. Never sacrifice toughness and attitude to get size and quickness.
23. Running A Program
    a. "What is" subtracted from "What should be"
        i. Decide what you want
        ii. How much will it cost?
        iii. Do you want to pay that price?
24. Pick battles big enough to fight and small enough to fight.
25. Don't whine, don't complain, and don't make excuses
26. Playing together
    a. A coaches job is to simulate game situations
    b. Practice in the manner it is played

27. Play, coach, or officiate.
    a. Which do you want to do this season?
28. Have a meeting without having a meeting
    a. I want to touch 1/3 of my team each day.
    b. Tony LaRussa spends his practice time walking around chatting with players for a certain amount of time. Players love and respect him.
    c. Praise, prompt, and leave.
29. Keep your notes so you can retrieve and re-use
30. GRIND IT OUT EVERY DAY.

31. Have a meeting without having a meeting
    a.

Porec, Croatia 2008: International Coaches clinic

Coach Don Mayer: FASTBREAK

Fast break must be finished in 12 sec with lay up or with 3pts shot.
5 basic rules if you want to be succesfull in fastbreak situations are:

1/ Speed
2/ Spacing is offense, offense is spacing -wings run broad
3/ LP game – play with hands up
4/ Good shot and offensive rebound
5/ Post screen after reversal

1st Trailer:

-Sprints up the court and overrun his defender or keep his defender on his back the high post spot.
-Fight for LP position
-keep his defender on the back in case penetration happen

2nd Trailer:
Passing : fake shot and bounce pass under basket / fake bounce pass around defender's head

Fast break drills:

2-0
Post run through mid – lob pass, passer after outlet pass 2 bounces. Post finish w/out bouncing the ball.

2-1
Similar like previous 3 passes before the final pass must bounce 2 x.
Pass: bounce or skip

3-1(2G+P)
Similar like previous only after outlet pass, the next is in the middle(in the CL circle).Player in the middle, dribbles to sideline to force defender to decide.
He can pass to wing for 3 pts shot/pass to trailer or he can lob pass to trailer

3-2
Similar solutions in offense like in previous drill

3-0
Similar like 3-1 only second guard run by sideline instead through middle of the court.

Goal is Post lay up (run through mid)
a/ lob pass (2nd G receive pass at CL near side line)
b/ hard dribble ahead and feed 1st trailer on theLP
In both solutions aim is to finish under basket.

3-0
Aligment is similar like previous only 2nd guard sprints along weak side(opposite than outlet), 1st guard who receive outlet, execute baseball pass to 2nd guard, while Trailer run mid.
2nd gard finish w/out dribble.

5-0
1st trailer read D, if he is ¾ seal his defender off, catch and finish/if he is fronted, reverse ball to 2nd trailer(he must be in direct lne with basket) who use bounce pass.

Fast break with different continuity:

1/Reverse to opposite wing and set stagger on the other side(Kansas option).
Read the D and try to pass to the LP.
2/P&R and P&P by 2nd trailer(Kansas option)
Reverse to week side and play P&R

3/ Option 1 use body of 2nd trailer and try to: penetrate, drop pass, or kick out, lay-up

4/ Triple pick from 1st Trailer, opposite wing and 2nd Trailer
1st look: pass to wing (get rid on 3 pick from his D
2nd look: pass to one of trailers
3rd look guard penetrate for easy basket/drop pass/ kick

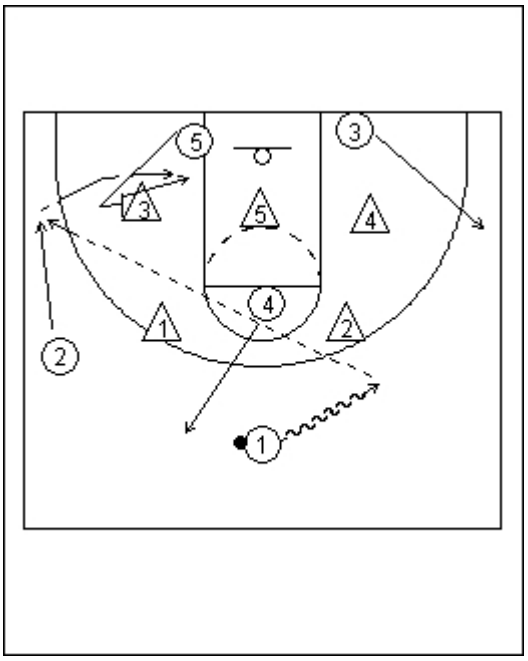
5/ Denver corner(Zipper backpack)
Wing on strong side sets back pick for 1st trailer and use down pick from 2nd trailer.Continuity is p&R (2nd trailer and strongside wing)

6/ Boston turn out(Similar like triple but 1st trailer turns and sets cross pick for other wing.

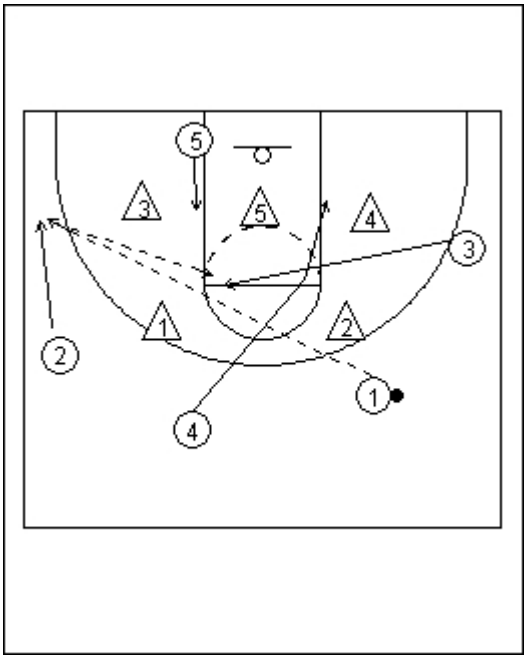
Porec, Croatia 2008: International Coaches Clinic

Coach Don Mayer: Zone Offense

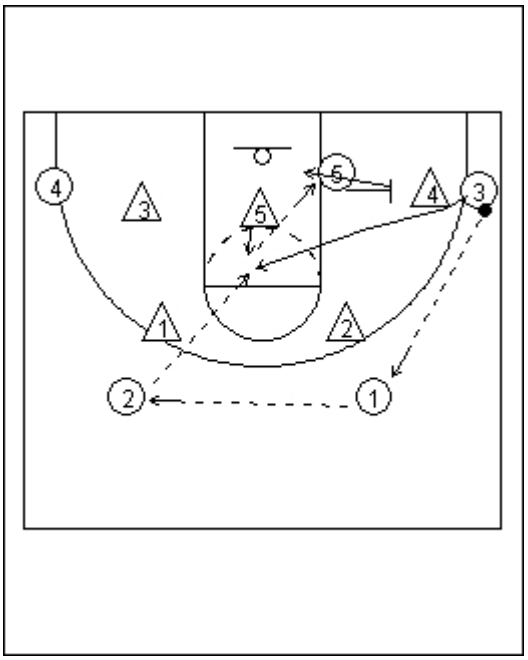
If you want to beat the zone defense you must:
1/Run and
2/Rebound
3/Stretch zone out (stay behind the zone defense)
4/ Seal the defense(dribble and fake pass – pass to weak side)



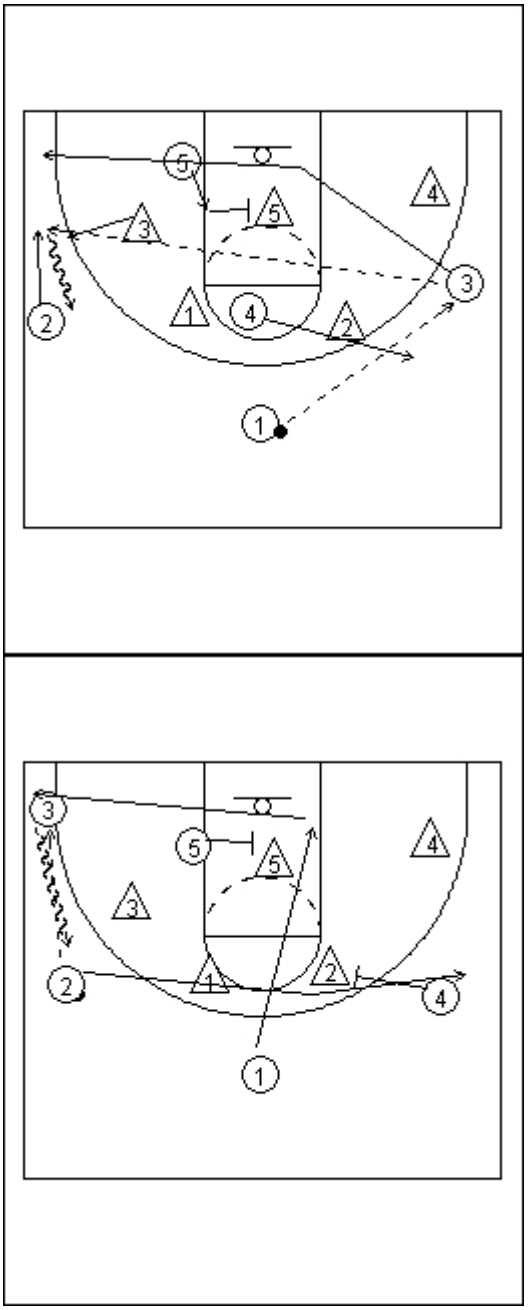
5/ Attack in the pocket



6/ Sreen out-Seal out



Some options against zone defense: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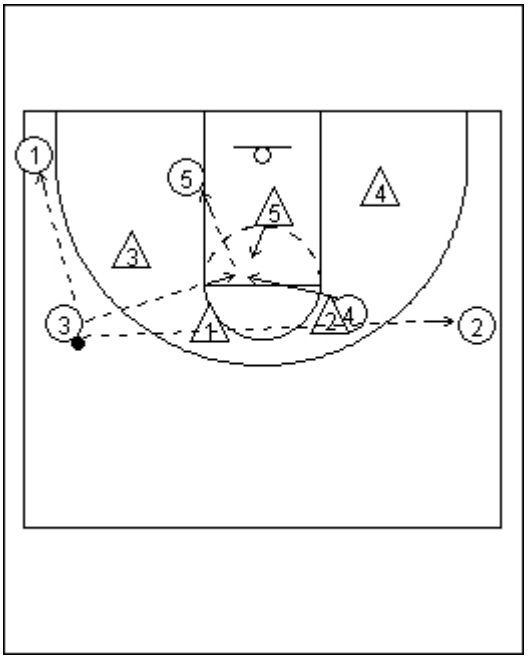
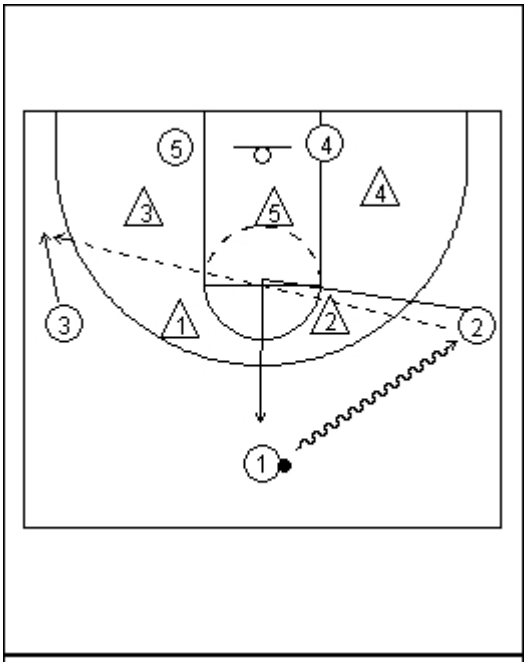
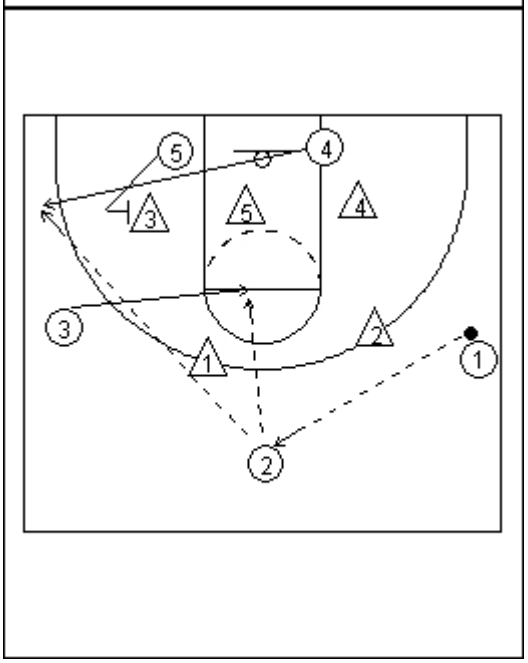


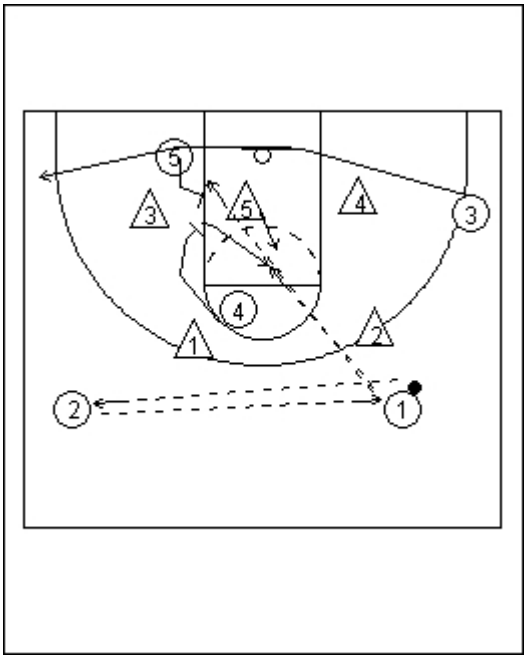
1-2-2 Aligment

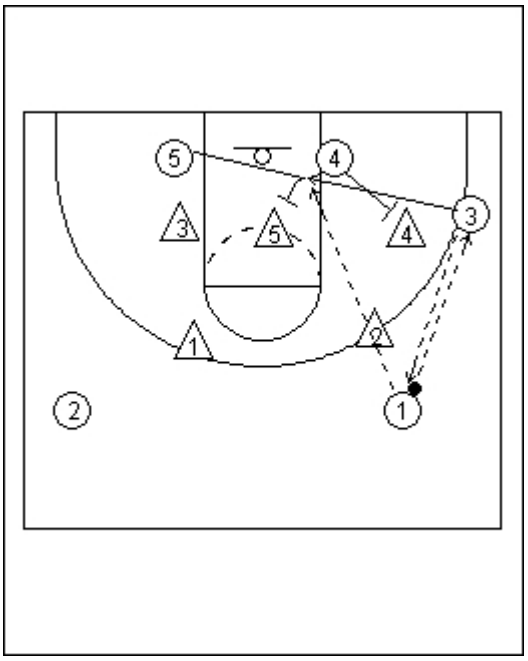


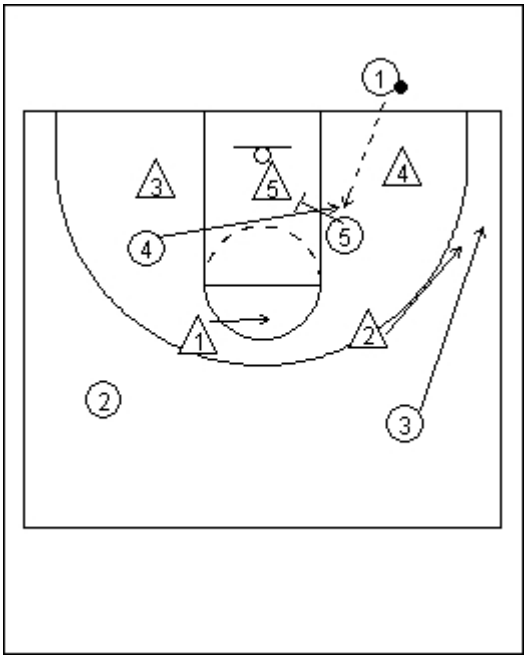


Special situations :

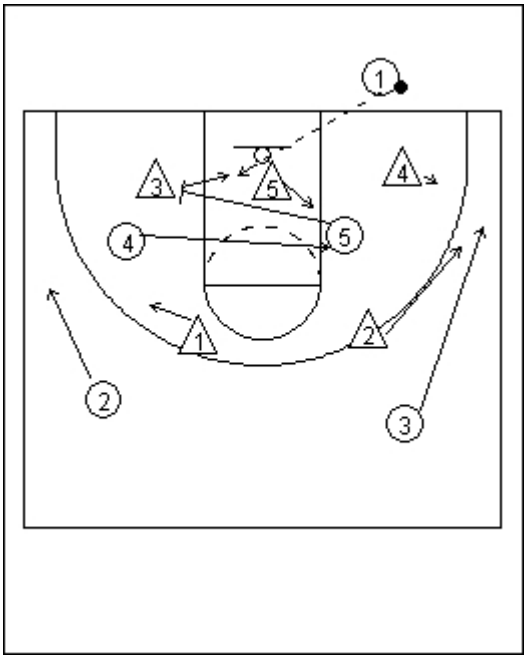
Alley - opp







Screen out – Seal out



Coach Meyer

Best Things I've Seen Lately

Fundraising→buy players for what they're worth, sell them for what they think they're worth

Get all the good ideas, but you can't use all the ideas. Find the ones that fit your personality, personnel and your location.

3 Rules:

- Everybody takes notes—survey of the 500 richest people and they shared this trait.
- Everybody picks up trash—leave the locker room clean
- Everybody says please and thank you.—courtesy pays, when you're not courteous you pay.

Salesmanship—everyone in your program is a salesman.

Good team 1 or 2 players do the dirty work, great program everyone does the dirty work.

Keeping The Team On A Sharp Edge

- If you have to try hard to try hard, you're screwed
- Have to clean the hog house everyday, b/c you know what hogs do
- Good is the enemy of great—if you accept being good, you'll never be great.
    - Expect—Inspect—Accept
- Never let your players or coaches get satisfied.

How To Keep Yourself On Edge

- Time by yourself—solitude
- Family—Coaching—place where nobody can find you, so you can find yourself
    - Prayer—others first, then self
    - Read a chapter of proverbs daily
- Arrogant people aren't wise
- Humility
- Calipari was able to make fun of himself
- Eccl 5:20
- You can never retire. Have something to occupy yourself.
- Beginning of wisdom—is knowing you're not very smart
    - Proverbs 15:33, 18:22
    - James 3:13

Leadership At The Top

- It all starts at the top—Wooten
- Like pornography—you know it when you see it
- Army of lions led by an ass, will always be defeated by an army of asses led by a lion.
- Man bent on revenge must first dig two graves
- It pays to be a winner—Navy Seals

- Get the book, "Lone Survivor"
- Wooden to his leaders:
  - Be our hardest workers
  - Take care of the stuff off the floor
  - Leave everything else to the coaches
- NBA 2 buses
  - Rookies, etc., low minute guys 3 hours before the game on the first bus
  - Studs on the second bus 2 hours before the game
  - Tim Duncan always rode the 1st bus, then they realized they only needed 1 bus
  - Popovich runs his organization. They still do it the right way.
- Fox Hole Test
- List your 3 best friends and I can tell you how your life will turn out

Staff

- Loyalty
  - 2 kinds of people will get you
    - Gossip—says behind your back what he won't say to your face.
    - Flatterer—like perfume, ok to smell, but don't swallow it. Says to your face what he won't say behind your back.
- How do you treat people who can't do anything to you or for you?
- Warren Buffet on hiring
  - Work ethic
  - Intelligence
  - Character
  - The first two without the last will kill you
- 3 types of guys to hire on your staff
  - Paul—veteran guy that you can bounce ideas off of. Has time and experience.
  - Barnabas—Moral compass. Friend.
  - Timothy—younger. Lots of momentum. Potential. Bear Bryant—people knew he was going to be great long before they called him "Bear".

Points of Contact

- Don't talk about yourself when you meet someone.
- Listen.
- Harvey McKay—kept info on people, job, kids, pets name, etc. Remember little things about people.
- Who's helping you when you're not there. Who's buying time for you when you're not there.

Four Types of Coaches

1. Unconscious & Incompetent—clueless. Doesn't know what he doesn't know.
2. Conscious & Incompetent—works clinics, hangs around coaches.

- When the game is over it all goes back in the box

God's Hall of Fame Poem

Discipline

- *"Nothing is more harmful to the team than the neglect of discipline, for that discipline more than talent or athleticism, give one team superiority over another."*

Planning Tips

- Plan, Prepare, Practice and Play like you just lost your last game.
- You can tell when a team just lost.
- Plannerpads.com
- Plan the week on Sunday—Program/ Faith/ Family, then plan the next day the night before
- Getting things done book
  - Pg 238—Suspense file—how you keep track of stuff you don't keep in your planner.

Build

- Tough
- Effort
- Attitude—all you can control is attitude and effort
- Motive—some kids work hard for themselves
- Servant leaders

4 Things To Do To Build A Team

- Shared Ownership
  - Can't have renters on your team
  - Can't have mercenaries
  - They must invest
- Shared Suffering
  - Nothing brings people together like suffering
  - Practices tougher than games
- Individual Responsibility
  - Test kids. Make them accountable.
  - Only time we use "individual" is in responsibility.
- Collective Pride
  - No I, Me or My
  - Only US, OURS, WE

Never sacrifice toughness and attitude to get size and quickness—Jim Tressel

Players sign in daily in the office—test scores, assignments, due dates, etc.

Need Assessment

What should be – What is = NEEDS

Visionary as a coach—See/ Sell/ Paint Picture—everyone must paint the picture

Lamar Hunt—owner of the KC Chiefs

- Decide what you want
- Find out what it will cost
- Find out if you are willing to pay what it costs

One Minute Assessment

- 1 thing you did well and why, 1 thing we can improve on

Socratic Method—don't give them the answers.

(NEED THE WILLIAM SAFFIRE QUOTE)

Don't Whine, Don't Complain, Don't Make Excuses

Those who can't or won't compete—COMPLAIN—sissies that don't want to work

When bad things happen:

- Don't say why me, say, what now?
- NBA—Next Best Action. I'm alive because our team did this.

Work Hard, Smart, Together

Practices

- Coaches job is to simulate game situations—Paterno
- Practice the game in the manner in which it's played—Hank Iba

Sign of a sick program are kids bitching to officials.

Process over product.

Look for teachable moments. Informal moments.

LaRussa carries a fungo bat around before practice and games but never uses it. Touch 1/3 of my tea per day.

Have a meeting without meeting.

Teaching

- Praise
- Prompt (correct)
- Leave—watching but aware

Standards most players set for themselves are in a comfort zone.

MacArthur's rule

End of each year ask: *"I just got the job, now what am I going to do?*

Dictaphone

- Then put notes in a journal
- Two journals
    - Player workouts
    - Team ideas

Have to handle confrontation as a coach.

Career

- Survival—pee blood every time the phone rings
- Success—want to win a championship
- Satisfaction—skate, go thru the motions
- Significance—say the school's name and immediately think of a person
- Spent

Ask Every Season:

- Tough enough?
- Athletic enough?
- Mature enough?
- Skilled enough?

Soft rain daily in each of these areas.

You must run, not gun.

Ballside defense makes you tough.

Stance—Lavin, play hard

Vision—allows you to move to position

Position—

Talk—your position for ball and in front of ball

Anticipate—

Move—according to our rules

Keep your notes so you can retrieve, review and reinforce

Seek to leave the world a little better place—Naismith.

Grind it out every day.

3. Conscious & Competent—knows but there's no flow. Anal. Anal coaches will always have good teams but never great teams.
4. Unconscious & Competent—he knows and it flows. Doesn't have to think about it. Jordan and Tiger.

Tiger—100 nine foot putts in a row to end every workout. If people knew how hard I worked they wouldn't say it's so easy.

Krause's Rules:

- Find your unique talent or gift.
- Develop the talent or gift to the highest possible level.
- Give your gift away every day.
    - The only buzz you get in life is giving your gift away.

For the love of the game.

War and Peace

- You can measure a person by how they respond to a challenge.
- All societies are destroyed from within.

Bum Phillips—two types of coaches, them that's been fired and them that's going to be fired.

Good administrators never give a good coach a reason to leave.

Don't wrestle with pigs, because you both get dirty and the pig likes it.

Don't make decisions b/c they're easy or popular, make decisions because they are right.

Tough Times

- Grass is always greener over the sewer.
- No matter how bad you have it, somebody has it worse.
    - Treat everyone with kindness and respect

Keep Alert/ Stay Calm/ Do Not Be Afraid

Be thankful for tough times. Necessity is the mother of invention, because you have to.

F Words:

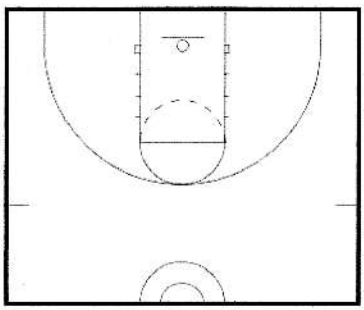
- **Faith**—assurance of things not seen
- **Family**—wife, kids
- **Friends**
    - Eph. 6:10-20—team of left tackles. Armor in front of you. Looking out for everyone else's blindside.
    - To know if they're my friend, when I'm with them, I don't have to measure my thoughts or weigh my words.
- **Fitness**
- **Finances**—charity, family
- **Figure it out for yourself**
    - Then teach your kids to do that

Arvada West Basketball

Play Hard • Play Smart • Play Together • With Pride

Don Meyer - Shooting

"Strip and Pressure"
↓ outside hand w/ ballside hand



"Wrinkle in wrist" – On Knees to develop flexion
On Back – elbow next to body, shoot imaginary shot – hold one second, follow through
Reach up → hand in 'cookie jar"

Grip → V not an L

On Back shoot ball → Catch it
Can use a partner to catch – retrace as partner puts ball back down

* Use this with younger players

Standing → form shooting pocket

Shoot off backboard → Ball hit board on way down

"Sit in your game"
"Keep it in your pocket, don't drop it"

Shoot back shots, swish your shot, ball hits corner on way down

Rim Drill (2 hands) → at front of rim
hold follow through → work your way back after 2/3 in

"Cover your right nipple"

"To be a scorer – you must get your feet ahead of your hands"

"You have to be tough to be a scorer"

Balance hand not a guide hand

"Balance hand drag"

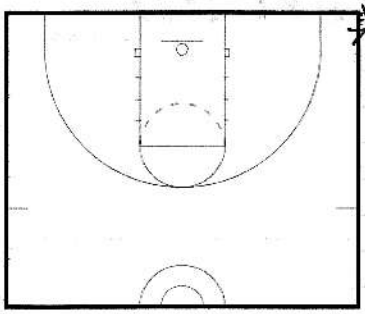
Target → Shoot at the back half of the rim

"Keep the ball straight" → "Back half" →
don't say → don't be short

Before and after practice → Rim Drill
swish the rings on the rim

"Frame the Shot" → See the shot in your window

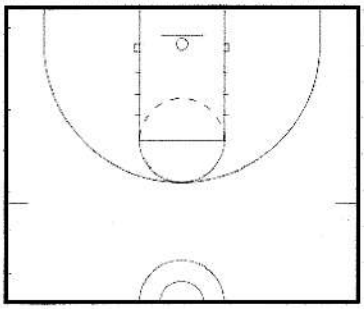
Work on shot fake — like we do jab series



* You must have a consistent arc → makes you miss long or short

Shooting drills → give a bonus point for swishes

Mass practice vs Distribution practice
↳ until you pass

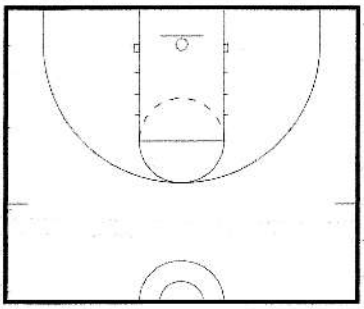


Deep 3 — More than ½ shots from 3
very few FTs

MD — Must dribble to shot

"Knees Bent, Hand Target"

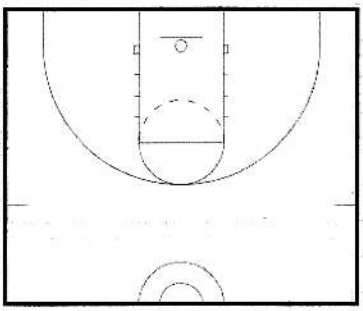
Shot fake → Short Shot Fake → move your hands an inch → don't rip the ball to low → economy of motion → small tight circle



"Ball in the air — feet in the air

Difference between good bad guard

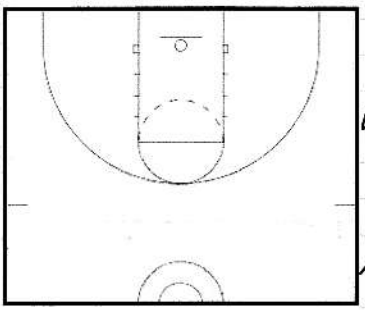
"Balance hand Pickup" — Pickup with balance hand all the time



Ball pickups
1 inch dribble
} with guards

1 inch dribble into shot
Set down and pick it up

"Scan the floor" → John Stockton

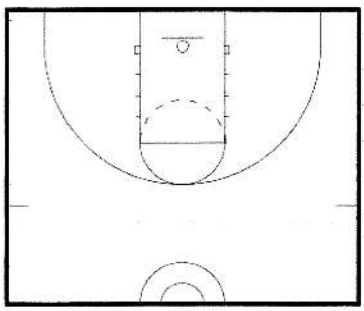


Then regular dribble into the shot

"Your follow through is your signature"

"Catch every ball as though you are going to shoot"

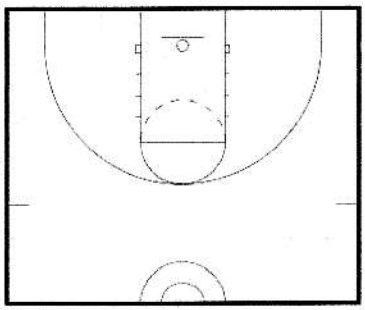
"You don't shoot fast, you get ready to shoot fast"

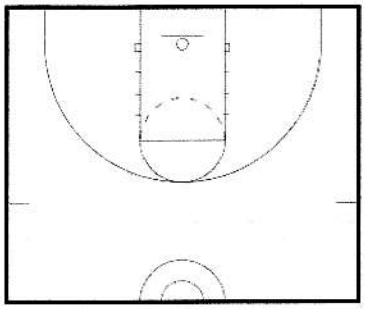


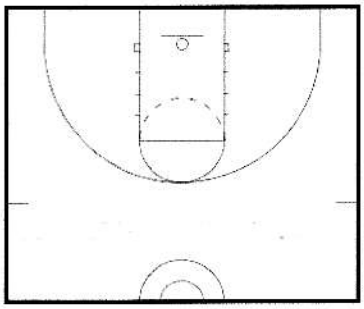
Your preparation gives you the same shot each time

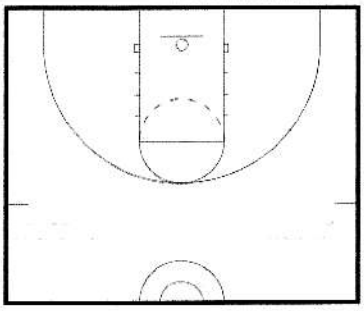
Set your feet ahead, your hands fight for your feet

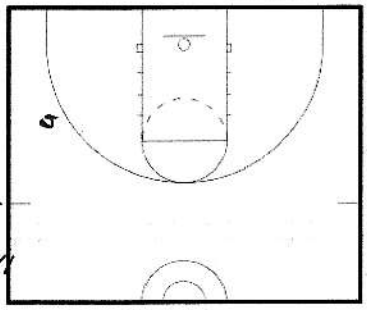
Flare Cut → Run to get separation
no backpedaling

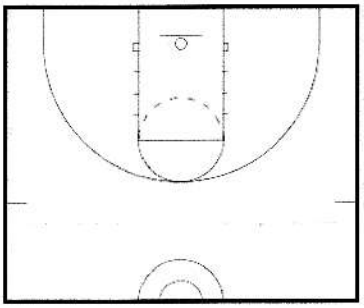












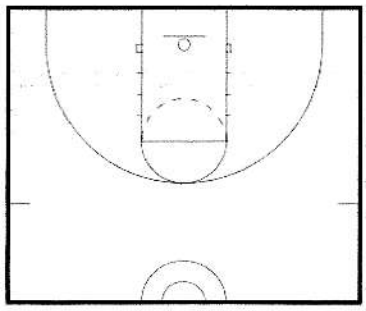
It's not what happens to you, it's how you react to it

Meyer 3

Arvada West Basketball

Play Hard • Play Smart • Play Together • With Pride

Matt.hammer@northern.edu → send clinic email packet



60% of your weight on pivot foot

Shot Fake → Starting your shot - Then stopping it

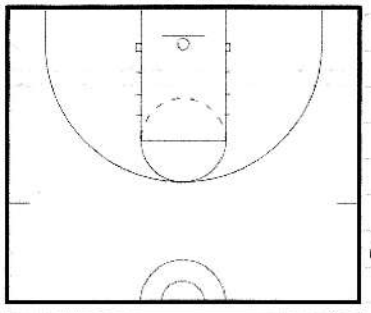
100 3's in under 8 minutes → Bryce Drew Be Careful

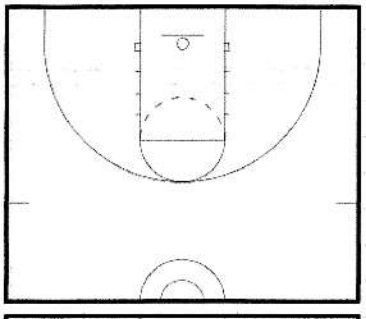
Make 25 3's without ~~miss~~ missing 2 in a row

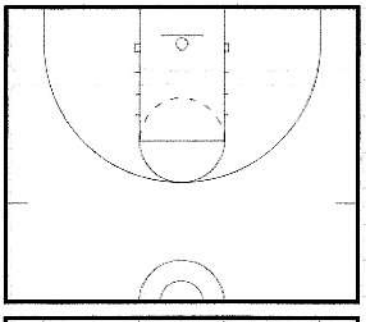
If you miss two - you can still keep it if you switch to next shot

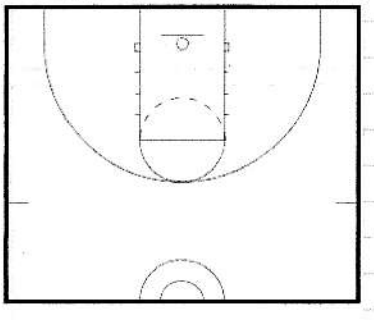
"Go into your shot" → Land 12 inches closer than when you shoot

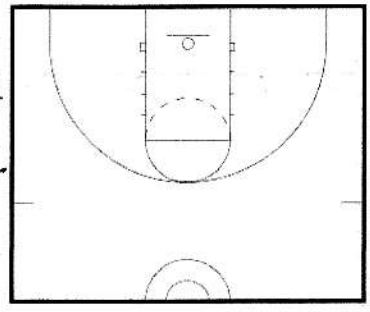
Powershots → Ten Toes to the Basket

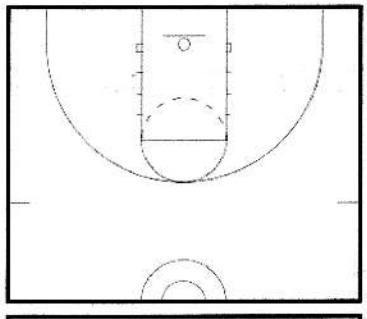


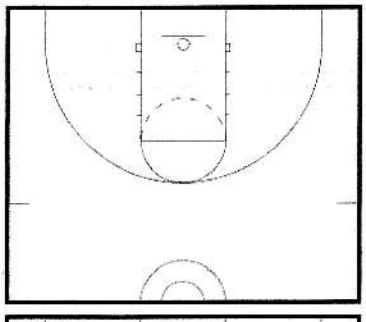


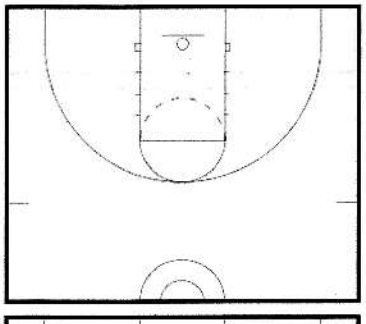


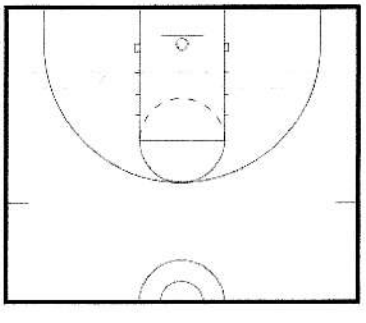












"It's not what happens to you, it's how you react to it"

Don Meyer

LHSAA Clinic

7-24 -08

A good player knows were he is
A great player knows where everyone is
A superb player knows were everyone is and what they are going to do

Don't think about winning, think about ways to win
Process of product, cause over self (that's what a team is)

Peace is not the absence of trial or turmoil, it's the calm in the midst of it.

Don't avoid the storms, learn how to dance in the rain.

Keep a file of the good and bad letters you get from people.

Have "talk to" files – files of stuff you get from other coaches

Points of contact – get other people talking about themselves

Suspense file – Have 31 files, 1 for each day. Put forms, to-do stuff in a file for the day you want to get it done. If you don't get to it on the scheduled day just move it to the following day.

Great book – "Getting things Done" by David Allen

Plannerpads.com
Have a daily to do list, and carry it with you. Plan it the NIGHT BEFORE! Plan the week on Sunday.
What does the team need this week…
See the need, fill the need

Coaching Rules

- Find your gift
- Develop your gift
- Give your gift away everyday

Get all the good ideas you can but you can't use them all.

Promise less, deliver more

See the picture, sell the picture, everyone paints the picture

One minute assessments

- Here is one thing YALL are doing well
- Here is one thing WE can do better

When you make a pass you have to be on time and on target
Not everyone is an assist passer, some struggle just to hit the open man

Two kinds of pain – pain of discipline and pain of regret

If your best player is not your hardest worker it will be a miserable year even if you win a state championship.

Coach the way you want to coach 10 years from now right now.

Five Stages of Coaching

- Survival – young, trying to get things done as best you can
- Striving for success – a little experience and now you want to win
- Satisfaction – you got the success
- Significance – 80% of coaches don't get here
- Spent – nothing left in the tank

Four kinds of people

- Unconscious and incompetent – no clue
- Conscious and incompetent - know that they don't know
- Conscious and competent – know but have no flow
- Unconscious and competent – know and have flow

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

Make the big time where you are

Build an army of supporters
You make enemies faster than you make friends.

Time Outs – don't give them more than 3 things, they usually just remember the last thing you say

Least used resource in America is teamwork

Never be satisfied

Use “we”, “our”, “us” instead of “I”

(Missed the mans name here) but when he hires someone he looks for intelligence, work ethic and character. Have to have all 3.
Don’t let your assistants get you fired.

3 guys you should hire

- “paul” – older, has a lot of experience
- “barnabas” – friend, about your age
- “timothy” – young coach that you develop

Spend informal time with coaches and players
When you don’t have your whistle you are a friend, when you have your whistle you are their coach

Spontaneous teaching, don’t meet in you office. Go for a walk, etc

Sign in sheet at the office, kids have to come sign in and drink a glass of water

If you rely on your strengths it becomes your weakness – continue to grow

Be obsessed with fundamentals

“Wooden on Leadership”, “Essential Wooden”, “You have not taught if they have not learned”

Character – credibility

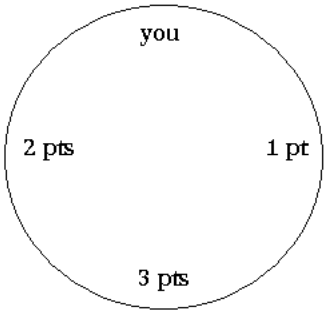
You can measure a person by how they respond to a challenge

All great empires are destroyed from within

Things we have to learn every year

- You can pick captains but you can’t pick leaders
- Leadership starts at the top
- Team is never as tough as it can be
- Can never spend enough time on shooting

Foxhole Test – who do you want in the foxhole with you – person you want in there the most gets 3pts



Shooting

- Keep it straight
- Back half of the basket – 80% of shots miss short
- Hold follow through – frame the shot with both arms/hands
- Players give themselves feedback. If they missed short they say “back half, “and their name”

Game shots at game spots at game speed

FT Drills

- 5 minutes to make as many 3 in a rows as you can
- Bubba FTs – all players shoot, start down by 5 points, bubba (other team) gets 2 points every time someone misses
- 16 FTs in 6 minutes
- Shoot one FT, of you miss you run a suicide, if you make it shoot again
- If you miss the 2nd you do a down and back with the ball
- Record is 2:35

Practice

- Skill work
- Team fundamentals
- Defense
- Offense
- Competition

Better to do 1 drill 15 times than to do 15 drills 1 time

Coach’s job to replicate game situations in practice

Make practice like games and games like practice

TGHT – The game honors toughness

T - toughness
E - effort
A - attitude
M - motives
S – servant leaders

Everyone must be willing to change – including you

Retrieve your notes, review your notes within a week of the clinic, then reinforce

Cycles of the Game

Defensive coverage

- Stop and score (team that starts with ball has to score then get a stop and score. Team that starts on defense has to get a stop and score. “it starts with a stop”)
- Transition and talk
- When guarding a 3 point shooter take one step in for a long rebound and then run the floor
- Pressure on the ball and jump to the ball
- Don’t guard all 5 players if all 5 can’t score
- 5 spot closeouts – five spots on the floor everyone can closeout the same way or different ways at all spots according to scouting report
- Rotation – if you get help, go where help came from
- Good teams create offense by offense. Great teams create offense by defense.
- Keep the ball out of the lane
- Keep track of consecutive stops
- Turkeys – score 3 times in a row

Stop and Score
Shot Pressure

2004-2005 Offense Clips Chart

Clip I. October 16 (2), 17,18,19,20

1. Transition Offense and options
2. Motion Offense
3. Power Series
   a. Up
   b. Down
   c. Reverse
4. Press Offense
5. Inbounds Under – "P" Set
6. Side Out of Bounds
   a. 421
   b. 2451

Clip II. October 22, 23, 24, 25, 26

4. 1. Transition Offense
5. 2. Motion Offense
6. 3. 1-4 High Series
4. Zone Offense – Basic & options
5. Power Series – Throwback & options
6. Inbounds Under – "Box" Set

Clip III. October 28, 29, 30, 31, November 1, 2

1. Transition Offense
2. Motion Offense
3. Power Series – new plays
4. 1-4 Series – new plays
5. Zone Offense
   a. Basic
   b. 31, 32, 33, 34
6. Press Offense
   a. Inbounds vs. man at half-court
   b. Inbounds vs. man at full-court

Clip IV. November 4, 5, 6 (Exhibition Game), 7, 8

1. Transition Offense
2. Motion Offense
3. Power Series
4. 1-4 High Series
5. Zone Offense
6. Inbounds Under – "P" & "Box" Sets
7. Inbounds Under – Zone Plays
8. Side Out of Bounds Plays
9. Press Offense
10. Last second plays – under 5 seconds

Clip V. November 10, 11, 12, 13 (Exhibition Game), 14

1. Transition Offense
2. Motion Offense
3. Man Offenses-"Power" & "1-4 High"
4. Zone Offense- "Basic"
5. Inbounds Under and Side plays
6. Press Offense
7. Last second plays – under 2 seconds
8. Foul line plays
9. Time and score plays

Clip VI. November 16, 17, 18, 19

Review all offenses and prepare for First game

2004-2005 Defensive Clips Chart

Clip I. October 16 (2), 17, 18, 19, 20

Stance and Footwork	**Shell:**	**Three Man Series:**	"43" 2-2-1
Press			
Guarding the Ball	Pass & Hold	Lock & Trail	"41" 2-3 Zone
Closeouts/Contest	Fill & Sink	Staggered Double	
Help Side	Cutter Through	Baseline Cut	
Rebounding/Post Defense	Red	Dribble Weave	
Transition	No Hands	Triangle	
Blitz	Cut Throat		

Clip II. October 21, 22, 23, 24, 25, 26

Shell:	**Three Man Series:**	"24 Gold" Shadow Press
Baseline Closeout	Flex Cut	"Big Blue"
Switch/Change	Flare Screens	Switching in Man-to-Man
Pull & Kick	Scissor Cut	"X-outs" from Help Side

Clip III. October 28, 29, 30, 31, November 1, 2

Shell:	**Three Man Series:**	"22 Gold" Half-court Shadow
Diamond	Princeton cuts	"54"1-2-1-1 Press
4 on 5	Hawks cut	"41 A-B-C" Zone Traps
	Inbounds Under	"Down" and "Black" Pick & Roll

Clip IV. November 4, 5, 6 (Exhibition Game), 7

Shell:	**Three Man Series:**	Review Presses and Zone Looks
New ideas	Opponents Offense	

Clip V. November 9, 10, 11, 12, 13, (Exhibition Game), 13, 14

Defensive Game Situations:

a. When Ahead
b. When BehinD
c. Special Situations

Clip VI. November 16, 17, 18, 19

Review all Defensive Situations and prepare for First Game

2004-2005 Special Situations Clips Chart

Clip I. October 16, 17, 18, 19, 20

1. Inbounds Under – "P" Set
2. Side Out of Bounds
   a. 421
   b. 2451
3. Free Throw Offense and Defense
4. New Rules
5. Press Offense

Clip II. October 22, 23, 24, 25, 26

1. Inbounds Under- "Box" Set
2. Last 10 seconds plays
   a. tied
   b. up 1
   c. up 2
   d. up 3
   e. down 1
   f. down 2
   g. down 3
3. "Down 8, 3:00 to go" scrimmages
4. Inbounds Under defense
   a. Tracking
   b. Pre-switching

Clip III. October 28, 29, 20, 31, November 1, 2

1. "Comeback" Games
   a. How to foul
   b. Stopping the clock
   c. Substitutions
   d. Pressing
   e. 3-point shots
2. Getting ball inbounds with lead
   a. Half-court
   b. Full-court
   c. Best foul shooters

Clip IV. November 4, 5, 6 (Exhibition Game), 7, 8

1. Half-court press & "scramble" defenses
2. Foul line plays
   a. Offensive rebound plays
   b. Intentional miss for 2
   c. Intentional miss for 3
3. Last 5 seconds plays
   a. Under
   b. Side
   c. Half-court
   d. Full-court

Clip V. November 10,11, 12, 13 (Exhibition Game), 14

1. Last 2 seconds plays
   a. Under
   b. Side
   c. Half-court
   d. Full-court
2. Time and score situations:
   a. Ahead
   b. Behind

Clip VI. November 16, 17, 18, 19

Review all Special Situations and prepare for First game

Frank Allocco: Intagibles for building a Successful Basketball Program

---

-Evaluate why you coach.

-The success of your venture will be determined by your spirit.

- Opportunity to mentor kids
- You can't become a great teacher until you become a great learner.

Coaching observations:

- You must be a great communicator w/ administration, Parents, & kids.
- Parents aren't going anywhere so you must find a way to survive.
- Must have a relationship w/ AD & principal
- Its not about X's & O's its about Johnny's & Joes.
- Ran 5-Out, Duke motion, & Princeton offense & won 3 state Championships using all 3 offenses
- Coax vs. Coach.
  You have to motivate kids to want to be special
- Do you want to be a special player or someone who is selfish? Team 1st or me 1st?

- You must be strong & able to handle criticism.
- By
- Embrace adversity don't fear it.
- What does your program stand for?
  Have an identity
  Kid tech in 17 years
- Are you classy or dirty?
- Set the tone from day one
  What will be acceptable from your kids?
  What will you accept? Have a plan (year round program)
- Coax them to want to be special
- If it ain't broke ... break it!
- Other guys in your league are getting better.
- Developing players is crucial today in high school
  Inspire them to become better
- make your bench players better than the other teams bench players (Fundamentals)
- Most Coaches talk too much during practice
  Keep them busy - Repetition is how they will improve.
- Maximize b-ball time - get them better thru repetition
- * "Things that appear to mean nothing ... mean everything"
  pass & screen - technique, little things
- → most people will look at a game & say the FB's fumble cost us the game or the QB interception but the game could have been lost on the 1st play of game when your left guards split was off ± inch.

that is the difference betw. a 10 yd. gain & breaking for a touchdown — Ara Parseghian (Notre Dame)

- Coach little things all the time. This starts on the bus, do they clean the bus, how do they act?
- You will get what you tolerate

Playground fundamentals:

- Create great habits - work on the basics, with a lot of repetitions.
- 1 on 1 use jab step to move the defender
  Rocker step, clip the hip

  2 on 2 - screen & roll

  3 on 3 - learn how to move

- Open gym - you skip those steps
  create the playground environment
- Get your teammates to get better
- ~~teach~~ - part whole not whole - part
  teach the parts then let the parts make the whole
- Teach them values
- Majors - "parents today want to take away all the pain all the heartache & sadness out of their kids lives all the things that make them a better person."
- Teach them attitude - show them how to be a better person.

P.L.A.Y.S.

H.A.R.D.

P - Physical & mental toughness

L - Love (what are you willing to do for your friends)
Don't let each other down

A - Adversity (embrace it as opportunity)

Y - Yearn for greatness
MJ - Everybody wants to be great, but I needed to be great.

S - Sacrifice
Be other centered rather than self centered
What can I do to make you better?

H - Habits
What do people think about when they hear your name?

A. accountability
Parent - I don't think my kids playing enough
Coach. Neither do I, what can we do to get him to practice more?

R - Respect

D - Discipline

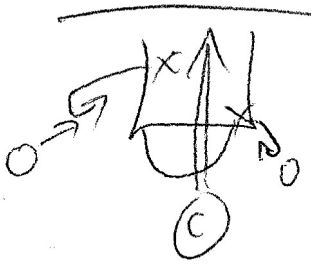
Fundamental Drills:

- You can't start teaching them reb. fundamentals after you get outrebounded are game. Its too late, you have to do it from day one.
- Live reb. drill
- 2 live reb., chin & outlet 30 sec. drills, add shot fake set the tone that we reb. here

Drill

RAP

repetitions & progressions from 1 to 5



2 line passing

meet the pass

Chest pass, bounce pass, overhead, post feed

Dribbling

make it interesting but always focusing on basketball

Who works on def. outside of coachs time?

Wrap up:

- toughest sport to play
- The game is not the time to work on 3's
- make a difference in kids lives
- Teach them how to act
- Don't focus on the wrong outcomes, its not about winning & losing its about the kids who have become better men because you coached them — Bob Ladouceur 2004
- Don't say hello ... when its time to say goodbye

Create a legacy - you live on for kids you teach

Gannon Baker- Ball skills for creating separation:

Quotes:

"Seek wisdom from the people who went ahead of you."

"Use your feet go get into a position to use your hands"

"Two things that will kill you season, program 1) boredom 2) fatigue- push up area great way to break the boredom and fatigue."

"Getting separation with the dribble must do the following things 1) shoulder lower than your defender's shoulder 2) Dribble hard, elbow through the ball 3) once you get close to the defender, you must body the defender 4) hit the defender first 5) explode and escape, keep the ball out of public property (where the defender can get a it) 6) use your non dribbling hand to hit the defender's inside wrist closest to the ball."

"Chris Paul move, as he goes past the defender, he tries to grab the defender's calf."

" the closer you can get the defense, the more you can cheat."

"make the abnormal normal"

"Get to the kill spots, both elbow, both blocks, both harsh marks in front of the block, mid line right in front of the rim."

"If defenders start to body you, outside hand, hits the defender's elbow, inside arm swims arcoss to get open."

"On setting screens, toes toward the offense, back to where you want to attack."

"If you are using a screen and defender is locking and trailing, grab screeners inside arm and pull him into the defender. Also do the Steve Nash move, where you go to the screen and stop, let the defender run into your back, then explode for the ball."

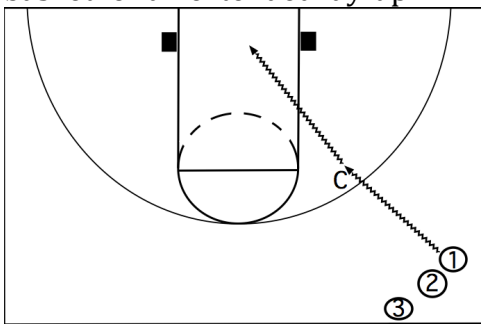
Stationary Dribbling Drills- use of tennis balls in non dribbling hand

1) Pound dribble, one hand dribbles basketball, while one hand tosses the tennis ball
2) Inside out dribbles, same as above
3) Cross-over
4) Between the legs
5) Behind the back
6) Combo moves- behind the back, cross over

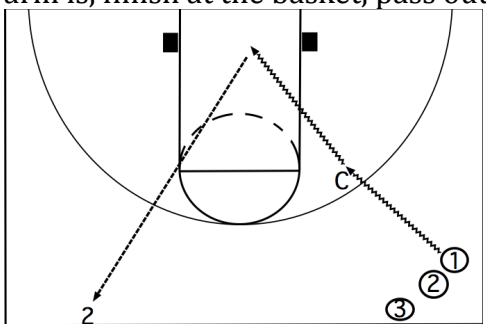
Separation Moves:

Finish as the basket, with the following moves 1) floater 2) hook 3) Pivot and step through

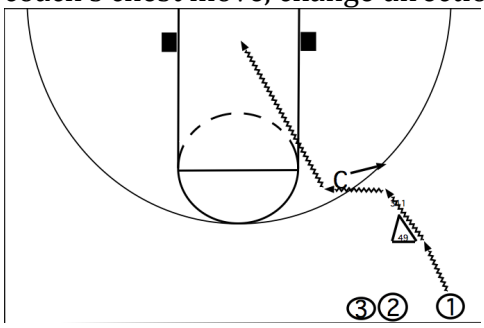
1) Pin and extend: player makes a move at the defender, who is holding a tennis ball, player will the ball, must grab the tennis ball and then explode to the basket for an extended lay-up



2) Attack the coach, slap the wrist or the hip depending on where the coaches arm is, finish at the basket, pass out to player waiting and play 1 on 1



3) Players make a move at the cones, and then reads the coach, if you see the coach's chest move, change direction, if you see coach's shoulder keep going

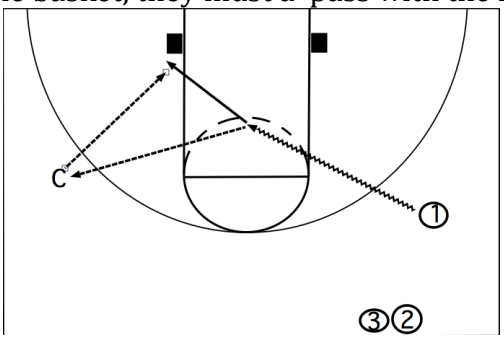


Weak Hand Drills:

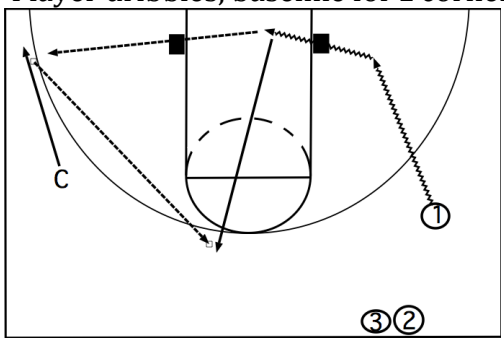
1) Partner Drills: Partners face each other, each with a basketball, one partner catches and passes the ball back and forth with their weak hand, strong hand behind their back. Partner passes with both hands
2) Same as before but no on the catch, dribble the ball twice, then passes it back to the partner
3) Cross over then pass back
4) Two dribbles with a certain hand, going in a circle, then pivot, the pas, with a certain hand
5) Two dribbles, step through and make a pass
6) Two dribbles, reverse pivot to create space

Perfect Passing Drills

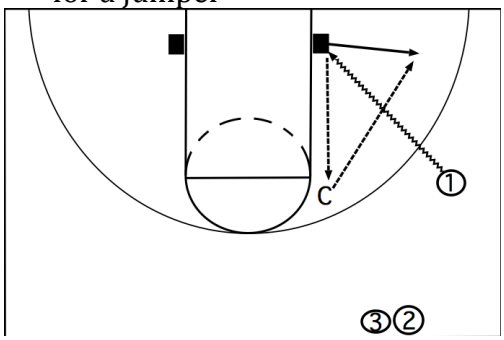
1) Players dribble and attack the basket, they must a pass with the inside hand off the dribble, then post up



2) Player dribbles, baseline for z corner pass, then pops back out for a three

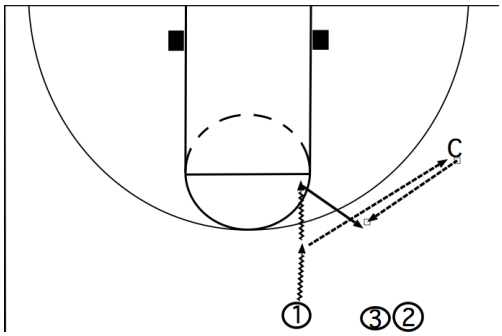


3) Player drives baseline, makes a left haned bounce pass, then pops back out for a jumper

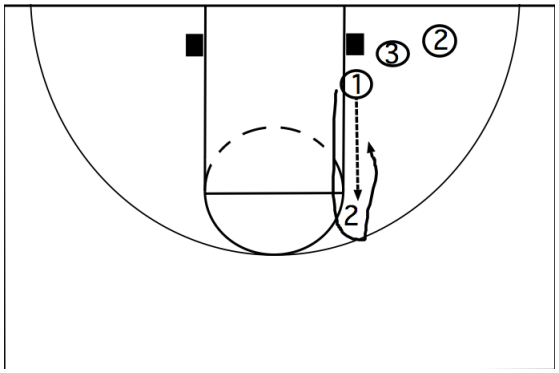


Multiple Skills Drills

1) Player starts dribbling with two balls, once he gets to the volleyball line, he passes with outside hand to coach, then makes a dribble move and attacks the basket for a one dribble pull up, then pops back out for a jumper from the coach



2) Step away drill: player passes out the player at the elbow, he holds the ball out shoulder level on either side, player runs around going opposite to grab the ball, and takes a one dribble pull-up, one two step into your pull-up jumper so you can stop on a dime



Dribble Moves creating separation

1) Jab dribble- if dribbling with the right hand, jab at the defender with left foot, while dribbling hard with right hand
2) Drag Dribble- keep left foot as pivot, dribble hard with right, then pull back to create space
3) Defender passes the ball to offensive player, he reads the defenders top hand, if low sweep across, and hit wrist with inside hand, if hands are high, inside hand hits defenders hip

Core Workout

1) Two hand on basketball push-ups
2) On one side, arm extended, lateral
3) Two hand push-ups with one leg off the ground
4) Rocky Drill: part 1 two hand on ball push-up, then switch to one hand on ball push-up, then switch hands, then two hands on the ball, bring one knee up to ball 3x then switch legs
5) Two feet on the ball push-ups, build up to clapping push-ups with feet on the ball
6) Two feet on the ball, on your elbows bridge, hold for 30 secs

Containment Defense: Limiting Opponents To Low-Percentage Shots

By Greg Marshall

Each summer, I view the previous year's game films and attempt to define what we did well and what we need work on. In evaluating our defense, I've noticed that when we lose, it's because we've given up too many good shots and fast-break baskets.

Defensive field-goal percentage is the best indicator of how good a team's defense is. Our "containment" defensive philosophy is based on making our opponents beat us with a tough shot and eliminating easy baskets.

Following are some of the principles we incorporate in our containment defensive scheme:

• **TWO PLAYERS BACK:** When our team takes a shot, we send our 1 and 2 players back on defense. Our guards are typically our least effective rebounders. Sending them back hasn't hurt us that much. Our rule is that when a shot is taken, 3, 4 and 5 go to the boards every time, and 1 and 2 are back. If 1 or 2 takes the shot, we still have at least one player back. Our goal is to make our opponents attack us 5-on-5 and take a tougher shot.

• **INFLUENCE THE BALL:** We teach our players that once they get the break stopped, they should try to "influence" the ball toward the sideline and baseline. This is in contrast to "forcing" or overplaying the ball to these areas. We think it's more important to flatten or contain the ball than to get it to a particular spot on the floor. We want our players to stay wide and try to stop a direct drive to the basket.

• **BALL PRESSURE:** When the player with the ball has it above his or her waist, we want to put lots of pressure on and prevent him or her from making an easy pass or taking an easy shot. Once the ball handler drops the ball below his or her waist, we step back and create some space. We stress active feet. Our objective is to bother the pass or shot but contain the drive.

• **HELP SIDE.** We want to give lots of help away from the ball. We don't deny any pass outside the 3-point line. For example, both of our defenders on the wings can be dropped in to plug up a drive from the point. We want to encourage a pass to the wing and discourage a drive to the basket. By giving this much help on the ball, we give added confidence to the on-ball defender to really pressure the opponent.

• **PROTECT THE PAINT.** We want to be physical with cutters flashing to the ball and coming off screens. We want to dictate where they cut, especially when they're headed to the basket area. For example, if the cutter curls toward the basket off a downscreen, we ask that the defender guarding the screener "pop" the cutter and make the offensive

player change the path of the cut. When a weak-side defender makes a straight cut to the ball through the lane, we ask that his or her man make contact and slow him down. Again, we want to stop direct cuts to the basket.

• **GET A HAND UP.** Closing out on the basketball is a skill we work on almost daily. We never want the shooter to get an open look at the rim. We don't try to block the shot, although this does happen. We mainly try to get the shooter to alter his or her shot.

• **POST PLAY.** Our normal way of playing the post is to stay behind or to side-front. We would rather make someone hit a tough turnaround jumper on the block than to pin or lob us while we're fronting. There aren't that many players who can stick this shot. When we do run up against one, we look at alternate methods of coverage, such as fronting or doubling down.

CLINIC
DATE Greg Popovich
Drills & Motion off.

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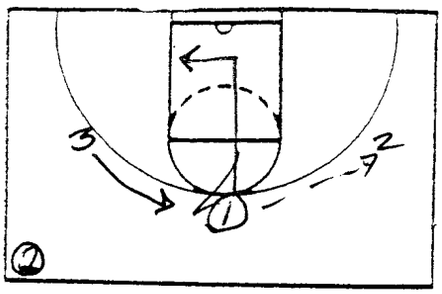
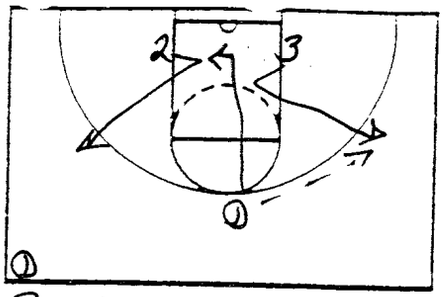
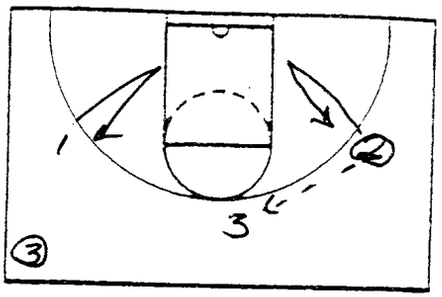
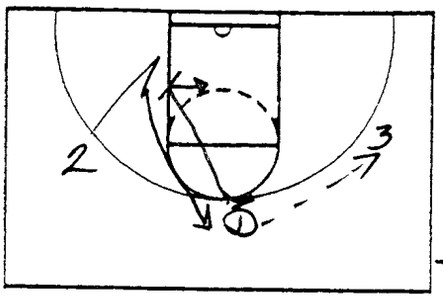


NOTES
Set up defender opposite of Pass

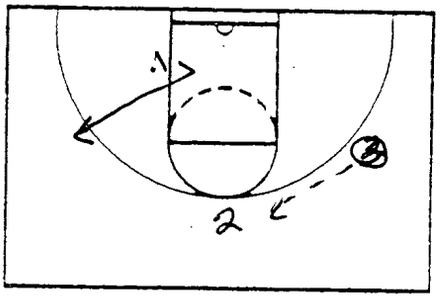


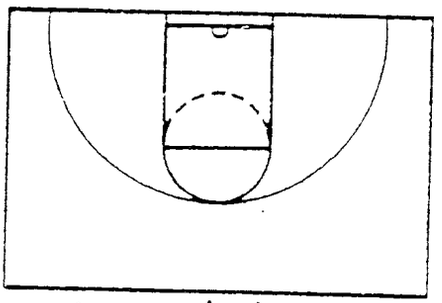
Pass & Cut



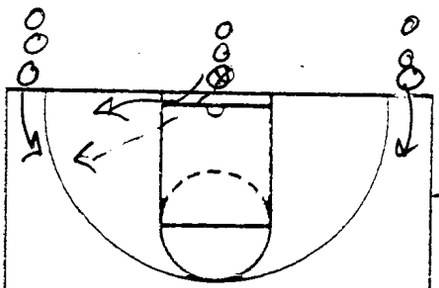


NOTES
Pass & screen away





Player choice → Cut or screen away



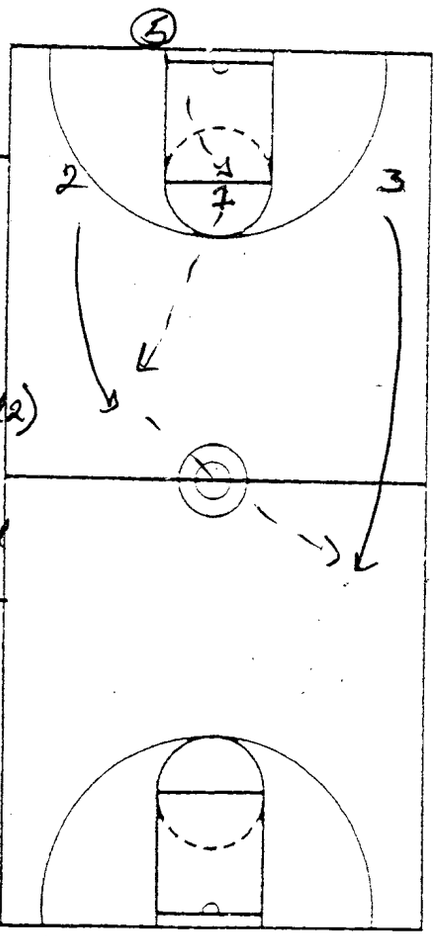
NOTES
Don't be fast - Be perfect

Weave drills work on communication

3 man weave

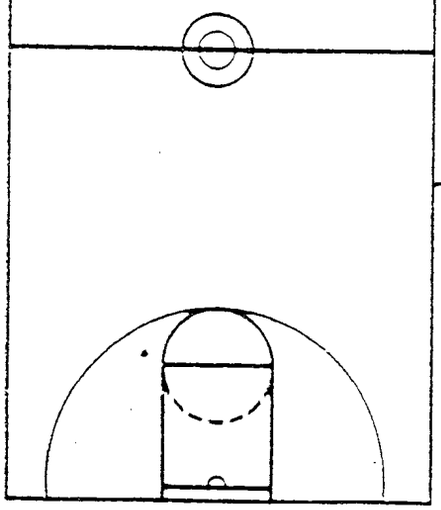
5 man weave (pass & go behind)

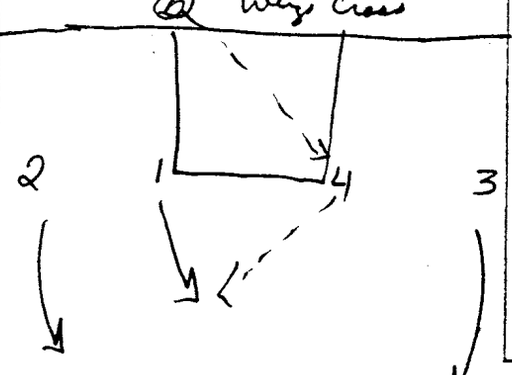
5 out ⇒ Same as 4 out
Pass to 4 → Pass ahead
Wings Cross



4-out

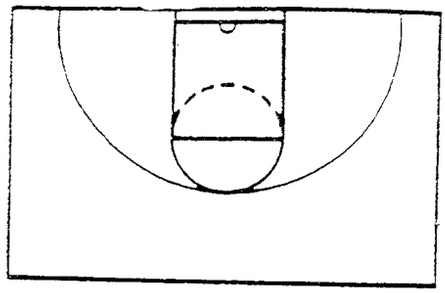
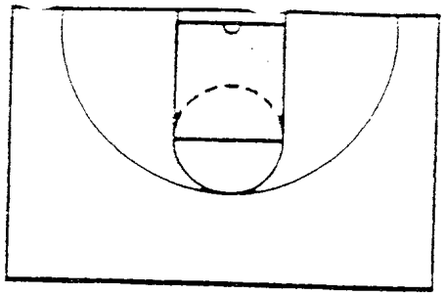
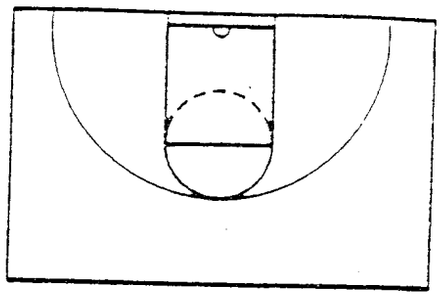
Pass ahead





Wings Cross - 5 man. How to inbound

CLINIC
DATE Greg Popovich (2)

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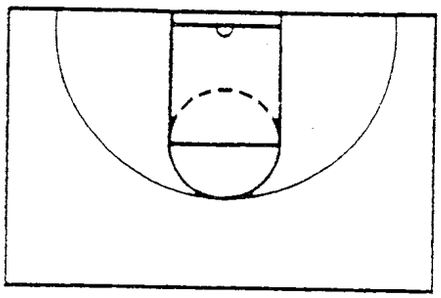
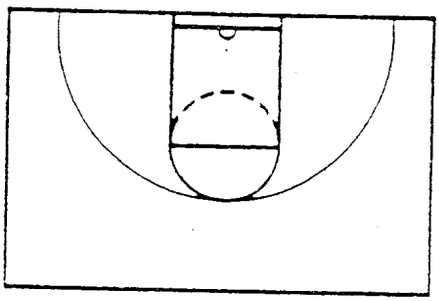
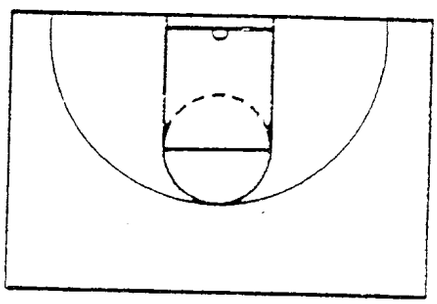

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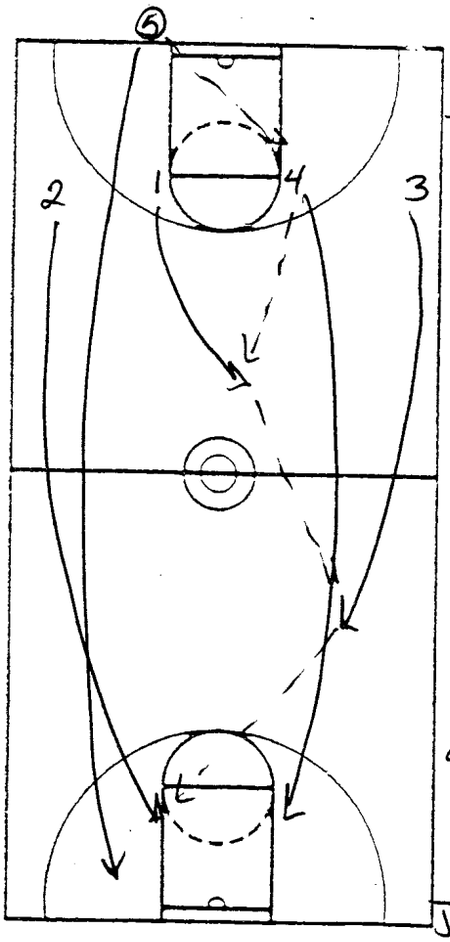


NOTES
5 out - 4 man run from elbow to elbow
5 man run basket to basket
Coach Choice

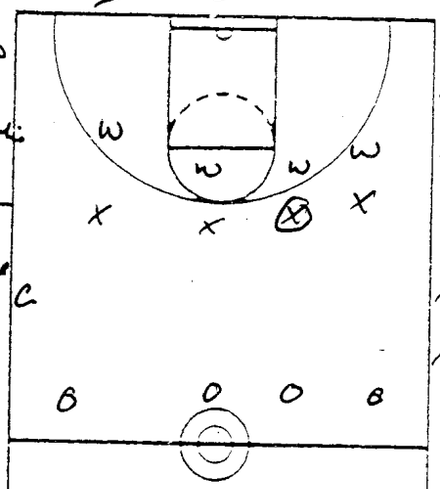
All players on baseline
Coach Calls
3 man weave
5 man weave
4 out
5 out

Force players to talk and adjust

Weave drills tell you who leaders are

If both shoot 1 & 1 - first one is live - if make 2 - now on "D"/ O Board = -1

After score → C Pass to C
Players don't touch ball
Pass to new off.



4 on 4 on 4
Defense is Core
no screen roll
no post up

Score or stops
first team to 7 wins
Get stop - Stay on "D"

off - Pass and cut
Pass and screen
move w/o ball

If team scores they are new def.

Steal
D board
T.O.

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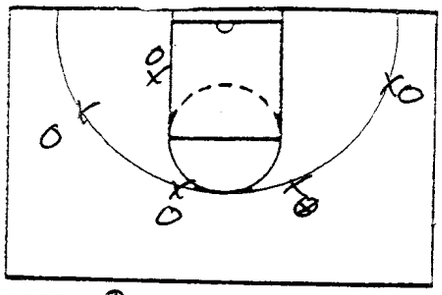
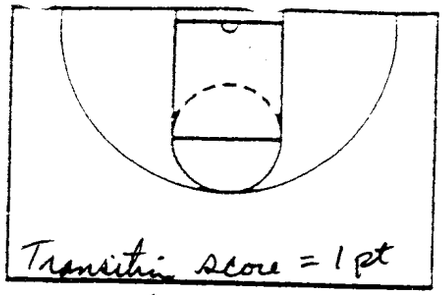
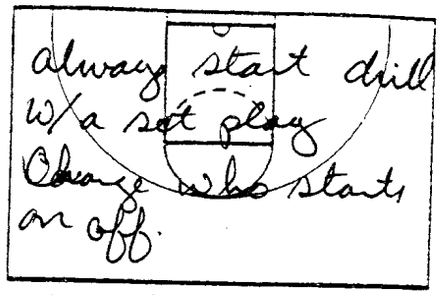
(3)



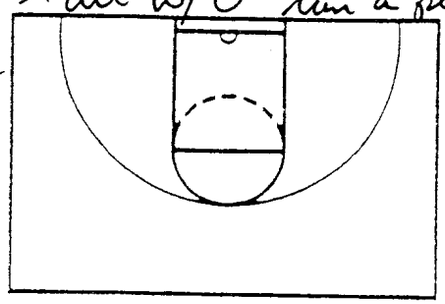


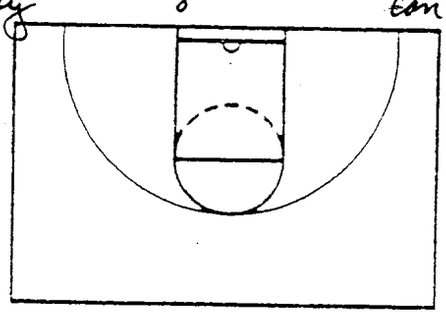


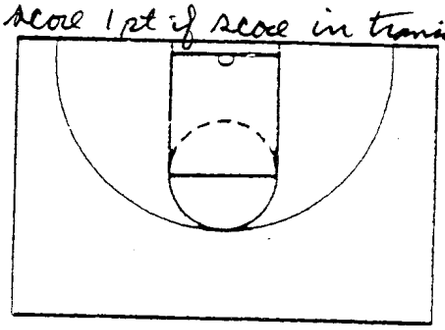
NOTES One way - 5 on 5 Stop = 1 pt O Board = -1

First team to 10 is winner → X's get ball ⇒ FB to other end ⇒ run early off or mi
O's get ball ⇒ " " " " " " "

Start w/ O's run a play ton score 1 pt if score in transiti

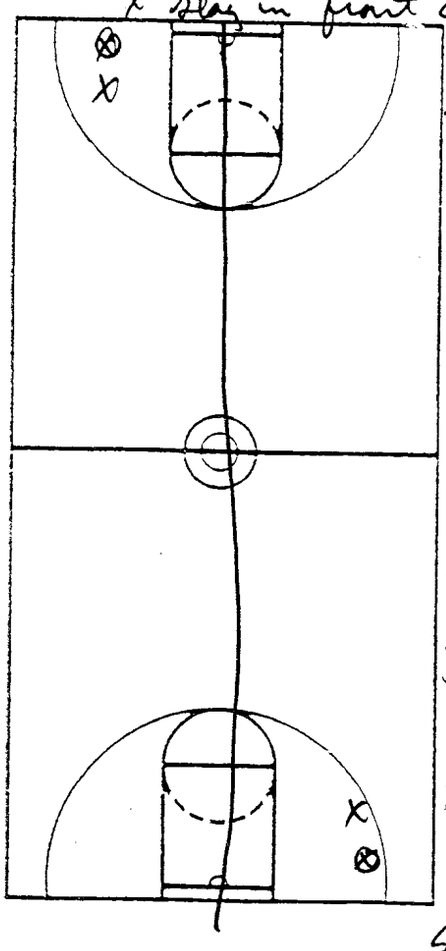






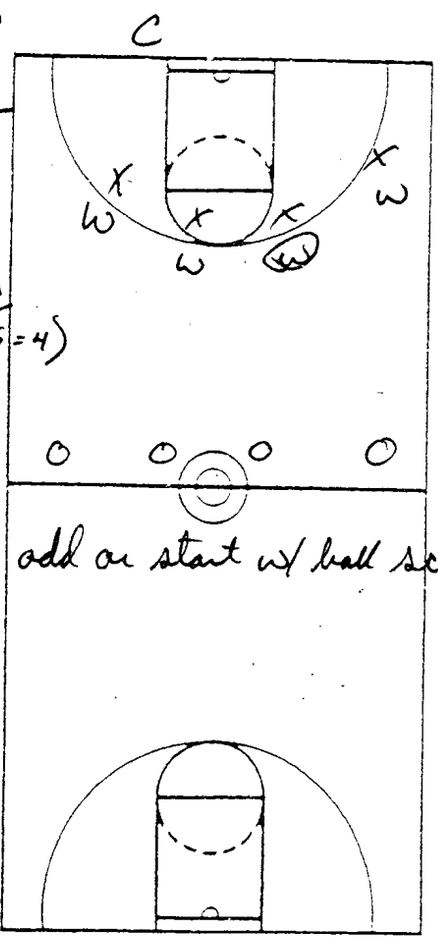
NOTES

Defense ⇒ O score as easy & quiet as possible } Beat to a spot
X stay in front of O



NOTES
4 on 4 on 4 ⇒ Defense is core

3 teams
Score on stops - first team to 7 wins (NBA - C wins = 4)
Stop ⇒ D board / Steal / T.O.
O Board = -1
NO ball screens / post ups to start ⇒ later can add on start w/ ball screen
If off scores ⇒ they are new def team
If def gets stop - stay on def.
Non shooting foul ⇒ shoot 1 & 1 first is live ⇒ make both no run def.
Shooting foul ⇒ Both are live (Shoot 2) ⇒ If make 2 shooting foul on 1 & 1 one



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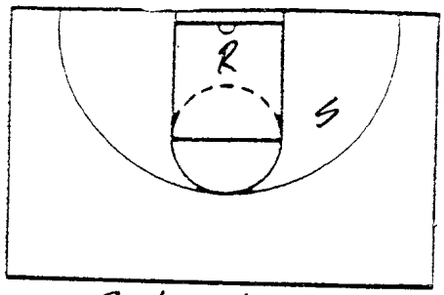
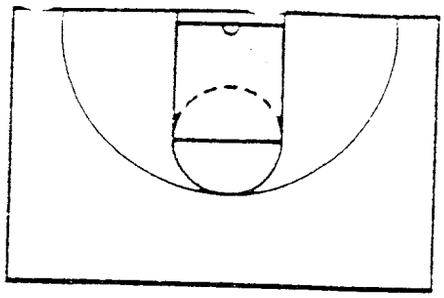
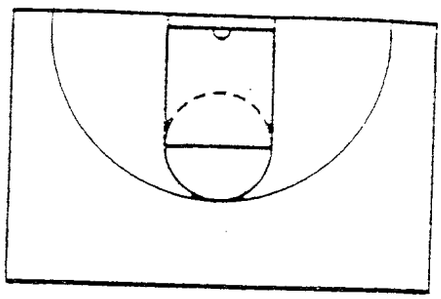






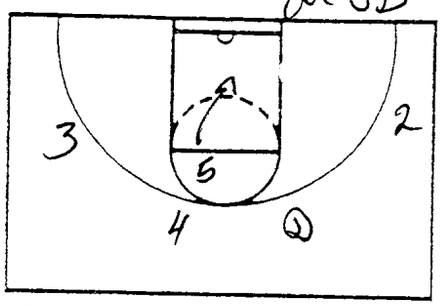
NOTES Beat Johnny Dawkins

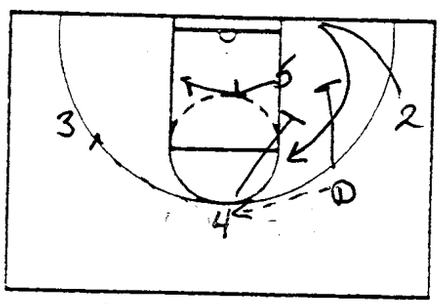
Made basket = 1
Missed basket = 3 for JD

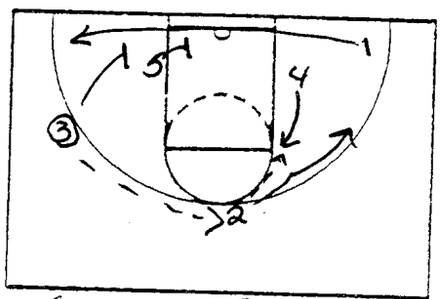
Start w/ ft.
First to 21 pts wins

⇒ Can catch & shoot
Rocker step & shoot

motion off







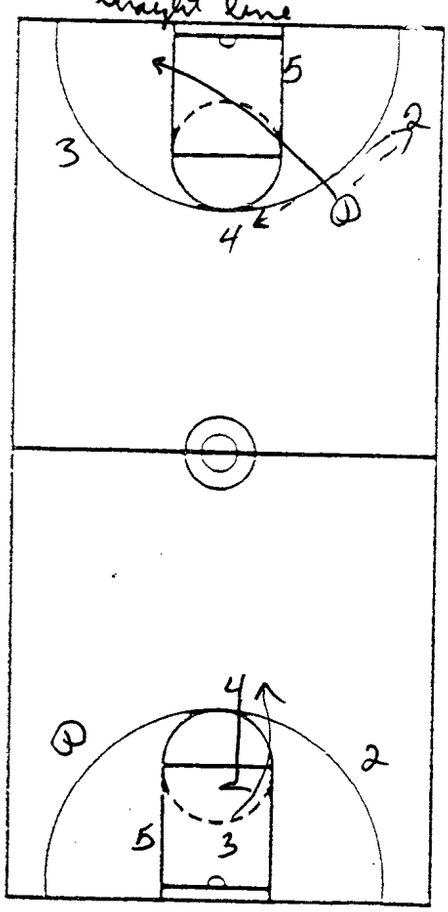
NOTES 1-2-3 interchangable
4-5 " "
5 ⇒ Banana Cut to post - not straight line

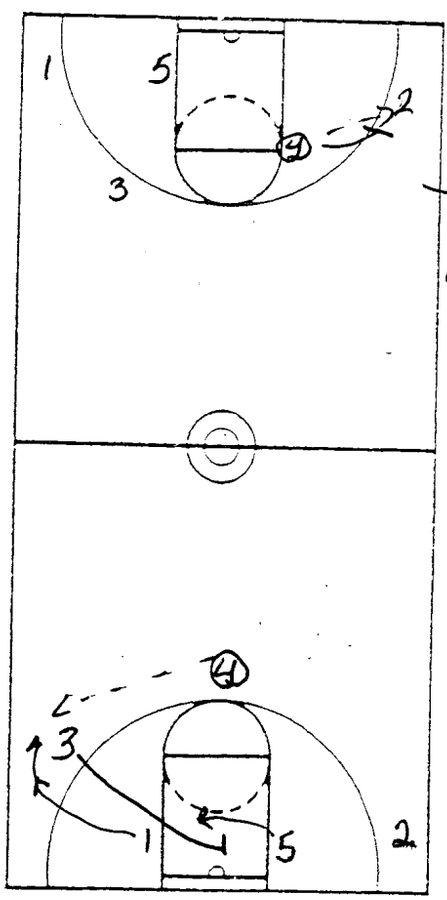
Strong

Goggle w/ 3/5/1 ⇒ do what they want - stay on same side of floor

4 ⇒ inside pivot

NOTES
Weak





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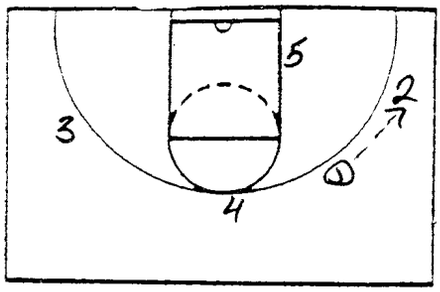
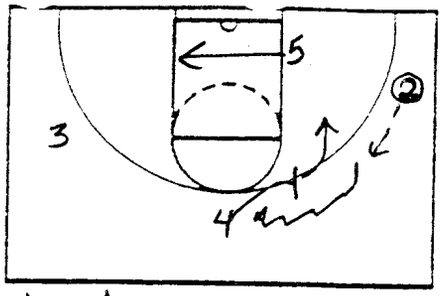
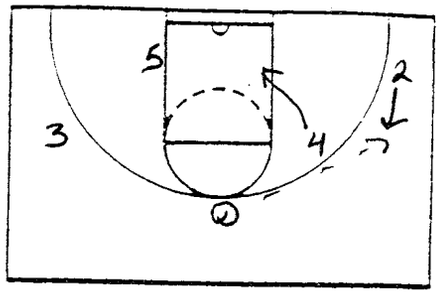
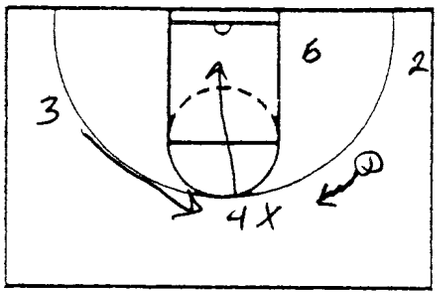


NOTES Automatic

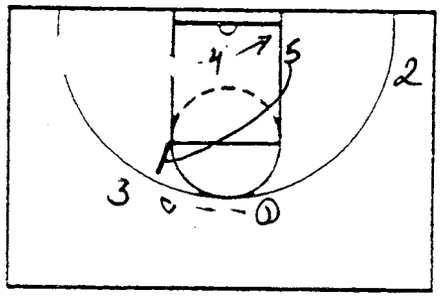


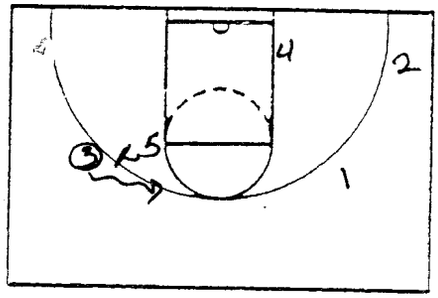
If ball comes across to top = automatic shake

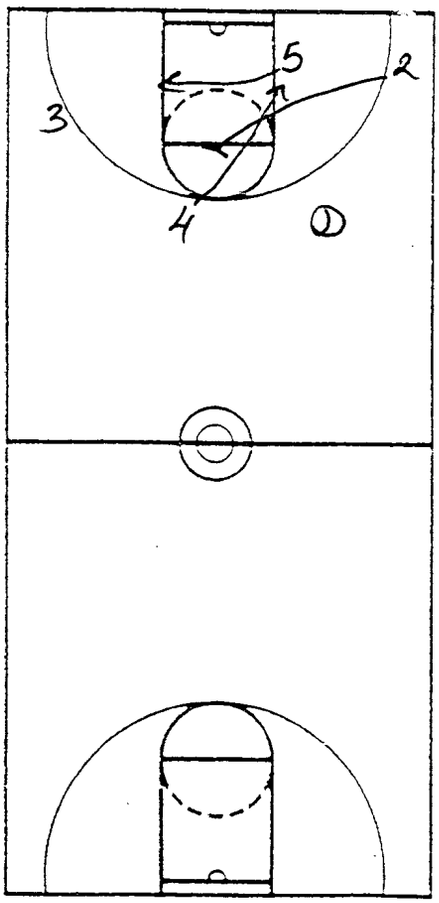




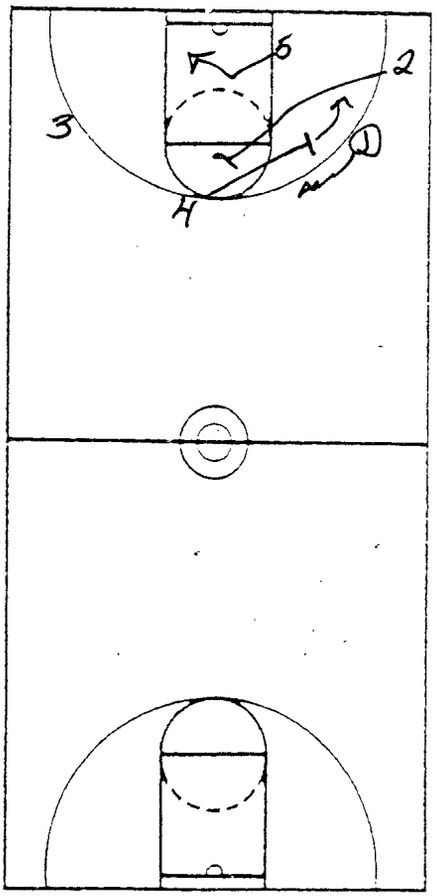
NOTES Top pass denied







NOTES
Post trailer



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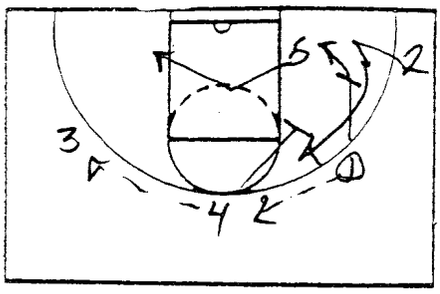

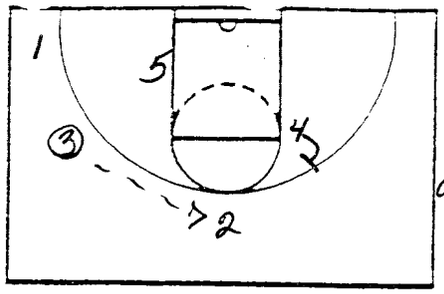

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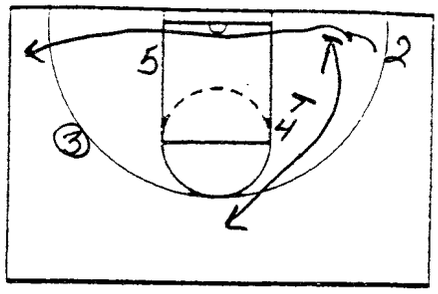
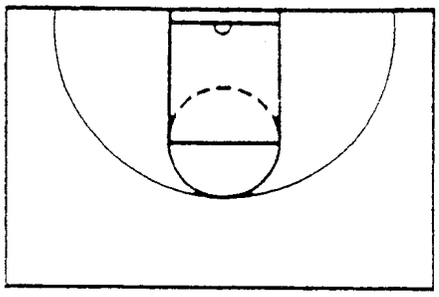


NOTES Strong slip



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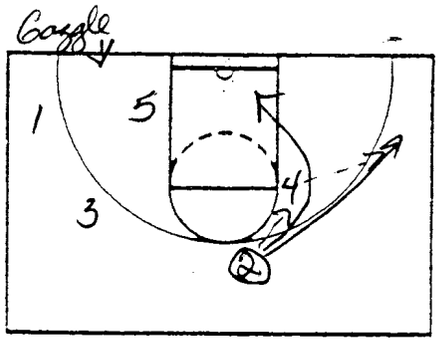

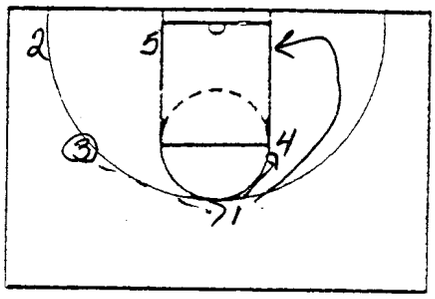

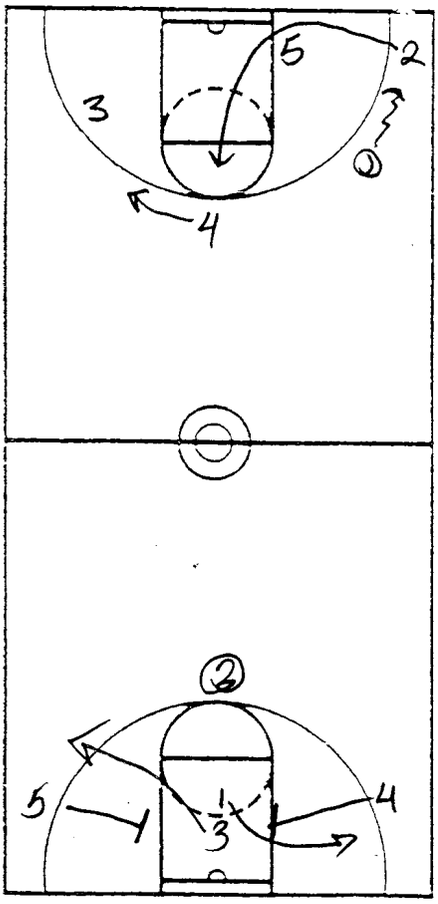

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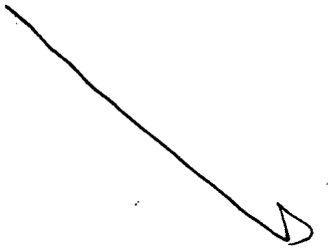
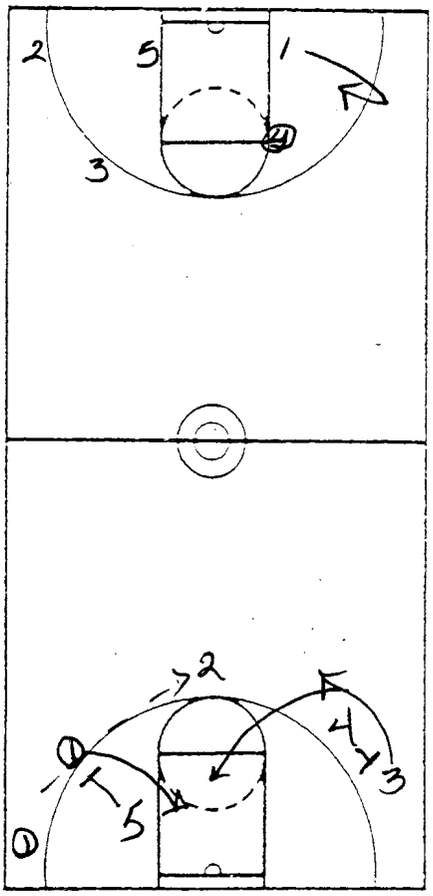
Loop



1/3 go either way



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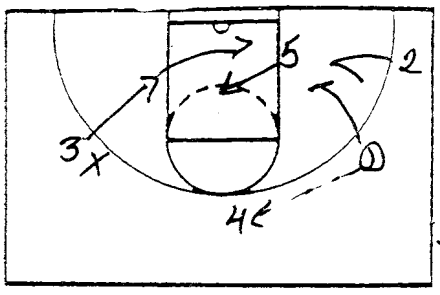
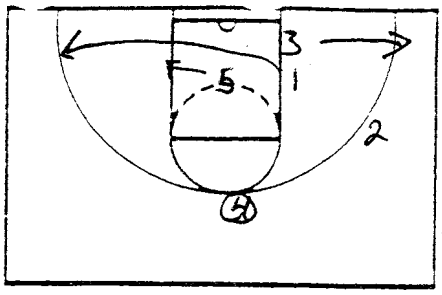
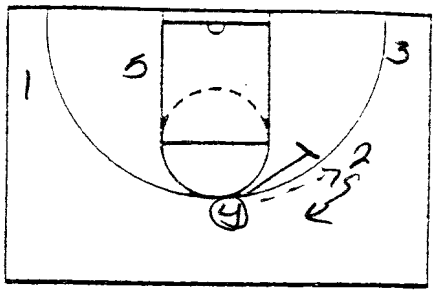
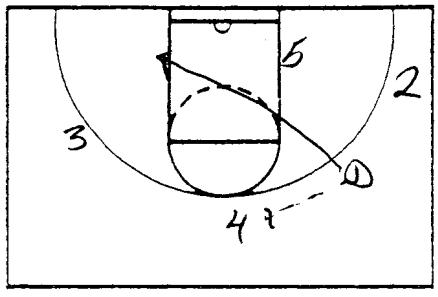


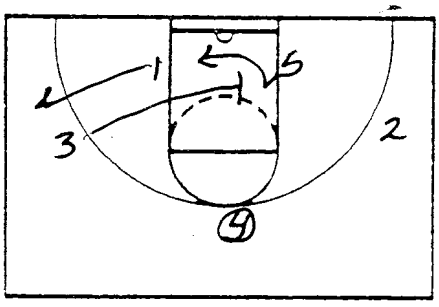


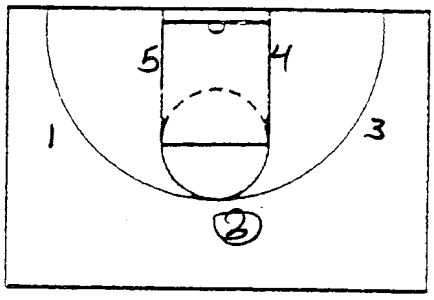


NOTES 3 denied on strong

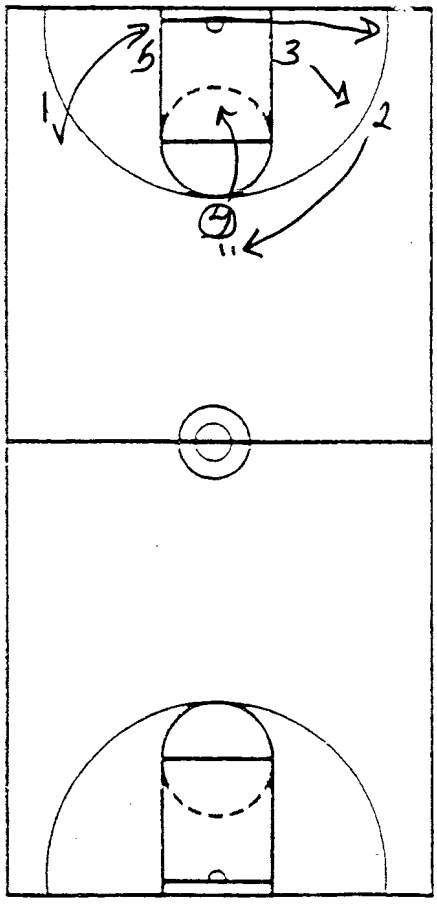
3 cut 2 in look







NOTES 1 Denied in weak



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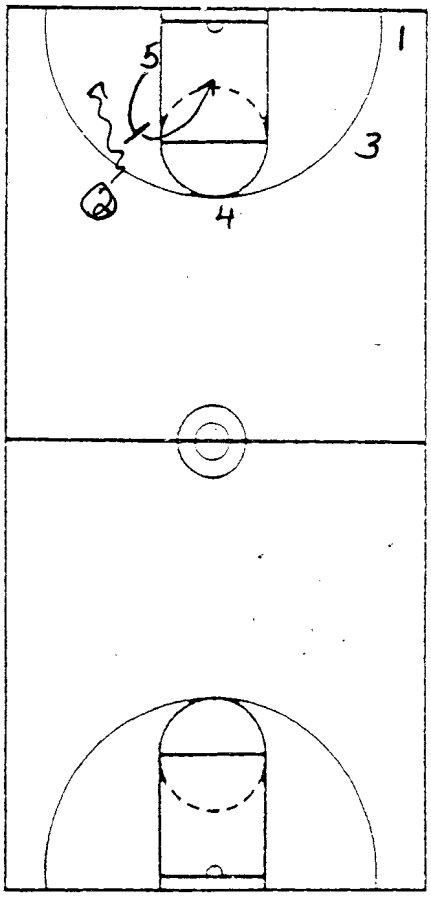

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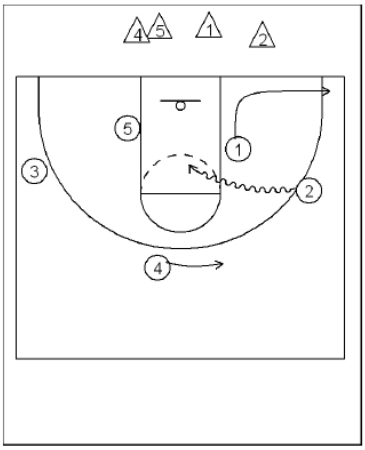

Guard Rules CTD

Penetration:

As soon as the 1 kicks the ball out, their job is to head to one of the corners. They can either head to the playside corner, (as shown here), or the weakside corner shown in the next sequence.

Make sure they are sprinting out to the corner to help clear a lane, and that they are getting width on this. We are seeing a lot that the 2 on penetration has been able to kick back out to the 1. We dont mind this our 1 can shoot pretty well, and gives us another look.

Notice here that the guard rules stay the same on penetration. 2 is attacking the rim, the 4 will rotate over the top of the 2, (a little exxageratted here) to make a longer recovery for the defender. What we are telling our 2 to do here, is mainly keep your head up and your goal is to get to the rim, draw help from 5, and third option is kick back out to the 4.

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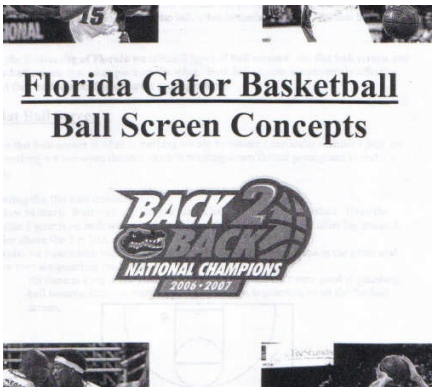

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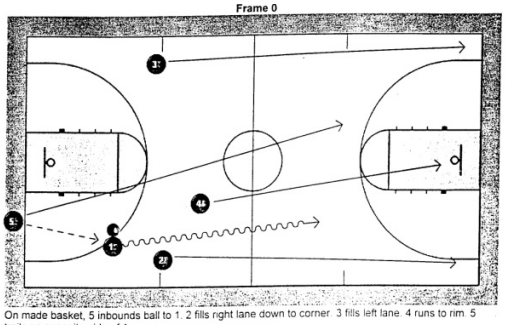
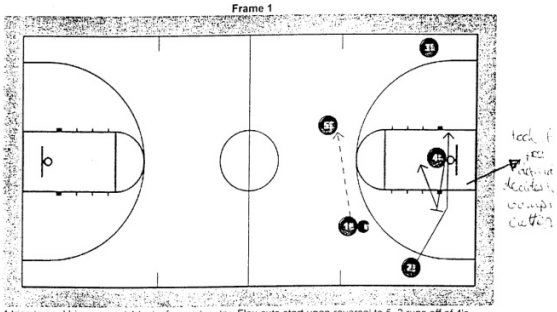


On made basket, 5 inbounds ball to 1. 2 fills right lane down to corner. 3 fills left lane. 4 runs to rim. 5 trails on opposite side of 1.



4 tries to seal his man and 1 looks for quick entry. Flex cuts start upon reversal to 5. 2 runs off of 4's flex screen, then 4 rolls back.

Flex Offense & Memphis Intro - Buy Now
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Team Tougheners & Drills - Buy Now
Everyone wants a tougher team and these drills ensure that your team will be tougher than your opponent.

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Memphis Coaching Retreat PowerPoint - Buy Now

4 Out/ 1 In Motion Offense Notes - Buy Now

Two-Man Offensive Drills:

1) Pairs Shooting:
-start one player on the perimeter and the other under the basket with the ball, you can vary the distance
-the person with the ball passes to the other person who must be in a stance ready to catch the ball and shoot; passer will closeout to defend the against the shooter
-person catching the pass shoots the ball and follows their shot. if they miss, they must rebound the ball and score a lay in before continuing the drill; if they make the shot, the retrieve the ball and pass to their partner who will then become the shooter
-we use eight spots for the drill: junction extended, foul line extended, deep corner and short corner on both sides

2) Circle Drill:
-start with one person near the basket in the key with the ball and the other person in an outlet spot near the foul line extended
-throw the ball off the backboard, rebound the ball and make an outlet pass
-the person in the outlet line curls to receive the pass and then will dribble down court to attack the junction where they will come to a jump stop and make a bounce pass
-the person who makes the outlet pass will follow down court wide toward the sideline before she will cut in near foul-line extended for a pass to a lay in
-passer rebounds the ball and repeat the drill coming back the other direction
-add a defender later to work on the decision-making process of the passer

UNDERSTANDING THE GRINNELL "RUN AND GUN" SYSTEM

INTRODUCTION

In the Tom Hanks movie *That Thing You Do,* he tells the story of a 60's Rock band that skyrockets from total obscurity to fame with one hit song. But the success of the song was not assured until a new drummer joined the band. During the group's first rehearsal together, the drummer instinctively felt the new song was too slow and began to pick up the tempo, transforming it from a slow ballad to an exciting Rock and Roll number. Despite protests from the band's lead singer/songwriter, the new tempo stuck, and "the rest was history".

Had the band stayed with the original slower tempo, nothing good would have come of the song. The game of basketball is in a similar state right now. A potentially exciting game has been forced into a slower tempo by decades of overcoaching and a hyper-conservative, controlling approach. The following is a rationale for adopting a new exciting alternative to traditional basketball that goes beyond the ball-control style, beyond even traditional fast breaking style.
Although the name for this style comes from the past, it is actually basketball as it will hopefully be played in the future: The Run and Gun System.

RATIONALE

Why play Run and Gun Basketball? We can answer this question by considering what situations have led coaches to implement the Run and Gun, and the advantages of this style of play.

1. ***It is fun to play***. Coaches who have used the Run and Gun almost universally report that their players are having more fun than they've ever had playing basketball. The tempo naturally lends itself to excitement and enthusiasm, and fans pick up on the players' energy.
2. ***Players develop more rapidly***. There is no question that an individual who plays with a high level of intensity will progress more rapidly and use more of her natural ability than one who does not. Players increase their scoring range, play defense more aggressively, and rebound harder. They will also become much better conditioned than someone used to playing at a slower pace.
3. ***It equalizes competition***. Unlike a more traditional run and press style, the Run and Gun can give a team the opportunity to compete with a superior opponent. This is true because the system emphasizes three aspects of play which are not dependant on athleticism. These aspects are a) three point shooting, b) offensive rebounding (which is more a consequence of hustle and effort than skill), and c) conditioning. Even a talented athlete will tire in an up tempo game, and the Run and Gun seeks to force an opponent to play much faster than it is used to. This negates its athletic advantage once fatigue sets in, and as Vince Lombardi asserted, "Fatigue makes cowards of us all."

Coaches who implement the Run and Gun often do so not to win more games, but rather because they are disappointed with the level of effort and enthusiasm displayed by their team. In order to break out of this competitive rut, these coaches are willing to try anything, a move often made out of desperation. They may feel fan support is minimal or negative, and they are often personally "burned out" on coaching due to poor individual attitudes or lack of success. They are willing to commit to an approach in which winning is not the first priority, where the process—striving for excellence—is more important than the product: winning.

CRITICISMS

The fast breaking and pressing style of play has sometimes earned the reputation of being an unsound, undisciplined approach whose use is limited to exceptionally athletic teams. Most coaches agree that a fast tempo favors the team with the best athletes because such a tempo gives the dominant team more opportunities to capitalize on its athletic superiority.

So why would a team with limited ability even attempt to Run and Gun? Wouldn't such an approach result in embarrassing blowouts? Not necessarily. As mentioned before, the basic premise of the Run and Gun is that deficiencies in personnel can be overcome by relying on factors that do not depend on raw athleticism, i.e. three point shooting skills, offensive rebounding, and conditioning. A coach seeking to maximize these factors would need to incorporate the following components into hi team's style of play.

1. An ultra-aggressive press to force more turnovers and create a faster tempo
2. Offensive transition and quick hitters to create three-point shots and rebounds
3. Using more depth to sustain the fast tempo while fatiguing opponents

A second common criticism is that such a style prevents more talented players from "getting into the flow" because time on the court is limited by fatigue and more frequent substitutions. However, just the opposite is true in a Run and Gun system, because although playing intervals are shorter (often just one minute long), rest intervals are also much shorter. In effect, players never get *out* of the flow, because they are back on the court before cooling off.

PROBLEMS WITH BALL-CONTROL BASKETBALL

The Run and Gun system is based on a simple premise: To score as many points as possible.

Notice that this goal is not concerned with how many points the opposition scores (although, hopefully, that will be less than us). Defense is significant, but only as a means of achieving the offensive goals. While this statement may seem like heresy to many coaches, consider the fact that the coach whose stated goal is to limit their opponent to the fewest possible points is seldom questioned. However, measuring a team's defensive performance purely based on points allowed is not necessarily valid. A team that consistently holds its opponents in the forties may be a good defensive team, but is also probably a team that has a very slow pace of play, in effect "playing defense while on offense".

One of the unfortunate side-effects of such a conservative offensive style is that it can seriously limit players' initiative. The emphasis in a ball-control style is often the "elimination of mistakes", but this focus on the negative that can prevent players from flourishing. It is no coincidence that one of the foremost proponents of this defensive minded, ball-control philosophy, Bob Knight has said that "success in basketball is a matter of eliminating mistakes". Yet Knight's emphasis on control and perfection has in recent years resulted in low team morale and poor performances in the NCAA tournament.

On the other hand, John Wooden, an advocate of up-tempo basketball, believes that "victory goes to the team making the <u>most</u> mistakes". Wooden resolves this seemingly paradoxical statement by explaining that a team that is willing to show initiative and play aggressively and without fear is more likely to succeed despite its mistakes. It is no coincidence that Bill Walton, a three-time NCAA national player of the year for Wooden at UCLA, is quoted as saying, "It all started with our practices at UCLA which were nonstop action and absolutely electric, super-charged, on edge, crisp, and incredibly demanding,

(but with) positive reinforcement…It was wonderfully exhilarating and absolutely intense. I can't describe how exciting it was to be a part of that—the joy he created in preparing us for competition."

This emphasis on simply eliminating mistakes in traditional basketball can be counterproductive in much the same way as telling someone, "Don't think about the color yellow!" Focusing on the negative is more common when coaching a traditional style than when playing an aggressive, up-tempo game where mistakes are accepted as an inherent risk of this style of play. Yet one of the most surprising statistics of the Run and Gun style is that Grinnell College (the school that originated this system) typically averages over 120 points while turning the ball over less than 15 times per game: far below what might be expected. This occurs because players are encouraged to shoot early in each possession--limiting the opportunities for a turnover--and because they have developed great confidence in their ability to successfully execute the System at full speed.

A PHILOSOPHICAL CHOICE

Many rules in the game, particularly those related to the shot clock and the three point line, are designed to increase scoring. Yet every year scoring averages *decrease* as coaches exert more and more control over their players, placing greater emphasis on aggressive defense and ball-control offense.

Most would admit that players like to score, that they like to play fast, and that the game naturally lends itself to a quick tempo. Why then do many coaches train teams to play more slowly? Obviously, they believe they will have a better chance to win as a result of slowing the game down and "playing under control". Even though most players love high scoring games, there are always those fans, sportswriters, and athletic directors who would criticize a 95-93 win as a poor defensive effort, while praising a 45-43 loss as a defensive battle.

The point is that *tempo is a philosophical choice*. As explained above, the best tempo at which to play is not <u>necessarily</u> based on personnel. Once a coach realizes it is possible to be successful with any style and any type of personnel, the decision regarding system of play boils down to personal preference. As John Wooden said, "I have continually stressed that it is not what you do, but how well you do it".

DEFINING SUCCESS

The choice of tempo may have more to do with how a coach defines success. If you as a coach are inclined to define success primarily as providing a meaningful experience for players and fans, then the Run and Gun style may be best suited to those goals. If involving more players, getting them to play very hard, and generating tremendous enthusiasm are the ends you seek, then Run and Gun is a means to achieve them. If you define success in terms of process rather than product, the Run and Gun may deserve consideration. If you define success as giving your best, then clearly any style of play can be successful, but a style that pushes the players to their limits—as the Run and Gun does—may be the best choice.

On the other hand, defining success exclusively in terms of wins and losses can lead to a negative team environment. If only "product" matters, then a team which has played to its potential yet loses has

failed according to this definition. On the other hand, a team that wins despite playing poorly is a "success".

HOW AND WHY TO MAXIMIZE SCORING

Basketball is meant to be played fast. Most players and coaches believe that the most exhilarating and fulfilling way to play the game is in a style that enhances flow and creativity, which inevitably results in a high-scoring contest.

If it is true that players overwhelmingly prefer to play an up-tempo style—and the facts seem indisputable—then coaches are truly doing a disservice to those players, and to the spirit of the game when they play at a tempo that handcuffs individual talent. And since high scoring games go hand in hand with playing up-tempo basketball, then the most obvious question a coach ought to be asking is, *"In what specific ways can a team increase its scoring average?"*

To determine how to help a team score more points, it is useful for the coach to be aware of the six statistical categories linked to increased point production. Traditional teams tend to focus on the first two categories listed below, which are relatively conservative methods of improving offensive production. :

1. ***Shooting a better percentage***, thereby scoring more points per attempt
2. ***Reducing offensive turnovers***, which gives the team more opportunities

Run and Gun Basketball on the other hand stresses the four approaches listed below because these methods in combination can result in the most significant increase in shot attempts, and therefore in point production.

1. ***By shooting earlier during each possession***. Simply by playing at a faster tempo and looking for shots within the first 12 seconds of each possession, the team will naturally shoot more often during the course of a game.
2. ***By forcing more turnovers.*** By playing an aggressive full-court pressure defense, a team will not only increase tempo but create more shots for itself by forcing turnovers. Turnovers also place the opponent in a poor defensive position to prevent a quick shot opportunity in transition. Even when the defense is not able to force a turnover, a quick shot by the opponent usually occurs. Along those same lines, a quick tempo is so vital that we consider it better to give up a basket within the first 12 seconds of a possession than for the opponent to be allowed to hold the ball for 30 seconds and not score. Tempo is paramount.
3. ***By securing more offensive rebounds.*** When a team shoots in transition, it has a much better opportunity of rebounding a missed shot than it would against a set defense. Also, because the Run and Gun style emphasizes three point attempts, the offensive team will have a better chance of getting long rebounds over the head of the defense.
4. ***By attempting more three point shots.*** The rapid pace of the Run and Gun style makes it more difficult for opponents to cover three point shooters in transitions. And although three pointers are more difficult to hit consistently, when a team's better shooters are freed to shoot the three at any time, their confidence and effectiveness will soar.

THE "FORMULA FOR SUCCESS"

Each of these four methods of improving offensive production is incorporated into a "Formula for Success". This formula summarizes—in concrete statistical terms—the goals which must be consistently reached for an uptempo team to be successful. The formula as stated below is tailored for a college women's team. Mens teams, or high school teams playing 32 minutes rather than a 40 minute game would adjust the formula to reflect those differences.

FORMULA = 90SHOTS + 45 THREES + 33 TURNOVERS + 40% OFFENSIVE REBOUNDS = WIN

90 FGA = 45 Three-point FGA and 45 Two-point FGA

It's important to recognize that each of these four key goals are interrelated. A faster tempo will lead to more Shots and more Three's, but this tempo can only be achieved through an aggressive full-court press, which will create many more turnovers. An up-tempo style also leads to a much higher ORB percentage because it creates quick shots which are often taken before the defense acquires good rebound possession. Taking more Threes also improves ORB% since such shots rebound farther, nullifying the defense's inside position advantage.

The Run and Gun approach allows a team to accomplish all of these goals simultaneously. The coach needs to be aware, however, that the opponent will almost always shoot a high field goal percentage because of more lay-up opportunities vs. the press. This disadvantage can be offset by the additional turnovers and offensive rebounds created, resulting in many more shots than the opponent. A team could thereby outscore an opponent despite shooting a much lower percentage from the field!

NOTE: In recent years Grinnell has added a fifth formula goal of creating a +25 shot differential. This stat is in effect a summary of all the other stats in the system because if it is achieved, a team can be certain that it must have been successful in forcing turnovers and gaining offensive rebounds. (Admittedly, a team that reaches it's ORB% and TO goals will not achieve the +25 FGA goal if the opponent is allowed and excessive number of second shots themselves, or if a team has too many turnovers of it's own.) Remember, the essence of the System is getting more shots than the opponent to counterbalance the fact that the opponent will get better shots. The +25 shot differential goal neatly summarizes this philosophy.

BREAK-EVEN POINTS IN THE FORMULA

The "Breakeven" example below shows how a Run and Gun team can outscore its' traditional opponent by meeting each of its four goals from the Formula for Success, even when the opponent shoots a very high percentage. The shooting percentages and other stats listed are close to what the team could expect to achieve based on results of other college women's teams using the Run and Gun system:

RUN AND GUN TEAM		TRADITIONAL OPPONENT	
90 total shots attempted		75 total shots attempted:	
45 two-point FGA@ 40%	= 36pts	65 two-point FGA@ 50%	= 65 pts
45 three-point FGA@ 30%	= 40 pts	10 three-point FGA@ 33%	= 10 pts
10 shooting fouls @ 70%	= 14pts	10 shooting fouls@ 70%	= 14 pts
18 turnovers	= 0pts	33 turnovers	= 0pts
118 TOTAL POSSESIONS	= 90 pts	118 TOTAL POSSESSIONS	= 89 pts

Note that the total possessions for each team are exactly the same. The 15 additional shots taken by the Run and Gun team (90 vs. 75) were the results of the 15 additional turnovers committed by the Traditional opponent. By aggressively pursuing offensive rebounds and limiting opponents to one shot, a Run and Gun team can gain even more additional shots!

COMPARISON CHARTS

The chart below compares the Formula goals to our team's statistics from the 2003-04 season. It also shows the statistics actually attained and compares these stats to the Grinnell College (the men's college team that created the system and has played it since 1991)

Avg/Game	ONU (2003-04)	Goals (2004-05)	Actual Avg (04-05)	Grinnell MBB (03-04
FGA	67	90	85*	114
3FGA	19	45	45*	66
OPP. TO's	16	33	32	25
ORB%	33%	40%	41%	45%
SCORING	67.8ppg	90.0 ppg	95.9 ppg (*NAIA Div I record)	126.2 ppg

A few secondary goals which we will be tracking throughout the season include: Offensive Turnovers, Shot Differential, Best Scoring Run, Opponent's ORB%, and Home Attendance!

CREATING CHAOS

One of the points of emphasis in the system is to create "Chaos" on the floor. We want the game to be played at such a tempo that the opponent will be out of control, maximizing our depth and conditioning advantage and creating fatigue and a sense of panic in our opponent.

Chaos inevitably results from playing at a very fast tempo, even when the opponent tries to slow the game down for awhile. *Often, a team that attempts to slow tempo will create even more problems for themselves because they are not in an attacking frame of mind*. They are trying NOT to make mistakes and will thus become overly cautious, causing the very mistakes and turnovers they are trying to avoid.

FOUR COMPONENTS OF THE SYSTEM

By focusing on our four formula goals a team can develop the tempo necessary to create chaos: 90 shots + 33 turnovers + 45 Threes + 40% ORB. It can't be emphasized strongly enough that the *Formula is a blueprint*. Every aspect of the system is implemented with the goal in mind of achieving these statistical goals. The following four components are the means to this end.

1. The 1-2-2 Press
2. The Fast Break
3. Offensive Rebounding Rules
4. Playing Units

1. ***The 1-2-2 Zone Press.*** Obviously, a team must play pressure defense in order to prevent opponents from holding the ball, otherwise achieving 100 shots would be impossible. The 1-2-2 Press has the advantage of being easy and quick to deploy, and the players are positioned in the press according to their offensive alignment. The Left Wing on offense is also the left wing of the press. The Front of the press is usually the player closest to the offensive basketball, the low post player. The Interceptor is the point guard, and the Safety is the high post or trailer position. Changing from offense to defense and back again is therefore accomplished instantly.

But in addition to speeding tempo, the pressing team must be as aggressive as possible in order to generate turnovers. Therefore, players are taught to press even on a missed shot by having the nearest two defenders attack the ball with the remaining three forming an umbrella to cover passing lanes. Players involved in the "Missed Shot" Press are usually, but not always, the Front and the Wing. The Safety in this press is either the player who took the three point attempt, or the deepest defender after a shot taken inside the arc. Players are also trained to continue trapping even in the front court to prevent teams from holding the ball once moving into the offensive end.

2. ***The Fast Break.*** This component allows us to meet our goal of 90 shots. Our intention is to shoot within the first 12 seconds of every possession. We will run the break on every missed shot or score by getting the ball to the point guard, sending both wings wide to spot up on the arc on the offensive end, and running the first post down the floor to the mid-post area opposite the point guard. The other post will trail the play and spot up on the arc opposite the point guard. On dead balls we always run a quick hitting play in order to generate a three point shot or layup inside. Following dead ball situations, we will run a quick hitter to generate an early shot or to allow a certain player to get an open look.

3. ***Offensive Rebounding.*** It is *critical* that we generate additional shots via our offensive rebounding rules. On any three-point attempt, the shooter will rotate back to the top of the arc, and the other four players will crash the board attempting to achieve "outside rebounding position". Since three point shots rebound farther out, this "outside position" is preferable, and will allow us to pin defenders under the boards and grab the long rebound. On any shot inside the arc, the deepest offensive player rotates back to the safety position. In order to meet our goal of 45 three point attempts, we will pass any offensive rebound back out to the shooter for a second attempt, unless the rebounder has a clear layup opportunity inside.

4. ***Playing Units***. We will develop three units of 5-6 players (numbers permitting) or two units of 7-8 players each, and substitute five players after every :45 seconds of play. This substitution is necessary in order to maintain place of play (90 shots) and to create turnovers. Longer shifts inevitably result in a slower tempo and fewer turnovers forced, due to the fact that our players must pace themselves. Playing shifts for most of the first half are predetermined, and we will not vary from them even for foul trouble. Since players know exactly when and how long they will play, they are not fearful of being pulled from the game for a mistake or for not playing well. This generates confidence by minimizing fear of failure. Units are evaluated using a +/- chart described below.

EVALUATION AND UNIT SELECTION

One of the most unique elements of the Run and Gun system is the way in which players are evaluated. Since we substitute in groups of five, it is a simple matter to rate each group's shift in terms of the change in score while they were on the court. For example if the score was 45-45 when a unit took the floor and they created a lead of 50-47 during their minute of play, every player in that group receives a "+/-" score of +3. On the other hand, a unit that enters the game ahead by 66-60 but leaves the game with the score tied at 66-66 receives a +/- score of -6.

These +/- ratings can also be charted during scrimmages in practice to aid in squad selection, and to determine playing time. By filming practice scrimmages and charting +/- stats for different units—and creating a simple spreadsheet for these purposes—will allow the coach to quickly evaluate various combinations. In the early season, a round-robin format is used to assure that everyone plays with every possible combination of teammates and opponents. Players who are assigned to the "Featured Team" on a given day will execute the Run and Gun system, while those on the "Scout Team" play a traditional offense and defense. Only players on the Featured teams will have their +/- totals averaged to rank players according to their ratings, and this information is used to provide an objective tool for measuring each player's contribution under the fairest possible conditions.

The beauty of this approach is that every player on a successful shift receives a good score, not just the individual who scored the points. A player's presence on any given team may consistently result in that unit playing better than expected (as evidenced by its +/- score). Why this is happening is not as important as the fact that such a player's presence leads to team's success. Perhaps the player is a good scorer, but she may also be contributing by forcing turnovers, playing tough defense, grabbing rebounds, or passing to the open player. Every player on a group with good "chemistry" is rewarded in this way, and so players soon realize that their individual success is tied directly to the success of the team.

A second approach for selecting teams and playing time is to simply assign a grade to each individual player based on their performances in early season practices and games. We use the following formula for grading purposes, based on videotape of practices/games:

(Points + Rebounds + Steals + Blocks + Assists – Missed shots – Fouls – Turnovers) ÷ Minutes Played.

Players with a higher grade (per minutes played) are obviously making greater contributions and few mistakes, and should receive more playing time. But everyone on our team will play some meaningful amount of time. Though their role may be simply to help us use our depth in wearing an opponent down, that role is critical to our success!

THE SYSTEM

A true System is one in which the offense and defense complement each other. The defense fuels the offense and vice-versa as the system feeds off energy it generates.

Although there is no one "correct" way to run the system. Remember, however, that every element of the system must contribute to helping a team achieve the four Formula Goals. When deciding whether to incorporate an offensive play or defensive alignment, the coach must ask, one central question, "Will this help us generate more shots, more threes, more offensive rebounds, force more turnovers, and increase the tempo?"

If the answer to this question is not "Yes!" then the coach should have serious reservations about including that element, because achieving the Formula Goals creates wins and fun, while slowing down to a more tradition tempo will create confusion among players who will believe in the System, just so long as you do. The coach must beware of the temptation to slow the tempo using a more conservative pressing scheme because this will impact every other part of the system.

RESOURCES

Refer to the following resources to learn more about specific components of the system, and their execution:

Title, Speaker, Year (Cost, Format)	Available from:
Basketball in the Fast Lane, Paul Westhead, 1989 ($39 video)	Championship Books and Videos (May be out of print)
Running to Extremes, David Arsenault, 1997 ($39 video)	Championship Books and Videos
Running Game: A Formula for Success, Arsenault, 1996 ($10 book)	Championship Books and Videos
Running to Win, David Arsenault, 2005 ($ 39DVD)	Championship Books and Videos
2nd Annual Run and Gun Clinic, 2005 ($30 set of 4 DVD's) (featuring David Arsenault and other top Run & Gun Coaches)	Doug Porter, Olivet Nazarene Univ. One University Avenue Bourbonnais, IL 60914

Arvada West Basketball

Play Hard • Play Smart • Play Together • With Pride

Herb Sendek - Arizona State

John Chaney vs. Dean Smith → Both guys communicated w/ their dress

What does our team need now

Concept of Awareness

Do you make kids feel like they are the only person that matters → disrupt their importance

Listen →

Rick Barnes - all he did was listen for 2 wks when he took the Providence job

Mark Warkentien - flew to Kentucky to talk to equipment manager → listen to everyone

Seek advice - Good ideas come from anybody

* NBA - Next Best Action

Gary Barnett → Book

Coconut example

What are your players hearing from other people

Rick Pitino - kicks team out of practice after beating the Russians

Even your staff can be a different voice to your players

Listen to what someone does not say

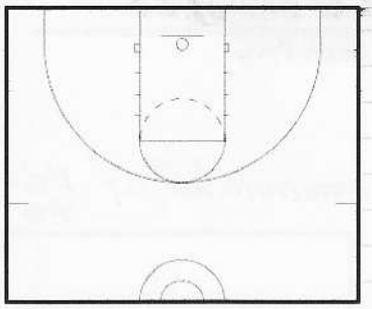
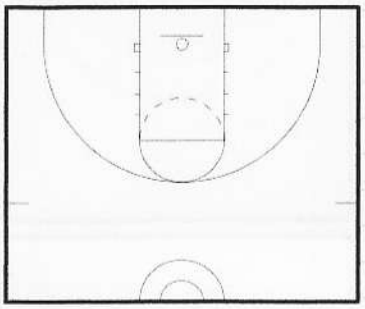
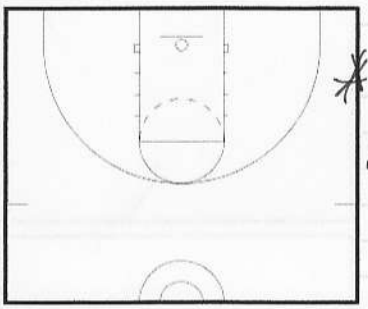
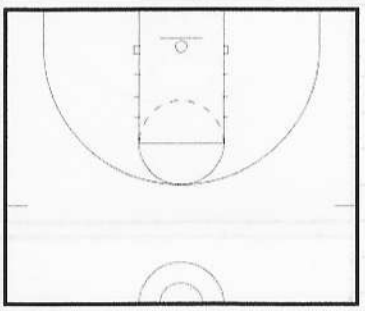
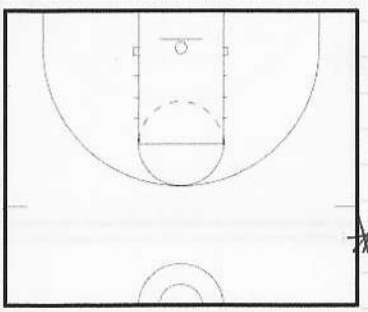
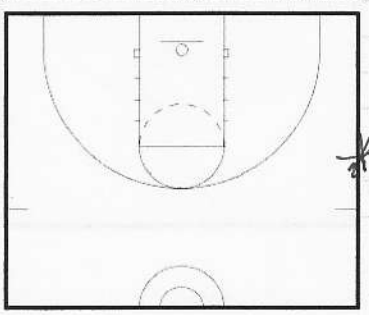
Messages for players → find ways to communicate messages on lockers

Talk to every player every day - be aware of tests, quizzes, successes, failures

Take a player aside and talk to him, ignoring practice - let him know he is important

When you make a point in practice, everyone must be still and listen with eye contact - no eye contact stop speaking

"It's not what happens to you, it's how you react to it"

Ask your players questions

Pitino - give a scout with no notes — lets your team know you are prepared

Communicate with your actions, not only words

Pat Riley would write out his prepractice speech

Communication before a game — Body language volume etc.. → if bad our players don't hear what we are saying

Time Outs → Give them 1 thing on O and D and repeat it

Have all of your special situation diagrams

* Do your players know how to read diagrams

After a game → the less said the better we sound don't say thing you will regret later

Sit eye level with your kids

Office hours — Do they like to come see you in the classroom
Ex. Jerry Wainwright office - Disneyland
I want my players to come see

Have a meeting without them knowing you are having a meeting

Eat with your players

Is your door always open

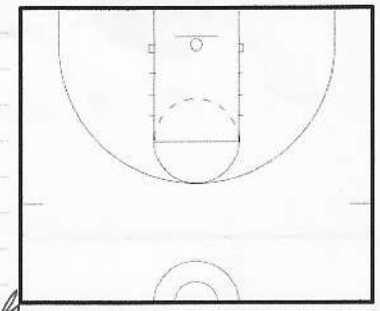
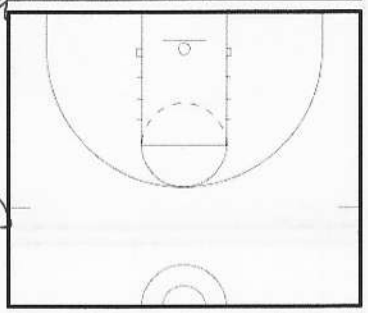
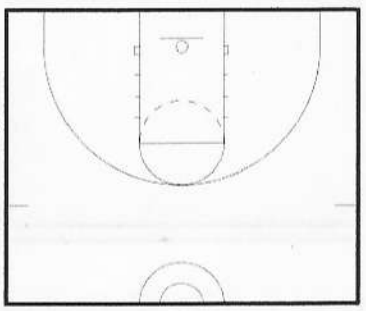
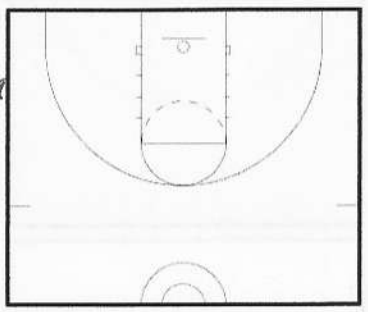
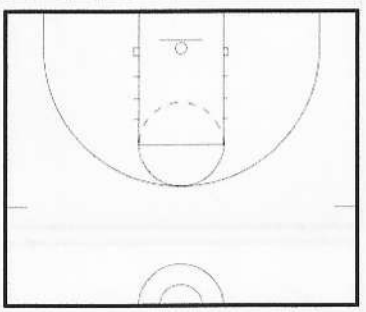
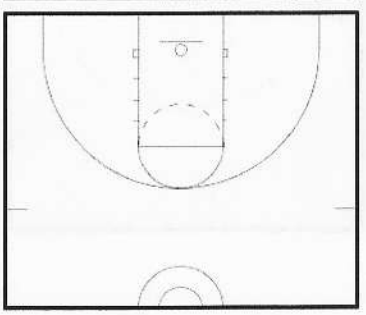
When you are good enough, your coach will play you

* Spend ordinary time with your kids ordinary vs quality time

Use technology to communicate with your players → Text, Facebook, IA

* Do you use books, articles, movies, quotes guest speakers

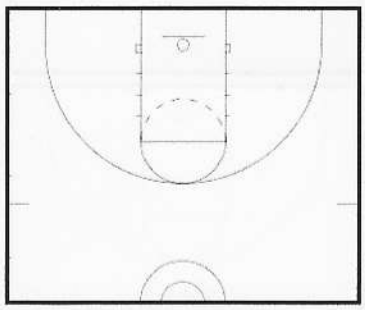
Are you connected to your players circle of influence

It's not what happens to you, it's how you react to it

Arvada West Basketball

Play Hard • Play Smart • Play Together • With Pride



Books on communication
Jem Spence – How to win an argument every time
Denms Waitly

Anger → 1 letter short of danger
example – Lincoln → when angry at generals
letters were not sent

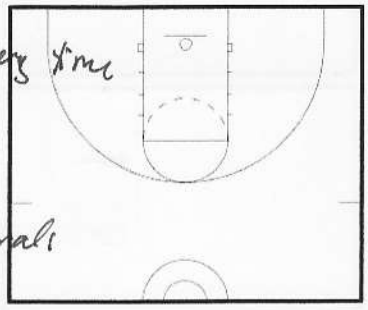
Disengage when angry

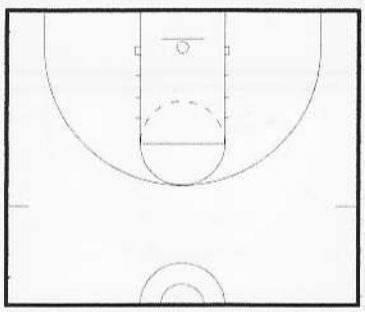
Its ok to admit your wrongs
take the time to tell your players you were wrong → Tell them why

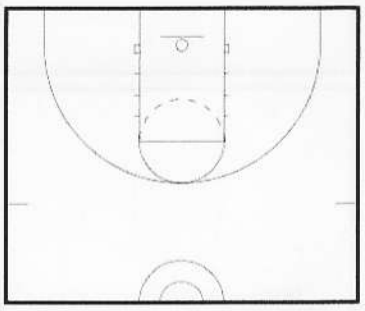
Be a servant Leader – It starts with you
Be the last to eat
Team photo → middle, or on end
What is on your office walls – you or the player
Who is on the publications

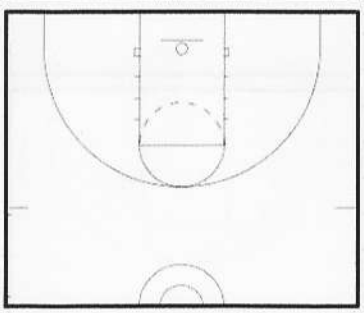
2 Kinds of Leaders
1. Somebody important just came in
2. or when you see that person, everybody else feels more important

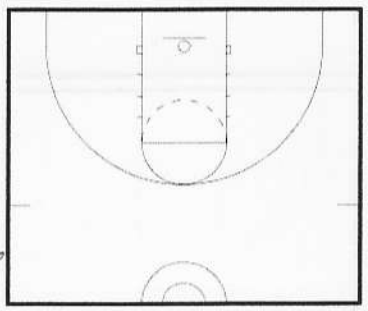
Leadership is stronger when its like a matrix
Cultivate it → Dont wait on it

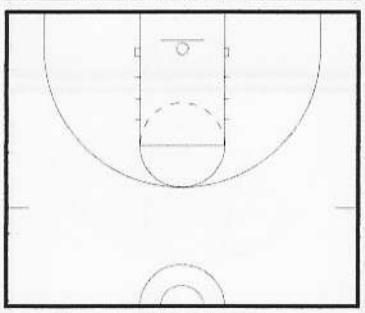


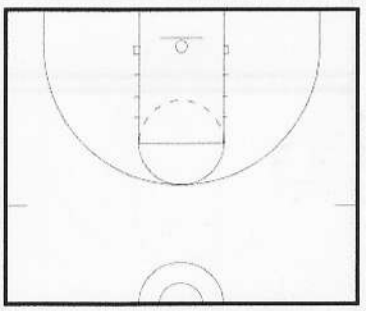


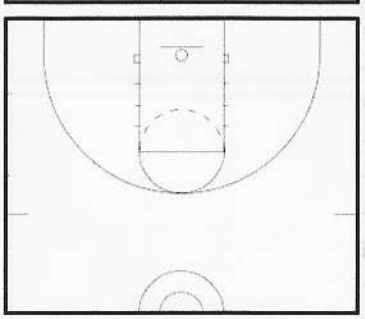


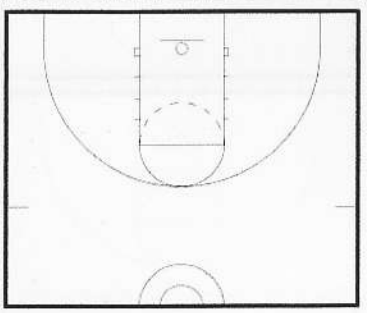






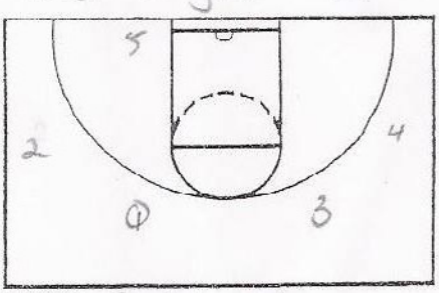


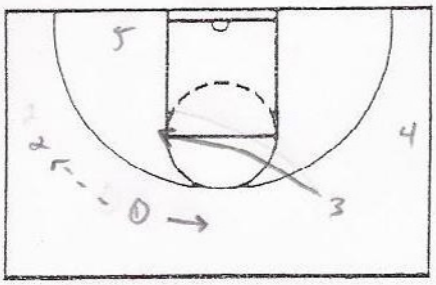


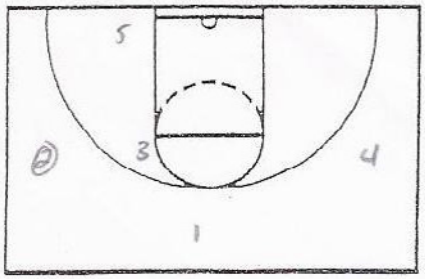


"It's not what happens to you, it's how you react to it"

West Virginia 4 out Zone Offense vs. 2/3 Zone

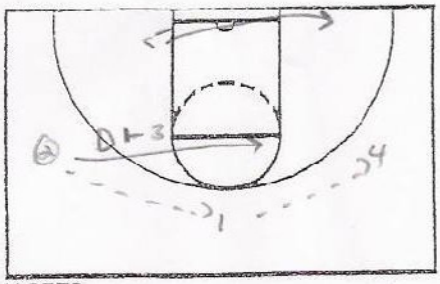


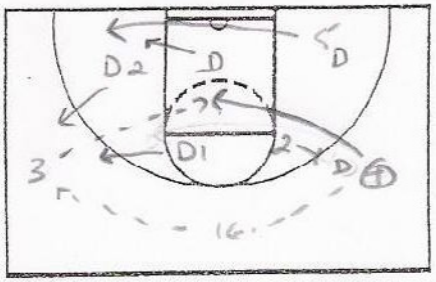


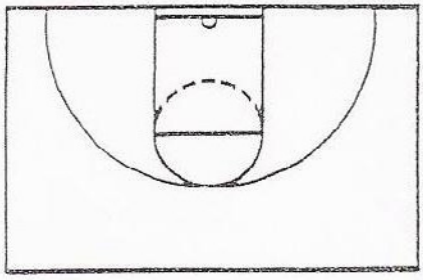


NOTES Initial set up 2 and 4 should be in line with the FT line

Our looks at the wing are short corner, high post, then swing

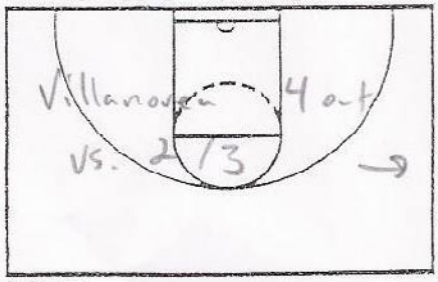


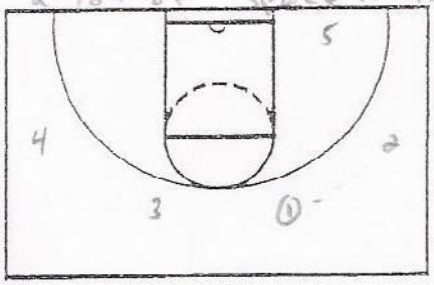


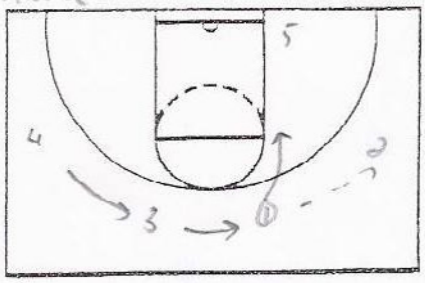


NOTES On a swing 3 steps out and screens for 2 who cuts high post 5 follows the ball

Having wings at FT line extended creates indecision between D1 and D2. If 5 is a threat it creates a lot of space in the middle for 4

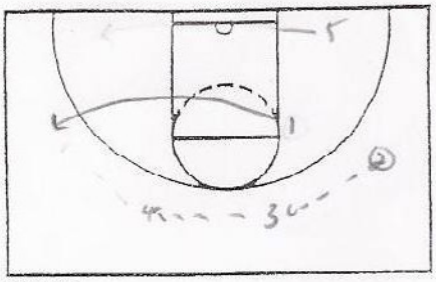


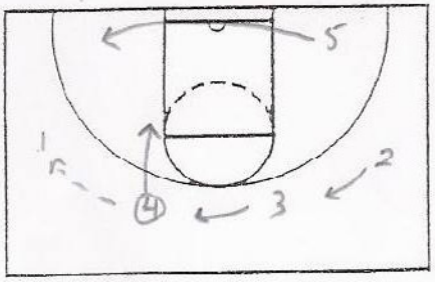


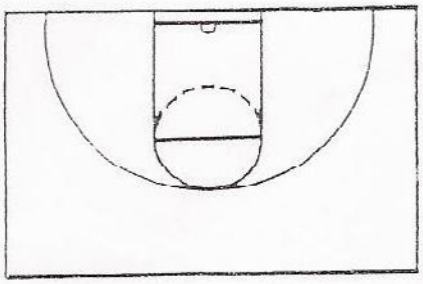


NOTES

Initial Set up







NOTES

John Calipari - Building a Dominant Defensive System

- Create a faster game w/o giving up lay-ups
- Try to steal balls w/o giving up lay-ups *
- 1 on 0 Drills:

Lunge Drill: Go length of the court

"Go" - make 1 big lunge step w/ lead foot

Then go 2 " " "

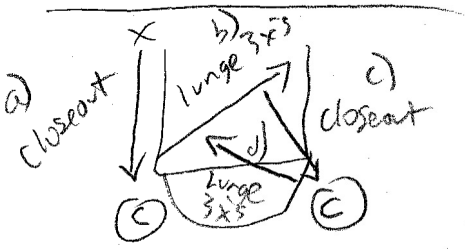
then go 3

Go sideline to midline

Box closeout Drill:

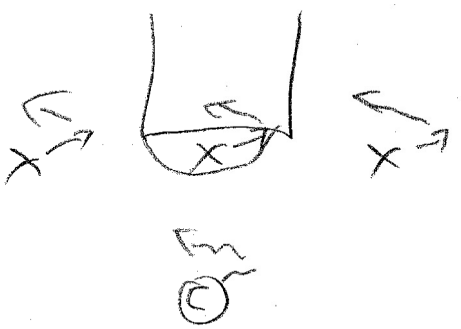
touch ball w/ both hands - Think drive

then add lunge, Closeout - think slot - lunge other way



No crossover steps - lunge w/ lead foot

Back foot moves 1st & then the drop step happens



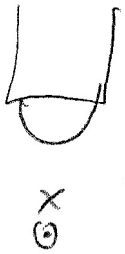
1 on 1 Drills

a) off. starts w/ ball b) Def starts w/ ball & closes out

c) opn passer starts w/ ball & we deny

Guard from both wings & the top

1 on 1 up ~~top~~

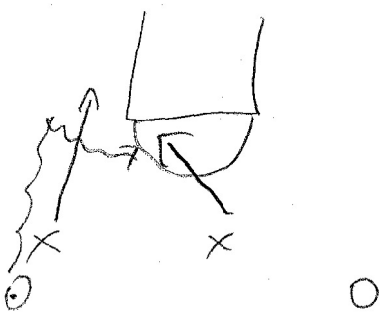


2 on 2:

Must play against conventional 5-ball bec. thats how teams play ✱

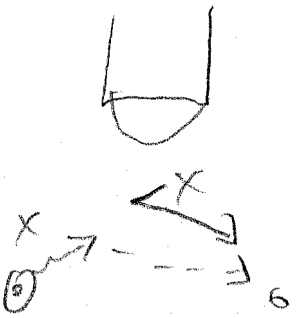
Practice things that you're going to face ✱

2 on 2 - Be on a string



if BH spins, helpside go for a steal ✱

if BH drives middle, fake & get back

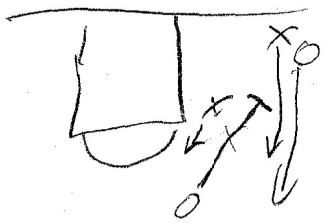


helpside at elbow



if he spins back, go for steal - run in the direction of the ball

2 on 2 Screening – must do a lot of this bec. they don't set a lot of screens in practice



Downscreen
Attack when you see the screen coming – make him go out

Def. guarding the screen – helps early – extend the screen must be early or else screener will slip – help to the elbow the player guarding the passer helps past the elbow

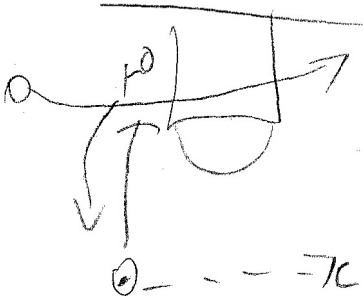
Practice vs. every type of screen

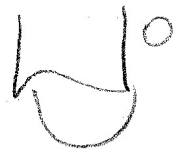
2 on 2 Hi/lo



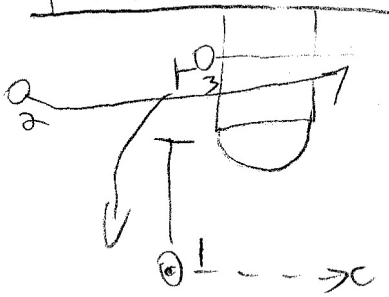
Play better 2 & pressure when high post catches
Front

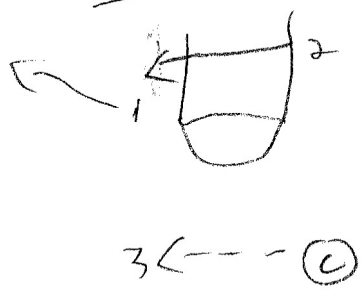
3 on 3 vs actions (Flex, weak, etc.)

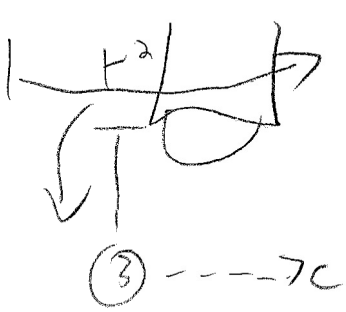


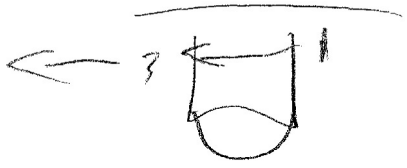


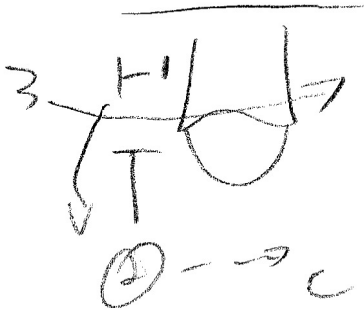
Flex Defense 3 on 3



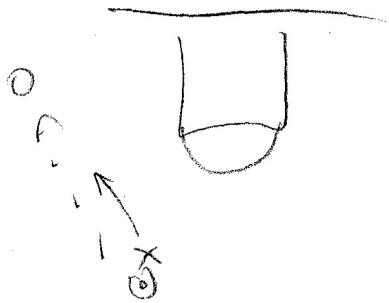








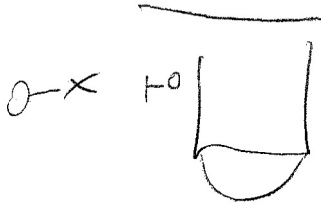
Guard every position



Pressure the ball
on pass, jump to ball & point



Post ↑
up the line
on pass, get down the
line & get 2 feet in
front

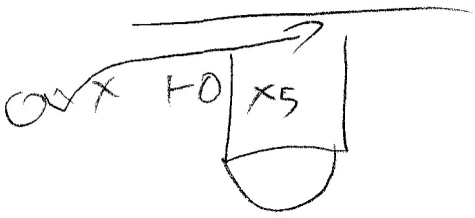


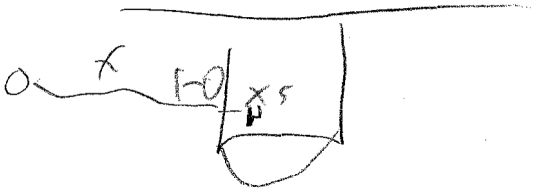
⊙ --→ C

* must force the cutter high
if he cuts low, you have no
help.



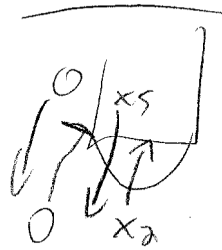
* if he cuts high
you will have some help
Get small - only get
sweeped on your back





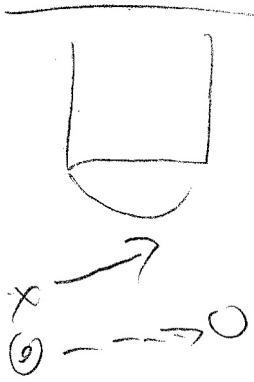
if he cuts him, Jam him for a minute but don't guard him

if he cuts low, X5 has no help resp. *



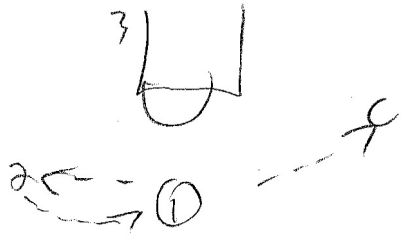
run the gap on pin down

- Anytime there is a downscreen on weakside, we gap it. *



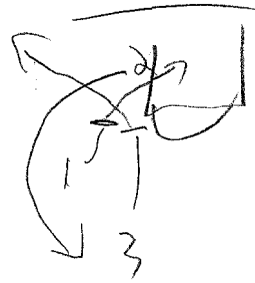
Jump to middle of the court *
& call out the screen

Double Down Defense:



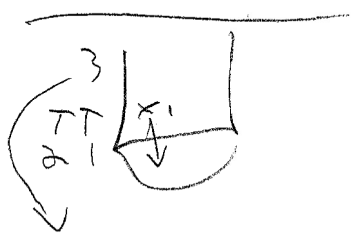
Screen & X

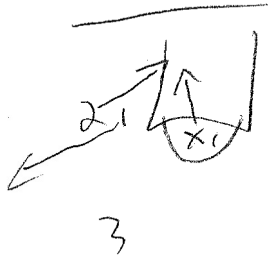




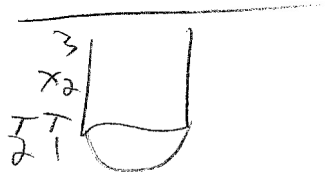
Every player guards every position

Double Down Defense

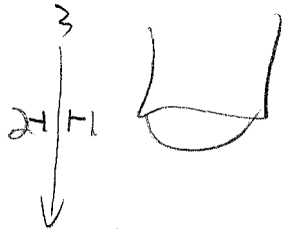




X_1 – help high, not greedy *
Your man – take whoever is left



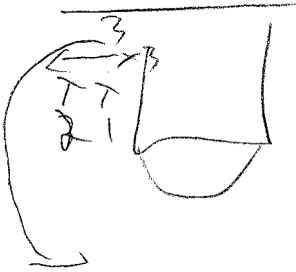
X_2 – guards both screeners *



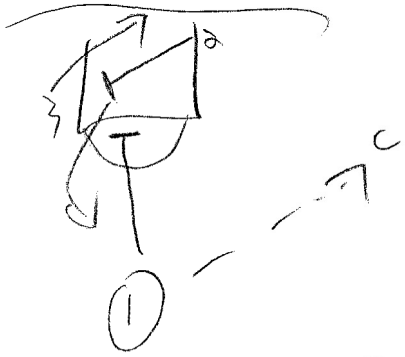
Squeeze

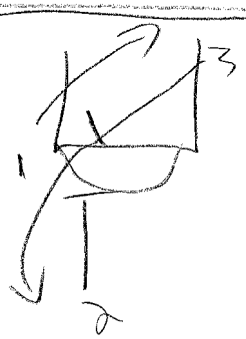


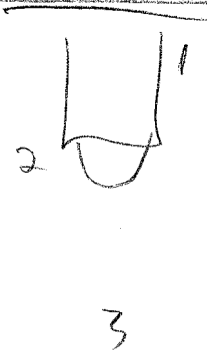
Don't let them Squeeze *



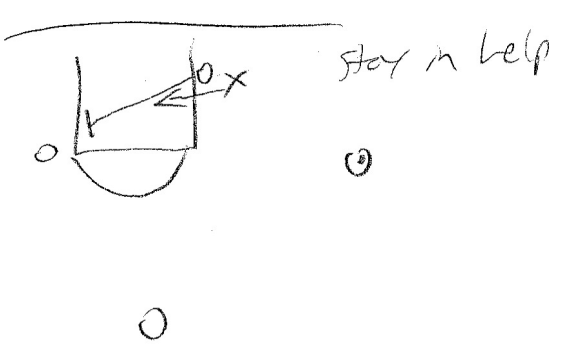
Trail the Screen *

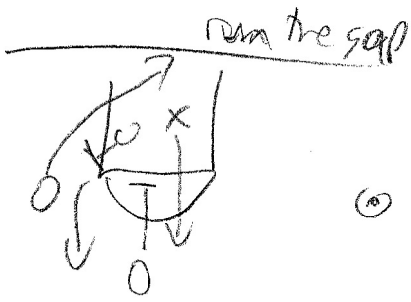




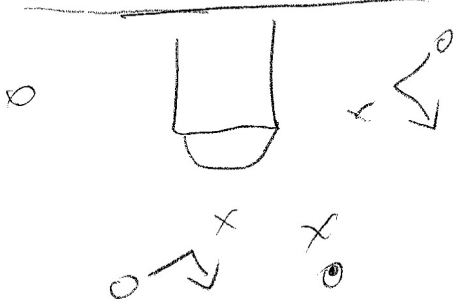


Screen the screener





4 on 4 shell — off must v-cut to set open — the 2 passers next to the ball will v-cut — to make it realistic

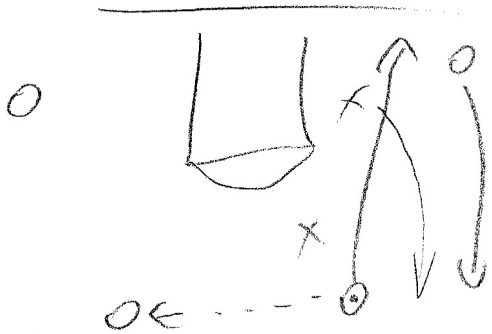


Pass the ball around — move on the pass not on the catch
Stop penetration — keep the ball out of the paint
Don't play ball on the side because they will get in the lane
Play head up

* 1 pass away — play the ball — be as far away as you can yet still play the ball

* Put 30 sec. on the clock & you must keep the ball out of the lane — if ball gets in the lane — start again

Shell — Interchange

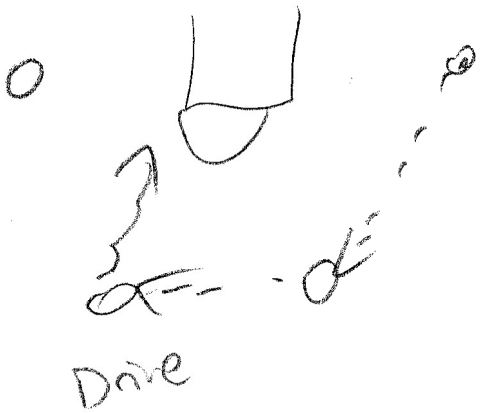


Then go 2 passes, 2 interchanges & play — keep ball out of lane

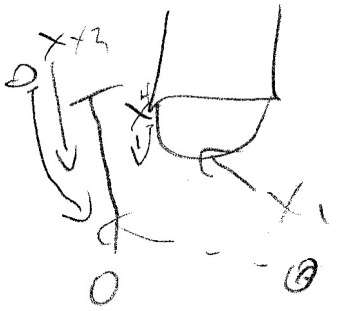
A perfect possession is them taking a contested jump shot & we rebound. ✱

Shell – basket cut & then drive

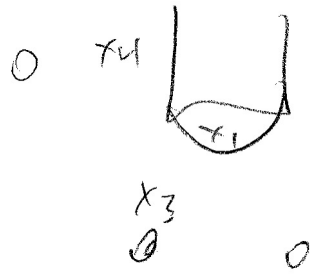




Shell – pin down (help early)



✱ on the pass, X1 sets to elbow to help on drive after the pin down
X1 helps outside the elbow – X4 helps inside the elbow. ✱

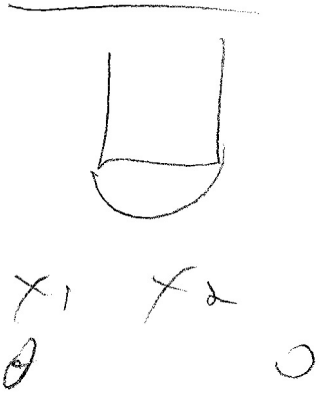


Scramble to spots

Drill: Perfect steps, 3 teams, 30 sec. ✱
If the off. gets in the lane, gets an off. reb., or scores the clock goes back to 30 sec.
If you step then & the is still 15 sec. on clock, the other team comes on off. & you stay on Def – you need to get 30 sec. of a good stop

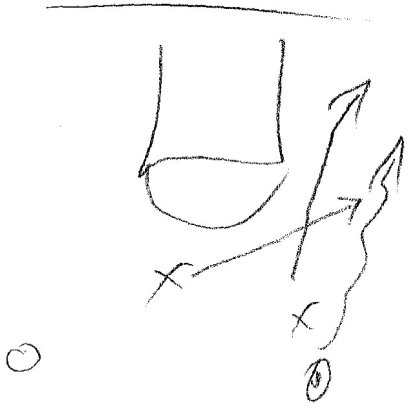
2 on 2 Drills

Go for steals if you see BH back
Step penetration



Beat them on the dribble
Closeout to step penetration - stay low

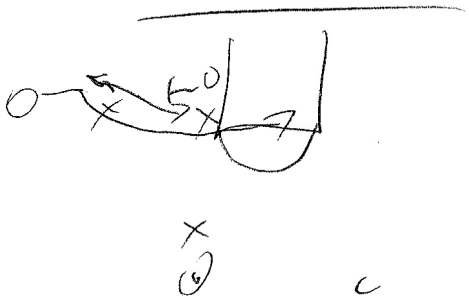
* Don't help if your teammate is not beaten.
* ~~If~~ X1 has BH controlled - say, "I got him"
- ~~If~~ BH goes middle, you have help
* ~~If~~ BH goes sideline, beat him to a spot & your teammate will come from behind when he sees BH back



Say, I got him if you don't need help
The help player should want the BH to go baseline - bc. You should get a steal.

- As soon as player on the ball has his man controlled, we go back to your man *

3 on 3 Drill: vs. Flex Defense - more on pass
No switch - make cutter go high
Point to man & ball



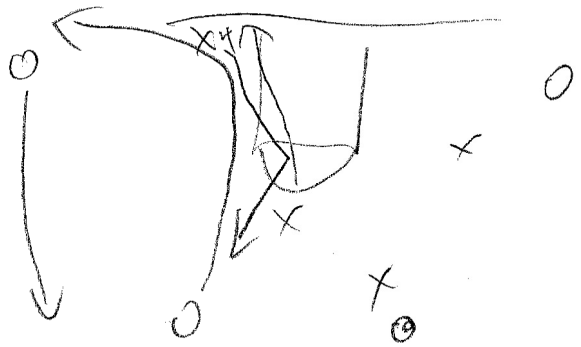
- If you don't run conventional b-ball, you must simulate it in practice to learn how to guard it. *

- Spend 1 minute on each action - Go over actions you will see in league
Go for about 5 min per day working against actions *
(flex, double down, screen the screener, stagger)
UCLA

Shell defense: 4 on 4 a) Pass & Catch b) Pass & cut c) Dribble Drive

a) Stationary passing - can't pass till coach says, "Pass"
more on pass - all 4

b) Interchange - run the gap
x4 " to the nail to help on the drive - then cover out
Go to the ball & then out



-Help defenders - point at man & ball & get to where you can play both ✱

-Play an open stance - I pass away
✱ more concerned about stopping the drive then denying the pass

vs. Dribble Drive Shell

a) ~~must~~ stay in your areas = offense
keep ball out of lane

Help should be more concerned about ball than man
vs. good shooter = fake rather than help
be more of a faker ✱

b) 2 interchanges & then drive - stay in your spots

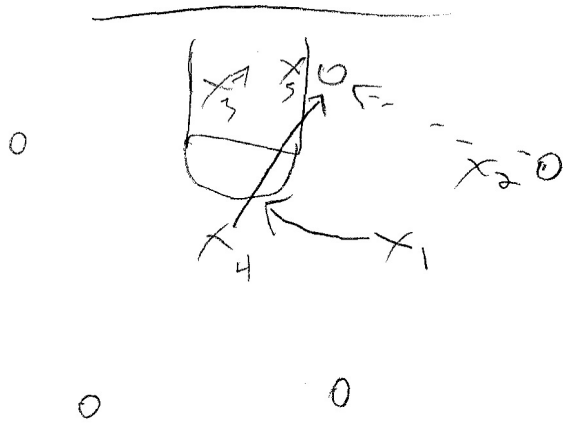
vs. Pin Down - help early so they don't slip



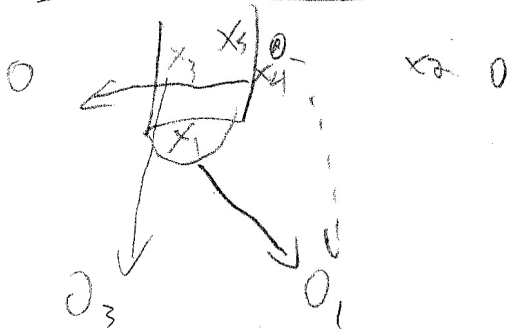
- Player guarding Passer X_1, will stunt at ball & then get back ✱
- When you are more concerned about your guy The defense breaks down
- Steal passes by stunting - fake help & get in passing lane - stunt & steal ✱

5 on 5 – trap the post

- The key to trapping is to make sure you form an I



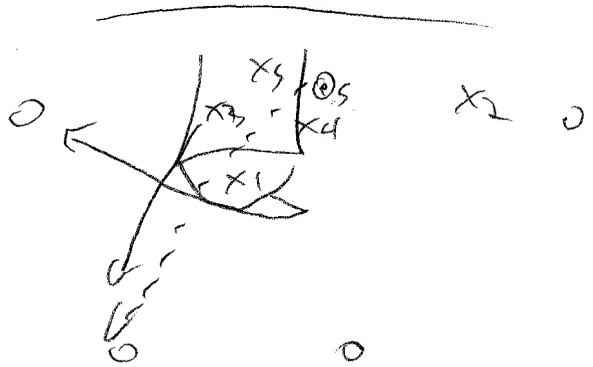
X_1 & X_3 form the I



X_2 – deny
X_1 – take 1st pass & anticipate pass to O_3

trap on catch if post has our post buried in the lane otherwise,
trap on dribble – makes it harder for post player

or

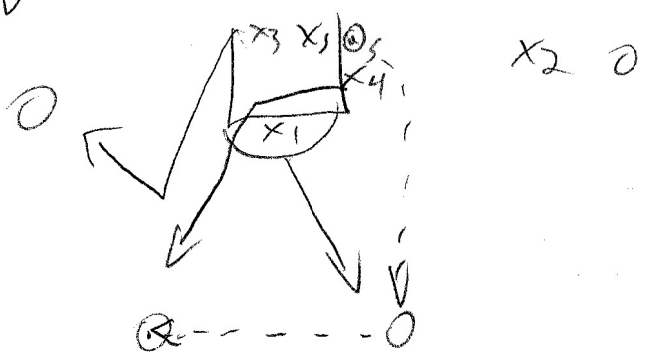


The player who trapped leaves when the ball is passed out of the trap – find someone to guard

or



Shooter



X_3 - Stunt & cover shooter

X_4 - Open up & find the open man

Trap on the 1st post dribble & look to steal as soon as it leaves his hands.

Works 40 min a day on defense.

John Calipari – Coaching & inspiring Today's Athlete:

- Coaching their mind is just as important as coaching them on the basketball court *
- Understand what is coming at them from all directions is as important as teaching them how to shoot a jump shot
- Want 5 indiv. to be a fist not an open hand *

A new generation w/ new challenges:

- More TV Chanels, internet (myspace, facebook), rankings, AAU, Summer B-ball – play 3-4 games a day win or lose, cell phones, e-mail
- Winning isn't as important bec. they care about their stats.
- More competitive – Specialization

Cutting Through the clutter:

- must create an individual bond w/ players bec. someone else is. (parents, friends etc.) Coaches must create the stronger bond. Indiv. d as a team. *

Building Trust:

- Never promise starting minutes or positions. Under-sell & over-deliver *
- Create a family atmosphere
- Have the players at your house once a week

Playing Time:

- Players decide playing time
- Am I playing the right people? Are the right people getting the most minutes?

Earning Respect:

- Be honest, make commitments you can stand by.
- Do what you say you're going to do
- Spend time communicating w/ players 1 on 1. Find out who they are. Respect will turn into affection over time. *

Creating a Dialogue:

- In order to communicate, you must listen do them.
- Ask ?'s & have the players talk 75-80% of the time. *
- The player always wants to know, what's in it for them. They may not ask this ? but you must answer it for them. *
- Their perception is their reality. Their excuses are their reality even though it may be a cop-out.
- Be unselfish & do what you do. If you're a shooter = shoot, if you're a driver = drive, if you're a post up player = post up, don't shoot 3's Deal w/ their perception even if its a cop-out

Doing what it takes:

- Sometimes players won't open up to you, but they'll open up to another coach. Find someone else to come & connect w/ your players if you can't. (Former players, Psychologists, etc.) *
- 1 on 1 talks. – must communicate must ask ?'s & listen.

Making a connection!

- Every player is different
- Create a bond so they will go to war for you. Dive for balls, charges, etc. *
- Must have indiv. attention. John Cal works w/ bottom 6 every day. Encourage them & teach. They will know that you are fighting for them. You already have a bond w/ top 6 – they play the most minutes, most shots, Get the bottom 6 to feel good & you will have a team that feels good.

Writing your own Story:

- Get your players to think good thoughts *
- Have a player write a story of what the tournament would look like if all went well. Write about yourself making the winning FT, you made the plays
- Ask ?'s 1) 2-3 yrs. from now if you're happy & fulfilled, what has happened for you on the court? 2) To get to that feeling, what did you have to overcome & sacrifice?

3) What were the strengths that got you there & What " " weaknesses " you worked on?

- Paint a picture. What do you hang your hat on. What sets you apart as a player?

The importance of accountability:

- You can't be afraid to say no.
- They will get off track — hold them accountable
- Rule - if you are late for a practice, meeting, or bus - you won't start.
  If you're late & you come off the bench, you will be deeper on the bench.
  You will get punished if you are late.

- Being fair is not being equal. *
  Ex. - 1 player has screwed up 10 x's
  1 " " never " ".
  The both make the same mistake, they will be dealt w/ differently.

* Don't look at things as being an embarrassment to you. It's only a reflection on you if you do the same thing. How you deal w/ it is a reflection on you. If you accept the same behavior it is a reflection of what you will accept, & stand for. If a player changes - you stick w/ them. If they don't change - they have to go.

- Your players will mess up & make mistakes. We have to help them learn & grow.

Why consequences matter?

- must have great discipline & structure.
- There is consequence to actions, firm, quick, & fast
- Consistancy = this action gets this response from you every time.
- Players will complain about discipline but they will complain more about lack of discipline. *
- No excuses, do what we ask you to do, listen if you have an issue we'll deal w/ it after practice.
- Has an excuse board. Write the 10 most common excuses used by players. Don't give me the excuse, just give me the ~~#~~. No excuses)

Showing Whats important:

- They will play off ~~of~~ you as a coach. ~~If~~ something is important to you it will be important to them. (Academics, Conditioning)

Fighting Outside Influences:

- Someone will be in their ear & you will see things in their game changing. *
- Everyone is hearing something from someone - the more you can meet w/ them, the better. *
- Has a meeting at every practice. Give them a message before every practice because you have to wipe out & negate everything else they are hearing. *

- Deal in the major. Major in the major & not the minor. Deal w/ whats important not things that are unimportant - Junior Seau

- Create your own happiness.

- Talk about who did well, who stepped up, who struggled a little but not in a mean way. Recognize great play & mediocre play.

- Negate outside influences
* Connect, Communicate, build trust, hold them accountable

- Let them know the response they will get w/ every action

- You make me what I am. You want me to be a cheerleader then do the right thing. You want me to be screaming & going crazy then act like you don't care, be selfish, & don't listen to the coaches. You'll make me what you want me to be.

Don't leave mad by yourself! (Larry Brown)

- If your team has made you mad, then you must make them mad.

Setting Team Goals

- Let the team dictate the goals
You steer them - Let them create the dream for everyone else.

Commitments:

After you set goals, have another meeting & ask what they will commit to the team — write it down — Put your own down as a coach — put it on the wall so everyone can see.

Defining Roles:

Define roles in front of everyone

Your role is enthusiasm & passion in practice

Don't you're coming off the bench, but you shoot when you're open — but ya must shoot before & after practice to earn that right

Does anyone have an issue w/ their role?

These positions can change

Building a team:

Friends 1st — teammates 2nd

Feel good day have 1 teammate tell the team what he likes about 3 other players. Then have another teammate tell you what he likes about another 3 players. Go around the room & have each guy talk about 3 players. Coach talks about what he likes about team & certain individuals.

(A)

*1.

Dealing w/ parents:

- if your team is 2-20 but their kid starts & gets a lot of shots = parents will be happy
- if your team is 20-2 but their kid doesn't play much = parents will not be happy - that's the way it is
- Don't talk to the parents about b-ball (minutes, or strategy, or starting positions)

Perfect practices:

- Teach them how to warm-up
- Use peer pressure drills
- Every shot is charted
- There is a winner & loser in every drill - losers run
- Start practice at a high level
- Whatever is most imp. to you must be early in practice when they are fresh - stretch it out
* Then do fun drills or shooting
  End practice w/ the drills they love the most

- I have a lot of shooters, I need more makers
- Take 5 minutes to get to a high level - warm-up
* Then do what's most imp. to you = Defense 30-40 min
* Then do shooting Drills 5-8 min
  Then go to off. attack drills > Fun drills
  Then scrimmage Players love to scrimmage end w/ fun drills

How to make film work for you:

- Players have high attention spans for music & video games
- " " " " " but they choose where to use it *
- keep film short w/ your team – find specific areas to show
- they will watch themselves so show them tape of themselves 1 on 1
- they will only watch their team for 8 min *
- Coach Cal watches each game twice
  " " " every practice for 1st month
- Show the team 15 min. of film *

Positioning yourself for Success:

- ~~Look~~ at a young man's heart
- 1 kid may have 1 good door to pick out of 10 & he picks the good door = impressive

  Another kid may have 9 good doors & he picks a good door = not as impressive

  may take a chance on a kid

  Pick program builders

  ~~If~~ a kid is disrespectful to his parents how will he be to the coach

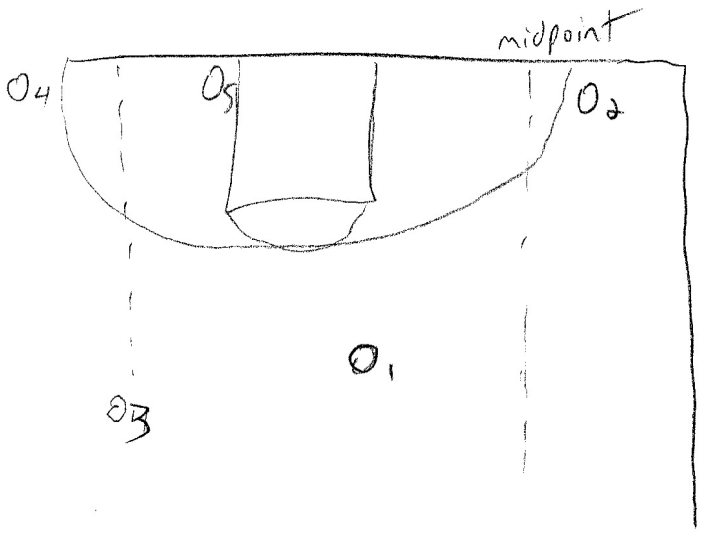
Don't say hello when it's time to say goodbye

Coach & inspire
teach & inspire

- must have a more personal touch w/ todays athletes.
Be on top of your team daily - if moves - get it on track

John Calipari : The Definitive Dribble Drive Motion Offense

Some players are drivers
Some players are shooters
Some players just pass & cut



Spacing & Positions

O_1 - PG - Be inside the elbow, can't go midpoint. If he is at midpoint, he will be forced one way ~~X~~
Drive either way

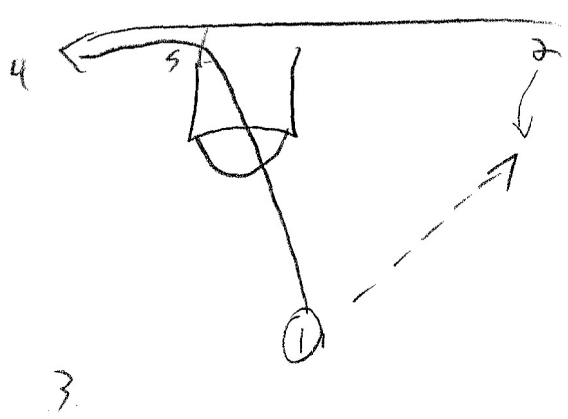
O_2 - below the rim, shooter & scorer

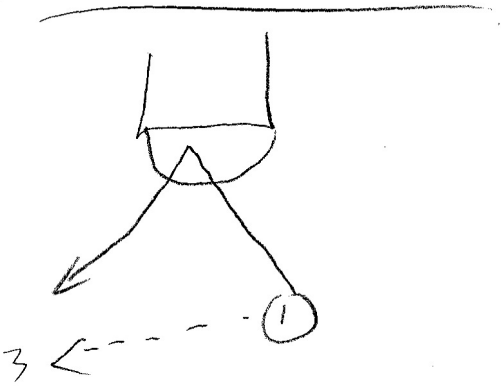
O_5 - Rim run & then go weakside

O_4 & O_3 - You can switch these positions - depends on their skills
#2, 3, & 4 are the same

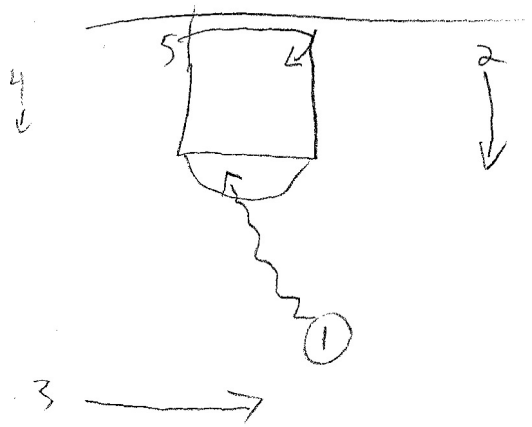
O_3 - 2nd ball handler, Be at midpoint, high & wide

A cutter in this offense is creating for his teammates, must be a fast & hard cut





- Hard cuts, can't jog, occupy your defender



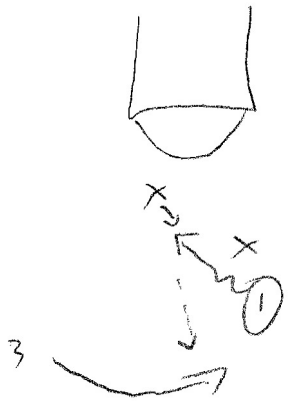
#4 - ballside corner takes 1 step up

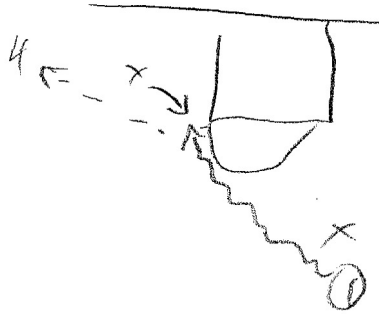
#2 - weakside corner set to FT extended

-Doesn't mind when his player messes w/ the ball.

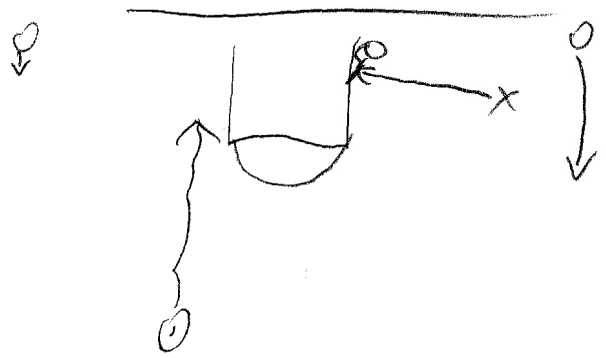
-~~If~~ he starts left, go left, don't spin'd back * (1)

- pass in the direction of where the help came from

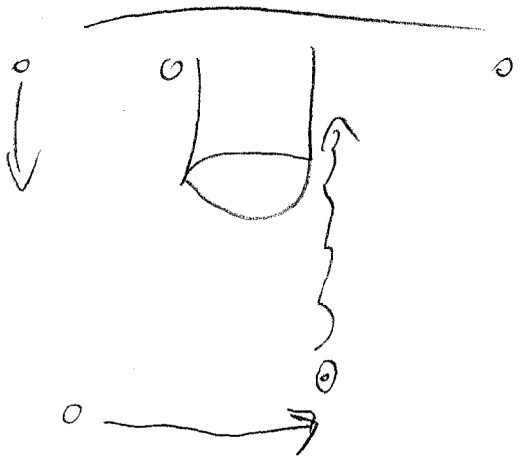




If you spin, you must shoot

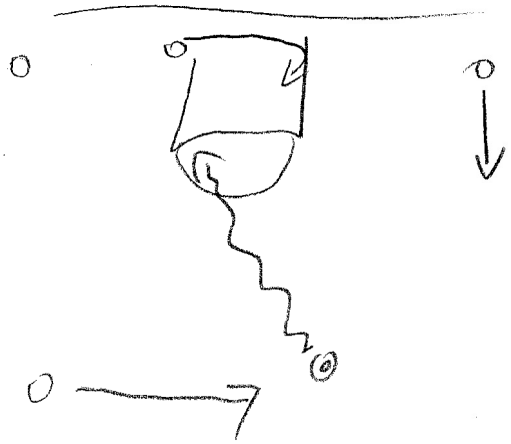


- Post seals weakside corner defender
- weakside corner lifts to FT extended
- As soon as PG drives, weakside starts lifting

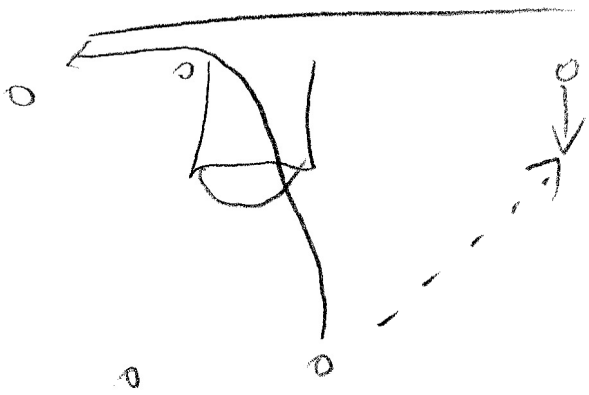


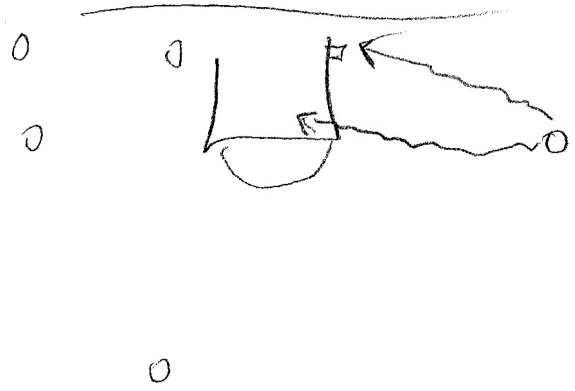
- On any drive, get behind the ball & lift away.

or



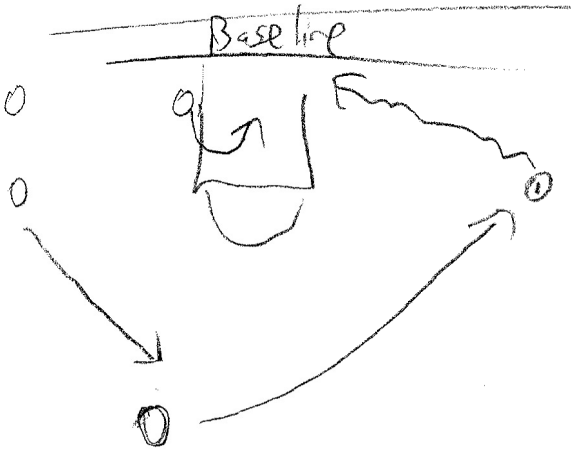
- Go left or right
- Stay behind the NBA 3



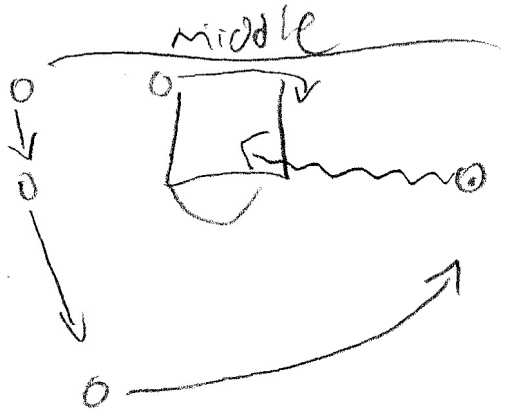


Tilted court

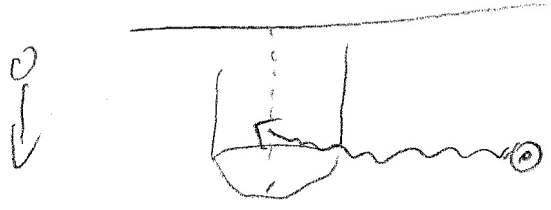
on this drive either go inside the elbow or thru the block.

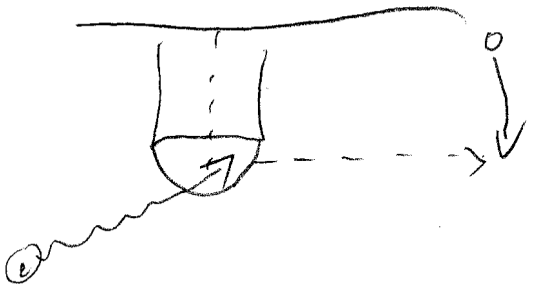


Always have a ~~safety~~ behind the ball

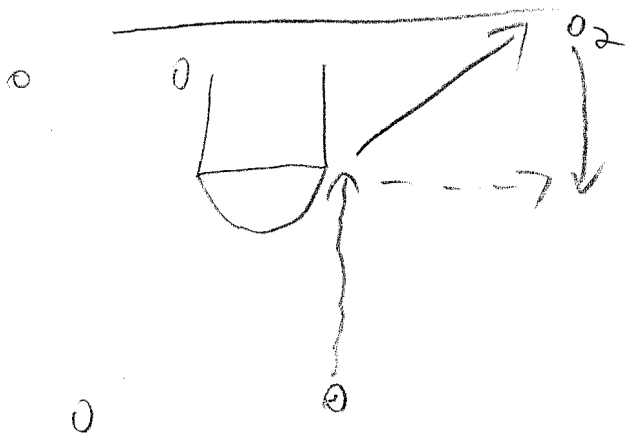


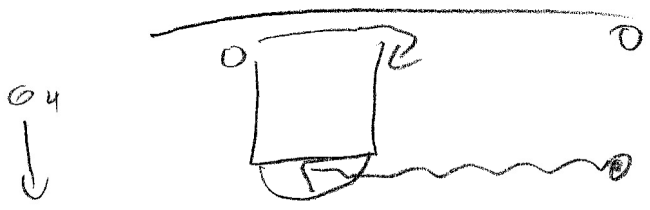
- This off ball movement occupies defenders.
- Man in corner stays until ball gets to middle of lane





wait until ball gets into the middle of the lane & then lift up out of the corner



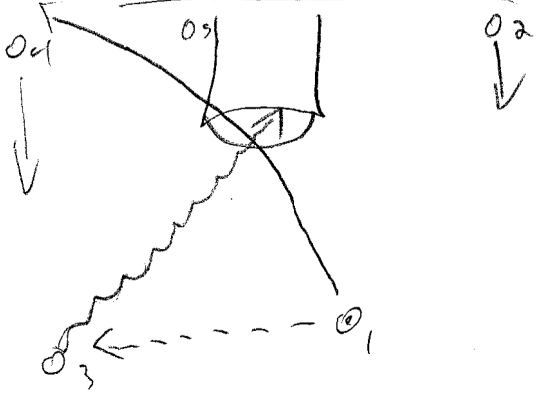




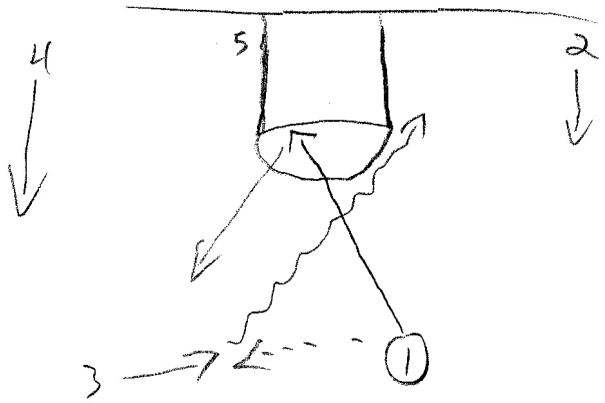
O_2 - leave late out of the corner, wait till the BH Jump stops.

O_4 lifts when ball gets to mid lane

"Corner Cut"



"Nail Cut"



O_1 corner cut

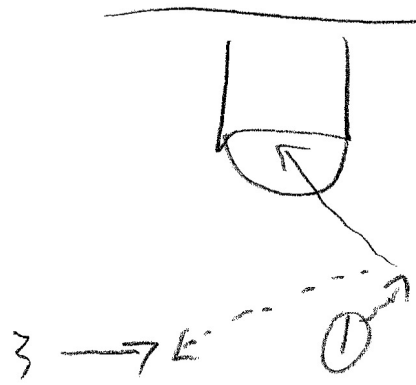
O_2 wait until ball gets to mid lane

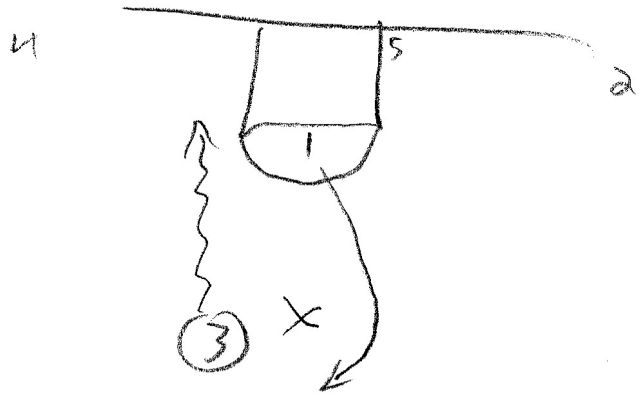
#1 Get behind the ball





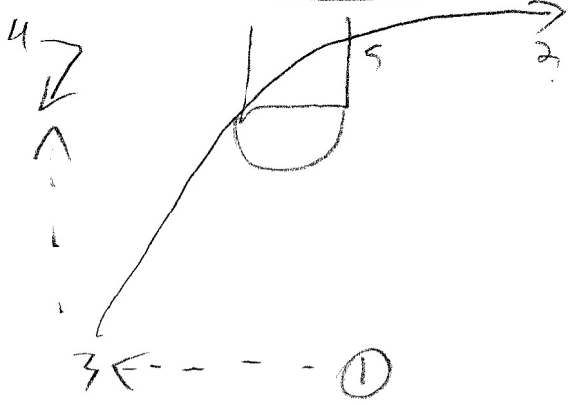
On nail cut pass drag the defense before passing

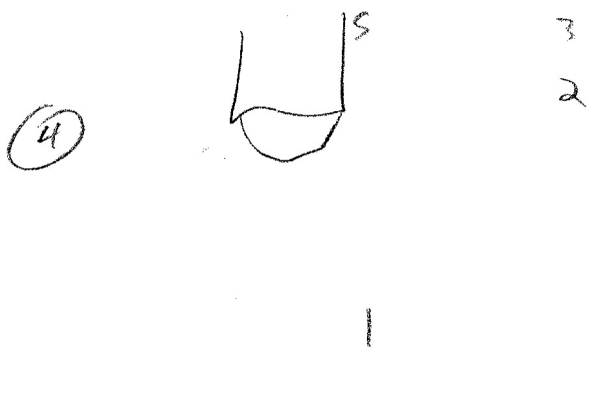




- #3 can go either way if they give to 1 side
- #1 waits to see what #3 does

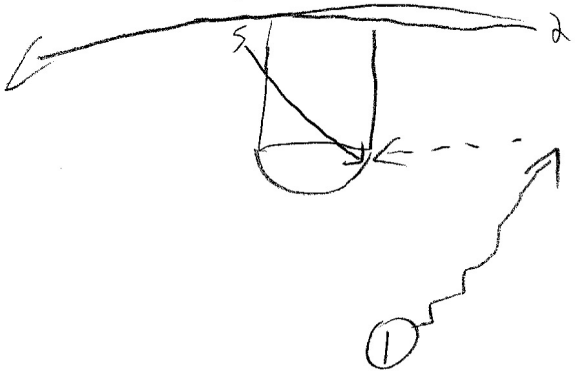
for #4





The defense should not be allowed to help & recover, they should either have to help or stay w/ their man

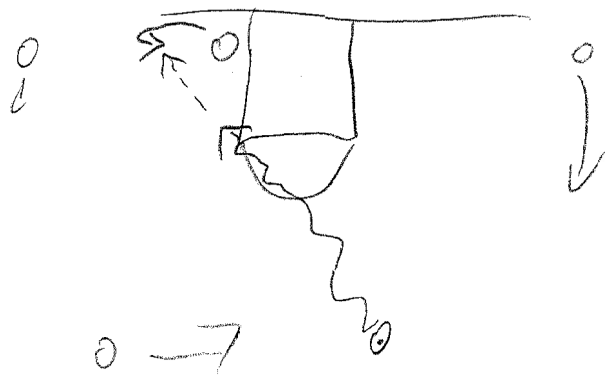
for #5





#1 can cut or go corner
#5 drive either way

Push back if #5 can shoot



if #5 does not have a shot throw it out & post up



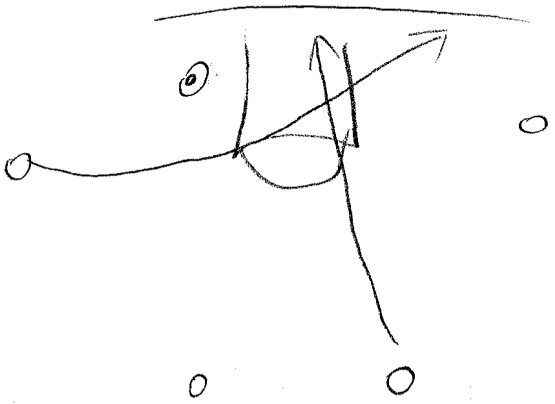
Pass to post & reloate to corner if he catches on the block

(Post feed)

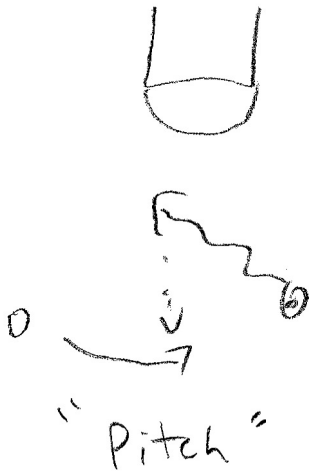
Relocate



or



if he catches off the block cut thru the elbow & then out to weakside



- A negative pitch becomes a weave
- Positive pitches become downhill drives
- Must run downhill

Bob Knight – "if you don't slow down & hesitate, you play too fast."

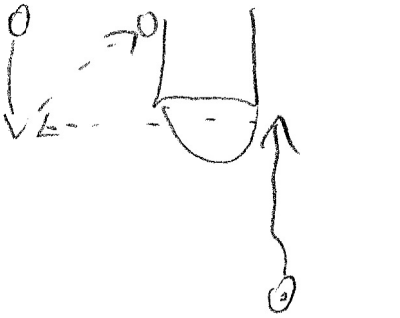
- If your man is not playing you tight, hesitate

Hesitate vs. Sagging teams

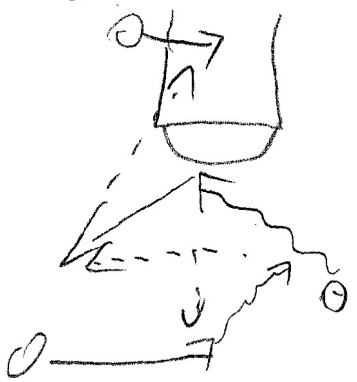
- If teams switch, hesitate, read, & then go.

Post

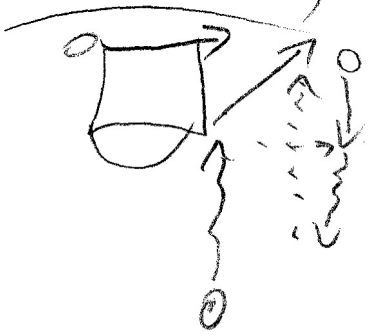
a) Skip



b) Kick back up top

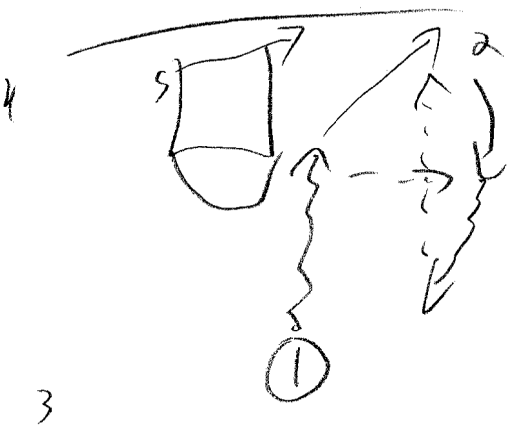


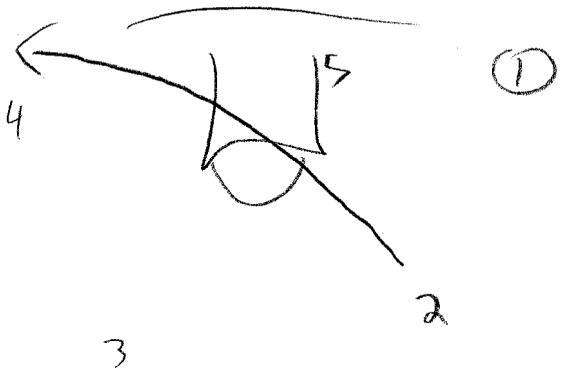
Kick back on wing



post Flash under

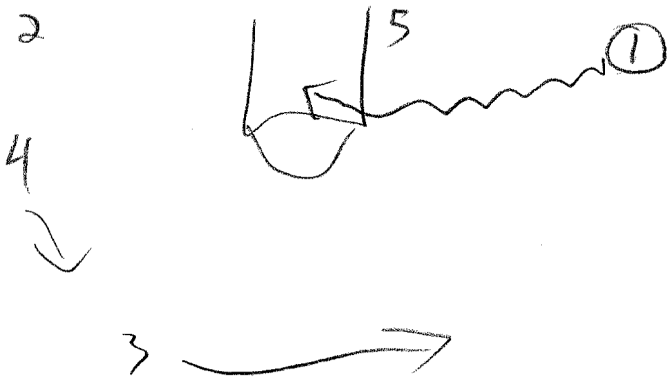
Kick back & cut through



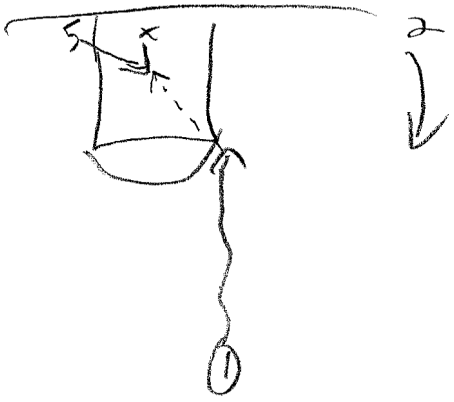


if no post up . . .

Drive

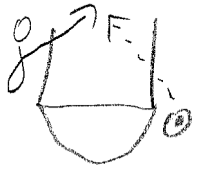


c)
Duck in



#1 Jump stops
#2 is not open
#5 ducks in as soon as #1 looks at him

or Lob



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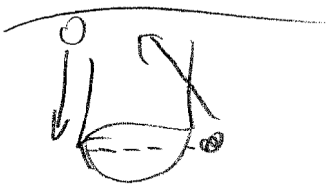
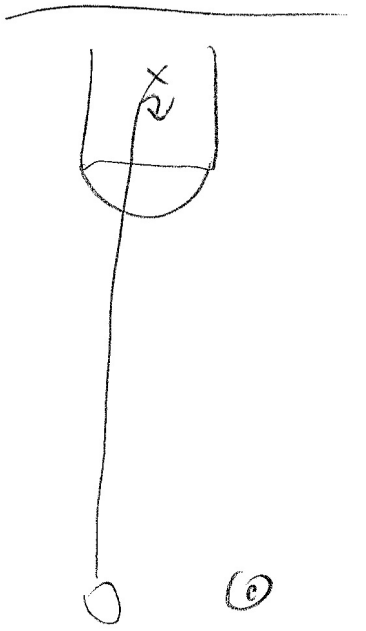
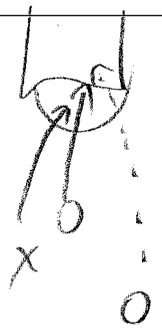


Everytime you pass = cut

D) Rim run in transition

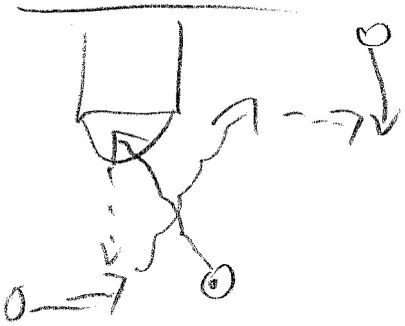




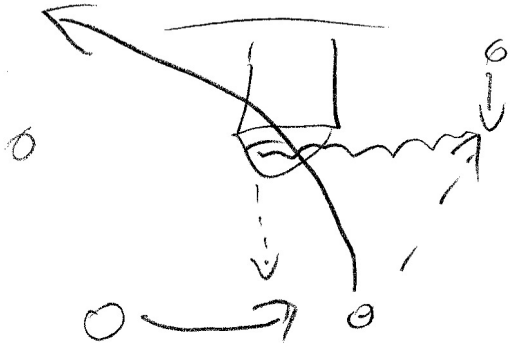


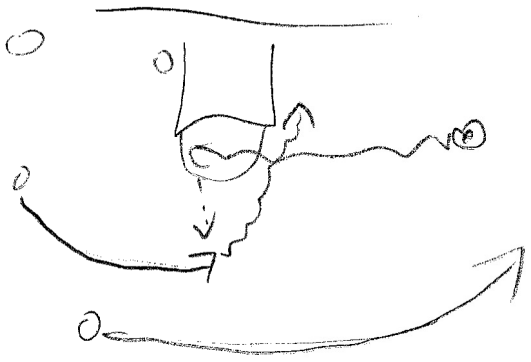
Look to score lay-ups (you will miss a lot but you will shoot a lot)

Get to 2nd drive



Pitch





This is not conventional b-ball, so you have to train your players a certain way. *

Championship Basketball Clinic
Las Vegas, Nevada
May 8, 9, 19, 2009

Dribble Drive Motion (Attack)

John Calipari, University of Kentucky

May 8th, 2009
8:27 PM

Coaching Concepts

1. Don't be afraid to say no
2. Demand a lot you'll get a lot
3. If you accept mediocre, you'll get it
4. Create leadership
5. What does it mean to lead?
    a. Serve your team when you lead, everyone.
6. Define roles
7. Am I starting the right 5 guys
8. Getting them to work hard is easier than getting them to love hard work
9. If you get them to love hard work then you really have something
10. You have to get them to love hard work.
11. Teach players to be responsible. Make them own how they play; don't let them make excuses.
12. Get them to be TRULY positive

Dribble Drive Motion

1. Look at your defender in the eye. Look for fear.
2. Points per possession: Lists a detailed breakdown of points per shot, points per 2 point shots, points per 3 point shots, points per free throw attempts, two point shots vs three points shot efficiency, points per possession, and shots per possession. Usually written as a ratio. Memphis Points Per Possession the last 3 years: Lay-ups 1.2 ppp, 3 pt's 1.14 ppp, free throws 1.4 ppp, mid-range .6 ppp. That's why they don't shoot mid-range shots
3. Against a zone Calipari make a "nail cut". One of the guards cuts to free throw line area and if he's open they give him the ball. They play from there. High-low, ball reversals, etc.

Drills

1. Kick-Up to the 2 man then 1 man cuts to corner.
    a. Coach passes 1 man the ball so that both players get a shot
2. Kick up, hesitate with a back dribble and pass to 1 in the corner for a shot
    a. Coach passes to 2 man so that both players get a shot.
3. Can do the same from the top
    a. All cuts need to be "down hill"

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Notes:

1. Sagging defense will get screwed up if you get to the 3rd drive of your offense.
2. 20% of practice working on full court press defense.
3. If opponent won't play fast Kentucky will just try to steal every pass off the ball.
4. Must be able to "blow by" at the 1 spot.

John Calipari: Fundamentals for Becoming an All-Star:

Staying on the path:

- Keep a journal
  important for time management
  focus on what you've done – not what you're going to do.
  Did you read, lift, go to gym? Shoot? FT's?
  Play games? Pick-up b-ball? Did you win?
  Journal keeps you on your path, makes you tougher
  List your goals at the beginning of the journal.
  Back of journal – write your story of what you want
  family, school, b-ball, etc.

  keep this journal for summer

1) Take responsibility:
   -own your performance. If you don't like it, change it.
   you get what you deserve, in life & in sports.
   Don't blame others. Don't hold grudges – you will lose
   ✳

2) Set Goals:
   Dream & visualize.
   Short term goals & Long term goals
   Put your goals on a card & tape it to your mirror.
   Don't be afraid to dream big dreams

3) Position your mind for success:

- Your mind is powerful. Like a computer. It can drag you to heights or it can drag you to death.
  Use it to get you to think good thoughts, to smile
- People want to be around you when you're positive & upbeat
- Be positive
- Your mind will carry you to where you want to go. To be it, you 1st have to see it.

4) Develop mentors & Role models:

- Association breeds assimilation — you are going to be like the people you hang out with. ✳
- Don't be afraid to ask for help. People want to give help & when they help you they become vested in your success. They will cheer for you. As & your coach for help, ask your teachers for help — when they are grading your paper they will grade it w/ a mentality that is rooting you to succeed. ✳
- Look for success stories

5) Work to exhaustion — & love it:

- Sweet Pain - Lance Armstrong
- Demonstrated performance, through hard work, builds confidence. Working hard does not guarantee success, but not working hard guarantees failure. ✳
- Have a ball, whatever you're doing
- Coach Cal loves the problems & loves the challenges

6) Expect Adversity:

- You're not the only person going through a tough time.
  " " " " " having a problem w/ your girlfriend.
  coach
  injury
- Everyone is going to have adversity - but who can deal w/ it the best
- Every team has problems & every team is tired late in the season. Whichever coach can get up every day & enjoy dealing w/ those problems will be the last man standing.
- Adversity is good - deal w/ it - you learn more from failure & you grow, you become tougher
- Be thankful for your blessings.
- Everyone loves a comeback story

7) Be a compassionate leader:

- Leadership is not about telling others what to do, but about serving others.
- Serve everyone
- Make someone feel good each day

8) Be a person of character!

- What are you doing when no one is watching?
- Do whats right, Do your best
- Do you treat people right?
- Are you loyal?
- Are you a good person?
  Lift people up

Coaching Tips:

Can't be afraid to say No

If you demand a lot you will get a lot ✱

If you accept mediocrity, you will get it

When you gain their respect it will turn into affection over time. ✱

If you try for their affection, you never gain their respect ✱

Create leadership within your program. It is hard when as a coach - you have to lead bec. there is no team leader. Your player leaders are important in how they carry themselves & what they do. bec. they drive the team ✱

Define each players roles in front of the team - Then ask if anyone has a problem w/ their role. Someone may say they want more minutes - Then ask "Whos minutes do you want?" "Who wants to give him their minutes?"

Starting Positions: Ask yourself whether you are starting the right 5 players, & ask others for their input. Ask the team.

Getting them to work hard is easy - yell & scream at them
Getting them to love hard work is difficult. If they feel good after a hard workout - that is a good thing.

It's not just X's & O's - you become a better coach when your players get better. You need to get into them mentally what you're looking for.

Teach them to accept responsibility - Hard to do - especially if mom & Dad don't teach them that

- When kids play poorly - they look for excuses & those excuses are reinforced at home
- Get them to be truly positive, which starts w/ you being truly positive which starts w/ you
- when your team is having fun they will play their best *

John Beilein

1. Guys that shoot 40% or better and shoot a lot, have to be kept track of defensively. There are a lot of 35-38% shooters out there, but guys that shoot over 40% and shoot a lot are "lights out" type of shooters and require special defensive attention.

2. Sometimes you score more when you slow down the tempo. It's not when you shoot, but whether it's a good shot or not. Sometimes you also have to slow the game down just to set the defense.

3. If a guy is feeling it and making his shots, we want him to keep shooting. When kids get into a "zone", you have to let them go. That's sort of the rule we have. You have to shoot when you are hot and when you are open. As a coach, you have to learn to let them go when they're feeling it.

4. We want people to walk away from our games – win or lose – and say, "This was fun to watch." We try to play entertaining basketball that people enjoy.

5. If you are playing hard, you should be tired at the end of a half or the game.

6. When you shoot well, you are difficult to defend.

7. We frequently get out-rebounded. It's all about possessions. If you take control of the ball and value it, you can win with smaller, skilled guys who don't rebound well. We simply aren't going to beat anyone off the board.

8. Good people are not selfish. When there is a sincere love for your teammate and want him to do well, then passing the ball is not a problem. A basic rule of basketball is to shoot when you are open and pass when you are not. Who is more open?

9. Guys are more apt to pass to a shooter and a shooter is more apt to shoot.

10. A center that makes 3-pointers is an absolute treasure.

11. There has to be a confidence in each other and in what we do. Our guys know that sometimes our offense and our defense will not work in a game, but it will work more often than not. So, you have to have confidence and stay with it.

12. We recruit players that can play multiple positions. Versatility is very important to us.

13. If you score 70 points, you usually win in college basketball.

14. The notion that "you win by the 3, you lose by the 3" is not necessarily true. How many teams can win when they shoot as poorly as we did from the 3 point line? The 3-pointers are a very important part of our offense, but you still have to play good defense and handle the ball in order to win.

15. The statistics I look at are: 3-point FG%, number of assists, turnovers, total baskets made and rebounding.

16. Sloppy basketball is playing in such a way that you are throwing the ball around the gym, not when you miss shots. Missing shots is simply missing shots.

17. We don't go out and say that we have to hold opponents under a certain number of points.

18. As a coach you try to anticipate how teams are going to play you. The first 5 minutes of every game are very interesting for our staff as we determine what they are doing against us.

19. Freshmen have to learn to play at a much higher intensity level than they are used to in high school. Usually a player learns that from the seniors.

20. Typically, we play 4 games in 14 days, not 5 games in 12 days like we have. Rest is important.

21. Having a great March run like we had last year gives our players confidence that they are good players.

22. Playing good teams in hostile environments helps you down the road.

23. We like to go down the stretch with the guys who have done it before. Experienced seniors are the key.

24. We've had several games where the opponents had three days prep and we had two, or they had two and we had one. But, you can't make excuses – you always have to fight through things. It's impossible to always have the same number of prep days, so I'm not complaining.

25. Good instincts are very important in our defense, as is having long arms and getting your hand on the ball. Then being in good position to do those things.

26. The key is mental toughness. They have seniors and we have seniors, so who is going to withstand it? We were on a mission in the 2nd half and we needed to be.

27. Our game preparation is never more than one day. We like those "get better" days when we work on getting better at the things we do. Normally we spend half the practice on the opponent and then have a walk-through the day of the game. Sometimes you worry so much about stopping them that you can't run any of your things well.

28. A player has to be very careful and can't let his last shot affect his next shot, especially when he's getting good looks. That last shot is history.

29. When good shooters are closely guarded, they have to work a little harder over and over again to get their good looks.

30. Mental toughness is our only edge. And we can't lose it, even for a 4 minute stretch in a game because it can cost you. What about when that other team is really challenging you and distracting you? We just cannot give in.

31. We are playing at a high level and that's all we can ask for. We just have to hope the breaks go our way.

32. A shooter has to get out of a shooting funk by maintaining poise and keep shooting.

33. When you don't shoot well from the field, you have to turn the other team over to help your scoring.

34. Everyone is fatigued at this time of the year and you have to find ways to get the job done.

35. When you get good looks and miss, so you shoot them again and again until you make them.

36. The way we all watch tape on each other and guard each it is important to have one or two guys who don't need a play to score. The guys who can get you a basket on their own without much help.

37. Our zone works best when the other team has some selfish guys who are not tall so they can't pass over us.

38. In trying to get into the NCAA as an at-large a good loss is better than a bad win. Yet, we don't ever talk about moral victories.

39. It is very hard for us to get easy baskets. It's advantageous to get 10-12 offensive rebounds that lead to 4-5 easy baskets or just throw the ball up to the rim to somebody. Teams like this play a vertical game. The higher the ball is in the air, the greater their advantage. We're just not going to have that kind of advantage. Teams with guys like that usually have a very simple approach to the game.

40. It's never one thing in a game. It's always a combination of little things.

41. For us it is not about beating the #1 team, it is about getting better every day. We're not worried about March. We're worried about getting better. We'll learn from this game.

42. Even in a loss you can gain confidence.

43. After every game there is always someone on your team who is questioning his confidence. It's like dr. Phil around here. Players have to trust themselves and not themselves.

44. With one day to prepare between games, we went live for 16 minutes before today and that may have been too much. Next time we won't even break a sweat with the guys who played a lot. We will just walk-through stuff.

45. Always see challenges as opportunities.

46. Our offensive style is to adapt to the talent we have and recruit to the style we like most. Some years we throw the ball inside and others we crank threes. We do whatever is best to win. We value the ball and assists – we're normally among the leaders in the country in both areas. We like versatile players who play a lot of positions.

47. We like great kids who never quit and who just play no matter what. We like low maintenance young men remembering they all need help. Everyone needs someone there to help them. Want kids who can concentrate on basketball and still have their priorities straight. I value players that fit-in with the student body, but who also are close with their teammates. Don't want players who are on an island. Want our students to come out and watch their friends play, not to watch the team play. Want unselfish players who love to play together. Want players who work hard, who love their teammates and who want a family situation. These are the things that make coaching a lot easier. There's no magic formula – just a feel for how we want to do it.

48. We have prided ourselves on having self-motivated players and teams who are self-starters. You give a man a fish and you feed him for a day, you teach them to fish and you feed them for a lifetime. We want to teach them to fish. We pride ourselves on giving guys a plan with goals and things to work on over the summer. They are expected to achieve those goals and if they don't, they will get to know the running track very well.

49. You have to recruit your current players every day to become better players.

50. Our goals are to do our best and get better each day.

51. You are in the wrong business if you think that people are not going to have high expectations. That's why coaches get paid what they do.

IN BEILEIN'S BOOK: Rules, drills -- and when not to brag

April 4, 2007

BY MARK SNYDER

FREE PRESS SPORTS WRITER

ATLANTA -- John Beilein was making a beeline for his next stop.

In the whirlwind of a Final Four weekend, still recharging from West Virginia's NIT championship in New York two days earlier, Beilein was set to make a presentation titled "West Virginia Basketball" on the second floor of the Atlanta Hilton on Saturday morning.

Racing from a National Association of Basketball Coaches ethics meeting, Beilein was already late for his 11:15 a.m. presentation, and half the large parlor was filled with eager-eyed coaches, tapping their feet.

Yet just outside the room, the 54-year-old man who is will be introduced today as Michigan's next basketball coach came to a dead stop to shake hands and chat with a veteran basketball mind from days past.

Dressed in his pewter West Virginia warm-ups, complete with the Nike swoosh, Beilein stepped to the front of the room and was introduced by a New York high school coach whom he has known for years.

That's when Beilein stepped in front of the stage and podium and tried to relate.

"Mind if I stand here?" he asked, shunning the microphone, admitting he vividly recalled his first job like those listening, coaching a junior varsity high school team in 1975. "I just want you to know I planned to have notes, but I was a little busy this week."

And that was the last comment he made about his team's success.

For 45 minutes he opened the floor to questions, and each time his life's focus burst through.

"It would have been easy for him to come in and talk about his team and how special that team was, being picked so low in the Big East and winning the NIT," said Akron assistant coach Lamont Paris, one of the few college coaches in the room that day.

"A lot of guys would have taken the opportunity to do that. It was more trying to educate those guys to get them to abide by the NCAA rules. The NABC is trying to push that. I don't think they told him to say that. But you can tell he abides by them."

Beilein spent the first 25 minutes of the presentation discussing rules -- with surprisingly little lecture. The bulk of the talk was presenting real-life examples and how Beilein deals with them -- like slowly backing away from a mother who wants to hug, a potential NCAA violation.

"We're trying to steer the ethics of coaching basketball," Beilein told the group. "There is a right way to do this. Remember, it's all about the spirit of the rule. The problem is, many of you don't know any better."

That's where he filled them in. Yet the preaching never arrived. Despite his reputation for toeing the line, Beilein didn't judge his peers who don't follow the same code. He just explained his standard.

Like the time a high school coach approached him during a non-contact evaluation period. Beilein said they couldn't talk, and the coach responded that so-and-so had talked to him just a week before. The simple answer: That's not right, but it's that coach's business.

"Part of that came from because he just left the meeting with the ethics committee," said Romulus High coach Nate Oats, who has two former players on U-M's roster -- Jerret Smith and Ron Coleman -- and sat through Saturday's speech. "As he said, a lot of the rule-breaking can be reduced if high school coaches were informed."

But the masses were there to hear about Beilein's coaching acumen, and few left disappointed.

"I don't show videos," Beilein said about his clinics. "But we can talk."

The talk riveted the audience, from his explanation that his players must run a 5:30 mile each fall or they don't play -- for former Mountaineer star Kevin Pittsnogle "I started the clock and waited 10 seconds," Beilein joked -- to his explanation of drills.

For the most part, that's the area that enthralled these coaches, who are well aware of Beilein's dues-paying rise up the coaching ladder, from the high school job through six college spots before the job at U-M. Though he didn't diagram his remarkably efficient offense, he used the time to talk about the 50 three-pointers-in-five-minutes drill, the one that he insists has made his players better shooters -- a theory some coaches don't embrace.

"He also shared some good drills with those high school coaches, and I took a couple of those, too," Paris said. "The one thing he said was he gives them 10 goals; they have to complete eight, and one was to smile more. It's simple and one thing every kid can do. He's right in believing that's going to make a more positive program."

These may be the plans that sold Michigan athletic director Bill Martin on Beilein's approach.

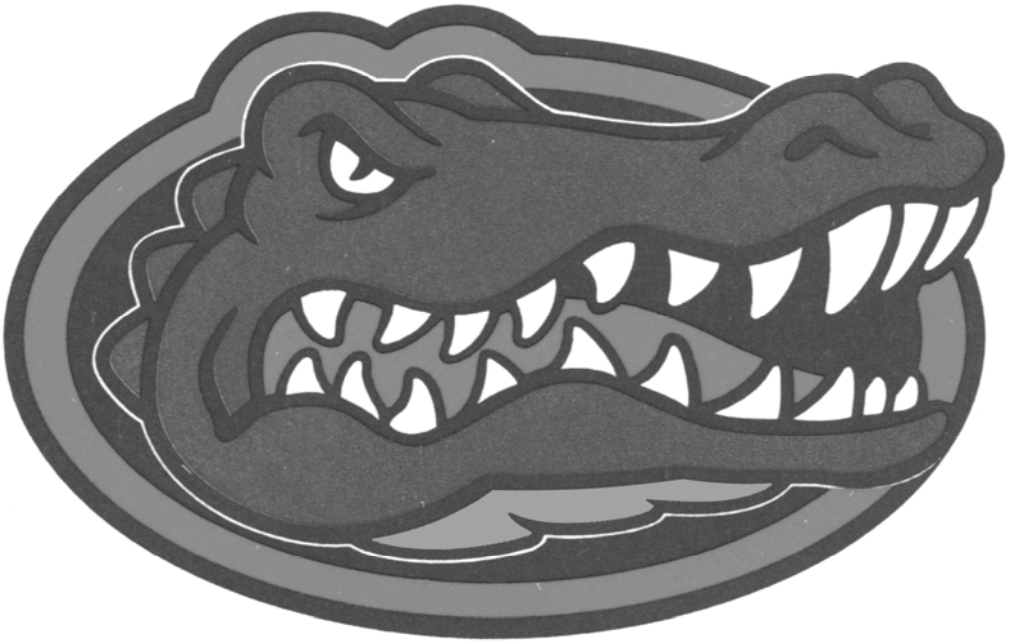
"He's got more energy than people realize, and he's going to come in and get after it," said Oats. "It sounds to me like some people are not wanting to give him a chance because he's older. If he gets the right staff in here and he's passionate, the big thing about recruiting is letting kids know you want to win. He'll do that."

When the speech ended because time was running short, Beilein offered to stay as long as there were questions. And, for the next 20 minutes, the high school coaches wanted to shake his hand.

So he waited, laughed and enjoyed the dialogue.

"I don't know how many coaches you find that will preach it publicly and hold themselves to that same standard and practice," Paris said. "He has developed a belief and sticks to it religiously."

Defense Wins Championships



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Florida Gator Defensive Philosophy

Our defensive philosophy is developed around our style of play. We are a running, pressing, up-tempo team. We want our defense to be an AGGRESSIVE, DISRUPTIVE, & DISCIPLINED style of defense. Our goal is to force our opponent to 'Make a play' vs. being allowed to 'Run a play.' We are a defense that creates deflections, turnovers and transition opportunities through constant pressure. We make our opponent "React."

This will be accomplished through full-court pressure and aggressive half-court defense. Our goal is to create a high number of possessions each game by taking teams out of their comfort zone. Our mentality is to force tempo and fatigue.

Who are We?
Defensive Emphasis

1. **We are a 'hustle stat team!**
2. **We are a transition defense team!**
3. **We are a pressing team!**
4. **We are a ball pressure team!**
5. **We are a help defense team!**
6. **We are a gang rebounding team!**

Florida Gator Daily
"Super Seven"

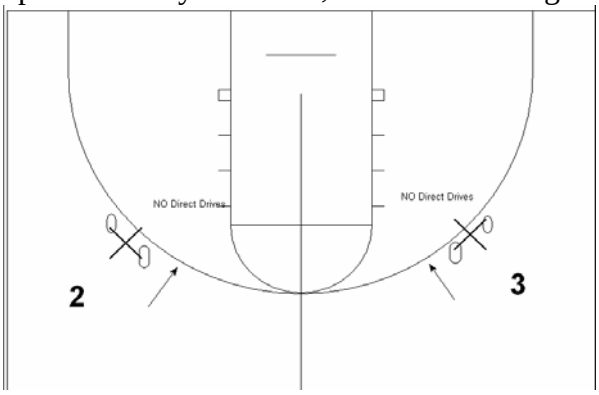
"We develop the mentality <u>everyday</u> at practice to improve our conditioning, intelligence, and toughness."

1. Transition defense
2. Defending and annoying the ball in the open/half court
3. Closing out
4. Help side…recover (seal down to the level of the ball)
5. Post defense
6. Affecting shots of all kind without fouling
7. Block outs and grabbing the ball

Florida Gator Daily Clichés and Principles to Follow

"Pressure opponents and be willing to give up nothing easy early or late, especially 2nd shots."

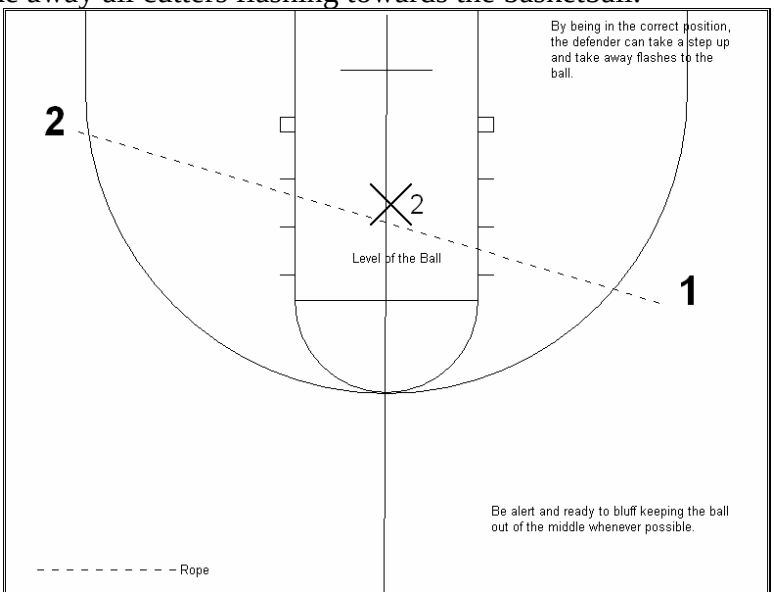
1. "Win all defensive hustle plays."
   - Charges, loose ball grabs, first player to the floor, and fighting over screens.
2. "Communicate with your teammates."
   - This must always occur at both ends of the floor.
   - The players who are inside or on the helpside have especially good vantage points and must help the players who are defending the ball outside by being verbal.
3. "Sprinting back to defense with vision"
   - See the ball and get back to eliminate anything easy for the opponent.
   - Pressure the ball immediately and contain the dribbler.
   - Find the correct position on the floor.
4. "Build a wall every possession."
   - We must use our early body-up techniques and find the best angles the moment there is a change of possession.
   - Sprint back and eliminate easy baskets first.
   - Then, quickly match up with the nearest man loading to the ball.
   - Sometimes you will be matched up with a different player – "Just Dig In."
5. "Closeout to affect the shot and anticipate dribble drives."
   - Sprint first half and squeak your way out to the shooter.
   - Keep your head back to enable better balance.
   - Place inside hand and foot <u>slightly up keeping hips down</u>.
   - "Ball, You, Rim" staying between your man and the rim.
   - Use the "Big Step" to "Close the Door" to contain the dribbler.
   - Know your opponent. Run shooters off shots and closeout to drivers.
1. "Keep a balanced stance and alert footwork."
   - Know your point of pickup (heels on the 3 pt. line).
   - Pressure the ball without fouling.
   - On closeouts, sprint halfway with a sense of urgency and arrive the last half in a stance using short squeaks and keeping weight back.
   - Don't give opponent room to be comfortable.
   - Don't worry about getting a steal from your own man. Just try to make him pass under hand pressure. If you deflect, a teammate can get the ball.



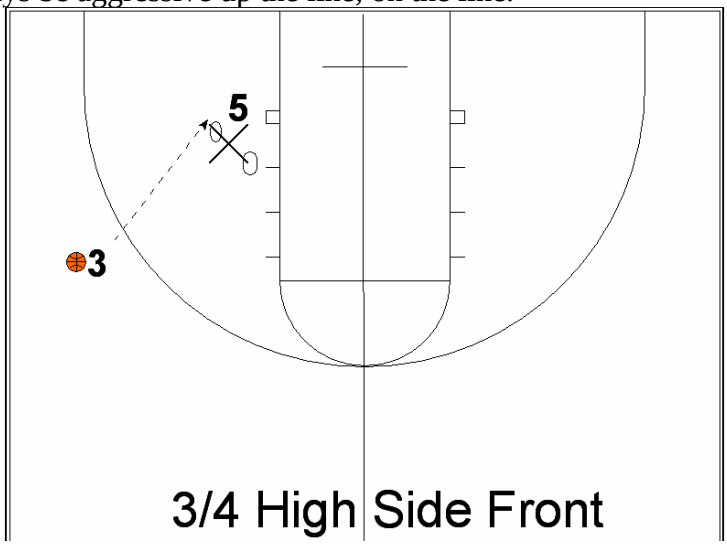
7. "Jump to the ball when it is passed seeing ball and man. Once your man gives it up you are now supporting your teammates."

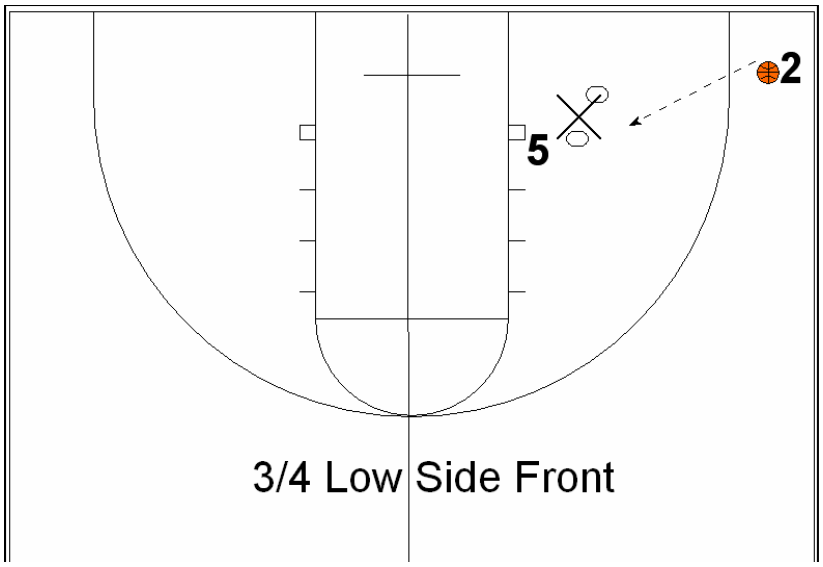
- Help stop teammate's driver ONLY if he is beaten, with early stunting and recover to your man. Use your head and out think and out work the offense.
- Use foot-fakes and bluffs instead of over helping.
- Use hands to deflect, and place inside hand on the imaginary rope.

8. "Help side defenders must know their purpose."
   - Vision – find the midpoint between the ball and your man and rely on peripheral vision with occasional head turning finding both.
   - Pistols – use a slightly closed stance pointing to your man and the ball constantly with active feet (place inside hand on the imaginary rope).
   - Take away all cutters flashing towards the basketball.



9. "Keep the ball out of the post box on feeds."
   - The best post defense is pressure on the ball.
   - Win your battle of space and know your post defensive positioning rules.
   - Trust your defensive teammates' ball pressure and helpside.
   - Always be aggressive up the line, on the line.





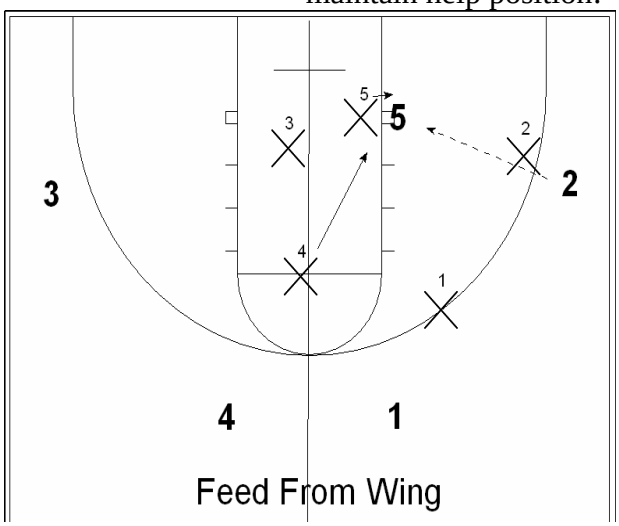
If post man receives the ball:

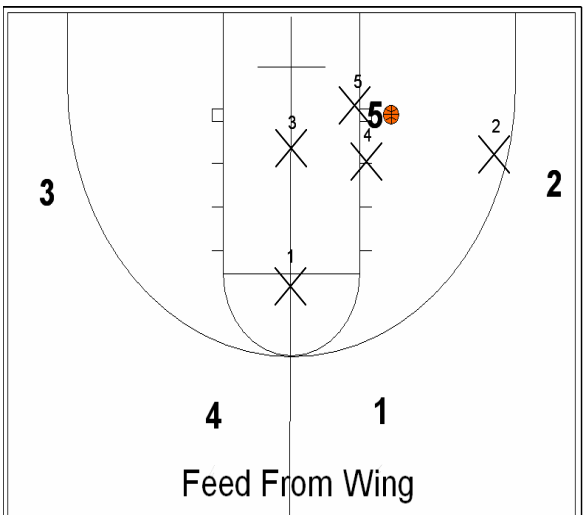
- Stay down in a stance with bent knees.
- Pressure with torso if he puts it on the deck or turns to shoot; hands are up – "X" and turned back.
- Stay between the ball and rim.
- Do not foul.

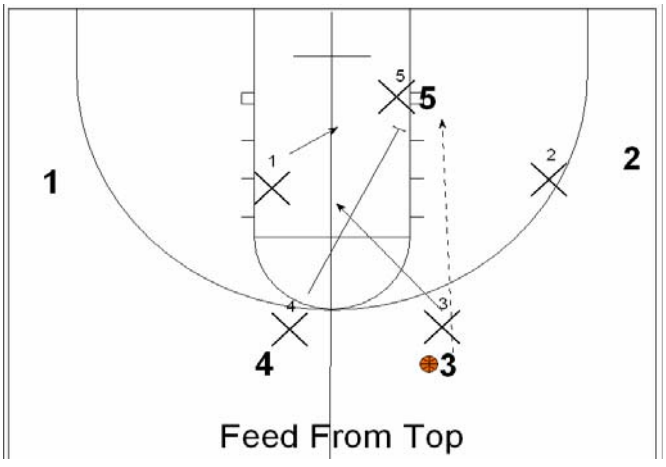
10. "Affect all shots and take it personal."
    - Make the shooter hurry or change his rhythm without fouling.
    - All jump shots must be affected by high jumping only after the shooter has left the floor. Do not take yourself out of rebounding position after a shot – high jump rater than long jump. Block out and quickly go and jump for the ball and grab it!
11. "Every player without exception block out and go grab the ball."
    - Never give the opponent an opportunity to get the ball (eliminate space).
    - Make the initial contact with the offensive player facing him; stay balanced and eliminate your man.
    - As quickly as possible – Biggest Key – go jump for the ball and grab it as soon as possible.

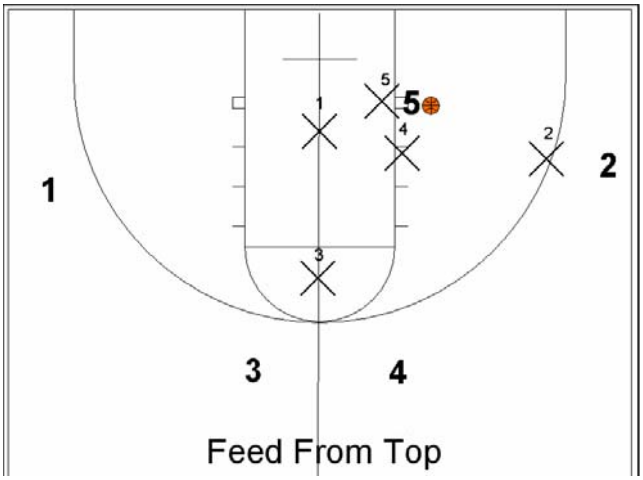
Specific Concepts and Situations

1. Defending Post Feeds
   - Post to Post Trap
     - On the pass, post defender must get immediately behind the post player taking away the baseline.
     - Opposite forward springs big to the inside of the post player to double…do not allow post player to turn inside! (Unless double on dribble)
     - Guard on strong side must lock up with perimeter player…if they cut the feeder through, take the next offensive player filling behind.
     - Form an "I" on the help side to protect the rim, especially on a dive by the other post.
     - Stay with the double until passed out or dribbled away from the post…closest man must closeout on inside/out pass to affect the shot.
     - There is no need to trap if the ball is not fed in the scoring area!...But maintain help position!

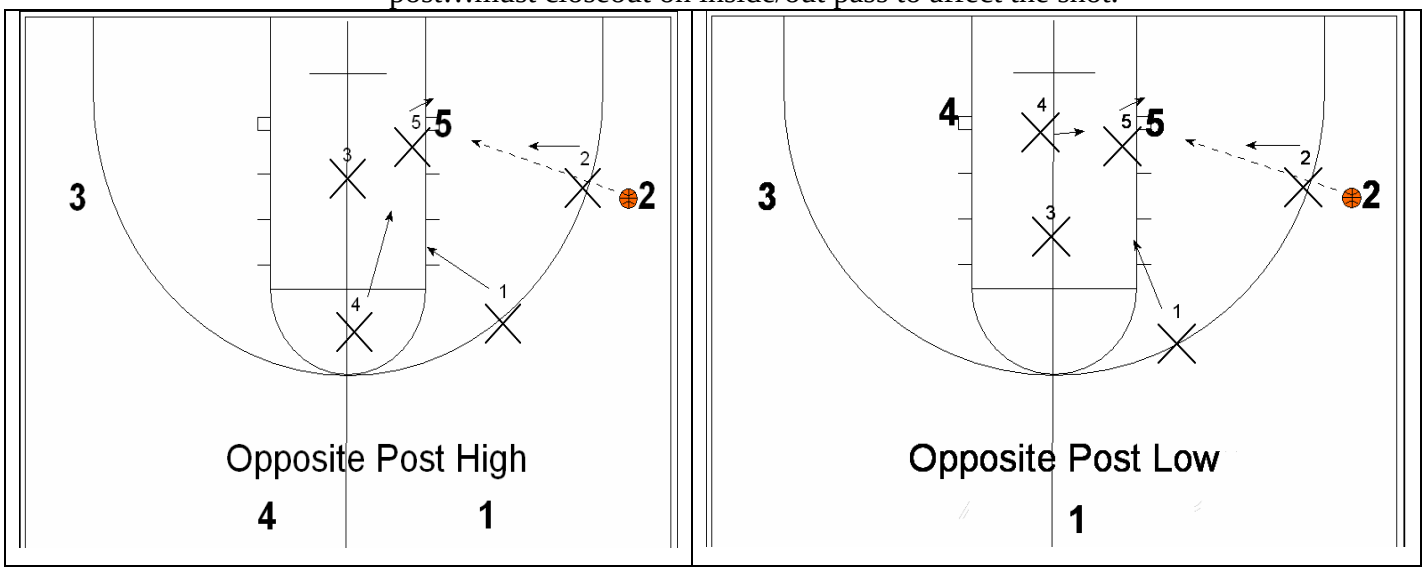








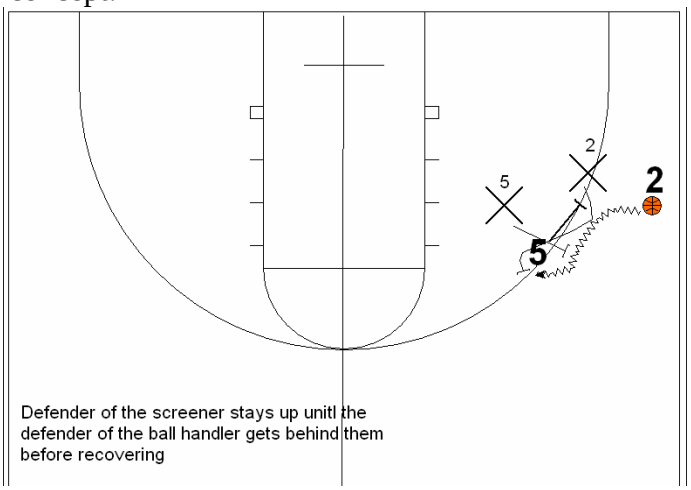
- Fake Trap
  - On the feed, post defender jumps to the low side of the post player keeping himself between the ball and the rim.
  - Other forward sprints towards the ball as if he was going to trap the post but stops at the white line.
  - All players on the perimeter jump toward the pass in a help position to bluff…must be close enough to help and not get split, if the post player makes a move in either direction.
  - Strong side perimeter player must keep his butt to the baseline allowing him to see the ball and his man on a basket cut.
  - Stay with the fake trap until passed out or dribbled away from the post…must closeout on inside/out pass to affect the shot.



NOTE: You can post trap with the highest perimeter player or highest player perimeter/post if you choose. The slides and rotations would be the same as above.

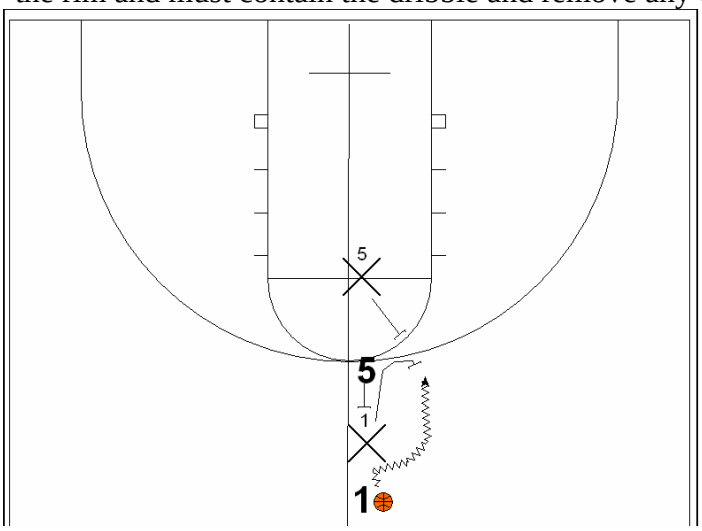
2. Defending Ball Screens – "Alertness and Loud Communication are a Must"
   - Blitz
     - Defender on the dribbler must make the dribbler use the screen and should quickly try to fight over the top by getting his lead foot over the top of the screen, getting thin to fight over the screener.
     - Defender on the screener must quickly get to his high side acting as an "extension of his body"…use inside arm to body up the screener and outside arm to impede and force the ballhandler backwards and into a trap. Stay in the trap until the pass is made.

- ½ Blitz
  - Defender on the screener must quickly get to his high side acting as an "extension of his body"…use inside arm to body up the screener and outside arm to impede and slow down the ball handler…release when ball defender gets back in front…should be prepared for a slip to the basket or pop if guarding a shooter
  - Defender on the dribbler must make the dribbler use the screen and should quickly try to fight over the top by getting his lead foot over the top of the screen, getting thing to fight over the screener…if the defender can quickly dodge and recover going behind the screen, he can occasionally choose that path…force the dribbler to go wide and not get in the paint.
  - The team must be ready to help, bluff, or anticipate playing 5 vs. 2 in concept.

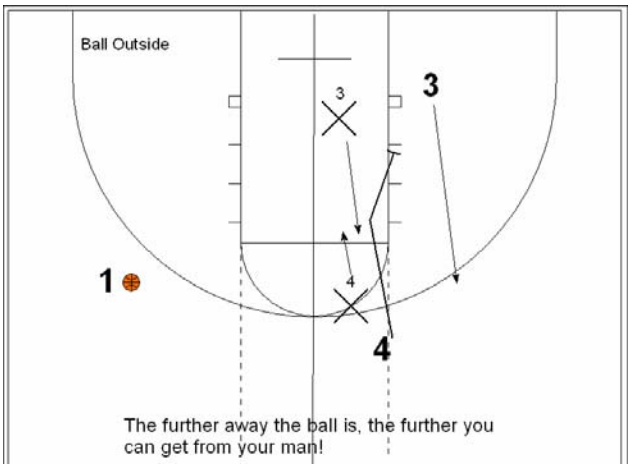


- Jam
  - Defender on the screener must quickly get between the basket and the screener getting body on body with the screener in a low and wide stance…defender on the screener tries to lift the screener higher than he wants and prevent him from cutting towards the rim…this allows the ball defender to first make the dribbler use the screen and recover a without going deep, so he can get around quicker to cut off the dribbler
  - Defender on the dribbler should go underneath the screener and his defender as quickly as possible…goal is to beat dribbler where he wants to go and prevent him from getting in the paint and drawing help.
- Switch
  - The key teaching point is for the defender on the dribbler and the defender on the screener to come together and physically remove any quick slips to the rim.

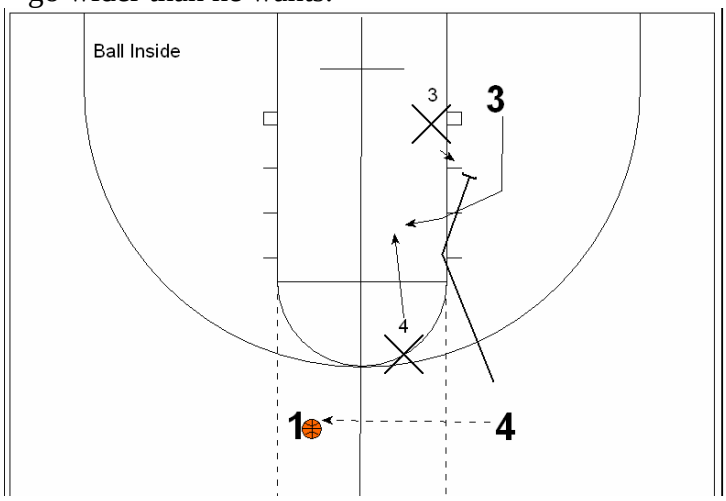
- Flat
  - The defender on the ball goes over or under the screen as quick as possible. The defender on the screener takes a couple steps back towards the rim and must contain the dribble and remove any open jump shots.



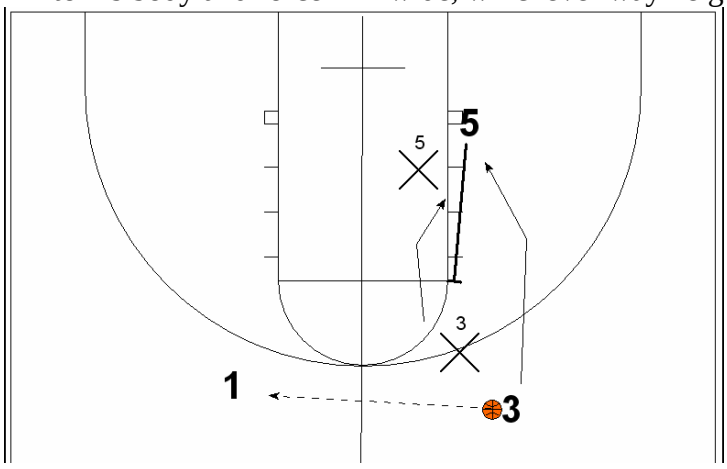
3. Defending off the ball screens – "Communication is a Must."
GOAL: "Eliminate offensive players in the lane and pressure on the catch."
   - Down Screens (When the ballhandler is inside or outside the middle tunnel)
     - Defender on the screener jumps to the ball to prevent a face cut…then, he must open up and "Show" (staying on his string) and allow the defender on the cutter to slide through ball side of the screen.
     - Defender on the cutter must get low and narrow to slide through the ball side gap created by his teammate…do not allow back to get screened by having a wide stance with fists out…must deny all cuts to the middle, only allowing fades



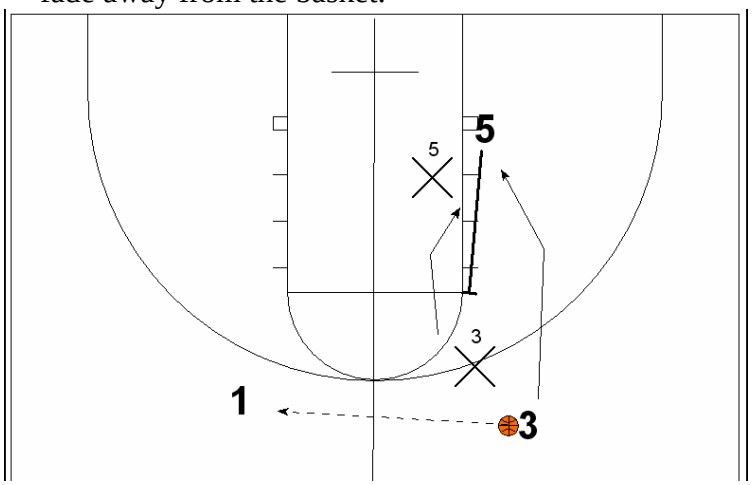
- Defender on the screener must stay tight on the screener and act as an "extension of his body"… must be on the line up the line to:
  a. Stand up the cutter using his forearm as a protector on a curl, if the cutter's man gets beat.
  b. To prevent the pass on a pop or slip after the screen takes place.
- Defender on the cutter should try to get between the screener and the cutter, possibly by use of a swim move…must force the cutter to curl and go wider than he wants.



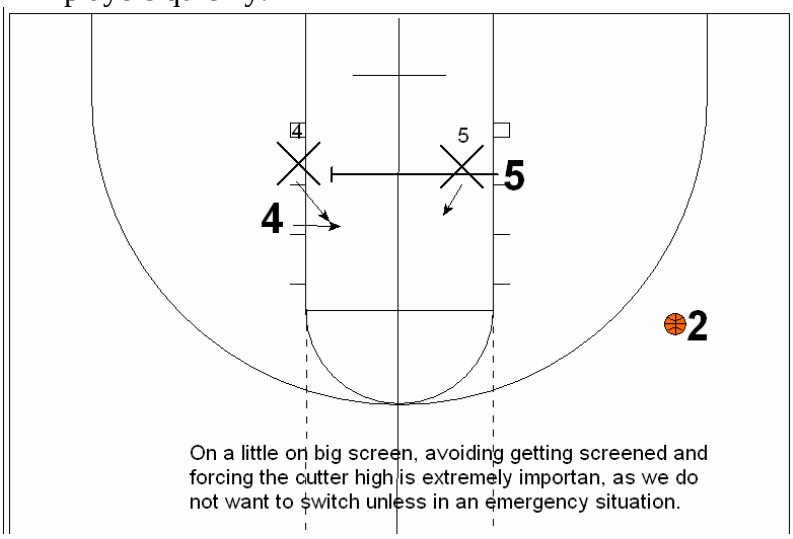
- Back Screens
  - Defender on the screener must open up and "zone the basket" for a moment to give help until the man on the cutter gets back into the play…must be ready to closeout quickly to the screener on shot or get back to string position.
  - Defender on the cutter should jump to the ball and then, go ball side of the screen whenever possible…if he is too close to the cutter, he should get into his body and force him wide, whichever way he goes.



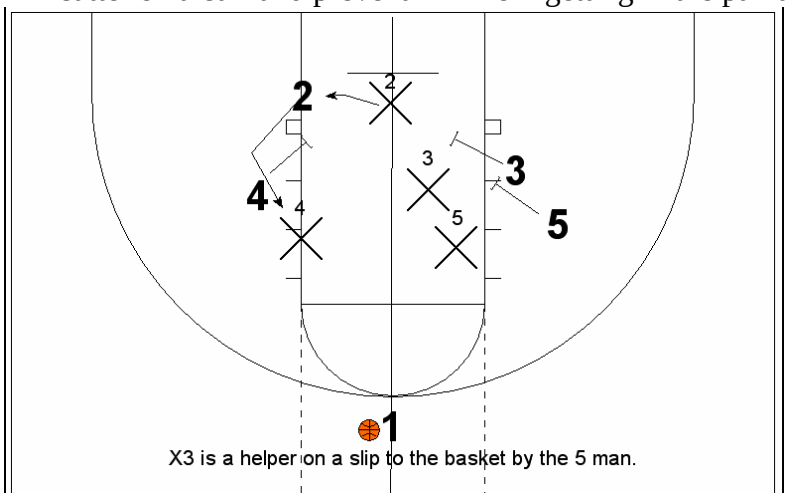
- Fade Screens
  - Defender on the screener must "zone the basket" to give help on a curl or drive to the basket.
  - Defender on the cutter should try to get between the screener and the cutter…should go over the top of the screen forcing the cutter to curl of fade away from the basket.



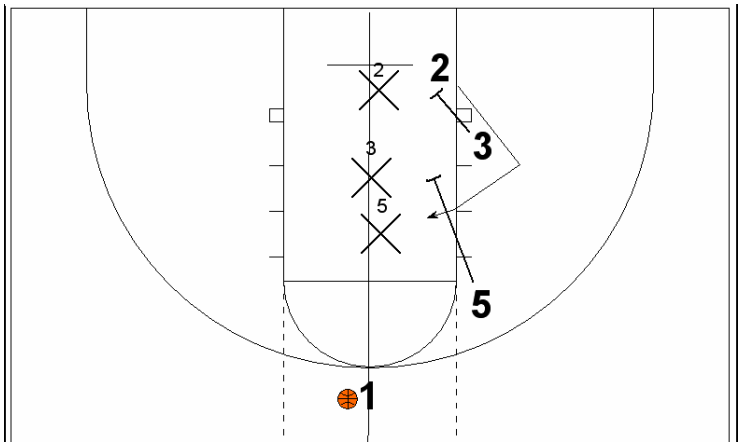
- Block to Block Screens
  - Defender on the screener must open up with his butt to the baseline in a closed stance and "show" to give help for a second, until defender on the cutter can get back to his man. The defender also has ball help responsibilities.
  - Once the screen is called out by his teammate, the defender on the cutter must get into the body of his man in a closed stance to force him high and stay right with his body…Do not allow back to get screened by having a wide stance with fists out!
  - If the cutter goes low or defender on the cutter gets screened, switch players quickly.



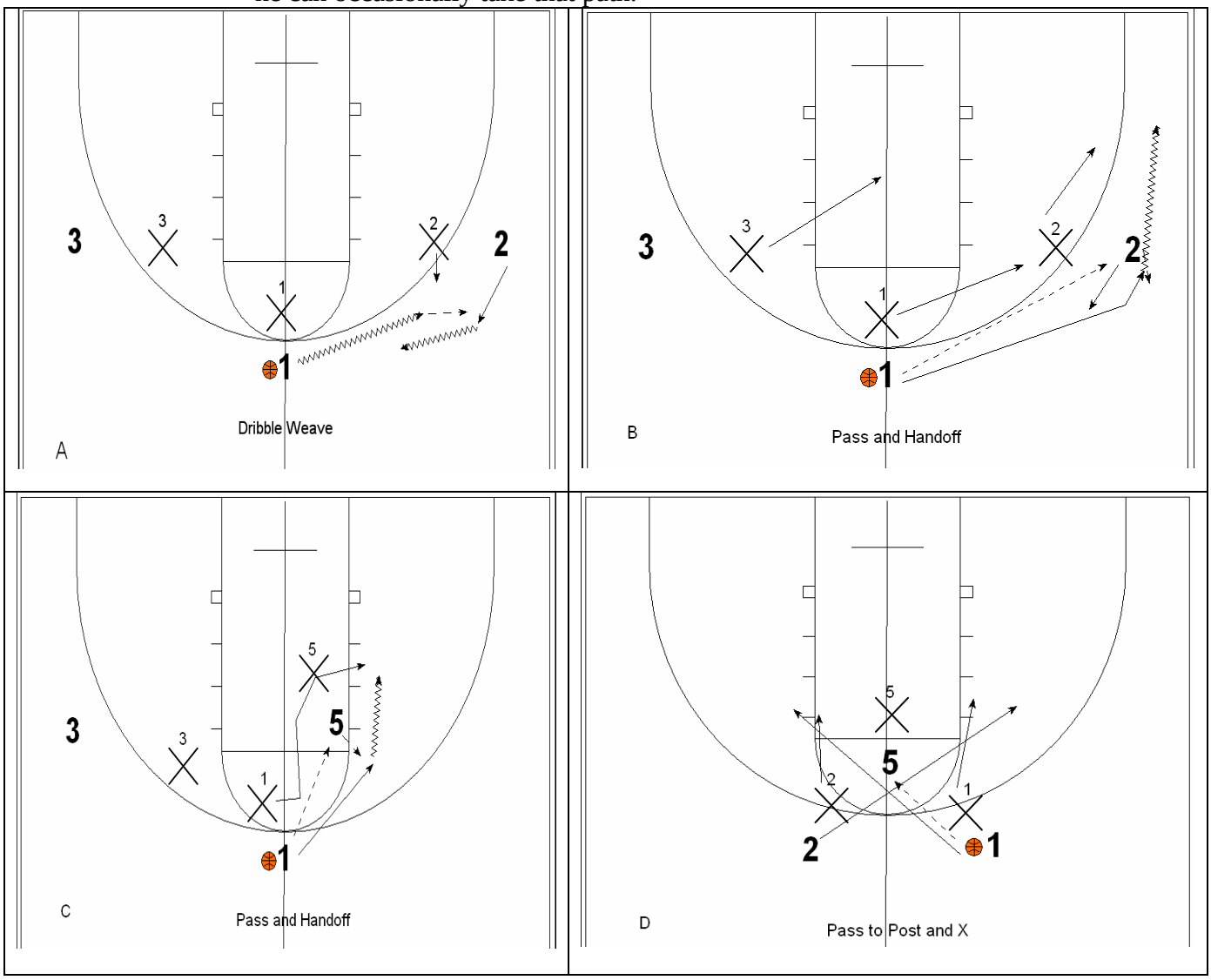
- Single-Double Screens
  - Defender on the cutter must get on one side of the cutter forcing him to have only one direction to select…try to get between screener and cutter and then, ride him to force him to curl wide.
  - Defenders on screener must stay on the line up the line in a "show" position acting as an extension of the screener's body.
  - If the cutter uses the single screen, X4 should "show" to stand up the cutter on a curl and prevent him from getting to the paint.
  - If the cutter uses the double screen, X5 should "show" to stand up the cutter on a curl and prevent him from getting in the paint.



