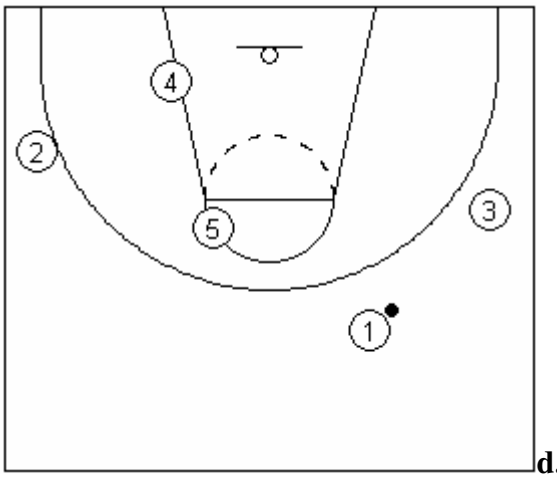
PLAY 1 – OFFENSIVE FORMATION 1-3-1 (OPTION A)



d.1

STARTING FORMATION 1-3-1.

Players we used for this play were :

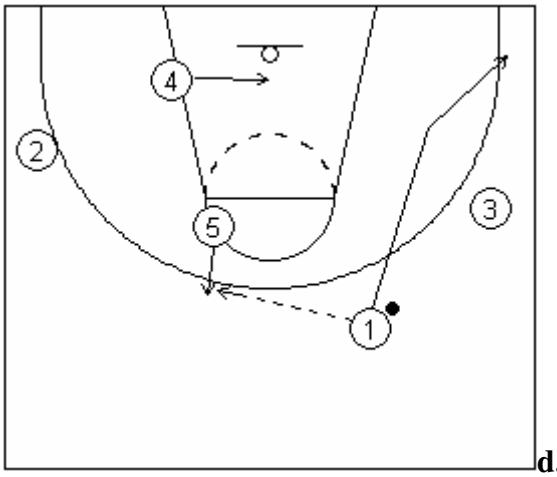
1 – Papaloukas (4)

2 – Zisis (6)

3 – Kakiouzis (15)

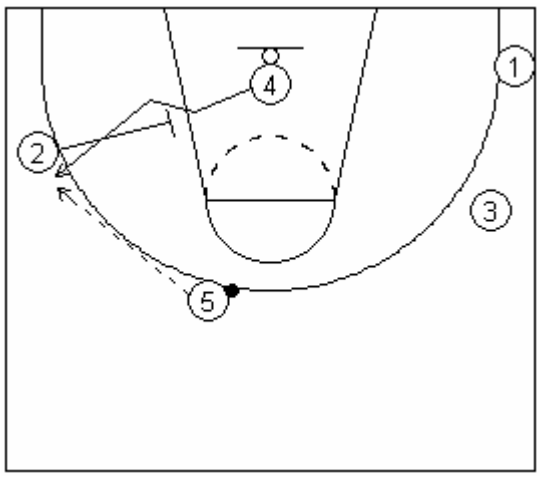
4 – Dikoudis (11)

5 – Papadopoulos (14)



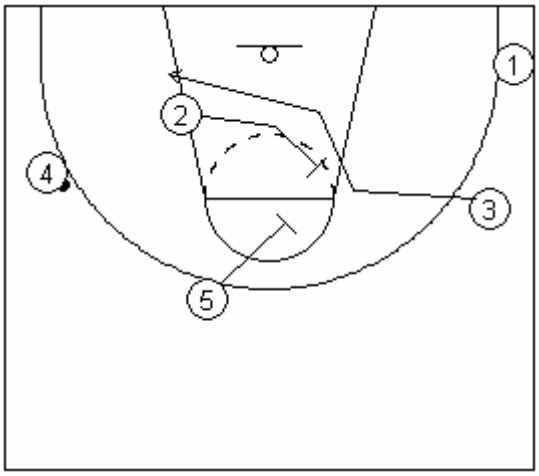
d.2

- The point guard O1 makes the enter pass to O5 who opens outside the 3points line.
- At the same time O4 moves into the basket.



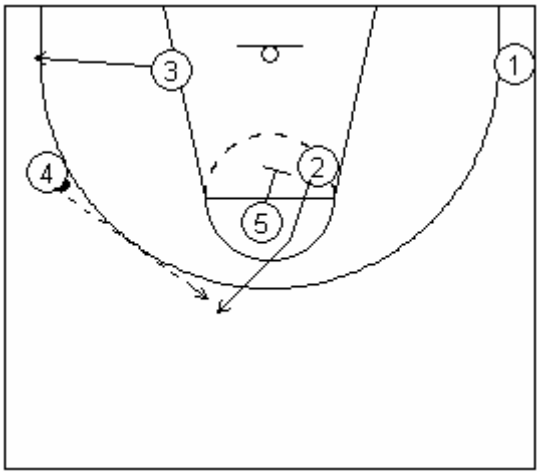
d.3

- When the ball is on the center (O5) O2 makes a down screen to O4 to take the ball in the 3point area



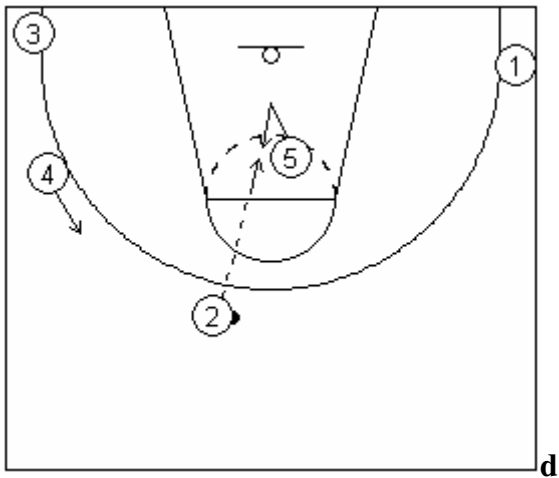
d.4

- When the O4 player catches the ball he tries to take the shot or to play one on one,
- The O2 player takes position for a back screen to O3
- At the same time parallel to O2 , O5 takes position for a down screen to O3
- At this moment starts the options of our play
- In this option O3 takes the screen from O2 and he tries to play in the low post area



d.5

- If O3 doesn't take the ball he continues his move till the corner of the 3point area
- At the same time O5 makes the down screen this time to O2 who takes advantage of the screen and he opens to take the ball for a clear shot

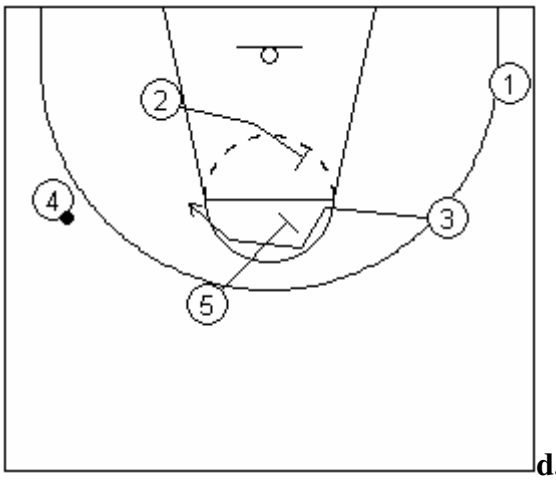


d.6

- If the O2 player doesn't take the shot then O5 tries to take the ball into the post area for one on one situation
- The players into the perimeter opens with space between for a clear shot

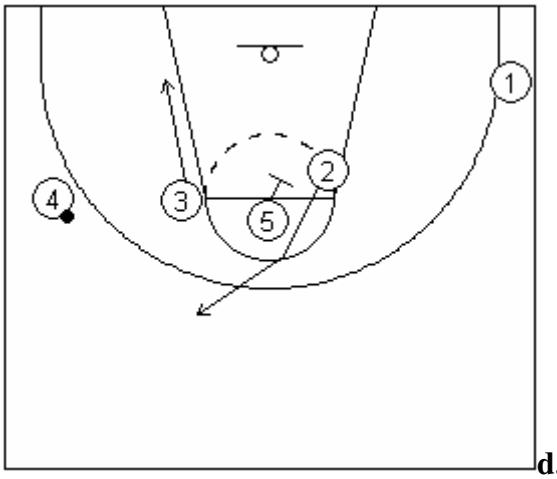
This play tries to take the advantage of the mismatch when the player O3 takes the screen diagram 3 and in the situation of the centers screen.

PLAY 1 – OFFENSIVE FORMATION 1-3-1 (OPTION B)



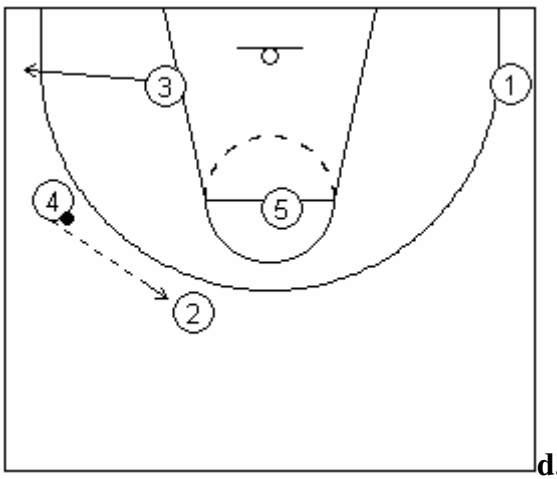
d.7

- The play goes on as in diagrams 1-3
- If the O3 player doesn't take the O2s screen, he gets the O5 screen and makes a curl into the low post area
- The O3 player has the option to go over the O5 screen after reading the defensive moves or the bad reaction of the defence



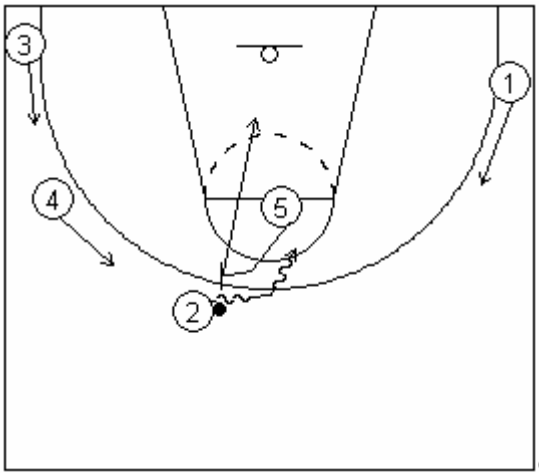
d.8

- The O3 player continues till the low post area and tries to take the ball
- The O2 player takes the down screen from the center in the 3point area
- We try to have two different solutions in our play, either a pass into the low post area or a pass for a 3point shot



d.9

- If O3 doesn't take the ball opens to the corner
- The O4 player makes the pass to O2



d.10

- When the ball is on the O2 player, O5 makes a pick & roll screen while the players in the perimeter are moving to take advantage of this pick & roll situation

Competitive Drills

- **74 to 74**
- **Stopper**
- **Power Ball**
- **Perfect Possession**
- **3 Possession Game**
- **Stop n Go**
- **Stop n Stay**
- **2 n Out**

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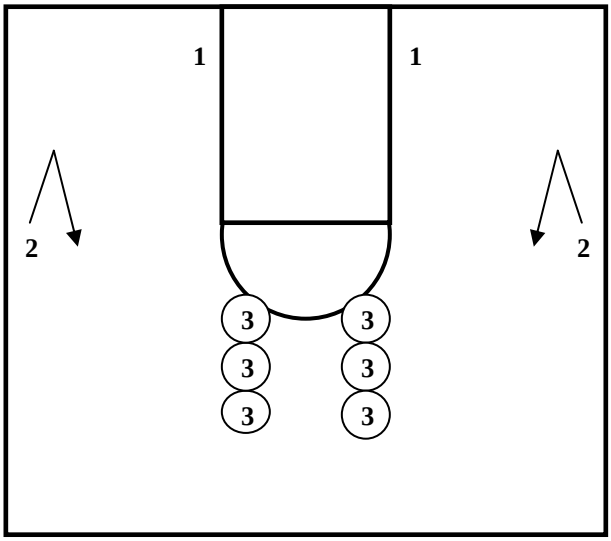
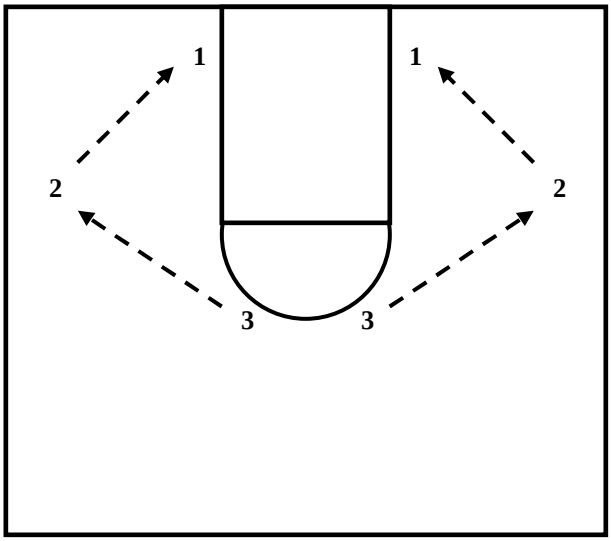
South Dakota State University Women's Basketball

Individual Passing Drill: Post Entry Pass

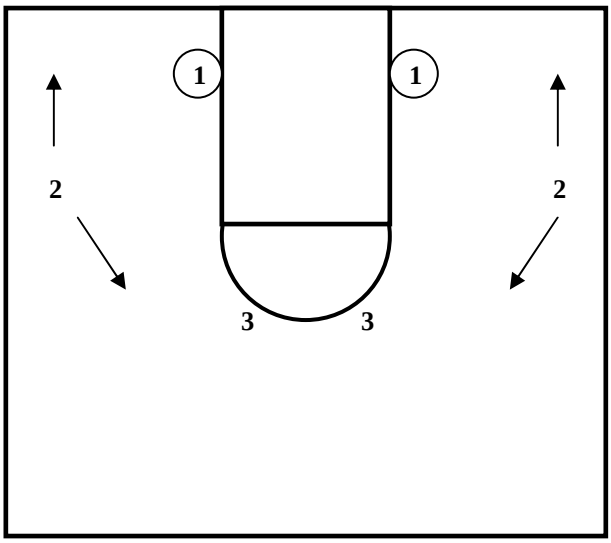
- 3's have ball at top
- 2's are wings
- 1's post
- 2's start by getting open



- 3's enter to their 2
- 3's pass with outside hand
- 2's catch in triple threat
- 1's post hard
- 2's make proper post entry
- 1's should give different hand targets



- Add dribble on post entry
- 2's relocate
- In out shot
- In out in out shot
- One dribble shots
- Rotate by following pass
  (3 to 2) (2 to 1) (1 to opposite 3)



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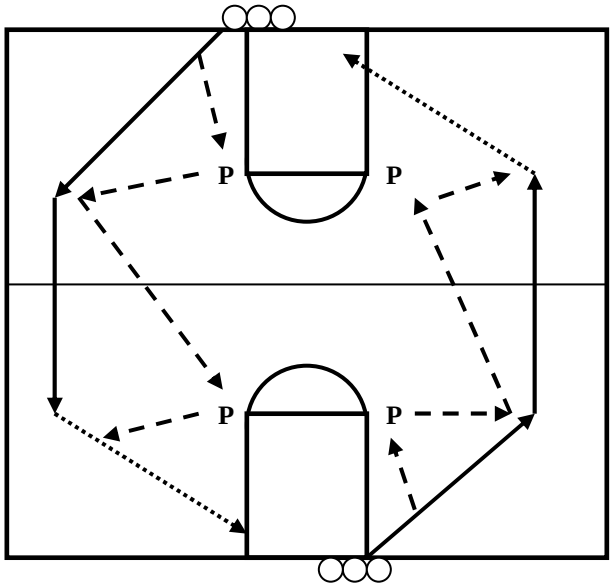
South Dakota State University Women's Basketball

Team Passing Full Court: 4 Minute Lay ups



- Two lines, two balls in each line
- Pass to P
- Get it back
- Pass to second P
- Get it back
- Make layup

- Four balls in drill
- Rotate passers every 30 seconds
- 2 points for a make
- -1 point for a miss or TO
- -4 points for bad rotation
- Need 110 points in 4 minutes
- 2 minutes each direction

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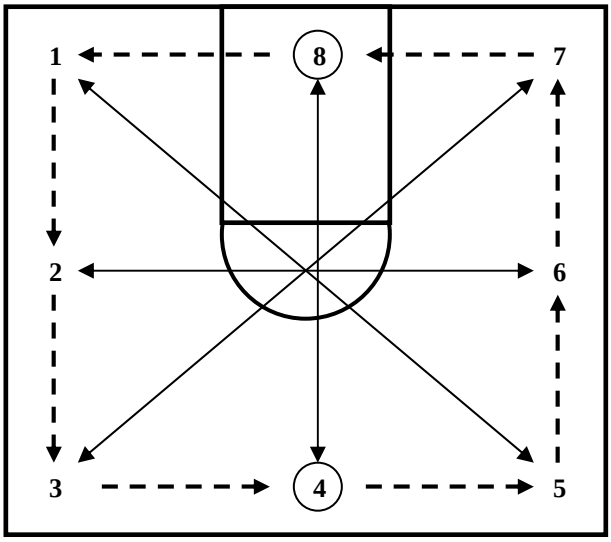
South Dakota State University Women's Basketball

Team Passing Half Court: Octagon



- Eight lines
- Partner with person opposite you
  (8 & 4) (1 & 5) (3 & 7) (2 & 6)
- Two balls at 8 & 4
- Pass one to right
- Must beat the ball to your partners spot
- Keep drill going
- Always have same partner & rotation
- Can also do full court

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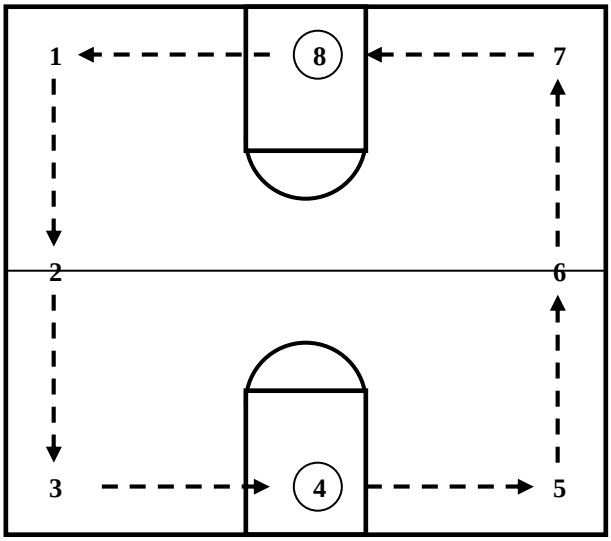
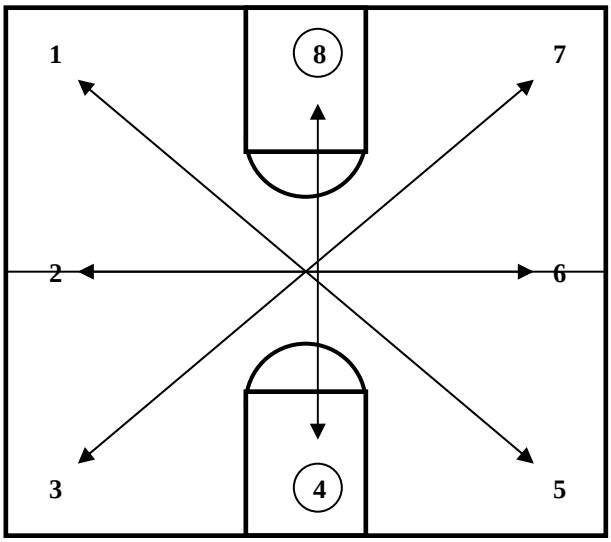
South Dakota State University Women's Basketball

Team Passing Full Court: Octagon

- Eight lines
- Partner with person opposite you
  (8 & 4) (1 & 5) (3 & 7) (2 & 6)
- Two balls at 8 & 4
- Pass one to right



- Must beat ball to your partners spot
- Keep ball going
- Always have same partner and rotation



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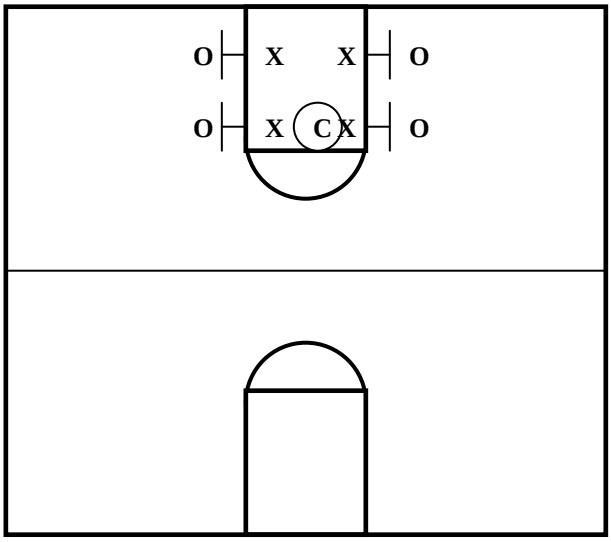
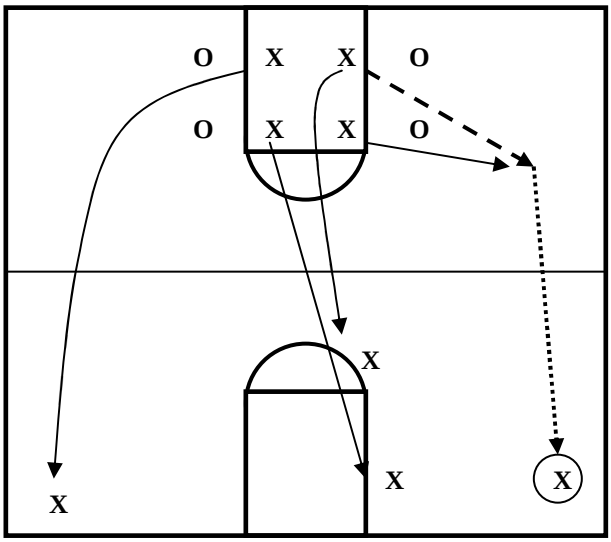
South Dakota State University Women's Basketball
Offensive Transition Drills: Rebound Transition



- Can be 3 vs 3, 4 vs 4, 5 vs 5
- C start in point with ball
- X's on defense, O's on offense
- C shoots
- X's block out O's
- X's rebound



- X's outlet and fill correct lanes
- O's try to score offensive rebound
- O's try to play transition defense

- 4 vs 4 should end: 1 post, 2 wings, 1 trail
- 3 vs 3 should end: 1 post, 1 wing, 1 trail
- 5 vs 5 should end: 1 post, 2 wings, 2 trail

- Stress quick outlet
- Score quick
- Transition to state

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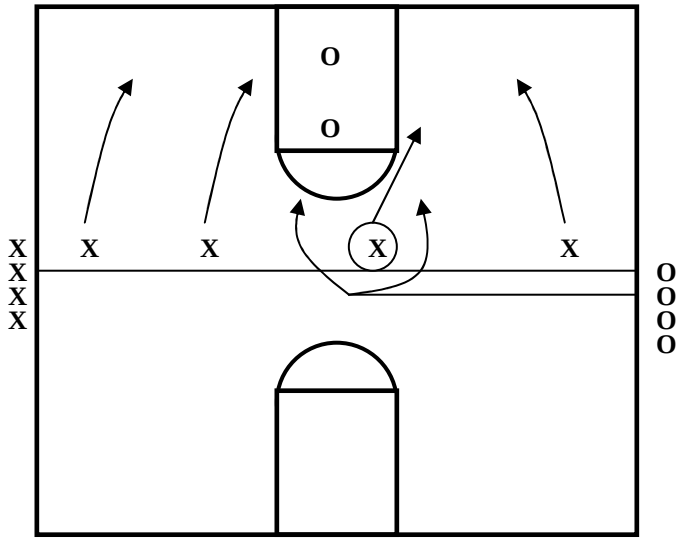
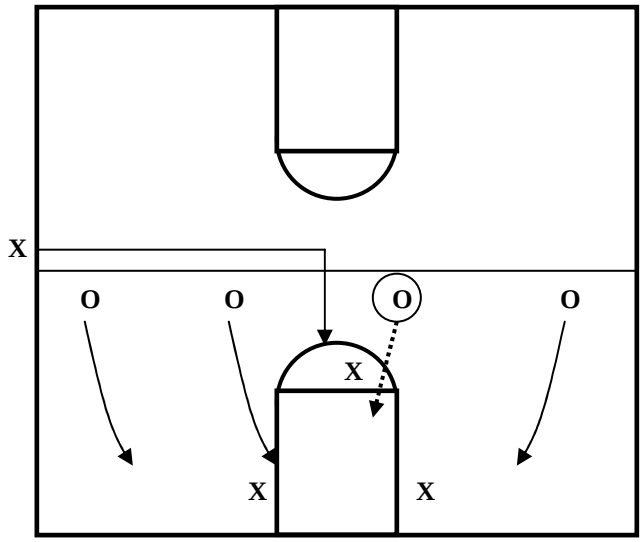
South Dakota State University Women's Basketball

Offensive Transition Drills: Recognition

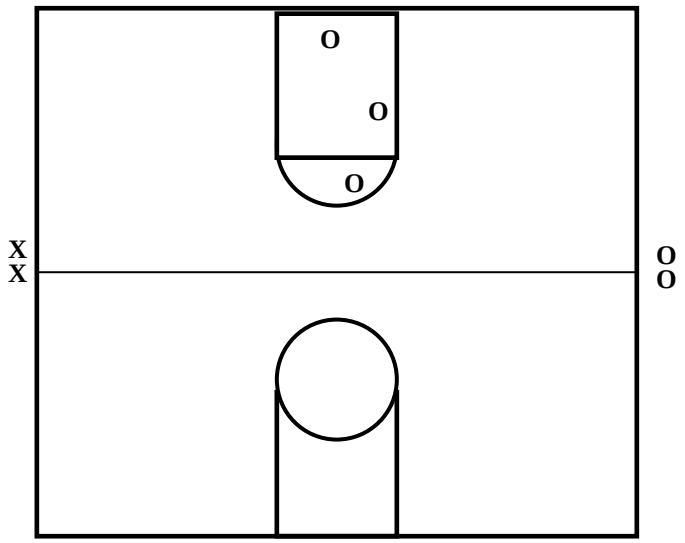
- Can be 3 vs 3, 4 vs 4, 5 vs 5
- X's start with ball & go against O's on def
- if 4 X's, must end with 4 O's
- Soon as ball croses half court, remaining O's Chase play. The get foot in center circle.



- Play till X's score or O's get ball
- 4 O's go against X's on other end
- Coach decides how many X's back on defense
- When ball crosses half court, remaining X runs to center circle then chases the play.



- Coach decides how many O's wait for X's To come back.



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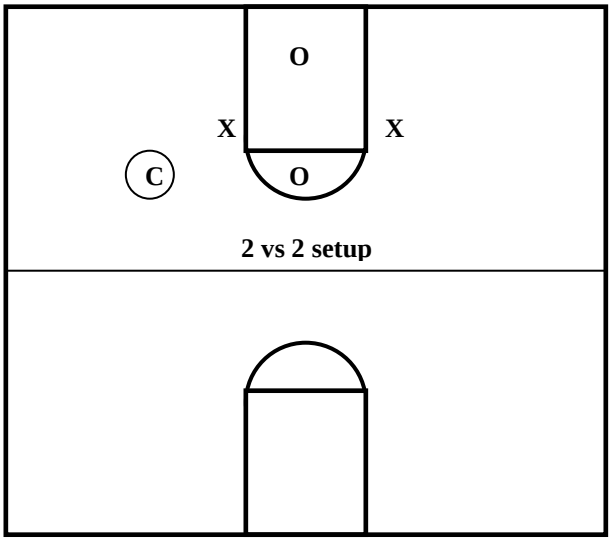
South Dakota State University Women's Basketball
Offensive Transition Drills: Gator

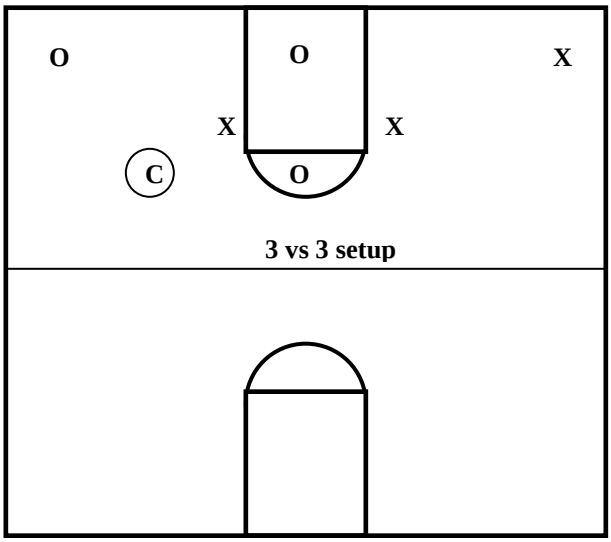
- Can be 2 vs 2, 3 vs 3, 4 vs 4
- Coach throws ball to any O and they Transition to other end
- X's come back after O's score or X's get ball



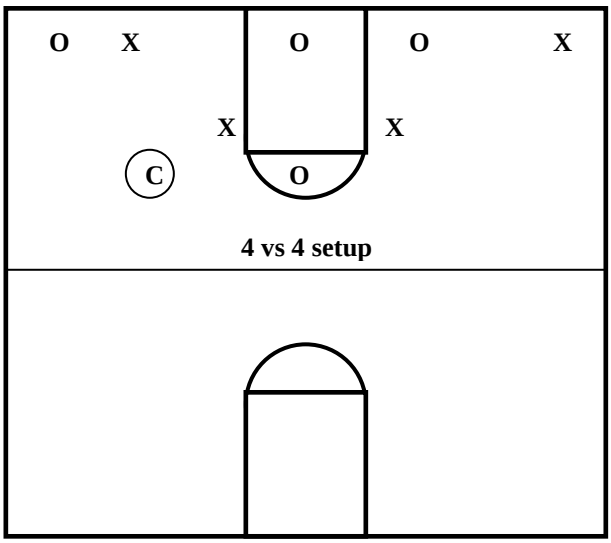
2 vs 2 setup

Reminders

- ❖ Both teams run transition ideas into state ideas
- ❖ Down and back
- ❖ Don't take ball out of bounds
- ❖ Players change which spots they start in



3 vs 3 setup



4 vs 4 setup

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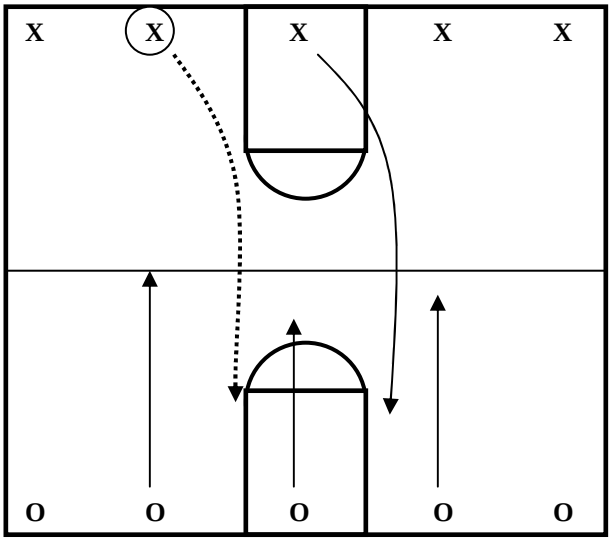
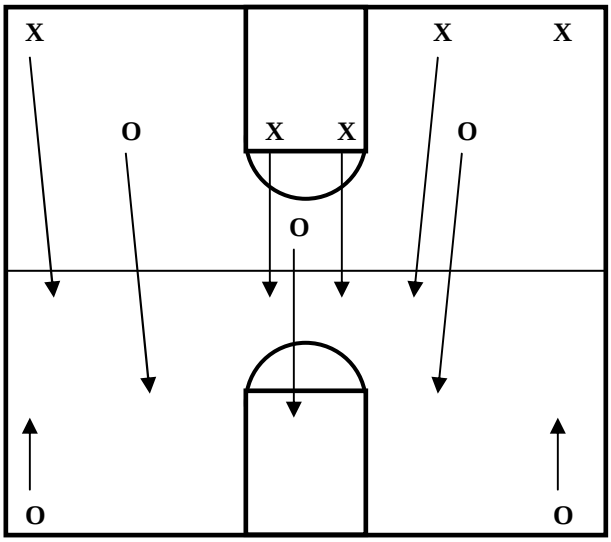
South Dakota State University Women's Basketball

Offensive Transition Drills: Bearcat

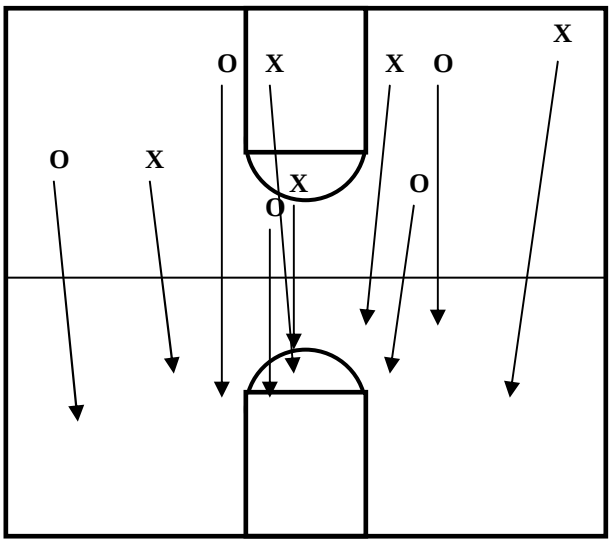
- Starts with five X's and O's on each baseline
- 2 X's go down vs 1 O.
- When O's get ball, they go back 3O's vs 2X's
- Same X's stay in drill on D



- When X's get ball after 3O's vs 2X's
  They go back 4X's vs 3O's
- After 4X's vs 3O's;
  They go back 5O's vs 4X's



- After 5O's vs 4X's, Last X joins
- Finish 5X's vs 4O's on other end
- X's finish on offense, O's finish on Defense
- Now new O's get ball and start
  2 vs 1 against new X on defense



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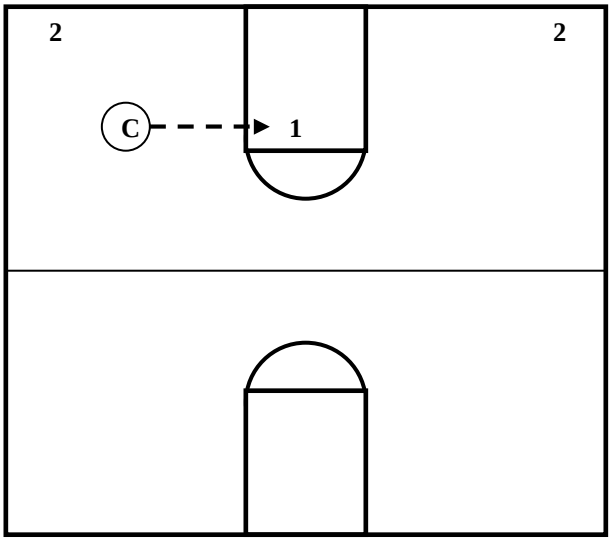
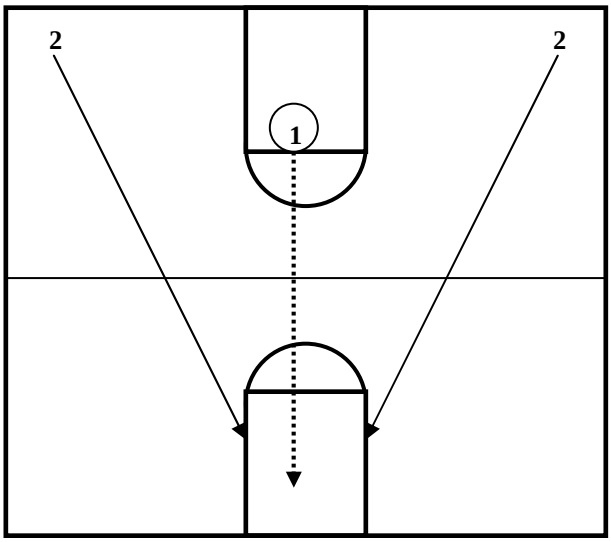
South Dakota State University Women's Basketball

Offensive Transition Drills: Rush

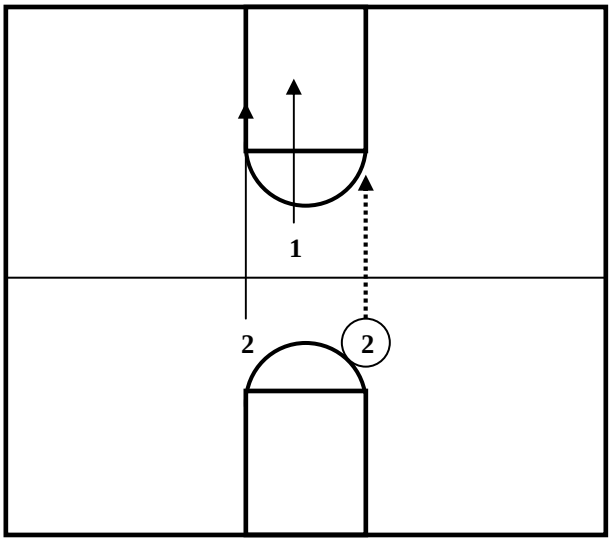
- Three Lines
- 2 startin corner on Defense
- 1 start at FT line on Offense
- Coach start with ball on wing
- Coach throw ball to 1



- Soon as 1 has ball 2's chase down
- 1 speed dribble for lay up
- 2's try to deflect or stop lay up



- 2's get rebound and go back two on one
- Ball with best ball handler
- Lane line extended



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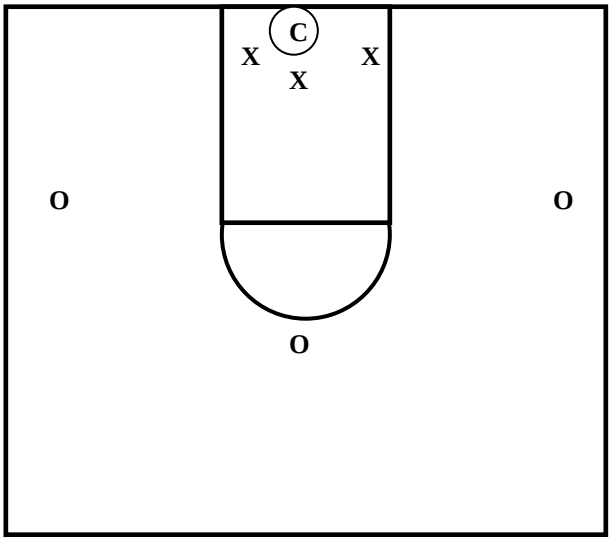
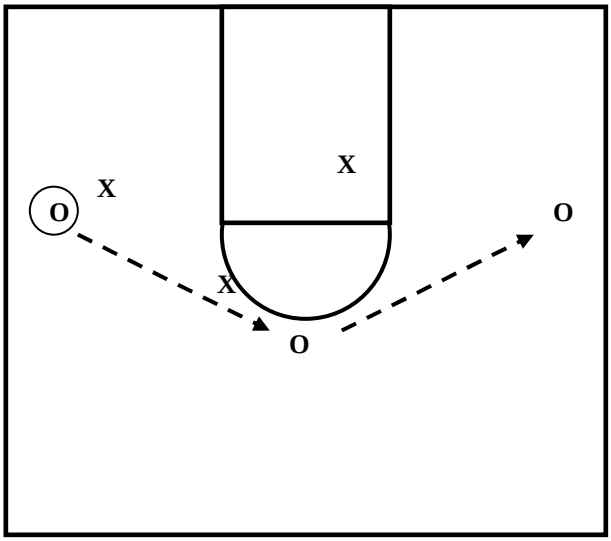
South Dakota State University Women's Basketball

Defensive Breakdown Drill: Towel Closeouts

- Three O's on offense
- Three X's on defense
- C is coach with the ball
- X's have towel behind head



- C throws ball to any O
- X's close out (with towel)
- Play on ball, ball side, help side
- Move ball around perimeter
- C say live finish 3 vs 3



Reminders

- Towel emphasizes hands off
- Communicate at defensive levels on ball, Ball side, Help side
- Close out

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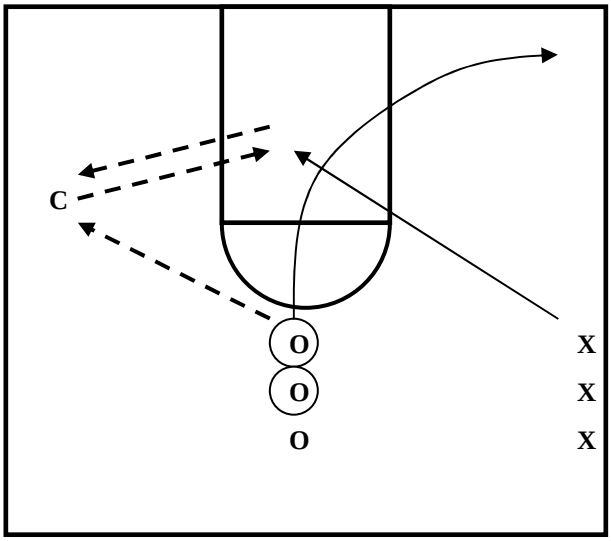
South Dakota State University Women's Basketball

Rebounding Breakdown Drill: Gopher Box Out

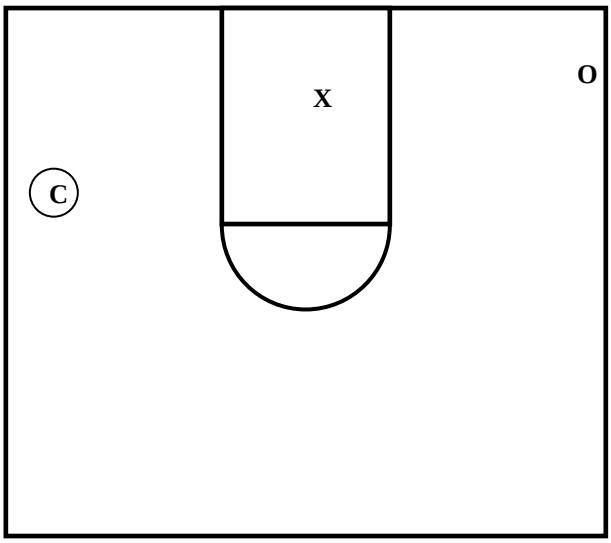
- O's start with ball
- O's will be on offense
- X's are on defense
- O pass to C
- O cut to corner
- X follow to middle
- C pass to X and get it back



- C ends up with ball
- C options:
    1. Shot: X weakside block out
    2. Skip: Close out 1vs 1
    3. Flash: X deny flash
    4. Penetrate: X help & recover
- Finish with a shot by C

    OR

- Finish with 1 vs 1 from a skip pass, flash, or Penetrate - kick



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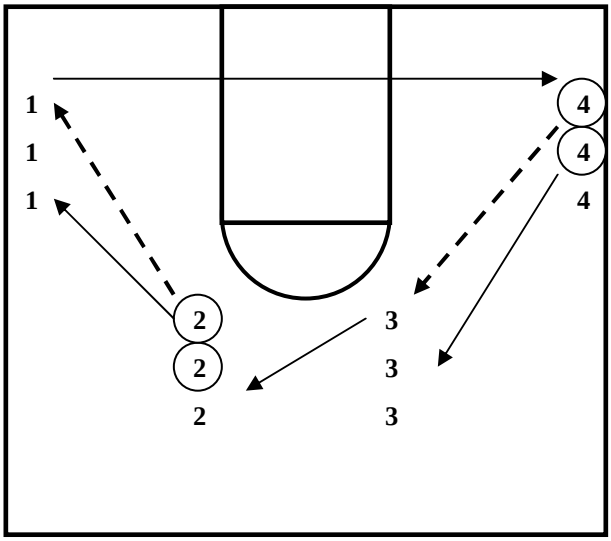
South Dakota State University Women's Basketball

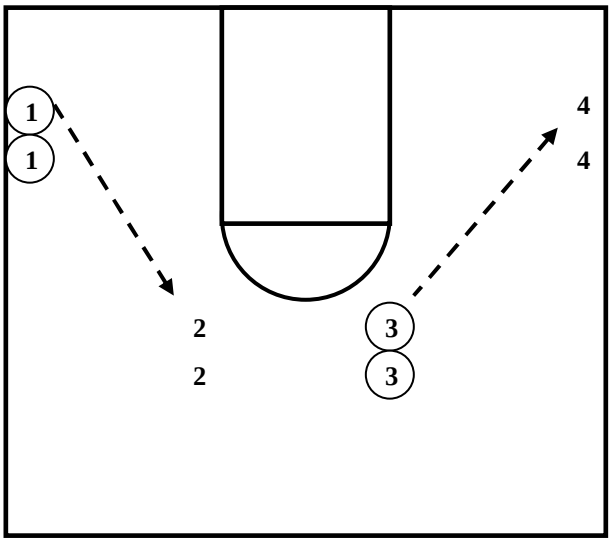
Shooting Drills: Circle Shooting

- Four lines, four balls
- 2's and 4's start with ball, they are passing lines
- 1's and 3's are shooting lines
- 2 always pass to 1
- 4 always pass to 3
- rotate by: (2 to 1), (1 to 4), (4 to 3), (3 to 2)



- Shoot for 3 minutes in this direction
- Count makes the last minute
  (2 min no count and 1 minute count)
- Must make 22 before switching directions

- After making 22, stop reset drill
- 1's and 3's are passers
- 2's and 4's are shooters
- rotate by: (1 to 2), (2 to 3); (3 to 4); (4 to 1)
- 2 minutes no count, 1 minute count



Reminders

- ❖ Pass with correct hand
- ❖ Catch ready to shoot

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Adidas Coaching Clinic
September 29-30th Palms Casino, Las Vegas

Coach Bob Knight – Session One – Offensive Play

Everything is not what it seems due to offensive play.

1. **Getting ball in position to get a good shot.**
    a. Half court spacing – spread the defense, screen and get outside.
    b. Always set yourself up away from baseline so you can go either way.
    c. Don't set up two cuts in the same direction, hurts your spacing.
    d. Running helps cut down on turnover to assist ratio.
    e. Coach has no problem telling a kid he is not allowed to shoot.
    f. Free shooting is detrimental. Take 12 – 15 foot shots under supervision.
    g. When you step on the floor you are ready.

2. **Screening**
    a. Coach is not big on the ball screen because one guy is handling the ball too much.
    b. You need to help each other to get open.
    c. You need to change the position with the ball and someone will be open.
    d. Number one practice drill is 4 on 4. This is also a great defensive drill. You can do this with no dribble or one dribble. Always trying to get to the basket. Start in a 2 on 2 set with screens from both sides. You work your way up to 4 on 4. Use restrictions like 8 passes or Billy needs to touch in post before anyone can shoot.
    e. Everything you do should have the "O" and the "D" in mind.
    f. Transition both ways is necessary.
    g. Don't put non-shooter in position to let the other team get off him.
    h. You need a good angle to set the screen.
    i. On the screen, the set up, and the cut you need to constantly stop and correct sloppy play. Don't let it continue.
    j. In motion offense it's like snowflakes, never the same.
    k. You may say best scorer must screen twice before can shoot.
    l. Stat: How many points do you give up off of bad passes?
    m. You have to be demanding.

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Adidas Coaching Clinic
September 29-30th Palms Casino, Las Vegas

Coach Bob Knight – Session One – Offensive Play - continued

3. Downscreen

a. Go nail the guy and you must meet the opponent.
b. Take the defender up and then go low.
c. Go shoulder to shoulder.
d. Screener must watch the "D" man and if screener sees switch develop you can slip.
e. Cutters need to be high and keep the spacing wide.

4. Flarescreen

a. You need to be always ready to slip.
b. On the screen your feet need to be wider than your hips.
c. You need to be ready on the switch with feet balanced
d. You put your left hand on your right wrist.
e. Set with back to corner.

5. Backscreen

a. Bounce the pass into the post.
b. Make sure you throw it away from the other team.
c. Hold the ball on the perimeter for a two count to see what develops.
d. You need to set up to the middle of the floor so you can backcut.
e. If defensive man is in post on backcut, don't go in.
f. You set up the cut by using foot deception.
g. Coach got away from cross screen because it is to congested, although he still uses it occasionally.

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Coach Bob Knight - Session Two

1. General

a. Good coaches are ones that demand the most from their players
b. Teach your players to think quicker and demand the most from themselves
c. Put players in positions to think

2. Team Defense Drills

a. Always set a restriction (e.g.: 15 sec. shot clock)
b. Always try to put the defense at a disadvantage
    1. 5 vs. 4 full court to 4 vs. 5 back
    2. 4 vs. 4 with 1 extra man in each corner ("6 vs. 4")
        - 4 vs. 4 shell where corner guys can attack, defense must communicate and rotate
    3. "5 vs. 5 change"
        - Coach dictates when to "change." On signal, player drops the ball and moves to defense
        - Players may not guard the man guarding them
    4. 4 vs. 4 with Post ("5 vs. 4")
        - 4 vs. 4 shell where Post man is pressure release
        - Post has freedom to do what he wants. He can screen or look to score
        - Defense must communicate and rotate to stop the post

3. Zone Offense Attack

a. Against man-to-to man, you can dictate where the defense plays, but against a zone, you can control who they guard.
    1. Always look for the most favorable match up ("mismatch")
b. Attack the gaps
    1. Dribble away from where you want to pass
    2. Never dribble and pass to the same direction
c. Players without the ball should make hard, cross-court cuts into the gaps
    1. Start very low and behind the zone to the point where you are almost out of bounds
    2. Always fill the baseline/short corner on a reversal
d. vs. 2-3 Zone
    1. Attack the baseline, flash middle, and look opposite
e. vs. 3-2 Zone
    1. Attack the middle with 3 players flat against the baseline

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Coach Bob Knight - Session Two - continued

f. Miscellaneous

1. Always attack the gaps
2. Dribble out the point to the wing in order to prevent a turnover on a wing to point pass
3. Use a dribble from the point on a reversal to freeze the zone ("freeze dribble")
4. Ball should pass the midline before going back to the same side
5. Use a lot of shot fakes

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Ben Howland - UCLA Bruin Basketball – 310-206-6276

I. General
- a. Low field goal % defense and winning the rebound margin wins ballgames.
- b. Define roles
  - 1. Get players to understand their roles
- c. Practice defense for at least 20 minutes per practice
  - 1. Every drill is competitive and there is always a penalty for the loser

II. Defense
- a. Defend the ball, not a man
  - 1. Players may not always guard the same man; be ready to stop ball

III. Transition Defense
- a. Take away transition offense and make them score in the ½ court set
- b. On a miss: 1, 2 are always safeties, 3, 4, 5 hit the offensive boards
- c. On a make: 1 or 2 always stop the ball early on the outlet, in bounder's defender to half-court line

IV. Defensive Positioning
- a. Pressure the ball with your body square to the offensive man
- b. Deny one pass away; up to one step beyond arc
- c. Jump to the ball under control, but don't lunge at the ball
- d. ALWAYS talk

V. Close out under control
- a. Sprint half the distance, then use short, choppy steps the other half
- b. Contest every shot to the level of release with hands up

VI. Extending screens
- a. Lock and trail shooters
- b. Extend by being in the passing lane, show and bump offensive player on the curl
- c. After bump, release back to your man
- d. Always feel/touch your man in order to prevent him from slipping the screen

VII. Defending the Double Stagger screen
- a. Top/Ball side defender must extend on the screen
- b. Low defender must protect against the slip

VIII. Defending on-ball screens
- a. Ball defender must force the offense to use the screen, and then go over the top of the screen
  - 1. There is no ball pressure if player goes under the screen and the PG has better vision of the floor
- b. Screener's defender must hedge/extend and recover
- c. You may double in the corner, occasionally on the wing, but never on the top

IX. Defending the dribble hand-off
- a. Switch on the dribble hand-off

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Bo Ryan – "Swing Offense" Wisconsin Phone #- 800-262-4597
The swing is from Johnny Orr's upscreen, Tom Davis' flex, and Bob Knight's principles', like the fade.