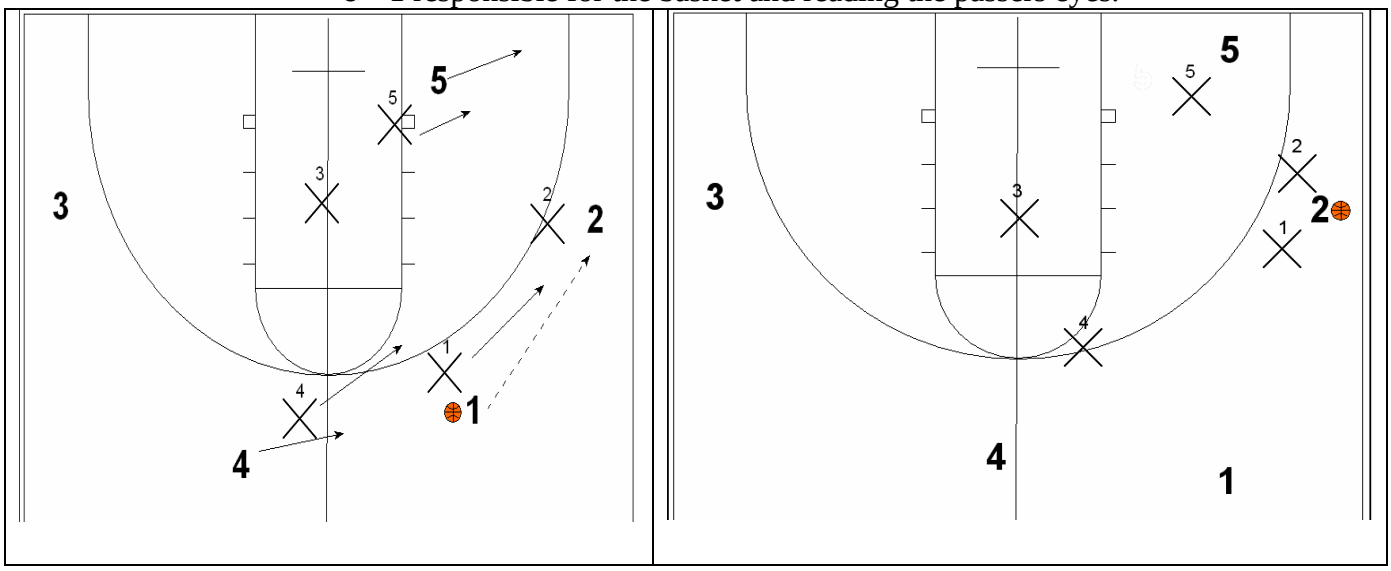
- Stagger Screens
  - X5 must stay up the line on the line in a "show" position and act as an "extension of the screener's body" to stand up the cutter on a curl and prevent him from getting in the paint…must help long enough for defender on the cutter to get back in front.
  - X3 is in a "help the helper" position to take the 5 man on a slip to the basket.
  - Defender on the cutter should try to get between the screener and the cutter and then ride him to force him to curl wider and must fight to regain defensive position if he is chasing the cutter.
  - If the ball is outside the tunnel, the defender should travel ballside of the screen.



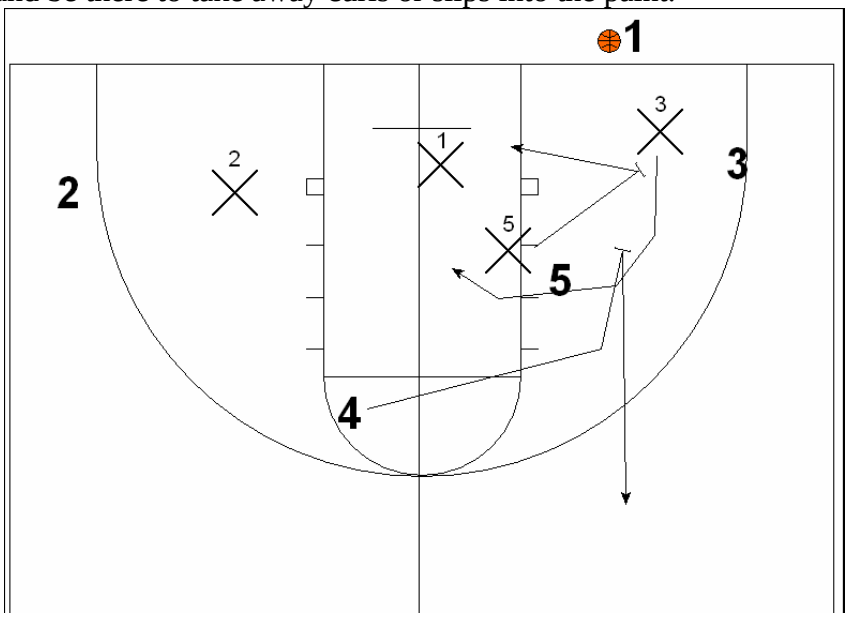
4. Defending Crosses (Handoffs, weaves, Xing off the hi-post)
    - In diagrams A, B, and D, defensive "like" players would switch to the offensive man entering their zone after calling out "switch"…purpose is to contain and prevent penetration into the lane.
    - In diagram C, the defender on the post player should space off and create a gap for the defender on the cutter to get through…the post defender should quickly close the gap after his teammate gets through…if the defender on the cutter can quickly go over the top of the screen to dodge it and beat the dribbler to the spot, he can occasionally take that path.



5. Scramble Situations
    - We must have defensive players in the following positions:
        - 2 on the ball – can't get split on the trap – body's together – hands out and up.
        - 2 in the passing lanes looking to shoot the gap and intercept the direct pass out.
        - 1 responsible for the basket and reading the passers eyes.



6. Under Out of Bounds
    - Chase all screens wedging between the screener and cutter and then, forcing the cutter to curl and go wider than he wants.
    - Help side defenders must be close enough to their man so they can make contact before the screen comes and ride him off the screen.
    - Defender on the inbounder acts as an "interceptor"…he must see all of the action and be there to take away curls or slips into the paint.



General Areas of Team Defense

A. Transition

1. Balance and ball containment
   When a shot is taken, it is the responsibility of the point guard and 2 guard to balance the floor. The 1st guard back sprints to the paint to protect the rim. The 2nd guard is responsible for ball containment and directing it to the nearest sideline. The point of pickup should be no later than ½ court. We will send 3, 4, and 5 to the glass for offensive rebounding on every shot. If the defense secures the rebound, 3, 4, and 5 must sprint back with vision of the ball.
2. Load to the Ball
   When converting back in transition, all players must have vision of the ball and begin to shade to the ball side. This creates a wall of defenders and discourages the offense from getting a "piece of the paint" with a pass or dribble.
3. Bigs up with trailer for hi-low or P&R's
   Trailing big must be ready to contest and pressure hi-low passes or defend P&R's out of transition.
4. Defending the post starts in transition
   We should pride ourselves on having the best running bigs in the league. Get back and meet bigs at free throw line and contest the post-up.
5. Back tip
   If the ball is ahead of you sprint to the middle of the floor and look to run thru the ball and deflect to a teammate do not chase the ball to the sidelines.
6. Made FG vs. missed FG
   After a made basket find your assigned man and know your press.
   After misses, sprint to the paint on ball side, talk and matchup with a player of similar size – smalls on smalls and bigs on bigs. If not possible, communicate a switch as soon as possible.
7. Loading on made FG's
   Most teams inbound with a big. Versus teams that run hard, we will take the trailing bigs defender and soft trap the ball. The point guard must influence the ball middle. Once the trailing big gets to level of ball. We yell 'square' and match-up.

B. Fullcourt Defense

1. Defensive position
   - Stance – ½ squat, nose to chest, get lower than offense.
   - Wide base – feet outside shoulders.
   - Back straight, boxer's stance, good balance.
   - Heel-toe concept, feet slightly staggered
   - Hands-inside armbar; outside deflector
2. Step Slide or Run Recover
   - Maintain width – feet don't touch
   - Both feet on the floor – don't hop
   - Stay low, turn, run ahead, recover
3. Goal: 2-3 turns before ½ court
4. Identity

   We are a pressing team. We will utilize the press to wear down and discourage our opponents. By pressing, we can create tempo, cause turnovers, increase our number of possessions, create fast break opportunities; influence poor shot selection by our opponents and cause fatigue. Our press intimidates our4 opponents and allows us to take teams out of their comfort zones. Our style of play is unique and it allows us to utilize our depth. Our strength is in our numbers.
5. Commitment

   Pressing requires that we get out of our comfort zones each and every day! In order to be effective with our press, we must have all five guys on the floor willing to sell-out and sacrifice for the team. Their must be a total commitment. Pressing requires tremendous effort and can take time to show its affect on the competition. You must believe in it and be committed to giving great effort consistently.
6. Gator Presses
   - White Press
     - 4 man pressures and harasses inbounder.
     - 2 man and 3 man sprint to elbows and match up with closest man in their area.
     - 1 man is back ballside and 5 man is back opposite matched up.
     - We trap passes to the coffin corner, the speed dribble, or at designated spots on the floor.
     - Used after made FG's, FT's, or deadball situations.
   - 3 White
     - 3 man pressures and harasses inbounder.
     - 1 man and 2 man sprint to elbows and match up with closest man in their area.
     - 3 man is back ballside and 5 man is opposite ball, matched up.
     - Same principles as regular white.
   - Blue Press / 3 Blue
     - Double team on point guard to force alternate handler.
     - If inbounded to 1 man, immediate trap.
     - If inbounded to secondary handler, we deny the ball back to 1 man.
     - Primarily used after FT's or deadballs.
   - Double Fist
     - 1-2-2 Three-quarter court press.

- 3 man at point applies varying degrees of pressure.
- Trap speed dribble and designated spots.
- Primarily used to force east-west attack and a time line decision.

- 55
  - Fullcourt man to man defense. Stunt, bluff, and fake traps.
  - Trap only a speed dribble with closest man.

C. Halfcourt Defense

1. Goal is different than backcourt
   - Pressure and contain
     - Make offense react to defense
   - Direct the dribble without getting beat
     - Keep ball out of the middle 1/3
     - Influence vs. turn
     - Adjust to quickness advantage/disadvantage

NOTE: Point of pick-up is ½ line or higher in 5 defense on a make or miss.

- Scoring area ball pressure

(A step above the 3pt line in scoring area)

- Stance is same as fullcourt
- From the point our stance is weak to no paint
  - Influence player to weak hand
  - Fingers stay up, hand at level of ball
  - Stay square and contain
  - Squeak back/squeak up
- At the wing our stance is no middle to no paint
  - Inside hand and inside foot are up
  - Stay square and contain
  - Squeak back/squeak up
  - Pressure without getting blown by
- At the corners we take a square stance
- We want opponent shots in short corner area

NOTE: Emphasis on hand positioning to affect shots and passes.

2. Guarding the ball
   - Force the offense to react to the defense. Force the offense to put it on the floor and direct it to the proper area without t getting beat. Maintain constant ball pressure. Adjust body position according to quickness advantage/disadvantage. Maintain a cushion of one arms length away from offensive player.
3. "Hands" – Defense is played primarily with the feet, but the hands can make a defender more active and bigger. Hand closest to the ball is the hand that pressures it. This brings the foot closest to the ball forward. This allows the defense to influence the ball while maintaining proper balance.
4. Scoring Area

   The area one step above the three point line. Our rule is that our heels must be on the three point line when guarding a three point shooter and to disrupt the offense. We defend the ball in this area. Our PG's pick up at halfcourt or higher after made FG's when not pressing.

5. Stance
   - Establish a wide base. Feet positioned outside of shoulder.
   - Back straight; sit down in boxer's stance, good balance
   - Heel-toe concept; Toe of back foot matched up with heel of lead foot. Do not open the gate and allow direct line drives. Put butt in the rim.
6. Active Hands
   - Ball above the head
   - Swarm – Both hands up, you must stay in stance (knees bent) and feet on the floor while maintaining proper balance. Bigs vs. Hi-low action!
7. When guarding the ball on the perimeter we will put pressure on the ball one of two ways:
   - Vs. Driver
     - Dig at the ball from under (palm-up). Dig hand under the ball is the lead hand.
   - Vs. Shooter in range
     - Hand over the ball to prevent jump shot. Do not allow shooter to open the 'shot window' to get his shot off.

The hand closest to the ball is the hand that pressures it. This brings the foot closest to the ball forward. This allows the defense to influence the ball while maintaining proper balance.

8. Closeout
   - Sprint ½ of the distance in a 'no middle' stance. Utilize high hand to take away the quick post pass and to be ready to contest the sot. Transfer weight back and squeak your feet out to shooter with inside hand and inside feet slightly forward. The closeout is based on personnel and their strengths and weaknesses based on our scouting reports. Run shooters off their shots and closeout short to drivers – No middle.
9. Defending the dribble
   - Scoring area
     - The area one step above the 3-pt line. We contest every pass, dribble and shot in this area from all 5 positions. Our heels must be on the 3-pt. line when guarding a 3-pt. shooter. Our goal is to force teams to run their offense away from the scoring area.
10. Scoring area ball pressure
    - No Middle into no paint (wing area)
      - Influence the ball to the baseline. No direct line drives to the rim-butt in the rim. Allow no drives to the middle of the floor and do not allow dribbler to enter the paint.
      - Once the offensive player moves the ball, pivots, or dribbles, we are constantly adjusting our stance (hands and feet) to keep the ball out of the paint.

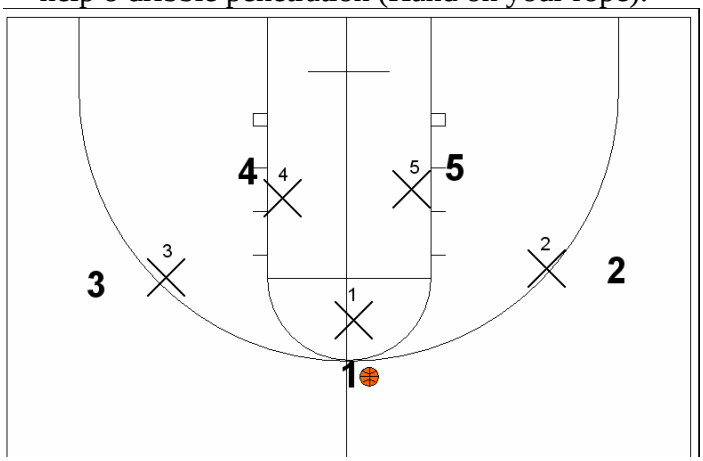
11. Run-recover-run concept
    - When behind or trailing the ball, we will open up without getting out of our stance and spring to get ahead of the ball and back into a step-slide position. When we open up, we want to rotate our head, shoulders, and hips. We must stay low and explode on the first step, spring and beat the offensive player to the next spot. Try to spring along side to prevent the change of direction dribble.
12. Beat off the dribble = Never stop
    - If you get beat off the dribble, never stop! Pursue back to the paint or find an open man.

D. Help Defense

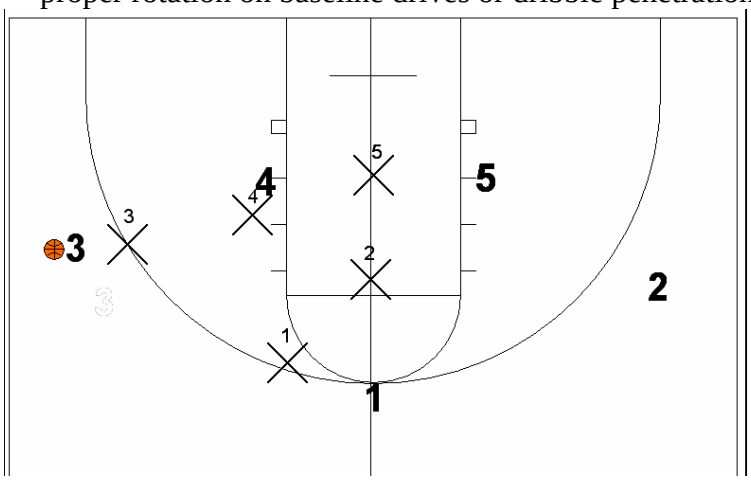
1. Defensive positioning

    We want the offense to see a wall of defenders ready to help on any penetration action toward the rim. We should always be thinking help.

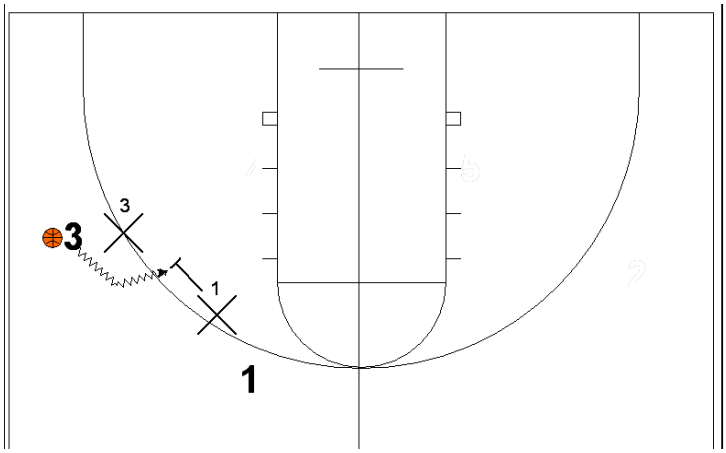
- One Pass Away
    - We will play slightly up the line and on the line. We want every pass contested and every catch pressured. We must also be ready to provide help o dribble penetration (Hand on your rope).



- Two Passes Away
    - Be in the lane, ballside. Get to the level of the ball. See the ball and see your man (Pistols and have your hand on the rope). Be ready to make the proper rotation on baseline drives or dribble penetration.

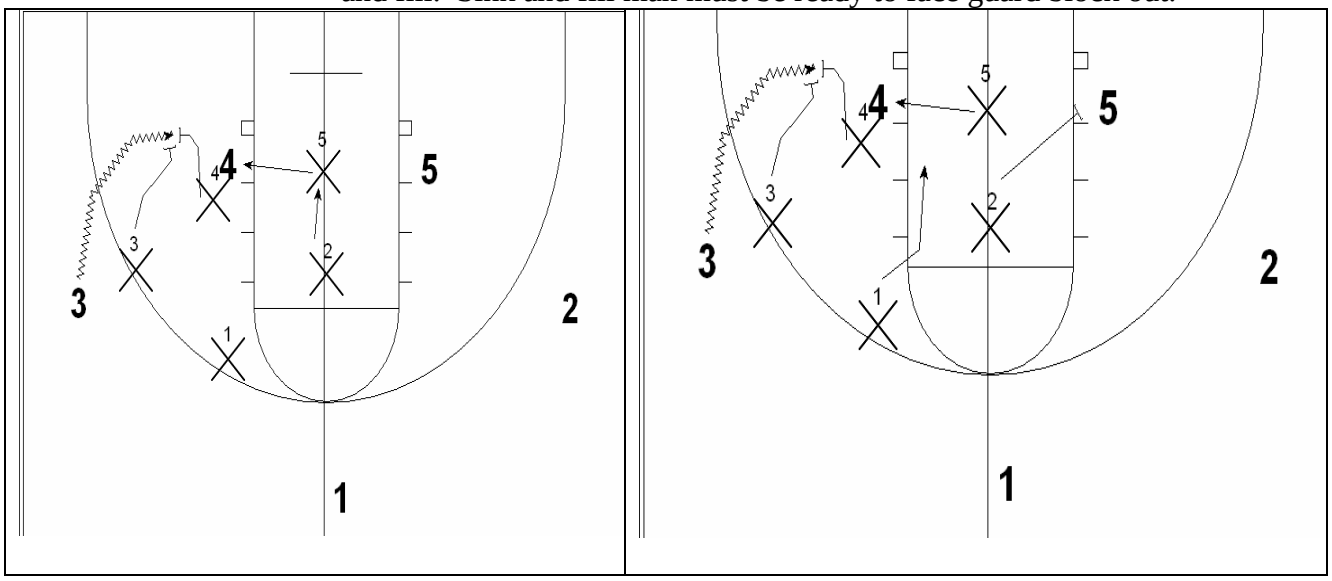


2. No splits of gaps
   - On dribble penetration the ball never gets by the 1st help man…"We are a help team"…"We help with the first man." We recover as the ball is being picked up. Our team should always have active hands and feet while stunting. We should never leave a wide open shooter unless we are in position to take a charge.



3. Methods of help defense
   - Stunting
     - 1st help defender (1 pass away) makes an aggressive move toward the ball on dribble penetration to influence ball handler to pause or pass allowing initial defender time to recover. Attack the dribble in an attempt to deflect the ball.
     - **Stunt on any penetrating drive from the top key area and wing penetration to the middle of the floor. Stunts should be early as not to give up uncontested drive and kicks.**
4. Stepping up
   - Providing help on dribble penetration on any baseline drive or from opposite low defender if the 1st help defender is beat from the top or to the middle of the floor.
   - Step-ups are high and hard. Don't wait for the ball to come to you. We want to attack the dribbler and force a trap, bad pass, or charge.

5. Baseline drives
    - Our post man or weakside defender must trap the ball outside the lane on baseline drives. We must attack the dribbler hard and early.
    - The second part of the step up trap is that the guards must rotate down to sink and fill. Sink and fill man must be ready to face guard block out.



E. Defending the Low Post

1. Defense before the catch
    - Do your work early
    - Post defense starts before the ball in caught in the low post. We must have great pressure on the entry passer. We must fight for space and position in the low post to limit the offenses effectiveness.
2. We will defend the post in 3 ways:
    - Constant changing of position to use quickness not allowing offense to lock into position or the passer to easily enter the ball.
    - King of the block. Rooting the offensive player into and off the block post up. We play ¾ on the high side to discourage post entry.
    - Butt front the post in full denial. Similar to king in that we must push the offensive player to the baseline or under the rum. We cannot allow ourselves to be pushed up the lane for lob passes or hi-low action on reversal.

    All 3 methods require us to be the aggressor. We must be physical and confrontational in the low post!
3. Defending the post on the catch
    - Once the ball is thrown in to the post, we must immediately establish position between the offensive player and the basket. Be ½ step away from the offense in a wide and balanced defensive stance.
    - No rip throughs. Maintain a good defensive stance. Direct the offense toward your help. Do not allow offensive player to turn the corner on the baseline.
    - "Chest Up" / hold ground. Do not allow offense to use 'rhythm dribble.' Use chest to bump the offense in order to disrupt timing and balance. Be ready to adjust hands and feet quickly to play the second move.

4. Defending shots in the post (Affect shots, chest up and strip balls)
    - Use size, length, and athleticism to alter or block shots in the post.
    - Stay on your feet and chest up to the offensive player. Force the offense to score over outstretched hands. Maintain verticality.
    - Be active with your hands and feet. Deny angles and slap down hard on the ball as the offense gathers to rise up for shot. No bail outs or 3-pt plays!

F Rebounding

We are a block out team. We are committed to finishing our defense with a blockout and a defensive rebound!

1. Every shot is affected and we yell 'Shot' to alert teammates!
2. Establish visual and physical contact with your man. Do not run to the rim. Make the first hit!
3. We will faceguard blockout on any small on big blockouts when overmatched. The defender turns and faces the offensive rebounder and engages him as he attempts to offensive rebound.
4. We defensive rebound with all 5 players! We secure then convert!

September 4, 2008

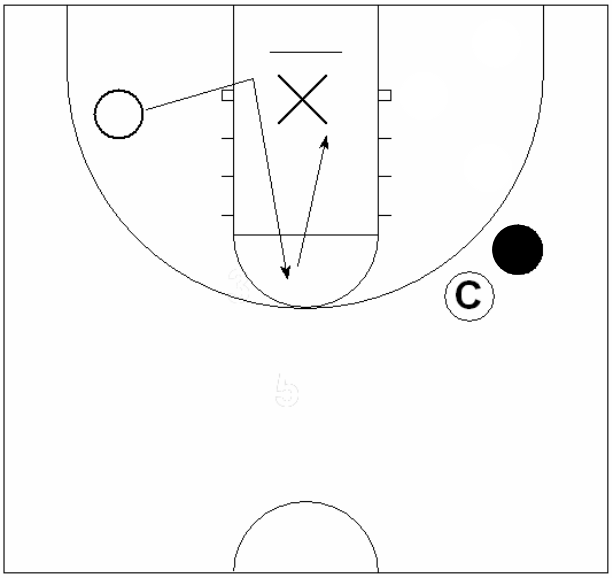
Defensive Individual #3

5 min Stance and slides, bounces, run recover

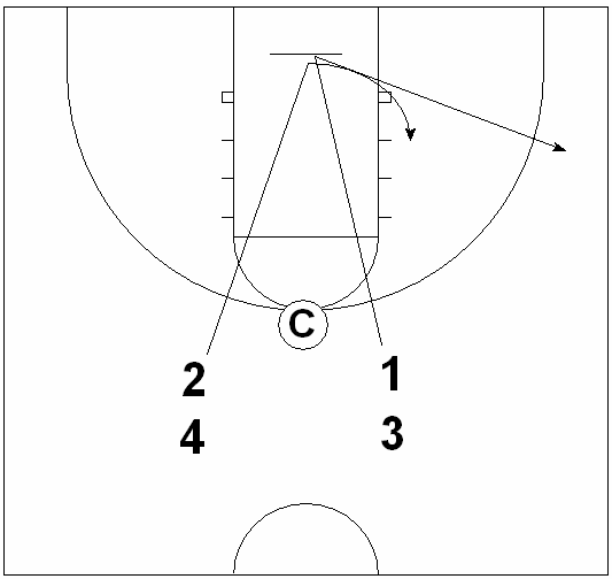
5 min Closeouts – 1 line then perfecte then live

3min Stunts on the run

Deny Flash & Back-cut

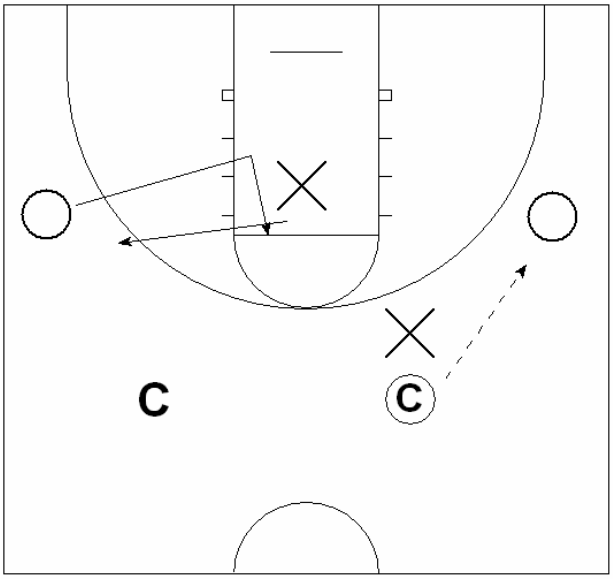


5 min 1 – 1 Off Catch or Roll

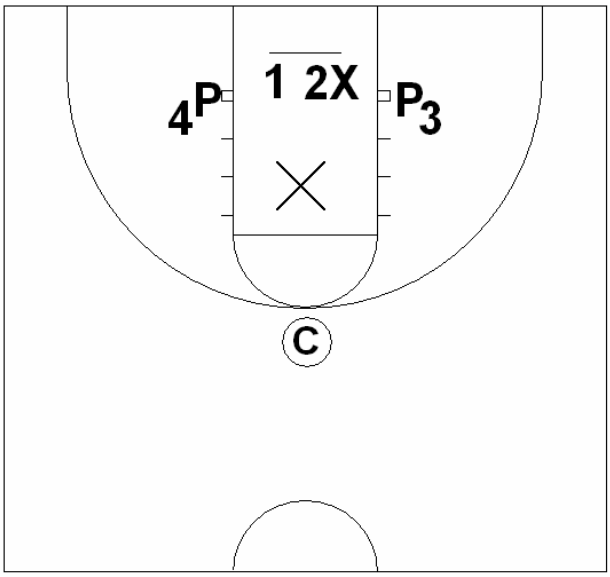


10 min 2-2 Helpside exchange with rotation
Then live on pass out

2-2 Double Contest with Flash and get out



5 min Defeat screen drill



10 min Review Hedge
Teach Blitz with X

Preseason Defensive Syllabus

October 13, 14, 15, 16, 17, 18 (8 Practices)

Press = white, 3 white

½ court = "5" post feeds "rotate", "fake trap"
Ball screens – blitz, ½ blitz, flat
"50, 51" scramble
"10" switching all perimeter screens + likes
3 1-1-3

Situations = Review down, back, flashes, staggers, baseline drives
Big on big cross screens

Special = UOB "5", FTH

October 20, 21, 22, 23, 24 (5 practices)

Press = No additions

½ court = 2nd Zone Def

Situations = Zipper to BS (Little on Big), Diagonal, America's play, UCLA to double

Special = 2nd, UOB "#3"/SOB "White"

October 26, 27, 28, 29, 30 (6 practices)

Press = Double fist?

½ court = 5 post feeds 3rd post feed?

Situations = Princeton (Samford)
GA Double hi screen
1-4 Low

Special = Late game switches, foul up 3?

November 1, G2, 3, 4, G5 (3 practices)

Press =

½ court = Show Black Match "10"

Situations = Review All

Special = Game day review

Team Defensive Talk August 28, 2008

VIDEO ROOM
GATORS – aggressive, disruptive, disciplined

Communication (ELC, selfish vs. unselfish)

"Ball"	5 in a stance
"Basket"	Consecutive stops
"Help"	No middle, no gaps
"Name"	Build wall
"Blitz"	Piece of the paint
"Trap"	Squeaky feet, fingers up, high hands, effect shots, block out

Super Seven Daily

Transition defense (misses)
Ball defense (Full court, ½ court)
Closeouts (sprint half way, squeak, fingers up, gd, yd)
Helpside rotations (Closest, loudest man)
Post defense (No middle, piece of paint)
Block out & grab (make 1st hit, go get ball)

ON FLOOR

1. Ball Defense (after misses)
    - Stance (footwork, hands, mouth)
    - Point of pickup (keep a count, contain in middle, deflect)
    - Where we want the ball & where we don't
    - Types of shots we permit, and don't
2. Team defensive positioning (5 in a stance, no middle, piece of paint)
    - 5 managers (ropes & white line)
        - 1 pass away (up line, off line, remove gaps, fingers)
        - 2 passes away (jump to ball)
        - Baseline drive
        - Post defense without ball, with ball (belly up)
        - Post feeds (Trap – Tandem)
3. Closeouts – affecting shots – block out and rebound
4. Screening situations (ball-side & middle tunnel vs. help-side)
    - Downscreen (follow, absorb curl)
    - Backscreen, flairs (chase, follow, zone basket)
    - Stagger screens (chase, help helper, show)
5. Transition Defense
    - Sprint ball side with vision (contain ball over 1/2, guard basket, prevent strongside 3pt, build wall)
    - No Man until ball declared
6. Full court pressure (after makes and dead balls)
    - Where we want ball

HUSTLE STATS

Coaches Focus at Practice:
Affected shots/passes – Grant
Blockouts – Shyatt
Going to the glass – Jones
Hustle Stats – Hertz

Keeping Stats: Hertz (Compilation Daily)
Unaffected shots/passes – Gilreath
No blockout – Weinar
Not going to off. glass – King
Hustle Stats/other negative (not ready, etc.) – Hertz
Assists/Turnovers, no floor balance – McCall

- Any **unaffected shot/pass, no blockout attempt, no attempt to go to the offensive glass or no floor balance,** results in a minus.

- Any **hustle play**: deflection, loose ball, forced turnover, steal, offensive rebound, charge taken, charge attempted, blocked shot, or 1st to the floor results in a plus.

- **Coaches Wildcard:** Player can receive a plus or a minus at the coaches' discretion (ex: negative – poor closeout, dive by, poor communication; ex: positive – great step-up, great communication).

- **Assist/Turnover Ratio**:
  - PG's (Lucas, Calathes, Walker) must be at least **2 to 1**
  - G's / F's (Hodge, Allen, Parsons, Werner , Shipman, Fricke, McClanahan) must be **better than 1 to 1**
  - C's (Tyus, Macklin, Kadji, Vargas, Chaney) must be at least **1 to 1**

  - If your ratio is achieved, you receive a +2 for the day to be added to your score.
  - If your ratio is not achieved, you receive a -2 to be added to your score.

- Players must be in the positive at the end of practice. If they are in the negative they have sprints (10's/Suicides/etc.) to run based on whatever negative number they finish with.

- Sprints will be completed the day after practice/game.

- Every 7-10 days, we will have the "Hustle Award" winner for that week(s). The guard & interior player with the best score will receive an "F" on their shorts.

Hustle Stats Chart

Date:

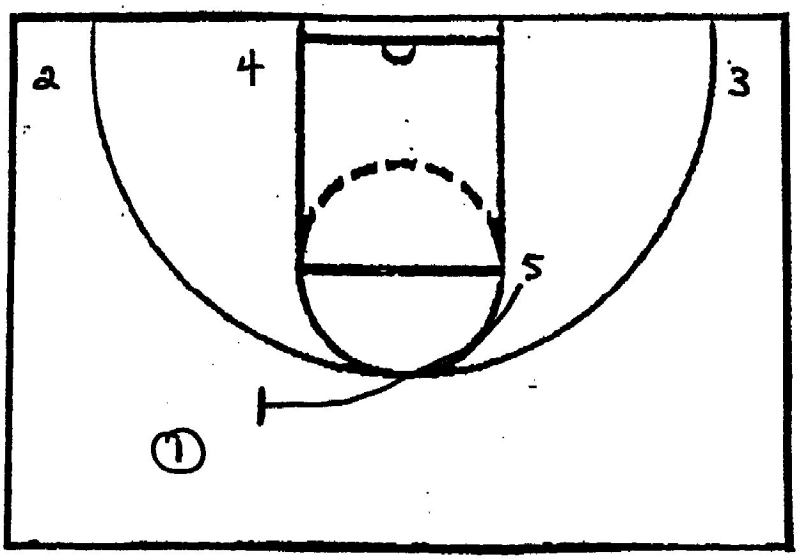
	Assists / Turnovers		Unaffected Shots / Passes	Coaches' Wildcard	No Floor Balance	No Block-Out	Not Going to Off Glass	Hustle Stats	Total
1 Vargas									
3 Shipman									
4 McClanahan									
11 Walker									
14 Allen									
15 Hodge									
21 Werner									
23 Tyus									
24 Chaney									
25 Parsons									
30 Kadji									
32 Macklin									
33 Calathes									
40 Fricke									
TEAM									

Hustle Stats
=

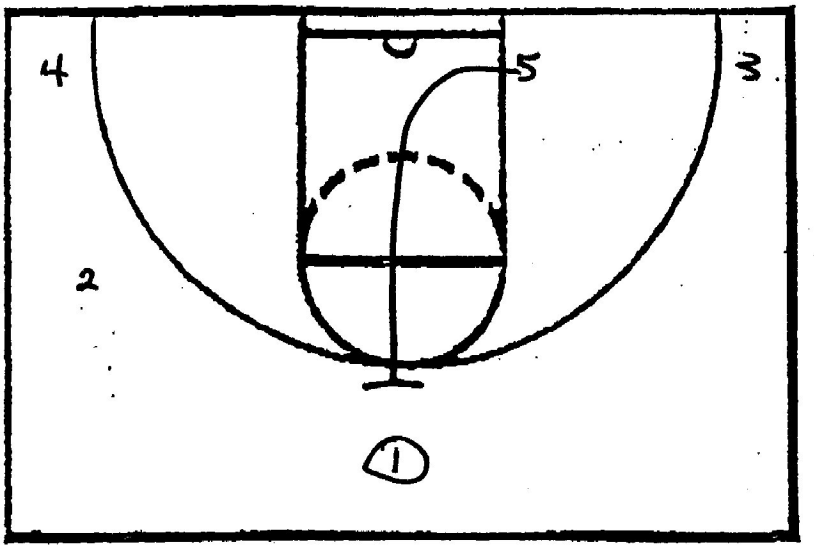
- Loose Ball (LB)
- Deflection (D)
- Forced Turnover (FT)
- Offensive Rebound (OR)
- 1st to the Floor (1st)
- Steal (S)
- Charge (C)
- Charge Attempt (A)
- Block Shot (B)

L. FRANK

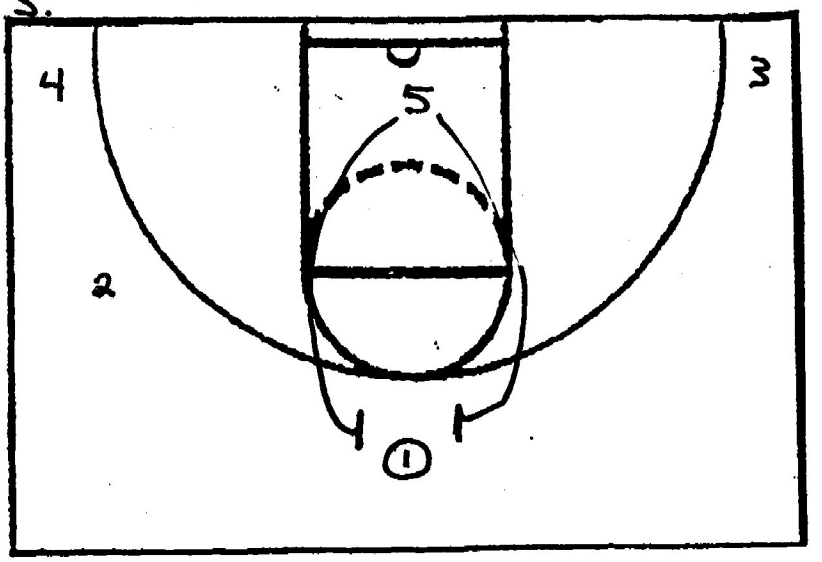
1. "CHEST TO SIDELINE"



2. "THROUGH THE NAIL"

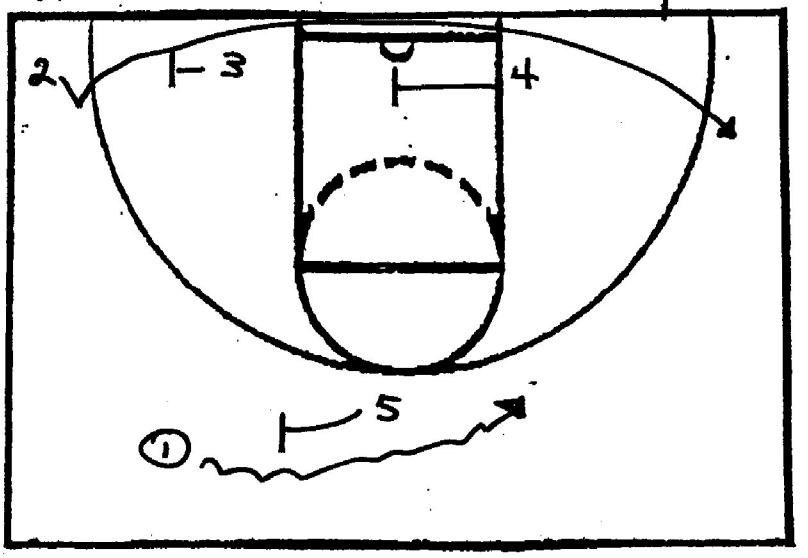


3. "SPREAD"

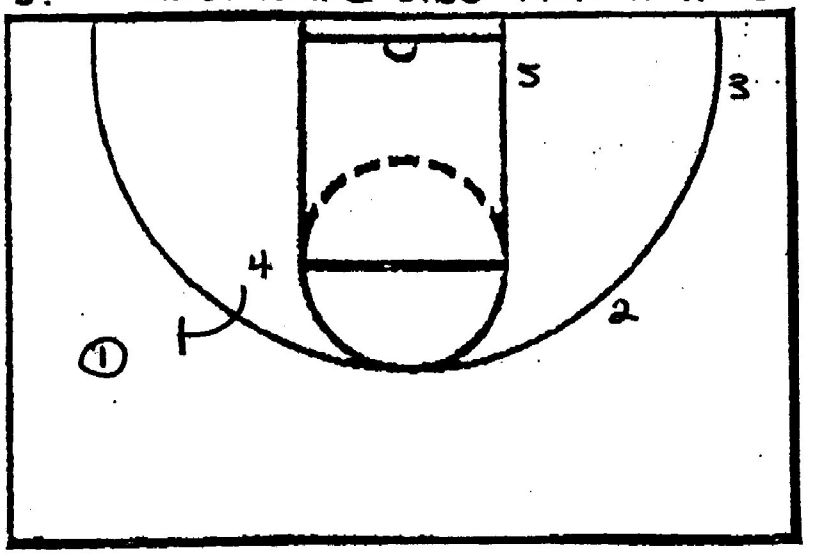


L. FRANK

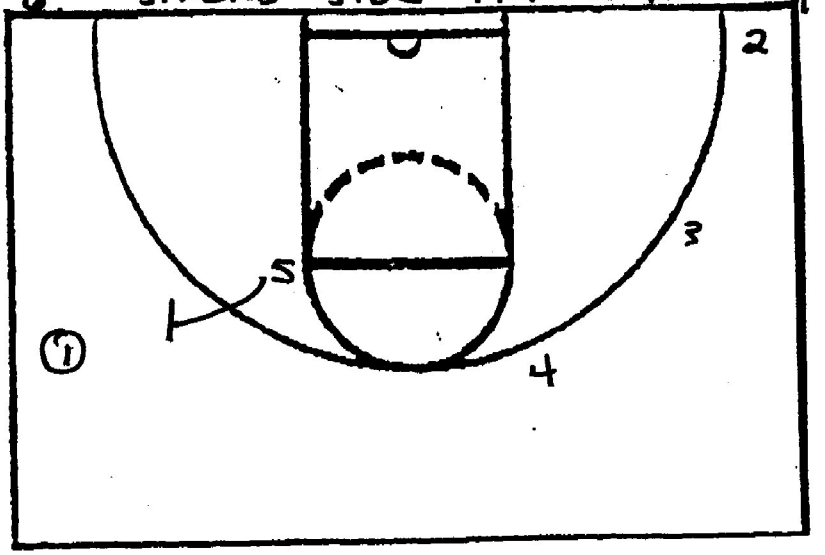
4. "HIGH PICK N' ROLL W/ MOVEMENT"



5. "TRADITIONAL SIDE PICK N' ROLL"

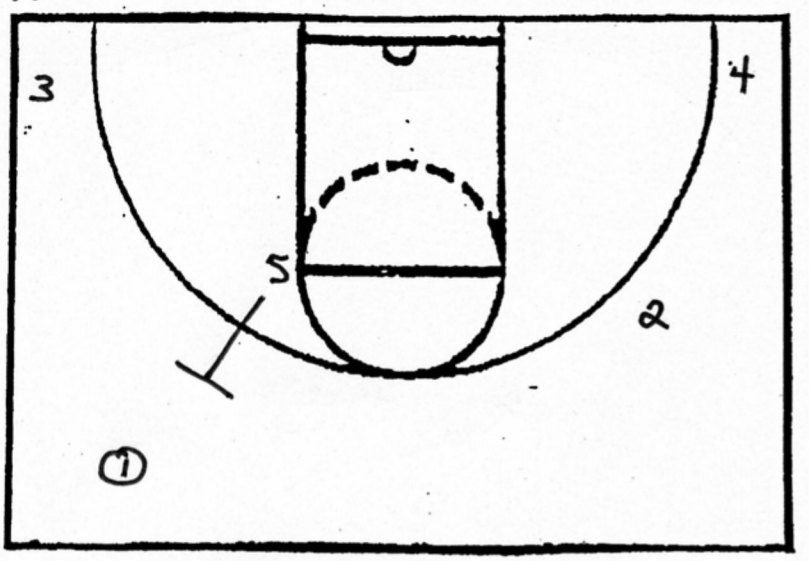


6. "SPREAD SIDE PICK N' ROLL W/ SHOOTING 4"



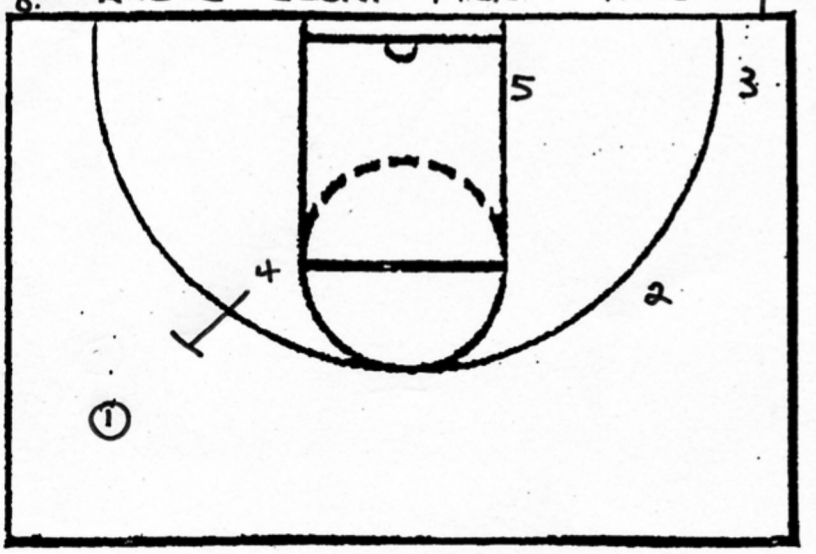
- EXPLOIT DEFENSIVE ROTATION

7. "ANGLE PICK N' ROLL"



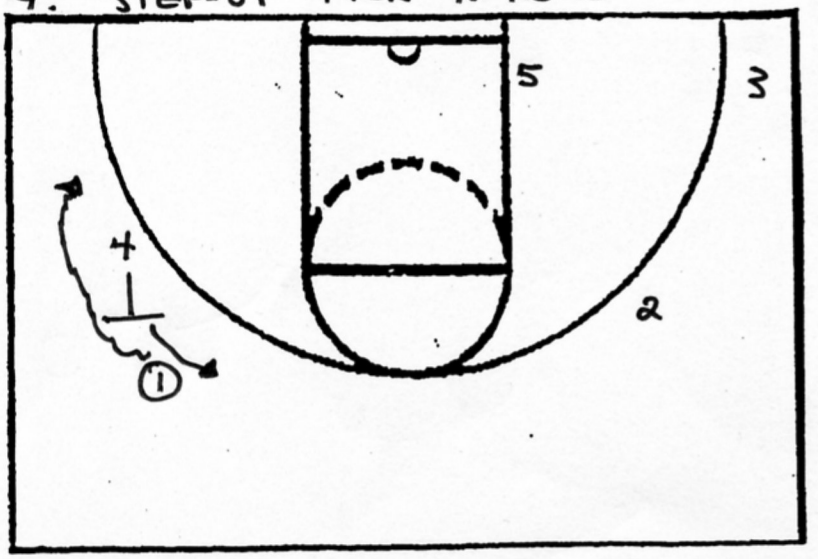
- CHEST OF BALL SCREENER IS WHERE 1/2 COURT AND SIDELINE MEET

8. "ANGLE CLEAR PICK N' ROLL" W/ SHOOTING 4



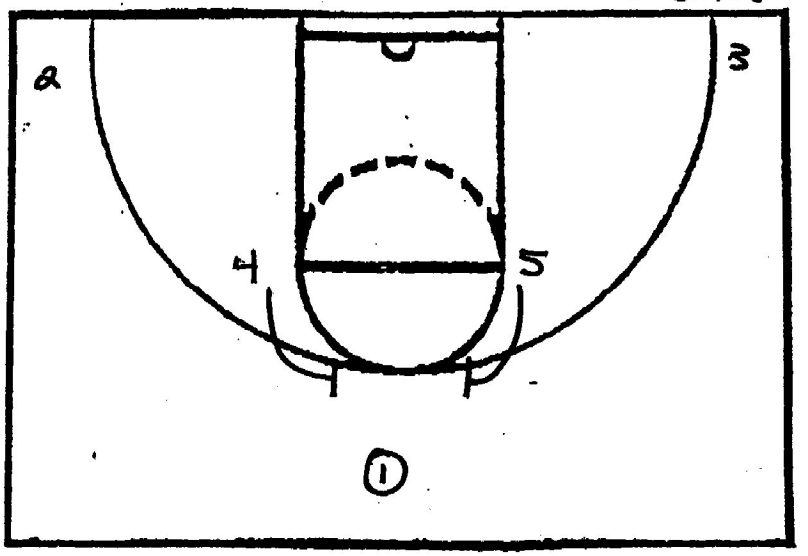
- VERY LONG ROTATION FOR X^5

9. "STEP-UP PICK N' ROLL"



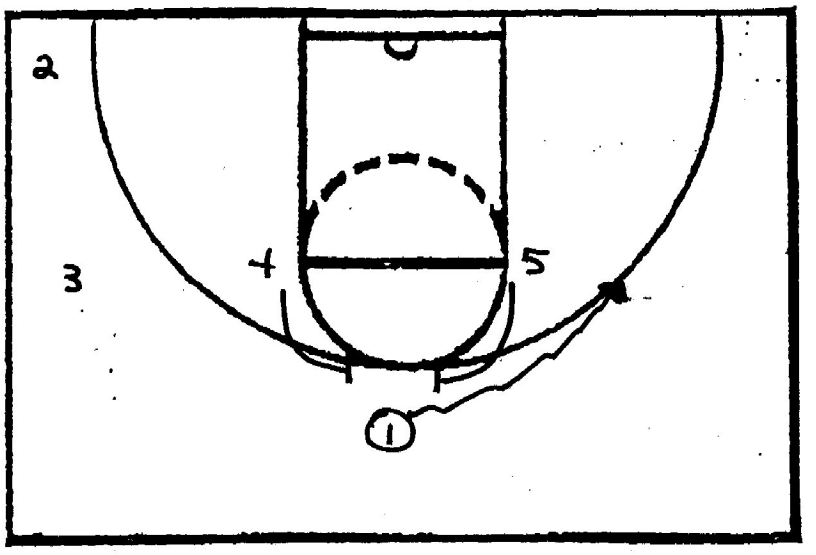
- 1 USES BALL SCREEN
- 4 STEPS UP LOOKING FOR PASS FROM 1

10. HORNS ACTION - "WORK ELBOWS"



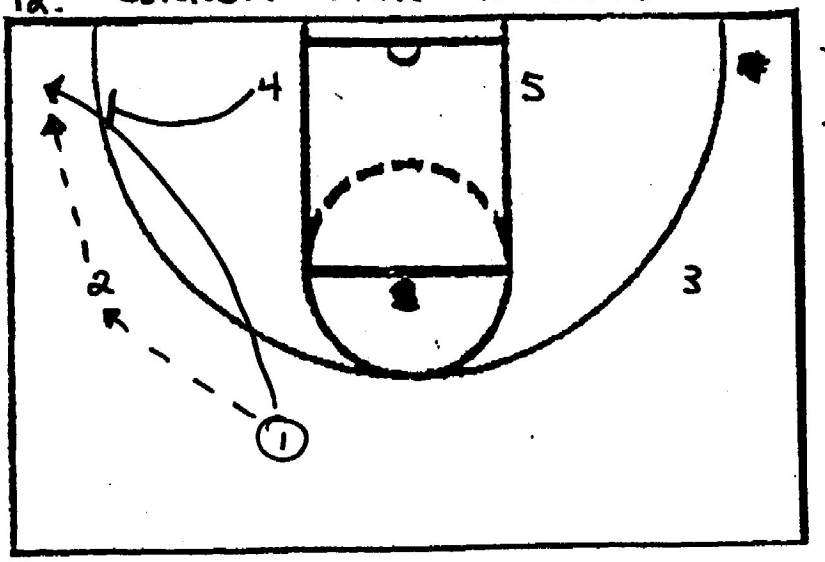
- 1 USES 4 OR 5
- BIGS PLAY OFF EACH OTHER

11. "HORNS CLEAR"



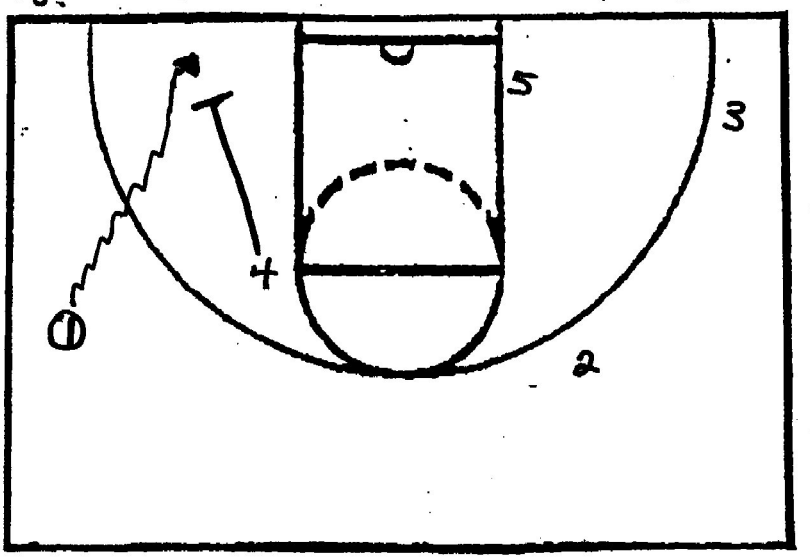
- PUTS HELP IN TOUGH POSITION

12. "CORNER PICK N' ROLL"



- 1 HITS 2
- 1 CUTS CORNER
- 2 HITS 1
- 4 BALL SCREENS (OR NEAREST BIG)

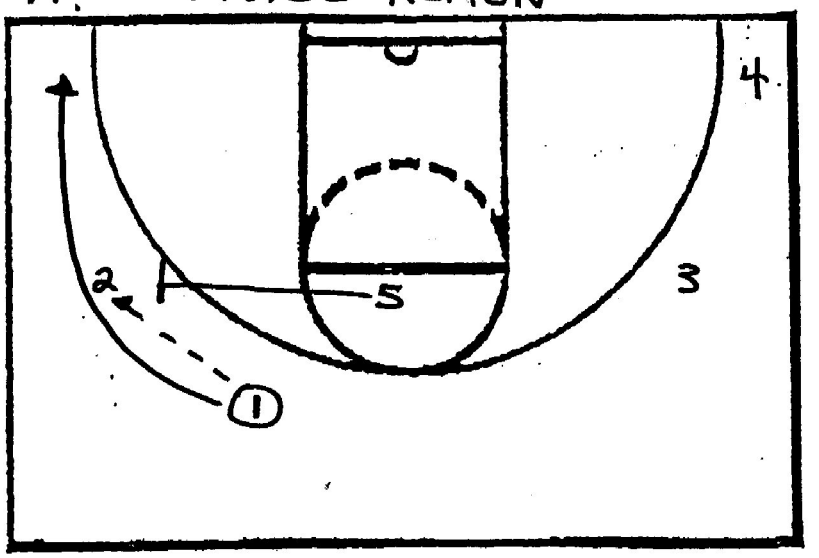
13. "TIGHT LOGO PICK N' ROLL"



- 1 BACKS DEFENDER TO SHORT CORNER
- 4 BALL SCREENS (GARY PAYTON HAS VERY GOOD AT THIS)

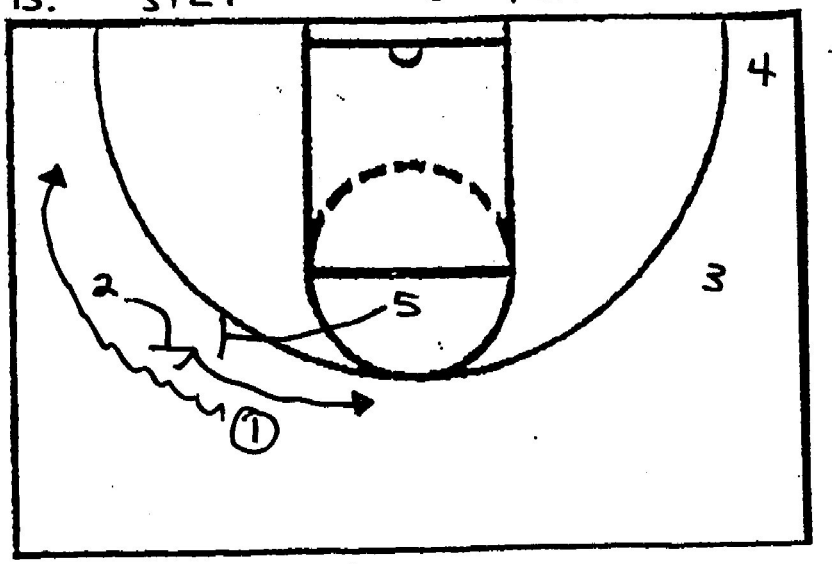
"TIGHT LOGO" - WHERE NBA LOGO IS PLACE ON NBA COURTS - THAT'S WHERE ACTION TAKES PLACE

14. "PISTOL ACTION"



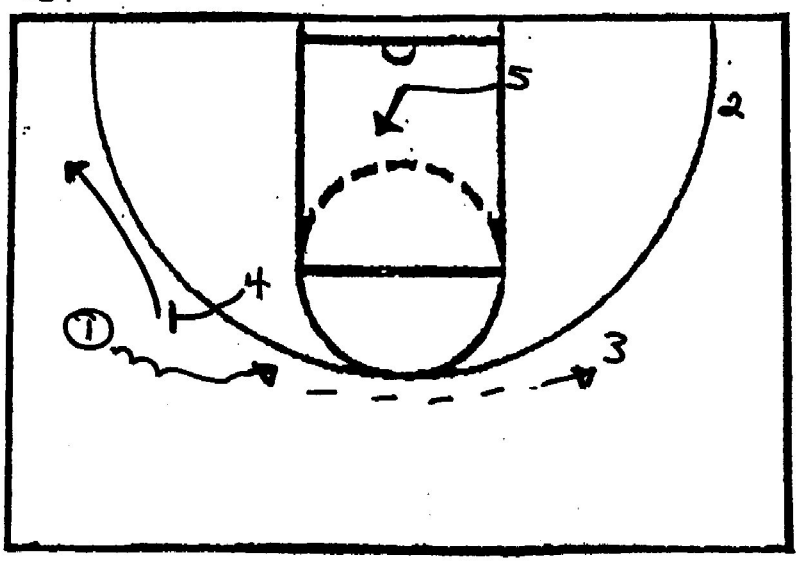
- 1 HITS 2
- 1, 2 FAKENAND-OFF
- 5 BALL SCREENS 2

15. "STEP-UP TO FLARE"



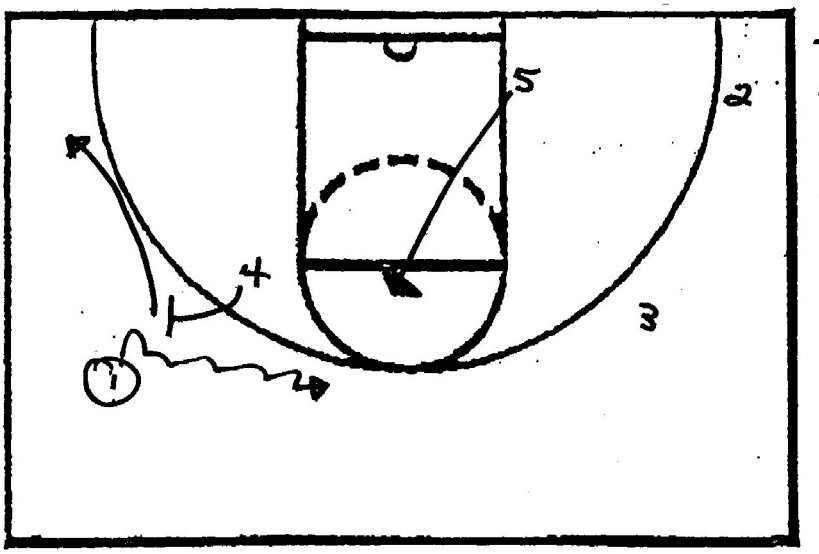
- 2 BALL-SCREENS 1
- 5 FLARE SCREENS 2

16. "SIDE PICK N' ROLL"



- 4 BALL SCREENS
- 1 DRIVES & HITS 3
- 4 POPS
- 5 DUCKS-IN.

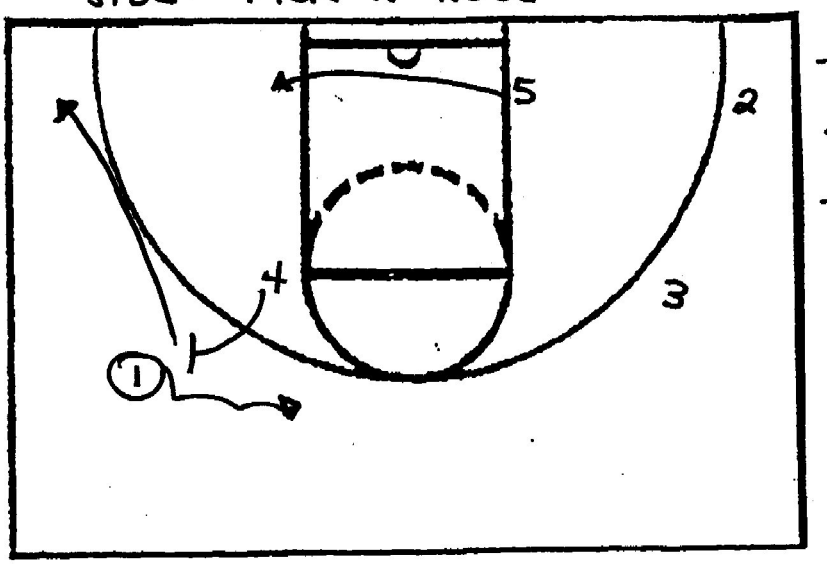
SIDE PICK N' ROLL



- FLASH CONCEPT
- FLARE THE NAIL

- 4 BALL SCREENS
- 4 POPS
- 5 FLASHES TO MID TOUL LINE

SIDE PICK N' ROLL



- 4 BALL SCREENS
- 5 CLEARS
- 1 DRIBBLE DRIVES.

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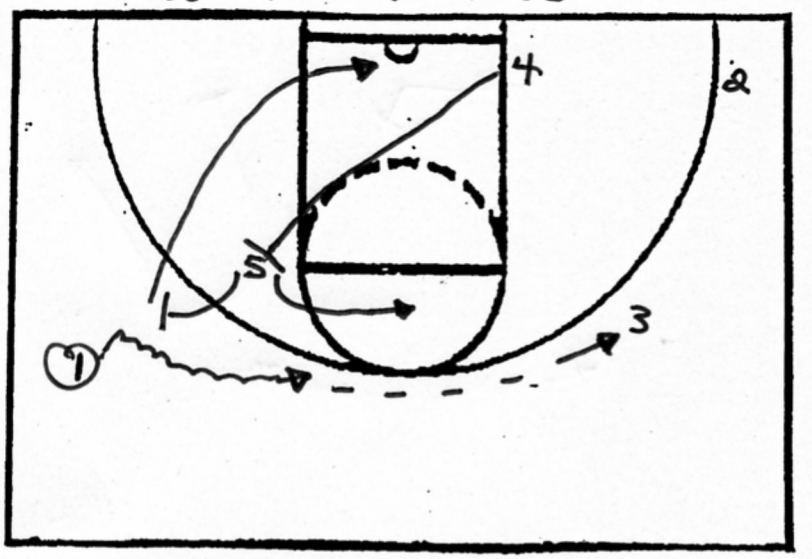
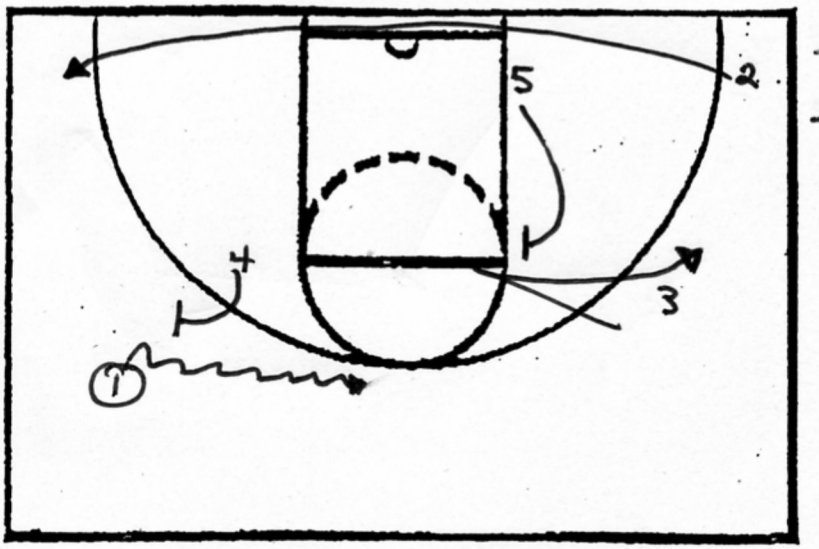
SIDE PICK N' ROLL



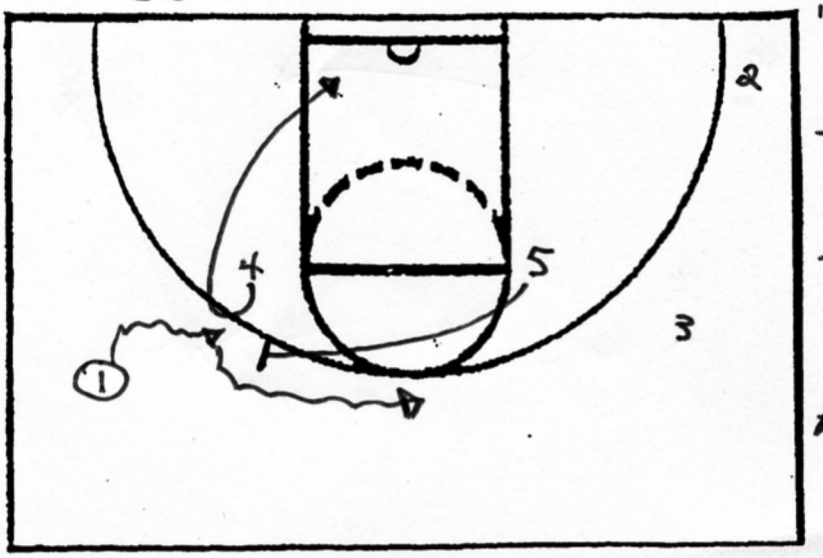
- "RIP ACTION"
- 5 BALL SCREENS
- 1 HITS 3
- 4 BACKSCREENS 5 FOR LOB
- 4 TURNS BACK TO BALL

SIDE PICK N' ROLL



- 4 BALL SCREENS
- 5 FLARES SCREENS 3
- 2 CLEARS

SIDE PICK N' ROLL



"SLIPS"

- 4 FAKES BALL SCREEN + SLIPS TO BASKET
- 5 BALL SCREENS

* FRANK NOTED THAT KANSAS IS VERY GOOD AT THIS.

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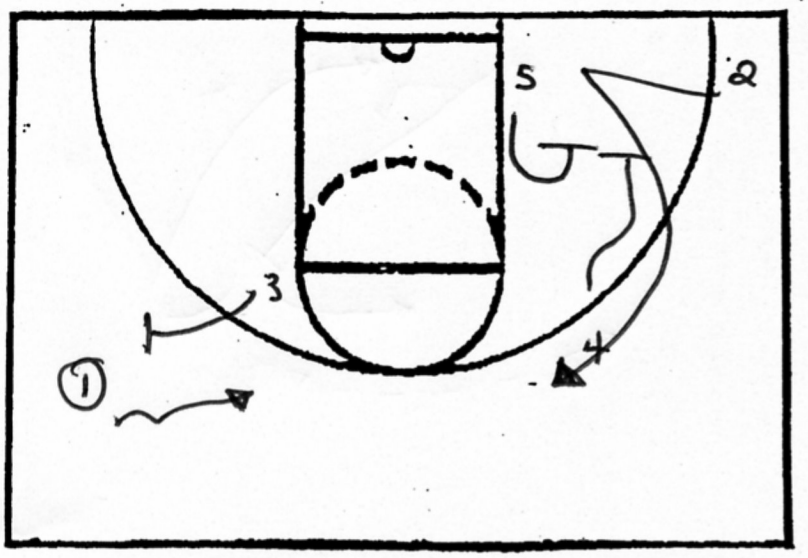
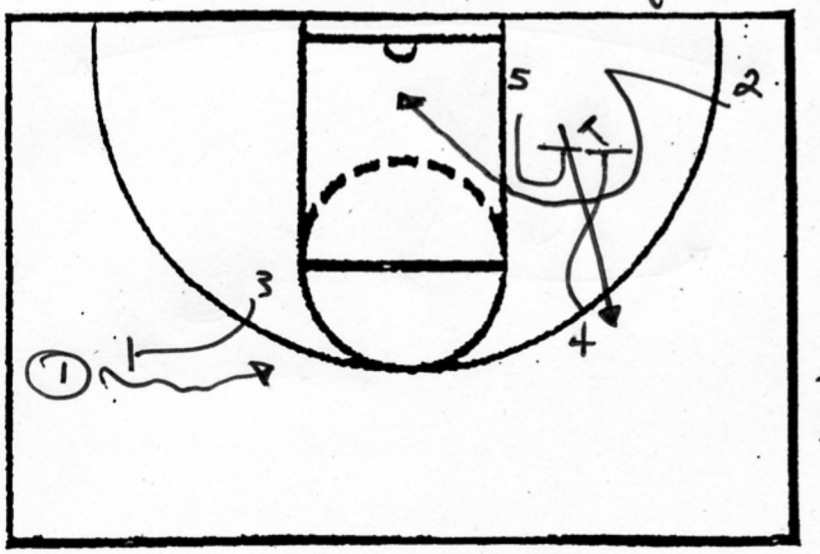
SIDE PICK N' ROLL



"WEAK SIDE ACTION = DOUBLE"

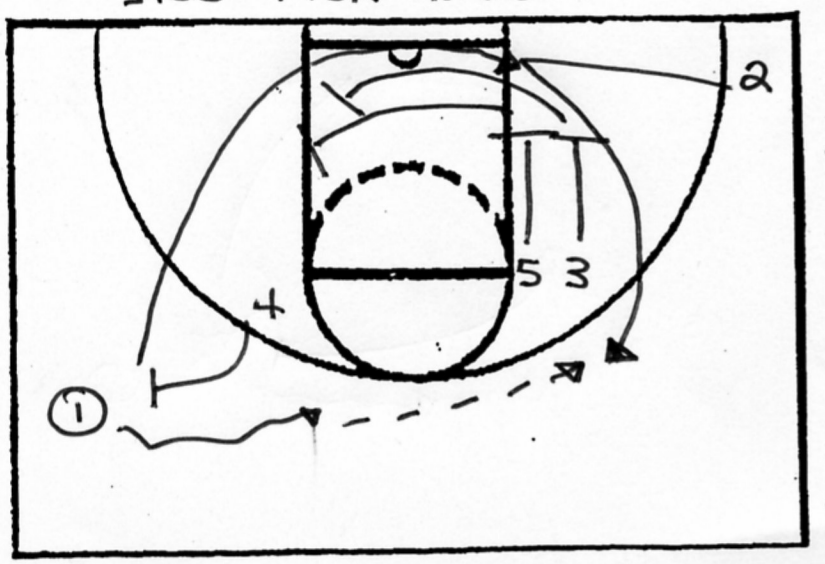
- 3 BALL SCREENS 1
- 5, 4 DOUBLE SCREEN FOR 2

SIDE PICK N' ROLL (WITH A SHOOTING POST)



- "C POP" = CURL POP
- 3 BALL SCREENS 1
- 5, 4 DOUBLE SCREEN FOR
- 2 CURLS HARD
- 4 GETS X5
- 5 POPS

SIDE PICK N' ROLL



"TWIST ACTION"

- 4 BALL SCREENS 1
- 5, 3 DOUBLE FOR 2
- 1 HITS 2
- 5, 3 DOUBLE BACKSCREEN FOR 4 TO BLOCK
- 2 POSTS W/ 4

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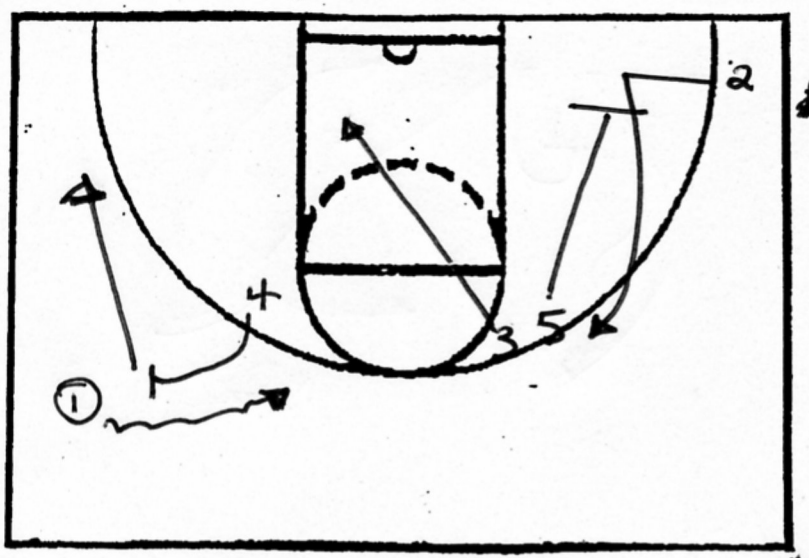
SIDE PICK N' ROLL



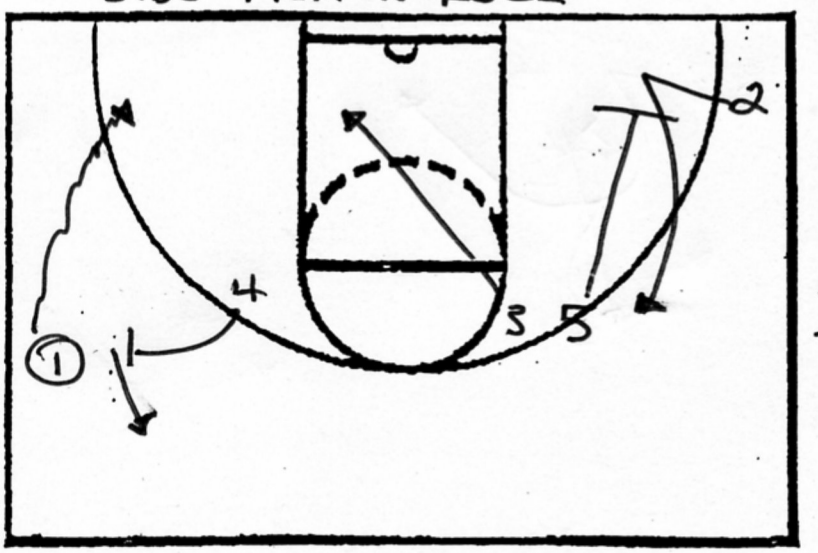
"SLASH"

* IF DEFENSE "BLITZ PICK N'

- 4 BALL SCREENS 1
- 4 POPS
- 3 DIVES TO RIM
- 1 KEEPS IT
- 5 PINS DOWN FOR 2

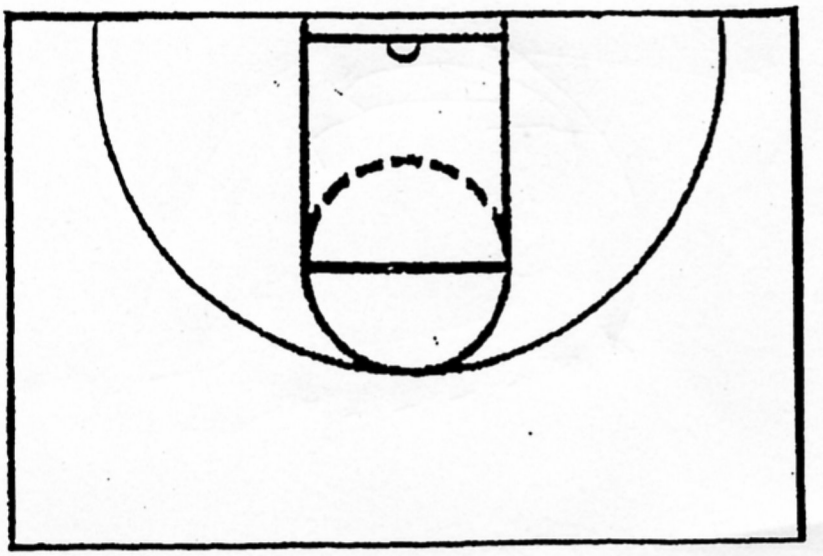
* EFFECTIVE WHEN TEAMS BLITZ OR "PUSH DOWN"

SIDE PICK N' ROLL



"SLASH" OPTION

- 1 REFUSES BALL SCREEN & GOES WHERE DEFENSE IS PUSHING HIM
- 4 POPS
- 3 DIVES TO RIM
- 5 PINS DOWN FOR 2



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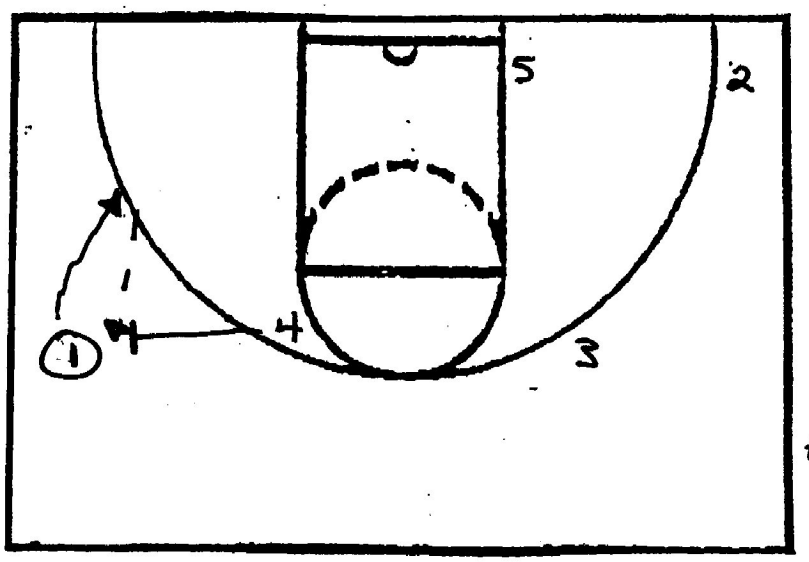
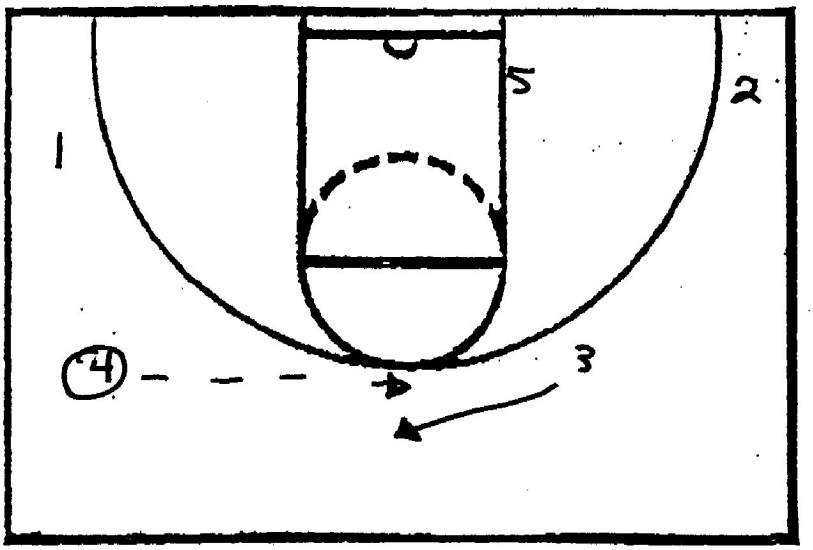
SIDE PICK N' ROLL VS. [redacted] / PUSH DOWN"

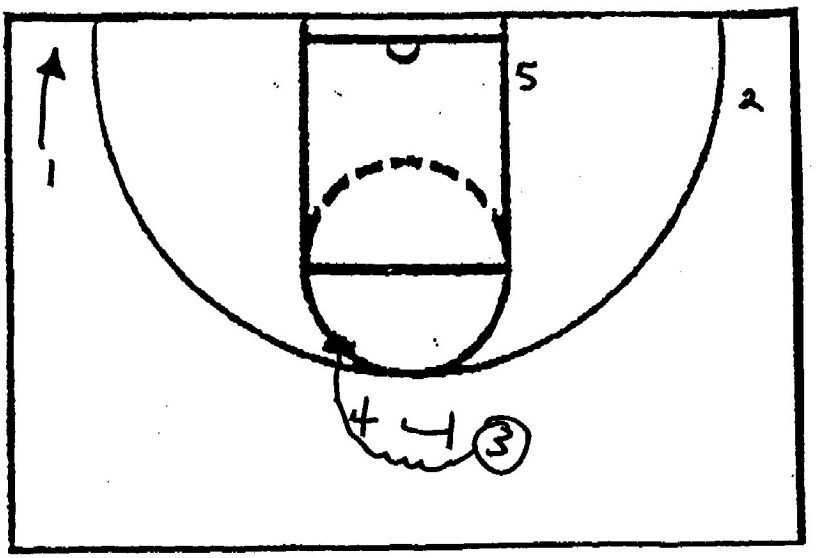


- 4 BALL SCREENS 1
- 1 REFUSES SCREEN
- 4 POPS BEHIND BALL
- 1 HITS 4

* WITH A SHOOTING 4



- 3 FLASHES
- 4 HITS 3



- 4 BALL SCREENS 3

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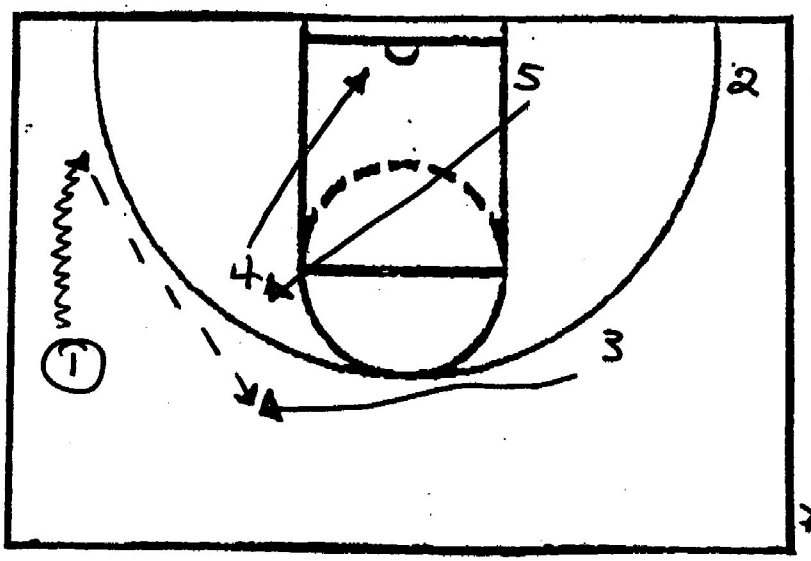
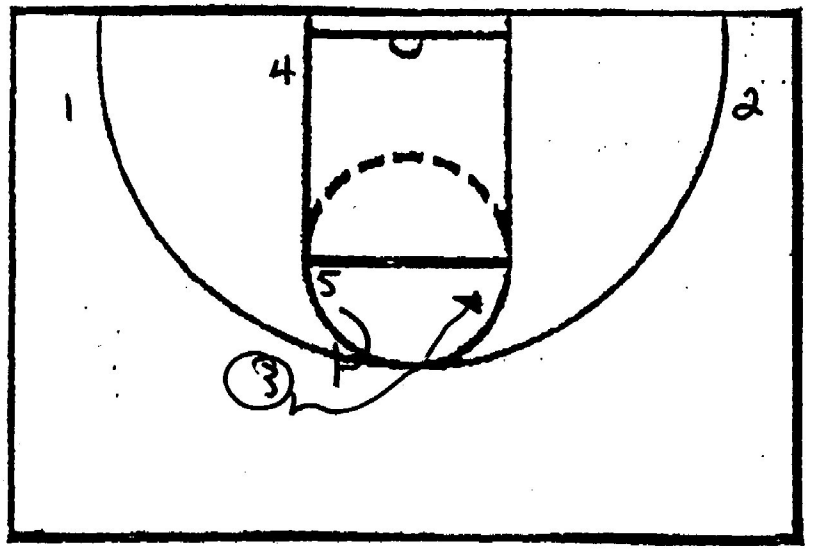
SIDE PICK N' ROLL VS. [redacted] / PUSH DOWN

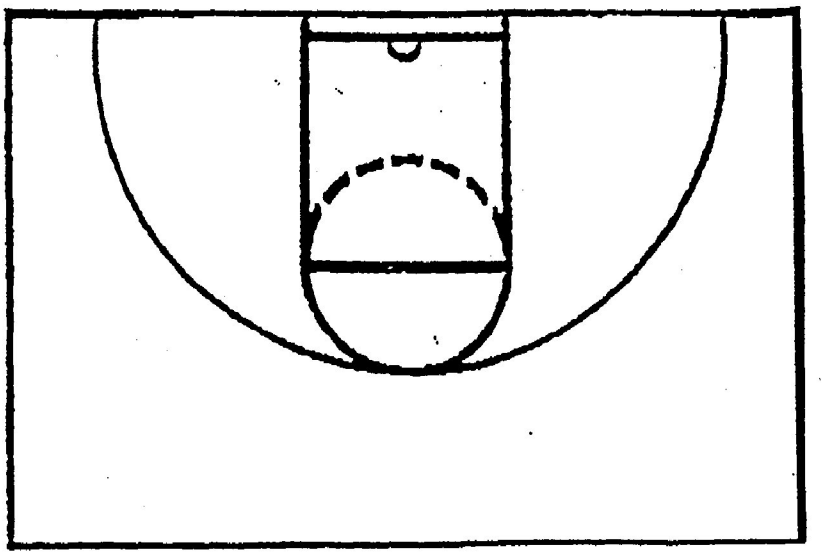


- 1 GOES WHERE DEFENSE IS FORCING
- 4 DIVES TO RIM
- 5 FLASHES TO NAIL
- 3 FLASHES
- 1 HITS 3

* 1 FORCES ROTATION BY
X - THEN HITS 3



- 5 BALL SCREENS 3



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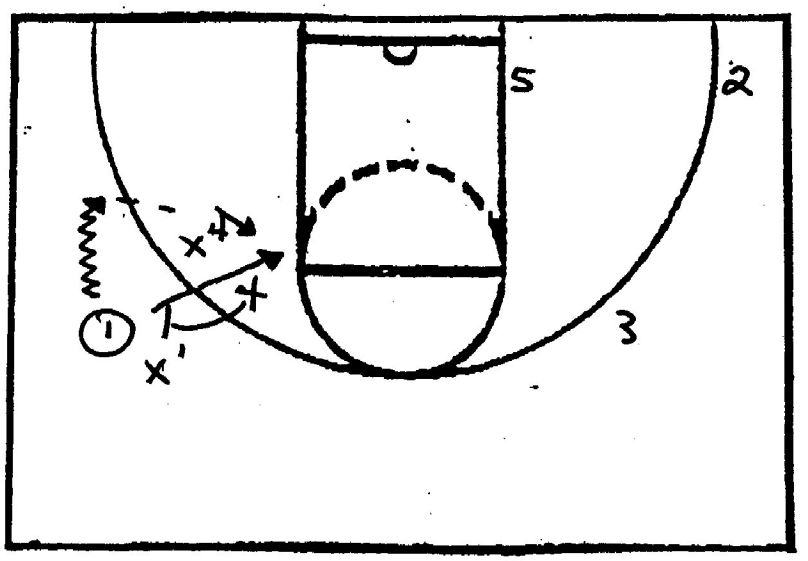
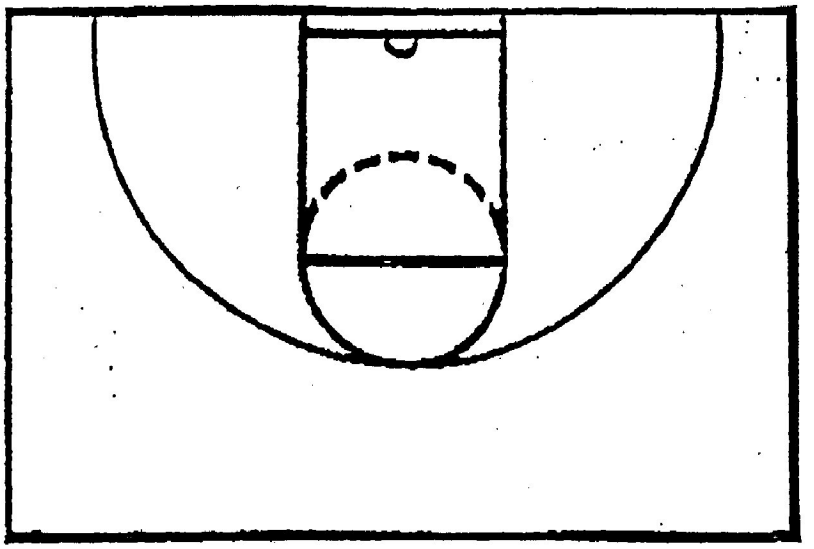
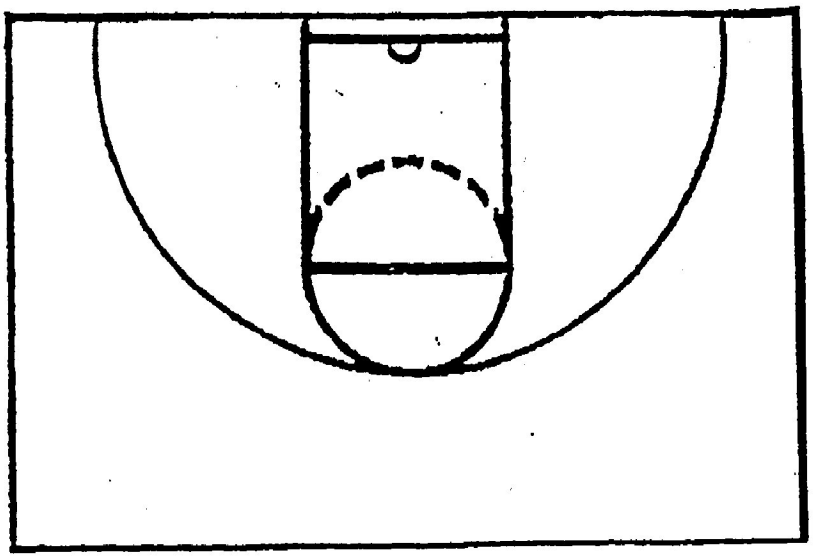
SIDE PICK N' ROLL VS. "PUSH DOWN"



- 4 DOES A "HALF DIVE"
- 1 DRIBBLES DOWN
- 1 HITS 4 W/ POCKET PASS

* KARL MALONE + ELTON BRAND ARE GOOD AT THIS





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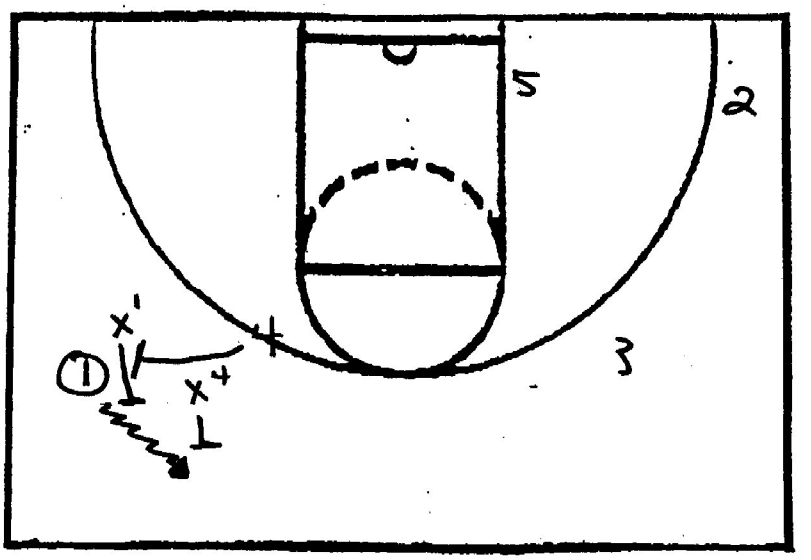
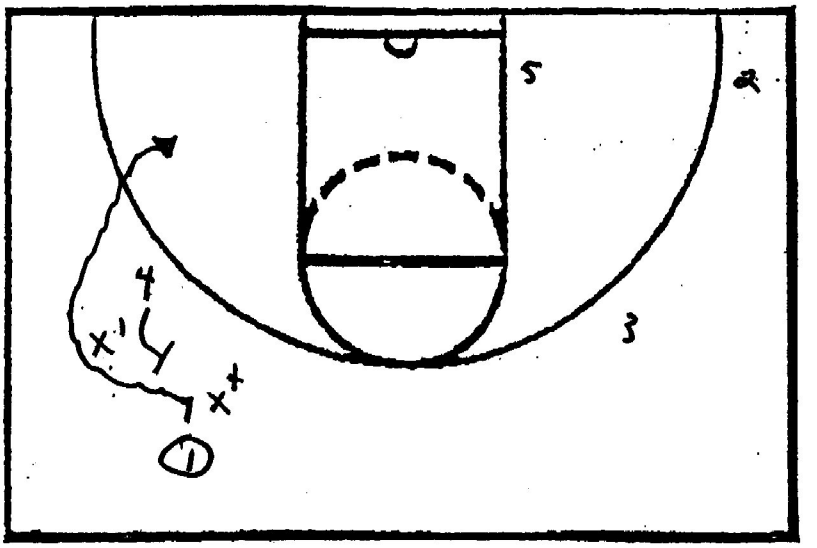
SIDE PICK N' ROLL

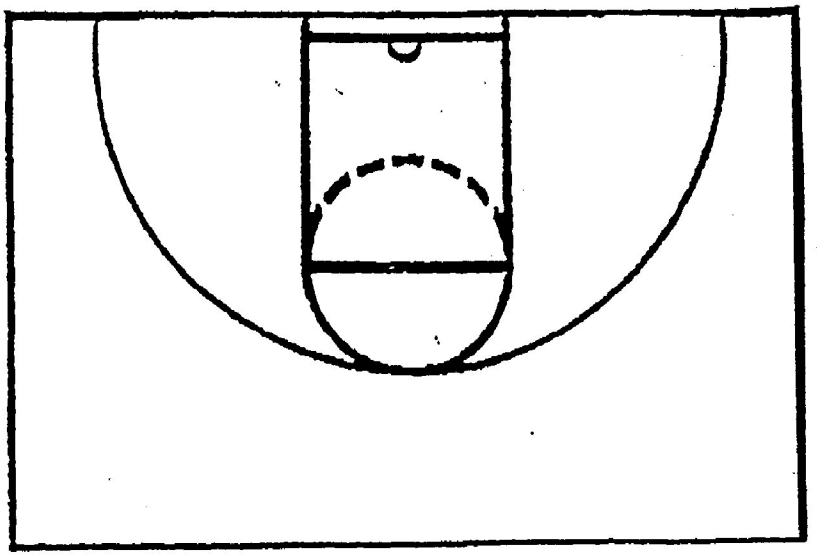


GARY PAYTON

- 4 BALL SCREENS
- X', X⁴ SHOW



- 1 "TAPS HIP"
- 4 RE SCREENS
- 1 CREATES 4 ON 3



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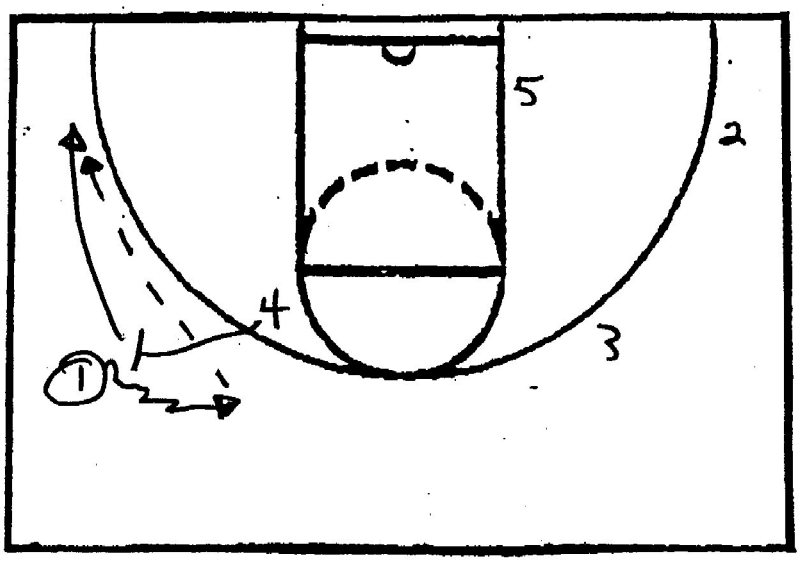
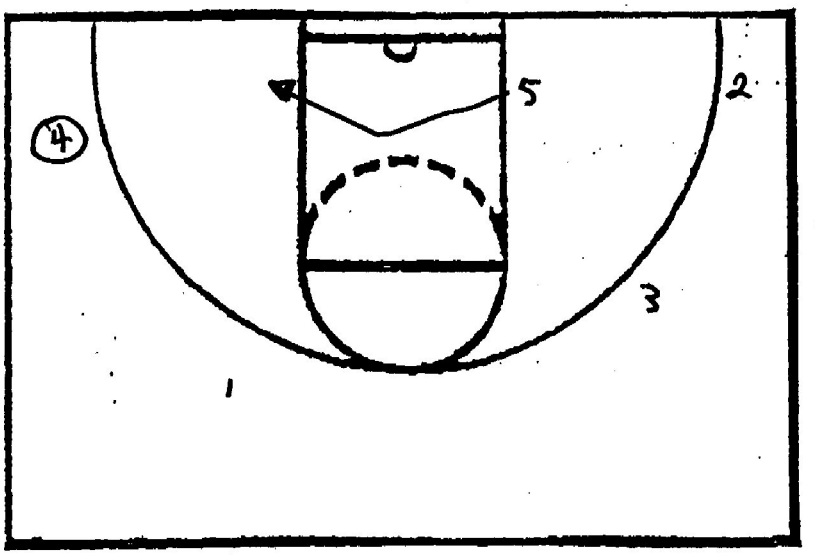
SIDE PICK N' ROLL W/ SHOOTING 4

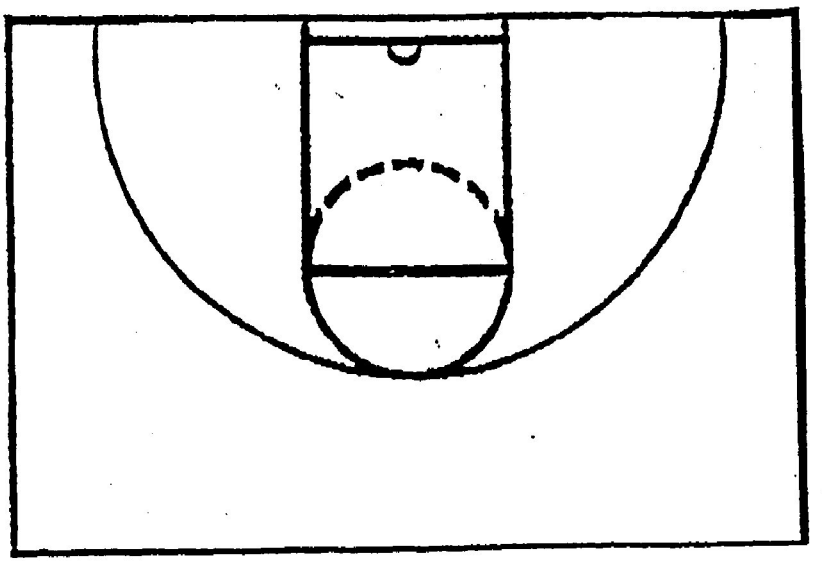


- 4 BALL SCREENS
- 4 POPS
- 1 HITS 4



4 HAS THE FOLLOWING OPTIONS:

1. SHOOT
2. HIGH/LOW W/ 5
3. WEAK SIDE - SKIP
4. 1 GETS BALL BACK



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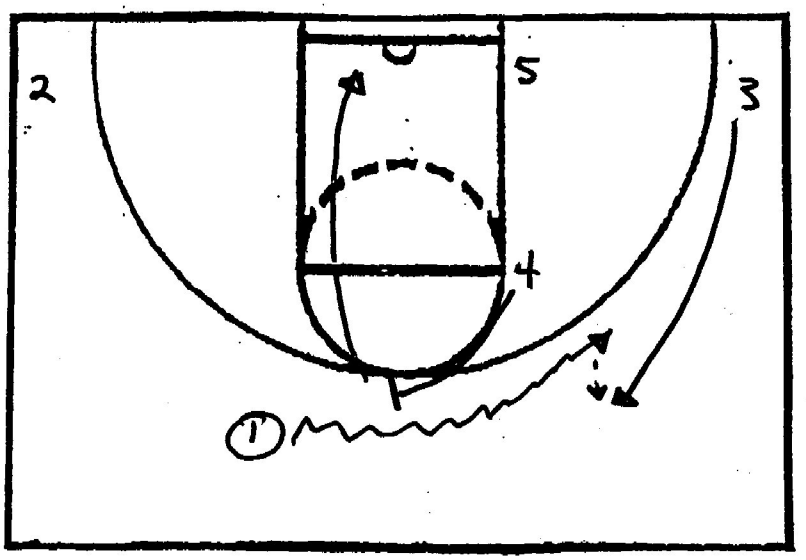
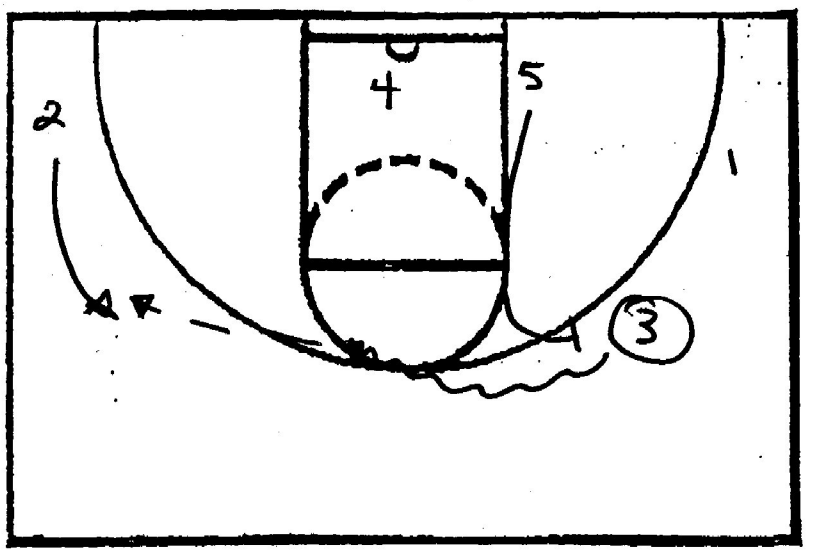
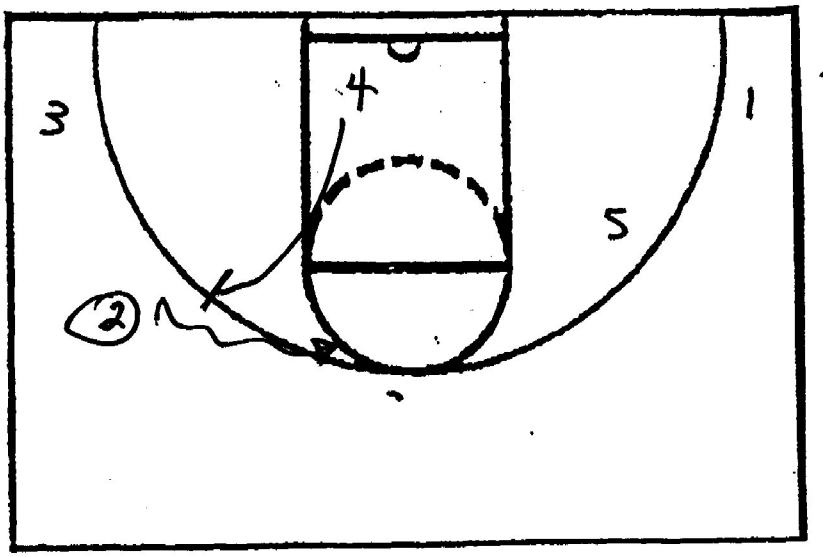
"DRAG MOTION"



- 4 BALL SCREENS 1
- 3 COMES HIGH
- 4 ROLLS TO RIM
- 1 HITS 3



- 5 BALL SCREENS 3
- 2 COMES HIGH
- 3 HITS 2
- 5 ROLLS TO RIM



- 4 BALL SCREENS 2

SHOT CLOCK / END OF GAME

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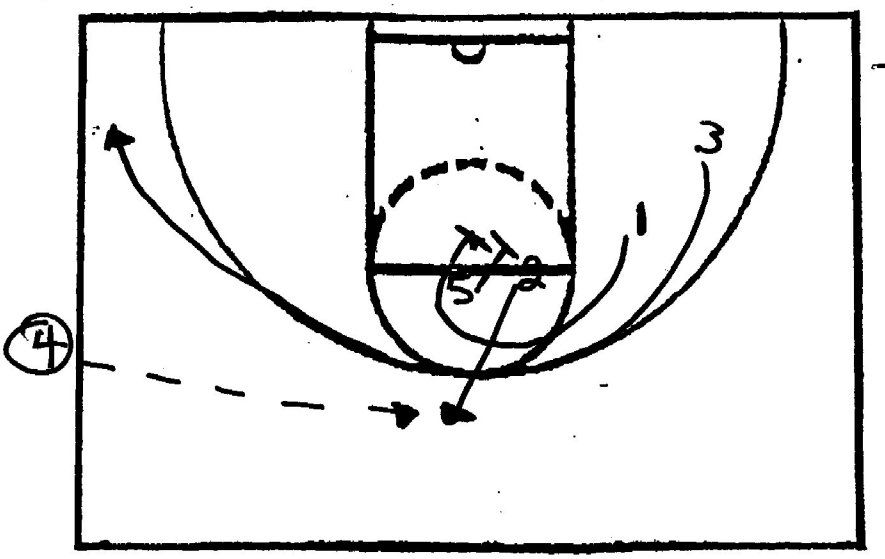
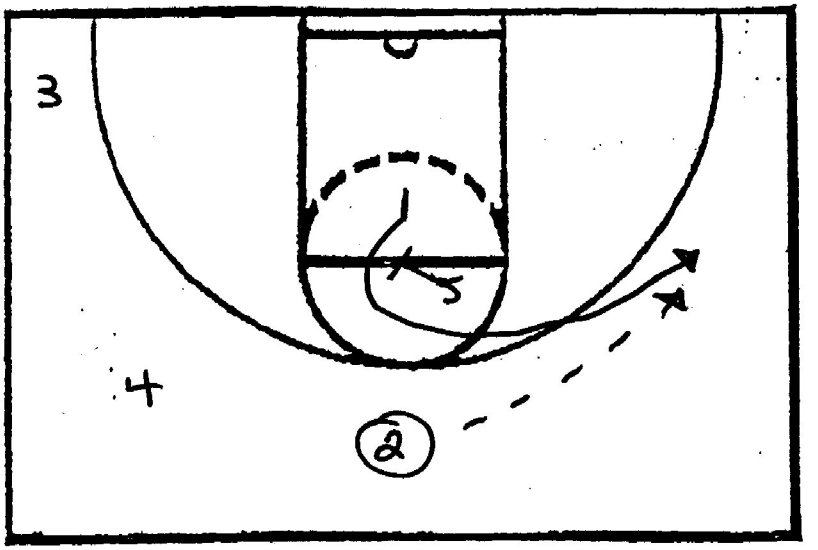
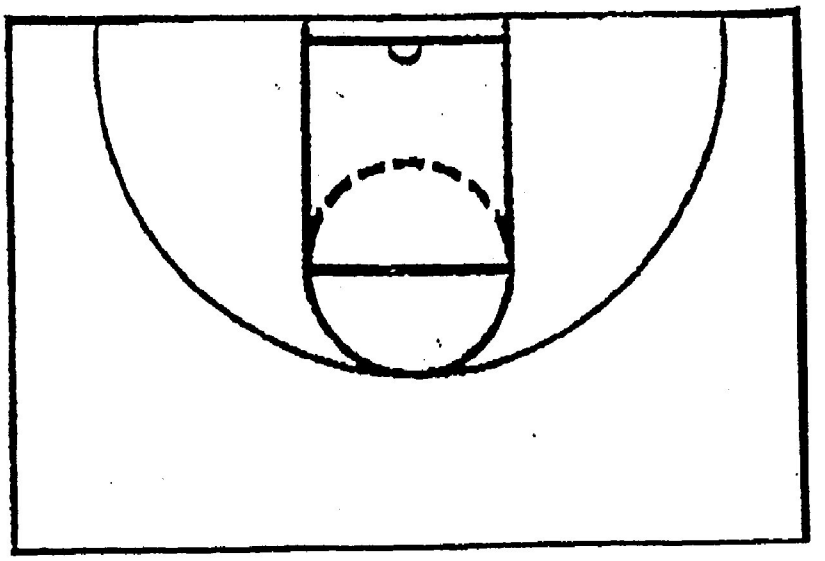


- 3 CURLS TO BALL-SIDE CORNER
- 1 CURLS + GET X5
- 5 GETS X2
- 2 POPS
- 4 HITS 2



- 5 GETS 1
- 2 HITS 1



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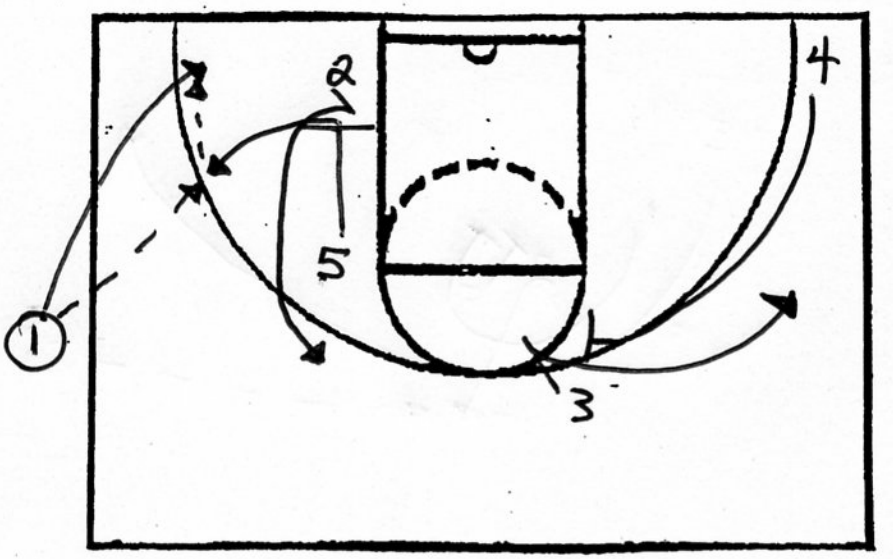
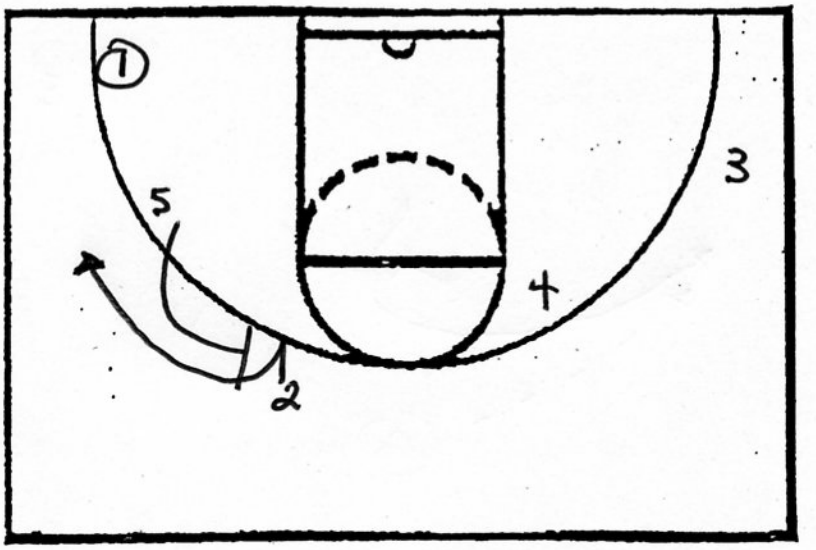
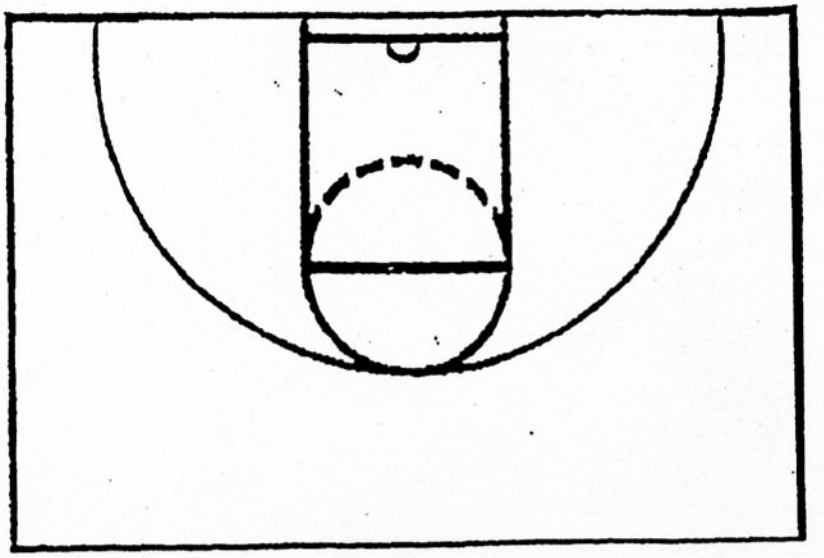
SIDE-OUT



- 5 PINS DOWN FOR 2
- 5 TURNS TO BALL
- 4 FLAIRS FOR 3
- 1 HITS 5
- 1,5 HAND-OFF



- 5 SCREENS 2



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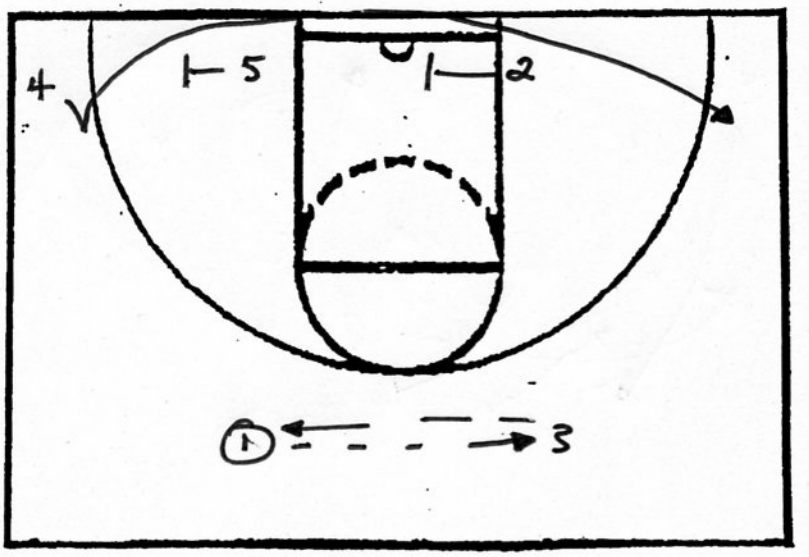
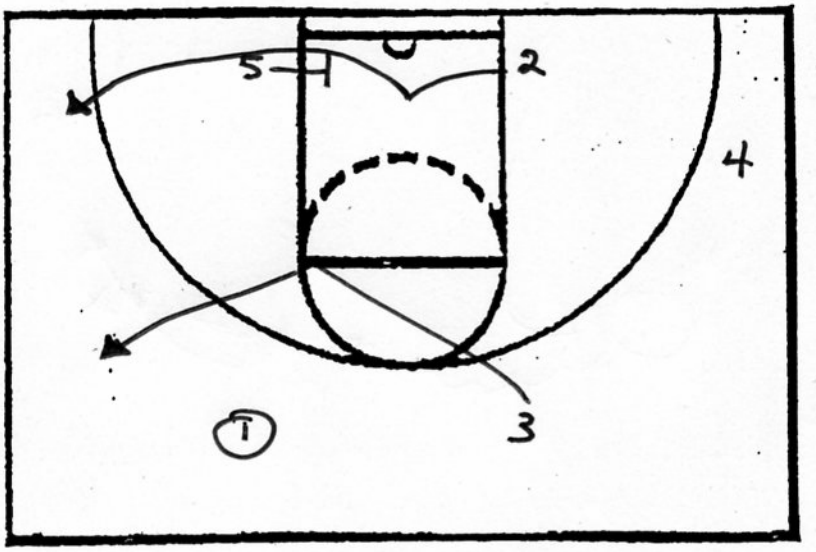
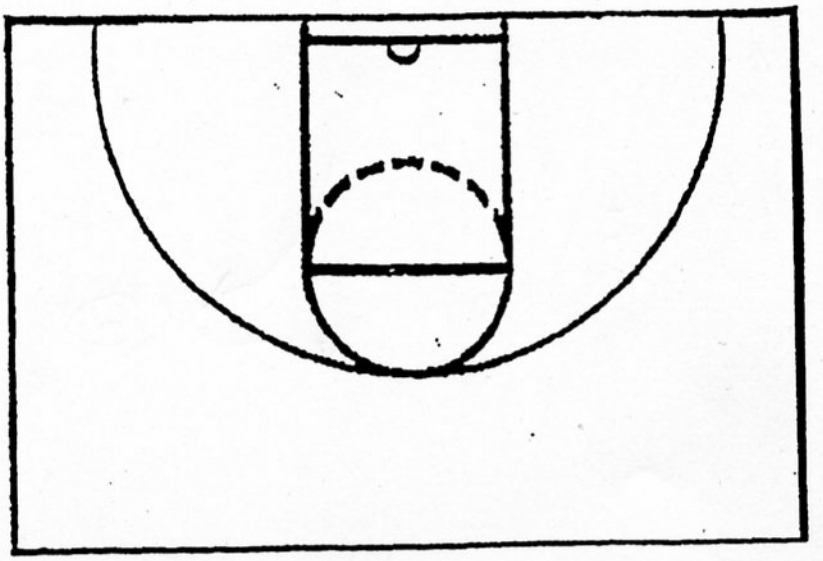


- 1 HITS 3
- 5, 2 STAGGER FOR 4
- 3 HITS 1



- 5 GETS 2
- 3 "RUNS THROUGH THE NAIL"
- 5 DUCKS IN
- 1 MAKES A PLAY



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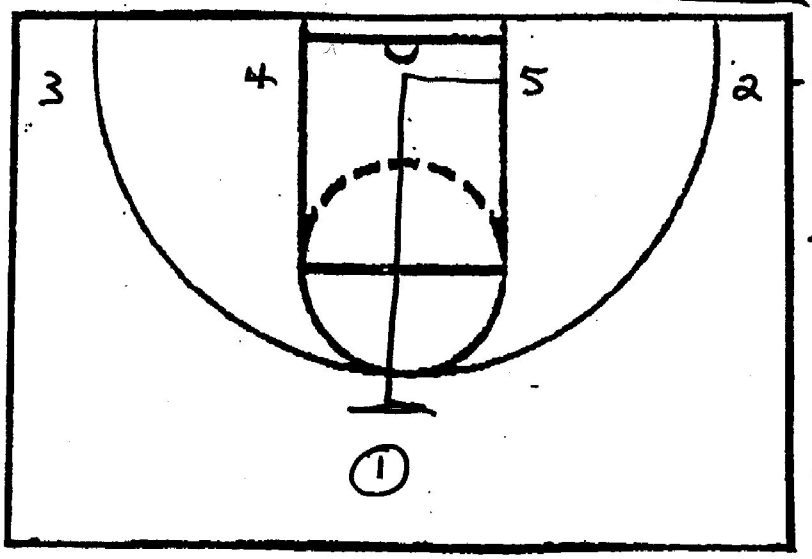
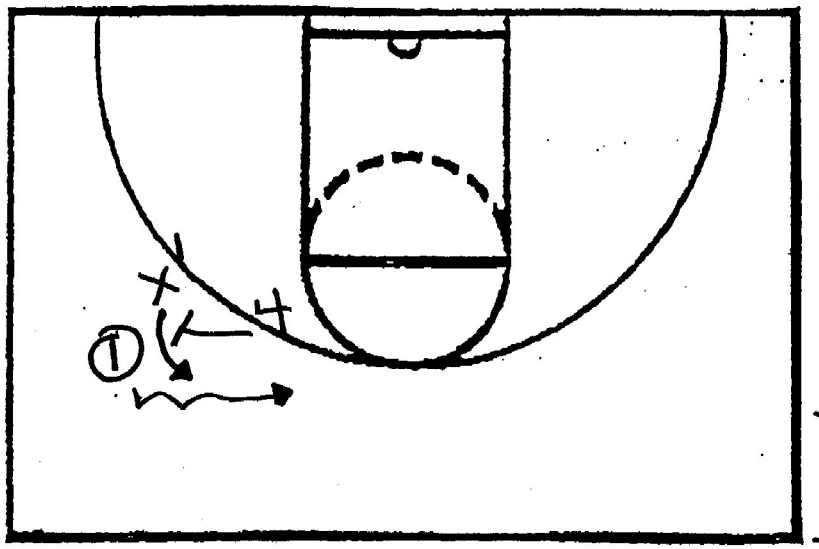
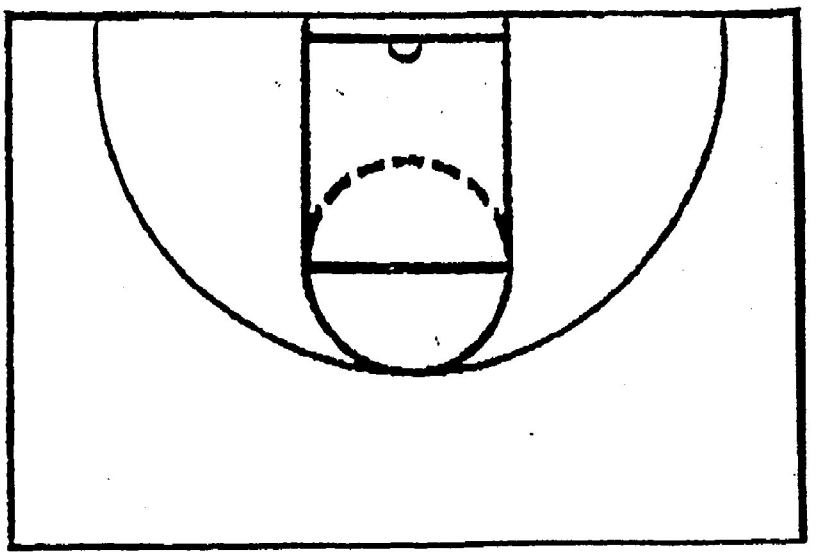
TEACHING POINTS



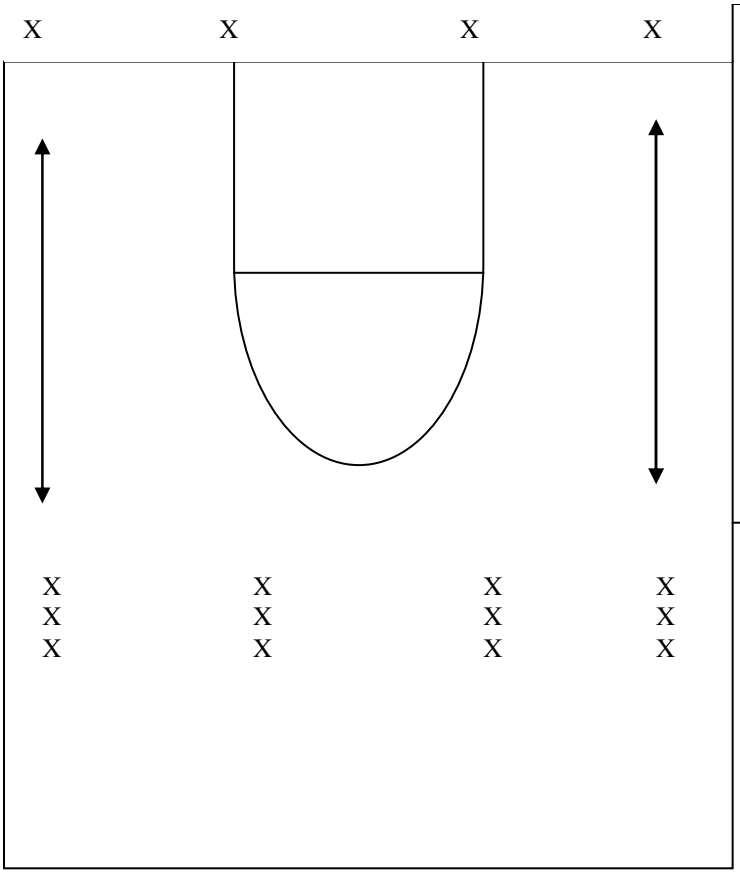
- "WE WANT TO SPRINT INTO ENTRY SCREEN"
- "WE WANT BIG TO START W/ HEAD UNDER RIM SO NO SIDE DECLARED
- "5 MUST RUN AS FAR UP AS DEFENDER PLAYS BALL
- "5 MUST COME TO JUMP STOP ON SCREEN"



- 4 MUST SCREEN & FORCE X' OVER THE SCREEN
- SCREEN LONGER BODY TO FORCE X' OVER THE TOP



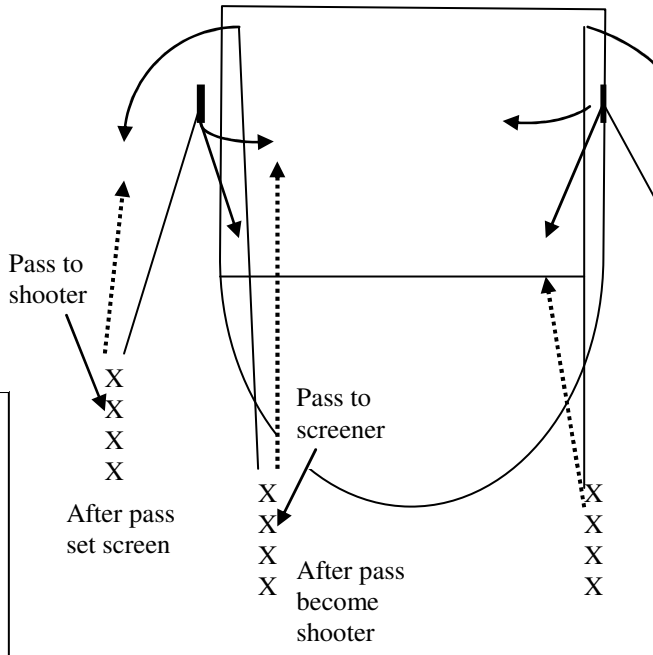
Team Warrior Drills



Pepper

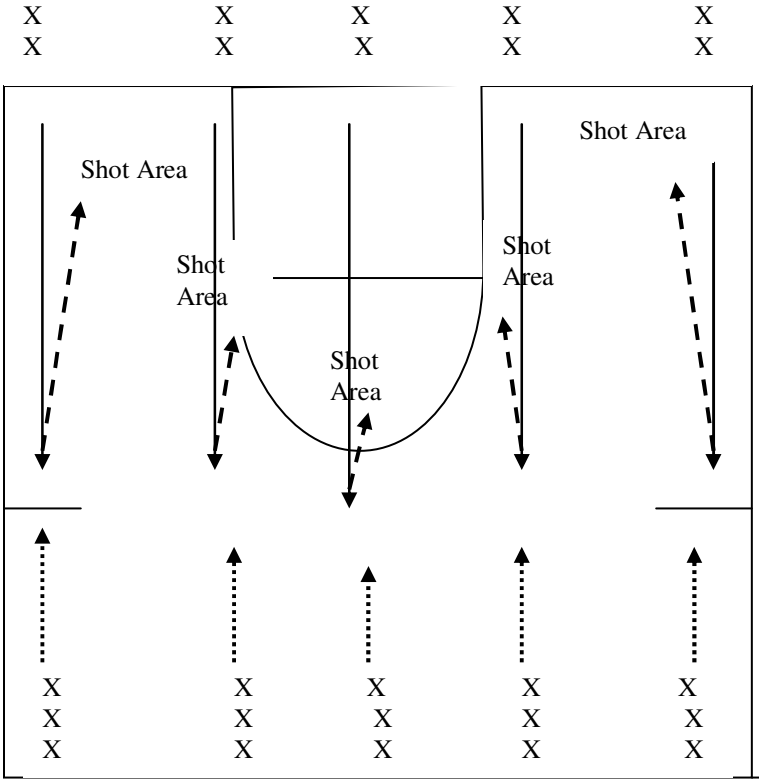
- 2 balls in each line (above key)
- Baseline player sprints to touch ball in passer's hand.
- Then he sprints toward the basket looking over inside shoulder
- Passer throws a catchable lob pass
- Catch and shoot (Dribble can be added)
- Passer goes to baseline, shooter rebounds his shot, goes to line above key.

Screen / Roll



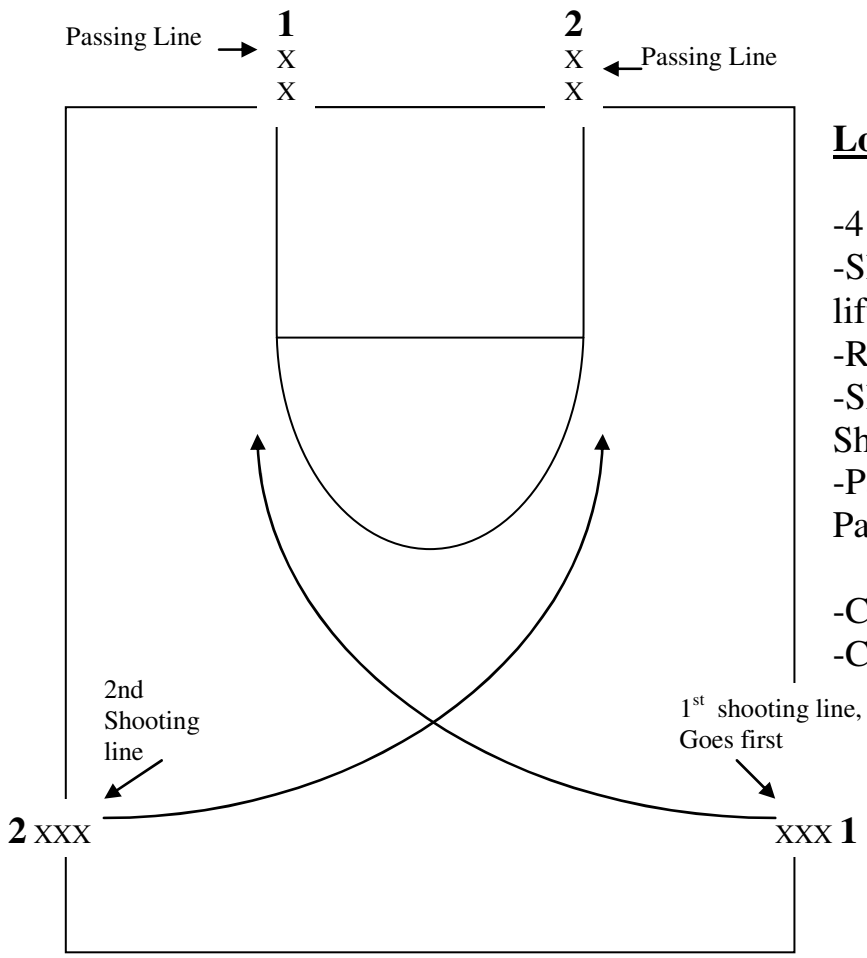
-Each line has two balls. Balls star
with 2nd and 3rd player in the line.
-Work on shooting off a screen. A
setting the screen, Roll to the ball,
follow shot, rotate right or left-tak
to the next line
-Player rolling to the ball can roll t
basket or step to the ball
-Add chairs to simulate defense

Run the W- with Dribble



-Baseline player sprints to 1/3 court, receives 15'pass, pivots inside, dribbles into correct shooting area

-Player at half court, after passing, sprints to baseline to be next shooter



Long Elbow

-4 balls (2 in each passing line)
-Shooter sprints to opposite elbow, c
lift into shot using correct footwork.
-Rebound own shot, take to passing l
-Shooting line **1** rotates to Passing li
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- this keeps lines balanced.
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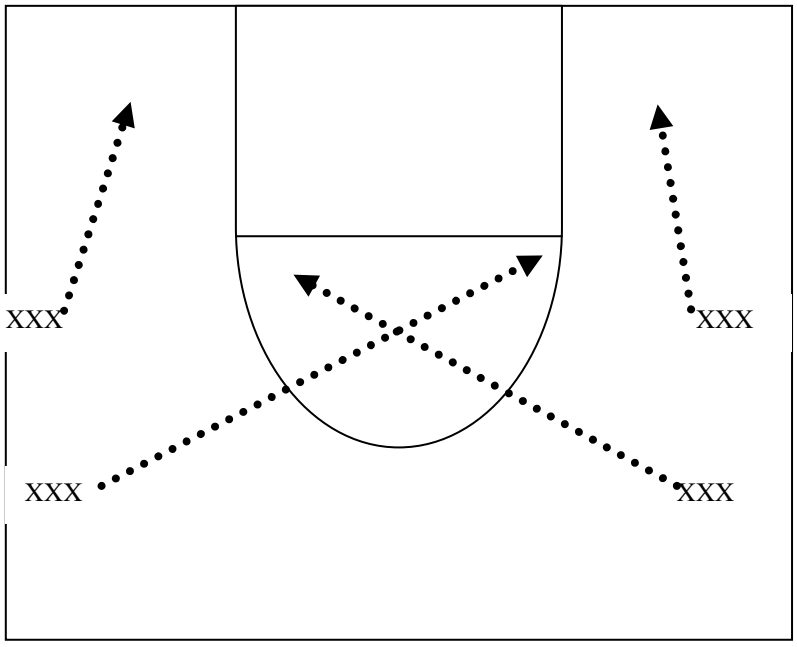
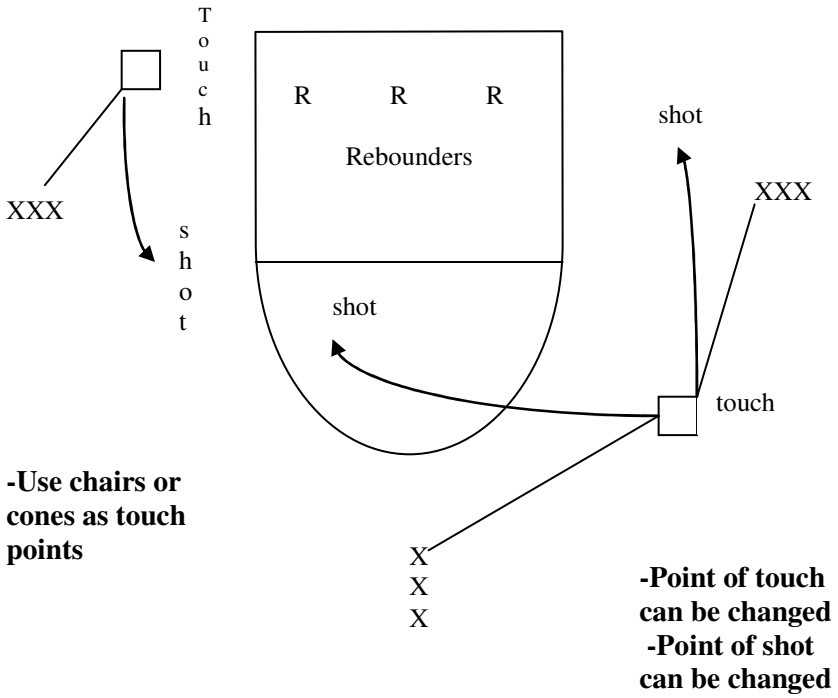
Elbow / Wing Shot

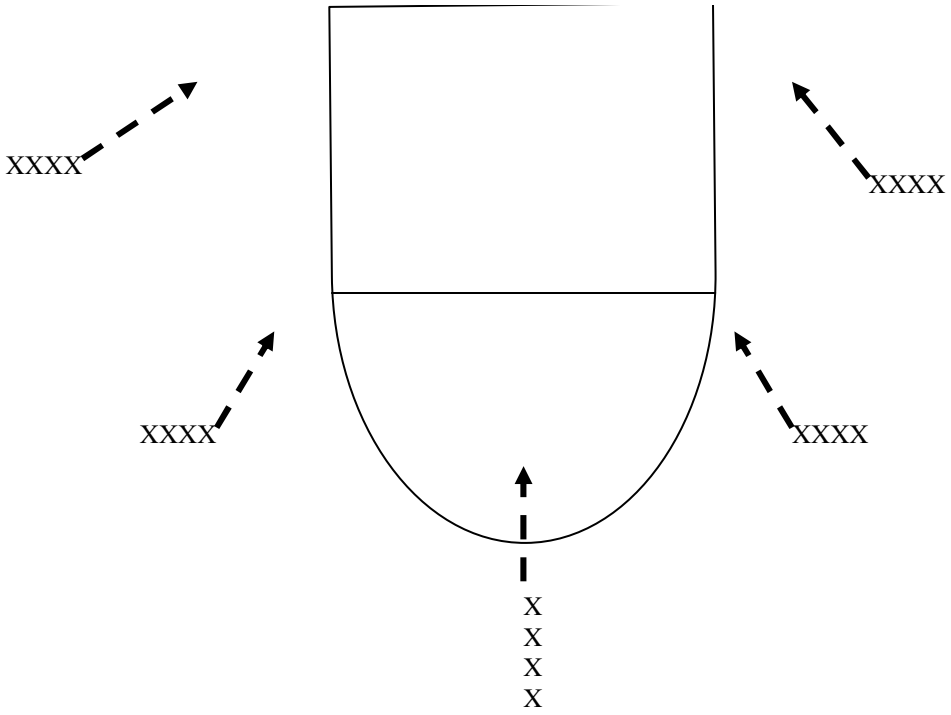


-2 balls in each line
-Players drive hard into shot, rebound own shot
- Rotate counter clockwise

J-J

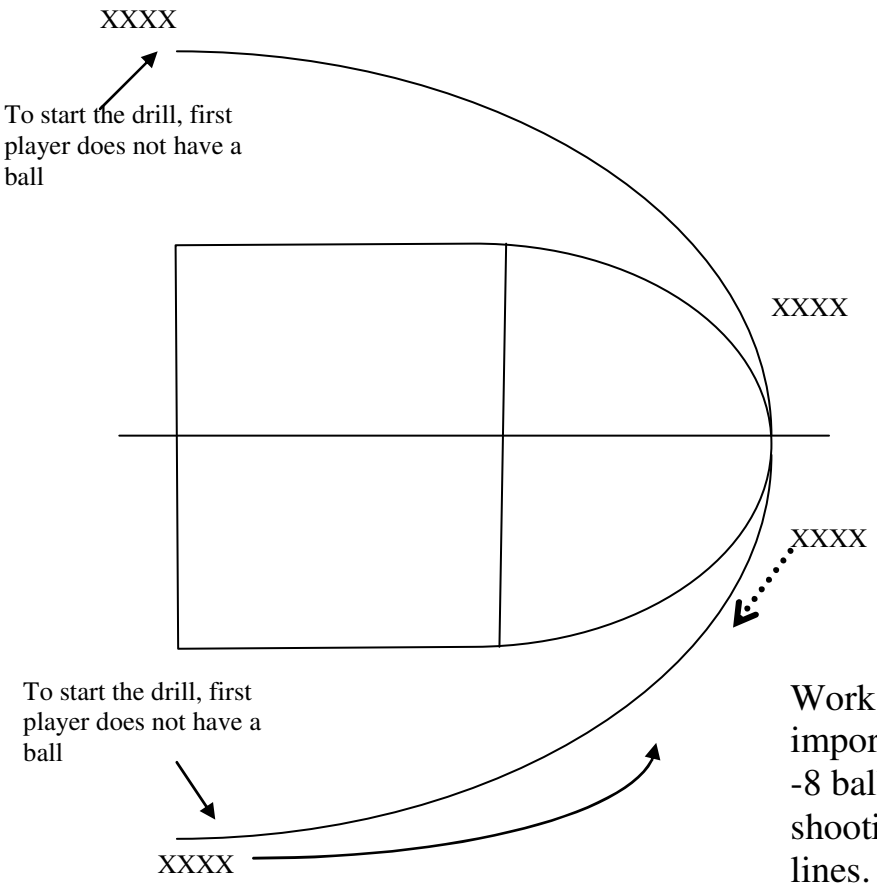


-Rebounder will rebound for a shooter.
-Shooter touches point, moves into shooting area, must make 2 or 3 shots before rotating out of the drill.
-After each shot, shooter returns to touch point and moves into shooting area. If rebounder is not ready to pass, return to touch point and move into shot again.
-Shooter should not be standing still waiting to shoot.
-Rebounder becomes shooter by going to shooting line



Catch / Drive

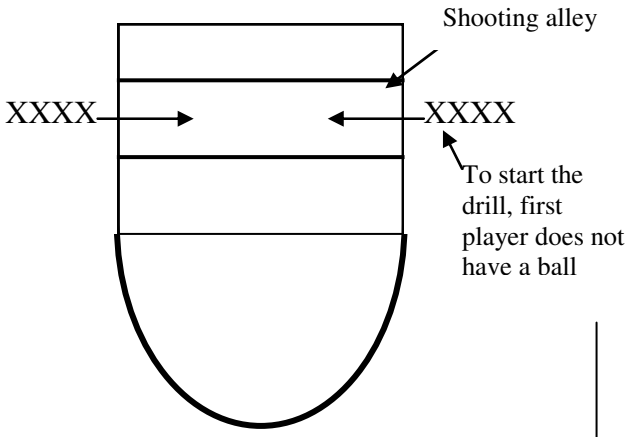
- Legs ready, offensive p
- Drive hard right or left
basket
- Working on angles- b
and footwork
- Rebound own shot, ta
line
- Rotate Clockwise
- Add offensive moves
- Use chairs or cones t
defense



3pt Shooting

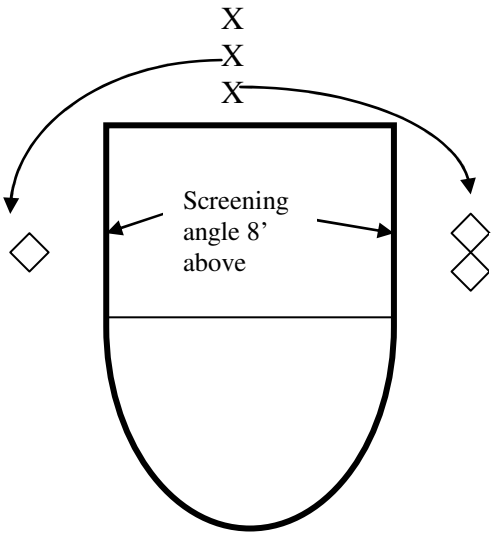
Work on footwork/lift of shot, t
important
-8 balls (2 in each line) both lin
shooting lines, both lines are pa
lines.
-Players pass and follow their p
become next shooter.
-Rebound your own shot, take t
to the opposite line

Warm-up shooting



-Work on footwork/lift of shot
-4 balls (2 in each line) both lines are shooting lines, both lines are passing lines.
-Players pass and follow their pass to become next shooter.
-Rebound your own shot, take the ball to the opposite line
-Can create different angles
-Shots are taken in the alleys

Single / Double



X
X
X Passing Line

-Players work on taking a sho screen
-Next player goes opposite th player in front of him.
-Use as many balls as players passing line.
-Dribble may be added for variation
-Rebound own shot, take to p line

X X X X
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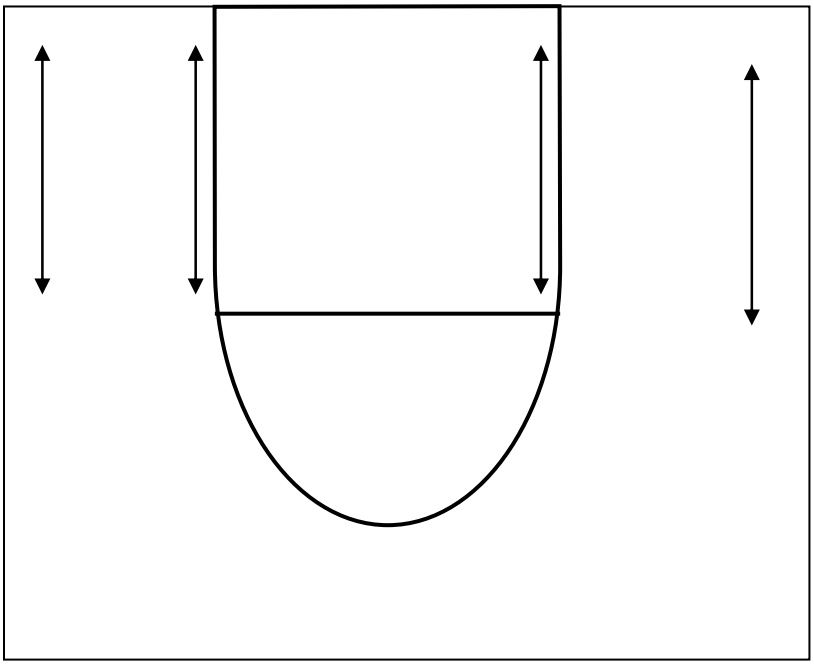
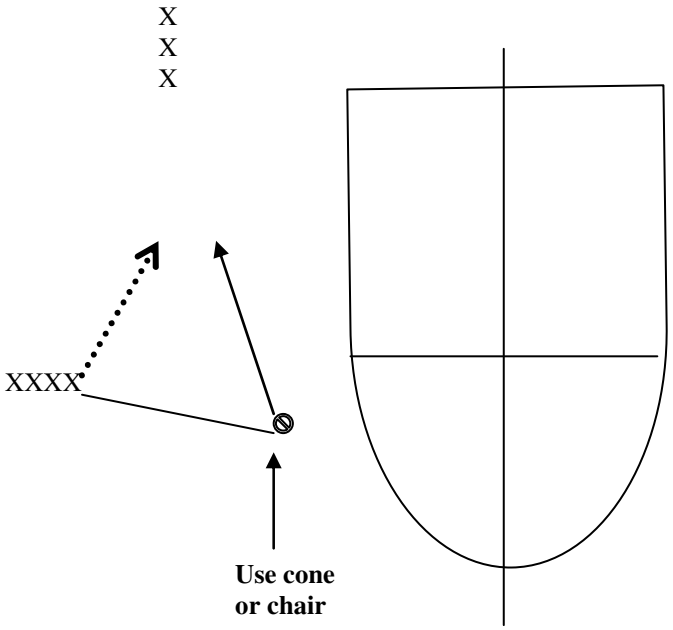
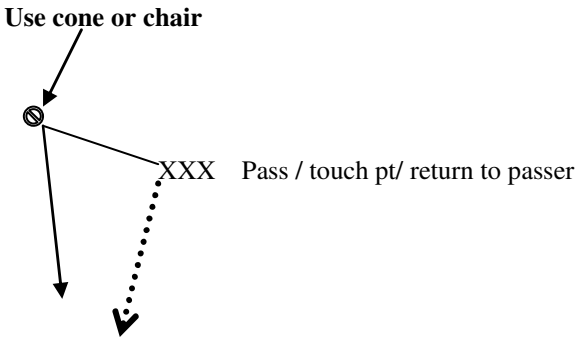


Backpedal

-Two balls in each line, 2nd and 3rd player i start with the ball.
-Players backpedal to half court, sprint stra baseline, player on the baseline makes a go pass to the shooter. After pass, passer back half court to become shooter.
-Rebound own shot, take the ball to the nex
-Rotate clockwise

Crack Back





X make a catchable pass to
X shooter
X

Splitting court in half allows more players to participate in the drill

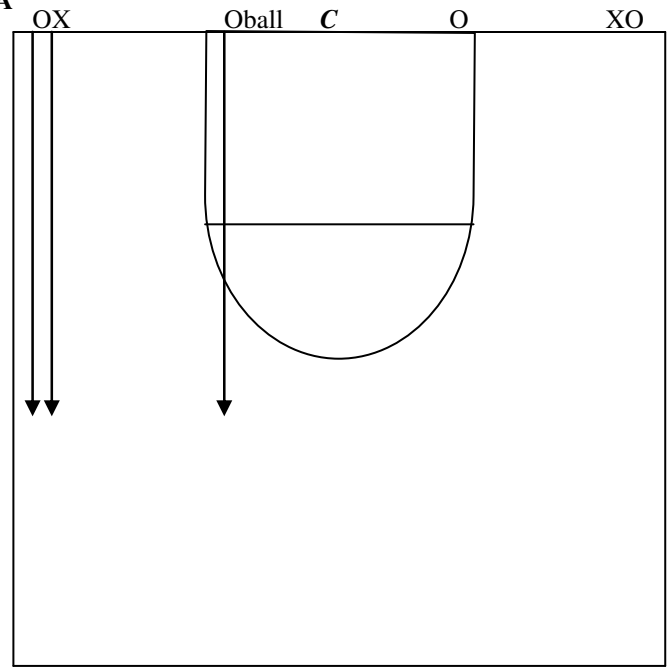
- Ball starts in the shooting line(Use as many balls as
- Shooter passes ball to the passing line, sprints to tou
sprints to passer getting ready to shoot.(Focus on foot
lift of shot)
- Passer throws a catchable pass to the inside shoulde
shooter
- Passer rebounds shot and takes ball to the shootin
- Shooter rotates to the passing line
- Players stay on their half of the court. Coach dete
when to switch
- Angles of the shot can be adjusted to fit offense

Suggested Point of Emphasis:

At this point of the drill an emphasis can be put on the defense and being to stop the offense. The offense learns to read the defense, they work on figuring o what is the best way for them to score?

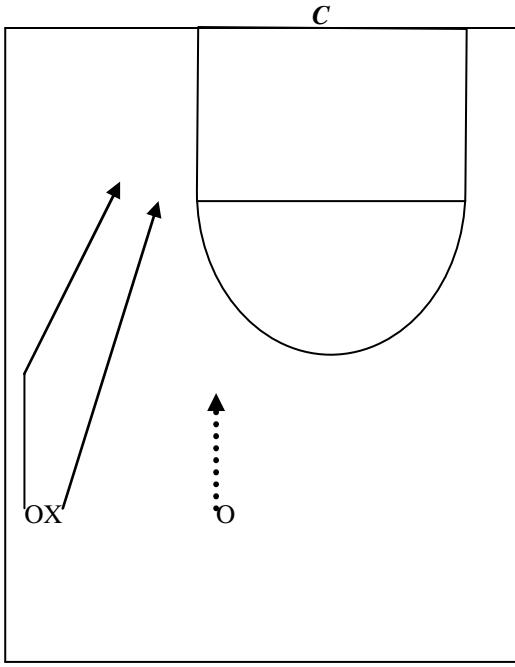
Guarding the wing player

A



Once players are familiar with the drill, defense (X) can be added. On a given signal all three players sprint to half court. The ball is still carried to half court.

B)

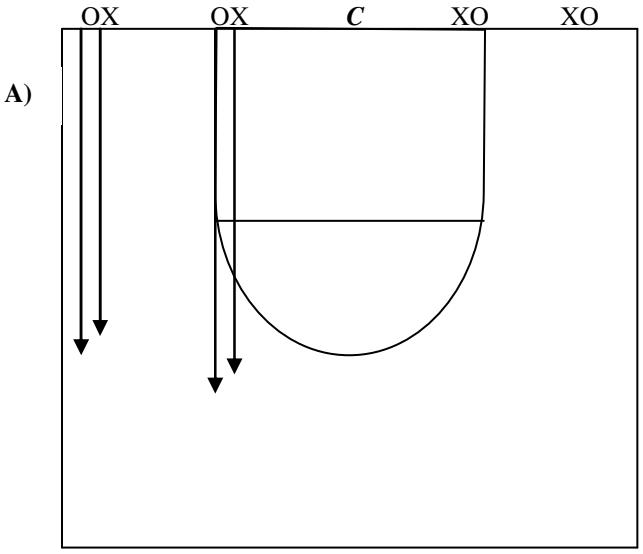


The defense (X) attempts to stop the offense (scoring. This part of the drill teaches the offen player to run. If the offensive player is not abl the defensive player to the basket, what are so options?

- Stop early, catch shoot
- create a lead (triple threat)
- backdoor

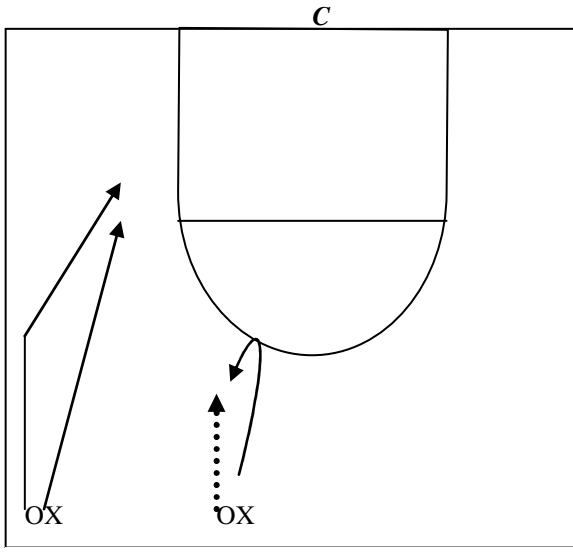
Guarding both players

A)



Once players are familiar with stopping the wing, defense can be added to the point. On a given signal all four players sprint to half court. The ball is still

B)



The defense (X) attempts to stop the offense (O) fro scoring. First the point needs to stop the ball, then t defense needs to stop the wing player. If both playe are controlled, it becomes a two-on-two situation.

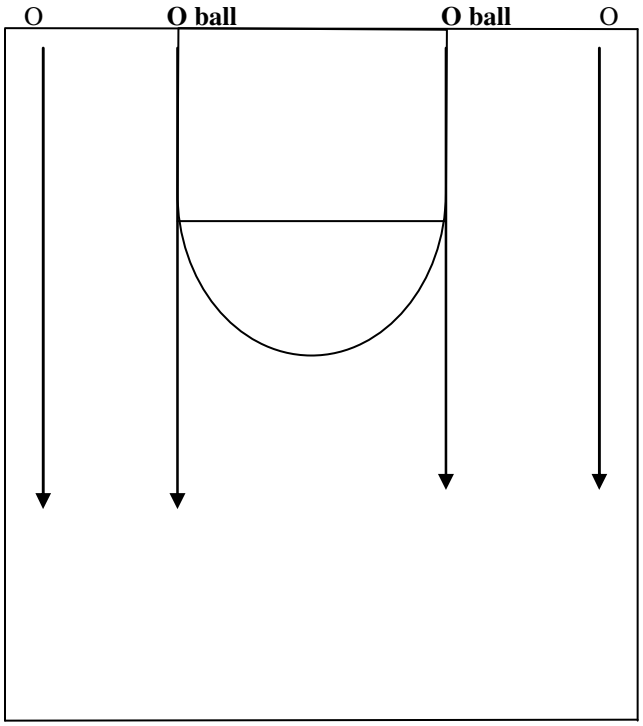
Transition Drill

This drill is designed to help develop transition in the half court. By using the half court more players are involved. Sprinting from the baseline to half court simulates a transition and therefore a team can work on a variety of skills.

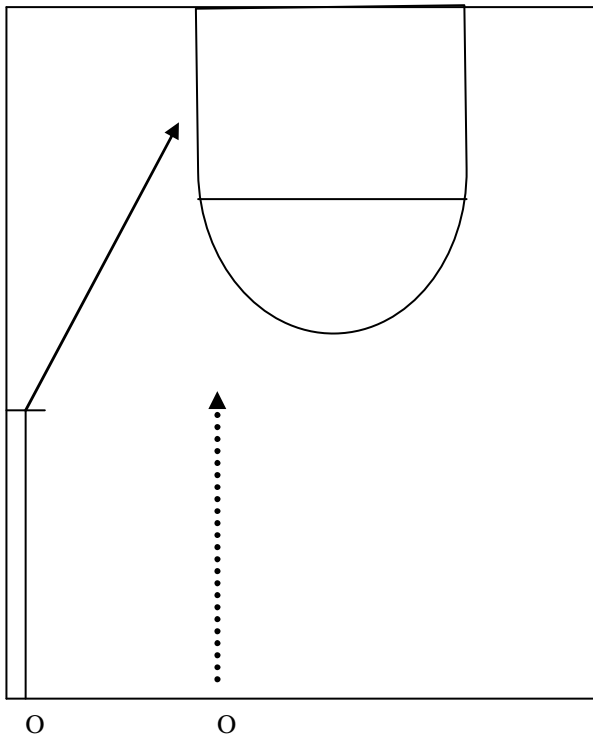
1a: Basic Set-up

Transitional aspect

A)



B)



Players start on the baseline (Both sides of the court can be used to involve more players) The ball will start on the lane line. Both players sprint to half court. The ball is carried to half court and dribbled toward the basket. This creates a transitional format using half of the court. Do not run both sides at the same time.

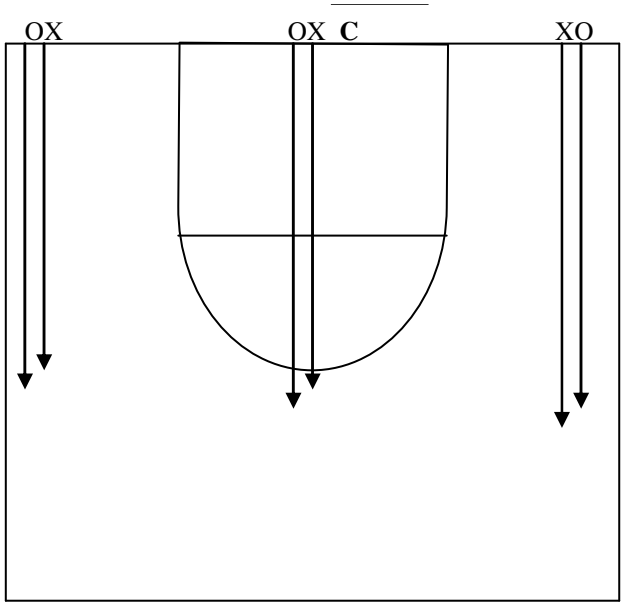
Upon reaching half court players establish spacing. M player dribbles and delivers a good catchable pass to teammate at a point where a play can be made.
The wing player sprints to a point and creates an angl towards the basket. Upon receiving the ball the wing may attempt a lay-up or pull up and shoot a shot. If t player does not receive the ball early he may create a get open or cross screen.

<u>Suggested Point of Emphasis</u>

This part of the drill allows you to teach a few important skills: spacing and passing. Wing players learn to catch, face and work on their offensive moves.

Creating a Transitional Situation

A)



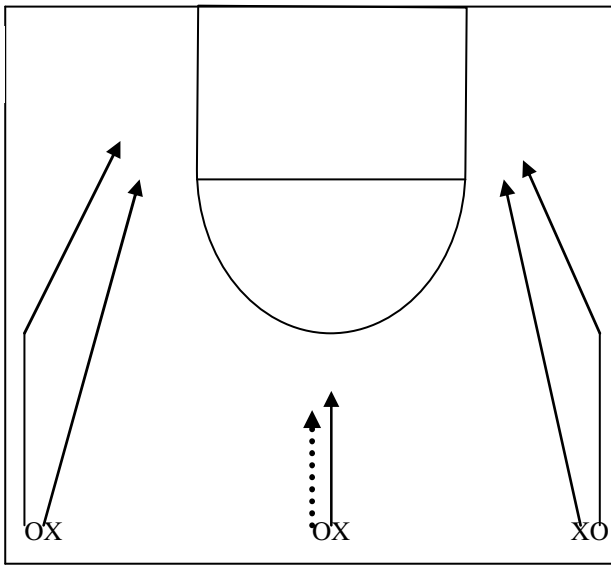
Players start on the baseline. The ball will start with the coach. When coach hands ball to the offense all players sprint to half court. The ball is carried to half court and dribbled toward the basket. This creates a transitional format using half of the court.

Suggestion:

When you get to this point of the drill (before adding the defense and after adding the defense) some possible things can be worked on.

- early offense out of transition
- cross screen to get a wing player open
- rebounding (offensively and defensively) in a transitional situation
- passing to the post

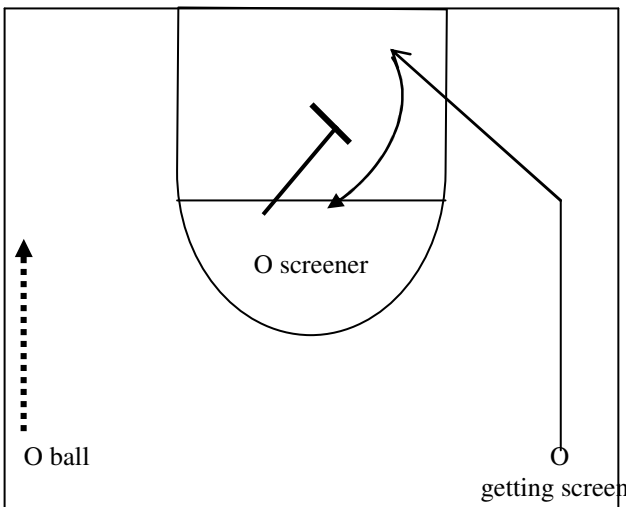
B)



The defense (X) attempts to stop the offense (O) from scoring. If the offensive player is not able to beat the defensive player to the basket, what are some options?

- create a lead (triple threat)
- backdoor
- cross screen (Turnout)

This becomes a three-on-three situation. Coach can control the offense by putting limits on them.



Screening in Transition

If you want to work on down screening in transition, move the ball to the wing and have the point man be the down screener. This allows the players to read the defense. It helps the offense understand what is the best way to come off a screen. I would suggest that the screener work on keeping his butt to the ball, this allows the best angle to set a screen.

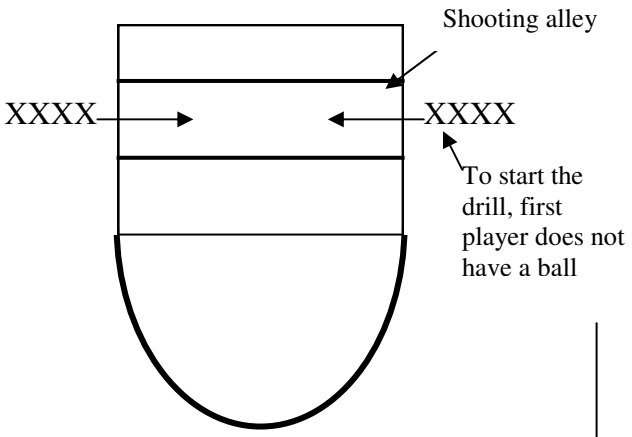

WARRIOR

Development of the player through a team concept.

Players work on skill development and conditioning at the same time.

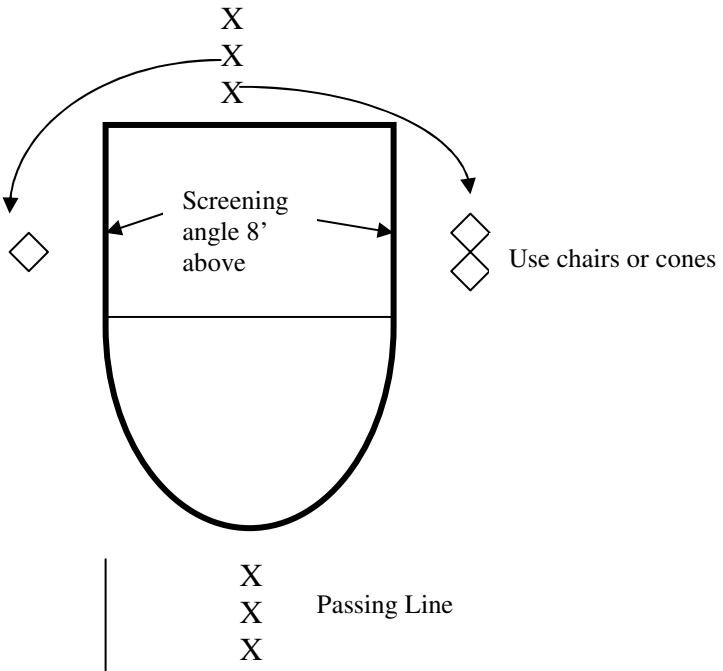
Al Cuevas
Head Coach
Bell Gardens High School
Bell Gardens, CA.

Warm-up shooting



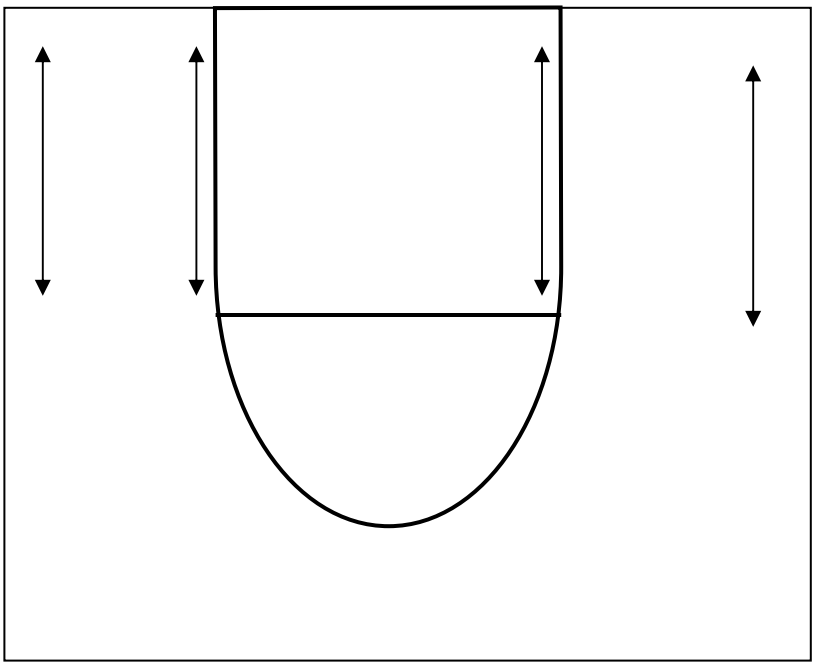
-Work on footwork/lift of shot
-4 balls (2 in each line) both lines are shooting lines, both lines are passing lines.
-Players pass and follow their pass to become next shooter.
-Rebound your own shot, take the ball to the opposite line
-Can create different angles
-Shots are taken in the alleys

Single / Double



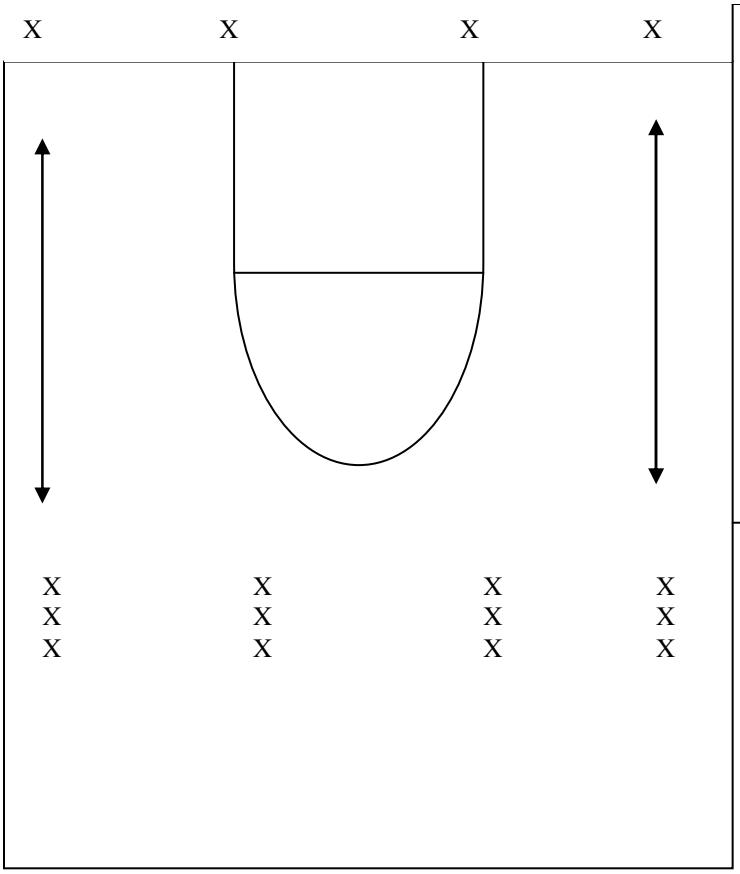
-Players work on taking a shot off a screen
-Next player goes opposite the player in front of him.
-Use as many balls as players in passing line.
-Dribble may be added for variation
-Rebound own shot, take to passing line

X X X X
X X X X
X X X X



Backpedal

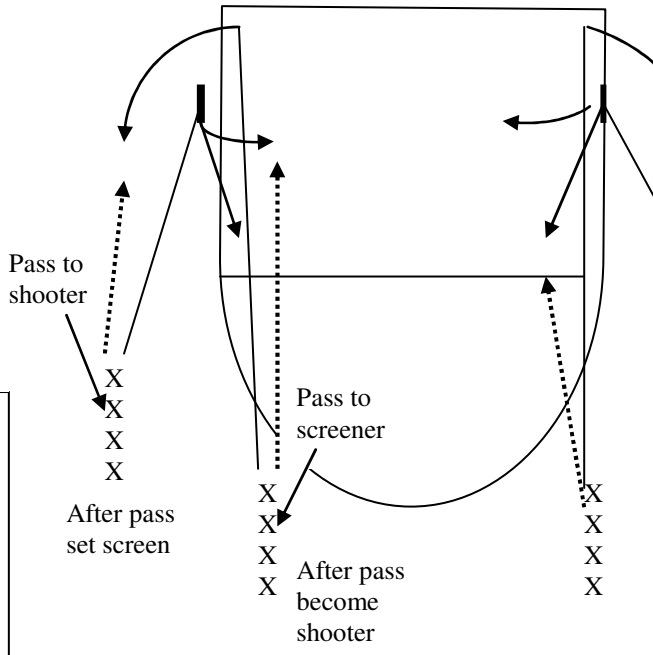
-Two balls in each line, 2nd and 3rd player in line start with the ball.
-Players backpedal to half court, sprint straight to the baseline, player on the baseline makes a good chest pass to the shooter. After pass, passer backpedals to half court to become shooter.
-Rebound own shot, take the ball to the next line.
-Rotate clockwise



Pepper

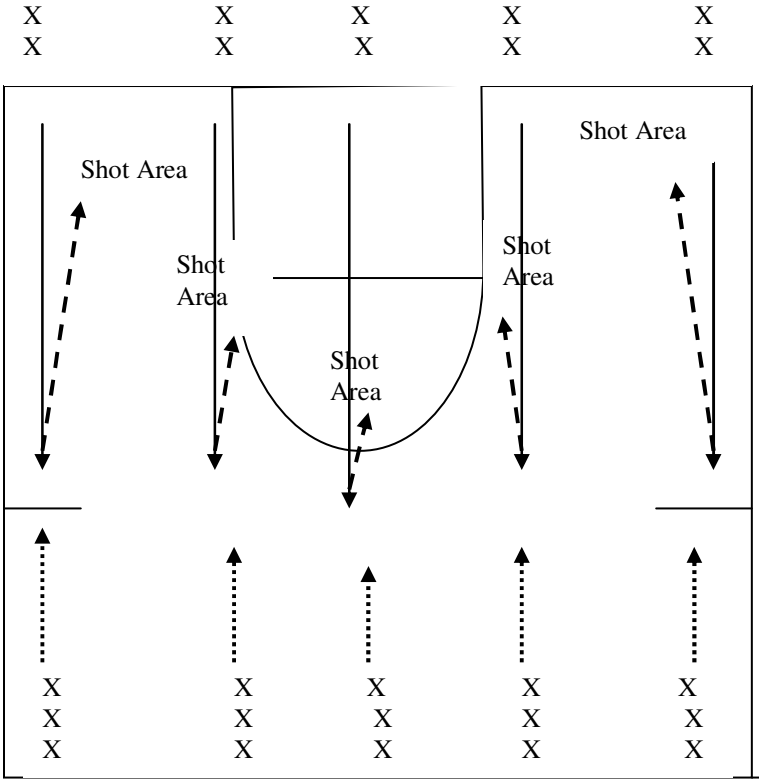
- 2 balls in each line (above key)
- Baseline player sprints to touch ball in passer's hand.
- Then he sprints toward the basket looking over inside shoulder
- Passer throws a catchable lob pass
- Catch and shoot (Dribble can be added)
- Passer goes to baseline, shooter rebounds his shot, goes to line above key.

Screen / Roll



-Each line has two balls. Balls star
with 2nd and 3rd player in the line.
-Work on shooting off a screen. A
setting the screen, Roll to the ball,
follow shot, rotate right or left-tak
to the next line
-Player rolling to the ball can roll t
basket or step to the ball
-Add chairs to simulate defense

Run the W- with Dribble



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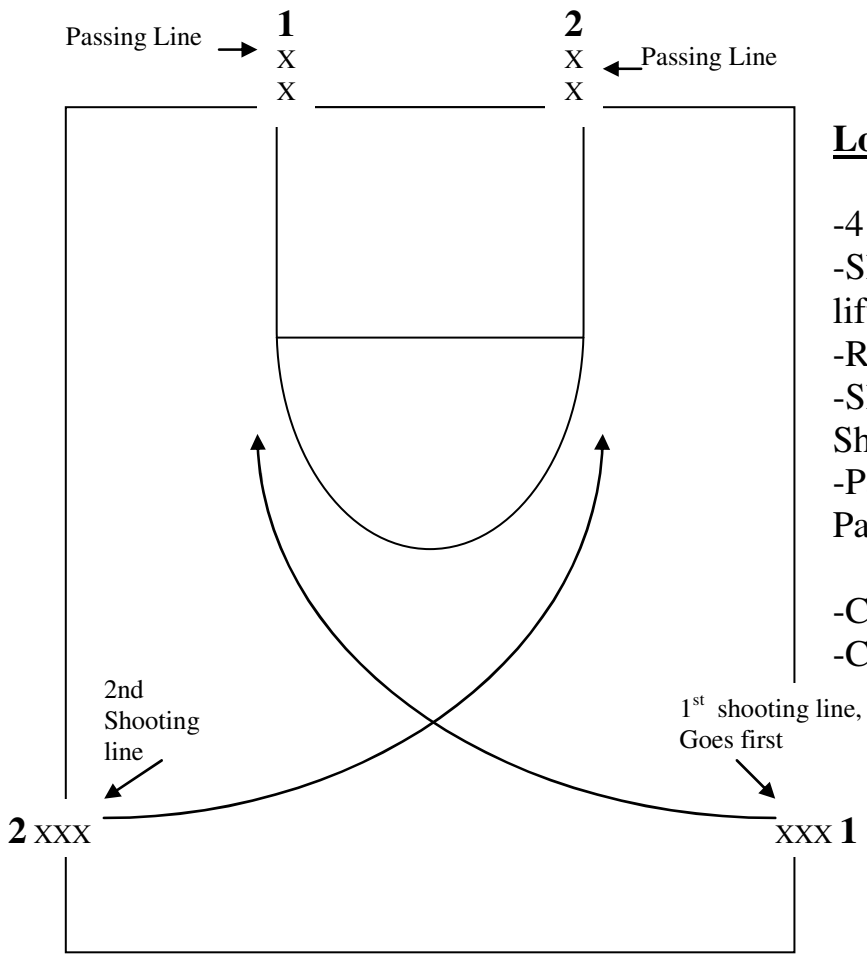

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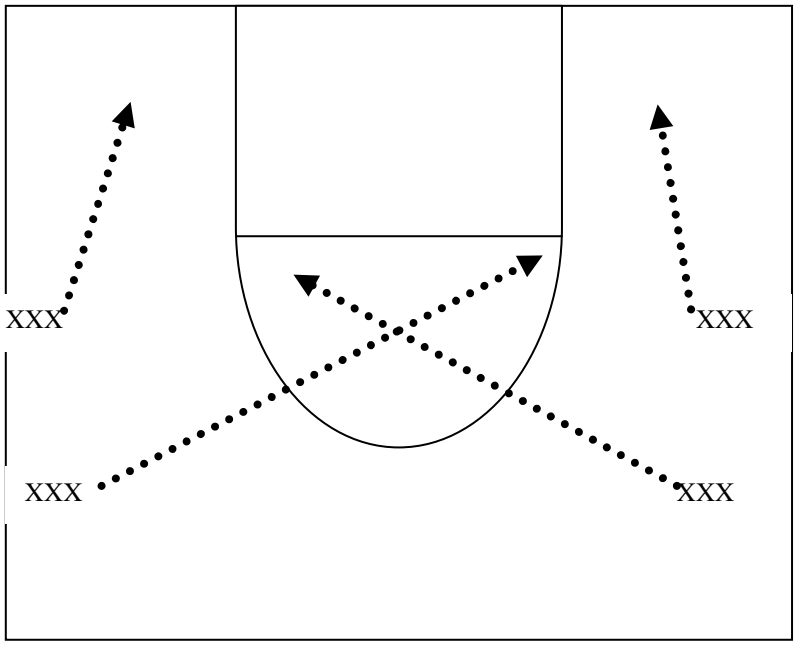
Elbow / Wing Shot



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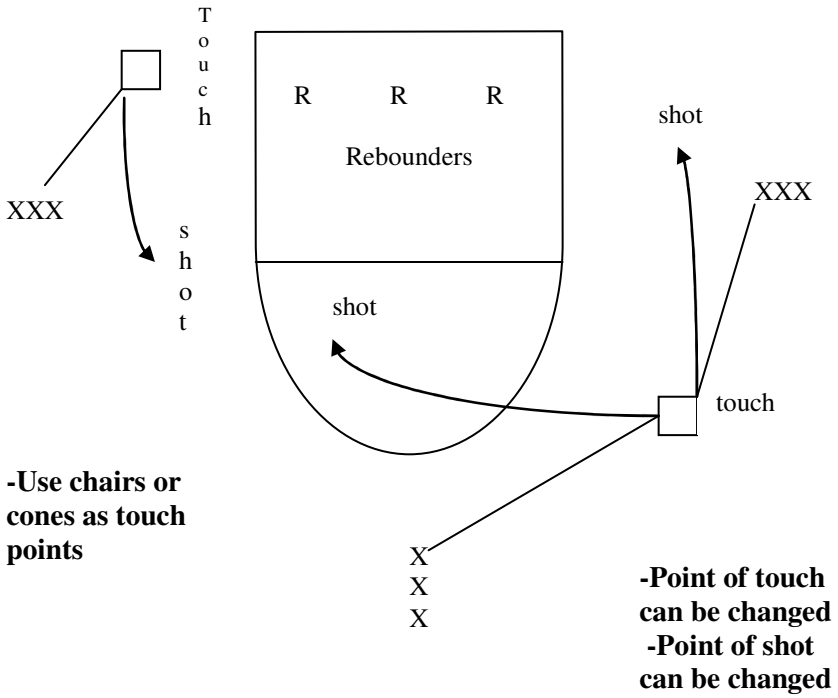
J-J



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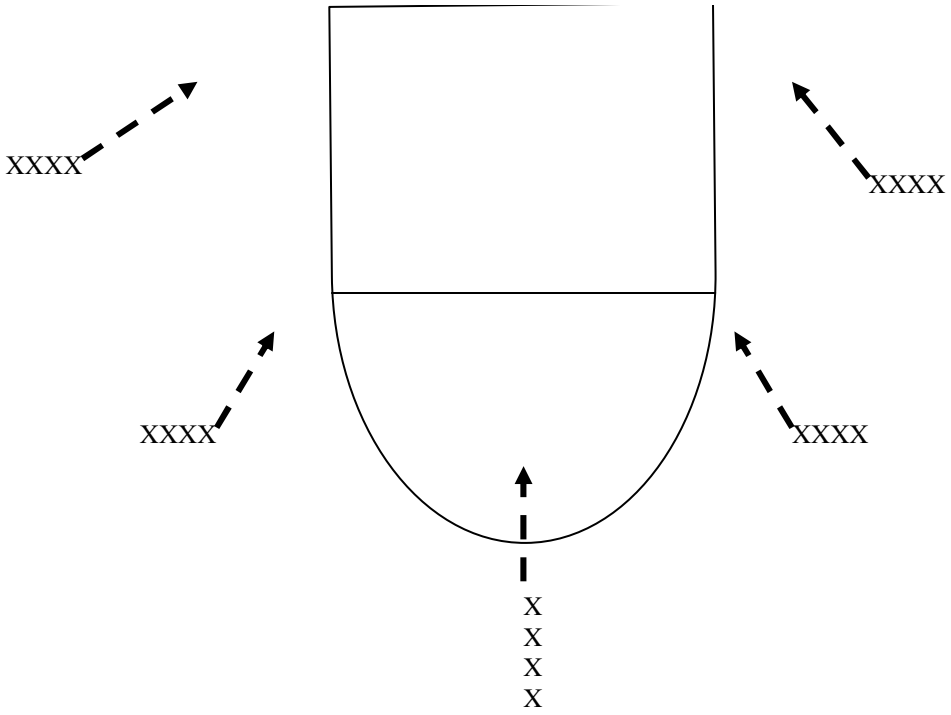

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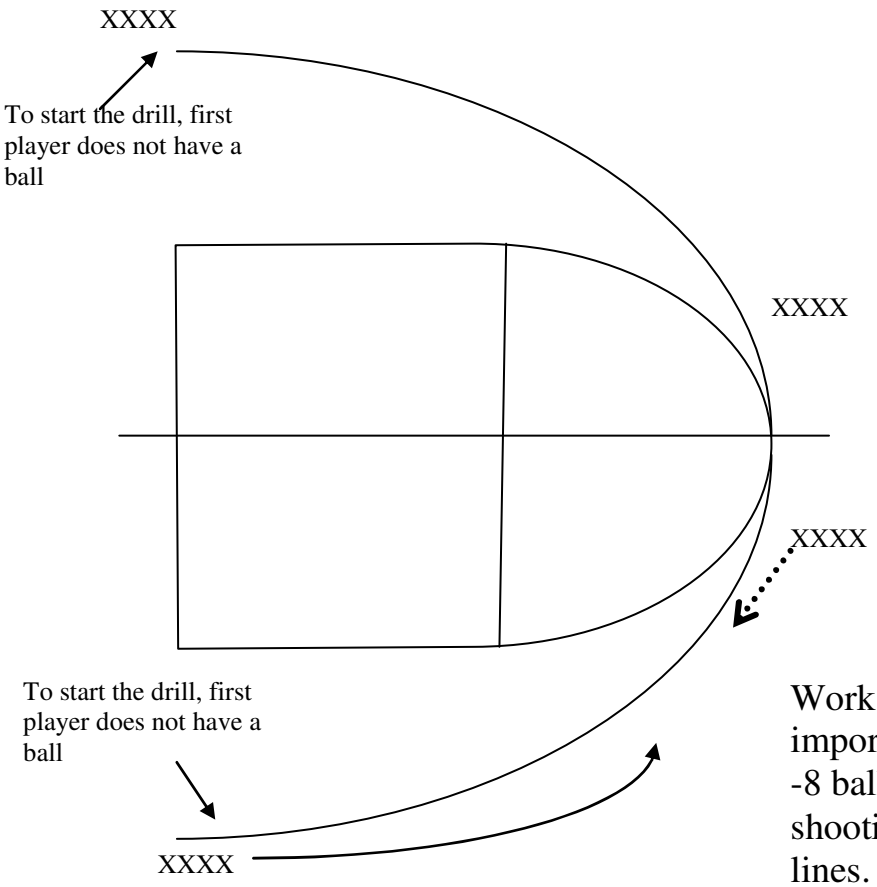

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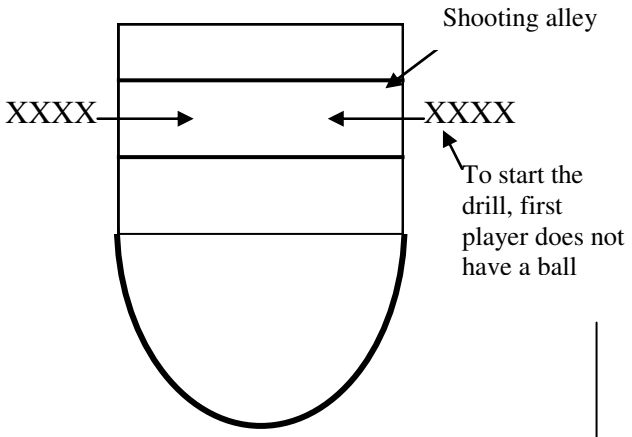

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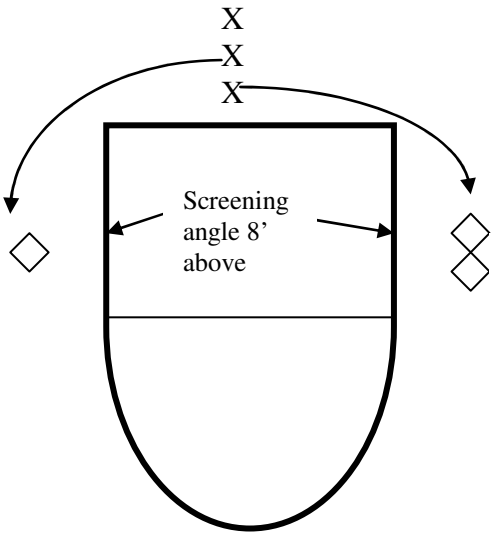

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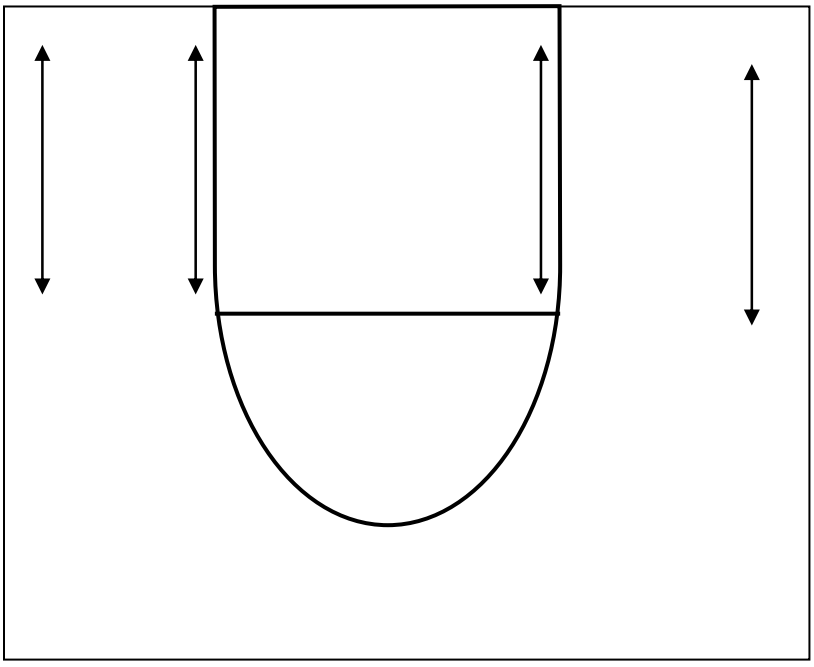

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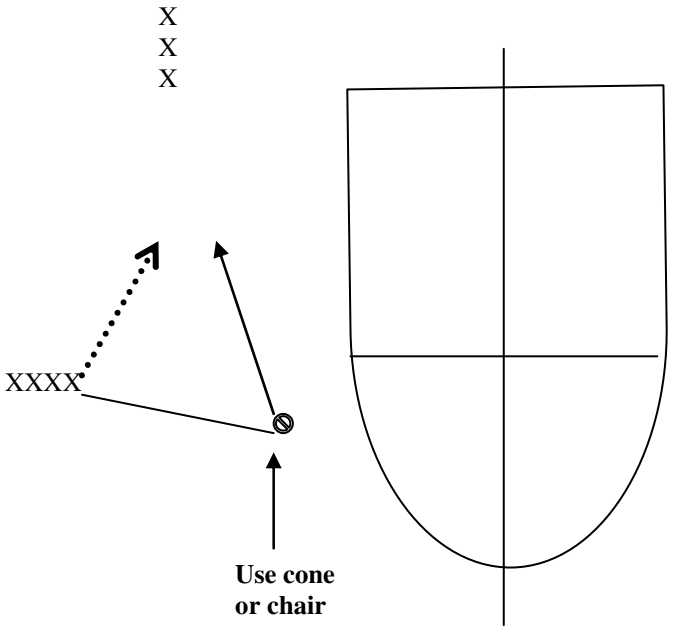

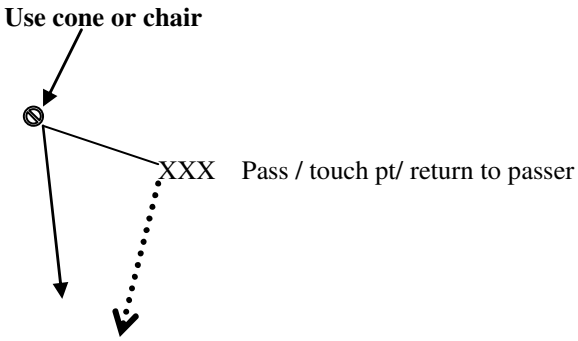

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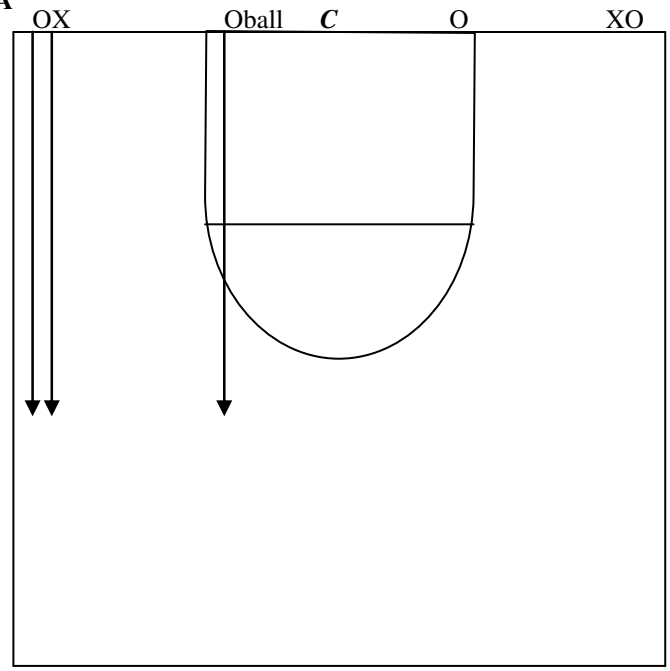

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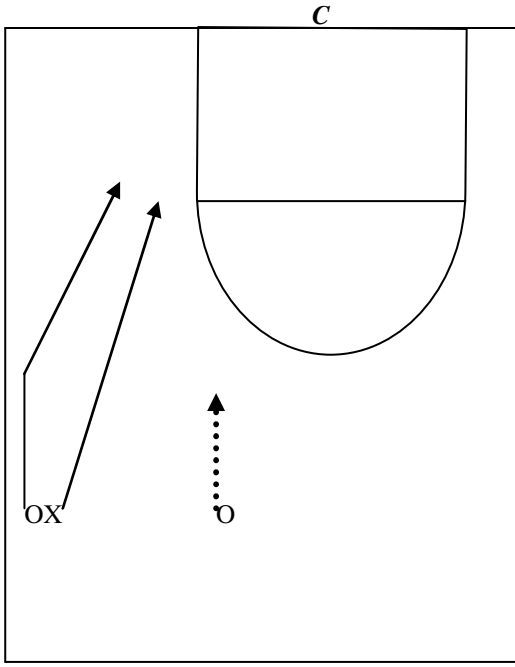

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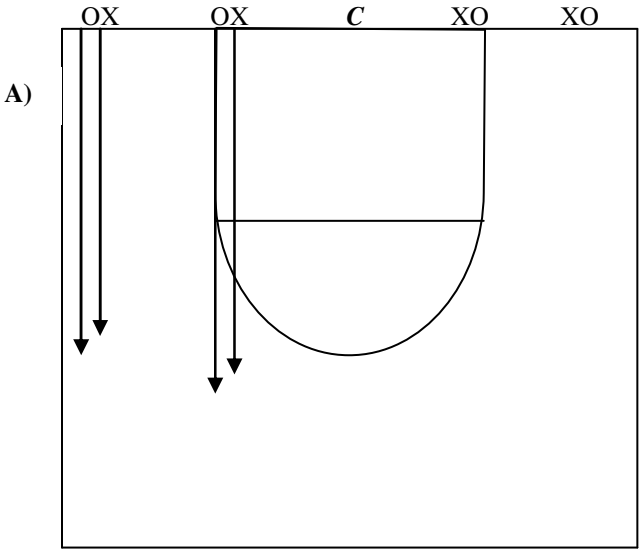
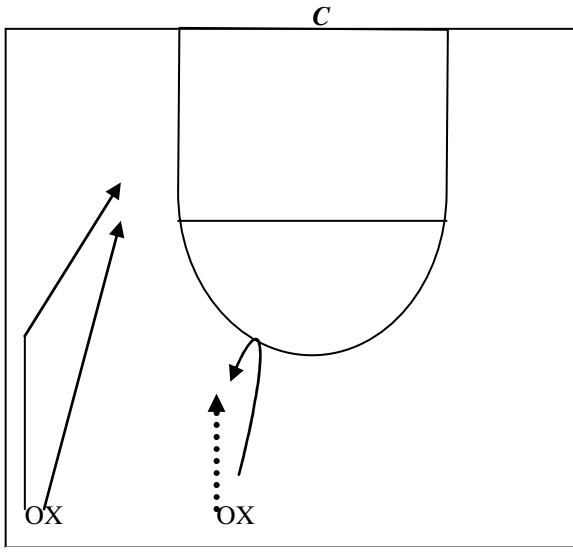


Once players are familiar with stopping the wing, defense can be added to the point. On a given signal all four players sprint to half court. The ball is still

B)



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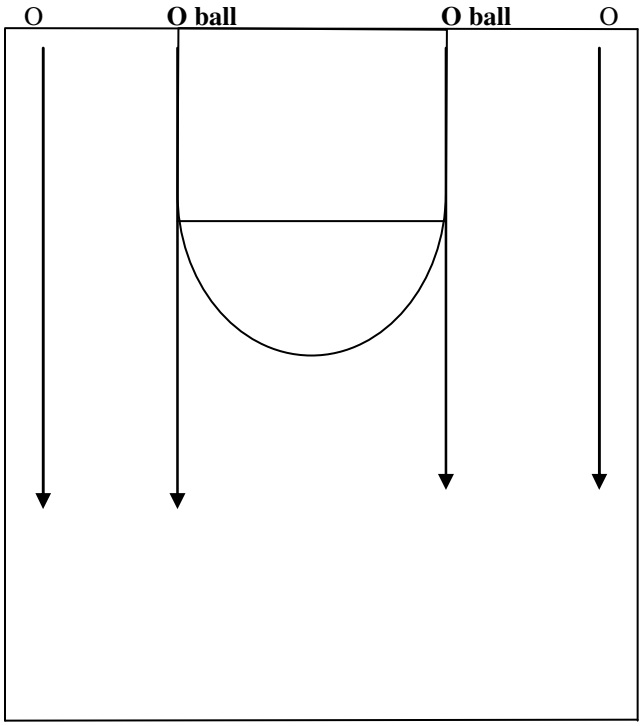

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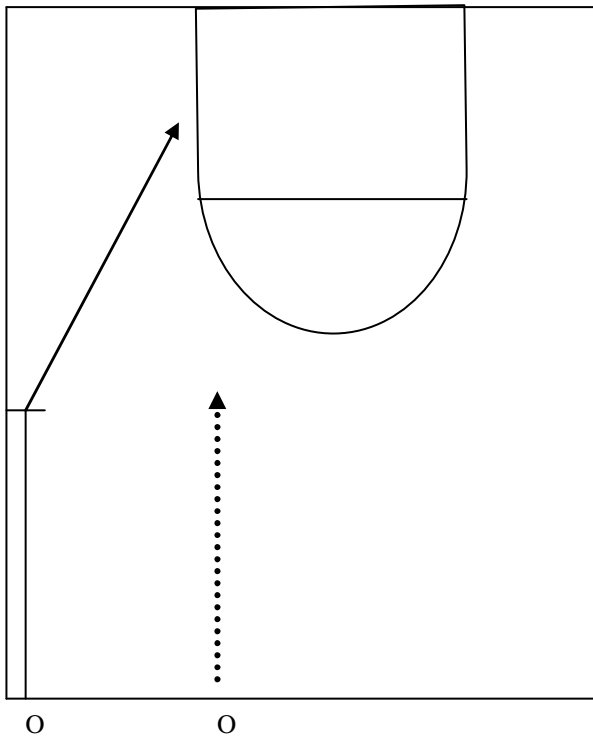

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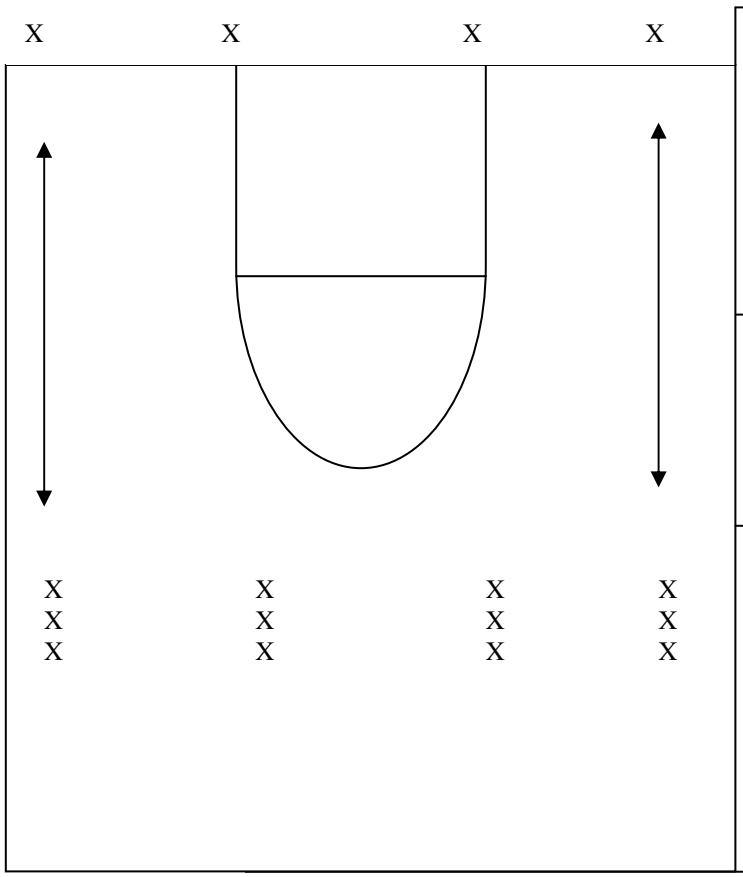
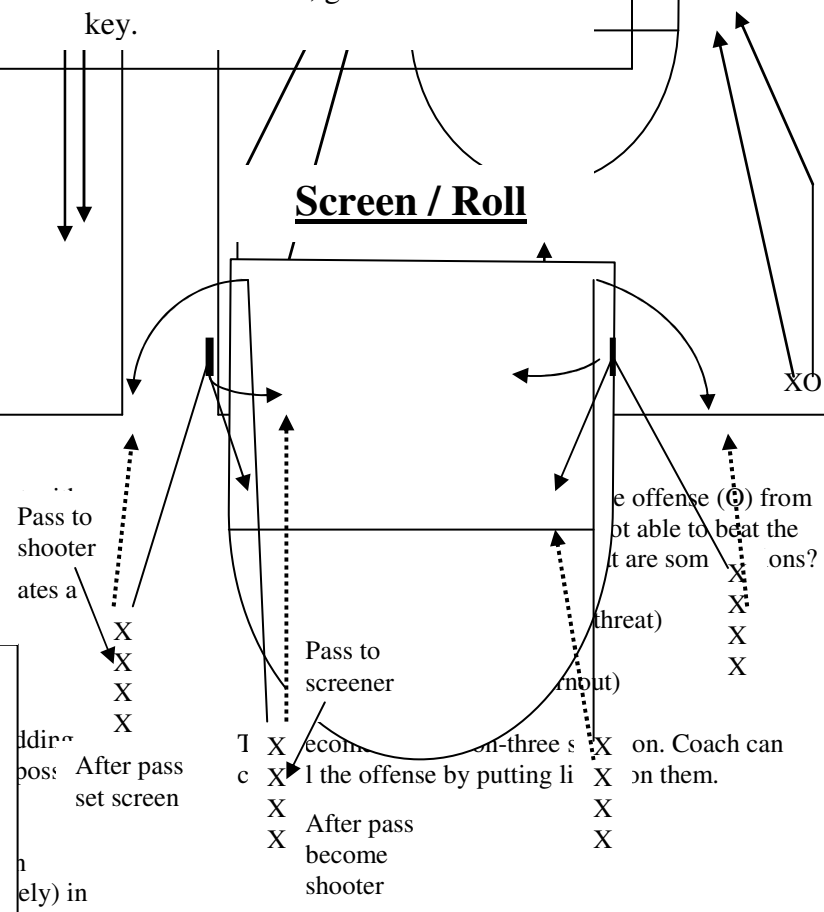


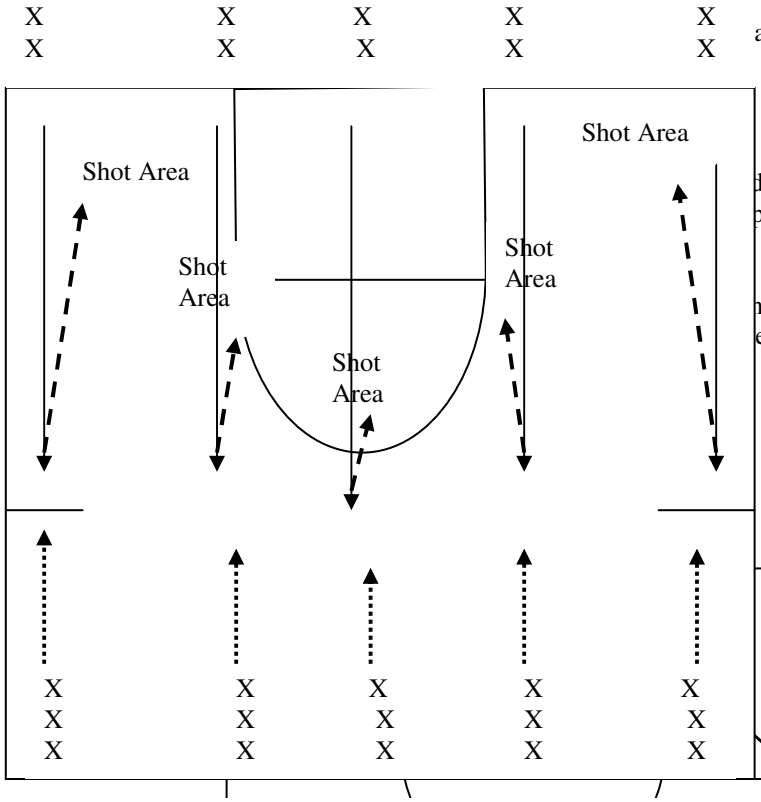
Pepper

- 2 balls in each line (above key)
- Baseline player sprints to touch ball in passer's hand.
- Then he sprints toward the basket looking over inside shoulder
- Passer throws a catchable lob pass
- Catch and shoot (Dribble can be added)
- Passer goes to baseline, shooter rebounds his shot, goes to line above key.

Screen / Roll



Run the W- with Dribble

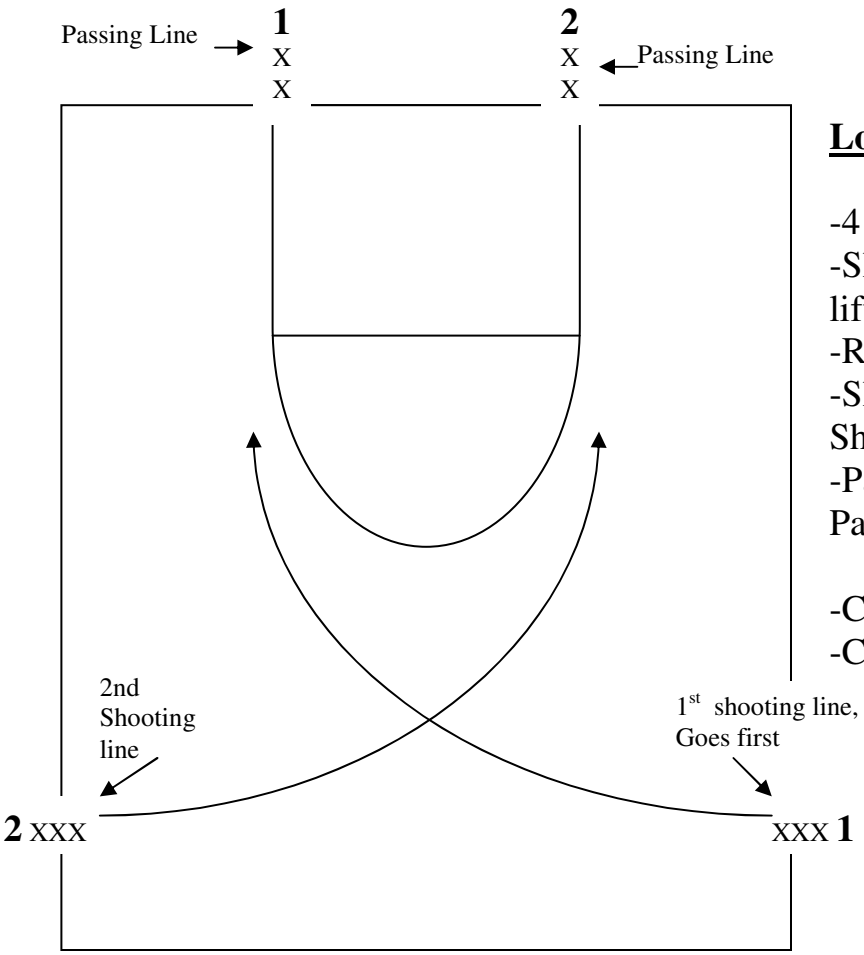


-Each line has two balls. Balls start with 2nd and 3rd player in the line.
-Work on shooting off a screen. After setting the screen, Roll to the ball, follow shot, rotate right or left-take ball to the next line
-Player rolling to the ball can roll to the basket or step to the ball
-Add chairs to simulate defense

-Baseline player sprints to 1/3 court, receives 15'pass, pivots inside, dribbles into correct shooting area.
-Rebounds shot, takes ball to half court, rotates to next line

-Player at half court, after passing, sprints to baseline to be next shooter

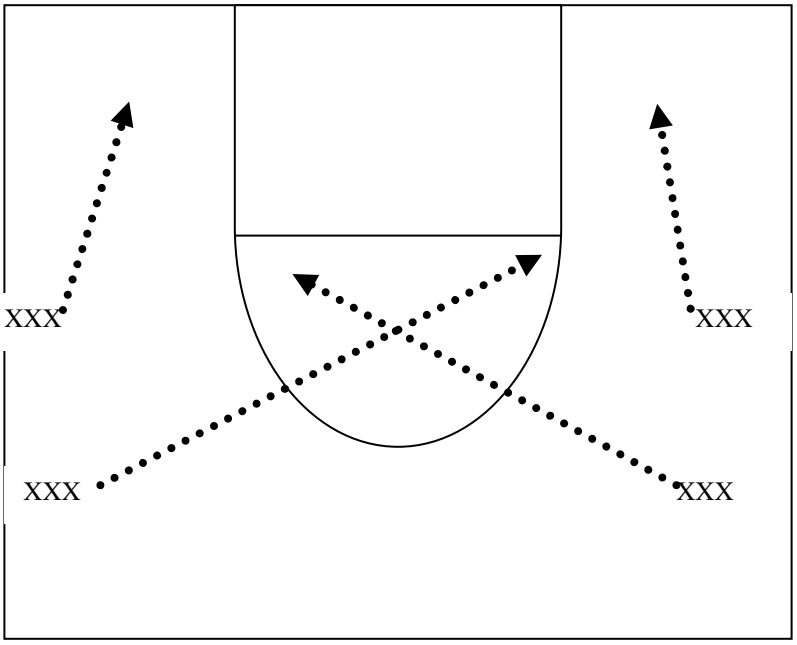
O
getting screened



Long Elbow

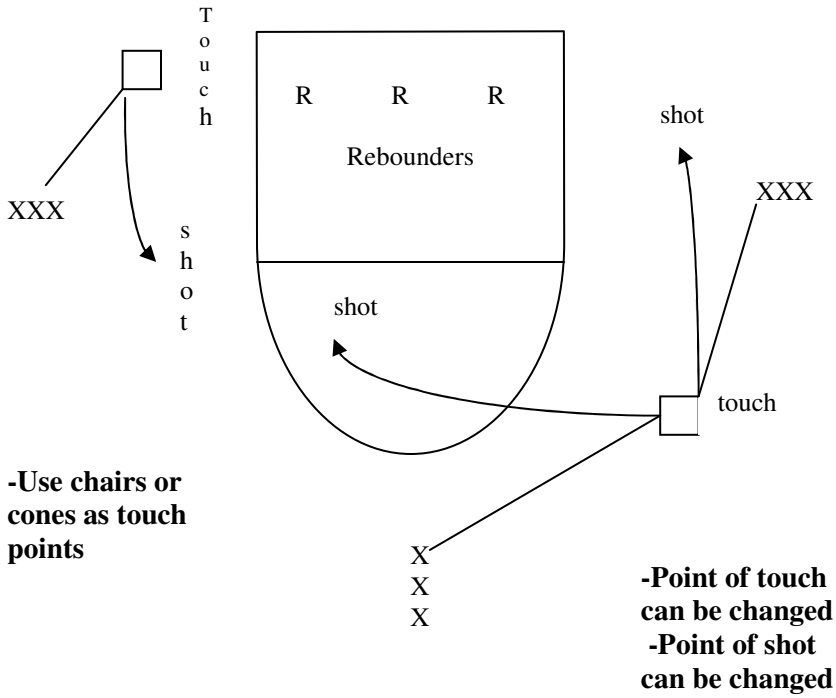
-4 balls (2 in each passing line)
-Shooter sprints to opposite elbow, catch, lift into shot using correct footwork.
-Rebound own shot, take to passing line.
-Shooting line **1** rotates to Passing line **1**, Shooting line **2** rotates to Passing line **2**
-Passing line **1** rotates to Shooting line 1, Passing line **2** rotates to Shooting line **2**
- this keeps lines balanced.
-Coach determines when to switch sides.
-Chair or cone can be added for defense

Elbow / Wing Shot

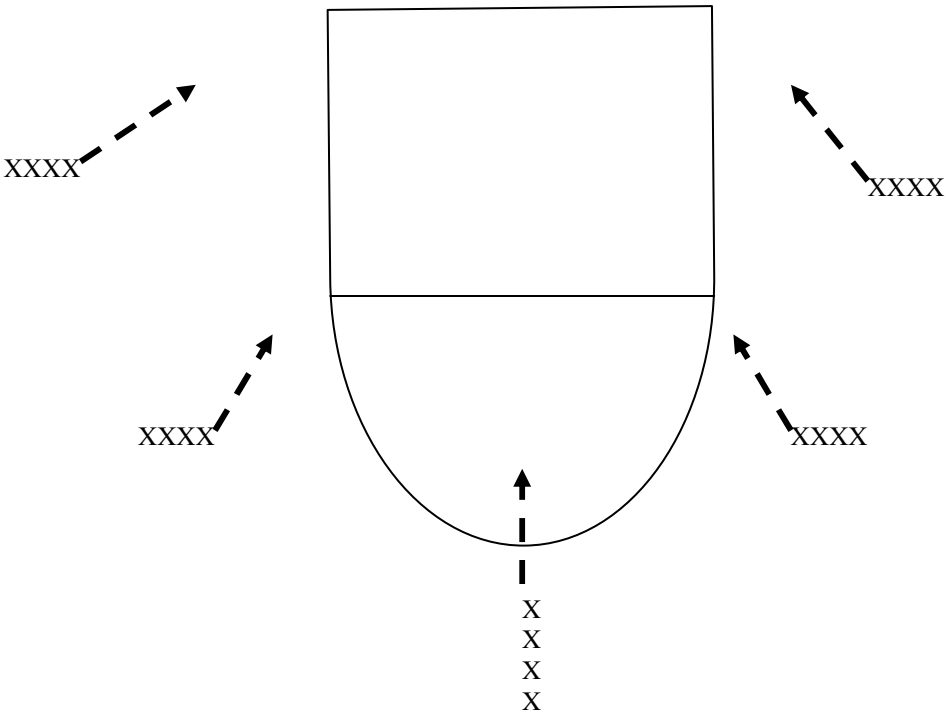


-2 balls in each line
-Players drive hard into shot, rebound own shot
- Rotate counter clockwise

J-J

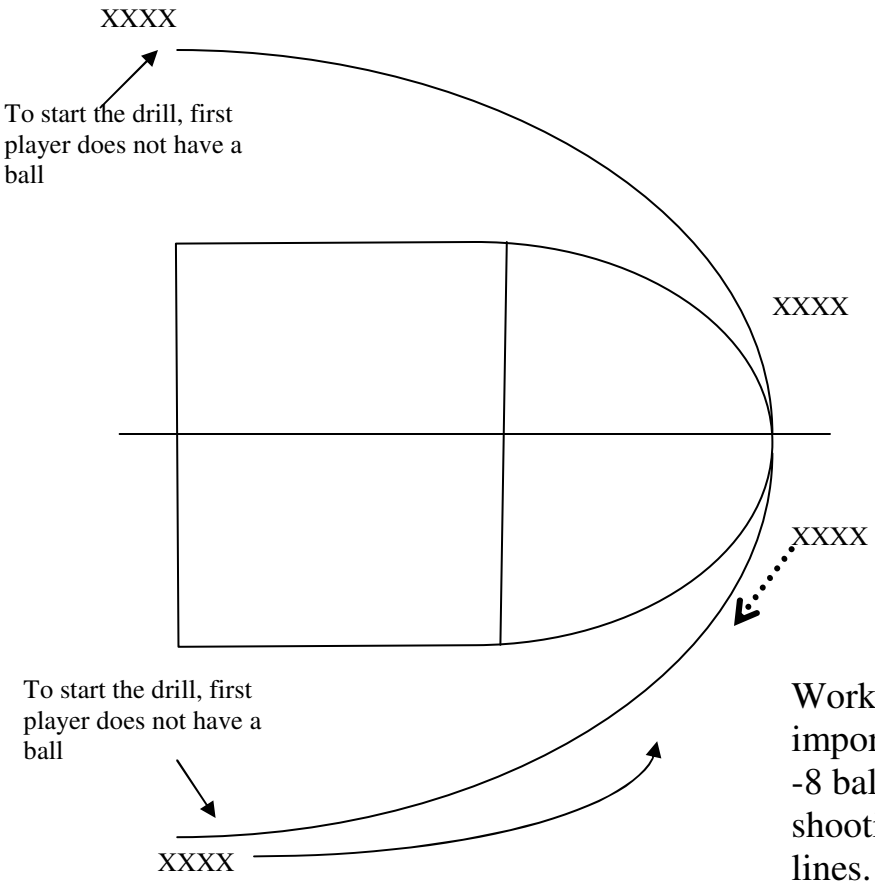


-Rebounder will rebound for a shooter.
-Shooter touches point, moves into shooting area, must make 2 or 3 shots before rotating out of the drill.
-After each shot, shooter returns to touch point and moves into shooting area. If rebounder is not ready to pass, return to touch point and move into shot again.
-Shooter should not be standing still waiting to shoot.
-Rebounder becomes shooter by going to shooting line



Catch / Drive/ Shoot

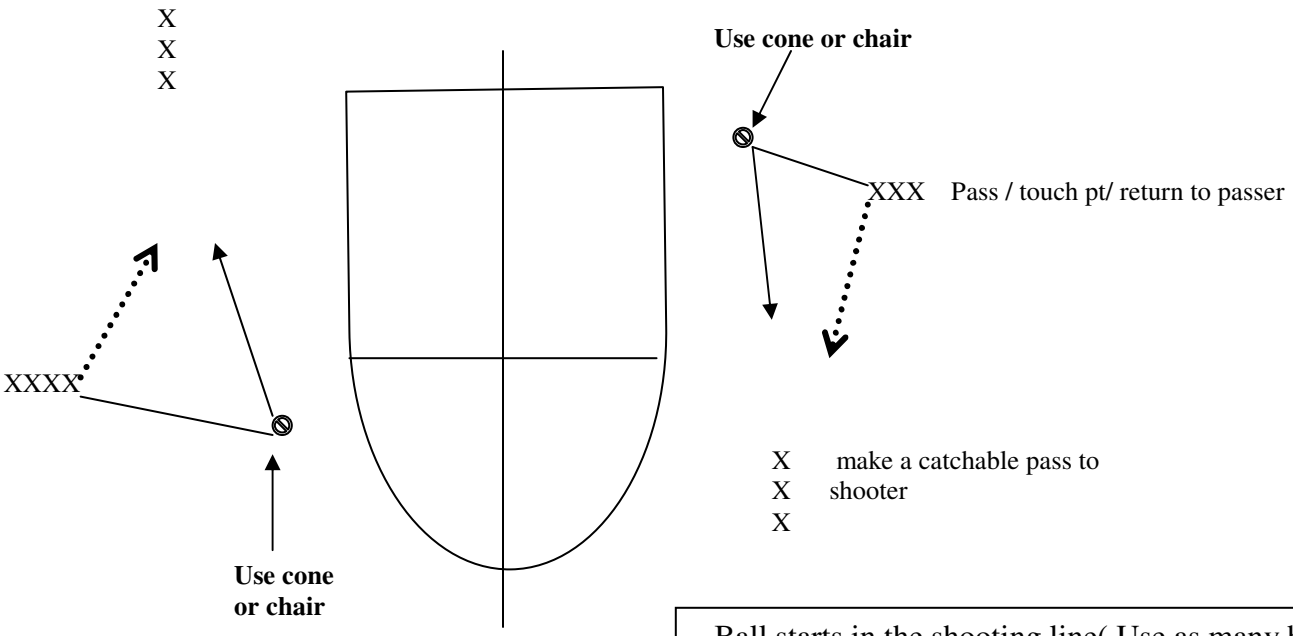
- Legs ready, offensive position
- Drive hard right or left towards the basket
- Working on angles- both dribble and footwork
- Rebound own shot, take ball to next line
- Rotate Clockwise
- Add offensive moves
- Use chairs or cones to simulate defense



3pt Shooting

Work on footwork/lift of shot, timing is important
-8 balls (2 in each line) both lines are shooting lines, both lines are passing lines.
-Players pass and follow their pass to become next shooter.
-Rebound your own shot, take the ball to the opposite line

Crack Back



Splitting court in half allows more players to participate in the drill

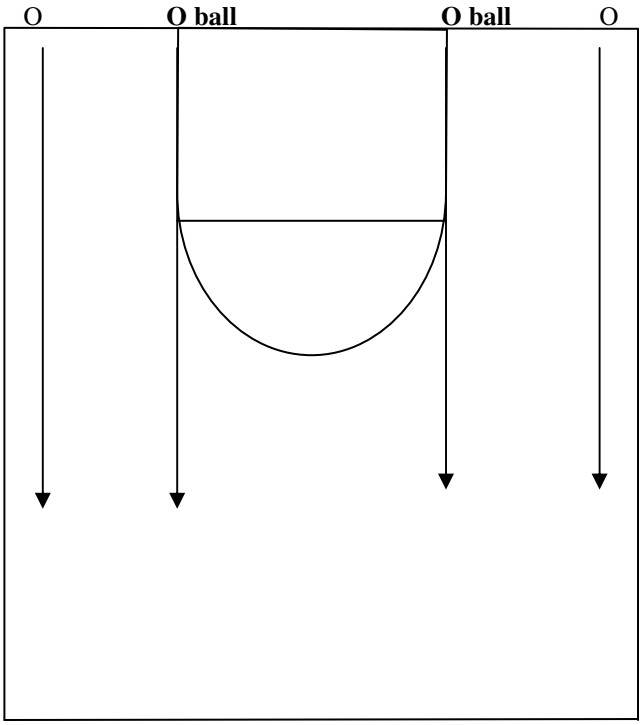
- Ball starts in the shooting line(Use as many balls as possible)
- Shooter passes ball to the passing line, sprints to touch point, sprints to passer getting ready to shoot.(Focus on footwork and lift of shot)
- Passer throws a catchable pass to the inside shoulder of the shooter
- Passer rebounds shot and takes ball to the shooting line.
- Shooter rotates to the passing line
- Players stay on their half of the court. Coach determines when to switch
- Angles of the shot can be adjusted to fit offense

Transition Drill

This drill is designed to help develop transition in the half court. By using the half court more players are involved. Sprinting from the baseline to half court simulates a transition and therefore a team can work on a variety of skills.

1a: Basic Set-up

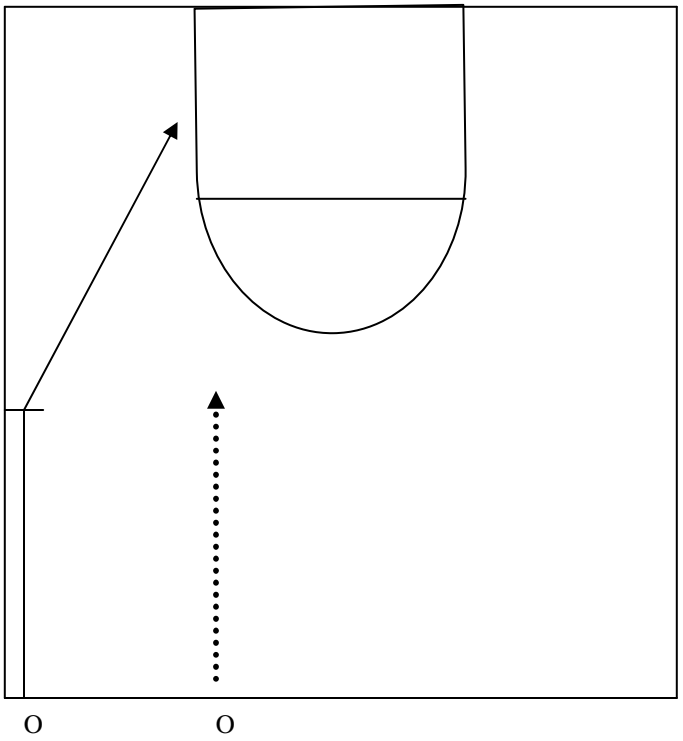
A)



Players start on the baseline (Both sides of the court can be used to involve more players) The ball will start on the lane line. Both players sprint to half court. The ball is carried to half court and dribbled toward the basket. This creates a transitional format using half of the court. Do not run both sides at the same time.

Transitional aspect

B)



Upon reaching half court players establish spacing. Middle player dribbles and delivers a good catchable pass to his teammate at a point where a play can be made.
The wing player sprints to a point and creates an angle towards the basket. Upon receiving the ball the wing player may attempt a lay-up or pull up and shoot a shot. If the wing player does not receive the ball early he may create a lead to get open or cross screen.

<u>Suggested Point of Emphasis</u>

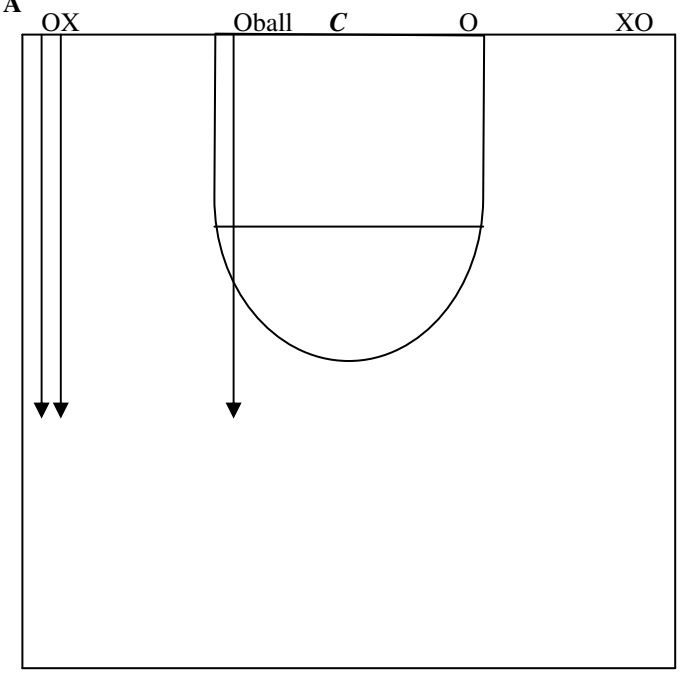
This part of the drill allows you to teach a few important skills: spacing and passing. Wing players learn to catch, face and work on their offensive moves.

Suggested Point of Emphasis:

At this point of the drill an emphasis can be put on the defense and being able to stop the offense. The offense learns to read the defense, they work on figuring out what is the best way for them to score?

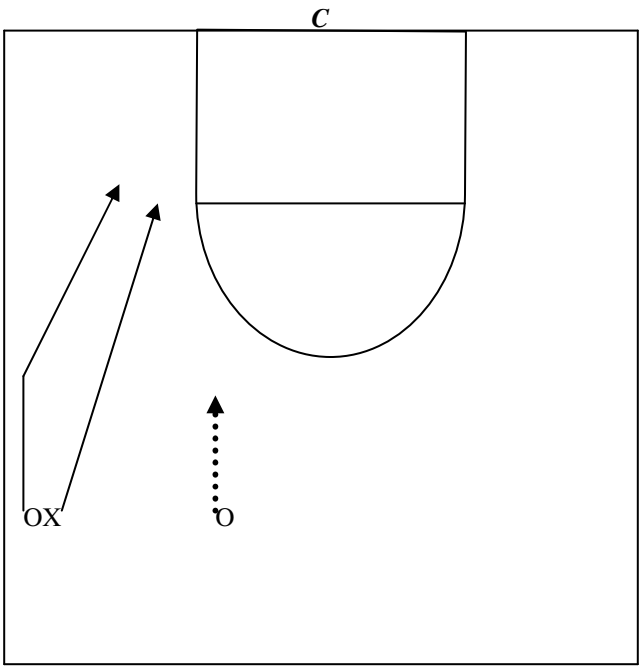
Guarding the wing player

A



Once players are familiar with the drill, defense (X) can be added. On a given signal all three players sprint to half court. The ball is still carried to half court.

B)



The defense (X) attempts to stop the offense (O) from scoring. This part of the drill teaches the offensive player to run. If the offensive player is not able to beat the defensive player to the basket, what are some of his options?

- Stop early, catch shoot
- create a lead (triple threat)
- backdoor

Guarding both players

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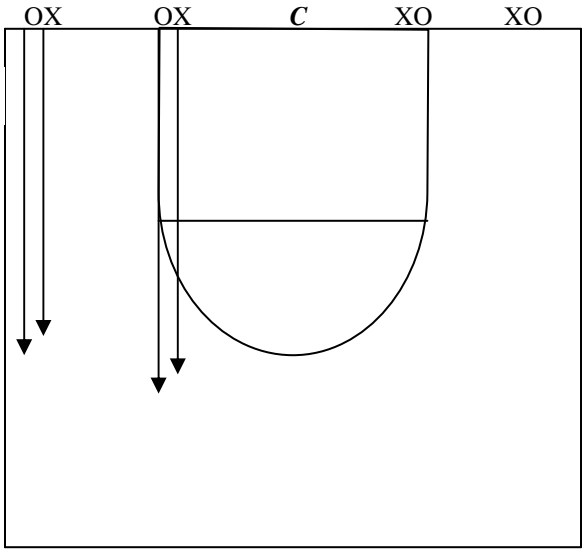

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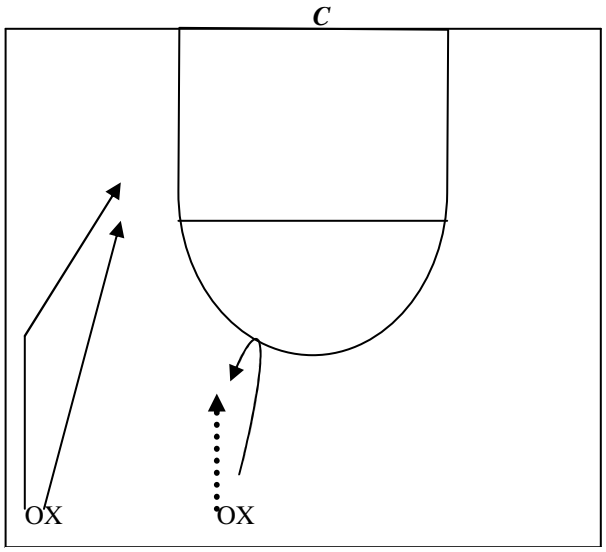
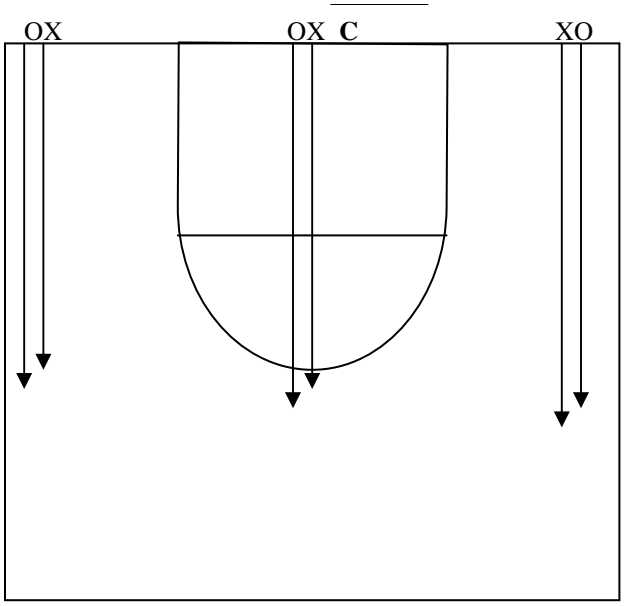


The defense (X) attempts to stop the offense (O) from scoring. First the point needs to stop the ball, then the defense needs to stop the wing player. If both players are controlled, it becomes a two-on-two situation. Control the play by giving the offense some rules, such as, number of passes, dribbles etc.

Creating a Transitional Situation

A)



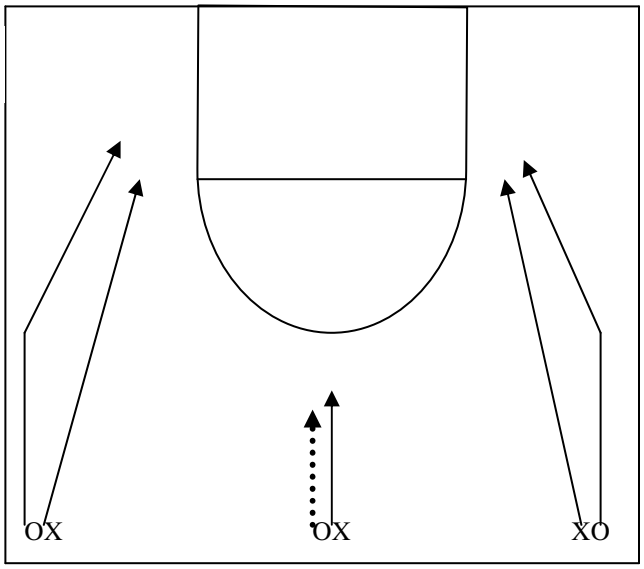
Players start on the baseline. The ball will start with the coach. When coach hands ball to the offense all players sprint to half court. The ball is carried to half court and dribbled toward the basket. This creates a transitional format using half of the court.

Suggestion:

When you get to this point of the drill (before adding the defense and after adding the defense) some possible things can be worked on.

- early offense out of transition
- cross screen to get a wing player open
- rebounding (offensively and defensively) in a transitional situation
- passing to the post

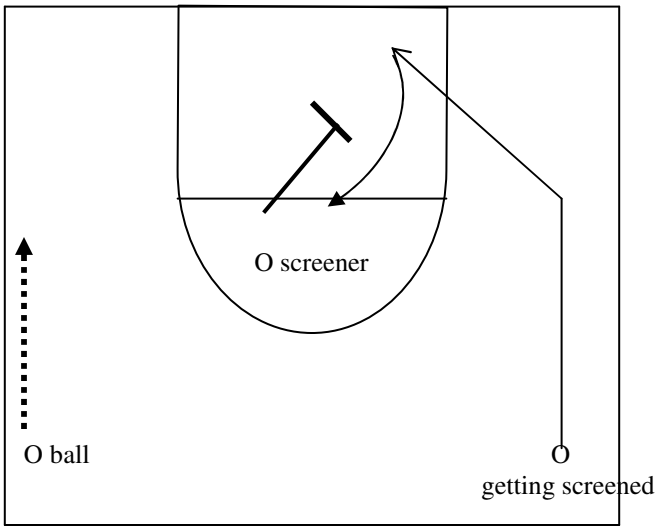
B)



The defense (X) attempts to stop the offense (O) from scoring. If the offensive player is not able to beat the defensive player to the basket, what are some options?

- create a lead (triple threat)
- backdoor
- cross screen (Turnout)

This becomes a three-on-three situation. Coach can control the offense by putting limits on them.



Screening in Transition

If you want to work on down screening in transition, move the ball to the wing and have the point man be the down screener. This allows the players to read the defense. It helps the offense understand what is the best way to come off a screen. I would suggest that the screener work on keeping his butt to the ball, this allows the best angle to set a screen.

Mike Dunlap: Practice Planning

I Time Allotment

- Know your time blocks
- dont become a slave to time
- time : score throughout practice (competitive)
- adjust to team needs

II Tempo

- Use time blocks to move practice along
- set aside teaching time
- Know drill - limits talking by coaches
- parts of practice should have game tempo
  (we want to play fast -- practice should be fast)

(Blitz Drill - 3on2 5on3 15 mins

- work def recovery - off ball movement
- emmulate pace and design of game

III Teaching vs. Drilling

- "you're a teacher First" "do not become a slave to your drills"
- 5 Laws of Learning -
  (1) tell them (2) show them (3) have them show you
  (4) correct the demonstration (5) repetition "lord and master"
- methodology is everything - how do you teach -
  "prnise, prompt, leave (them alone)"
- Whole vs. Part -
  "30% percent greater retention from the whole"
  "still does part"

- "at beginning of year believes teams more game ready if you work out of the whole"
- "more part at the end of the year --- DETAILS"

- ingredients of a quality drill -
  - time - score - winner/loses - rotation, designated
  -
- unpredictability - whistle = drop and transition into other end

- players must teach players = healthy team "peer pressure to do the right thing"

- "automatics" with in own drill - winner = water loses = run, pushups "never avoid"

- cut your losses - things just aren't working - move on

IV You are what you emphasize
- 2 to 3 per practice - "your team knew "high hand on closeouts was an emphasis"
- simplicity with detail -
- Follow thru = discipline (not punishment)
- use the whistle to correct - moves practice forward stops over talking

- verbal keys - have your own language -
  * have a glossary *

II Physical vs. Mental
- must have physically demanding practices = mental toughness
- "Knee legs and heart rates"
  "recovery rates 2hrd light"
- ask questions - engage them "Socrates"
  "talk thru fatigue"
- Contact drills - makes you physical "well designed contact drills"
- FEEDBACK - personal or objective? -
  sometimes personal is needed

III Competition
- time/score
- reward/punishment system
- acknowledge the victory
- process vs. results
  emphasize the process, that leads to results - WIN -
  "Sell the why"

IV Brief - Debrief "ask players what they heard"
- use a whiteboard - "discuss practice before we start"
- player notebooks - kept in locker - goals, system, plays
- video - (position coaches - break down video together)
- players as teachers - *

on cart w/ whiteboard

VIII Peer Pressure
- small group / big group expectations
- player voice most powerful - "highest order of teaching"
- teacher as moderator (Qual)
- body language - practice and games -
"no shorts grab" "no face to officials"

IX Habit Patterns
- good habits are hard to break
- sprint from spot to spot = "hustle in games"
- communication "quick efficient huddles" "life blood of our practices"
- how you start is how you should finish
"personal records" help get higher performance
"30 sec shootings vs. 50 shots (not game applicable)
practices can not lose enthusiasm as year finishes (I was guilty of this this year!)

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vs the end line → what do we need to do to get better
- teacher = 20/20 vision
- adjust as you go
- address your struggles "fix problems that day"
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"here is where we are at, this is where we need to go, this is how to get there"
"a great coach has a vision" Why we do what we do

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Mike Krzyzewski-Practice Planning

Goals and Philosophy

Work Hard

Concentrate

Communicate

Compete

3 Systems when Planning a Practice

Offensive

Defensive

Communication

***HEAR-You Forget**

***SEE-You Remember**

***DO-You Understand**

Don't Talk Too Much

***What you know is important, but the most important thing is…… "How do your players respond under game conditions?"**

Practice Planning Process

Have a practice plan…Ask yourself these questions yearly and most importantly, daily:

***Who am I coaching?**

***How old are they?**

***How much experience do they have?**

-Not just playing, but in your system

***How many players do I have?**

***What do I coach?**

***How do I coach my system?**

***How do I teach it?**

-Develop physical habits that fit your system

-You need intelligent, intensive, persistent work

-Drills should be intelligent

-Drills should make sense

-"I am going to teach this…we are going to get it done" (Persistent)

***How much time do I have?**

-Daily, weekly, monthly, yearly

***What resources do I have to help me teach? Facilities?**

-How many baskets

-How many coaches

-Use of managers is the key to the program

-Some of the smartest kids who can help your program are right in your school and they do not play basketball

***When do we practice?**

-Use time effectively

-Make weekly practice schedule and adapt beginning and ending times accordingly based on events-personal or school

-Do a weekly practice plan, but make a daily practice plan each day!!