1. **The Swing is "O" in transition**
    a. If you score a point per possession you will win 90% of your games.
    b. You want to get the ball to the best offensive player, get him the ball first.
    c. You need to get your guys to firmly believe they need to work.
    d. You should practice the skip pass to post entry every day.
    e. Doesn't make v-cuts
    f. The five spots on the floor are 2 wings, 1 post, and 2 guard top.
    g. Against an overplay have your point dribble entry, and the wing backcuts as the post leaves to open lane up.
    h. You can also always downscreen to get into offense.
    i. Nice thing about the swing is you can always get a stagger screen.
    j. Ways to beat full court pressure: Put big man in the middle and throw over the top.

2. **Things that Coach Ryan feels are important for success**
    a. Who is the leading scorer? Who cares as long as someone scores or gets fouled.
    b. You have to get the ball into the post. You need to run post-passing drills. You need to teach them. Don't assume they can do it.
    c. Don't yell play "D". Tell them what to do. It's called coaching.
    d. Chart 3-point shots. Shot 12% better on kickouts. You need post touches.
    e. Kids learn to shoot while already facing when they are young. That's why percentage is better from inside out. The skip pass is the next best way to get a 3-point shot. The ball screen is the lowest % 3-point shot.
    f. On transition Defense: Send the 1 and 2 back. If the other players can't grab the ball with 2 hands then they need to get back.
    g. On rebounding: Keep your hands up. The best was Bill Walton.
    h. It takes three seconds to secure a rebound after the shot goes

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Bill Self – Man offenses and Zone offenses

"If you think you have all of the answers then you are probably way off base" – Self

1. **Half Court Man Offenses**
    a. Coach likes when you have a one-man front because you can get back if you turn it over.
    b. You first need to swing the ball to get the defense to move.
    c. On post Defense you need to beat the offensive man to the first step.
    d. You need to take a "cheat step" on the top in order to receive the pass at full speed. Then you square up.
    e. Getting ready to screen: You can create a bad hedge by stopping and restarting.
    f. When the defense is applying heavy pressure you need to run the 1 – 4 This will help to eliminate pressure.
    g. The 3 out and 2 in is a great offense if you have depth at the big positions. You can where the opponent out.

2. **Zone offenses**
    a. Main objective is to get the bottom guys in the zone out.
    b. Ball needs to be a hot potato to get bottom guys out. Move ball quickly.
    c. If you can occupy the outside bottom guy on defense, you can do whatever you want.
    d. See diagrams for plays and tips how to make plays work.

Kansas practices

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Coach Jim Harrick

I. General
- a. Elements of a successful coach
  1. Organization
  2. Philosophy
  3. Discipline
  4. Surround yourself with good people
  5. Praise for those around you
     - Acknowledge a great pass or play
  6. Explain
  7. Demonstrate
  8. Correct
  9. Repeat

II. Readiness
- a. Concentration
  1. Players always give their undivided attention; when they step on the floor, they are ready to play
  2. Players are always in a stance defensively
- b. Poise
  1. "Be on balance, quick, but not in a hurry."

III. Miscellaneous
- a. Two foot jump stop at all times unless using a screen
- b. Always v-cut offensively
- c. Always defend the shot with hands up
- d. Always follow your shot
- e. Always block out on foul shots

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John Calipari - Memphis Tigers - coachcalipari.com

"Think outside of the box"

I. General
- a. Screens are not a focal point of the offense
- b. Post touches with his back to the basket are not ideal
- c. Missing lay-ups are okay
- d. Shoot a lot of 3 point field goals
- e. If there is a play that a player can make, let them make it
- f. Coach less and win

II. Keys to the offense
- a. Offense is geared to score as many points per possession as possible
- b. Beat your man; it is harder to defend the dribble than to defend the screen
- c. Drive to get a lay-up **first**, create second
  1. Commit one way and GO
  2. Avoid the pass to the ball side corner
  3. Avoid bounce pass through lane to post; instead bounce ball off backboard for post to catch
- d. Hard cuts will open up the drive lane
- e. Send 3-4 guys to the offensive glass

III. Miscellaneous
- a. Coaching is learning and helping
- b. Help another coach
- c. Be stimulated and learn
- d. Add one thing for every player to work on, every year
- e. During the season, it's about what is best for the team; in the off season, it is about what is best for the individual
- f. The goal for your team is to be having fun at the end of the year

For more go to coachcalipari.com, click on videos, and then click on style of play

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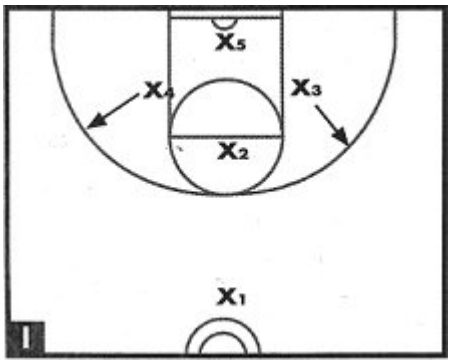
The following article was provided by Steve Mergelsberg, Assistant Basketball Coach, Rutgers University - Newark, Newark, N.J., U.S.A.

While living in Las Vegas and coaching at Bishop German High School, I had the opportunity to sit down with Tarkanian and have him explain the amoeba defence. One thing that he said always stuck with me. "Our man defence was good that night, but we had 12 to 15 minutes in that game where our amoeba defence just took Duke out of everything," Tarkanian said. "It got us going on a lot of fast breaks and scoring streaks."

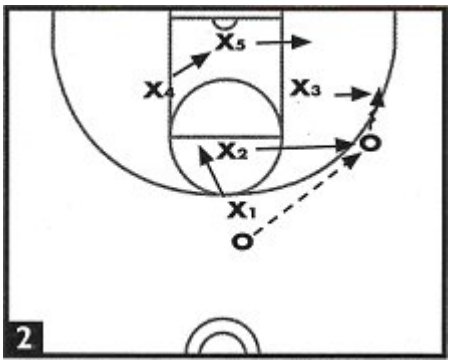
Basic Amoeba Alignment

The following is the basic alignment for setting up the amoeba defence



This is the setup that your defenders need to be in when the offensive team is bringing the ball up-court. XI is responsible for picking up the ball handler as soon as he or she crosses half court. Xl's main job is to harass the ball handler, making it tough to dribble up the floor and pass to a teammate. X2 patrols the free-throw-line area looking for flash cuts to the high-post area.

The tandem of XI and X2 should be the quickest players on your team. X3 and X4 are halfway between the free-throw line and the baseline, facing on an angle toward the sideline. X5 is the "hoop defender," the last line of defence guarding the basket. X5 stands as far back as needed to see the whole floor and must never get beat from behind.



When the ball is passed from the point to the wing, X2 charges out to play the opponent with the ball.

XI retreats to guard the free-throw area. When the ball handler initiates a dribble, X3 sprints out to double team with X2.

X5 moves over to the block area and X4 rotates to become the hoop defender.

If the ball is passed back from the wing, X2 goes back to his or her original spot at the foul line and XI pops out to the top, back to his or her original spot.

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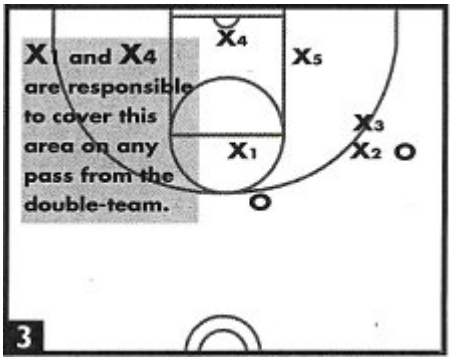
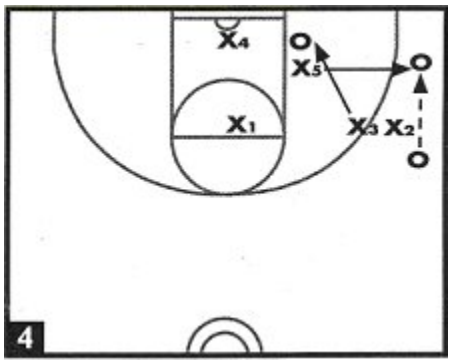
XI and X4 are responsible for covering the shaded area on any pass from the double-team.



The ball is now double-teamed at the wing. XI can either deny the point player or encourage a reverse pass from the double-team for a possible steal.

Tarkanian believed that if X2 and X3 are doing a good job of double-teaming, any pass cross court will be high enough in the air to be picked off by either X4 or XI, depending on where the pass is thrown.

Defending wing-to-corner passes.



When the ball is passed from the wing to the corner, X5 comes flying out and closes out on the corner player with the ball. When X3 sees that the ball is being passed from the wing to the corner, he or she pivots and sprints to the low-post area, in what Tarkanian called an "X-cut." X3 fronts the low-post offensive player. The gamble here is when the corner offensive player gets the ball and X5 is sprinting toward him or her, the player with the ball will see the low-post player open, not knowing that X3 is on the way to that area.

Many times, in a panic, the corner player instantly passes to the seemingly open post player and X3 comes up with a steal. Tarkanian's belief is that if X5 is closing out and tracing the ball, a good pass will be impossible to deliver and X3 will come up with a steal. XI and X4 are still responsible for the weak side of the floor. X2 denies the reverse pass back to the wing from the corner. Any attempt to pass to the point will be picked off by XI.

Defending Cross Court Skip passes

The rule on any skip pass to the other side of the floor is that the closest player covers the player with the ball.

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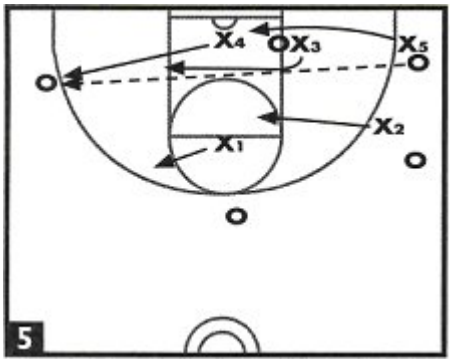
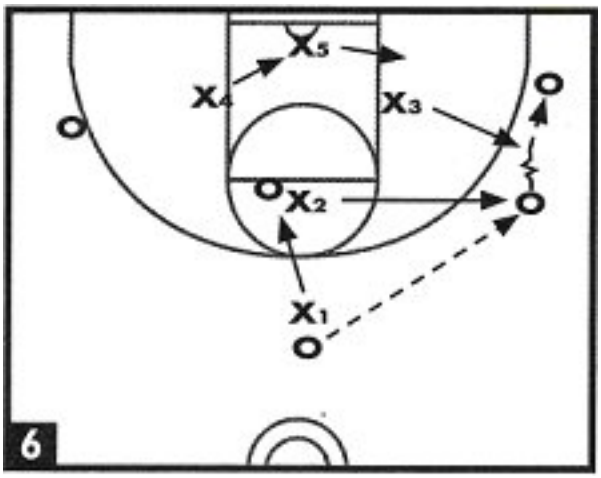
The pass is complete from the corner.



X4 would be the closest defender to the ball, so he or she would cover the receiver.

X3 goes from low post to low post and X5 would become the hoop defender.

X2 retreats to the middle to provide any help that is needed and XI would deny the pass to the point.



This diagram shows the initial entry pass as seen in Diagram 2, but here you have an offensive player on the high post. In this case - just as in Diagram 2 - when the ball is passed to the wing, X2 sprints out to defend and XI drops down to play the offensive player in the high post.

This leaves the point guard alone, the theory being that he or she cannot harm you being that far from the basket. If the offensive wing player with the ball takes a dribble, X3 comes out to defend and double-teams with X2. XI, who is denying the high post, can anticipate a pass back to the point and go for the steal.

At this point, if the ball is passed from the wing to the corner, X5 sprints out and plays the corner player. X3 "X-cuts" and goes to defend the block area and X4 becomes the hoop defender. X4 and XI are responsible for stealing anything thrown cross court from the block area and higher. This may seem like a lot of area to cover, but Tarkanian believed that if your defenders are playing good, hard-nosed defence, the only pass that will be thrown is one high in the air that X4 and XI have a great chance for a steal.

Amoeba vs. Two-Guard Front

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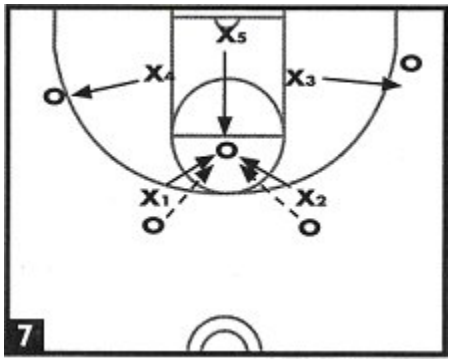
Some offenses try to beat the amoeba by utilizing a two-guard front.

If the offense plays a two-guard front, XI and X2 match-up with the guards. If the offensive team puts a player at the high post, X5 comes up and guards behind. This encourages the offense to make a pass into the high post, which is what you want to happen.

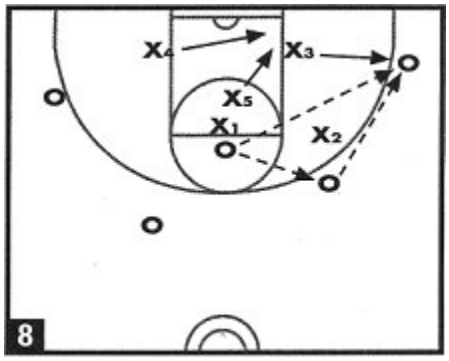


If the ball is passed into the high post, XI and X2 immediately double down and create a triple team at the high post. This may cause the high-post player with the ball to panic and either give up his dribble or throw an errant pass. X3 and X4 anticipate any passes into their areas and go for the easy steal.

Beating the Triple-Team

If the triple-team in the high-post area fails and the high-post player manages to get a pass to either the wing or the corner areas, your defenders react accordingly.

When the ball is passed to the wing from the post, XI retreats to the high-post area and denies the post. X2 plays the wing player and X3 denies the pass to the corner or encourages a pass and gets a trap or steal in the corner. X2 may sprint down and double-team the corner player, depending on the game situation. X4 becomes the hoop defender and X5 guards the low post.



XI, who is playing the post, must anticipate passes to the point from the corner, the wing and cross court. This is one of the reasons why it is critical that XI and X2 be your quickest players. XI and X2 must always be alert and have the ability to anticipate defensively. If the ball is passed to the corner from the post or wing, X3 sprints out to play the corner player, X5 drops to the low-post area and X4 becomes the hoop defender.

XI denies the post and X2 denies the pass back to the wing from the corner or encourages the pass and looks to make a steal. A pass from the corner to the point weak-side guard can be picked off by XI and taken the other way for an easy layup.

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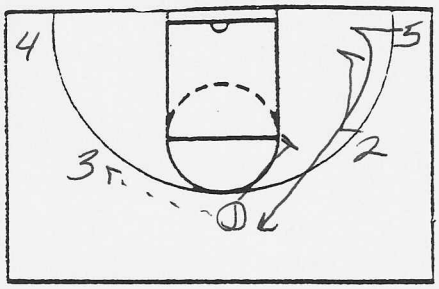
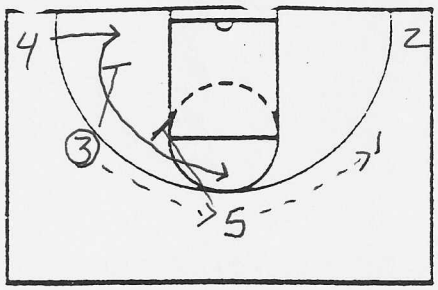
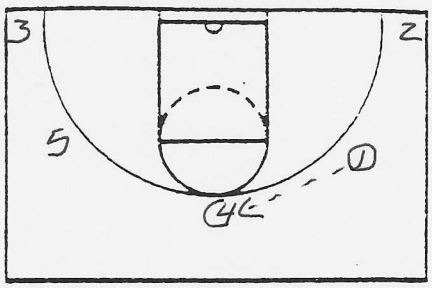
CLINIC _____

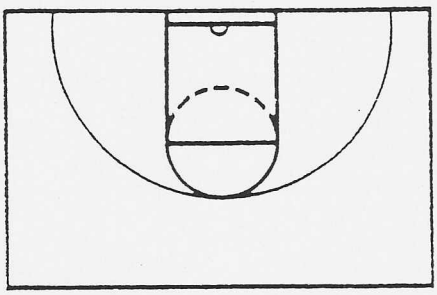
DATE Open post
Andy Wood

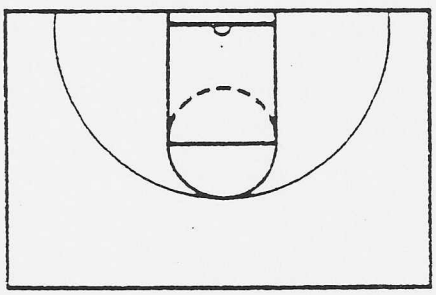


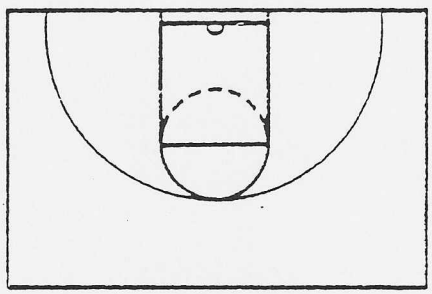




NOTES Double series







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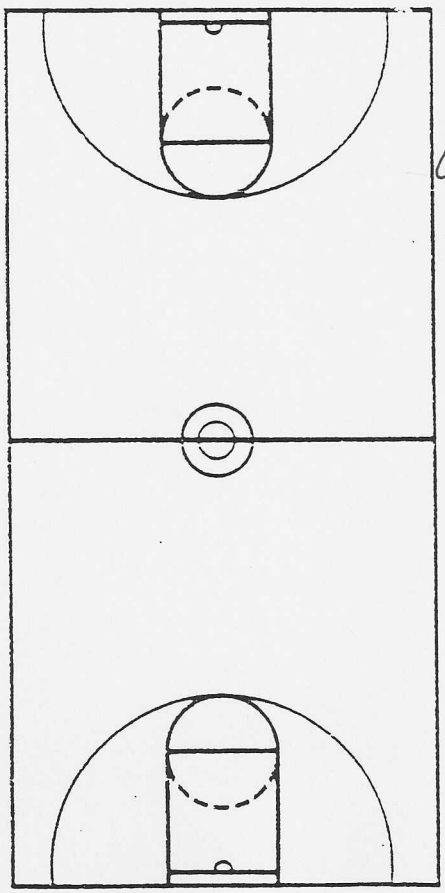
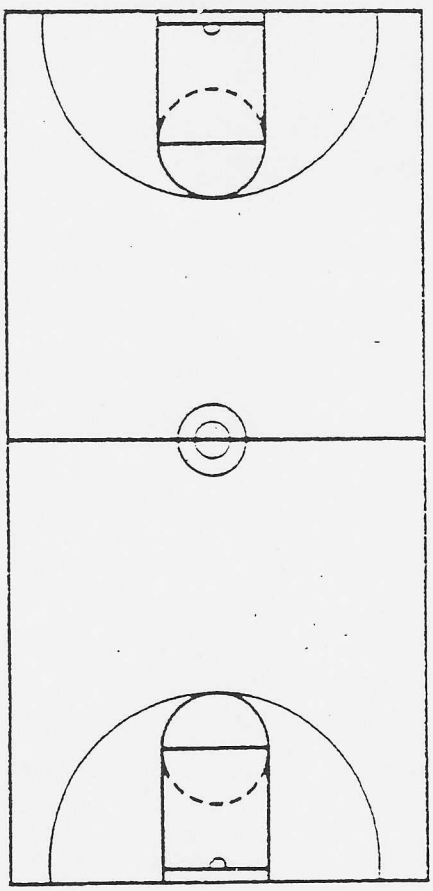


NOTES

Corner player walk in for double screen.

Second screen should be set near ft line



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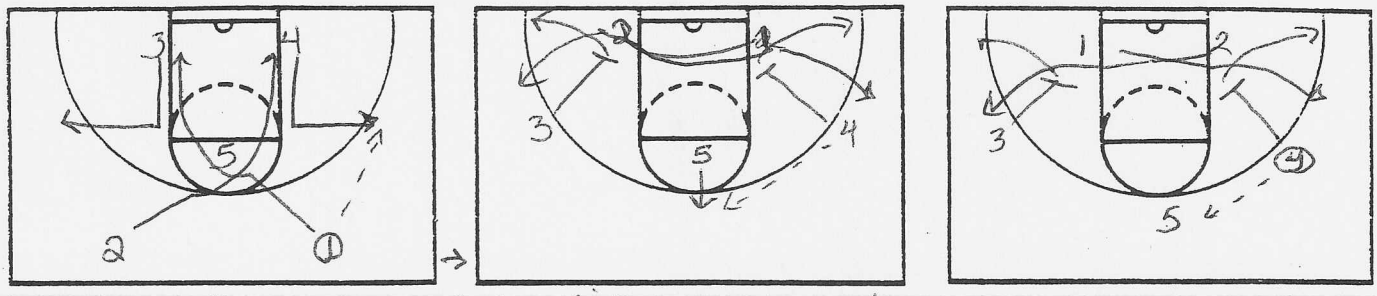
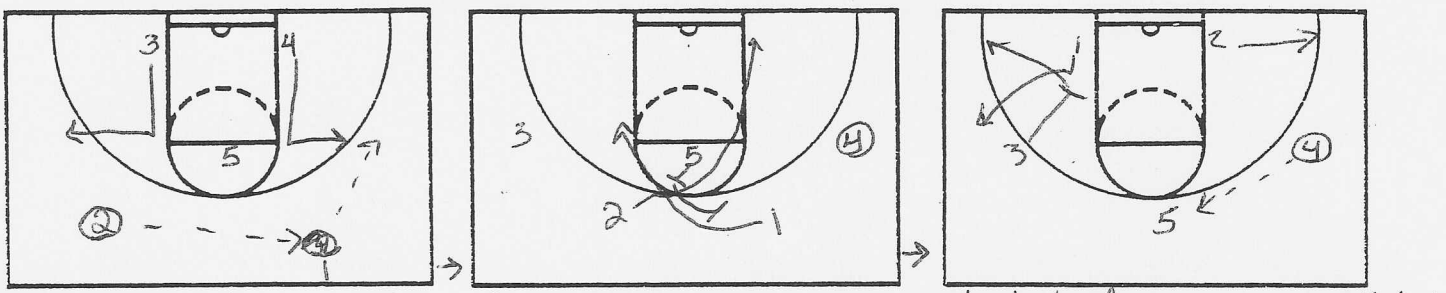
Clinic hotline: (503) 671-3041
Website: www.cbbconline.com

DATE Cutnis 3 Sets
Andy Wood

①



1) NOTES "X" (Passer screens first) 1 & 2 Cut across lane



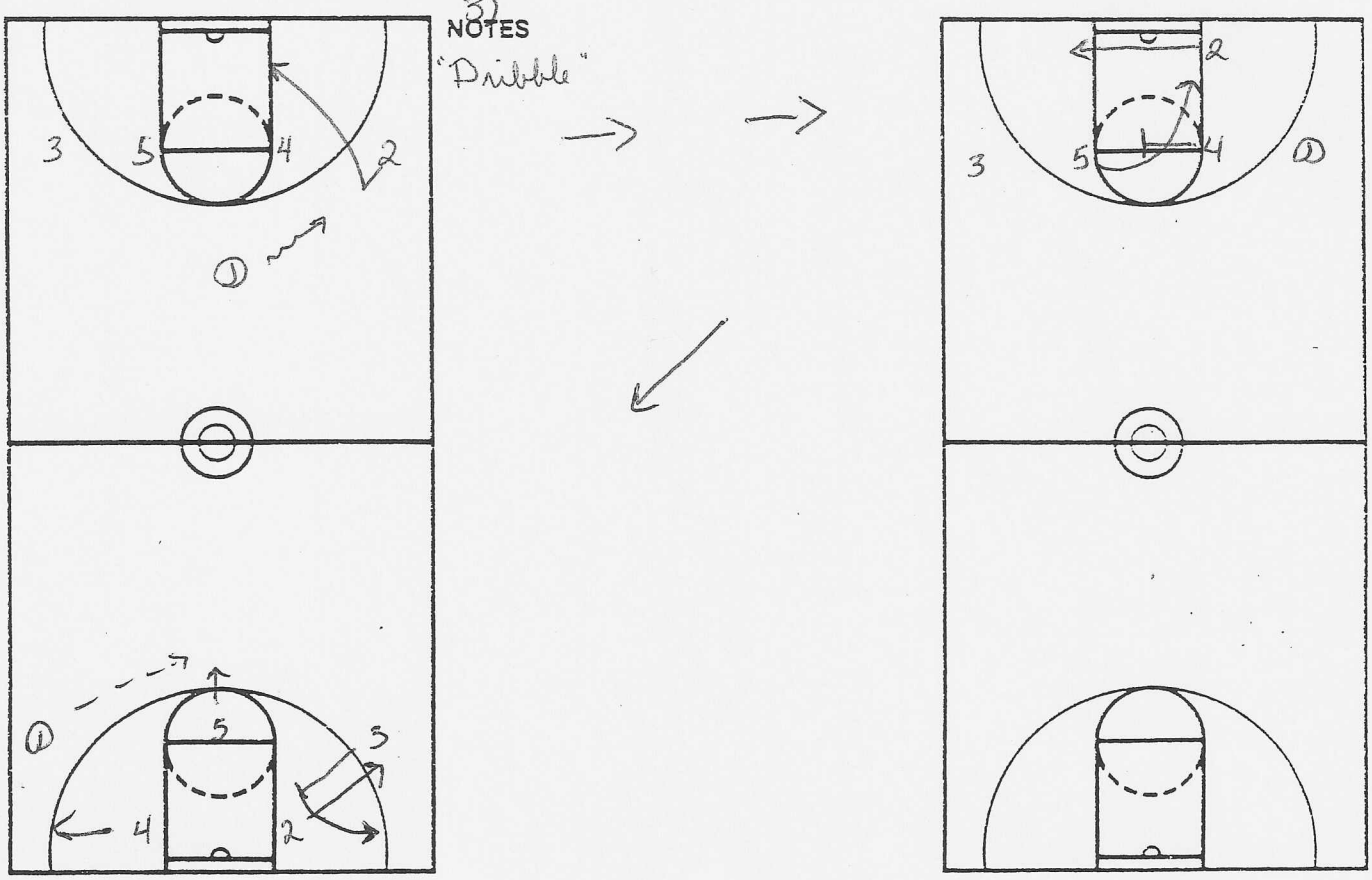
2) NOTES "Circle"
6 to 6 pass 3/4 L Cut

2 cuts on pass from 1 to 4

look to hit 1 for "3pt" shot

JUST DO IT

3) NOTES
"Dribble"



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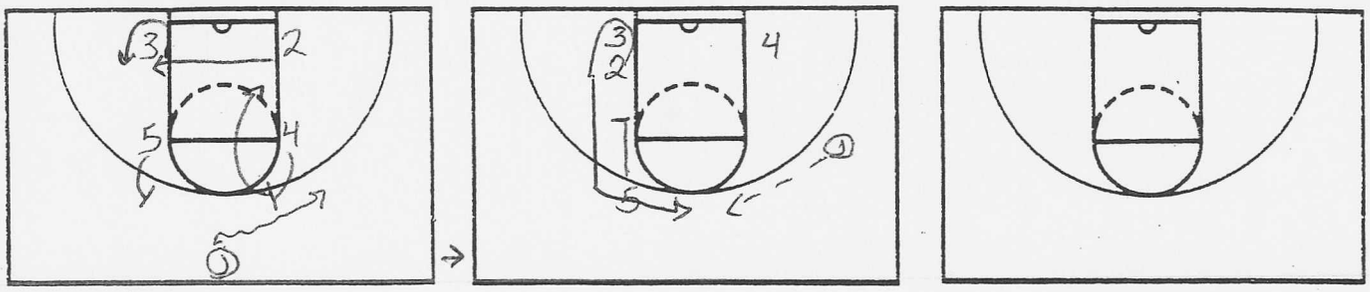
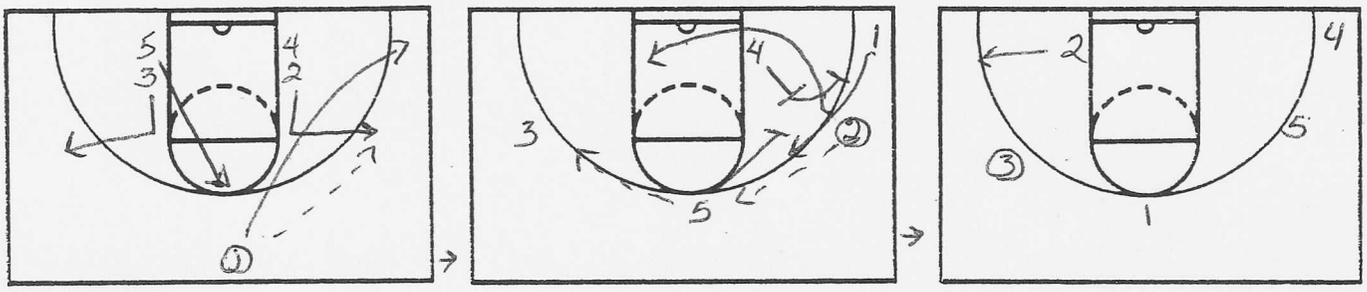
CLINIC Ohio Post
DATE Extras 4 Set
Andy Wood

(3)



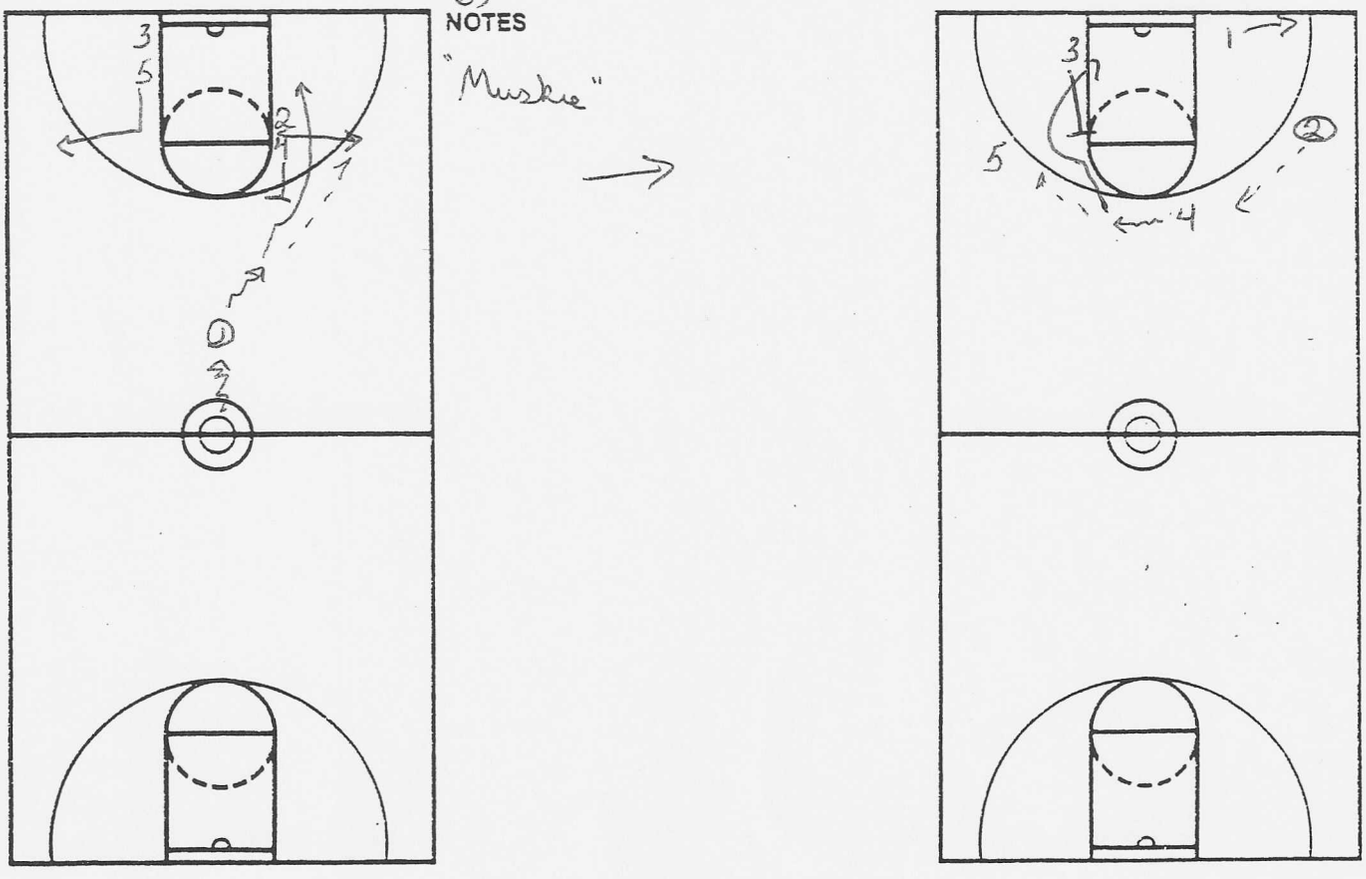
NOTES 4) "Box"



NOTES "Hoosier"
5)

JUST DO IT

6)
NOTES
"Muskie"



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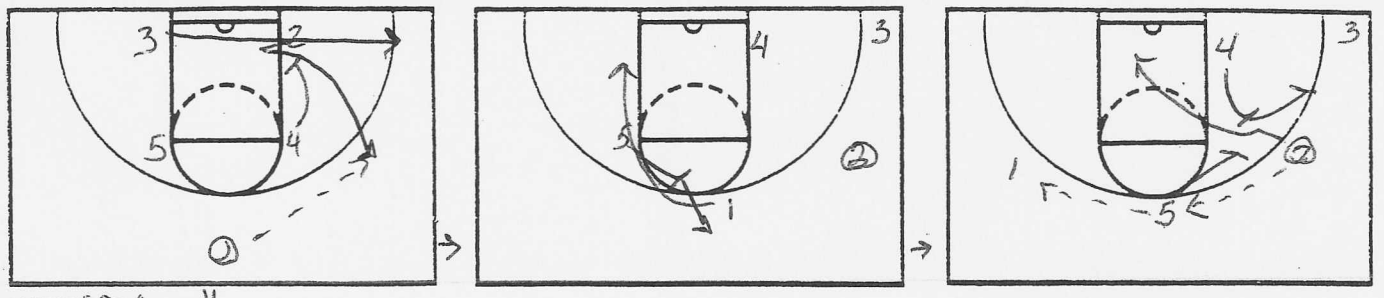

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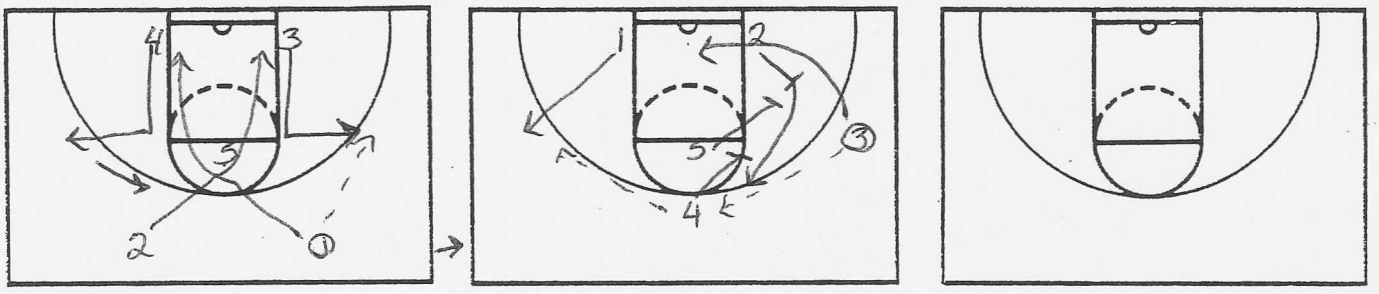

NOTES "Grey"

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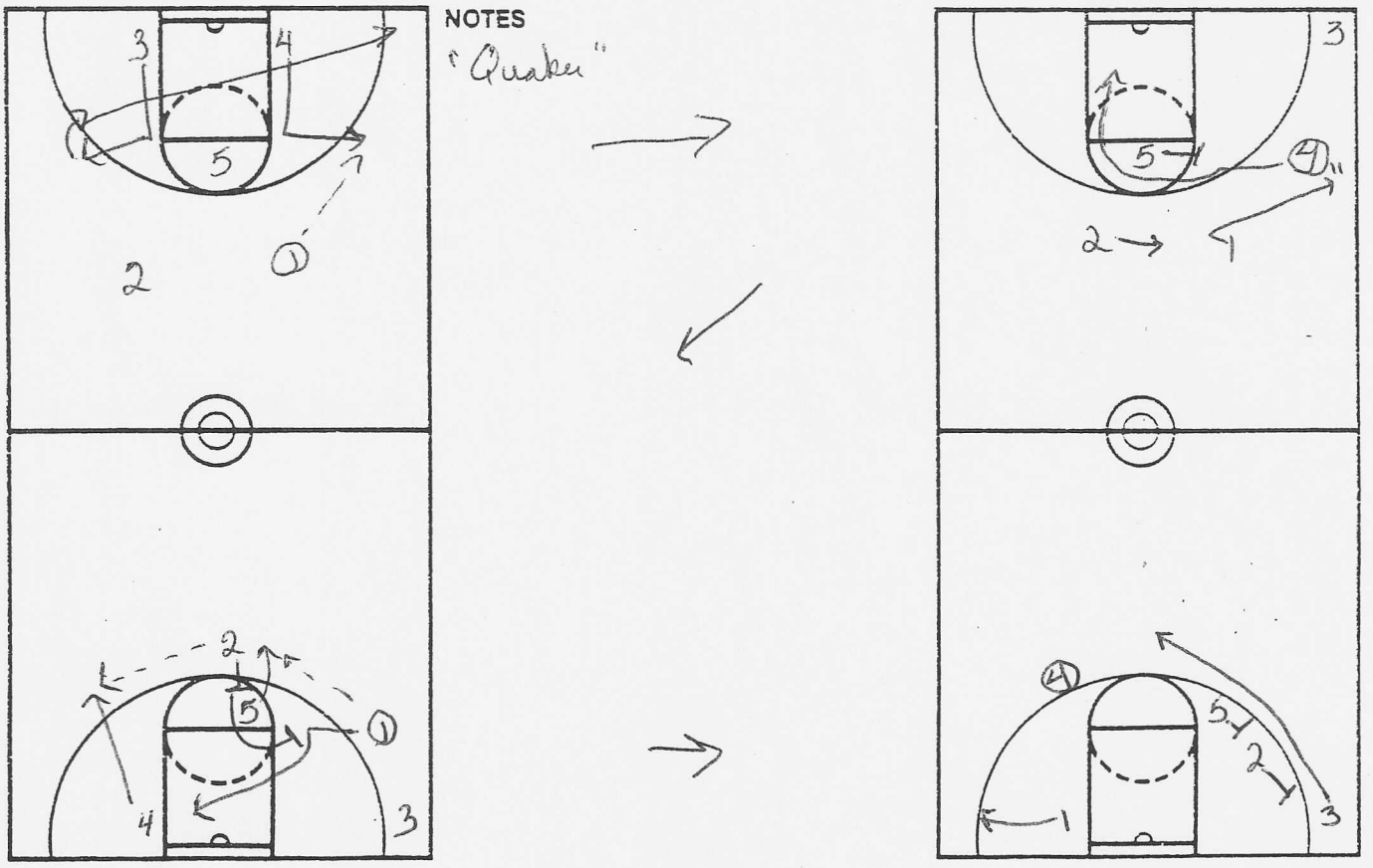

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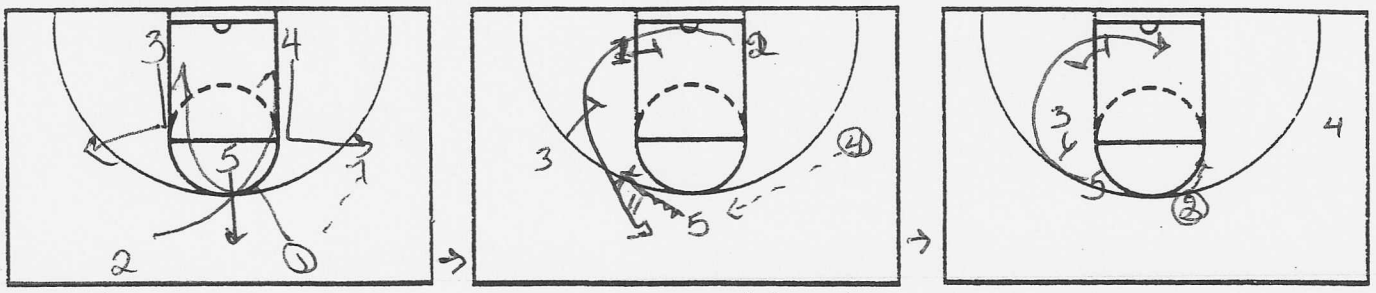
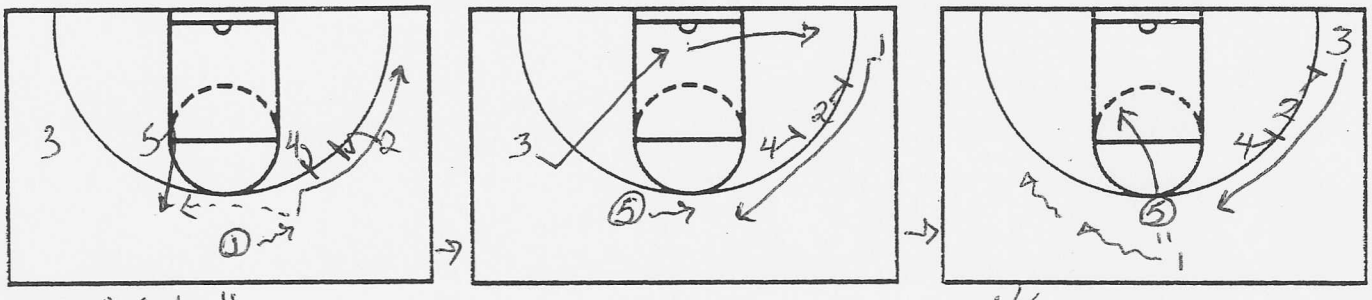


NOTES "Wilmington"

5 takes 1 dribble & hop to be a third screener



NOTES "Astro"

1/5 2 man game

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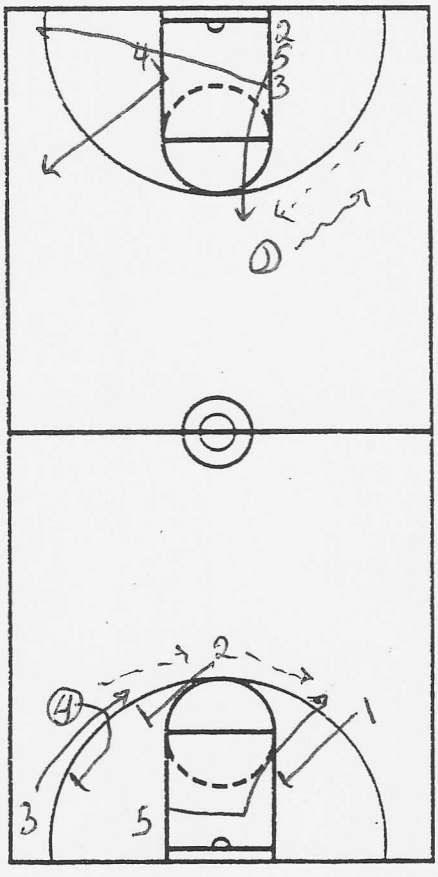

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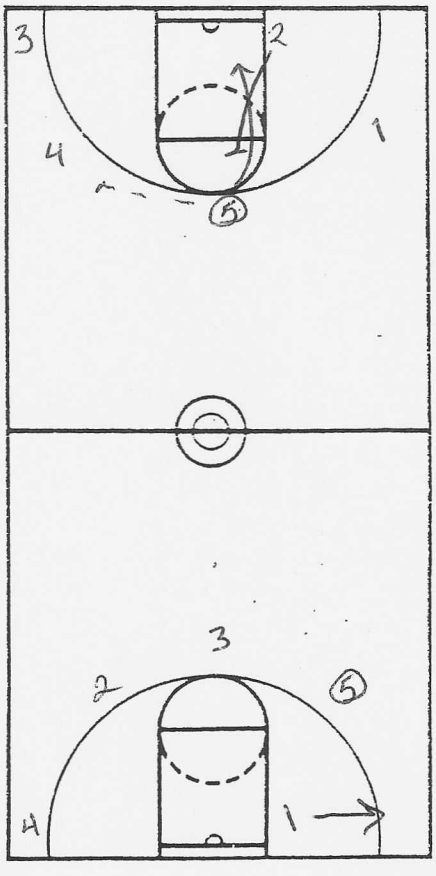
"Marshall"



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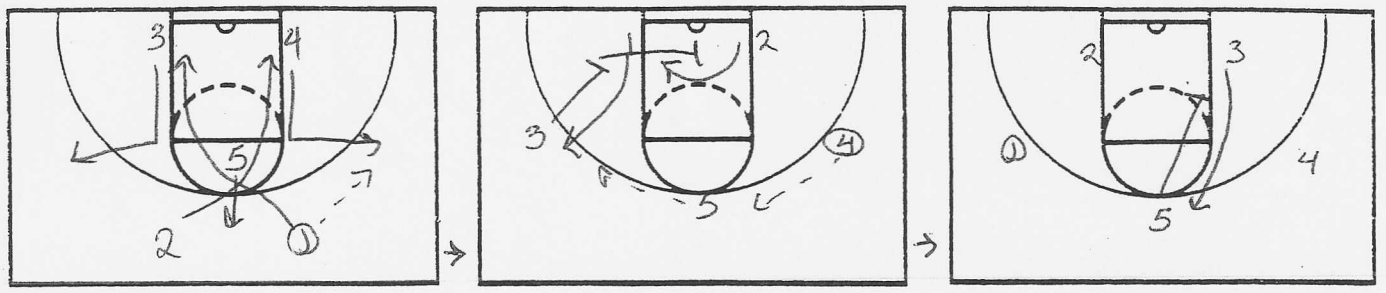
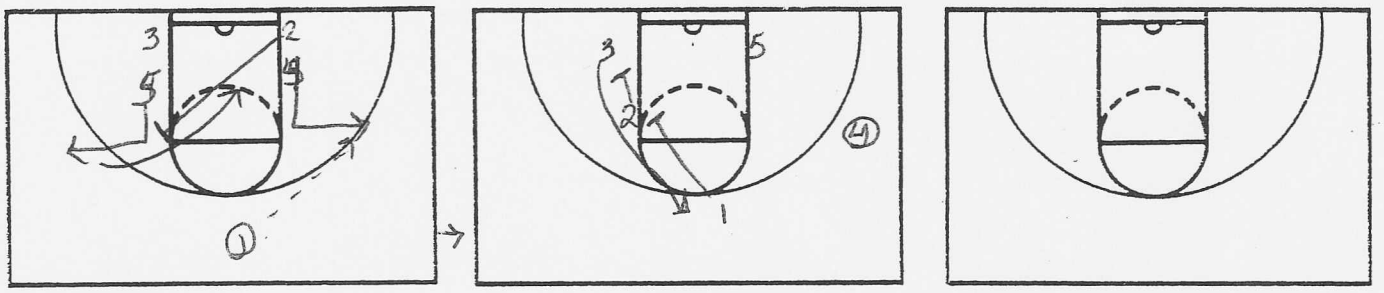


NOTES "Wild Cat"



NOTES "Eagle"

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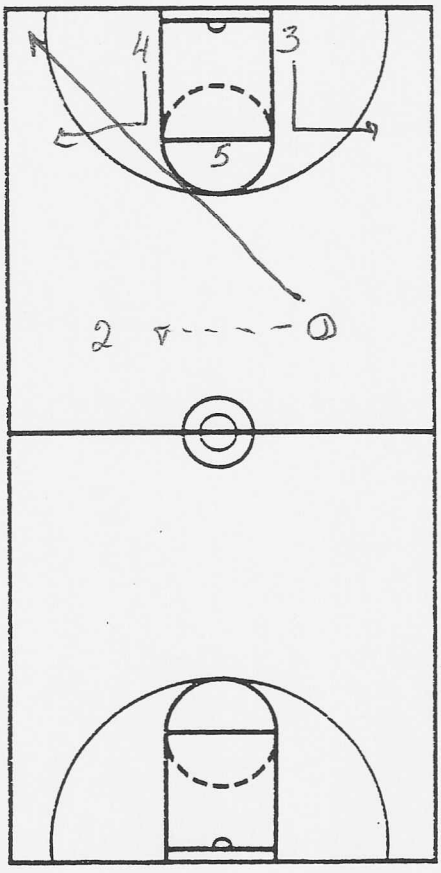
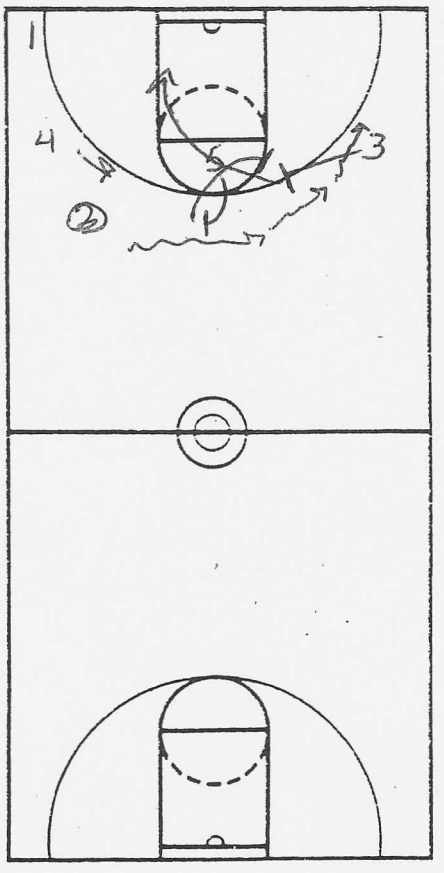