-Keep yourself current based on your teams needs on a daily basis

-Be flexible within the practice sessions

-Be organized, but…"Do Not Be A Slave to Your Practice Plan"

Pre-Practice and Post Practice Work

***Pre-Practice Meeting with Coaching Staff**

-Practice plan is already written; Discuss who will do what

***Pre & Post practice Work**

-Have organized pre-practice work

-Ex. Practice might be at 3:00, but you have the facility from 2:30 to 5:00; You would have from 2:30 to 3:00 for pre-practice work

-Pre & Post Practice work on individual or small group work that individuals might need to work on

-Can get lots of shooting in

-Can review a drill a player didn't understand

-Have an organized stretching routine

Practice

***Should be no longer than 2hrs (Not counting Pre & Post Practice)**

***Eliminate as much standing time as possible**

-Allocate all of your resources to get players as many reps as possible (Especially on individual drills Ex. 1 on 1 Denial Drill)

-Good physical habits are not developed without reps

***Match-up players for drills so they don't end up going with the same person every time**

***Throughout practice, let players sub for each other…If you want a definite group…then call for them**

***Make drills and practice situations…Game-Like (including instructions)**

-Don't walk and talk players through drill instructions (Not Gamelike)

***Have a 10 minute period where you have a "Sprint Practice"**

-Change things a bunch

-Continually alter what you are doing on the run (Like in a game)

***Practice Game Situations**

-End of quarter, End of Game, All Game Situations

***Simulate Halftime**

***Vary the places and times you talk to your team (limited attention span)**

***Videotape everything that is 4 on 4 and 5 on 5**

-You might focus on an individual player or specific drill

-Remember:HEAR-SEE-DO

***Free Throws**

-Do Pressure Free Throw Drills

Post Practice Meeting with Staff

***Critique Practice**

-"We did a good job with this"

-"I think we need more work with this"

-"Lets come back tomorrow with this"

-I was going to come back tomorrow with this, but I think it is better that we do this"

-DO NOT BE A SLAVE TO THE PRACTICE PLAN

Game Preparation

***Preparation for the next game starts directly at the end of your last game**

***First, watch the tape of your last game**

-Make sure of what you think you saw during the game

***Scouting report of your upcoming opponent with stats**

***First part of next practice is a team meeting**

-Have to have closure from previous game

-Then, leave that location "Shutting the Door"

-Switch to a different area and start talking about next game…

"Opening the Door"

-Give a real quick summary of the next opponent, then start practice

-Offense and Defense can revolve around a few things the next opponent will do

-You can also work on areas in which you struggled in previous game

-It is not all getting ready for the next team. It is getting us ready

-"I want to take care of us before getting into elaborate game plans"

-"Your kids don't know your plays…How the hell are they gonna know their plays?????" They should know tendencies

-Respect your opponent; Whether it is the lowest team in your conference or the #1 team in your conference

-"We PLAY in every game"

-"I want our team to be GREAT every time we play

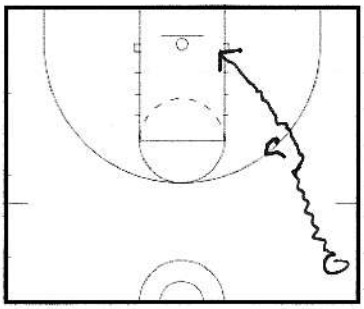
-Practices prepare you for competition

-The better you plan and conduct your practices, the better you will be on game day

Arvada West Basketball

Play Hard • Play Smart • Play Together • With Pride

Travis Ford – Individual Improvement



Help every player become the best (ind player) they can be
(makes your team better)
Workout needs to fit your system (of Oklahoma State & is attacking on offense and defense)
Work on playing at a high speed, while being fundamental – while making great decisions

Play attacking Basketball
Work on quick decisions – and smart decisions
Don't be afraid to make a mistake

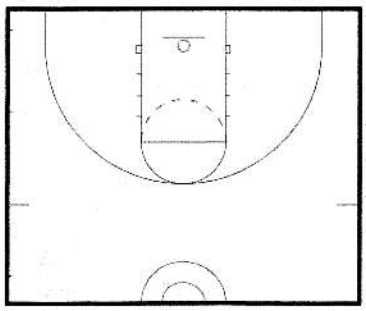
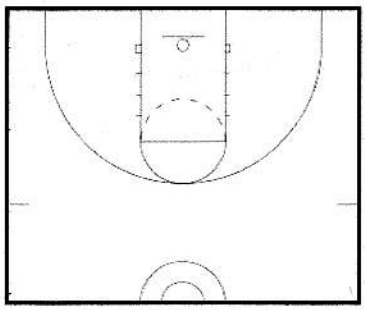
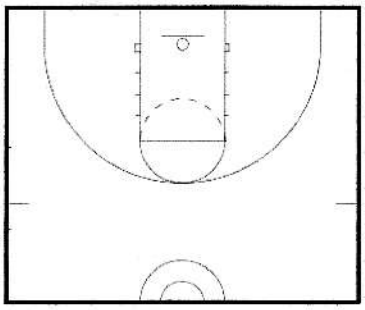
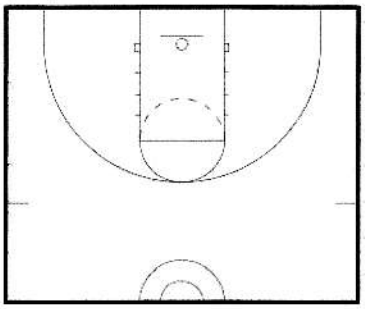
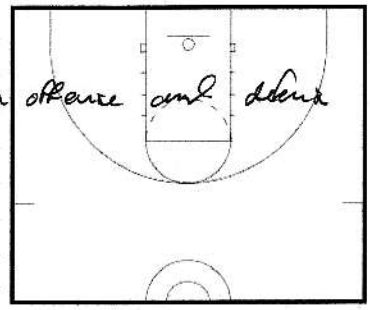
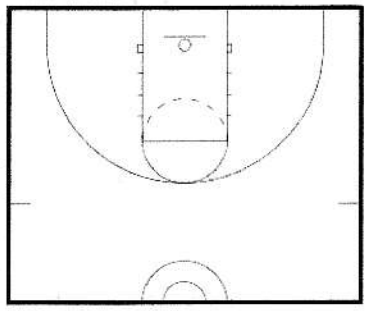
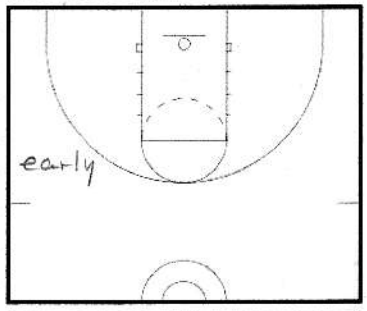
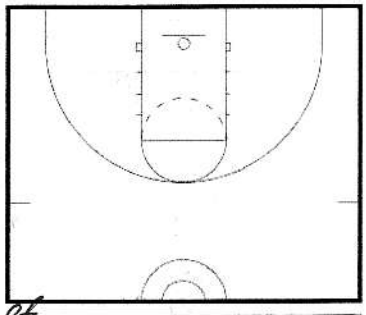
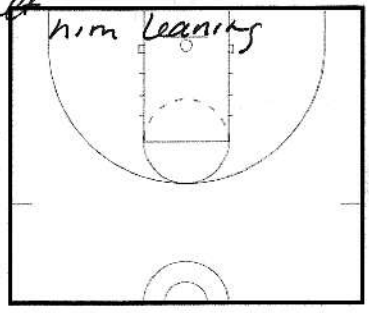
1. Dribble Moves
   - hesitation – keep head up – full speed
   - Raise out of stance – look defence off
   - Get low again → "Push and go"
   - Sell the move – slow down
   - Attack shoulders and knees

   Speed dribble back to ½

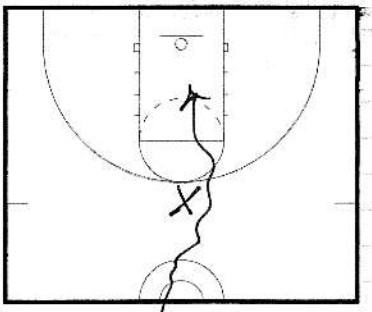
   Stutter Cross Over
   - Cross-over with snap dribble
   - Stutter as you approach – start early
   - Push and go
   - "Double Stutter"
   - Don't slow down when you stutter

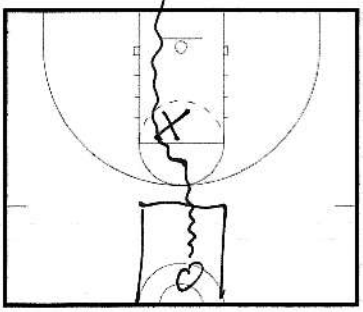
   Inside Out
   - Get the defender to lean
   - Step wide with left ~~foot~~ foot
   - Take ball from shoulder to shoulder and back
   - "Play Through the defense"

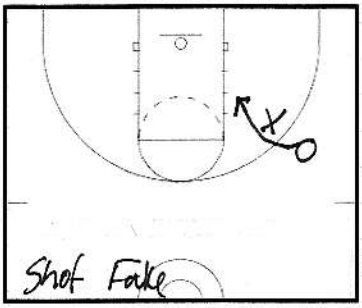
   Between The Legs Cross over
   - Go between the legs in stride – get him leaning
   - Then cross without slowing down
   - Use snap dribble
   - Use your shoulder
   - Don't slow down
   - Do everything in stride

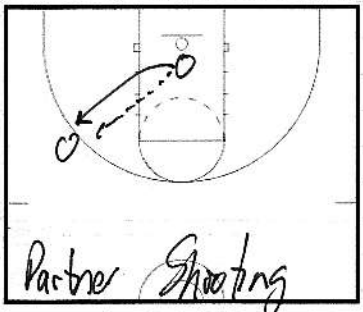
"It's not what happens to you, it's how you react to it"



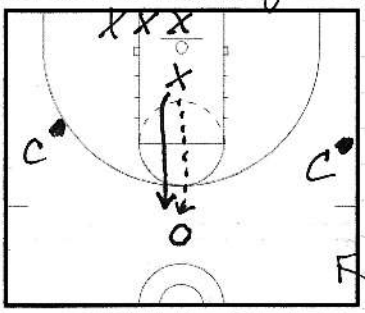


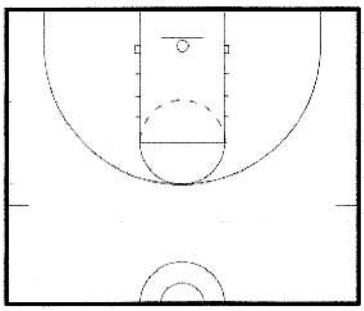


Shot Fake



Partner Shooting





Behind the Back
~~Full Speed~~ — stay in a straight line
Do not raise up
Don't bring ball up

Full speed → full court 1 on 1 Setup
1 v. 2

Get by defenders at full speed
Attack the defense
1st defender must step defending at ½
defenders job is to make him play East/West
Use same dribble moves

½ Court 1 on 1

1. Partner shooting Shot Fake
   Shot Fake - take ball from chest to above head

Sam Young - Pitt - Shot Fake
Paul Pierce - long shot fake

(A) Shot Fake → Step By (go to right)
Passer challenges the shot - Shot Fake the challenge
"Great one on one players, play through people
(B) Shot Fake - Rip your crossover
~~make~~ make it two moves, don't do it all at the same time ① Shot Fake ② The Move → otherwise you could walk
Create space between you and defender
(C) Rip Through - No Shot Fake, rip through and go on the catch - Can rip right / or rip left, attack the shoulder and the knee
(D) Catch and Shoot 3 - Challenged by the defence

Quick Decision 1 on 1
You cannot catch and hold - 3 second rule → Ball must be out of your hands in 3 seconds → blow whistle if they hold
Offense must do one of the things just worked on
on
miss - keep playing one on one
make - you get behind the fence and catch new ball from coach

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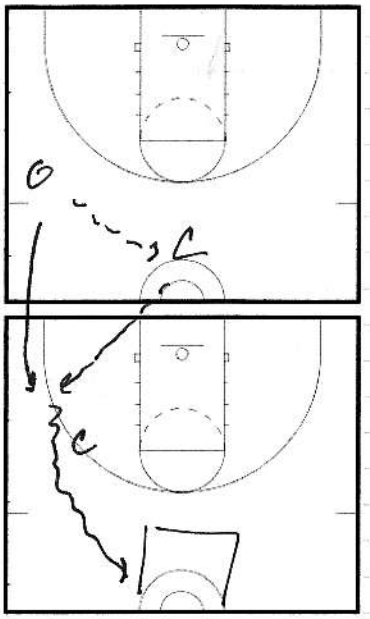
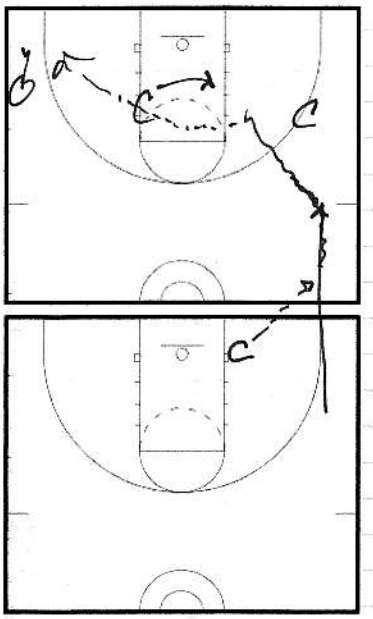
Force 3

(Crean Wing Series)



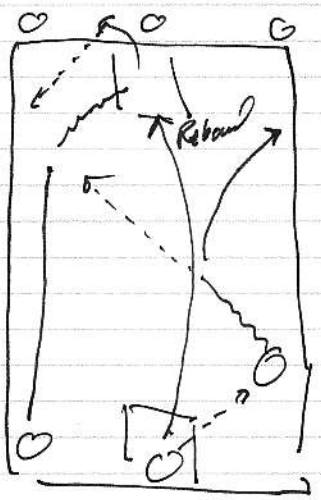
Fast Break Shooting

1. Rip Through explode in for layup
   Speed dribble back to FC
   Rip the ball through no matter where you catch it
2. Rip Through Middle
   Finish on the other side of the rim
   Rip through and push it out front
3. Rip Through middle Pullup jumper
4. Shoot the 3



Fast Break Drive and Kick

Push or Crackback
on the crackback pitch it underhand

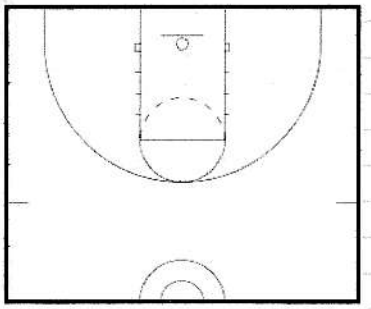


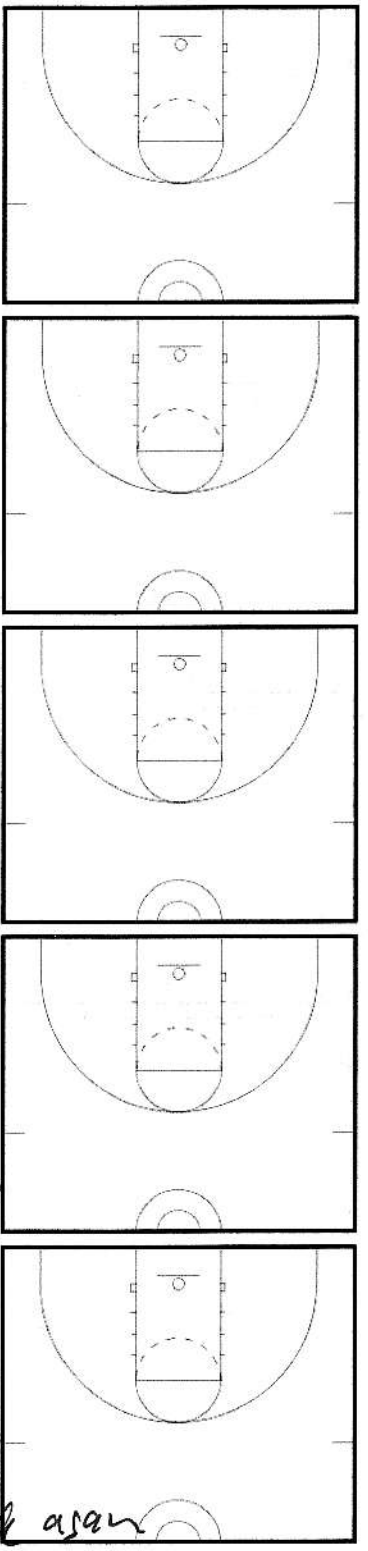
3 on 0
Transition

1. Rip Baseline
2. Rip Middle
3. Rip middle - jumper

Trail big rebound and outlets, and next 3's chases those two

4. 3's
5. Drive and Kick
6. Drive and Kick/Kick again





"It's not what happens to you, it's how you react to it"

Arvada West Basketball

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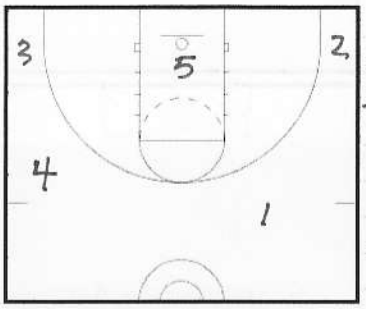
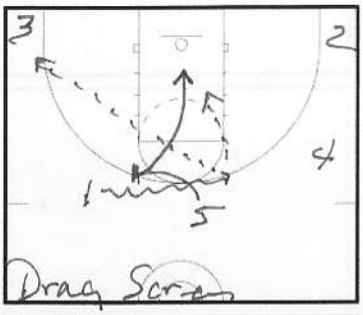
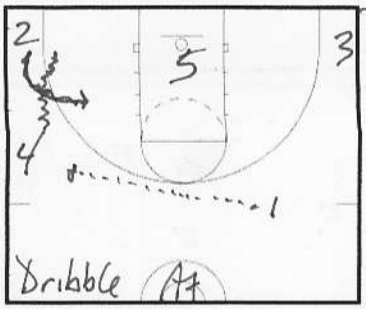
Sean Miller – Attacking zones



1. Define the role of the 3
2. Attack the middle – Rebound
3. Beat the zone down the floor
4. Have a rule for fakes and passes
   * Bounce pass the Post feed
   * Shot fake on skip pass
5. What more – who is closing out on you
   What is he doing in front of you



Drag Screen

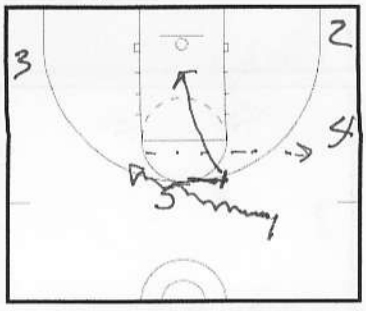


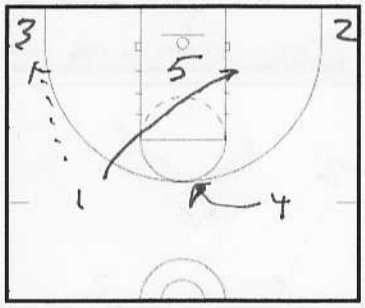
Dribble At

Beating the Zone Down the Floor

Run "Phoenix" on miss → man or zone

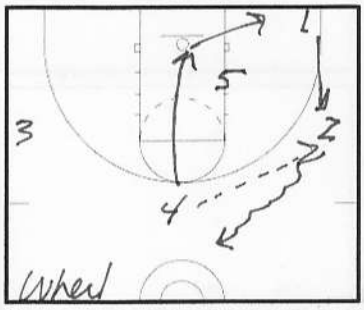
5 man → Rim Runner ← Look to 5 early
(Three others form single side or double side
↳ 1 Rim Runner only
"Wing Runners".
3 Wing runners for pair or single side
Always looking for 5 1→5 or 2/3→5





"Drag Screen" → only rim runner can set ball screen (Transition Ball Screen)

"Dribble At" → Any of the four other players take out the defense

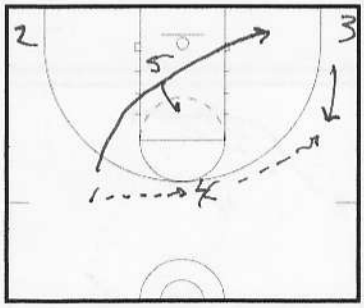


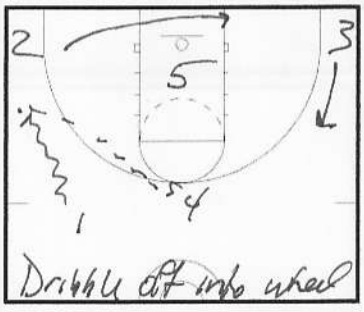
Wheel

If they score → Run "Carolina"
If takes ball out → always look to the R makes you quicker

1 should look "up the street"
"over the top"
"Across the street"

If not there guard cross through the Logo
1st Action → wheel



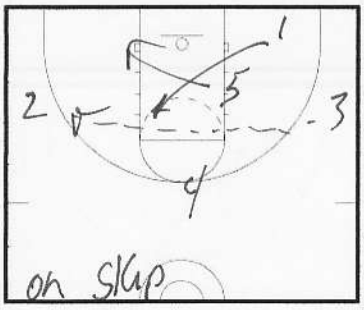


Dribble off into wheel

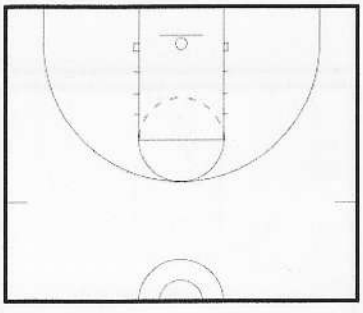
"Ping Passes" Quick Passing

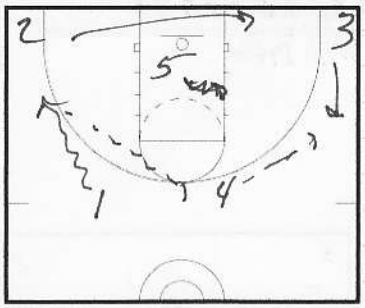
Wheel action ends when ball is skipped

If skipped 5 dives down and X the short corner high

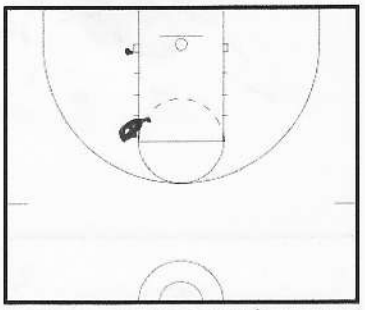


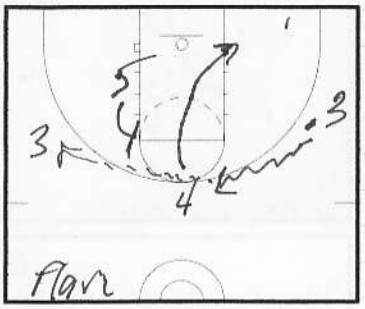
on Skip





3 Must stay below foul line

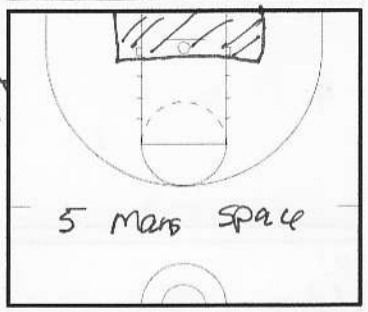


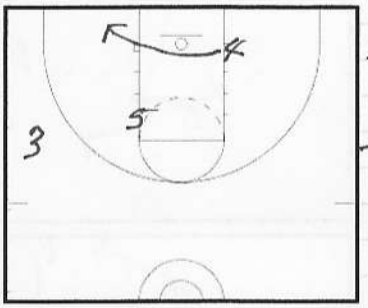


Counter → 5 stays when flare

& Bounce passes to the middle are

Run Runner Can Flash

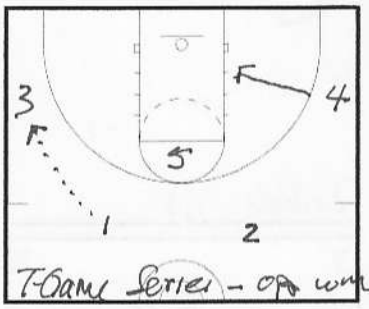




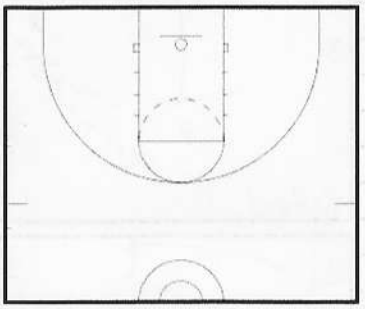
5 Seals his man

"Flash"

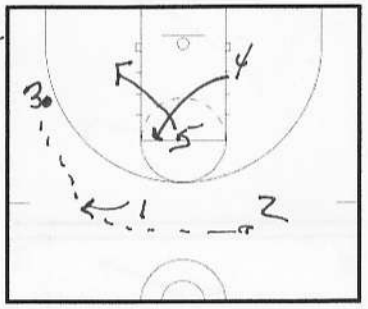
"Movers" – cannot pass and stand must have 2 or 3 movers. They cannot stop in logo area



T-Game Series – opp wing

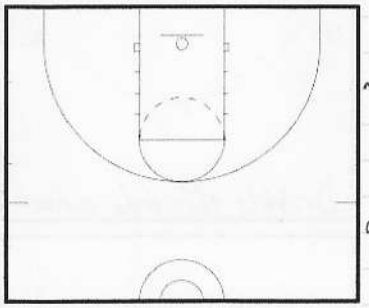


3 and 4 are flashes – when you pass, you move into the logo area and hold for a two count

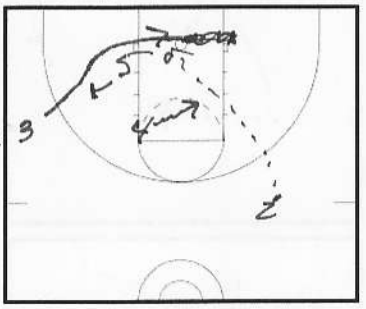


You can't throw an air pass to logo area

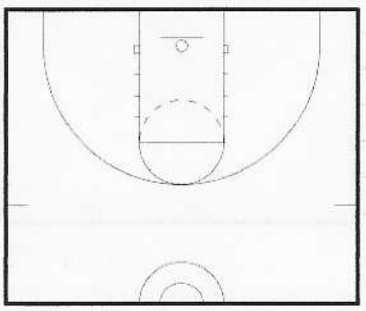
Flashers can ball screen
Run Runner can ball screen ball side after you ball screen – go back where you came from



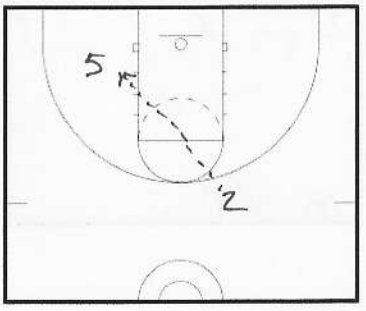
5 sets Butt screen



Sets vs. Zone
T-Game Opposite wing goes to block
"Eagle"



also look to 5 on the seal



It's not what happens to you, it's how you react to it

MTM - Rare Attackers - Sammy

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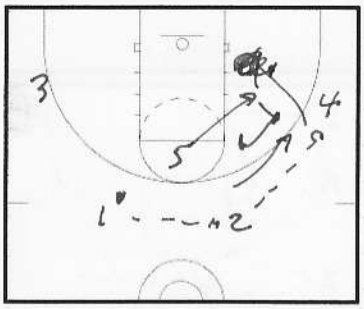
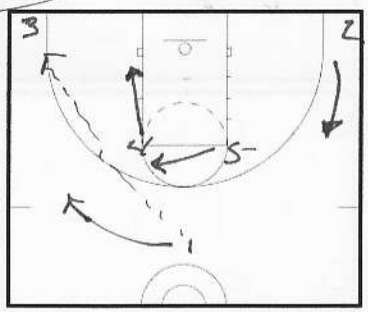


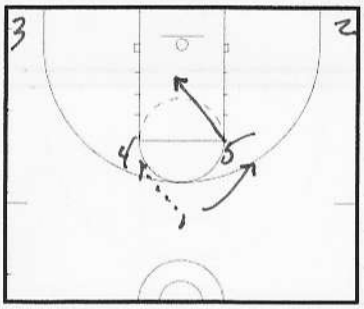
"Double Eagle"

Horns → Corner

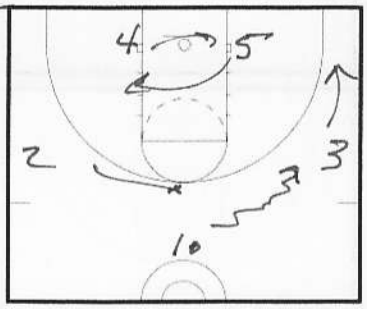
if they take elbows away

4 Cuts to defender
5 Cuts to defender
1 must be immediate outlet
2 lifts





"Horns" → Elbow catch



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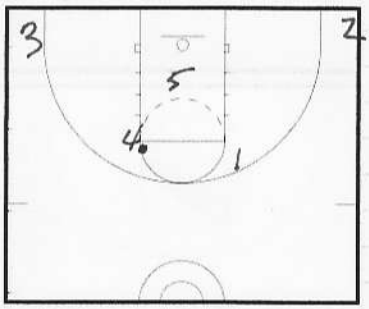
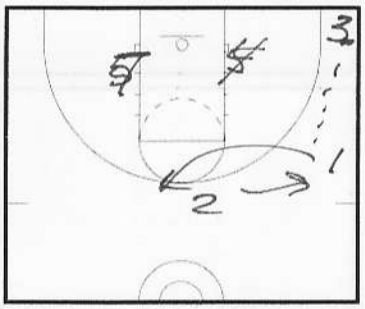
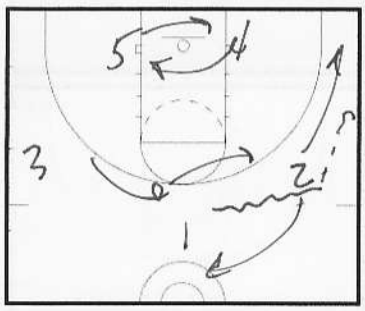


Alignment gives you a quick shot



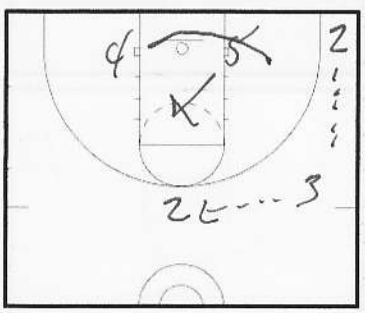
"Diamond" family

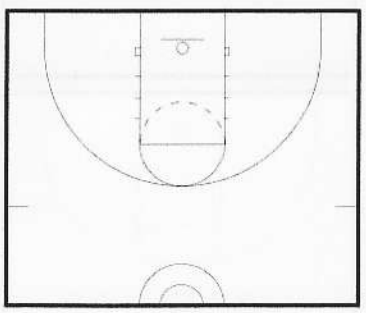
"Arizona" (Push)



"Away"







"It's not what happens to you, it's how you react to it"

Arvada West Basketball

Play Hard • Play Smart • Play Together • With Pride

Herb Sendek - Arizona State

John Chaney vs. Dean Smith → Both guys communicated w/ their dress

What does our team need now

Concept of Awareness

Do you make kids feel like they are the only person that matters → disrupt their importance

Listen →

Rick Barnes - all he did was listen for 2 wks when he took the Providence job

Mark Warkentien - flew to Kentucky to talk to equipment manager → listen to everyone

Seek advice - Good ideas come from anybody

* NBA - Next Best Action

Gary Barnett → Book

Coconut example

What are your players hearing from other people

Rick Pitino - kicks team out of practice after beating the Russians

Even your staff can be a different voice to your players

Listen to what someone does not say

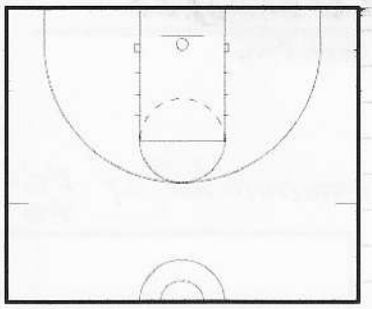
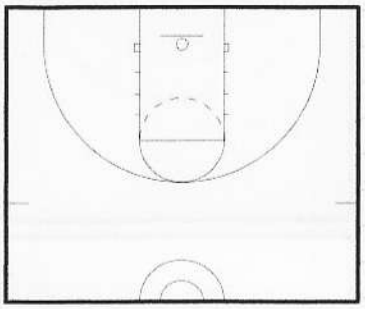
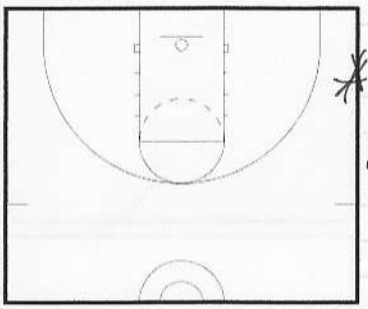
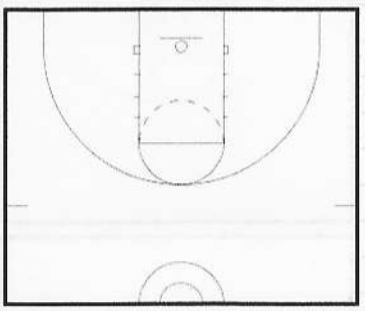
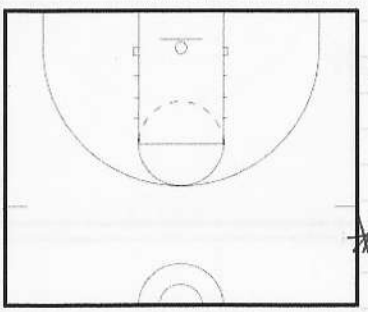
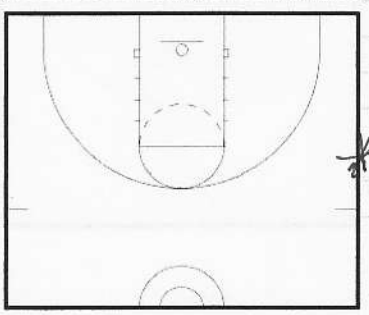
Messages for players → find ways to communicate messages on lockers

Talk to every player every day - be aware of tests, quizzes, successes, failures

Take a player aside and talk to him, ignoring practice - let him know he is important

When you make a point in practice, everyone must be still and listen with eye contact - no eye contact stop speaking

"It's not what happens to you, it's how you react to it"

Ask your players questions

Pitino - give a scout with no notes — lets your team know you are prepared

Communicate with your actions, not only words

Pat Riley would write out his prepractice speech

Communication before a game — Body language volume etc.. → if bad our players don't hear what we are saying

Time Outs → Give them 1 thing on O and D and repeat it

Have all of your special situation diagrams

* Do your players know how to read diagrams

After a game → the less said the better we sound don't say thing you will regret later

Sit eye level with your kids

Office hours — Do they like to come see you in the classroom
Ex. Jerry Wainwright office - Disneyland
I want my players to come see

Have a meeting without them knowing you are having a meeting

Eat with your players

Is your door always open

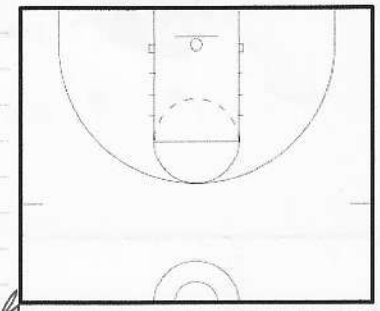
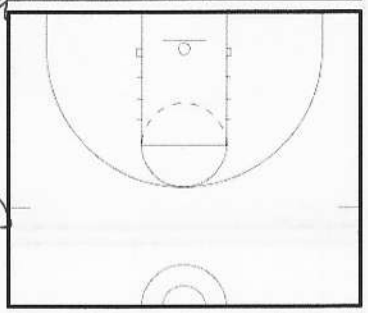
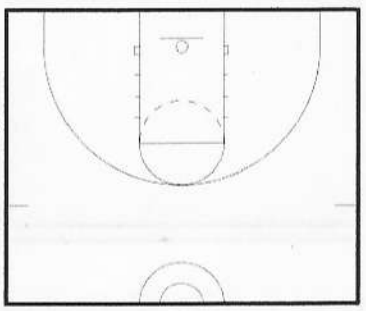
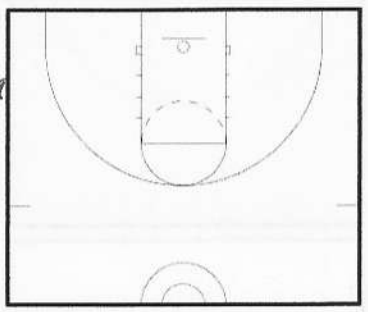
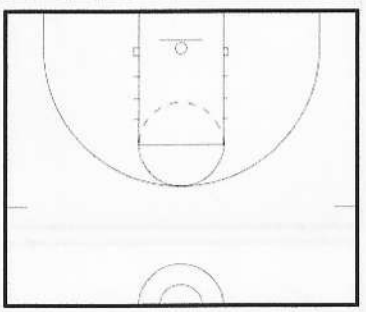
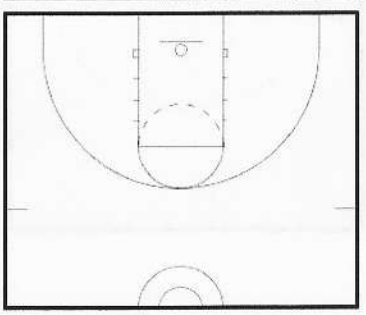
When you are good enough, your coach will play you

* Spend ordinary time with your kids ordinary vs quality time

Use technology to communicate with your players → Text, Facebook, IA

* Do you use books, articles, movies, quotes guest speakers

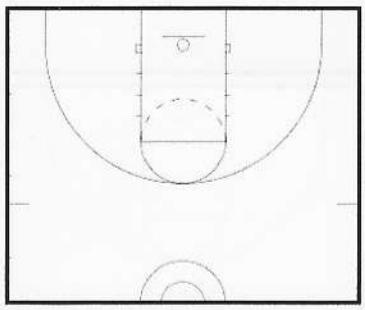
Are you connected to your players circle of influence

It's not what happens to you, it's how you react to it

Arvada West Basketball

Play Hard • Play Smart • Play Together • With Pride



Books on communication
Jem Spence – How to win an argument every time
Denms Waitly

Anger → 1 letter short of danger
example – Lincoln → when angry at generals
letters were not sent

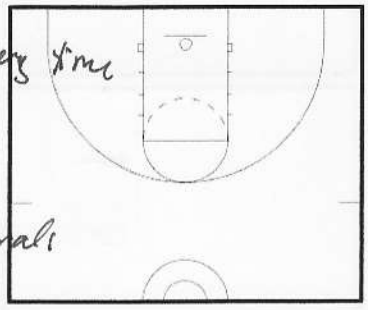
Disengage when angry

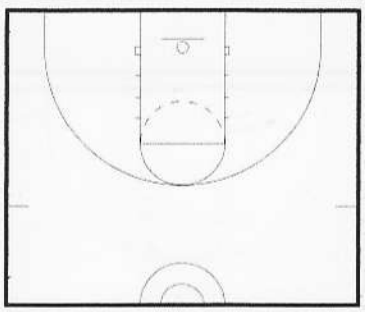
Its ok to admit your wrongs
take the time to tell your players you were wrong → Tell them why

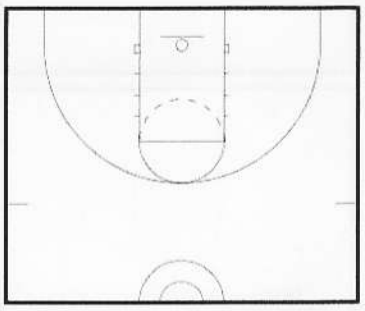
Be a servant Leader – It starts with you
Be the last to eat
Team photo → middle, or on end
What is on your office walls – you or the player
Who is on the publications

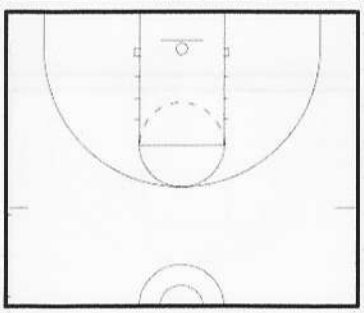
2 Kinds of Leaders
1. Somebody important just came in
2. or when you see that person, everybody else feels more important

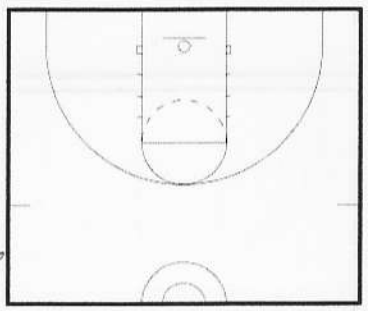
Leadership is stronger when its like a matrix
Cultivate it → Dont wait on it

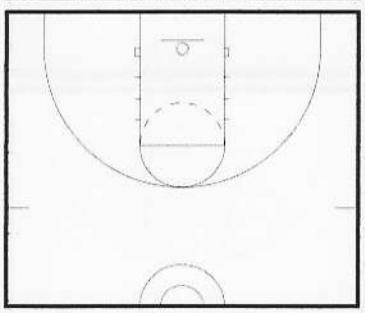


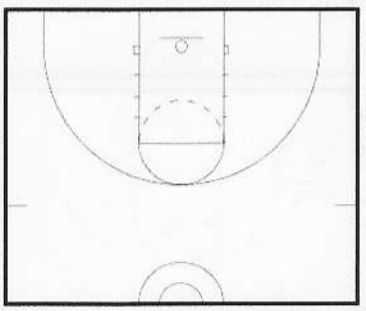


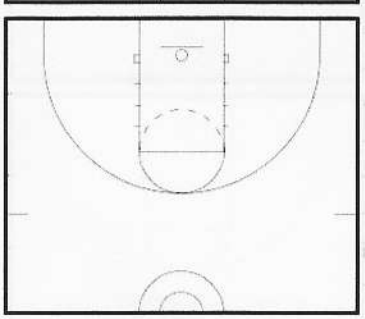


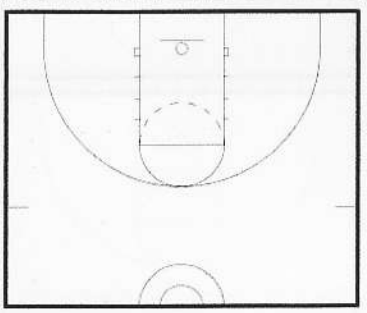












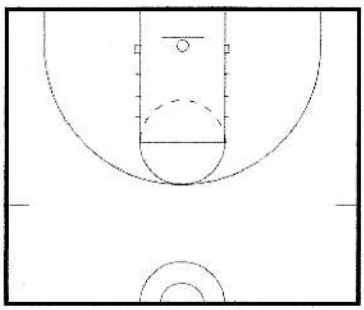
"It's not what happens to you, it's how you react to it"

Arvada West Basketball

Play Hard • Play Smart • Play Together • With Pride

Don Meyer - Shooting

"Strip and Pressure"
↓ outside hand w/ ballside hand



"Wrinkle in wrist" – On Knees to develop flexion
On Back – elbow next to body, shoot imaginary shot – hold one second, follow through
Reach up → hand in 'cookie jar"

Grip → V not an L

On Back shoot ball → Catch it
Can use a partner to catch – retrace as partner puts ball back down

* Use this with younger players

Standing → form shooting pocket

Shoot off backboard → Ball hit board on way down

"Sit in your game"
"Keep it in your pocket, don't drop it"

Shoot back shots, swish your shot, ball hits corner on way down

Rim Drill (2 hands) → at front of rim
hold follow through → work your way back after 2/3 in

"Cover your right nipple"

"To be a scorer – you must get your feet ahead of your hands"

"You have to be tough to be a scorer"

Balance hand not a guide hand

"Balance hand drag"

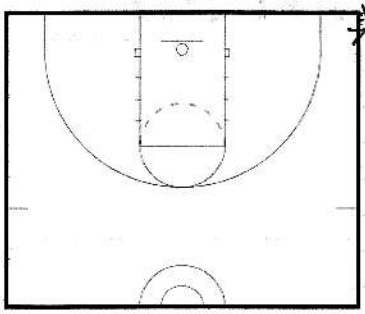
Target → Shoot at the back half of the rim

"Keep the ball straight" → "Back half" →
don't say → don't be short

Before and after practice → Rim Drill
swish the rings on the rim

"Frame the Shot" → See the shot in your window

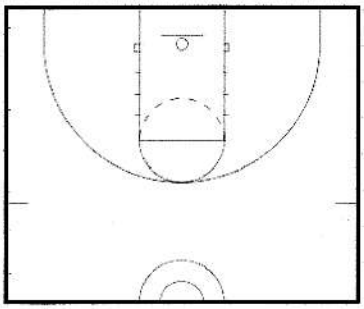
Work on shot fake — like we do jab series



* You must have a consistent arc → makes you miss long or short

Shooting drills → give a bonus point for swishes

Mass practice vs Distribution practice
↳ until you pass

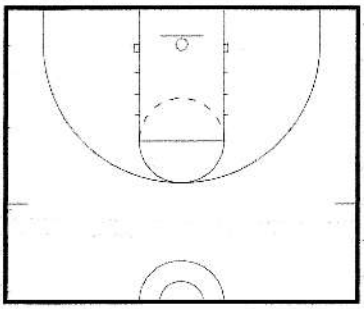


Deep 3 — More than ½ shots from 3
very few FTs

MD — Must dribble to shot

"Knees Bent, Hand Target"

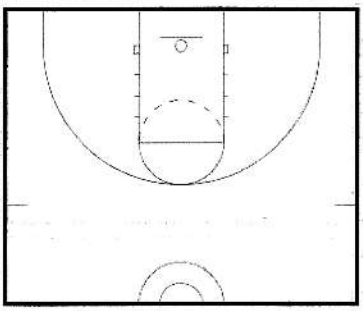
Shot fake → Short Shot Fake → move your hands an inch → don't rip the ball to low → economy of motion → small tight circle



"Ball in the air — feet in the air

Difference between good bad guard

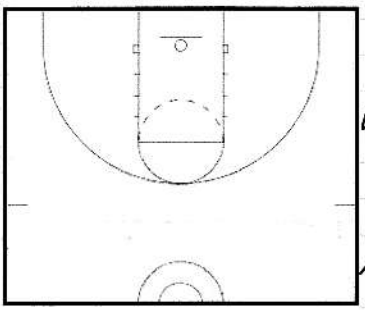
"Balance hand Pickup" — Pickup with balance hand all the time



Ball pickups
1 inch dribble
} with guards

1 inch dribble into shot
Set down and pick it up

"Scan the floor" → John Stockton

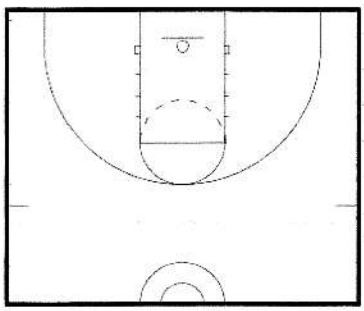


Then regular dribble into the shot

"Your follow through is your signature"

"Catch every ball as though you are going to shoot"

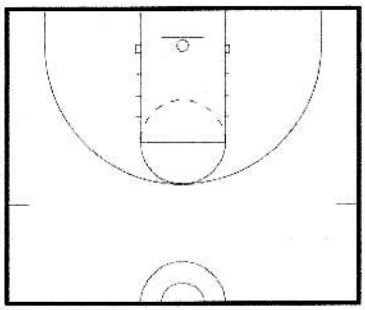
"You don't shoot fast, you get ready to shoot fast"

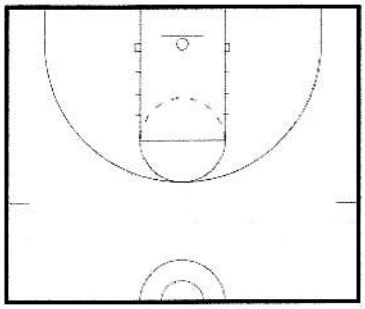


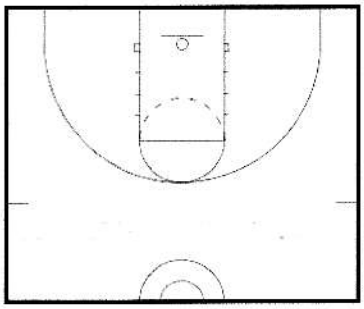
Your preparation gives you the same shot each time

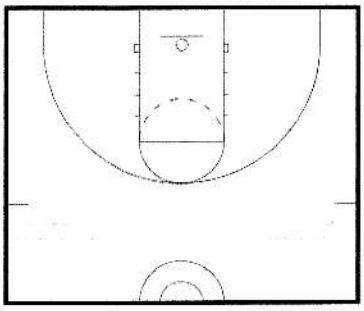
Set your feet ahead, your hands fight for your feet

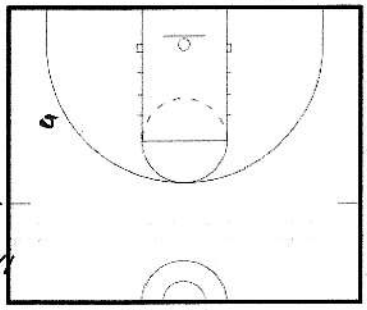
Flare Cut → Run to get separation
no backpedaling

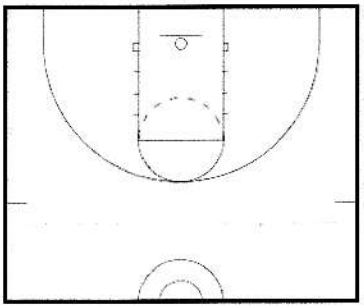












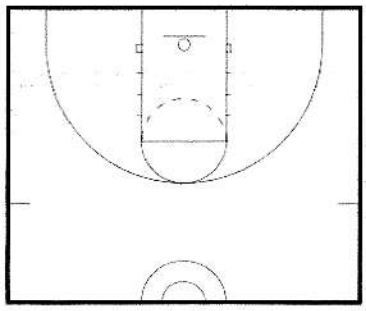
It's not what happens to you, it's how you react to it

Meyer 3

Arvada West Basketball

Play Hard • Play Smart • Play Together • With Pride

Matt.hammer@northern.edu → send clinic email packet



60% of your weight on pivot foot

Shot Fake → Starting your shot - Then stopping it

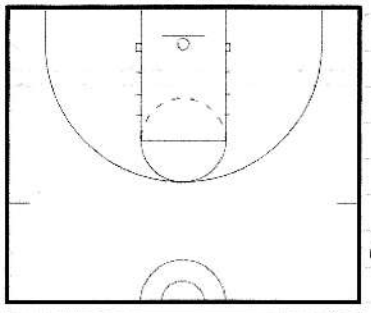
100 3's in under 8 minutes → Bryce Drew Be Careful

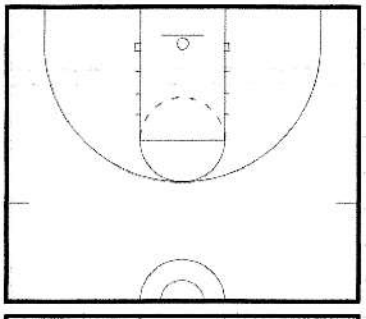
Make 25 3's without ~~miss~~ missing 2 in a row

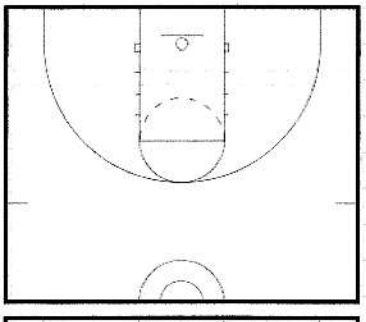
If you miss two - you can still keep it if you switch to next shot

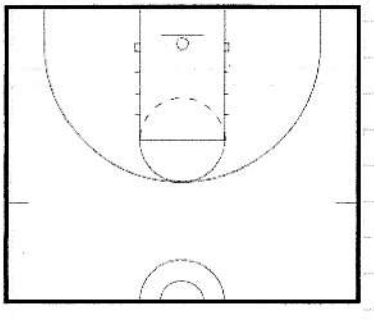
"Go into your shot" → Land 12 inches closer than when you shoot

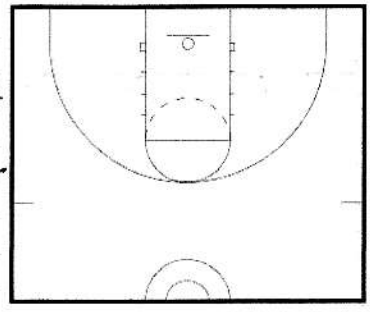
Powershots → Ten Toes to the Basket

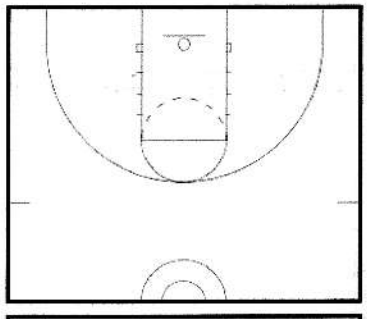


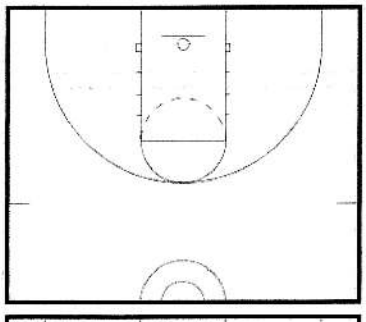


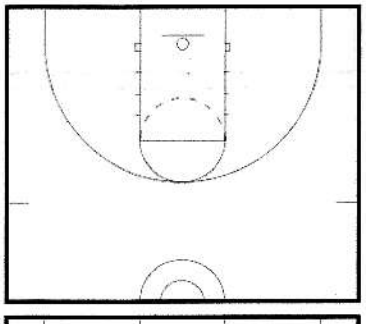


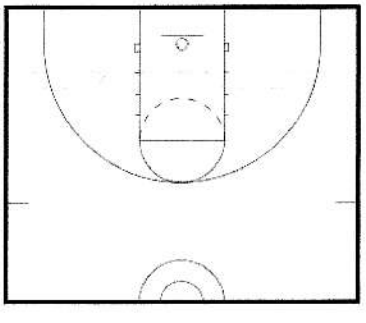












"It's not what happens to you, it's how you react to it"

Coach Meyer

Best Things I've Seen Lately

Fundraising→buy players for what they're worth, sell them for what they think they're worth

Get all the good ideas, but you can't use all the ideas. Find the ones that fit your personality, personnel and your location.

3 Rules:

- Everybody takes notes—survey of the 500 richest people and they shared this trait.
- Everybody picks up trash—leave the locker room clean
- Everybody says please and thank you.—courtesy pays, when you're not courteous you pay.

Salesmanship—everyone in your program is a salesman.

Good team 1 or 2 players do the dirty work, great program everyone does the dirty work.

Keeping The Team On A Sharp Edge

- If you have to try hard to try hard, you're screwed
- Have to clean the hog house everyday, b/c you know what hogs do
- Good is the enemy of great—if you accept being good, you'll never be great.
    - Expect—Inspect—Accept
- Never let your players or coaches get satisfied.

How To Keep Yourself On Edge

- Time by yourself—solitude
- Family—Coaching—place where nobody can find you, so you can find yourself
    - Prayer—others first, then self
    - Read a chapter of proverbs daily
- Arrogant people aren't wise
- Humility
- Calipari was able to make fun of himself
- Eccl 5:20
- You can never retire. Have something to occupy yourself.
- Beginning of wisdom—is knowing you're not very smart
    - Proverbs 15:33, 18:22
    - James 3:13

Leadership At The Top

- It all starts at the top—Wooten
- Like pornography—you know it when you see it
- Army of lions led by an ass, will always be defeated by an army of asses led by a lion.
- Man bent on revenge must first dig two graves
- It pays to be a winner—Navy Seals

- Get the book, "Lone Survivor"
- Wooden to his leaders:
  - Be our hardest workers
  - Take care of the stuff off the floor
  - Leave everything else to the coaches
- NBA 2 buses
  - Rookies, etc., low minute guys 3 hours before the game on the first bus
  - Studs on the second bus 2 hours before the game
  - Tim Duncan always rode the 1st bus, then they realized they only needed 1 bus
  - Popovich runs his organization. They still do it the right way.
- Fox Hole Test
- List your 3 best friends and I can tell you how your life will turn out

Staff

- Loyalty
  - 2 kinds of people will get you
    - Gossip—says behind your back what he won't say to your face.
    - Flatterer—like perfume, ok to smell, but don't swallow it. Says to your face what he won't say behind your back.
- How do you treat people who can't do anything to you or for you?
- Warren Buffet on hiring
  - Work ethic
  - Intelligence
  - Character
  - The first two without the last will kill you
- 3 types of guys to hire on your staff
  - Paul—veteran guy that you can bounce ideas off of. Has time and experience.
  - Barnabas—Moral compass. Friend.
  - Timothy—younger. Lots of momentum. Potential. Bear Bryant—people knew he was going to be great long before they called him "Bear".

Points of Contact

- Don't talk about yourself when you meet someone.
- Listen.
- Harvey McKay—kept info on people, job, kids, pets name, etc. Remember little things about people.
- Who's helping you when you're not there. Who's buying time for you when you're not there.

Four Types of Coaches

1. Unconscious & Incompetent—clueless. Doesn't know what he doesn't know.
2. Conscious & Incompetent—works clinics, hangs around coaches.

- When the game is over it all goes back in the box

God's Hall of Fame Poem

Discipline

- *"Nothing is more harmful to the team than the neglect of discipline, for that discipline more than talent or athleticism, give one team superiority over another."*

Planning Tips

- Plan, Prepare, Practice and Play like you just lost your last game.
- You can tell when a team just lost.
- Plannerpads.com
- Plan the week on Sunday—Program/ Faith/ Family, then plan the next day the night before
- Getting things done book
  - Pg 238—Suspense file—how you keep track of stuff you don't keep in your planner.

Build

- Tough
- Effort
- Attitude—all you can control is attitude and effort
- Motive—some kids work hard for themselves
- Servant leaders

4 Things To Do To Build A Team

- Shared Ownership
  - Can't have renters on your team
  - Can't have mercenaries
  - They must invest
- Shared Suffering
  - Nothing brings people together like suffering
  - Practices tougher than games
- Individual Responsibility
  - Test kids. Make them accountable.
  - Only time we use "individual" is in responsibility.
- Collective Pride
  - No I, Me or My
  - Only US, OURS, WE

Never sacrifice toughness and attitude to get size and quickness—Jim Tressel

Players sign in daily in the office—test scores, assignments, due dates, etc.

Need Assessment

What should be – What is = NEEDS

Visionary as a coach—See/ Sell/ Paint Picture—everyone must paint the picture

Lamar Hunt—owner of the KC Chiefs

- Decide what you want
- Find out what it will cost
- Find out if you are willing to pay what it costs

One Minute Assessment

- 1 thing you did well and why, 1 thing we can improve on

Socratic Method—don't give them the answers.

(NEED THE WILLIAM SAFFIRE QUOTE)

Don't Whine, Don't Complain, Don't Make Excuses

Those who can't or won't compete—COMPLAIN—sissies that don't want to work

When bad things happen:

- Don't say why me, say, what now?
- NBA—Next Best Action. I'm alive because our team did this.

Work Hard, Smart, Together

Practices

- Coaches job is to simulate game situations—Paterno
- Practice the game in the manner in which it's played—Hank Iba

Sign of a sick program are kids bitching to officials.

Process over product.

Look for teachable moments. Informal moments.

LaRussa carries a fungo bat around before practice and games but never uses it. Touch 1/3 of my tea per day.

Have a meeting without meeting.

Teaching

- Praise
- Prompt (correct)
- Leave—watching but aware

Standards most players set for themselves are in a comfort zone.

MacArthur's rule

End of each year ask: *"I just got the job, now what am I going to do?*

Dictaphone

- Then put notes in a journal
- Two journals
    - Player workouts
    - Team ideas

Have to handle confrontation as a coach.

Career

- Survival—pee blood every time the phone rings
- Success—want to win a championship
- Satisfaction—skate, go thru the motions
- Significance—say the school's name and immediately think of a person
- Spent

Ask Every Season:

- Tough enough?
- Athletic enough?
- Mature enough?
- Skilled enough?

Soft rain daily in each of these areas.

You must run, not gun.

Ballside defense makes you tough.

Stance—Lavin, play hard

Vision—allows you to move to position

Position—

Talk—your position for ball and in front of ball

Anticipate—

Move—according to our rules

Keep your notes so you can retrieve, review and reinforce

Seek to leave the world a little better place—Naismith.

Grind it out every day.

3. Conscious & Competent—knows but there's no flow. Anal. Anal coaches will always have good teams but never great teams.
4. Unconscious & Competent—he knows and it flows. Doesn't have to think about it. Jordan and Tiger.

Tiger—100 nine foot putts in a row to end every workout. If people knew how hard I worked they wouldn't say it's so easy.

Krause's Rules:

- Find your unique talent or gift.
- Develop the talent or gift to the highest possible level.
- Give your gift away every day.
    - The only buzz you get in life is giving your gift away.

For the love of the game.

War and Peace

- You can measure a person by how they respond to a challenge.
- All societies are destroyed from within.

Bum Phillips—two types of coaches, them that's been fired and them that's going to be fired.

Good administrators never give a good coach a reason to leave.

Don't wrestle with pigs, because you both get dirty and the pig likes it.

Don't make decisions b/c they're easy or popular, make decisions because they are right.

Tough Times

- Grass is always greener over the sewer.
- No matter how bad you have it, somebody has it worse.
    - Treat everyone with kindness and respect

Keep Alert/ Stay Calm/ Do Not Be Afraid

Be thankful for tough times. Necessity is the mother of invention, because you have to.

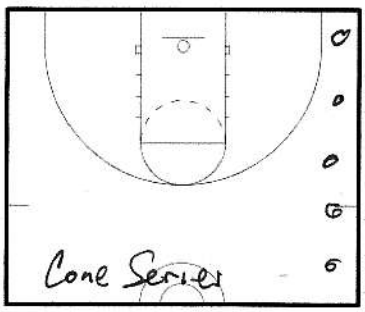
F Words:

- **Faith**—assurance of things not seen
- **Family**—wife, kids
- **Friends**
    - Eph. 6:10-20—team of left tackles. Armor in front of you. Looking out for everyone else's blindside.
    - To know if they're my friend, when I'm with them, I don't have to measure my thoughts or weigh my words.
- **Fitness**
- **Finances**—charity, family
- **Figure it out for yourself**
    - Then teach your kids to do that

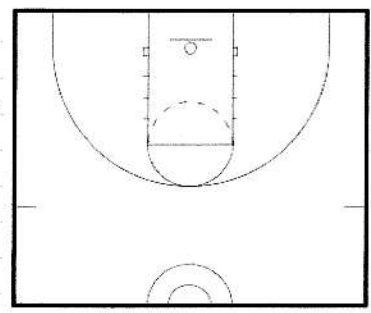
Arvada West Basketball

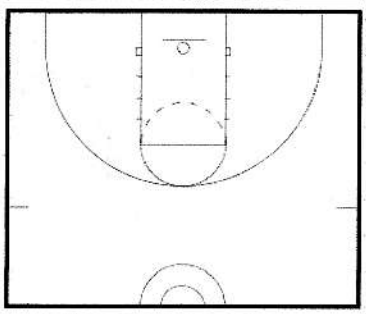
Play Hard • Play Smart • Play Together • With Pride

University of Illinois
Bruce Weber – Vegas 09
Offensive Skill Development / Ball Screen Schemes



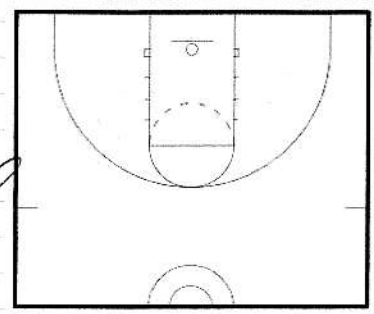
1. Coaching must be your passion
2. Believe in team success
3. Best player needs to be your hardest worker
4. They must believe in system → it changes each yr.
5. BB is a game of habits
6. Practice must be competitive
7. Footwork every day, shooting, 1on1, 2on2

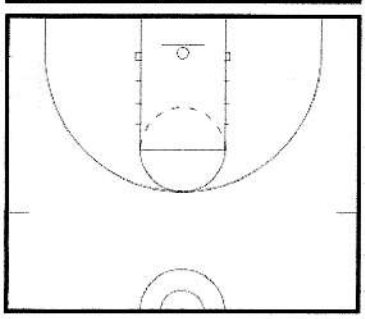




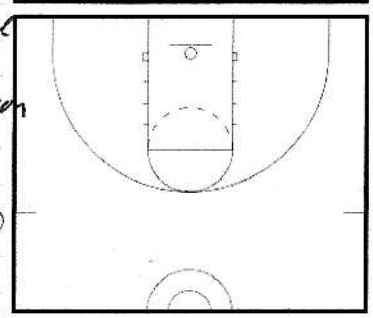
Ball handling Drills – Change it up with your drills
Keeps their attention

1. 2 Ball Dribbling – Rytnm. Non-Rytnm
   * Ball Below Knees
   - Stationary, on move to ½, backward
   - Speed dribble, Speed back
   - On move – between legs. Behind back
   - 2 Ball Zig Zag vs. a defence to ½

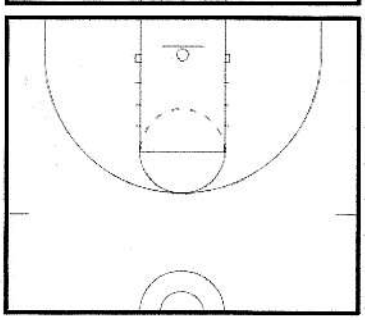


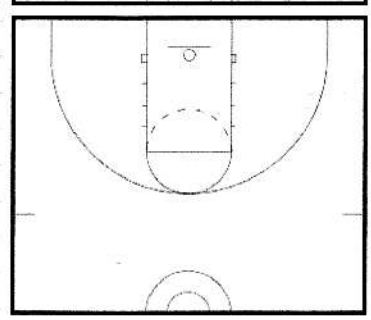


1 ball – Zig Zag vs. Blocking Dummy – Bump the whole way
- 2 vs. 1 in the circle – 2 guys pressure
- The ball with pack in the circle

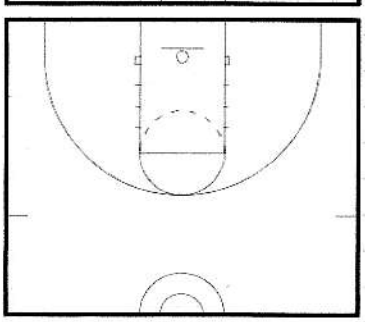


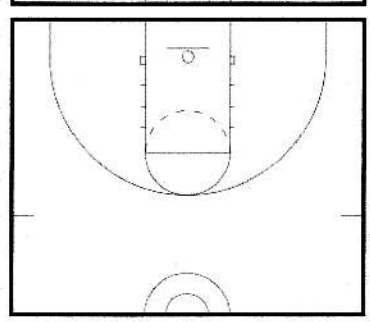
Cone Series
1. Dribble around cone low with same hand
   Switch hands coming back
2. Python Dribble – 2 hard dribbles then cross over
3. 2 Hard – behind back
4. Between the legs
5. Inside Out – Hard away

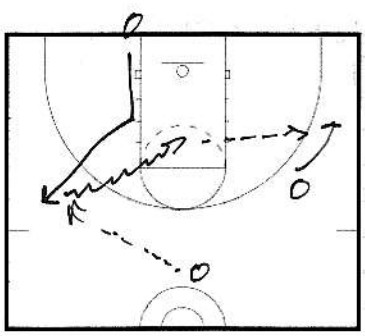




Weak hand Series – (Partner Passing)
Face each other 15'
Pass with weak hand
1. Cross Over
2. Behind Back
3. Around the world – behind back, cross in front

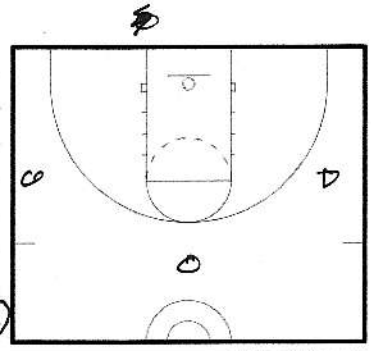


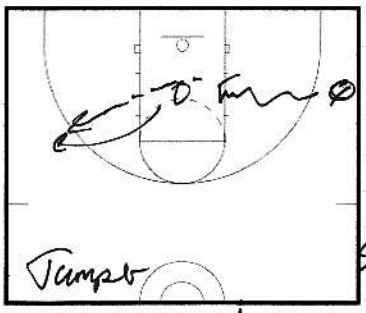




Step up into Layups — (Shooter Series)
Rip to a Layup
Rip to a pullup J

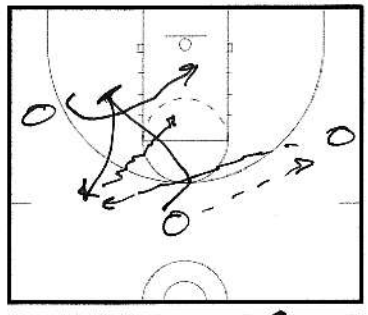
Rope
Series — * Keep the rope tight
1. Middle Drive
2. Drift Pass
* Draw and Kick serves with 2 and 3 guys



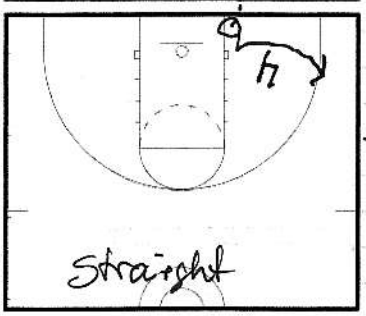


Same action off a curl screen
Back Screen

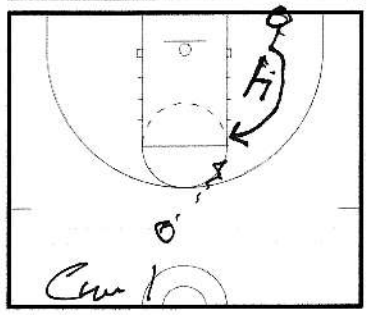
With 3 players — All 3 must touch it

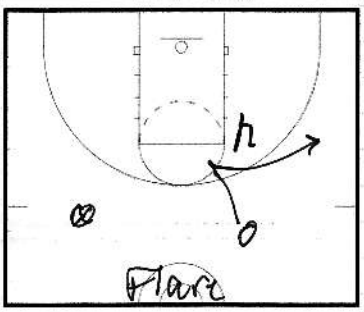


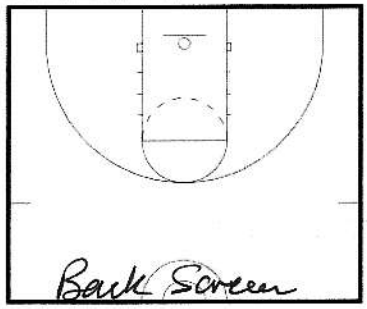
Shooting Drills — Try to make competition
4 Cuts — Sprint
Curl
Flare
Back
} incorporate all into shooting drills

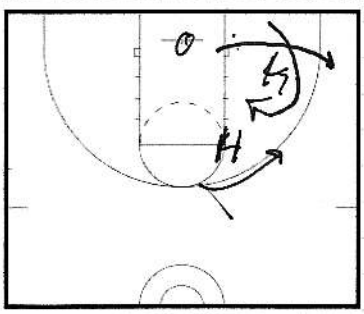


3 Shots — get all 3 off in 10 Seconds - you need to touch the block → Then 3 in a row in 10 seconds → or your starting pt.



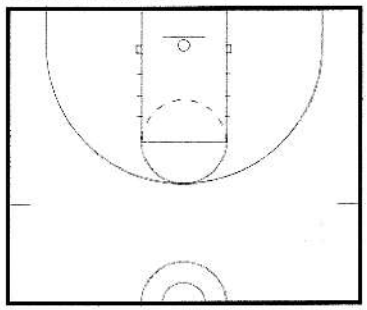




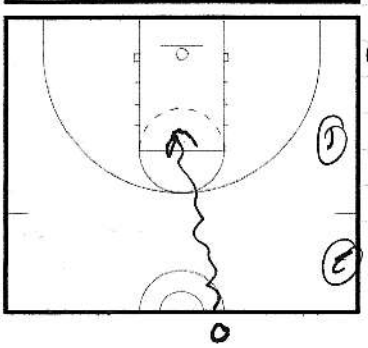


3 Shots in 10 Seconds

Same setup other side of Door → you have 20 seconds

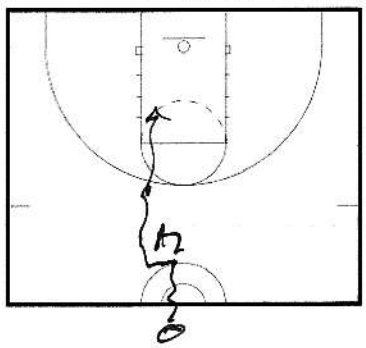


Same series with the Four cuts with shot fakes
* 14 Seconds *
1. ~~Shoot~~ Shot Fake
2. Pop from — No shot fake



Pullup Jumpers from ½ Ct
You have 2 dribbles to get to paint
Right hand / left hand

Make crossover move at chair, get into the paint →

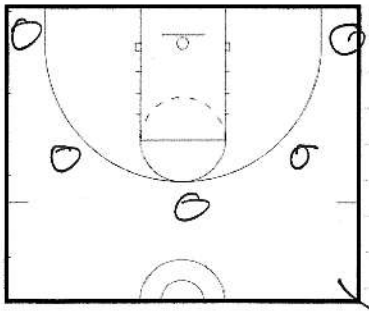


It's not what happens to you, but how you react to it

Weber - 3

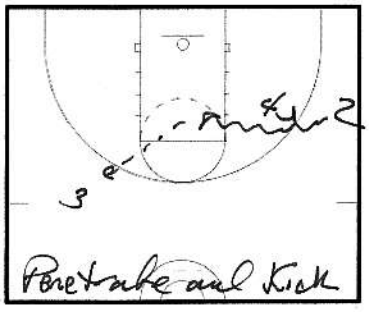
Arvada West Basketball

Play Hard • Play Smart • Play Together • With Pride

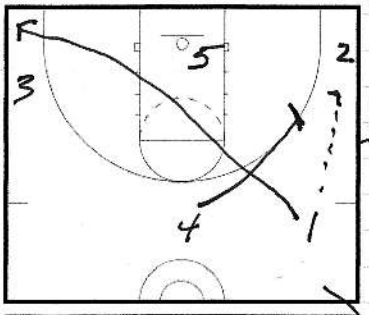


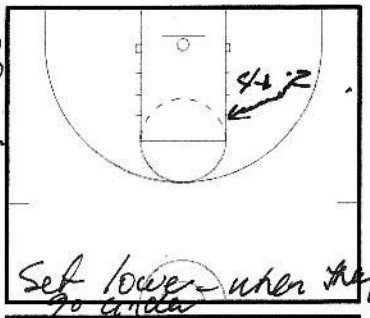
(1) 1 minute 3pt shooting — Must make 10
2 ball 2 Rebounders — you have to move after each shot

2 → 20 up to 10 minutes →
3 min → 30 100 3's



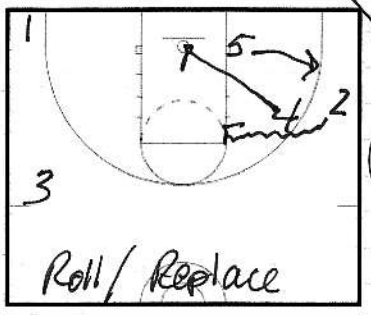
(2) You have 1:30 to make 5 shots from 5 spots w/ Rebounder and a feeder

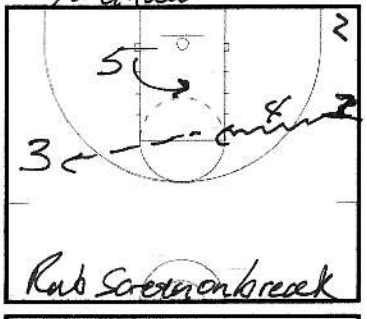




Ball Screen Action

1. Gets the ball in hands of your play makers
2. Your always defining roles - this helps
3. Bigs struggle guarding out on the court
4.

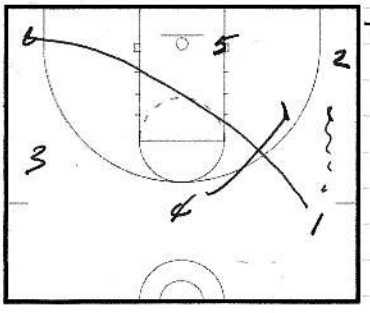


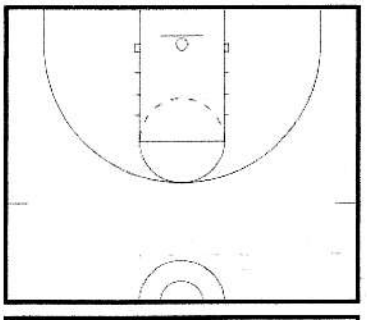


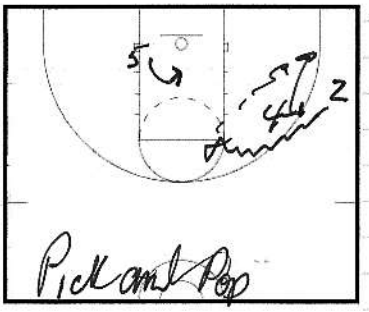
→ Different Angles

(1) Trail sets ball screen
Ball handler must want
Screen get wide and low
Ball handler must get separation

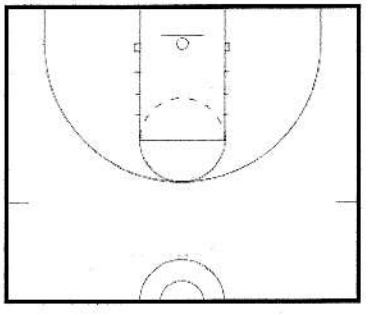
* If they go behind → set it lower



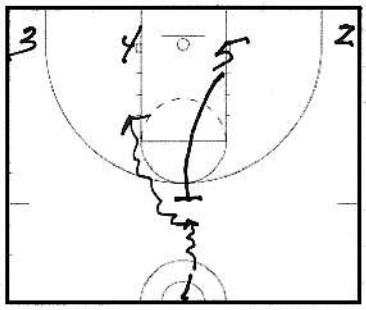




Pick and Pop vs. hedge
Ball Screen into "Rope" Action

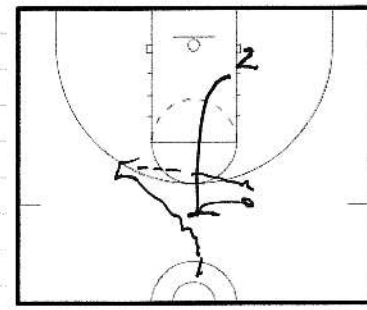


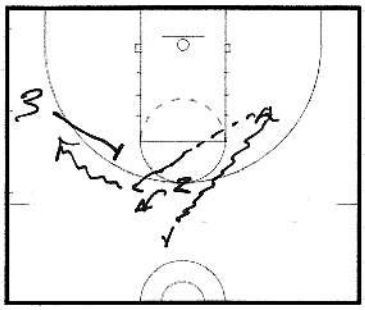
④ - Weber



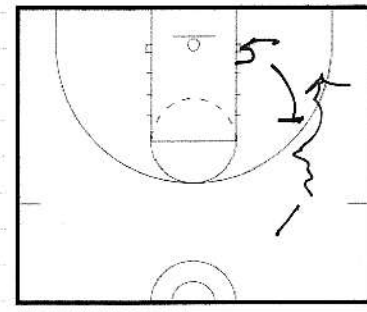
Butt Screen or Up Screen
5 Comes up Butt to baseline
1 uses the screen — 5 can change the angle of the screen based on the defense
2 and 3 can relocate up to the wing

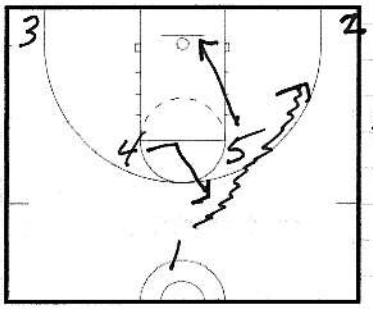
Can Butt screen with a guard - pick and pop
" little Butt "



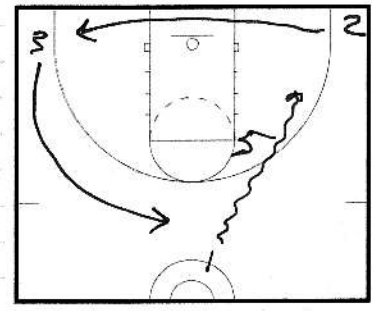


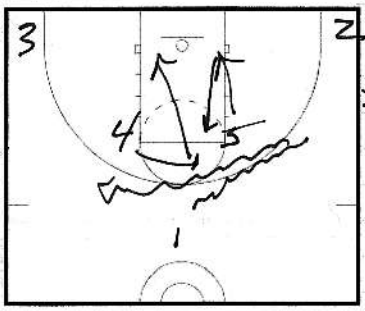
Pick and Pop into a side Ball screen
Transition into side Butt Screen →



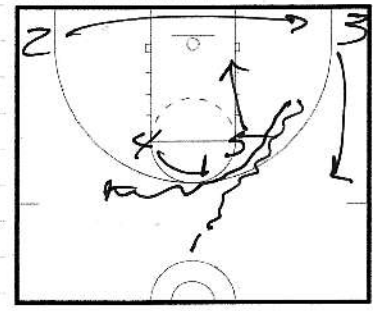


Elbow Screens — 5x or 4x
* Option → Run 2 away, 1 At 3

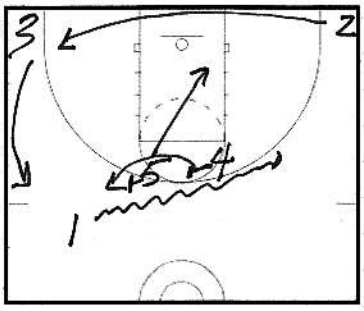




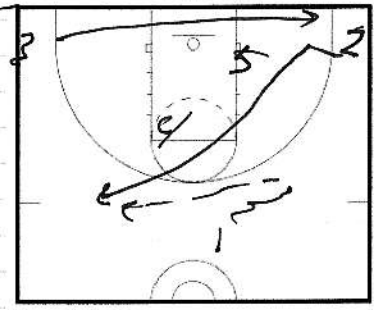
54 → 2 elbow screens
* Rotate 2 and 3 →



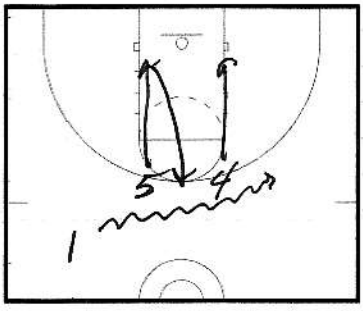
"Top"
2 Ball Screens → Single, Sing 4
2 and 3 can stay or circle

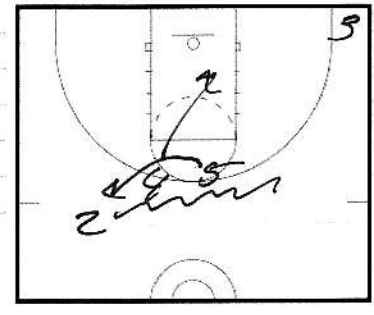


"Pro Cut"
Treason Cut
2 needs to look to Pop



Roll / Roll and Replace



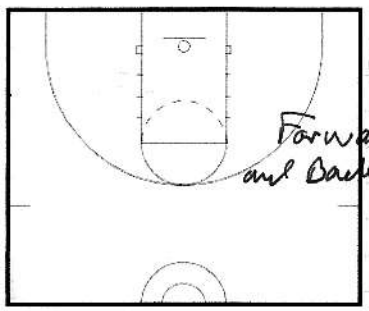


It's not what happens to you, it's how you react to it

Arvada West Basketball

Play Hard • Play Smart • Play Together • With Pride

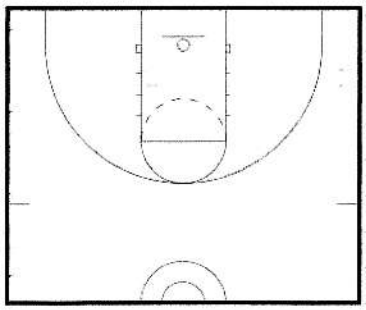
Alan Stein



1 Structured Warmup – Physical and Psychological sets the tone for your workout
- Do something that involves all major BB movements
- Skip touch ball belly to back
- skip Side to Side
- Chin twist side to side
- Side Gallop → same series

Keep Ball High

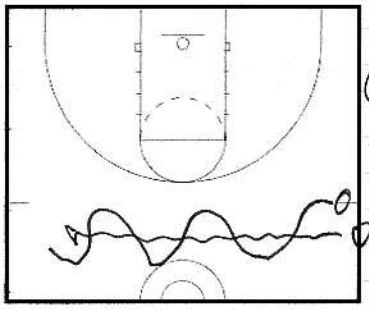
* Must talk and communicate w/ energy



(B) 1 Leg bound Block to elbow stance → slide to sideline / Backpedal

(C) Knee to Chest → Rotate Out (Groin)
Heel to Butt → Raise opp hand high

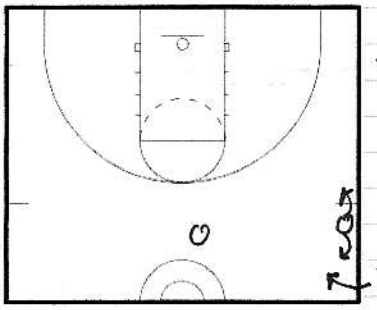
(D) Balance on each foot → touch opposite hand to the ground



(E) Lunge to R and L → skip, palms to floor - same

You have two choices - you are going to work hard or your not → not working hard is a choice

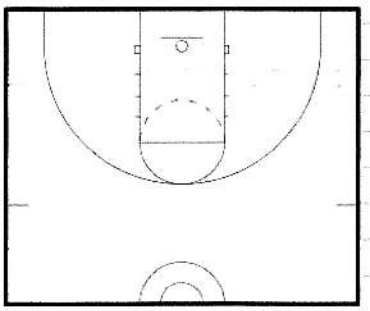
Drill → Roll ball from sideline, partner circle the ball three times



2 Ball – first ball & chase then find the second one

Arms extended ball drop - must catch 3
Ball cannot hit the floor twice - if he leans, back up

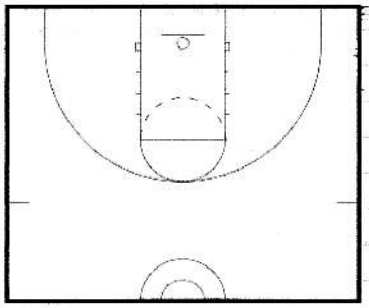
Turn find and catch ball in one bounce, on Ball Call



2 Ball Dance – Catch with the near hand on one bounce → same drill no bounce – 1 minute on clock learn to slide or run

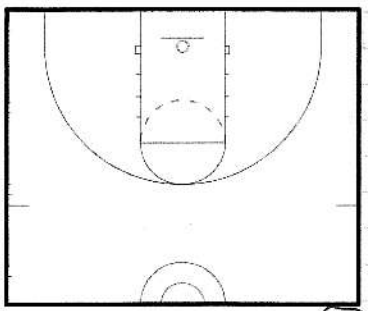
Partner → hands on top of partner - arms extended - Ball is dropped → catch before it hits ground
↳ Use this drill as rest interval

"It's not what happens to you, it's how you react to it"

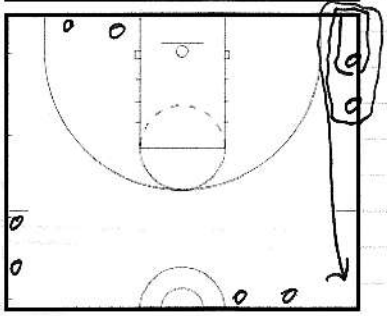


Strength Segment

Core Series -
Plank Position - hold for 1 minute - arms extended
Knee to elbow
Push up with ball under one hand - "Pop"
Slam ball behind head and between legs
(On your butt)
Bicycle
Hold ball on butt → stand up 10 times



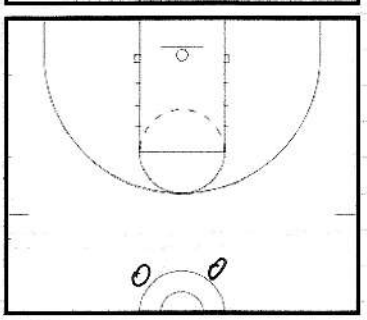
Conditioning



Cone Conditioning

Slide to lane line - Sprint ~~back~~ back

20 in 20 → 20 Successes, you get rest in between, start on the minute

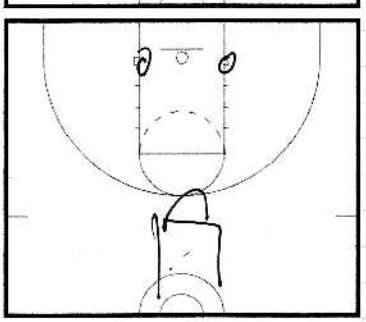


1 Sprint to your corner
2 Sprint to backboard - jump touch
3 Defensive slide to sideline

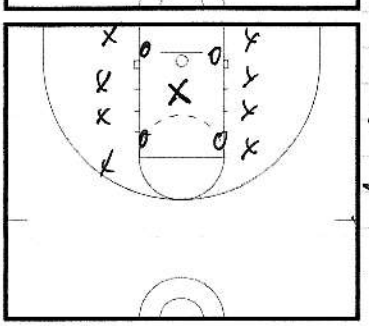
↙ Call Combinations.

Players on sideline echo calls for other 4

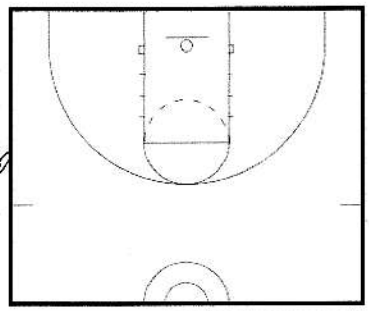
"Point" - Slide in direction
"Get Back" - Sprint back
↓
Reverse → sprint first direction
slide back

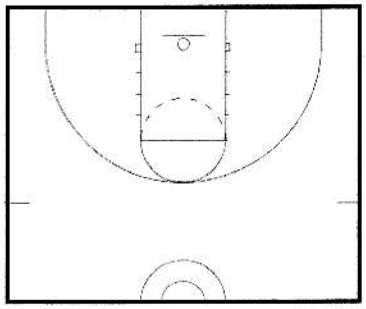


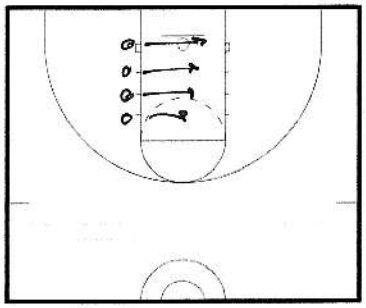
Be Comfortable Being Uncomfortable
"Clean the Square" 1 Minute

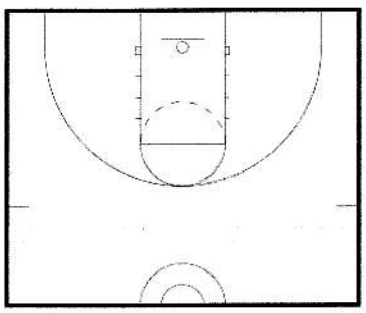


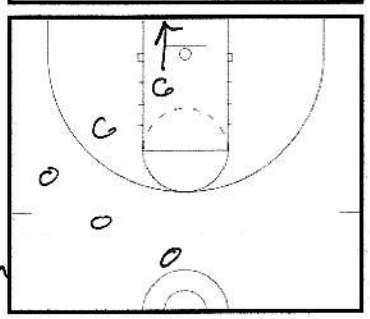
Alan St 301.602.9393
It's not what happens to you, it's how you react to it
Alan@strongerteam.com

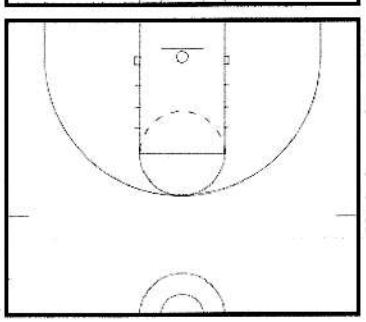












NIKE CHAMPIONSHIP BASKETBALL CLINIC

April 17, 18, 19, 2009

Myrtle Beach Convention Center

Mike Rice



Robert Morris University

"Half Court Pressure"

-Championships in basketball are won with defense. 80% of 1 bid league champions in 2009 ranked either 1st or 2nd in their conference in field goal % defense.

-Had some great opportunities to grow as a coach in his assistant coaching stops. Each one was a very good defensive coach, but all four went about in very different ways.

Mike Deane (at Marquette): Pack Defense defending everything inside-out

Phil Martelli (at Saint Joseph's): Defensive pressure and doing anything to keep offense off balance.

Jamie Dixon (at Pitt): "Thug 'em, Mug 'em Defense." Just tough, hard-nosed defense built through their practices where they do the same set of defensive toughness drills every day from October to March. "You couldn't bring soft recruits to practice because they'd be scared."

Nick Marcachuk (at Fordham): 1-3-1, 2-3, 1-2-2. Loved Zones

↑Learned from all these and began to create his own philosophy (was also blessed with the opportunity to work for the Hoop Group running Eastern Invitational where he would regularly attend practices of the best high school coaches in the East including Bob Hurley (St. Anthony), Kevin Boyle (St. Patrick's) and Speedy Morris (Saint Joe's Prep).

NIKE CHAMPIONSHIP BASKETBALL CLINIC

April 17, 18, 19, 2009

Myrtle Beach Convention Center

-Even with all these experiences, the thing that most influenced his philosophy was a 15 minute cab ride. In 19__ while working as a restricted earnings coach at Marquette, one of his jobs was that he would ride with former coach Al McGuire to the airport. McGuire rarely talked basketball, but one quote changed the way Rice though about defense:

"The more they think, the slower their feet"

↑

Defense must be instinctive. You need to engrain the movements you want in your player's heads to the point where they no longer have to think them. You need to make your players instinctive. Instincts are always discussed offensively, but what about defensively?

-Has drilled the idea "If we defend, we have a chance" into his players at RMU

-It's simple: "How can I help my team?" ←As a coach, he needs to make the answer instinctive. The defensive rotations need to be instinctive, everything needs to be instinctive.

-His kids at RMU aren't as tough as he'd like so he's had to demand tremendous ball pressure in order to get possessions over with because he noticed that if the opposing team's offensive possessions lasted beyond 25 seconds, they were most likely going to finish the possession with an open layup because his kids weren't tough enough to defend for the full 35. Therefore, he's instilled tremendous ball pressure in order to get the possession done in 20 seconds.

- Our 5 Rules Defensively:

1. We dictate to you on defensively. We attack

2. Force ball sideline and baseline: our chin on your top shoulder. We don't drop our feet to open up. We dictate defensively what you do. EXCEPT on baseline or at the top of the key where you are chest-to-chest (defense there at the top of the key is so important because that's the penetration that really kills you because it is so tough to help on).

3. Make teams play faster than they want to

4. **Switch 1-4**: You might call us lazy because we don't want to fight through picks, but I just don't think I have tough enough or smart enough kids at my level to get through screens. We switch everything – downscreens, backscreens, ballscreens, dribble hand-offs. You need to be strong and athletic to play this (2 things we emphasize heavily in recruiting). Tough kids are so rare today.

5. **Energy + Intensity**: We have to have it.

-So important for us (and any defense) is containing dribble penetration because without having to help and rotate, it will be a much better defensive possession.

-We heavily emphasize closeouts (and mirroring the ball) because a. good closeouts prevent the offense from passing and reversing the ball with fluidity and b. if we get one great closeout, BAM, the offense is back to zero and everything they positive they had accomplished prior in that possession is negated because they're cowering with the ball behind their head

-You have to make things fun for your kids. Make everything a game to keep them interested. Whenever someone takes a charge at RMU all 4 players need to help him

-Don't deny wings or any perimeter passes, but instead sit in help.

- Because of our switching we love playing teams that get a bulk of their offense from set plays. It just drives them nuts. I don't want to rely on my kids handling the complexities of dealing with staggers and such so we just switch it.

-Make players talk because a loud defense beats a silent one.

NIKE CHAMPIONSHIP BASKETBALL CLINIC

April 17, 18, 19, 2009

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-Believes it to be truly easier in season to make your team a great defensive team than a great offensive team. Offense is predicated on skill work that's done in the off-season mostly.
-Incorporates the offensive concepts of their next opponent in that day's shell drill.

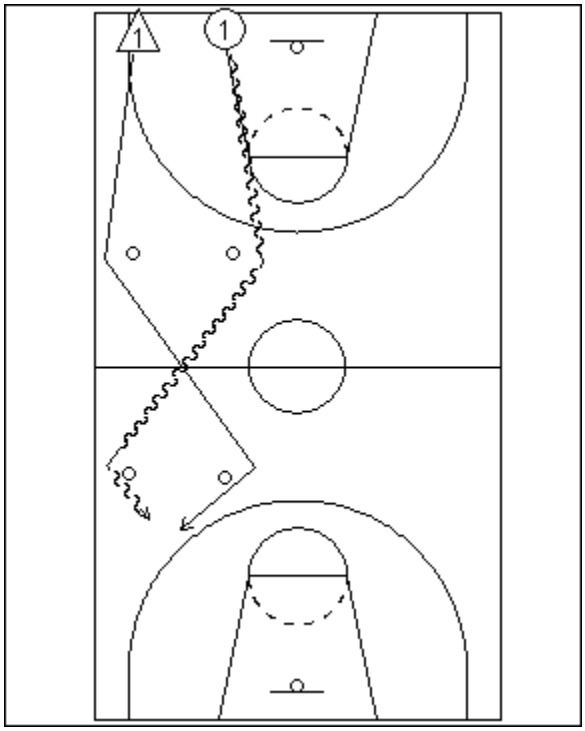
Drills:

-1-on-1 Dribble Advancement (Force Baseline):

Offensive player starts with ball at halfcourt with defensive player in front of him. Offensive player is trying to get middle as defender works to force him baseline. We are not dropping our foot. We FORCE him to go baseline.

- Chair 1-on-1:

2 chairs at halfcourt. Players on baseline—offense at 3 point line and defense on the lane. On Coach's "go," players sprint towards the chair (the offensive player dribbling). Offensive player circles the outside chair by going between the chairs and emerging on the outside while the defender runs outside the chairs and back through. Play 1-on-1, staying on this half of court. We don't want our defensive player to sag into paint. We want to be aggressive defensively. We want to attack.



- 4 Chair 1-on-1 (Fullcourt):

Same as previous drill, but there are now 2 additional chairs in the backcourt and offense now starts inside. The players weave the chairs and play 1-on-1. After throwing to a coach, the players play 1-on-1 on the other half of the court.

- Closeout Drill

Line of players on the baseline with a coach on the wing and a coach at the top of the key. The ball is rolled out to the coach on the wing and the defensive player sprints 3 and chops 3 to closeout (forcing baseline). Player mirrors the ball until the coach puts it on the floor one dribble towards the baseline before coach tosses it to the other coach and player sprints to touch baseline and closeout again. Coach shoots and the player boxes out to finish the drill.

NIKE CHAMPIONSHIP BASKETBALL CLINIC

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- Philly Closeout:

Drill starts with a coach on each wing and one defensive player (player 1) in a defensive stance at the FT line with the rest of players in a line underneath the rim. The ball is thrown to one of the coaches and the player from the FT line sprints to closeout. The ball is then skipped and the first player in line (player 2, with head under the rim) sprints to closeout as player 1 drops to help. On the subsequent skip pass the next player in line sprints to closeout as player 2 drops to help and player 1 heads to the back of the line. Repeat.

-Bigs Step Drill:

Drill starts with a coach on the wing and a coach at the top of the key with an offensive and defensive player on ballside block. Rice teaches when the ball is above the FT line his post is on the high side of the offensive player, but when the ball is swung beneath the foul line, the player moves to the low side of the offensive player. The coaches pass the ball back and forth as the defensive big makes this transition. Go 2-3 times and rotate.

-Uconn 1-on-1:

Drill starts with 1 coach at the top of the key, a player in a defensive stance facing him at the FT line and a line of offensive players on each wing. Coach throws ball to one of the wings and defensive player closes out. You need to get a stop to get off. If defensive player gets a stop he heads to the back of the lines and the offensive player is now the man at the FT line. On a score, the defensive man stays on.

-Uconn 1-on-1 with Bigs:

Same as the above, but now the 2 offensive players are on the block and coaches are on each wing. Same rotation concepts as above.

-Michigan State 2-on-2:

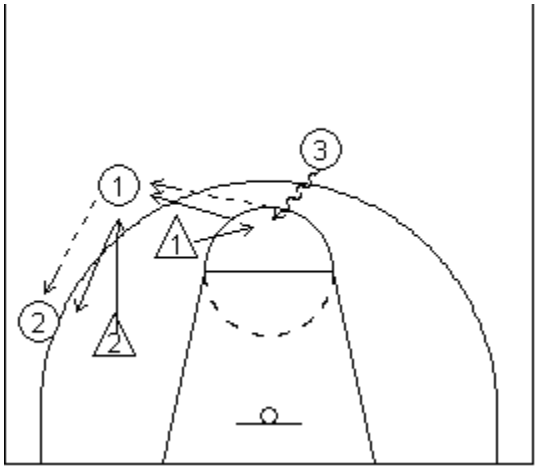
Drill starts with a coach on each wing being guarded by a defensive player. Ball starts with one of the coaches as his man pressures him and the other defender is on the basketline in help. On the skip pass the defender in help sprints to closeout and the other defender now drops to help.

-Michigan State 2-on-2 with Bigs:

Drill starts with a coach on each wing and a defensive and offensive player on each block. On the skip passes, defenders move to the proper defensive position. Enter ball into post if you'd like to play live or simulate double team action.

-George Karl Drill:

Drill starts with a coach at the top of the key and an offensive player on the wing and one in the corner with a defensive player covering each. Drill begins with the coach penetrating to the middle of the defense where x1 is forced to step in to help. The drill focuses on x2 as he is forced to **help up the line** on the pass to 1 and scramble back to his man as x1 sprints to recover. Emphasize helping up the line. X2 sagging back into the lane flat with x2 is NOT help defense.



NIKE CHAMPIONSHIP BASKETBALL CLINIC

April 17, 18, 19, 2009

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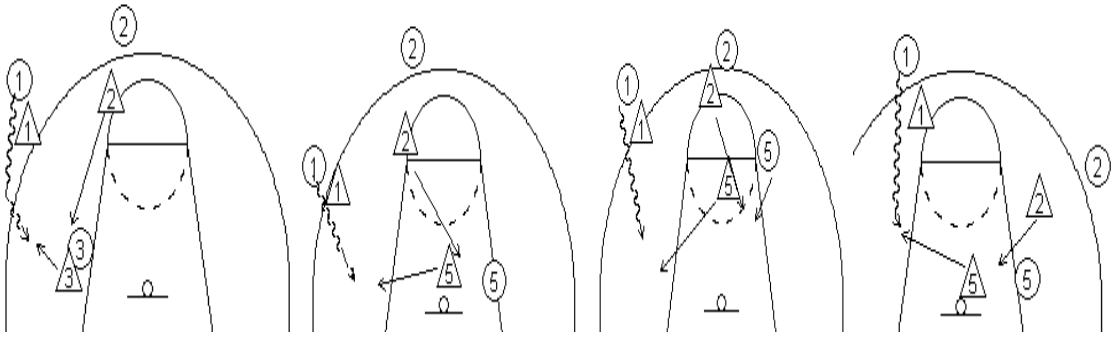
-Help the Helper Drill:

"I HATE working on getting beat, but you got to do it." Runs drill with several variations/formations. All drill variations begin with a perimeter defender being beaten. The post defender is forced to step over to provide help and the other guard must drop to discourage the offensive guard from making the dump-down pass to post (emphasize for the guard to have his hand across post's chest). 4 variations below.



-Wall Off Drill:

Drill begins with an offensive player slightly above three point line and a defensive player facing him standing just below the free throw line. Cones are placed at each elbow. A coach throws the offensive player the ball and the defensive player sprints out to meet him and closeout. The defense must attack the offensive player as the offensive player attempts to beat him off the dribble within the 2 cones. Offensive player can't turn his back on the defender.

-4-on-3 Closeouts:

Drill begins with 4 offensive players around perimeter with 3 defenders creating a triangle within the lane. The ball is passed to one of the offensive players and the 3 defenders scramble to cover. Emphasis is on closeouts as a good one will allow their teammates time to recover. Offense must shoot within 4 passes and cannot skip the ball. The offense CAN dribble.

-6-on-4 Closeouts:

Drill begins with 6 offensive players around the perimeter with the 2 corners manned by a coach/manager/walk-on. Drill is same as above, but limitations are placed on corner offensive players who can only shoot layups or drive and kick to a shooter.

NIKE CHAMPIONSHIP BASKETBALL CLINIC

April 17, 18, 19, 2009

Myrtle Beach Convention Center

Billy Donavan



University of Florida

"Utilizing the Three Point Shot vs. Man and Zone"

-We try to gain an advantage at the three point line by creating situations offensively by using it and by taking it away defensively.

↑What is the best way to do this offensively? At my level, get better shooters. At the high school level, get your shooters better.

-A 4 that can shoot it creates so many offensive opportunities for your team (*side note: this was a point that was reiterated by 3-4 coaches over the weekend*)

-Four ways we try to get open threes:

1. Transition- push hard for early threes.
2. Dribble Penetration- drive and kick opportunities.
3. Post Kickouts- passing out of double-teams followed by ball reversal.
4. Offensive Rebounds- best time for open threes. Bigs feel that they're entitled to shoot the ball off of an o-board, but this is a great time to find a shooter sprinting to spot up in an open area.

-The more you force the defense to closeout on you, the greater chance you have of getting to the paint. So, your thinking offensively should be "how do I create closeout opportunities?"

-Loves the flat ball screen because defense has to go so deep under them to get through and because if the ball screen is overplayed, it is so easy to switch the angle to catch the defense.

NIKE CHAMPIONSHIP BASKETBALL CLINIC

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-Wants to keep the ball in the "alley" (middle of the court between the two elbows) because it prevents teams from establishing helpside.

Transition ideas:

-A team changing from offense to defense is one of the most difficult things in basketball. **Exploit this!**

-On a miss, free-for-all, score as quickly as possible.

-On a make, we want the ball the inbounded as quickly as possible by whichever big is closest to the ball and we want the ball advanced up the floor as quickly as possible as well. In UF's practices, ball isn't across half court in 3 seconds it is an automatic turnover.

-No set lanes, he wants his players to play. He asks his wings to run their lanes as wide as possible and sprint up the floor. If the two happen to be on the same side, it's the 2nd player's responsibility to call "push" and send the first wing through to the other side.

-Random ball screens: If our first big down the court is behind the ball or not in position to get the ball in the low post in transition, it's an automatic flat ball screen for strongside wing (trailing big can run in to set a double).

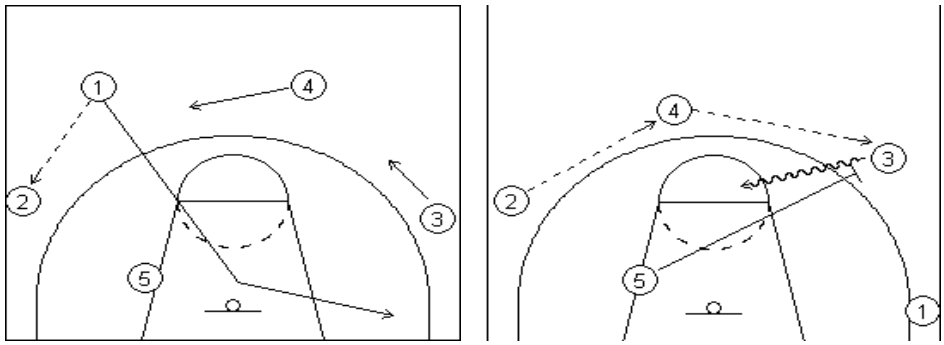
Drills:

-LMU :35 Drill:

Goal is to score 5 layups in 35 seconds. Drill begins with 5 players rotating in a circle. The ball is scored by a coach and the players sprint to transition. Progression: 1. Advance pass to wing 2. Advance pass to opposite wing 3. Over the top pass to big rim running 4. Pass to trailing big followed by a drive/wide pindown by trailing big followed by a seal 5. Ball screen for point guard by trailing big for layup.

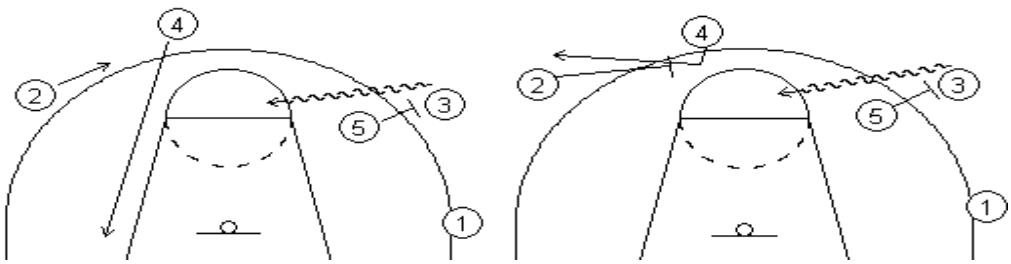
Diagrams:

"Flat" 1 advances to 2 and runs through. The ball is reversed to 3 as 5 runs to set a flat ball screen on wing.



With a non-shooting 4, on the weakside of the court while this ball screen is occurring, 4 will sprint to the short corner and be prepared for a dump pass from 3 on penetration as 2 lifts. With a shooting 4, 2 will set a flare for 4.

Non-Shooting 4 Shooting 4



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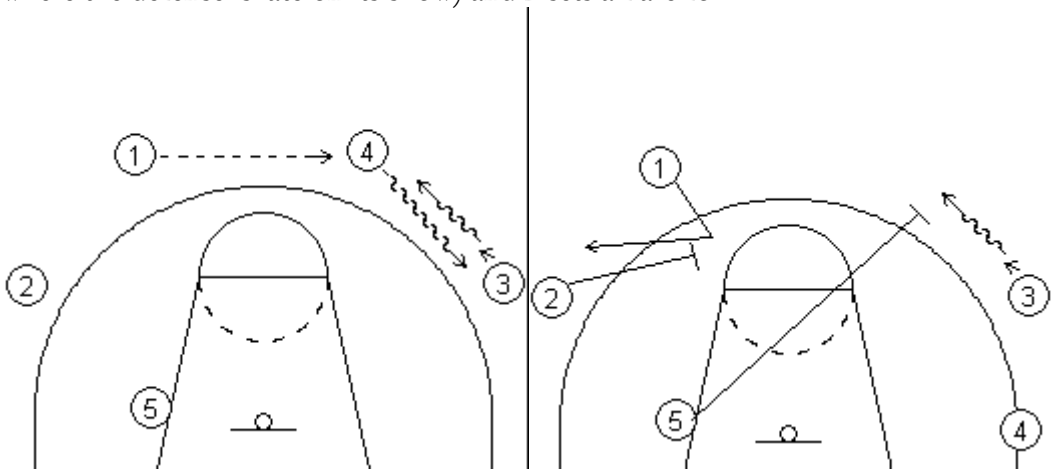
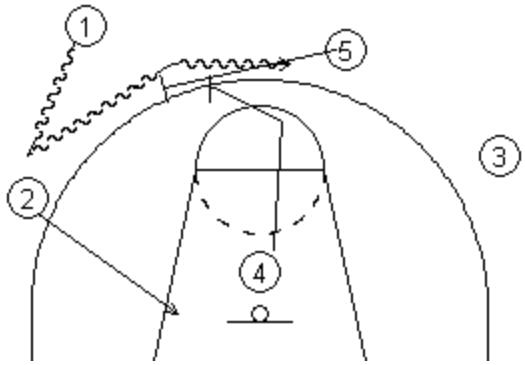
"Dribble"

1 passes to trailing 4 who executes a dribble-handoff with 3. 4 fades to corner, 5 **sprints** to a ballscreen (emphasized the importance of sprinting to ball screens and creating a situation where the defense is late on its show) and 2 sets a flare for 1.



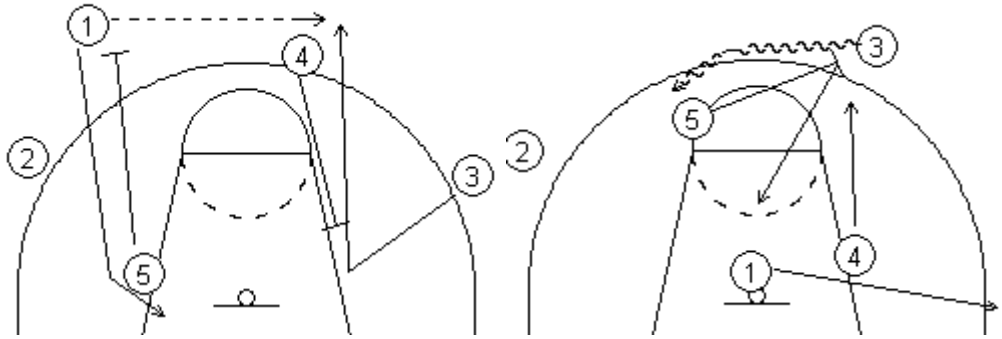
"Double"

Play can be run with either 1 or 2 being the ball handler. Diagram shows 1 sending 2 backdoor, but play can be run with 1 and 2 executing a dribble hand-off.



"Down"

Trailing big sets a wide pin-down for 3 who receives a pass from 1. 5 sets a back screen for 1 (who goes through to the corner) and then steps up to set a ball screen for 3 who attacks the middle of the floor.



"Down Out" is the same play, but 4 heads to the corner after the pin-down and 1 runs the fill on the ball screen (circling up behind the ball screen in accordance with 5's roll

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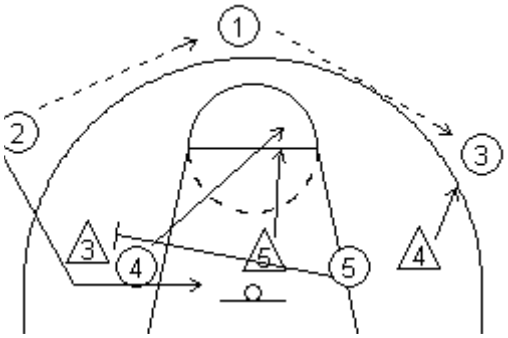
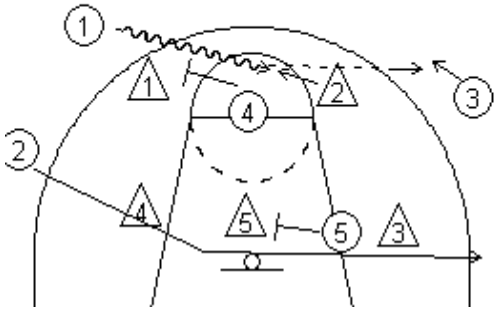
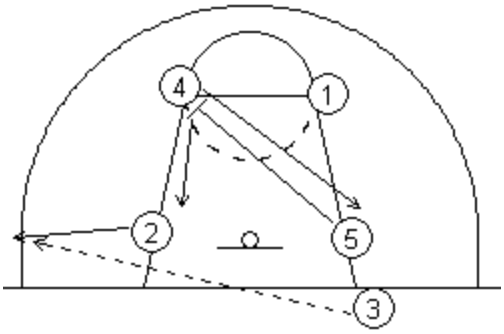
-Zone work:
1 dribbles down right side of court and receives a ball screen from 4 stepping out of high post, causing the other top defender to step in. 2 is running a baseline cut (with 5 screening the middle defender) as this is going on and on 1's kick to 2, x3 is left to cover both 3 on the wing and 2 on the baseline.



Lob play versus zone: ball is advanced to 2, but he swings it to the top and 1 reverses the ball to 3. 4 flashes to the high post, causing x5 to step up, while 5 runs and sets a back screen for 2. 3 should be your passes while 2 should be your best athlete.



-BLOB play versus 2-3 zone for three: 5 sets a diagnol for 4 who sprints to ballside block as 5 rolls to weakside block. The key though is 2 who kicks out to corner and will be left unguarded by the 2-3 zone as the middle defender will protect against 4's cut and the weakside guy will cover 5's roll.



Three Point Shooting Drills:
-Wave Drill: 4 lines of 3 players underneath basket on the baseline with every player in the middle line starting with a ball. The first group will begin the drill with the player in the middle of the lane passing the ball to the man to his right who passes it back to the middle who throws it to the player to his left. When he crosses halfcourt he begins dribbling and the two wings spot up at the three point line. He delivers a chest pass to either side with the opposite guard getting the rebounder and the passer filling the rebounder's line. They now form 3 lines on the baseline underneath that hoop. The next group would have started going as soon as the first group passed halfcourt and so forth with the 3rd group. They continue with this for 2 minutes with the goal being 20 makes.

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-Flood Drill: Similar to the last one, but now there are 3 lines of 2 players under both baskets on a court. On coach's go, the middle player dribbles the ball up the right lane line with his right hand before throwing ahead to one of the wings running with him for a spot-up three. Both sides go at the same time so make sure you designate which side is running outside and which side is running inside on the perimeter lanes. The next group goes as soon as the previous crosses halfcourt.

-Detroit Shooting: 3 lines underneath one basket with a ball in the hands of the first person in the middle lane and the 2nd person in each of the perimeter lines. The first three will proceed down the court via a 3-man weave. Down at the other end will be 2 players, one in each corner, with one ball each. The 3-man weave will finish with a layup, but the other two players will receive passes from the 2 corner players who then join the player who shot the layup in a 3-man weave back the other way. Continuous.

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Tom Pecora



Hofstra University

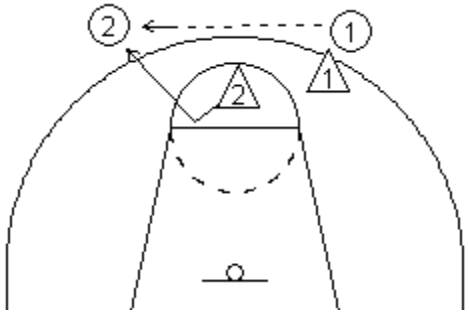
"2-3 Matchup Zone"

-Loves to switch defenses within a possession: go man-to-man first 25 seconds then throw go zone as the shot clock hits 10. So often you will catch a forward with the ball in his hands at the top of the key who freaks out in trying to get it to a guard that the clock is at 4 or 5 by the time everything settles in. Serves as a talent equalizer.

-Fronts all bigs because so few guys these days are able to make the tough entry lob pass over the front

-Has tape all over his practice floor of Offensive Sweet Spots (places we want to get the ball to offensively) and Defensive Pressure Points. There is a line taped running from rim to rim that he calls the Load Line (weakside guard is told to "load and look away" to keep an eye on a shooter on the weakside)

-Hofstra's philosophy is that you will have to beat us over the top with contested jump shots because we defend everything inside-out. Teaches the "defensive v-cut." Every jump they make to the ball on defense is a v-cut as the player drops beneath the ball before closing out (rather than in a straight line).



-Had the pleasure of being able to attend New York Jets' coaching meetings with their training center located on the Hofstra campus. Witnessed their tremendous use of terminology and the way they moved their players around in military-like fashion. Pecora believes that you need to have a football mentality as a defense.

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-Believes in simple one-word commands ("Ball," "Bump," "Flash")
-Doesn't buy you can't rebound out of a zone or the long-held belief that you go zone when you're big. Believes that some of this best zone teams were actually undersized.
-It's invaluable to have a smart and vocal middle player in the back of the defense that can direct traffic.
-The high post can kill matchup zones so defensively he emphasizes keeping the ball out of there (offensively against a matchup zone, Hofstra will put their 2 right at the high post and allow him to make plays). When the ball does enter the high post while Hofstra is running match-up, their center steps up to take him and calls "match" as they now revert to a man-to-man defense.
-Responsibilities:

Back middle: Any offensive ballside post.
Weakside forward: Any overload (flash to high post)
Weakside guard: Inside hand deterring the high post pass

-Plays ball screens like a man-to-man going under the screen (continuing the philosophy of playing inside-out).
-Wants his guards to be in "early help" where they're foot faking at ball handler. They're not coming to help, but they want you to think you are.
-"The majority of bad coaching is overcoaching"
-Don't let them throw the ball through your defense. Make them throw it over or around you (sidenote: this was also a point stressed by several coaches including Darin Horn and Bob Huggins throughout the weekend as a point of emphasis for the defense).
-In the matchup zone we cannot allow the ball to get to the middle of the floor, either by the pass or the dribble. ("Syracuse does this better than anyone because their length forces you to make plays going baseline).

Talent Equalizers (mixing up defense slightly to throw opposing offense off):

-Splits: go zone first 25 seconds of a possession then switch to man or vice versa.
-Crush: double the ball if it enters into the corner.
-Blitz: blitz ball screens.
-Porch Crushers: double team a short corner catch.
-Inversion: bring forwards up to man top positions of 2-3
-Thumb Up: a 1-3-1 halfcourt trap/2-3 matchup zone hybrid where they blitz the first pass made in the halfcourt.
-Thumb Down: a 1-3-1 halfcourt trap/2-3 matchup zone hybrid where they blitz the dribbler as they cross the time line.
-Big Thumb Up/Down: place your best athlete at the top of Thumb Up/Down.

-Loves these looks because they're something you can do early in the game to discourage something you don't want the opponent doing (Crush until the first media timeout can discourage the team from going to the corner all night) or you can save it until late in the game for a key possession to surprise the offense.

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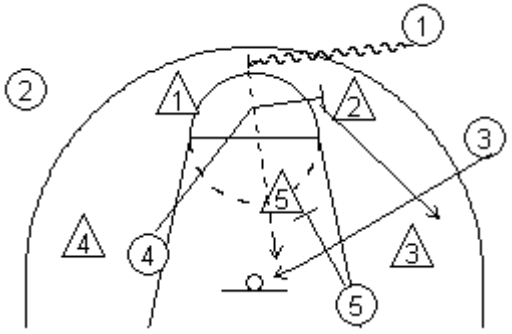
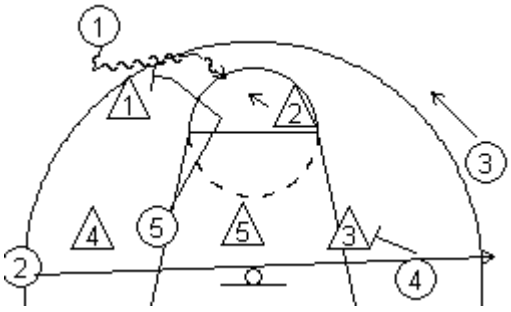
-A week before practice begins, he calls a coaches retreat where he rents a house on Long Island and meets with several former head coaches on Monday night. On Tuesday morning, Pecora leaves and his assistants meet with one of the coaches. From Tuesday night on it's just him and his staff for 2+ days. Got the idea from Rollie Massimino and believes it to be great for bonding.

Zone Offense Looks:

"Wiggle" lob play
1 drives off 4's ball screen into the middle of the floor as 4 pops to the corner. Just as 1 clears the ball screen, 5 steps up from the short corner porch to set a back screen on x5 (x3 should be hung up on 4's pop to corner)



"Ram" for Three Pointer
1 drives off 5's ball screen as 2 (best shooter) sprints baseline as 4 screens the weakside forward. Creates a 2-on-1 situation with 1 driving to the middle of the floor with 3 on the wing and 2 in the corner.



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Mark Few



Gonzaga University

"Man to Man Offensive Concepts"

-Started as a high school coach then took a graduate assistant job at Gonzaga for no pay. He was single and could afford to be broke for a couple of years.

-Took over Gonzaga in 1999 and for much of his first 5 years the Zags were a motion/flex team, but as they started receiving national exposure, their recruiting expanded and their talent improved. With the improved talent, they began running more sets and more 2-man game.

-Benchmarks they want to hit (they will post individual's numbers and the team average in the locker room): 50% FG 40% 3PT 75% FT

-They also stress offensive and defensive efficiency with an offensive goal of 1.15 or more points per possession and a defensive goal of limiting the opponents to .9 points per possession or less.

-Offensive Concepts:

1. Attack: Whether it's coming off the rim or out of the net, they are attacking and getting the ball down the floor as quickly as they can to put pressure on the defense. They want GREAT shots early in the clock. Few firmly believes that an open three early is often as good of a look as you'll get all possession.

2. Get to the Free Throw Line: The most underrated aspect of offensive basketball as roughly 25% points scored in division 1 basketball are from the free throw stripe. They have 2 goals surrounding this: make more free throws than the other team attempts and to be in the bonus by the 2nd media timeout (8 minutes in)

3. Limit Turnovers: Worst thing you can do offensively is turn it over because it allows you no chance for an offensive rebound or a chance to go to the FT line.

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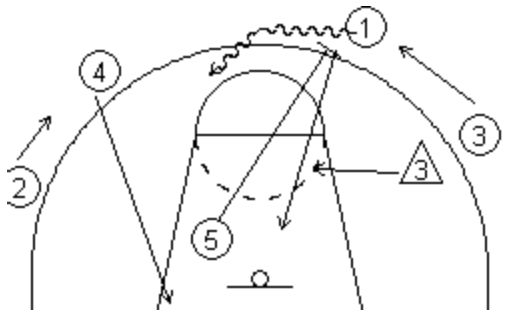
-To stress the importance of taking care of the basketball they will start scrimmaging in practice and have a ball rack on the sideline at practice with x number of balls on it. With each turnover the players commit, the ball is thrown away and they take a new one off the rack. When the rack is empty they stop scrimmaging and run for the remainder of the time.

Ball Screen Offense:

-Requires great spacing, utilizing the corners, and the ball handlers must slow down and read each screen. No two ball screens are the same; you can't setup a screen thinking "I'm going to turn the corner for a pull-up on this" or "I'm going to split this." You must read the defense and take what the defense gives you.

-Doesn't like his guards to split the high hedge because it's such a high-risk move. Would rather have them "Stockton Pivot" when trapped hard, pivoting off your inside foot and moving your high leg past the guard and throwing a bounce pass to the roll man.

-The Fill Guy is as important as the ball handler or the screener in a ball screen offense. In diagram to the left, 3 is the fill man. As his defender drops to help on 5's roll, 3 fills up back behind the screen. A good fill forces defenses to be honest with their help. Switch your fill guys as defenses begin to become comfortable with their rotation. A 4 that can shoot in this fill spot is extremely dangerous as the opposing 4 will have fits providing help and getting a hand up. Tells players that if you see the ball going away from you on a ball screen you can't stand, you're the fill guy. Move up the court behind the spot where the screen was set.



-Whenever a ball screen is going on one side of the court, the two players on the weakside do not just stand. They will run an exchange or a back screen, some kind of movement to make the helpside defenders think and move. They love an exchange with the corner moving up the court, but making a hard dive to the rim as soon as he gets to the wing.

-Emphasizes a dead sprint to ball screens by his bigs.

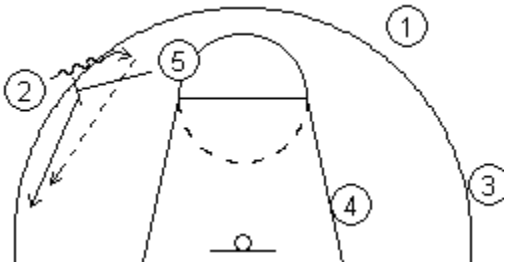
-Run 2 different ball screens: Regular (chest to sideline) and Flat (If you guess and show on one side, the big will just pivot to switch the angle and you're burned).

-Majority of ball screens they run will have the opposite block filled with a post who is stepping in hard in front of his defender as the ball handler is clearing the screen.

-Goal on every ball screen: get a piece of the paint.

-Can only pick and pop when there is an open corner→

Here in this diagram, the big can pop to the corner because there are only 2 people on this side, but on the diagram above, it has to be straight roll because of the 3. 4 would duck in hard as 3 and 1 would replace.



-1st pass of a ball screen is either a catch-and-shoot situation or a quick swinging of the ball. This isn't a dribble opportunity, it's either shot or swung.

"Regular"

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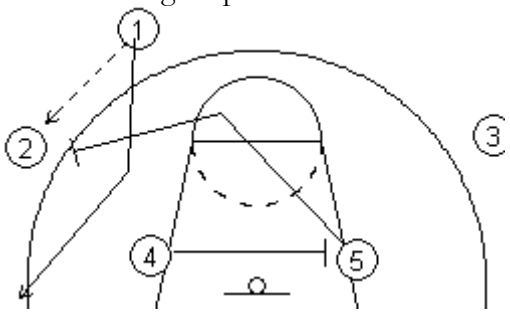
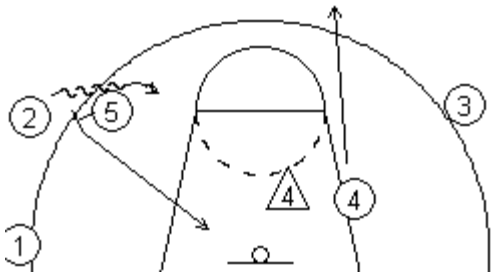
1 passes to wing and cuts through to ballside corner. 4 screens across for 5 who sprints into ball screen. 2 drives off ball screen as 4 pops to lane line extended and 5 rolls. This is especially dangerous with a shooting 4 man as x4 is stuck with the dilemma of helping on 5's roll or leaving 4 open.



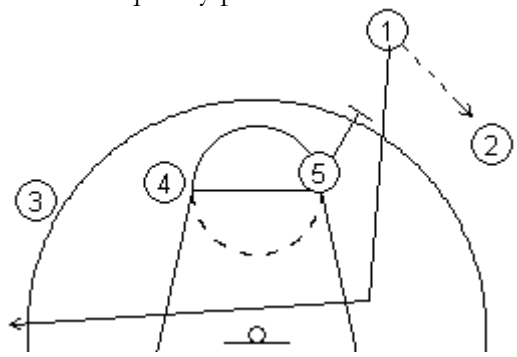


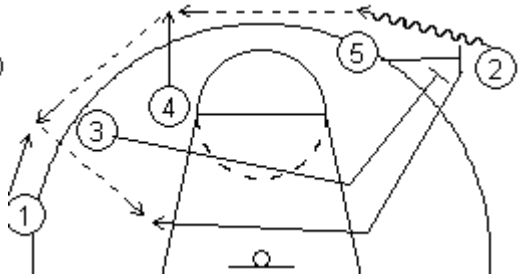
-Against a hard show:

Offense starts in a 1-4 high set as 1 passes to a wing and rubs off the post for a UCLA cut and proceeds through to weakside. Post who set the back screen steps into a ball screen for wing.

Option 1:

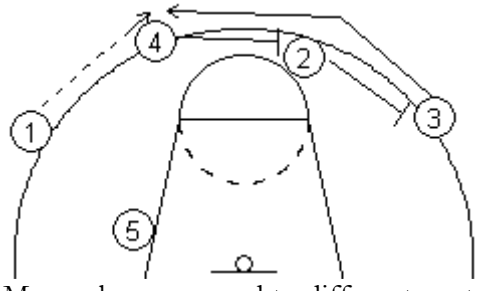
As this is happening, 3, the weakside wing, sprints to set a back screen for 5 after he ball screens.1 quickly passes the ball to 4 who hits 5 streaking to the block for a post-up.



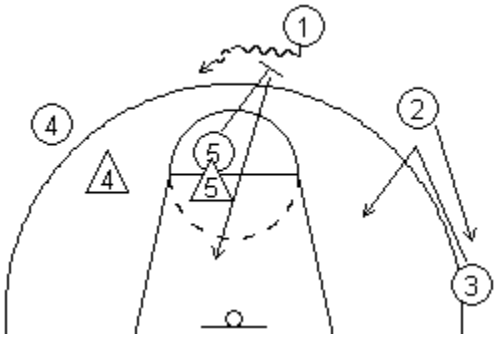


Option 2:

2 and 4 set a stagger for 3 (back screener for 5):



-Move players around to different spots. Test their preparation. If they've decided they want to "X" their bigs on ball screens. Put your 4 on the side the ball is being dribbled to off the ball screen. What do they do?



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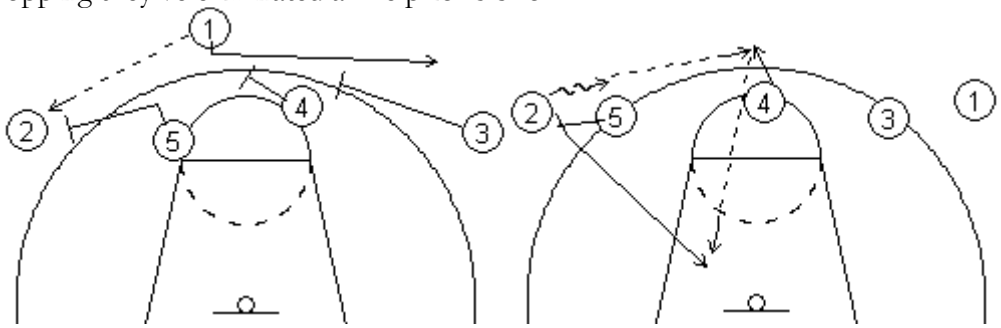
-"Eliminate Help"

Offense starts in a 1-4 high set with 1 bringing the ball down the middle of the floor. 1 passes to 2 and then receives a double flare from 4 and 3. 2 dribbles off ball screen and passes quickly to 4 who has popped to the top of the key. With the double flare and the 4 popping they've eliminated all help for 5's roll.



-Versus a switch, they will roll a big hard into the post and see if the guard can cover him.

-Versus hard traps, they will screen for the ball screener to make it so the trap is late showing.

-Anytime a big catches the ball up top it is an automatic pass and follow with a ball screen.

-Big component of pregame preparation is "How do they play their ball screens?"

-Big problem with players leaving ball screens too early, before the screen has arrived.

-Begin teaching ball screen actions in 2 person groups before moving to 3 and eventually 4 and 5 players at a time.

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Darrin Horn



University of South Carolina

"The Gamecock Defensive Philosophy with Drills"

-Two Defensive Keys:

1. What is our identity?

   It doesn't matter what it is necessarily, it just matters that you have one that you and your players firmly believe in. "What do we want to be about?" you have to ask yourself and it needs to be something that you and your players say "This is who we are. This is what we hang our hats on."

2. What are we willing to live with?

   Every defense has a fallback. We want to pressure you the length of the court and because of this, we will give up some easy layups. So, you must ask yourself "What are you willing to give up?"

-Two non-negotiables we have in our program:

1. Don't give up middle
2. Pressure (length and versatility are a must for us)

-At South Carolina they aren't very technical, it's more of a matter of "Just get it done." Because of this, as much of their drills is about creating a mentality than anything else.

-How do you measure yourself defensively?

South Carolina: Deflections, anytime you get a hand on the ball in any way. We need 40 a game to be successful. That's our number 1 goal defensively every game.

-What we believe: play hard and play with trust that your teammate will be there to help you.

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-Teaches an open denial stance learned from his college coach, Ralph Willard (who spoke later in the clinic). In the open denial stance, the defensive player is up in the offensive player's chest and the arm closest to the defender is extended (rather than the traditional denial stance with the arm closest to the ball extended) with the defensive player's body open to the ball handler. Player is one step off the passing lane and they will do this out to the NBA three point line. Players find it awkward at first, but they learn to really like it as it gives them a better chance at help and prevents the backdoor more effectively.
-Believes that there isn't an original idea left in basketball. Every scheme or thought is stolen or modified.
-In order to avoid confusion with his kids he calls the two transition periods, "Transition Offense" and "Conversion Defense."
-The method we take in instilling our defensive philosophy is whole-part-whole. We'll show them everything, break it down and then build it back up.
-We do work early to keep the ball out of the middle by our point guard pressuring the ball handler in the backcourt. We teach him to retreat back to the halfcourt circle until another guard passes then attack handler to force him sideline.
-The man covering the inbounder (or the man who jammed the man on the rebound) getting to the level of the ball and discouraging the middle drive.
-Another thing we want to take away is the quick advance pass up the sideline.
-Every drill, everything we do defensively has to be loud. There needs to be a talking aspect to everything we do.
-The most important steps in conversion defense are the first 3.You must sprint these out.
-We want you to be aggressive defensively. That doesn't mean reach and gamble, but you have the freedom to try to make plays in our system.
-Best way to slow offensive movement (besides having 6'8" athletes): have active hands.
-If you're going to pressure and trap, you CANNOT give up straight line passes. The lofted or tipped pass gives your defense time to recover.
-When trapping, don't reach, but be physical with your lower body. We can't afford to be split in our traps and we MUST sprint out of our traps. The best trap does us no good if we're walking out of it and the offense can do whatever they want after.
-Love 1-on-1 drills because it instills toughness and it forces you to find a way to stop the other guy, there's no hiding in a 1-on-1 situation.

Drills:
-Loves to do defensive stations at the start of practice: 3 different drills with 1 coach teaching each. 8 minutes on the clock then rotate.
-5 man weave → 3-on-2 → 2-on-1: Passer and shooter are the two defenders in the 3-on-2 situation. Their goals must be to force the offense to pick a side and to make the offense throw at least 2 passes because anything more will have help coming. On 2-on-1 the player must get deep in the lane (Tell them to run all the way to the rim because too many players stop at the free throw line on this).
-Fundamental Defensive Drill: A manager/coach starts with the ball with a defensive player just behind him. Defensive player must scramble to get in front of the ball. Coach passes the ball to a coach situated on the right wing as the defensive player jumps to the ball. Coach heads to the block where he is fronted before going away. Defensive player is now in help

until the ball is skipped to another coach on the other side and the defensive player moves into the open denial stance. Ball is shot, defensive player boxes out and the drill is done.
-1 Minute Drill: a 4-on-4 drill which begins with 1 minute on the clock and the defense needs a full minute of good defense to get off the court. If the offense scores or there is an offensive rebound or if the coaches just see something they don't like ("a stop isn't the ball not going in the hoop. A stop is defending an entire possession the way we want"), the clock is reset back to 1 minute. This can go as long as a coach wants it to (record is 37 minutes). This is a great drill for showing the players that defense is about competing and stopping the other guy from doing what he wants to do than it is about fundamentals.
-1-on-1 Cone Drill: as shown in Mike Rice notes.
-Loose Ball Drill: Every loose ball needs to be ours. Drill begins with 2 players on each lane line at the baseline. Coach rolls a ball out, player who picks up the ball is on offense. 2 dribbles max.

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Oliver Purnell



Clemson University

"Basketball Fundamentals & Offensive & Defensive Strategies"

-Had the opportunity to work with Larry Brown, Roy Williams and Gregg Poppovich on the Olympic staff in 2004 and he treated it like a clinic and tried to learn as much as he could from those guys.
-The main thing he took from Larry Brown was the importance of communication. Brown always said that Rasheed Wallace was the best defensive big he's ever coached because he communicated so well.
-Because of this lesson from Coach Brown, Purnell made "Communication" the theme of Clemson Basketball. He wanted an improvement in communication throughout his program from the secretaries in the office to the managers to the players to the coaches.
-Negativity will come, the important thing is that it must be met head on and confronted
-A part of this communication is the players understanding their roles on the team. If a player doesn't know his role on the team, he should speak up and ask a coach and, as a part of the communication theme, the coach must be honest in telling him his role.
-What do you do to work on communicating on the court?
-Clemson begins every practice with a series of communication drills that consists of a number of fast-break drills (3-man weave, 5-man weave, 3 man passing drill, 3 man passing drill with a big as a fourth man). For 5-10 minutes, they will do an assortment of these

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"communication drills" with Purnell calling out the variations on the fly. It isn't so much the drills themselves that builds the skill he is looking for, but how the players need to react instantly to his demand and communicate with others to accomplish the drill most effectively.

-Develop this habit of communication.

-"Basketball is a game of mistakes, how do we react?"

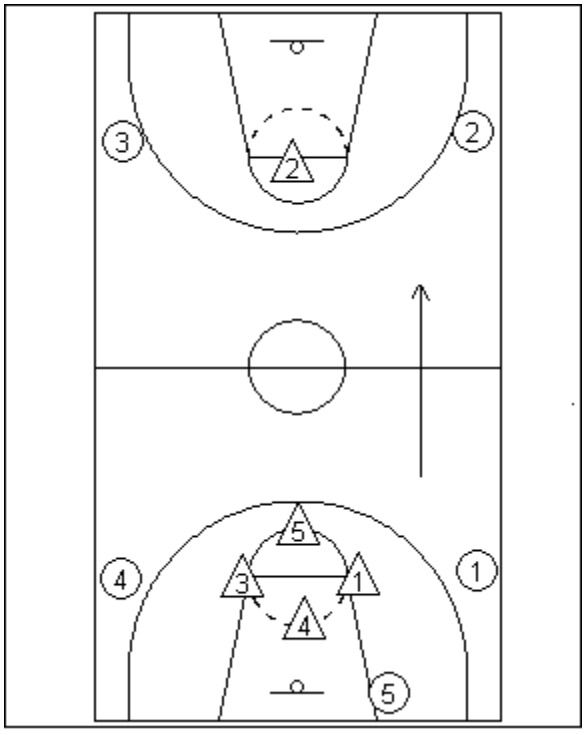
-Another theme Clemson has had over the years was "Will it help us win?" The question, in terms of off-court matters, has a great ability to simplify issues and allows you a clear answer to what can seem like a complicated matter.

-Transition defense: impossible without communication

1. Take care of basket.
2. Take care of ball.
3. Pick up next most dangerous guy (most likely this player will be on ballside).

-Bulls Transition Drill: Five players circle in paint until Coach calls "Go" and proceeds to dummy dribble down court as defensive sprints into transition defensive positions with point picking up ball. Coach dribbles ball all the way down to baseline as defense must shift ballside.

-"Go" Drill: 5-on-5 drill with offense dry-running their offense while defense moves. On Coach's "Go," offense throws ball to the side and a coach throws a ball to a defensive player who pushes the ball down court.



-Box Transition Drill: A full court drill that starts with 1 offensive player (in circles) on each wing on each side of the court with another on the far end line (offense moves up court in diagram). 4 defensive players are in a diamond in the foul circle in the backcourt while the 5th defensive player stands at the opposite foul line defending the basket. A coach throws a ball to one of the 4 offensive players situated on the wings and they transition up the court as defense sprints to get back to defend.

-Quick Offensive Thoughts:

-Play 4-out, 1-in. Will run very similar things versus both man and zone.

-Their motion set is lifted to the point where wings are situated not in the corners, but at foul line extended.

-Weakside positions will be either screening away or running flare screens for each other.

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Kevin Boyle



Saint Patrick High School
Elizabeth, New Jersey

"Attacking Zone Defenses"

-First, recognize why the team is playing you zone: Is it their staple? Often, it's not. Often, it's because either they can't guard you, they're not deep so they're trying to stay out of foul trouble, they're trying to make up for a size deficiency, or they're saying you can't shoot.
-The best way to beat a zone is to beat the zone down the floor with the fast break. Don't let the zone get set. Beat the zone before it is a zone. Either by throwing over the top to a big rim-running or throwing an advance pass to a wing who has sprinted to beat defense down the court. This is a great concept if you're NOT great versus zone.
-Your 2 and 3 are vital. They don't need to necessarily beat EVERYONE down the floor, they just need to beat below the opposing team's guards so on an advance pass the forwards need to come up out of the 2-3 to defend the wing (opens up post and creates a mismatch on the perimeter with a guard being covered by a forward).
-On a wing catch, the post evaluates. Can he post to score? If he can, he cuts to ball side block where he faces single coverage by the opposing team's big (the ball side forward has lifted as a result of advance pass to wing). If he doesn't think he can score, he cuts to the short corner with the trailing big heading right to ball side high post.
-On skip passes versus a zone, imagine there is a volleyball net running from rim to rim. Against good teams, your skip passes need to be able to get over that net. You can't have low skip passes, too many deflections.
-Best 3's in the game come in transition.
-Positioning: in a 2-3, wings should be halfway from the defensive guard's backs to the backline's (forwards and centers) chests.

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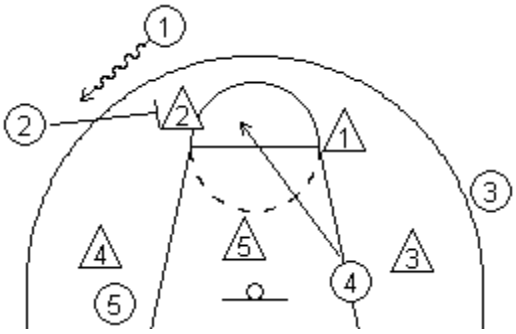
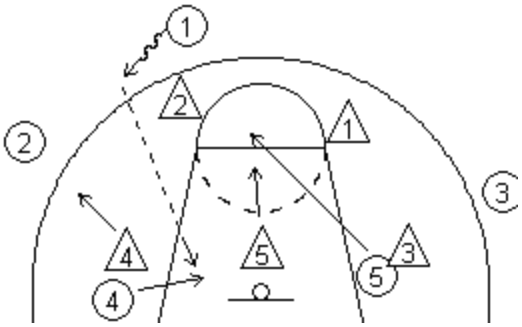
-Evaluate the zone's strengths and weaknesses. Put your best penetrator on the slower forward's side or your best rebounder on the weakest forward's side.
-Pass fakes and shot fakes: ultra important versus a zone. Make the defense react!
-Create 2-on-1 situations within the halfcourt where 1 defender is trying to cover 2 offensive players on his side.
-All zone teams are vulnerable to offensive rebounds. Send bodies to the offensive glass.
-Throughout basketball, even at the high levels, players shoot a poor percentage from 6-7 feet (bigs) and 10-12 feet (guards). Why? Because no one practices them.

Set plays versus 2-3 zone:

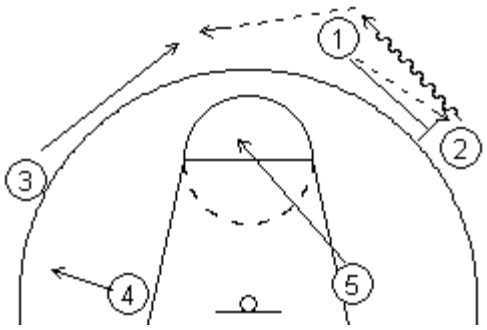
-"Thumbs Up": As the guard on the right wing (2 in diagram) sets a ball screen for 1, 4 flashes to the high post. 1 is looking for his jumper (if it's a good screen set by 2, x2 won't be able to get through the screen and x4 will have to scramble to get a hand up. This opens an opportunity for a dump to 5 or a pass to 4 at the high post.



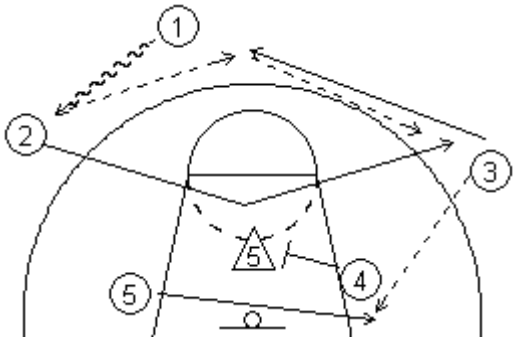
-"High": (against a team that is anxious to cover the high post) 1 dribbles at the right lane-line extended and motions the opposite block (5) to flash to high post. With 5's flash, 1 fakes to the wing (works better if he's a shooter) to draw 4 up the court before 1 throws a flick lob pass to 4 for a dunk/layup.



-"Thumbs Down": 1 passes to 2 and runs to set a wing ball screen for him (fades to corner after setting). 2 dribbles to the middle of the court and quickly passes to 3 who steps to the lane line extended to receive the pass. On 3's catch, 5 flashes to the high post. A 2-on-1 situation has been created as 3 and 4 are on side of the court being covered by 1 defender. (Play is especially dangerous if 4 can shoot from the perimeter).



-"Paint Across": 1 dribbles 2 out for a shallow cut to the opposite wing. 1 passes ball to 3 filling up top who reverses ball to 2. 4 is setting a cross screen on x5. 5 reads the defense and either cuts low or high off the screen. With quick ball movement, x4 will be forced to come up the court to defend 2's catch and 5 will be open off 4's screen.



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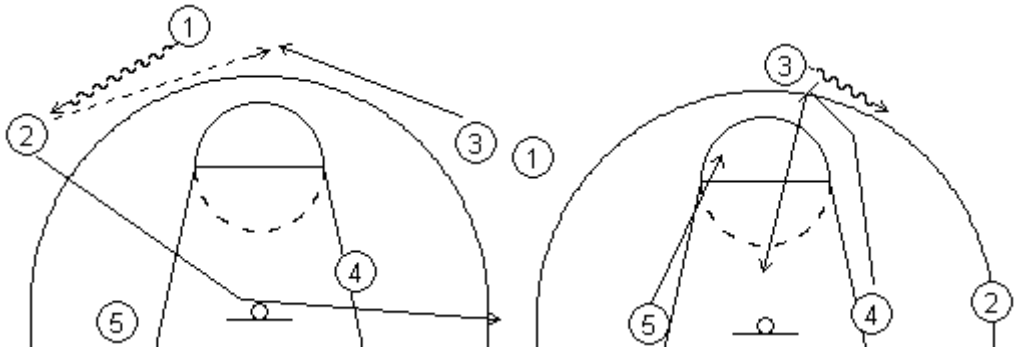
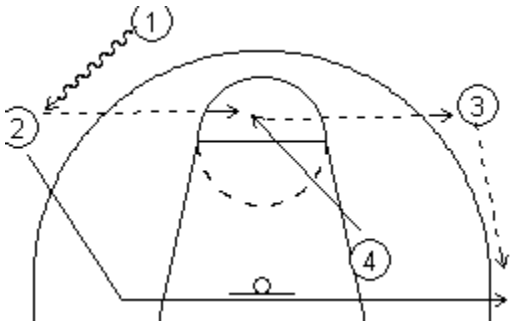
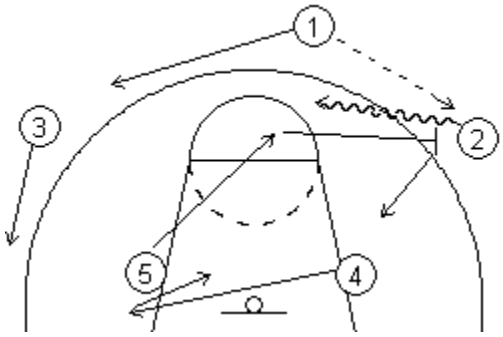
-"Paint Up": 1 dribbles to the right wing, sending 2 through to the opposite corner. 1 passes to 3 who has filled up top. 4 has sprinted into a ball screen for 3. 3 uses the ball screen and has plenty of options: pull-up jumper for himself, 2 in the corner, 4 on the roll and 5 on the flash to the high post.



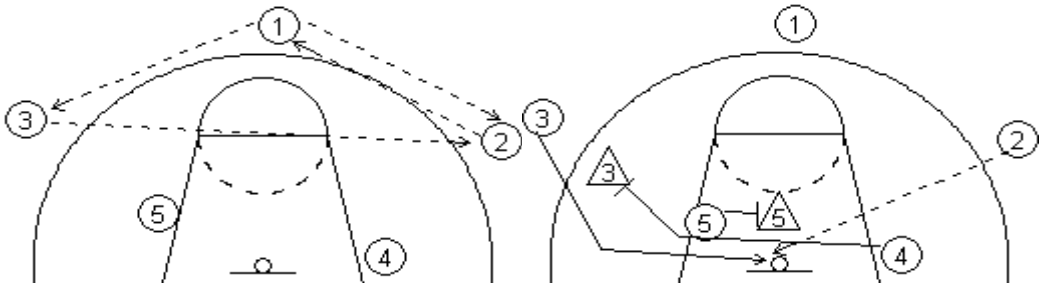
-"Shallow": (run this for a shooter. In diagram, 2 is the shooter) 1 dribbles 2 out and hits 4 flashing to the high post from the opposite block. On catch, 4 immediately looks across to opposite wing. 2 will have sprinted along the baseline to the corner and should have an open look off of 3's pass.



-"13" Play begins with a high post flash by 5. 1 passes to 2 on the wing as 5 then sprints to set a wing ball screen for 2. 1 and 3 filter to create space on the weakside while 4 (who ran to opposite block on 2's catch) looks to duck in over x5. Opportunities: 2 creating for himself, 4 ducking in, kick-out passes to 1 or 3, 5 on the roll.



-"Lob": (Run for athlete. In diagram, 34 is athlete) Play starts away from athlete with 1 passing to 2 who throws back to 1 who swings it to 3. With the quick ball movement, a skip pass opportunity is available. 3 skips it cross-court to 2. 4 comes from the opposite short corner to screen the bottom wing defender while 5 steps into x5 to screen. 2 throws a lob to 3 who, after throwing the skip, has sprinted to the hoop.



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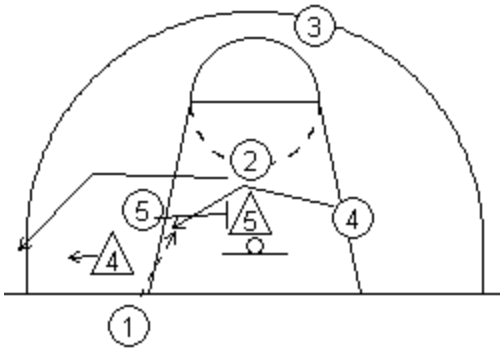
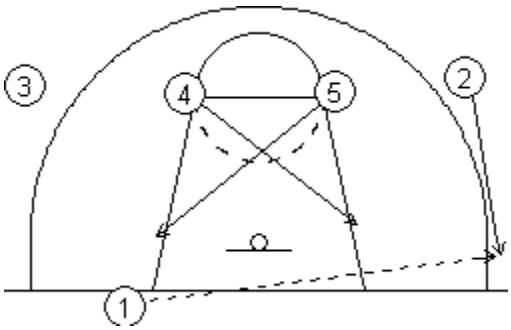
Baseline out of bounds plays versus zone (1 taking ball out on all unless otherwise noted):

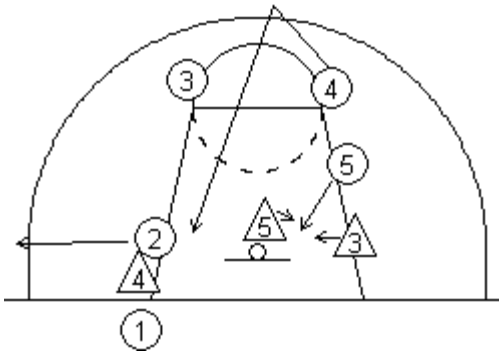
-"1-3-1": 5 lines up on the block directly in front of the ball, 4 on opposite block and 2 right in front of the rim. 5 screens x5. 2 comes off first, heading to ballside corner. 4 comes off next heading right to the block. 4 is usually open as x4 (covering the inbounder) reacts to 2's cut to the corner and x5 is unable to fight over 5's screen.



-"Direct" Play begins with 4 players lifted to the foul line height. On 1's slap, 4 and 5 x-cut off each other to the opposite block. 2 (opposite wing from the ball) drops to the baseline corner. The 2-3 zone neglects this corner on BLOBs and 2 will be open for a 3.



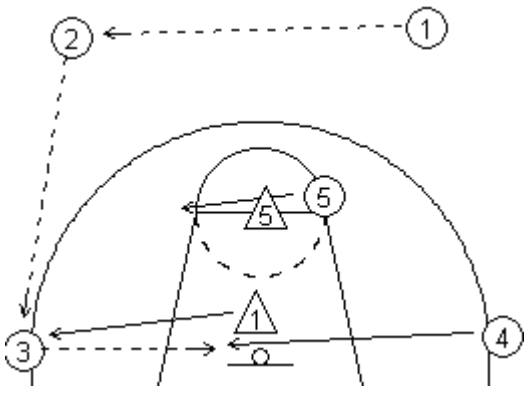
-"Box Wide": Play starts in a box set. On 1's slap, 2 moves from the near block to ballside corner while 5 fights to establish position right underneath the rim from x3 and x5. 5's fight is more of a decoy than anything else as he is attempting to tie up the two defenders rather than actually getting a pass. With x3 and x5 tied up, 4 acts like he is the safety on the play before sprinting down the middle of the lane and should be available.



Set plays versus 1-3-1 zone:

-A key to attacking the 1-3-1 is getting your players to understand the responsibilities of the defensive players.

-"Under": 1 passes across the court to 2 who is even with him. 2 swings it quickly to the corner to 3. 5 flashes to the high post while 4 sprints from opposite corner to the middle of the lane on 3's catch. This exploits a common mistake of 1-3-1 defenses: x1 sprints out to cover his corner responsibility, but with 5 in the high post, x5 is hesitant to drop, leaving 4 wide open underneath the basket.



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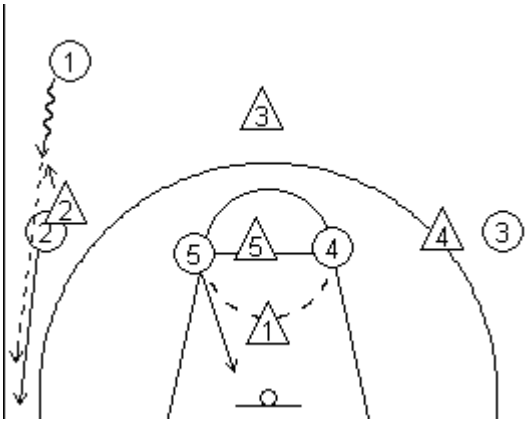
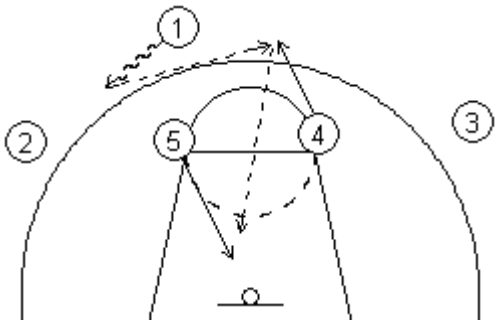
-"14 Drop": (Run for shooter. In diagram, 2 is a shooter) Play starts in a 1-4 high set. On 1's cue, the ballside high post (5) dives to the rim and 2 drops to the corner. The bottom defender (x1) is occupied with 5's dive and the corner is left open for 2. 1 must pass around x2, but if he can get it to him, 2 is wide-open for a 3 point look.



-"14x": A very quick action, play starts in a 1-4 high set again. Play is initiated by the high post opposite the ball (4) popping to the top of the key. 1 gives to 4 and on the release of the pass, 5 dives to the middle of the rim. X5 should have stepped up to cover 4, leaving x1 by himself to 5's dive.



-On BLOBs, bring the safety to the sideline and not back to half court so if the ball is tipped it goes out of bounds and is not sent towards the opposite end.

-Loves Bruce Pearl's attitude defensively on BLOBs as he doesn't let anything in.

-To practice playing against zones, in the offseason make every 4th pickup game yours players play a zone game in which both teams play zone.

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Bob Huggins



West Virginia University

"Practice Drills to Develop Toughness"

-WVU's practices tend to run 3 hours a day in preseason. During the season, practice will be 2 hours, but will be preceded by 30 minutes of film and 30 minutes of shooting.
-I want my players to instill in their minds that they're tougher than everyone else. With 4 minutes to go in a tied game, I want to be able to tell my players, "we have worked harder than they have."
-In our program, the seniors are responsible for the freshmen.
-Has the benefit of having THE best punishment tool out there: a treadmill on each baseline. A turnover, a defensive miscue, anything he doesn't like warrants 22 or 44 seconds on the treadmill going 14 MPH.
-If we defend and we rebound, we have a chance.
-Defensive rebounding: "First Blood" Initiate the first contact with the offensive player. Put a forearm into their chest.
-At the end of every pre-practice meeting, he finishes by telling his assistants 'Let's make these guys better."
-Keys to the game: get easy baskets, get to the ball, and compete.

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-Offense is about two things: 1. Create space 2. Create angles.

-What makes our drills so effective in developing toughness isn't necessarily the drills themselves, but the ramifications we've established and the follow through of those ramifications.

-"Your players are what you make them to be."

-Overload everything in practice. Make the defense constantly be at a disadvantage in practice. Goal should be to make practice harder than games.

Drills:

-6-on-4 Screening: The extra 2 offensive guys are coaches with pads. Their only goal is to get the offensive players open shots. "I enjoy watching soft guys get wacked by a pad by our strength coach."

-Disadvantage Progession Drill: 2-on-1→3-on-2→4-on-3→5-on-4→5-on-5. Drill starts with a player in white attempting a free throw with 2 players in black lined up in the lane. After ball is shot, it is 2-on-1 back the other way. 2 whites are ready to jump on at the conclusion of the 2-on-1 situation to make it 3-on-2. At the conclusion of the 3-on-2, 2 blacks are ready to jump on to make it 4-on-3. Keep score.

-4-on-4 plus 1: Uses this to prepare for opponents. If your upcoming opponent has a good point the unguarded player will be the point and the rest of the defense needs to react to cover him. If you're getting ready to play a team with a good post, the post player will be the plus 1.

-1 man or 2 man shell: an offensive player is on one wing being guarded by a defensive player with one coach at the top of the key and one on the opposite wing. Defensive player must react as ball moves, going from on-ball to deny to help. Offensive player crashes on coach's shot and defensive must block out (making first contact or "drawing first blood")

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Ralph Willard



College of the Holy Cross

"Making your Team Special Preparation"

-Your kids need to believe they can win every game. How do we do that?

1. Special Preparation 2. Circle of Opportunity

Special Preparation:

-Make your team tough to play against. Make the opponent play in a way that they're not used to – a way in which they don't practice.

-Games so often come down to execution and I would rather force the opponent to execute something they don't normally practice. We play a defense in which we start in a 2-3 alignment, but really it's man-to-man; how many teams practice running their offense against that?

-Have your kids take pride in the fact that, as a team, you are tough to prepare for.

-Knowing the other team is going to be confused gives us confidence.

-Loves to mix it up defensively. Will begin a defensive possession in what looks like a 2-3 zone, but really is a straight man-to-man or will play 2-3 until the 3rd pass of the possession where they'll switch to man.

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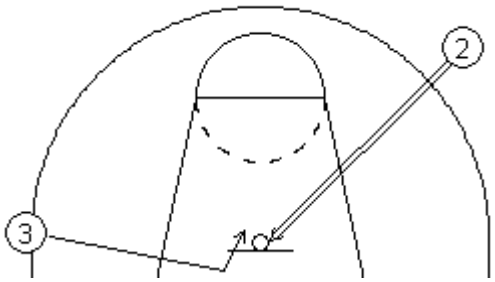
Circle of Opportunity:

-If we do execute these 8 things, we will 95% of our games and have a chance to win the other 5%

1. Deflections: our goal is 40 a game. 40+ deflections a game = .900 winning percentage.
2. Blockouts: we go back through tape and chart everyone on this.
3. Shot Contest: Every shot the opponent takes need to be contested on the ballside of their shot. If it is a righty shooting, we are flying directly at his right shoulder with 2 hands up as you can. There is a 4-5% difference between contesting on the player's shooting side to his non-shooting side.
4. Offensive Rebounding: If you have an opportunity to go to the glass, you better get there. From the corner, Willard teaches his players to go baseline-out (meaning a player runs along the baseline to underneath the rim before jumping back into play). In diagram, 2 shoots and 3 runs along the baseline before jumping in front of the basket to get a hand on the missed shot. Teaches bigs to do the same.



5. Charges: Chart the number of times your guys step up to take a charge when they have an opportunity. This is a sign of sacrifice—giving yourself up for the team.
6. Bull Pursuit: Loose balls are OURS. All great rebounders/ rebounding teams do 2 things: They get great position and they pursue the ball. Use the stat "Out of Area Rebounds" and really emphasize it to your team.
7. Confidence & Emotion: Players must be confident going into every game that they can win.
8. Transition Defense: Take away easy baskets.

-There's nothing in this circle that we can't do. I'm not asking you to do anything which you're not capable of doing. It comes down to execution and effort.

Miscellaneous coaching notes:

-To Young Coaches:

·Learn to teach. The number 1 element I look for in prospective assistants now isn't recruiting, but rather the ability to teach.

·Create a philosophy you're passionate about.

·Tweak to your personnel. You must adjust, your system can't win if it doesn't fit your players.

·Special Preparation: Make teams do things they don't practice everyday to beat you.

-On a baseline drive, two areas need to be covered: strongside block & weakside corner. We don't want our guy getting tangled with the weakside block because very rarely will the pass go there on a baseline drive.

-Importance of film: make subtle adjustments in predicting what they're going to run to negate what you do.

-Defensive rebounding:

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·On block: you have to step into the offensive player and make the first contact. We teach our posts "hands up, thumbs down, and rear ends out." The thumbs down forces players to subconsciously push elbows out, creating a wider base for the offense to go around to get a hand on the ball.

·On the perimeter: allow him to step before making contact with forearm.

-A big part of basketball is discouraging people from doing things. Take people out of something early and more times then not, they won't go back to it. Example: the first 10 blockouts are the most important of the game because if you're physical you can set a tone saying "you're not getting to the offensive glass."

-Offensively, anytime a big is penetrated at, he is instructed to back up and get his butt to the baseline.

-Great rebounders/rebounding teams do 2 things: They get great position and they pursue the ball.

-Key to defense is ball pressure

-Jams defensive rebounder with closest big to slow outlet. Jams by getting hands straight up in the air on the rebounder's inside shoulder.

-Switches into the passing lane on every interchange.

-Doubles every post pass. 90% of the double-teams come from the other big who steps into the offensive post with his chest with the objective of pressuring the offensive post's body and making him take a dribble away from the pressure. He will double from the top with his point guard if the opponent's 1 isn't a shooter. "It's who you double with, but **how** you double."

-We are in a special profession as coaches because if we do it right we can have a major impact on lives and more than any win, the thing I treasure most is the impact I've had on those young people that I've had the opportunity to **teach**.

-Against a flex offense he will switch everything and not worry about the passes over the top because of the tremendous pressure they will have on the ball up top. Anytime a big catches it up top they get right into his body with hands all the way up to make the big put the ball over his head and make a bad pass. Get into the offense's bodies!

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Bobby Lutz



Charlotte

"My Favorite Practice Drills"

-Importance of recruiting: "You don't win with X's and O's, but rather with Jimmies and Joes. I became so much smarter when I started getting better players or at least that's what everyone thought."
-Believes in having big dreams because he himself started at the lowest rung, taking a high school JV job after dropping out of law school and worked his way up.
-Kept every rejection letter he has ever gotten as a reminder to himself not to be afraid to fail.
-Take 4 things that your team is going to do better than anyone else in your league and structure your practices to emphasize those things.

↑Scrutinize your practice plans. Look them over and check to see if you're emphasizing what you want to be.

-Our four things:

1. Dictate tempo.
2. Change defenses.
3. Utilize the 3 point line offensively.
4. Out-rebound the opponent.

-"You can get all the great ideas, but you can't use them all." –Coach K. Pick and choose you want and make it fit your style.
-Points of emphasis defensively: keep ball out of middle and don't let posts turn baseline.
-How do you motivate your team? You have to know what gets them going.

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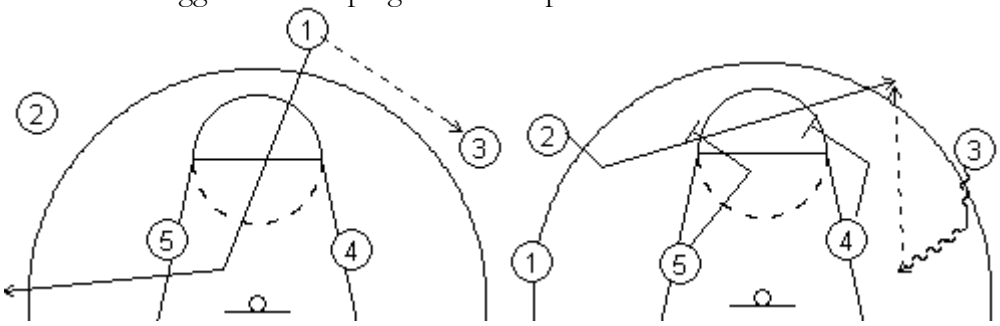
Occasionally you have a tremendous defensive player who you allow to challenge offensive players in the open floor, but everyone else we teach to fall back.

-Lutz and his staff don't talk very much during scrimmages. They believe this forces their players to communicate and the coaches will touch on all their points at the conclusion of the scrimmage.

-Your shooting drills should mirror your offense.

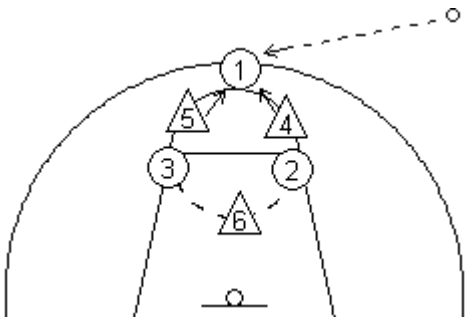
-Set play for 3: 1 passes to 3 and cuts through to the opposite corner. 3 drives baseline as 4 and 5 set a stagger for 2 looping behind 3's penetration.



Drills:

-"Vegas": Drill starts with 3 players, each with a ball, underneath the hoop and 3 coaches around the perimeter (1 on each wing and 1 at the top of the key). Players roll ball out to coach and closeout on him.

-"Florida Circle": Drill starts with 6 players (3 greens and 3 whites) lined up around the foul line circle. The players are positioned around the circle like shown below (with no 2 players on the same team standing next to each other. A coach throws the ball to one of the players on the green team as the 2 closest whites trap him. There is no dribbling and the drill continues until a turnover or a solid deflection (if 1 completes a pass to 2, 4 and 6 sprint to trap him now).



-"Roll 1-on-1" 2 players on the lane line who sprint out to a loose ball rolled onto the court by a coach. Whoever gets the ball is on offense and they play 1-on-1. On a score, offensive player stays. On a stop, defensive player stays.

-"Five Star 3-on-3 Full Court Transition": 3 offensive players lined up on the baseline with 3 defensive players lined up across them at the foul line. Coach throws the ball to one of the players on the baseline and calls out the name of one of the players at the foul line who has to sprint to touch baseline as the offense transitions to the other end.

-"4-on-3": 4 offensive players situated around the perimeter try to get an open look by the 4th pass against 3 defenders. No dribbling allowed. Defense is off with a rebound or solid deflection.

-"Blocks 1-on-1" Drill begins with one post player on each block and a coach at the foul line with a ball. The coach throws the ball to one of the bigs and the other big must sprint to defend. Ball is live off a miss and whoever scores is the one to stay on.

ORGANIZING PRACTICE SESSIONS

COACH PHIL MARTELLI -- ST. JOE'S

Write down practices

- PRACTICE IS WHERE YOU CAN BE PERFECT-
- USE ASST. COACHES PROPERLY
- * - IN PRACTICE USE VOICE → RESPOND TO THAT IN GAMES
- * - NAME YOUR DRILLS -
  THIS ORGANIZES YOUR PRACTICES (USE BIG NAMES)
- COULD THE OLDEST PLAYERS RUN YOUR PRACTICE -
  * GOAL *

Thinking Questions during practice

PRACTICE SCHEDULE

I WEEKLY PLAN

INDIVIDUAL — OFF, DEF
TEAM — OFF, DEF, Special

List things you want to cover

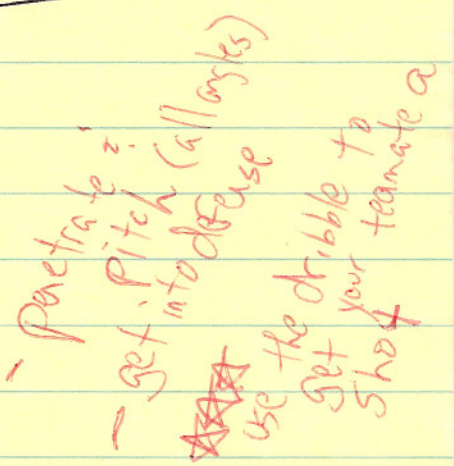
get them guessing

II DAILY PLAN

Did you practice it?

INDIVIDUAL — OFF, DEF, special-pre practice
TEAM — OFF, DEF

III PRACTICE PLAN (SCHEDULE)



STRETCHING - PRE PRACTICE (PERSONAL STYLE)

never runs for sake of running - get other ways - basketball ways

6-10 TEAM DRILL
warm-ups

15 min DEFENSIVE BREAKDOWN
STATIONS - ½ of a ½ — stance & shuffle

10-12 TEAM DEFENSE
shell defenses

princeton shooting
penetrate & fill
pop-cut-fade & penetrate & pitch

6 & COMPETITIVE SHOOTING
practice shooting from offensive set

6 & DUAL SHOOT
partner fits - other guy does push-ups
change it up

8-12 FAST BREAK DRILLS

HALFTIME

Follow same schedule for defense
substitute offense
no scrimmage - basketball type situations

practicing/playing
DEC 10 @ OTEP

HALFTIME

put certain time on clock - grab water : sit
point out things you need to do (2-3 things)

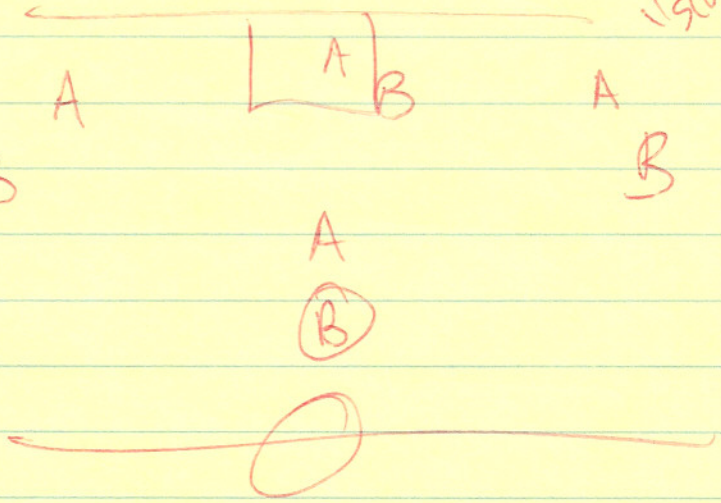
★ AFTER HALFTIME ★

△ offense for defense

★★★★★ SCORE & STOP → then use this in the game - tight games "score & stop" not fixed ↓ speech

*to get the basket you must score then stop them @ other end *

- play to 5 or for 5 minutes



★★★★★ 35 INDEX CARDS - SITUATIONS - at end of practice - make them anything you want ex: arrows?

best players fouled out in bonus down 4 7 secs

1 situation a day
trying different things
coaching different ways

have your different teams do it then coach it - talk about it

Pennsbury Defense

Point zone

“12”



BASICS

- Initially a 2-3 look
- Player on ball must apply heavy ball pressure.
- Force to the baseline. Never the middle!
- Off the ball defenders must react to passes while they are in the air, not after they have been caught.
- Communicate! Great teams and players talk. Selfish teams and players are quiet.



5 MAN

- Must stay between the ball and basket at all times.
- Give cautious pressure at high post. Don’t get beat to hoop.
- Protect basket at all costs!



Point guard (1)

- Set up on the top side of zone.
- Set up on right side of floor. Most offenses trigger on this side.
- Call ball and contain.



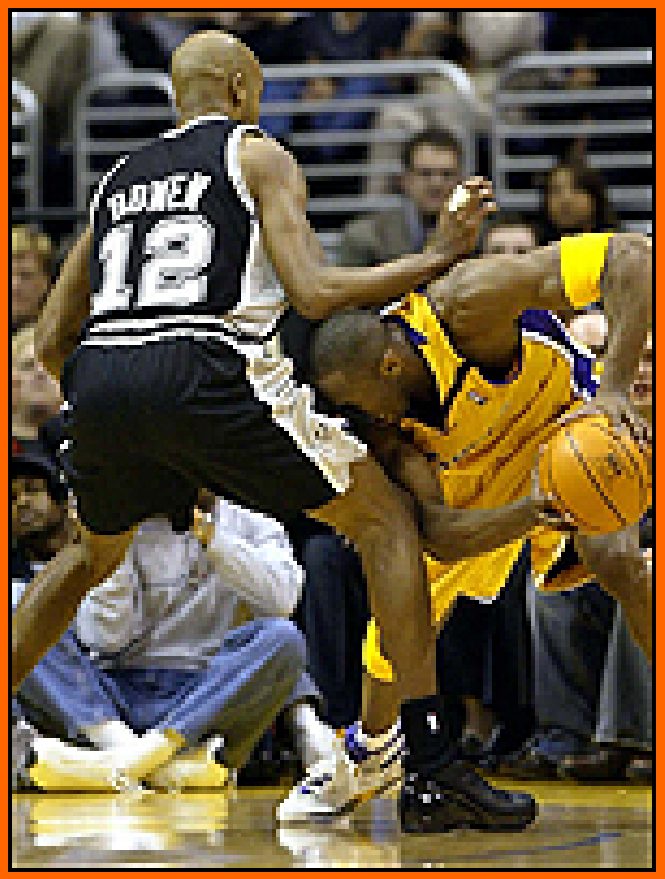
Shooting guard (2)

- Sets up on left side of zone because most shots will come off to his side.
- He is the best rebounding guard



Small Forward (3)

- Sets up on the bottom of the zone on the right side.
- This player will normally be the better on ball defender of the forwards.



Power Forward (4)

- Sets up on the bottom left side because this player is the best rebounding forward.



Movements



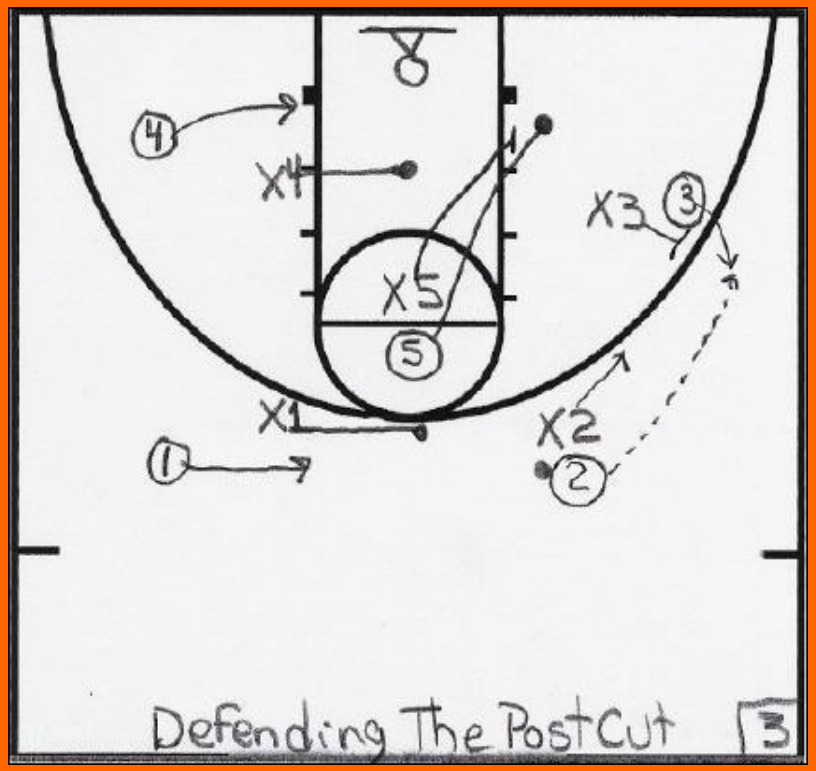
Talk-Fly-Contest-Deny

Movements



- Player on the ball MUST yell “ball” every time.
- The player opposite and behind is in the hole and MUST yell “hole” every time
- If point is on the ball then PF is hole man and vice versa

Ball reversal



- When the ball is reversed the 2-3 look will quickly change to a 1-3-1 once the “hole” man is established.

Bluffing



- When the ball is passed to the wing, the low man(3 or 4) will *bluff*, or foot fake to give the 1 time to get over.
- Thus, after the initial pass, the 1 will still be on the ball, with the 3 covering the baseline runner.

Off the Ball



- The high guard (1 or 2) will have a hand and foot in high post area to cover big man.
- Weak side low man will be the “hole man.”

Baseline Runner

- This can be tricky
- If ball side low man (3) is covering, the opposite low man (4) will have to come across, cover the runner and pressure and force baseline.
- The 3 will drop back into a help position on the high post (hand and foot).
- The 5 stays between ball and hoop
- The 1 is now the “hole” man, but he is looking to cheat the weak side wing.
- The 2 will be in basket protect position.

What if…the high post catches?

- The 5 will come out and give cautious pressure. (A hand up but not so close as to get beaten)
- If the ball is dribbled the 1 and 2 will get a hand in for a deflection.

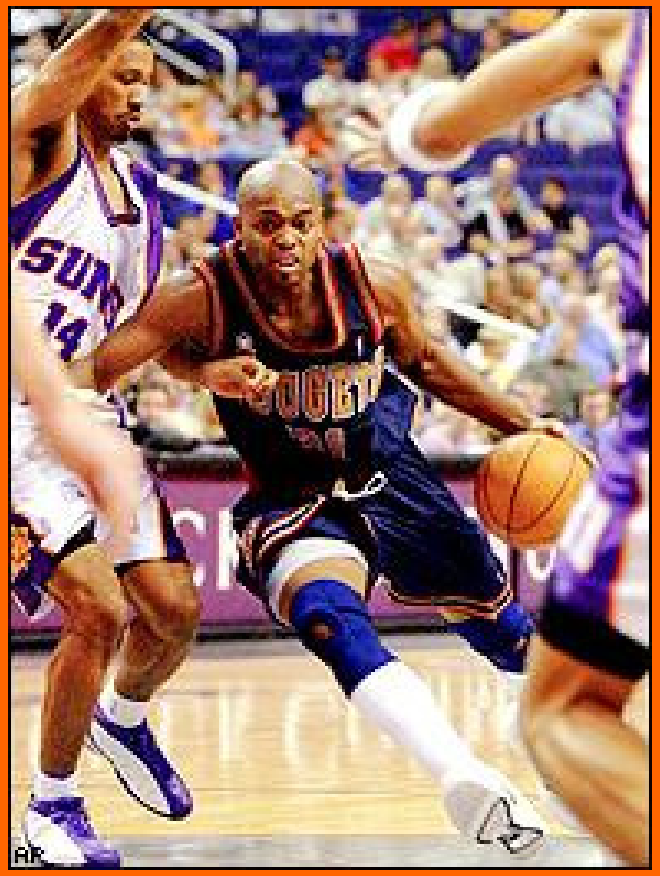


What if…someone cuts through?

- Stamp the cutter until the 5 man or hole man picks him up.
- The get bask in position ASAP!



What if…someone dribbles penetrates?



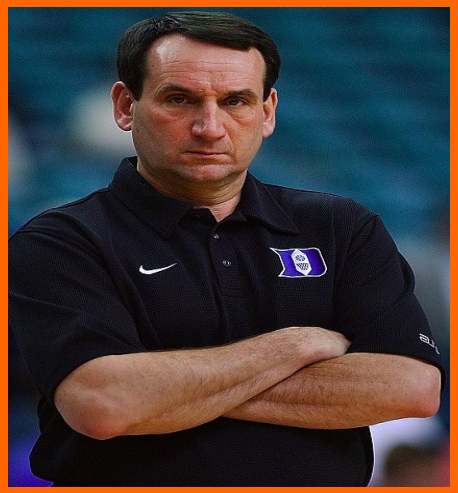
- It better not!
- If so, the man on the ball stays with the dribbler.
- If dribbler is not penetrating and going around perimeter, the rule is…
- Rotate away from dribbler if he is coming toward you. Rotate toward dribbler if he is going away from you.

This is dedicated to all lovers of Zone defense!!!

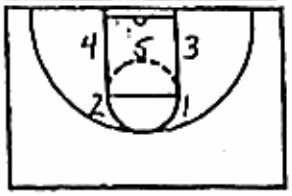








POINT ZONE

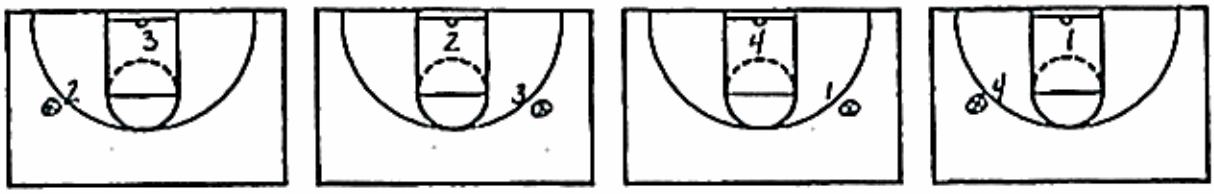


Initial set is a 2-3 Zone:

RULES:
2 and 3 are buddies or tandem
1 and 4 are buddies or tandem

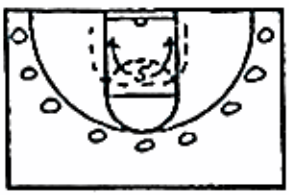
When 2 points the zone, 3 is always under the basket
When 1 points the zone, 4 is always under the basket
The reverse is also true.

Examples:



The 5 man is always between the ball and the basket along the dotted line around the lane.
His two jobs are to absorb all penetration and front everything in the low post when the ball is in the corner.

Example:



Details to emphasize:

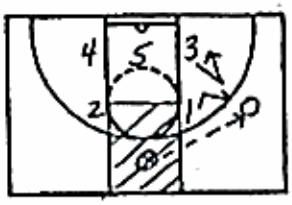
1) Close-out to the topside with high hands and feet parallel to the sideline – "NO MIDDLE DRIVES"
2) Open up after your man passes the ball with your butt to the baseline and point to your next rotation.
3) "Ball Pressure" – When you have the ball on the sideline. Try to limit skip passes
4) Your next rotation is your box-out.
5) Don't get screened. Sit on the high side of the screen
6) ANSWER TO ALL QUESTIONS – "TALK & ADJUST"

Start:

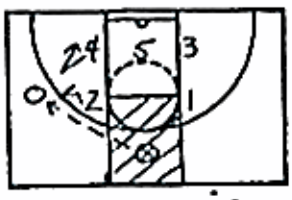
It will begin in a 2-3 Zone look until the ball leaves the chute area. In order to defend the initial point to wing entry pass, we will "fake and fade" 3 or 4 out and then "Bump" down when 1 or 2 sprint the pass to form the point of the zone. This is only done on the first pass to form the point zone and not ever again.

Example:

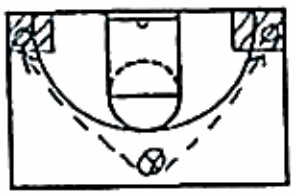
3 must close-out / "fake and fade" to contest the jump shot until 1 sprints the pass and yells point.



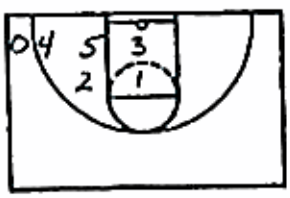
The same is true for the 2 and the 4 on the left side.

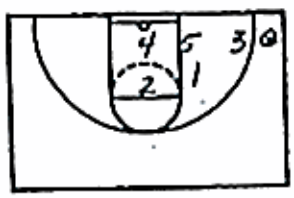


We would like to have 1 or 2 point the first pass when ever possible as long as the first pass is not to the shaded area.



This allows us to keep smaller perimeter people out front. Now we do not have to rotate 1 or 2 under the basket on the first pass.



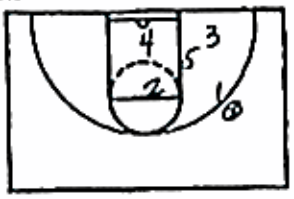


RULE:
When 1 or 4 point the zone, 2 and 3 are always in the wing position.
When 2 or 3 point the zone, 1 and 4 are always in the wing position.

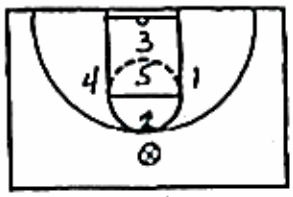
This will always give the point zone a look of a 1-3-1 Zone from the ball.

Examples:

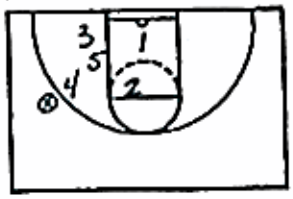
A.



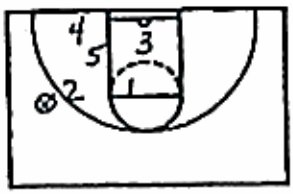
B.



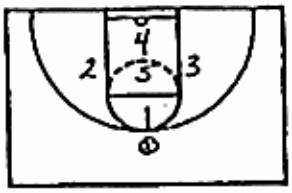
C.



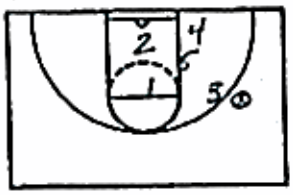
a.



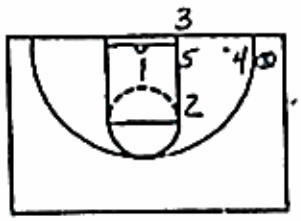
b.



c.



Exception:
When the ball is in the corner, by rules you would look like this:

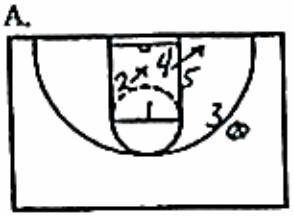


Obviously you would never rotate a defensive player off the court.

Therefore:
The rule is – Anytime the 5 man is above the block, the opposite wing (4 in A. / 3 in B.) must rotate over to cover the low post.

Examples:

A.



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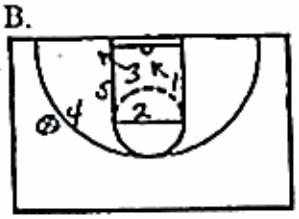
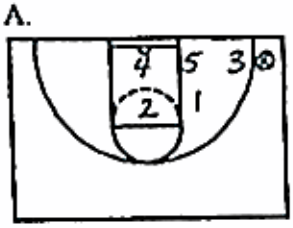


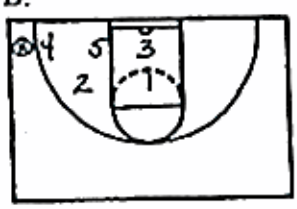
If the 5 man is on the block or below, the opposite wing (4 in A. / 3 in B.) will not rotate over! 4/3 will stay weak side.

Examples:

A.



B.

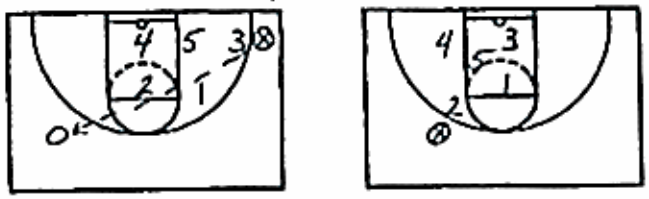


Defending the Skip Pass:

"Talk and Adjust!" We do not like to give set rules on the skip pass. The most important thing is to cover the ball. We explain that if the pass is in front of your field of vision as you look directly to the ceiling, it is your point in the zone. If the pass is behind your field of vision as you look directly to the ceiling, it is the next person's point on the perimeter.

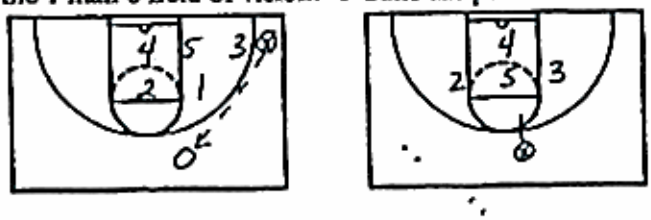
Example:

The pass goes behind the 1 man's field of vision, but in front of the 2 man's vision. 2 Calls the point.



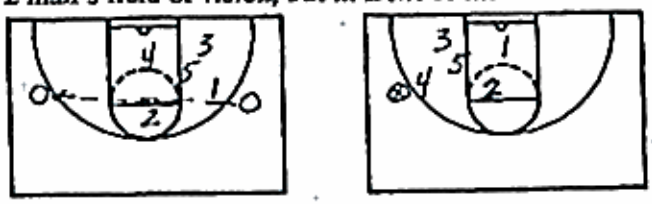
Example:

The pass goes in front of the 1 man's field of vision. 1 Calls the point.



Example:

The pass goes behind the 2 man's field of vision, but in front of the 4 man's vision. 4 Calls the point.

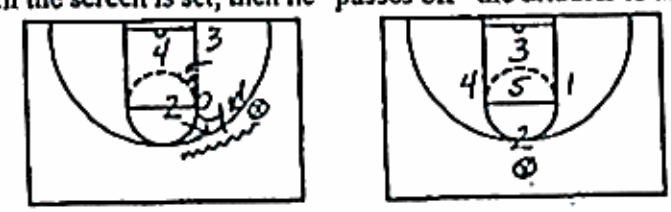


Defending the screen on the ball:

We will stay with the dribbler until the screen is set, then we will "pass off" the person with the ball to the next defender to become the point.

Example:

1 Stays with the ball until the screen is set, then he "passes off" the dribbler to the 2 man.

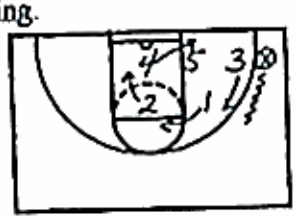
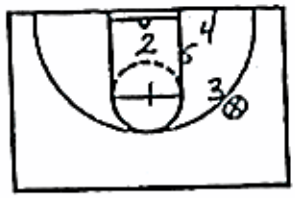


Defending the dribbler:

We will stay with the ball and rotate the others.

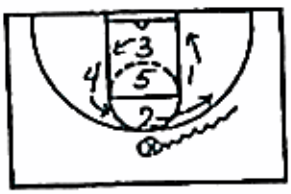
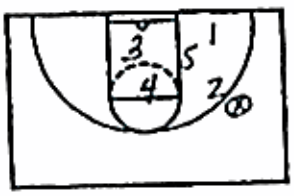
Example:

From the corner to the wing.

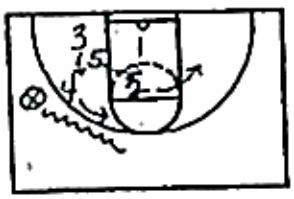
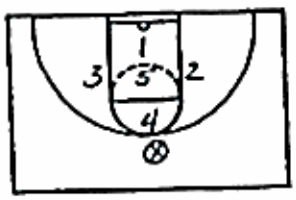
Example:

From the top to the wing.

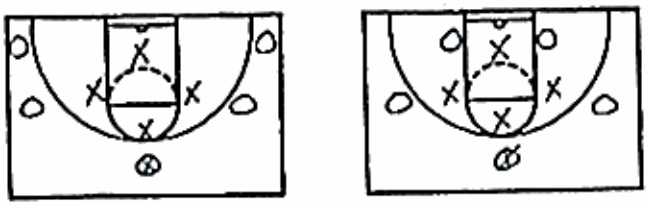
Example:

From the wing to the top.

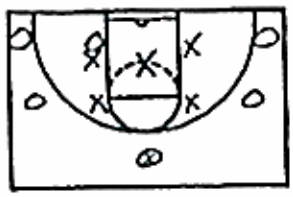



Building the Point Zone:

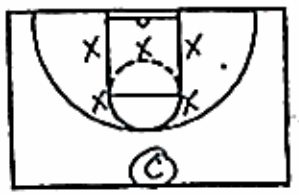
Drill #1 5 offense vs. 4 defense



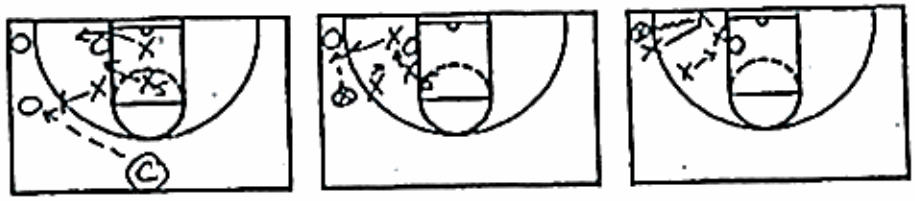
Drill #2 6 offense vs. 5 defense



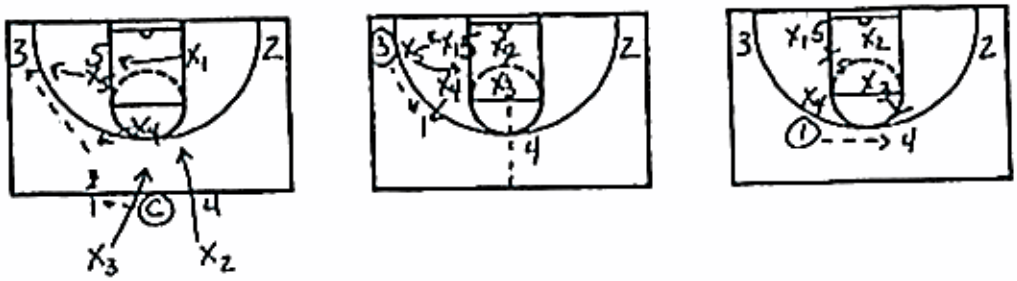
Drill #3 React to the coach's direction call



Drill # 4 3 offense vs. 3 defense (Work on baseline drive rotations)

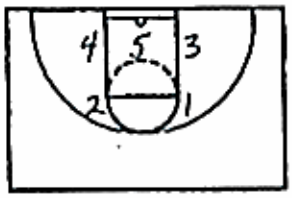


Drill #5 Transition Defense Drill

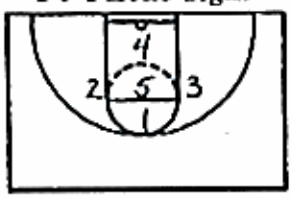


Different zone looks out of the point zone:

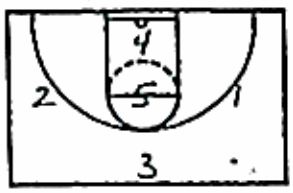
2-3 Zone



1-3-1 Zone Tight

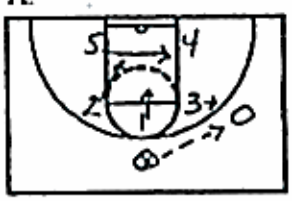


1-3-1 Zone Wide

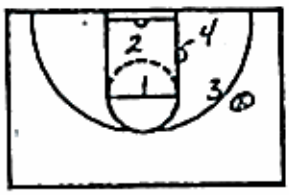


3-2 Zone (Different depending on where the ball is entered)

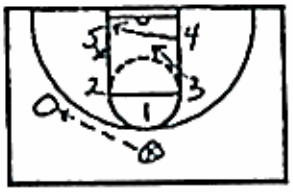
A.



B.



a.



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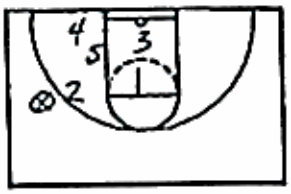
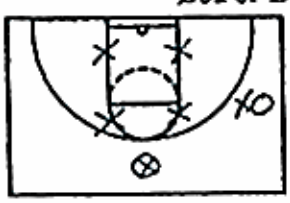
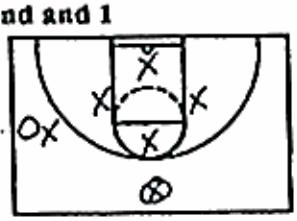


Box or Diamond and 1





You can add variations to the zone by:

1. Playing straight point zone
2. Dribble can be doubled
3. Pass can be doubled

GOOD LUCK!

2005

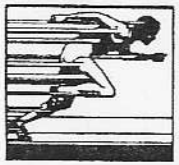
Point Guard COLLEGE

THINK THE GAME.

DINT GUARD OLLEGE

RACECAR

person evaluating
evaluator



Race ball from Arc to Arc



STOPS

Control



Eagerly Hunt the Paint



Cleverness



Fakes get defenders in the air



Reminder to teamma

CRUCIAL CONCEPTS



$C_2 + CH$



PEEK



Get Dangerous

INTANGIBLES



SPIRIT



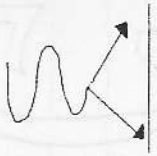
Body Language



HUSTLE



Names
Info
Tone of Voice
Eye Contact



Mistake Response



Dead Ball Time
(What do you do when the clock

ESSENTIALS



Pee Dribbles



Leap to Pass



Momentum Dribbles



Team's shot selection

PESTITUDE



Activity Level



Defensive Voice



Signs of Urgency

y Other Comments or Suggestions:

KROOSHAL KONCEPTS

6/6/05
Mon- Aftern.

PGC is a leadership Labratory ⇒ VISION (team + teammates)

LEADERS don't have the luxury of time
Be Early = on time
• sacrifices in short run => benefits in the long run

TEMPORARY INCONVENICE → PERMANET IMPROVEMENT

Mental Toughness is what you choose to focus on!
major or minor things?

If more Noble-minded => focus on bigger, more impt thi
and pride themselves on not caring about minor thing.

Achievement of Excellence = preparation (hours + planni
• you can never spend enough time on improving your g

Ask yourself daily ⇒ "Am I practicing according to my aspirations?"
(Very few practice according to their aspirations; WNBA college, Varsity)

SHYNESS is a hinderance. You will miss out on opportunities. It is the biggest ENEMY of a point guard.
Being Too COOL = 2nd biggest enemy of a point guard

With FREEDOM comes RESPONSIBILITY

- Point Guards do not have the luxury of minding your own business.



7 Great Concepts a Point Guard should know

R Race the ball from
- ~~At a speed that makes defense uncomfortable~~
- At a speed that makes defense uncomfortable
- Racing ≠ RUSHING

A Arc to Arc (3pt line to 3 pt line)

C Control
- *Dynamic Jumpstops (show-off) = confidence, impatient enthusiasm
- (ball, body, game, teammates, quickness, composure)
- others should feel relaxed & confident
- Should have an arrogance to "show-off" your game
- Not a quick shot but a good shot for your team.

E Eagerly hunt the paint. 1) dynamic jumpstops 2) Don't hurry = HUPPPPY
- P1 = Powerful (physically & mentally)
- P2 = Peek (look crim)
- P3 = Patience (assess the situation)
- P4 = Purposeful (be decisive + NOT afraid to make mistakes)

C Clevverness (The essence of the game IS Deception! => Fake sandwich)

A Arrums
- Pump fakes defenders – defenseless
- Use head fakes => ALL the time!

R Reminders
- things to say to help teammates play better = TALK
- * Only useful before they are needed *
- Leaders need to recognize the situation before it happens => "get hands up / blocker out shooter"

If the only way you lead is by example, then you are a very poor leader.

Your team needs positive energy constantly.

Intangibles to Master

Spirit
- Great players bring positive energy, enthusiasm, zest or condi
- Excellence = practicing at a high energy level
- Quiet gym = Losing gym (Voices/reminders/clapping/+conn
- ✱ GOAL = 2+ comments/min/player/(2 HR practice)(10 players) = 2400+ con

Communication
- constant
- skill
- NITE (see below)

Hustle => Sheep Dog Mentality = Best role model
- Be the best leader by hustling ALL the time
- Bring it everyday - not just on the court

HERD YOU SHEEP

Approach
- positive attitude or your method you bring (Body Languag
- persistent + enthusiastic towards your team, coach, huddle, parents, teachers) — FAKE IT/ACT positi

Precision
- commitment and attention to detail/exactness
- dedicated "Be sharp" - Do it right ALL the time

Enhancement
- Affect your environment in a positive way
- Are you contributing OR contaminating your enviro
- ✱ Excellence means EXTRA (have to do more than your share)

Those to who much is given, much is required

Communication: GOAL = best communicater on the floor!

Names 1st + reminder/give positives

Information that impacts play
- relevant
- meaningful talk
- reminders

Tone of voice
- give praise + encouragement so team plays better

Eye Contact
- give + get info espcially from coach

"SCHAPE" your environment / become a "Schaper"

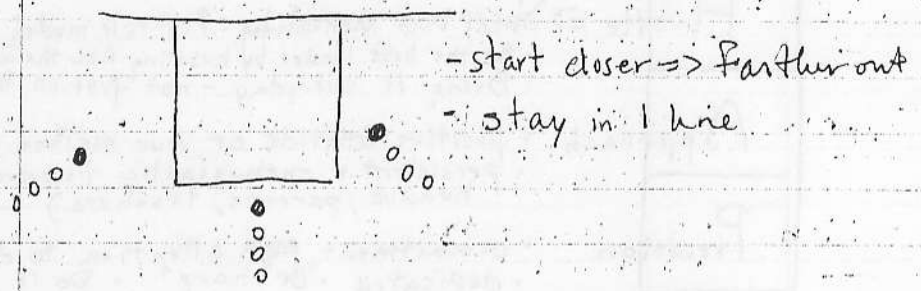
SCHAPE Shooting

get team going in right direction w/out coach

1) Opportunity to focus on 6 intagibles (schape the gym)

2) Sets tone for practice

3) quicker release of shot



Points of Emphasis

Being ready

1) Greedy Receiver w/itchy fingers (ready to shoot)
2) Move one foot (as ball is coming) (touch leather = up)

SCHAPER ← 3) Hold follow-thru until you grab the ball (dedication to precision)

4) "Goldilocks" pass (just right)

Point Guard Outcomes

- mediocre = schape self
- good = schape line
- great = schape own basket (sheep dog)
- special = schape whole gym (enroll other sheepdogs)

Gym Procedures

- 1 whistle = Freeze, Eye contact, Listen
- 2 whistles = names, sprint., noise

Half Court Drills

- At every basket = 3 teams of 6-7 p
- 2 teams play + waiting team on BL => def => stop => off
- Off = 1 shot only (teaches shot selection)
- Outbounds Rule => Def. (teaches completion of sure not maybe passes)
- Jumpballs => Def
- Subs get self in
- Goal = 4x/row (successful)
- Fouls = Errors/mistakes (no victims => How mentally tough are you?)

Zone Attack Rules

Monday Evening 6/6/05

- There is a difference between hitting and creating openings.
- There is a difference between running plays and HOW to play.

① E2 + C4 = (ballhandler)
- Engage 2 defenders and see 4 teammates [occupy/get attention of 2 defs when you have the ball]
- Creates openings

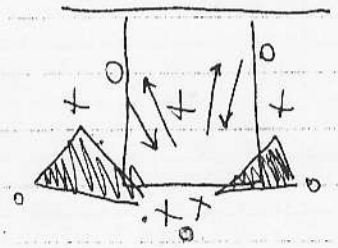
* Engage but don't get married (traps)
* offensive advantage = def disadvantage

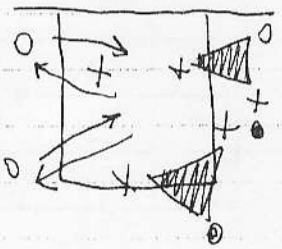
② Construct Δ's with nearest 2 defenders = (players next to ball)

⇓

perfect spacing => open shots => hunt the paint => E2
(PI = position I teammate where to go)

dangerous =





③ Dance into openings (players not next to ball)

- Dancers work in tandem
  a) no prescribed movement - where?
  b) how to dance
- Triple Wide
  a) stance - big
  b) palms - out (greedy receiver / occupies defender)
  c) mouth → call names

* Passers pass to ~~dancers~~ Triple Wide dancers who are moving towards you

Dancing dancer = cutting towards ball
Non-dancing dancer = waiting her turn

- If pass goes to dancing dancer ⇒ back to non-dancing dancer ⇒ getting dangerous

Getting Dangerous = threat to score

④ BF + G

- Ballfake - min. 1x unless someone is wide open
- Grimace - energize your cutters / teammates ⇒ make them feel "seen" / and continue to "get dangerou

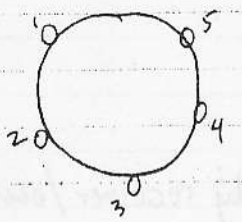
⑤ Puncture middle of zone, don't just trim edges
To beat a zone

- Hit dancers
- Hunt the paint

V ... = passes ball around but doesn't puncture

Zone Drills

① Zone Circles

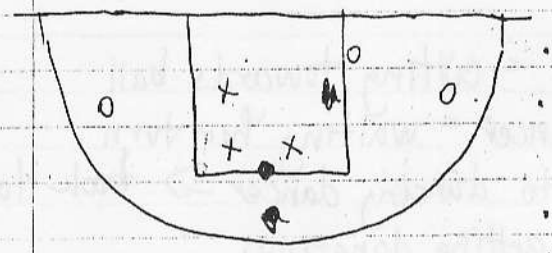


- greedy receivers
- dance - Triple wide (2x/ea)
- BF + G (convincing)

* Dancer/dancer pass

② Create an Opening (4 on 3)

vincing
F + G's



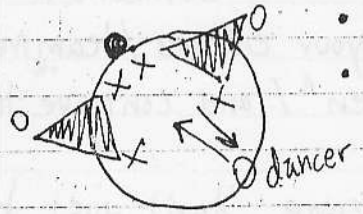
- Pretend E2
- 3 offensive players inside 3 pt line + below FT line
- Low + High post

* Passer wins = 7 undeflected passes

⇓

E2 + (BF + G)

③ Circle 4 on 4 (dummy defense)



- E2 of closest defenders
- Ballhandlers must keep ball 5 secs

④ Live-zone concepts vs. 2-3 zone

Film Clips Tues - AM 6/7/05

I. Dynamic jumpstops
- in control / balanced
- create time + space => open jumpers
- powerful
- options = shot / pass / kick
- jump off 1 ft => more predictable

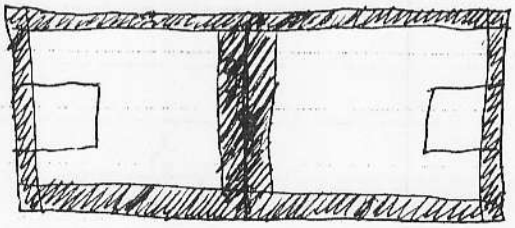
II. Zone offense
- E2 + C4
- Δ - next to ball
- BF + C's
- Dancer -> dancer passes (puncture middle)

Tues.
1 am.

BASKETBALL ESSENTIALS

I. Dribbling
- A. "Pee" dribble => dribbling in 1 spot & not going anywhere. It hurts your game & makes you easy to guard.
  1. Kills your explosiveness
  2. Demishes your ability to lead
  3. Kills movement of teammates (they stand around & watch)
  4. Often Triggers traps
- B. "Mo" (momentum) dribble => dribbler immediately puts ball on the floor before "peeking" or □↑
- C. No "Pee" or "Mo" dribblers
  1. Change of speed + direction makes players hard to guard
  2. Use "X's" => explosive dribbles to go at diagonals

II. "Manure" strip = 2" strip that surrounds inside of court and on both sides of ½ ct.
- A. Nothing good happens there, but CRAP!
- B. Don't go there



III. Passing
- Mentality => Take pride in spoon feeding or delivery the pass on a plater. (accuracy, precision, timin

IV. Shot Selection : Point Guards love easy shots

A. Rating System

9 = 90% shot = wide open layup

7 = 70% shot = wide open jumper (balanced/in-ra

* 5 = 50/50 (so-so shot)

3 = 30% = 3rd grade shot (out of range, contest off-balance, and/or out of control)

* 5's cause your team to lose games
DO NOT shoot 5's vs. JV => LOSE GAMES!

B. In practice - shot selection

1. Team must average 6's or higher to win against better teams
* (2.) 1 bad shot/qtr = difference in a game
3. Influence teammates shot selection with

DAILY CONVERSATION

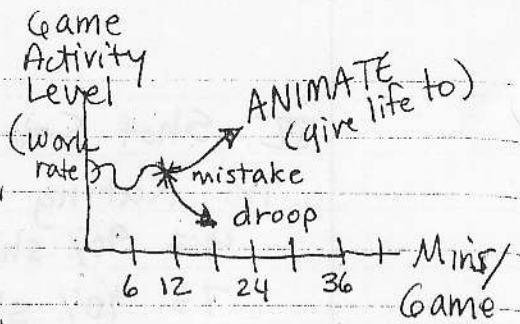
a. "layup, easy shot, better shot"
b. all year long - summer camp, fall, season
4. Sometimes making an extra pass can turn a 6 into a 9 shot.
5. Good decision-makers avoid bad & dangerous situations (low probability of success
a. school - procrastinating
b. socially - friends
c. basketball -

V. Mistake Response

A. When you make a mistake, ANIMATE don't droop

⇓

Increase your activity level



B. GOAL: Respond to mistake better than others

C. Other goals:

1. Best communicator
2. Grab loose balls
3. On balance shots

VI. "Hood at Midnight" => When you visit "the Hood" occasionally something bad may not happen, BUT if you visit "the Hood" too often then bad things will happen.

Examples of going into "the Hood at Midnight"

A. Leaping to Pass

1. committed & possibly stuck
2. Pass takes longer to arrive
3. ↓ goldilock pass
4. can't use ball fakes + grimaces
5. No reason to leave the floor except to shoot

"Stay on floor - you can do more"

B. BAP's (Bad A Passes)

1. When PG is above FT line + lobs to post (too long)

instead => get below FT line + have post post-up



2. Baseline drives

VII. Tough Position (own your space) => "moving vice"/Boss w/b
- A. CHIN IT (Piston Pass ready)
- B. Elbows out
- C. Pivot as unit
- D. Don't let Defense stand you ↑ => use different heigh during pivot is ok

*(E) C4

VIII. Grab loose balls
- A. Don't dribble
- B. Get "Tough" w/ball

IX. "PEEK" at rim everytime you "touch leather"
- A. Habit = EVERYTIME
- B. PEEK on outlet passes

Fundamentals ⟹ build habits

1 Minute Drills

SCHAPE SHOOTING =>

1. Tough Position (w/partner -10 secs)
2. Grab + Peek (immediately + inconvenienthy)
3. Hunt + Hupppppy
   - a. hunt the paint
   - b. 2 dynamic dribbles
   - c. powerful jumpstop
   - d. peek

(P6)

MAN-MAN ATTACK RULES

(you need to be succesful)

I. Movement –
- A. Quick
- B. Sharp
- C. Purposeful speed
- D. Straight lines + ~~X~~'s (no loops or arcs)

II. Screens
- A. Setting
  1. Noisy screens (say name / loud feet)
  2. Collision (screen the body not air)
  3. Double Wide
     - a. set screen
     - b. read defense
     - c. reverse pivot into defender's path
     - d. ASK for ball => Triple Wide
- B. Using
  1. Wait -> set her up => change speed + direction
  2. Wait some more
  3. Wait just a little longer
  4. Shoulder to Hip => attack defender + get going faster and then wrap arm around screen
  5. PEEK at defense + read screen
  6. Come off screen in attack mode
     - a. greedy receiver
     - b. PEEK at rim

IV. Simple Man offense

A. players next to the ball ⇒ set screens

B. players away from the ball ⇒ use screens

GYM DRILLS

I. SCHAPE Shooting

II. 1 Minute Drills

A. "Tough Position" (w/partner - 10 secs)

1) chin it
2) elbows out
3) pivot as unit
4) different heights
5) C4

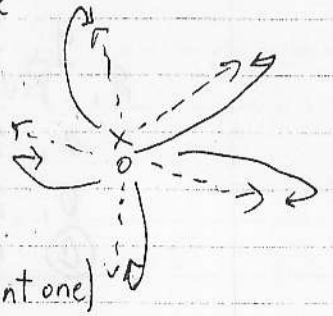
* Teammate give REMINDERS

"START" • Both players face ea. other and hold ball w/ both hands on ball

• offensive takes ball

• defender assumes boxer "rope a dope" position (elbows on trunk, elbows on offensive player, and fists in front of eyes) and lean on Teammate

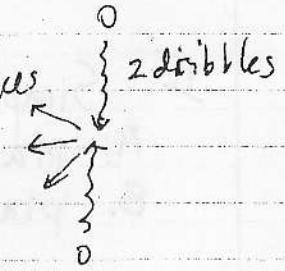
B. Grab + Peek



1. Grab ≠ dribble (sprint + grab)
2. Tough position
3. Peek at rim (the most inconvenient one)

Peek as you get tough

C. Hunt + Huppppy (w/ partner)

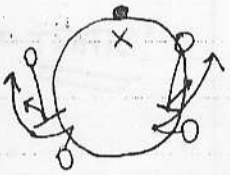


1. 2 explosive dribbles
2. powerful jumpstop (drop hips / ACL)
3. PEEK
4. Patience (+1/8 sec) = fakes to side
5. Purposeful (decisive)
6. Goldilocks pass
7. Receiver → meet pass w/ powerful jumpstop

* Don't travel

III. Man offense

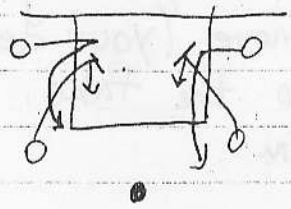
A. Man-Man Circles (small circles) -



1. Reminders
   a. NOISY
   b. Collison
   c. DoubleWide => 3x
   d. Wait - 3x
   e. shoulder → hip
   f. PEEK => C4
   g. Attack Mode
2. Rules
   a. 2 closest to ball => screen away
   b. 2 farthest away => use screen (hook own man)
   ⓒ Communication => SCHAPE IT

B. Man Concepts with NO defense -

1. Screening + using screens
2. Pass after 2 screens
3. Score after 7th pass => KNOW "time + score

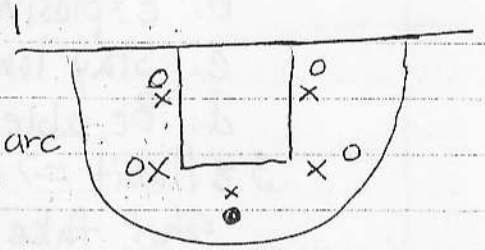


C. Man-Man vs. Defense "Live"

1. Restrictions - Game 1

Violation = TO

a. No dribble
b. Every off player inside arc
c. Read defense
d. 7-9 shot selection
e. defense ≠ switches



2. Game 2 Restrictions

a. "Pec" dribbles = TO
b. OK aggressive dribble
c. ok to switch on defense

3. Game 3 Restrictions

a. Score 2x/row => done w/ drill = H_2O
b. last team standing => must make 5 straight FTs to get H_2O / done w/ drill

afternoon

Beating a Defender 1 on 1

I. Technique
- A. Best way to beat a better 1 on 1 player => become a better shooter
- B. Move defenders by faking them + unbalancing them make your move (your decision is in response to the fake.
  1. PEEK at rim
  2. Jab step
     - (a) Whatever the defense chooses to do is WRONG
     - b. Explosive w/ 1st dribble
     - c. Stay low (Shoulder → Hip) - Attack their ft
     - d. Be able to go Left + Right
  3. Habit => Fake Sandwich (F^2)
     Shot fake => jumpstop + ARRUM
  4. Within 1 second + 1 dribble (limited space + time)
     Attack mode => PEEK
  5. Be "On Balance" in everything you do

bbles =
gger
rglar Alarms

ou should

Practice ALL THE TIME the way you'll need to play, in a tough game at an important time.

II. One on One Games (diff partners/diff sizes = challenge you + COMPETE (play to win)

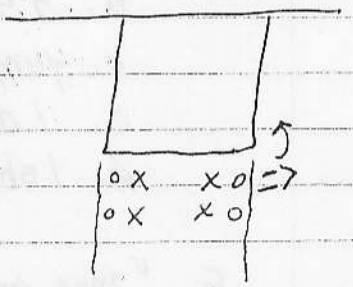
* Playing hard ≠ compete *

A. Rules

1. 1 Shot only
2. Alternate every time
3. Pts = basket (2's, 3's)
4. No fouls (mental toughness)
5. Same partner until game is over
6. Timed + scored
7. Losers sit at feet of winners
   Ties ⇒ 2 losers + sit

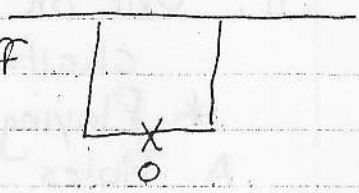
* Winners will play ea. other + Losers will play ea. other. Continue rounds until a final winner is declared.

B. "Race from the Elbow"



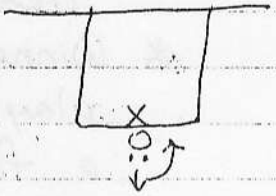
1. Feet above FT line
2. No 1st fake
3. Offense goes 1st
4. Add ARRUM
5. 1 dribble
6. 1 shot
7. Go off 2 feet
8. KEYS:
   a) Explosiveness
   b) Finish

C. "From the Foul Line"



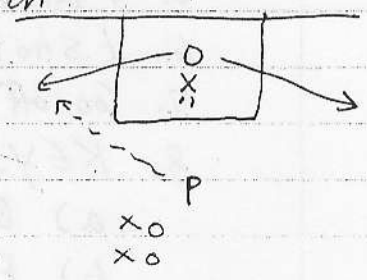
1. Defense hands ball to off
2. ok to fake 1st
3. PEEK
4. Rules
   a) 3 secs to score
   b) jump off 2 feet
   c) 1 dribble max
   d) 1 shot only

D. "Back to the Basket" (from Foul line)



1. □↑ 1st + defense has forearm in back
2. Aggressive reverse pivot ⇒ PEEK
3. Rules
   a. 3 secs to score
   b. jump off 2 feet
   c. 1 dribble max
   d. 1 shot only

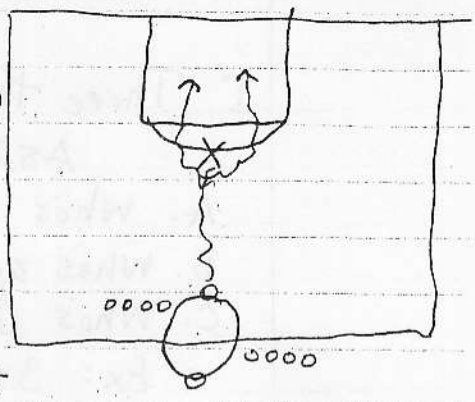
E. "One on One off the Catch"



1. Defense can't move until they see the offense on the wing ⇒ they can defend
2. Rules
   a. 3 secs to score
   d. 1 shot only

F. "5 seconds to Win"

1. Aggressive + Attack mode
2. Shoulder => Hip (simple move)
3. 2 feet in paint w/ jumpstop => shot
4. Rules
   a. No dribble limit, but only 5 secs to shoot
   b. Long whistle = start
      short whistle = stop
   c. 1 shot only.



If your shot has a chance of being blocked or bothered => Go off 2 feet

es PM

FASTBREAK + OPPORTUNISM

I. Three things to know on every fastbreak = ASSESS the situation
- A. Who's with me? (# of players + who they are?)
- B. Who's against me? (# + who they are - characteristics)
- C. Who's coming next?
  - Ex: 3 on 2 break + hustling defender OR your team's best 3 pt shooter

II. Fastbreak Philosophy - What is your philosophy?
- A. Jr. High point guard → do something fancy, being cool
- B. Pro point guard → get a good shot / 4% shot
  1) completion
  2) never have to beat two to score
- C. Attack Plan
  1) One defender ⇒ go faster + go around
  2) 2 defenders (E2) ⇒ pick up dribble + CH
     a) inside the arc - pick up the ball + CH
  3) Be explosive driving into lane ⇒ slow down
  4) Bring ball up the court like you have #'s
  5) Probe defense for 8/9 shot
  6) No "U" dribble
  7) Hunt paint + E2, but don't get married instead find an open teammate



non-dribblers

D. SWOOP = sprint + get somewhere dangerous on Fastbreak
   1. Reminders → REWARD them for working hard
   2. Eye contact w/teammates => they will work harder for their point guard.

III. Not so Obvious Opportunities
   A. Player on other team dives out of bounds, falls down on the ground => 5 on 4 advantage
   B. Receive pass out of trap => 4 on 3 advantage
   C. Mismatches - Big on small or Quick vs. Big on perimeter

IV. Disadvantage Defense
   A. Don't give up + assume opponents point guard Knows what she's doing + can get an easy shot
   B. Be Active + engage in the skirmish => hedge / slow the defense's attack until reinforcements arrive
      1) Get opponent to shoot a 5 or ↓
      2) Try to force shot on (L) side of court
   C. If opposing has poor handler => trap them instead of engage them
      • Hurry them don't allow them to take time

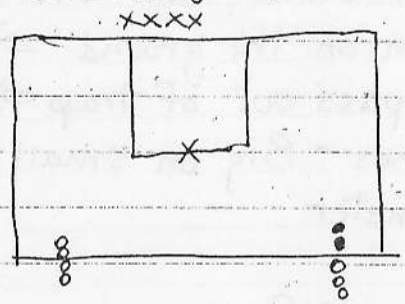
Advantage Fastbreak Drills

I. 2 on 1

A. Attitude = "I'm gonna get my 9 - stop me if you can" = score mentality

B. Jump off 2 feet

C. NO SLOW bounce passes; instead make a face-high pass



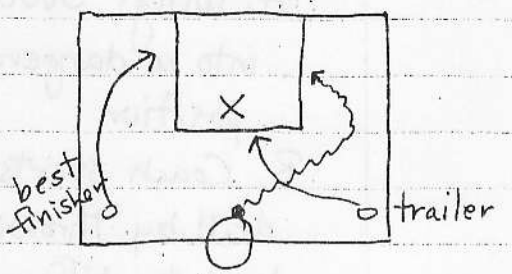
D. Game Rules

1. Timelimit = 5 secs (short → long whistle)
2. 1 pass max
3. 25 possessions (team score => switch)
   ½ R + ½ L side of court
4. Team vs. Team
5. 1 shot only => high % shot
6. Go off 2 feet if possible

II. 3 on 1 (much harder to score than 2 on 1) => 2 on 1

A. Who's with you?
   Best finisher?

B. Veer away from best finisher + attack basket (this creates a 2 on 1)

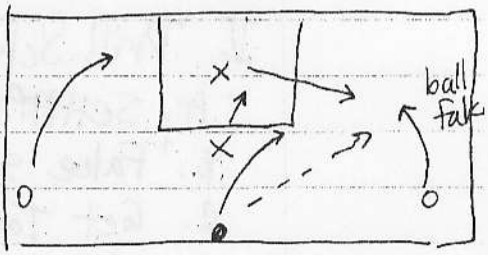


C. Choices
   1. Hit finisher
   2. PG takes layup OR
   3. hit trailer at free throw line

D. Game Rules
   1. 5 secs
   2. 1 pass only
   3. 1 shot only
   4. 25 possessions / team

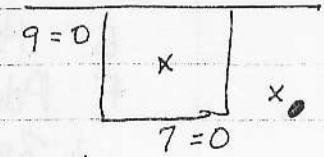
III. 3 on 2 => ok to settle for 15' shot (=7)

A. Assess who's w/you?
   Id best ball handler => give ball to her (+ then you ball fakes to more defense.



B. PG then goes to ballside elbow

C. Shot selection
   1. ballside elbow = 7
   2. power layup on block = 9

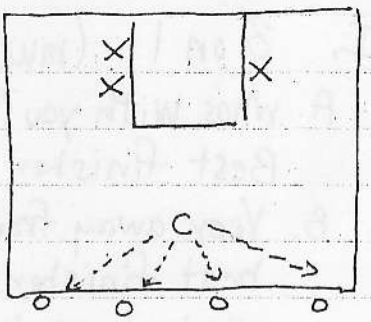


D. Rules
   1. 5 secs

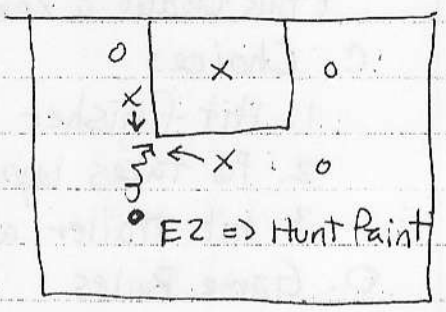
IV. 4 on 3

A. Wings SWOOP into a dangerous position

B. Coach starts drill by throwing ball to different player at ½ ct



C. Defense must set up outside key with 2 on 1 side + 1 defender on the other.



D. Rules / Regulations

1. Long whistle => defense can scramble
2. 1 pass => 8/9 shot
3. 1 shot
4. 25 poss / team + then switch

II. Drill Schedule

A. SCHAPE Shooting

B. + Fake sandwich

C. Get Tough w/ partner

D. Grab + Peek

E. Hunt + Hoppppy

F. Advantage PB drills

1. 2 on 1
2. 3 on 1
3. 3 on 2

Wed-AM

Beating Pressure with Poise

* Your mental toughness + Approach can INSTANTLY change your state of mind *

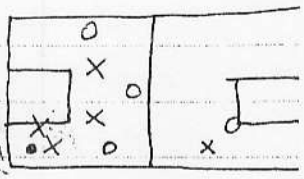
I "F" Words

A. Formula for beating ALL presses (fractions)

$$\frac{1\,(\text{on off})}{2\,(\text{on def})} + \frac{1}{1} = \frac{3}{2} \Rightarrow 1\frac{1}{2}$$

in backcourt | goon | rest of team

$\Downarrow$ Advantage offense



B. Fantasy:

- Presses sometimes work because 2 offensive goons run away from a trapped teammate + stay in the front court

C. Frase (phrase)

* EVERY trapped ball needs 3 nearby receivers
  $\Rightarrow$ 3 offensive players vs. 2 defenders

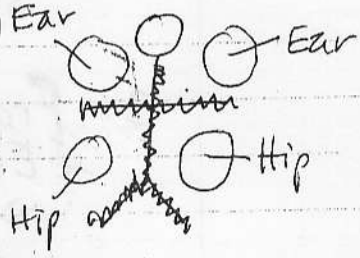
1. Throw short passes not long passes
2. When a ball is thrown out of a trap $\Rightarrow$ ADVANTAGE $\Rightarrow$ #'s
3. * Traps are Opportunities to get EASY Baskets

PRESS US + YOU WILL PAY

D. Facade (smoke + mirrors) = Don't give permission to opponent to create panic
1. Reminders to teammates
2. Point Guard's attitude / demeanor reflect on the team + is contagious = DON'T PANIC
3. Confidence = No matter how big, strong the defenders are => YOU CAN'T TOUCH ME!

E. Ferocious attitude
1. Tough + physical + C4
2. Pass out of trouble (traps)
3. "Boss w/ball" = Get Tough

II. PISTON PASS = similar to a boxer throwing a jab punch through a defender's "Windows"
A. Look for 4 windows (Ears, Hips) Defenders can't close all windows at one time



B. Keep ball near shoulder
C. Fake w/eyes not ball
D. Use push pass but keep both hands on ball
E. Uses:
1) Feed post
2. Entry pass
3. Release PRESSURE out of trap
F. Tough Position

III. Drills to Beat Pressure

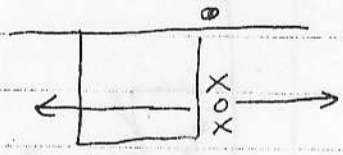
4 Way Race

- Play in straight lines (horizontal or vertical) not ↘ or ↗
- Big steps to cover a lot of ground

* Run a Race *

* Mo + Pee dribbles kill you

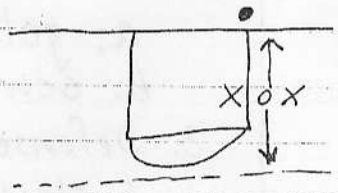
A. vs. Face guard (partners)



1. Horizontal race
2. Get open in 5 secs
3. Get tough
4. PEEK

} = offense wins

B. vs. sandwich



1. Vertical race
2. Get open in 5 secs
3. Get Tough
4. PEEK

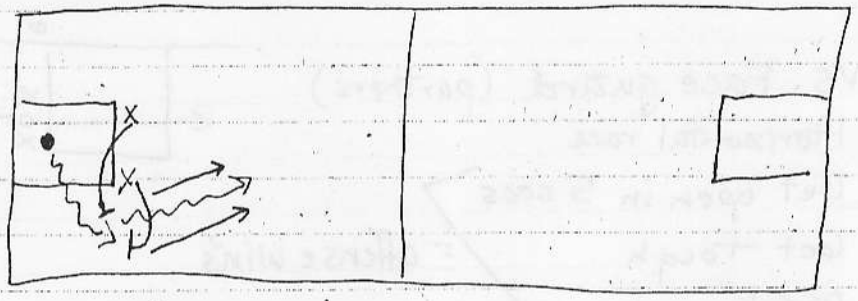
} = off wins

(5) No lobs past top of key + extended

* A good ballhandler is not the same as a good dribbler *

C. 1 on 2 (*more difficult than games)

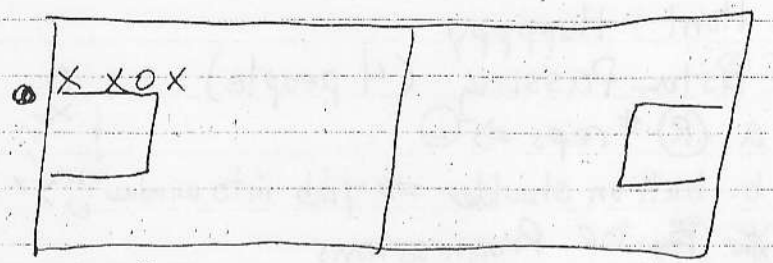
1. Defense Rules
   a. Don't give up sidelines
   b. No sagging
   c. trapper goes to dribbler's far back hip
   d. If offense splits trap =>
      GNAW Pocket Defense
      (sprint + pop ball from behind on both sides)



2. Offense wins
   a. gets to opponent's paint + jumpstops
   b. scores basket (jump of 2 feet)
3. Defense wins
   1. steal + shot
   2. cause TO

D. 2 on 3

1. Rules
   a. Ball in bounds w/in 5 secs
   b. Horizontal Race + Big Steps
   c. Shooter gets dangerous



2. Defense
   a. same as 1 on 2
   b. 2 players chase ball / trap + 1 on the other man

3. Offense wins when:
   a. Pass from 2 foot jumpstop to shooter outside the key
   b. Pass from paint
   * Shooter must be dangerous — If No Shot => hunt paint + pass to teammate on perimeter.

W.

II. Drill Series

A. SCHAPE Shooting

B. SCHAPE + Fake sandwich

C. One Minute Drills

1. Tough Position

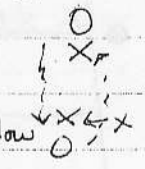
2. Crab + Peek

3. Hunt + Hupppy

4. Pistol Passing (4 people)

a. (R) # reps ⇒ (L)

b. ball on shoulder ⇒ jab into window



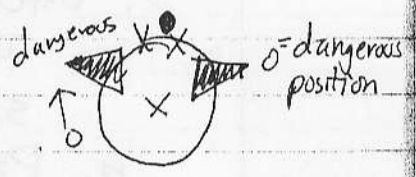
c. ~~*~~ ~~Pass~~ DR Progressions

1) Boxer jabs to earhole + hip (w/ partner)

2) PP against wall = RRR ⇒ LLL w/ chalk drawing

3) PP w/ defender

5. Passing out of trap



(a) Don't lean back + have defense take space

b. chin it + stay tough in trap for 5 secs ⇒ look for open windows

c. Wings create Δ + opportunities for passer

(d) Defenders in trap protect face w/ rope-a-dope defense

Wed-afternoon

Defensive Presence & Pestitude

"The biggest discrimination in sports is HEIGHT not race" - Calvin Murphy

- Be a pest on defense
- Constantly INJECT yourself into the opponent's offense.

I. Points of Pestitude (allows you to stand out on def
- A. Stay in man's bubble (space) → especially "Pee" dribblers
- B. Always force (L)/non-dominant hand OR guess they are going (R)/dominant hand in 1 on 1 situations.
- C. Play "GNAW Pocket" defense

II. Off-Ball Defense => "US against THEM"
- A. Play as a "Mother Leopard" (Dual Concern)
  1. What's going on at home (your man)
  2. Get out + hunt (trap + help in your area)
  * "not my man" => NO - that's a Dakota man (collective responsibility)
- B. Be Active
  1. Physically - don't be a statue => be more active
     - On each defensive possession - Imagine your shoes have white paint on them => cover the floor w/ paint

2. Mentally -
   a. the farther away from the ball ⇒
      ↑ mental activity
   b. ANTICIPATE
      1) Post "Pee" dribbles
      2) Dig down + discourage passes into post
      3) guard penetration

C. Question to ask yourself throughout the Game:
1) * Am I right now in position + ready to stop a dribbled in layup?
2. You should be personally offended if it happens!

D. Defensive Voice!!!
1. Constant, meaningful talk
   "got your help"; "screen Left"
2. Positive reinforcement
3. Need in transition defense to ORCHESTRATE
   a disorganized defense
   a) ↓ layups vs. team
   b) attract coaches attention
   c) give specific direction + be decisive
   d) call out the obvious
   e) don't worry about giving wrong information
      ⇒ decisive + specific direction regardless

E. SENSE OF URGENCY

1. On EVERY possession!
2. Can always do more on defense (talk more, help more ....)
3. One buzzin' bee vs. a swarm of bees

UNDEFEATED SEASON

- No layups
- No open jumpers
- NO 2nd shots

III. FOULS = ~~Errors~~

- Fouls = TO's => BAD
- Foul shots = uncontested 15' (7)

A. Definition = anything that looks like a foul to the official + makes him blow his whistle.

* Don't do things that look like FOULS *

B. Obvious fouls

1. Palm down + reaching
2. 1972 = refs + coaches agree a reach = foul
3. Pop ball up - don't hit down

III. Don't get Screened => become un-screenable
A. Non-factor / ignore them
B. Active / anticipate
C. Energy to get off screens

IV. Bother (not block) EVERY shot, but stay on the ground.

Wed Afternoon Drills

1. Schape Shooting
2. + fake sandwich
3. One Minute Drills
4. RACECAR
   a. Evaluate 2x → hand ball to person
   b. play 2x

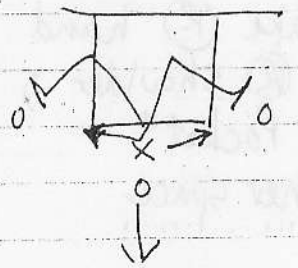
After you score a layup or transition =>
Hunt in-bounds pass

Wed PM

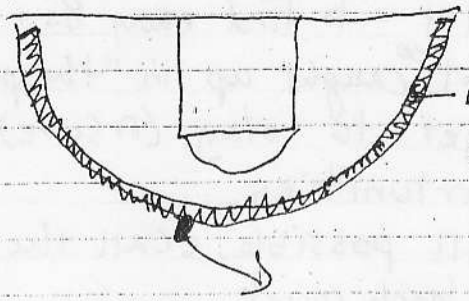
GAME SITUATIONS

I. Starting + running an offense
   A. Race 1st - to find easy 8's + 9's,
   B. Don't get so caught up in "the play" that you forget to play (or score) basketball = opportunities
   C. If at all possible, call the play early = in the back court
   D. Short and sure passes (no risky, maybe pass
      * make entry pass w/ (L) hand *
   E. How do you read a defense (man vs. zone)
      1. Sure way = send worst offensive player through, if followed by defender => man defense
      2. If in doubt, => run man offense or set

II. Rebounding
   A. Defensive
      1. If offensive pt gd goes back => get in some other offensive player's way OR get to elbows for long rebounds



B. Offensive Rebounds
1. Get to imaginary NBA 3pt line =>
   a. long rebound
   b. still 1st man back on defense

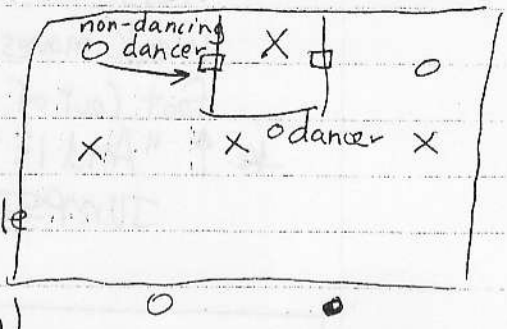


III. Guarding a bigger/stronger player posting you up?
A. Don't get into a strength/power game!
B. Be active, use finese (spinning) - become a moving target for offensive player
C. If you get caught behind => encourage a fadeaway shot
   1. Rope a dope (protect face + ribs), but stay close to post player

IV. How do you guard a STAR POINT guard?
=> bad game
A. Pick her up early (in the backcourt)
B. SMART: Take (R) hand away from her; nose on (R) shoulder; force to (L) => "GNAW Pocket"
C. Get into her space

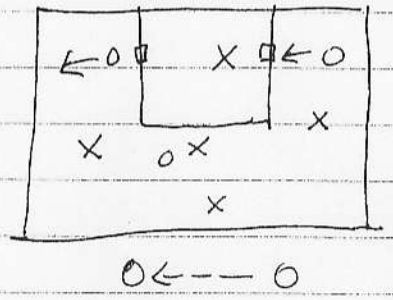
I. Defense = 1-3-1 w/ half court traps =>
trap everywhere + pick off passes

II. Offense vs. trapping 1-3-1



A. Set your table
1. 3 nearby passes available
= 2 on wing R/L + 1 high dancer (middle man)
2. High dancer → look to non-dancing dancer on diag. box)

B. Make the defense move (change/shift positions)
1. Ball fakes
2. Ball reversal + reset the table



C. Cross where it's soft, not into a marriage
OR before the table is set

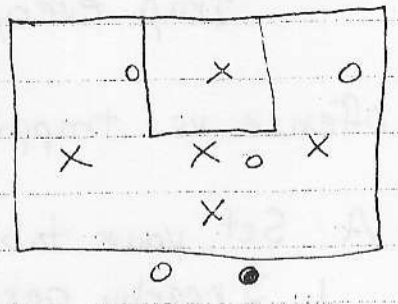
D. After ½ court => ≠ OR =

• no manure • Facade =	• 3 nearby receivers + "talk" • explosive dribbles
• Pee/Mo dribbles • marriages (traps)	

III. Drill = "13"

- 3 teams of 6-7 players/basket
- cut-throat
- Refs DO NOT reward weak moves off one foot (out of control)

* ↑ "And 1's" = JUMPSTOPS



Don't Play NOT to make mistakes!

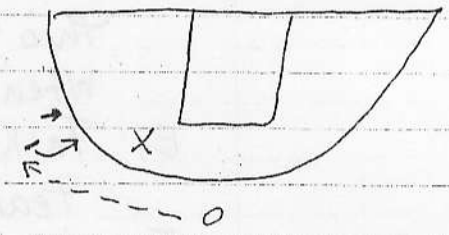
Thurs AM

POINT GUARD ESOTERICA

- Knowledge = only understood by a few
* Special Knowledge = only the privileged are allowed to know

I. Constantly be aware of creating SPACE + TIME for teammates
   A. Pride in your ability to change teammates shot % => 40% → 70%
   B. Ballfakes w/straight pass
   C. Practice = FOCUS on creating space + time for teammates

II. Creating SPACE + TIME for yourself
   A. Drag foot => catch
   B. Pass to outside hand
   C. Then pivot w/ drag foot forward



III. Prioritize Passing Options (not all passes are created
   A. Put teammates in position to be successful (Know where ea. is + what their strengths are,
   B. 1st choice / 2nd choice / 3rd choice
   C. Don't set up a poor 3 pt. shooter
   D. Pass to "dangerous" shooters (threats to score)
   E. NO PIFN = Passing for nothing (trim edges of defense; don't penetrate)

III. Constantly makes teammates feel like you have a special interest in getting them the ball
- A. Make them play better + harder
- B. Spend extra time having conversations to pump up teammates
- (C) LEADERSHIP is a full-time job!

IV. Dead Ball Time = what you do when the clock is stopped
- A. Valuable + productive OR wasted time?
- (B) Re-think time + score, fouls and Time-out after every whistle
- C. Give reminders (Reminders are only useful before they are needed)
- D. Encourage teammates 6:1 = (6 positive - 1 nega this give you permission to get on them when necessary.
- E. Talk 1 on 1 w/ teammates: encourage teammates to use their strengths
- F. Treat ALL subs coming into the game as HONORED GUESTS!
  1. Reminders =>
     a) tell them what defense we are in
     b) Who they are guarding
     c) offense team is in
  2. + Point guard lie (Sometimes need to use them
- G. DON'T introduce tension from previous play (TO/

VI. Don't blame Refs for losses

A. Turnovers, poor shot selection, lack of urgency on defense are caused by players
⇒ Contribute to losing games

B. Refs make bad calls (expect 10-15 bad calls/ga
Life's not Fair ⇒

> FOCUS 100% of the time on performance
> 0% on stuff that doesn't matter (refs

C. Treat the ref like a human being ⇒
1. get the ball + hand it to the ref
2. "Here you go sir"

D. Fans in stands yell at refs
* If you keep listening to fans (in the stands you will be one NOT on the floor with athletes *

VII. Recognize teammates doing good things by saying something, pointing, a high 5, clapping or cheering.

A. Celebrate success in practice
- diving on floor ⇒ race to help them up

B. Practice EXCELLENCE with positive energy + enthusiasm

© Never score a basket + NOT acknowledge a teammate

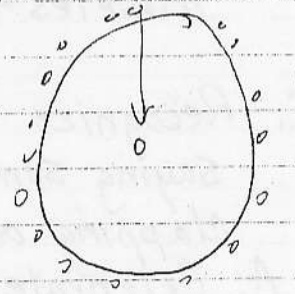
D. Increase team moral

VIII. Habit of making positive eye contact on ALL TO's
A. Promotes encouragement – DON'T show frustrations (hanging head, frowns, rolling eyes)
B. Be at your best when things are tough (fist pump/clapping)
C. Then your team will follow you into battle

IX. Be Cheerful
- This makes others around you in a good mood.

Gym Session

1. SCHAPE Shooting
2. Fake Sandwich
3. One Minute Drills
4. Ball Handling Circle (continue until circle looses SCHAPE)
   a. Indiv to middle + do a BH/dribbling skill => circle copies skill
   b. 1 drill no combos
   c. Stay out until whistle => next player in



5. Drills ⟶ Simulate late game situations

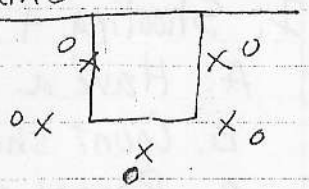
Drills That Simulate Late-Game situations

I. Ahead at the end of game

A. Defense

1) Behind => man defense and be aggressive

2) Try to get ball without fouling



useful drill but NOT an easy drill

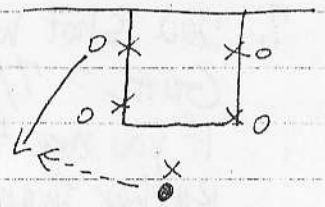
B. Offense

1. No dribbles
2. WIN = 15 undeflected passes
3. movement = sharp, quick, purposeful moves
4. effective screens (setting + using)
5. Tough position + C4
6. Stay away from manure strip, especially at ½ ct. line
7. Winners stay on => new defense from BL
8. Bounce passes = SLOW (chance of deflection / ste

II. Call out a Name

A. Points to remember

1. Leadership in tough games
2. Get hands on ball
3. Tough Position
4. Get open
5. 4 way race (V or H)
6. Stay out of manure strip



WIN = 7 exchanges => Stay

* deflection ≠ TO

B. Offense

1. Can't dribble
2. no Time limit
4. replace "name"

JRS
emoon

SHOOTING

I. Shooting + Maximum Improvement
   A. Have a plan
   B. Count shots
   C. Record results
   D. Measure improvement
      1. You don't improve by jacking around
      2. Learn to be efficient ⇒ decrease time neeessary
      3. Get to know custodians / AD ⇒ get into gym
      4. Need to put in time to improve shooting
      5. Make workouts as close to game situations as possible
      * The way you practice is the way you play *

GAME SHOTS from GAME SPOTS at GAME SPEED

      6. Best way = Shoot in sets + set goal ⇒ now the shot matters to you
      7. 500 shot workout = 50 sets of 10
         GOAL = 7/10
         If you are 4 of 6 then the last shot truly matters Rather than 246 shots w/out pressure or a goal
      8. Additional pressure ⇒ RUN a suicide if goal is not met
   C. Make every shot matter ⇒ Get used to game pressure

II. Shooting Workout

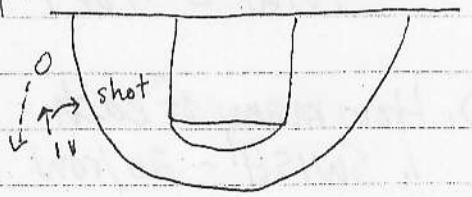
A. How many shots?

The more you shot - the better you will become

1. 500-1000 shots in 1½ hours OR
   400/shots/hour = Special Shooter
2. Can't improve by just "Shooting around"

B. Types of Shots

1. Swish shots: stand right up to the rim + only hit the net
   a. set goal => 20/row
   b. frustration => learn to reach goal under pressure
      learn to relax through frustration
2. Catch + Shot (2's + 3's)
   a. Quickly move one foot or feet in the air
   b. Get Ready ~~Then~~ catch
3. Drag foot shot (especially for small players vs. 2-3 zon
   a. practice shooting off dribble (1-2 step will help you stop drifting.
   b. Reach with outside hands (towards NBA line) to catch the ball



4. Groove Shots (not game shots but...)
   that's all you practice - take last dribble 15' ou
   (imagine last shot of the game)

⟹

a. Boom 1-2 : practice system
1) Dribble then step 1-2.
a) drive hard like hunting the paint
b) Boom 1-2-should hear sneakers squeak
c) Pee dribble ok in drill - not in game
d) How fast can you go?
- Pound ball hard + low
- Always lower inside shoulder => looks like drive
=> JAM 2nd foot (squeak) + keeps you from drifting

e) Going (L) => bring guide hand to shooting hand last => FASTER
f) Add fake sandwich to workout
50 x/day = HABIT

C. Add Ons
1. stationary drills
2. Heavy ball (Mikan drill, behind back, step back, conditioning drills, etc.)
Total = 5 or ↑

D. How many of each
1. SWISH! - 20/row (to ↑ => make it 5)
2. 500 shots
a. Catch + Shot = 100 x 2's + 100 x 3's
b. Drag foot = 50 shots
c. Groove shots (Boom 1-2) 100 (50 R/50 L) => customize
d. Fake sandwich = 50

E. Put shots in sets + in order
F. Goals + consequences
G. JUST DO IT!
H. Measure results
1. maintain efforts + realize that improvement may not be steady
2. Improvement occurs in leaps — Don't quit during periods of frustration
3. Be a SHEEPDOG (look smart - not loud)

III. Confidence (comes from 2 things)
A. Preparation
B. What you think about all day
1. (People become what they think about)
2. Ex: Diane Turasi a) went 1/15 frosh yr in championship game
b) "It won't happen again" L
3. Allow luxury of forgetting past bad experienc
4. Ok to be own #1 critic if you are also #1 fan too
5. Remember good things ⇒ easier to rememb good times
⑥ Protect your confidence — NO one can take it away

C. You have 100% control over
1. Preparation
2. What you are telling yourself

urs PM

TEMPO

still RACE
swoop but
e opportunistic

I. Definition = # of offensive possessions ea. team gets in a given amount of time (game length of possession

II. When?
A. When would you benefit from short possessions:
1. better team (skill / athleticism)
2. press + run fastbreak
B. When would you benefit from long possessions?
1. Weaker team
2. tough defense → longer possession
C. When evenly matched teams? How + When??
1. Pay attention to runs / streaks
2. Team puts together long streak = WINNER
a. elongate your streaks
b. decrease opponents streaks
3. Recognize when opponent scores 2 scores/row

faster of Tempo!?

III. ALTER What's happening
A. Opponent on a streak
1. slow down tempo => lengthen possessions
2. NO Quickshots or 3's w/out running offense
3. Walking ball up floor doesn't necessarily lengthen the possession
4. Force defensive action => make them play defense by moving them
5. Still RACE to look for an 8/9 shot if NOT =>

B. Own team on streak
1. Keep tempo fast
2. Press on defense (short possession w/ quick shots + TO's)
3. Quick hits or deadly 3 = ok shots

IV. Clear signs of opponent's fatigue
A. Slow up + down court
B. Argue with ea. other + refs
C. Stop communicating + go 5 different directio
D. "Front Runner" => phantom injuries appear

I. Fatigue Rule = Never speed up or slow down, because of your own fatigue => play steady

Gym Session

I. Responsibilities
1. Play - 1 game
2. Evaluate - 2 games
3. Contribute to gym (org. team, eval extra games, spirit,

II. 8 full-court games
A. out of bounds => defense
B. 12-15 mins
C. Def (man or zone)
D. Subs - on own
E. Foul → count/check

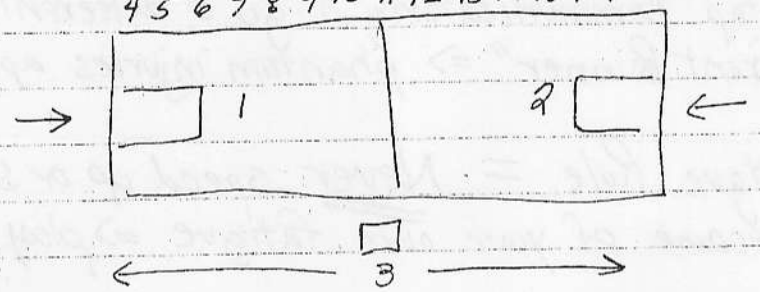
Game 1: Jennelle => Eval 4+6
Game 3: Hana => Eval 6+8
Game 5:
Game 7: Tripp/Lauren => Eval 2+4

JAI ALAI (Hi-Lie)

Bball

→ Last Man Standing

teams
4 5 6 7 8 9 10 11 12 13 14 15 16 17 18



1. Team Capts draft players (#rds)
2. Regulations
   a) Scored on => end of line
   b) score => stay + play defense
   c) new team enters from scored BL -> off
   d) technical foul => end of line + technical 1 shot when enter court again
   e) win + done = simple => score 5 baskets
   f) must call out score to score table
   g) last team ÷ 2 teams => continue to play full court until last man standing
      ↓
      must make 7 FTs/Row

* If winners bounce ball prior to exiting the gym
⟹ score goes back to 0 + they must start over

3. Violations - Refs punish for bad basketball

TO's ⇒ defense
a. Pee / Mo dribbles
b. leaping to pass
c. manure strip
d. "In the Hood"
e. not racing
f. Fouls - 1972 (off + def) = FT opportunity

Co-Ed JAI ALAI Basketball

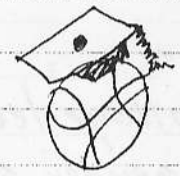
- Use girls + boys ball
- Co-ed team
- Various ages = Frosh - college level
- Freethrow shooters use gender specific ball + game continues w/ ball until other gender goes to FT line ⇒ gender specific ball + game continues.

Fri - AM

FINAL EXAM

Film Clips

1. leaping to pass
2. FB - 2on1
3. slow bounce pass / no Arrum
4. "U" dribble / Pee dribble + marriage e ½ ct + manure strip
5. jumping off 1 foot => look "little"
6. 3 man weave w/pee dribbles
7. vs. zone = E2
8. Mo + Pee dribble => Trap = TO
9. Hunt + paint + ARRUM
10. Trim edges of zone, but don't puncture zone = poor Shot selection
11. Hupppy => "7" shot



FINAL EXAM
VIDEO CLIPS

Song = "Think" by Aretha Franklin

Contact

dana10@aol.com
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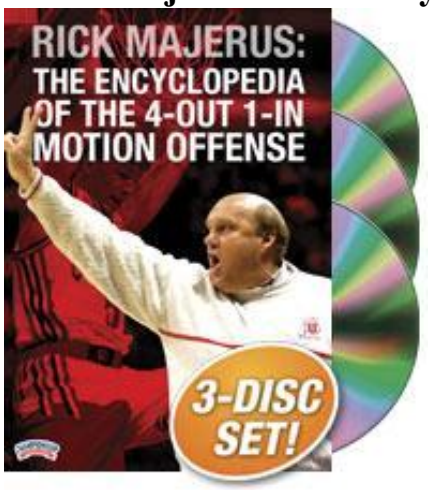
Rick Majerus: The Encyclopedia of the 4-out 1-in Motion Offense





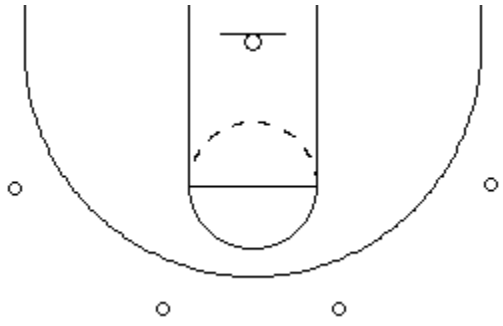
Keys to the Offense:
-Get to the free throw line (premise of offense): Do not allow this to become a jump-shooting offense. Get the ball inside via post ups, cutting and driving.
-Maintain spacing: Is your team maintaining spacing on the 3rd side of the floor after 2 reversals? Be sure to watch game tape to examine if you are.
-Share the ball
-Shot allocation: Our shooters are shooting ("THE most telling halftime statistics were the shot totals for my 2 best players") Our shooters are looking for screens and our non-shooters are looking for shooters to screen for.

-A smart player is always asking himself four questions while on the court:

1. Who am I?
2. Who are my teammates?
3. Who is covering me?
4. Who is covering my teammates?

-Be sure to adapt the offense to the ability of your players.

Court Terminology:
-**High Elbow**: Juncture of NBA 3 and just outside the lane line extended
-**Short Elbow**: Juncture of NBA 3 and free throw line extended.
-Spacing concept is always "Too high, Too wide, Too far apart, Too spread apart."
-Use the NBA three point line for spacing (tape it on your floor for practice).

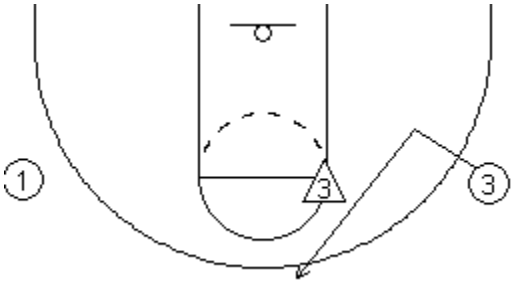


(Players 1-4 can occupy any of these 4 positions. All perimeter spots are the same.)
-We always want the fill the high elbows. Whenever you see a high elbow open, fill it (called "Squaring the Top").

Cuts:
-Never make a cut you don't intend to score
-Always call out the cut as you're making it (even in the game)
-Have a hand target.
-Slow down in the scoring area.
-Complete cut to the front of the rim.

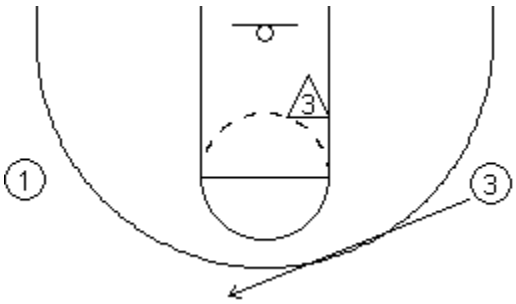
Fill Cut: 2 versions (V-Cut and Blast Cut)

V-Cut



A player should v-cut when his defender even or a man away in a flat triangle.

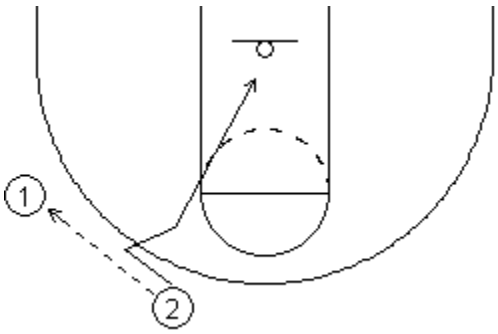
Blast Cut



A player should conduct a blast cut is when his defender is 2 men away, rendering a v-cut meaningless. X3 won't be able to get a hand up in time.

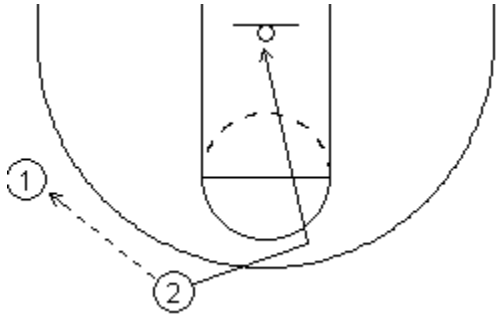
Pass & Cut: 3 versions (V-Cut, 7 Cut, and Middle Cut)

V-Cut
-2's defender jumps to the ball, 2 steps diagonally at 1 before changing direction to cut to rim (showing hand target and slowing in passing area).



7 Cut

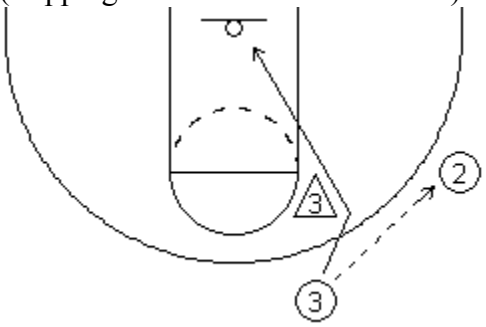
-2 acts as if he were about to set a stagger for a player on the weakside before quickly diving to rim.



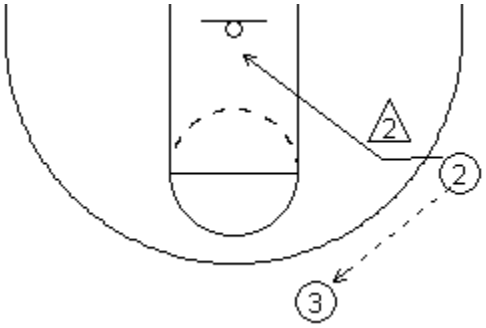
Middle Cut (2 versions: Middle Cut from short elbow & Middle Cut from high elbow)

-This cut, best utilized on third side of the floor, is conducted when defender jumps 1 man straight back on the pass of the ball. Offensive player would pick up foot farther away from the offensive player he passed to (if he passed left, he would lift his right, vice versa) and step in front of the defender for a middle cut.

From High Elbow
(stepping w. foot closest to midline)



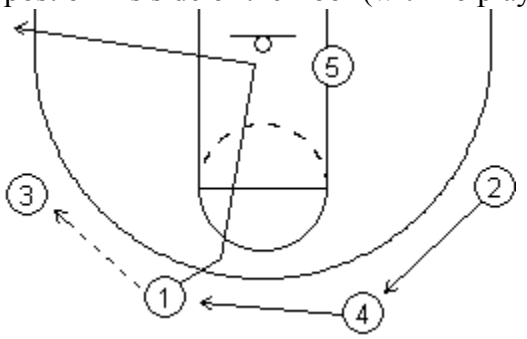
From Short Elbow
(stepping w. foot closest to sideline)

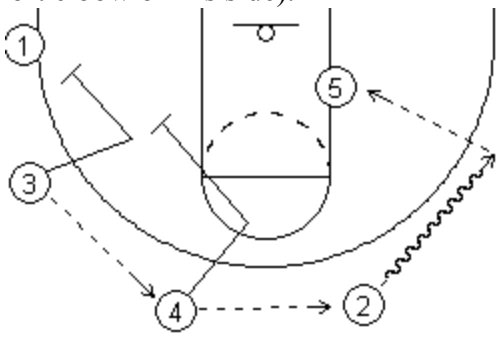


-If the defender were to jump even farther back, 2 men away. The offensive player should cut and replace himself. However, Majerus allows only certain players to cut and replace. Most seasons, he would allow only 2 players to cut and replace. If the player wasn't a great shooter or wasn't tremendous at attacking closeouts, he would be instructed to screen away in such a situation (because the defender wouldn't be able to recover in time to give proper help).

Creating a Naked Post:

Load one side of the floor by sending 1 through on his pass to the wing and isolate your post on his side of the floor (with no player in the short elbow on his side).

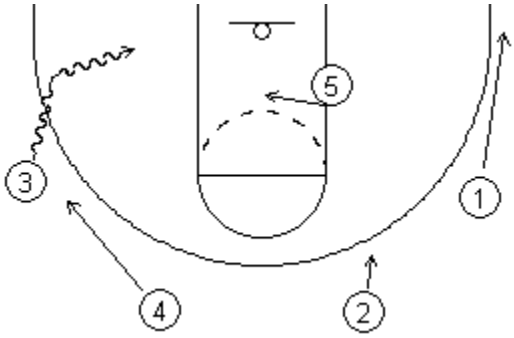




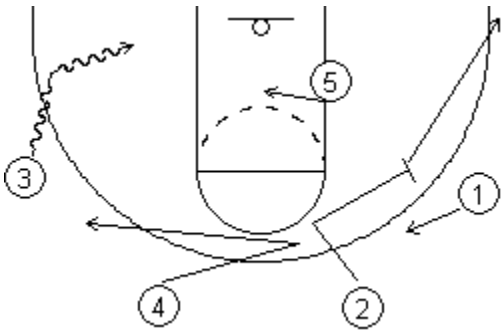
-2 should not pass to 5 immediately on his catch. Do not feed the post from the high elbow (unless it's a lob with the 5 reverse pivoting in a situation where his defender is too high). 2 should dribble to wing from an improved passing angle (Majerusism: "It's better to go too low for a post feed than to be too high.")
-Run a stagger on the opposite side to draw away help.

Penetration Rules:

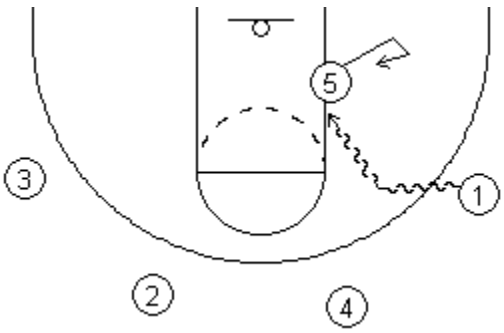
Baseline drive on an empty post:



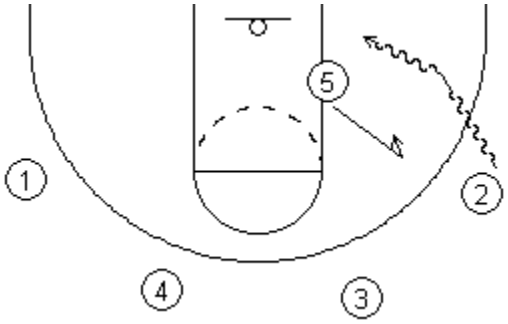
Nearside high elbow (4) cuts behind for crackback (should be man to a man and a half behind ball). Farside high elbow (2) drifts to vision ("It's not a spot. It's a "can the driver see me with his eyes?"). 1 sprints to corner for drift. 5 diagonals up to the front of the rim right by the front of the rim and should look to attack, but can settle for soft jumper (no bounce passes made to this big- everything going to the 5 in this situation should be a chest pass—conversely he teaches a bounce pass on the baseline drift pass 3 to 1 because it's extremely tough for v-back man defensively to get his hand down when covering sideline).
↑
If such a baseline drive were to happen while a stagger was being set, the first screener (2) would head to drift spot on first sign of penetration. The second screener (4) who had taken a step towards stagger circles for crackback. 1 would "drift to vision."



Middle drive on an occupied post:
(Perimeters should never be afraid to drive an occupied post. It's their job to get out of the way). 5 would move foot closest to driver (right foot in diagram) and turn his body momentarily to head to baseline. 5 would turn to open and call 1's name (must make a verbal call).

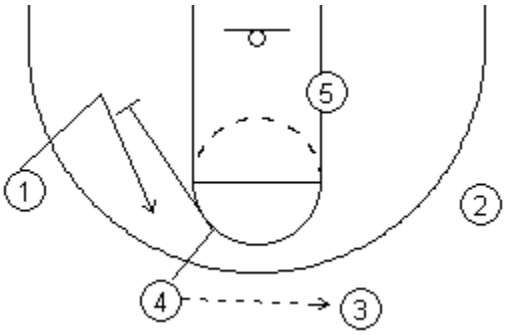


Baseline drive on an occupied post:
5 makes space by again lifting the foot the perimeter is driving at (left in diagram) and runs to the midpost area, curling to face 2. 5 should again make a verbal call and if 2 does throw this pass it should be a hook pass.
On 5's catch: shot (if he can shoot it) or a dribble handoff/pass to the nearest perimeter followed by an elbow angle ball screen (run a flare on opposite side—who's going to help?)



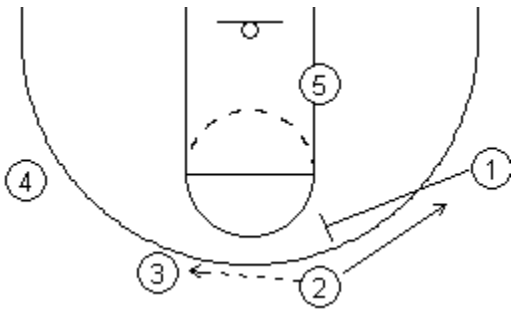
Screens:

Diagonal Down Screen:
Screener must have his butt to the ball and must be sure to space off his screen (a critical aspect of maintaining spacing is the screener getting back outside the 3). On a curl of back cut, 4 is returning to the high elbow spot to fill.

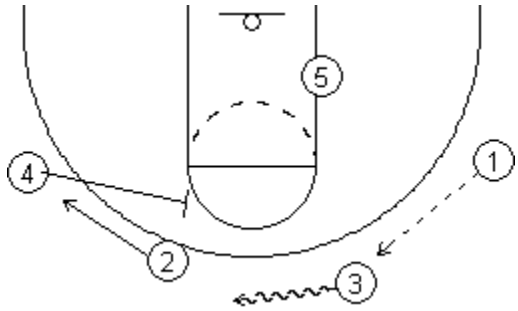


Stagger Screen:
You never want your 2 screeners to be on the same plane. The second screener's belly button should not come up first screener's butt. Second screener should be inside or outside first screener's hip depending on path of the defense. If the defense goes low, the second screener is on the inside of the first screener's hip. If the defense goes high, the second screener is on the outside of the first screener's hip.
-On staggers, both screens should be set under the plane of the free throw line.

Flare (ball going away from you): On airtime of 2's pass to 3, 1 sprints in to set flare screen (there is no setup on this cut). If 2's man is one man away, 2 chests him to nail of free throw line before coming off flare. If his defender is a man and a half away or more, he just flies right to wing for catch
-If 2's man were to body him and try to get over the top of the flare, 2 should dive to the rim and 1 would return to the short elbow where he came from rather than squaring the top (increases the closeout distance as there would some kind of help on the play).
-It's best for a flare screen to be set for non-like sized players (1 and 4 for example) because it means the defense will be less reluctant to switch.



Flare (ball coming to you): The screener initiates this on airtime. 4 sprints in for flare screen as 2 runs off the screen (the cutter cannot settle into a spot on the same plane as the screener). 3 must dribble to improve his angle.



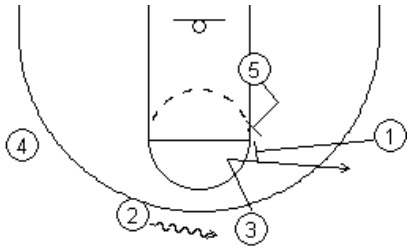
-An important reminder in maintaining proper spacing: the flare screener should not space to the side of the floor he came from. For example, in this diagram 4 should not space to left high elbow, but rather to the right side of the court (most often right high elbow, but at times, right short elbow).

-Post player should never make his post flash as flare is occurring because it takes away the cutter's ability to turn down the screen and dive to the rim.

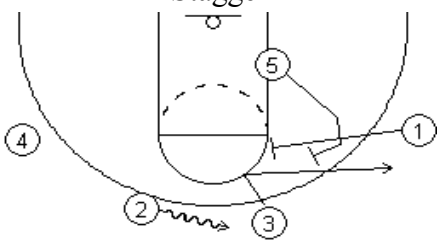
-Players worry about the ball too much on cuts (flares, curls). "The ball will find you!"

Double Flares (Stagger or Double)

Double



Stagger



-5 comes up with 1 to set flare. Decision is does he seal low for a double or does he stagger? The answer depends on how the defense is playing screens. Are they going underneath flares? Run a double (with the second screener on the first screener's inside hip). Are they going over the top? Run a stagger (with the second defender lodged slightly behind first screener's outside hip. Remember: there's a certain rhythm to how teams defend screens. Very rarely will a team play a flare one way and then change it up the next time down the court.

All four perimeter spots are the same, but within those spots will be your players who will each have a unique and varied set of skill. It's your job to make your players recognize the variety and specialization of those skills. Who's the scorer? Who's the shooter? Who's the non-shooter? Who's the driver? With these roles identified (as a coach, you can't be afraid to tell a player their role in the offense), the players need to respond accordingly with the appropriate offensive actions and movements to get the players the opportunities they should.

Posts:

-Post your 5 at the first marker rather than the block, but make sure that when he is coming across the lane for a post flash that he is not running right to the marker. He should be trying to get a deep paint catch every time. Reasoning for posting up on the first

marker rather than the block (the only reason you wouldn't is if you were taking away greatly from player's skill set by moving him to the marker):

-More high-low opportunities
-Forces the D to make a clear-cut decision on how to play him
-Opens up baseline for cuts and drives.

-During freshman and sophomore year, posts are allowed only 1 flash across the lane per possession and are urged to wait until the 3rd or 4th side of the floor to do so.
-Don't move on the pass to the short elbow because by the time the perimeter player catches and looks to feed, your chance for a paint catch will be gone. Flash on the perimeter player's catch.
-Watch your man, not the ball. "The ball will find you."
-Toes perpendicular to lane line and one step off the lane line when ball is on opposite of the floor. He is not focused on the ball, he is focused on his man as he hunts for his draw & kick angle and his rebounding angle. What he shouldn't do: "Keep coming across the lane with half-assed cuts that compromise his teammates available room to operate."

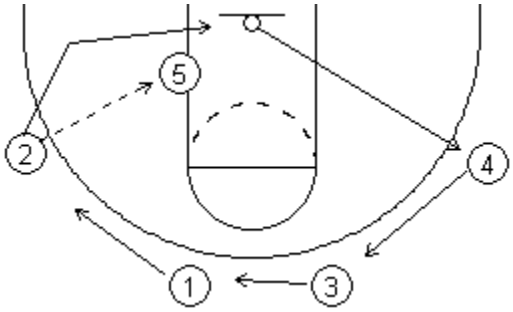
Post flashes:

If defender is even or below, step in hard with bottom foot (foot closest to baseline) and reach it in front of defender with arms up for a hard duck-in.

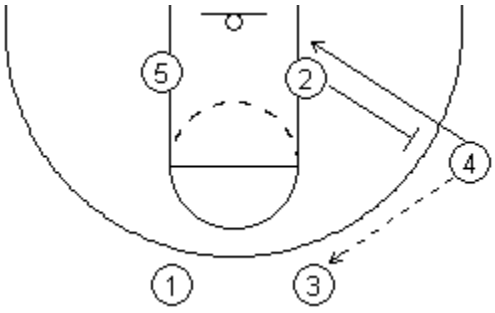
If defender is high, step with foot closest to baseline and put high foot between back of defender's legs and step across looking for a paint catch low. (Your posts should always be looking for the cut lowest to the rim).

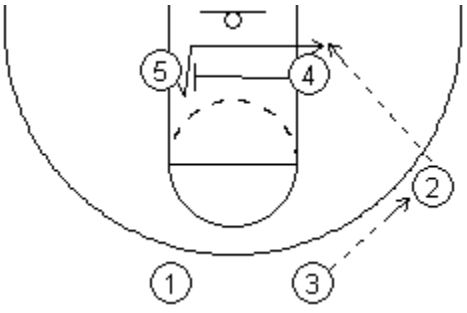
Baseline Cut

Pardon the diagram (was unable to curve my lines), but on the post feed to 5, 2 makes a baseline cut. His path should be that of a bowl or a semi-circle. He must be sure to maintain proper spacing between himself and 5.



Reverse Action:

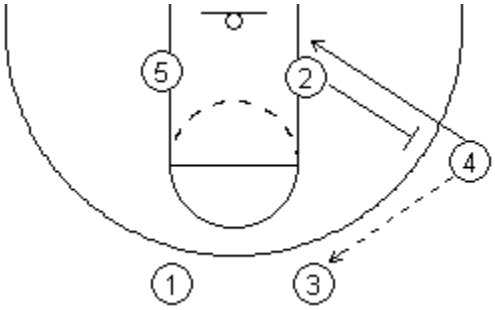


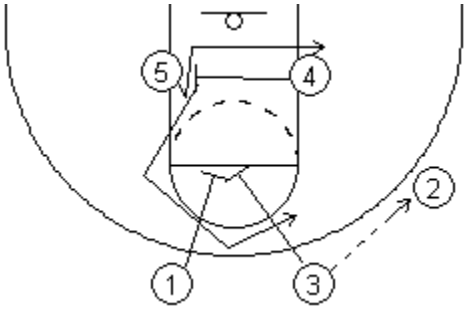


-Reverse action can occur anytime a perimeter player enters the post (via a middle cut, seven cut or any basket cut).

-The perimeter player setting the back screen (2) must read the perimeter player's defender. On 4's pass to 3, has x4 jumped to the ball or straight back? It's very important because 2's screen should be right up his back.

Reverse Action with a tail:

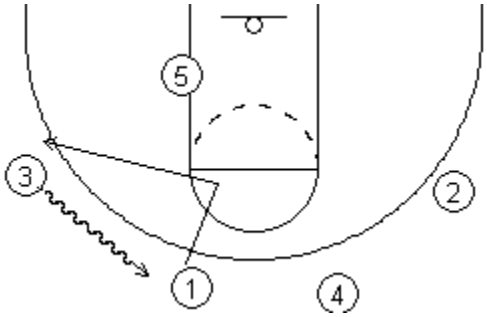




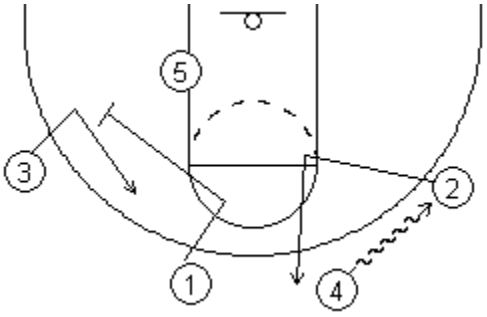
-Reverse Action + a double down screen for the cross screener. This should be run only for your best shooter.

<u>Loop Cuts:</u>

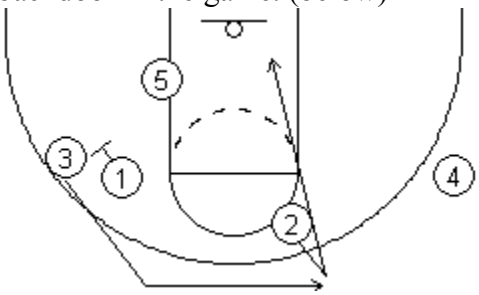
High Elbow → Short Elbow: 1 makes a shallow cut, being sure to away from ball handler (to not allow a potential double team).



Short Elbow → High Elbow: 4 dribbles to wing, 2 makes a shallow cut to top (it's important that he squares this cut off going directly from wing to elbow to high elbow).



In Majerus' opinion, this creates THE best backdoor in the game. (below)

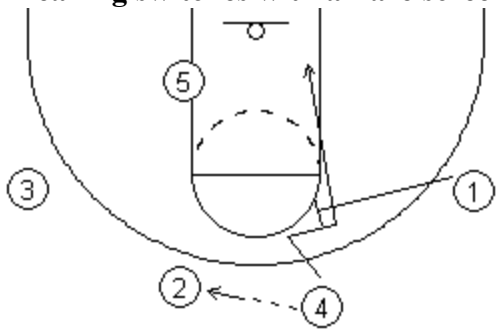


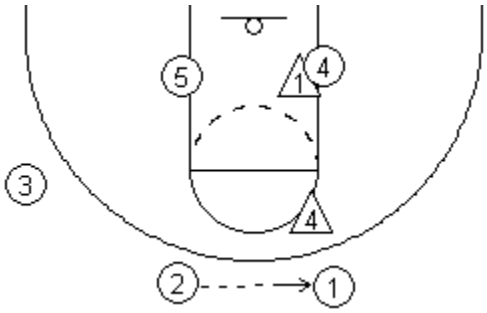
It also serves as a great way to get into reverse action (having 2 post momentarily after completing his cut to the rim as 4 passes to 3 filling high elbow. 2 would step up to set the back screen for 4 to begin the reverse action sequence).

Breaking Switches:

-What do you do when they switch?
-Situation: Defensive switches a screen between 1 and 4 and now you have 2 favorable matchups (x4 guarding 1 on perimeter and x1 guarding 4 in the post). Which one do you attack? Majerus believes that you should attack the defensive big on the perimeter because you have 2 likely foul scenarios: the defensive big trying to keep the guard in front and the defensive guard trying to keep the offensive big off the glass.

Breaking switches with a flare screen involving a 4 or a non-like sized switch:

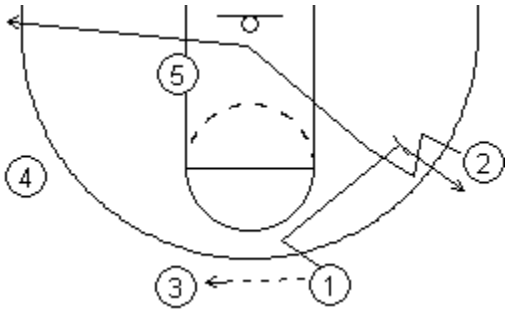




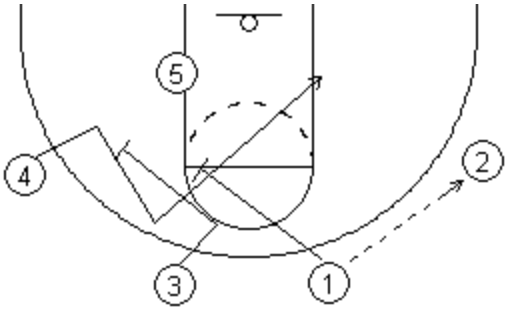
-On x1 and x4's switch of the flare screen, 4 heads straight to the block to post the smaller defender while 1 looks to drive the closeout against x4.

Breaking switches with tight curls:
The only occasion in which you should bring the screener and cutter together against a switching defense is when the cutter is performing a tight curl (all other screens versus a switching defense should be broken off before the 2 offensive players can come together because the 2 offensive players coming together would facilitate a switch).

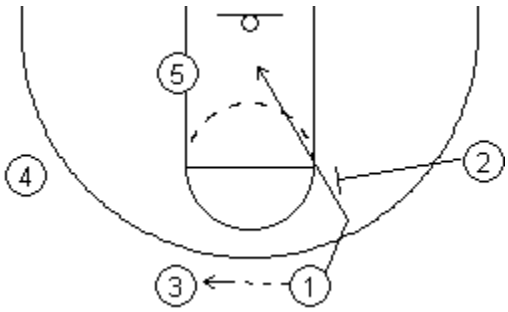
Off Diagonal: 2 tight curls 1's screen and empties beneath post to the opposite corner. 1, in an exception to one of the offense's main rules, does not square the top and instead spaces to the short elbow to create a longer distance for the closeout.



Off Stagger: 4 tight curls the stagger set by 1 and 3 directly to block. A switching defense would have switched out on the stagger and the second screener's defender (in this diagram, x1) would be covering 4 (an obvious mismatch). 1 and 3 would square the top.
-Note: the tight curl off the double stagger is a great entry into reverse action.

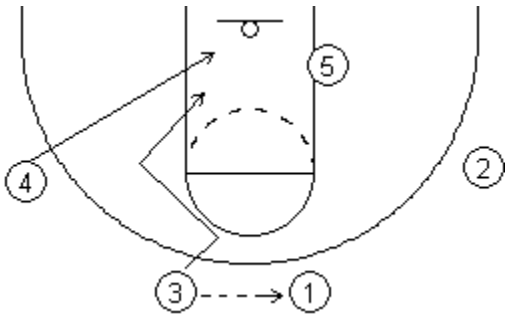


Breaking a like sized switch on a flare screen:



First, it's important to remember that against switching defenses, the flare screen is an area screen (2 screens an area rather than x1). On switch, 1 dives the switch and 2 spaces back to where he came from and looks to drive the closeout.

Breaking diagonal down screen switches: The key is the 2 players never come together. Either the cutter or the screener (or both) is diving to the rim before they actually come together for the screen.



-"Double Chase" is the action when both the screener and the cutter dive to the rim. The cutter (4 stationed at short elbow) would backcut the coming down screen set by the player at the high elbow (3). The screener could then turn to space back to the short elbow or he could run a "Double Chase" by following with a rim cut.

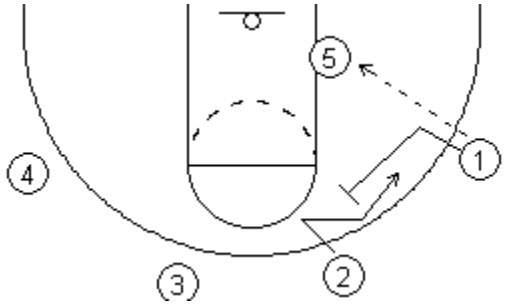
-Note: the breaking off of the screen can be initiated by the screener as well. 3 could slip for a rim cut while 4 could fill the high elbow spot he vacated or run a "Dribble Chase" by following 3's dive with a rim cut of his own.

Feeding the Post:

-Follows the framework of the offense in that the mantra is "cutters cut, shooters shoot."
-Cut against the swing of the head. Post feeder's defender turned his head to middle, post feeder makes a baseline cut. Post feeder's defender turned his head to the baseline, post feeder makes a middle cut or performs a split or a screening action with the nearest perimeter.
-Top MUST be squared on all post catches.
-On any baseline power move that the post makes, the ball side corner must be filled for bailout option. This can be done two ways:

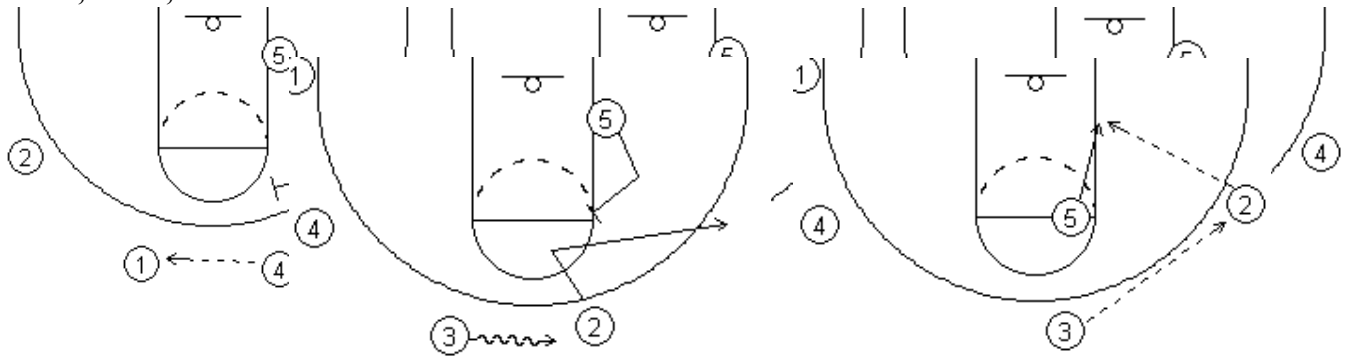
1. The post feeder slides to baseline and the ball side high elbow slides to the wing spot he vacated.
2. The post feeder screens for the high elbow who slides to the corner.

-Post feed flare split: 1 makes a post entry into 5 and turns to set a flare for 2.
↑
To break a switch in this situation, the screener (1) can dive to the rim or the cutter (2) can dive.



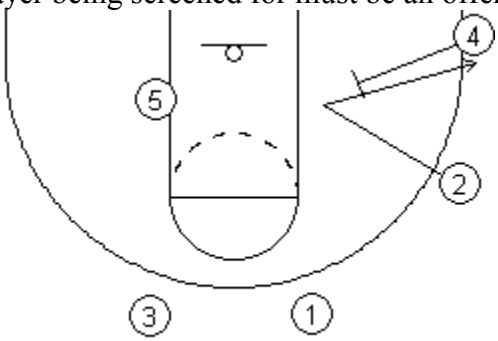
More Flare Options:

"Pick, Flare, Flare"



Open side Flare
-5 steps up to elbow to set a flare for 2 on an open side of court and then dives to block on 2's catch.

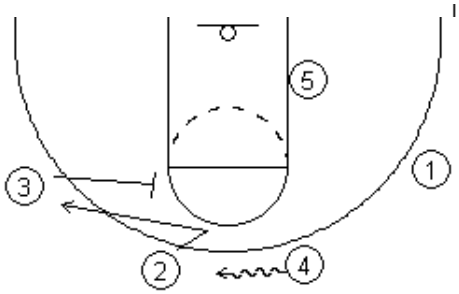
Flare out of loaded corner:
-This action is run for only your best players. It's extremely hard to defend, but offensive player being screened for must be an offensive threat that defense is keying on.

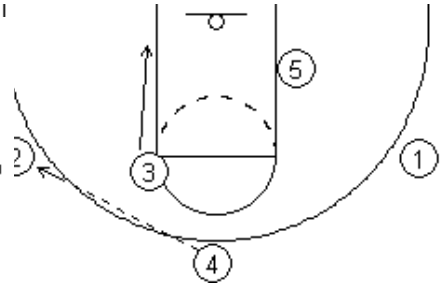


-2 can get a ton of layups off this by simply stepping to the rim if his man tries to fight over the screen early.

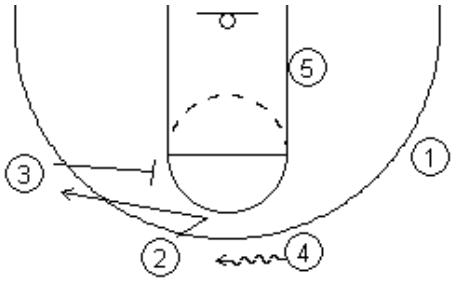
Options off flare screen:

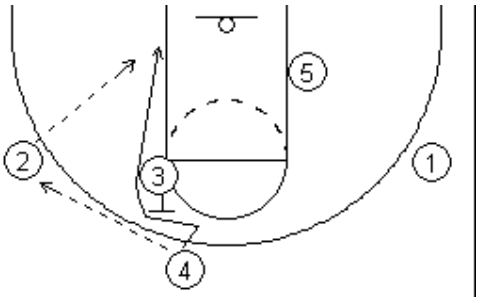
Post Dive: If 3 is a player that is adept at scoring on the block, dive him to the post on 2's catch.





UCLA: After setting the flare, 3 turns to set a ruboff screen for 4

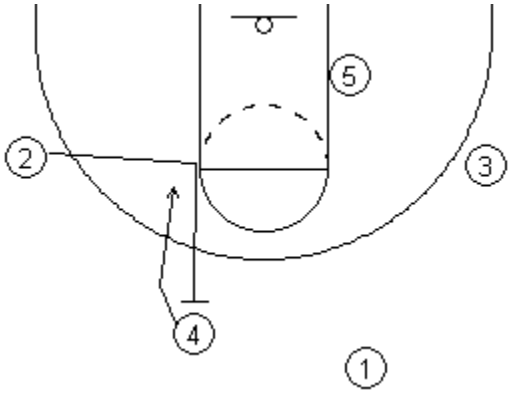




4 picked up high upcourt (2 options):

-If defense begins closely guarding the 4 man as the ball is being brought halfcourt, 2 sets a high back screen for him. It is important that 2 squares his path to the back screen, cutting first to the elbow then to the back screen.

-The other option is to set a high flare screen for the 4.



High-Low Concepts:

-A high post flash should be made not to the elbow, but rather to the nail at the middle of the free throw line. The reasoning is that the high post and low post should never be on the same plane (If the two are on the same plane, a high-low pass is too difficult to perform successfully).

-With the ball in the high post, never have a perimeter player in a spot out of the high post's vision. The player in the high post with the ball must be able to see everyone.

Majerus' various thoughts on the 4-out/1-in:

-Devise your own entries and be willing to change them all the time (you will have to in order to keep defenses off balance).

-All cuts and screens are called out by his offense. He has never been concerned with the fact that the defense is able to hear these calls too. The positive outweighs the negative in this situation as offensive communication is extremely important. Majerus doesn't care if the defense knows what's going on as long as his offense does.

-Never perform a high elbow-high elbow away screen because it is useless in that it puts no pressure on the defense whatsoever.
-A cutter should always empty through or below block when spacing/emptying out (this emphasizes that you should be cutting all the way to the rim).
-On flares, cutter should always be thinking about a rim cut.
-Teach your guys to maintain their dribble when no pass or shot is available. Teach them to be able to drive it hard to the paint and veer off the dribble back to outside the 3. To be good at attacking with the dribble, you must be equally good at retreating with it.
-A three second call is a good turnover because it means we're working to establish post position. Make the ref blow his whistle!

Various Majerus Thoughts:

-Send your bigs to the offensive glass through the back of the rim (think Moses Malone).
-On lob to post, the offensive 5 should not disengage contact to move to the ball until the ball passes his inner ear (It's better to be late on a lob).
-Make sure post players have toes to the ball and are showing the passer their number.
-Spacing is extremely important because it can discourage defense from helping and can make them pay if they decide to.
-Never pass to a cutter that has finished his cut and is now moving away from the rim.
-"Foot Organization!" In anticipation of a catch, players should have inside foot pivoting and the great shooters have that inside toe already pointed to the rim as soon as they catch.
-Be decisive versus closeouts. Be prepared to drive closeouts. "I see too many unnecessary shot fakes on closeouts when the guy should be putting it on the floor and going by the guy."
-"If you own the three point line, you will win."
-"Wins are on the free throw line."
-On post feed, make sure bounce pass is coming up high to post player.
-Really emphasized how much an offensively skilled 4 (a player who can drive, shoot and take advantage of any mismatches on the block) can turn a good offensive team into a great offensive team.

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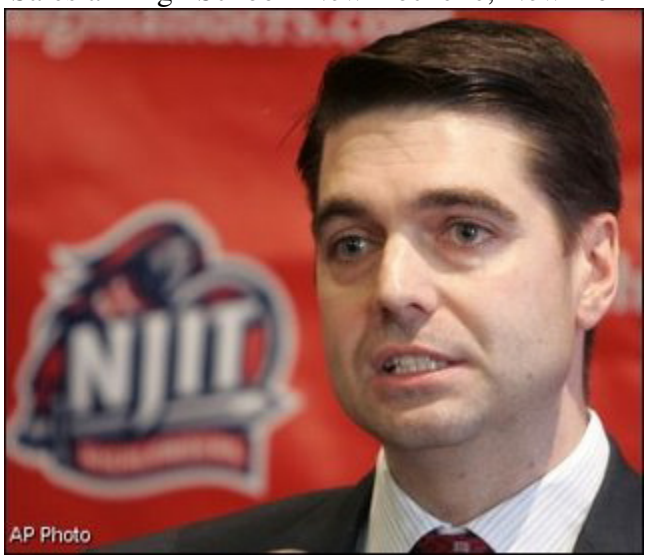
October 4, 2008
Salesian High School· New Rochelle, New York



Jim Engles
NJIT

-A coaching taking over a losing program MUST: implement a new culture, change the players' attitudes & expectations, build a team concept, get the guys feeling better about themselves (They're self-esteem couldn't have been lower. Everyone they went they were known as guys that went 0-29! You can't be telling them that too!)
-Most importantly when stepping into a losing situation, make them make a commitment to themselves, to you guys (the staff) and to the school
-MUST WATCH DVD: Road to Redemption. DVD chronicles Team USA's march to gold in Beijing. Mention Chris Paul's sacrifice and willingness to sit behind Jason Kidd
-DON'T GET SCREENED. Hates hearing "But I got screened." Be physical enough to fit through and not get screened.
-Doesn't force baseline outside 3 point line, would rather his players square up offensive player.
-Defensively, wants to deny ANY paint touches. Denies/fronts everything
-Recruiting-wise, he looks for two things: toughness and an ability to shoot the basketball.

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Chucky Martin
Marist

-He has been blessed with the opportunity to work with some great coaches from Gary Descenarce at St. Raymond's (Bronx, NY) to Bruiser Flint and John Calipari.
-Dribble Drive Motion: Princeton on Steroids. The biggest misconception is that it's just and1/streetball. Funny thing is that we don't wand and1 stuff; we don't want our guards dancing with the ball—we want our guards to go right at the defender and put the pressure on the defense and the officials
-To counter "Help the Helper" action (x3 dropping from weakside wing to prevent lob to big on guard's lane penetraton): as x3 drops, the 3 should come out of corner on lift cut to find an open window for 1 kicking it across court
-Offense needs to have intent to score. Guards must have mentality of attacking the defense and scoring the ball. First option for this offense is for the point to blow by his man for a layup.
-Because the guards are instructed to go right at the defender, it's imperative that the guard is able to absorb contact from the defender. Teaches guards to open up to the contact – the guard turns his body on contact to open his shoulders to opposite sideline and push the ball ahead of the defender.
-Doesn't want layups blocked because the offense will produce so many weakside offensive rebounds. Emphasizes high lay-ups to avoid blocked shots and put the ball up high on the glass.

-A skill no one ever talks about, but is greatly important, *especially* in this offense: being a great lay-up shooter
-If your trail (the 4-man) can't shoot: Through Cut. Run him to ball-side corner as your 1 will dribble to middle of the court and the 2 man will lift out of corner. The D has to move; if they don't: flip it to the corner.
-Emphasizes getting deep on drives. You CAN'T stop in the middle of the lane in this offense. Either you stop in the Drop Zone (elbow area) or Rack Zone (lay-up/lob area)
-Once ball handler commits to going one way, he can't go back in opposite direction. He can't spin, he must keep going because other players will be unable to play off of him.
-Installing this offense into your program should begin with a series of 2-man drills

1. 1 drives to middle nail on FT line and pitches to 2 for lay-up
2. 1 drives to middle nail on FT line and pitches to 2 for three
3. 1 drives to middle nail on FT line and pitches to 2, 2 drives and jump stops at Rack Zone and passes back to 1 who is circling behind for three
4. 1 drives to middle nail on FT line and pitches to 2, 2 drives and fires it across baseline to opposite corner where 1 has sprinted (the 2 should jump out-of-bounds to make this pass, really emphasize just how deep you want your point guard driving to make this pass

Blood Drill:

-Blood 11 Setup: Split team in half (7 white/7 blue). Blue players stand on one sideline while white stands on FT line. (setup will be with blue on offense) Blue player stands at FT line with a white big on baseline and a white guard at halfcourt. Ball is thrown to the blue player and on the catch he turns and attacks the defender standing in the center circle (defender must stay within circle until ball handler enters). Emphasis is to attack the defender and go right at him. White baseline player chases ball-handler down from behind and tries to tip it. On conclusion of this first sequence the 2nd part begins:

a. On a Blue make: the White big takes it out of bounds (he can run the baseline) while the Blue player denies the inbounds (White can't throw it over the top of the defender). On Blue inbounding the ball, White sprints back to stop the 2-on-1 break.
b. On a Blue miss/TO: White takes it 2-on-1

-Game is to 7 by 1s with the teams switching offense-defense with every reset (the conclusion of the 2-on-1 situation)
-Blood 22 Setup: Now 2 Whites are on FT line with 1 Blue on baseline and 1 blue at halfcourt circle. Ball is thrown in and again White must attack the defensive player standing at halfcourt. At the end of the play (a White score or a Blue defensive rebound) Blue attacks White 2-on-2, but this time with White picking up full-court.

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Dave Paulsen
Bucknell University

-Won a D3 championship at Williams College, his alma mater. After playing and coaching WC for __ years, he never imagined himself leaving, but Bucknell offered 2 things he was looking for: a commitment to athletics and a commitment to academics.
-Being able to work with players 9 months a year in D1 compared to just the 4 month period in D3 while also serving as the soccer coach and Phys Ed teacher
-Program motto: "Burn your Boats." In 711, King Tariq of Africa brought a convoy of 10,000 men to attack Spain where they were unexpectedly met by 60,000 Spaniards. Outnumbered 6:1, many of King Tariq's men wished to turn around or surrender, but King Tariq ordered the boats they arrived on to be burnt—there would be no surrendering, they would either defeat Spain or die trying. Tells his players to adopt this mentality and fully buy into philosophy of the program and to the team effort.
-Great Vince Lombardi quote: "Perfection is not attainable, but if we chase it, we just might be able to catch excellence."
-Team after 61-3 two-year run was weighed down by expectations; they allowed outside influences to creep in.
-Coach Paulsen will make minor tweaks, but essentially the concepts of his offensive system remain the same.
-An important thing to think about, especially at the high school level, is "what are your guys doing in the off-season?" ← Are they playing within your concepts?
-Two keys: one short-term and one long-term, one team-wise and one individual:
    -Did my team get better over the course of the season?
    -Did a player get better in their 4 years with me?
-Mantras for offense:
    -Offense is Spacing, Spacing is Offense
    -Cut it hard, Swing it fast
-3 versions of his motion offense: 3 out-2 in, 2 out-3 in, 4 out-1 in
        -tailors to the strengths of his team
        -what alignment is the best fit for your team?

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-Post chooses side of floor at start of possession and stays on that side for the entire possession. Doesn't run his post block-to-block for 2 reasons:

1. If his team is moving the ball as quickly as he'd like, the ball movement will be too fast for the post to even get a touch
2. The players will know where the open post is (both penetration and cutting purposes)

-On perimeter cuts:

-His players don't dance with defenders or fight with the defense, they just sprint through the cut. He teaches his players to eschew the "take one step away before making a face cut" ←Why? Because all it does is take an extra second and really doesn't help you get open.

-Cut to put head underneath rim and then fill to the next spot (get in and get out)

-2 reasons for cutting: 1. Get the D on their heels 2. Get their (Defense) heads turned
-Puts the NBA three-point line on his practice court at the beginning of practice because it's a great tool to use for spacing
-His teams must be well conditioned because cutting right is hard and physically taxing
-Believes hardest thing to defend in all of basketball is the closeout
-Even if you don't have a post scoring threat you have to throw it in because you must get the ball behind people to be able to run your offense effectively
-On a catch in the post with 2 feet in the paint, there can't be a dribble. It has to be a shot off the catch on a power-up
-Chest pass to shooters, bounce passes to the paint
-If reversal is ever choked, the ball handler should dribble at teammate and the teammate should go backdoor
-All dribble penetration should be knee-to-knee and he emphasized the idea of driving in the opposite direction of where the pass came from on the close out as help will not be set up yet. (On a kickout pass from a guard driving from the right wing to a shooter spotting up at the top of the key, the receiver would drive it left – away from where the pass came and help
-Against 2-3 zones, he goes 3 out/2 in and has a couple of things he wants to see: ball in the highpost, another post ducking in and 2 guys spotting in the corners
-Against match-up zones it is important to run your man-to-man offense. When they play a match-up zone, teams *want* you to run your zone offense. Don't do it; run your man-to-man
-

Sean Miller: Dominating Man-to-Man Defense

When determining a defense:

1. Can it beat the best teams on your schedule?
2. Can you advance in the tourney?
3. Can you win on the road?
4. Will your team improve as the season goes on?
5. Will individuals on your team improve?

Defensive Cornerstones:

1. You must be committed to getting back and not giving up easy buckets
2. You must pressure the ball
3. Be ready when guarding off the ball
    a. Vision
    b. Understanding packline
4. Keep ball out of the post
5. Help early on dribble penetration
6. Challenge all shot

5 Keys to Success:

1. FG % Defense
2. 3 pt FG % Defense and 3 pt FGA
3. Defensive Rebounding %
4. Force turnovers
5. Don't foul

½ court line is pick up line for guy guarding the ball- can pick up earlier if possible

Coach's box line extended is "heat up line"

Expected to have great ball pressure at "heat up line"

All positions

Pack Line

Smaller than 3 pt line (about 16 ft)

Broken tape used for line during practice

If your man doesn't have ball then you have to have 2 feet inside lane

Keep ball outside of Post Box

Box just outside of blocks and just outside second lane line extended

Tape used for practice

Defensive Transition

3 go hard to offensive rebound

Other 2- halfback, fullback

Halfback get to half court, fullback gets to opposite 3 pt line

Usually don't get there but must make effort

HB- Stop/slow down the ball

FB- Protect basket or find shooters if nothing around rim

Drill: 4 on 4 Touch

-sprint back

-stop ball, protect basket

-Trailing defender must recover to weak side of floor

Must communicate it

Don't just run to the front of the rim

-when no numbers are called it makes the point of how successful a defense can be if everyone gets back

Defending the Post

Must determine how you guard in the post before you determine defensive philosophy

Defending Pass into Post

1. 3/4 – Behind in the Post
    a. Keep the ball out of the post
    b. Feet split offensive post
    c. Inside forearm on chest- lean on him
    d. Outside hand up and out discouraging pass- feet do the work
    e. On lob pass- once it is thrown you must get behind
        i. Do not give up angle to rim
2. On and Up the Line
    a. Used when ball is at high post
    b. Absolutely no duct ins- tough to guard from here
        i. Want to send message that it's not worth it to make pass
    c. How far up the line? Close enough to touch the offense
        i. This helps defender against quick reversal and seal
    d. When ball is at HP (or anywhere) sometimes you have to adjust technique
        i. It becomes a battle where you might not have perfect 3/4 – Behind Technique
        ii. May full front, butt front, etc.- must eventually go back to 3/4 – Behind Technique
        iii.
3. Deny all flash cuts inside pack line
    a. EX: Ball on right wing. Post on left block. Deny post flash to right HP

4. Smash the cutter
    a. Do not foul- negates hustle
    b. Body up on all block to block cuts

Defending Post after Catch is made

1. after catch-
    a. "pop back", give space, arms out (above shoulders)
2. during back dribble
    a. have to eventually quick giving ground
    b. "wall up" (chest him) without using forearm
3. after he picks up dribble to shoot or turns to shoot
    a. Walk through shooter on shoot
        i. People will complain it's a foul- it's not
        ii. arms stay up
        iii. "put numbers on him"
        iv. Feet does the work

Positioning on the Ball

One the ball

How close should I be? "Touching distance"- reach out and touch his chest
One foot slightly ahead of other
Take all foot fakes with back foot- then creep back up
When you take it with your front you have "nails in your feet"
Larry Brown is big on this

When ball is on wing

Since they are 3/4 in the post he does not want to give up baseline drive
Shade baseline side and make them go middle

How far in the gap/pack line?

Close enough where you can recover/close out on pass
Will gap/pack line even against great shooters
Daily habits in practice, shell, etc. will carry over to games
Led league in 3 pt FG % defense even when use gap defense

Closeouts

Long strides initially, short and chop when you get closer to offense
High hands (not wide)
Butt down
Close out to where you want to force dribble
When less athletic- focus on technique and keep butt down

Defending Screens

Good players don't get screened

If your man is getting ready to set a screen you are ALWAYS the helper

Pressure the passer

Defending Cross Screens
Defender of cutter responsibilities
- Face the cutter (don't care about the ball)
- Be physical without fouling

Defender of screener responsibilities
- Be the eyes for the defender of cutter
- Look at passer to discourage pass

Defending Down Screens
Defender of screener responsibilities
- Be in gap
- Once pass is made- jump, swipe, and recover

Defender of passer responsibilities
- Once pass is made jump to ball and provide support
- Cutter should see 3 defenders on the catch

Always show trail when possible

Go underneath (while showing trail) when screen is below block or outside arc
- Reason- no where for the cutter to go

3 Things a Coach must always do
1. Be honest
2. Be prepared
3. Give a great effort

Championship Basketball Clinic
Las Vegas, Nevada
May 8, 9, 19, 2009

Attacking Zone Defenses

Sean Miller, University of Arizona

May 9th, 2009

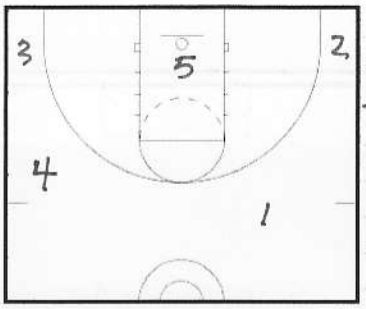
3:34 PM

1. Beat zones down the floor
2. Fast breaks with “rim runner”
3. “Ping passing”: quick short passes to open cutters
4. Against zone get ball to the box, baseline, or the middle
5. “Flash” to open spots.
6. Flashers and movers and bigs
7. Flashers move into key area
8. Movers work together to move ball. They can cut through as well
9. Idea: name plays after towns in state or city streets.
10.

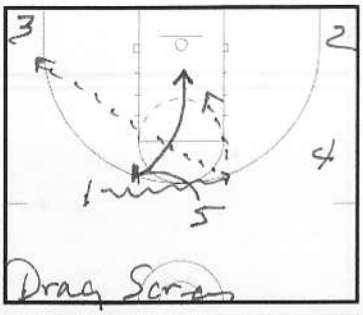
Arvada West Basketball

Play Hard • Play Smart • Play Together • With Pride

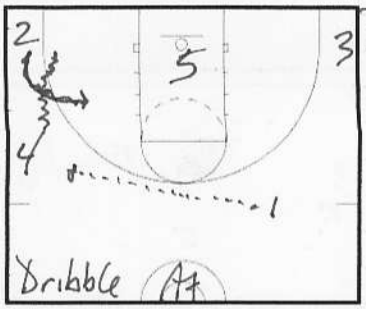
Sean Miller – Attacking zones



1. Define the role of the 3
2. Attack the middle – Rebound
3. Beat the zone down the floor
4. Have a rule for fakes and passes
   * Bounce pass the Post feed
   * Shot fake on skip pass
5. What more – who is closing out on you
   What is he doing in front of you



Drag Screen

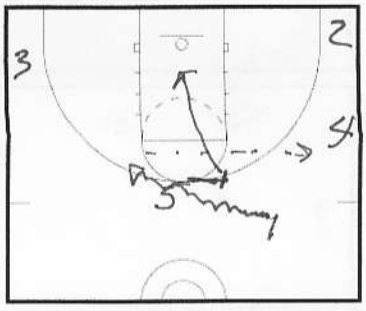


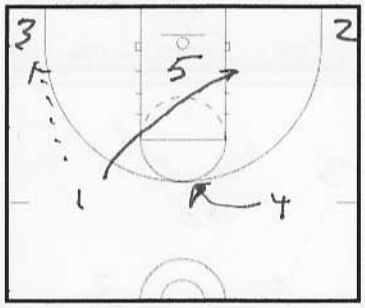
Dribble At

Beating the Zone Down the Floor

Run "Phoenix" on miss → man or zone

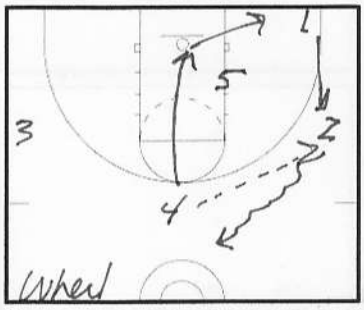
5 man → Rim Runner ← Look to 5 early
(Three others form single side or double side
↳ 1 Rim Runner only
"Wing Runners".
3 Wing runners for pair or single side
Always looking for 5 1→5 or 2/3→5





"Drag Screen" → only rim runner can set ball screen (Transition Ball Screen)

"Dribble At" → Any of the four other players take out the defense

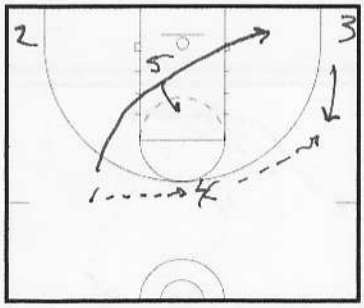


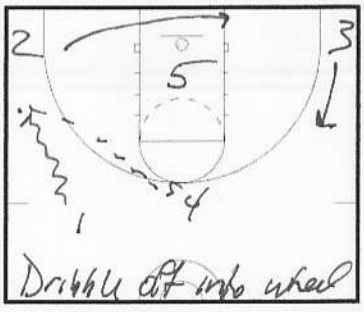
Wheel

If they score → Run "Carolina"
If takes ball out → always look to the R makes you quicker

1 should look "up the street"
"over the top"
"Across the street"

If not there guard cross through the Logo
1st Action → wheel



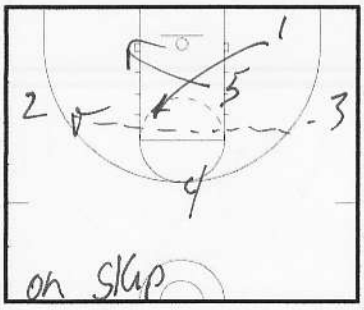


Dribble off into wheel

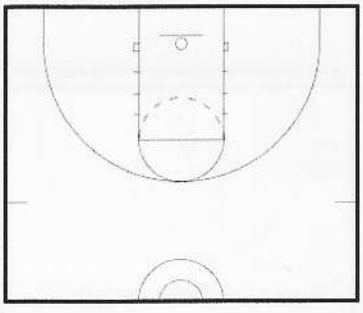
"Ping Passes" Quick Passing

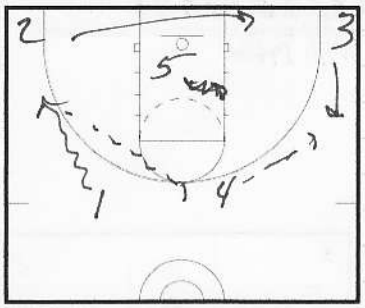
Wheel action ends when ball is skipped

If skipped 5 dives down and X the short corner high

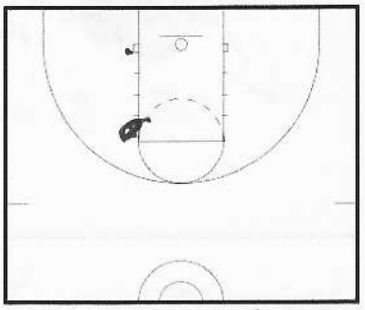


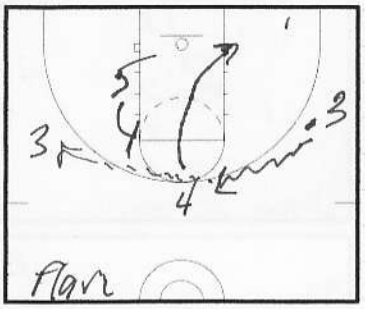
on Skip





3 Must stay below foul line

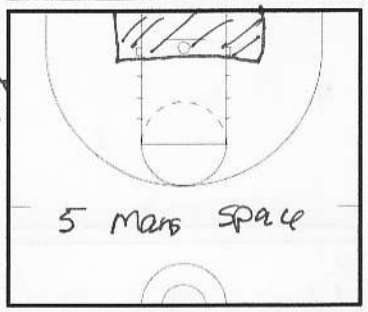


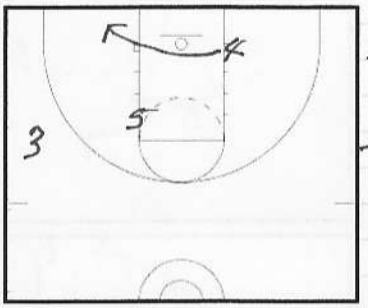


Counter → 5 stays when flare

& Bounce passes to the middle are

Run Runner Can Flash

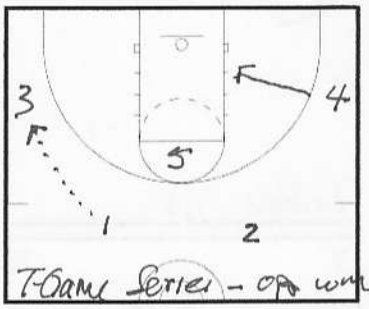




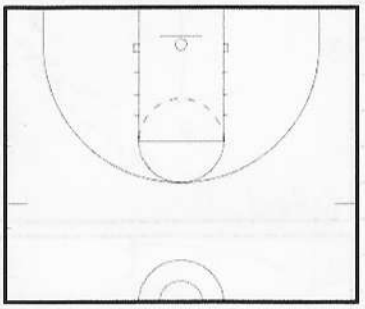
5 Seals his man

"Flash"

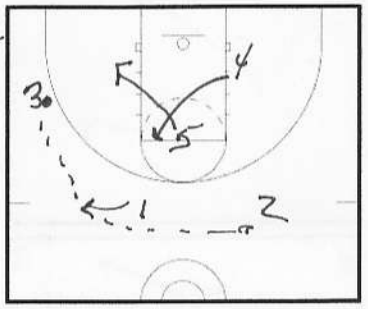
"Movers" – cannot pass and stand must have 2 or 3 movers. They cannot stop in logo area



T-Game Series – opp wing

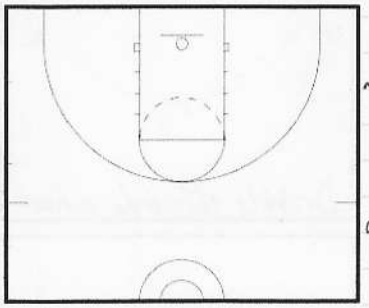


3 and 4 are flashes – when you pass, you move into the logo area and hold for a two count

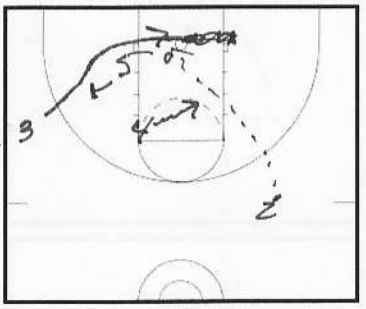


You can't throw an air pass to logo area

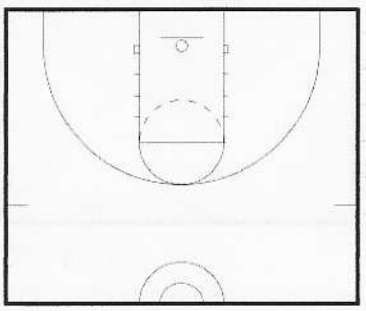
Flashers can ball screen
Run Runner can ball screen ball side after you ball screen – go back where you came from



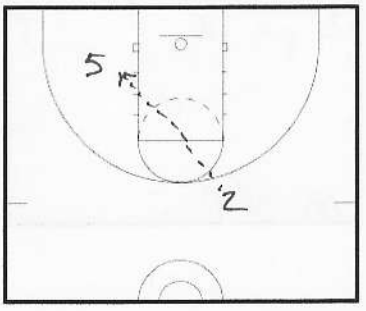
5 sets Butt screen



Sets vs. Zone
T-Game Opposite wing goes to block
"Eagle"



also look to 5 on the seal

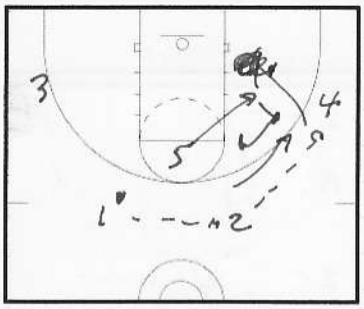


It's not what happens to you, it's how you react to it

MTM - Rare Attackers - Sammy

Arvada West Basketball

Play Hard • Play Smart • Play Together • With Pride

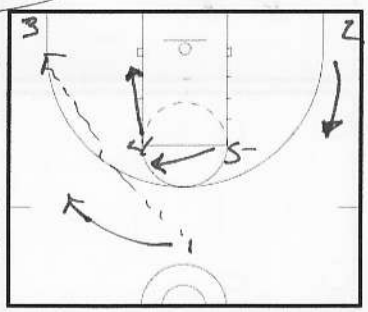


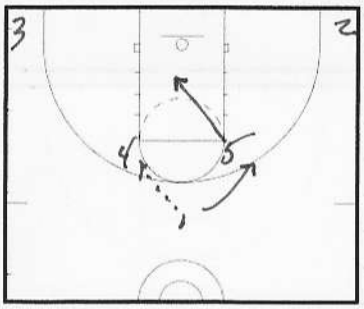
"Double Eagle"

Horns → Corner

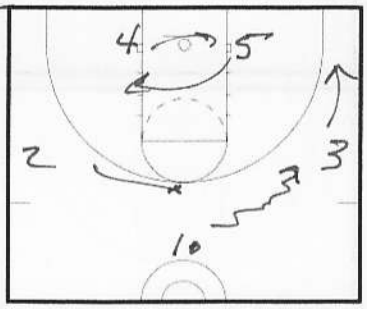
if they take elbows away

4 Cuts to defender
5 Cuts to defender
1 must be immediate outlet
2 lifts

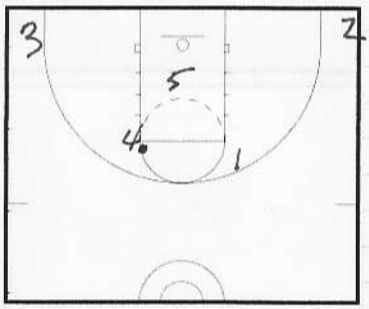




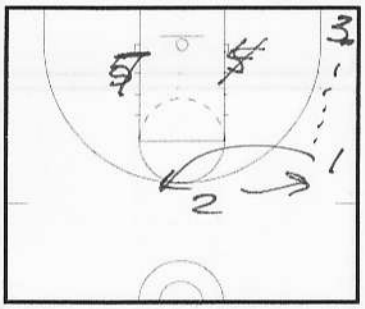
"Horns" → Elbow catch



Push

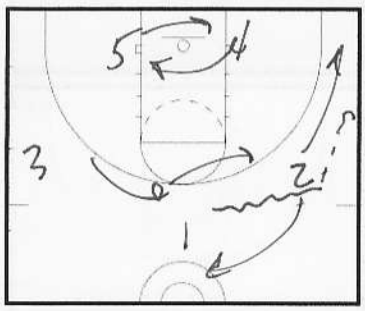


Alignment gives you a quick shot



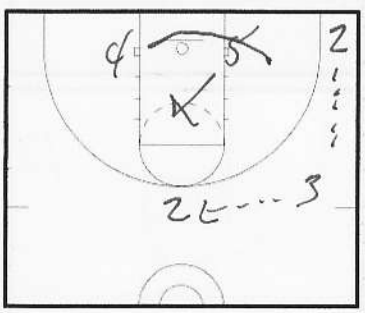
"Diamond" family

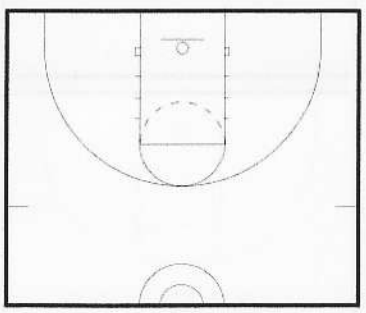
"Arizona" (Push)



"Away"







"It's not what happens to you, it's how you react to it"

Thad Matta Defensive Rules

1 Transition Defense
Post Rule: “Get your butt ahead of your opponent’s butt.”
Goal: Force at least 2 passes when offense has the numbers.
Don’t allow a skip for a 3 or drive in transition.
Rule: Deep man never leaves paint until post comes to release

#2 Dribble Penetration
Toughest thing to defense in the game of basketball
Rule on Closeouts: “We don’t force the ball any where — we tell them don’t get beat.”
Coach Matta: “If you give up catch and shot too much you’ll lose your scholarship.”
Teaching Point: Don’t allow ball to get to shot pocket when defending great shooter.
On non-driver, we will defend passing hand (scouting)

#3 Post Up
OSU Fronts the LP
Teaching Point: Want quick feet like a boxer Ball up top, we are up the line, on the line Will front the LP always, even if the low post takes a step off the lane.
Show Hands Sit Down Push Him Under The Basket
Teaching Point: If your late fronting, don’t front.

#4 Off Ball Screens
Teaching Point: On jump to the ball, they want the jumper to extend far enough to “swipe” at the ball.
Main defensive objective: Get 5 guarding the ball! Down Screen...trail all cutters — no sliding through.
First Rule: Don’t get screened! If you are constantly getting screened you are not going to be able to play for us.
Teaching Point: Must start when the ball is in the air.
Teaching Point: “If my man is screening, I’m in help.”

#5 On Ball Screens
Coach Matta wants to know if we are “zone up” — (hole covered on ball screen)
Teaching Point: On ball screen you don’t have a man.
Coach Matta: “Hard & Hedge” — blitz mentality
Ball Defender Rule: Make him use the screen (don’t let him reverse back)

Ball Defender Rule: Defender must go over the screen (not behind)□Want defender on screener to recover “through the ally” (between ball defender and screener)
□
□#6 Basket Cuts□Jump hard to the ball...stay in stance.□No face cuts.

□#7 Offensive Rebounding□You can’t spend too much time blocking out□OSU likes bubble to work on rebounding. □

□#8 Screen the Screener□
Flex cut□-jump low and take away low cut□-screen defender will bump high cut□-on guard-to-guard pass, jump to ball and “swipe”□-thru on down screen (swipe creates lane to cut through) □□

#9 Shooters w/Great Range□Vs. a shooter,
OSU exaggerates denial to force back cut□In transition defense, OSU teaches to run the lane — vs. Shooter, run to the shooter. □

#10 Out of Bounds Plays□
Will alter our coverage based on scouting □
□
#11 3 Pointers in Late Game Situations□
Contact switch on dribble hand-off vs. shooter on late game shot□
Teaching Point: Player switching on shooter should have high-hands□
5th Defender Principle: Defender whose man is out of the play — your goal is to mess the play up.□
During walk-thru Matta makes sure player knows… “You are the 5th defender on this play.” □

Tom Billeter Augustana Men's Basketball

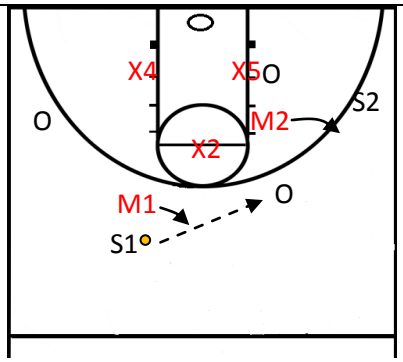
Triangle and 2 Defense

Key

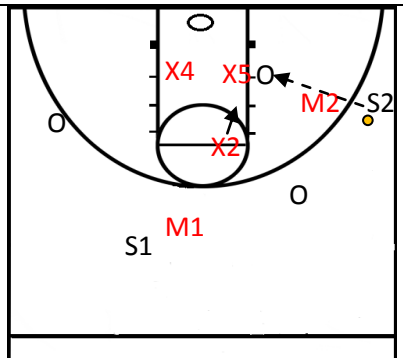
X = Triangle Defenders
M1 = Defender guarding best offensive player
M2 = Defender guarding second best offensive player
O = Offensive Players not being guarded by man defenders
S1 = Best offensive player
S2 = Second best offensive player

Notes

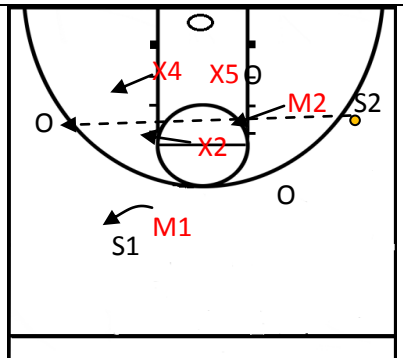
- Put worse help defender (M1) on the other team's best offensive player (S1). This defender is always making contact with the best, denying passes, and never playing help defense. Try to get in the offensive player's head.
- Second man defender (M2) plays regular man defense and gives help.
- Post players always play behind the post.
- No dribble penetration or passes to the paint.
- Do not deny the other 3 players.
- Switch ball screens



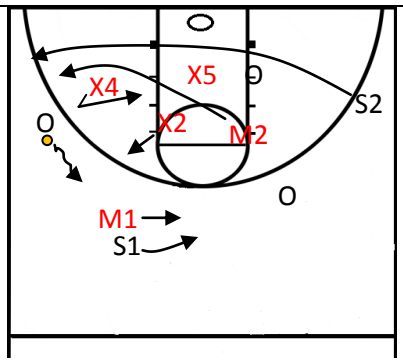
- M1 denies pass back
- M2 denies pass to wing



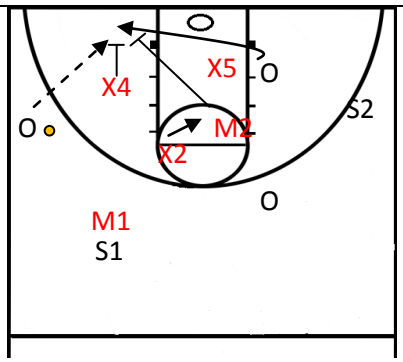
- On post entry, if the post puts the ball on the floor, the X2 half digs



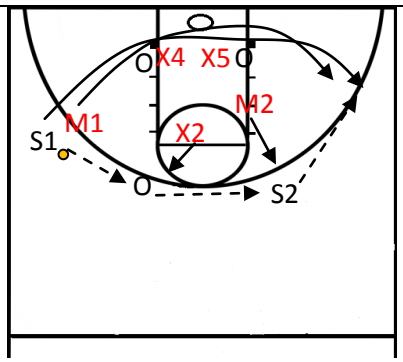
- On the skip pass, only use short closeouts. Don't closeout the full distance.
- M1 still denies, M2 slides to help position.



- If they send a baseline runner, M2, goes with the cutter
- X4 will pass dribble to X2 playing gap defense
- M1 stays with S1



- Trap ALL short corner entries

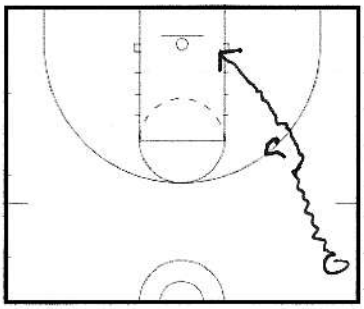


- Double baseline screens for shooter
- M1 tags and trails the shooter

Arvada West Basketball

Play Hard • Play Smart • Play Together • With Pride

Travis Ford – Individual Improvement



Help every player become the best (ind player) they can be
(makes your team better)
Workout needs to fit your system (of Oklahoma State & is attacking on offense and defense)
Work on playing at a high speed, while being fundamental – while making great decisions

Play attacking Basketball
Work on quick decisions – and smart decisions
Don't be afraid to make a mistake

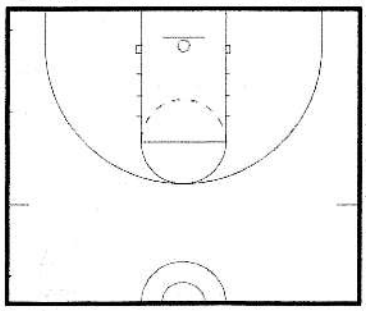
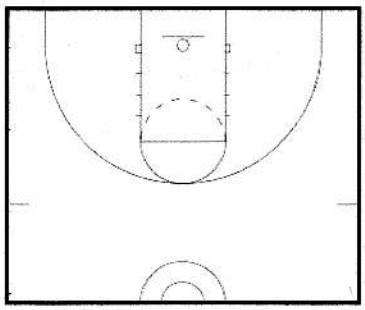
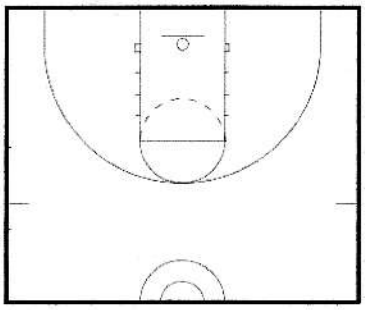
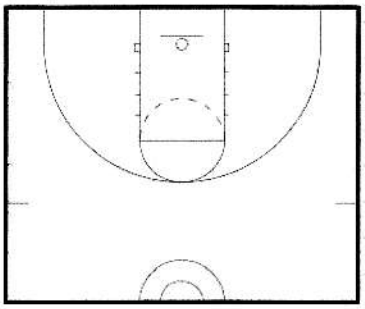
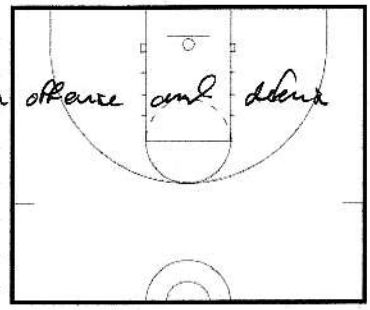
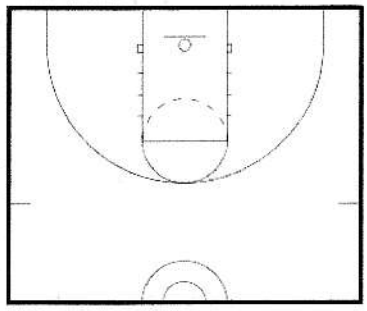
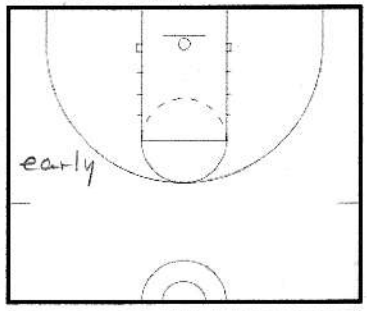
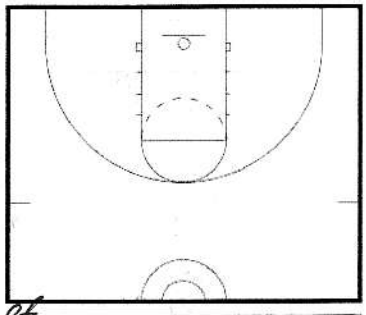
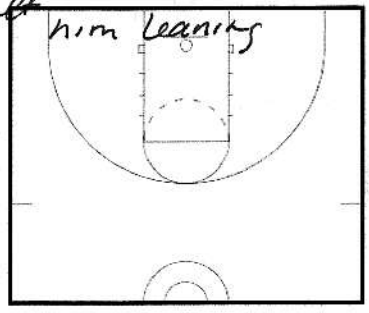
1. Dribble Moves
   - hesitation – keep head up – full speed
   - Raise out of stance – look defence off
   - Get low again → "Push and go"
   - Sell the move – slow down
   - Attack shoulders and knees

   Speed dribble back to ½

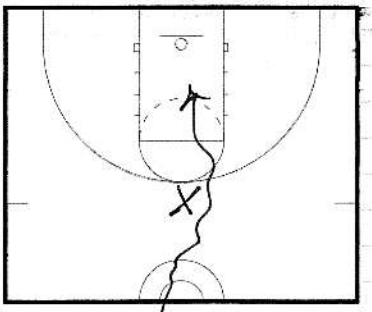
   Stutter Cross Over
   - Cross-over with snap dribble
   - Stutter as you approach – start early
   - Push and go
   - "Double Stutter"
   - Don't slow down when you stutter

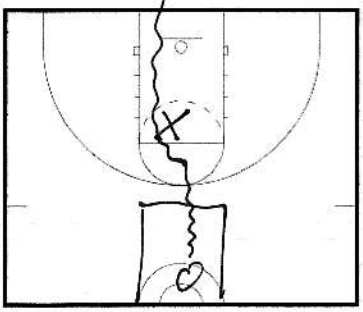
   Inside Out
   - Get the defender to lean
   - Step wide with left ~~foot~~ foot
   - Take ball from shoulder to shoulder and back
   - "Play Through the defense"

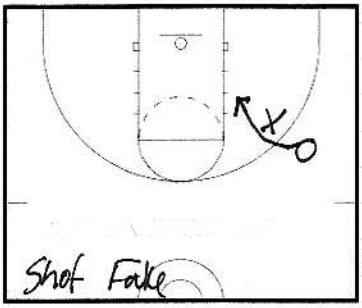
   Between The Legs Cross over
   - Go between the legs in stride – get him leaning
   - Then cross without slowing down
   - Use snap dribble
   - Use your shoulder
   - Don't slow down
   - Do everything in stride

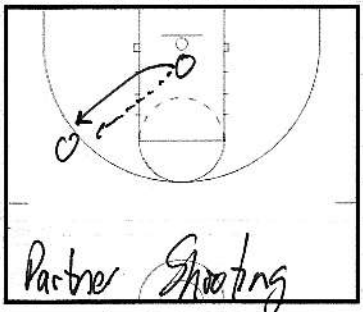
"It's not what happens to you, it's how you react to it"



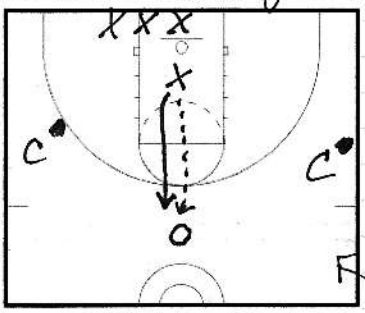


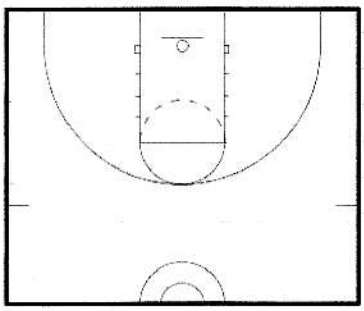


Shot Fake



Partner Shooting





Behind the Back
~~Full Speed~~ — stay in a straight line
Do not raise up
Don't bring ball up

Full speed → full court 1 on 1 Setup
1 v. 2

Get by defenders at full speed
Attack the defense
1st defender must step defending at ½
defenders job is to make him play East/West
Use same dribble moves

½ Court 1 on 1

1. Partner shooting Shot Fake
   Shot Fake - take ball from chest to above head

Sam Young - Pitt - Shot Fake
Paul Pierce - long shot fake

(A) Shot Fake → Step By (go to right)
Passer challenges the shot - Shot Fake the challenge
"Great one on one players, play through people
(B) Shot Fake - Rip your crossover
~~make~~ make it two moves, don't do it all at the same time ① Shot Fake ② The Move → otherwise you could walk
Create space between you and defender
(C) Rip Through - No Shot Fake, rip through and go on the catch - Can rip right / or rip left, attack the shoulder and the knee
(D) Catch and Shoot 3 - Challenged by the defence

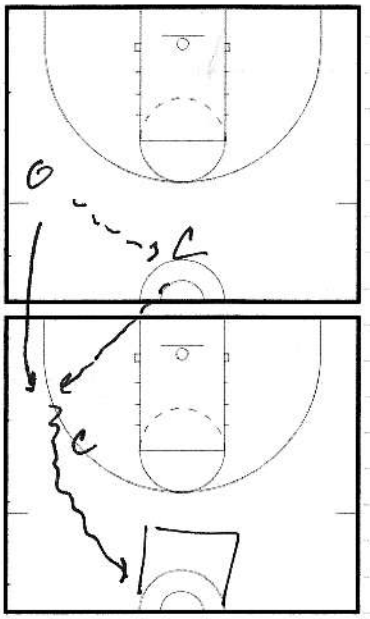
Quick Decision 1 on 1
You cannot catch and hold - 3 second rule → Ball must be out of your hands in 3 seconds → blow whistle if they hold
Offense must do one of the things just worked on
on
miss - keep playing one on one
make - you get behind the fence and catch new ball from coach

Arvada West Basketball

Play Hard • Play Smart • Play Together • With Pride

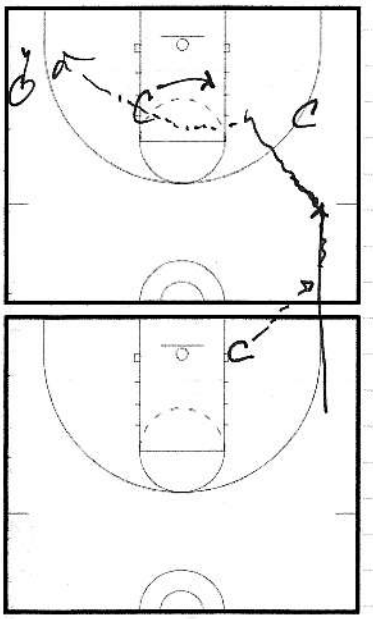
Force 3

(Crean Wing Series)



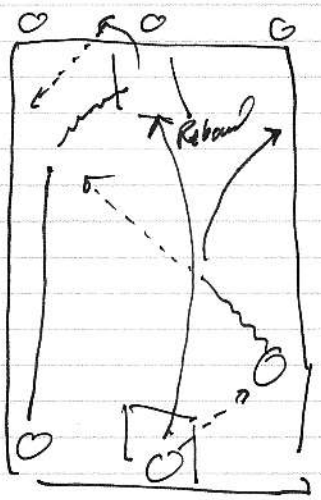
Fast Break Shooting

1. Rip Through explode in for layup
   Speed dribble back to FC
   Rip the ball through no matter where you catch it
2. Rip Through Middle
   Finish on the other side of the rim
   Rip through and push it out front
3. Rip Through middle Pullup jumper
4. Shoot the 3



Fast Break Drive and Kick

Push or Crackback
on the crackback pitch it underhand

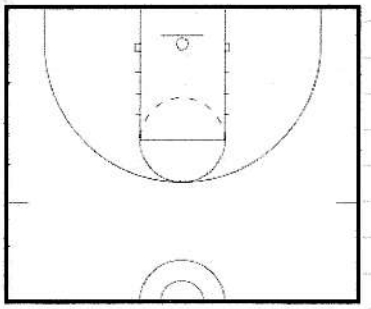


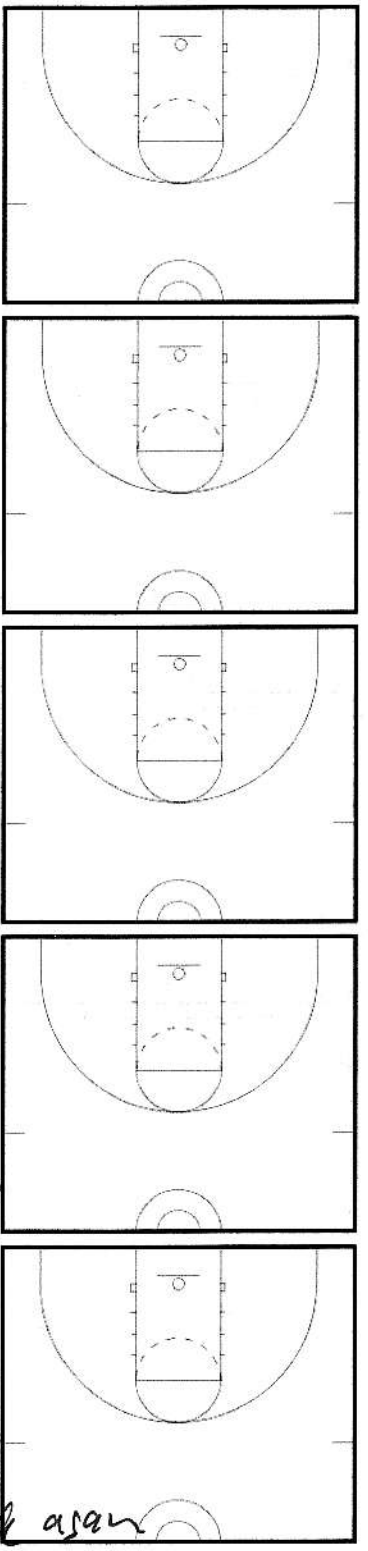
3 on 0
Transition

1. Rip Baseline
2. Rip Middle
3. Rip middle - jumper

Trail big rebound and outlets, and next 3's chases those two

4. 3's
5. Drive and Kick
6. Drive and Kick/Kick again





"It's not what happens to you, it's how you react to it"



BROOKWOOD BASKETBALL

"READ & REACT" MOTION OFFENSE
DRILLS AND PROGRESSION

1) Teach square up, sweep and swing (high and low), hip to hip, ball protection
2) Square up, read numbers
3) Square up, read passing angle to post
4) Square up, read passing angle to post, relocate & spot up
5) Teach one handed passing…step thru / follow thru…use 2 line passing, then 3 man passing triangle
6) 2 man "Score, in, out" – pass w/ outside hand & v-cuts
7) Teach basket cuts – front & back cuts – read the defense
8) Teach circle movement from wing / corner
9) 3 on 0 basket cuts and circle movement (no dribbles)
10) 4 on 0 basket cuts and circle movement (no dribbles)
11) Circle movement…add backdoors (automatic when defense passes 3 pt line)
12) Intro Backscreens…automatic when you cut from corner, or fill wrong way
13) 4 on 0 basket cuts / circle movement / backdoors / backscreens (no dribble)
14) 5 on 0 basket cuts / circle movement / backdoors / backscreens (no dribble)
15) 4 on 4 basket cuts / circle movement / backdoors / backscreens (no dribble)
16) 5 on 5 basket cuts / circle movement / backdoors / backscreens (no dribble)
17) Teach 2 on 0 penetrate & kick
18) Teach 2 on 0 speed dribble & backdoor
19) Teach 2 on 0 euros (circle reverse)
20) Teach 2 on 0 power dribble & handoffs
21) 4 on 0 penetrate & kick – circle movement
22) 4 on 0 speed dribble & backdoor – circle movement
23) 4 on 0 euros – circle reverse movement
24) 4 on 0 power dribble & handoffs – circle movement
25) 4 on 0 use any dribble option
26) 5 on 0 use any dribble option
27) 4 on 4 "LIVE"
28) 5 on 5 "LIVE"
29) Teach Post Options…41 High…41 Away…41 Low…41 Stay
30) Teach Ballscreens…w/ defined screener (typically a 5 man)
31) Teach 41 and 32 vs. zones
32) Teach Player Roles
33) Offensive rebounding…4 to the glass.

POST PLAY

MENTAL APPROACH TO BECOMING A POST THREAT

1. Aggressiveness
2. Like contact
3. Desire to want the ball
4. Desire to want to score
5. Strong communication skill Verbal and non-verbal
6. Willingness to condition
7. "Blue collar" work ethic
8. Shoot 70% from free throw line.
9. Compete with out fear of turnovers
10. Understand impact of position
11. Take criticism offensively- to his advantage
12. Understand responsibility of maintaining team play
13. Respect for the game

GETTING YOURSELF OPEN/ RECEIVING THE BALL

1. If away from the ball, utilize the V-cut
2. If ball side- If defense is high , go higher
   If defense is low, go lower
3. Timing—making movement when the ball can see you. Other times having the patience to let the ball come to you.
4. Winning the foot fight—Stepping and sealing, understanding importance eof the seal
5. If the defense is playing behind and a knee or leg is pushing , learn to sit on the thigh
6. Maintain seals by keeping your head in the middle of your stance and making your feet grab the floor
7. Make your post stance presentable—Big Goal post "elbow extensions of your shoulders"
8. Make your jersey numbers maintain vision with the ball, otherwise don't expect a pass to be made
9. If the defense full fronts, seal outside the lane for the lob—
10. If the defense plays low, seal low for feed from the top
11. A good post player cannot guard by a single individual. Post players must force teams to stunt and double down. Then rotations occur within a defense, which means better offensive rebounding.
12. The most a post player is ever going to be open is when he has the ball.
13. Be hard to guard, be a threat, and compete with your team.

RECEIVE THE BALL SAFELY

1. Come to the ball
2. Catch with both feet in the air—can use either foot as a pivot foot
3. Chin the ball
4. Read the defense—Look weak side every time
   Know if you are double-teamed

Develop a feel for receiving the ball with contact

Develop “sweet” or “prime” spots for operation.
Become and operational post player and not a “thug” player.
There is a time and a place to be physical, understand those times.

POST MOVES

Principles

a. Look to score unless you are double-teamed.
b. Shoot closer to the basket then when you received the ball.
   Work to get a “piece of the paint.”
c. Use the glass on all power moves.
d. Keep your back straight and head up when making a move.
e. If you catch with at least one foot in the paint, don’t dribble.
f. If you receive the ball and your are off balance give a quick fake (shot or ball, pass) and pass out. After passing the ball out REPOST.

BASIC MOVES

a. Baseline drop step power move –Step dribbling hop—toes and shoulders to the baseline. Mental note – head lower than when you received the ball, head lower on the move.
b. Drop step to the middle
c. Baseline turn around jumper off the glass
d. Face lift and step through
e. Add a shot fake and body fake to each of the first three moves

The best post moves are the moves are not moves at all but rather “Go” moves. A go move would be characterized as moves that is a catch and go directly to the basket for a score with one or no dribbles. Examples: Lob dunk, lob catch and lay- up, seal and catch for a lay-up, down/back screen and open up for a score.

Great post players will change their rhythm---Catch and go—Catch, look and go—Catch look and go opposite.

FEED THE POST SEQUENCE

1. Dribble down and feed – Post Shot—Perimeter Drag cut to the elbow
2. Dribble down and feed – Post pass out to perimeter to elbow. (Ball fake on the drag cut.)
3. Take the ball off the baseline--- out of bounds play, also Vs the Zone
4. Stack, pass to the wing and feed
5. Stack, loop, Feed on top—Seal low
6. Take it off the top and skip opposite – Screen in and post

SETTING AND USING SCREENS

1.Setting a down screen

A. Proper angle—back to the ball(back to the corner on a flare screen)
B. Call name of receiver
C. Make yourself big—Feet wide , Knees inside feet, hands up and ready

2. Using the screen--- more important than how you set the screen.
   A. Set the defense up—V cut
   B. Wait for the screen, better to be late than too soon
   C. Touch the screen—head to hip, curl pull, reposition(pull, push, bump, soft curl , hard curl)
   D. Read the defense—one man removed, switch, bump, chase, slip.
3. Four basic cuts off the down screen
   A. Pop up or pop out---defense goes straight into the screen
   B. Curl—Defense follows---Good for post players
   C. Back cut—Take the defense higher—fist signal and a back cut---Screen should change his angle of back to ball to back to rim.
   D. Flare—Defense is away and sliding through—Receiver pushes away from the screen, redirecting the screener.
4. Back screen—Proper angle's back to the basket
5. Move after you screen.

AFTER SCREEN OPTIONS

1. Down pin – open up—catch
2. Back pick – open up—catch become operational or re-screen(down)
3. Post-to-post – look to seal and get a piece of the paint (spin out away from the defense to set the screen.)
4. Down pin in the middle of the key from the top of the key—hard pivot – rear end to defenders waist—seal(get a piece of the paint)
5. Stack—slide seal with a defender side reverse pivot.
6. On ball screen
   A. Post lane side to baseline corner--- pop and run the baseline
   B. Elbow to baseline corner— seal, slip, pop or pop and go, slip and pop.
   C. Elbow to wing—straddle the elbow extended-- seal, slip, pop or pop and go, slip and pop.
   D. Elbow to top of key—make sure to allow for three ways in which to set the on ball screen—1. Back to sideline 2. Back to baseline corner 3. Back to ½ court corner. Sternum on shoulder of defender. -- Seal, slip, pop or pop and go, slip and pop.
   E. Developing angles—Understanding how the defense will play the screen and roll

--On ball defender--- --	Off ball defender---
1. Over the top	hedge
2. Trails the dribble	angle push until recovery
3. Change stance and force baseline	sag in the paint
4. Switch	switch
5. Slides under	gives room to go under
6. Slides under both	Bodies the screener

TRANSITION OFFENSE

1. First post player down goes to ball side block to post. Post players need to be aware of vacating the post area if a wing hit ahead leads to a possible penetrating drive.

A. Post player should be able to go block to block in 4 seconds

B. Post players should visualize the route that they are going to run and make that route as straight as possible. Running down the middle of the floor and then going strong side block.

C. Post above the block even if your route makes you over run. Make the defense guard real estate on the court with unmatched players.

D. Seal anyone around you. Work to go initiate contact--- Make sure to show a hand target.

2. Second post player is the trailer--- Usually the player that rebounded or inbounded the ball.

A. Make safe outlet pass. Efficiency and accuracy over quickness.

B. First responsibility is to be a defensive safety. Cover your passes on the outlets and see your angles as you trail.

C. Vocalize—Middle, Right or left

D. Run to a specific spot as dictated by where the ball is and what the pattern or "Early offense" pattern demands.

1. Ball spot	Trailer spot
Wing	Trail to top of key, replace point if he cuts through
Wing	set a screen and roll
"X" spot	other "X" spot
"X" spot	opposite elbow
Dribble over	opposite low block
Skip from wing	opposite low block
High "X"	look for reversal at top of key(operational)

E. Catch the ball with hands up and feet under you. If a defender is in front of you and trying to pressure give an outside hand target. (operational)

F. Trailer may—Shoot if open and in range
Feed post inside
Swing the ball

3. HIGH—LOW POST

A. When the trailer or high post gets the ball, the low post can make a "V" cut, Duck In, Reverse seal move, Flash post.

B. On the Flash post cut step low, then step high and seal. Use of the reverse pivot may also be used.

C. Use an air pass whenever possible when going from high to low. Know the strengths of receiving of the other post players. That will dictate your passing approach.

POST DEFENSE

1. Four ways to play the post

A. Play on the high side

B. Play behind

C. Bottom side
D. Full front

2. High side ½ and ½ ---

A. If the ball is above the foul line extended and the post is posting at the block or 1st marker

B. Play behind---

1. Post player is not a threat
2. Post player is defended by a sagging wing
3. Post player is being trapped
4. Post player is only effective on one side of the floor and this side is his weak side

D. Full Front—

1. Post player is being defended by a taller player
2. Post player has poor hands on the lob
3. Post player has poor jumping ability
4. Post player does not repost well.

E. Constants—

1. Ball above the foul line --- Play on the line and up the line and create and maintain a gap.
2. Ball below the foul line – Front— ½ and ½ using either the "X" step out or the bear hug also head in stomach. Taking good looks and angles away from the post offense. Play as big as possible and show your hands as much as possible.

3. Hands up, feet wide, knees bent, feel the offense player with rear end and arm bars--. Eliminate foot battles.

REBOUNDING

Basketball has many components in a game that are over used and hurt the game as well as a team. Players can dribble too much, players can shoot too much and players can pass too much. Players can never rebound too much. Rebounding makes up for many mistakes in a game.

1. Every shot is reboundable.
2. Offensive rebounding
   A. No bad second shots
   B. Go to the boards every time unless noted different by transition defense responsibilities
      1. If you are shooting any shot outside of 15 feet get back on defense.

The reason being is that 9 times out of 10 you will over run the miss and become a liability on defense. Make sure as not to over run the ball. Post players need to know where their range is and understand what a high percentage shot is.

2. Learn how to use various techniques when going after the ball. Spin move, swim move and push.
3. Getting to the weak side spot, understand 60-70 percent of base line shots go long.
4. Get inside the defender
   If you can't get inside get even
   If you can't do the first two push him deeper.

When he does get the board, don't jam the ball unless told to do sot, get back to defend.

Be a rebounding threat on the free throw line, don't succumb to the free throw rebounding responsibilities.

Anticipate your route and the missed shot.

DEFENSIVE REBOUNDING

Block out—"Contact is your most important product"

Move with a big body. As your head goes up to find the ball keep moving your feet. Some layers have a problem of ball watching and not feet moving.

A. Rebound with two hands—find the protect area and become operational not static
B. Go up small and come down big.
C. The desire to be a great rebounder is more important than the technique of a great rebounder.

A PLAYER CANNOT BE CONSIDERED A GREAT POST PLAYER UNLESS HE IS A GREAT REBOUNDER.

DRILLS FOR QUICKNESS AND FOOTWORK

Mikan Drill

Reverse Mikans

Slide—back pedal---score

Continuos go moves---Power moves

ZONE ATTACK

1. A good post player will almost force the other teams to play zone.
2. Beat the zone down the floor and find someone to seal in the paint.
3. Start behind the zone – make the zone stretch.
4. Find an area to post.
5. Always try to seal someone – don't just run to open areas---unless the zone motion calls for it.
6. Seal out--- Seal the wing out--- Seal the center out after a front
7. Step out on the baseline--- Use especially when the ball is dribbled off the baseline.
8. Screen the wing in for a skip pass when the ball is opposite.
9. Make consecutive cuts—When one post vacates an area the other post fills. If a wing flashes to the middle, the post should pull to his range along the baseline if the flash occurred on his side.
10. Center screen – After the skip pass, find the center and screen for the other post to come low.
11. Flash into gaps—Look for openings in the high post—Flash to relieve pressure---be alert to help
12. When the ball goes on top, flash cut, duck in or muscle cut.

13. Try to establish a two on one weak side advantage when the ball is shot.

POST PLAY

7 ATTRIBUTES FOR POSTING FOR PURPOSE

1. Head
2. Heart—wants to post: like contact
3. Hands—always improve
4. Feet—Know what feet are doing---being quick but also efficient
5. Ability to shoot – 15 -17
6. Shot selection
7. Ball efficiency

MASTER FOUR THINGS IN THE POST

1. Get open where you can score—know range--- "The most open you will ever be is when you have the ball." eliminate "Post Panic"
2. Stay open and maintain space by sealing and setting the defense up, keep them active. Be willing to work for that extra 5% in the open court.
3. Try to score as simply as possible, the best post move is the catch and score. "Score simply" instead of "Simply score"
4. Vision—With the passer---Vision with the ball—Help the ball maintain it vision.

5. Don't fight pressure with pressure but fight pressure with preparedness! Expose your post game to criticism from people you work with. Also keep in mind passing takes the tension out of the game-- the pass and the receive---confidence to do both.

5. Make free throws---

GETTING OPEN

1. V-cut
2. Transition from defense to offense--- need a post up in 4mseconds or less
3. Stepping up the lane to create a passing lane.
4. Step out—short corner on drive or up the lane if the drive occurs baseline

Added --- On the V-cut, read the defense: if he is high start him higher and cut low: if he is low, start him low and cut high.

SEALING

First contact with the defender should happen from the waist down.

Seal with your feet and initiate the foot fight. Upper body seals will not work against the stronger player.

To get open on the seal ---
Step over and sit down on a leg
Pin and spin
Use the reverse pivot

When sealing, try to make the defender take one step backwards. Good philosophy for defensive rebounding as well—when blocking out, try to make the offense take one step backward.

Sealing Teaching points—
Check their backs
Don't lean, keep back straight
Keep hands out in front
"A Piece of the paint"
"When you seal, get a piece of the paint – get at least one foot in the paint every time you seal. The ultimate seal is to get both feet in the paint. This leads to scoring simply."
Work on weak side flash—Start low and cut to the rim, cross over step and plant that foot and reverse pivot, at the same time seal and throw your hands for reception.

A great way to simplify the term "Passing Angle" is to tell your players to get the ball in a position where you can see the numbers on the jersey. You must see those numbers on his jersey before you can pass the ball. Pass the ball away from the defense.

Post player should be able to hold the seal for 3 to 5 seconds.
Need to have a height advantage for lobs—also need to clear offense out.
Make sure to lift the weak side on lob and post opportunities.

SETTING UP FOR THE LOB

The only time that you have control is by making contact
Turn your chest to the baseline
Be above the first marker
Passer must pass to the corner of the backboard
Receiver should have both hands above the shoulders
Hold your contact at the hip until the ball is directly above your head, then release.
'The best position for the lob is when the ball is above the free throw line or up top—it eliminates help."
" The passer is the eyes of the receiver."

DEFENDING THE LOB

Develop solid ball pressure---take some vision away from the ball
Develop good help side—harder lobs mean quicker help
Low post defender must do his part

Low post player on the lob pass should take an explosion step backwards, pushing back into the offense and attempt to tip the ball away.

PASS PREFERENCETO FEED THE POST

1.Below his waist/or above his shoulders;
2. No chest passes to the post;
3. Air passes are quicker than bounce passes

"The best way to get a post player to keep his hands up is to pass at his face"

SAFELY RECEIVING THE PASS

1. Call for the ball(hands and mouth)
2. Catch with eyes first, hands second and feet.
3. Block and tuck(block with one and tuck with the other –use fingers
4. Catch with feet in the air---
5. Chin the ball and become operational in the post. Be a threat

Passing drills—
One hand catches
Two ball passing---use a tennis ball and a basketball
Bad pass drill
Back to passer "Name call Drill"
2 on 1 passing—one in the post two distracting
3 on 1 foot fire drill--- arm pads for physicality
Things to keep in mind—
Shoot the ball closer to the basket than where you received it
If you catch the ball with one foot in the paint, don't dribble
If you catch the ball outside the lane, you get one power dribble
Know your sweet spot for reception
Your head should be lower than when you started on power moves
Don't dip on baseline spot ups, be ready for the pass
Knees balanced is an important product to posting
Thigh and hip strength are the powerhouse to post play.

BASIC LOW POST MOVES

Sweet spot power up—"Go move"
Drop step baseline
Drop step middle
Baseline banker
Middle banker
Fake banker rip through "Shoulder to hip" baseline
Fake banker rip through "Shoulder to hip" middle
Combinations with a dribble spin
Jump hook—good for offense rebounding, lead with arm/chin/ball 12:00 release instead of 2:00
Sky hook—
Change in tempo in move, fast to slow, slow to fast
Fade aways of a dribble spin
Ball fakes—"Pause for poise"
Use of both right foot and left foot as a pivot foot
Crossover and jab and go's
Negative live foot
Negative ball side
Repost-Repost-

RELOCATE

Pass back out and push back in.
When you catch the ball, commit to a half turn to help you read the defense.
You always want contact on the seal and on the shot—if the defense leaves his feet, make sure there is contact.

COLORADO COACHING ACADEMY

Mike Dunlap

THOUGHTS ABOUT POSITIVE CRITICISM

*From day one the teacher-coach should explain the power that positive criticism will establish within a team. In brief, we must drink from the cup of criticism if we are going to improve.

*Criticism is much like weight lifting as there is a process that will make the team and the individual stronger.

*The criticism strategy is simple- praise, prompt and leave. For example, "I like the way you locked out your elbow on the shot. Please use more legs and then we will have something special."

*We must use the word "criticism" in a literal sense. We do not want to be clever by using "feedback" sessions- call it what it is. . .

*There will be an adjustment period with any positive criticism technique. The instructor must show emotional maturity. For instance, you may get "the face" when you first correct the pupil. Keep a level head and get to your point quickly and move on. . . for example, "I like when you sprint from spot to spot. You can do this for longer than you think and when that loose ball comes up late in the game you'll be ready." If you see "the face" during this criticism ignore until you see a pattern.

*Criticism will ultimately involve consequences for actions- good and bad. In other words, use actions, not words. If you get "the face" in a repetitive manner then move quickly with your discipline. For example, I remove the player from the court to the lockerroom. Hence, he is not a distraction to the group and I am letting the team know that my energy will be spent on those that are doing what I want. I will do this early in the season as the bitter pill of discipline should be taken early in the process. This player has done you a favor.

*The consequences for actions should be used in a positive manner. Specifically, reward the behavior that you want and like. The example would be, "Rick, you really please me by jumping through the pass and that will get us at least one win this year in crunch time." We let the group know what wins and also how to gain the praise of the instructor.

*Different students have varying degrees of handling criticism- positive or negative. They simply nod to everything you say. I move quickly on this situation as the player is deflecting what you are saying. For instance, the coach says, "Please stop reaching on the ball," yet the player keeps doing this while always nodding at your corrections. "O.K., we are going to play a defensive game and everyone must hold their hands behind their back while on defense."

*If done poorly, criticism can become a self fulfilling prophecy. Your observations and words must push towards the positive.

-Wrong: "You are a dog and if you keep doing that you'll never get better."

-Right: "Yesterday you moved around here like a champion getting 6 loose balls. Today, you are off two beats and just need to get 2 boards in a row to start the engine- now do it!" (Praise, Prompt, and Leave)

a) You have not only told the player something positive but also have given him a specific target.

*Criticism must be realistic when you lay out your positive predictions. Such as, "I see you getting two more boards a game with those V back cuts on the weakside of the boards- good!" If I use the number 10 instead of 2 I have over done it and will lose credibility over time. The instructor must take a balanced approach. Hence, a statement of expectation can be good or bad.

*Positive Criticism should use the language of the audience. We use metaphors that are relevant to the times as word pictures create a visual imprint. For instance, "Lee, you must think of yourself as a yo-yo. You are trying to stop and go with the dribble, changing speeds and creating space." Another way of using language is, "When we start out the season everyone must board the plane, get seated, follow instructions, as there is no getting off. We will pick up speed as we go along."

*Use prediction with your positive criticism (e.g. "When you make that front pivot with your eyes to rim no one can defend you- period- no one!")

*Do NOT use conjunctions when you praise:

a) Wrong: "I really think you are doing a super job with your voice but could you speak up."

b) Right: "I really think you are doing a super job with your voice. Now try to speak louder because we are going to play in a packed house next week."

*Use the Socratic method to engage the minds. For example, "I'm going to ask the team a question and I want to see if you have the answer." This is effective because the entire audience is thinking as opposed to one person. They are probably thinking please don't ask me but nonetheless the team is on their toes.

*If the coach personalizes the criticism or uses sarcasm, you will be rejected by the player and ultimately by the team. You should criticize the act as much as possible.

-Wrong: "You didn't get that board in crunch time and we lost the game at that moment. Maybe if you drank a little less beer we would have won."

-Right: "I know you will get that board next game because you are using the V back technique on the weakside. What do you think?"

Thus, your player has specific targets and this takes away from the subjective evaluation of the instructor. Our players talk about the deflection chart as the criticisms become most powerful when the players accept them as an objective form of evaluation.

*Positive criticism is on going. We develop a critical eye with experience. We must be careful as time can create a negative view.

a) How? Just like quality wine, we begin to understand bad wines. Does this mean we do not continue to try other wines? No! We simply understand the depth of our experience and use caution as we grow more aware.

b) The evolution comes from using less words to instruct. While our database grows with time, the economy of words becomes our reward.

*A quality critic bases his criticism on a certain criteria. This helps you be more specific and objective. Your reference points for judgment are important. For example, "Our effort is measured by our deflection chart which calculates your positive impact on the outcome. Specifically, you get 1 point for getting a loose ball, taking a charge, or getting a deflection."

*When criticizing, know the person you are addressing as we say, "understand but do not accept negative behavior." See through the eyes of the student when evaluating their background and role models.

*When you are forced to criticize someone for a personal matter link it to a bigger outcome. "Frank, I am hesitant to tell you this because I don't want to embarrass you. This bad habit will hold you back as a team leader, with women, and the business community. You need to shower everyday. Your odor affects others in negative way. We can change this habit now. What do you think?"

*Criticism in groups is more dangerous than criticizing the individual alone. However, there may be a time and place to do both. Know your audience, the situation, and the person.

*Criticism must be linked to individual accountability.

a) The teacher must admit his mistakes when they happen as it a show of humanness and accountability.

b) We cannot accept excuses in our team culture

c) The instructor must tackle the excuse maker quickly as this can only go one way- BAD.

*The teacher must be ready for criticism when it comes your way- it WILL!

a) Please do not take the approach that the customer is always right- as there are times where they are not. Hence, we still want to get resolution and move on & besides we want to show emotional intelligence & maturity.

b) The technique goes something like this when confronted by a player, "I think you are an asshole, because you keep coming at me in practice and it isn't fair!!" "Ok, let's assume you are right. I'm not sure that the asshole part will help us go anywhere. Why don't we just stick to the part about me coming at you because ultimately you want to play here & so do I. Why don't you be specific about what is bothering you. We will then put together a strategy that works. Again, please respect my position and you will address me with manners.

*Criticism is a fact of life. We must have a system in place so that we can be effective and grow as a team. Certainly there will be some "hot" moments. Yet, we can be proactive with our communications. When pressure is applied, chaos will thrive unless we build in a flexible system for communication and criticism.

The 1-1-3 Man-Zone Defense
"A Different Look"

Mike Dunlap
2003

1-1-3 Man-Zone

The 1-1-3 man-zone is a flexible defense. Primarily, we work on all man defensive principles. We believe that the integrity of any defense rests with the individual fundamental skills. For instance, each individual must be able to hold a defensive stance and know specific hand skills. The commitment, repetition, and eventual success of the "stance" says everything about the work ethic of each team. There is no debate on this topic.

The 1-1-3 man-zone prides itself on simple concepts. Our man defensive drills come from the school of ball pressure, rotation, and rebounding. We want to disrupt the opponent's offensive patterns and address their greatest strengths. When you boil it down, we are trying to impact our opponent's offensive patterns and impact their habits. If you steal their practice time, you destroy their greatest strengths.

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4) Bumping/Trapping
5) Defending Elbows
6) Rebounding

B. The Part Concepts

1) Sideline Pins
2) Extreme Ball Pressure
3) Counting in the Sideline Alley
4) Denying High Post and Elbows
5) Fronting the Post
6) Stunting
7) Rotating
8) Trapping

1-1-3 Man-Zone

A. WHOLE CONCEPTS

1. DISRUPT OPPONENT'S BALL MOVEMENT
    a. WHY?
    1) Breaks offensive patterns, creates turnovers, and forces opposition to play more 1 on 1 basketball.
    b. HOW?
        1) Heavy Ball Pressure.
        2) Sideline Pins.
        3) Frequent Traps.
        4) Deflections.
        5) Quick Rotations.
2. DEFENSIVE SPACING
    a. WHY?
        1) Creates collective mindset that **five** players guard the ball.
        2) Harder for opponent to penetrate, especially ballside.
        3) More difficult to **see** exterior/ interior passing lanes.
        4) Allows for quick traps.
    b. HOW?
        1) Five players jump to each pass – must be demanded!
        2) Box Theory – Draw a line down the middle of the floor – Full court, ¾ court, ½ court.

3. HIGH HOLE/ LOW HOLE
    a. WHY?
        1) The strength of any defense is the backside or what we call the spine. This means that the helpside of the defense always has a basket protector (low hole) and a partner who is fifteen feet to thirty feet directly above him (high hole). Hence, cutting and replacing into these spots is vital.

b. HOW?

1) Either freeze your low hole man or rotate him out to the closest man. This means the high hole partner slides down to protect the basket.
2) Rotate high hole man out to closest man then another player must fill that spot, much like cut and replace.
3) If the defensive spacing is good then this can happen quickly.

4. BUMPING/TRAPPING

a. WHY?

1) Reestablish original positions. We like big on big and quick on quick as much as possible.
2) Anticipation of certain cuts by opposition.
3) Counter penetration.
4) Discourage passes to certain spots such as the short corner, low/high post, and the dead corner.
5) Makes us an "Attack Defense."

b. HOW?

1) Talk, touch, and push- bumping.
2) Stunting- next closest player rotates to ball. Defense should attack the dribble hard. He does not hesitate or help and recover. You either get a trap or run-jump.
3) We do not believe in help and recover.

5. DEFENDING ELBOWS

a. WHY?

1) Keeps defensive spacing tight.
2) Accountability- players know who should be where.
3) Reduces opponent's high post attack.
4) Allows for quick trap (High Post, Low Post, Wing, Top of Key).
5) Affords the 5 man flexibility to close out ballside.

b. HOW?

1) Guards cover wing and ballside elbow or both elbows. This key is simple. Ballside wing covered by forward then elbows covered by both guards. If one guard covers a wing position and the other guard covers ballside elbow, then the helpside forward covers the other elbow.

6. REBOUNDING

a. WHY?

1) Determines the outcome of each game.
2) Completes each defensive possession.
3) Creates a collective mindset.
4) Speaks to mental toughness and discipline.

b. HOW?

1) Always block off shooter as he is the easiest target.
2) Move to triangle spots, even if you cannot see the ball.
3) Get weakside wedge (Two players opposite side of rim).
4) Nonstop pursuit of garbage rebounds –"run though the ball."
5) Cap rim each practice.

B. PART CONCEPTS

1. SIDELINE PINS

a. WHY?

1) Slows down ball movement.
2) Makes offense dribble ball baseline.
3) Sets baseline trap.
4) Puts "guess" in opponent's mind.
5) Defense dictates to offense, not the other way around.
6) Reduces operational space of floor.
7) Overloads ballside of floor.

b. HOW?

1) Hard closeout at wing.
2) "High hip" of offensive man with feet square to sideline. The hands are in a "high position."
3) Four players in the box – overload situation.
4) Next closest man ready to stunt and keep ball on sideline.

2. EXTREME BALL PRESSURE

a. WHY?

1) Disrupts the ability of offensive man to think and read.
2) Causes turnovers.
3) A trademark that becomes a source of pride.
4) Accountability.

b. HOW?

1) 1 on 1 daily drilling on individual skill sets.
   - Closeouts.
   - Feet, Hands, and defensive spacing tested.
   - Limit offensive man's dribble until defensive man develops a skill set.
2) Creates a physical mindset as you sequence to 2 on 2, etc.
3) Cap Rim.
4) Advantage/ Disadvantage drilling.

3. COUNTING THE SIDELINE ALLEY

a. WHY?

1) Quickest way to recognize whether forwards **up** (at wing) or **down** (dead corner coverage).
2) Accountability.
3) Adjustable (Coach has freedom to change).
4) Sorts out elbow coverage.

b. HOW?

1) Two on sideline then forward on ballside stays down.
2) Talk it – first player there calls "ball." Thus, aggression is not taken away from players.
3) Mistake- two players arrive at wing together. Trap or bump- forward down.

4. DENYING HIGH POST AND ELBOWS

a. WHY?

1) We want to keep the ball out of the middle alley. He who keeps the ball in the middle of floor usually wins.
2) Cut down offensive operational space. The floor gets smaller as game unfolds.
3) Expectations are clearly stated – "keep the ball out of middle and off elbows." If the ball goes there "trap it."

b. HOW?

1) Counting.
2) Arm front elbows, not a dead front. This allows elbow defenders to move quickly on airtime of pass.
3) Two guards will cover elbows, or one guard and one forward – it is that simple.

5. FRONTING LOW POST

a. WHY?

1) Defensive position – quick rotation versus baseline penetration – trap it.
2) Corner coverage if ballside forward **up –** wing pin.
3) Limits space in ballside box.

b. HOW?

1) Jump to pass.
2) Arms out – more difficult to screen .

3) Swim move technique.
4) Hand to hand combat.

6. STUNTING
   a. WHY?
      1) Stops penetration.
      2) Creates attack/help mindset.
      3) Unpredictable.
      4) Assists defensive spacing.
   b. HOW?
      1) Closest man concept – next closest man is responsible for rotating through the ball – come to the dribble.
      2) Spear the ball with closest hand.
      3) Trap the kill dribble or run and jump - coach will decide.
      4) Teaches players the cut-n-replace on defense. When one player rotates, everyone is rotating.

7. ROTATING
   a. WHY?
      1) Creates aggression.
      2) Says “we” not “me” about defense.
      3) Disrupts offense and difficult to prepare for in a short period of time.
      4) Teaches players how to rotate out of presses.
   b. HOW?
      1) Use 4 on 5 drill.
      2) Stress “hands.”
      3) When in doubt-rotate- always stay in doubt.

8 TRAPPING

a. WHY?

1) Aggressive mindset.
2) Disrupts offense.
3) A device to come back from opponent's lead.
4) Protects a great scorer "a frozen spot" or a limited athlete.
5) Gives team a "secret."

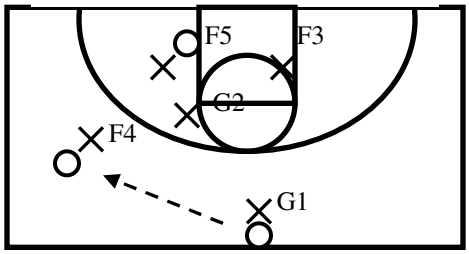
b. HOW?

1) 4 on 5 drill.
2) 2 on 5 drill.
3) No dribble for offense.
4) Mandatory dribble for offense.

Diagrams

1-1-3 Man-Zone

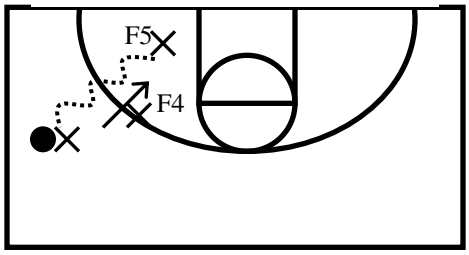
Disrupt Opponent's Ball Movement



HOW?

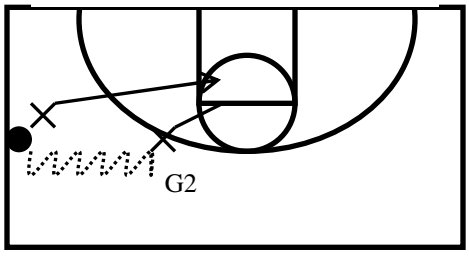
a) Hard sideline pin.

Trap Dribble Penetration



b) Stunt and trap dribble penetration.

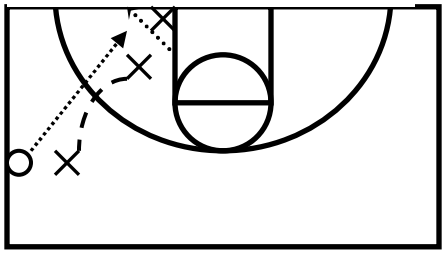
Run and Jump Dribble Penetration



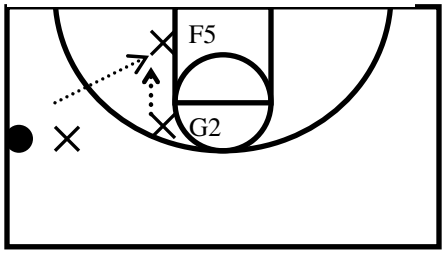
c) Run and jump dribble penetration.

*Stunt versus dribble – next closest defender strikes out to dribble hand.

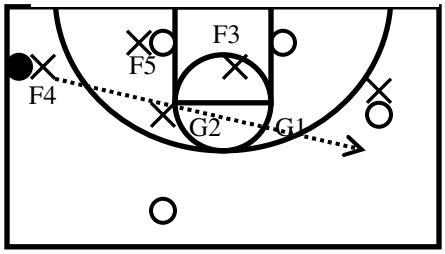
Disrupt Offensive Patterns



d) Trap all shots corner passes.



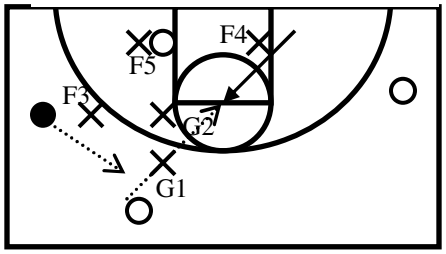
e) Trap low post passes with ballside elbow guard.



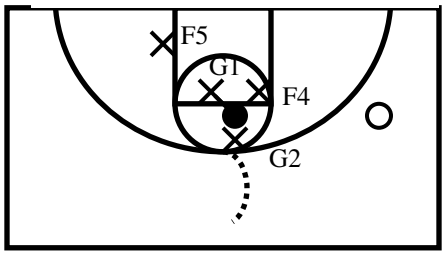
f) Trap diagonal skip pass.
   1) Closeout on <u>ALL</u> diagonal skips must be on sideline hip and bring dribble back to middle.
   2) Guard one will stunt. Either trap it or run and jump the ball.

*__Disrupt Offensive Patterns__

g) Trap all high post passes.



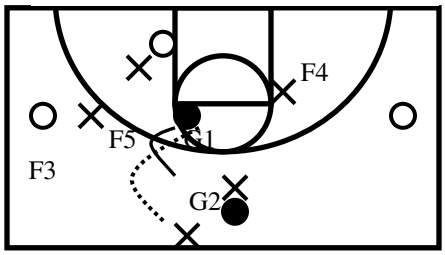
__Trap High Post Pass__



h) Do whatever you must to keep ball out of high post position.
   1) Play high post with traps.
   2) Play high post man to man.

*Over time opponent will stop passing ball into post areas if you trap it.

__Trap All Screen on Ball Situations__

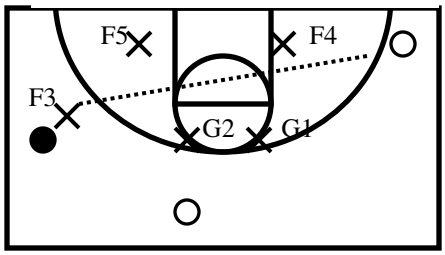


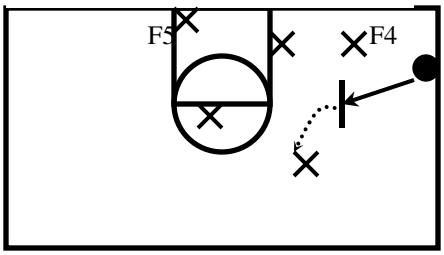
i) Trap quickly <u>ANY</u> screen on ball situations. It does not matter where they happen – trap ball with two closest players.
   1) Any defensive player not involved with the trap quickly takes <u>TWO</u> steps toward the ball.
   2) Force the passer to throw a ball over the top.

Defensive Spacing

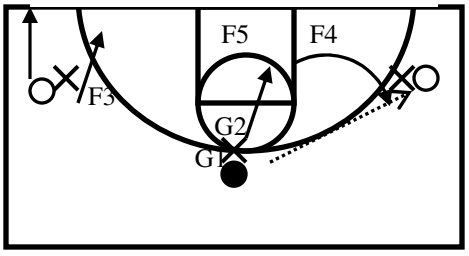
HOW?

a) Jump in direction of pass.





b) Jump to ball on airtime of pass.
   1) Hands must stay up or out.
   2) 5 defenders move as one.

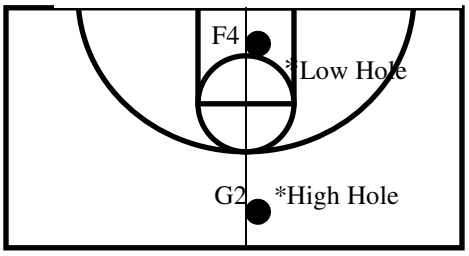


c) Exception to the rule.

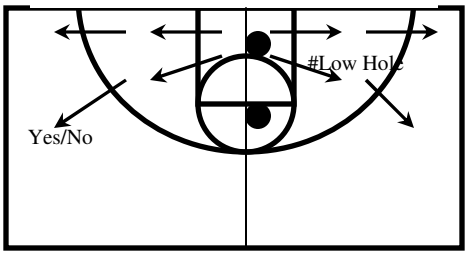
1. Great Shooter.
   a) You can have F3 stay with great shooter.
   b) You can do the same versus dribble penetration.

HOW? Put special jerseys on shooters in practice.

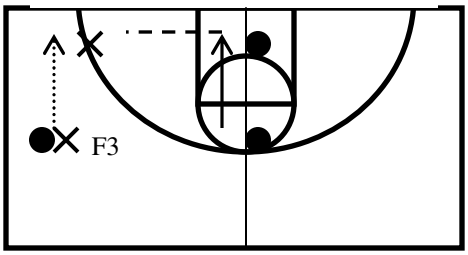
High Hole/ Low Hole Concept



a) These two spots must be occupied at all times.
b) The back bone to any defense, whether you are at ¾ court, ½ court, or in your ½ court defense.



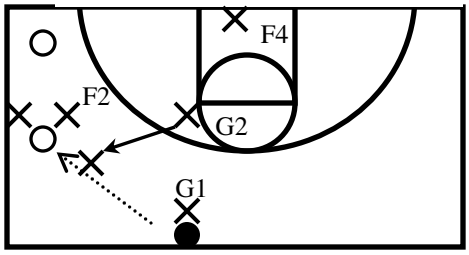
c) As a coach, you must evaluate how frequently you want the low hole man to <u>move out</u> of that position. This is a big deal because it takes your biggest player away from the basket.



d) Should the low hole man vacate his spot, the high hole man must immediately replace him. This action would be the same with any pass/ trap/ rotation versus penetration situation.

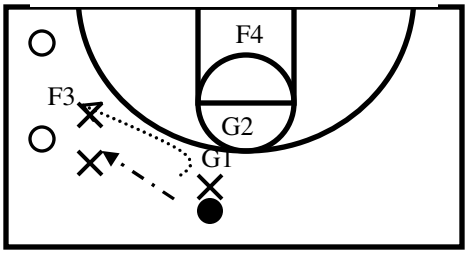
*How efficiently your team does this will determine your success – NO question.

Bumping and Trapping



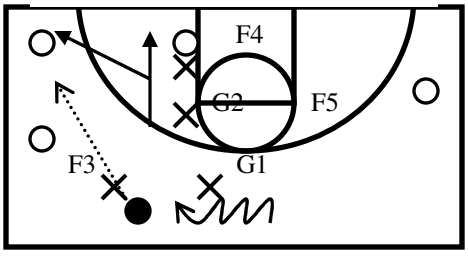
a) Your player has a choice with bumps and traps. They can either trap or cut-n-replace.
b) G2 decides trap at wing. F3 can either stay or bump down to corner.

Cut-n Replace versus Penetration



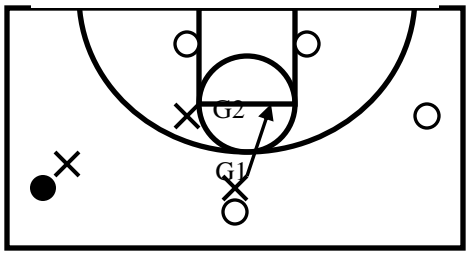
a) Simple stunt or strike out by F3 at dribble penetration.
b) G1 replaces F3 and you have a clean run and jump action.

Trap and Rotate

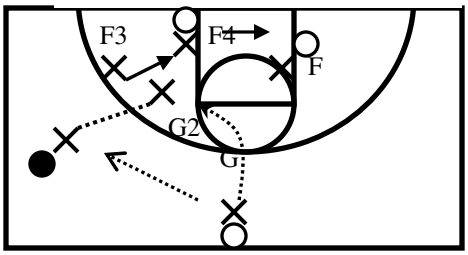


a) Anytime you trap, rotation is the order of the day. Hence, your players must be alert at all times.
b) Closest man concept when ball is passed. He who hesitates is lost.

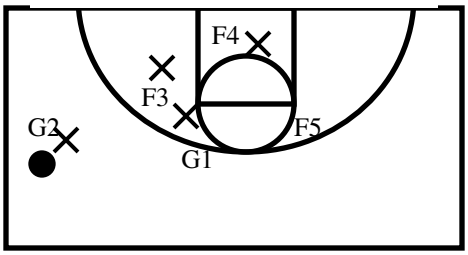
Defending the Elbows



a) Elbow coverage is a key component for the 1-1-3. It is simple to understand but difficult to execute.

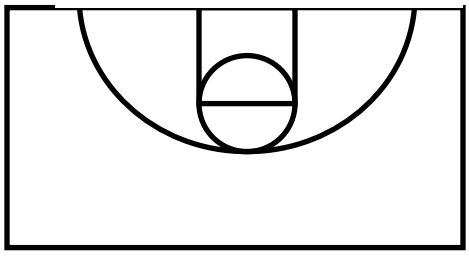


b) Ideally you would like G1, and G2 to cover the elbows, as this is easiest. Yet it will probably be <u>ONE</u> guard and one forward.



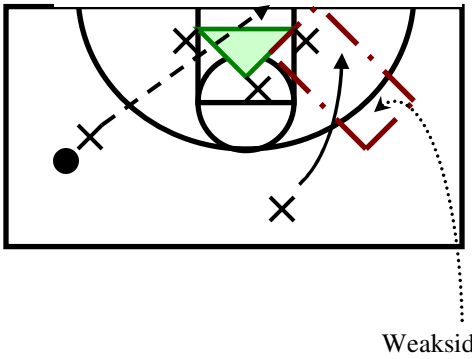
c) The ballside elbow <u>MUST</u> have a defender standing on that spot. WHY? Someone will eventually flash there and to assist with penetration.

Rebounding

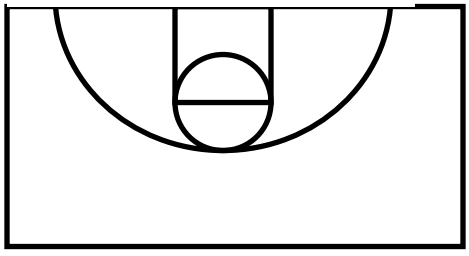


a) Cap your rim. WHY? This takes the assumption away from your players that some shots will be made. Additionally, it forces your team to rebound through necessity.

b) A triangle/ cup must be formed on all shots.



c) A weakside wedge must form, as you want more players in the area where the rebound will come off the rim.



d) Your players must know that the shooter is the easiest person to block off and many rebounds can be had with a "gangtackle" mindset.

*Rebounding is dirty work. You must stay at this task daily – nothing fancy.


Brad Stevens
Butler Bulldogs

Butler Bulldogs

Coach: _Brad Stevens: Butler_
Clinic: _North Putnam Clinic_

Topic: _Utilizing Ball Screens_
Date: _9/2/06_

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Head Coach
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Matthew Graves

Assistant Coach
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Director of Basketball Operations
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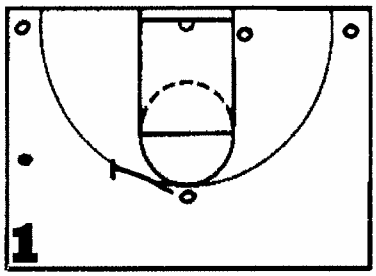
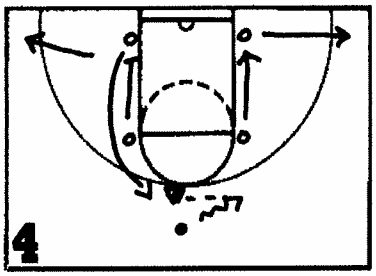
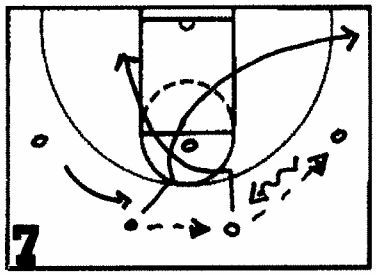






Screening Angles

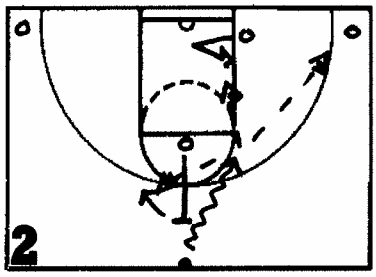
- *Screening angle should be East/West, not North/South*
- *Pivot on right foot & sprint to the rim on the roll*
- *Ballhandler must come off the on-ball at the level of the screen*

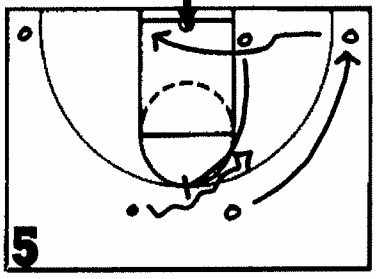
Box Set to Flex

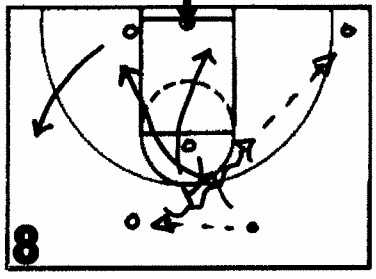
- *Put your best creator in the initial down screen situation*

NJ Nets Set

- *You can ball screen after any of the cutters*

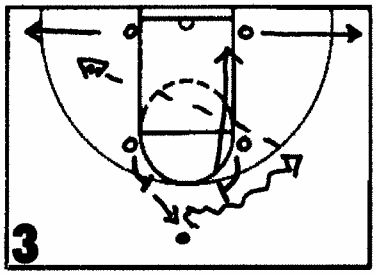


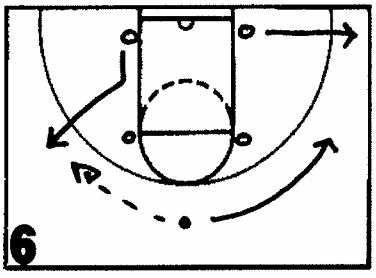


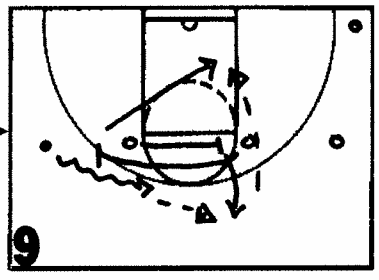


Direct Ball Screen

- *Use your most skilled Big as the ball screener*







Option Ball Screen

- *Use either ball screen*
- *Look to drag dribble & skip to the opposite corner if defender helps on the roll*

Dive Play

Butler Bulldogs

Coach: _Brad Stevens: Butler_
Clinic: _North Putnam Clinic_
Topic: _Utilizing Ball Screens_
Date: _9/2/06_

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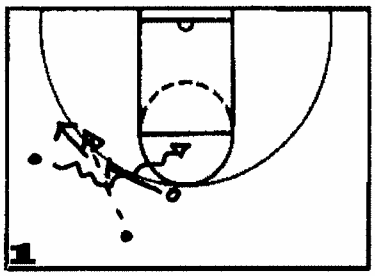
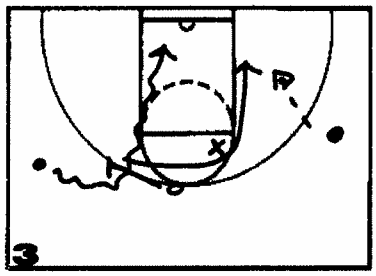
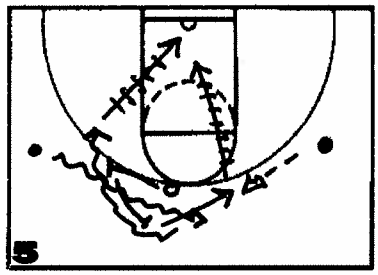


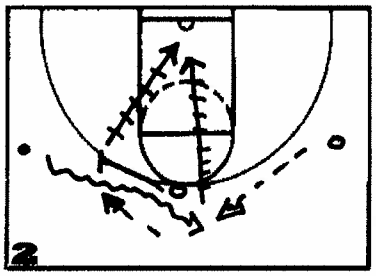


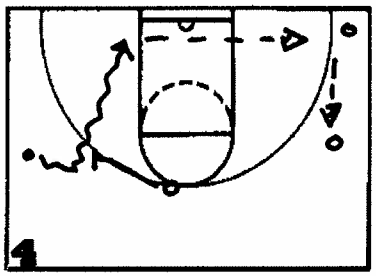


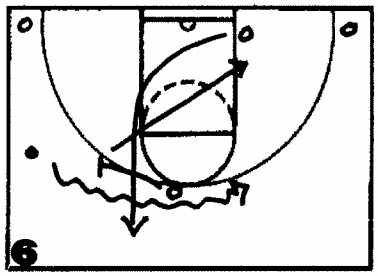
Hesitate & Go
- *v. Hard Hedge*

Split Move
- *Ballahndler must split the hedge by firing dribble back to the screener's butt*

Screen/Re-Screen
- *Use behind back dribble to change directions*
- *Make sure you get a full dribble past the initial screen to allow re-screen to be set*







Drag Hedge
- *Attack hedge-man's outside shoulder*
- *Drag the hedge*
- *Rip & pass back w/ outside hand*
- *Screener opens to the ball*

Reject Screen
- *Defense jumps under the screen early*
- *Screener can loop behind ballahndler to wing for pass*
- *Look baseline drift & extra passes*

Soft Hedge
1) Re-Screen
2) Put your best shooter as the initial low post—Defender cannot help on roll man

General Notes

Notes

WHY ON-BALLS?

1) Many different ways to guard
2) You really make contact w/ on-balls
3) Force the defense to hedge/scramble
4) Dictate who has ball when defense is scrambling

READS

1) Hard Hedge
2) Soft Hedge

Jerry Wainwright
DePaul Blue Demons

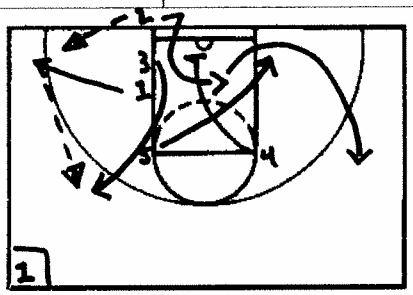
DePaul Blue Demons Basketball

2323 N. Sheffield
Chicago, IL 60614

Head Coach: Jerry Wainwright
Assistants: Gary DeCesare *Scott Wainwright*
Ramon Williams

Coach Jerry Wainwright → DePaul
Topic Last Second Situations
Clinic 1:55/1:57 Clinic

Member of the Big East Conference



Notes **EOB**

Notes

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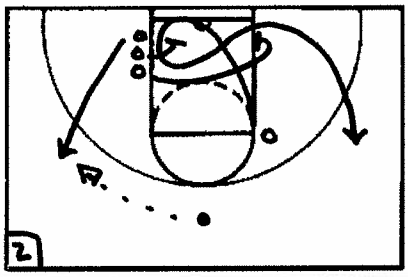

Notes **EOB**

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Notes

BASKETBALL NOTES

Coach Jerry Wainwright



LAST SECOND SITUATIONS

Ideas, Concepts and Plays

BASKETBALL NOTES

Coach Jerry Wainwright



LATE GAME SITUATIONS

THOUGHTS

1. One of the most important parts of the game, yet one of the most overlooked.
2. Majority of games are won and lost by 8 or fewer points (3 or 4 possessions).
3. Defense, offense, shooting, etc. is taught by repetition - do the same with late game situations (every day). 3 Segments Each Practice
4. Must be more than just a segment of practice; coach it just like it's a game, i.e. from the bench, calling TO's, substituting, etc.
5. Each member of the team must know TIME, SCORE, and SITUATION.
6. Must work on all possibilities - up big, up a little, tied, down big, down a little; different time left (5 minutes on down); different foul situations; different personnel.

Focus On Mental Prep For Practice As Much As Physical Prep

7. Theory is "you've experienced it before, you know what needs to be done".

* FT Rbs. Drill Every Practice

8. Occasionally make bad calls (even fouling out players), maybe even taunting to get player's reactions - call T's.
9. Substitutions to stop clock or "O"/"D".
10. Know best player to go to, best play to call, best "D" to use (maybe different at home and on the road).
11. Have a philosophy - make sure everyone knows and understands it.
12. Know what you want to do but have a contingency plan.
13. Should never face anything in a game your players haven't experienced.

* It's Not What You Do, It's What You Emphasize

Late Game Drill
- Team Leading Has Rbs. Dribble On Basket
- Leading Team Loses = 5 Suns Of Lines
- Trail Team Loses: 2 Suns Of Lines

BASKETBALL NOTES

Coach Jerry Wainwright



LATE GAME SITUATIONS

QUESTIONS TO ASK

1. If behind, do you want to foul or go for steal/TO? If foul, whom and when?

2. If up 3, do you foul to avoid 3 pointer? If so, when?

3. If down 1, 2, or tied, do you want to hold for last shot or take first good one?

4. After getting rebound/TO (or after made shot), do you want to immediately call time, push it up and call time, disregard time out and go for score?

5. Do you like "2 for 1", i.e. shoot so the opponent gets the ball with more than 45 seconds so you can get it back?

6. Do you have plays from all locations (taking time left into account)?

BASKETBALL NOTES

Coach Jerry Wainwright



IDEAS - LAST SECOND SITUATIONS

Practice Situations

1. Use clock and officials.
2. Varsity vs. JV's with Varsity ten points down.
3. Big guys vs. little guys - build role appreciation.
4. Drill running actions where players have one second to shoot.
5. Call team together in practice, give them situation and play, then test them on it. Also do in classroom.

End-of-Game Philosophy

1. Delay Game
   *Keep clock running, take sure shot, open up the floor.
2. Freeze Game
   *No shots unless a lay-up (uncontested) or free throw.
   *Use when you have enough points to win or you want the last shot.

Overload Scrimmage Situations

1. Using six defensive players while perfecting the half court trap press offense.
2. Using seven defensive players when advancing the ball up against a three quarter court zone press.
3. Using eight defensive players when operating the full court press offense.
4. Using six offensive players to strengthen the zone defense.

BASKETBALL NOTES

Coach Jerry Wainwright



GAME SITUATIONS TO PRACTICE

One Point Series

Five seconds are put on the clock and the situations practiced are:

1. A one point lead and the ball in the process of shooting a 1-1.
2. A one point lead with the ball out of bounds from the sideline.
3. A one point lead with the ball out of bounds at the endline.
4. A one point lead with the ball out of bounds under the offensive basket.
5. A one point lead without the ball--sideline out of bounds.
6. A one point lead without the ball--endline out of bounds.

Two Point Series

The two point series operates under the same situation outlined above, except the point spread is two with ten seconds remaining.

Three Point Series

The three point series follows the same pattern with a three point spread and twenty seconds remaining.

Four Point Series

The four point series involves a four point spread with thirty seconds remaining.

BASKETBALL NOTES
Coach Jerry Wainwright



ADDITIONAL
GAME SITUATIONS TO PRACTICE

1. **One minute to go, score tied, your team has the ball.**
2. **One minute to go, score tied, your team is on defense.**
3. **One minute to go, trailing by one, two, or three points, your ball under opponent's basket.**
4. **One minute to go, ahead by one, two, or three points, you're on defense and ball is under your basket.**
5. **One minute to go, behind by four and five points, with opponent having the ball.**
6. **Ten seconds to go, opponent has just scored the go ahead points.**
7. **Ten seconds to go, score tied, you have the ball in back court.**
8. **Ten seconds to go, trail by two or three points, opponent has the ball.**
9. **Two seconds to go, lead by one, two or three points, opponent has the ball.**
10. **Two seconds to go, lead by one, two or three points, opponent has ball out-of-bounds under your basket.**

BASKETBALL NOTES

Coach Jerry Wainwright



REASONS FOR A COACH TO CALL A TIME OUT IN THE LAST MINUTE

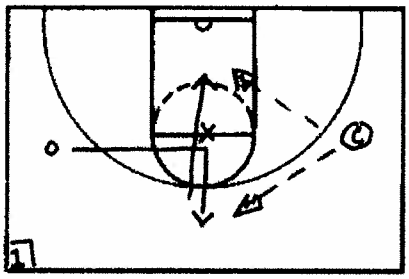
1. To calm the players.
2. To reinforce and motivate the players.
3. To run a special play or to cover a special situation.
4. To cover individual assignments.
5. To break the opponent's momentum.
6. To settle down the crowd.
7. To make an opposing free throw shooter think about the shot.
8. To give the players a rest.
9. To stop the clock.
10. To make a defensive change.


Matt Painter
Purdue Boilermakers
TM

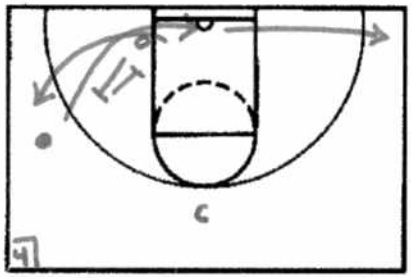
PURDUE BOILERMAKERS BASKETBALL

Head Coach: Matt Painter
Assistants: Cuonzo Martin *Paul Lusk*
Todd Foster *Kent Williams*

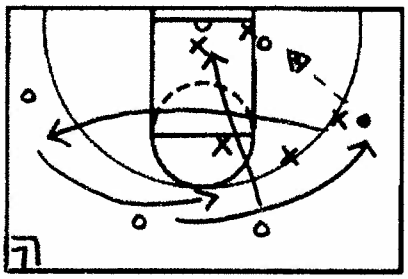
Coach Matt Painter → Purdue
Topic Motion Offense
Clinic IBCA 4/8/05



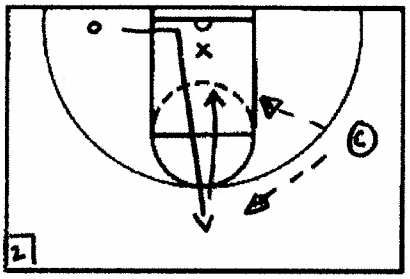
Notes STEP-OFF SERIES
- *Space to 23' & then backdoor if denied*
- *Put bottom foot between defender's legs to create space*



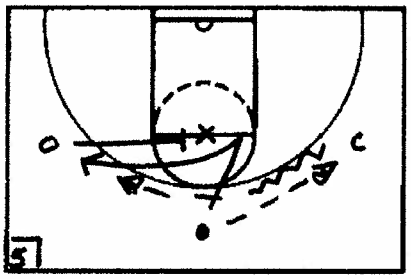
Notes BACK SCREEN
- *No set-up step—Go*
- *Complete cut to opposite side or use re-screen*
- *Attack for lay-up w/ cut*



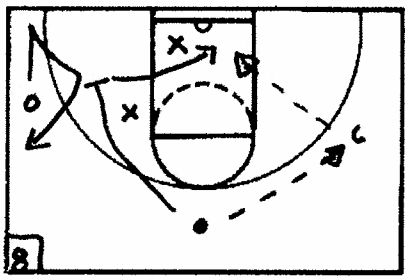
Notes POST FEED ACTION
- *Cutter dives & posts on weak-side defender (post trap)*
- *Passer slides through middle to weak-side*
- *Closest perimeter must get at least to FT extended on strong-side*
- *Fill next open spot & get in passer's vision*



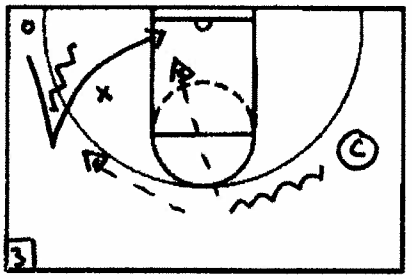
Notes STEP-OFF SERIES



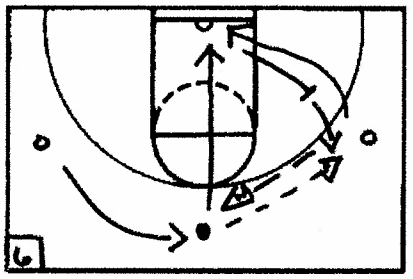
Notes FLARE SCREEN
- *Cutter must sell the basket cut to force defender to the inside so defense can pin defender*
- *Ball must be taken at the screening action to get a passing angle*



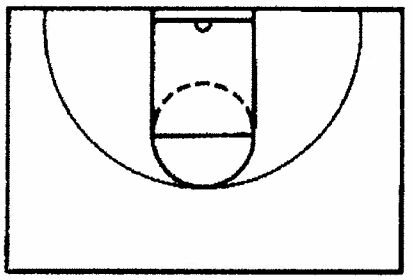
Notes CUTS V. SWITCHES
- *Must slip on all switches*
- *Slip when defender's hip get above the butt of the screener*
- *Attack the face of the defender when slipping*



Notes STEP-OFF SERIES



Notes 3-MAN SCREENING
- *Screen must react & call screen immediately*
- *Don't let the defense have time to rest*



Notes

1 Falcon Drive • Chalmers, IN 47929 • (219) 984-5437 ext. 245
Varsity: Rush McColley • Varsity Assistant: Rex Brummett • Junior Varsity: Katy McClure

Clinic IBCA
Coach Matt Painter - Purdue
Topic Motion Offense
Date 4/8/05

Motion Offense

1) *Hard to guard day-in-day-out*
2) *Don't v-cut into the middle—Use the "Dead Corner"*
3) *Sprint w/ your v-cuts*
4) *Cuts must change directions*
5) *Must take the ball at the cutting action*
6) *If dribble is dead—Get open to the ball*
7) *If lost or dead—Get to the open corner (Spacing)*

Musts in Motion

1) *Cutting*
2) *Dribble Action*
3) *What happens when ball goes into the post?*

60 Point Game

- *No dribble*
- *Very high—Very wide*
- *No screening*

Pass = +1
Score = +2/+3
Off. Rbs. = +1
T/O = -1

- *Always start motion drills at shooting range*
- *Someone not guarded—Use him as a ball screener—Sprint in to it*
- *Ball Screen & Re-ball screen*

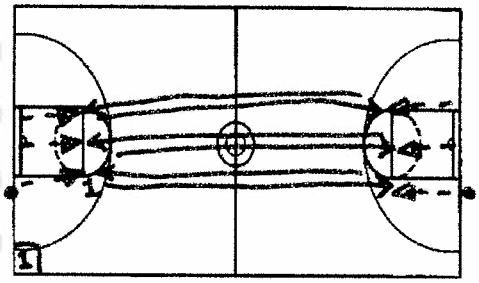
Switches

1)Slip & Fade—Defense's hips are the key
- *Must take ball to the screening action*

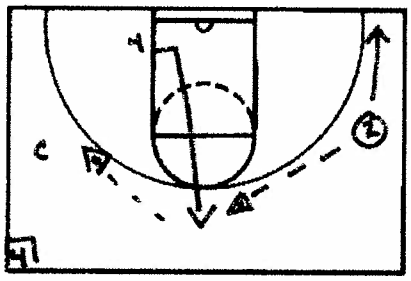
PURDUE BOILERMAKERS
BASKETBALL

Head Coach: Matt Painter
Assistants: Paul Lusk, Todd Foster, Cuonzo Martin, Kent Williams

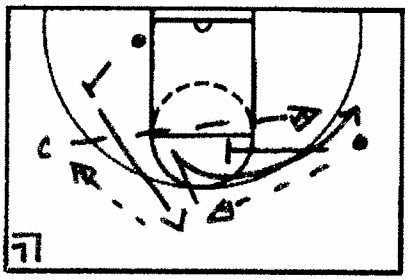
Coach Matt Painter - Purdue
Topic Individual Work-Outs 9/29/05
Clinic Carl Landry, David Teague, Nate Mcmillan, Marcus Gaynn



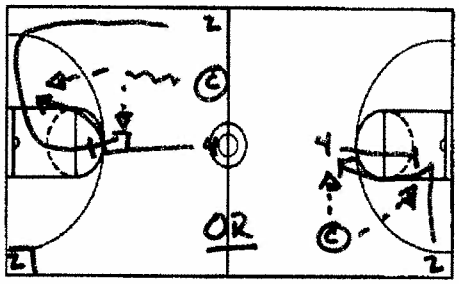
Notes TRANSITION SHOOTING
- *3-man drill*
- *1 & 2 start w/ a basketball on each baseline*
- *3 sprints elbow to elbow for jump shots*
- *Shoot 5 & rotate*



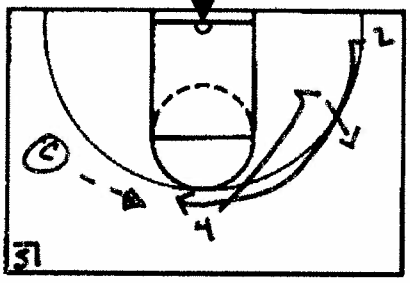
Notes STRAIGHT CUTS
- *Both players get a shot*
- *Set a quality screen to create a quality shot*



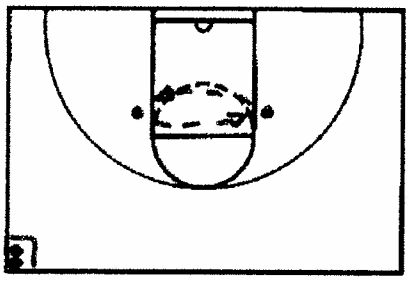
Notes 2-MAN FLARE SERIES
- *Games to 3*
- *Screener—Bounce & look for low ball swing*
- *Pop behind the ballhandler that dribbles at the flare screen*



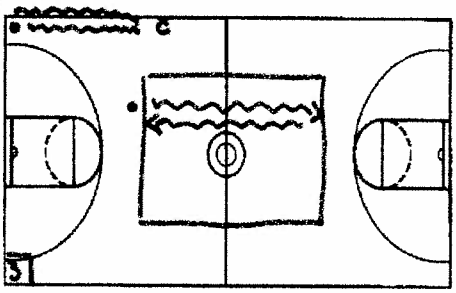
Notes TRANSITION GAMES
- *2 must sprint to the baseline before he can cut to create a screening angle*



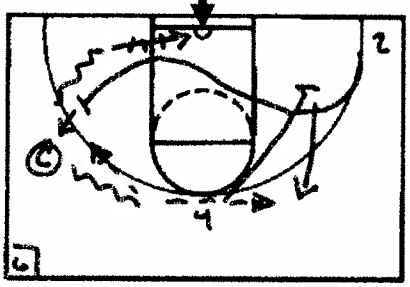
Notes



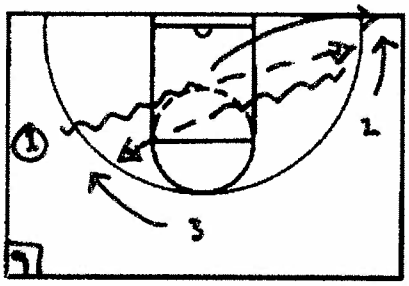
Notes PURDUE PASSING
- *Ball starts in the right hand*
- *Between legs w/ right hand*
- *Pass to partner w/ left hand*



Notes PURDUE BALLHANDLING
1) 6 touches
2) Create moves w/ left hand
3) V Dribble
4) Iverson Cross-over
5) 2-Ball
- *Really emphasize the weak hand*
- *Sideline—Quick cross-over & dribble backwards*



Notes
- *Add curl, back screen, & bounce*
- *Emphasize a bounce & low swing on the catch*



Notes BOILERS PULL & PITCH
- *3-man drill*
- *No shots*
- *Always re-locate to catch the ball*
- *Get the ball deep in the lane*

Purdue Boilermakers

Coach: _Matt Painter: Purdue_
Clinic: _Purdue Fall Skill Work-outs_

Topic: _Skill Development_
Date: _9/13/06_

ROOM 31
MACKEY ARENA
900
N. UNIVERSITY
DRIVE
WEST LAFAYETTE
(IN) 47906

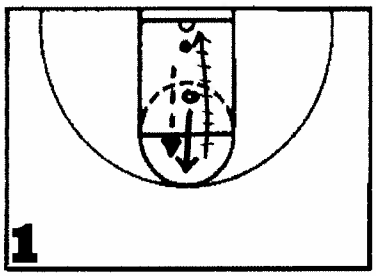
Head Coach
Matt Painter

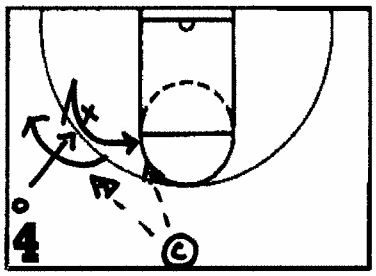
Assistant Coach
Cuonzo Martin

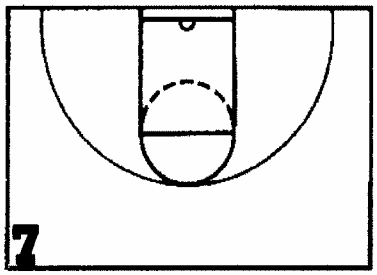
Assistant Coach
Paul Lusk

Assistant Coach
Rick Ray

Director of Basketball Operations
Kent Williams





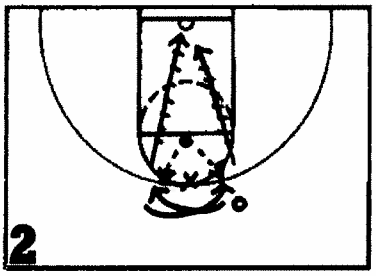


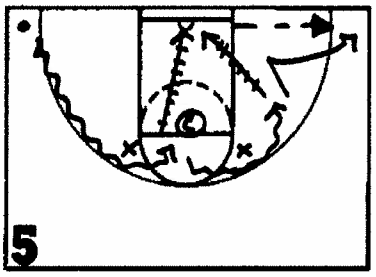
Step Back Drill

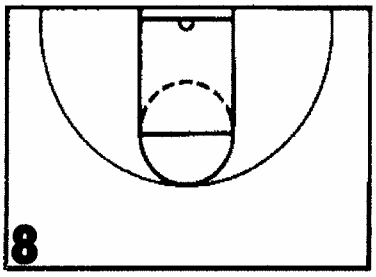
- *Sprint back to create space*
- *Must get feet set before you receive the ball*

3-Shot Series

1) Transition Catch & Shoot
2) Curl
3) Flare

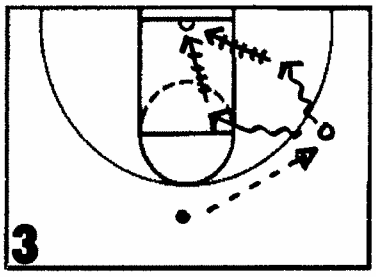


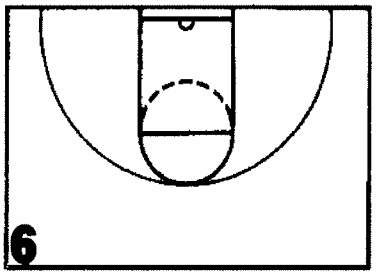


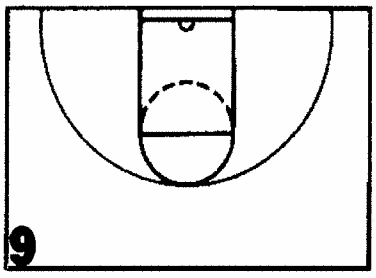


Quick Curls

Sprint Dribble Series







Wing 1 v. 1 Series

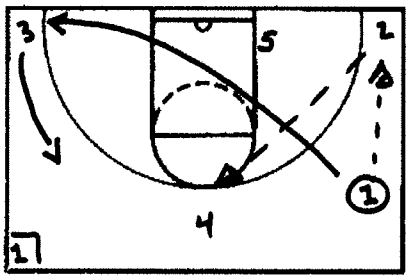
- *Teach inside foot as pivot foot & face w/ outside foot*
- *Various 1 v. 1 moves*
- *Up & Under*
- *Shot Fake & Rip*

Homer Drew
Valparaiso Crusaders

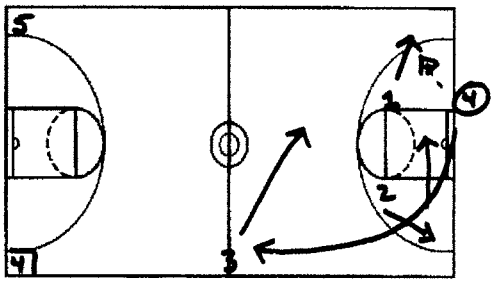
Valparaiso Crusaders Basketball

Head Coach: Homer Drew
Assistants: Matt Bowen, Bryce Drew, Ivan Vujic, Luke Gore

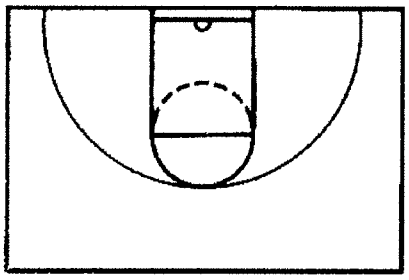
Coach Homer Drew → Valpo Practice
Topic 10/15/05
Clinic



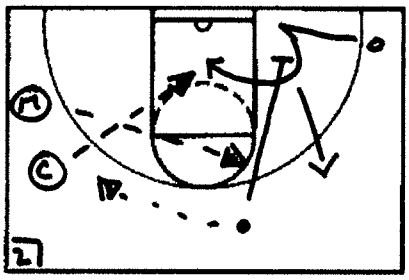
Notes VALPO'S SECONDARY
- *2 & 3 sprint to the baseline corner*
- *1 pitches the ball ahead & cuts through to weak-side corner*
- *3 must slide up to the weak-side wing to space off 1's cut*



Notes VALPO'S PRESS OFFENSE
- *3 slides to the middle from either the strong/weak-side*
- *4 loops to the long diagonal position on the weak-side of the floor*

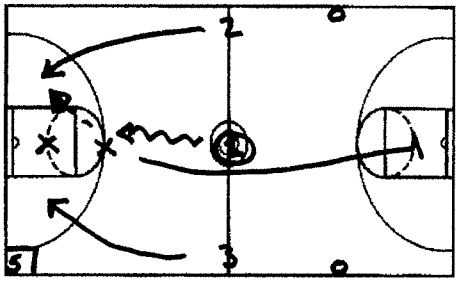


Notes

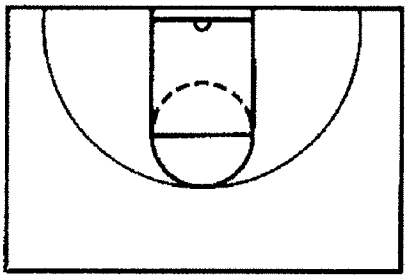


Notes SCREENING SERIES
- *Screener & cutter both get shots off each repetition*

1) Curl & Bounce
2) Flare & Slip
3) Flare & Re-screen



Notes CONTINUITY FAST BREAK
- *3 v. 2 to 2 v. 1*
- *Passer in 3 v.2 must get back to play defense in 2 v.1 situation*
- *Rebounder in 2 v. 1 outlets & leads fast break in 3 v. 2 situation*



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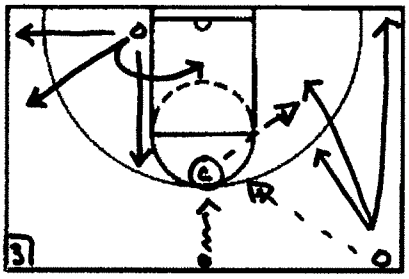
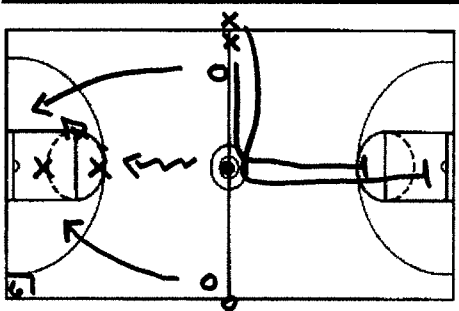
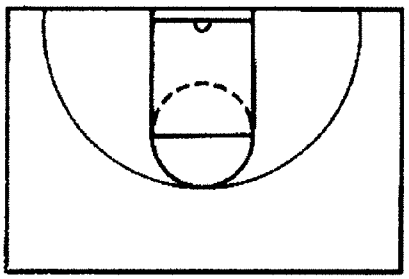


Notes VALPO SHOOTING SERIES
1) 15' Pull-up (Bankboard)
2) 3 pt. Shot
3) Slide to corner (from wing)
4) Pop cut
5) Inside Cut
6) Flare to corner (from block)
7) 3pt. Pull-up (Top of Key)



Notes CRUSADER FAST BREAK
- *3 v.2 fast break drill—Similar to Red/ Black Drill*
- *"New" defender must sprint to the center circle before they can take defensive positions*



Notes

Tom Crean
Marquette University

Marquette Golden Eagles Basketball

Head Coach: Tom Crean

10 Truths To Building A Program

1) Trust Your Instincts

2) The More Questions You Have As A Coach – The More People Are Going To Come To You For Answers

3) 4 Expectations Players Have Of Coaches
   A) Be Competent
   B) Be Sincere (What & How You Do It)
   C) Reliabelety
   D) Trustworthy

4) 3 Expectations of Players/Coaches
   A) Come Mentally Prepared
   B) Come With Energy
      · Complement Head Coach
   C) How To Compete

5) If You Have A Problem, But Have Not Thought Of A Solution, You Have Compounded The Problem

6) Invest In Time With Your Leaders

7) Player Is A Leader When They Are In The Program
   · Legacy Of Leadership Begins When He Leaves Your Program

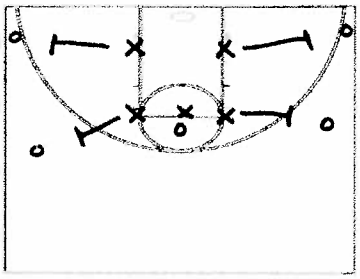
8) Dealing With Adversity
   · Only Focus On Making Program Better

9) One Voice In Program

10) Focus On The Process – Not Just The Results

MEMBER OF CONFERENCE USA

Marquette Golden Eagles Basketball

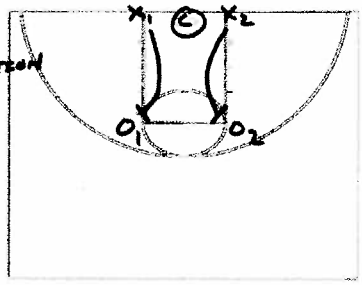


Notes

War Drill

* 1st Two Steps Are Vital To Transition

- Off. Rbs. = Score or Run Special
- Offense Get To Board ASAP
- 10-16 Men. Games T/O: -1
- 3 Games Charge: +2
- Def. Rbs: Secondary

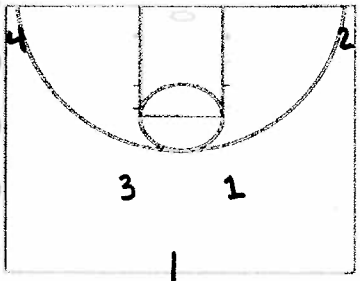


Notes

2-on-2 Block-Out

1's = Bigs 2's = Guards

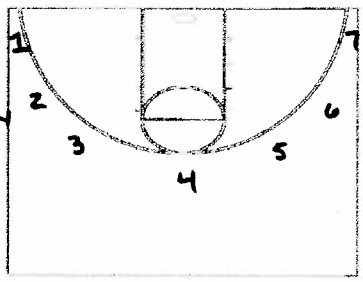
- Whoever Gets Rbs. Scores
- Play By 1's
- Ball Goes Outside Lane: Selected Action



Notes

4-Minute Shooting

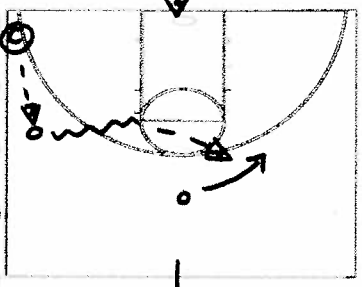
- Cross-Over Step On Penetration
- Rotate Every Minute
- Goal = 90



Notes

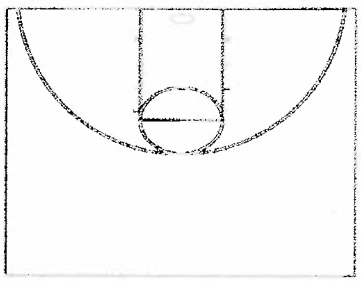
1:30 Shootens

- 14 Makes
- 2 In A Row To Rotate
- 1 Men. 30 Seconds



Notes

- Penetration For Spots 1 ; 3



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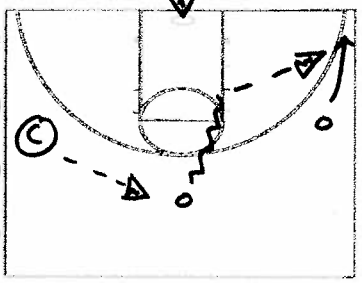
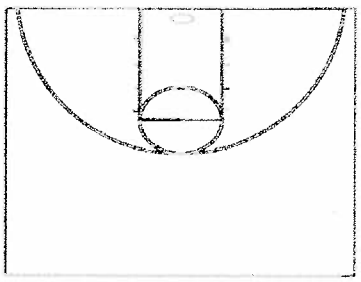
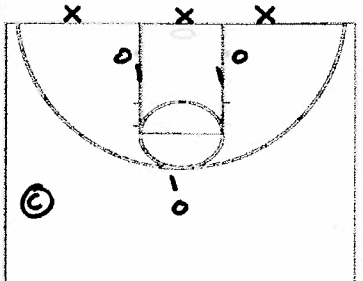


Notes

- Penetration For Spots 2 ; 4



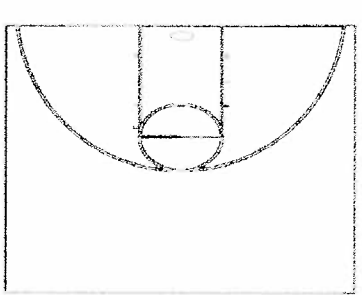
Notes



Notes

3-on-3-on-3 Be Ready

- Outlet To Coach
- Compete ; Be Ready
- Winner Stays
- Hit 1st Open Man
- New Defense Must Sprint



Notes

- Offense → Cut To Open Area Close-Outs

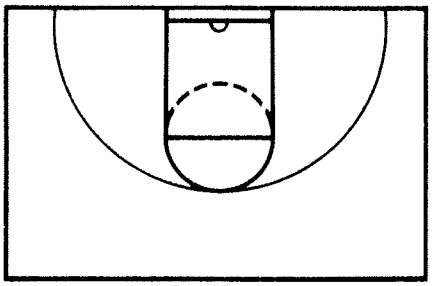
Play Hard Play Smart Have Fun

Nike, Inc.
Corporate Headquarters
One Bowerman Drive
Beaverton, OR 97005
(503) 671-6453
Website: www.nikebasketball.com

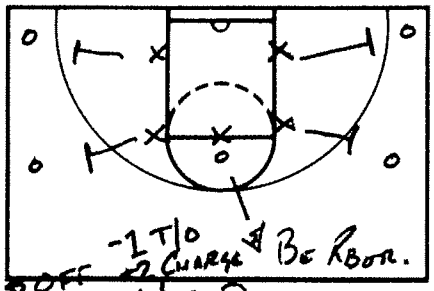
Nike Championship Clinic Headquarters
5645 Woodsmore Drive
Solon, OH 44139
Clinic hotline: (503) 671-3041
Website: www.cbbconline.com

CLINIC Tom Crean - Marquette
DATE ABCA 2004

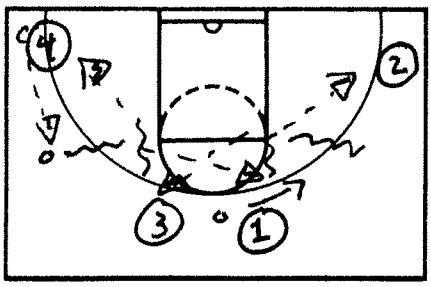
Fax #: (800) 373-4668 (414) 288-2194
Tom.Crean@Marquette.edu



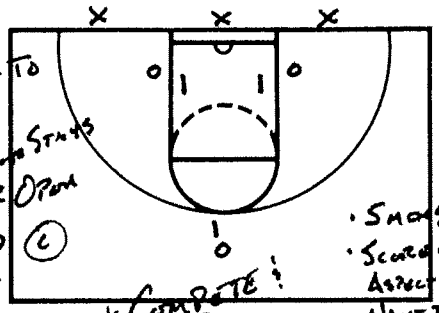
NOTES
1) Let Assistants Teach



·+1 Off
·+1 Def War Drill
·10-16 Minute Game
·3 Games
· Off. Rbs. Score or Get Set Def.
· O's Get Three Attempts Fast Attack



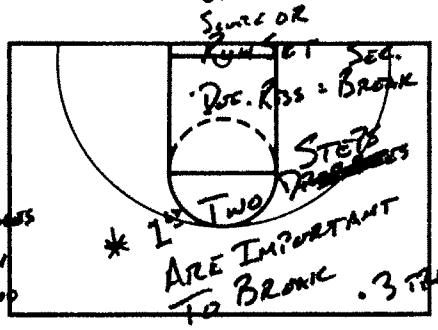
4 Men. Shooting Goal: 90
·Cross-Over Stop On Penetration
· Rotate Every Minute



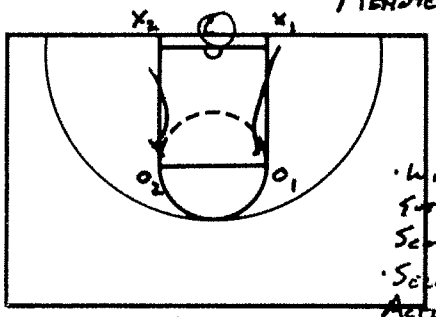
Outlet To Coach Working Starts Open
· Hit 2 Open
· Middle Space Onto Floor
· Got To Open Area

NOTES *Compete! Be Ready *Hold Everyone To Same Standard

· Shot Selection
· Score On Aspect You Want To Work On

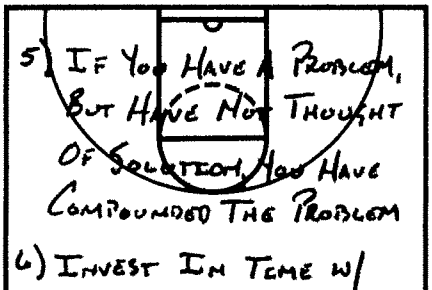


* 1st Two Are Important To Break
· Def. Rbs = Break
· Steps
· 3 Pts



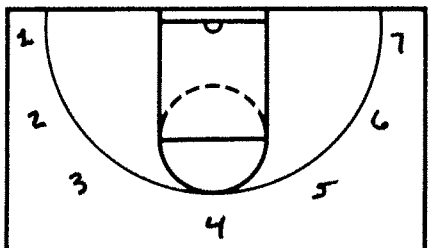
2 on 2 Block-Out
4 Minutes
1's: Bigs
2's: Guards
· Play By 1's
· Select Pursuit To Double Points
· Whoever Gets 28 Scores
· Selected Action If Ball Goes Outside Lane

JUST DO IT

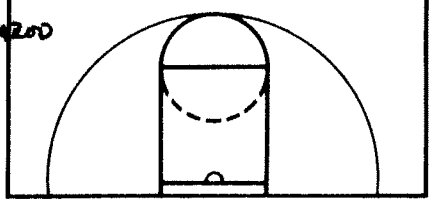


5) If You Have A Problem, But Have Not Thought Of Solution, You Have Compounded The Problem
6) Invest In Time W/ Your Leaders
7) Player Is A Leader When They Are In Your Program
· Legacy Of Leadership The He Leaves Your Program
8) Dealing Adversity
· Only Focus On Making Program Better
9) 1 Voice In Program
10) Focus On The Process - Not Just The Results

NOTES
10 Truths To Building Programs
1) Trust Your Instincts
2) The More Questions You Have As A Coach - The More People Are Going To Come To You For Answers
3) 4 Expectations Player Have Of Coaches
· Be Competent
· Sincere (What ! How You Do It)
· Relatability
· Trustworthy
4) 3 Expectations of Players / Coaches
· Do They Come Mentally Prepared
· Come W/ Energy
· Compliment Head Coach
· How To Compete



· 14 Makes
· 7 Spots
· 2 In A Row
· 1 Min 30 Sec

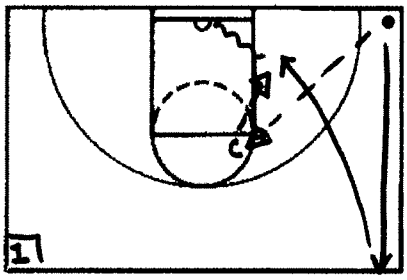



Steve Smith
Oak Hill Academy Warriors

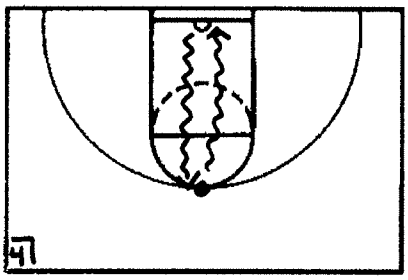
OAK HILL ACADEMY WARRIORS BASKETBALL

Clinic Date Steve Smith -> Oak Hill Academy
Conditioning w/ The Ball

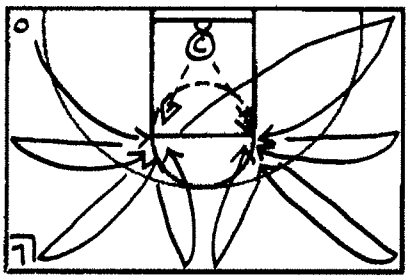
Varsity: Steve Smith
Assistants: Sid Finklea Yerrick Stoneman
Brian Meagher



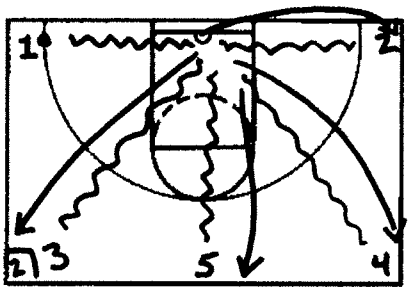
Notes Warrior Lay-ups
- *Shoot 5-10 on each side*
- *Alternate sides after each shot*



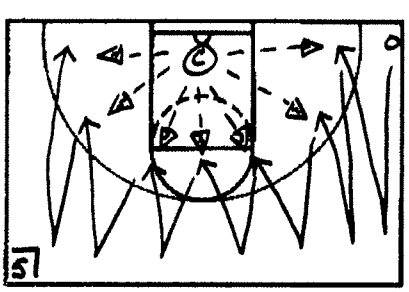
Notes Intensity Lay-ups
- *30 sec. segments—Must make 7*
- *Go twice w/ each hand*



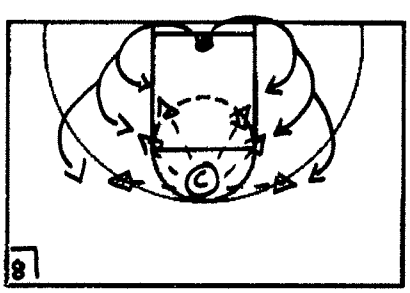
Notes Angle Elbow Jump Shots
1) *Corner*
2) *Sideline*
3) *1/2 court corner*
4) *Center Circle*



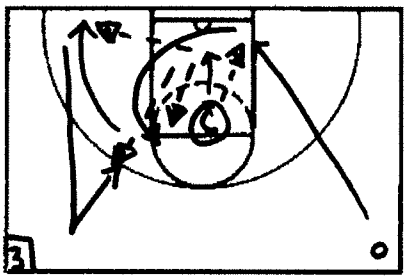
Notes 5-Spot Lay-ups
- *Shoot 2 sets*



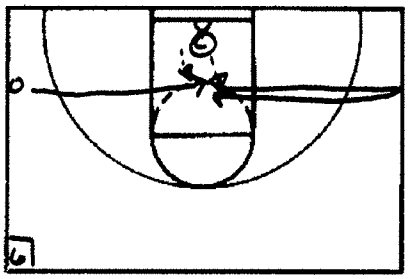
Notes 7-Spot Shooting
1) *Baseline*
2) *Wing*
3) *Elbow*
4) *Free Throw Line*
5) *Elbow*
6) *Wing*
7) *Baseline*



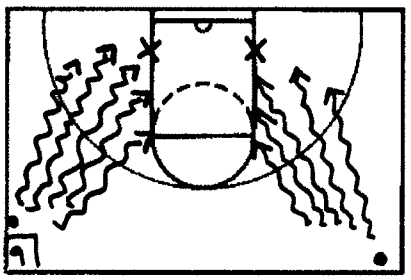
Notes Curl Shooting
1) *Curl off blocks*
2) *Curl off VB Line*
3) *Curl for 3*
- *Make 10*
- *Add dribble*
- *Shoot 3's*



Notes 4-Spot Shooting
1) *Lay-up*
2) *Elbow*
3) *Short Corner*
4) *Back Pedal to VB Line & Shoot 3*



Notes Sideline Form Shooting
1) *Volleyball Line*
2) *Conference Logo*
3) *Elbows*



Notes Straight Line Shooting
1) *Block*
2) *1st Hash*
3) *2nd Hash*
4) *Elbow*
5) *Wing*

OAK HILL ACADEMY WARRIORS BASKETBALL

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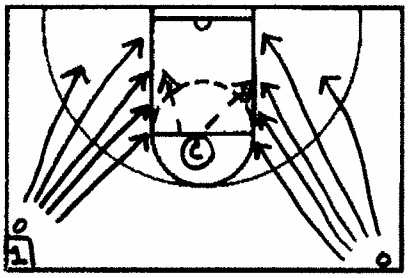
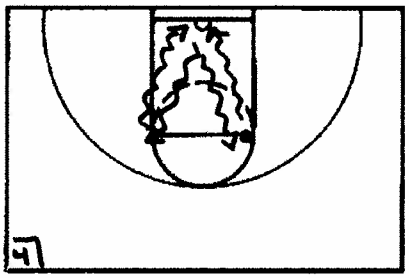


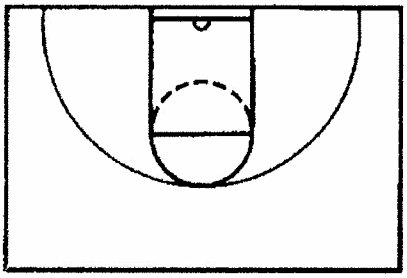
Notes Straight Line Shooting w/ Pass

- *Same as previous drill only off pass from coach*

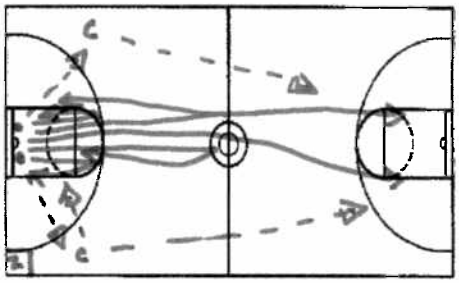


Notes X-out Lay-ups

- *45 sec. or a set number of makes*



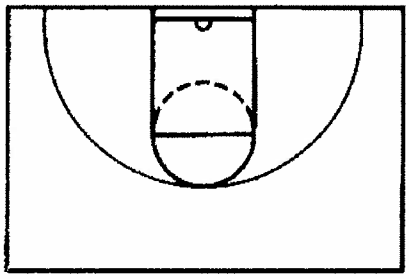
Notes



Notes Tap Drill

1) 5 board touches w/ ball
2) Sprint to 3 pt. line & back for lay-up
3) 5 board touches
4) Sprint to 1/2 court & back for lay-up
5) 5 board touches
6) Sprint to opposite goal for lay-up

- *Post players finish w/ post moves*



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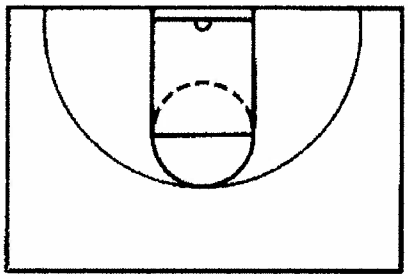

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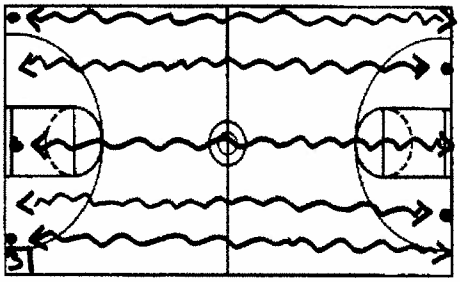
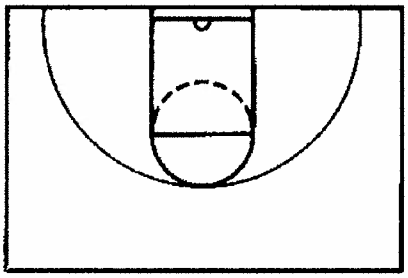


Notes Ladder Sprints

- *Speed dribble sprints*
- *1-3-5-3-1*
- *Have gone up to 11*
- *Always come back down the ladder*
- *Minimum of 3 groups*



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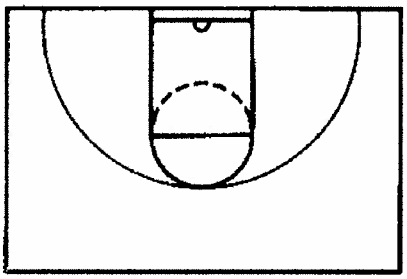

Notes

OAK HILL ACADEMY WARRIORS BASKETBALL

Clinic Date Steve Smith → Oak Hill Academy
Defensive Drills

Varsity: Steve Smith
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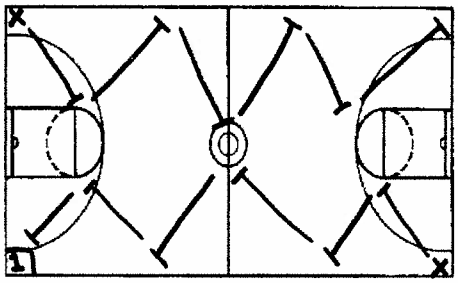
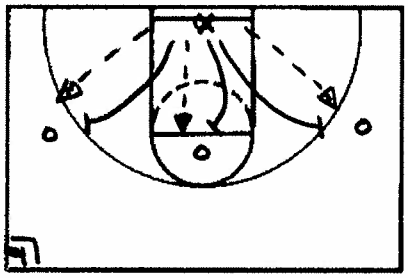
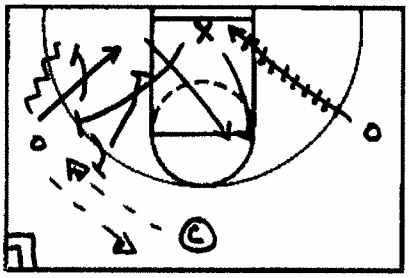


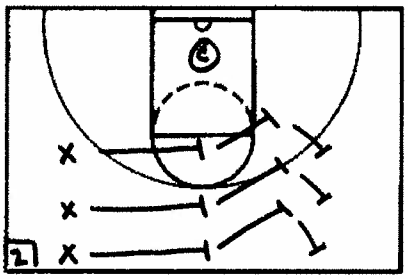
Notes Zig Zag Slides
- *Slide down w/ towel stretched behind the waste & back w/ towel stretched over your head*



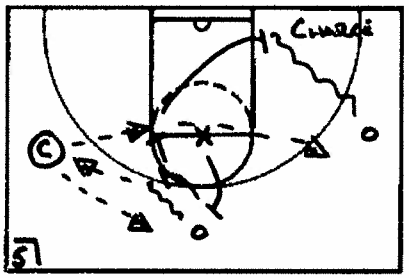
Notes 1 v. 1 Close-outs
- *Roll ball to offensive player*
- *Offensive player must make 3 pass fakes*
- *Trace ball*
- *Add 1 dribble*
- *Add Wing Close-outs*



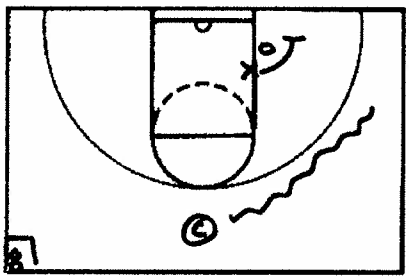
Notes 6-in-1 Drill
1) Wing Close-out
2) Deny cut
3) Guard 2 dribbles
4) Low post
5) High Post Flash
6) Box-out & Rbs.



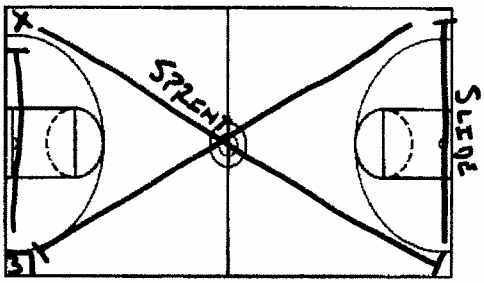
Notes Warrior D Drill
- *45 seconds*
- *Coach points in direction he wants players to slide*
- *Similar to Mirror Drill*



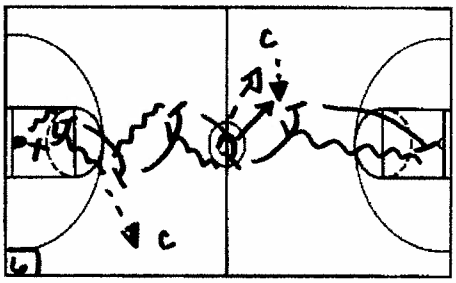
Notes 4-in-1 Drill
1) Close-out on ball
2) Guard 2 dribbles
3) Dive on loose ball
4) Take charge (Outside of lane)



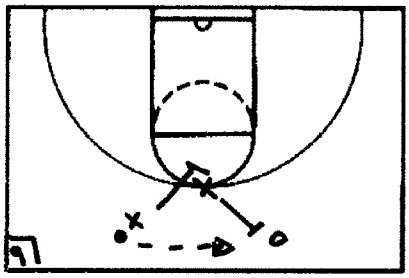
Notes 1 v. 1 Post Denial
- *Always 1/2 front the low post*
- *FT Line Extended determines high-side or low-side*
- *Step through on front-side of post—Never go behind*
- *Allow post to step out & play live*



Notes X Drill
- *Sprint corner to corner diagonally across the floor*
- *Slide across the baseline & repeat the drill*



Notes 1 v. 1 Full Court
- *Zig Zag drill inside of lane lines*
- *Offense passes to coach after 3 zig zags*
- *Defense must deny cut*
- *Repeat drill*
- *After 2nd pass to coach—Play live*



Notes 2 v. 2 Guard/Guard
- *Gap defensive position*
- *Play live after 3 reversals*

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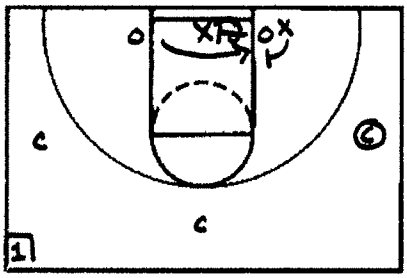
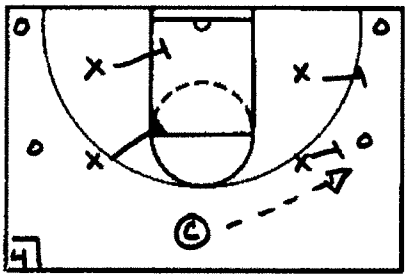
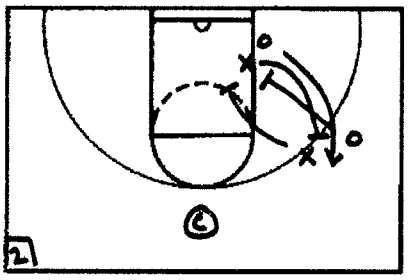


Notes 2 v. 2 Post Denial
- *Move ball around the perimeter*
- *Switch all cross screens*

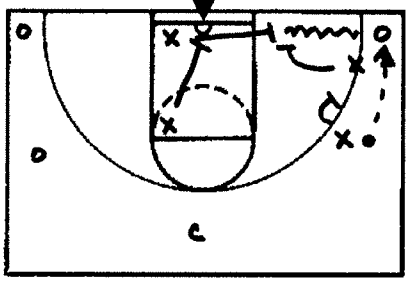


Notes 4-Man Shell
- *Defend w/ heels to the 3 pt. line*
- *Help-side has 1 foot in the paint*

Notes

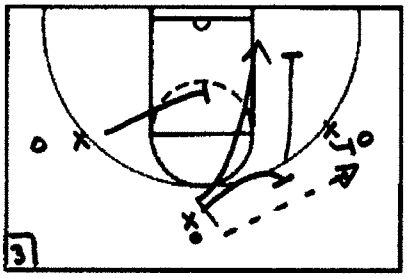


Notes 2 v. 2 Wing/Post
Down Screens = Chase from behind
Back Screens = Shade to middle & take away lay-up

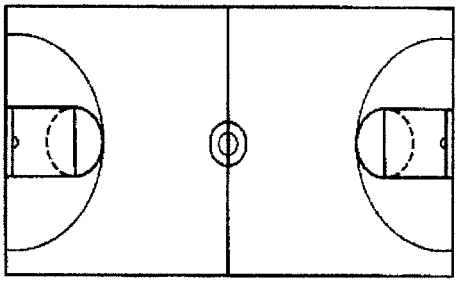


Notes Trap Baseline
- *Trap Baseline penetration & Drop Rotate*

Notes



Notes 3 v. 3 Half Court
- *Deny varying cuts*
- *3rd Through on all perimeter screens*



Notes

Notes

JOHN CHANEY – TEMPLE

* DRIBBLING – MOST WIDELY ABUSED SKILL IN B. BALL YET THE MOST IMPORTANT COMING FROM ONE PLACE TO ANOTHER

* ELIMINATION OF GOOD PASSING ANGLES / OR SHOT BECAUSE YOU USED DRIBBLE TOO SOON

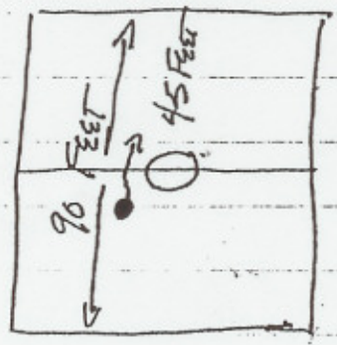
* DON'T ~~CATCH~~ DRIBBLE THE PASS

* WE MUST WRESTLE THE FLOOR – GAINING OR LOSING TERRITORY

* FEET PROVIDE YOU AN OPPORTUNITY TO SEE

* YOU MUST KNOW WHO IS AROUND YOU AT ALL TIMES – YOU ARE IN A ROOM FULL OF SNAKES

* USED GUARD MUST NOT:
  1) FINESSE THE BALL IN FRONT OF DEFENSE
  2) PLAY WITH HALF COURT LINE



2 INCHES MAKES THE DIFFERENCE OF 45 FEET

DO YOU UNDERSTAND

Jim Maloney - Temple

* "It's not who you are but what people think you are" (i.e. image, recruiting, drugs etc - who you associate with).

* "We've got to be saying the same things" (ie. rights in the staff, opinions, newspaper guys go around & look for that)

↳ CONSISTENCY 05 22 97

* Must spend time briefing your players on recruits coming in - they've got to say the same things

* Recruit a small group - manageable - don't bring them in like cattle | J.C. Philosophy? | we take care of our kids: We aren't out chasing somebody else. We've got one house & we've got to make that work.

* Passing & Receiving - Very important to know how to catch the ball - Can't have "wrinkles" as the most important aspect is to create TIME & DISTANCE.

* Pump FAKES - You must take it out of the game as it puts you in the hands of the officials - You must take all those variables out - TURNOVERS!

"DON'T BE MASHING POTATOES W/ THE BALL"

* DRIBBLER MUST SEE EVERYTHING & READ

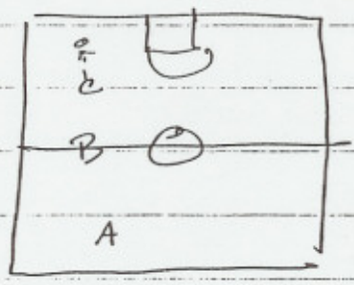
PRESSURE – THINK ABOUT TAKING THE BALL FROM A TO B TO C TO D

A – GET THE BALL

B – GET IT ACROSS HALF CRT

C – READ & SEE

D – DELIVER THE MAIL



DELIVER THE MAIL

* PRESSURE – RELIEVE IT WITH DIAGONAL ADVANCEMENT, PULL BACK, CROSSOVER, ADVANCE

CHANGE OF PACE – CHANGE OF DIRECTION

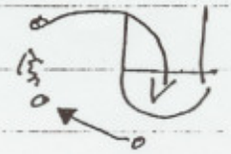
* POST MAN
  - ↳ DON'T RECEIVE PASS AT WAIST LEVEL
  - → DON'T DRIBBLE PASS
  - → CATCH IN POWER POSITION
  - → LOOK, LOOK, LOOK
  - → PIVOT, "BABY DRIBBLE"

A-B-C 1-2-3

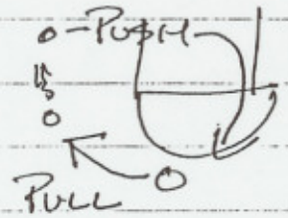
* EYES CAN ONLY SEE WHAT MY FEET PROVIDE FOR ME – VISION

Push Pull Concept

1) Proper Spacing — Dribbler comes
You cut out of there — Floor Balance







For every action there is an equal & opposite reaction.

"We want to go from Good to Great" — Repetition will do this only if we understand why we are doing something

1) Floor Balancing
2) Proper Spacing
3) Push / Pull

> All part of the whole

For in order to find compatability w/ our teammates we must start w/ something small that we like about that person & then hopefully it will grow.

(A big toy)

— There may be a lot of things you don't like about a person & consequently you must look for a small thing to like

- IF THE DEFENSE GIVES YOU SOMETHING YOU'VE GOT TO GET SOMETHING

- IF YOU CAN GET ONE GOOD FREE FROM SCRIMMAGE THAT EVERY ONE IS FREE

BASIC OFFENSE
=> 1-4 LOW

WHY? I ATE OATMEAL EVERY DAY BECAUSE THAT IS ALL I HAD!

- 1 SUIT - SO WHEN YOU GO TO THE CLOSET THERE IS NO DECISION

- YOUR OFFENSE - (1) THAT IS ALL YOU HAVE & YOU ARE GOING TO MAKE IT WORK

- WE MUST ALL SLEEP IN THE SAME BED & MAKE DO WITH WHAT WE HAVE - IF I TURN YOU TURN

- ONE SUIT - MAKE IT WORK - TOO MANY CHOICES CAUSE CONFUSION

- PASSING - IF THE 1ST BASEMAN DOESN'T GET THE BALL THROWN RIGHT TO HIM DOES HE HOLD THE BAG - HELL NO HE GOES & GETS THE BALL

(i.e. IF THE LEAD CUTTER IS IN TROUBLE THEN WHAT I'M DOING IS UNIMPORTANT WHAT GOOD DOES IT DO EVEN IF I'M WIDE OPEN? GO HELP YOUR BROTHER FIRST)

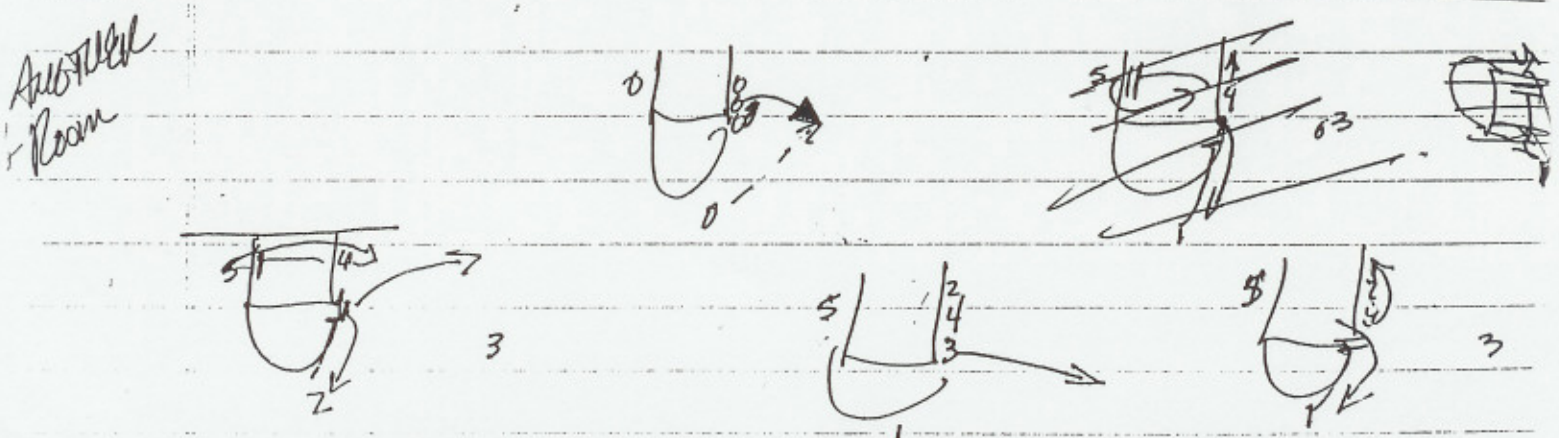
- OFFENSE - THINKING, SEEING, & REACTING

- WORST DRAMA - EVERY PASS THAT THEY LOOK OVER ABOVE FOREIGN HEADS - WHY? BECAUSE THEY ARE THINKING "WE" & NOT "I"

WHEN YOU PUT THE BALL ON THE HIP OR LOWER YOU ARE THINKING "I".

WHEN YOU THINK PASS FIRST YOU ALLEVIATE PRESSURE AS OPPONENT LOOKS FOR YOU TO PASS - THUS, OPEN SHOT

- IN EVERY GAME WE MUST ESTABLISH A PATTERN OF PLAY



(i.e. IF THE LEAD CUTTER IS IN TROUBLE THEN WHAT I'M DOING IS UNIMPORTANT WHAT GOOD DOES IT DO EVEN IF I'M WIDE OPEN? GO HELP YOUR BROTHER FIRST)

- OFFENSE - THINKING, SEEING, & REACTING

- NORTH CAROLINA - EVERY PASS THAT THEY GOT GOES ABOVE THEIR HEADS — WHY? BECAUSE THEY ARE THINKING "WE" & NOT "I"

WHEN YOU PUT THE BALL ON THE HIP OR LOWER YOU ARE THINKING "I".

WHEN YOU THINK PASS FIRST YOU ALLEVIATE PRESSURE AS OPPONENT LOOKS FOR YOU TO PASS — THUS, OPEN SHOT

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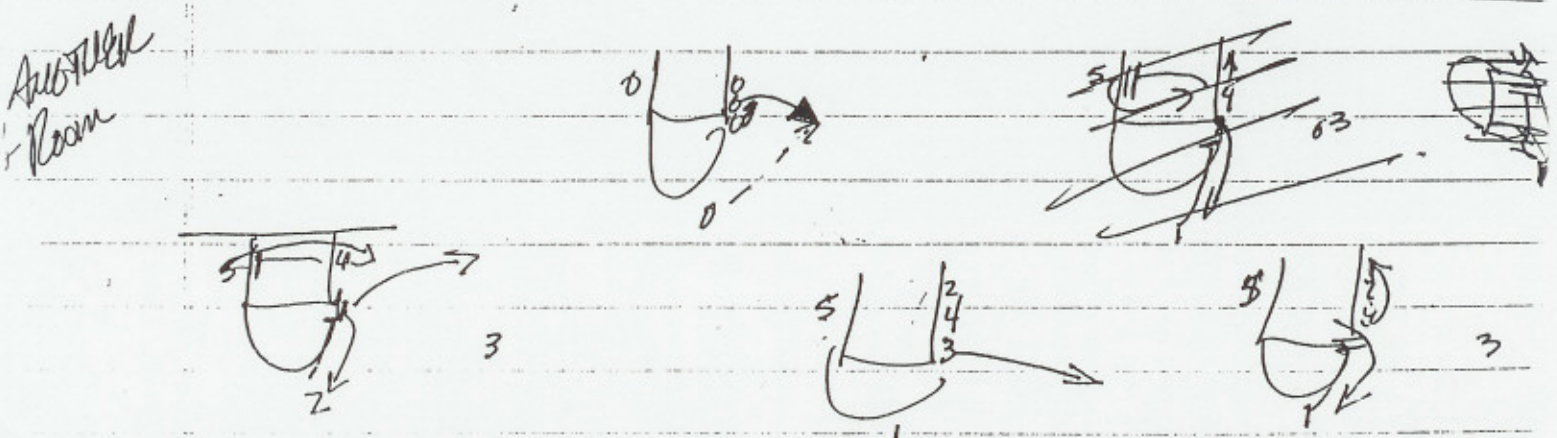


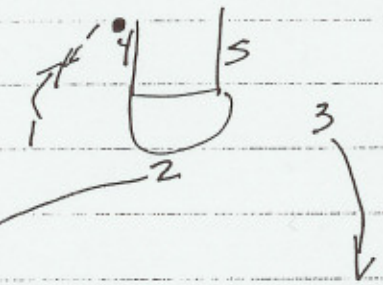
* Most Important Premise = No Turnovers

"- In the Worst of Conditions & in the Best of Conditions Turnovers. Is it!"

Don't Beat Yourself

* Change Really Plays a Ranger Harder on Players & Distance But Not Harder or Hard as Much

* Transition
  * Middle of the Floor Belongs To 4 & 5 (5 always opposite ball)
  * 1-2-3 Perimeter



1 - will always go to the side of 2 with dribble

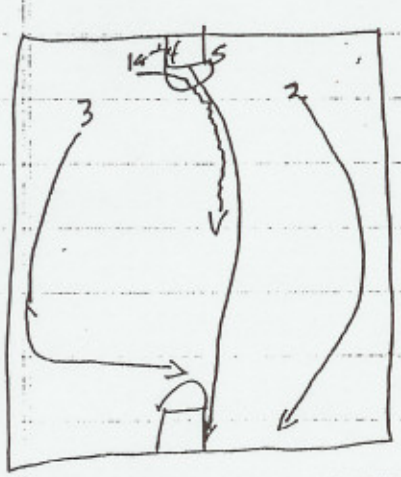
2 - Back to Sideline Run Lane Wide

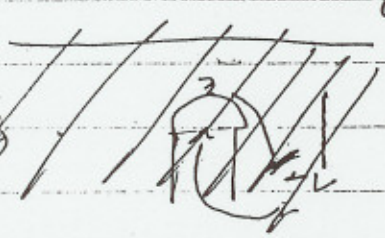
3 - opposite side but will fill top of Key Spot can Finish or/or stay at wing Ball side

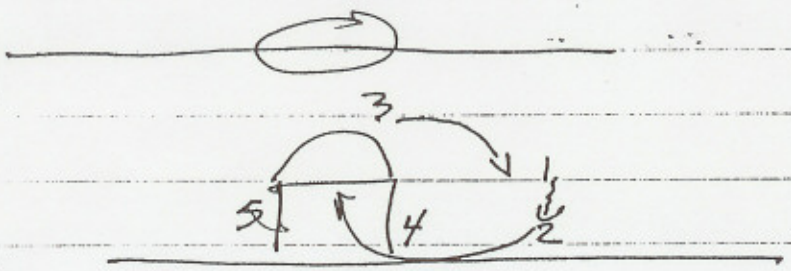
4 - always to side of ball, Middle, Ballside Block

5 - opposite the ball, Middle opposite Low Block

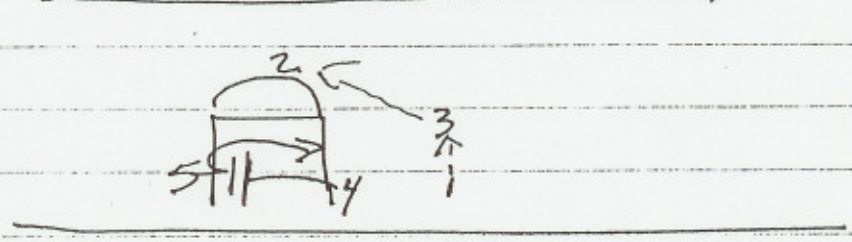
Ultimately will Follow 1 (Mirror) (See Following Page)



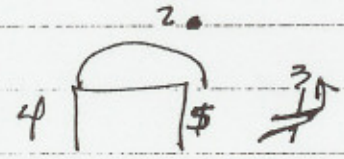




Rotation



1 – Follows 2 – Goes to his side



2 – Passes once he goes Ball

3 – Fill wing spot but he will go (follow) to L side – Ballside either top of key or wing spot Ballside

4 – Rear middle of Ballside

5 – Opposite Ball

- Floor Balance
- Triangle
- Spacing
- Angles

- Inside Shooting
  - Work on Simple Moves
  - Cross Screening
  - Locate Defender
  - "A, B, C – 1, 2, 3"
- Rebounding – Blocking off

Defensive Boards

- Must Create Difficulty for 1. See Ball 2. Aware of self
  - Defender 1" Screen Comes out after Selector

TURNOVER — POOR READING — "BAD TRANSACTION"

* EYES MUST BE ON THE FLIGHT OF THE BALL

* FREETHROW LINE SET UP



- YOU MUST ALWAYS STEP TOWARD YOUR MARK & TAKE UP SPACE
- ARMS ALWAYS ABOVE OPPONENTS
- MAKE CONTACT / INITIATE CONTACT & CONTINUE TO MOVE YOUR FEET

THE HOUSE

* 1 HOUSE BUT MANY ROOMS IN THE HOUSE
* KITCHEN — BIG MEAL
* DEN — REFRESHER PEOPLE
* CLOSET — OUR FOUNDATION / KNOWLEDGE

* ANYTIME I CAN SEE A SCREEN (e.g. COVER IN A MARK) I'M MOST LIKELY GOING TO CUT A SHOT

"YOU MUST LEARN TO CUT SMART QUICKLY".

* A GOOD BASKETBALL PLAYER CAN TAKE A BAD & RIGHT IT

OFFENSIVE PHILOSOPHY — ANY NEW PLAY MUST BE PART OF THE SAME HOUSE EVEN IF IT IS A DIFF. ROOM

" MUST LEARN HOW TO MAKE A WRONG RIGHT"

→ SOMETHING WAS MISSING — EQUIP.

WE ALL PUNISH OURSELVES — I MAKE IT RIGHT BY PUNISHING YOU & YOU MAKE IT RIGHT BY CARRYING OUT PUNISHMENT

"WE ARE IN IT TOGETHER"

* Whether you like it or not your players represent the University

  ↳ Temple eats together & nobody starts eating until all members present

  ↳ Coat, Tie, Slacks, Hard Shoes on game day

* During the game we like to coach our guys on defense - especially the second half... tough to coach offense & very delicate yet on defense you can make adjustments easier

* Need great athletes to go against the best

* Never leave our feet on the perimeter (you must muscle the ball over us). We will design the way we lose - all think about the %.

* We front the post no matter who it is You must arm your team with information before you leave the shore, not when you are in the middle of the lake. Moreover, You can't change in the middle of the lake...

CONSISTENCY

* "If we are going to be wrong or teach wrong we all must be wrong together"

* John Chaney is a stickler for detail - he knows exactly what he wants

* When you talk to other people it must be done in the exact same words as your head man - "We must not only be in the same church but also the same pew."

* Motivation - It must be motivated by you (players) as well. If I'm with a woman & she doesn't respond to me what am I suppose to do? Two ways

* Everything follows your head - if you have your head up your ass then your ass leads you around. Coaches don't work on the mental aspect of the game enough

* Make rest your ally not your enemy - shooting practice day of game can be destructive... You must teach your kids before you leave home not on the day of the game...

→ "WORKOUTS IS WE DO NOT PLAY"

* Chaney wants no fucking around going into the game (e.g. absolute silence going to game, know where the locker room is & don't be searching for it day of game, warm up

* You must be able to transport the ball

* It takes us 1 year to teach our players the value of the ball

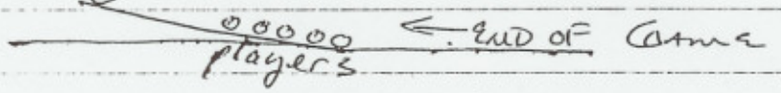
very serious - chews players out if they don't look ready).

* Likes to practice in the mornings to get player ready to approach rest of day - "their day" - not split up - get them to bed early

* Players take care of each other - wake up - left best player home Division II finals - didn't have hard shoes . . .

Discipline

* Bench Alignment - You come off the floor I don't want you running to the end of the bench (e.g. I don't want my ass hanging up in the air



* Malarkey * 1-2-1-1 Most Effective press as it allows greater recovery time - trap & deny immediately - Put best athlete in middle because you need to have best athlete to meet jetwh beats your initial trap/pressure.

* You must always teach your players to play against the best & prepare for the best - perfection has got to be your guide.

SUCCESS!

* You must think about one thing & that is it! The best think about one thing - you cannot dilute yourself - must be on it for the right reasons

↳ IT MUST BE ON YOUR MIND ALL THE TIME

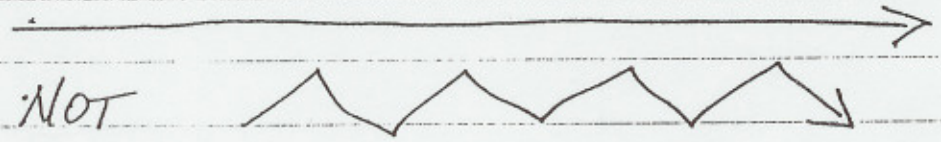
* Small forward who can shoot really causes people problems, especially w/ 3 pt shot

* DEFENSE
  * W2 ZONE - W2 CANNOT GET INTO FOUL TROUBLE
  * HANDS
  * PRIORITIES
  * OBJECTIVE
  * TRADEMARK

* WHY DID U.N.L.V. LOSE?
  * NOT RUNNING ON ALL PISTONS

* SUCCESS IS MONOTONOUS

* "OUR SHIP RIDES THE SAME ALL YEAR LONG"



NOT

** YOU NEED TO ORGANIZE YOUR PHILOSOPHY INTO CATEGORIES

* YOU NEED TO SEE THE SAME FACES AT THE END OF THE SEASON, JUST LIKE YOU DID AT THE BEGINNING

* YOU CONSTANTLY NEED TO BE THINKING ABOUT YOUR PHILOSOPHY — LEARN THE CONCEPTS - BASICS & YOU WILL BE ABLE TO READ THE SITUATIONS THAT LIFE PRESENTS

* TOO MANY TIMES COACHES HAVE A GREAT PRACTICE PLAN BUT THE PLAYER AREN'T READY TO PARTICIPATE — READ — READ — READ

* THE PLAYERS FEAR COACH CHANKEY BECAUSE HE IS MEAN

FREEBIRDS? WHAT DO YOU DO? TELL THEM

PREPARE - * ZONE?
* HANDS
* PRIORITIES
* OBJECTIVE
* TRADEMARK

RECRUITING - WHAT DO YOU LOOK FOR

BIG PEOPLE VERSUS SMALL

---

* OPPONENT ⇒ US & TIME

"THE FINE LINE" (e.g. PASSION / COMPASSION)
(WHEN YOU GET A GUY DOWN YOU DON'T LET
HIM UP BUT YOU MUST UNDERSTAND
HOW TO WIN & HOW TO LOSE)

* POKER FACE

MATCH UP ZONE

CLINIC "I WANT THEM TO PLAY THE HARDEST WHERE IT COUNTS THE MOST"

"MAKE THEM DO THINGS THEY DON'T WANT TO DO"

↳ WE WANT THEM TO BEAT US W/ THE UNKNOWN NOT THE KNOWN

THE TRAIN - "IT STARTS OUT SLOW BUT IT SPEEDS UP AS TIME TRAVELS ON"

(e.g. AS A FRESHMAN THE TRAIN MOVES SLOWLY BUT AS TIME PASSES IT SPEEDS UP).

"HE IS THE KIND OF COW WHO EATS IN THE RUDE BECAUSE HE DOESN'T WANT TO GET FOOD ON HIS CLOTHES"

INDIVIDUAL HELP IS PARAMOUNT TO YOUR TEAM'S SUCCESS — THEY WILL DO WHATEVER YOU DEMAND OF THEM (e.g. PROVIDENCE) - FREE THROWS / SHOOTING

~~"HE HAS~~

IF HE HAD AN I.Q. 1 POINT LOWER YOU WOULD HAVE TO WATCH HIM

FOOTWORK - MUST BE CONSISTENT. HENCE, THE DRILLS EMPHASIZING THE SAMENESS

WHY DID U.N.L.V. LOSE?

* NOT RUNNING ON ALL PISTONS
* WHAT SYSTEM IS MORE SOUNDS?
  ↳ (e.g. VEGAS MAKING SPETACULAR SHOTS UNLESS AS INDIANA GETTING SHOTS FROM DESIGNATED AREAS)

DIDN'T GET ANYTHING FROM THEIR BENCH

** SYSTEM FLEXIBILITY – "MAKE THEM BEAT YOU WITH THE UNKNOWN" – GO TO THE ZONE
* NEEDED TO PUT A BIGGER PLAYER ON ALFORD
* COACHING – ADJUSTMENTS SHOULD BE MADE IN 1ST HALF – SEE IF THEY WORK

* VEGAS DID NOT TRY ZONE – ATTACK WEAKNESS & DIDN'T GET ANYTHING FROM DEFENSE
* INDIANA STAYED IN ~~REGULAR~~ THEIR HOUSE & PERFORMED ROLES
* PADDO – CAN YOU WIN CONSISTENTLY W/ STREAK SHOOTER EVENTUALLY WILL HURT YOU

---

* ZONE –
  YOU PLAY MUCH IN YOUR ZONE
  1) ↳ BEST DEFENSE MUST BE A CONTAINMENT DEFENSE
  2) ↳ PASSING LANE DEFENSE

* YOU MUST PRACTICE TO WIN AT TIME & HIGHEST LEVEL

* PENETRATION – YOU MUST COME AT PENETRATION & FORCE THE EXTRA PASS

* REBOUNDING VERY OVER RATED

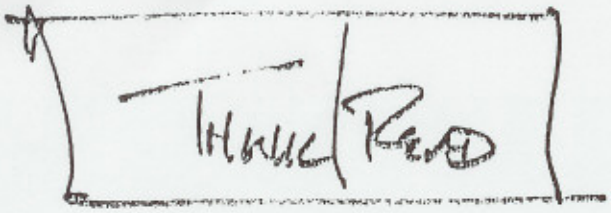
* YOU MUST KNOW HOW TO WATCH A GAME & KNOW WHAT TO LOOK FOR IT

* SHOOTING - STEPPING INTO THE SHOT - NO! NO! NO!
  ↳ SETTING FEET INTO POSITION BEFORE YOU SHOOT OR PIVOT INTO SHOT

  ⇒ TOO MANY OPPORTUNITIES TO CREATE A TURNOVER

* SHOOTERS ARE EITHER IN TOWN OR OUT OF TOWN

* PROS - AS A GUARD YOU MUST EITHER BE A SUPER SHOOTER OR THE TRANSPORTER
  ↳ GOT TO PUT YOUR NAME IN ONE RING OR ANOTHER



* You Must Learn To Get Smart Quick: It isn't enough to Be Smart

* "We" Versus "I" - Triple Threat

~~Or Back Above Head~~ But Don't Put It Down In Driving Position

* You Must Establish Pattern of Play Every Time You Are On The Floor

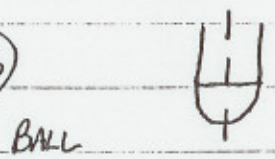
IV. DEFENSIVE OBSERVATIONS

A) PRINCIPLES

1) a) % BALL
b) % POSITION RELATIVE TO BALL
c) % MAN

3 BASIC PRINCIPLES

B)



% BALLSIDE MUST APPLY PRESSURE ON ALL ASPECTS

C) MUST TEACH OUR PLAYERS HOW TO PLAY WITH FEET AND HANDS

D) BALL DEFENSE - OBJECTIVE - CONTAINMENT NOT STEAL

E) ONE PASS AWAY
% VISION & FOCAL POINT ON BALL & SEE PLAYER OUT OF THE CORNER OF THE EYE

F) PRESSURE - APPLIED WITH BOTH THE FEET & HANDS

a) JUMPING TO BALL
1) LEND HELP TO BALL
2) DEFEND AGAINST CUT TO BASKET
3) DEFEND AGAINST CUT BEHIND BALL

E) DEFENSIVE DRILL



* MENTAL QUICKNESS IN DRILL: YOU CAN DO A LOT MORE WITH MENTAL QUICKNESS THAN PHYSICAL QUICKNESS

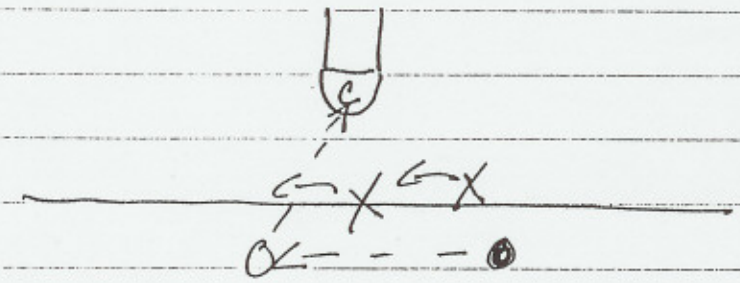
* NEVER WORK ON ANY DRILL MORE THAN 5 MIN.

* TEAM = 10 MIN.

- IF WE NEED 30 MIN. WORK THEN WE'LL GO 10 MIN. GO TO SOMETHING ELSE, THEN COME BACK

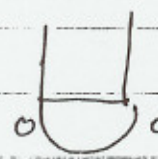
F) DEFENSIVE DRILL

2 ON 2 OR 3 ON 3



* BY HAVING COACH IT MAKES DRILL MORE DIFFICULT - GIVES OFFENSE THE ADVANTAGE - CUTTING & PASSING

G) SHOOTING DRILL



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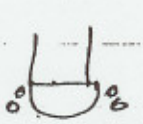


* TWO AT ONE BASKET
* 20 SEC TIME LIMIT
* NEED SOME CONFUSION
* TIME/ACCURACY CONSTRAINT

4 AT BASKET
COMPETITION!

V. DRILLS

A) 3 on 3 REBOUNDING & OUTLET DRILL

1) OFFENSE MAKES AROUND SETTING SCREENS ETC.

2) SEQUENCE

a) BLOCK OFF

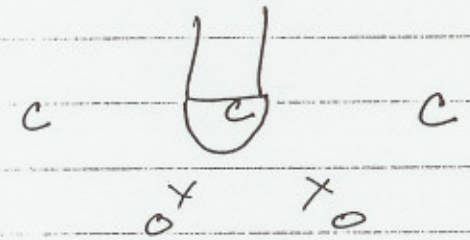
b) REBOUND

c) OUTLET

d) CONTINUE

B) CONVERSION DRILL (SEE PREVIOUS NOTES)

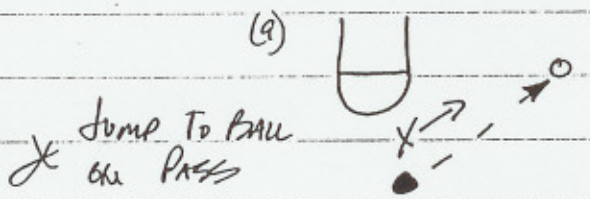
C) 2 on 2 DEFENSIVE COVERED DRILL

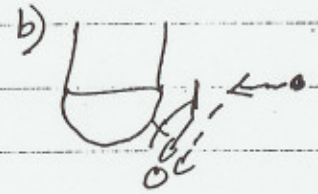


OFFENSE

* ONLY USE DRIBBLE RUB, U.C.L.A CUT, OR SPLIT THE POST

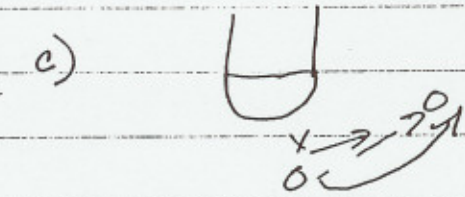
D) HELP & RECOVER DRILLS — 2 on 1





TWO PARTS HELP & RECOVER

* ONCE PENETRATION BEGINS (GIVE WING ONLY 1 DRIBBLE) DEFENSE HELP (STOP PENETRATION) & RECOVERS ON PASS



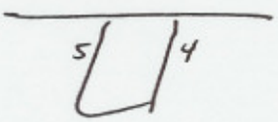
DENY FLASH CUT & CUT BEHIND THE BALL

Saint Anselm COLLEGE ATHLETIC DEPARTMENT

Manchester, New Hampshire 03102-9001 Phone (603) 641-7800

m-m offense

- they have very little post movement
- post players (1 on each block) usually just look to seal & post hard & will sometimes screen away



- doesn't like to give them a lot of options - the more freedom they have the more apt they are to do things which will cause turnovers
- everything that they do in offense is determined by their philosophy of "NO TURNOVERS"

Basic perimeter rules:

- don't screen on the ball
- Pass - go away - screen - pop out
- never lob the ball into the pivot



John Chaney - Temple University

I. Have a philosophy

A) Most important thing on the game - turnovers - "Most important thing in all of sports."

1) Every athlete should have BALANCE - "Psychological balance, Emotional balance, Physical balance."

B) Formula for successful offense

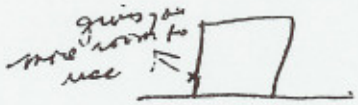
1) Must have balance

"Winners don't get tired"

"Repetition enhances the probability of retention."

2) Always start offense from the box out

A) Impedient to change speeds



- Every time they catch the ball "They address the floor"
  - don't throw many chest passes
- have to have imagination, creativity
- work on V-cuts every day
  A) as they get near defense they put hands up
  B) upon receiving the ball - put your shot foot in the shot zone
- they only take ball to the corner to shoot or drive

F. Formula for successful offense

A. Must have balance

1. "Repetition enhances the probability of retention"

2. "Winners don't get tired"

B. Always start offense from the box out

1. Important to change speed w/out the ball

C. Every time they catch the ball they "address the floor"

1. don't throw many chest passes

D. Have to use imagination, creativity - always within structure of offensive sets though

E. they work on V-cuts every day

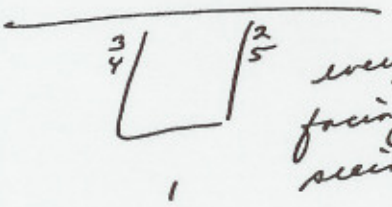
1. as they get near defense they put hands up

2. upon receiving the ball - put your shot foot in the shot zone

3. they only take the ball to the corner to shoot or drive

basic set - m-m offense

"Low 4"



every player facing inside-seeing defense

"Give kids the house - then give them rules to live by"

- Love to teach players how to read defense

③ John Chaney

"You have to be able to do more with a little."

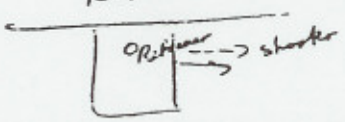
Shooting drills:

① Always squeeze the floor
② shot foot in shot position
③ have to know range



2 minute drills
shooting off
V-cut
1 passer 1 shooter
"have to be in range"
each player shoots for 2 minutes

2 minute shooting drill -
Retriever drill



Retriever - rebounds every shot + then puts token pressure on the shot

defender can't leave feet to challenge shot

have to work on getting by first line of defense + then immediately go up + read second line of defense - either pass or shot

(A) Have to be under control + make sure water isn't muddy

- same drill using ball fake + 2 dribbles right or 2 dribble left

"DOES NOT ALLOW FOOT FAKES"

2 MINUTE BAD PASSING DRILL - "Can't wait for your favorite pitch" every day

749-6393

TEMPLE UNIVERSITY BASKETBALL PRACTICE PLAN

634321978

DAILY PRACTICE PLAN

Make a practice notebook/log - evaluate and exchange ideas with assistants on previous practice sessions and tomorrow's plan.

General rules for practice sessions:

- Teach new things early in a practice
- Repeat new things daily until they learn to do it - repetition makes things automatic.
- Follow hard drills with easy drills. Keeps drills from being wasted - players fatigued.
- Always have something for everyone to do - no standing around.
- Start and end on time.
- End practice on a run and positive note.

Sample Practice Plan - 3:00 - 5:30

3:00 - 3:20	Warm - up, stretching.
3:20 - 4:30	Fundamentals: All drills done as part of a breakdown. Don't drill just to drill. All drills must be related to your game plan.
4:30 - 5:30	Team Play: Offenses and pressure. Integrate offense and press to develop transition. Introduce new topics in fundamentals which are broken down in your defense and offense. ex: break from a steal/turnover/rebound Break from a made basket.

Work players not in 5 on 5 - set up individual drills.
Structure specific drills - what you want them to do.

Defense and Transition Game Practice

3:00 - 3:10	Individual attention - work on needs.
3:10 - 3:20	Warm-up, exercises/stretching.
3:20 - 3:35	3-man drills
3:35 - 3:45	Shooting drills
3:45 - 4:00	Station Drills: Defense Vs. Dribbler, Defense Vs. Jump Shooter, Defense Vs. Post Player.
4:00 - 4:10	Half court 3 on 3 switching and press back to mid court.
4:10 - 4:20	Strongside defense - 3 on 3 ballside.
4:20 - 4:30	Full court 1 on 1, 2 on 2, 3 on 3.
4:30 - 4:50	Man-to-man defense and break.
4:50 - 5:10	Man-to-man offense and press.
5:10 - 5:20	Free throws and press.
5:20 - 5:30	Situation (done 3-4 times a week) Ex. White team - down 3 points - 37 second left plus ball. Expect questions - your answers teach team what you expect done in a variety of situations.
5:30	10 free throws in a row to leave.

Temple University

(Talks with John Chaney & Jim Maloney)

1) At this time of season (February) make rest your friend not your enemy.

2) Now, we are re-teaching what we already taught.

3) The mental part of the game takes over now.

4) Perimeter defense - don't leave your feet.

5) Shooting Lecture:

- foot position
- balance
- shoot to the point of exhaustion
- practice your game shot - shot should not be a stranger - should be familiar
- don't make a mystery out of a shot (novel) time and distance
- shooting should be your friend not your enemy.

6) Defense:

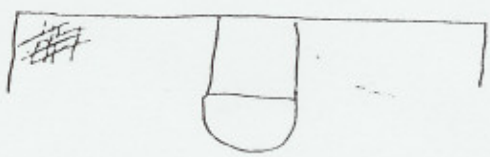
- need to work on second and third slides
- offense breaks you down on the second and third slides.

7) Learn how to play in a crowd.

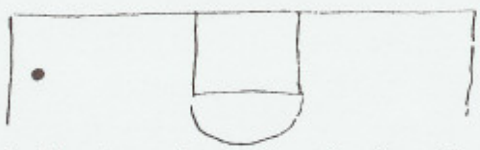
8) Legs always flexed when you are moving because you are going to have to make another slide.

9) Defense has you beat - change your route; offense has you beat - sprint ahead, (ex.) train leaving the station.

10) One man can play the whole floor on weakside.



When ball in dead corner - defense can really cheat. Ball in dead corner - real advantage to the defense. When ball is in corner you eliminate your biggest offensive weapon - passing.



The ball stops here in their offense.

Diagram 1 - We have a guard entry path. We stack very low. This is our basic set: 1 does not need to be a good shooter But he must be a good ball handler, a good passer and he must be a smart player. 2 and 4 are our normal inside good power players. 3 and 5 should be able to shoot the jump shot from the foul line, it makes them good players. So basically 3 and 5 will be our other guards and what we call our small forwards, and 2 and 4 will be the inside power players.

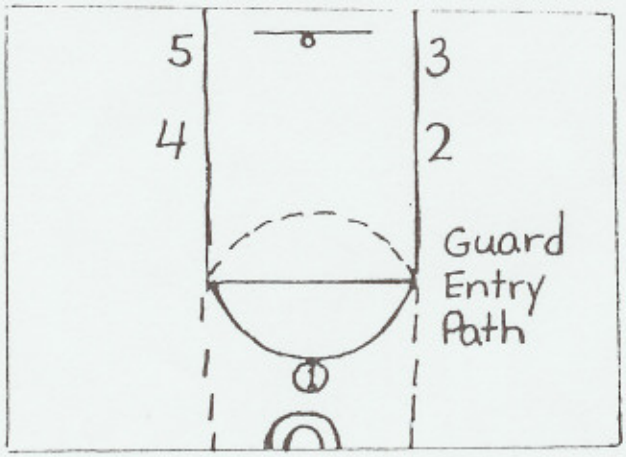
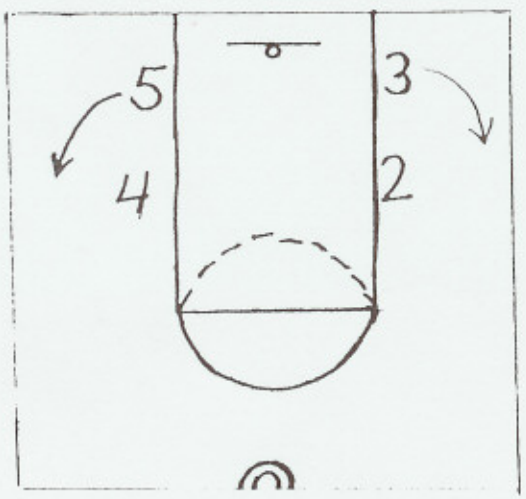
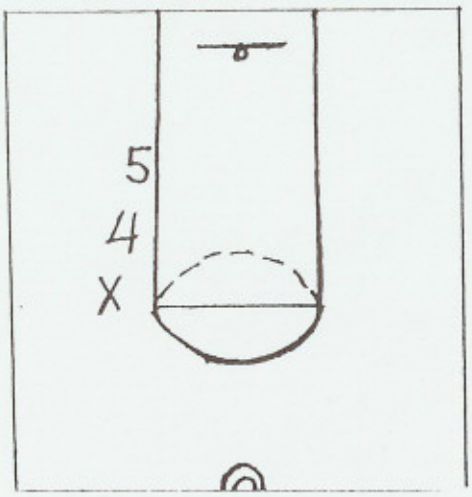


Diagram 2 - 3 and 5 flash to the free throw line extended. Do not go any higher than the free throw line extended. If the defense plays behind, 3 and 5 rub off 2 and 4. The guard always has the shot or drive option. So then we had the defense start playing us (diagram 3) like this and the defensive man toook whichever man came out and it gave us trouble. When our man comes out and receives the initial pass, we would like for him to be in shot range. We do not take that shot often, but we want him there. I might mention this. We line up looking straight ahead, and we do a lot of hand action. The back man in the stack tells with pressure on the hip of the man in front of him which way he is going to break out.





DOUBLE STACK OFFENSE

We go into our double stack offense from our fast break. In the fast break, we look for the outlet pass in the area shown:

We run the (1 man) break and have our wing men (2 & 3) fill the outside lanes.

Before going into the double stack offense, let me explain what the offense must have:

1. Scoring opportunities
2. Floor balance
3. Player involvement
4. Proper spacing

Advantage of the Double Stack

1. Utilizes the outstanding guard. You don't need to have one, but then you must adjust. We are guard-oriented coaches, so we usually have one.

2. Passing game rules. We like the floor balance with the 15'-18' spread, and the idea of not picking on the ball. You pick away from the ball.

3. Player placement. We like the idea of being able to move different people to different positions on the floor.

4. Exploits the defense. We post up low. When teams play us, we feel they must prepare for us. They are going to see something they normally aren't going to see.

5. The opposition must scout well.

6. It has one floor boss. We are back to the idea of role playing.

7. New experience for defense.

8. Good power game.

9. Zone offense. We use the double stack against the zone. So we have one offense for both zone and man. We run into a lot of gimmick defenses because of our good point guard; the box and one, the triangle and two, overload, etc. But this offense is very good against them.

11) Ball in corner - delay your execution.

12) A-B-C the ball vs. run and jump - break them down.

13) "Know your enemy."

14) Very hard to run and jump and then find your man.

15) "Everyones in concert."

16) Let your mind adjust. Game should be played slow to fast; slow to fast. If its played fast to slow you're going to get into an accident.

17) Run and Jump - tough to do for 40 minutes. No way they'll go side to side - beat them with passing and spacing. Offense can't be in the same kind of hurry as defense.

18) Versus the run and jump - spacing is so important. Let two guys chase on perimeter and don't throw it inside until you see day light.

19) Force defense to make long slides to steal. Do this by good offensive spacing.

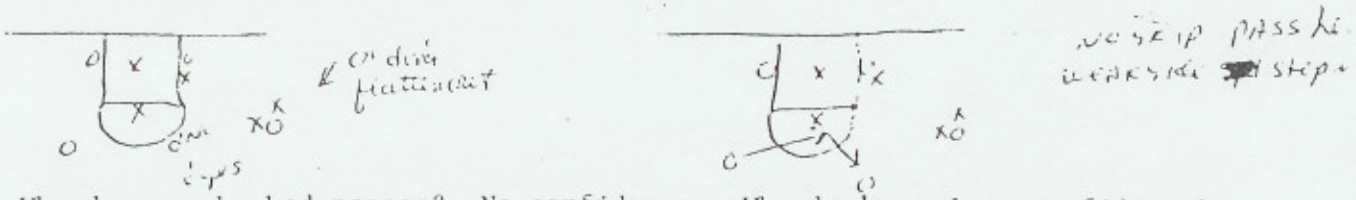


20) Push/pull dribble.

21) Offense - create opportunities for one guy to get free - if one guy gets free everyone is free.

22) "The shot that I have is in you... the shot that you have is in him."

23) Angles in basketball are very important. Angles in basketball are always for passing - so we can get a better shot.



24) Why do we make bad passes? No confidence. Why don't we have confidence? Lack of vision; lack of creativity; lack of skill; other players on the team; other players make sure the passer doesn't have fear in making the pass, (communicate).

25) The biggest problem that offense has is passing.

26) If a team can't pass doesn't matter what you do x + o wise. If a team can't shoot doesn't matter what you do x + o wise.

121) Player/Coach must be on same wavelength.

122) Must rehearse on how to win and also on how to lose:

1) who's going to shoot?
2) who to look for an offense?
3) who can beat us (on defense)?
4) team tendency
5) beat on second shots
6) when to shoot?

123) Never have the wrong guy shoot the wrong shot at the wrong time.

124) They can spend more time on these things because they don't do a lot of things.

125) Chaney's strength - keeps it simple and makes is a simple game to play.

126) You only get what you emphasize. You can't emphasize twelve things. They emphasize no turnovers. This encompasses a lot of things.

127) At this stage of the season (early February) teams either remain the same or go ahead of the pack. Teams that play with their heads tend to get better and go on. Teams that play patterned basketball find ways to lose. A coach now depends, not on practice, but where we are and where we plan to go. Mistakes that teams make now - they can't make up for.

128) Be ready to make the second, third, and fourth slides.

129) Post area - the most difficult area on the floor to play. There is no free lunch in there! Must be prepared to play in a crowd.

130) Stay out of the corner with the ball. Always have an angle to pass; drive; read or run a back door offense. When you're in the corner - you defense yourself.

131) Winners don't know or care who they play. The difference is found in what you are.

132) Control the little things - control your own house. Do your own job. Subs - know your job.

133) Captain - one job - get your team ready to play. My value system is your value system. Captain has got to play detective - bust my door down to get to met if you have to. Captain's (seniors) - it's your team; your year - this is it!

134) Big Men - do nothing but control the paint; finish it off; listen and learn.

135) Come to the ball.

136) Leave shot foot behind.

137) Animals smell fear - an athlete is very much the same way.

138) Post Play - to creat an opportunity for shooting you must create it when ball is being passed to you. Balance is key. Don't wait for the perfect

CLINIC PRESENTATION

TURNOVERS

I. DECREASING TURNOVERS (ALWAYS MAKE THE EASY PASS)

PASSING AND RECEIVING

(A) "V" MOVE

(B) PASS, SCREEN AWAY AND ROLL OUT.

(C) NO SCREENS ON THE BALL

(D) TWO MINUTE PASSING DRILL "MAKING BAD PASSES".

SHOOTING

(A) SHOT FOOT IN THE SHOT ZONE - PREPARATION FOR PASS, ORGANIZING SHOT.

(B) BEATING THE FIRST LINE OF DEFENSE AND TAKING SHOT OR PASSING

(C) FASTBREAK - USING SIDELINES AND TWO PASSES TO GEAR MY OFFENSE WITH DESIGNATED ROLES FOR 1, 2, 3, 4, AND 5 MEN.

OFFENSE

(A) SELECT OFFENSIVE PATTERN THAT WILL ENHANCE LOW TURNOVERS AND BEST AID SUCCESS OF YOUR TALENT.

(B) WE ALWAYS START ON THE BOX.

DEFENSE

(A) FORCING THE OPPONENT TO MAKE MISTAKES WITHOUT REACHING AND HAVING TO BLOCK SHOTS

(B) GIVE YOUR TEAM A FUNDAMENTAL CONCEPT ON DEFENSE
EACH PLAYER SHOULD HAVE AN IDEA OF WHAT HE SHOULD DO WHILE HE IS DEFENDING.

II. RULES WHICH GOVERN OUR PLAY

(A) STARTING OUR OFFENSE FROM THE BOX

(B) DON'T LOCK THE FLOOR - DRIBBLING TO DEAD SPOTS

(C) AVOID DRIBBLING THRU ZONES AND GOING AIRBORNE

(D) AVOID PIVOT LOB PASSES, USE SWING PASS AND DEVELOP YOUR PIVOT MAN

(E) NO FOOT FAKING ON DRIVES - ONLY BALL FAKES
WORK HARD ON QUICKNESS

(F) AVOID FIGHTING THE DEFENSE UNLESS NECESSARY

pass - there are no perfect passes. Be in a position to move - why? - because you should want contact inside - easier for you to read. Go meet the ball - by doing this you cut off the angle for defense to get around.

139) What's in the passer's mind should be in the receivers mind.

140) Must force defense to make long slides to recover to help.

141) Passing is the most important fundamental in basketball.

142) Transporting the ball!

143) Splits - got to get low - no finesse - go hard.

144) Team Talk - (post practice)

1) are you ready to play?
2) the will to win has nothing to do with knowing how to win
3) you don't dream on how to win now. Those dreams become nightmares. Teams that know how to win - just play now!
4) Teams that win don't have to have reasons to win. One thing, its a gam I must win.
5) Attitude is very important.
6) Players give coach confidence - it's a feel.
7) It's now a stage in the season when listening and growth must continue to take place.
8) Teams that win play with their head. All good teams are playing well now. It's time to "take off" now.
9) No one is wrong until it becomes a pattern.
10) Great players take more of an ass-whooping than giving an ass-whooping.
11) Athletics teaches us: self-control; restraint; how to direct my energy in a positive manner, etc.
12) Teams must learn to win during adverse times.
13) I'm with my players 100% - right or wrong, I'm not blind and I do understand when we are wrong and must work ourselves out of it as a family (talking in regards to a fight in game the night before.)
14) Love my team - love doesn't mean I accept mediocrity or lack of class.
15) Teams win because of togetherness (family). At this time of year nothing is more important than this.

145) Chaney - get a philosophy - everything you do and say reverts back to your philosophy.

146) When designing your offense - think about floor balance.

147) Insight allows you to see beyond the present.

148) Pre-game/Half-time - only cover a few things. Give them manageable things. Don't have their head spinning - leaving the locker room with nothing. Leaving all the information in the locker room. Better to give 1 or 2 things which they can manage and go out and execute them.

148) Repetition - repetition - repetition.

Diagram 4 - As soon as 1 makes the pass to the wing, think of the rules of the passing game and the floor spread. The point guard must shoot the gut looking for the ball. He must go at least as far as the broken line. This will make the defensive man play him on the ballside all the way. He then sets the good pick on 5. 5 gets one of our break and butter shots.

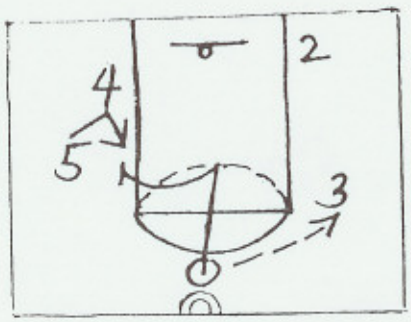


Diagram 5 - 5 is coming off the pick, 3 still has the ball, 2 and 4 have posted low. We use the two-second count. 2 posts for 2 seconds. If 2 does not get the ball in 2 seconds, he knows it is time to leave. 3 knows that he does not pass to the low post in 2 seconds, he will not pass to 2. He then looks for 5 coming off the pick. We call this our low, high, low.

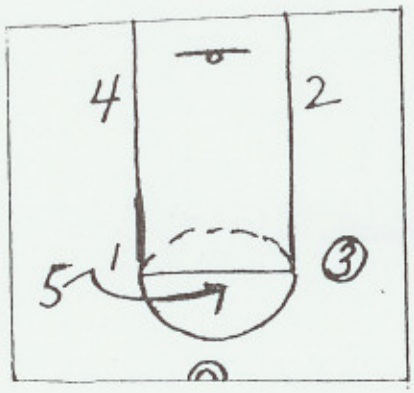


Diagram 6 - If I am the number 3 man, first look low to 2, look high to 5 coming off the pick and then look low for 4 coming across. 4 must continually be moving before the pick. 5 then pops out as the release man. Now, we are in the same set as before. We have the same spread

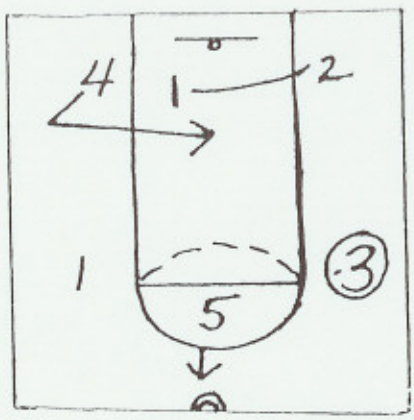
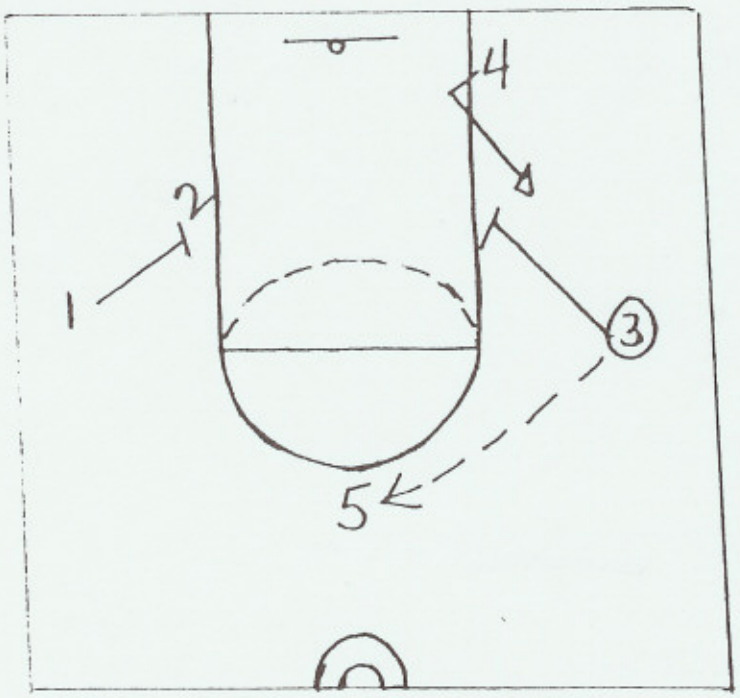


Diagram 7 - 3 passes back to 5. Any time the ball goes back to the point, we pick down. We interchange. Now, we have our good guard in the low post position. We can take our offense, and with 2 passes, if they are in foul trouble, we can put them in the pow post position. Question - Do you allow 3 to shoot or drive? Shoot, yes. Driving only to the baseline side, not to the middle, because 5 is coming across and will be in the way. If he drives, he drives when 2 leaves to go pick for 4. He is counting, so he knows that if he is going to drive, he must drive after the 2-second count. He does not put the ball on the floor unless he goes to the hole. So, if he is driving 4 sees this and stays, even though 2 has picked for him.



27) Point man in 1-3-1. Ball in corner - deny high post. Ball beats wing - seal off. Split when ball out front.

28) Basketball is a little boys game. When we get smart or think we're smart - we cease to learn.

29) If you ever want to learn - think you're dumb first.

30) Point guard - he's the president on the floor.

31) Match up zone - look around and push people out - do your job and then help others do theirs. Get your house in order.

32) If a team is holding the ball on you - don't double up on the ball - it's only going to wear away the time.

33) Post Play: Keep ball up and tucked. Look - see - read - shot; one dribble shot; crossover; jump hook; always to middle; sikma.

34) Team Talk: What to expect from our team:

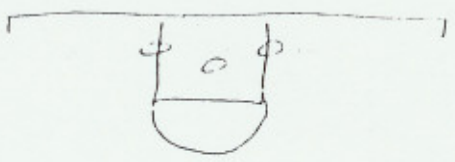
1) give a little more
2) get it done defensively - defense must be stable; constant, got to be able to count on it all the time
3) defense just doesn't happen without working at it
4) pride
5) paycheck - gotta work for it; no withdrawal
6) one or two slides the job is done - no; got to cover for each other.

35) Post Play - tough to teach the big man to catch the ball and teach posts to seal. They move their perimeter men - it's easier for them to catch and pass the ball.

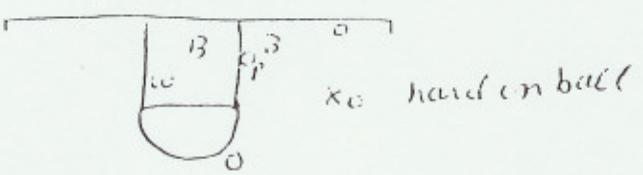
36) Can you shoot over people?

37) Your philosophy - helps or hurts you.

38) The zone controls the tempo. The zone neutralizes the great player. You need a team effort to beat the zone. You have to keep your best player on the floor - easier to do with zone post defense in the zone. No one scores in the lane. Where do jump shots come from? What do you give up? People want the ball here:



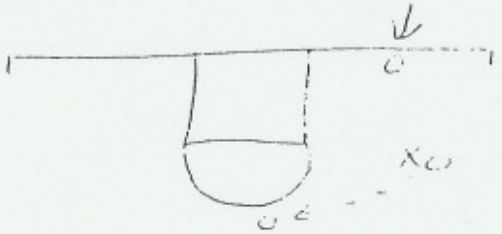
39) Be hard on the ball when the ball is in the wing because that's the best passing lane.



40) Be pros in the post.

41) Know shooters in the zone.

42) This baseline shot won't beat you in the zone.



Point man usually won't take this shot - at top of key.

43) They play a lot of 3-2 zone - hard on the ball. Also a 1-3-1 laning zone - taking away passing lanes. The 3-2 zone puts pressure on all passing lanes.

44) They don't play 2-3 zone. Why? Because too many teams play it and you are immediately split.

45) Post men - must be able to shoot in a crowd.

46) They don't do much trapping. If you break trap it usually leads to a score.

47) Have to build a team to win a National Championship - not win against certain teams.

48) You don't have an offense to replace a good player. (That's why they play zone - to stay away from foul trouble).

49) To win:

A) sagging zone (3-2). Do this versus a lot of cutters. Your slides will always be quicker than their cutters. When you see all those cutters - say: to hell with that and go sag.

B) Match up zone - versus stand around offense.

C) 1-3-1 zone - pressure. Pressure at hash mark.

50) "We'll design how we lose."

51) Versus a team that is holding the ball on you. Get it to the worst ball-handler - force him to pick up his dribble and deny others.

52) Establish how the game is going to be played. Built on passing and catching the ball. A-B-C-D the ball.

53) A crowd can turn against the home team - got to be careful here.

54) Get back on defense - make offense earn their points.

55) Guard takes ball out of bounds versus pressure. If they lose the ball - they have good defensive balance because the guards are back.

John Chaney

56) How many times has a crowd blocked a shot? As high as a crowd gets, as low as it will get. The crowd is built on a very fragile foundation.

57) If my point guard can dominate your point guard - we have a chance to be a great team.

58) Taught to shoot the lonesome shot.

59) "Know-how is better than talent." Bench strength - down the line.

60) Temple's Philosophy - based on:

1) no turnovers
2) no lay ups or easy baskets
3) play defense

They can control these things. They can't control crowds; emotions; etc. The strength of the system is within them not outside them. They can manage their game/team by doing this they are consistent. Not an up and down team.

61) Defense is constant - controllable.

62) You determine your own destiny.

63) Turnovers - measurable things. They can measure things. Can't measure emotions; hustle; crowd; etc. Don't want to rely on forces outside of us getting us up. The crowd is outside us!

64) It's important to be more visible when you lose.

65) Fast Break - is incidental - if it is not dictated by you.

66) Point Guard - shows you philosophy on the court. He must understand pace - control. How we win on the court and off the court.

67) How to win: need point guard and center. You need the right elements to win.

68) Must have control of players (discipline; girls; etc.) The problem is kids don't know the limits. If you don't have control over them - you have another Minnesota BB situation.

69) College - costs a lot of money - basketball puts a lot of demands on you - what really does a player get out of it? (your son)

70) Got to be strong; got to believe in yourself.

71) In any relationships you are going to have problems. Kids look for the perfect coach - there is no such thing. When you lose - you got to be strong. When you make a wrong decision in sports - everyone knows about it. You live with the kids every day - you know them better than anyone else. When you lose - this is when you go back to your philosophy. Stay strong.

72) Players are selfish. Sometimes when you are talented you don't give the effort.

73) How to shoot is like how to win. First you have to know how to get open; how to plant you feet; how to get your shot.

74) Lectures Oct. 15-20 - 1 hour usually.

1) Passing (always begins with this)
2) Defense
3) Rebounding
4) Dribbling - how; when
5) Shooting - what is a good shot

By doing this at start of season players can always revert back to it.

75) Biggest thing in coaching is to understand the chain of command. The A.D. has got to be with you. Can't fight within your house. You got to believe in the philosophy of the A.D. and the adminstration. Have to be in the same working climate. You have to get the black kid/city kid to win. Got to have a chance to win.

76) If you can't relate to a kid when you are recruiting him how are you going to relate to him in coaching.

77) Vegas has problems winning in post season because teams slow it down on them. They don't know how to play slow. Frustration sets in.

78) Show the whole - then teach the part out of that by showing not drilling.

79) What will get you beat: allowing the ball into the post.

80) "Know how many times your dead?" Once! You're only dead once!

81) Show it and teach it versus drill it!

82) You control drills.

83) Teach it vs. drill it, (ex.) post defense. Rather than set up and drill to do it they'll set up the situation. If a poor post player guard must drop and help on post and help his teammate who is not a good post defensive player. Now you are teaching the team vs. teaching an individual.

84) Temple's kids get smarter as the season progresses. Does a drilling team get smarter? The coach knows but do the players know!

85) Win by having no turnovers; playing good defense; and allowing no easy baskets. You can do anything in this game (get out rebounded) etc; and it you don't turn it over - you have a chance to win.

86) Don't come weak to the ball.

87) You decide how this game is going to be played. How fast - how slow. Take what defense gives you. Freeway or city - whatever's friendly.

88) How to form a team.

89) Catch it and jump stop and look. There is a stop sign.

90) Pre-Game Talk:

Us	Them
2 or 3 things	1 or 2 things

91) What we do is in us - not in them!

92) It is very important to establish how the game will be played during the first five minutes of the game.

93) How long can defense keep trapping without getting any results?

94) If your point guard turns it over - you're in trouble.

95) They always front the post when the ball is on the wing. Always consistent here. He feels you can't teach playing the postman three different ways. Always get over the top! Great teams will have a "super" in the pivot - therefore, you got to front him. Always coaching his team to win it all.

96) Coaching - we get too intellectual at times.

97) Perimeter men on a string - offensively and defensively.

98) Temple - jump shooting team? Takes what defense gives you. (Ex.) If there is a car in your driveway and there is room for only one car you can't force another car in there - you got to park in the street.

99) We don't have a play.

100) Shoot your shot in your area. They do this every day for 15 minutes.

101) Good idea - add turnovers to total number of shots attempted. Then get your shooting percentage.

102) Don't wait for the perfect shot - by doing this it could lead to a turnover.

103) If Temple loses it's usually because one of the following reasons:

1) They didn't shoot well
2) Guards didn't make good decisions (turnovers)

They can tolerate poor shooting percentage but not turnovers because they work very hard on not turning the ball over.

104) The faces change but the problems remain the same.

105) Players know vs. coaches know! Better for players to know then to act.

106) Thinking vs. Reacting

107) Problems with playing the 3-2 zone: Get the post man out to cover a corner shooter and get other post man over to front ballside low post. Can your players do this without giving up the jump shot. If this is a

four point man on the wing, and
your posts match up inside.

like what defense gives you therefore all that
shouldn't really affect you.

109) To be a great defensive team (also to be a great offensive team) you play at two speeds. Slow (contain) and fast (trap). Therefore on o you have to teach two different readings. Teach two different readi versus straight zone and match up zone.

Match up - offense usually makes more of it than what it really is. What really there is mass confusion. What hurts a match up is a good 1 on 1 player who can penetrate *versus match up - players think*

doens't get many easy baskets - they earn their baskets on offense.

112) You can't get <u>everything</u> out of your defense. Have to give up something.

113) Knight builds his team on structure - out - executes you. The flow in this attack is that he plays everyone everywhere. When you're out running around and chasing the post is 1 on 1.

114) Zone offense - get ball reversal it's 1 on 1 in the post.

115) Defensive conversion - allow no splits.

116) Keep it simple.

117) What hurts your offense:

1) Turnovers
2) Not reading the defense

Therefore teach reading the defense and don't turn it over on offense. Teach no turnovers - how? By teaching:

a) angles
b) spacing
c) passing
d) post play
e) splits

118) When you have the BB - make a good decision. Should I shoot, penetrate; swing; pass - I don't know? I have to look at the situations, therefore, that's why they teach situations. You have to know who and where your receivers are. Don't put your receivers in an area where they can fail or where they can't function.

119) When you design how to win you also design how to lose. You can't have everything. What are we made of? Can't be all things to all people.

120) Analyze every turnover!

problem for you - go to match up. Put your point man on the wing and wing to corner and then have your posts match up inside.

108) Offensive concept: Take what defense gives you therefore all that changing defense shouldn't really affect you.

109) To be a great defensive team (also to be a great offensive team) you have to play at two speeds. Slow (contain) and fast (trap). Therefore on offense you have to teach two different readings. Teach two different readings versus straight zone and match up zone.

110) Match up - offense usually makes more of it than what it really is. What's really there is mass confusion. What hurts a match up is a good 1 on 1 player who can penetrate versus match up - players think vs. react or play!

111) Temple doesn't have a defense to create turnovers therefore often teams won't turn it over as much vs. them because they are more cautious. Temple doens't get many easy baskets - they earn their baskets on offense.

112) You can't get <u>everything</u> out of your defense. Have to give up something.

113) Knight builds his team on structure - out - executes you. The flow in this attack is that he plays everyone everywhere. When you're out running around and chasing the post is 1 on 1.

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120) Analyze every turnover!

*Guards control tempo - not big men.

*They don't beat themselves.

*They are more concerned about what they do. Chaney doesn't care who he coaches against.

*Lets deal with "what deals with winning".

*When forwards know when, guards will shoot - they'll rebound better!

*Jump shot - if you don't let him take it early he'll never take it late.

*Practice - they usually practice seven days a week. He feels the kids don't get tired because they keep it simple. To win big you gotta be mentally tough.

*Chaney - he's always thinking about his team. Knows what his players are up to and what they are in to. They have to stop by the office once a day.

*They are not into a lot of things.

*"Do we need a time out to tell you that?"

*Know how vs. talent.

*Shot fake - don't really teach it because if you're on the road the refs could mistake it for a travel.

*"Sometimes by doing more you do less"

*Post play - work on seals and then reversing it and getting it inside. If defense takes away your seal - release pressure and re-post off V-Cut. Let the ball find you!

*Teaches you "how to win"

*Practice at 5:30 a.m. - kids gotta go to bed. They know what's important. They are not out chasing women; drinking; etc. Neither is their staff. They feel strongly about leading by example.

*Tremendous disciplinarian.

*Chaney is harder on them after a win than a loss.

*Get a shot - if you shoot an airball, its OK - but get a shot. Don't turn it over!

*Always meet after practice. Sometimes for 5 min. Sometimes for 25 min. He talks to them in their language. Talk about mental toughness.

*No practice plan - he believes he has a "feel". "Coaching is a feel." They usually work on the same things every day than whatever he "feels" needs work - he'll do.

John Chaney - Temple University

I. How a philosophy

A) Most important thing in the game - Furnaceus - "Most important thing in all of sports"

1) Every athlete should have BALANCE - "Psychological balance, Emotional balance, Physical balance"

B) Formula for successful Offense

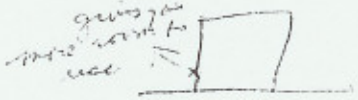
1) Must have balance

"Women don't get laid"

"Repetition enhances the probability of retention"

2) Always start offense from the box out

A) Important to change speeds



- Every time they catch the ball "They address the floor"
  - don't throw many chest passes
- have to have imagination, creativity
- work on V-cuts every day
  A) as soon as they get near defense they put hands up
  B) upon receiving the ball - put your shot foot in the shot zone
- they only take ball to the cause to shoot or drive

*What leads to turnovers . . . NO lobs (because he finds out that your players lob at the wrong time); no skip passes; no screens on the ball. Eliminates those things from his offense that could lead to turnovers.

*You get fouled by shooting the ball. . . not turning the ball over.

*If your guards turn it over - that's trouble because the opposition will then get a lay up. If big men turn it over - your guards will get back

*"Greatness is monotonous"

*Always plays a very strong pre-season schedule. Wants to play most of then on the road. He feels it develops mental toughness; gets you mean. Won't play easy teams because he feels it develops bad habits.

*Get talent and teach him how to play - you've created a monster!

*Everything they do is based on keeping it simple and communicating. Thats why he has a very lean staff.

*The faces change but the problems remain the same.

*You can create work for yourself and you confuse your kids.

*Asking a high school coach if his kid can play? It's like asking somone if a girl is pretty? Too subjective.

*Your mindset

*How many guys do you need to coach a kid? Believes in small staffs

*When big men catch the ball in low post - teach to look middle first.

*Don't foul - don't leave your feet - make him make the shot.

*Fast Break - will go as fast as the defense allows as to go (compared to speed limit and city driving)

*Guards have got to rebound - can't win if they don't rebound.

*They expect an awful lot out of their point guard. Key to us being a good team.

*Match up zone - they teach situations; not rules.

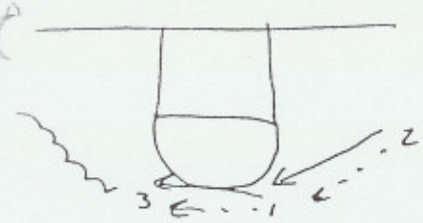
*Don't panic in double team - must be tough and mean with the ball.

*Recruiting - must have (1) good skills and (2) you must be able to communicate with him.

*Shooting - get your feet ready and don't be surprised that the shot is going to be there.

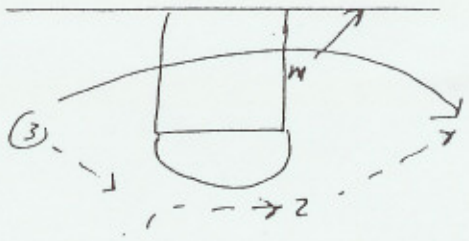
*Outlet pass - as long or deep as defense will allow.

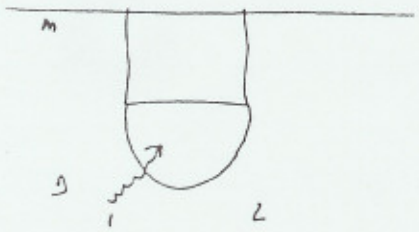
Zone Offense:



Look to take shot at
top of key

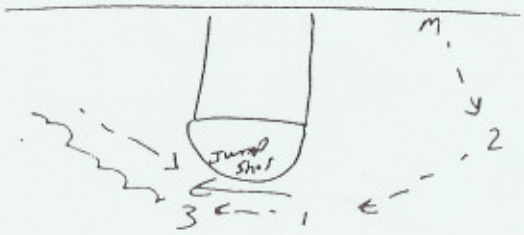
(2)



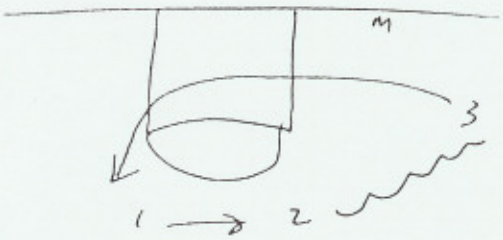


Look to split if defense
is in passing lane
(be under control; stay low)

(4)

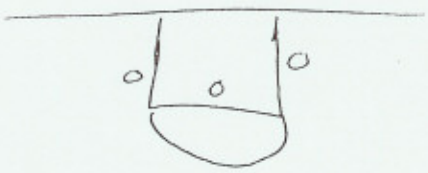


use back pass

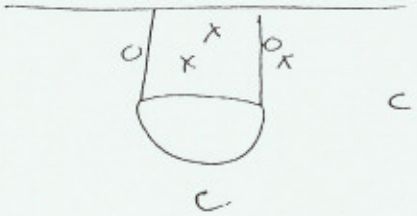


cutter through

FORWARDS:



Form shooting



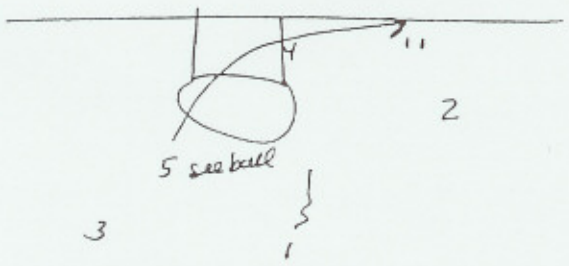
2 on 3 in the post
work on post shots

*5 on 0 Rebound and Fast Break and run man to man offense

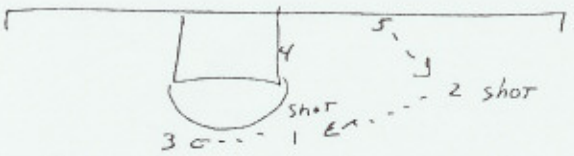
*(Always review block out assignments in zone defense before shot) Coach shoots from different areas of the floor therefore mixes up block out assignments.

*5 on 0 Rebound and Fast Break and run zone offense.