NOTES
"Hawk"

5 ball screen and back screen 3



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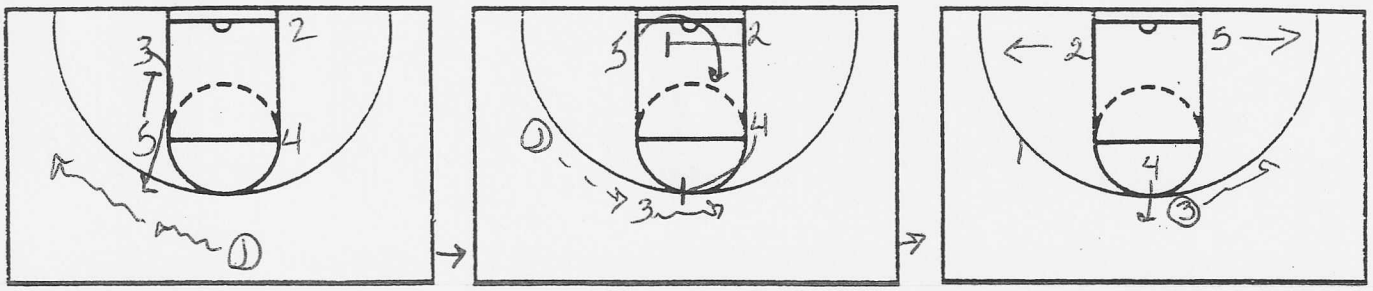

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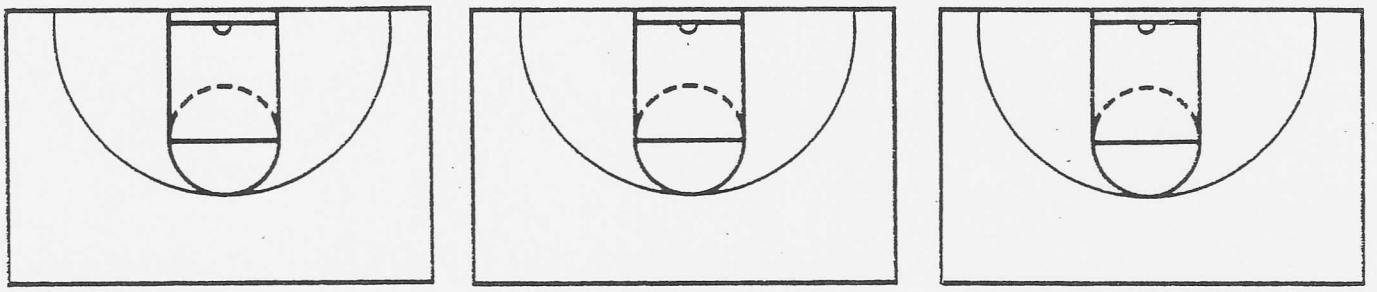

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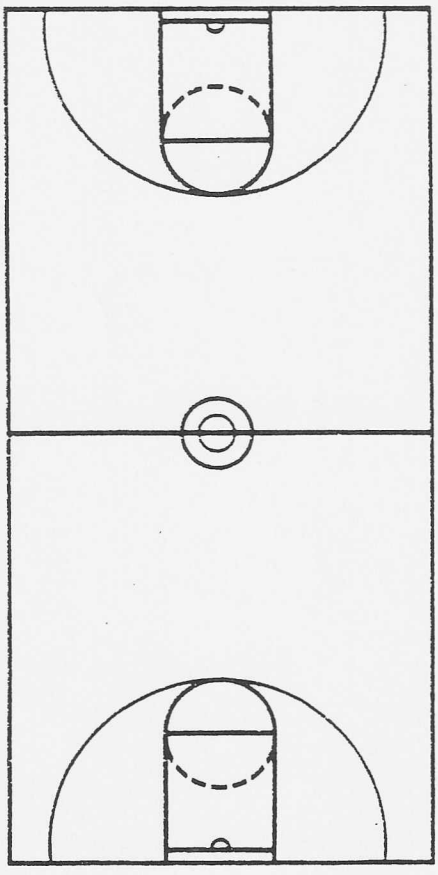

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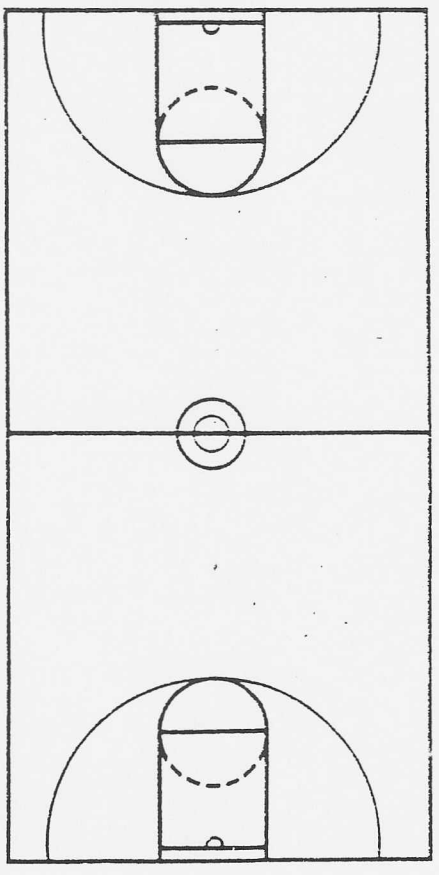

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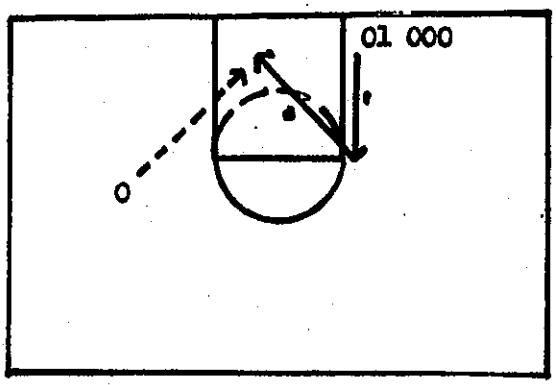


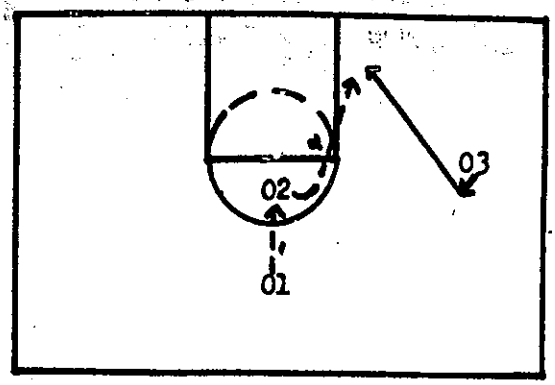
"Go Without The Ball"

1. Set up O's on the baseline.
2. O is a guard on top opposite O's.
3. O1 will run up the lane & with lead foot will push off at the foul line & go backdoor to the basket in a diagonal cut.
4. O will pass to O1.

CP: Stress quick push off & extend lead hand to the basket & call for the ball.

VARIATIONS:

1. Have a defensive man overplay O1.
2. Set up a stack & use a vertical screen 1st. then go back door.
3. Do this drill from the wing & top position.



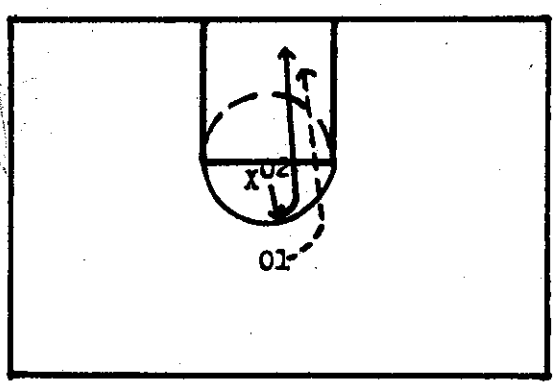
"Post To Wing Back Door"

1. O1 sets up in the pt. position; O2 at the high post & O3 at the wing.
2. O1 passes to O2. As O2 is about to get pass, O3 takes 1 stride above the foul line extended & goes backdoor.
3. O2 pivots with inside foot & passes to O3 going to the basket.

CP: Stress O3 keeping hand up as a target & calling for the ball.

VARIATION:

1. Have O2 & O3 set up in a stack position & flash to their positions.



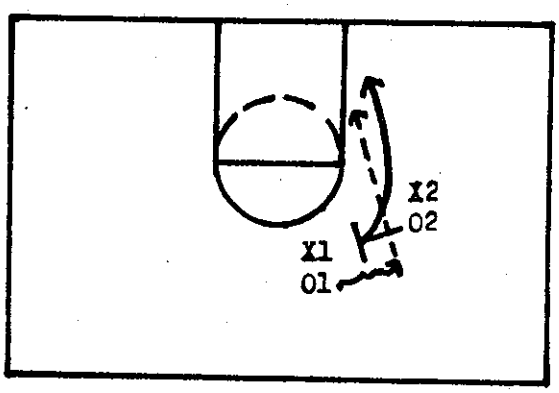
"High Post Back Door"

1. O2 sets up at the high post with X denying him. O1 is the pt. guard.
2. O2 steps up to the top of the circle with X overplaying him. O2 then pushes off his lead foot & goes back door to the basket.
3. O1 passes to O2 going to the basket.

CP: O2 after pushing off should extend hand up in the air.

VARIATIONS:

1. Start O2 low; flash high post then back door.
2. Use a color or a call as a set play.



"Open Up Early Back Door"

1. Set up O1 in a guard position & O2 in a wing position with X's playing defense.
2. O2 sets a pick & O1 begins to dribble toward him.
3. Before O1 reaches the pick, O2 opens up & goes to the basket for a pass from O1. (Effective vs switching man defense)

CP: Stress O2 calling "pick" to influence defense to react by hedging or switching.

VARIATIONS:

1. Do this drill with a high post man & guard.
2. Do this drill with 2 guards.

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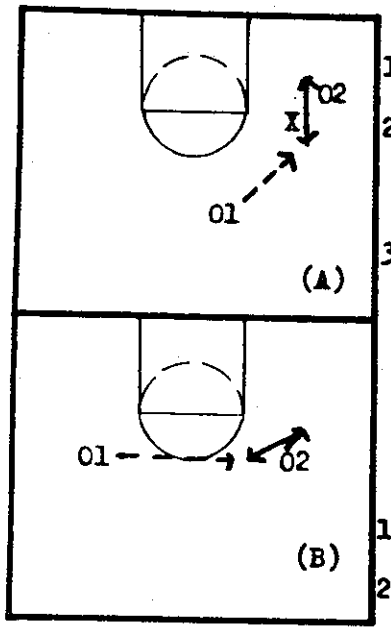
SCREENING & MOVEMENT

"V Cut Movement"



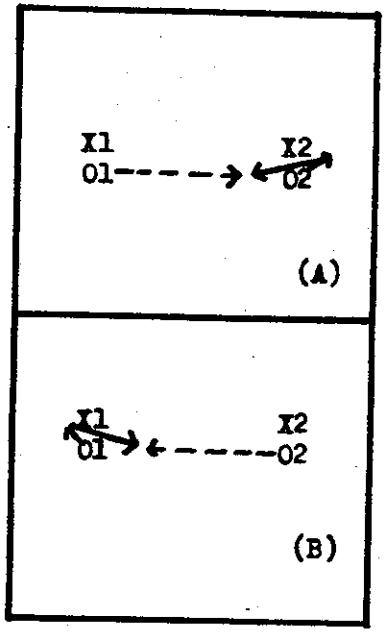
1. Set up O1 in the guard position with O2 in the wing.
2. X denies O2. O2 will step away & toward baseline drawing X & then cuts back up in a "V" for a pass from O1. (DIAG. A)
3. Use the same "V" movement with a 2 guard front. (DIAG. B)

CP: Stress O2 in coming to the pass to shield X with body. Stress O2 starting wider to the sideline to create more space coming to the pass.

VARIATIONS:

1. Go back door if defense does'nt go with initial movement.
2. Cut to basket after "V" cut.

"Guard Go Without & Back"



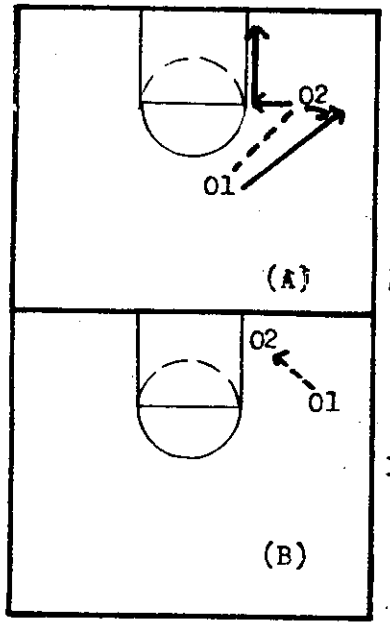
1. Set up O1 & O2 in the guard position with X's on defense.
2. O1 has ball, O2 is denied by X2 on defense.
3. O2 drives 2-3 steps forward to loosen up X2 then comes back for pass from O1.(DIAG.A)
4. X1 now denies O1 & does same movement as in (3). (DIAG. B) Continue this movement 5 times

CP: Stress making contact when going away from ball & shielding X coming to ball

VARIATIONS:

1. Go back door if X doesn't move with initial steps away.
2. Use a V cut & go to the basket.

"Pass, Return & L Cut"



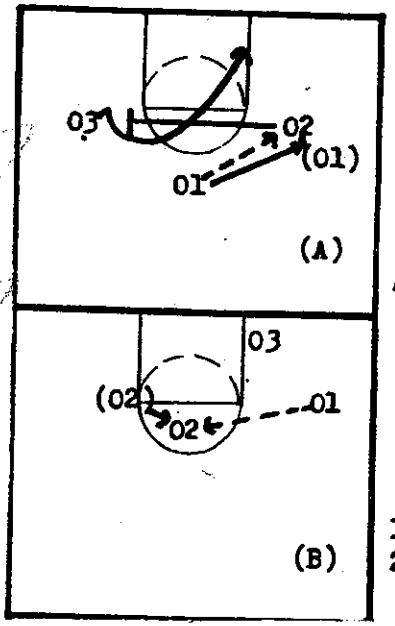
1. Set up O1 as a guard & O2 in a wing position.
2. O1 passes to O2; O1 goes to O2 for a return pass.
3. O2 cuts to the foul line & down the lane to the low post in a L fashion. (DIAG.A)
4. O1 passes to O2 posting up. (DIAG. B)

CP: O2 when returning ball to O1 should turn around & hand ball to hi.

VARIATION:

1. Have O2 fake the return pass & drive to the basket.

"Wing To Wing Screen"



1. Set up O2 & O3 as wings & O1 as point guard.
2. O1 passes to O2 & comes to ball for a return pass.
3. O2 screens across for O3 who cuts to the basket for a pass from O1. (DIAG.A)
4. If O3 doesn't get pass, O2 steps back after O3 cuts & O1 passes to him. (DIAG.B)

CP: Stress screen to take place in middle of foul line. Also O3 should give a good shuffle cut.

VARIATIONS:

1. Have O3 go backdoor.
2. Have O2 fake screen & make an L cut to the basket.

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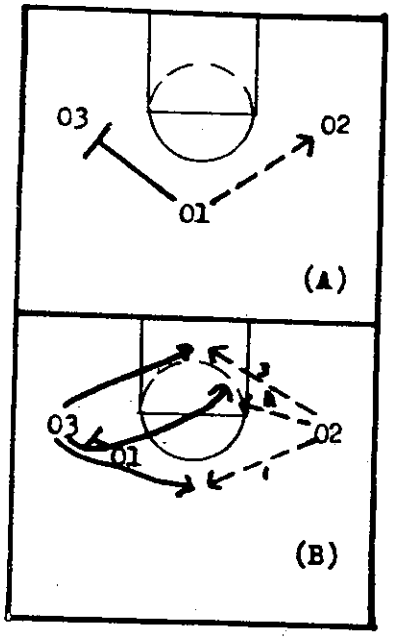


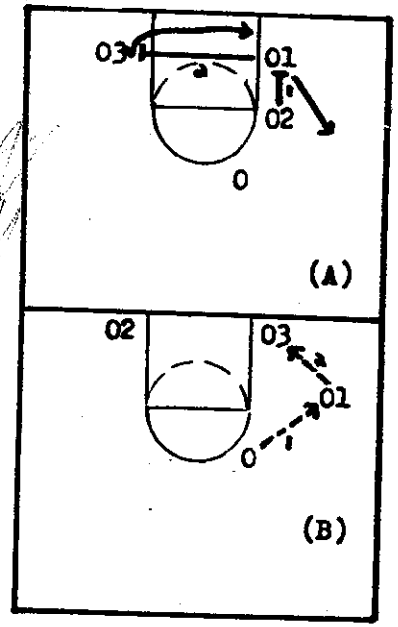
"Pass & Screen Away"

1. 02 & 03 are in the wing position; 01 is at the pt.
2. 01 passes to 02 & screens away to 03. (Diag. A)
3. 03 has following options:
   a. Replace 01 on top (1)
   b. Curl & go to the basket (2)
   c. Backdoor & go to the basket(3)
4. 02 passes to 03 utilizing any of the 3 moves.(Diag. B)

CP: Stress setting up the shuffle cut by stepping 1 way then going the other way.

VARIATION:

1. Have a defensive man overplay or play soft on 03.



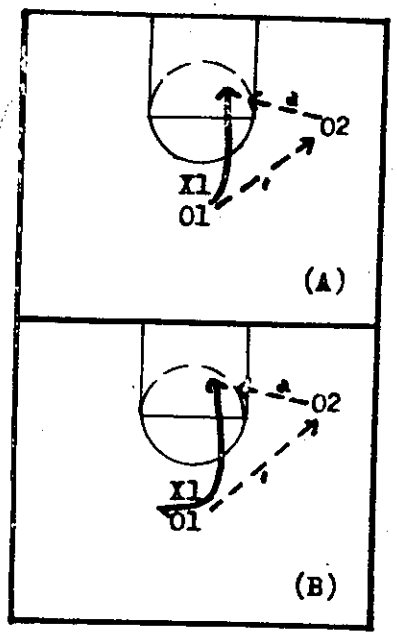
"Screen Down & Across"

1. Set up 01 & 02 in a stack with 03 at the opposite low post & 0 with the ball on top
2. 02 screens down for 01 who pops out to wing & 02 continues across baseline to screen for 03 who flashes to the ball side low post. (DIAG. A)
3. 0 passes to 01 who passes in low to 03. (DIAG. B)

CP: Stress proper screening & shuffle cuts.

VARIATIONS:

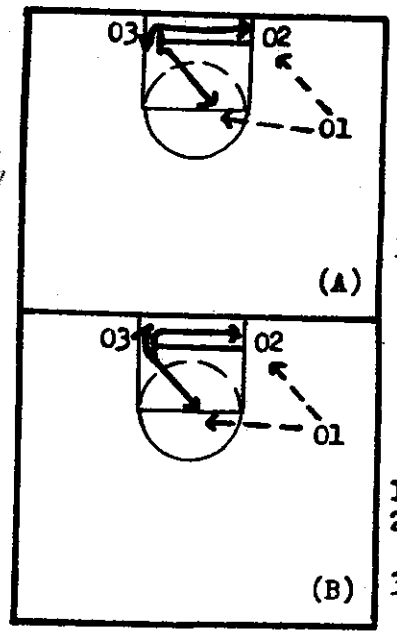
1. Set up a man defense & run the drill.
2. Have 02 flash high to the ball side as an option.



"Pass & Cut Through"

1. 01 sets up in the pt. position with 02 playing the wing. X1 plays def. on 01.
2. 01 passes to 02; 01 cuts to the basket with 02 passing to 01. (Diag. A)
3. If defense is playing 01 tight, 01 should step away for influence then cut back to the basket. (Diag. B)

CP: Stress 01 getting an inside position when cutting.
01 should also extend hand up & call for the ball.



"Herizental Screening"

1. Set up 02 & 03 in low posts with 01 in a wing position.
2. 02 screens across to 03 who fakes right & then goes baseline. 02 flashes back to the high post. (DIAG. A)
3. 02 screens across & 03 fakes baseline & flashes high post. 02 flashes back to low post. 01 passes to 02 or 03.(DIAG.B)

CP: Stress shuffle cut fakes & extending hand up coming to the ball.

VARIATIONS:

1. Have 02 fake screen & come back
2. Have 0's react to defense who play soft, tight or switch.
3. Set up 02 high post & diagenally screen to 03.

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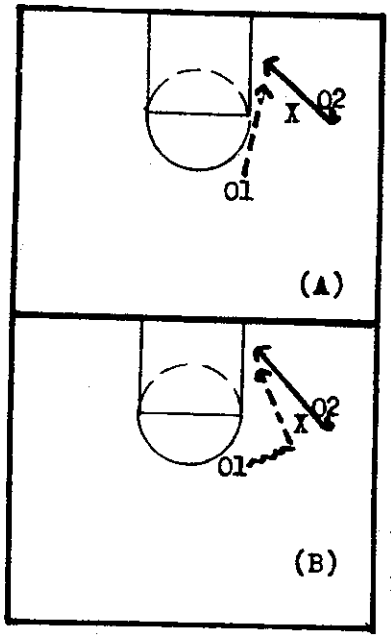
SCREENING & MOVEMENT

"Guard To Wing Backdoor"



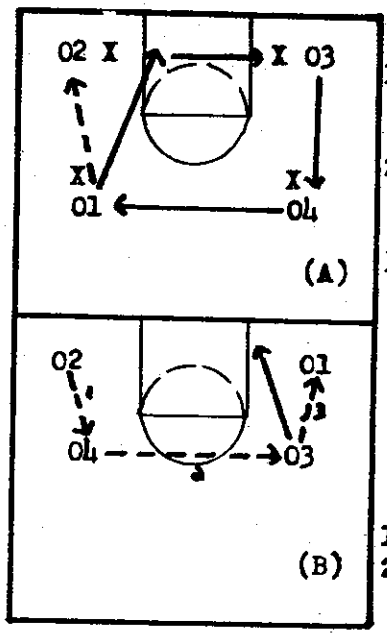
1. Set up 02 in a wing position with 01 as guard with a defensive man on 02.
2. 02 will take 1 step beyond foul line extended which is the key for the backdoor.
3. 02 pushes off on front foot & extends his hand up going to basket for a pass from 01. (DIAG. A)
4. 01 will key the backdoor with a dribble toward 02. (DIAG. B)

CP: 02 should stay wide to sideline to create space.

VARIATIONS:

1. Have 02 start below & flash high then go backdoor.
2. Use a color code as a key.

"Cutter Thru Rotation"



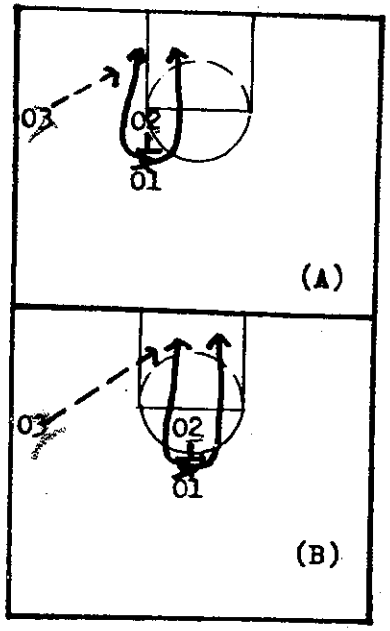
1. Set up O's in a box formation with 2 guards & 2 forwards. X's play defense.
2. 01 passes to 02 in the forward position & cuts thru for a return pass. (DIAG. A)
3. 04 rotates to 01's position, 03 on top for 04 & 01 goes to 03's spot. Continue this movement going to either side. (DIAG. B)

CP: Stress guard cutting thru to use a V cut & to extend hand up & call for ball.

VARIATIONS:

1. Have the cutter post up.
2. Have players go back door on overplay by defense.

"Ball Side Back Screen"



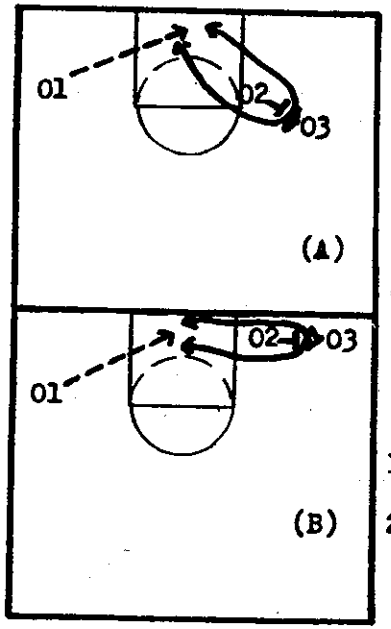
1. 01 sets up at the pt.; 02 in the wing and 03 high post.
2. 01 passes to 02; 01 shuffle cuts right or left off of 03 screen & goes to the basket.
3. 02 passes to 01.(Diag. A)
4. Set up 03 in middle of post and run this also. (Diag. B)

CP: Stress back screen by 03 to be stationary & shuffle cut fake in one direction & movement in other by 01.

VARIATIONS:

1. Post up 01 & pass to him. (Mismatch situation)
2. Have 01 fake shuffle cut & step back for a jumper.

"Offside Back Screen"



1. Set up 01 on wing with ball. 02 at the opposite high post with 03 as guard.
2. 03 shuffle cuts right or left behind O's back screen & goes to the basket for a pass from 01.(DIAG. A)
3. Run this with 02 at low post & 03 as a forward. (DIAG. B)

CP: Stress timing & shuffle cuts going to the basket with hand up.

VARIATIONS:

1. Put defensive players on O's.
2. Have 02 step to ball on switch by defense.

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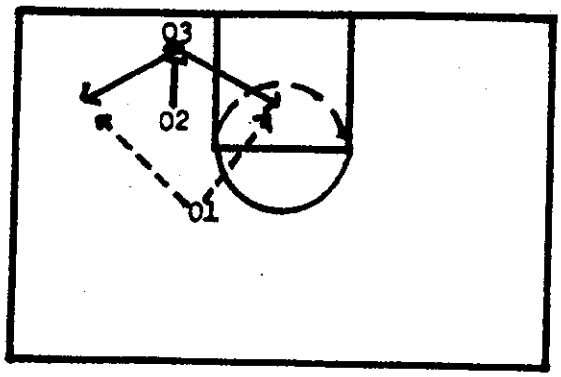


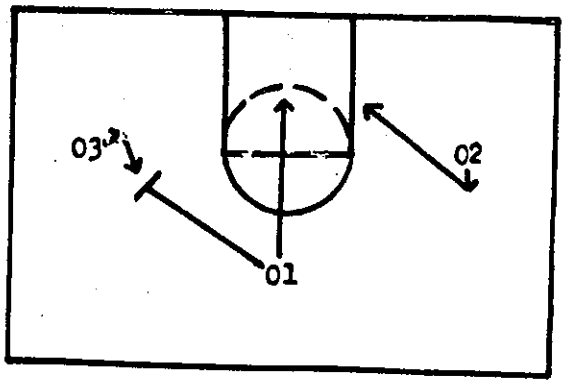
"Vertical Screening"

1. Set up 02 & 03 in a stack position. 01 is the guard on top.
2. 02 screens down to 03 who gives a shuffle cut to the inside & pops out to the wing. 01 passes to 03 in the wing position.
3. If the defense anticipates the pop out, 03 shuffle cuts to the outside & then pops out to the middle.

CP: Stress the screen not to take place until 01 is in the penetrating area. Stress good shuffle cuts by 03 to set up 02's screen.

VARIATIONS:

1. Have 02 open up to the ball for pass.
2. Have defense play tight or switch.



"All Touch Ball Game"

1. Set up 2 teams playing a ½ court game.
2. Game rules: No team can take a shot until everyone on the team has touched the ball at least 1 time. All players must make 1 movement. Basket out.
3. Play to 10 baskets.

CP: Stress movement; cutting to the basket, V cuts, L cuts, going without, screening away.

VARIATIONS:

1. Set up 3 teams & rotate every 5 minutes 3 times.
2. Restrict shooting to post men only.
3. Jump shots or lay ups only.

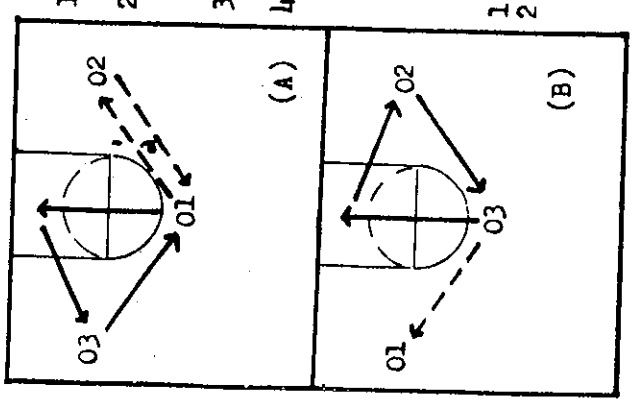
"3 Man Rotate"

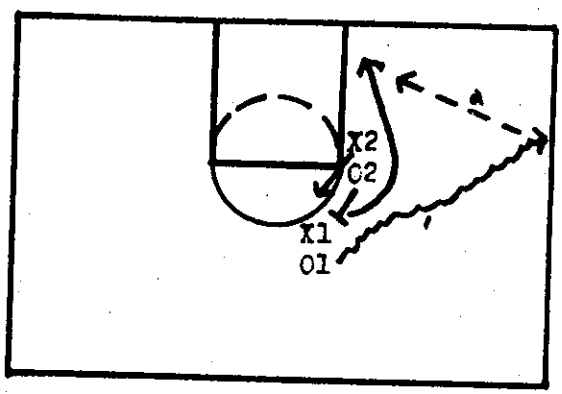
1. Set up 02 & 03 as wings with 01 at the pt. position.
2. 01 passes to 02 & cuts thru the middle & replaces the opposite wing 03.
3. 03 rotates to the pt., 02 passes to 03. (DIAG. A)
4. 03 passes to 01 who cuts through & replaces 02 who rotates to the pt. postion. (DIAG. B) Continue this movement 5 times each side.

CP: Stress stepping to ball.

VARIATION:

1. Do this vs a defense.
2. Count most consequetive passes without steal or deflection.





"Mismatch Post-Up"

1. Set up 01 as a guard & 02 at the high post with X's defending.
2. 02 sets up a pick & 01 dribbles to him.
3. As the defense switches, 01 reads this and fans out with his dribble to the corner.
4. 02 rolls low & posts up vs. 01's man. 01 passes to 02 in the low post.

CP: Stress bounce or lead pass to the baseline side.

VARIATIONS:

1. Have defense not switch & 01 go to the basket or take a jump shot.
2. Have 02 open up early & go to the basket.

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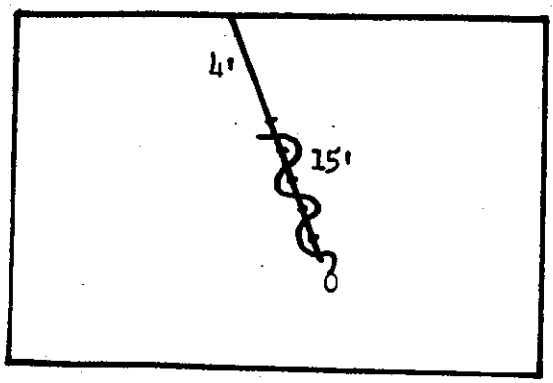


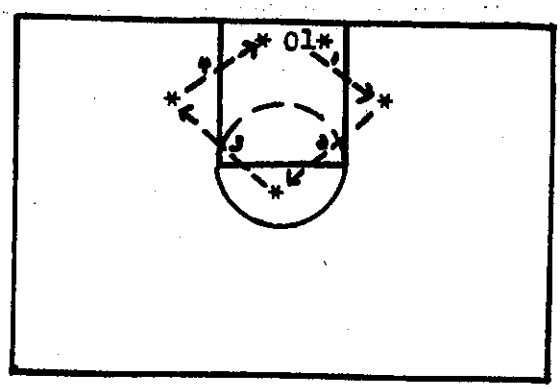
"Incline Jumping"

1. Anchor a rope 15 foot long from a 4 foot post or wall & extend it to create an incline.
2. Tape or mark at 1 feet intervals up to 12 feet toward highest point.
3. Player will stand next to rope & jump back & forth 2 times at each interval going up as far as he can & then back.

CP: Stress bending of trunk & thrusting of arms during jump.

VARIATIONS:

1. Face rope & jump forward & back.
2. Use 2 ropes & have players compete.
3. Contest: See who can jump to furthest mark.



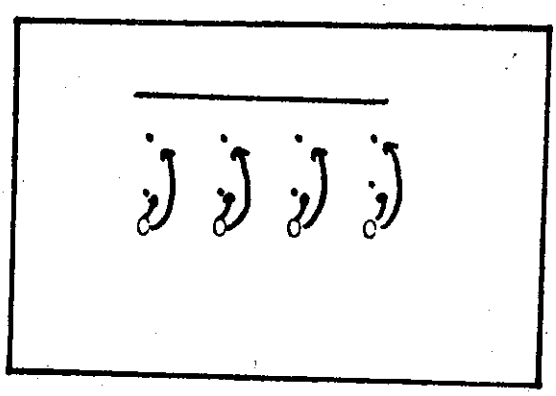
"Switch The Block"

1. Set up 4 spots around foul area with a block at each spot. O1 starts on the base-line with a wooden block in his hand.
2. O1 starts drill by running to the 1st. block & replacing it with his block.
3. O1 continues this movement at all 4 spots.
4. Do this 3 times & then go in other direction.

CP: Stress bending at knees & sliding to each block.

VARIATIONS:

1. Contest: Use all baskets & see who comes in 1st.
2. Contest: Time fastest for 30 sec. or 1 min.



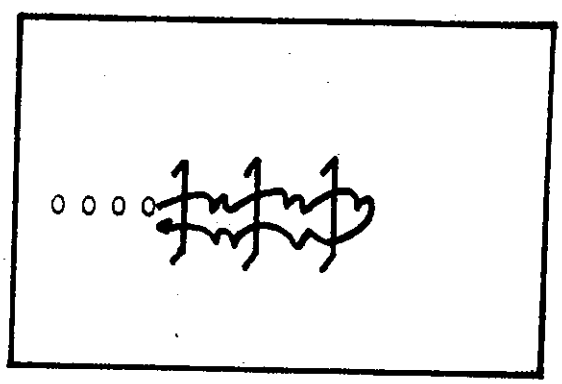
"Vertical Wall Jumps"

1. Set up marks on a wall with tape 10-15 feet high.
2. Players will 1st. attempt lowest mark with a 1 foot takeoff jumping & touching the mark.
3. Players should not go to the next highest mark until they touch the mark lower.
4. Player should jump touching with the right hand, then the left hand and with both hands.

CP: Stress explosive movement in jumping.

VARIATIONS:

1. Use the backboard for jumping drill.
2. Jump with ankle weights.
3. Have players challenge each other.



"Bamboo Killer"

1. Set up 3 bamboo sticks 5 foot long 3 feet apart from each other, 1½ foot above ground.
2. O starts at one end & jumps across on 2 feet skipping in between jumps going across the 3 sticks & then back.
3. Do this 3 times back & forth.

CP: Stress bouncing on each jump & thrusting arms upward.

VARIATIONS:

1. Contest: How many jumps in 30 seconds.
2. Contest: Have 2 players face each other & see who finishes first.
3. Raise sticks to a 2 foot elevation.

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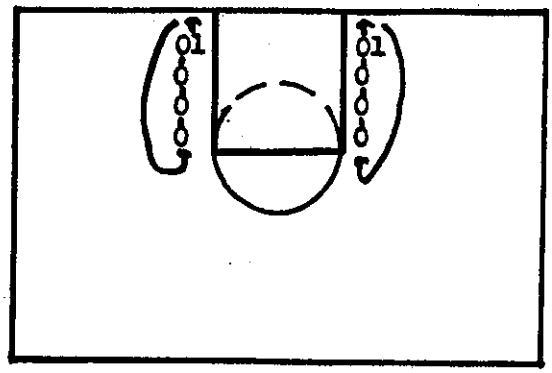


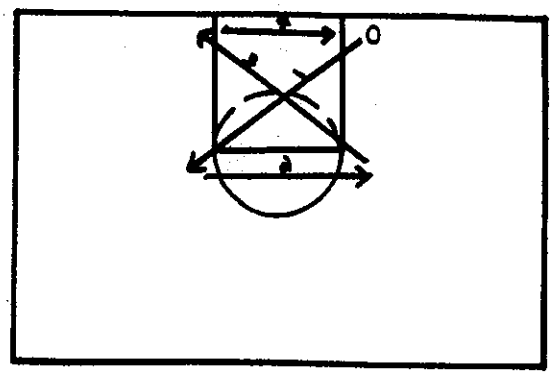
"Tap & Control"

1. Set up 2 lines on each foul lane.
2. O1's begin drill by throwing ball off the boards & tapping it with both hands to the next man & continue until completed 3 times by the group. After tapping player goes to end of his line.
3. After group completes the 2 hand tap, they will next tap with the right hand & then with the left hand 3 times. Switch lines.

CP: Stress extension & reaching high to the ball. Emphasize timing & balance.

VARIATIONS:

1. Contest: Most consequetive taps without a mistake.
2. Contest: Most taps in 1 minute.



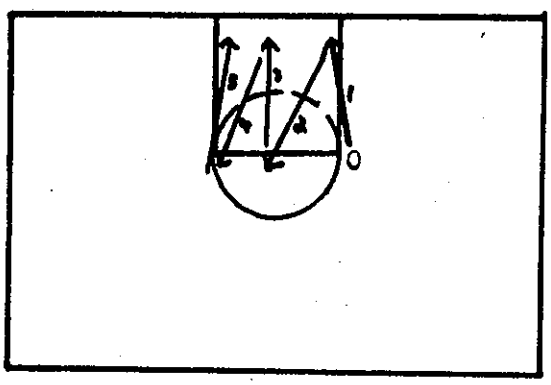
"Brick Slide"

1. Set up 1 player at each basket on the baseline at a foul lane. Players should have a brick in each hand or a comparable object.
2. O slides from low post to opposite high post; then slides across foul lane; then diagonally down to the opposite low post & across baseline to starting position.
3. Do this 3 times each side.

CP: Stress keeping bricks above waist level.

VARIATIONS:

1. Contest: See which basket finishes first.
2. Have 2 players go starting at opposite low posts.



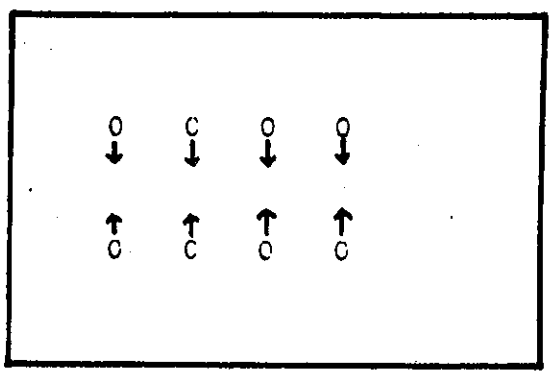
"Forward & Back Tapping"

1. O starts on right side of the foul line.
2. On signal, O runs & taps the right side of board & then runs backward to the middle at the foul line.
3. O now runs forward again & taps the rim & then backwards toward the left side of the foul line.
4. O continues drill by going back to his starting position. Do this 5 times.

CP: Stress 1 foot takeoff on jumps & to reach as high as possible.

VARIATIONS:

1. Contest: Use all baskets & see who comes in 1st.
2. Contest: See who has the most amount of taps in 15, 30 or 60 seconds.



"Skip Rope Challenge"

1. Set up 2 lines of players facing each other with skip ropes.
2. On signal, players skip rope for 1 minute
3. Go a second time & try to increase number of jumps by at least 5.
4. On signal, players facing each other try to out pace each other without a miss.

CP: Stress balance, rhythm in motion & keep back straight with head up.

VARIATIONS:

1. Skip rope backwards.
2. Use ankle weights and skip.
3. Incorporate cross over & double jumps.
4. Do it to music.
5. Contest: Race baseline to baseline.

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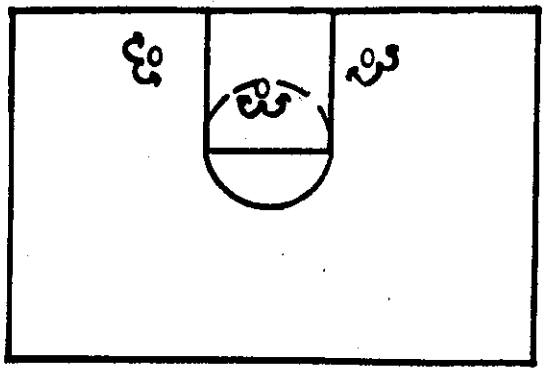


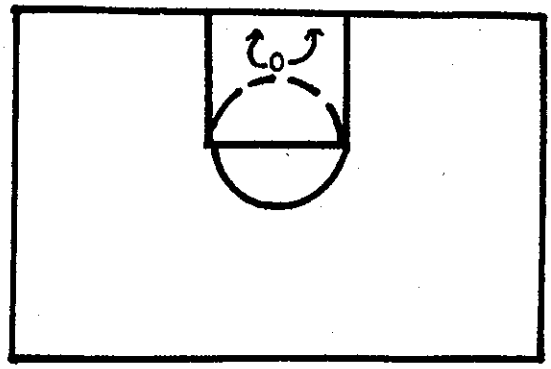
"Short Perimeter Jumper"

1. O has his back toward the basket with a ball 6-12 Feet from the basket.
2. O will shoot from 3 spots; both lanes & in front of the basket.
3. O throws the ball in front of him, catches it on 1 bounce, pivots & takes a jump shot.
4. O will rotate 3 spots 10 times.

CP: Stress quick pivot & squaring up to the basket.

VARIATIONS:

1. O can drop step & go to the basket.
2. O can pump fake & go to the basket.
3. O can pump fake, cross over & jump shot or go to the basket.



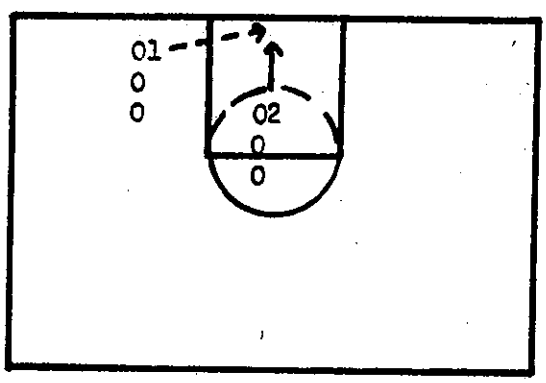
"Baby Hook Shooting"

1. O with ball takes one stride and shoots up a baby hook. O rebounds steps and takes a baby hook shot to the other side.
2. O repeats this movement back and forth never letting the ball hit the ground.

CP: Stress using the backboard and extending high to the basket.

VARIATIONS:

1. Move out one more stride and do same.
2. Use a defensive man with hands in O's face.
3. Contest: Total amount for 30 seconds.



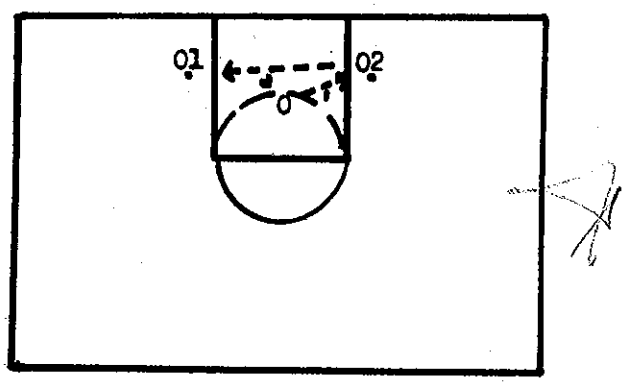
"Jump, Catch & Shoot"

1. Set up 2 files of O's on each lane.
2. O1 throws ball off backboard to O2 who jumps, catches the ball in the air and shoots.
3. Playyrs rotate lines after going through drill one time. Then run drill from other side.

CP: Stress reaching high and using glass.

VARIATIONS:

1. Put shooting line in middle.
2. Have player behind shooter push him.
3. CONTEST: Total baskets by a group in one minute.



"2 Ball Power Lay-Up"

1. O1 & O2 stand on baseline each with a ball on the floor.
2. Upon signal, O picks up a ball and lays it up, then goes to the other lane and picks up a ball and does same.
3. O repeats this movement with O1 & O2 replacing ball to spot after shots.
4. Rotate players after 10 lay-ups to each side.

VARIATIONS:

1. Pump fake then shoot.
2. Have a defensive player push the shooter.
3. CONTEST: Total amount of baskets made in a one minute time period.

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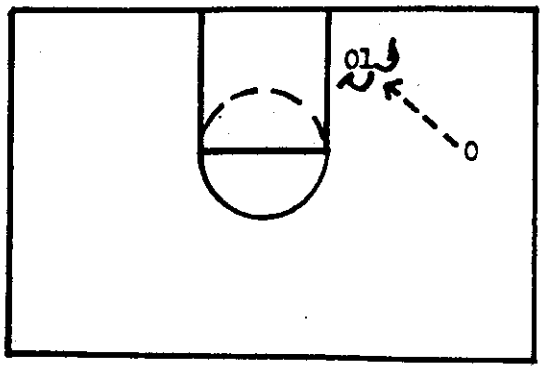
BIG MAN



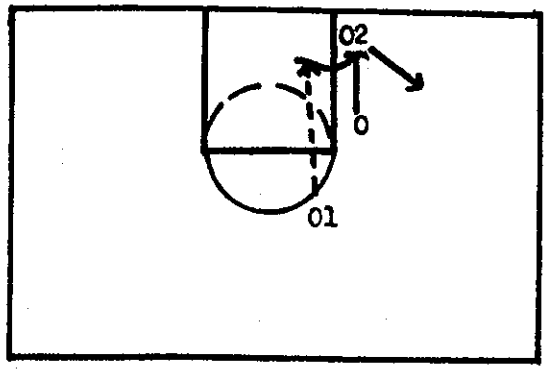
"Post, Square Up, Shoot"

1. Set up O1 in the low post with O in a wing position with a ball.
2. O passes to O1 who will use following moves:
   a. Pivot, Jump shot
   b. Pivot, Pump fake & jump shot or lay up.
   c. Drop step & lay up.
   d. Pivot, Pump fake, cross over dribble & lay up.
3. O1 should execute these moves by 1st. pivoting in one direction, then the other.

CP: Stress squaring up to basket on pivot. Also wide base with hands up.

VARIATION

1. Have a defensive man play soft or tight.



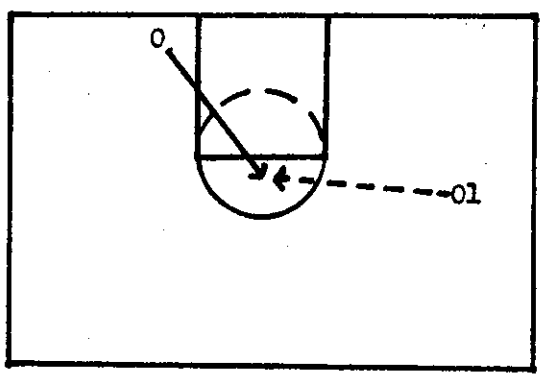
"Open Up Inside"

1. O stacks high with O2 in low post. O1 is the passer on top.
2. O screens down to O2 who pops out to the wing position.
3. O now pivots with inside foot (left) swinging to the right with hip & arm and opens up inside the lane facing O1.
4. O 1 passes to O.

CP: Stress spread eagle stance with arms & elbows extended out & up.

VARIATION:

1. Have O go ½ way down lane on his screen & open up earlier. Effective vs. a switching defense.



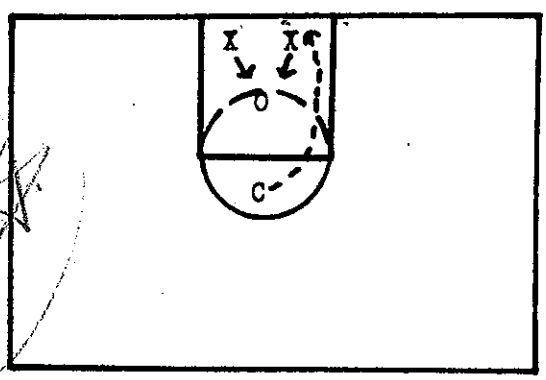
"Flash, Face & Shoot"

1. O starts in a low post. O1 is passer at opposite wing.
2. O flashes to high post & O1 passes to him. O uses the following moves:
   a. Jump shot on the catch.
   b. Lead step & lay-up.
   c. Pump fake & lay-up.
3. Rotate posts.

CP: Stress calling for the ball & squaring up to the basket.

VARIATION:

1. Put a defensive man on O.
2. Play 1 on 1 using the initial flash movement after each basket.



"1 vs. 2, Shoot & Bang"

1. 3 Players set up inside lane facing basket. Coach is at the foul line.
2. C throws up ball. Player who rebounds becomes the shooter; the other 2 players are on defense.
3. If basket is made, scorer takes it to the foul line and starts it again play-1 on 2.
4. If shot is missed, rebounder plays 1 on 2.

CP: Stress power moves, boxing out & encourage contact.

VARIATION:

1. Contest: 1 pt. for a basket; 1 pt. for a charge & 1 pt. for a block.

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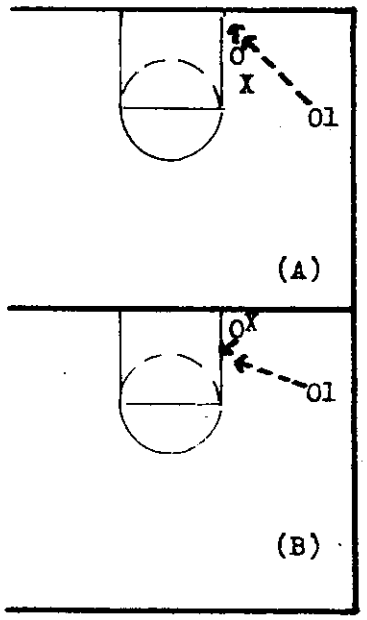
"Pin Him High Or Low"

BIG MAN



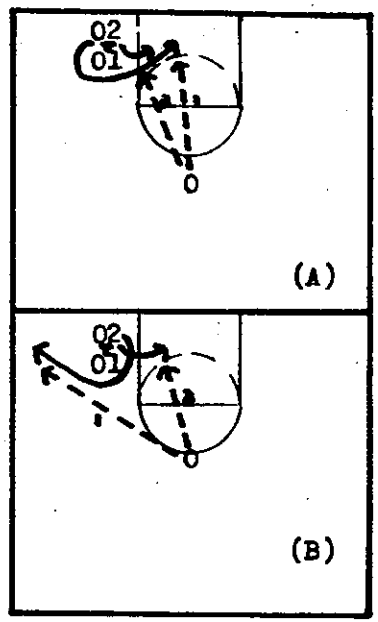
1. O sets up on the lane with X overplaying him. O1 is in a wing position with the ball.
2. X denies the top shoulder & O will set up higher on the lane. O pins his man with his hand closest to the baseline extended to the basket. (DIAG. A)
3. X denies from the baseline side & O will set up low post extending right hand toward the middle. (DIAG. B)

CP: Stress creating a wide base with one hand up for the ball & the other arm acting as a shield on the defense.

VARIATION:

1. Have O flash or roll to post.

"Curl & Inside Power Move"



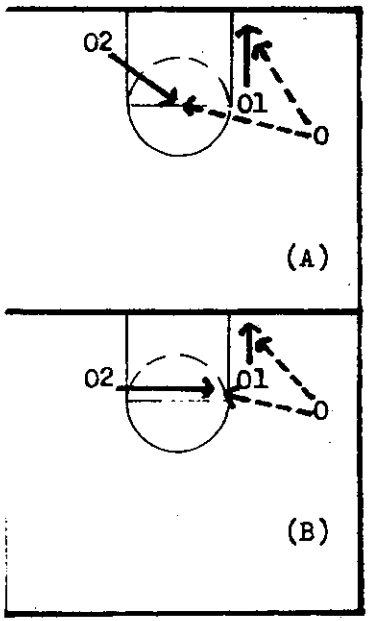
1. Set up O1 & O2 in a tight stack low post with O on top with ball.
2. O1 screens for O2 who curls around O1 toward basket. O passes to O1 or O2 who opens up inside. (DIAG. A)
3. O2 curls away from basket & O1 opens up inside. (DIAG. B)

CP: Stress hand out on movement & inside man sliding across post for freedom.

VARIATIONS:

1. Put 2 defensive men on O1 & O2.
2. Have O2 cut baseline for back door pass.
3. Set up stack at the high post & use the same movement.

"Roll & Replace"



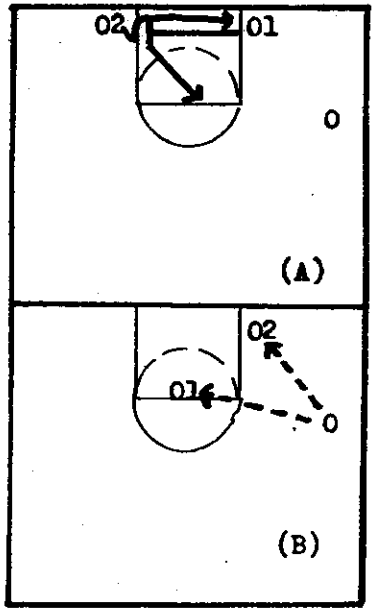
1. Set up O1 at the high post & O2 low post with O at the wing.
2. O1 rolls to low post & O2 will flash to the high post.
3. O passes to O1 or O2. (DIAG. A)
4. Set up O1 & O2 at both high posts & do same. (DIAG. B)

CP: Stress calling for the ball & keeping a wide base & to square up to basket when shooting.

VARIATIONS:

1. Put a defensive man on O's.
2. On pass to high post, have O1 open up inside for pass.

"Cross-Screen & Flash"



1. O1 & O2 set up on opposite low posts. O is in a wing position.
2. O1 screens to O2 who flashes baseline & O1 flashes back to the high post (DIAG. A)
3. O passes to either O1 or O2. (DIAG. B)

CP: O2 should give a shuffle cut to right then go baseline. Vs. a switching def- O1 should flash earlier.

VARIATIONS:

1. O2 flash high & O1 baseline.
2. Use defensive men who will switch or play soft.
3. O1 fakes screen & posts same side with O2 flashing.

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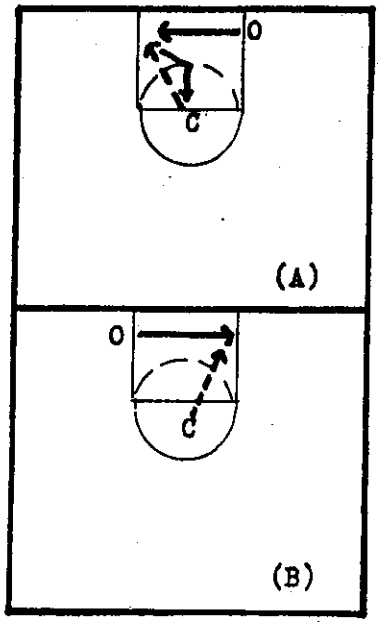


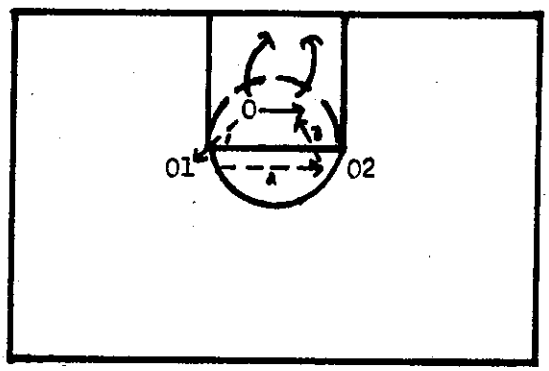
"Shortstop Drill"

1. O sets up on low lane with coach on the foul line.
2. Coach rolls ball (1) to other lane & O runs across & picks it up & bounce passes back to the coach. (DIAG. A)
3. Coach rolls ball to other lane & O repeats the same movement as in 2. (DIAG. B)
4. Do this 10 times.

CP: Stress bending at the knees & sliding across lane.

VARIATION:

1. Use a 2 handed chest pass & 2 handed over the head pass.



"Float the Lane Shooting"

1. O is the shooter with O1 & O2 on each lane are the passers.
2. O begins by passing to O1 who passes to O2 who passes to O moving along the lane and shoots.
3. O rebounds shot & passes to O2 on top who passes to O1 who passes to O and shoots. Repeat for 1 minute & rotate.

CP: Stress O keeping hands up and calling for the ball.

VARIATIONS:

1. Put a defensive man on O.
2. Use a different move on each shot.

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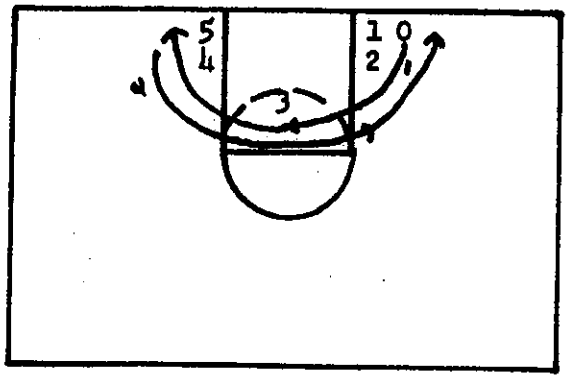


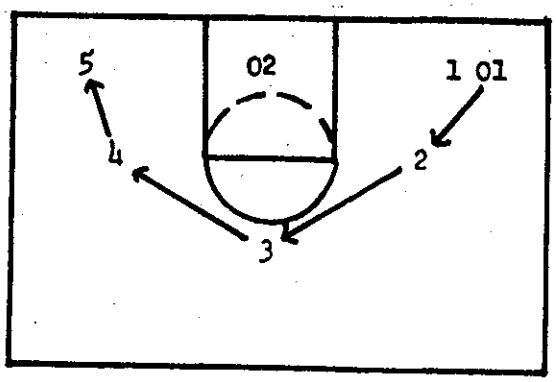
"Mini-Jump Shot"

1. Set up spots 1 through 5.
2. 0 takes jump shots starting from point 1 to 5. 0 then goes back from 5 to 1 & repeats 1 to 5 for a total of 15 shots.
3. Use all baskets & rotate players.

CP: Stress form, stance, release & jump.

VARIATIONS:

1. Take 1 stride back & do drill.
2. Count total amount of shots made in 1 minute.
3. Turn around pivot & shoot.
4. Use boards for spots 1,2,4 & 5.
5. Have a defensive man stand in front of each spot with hands up.



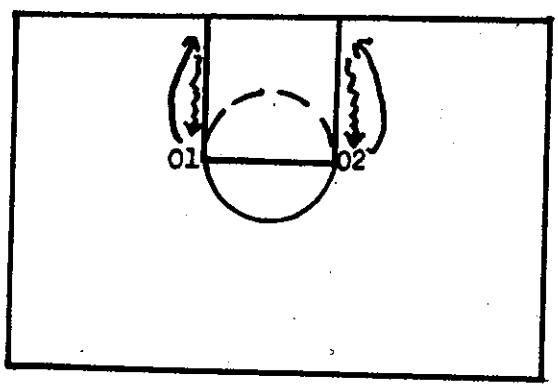
"5 Spot Jump Shots"

1. Set up 5 spots on the court; 2 forward, 2 wing & 1 at the top positions.
2. 01 shoots & 02 rebounds. 01 will shoot around 2 times for a total of 10 shots & then switch with 02.
3. A double pass should be used before each shot.

CP: Stress calling for the ball & shooting on the catch.

VARIATIONS:

1. Use a pump fake & shoot.
2. Use a dribble movement & shoot.
3. Put a defensive man in front of 0 with hands in his face while shooting.



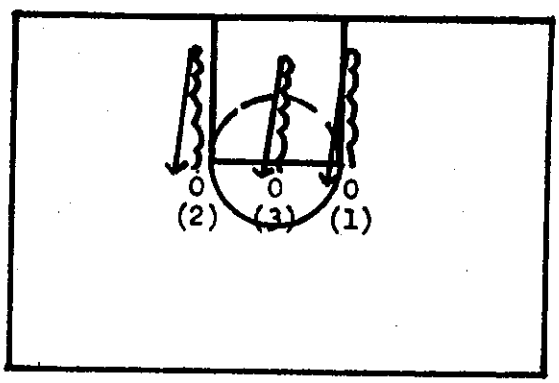
"Foul Line Jump Shot"

1. 01 & 02 set up on foul line with a ball.
2. Upon signal, they take a jump shot, rebound, dribble back to foul line & repeat movement.
3. 0's do this for 1 minute & rotate baskets.

CP: Stress proper form in shooting & not to rush shots.

VARIATIONS:

1. Contest: See who makes most shots in 1 minute.
2. Add a passer inside ½ court who C must pass to 1st. & use a pivot move before shooting.



"1 Minute Lay Ups"

1. 0 lines up on right side of foul line.
2. Upon signal, 0 dribbles using a right-handed lay up, rebounds, dribbles back to foul line repeating this for 20 seconds.
3. On whistle, 0 goes to left side of lane & repeats the same movement with a left-handed dribble & lay up for 20 seconds.
4. On whistle, 0 goes from the middle of line with either hand for 20 seconds.

CP: Stress pushing off opposite foot & reaching to the basket.

VARIATION:

1. Contest: Count the total amount of baskets made as competition.

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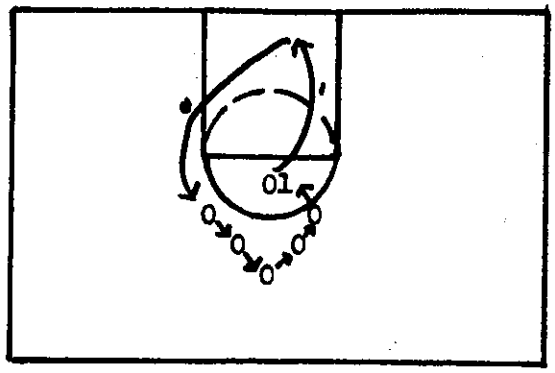


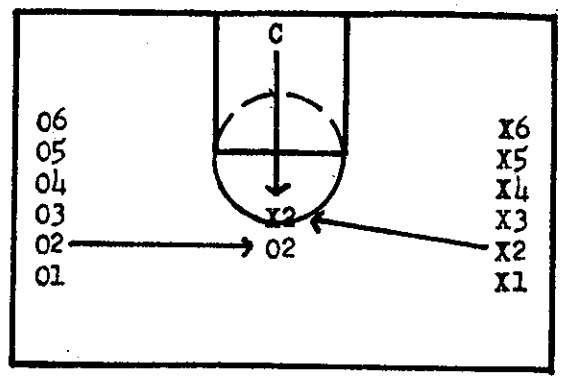
"Circle Jump Shot"

1. Set up 4-6 players at each basket with a ball.
2. O1 takes a jump shot, rebounds his shot & dribbles back to behind the circle.
3. The rest of the players follow same pattern going in the other direction.
4. O's continue until each player has scored 10 jump shots.

CP: Stress O's taking a hard step & dribble before shot.

VARIATIONS:

1. Do drill from areas A & B.
2. Make 5 baskets & retate to another basket.



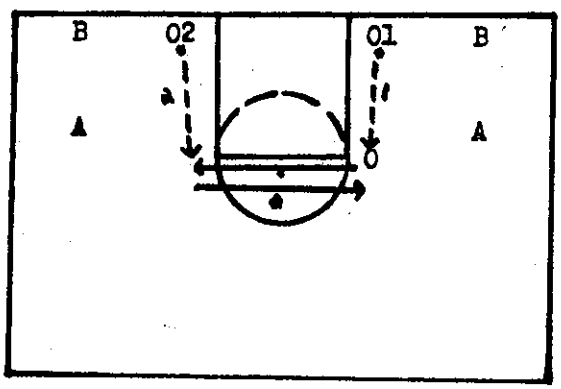
"Number 1 On 1"

1. Set up 2 teams lined up on sideline with consequetive numbers on each team.
2. C rolls ball past top of circle & calls out a number.
3. That particular number from each team comes out. Wheever secures the ball 1st. is on offense & the other is on defense.
4. Players go 1 on 1.until a basket is score

CP: Stress using the 3 moves from the jab step.

VARIATIONS:

1. Contest: See which team scores the most baskets.
2. Coach calls two numbers & play 2 on 2.



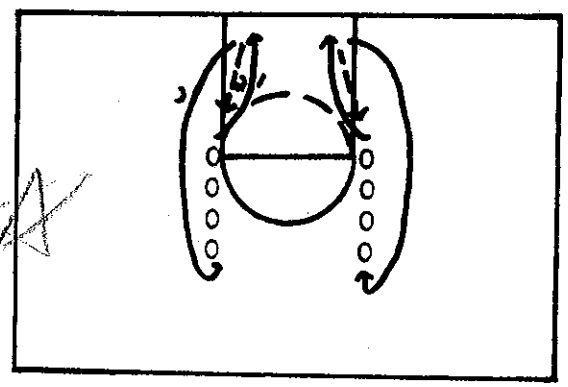
"2 Ball Jump Shot"

1. O sets up on foul line right elbow.
2. O1 & O2 each have a basketball.
3. Upon signal, O1 passes to O who takes a jump shot. O then slides to the left elbow for a pass from O2 & takes a jump shot. O repeats this movement sliding back & forth for 1 minute.
4. O1 & O2 rebound shots.

CP: Stress squaring to the basket & not floating on shots.

VARIATIONS:

1. Give pump fake or 1 dribble & shoot.
2. Do drill from wing & forward positions A & B.



"2 Line Jump Shot"

1. Set up 2 teams in a single file on each elbow.
2. On signal, the 1st. O in each line takes a jump shot, rebounds his shot & passes back to next O in line.
3. O then goes to back of line. Go through 5 times & switch lines.

CP: Stress stepping toward pass & calling for the ball.

VARIATIONS:

1. Contest: Team wins when everyone has made at least 1 jumper.
2. Contest: See which group makes most consequetive shots in a 3 minute period.

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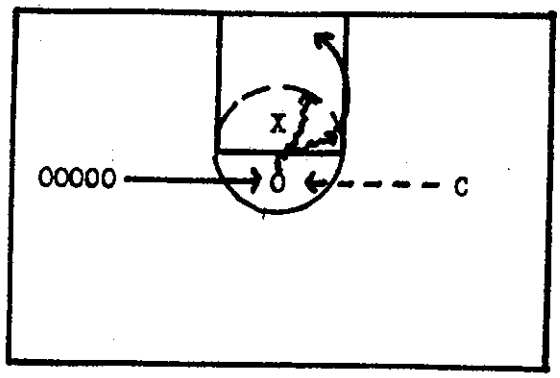


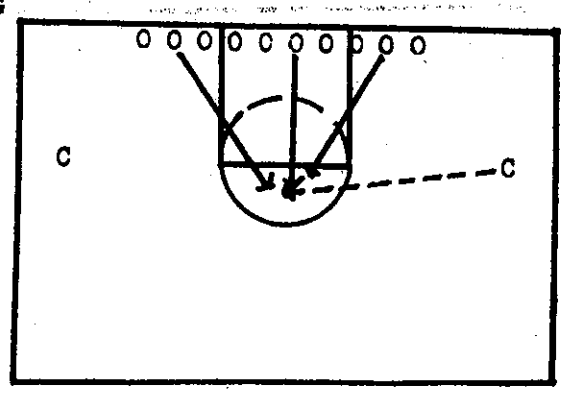
"Pump Fake & Shoot"

1. O's are on sideline, C is on opposite side. X plays defense above foul line.
2. O comes across middle & C passes ball to him. X plays defense on O.
3. As O receives pass, X plays him tight. O gives a head & shoulder fake as though taking a jump shot. X goes for this intial movement.
4. O either goes to basket or takes one dribble & a jump shot.

CP: Stress not to shew the ball to X.

VARIATIONS:

1. Run drill from wing & forward positions.
2. Have O lean into X to draw a foul.



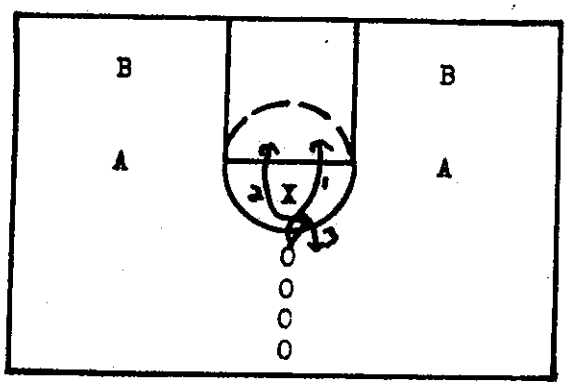
"Pivot & Shoot"

1. O's line up on the baseline.
2. Coach calls out a player's name who comes out to the foul line extended to receive pass with a jump stop with back to the basket. O will:
   a. Pivot on inside foot turning to the basket.
   b. Bring the right foot around while turning & pushing off right foot squaring to the basket.
   c. Shoot the jump shot.
3. Same as 2 but pivot in other direction.

CP: Stress combining the movement into one with quickness.

VARIATION:

1. Pump fake, dribble & shoot.



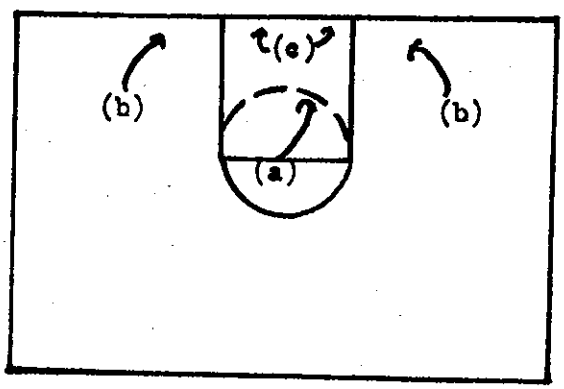
"3 Step 1 On 1 Shooting"

1. O's line up in file facing X playing defense.
2. X hands the ball to O1 who will use the following moves:
   a. Jab Step - Then lead step for a lay up.
   b. Jab Step - Then cross over step to other side for a lay up.
   c. Jab Step - Then step back with jab step & take a jump shot.
3. Alternate X & O positions.

CP: Jab step to lead foot of the defense.

VARIATION:

1. Use drill from floor positions A & B.



"5-3-1 Shooting"

1. Use all baskets & work in pairs.
2. O will take 3 shots starting at the foul line:
   a. Foul line jump shot - 5 pts.
   b. Shoot from 10 feet anywhere - 3 pts.
   c. Lay up - 1 pt.
3. Repeat this movement for 1 minute period.
4. Highest total is the winner.

CP: Stress following up on shots.

VARIATIONS:

1. Go 5 times in a row & take a total count.
2. Work in pairs & take total count.
3. Give a pump fake & 1 dribble before taking shot.

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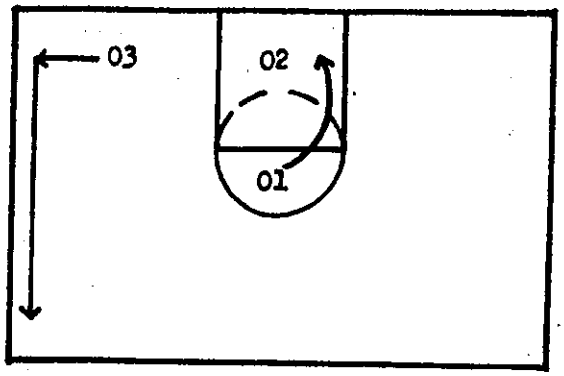


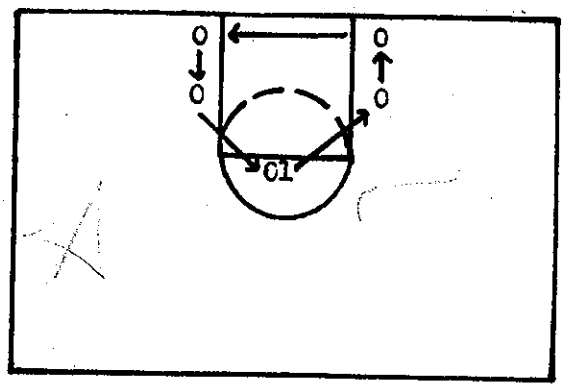
"Running Free Throw"

1. Set up 2 players at each basket.
2. O1 runs around court & when he returns to basket will take 2 free throws.
3. O2 rebounds & O3 runs around court. When O3 finishes running, he shoots 2 free throws; O1 rebounds & O2 runs.
4. Continue this movement until 20 free throws are taken.

CP: Stress relaxing before shooting & proper form in shooting.

VARIATIONS:

1. Have shooter step off line after each shot.
2. Dribble around court rather than run.



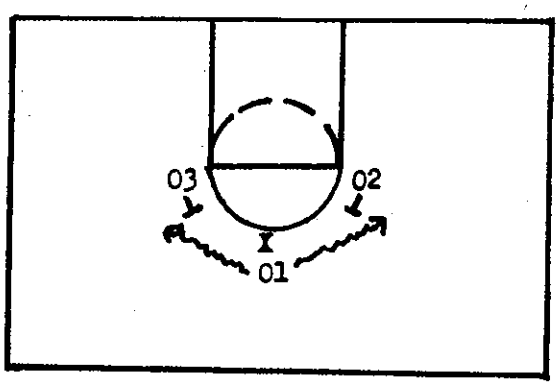
"1 & 1 Foul Shooting"

1. Set up 4-5 players at each basket.
2. O1 will take 3, 1 & 1's. If he makes the 1st. shot he gets the 2nd. shot. If he misses the 1st. shot, he goes on to the next set of 1 & 1's.
3. Rotate to the right & go around 5 times. for a potential total of 30 free throws.

CP: Stress form; bending, elbow in a straight line with basket, arch ball & follow through over front of rim.

VARIATIONS:

1. Step off line after every shot.
2. Have a player stand in front of shooter.
3. Shoot until you miss.



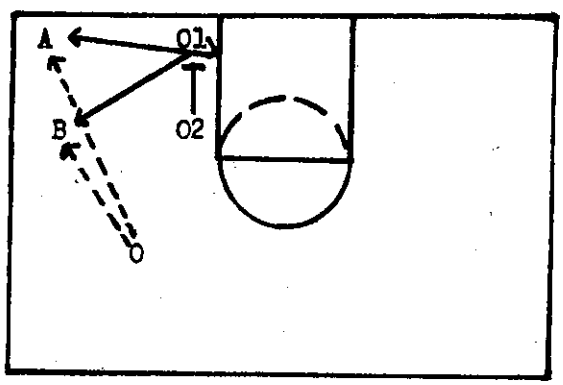
"Use The Pick, Jump Shot"

1. X defends O1 on top of the circle. O2 & O3 stand still on each elbow one stride away from the lane.
2. O1 goes either to the right or left & sets up his dribble to utilize the pick.
3. O1 takes a jump shot 1 stride past the pick of O2 or O3.

CP: O2 & O3 can't move in setting pick for O1.

VARIATIONS:

1. Put defensive men on O2 & O3 & pick & roll on switches.
2. Have defensive men call out pick & as X overplays have O go away from the pick.



"Pop Out Jump Shot"

1. O1 & O2 set up in a stack postion. X play defense on O1. O is in a top position.
2. O2 screens down for O1 who pops out to a forward (A) or wing position (B).
3. O passes to O1 who shoots on the catch.

CP: Stress O2 giving shuffle cut away from the screen.

VARIATIONS:

1. Shuffle cut to outside & pop out to the middle.
2. Give a pump fake 1st.
3. Use a curl move & pop out to the forward or wing position.

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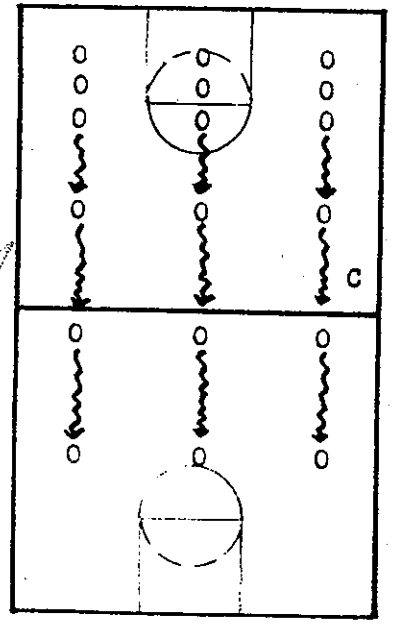


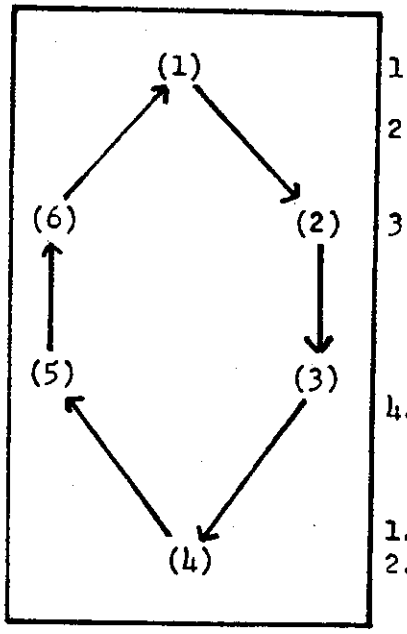
"Form Shooting"

1. Set up 3-5 lines of 3-4 players each with a ball.
2. Coach stands at ½ court & on his whistle signal, O's will dribble & take a hard step & dribble pushing off & thrusting into the air for a form jump shot.
3. O's will release their shot only a few feet above their heads exaggerating the form.

CP: Stress pushing off, elbow in, square to basket, coming down on same spot & proper follow through.

VARIATIONS:

1. Have O's use a full pivot.
2. Put a defensive man on O with hands straight up.



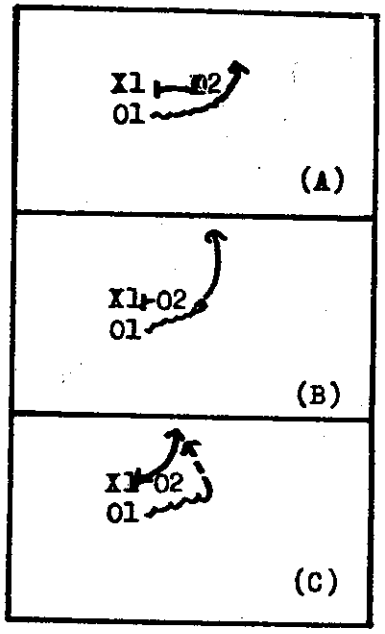
"3 Station Shooting"

1. Set up 2 players at 6 baskets.
2. Stations 1 & 4 are lay ups; 3 & 6 are jump shots & 2 & 5 are free throws.
3. Stations:
   a. Lay Ups - 30 second lay ups from free throw line 4 times.
   b. Foul Shots - 1 & 1's
   c. Jump Shots - Double pass using 5 spots.
4. Go through each station 2 times 2 minutes each station.

CP: Stress proper form.

VARIATIONS:

1. Vary types of shots.
2. Contest: See which group makes most amount of baskets.



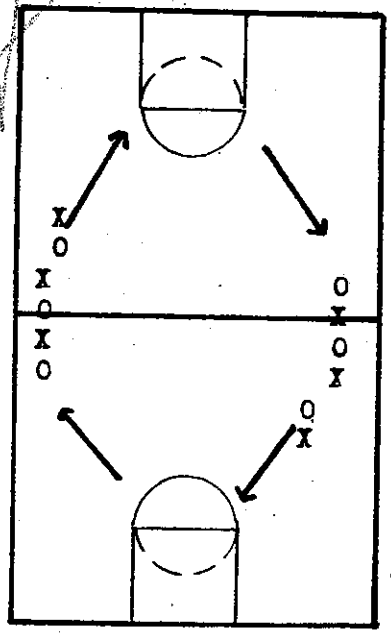
"Pick & Roll Shooting"

1. X's guard O's with ball. O2 picks X1. O 1 will:
   a. Drive to the basket for a lay up. (DIAG. A)
   b. Take 1 dribble pass pick & jump shot. (DIAG. B)
   c. On switch, O2 opens up to basket & O1 passes ball to him. (DIAG. C)

CP: Stress proper pick & O1 faking away from pick.

VARIATIONS:

1. O1 fakes to screen & goes away from it.
2. Have O2 roll & post up.



"Half-Court 1 On 1"

1. Set up 2 groups at each end of the ½ court in pairs.
2. O plays X 1 on 1 going in a clockwise rotation. After the shot is taken, rotate to the other corner & switch.
3. Next pair in line doesn't go until pair in front has cleared.

CP: Stress using different moves.

VARIATIONS:

1. If shot is missed play until someone makes a basket.
2. Play jump shots only or lay-ups only.
3. Match-up big men vs small men & vice versa.

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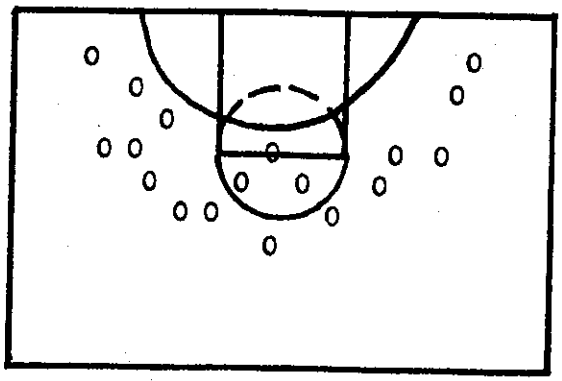


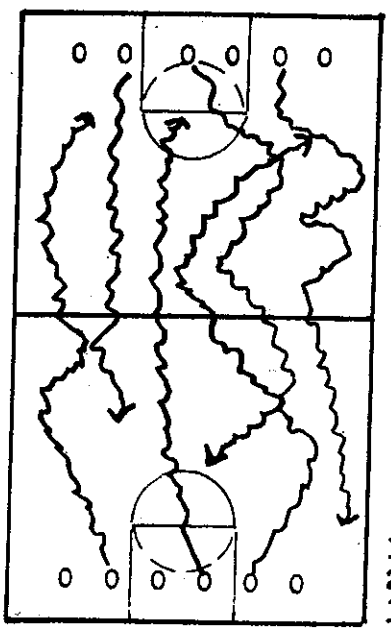
"H O R S E Contest"

1. Set up 2-5 players at various baskets.
2. Players will take jump shots only no closer than 8 feet from the basket.
3. Anytime a player misses a shot that was successful by a preceding player he gets an H. A new shot can be taken by a player if the previous player missed.
4. If a player spells out HORSE he is out until there is 1 player remaining.

CP: Stress variety of shots taken.

VARIATIONS:

1. Play P I G for a shorten version of game.
2. Have players take any shot they wish.
3. Have players use backboard only.



"Full Court Shooting"

1. Set up ½ of players on each baseline with 3 balls on each side.
2. Players with ball will dribble down the court using various moves & taking jump shots from their offensive spots.
3. After shooting, players at that baseline rebound & go down the court & do same. Shooters stay at that baseline & wait for the next group & repeat movement.

CP: Stress keeping head up, shooting on the run & using proper form.

VARIATIONS:

1. Have players give pump fake.
2. No shoot within 10 feet.
3. Contest: See which group scores most baskets in 8 minutes.

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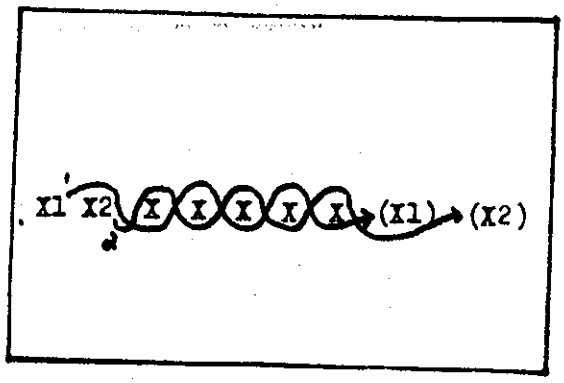


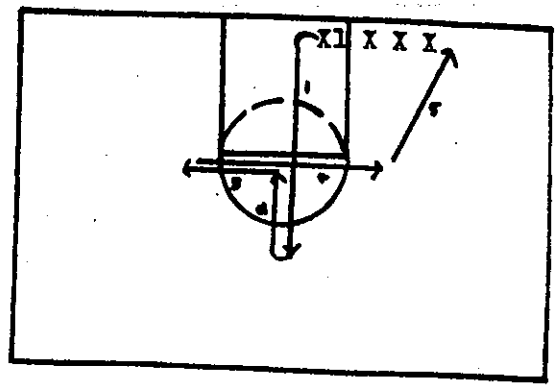
"Snake Slide"

1. Line up players facing the sideline.
2. X1 slides thru all players in a weave type motion & sets up at the end of line.
3. As X1 slides past the 3rd. player, X2 begins his slide in the same manner setting up at the end of the line.
4. The rest of the players follow the same pattern going thru 2 times & back.

CP: Stress proper sliding & quickness.

VARIATIONS:

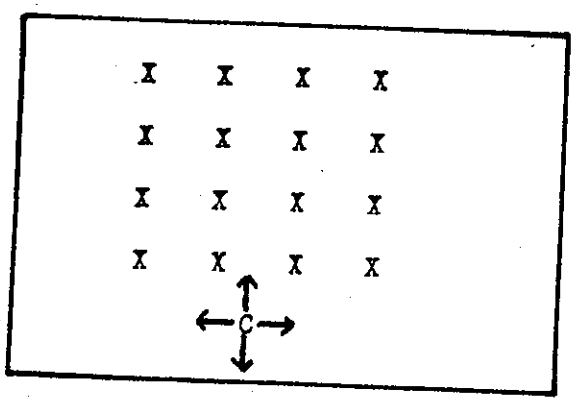
1. Have players use shuffle step.
2. Have players run backwards.
3. Contest: Have 2 lines, see who finishes 1st.



"T" Slide"

1. X's line up along the baseline.
2. Upon signal, X1 starts to slide using the following pattern:
   a. Boxer's shuffle slide to top of circle.
   b. Boxer's shuffle back to foul line.
   c. Slide right 2 strides past foul line.
   d. Slide left across line 2 strides past foul line.
   e. Boxer's shuffle backwards to end of line.
3. After X1 hits the foul line the next & succeeding X's do the same.

CP: Stress sliding techniques, quickness, hands moving & talking.



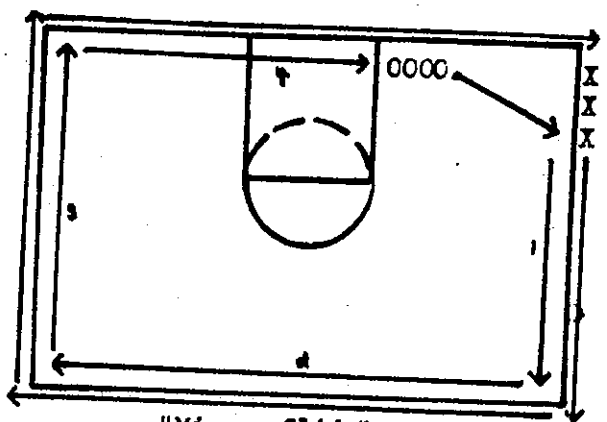
"Wave Drill"

1. Set up 4 lines of players 3-4 in each line facing the coach.
2. On the coaches signal, X's will react to the hand movement of the coach.
3. X's go right & left using sliding steps; forward & back using shuffle step.
4. Coach will mix movements. Go 5 minutes.

CP: Stress no crossing & to push off with inside of opposite foot when sliding. Hands up in shuffle step.

VARIATIONS:

1. Go 1 group at a time.
2. Incorporate different moves: jumping, hopping, running in place, ¼, ½, & full turns.



"Mirror Slide"

1. Set up O's inside & X's outside. Drill begins on side line with O & X facing.
2. O1 moves at ½ to 3/4 speed & X slides with him keeping pace.
3. At ½ court, O1 runs across court & X1 slides fast; at the opposite sideline, O1 moves at ½ to 3/4 speed again & they finish up with O1 running along the baseline again.
4. Next couple goes when preceding couple has turned the 1st. corner. Use both ½'s.

CP: Stress using slow stance, no crossing of feet, head up & tail down.

VARIATION:

1. Have O1 dribble ball at varying speeds.

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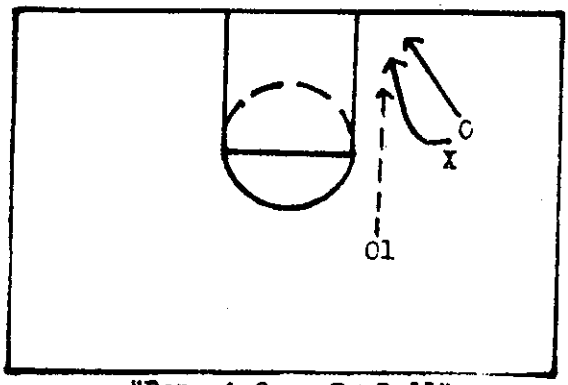


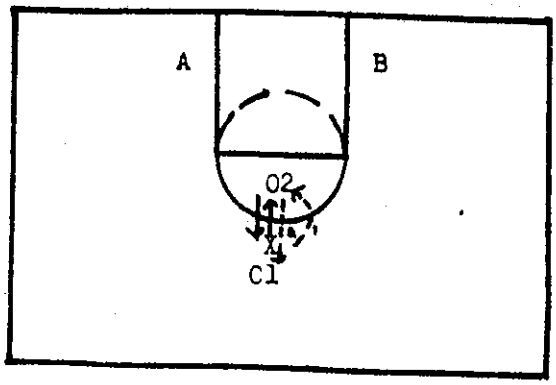
"Deny & Open To Ball"

1. O1 will attempt either a wing entry or back door to O. Xwill deny O.
2. X uses a boxer shuffle step with outside arm denying O forcing him above the foul line extended & toward the sideline.
3. If O goes to basket, X doesn't open up until he takes 2 steps toward the basket.
4. If O goes back door, X opens up by pivoting on outside foot & dropping inside foot back with hands up.

CP: Stress X shielding inside arm on O.

VARIATIONS:

1. Have X face guard O when he goes to basket.
2. Put a weakside defensive player to react & pick up O on successful back door.



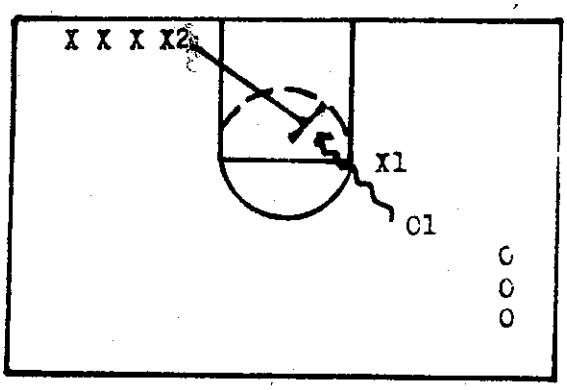
"Help Post & Recover"

1. Set up O1 at point, O2 at high post.
2. X guards O1 with the ball.
3. O1 passes ball to O2, X turns & helps against O2.
4. O2 passes ball back to O1 & X now turns & recovers to guard his man O1.
5. O1 & O2 pass ball back & forth with X helping & recovering.
6. Go 30 seconds & switch.

CP: Stress X straight up & not to reach.

VARIATION:

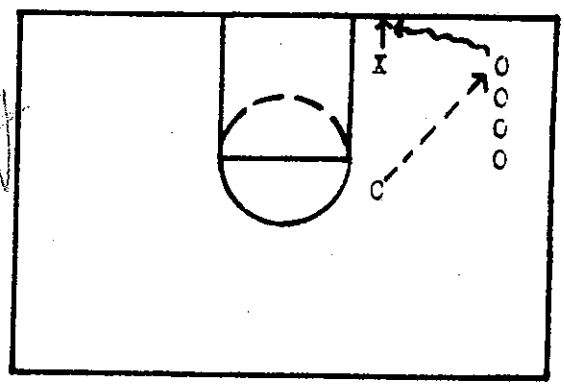
1. Use same drill in the low post areas A & B.



"Weakside Help Charge"

1. O1 & X1 play 1 on 1. O1 will drive right or left to the basket. X1 will overplay O1 to one side.
2. X's line up on baseline in opposite corner as weakside help players.
3. As O1 beats his man X1 & drives to the basket, X2 will assume a set position in a straight line where O1 is driving & takes a charge.
4. Rotate X's & O's.

CP: Stress X2 being in a set position before O1 leaves ground. Also X2 must hit the ground upon contact.



"Baseline Charge"

1. Set up O's in a file in the forward position with X playing defense. Coach is in a guard position with ball.
2. Coach passes ball to O1 who drives baseline. X slides to baseline & takes a charge on C going to the ground.
3. Repeat this with X taking a charge from everyone in line then switch.

CP: Stress X getting to the spot first & being in a stationary position.

VARIATION:

1. Run this drill from the corner & have a weakside defender come over & take a charge.

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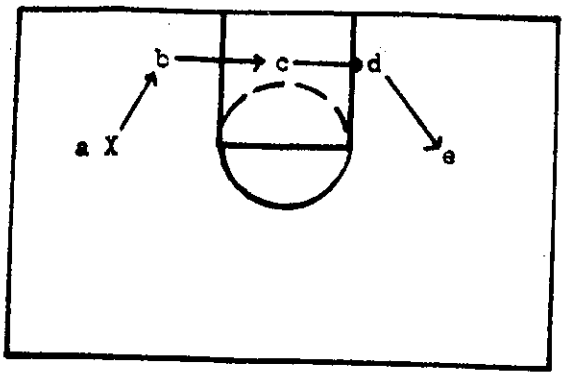
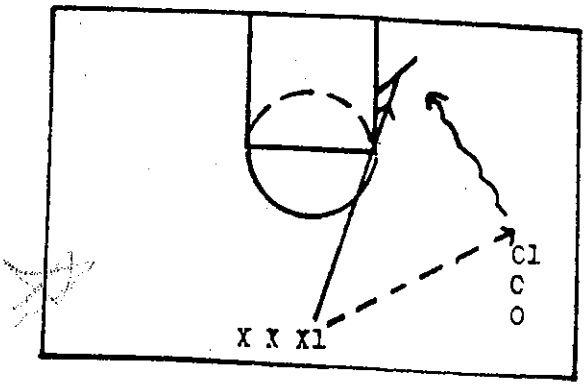


"5 Points Defense"

1. Set up 5 spots on the floor.
2. X follows the route from 1 to 5 going 3 times.
3. Spots & movement:
   a. Wing - deny entry, shuffle step.
   b. Open up - on back door attempt.
   c. Slide - across lane seeing the ball.
   d. Front - low post.
   e. Deny - wing entry
      (Reverse movement going back)

VARIATIONS:

1. Contest: Use all baskets & see who comes in 1st.
2. Contest: See who has best time on team.



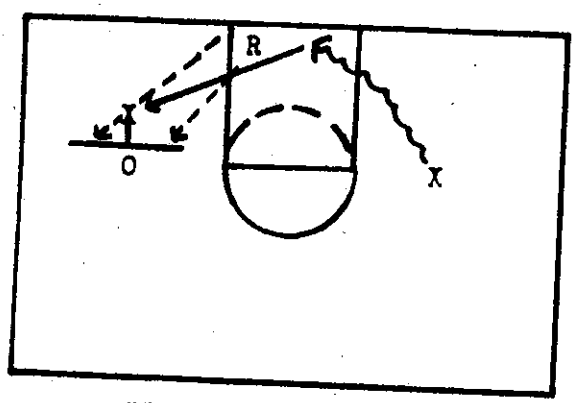
"Break-A-Way Charge"

1. X's line up at ½ court. O's line up 10 feet from ½ court on sideline.
2. Xl passes ball to Ol. After Ol gets pass he sprint dribbles straight to the basket for a lay up.
3. After Xl passes ball to Ol he sprints to basket & assumes a spot in the direction where Ol is going to.
4. Xl takes a charge & goes down.

CP: Xl must beat Ol to spot.

VARIATION:

1. Contest: Have both teams take charges & count the most successful charges.

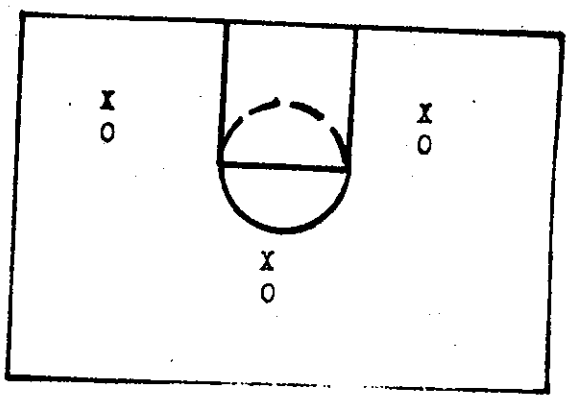


"Lay Up & Front"

1. X sprint dribbles & lays up the ball.
2. Rebounder takes ball out of the net & steps out of bounds to pass to O.
3. After X lays up ball he quickly turns & looks to front O.
4. Rebounder attempts to pass ball to O as soon as he steps out of bounds.
5. O must receive pass from rebounder foul line extended to baseline area.

CP: Stress X with hands up and back to baseline.

1. Have O try to receive pass anywhere within ½ court area.
2. Add an X & O & have 2 O's fronting.



"3 On 3 Half-Court Defense"

1. Play 3 on 3 on 1 basket to 5 minuetes.
2. Team scoring takes ball out on top of circl

CP: Stress defense to:
   a. Talk on defense, picks, switches.
   b. See the ball, man & ready to help.
   c. Take charges, hedge.
   d. Pressure on ball, deny entry pass.
   e. Box out & rebound.

VARIATIONS:

1. Have 1 team play defense for 5 minutes each. Least baskets given up is winner.
2. Have big men play guards & vice versa.
3. Allow perimeter shooting only on offense.

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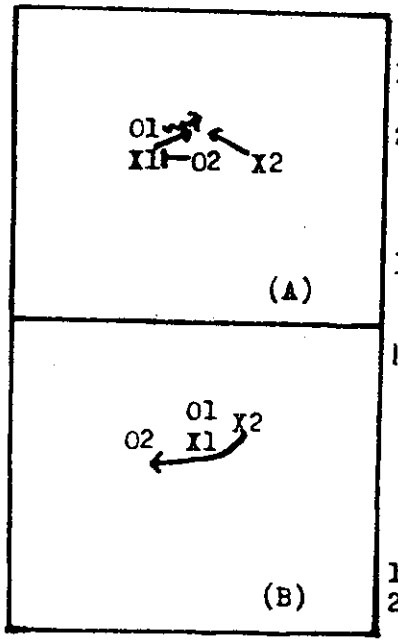
"Hedging"



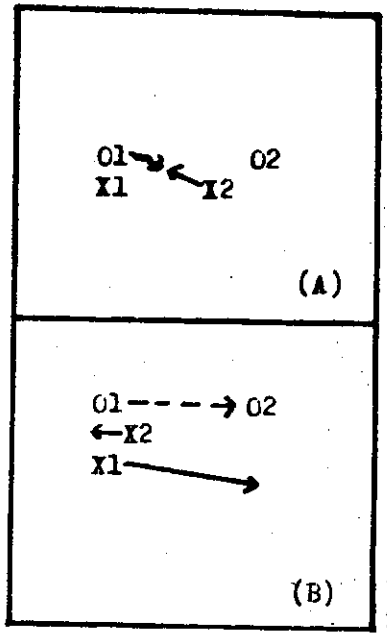
1. Set up 2 O's & X's guarding each other, O1 with the ball.
2. As O2 picks X1, X1 will extend his right arm & leg past O's pick as O1 dribbles toward it.
3. X2 hedges or steps into the path of O1 to force him wider & deeper. (DIAG. A)
4. As X1 picks up his man, X2 recovers to guard O1 before he rolls to the basket. (DIAG. B)

CP: Stress X2 calling out pick to X1.