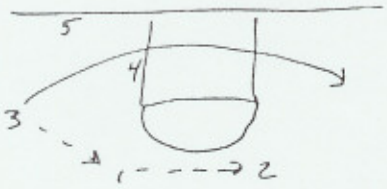
Trailers see the ball when running downcourt



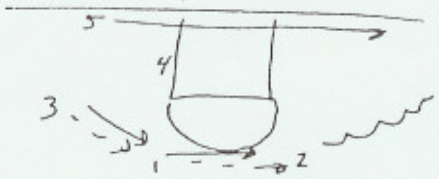
5 - get off baseline -
Be a shot threat.



*Zone offense - ball reversal



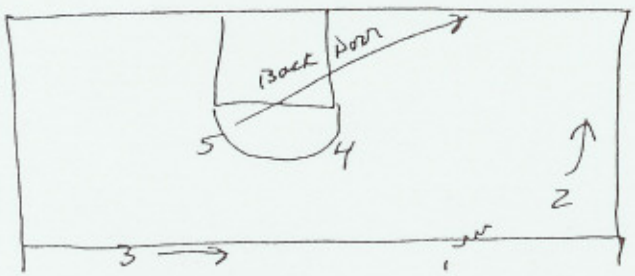
wing thru



dribble over

*Half Court Press Break

Catch and look! Dribble only to go to the basket or to improve your position to pass.



Press break into zone offense

*Defense - "Safety Press" - M-M frontal

Safety - Run and Jump - then match up - back to "Rover" defense.

How well you recover is the key to any defense! Everyone will get beat at some time. Offense will always give you time to recover - on the dribble or the pass.

If a player picks up his dribble - get off him and match up - he's defensing himself.
If traps and offense picks up his dribble - get off him and match - especially in the back court. Play 5 on 4 - "Think" Double the dribbler and look to steal pass.
In Presses: Be ready to move; stay low. Long distance passes - can't recover! Short distance passes - can recover!

Conversations with John Chaney and Jim Maloney:

*Always practice at 5:30 a.m. during the week. Facility is overused therefore he has to go earlier because he takes a lot of time at practice.

*Practice - lot of talking; lot of teaching.

*Weekends they'll practice - 9-12. It is not uncommon for them to have 5 hour practices on Sat/Sun (9-1)

*Lot of time "reading"; "teaching"

*Shot shows on weak side ball reversal. That's the shot that's always open.

*They "let 'em shoot it" How would I like to play or how would I play in the playground?

*Cardinal sin is to make a turnover. They average 8 turnovers a game. When you don't turn it over you don't give up many layups therefore good defensive conversion team.

*Pass - catch - make decisions.

*If a kid can't shoot it - teach it better or recruit better players

*Jump pass - use this out of trap.

*"to know is to act"

*"if defense gives super pressure - go right at his butt - let him know that you've come to play"

*Chaney allows no "high fives"; "low fives"; etc. Isn't in to all the cheering when a player scores a basket. He asks . . . "What do you say when he misses? Boo?"

*Don't get involved with emotions.

*The more things you teach the tougher it is to be great at those things.

*Floor balance is key to offense.

*"If I teach you to be great . . . who can play you?"

*Big Men are not allowed to handle the ball.

*Do less things well.

1/7/86

Brian Hammel

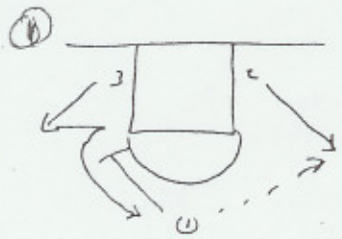
Temple Practice Plan

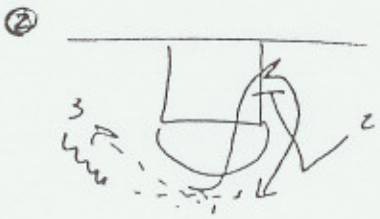
*Scouting report of upcoming game. All they show are tendencies.

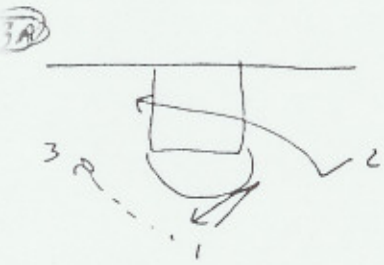
*Guard/Forward breakdowns:

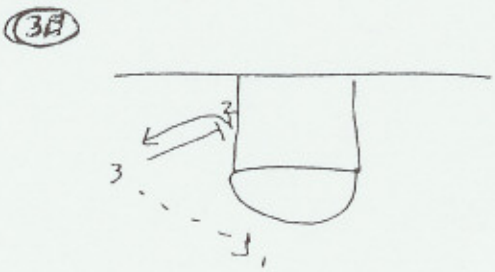
Guards: 3 on 0 working on cutting and screening

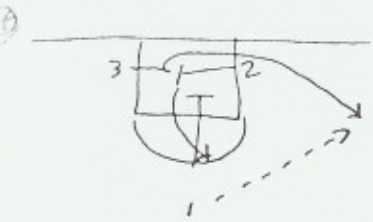
MAN TO MAN:



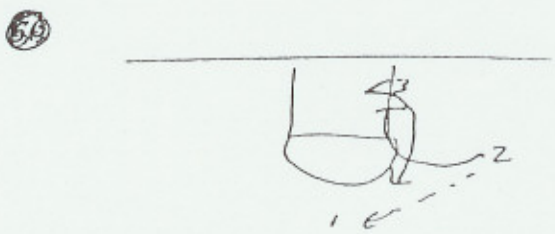




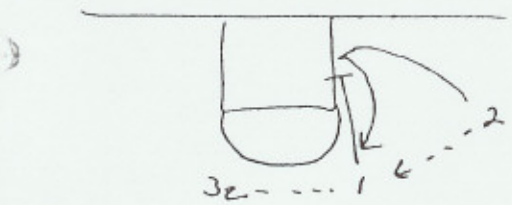








Fast Break:



Coaching Suggestions:

1. Examine what we are doing with our drills both offensively and defensively and why.

2. Individual conferences, the roles to play.

3. The one minute drill, use clock, game situations. The manager runs it. The players become conscious of the time.

4. The game ritual, who, what, where, why, when. We are very big on that.

5. Use of bench coaches. Each should have a responsibility. You must give each certain things to do.

6. Develop your own philosophy. Don't emulate. Don't copy something just because it is successful for someone else.

7. Coordinate the entire program.

8. Be honest, both with the press and with your players.

9. Use of game films, 16mm and/or video.

10. Video of practices and weaknesses.

11. Game review sheets.

12. Practice organization, coaches review.

13. Use of school P.A., public relations.

14. Summer guidelines.

15. Mental preparation of coach and players a must.

16. Use of scouting reports.

17. Use of paper and radio, service clubs.

18. Use of study body.

19. General demands and discipline.

20. Job description for all coaches, meetings, and clinics.

21. Fight for your program.

22. Utilize your practice time.

*Does a lot of shooting.

*Extremely difficult to play the ball 1 on 1. Indiana they feel is poor here. Where Indiana is great is with their help. Best 1 on 1 defensive team in America is Vegas.

*Chaney doesn't do many camps or clinics. Isn't into them. Never reads the newspapers - feels it just confuses him. You start reading too much of that stuff and then you find that other people are coaching your team instead of you!

*Recruit to needs! Only need one great player a year.

*Their practices are so long because there is so much talking and teaching. Very little break downs. A lot of 5 on 5 whole method teaching. They teach situations rather than drills.

*They have one zone offense; one man to man offense (freelance). They run different entries and sets out of man to man. Execution is key to their system.

*Scouting - they show tendencies - they are more concerned with what they do.

③ John Chaney

"You have to be able to do it even with a little."

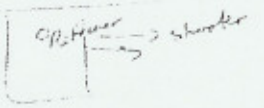
Shooting drills:

① Always square the floor
② shoot feet in shot position
③ have to know range



2 minute drills:
shooting - FF
V-cut
1 power 1 shooter
"how to be in range"
each player shoots for 2 minutes

2 minute shooting drill -
Retriever drill



how to work on getting by first line of defense + then immediately go up + read second line of defense - either pass or shot

Pattern - rebounds every shot + then gets taken pressure on the shot

(4) have to be under control + make sure water isn't muddy

defender can't leave feet to challenge shot

— same drill using ball fake + 2 dribbles right or 2 dribbles left

"DOESN'T ALLOW FOOT FAKES"

2 MINUTE BAD PASSING DRILL - "Can't wait for your favorite pitch" every day

(3) Defense

— have to teach individuals how to recover

A) Have to teach time + distance

"Jockeys don't win the Kentucky Derby"

inside defense : organize box into 3 sections

"Have to have rules to live by"

in selecting defense - design defense so that best players stay out of foul trouble

— if offensive post player isn't a threat can shade him in medium post

— they always front in low post

Defensive rebounding . On perimeter : no block out "Sight & Flight"

III. Formula for successful offense

A. Must have balance

A1 "Repetition enhances the probability of retention"

B. "Winners don't get tired"

B. Always start offense from the box out

1. Important to change speed w/out the ball

C. Every time they catch the ball they "address the floor"

1. don't throw many chest passes

D. Have to use imagination, creativity - always within structure of offensive sets though

E. they work on V-cuts every day

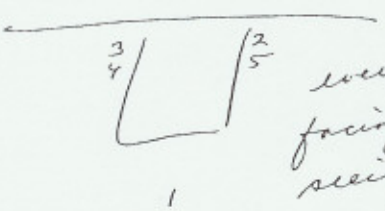
1. as they get near defense they put hands up

2. upon receiving the ball - put your shot foot in the shot zone

3. they only take the ball to the corner to shoot or drive

Basic Set - 4-on offense

"Low 4"



every player facing inside - seeing defense

"Give kids the house - then give them rules to live by"

- Love to teach players how to read defense

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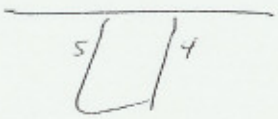
ATHLETIC DEPARTMENT
Manchester, New Hampshire 03102-9001
Phone (603) 641-7800

m-m offense

- they have very little post movement
- post players (1 on each block) usually just look to seal & post hard & will sometimes screen away



- doesn't like to give them a lot of options - the more freedom they have the more apt they are to do things which will cause turnovers
- everything that they do in offense is determined by their philosophy of "NO TURNOVERS"

Basic perimeter rules:

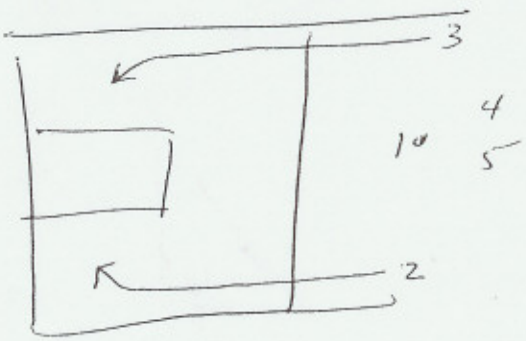
- don't screen on the ball
- Pass - go away - screen - pop out
- never lob the ball into the pivot

John Chaney – Defense

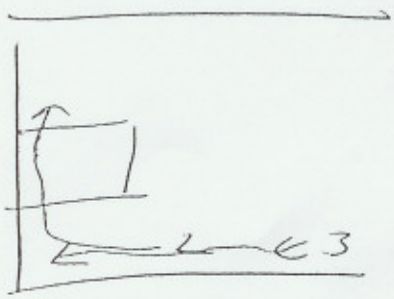
Temple Break – Sideline Break

#1 always goes to get ball – goes as far back as he has to

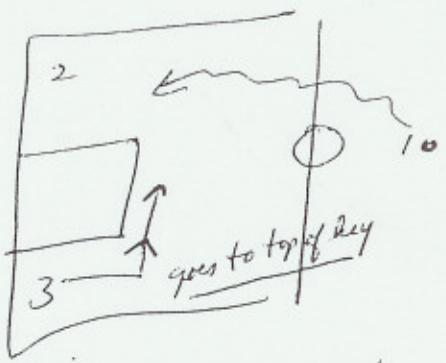
#2, #3 run lane



* if 2+3 end up in same lane then 2+3 run same lane + first player up floor pushes through



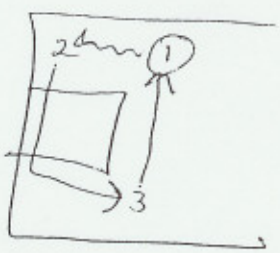
movement of 1, 2, +3 off of sideline break



"Push + Pull" – ~~Be~~ for holding balance

"Keeps players on a string"

if #1 dribbles at #2



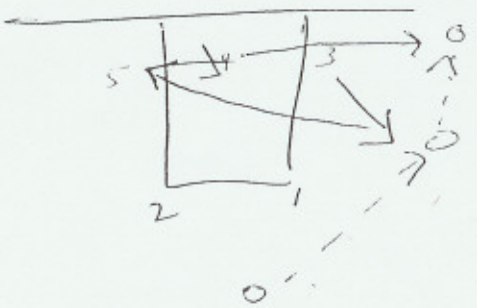
have balance all the time

(5) Defense

~~Zone~~

long
also X to opposite side

out of 2-3 zone



"Take defense personally"

- Convince them that there will be breakdowns

measure of a person is how you recover

"Have to teach recovery tactics"

"Can't use magic words to a kid"

"Coaches have to have a form of measurement"

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Read and React Offense DVD #1

What is it? Its not really an offense – its offense Its a framework built on 2 man habits and reads

What can it be? 1) An entire m2m/zone offense 2) It can be your offen. foundation 3) Can be a carriculum

Goals 1) Easily taught 2) Easily mastered 3) Built on series, reactions 4) Players enjoy and encourage attacking 5) 5 man coordination 6) Simple enough for kids – complex for high level 7) Two edged sword

The Real Secret – Build up Drills

Basketball is a game of habits - the R+R is layers of habits

Typical Progression

1. Recognize what is going on
2. Think of all the possible options
3. Choose an option
4. Move

Read and React is step 1 and 4 – You have 1 predetermined move based on the movement of the ball

Habits dont change when layers change

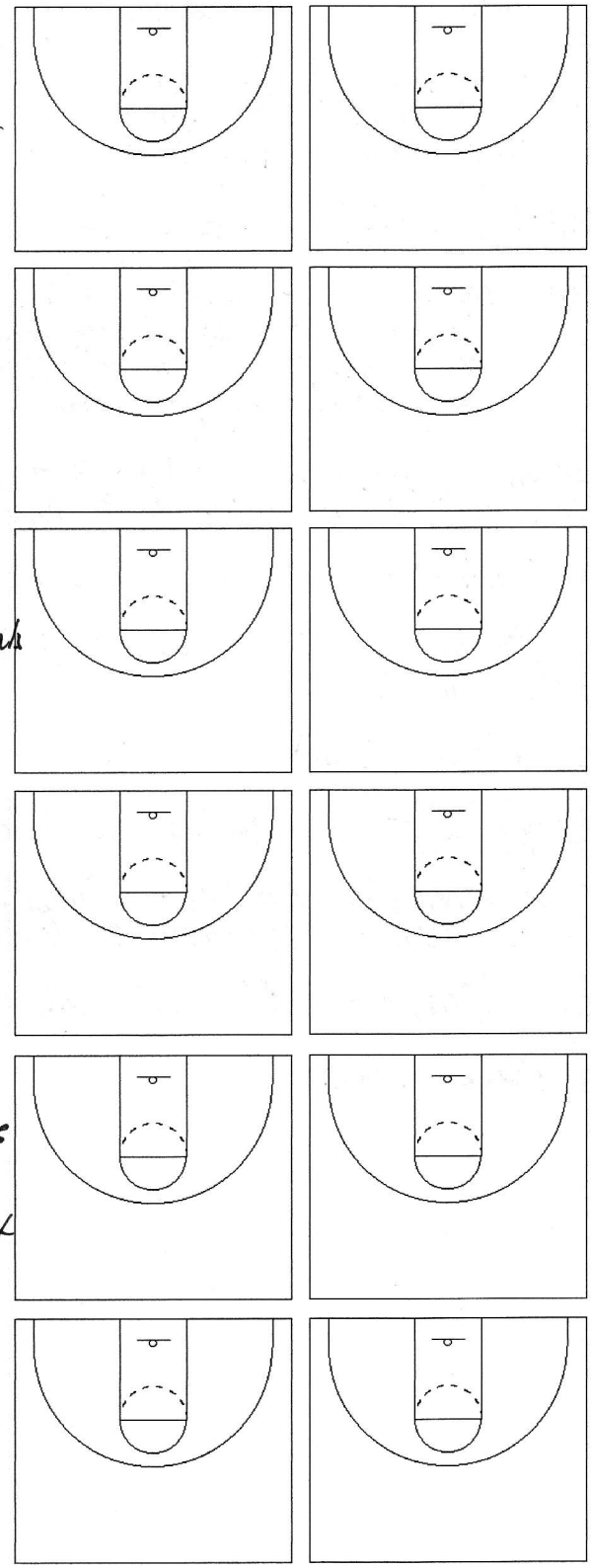
* Can be used by players in pickup games

Offense takes time to implement – Can run after 2 layers

There is a clearly defined initiator and reactor the players without the ball cannot do what they want the have 1 reaction to 1 Read

Ball handler is trained to do the right/best thing

Youth Coaches – You only need first 5 layers to be ready to play a game – Don't run the entire system with your players



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Read and React DVD #2

Teaching the offense by Layers

When to add the next layer — When they are bored with the one they are on → must be a habit - you want them to be automatic

Big Picture — There are 2 halves to R+R
1. 2 Player R+R Habits
2. 5 Player Teaching Layers

Layer 1 - Dribble Penetration Circle Movement

Three reasons to begin teaching 5 on 0
1. All players are initially perimeter pl.
2. Training is the same for all alignments
3. Develops your post players

Establish spacing to the NBA 3 - When the ball moves - you rotate to the next spot

You must reads which way the ball is being driven

If the ball drives right — everybody rotates in that direction

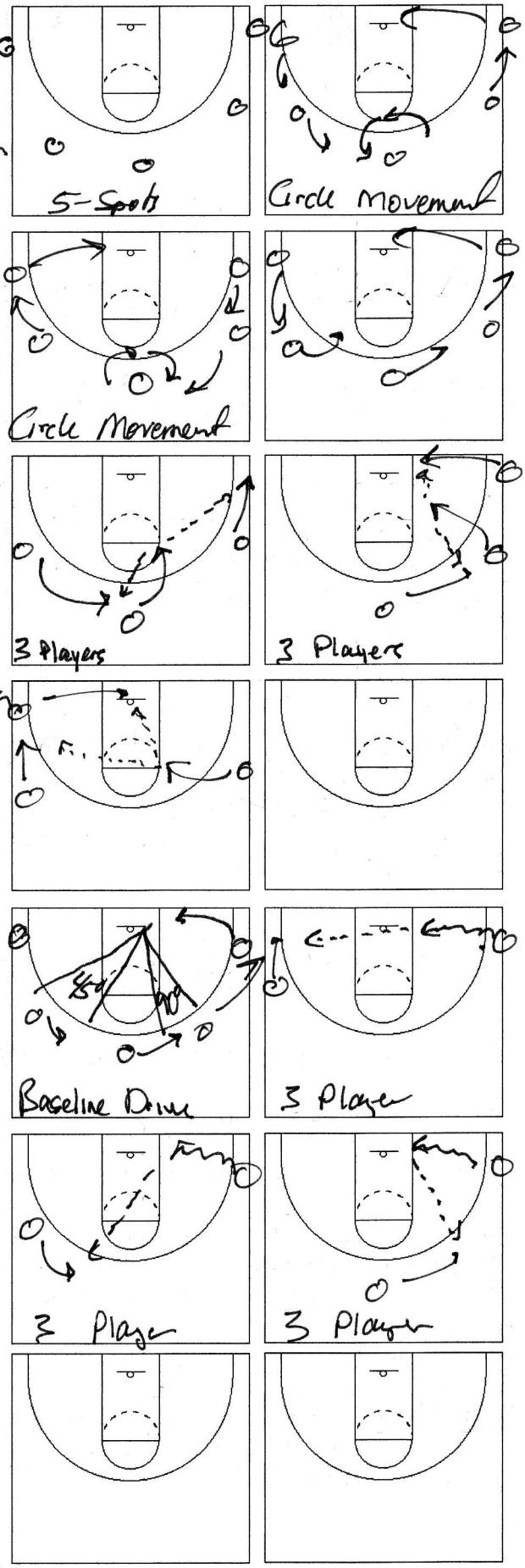
3 Player Drills

Layer 2 - The baseline Drive Adjustment

When corners drive baseline — Corner is a high priority Window that must be filled

Fill Corner - 45°, 90°, and Safety valve

3 Player Drills



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Layer 3 – Pass and Cut

Ball Defender relaxes after the pass
If you stand your defender can help
Your cut can create a shot in your spot

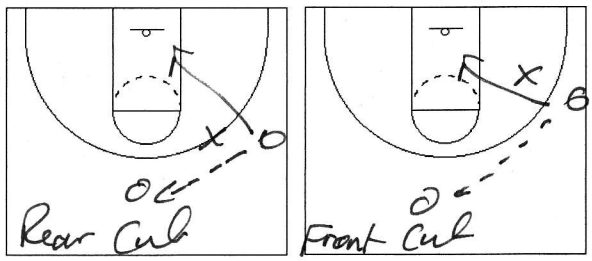
Rule #1 – You must basket cut (One spot from you) when you pass
Rule #2 Open spot are filled from baseline up

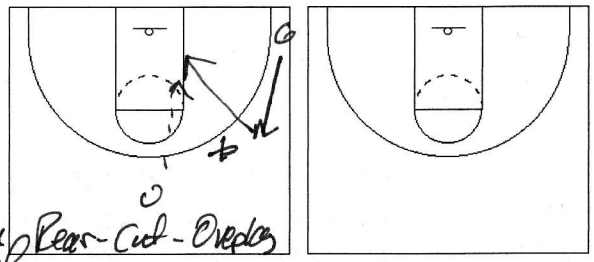
3 Scoring opportunities

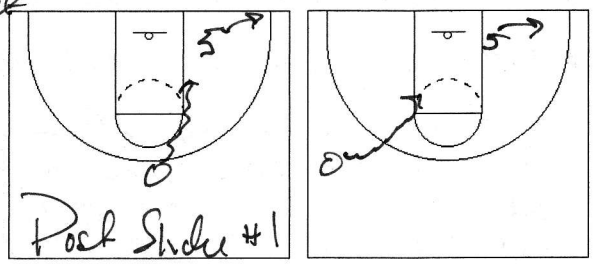
① Use the NBA 3 for spacing purposes – if your defender is below the high school 3 you are open – if he is above you must basket cut
* The 19' line become a Read line

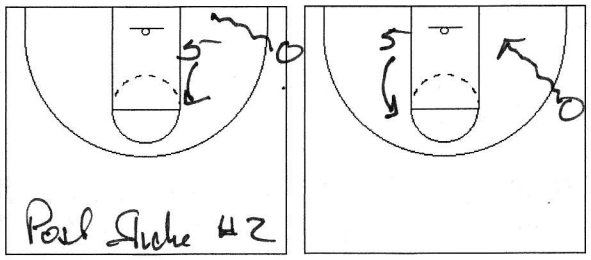
② Fill the open spot Draw your defender over the read line and then rear cut

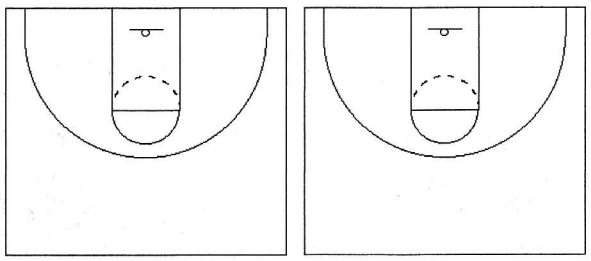
③ Give and Go – Score on front cut or rear cut – No jab step or v-cut – Take what he gives you

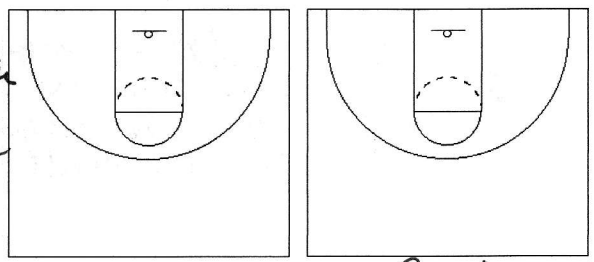












Layer 4 – Post Reactions to Dribble Penets.

Necessary because perimeter players will find themselves in the post when penetration occurs

Post Slide #1 – Step to Short Corner when ball enters the lane above you

Post Slide #2 – Slide up to FT elbow when ball is penetrated below you

Layer 5 – The Speed Dribble – E/W Dribble

The Speed Dribble can be considered pressure release

3 Types
1. Speed Dribble – First Yr. for youth team
2. Power Dribble – 2nd yr
3. Circle Reverse – 3rd yr.

} May take 3-4 wks for high level team

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Speed Dribble used by ballhandler to force a player to vacate a position

Can create a good posting situation

Can be used to set up a Fill Cut → Back Cut

Layer 6 – The Power Dribble

Layer 5, 6, 7 → Forms of Pressure Release?

Power Dribble allows you to give up the ball in a safe manner

Can get your post player off the perimeter and ball into the post

Power Dribble Stance initiates the read – this stance must be so exaggerated that team mates cannot mistakenly read the cut

* Pivot with back to goal to initiate

V-Cut → do a handoff – not a shovel Pass – from closest to team mate above ball with elbow raised – other hand below the ball → Create a Key hole forces player to go body to body

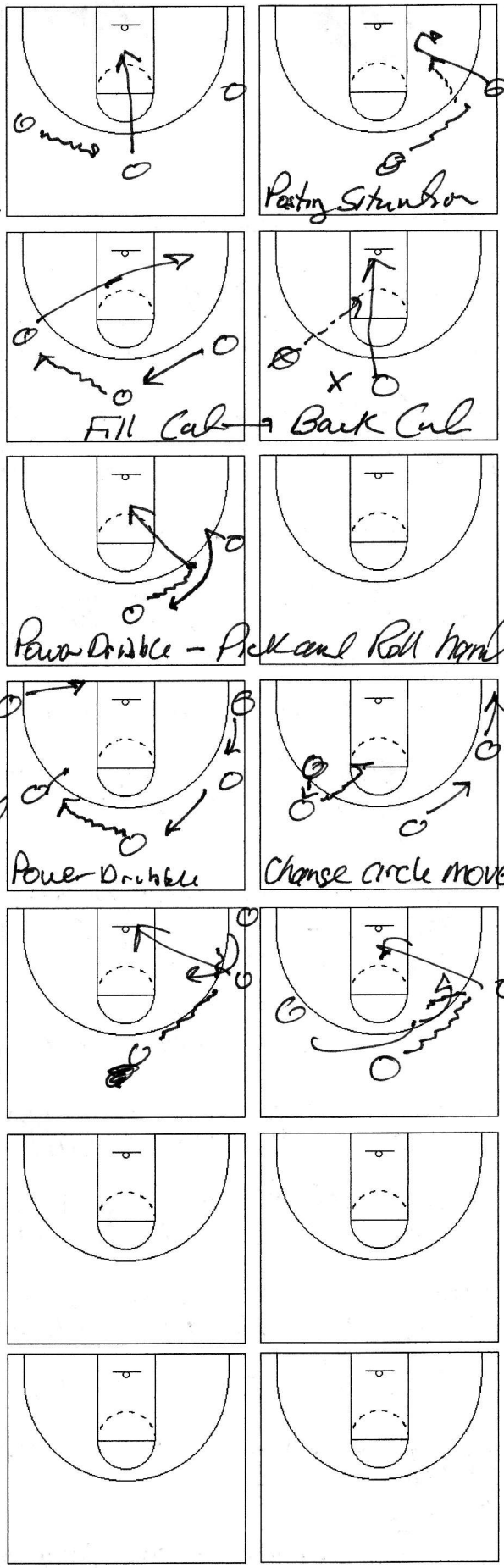
Catch the defender on your back as you roll

Murphy's Law – if wing thinks this is speed simply run power dribble to next teammate

Layer 7 – Circle Reverse

Occurs when the ball is moved to E/W when this happens Circle Reverse – honest attempt at penetration is stalled signals a reverse of the circle movement

1. Catch and Shoot – Europian 3
2. Catch turn corner and drive – when he does other players reverse your circle movements



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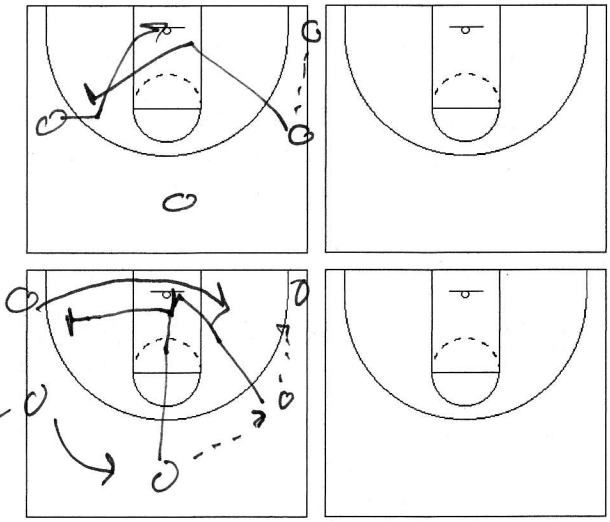
Layer 8 – Back Screens

Why? Hard to Defend
Similar to Basket Cuts
N/S Attack
Comes Naturally after basket Cut
Can create a 3pt. shot for you

How to set the Back Screen

Jump stop on the screen
Cutter can't use screen until they hear jump stop



Layer 9 – Multiple Staggered Screens

Finish your cut regardless of what traffic looks like

Second screen can be a brush screen

Layer 10 – Advanced Post Reactions

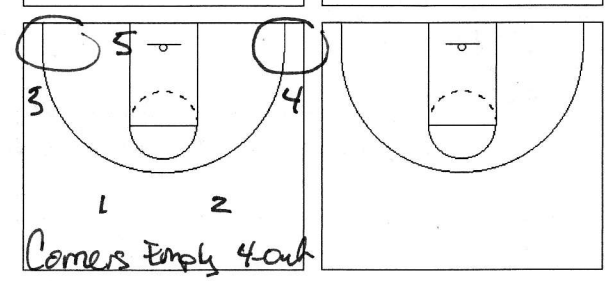
When playing 4 out your initial alignment will leave the corners empty

Post Reaction to dribble Penetration
Above the Post – get out of way
If your man goes with you – back cut

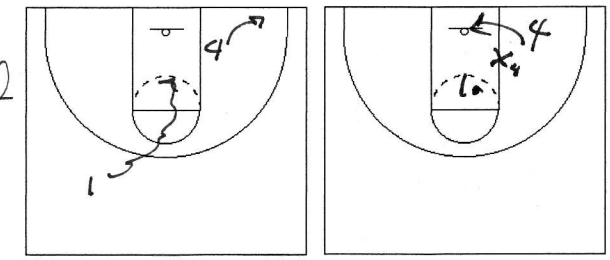
Penetration Below You – Get up the lane line – Part of 6 circle movement

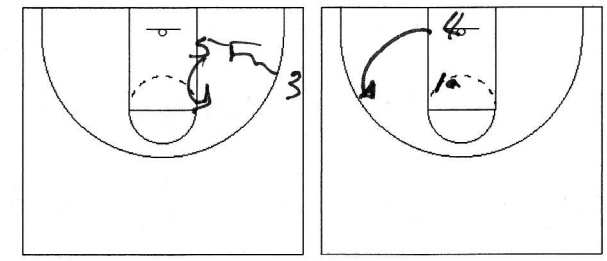
The Post can cut to the safety value

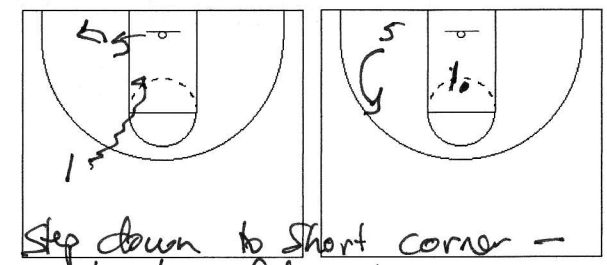
Posts do not clog up the lane – they are trained to get out of way



Corners Empty 4-out







Step down to Short corner – Circle to safety value

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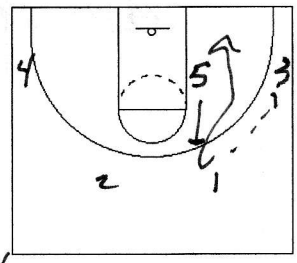
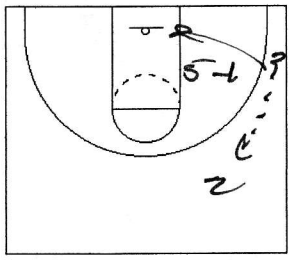
Layer 11 – 4 out → Post Blocking

① Setting screens for cutter then stepping up
To keep it simple – Keep him on one side of the floor

Adjustments for perimeter in 4-out → None!

② Can be the second or third screener – if there has already been a backscreen





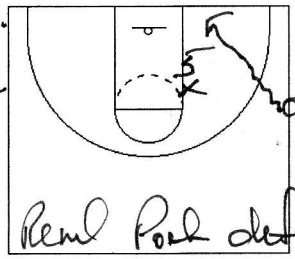
Layer 12 – Post Passing

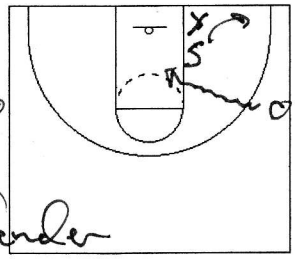
Player Reactions when feeling the Post

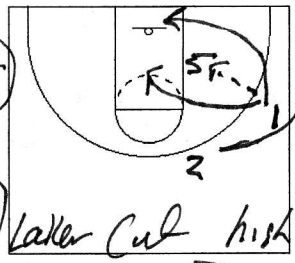
① Pass and Cut – Lane Cut (High or Low)
High – to the elbow
② Low – Below the Block

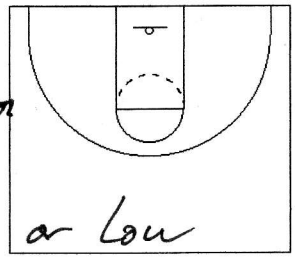
Can be taught to Youth team at an earlier time – It parallels their basic rules

③ If the defense bumps your cut – you simply go the other direction

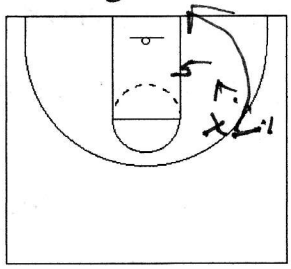


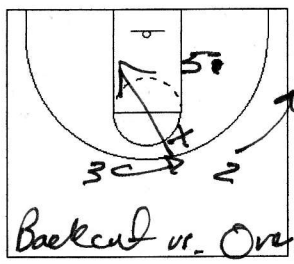






Circle movement creates scoring options for other three players

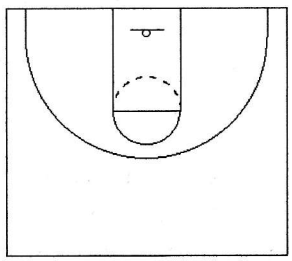


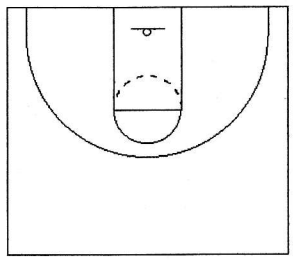


* Sometimes defender will extend beyond the read line → allowing you to backcut

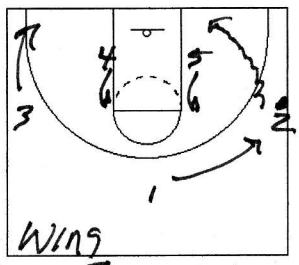
4. Relocate – Fill the Corner

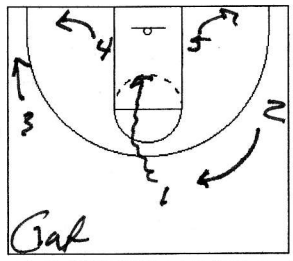
5. X – Cut – Set Screen at elbow and then slip to the Rim





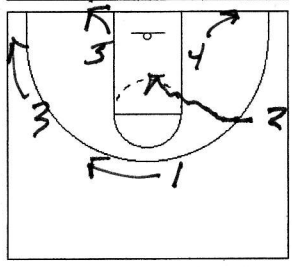
These options apply to the finder anywhere on the floor

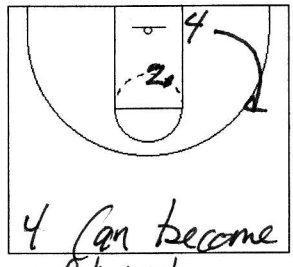




Layer 13 – 3 out Drive & Penetration

No adjustments with 3 out look





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Level 14 - Pin and Skip

Countering helping defence

Can be taught earlier - at higher levels

On the weakside of the floor you are reading your man - Pin Screen the Middle defender who has the longest recovery to his man

Screener needs to set hard - bringing your man with you

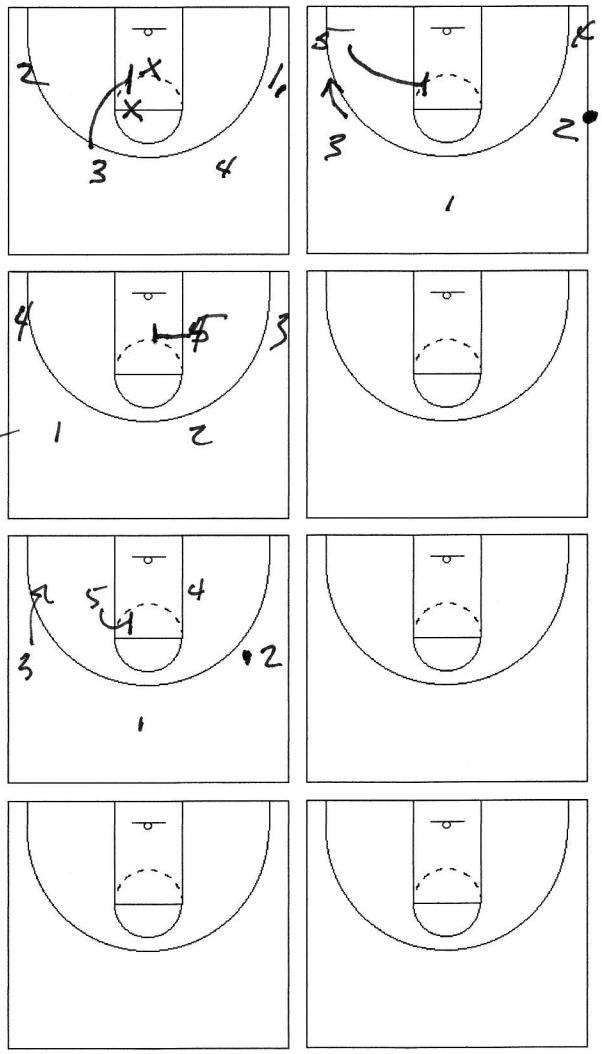
Call "Pin" - Cutter shows hands and relocates → he can then shoot, drive the close out, or feed the post

The Screener has to seal

Post can pin screen when he is on the helpside. When he is ballside, the Screener is a perimeter player

3 out 2 in → Both posts are pin screeners

Great set for the Zone

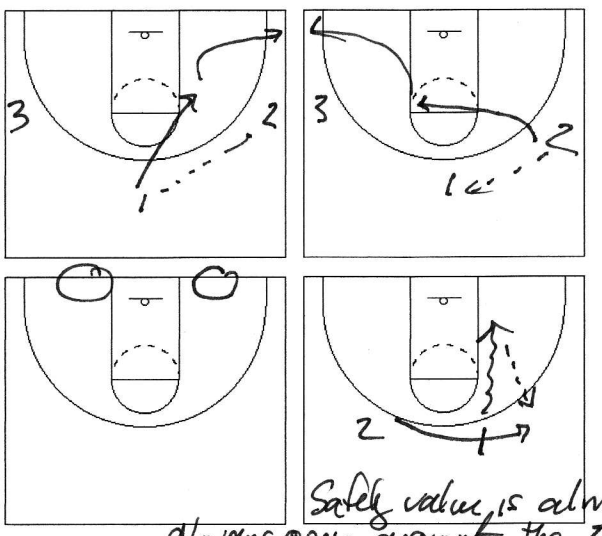


Layer 15 - Attacking Zones

Use the same habits you already have

Adjustments

1. Pass and Seam Cut - look for an opening
2. Add the Short Corner as a spot Cutters can stop here - a short corner catch is like baseline drive
3. Penetrate and Pitch more
4. The Safety Valve advantage



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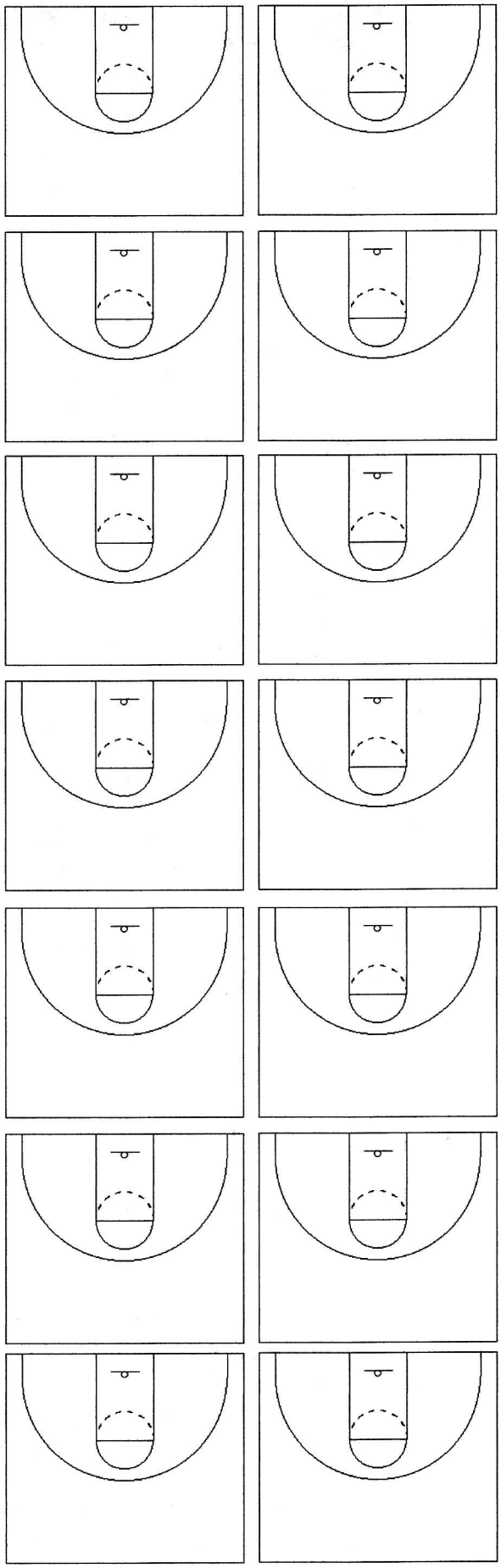
5. Pin and Skip - All zones are ready made for pin and skip - All zone look the same from the wing

* Pin/Skip - Catch - Penetrate - Pin and Skip



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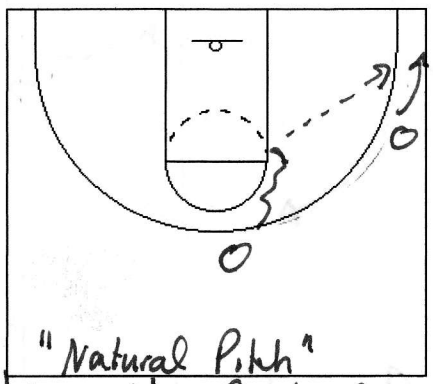
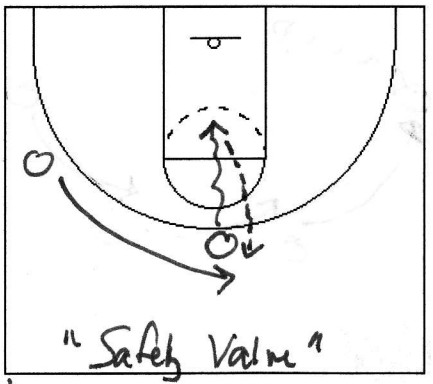
Drills to Build The Read and React



"Natural Pitch"

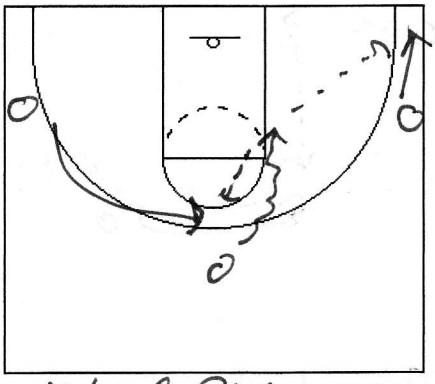
Layer 1 – Circle Movement

2 Players – Run with 1 Coach | 1 or 2 Players



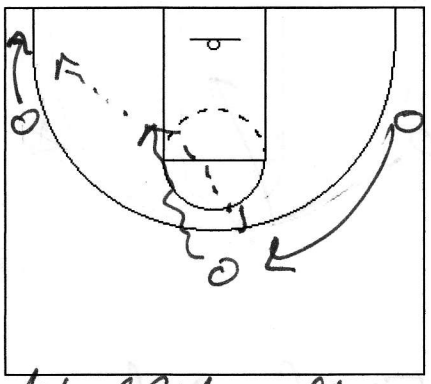
"Safety Valve"

Can Run w/ 1 Coach OR 1 or 2 Players

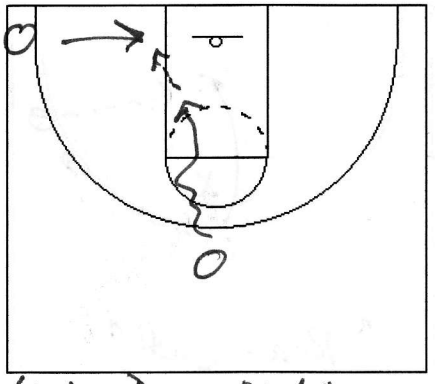


Natural Pitch or Safety Valve

3 Player

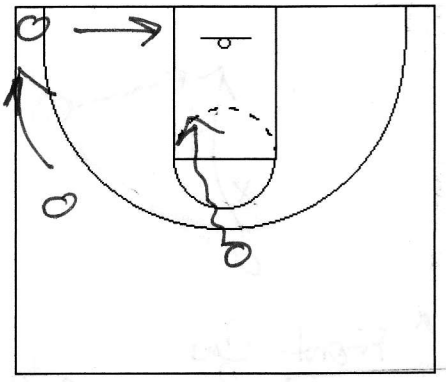


Natural Pitch or safety valve

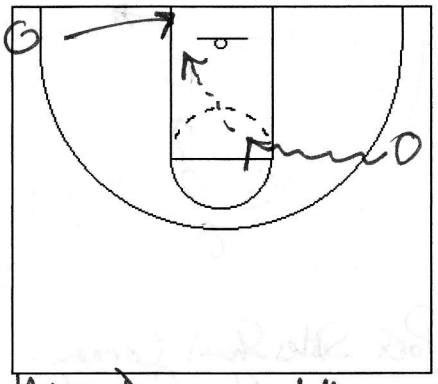


Uptop Drive Middle → Choose pitch or dish

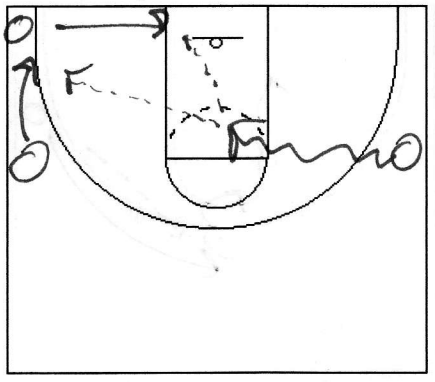
2 Player

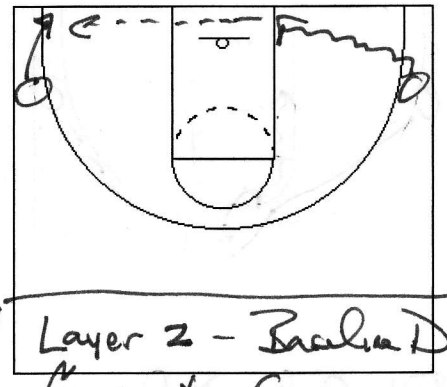


3 Player



Wing Drives middle Choose Pitch or Dish





Layer 2 – Baseline Drift

Corner to Corner

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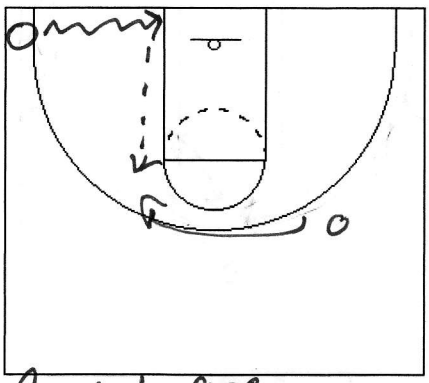
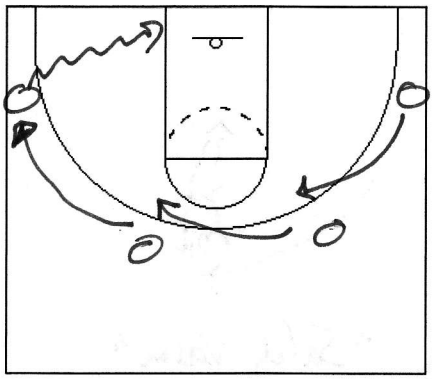
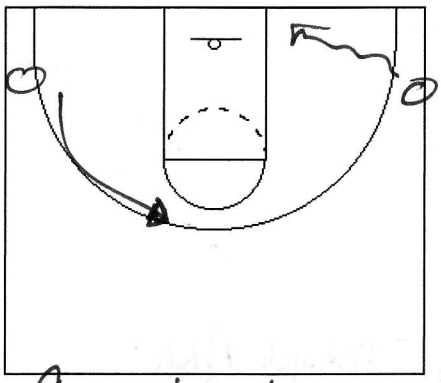
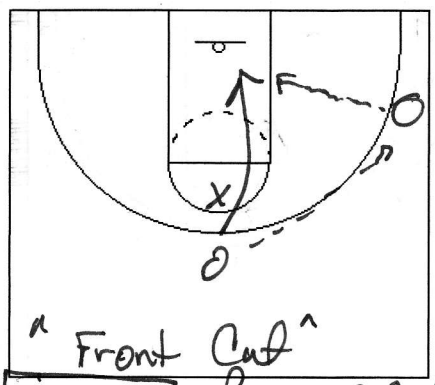


Corner to 90°



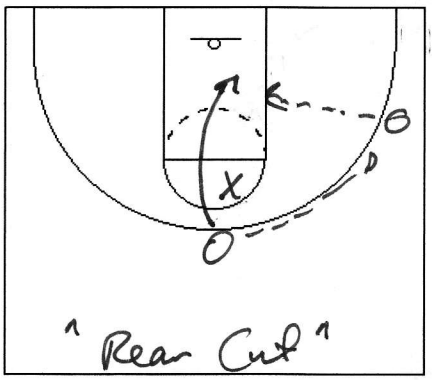


Corner to 45°

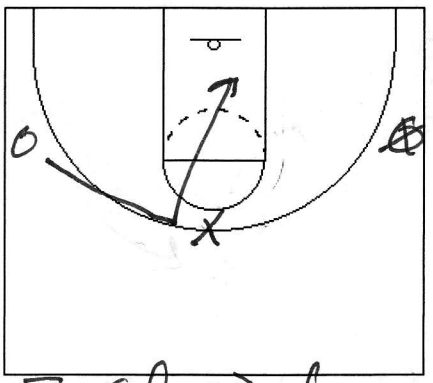


^ Front Cut ^

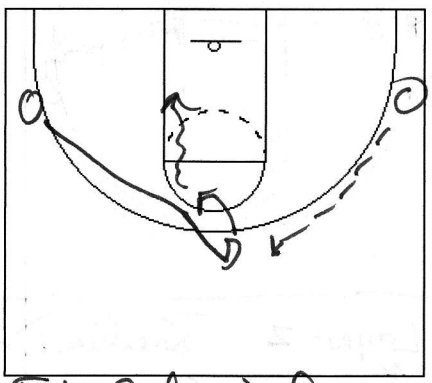
LAYER 3 – Pass and Cut



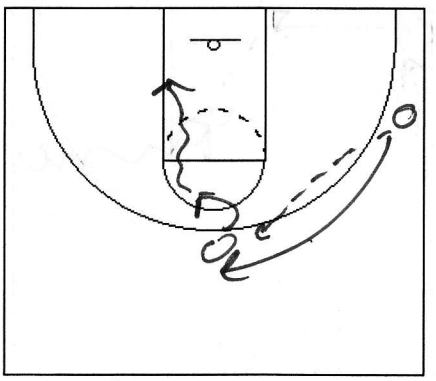
^ Rear Cut ^



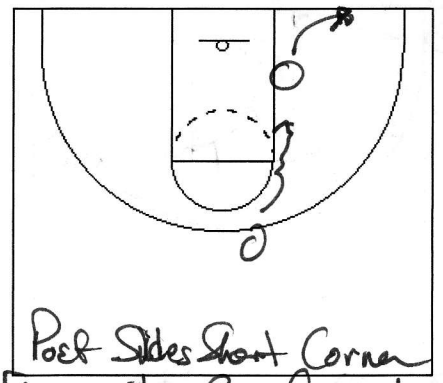
Fill Cut – Defence over Rear Cut



Fill Cut – Defence over recovers → sweep and Go



overplay sweep into safety valve



Post Sides Short Corner

Layer 4 – Reactions to Dribble Penetration

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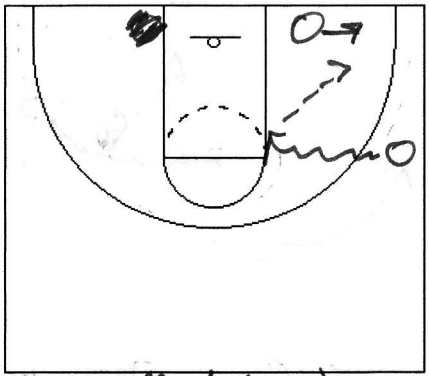
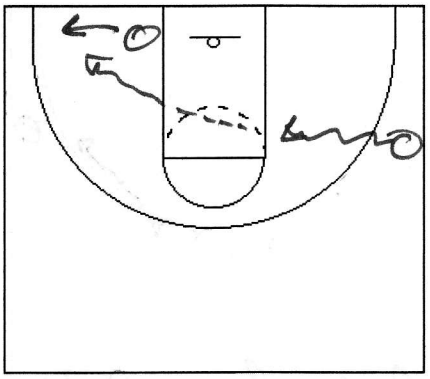
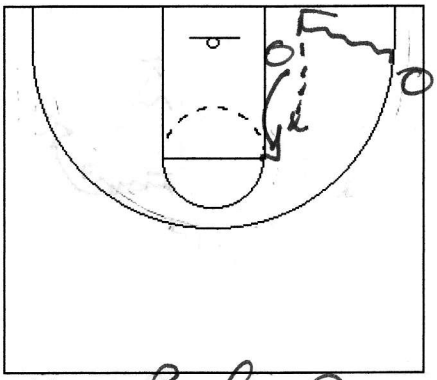


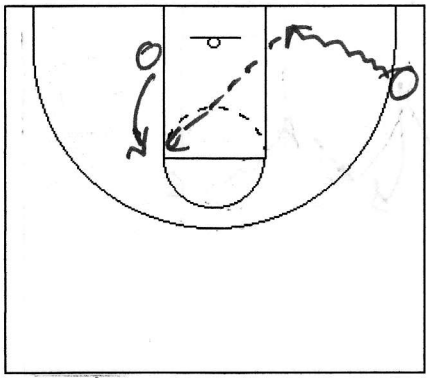
Wing Middle Drive



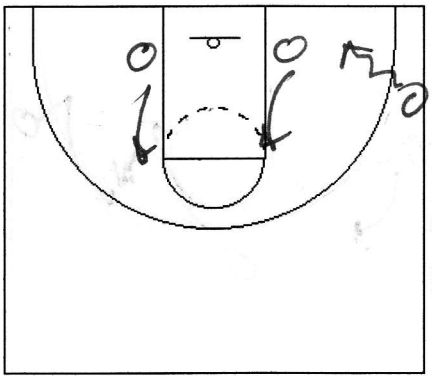


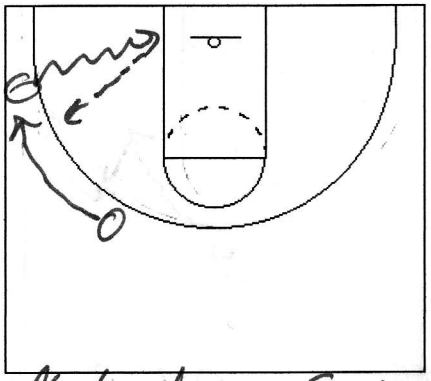
Wing Baseline Down

90°

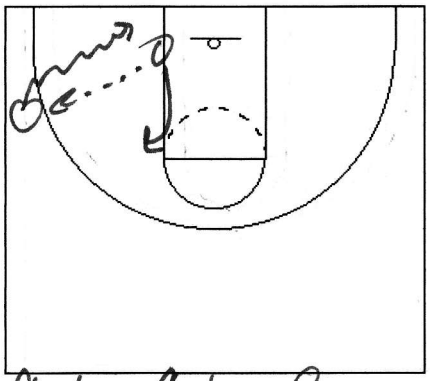


45°

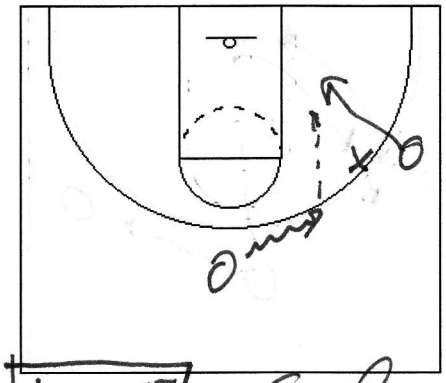




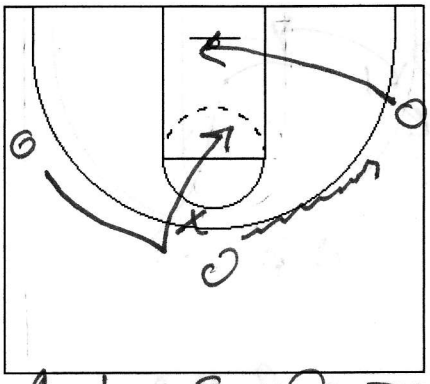
Combination - Circle to Safety Value up Post I-Cut



Comb → Continue Post I-Cut



Layers → Speed Dribbly



Comb. Spin → Fill Cut → Back Cut

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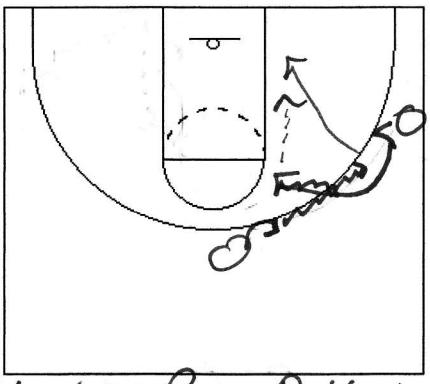
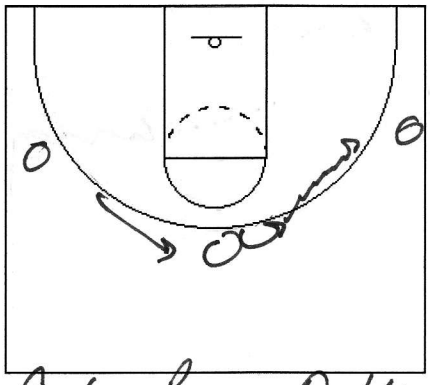
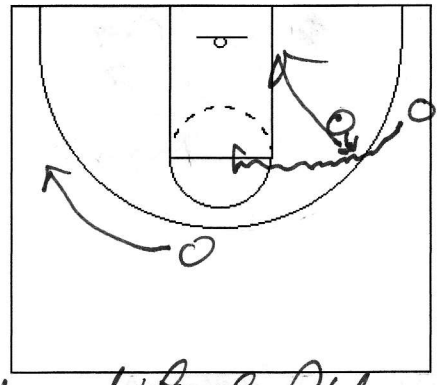
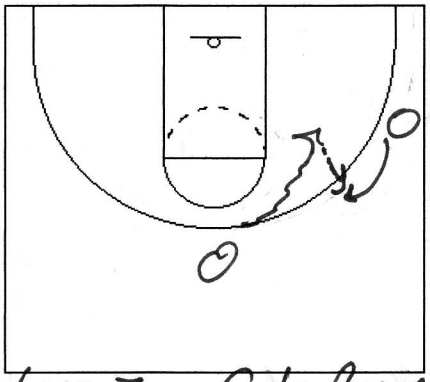


Level 6 - Power Dribble

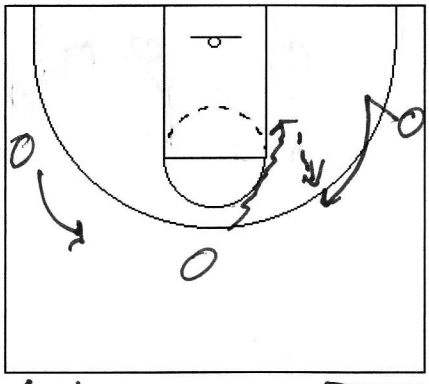


Comb. Power Dribble to Natural Pitch

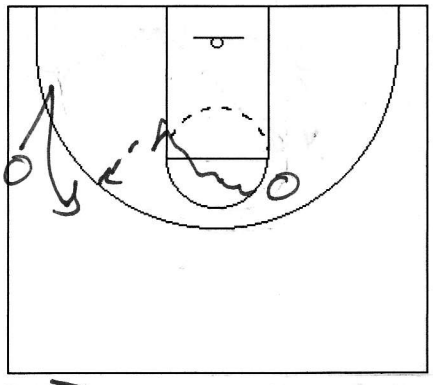


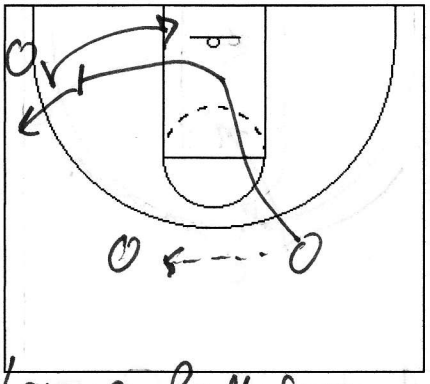


Layer 7 - Circle Reverse

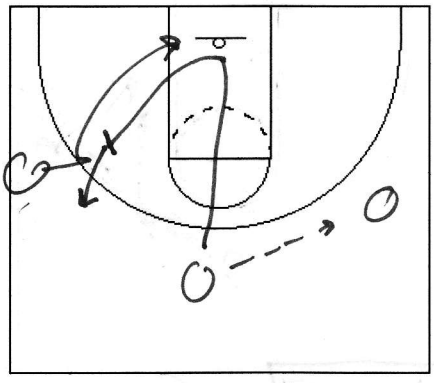


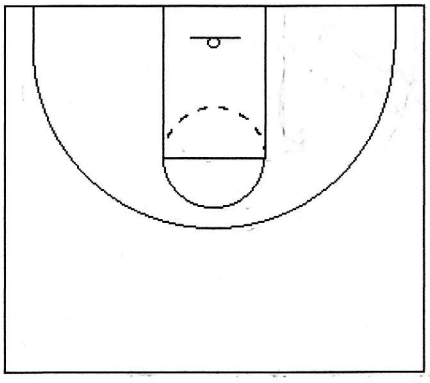
Comb. 2 Circle Reverses in a Row





Layer 8 - Back Screen





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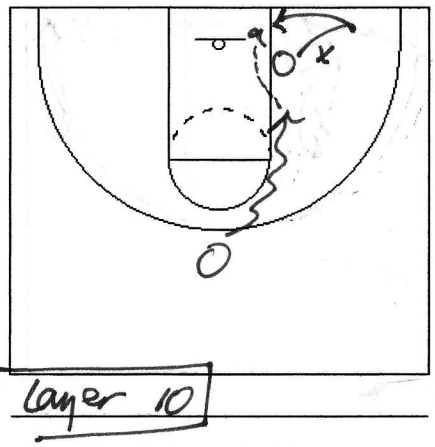
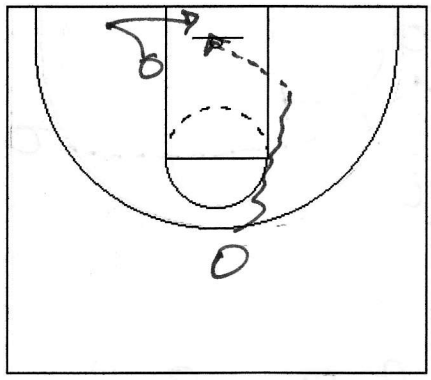
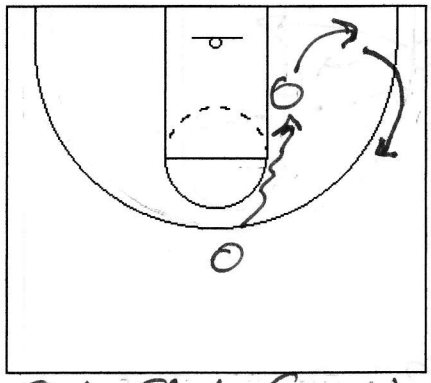
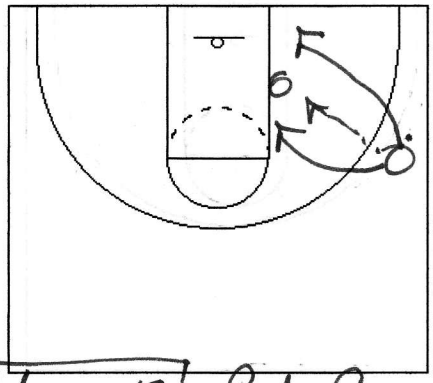


Layer 10

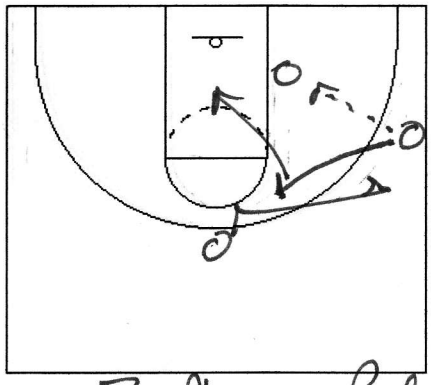




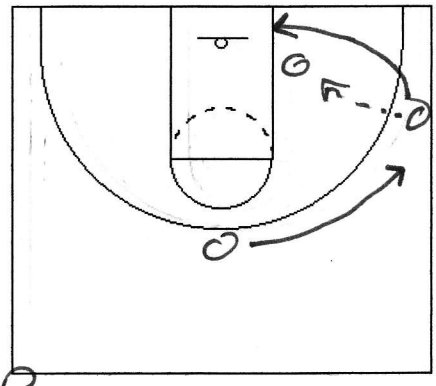
Slide Short Corner to Safety valve

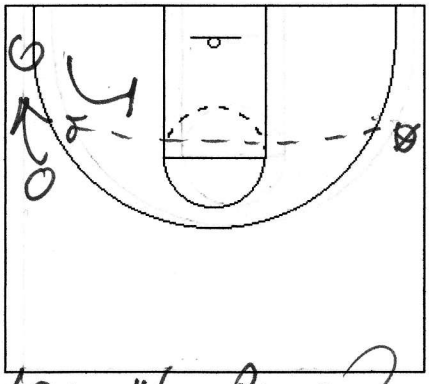


Layer 12 - Post Passing Laker Cut

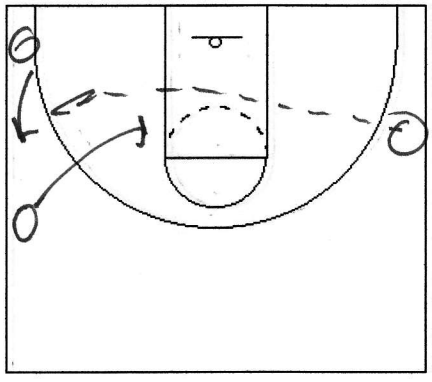


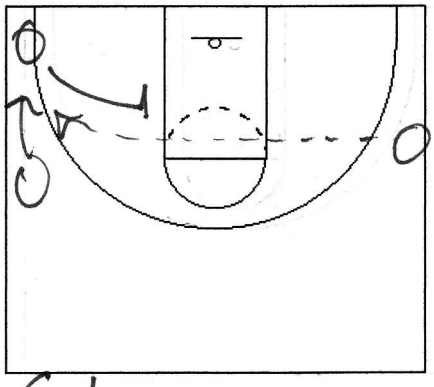
3 Player Post Passing





Layer 14 - Pin and Skip





Combo

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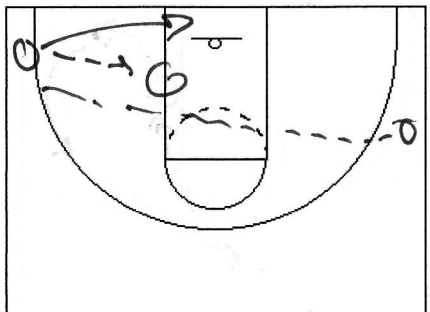
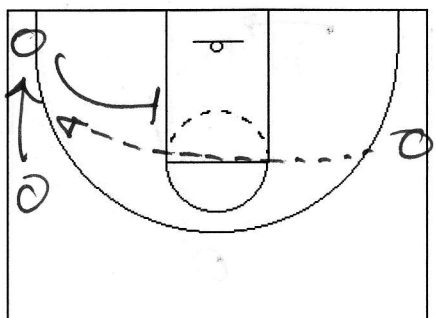
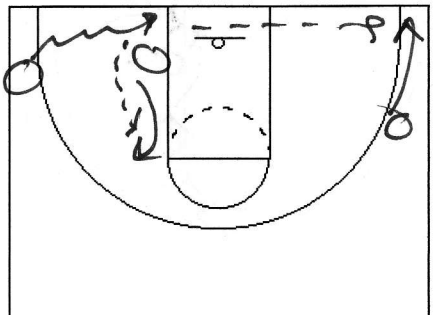
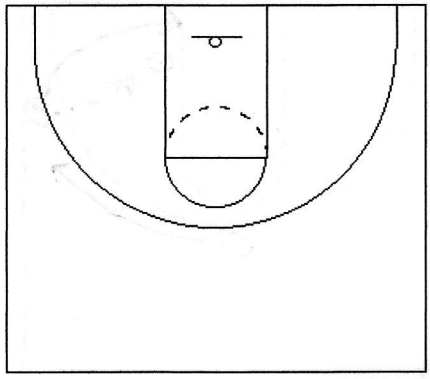


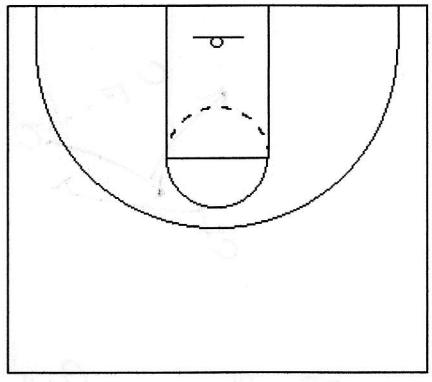
Pin Skip - Lakers Cut

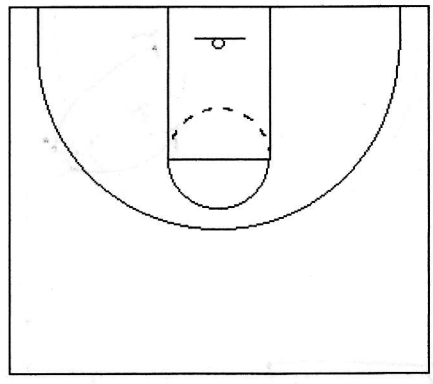


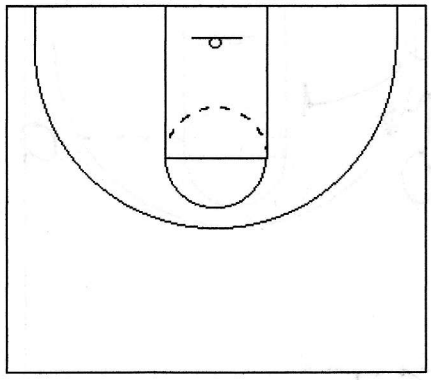
Pin-Skip Backing Down T-cut Drift

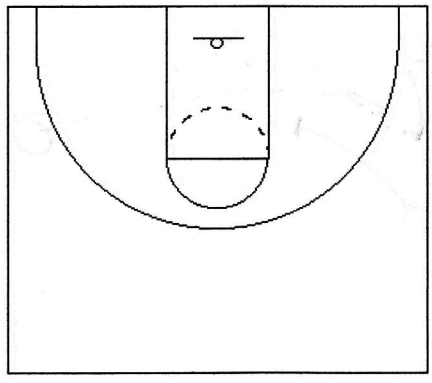


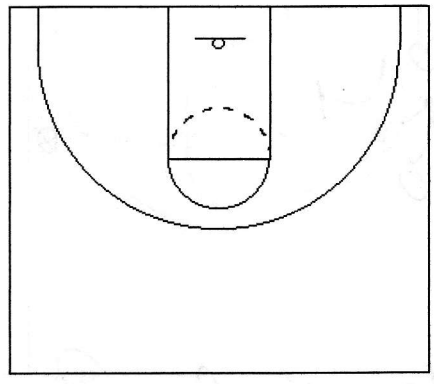












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PETE CARRIL´S PRINCETON BACK DOOR OFFENSE



UNIVERSIDAD EUROPEA DE MADRID
13-14 NOVIEMBRE
DE 2006





http://www.hoophall.com/halloffamers/Carril.htm

High School:

- Liberty High School (Bethlehem, PA) (1944-48)

High School Playing Highlights:

- All-State (1948)

College:

- Lafayette College (Easton, PA) (1948-52)

College Playing Highlights:

- Four-year letter winner
- Earned All-State and Little All-America honors (1952)

High School Coaching:

- Reading (PA) High School (1959-1966)

Highschool Coaching Highlights:

- Reading record: 145-42

College Coaching:

- Lehigh University (Bethlehem, PA) (1966-67)

- Princeton University (1967-97)

College Coaching Highlights:

- Overall college coaching record: 525-273
- Lehigh record: 11-12
- Princeton record: 514-261
- In 29 seasons at Princeton, his teams recorded only one losing season
- Led Princeton to 13 Ivy League championships and 13 postseason tournament bids (11 NCAA, two NIT)
- Posted 10 seasons with 20 or more wins
- Princeton teams led the nation in defensive points allowed 14 times
- Coached 13 players that were drafted by the NBA or ABA
- Ended his career as the only Division I coach to record 500 wins without ever providing athletic scholarships
- Earned his 500th victory following a 64-54 win over Cornell
- His 525th win came in the first round of the 1996 NCAA Tournament over defending champion UCLA, 43-41
- Led Princeton to the National Invitation Tournament championship over Providence College, the Ivy League's only NIT championship (1975)

Pro Coaching:

- NBA Sacramento Kings, assistant coach (1997-present)

Pro Coaching Highlights:

- The 1998-99 Sacramento team posted its first winning season in 15 years

Bio:

Born: July 10, 1930 in Bethlehem, PA.

One of the most likable and dedicated coaches in basketball history, Pete Carril spent 43 years of his life committed to coaching excellence. After seven years at the high school level and one season as head coach at Lehigh University, Carril took over the basketball program at Princeton University in 1967. Upon his retirement at the end of last season, Carril was the only Division I coach to record 500 wins (525-273) without ever providing athletic scholarships. In his first season at Princeton, Carril posted a 20-6 record, the first of ten 20-win-or-more seasons.

Featuring players that were often overmatched physically by opponents, Carril instilled a regimented, disciplined and fundamentally sound brand of basketball that made the Tigers a difficult opponent to play. Carril's Princeton teams won with textbook basics-an unselfish offense and team defense. A Bethlehem, PA, native, Carril's Tiger teams led the nation in scoring defense 14 of the past 21 seasons, including the last eight in a row. Over Carril's 29 seasons, Princeton won 514 games, recorded only one losing season, won 13 Ivy League Championships and earned 13 postseason tournament bids (11 NCAA, 2 NIT). In 1975, Carril led Princeton to the Ivy League's only NIT championship. Princeton's NCAA tournament appearances have been memorable, including a near-victory over then-number-one-ranked Georgetown in 1989 (50-49), and a thrilling last second victory over defending national champion UCLA (43-41) in 1996. Carril currently serves as an assistant coach with the NBA's Sacramento Kings.

PETE CARRIL´S PRINCETON BACK DOOR OFFENSE

"…offensive skills dictate what happens, but without skills the defense dictates"

" Players miss shots when they take bad shots, players miss shots when they don´t think they can make the shot"

"…always trying to help someone out"

"when closely guarded, go back door"

"watch the person in front of you, they show you what to do".

"good spacing creates scoring opportunities".

"everybody with the ball is a point guard"

"el que no tira bien siempre esta desmarcado nadie le defiende"

Pete Carril

BASIC OFFENSE

1. CUTTING
2. SCREENING
3. PASSING
4. SHOOTING (ACCURATE)

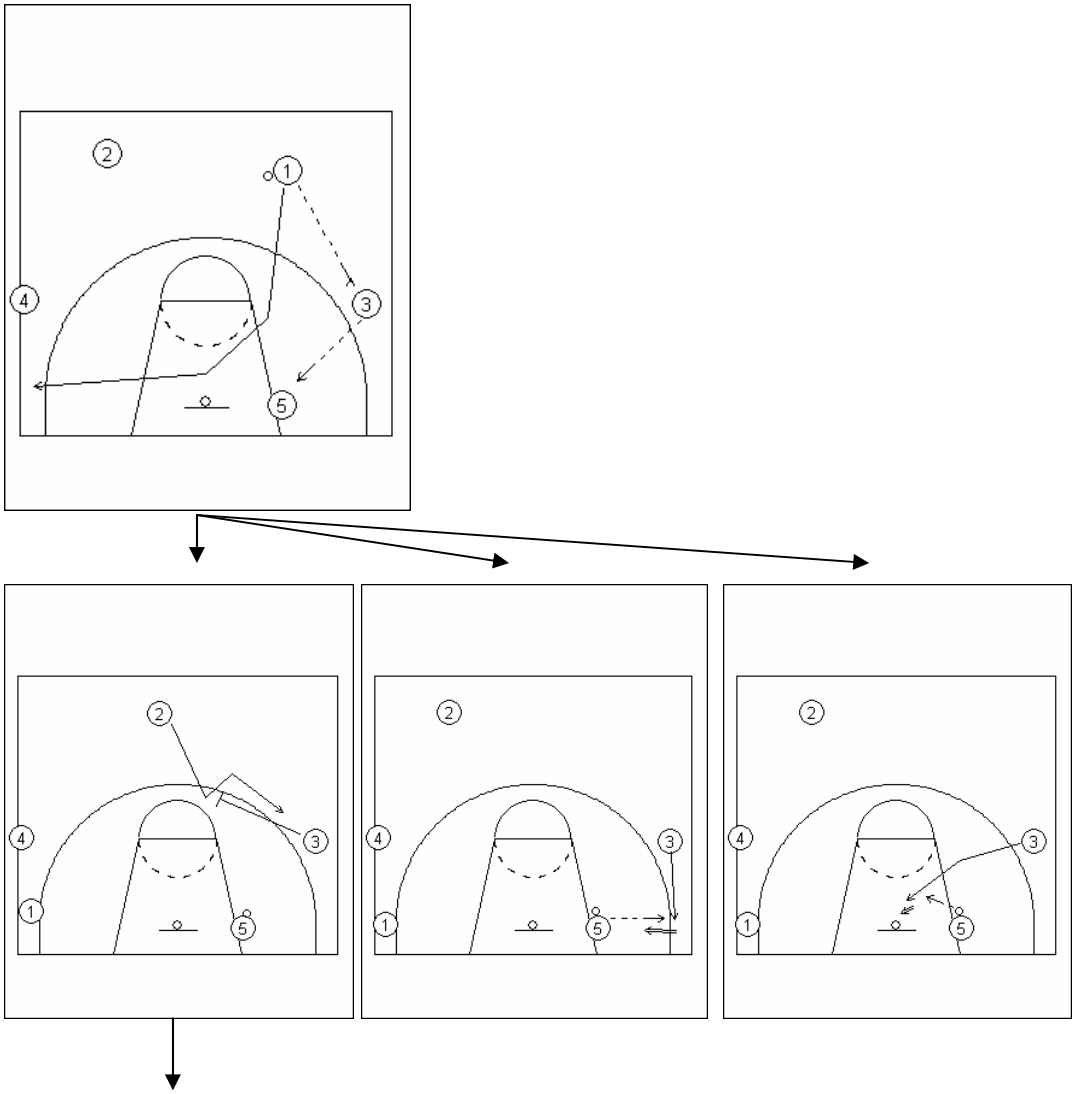
BASICS

- DRIBBLING
- PASSING
- SHOOTING

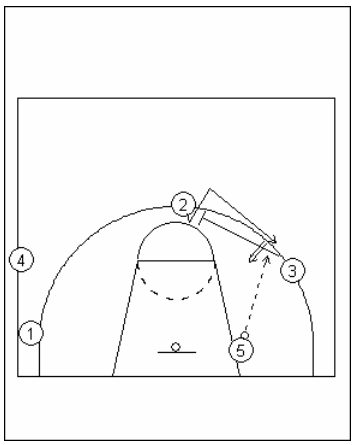
BACKDOORS

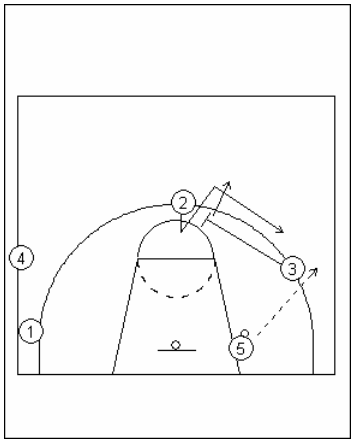
SCREENING TECHNIQUES

LOW POST PLAY.



PLAYS OFF THE SCREEN. 6 OPCIONS

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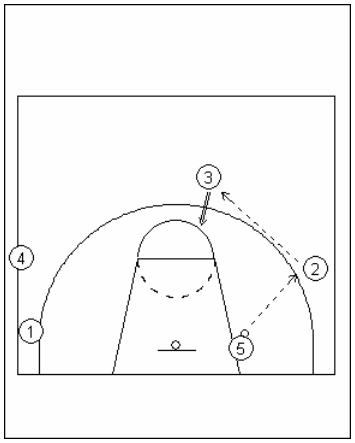
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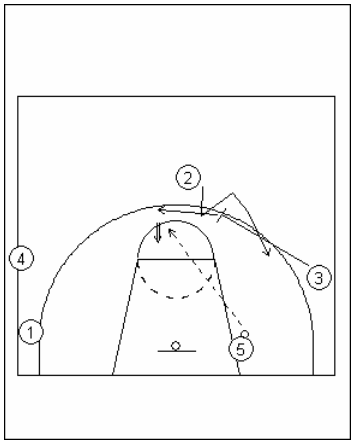
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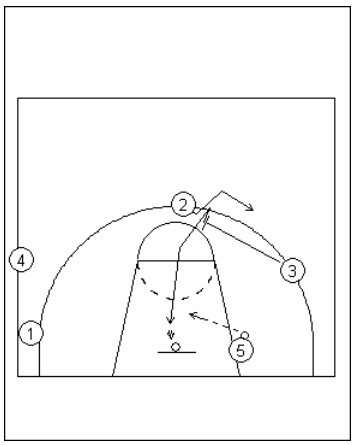
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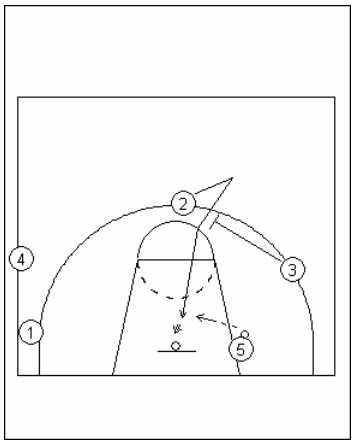
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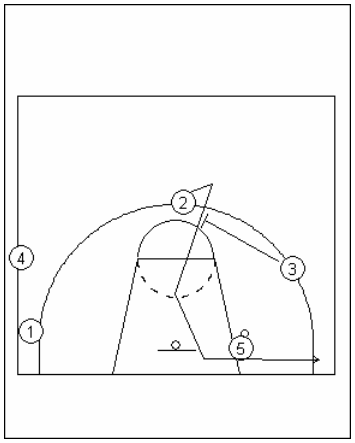
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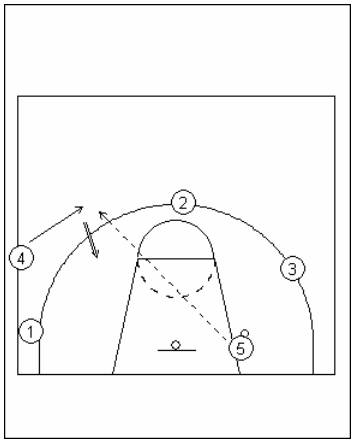
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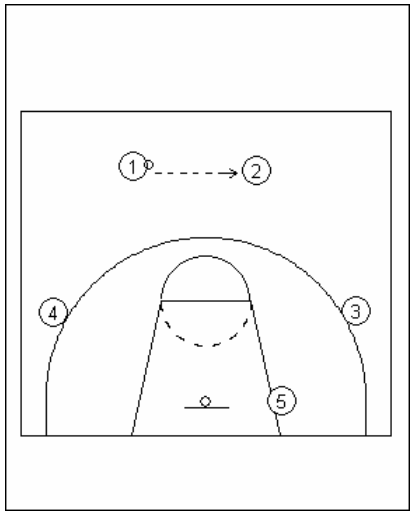
GETTING INTO THE OFFENSE



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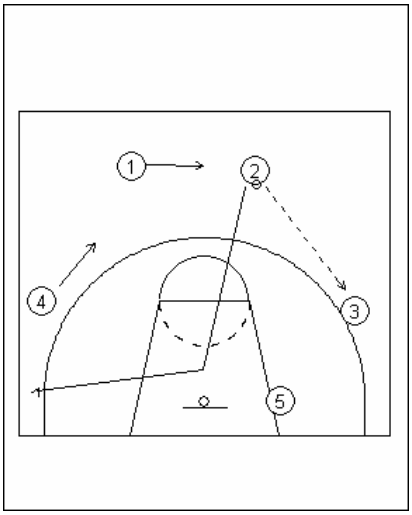

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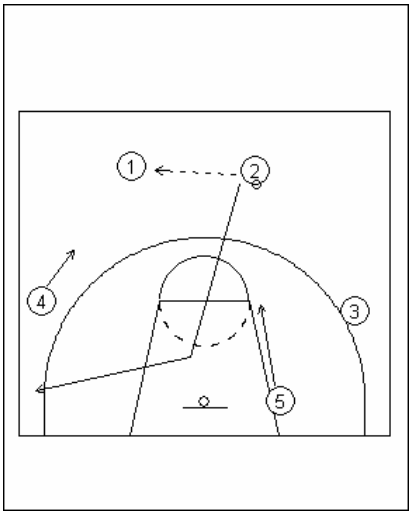
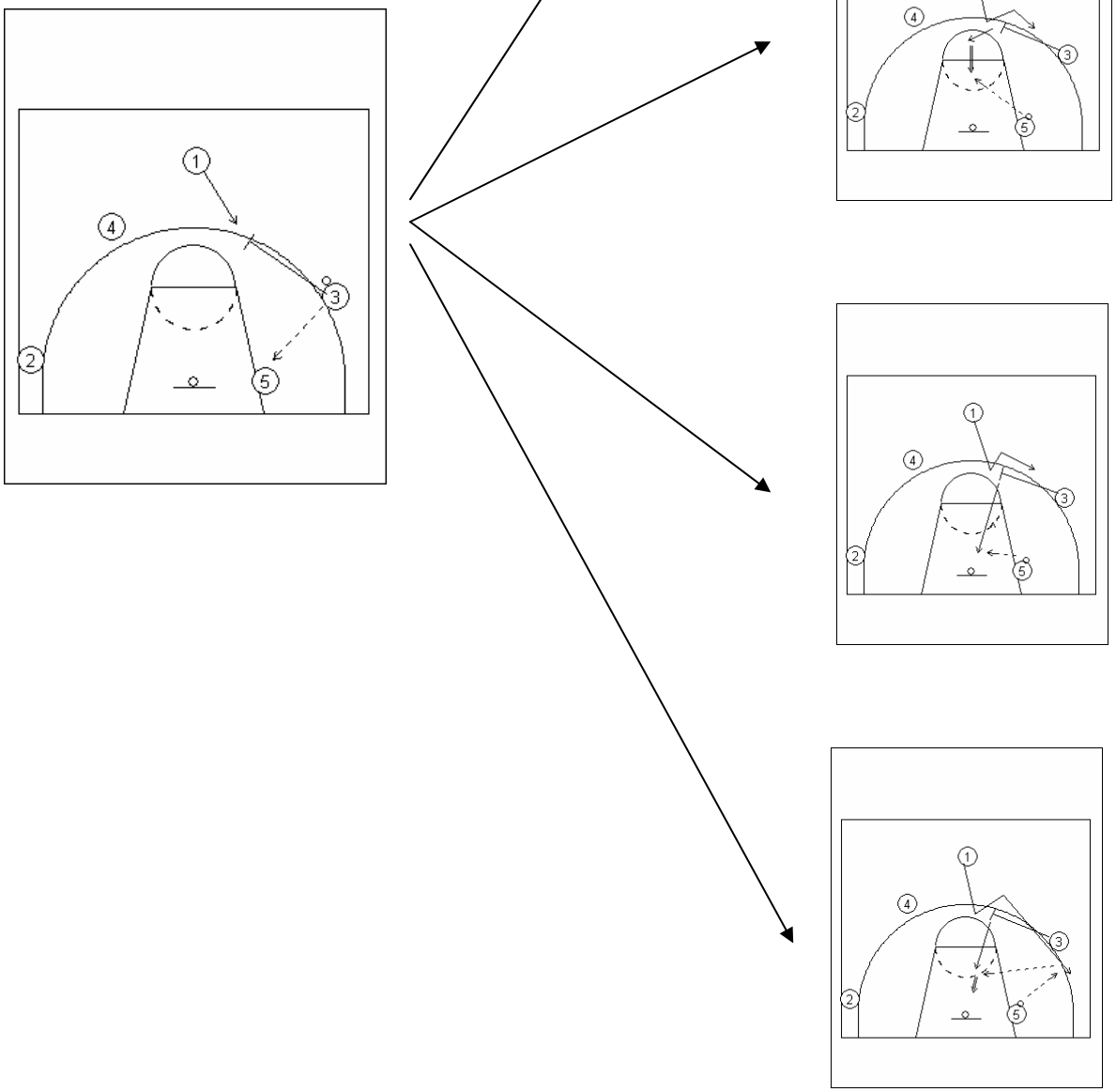
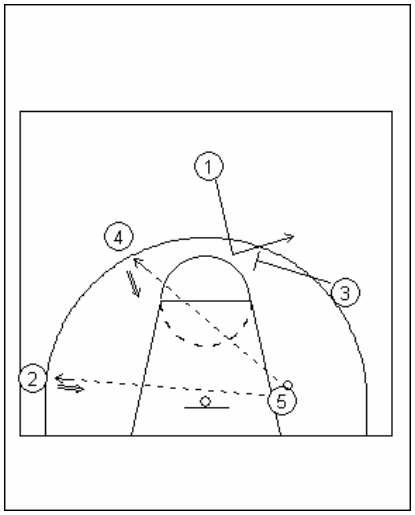


Low Post play

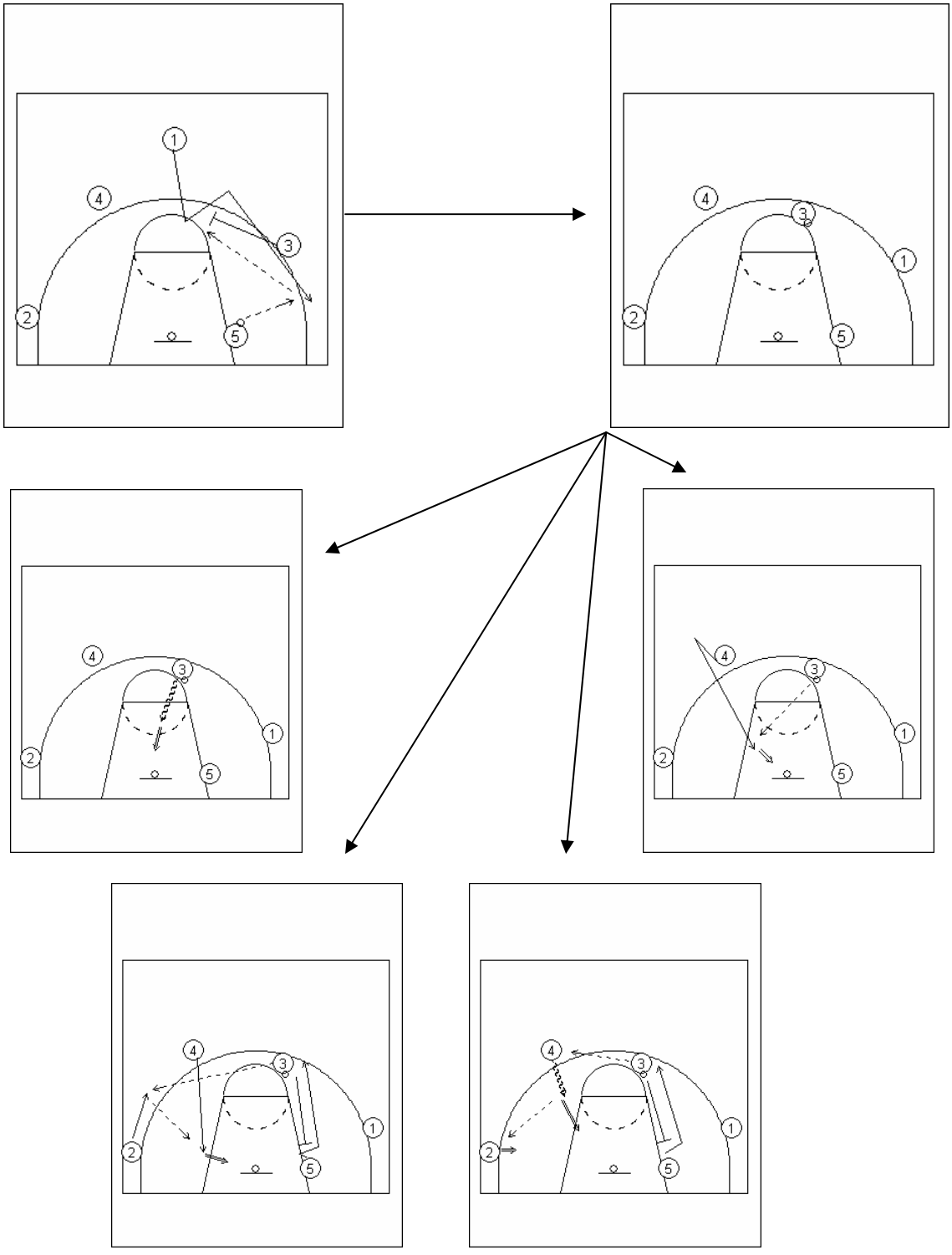
OPTION A

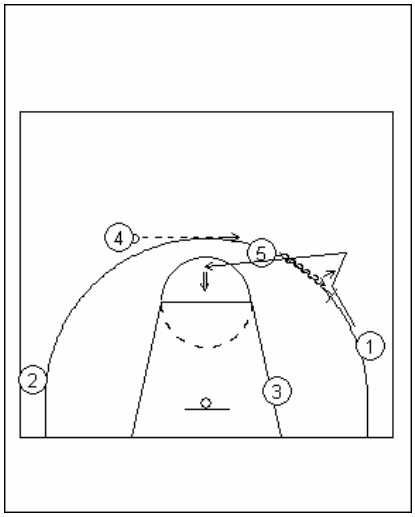


GOING CROSS COURT



SWING THE BALL

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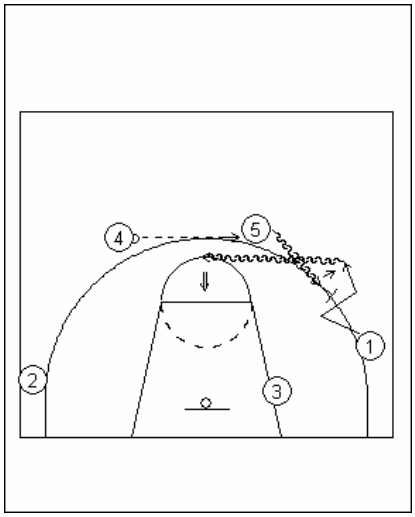
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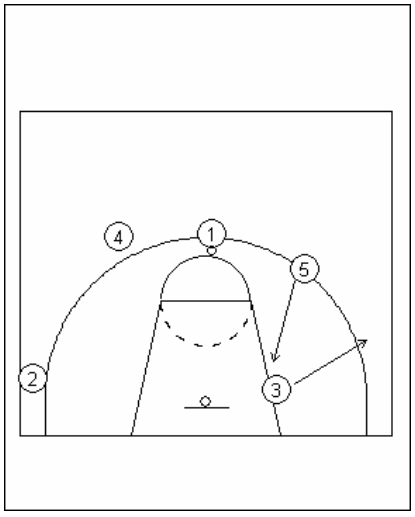
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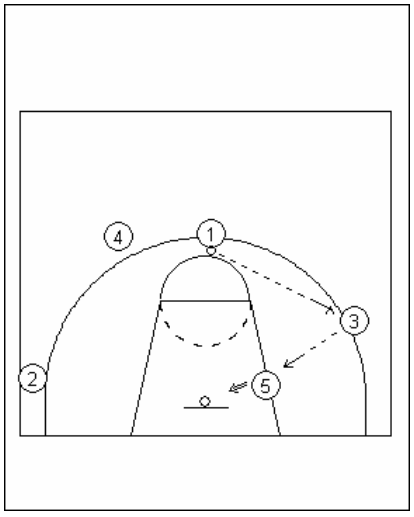
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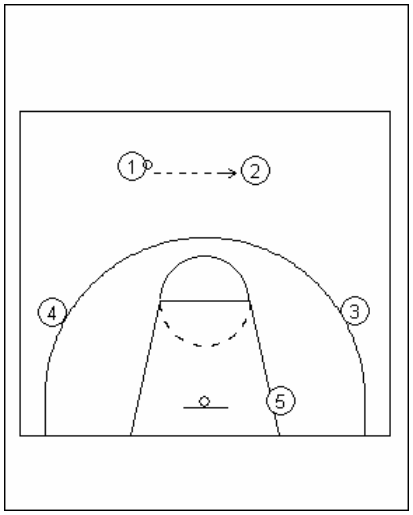
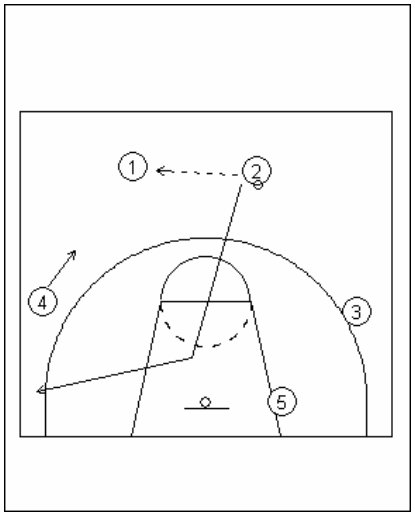
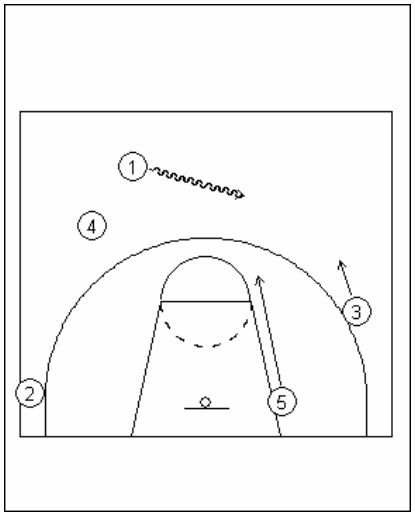
OPTION B

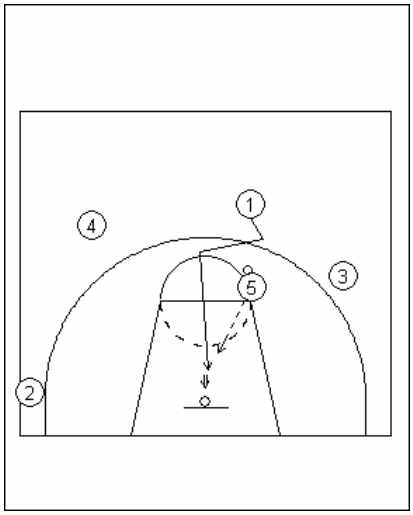
GETTING INTO A ONE GUARD FRONT



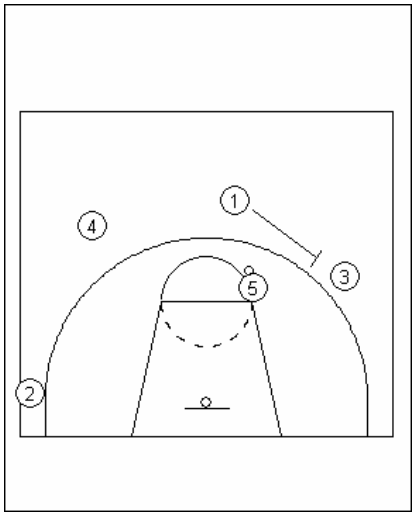


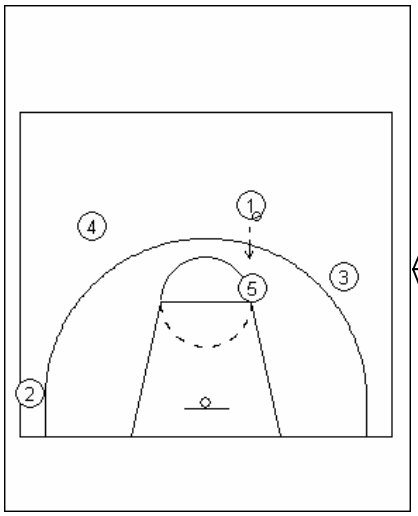


GO BACK DOOR

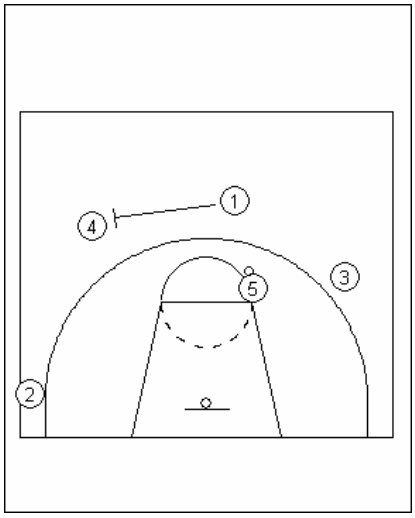


SCREEN TOWARDS THE BALL

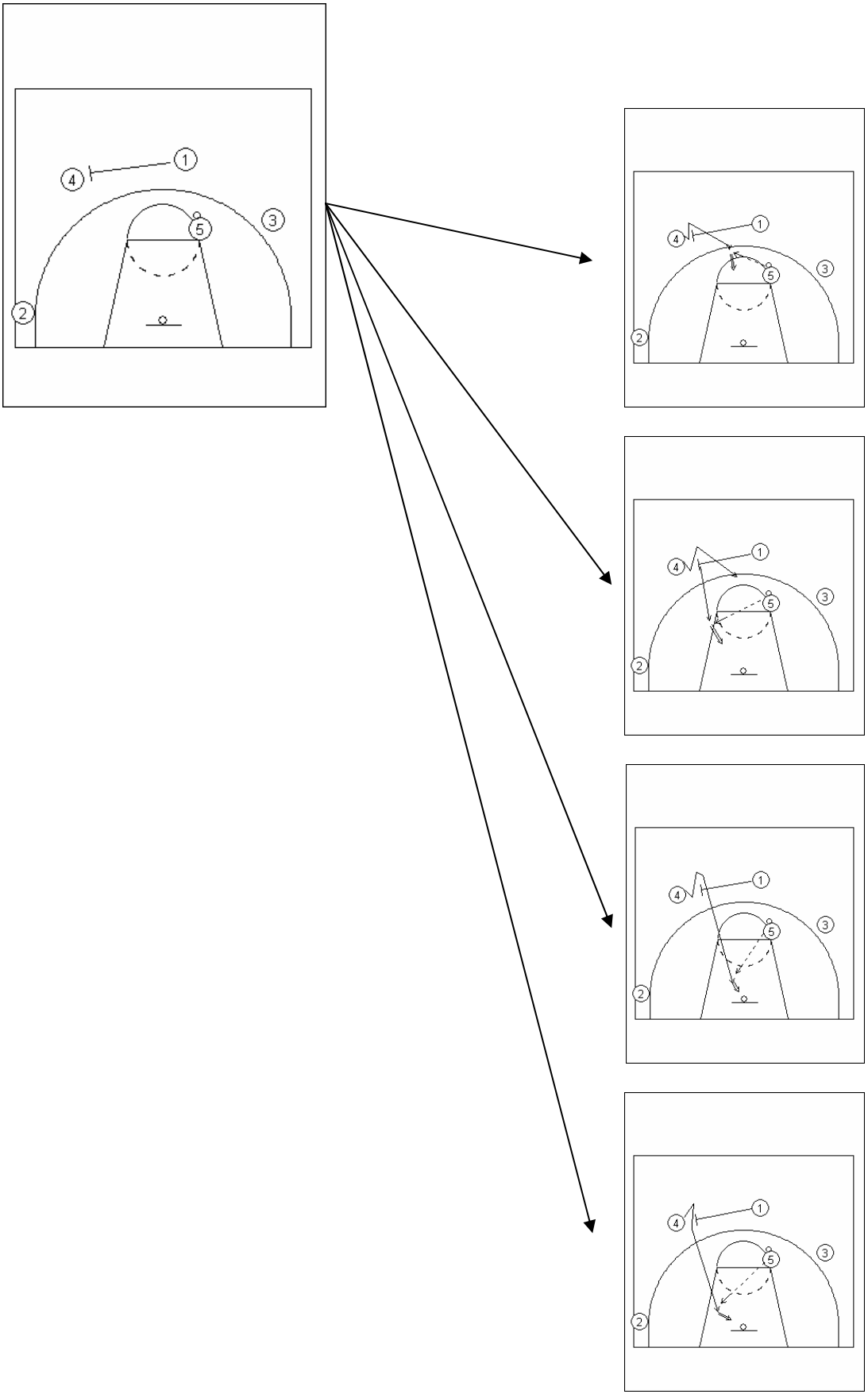




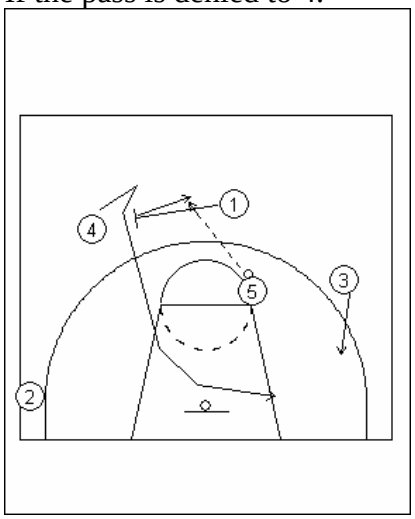
SCREEN AWAY FROM THE BALL

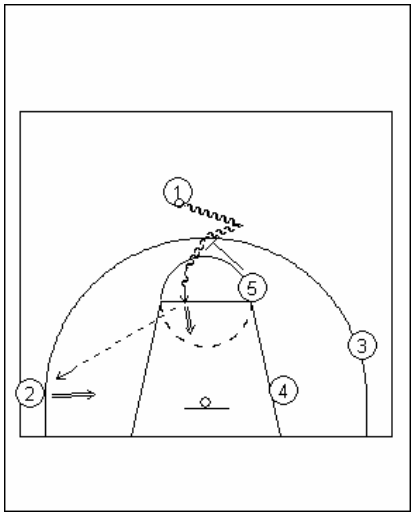


SCREEN AWAY FROM THE BALL

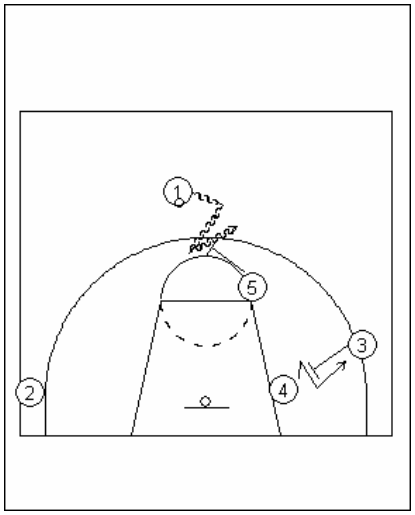


If the pass is denied to 4.

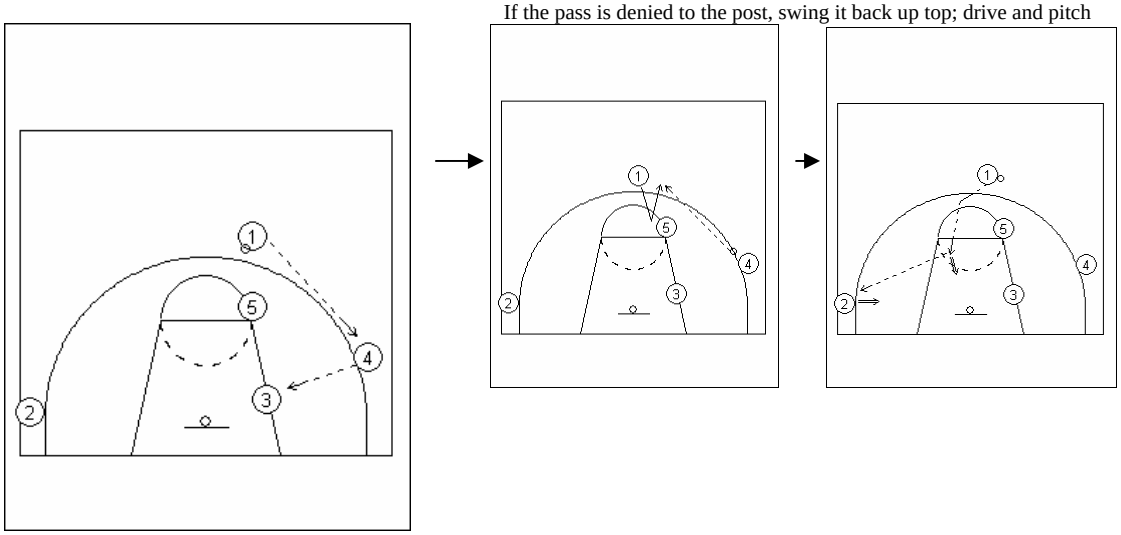


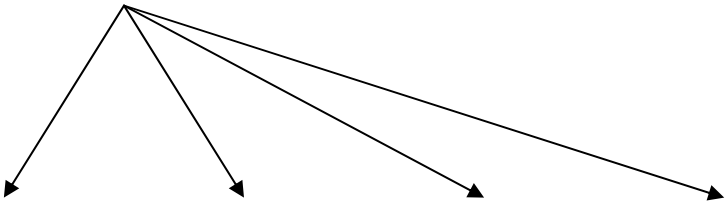


If the pass is denied to 2 and 1 cannot scored

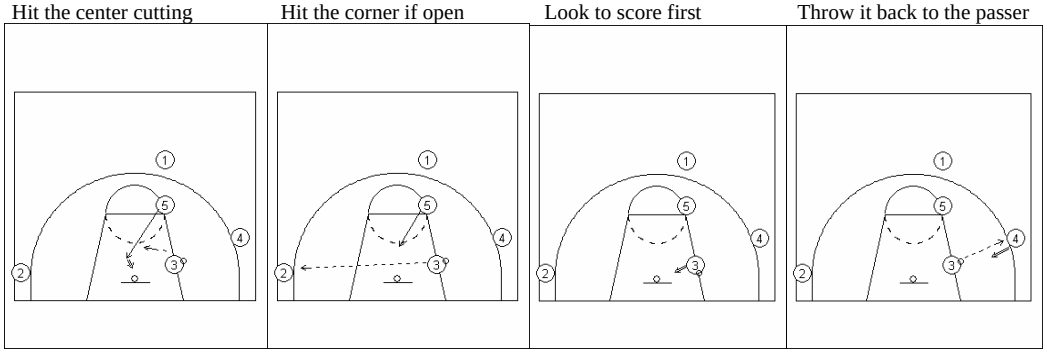


If the pass is denied to the post, swing it back up top; drive and pitch

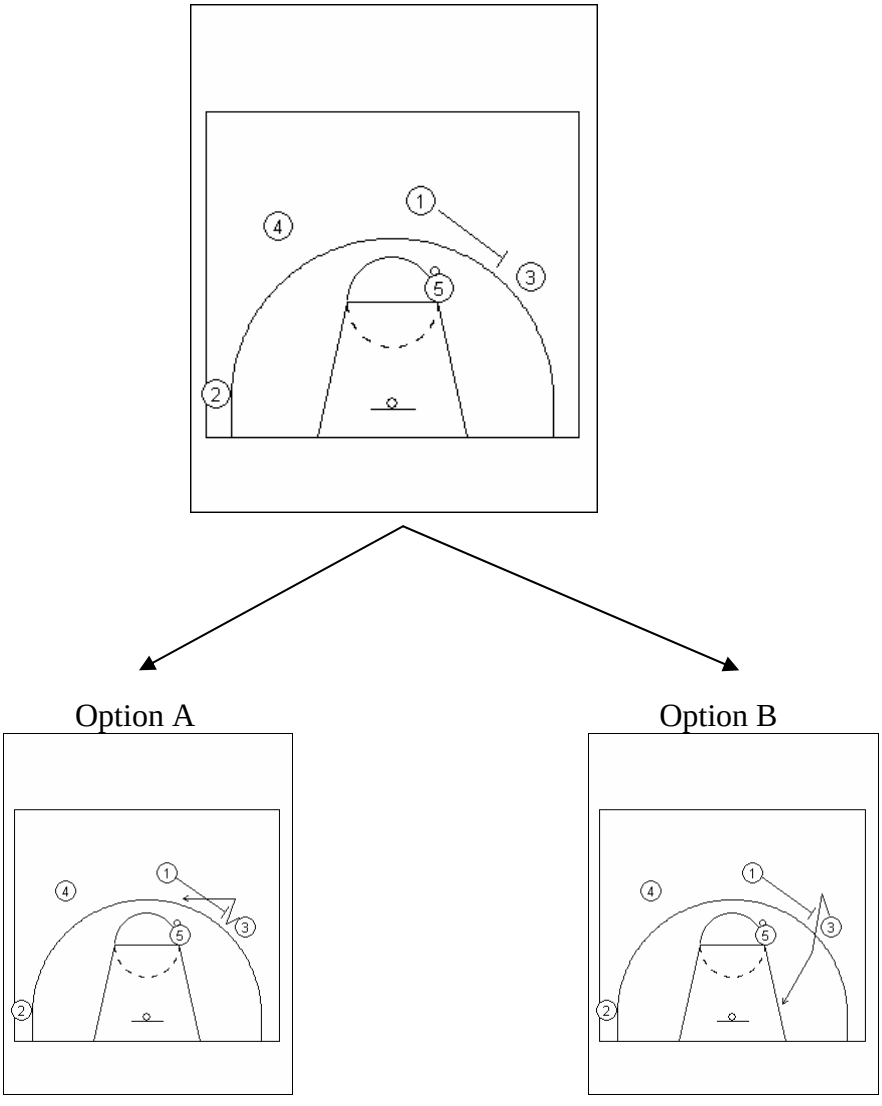




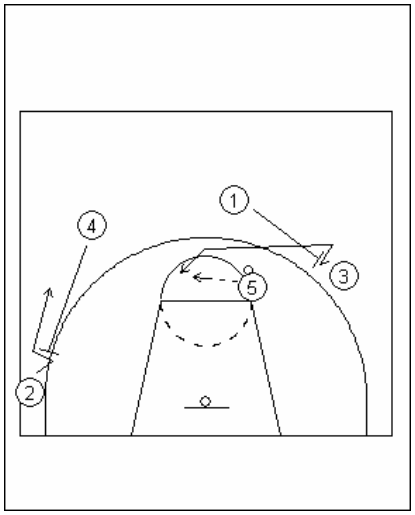
Hit the center cutting | Hit the corner if open | Look to score first | Throw it back to the passer

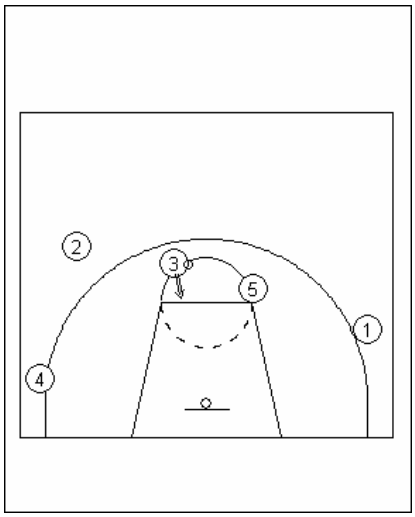


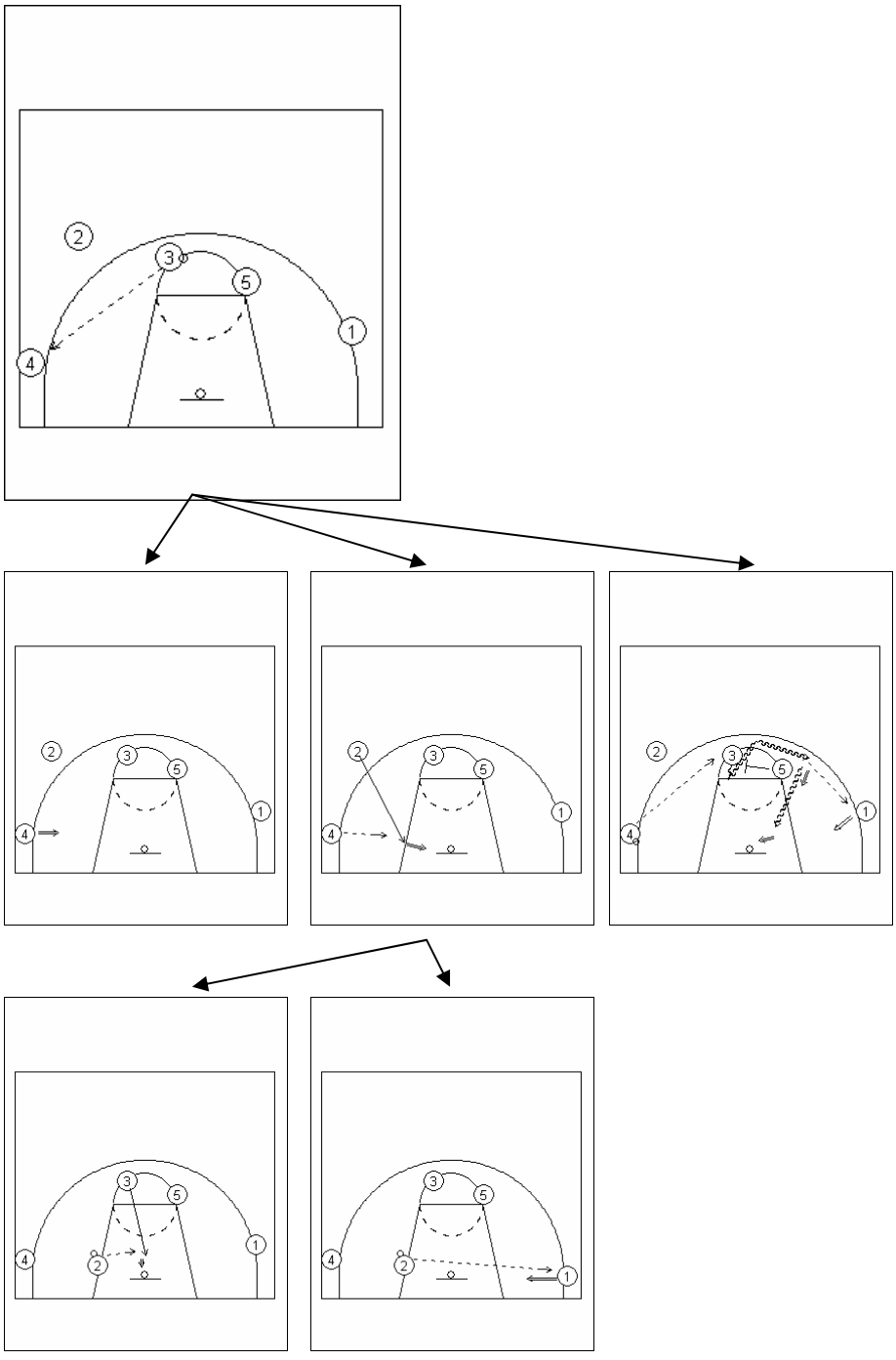
SCREEN TOWARDS THE BALL



OPTION A






2
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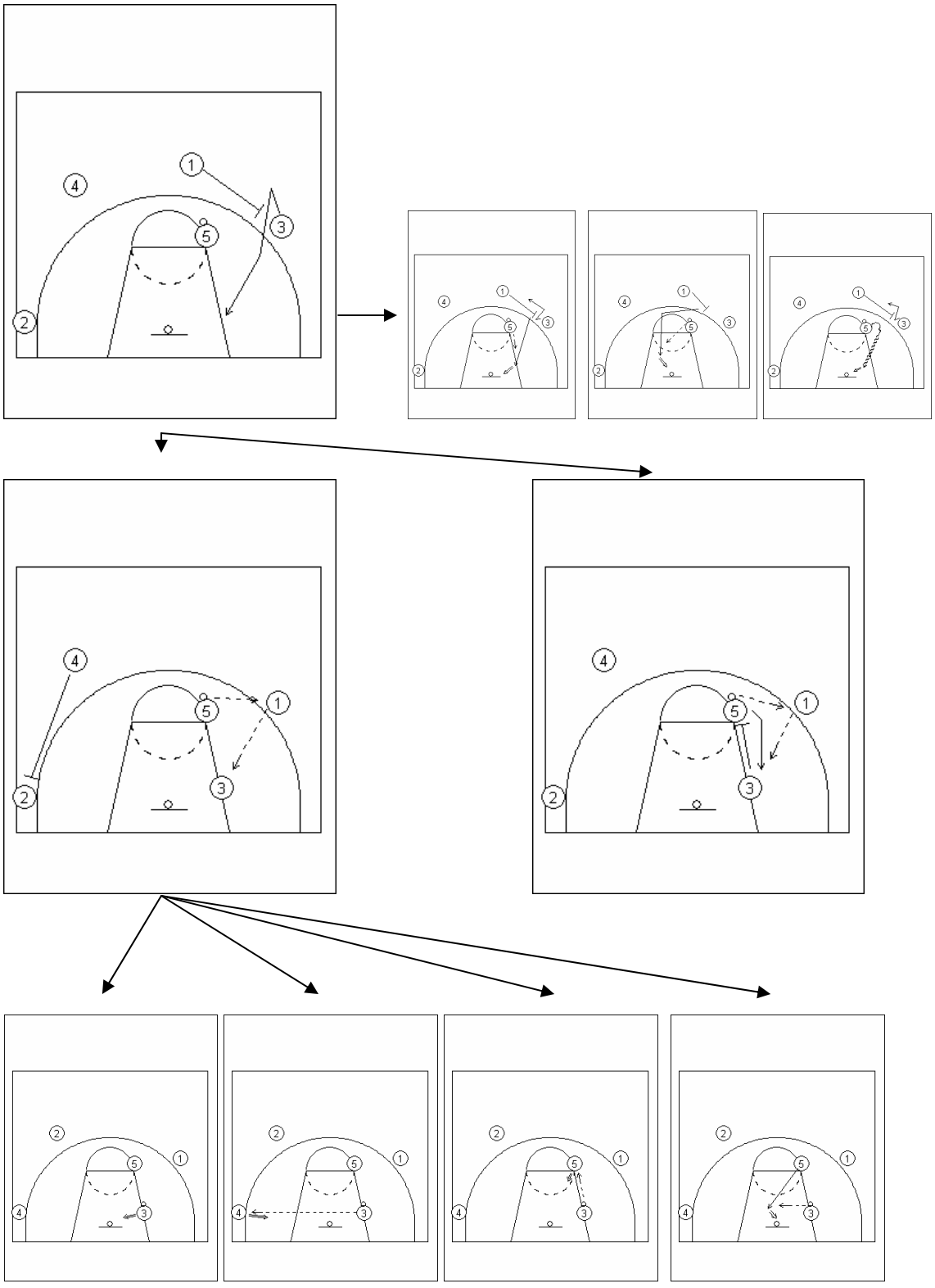
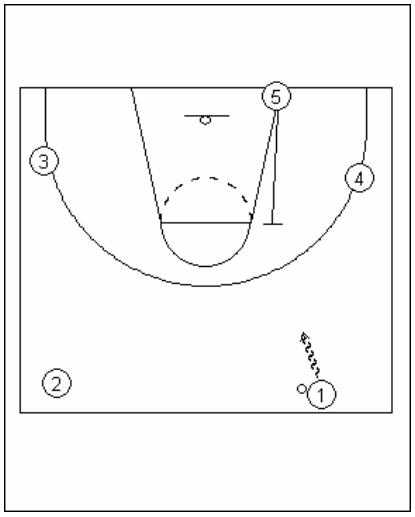
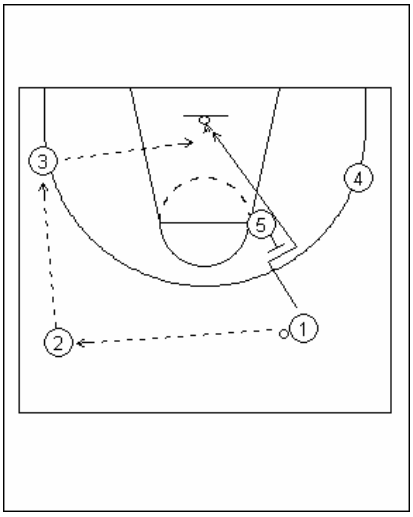
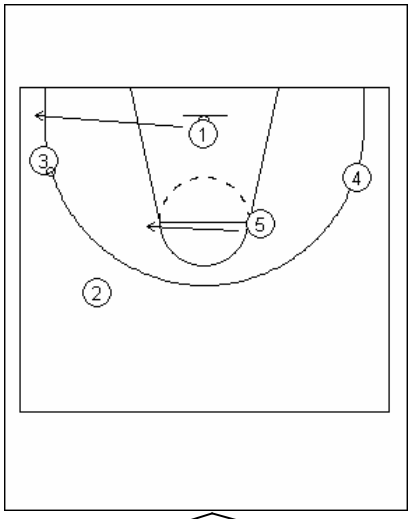
OPTION B

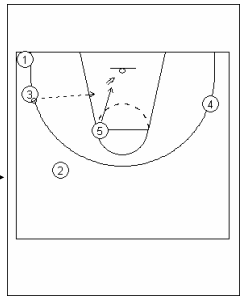


CHIN SERIES

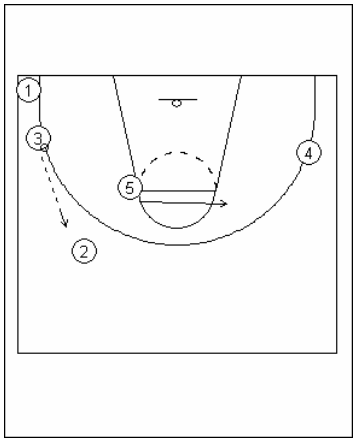




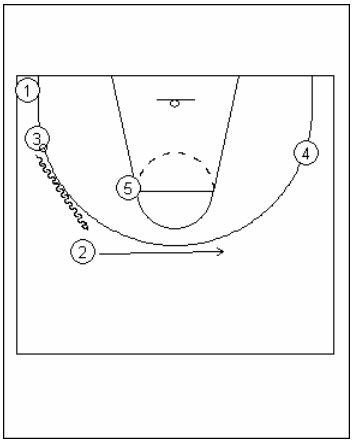




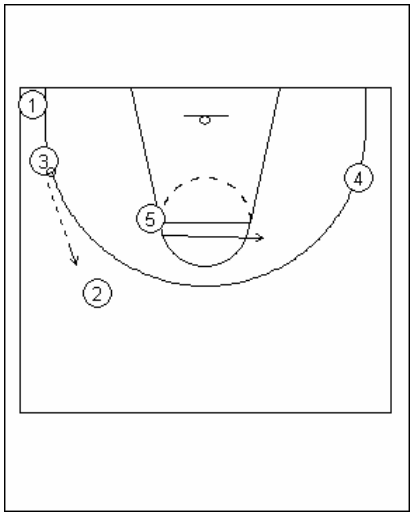
OPTION A

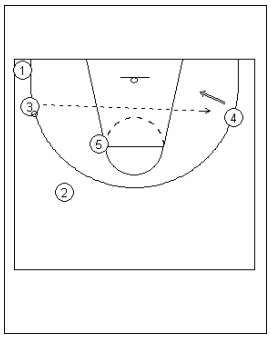


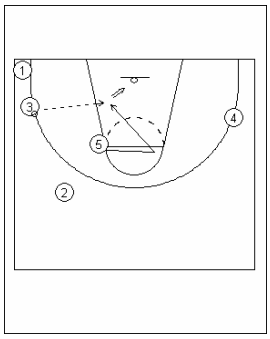
OPTION B

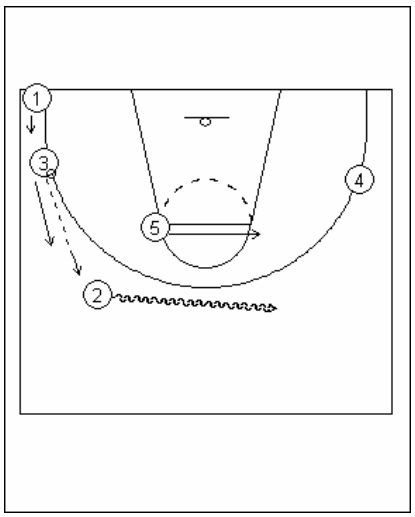


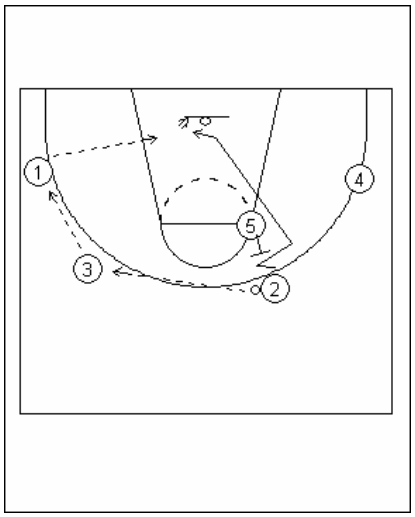
OPTION A











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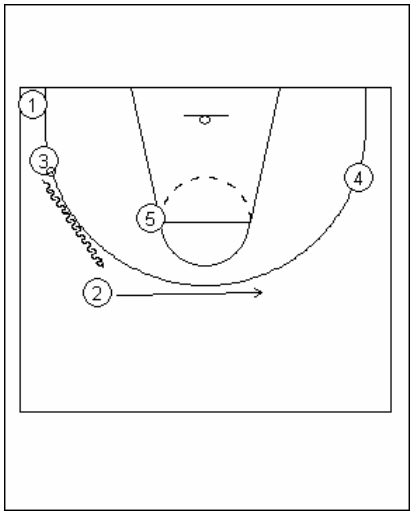
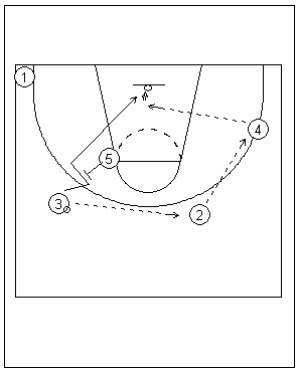
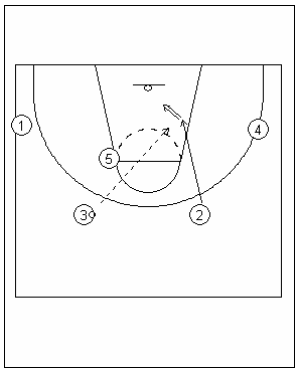
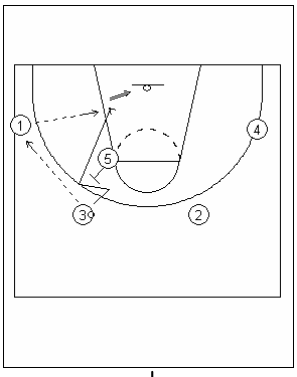
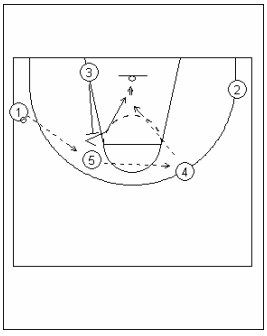


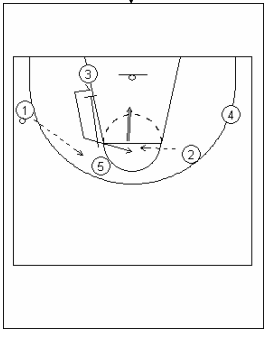
UCLA







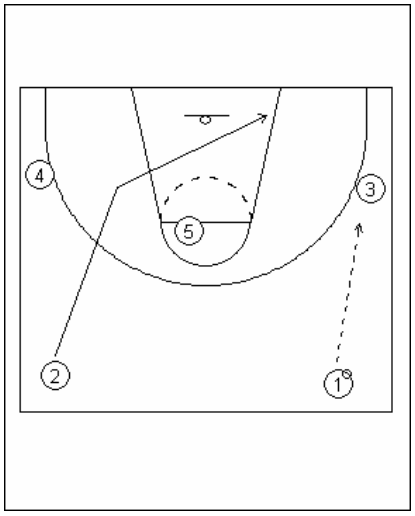


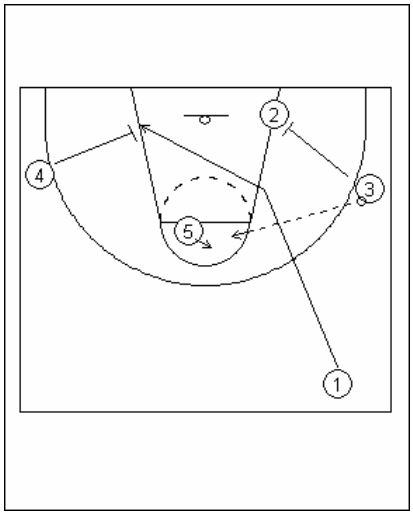


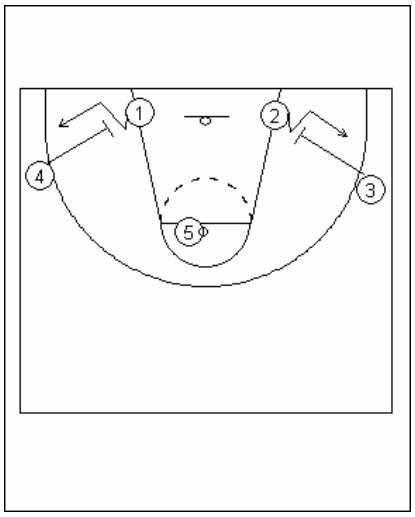
HIGH POST OFFENSE

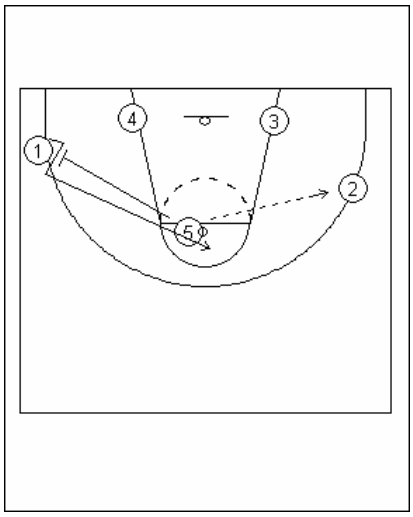
- Using the high post spreads the defense.
- Hard for some centers to defend up top.
- Easier to reverse the ball.

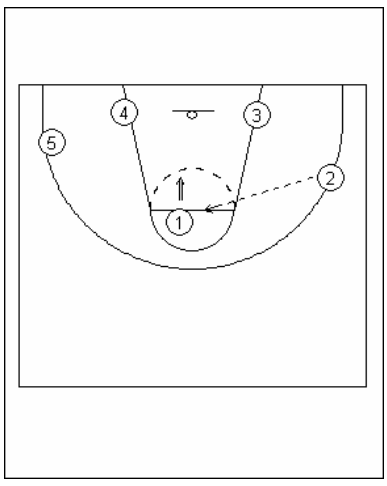
TURN OUT CUT



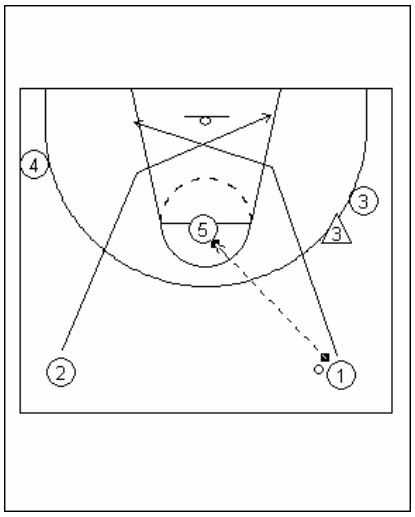




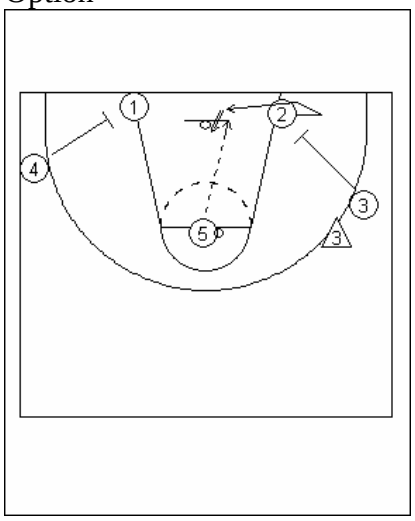




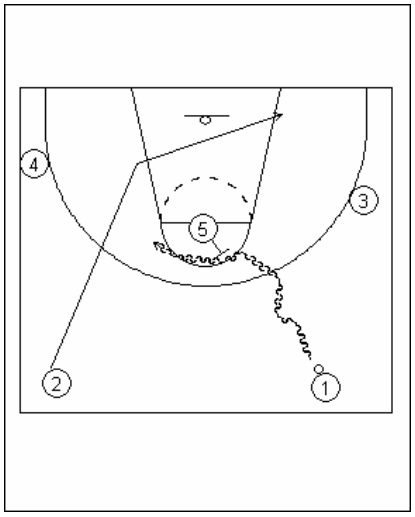
TURN-OUT CUT IF ENTRY PASS IS DENIED

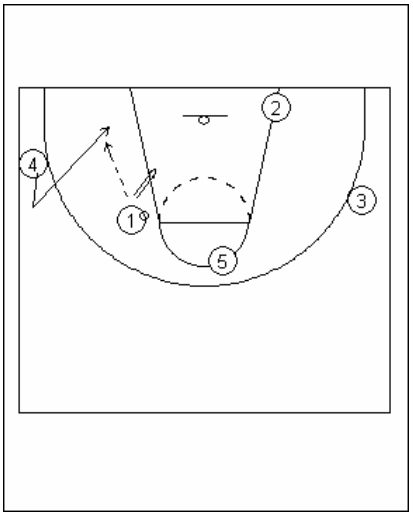


Option

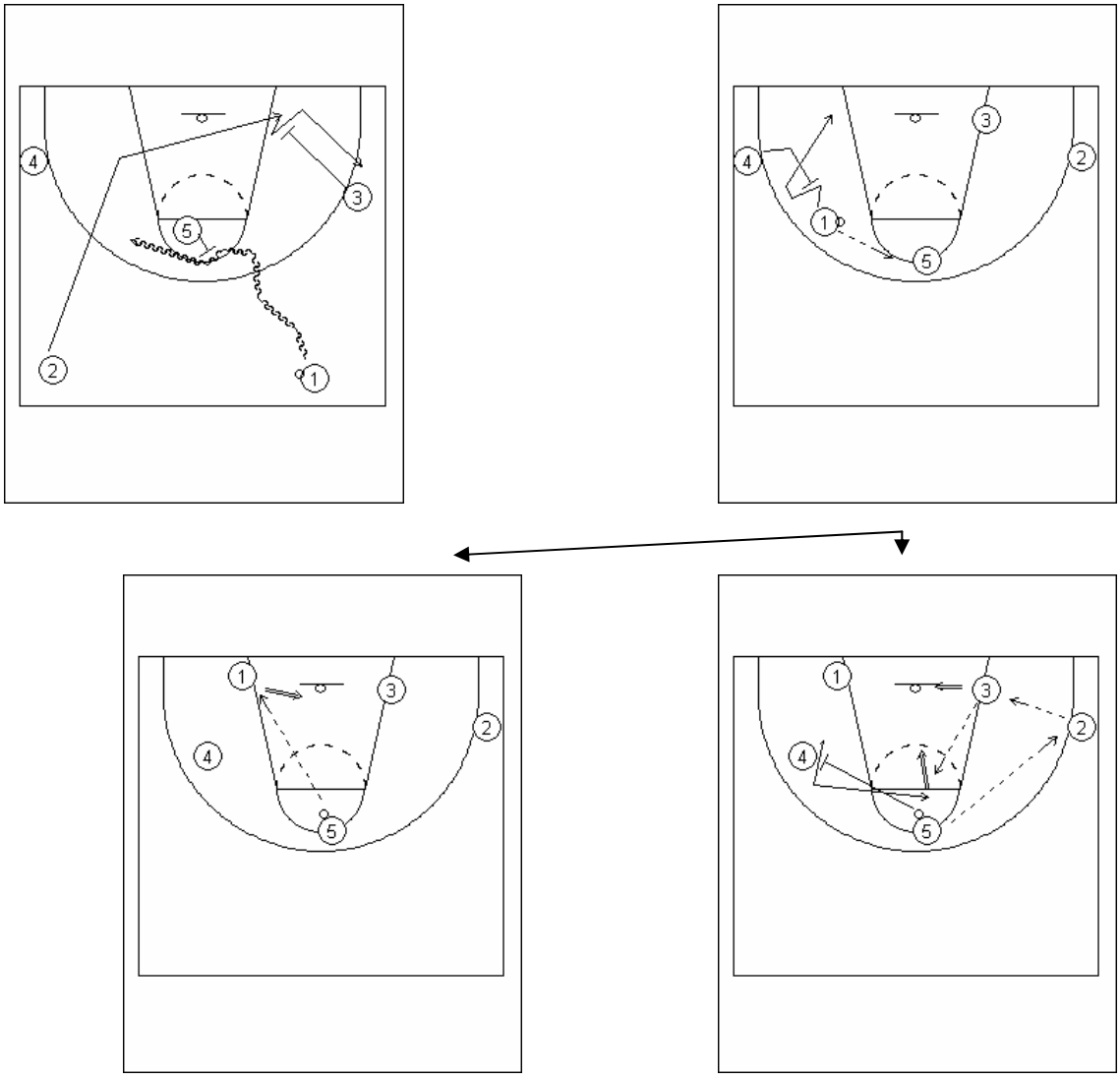


DRIBBLE ENTRY

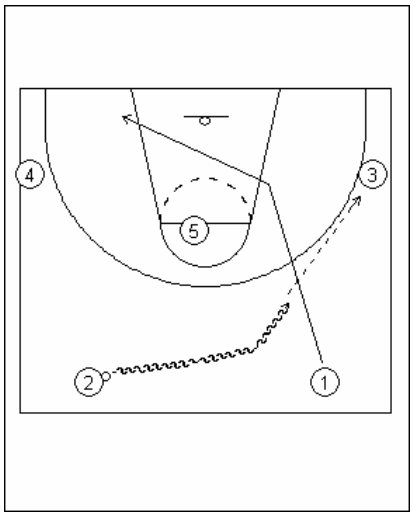


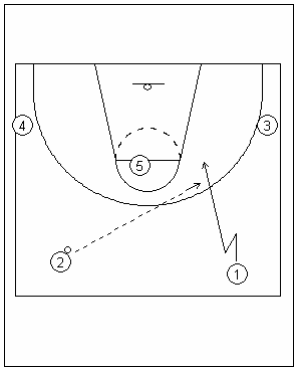


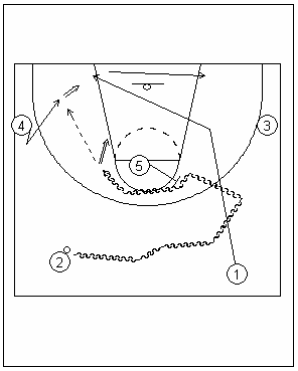
DRIBBLE ENTRY CENTER POPS OUT

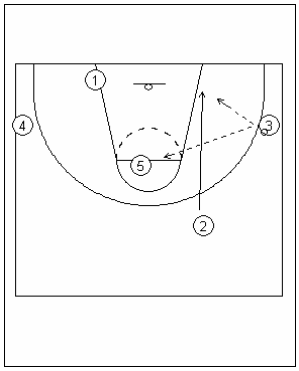


DRIBBLE ENTRY WITH DEFENSE



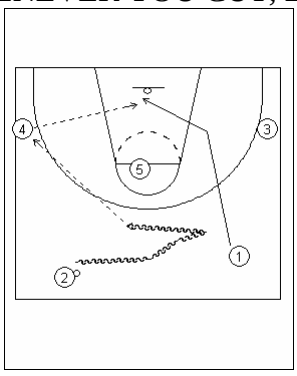




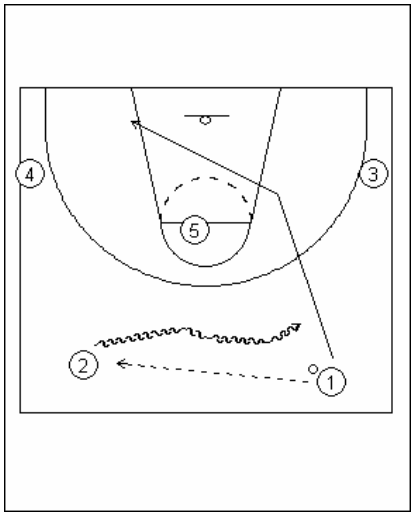


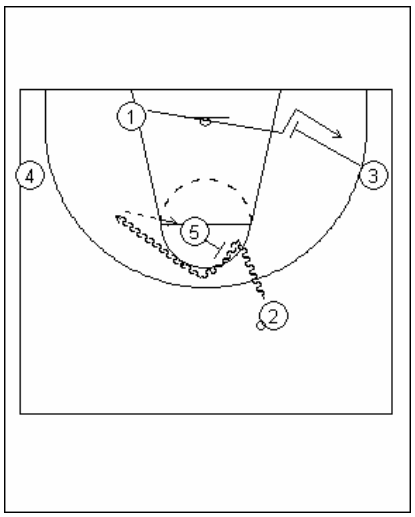
back door cut

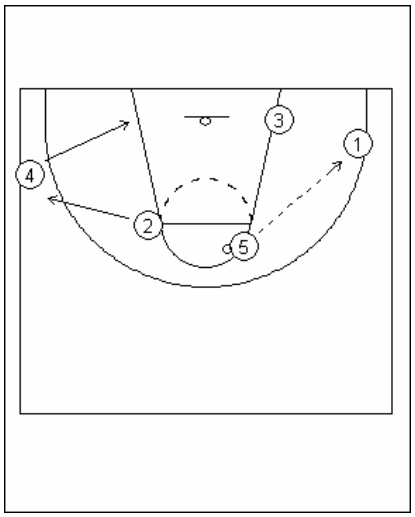
WHENEVER YOU CUT, LOOK FOR THE BALL

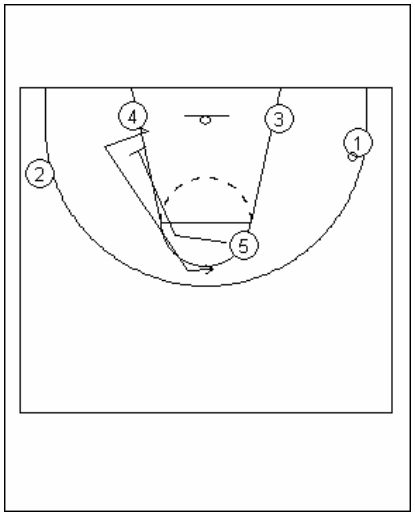


FROM HIGH POST TO LOW POST





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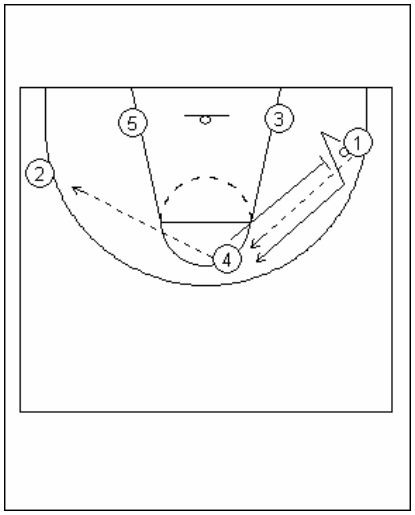
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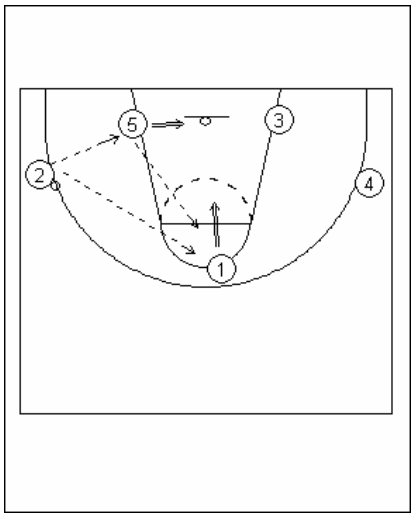
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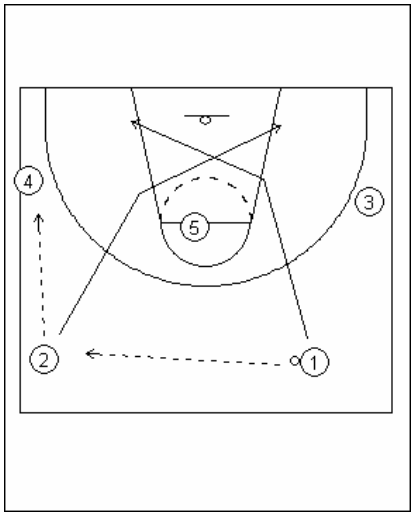
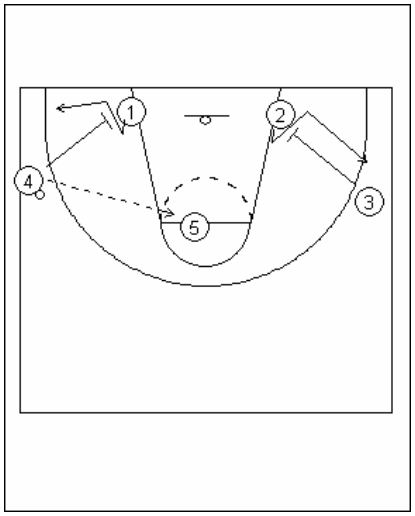
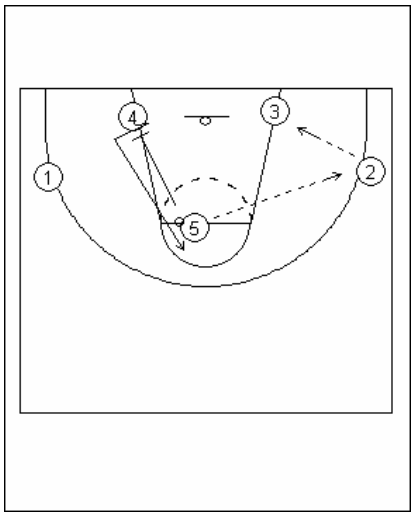
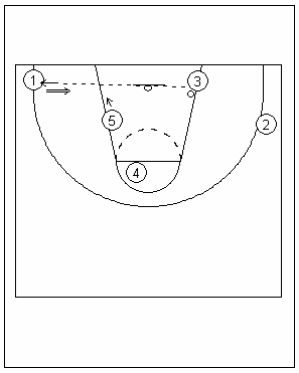
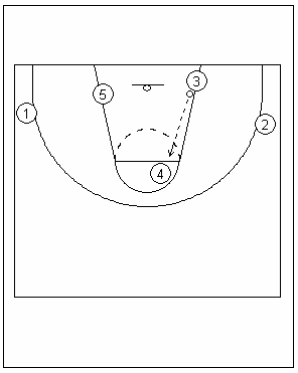
FROM HIGH POST TO LOW POST
DRIBBLE ENTRY





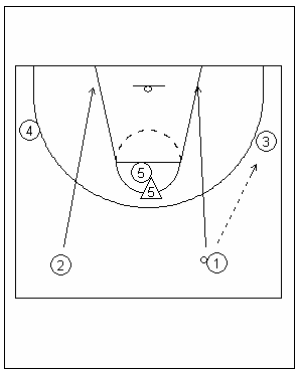


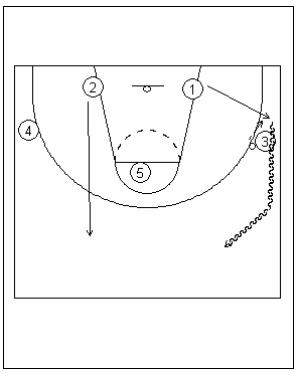


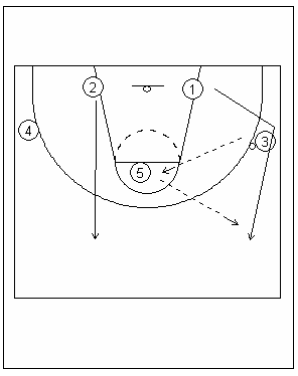


and go on…

SAGGING DEFENSE







Collegiate Business Conference Notes 2009

Mike Gibson

Jerry West

"Recruit basketball players, not numbers." - Get best players available.

"Every game we lost, I blamed myself and no one else."

"Good coaches are patient."

Pat Riley is the ultimate task master

How to get playing time:

1. Kick ass in practice
2. No mental mistakes
3. Stay after, communicate with coach

"You don't win with the five best players; you win with the five players that play best together"

– Greg Anthony

Giving and humility most important.

Jerry Colangelo

Overseas –Work on fundamentals 6 to 8 hours per day

Basketball is now the 2nd most popular sport in the world next to soccer.

USA International Record

Up to 2004: 109-2

2004-2006: 11-5

19 U – Won gold medal despite missing some top players who refused the invite (summer school obligations)

New USA Basketball facility being built in Glendale, AZ for $60 million

Currently USA is ranked #2 in world

2012 Olympics in London

Suns currently have the 4th best record in the NBA

College Coaches over coach once in the NBA

New International Rules Change will benefit USA

- Normal Lane Line- No more trapezoid
- Extended 3 point line
- New rules go into effect in 2010

Outdoor courts filled internationally (ie. Bejing; no longer the case in the US).

David Faulk

Agent for Michael Jordan, Patrick Ewing, Coach K, John Thompson etc.

Restructured NBA Salaries

Top 100 most powerful men in business for the last 4 years

Author of "A Bald Truth"

"It's a long horse race!" (career and life)

Juwan Howard's agent: Hold Out with the Bullets

- Became unrestricted free agent
- Asked for $15-$20 million from Bullets to resign -> highest in the league
- Bullets refused
- Ended up signing a $100 million dollar deal with Miami Heat the Bullets had to pay
- Washington Bullets fucked up. Lost 80 million essentially
- They bet against their own guy and lost

Don't let ego interfere with your judgment

First $100 million deal ever signed in the NBA - > Juwan Howard

Customer is not always right

Kevin McHale – “When the atom bomb drops, the only thing that will exist is roaches and David Faulk.”

David Faulk is a proponent of a 3 yr NBA rule

Role of coach once player leaves college:

-Coaches should be involved

- Currently efforts are negligible

Jaime Dixon

USA Basketball experience very gratifying

Problems he faces running motion offense:

4 out 1 in motion offense: Adjusted to personnel -> learned from Majerus at Utah when he and Howland were at NAU.

Problem #1: Too much dribbling

- No dribble in practice
- To 1 dribble: work your way up

Problem #2: Ball stays on same side of the floor

-Get ball reversed

Problem #3: Poor use of screen

- Only curl or go backdoor
- Can’t come high -> will only result in an exchange
- Screener pops back to back on curl or backdoor

Problem #4: Guys can’t shoot

- Make them curl or back cut

Problem #5: Standing

- Caused by fatigue
- Call a set play!!!

Spacing on perimeter: 2 steps beyond 3 pt line: Provides an opportunity to drive the ball

Solution to switches:

- Curls and back cuts
- Drive basketball
- Screen own man
- Slip “break offs” – before switch. (Get spaced)

Screening angle – butt to ball

Rescreen is a read

Pitt always runs set plays into motion and set plays to end motion set (usually end in BS)

Always start in similar sets to make scouting more difficult.

5 man: Be a screen first and the ball will find you.

Coaching Advice: Seek out people who had been in a similar position (Dixon called up Izzo).

Didn’t run motion offense with USA team: only ran 5 plays with 5 distinctive objectives! Simple!

22 players turned down invitations to play for USA U 19 team!

Chris Lowry subbed for 1,2,3; Matt Painter subbed for 4,5

Tubby Smith

Defensive Principles:

- No lay-ups
- Contest every shot
- No 2nd shots
- Make them make plays off the dribble

Teach players to leave feet when contesting a shot

Sprint to ball line

Steal all lobs and bounce passes

Jump in direction of pass

Communicate

HUA – used in the army; Heard, Understood, Acknowledged

Guarding ball – say ball!

One arm length away – get deflection

Head on inside shoulder when guarding ball

Jump to ball line to prevent drive

Rules off the Ball

Boxing Stance – arm not extended

- Reach with the hand closest to the receiver
- Prevents guys from lunging

2 passes away = Sag position

Sprint – No slides

First step is the most important step

Butt to baseline

Ball pressure is vital, particularly on drives!

Trap any penetration inside NBA lane line

Drills: 1 on 1, 2 on 2, Interchanges & Screen (Position Checks)

Tom Izzo

27 Years at MSU

PP / TPW = Players Play / Tough Players Win

Go to an NFL practice (every staff should)

Zone Quick Hitters

Guards can't be in tandem

Sweet spot catch

-wings get to corners

- PG gets opposite

- 5 goes under the rim; V cut either way

Really stress going to offensive glass against a zone. Send 4!

Problem with motion is that the wrong guy takes the shots.

Counters! – Build off of plays

- Special Teams! – Steal 4 points/game
    1. Free Throws (make more / rebound misses)
    2. Jump Ball
    3. UOB
    4. SLOB

Seeker mentality in every facet of the game

Eric Musselman

Family is important

Importance of mental framework

Utilize assistant coaches well

Work for heavy hitters early in your career (Guys with clout who can place you!)

"Better know where your next job is coming from" –Chuck Daily

It's your players

Get players who have worked/played for the best coaches (when recruiting/drafting)

Pick an identity that fits you

Practice Balance Sheet: Time on offense = Time on Defense

Preplan penalties for players

Staggered jumps/ fake the jump when guarding SLOBs

Tip Blind Spot

Eric Musselman wants to help! Contact him!

Always return phone calls/emails.

Sean Miller

Father, John won 6 championships at Beaver Falls

His teams at Xavier always played best in the tournaments

Keep improving as the year goes by

Set plays on offense

- Pace! Strike in transition; defense to offense

Recruit versatility

Offensive Statistics

1. Assists/ Turnovers Ratio
2. FG %
3. 3 FG% / Attempts
4. FT Attempts / game
5. OR %

Run different plays out of the same initial sets / Different initial sets that allow you to run same plays

- Makes scouting very difficult!
- Promotes execution
- Family of plays easier to remember for players

Visual sign for set family; verbal call for play within that family.

Bang Bang = Screen the Screener

Chase = Back door

Don Meyer Full Court Trapping Defense

Reasons to trap

1. Force tempo of the game (better talent, more depth, play at your speed).
2. Take a team out of their offense, get them higher, take away their spacing.
3. Trap to avoid giving up threes.
4. Expose poor fundamentals of opponents. Trap a good handler to a lesser player.
5. Take a great player out of the game. Trap a particular player when they have the ball.

Negatives of trapping

1. giving up lay-up (try to cut that to a minimum)
2. there is a chance for more fouls (make ft other then lay-ups)
3. if you are getting burnt on mismatches.
4. need to have the depth to trap and make substitutions.
5. if you have limited personal can only do it in particular situations.

Selective trapping can make the other team more tentative.

Three Most Common Traps (Man, Zone, or anything that you use)

1. Trap guarding the ball – zone or man to man on the ball take away the dominant hand of the inbounder. If we want the ball to go to the short corner could shade it. Try to get a touch on a in-bound pass. Point guard denial, gets the short lob to the point guard. Trap the point guard. Trapping the point guard then using point guard denial.
2. Guard is taking the ball out of bounds. Double the point guard right away to keep it out of the guard's hands.
3. **Big guy on the ball to trap**
4. **Guard double** the point and move back.
5. **Dork Trapping**. Trap off the dork. Throws it back to the dork. Make the dork bring the ball up the court. Do it full court and half court.
6. **Nearest man traps the ball,** closest man to trap the ball. The opposite
7. **Trapping the point guard (get it out of his hands), One player and trap off of the dork, star trapping.**

The Bison Trapping System

1. One Fist up Trapping – Trap first pass
    a. Get a good angle on the trap, do not allow a split of the trap.
    b. Give up some ground to close out the traps.
    c. Get toe to toe.
    d. Hands are up in an umbrella
    e. Do not allow the ball to split us.
    f. Take away the diagonal pass and making it a lob pass.
    g. Do not break the glass – do not reach in.
    h. SPRINT out of traps
        i. Get the right angle

ii. Toe to toe
iii. Umbrella
iv. No diagonal
v. Sprint out of trap

2. Two Fists Up Trap – Trap the dribble (do not come to trap until the ball is put on the floor)
    a. Trap on the sideline
    b. Run and jump in the middle of the floor.
3. What we want?
    a. Trap
    b. Shoot the Gap with the third player (work on this the most take away the obvious pass).
    c. And fourth player will rotate
4. Side Fist Trapping (Trap the first pass or dribble beyond half-court outside the volleyball lines)
    a. Remaining defender shoot the gap.
    b. Give rules on defense and on offense you give principles.
    c. Two trappers, two interceptors, and one safety
5. Two Side Fist (trapping the sideline and running and jump the middle.
    a. Shot is given up in –closest man takes the ball, put pressure on the ball.
    b. Safety Rule – Must get the ball if the go for it.
6. Cross Fist (trapping up the sidelines)
    a. Match-up zone we want to trap just beyond the half-line.
7. Trapping on half court defense
    a. Trap all ball screens
    b. We stay with the trap
    c. Trap and recover back to our men
    d. Trap and switch
    e. Determined
8. Trapping ball screens
    a. Trap and stay
    b. Trapping on a handoff
    c. Three on three drill and shoot the gap
    d. Anticipate and execute
    e.
9. Baseline trap all dribble drives to the baseline.
    a. Switch when the ball is sideline
    b. Nearest help side defender comes over and takes the post.
    c. Guard will sink and help on the post and becomes the interceptor.
10. Delay Game Defense
    a. Cross Fist Trap (off the sideline)
    b. Zipper (set the trap and find the second trap)
    c. Force the ball up the sideline.
11. Closing Comments (selective timing)
    a. Who are you going to trap
    b. Simplify your program

http://www.sportcode.co.yu/order.htm

Northern Basketball

Special Situations

- **Jump Ball**: Sandwich, hands up, BOPCRO, steal, run secondary, violate
- **Baseline OB Defense**: Body up, tag, free man, fist to trap corner
- **Sideline OB Defense**: On/up line, free man, ball side of screen, Purdue adjustment on/up handler, 130 let it in with free man in front of post
- **1-4 Low Defense**: Fake trap, 1-1-3 tandem, dork trap, cross fist and rotate out
- **Delay Game Defense**: Regular, zipper, trap, foul (grab left wrist)
- **Sideline OB**: Spread, line, secondary, Kentucky, Purdue, wrong way play @ half, short seconds slip a screen
- **Free Throws**: X, Y, slow X, Miss it X, Violate if ahead, double violation
- **Presses**: Fast break, 12/13/14 vs. zones, spread, line, Iowa State, spread pull Iowa State, Kentucky run out, step out Kentucky run out, 1.) Best in-bounder 2.) Three available with deep diagonal finisher 3.) Best in middle 4.) Post commits ball side 5. Shorten the pass 6.) Reverse it twice 7.)Engage 2 8.)Crack back 9.) Clear crack back 10.)Attack the middle 11.) Pass fake and look opposite 12.) Step out and step in free throw shooter when they are fouling
- **Pressure**: CLOCK – attack it with chaser, back screen, be aggressive, 5 and 5 high, down
- **Comeback Game**: Platoon shooters / foulers / defenders, keep rebounders in on free throws, getting three's (crack backs, 33/66, down to a 3, #1 penetrate, green, up, Florida up, Denver
- **Triangle and 2**: #1 play into motion, use zone defenders for screens
- **Box and 1**: #2 motion with 1 player screening and use the zone defender as a screener
- **Giving a Foul**: Fouls to give, three point lead. Don't foul___ Who to foul ___
- **Last Shot of the Game**: Who, What, When – rebound to stop or get put back – long heave off 1 foot at buzzer, one more dribble, trap the dribbler with the shadow, fould if up three in short seconds
- **Full Court Specials Verses Pressure**: Spread, spread Iowa State, spread pull Iowa State, Kentucky, Wake up, home run, line (especially if they are fouling)
- **Don't bank timeouts, cant eat them, use wisely control tempo-running TO's**
- **Who has the possession arrow:** Double violate to get possession when on defensive or offensive free throw, don't let them
- **Don't leave the bench or celebrate on last shot (technical)**

Substitution
Listen to instructions
Report to scoreboard
Ref beckons you in
Run in, touch and talk
Run off and get instructions

Match Up Point and Talk (Bump or Trap)
Positioning, anticipation, and technique
Guard someone, don not guard air
No two on the ball / front the post
Keep it out of the middle, drives and high post
Rear end to baseline / hoop count the sideline
Middle post defender talk constantly

Motion ----Sureness----Shot Discipline----OBC	**Man vs. BOB**
Tight triple threat face spacing Center the ball, reversals On top twice, slow the ball down on top Pipe cuts Basket cuts Back pins Back flares Indiana's Curl screens to post or pop Cut and space Drive and space Concepts vs switches 7 passes no dribble	1 = top 2 = Post spin or OOP 3 = Triple 4 = 4 triple 5 = Box up Flex / flex box up Box step out and step in **** Single/double away for inbounding shooter
Zone Attack ----Sureness----Shot Discipline----OBC	**Zone vs. BOB**
San Francisco Inside – no perimeter lapses Flash middle pocket / short corner Basket cut / short cuts Dribble off and step out top and corner Indiana's and Indiana off step outs Screen in / seal in / post next one Screen in for flasher to pocket / seal out Pass fake / shot fake Pass back into 3 or more 2/1 weak side boards	Box screen in Box X Box step out / screen in Box step out / screen out Stack Oklahoma #1 Top Screen in for inbounder

Double Pump Clinic

August 14, 2009

Bill Russell w/ Greg Anthony & Seth Davis

Red had a loyalty to his players
Best advice to young coaches is to be Loyal to your players
End of season with meeting with Red… Red asked Russell Do you know how good you are?
Red told him that Russell was the best in the world… This was not being arrogant.
Funny thing Red told Russell… "I don't know what you are doing" but Red still excepted him
Red as soon as I find out what you are doing… I will add it to the system
Red was a result oriented coach
He never told anyone to change how they played… Never said a player can't do this or that… Instead, he added what they could do into the game… Never took away
Add what players can do vs. take them away
Red won with who he had… Red said, " I win with what I have"… Never wanted another player from another team
Most important offensive skill is passing… Can't leave it to chance… Russell believes passing & rebounding are learned skills
Rebounding is all footwork & positioning & you can teach that
Coaches must earn players trust
Never give a scholarship to a player you would not want to stay in your house overnight.
Coaching mistake… Coaches coach the same way & never adjust to personnel. "What can I do with what I have"
Coaches are the 1st, 2nd or 3rd most important people in players lives

"Do things for each other, not to each other"
Red never said he was always right.
If your players don't buy into what you are doing, they wont be successful with it.
Interesting comment on attacking the other team… Never attacked a weakness, always attacked the team strength… If you can do this, it will difficult for them to stop you.
Before you teach… You better know
The game is 90% horizontal… 5% vertical
After scoring a basket, Russell's goal was to be the 1st person back on defense
The importance of 2 parts to the game, Offense & Defense not one or the other but both
Celtics had 5 plays
Winning is not the 5 best player but the 5 who play best together
Make the adjustment your team can make
1st requirement of Coaching is to Love the game… Watch film & learn… Don't think you know it all.
Discipline… Touchy subject
Don't make unreasonable rules to show you are in charge
Red never yelled at a player for being late for practice
Red felt if you yelled at a player it became personal
The last thing a coach should do is show his power
"The best use of power is to not have to use it"
Individual ego shadowed into team ego with Celtic teams
All the year of the Celtics, they have never has a scoring champion
Basic in basketball is math… Game of Angles
What you do with those angles determines your success
Key to spacing is angles… Gets back to point about Math
Player Conflict with coaching = Negotiate
Must be able to negotiate in a way that players know the most important thing is we want to win games
When Russell was at his best, there was room for his teammates to be at their best

Russell played with or without the ball… There is always something you can do (set picks & then you will get shots)
On motivation… Find out what your players value & do your best to address that… Then address what the coach values with the understanding that you both want to work together!
Make a decision on what to do & then ask yourself, then what? Is it right, wrong & am I willing to live with the consequences!

Jerry West w/ Greg Anthony & Seth Davis

Had good fortune in life
The NBA Draft is a real lottery
There are hidden jewels out there
Players need to know roles
LA Lakers have had more great players but not as many championships as Boston Celtics
Put players around superstars that know there roles
Basketball is the ultimate team game… Everyone needs to think alike.
The greatest players see the game in slow motion
Important to hire the right coach for the right team.
Decided to trade Norm Nixon after they won the championship because he was not the right fit.
Magic without the basketball is Earvin Johnson…with the ball he's Magic
2 things in life he values: Humility & Giving… The words hate & I should be taken out of the dictionary… It's about us!
Character: Are you willing to work… All you need is one special skill to play in this league
Best players in the league are multiple position players
College coaches: Recruit basketball players not numbers
If you are not at the elite level (Duke, UNC, Kentucky etc.) look at kids with a future…
Basketball IQ is extremely important
Understanding possessions are most important (Tech fouls) can

cost games
If you are good, you don't have to tell anyone = Humility
Players are guilty by association
Penalty is harsh
Coaches today must be better mentors
Loved how John Thompson handled recruits… He had a deflated basketball on his desk to point out you can't count on basketball forever
Coaches can not win without talent
Expansion of the NBA has diluted talent
Lot of great coaches in the NBA… Even some that are coaching bad teams.
Likes Greg Popovich, Pat Reilly & Larry Brown because they produce other coaches
As a player & coach he took losing personal… Never blamed anyone else… He felt he let his teammates, organization & city down when he lost
Believes Phil Jackson is a difference maker as a coach because he found a way to work with players & runs a system
Great players drive teammates
Believes Pat Reilly showed great passion, is a task master & his teams were in shape

Response when a player asks what can I do to play?
Kick the guys ass you are going against in practice
No mental mistakes
Stay after and communicate with coach
Some of the great coaches were not great players (Phil & Reilly)... They could see the game
Response to how he prepared to be Mr. Clutch?
His best friend in West Virginia was him… He practiced all the time by himself envisioning that his team was down 1 w/ 2 seconds to go.

Never be afraid to fail but if he did miss that shot, the next day he was back on the court practicing shooting
Also set goals & have dreams

Jamie Dixon, Pitt (Motion Offense)

Problems with motion
Too much dribbling
Drills in practice to improve (no dribble, 1 dribble, 2 dribble breakdowns)
Keeping the ball on the same side
Important to get that ball reversal to make the defense move
Screening action… Everything becomes an exchange
Curls & back cuts will help to occupy defenders… One man to the ball, one man to the basket
Screeners angle should be Butt to the Ball
Players coming off screens can't shoot
Don't recruit them
Standing around
Tired of running up & down… they become stationary
2 second rule… if you are standing for more than 2 seconds, move
Spacing = 2 steps behind the 3 point line (12 – 15 ft.)
Vs. Switches
Curls, back cuts, screen own man, break off (slip) are good options

Tubby Smith, University of Minnesota (Ball line Defense)

Defensive Team Goals
No layups
No 2nd Shots
Contest Every Shot
Make Offense make plays off the dribble
Rules

Constant ball pressure
Contest shots
Sprint to the ball line
No penetrating passes (any pass that takes the ball closer to the rim) = deny… Non penetrating pass = allow
See ball & man
Play as close to the ball line as possible
Tip passes or force hang time pass = steal
Jump to ball
Communicate with correct terminology

Guard the ball
Communication = Ball
1 arms length away = pressure leads to deflections
Play with head on inside shoulder
Force to sideline
Mirror the ball
When ball is in the corner = square
When the ball is picked up = Dead… Dead… Dead

Guarding off the ball (1 pass away)
Body position is Boxer stance with hands back… Be almost in the passing lane
Go for steal with hand closest to defender
Prevents players from lunging for the ball

Guarding the ball (2 passes away)
Sag with 1 foot in the paint

Guarding the ball (3 passes away)
Be at the mid line

When helping in the half court it's a turn & a sprint… 1st step is most important

Help side defenders body position is butt to baseline

Tom Izzo, Michigan State (Zone Quick hitters)

Player's play… Tough Players Win
Look for seekers not avoiders
Wimpy guys go after the ball with 1 hand

Searching for ways to steal 4 points a game
Special teams unit
FT situations
Making more
Set plays off misses
Jump ball plays
BOB
SOB
All these situation are during dead balls & it a great way to attack the other team when they are resting

Eric Musselman, Former NBA Head Coach (Random thoughts)

Work for super stars in the business
Chuck Daly helped him get the job in Golden State
Jerry West helped him get the job in Sacramento
Work for multiple people
Coach Daly "You better know where your next job is coming from"
Pre game warm ups is a great audition for assistant coach's
Other coaches, front office people & TV broadcasters are watching
It's your players when you win…
Philosophy when coaching in the CBA was to get every player he could from great college coaches (Indiana – Bobby Knight)
Those players provide
Practice habits
Execution
Professionalism
Get an identity
Good coaches have an identity
Bad coaches have no identity
Create a balance sheet after training camp
How much time are you spending on offense & defense

After training camp it should be close to equal
Make sure you cover special situations
Jump balls
Who's defending the in- bounder late game situation
Who's taking the ball out, full court / half court end of game

Sean Miller, Arizona (Set plays)

Philosophy is to score with a quick strike mentality
Get the ball out & up the floor before the defense is set
Look to attack & draw fouls
1st look is transition, then play after transition & then another play
Move yourself & move the ball
Set plays on dead balls, AFT, Late game situations
Have plays with versatility… Different plays from the initial set
5 important offensive statistics
Asst – TO ratio
FG%
3 FGA
FTA
Offensive Rebounding %
Different plays from initial sets
Create different initial sets to get same plays
Tough scouting
Promotes execution
Easy to Organize

Notes from the Collegiate Business Conference hosted by the Pumps:

Bill Russell – former NBA player, greatest winner of all time

- Biggest thing for young coaches is loyalty to your players
- Was constantly told by Coach Auerbach that he was the best in the world = Confidence
- Add to what players do, don't take away
- Most important skill on offense = Passing – Teach as a young coach!
- Mission of a coach is to earn players trust – Successful coaches have players believe in system = Cannot demand it but can command it
- In recruiting = never offer a scholarship to a player you don't want to come to dinner or spend the night
- Attack the other teams strength when on D – Timing and Coordination is most difficult to teach on O
- When he scored = 1st thing he thought was he needed to be the 1st back on D = DEAD SPRINT
- Team Chemistry – Don't win with 5 best players but with the 5 players who play the best together, Create a family atmosphere – he is still close today with his team, all 5 players involved in every play
- "The best use of power is to not have to use it" – Never make an unreasonable rule – make all corrections non confrontational and not personal, everything between a coach and a player is a negotiation – always negotiate as a coach to where the player knows the most important thing is winning, Rewards

rather than sanctions – have positive relationships

Since 1946 Celtics have never had a scoring champion, 1 of only 2 NBA franchises to say this, Russell was never 1st or 2nd on team in scoring = just wanted to win

Motivation: listen to find out what people value and then address them based on values and working together

Right vs. Wrong – all decide for yourself but ask – Can I live with the consequences?, after you make a mistake there is always a way to repair damage if you acknowledge it 1st, Aggressive vs. Defensive – BE AGGRESSIVE - always be willing to accept responsibility

Jerry West – former player and NBA executive

2 things matter to him: Humility and Giving / Hard Work and Dedication

3 things he looks for in a Player: Character, Competitiveness, Toughness

Need 1 special skill – shooting, rebounder, defender, best players can play multiple positions = Invaluable

1 player in any program can make a significant difference but people around him are what makes great teams

Secret to Winning – have 1 great player and 4 guys who compliment him (Magic)

1 TO in NBA = 1.68 points / Technical Fouls cost ball games

What can I do to play more?

- Kick ass in practice
- No mental mistakes
- Communicate with Coach after practice

Jerry Colangelo – USA Basketball

Met with each player 1 on 1 and said: I don't need to be doing this but I am doing this because I care and I want guys who care and will jump in with me … This is how it will be
We handed the international guys the game and they took and taught fundamentals better than us
1992 motivated other countries and now the world's #2 sport
77 international players from 38 countries in NBA last year
Going into 2008 we needed to change the culture and show the world we respected them
Need the best players to play
Duplicate the national team success down the pipeline – Build a Community

David Faulk – Agent

It's a long horse race, take a long term approach to things
Don't let ego interfere with your judgment – don't battle over small details
Treat everyone well but not the same
Tell your players what you believe – Don't hide things
Your Athletic Department should serve as a job placement agency

Jamie Dixon – University of Pittsburgh

4 @ 1 Motion - Issues they have

Too much Dribble – Use no dribble motion to start O, then progress to 1,2,&3 dribble maxes
Guys on same side of the Floor – Use a 2 guard front to reverse the ball easier / make the defense move
Exchange / Interchange on Screen Aways – Make sure they hit bodies – all curls / backcuts early in year, place restrictions in some games just to get movement, certain guys only curl and others only backcut
Guys who can't shoot – make them your curlers or backcutters so

they are attacking the rim
Standing / Fatigue – biggest issue probably in Motion
Only stand for 2 seconds – even if you are open = MOVE
2 steps beyond the 3 in where they cut for spacing
Players 12-15 ft apart for driving angles
Vs. Switching = Slip all screens – timing is as the Defense releases you
Butt to the ball for screening angles – great screeners are under rated in basketball

Tubby Smith – University of Minnesota

Ball Line Defense

Goals:

No Lay ups
No 2nd Shots
Contest every shot
Make offense make plays off the bounce

Rules:

Apply constant ball pressure – Mirror the ball
Contest every shot – teach guys to leave feet
Sprint to ball line
No penetrating passes – overplay and deny these, allow any non penetrating pass
Always see the ball and your man
Play up the court – play as close to the ball as possible
Attempt to intercept all lob / bounce passes
Jump to the ball on every pass
Communicate
Get deflections – head on inside shoulder when guarding the ball

HUA in Military – Heard, Understood, Acknowledged

Tom Izzo – Michigan State

Zone Quick Hitters / Special Teams

Look for seekers not avoiders – guys who lay the ball up hard
Attack the O Boards with 4 = Kill the Glass
Special Teams = Mentality – Every second on the court when the other team is resting, we are going HARD and keeping the pressure on them!!!
Steal 4 points a game is their goal
Spend 5 minutes in Walk Thru day of the game to Dummy
Little things that win games when you have a small margin for error

Score 1 basket every 2 games on each of these = 4 points a game average and difference in Good to Great and Great to Champions

Free Throws – Makes and Misses
Jump Ball – Win it and score with it – changes plays throughout the season
UOB – sell it where we need to score 1 more basket every 2 games than our opponents
SOB - same as UOB

Eric Musselman – former head coach of the Golden State Warriors and Sacramento Kings

Give back to the coaching profession – HS to MS coaches, College to HS Coaches, etc
Organization is Critical – prepared for all interviews with multiple books
Expect the unexpected – Golden State and LMU

Coaching is all about the mental framework and make up of your team

Chuck Daly – you better know where your next job is coming from

As an Asst – work guys out before games – don't sit around and talk, etc = Important people are watching – you are interviewing

Practice Ideas:

Balance Sheet (Oakland Raiders) – Chart how much time you spend on O and D in practice

Plan your year – lay out every scenario with your staff = player late for bus, etc

Have everything thought out and then follow through – especially early in season = Don't wait

Special Situations:

Set up Defense for these as well – who guards inbounder, etc = Early jump to tip in air as time expires

Have specialists or guys who take pride in these situations

Staggered jumps on SOB to run time off clock = won 2 games

Passing Test for Team – SOB, ½ Ct, ¾ Ct, Full Court – place an X on the backboard

Sean Miller – University of Arizona

Half Court Offense:

Pace = Strike 1st in Transition, keep the pressure on the D

Run different plays from same initial set and create different initial sets that allow you to run the same play

Efficiency vs. scouting

Promotes execution within your team

5 Stats on O

Asst / TO Ratio

FG%

3 pt FG% and attempts (they don't shoot a lot)

FT attempts per game
O Rebound %

Notes Organized by **Will Wade, VCU**

Notes from

Coach U Live

Las Vegas, NV July 20, 21, 2009

Kevin Eastman, pick and roll defense

I know what I know; now I need to know what you know.

Keep learning, keep growing, nothing is guaranteed.

Coaching is about investment not entitlement.

Shooting: Ten toes to the rim.

Screening: Put your back to the area of action.

Are you comfortable with your system? Do you know it? Do you see it? Can you "feel" it?

Taped an envelope with some money in it to the bottom of a chair at the clinic. Had all of look under our chair to see if we had the envelop. The moral of the story is: It pays to get off your ass.

Thoughts on pick and roll defense:

1. It forces us to make decisions, switch, go under, go over, etc
2. Two defenders on the ball
3. It puts us in "physical" situations
4. It puts us in "scramble" mode as opposed to rotation. We would rather be in rotation because we have practiced it, we trust it, we feel it will work, we can control our movements, and we don't want to be in "scramble" mode.

Three things, if we do them well will give us a chance to win:

1. Positioning: Be where you need to be.
2. Awareness: Players that know what is going to happen next.
3. Alertness: Ready to move and react when we need you to.

If a stranger came into your practice what would he hear? This says a lot about your program.

What the shot clock does is makes you play at a faster pace and the need to put the defense at a disadvantage ASAP.

The old Phoenix Suns used to run 80 pick and rolls a game.

We want to keep things simple: Decisive and Aggressive.

Pick and roll defense you need to think about these things:

1. Do they change who is setting the screen
2. Do they change who the ball handler is
3. Do they change the angles
4. Can the screener shoot

Different ways to guard the pick and roll

1. Show and hedge
2. Soft
3. Catch
4. Weak: Don't allow them to go off the pick and roll, force them the other way
5. Stack
6. Switch
7. Push up
8. Trap/Blitz: If you do this it has to have an impact. Don't foul or reach when trapping
9. Early trap/blitz before the screen is set
10. Side him: Force away
11. Full rotation
12. On a twist or re-pick do the same defense as you did on the first pick

90% of all players are role players so it helps to have goals for them so they feel appreciated. Example: Post player, get 1 break away a half, get two put backs a half, get the free throw line twice a half, things like that.

Three keys to coaching:

1. Buy in
2. Trust
3. Communication

Five W's for pick and roll defense:

1. Where is it being set? Side, angle, high middle?
2. Who is involved? Shooter or non shooter coming off the pick, shooter or non shooter setting the pick
3. What is their alignment? Where are the other shooters?
4. What is our communication? Say it early, loud, and continuous. Determine who controls the "talk" whoever can see the action should talk, usually the bigs.
5. What is the coverage? Change for different players and teams.

Show and hedge:

Smalls: push up into his man, if the screen hits him before he hits the ball handler you are in trouble. Must make the ball handler go where you want him to, must square up on the ball after the pick.

Bigs: Must arrive when the pick arrives. Chest on the screener's shoulder cannot jump out too far or too early, split hand is down, advance hand is up, feet mirror the picker's feet, stance – shoulders need to be as low as pickers hips, responsible for two dribbles.

Soft coverage:

Smalls: Send ball into the screen, square up ball handler ASAP.

Bigs: Down in a stance, needs to know who the shooters are coming off the screen. Stay with the ball until the small squares him up.

Blitz/Trap: Must have an impact. The three other defenders must be alert and protect the basket.

Late in the shot clock switch all pick and rolls. If you have a "freak" defender use him because hopefully he can guard anyone.

Whoever is guarding the ball must make the offensive player go where you want him to go.

Mind set must be physical, your shoulders are going to get hit a lot, must have trust and talk.

Make your decision to go over or under the pick before the game. Scouting report is huge, must know who the shooters are and who is not a shooter.

Winning teams communicate in practice you should hear a lot of talk, not just shoes squeaking.

Bigs stay on bigs as much as possible.

We are in trouble if:

1. We have poor communication.
2. The smalls can go where they want
3. Bigs arriving late when their man is setting the pick
4. We allow splits.
5. Bigs don't change the rout of the ball handler.
6. We have a lack of effort.
7. Bigs are not in a stance.
8. Our opponent does a great job of "engaging" the other three players.
9. If the ball handler's defender gets hit before he hits the ball handler.
10. If the opponent gets into a pick and roll rhythm.

Believe in your schemes, if things are not working:

1. Do it harder
2. Do it better
3. Sub
4. Then change the scheme

Brendan Suhr, pick and roll offense

Why you should use the pick and roll in your offense:

1. Can control tempo
2. Get your best shooters open shots
3. Create mismatches
4. Can run an offense without making an entry pass
5. Goal is to get 2 defensive players on the ball
6. Spread the floor
7. Take a good shot blocker away from the rim
8. Put their best defensive player in the pick and roll
9. Put their worst defensive player in the pick and roll
10. Create confusion in opponents defensive philosophy
11. Cause opponents to not believe in coaching staff
12. Teach picker/screener to slip vs. show or trap/blitz
13. Pick up early fouls on bigs
14. Relieve full court pressure
15. Make 1 defender play 2 on the weak side
16. Picker/screener – set the pick and then sprint to the rim as opposed to rolling
17. Attack at different angles
18. “Feel” your defender and see the other defenders
19. No defensive pressure can take you out of it

20. Picker/screener must sprint and arrive to his screen without his defender
21. Spreads the defense, allows for offensive rebounds
22. Ultimate team game
23. Can play with 3 or 4 guards
24. When trapped pass the ball ahead
25. When ball defender goes under, picker/screener must move down

Practice from time to time with the shot clock at 12 seconds, there will be times when you are down and you will have to play fast.

Kevin Eastman, NBA Defensive Systems

The 4 most important words in coaching "shit it aint working" Nothing is going to work all the time, it's about adjustments.

We worry about:

1. Transition D
2. Pick and roll D
3. Half court D

There needs to be a mentality that our defense will bail our offense out. Not that our offense will bail out our defense.

What do you want team to be defensively? What is your team in reality?

We want to be a "help" team and take 2 things away. No drive or direct pass into the lane and no corner 3's.

Highest percentage shots in the NBA: Lay-up, free-throw, and corner 3.

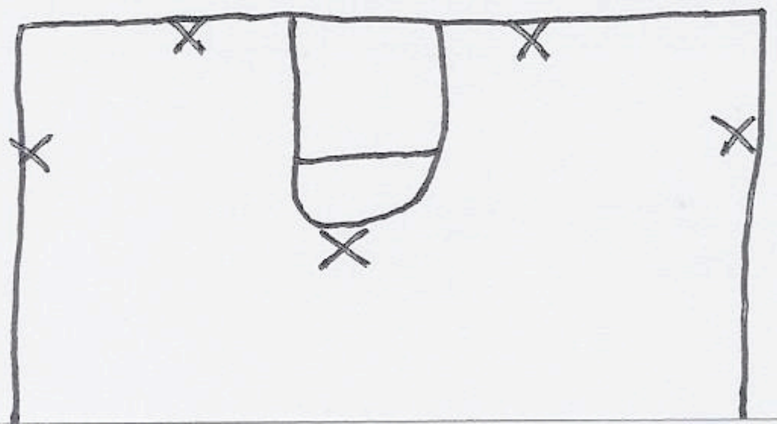
We want to accomplish 3 things:

1. Keep the ball in front of you.
2. Protect the basket (the paint).
3. Cover out to the 3 point line.

Ideal possession: no penetration, no shot off penetration, and no shot in the first 3 passes.

Great defensive teams are multiple effort teams.

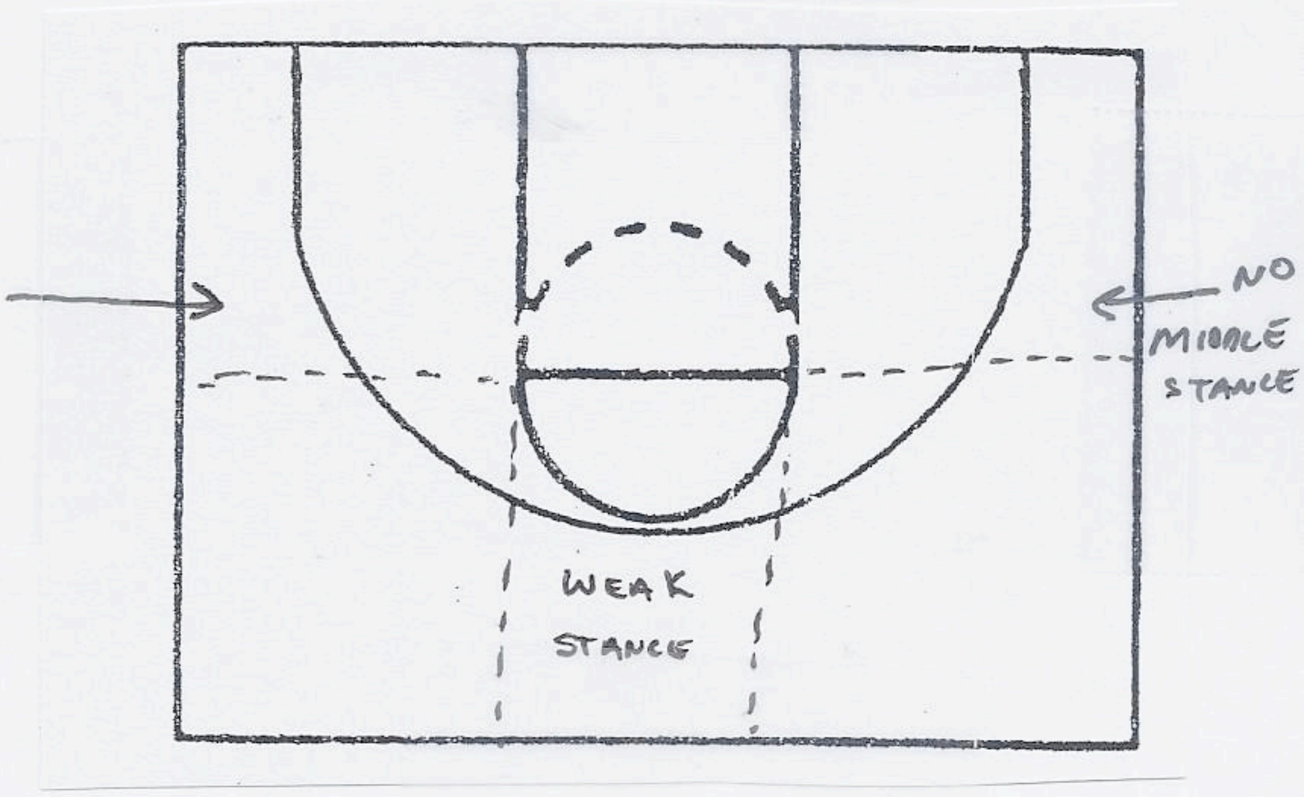
Force the ball to the X tape marks on the court. Put these X's on your court, dictate penetration to those spots.



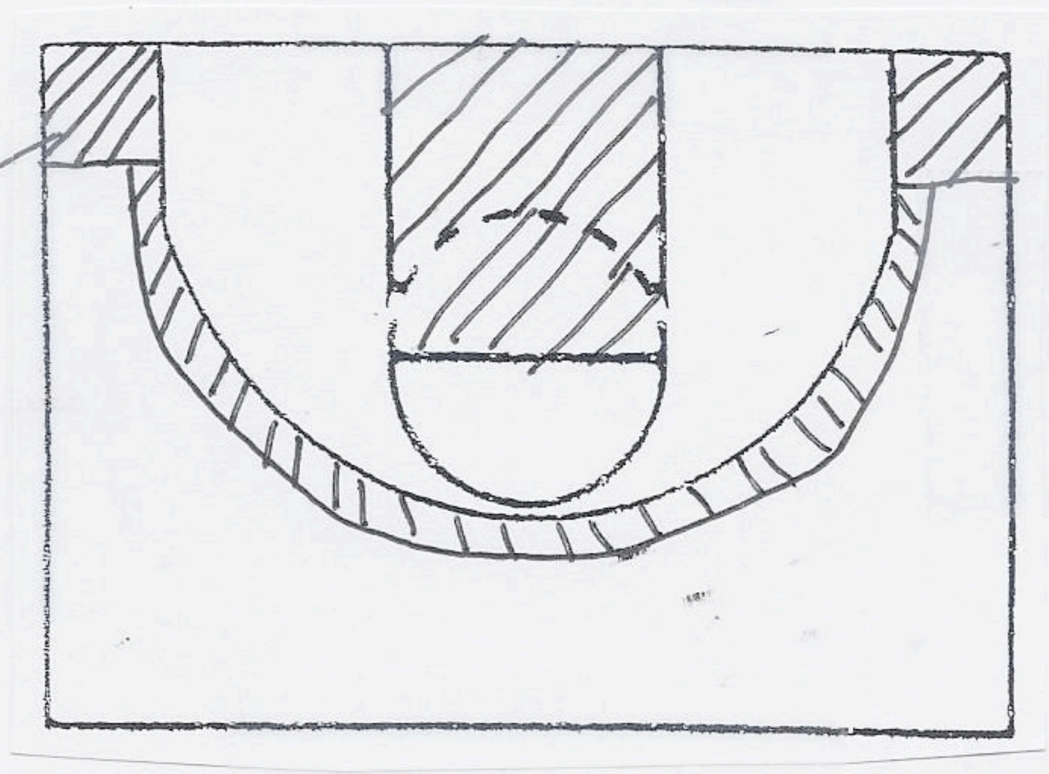
3 ways penetration hurts your chances of winning:

1. Creates fouls on the ball.
2. Creates short 2 on 1's.
3. Hurt you on the offensive boards.

No middle stance areas: See diagram.



No shots allowed: see diagram. We will give up contested 2's



Things to emphasize:

1. Get back and set up defense.
2. Help team.
3. No paint team.
4. No corner 3 team
5. Awareness and alertness team.

Mismatches don't hurt us as much as open shots do!

Good defensive teams can still defend even in disadvantage situations.

Defensive "must haves"

1. Communication (Talk), talk intimidates, it gives your team a head start, it gives the man on the ball more confidence, it can help to "wake up" a disengerized defender, it helps to catch mistakes before they happen, and talk energizes your team.
2. Trust, teams that don't trust each other foul a lot.
3. Positioning
4. Awareness
5. Alertness
6. Multiple effort mind set

3 must haves in communication (Talk):

1. Talk early
2. Talk loud
3. Continues Talk.

Defensive “can’t haves”

1. A lack of the “must haves”
2. Selfish defenders
3. Gambles
4. Dare shots, or slow contested shots, short contested shots
5. Blow byes, close out and the offensive player goes right by the defender
6. Helping with the outside foot

Need to be consistent in these areas:

1. Focus
2. Effort
3. Positioning
4. Awareness
5. Alertness

Perfect defensive possession:

1. Hopefully we scored
2. Get back and set up our defense
3. Stop the ball
4. Pressure the ball
5. Stay between our man and the basket
6. Contest the shot
7. Finish with a block out and rebound

The San Antonio Spurs spend 70% of their practice time is on Defense.

The greatest defensive teams have “Competitive motors”

Keep your team updated on stats and goals during the game and at half-time.

5 things to do to win on the road:

1. Must defend
2. Must eliminate transition game
3. Must rebound
4. Must have a "Defensive Resolve", if they score we have to stay tough on d
5. Eliminate turnovers

You can play any defense and be good at it if you have the following:

1. Player commitment
2. Good habits (created in practice)
3. Focus
4. Passion

Defensive "Game Changers"

1. Charges
2. Deflections
3. You want to be the first to the floor for loose balls
4. 50/50 balls, loose balls, etc, you want to get 70% of these

Things to think about on defense: Must have good ball pressure, intelligent pressure, not crazy pressure. Get to help spots early, good stunts or fakes, bump the ball handler on all screen and rolls, and high hands on defense.

6 things your team needs to master to be good on defense:

1. Help positions, help on the elbows and blocks
2. Rotation out of help
3. Close outs
4. Reaction to jab steps (Pro hop back)
5. Digging to help the post
6. Cross match ups, X1 is guarding you, but you are guarding X2, on dead balls you guard you assignment, on live action you guard who is guarding you.

Post defense before the catch:

1. Sprint back, turn, stance, make contact outside the lane, and keep the offensive post off the block
2. Leverage: whoever has the lower shoulders wins

3. Celtics do not front a lot
4. Half front
5. It is a fist fight for positioning and a foot fight to see who scores
6. When the post does go up to shoot, really get up in him and crowd him

Transition Defense:

1. The 1, 2, and 3 are all getting back on the shot
2. The 4 and 5 must make a decision to go to the glass or not depending on their position on the court
3. First 3 steps are sprinting, not just running fast
4. Get back and get into a stance
5. If only 2 defenders are back get into a “tandem”
6. If 3 defenders are back get into a triangle
7. First big back protects the basket
8. Second big back “loads” to the ball side
9. No “buddy running”
10. If we are outnumbered we need to do our best to make the offensive team pass the ball

Transition Defense Must:

1. Must have a transition defense mind set
2. Must sprint back not jog
3. Must take away early strikes in the first 6 seconds
4. Must make them throw 2 passes
5. Must guard their team not your man
6. Transition defense is about team defense not match ups
7. Use your fingers to point and your voice to communicate who you are guarding and where shooter are

Things that hurt your transition defense the most:

1. Lazy first 3 steps
2. Lack of talk
3. My man philosophy

4. Crashing the offensive boards
5. Gambles on defense
6. Concentration on the offense instead of concentration on the defense
7. Allowing easy advancement passes up the court
8. Buddy running
9. Drags and double drags (high screen and rolls)
10. Cross match ups

Brendan Surh on Chuck Daly

What made him a great coach is how he dealt with people, he was about building relationships.

Coaching is about helping people get better! We try to take you where you can't take yourself.

You must first know yourself

Book: Strength finder 2.0

You must coach players differently; it is about their strengths and needs not yours.

Your goal should be to make each player the best version of himself.

I've learned more from my players than they ever learned from me.

A coach and a parent are "servant leaders"

You win with internal leadership

Fill up your players emotional bank accounts, make more deposits then withdraws.

Treat players as business partners, not employees.

How do you motivate Michael Jordan? Put him on the 2nd team in practice, he was so competitive he led them.

How many meetings do you have a year? Every time you talk to your team or a player it is a meeting. You must be assertive, short, direct, and concise.

5 keys to success:

1. High energy level and enthusiasm.
2. Pit bull determination.
3. Have a plan and preparation.
4. Insatiable desire to win
5. Mental toughness, control the things you can, attitude, work ethics, preparation, energy level and enthusiasm.

Brendan Surh, Chuck Daly-isms

Nobody looks bad in a blue suit.

Never trust happiness.

You can't fool dogs, kids or NBA players

I'm not a pessimist, but rather an optimist with experience.

See that bridge, I'm not jumping.

All decisions are 50/50

You are no bargain.

Get past mad, get mad and then move on.

Never look back.

Make it a one day story.

Hang around.

Play 48 minutes

Get one stop!

Nothing is easy.

No warm-up jumpers

Beyond belief

They allow you to coach them, when they stop listening it's time to go.

Understand your players.

12 o'clock rule, get over a loss by 12 o'clock

Shout praise and whisper criticism.

Be non-confrontational

You must love your players

Speak in headlines

You must have likeability

What is your team's identity?

You must have presence to be a head coach.

They are tired of hearing me, they need a new voice.

You must have patience, do be in a hurry.

The greatest gift a coach can give to his team is that he believes in them.

"Overtime" general discussion

Try having a "silent practice" where the coaches don't do any talking and see how your team responds.

Tell your team we need to make communication important, it needs to be a very important part of our program.

KG asked Doc Rivers, no he demanded that you coach me

Try giving your players a Timeout they can use anytime during practice. If the practice is not going well the players can call a timeout and use it like a real timeout to regroup.

Someone said that on the white board in their locker room at half time while the coaches met outside the players would right down things they good and bad from the first half.

Q12 questionnaire Do I have a best friend at work (or on the team)? If they don't then they are not very engaged.

On winning teams:

Players liked, trusted and respected the coaches.

Players liked, trusted and respected their teammates.

Coaches liked, trusted and respected the players.

Coaches liked, trusted and respect the other coaches.

Tom Crean is big on professional development; he likes talking with and studying other coaches/teams.

Ben Howland, all he cares about is winning. What 2 or 3 things can we take away or do to win.

Motion offense: When in doubt… spread out.

Early Bus session

It is your responsibility to earn your check.

It doesn't cost a lot to improve.

You must

1. Be disciplined, read 2 hours a day.
2. Be focused, learn and get better each day.
3. Have a strong work ethic, no clock.
4. Sweat.

5. Find your passion.
6. Do more than your opponent

Never say no to a basketball opportunity.

Book: Training Camp by Jon Gordon.

Form a group of advisors or mentors.

Achievement, advancement, success does not happen in isolation.

Achievement, advancement, success is relationships.

Don't be afraid to try something, because not doing something is usually worse.

Offer to do all the "shitty" jobs, people will take notice.

Know who you are and who you aren't.

Kevin Eastman, Skill Development

You must as a coach commit to skill development for your players.

2 people who can't have a "bad day" your best player and the head coach.

To get players to buy in you must:

1. Study the game
2. Study your system, know it inside and out
3. Catch your players doing something right
4. Educate them on their "label" and then tell them you don't believe it, labels are usually negative.
5. Tell your players the truth

It's not so much what you know, but what you bring to the court each day (heart, energy, passion, etc.)

Study your practices deeper, how many shots do your best players get in a practice.

Study your pick and roll game deeper

Find ways to get your teaching points across in bullets, not paragraphs

Educate your players on how to be a div. 1 player: hard work, competitive, hard work is the price of admission

Things to think about in a skill development session:

1. Practice faster or equal to game speed
2. Can't get bored

3. Can’t get tired
4. Have a written workout plan
5. Play the game through contact
6. You can show a player a skill in 2 minutes, but it usually takes 2 weeks to really learn it, and it will take another 2 months to master
7. Commitment to details

Drill: In a row:

Player 1 shoots from a spot on the court until he misses (keep track of how many you make in a row). Player 2 then shoots from the same spot until he misses (keep track of how many you make in a row). Do this twice from a spot and then rotate to another spot and do it again. Keep track of who makes the most shots in a row.

PICK AND ROLL

× DRAG



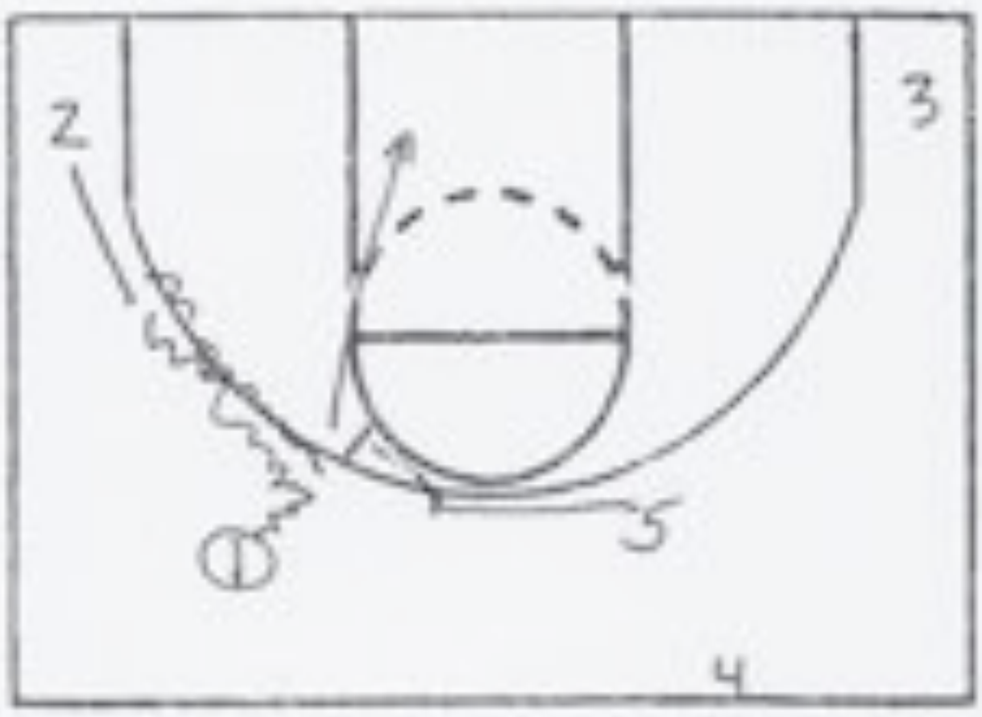
EARLY O, 2-3 SPRINT LANES
5 SETS ON BALL FOR 1 THEN
SPRINTS TO RIM, 4 IS TRAILING
2-3 ADJUST UP OR DRIVE BY 1
CAN RUN TO EITHER SIDE

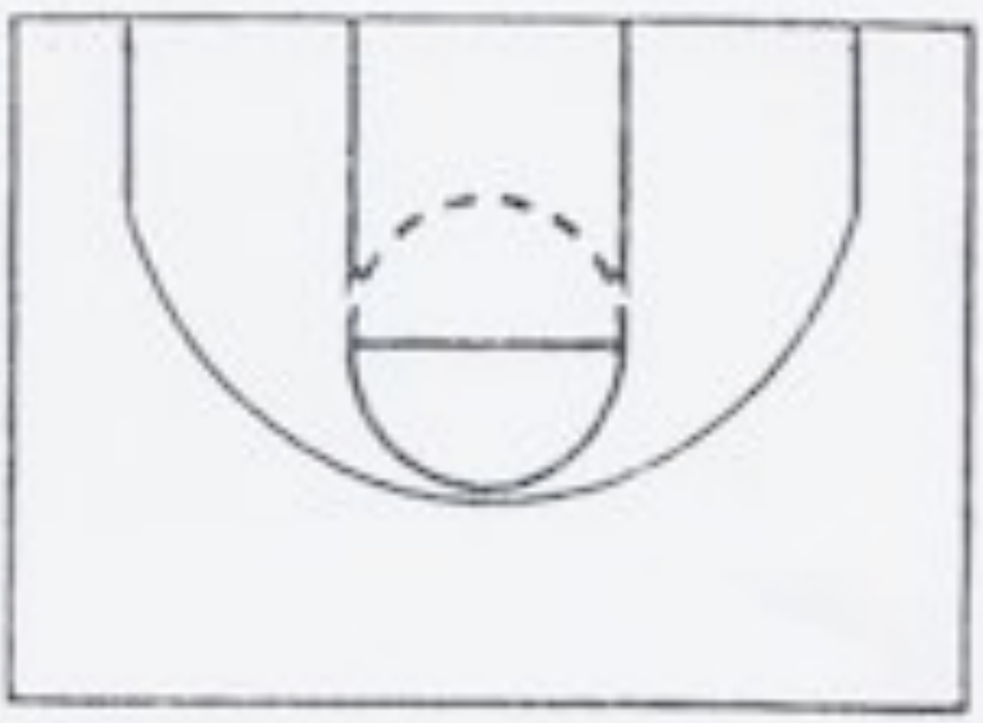
× DOUBLE DRAG



SAME ONLY THIS TIME
4 AND 5 SET A DOUBLE ON BALL
SCREEN FOR THE 1, 5 SPRINTS
TO RIM, 4 SHAPES UP FOR
A 3PT SHOT. CAN RUN TO
EITHER SIDE.

× DRIBBLE DRAG

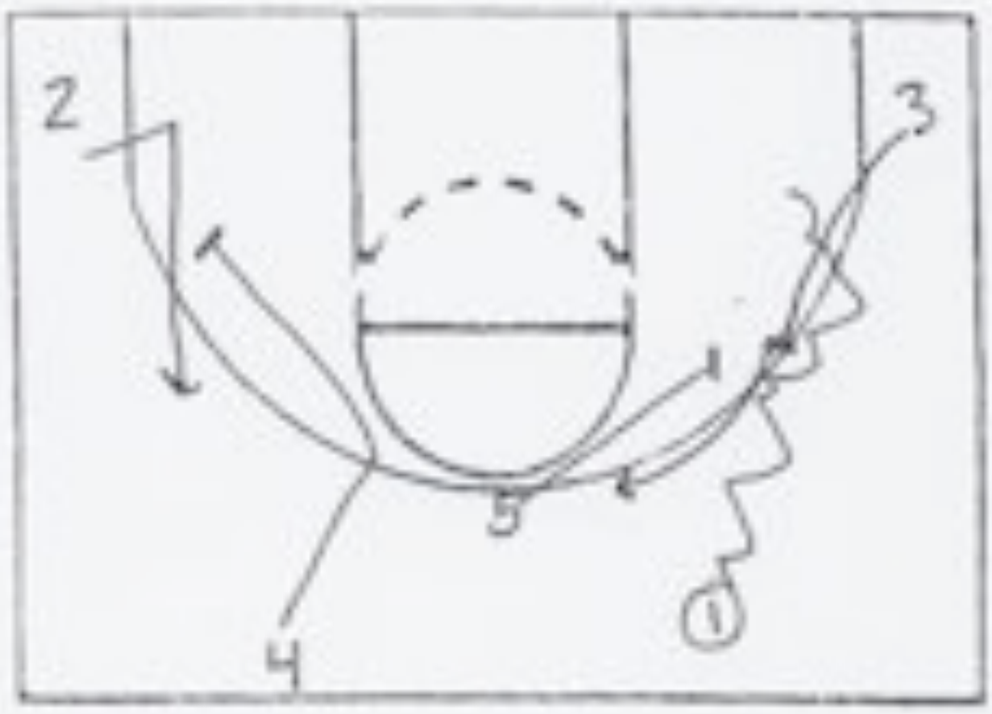




1 FAKES GOING OFF ON BALL
BY 5 THEN HANDS OFF TO
2 WHO NOW COMES OFF
THE ON BALL SCREEN SET
BY 5, 5 SPRINTS TO THE RIM.

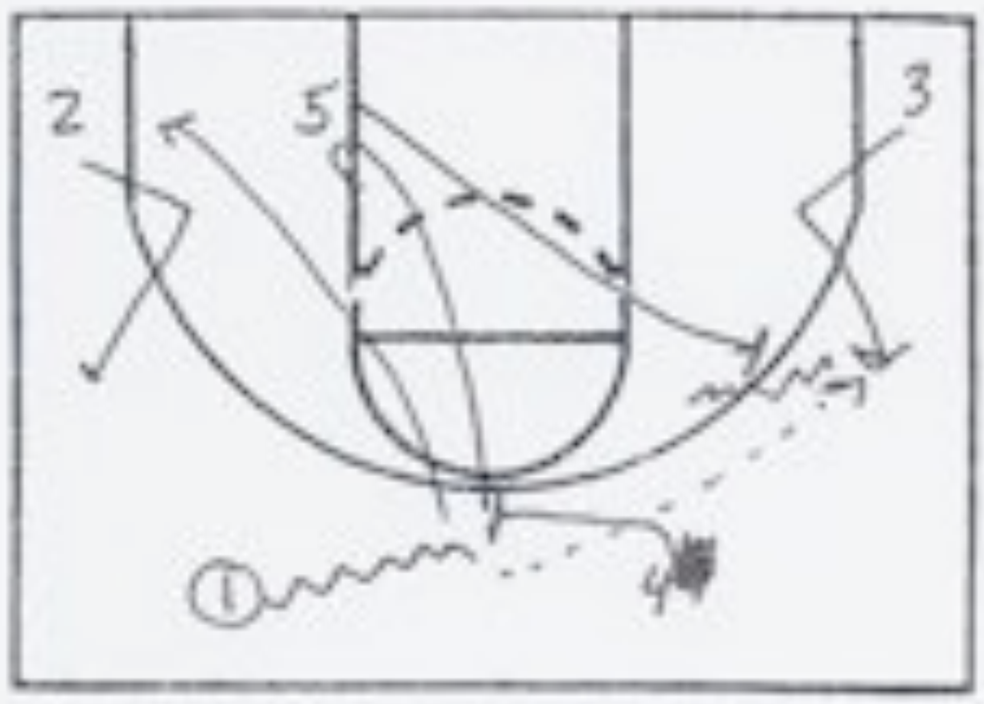
PICK AND ROLL

STEP UP



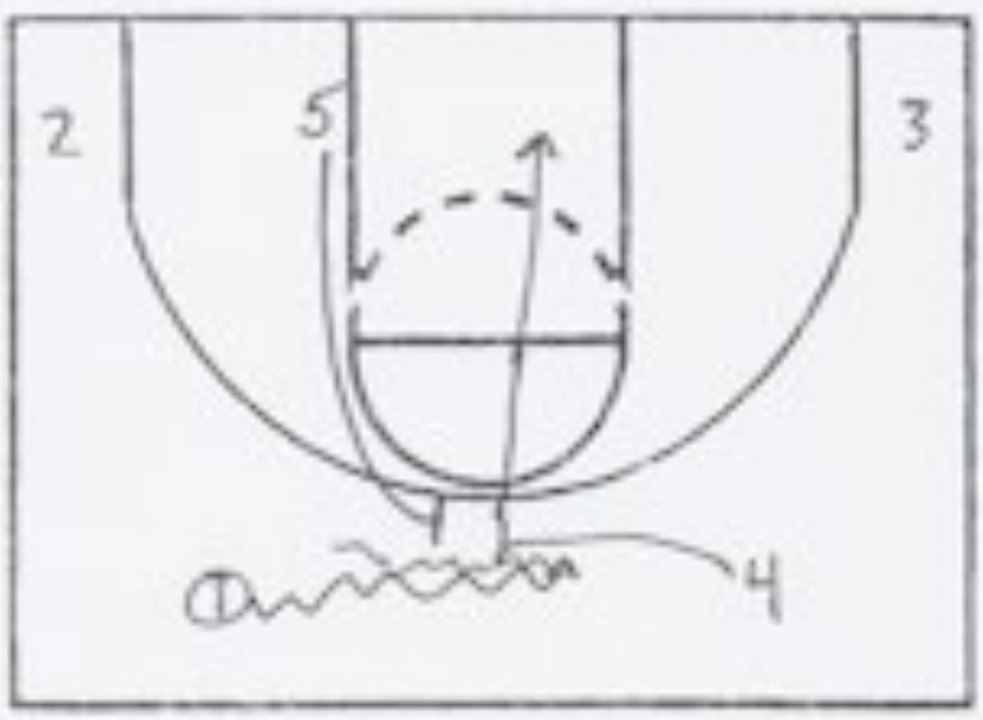
3 SETS A SCREEN FOR 1 ABOUT 6 TO 8 FEET OFF THE LANE 5 THEN SETS A FLARE SCREEN FOR THE 2, 4 SCREENS FOR 2

DIVE



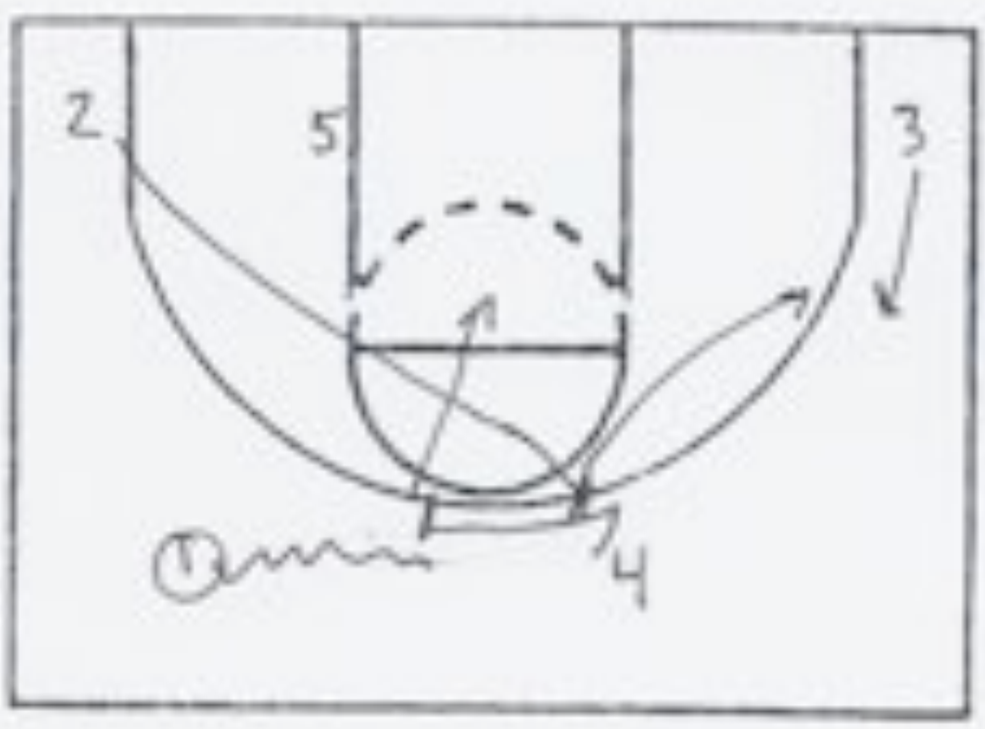
1 DRIBBLES TOWARD 4 SCREEN 4 SLIPS (MIGHT BE OPEN), 1 PASSES TO 3, 5 SPRINTS UP TO SCREEN FOR 3, 2 MOVES UP AND 1 CUTS AWAY 4.

DIVE IS



1 DRIBBLES AT 4, 4 SLIPS 5 COMES UP AND SET AN ON BALL SCREEN FOR 1 WHO HAS CHANGED DIRECTION.

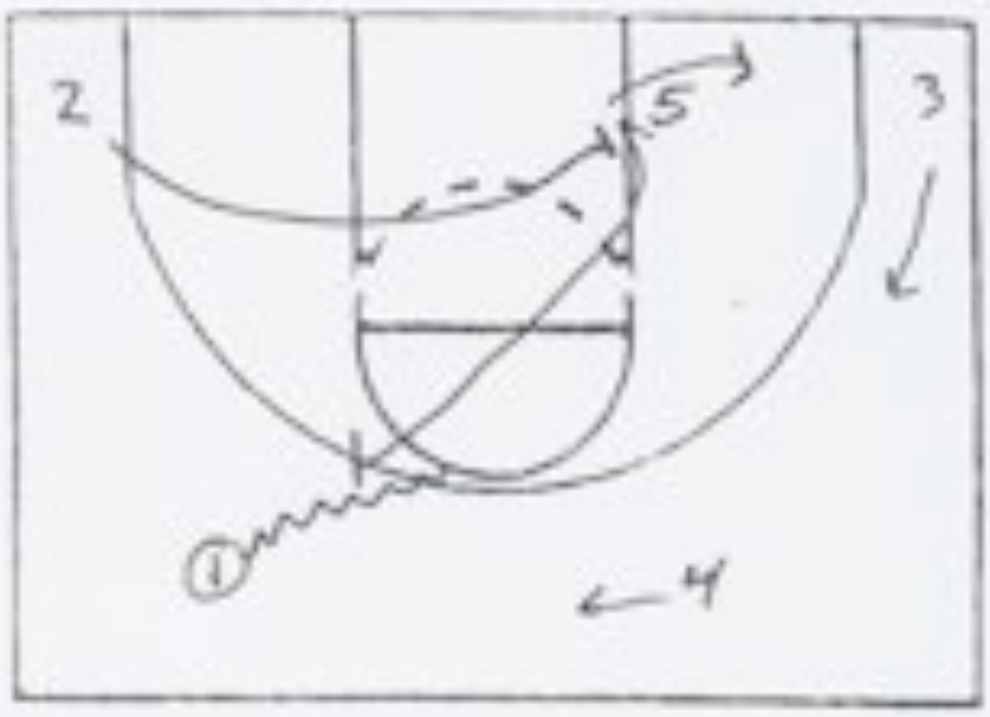
1-2-4 GO



2 SPRINTS UP AND SETS A SCREEN FOR THE 4, WHO NOW SETS AN ON BALL FOR THE 1

PICK AND ROLL

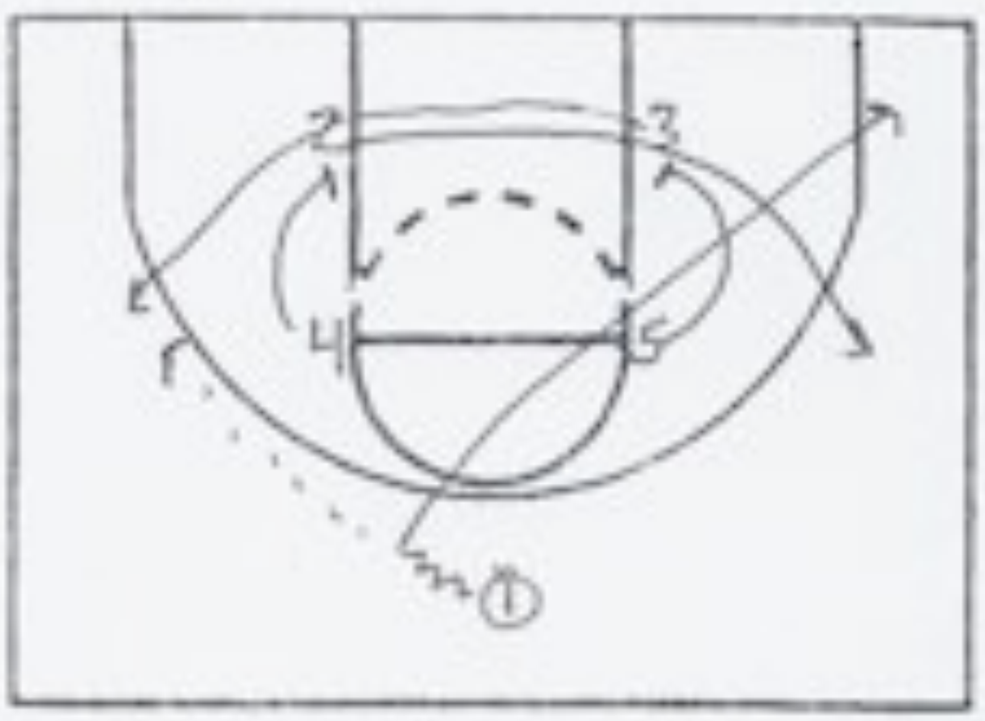
1-2-5 CROSS





2 COMES ACROSS AND SETS A SCREEN FOR 5, WHO COMES UP AND SETS AN ON BALL FOR THE 1

* MOTION 60



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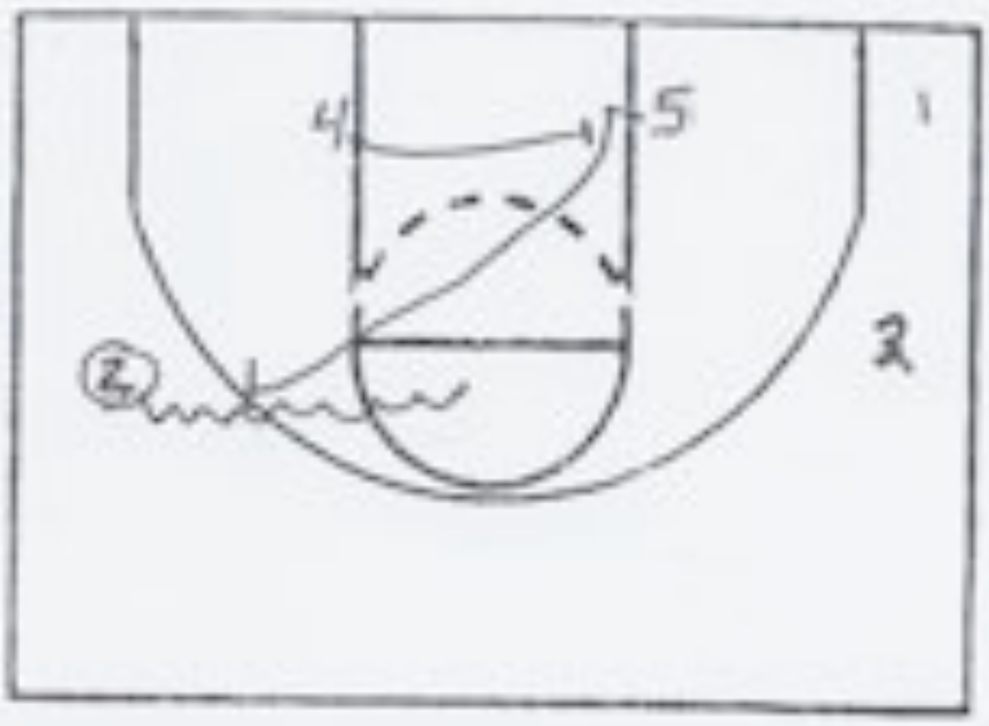


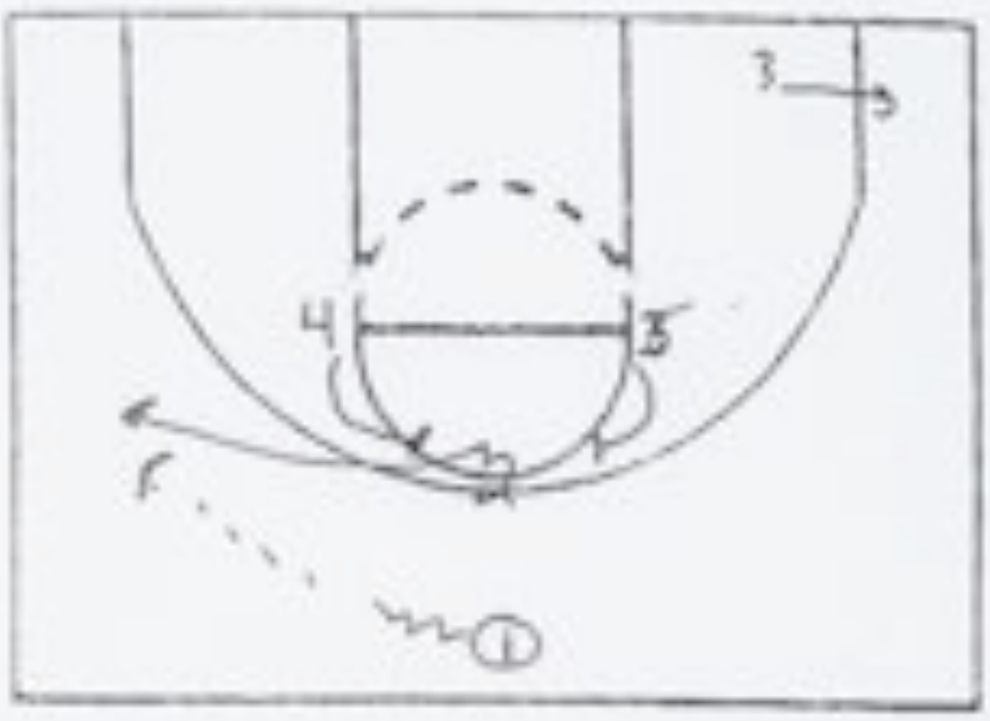
2 AND 3 CROSS TOUCHING RIGHT HANDS, 4 AND 5 OVER OUT AND SCREEN FOR 2-3, 1 PASSES TO 2 AND GOES AWAY.

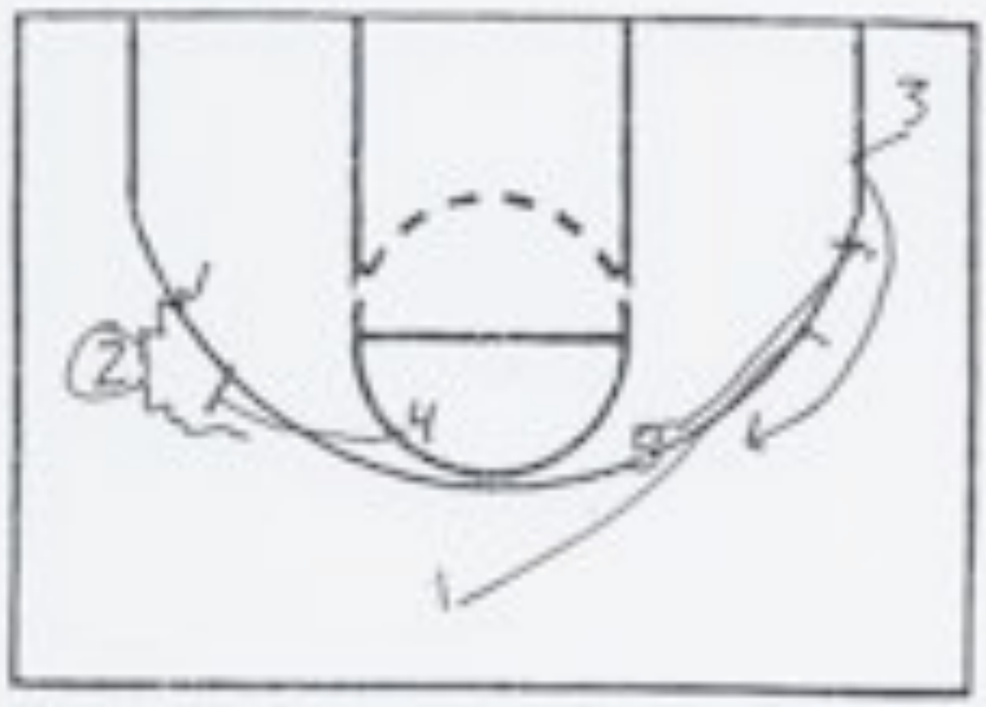
4 SCREENS ACROSS FOR THE 5 WHO SPRINTS UP TO SET AN ON BALL SCREEN FOR THE 3.

CAN RUN TO EITHER SIDE.

PICK AND ROLL

* BULLS



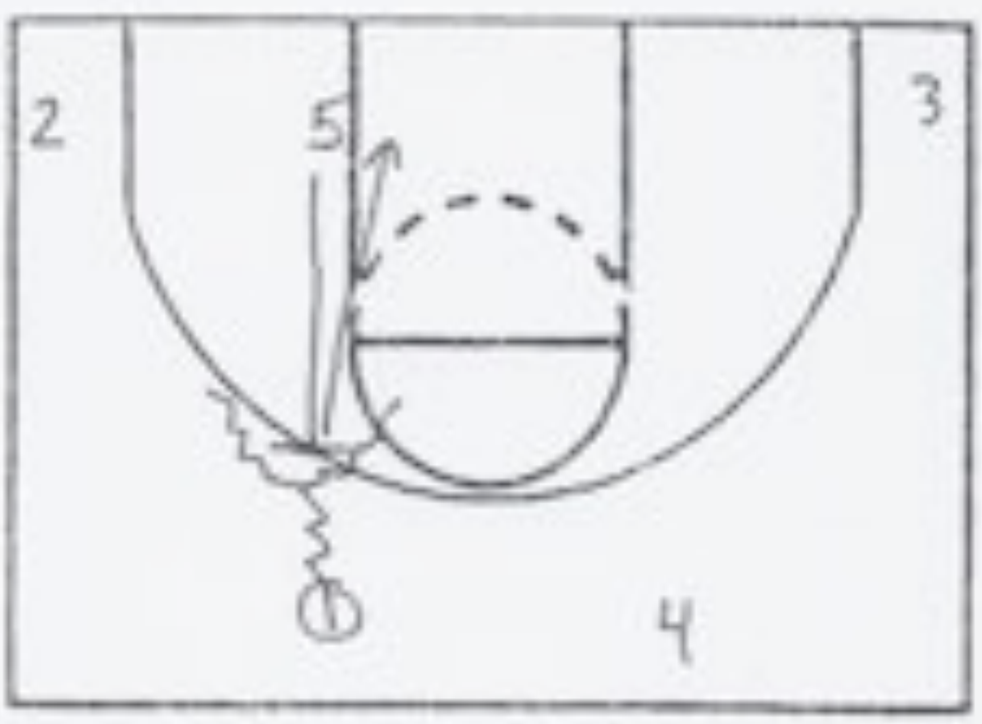


2 CAN PICK WHAT SIDE TO GO, 1 PASSES TO 2 4 AND 5 SCREEN FOR 2

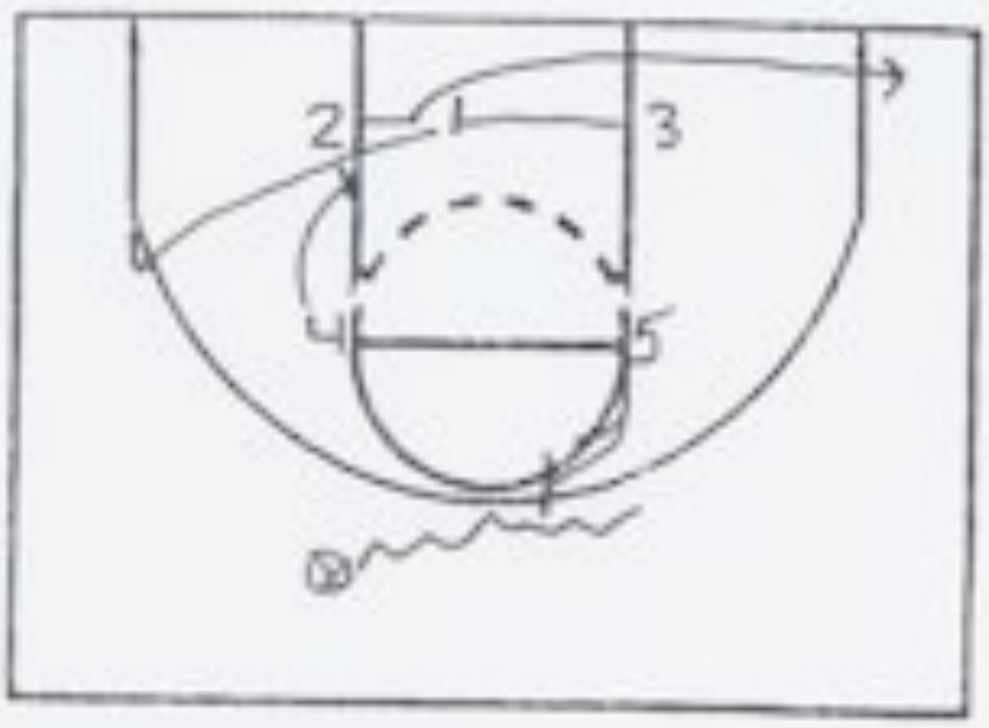
4 COMES OUT AND SET AN OFF BALL SCREEN FOR THE 2, HE CAN GO OFF THE SCREEN OR DRIVE TO CLEAR OUT. 5 AND 1 SCREEN AWAY FOR 3

X CAN PUT WHO EVER HE WANT TO IN 2'S SPOT.

* 5 up



Box

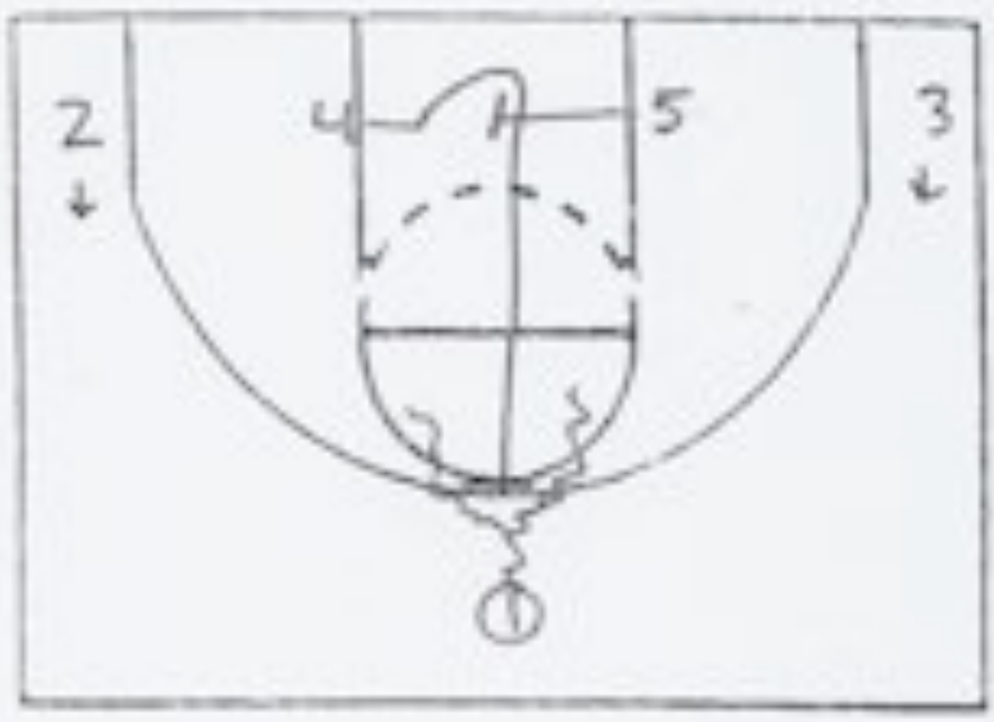


5 SPRINTS UP TO SET AN OFF BALL FOR THE 1, 1 CAN GO EITHER WAY, 2 AND 3 SHAPE UP, 5 SPRINTS BACK TO RIM

5 SCREEN FOR 1, 3 CROSS SCREENS FOR 2, 4 SCREENS FOR 3. 1 IS LOOKING TO SCORE, BUT HE HAS 2 IN THE CORNER CAN PASS BACK TO 5 WHO CAN PASS TO 3 FOR SHOT, OR HE CAN LOOK INTO 4 POSTING

Pick And Roll

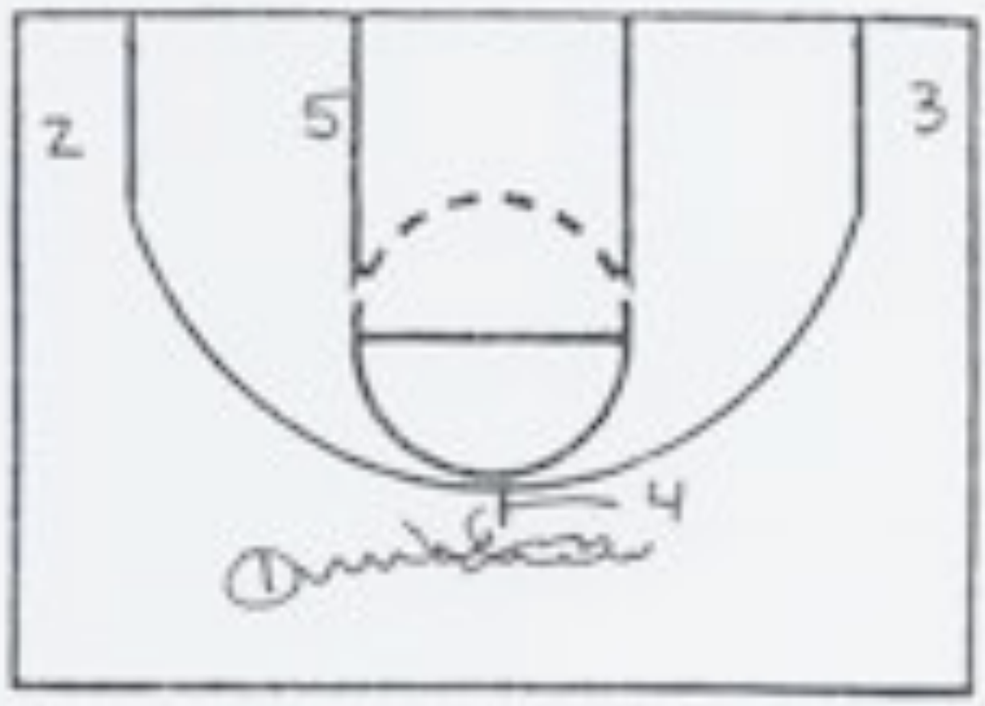
1-4 Low



5 screens across for 4 who comes to the top of the key and screens for the 1

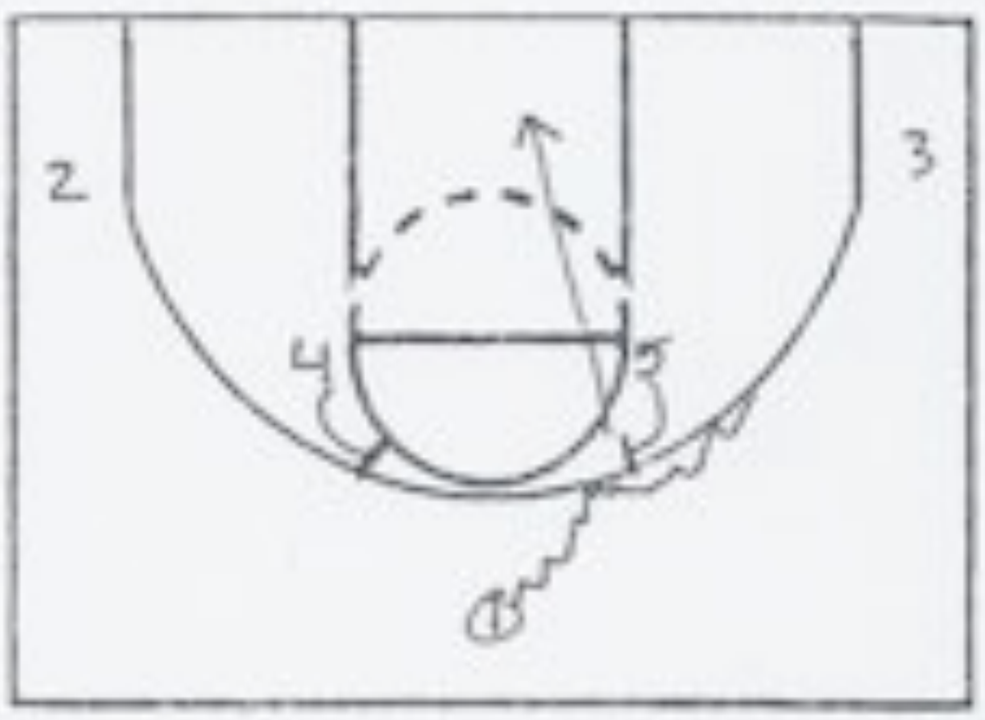
5 post, 4 pops, 2-3 shape up

Twist



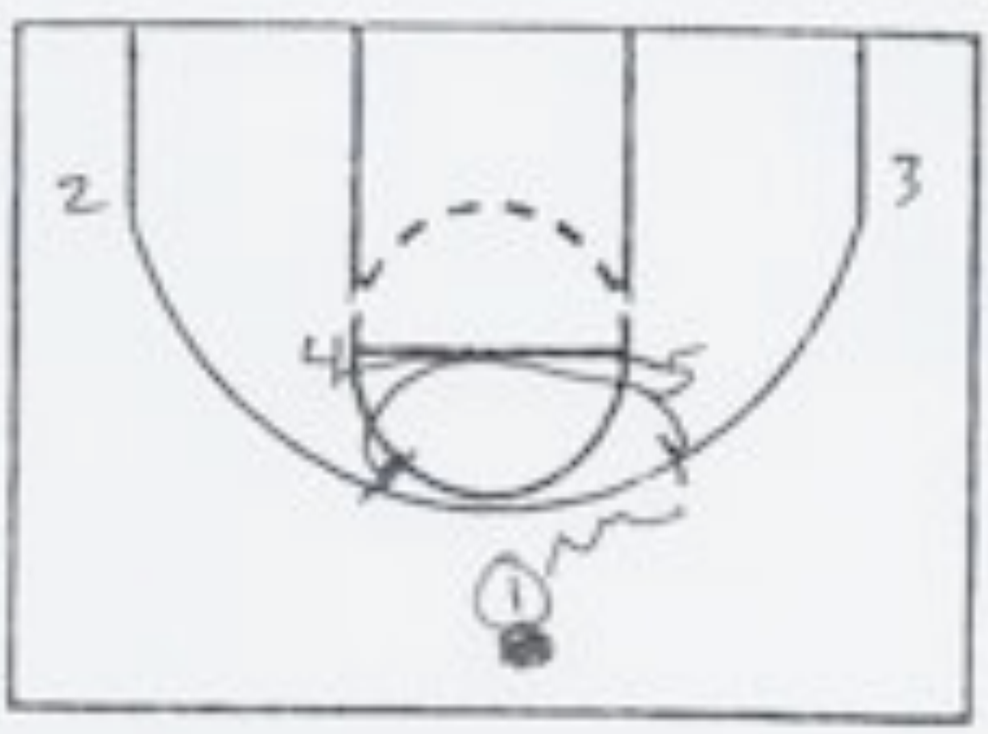
1 comes off the ball screen set by the 4 and the he goes right back off another on ball screen set by 4

V-Set



4 and 5 set on ball screens just inside the 3pt line, 1 can go off either side can also go high/low, pass back the 4 who looks into the 5 who has sprinted to the rim

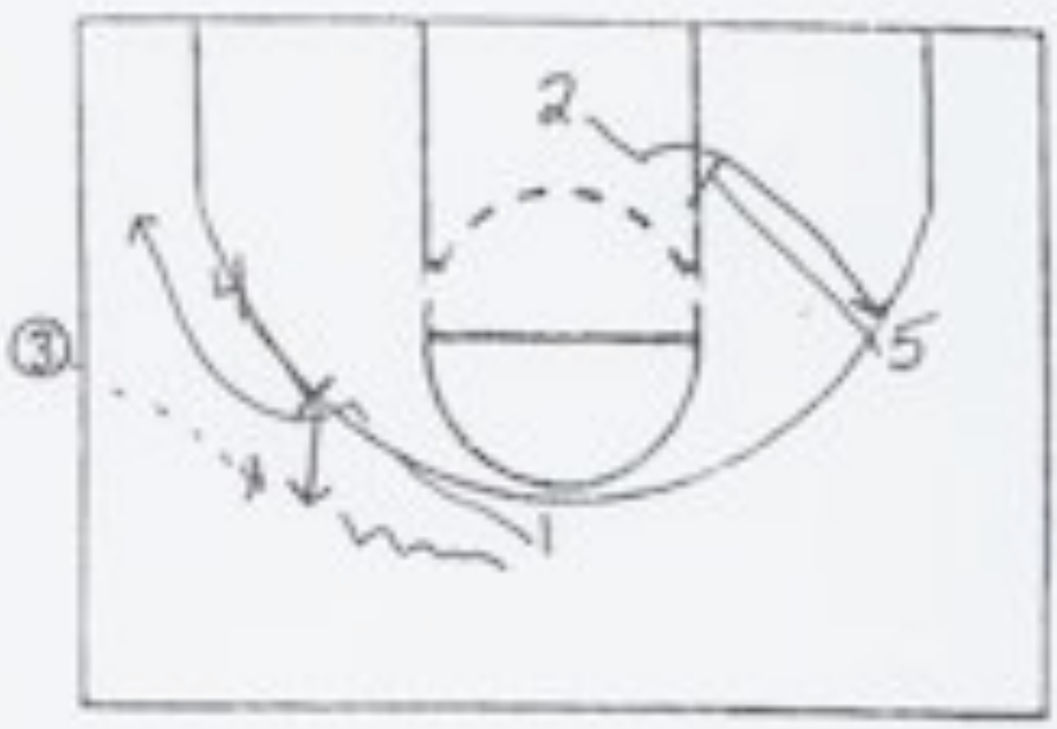
V-Cross



Same set only time 4 and 5 cross and then set screens for 1 or ball screens.

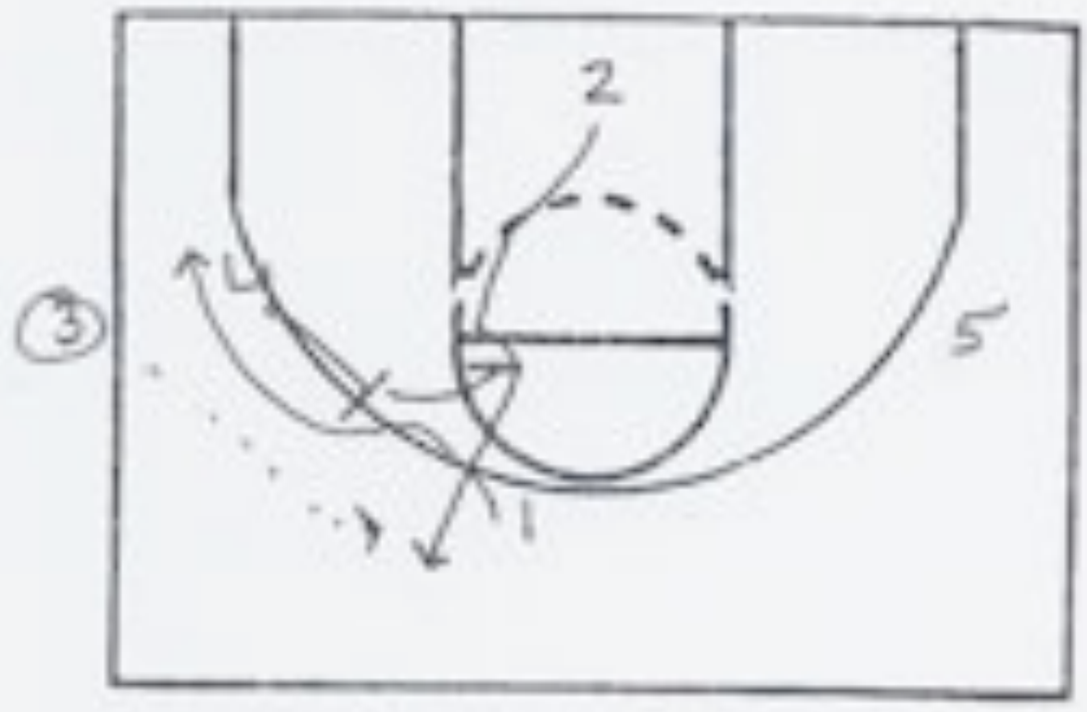
SIDE LINE OB.

Hook



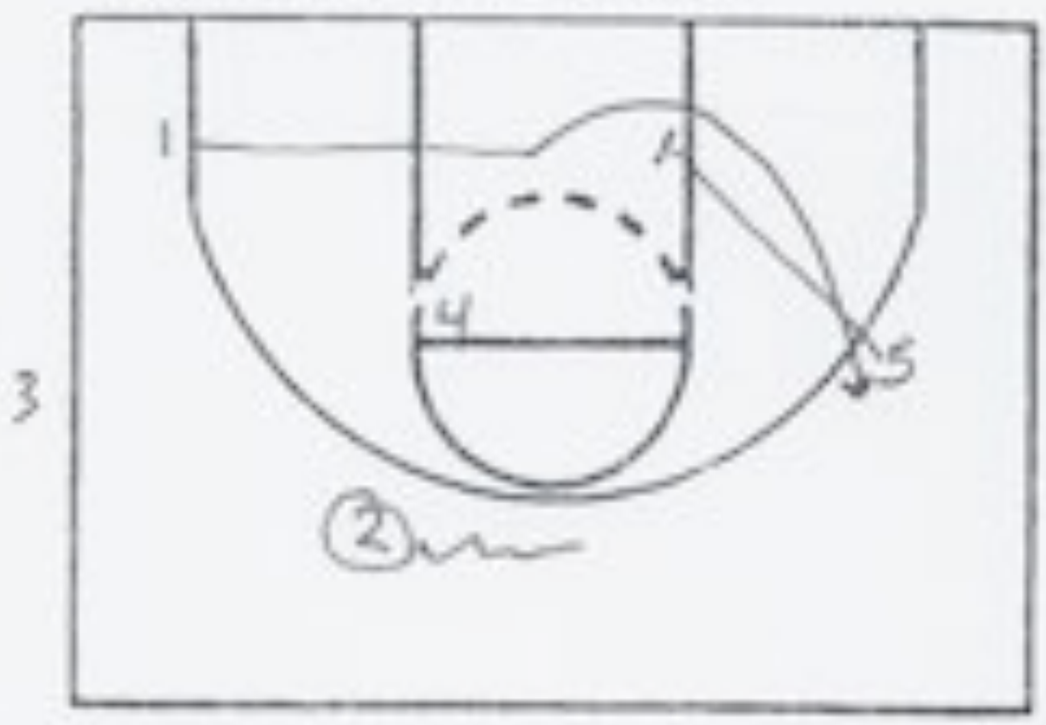
4 SCREENS FOR 1, 3 INBOUNDS BALL TO 4, 5 SCREENS DOWN FOR 2, 4 DRIBBLES TO TOP OF KEY, PASSES TO 2 WHO CAN SHOOT OR LOOK INSIDE 5 POSTING

Hook - Special



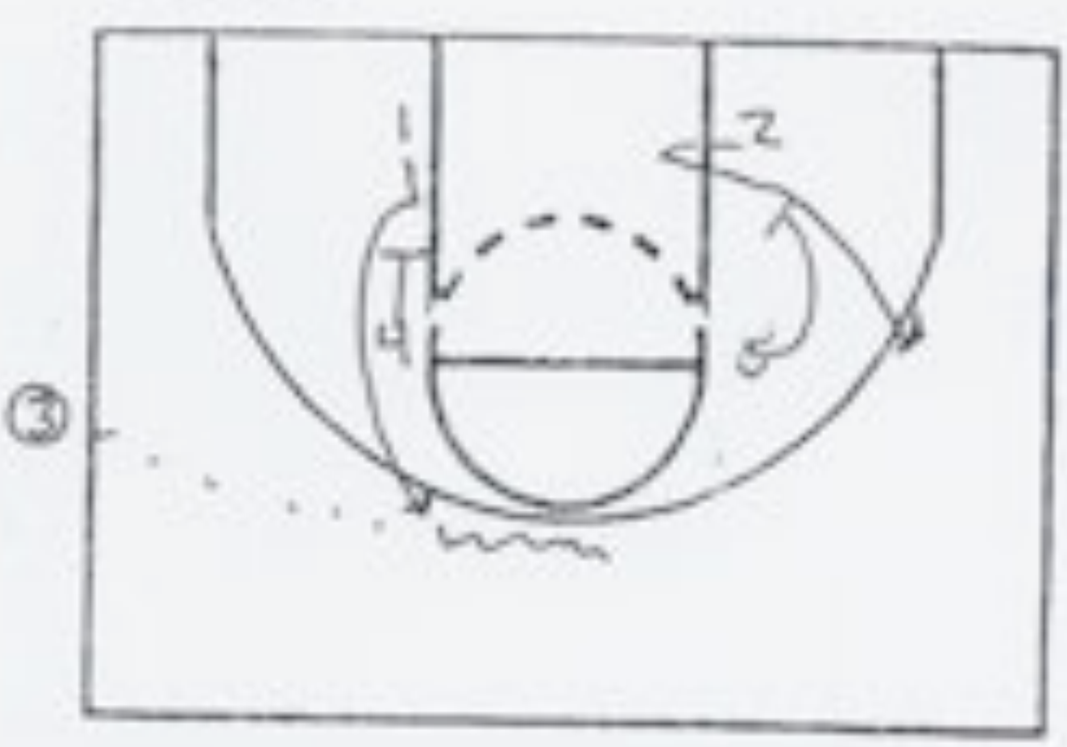
SAME SET 4 SCREEN FOR 1 4 THEN SCREENS FOR THE 2.