VARIATIONS:

1. X2 can take a charge.
2. X2 & X1 can trap O1.

"Jump - Switch"



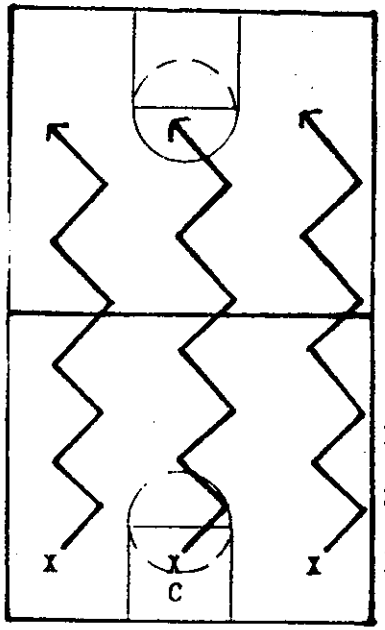
1. O's on offense, X's on defense.
2. X1 guards O1: as O1 dribbles toward middle, X2 calls jump & goes toward O1 with the ball. (DIAG. A)
3. As X1 hears the verbal call of X2 he switches in a diagonal route to pick up O2. (DIAG. B)
4. Follow this pattern for length of court & switch coming back.

CP: Stress X always having vision of ball & his man. Jumping should be within 15 feet of the ball.

VARIATIONS:

1. Fake jump switch, no call.
2. Trap ball rather than switch.
3. Take a charge.

"Diagonal Slide"



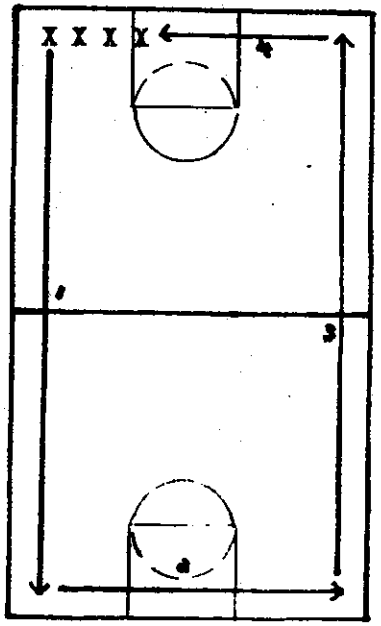
1. Set up 3 lines of X's facing baseline moving in place.
2. Upon signal, X's slide left 2 strides then drop step & slide right 2 strides & continue going left, right etc... to opposite baseline.

CP: Stress X's pushing off inside of feet, no crossing of legs, back & head up always moving hands.

VARIATIONS:

1. Do drill with hands behind back.
2. Do drill holding a towel behind back.
3. Contest: 1st. 2 winners don't have to continue. Go until 2 are left.

"4 Corner Sliding"



1. Set up X's on baseline.
2. X1 slides down sideline to opposite baseline.
3. As X1 reaches baseline he slides across to opposite sideline.
4. X1 now slides the length of the sideline to the opposite baseline, turns & slides to the end of line.
5. As the 1st. X reaches the ½ court, the next X begins his slide.

CP: Stress quick slides, with tail down, head up & quickness.

VARIATIONS:

1. Slide hands behind back.
2. Use shuffle & diagonal slide.

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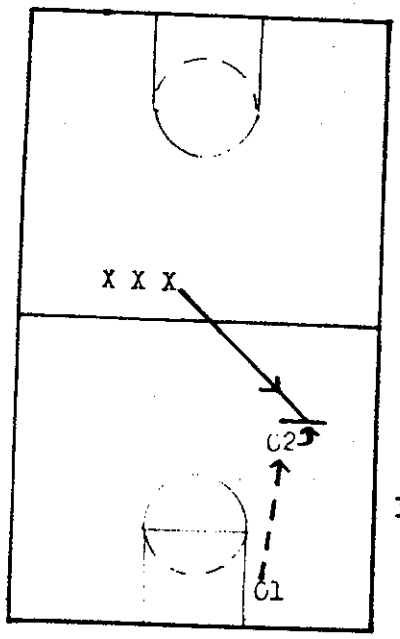
"Surprise Charge"



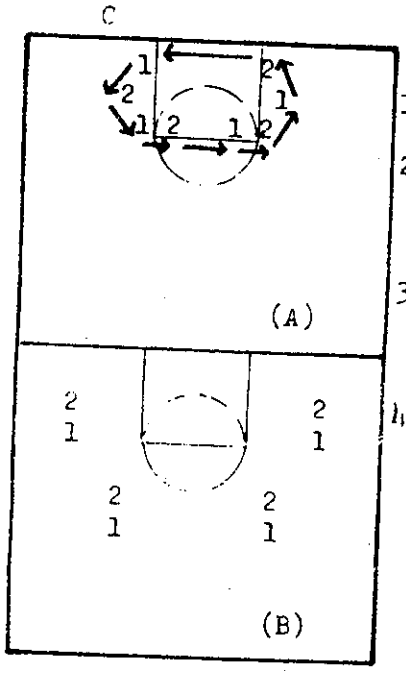
1. X's line up at ½ court.
2. O1 takes ball of board & outlets to O2 who is facing O1.
3. As O1 is passing ball to O2, X sprints up & assumes a set position behind O2 anticipating where he will receive pass.
4. As O2 receives pass, X will take charge as he turns around.

CP: Stress that X give 1 stride to O2 & to set up slightly to his dribble side.

VARIATION:

1. Set up drill on both sidelines.

"Circle, Find & Front"



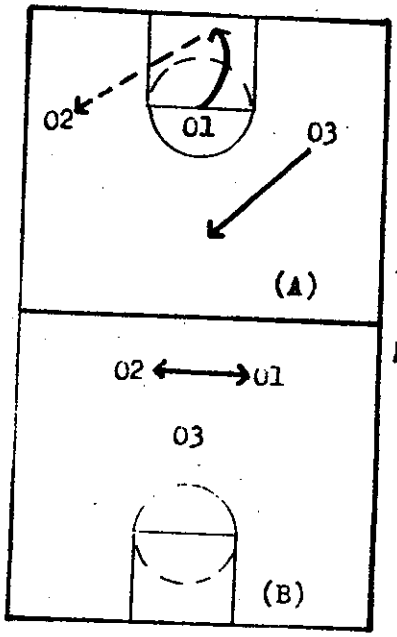
1. Set up 2 teams of 4 players, 1 & 2.
2. Players mix & circle around the foul lane with the coach standing on the baseline. (DIAG. A)
3. The coach calls out 1 or 2, the 1st. number called(1)is on offense with the other team(2) playing defense.
4. After calling out a number, the coach hesitates before passing to team (1); team (2) will find their men & front them. (DIAG. B)

CP: Stress the defensive team to face upcourt with hands up in air.

VARIATION:

1. Limit offense to ½ court only.

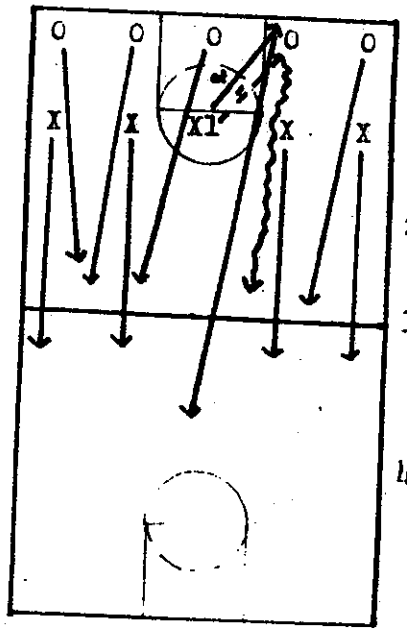
"2 On 1 Defense"



1. Set up O2, O1 & O3 across the foul line extended.
2. O1 throws the ball off the backboard & passes to O2, O3 sprints back on defense. (DIAG. A)
3. O1 & O2 pass back & forth going to the other basket trying to score against O3. (DIAG. B)
4. After shot, whoever rebounds passes to one of the other players & they go down the court vs the 3rd. player in a 2 on 1 situation. Continue this movement 3 times back & forth.

CP: Defensive player should not commit, hands up to take passing lane & look to take a charge.

"5 On 4 & Recover"



1. Set up 5 offensive players on the baseline & 5 defensive players foul line extended facing an assigned player.
2. X1 throws the ball to any O who dribbles downcourt with the other O's going downcourt.
3. X's sprint to ½ court to pick up their men. X1 after passing the ball must run & touch the baseline then recover to play defense.
4. O's try to score & X's slow them down waiting for X1 to recover.

CP: Stress stopping the ball & protecting baseline.

VARIATION: Drop to 2-3 zone.

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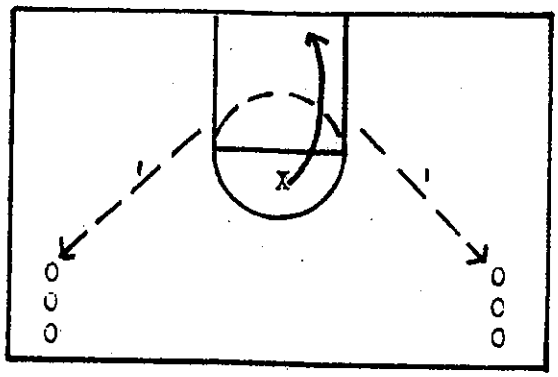


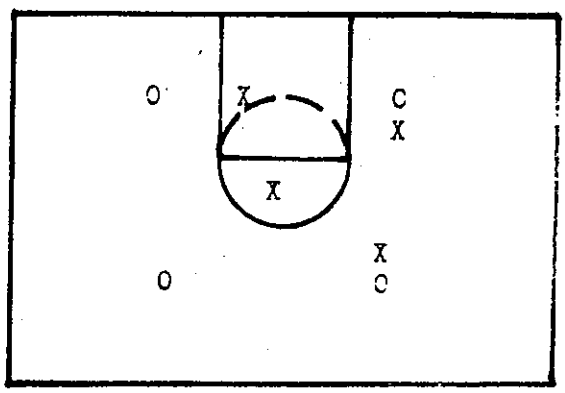
"I Want You 1 On 1"

1. O's at ½ court in corner. X on foul line.
2. X throws ball of boards, rebounds & passes to either O.
3. As X passes to O he goes toward him & says "I want you" & plays him defensively.
4. If O doesn't score, X repeats the same pattern to other O.
5. If O scores, he takes X's place on defense.

CP: Stress X playing tight defense.

VARIATIONS:

1. Limit O to jump shot only.
2. Limit O to drive only.
3. Contest: See which X stays out longest.



"Shell Drill"

1. Set up 3 teams of 4 players each. 2 teams play & 1 sits out.
2. Play a game of 3 baskets then rotate teams.
3. Stress the following defensive rules:

Ball side:

a. Pressure on ball
b. Deny forward entry
c. Deny & front posts
d. Help post
e. Drop to the ball
f. Box out

Help side:

a. Ball, you man
b. Shift to ball side
c. Cut off skip pass
d. Box out
e. Further the pass deeper drop

VARIATION:

1. Limit offense to 2 dribbles only.
2. Count a defensive rebound as a point.

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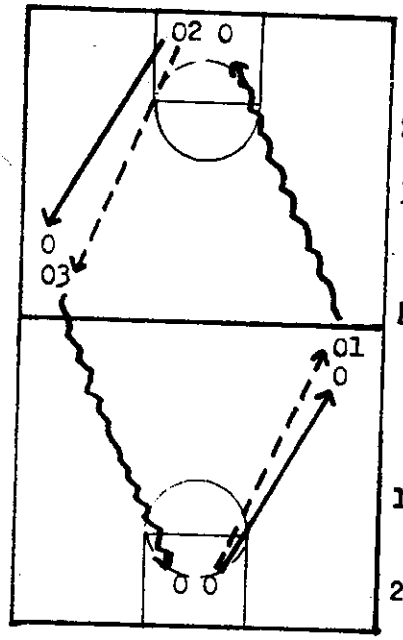


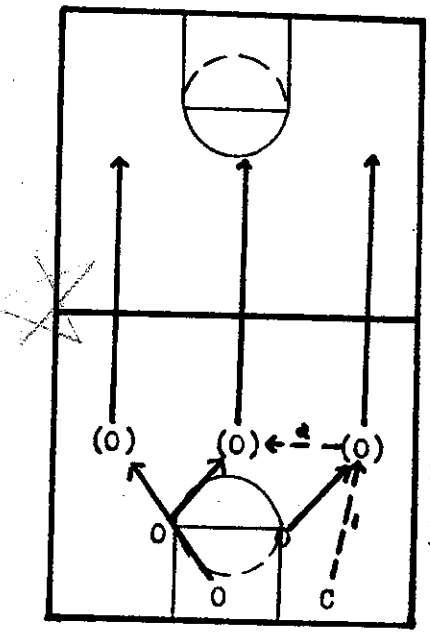
"Outlet, Dribble & Lay Up"

1. Set up 0's on one baseline & 02's at opposite baseline.
2. 01's & 03's set up on sideline inside ½ court.
3. 0 & 02 lay up ball, catch it, step out of bounds & outlet to 01 & 03 who sprint dribble & lay up the ball.
4. Repeat this movement at both ends; have 01 & 03 switch sides.

CP: Stress 0 & 02 catching ball out of net & stepping out looking for the outlet.

VARIATIONS:

1. Put a defensive man in line with the outlet pass forcing 01 & 03 looking for open spots.
2. Have 01 & 03 try to pass each other.



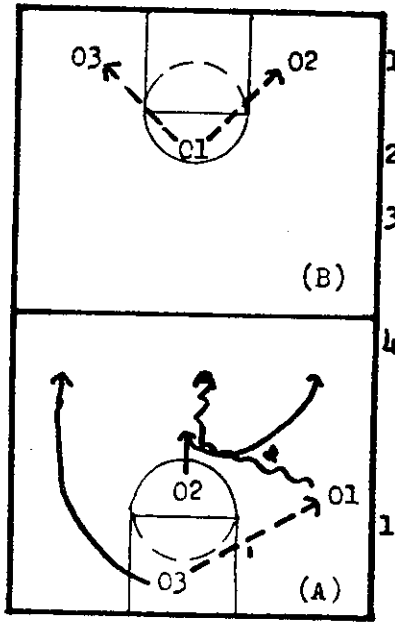
"No Dribble Break"

1. Set up 0's walking in a circle.
2. Upon coaches signal, 0's break to the outlet lanes & the ball is passed to an 0 by the coach.
3. Players go down court passing ball to each other without dribbling.

CP: Stress communication among players.
Stress looking away from the pass.

VARIATIONS:

1. Add 1 or 2 trailers.
2. Set up 2 defensive players & go 3 on 2.
3. Contest: Count number of baskets made without dribble.



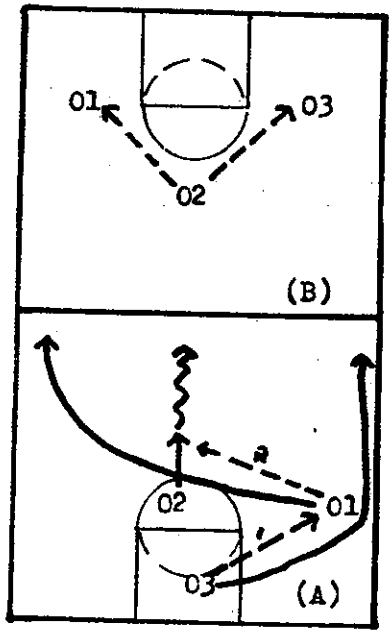
"Push It To The Middle"

1. Set up 01 side outlet, 02 in the middle & 03 under the basket with the ball.
2. 03 throws ball off board & outlets to 01.
3. 01 dribbles to the middle & 02 crosses behind him filling his lane while 03 sprints & fills opposite lane. (DIAG. A)
4. 01 dribbles up court, stops on top of circle & passes to 02 or 03 for a lay-up.(DIAG.B)

CP: Stress 01 staying foul line extended.

VARIATION:

1. Contest: Go back & forth 3 times & see which group has the best time.



"Criss-Cross Break"

1. Set up 01 side outlet, 02 in the middle & 03 under the basket with the ball.
2. 03 throws ball off the board & outlets to 01.
3. 01 passes to 02 in middle & follows behind him to opposite lane; 03 sprints & fills 01's original lane. (DIAG. A)
4. 02 dribbles up court & stops on top of circle & passes to 01 or 03 for a lay up. (DIAG.B)

CP: Stress 03 filling open lane & calling "ball".

VARIATION:

1. Have 3 defensive men play in tandem at ½ or 3/4 court.

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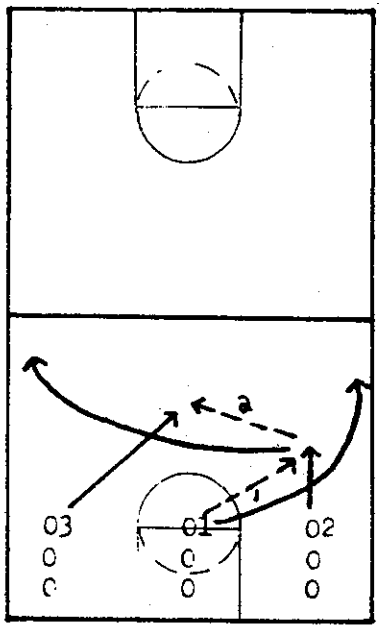
FAST BREAK

"3 Man Weave"



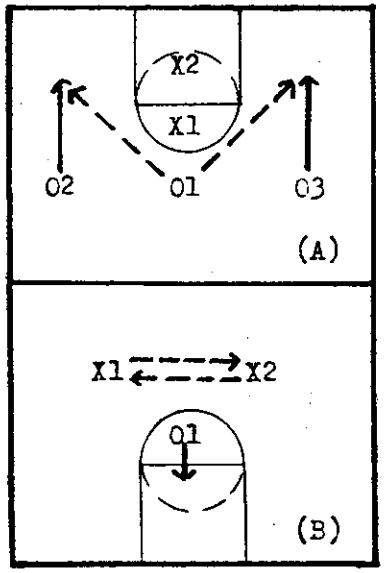
1. Set up 3 lines of 4-5 players on one end of court with ball in the middle line.
2. On signal, 01 passes to 02 & follows his pass by going behind man & toward sideline.
3. 03 comes toward middle for a pass from 02 who follows behind him to his area. 03 passes to 01 & goes behind.
4. Continue this movement for ½ or full court & back.

CP: Stress player coming to the ball for the pass to call middle. Also no dribbles allowed.

VARIATION:

1. Player following pass should touch sideline.

"3 On 2, 2 On 1 Break"



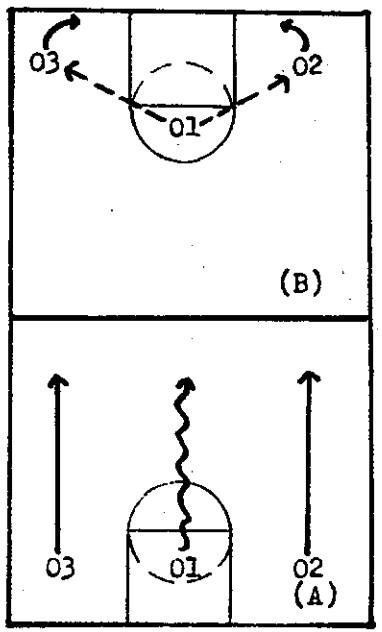
1. Set up 01 with ball in middle with 02 & 03 on outside lanes. X1 & X2 play defense in tandem.
2. 01 initiates movement by dribbling up court. O's go 3 on 2 vs. X's. (DIAG. A)
3. When an X secures a rebound from either a missed shot or made shot, they go 2 on 1 the other way vs. 01 playing defense. 02 & 03 set up in tandem on defense for next group. (DIAG. B)

CP: Stress lay-ups only & not to overpass.

VARIATION:

1. X's have 5 seconds to score.

"Sprint Break & Jump Shot"



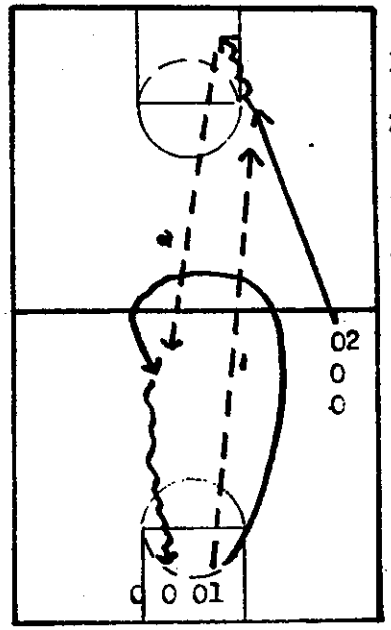
1. Set up 3 lines of O's. 01 with the ball dribbles down the middle with 02 & 03 going down their outside lanes. (DIAG. A)
2. 01 steps on top of circle & passes to 02 or 03 in the wing position for a jump shot. (DIAG. B)

CP: Stress calling for ball.

VARIATIONS:

1. Have 01 pass only to player who reaches wing position 1st.
2. Put in 2 defensive men.
3. Contest: See which group can go back & forth & make most consequetive jump shots.

"Baseball Pass & Lay Up"



1. Set up 01's on baseline & 02's on sideline at ½ court.
2. 01 throws ball off board & 02 sprints to the basket.
3. 01 throws a 3/4 court baseball pass to 02 for a lay up.
4. 01 sprints to ½ court & 02 throws a baseball pass to him at his basket for a lay up.

CP: 02 & 01 should keep lead hand up calling for the ball. Stress pass to the inside of court.

VARIATIONS:

1. 01 step out of bounds & pass long to 02.
2. Put a defensive man on 02 & go 1 on 1.

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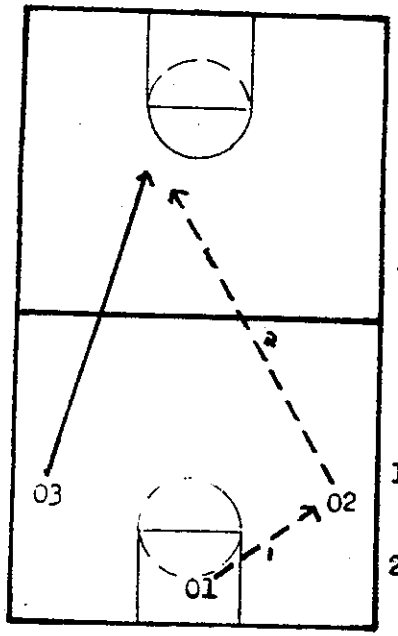
"2 Pass Cheat Break"



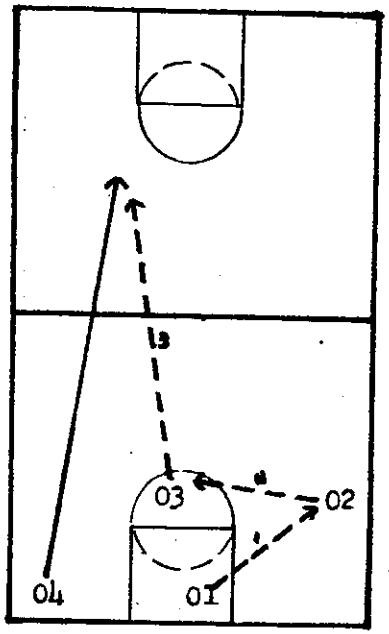
1. Set up O1's on baseline with O2's on side outlet & O3's on opposite sideline.
2. O1 outlets to O2; O3 on release by O1 sprints to the basket.
3. O2 passes long to O3 going to the basket for a lay up.

CP: Stress O2 to use a baseball & long chest pass. Stress O3 to call for the ball.

VARIATIONS:

1. Have O1 lay it up, take ball off net, step out of bounds & then outlet pass.
2. Put a defensive man at ½ court playing O2.

"3 Pass Cheat Break"



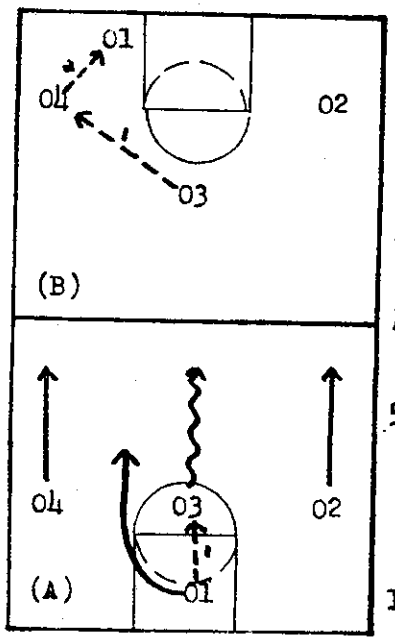
1. Set up O1 on baseline; O2 on side outlet; O3 in middle & O4 on baseline on outside.
2. O1 throws ball off board, rebounds & side outlets to O2 who passes to O3 in the middle calling for the ball.
3. O4 sprints down the lane as O1 releases outlet & O2 will pass long to him going to the basket.

CP: Stress 2 hand lead or baseball pass by O3. Stress O4 calling for the ball with hand up.

VARIATION:

1. Contest: Time how long it takes from outlet to lay up.

"Hit The Trailer"



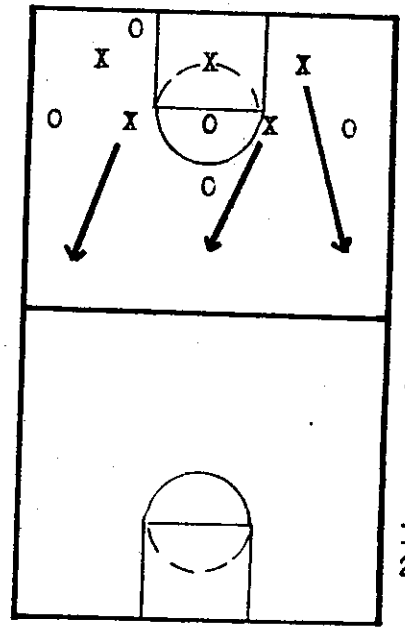
1. Set up O1 taking ball out, O2 & O4 side outlet with O3 the middle outlet.
2. O1 rebounds & passes to O3 who dribbles down the court.
3. O2 & O4 sprint down the side lanes with O1 trailing behind. (DIAG. A)
4. When O3 reaches the top of the circle he passes to O2 or O4.
5. O1 trails & goes down either lane. O2 or O4 passes to O1 cutting down the lane.

CP: O1 calls for the ball & extends lead hand up.

VARIATION:

1. Put 2 defensive men on O2 & O4.

"Fast Break Transition"



1. Set up O's on offense & X's in a 2-3 zone.
2. O's will walk up the ball & run their pattern offense at both baskets.
3. If O's miss a shot, X's must run a fast break & try to score. If O's score they go to other end of basket & run their offense.
4. Continue this movement for 10 minutes & switch groups.

CP: Stress deep outlets & filling the lanes.

VARIATIONS:

1. Run the number fast break.
2. Play man defense.

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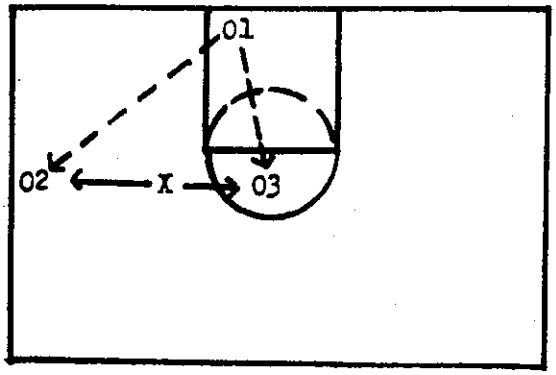


"Read The Outlet Man"

1. Set up 01 on baseline; 02 in the side outlet with 03 in the middle. X will play defense starting in between 02 & 03.
2. 01 throws the ball off the board & X will overplay either 02 or 03.
3. 01 turns & reads the open outlet man & passes to him.

CP: Stress 02 to play close to sideline to create space so that X cannot play both men on the pass.

VARIATION:

1. Contest: Count the amount of successful outlets vs. steals among the outlet men.

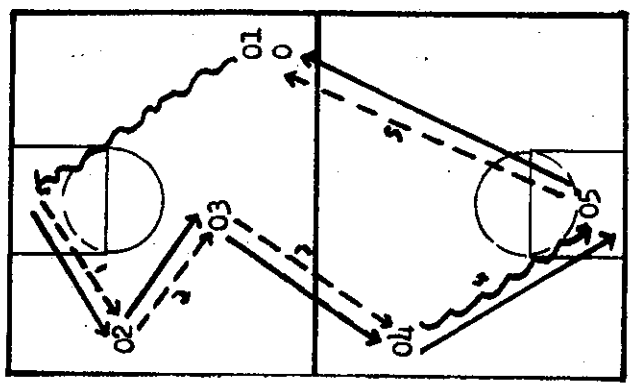
"Dragon All Purpose"

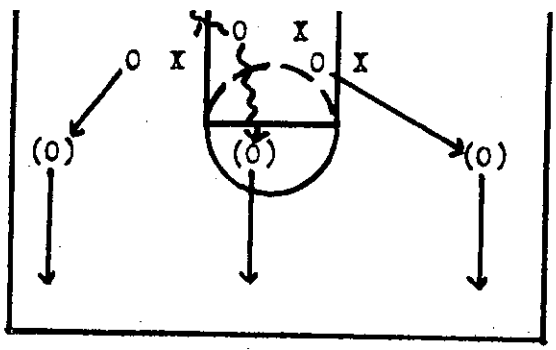
1. Set up 0's at ½ court.
2. Set up 02 side outlet; 03 in middle; 04 on sideline & 05 under opposite basket.
3. 01 dribbles & lays up ball. He rebounds & passes to 02 who passes to 03 who passes to 04 who lays up ball. 05 rebounds, steps out of bounds & baseball passes to 0 who continues drill.
4. When ball is ½ way around court next 0 goes.
5. After handling ball, every player rotates 1 spot.

CP: Stress communication by calling for ball & making sharp, accurate passes.

VARIATIONS:

1. Use 3 & 4 balls.
2. Switch sides; Use middle outlet.





"Loose Ball Break"

1. Set up 3 pairs of players with their backs facing the coach on the baseline.
2. Coach calls "ball" & rolls the ball. All players turn around & fight for possessio of the ball.
3. The team that recovers the ball is on offense with the other on defense.
4. Players fill the 3 lanes & fast break to the other end.

CP: Stress hustle for the ball.
Stress reading the open lanes.

VARIATION:

1. Have 1 player away from the ball cheat long down court.

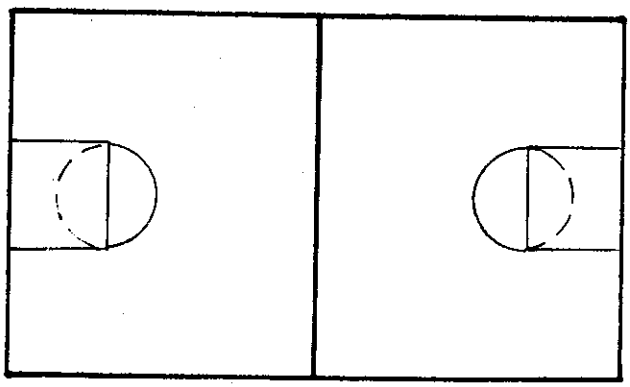
"Fast Break Game"

1. Set up 2 teams 5 vs 5 playing a fast break game.
2. 3 points is awarded a team if they score a field goal within 4 seconds. 2 points is awarded if they score within 7 seconds. Play to 25 points.
3. Coach will keep time & score. Upon possession of ball, the seconds are counted. If a team doesn't shoot by 7 seconds they lose possession.

CP: Stress getting good deep outlets & filling lanes.

VARIATIONS:

1. No outlet beyond ½ court.
2. Contest: Rotate 3 teams every 3 minutes 3 times & count total points.



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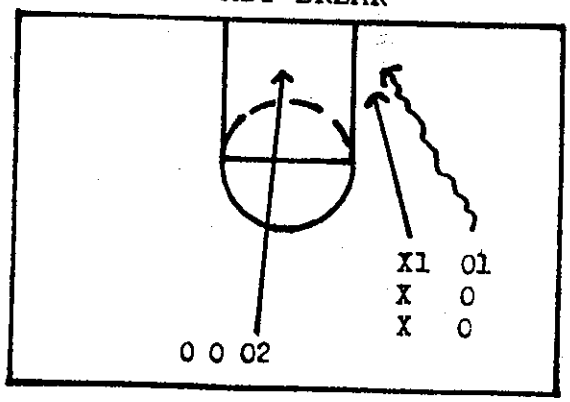


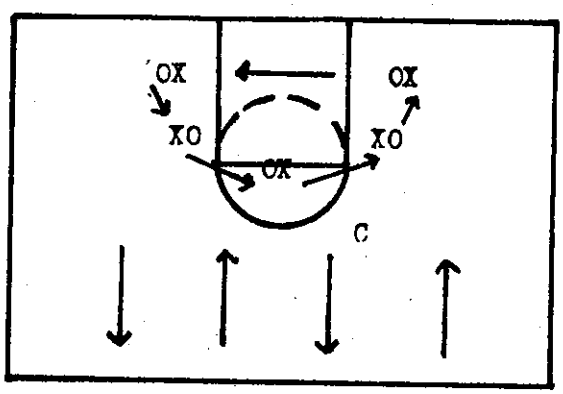
"Trail The Missed Shot"

1. Set up a line of O1's at the 28 foot mark with X's guarding them.
2. O2's line up just inside of ½ court.
3. O1 goes 1 on 1 vs X1. O2 sprints & trails the play.
4. If lay up is missed, O2 rebounds & shoots the ball back up.

CP: Stress O2 to catch ball rather than tip it in. Also not to ever run the missed shot.

VARIATIONS:

1. Put a defensive player on O2.
2. Have O1 take a jump shot only.



"5 On 5 Break"

1. Set up 3 teams of 5 players each. 2 teams play & 1sits out.
2. Teams mix & walk around the foul circle.
3. Coach shoots ball & whoever rebounds will fast break the other end of the court. Other team drops & plays defense.
4. Continue this movement back & forth with the rebounding team fast breaking at all times.
5. After 4 baskets or 4 minutes rotate teams.

CP: Stress going to the outlet lanes, filling the lanes & keeping defensive balance.

VARIATION:

1. Play 3 vs 3 or 4 vs 4.
2. Play no dribbles allowed.

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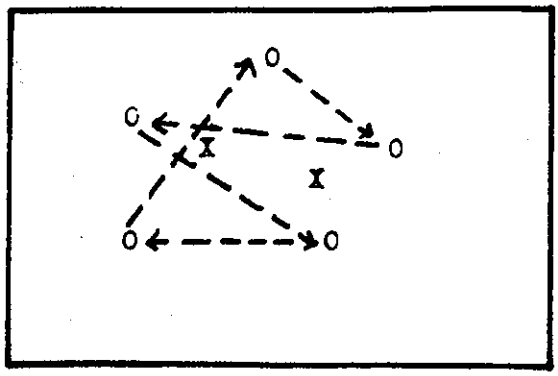


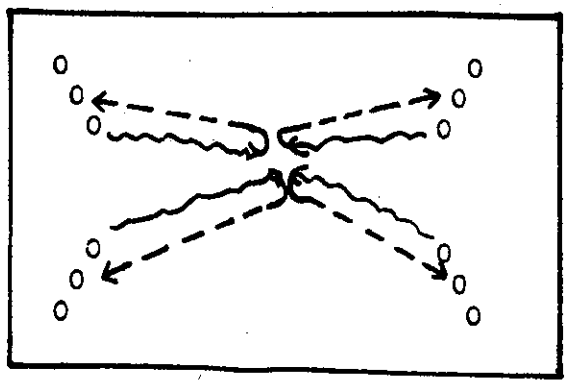
"Look-A-Way Pass"

1. Set up 5 O's in a circle with 1 ball. 2 X's play defense in the middle.
2. O's attempt to pass to each other & X's will try to deflect or steal the ball.
3. If ball is deflected or stolen, players switch positions.
4. O's must look away on their passes & can give only 1 ball fake.

CP: Stress proper form, flexion & follow through on passes.

VARIATIONS:

1. Go for 1 minute & switch players.
2. Use no ball fakes.
3. Count most consequetive passes without a steal or deflection.



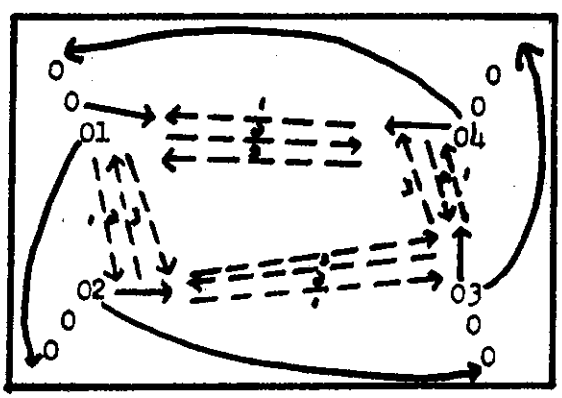
"Dribble, Pivot & Pass"

1. Set up 4 corners of players.
2. 1st. O in each line dribbles to the middle, pivots & passes back to the next man in line. Passer goes behind own line.

CP: Stress bending & stepping in direction of pass & proper follow through.

VARIATIONS:

1. Dribble to the middle & pass to the line on the right.
2. Vary passes; big men use baseball & overhead, guards use 2 handed chest, bounce & hook passes.
3. Give a ball fake 1st. then pass.



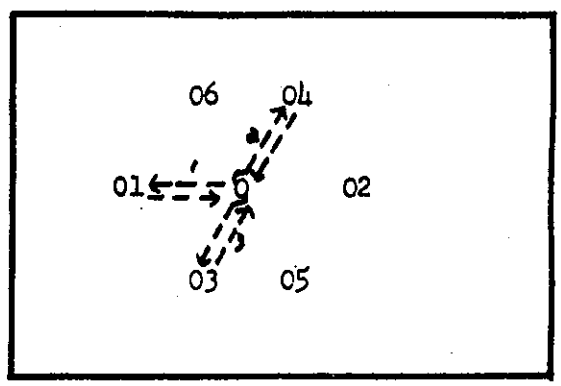
"4 Corner Passing"

1. Set up on ½ court 3-4 players in each corner.
2. O1 passes to O2 sliding out. O2 passes back to O1 who returns pass to O2.
3. O2 turns & passes to O3 stepping out & continue same movement as in 2.
4. After completing pass rotate to the end of the next line.
5. Go 5 minutes then switch directions.

CP: Stress calling for the ball & looking away from the pass.

VARIATIONS:

1. Use 2 then 3 balls at once.
2. Contest: Try to pass up one of the balls.



"Circle React Passing"

1. Set up 6 players in a circle each with a number with a passer in the middle.
2. O in the middle begins by passing around the circle.
3. When coach calls out a number, that player calls out "ball" & O reacts by passing to him & he continues passing in that direction until another number is called.
4. Continue for 1-2 minutes & then switch middle man.

CP: Stress pivot & sharp, quick passes.

VARIATIONS:

1. Contest: Count amount of total passes.
2. Have big men use overhead or baseball pass.

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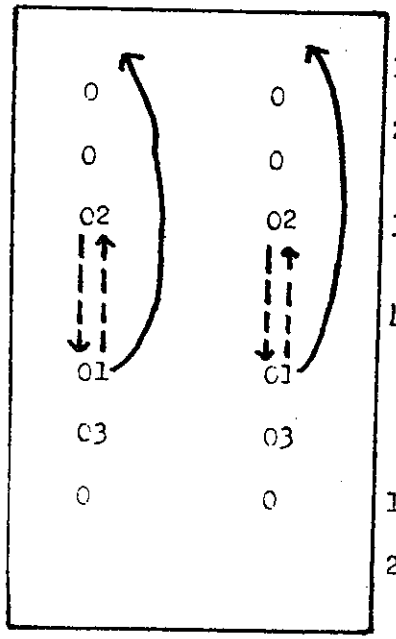
"File Passing"



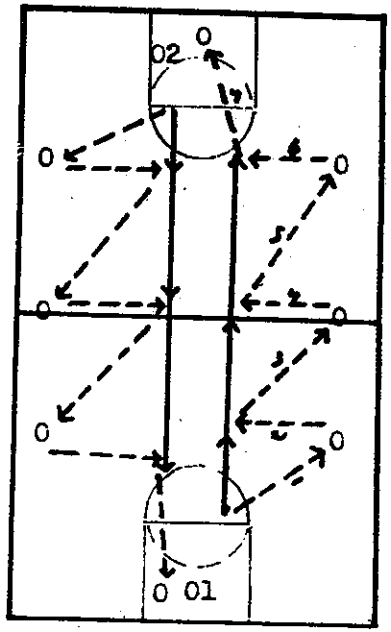
1. Set up 2 groups in half with 3 players in each file.
2. O1 chest passes to O2 & clears to the right behind the opposite line.
3. O2 passes forward to O3 & goes behind the opposite line.
4. Go through this movement 3 times & then switch groups.

CP: Stress form & follow through & step to receive the pass.

VARIATIONS:

1. Contest: See which group finishes 1st.
2. Use different type passes.

"Around The Court Passing"



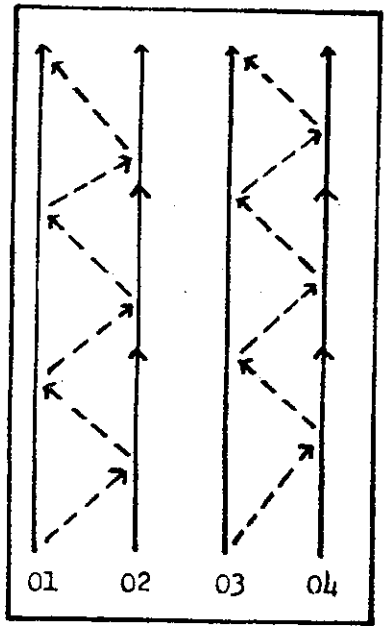
1. Set up 8 players on the court. 3 on each sideline & 1 under each basket.
2. O1 starts under a basket & O2 starts under the opposite basket both going to their right.
3. They will pass & receive the ball going around the court & finishing under their own basket.
4. O1 & O2 call for the ball from each player.

CP: Stress quickness.

VARIATIONS:

1. Go in other direction.
2. Use different type passes.
3. Contest: See who comes in 1st.

"2 Man Full Court Passing"



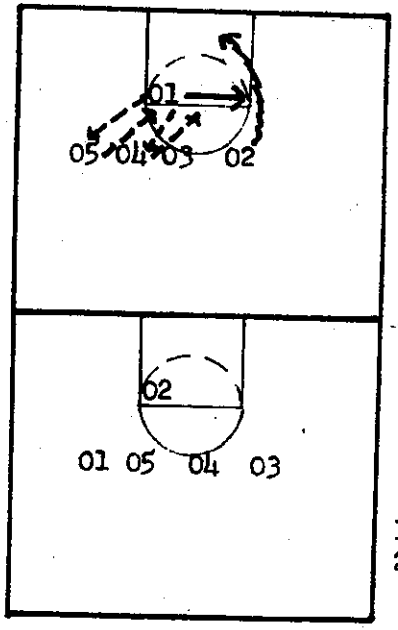
1. Set up 2 groups of 2 lines.
2. O1 & O2 facing each other & O3 & O4 facing each other.
3. On signal, both groups go down court passing the ball back & forth using a chest pass.

CP: Stress players squaring the shoulders facing their partner. Pass should be lead forward slightly & players should call for the ball.

VARIATIONS:

1. Use different type passes.
2. Contest: See which group comes in 1st.

"Line Passing & Lay Up"



1. O's line up 10 feet from the foul line with O1 at the foul line with the ball.
2. O1 begins by using a 2 handed chest pass going from right to left down the line.
3. The last man on the line O2 lays up the ball. (DIAG. A)
4. O1 takes his place in line where he started his 1st. pass & O2 continues the same movement as O1. (DIAG. B)

CP: Stress sharp, accurate pass & follow through.

VARIATIONS:

1. Use different type passes.
2. Contest: Set up 2 groups at different baskets & see who comes in 1st.

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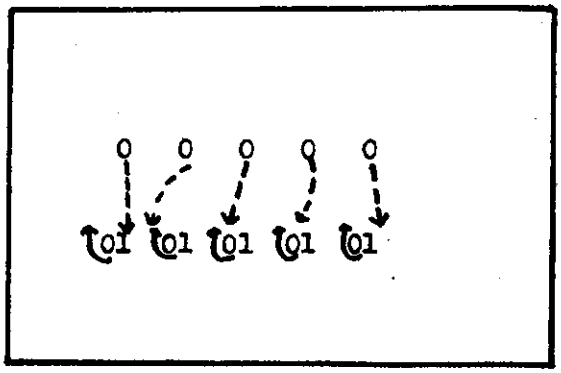


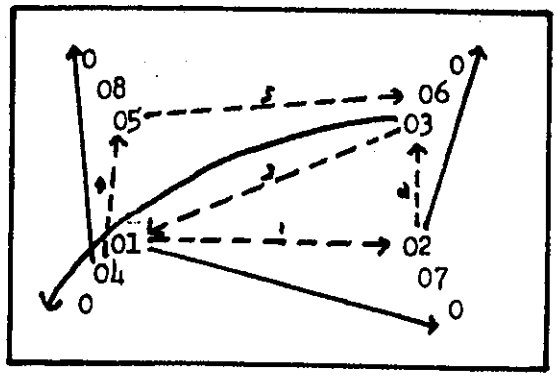
"Bad Pass & React"

1. Set up 2 groups facing each other.
2. O's have ball. O1's have back toward partner.
3. O calls ball & passes high, low, right or left. Upon call, O1 turns & catches bad pass.

CP: O1's should be in a ready position with body bent & hands up.

VARIATIONS:

1. Have O1's 10 feet back & run forward to receive bad pass.
2. O's keep hands behind back until ball is released.



"Pass & Follow"

1. Set up 4 corners with 3-4 players in each corner.
2. Pattern is 2 passes to a corner & then pass across middle. Repeat to opposite corners then across middle etc... Always go behind line you pass too.
3. DIAGRAM: O1 to O2, O2 to O3, O3 to O4, O4 to O5, O5 to O6, O6 to O7, O7 across etc...

CP: Stress bending & follow through on passes.

VARIATIONS:

1. Go in other direction.
2. Use different type passes.

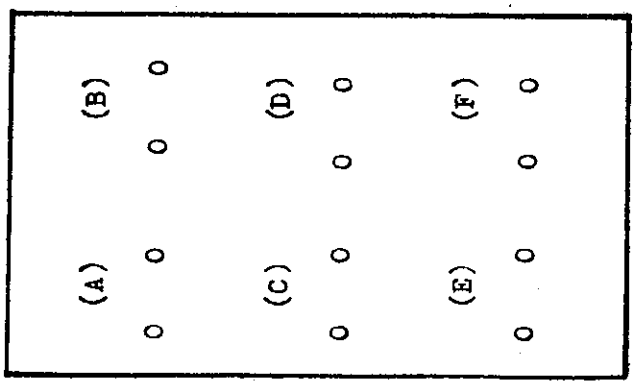
"Station Form Passing"

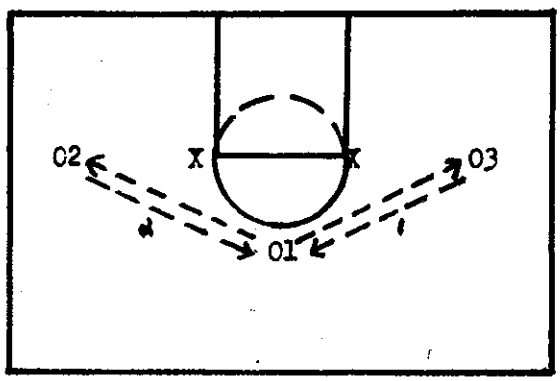
1. Set up 6 stations with 2 at a station with a ball.
2. Stations:
   a. Chest
   b. Bounce
   c. Underhand
   d. Overhead
   e. Baseball
   f. Hook
3. Have players practice that particular pass at their station for 2 minutes then rotate clockwise.

CP: Stress proper form, follow through & looking away.

VARIATIONS:

1. Use a pivot, then pass.
2. Use a ball fake 1st.





"Passing Vs. Zone Front"

1. Set up O1 at the point position & O2 & O3 at the wing positions with X's on top on defense.
2. O1 passes to either O2 or O3 who pass back to O1. Continue this perimeter passing.
3. No dribble should be used unless to avoid pressure or to create a passing lane.
4. Go 3 minutes & switch O's positions.

CP: Stress using ball fakes & looking away from pass.

VARIATIONS:

1. Put up a high post with a defensive man.
2. Have O1 dribble to a wing position & interchange with the wing.

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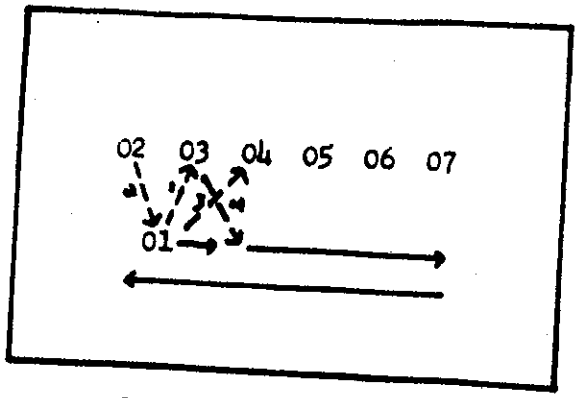


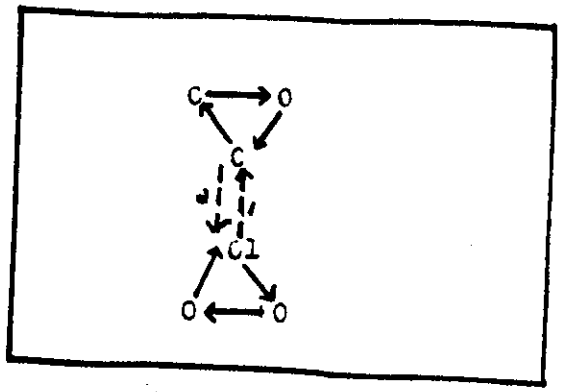
"2 Ball Line Pass"

1. Players line up facing C1. O1 & O2 have balls.
2. C1 passes to O3 & O2 passes to C1. C1 passes to O4 & O3 passes to O1. Continue this movement to end of line & back.
3. Both passes should be released at the same time.

CP: Stress anticipation & calling for ball.

VARIATIONS:

1. Contest: Keep time to see who does it the fastest.
2. Contest: Use 2 groups & see who comes in 1st.



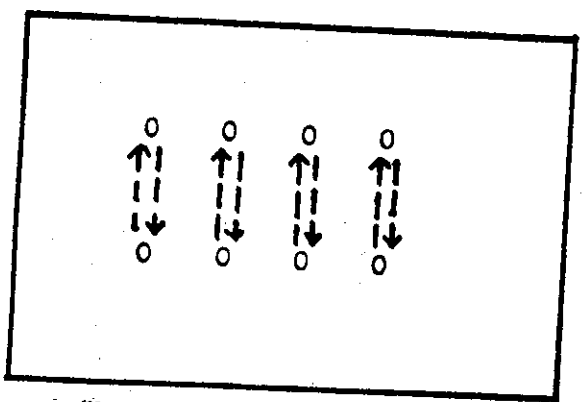
"Shuffle Passing"

1. Set up 2 groups of players in a triangle 12-15 feet apart.
2. 1st. player in front of one triangle passes to player in front of other group & shuffles to the right side.
3. Player receiving ball passes to the new player on top of the triangle & he now shuffles to the right.
4. Players continue this movement going in a clockwise direction.
5. Do this 10 times going in both directions.

CP: Stress player receiving ball call ball.

VARIATIONS:

1. Use different types of passes.
2. Contest: Count most passes in 1 minute.



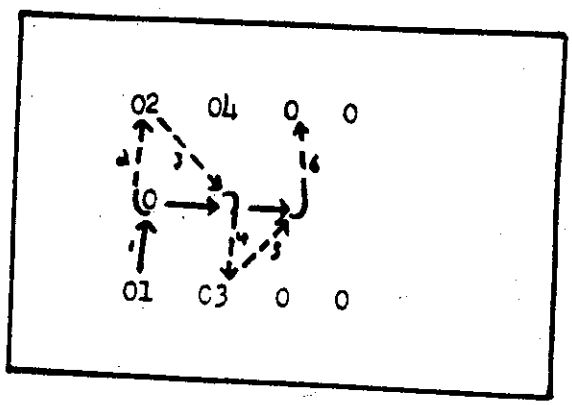
"Medicine Ball Passing"

- Set up pairs of players facing each other 8-10 feet apart.
- Each pair of players have a medicine ball.
- Players pass ball back & forth using a 2 handed chest pass.

CP: Stress stepping forward & following through on pass. Elbows in, palms down, arms extended & body bent.

VARIATIONS:

Have big men in pairs & use 2 handed over the head pass & baseball pass. Move groups back further 10-15 feet.



"Pivot & Pass"

1. Set up 2 lines of players facing each other about 10 yards apart.
2. O is in the middle starting at one end.
3. O1 begins by passing to O who pivots & passes to O2. O2 passes to O who pivots passes to O3. Continue this movement to the end of line & back.
4. Each player goes through this movement.

CP: Stress proper pivot & stepping to pass. Also call for the pass.

VARIATIONS:

1. Have lines step out further.
2. Use different passes such as baseball, hook & overhead.

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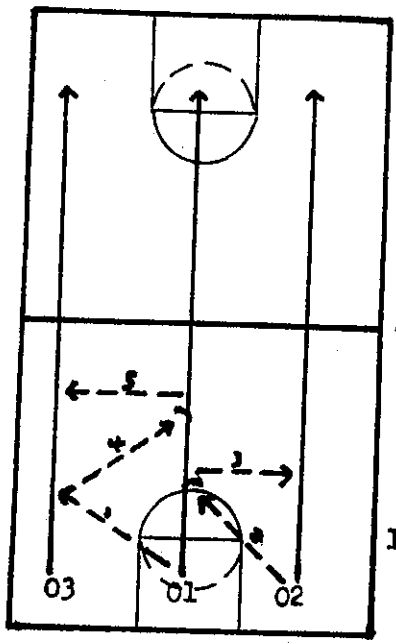


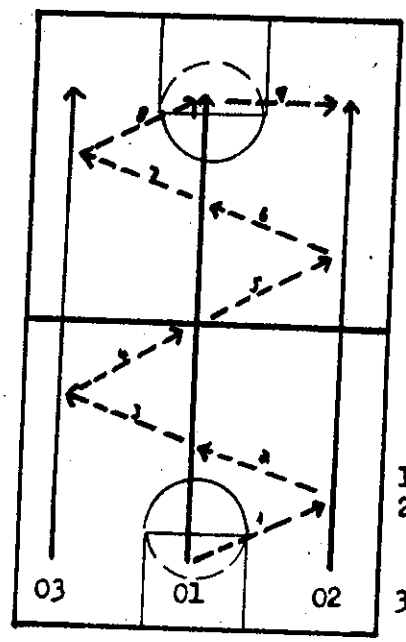
"3 Man, 2 Ball Pass"

1. Set up 3 lines, ballhandlers in the middle.
2. O1 & O2 have balls.
3. O1 passes to O3; O1 turns & receives pass from O2; O1 passes back to O2 & turns & receives pass from O3; O1 passes back to O3.
4. Continue this pattern to the other end of court & back.

CP:Caution O1 not to travel while pivoting. Lead the man on passes & call for the ball.

VARIATION:

1. Use different type passes such as bounce & baseball.



"3 Man Full Court Passing"

1. Set up 3 lines on the baseline with the ball in the middle.
2. O1 passes to O2 who passes back to O1 who pivots & pass- to the opposite lane, O3.
3. Continue this movement going to the other end of the court & back. Do this 5 times.

CP: Stress the outside lanes to stay close to sideline. Also everyone should call ball or middle.

VARIATIONS:

1. Use different type passes.
2. Contest: See which group can go back & forth 3 times the fastest.
3. Have players lay up the ball at each end.

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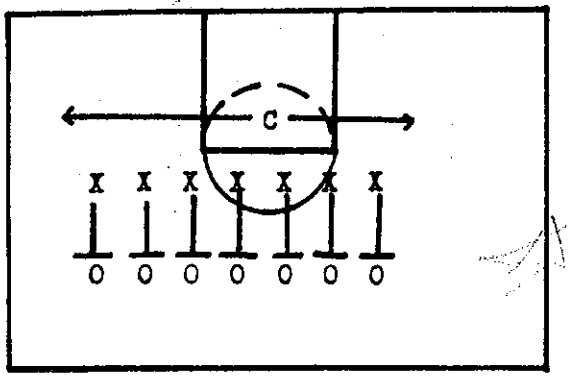


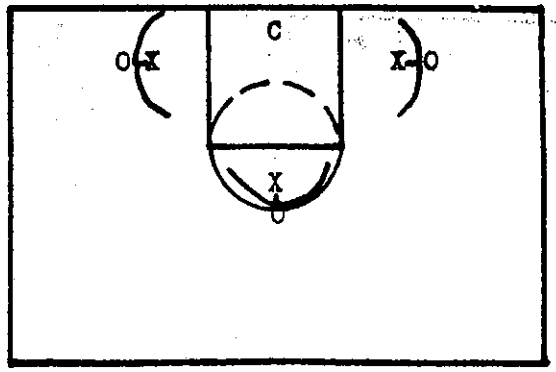
"Form Boxing Out"

1. Line up X's facing O's.
2. On coaches signal, X steps through the following movements:
   a. Drive leg into middle of O.
   b. Pivot with lead leg & whip around with arms spread making contact.
   c. Spread eagle stance, wide base & arms up & out.
3. Coach will go through each step individually to make corrections.

CP: Stress making contact with defense.

VARIATION:

1. Go full speed and see who contains man longest time.



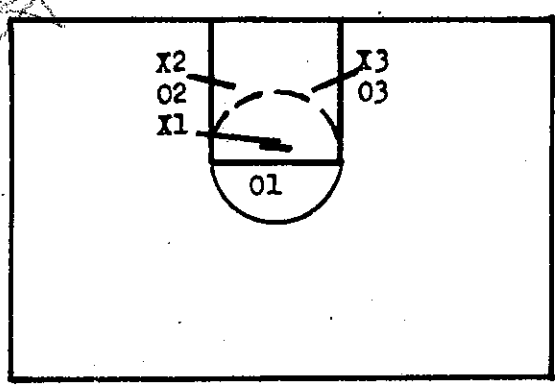
"Perimeter Box Out"

1. Set up 3 X's on defense guarding 3 O's on offense in a triangle formation.
2. On coaches signal, X's box out O's. O's attempt to offensive rebound by going around the perimeter.
3. 1st. go ½ speed & check form, then go full speed with ball being shot by coach.

CP: Stress X's taking the O's in the direction they wish to go in the perimeter.

VARIATIONS:

1. Guards box out big men & vice-versa.
2. Contest: Count rebounds by X's & O's. 2 pts. off; 1 pt. def. - 10 pts. wins.



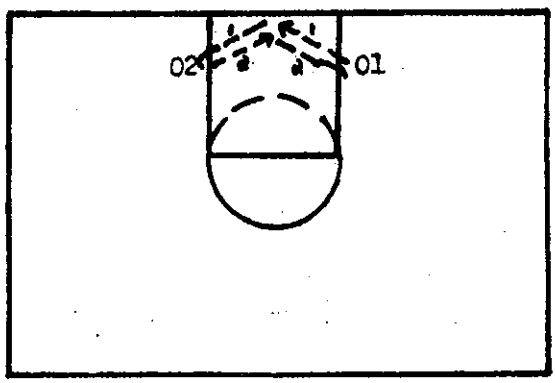
"Foul Shot Rebounding"

1. Set up X's on the lane with O's in middle lanes with a third X on top of the lane. Set up an O on the foul line.
2. O1 takes a foul shot. X2 & X3 cut off their man O2 & O3 and box out.
3. X1 will cut off the foul shooter O1.

CP: Stress quickness & making contact upon release of the ball.

VARIATION:

1. Contest: 5 attempts each player. Count off. & def. rebounds. 2 pts.- off. rebound, 1 pt. def. rebound - 10 pts. wins.



"Jump & Pump"

1. Set up O1 & O2 on each low post.
2. O1 throws ball high off board to O2.
3. O2 jumps & catches the ball keeping it over his head pumping it once as he comes down. O2 now throws ball of board to O1 who does the same.
4. Repeat this back & forth 10 times.

CP: Stress flexion at the elbow keeping the ball over the head.

VARIATION:

1. Put a man in front of O1 & O2 to grab ball if they bring it down.

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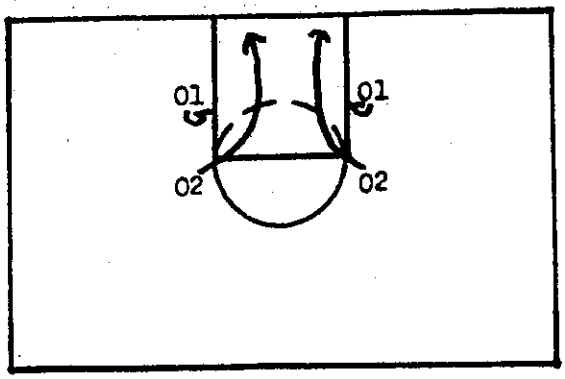


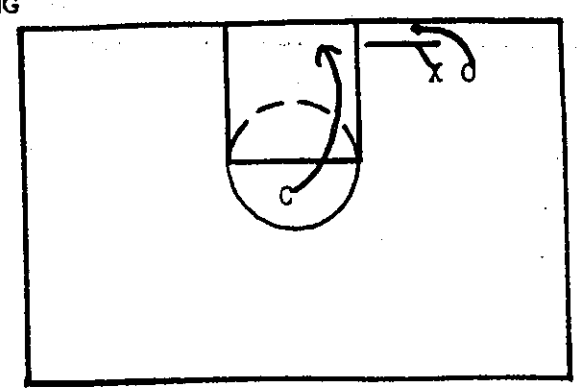
"Form Rebounding"

1. Set up 2 players on each side of the lane. O1 the rebounder is facing O2 on top of the lane with the ball.
2. O2's throw up the ball off the board & O1's turn quickly & jump for the rebound.
3. Go 5 times & switch lanes.

CP: Stress jumping high to ball & arms out & extended.

VARIATIONS:

1. Put a defensive player on O1.
2. Have O1 spin in the air on rebound facing downcourt when he comes down.
3. Have O1 pivot on rebound with ball up looking for side or middle outlet.



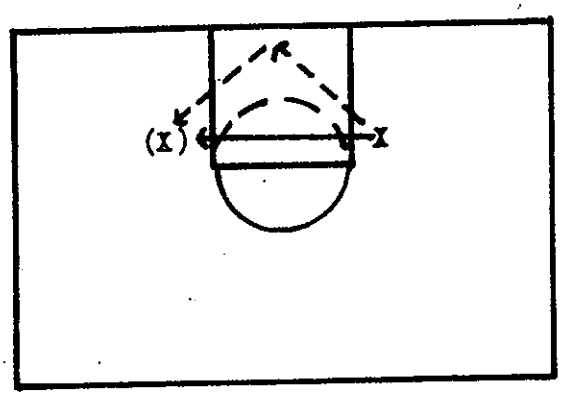
"Baseline Box Out"

1. Set up X guarding O in a forward position. Coach is on top of circle with ball.
2. Coach shoots ball at basket & O attempts to get offensive rebounding position by going along the baseline.
3. X Boxes out O taking him along the baseline out of bounds facing the court.

CP: Stress X not to turn O to the inside but to ride him baseline where he wants to go.

VARIATIONS:

1. Have O use spin or drop off & go baseline.
2. Ball must bounce once before O can rebound.



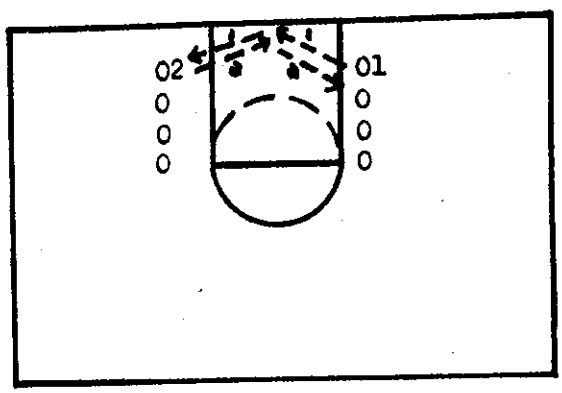
"Go Get It Rebound"

1. X begins on one side of the lane with a ball.
2. X throws the ball high off the backboard to the other side.(1) He then runs (2) across the lane and catches the ball before it hits the ground.(3)
3. X repeats this movement back and forth 10 times.

CP: Stress quickness of movement. Call "ball" on each rebound.

VARIATIONS:

1. Must catch ball with two hands over head.
2. Contest: Count total amount of lines crossed in 10 seconds.



"Keep The Rebound High"

1. Set up 2 lines of O's on each lane.
2. O1 throws the ball high off the board beyond the basket. O2 jumps high & rebounds keeping ball above the head.
3. O2 throws ball off the board to O1's side & this movement is repeated for 5 times. Players then switch lines.

CP: Stress pushing off 1 foot & reaching high for the ball & to keep ball up over head with bend at the elbows.

VARIATIONS:

1. Put 1 line in middle for rebounding.
2. Put a defensive player on the baseline to grab ball if rebounder brings it down.

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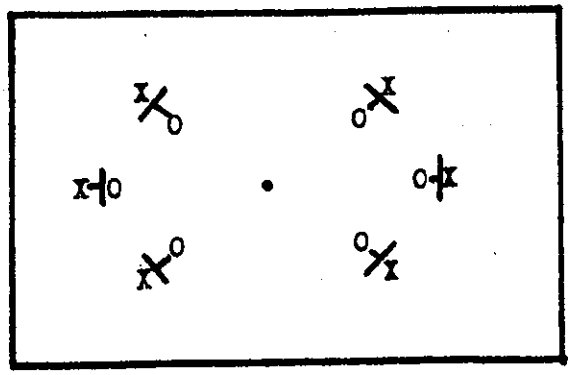


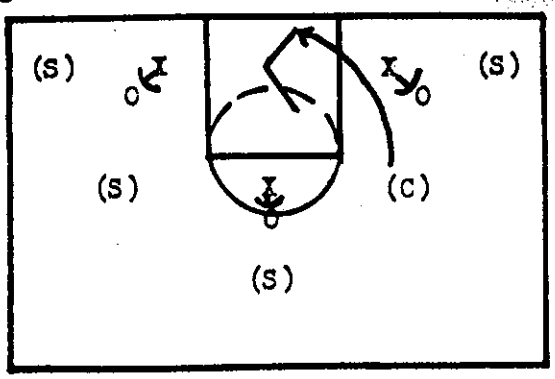
"5 Count Box Out"

1. Set up a circle of 4-6 O's facing an X.
2. Place a ball in the middle of the circle 10-15 feet from the players.
3. On coaches signal, X's attempt to get ball & O's will box them out for a 5 count given by the coach.
4. Switch groups after 5 times.

CP: Stress making contact quick & to be aggressive.

VARIATION:

1. Contest: See which group can hold out the X's the longest.



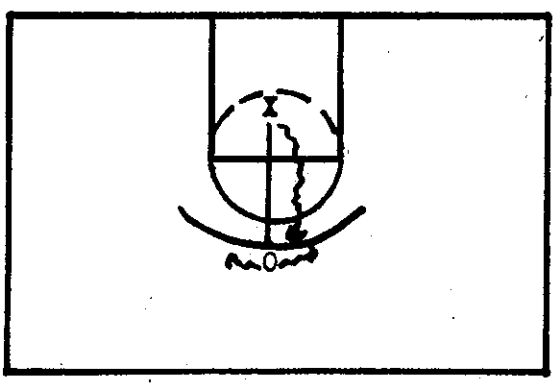
"One Bounce Rebound"

1. Set up 3 X's vs. 3 O's in a triangle formation with X's touching their man.
2. Coach shoots the ball and X's box out O's attempting to rebound.
3. X's cannot rebound until the ball bounces one time.

CP: Stress patience in holding the box out until one bounce.

VARIATION:

1. Coach shoots from from spots (S) then switches X's & O's.



"1 On 1 Rebound Contest"

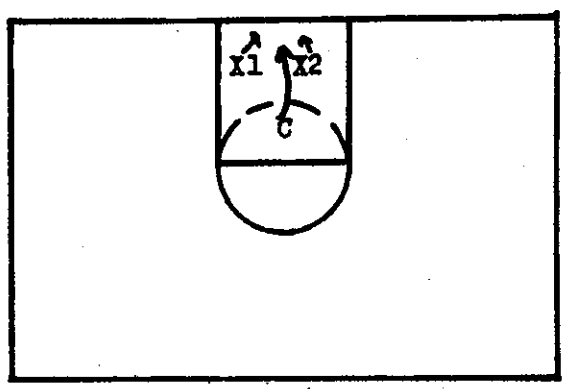
1. O is on top of foul circle & X is on baseline with a ball.
2. X rolls ball to O & runs up to defend O.
3. O plays 1 on 1 against X & must take a perimeter shot only.
4. O always stays on offense & X on defense until 15 pts. is reached by a player;

PTS: - 2 pts. - Offensive Rebound
1 pt. - Defensive Rebound
1 pt. - Basket.

CP: Stress keeping box out & contact.

VARIATIONS:

1. O can use any move.
2. Play 2 on 2 with same rules.
3. Any rebounder can go on offense.



"React Rebound"

1. Set up X1 & X2 facing the basket with coach at the foul line with ball.
2. X's should be 10 feet from basket.
3. Coach throws ball off basket & X1 & X2 have to react & secure the rebound.
4. Do this 10-15 times.

CP: Stress spread eagle stance with arms extended & hands up before the shot.

VARIATIONS:

1. Have players go 1 on 1 on rebounded shot.
2. Have players move to within 5 feet of the basket.
3. Have rebounder catch ball in the air & put it back up to the basket in one motion.

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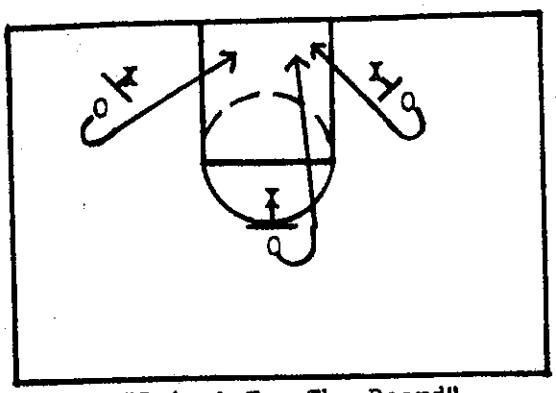
REBOUNDING



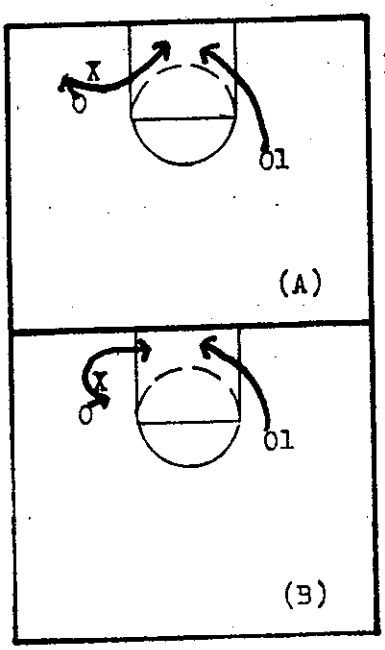
"Spin & Tap The Board"

1. Set up 3 X's & 3 O's in a triangle formation.
2. Upon coaches signal, X's box out O's.
3. O's will use a spin maneuver & go to the basket & tap the backboard.

CP: Stress pivot and swinging of arm & leg in a forward direction.

VARIATIONS:

1. Contest: 1st. to tap backboard 3 times is the winner.
2. All O's have to tap the backboard within a 5 count.
3. Put ball on baseline & have O dive for it.



"Weakside Offensive Rebound"

1. Set up O on offense & X on defense on one side of the court with O1 on the opposite side of the court with the ball.
2. O1 shoots the ball & O fakes to the left & cuts right to the basket to rebound. (DIAG. A)
3. O1 shoots the ball & O fakes right & cuts left to the basket. (DIAG. B)

CP: Stress O boxing out away the shot.

VARIATIONS:

1. Contest: See who secures 5 rebounds 1st.
2. Have O1 shoot from the same side as O & X.

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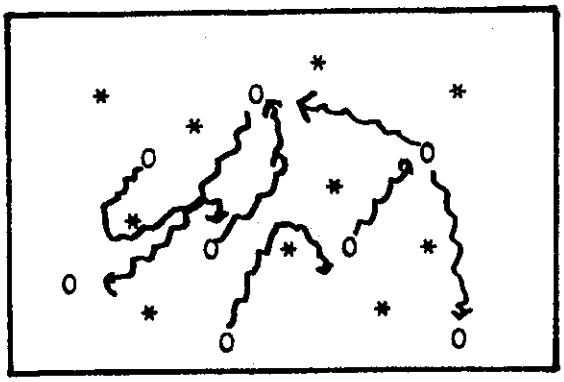


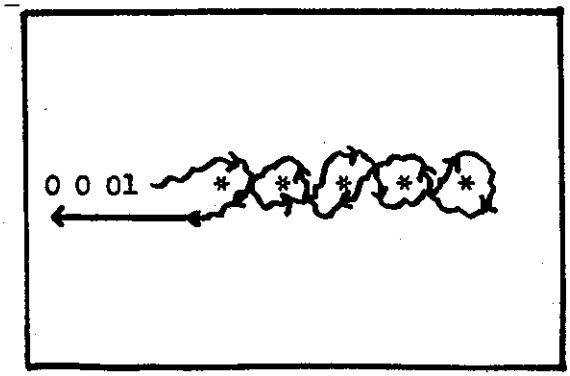
"Maze Dribbling"

1. Set up various obstacles (chairs, cones, blocks etc...) on ½ court.
2. Have 6-12 players with a ball each.
3. On coaches signal, everyone dribbles between & around obstacles attempting to tag each other.
4. Player tagged is out uhtil 1 is left.

CP: Stress using different moves & to keep head up at all times.

VARIATIONS:

1. Have players use off hand only.
2. Have players work in pairs.
3. Give players 2 outs rather than 1.



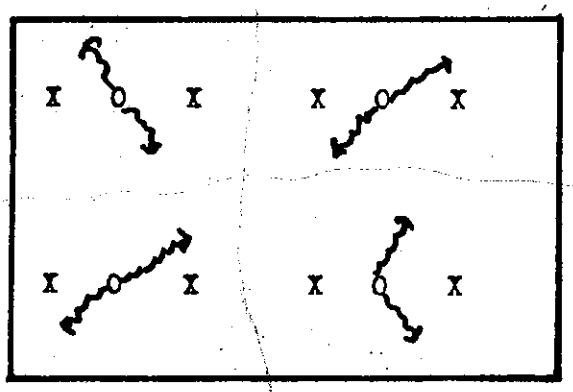
"Obstacle Dribbling"

1. Set up 5 cones or chairs as obstacles 5 feet apart with O's in a line.
2. O1 dribbles weaving in & out around the obstacles & back.
3. O's will use the following moves going back & forth with each move:
   a. Spin
   b. Streng, weak
   c. In & out
   d. Cross over
   e. Stutter step
   f. Between legs

CP: Stress keeping head up & working on weak moves.

VARIATIONS:

1. Have O go through using all moves.
2. Contest: Set up 2 or more obstacles & see who comes in 1st.



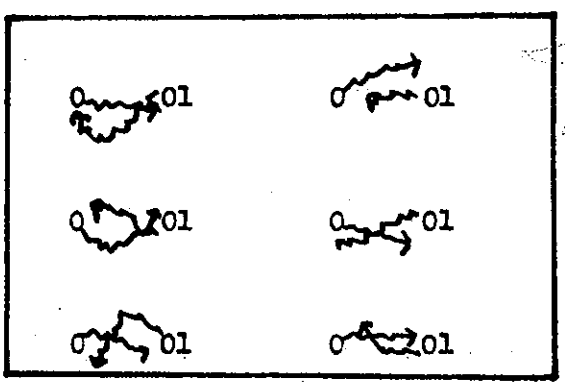
"Keep-A-Way Dribble"

1. Set up the ½ court into 4 ¼'s.
2. Each ¼ will have 1 dribbler vs. 2 X's on defense.
3. O dribbles avoiding X's attempting to steal or deflect the ball in the restricted area only.
4. If an X steals or deflects the ball he becomes the dribbler with O going on defense.
5. Go for 3-5 minutes & switch players.

CP: Stress keeping head up & using body & free hand as a shield. Use as many moves as possible.

VARIATIONS:

1. Use weak hand only.



"Chicken Dribble"

1. Set up pairs of O's each with a ball in a restricted area.
2. Players attempt to deflect each others dribble.
3. Player is a winner when he has deflected the other players dribble 3 times.

CP: Stress players to protect the ball by keeping their body between the defensive player & the ball.

VARIATIONS:

1. Count a deflection only with the off hand dribble.
2. Contest: Have winners go against each other until their is 1 left.

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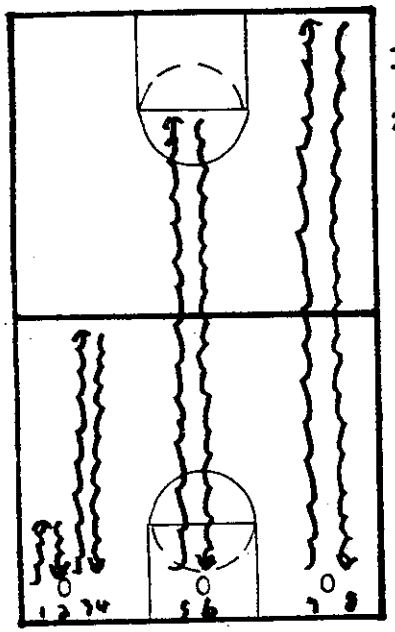
DRIBBLING



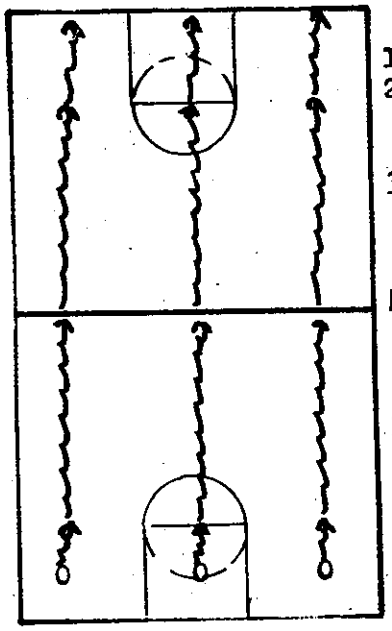
"Strong, Weak Hand Dribbling"

1. Set up 3-5 lines of players on the baseline.
2. 1st. O in each line dribbles with strong hand to foul line extended & then dribbles back to starting position with weak hand.
3. Continue this movement to ½ court, opposite foul line extended & full court.
4. Do this 3 times.

   CP: Stress fingertip control of ball, bend of body, head up looking downcourt.

VARIATIONS:

1. Contest: See which group comes in first.
2. Use dribbling glasses.



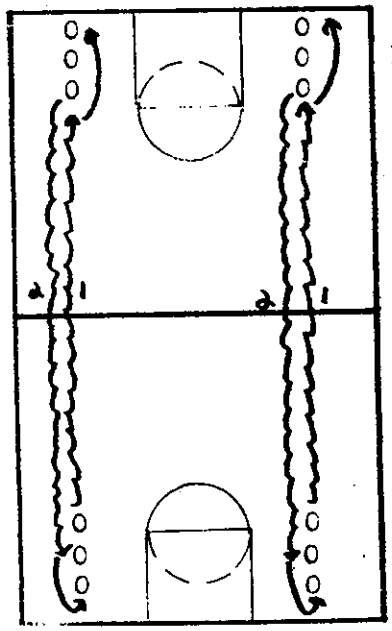
"All Moves Dribbling"

1. Set up 3 lines of players.
2. Players will dribble up court & back using a different move as they approach a line.
3. Players will use the following moves:
   a. Spin
   b. Cross Over
   c. Between Leg
   d. Stutter Step
4. Go up & back 3 times.

   CP: Stress proper form & not to go out of control.

VARIATIONS:

1. Go to a line & dribble back to starting position.
2. Have players use 2 weakest moves only.
3. Contest: See which group comes in 1st.



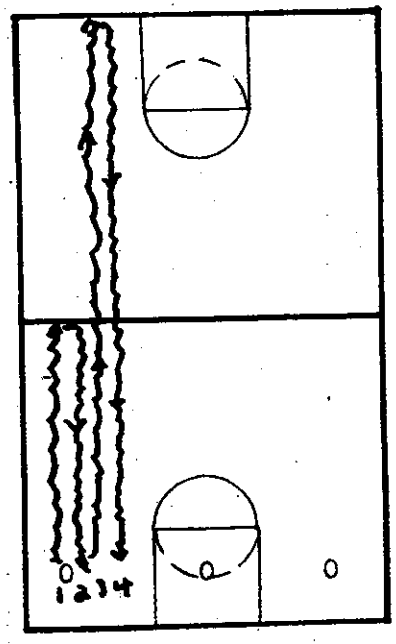
"All Sprint Dribble"

1. Set up 2 teams with ½ the players at each baseline.
2. On signal, 1st. O in each line at one baseline sprint dribbles downcourt to their respective group & give them the ball.
3. The new dribbler sprints downcourt & does the same.
4. Each player goes 3 times. See which group comes in 1st.

   CP: Stress keeping head up & dribbling under control.

VARIATIONS:

1. Sprint dribble with off hand only.
2. Dribbler must make a lay up before next player dribbles.



"Forward & Backward Dribble"

1. Set up 3 lines of O's.
2. 1st. O in each line dribbles forward to ½ court then dribbles going backward to his original starting position.
3. O then dribbles full court & again returns to starting position going backwards.

   CP: Stress proper form, balance & rhythm.

VARIATIONS:

1. Use off hand only.
2. Dribble between legs.
3. Contest: See which group comes in 1st.

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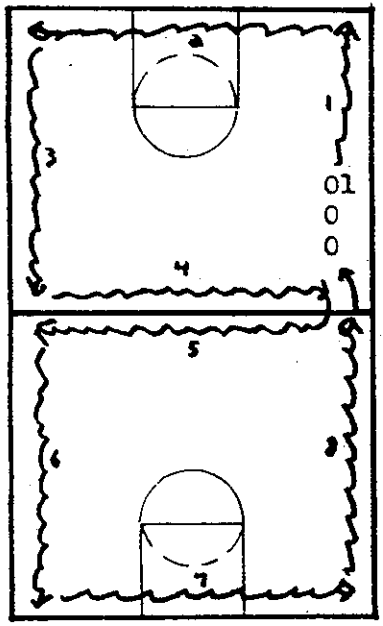
"Spin The Corner Dribbling"



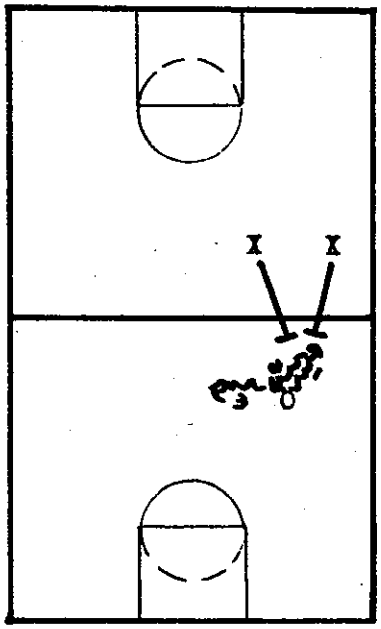
1. Set up O's at ½ court at 1 corner.
2. O1 dribbles down the side line to corner & spin dribbles go-along the baseline to next corner.
3. As O approaches a corner he spin dribbles going around the entire court.
4. Next O goes after 1st. O turns a corner & so on. Go 2 times.

CP: Stress proper form: Pivoting off lead foot, turning ball around & off foot stepping forward.

VARIATIONS:

1. Contest: Set up group at opposite ½ court & see who comes 1st
2. Fake spin & go same direction.

"Dribble vs. ½ Court Trap"



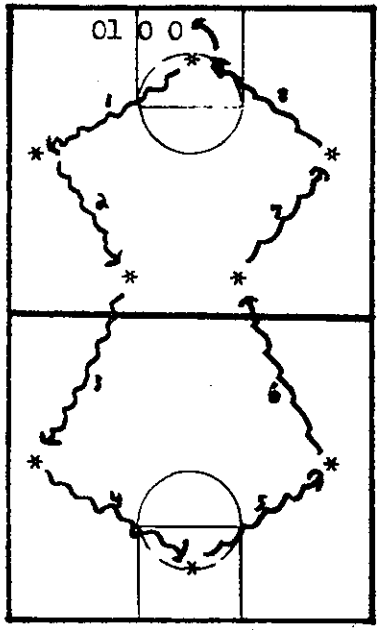
1. Set up O in backcourt & 2 X's on defense over ½ court.
2. O dribbles up court toward side line & X's come up to trap him.
3. As O reads the trap, he pulls back his dribble & toward the middle of the court.

CP: Stress keeping head up & not to stop the dribble. Also stay in back court area with dribble.

VARIATIONS:

1. Set up a high post & off guard as possible passing lanes.
2. Set up drill with O being trapped at full court in the corner.

"Around The Hardwood"



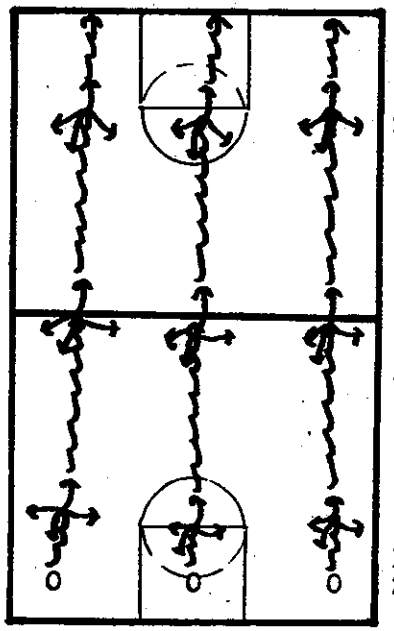
1. Set up 8 spots on the court with O's starting at one baseline. (Use cones or chairs)
2. O1 dribbles to 1st. spot & uses a different move everytime he approaches a spot.
3. O's follow after preceding O reaches a spot. Go 2 times.
4. O's should use the following moves: stutter step, cross-over, spin, between legs, behind back.

CP: Stress keeping head up & use of head & shoulder fakes.

VARIATIONS:

1. Put a def. man in place of spot.
2. Contest: Put 1 group at oppo-baseline & see who comes 1st.

"Dribble, Jump Stop, Pivot"



1. Set up 3-5 lines of players on the baseline.
2. 1st. O in each line will sprint dribble to the foul line extended & come to a stop by jumping to both feet.
3. O pivots on 1 foot making a ¼ turn & jab step continuing this turns until he is facing his original direction.
4. O continues dribble doing the same movement at ½ court, foul-line extended & full court.

CP: Stress coming to quick stops & giving ball fakes.

VARIATIONS:

1. Use 180 degree pivots.
2. Vary the dribbles & pivot foot at each line.

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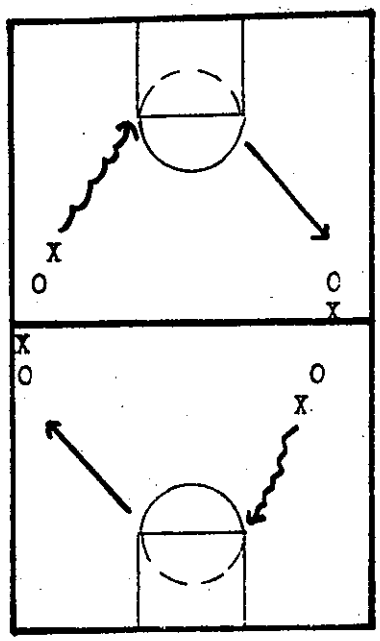
DRIBBLING



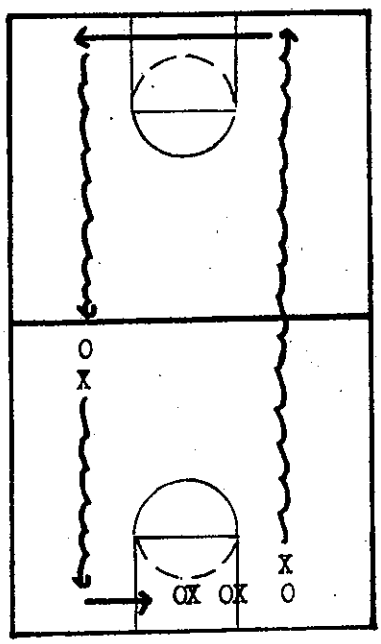
"½ Court 1 On 1"

1. Set up pairs of X's & O's equally at ½ court.
2. Going in a counter-clockwise direction, O goes 1 on 1 vs. X utilizing at least 2 dribbling moves in an effort to score.
3. After attempt, X & O rotate lines & switch offense & defense.
4. Only 1 group goes at a time.
5. Go 5 times each side & switch & go clockwise.

CP: Stress mixing dribbling movement.

VARIATION:

1. Rotate players having big men go against guards & vice-versa.



"Full Court 1 On 1 Dribble"

1. Set up pairs of players, 1 on offense the other on defense at the baseline.
2. O1 hands ball to X1 who hands it back to him.
3. O1 then dribbles vs X1 to the opposite baseline using ½ the length of the court only.
4. Players switch positions & go to the opposite baseline.
5. After 1 group reaches a baseline, the next group begins.

CP: Stress O not to get caught on the sideline & to mix dribbling moves.

VARIATIONS:

1. Have guards go vs big men & vice versa.
2. See who is fastest to baseline.

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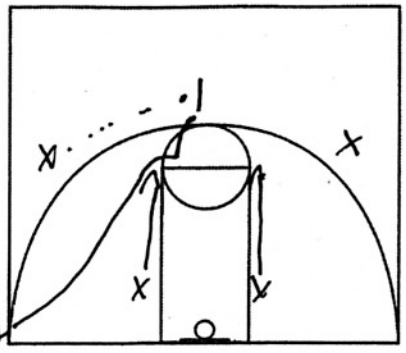
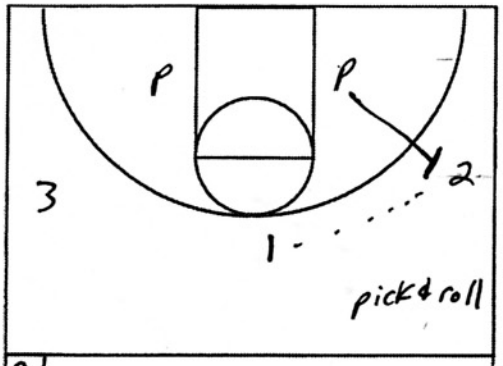
Zone & Man Offenses

1a

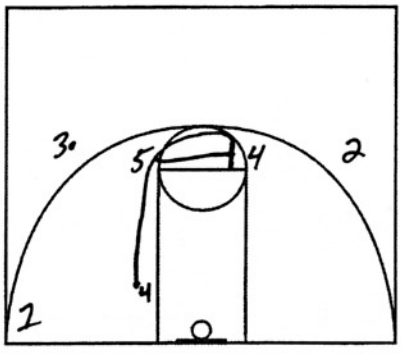


One passes to wing & cuts to corner off screen from big. Then 5 screens for 4 & 4 posts up between hoop & ball.

1b

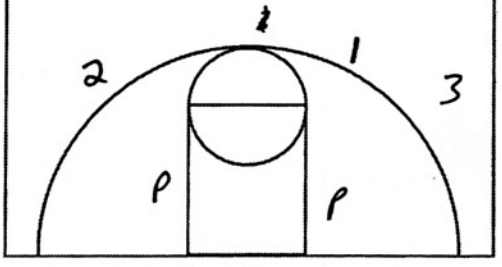


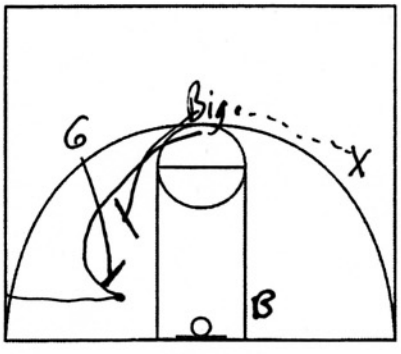
2a



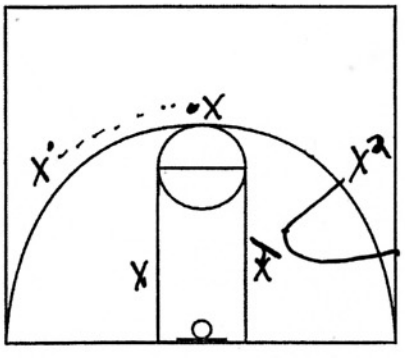
After P+Roll the Post posts up. once Post gets ball zips it to the one & follows his pass & ball screens

2b



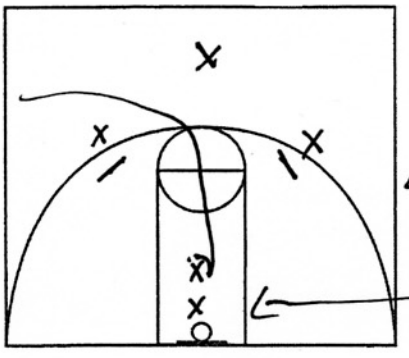


Stagger screen



you use a one guard front so can go either way wing is above ball & looks for back cut

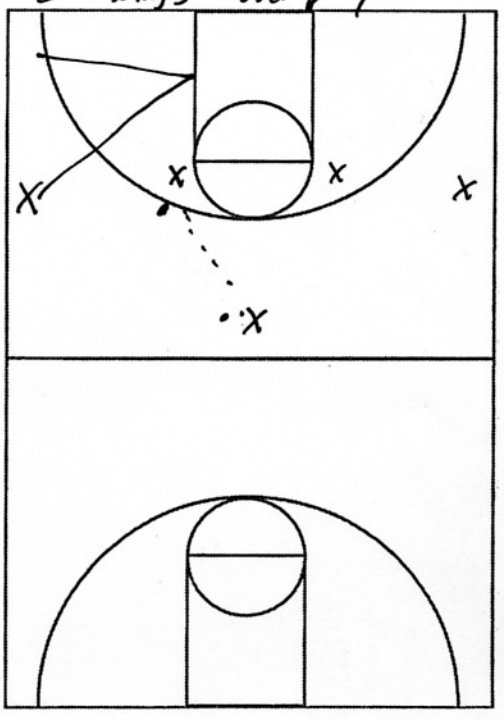
Ball goes from wing to top. wing 2 cuts down & then back out. Big goes out to wing for ball & other big flashes.

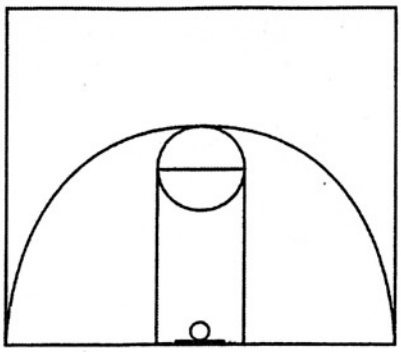


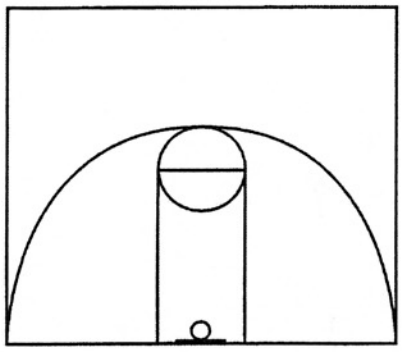
Get into a 1-4 w/ a fade screen

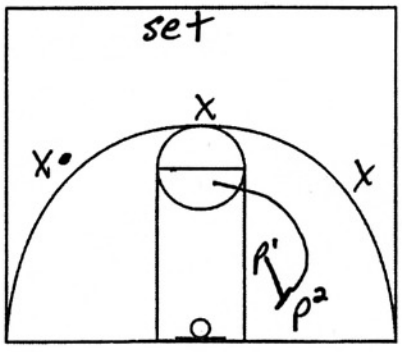
fake screen down here

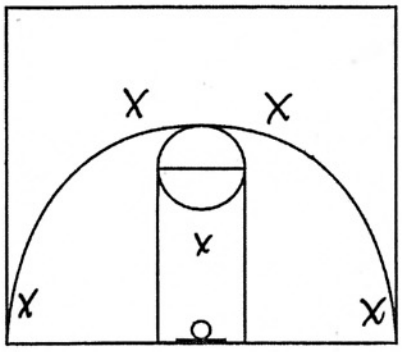
If wings over play

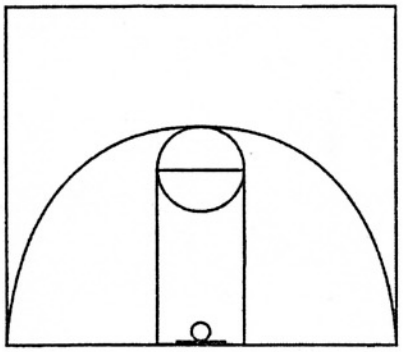










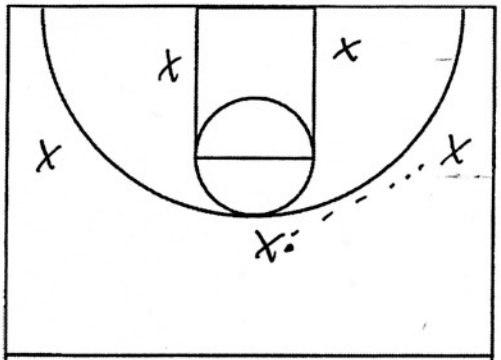


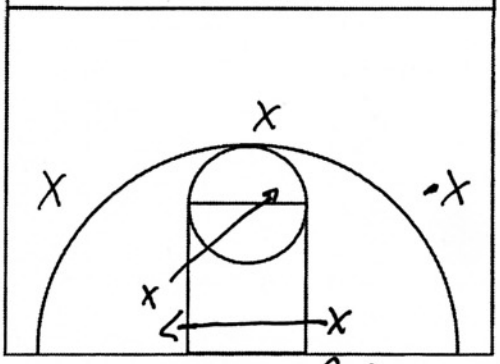
Post 2 screens for P2 as P2 flashes to FT line wing looks for P1 for lob pass.

Against 1·3·1 you go 2·1·2 corner shots & middle flashes will be open. Every time you pass you cut. If ball goes low you flash or screen.

Guard goes through both posts as ball is reversed. After P2 screens for G then turn & screen across for P1

Zone

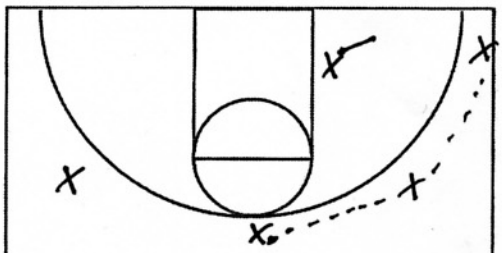




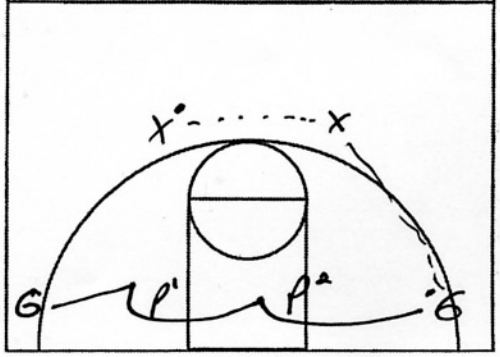
↑ Goes opposite first pass only 1st time

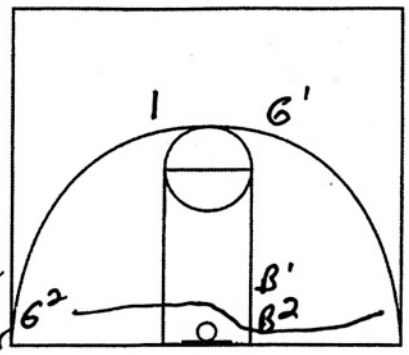


Permanent Post

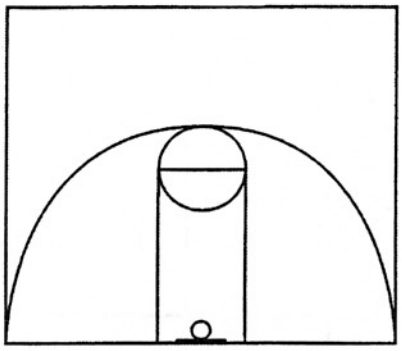


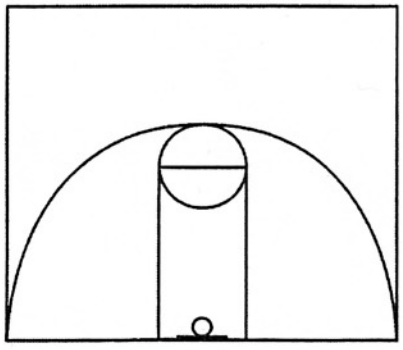
After you pass to corner you cut through.