Hook - Special cont.



2 DRIBBLES TO THE TOP OF THE KEY, 1 COMES OFF THE DOWN SCREEN SET BY 5, 1 CAN SHOOT OR LOOK TO 5 POSTING.

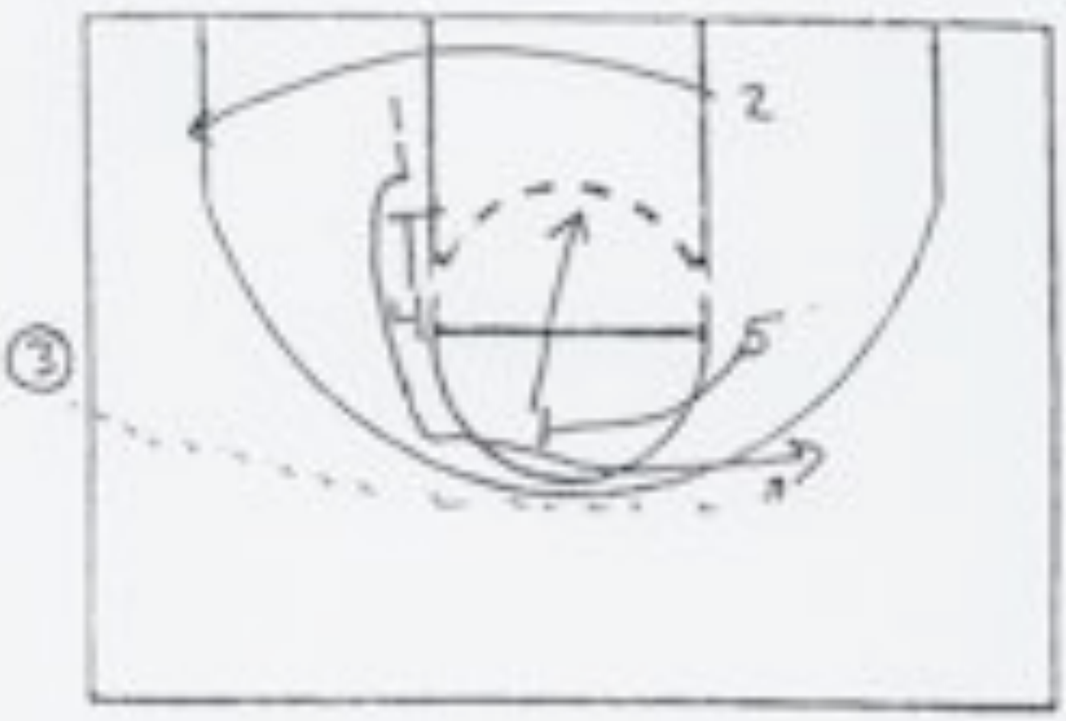
Zipper



4 SCREENS FOR 1, 1 DRIBBLES HOME TO TOP OF THE KEY PASSES TO 2 WHO CAME OFF SCREEN BY 5. 2 CAN SHOOT OR LOOK TO 5 POSTING.

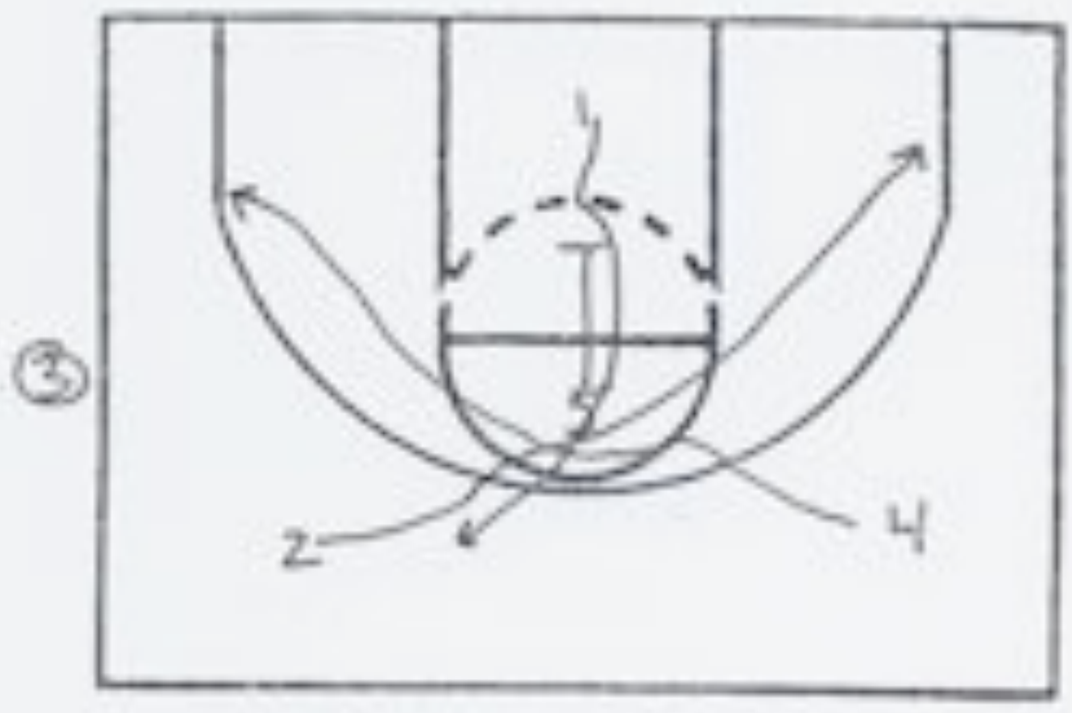
SIDELINE OB

ZIPPER - FLARE



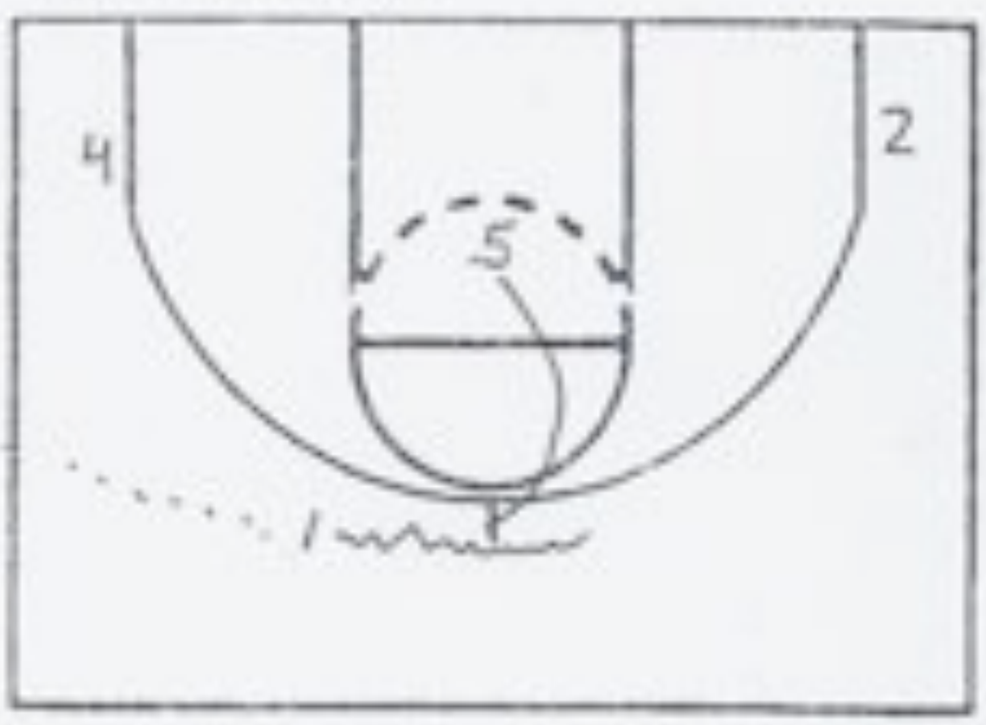
4 DOWN SCREEN FOR 1, 5 THEN SETS A FLARE SCREEN FOR THE 1, 5 THEN CUTS TO BASKET 3 CAN HIT 1 OFF FLARE 5 GOING TO BASKET, ON 2 INTO CAME ACROSS.

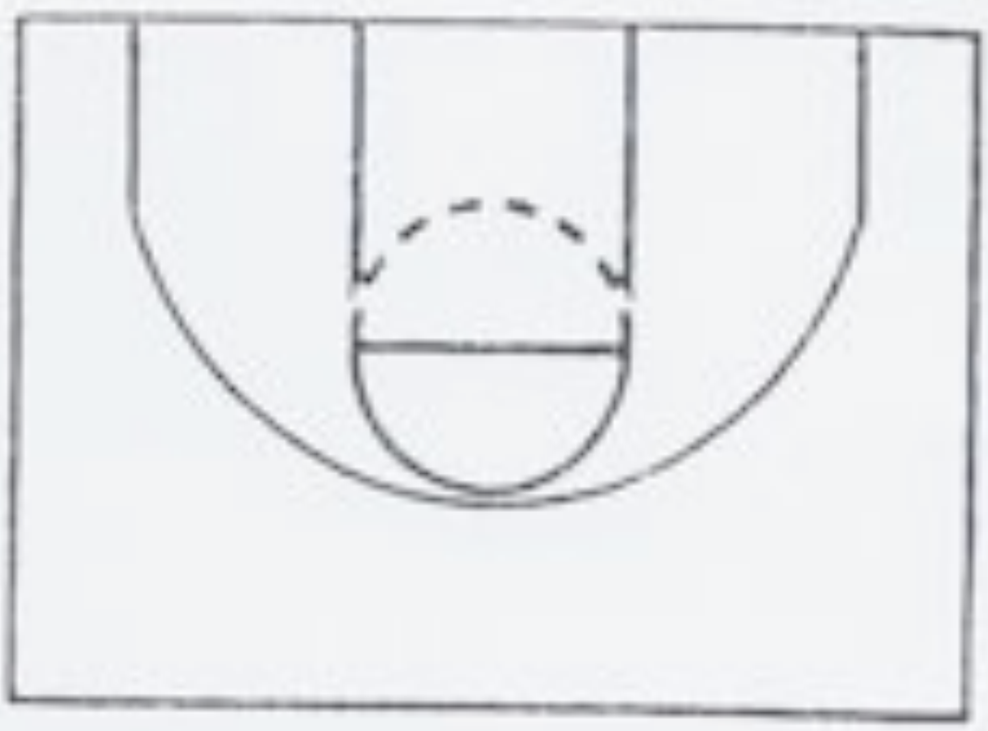
CROSS



2 AND 4 CROSS 5 SETS A DOWN SCREEN FOR 1

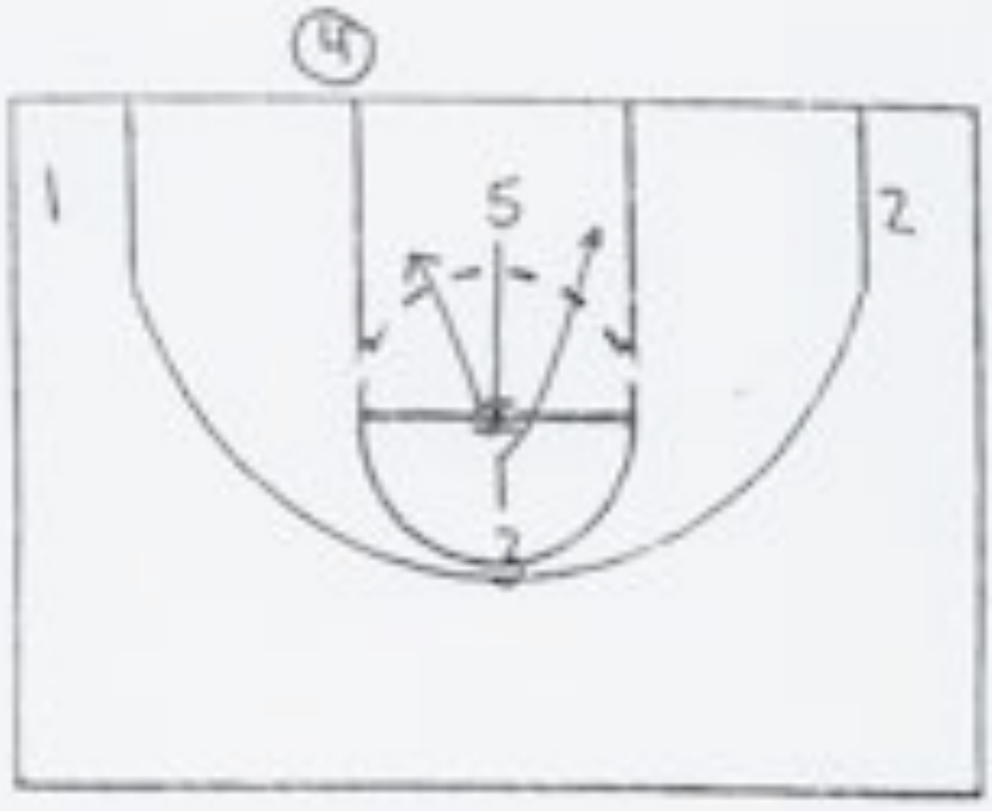
CROSS CONT.



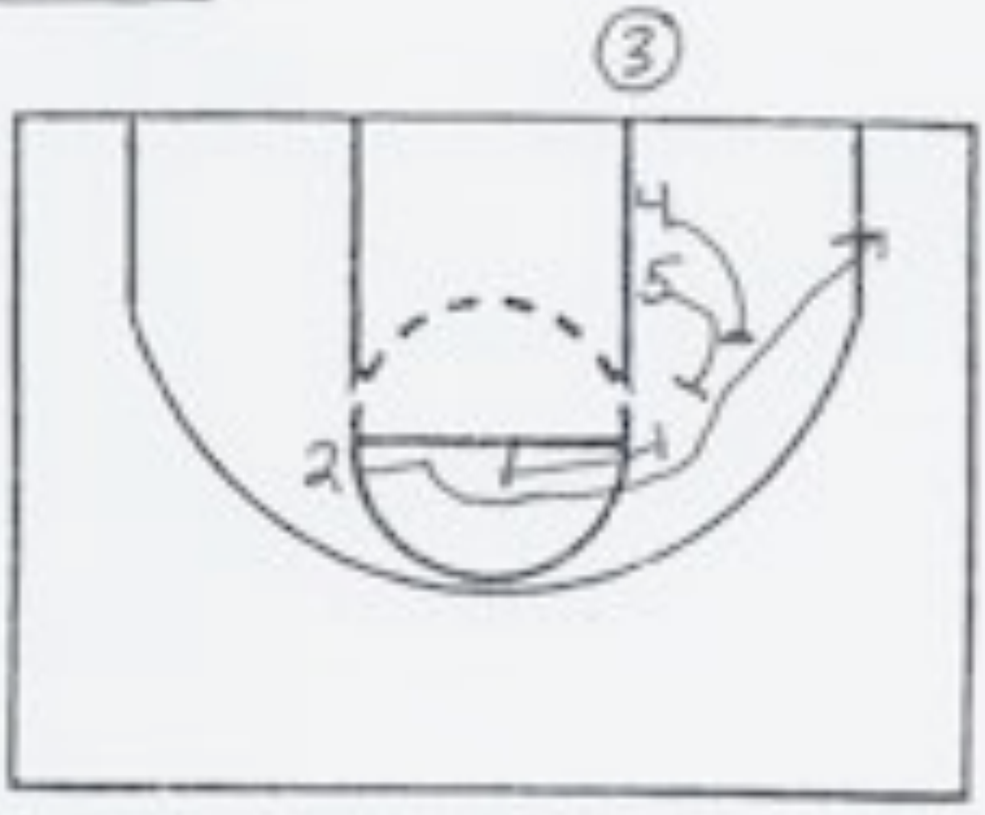


3 INBOUNDS TO 1 5 COMES BACK UP TO SET A HIGH ON BALL SCREEN.

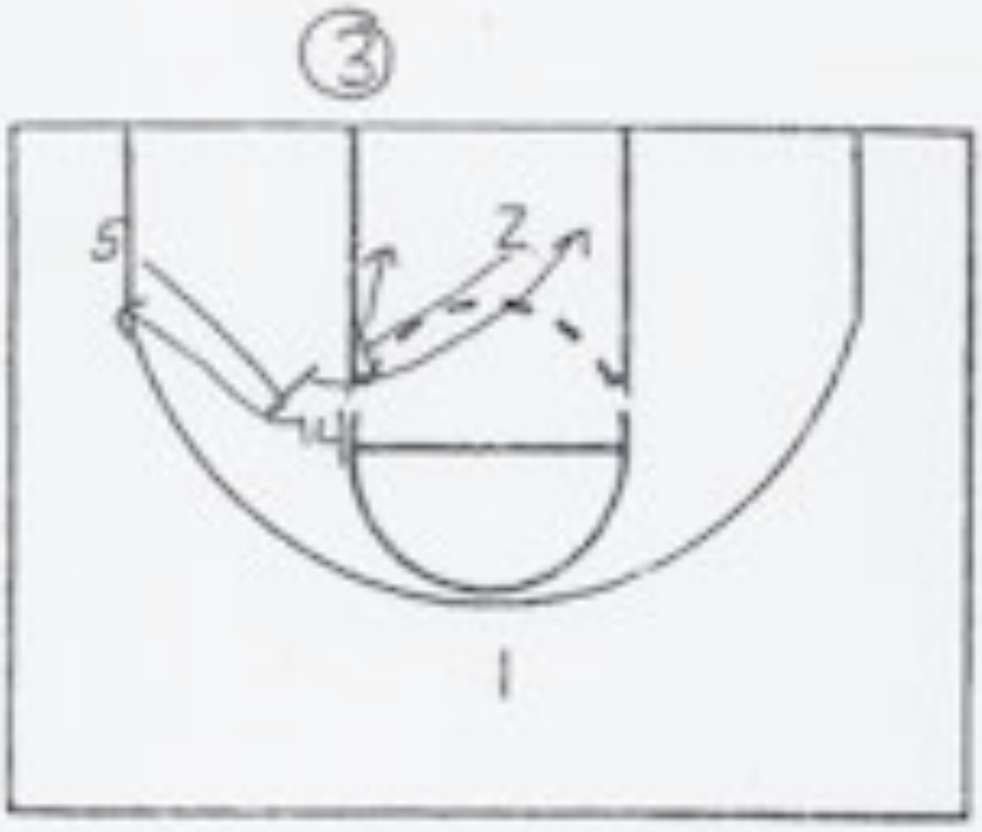
BASELINE O.B.

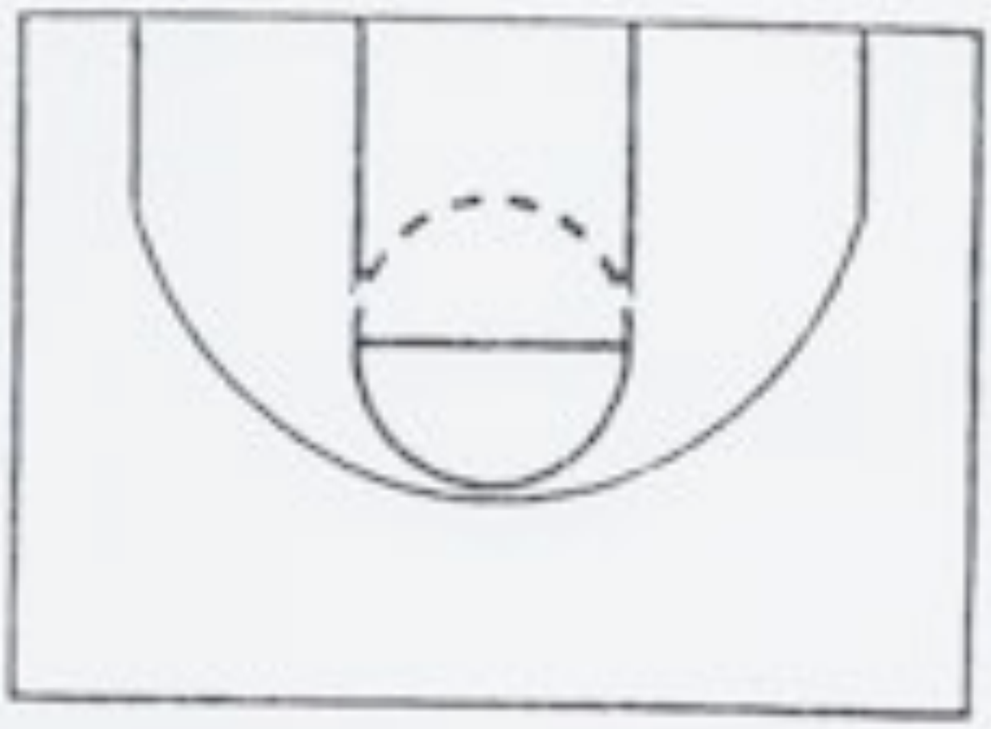


5 SCREENS FOR 3, 3 CAN CUT EITHER WAY OFF 5's SCREEN 5 ROLLS BACK OPPOSITE 3



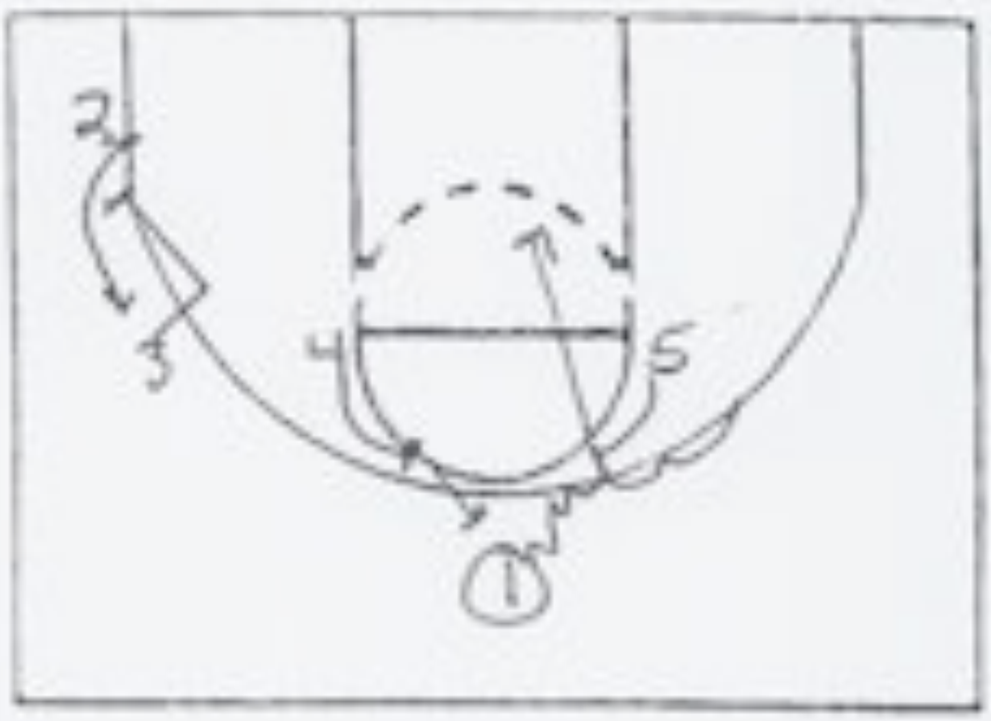
BLOB FOR SHOOTER, 1 SCREENS FOR 2, THEN 5 AND 4 SET A STAGGERED SCREEN FOR 2



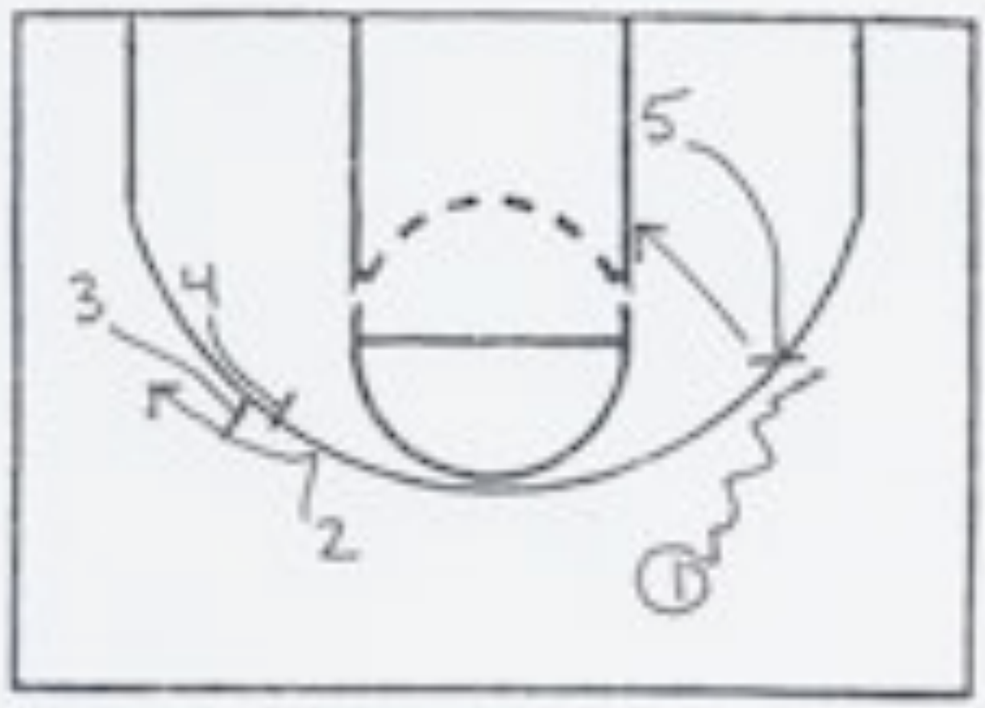


5 SCREEN FOR 4, 2 THEN SCREENS FOR 5, 2 ROLLS BACK TO THE BASKET

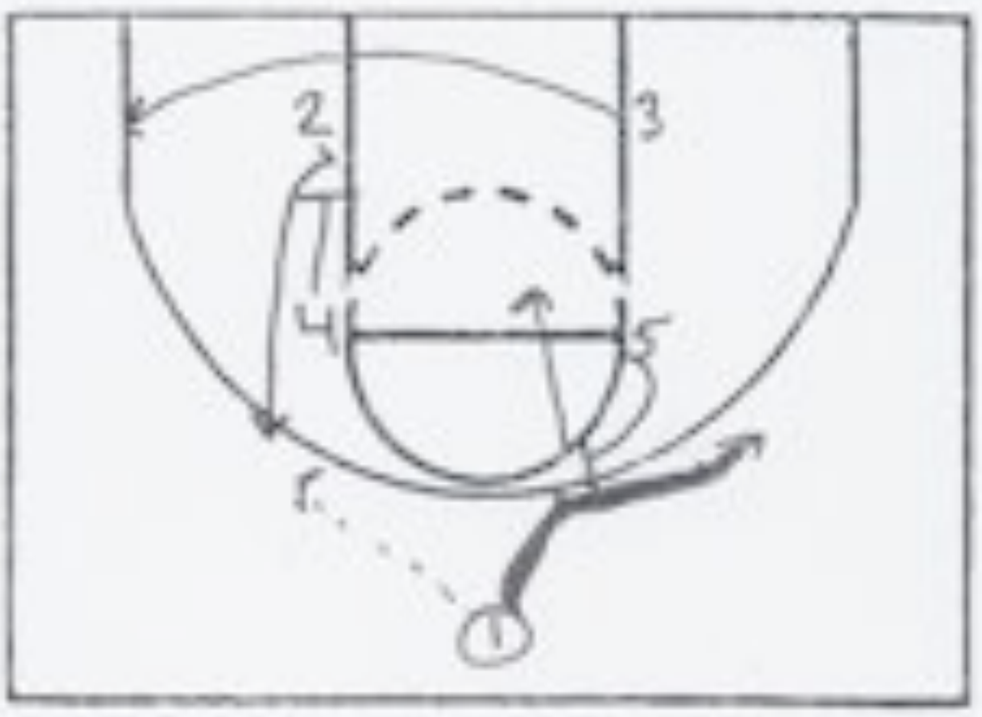
SET PLAYS



4 AND 5 SET HIGH ON BALL SCREEN, 1 COMES OFF LOOKING TO SCORE, 5 ROLLS TO BASKET
4 COME HIGH FOR JUMPER
3 SCREENS FOR 2

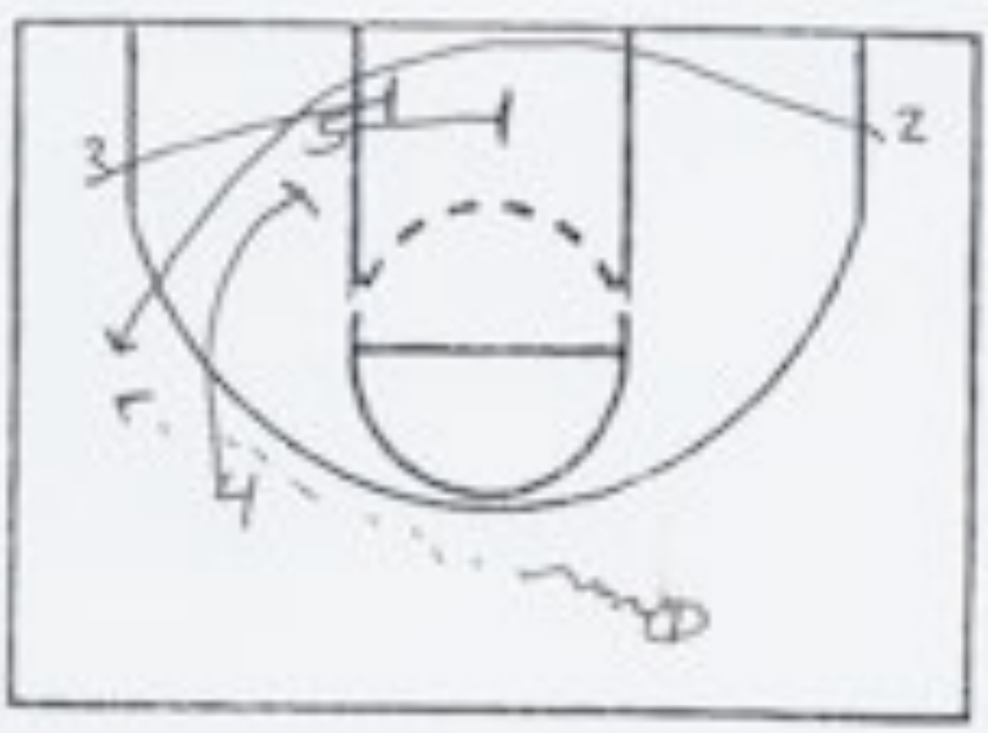


5 SETS A SCREEN FOR THE F.T. LINE EXTENDED
3/4 SET FLARE FOR 2



4 DOWN SCREENS FOR 2 THEN POST UP, 1 PASSES TO 2 AND THEN CUTS OFF A FLARE SCREEN SET BY 5, 3 EMPTIES OUT TO OTHER SIDE.

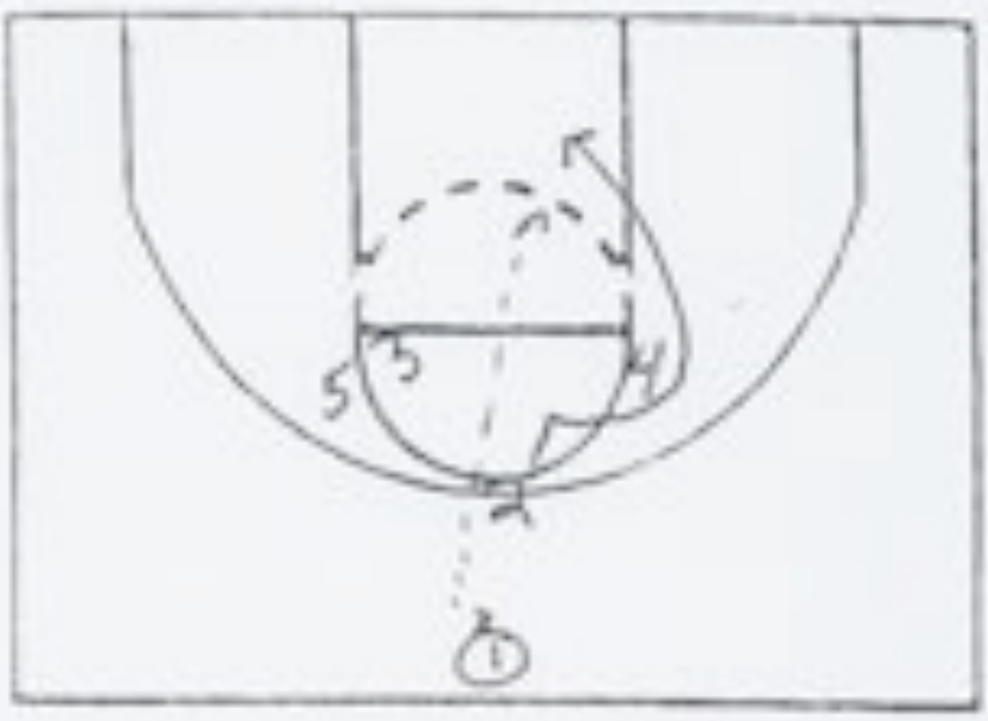
TRIPLE SCREEN AFTER F.T.

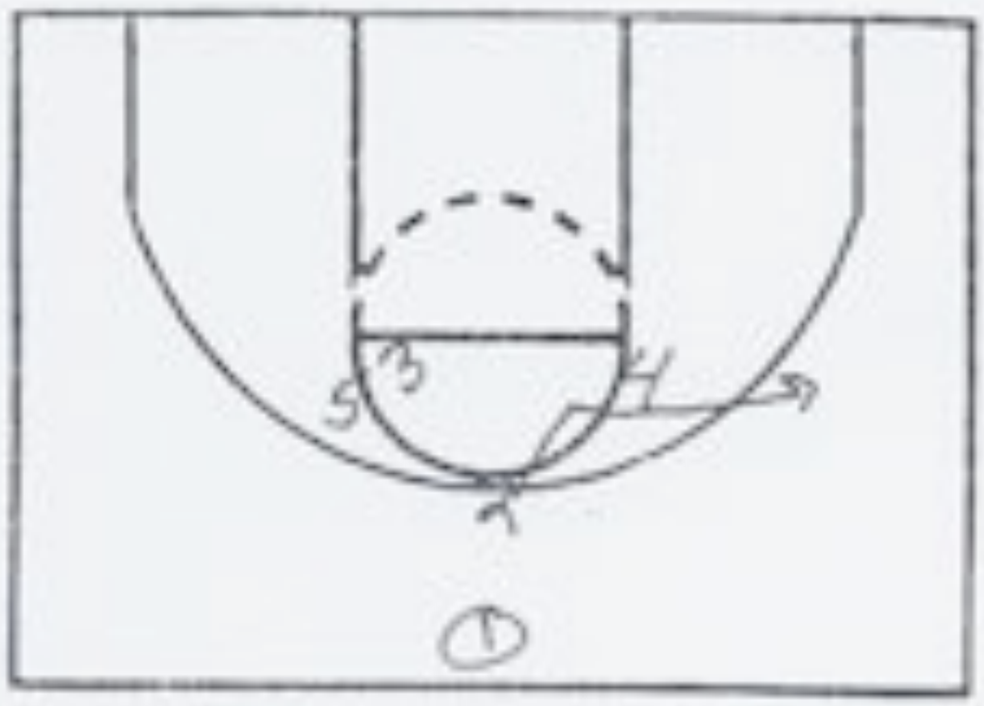


5, 3, AND 4 ALL SET A SCREEN FOR 2

SET PLAYS

2 GHOST

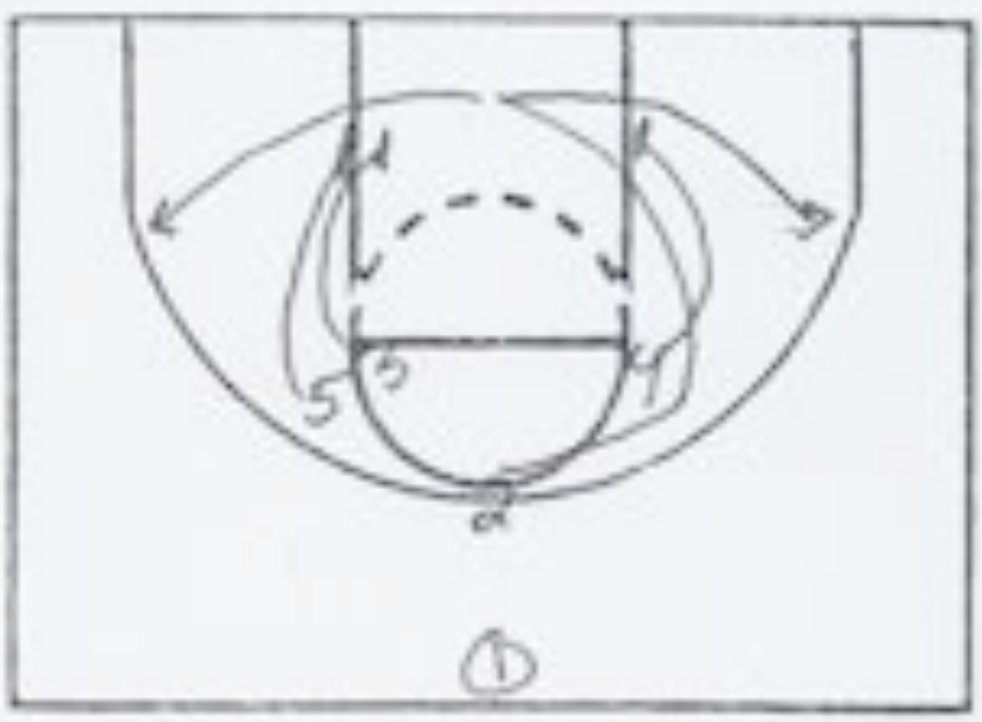


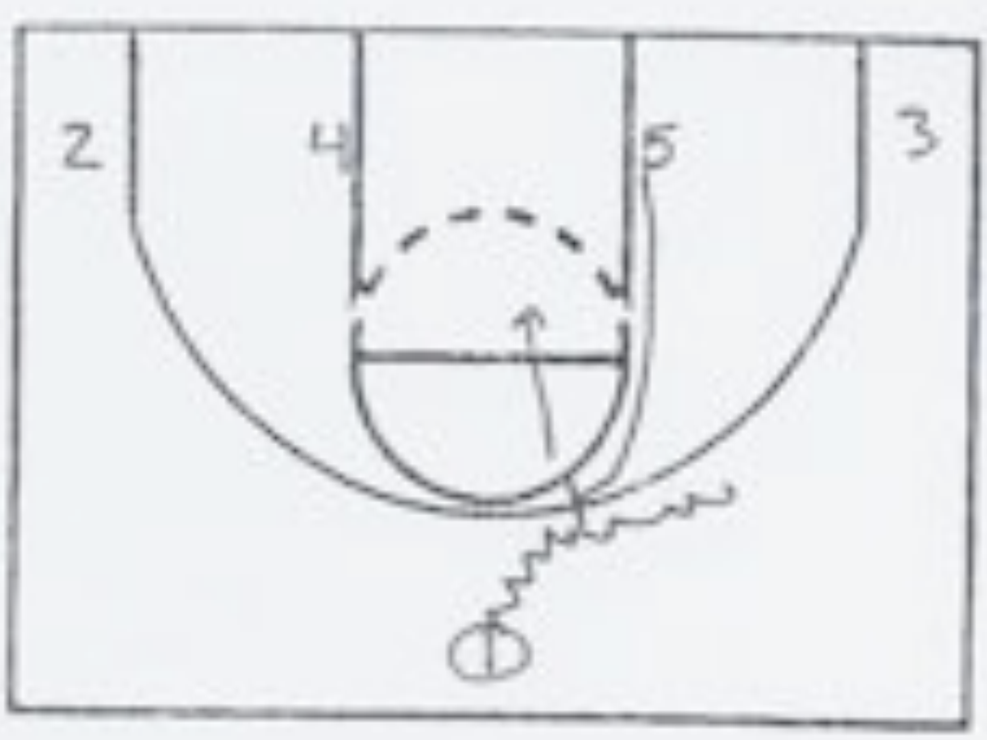


2 CAN CUT OFF THE SINGLE SET BY 4 OR THE DOUBLE SET BY 3 AND 5
IF 2'S MAN FOLLOWS, LOB

IF 2'S MAN GOES UNDER 4 SETS A FLARE SCREEN

LATE CLOCK



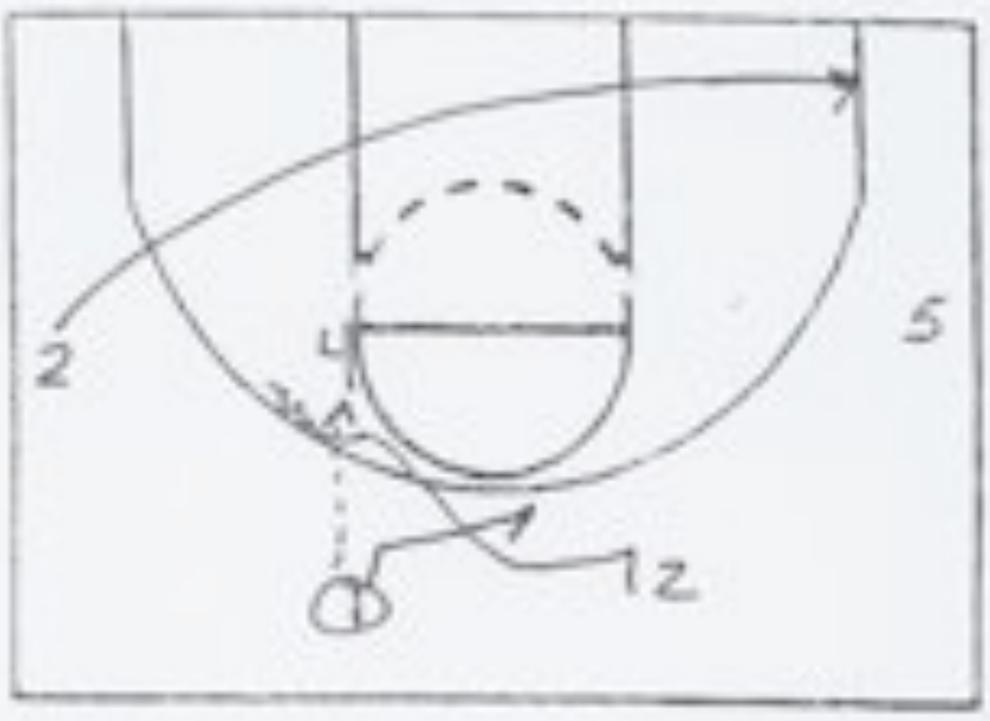


AFTER THE 1ST CUT IF 2 IS NOT OPEN 4 SCREENS DOWN FOR 2 3 AND 5 SCREEN DOWN FOR 2 2 CAN CUT OFF EITHER SCREEN

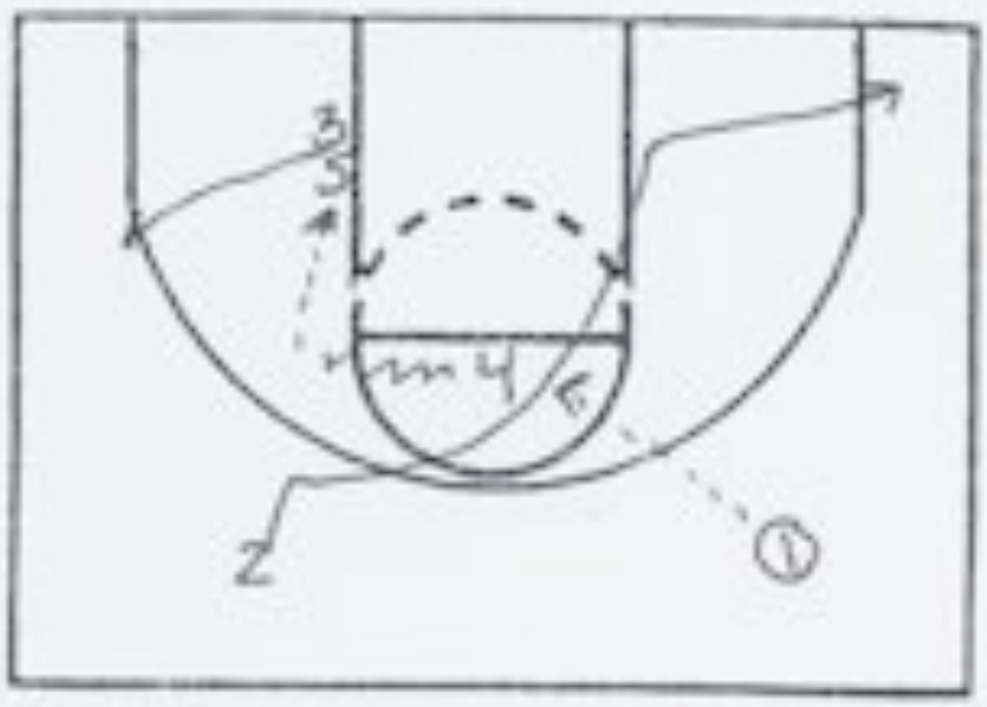
PLAY FOR LATE IN THE SHOT CLOCK, 1-4 LOW. 5 SPRINTS UP TO SET A SCREEN FOR THE 1

SET PLAYS

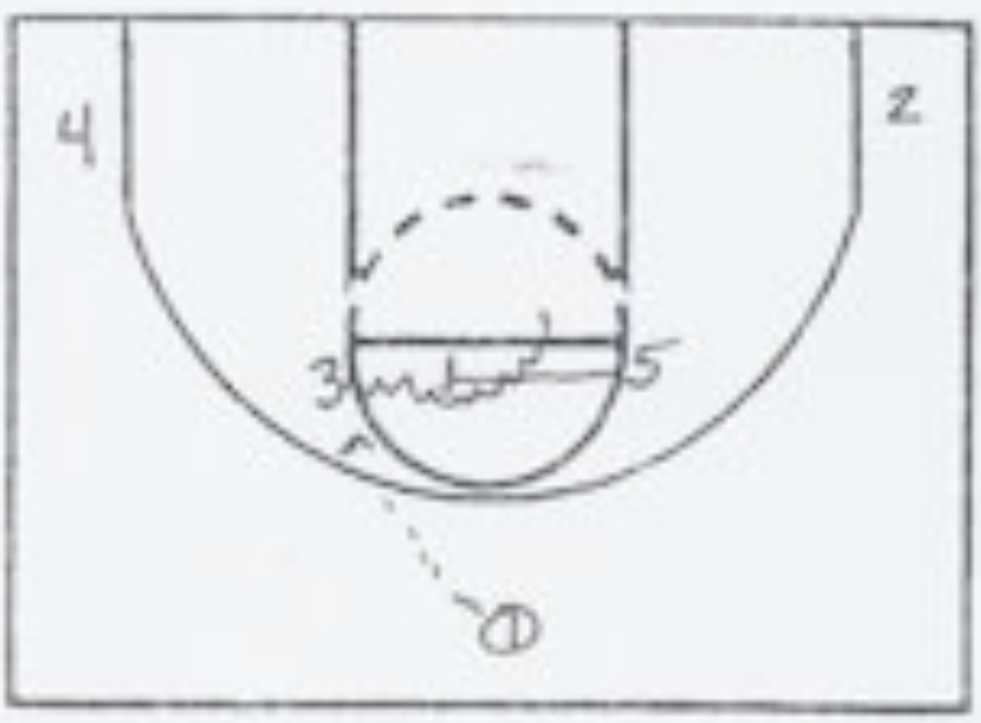
HAND OFF FOR BEST PLAYER



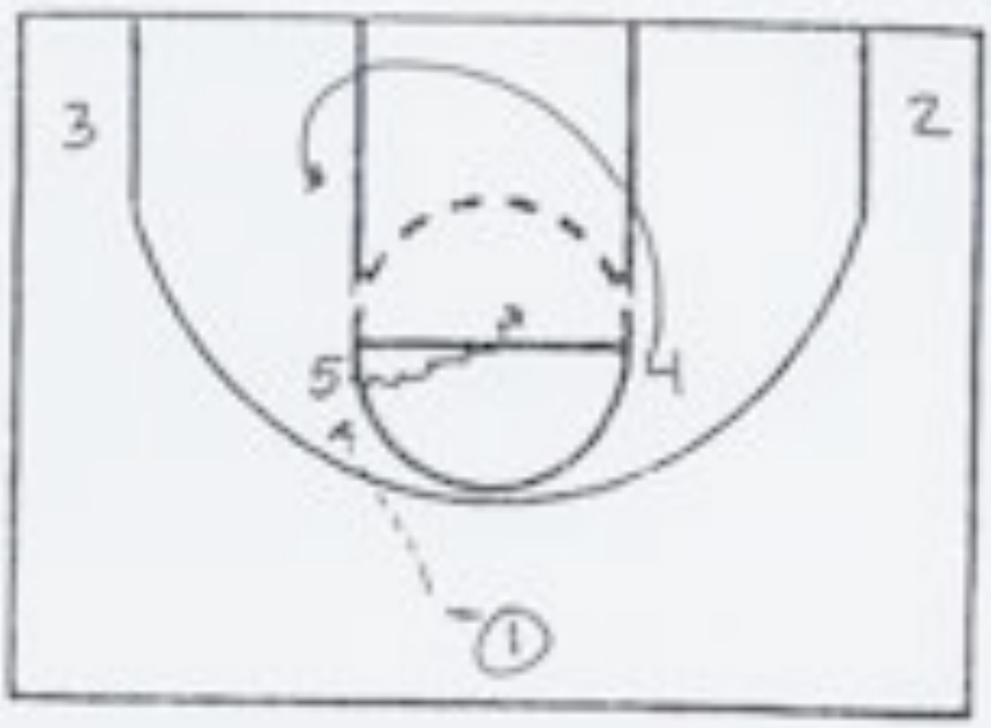
2 CUTS BACKDOOR AND GOES OPPOSITE CORNER. 1 PASSES TO THE 4, 1 THEN SETS A SCREEN FOR 2, 2 CUTS OFF SCREEN, THEN TAKES HANDOFF FROM 4, HIS SIDE TO DRIVE.



4 SCREENS FOR 2, 1 THEN PASSES TO 4, 3 POPS OUT 5 WORK TO POST UP. 4 CAN TAKE A DRIBBLE ON 2, LOOKING TO PASS TO 5 POSTING



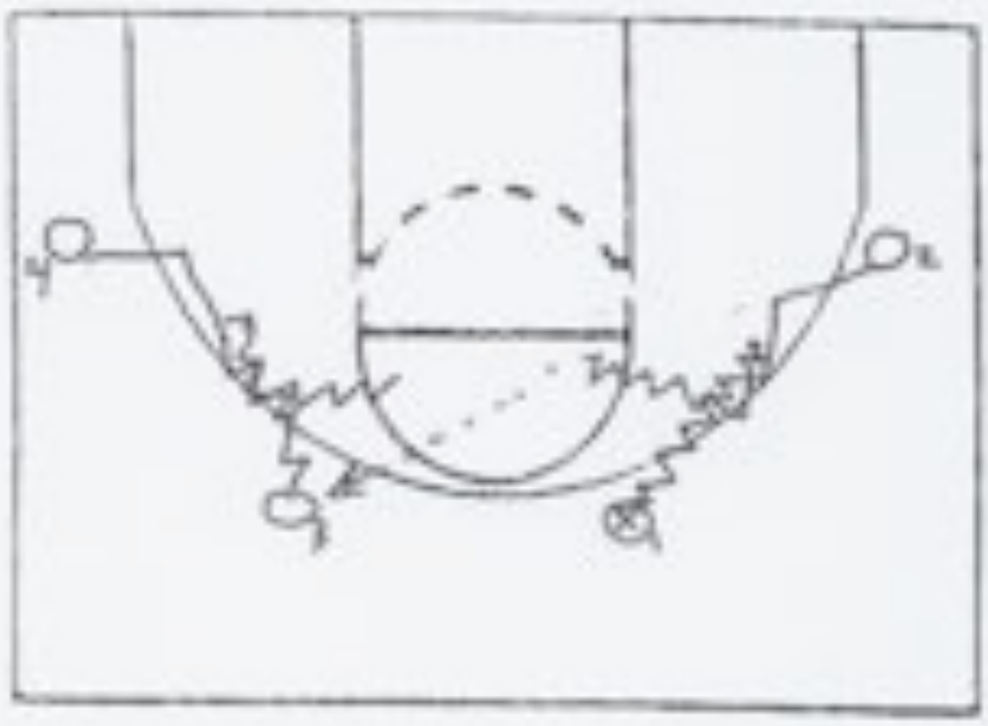
SCREEN AND ROLL FOR BEST PLAYER AT THE ELBOW



CLEAR OUT DRIVE FOR POST

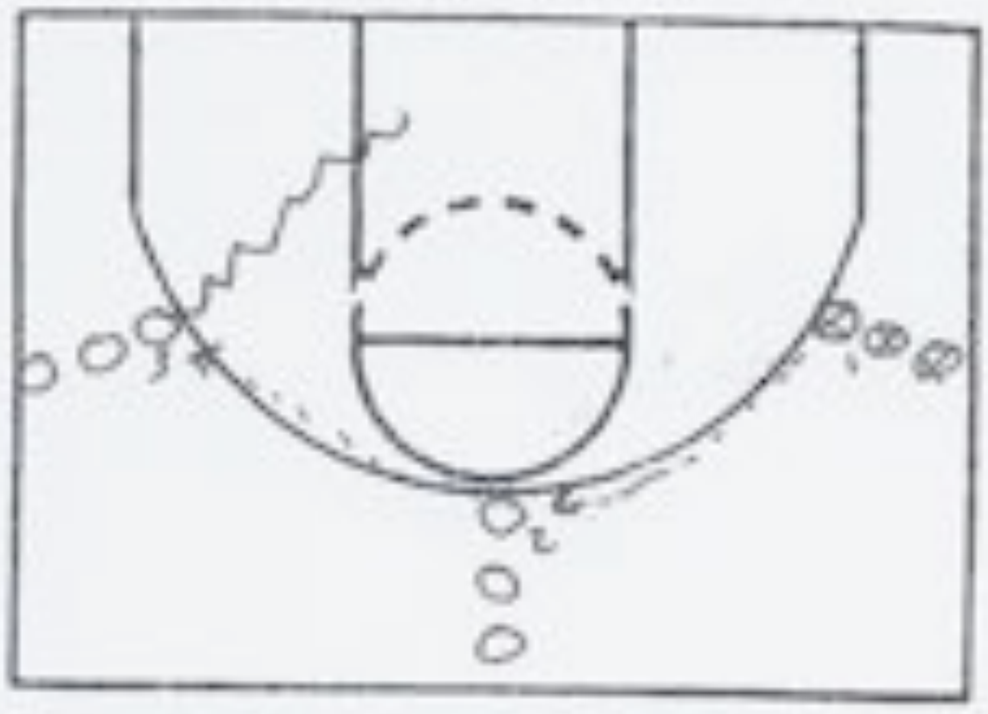
SKILL DEVELOPMENT DRILLS

DRIBBLE HANDOFF DRILL



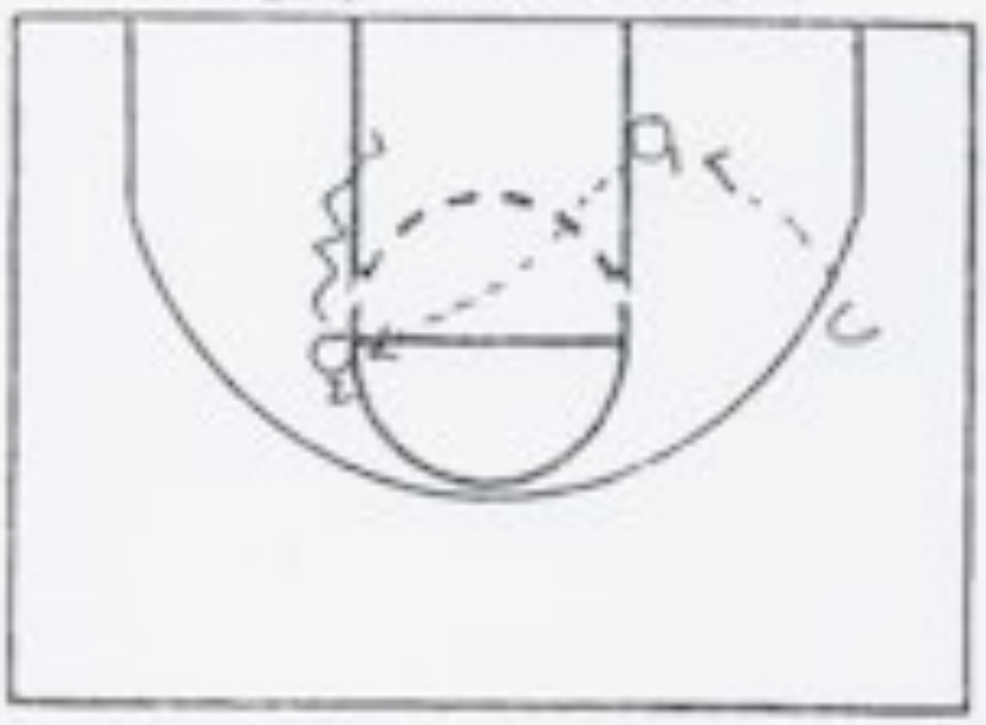
O_1 DRIBBLES AT O_2, O_1 HAND OFF TO O_2, O_2 DRIVES HARD TO THE MIDDLE THEN PASSES TO O_3. O_3 DRIBBLES AT O_4, O_3 HAND OFF TO O_4, O_4 DRIVES HARD TO MIDDLE THEN PASSES TO O_2...

BALL REVERSAL LAY-UPS



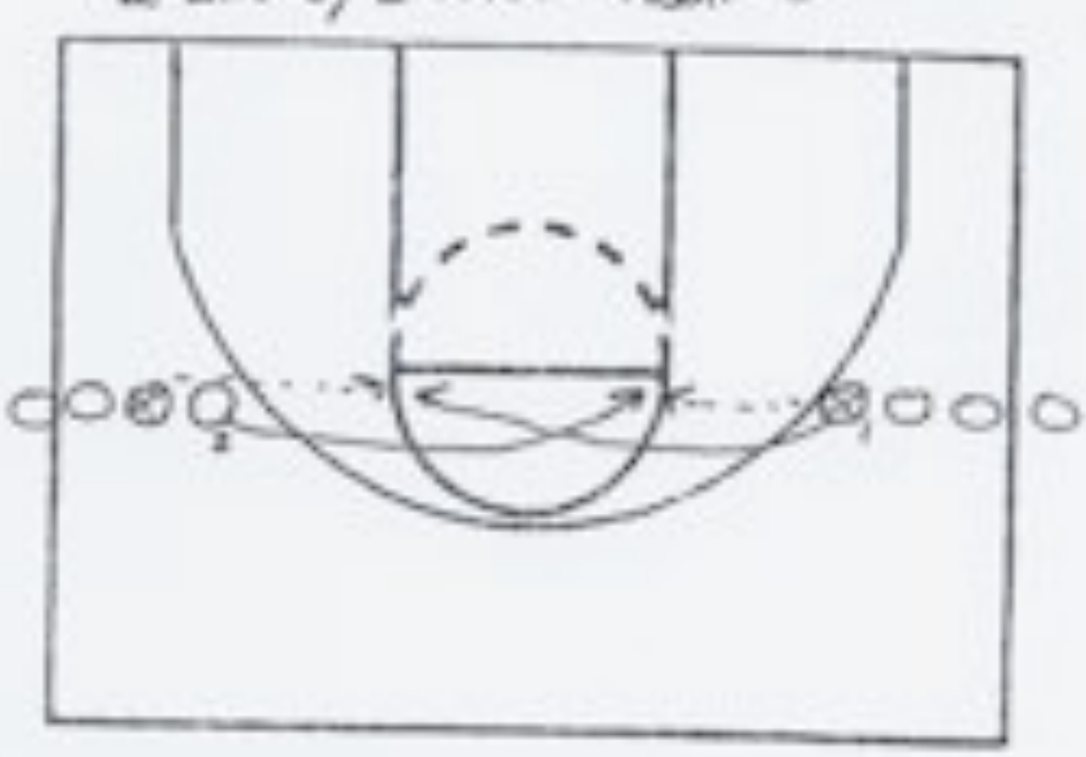
O_1 PASSES TO O_2, O_2 PASSES TO O_3, O_3 DRIVES IN FOR LAY-UP, REBOUND YOUR OWN SHOT. ROTATE O_1 TO O_2 TO O_3

POST - CATCH AND PASS



COACH MAKES PASS TO O_1 POSTING UP. O_1 HAS HIS RIGHT HAND BEHIND HIS [redacted] BACK, O_1 MUST CATCH THE BALL WITH HIS LEFT HAND AND THEN PIVOT AND PASS 1 HANDED TO O_2. O_2 1 DRIBBLE FOR A LAY-UP

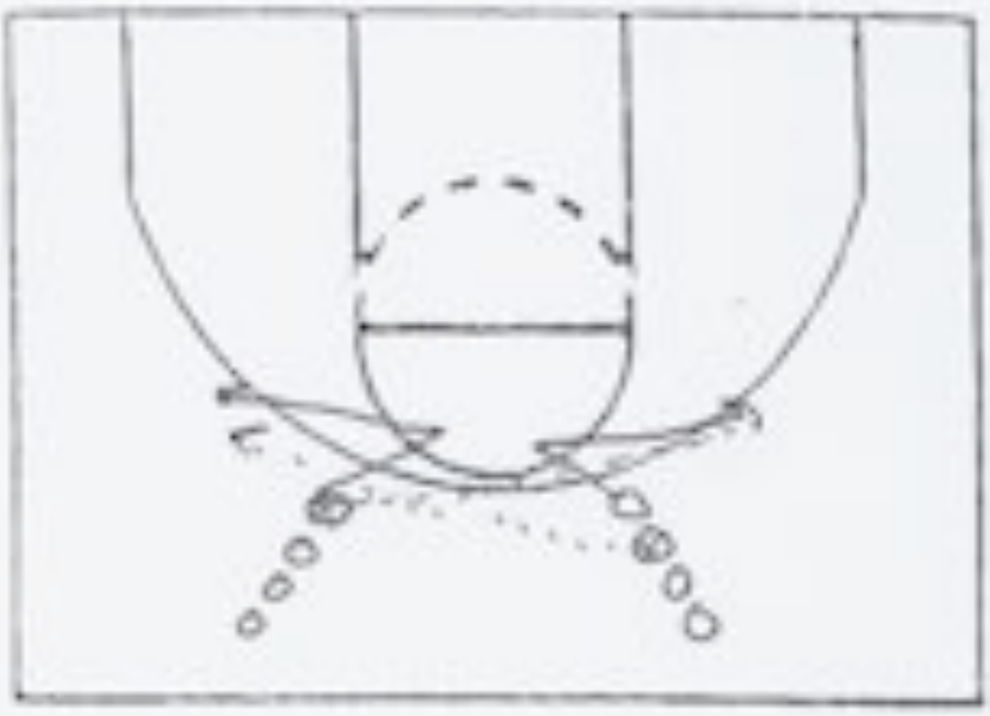
2 LINES/2 BALL PASSING



O_1 PASSES TO O_2 FOR SHOT. O_1 THEN CUTS ACROSS FOR SHOT, GETS PASS FROM O_2's LINE. REBOUND YOUR OWN SHOT SWITCH LINES.

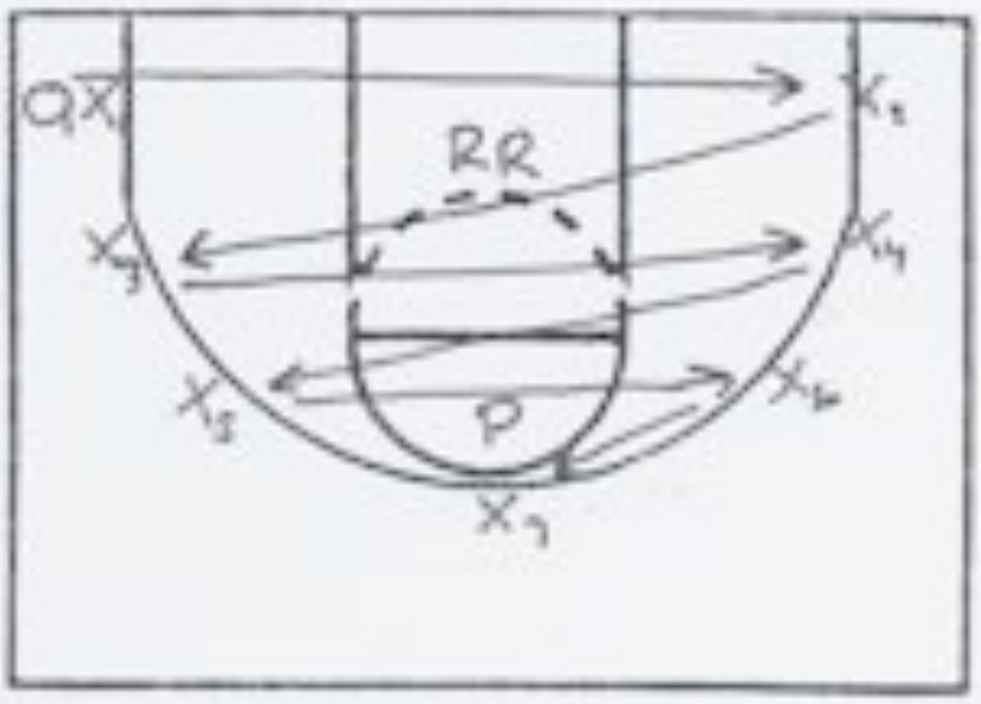
SKILL DEVELOPMENT DRILLS

2 LINE/2 BALL SHOOTING/FLARE



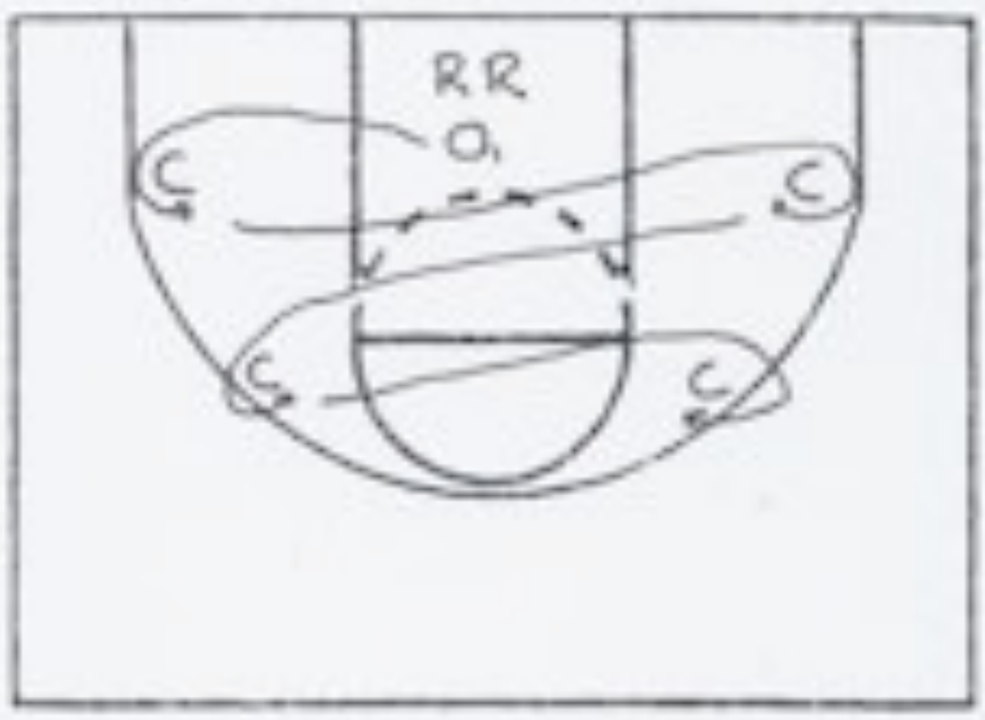
SAME DRILL ONLY THIS TIME FLARE CUT TO SHOT.

KILLED SHOOTING DRILL

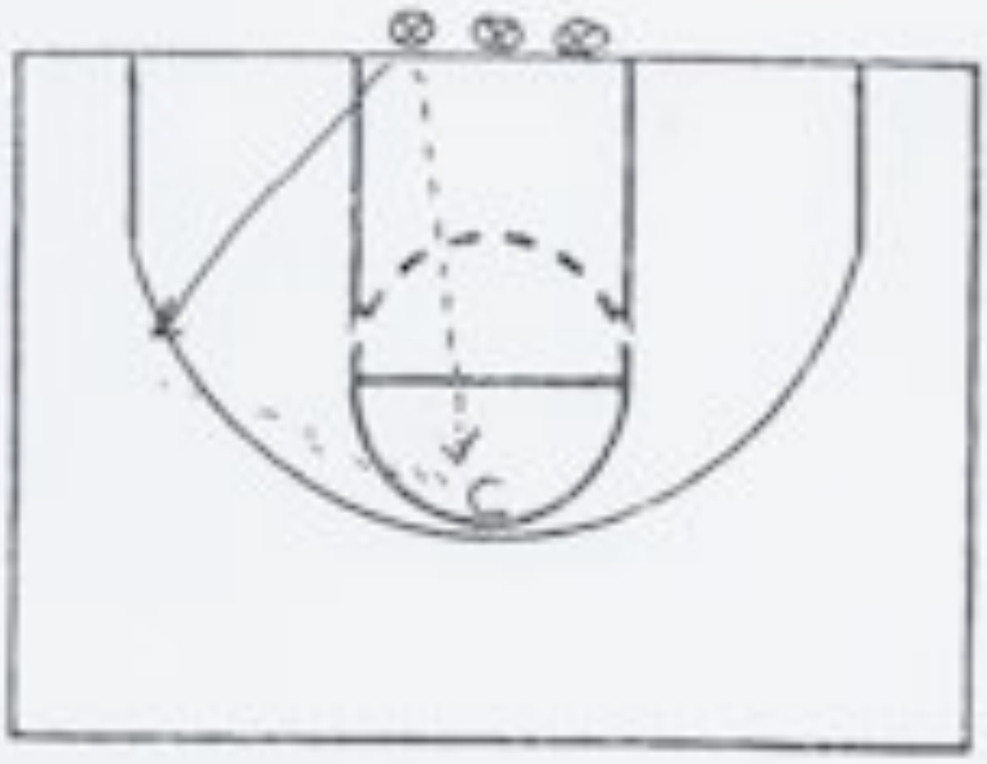


O_1 IS THE SHOOTER, 2 REBOUNDERS RR, 1 PASSER = P, 2 BALLS. O_1 HAS TO SHOT FROM ALL 7 SPOTS, SPRINTING SIDE TO SIDE.

CHAIR SHOOTING



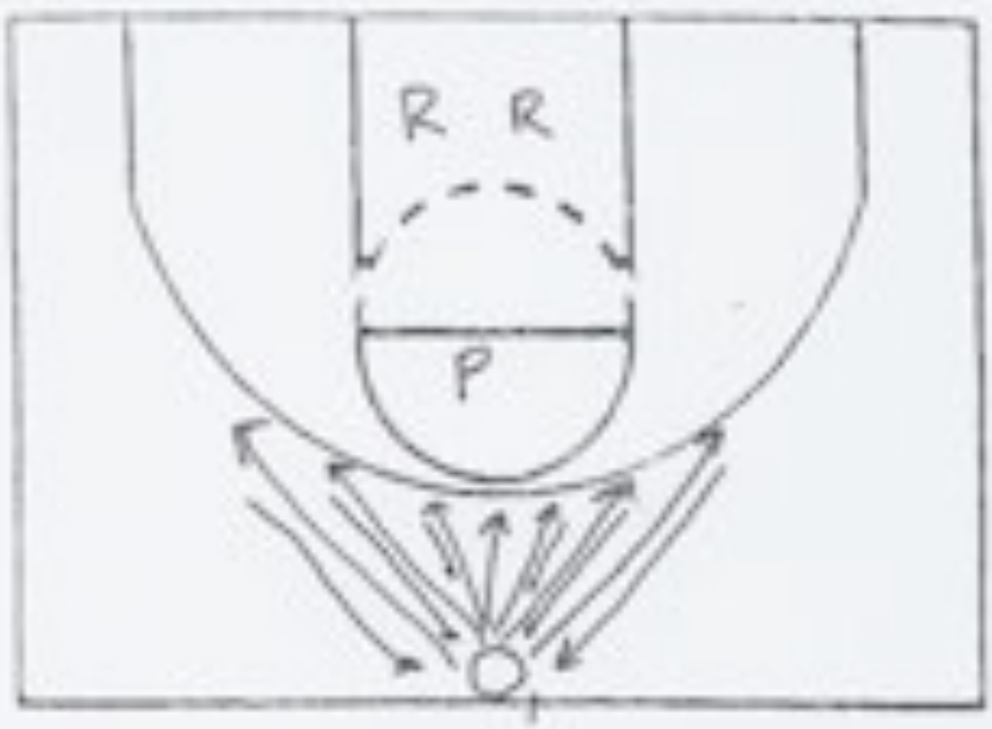
4 CHAIRS WITH A BALL ON THEM
2 REBOUNDERS = RR
O_1 MUST SPRINT TO EACH CHAIR PICK UP BALL AND SHOOT IT. CAN 4, 8, 12, OR 16 SHOTS. REBOUNDERS MUST PUT BALL BACK ON THE CHAIR



PLAYERS ON BASELINE THROW BALL TO COACH, COACH CAN THROW THE BALL TO EITHER SIDE, PLAYER MUST GO GET BALL AND SHOT IT. REBOUND YOUR OWN SHOT.

SKILL DEVELOPMENT

1/2 CT. SPRINT SHOOTING

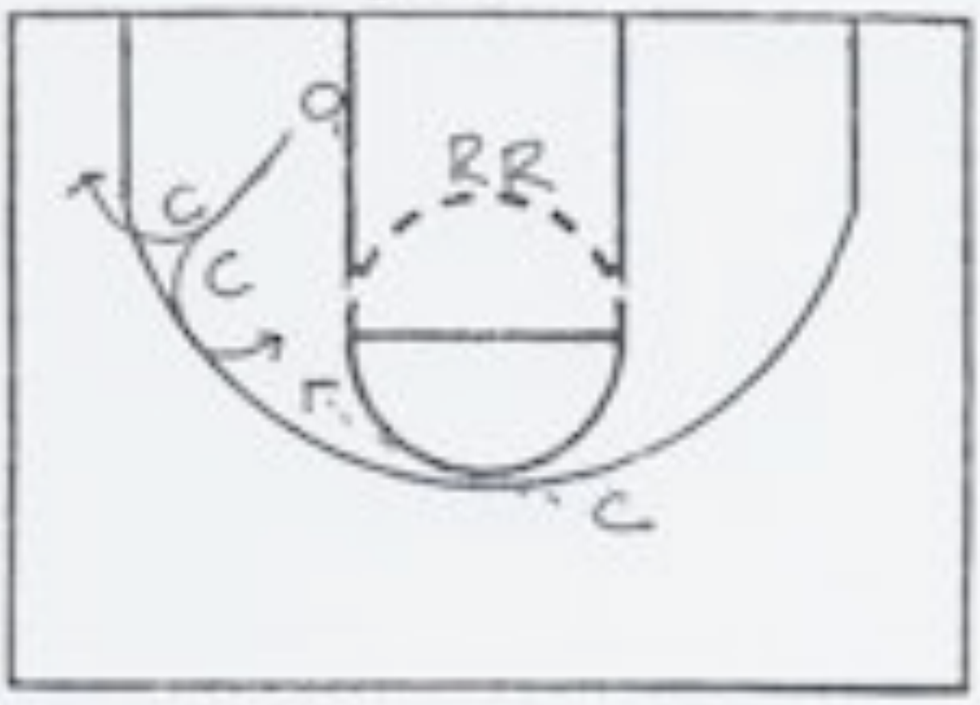


2 REBOUNDERS = RR

PASSER = P

O, GETS 7 SHOTS, SPRINT IN FOR SHOT, SPRINT BACK TO 1/2 CT SPRINT IN FOR NEXT SHOT

CURL OR FLARE SHOOTING

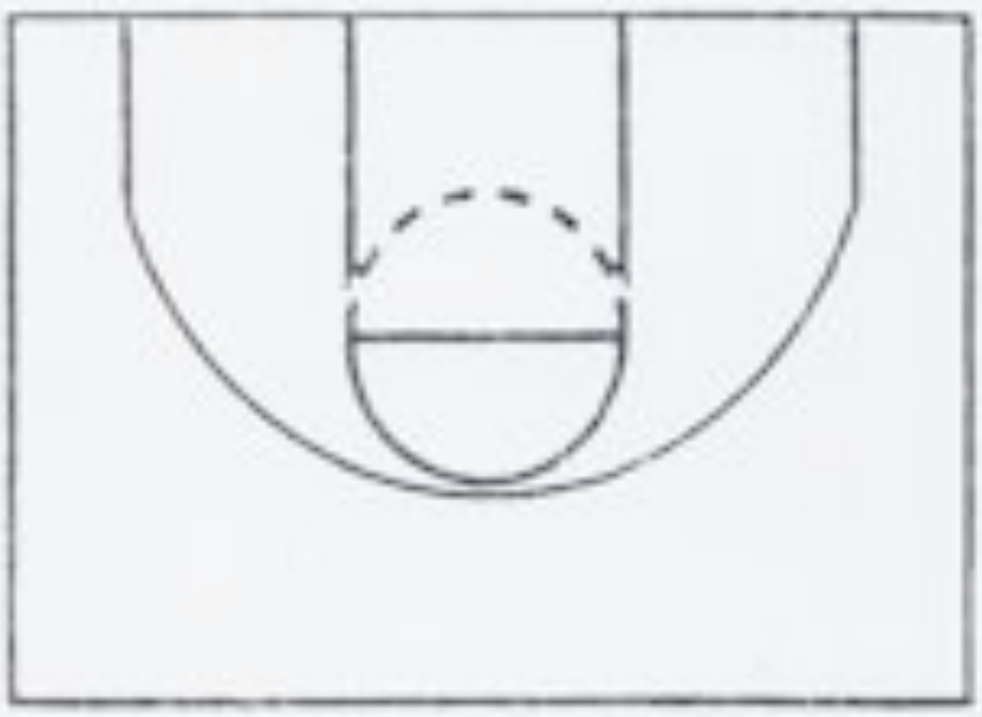


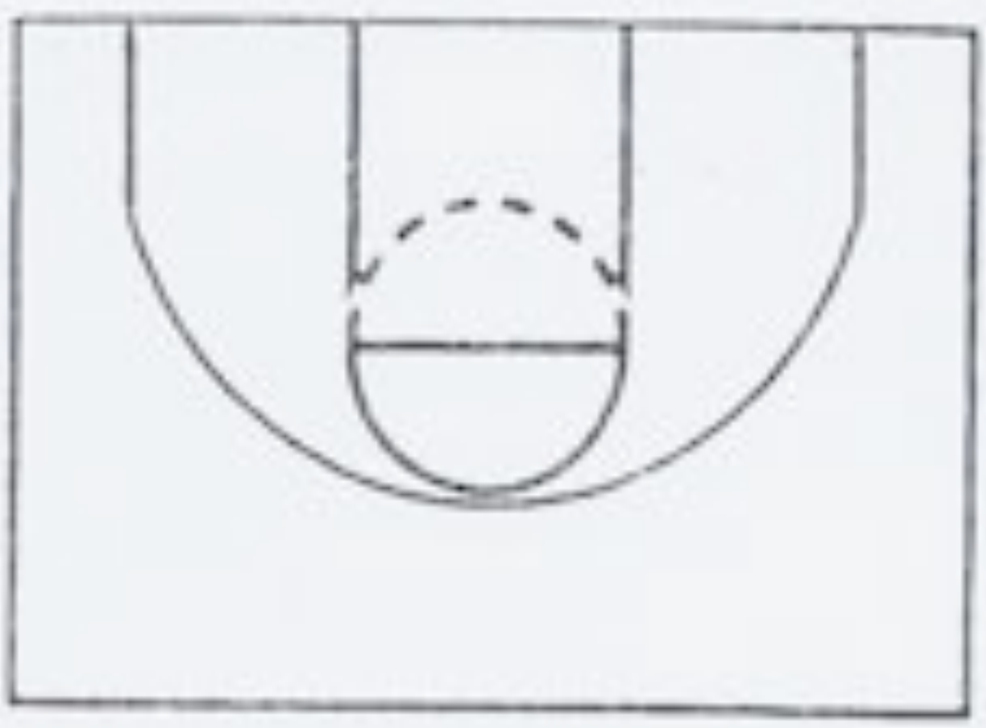
2 CHARES ARE ON THE WING

O, RUNS OUT, COACH WILL SAY "CURL" OR "FLARE"

O, MUST MAKE THAT CUT for SHOT

2 REBOUNDERS, RE BOARD AND GET BALL TO COACH





Double Pump Clinic

August 14, 2008

Bill Russell w/ Greg Anthony & Seth Davis

Red had a loyalty to his players
Best advice to young coaches is to be Loyal to your players
End of season with meeting with Red… Red asked Russell Do you know how good you are?
Red told him that Russell was the best in the world… This was not being arrogant.
Funny thing Red told Russell… "I don't know what you are doing" but Red still excepted him
Red as soon as I find out what you are doing… I will add it to the system
Red was a result oriented coach
He never told anyone to change how they played… Never said a player can't do this or that… Instead, he added what they could do into the game… Never took away
Add what players can do vs. take them away
Red won with who he had… Red said, " I win with what I have"… Never wanted another player from another team
Most important offensive skill is passing… Can't leave it to chance… Russell believes passing & rebounding are learned skills
Rebounding is all footwork & positioning & you can teach that
Coaches must earn players trust
Never give a scholarship to a player you would not want to stay in your house overnight.
Coaching mistake… Coaches coach the same way & never adjust to personnel. "What can I do with what I have"
Coaches are the 1st, 2nd or 3rd most important people in players lives

"Do things for each other, not to each other"
Red never said he was always right.
If your players don't buy into what you are doing, they wont be successful with it.
Interesting comment on attacking the other team… Never attacked a weakness, always attacked the team strength… If you can do this, it will difficult for them to stop you.
Before you teach… You better know
The game is 90% horizontal… 5% vertical
After scoring a basket, Russell's goal was to be the 1st person back on defense
The importance of 2 parts to the game, Offense & Defense not one or the other but both
Celtics had 5 plays
Winning is not the 5 best player but the 5 who play best together
Make the adjustment your team can make
1st requirement of Coaching is to Love the game… Watch film & learn… Don't think you know it all.
Discipline… Touchy subject
Don't make unreasonable rules to show you are in charge
Red never yelled at a player for being late for practice
Red felt if you yelled at a player it became personal
The last thing a coach should do is show his power
"The best use of power is to not have to use it"
Individual ego shadowed into team ego with Celtic teams
All the year of the Celtics, they have never has a scoring champion
Basic in basketball is math… Game of Angles
What you do with those angles determines your success
Key to spacing is angles… Gets back to point about Math
Player Conflict with coaching = Negotiate
Must be able to negotiate in a way that players know the most important thing is we want to win games
When Russell was at his best, there was room for his teammates to be at their best

Russell played with or without the ball… There is always something you can do (set picks & then you will get shots)
On motivation… Find out what your players value & do your best to address that… Then address what the coach values with the understanding that you both want to work together!
Make a decision on what to do & then ask yourself, then what? Is it right, wrong & am I willing to live with the consequences!

Jerry West w/ Greg Anthony & Seth Davis

Had good fortune in life
The NBA Draft is a real lottery
There are hidden jewels out there
Players need to know roles
LA Lakers have had more great players but not as many championships as Boston Celtics
Put players around superstars that know there roles
Basketball is the ultimate team game… Everyone needs to think alike.
The greatest players see the game in slow motion
Important to hire the right coach for the right team.
Decided to trade Norm Nixon after they won the championship because he was not the right fit.
Magic without the basketball is Earvin Johnson…with the ball he's Magic
2 things in life he values: Humility & Giving… The words hate & I should be taken out of the dictionary… It's about us!
Character: Are you willing to work… All you need is one special skill to play in this league
Best players in the league are multiple position players
College coaches: Recruit basketball players not numbers
If you are not at the elite level (Duke, UNC, Kentucky etc.) look at kids with a future…
Basketball IQ is extremely important
Understanding possessions are most important (Tech fouls) can

cost games
If you are good, you don't have to tell anyone = Humility
Players are guilty by association
Penalty is harsh
Coaches today must be better mentors
Loved how John Thompson handled recruits… He had a deflated basketball on his desk to point out you can't count on basketball forever
Coaches can not win without talent
Expansion of the NBA has diluted talent
Lot of great coaches in the NBA… Even some that are coaching bad teams.
Likes Greg Popovich, Pat Reilly & Larry Brown because they produce other coaches
As a player & coach he took losing personal… Never blamed anyone else… He felt he let his teammates, organization & city down when he lost
Believes Phil Jackson is a difference maker as a coach because he found a way to work with players & runs a system
Great players drive teammates
Believes Pat Reilly showed great passion, is a task master & his teams were in shape

Response when a player asks what can I do to play?
Kick the guys ass you are going against in practice
No mental mistakes
Stay after and communicate with coach
Some of the great coaches were not great players (Phil & Reilly)... They could see the game
Response to how he prepared to be Mr. Clutch?
His best friend in West Virginia was him… He practiced all the time by himself envisioning that his team was down 1 w/ 2 seconds to go.

Never be afraid to fail but if he did miss that shot, the next day he was back on the court practicing shooting
Also set goals & have dreams

Jamie Dixon, Pitt (Motion Offense)

Problems with motion
Too much dribbling
Drills in practice to improve (no dribble, 1 dribble, 2 dribble breakdowns)
Keeping the ball on the same side
Important to get that ball reversal to make the defense move
Screening action… Everything becomes an exchange
Curls & back cuts will help to occupy defenders… One man to the ball, one man to the basket
Screeners angle should be Butt to the Ball
Players coming off screens can't shoot
Don't recruit them
Standing around
Tired of running up & down… they become stationary
2 second rule… if you are standing for more than 2 seconds, move
Spacing = 2 steps behind the 3 point line (12 – 15 ft.)
Vs. Switches
Curls, back cuts, screen own man, break off (slip) are good options

Tubby Smith, University of Minnesota (Ball line Defense)

Defensive Team Goals
No layups
No 2nd Shots
Contest Every Shot
Make Offense make plays off the dribble
Rules

Constant ball pressure
Contest shots
Sprint to the ball line
No penetrating passes (any pass that takes the ball closer to the rim) = deny… Non penetrating pass = allow
See ball & man
Play as close to the ball line as possible
Tip passes or force hang time pass = steal
Jump to ball
Communicate with correct terminology

Guard the ball
Communication = Ball
1 arms length away = pressure leads to deflections
Play with head on inside shoulder
Force to sideline
Mirror the ball
When ball is in the corner = square
When the ball is picked up = Dead… Dead… Dead

Guarding off the ball (1 pass away)
Body position is Boxer stance with hands back… Be almost in the passing lane
Go for steal with hand closest to defender
Prevents players from lunging for the ball

Guarding the ball (2 passes away)
Sag with 1 foot in the paint

Guarding the ball (3 passes away)
Be at the mid line

When helping in the half court it's a turn & a sprint… 1st step is most important

Help side defenders body position is butt to baseline

Tom Izzo, Michigan State (Zone Quick hitters)

Player's play… Tough Players Win
Look for seekers not avoiders
Wimpy guys go after the ball with 1 hand

Searching for ways to steal 4 points a game
Special teams unit
FT situations
Making more
Set plays off misses
Jump ball plays
BOB
SOB
All these situation are during dead balls & it a great way to attack the other team when they are resting

Eric Musselman, Former NBA Head Coach (Random thoughts)

Work for super stars in the business
Chuck Daly helped him get the job in Golden State
Jerry West helped him get the job in Sacramento
Work for multiple people
Coach Daly "You better know where your next job is coming from"
Pre game warm ups is a great audition for assistant coach's
Other coaches, front office people & TV broadcasters are watching
It's your players when you win…
Philosophy when coaching in the CBA was to get every player he could from great college coaches (Indiana – Bobby Knight)
Those players provide
Practice habits
Execution
Professionalism
Get an identity
Good coaches have an identity
Bad coaches have no identity
Create a balance sheet after training camp
How much time are you spending on offense & defense

After training camp it should be close to equal
Make sure you cover special situations
Jump balls
Who's defending the in- bounder late game situation
Who's taking the ball out, full court / half court end of game

Sean Miller, Arizona (Set plays)

Philosophy is to score with a quick strike mentality
Get the ball out & up the floor before the defense is set
Look to attack & draw fouls
1st look is transition, then play after transition & then another play
Move yourself & move the ball
Set plays on dead balls, AFT, Late game situations
Have plays with versatility… Different plays from the initial set
5 important offensive statistics
Asst – TO ratio
FG%
3 FGA
FTA
Offensive Rebounding %
Different plays from initial sets
Create different initial sets to get same plays
Tough scouting
Promotes execution
Easy to Organize

Notes from the Collegiate Business Conference hosted by the Pumps:

Bill Russell – former NBA player, greatest winner of all time

- Biggest thing for young coaches is loyalty to your players
- Was constantly told by Coach Auerbach that he was the best in the world = Confidence
- Add to what players do, don't take away
- Most important skill on offense = Passing – Teach as a young coach!
- Mission of a coach is to earn players trust – Successful coaches have players believe in system = Cannot demand it but can command it
- In recruiting = never offer a scholarship to a player you don't want to come to dinner or spend the night
- Attack the other teams strength when on D – Timing and Coordination is most difficult to teach on O
- When he scored = 1st thing he thought was he needed to be the 1st back on D = DEAD SPRINT
- Team Chemistry – Don't win with 5 best players but with the 5 players who play the best together, Create a family atmosphere – he is still close today with his team, all 5 players involved in every play
- "The best use of power is to not have to use it" – Never make an unreasonable rule – make all corrections non confrontational and not personal, everything between a coach and a player is a negotiation – always negotiate as a coach to where the player knows the most important thing is winning, Rewards

rather than sanctions – have positive relationships

Since 1946 Celtics have never had a scoring champion, 1 of only 2 NBA franchises to say this, Russell was never 1st or 2nd on team in scoring = just wanted to win

Motivation: listen to find out what people value and then address them based on values and working together

Right vs. Wrong – all decide for yourself but ask – Can I live with the consequences?, after you make a mistake there is always a way to repair damage if you acknowledge it 1st, Aggressive vs. Defensive – BE AGGRESSIVE - always be willing to accept responsibility

Jerry West – former player and NBA executive

2 things matter to him: Humility and Giving / Hard Work and Dedication

3 things he looks for in a Player: Character, Competitiveness, Toughness

Need 1 special skill – shooting, rebounder, defender, best players can play multiple positions = Invaluable

1 player in any program can make a significant difference but people around him are what makes great teams

Secret to Winning – have 1 great player and 4 guys who compliment him (Magic)

1 TO in NBA = 1.68 points / Technical Fouls cost ball games

What can I do to play more?

- Kick ass in practice
- No mental mistakes
- Communicate with Coach after practice

Jerry Colangelo – USA Basketball

Met with each player 1 on 1 and said: I don't need to be doing this but I am doing this because I care and I want guys who care and will jump in with me … This is how it will be
We handed the international guys the game and they took and taught fundamentals better than us
1992 motivated other countries and now the world's #2 sport
77 international players from 38 countries in NBA last year
Going into 2008 we needed to change the culture and show the world we respected them
Need the best players to play
Duplicate the national team success down the pipeline – Build a Community

David Faulk – Agent

It's a long horse race, take a long term approach to things
Don't let ego interfere with your judgment – don't battle over small details
Treat everyone well but not the same
Tell your players what you believe – Don't hide things
Your Athletic Department should serve as a job placement agency

Jamie Dixon – University of Pittsburgh

4 @ 1 Motion - Issues they have

Too much Dribble – Use no dribble motion to start O, then progress to 1,2,&3 dribble maxes
Guys on same side of the Floor – Use a 2 guard front to reverse the ball easier / make the defense move
Exchange / Interchange on Screen Aways – Make sure they hit bodies – all curls / backcuts early in year, place restrictions in some games just to get movement, certain guys only curl and others only backcut
Guys who can't shoot – make them your curlers or backcutters so

they are attacking the rim
Standing / Fatigue – biggest issue probably in Motion
Only stand for 2 seconds – even if you are open = MOVE
2 steps beyond the 3 in where they cut for spacing
Players 12-15 ft apart for driving angles
Vs. Switching = Slip all screens – timing is as the Defense releases you
Butt to the ball for screening angles – great screeners are under rated in basketball

Tubby Smith – University of Minnesota

Ball Line Defense

Goals:

No Lay ups
No 2nd Shots
Contest every shot
Make offense make plays off the bounce

Rules:

Apply constant ball pressure – Mirror the ball
Contest every shot – teach guys to leave feet
Sprint to ball line
No penetrating passes – overplay and deny these, allow any non penetrating pass
Always see the ball and your man
Play up the court – play as close to the ball as possible
Attempt to intercept all lob / bounce passes
Jump to the ball on every pass
Communicate
Get deflections – head on inside shoulder when guarding the ball

HUA in Military – Heard, Understood, Acknowledged

Tom Izzo – Michigan State

Zone Quick Hitters / Special Teams

Look for seekers not avoiders – guys who lay the ball up hard
Attack the O Boards with 4 = Kill the Glass
Special Teams = Mentality – Every second on the court when the other team is resting, we are going HARD and keeping the pressure on them!!!
Steal 4 points a game is their goal
Spend 5 minutes in Walk Thru day of the game to Dummy
Little things that win games when you have a small margin for error

Score 1 basket every 2 games on each of these = 4 points a game average and difference in Good to Great and Great to Champions

Free Throws – Makes and Misses
Jump Ball – Win it and score with it – changes plays throughout the season
UOB – sell it where we need to score 1 more basket every 2 games than our opponents
SOB - same as UOB

Eric Musselman – former head coach of the Golden State Warriors and Sacramento Kings

Give back to the coaching profession – HS to MS coaches, College to HS Coaches, etc
Organization is Critical – prepared for all interviews with multiple books
Expect the unexpected – Golden State and LMU

Coaching is all about the mental framework and make up of your team

Chuck Daly – you better know where your next job is coming from

As an Asst – work guys out before games – don't sit around and talk, etc = Important people are watching – you are interviewing

Practice Ideas:

Balance Sheet (Oakland Raiders) – Chart how much time you spend on O and D in practice

Plan your year – lay out every scenario with your staff = player late for bus, etc

Have everything thought out and then follow through – especially early in season = Don't wait

Special Situations:

Set up Defense for these as well – who guards inbounder, etc = Early jump to tip in air as time expires

Have specialists or guys who take pride in these situations

Staggered jumps on SOB to run time off clock = won 2 games

Passing Test for Team – SOB, ½ Ct, ¾ Ct, Full Court – place an X on the backboard

Sean Miller – University of Arizona

Half Court Offense:

Pace = Strike 1st in Transition, keep the pressure on the D

Run different plays from same initial set and create different initial sets that allow you to run the same play

Efficiency vs. scouting

Promotes execution within your team

5 Stats on O

Asst / TO Ratio

FG%

3 pt FG% and attempts (they don't shoot a lot)

FT attempts per game
O Rebound %

Notes Organized by **Will Wade, VCU**

Don Meyer Perimeter Shooting and Scoring Camp

Player Notes

Shooting

- Learn your shot
- Teach yourself
- How I learn to shoot:
    - See it correctly and quickly (footwork)
    - Feel it correctly and quickly
    - Correctly and quickly ---- ad nausea (push yourself)

Form Running

- High knees
- Tail kickers
- Rhythm skips
- Power skips

Triple Threat

- Medium stance
- Feet shoulder width apart (comfortable)
- Right foot slightly in front of left
- Hands loaded and cocked
- Key Idea
    - Permanent pivot foot (left foot) --- step with right foot

Starts

- Direct drive
    - Medium to high
    - Chest over thigh
    - Long low quick first step
    - North and south drive, NOT east and west
    - Straight line drive
    - Circle tight with the ball
- Crossover Drive
    - Circle opposite direction (weak hand)

Stops

- 2 foot quick stops ---- need to have silent feet

Turns

- Front
    - Left heal of pivot foot
    - Throw jab for momentum
    - Glass ceiling
- Rear

    - Throw elbow to create space

Camp Rules

- Everyone takes notes
- Courtesy
- Everyone picks up trash
- Bring energy

2 types of people

- Energy drainer
- Energy giver

Ball Handling

- Eyes on opposite net (full court)
- Be ball quick (pound basketball)
- Start slow (get a rhythm)
- Go fast enough to make a mistake

Drills

- Dribble and juggle a tennis ball
- Dribble and throw a tennis ball in the air, let it bounce and catch it below your knee with the opposite hand
- Partner up under hand
- Partner up over hand
- 2 ball passing (ball in air feet in air)
- 1 and 1 / one basketball, 1 tennis ball
- 2 basketballs 1 tennis ball passing
- 2 ball dribbling
    - Low rhythm
    - Low non rhythm
    - High rhythm
    - High non rhythm
    - 1 ball high 1 ball low
    - Switch
- Shelton sequence
    - Whipers
    - Tough them
    - Cross them
    - Push pull
    - Alternate
- Advanced 2 ball
    - Circles
    - Figure 8 (1 ball)
    - Figure 8 (2 ball)

Shooting Preparation

- You don't shoot fast, you get read to shoot fast
- Get the ball up
- Keep it straight
- Land 6 inches closer
- Hold a high, 1 second follow through

Shooting Progression

- Wrist extensions
- Purse drill
- Push the button
- On your back (add a ball)
- Four spot shooting
- Three spot grove your shot
- Extending your range

Tape

- Perfect practice makes perfect
- Take game shots at game speed
- 60% test – ten shots (make 6) to shoot there in a game
- Bend knees and get hands ready
- Guards hooting pocket is a little lower
- End with high follow through for 1 second
- Good foot work (get ready), quick stop
- Hands ready, knees bent
- Step plant (plant and pivot)
- Hot off foot nearest to the basket
- Dribble low (step plant)
- Dribble pick up faster with weak hand
- Keep ball straight
- Go for back half of the basket
- Frame the shot (look through gap in hands to see finish)
- Focus
- Feel it (feel the shot)
- Follow through
- Feed back

To Be A Better Player

- X-Layups
- 20 seconds, 4-6 layups
- "mistakes are my friend"
- Reverse X layups
- Plus 2 minus 2 FT's
- Beat the pro

4 Types of People

- Unconscious and incompetent
    - You don't know and you don't know
- Conscious and incompetent
    - You know and you don't know
- Conscious and competent
    - You know but it doesn't flow
- Unconscious and competent
    - You don't have to think about it

Shooting

- Keep it straight
- Back half
- Frame shot
- Focus
- Feel it
- Follow through
- Frame it
- Feed back
- Foot work
- Square in the air
- Be a skill player NOT a drill player
- Carry over

Lay ups

- Eyes on target (top near corner)
- Chin it
- Elbow knee string
- Up not out
- Make layups clean (no rim)

Power Layups

- 2 footed
- Ten toes to baseline

Interview – Shay Draon

- Never shoot 3's until you get form down
- No matter where you shoot, for is the same
- Learn to read defense
- Do everything you think is good to win
- Know what you want to do but don't worry if it takes a while
- Pressure is good in practice because it gets you ready for game pressure
- Practice as much as you can
- Work for excellence not perfection

- Don’t beat yourself over a miss
- Always be a leader and know that people are watching you

Moving Without the Ball

- 90% of the time, I wont have the ball
- Change of speed, change of direction
- Every pass is a shot
- Every shot is a pass
- Call for the ball
- Call your cut
- Show hand target
- Down screen
    - Plant
    - Read defense (defense tells you where to go)
    - Explode

5 Cuts

- Curl cuts
- Fish hook
- Straight cut
- Fade
- Back cut to rim (shoulder on hip)

4 Levels of Scoring

- Lay up
- Gray area
- Pull up
- 3 pointer

Game

- Wing to wing
- Finish all moves
- Always middle 1st baseline 2nd
- Weak hand dribble bust to opposite wing
- Layups must be clean
- Swish shots = +1

3 Point Moves

- Middle drive, cross rim – level 1
- Baseline drive to rim, level 1
- Middle quick shot – level 2
- Middle step threw – level 1
- Middle pull up – level 2
- Baseline pull up – level 2

- Middle hope back – level 2
- Baseline hope back – level 2
- Middle hesitation – level 2
- Baseline hesitation – level 2
- Jab step – level 3

Free Throws
- Find the dot
- Do what I do
- Get a rtual
- Bend you knees
- Cock it and lock it in your shooting pocket
- See my target (back half)
- Follow through high
- Frame your shot

4 Reasons to Dribble
- Advance the ball
- Improve passing angle
- To get out of but not into trouble
- To attack the rim

Moves
- Need a "Go To" move
    - Move everyone knows you are going to make but still cant stop
- Need a "Counter" move
    - Move you make when they take away your Go To move

Key to Moves
- Change of speed change of direction

Dribbles
- Speed dribble
- Hesitation
- Cross over below knees
- Fake crossover
- Fake crossover to crossover
- Between legs
- Behind the back

2 Kinds of Practice
- Massed – do one thing over again
- Distributed – work on different things

Points of Contacts

- People aren't attracted to you by what they see, but what you see in them
- When something happens, do not say "why me" say "why now"
- Balance, not being a workaholic

"A person bent on revenge must dig 2 graves"

North Florida

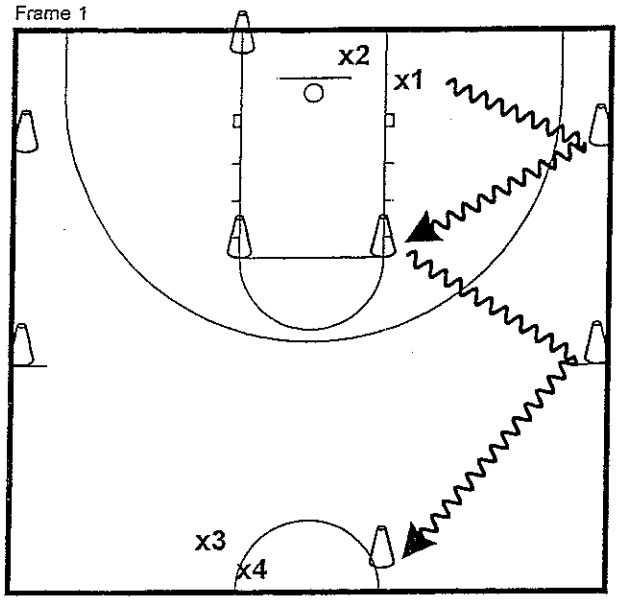


Basketball

Coach Matthew Driscoll
Cell: 904-383-2786
E-Mail: M.Driscoll@unf.edu

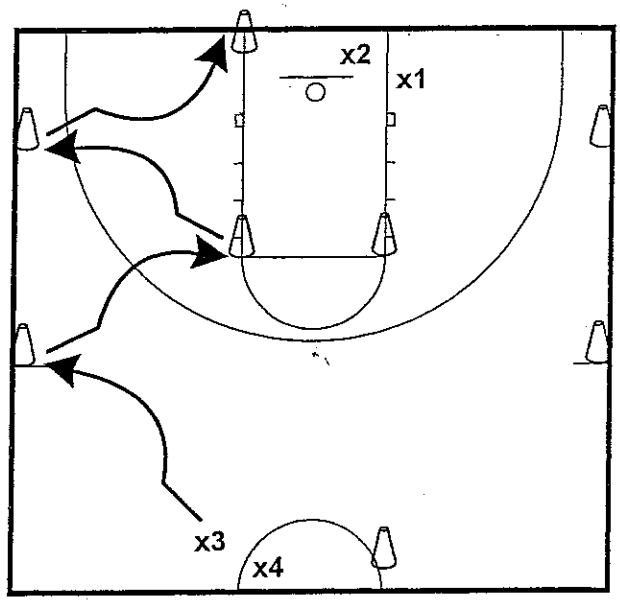
Defense

Preseason Bounces and SRS



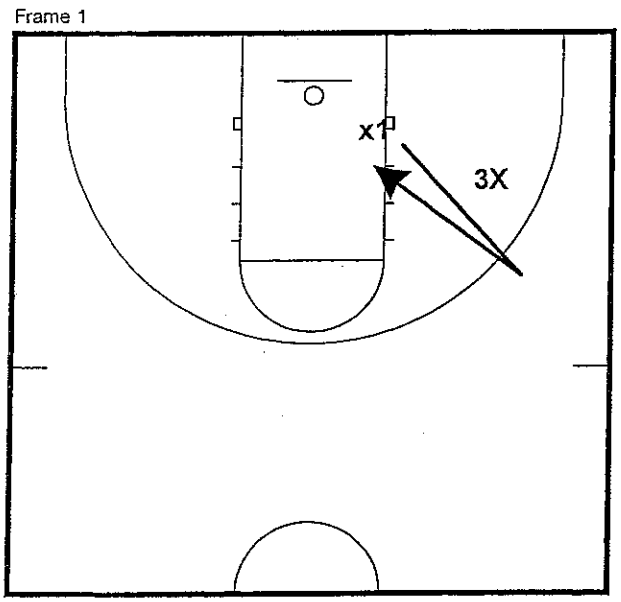
On one side of the floor you are doing bounces...as many hits as possible with your arm bar on an imaginary dribbler and your deflector hand out and active.

Preseason Bounces and SRS



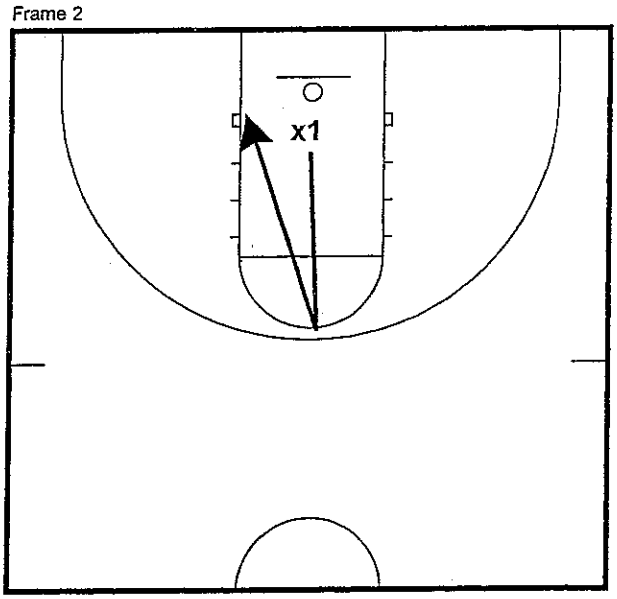
On the other side you have a long slide step followed by an explosive crossover step with your hips pointing in the direction you are headed.

Hornets Power Slide



With a heavy ball, player faces corner. Slide out to deny wing, snap head and deny backdoor cut three times.

Hornets Power Slide

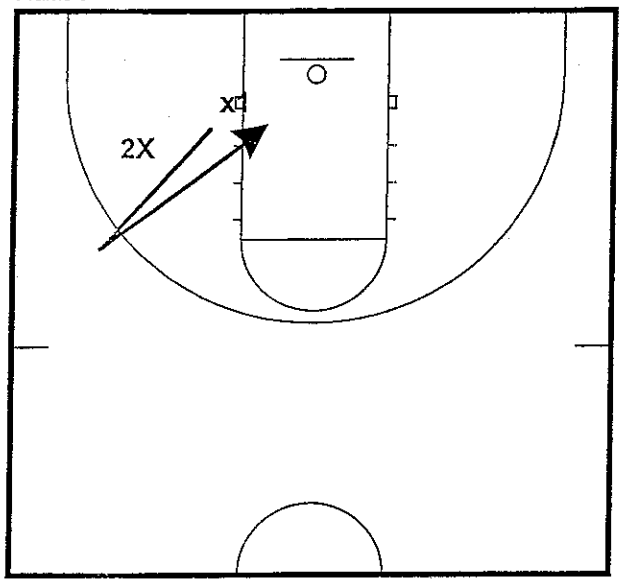


After the third rep, player closes out to FT line with squeeky feet and high hands (heavy ball) and back pedals to the rim

Defense

Hornets Power Slide

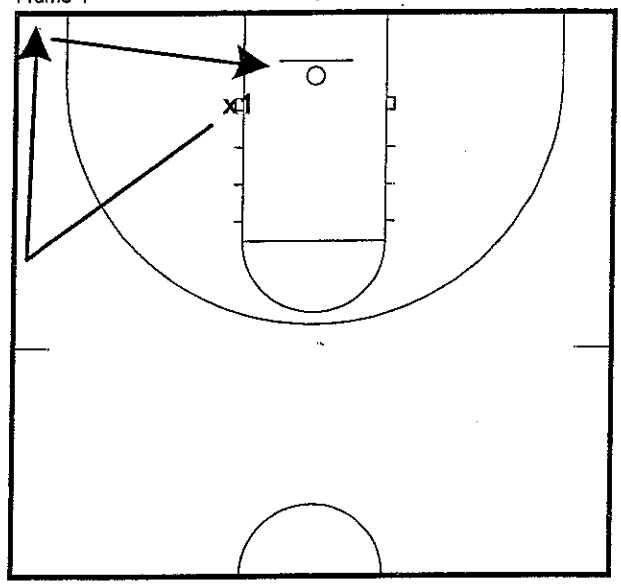
Frame 3



Slide out to deny wing, snap head to deny backdoor cut two times.

Hornets Power Slide

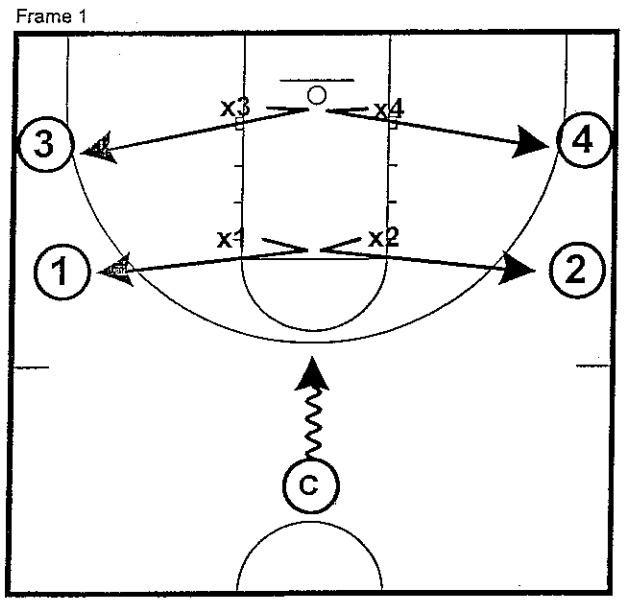
Frame 4



For third trip: Slide out to deny wing, back pedal to the corner, slide to the front of the glass, dropstep and complete 10 backboard slams.

NY Knicks Closeout Drill

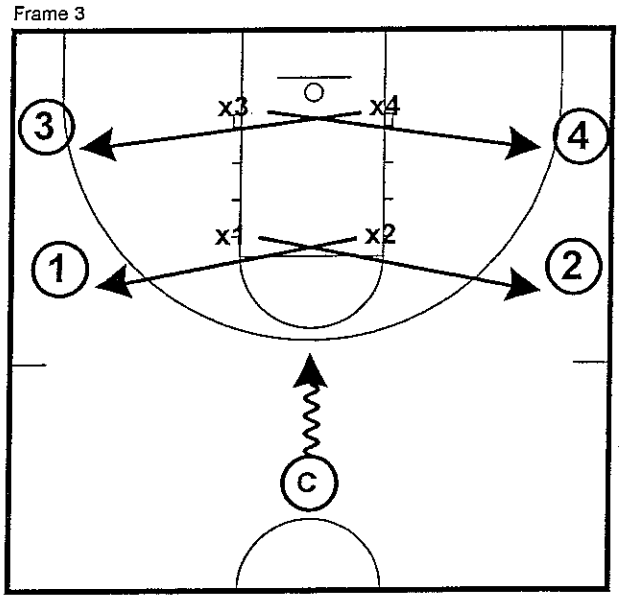
Frame 1



Coach drives middle. Players come together, take their big step, control step and breakdown steps to finish closeout.

NY Knicks Closeout Drill

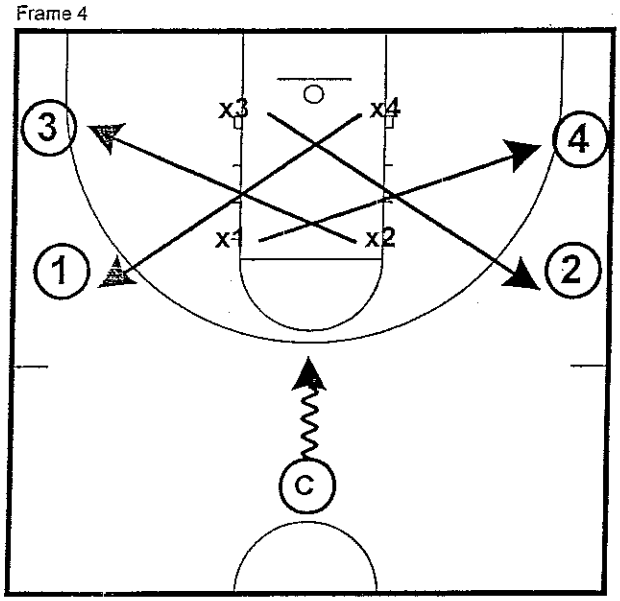
Frame 3



After a couple reps have the defenders cross each other and close out to the opposite side

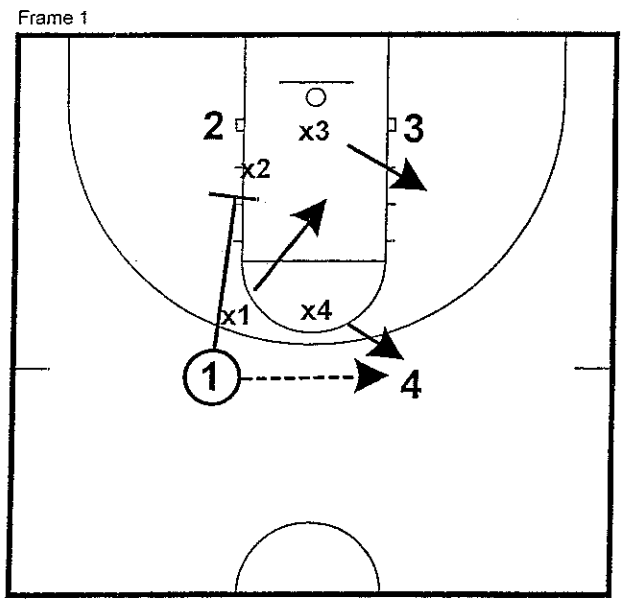
Defense

NY Knicks Closeout Drill



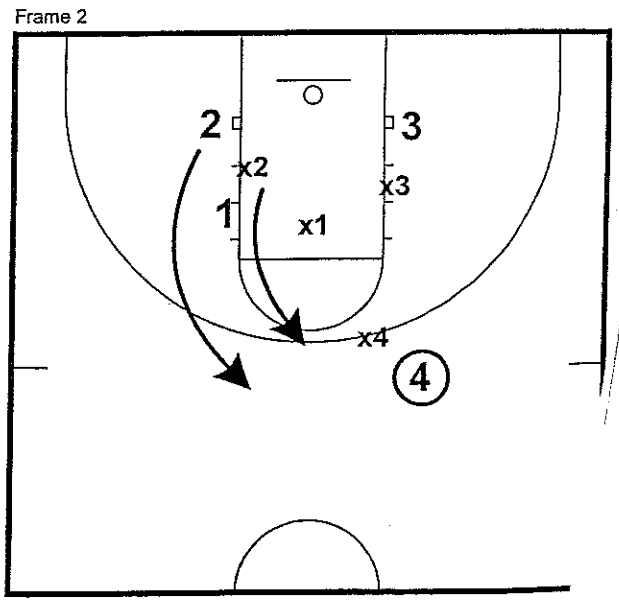
To stimulate communication and simulate getting through screens, have your players close out diagonally.

4 on 4 Continuous Screening



You can work on down screen all together...then work on back screen all together....or mix it up.

4 on 4 Continuous Screening

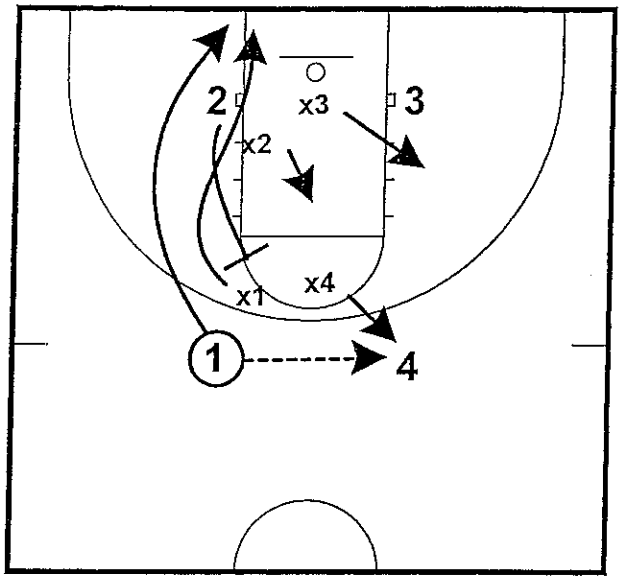


Teach them ball side early or lock & ride bec the ball is in the tunnel.

Defense

4 on 4 Continuous Screening

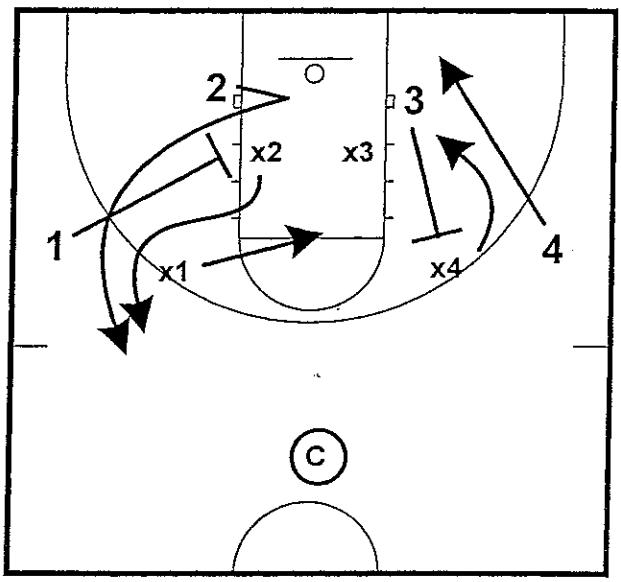
Frame 3



Backscreen diagram: If you want to stress ball side, split top offensive players further outside the tunnel.

4 on 4 Continuous Screening

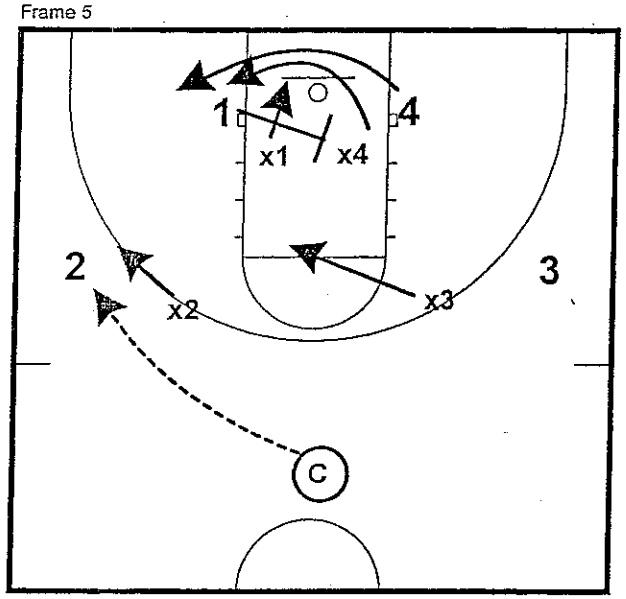
Frame 4



Start with backscreen and downscreen...play your technique. Later in the year, force 2 or 3 rotations and then go LIVE if you want.

4 on 4 Continuous Screening

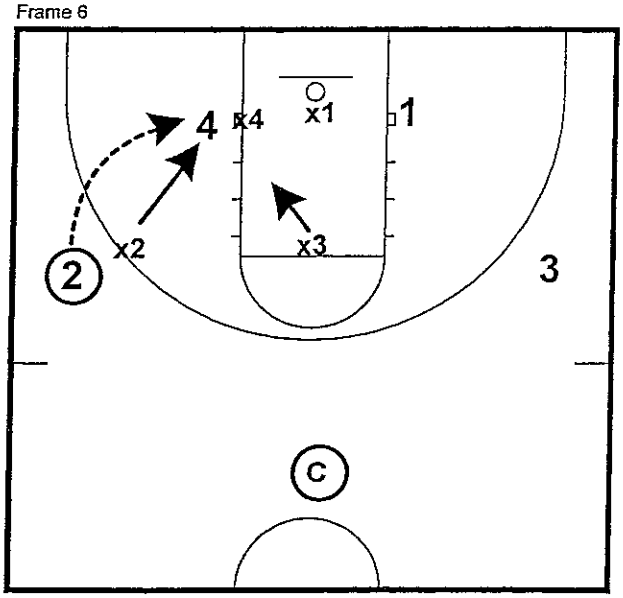
Frame 5



Now you can teach helping on cross screens with your preferred technique.

4 on 4 Continuous Screening

Frame 6

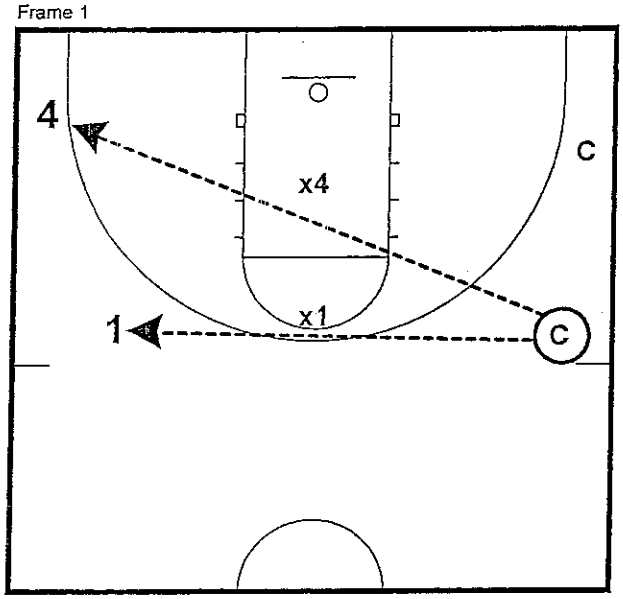


You can take the drill to another level by working on doubling the post if the ball is fed.

Defense

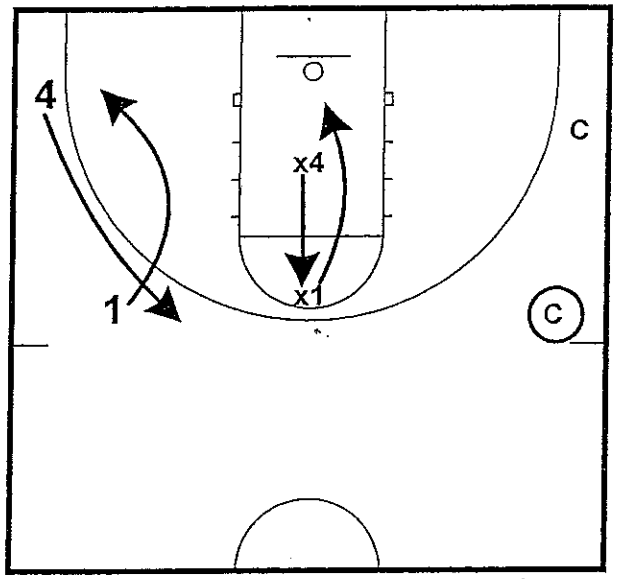
Help Side Exchange Seal Down*Help Side Exchange Seal Down*

Frame 1



We want to make sure we are on our rope on the help line...anytime the ball is passed to either offensive player we are live 2 on 2

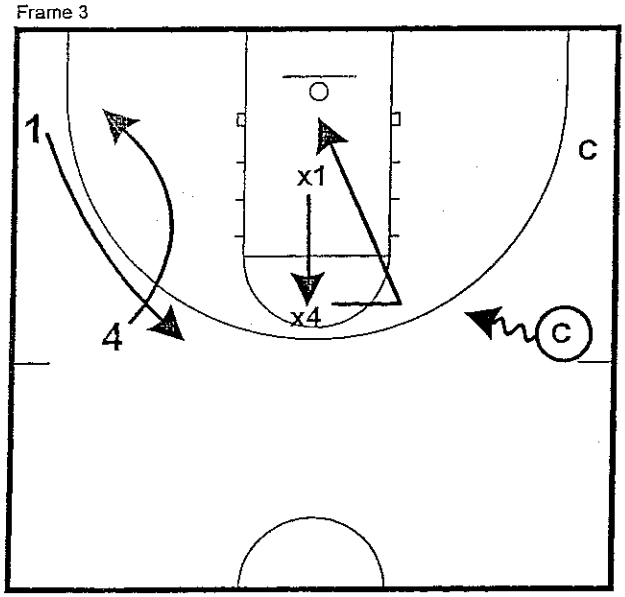
Frame 2



Coach yells "Exchange" which commands the offense to exchange on the weak side and defense doing the same...top defender moves closer to ball to allow deep defender to get to rope

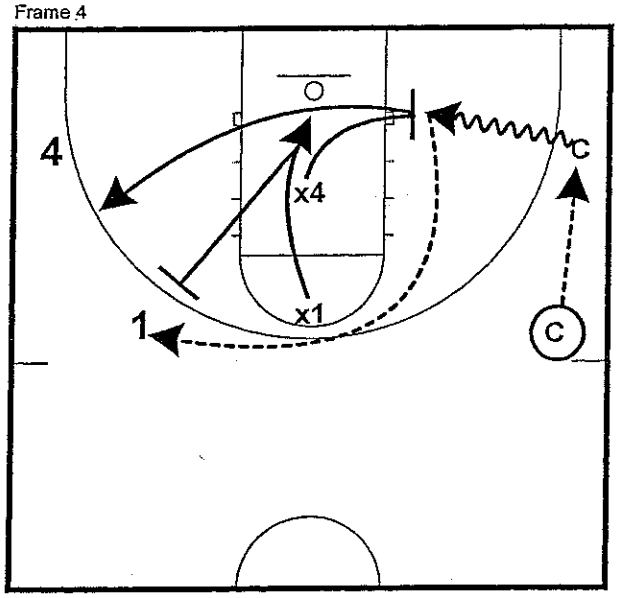
Help Side Exchange Seal Down *Help Side Exchange Seal Down*

Frame 3



You will continue to exchange for several rotations...coach has the option to drive the ball side elbow as well to get a stunt action from top defender as well

Frame 4

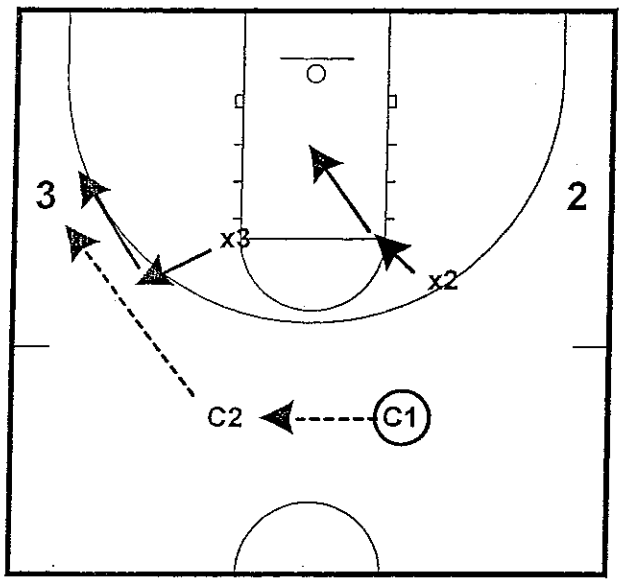


Coach throws down to corner for immediate drive baseline...stop dribbler outside paint...top defender seals down...pass to either offense player...closeout/rotate and play live 2 on 2

Defense

2 on 2 Double Contest

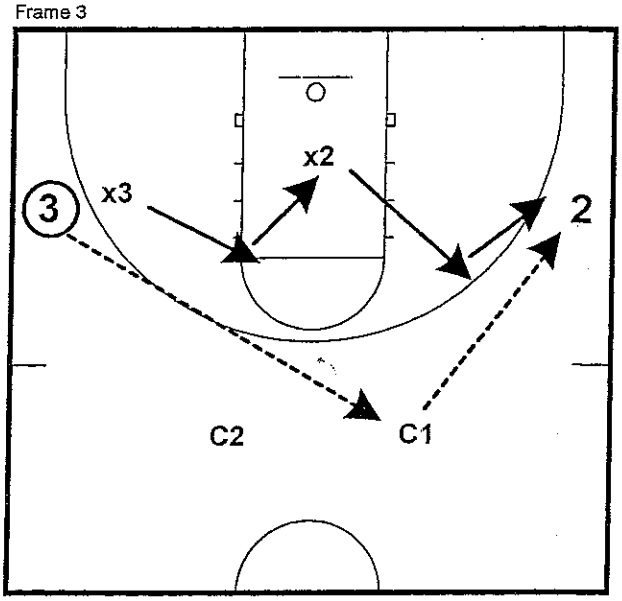
Frame 1



The ball is passed back and forth or passed down to the players. Defenders are moving on the flight of the ball.

2 on 2 Double Contest

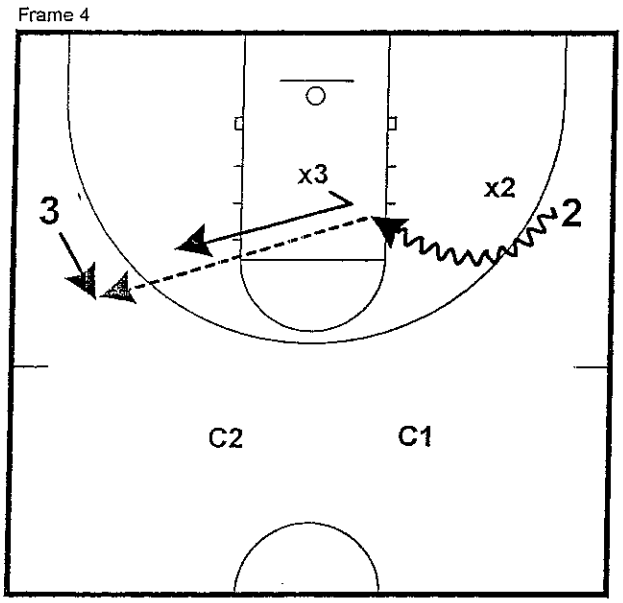
Frame 3



Drill continues with defensive players moving while the ball is in the air

2 on 2 Double Contest

Frame 4

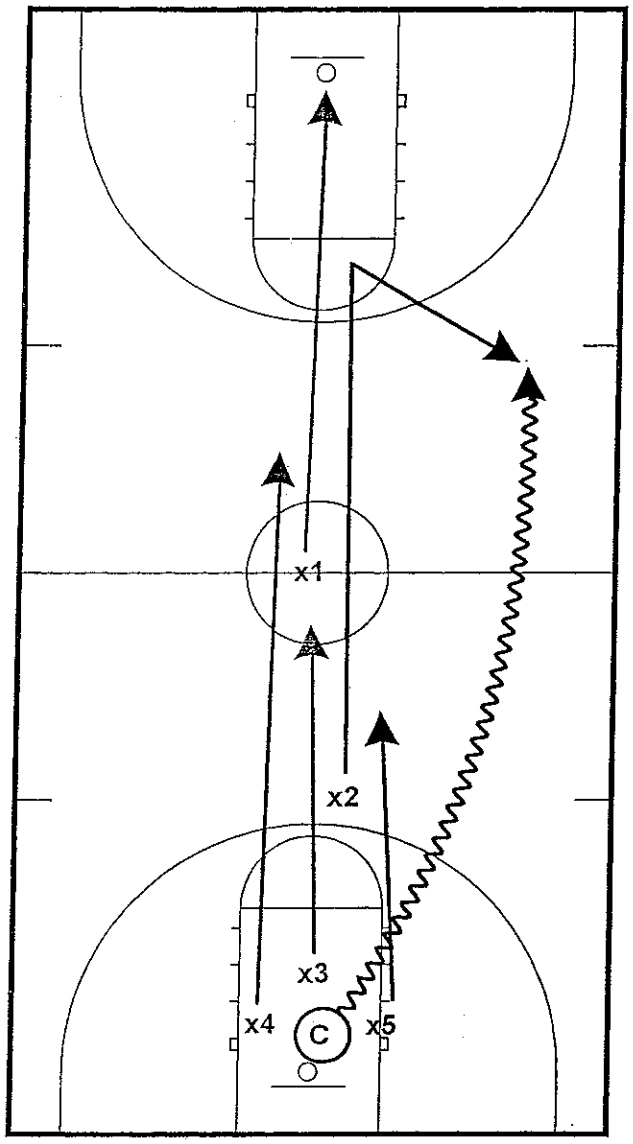


When coach yells "LIVE" it is a penetrate & pitch drill until score or defensive stop.

Defense

Load To The Ball

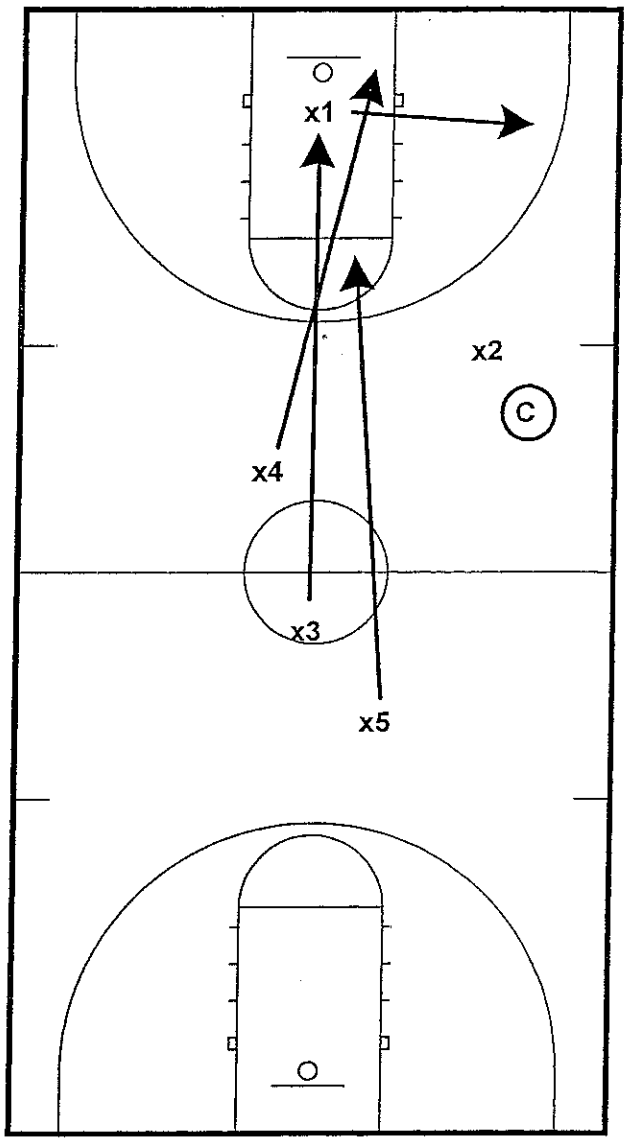
Frame 1



We don't know where people will be on every possession, but we know what we want after we have loaded to the ball .. everyone on ball side giving up the skip

Load To The Ball

Frame 2

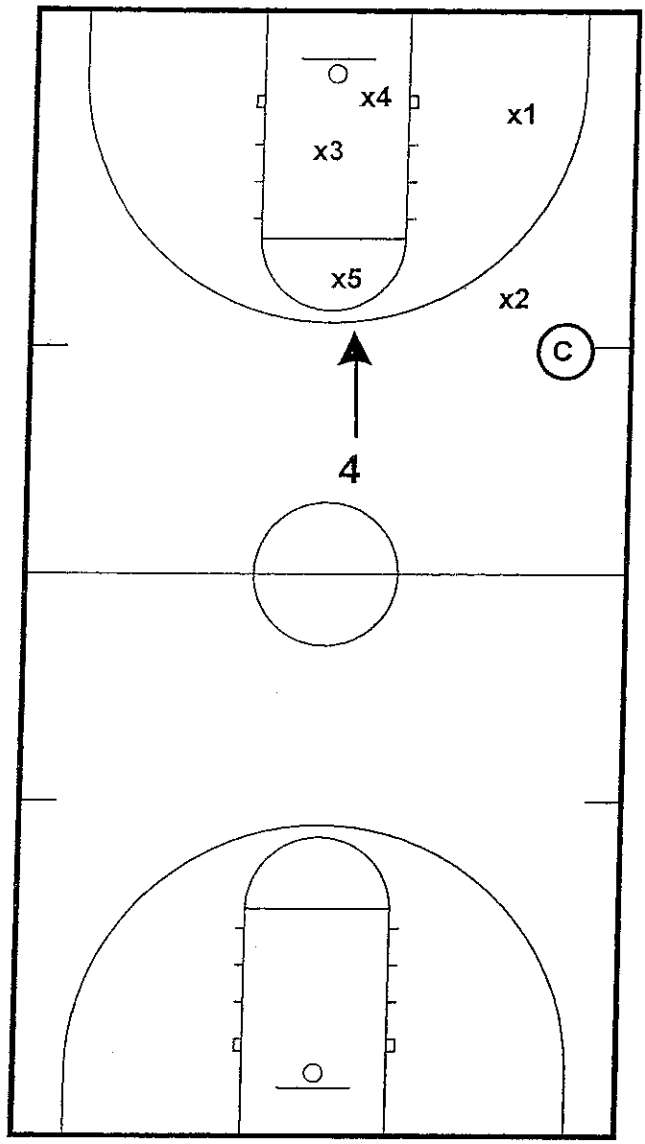


First guard back protects rim. Second guard picks up the ball. First forward quickly gets x1 out of the paint to cover the next perimeter threat.

Defense

Load To The Ball

Frame 3

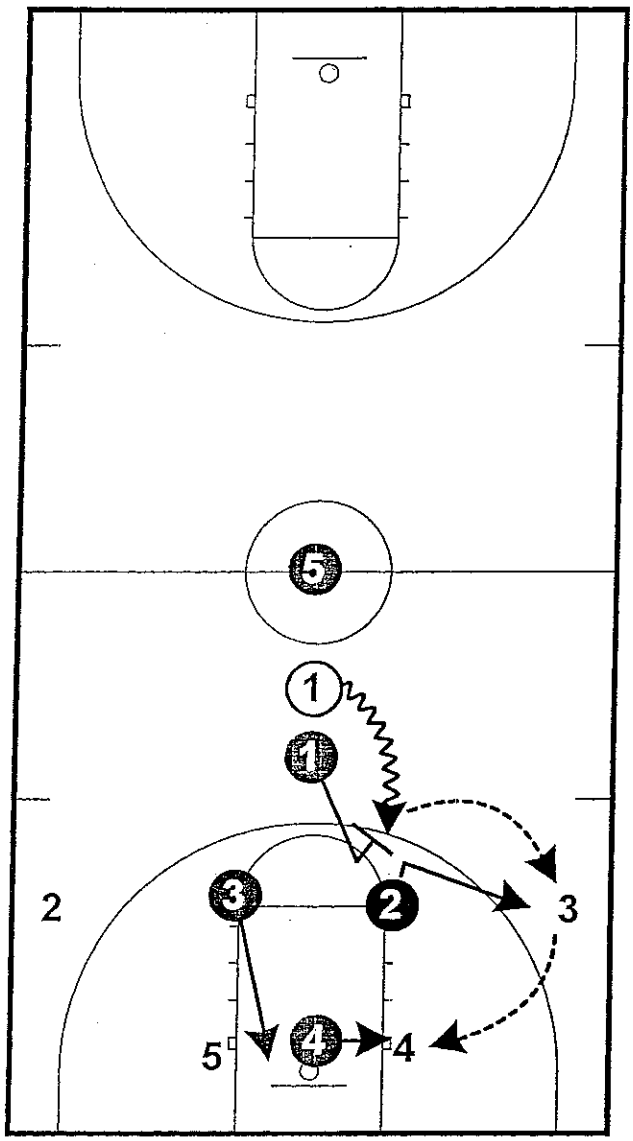


Second forward slows down once the basket is covered to account for trailing shooters and possible ball screens.

Defense

Rockets 5 on 4 Transition

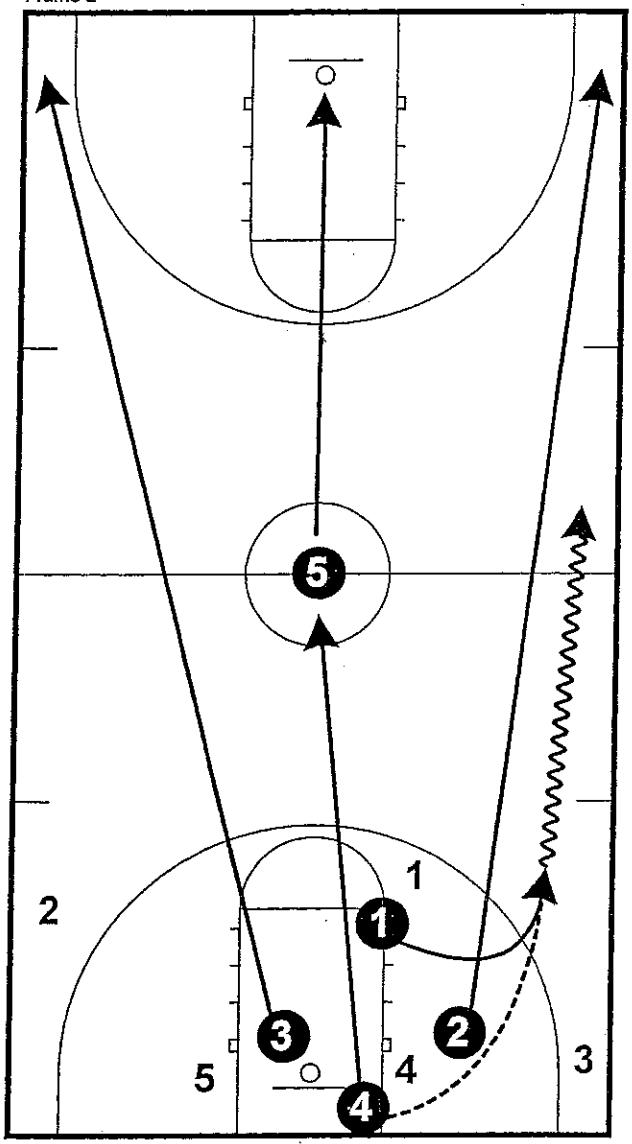
Frame 1



No limitations on the offense. Use :15 second shot clock because that is the reset after a kicked ball.

Rockets 5 on 4 Transition

Frame 2

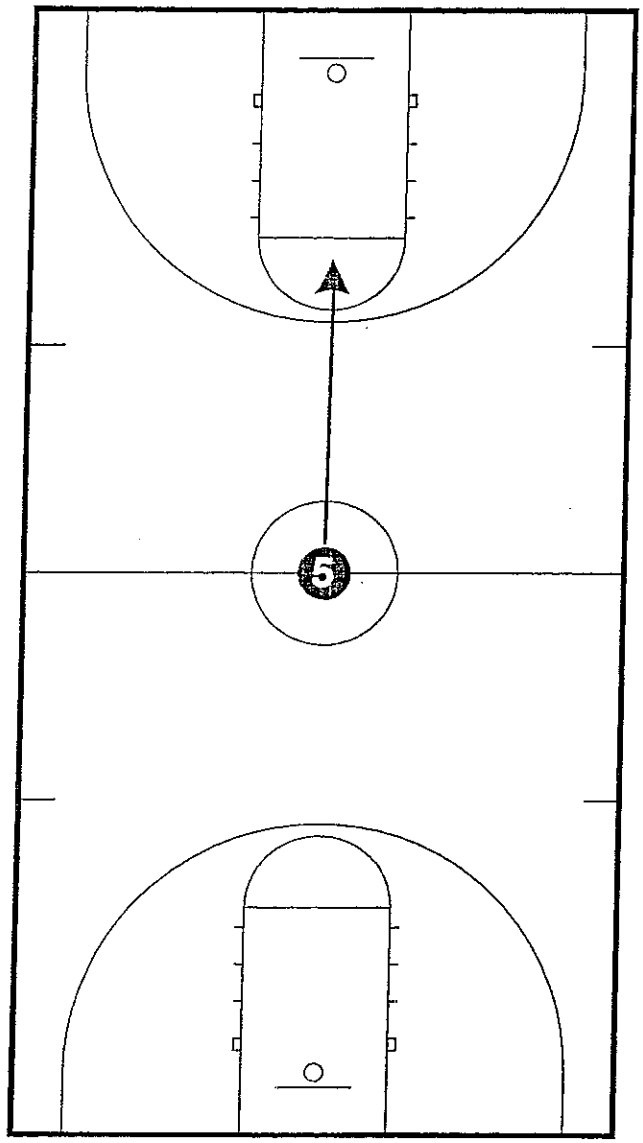


Make or miss the defense transitions to offense. After a score they must take the ball OOB to promote good habits.

Defense

Rockets 5 on 4 Transition

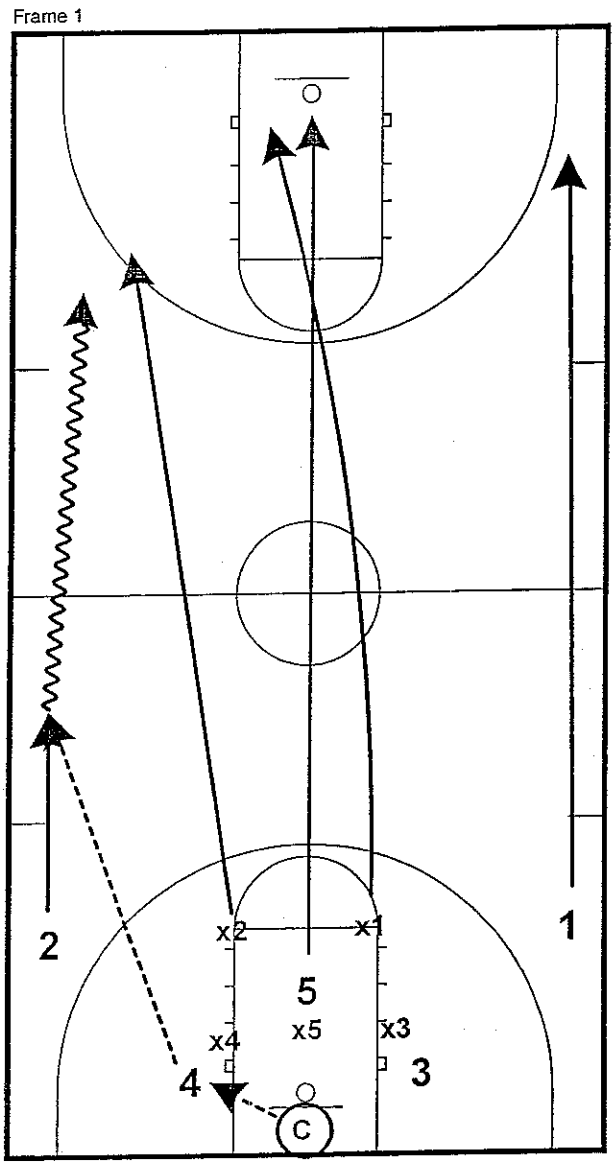
Frame 3



The half-court person cannot leave until the ball is through the net or rebounded by the defense

Defense

2-3 Conversion Drill

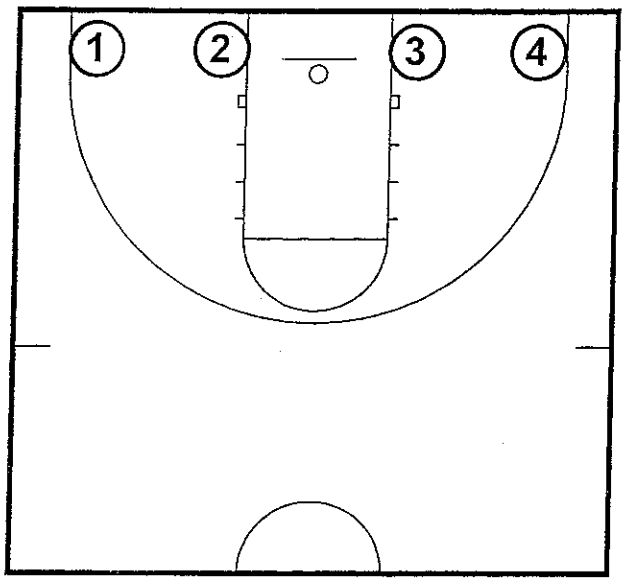


Offensive guards are positioned on the sidelines just below the FT line...defensive guards MUST start with both feet in the paint

Individuals

Stationary Ball Handling

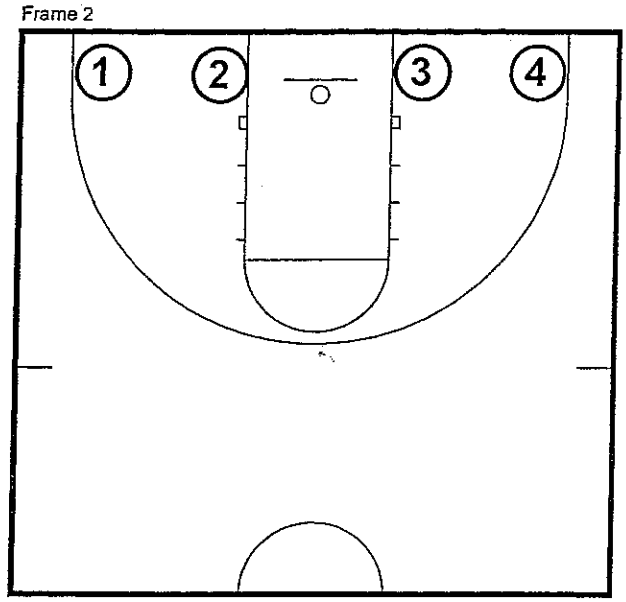
Frame 1



ONE BALL...Pounds - Rocking it outside the knees - Bowling - Dribble wraps - Figure 8 - Throw wraps - 5 different crosses - Scissors between legs - Combo and reverse actions as well

Stationary Ball Handling

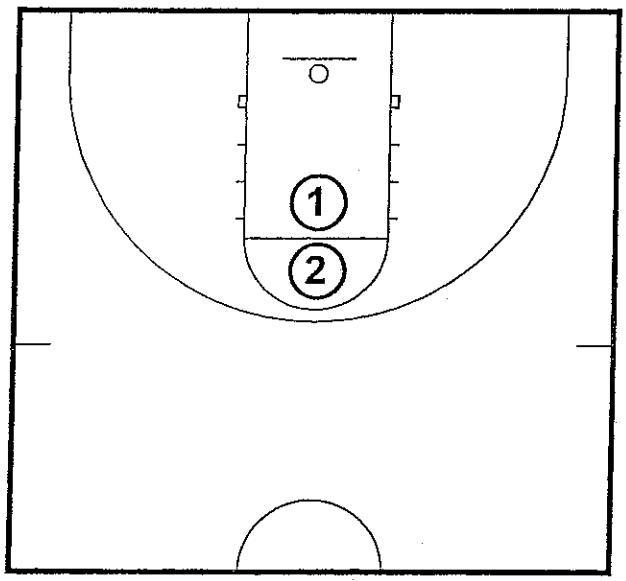
Frame 2



TWO BALL...Together and alternate knee height then shoulder height - 4 different crosses - Bowling - Helicopter - Tight juggle

Stationary Ball Handling

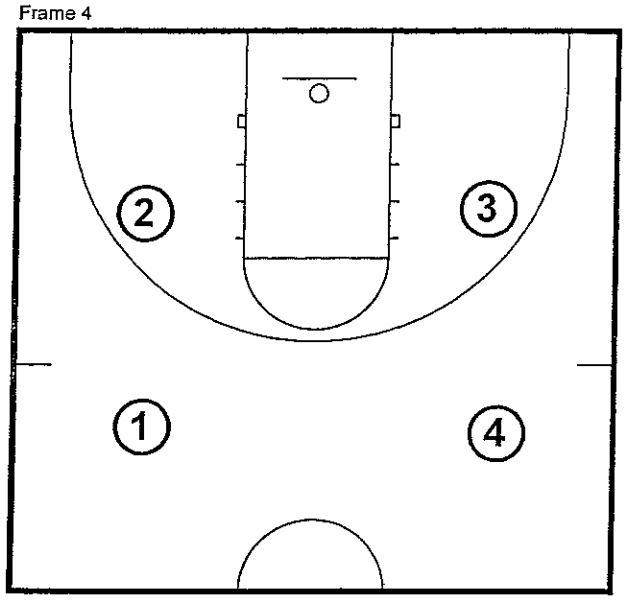
Frame 3



MIRROR DRIBBLING...One player is designated leader...Whatever move he calls out [from above or be creative] player must mirror...Each move consists of 5 dribbles minimum

Stationary Ball Handling

Frame 4

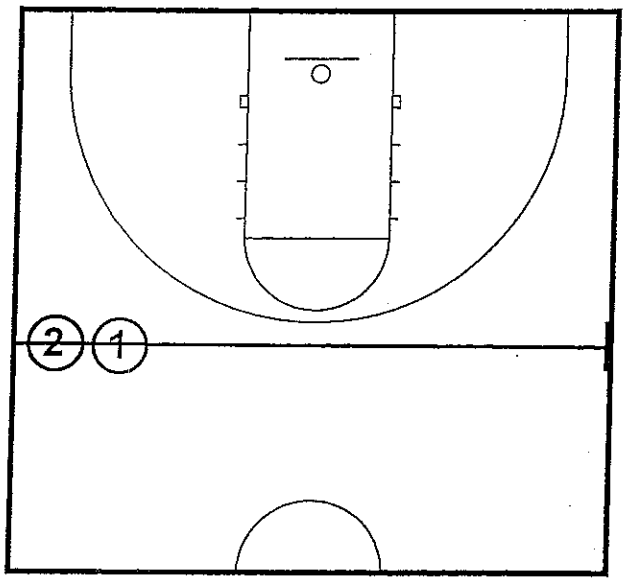


TENNIS BALL TOSS...While dribbling ball you are tossing a tennis ball with opposite hand - higher you toss tennis ball better...Pounds - Crossover - Between legs...Be creative and use combo moves

Individuals

Moving Ball Handling

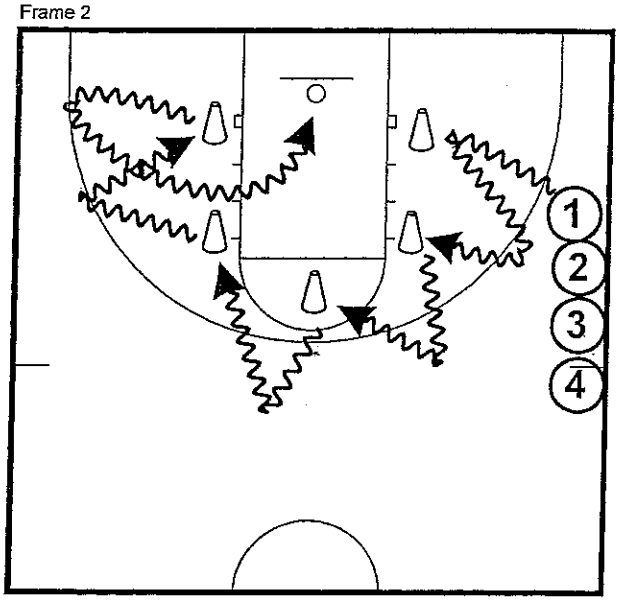
Frame 1



BLACK LINE PERFECTION...Use a black line anywhere on court...Do a lot of stationary movements ..Between legs walking forward then backward...Be creative and use combo moves

Moving Ball Handling

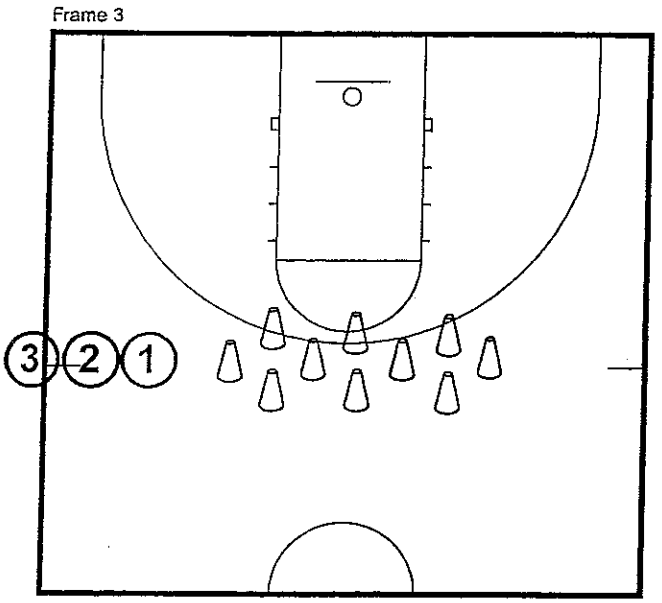
Frame 2



CONE ATTACK...Drive cones off two dribbles - Pull back on an angle for separation - Continue each cone - last cone you separate reattack middle of paint with hop through, floater, etc.

Moving Ball Handling

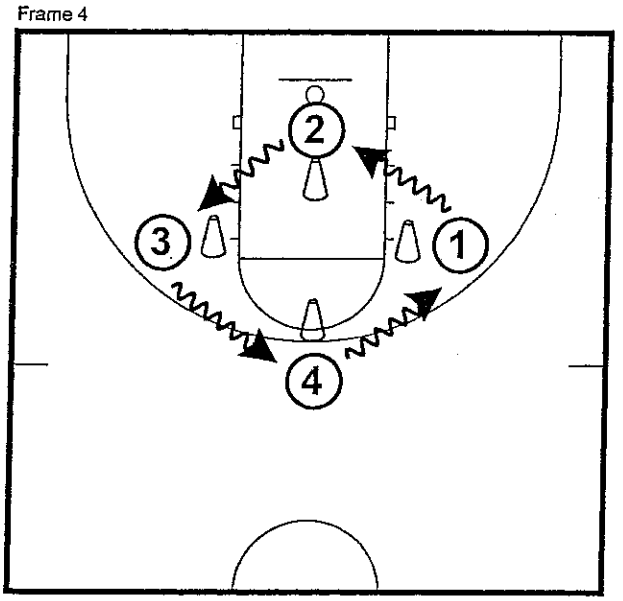
Frame 3



CONE MAZE... Have middle cones about 24 inches apart and side cones 12 inches out from center [varies according skill level - tighter better]...Use same moves we used in other drills

Moving Ball Handling

Frame 4

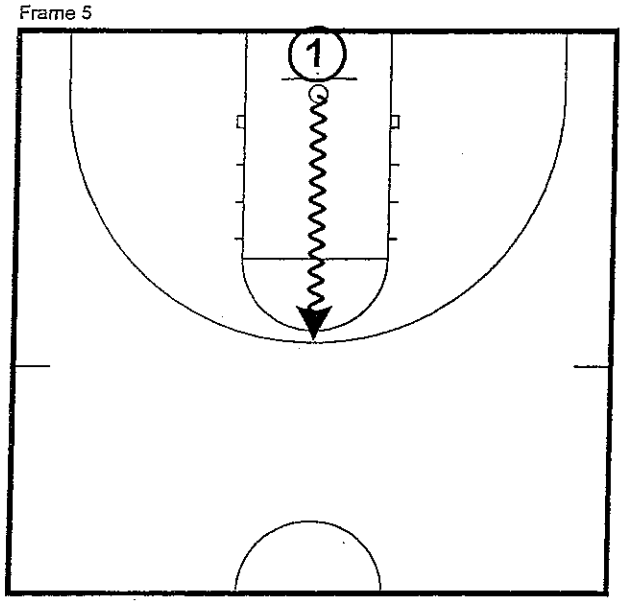


CONE TAG...You can do this with one or two balls, regular or heavy...Use a whistle or verbal command of "Change" once they start chasing each other...On the change you switch directions

Individuals

Moving Ball Handling

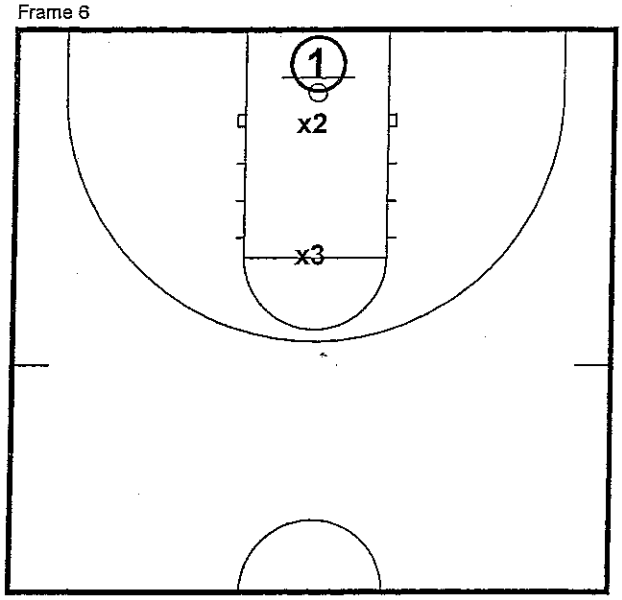
Frame 5



TOP OF KEY BACK....You can do this with one or two balls ..Quick movement drill....Use any or all of the moves before, but be sure to include up to top of the key and pull back to the baseline

Moving Ball Handling

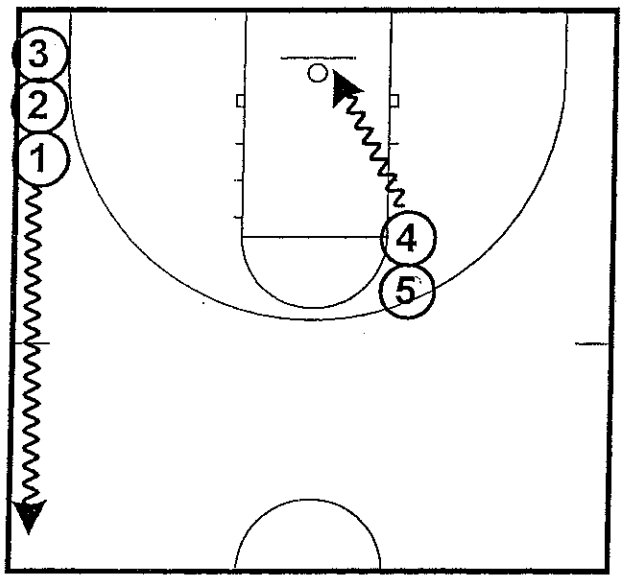
Frame 6



1 vs. 2 ATTACK....Two balls and one mixing up heavy and regular....On two ball first defender can't use hands....First defender turns offense - Second defender traps....Goal reach half court

Moving Ball Handling

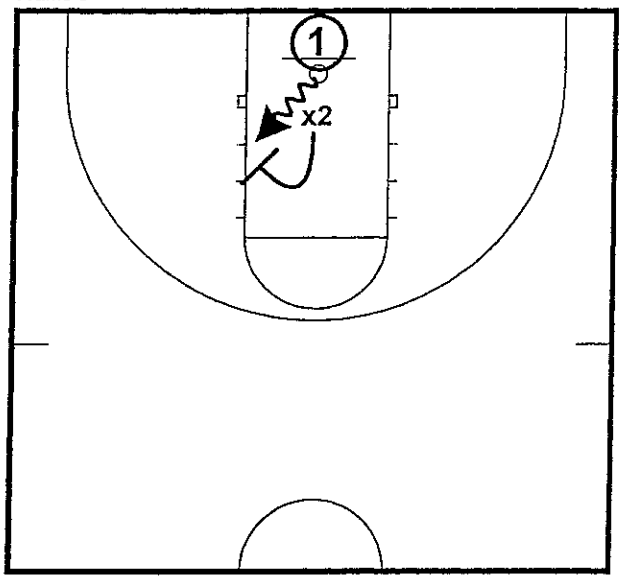
Frame 7



RIDE THE HIP....Put two hands on the hip of offensive player and push hard trying to knock ball handler off balance baseline to half court.... Forwards you can do it down lane line finishing

Moving Ball Handling

Frame 8

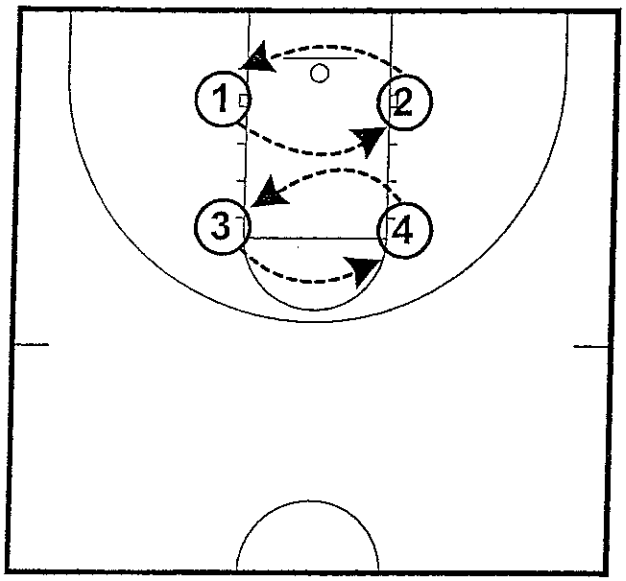


GUARD THE YARD....Play one on one up the lane line alley full court....Offense must have one foot in the lane at all times while attacking defender ....Defender learns to guard that initial yard

Individuals

Passing

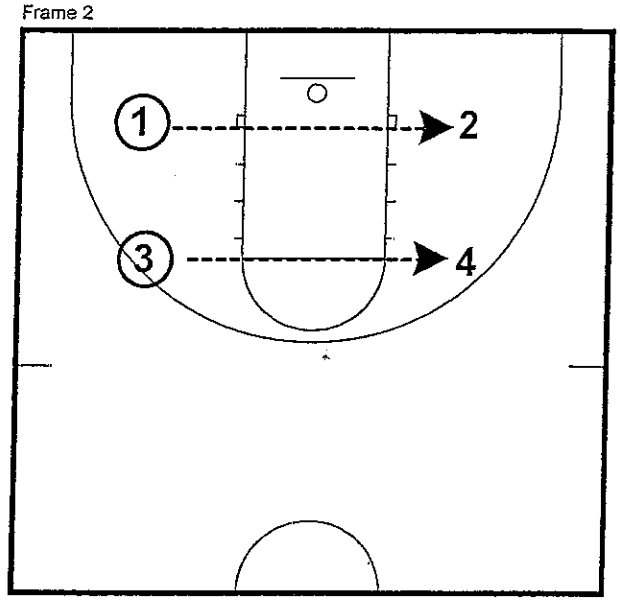
Frame 1



PUSH PASSING...R/L hand to the opposite shoulder directly infront of that hand [i.e. right hand push pass to left shoulder of receiver]...Switch hands after time or number

Passing

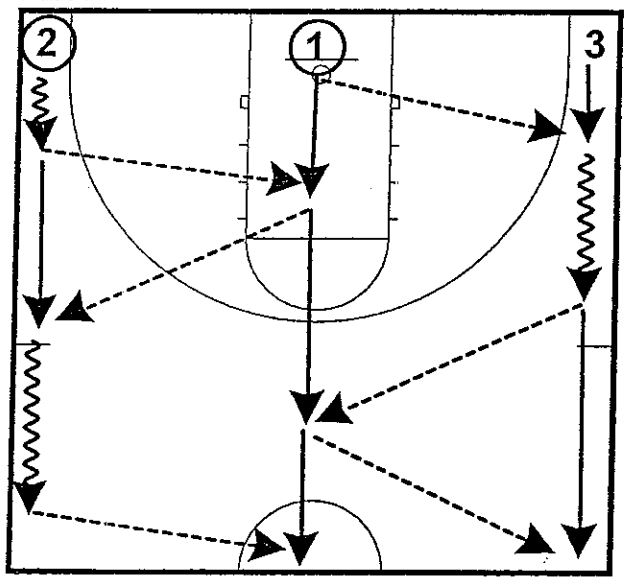
Frame 2



DRIBBLE PUSH PASS...R/L hand snap pass off the bounce to receiver...Alternate lead legs giving you a step then snap toward your target...Switch hands after time or number

Passing

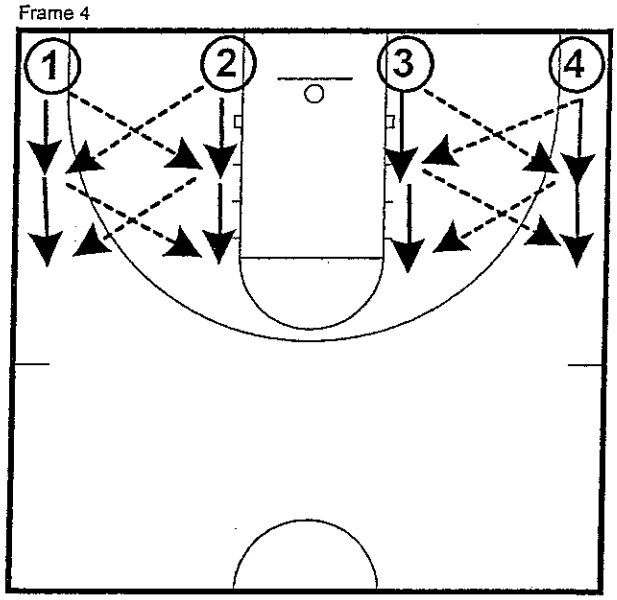
Frame 3



PASSING ON THE MOVE...You can do this half or full court ..Outside lanes must dribble with outside hand between passes...Middle man is stricly a passer

Passing

Frame 4

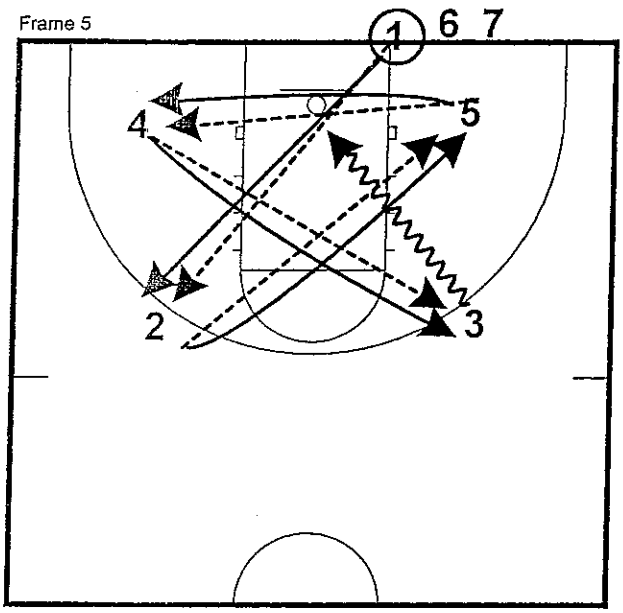


2 MAN 4 BALL PASSING...You can do this half or full court...Start with inside lanes bounce passing and outside lane chest or push passing...Switch after time or number

Individuals

Passing

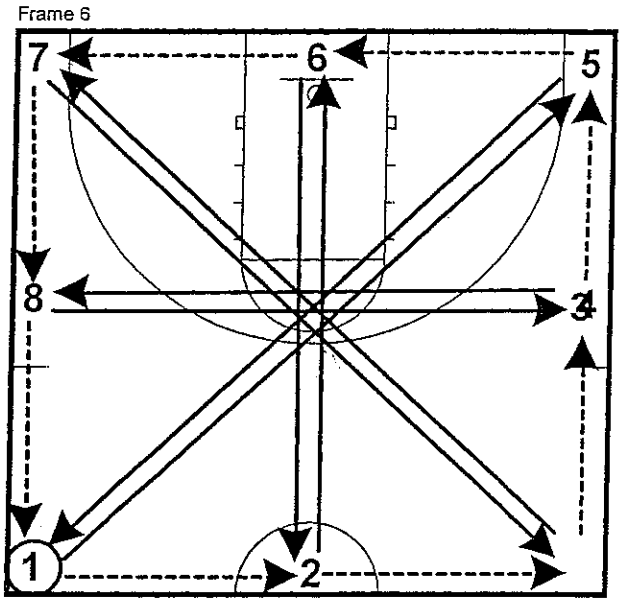
Frame 5



STAR PASSING...Pass right run to receivers left shoulder...Skip next then pass...Use all your passes like chest, bounce, push R/L, etc...Last receiver shoots lay-up...Switch to pass left

Passing

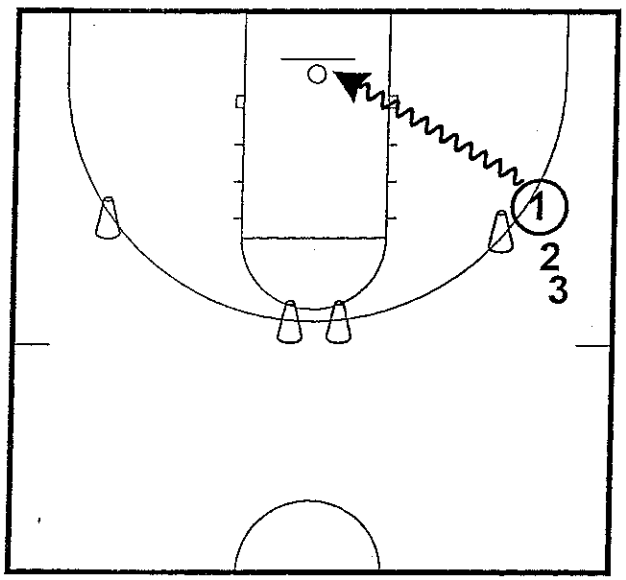
Frame 6



ARGENTINA PASSING...You can do this half or full - also you can add players as well...You must sprint to get to different spots before ball makes rounds...Mix up the passes meaning chest, etc

Great 8

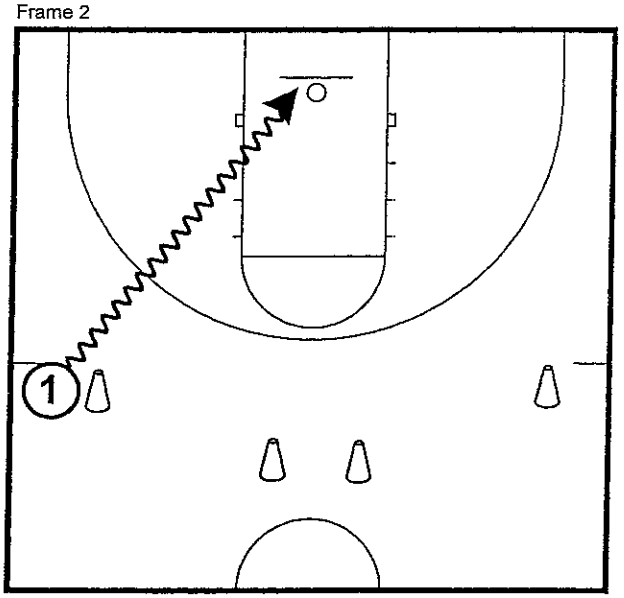
Frame 1



Use QB Tee, timer, and pads for finishing...Like to use strippers on the ball to make game like.... Extend 1st dribble low and long...Strong side R/L - Reverse Mikan with right and regular reverse left

Great 8

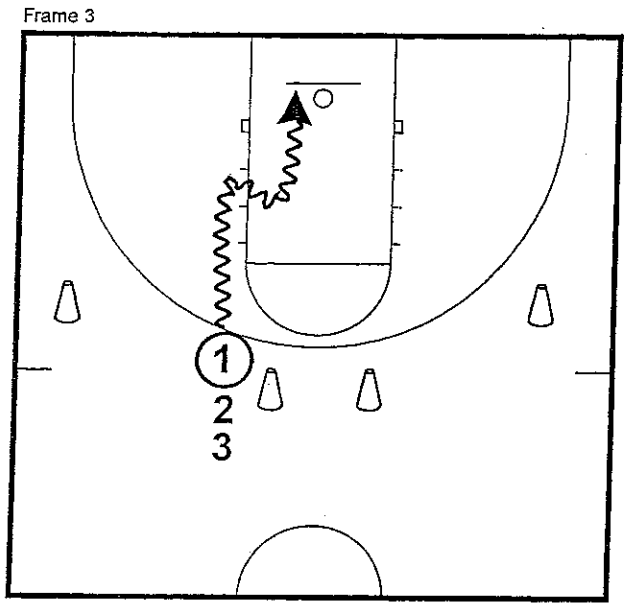
Frame 2



Extended "Great 8's" allows you to really make guys play low and long...Rip low and swing high, but both are extended and cover ground...mix up finishes with bank no box or NBA, no bank, etc.

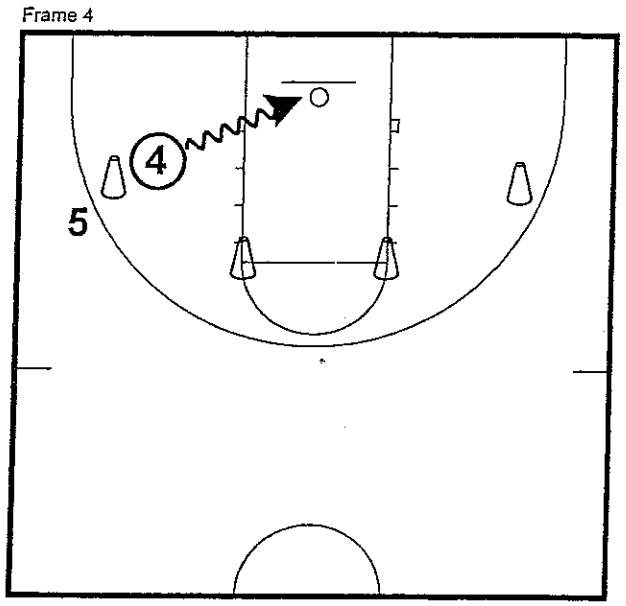
Individuals

Great 8



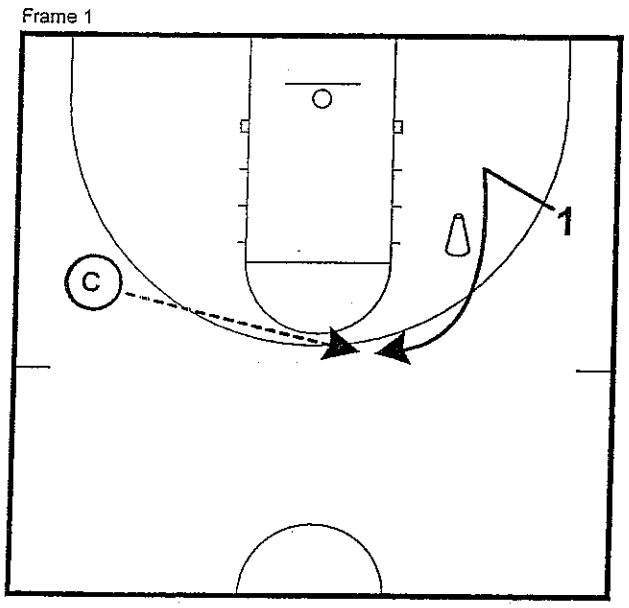
Same type of shots.. Remove reverse Mikan.. Extend 1st dribble, control 2nd dribble, and change direction..Between legs, cross, perimeter drop step, hop through, and pull back re-attack

Great 8



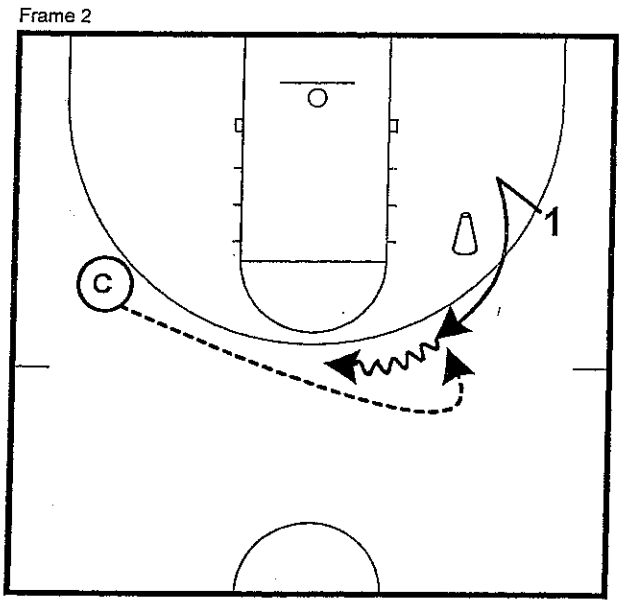
Same type of shots except we will do forwards from inside "3"...Reverse pivot of both feet attack rim....Most small forwards do both....When you get to 2nd bounce move QB Tees back for space

Cone Shooting



Set man up by walking down then quickly changing speed and directions by opening hips toward screener....Pass by the screener your shoulder at their hips....1) Catch and shoot

Cone Shooting

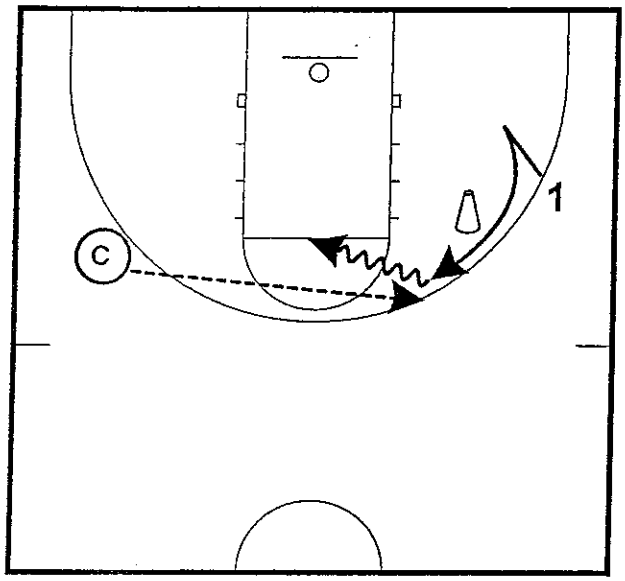


Grab screeners' shorts coming off tight...Run pass into your hands....2) Catch extention dribble "3"....3) Catch shot fake side dribble "3" each way....4) Catch one dribble step back/cut back "3"

Individuals

Cone Shooting

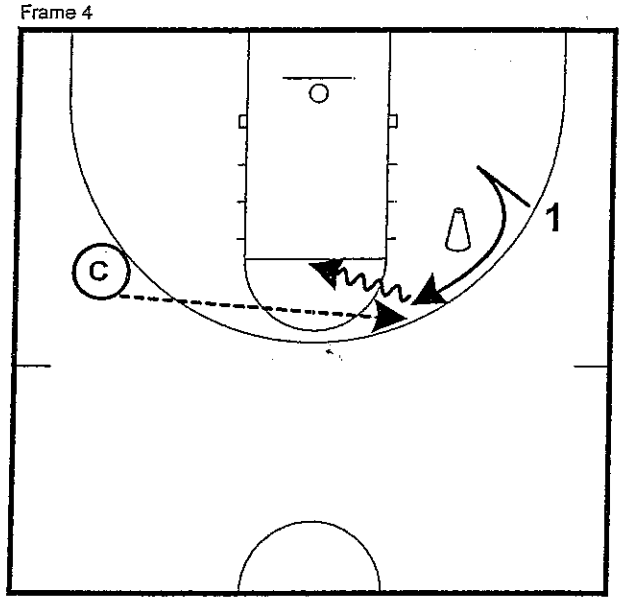
Frame 3



5) Catch one dribble jumper 6) Catch one dribble step back/cut back jumper 7) Catch one dribble change direction runner/floater 8) Catch one dribble up/under step through

Cone Shooting

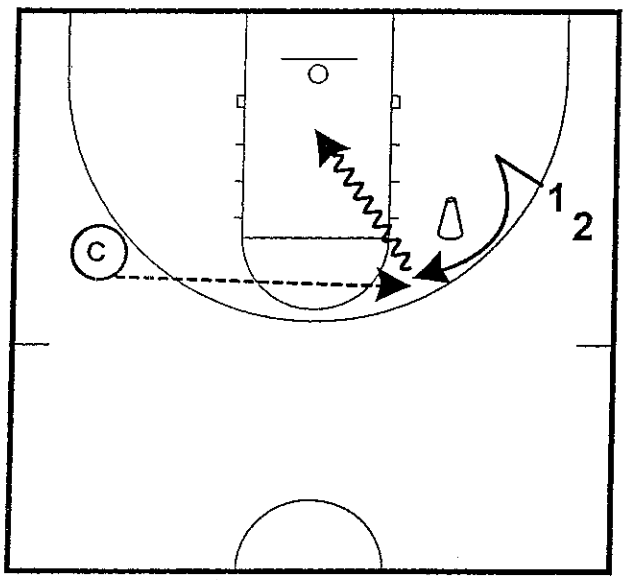
Frame 4



Perimeter drop step foot must go to the rim. 9) Catch one dribble perimeter drop step 10) Catch one dribble perimeter drop step up/under 11) Catch one dribble perimeter quarter turn jumper

Cone Shooting

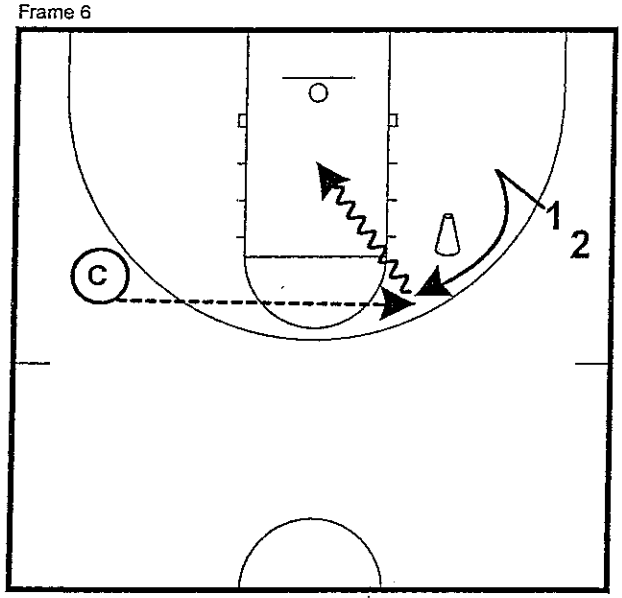
Frame 5



First bounce extends you second bounce controls your body 12) Catch two dribble runner/floater 13) Catch two dribble step back/cut back jumper

Cone Shooting

Frame 6

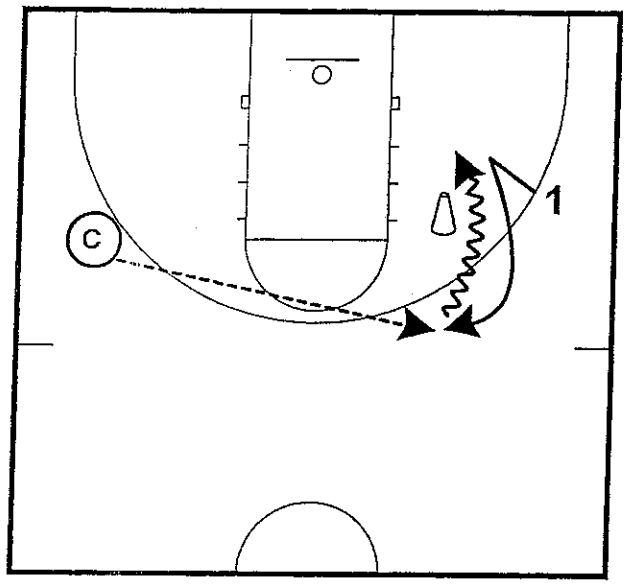


On all step back/cut back add re-attack 14) Catch two dribble hop through mix up finishes 15) Catch two dribble up/under step through

Individuals

Cone Shooting

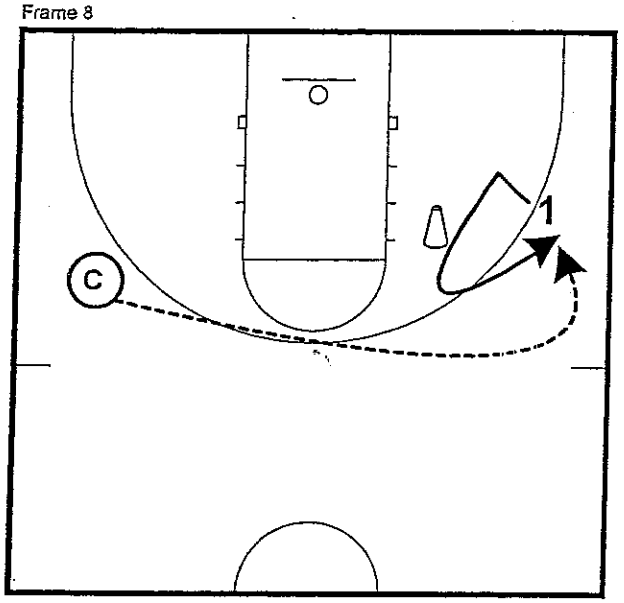
Frame 7



On CATCH and RIP action repeat shots 5-15....Make sure that rip is violent and tight while extending that first bounce to create space and use second bounce to control body

Cone Shooting

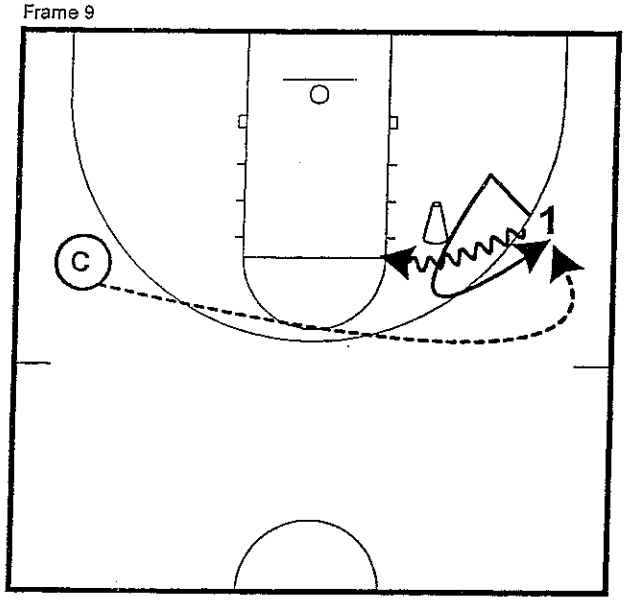
Frame 8



On FLARE action repeat shots 5-15....Make sure on flare you get your foot on top of screener then push screener into defender....Create straight line defender, screener, and then you

Cone Shooting

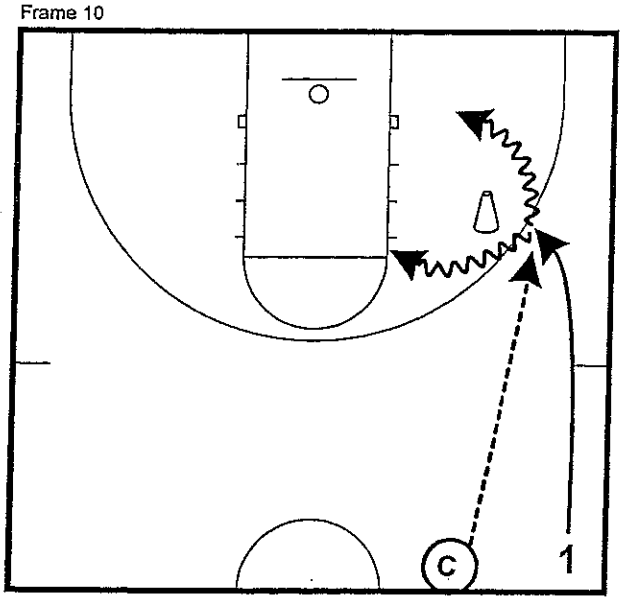
Frame 9



On FLARE KNEE AND GO action repeat shots 5-15....Make sure knee and go is inside the knee and sharp create space with first bounce going body to body and control body on second bounce

Cone Shooting

Frame 10

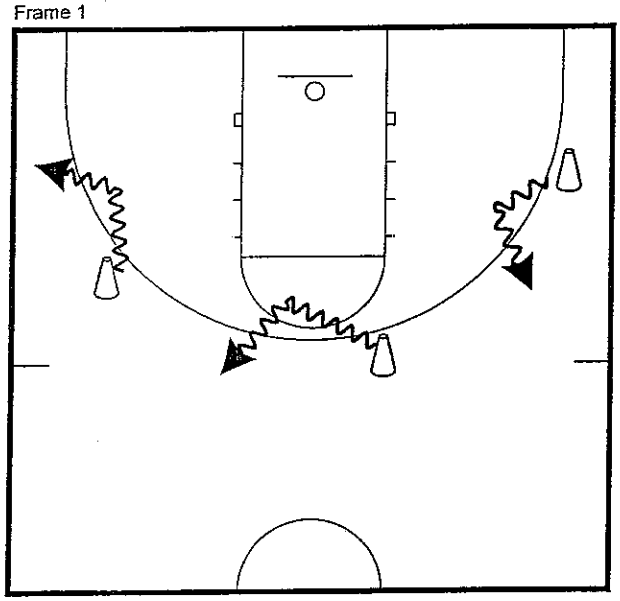


1/2 COURT RUNNERS....Same progression as using the screen with CATCH reads, ONE DRIBBLE reads, TWO DRIBBLE reads, and KNEE AND GO reads....be creative on finishes

Individuals

Separation Shooting

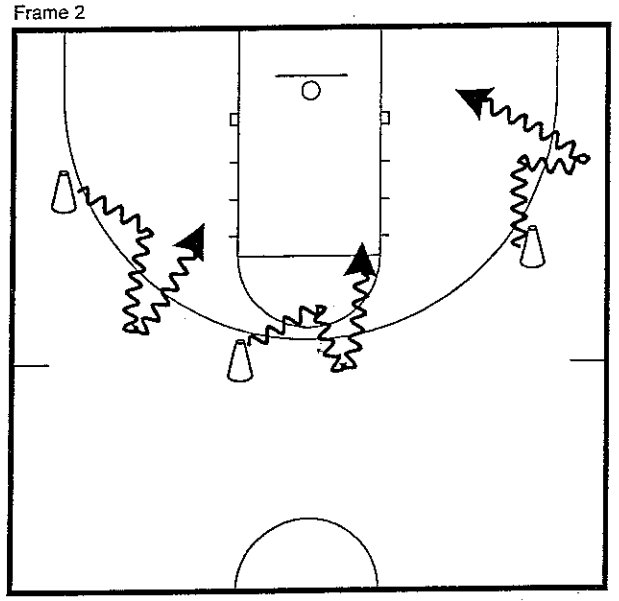
Frame 1



When righty goes left we use step back - when they go right we use cut back...we will go over one way then the other using QB Tee

Separation Shooting

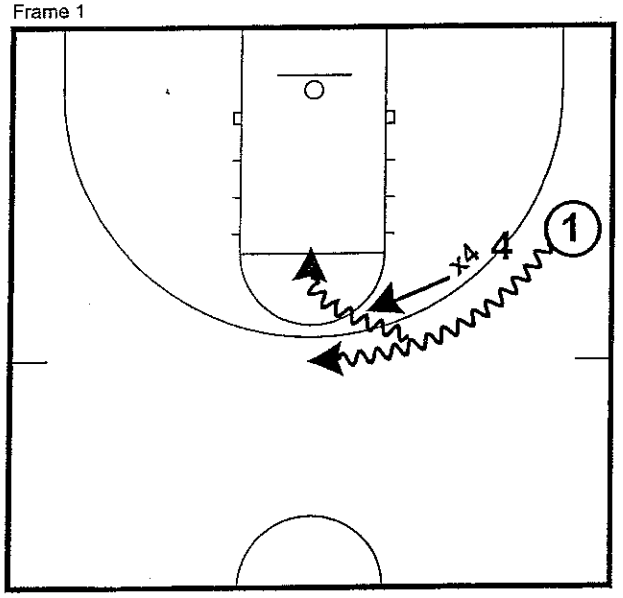
Frame 2



When lefty goes right we use step back - when they go left we use cut back....we also use separation into re-attack finishing with runner/floater or at the rim

Ball Screen Action

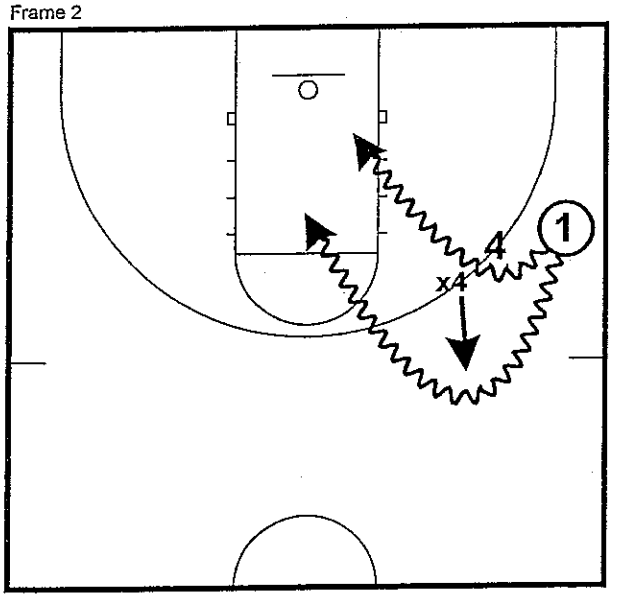
Frame 1



Always lower yourself or fake away before attacking ball screen....attack the top leg of hedge man using two dribbles into a "3" or mid range runner/floater

Ball Screen Action

Frame 2

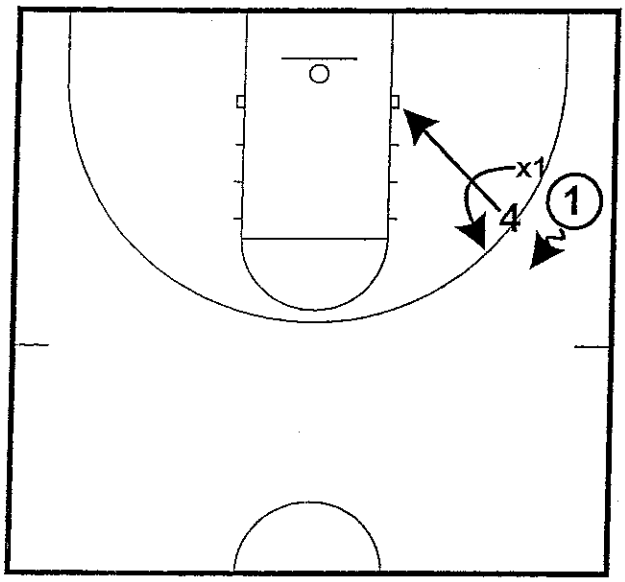


Always a great time to split into runner/floater or finishing play....pull back dribble always attacking the hedge man top leg.. then we will re-attack into "3" or mid range runner/floater

Individuals

Ball Screen Action

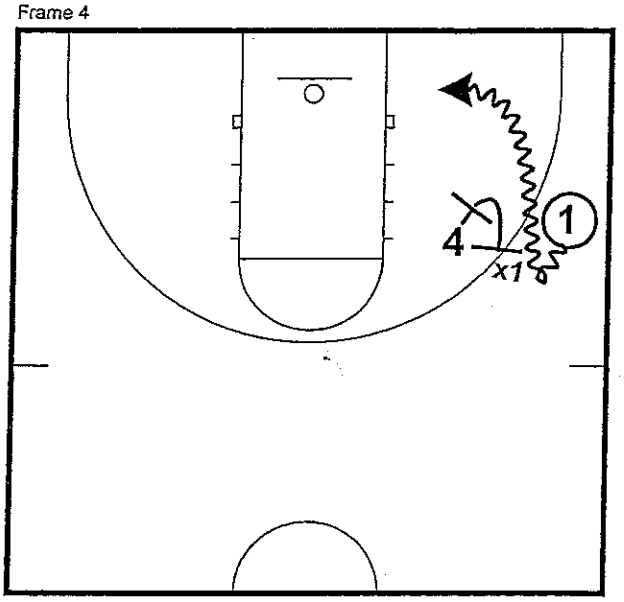
Frame 3



If defender decides to go under we will roll out of the ball screen automatically making ball defender to go lower and the guard to walk into a "3"

Ball Screen Action

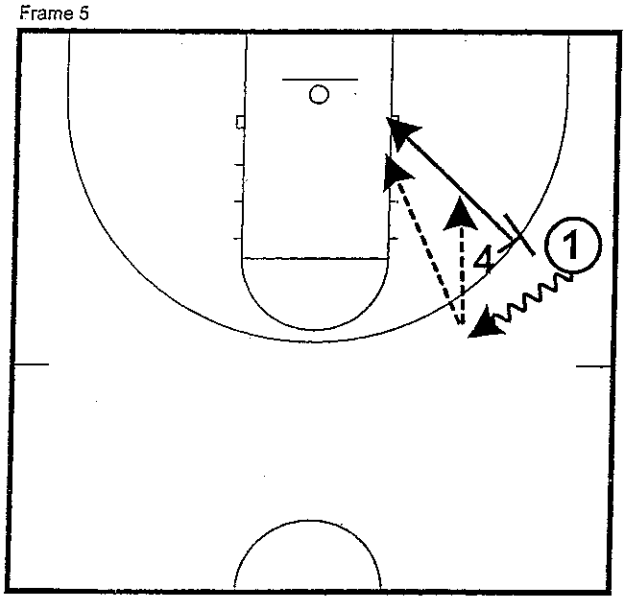
Frame 4



Turning down ball screen and re-screening ball handler creates more opportunities ....mix up the way in which you turn down or re-screen going into pull up's, runner/floaters, and finishing plays

Ball Screen Action

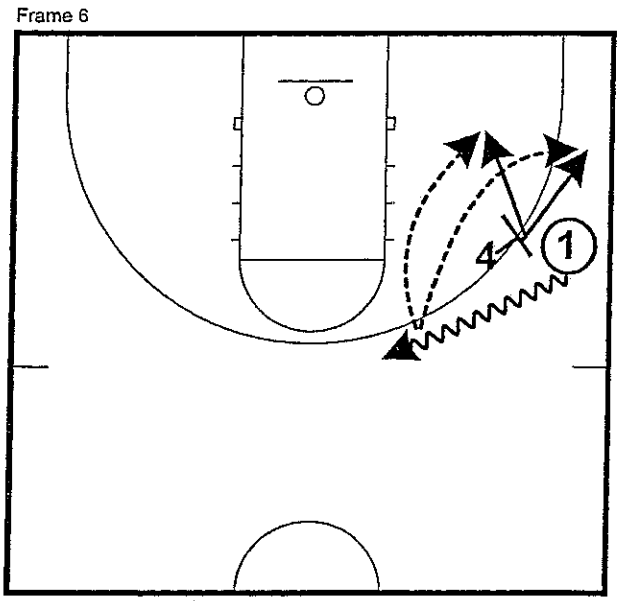
Frame 5



On the fundamental of pick-n-roll we tell our guys to roll through the block giving them angle to finish .. hit them late to finish without dribble and early to allow change of direction off violent crab

Ball Screen Action

Frame 6

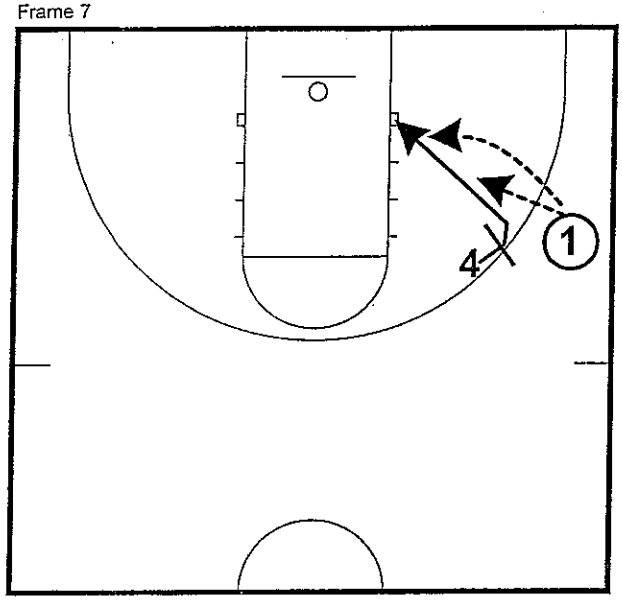


On pick-n-pop [commonly called a flare] we work on flaring to 15 feet or "3" making adjustments to players....once you flare to 15 feet you will continue to make your way to the short corner

Individuals

Ball Screen Action

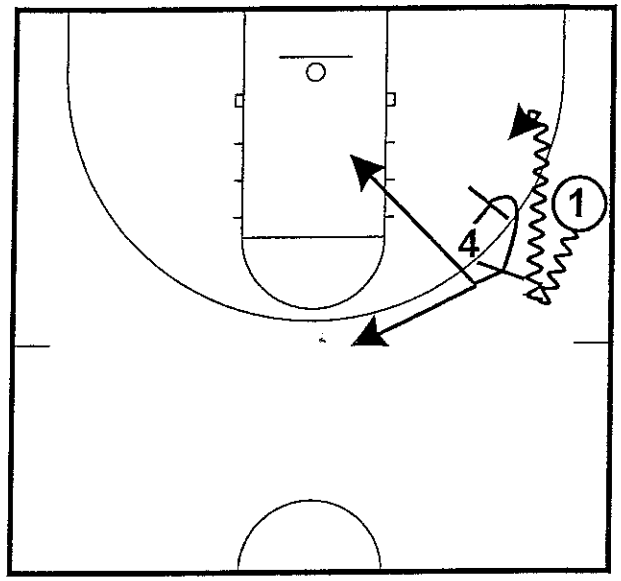
Frame 7



You can always go to dribble handoffs as well... on our "Slip" action we will have the passer hit the forward both early and late....really makes things realistic if you can get help side defense as well

Ball Screen Action

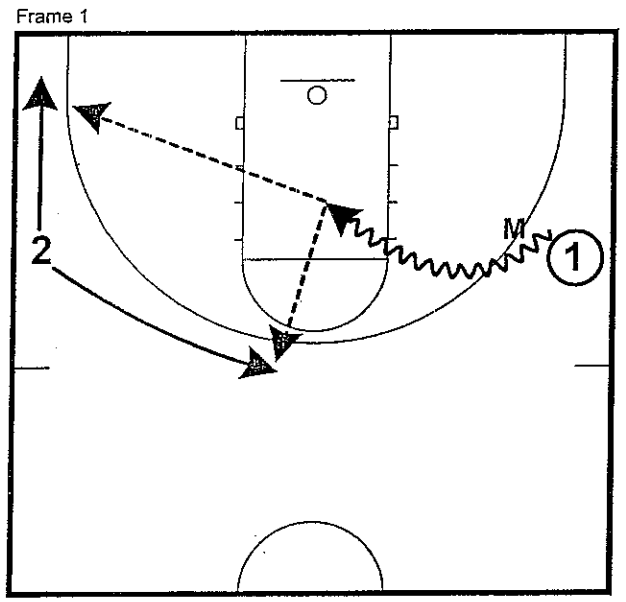
Frame 8



Screen to a re-screen will allow the forwards to work again off of a different angle when they receive the roll pass or flare pass....mix up finishes and catch rip actions

Penetrate and Pitch

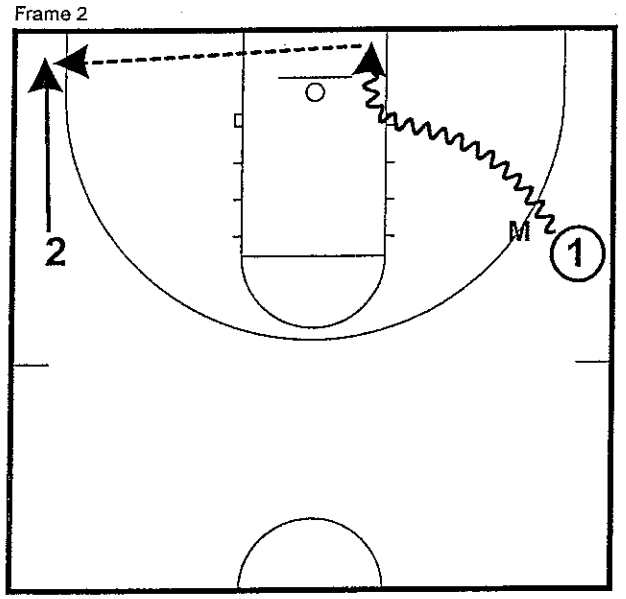
Frame 1



Middle penetration inside elbow into paint drawing help.. Control body with jump stop or side jump avoid charge...Shooter calls "Slide" or "Fill" ....Similar shots as "Cone Shooting" but mostly "3"

Penetrate and Pitch

Frame 2

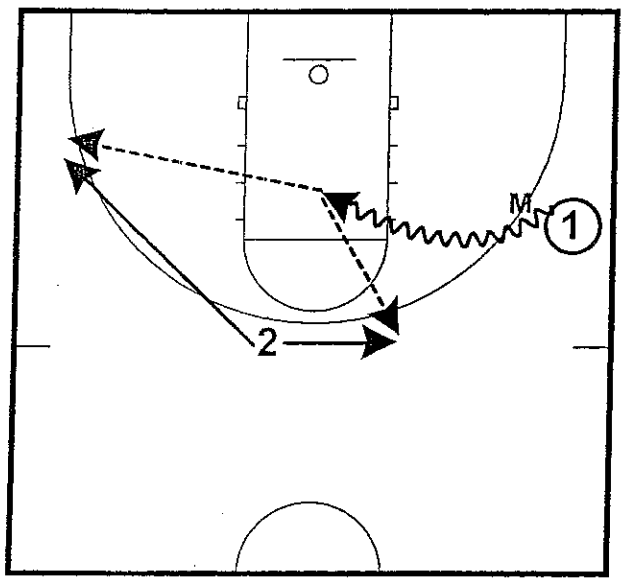


Baseline penetration playing through the block if possible, don't be afraid to jump out of bounds to pass to open shooter who is calling "Drift" ...Possible jump stop reverse pivot to hit "Fill"

Individuals

Penetrate and Pitch

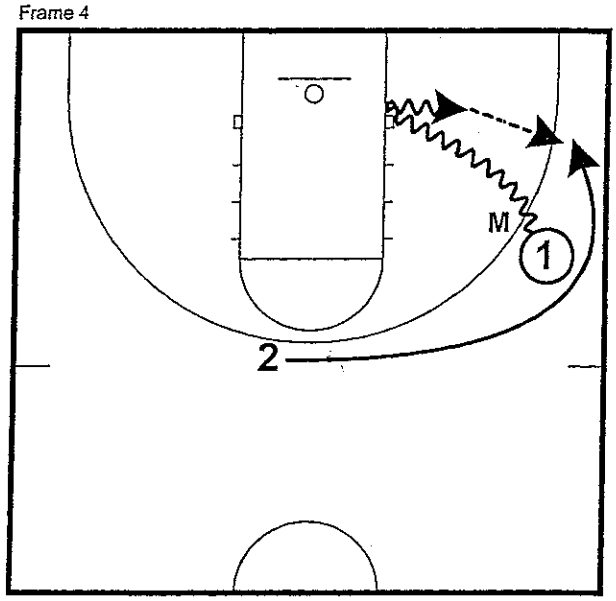
Frame 3



Middle penetration like Frame 1, however the perimeter shooter starts in different position ...Same reads and shots as above

Penetrate and Pitch

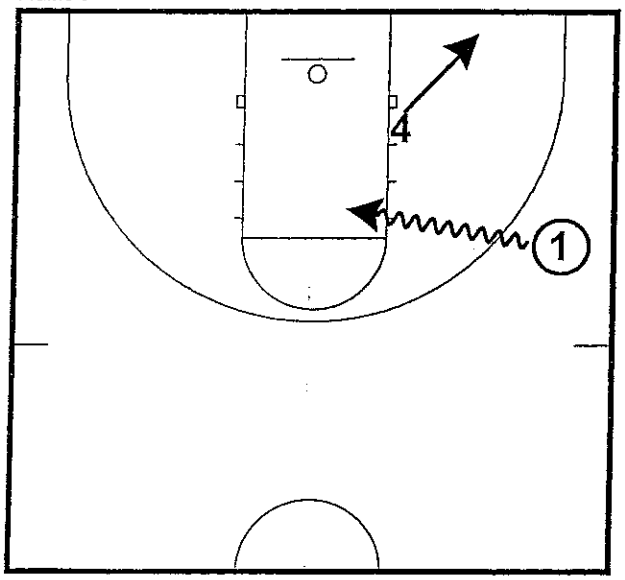
Frame 4



Baseline penetration like Frame 2, however the driver gets cut off....Reverse pivot and look for shooter calling "Fill" or look for forward if they were on block they would call "Escape"

Penetrate and Pitch

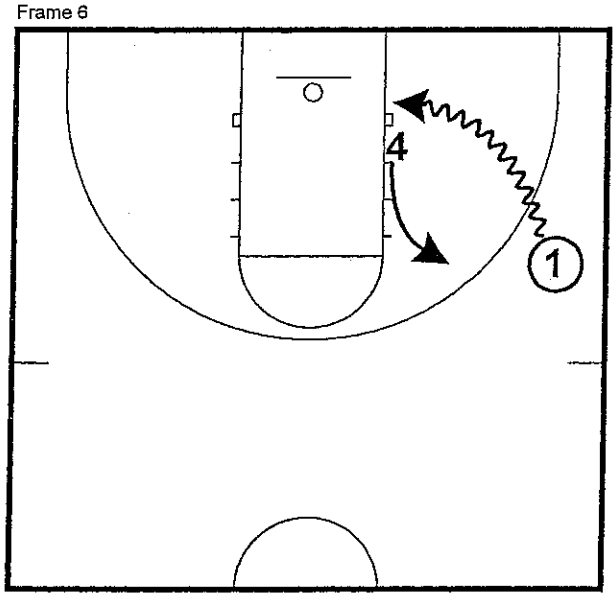
Frame 5



Middle penetration with ball side block occupied will create an "Escape" move by the forward to the short corner ["3" if applicable]

Penetrate and Pitch

Frame 6

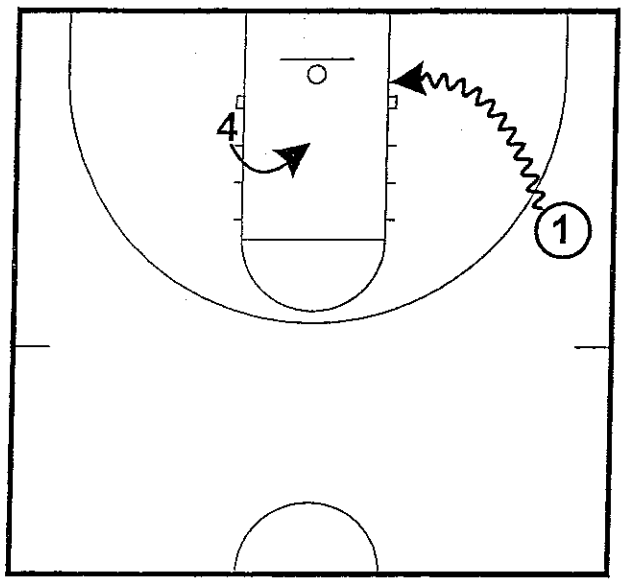


Baseline penetration with ball side block occupied will create an "Escape" move by the forward to the area on ball side as far as possible from defense

Individuals

Penetrate and Pitch

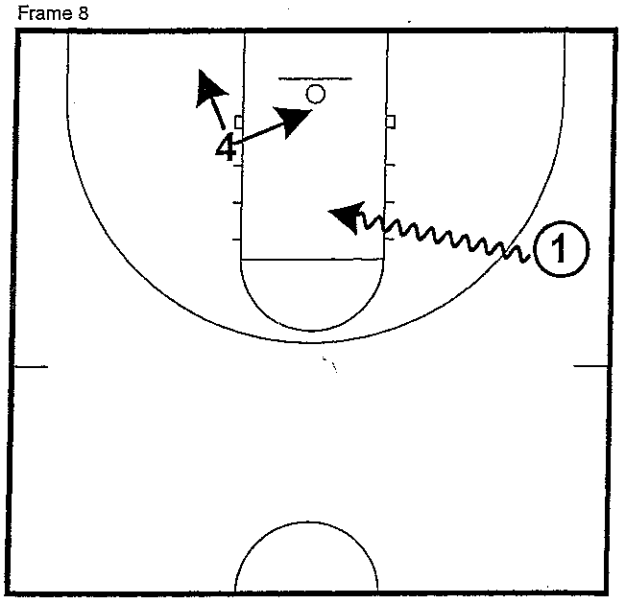
Frame 7



Baseline penetration with weak side block occupied will create a "C" cut to the center of the lane raised for dribble drop off and/or rebounding angle from missed shot

Penetrate and Pitch

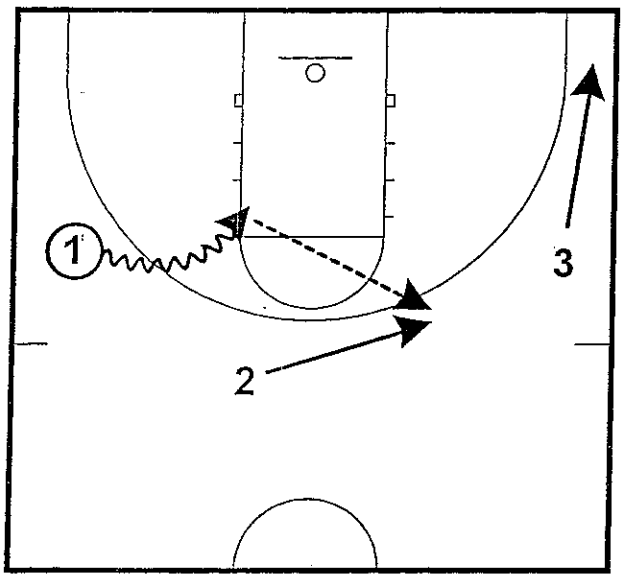
Frame 8



Middle penetration with weak side block occupied will create either a duck-in or spacing to short corner for feeds and drop-offs

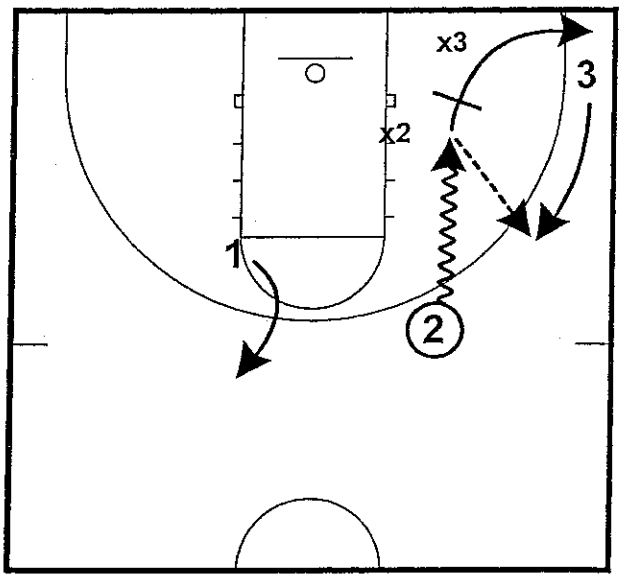
3 Man Penetrate and Pitch

Frame 1



In this instance drill begins with 1 driving from the wing. 2 and 3 slide.

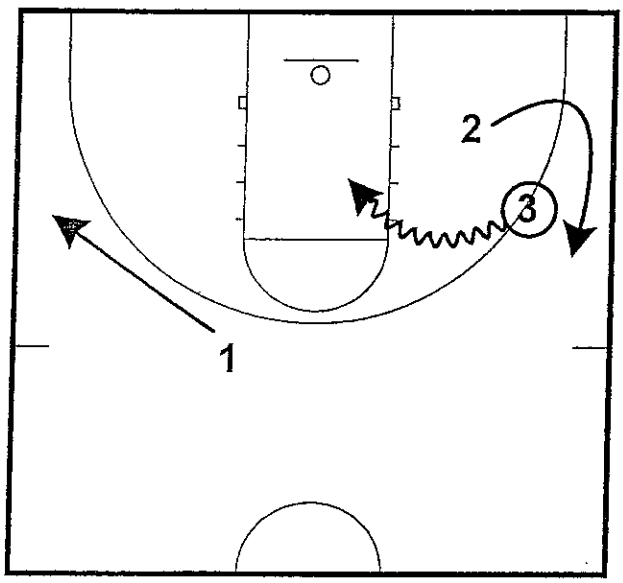
3 Man Penetrate and Pitch



If 2 gets pushed out of paint, 3 can fill. 3 should not hesitate! He should catch & shoot or immediately drive off 2's back.

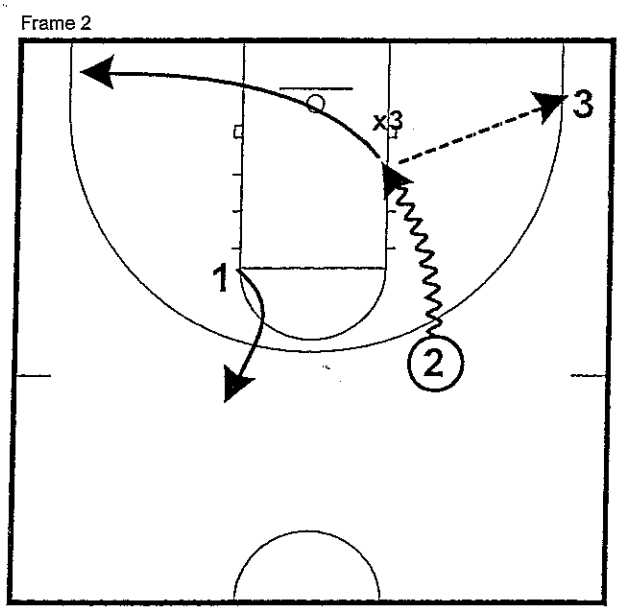
Individuals

3 Man Penetrate and Pitch



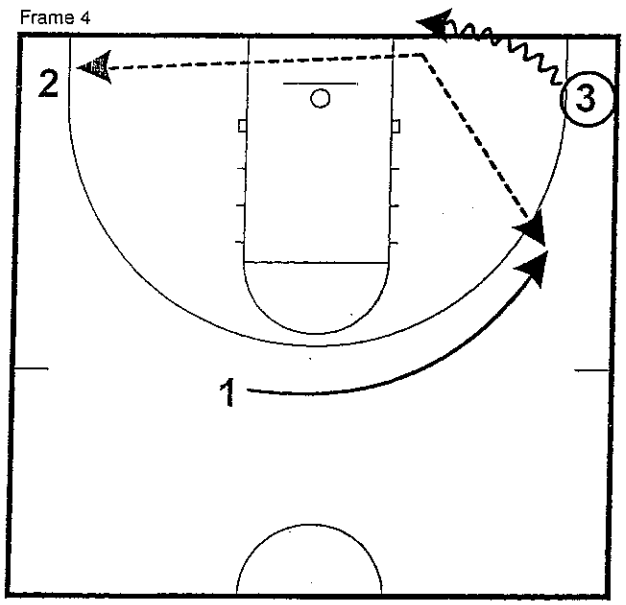
If 3 drives, 2 fills up behind the drive. 1 works to create space and keep a passing lane open.

3 Man Penetrate and Pitch



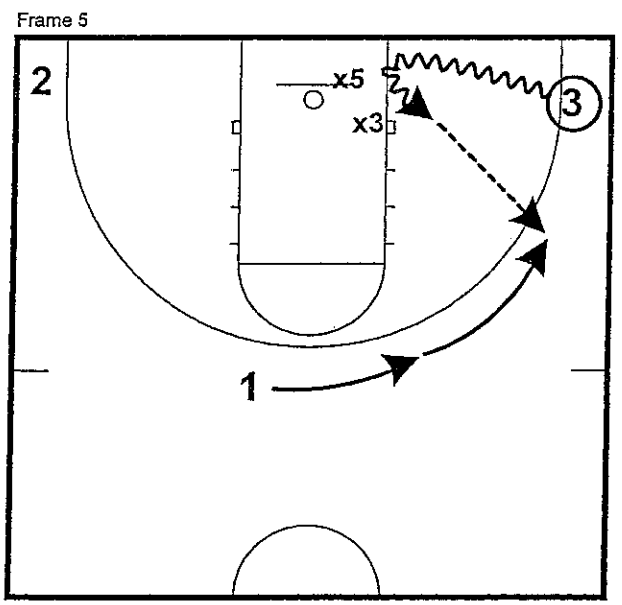
If x3 commits, 2 pitches to 3 for a shot

3 Man Penetrate and Pitch



If 3 doesn't have a catch & shoot, he can drive baseline looking to finish,throw a drift pass to 2, or fill to 1

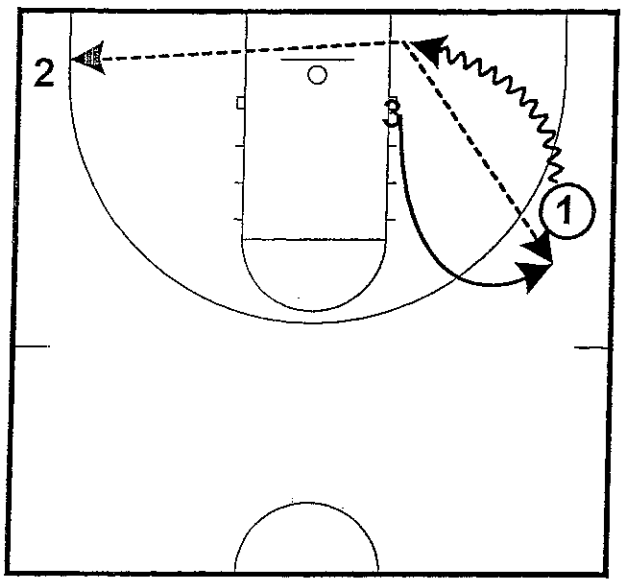
3 Man Penetrate and Pitch



As 3 attacks baseline, 1 moves towards fill...if 3 is cut off, 1 sprints to fill.

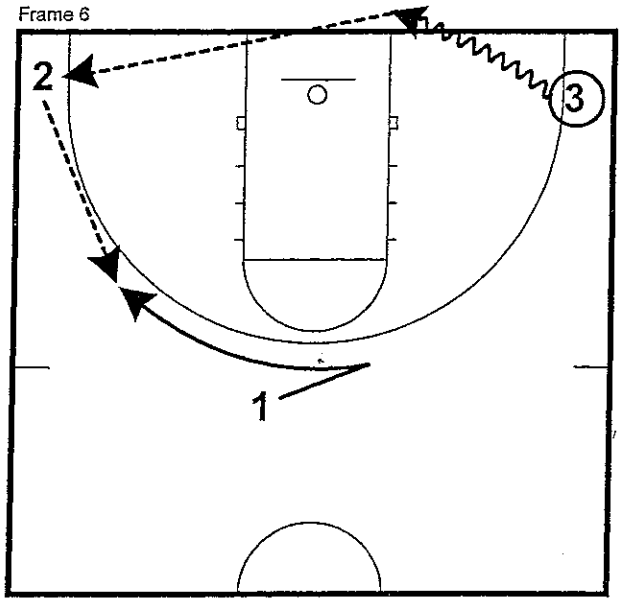
Individuals

3 Man Penetrate and Pitch



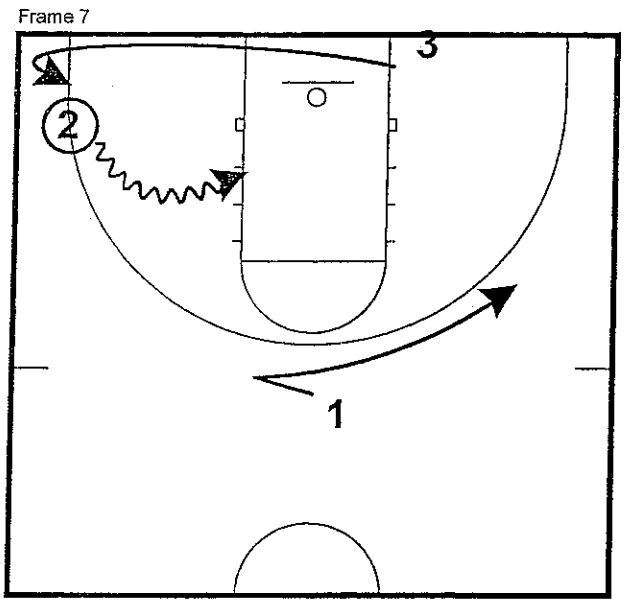
If 1 drives baseline off the fill....3 escapes up the lane line and then occupies the fill spot. 1 can hit drift or fill.

3 Man Penetrate and Pitch



As 3 drives baseline, 1 moves to fill. .if 3 throws drift, 1 sprints to replay. With most normal defensive rotations, 1 will have the open shot.

3 Man Penetrate and Pitch

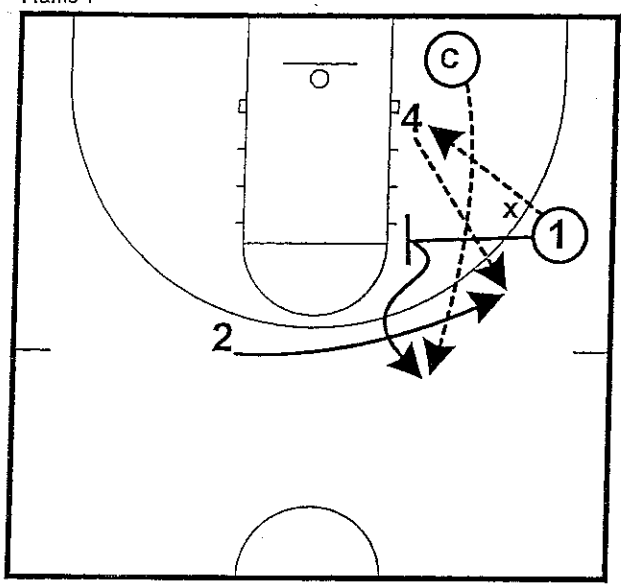


If 2 drives...3 runs the baseline to occupy the fill spot. 1 (on his way to a replay) changes direction and creates space.

Individuals

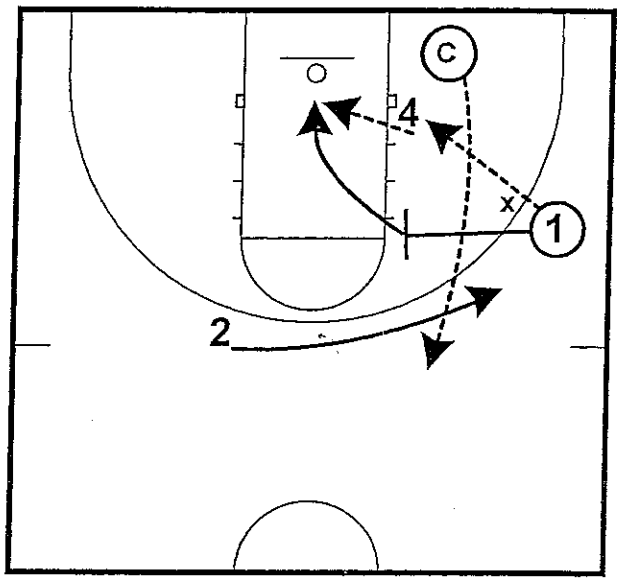
Post Feed Relocate

Frame 1



Screen the elbow [Utah Cut] then separate for "3"... try to utilize two passers to get more shots

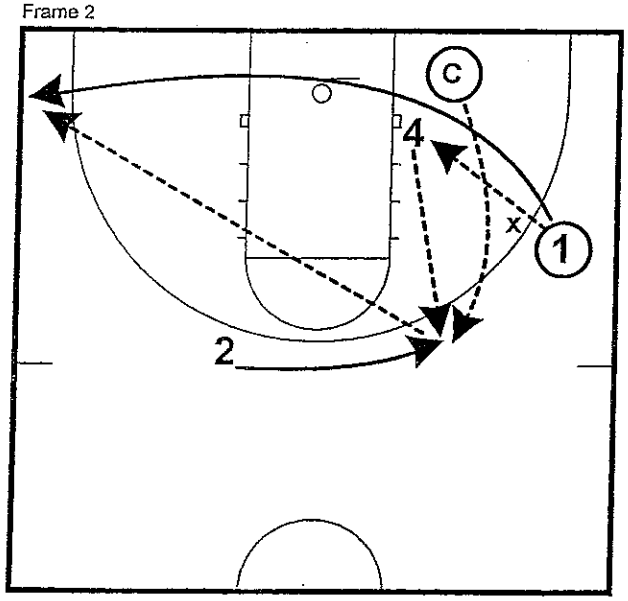
Post Feed Relocate



Screen the elbow [Utah Cut] then slip to the rim....forward passes to cutter....second pass to guard filling off the elbow screen

Post Feed Relocate

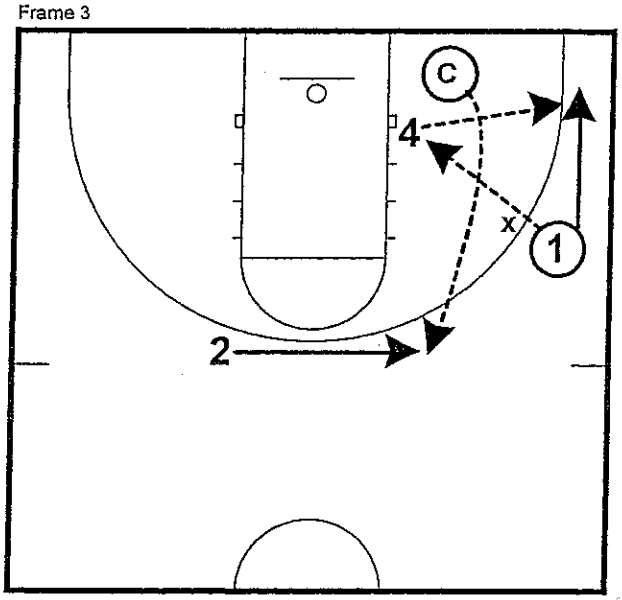
Frame 2



Cut low on baseline [Laker Cut] then sprint to opposite corner....reverse ball inside out skip to opposite corner....then top guard receives another pass for catch shoot "3"

Post Feed Relocate

Frame 3

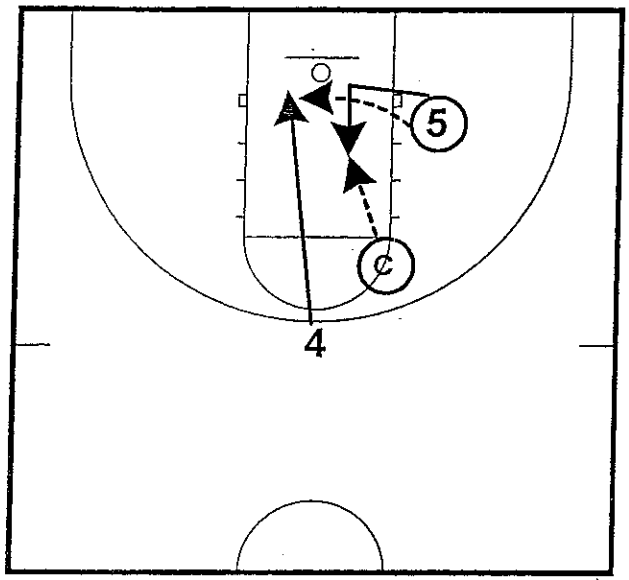


Cut to strong side corner when defender doubles post ..yell "2" so forward knows to look inside out....opposite guard fills strong side and gets second pass from coach

Individuals

Post Feed Relocate

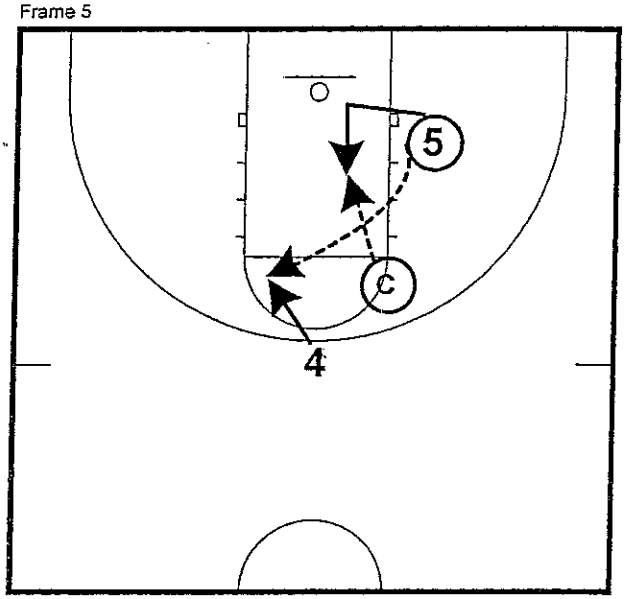
Frame 4



Posting forward hits diving forward with pass for finishing move...duck-in very violently catching feed from coach and making a different finishing move every pass

Post Feed Relocate

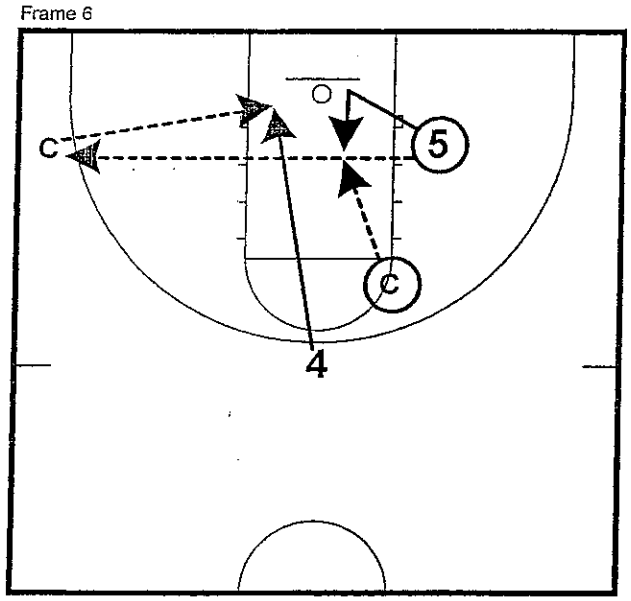
Frame 5



Posting forward hits forward for 15-17 footer ["3" if applicable]...duck-in violently catching from coach and make a different finishing move every pass

Post Feed Relocate

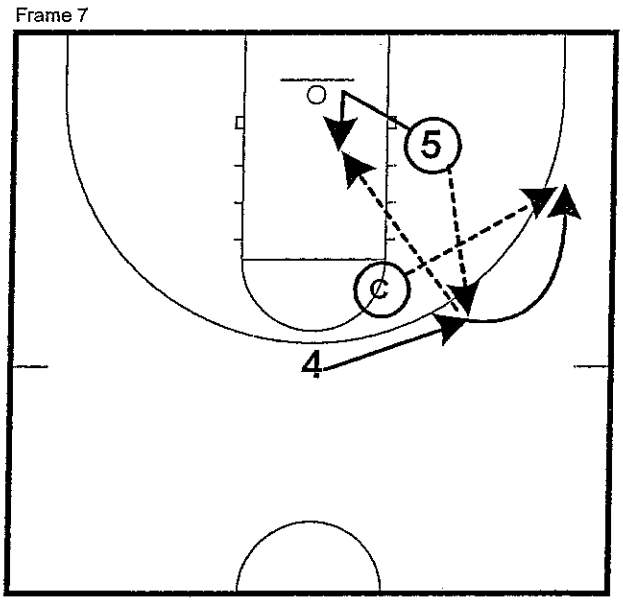
Frame 6



Dive top forward.. posting forward throws skip pass while working on footwork to escape to throw pass...duck-in violently catching pass from coach and make a different finishing move every pass

Post Feed Relocate

Frame 7

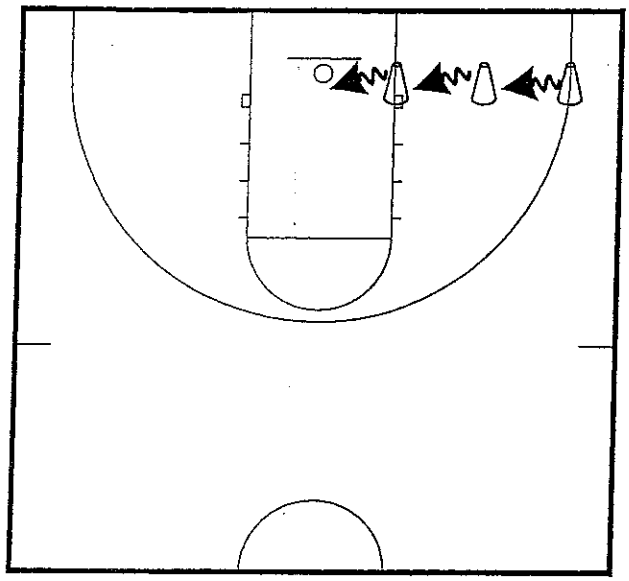


Inside out back into the forward who duck-ins violently catching and makes a different finishing move every pass...forward moves after the feed and sets feet for 15-17 footer ["3" if applicable]

Individuals

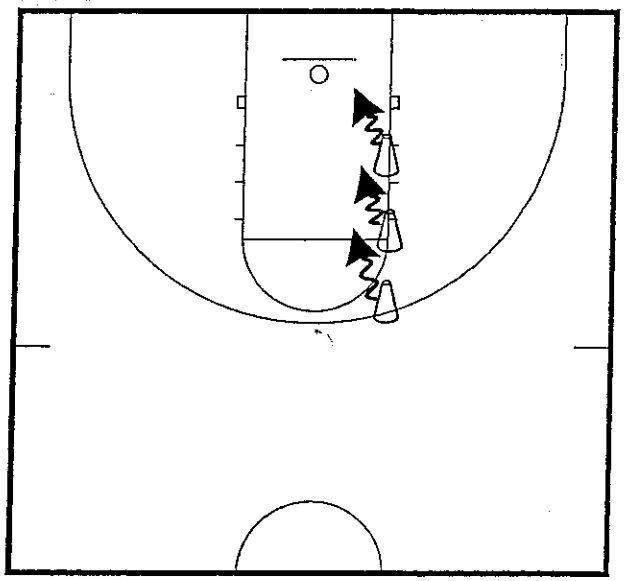
Pro Moves Utilizing Cheat Step *Pro Moves Utilizing Cheat Step*

Frame 1



We use our "Cheat Step" from all these spots...use QB Tee and real passing...we will have all dunk day sometimes as well...we will talk about angle so put defense on your back

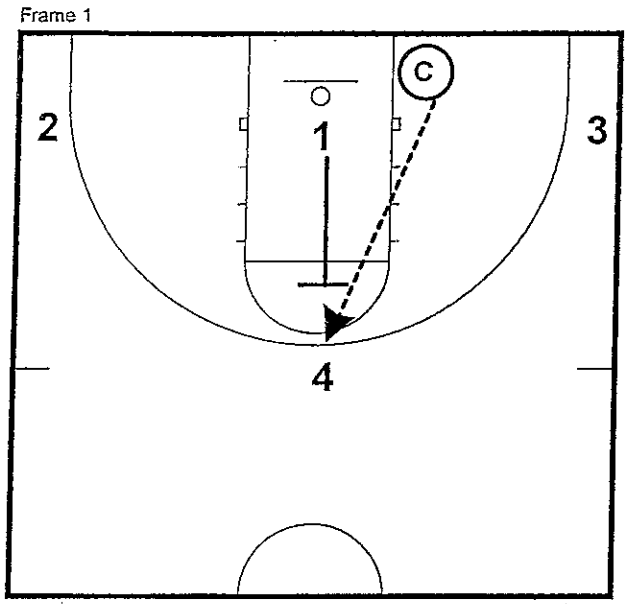
Frame 2



Like to work on violent crab to finish high... cheat step no dribble - violent crab - violent crab reverse - violent crab reverse Mikan - violent crab floater - violent crab tight spin - violent crab hop through

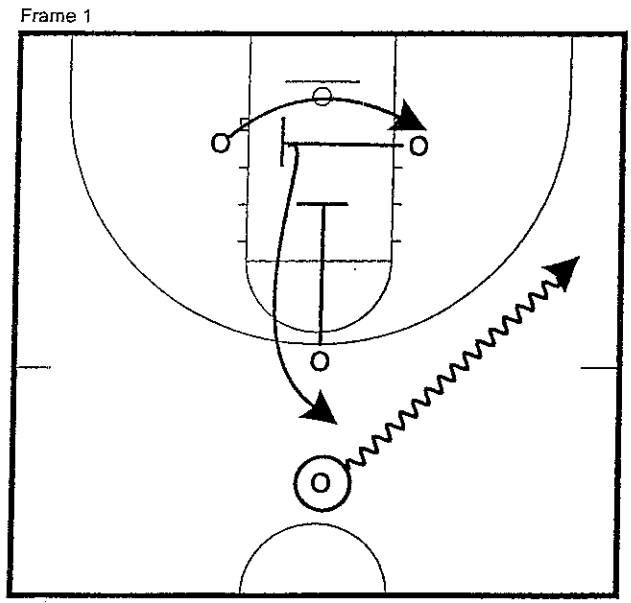
Clinics

Comp Practice - 1 on 1 Closeouts



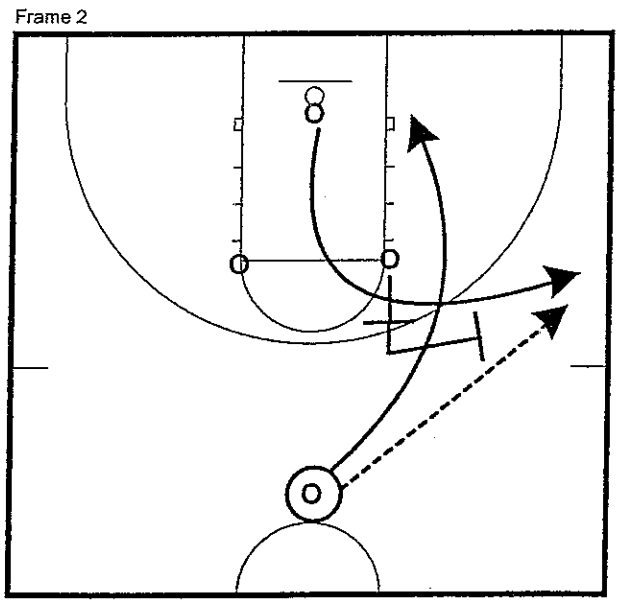
Try to match up talent best possible....Coach starts drill with pass....Limit dribbles to 2 or 3....3 out of 4 stops or 2 stops in a row to get out

Comp Practice - 4 on 4 on 4



TRIANGLE ACTION....3 stops in a row to get off or prescribed number or time....4 stops in a row to get off [pt or pn]....Defensive + Offensive scoring totals....Losers are punished

Comp Practice - 4 on 4 on 4

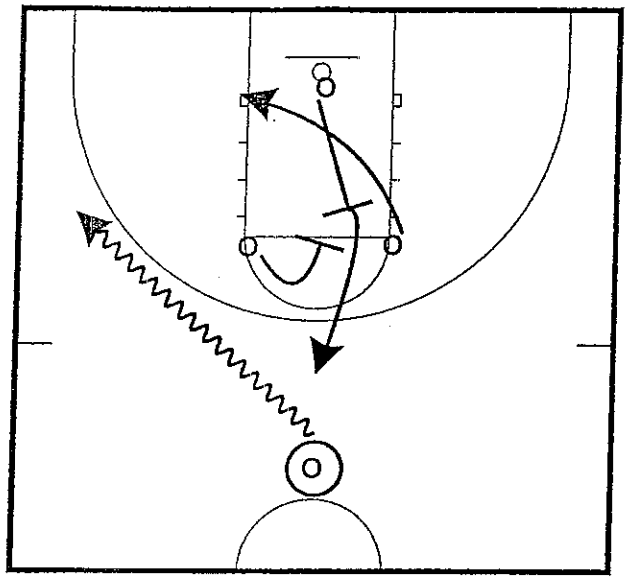


UCLA ACTION....The one thing we like to do is use favorite actions from our league so that our guys are aware of movements and terminology

Clinics

Comp Practice - 4 on 4 on 4

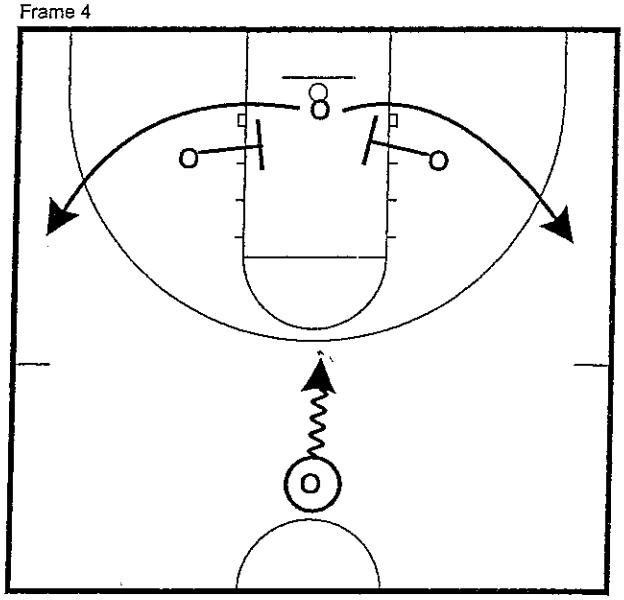
Frame 3



DIAGONAL ACTION

Comp Practice - 4 on 4 on 4

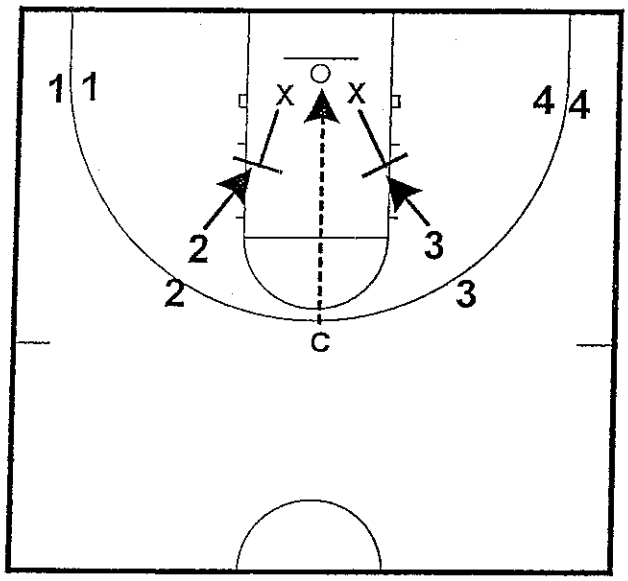
Frame 4



PACER ACTION

Comp Practice - Numbered Rebounding

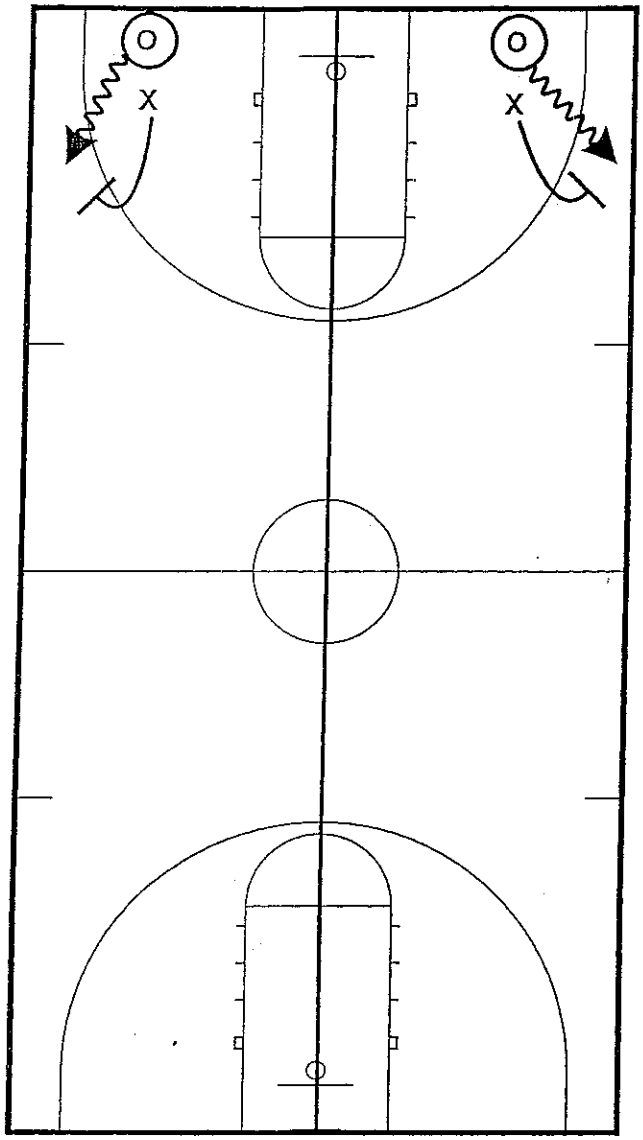
Frame 1



Coach calls out combination of numbers...i.e. 2-4...that means first person in each line attacks rim...2 defenders blockout and secure rebound . Need certain number in a row

Comp Practice - Zig Zag

Frame 1



Split the court in two hot dog bun halves....8 seconds on shot clock.. Live one on one....Defense stays until you get a stop before 8 seconds....loser, either offense or defense, does 5 pushups

Defense- Full Court Press- Walberg

Principles

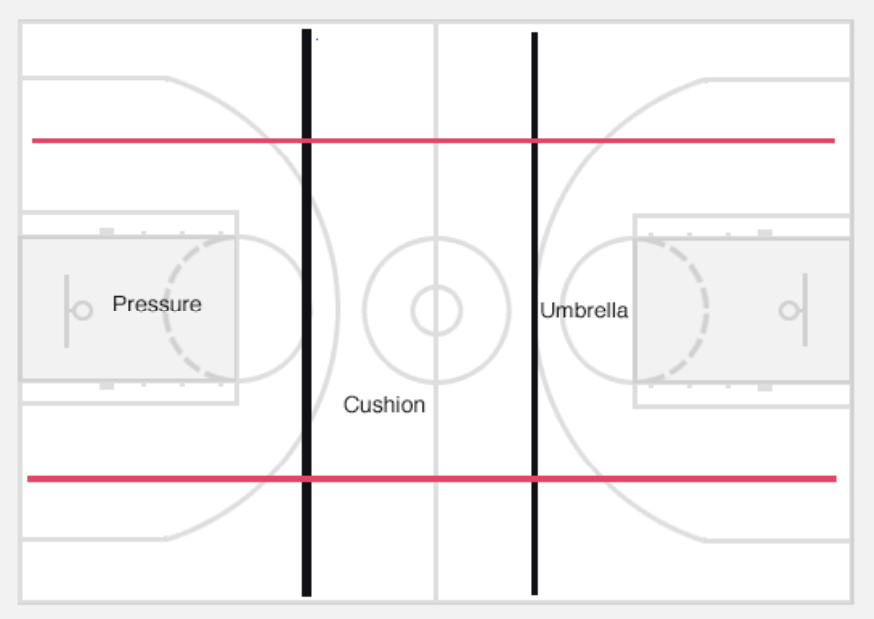
- This defense is designed to see how much pressure can I put on you
- The defense is designed so that in the first 28 minutes we wear you down and the last 4 minutes we play to win
- Take no timeouts in the first half- give them no breaks and just wear them down
- Most players cannot play hard for more than 2 minutes- sub for your team and try to wear the other team out with quick substitutions
- It is easier to wear someone down by making them dribble full court than to be able to pass the ball
- Does not do closeout drills or slide drills- uses FLYOUTS or WALKOUTS
- Uses "just get your ass there ASAP" and "just cover them"
- Want VERTICAL TRAPS- trapping from behind, not on the same plane or they can see you coming
- High side- be above your man in the line of the ball
- If something bad is happening SEE IT AND FIX IT
- Players must move while the pass is in the air, not on the catch
- Move on the pivot- if the offensive man's shoulders move to your right, move to your right- turn and slide on the pivot
- These things must be drilled with a 4-man shell in the full court
- Players must learn to move in angles and not in horizontal or vertical straight lines
- Allow no lay-ups
- Allow no 3's to their best shooter
- Challenge every shot with HAND AND VOICE
- If a team starts to beat your press with 1 or 2 players, deny the inbounds
- Always know where the point guard is
- During the first possessions of the game, study how the other team is trying to break your press
- Name different press intensities with a color

Three zones of the press

- Pressure zone- the ball is pressured and the ball handler is forced to dribble
- Cushion zone- if the ball has entered this zone, the defenders give cushion so as to still cover the ball but not allow easy penetration into the offensive zone
- Try to allow no passes into this zone (impossible but try anyway)
- Do not get 3 behind the ball
- Jab and recover- allow cushion but apply fake pressure
- Vertical trap zone- trap from behind with the Controller and the Gapper
- The Gapper becomes the SEE IT AND FIX IT person if things start to fall apart- he looks for the next open man
- Even as the ball gets to the high side, continue to play on the high side and do not become a hugger
- Umbrella- the normal half-court defense zone where the players are helping each other to form the umbrella to cover the basket- trap all pick and rolls
- As the ball travels down the court, you can have 2 defenders trailing the ball but you cannot have 3 or the defense will break down

Four quarters of the press (and normal defense)

- If the ball is in an inside quarter, all defenders are on the inside quarters of the floor
- If the ball is in an outside quarter, no matter where your man is, you are on that side of the court that the ball is on
- Guard people with an open foot position and not a deny stance



Rules

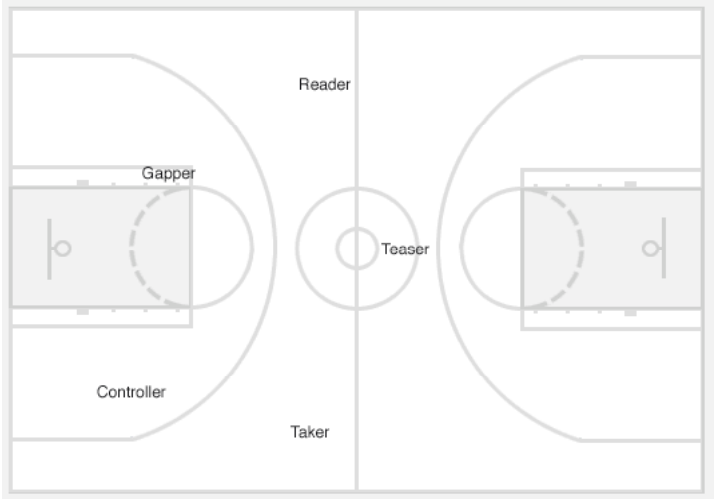
- Pressure the ball
- No offensive player is allowed to make a straight line pass if the ball is above his head
- Yell "PRESSURE, PRESSURE, PRESSURE"- this will cause some discomfort to the offensive player
- Cause them to SOY- soil on yourself or to PTP- pee their pants
- You may do this press in any variation (man, 1-2-11, 2-2-1, 2-1-2, etc.)
- Do not be a HUGGER- a defender that is too close to his man
- Do not be a SNIFFER- a defender that is behind the rear end of his offensive player- get ahead
- When subs start to enter the game, SOY starts to happen
- You must cover each others back
- The controller guards 1 person while everyone else covers 2
- You may not start your best 5 as you may want your best 5 to enter once fatigue is starting to occur

Positions

1. **Controller**
    - Must be one tough SOB
    - Pressure the ball
    - Make the offensive player put the ball on the floor
    - Will need 3 players to fill this position as they may get into foul trouble
    - May not be your best point guard to start the game but someone who is able to get ahead and to stop the sideline dribble
    - Must be able to zig-zag his player- MUST GET 1 BACKCOURT TURN

- Can get 3 fouls in the first half (you are playing 3 people)
- Guards 1 person
- May not be able to shoot

2. **Gapper**
   - Will always turn to be a trapper when the ball is dribbled sideline
   - Will run and jump the ball if the ball is dribbled middle
   - If the ball switches sides of the floor, the Controller and Gapper will switch roles
   - Trap from behind if the Controller is doing his job or sprint ahead hard to trap on top if the Controller becomes a sniffer
   - Punch out- tap the ball from behind
   - Phasing- if the person in your zone clears out, you must backpedal and stay in a gap until the offensive player has phased into another area and you can turn him over to another player
   - Do not get gapped- back pedal and phase your player until he is released
3. **Taker**
   - Take the sideline pass over half court away
   - Can be a slower player
   - Must be smart
4. **Reader**
   - Must be the smartest guy
   - Goes for steals all of the time
   - He is reading what the ball is doing and where the ball is going to go
   - If he reads the offensive player beating our defense, he sprints to get within the umbrella
   - If he reads the trap coming, he looks to intercept
   - If the ball goes middle or switches sides of the floor, he becomes the Taker and switches roles
   - Must not be in the same plane as the Taker- Reader is up and Taker is back
5. **Teaser**
   - Tease the ball handler to throw the ball to your man
   - His eyes must be on the ball and the offensive man's shoulders
   - Once he sees the offensive man's eyes taken off of the lone pass, he must get further from his man



If you have players that bitch about playing time, make them a Controller and they will commit move fouls and have to sit

The offense will use different press break alignments- after the ball is inbounded the defenders get to their quarters
By pressing the whole game, the game becomes longer as you will get more possessions and shots (a 32 minute game will seem like a 40 minute game)

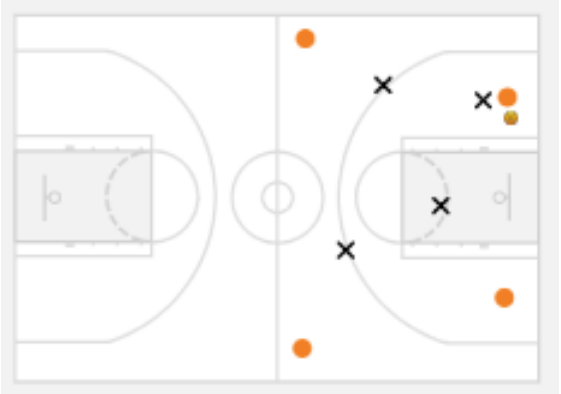
Press off of missed baskets
Use a 1-2-1-1 alignment
The back man (teaser) must get back

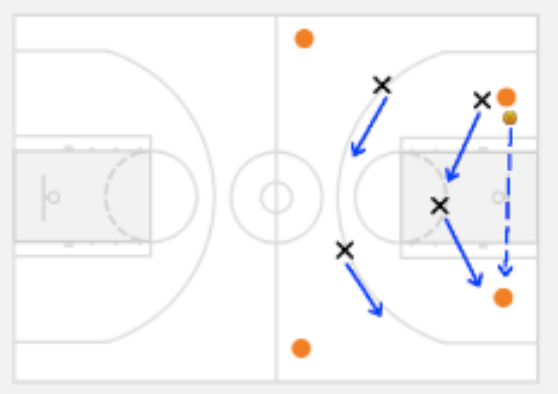
Does not do any conditioning drills- the only running drills he does is losers run and down and back in under 10 seconds touching lines

Drills

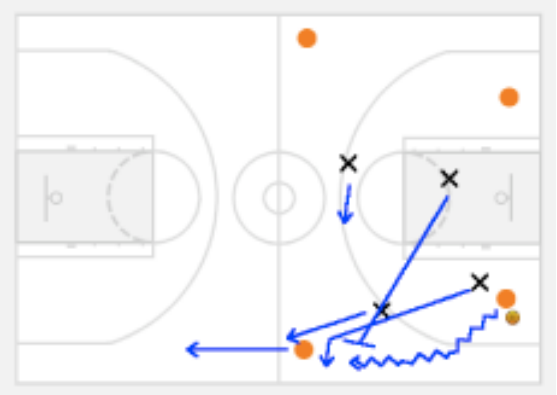
1. Full Court Shell

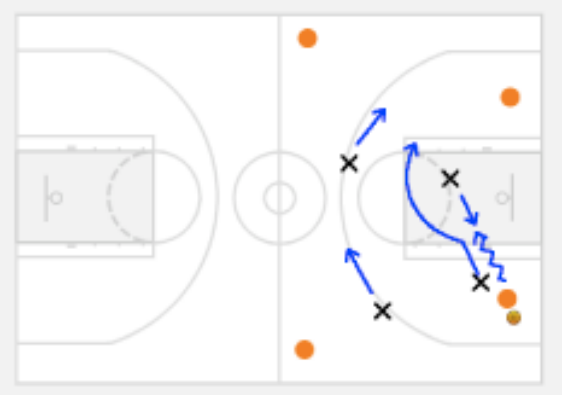
- Guard to Guard
    a. The guards pass the ball back and forth to each other
    b. The defense must make adjustments to pressure the ball, get into gaps, get into the correct quarter of the court and to not play on the same plane





- Guard to Guard then up the sideline- play live on the dribble
- Guard to Guard then up the middle- play live on the dribble- guards cannot get split, but if they do get back into the umbrella





2. **10 Liners**

- 1 day/year
- Team is split into 2 groups
- The groups must do a down and back in under 10 seconds while touching lines
- Do this until it is successful for 10 times
- All group members must make the 10-second time limit and touch the lines for the trip to count as a success (his team had to do 27 last year to make their 10 trips)
- This helps the team get closer as they pull for each other

Half Court Defense Looks

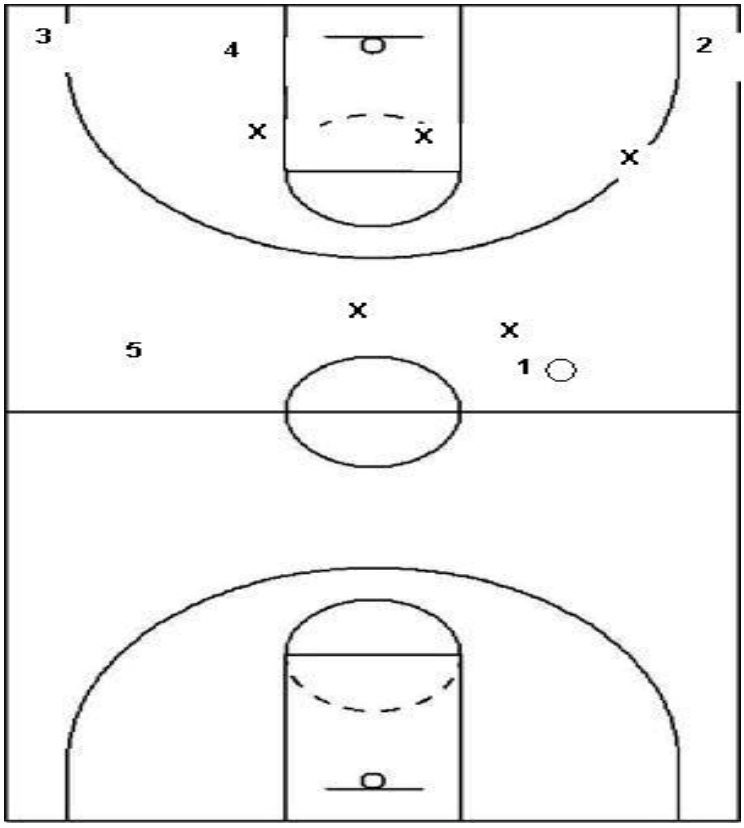
This is an Idea of how the half court defense looks. The more ball pressure you have the more your players can play up. The x's are defense. Your post player who would be at the dotted line is responsible for the back door.

Your players are high side trying to get tips steals or force the players to your big. Your back side guy who is covering up the 4 and taking the skip should be very vocal he usually can see everything.

The player guarding the 2 shouldn't give up straight line passes. We never want to give up straight line passes. I tell our players passes have to be over or under.

Your player guarding the 5 has it tough. You want him in the passing lane, but at the same time he has to play the gap to prevent the drive.

The key to everything else is sprinting on the pass and shutting down the middle, everything out or baseline. If your player on the ball can pin his man and keep him on one side of the court he has done his job. Pressure is the key. Every one of the defenders should be on the side of the court the ball is on except for you man covering the skip. We usually want him at least on a lane line.



I talked to you about the box. This is when the ball is in the corner or below the free-throw line this is the look we give.

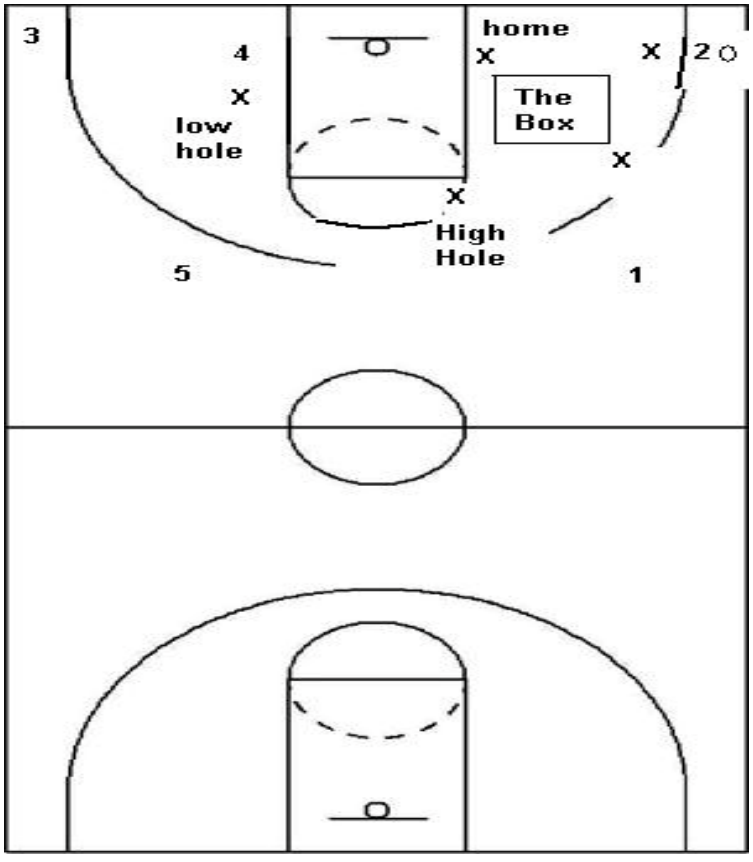
We don't want the ball going back around the arch so we really want the guy guarding the 2 to push him baseline into the trap between the man guarding the ball and our post player that is **HOME.**

HIGH HOLE can be at the middle of the free-throw line or the elbow. It just depends on how good he is anticipating and sprinting on the pass. The 5 looks open but that is by design, we usually can sprint and pick that off with ball pressure.

Our player that is covering up the 4 is **LOW HOLE**. He has the skip and has to talk on the backside we look at him like he is the goalie and can see everything. **LOW HOLE** cannot get screened for a skip 3.

If **LOW HOLE** has to sprint out to the 5 for some reason we just see it fix it. Worst case scenario is that you post player has to rotate and fly out on the 3 man in the corner if you are in a scramble.

Again Ball pressure and forcing baseline and out of the middle are key. If you can keep the other team on that same side of the court and pressure hard, their skip pass will get picked off or the 2 will try to back door the 1 and the player that is **HOME** or sometimes **HIGH HOLE** can pick of the pass.



COACHING CLINIC NOTES

PALM SPRINGS 9/5/08

Odom On Zone offense:

- **To be a champion must be able to two things well**
    1. **Press-attack**
    2. **Zone offense**
    3. **Be able to do both comfortably**
- **Player movement vs ball movement**
    1. **Sagging zone vs attacking zone**
    2. **Zone attack or hang back**
- **Concepts:**
    1. **Every 3rd pass fake pass to make a pass**
    2. **Dribble throw back (same as a dreag) take the defense with you player fills and throw back to that player for a shot.**
    3. **No bounce passes on perimeter**
    4. **Outside-inside-outside-reversal (look hi low before reverse pass)**
    5. **Dribble freeze—dribble at man force him to guard you.**
    6. **9/10ths of education is encouragement.**

Bob Hurley(St. Anthony's) on ball line defense

1. **Challenge shots left handed-yell shot, two seconds to find man and block-out. (fhf)**
2. **On ball defense—my head below his shoulders**
3. **On ball hands wide—active always react to pass becomes muscle memory.**
4. **Get the ball out of middle becomes sideline-baseline defense.**
5. **Tim Floyd on close-outs: don't force baseline or middle just keep him out of the key.**
6. **1st 15 min of each practice every pass call players name….(communication)**
7. **2-line rebounding continuous**
8. **2 minutes every day: 34 close out—yell shot, hand up, block out---3 under rim coach passes from behind…close out talk, pass til coach yells shot.**
9. **5 on 5 change during scrimmage yell change set ball down sprint back…**
10. **Naked post 3 on 3—post is passer with coach hitting him with pad…**
11. **Scouting:**
    1. **Depersonalize—guarding number not name**
    2. **Cut head of player off**

3. **Won't give him too much respect.**

12. **Defensive calls**

- **Duke—everyone drops**
- **Michigan—help off worst shooter**

13. **No personal stats just team stats or as he calls it "win stats"**
    - **Charges**
    - **Loose balls**
    - **Deflections**
    - **Steals**
    - **Contested**
    - **Throw aheads**
    - **I added:**
    - **hits**
    - **Rebounds**
    - **Hustle plays**
    - **Blocks that we get the possession**
    - **Come up with scoring system for above and give rewards for each game and possibly each practice or each week of practice.**

Vance Walberg on defense:

1. **Key to defense is on ball pressure, pressure, pressure**
2. **Court is broken into 3-zones**
    - **Pressure zone**
    - **Cushion zone**
    - **Umbrella zone**
3. **Controller**
    - **Ton of pressure**
    - **Make him dribble**
    - **Get him turned (angles)**
    - **Long switch**
4. **Gapper**
    - **Never get gapped**
    - **Aim high**
    - **Gapper to trapper hands in passing lane**
    - **Long switch**
5. **Being in your quarters fixes %50 of mistakes.**
6. **Ball pressure hides %50 of off ball mistakes**

7. **Different press attacks**
    - **1-up front/back back 3 feet off…**
    - **2-up strong push sideline, weak stay in quarters, csan't let 5 catch on run up the gap.**
8. **Reader /taker—must rotate with good angles.**
9. **Long switch-make it a tough pass.**
10. **Face trap—reader takes cutter tells weak to go…**
11. **Face trap—reader talks on phase**
12. **Bad beat—3 form umbrella—or 3 behind the ball**
13. **Teaser—ball in 2 hands stay way up, after 2 seconds get above ½ court…**
14. **Attack dribble vs sucker dribble**
    - **Attack dribble go trap**
    - **Sucker or standing dribble stay home(in gap)**
15. **In full court rather get beat by dribble not pass…**
16. **Ball passed over your head sprint to level of the ball.**
17. **Good players move on the pass**

- **Sprint on the pass**
- **Move on pivots**
- **offense create gaps**
- **Defense shut gaps down**
- **Teasers always take diagonal opposite and back**
- **Taker has line**
- **Work on above full court 4 man shell.**

Pressing on misses:

- **4 to the boards 5th guy at top of key.**
- **Can be a designated back guy or who ever the drag guy is.**
- **Closest to ball becomes jammer except 4 man, the rest fan back to top of the key extended.**
- **Back man rotates up when 4 gets back past him, becomes fist guy reading middle..then follow principals….quarters…**
- **Looks like 1-2-1-1 trap out of this..key is keeping ball in front of them..**
- **Keep the outlet in front them at top key extended.**

VANCE WALBERG ON OFFENSE

- **DRIVE—GET SHOULDERS TO BASKET ASAP**
- **Players should dictate your offense each year.**
- **AASA—attack-skip-attack-skip(dribble drive motion)**
- **2 point guards—1 and 5 1 usually sr. 5 younger point who will become 1**
- **1,5's attackers 1st shooters 2nd**
- **2,3's shooters first, drivers 2nd**
- **2,3's top key extended until ball crosses ½ court then rim line extended.**
- **Drop 23, drop 32**
- **Drag to open windows**
- **Single gaps into double gaps, best is triple gaps…**
- **Drop zone above free-throw line…to 3pt line**
- **High drag zone low drag zone…**
- **Double kick—triple kick**
- **Toss back flash 4 go to post**
- **Lane penetration 4 in clean up mode(go get it)**
- **No straight line passes to the 4—high better**
- **Middle drives 4 relocate**
- **4's must master—relocating, t-up, clean up…when to flash**
- **Drop zone/drag zone/rack zone**
- **3 no baseline drive only middle**
- **Wings better driver at 2 side**
- **Need to create triple gaps**
    1. **Only great ones beat a single gap**
    2. **Good ones can beat double gap**
    3. **Average player can beat triple gap**
- **Flip the hip get to the rack**
- **Points per possession**
- **Good players get to the line—no slumps**
- **Good shooters will shoot well 1 out of 3 games—get to the rack**
- **If you break 3 point line cut hard to rim and get out fast…**
- **Clip the hip take bumps..1,2,3 tough guys**
- **Must get shoulder facing basket asap**
- **Toughness factors—hit them before they hit you..1 bump 2 bump**
- **Early in drag zone look for 4 and 3**

- **Drop duck for 4..instead flash up line duck in and seel**
- **2 and 3 diagonal from each other**
- **Kick back to the rack**
- **Drag zone look 3 first if they suck in…..**

Full Court 2-2-1

Defense

- How much pressure can I put on a team
- First 28 minutes – Wear the other team down
- Did not call timeouts in the first half

Terms

- See it & Fix it
- BD Bad Disease
- High Side
- Facing
- Punch Out
- Staying Home
- Fly Out
- Walk Out
- Verticle Trap
- Pressure Zone
- Cushion Zone
- Umbrella Zone
- Quarters
- Huggers
- Sniffers
- SOY or COY (Crap On Yourself)

Rules

- Pressure is the most important aspect of the defense
- Do not be a Hugger or Sniffer
- Anytime a player is in the outside quarter, Defensive player is on that half of the court……Exception of Quarters – when ball is below the free throw line
- Pressure must make Offensive player turn at least once – this will take half the court away from the Offensive player.
- Never have 3 or more players behind the Offensive player
- Move on Pivots and Sprint on Passes
- Rather get beat with the dribble than the pass
- In half court, switch on screens

Positions

Controllers

- #1 Responsibility-PRESSURE
- #2 Responsibility-Make offensive player dribble
- #3 Responsibility-One turn in the back court
- Not your best shooter
- Very aggressive

Gapper

- #1 Responsibility-Don't get gap
- #2 Responsibility-Trap
- Slower Player

Taker

- #1 Responsibility-Take the Pass Away
- Smart & can Anticipate
- Taker & Reader switch back in forth (Read the Pivot)
- If ball is caught in Cushion Zone, Taker & Reader stays between goal and player (not much pressure) – Wait on the Punch Out Player

Reader

- #1 Responsibility-Reads the Pivot
- Smart & can Anticipate
- If press is getting beat-Reader sprints back & gets into the Umbrella
- Taker & Reader switch back in forth (Read the Pivot)
- If ball is caught in Cushion Zone, Taker & Reader stays between goal and player (not much pressure) – Wait on the Punch Out Player

Teaser

- #1 Responsibility-Tease the Inbounder to throw the long ball
- Eyes on the ball – After two seconds, cheat up the floor – If Inbounder cocks arm, get back

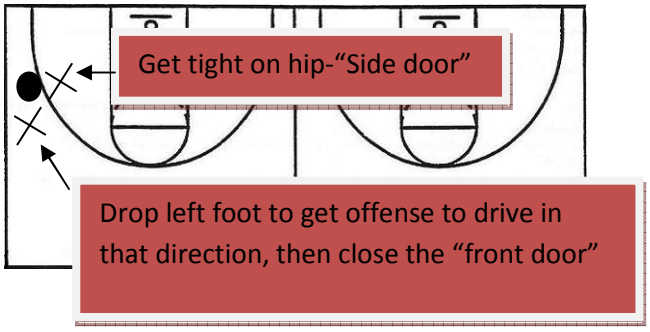
Drills

- Full Court Shell (Across, Up Sideline, Middle)
- Trapping Technique Drills

Championship Basketball Clinic
Las Vegas, Nevada
May 8, 9, 19, 2009

Pressing to Win
Vivian Stringer, Rutgers University
May 8th, 2009
5:30 PM

1. Why do we press?
    a. We press because you're always in the game
    b. Creates an enthusiastic situation for the fans
    c. Fast break opportunities
    d. Opponent needs to prepare for it
    e. Opponent will call more time-outs
2. Rutgers "55" Press
    a. Allow opposing team to "give" you the ball
    b. Press won't always yield steals. Might just kill clock per possession, or create bad shots. That is just as good.
    c. Wear down opponents
    d. When ball gets behind #1, "the house is on fire".
    e. Read eyes and feet of person with the ball
    f. Must be at the right place at the right time. Gambling press, you may get burned.
    g. Have to play with an attitude.
    h. #1 must control the ball-handler
    i. #2 Must understand trapping angles
    j. #5 Traces the ball aggressively on the inbounds trying to get a tip
3. 3 Lanes
    a. Court is divided into 3 lanes
    b. Red lane
    c. White lance
    d. Blue lane
4. "Front Door"
5. "Side Door"
6. Press is man on ball side and zone on weak side.



Coaches Conference, June 6th-7th, 2008
Hosted by Chris Oliver, Head Coach, University of Windsor Men's Basketball

Coach - Dave Smart, Carleton University

- To achieve success, you need to get your team on the same page that you are on
- Keep yourself in check, make sure you do what is in the best interest of team success
- Don't try to be a basketball genius, keep your plan simple, focus on execution
- Read and be "book smart" but remember to apply knowledge and be "street smart"

When it comes to coaching basketball, keep the following in mind:

1) You will never "know it all" so continue learning, regardless of your level
    - Don't just do it because somebody else does it
    - Fit additional learning (from clinics, books, etc.) into your own style and philosophy
    - Be comfortable with your own philosophy, know what you are doing and why you're doing it

2) Embrace leadership, if you're going to coach then you need to lead
    - In order to lead your team, you first need to earn and gain their trust
    - Your leadership (by example) needs to foster their leadership (on and off court)

3) Treat others FAIRLY but also DIFFERENTLY
    - Develop trust individually, know that you can't treat every player the same way
    - Need to respect the individual for who they are as a person and a player
    - Give players court time because they are GOOD, not because they are LIKED
    - If a player is not playing for your team (beyond disciplinary reasons), it needs to be because they're not helping the team
    - When a game starts, coaches are trying to win, so they'll put players on the floor that will give their team a better chance and therefore help them to achieve their goal of winning

4) Stay within your personality, coach the way that you are as a person
    - If you are a "yeller" and then you are quiet (therefore different), then something must be wrong
    - Players/people are smart and will perceive a problem based on behaviour
    - Be true to who you are because "falseness" is obvious to those who know you well enough

Attacking Zones:

- Dave Smart's Carleton teams played 27 seconds of zone in all of his years of coaching (9 years in CIS)
- Against a zone, you can't afford to waste time, especially with the FIBA 24 second clock rule in place
- Carleton runs the same offence against a zone or man defence
- They will make adjustments based on the type of zone, but still run their man offence against it
- All strategy begins with recognition of what is happening in the middle (challenge inside)
- If not sure of a zone read then assume defence is playing 2-3 because most teams do
- Another key (in transition) is that the first big and trail post must get down court quickly (to exploit)
- On "break" play, Carleton runs high screens and handoffs versus a zone defence (just as against a man)
- Teams usually play zone defence because they don't cover well in man (hiding a weakness)
- Objective in transition is to get the ball to the middle of the floor right away in order to exploit ASAP
- If you can get to the inside then stop at that and play off of it (don't run the rest of your movement)
- Philosophy of Carleton's man offence is to get the ball to eight feet from the rim, cause defensive reactions and closeouts, get to smart open space, make good decisions, exploit the advantages gained
- If Carleton can't get the middle advantage, then next offensive goal is to attack the second weakest perimeter defender with Carleton's best perimeter offensive player (which assumes that the opposition's best middle defender is defending at the rim)

- With interior offence, make sure you make a good decision by putting your smartest player in the gap (regardless of size of player, they need to be effective, be a great decision-maker, be confident, be able to read well and play off their read)
- Simply putting a "big" in the middle is foolish because the position may prove to be too much for a player who is physically big but mentally weak
- For that reason, a guard or smart wing player is a solid choice to place in the gap (whether you have a big that can play or a player that is resting on the bench)
- With early offence, ball and player rotation, objectives are 1) reverse the ball to forward on the side of the weak defender, 2) bring other forward from opposite side of the floor to screen for the weakside forward and then roll to the high post or elbow, 3) slide centre down to Russian spot, 4) keep guard up top (but faded) and an opposite (drifted) corner shooter
- Best options coming down the floor are A) get the ball to the middle gap best player, B) reverse the ball to the weakside wing player to attack a weak defender, C) hit the big in the Russian spot and play off of that based on the defensive rotation
- FAKE your intentions – even if you're NOT a strong post player, (in transition) you should still hustle to the rim, sit and seal, and be a threat (you'll cause two defenders to play you, will make it easier for your team to get open looks, and will help create opportunity)
- Always move players AND the ball against a zone defence (want to create mismatches in recovery)
- When reversing against a zone, try to get the ball (first) to the middle/rim, (second) to the elbow, (third) to the wing pop-out (as the post comes through from the weakside)
- Always try to get in to gap, tactic is to hide in behind first then come from behind the zone, flash into an open spot (not a predetermined spot) that is smart/good space, then play right away on catch of the ball
- In order to gain an advantage, need to make the heads of a zone defence turn and look behind them (this is not possible unless you hide and are out of sight for a long enough time count)
- Option to the post always needs to be top of mind, MUST look inside, inside, and inside again
- Post needs to always be thinking seal inside in low post (need for strong footwork), get foot in front, look for open Russian spot in order to try and get best defender away from his/her rim
- If play not available in middle gap, then post up, then Russian spot, then reversal (or two), then be sure to move best perimeter player in position to play and exploit defender's second worst player
- Players on the perimeter must be moving or exchanging to get a good match-up on ball reversal
- Within all attempts, attacking and spacing applies, must have a seal in the middle, a fade from top, a 45 degree wing, a flattened out corner shooter (concept of "space, fill, and drift" also applies to zones)
- If defence plays zone, concepts are to get good/big defenders away from their rim, put your size and length in positions of advantage, get a key match-up in your favour, make second weakest defender play against your best offensive threat
- Want defenders making choices between two offensive threats, therefore need to move on zone offence based on WHERE the defence positions THEIR players, not where offence WANTS to put theirs
- Must make the defence decide, which means two offensive players need to be of equal distance from the same defender (otherwise, on part of defender, no decision will be necessary)
- DON'T be in positions that allow one defender to cover two offensive players, especially NOT a weak or average defender covering two strong offensive players
- DO put an average offensive player in a position that forces two good defenders to pay attention to him
- Always look for action through the gap because it helps to open up the wing penetrators and shooters
- Key is to put ball in hands of players that "can play" versus defenders that can't contain them
- Need to be looking to gain good 1-on-1 matchups (either inside or out)
- DON'T PRETEND to do something so that you can then do what you want (make a definitive move)
- DON'T be a non-shooter who never up-fakes (need to test the defender and keep them guessing)
- DO think and go to smart spaces, DON'T simply run through the offence like a robot
- DO pick on weak opponents/matchups/defenders, even those on your own team in practices/workouts

- Your own players need to be ruthless and cut-throat in practices (goal is to elevate the overall play)
- In practice, don't feel bad for team-mates, exploit their weaknesses, force weaker player to make a decision to get better (or choose another activity), forces overall team to improve, keeps everyone hungry and going for another player's position, keeps people sharp (and complacency out)
- The "cutter" in your offence should be your weakest long shooter, they can help you by attacking inside (cutting in from the ballside wing, the top, or the weakside 45 angle)
- As a player, you always need to be a threat – ask "how am I helping the team" – if you are short, and don't shoot well, then you better learn to cut hard while you work on shooting and/or growing
- Strategy with a weak shooter (who is a hard cutter) is if the ball is in Russian spot and another player is in the weakside low post, then make sure three players are well-spaced out on perimeter – if all three players are great shooters then defence is in trouble and must respect all three, otherwise send the weakest shooter through the gap using a hard cut and look to dish to them inside, they attack the rim
- Need to put players in positions to succeed and exploit match-ups (either because of advantage at position, mismatch, numbers advantage, etc.) – simply looking to make good decisions, gain an advantage somewhere on the floor, and make each trip count on offence
- When coaching, don't necessarily run a zone offence and look for "equal opportunity" as that does not win games – need to have best players doing what they do best, in positions to excel, catching the ball in spaces from which they can actually play (DON'T catch where you can't attack and play)
- Post players must move and seal – these are keys for them on every trip down court
- If ball is at the wing, the post player must gain the Russian spot
- If ball is at the 45, post player must be sealing and drawing two defenders (front and back, or two front)
- MUST work inside, all offence is a waste of time unless you can at least get the ball in the gap in the hands of a good decision-making inside player
- Defensively, teams play zone to A) keep opposition off balance, B) trap in key areas of the half court, C) avoid fouls, D) protect a weak defensive player (liability), E) show a different (confusing) look to opposition as they may not see many zone defences and therefore not do much work on zone offence, F) take advantage of a weaker second line of offensive players (while main players are off the floor)

Traps:

- Carleton deploys the same strategy whether being trapped full court or in the half court – have a system
- By design, the same guy flashes to the middle, the same guy gets to the rim, guards space appropriately
- Need to be disciplined and patient, and look to pass out of trouble
- If able to pass out of a trap situation, Carleton's rule is that they better exploit and get the ball to 8 feet
- After being trapped, players need to make sure they are catching the ball in a position where they can be effective (no different than after a post feed or a penetrating dribble)

Practices:

- In the first week, Carleton focuses on pressure drills (not on offence)
- They play tough in practice, trap the first pass, look to create chaos, want five seconds of very uncomfortable unwanted pressure for the players that have the ball (force the play and decisions)
- In part, predicated on the FIBA 24 second clock, must play quick and get North-South in a hurry
- With FIBA game, if you force a team to make 5-6 passes that are East-West then they will quickly run out of clock, be forced to play at an uncomfortable pace, and likely settle for less than first choice shot
- 24 second clock takes away time available to run a motion offence - against a zone, offences need to find an early match-up and exploit it quickly
- When it comes to offence, do it the easiest way possible
- Be careful not to play right into a defence's desired match-up
- If defence is playing a triangle-and-2 formation, then DON'T have your guard that is being pressured by one of the two "man" defenders be the one to bring up the ball (just makes sense to avoid the match-up)
- A triangle-and-2 matchup usually looks to take the ball out of the hands of a best player(s)

- Triangle-and-2 creates confusion and is employed in order to get a turnover or clock violation
- To counter-attack offensively, more importance needs to be placed on exploiting the post inside (dive in, lock defender with a good seal, then look for a strong two-foot power move)
- Whether triangle-and-2 or box-and-1, objective is to use the same concept of making defenders decide who they'll guard (which places importance on offence getting to good spaces despite being covered by the 1 or 2 man defenders in the combination defence)
- Combination zone defences allow the offence to use screens more effectively to get people open, and then read and play with good offensive decisions (based upon defensive reactions)

Coach - Chris Oliver, University of Windsor

- Coach to the ability of the best player/highest level on your team
- DON'T coach down to the 12th or 15th player, pull them up by coaching to the 1st and 2nd players
- Overall improvement as a team is dependent upon strong individual workouts by players
- Windsor players improve over the summer (never mind during season) based on the strength of the work being done in individual player workouts (a credit to determination and discipline of the players)
- Player workouts are based entirely on self-motivation (they have to WANT to do them)
- Conflict takes place when coaches need to do the motivating above the player's motivation
- As a measure of a team's work commitment, look at the level of play in scrimmages (Do the players compete hard? Do they keep score in scrimmages? Do they avoid playing for sake of playing? Is there a reward for winning or penalty for losing?)
- KNOW THE SCORE – when competing, you better know or the team will suffer
- DO PLAYERS TALK WELL – as a coach, ask yourself, if not everyone better fix it together
- ASK – what happens when coach is NOT looking or NOT in the gym? Same intensity? Goofing off?
- As a coach, when it comes to your team, YOU GET WHAT YOU ACCEPT
- DON'T "shoot quickly", instead PREPARE quickly in order to shoot right away
- Demand the pace at which your team will play by setting a pace in practice
- DON'T waste time moving between drills, have the next one ready and waiting, get to it quick, even using 5 extra seconds is a waste of time that could be spent on the improvement of players
- Emphasize, as a coach, the concept of "time on task" – have as many players as possible involved for the maximum amount of time
- 3-player workouts are great for "time on task" as you have passer, shooter, rebounder (all are active)
- Always look to maximize the activity of all players in a drill (no standing around or inactivity)
- In drills, coaches want effort, intensity, no stoppages, good tempo, lots of repetition (high reps)
- DRILL – cutters over the lane cones (see diagram)
- DRILL – two balls for three shooters, or three balls for four shooters (see diagram)
- DRILL – inside/outside, shots from under and beyond the 3-point line (see diagram)
- DRILL – quick cuts, then rips (see diagram)
- DRILL – fly-by's from the baseline to a perimeter shooter (see diagram)
- DRILL – steal the ball in the centre circle (see diagram)
- DRILL – stations of two players, post play and ball-handling (see diagram)
- DRILL – pairs of shooters, blocks, 7 footers, shorts, elbows, mid-range shots, 3's (see diagram)
- DRILL – outside 3's, must be on the move to shoot them (not Dead 3's) (see diagram)
- DRILL – 15's, on the move from two spots, rebound last shot (see diagram)
- DRILL – 4's, alternating long shot and attack dribble (see diagram)
- DRILL – Mullins' shooting after a cut (see diagram)
- DRILL – 20's, shooting 20 three point shots in 2 minutes (see diagram)
- DRILL – "changes", first step attack with a variation of finishing move (see diagram)
- DRILL – post series, variation of direction and feet used, progress into pressure (see diagram)
- DRILL – "baselines" with self-pass and variation of post series (see diagram)

- DRILL – "one on ones" from ¾ court, use three people, count only points in paint (see diagram)

Windsor Basketball Practices:

- Want to emphasize "focus" in practice
- Make point of WORK ETHIC, not so much WHAT they do, more HOW they get their work done
- Focus is on A) scoring close to the rim, B) shot repetition (get the reps in workouts), C) moves that are centred on a "first-step-attack" mentality, and D) game simulation (go at an intense pace)
- Take time to point out footwork and body positioning, A) at the perimeter or away from hoop, be "ball tough" with ball at the hip, tight to the body, be low to the floor, strong with ball, efficient with ball body space and movement, B) in post, get in a low "crouch" position, get hips down, thighs parallel to the floor, stay low and wide at the base, inside shoulder protects body and ball, ball at chin by back ear away from defender, arms parallel to the floor, don't expose ball to the defence, stay tight, go shoulder (not chest) to the rim on attack moves

Coach - Dave Smart, Carleton University

- Contrary to what many believe, most of his coaching experience has been at the club and high school level (4000 games) as opposed to university (300 games or so)
- For fun, and to be around good kids that want to learn, he coaches at the Grade 7 & 8 level in summer
- Very important for coaches to decide (and communicate the decision) when they are running DEVELOPMENT drills and when running COMPETITIVE drills
- Need to strike a balance, define what you do and to what percentage you emphasize two sides
- Ideally, teach the finer points (development) but still foster a "get it done" attitude (which requires proper explanations as well as providing opportunities for competitive application and scoring)
- DON'T keep score (be competitive) in development drills, very unfair and confusing to young players
- For example, if showing footwork and wanting to teach properly by focussing on the details, don't score
- Keep score in the games, drills, and situations where you want players to show coaches an application of knowledge and a willingness to fight to the finish
- Be mindful to NOT develop great "drill" players that perform well in practice and then poorly in games (which is what DETAIL coaches tend to produce from their programs)
- COMPETITIVE coaches throw the ball out and say to players "just get it done" and "find a way to succeed", however the problem is that they don't perform well against the teams that are well-coached in a technical sense AND are also fierce competitors (they'll be smashed by that team)
- Carleton wants COMPETITORS, not simply competitive players (there is a big difference) – they want players that will find every possible way (even so far as to cheat) to win in a competitive drill
- They promote creativity, want players to find the "good" ways to cheat to win a drill, have them be mentally awake and looking/thinking for loopholes
- Great source of controlling in order to get what a coach wants, as you can leave loopholes in rules in order to see if players push and discover them (make them be creative, resourceful)
- Keep control and make rules that take away the "bad" or lazy ways that players are cheating – there is a big difference between creatively looking to gain an advantage and lazily looking for a shortcut
- Coaches need to ask themselves HOW they officiate a drill and WHY they do it a certain way
- If working smart, they will officiate to get out of it what they want, such as A) represent the way they expect a particular upcoming game will be played, B) to develop the manner in which they want their team to play in games, C) emphasize points that they want to teach, D) create anxiety for the team overall, or get certain players to play through frustration and adversity (make them tougher)
- As a coach, in order to get desired results, you basically have to cheat when you ref your drills
- End game is to have COMPETITORS that will find a way for their team to win (how tough are they?)
- Coaches need to prepare their team to face the toughest possible challenges and situations (if a team's own coach does not provide it's biggest challenge, then an opposing coach and team will do it)

- Need to coach any team based on it's best players (pull others up to that highest level)
- If a team loses it's last game then it did NOT do it's best (room for improvement)
- If you expect wars in games (especially as the season draws to a championship) then there need to be wars in regular practices, therefore encourage lots of contact and incite a war
- At Carleton, practices are three times harder than their toughest game with an opponent (there is high competition between players on their own team)
- Concept is to be toughest on your toughest player, you want your best player NOT to foul out in a game so therefore you need to be hard on them in practices to learn that lesson
- Coaches want their worst player to play "tough" and not shy away against the good players on opposition (in practice, call fouls very quickly and with very little leeway on good players, let lots go for the weak players – make all players, good and bad, make good decisions while on the floor)
- Force good players to rise above adversity by allowing them to be attacked by the bad players (and NOT get called for it – places the importance of "reffing to get a desired result" in practices)
- As with reffing, the same concept applies to point scoring systems in practice – award points for performance in order to attain a desired result from a drill (get focussed results by rewarding points of emphasis and punishing areas of weakness, should elevate overall performance of the team)
- Keep score in EVERY drill (competitive ones) as coach should want players to compete hard all of the time (they will "turn off" mentally if score is not kept in a drill – need to keep them sharp)
- Coach Smart prefers to get running done in drills as opposed to conditioning from dryland training
- When running drills, the coach controls the variables in order to achieve a desired outcome – coach makes the rules, picks the players on the drill teams, picks the teams that will face each other, refs in a certain manner, etc.
- Need to make sure that, as a coach, you don't care who wins a drill – just want an environment where you can bring out your leaders and have them lead, provide opportunities for competitors to make those around them better (position them to prove and improve leadership)
- Coaches need to make rules to suit the outcome, test their players, promote the development of a certain culture (which does NOT always mean that it will be FAIR)
- IDEA – put the worse conditioned player on the same drill team as his/her best friend – forces better player to find a way to motivate their friend and get them in better shape and playing at higher level (also another opportunity to pull leadership out of somebody, make them find a shortcut)
- Challenge players to make their team-mates better (need to help with preset situations)
- September is "Mental Toughness Month" at Carleton
- Individuals make decisions all day every day, "life" affects players daily before they show up to the gym, need to strengthen mentally to strip away the emotions of moments and minimize distractions
- As a team, they seek mental toughness, want players to make their team-mates better (pull them up)
- Competing hard right from the first day of workouts will set the tone for how a coach expects the team to play all season (the players WON'T accept a lesser effort from each other, after all, they will get what they accept FROM EACH OTHER)
- September is the time to develop the "team's culture" (which will be based on how leaders step up)
- Determine the culture of the team very early (need to create it), and then set upon reinforcing it
- DRILL – one on one touchdowns in the key (baseline to foul line) (see diagram)
- DRILL – intense zig zags, run full court with lane line and sideline boundaries (see diagram)
- DRILL – 3-on-3 (or 4-on-4, 5-on-5) full court with NO DRIBBLE OR BACK PASS (see diagram)
- With most drills at Carleton, they split entire group into 3 teams so that two are playing while one is off (shooting free throws, etc.)
- In practices, as a team, they focus on their weaknesses in drills – for example, if a team in a drill is able to do something to it's strength (i.e. able to go right when being forced left) then they are punished
- Example of drill punishment is to stop the drill, have the punished group run two full court down and backs in under 19 seconds, then put them right back in the drill with no break (others were resting)

- Losing in a drill means running 3 suicides under 88 seconds while winners are off shooting
- Having a system of payments creates toughness in many ways – after having some success, Carleton had a crisis of not playing well mentally and physically so they turned up the toughness on the guys – the result was that they went from "soft" to not losing for the rest of the season
- High level of toughness comes with a risk – guys will be extremely tough mentally but risk fatigue and being physically banged up
- Coaches often ask "how do certain players play well in big situations?" but Coach Smart believes that they don't play "well" – in fact, they play a "normal" game (because of their training) while others around them are choking and NOT playing well – this concept needs to be taught to players
- At Carleton, every situation needs to be deemed "important" so that they become their "normal"
- Need to train players NOT to think about what they need to do or how important a certain game is, instead encourage them to play how they are used to playing – in practices, coaches need to make their "normal" situation as tough as possible (then there will be no surprises in important competitions)
- If players are used to crisis and chaos then they'll play with a sense of calm and patience in games

Concepts:

- Normally, on a backscreen, Carleton players will jump under the screen trying to force the cutter to NOT run where they want to run and thereby force the ball back to where it was originally
- However, if a team is down by a significant amount of points, they should get up tight on the cutter (who is looking to come off the screen) and push that offensive player hard
- Need to think that, if down by a large margin (15 for example), you can take advantage of being the underdog, getting some breaks from the ref, and not having some fouls called against you
- If a team is up by a decent margin, the ref will likely focus more on them (subconsciously trying to even out the game and enable an opportunity for the losing team to come back)
- Teams need to compete and fight right to the end (take advantage of a team that is ahead and starting to feel comfortable with their lead) – concept of being competitors and NOT feeling sorry for themselves
- In a strange way, there are advantages to being down 15 (keep playing hard, fighting to climb the hill, coach is pressing the panic button in a timeout, players are doing whatever it takes) as opposed to being up 15 (taking foot off the gas pedal, slowing down, not cutting as hard, not making strong screens, not looking inside as much, awareness of running up the score – age dependent)

Teaching younger athletes:

- NEVER underestimate what younger (club, school) players are capable of doing – test them!!
- Younger players have fewer bad habits to be broken, are more open to learning, and are easier to teach
- They also have short attention spans so they need to be quickly transitioning in shorter drills
- They are willing to learn, want to get better, and don't feel that they already know EVERYTHING
- There are more development opportunities with younger players, but they also like to play
- In workouts, structure the development in the first portion, making it clear from the beginning that competitive games and drills will follow if good work is done earlier (you'll have their attention)
- Again, importance is on making messages CLEAR – the kids need to know when you are teaching in a development mode versus having them compete in a score-keeping situation
- With respect to competition, if it is not introduced by Grade 9 then Coach Smart feels it is too late (has to be brought in early enough in a player's life so that it can be developed properly)
- Example of competitive vs. competitor – in CIS, Carleton's players are in the gym for 6 hours each day during the summer and are being COMPETITIVE, whereas Brock's point guard (Brad Rootes) that won them the CIS title is a COMPETITOR (an important game is "normal" to him, he is calm, sees what is happening, understands a particular game, knows how to cheat within it to gain desired outcome)

Coaches Conference, June 6th-7th, 2008 – Part 2
Hosted by Chris Oliver, Head Coach, University of Windsor Men's Basketball

Coach – Don Meyer, Northern State University, South Dakota

Books that coaches need to read:

- "You haven't taught until they have learned" written by Nater and Gallimore
- "Inch and Miles" by Coach John Wooden
- "The Last Lecture" by the late Carnegie Mellon Professor Randy Pausch
- "When the game is over, it all goes back in the box" by John Ortberg
- "Make the big time where you are" by Frosty Westering (phone is (253) 531-3672)

Clinic Package – available by emailing Scott Stevens at sastevens@wolves.northern.edu
Newsletters – available by emailing Steve Smiley at scsmiley@northern.edu (ask to be put on their list)
Website – www.coachmeyer.com , has coaches, parents, player corners, archived newsletters, resources
Contact – Coach Meyer available at meyerd@northern.edu
DVD's – Coach Meyer has two available, is willing to buy them at author's price of $39.00 USD and then sell them to coaches for $70 (normally they are $80 and NSU gets $12 for their program from the proceeds)

- It has been proven that successful people take very good notes
- Top 500 richest people in the U.S. all had ten common traits, one of which was taking good notes
- Notes are all about the **"3 R's" – RETRIEVE…..REVIEW…..REINFORCE**
- Suggestion is storing coaching clinic and reading notes by last name of coach (if enough, make a book)
- Coaching philosophy – build it based on HOW you want your team to WIN, also HOW you will accept your team LOSING (players need to know what you want, what you will give up, and what's important)
- In life, there is NO REWIND BUTTON – you don't get a "do over"

Team rules at Northern State University:

1) Everybody takes **notes** (not just on basketball, but on every aspect of life)
2) Everybody is **polite** ("yes sir", "no ma'am", "please", "thank you", etc.)
3) Everybody **picks up trash** (applies to wherever they are, very humbling)

Life:

1) No rewind button
2) Is not always fair
3) Is a team sport – **you better learn to get along with others**

Northern State University team motto:

Tough
Effort
Attitude
Motives
Serve others

- People skills are critical – you need to study others and figure them out (gain an understanding)
- Points of contact – when you meet somebody, you need to start asking them what is important to them, who are their mentors, focus needs to be on the OTHER person (that's how you grow)
- Coaches need to ask "Who is helping me when I'm not there?" – do they have loyal helpers?

- If a coach is not in the gym, are his players working or goofing?
- Ultimately, coaches are "Good Shepherds" – they guard the gate of their program, restrict the access, protect their sheep (players), and keep the wolves and predators away (players need care)
- Tony La Russa says "Every day I have to prove that I deserve to be a Major League manager"
- Coach La Russa tries to talk (with meaning) to at least 1/3 of his players every day (so he obviously rotates the third) – he is tireless and determined, nobody will out-work him (he refuses to let happen)
- Planning – go to www.plannerpads.com and learn how to use what they offer ("how it works") – apply the concepts that they offer, adapt and use what works for you
- At NSU, they feel that their players and staff can never have enough water – therefore, the entire program has a rule that **they are not allowed to pass a water fountain without taking a drink**
- Coach Meyer has water jugs everywhere, even at the mail slots where players pick up info (they place a great deal of importance on players always being properly hydrated for top performance)
- With players, use the Socratic Method (Socrates) – ask questions, encourage thinking, engage their brains, don't simply give answers (no mental work involved) – ask players "What do you see?" "What was your thought process?", "What do we do in this situation?", "What if…?", "How do we….?"
- **If your best player is not your hardest worker, then it will likely be a miserable season** – that is regardless of your wins and losses, it will be tough on everyone
- As per the concept in the book "The Energy Bus" by Jon Gordon, coaches need to get everyone on their bus and sitting in the right seat – if somebody does not belong on the bus then they should get off ASAP
- Roles – 1) need to clearly define them, 2) people need to understand them, 3) everybody must accept them, 4) individuals must fulfill them – players and coaches need to do all four parts of their roles
- Warren Buffet's hiring practice – look for people with 1) strong work ethic, 2) high level of intelligence, and 3) great personal character – if a person is hired and they have the first two but not the third then they will likely rip your organization apart (will be working hard against you)
- Coaches need to conduct a "needs assessment" of their program – determine difference between WHAT IS and WHAT SHOULD BE – that difference is your program's NEED (apply to practice planning)
- Very important language – use phrases such as **"you did that well and here is why"** and **"we can get better and here is how we can do that"** – it is cooperative, shows walking "side by side" with players
- At NSU at the beginning of the season, each and every player receives a sheet that has three bold words written on it……**PLAY……COACH……OFFICIATE**…..they must each circle one of the three words at the start of the year – reinforces that they need to be the players and leave the rest to others
- Likewise, coaches should not evaluate officials, they should instead focus on their team
- Also, **coaches don't pass the ball in practice** – leave that to the players as they are the ones who need to practice that skill (plus coaches need to spend their time observing, evaluating, and correcting)
- Jeff Van Gundy – maintains that **passing should be about being "on time" and "on target"**
- Phrase is "every pass is a shot, and every shot is a pass"

Building a team:

1) Don't dump hard rain on them, use a soft rain approach – a soft rain (drip method) is much more likely to soak in whereas a hard rain just hammers for the moment and goes away – coaches don't have to be tough all of the time, be selective
2) Use informal learning – teach away from practice, have a team BBQ, watch a game together as a group
3) Have shared ownership – OUR, US, and WE are more effective words than I and MY – very difficult to build a team using singular language, instead look for cooperative words
4) Teams need to experience shared suffering – such as tough practices – concept of you learn more about a person by going to their funeral (about their life, what they meant to people, etc.) than their wedding (watching two people - one who you may hardly know – spend lots of money and exchange vows)
5) Individual responsibility – players need to be accountable for their own actions within the group
6) Collective pride – be happy for the overall group when success is experienced (by player or team)

Shot Selection Motto:

- **1 BAD SHOT = 1 BAD SHOT**
- **2 BAD SHOTS = 1 BAD PLAYER**
- **3 BAD SHOTS = 1 BAD COACH**

NSU game sheet (refer to it for scouting and preparation):

- They put opposition numbers and profile, don't focus on name of player (not concerned who they are)
- In practices before a game, they dress their own players wearing the numbers of key opponents (it is great for focus of the defender and opposition player recognition in the actual game)
- Shot selection – get the SHOTS that WE WANT, as opposed to the ones the defence gives us
- Very important to recognize that there is often a time in a game when a team is NOT looking for a shot that they CAN MAKE, instead they are more looking for a **SHOT that they CAN'T MISS** (never mind a 3-point shot with a 42% rate of success, must have a layup that has 95% certainty)
- "Dead 3 shooter" – a player that shoots more than 50% of their shots from beyond the 3 point line and makes 50% of them (a gun slinger that does not even need to find the line, the line is basically arbitrary, they can shoot from anywhere deep, they are smart, quick, and don't get fouled in shooting) – MUST make them dribble (absolutely no standing 3's), must closeout long, force to play from ball at floor
- Want players that are ubiquitous – concept of two places at the same time, players that move so much that defenders would swear they were in two places at once
- If a player is deemed as "no catch" then it means that they must never be allowed to catch the ball at any time (if they do happen to get any catch, the NSU team rule is defender will come off the floor)
- "Drivers" are players that require short closeouts with short, choppy steps – they can't shoot so don't require a long closeout – need to be able to change direction quickly if they put the ball on the floor and drive (Tony Parker of the Spurs is a great NBA example – can't shoot but is deadly with dribble)
- POST – identify post players and their dominant shoulders (from what side of key do they like to work)
- MBO – Must Block Out – pass block (like football), scrap, fight, do whatever it takes to block them out
- Good Rebounders – their game begins when the ball goes up in the air (every shot)
- Double Gap – need to give twice as much space as a normal driver, they are that good off the dribble
- Conceptually, don't complicate the game, keep all systems simple (if you figure out that sitting down to take a crap works just fine, then why would you want to try crapping while standing on your head?)
- Keys to defensive coverage – need to determine WHO, WHAT, HOW, and WHERE
- Shot pressure – must be applied, but in varying degrees (dependent upon the threat)
- BOPCRO – **B**ody **O**n **P**layer, **C**hin the ball, see the **R**im, **O**utlet the pass)
- Sureness – be strong with the ball, make the "sure" play, possession more important than position
- Shot discipline – want better percentages, take better shots
- OBC, OBC, OBC – as a team, we must have **O**ffensive **B**oard **C**overage (Gotta have it!!)

Transition Talk:

- Ask - how are we matching up while heading back on defence (on the ball, on shooters, cutters, etc.)?
- How do we go from offence to defence? What is our plan of attack?
    - Tailbacks – their job is to rebound offensively and then get their TAILS back to defend
    - Halfbacks – they rebound and then get to half court ASAP to defend against the break
    - Fullbacks – they must get all the way back, turn and see the floor, look to jump up and steal

Defensive Mindset:

- Want to pressure the ball as much as possible, as a team and in individual stance by A) front hand is out and looks to touch the ball, B) back hand is up and in protective position, looks to deflect the passes, C) when playing that way (as a guard or a big player) then you are a lethal defender
- How to stand, and then movement, on defence is to either be **SQUARE** (squared up to the defender), or **STEER** (1/4 turn and steer in one direction or another), or **ZIPPER** (flat out deny any direction)

- If the court is divided into thirds lengthwise, the offence usually wants to try and play in the middle third (down the lane) of the floor, while the defence wants to keep opposition in one of the two outside thirds of the court (away from hoop, close to the sidelines in order to utilize the boundaries as extra defenders)
- Must anticipate quick rotations – think ahead and react quickly with snappy footwork
- Jump to the ball – have active feet, when the ball is moved on offence, jump to the new spot defensively
- Travel during the air time of the ball – in order to defend, DON'T WAIT until the ball is caught, INSTEAD defenders need to ANTICIPATE and be on the move to the recipient and closeout
- **KEEP IT OUT, KEEP IT OFF** – defenders need to keep the ball OUT of the lane (play hard in the post and win the battle), and keep the ball OFF of the top of the key area (want to force the ball to the sidelines – if in the middle, passes could go to either side which is much more work to defend)
- Post defence – as a team, MUST decide how you plan to defend the post (front, high, low, etc.)
- Philosophically, coaches must decide (based on personnel) how their team will play post defence well before the season begins
- Rebounding – GUARDS MUST REBOUND (especially if the opposition has a habit of leaking a guard out in transition early in order to try and gain a running numbers advantage)
- NCAA study – **30%** of a team's **first** shots go in, if offensively rebounded then **60%** of a team's **second** shots go in, and finally if offensively rebounded again then **80%** of a team's **third** shots go in
- Therefore, coaches must make sure their entire team attempts to **offensively rebound on EVERY shot**

Five Fast Break Fear Factors:

1) The speed with which teams transition from defence to offence
    - If your team is so quick in transition then opposition will not want to rebound offensively
    - Want to get the ball with a middle catch or at least on top twice on a break (either gain the middle of the court on your break, or get the ball up on top of the key twice in early offence)
2) The force with which the wings run the floor on each break (run wide, run hard)
3) How well the bigs get to the post (must run to the rim, run and seal, or run and cut, but MUST RUN)
4) A quick shot that is followed up with a quick rebound (players in transition must be in good spots to earn the rebound – on the weakside if shot from one side, or on a 45 degree angle if shot from the top)
5) Ball screens after ball reversal (take a defender out of the play and allows for a good roll – there needs to be replacement/fill by a perimeter player if a post screens and rolls from the wing, corner, or top)

Grade your team's possessions (know what shot you want to get on any given trip):

- A **4** is an open layup (always want them)
- A **3** is an open jump shot (very desirable)
- A **2** is a jump shot under pressure by a good shooter (good option)
- A **1** is a bad shot
- A **0** is a turnover
- Players need to have shot selection graded and know what shot team wants (based on time and score)

Coach – David Arseneault, Grinnell College, Iowa

- Promotes a FAST BREAK style of coaching and playing, believes that coaches need to develop a system of play that is "player friendly", that makes kids want to come back to the gym
- Wants to have fun playing the game (even in a losing game), plays music in practice, uses a creative approach, has team design a routine to enter the gym and practice with energy (needs to be impressive)
- Grinnell plays in packed gyms, draws a large crowd at road games, and can go to any tourney in the country (because they sell tickets, and therefore the hosting team/conference will make money)
- He feels Grinnell has simply "unlocked a further 1% of their players' minds"
- They have been having fun for a long period of time – over the past ten seasons, within the last ten games of each season, they have won 85% (when it matters most, they win down the stretch)
- **EVERY DRILL** that they run in practice during the season **ENDS WITH A 3 POINT SHOT**

- Their practices are never the same – NOT allowed to be BORING
- There must be energy, music must always be on, demand upbeat tempo in workouts
- Grinnell is on the "cutting edge" of sports psychology (Coach Arseneault feels that the next best coaches that are coming up will be those that "walk the line", are on the edge, are willing to be different)
- At Grinnell, in games, whatever player has the ball after 12 seconds must shoot it (which means that the right player needs to have the ball coming up to the 12 second mark)
- Most people see a dunk as being worth 2 points, but it's actually worth 5 (great joy, very uplifting)
- GREAT plays have the potential to be DEMORALIZING to the opposition
- Grinnell has a tendency to play each game in spurts, with four minutes of "the way they play" being better, more productive, and enough to outlast being outscored in the other 36 minutes of the game
- When Grinnell goes on a run they tend to take opposition out of their rhythm and put them into a state of panic and confusion (want the other team yelling at themselves and not playing as a group)
- DRILL – "100 shots", partner with a rebounder and get a ball, shoot 100 three point shots (see diagram)
- At each Grinnell practice, each player shoots 100 three point shots after stretching, it usually takes 17 minutes to complete (as a team), and they chart their progress (individual and team) – ideally, they want to feel better about themselves (percentage of shots made) daily and as the season progresses
- Shooting 100 three point shots at the beginning of every practice is **FUN**, and engages the players
- As a team, they want to shoot 60 three point shots per game
- As players, they need to work on getting their shots off quickly (very little time vs. pressure defence)
- Importance of PASSERS – a good passer makes a good shooter **15% MORE EFFECTIVE** when they deliver a crisp pass on TARGET (in shooters "pocket" of the shooting side of their chin) and don't make the shooter even think about catching the ball (focus on the memory of shot routine)
- On catch, a shooter should never let the ball get closer to the floor (keep high, don't bring it down)
- Shooters deal in "fractions of time" and need to not waste any fractions by bringing the ball down
- **Catch a pass at the chin and then only take the ball higher (never lower)**
- Shooters need to catch the ball using a pre-catch bunny hop (small, short, quick) which is on the exact same shooting spot and is straight up and down
- Coaches should emphasize shot quickness, not simply form and technique (remember Coach Oliver always says "don't shoot quickly, instead you need to **PREPARE** to shoot quickly")
- Need a quick release, a jump that is straight up and down, and NO LEAN FORWARD
- As age of player increases and ability improves, shooting quickness becomes even more critical
- DRILL – shooting five shots from elbows and corners with a rebounding partner (see diagram)

Traits of Shooters:

- **GOOD** shooters – can catch properly and shoot
- **BETTER** shooters – can catch properly on the move and then shoot
- **BEST** shooters – can catch properly in motion, then make an offensive move, and shoot
- Defensively, players should try and pressure a poor shooter to catch the ball in a position such that their shooting foot is behind their other foot (so they will catch and be forced to either dribble or pass but not shoot, and therefore not hurt you as much – effectively now only 2/3 of an offensive threat)

Games:

- For each game, Coach Arseneault has a plan of how to start (like football with scripted game plan)
- However, he has a rule of "15" – the first 15 shots taken by his team are at the discretion of the players
- Coach A believes in letting his players be creative and play (get feeling good about their shots early)
- Overall, Coach A cares more about the number of shots TAKEN each game, NOT MADE (as he really trusts and believes in his team's winning formula)
- If Grinnell TAKES enough shots then they will be fine (based on not only their proven formula but also that their disciplined practice of shots will take care of the percentages made)

- Shooters don't allow missing seven shots in a row to deter them from shooting number eight
- Shooters are indeed streaky at times but are even more streaky when they lack confidence
- Shooters need to keep on shooting and not shy away from any shot opportunities
- Defensively, Grinnell is not great – they give up shots, opposition typically shoots 62% against them
- Grinnell gives up so many points (almost on purpose) because they want so many trips down court
- However, they also force 32 turnovers per game, which is a definite key to their overall success (the early pressure uses energy but also creates energy, they set the pace of play for each game and it is their pace) – often described as frenetic, chaotic, hectic, generally uncomfortable for most opponents

Practices (average is 75 minutes):

- Grinnell begins each practice with their enthusiastic entrance into the gym (must impress coaching staff)
- They then run 10 minutes of dynamic stretching
- Next is 100 three point shots (which takes 17-18 minutes to complete), shooting 10 at a time
- That leaves approx. 45 minutes of teaching time (is when Coach A gets his work in – real practice)

Transition, system of play:

- Offensively, the most important play for Grinnell is their transition out of being scored upon
- Grinnell is certainly NOT a HALF COURT team
- Overall, they want the ball out of the mesh, out of bounds, back in play, up the floor into early offence
- In order to do so, the rebounder must RIP the ball through the mesh and then get clear of the backboard
- Out of bounds, the rebounder needs to be positioned like a quarterback with their arm cocked to throw the quick long pass (and needs to be sufficiently behind the end line in case they are leaning forward to pass the ball in, and then have to pull it back, pause, and fake a pass in order to not have it intercepted)
- The receiver (outlet) has to come from middle or weakside, curl hard on the ball side heading up floor, catch the ball on the run and push hard (inbounder must not lead pass into a charge for the outlet)
- The wing players need to run wide and hard, touch sideline at centre court, and then cut in hard
- Grinnell rips this type of break down court 130 times per game!! (see diagram of play)
- Objective is to get quick break out, use screens to clean up shooter, then get a knockdown three pointer

Smart Guards:

- Are committed to pushing the ball hard up the court (as fast as speed of running without the ball)
- Want to set a transition pace that is basically an **EXPLOSION** down the court
- Battle hard to gain position in the middle third of the court (where defenders don't want them)
- Don't jump to pass (unless they must absolutely compete versus a tall defender)
- Don't turn their backs to the basket unless they have a play off of it (unless they want to draw a double team which unselfishly gets somebody open for a quick shot – high risk but also high reward)
- If they get to the rim, they use a **JUMP STOP** (strong, powerful move) as opposed to a two step move (that may lead to a charge against a help defender or a swat by a chasing big defender) – the two foot jump stop is a power move, enables a strong finish, provides the opportunity to pass, in better control

Grinnell's screens in transition offence (see diagram):

- 1st screener is a massive screener, a **"HEADHUNTER"**, sets a screen that is hard and decisive
- 2nd screener is an **"AREA"** screener, sets it in good location and at angle that helps cutter to get open
- 3rd screener is a **"CLEAN UP"** screener that sets a smart screen in order to really get the shooter open
- All screeners must make a commitment to make life miserable for the cutter/shooter's defender (ideally want the defender bouncing through screens like a ball in a pinball machine)
- DRILL – run through the transition of screens with number of defenders brought in gradually

Grinnell's Running Game Concept:

- A steady dose of running in transition is FUN (much more enjoyable than gruelling drills) and is excellent conditioning (voluntary, and coaches usually don't hear moans and groans)
- Running transition drills in "skeleton" form (just the 5 offensive players) reinforces that the players only see their own colour of jerseys (a definite subconscious benefit)
- Also, skeleton drills (or at most a 5 on 2) allow for better player preservation - the work gets done with fewer bumps and bruises (especially as compared to 5 on 5 scenarios)
- When your team runs (and is a constant threat) then you don't need to scout the opposition as much (which frees up the coach's time to do other things and makes other coaches spend their time on you)
- In practices, try and run the "game 5" as shifts in transition (familiarity is the obvious benefit)
- Coach A firmly believes in "thinking outside the box" when designing concepts of play
- If Grinnell plays a "tough, half court, pound it inside" type of team 10 teams, they may indeed lose 7 and win 3 of 10 BUT Coach Arseneault believes that his team will have more fun winning their 3 games than the opposition will (stressfully) have winning their 7 – furthermore, in all of the games (especially the Grinnell victories), the opposition would be very unhappy with Grinnell dictating the pace of play

Coach – Don Meyer, Northern State University, South Dakota

- Believes in the saying that "good is the enemy of great – if you accept good then you won't get great"
- Intelligent coaches not only listen to other coaches, they watch them – listen to tone and inflection of their talk, but watch how they teach players during drills, observe their demeanor and body language, pay attention to how they are strong without yelling or being physical

Coaching your own son or daughter:

- Don't coach your kid at home
- Be a coach in the gym, but be a Mom or Dad when at home
- Worst of all scenarios is 2 against 1 – situation of one parent is the coach and the other piles on, or even worse when two parents are both coaches

Addicts (high achievers and coaches):

- Are perfectionists – everything must be just right or it is no good at all, no "second best"
- Have high control needs – need to be in control of everything
- Gain self esteem by pleasing others and seeking approval – they spend so much time trying to make others happy that they miss out on making themselves happy (loss for the individual)

General thoughts about the game:

- If a guard penetrates down the lane, then the post needs to **get to the ALLEY** (area at the corner of the baseline and the lane line) on the low weakside
- If defender is pulled down low, it makes it harder for them to block a shot near the rim
- The post gets to the alley, which takes away the help defender, and then they come up hard from the weakside low with their hands up for a dish pass
- Action of "screening the screener" is very hard to defend (if a 5 screens for a 1, then a 3 screens for the 1, and finally the 5 screens the 3, the defence won't know how to help defend – the 5 defender will be reluctant to help up so high away from the hoop, they won't want to get up high and hedge the top of the screen as the 5 player will simply slip to the hoop and likely receive a lob across the key at the rim)
- **Big players need to be "workout beasts"** – they need to be like Karl Malone (when he ran a Utah practice, he would run guys up mountains) who pushed and pushed so hard that he could almost run the floor uncontested as a big player (because defenders would not want to run that much)
- Of every 10 missed shots, at least 8 will miss short at every level (players need to hold follow through)

- Power layups are considered **"10 toes to the baseline"** – guards, forwards, and bigs all need to take off of two feet when in close to the rim – the power move is the preferred finishing move

Shooting:

- Get knees bent, get low
- Get your butt into your shot (therefore need to work on butt strength)
- Get wide footwork, get into a powerful control stance
- FRAME the shot with the follow through and the guide hand (like a picture frame) – look through the frame and see the hoop
- Try and **SWISH EVERY SHOT to end the practice** (whether team practice or individual workout)

Tiger Woods Work Ethic:

- To end every workout, he putts 100 putts from 9 feet or less
- In his last tournament victory, he successfully putted 50 out of 51 putts that were within 12 feet of cup
- He is a living example of the principle that if you put the proper work in then it will pay off with physical competence and mental toughness (due to confidence from reliability of performance)

General Comments:

- GAME – shooter with a rebounder, how many shots can a player make (from a spot) without missing two in a row – can shoot from corners, 15-17 feet, elbows, foul lines, etc. – can then put in a slight variation of if missed 2 in a row, then player can shoot a "safety" shot of a swish in order to keep their streak going (if miss, then turn is over) – can either keep score as individuals or as pairs (of shooter and rebounder)
- GAME – "3's and 4's" – need three players per hoop, play with a time limit, can keep score as individuals or as small teams of three (depending on the focus), 3's are worth 3 points and swishes are worth 4 points (or you can use 2's, 3's, and 4's – FG are 2, swishes are 3, 3 pointers are 4, etc.), all three players always on the move and alternating between shooting, rebounding, and being the next shooter, use shooting areas of 3 point line, corners, elbows, blocks, or lane line extension out to the 3 point arc
- Spacing – conceptually, Coach Meyer believes that you can't have four players out on the perimeter with enough spacing to be effective (especially if a pass goes inside out from the post) – he feels it is too crowded on the outside and more effective to dive worst shooter down inside from the top
- POST – players need to know their favourite side of the hoop and how to play from it, then they need to work twice as hard on their least favourite side so that they are a real threat and can't be easily defended
- Post entry – is best made from below the foul line, from the 45 degree angle to the rim, especially in the case of a lob to the rim (if it goes long, the pass still takes the player to the rim – if a lob comes from the top, and then goes long, the pass takes the post player past the backboard and possibly out of bounds)
- DRILL – see diagram of movement of four players outside, with post entry and a top dive
- Shooting analogy – for guys, shooting is like using a stand-up urinal – you never want to miss short because you'll end up with wet socks (very uncomfortable feeling, and embarrassing too!)
- Cut and Space – very much the same as concept of space/drift/fill, what you do when you can't get your primary option of a post move, need to have penetrating drive from a 45 degree position, get the ballside post out of the way and up the lane (from the bottom), get a drift player away from the ball (for long skip pass on the opposite side), get a filling player in behind the departure point of the penetration, get a spacing player up top that is visible to the penetrator
- SWISHES – shots that are swished are shot into the back half of the mesh, so WHY aim at FRONT rim?
- NSU - when their players are shooting (especially in practice or individual workouts) they say "keep it straight" and **"back half"** as subtle reminders (proper alignment and back of the net)
- Ask – why risk missing short when you can simply aim at the back half?

- FRAMING – further to frame of shot with follow through and guide hand, have the bottoms of the fingers of the shooting hand (that followed through) be laying at the top of the backboard (based on the height of your follow through hand relative to your eyes)
- DRILL – need three people and two balls at each hoop, "3 in a row free throws", shoot for 5 minutes, very efficient shooting, set up is a rebounder along with person at an elbow (to hand off next ball to shooter) and shooter at the foul line, want to get lots of shots, if players make three in a row from the line then they yell out their name for the coach to write down, players shoot on their turn until they either miss or get three in a row, need to rotate spots quickly, shooter becomes rebounder becomes passer becomes shooter – when shooting many free throws in a short time, players need to forget their pre-shot dribble and just accept the ball in their shot pocket and shoot (requires good handoff from the foul line in order to get straight into the shot and get lots of reps) – NSU can usually get 77 names written down if set up at 6 hoops with 15 players for period of 5 minutes (makes for a loud gym!!)
- Reduced Rims – at NSU, they use them all the time – makes shooters concentrate more – rims are 2 inches higher and 2 inches smaller diameter (which makes each shot come in at a better arc and closer to the centre of the hoop) – if you have them in place and tell your players to split up and take some shots, the GOOD shooters will choose the smaller rims (a great test to see which players welcome the challenge and want to get better) – they are available at many equipment outlets
- DRILL – "Consecutive Free Throws" – need two players and a ball at each rim, take turns shooting, the test is how many each player can make in a row, if they miss one then they can pause their streak and shoot a "survival" shot – if they swish their survival shot then they can resume their streak with their next shot – reward the longest streak (or three longest) each time the drill is done (i.e. 3 longest streaks get to keep shooting while others run two down and backs in 20 seconds) – track the high scores (and who had them) over the season and look for the growth – goal is to aim for swishes in practice then, at worst, good rolls and "shooter's bounces" should happen in the games
- Practices – in the workouts at NSU, they want to simulate tougher than game situations (before they play in games that matter, they want to have already played in their toughest tests)
- **Game SHOTS from game SPOTS at game SPEED** – this is what NSU strives for in practice
- Early WORK ETHIC – at NSU, the first two weeks of daily practices begin at 5:30am and last for two hours (selected to provide adversity and thus build character), then they settle into schedule of 75-90 minute workouts for the rest of the season (works for most of the NCAA)
- GAME – "Bubba Free Throws", which is much like "Beat the Pro" but uses the foul line – scoring system is player versus imaginary opponent, game is up to 10 (first to 10 wins), points are 1 for player on a made free throw, Bubba gets two on missed free throws (can do with rebounder or on your own), can have team competitions of combined score of pair of players (shooters points) which works well for promoting team work and good passing or have individual player competition (either way, the winners should continue to shoot while the others condition in some way)
- GAME – "Rally Free Throws", this is great for the end of practices, have players assemble around key and one at the foul line, count number of players, calculate the desired number of made free throws (based on total number of players), set imaginary score (i.e. there are 14 shooters, want to make at least 10 of 14, so set a score where 10th make is a winning hoop such as down 45-36 with everyone getting a shot) – also is another excellent test in order to determine who has the confidence to shoot when it matters as players will either migrate to the early or late spots in the shooting order around the key (coach can also determine who shoots early and late to test mettle of certain players) – have a penalty
- **ADAPT don't ADOPT** – use the new knowledge gained from reading books, watching dvd's, and attending clinics but DON'T throw out everything else that you're doing (integrate learned concepts INTO your existing system – don't start from scratch every time you hear something new)

- GAME – "Plus 2, Minus 2" – Coach Meyer learned this free throw game from Coach Rick Pitino, very similar to a "Beat the Pro" scenario except utilizes a different point system, each player starts at the foul line with a score of zero, if shot hits the rim and goes in then it's scored as a "push" with no change, if it's a SWISH then player gets +1, if it's a miss then player scores –1, players need to get to +2 before they reach –2 (can have winners keep shooting while others condition, or can have winners rebound for partners that are shooting next, while losers condition and their respective partners shoot on their own)
- GAME – "3 Shots", which sets up as three people with a ball at a hoop, each player gets one shot from the free throw line, as a team of three people they need to score 5 points to win their game, scoring system is –1 for a miss, +1 for a make, +2 for a swish – if, as a team, they score 5 points overall then they get to shoot in the next round, if not then they condition (pushups, burpees, etc.), good for ending practices, coach can allow players to select their teams of three or coach can determine the groups based on achieving certain goals (or concentrating on certain better players pulling up weaker ones)
- **A DIAMOND IS A HUNK OF COAL THAT IS FORMED UNDER GREAT PRESSURE**
- Rituals and traditions – ask what does your team do and why? Make your team different, have it's own ceremonies that are important (i.e. jersey presentation ceremony) – know your routine, have your players provide input, take pride in what your program does and means
- GAME – "Stop and Score", very good as a game simulation exercise, have teams of 4-on-4 or 5-on-5, start with either a jump ball at centre or give the ball to the team that has a perceived disadvantage, the scoring system is that each team needs to have a defensive stop (missed shot that is rebounded, turnover, etc.) followed immediately by an offensive score in order to win (if other team gains possession for any reason then it is considered an offensive miss and a defensive stop for the opposition) – variation is to allow for a point after a "score and stop" and a "stop and score", and then make the game as the first team to reach 3 points is the winner (good for splitting entire team into three teams, playing game whereby the winner goes off as their reward and the loser stays on to battle some more – OR, can have two teams and the winners shoot free throws while the other players condition)
- **GOOD TEAMS** – they excite their offence by doing something positive on **OFFENCE**
- **GREAT TEAMS** – they ignite their offence by doing something positive on **DEFENCE** (as they derive tremendous energy from a defensive stop)
- BOOK – read ":07 Seconds or Less" by Jack McCallum about Mike D'Antoni's Phoenix Suns team (essentially their concept is to use their conditioning and depth to their advantage in order to get their opponent in early and consistent foul trouble)
- When driving to the hoop – players should not only want to draw contact, they should pull the defender to them in order to get their own body into their drive (get some contact and play off of it) – if there is space between them and rim defender then they risk defender getting long and blocking shot – get up close to the guarding defender out on perimeter, then get up close on finishing move to the help defender (usually a big) at the rim (Tony Parker of the San Antonio Spurs does this very well – not a great shooter, but deadly on attack, especially using his right hand while driving from the left side of the floor)
- Free Throws – overall, objective is to get to the line as much as possible – as a team, you want more MADE free throws than your opposition's free throw ATTEMPTS – it is a real key to winning basketball games as it usually means that good things are happening overall (other team is having foul trouble as a team, or individual players are experiencing foul problems) in order to get that result

Levels of Coaching Energy:

- **PASSION** – always want to do it, does NOT seem like WORK, lots of fun, want to be at the gym
- **DUTY** – getting tired, doing tasks because you HAVE TO do them, enthusiasm is much lower
- **BURDEN** – beyond being tired, FAR FROM FUN, avoiding responsibilities, don't let it get to this level

Appendix

D

Practice Plan Book

Practice Schedules

Warm-up Drills

Ballhandling Drills

Shooting - Block Drills

Shooting - Drives Drills

Shooting - Perimeter Drills

Shooting - Perimeter Drills

Passing Drills

Rebounding Drills

Individual Defensive Drills

Team Concept Drills

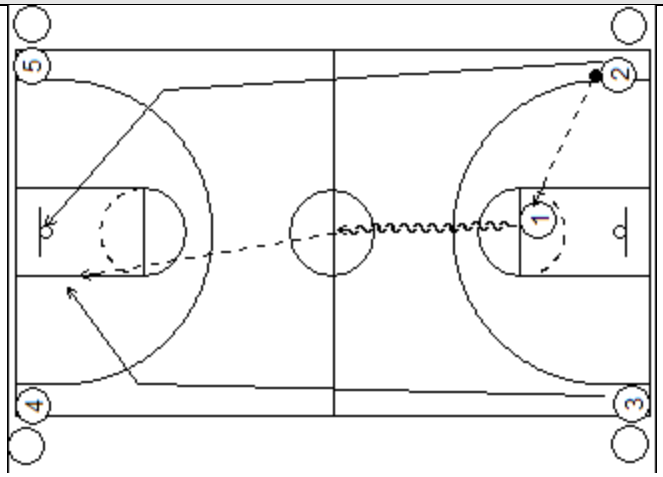
Conditioning Drills

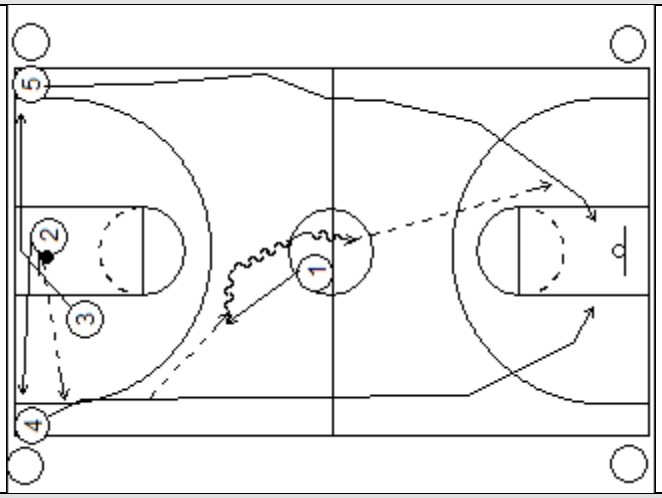
Tips on Organizing Your Practice with Teaching, Learning and Competing Phases

APPENDIX D

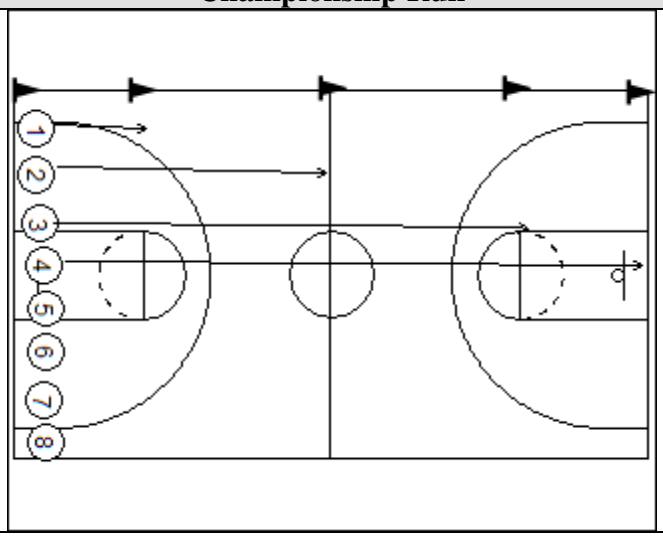
Practice Drills - Warmups

Guard In the Middle

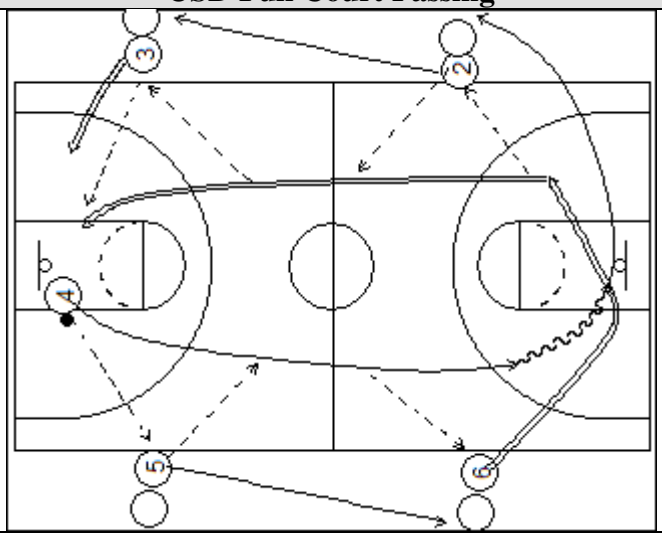




Championship Run



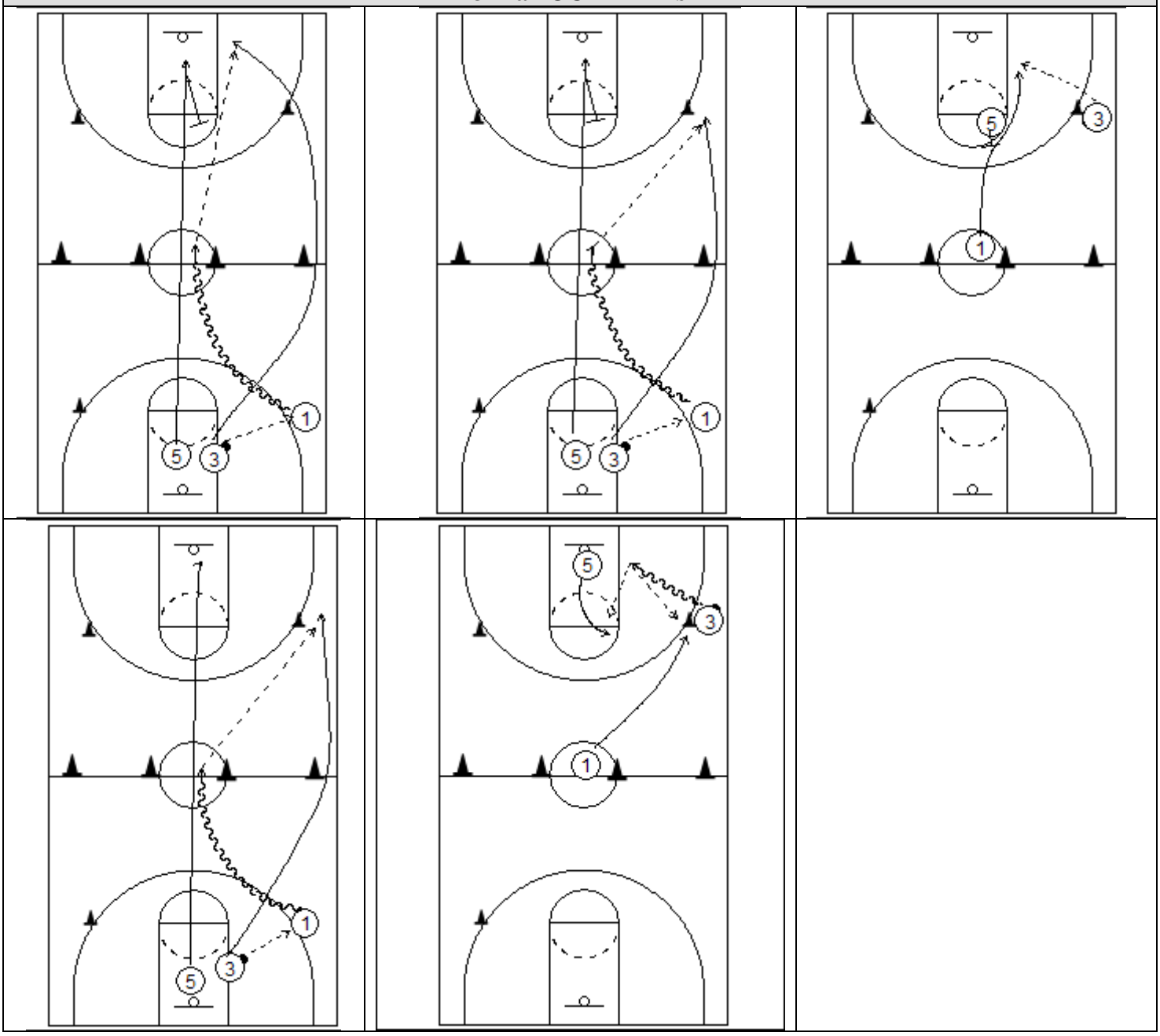
USD Full Court Passing



APPENDIX D

Practice Drills - Warmups

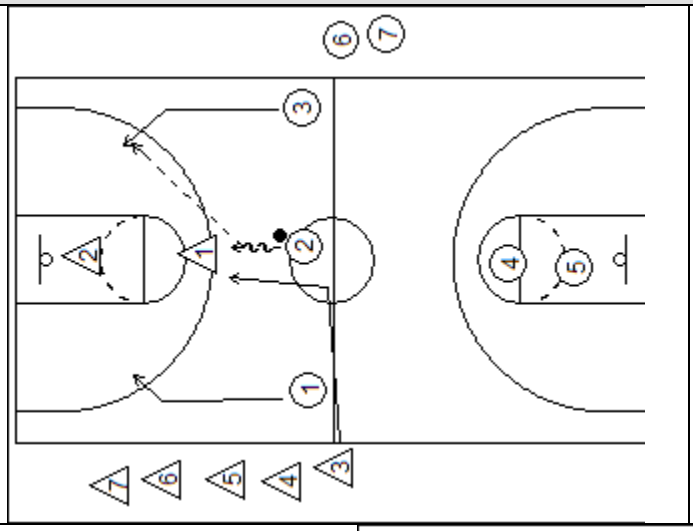
3 Man UCLA Drills

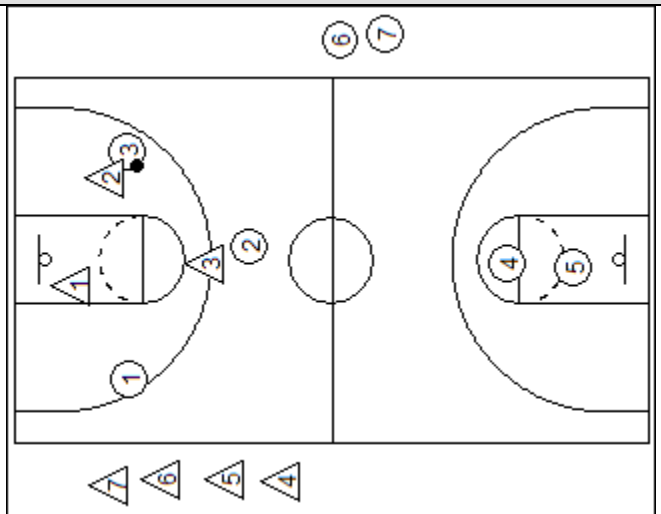


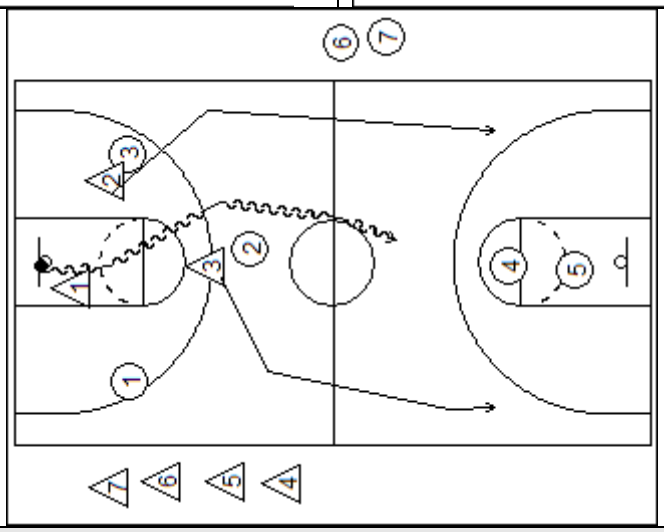
APPENDIX D

Practice Drills - Warmups

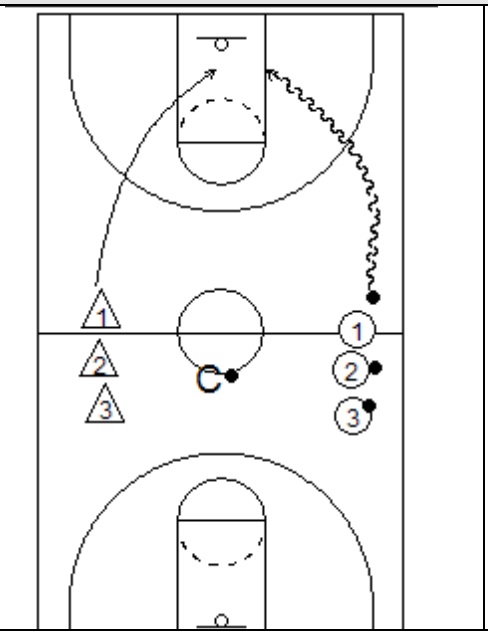
3 on 2 Continous

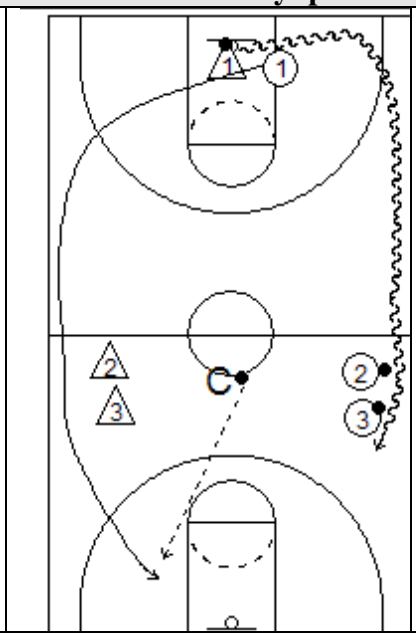


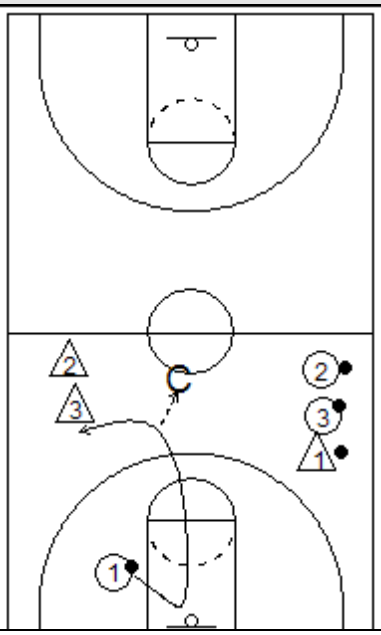




F/C Aztec Layups



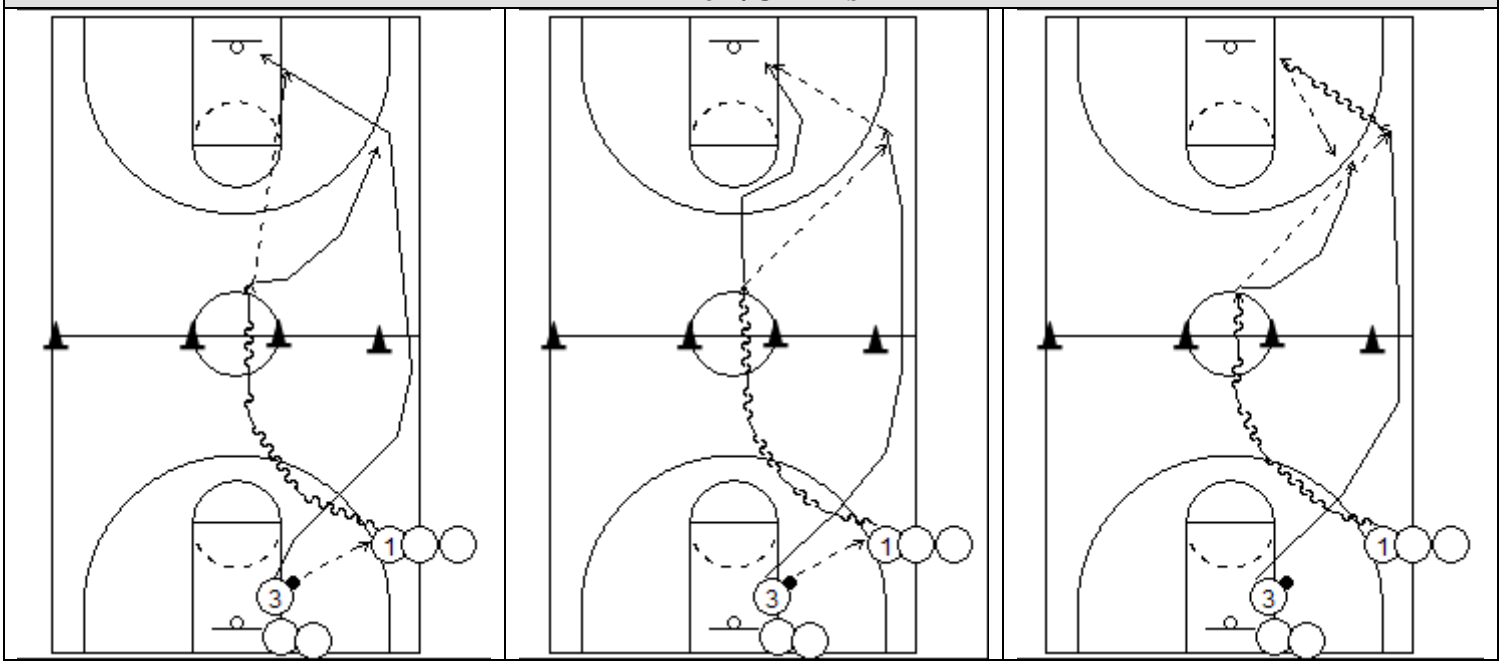




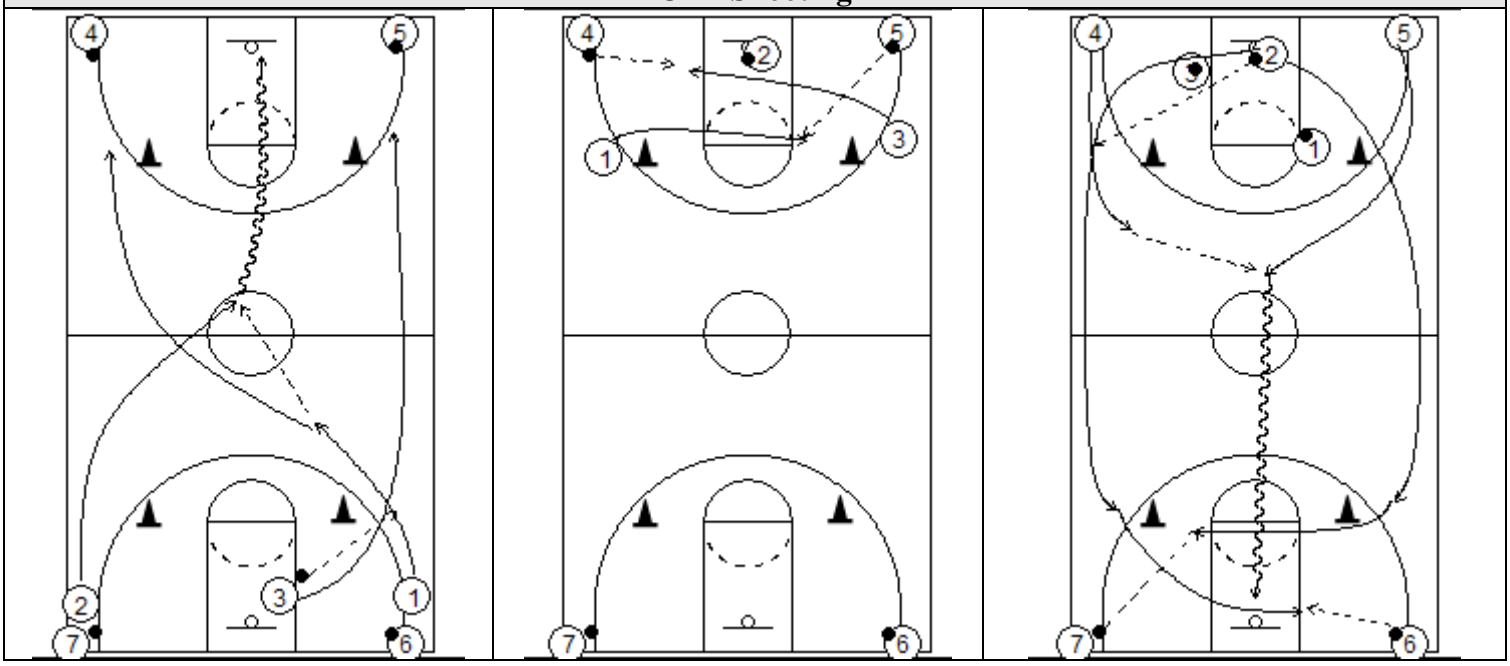
APPENDIX D

Practice Drills

2 line F/C Drills



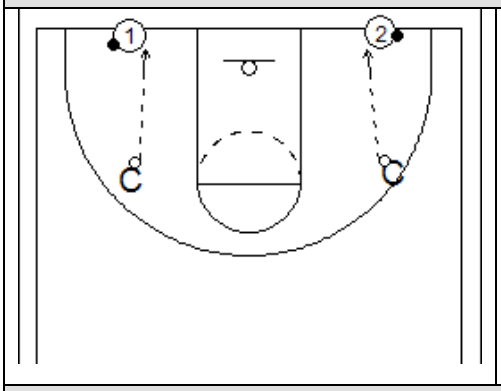
OLP Shooting

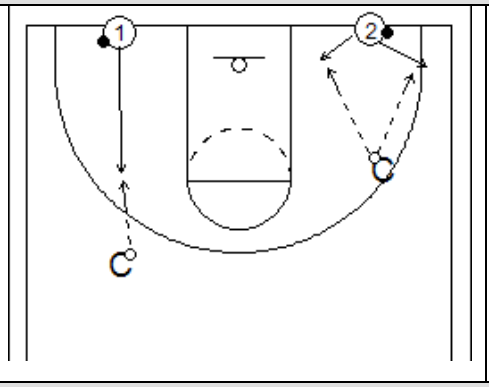


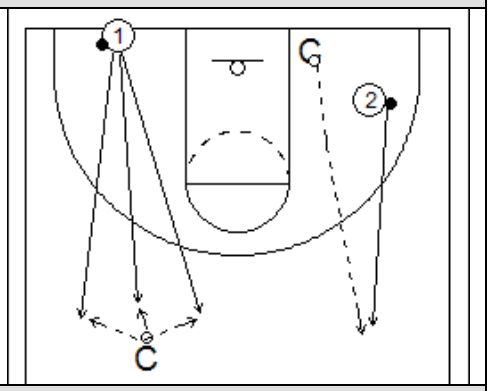
APPENDIX D

Practice Drills – Ballhandling

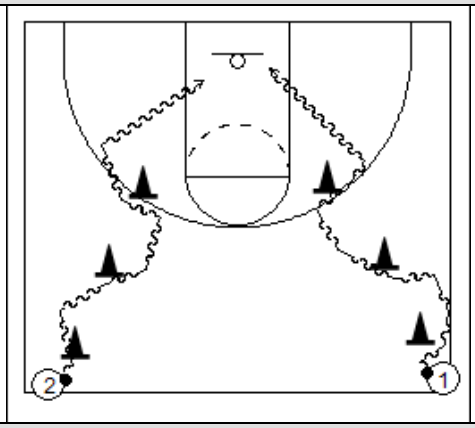
Tennis Ball Drills

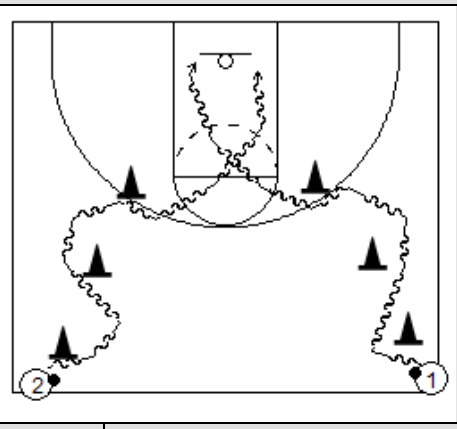




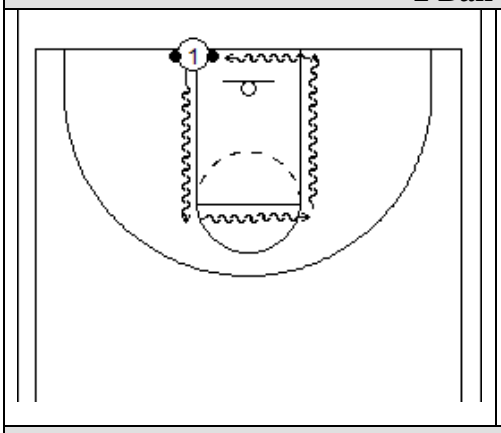


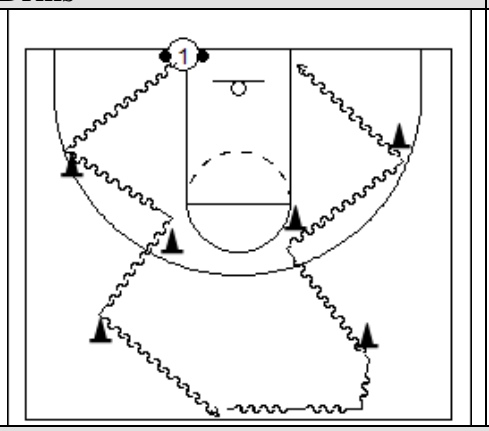
Chair Drills



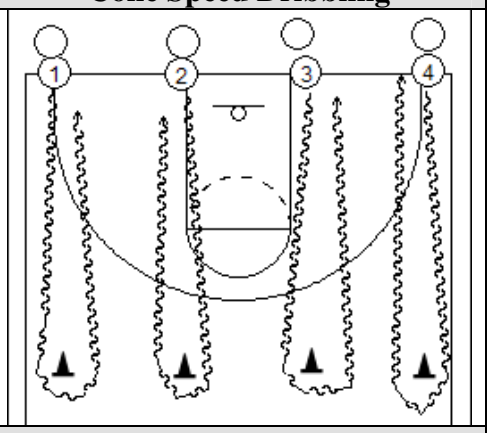


2 Ball Drills

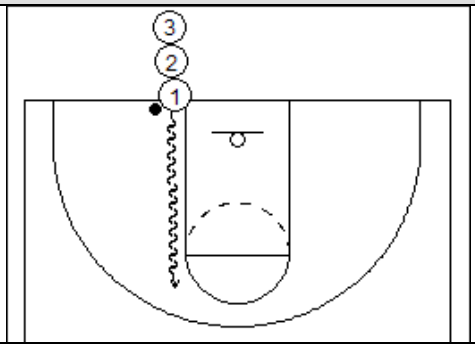


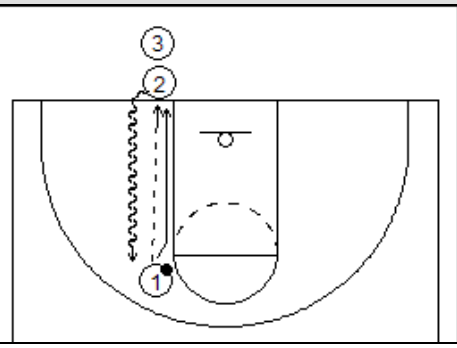


Cone Speed Dribbling



Holly Russell Drill

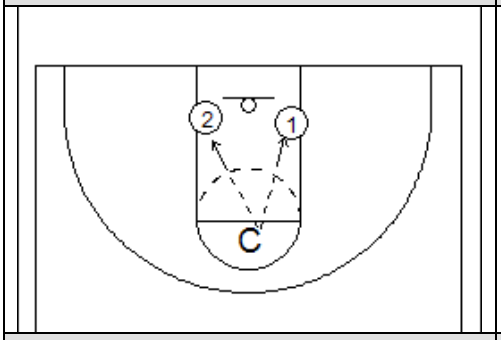




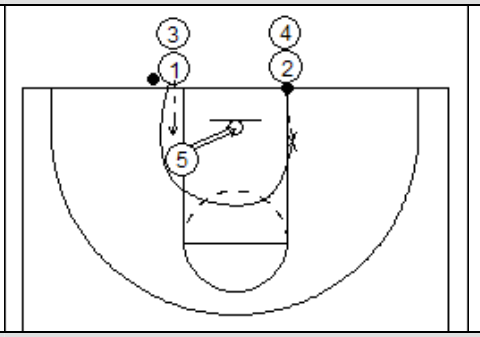
APPENDIX D

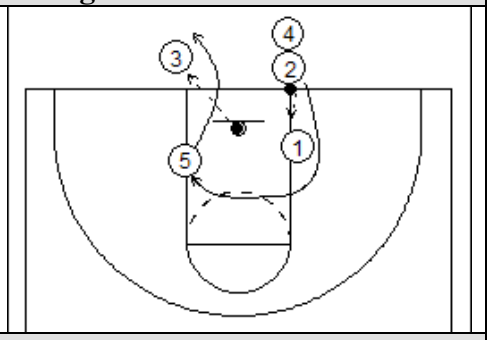
Practice Drills – Shooting - Block

V-Bates

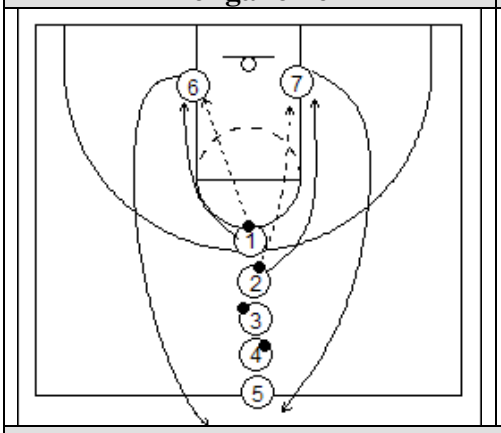


Aztec Shooting

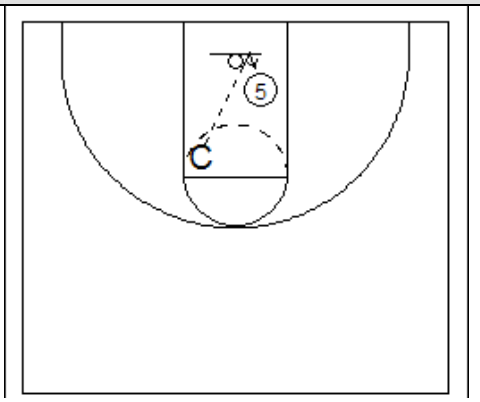


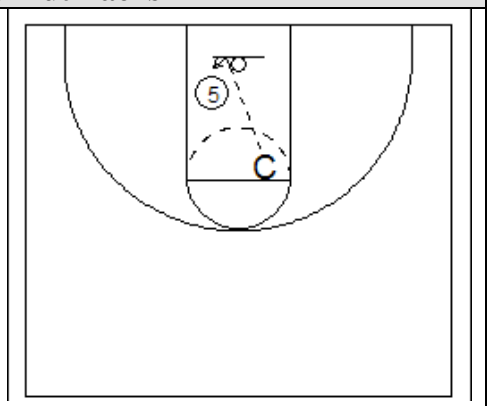


Tonganoxie

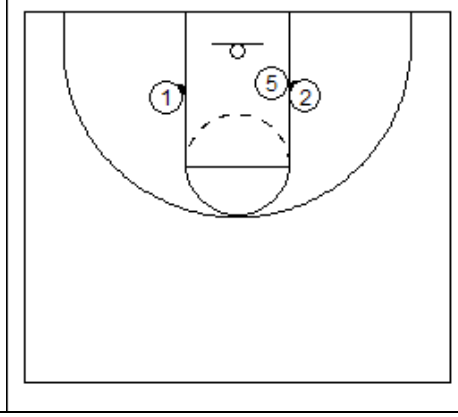


Off the Glass- Put Backs

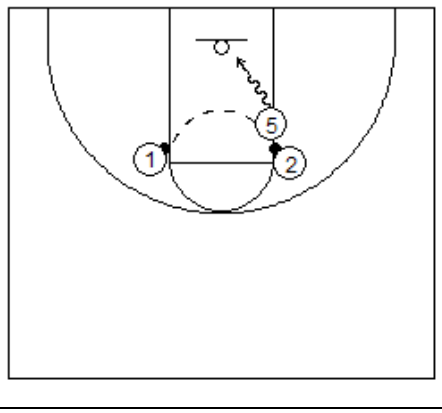




Power-Ups from Block



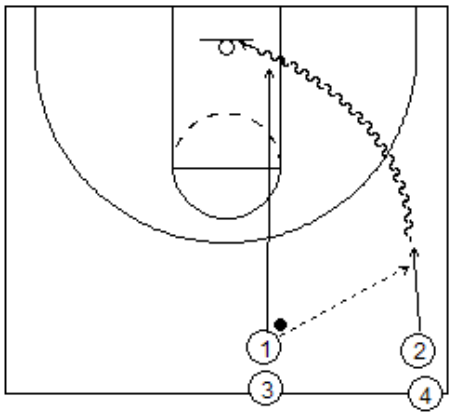
Power-Ups from Elbow



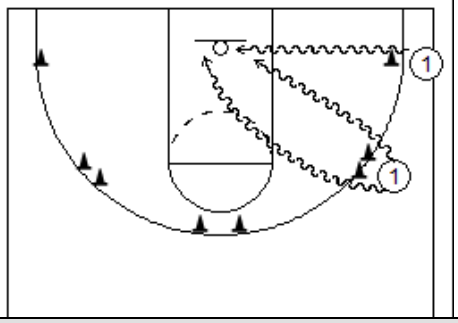
APPENDIX D

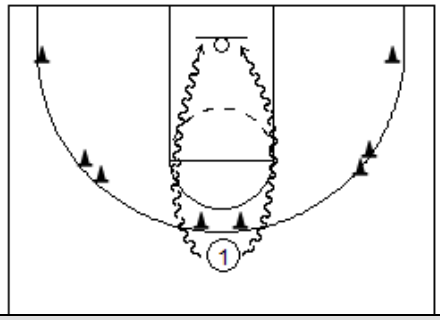
Practice Drills – Shooting - Drives

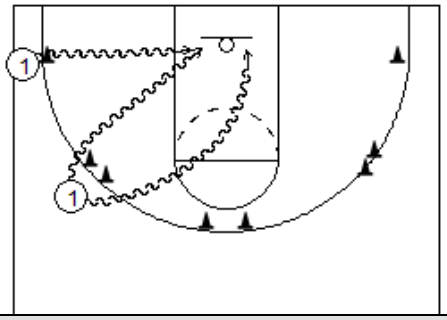
Chase Layups



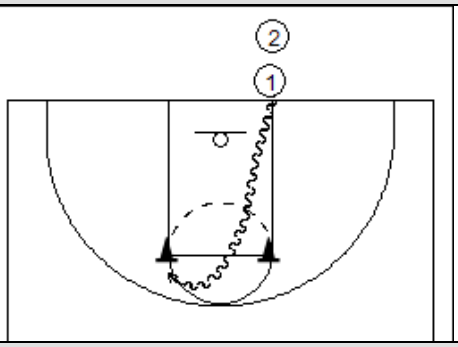
8 Spot Layups

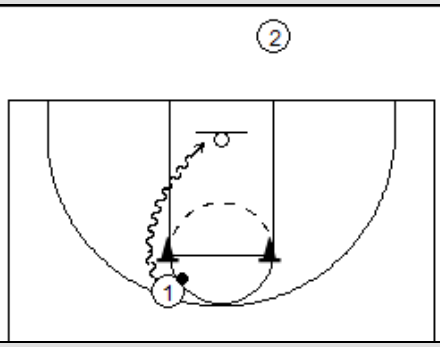


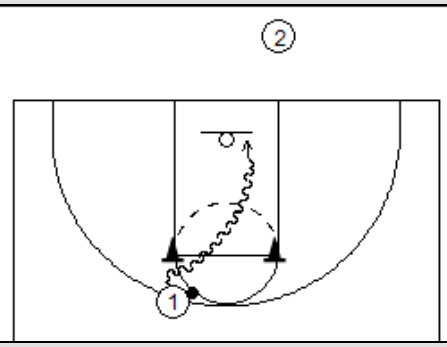




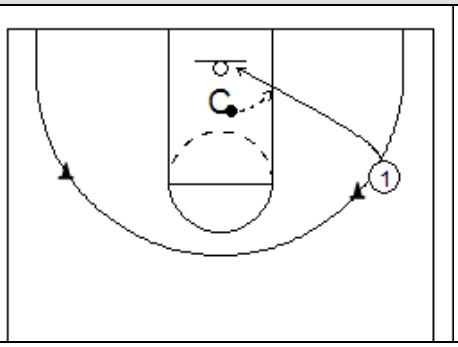
T-Drills

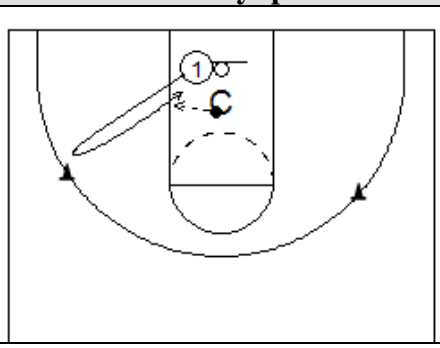


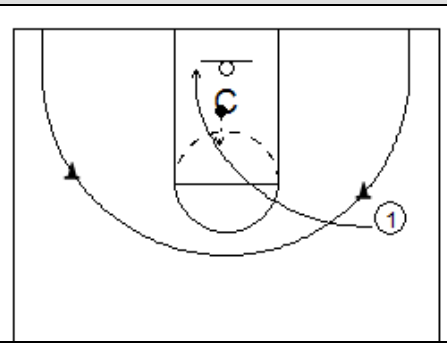




X-Out Layups



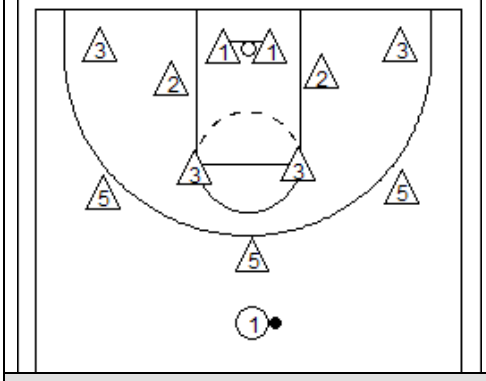




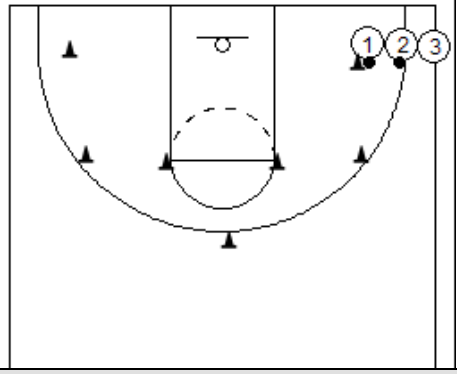
APPENDIX D

Practice Drills – Shooting - Perimeter

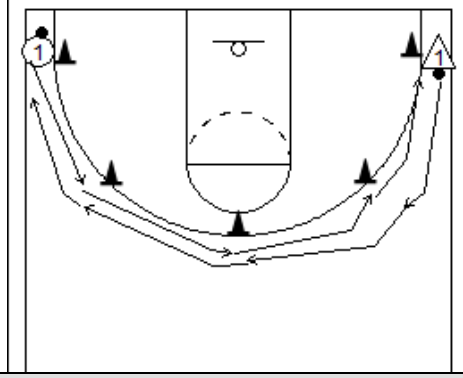
Hot Shot Competition



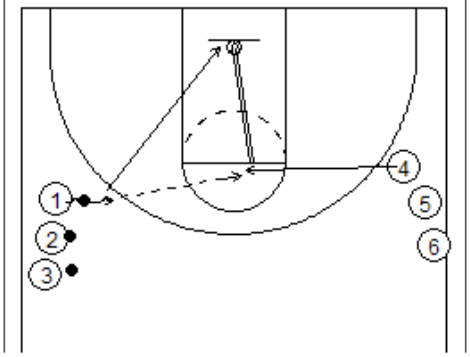
Auburn Shooting

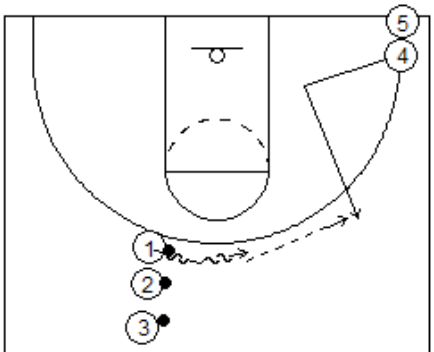


Herrera 3 pt Competition

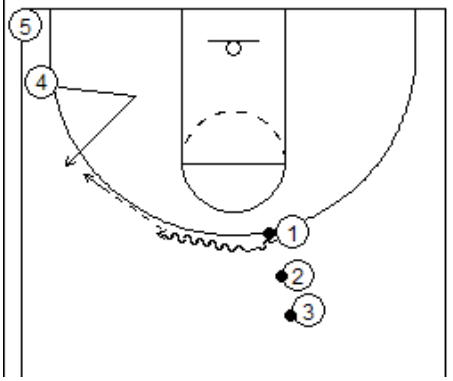


Kentucky Shooting

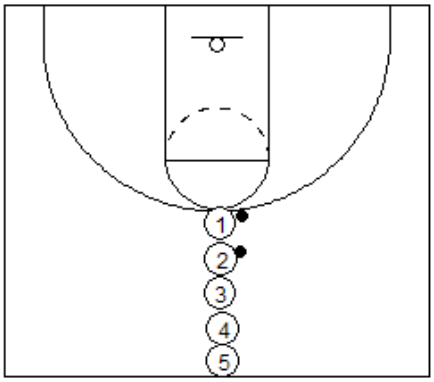




Knockout Competition



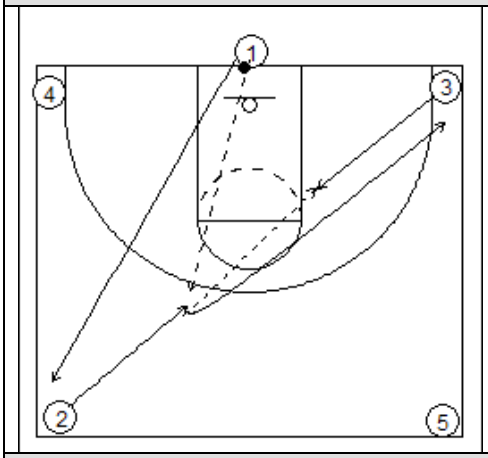
Knockout Competition

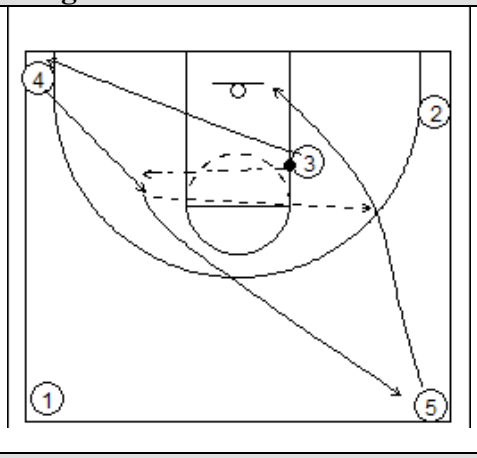


APPENDIX D

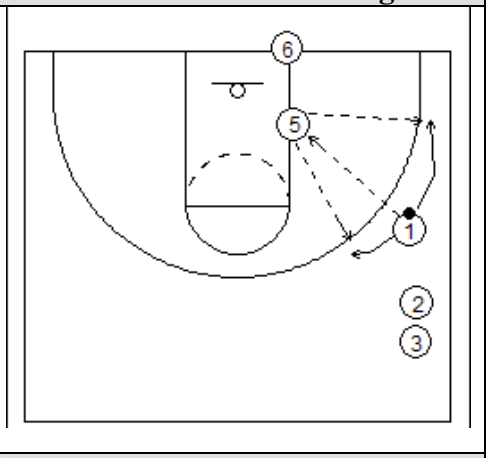
Practice Drills – Passing

Star Passing

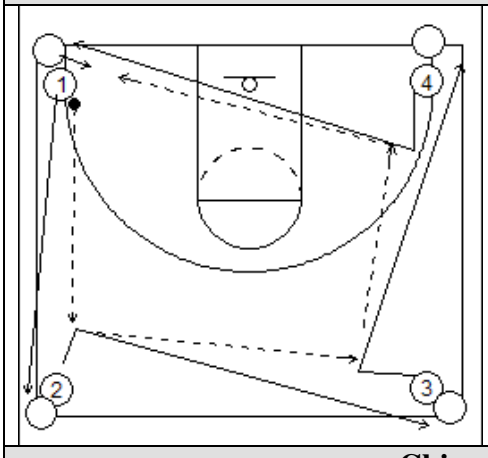


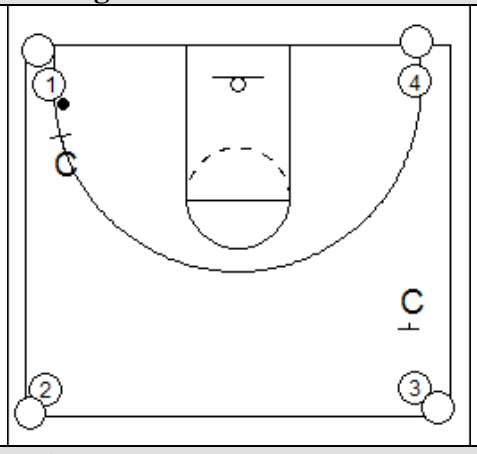


Inside-Outside Passing

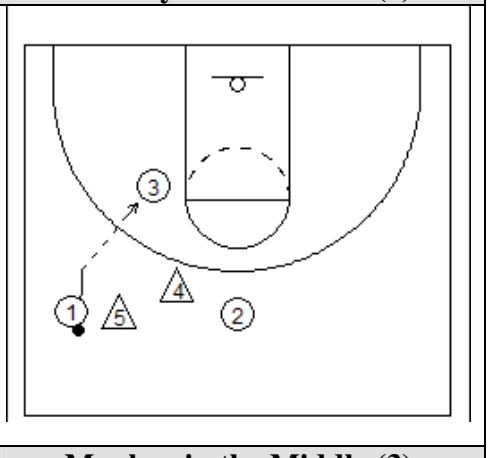


4 Corner Passing

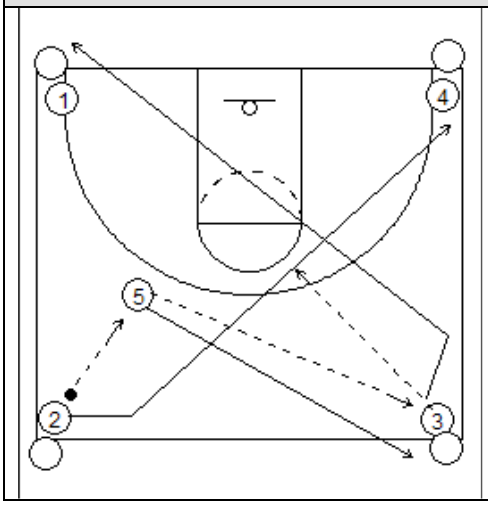


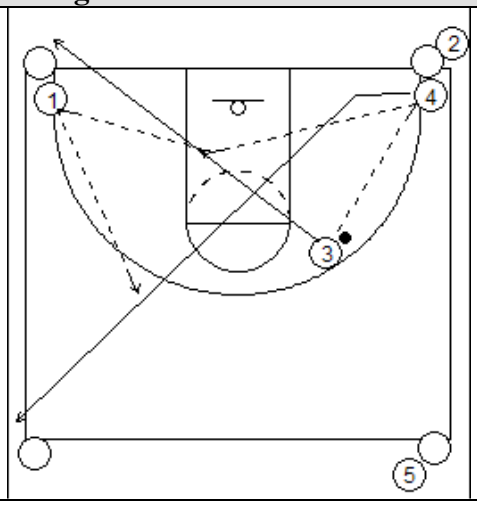


Monkey in the Middle (5)



China Passing





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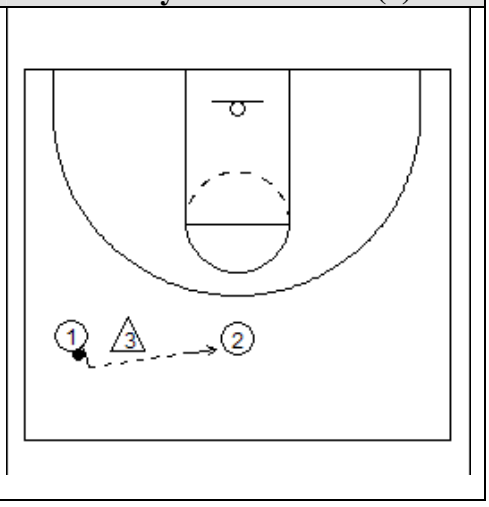
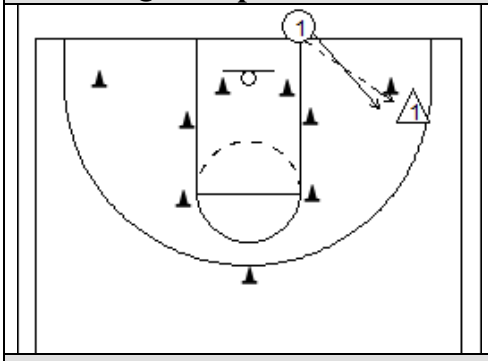
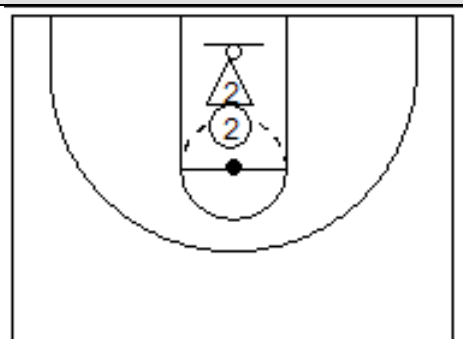
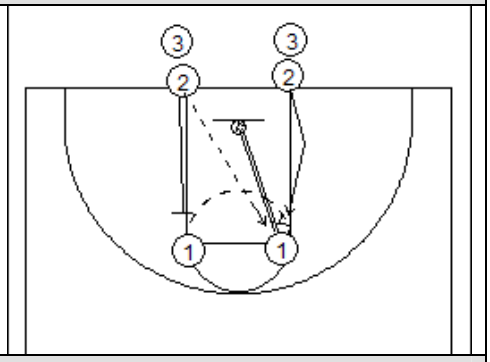
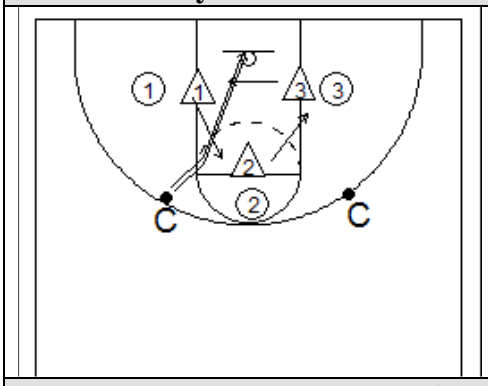
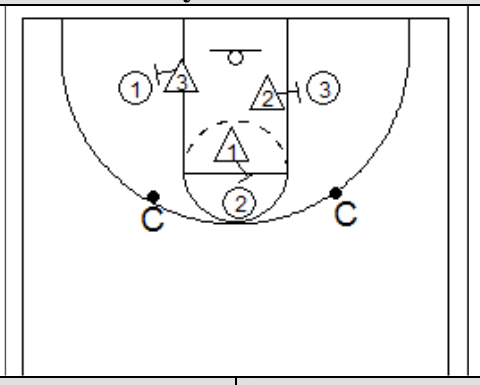
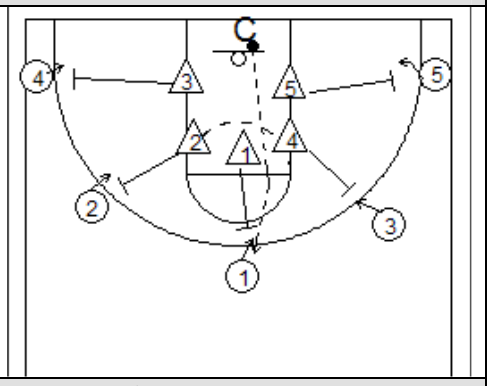
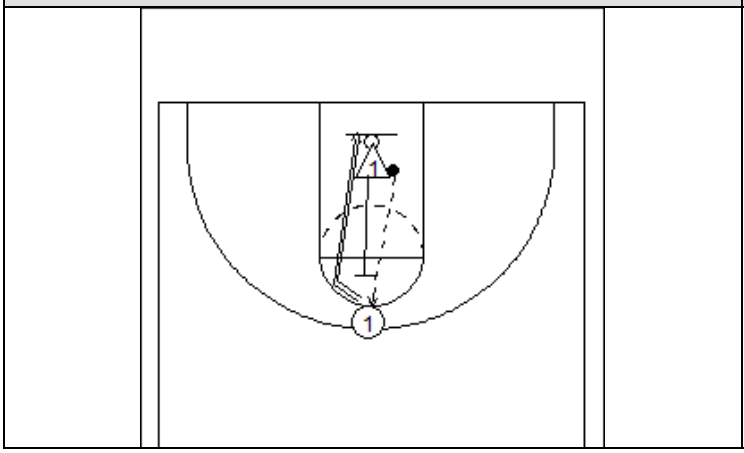
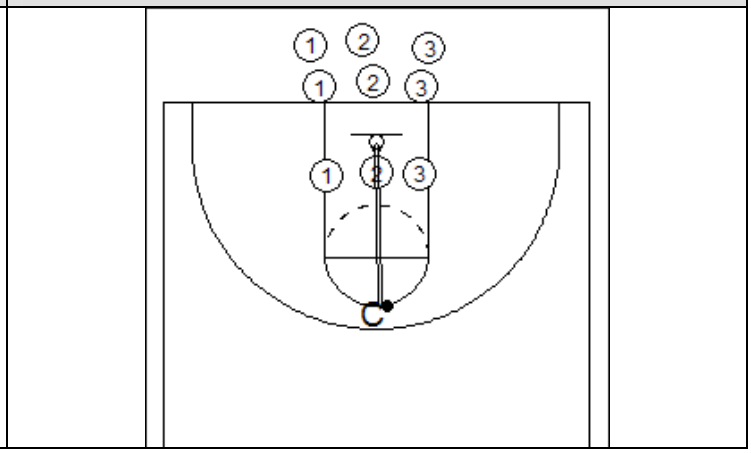


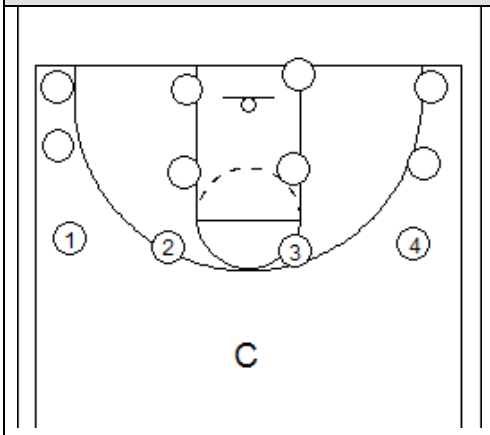
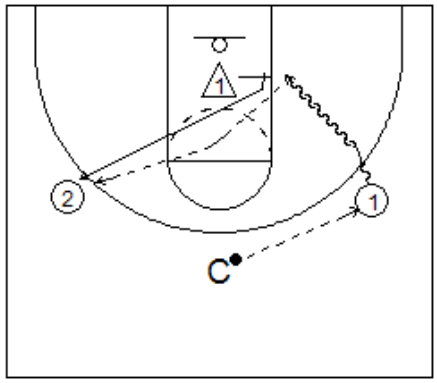
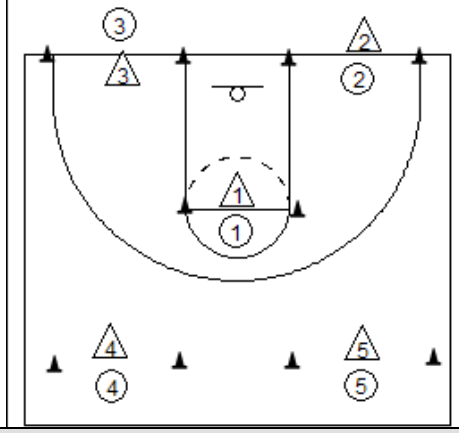
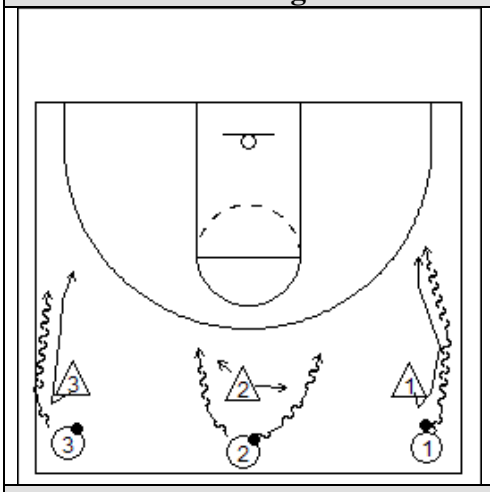
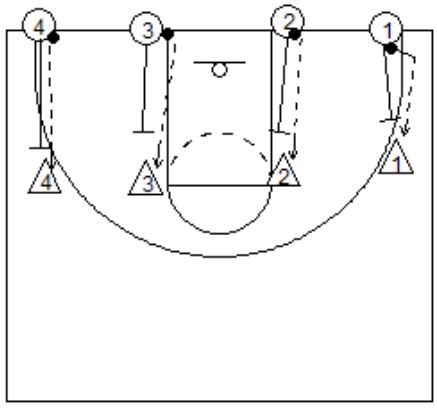
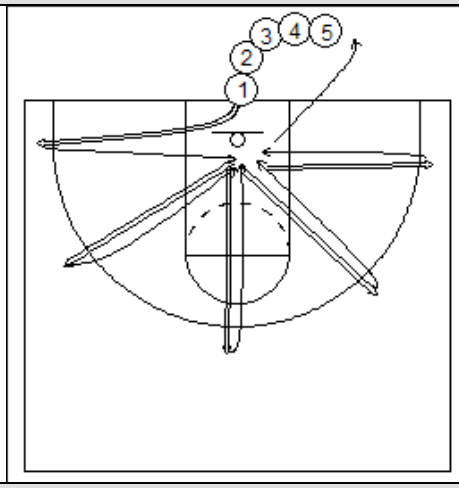
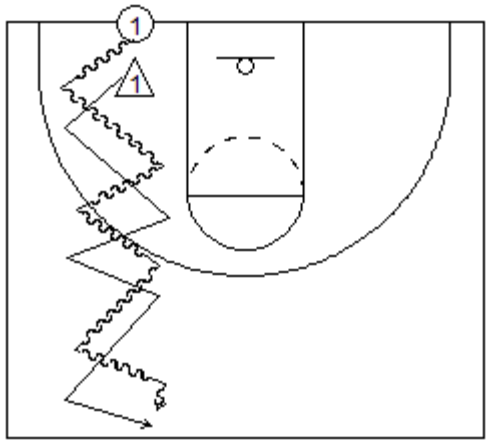
APPENDIX D

Practice Drills – Rebounding

Quick Spot Series	Sumo Boxout	SFC 2 on 2 Game
		
Merry Go Around	**Merry Go Around**	**5 on 5 Game**
		
1 on1 Boxout Game	**NBA**	
		

APPENDIX D

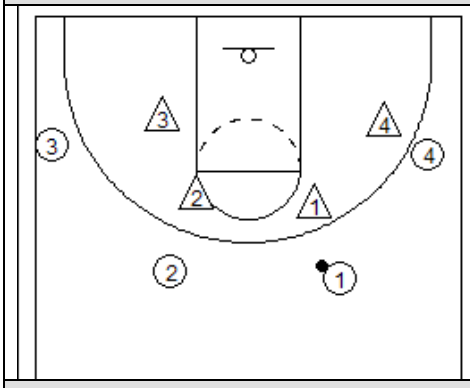
Practice Drills –Individual Defensive Drills

Stance & Footwork	Help and Recover	Cats and Dogs
		
Steering	**Closeout**	**Star Closeout**
		
Slides 1 on 1 – Zig Zags		
		

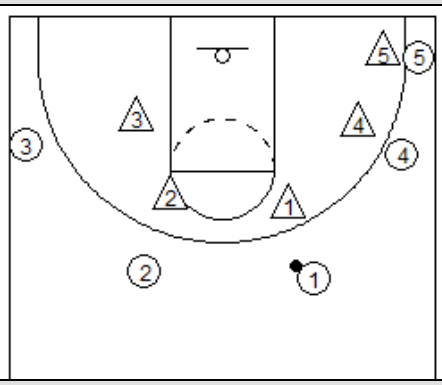
APPENDIX D

Practice Drills – Team Concepts

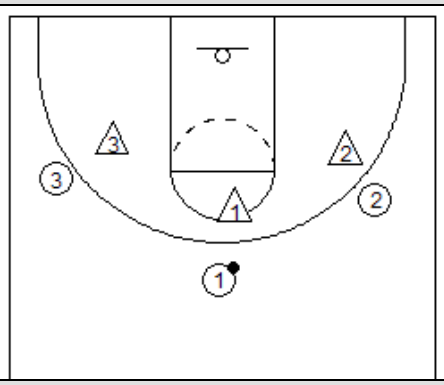
4 on 4 Shell



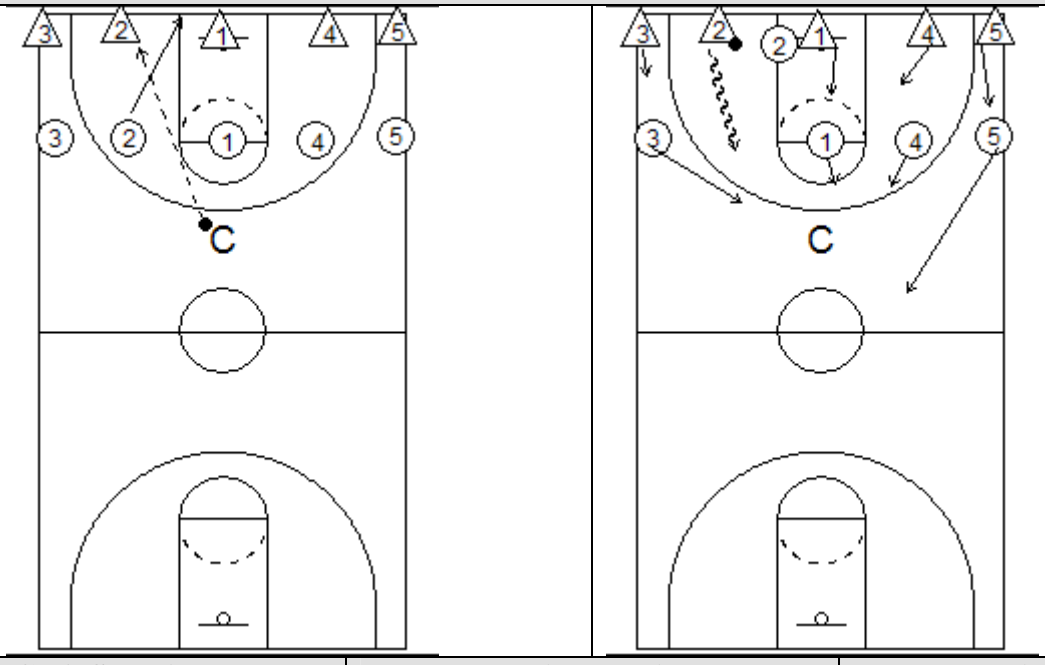
5 on 5 Shell



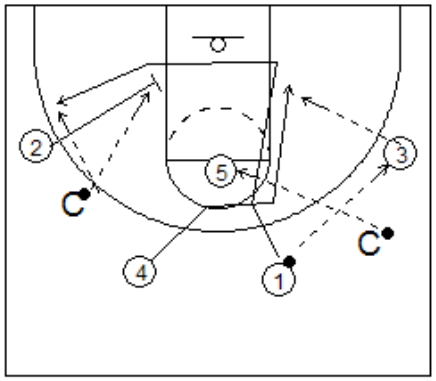
3 on 3 Shell



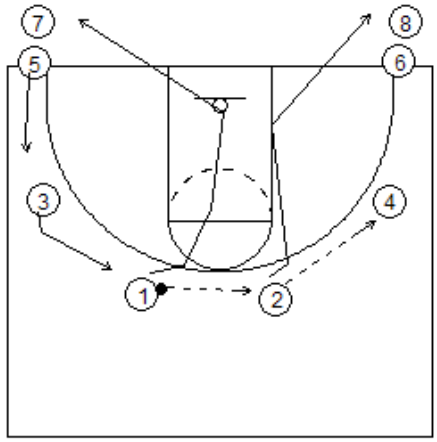
5 on 5 Transition



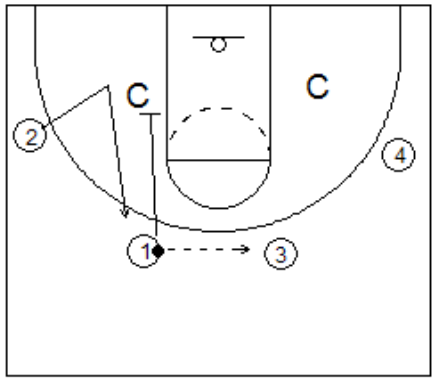
UCLA Shooting



Motion Passing

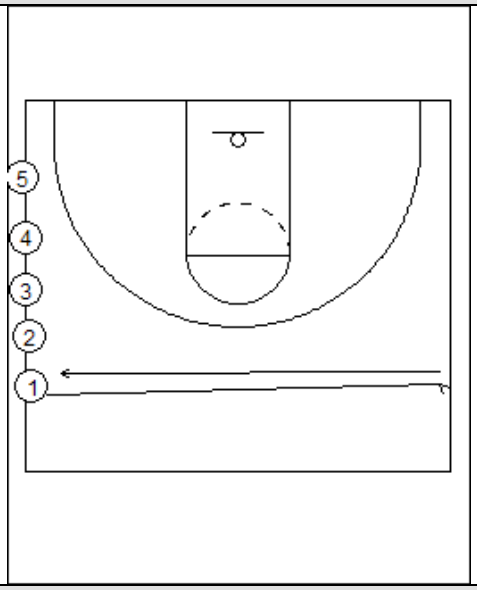
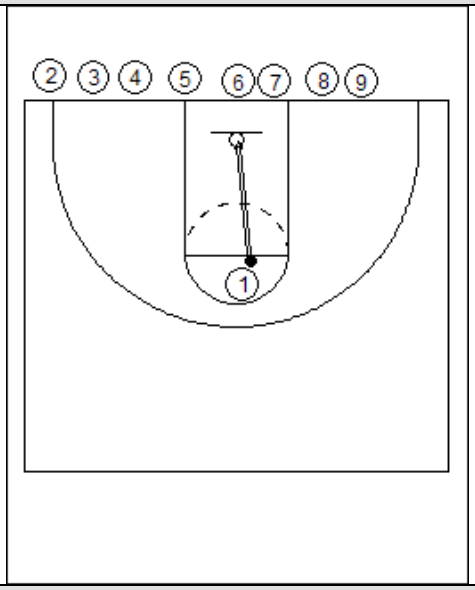
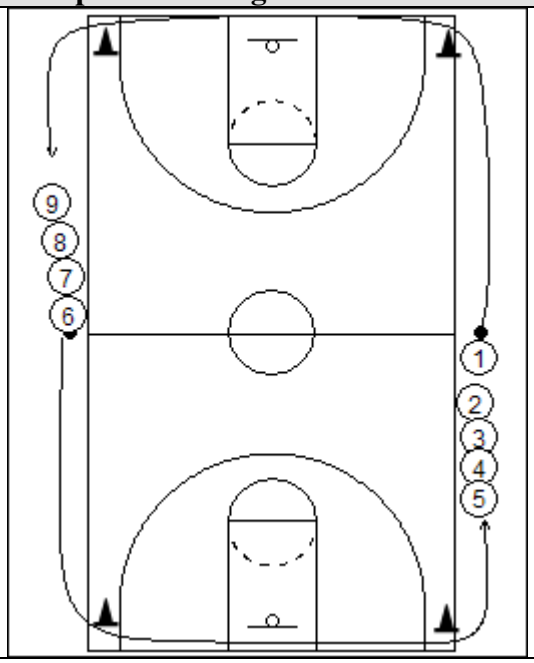
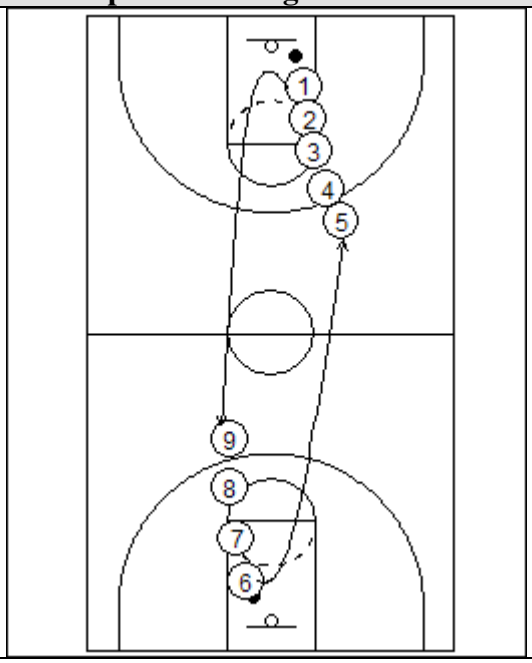


Motion Screening



APPENDIX D

Practice Drills – Conditioning

UNLV's	Pressure FT's
	
Popcorn Passing – Around Court	**Popcorn Passing – Off Glass**
	

Organizing Your Practice with Teaching, Learning and Competing Phases

by
Mike McNeill, Coaching Development, Basketball BC

A common mistake coaches make during practice is to constantly stop the players and then lecture them about what they did and/or should have done. Though coaches do this with good intent, it is in many cases poor strategy. Basketball is a game that not only involves physical movement combined with technical skills, but it also involves tremendous decision-making ability. To learn and consistently perform quality decision making players must be mentally engaged. However if during practice, players are regularly stopped and lectured to they will tend to lose their focus. Each practice must have a high level of activity in which teaching is done "on the fly" or is interspersed with the occasional stoppage. It is unfair of coaches to constantly stop players, have them cool-down while listening to a lecture, and then expect the athletes to then perform at a high level.

Most coaches understand the importance of practice, they love to teach and see their players improve. Players on the other hand enjoy the game and simply want to play. So while learning the game is important to players, most players would rather play and do not want to be constantly listening to a coach talk! Coaches must not make the mistake of attempting to pass on all their knowledge to their players. Outstanding coaches analyze their player's needs and then teach to these needs, keeping their instructions brief and specific. Therefore these coaches have the ability to keep things simple but teach with constant repetition.

An idea that can work is for the coach to use an organizational plan which uses Teaching, Learning, and Competing phases during each practice. Each of these phases refers to who has control of each activity (players, coach or both) and the focus of each activity during practice.

Teaching Phase

During a Teaching Phase the focus is to teach a particular skill, tactic or strategy to the players. During this phase the drill will be stopped constantly so the players can thoroughly understand what is being taught. Both the players and coaches may stop the drill because there are questions or comments that need to made to ensure the what is being taught is comprehended. During this phase there will be continual feedback to the players on both an individual and team basis.

Learning Phase

During the Learning Phase the coach controls the drill and will stop it when he/she feels the players are not applying the skills, tactics or strategies that have been taught. The players do not stop drills to ask questions or clarify points however they are encouraged to ask when they are on the sideline. The coach should be "coaching on the fly" to ensure feedback is still constant but with a limited amount of stoppages. When the coach does stop the play it should be to clarify points that are necessary for all players to hear, not for points that only apply to an individual.

Competing Phase

During the Competing Phase the coach again controls the competition, however stoppages are extremely rare. This is the opportunity for the players to play in a more game-like environment. Most coaches understand that players will make mistakes, however many coaches do not prepare their players to play through mistakes. These coaches, with good intentions, stop the play to point out most of the mistakes and hope the players learn from them. But in these situations players are not given the opportunity to move on from the mistake, as they must do during a game. By incorporating competing phases in practice, which have few stoppages, the players will better develop the ability to re-focus after a

mistake. Coaches should only stop play at intervals similar to what might occur in a game; a time-out when a team makes a run or after four to five minutes of continual play. The competing phase then will help develop the fitness level of the players. Practices in which the players are constantly stopped, fail to place the athletes into periods of physical stress and therefore their fitness is not improved. Stoppages during the Competing Phase should be infrequent. If, however, the athletes are not performing with the intensity necessary to compete successfully then the coach should stop the activity and attempt to re-focus and motivate the players to perform to the best of their ability.

How to Put the T-L-C into Practice

The coach simply writes a T (Teaching), L (Learning), or C (Competing) beside each drill or activity on the written practice plan to indicate the type of phase each falls into. The coach must be disciplined to follow his/her plan if he/she is to get the rewards of this organizational plan.



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Notes and Diagrams were compiled by
Coach Peterman

Best Set Plays from Euroleague, Eurocup, and Beyond

July 15, 2009

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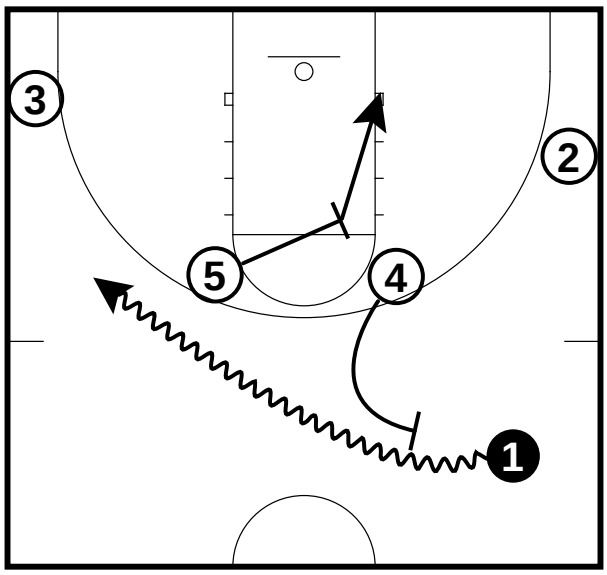
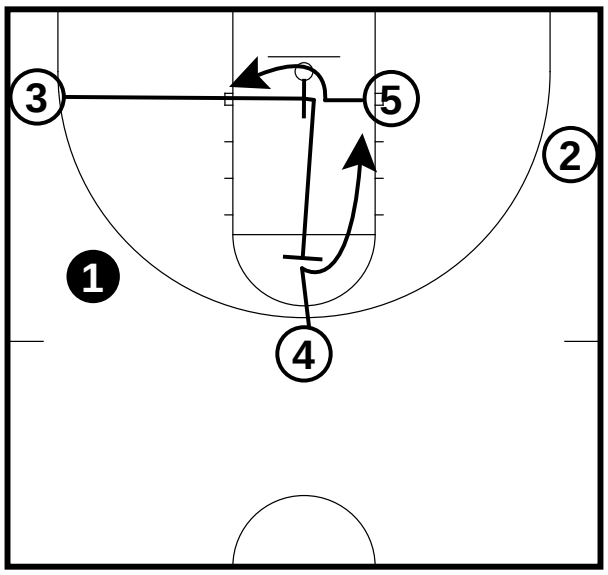


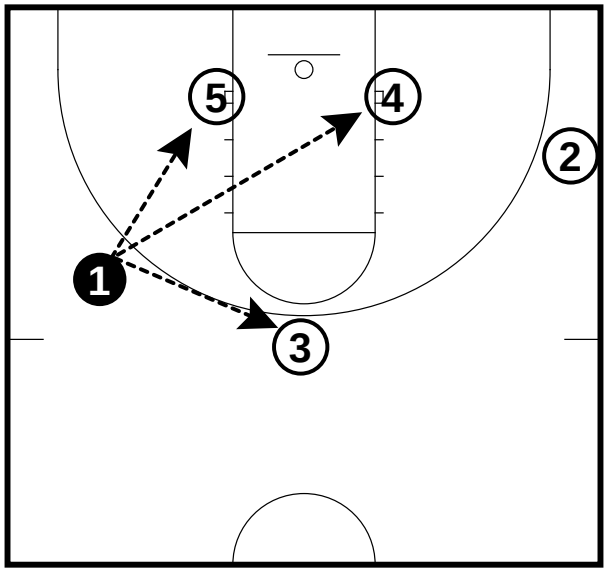
5 sets a downscreen for 4 and then slips to the right side low block. 4 ballscreens for 1. 1 comes off the ballscreen to the left side wing.

A.E.K. (2 of 3)



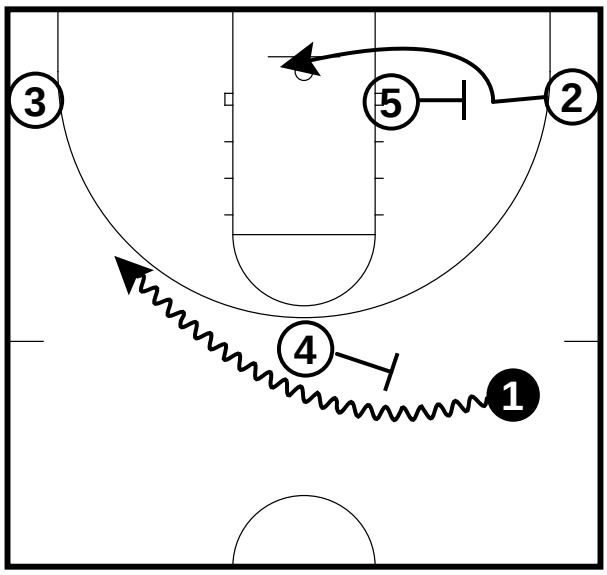
3 sets a cross screen for 5. 5 comes off the cross screen on the low side. 3 then sets a backscreen for 4. 4 comes off the backscreen to the right side low block.

A.E.K. (3 of 3)



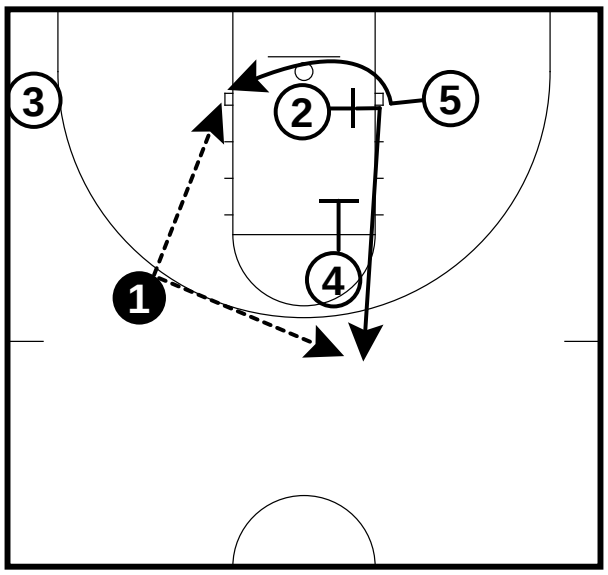
1 has three options for the pass. 1 can hit 5 off the cross screen. 1 can pass to 4 for the lob. 1 can also hit 3 for the shot at the top of the key.

A.E.L. (1 of 3)



4 sets a ballscreen for 1 1 comes hard off the ballscreen to the left side wing.
After 1 comes off the ballscreen then 5 sets a cross screen for 2. 2 comes off the cross screen on the low side looking for the ball.

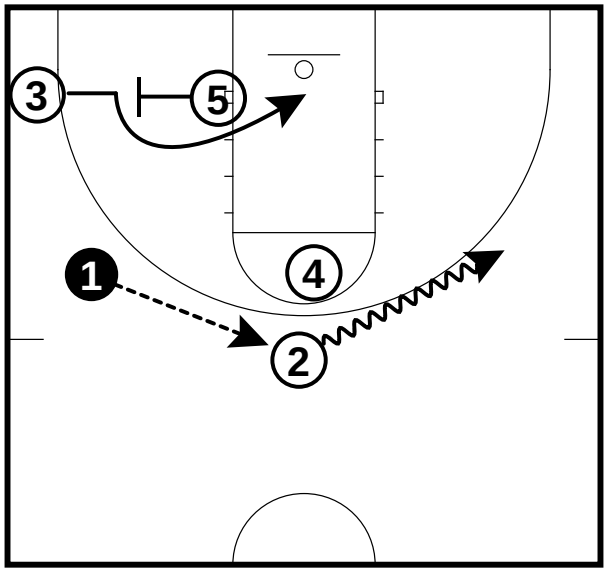
A.E.L. (2 of 3)



2 sets a cross screen for 5. 5 comes off the cross screen on the low side. After 2 sets a cross screen then 4 sets a downscreen for 2. 2 comes off the downscreen to the top of the key.

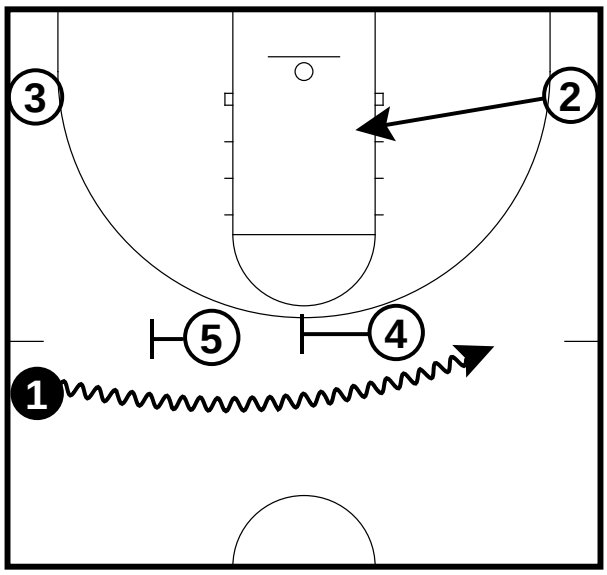
1 has options of hitting 5 off the flex cut or 2 at the top of the key.

A.E.L. (3 of 3)



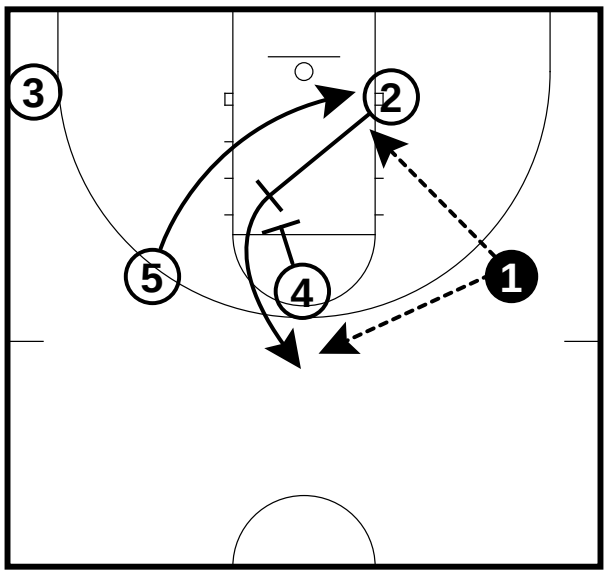
If 1 passes to 2 and 2 doesn't have the shot. 2 can dribble to the right side and start the action all over again.
5 would set a cross screen for 3. 3 could come off the cross screen on the high side now. It would work the same.

Aigaleo (1 of 2)



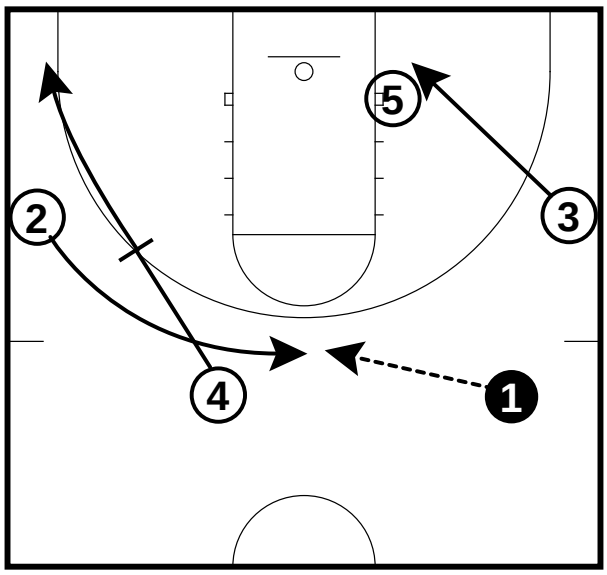
5 and 4 set a ballscreen for 1. 1 comes hard off the ballscreens to the right side wing. 2 cuts to the right side low block.

Aigaleo (2 of 2)



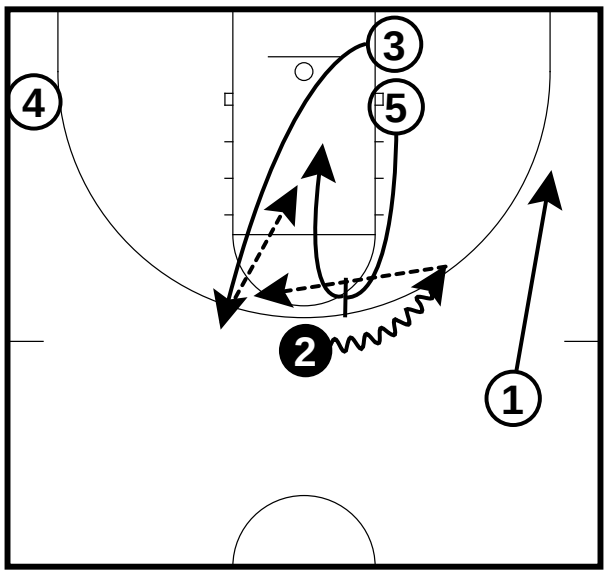
2 sets a backscreen for 5. 5 cuts to the right side low block. 4 sets a downscreen for 2. 2 pops out to the top of the key. 1 can pass to 5 on the low block or to 2 at the top of the key.

Apollonas Patras (1 of 2)



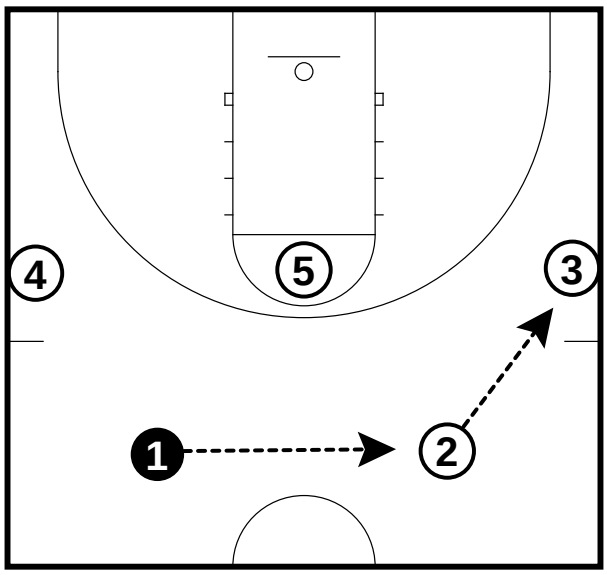
4 sets a downscreen for 2 and then cuts to the left side corner. 2 comes off the downscreen to the top of the key. 1 passes to 2. 3 cuts to the right side low block.

Apollonas Patras (2 of 2)



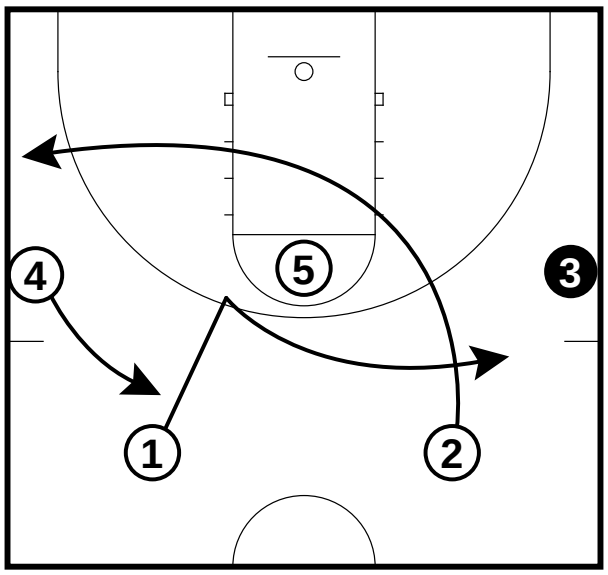
5 sets a ballscreen for 2 and then rolls to the basket. 2 comes hard off the ball screen to the right side wing. 1 slides to the right side mid-corner. 3 cuts up to the left top guard spot. 2 passes back to 3. 3 looks at a high low entry for 5.

Aris (1 of 3)



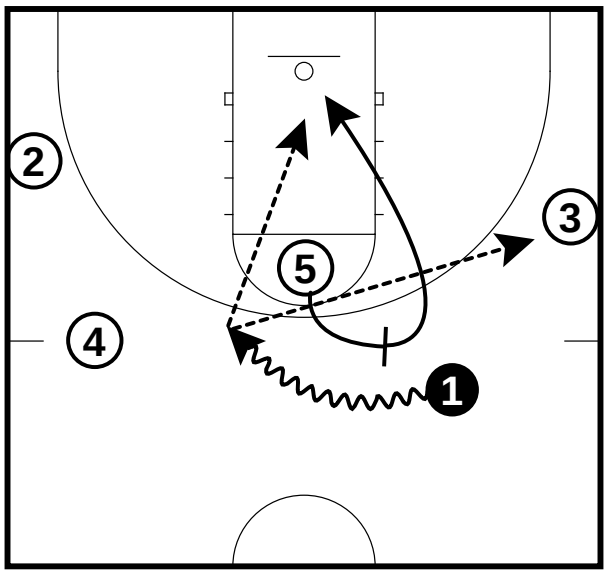
1 passes to 2. 2 passes to 3.

Aris (2 of 3)



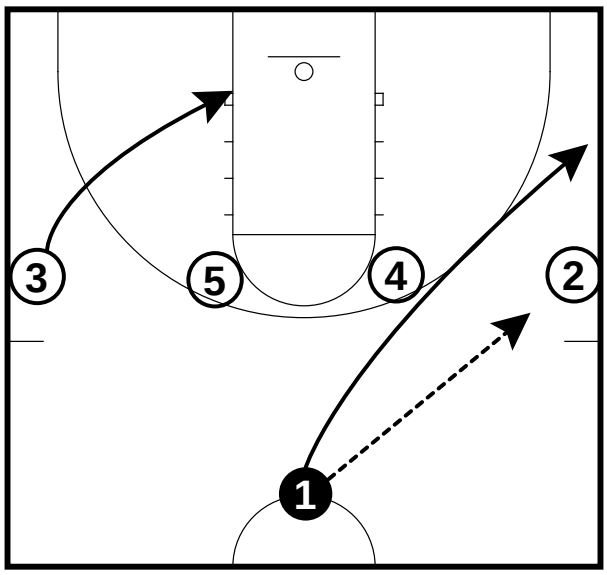
2 backcuts to the basket and then goes to the left side wing. 1 cuts toward 5 and then uses him as a rub screen. 1 comes to the top right side guard spot. 4 slides up the three point line to the left side top guard spot.

Aris (3 of 3)



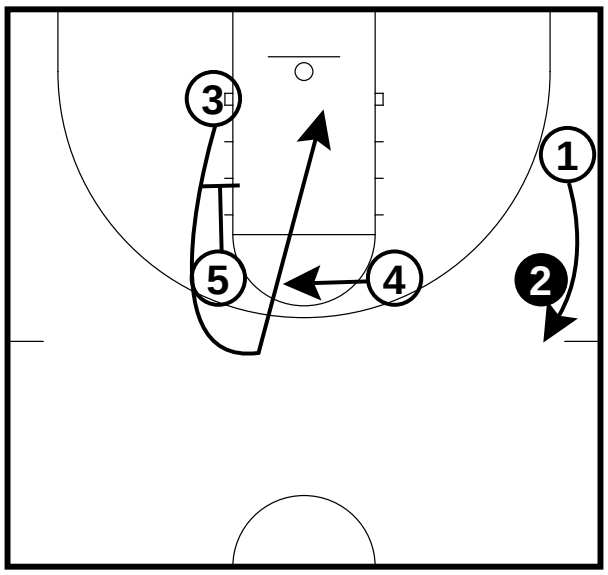
5 sets a ballscreen for 1. 1 comes hard off the ballscreen to the left and looks to pass to 5 on the roll. 1 could also pass to 3 on the right side.

Armani Milan (1 of 5)



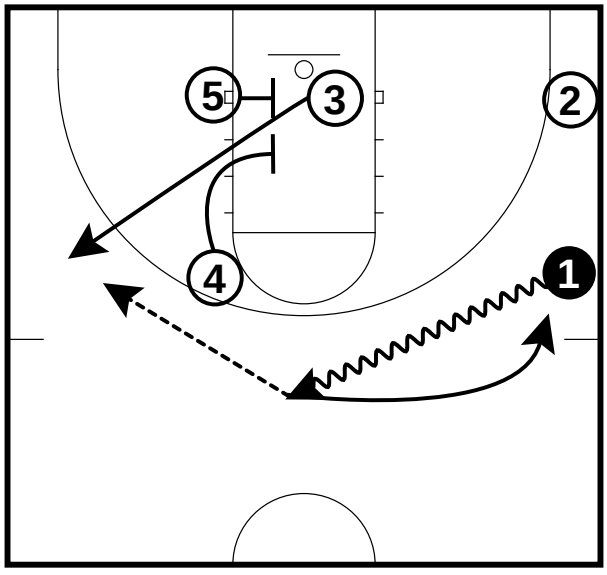
1 passes to 2 and then cuts to the right side mid-corner. 3 cuts to the left side low block.

Armani Milan (2 of 5)



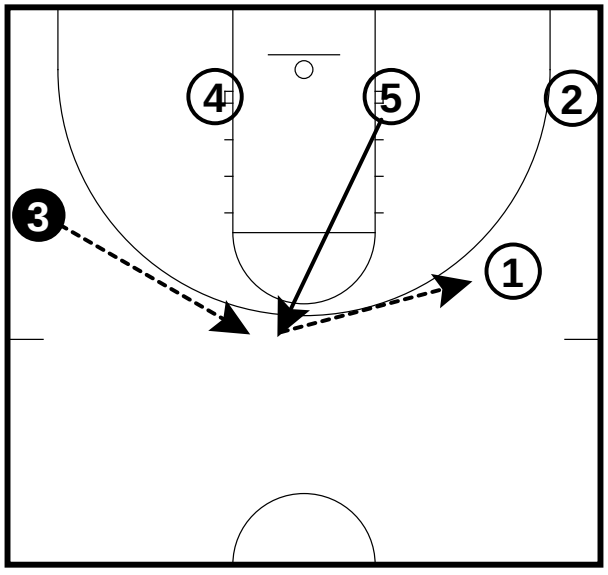
5 sets a downscreen for 3. 3 comes off the downscreen and curls to the basket. 4 slides to the left side high post. 1 comes behind 2 for a hand-off pass.

Armani Milan (3 of 5)



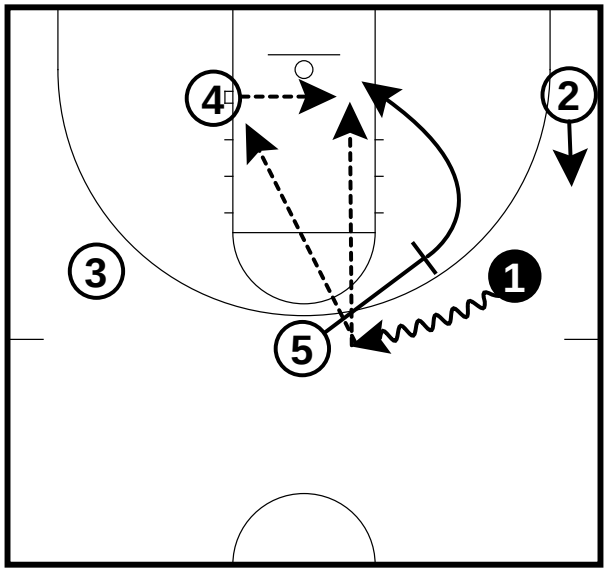
1 dribbles to the top of the key. 5 sets a cross screen for 3. 4 will also set a staggered cross screen for 3. 3 pops out through the staggered cross screens to the left side wing. 1 passes to 3 and then fades to the right side wing.

Armani Milan (4 of 5)



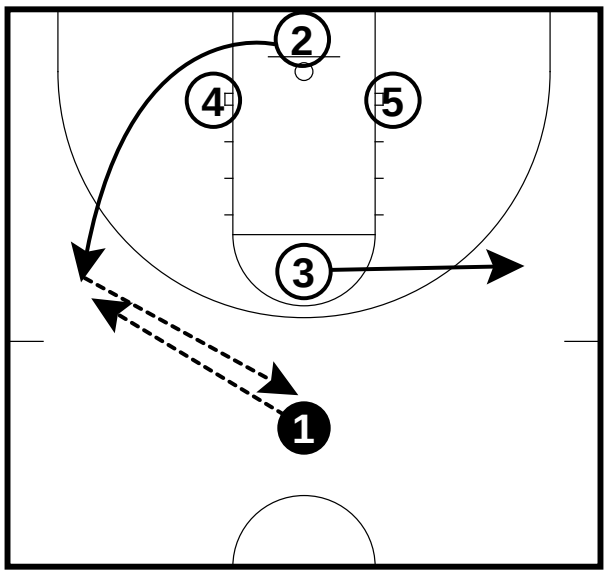
5 sprints up to the top of the key. 3 passes to 5. 5 passes to 1.

Armani Milan (5 of 5)



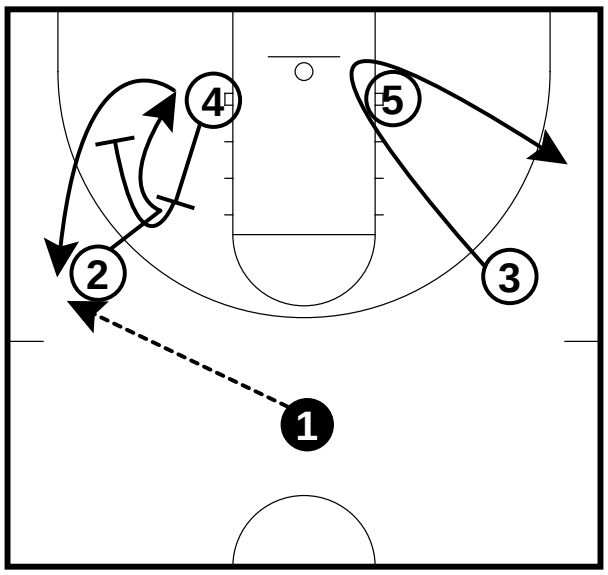
5 sets a ballscreen and rolls to the basket. 1 comes hard off the ballscreen to the top of the key. 1 can pass to 5 on the roll or pass to 4. 4 would then look at 5.

Badalona (1 of 2)



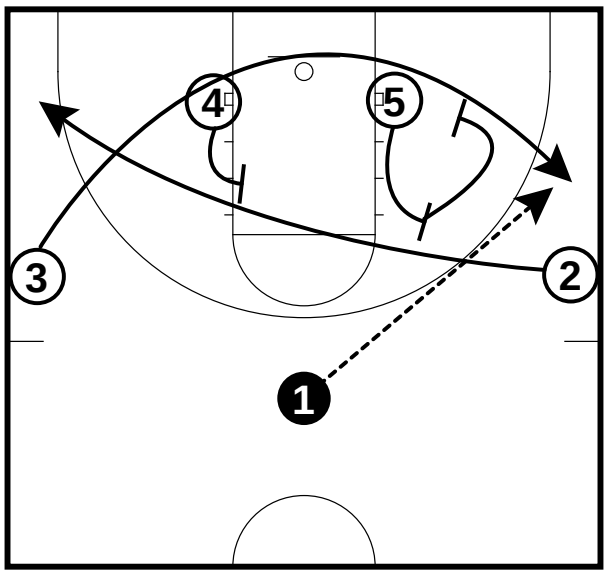
2 pops out to the left side wing. 3 pops out to the right side wing. 1 passes to 2. 2 passes back to 1.

Badalona (2 of 2)



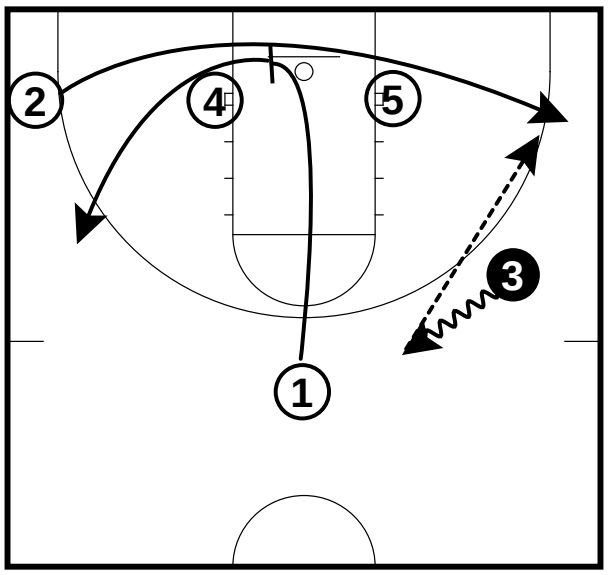
4 sets a backscreen for 2. 2 cuts off the backscreen to the low block. 4 re-screens and 2 pops back out to the left wing. 3 cuts to the basket and then pops out to the right side wing. 1 passes to 2.

Badalona 1 (1 of 2)



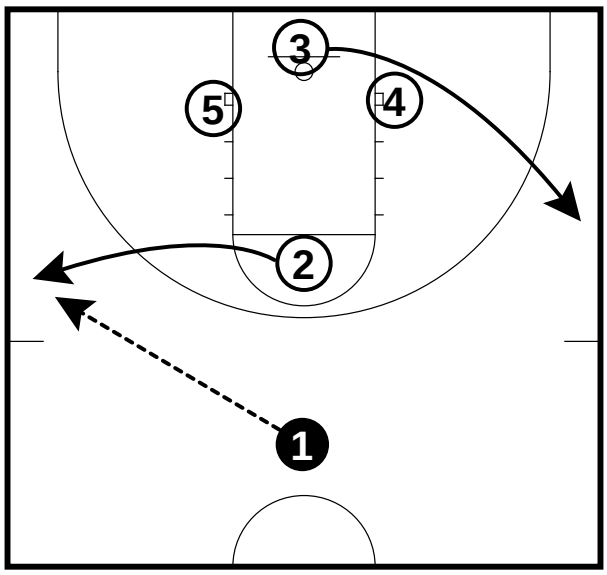
4 and 5 set a cross screen for 2. 2 comes off the cross screens to the left side corner. After 5 sets a screen then he re-screens for 3. 1 passes to 3.

Badalona 1 (2 of 2)



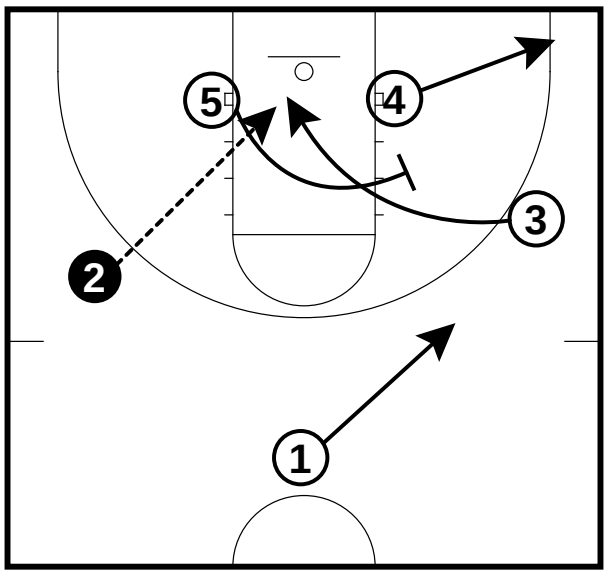
1 cuts to the basket and sets a cross screen for 2. 1 then rubs off 4 to the left side wing. 3 dribbles up to the top of the key. 2 cut to the right side mid-corner. 3 passes to 2.

Badalona 2 (1 of 2)



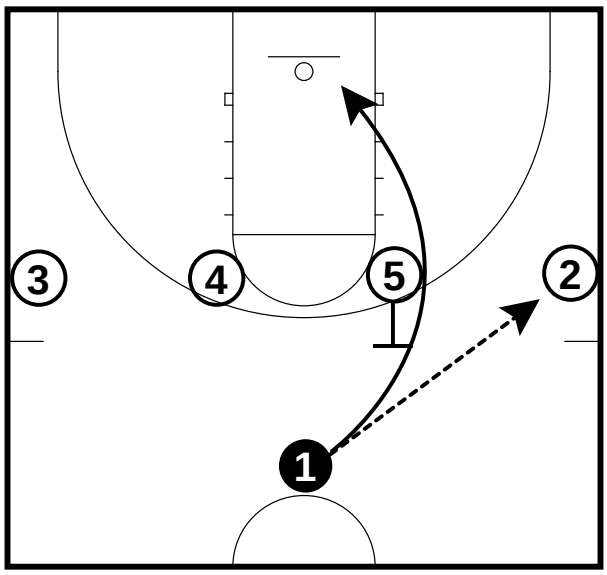
3 pops out to the right wing. 2 pops out to the left wing. 1 passes to 2.

Badalona 2 (2 of 2)



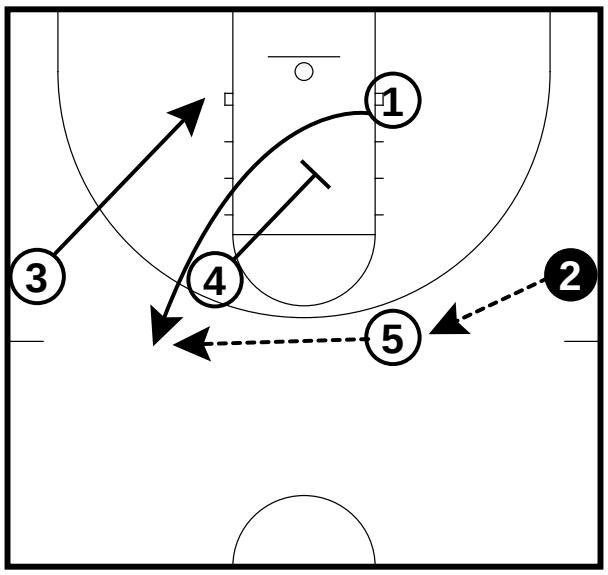
5 sets a backscreen for 3. 3 cuts over the screen to the basket. 4 pops out to the right corner. 1 slides to the right wing. 2 passes to 3 on the cut off the backscreen to the basket.

Barcelona (1 of 4)



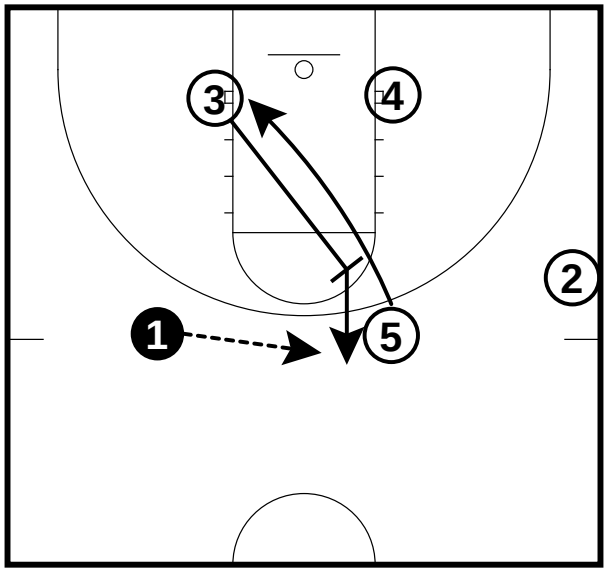
1 passes to 2. 5 sets a backscreen for 1. 1 cuts ballside to the right side low block.

Barcelona (2 of 4)



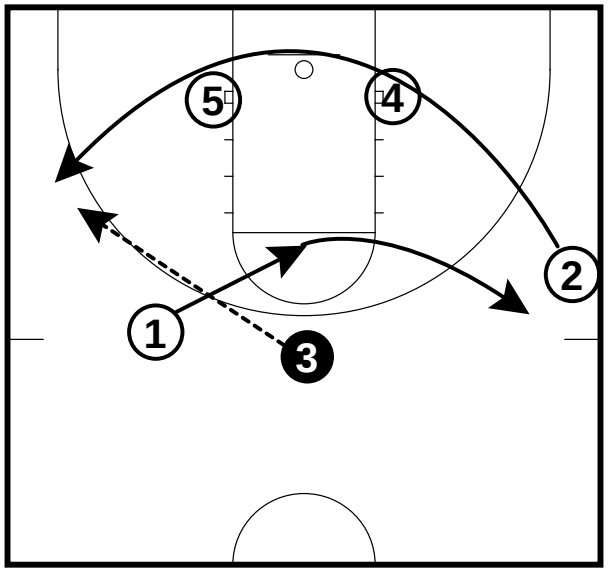
4 sets a downscreen for 1. 1 comes off the downscreen to the top left guard spot. 2 passes to 5. 5 passes to 1. 3 backcuts to the left side low block.

Barcelona (3 of 4)



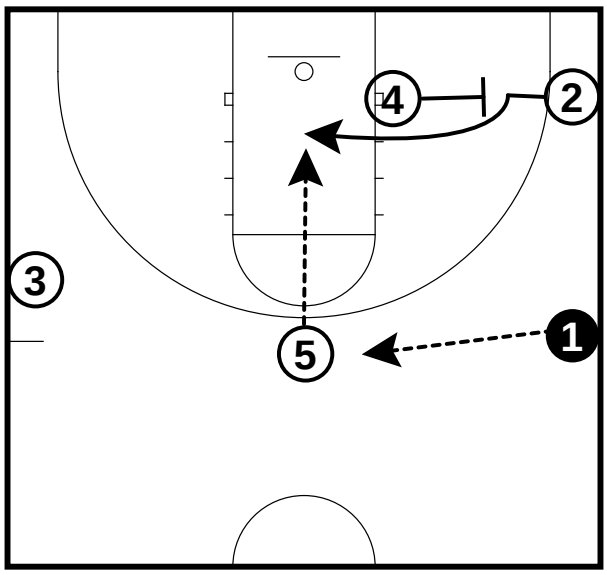
3 sets a backscreen for 5. 5 cuts to the left side low block. 3 pops out. 1 passes to 3.

Barcelona (4 of 4)



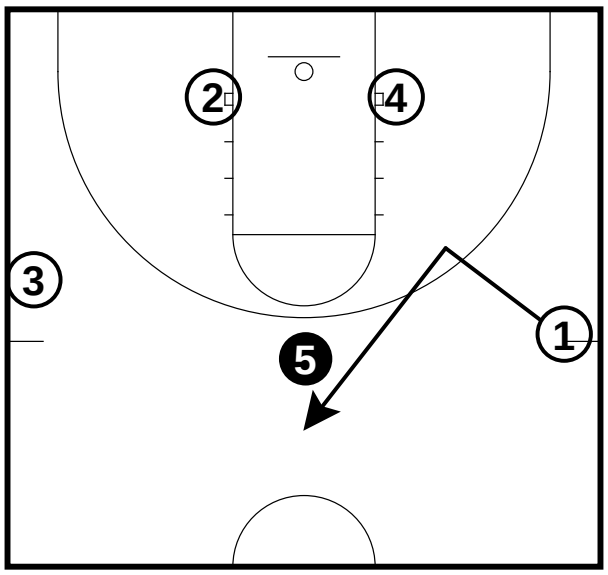
1 cuts to the high post and pops out to the right side wing. 2 cuts to the basket and gets a rub screen from 4 and 5 to the left side wing. 3 passes to 2.

Barcelona 1 (1 of 4)



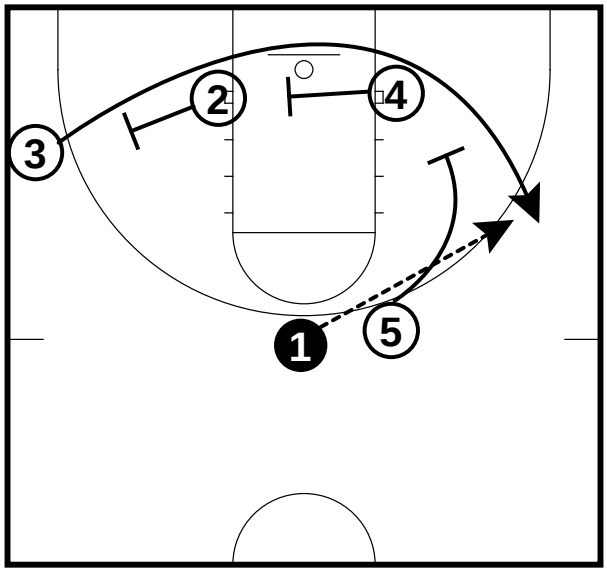
4 sets a cross screen for 2. 1 passes to 5. 2 comes off the cross screen on the top side to the basket. 5 can make the pass to 2 if he is open.

Barcelona 1 (2 of 4)



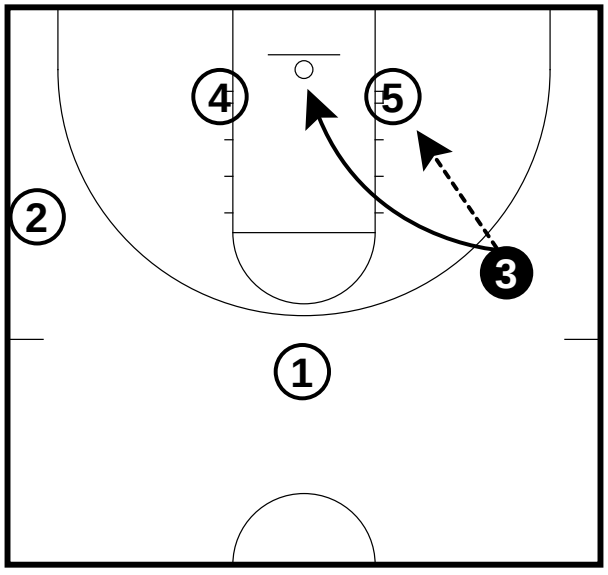
If 5 doesn't pass to 2, then 1 cuts to the high post area and pops out. 1 comes to 5 for the hand-off pass.

Barcelona 1 (3 of 4)



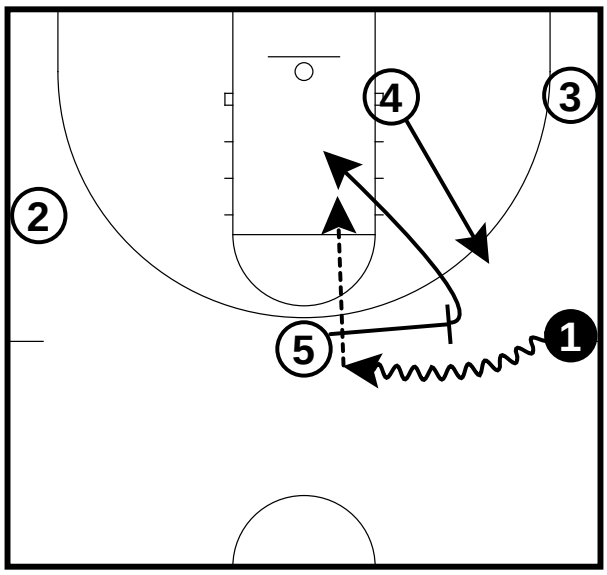
2 and 4 set cross screens for 3. 3 comes underneath the screens. 5 sets a downscreen for 3. 1 passes to 3.

Barcelona 1 (4 of 4)



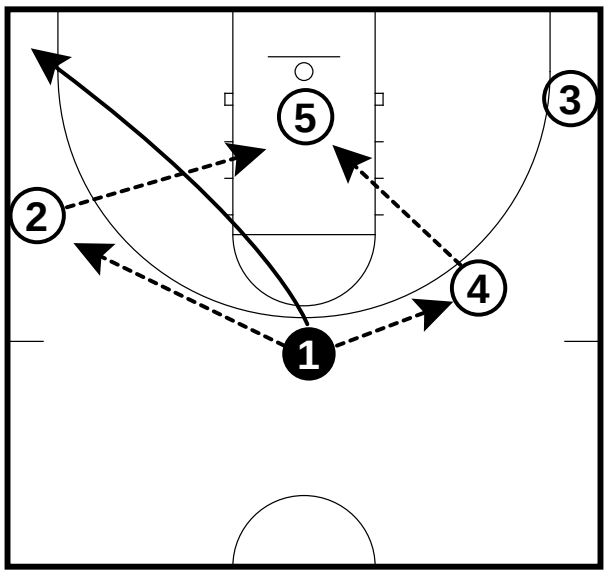
If 3 doesn't take the shot, then 3 can dump to 5. If 3's man looks at 5 then 3 will cut to the basket.

Barcelona 2 (1 of 3)



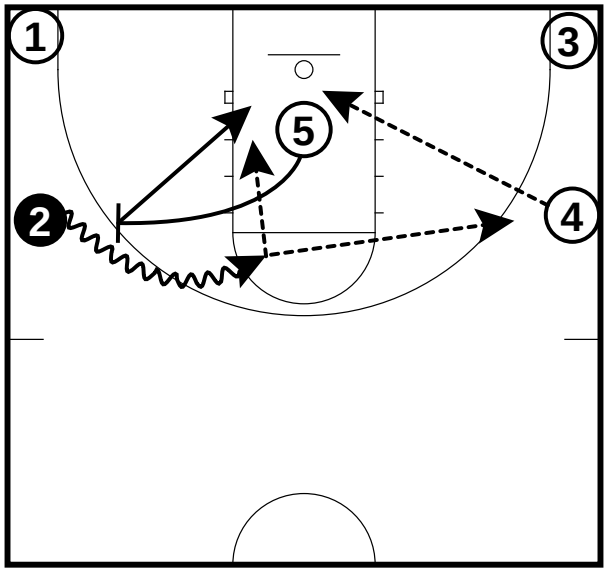
5 sets a ballscreen for 1 and then rolls to the basket. 1 comes hard off the ballscreen to the top of the key. 1 can pass to 5 on the roll. 4 pops out to the right wing.

Barcelona 2 (2 of 3)



1 can pass to 2 or 4 for the high-low entry to 5 on the post isolation. When 1 passes the ball, then 1 cuts to the left side corner.

Barcelona 2 (3 of 3)

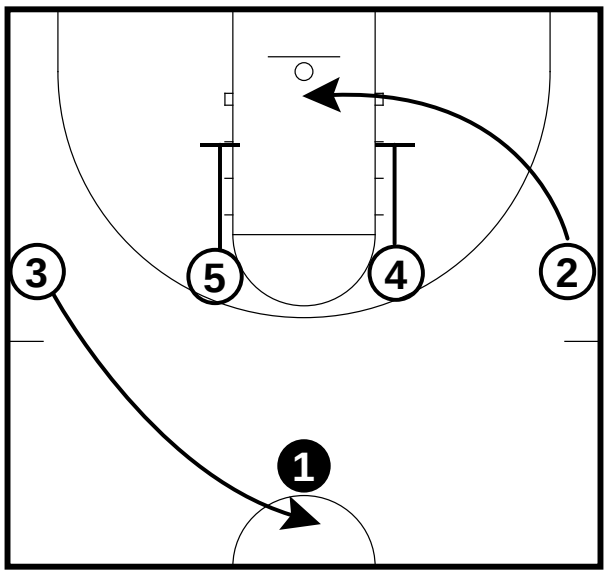


If 2 doesn't pass to 5 then 5 will ballscreen for 2. After 5 sets a ballscreen for 2 then he will roll to the basket.

2 can look for a jumpshot or pass to 5 on the roll.

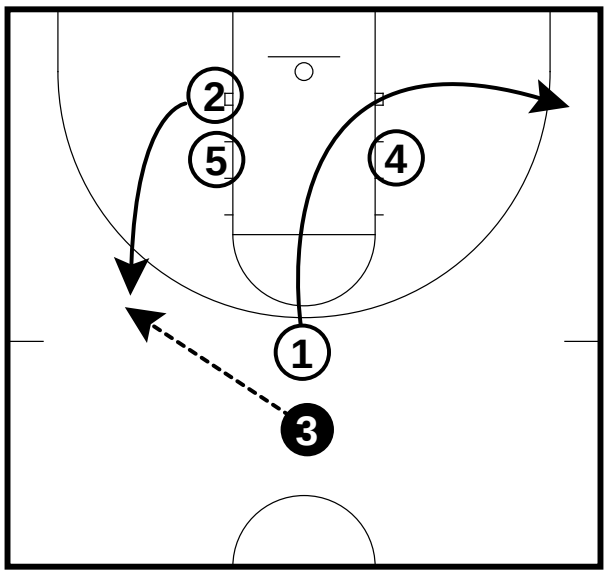
2 can also pass to 4 and 4 will hit 5 on the high-low entry.

Barcelona 3 (1 of 3)



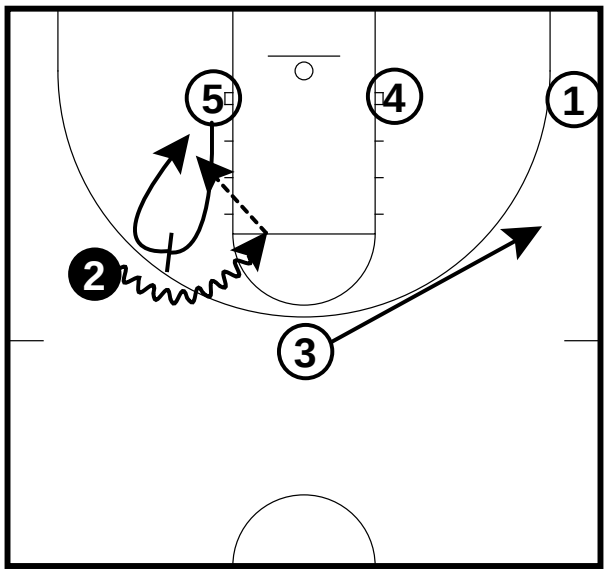
5 and 4 set downscreens. 2 cuts to the basket. 3 sprints to 1 for the hand-off pass.

Barcelona 3 (2 of 3)



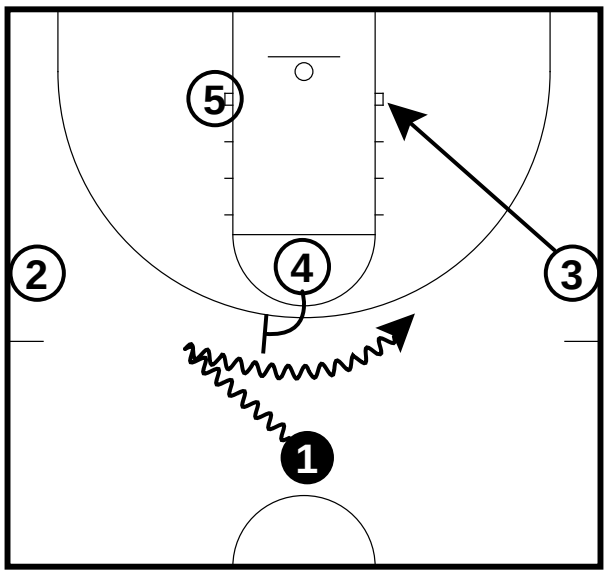
2 pops out to the left side wing. 1 cuts to the basket and out to the right side corner. 3 passes to 2.

Barcelona 3 (3 of 3)



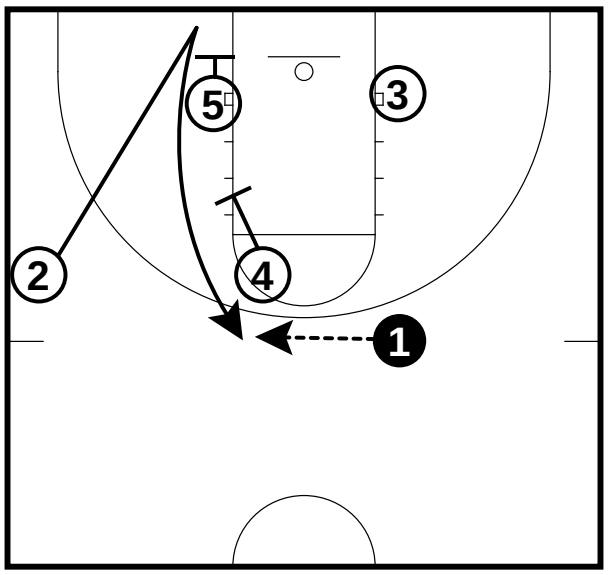
5 sets a ballscreen for 2 and rolls to the basket. 2 comes hard off the ballscreen and looks to pass to 5 or drive to the basket. 3 slides to the right side wing.

Bennetton (1 of 3)



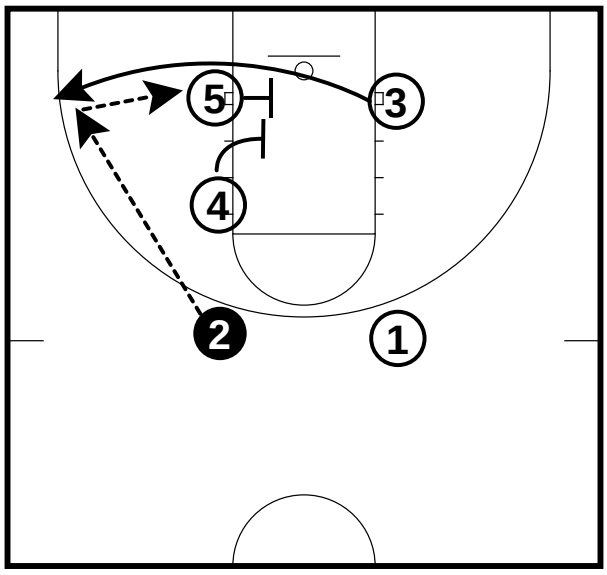
4 sets a ballscreen for 1. 1 dribbles to the left side and then reverses to the right side. 3 backcuts to the right side low block.

Bennetton (2 of 3)



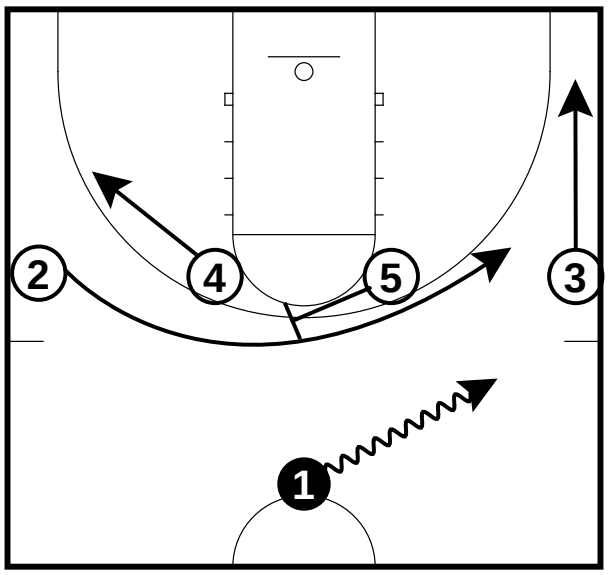
5 and 4 set a downscreen for 2. 1 passes to 2.

Bennetton (3 of 3)



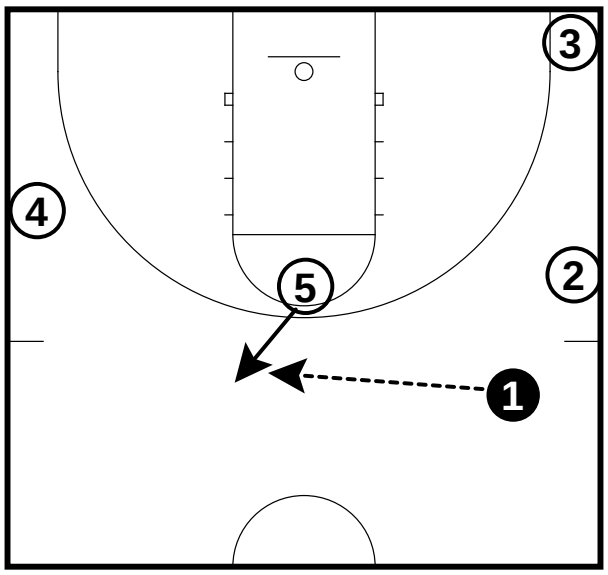
5 and 4 set a cross screen for 3. 3 pops out to the left side corner. 2 passes to 3. 3 can look at 5 on the re-post.

Bennetton 1 (1 of 4)



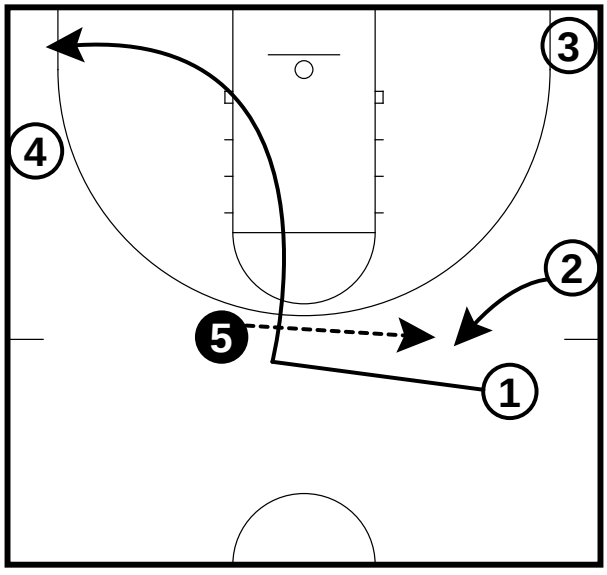
1 dribbles to the right side wing. 5 sets a cross screen for 2. 2 come over the top of the screen to the right side wing. 4 pops out to the left side wing. 3 slides to the right side corner.

Bennetton 1 (2 of 4)



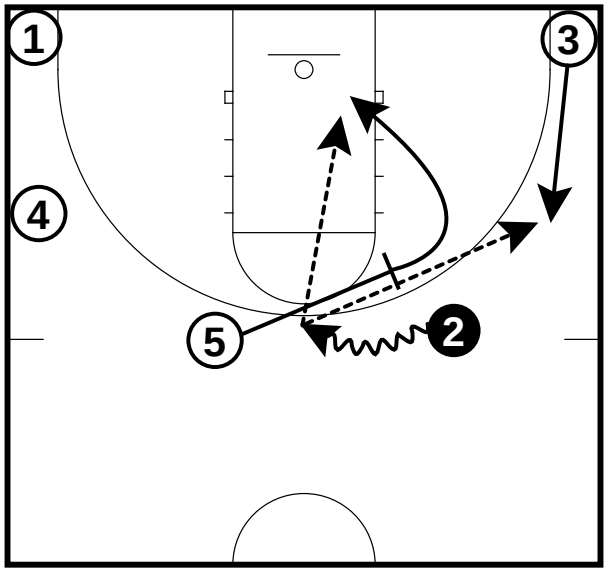
5 pops out to the left side guard spot. 1 passes to 5.

Bennetton 1 (3 of 4)



1 sprints to 5 for a fake hand-off and cuts to the left side corner. 2 slides up the three point line. 5 passes to 2.

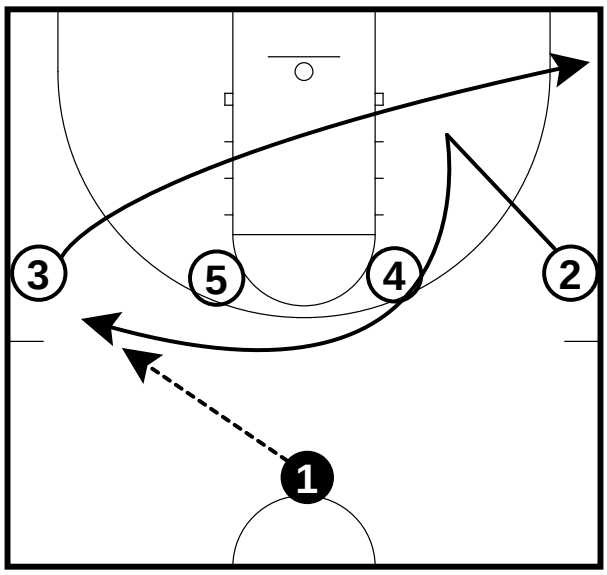
Bennetton 1 (4 of 4)



5 sets a ballscreen for 2 and then rolls to the basket. 2 comes hard off the screen to the middle. 3 slides up the three point line.

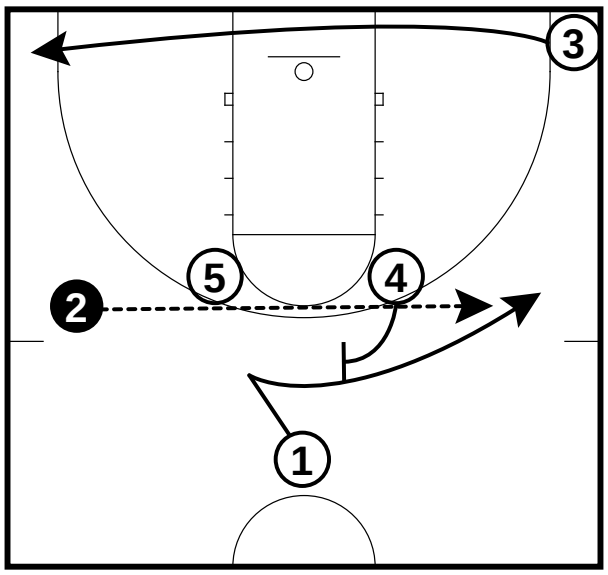
2 can hit 5 on the roll or 3 sliding up the three point line.

Bennetton 2 (1 of 3)



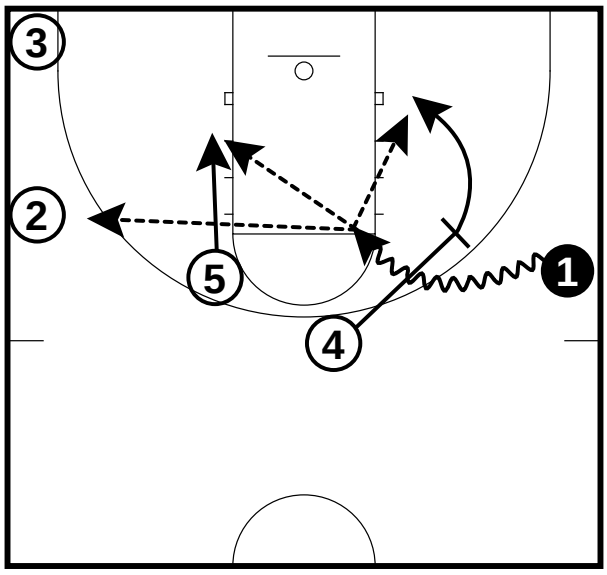
3 cuts to the right side corner. 2 cuts to the right side low block and cuts over 4 and 5 to the left side.

Bennetton 2 (2 of 3)



4 sets a flare screen for 1. 1 flares out over the top of the screen from 4. 3 cuts to the left side corner. 2 passes to 1.

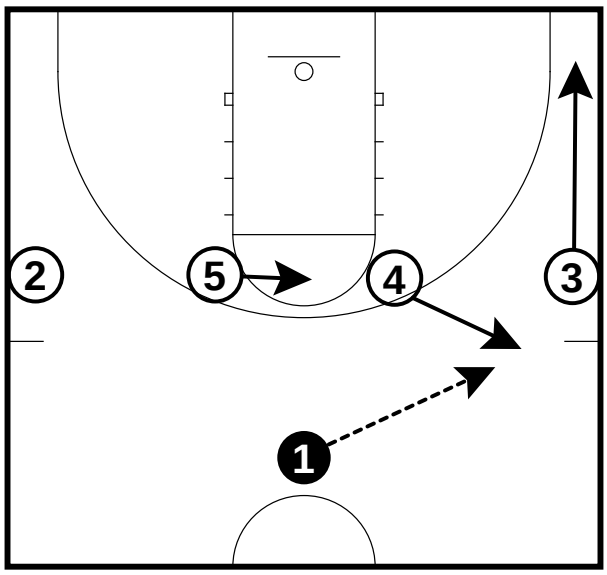
Bennetton 2 (3 of 3)



4 sets a ballscreen for 1. 1 comes hard off the ballscreen to the right side elbow.

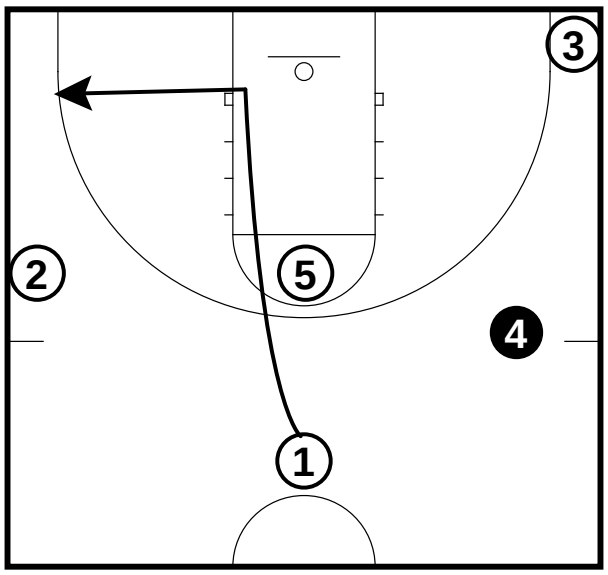
1 can pass to 4 on the roll to the basket.
1 can pass to 5 on the slip.
1 can pass to 2 for the jumpshot.

Buducnost (1 of 4)



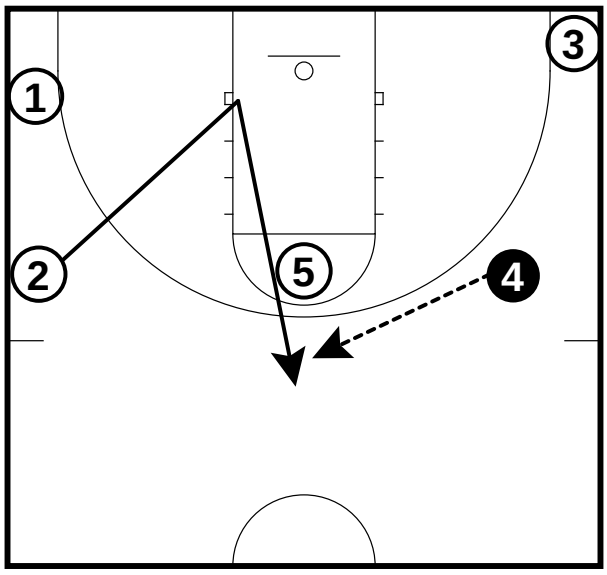
4 pops out to the right side wing. 3 slides down to the corner. 5 slides to the middle of the floor. 1 passes to 4.

Buducnost (2 of 4)



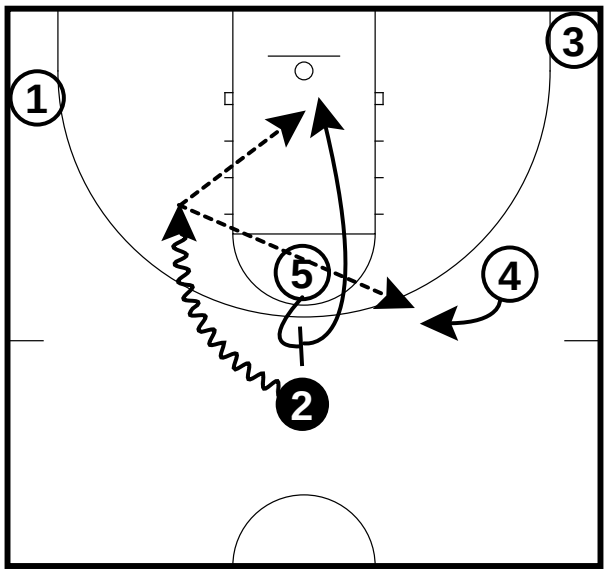
1 cuts to the basket and pops out to the left side corner.

Buducnost (3 of 4)



2 cuts to the basket and then comes up to the top of the key using 5 as a rub screen. 4 passes to 2.

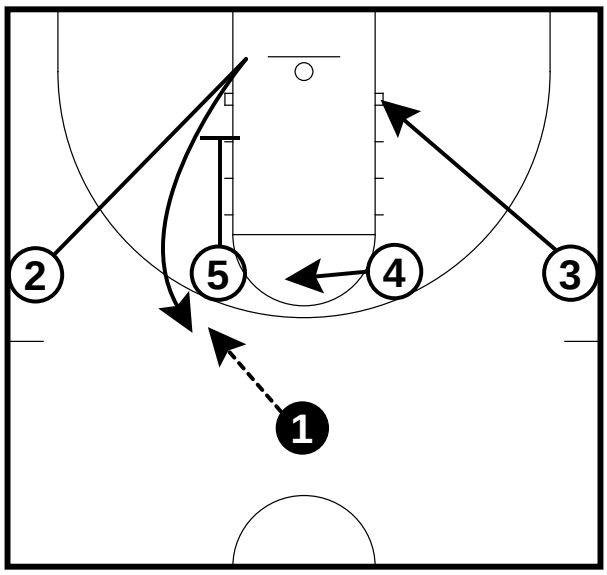
Buducnost (4 of 4)



5 sets a ballscreen for 2 and rolls to the basket. 2 comes off the ballscreen to the basket. 4 slides up the three point line.
2 can pass to 5 on the roll to the basket.

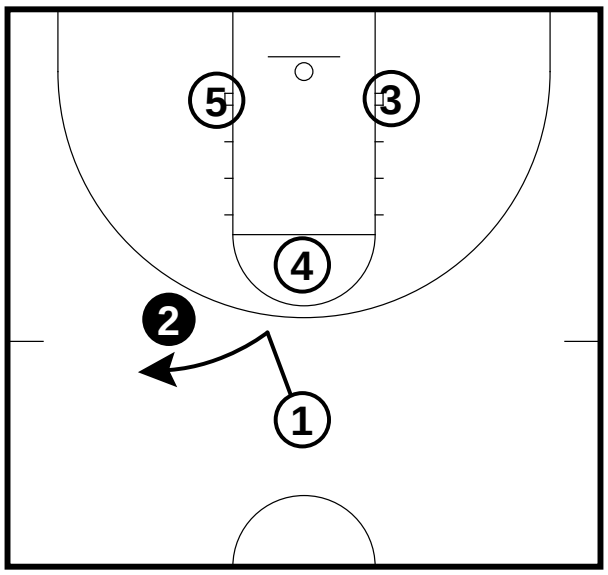
2 can pass back to 4 for the jumper.

Cantu (1 of 3)



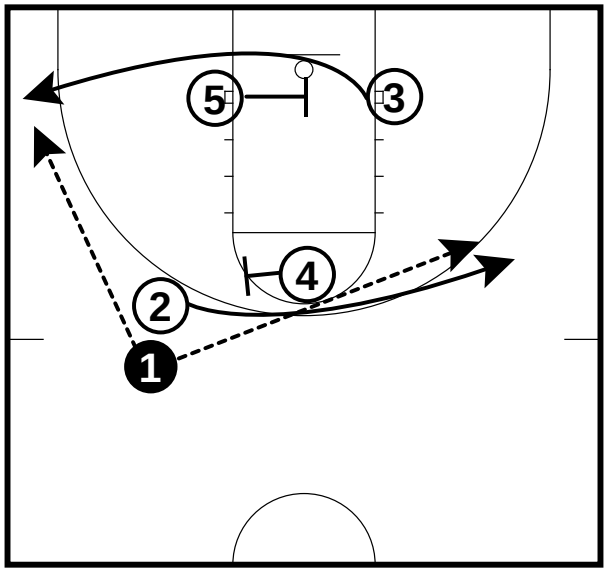
5 sets a downscreen for 2. 2 cuts to the basket and then pops out to the left side guard spot. 4 slides to the middle. 3 cuts to the right side low block. 1 passes to 2.

Cantu (2 of 3)



1 cuts to the top of the key and then goes to 2 for a hand-off pass.

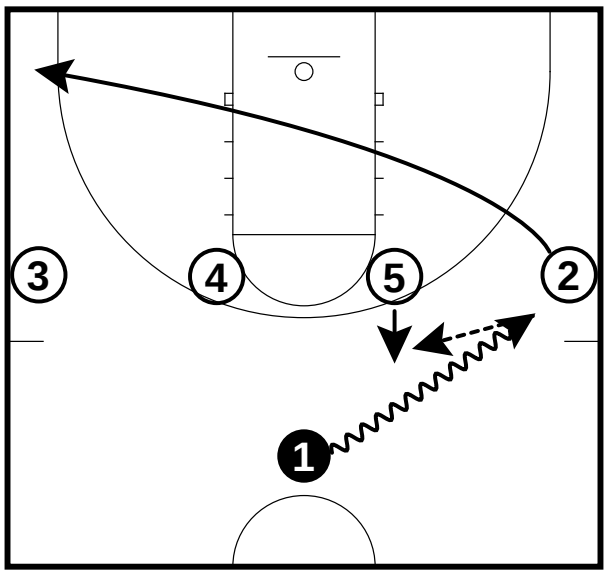
Cantu (3 of 3)



5 sets a cross screen for 3. 3 pops out to left side corner. 4 sets a cross screen for 2. 2 flares out over the top of the screen to the right side.

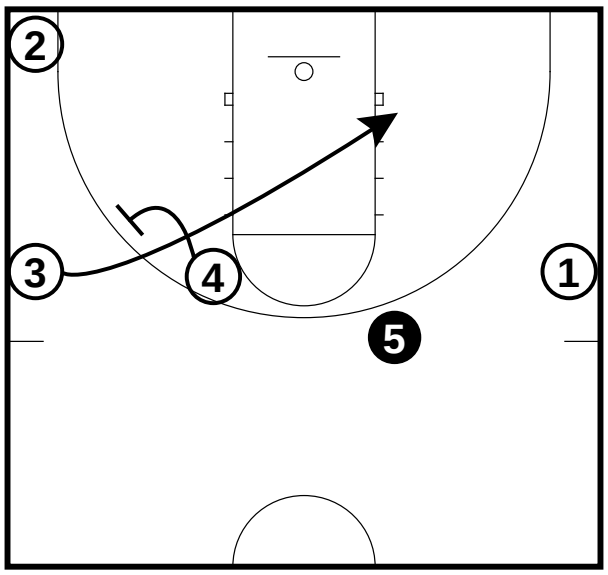
1 can pass to 3 in the corner or 2 on the wing.

Cantu 2 (1 of 5)



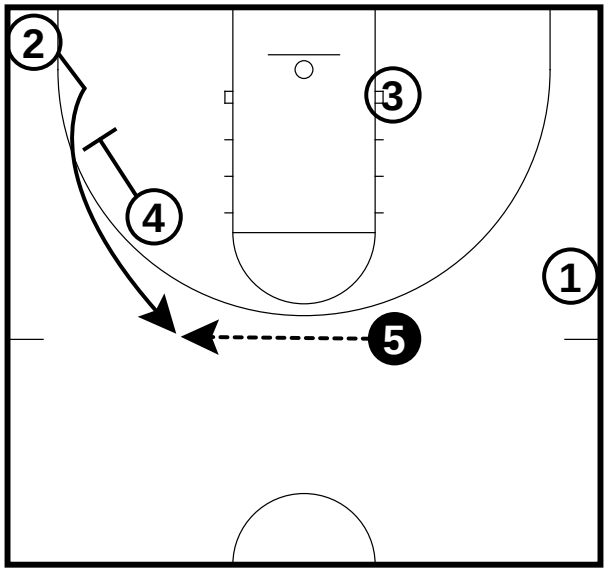
1 dribbles to the right wing. 2 cuts to the basket and over to the left side corner. 5 pops up past the three point line. 1 passes to 5.

Cantu 2 (2 of 5)



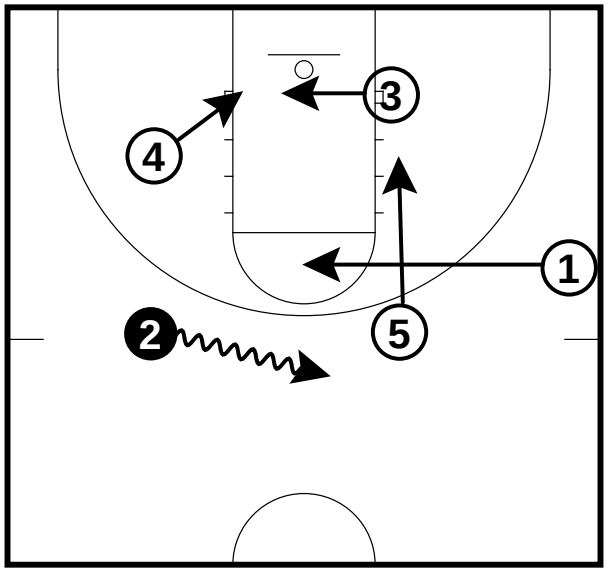
4 sets a backscreen for 3. 3 cuts to the right side low block.

Cantu 2 (3 of 5)



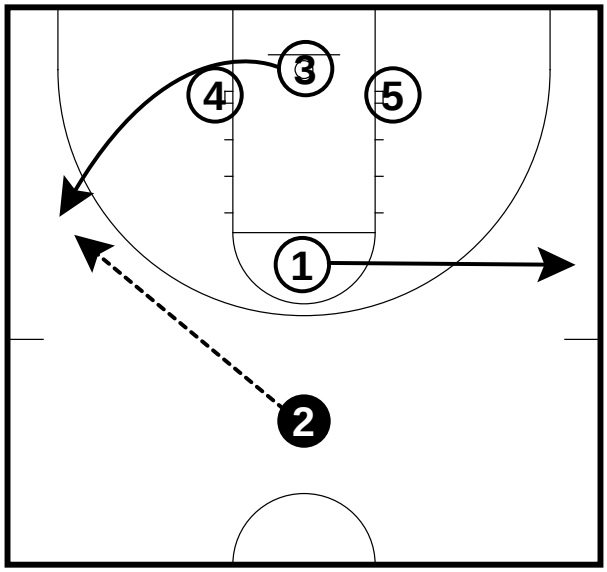
4 sets a downscreen for 2. 2 pops out to the top guard spot. 5 passes to 2.

Cantu 2 (4 of 5)



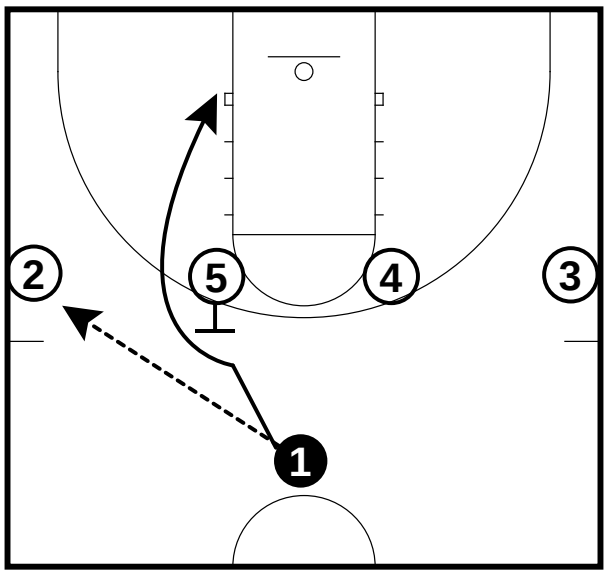
4 slides to the left side low block. 3 slide to under the hoop. 5 slides down to the right side low block. 1 cuts to the middle of the free throw lane. 2 dribbles to the top of the key.

Cantu 2 (5 of 5)



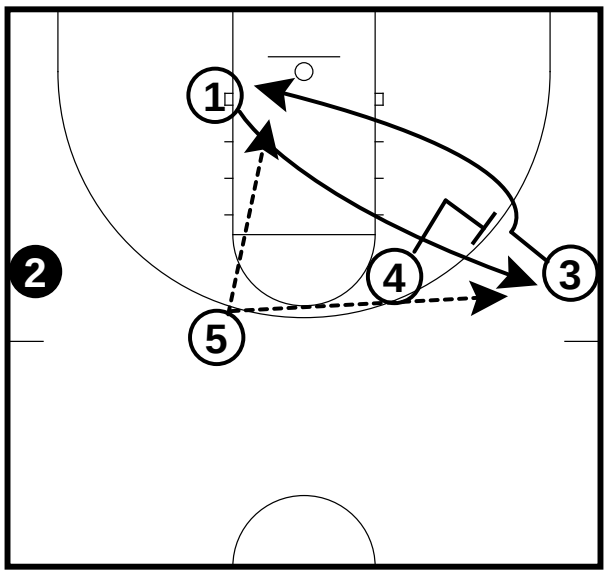
3 can use 4 or 5 as a rub screen. 3 pops out the left side wing. 1 goes opposite. 2 passes to 3 for a shot.

Cantu 3 (1 of 3)



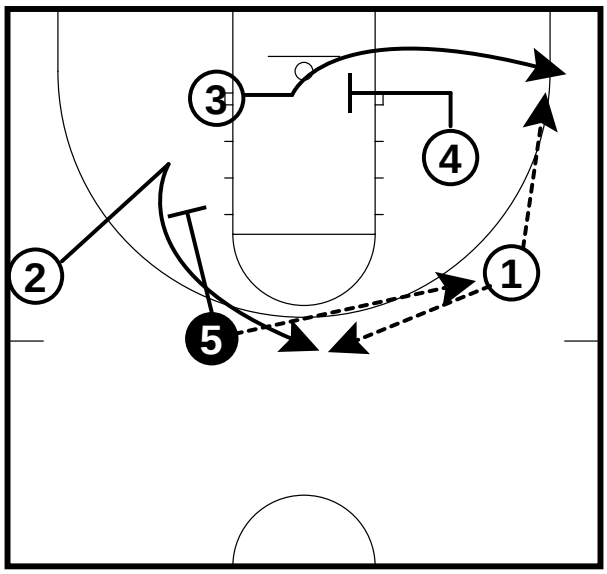
5 sets a backscreen for 1. 1 cuts ballside to the left side low block.

Cantu 3 (2 of 3)



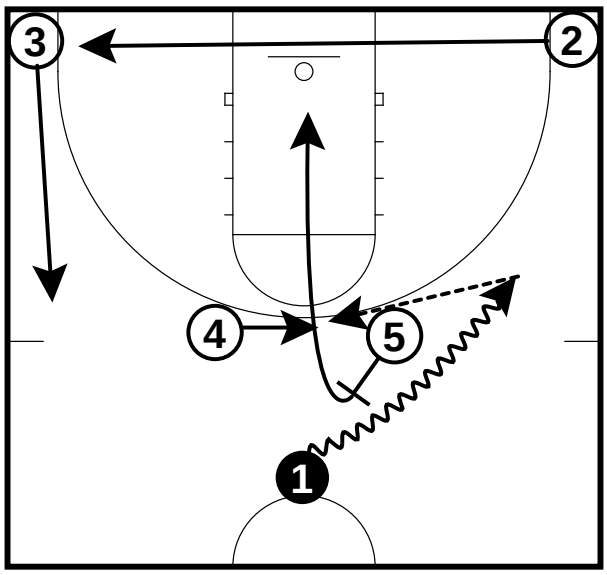
2 passes to 5. 4 sets a backscreen for 3. 3 cuts to the left side low block. 1 cuts to the right side wing.
5 can pass to 3 cutting to the basket
5 can also pass to 1 on the right wing.

Cantu 3 (3 of 3)



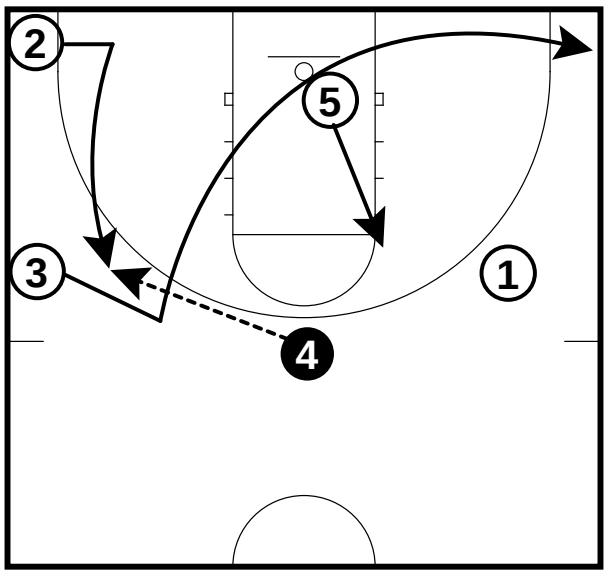
If 5 passes to 1. 4 sets a cross screen for 3. 3 pops out to the right side corner. 5 sets a downscreen for 2. 2 pops out to the top of the key.
1 can pass to 3 in the corner
1 can also pass to 2 at the top of the key.

Cibona (1 of 3)



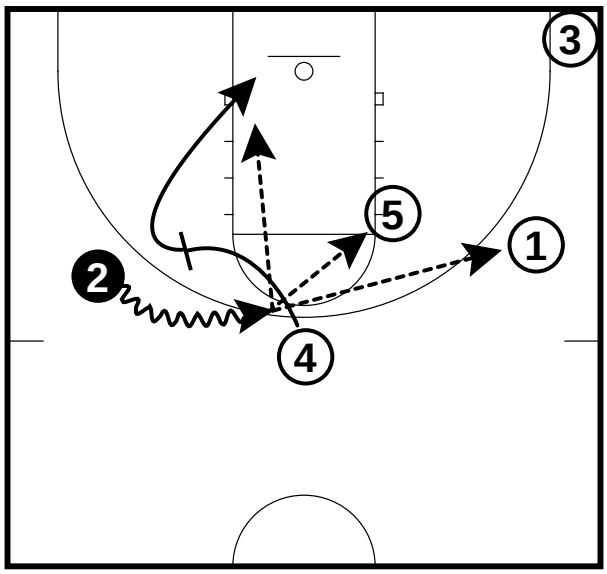
5 sets a ballscreen on 1 and then rolls to the basket. 1 comes off the ballscreen to the right side wing. 4 slides to the top of the key. 1 passes to 4. 2 cuts to the left side corner. 3 cuts to the left side wing.

Cibona (2 of 3)



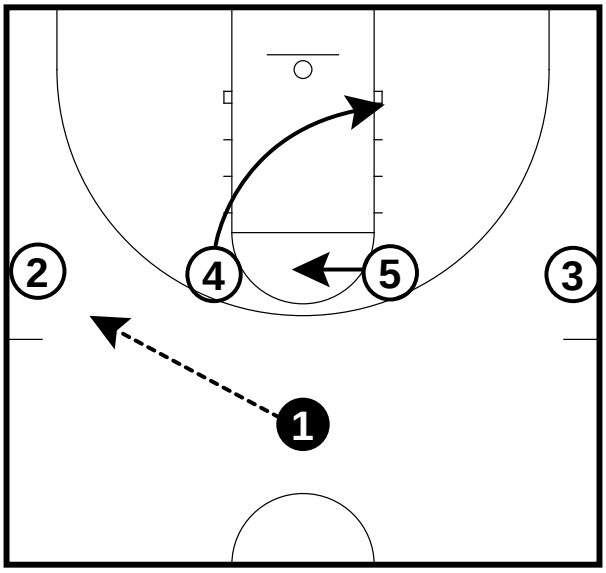
5 cuts to the right side elbow. 3 cuts straight to 4 and then backcuts to the rightside corner. 2 cuts to the basket and then pops up to the left side wing. 4 passes to 2.

Cibona (3 of 3)



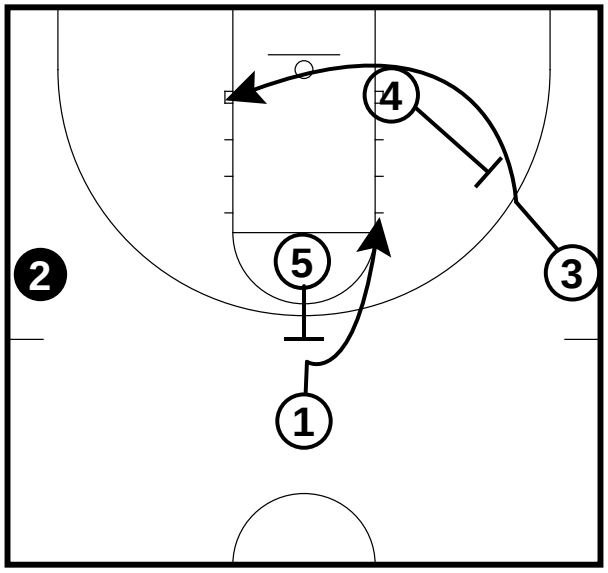
4 sets a ballscreen for 2 and then rolls to the basket. 2 comes over the ball screen to the top of the key.
2 can pass to 4 on the roll to the basket.
2 can pass to 5 on the high post.
2 can pass to 1 for the shot.

C.S.K.A (1 of 6)



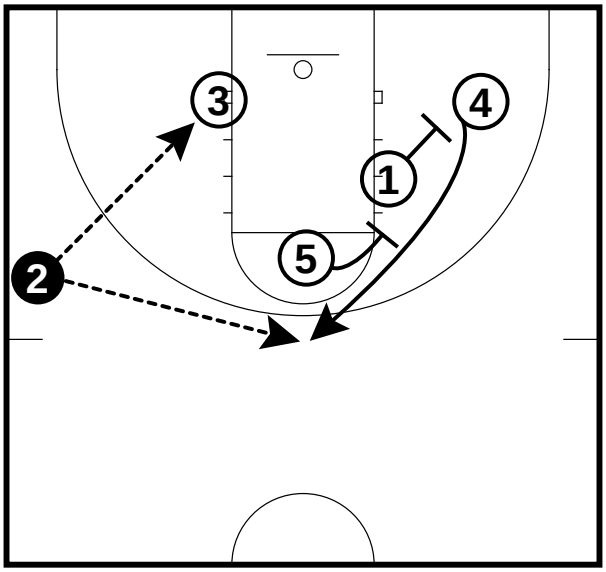
1 passes to 2. 4 cuts to the right side low block. 5 slides to the middle of the free throw lane.

C.S.K.A (2 of 6)



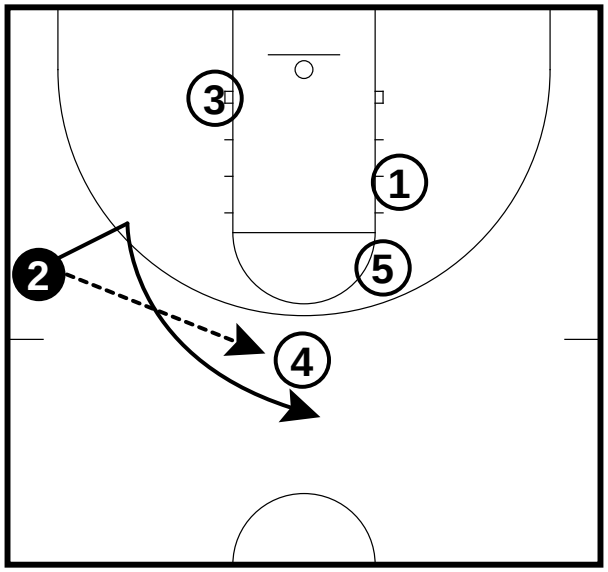
4 sets a backscreen for 3. 3 backcuts on the low side of the screen to the right side low block. 5 backscreens for 1. 1 cuts to the right side elbow.

C.S.K.A (3 of 6)



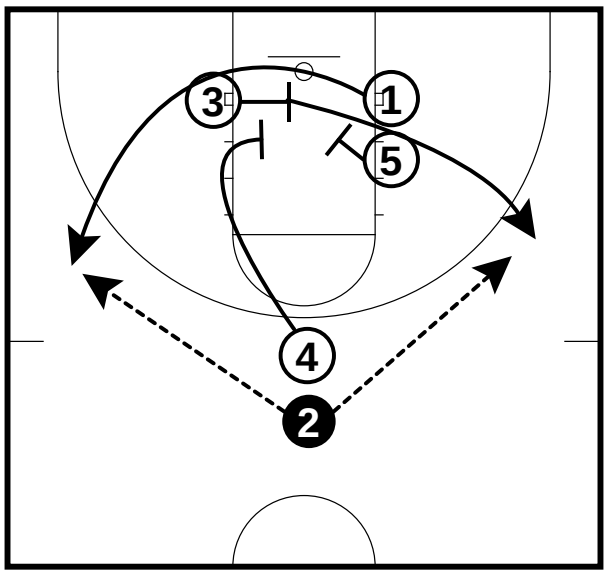
1 and 5 set downscreens for 4. 4 comes to the top of the key. 2 can pass to 3 on the low block or 4 at the top of the key.

C.S.K.A (4 of 6)



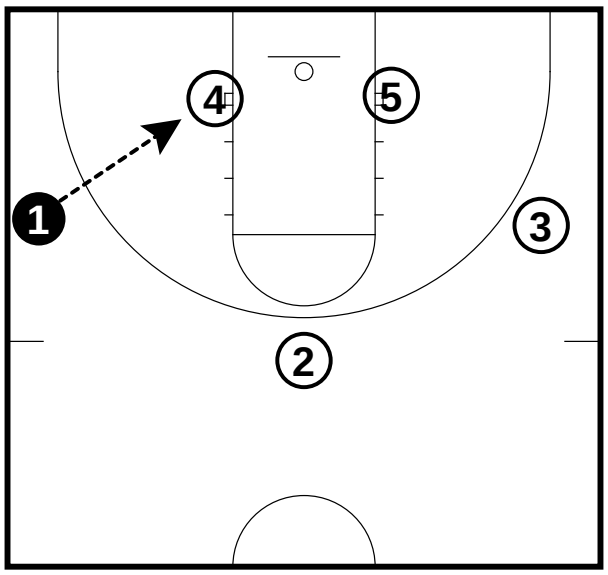
If 2 passes to 4 then 2 goes straight to 4 for a hand-off pass.

C.S.K.A (5 of 6)



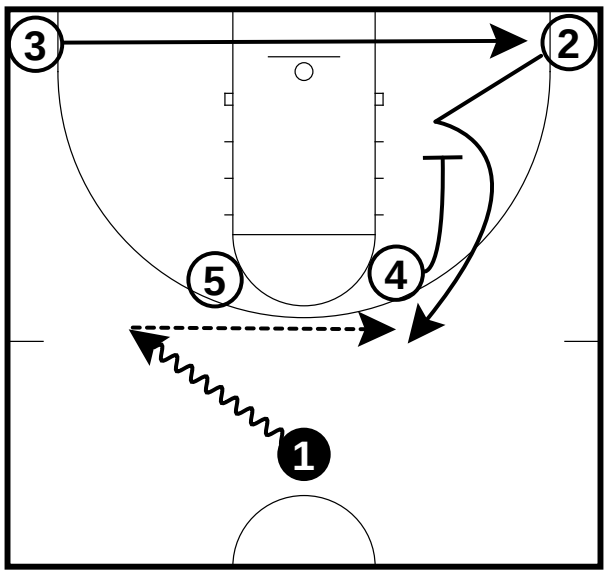
4 sprints to the left side low block and sets a cross screen for 1. 3 also sets a cross screen for 1. 1 pops out to the left side wing. 5 sets a cross screen for 3. 3 pops out to the right side wing.
2 can pass to 1 or 3.

C.S.K.A (6 of 6)



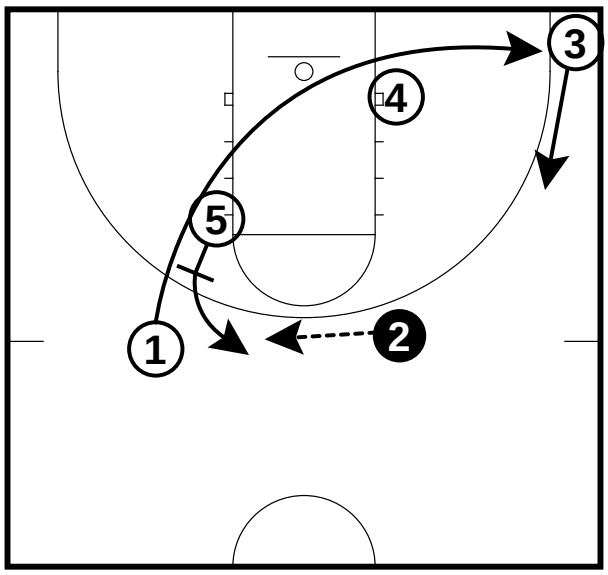
If 2 passes to 1. 1 can pass to 4 on the post-up.

Dinamo Moscow (1 of 4)



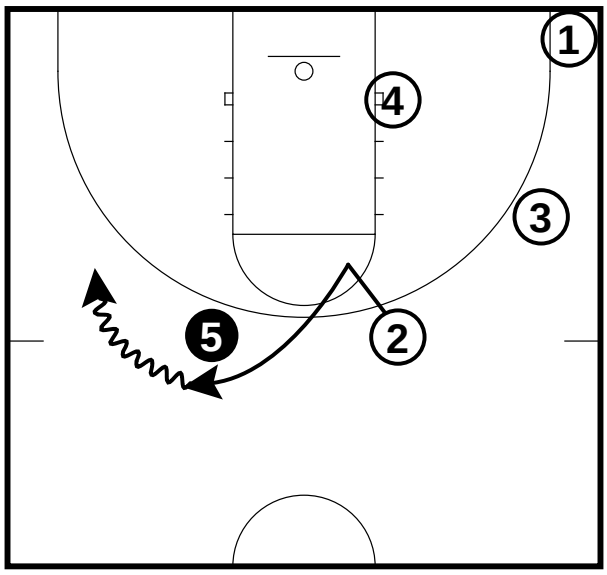
1 dribbles to the left wing. 4 sets a downscreen for 2. 2 pops up to the right guard spot. 3 cuts to the right side corner. 1 passes to 2.

Dinamo Moscow (2 of 4)



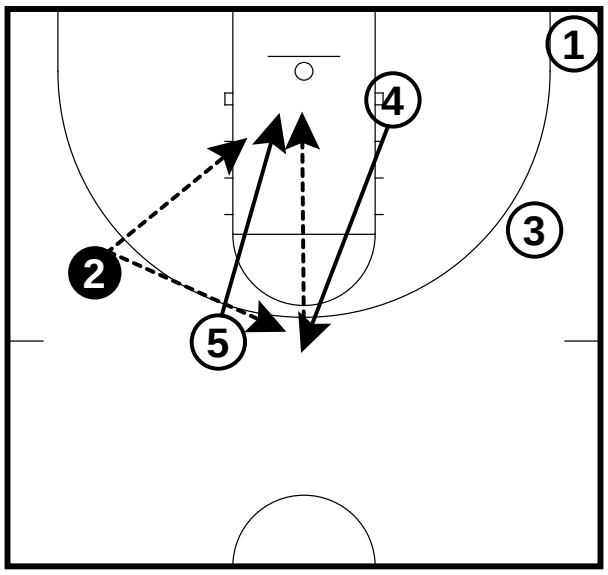
5 sets a backscreen for 1. 1 cuts to the right side low block and uses 4 as a rub screen to the corner. 3 slides up the three point line. 5 pops out to the left side guard spot. 2 passes to 5.