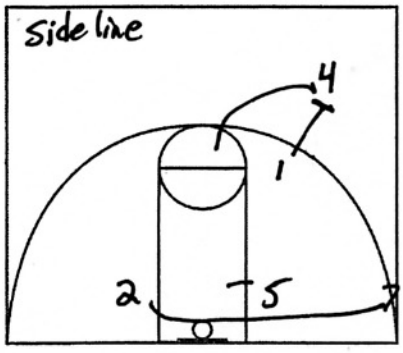




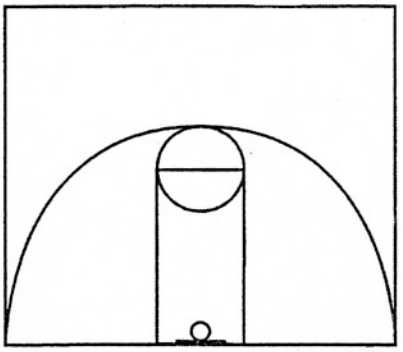
1 passes to 6'
6² cuts through to opposite corner after B² screens
he goes opposite B' turns & seals 6' looks for B'



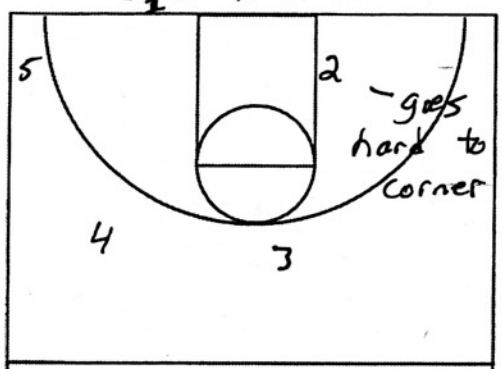


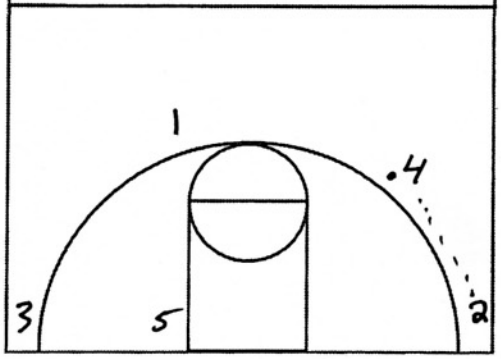


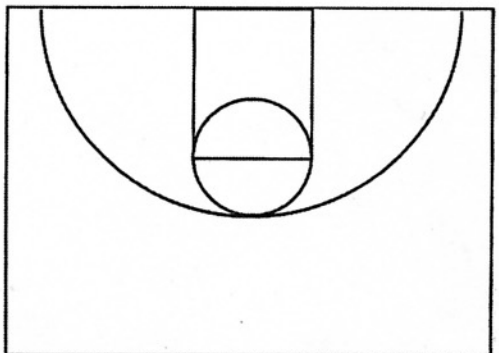
the screens for 4
4 seals. 5 fakes screen for 2 as 2 cuts. 3 looks for whoever is open.

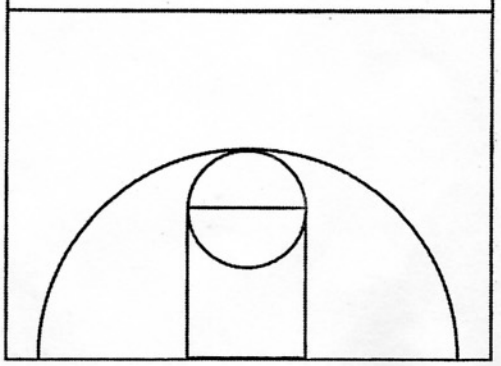


Zone in bounds "2 wide"









Bo Ryan.
"Swing Offense"

① the one shades to a lane side the 4 brings it in & trails opposite lane line
3. looks for post
2 & 3 ½ step off sideline

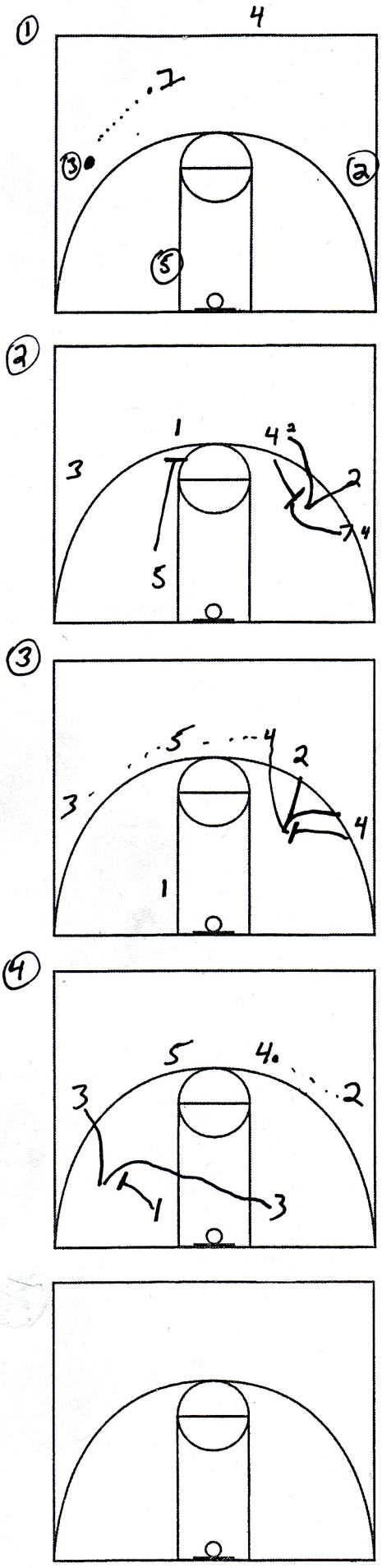
② Bigs screen for little. one takes path least resistance
3 looks for lob to one man

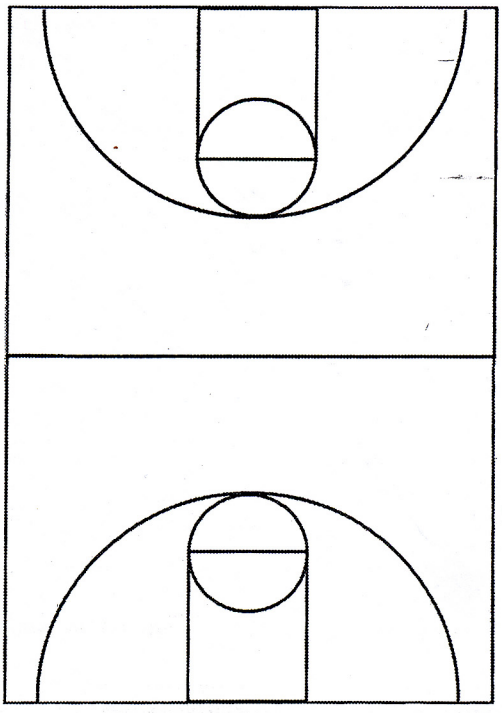
③ 4 screens for 2 & 2 fades out
3 reverses to 5 who hits 4 man

④ 4 man reads "D" & if 3 open pass to 2 man to get 3 ball
If defense overplays 3 man flares to corner for shot

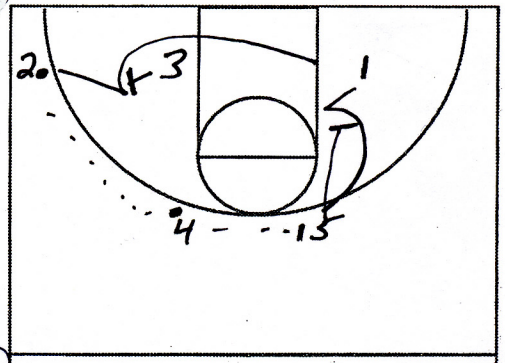
⑤ 2 hits 4
5 screens for 1
4 hits 1 while 3 screens for 2
1 looks for 2
4 goes down & 3 goes up.

⑥ one hits 3 & 2 goes back across five picks for 1 as one flares.

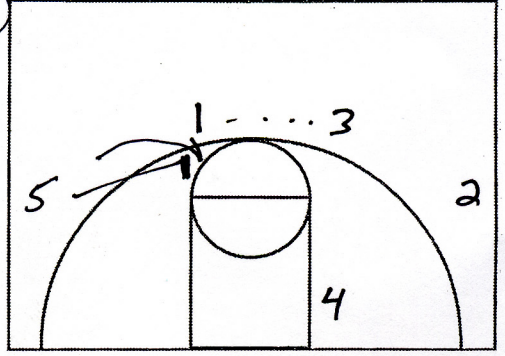




adidas



⑥



BO Ryan

5 spots on floor

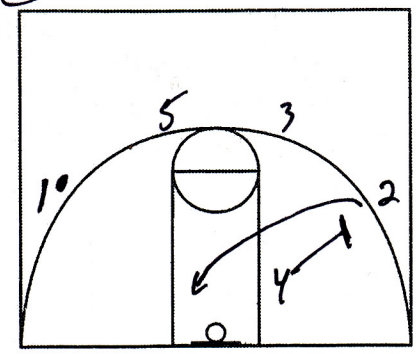
always 2 wings
1 post · 2 guard top

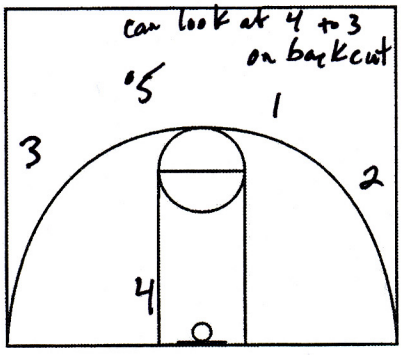
- against overplay teams point dribbles in & wing backcuts as post leaves to open it up.
- you can also do screen to get into offense.
- nice thing about swing is you can ~~also~~ always get a stagger screen.

you can get into 1 & 2 from swing position

ways to beat full court pressure put big in middle & throw over top

(7)





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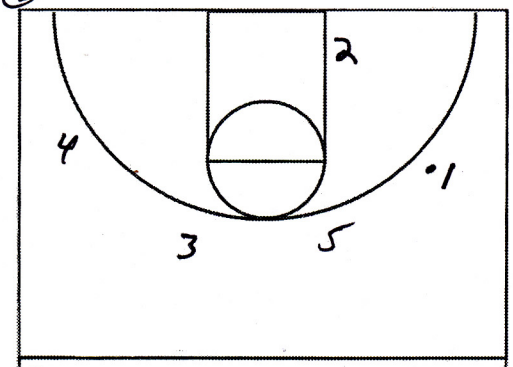

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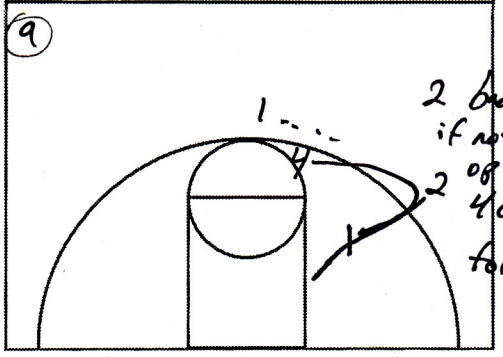
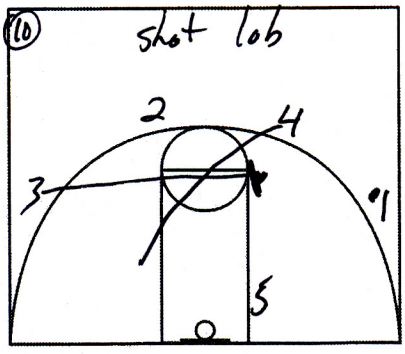
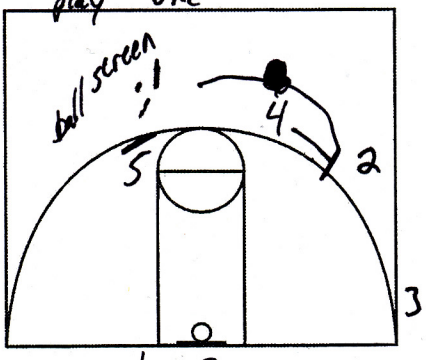


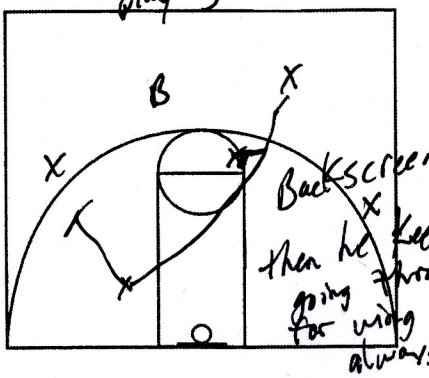
(10) shot lob



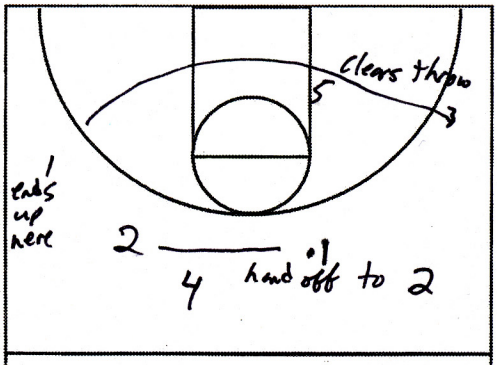
play one

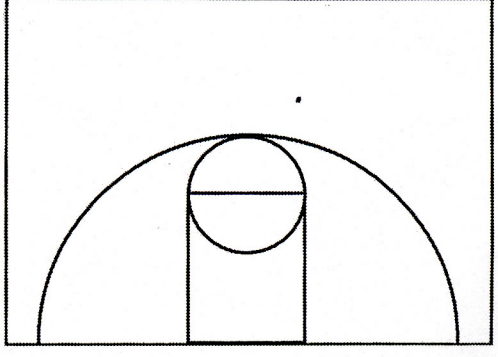


play 3

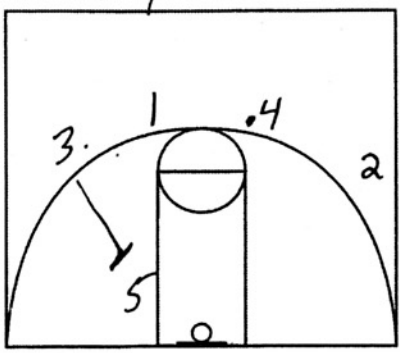


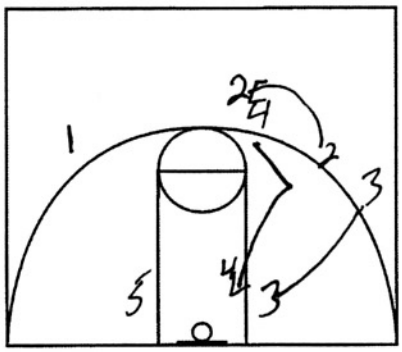
play two

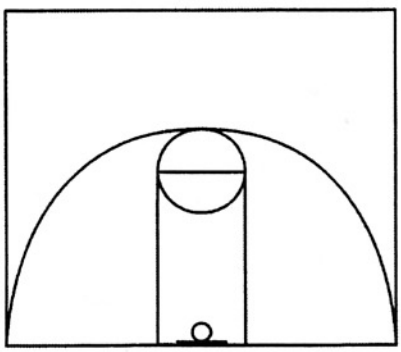


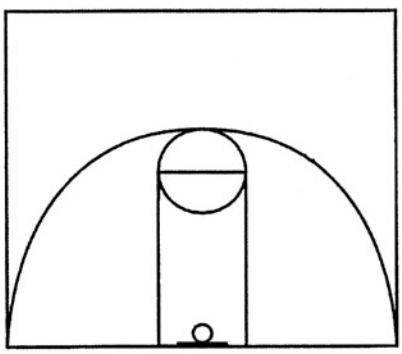


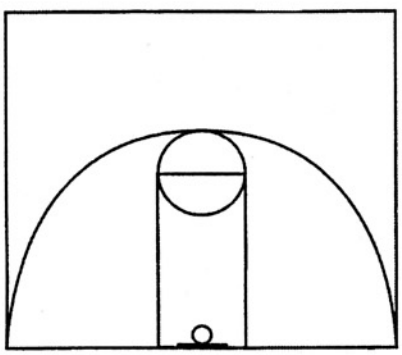
Play 4





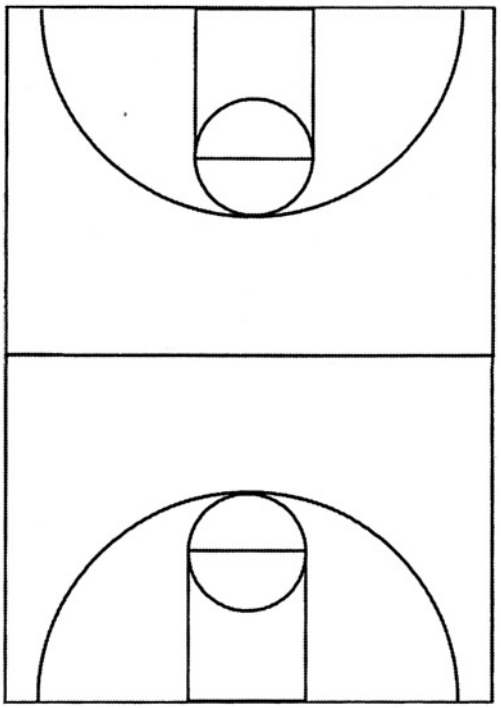


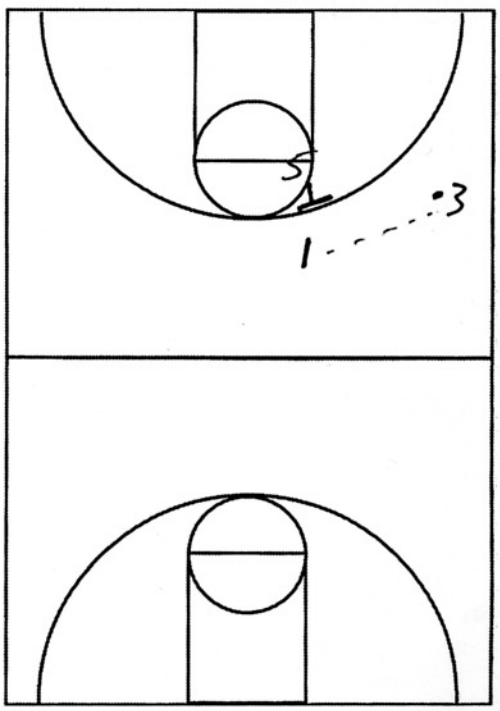




4 man skips ball to one man who has replaced the 3.
1 looks for 5 man in post or 2 man coming off screen from the 4.

Five sets a screen for one man. If the "D" switches this then have the one man take the big to the corner & receive ball from 3.
1 man can beat the big.





Bob Hurley| "The Uptempo Practice"

I. Practice Essentials

-Put it Down on Paper

- Can't wing practices, plan in advance!
- Hurley keeps practices for several years to compare current quality of practice
- Stick to what you write down!

-Alternate Hard and Easy

- Hard parts of practice shouldn't last more than 5 minutes
- Alternate hard and easy parts of practice

-Practice the Way You Play

- St. Anthony's practice mostly in the fullcourt since they are an up and down team

-2/3 skills, 1/3 team

- Work on individual skills to improve the overall team

-Practice to Improve Team 1st

- Treat every game the same (Kids notice when something is different)
- Focus on your opponent 2nd

-Breakdown Work Daily

- Have 1 coach with big men, 1 with guards

-Shoot 20 minutes Daily

- Everything else you practice is worthless if you can't take advantage of opportunities

-Shorten Practices as Season Goes On But Keep Intensity Up!

-Special Situation Practices Regularly

- Hurley has 1 special situation practice per 2 weeks (1 1/2 hours goes over 20 different situations)

-Shorten Practices Pre and Post Game

- Before: focus on things you want done in the game but leave time for legs to recover for game
- After: If team has bad game, don't take it out on your team (they didn't intentionally lose.) Teach instead

-Start and End Each Day with Meeting

- Starts positive
- Ends positive (reminders for what's coming up and tomorrow's focus)

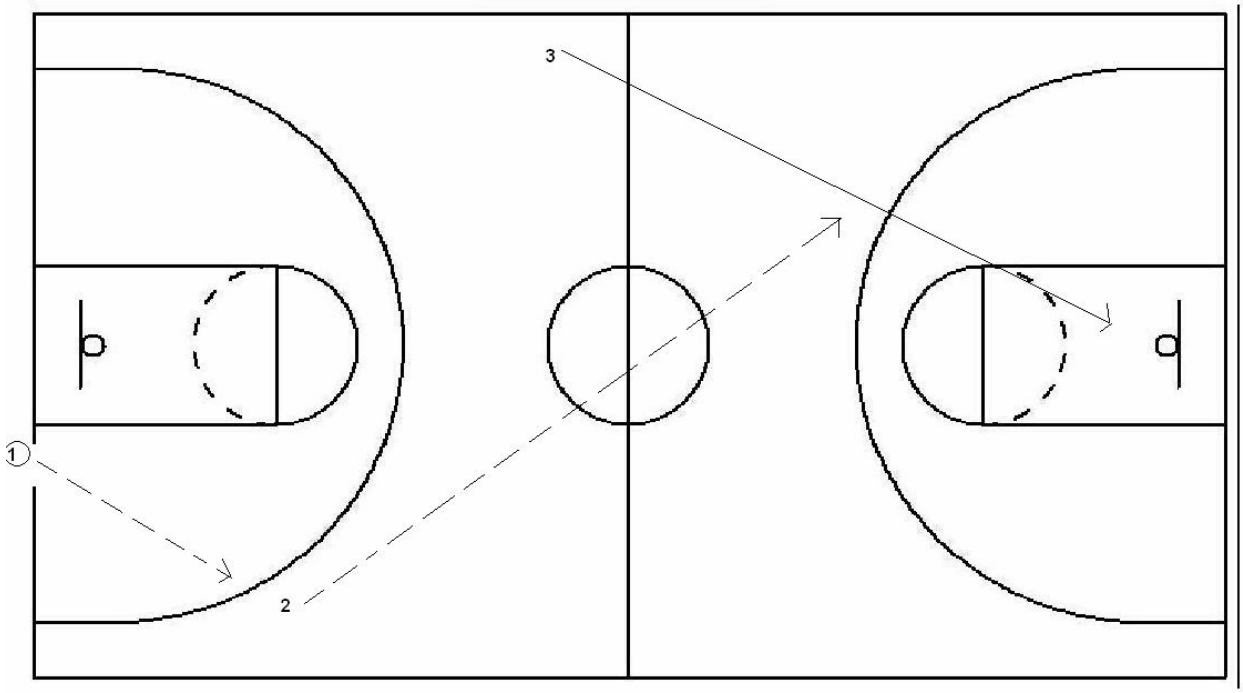
II. Daily Practice Tips

1. Players are responsible for the mood and correcting mistakes
    a. Leaders on team need to be held accountable for getting it going
    b. Coaches just make a suitable situation for learning
2. Team Meeting at Beginning and End of Practice
3. Early Drills
    a. Players call out names of teammates and names of drills
4. Head Coach uses each player's name within first 15 minutes
5. Earn Maroon Shirt
    a. No such thing as a game player (come to practice and work)
    b. Designate 5 players who have maroon shirts at beginning of season (starters)
    c. Each day the 2nd unit (Gold Unit) fight to earn the maroon shirts and the starters fight to keep them
    d. 5 players who finish a practice with maroon shirt will start the next day's practice with them on; if next day is a game those 5 will start
6. Change Practice Partners Regularly
    a. New faces help push players instead of settle
7. Keep stats on drills
    a. Have something to shoot for
8. Listen to Practice
    a. You can find out a lot about your team by closing your eyes for a few seconds in practice
9. Use a variety of drills
    a. Identify where you got them from
    b. Makes players feel like they have the edge
10. All Conditioning with the ball
    a. Don't run just to run unless punishment
11. Utilize assistants and gym space
12. End Practice on Positive Note
    a. Reward practice players for effort

III. Warm-up Drills

- 3 Man Weave (5 passes, 4 passes, 3 passes)- Up and Back x2

- 2 Pass Outlet → Baseball Pass



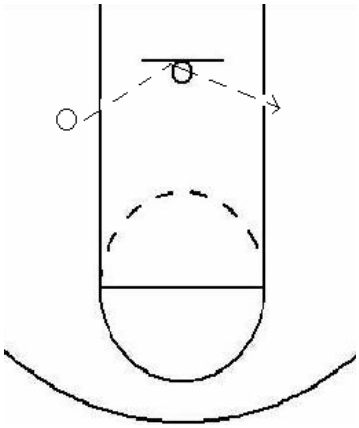
- 3 players pass back and forth (there) → Breakout 1 pass for layup; opp. Wing covers backboard
- Chase the Point Guard
  - PG has 4 dribbles to take length of the court
  - 2 players on defense chase the point guard once the first dribble hits the floor
  - When defense comes back for 2 on 1: Inbounder baseball passes to wing
- Chase the Point Guard- Drill B
  - PG has a teammate; pass back and forth
  - 3 defenders chasing
  - Coming back: 3 on 2- outlet pass

III. Shooting

- 4 ball shooting
  - Baby hook
  - Smart shot
  - Curl @ Elbow
  - Curl @ Elbow→Rip back to middle
  - 3 point shot; big men shot fake→jumper
- Follow the leader (Partner shooting)
  - Group of 2; possibly 3---1 ball
    - Lead shooter
    - Follower

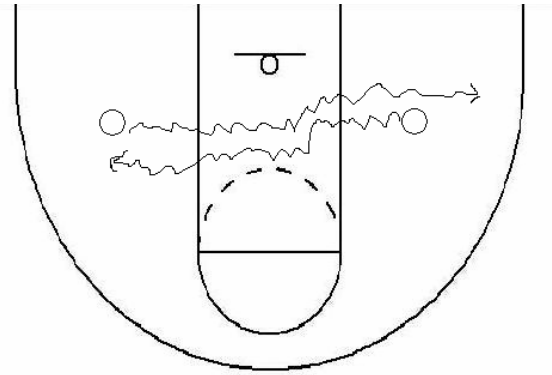
- Whatever the lead shooter does, the follower(s) does

IV. Rebounding & Finishing Drills

- Superman drill
  - Throw ball on opp. Side of the glass and go get it, landing outside the paint
  - 
- Tip Drill
  - Throw off glass and tip it in (finish everything)
- Throw off glass, rip to chin, and score
- Rip, fake, and power up
- Rip, fake, and reverse layup

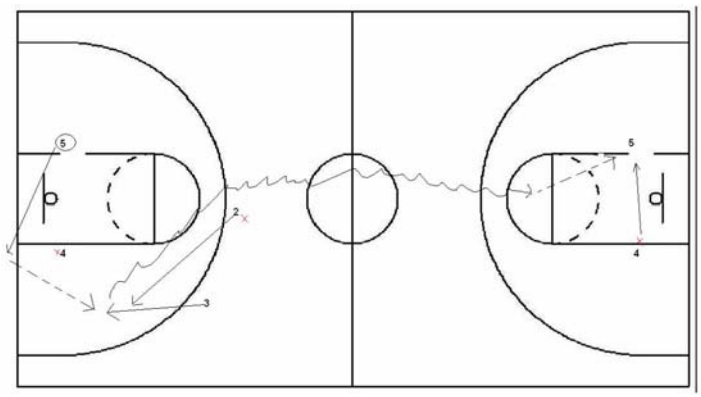
V. Ballhandling

- Quick change partner drill
  - Start with right hand facing partner
  - When arms length away from partner, switch hands
  - Works on being quick in small spaces
  - If you don't call out which hand you are using, a collision is likely
    - Crossover
    - Through the legs
    - Behind the back
    - Spin



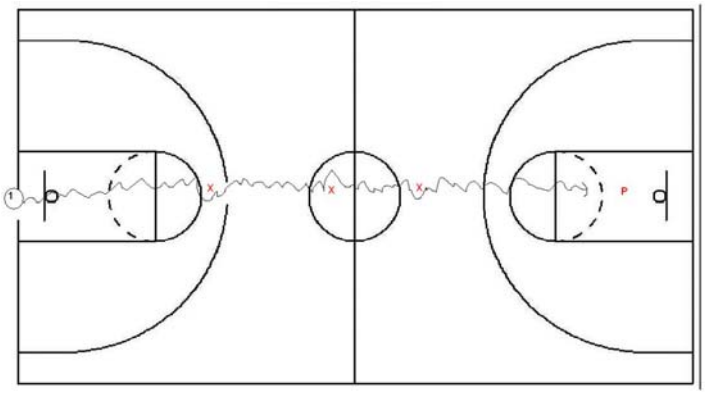
VI. Combination Drills

- Foundation for passing
  - Restrictions:
    - Offense can't dribble
    - 6 passes=1 point
    - Post pass=1 point; Must put priority on feeding the post
    - Basket=2 points
    - 12 passes=2 points
    - Defense scores on a stop
    - 15 point games
  - Start out by having 2 down screens and then flowing into a motion-type offense
- Foundation for defense
  - Promotes communication, positioning, and rotation
  - Starts out like a shell but with 5 vs 5
  - On "switch" defense goes to offense
    - However, no one can guard the same person
      - Most important to guard immediately: Person with ball
      - 2nd most important: 1 pass away
      - Least important: Weakside wing
    - This is where communication comes into factor
    - "we don't talk, we have no chance."
  - On "double" we double team the ball
    - Help defense needs to take away the next 2 passes
    - One protector of rim
    - Giving the offense a cross-court pass (gives defense time to regroup)
  - On "change ends" offense goes to the other side of the floor and is now on defense; while the other team is in their offensive transition downcourt
- Pass & Power Up



- 2 posts on both sides of floor
- 2 guards on both sides of floor (1 designated for Offense, 1 for defense)
- Whichever post receives the pass is on offense and the other becomes defense
- Defense only guards in the half court

- Human Cones Drill



- "Coach Bob Hurley uses the Human Cone Drill as a competitive way to work on ballhandling and attacking the rim. This drill can also be called "Guards vs Bigs." The first guard will dribble around the human cones (the next guards waiting in line to dribble) as they are trying to deflect the ball. Once the guard gets around all cones, he attacks the rim being guarded by the post man who makes it as difficult as possible to score without fouling. If the post stops him from scoring the post players get one point, if guard scores the guard gets one point. And you keep alternating guards and posts until you reach a set score. Note: Guards will always be scorers and posts will always be stoppers in this drill for Coach Hurley." –From http://triplethreatbball.blogspot.com

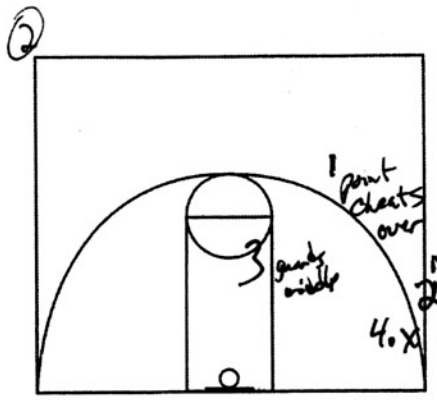
VII. End Practice

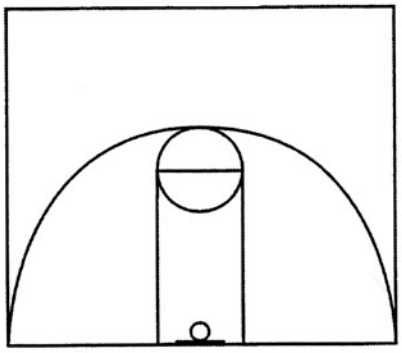
- "Last Gasp"- 10 lengths of the court (dribbling the ball)
  - Down n back with right hand
  - Down n back with left hand
  - Walking figure 8 down n back

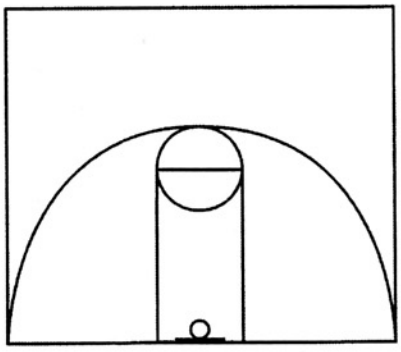
    - Alternating hands (crossover)
    - 2 ball dribbling down n back
- Always finish with free throws!

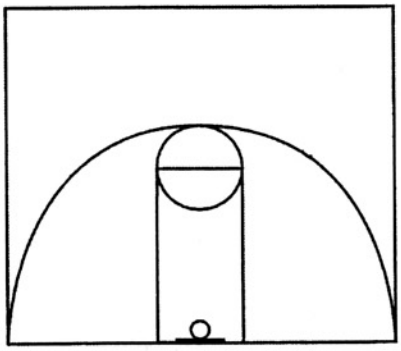
Pearl p.one

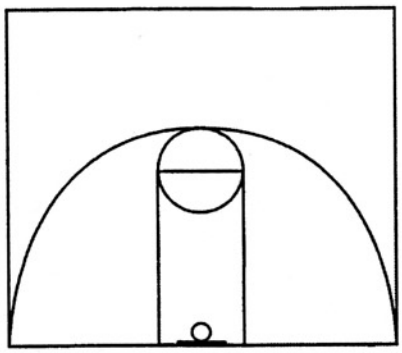
Full court press











End of halfs are most important

(4) Disrupts the offense

5 wants to be aggressive in full court b/c TO's will hurt more there.

6 Builds chemistry

let them sub themselves

Responsibilities

4 man - take away long pass then take away quick cover pass must know what other two doing

Yell ball, ball, ball

- Ball side has man principles

off side is zone

Ball side intercept position

off side is inside 3 man has foot in lane - must be ready to intercept from weak side

* point has next available receiver

Ball goes into corner take away

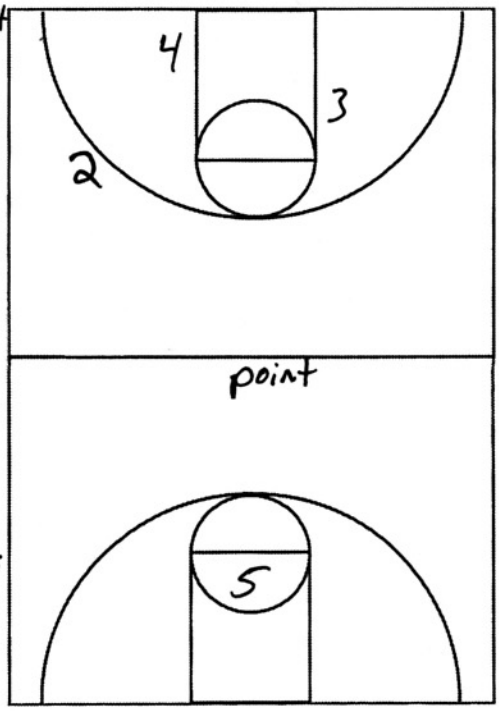
(1) long & quick passes, must close out w/ hands up.

(2) 2 man must have foot out of bounds

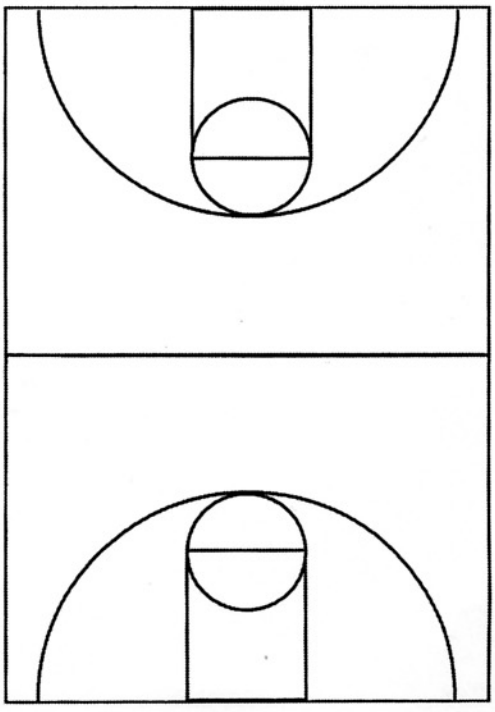
(3) 4 man responsible for split of trap

If you reach in you need to stay in.

you need to read shoulders to see where the ball can go.



best big guy goes back



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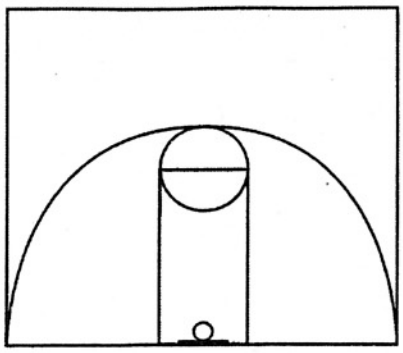
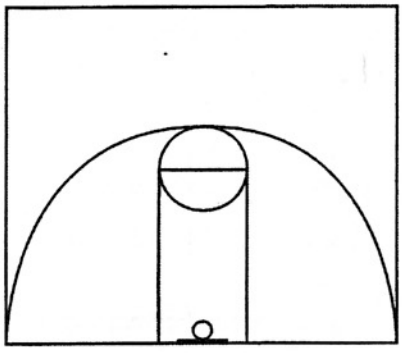
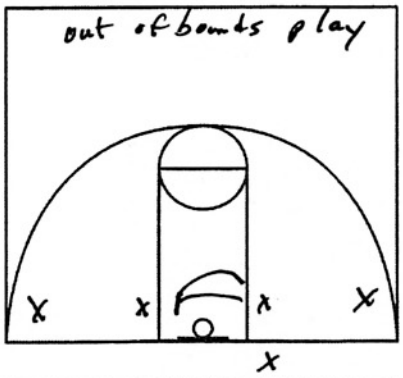
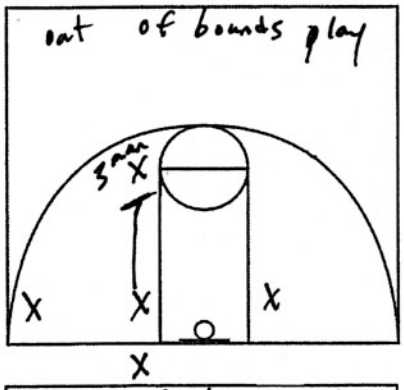
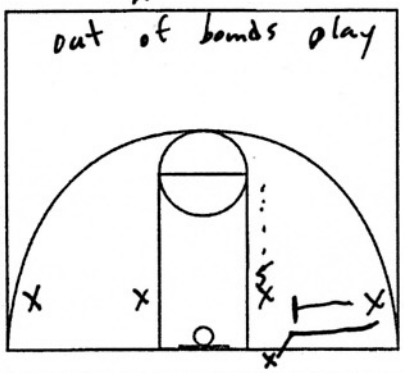










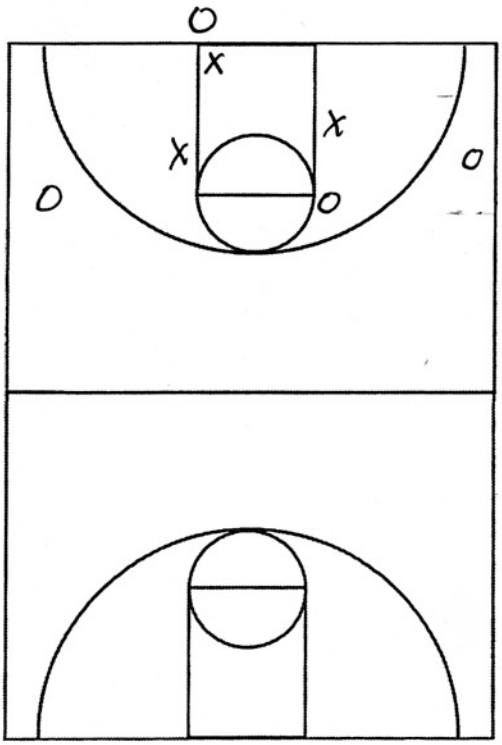
This drill is designed to get 2 guys covering 3

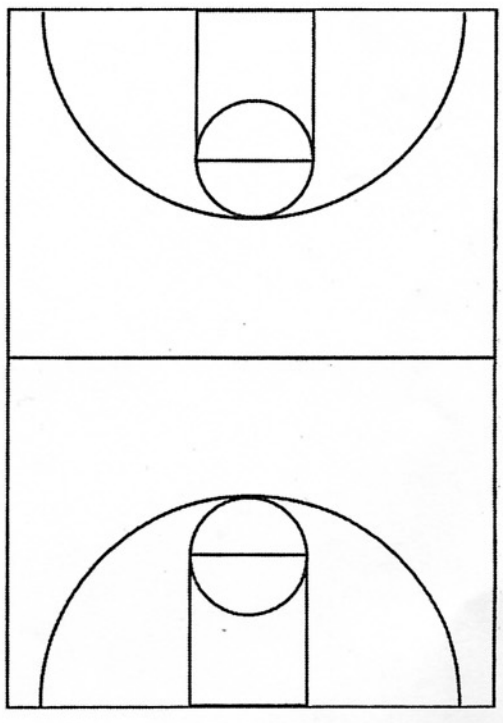
calls for press
- 2 digits
  first digit is how much
  5 full court
  1 Drop back
  2 extended
  4 3/4 court
- 2nd Digit is zone

simple post up after the screen

lob to 3 man

Throw it in to 5 man and you get a shot from corner or look low to the screener





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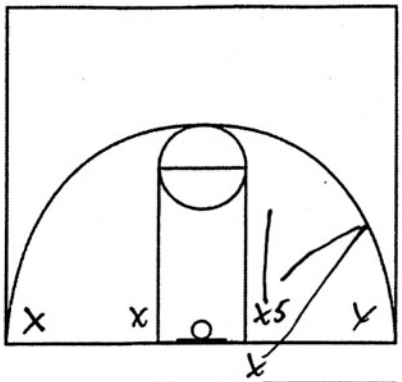
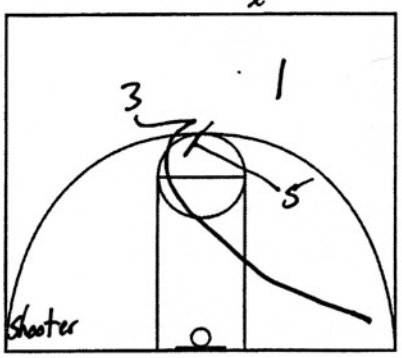
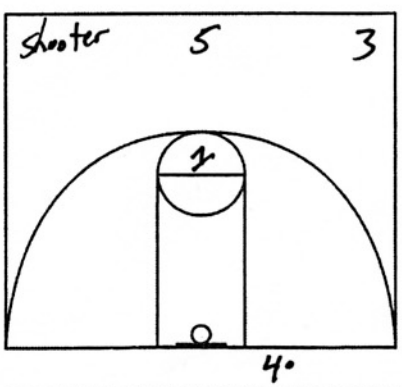


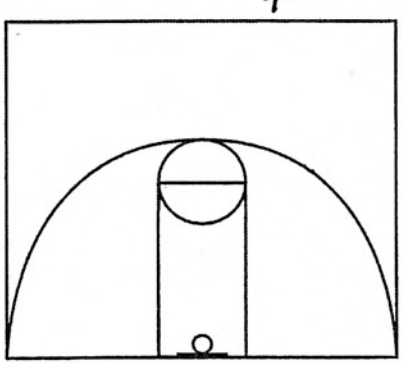
5 man goes to elbow through it to him. passer comes in to the wing & then goes back door



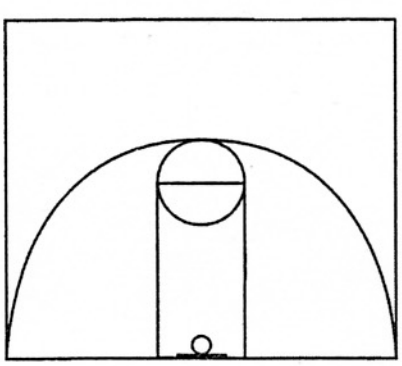
sideline OB
2 let's himself be denied. Inbound to 5 & hand off to One. One penetrates.

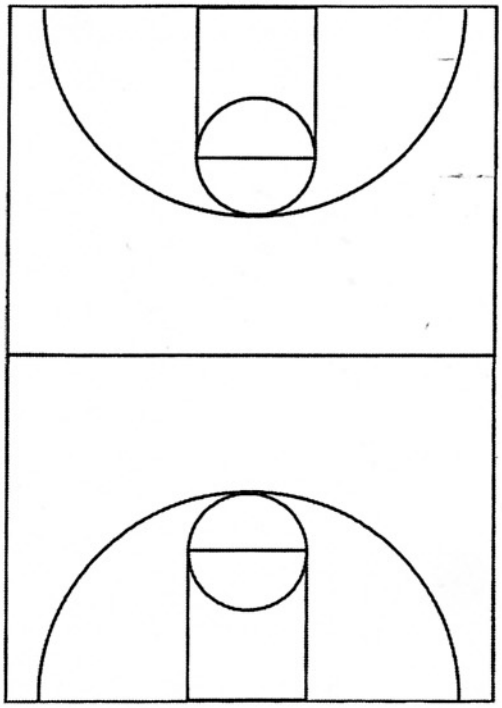


Last second play
3-4 seconds in game
point screens for 5
shooter starts to come up to ball & then darts to hoop
3 comes up & 4 takes pass.
4 throws it to 5 who throws it to the streaking shooter



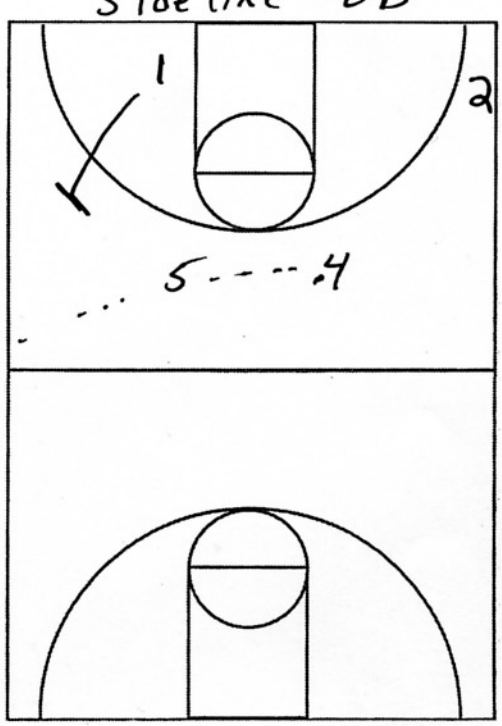
3 throws to 5 who throws to 4
1 back picks for 3. 4 looks for 3 man.







Sideline OB



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September 29-30th Palms Casino, Las Vegas

Bruce Pearl – Uptempo Transition

1. Full court pressure "D"
    a. raise the level of expectations of your players
    b. know other teams personnel

2. Tips for Success
    a. Build Confidence, get players to work hard and they will do better
    b. Hard work alone won't guarantee success, but without hard work you won't have success
    c. It's not the coaches job to make all the right decisions, but it's the players job to make them work.
    d. Read "Success is a choice" – Pitino (book)

3. Attitude
    a. Talent – who are you surrounded by, surround yourself with talent
    b. Teamwork – if the team is successful then the individual will benefit far more.
    c. Tolerance – ability to get along, this needs to happen
    d. You can control tempo in a game, Pearl does this with Defense

4. 1-2-1-1 Full Court Zone Pressure
    a. Makes you play hard
    b. Exhausts your opponent
    c. End of half is the most important
    d. Disrupts other teams offense
    e. Wants to be aggressive in the full court because turnovers will hurt more there
    f. Builds chemistry
    g. Let players sub themselves

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Adidas Coaching Clinic
September 29-30th Palms Casino, Las Vegas

Bruce Pearl – Uptempo Transition - continued

5. Responsibilities
    a. take away the quick corner pass with the 2 and 3 man
    b. must know what the other team wants to do
    c. Ballside has man principles, offside has zone principles
    d. Ball side is the intercept position
    e. The offside man is inside the lane with a foot and ready to pick ball
    f. If you reach in you need to stay in
    g. You need to read shoulders to see where the ball can go.
    h. Key is to get into the press before the ball is in.
    i. Work on 1 or two passes in practice
    j. This is a one and done press, lucky if you trap once
    k. Don't press on missed shot.
    l. Diagrams have everything drawn out. See attached

Phone number at Tennessee – 865-974-1206 Janice is the secretary.

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Advanced Guard Workout by Coach Saintignon

1. **Ball Handling Warm Up:**
    a. Ball slaps.
    b. Around the head and then change direction.
    c. Around the waist.
    d. Around both legs.
    e. Around left knee.
    f. Around right knee.
    g. Figure 8 through the front.
    h. Figure 8 through the back.
    i. Rhythm drill right and then left.
    j. Hard static pound with the ball in right hand.
    k. Inside/out with right hand.
    l. Front and back (ball on a string) with right hand.
    m. Behind the back with both hands.
    n. Left hand hard static pound.
    o. Left hand inside/out.
    p. Front and back with left hand.
    q. Crossover in front with both hands.

2. **Warm Up**: I use a 2 ball warm up. Starting with the player in front of the rim in the key. Continuous quick shot really emphasizing technique of Balance, Eyes on the target, Elbow and follow through (BEEF). I will alternate from chest passes to bounce passes…working our way up to 1 dribble pull up for each hand and then working to 2 quick dribbles, emphasizing the quick pickup of the ball. We will then move to the other side of the key working on the same moves and then finish on the opposite side of the key.

3. **Right Wing: catch at the timeline moving from Half court.**

a. Two dribbles right hand jumper toward the baseline
b. Two dribbles step back toward the baseline
c. Two dribbles and crossover into jump shot
d. Two dribbles and then double crossover

- Make 3, 5, 8, 10, 12, or 15. Make 2 in a row before moving on, etc. Include pump fake…

4. **Shoot free throws**: Work on Balance, Eyes on Target, Elbow at 90 degrees, Follow through and finishing with elbow above eyebrow and on your toes and pose. Usually make 4 and then onto next routine.

5. **Right Wing: Catch the ball at the timeline and use 2 dribbles left handed to the elbow.**

a. Pull up jump shot at the elbow
b. Two dribbles and step back
c. Two dribbles and step back crossover

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6. **Shoot free throws**

7. **Right Half Court area attack moves.**
a. Hard stutter/hesitation into jumper
b. Inside/out move into jumper
c. Crossover into jumper
d. Spin dribble into jumper
e. Behind the back into jumper.

8. **Right half court area attack with double moves.**
a. Hard stutter and inside out into jumper
b. Inside out, crossover into jumper
c. Crossover, spin into jumper
d. Spin, behind the back into jumper
e. Behind back, hard stutter into jumper.

9. **Free throws.**

10. **Right Wing area: Spot, Fade Curl.**
a. Spot up at the 3 pt line wing area, take shot and then fade to the corner for a 3 point shot and then come off hard toward the elbow for a curl shot.
b. Add 1 dribble shot to each move
c. Add Pump fake first and then into 1 dribble shot.
d. Add 1 dribble step back into the shot.

11. **Free Throws**

12. **Top of the key**
a. Catch and shoot with 1 step
b. Catch and shoot with hop.
c. Catch and use 1 dribble left and right.
d. Catch and use 1 dribble, then spin move to opposite elbow for jumper.