Dinamo Moscow (3 of 4)



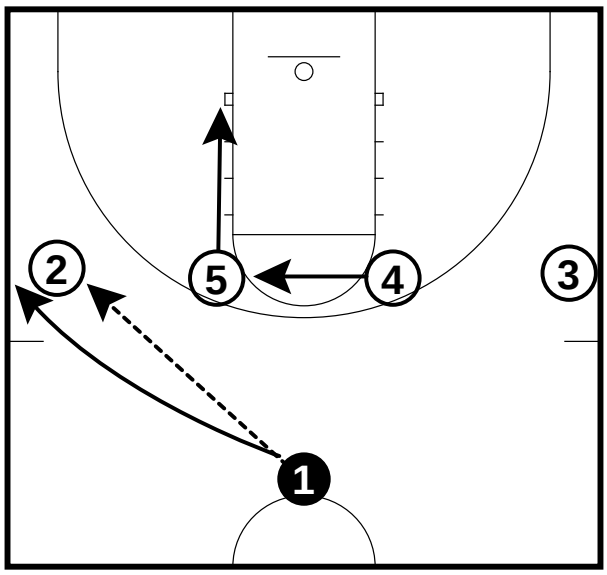
5 acts like he is going to backcut to the basket and then goes directly to 5 for a hand-off pass. 2 dribbles to the left wing.

Dinamo Moscow (4 of 4)



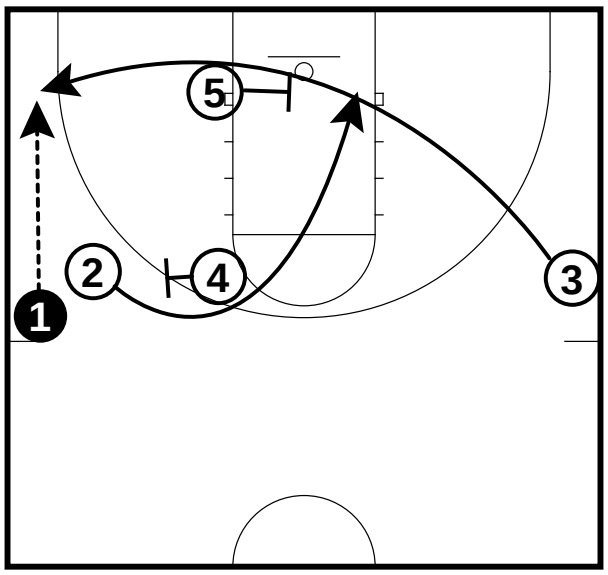
5 slips to the basket after the hand-off pass.
4 sprints up the top of the key.
2 can pass to 5 on the slip to the basket.
2 can also pass to 4 at the top of the key. 4 will look for a high-low entry with 5.

Dinamo Moscow 1 (1 of 3)



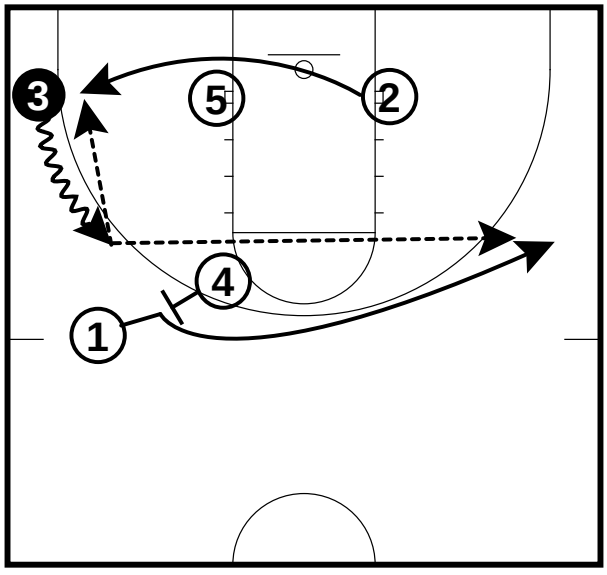
1 passes to 2. 1 cuts to 2 for a hand-off pass. 5 slides to the left side low block. 4 cuts to the left side elbow.

Dinamo Moscow 1 (2 of 3)



4 sets a backscreen for 2. 2 cuts over the top to the right side low block. 5 sets a cross screen for 3. 3 cuts lowside of the screen to the left side corner. 1 passes to 3.

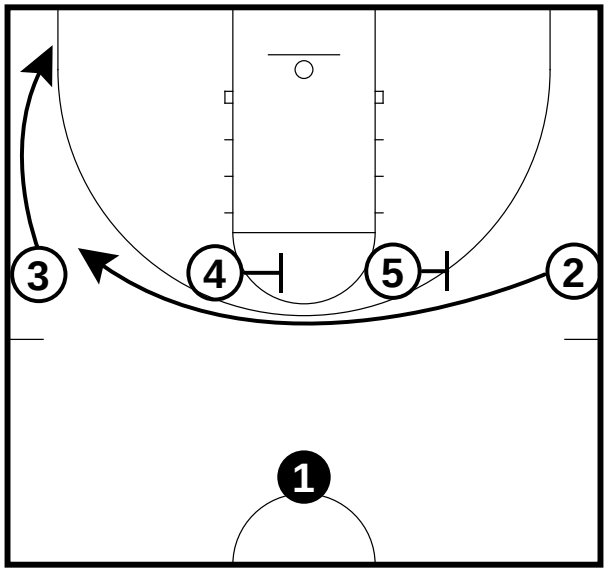
Dinamo Moscow 1 (3 of 3)



4 sets a flare screen for 1. 1 goes over the top to the right side wing. 3 dribbles up to the left side wing. 2 cuts off a rub screen to the left side corner.
3 can pass to 2 in the corner.

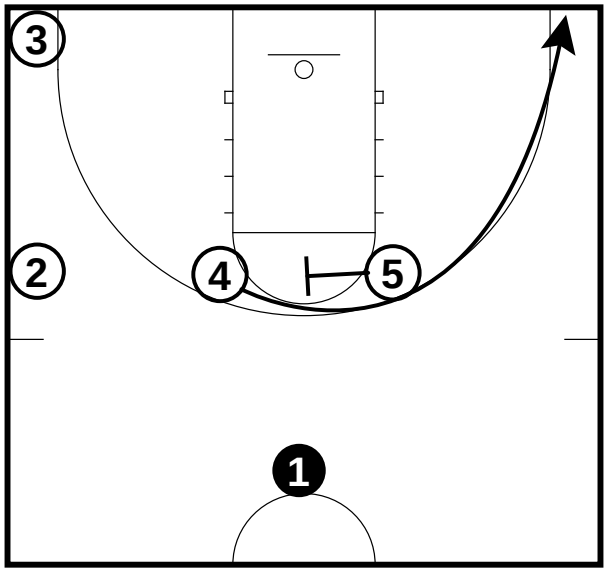
3 can also pass to 1 on the right wing.

Dinamo Moscow 2 (1 of 3)



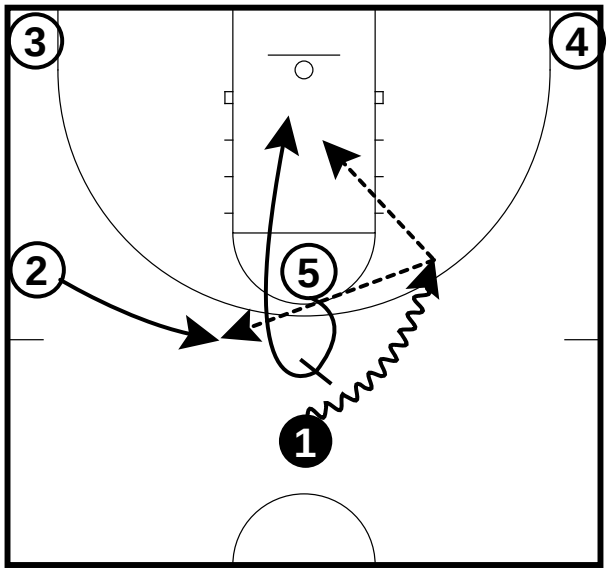
4 and 5 set a cross screen for 2. 2 comes over the top to the left side wing. 3 slides down to the left side corner.

Dinamo Moscow 2 (2 of 3)



5 sets a flare screen for 4. 4 comes over the top of the screen to the right side corner.

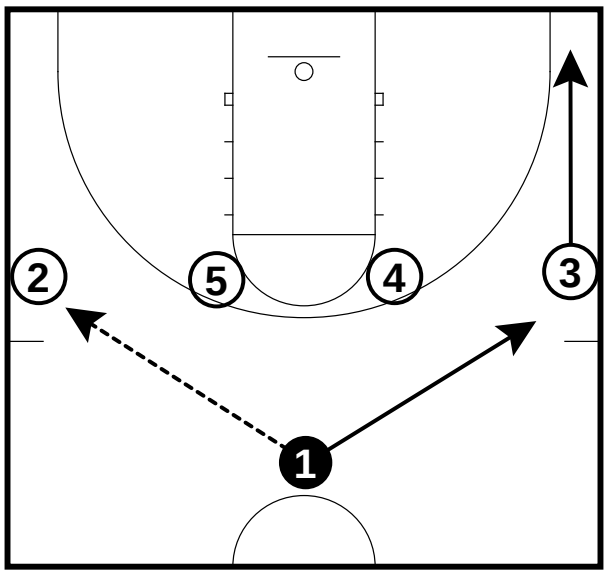
Dinamo Moscow 2 (3 of 3)



5 sets a ballscreen for 1 and rolls to the basket. 1 comes off the ballscreen hard to the right wing. 2 slides up the the three point line. 1 can pass to 5 on the roll to the basket.

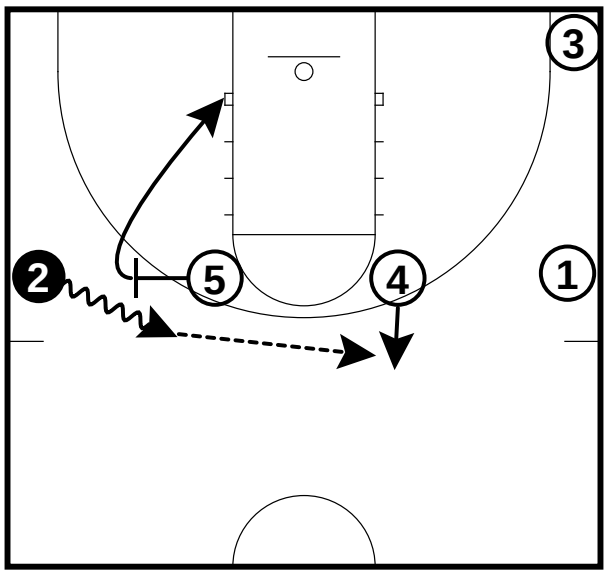
1 can also pass to 2 at the left side guard spot for a shot.

Dinamo Moscow 3 (1 of 5)



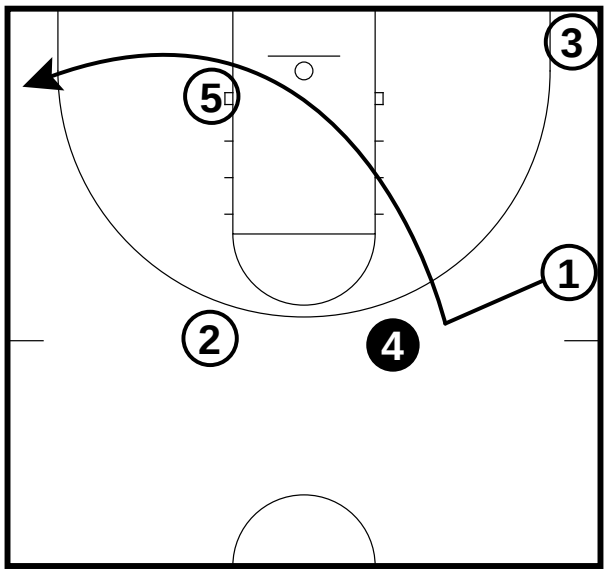
1 passes to 2 and cuts to the right side wing. 3 slides down to the right corner.

Dinamo Moscow 3 (2 of 5)



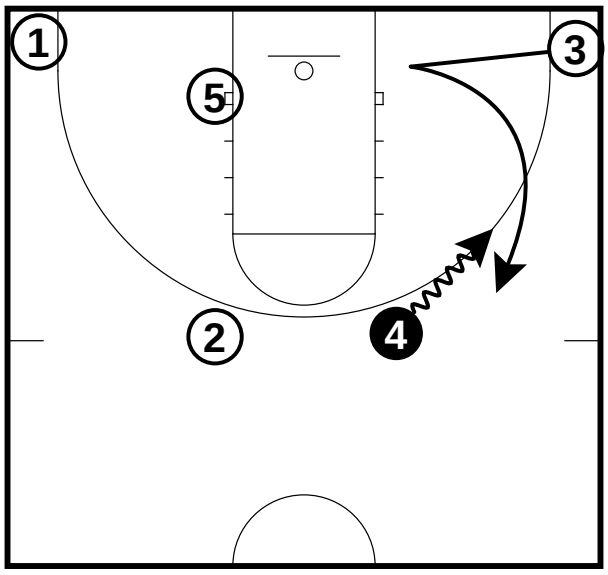
5 sets a ballscreen for 2 and rolls to the basket. 4 pops up past the three point line. 2 dribbles over the screen and passe to 4.

Dinamo Moscow 3 (3 of 5)



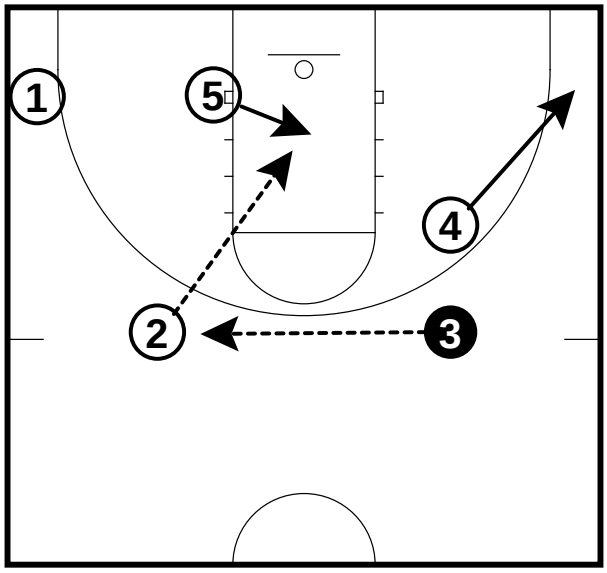
1 cuts hard to 4 and then back cuts to the left corner using 5 as a rub screen.

Dinamo Moscow 3 (4 of 5)



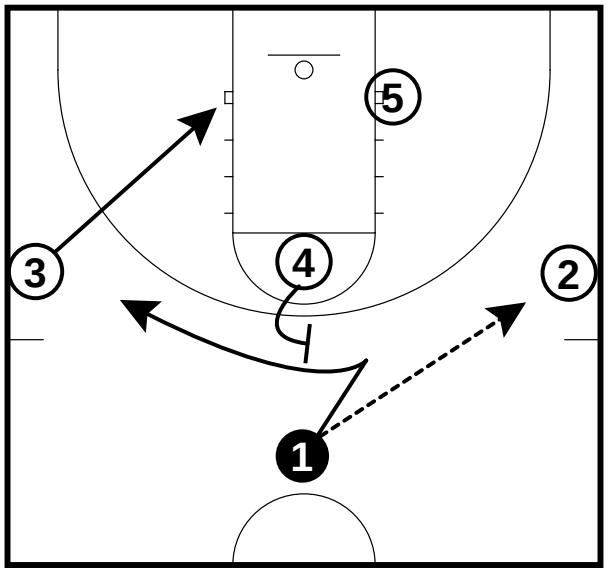
3 back cuts to the basket and then reverses field to 4. 4 dribbles to the right side wing and gives a hand-off pass to 3.

Dinamo Moscow 3 (5 of 5)



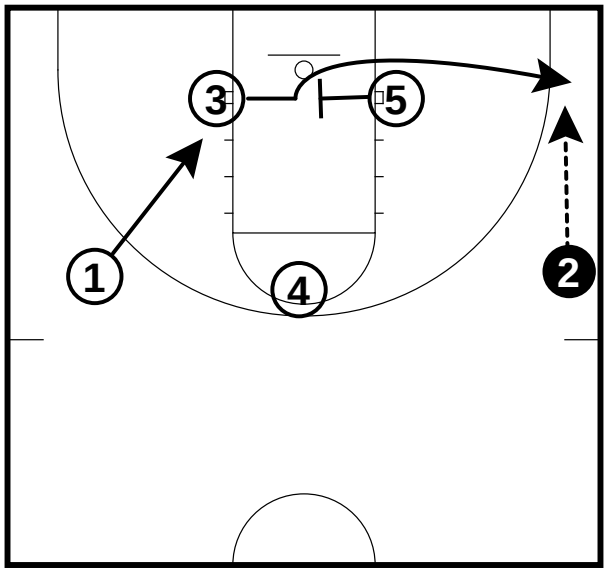
3 passes to 2. 5 cuts to the middle of the basket. 2 uses a high-low entry into 5. 4 slides to the right corner.

Dinamo Moscow Region (1 of 4)



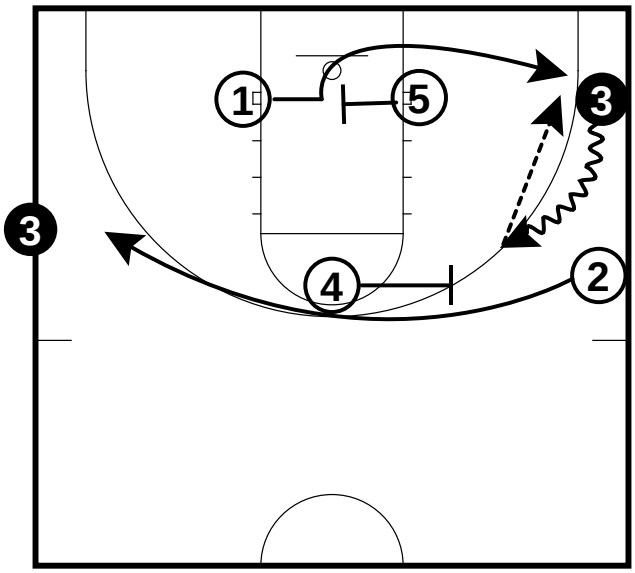
1 passes to 2. 1 cuts ballside and then flares off the screen of 4 to the left side wing. 3 cuts to the left side low block.

Dinamo Moscow Region (2 of 4)



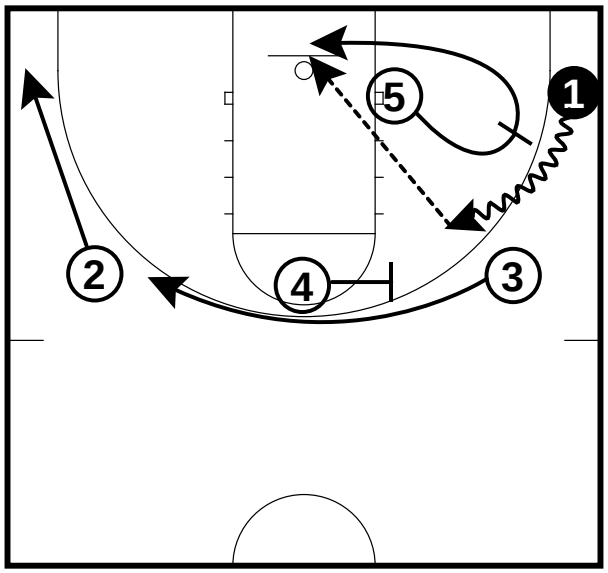
5 sets a cross screen for 3. 3 cuts lowside to the right side corner. 1 cuts to the left side low block. 2 passes to 3.

Dinamo Moscow Region (3 of 4)



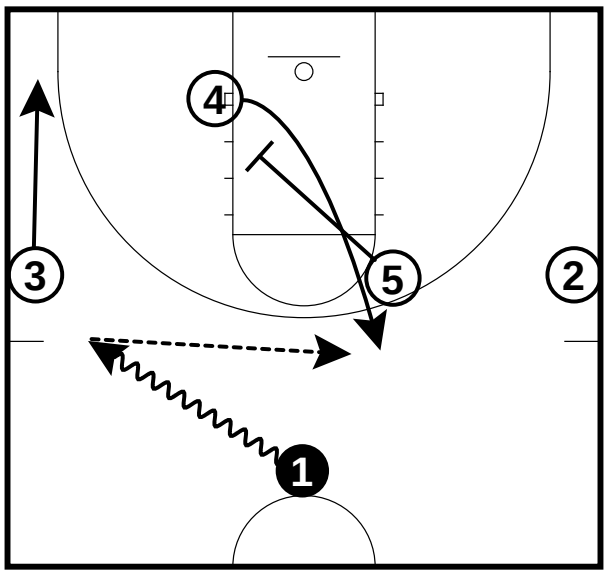
3 dribbles to the right side wing. 5 sets a cross screen for 1. 1 cuts lowside to the right side corner. 4 sets a flare screen for 2. 2 goes over the top of the screen to the left side wing. 3 passes to 1.

Dinamo Moscow Region (4 of 4)



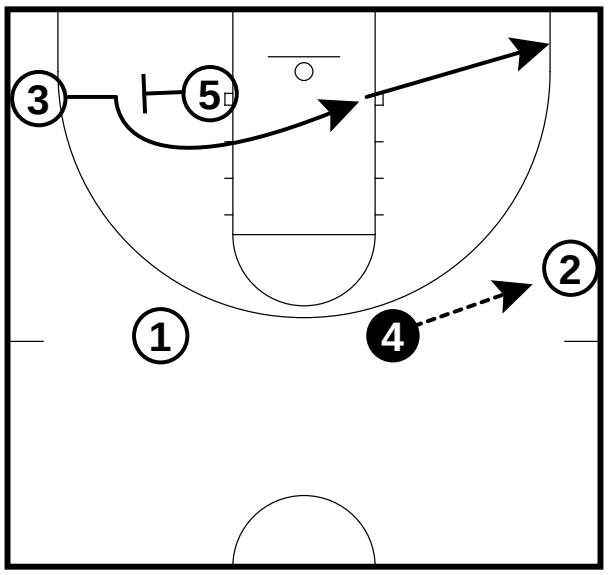
5 sets a ballscreen for 1 and rolls to the basket. 1 comes hard off the ballscreen to the right wing. 4 sets a flare screen for 3. 3 comes over the top to the left wing. 2 slides to the left side corner. 1 passes to 5 on the roll.

Estudiantes 1 (1 of 4)



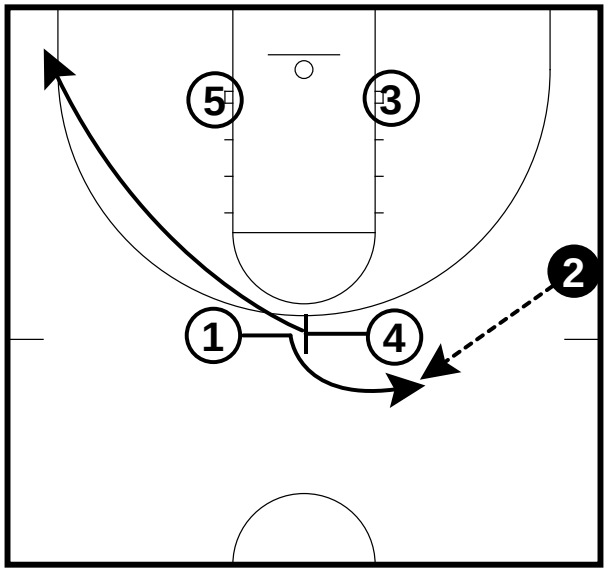
1 dribbles to the left side wing. 5 sets a downscreen for 4. 4 pops up to the right guard spot. 3 slides to the left corner. 1 passes to 4.

Estudiantes 1 (2 of 4)



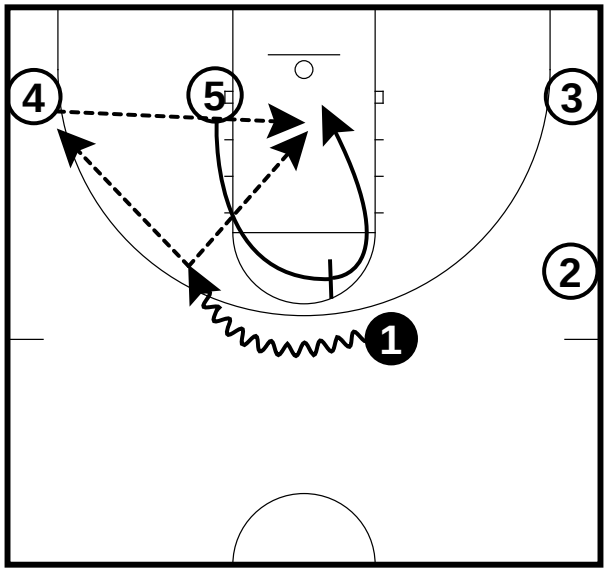
5 sets a cross screen for 3. 3 goes over the top of the screen to the right low block. 4 passes to 2. If 3 doesn't get the ball on the right low block then he goes to the right corner.

Estudiantes 1 (3 of 4)



4 sets a high cross screen for 1 and then goes to the left corner. 1 comes over the top of the screen. 2 passes to 1.

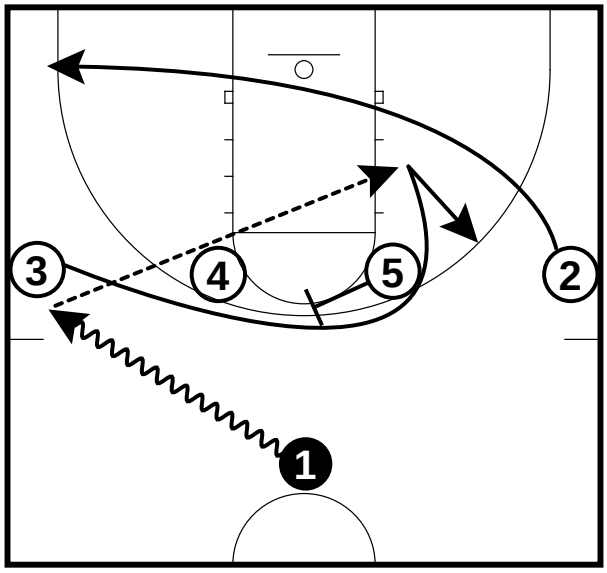
Estudiantes 1 (4 of 4)



5 sets a ballscreen for 1 and then rolls to the basket.
1 can pass to 5 on the roll.

1 can also pass to 4. 4 will look at an entry to 5 on the seal.

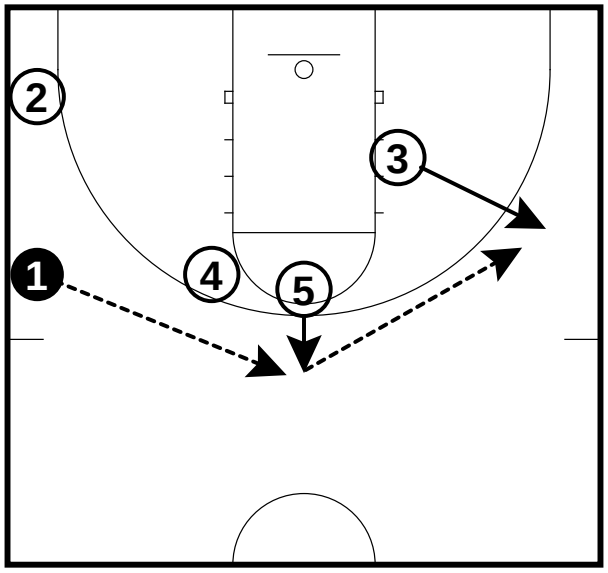
Estudiantes 2 (1 of 4)



1 dribbles to the left side wing. 5 sets a backscreen for 3. 3 comes over the top of the screen to the right side high post. 2 cuts to the left side corner.
1 can pass to 3 off the backscreen if open.

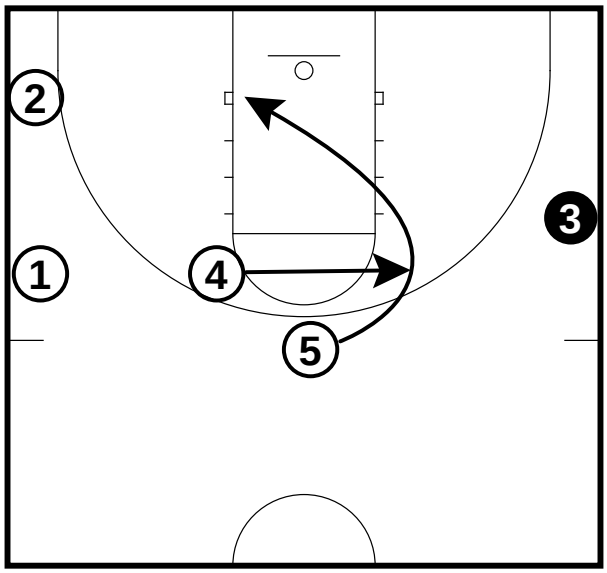
If 3 is not open then he pops out.

Estudiantes 2 (2 of 4)



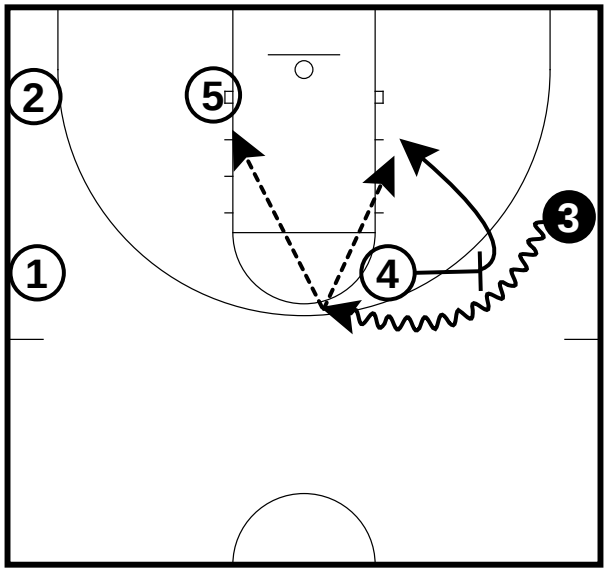
5 and 3 pop out past the three point line. 1 passes to 5. 5 passes to 3.

Estudiantes 2 (3 of 4)



5 cuts ballside and then goes to the left side low block. 4 comes to the ball on the right elbow.

Estudiantes 2 (4 of 4)

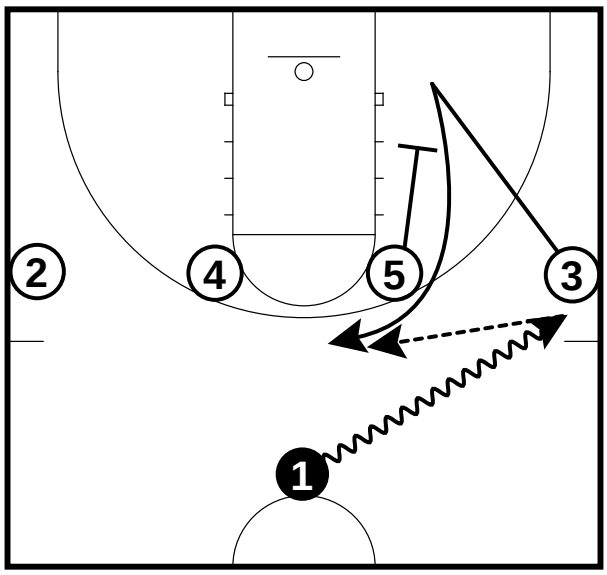


4 sets a ballscreen for 3 and then rolls to the basket. 3 comes over the top of the screen to the top of the key.

3 can pass to 4 on the roll.

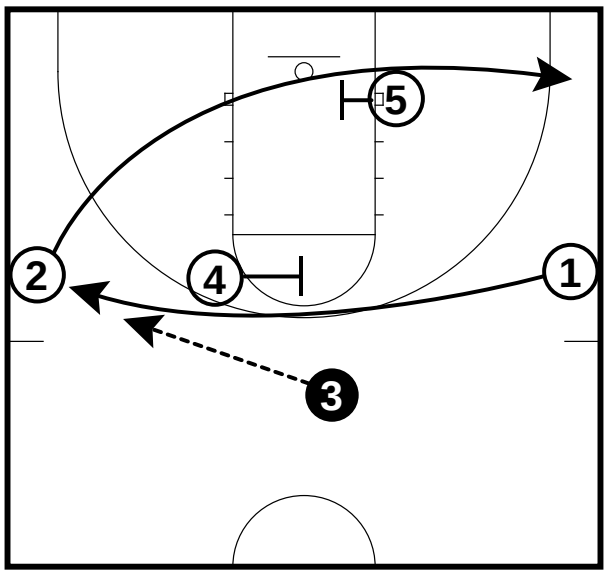
3 can pass to 5 on the seal.

Efes Pilsen (1 of 5)



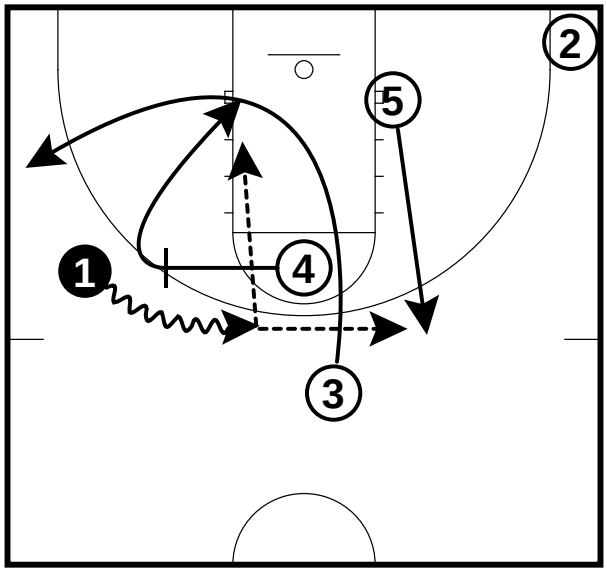
1 dribbles to the right side wing. 5 sets a downscreen for 3. 3 cuts to the right low block and then cuts to the top of the key. 1 passes to 3.

Efes Pilsen (2 of 5)



4 sets a cross screen for 1. 1 goes over the top of the screen to the left wing. 5 sets a cross screen for 2. 2 cuts lowside to the right corner. 3 passes to 1

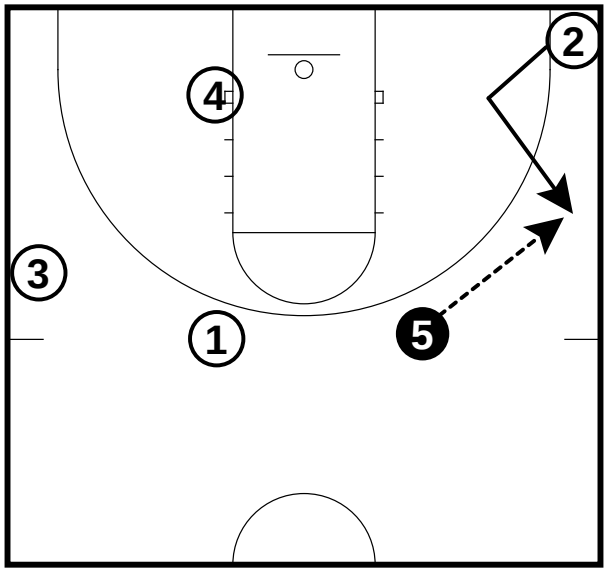
Efes Pilsen (3 of 5)



4 sets a ballscreen for 1 and then rolls to the left side low block. 1 comes hard off the ballscreen to the top of the key. 3 cuts to the basket and then to the left side wing. 5 sprints to the right top guard spot.
1 can pass to 4 on the roll to the low block.

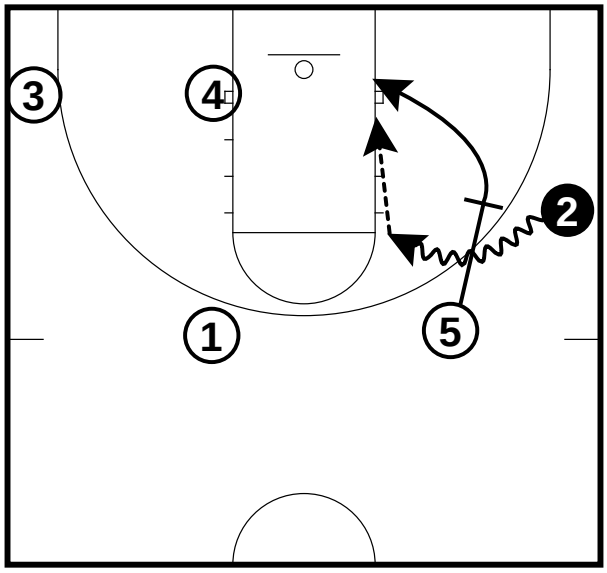
1 can also pass to 5.

Efes Pilsen (4 of 5)



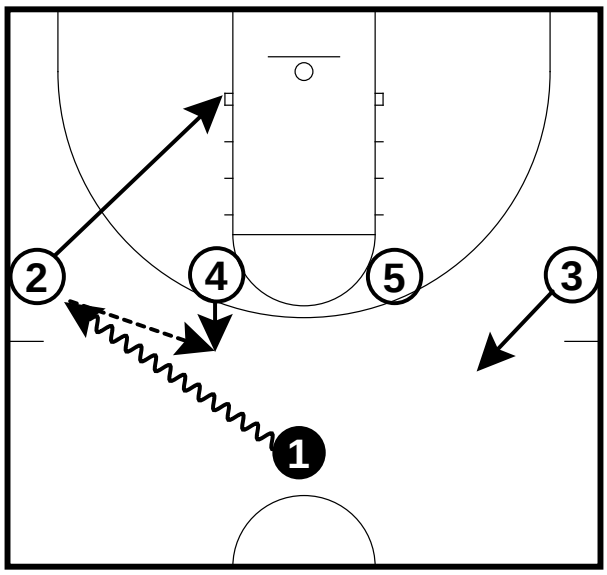
2 cuts to the low block and then pops out to the wing. 5 passes to 2.

Efes Pilsen (5 of 5)



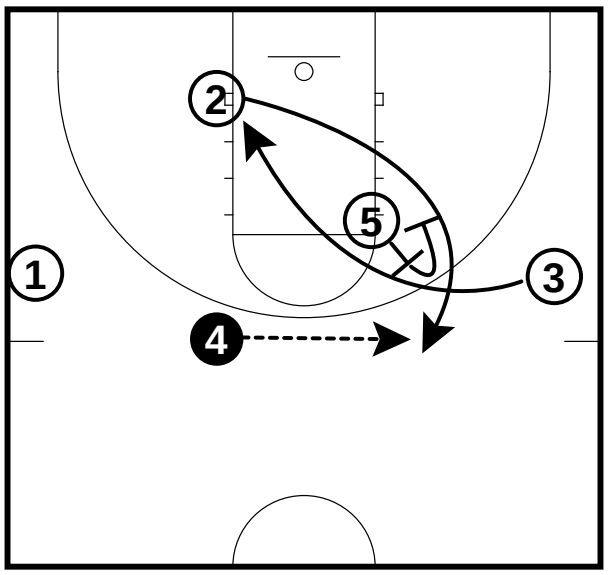
5 sets a ballscreen for 2 and rolls to the basket. 2 comes over the screen and passes to 5.

Efes Pilsen 1 (1 of 3)



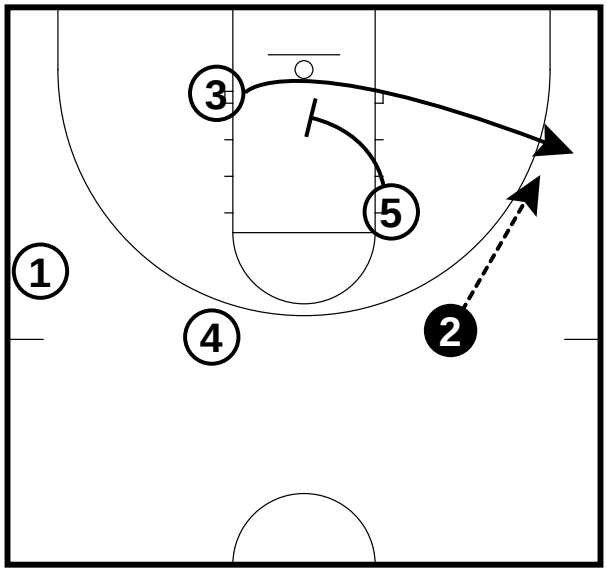
1 dribbles to the left side wing. 4 pops up to the left side guard spot. 1 passes to 4. 2 cuts to the left side low block. 3 slides up the three point line.

Efes Pilsen 1 (2 of 3)



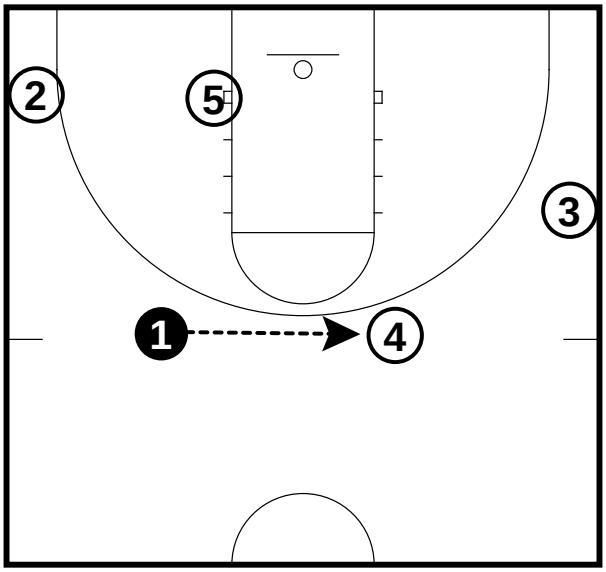
5 sets a backscreen for 3 and then re-screens for 2. 3 cuts over the top of the screen to the left low block. 2 pops up to the right guard spot. 4 passes to 2.

Efes Pilsen 1 (3 of 3)



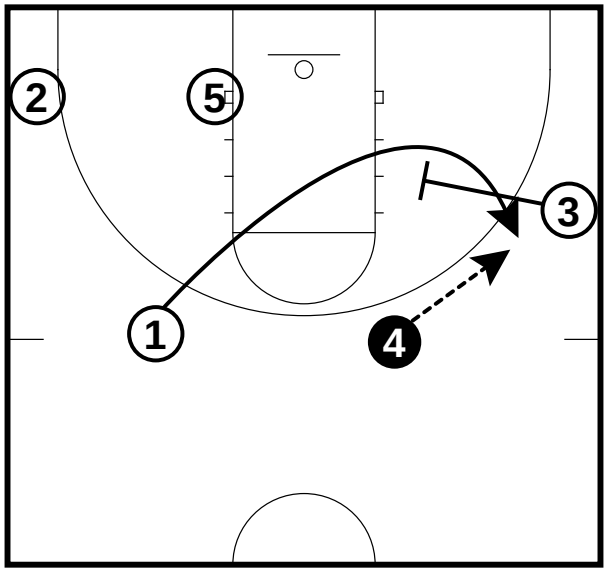
5 sets a downscreen for 3. 3 pops out the right mid-corner. 2 passes to 3.

Efes Pilsen 2 (1 of 3)



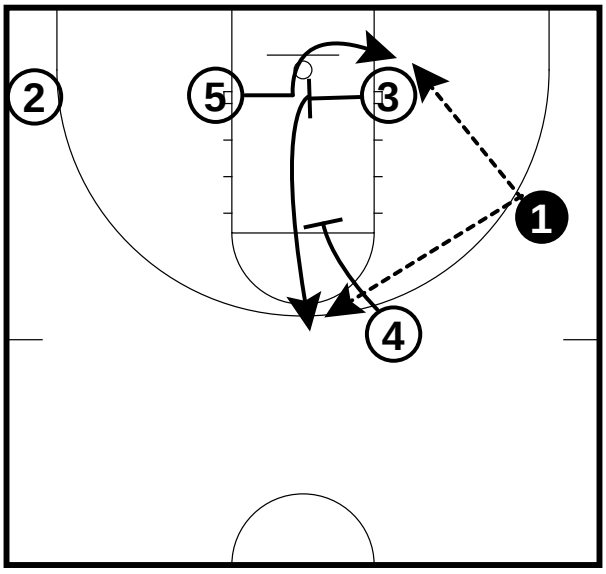
1 passes to 4.

Efes Pilsen 2 (2 of 3)



3 sets a downscreen for 1. 1 cuts to the basket and receives a downscreen from 3. 4 passes to 1.

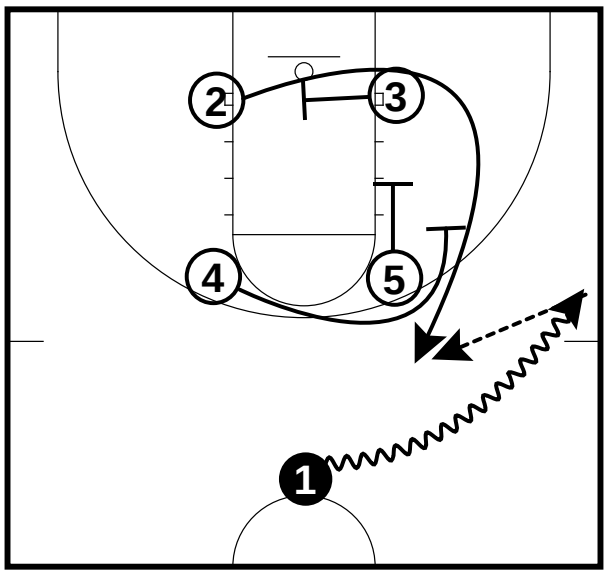
Efes Pilsen 2 (3 of 3)



3 sets a cross screen for 5. 5 comes low side to the right low block. 3 comes up to the top of the key. 4 sets a downscreen for 3.
1 can pass to 5 on the low block.

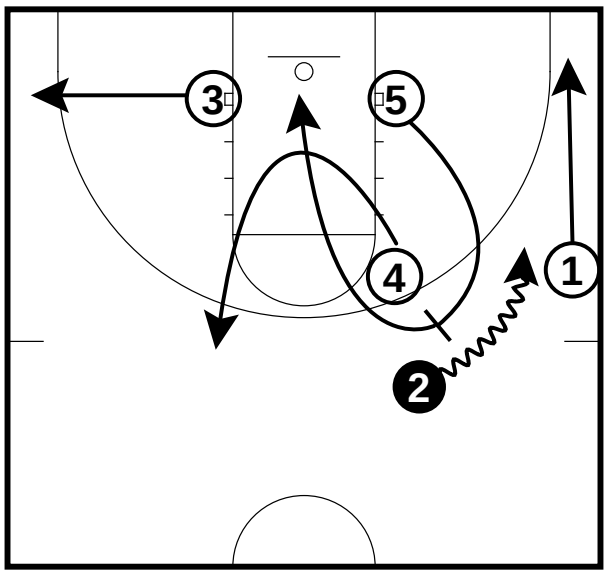
1 can also pass to the top of the key for 3.

Efes Pilsen 3 (1 of 3)



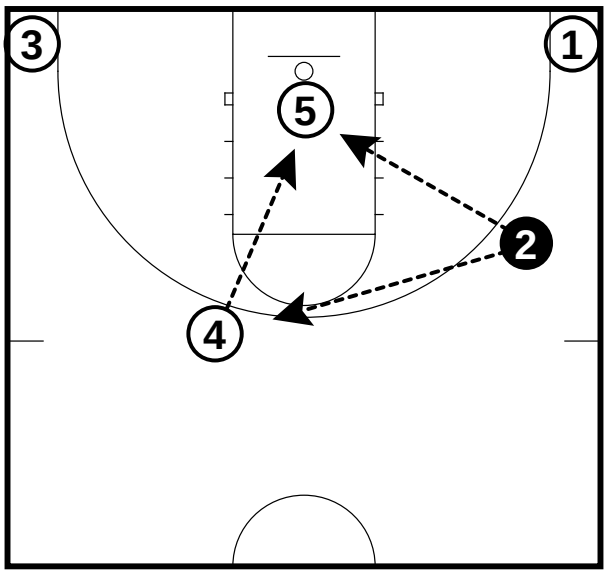
1 dribbles to the right wing. 3 sets a cross screen for 2. 5 and 4 set a downscreen for 2. 2 comes off the cross screen and staggered down screens to the top of the key. 1 passes to 2.

Efes Pilsen 3 (2 of 3)



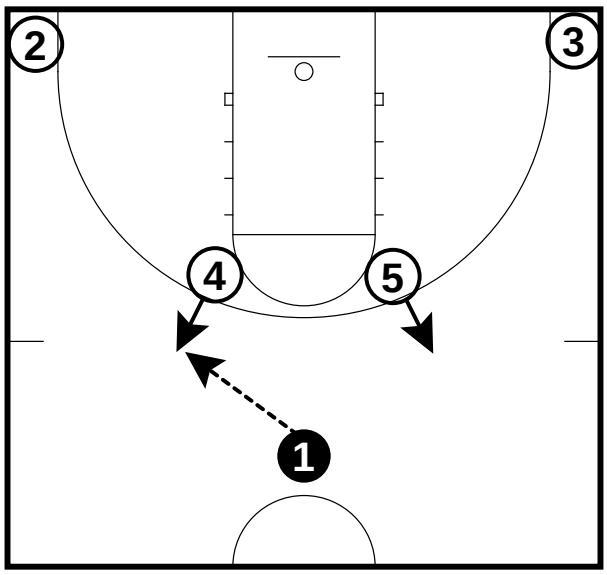
5 sets a ballscreen for 2 and rolls to the basket. 4 cuts to the basket and pops up to the left guard spot. 3 cuts to the left corner. 1 cuts to the right corner.

Efes Pilsen 3 (3 of 3)



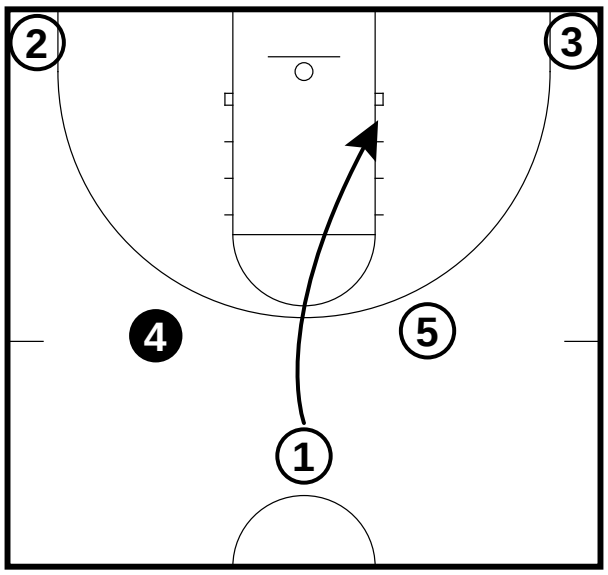
2 can pass to 5 on the roll to the basket. 2 can also pass to 4. 4 would look for the high-low entry to 5.

FMP Zeleznik (1 of 4)



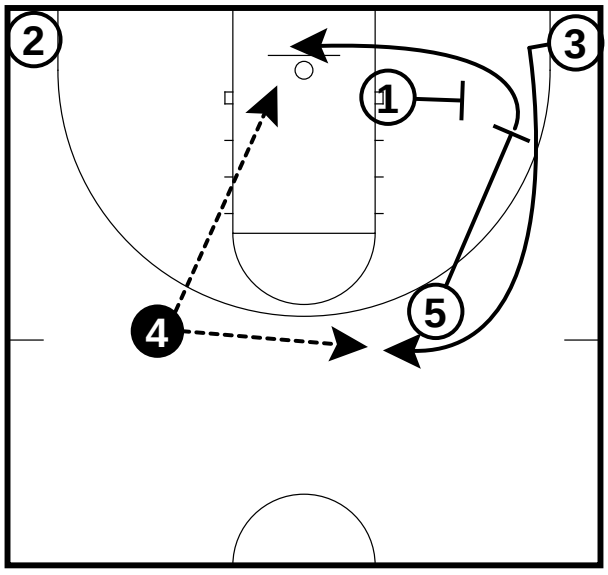
4 and 5 pop out to the three point line. 1 passes to 4.

FMP Zeleznik (2 of 4)



1 cuts to the right side low block.

FMP Zeleznik (3 of 4)

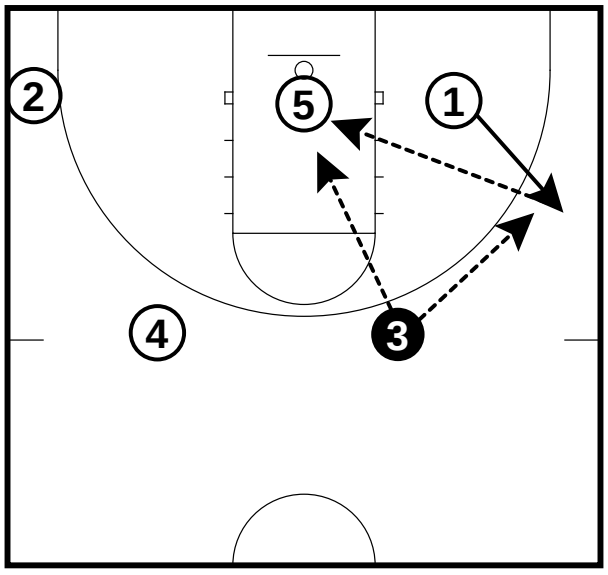


5 sets a downscreen for 3 and then cuts to the basket. 1 sets a cross screen for 5. 3 cuts up to the guard spot.

4 can pass to 5 at the basket off the cross screen.

4 can pass to 3.

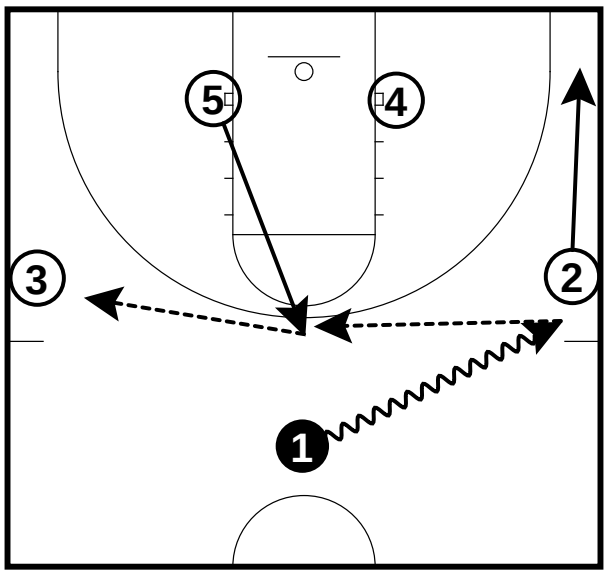
FMP Zeleznik (4 of 4)



3 can pass to 5 on the post isolation.

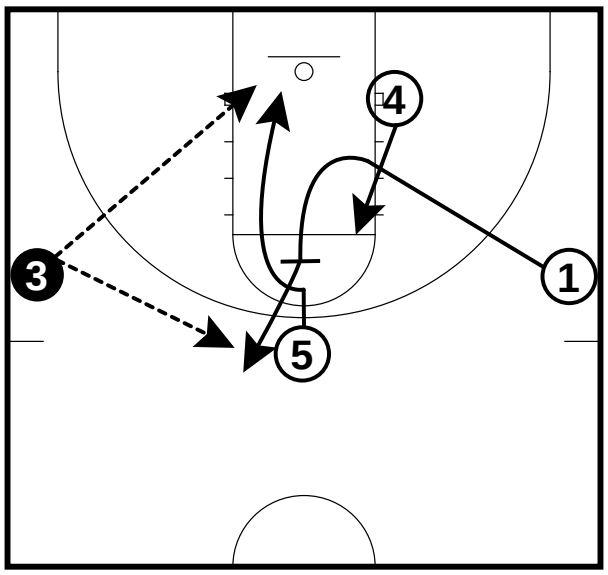
3 can pass to 1. 1 can pass to 5 on the seal.

FMP Zeleznik 2 (1 of 3)



1 dribbles to the right wing. 2 slides to the right corner. 5 sprints to the top of the key. 1 passes to 5. 5 passes to 3.

FMP Zeleznik 2 (2 of 3)

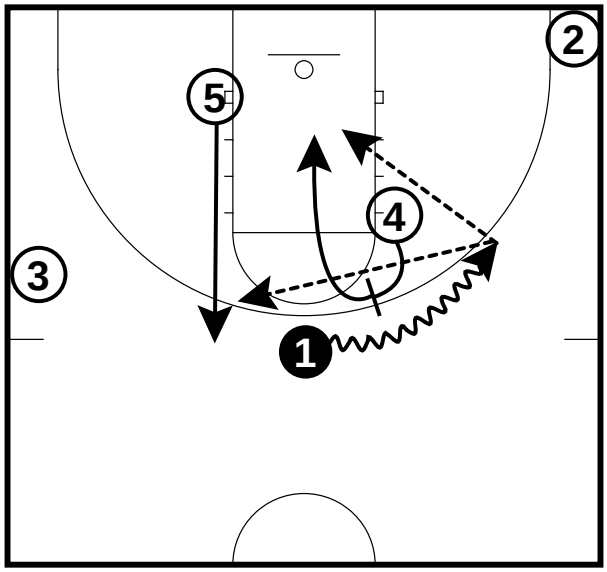


1 cuts to the middle of the lane and then backscreens for 5. 5 cuts ballside to the basket. 4 sprints to the right elbow.

3 can pass to 5 off the cut to the basket.

3 can pass to 1 off the backscreen.

FMP Zeleznik 2 (3 of 3)

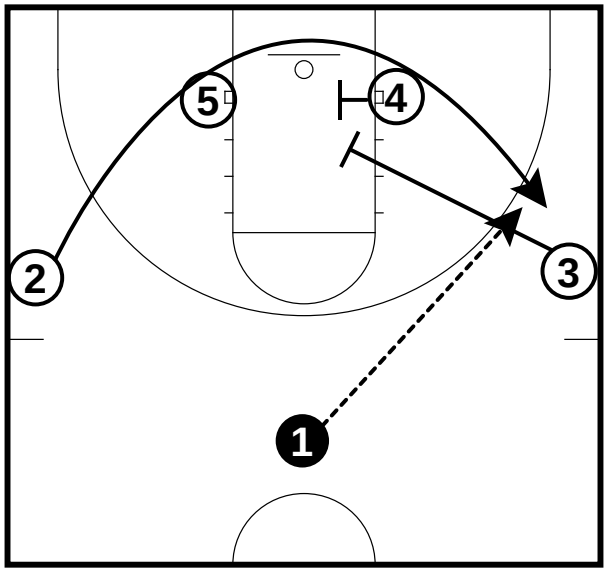


4 sets a ballscreen for 1 and then rolls to the basket. 5 sprints to the left guard spot.

1 can pass to 4 on the roll.

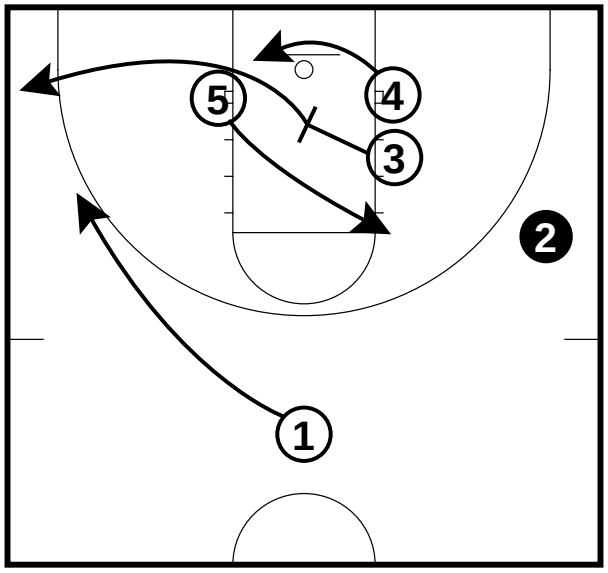
1 can pass to 5 for the shot.

Gran Canaria (1 of 3)



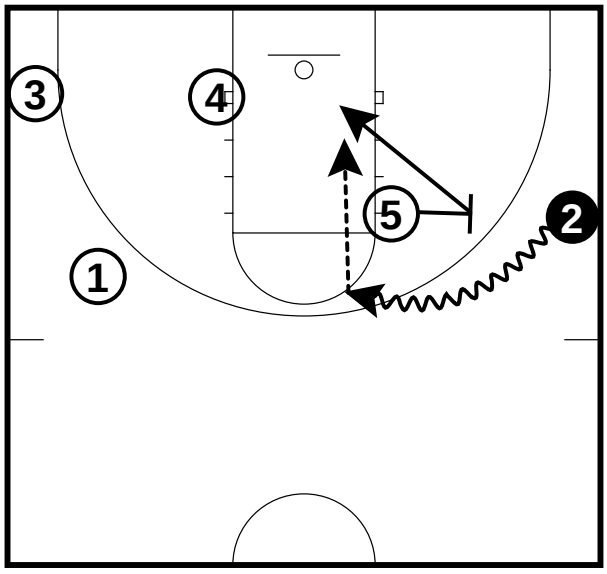
4 and 3 set a cross screen for 2. 2 cuts to the basket and over to the right wing. 1 passes to 2.

Gran Canaria (2 of 3)



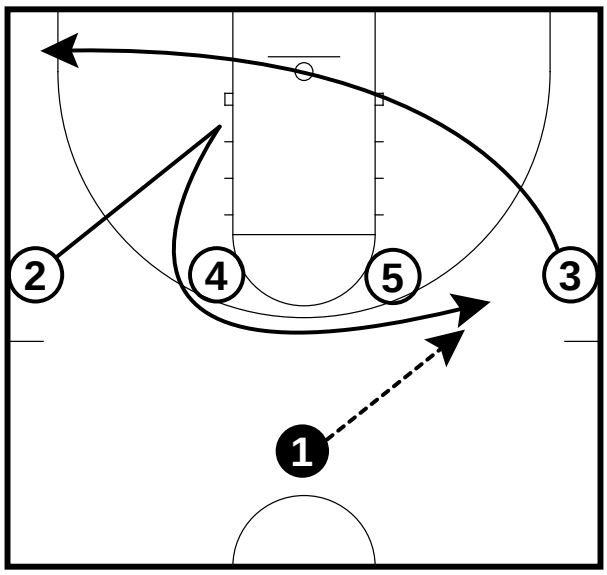
3 sets a cross screen for 5 and cuts to the left corner. 5 cuts to the right elbow. 4 slides to the left low block. 1 slides to the left wing.

Gran Canaria (3 of 3)



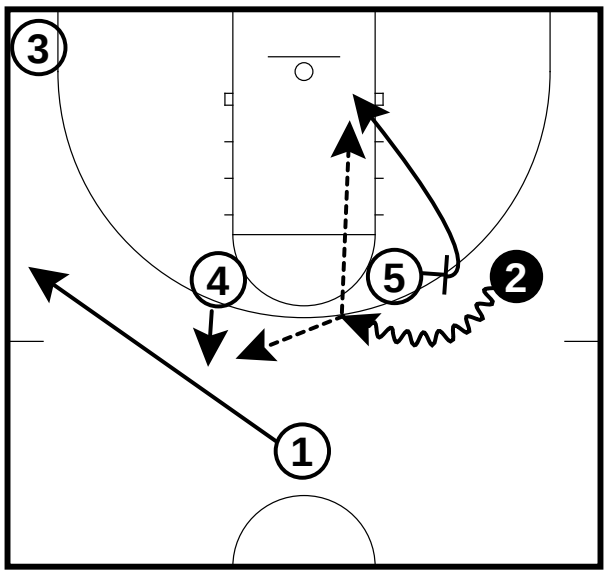
5 sets a ballscreen for 2 and rolls to the basket. 2 comes over the top of the screen. 2 passes to 5 on the roll.

Herofarm (1 of 2)



3 cuts to the left side corner. 2 cuts to the left low block and comes over the top of 4 and 5. 1 passes to 2.

Herofarm (2 of 2)

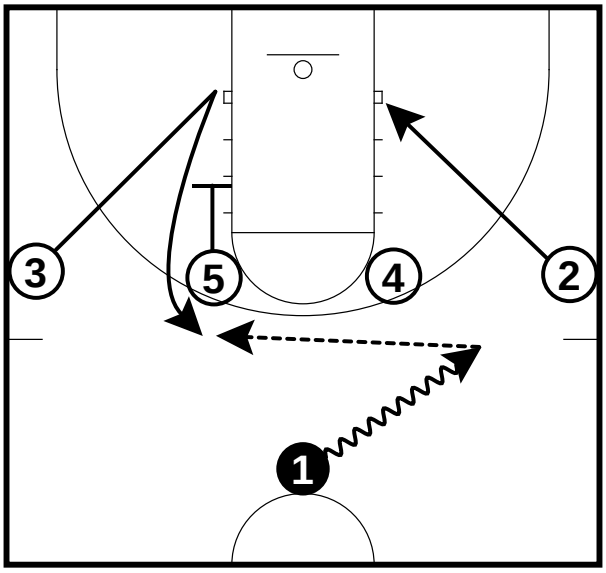


5 sets a ballscreen and rolls to the basket. 4 pops out to the left guard spot. 1 sprints to the left side wing. 2 comes over the top of the screen.

2 can pass to 5 on the roll.

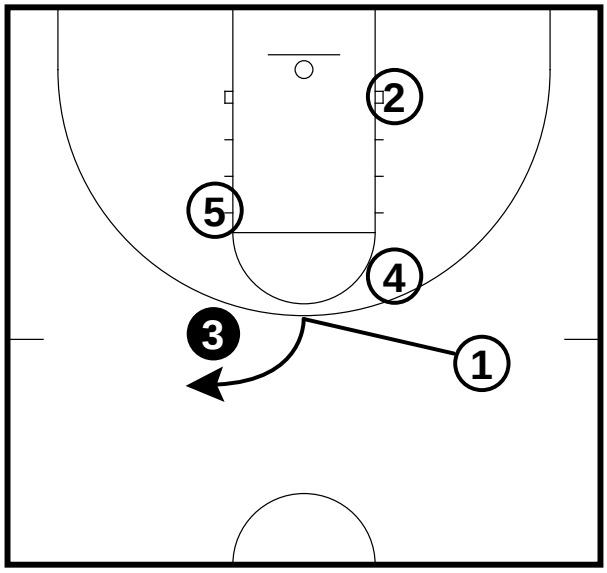
2 can pass to 4 for the shot.

Hemofarm 2 (1 of 3)



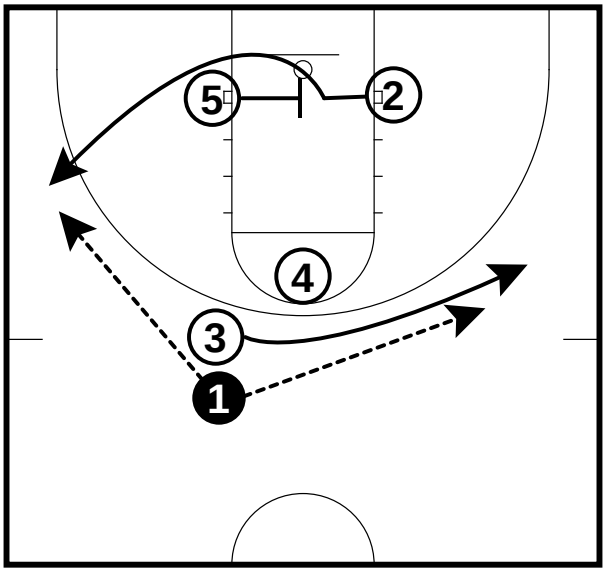
1 dribbles to the right wing. 5 sets a downscreen for 3. 3 cuts to the left side low block and pops to the left guard spot. 2 cuts to the right low block. 1 passes to 3.

Hemofarm 2 (2 of 3)



1 cuts to the top of the key and then goes to 3. 1 gets a hand-off pass from 3.

Hemofarm 2 (3 of 3)

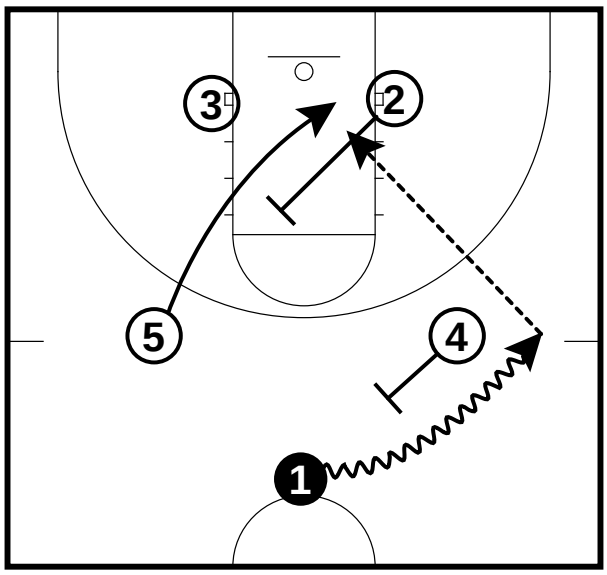


5 sets a cross screen for 2. 2 pops out the left mid-corner. 4 sets a flare screen for 3. 3 flares out to the right wing.

1 can pass to 2 for a shot.

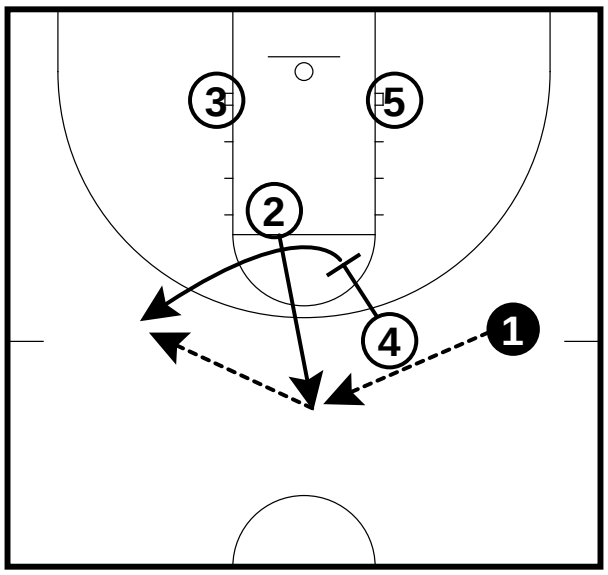
1 can pass to 3 on a flare screen for a shot.

Lietuvas Rytas (1 of 3)



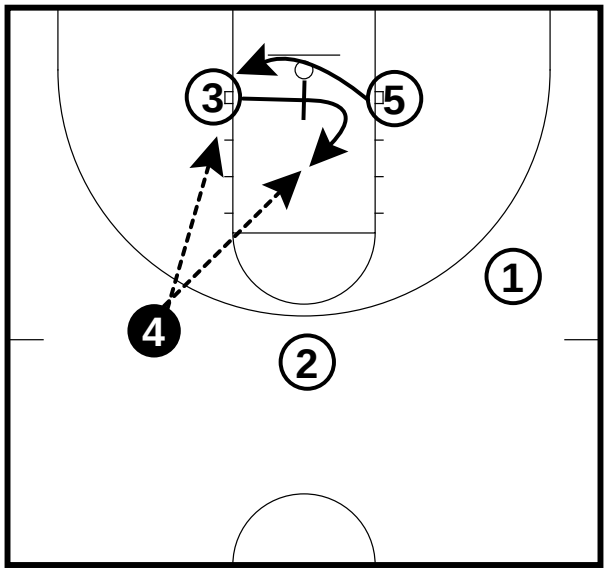
4 sets a ballscreen for 1. 1 dribbles to the right wing. 2 sets a backscreen for 5. 5 cuts to the right low block. 1 passes to 5.

Lietuvas Rytas (2 of 3)



If 1 doesn't pass to 5 then this happens: 4 sets a downscreen for 2. 2 pops out to the top of the key. 1 passes to 2. 2 passes to 4.

Lietuvas Rytas (3 of 3)

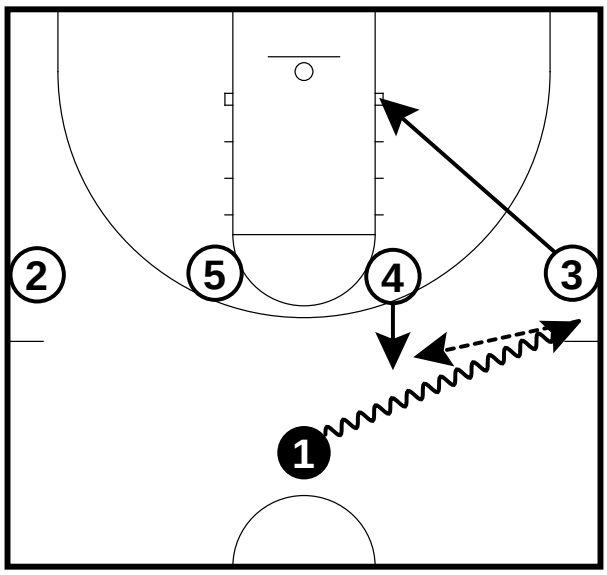


3 sets a cross screen for 5 and then rolls to the middle of the lane. 5 goes on the low side of the screen to the left side low block.

4 can pass to 5 on the low block.

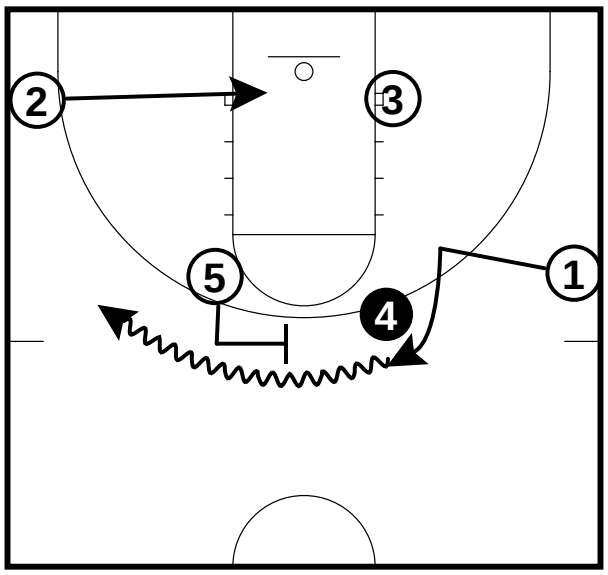
4 can pass to 3 on roll back to the ball.

Livorno (1 of 3)



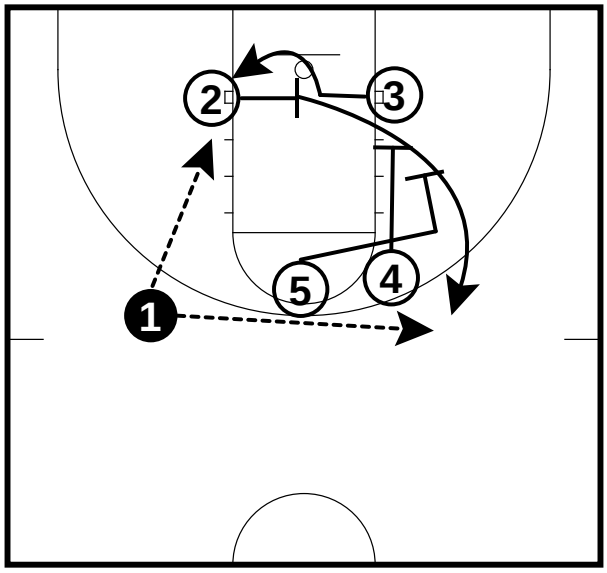
1 dribbles at 3 on the right side wing. 3 backcuts to the right side low block. 4 steps up to the top guard spot on the right side. 1 passes the ball to 4.

Livorno (2 of 3)



5 steps up to the top of the key to set a ballscreen. 1 sprints to the middle and changes direction. 1 comes off 4 for a dribble hand-off and dribbles to the left side wing. 2 sprints to the middle of the lane.

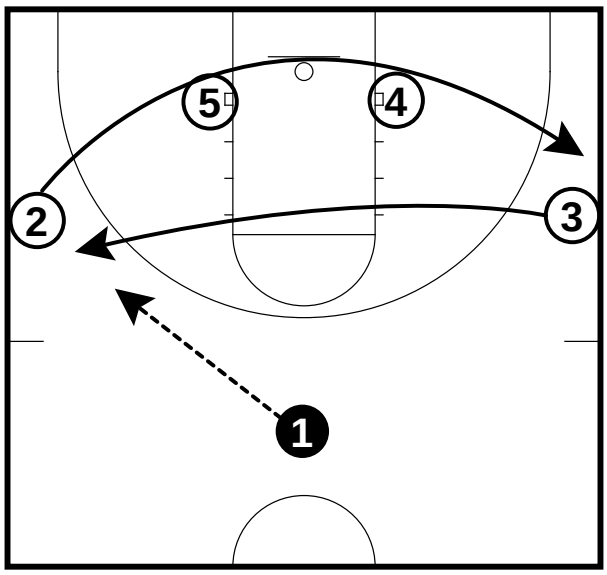
Livorno (3 of 3)



1 dribbles to the left side wing. 2 sets a cross screen for 3. 3 comes off the low side of the screen. 4 and 5 set downscreens for 2. 2 comes off the downscreen to the right side wing.

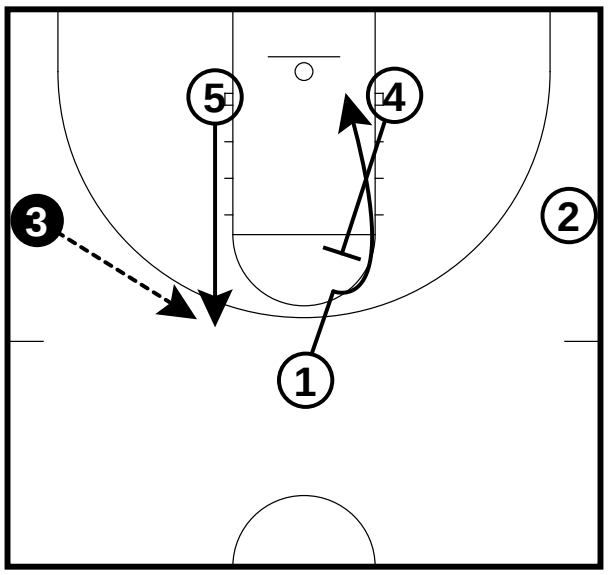
1 can hit 3 on the post-up or 2 on the right side wing for a shot.

Livorno 2 (1 of 4)



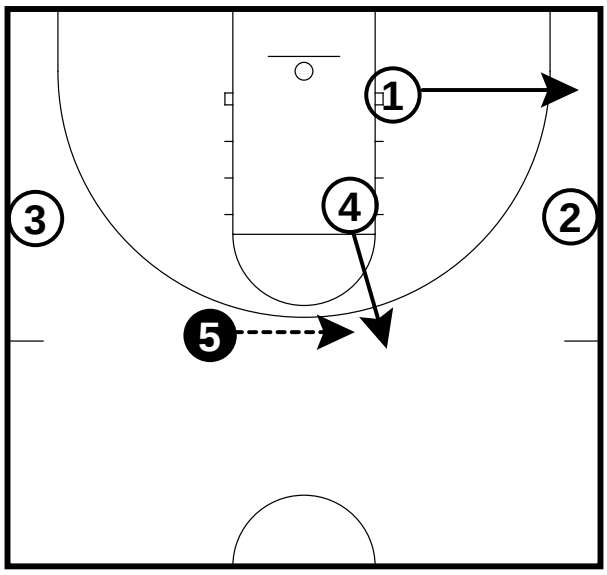
2 sprints to the low block and gets a rub screen from 5 and 4. 2 pops out to the right side wing. 3 comes across the free throw lane on a zipper cut to the left side wing. 1 passes to 3.

Livorno 2 (2 of 4)



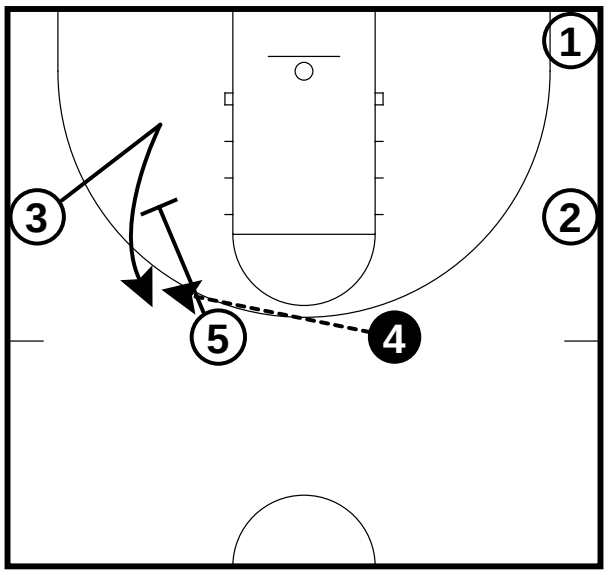
5 pops out the the left top guard sport. 3 passes to 5. 4 sets a backscreen for 1. 1 comes off the backscreen to the right side low block.

Livorno 2 (3 of 4)



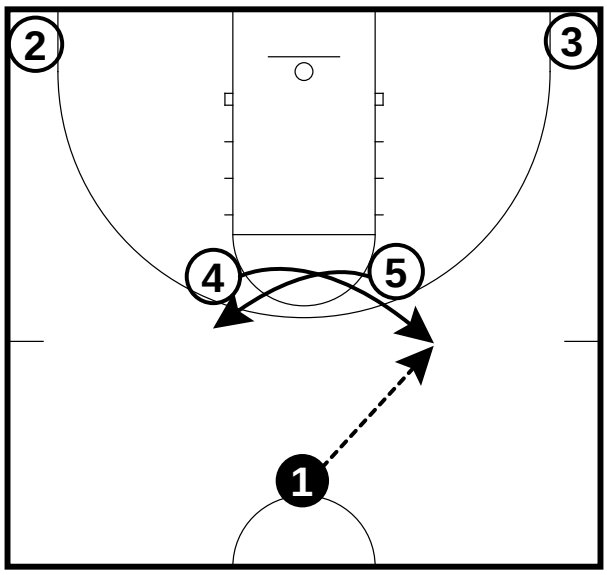
4 sets out to the right side top guard spot. 1 pops out to the right side corner. 5 passes to 4.

Livorno 2 (4 of 4)



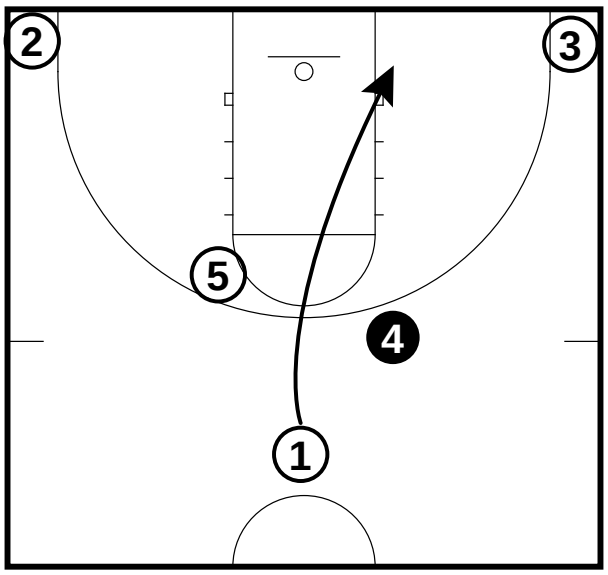
3 sprints down to almost the left side low block. 5 sets a downscreen for 3. 4 passes to 3 for the shot.

Maccabi (1 of 4)



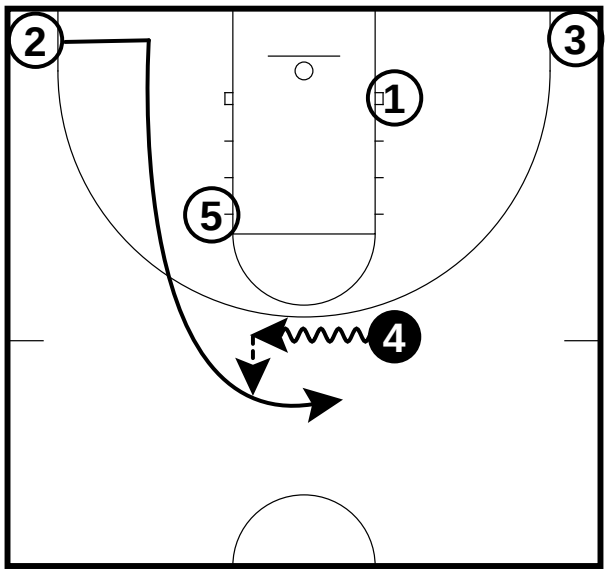
5cuts to the left side of the key. 4 rubs off 5's cut to the right side of the key. 1 passes to 4.

Maccabi (2 of 4)



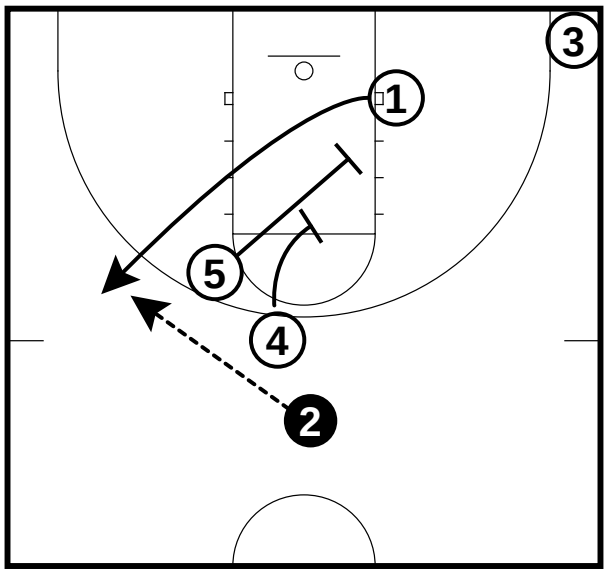
1 cuts through the lane to the right side low block.

Maccabi (3 of 4)



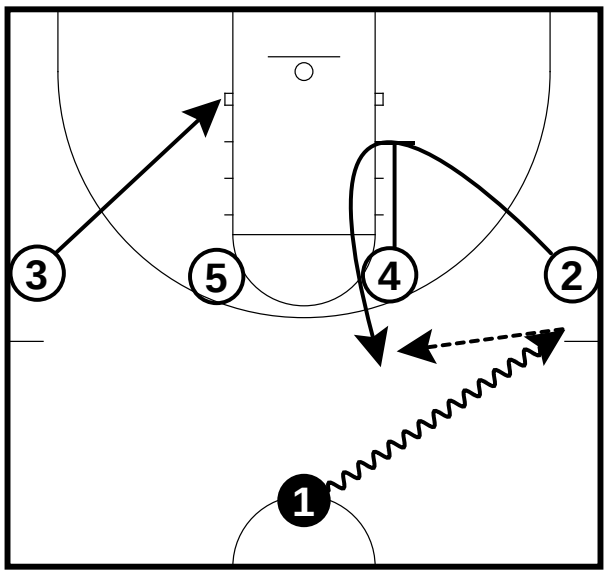
2 cuts toward the low block and then cut up to the top of the key for a hand-off pass from 4. 4 dribbles to the left wing and hands the ball off to 2.

Maccabi (4 of 4)



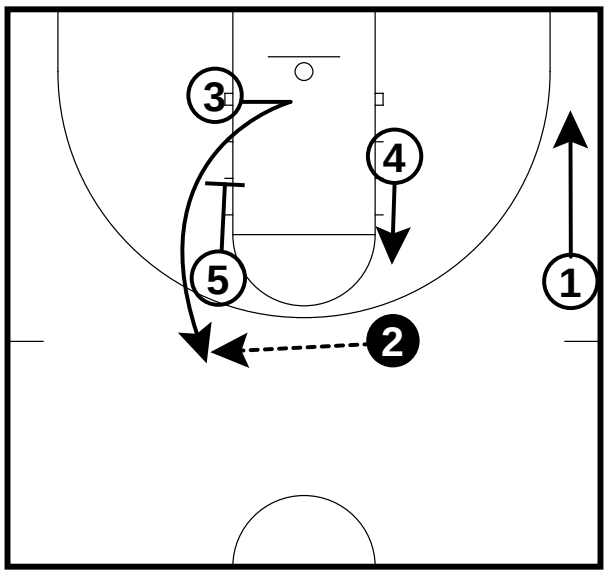
5 and 4 set downscreens for 1. 1 comes off the staggered downscreens of 5 and 4. 2 passes to 1

Olimpia Larisas (1 of 4)



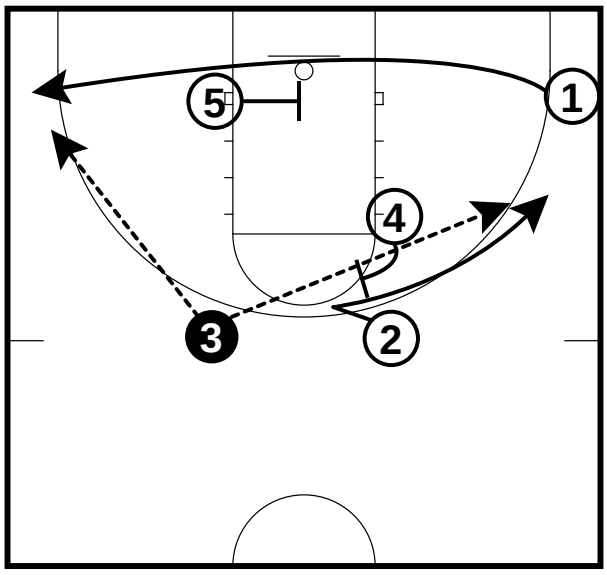
1 dribbles to the right side wing. 2 and 3 cut to the low blocks. 4 downscreens for 2. 2 comes up to the top guard spot. 1 passes to 2.

Olimpia Larisas (2 of 4)



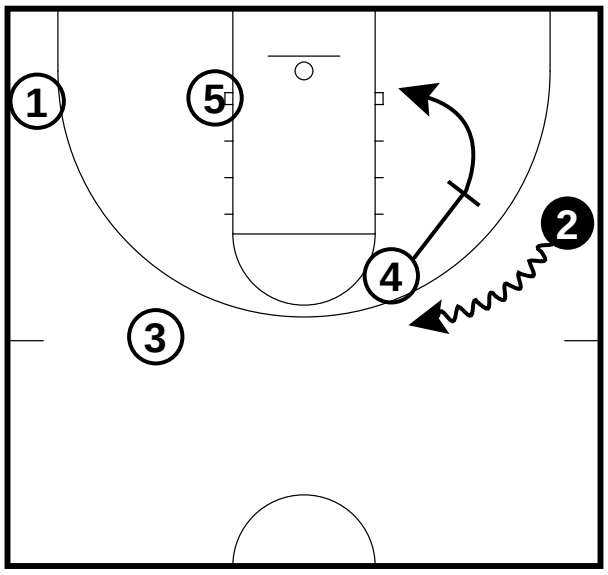
5 downscreens for 3. 3 comes up to the top guard spot. 2 passes to 3. 4 comes up the lane line. 1 drifts to the corner.

Olimpia Larisas (3 of 4)



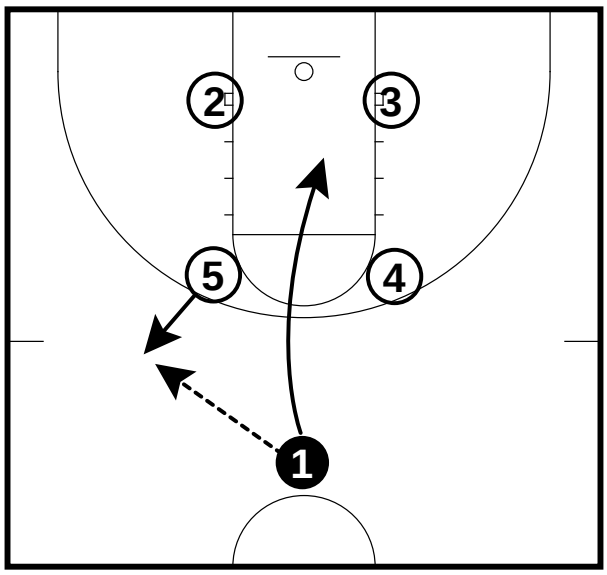
4 sets a backscreen for 2. 2 acts like he will cut to the basket and then uses the backscreen as a flare screen to the right side wing. 1 comes off the baseline screen of 5 to the left side corner.
3 has two options. He can pass to 1 coming off the baseline screen in the corner. He can also hit 2 on the flare screen to the right side wing.

Olimpia Larisas (4 of 4)



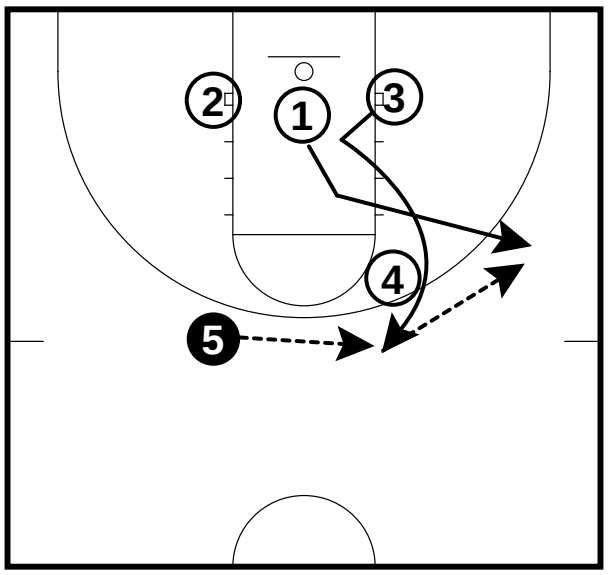
If 3 passes to 2 on the right side then 4 will set a ballscreen on 2 and then roll to the basket. 2 comes hard off the ballscreen looking for a shot or hitting 4 on the roll.

Olimpia Patras (1 of 4)



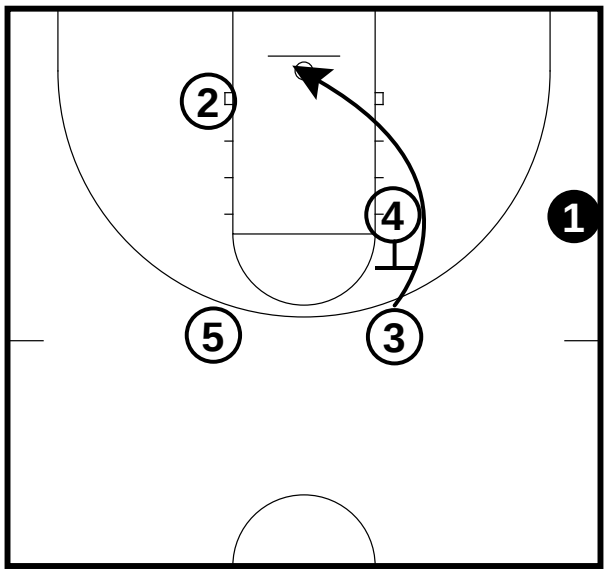
5 steps out past the three point line and catches a pass from 1. 1 cuts to the middle of the lane after the pass to 5.

Olimpia Patras (2 of 4)



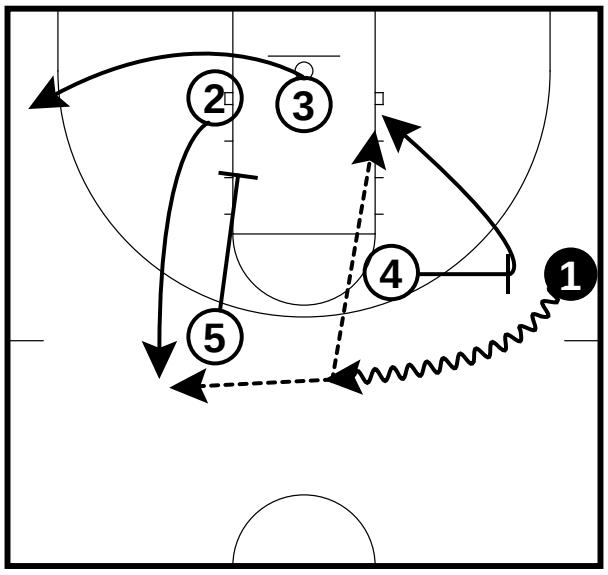
1 cuts out to the right side wing. 3 cuts to the top of key. 5 passes to 3. 3 passes to 1.

Olimpia Patras (3 of 4)



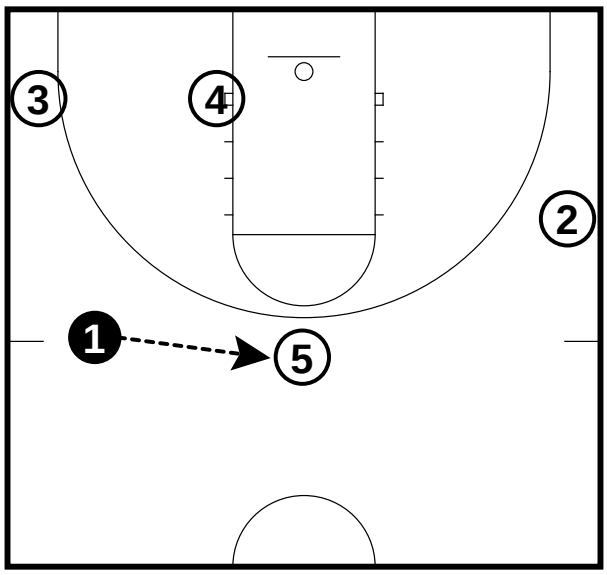
4 sets a backscreen for 3. 3 cuts to the basket off the backscreen.

Olimpia Patras (4 of 4)



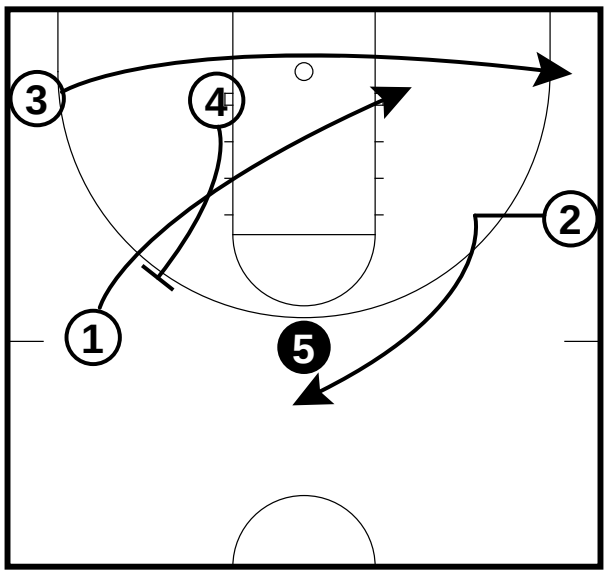
3 pops out to the left side corner. 5 sets a downscreen for 2. 2 pops out to the top guard spot. 4 sets a ballscreen for 1 and then rolls to the basket. 1 comes off the ballscreen hard looking at 4 or 2.

Olimpiakos (1 of 5)



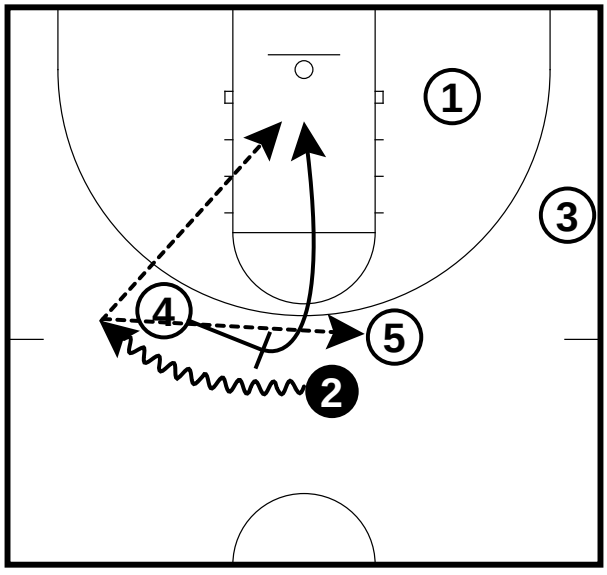
1 passes to 5.

Olimpiakos (2 of 5)



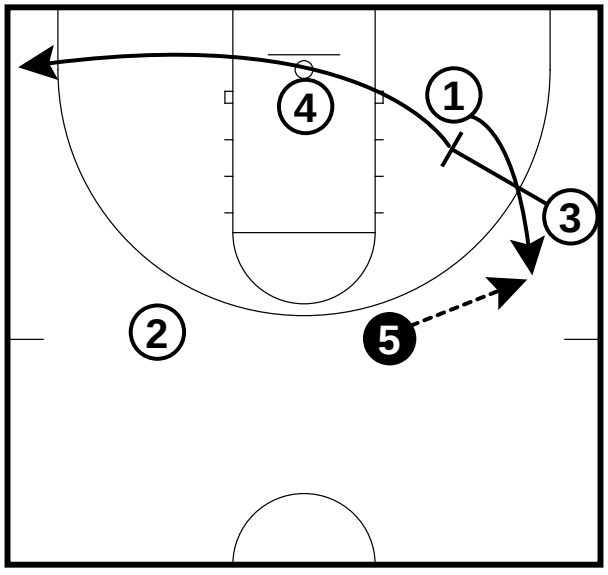
3 cuts to the right side corner. 4 sets a backscreen for 1. 1 cuts to the right side low block. 2 cuts to the free throw lane and then heads to 5 for a hand-off pass

Olimpiakos (3 of 5)



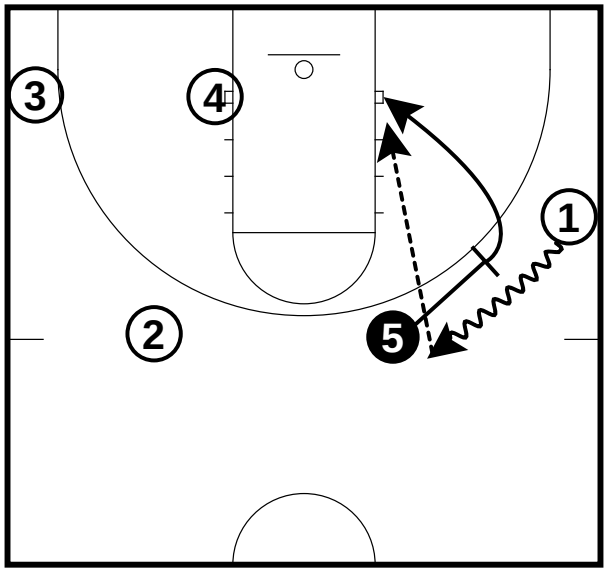
After 2 get the hand-off pass, 4 sets a ballscreen for 2. 4 rolls to the basket after the ballscreen. 2 can pass to 4 on the roll or back to 5.

Olimpiakos (4 of 5)



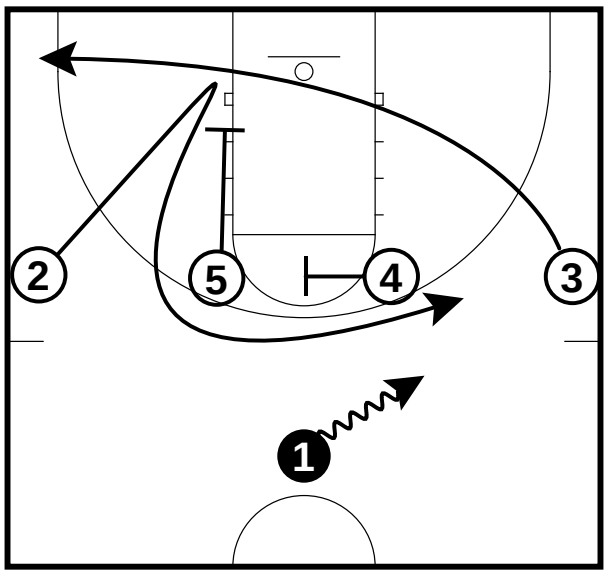
3 sets a downscreen for 1. 1 pops out to the right side wing. After 3 sets a downscreen then he pops out to the left side corner. 5 passes to 1.

Olimpiakos (5 of 5)



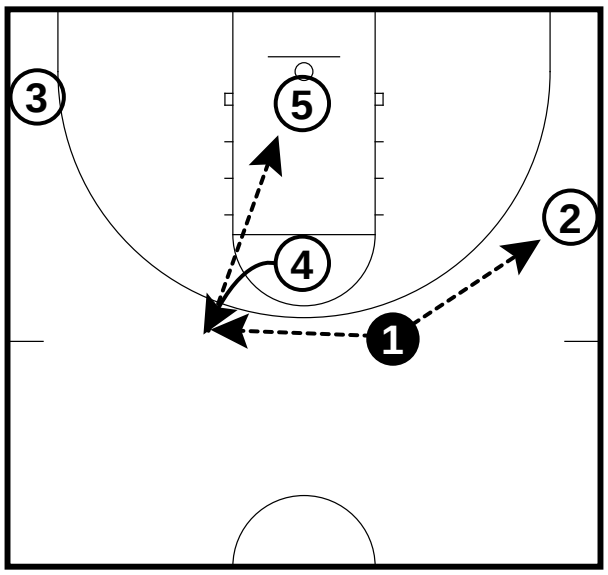
5 sets a ballscreen for 1. 1 comes hard off
the ballscreen and looks at 5 rolling to the basket.

Olympiakos 2 (1 of 2)



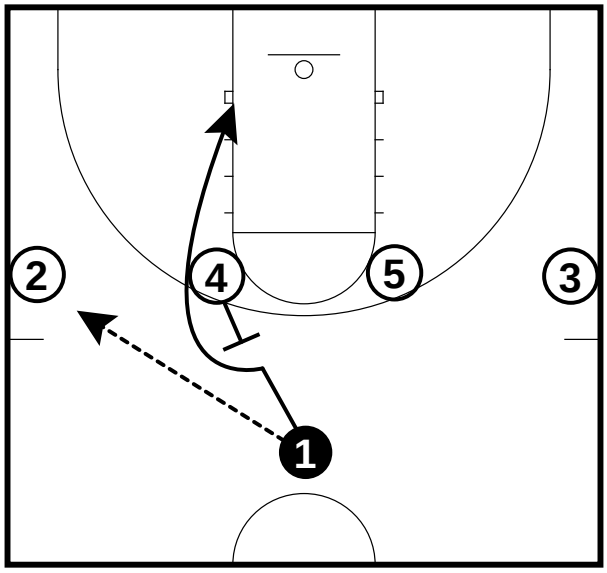
1 dribbles to the right side. 2 cuts to the left side low block. 5 sets a downscreen for 2. 4 sets a high cross screen when 2 comes across. 3 loops to the left side corner.

Olympiakos 2 (2 of 2)



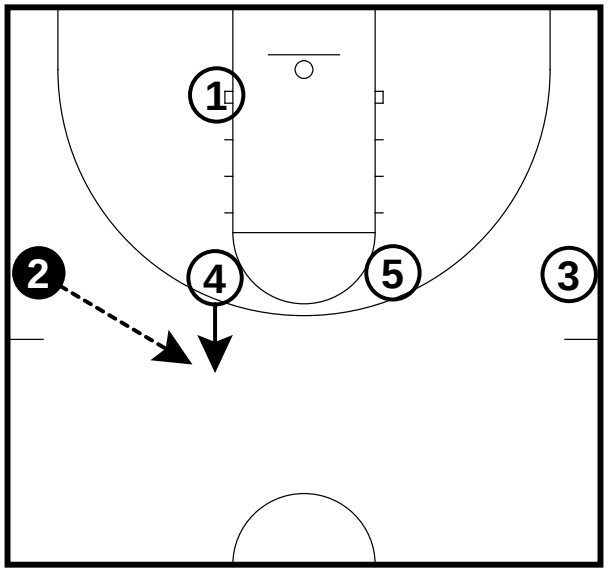
4 pops out to the left side guard spot. 1 can pass to 4 and then 4 will hit 5 on the isolation. 1 can also pass to 2.

Ortez (1 of 4)



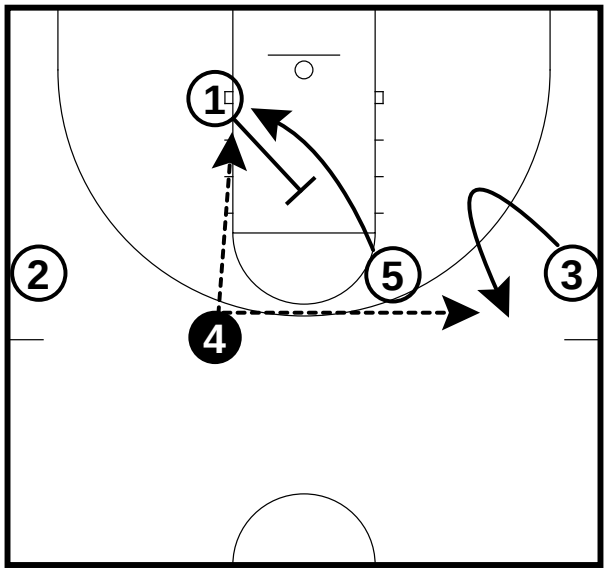
1 passes to 2. 4 sets a backscreen for 1. 1 cuts to the outside of the screen to the left side low block.

Ortez (2 of 4)



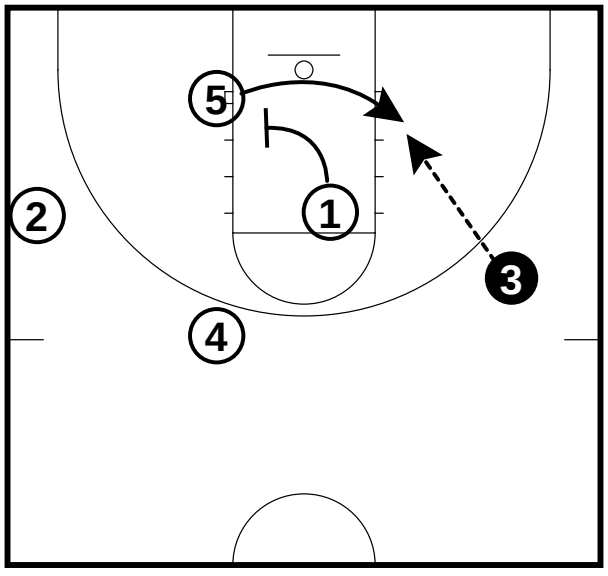
4 steps up pass the three point line. 2 passes to 4.

Ortez (3 of 4)



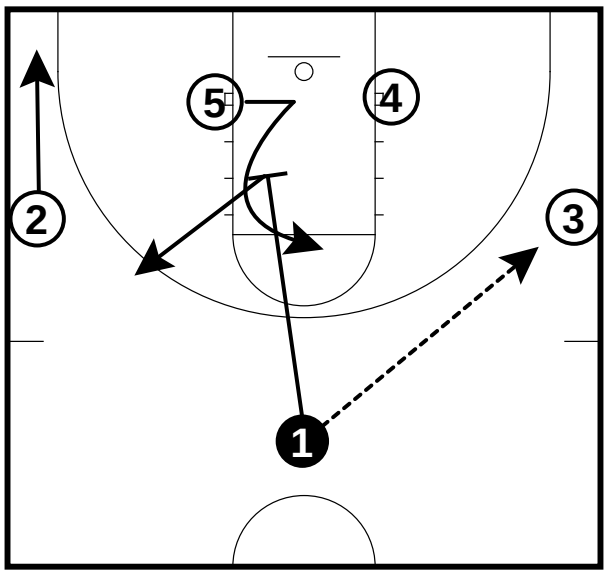
1 sets a backscreen for 5. 5 cuts to the left side low block. 3 v-cuts and pops out to the right side wing. 4 can pass to 5 on the low block or to 3 on the right side wing.

Ortez (4 of 4)



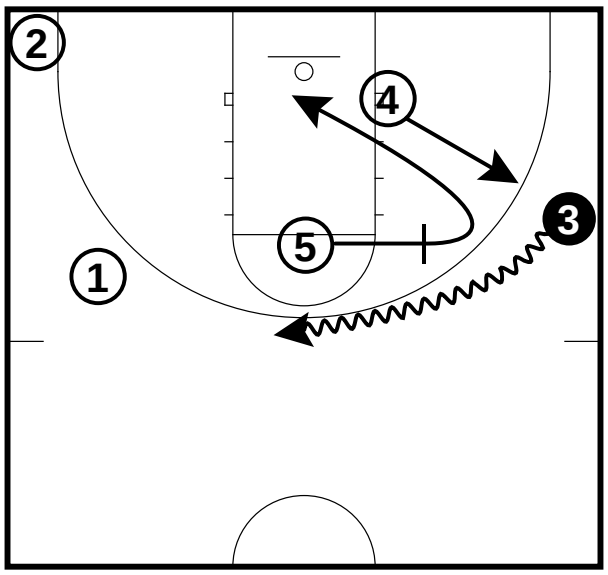
1 sets a cross screen for 5. 5 cuts to the low side of the screen over to the right side low block. 3 passes to 5.

Panathinaikos 1 (1 of 3)



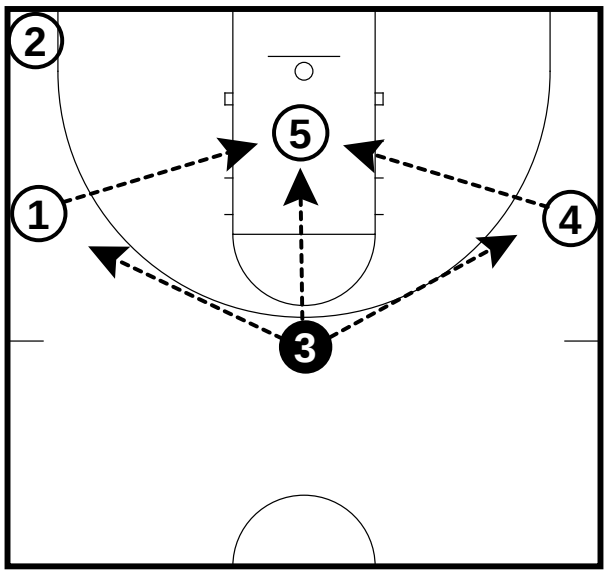
1 passes to 3 and downscreens for 5. After 1 downscreens then he pops out to the left side wing. 2 slides to the left corner on the pass. 5 comes off the downscreen to the middle of the free throw line.

Panathinaikos 1 (2 of 3)



5 sets a ballscreen on 3 and then rolls to the basket. 3 comes hard off the ballscreen to the middle of the floor. 4 fills in the right side wing.

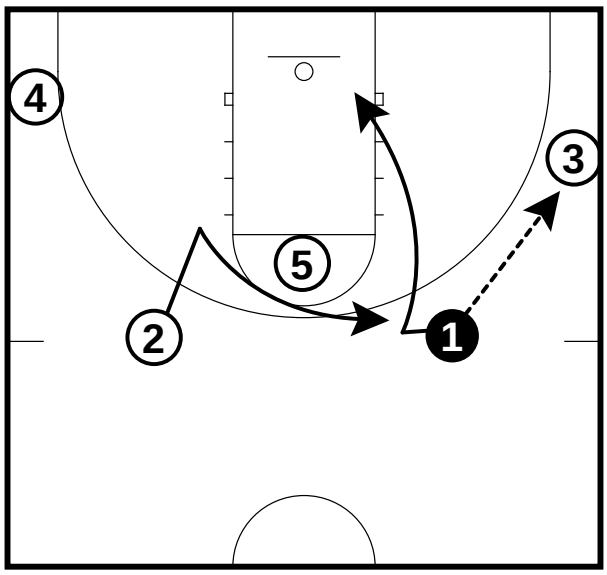
Panathinaikos 1 (3 of 3)



3 can pass to 5 on the post isolation.

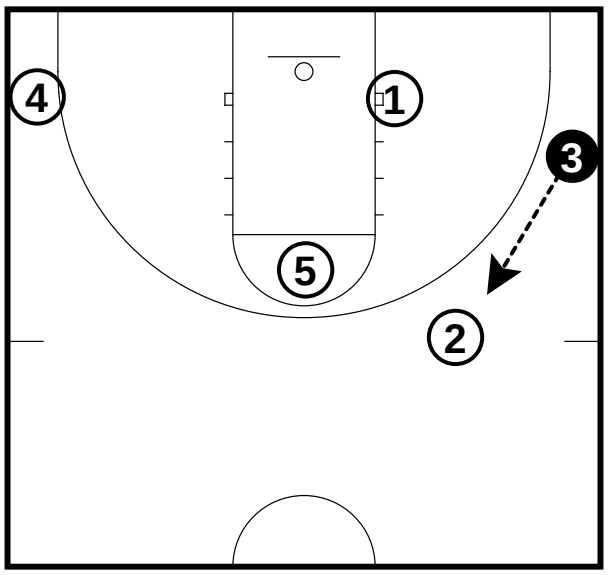
3 can also pass to 1 or 4 for the pass to 5 on the post isolation.

Panathinaikos 2 (1 of 4)



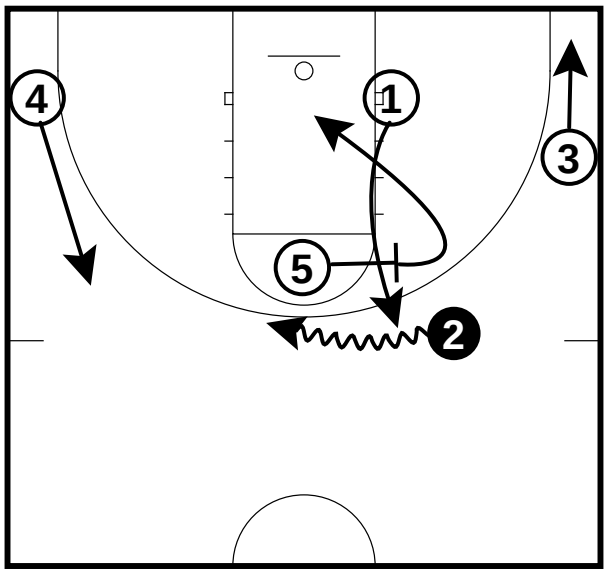
1 passes to 3 and cuts to the basket. 2 acts like he is cutting to the basket and then gets a rub screen off 5.

Panathinaikos 2 (2 of 4)



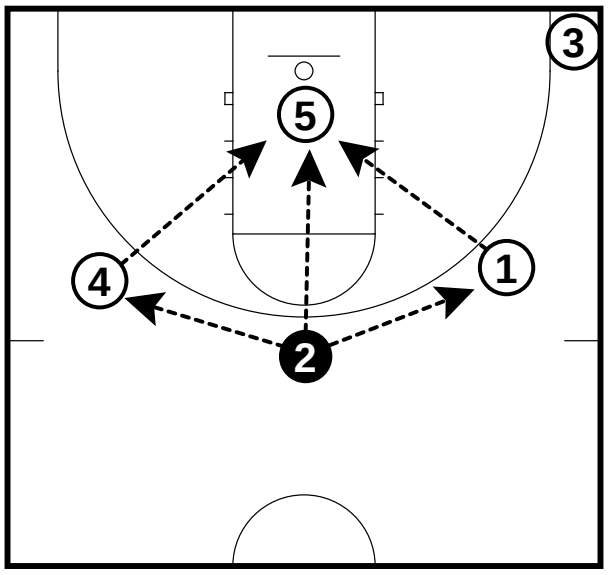
3 passes the ball to 2.

Panathinaikos 2 (3 of 4)



5 sets a ballscreen for 2 and rolls to the basket. 2 comes hard off the ballscreen. 1 sprints up to the top right guard spot. 3 slides to the right side corner. 4 slides up to the left side wing.

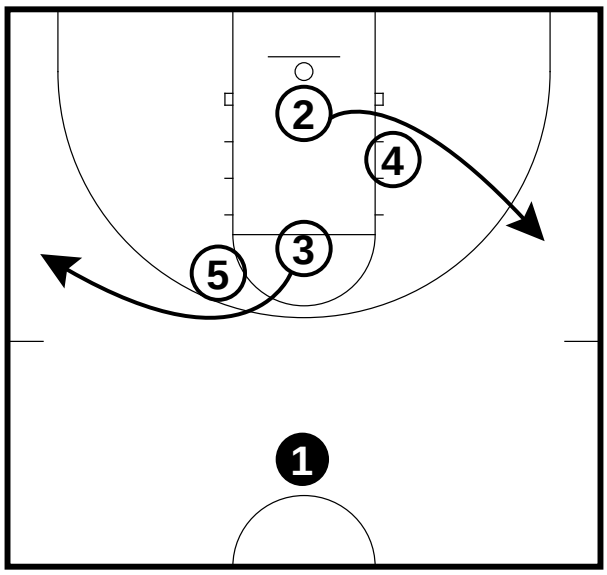
Panathinaikos 2 (4 of 4)



2 looks to pass to 5 on the post isolation.

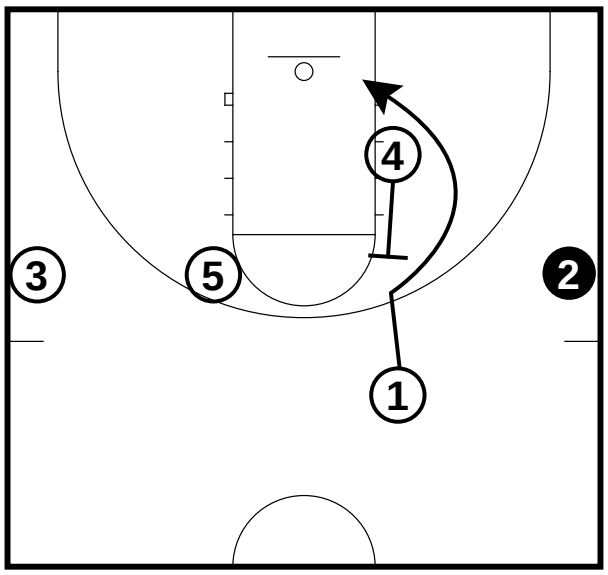
2 can pass to 1 or 4. They can hit 5 on the post isolaton.

Panathinaikos 3 (1 of 4)



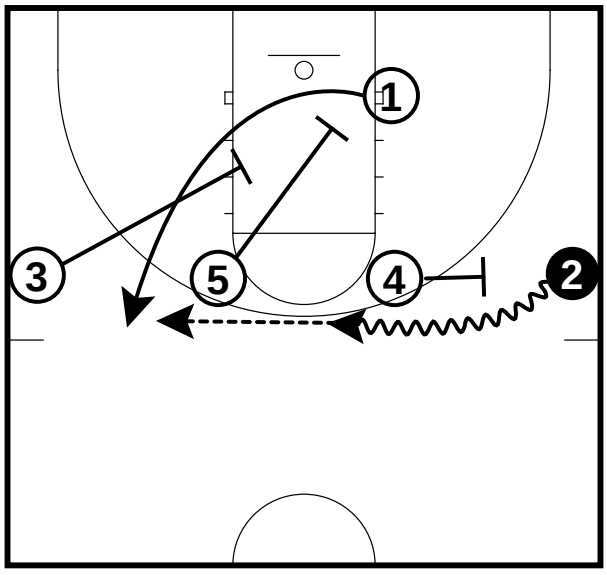
2 rubs off 4 to the right side wing. 3 rubs off 5 to the left side wing.

Panathinaikos 3 (2 of 4)



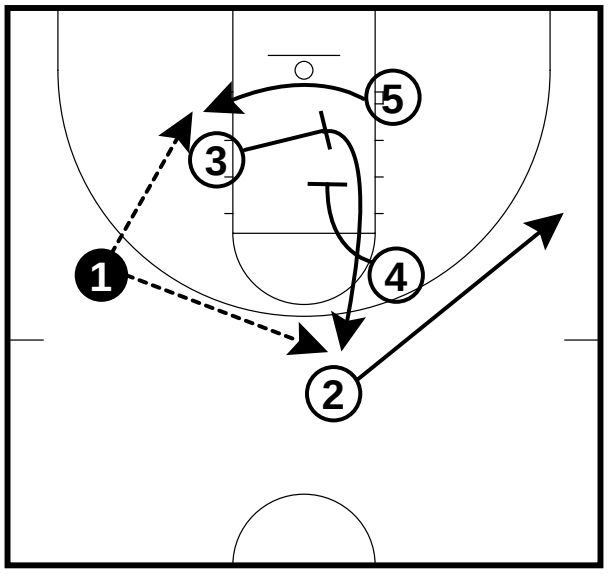
4 sets a back screen for 1. 1 cuts ballside and cuts to the right side low block.

Panathinaikos 3 (3 of 4)



4 sets a ballscreen for 2. 2 comes hard off the ball screen to the top of the key. 3 and 5 set downscreens for 1. 1 comes hard off the downscreens to the left side wing. 2 passes to 1.

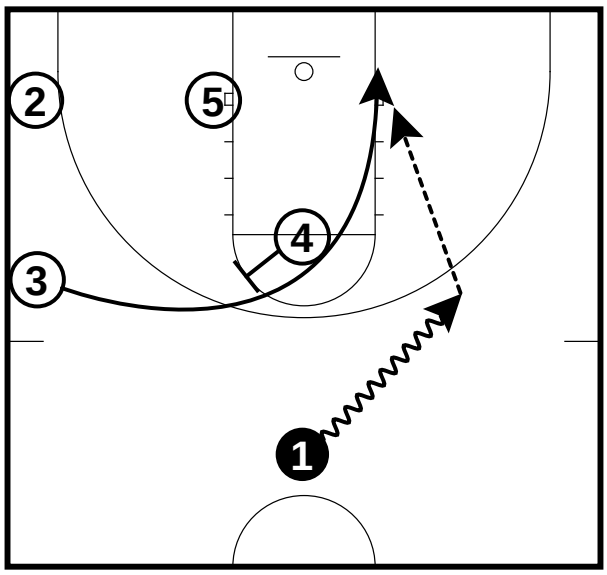
Panathinaikos 3 (4 of 4)



3 sets a cross screen for 5. 5 comes off the cross screen on the low side to the left side block. 4 sets a downscreen for 3. 3 comes up the top of the key. 2 slides to the right side wing.

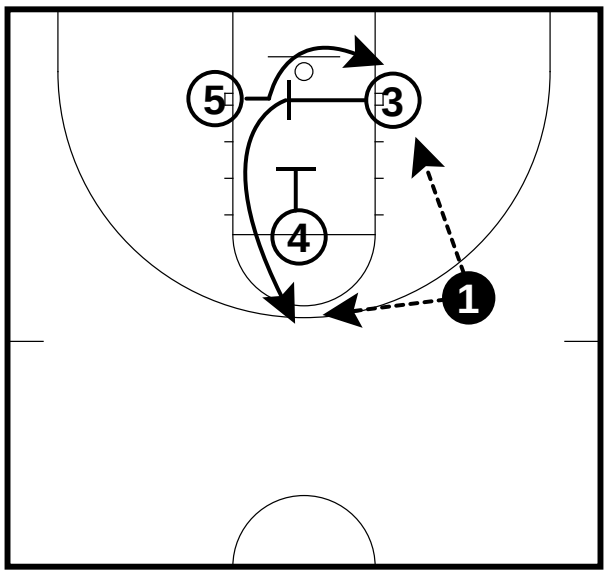
1 can pass to 5 or 3 for the shot.

Panellinios (1 of 2)



4 sets a back screen for 3. 1 dribbles to the right side wing. When 3 comes off the backscreen then 1 can pass to 3 on the right side low block.

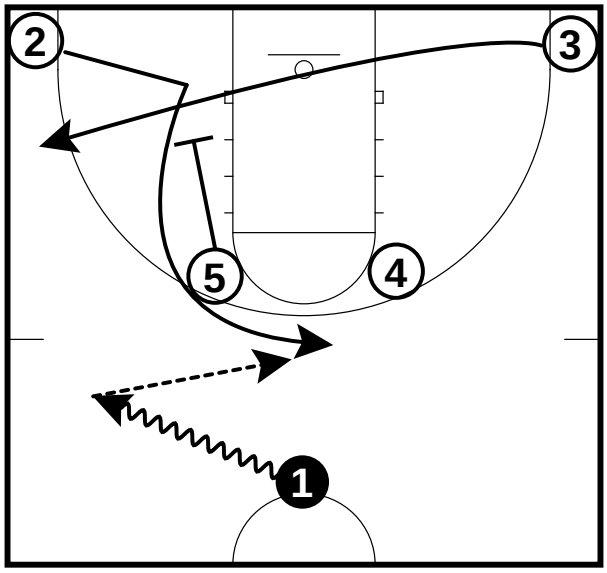
Panellinios (2 of 2)



If 1 doesn't hit 3.
3 sets a cross screen for 5. 5 comes off the ballscreen on the low side to the right side low block. 4 sets a downscreen fore 3. 3 comes up to the top of the key.

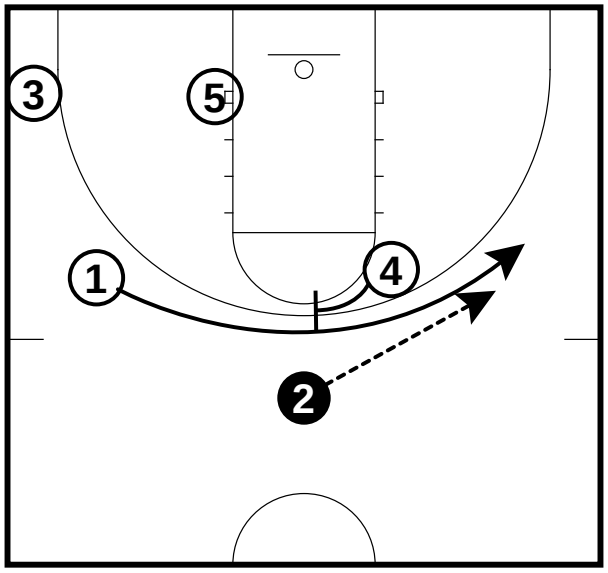
1 can pass to 5 or 3 for the shot.

Panionios 2 (1 of 3)



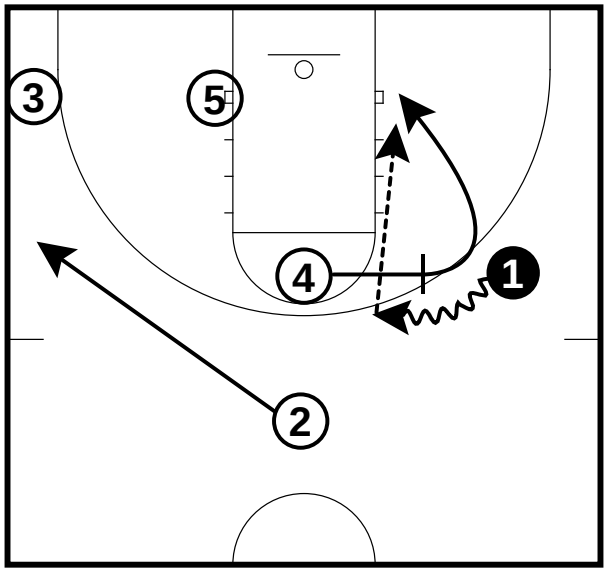
5 sets a downscreen for 2. 2 cuts to the low block and pops up the top of the key. 3 sprints to the left side corner. 1 dribbles to the left side and passes to 2.

Panionios 2 (2 of 3)



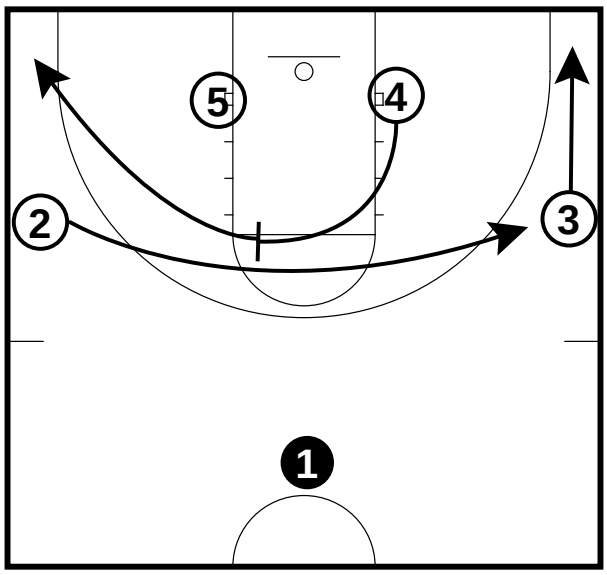
4 sets a cross screen for 1. 2 passes to 1.

Panionios 2 (3 of 3)



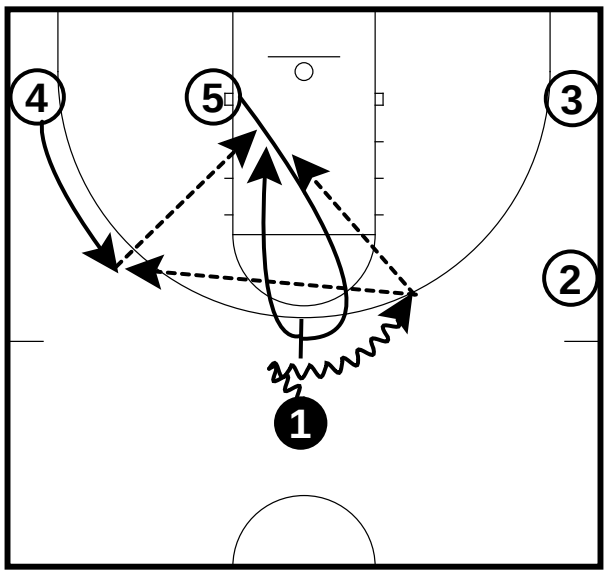
4 sets a ballscreen for 1 and then rolls to the right side low block. 1 comes off the ballscreen hard to the top of the key. 1 passes to 4 on the roll. 2 slides to the left side wing.

Partizan (1 of 2)



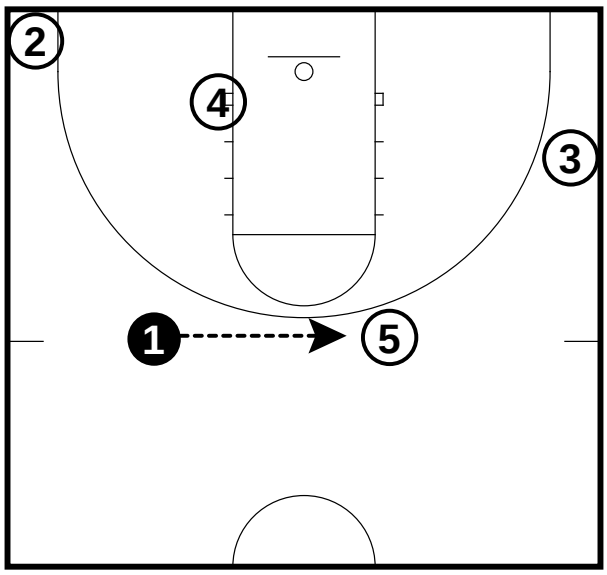
4 sets a cross screen for 2. 2 comes over the top to the right side wing. 4 goes to the left side wing.

Partizan (2 of 2)



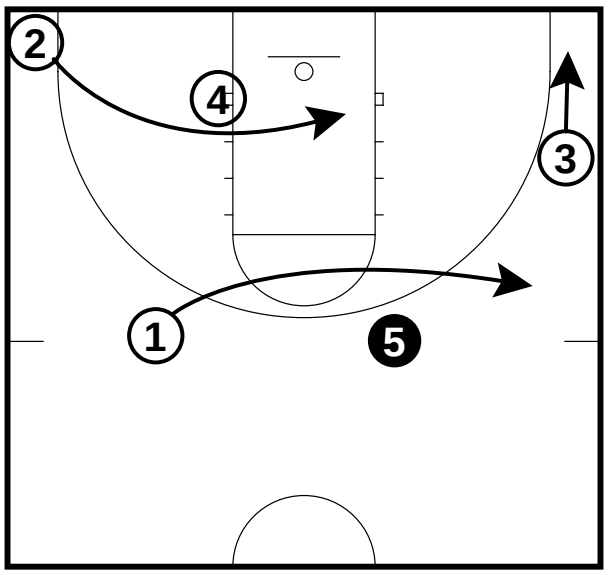
5 sets a ballscreen on 1. 1 come off the ballscreen hard to the right side. 1 looks for the 5 on the roll. 4 slides up the left side wing. 1 can also pass to 4 who will look for the high low entry.

Partizan 1 (1 of 3)



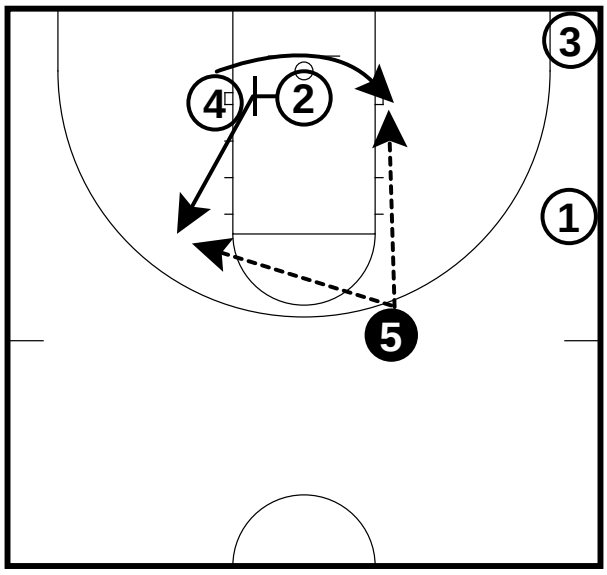
1 passes to 5.

Partizan 1 (2 of 3)



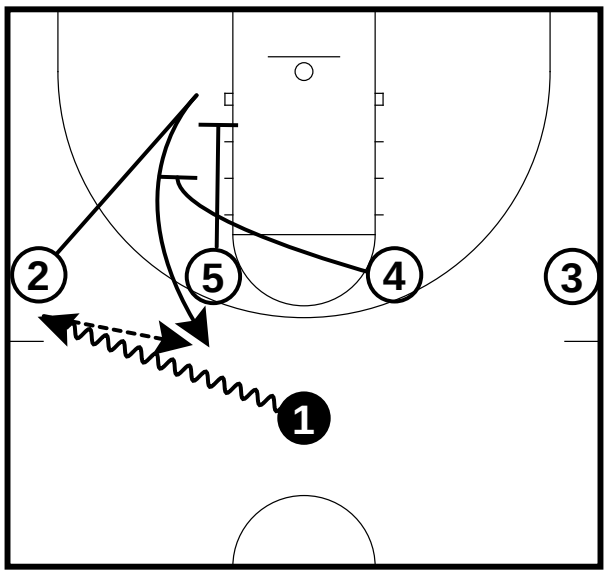
2 rubs off of 4 to the right side low block. 1 cuts in front of 5 to the right side wing. 3 slides to the corner.

Partizan 1 (3 of 3)



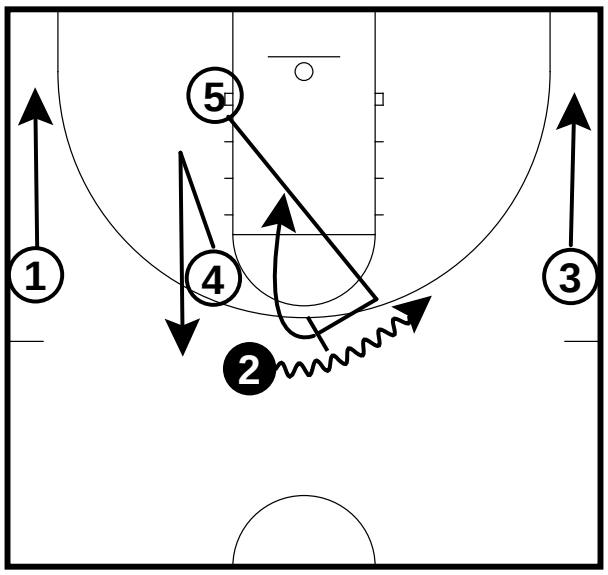
2 sets a cross screen for 4. 4 comes off the cross screen on the low side to the right side low block. 5 can pass to 4 on the low block or 2 on the left side wing.

Prokom 1 (1 of 3)



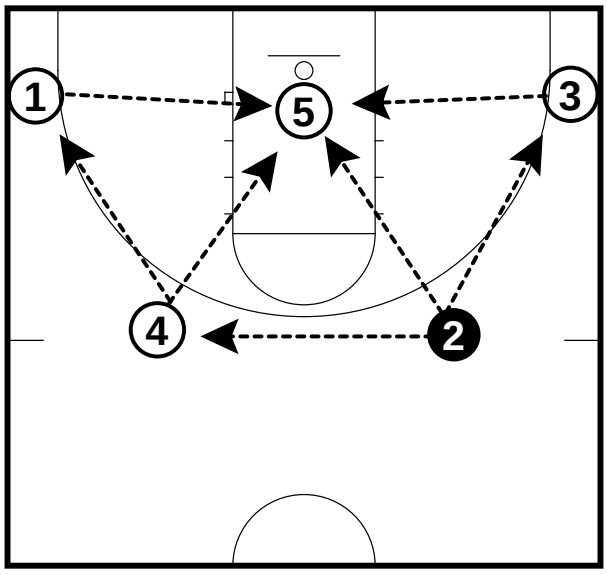
1 dribbles to the left side wing. 2 cuts to the left side low block and waits for a downscreen from 5 and 4. 2 comes off the downscreen of 5 and 4 to the top of the key. 1 passes to 2.

Prokom 1 (2 of 3)



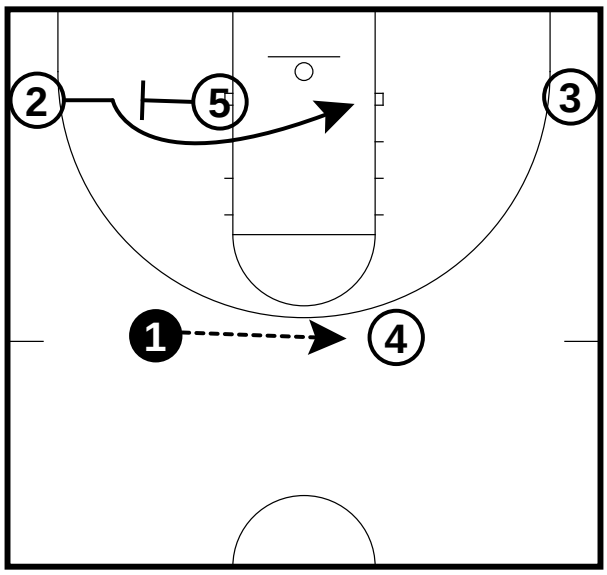
5 comes to the top of the key and sets a ballscreen for 2. 2 comes hard off the ball screen to the right side top guard spot. 5 rolls to the basket after 2 comes off the ballscreen. 4 sprints to the left side block and then reverses field and comes to the left top guard spot. 1 and 3 drift to the corners.

Prokom 1 (3 of 3)



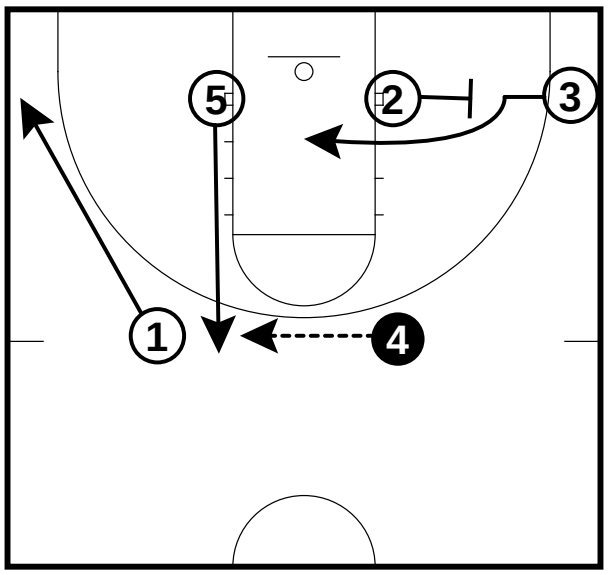
2 can pass the ball to 5 on a isolation at the basket or pass to either 1, 3, or 4. They will hit 5 on an isolation at the basket.

Prokom 2 (1 of 4)



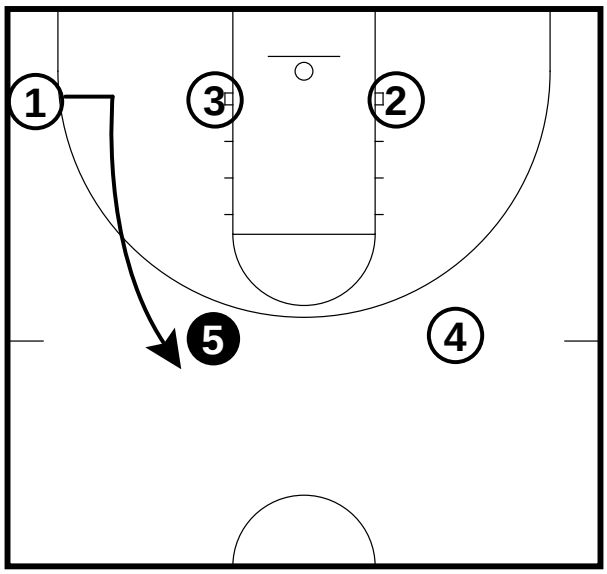
1 passes the ball to 4. When the ball is passed then 5 sets a cross screen using a flex action screen. 2 comes off the cross screen to the right side block.

Prokom 2 (2 of 4)



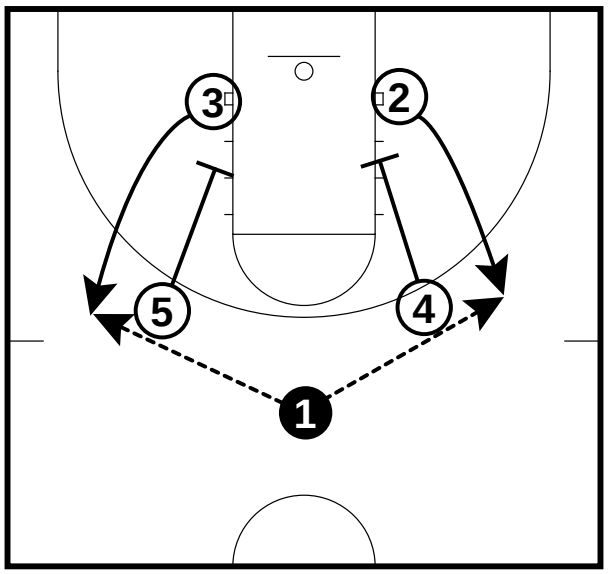
After 1 passes to 4, then 1 sprints to the left side corner. 5 sprints up to the left side top guard spot. 4 passes to 5. 2 sets a cross screen for 3. 3 comes hard off the flex screen to the middle of the lane.

Prokom 2 (3 of 4)



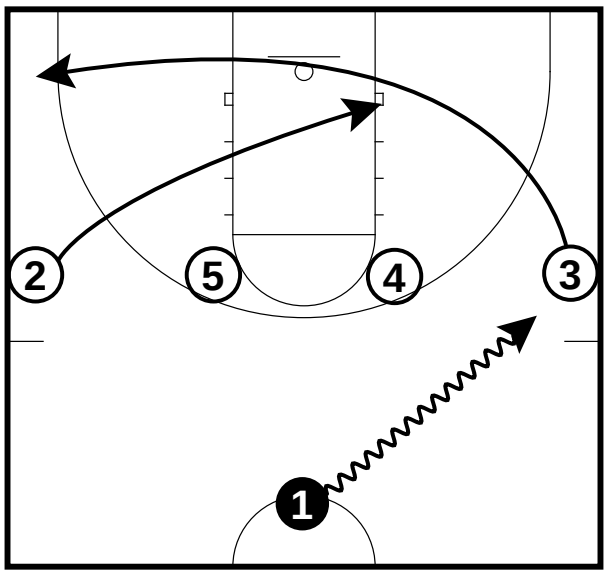
1 fakes a flex screen cut and sprint up to 5 for a hand-off pass.

Prokom 2 (4 of 4)



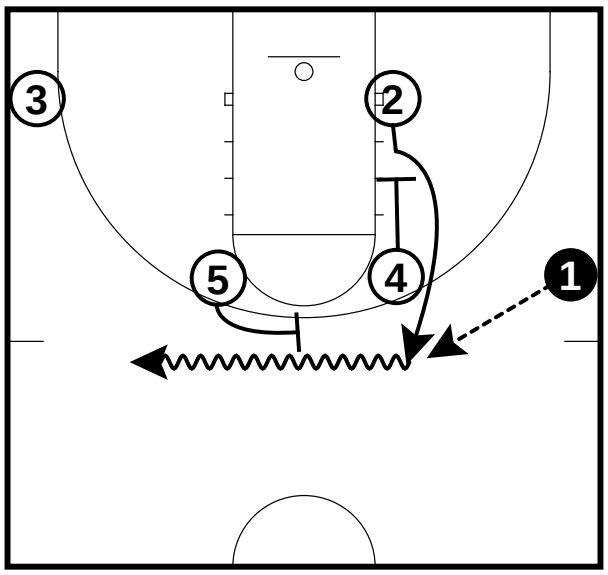
5 sets a downscreen for 3. 4 sets a downscreen for 2. 2 or 3 can come off the downscreen for a shot. 1 has options of hitting 2 or 3 on the pass for a shot.

Real Madrid (1 of 3)



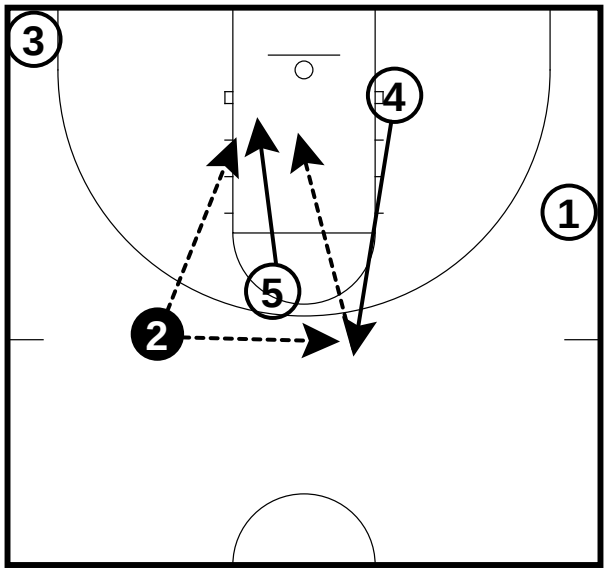
1 dribbles hard to the right side wing. 3 backcuts to the left side corner. 2 cuts to the right side low block.

Real Madrid (2 of 3)



4 downscreens for 2. 2 pops up to the top guard spot. 1 passes to 2. 2 dribbles to the left side. 5 sets a ballscreen for 2.

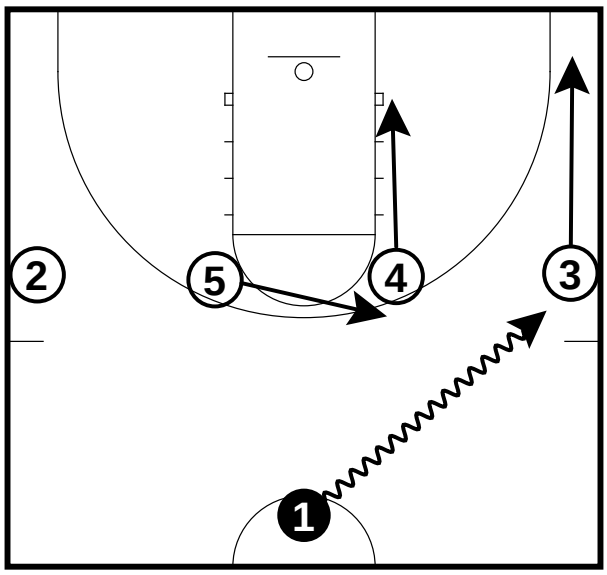
Real Madrid (3 of 3)



5 cuts hard to the basket. 2 can pass to 5 on the backcut. 4 pops up to the top of the key.

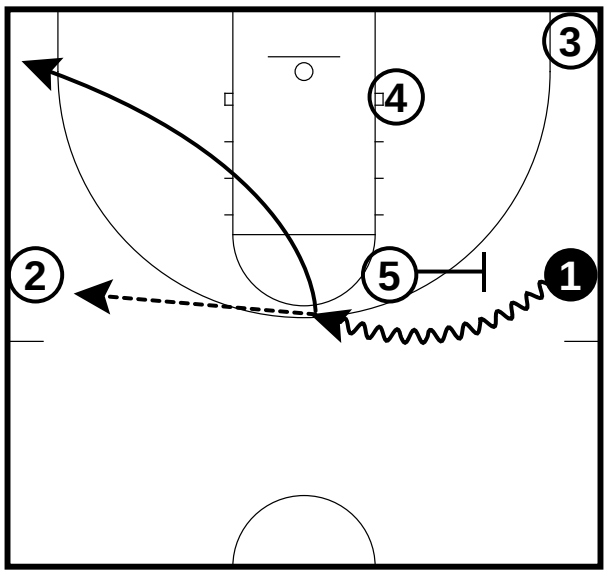
2 can also pass to 4. 4 would look at the high-low entry to 5 on the isolation.

Real Madrid 1 (1 of 4)



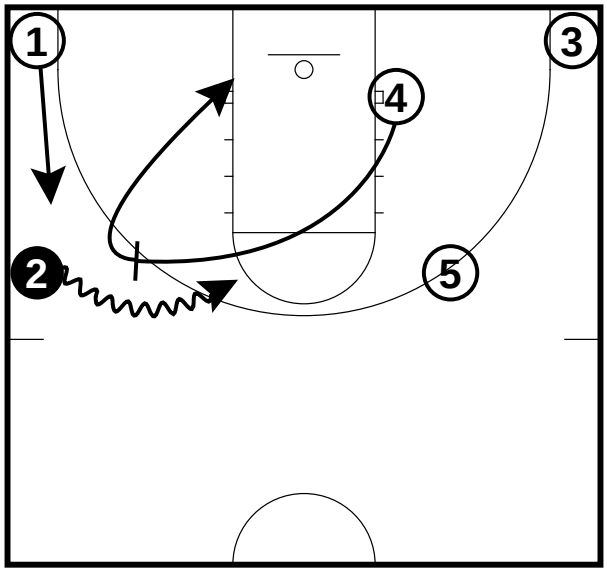
1 dribbles hard to the right side wing. 4 slide down to the right side low block. 3 slides to the right side corner. 5 pops up the right side high post.

Real Madrid 1 (2 of 4)



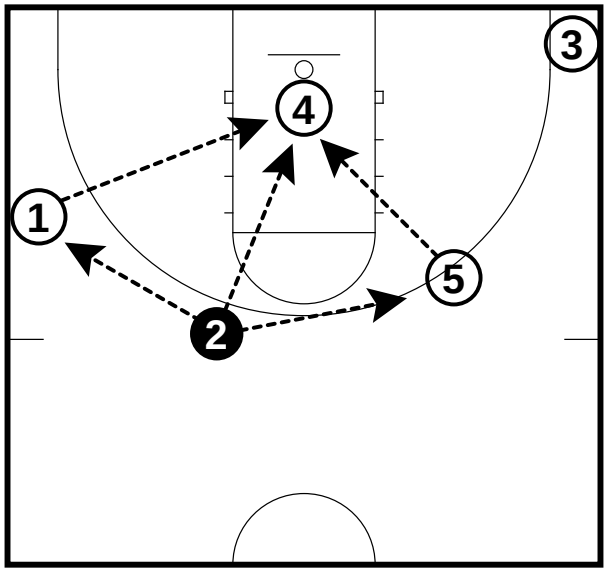
5 sets a ballscreen for 1. 1 comes hard off the ballscreen on the top side. 1 passes to 2 and cuts to the left side corner.

Real Madrid 1 (3 of 4)



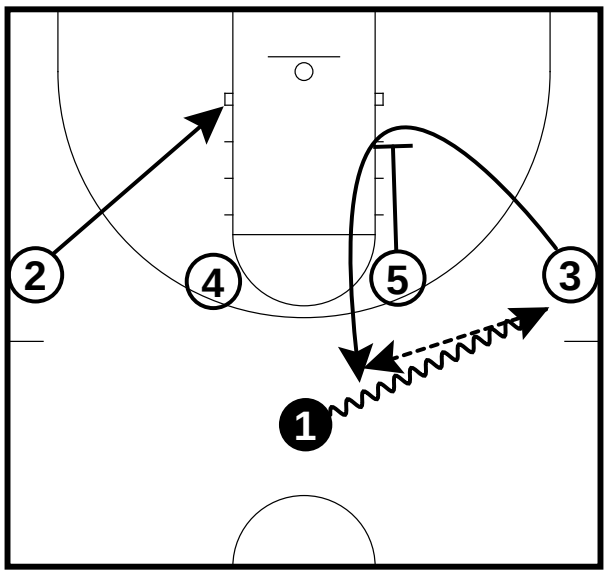
4 sets a ballscreen for 2 and then rolls to the basket. 2 comes hard off the ballscreen to the middle of the floor. 1 slides up to the left side wing.

Real Madrid 1 (4 of 4)



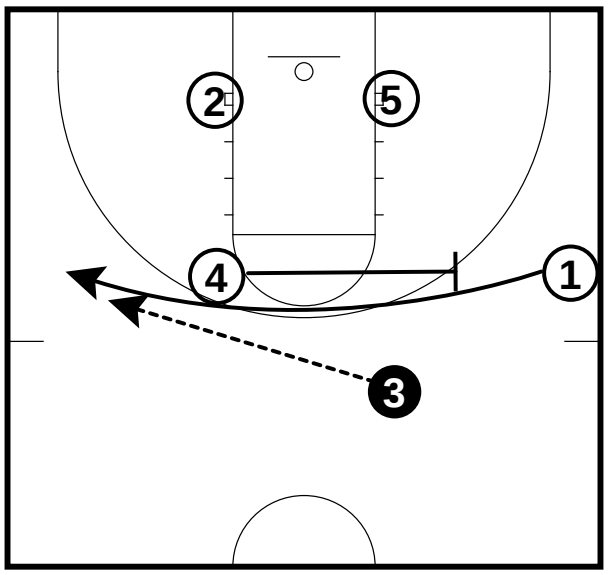
2 can pass to 4 on the post isolation. 4 can also pass to 1 or 5. 1 or 5 can pass to 4 on the post isolation.

Real Madrid 2 (1 of 4)



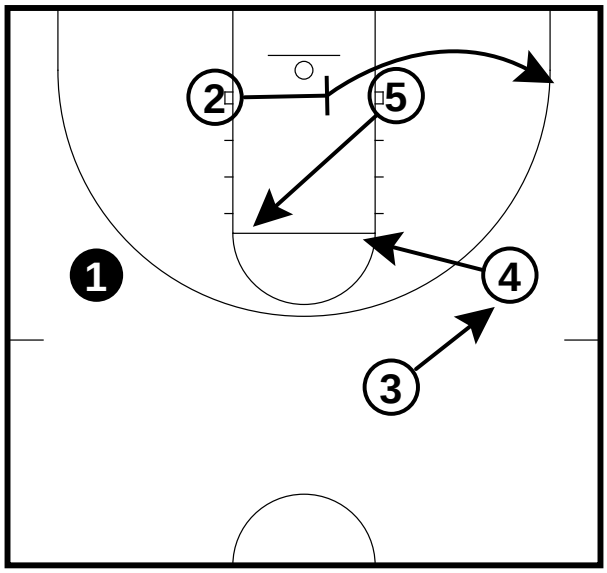
5 sets a downscreen for 3. 2 cuts to the left side low block. 1 dribbles to the right side wing.

Real Madrid 2 (2 of 4)



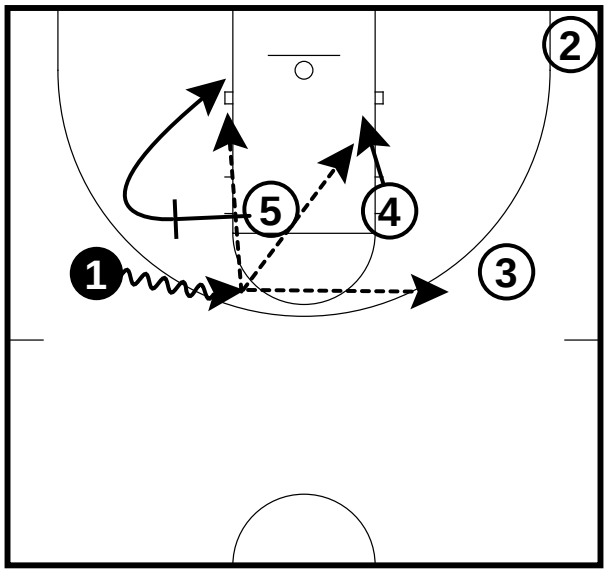
4 sets a cross screen for 1. 1 comes over the screen to the left side wing. 3 passes to 1.

Real Madrid 2 (3 of 4)



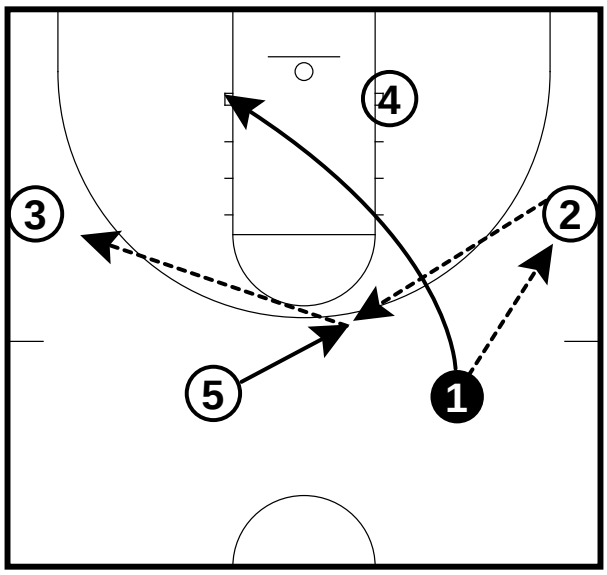
2 sets a cross screen for 5 and then pops out to the right side corner. 5 sprints up to the free throw lane. 4 slides to the right side high post. 3 goes to the right side wing.

Real Madrid 2 (4 of 4)



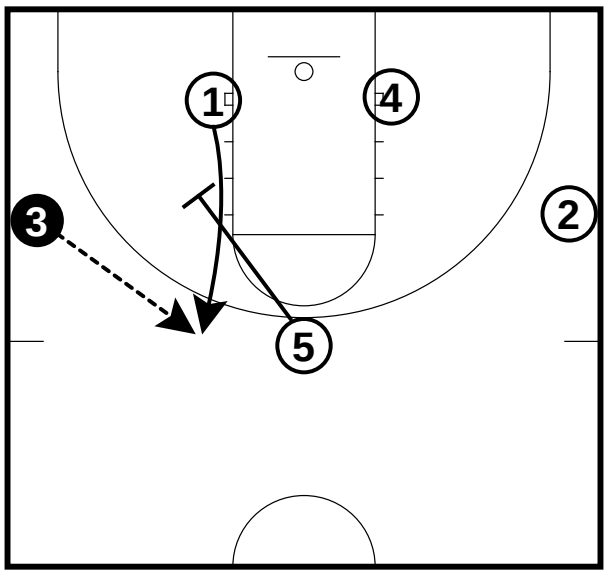
5 sets a ballscreen for 1 and then rolls to the basket.
1 can pass to 5 on the roll.
1 can pass to 4 on the slip to the basket.
1 can pass to 3 for the jumper.

Reggio Emilio 2 (1 of 4)



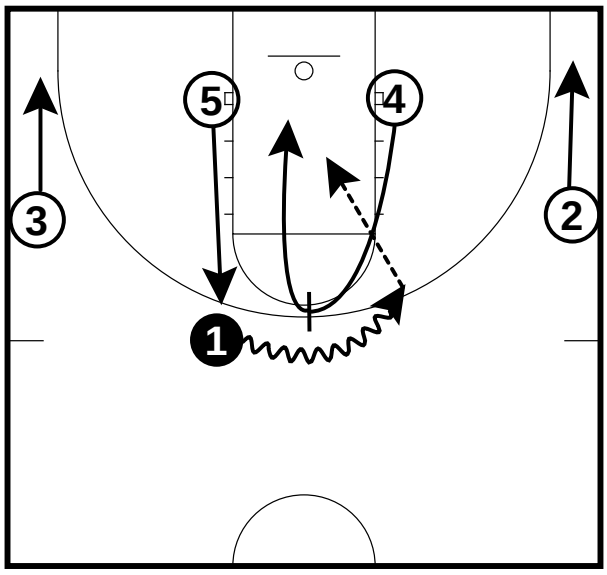
1 passes to 2 and cuts to the left side low block. 5 sprints to the top of the key. 2 passes to 5. 5 passes to 3.

Reggio Emilio 2 (2 of 4)



5 sets a downscreen for 1. 1 sprints up to the left guard spot. 3 passes to 1.

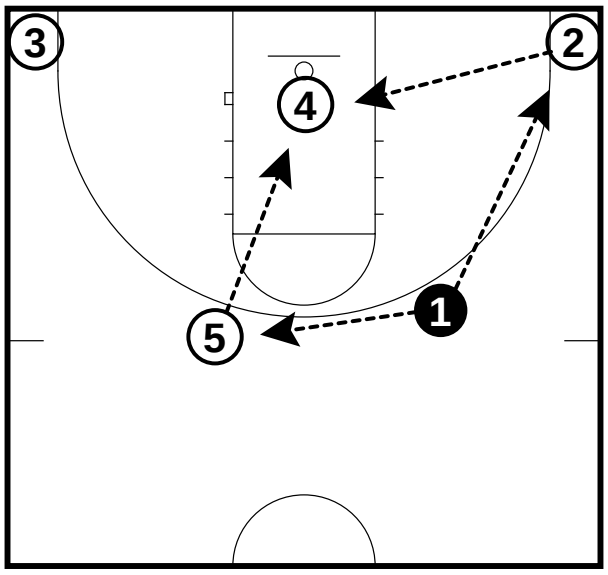
Reggio Emilio 2 (3 of 4)



4 sets a ballscreen for 1 and rolls to the basket. 5 sprints to the top of the key. 3 and 2 slide to the corners.

1 can pass to 4 on the roll.

Reggio Emilio 2 (4 of 4)

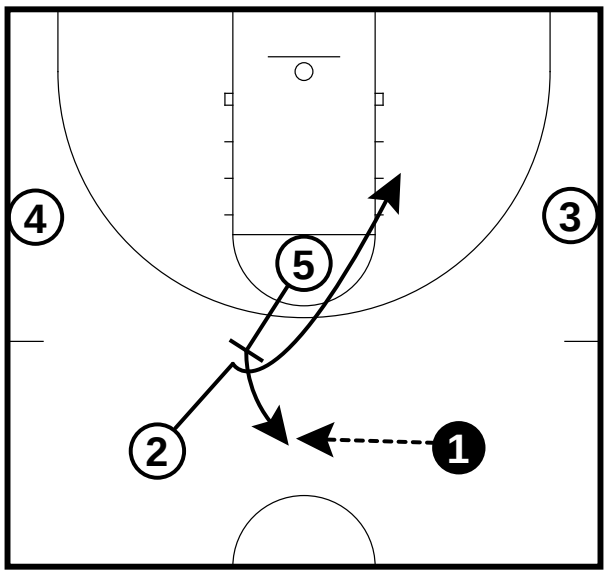


If 1 doesn't hit 4 on the roll:

1 can pass to 2. 2 will hit 4 on the seal.

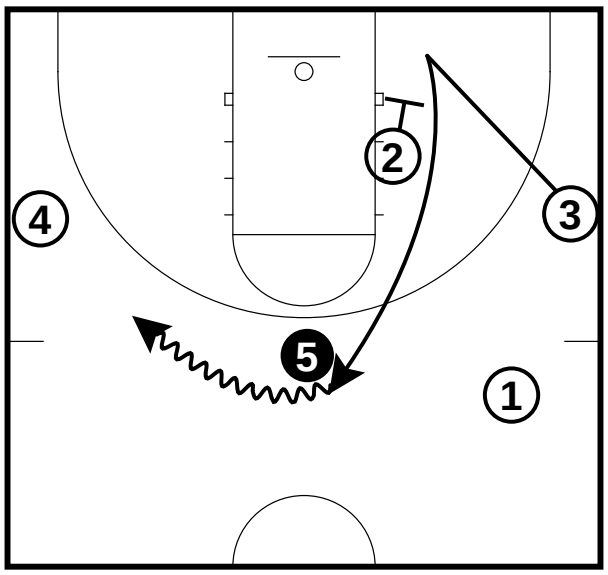
1 can pass to 5. 5 can pass to 4 on the high low entry.

Roma 2 (1 of 4)



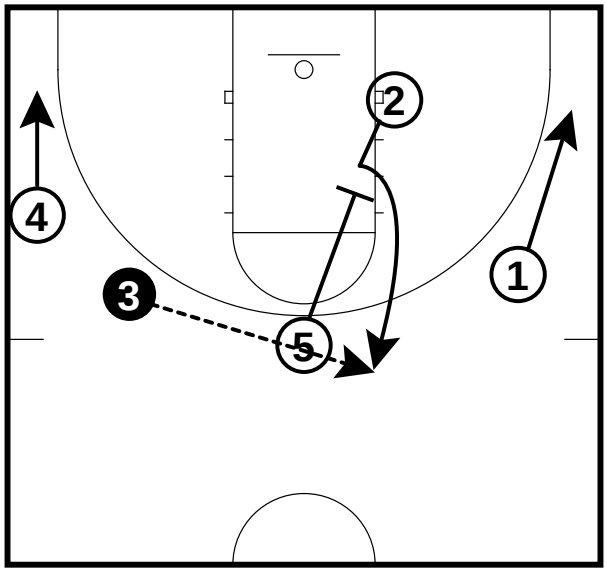
5 sets a backscreen for 2. 2 cuts off the backscreen on the ballside to the basket. 5 pops out to the top of the key. 1 passes to 5.

Roma 2 (2 of 4)



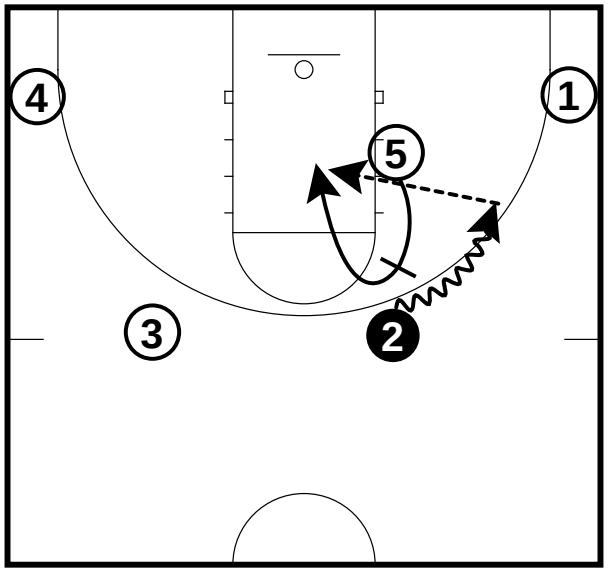
3 cuts to the right side low block and comes off the downscreen from 2. 3 comes up to the top of key and rubs off 5 for a dribble hand-off. 3 dribbles at 4.

Roma 2 (3 of 4)



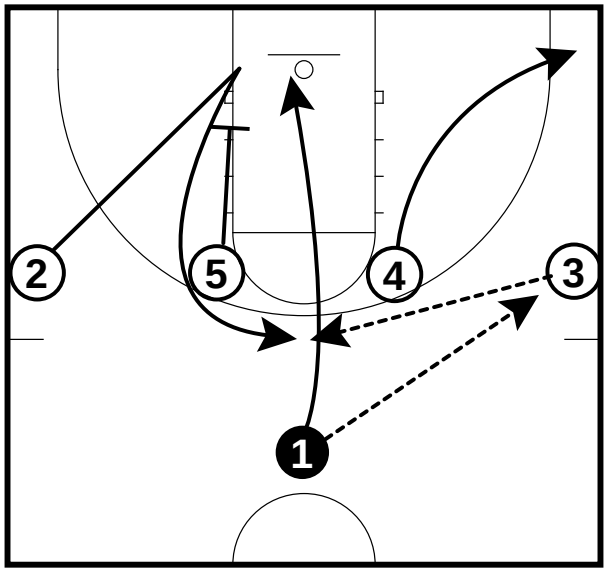
5 sets a downscreen for 2. 2 cuts up to the right side guard spot. 4 and 1 drift toward the corners. 3 passes to 2.

Roma 2 (4 of 4)



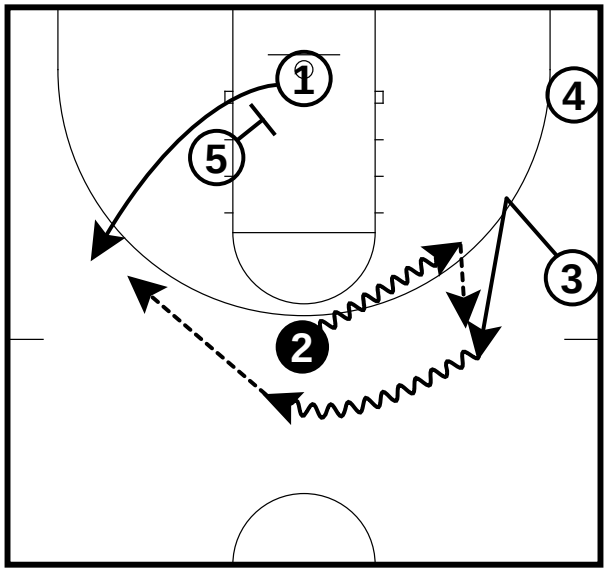
5 sets a ballscreen for 2 and then rolls to the basket. 2 comes off the ballscreen hard. 2 passes to 5.

Roma 1 (1 of 3)



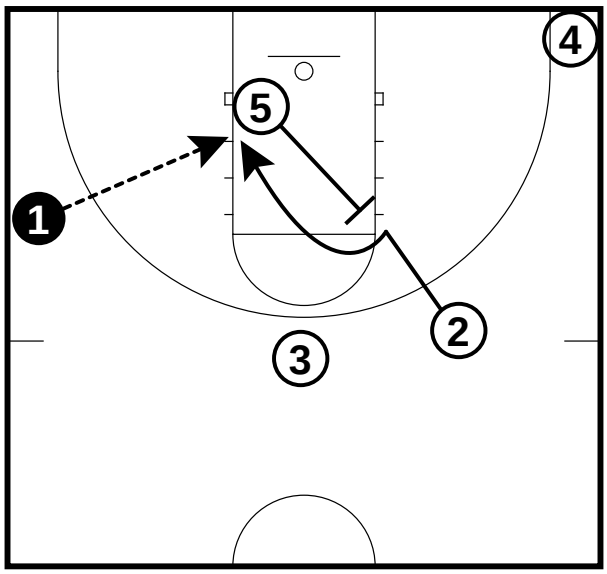
1 passes to 3 and cuts down the middle of the lane to the basket. 4 cuts to the right side corner. 2 cuts to the left side low block and comes off a downscreen from 5. 3 passes the ball to 2 on the top of the key.

Roma 1 (2 of 3)



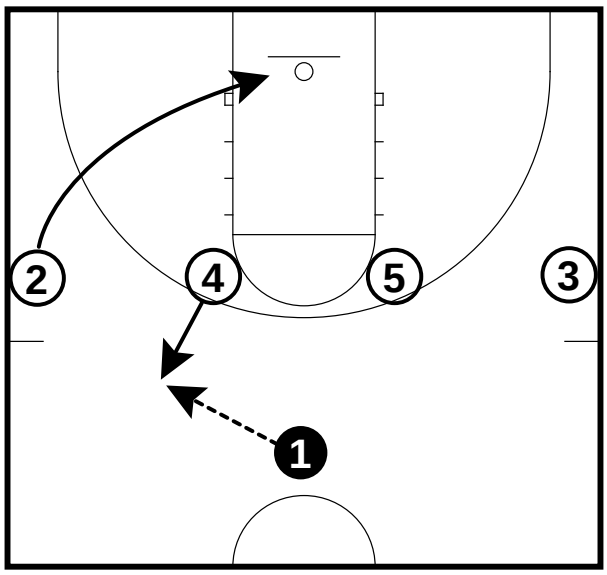
2 dribbles hard at 3. 3 acts like he is backcutting and then comes over the top for a dribble hand-off with 2. 5 downscreens for 1. 1 pops out to the left side wing. 3 dribbles to the top of the key and passes to 1.

Roma 1 (3 of 3)



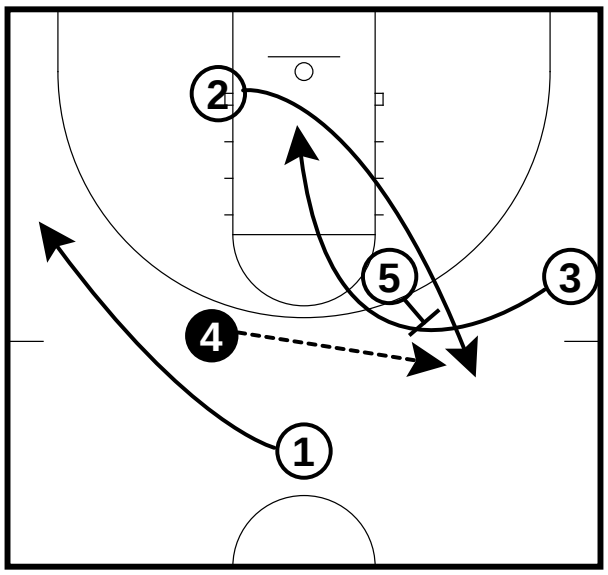
5 sets a backscreen for 2. 2 comes over the top of the backscreen to the left side low block. 1 passes to 2 for the shot.

Siena (1 of 3)



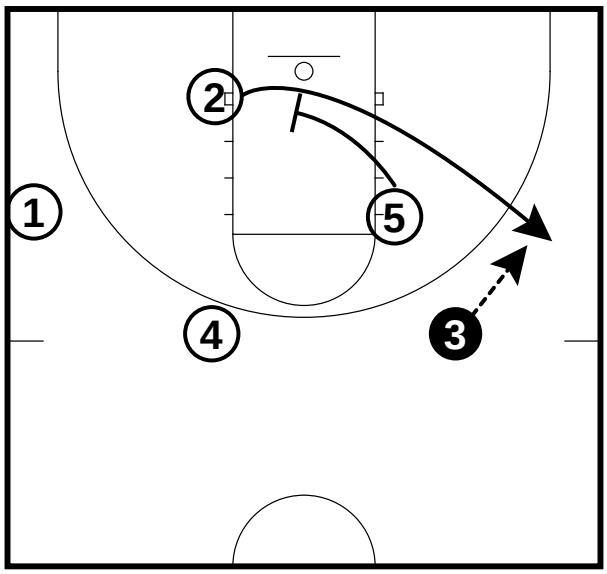
4 steps up to the left side top of the key. 1 passes to 4. 2 backcuts to the leftside low block.

Siena (2 of 3)



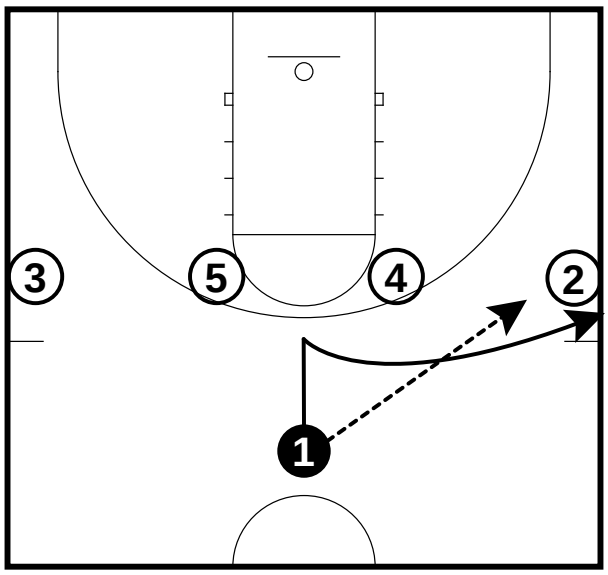
1 passes to 4 and cuts behind 4 to the left side wing. 5 sets a backscreen for 3. 3 comes off the backscreen to the basket. At the same time, 2 rubs off 5 to the top guard spot. 4 passes to 2.

Siena (3 of 3)



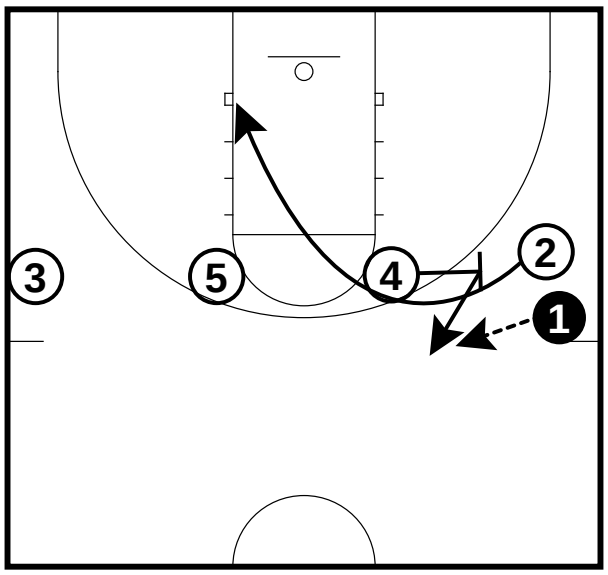
5 sets a downscreen for 2. 2 comes off the downscreen to the right side wing. 3 passes to 2 for the shot.

Snaidero Udine (1 of 4)



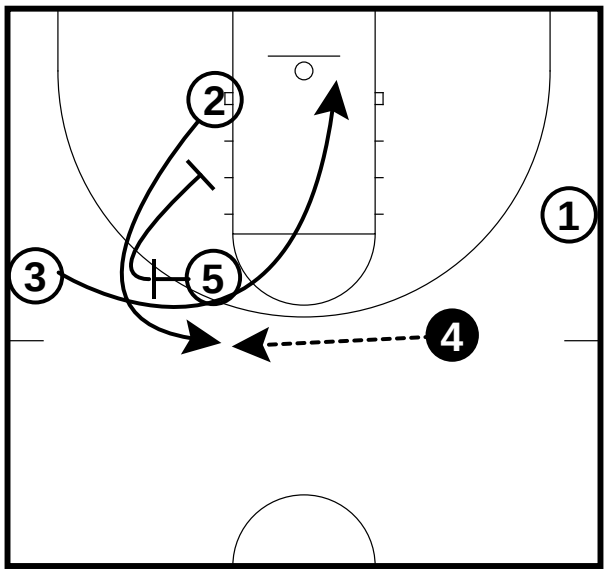
1 passes to 2. 1 cuts behind 2 for a hand-off pass.

Snaidero Udine (2 of 4)



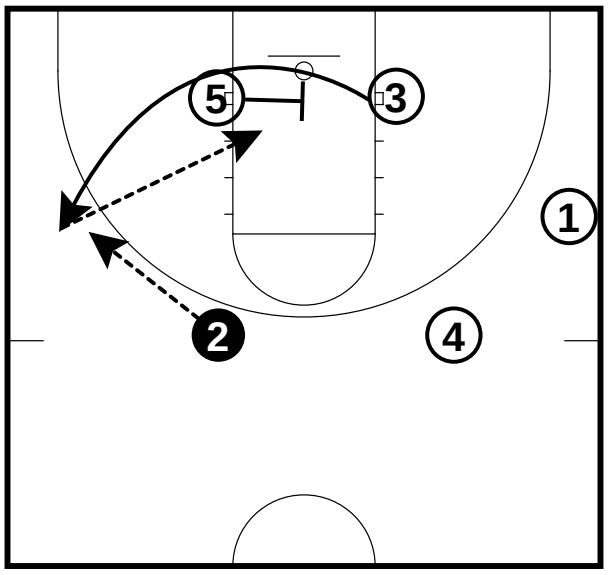
4 sets a backscreen for 2. 2 cut over the top of the screen to the left side low block. 4 pops up to the right guard spot. 1 passes to 4.

Snaidero Udine (3 of 4)



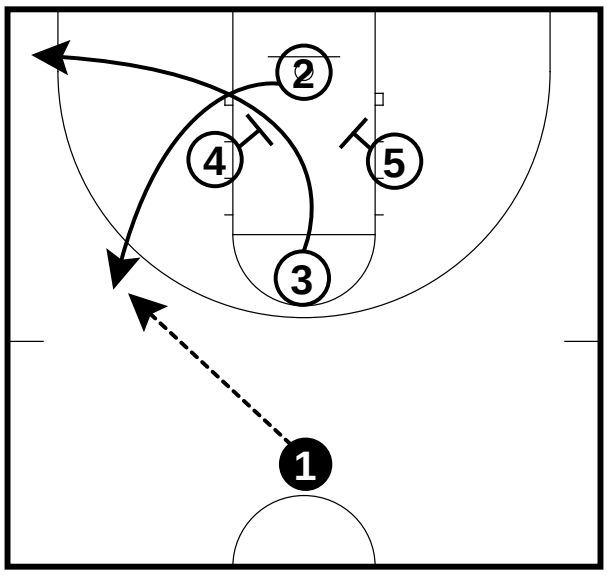
5 sets a backscreen for 3 and then downscreens for 2. 3 cuts over the top to the right side low block. 2 pops up to the left guard spot. 4 passes to 2.

Snaidero Udine (4 of 4)



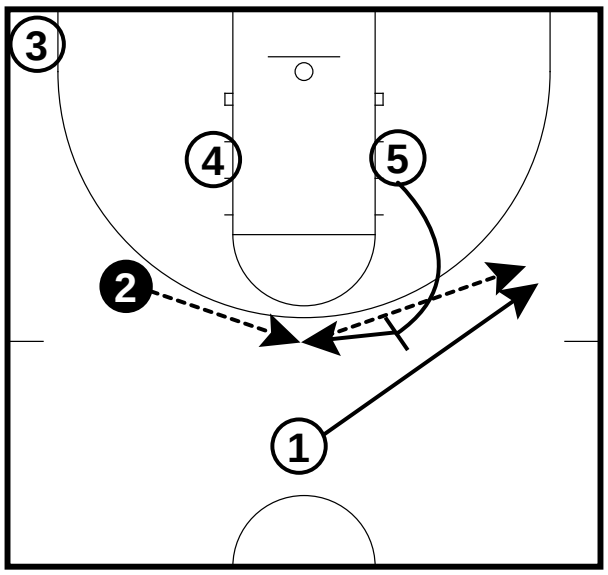
5 sets a cross screen for 3. 3 cuts lowside to the left side wing. 2 passes to 3.
3 can take the shot or pass to 5 on the seal after the cross screen.

Tau Ceramika 1 (1 of 4)



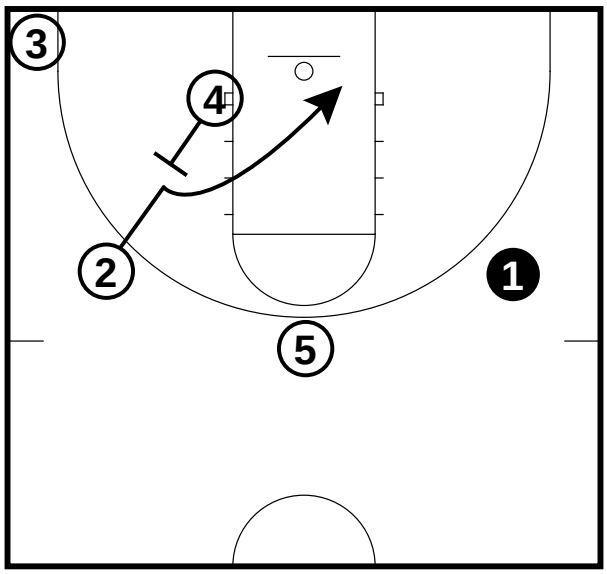
4 and 5 set a downscreen for 2. 2 can pop either direction.
2 pops to the left side wing. 3 goes left corner. 1 passes to 2 on the left wing.

Tau Ceramika 1 (2 of 4)



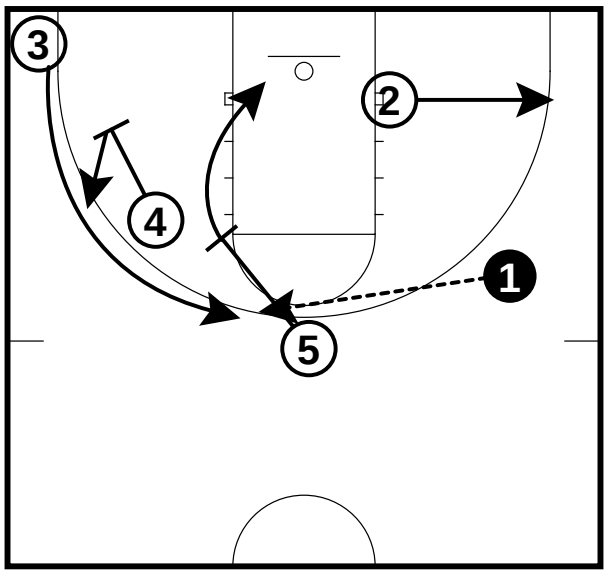
5 sets a backscreen for 1. 1 flares out to the right side wing. 5 comes to the top of the key after the screen.1 slides to the right wing. 2 passes to 5. 5 passes to 1 on the right wing.

Tau Ceramika 1 (3 of 4)



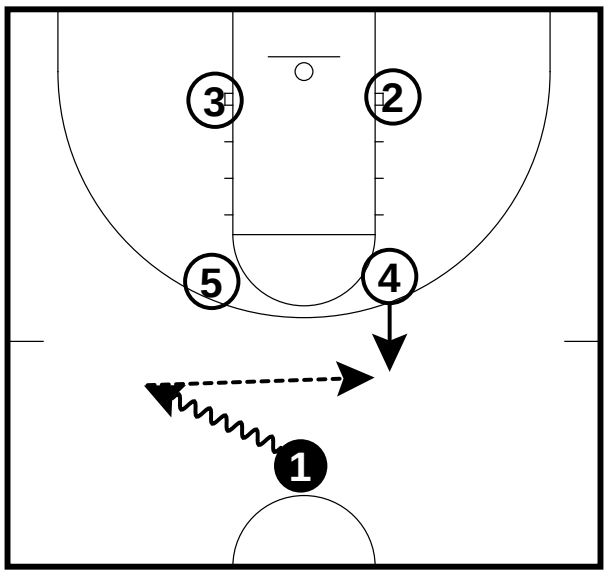
4 sets a backscreen for 2. 2 cuts over the top of the screen to the right side low block.

Tau Ceramika 1 (4 of 4)



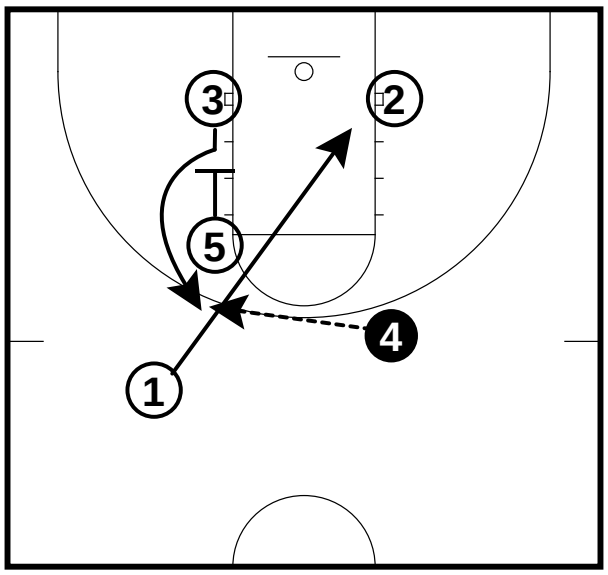
4 and 5 set downscreens for 3. 2 pops out to the right corner. 4 pops out to the left wing. 5 rolls to the basket. 1 passes to 3.

Terramo (1 of 3)



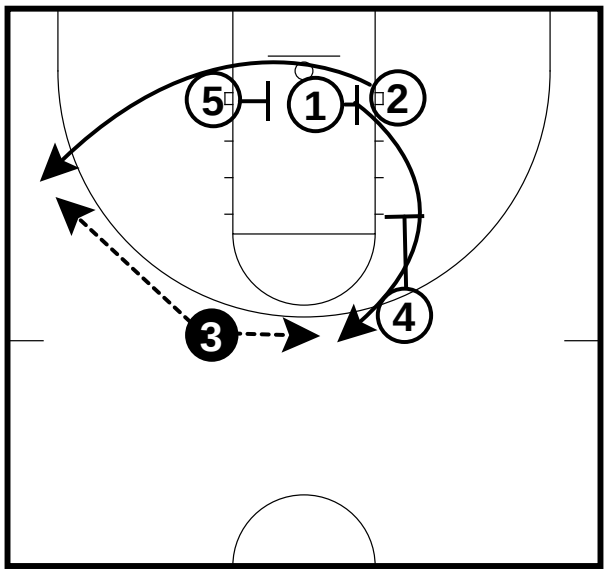
1 dribbles to the left wing. 4 pops up to the right guard spot. 1 passes to 4.

Terramo (2 of 3)



1 sprints to the right side low block. 5 sets a downscreen for 3. 3 pops up to the left guard spot. 4 passes to 3.

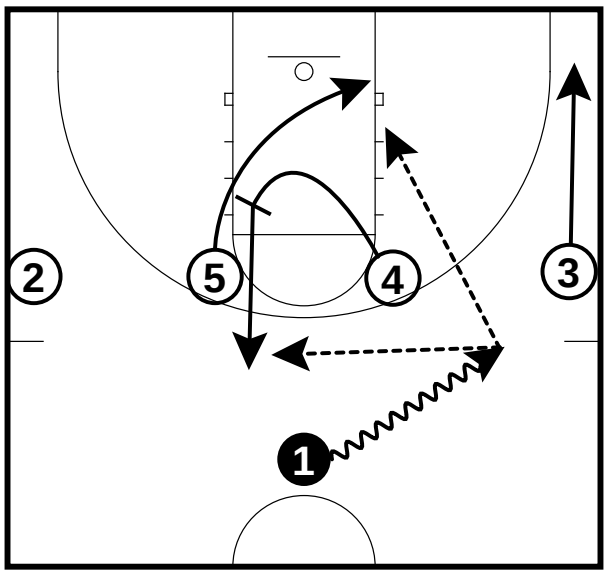
Terramo (3 of 3)



1 and 5 set a cross screen for 2. 2 pops out to the left wing. 4 sets a downscreen for 1. 1 pops up to the right guard spot.
3 can pass to 2 for the shot on the left wing.

3 can pass to 1 at the right guard spot for a shot.

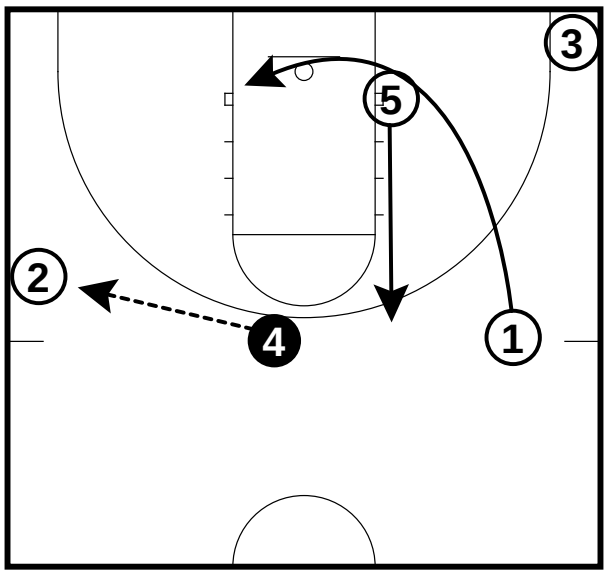
Terramo 2 (1 of 4)



1 dribbles to the right wing. 4 sets a backscreen for 5 and pops out to the left guard spot. 5 cuts on the lowside of the screen to the right low block. 3 slides to the right corner.

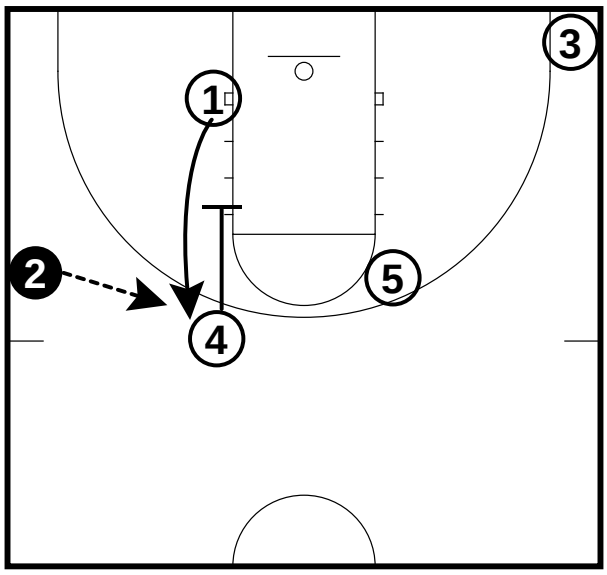
1 can pass to 5 off the backscreen or pass to 4 at the top of the key.

Terramo 2 (2 of 4)



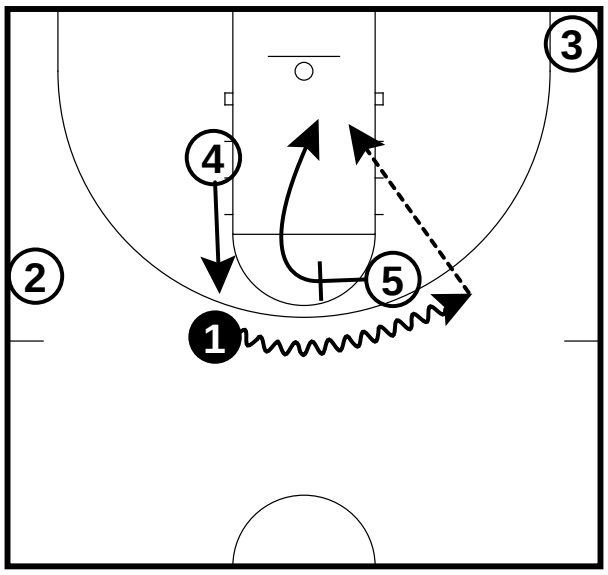
5 sprints to the right guard spot. 1 cuts to the left side low block. 4 passes to 2.

Terramo 2 (3 of 4)



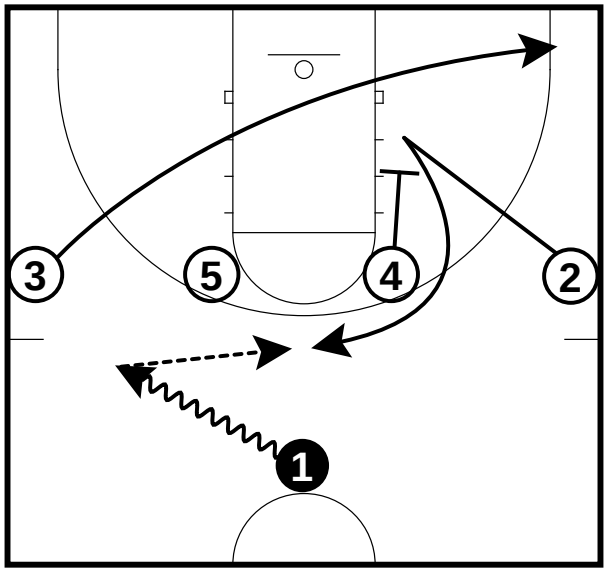
4 sets a downscreen for 1. 1 pops up to the left guard spot. 2 passes to 1.

Terramo 2 (4 of 4)



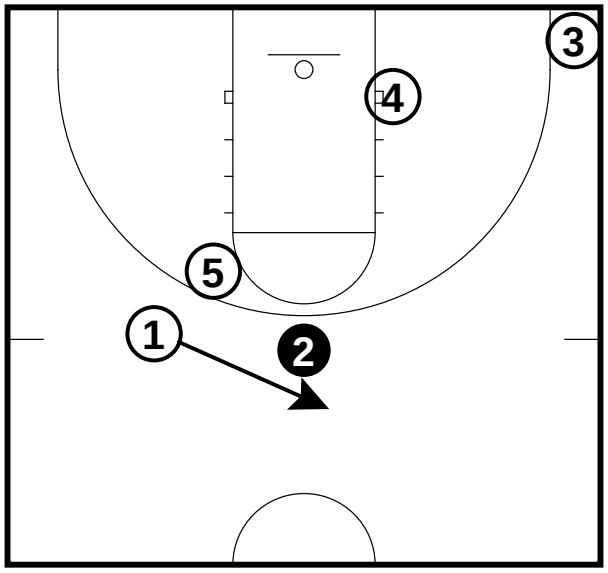
5 sets a ballscreen on 1 and rolls to the basket. 1 dribbles to the right wing and tries to turn the corner and passes to 5 on the roll. 4 sprints up to the left guard spot.

Uniks Kazan (1 of 4)



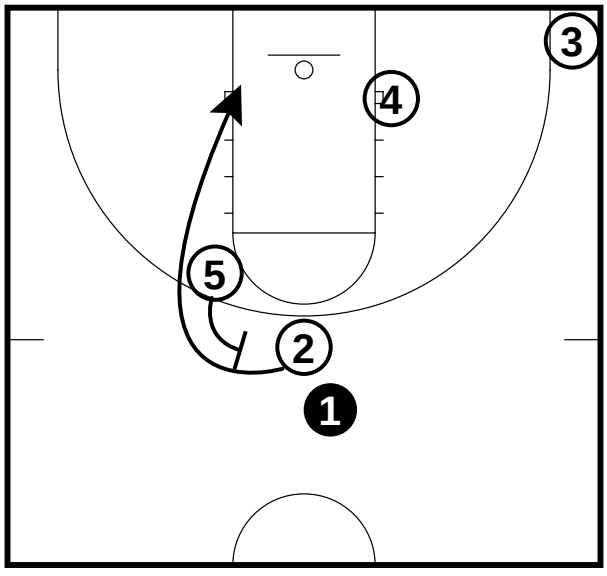
4 sets a downscreen for 2. 2 pops out to the top of the key. 3 cuts to the right corner. 1 dribbles to the left wing and passes to 2.

Uniks Kazan (2 of 4)



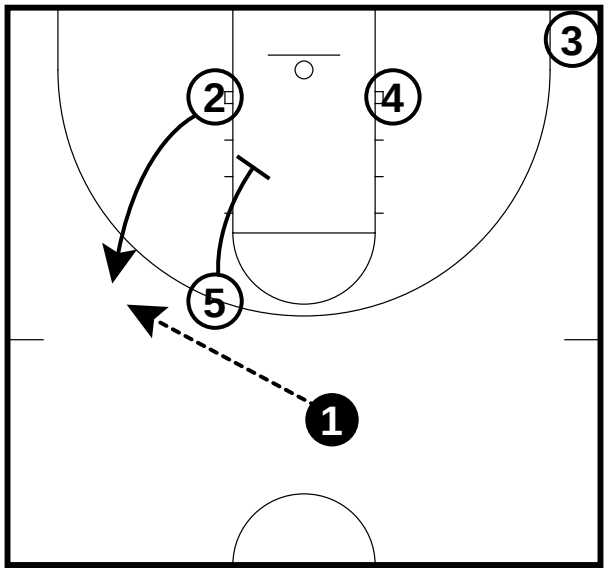
1 cuts behind to 2 for a hand-off pass.

Uniks Kazan (3 of 4)



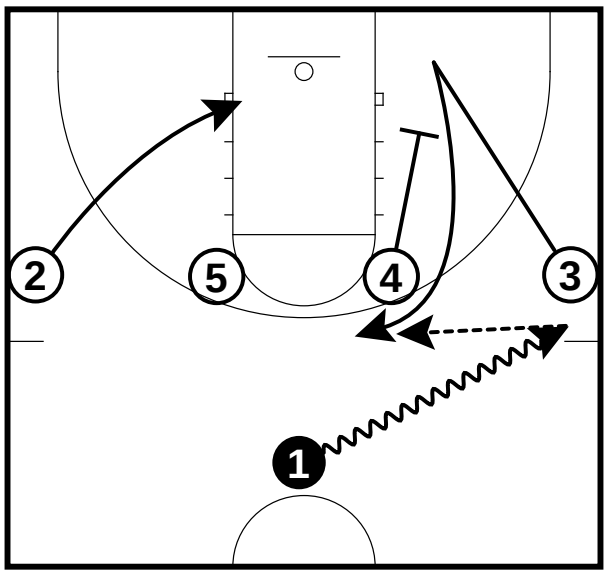
5 sets a backscreen for 2. 2 cuts over the screen to the left side low block.

Uniks Kazan (4 of 4)



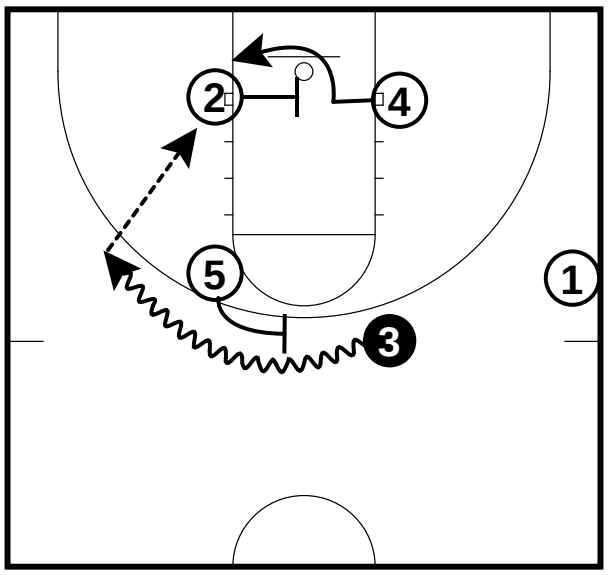
5 sets a downscreen for 2. 2 pops out to the left wing. 1 passes to 2 for the shot.

Valencia (1 of 4)



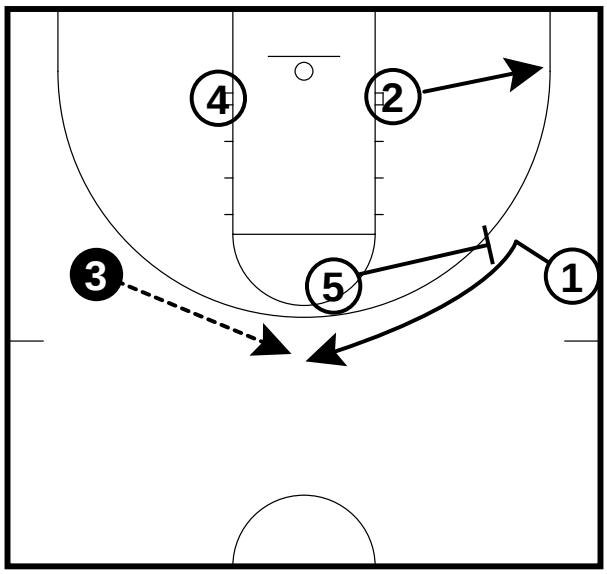
1 dribbles to the right side wing. 4 sets a downscreen for 3. 2 cuts to the left side low block.1 passes to 3.

Valencia (2 of 4)



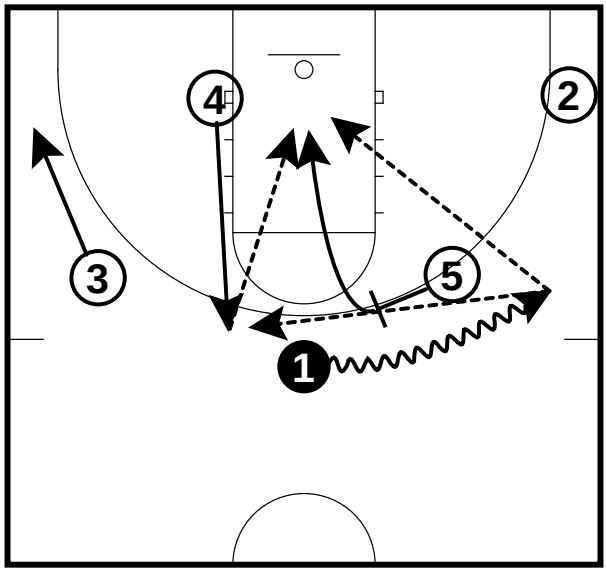
5 sets a ballscreen for 3. 3 comes hard off the ballscreen to the left side wing. 2 sets a cross screen for 4. 4 cuts on the low side of the cross screen to the left side low block. 3 passes to 4.

Valencia (3 of 4)



If 3 doesn't pass to 4 then this happens. 2 pops out to the right side corner. 5 sets a downscreen for 1. 3 passes to 1.

Valencia (4 of 4)



5 sets a ballscreen for 1. 1 comes hard off the ballscreen to the right side wing. 4 slides up the left side lane line. 3 drifts to the corner.

1 can pass to 5 on the roll to the basket.

1 can pass back to 4. 4 can pass to 5 on the high low entry.

Transition Sets

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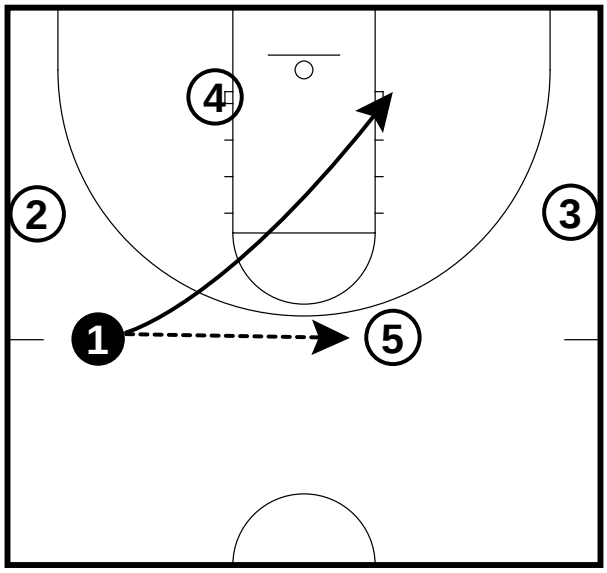
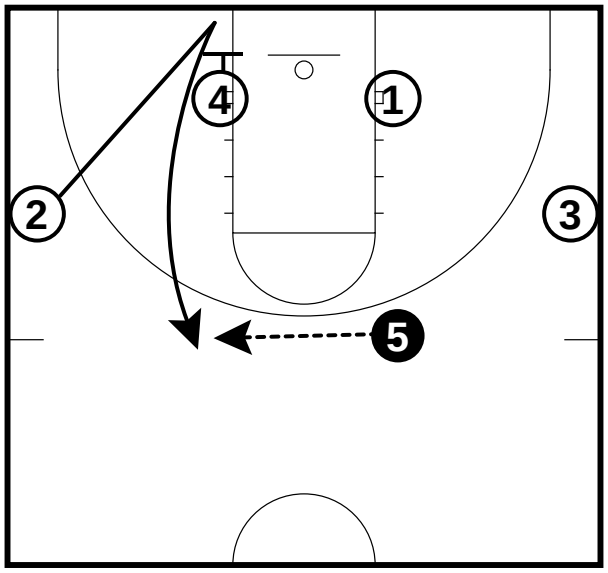
Barcelona's Transition (1 of 5)



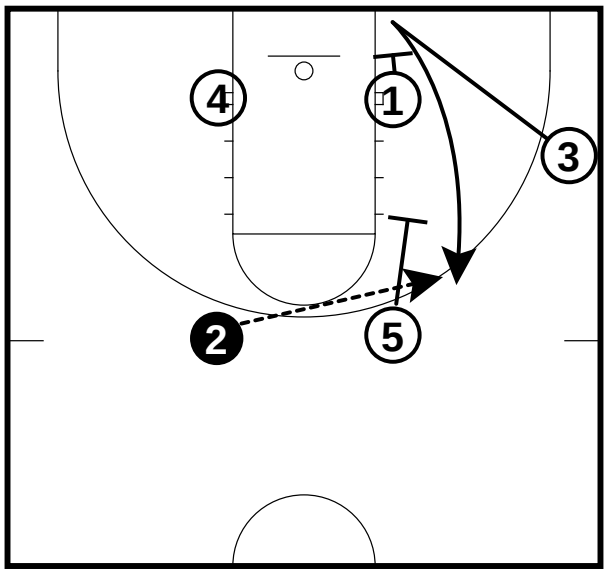
1 passes to 5 and cuts to the right side low block.

Barcelona's Transition (2 of 5)



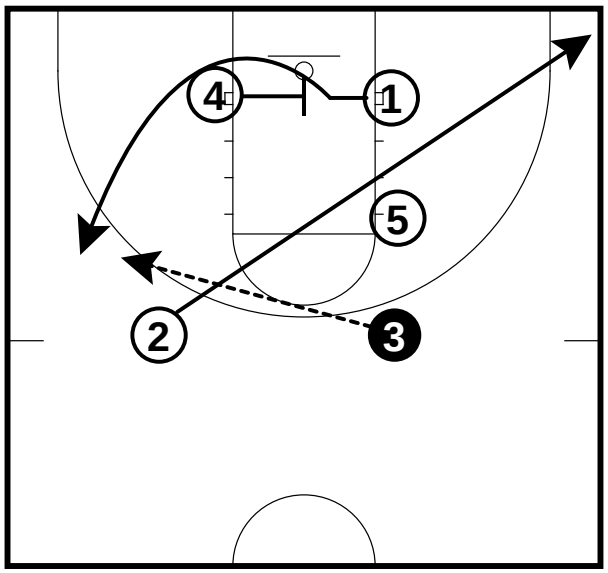
4 sets a screen for 2. 2 comes up to the left side guard spot. 5 passes to 2.

Barcelona's Transition (3 of 5)



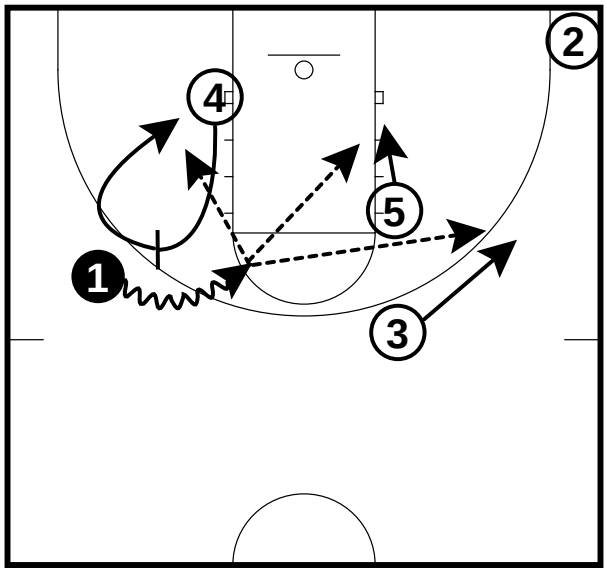
1 and 5 set downscreens for 3. 3 comes off the screen to the right side guard spot. 2 passes to 2.

Barcelona's Transition (4 of 5)



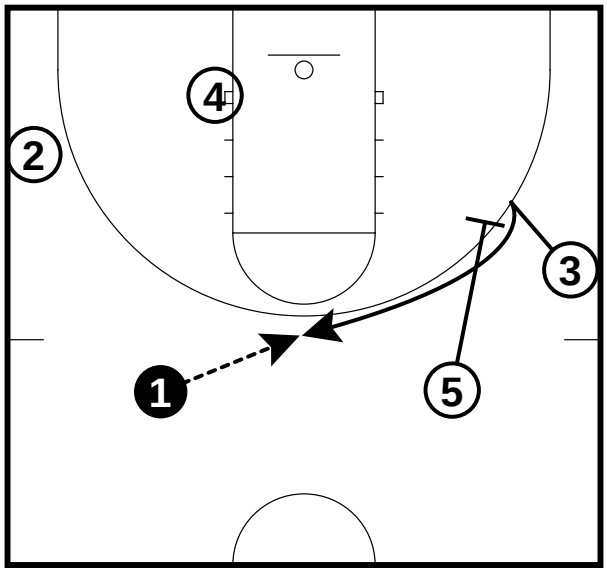
2 cuts to the right side corner. 4 sets a cross screen for 1. 1 pops out to the left side wing. 3 passes to 1.

Barcelona's Transition (5 of 5)



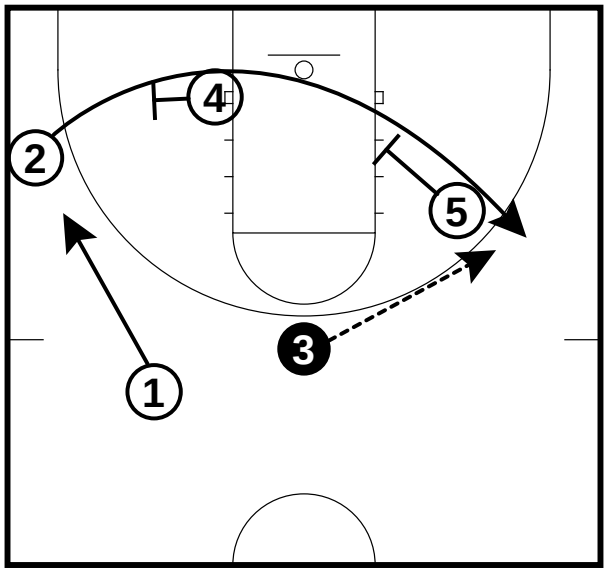
4 sets a ballscreen for 1. 1 dribbles hard off the ballscreen to the middle of the free throw line.
1 can pass to 4 on the roll.
1 can pass to 5 when 5 slips to the basket.
1 can pass to 3 when 3 slides to the right side wing.

Bennetton's Transition (1 of 3)



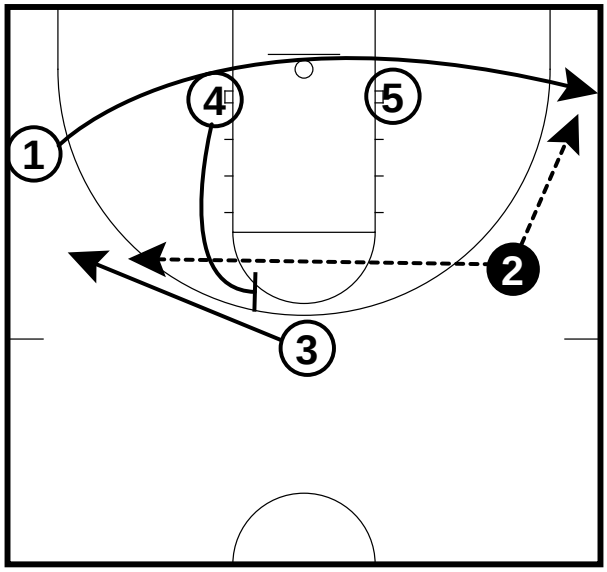
5 sets a downscreen for 3. 3 comes over the downscreen to the top of the key. 1 passes to 3.

Bennetton's Transition (2 of 3)



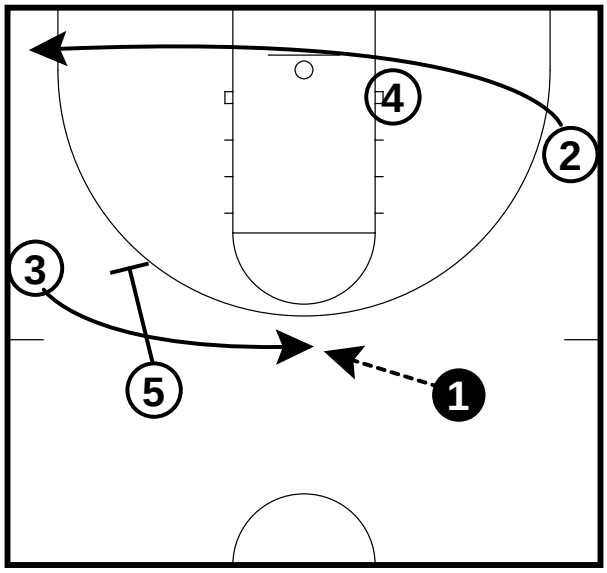
4 sets a cross screen for 2. 5 sets a downscreen for 2. 2 comes through the screens to the right side wing. 3 passes to right side wing. 1 slides to the left side wing.

Bennetton's Transition (3 of 3)



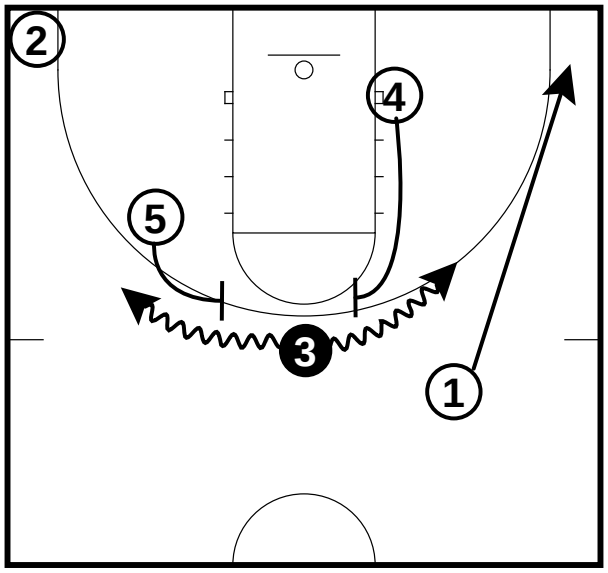
1 uses 4 and 5 as rub screens to the right side corner. 4 sets a backscreen for 3. 3 uses the flare screen to the left side.
2 can pass to 1 or 3.

Bennetton's Transition 2 (1 of 3)



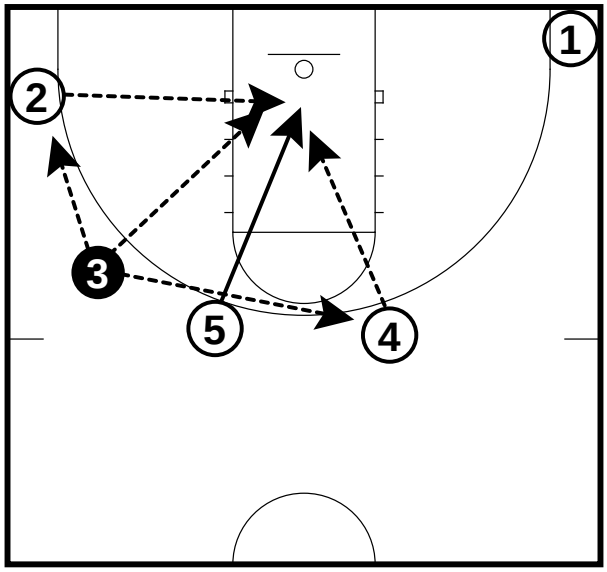
5 sets a downscreen for 3. 3 comes off the downscreen to the top of the key. 2 uses 4 as a rub screen to the left side corner. 1 passes to 3.

Bennetton's Transition 2 (2 of 3)



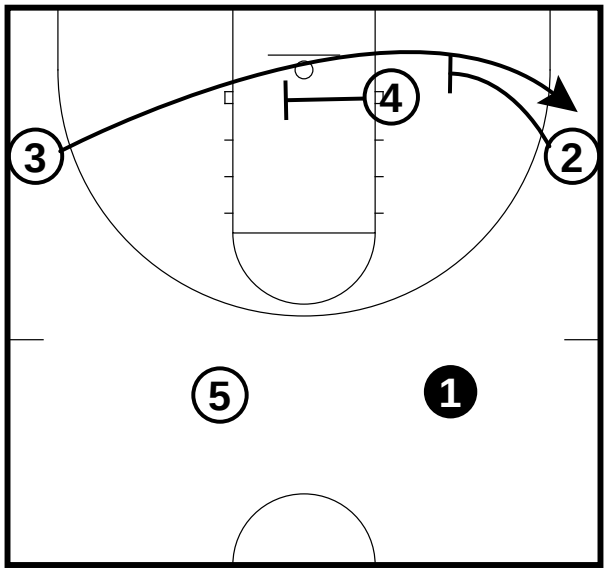
5 and 4 set a ball screen for 3. 3 can go either way. 1 slides to the right side corner.

Bennetton's Transition 2 (3 of 3)



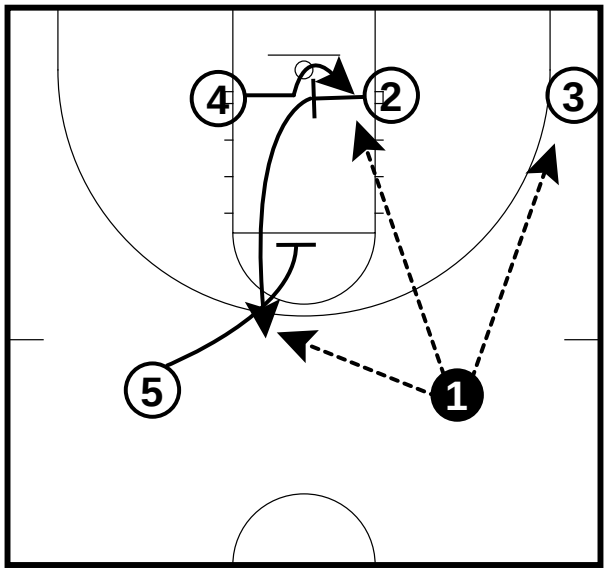
5 slips after 5 sets a ballscreen.
3 can pass to 5 on the slip.
3 can pass to 2. 2 will hit 5 on the seal for the score.
3 can pass to 4. 4 will hit 5 on the high-low entry.

Efes Pilsen transition (1 of 2)



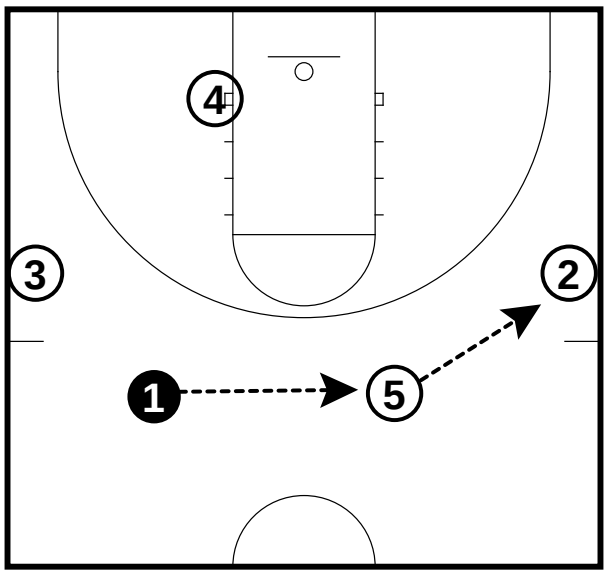
4 and 2 set a cross screen for 3. 3 comes on the low side of the cross screens to the right corner.

Efes Pilsen transition (2 of 2)



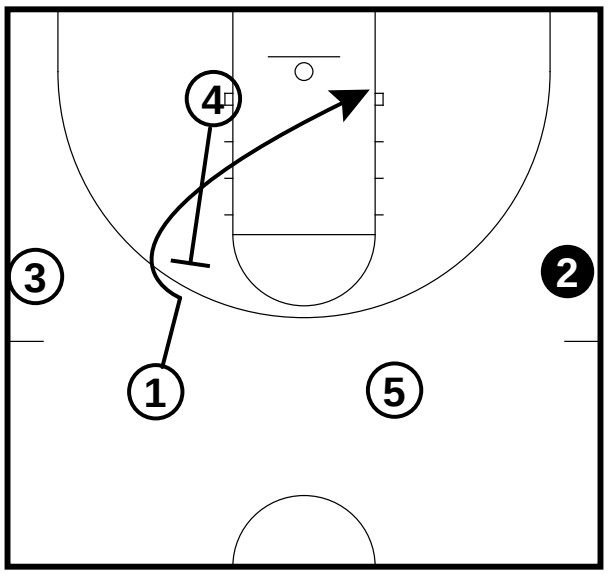
2 sets a cross screen for 4 and then pops to the top of the key. 5 sets a downscreen for 2.
1 can pass to 3 in the corner.
1 can also pass to 4 on the right block.
1 can also pass to 2 at the top of the key.

FMP Transition (1 of 4)



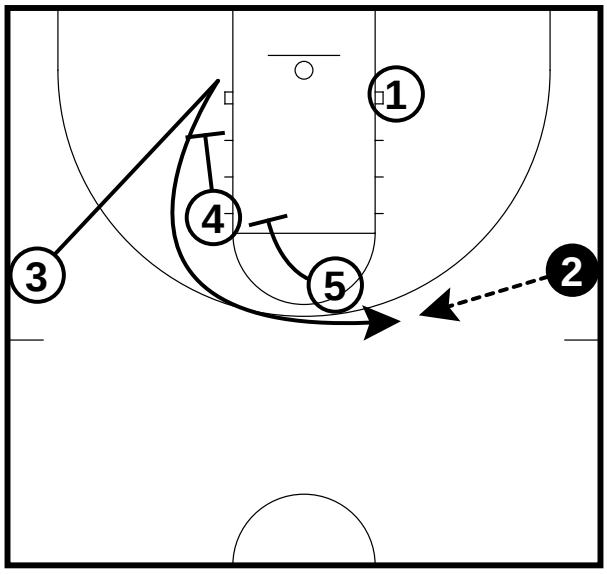
1 passes to 5. 5 passes to 2.

FMP Transition (2 of 4)



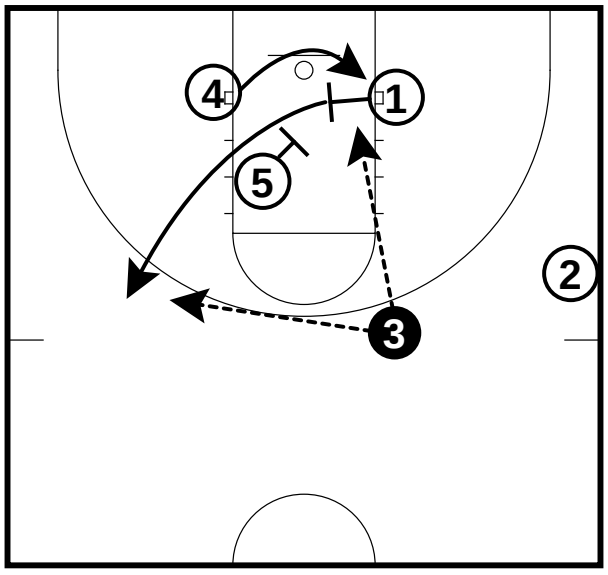
4 sets a backscreen for 1. 1 cuts to the basket and to the right side low block.

FMP Transition (3 of 4)



4 and 5 sets a staggered downscreen for 3. 2 passes to 3.

FMP Transition (4 of 4)

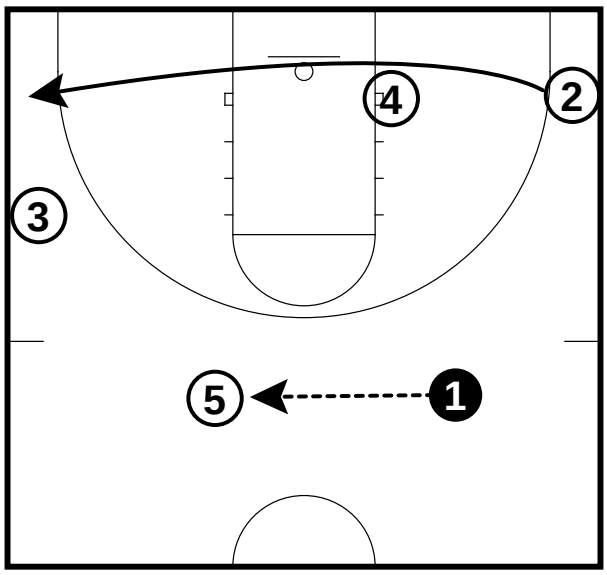


1 sets a cross screen for 4. 4 comes on the low side of the screen to the right side low block. 5 sets a downscreen for 1. 1 pops out to the left wing.

3 can pass to 4 on the right side low block.

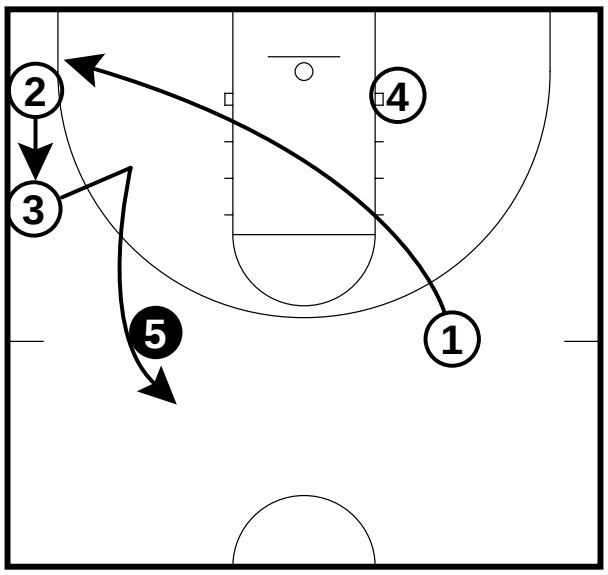
3 can pass to 1 on the left wing.

Maccabi's Transition (1 of 3)



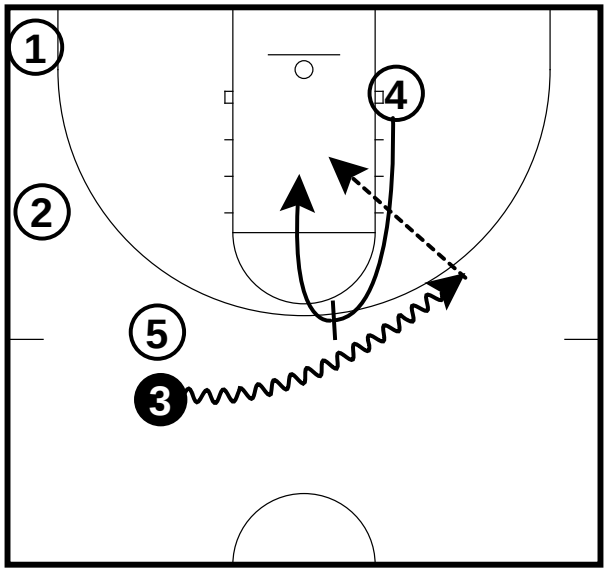
1 passes to 5. 2 cuts off 5 for a rub screen to the left side corner.

Maccabi's Transition (2 of 3)



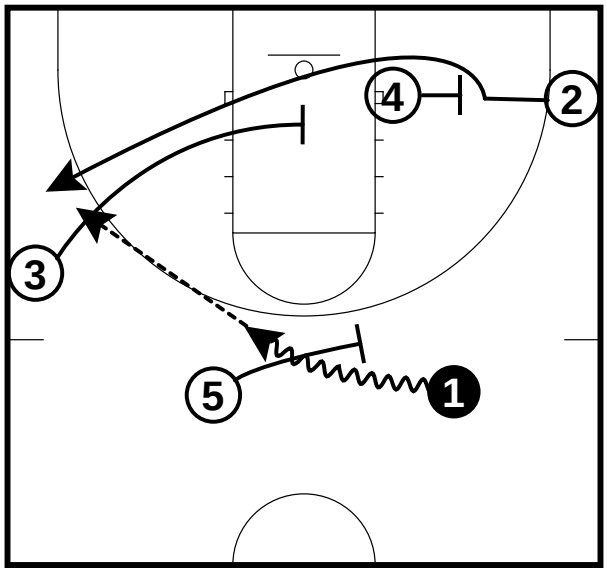
3 cuts toward the basket and then reverses field to get a hand-off pass from 5. 1 cuts through the lane to the left side corner. 2 slides up to the left wing.

Maccabi's Transition (3 of 3)



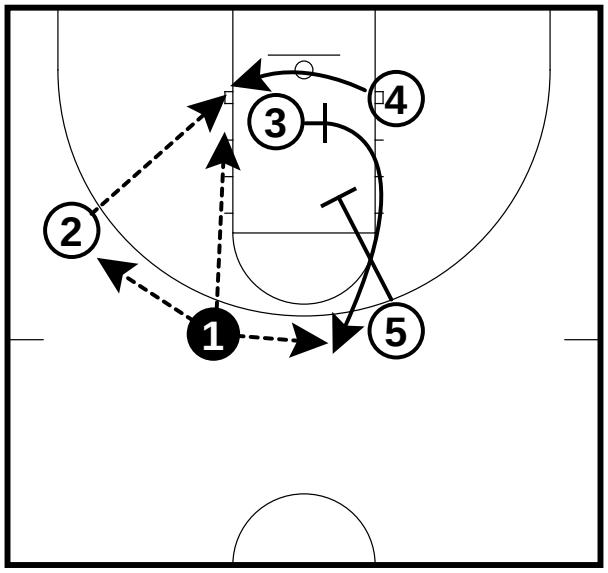
4 sets a high ballscreen for 3. 3 comes off the ballscreen hard to the right wing. 4 rolls to the basket after the ballscreen. 3 passes to 4 on the roll to the basket.

Tau Ceramika Transition (1 of 2)



5 sets a ballscreen for 1. 1 comes over the top of the screen. 3 and 4 set a cross screen for 2. 2 cuts the lowside of the screen to the left side wing.

Tau Ceramika Transition (2 of 2)



3 sets a cross screen for 4. 4 cuts on the lowside of the screen to the left low block. 5 sets a downscreen for 3. 3 pops up to the right guard spot.

1 can pass to 2 for the jumper. 2 can also hit 4 on the post-up.
1 can pass to 4 on the post-up.

1 can pass to 3 for the jumper.

Sideline Out of Bounds Play

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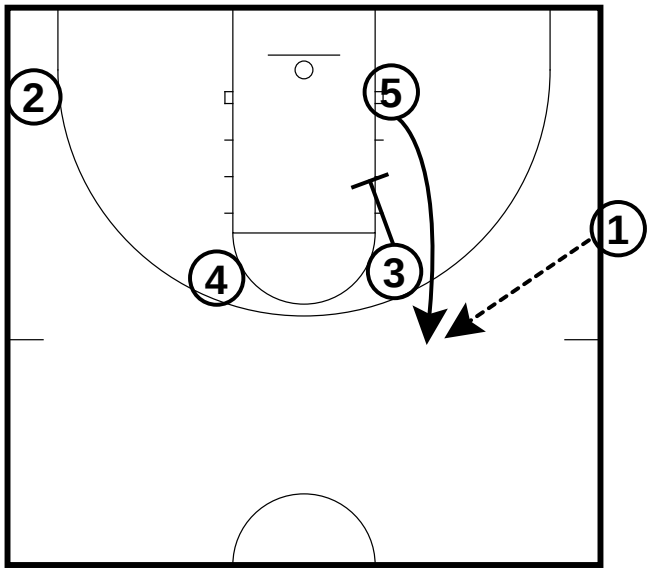
Efes Pilsen 1 slob 98

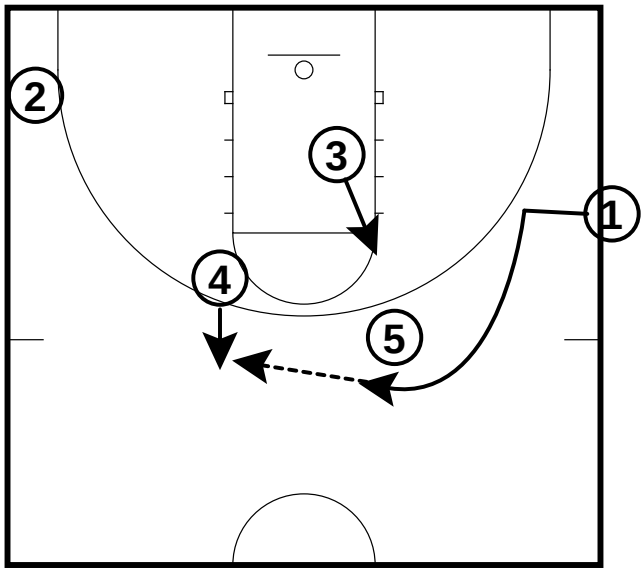
Sideline Out of Bounds Play

Dinamo Moskve Oblasti (1 of 3)



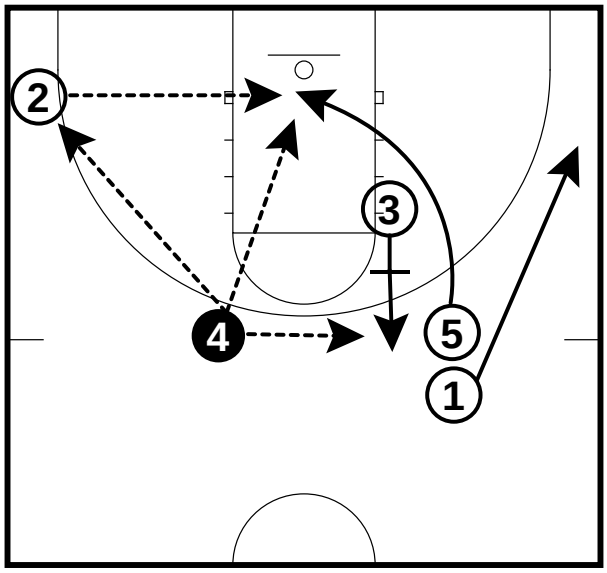
3 sets a downscreen for 5. 1 passes to 5.

Dinamo Moskve Oblasti (2 of 3)



1 cuts to 5 for a hand-off pass. 4 pops up to the top left guard spot. 3 cuts to the elbow. 1 passes to 4.

Dinamo Moskve Oblasti (3 of 3)



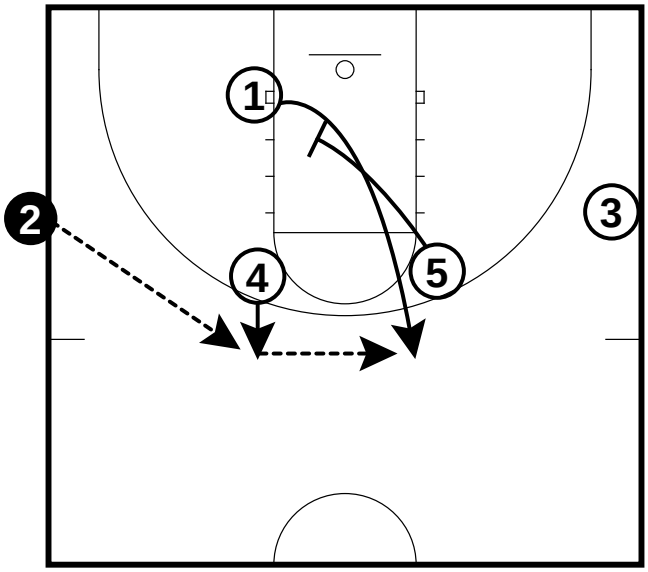
3 sets a backscreen for 5. 5 cuts to the basket. 1 slides to the right mid-corner.
4 can pass to 5 off the backscreen from 3.

4 can also pass to 2. 2 would hit 5 on the cut to the basket.

4 can also pass to 3 for a jumper.

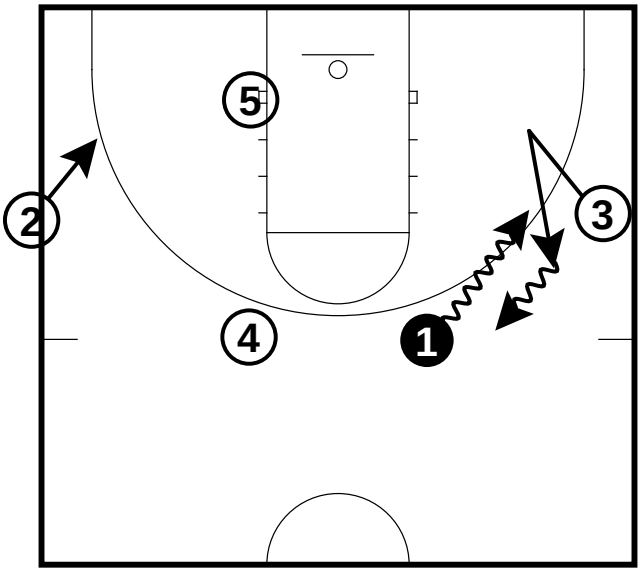
Sideline Out of Bounds Play

Efes Pilsen 1 slob (1 of 4)



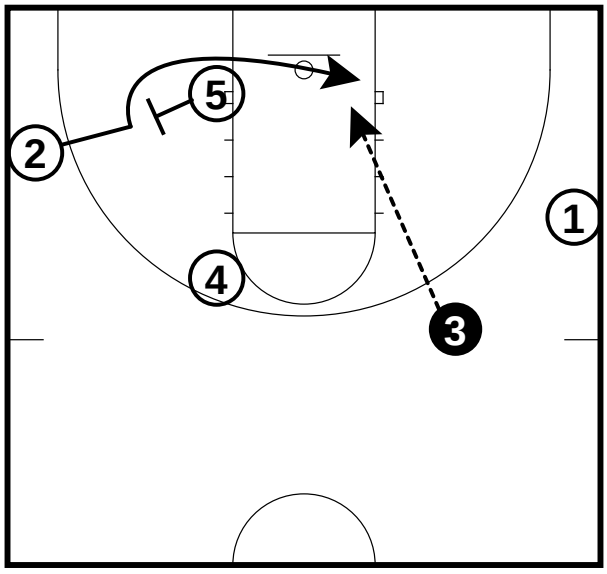
5 sets a downscreen for 1. 4 pops up to the left guard spot. 1 cuts to the right guard spot. 2 passes to 4. 4 passes to 1.

Efes Pilsen 1 slob (2 of 4)



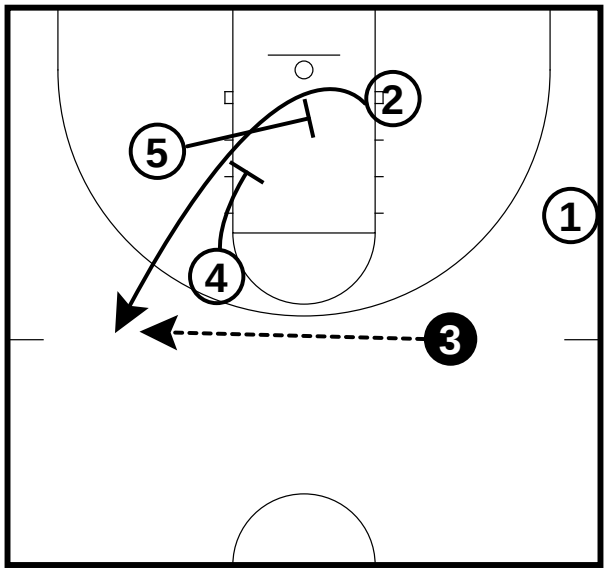
2 cuts to the left side mid-corner. 1 dribbles to the right wing. 3 cuts to the baseline and then goes to 1 for a hand-off pass.

Efes Pilsen 1 slob (3 of 4)



5 sets a backscreen for 2. 2 cuts low side of the screen to the right low block. 3 passes to 2.

Efes Pilsen 1 slob (4 of 4)



If 3 doesn't pass to 2 on the low block. 5 sets a cross screen for 2. 4 sets a downscreen for 2. 2 pops to the left side guard spot. 3 passes to 2 for the shot.

Baseline Out of Bounds Play

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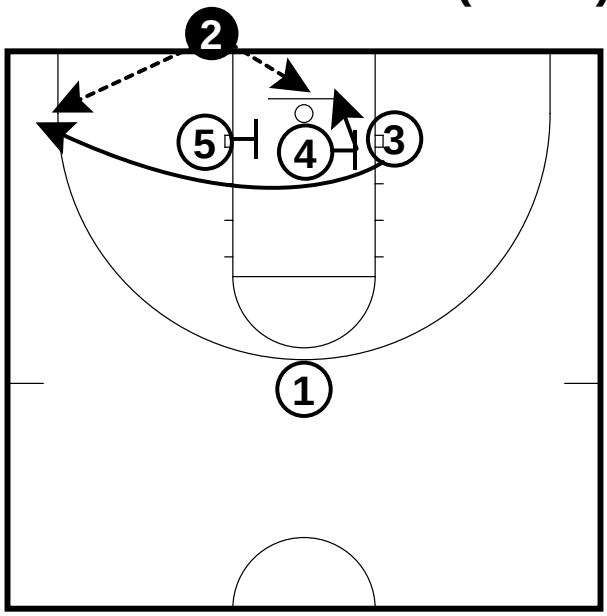
Tau Ceramika OB 1 100

Vidivici Bologna 101

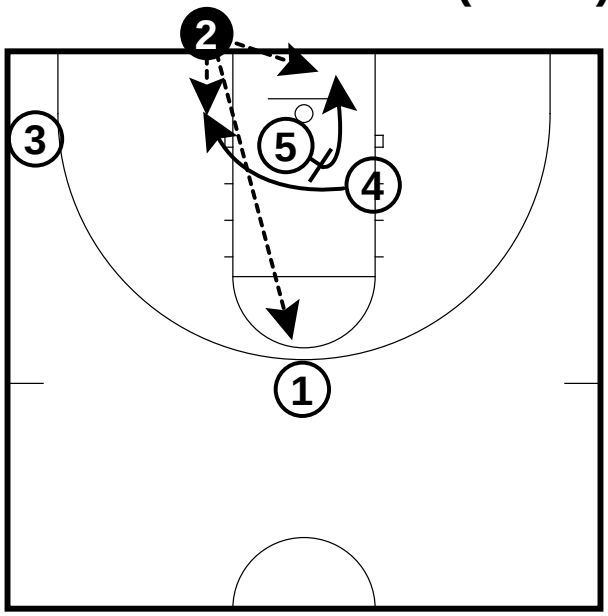
Baseline Out of Bounds Play

Tau Ceramika OB 1 (1 of 2)



5 and 4 set a cross screen for 3. 3 cuts to the left side corner. 4 sets the screen and then seals the post.

Tau Ceramika OB 1 (2 of 2)

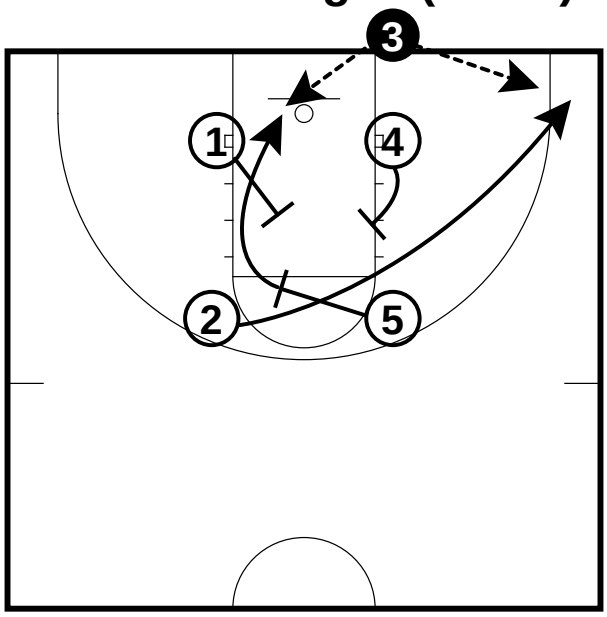


5 goes across to 4 for a cross screen and rolls to the basket. 4 goes over the top of the screen to the left side low block.
2 can pass to 5 or 4.

2 can pass to 1 for an emergency outlet.

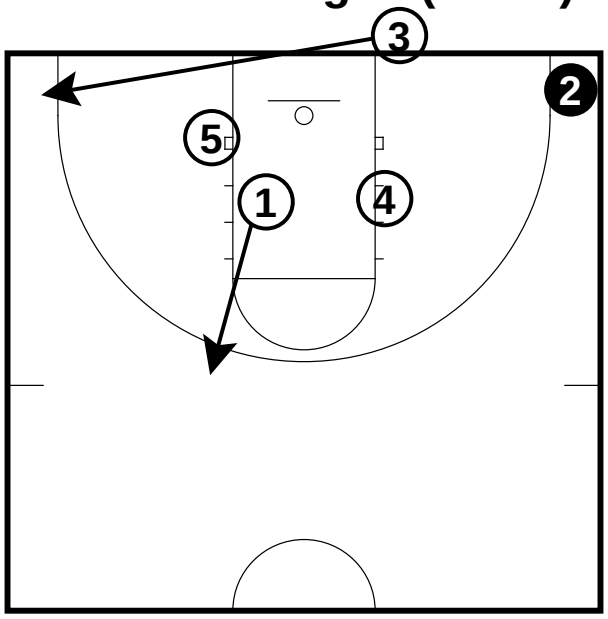
Baseline Out of Bounds Play

Vidivici Bologna (1 of 3)



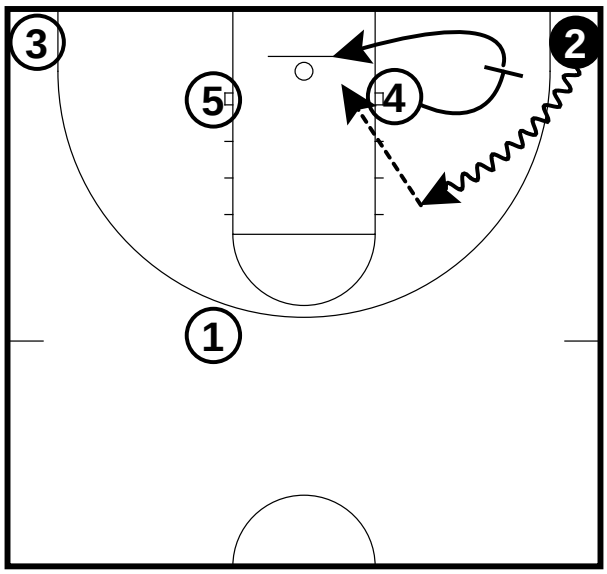
5 sets a backscreen for 2. 2 cuts over the screen to the right corner. 4 sets a screen for 2 also. 1 sets a backscreen for 5. 5 cuts to the basket.
3 can pass to 2 or 5.

Vidivici Bologna (2 of 3)



If 3 passes to 2 then cuts to the left side corner. 1 cuts to the left guard spot.

Vidivici Bologna (3 of 3)



4 sets a ballscreen for 2 and rolls to the basket. 2 comes out of the corner hard and looks for 4 on the roll.