13. **Top left retreat and explode: above 3 pt line.**
a. Three dribbles left hand retreat-between legs and finish at rim.
b. Three dribbles left hand retreat-crossover into jumper.

14. **Top Left Half Court.**
a. Catch at timeline and take 2 hard dribbles toward baseline, pull up jumper.
b. Catch at timeline and take 2 hard dribbles and step back.
c. Two hard dribbles and crossover.
d. Two hard dribbles and double crossover.

15. **Free Throws**

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16. Catch at timeline and take two hard dribbles to elbow.
a. Two hard dribbles and jumper at elbow.
b. Two hard dribbles and step back at elbow.
c. Two hard dribbles and step back, crossover.

17. Free throws

18. Catch at half court and use attack dribble moves.
a. Hard stutter/hesitation into jumper
b. Inside/out move into jumper
c. Crossover into jumper
e. Spin dribble into jumper
f. Behind the back into jumper.

19. Left half court area attack with double moves.
a. Hard stutter and inside out into jumper
b. Inside out, crossover into jumper
c. Crossover, spin into jumper
d. Spin, behind the back into jumper
e. Behind back, hard stutter into jumper.

20. Top right retreat and explode: Above 3 pt line.
a. Three dribbles right hand retreat-between legs and finish at rim.
b. Three dribbles right hand retreat-crossover into jumper.

21. Spot, Fade, Curl

22. Free throws

23. Left Wing Slide and flash: Start in a stance at the bottom of the circle and then slide out to sideline and then flash into middle.
a. Elbow jumper
b. 3 point shot.

24. Right Wing Slide and flash:
a. Elbow jumper
b. 3 point shot.

25. Free throws.

26. Sweet 16. Make 16 shots from short baseline to free throw elbow to opposite short baseline to free throw elbow in continuous movement until 16 makes.

27. Elite 8. Make a power move under the basket, then out for a quick 3 in the corner, come back and put the ball in basket off a bounce off the floor, then to the free throw corner, for a shot, then out to the side and come back hard for a shot at

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the corner, then out to half court line, and make a move for a shot. If you make 8 you are done, if not then continue onto the other side of the court.

28. **Free throws.**

29. **Elite 8.** Make a layup under pressure, then out for a 3 point shot in corner, then back for a follow-up lay-up, then to the nearest free throw elbow, then out to the sideline catch and take one dribble for a shot, then out to the corner of the halfcourt line and make a double move…then into the other side of the court doing the same moves until 8 baskets are made.

30. **Free throws.**

31. **Final Four**. Must make 4 shots in a row from the Corner, right wing, corner, left wing without stopping.

32. **Make 5 Free throws in a row**-miss and slide in a stance to the sideline and then back.

For more information on the workout you can see the DVD "**Advanced Guard Workout"** that is available as well as "**Pass Attack-Secondary Break, The Complete Offensive Transition System**" soon to be released on Championship Videos. Books: Get "**Bonita Basketball"** a blueprint for youth basketball player development, how to develop your feeder programs and "**How to get a College Scholarship"** by John Saintignon at 714-282-1492 or by email at: johnsaintignon@gmail.com

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CABALLERO BASKETBALL DEFENSIVE PLAN

INDIVIDUAL FUNDAMENTALS

On Ball Individual Fundamentals

1. Side push-no middle
2. 1v1 from top
3. Review 1v1 Small. Inbound deny, side push, give & go cut, front post, help side, stik, 1v1 live.

Off Ball Individual fundamentals

1. Wing deny
2. Wing 1v1
3. Review: 1v1 full court with trail…same as with smalls except leads to deny b/c of trail person.

Defensive Rebounding

1. 1v1 Box out
2. 3v3 Defensive rebounding which leads into 3v2 situation…then into a new 3v3

Post Defense

1. Bigs Drill: 3 players on the side of the floor…Bigs cut down the middle/then shift on the post/deny/front/base deny/then into wing deny/then into 1v1 live.

Team Fundamentals

Off Ball Screen

1. Down screen
2. Back screen
3. Side screen
4. UCLA to review
   a. on ball trap
   b. switch
5. FLEX review
   a. stack – invert
   b. base screen post trap go green
   c. down screen

Defensive Trapping

1. 2v1 double teaming
2. Base Trap – Go Green with 4v4
3. Post Trap – Go Green with 4v4, repeat show rotations
4. Review: Trap and recover…drive base – go green
5. Post up option from wing

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On Ball Screen

1. Trap vs. Screen and roll
2. Trap vs. Screen and pop
3. Early trap before screen

Review Individual Fundamentals

1. Station 1: on ball
2. Station 2: smalls
3. Station 3: Bigs
4. Station 4: Box out
5. Station 5: UCLA or Flex

Team Defense

Base Trap: 4 out 1 in…Strong side…rotate

Post Trap

Base go Green, rotate

Half Court Scrimmage

1. 4 stops in a row
2. Defensive rebound and fast break

Full Court Defense

1. GUT – 4 stops full court…either 3v3 or 4v4
2. WOLF – run down but not past backboard
3. 3v2, 2v1
4. 3v2 with trailer

Fast Break Defense

Missed FG: Jam Rebounder, face up the PT. Guard, Deny
Missed FT: Jam Rebounder, Deny Pt. Guard, sprint release

Full Court Press

Raised Hands: Face Trap
Raised Fists: Shadow ¾ court
Crossed arms: ½ court Shadow

Out of Bounds

1. Sag, jam, screens, deny
2. Trap 1st pass

Side out of bounds

1. Invert Switch
2. 32 set and trap first pass

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Defensive FT

1. Pinch best rebounder, screen out, screen out shooter, go after the ball

Defending End of Game

Out of Bounds

1. Charge
2. Side out Charge

Need 5 sec count on Time out

32 with tallest players closest to baseline and then form a wall so that player can't see

Defending Last Shot

3 biggest players at the 3 pt. line with hands up in a 32 set

Defending the Outstanding Player

Box and 1
Diamond and 1
Triangle and 2, inverted as well
Wing isolation – go green, go early

Delay Game

1,2,3 on ball and chasers, full denial, the 4/5 in a zone

Jump Ball

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California
BASKETBALL

SPEED GAME PHILOSOPHY

To have a speed game early offense that puts constant pressure on the defense the entire 40 minutes, whether the opponent's shot is made or missed.

This is a system that is adaptable to whatever personnel you have. It is designed to extend the floor, allow for post ups for any player, set doubles and flares for any player and to give penetration opportunities.

This system is also designed to put players in position where they can be successful. It is possible to run this and flow into it versus press and zone traps as well.

Some major points to keep in mind:

1. The counters are designed based on what the defense is taking away/how they are guarding you.
2. This system promotes ball movement and fast quick hitting counters.
3. Reads must be made on the move, and coached on the move.
4. The overall philosophy comes down to this:
   There are approximately 80 possessions per game. Is our team (coaches, players, managers) committed to getting 4 lay-ups uncontested out of those 80? Against good teams, that's what it comes down to! If we are not committed to coaching to that 5 percent, then it will not work!

UNIVERSITY OF CALIFORNIA 125 HAAS PAVILION BERKELEY, CALIFORNIA 94720-4422 [TEL] 510-642-0361 [FAX] 510-642-6807

California
BASKETBALL

SPEED GAME PHILOSOPHY
THE "50" SERIES
EARLY OFFENSE, SECONDARY BREAK

CONCEPT:
TO BALANCE THE FLOOR IN ALL TRANSITION SITUATIONS.

Player Positions:

Point: (#1)

- Can he run the offense?
  Get the ball to the proper player in the proper position on the floor.
- Does he understand the total system and what it is designated to do?
- He does not have to be a great athlete, although that is a bonus.
- He must be able to handle the ball under pressure.
  Know when to pass or to dribble.
- He must be a totally unselfish team player.

Wing: (#2, #3)

- Run Sidelines.
- #2 and #3 are the same position therefore if you can play #2, you can play #3.
- Need to be able to catch and shoot coming off screens, or athletic enough to get to the rim on drives.
- Being able to do both is obviously a bonus.

Post: (#4, #5)

- One poster, one trailer.
- Interchangeable, especially on missed shots.
- The post with the better perimeter skills should be the trailer on all made baskets.

This system can be used for fast break, secondary break, early offense, trap offense, or press offense.

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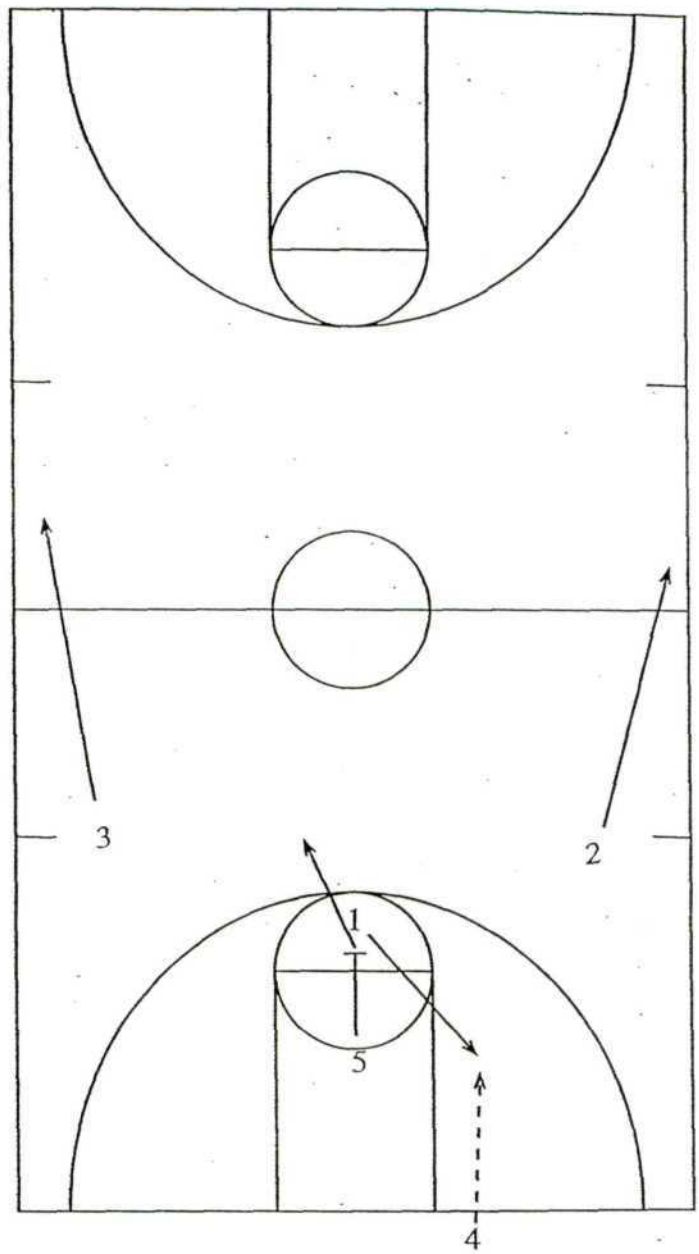
POSITIONS ON THE FLOOR

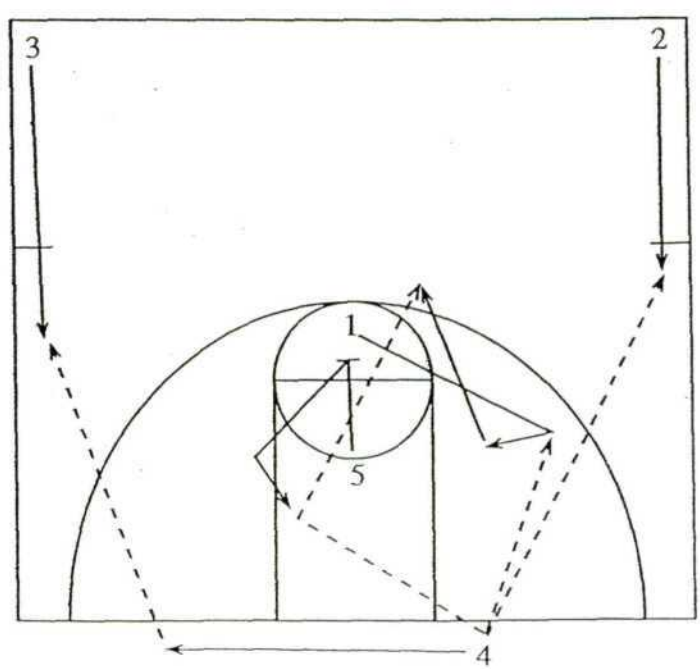
I. MADE BASKET

-#4 (trailer) takes the ball out of bounds.
-#5 (poster) moves into the key as a possible secondary option, or to set a pick for #1.
-#1 cuts to open area, and uses #5's screen if necessary.
-#2 fills right lane, #3 fills left lane. Both men should check ball at half court.



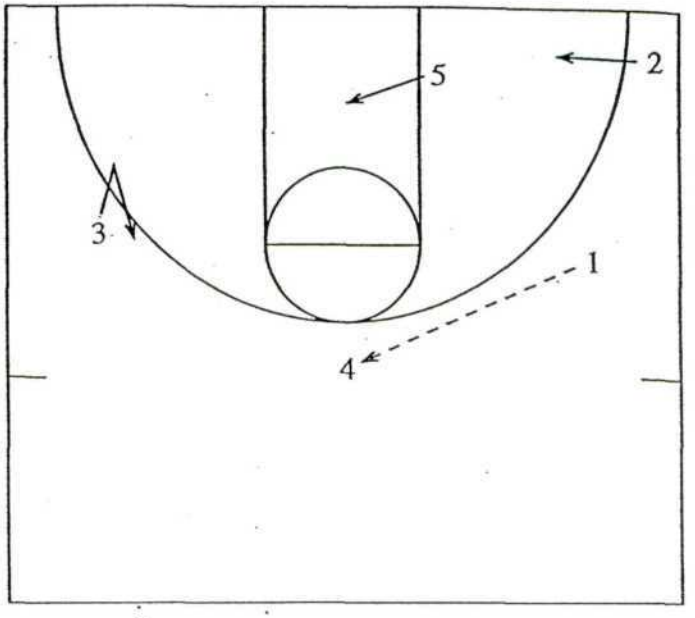
II. INBOUNDING THE BALL

-#4 should inbound as quickly as possible.
-if #1 is covered, pass to #5 stepping back towards inbounds pass.
-#1 jab towards baseline, then angle cut upcourt looking for pass from #5.
-#4 look to #2 & #3 coming back to ball if #1 & #5 are covered.



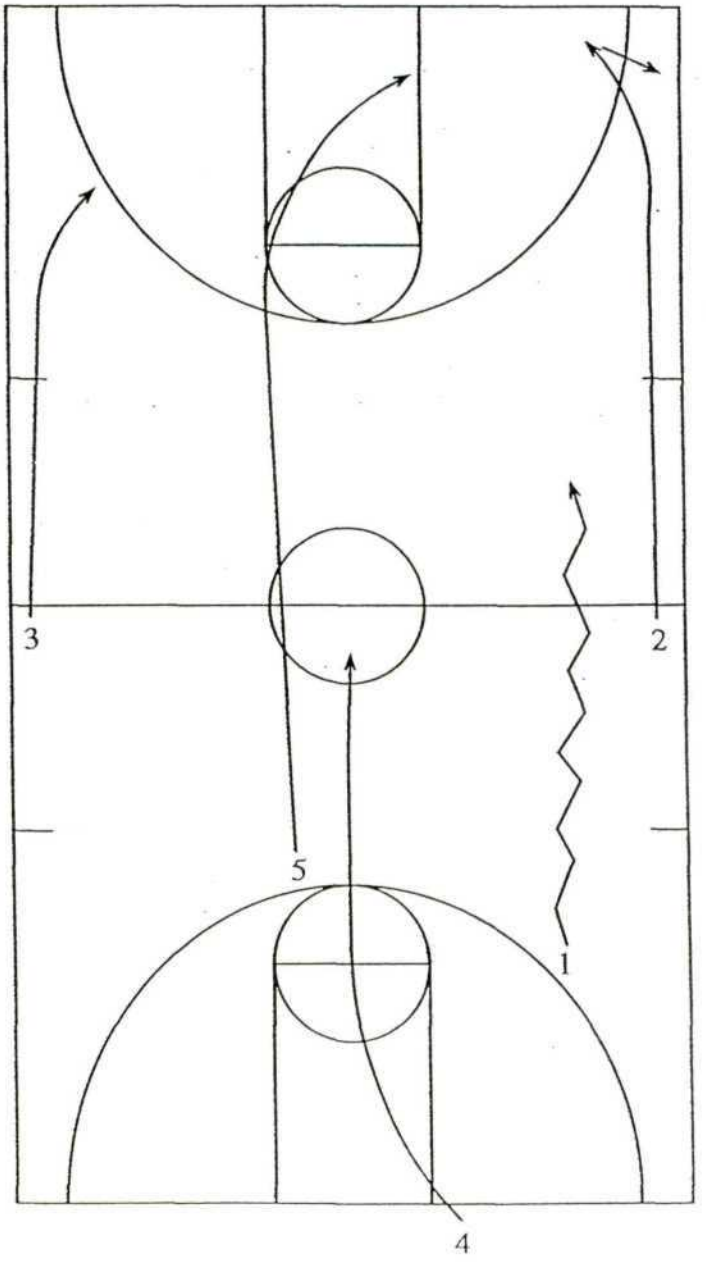
III. SPACING

Spacing is key for the execution of the Speed Game.
-#5 (poster) has to work his man up the lane.
-#2 move towards block on the pass from #1 to #4.
-#3 must clear himself.



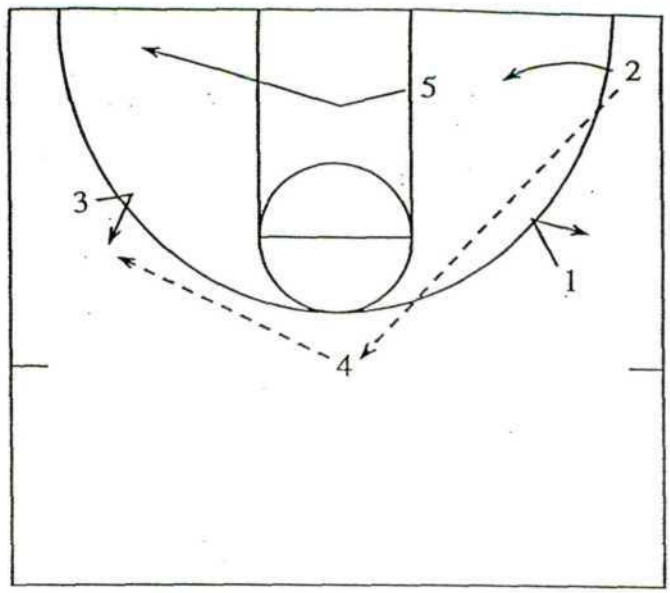
IV. MOVING INTO THE FRONT

-#1 dribble attack up court looking to direct pass up court to either #2, #3, or #5.
-#1 needs to establish a side by the half-court line. This lets the poster and trailer read the defense.
-#5 establish post-up position above the block.
-#4 trails into the top of key area.

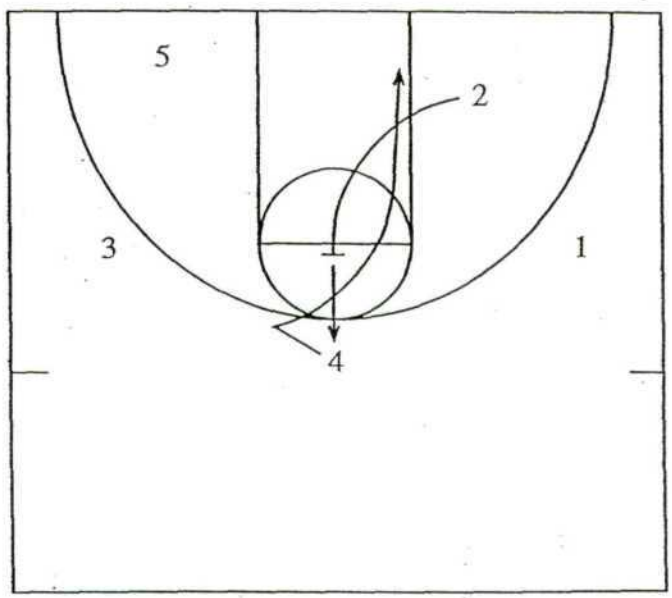


This is the basic option off Speed Game. We run this unless we call another play.

-Pass to #4 can come from either #1, or #2.
-#5 follows ball and works his way across key.
-#4 has three options: (quick ball reversal, high/low pass to #5, shoot).
-#3 clears himself to receive reversal pass.
-#2 is moving towards block.
-#1 is replacing himself.

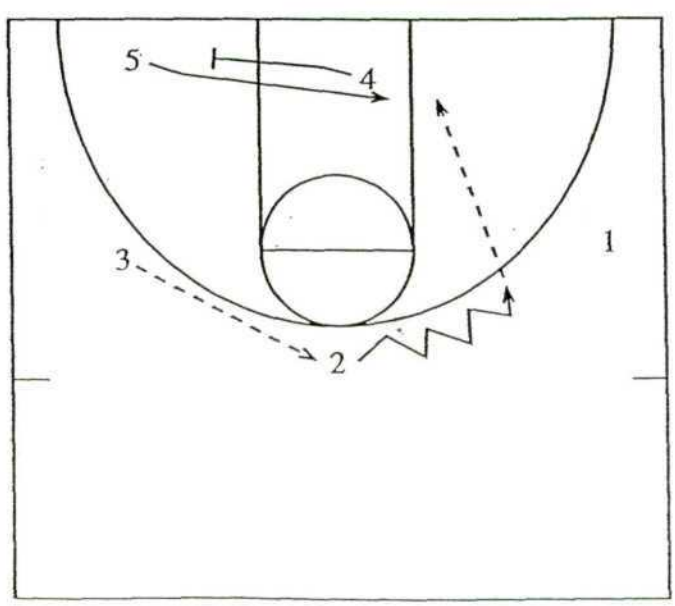


-#4 swings ball to #3
-#5 slides out to short corner.
-#2 is setting backpick for #4.
-#4 reads his man and makes proper cut off backpick: (face-cut, curl-cut, lob-cut).
-#3 looks to hit #4 on cut.
-#2 steps out after backpick to receive ball.



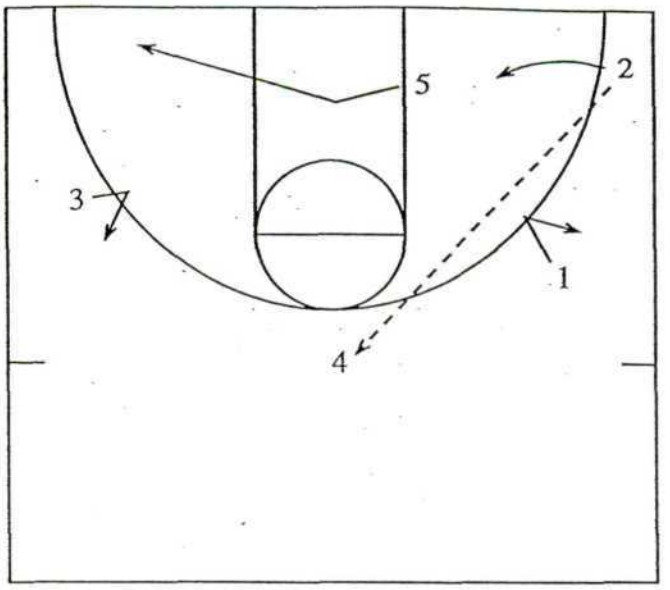
-#3 reverses ball to #2.
-#4 sets pick for #5.
-#5 runs flex cut across key.
-#2 attacks a side, and looks to enter ball into post.

-Terminates into passing game...

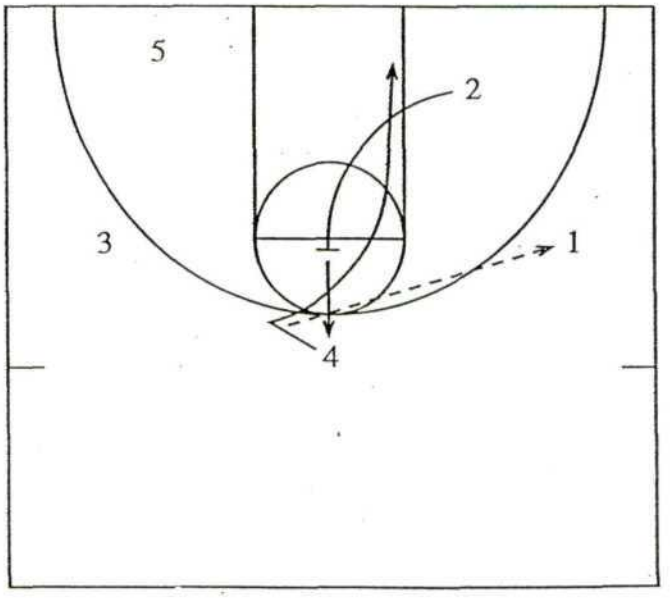


POP

-Pass to #4 can come from either #1, or #2.
-#5 follows ball and works his way across key.
-#3 clears himself to receive reversal pass.
-#2 is moving towards block.
-#1 is replacing himself.

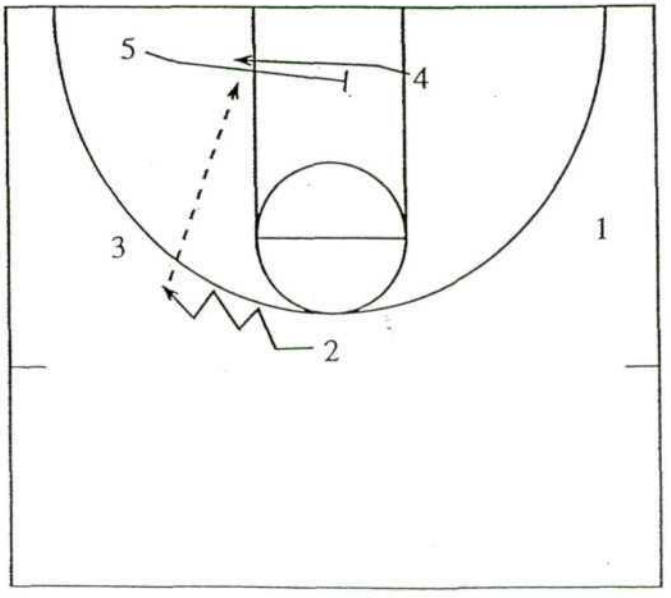


-#2 is setting backpick for #4.
-#4 fakes a pass away, and then "pops" the ball back to #1, and cuts off #2's screen to dive to block.
-#5 slides out to short corner.
-#1 looks to hit #4 on cut.
-#2 steps out after backpick to receive ball.



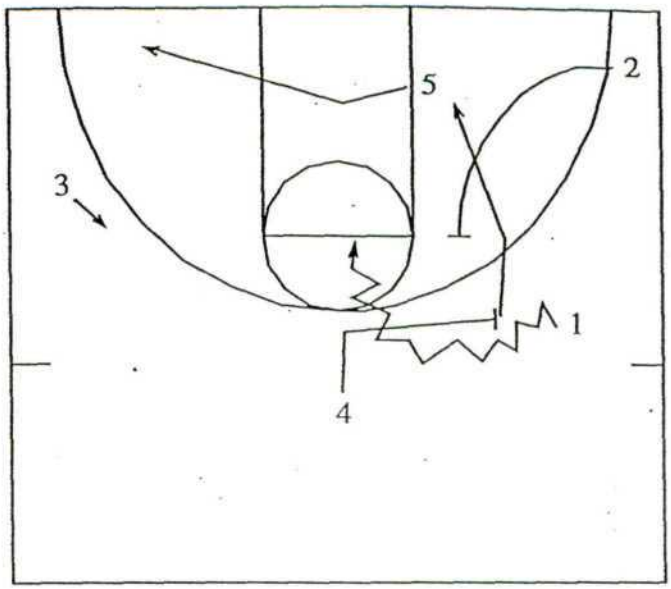
-#1 reverses ball to #2.
-#5 sets pick for #4.
-#4 cuts off pick across key.
-#2 attacks a side, and looks to enter ball into post.

-Terminates into passing game...



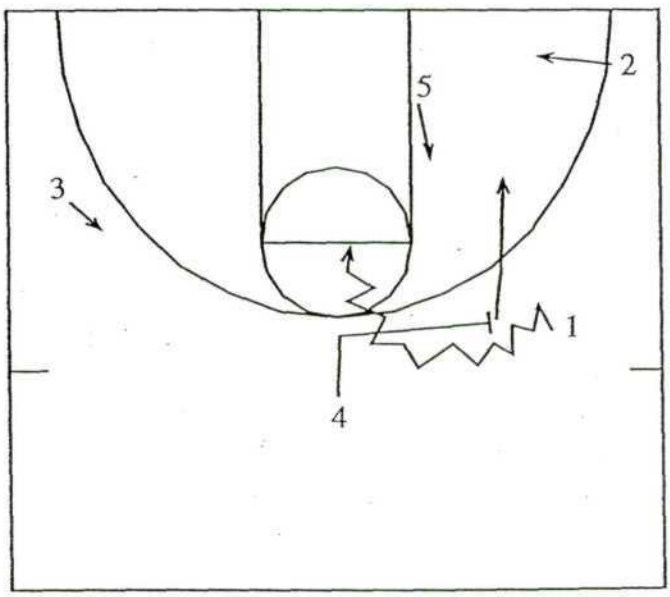
-#1 receives an on ball screen from #4 trailing the play.
-#1 then attacks the lane.
-#2 then sets a pick-the-picker screen for #4, who runs a lob cut at the basket.
-#5 slips out to the short corner.
-#3 spots up looking for shot.
-#1 has three options: (attack the basket, hit #3 for shot, throw lob to #4).

-Terminates into passing game...



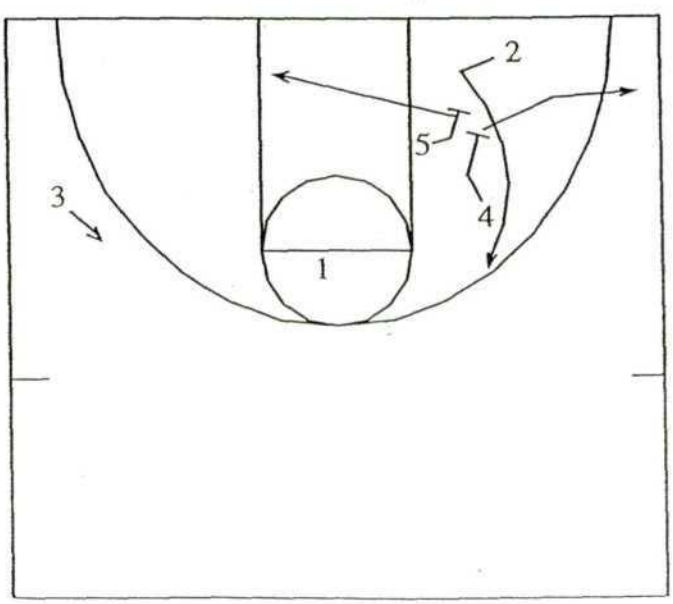
Second option off of on-ball screen:

-#1 receives an on ball screen from #4 trailing the play.
-#1 then attacks the lane.
-#4 rolls weakside.
-#2 works towards key.
-#3 looking for kick-out.



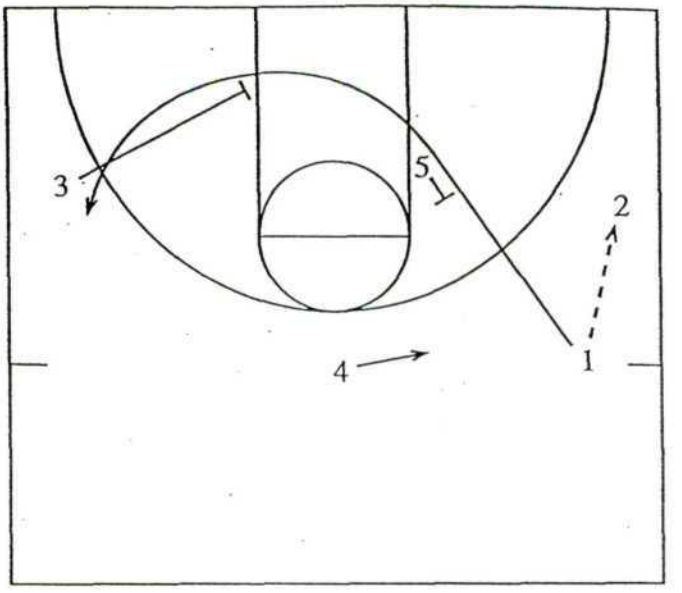
-#4 and #5 set single-single/double for #2.
-#2 sets his man up, and comes off double looking for shot.
-#5 slips double to strongside block.
-#4 flares out to weakside wing.
Time must allow for #1 to look at 1st two options.

-Terminates into passing game...

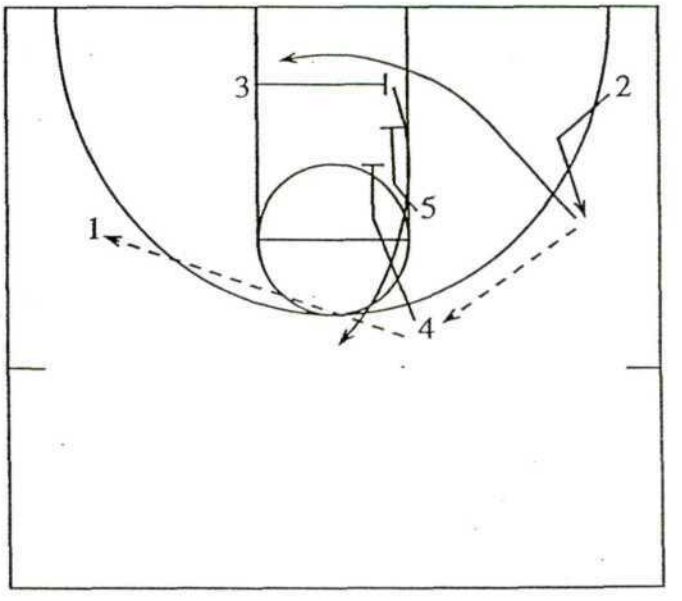


SPEED GAME (5-3)

-#1 passes to #2, and cuts through key getting rub picks from #5 and #3.

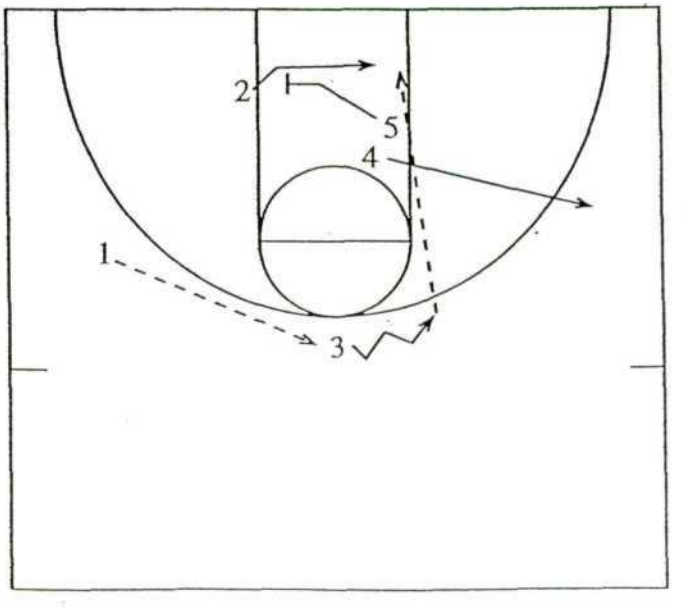


-#2 reverses ball to #4 and cuts to block off of screen from #3.
-#4 swings ball to #1 and sets single-single/double with #5 for #3.
-#3 comes off pick to top of key looking for shot.

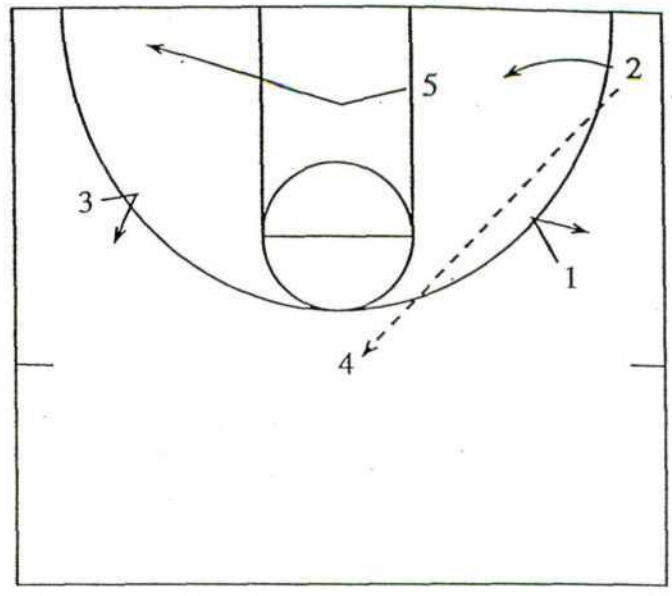


-#4 flares to weakside wing/corner for skip pass.
-#5 continues through key to set cross screen for #2.
-#3 attacks a side and looks to enter ball to post.

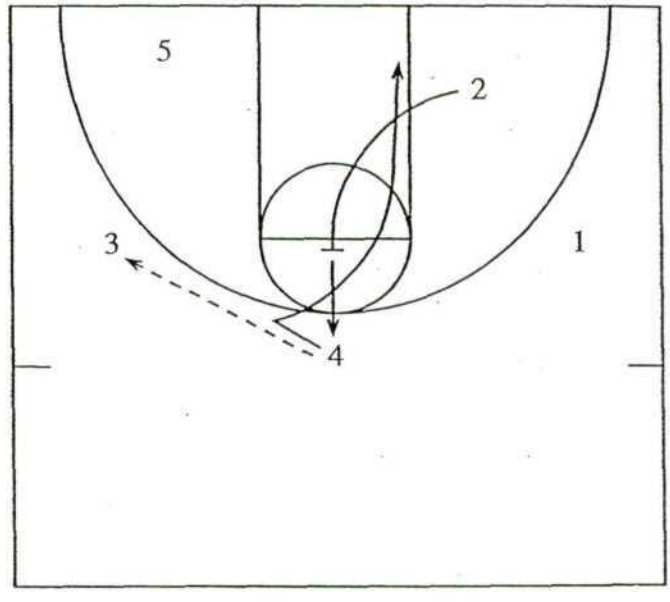
Terminates into passing game...



-Pass to #4 can come from either #1, or #2.
-#5 follows ball and works his way across key.
-#4 swings ball to #3.
-#3 clears himself to receive reversal pass.
-#2 is moving towards block.
-#1 is replacing himself.

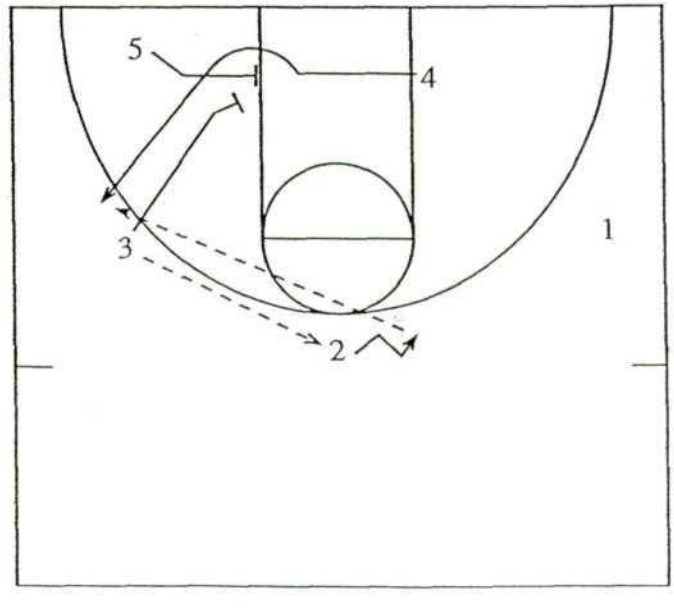


-#5 slides out to short corner.
-#2 is setting backpick for #4.
-#4 reads his man and makes proper cut off backpick: (face-cut, curl-cut, lob-cut).
-#3 looks to hit #4 on cut.
-#2 steps out after backpick to receive ball.



-#3 reverses ball to #2 and sets double for #5.
-#4 acts like he is setting cross-pick for #5, and then uses double to come to wing for shot.
-#5 sets double with #1.
-#2 dribbles away 1 dribble, and then passes back to #4 coming off double.

-Terminates into passing game...



CHAPULTEPEC

COACHING MANUAL

SELECTION CRITERIA

- Players are selected with discussions being held between the head coach of the age group and the Coaching Director.
- Players must have shown a good work ethic, and a continued attendance at training and games.
- Selection per age group shall be 3 Top Age and 3 Bottom Age with the following taken into account.
- Age groups: 5,6,7 years old
- Age group: 8, 9 years old
- Age group: 10, 11 years old
- Age group: 12, 13 years old
- Age group: 14, 15, 16, 17 years old

Top Age players must have shown a high level of skill standard over the past year and are large contributors to the team.

Bottom Age players must be players with solid fundamentals who need a little work and show potential of being a solid player at Top Age.

THE PROGRAM

The Chapultepec program is designed to help in the development of talented basketball players in the Chapultepec championship program in conjunction with the Caballeros CBP.

The program shall conduct a daily session each week for each age group.

All players would be under the guidance of quality Chapultepec coaches whose aim is to improve the all-round abilities of the player as well as helping in the teaching of positional play.

At the end of the 20-week program all players will be provided with a form and a report filled out by the coaching staff, which gives a break down of improvement areas in the player’s game.

WEEKS 1- 4 GENERAL SKILLS

Dynamic Warm-up: 8 mins

- Jogging, High Knees, Butt Kickers, Grapevine, Skip sideways, Shooting turns and Jogging.
- Stretch
- Use tennis balls 3 times per week.

Ball Handling: 10 mins

Stationary ball handling:

- Slap ball, around head, around waist, around both knees, around 1 knee, around the other knee, figure 8, hard pound left hand, hard pound with ball higher, inside out left hand, front and back left hand, cross over in front. Right hand hard pound, hard pound higher, inside out, front and back right hand, crossover behind.

Zig Zag Dribbling (must be done at game speed)

- Working on crossovers, behind the back, between the legs, spin, retreat crossover, combos going to the basket.

Weak hand development drills: 10 mins

- Catch pound push
- Cross over 3 times and push pass
- Catch and pass
- Shoulder circle pass

Passing: 10 min

2 lines

- 2 handed chest pass: step through
- 2 handed bounce pass: step through
- Fake up and step through with cross over bounce pass
- Fake down step through and ear pass
- Overhead pass: use wrists

Shooting Form: 15 mins

Single Hand Shooting Around the Basket

- Looking at form, arm position, we shall extend the range after each minute.

Explode Lay-up Drill- X out lay up drills

- Players will be making 1 dribble lay-ups from 3pt line or closer, players need to explode, looking at finishing strong with correct footwork. Best to put 2 players in a line and make them go together.

1 Dribble Jump Shots

- From the wing players will alternate direction shooting 1-dribble jump shots. 1 dribble going to the right baseline and then 1 dribble going to the left baseline.

- Working on both 2 step and hop technique.

Perimeter Shooting: 10 mins

Drive and pitch for spot up Jump shot at the elbow.

- Line with ball will start on wing and drive to baseline with post releasing to the elbow for the shot.
- Line with ball drive to middle and the post player will release to short corner for shot.
- Player on top of key area will drive middle and pitch to wing.

Drive and pitch for spot up 3 pt Shot

- Same as the above

Drive and pitch for Spot up 1 Dribble Jump shot (alternate dribble each shot)

- Same as the above.

Inside Shooting: 10 mins

- Block to Block Pick-up Drill
  Player will go for 1 min picking up and drop-stepping to basket with a pound dribble.

- Turn and shoot: catch the ball, pivot and shoot the ball.

- Mikan drill:

COOL DOWN: 5 MINS Walking up and down with drink bottle

WEEKS 5 – 8 POST SKILLS

WARM-UP: 10 MINS

Ball Handling: 10 mins
- Pepper the Post

Vary the passes to the player some high, low, outwards so they are working on catching use tennis balls with this drill.

- Post Dribbling

Power dribbling around the lane working on strong ball control

Shooting Form: 10 mins
- Sit Down Shooting

Sitting on chairs shooting close to basket, have a group sitting and a group standing.

- Mikan Drill

Each player makes as many baskets in 1 min.

Inside Footwork: 20 mins (weeks 7, 8 work using back down dribble)
- Fake Drop Step Low

Do this after a cut across the lane, work also on drop step to reverse lay-up.

- Fake, Drop Step High to Hook Shot

Work on arcing ball towards rim and giving a little jump to help guide the ball.

- Up and Under Move

Focus on strong seals and steps towards the basket also look at reverse lay-up.

1 on 1: 5 mins
Allow the players to go against soft defense to work on moves they have just done remember to have them cut into position.

COOL DOWN

WEEKS 9 –10 GUARD SKILLS

WARM-UP: 10 mins

BALL HANDLING: 10 mins

- Basket Attack Drill

Players are to make 2 different move at cones before scoring at the rim.

- Triangle Passing

Make sure players step out in front of cones before catching, pivot and pass. Work on Chest/Bounce/Overhead passing in this drill

SHOOTING FORM: 10 mins

- Single hand shooting

- Turn and Face Shooting

Players take a pass from half way, catch at foul line pivot to face the basket and shoot jump shot.

LEAD FOOTWORK: 10 mins

- Lead Cuts

Players will start from the block and cut towards the wing making a closed or open cut. After this they shoot jump shot.

SHOOTING MOVES: 15 mins

- Lead Cut, Jab step jump shot

Make sure players are mixing up the footwork.

- Lead Cut, shot fake, dribble, jump shot

Players will mix up footwork and will take 1 to 2 dribbles on coaches' call either left or right.

- Lead Cut, shot fake, dribble step back, jump shot

COOL DOWN

WEEK’s 11- 12 GUARD SKILLS

WARM-UP: 10 MINS

Ball Handling: 10 mins
- Zig Zag with a pass
Players will make different moves at each cone, pass to coach receive pass back and make a move and attack basket

Perimeter Shooting: 10 mins
- 5 spot Mid Range Jump shot
Each player will shoot 5 shots and each spot with score being recorded.

- 5 spot 3 pt Shot
Same as the above

- 5 Spot 1 Dribble Jump shot
Player starts out side 3 pt line and must shoot 5 from each spot.

Shooting Moves: 15 mins
- Lead Cut, Jab step jump shot
Make sure players are mixing up the footwork.

- Lead Cut, shot fake, dribble, jump shot
Players will mix up footwork and will take 1 to 2 dribbles on coaches’ call either left or right.

Lead Cut, shot fake, and dribble step back, jump shot

1 on 1: 10 mins
Coach shall make pass from wing players are given limited dribbles and must make a strong lead.

COOL DOWN

WEEKS 13 – 16 2 ON 2 SKILLS

WARM-UP: 10 mins

BALL HANDLING: 10 mins
- 2 Ball Dribbling

Rhythm, Alternate

- 2 Ball Passing

Start off standing then move up the sideline.

CUTTING MOVES: 15 mins
- Inside Cut, Give n' Go

Make sure wing makes a lead from the baseline, show a target hand

- Outside Cut, Give 'n Go

Same as above make sure players call for the ball and finish strong

SCREEN MOVES: 15 mins
- Screen and Roll

Screener will always come from the PG spot, roll strong mix up either jump shot or pass.

- Screen and Dive

On the dive move have the players work on reverse lay-ups, jump stops in the lane.

- Screen and Fade

Again solid catch and good jump shot

2 on 2 Screen and Roll Moves:
Going against a group start with a pass to the wing and then set a screen. Must look to make a hard seal, and the ball handle comes off shoulder of screener.

COOL DOWN

WEEKS 17 – 20 SHOOTING SKILLS

WARM-UP: 10 MINS

SHOOTING FORM: 5 MINS
- One hand Shooting

SHOOTING: 30 mins
(Remember to keep a record of score for evaluation)
- 5 spot Mid Range Jump shot

Each player will shoot 5 shots and each spot with score being recorded.

- 5 spot 3 pt Shot

Same as the above

- 5 Spot 1 Dribble Jump shot

Player starts out side 3 pt line and must shoot 5 from each spot.

- Elbow to Elbow

Player starts at top must make cut to elbow catch and shoot after shot shuffle backwards go around cone and down to other elbow. Record score after 2 minutes.

- Magic Shooting

Player starts are the 'third line' cuts to wing 3 pt line shoots, cuts back to 'third line' cuts back to ball catches shoots off 1 dribble, keeping going for 2 minutes.

FREE THROW SHOOTING: 10 mins

Start with players shooting free throws with a single hand from the foul line and having a routine in the way they shoot.

COOL DOWN

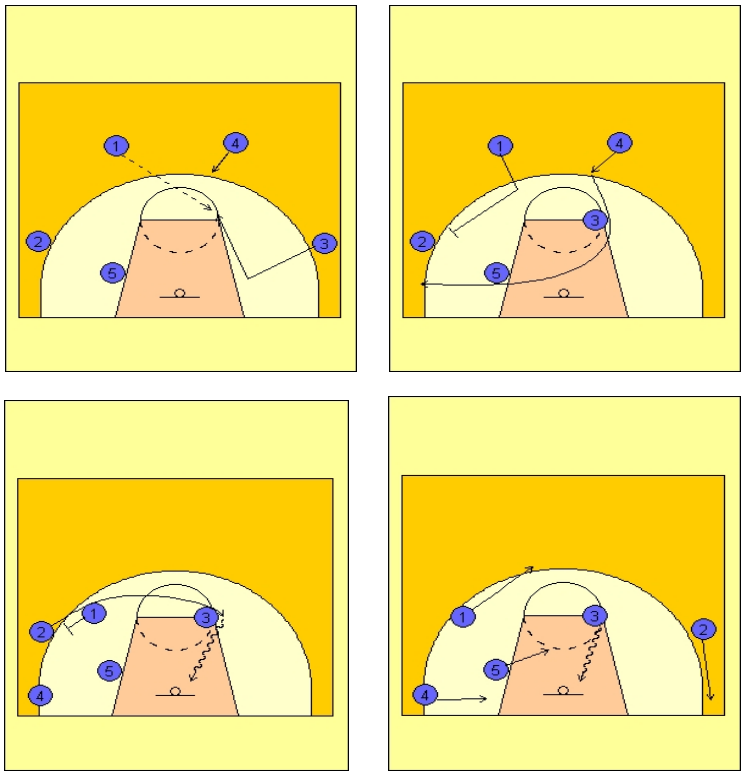
EVALUATION PROCESS

Each player will be given an evaluation report on his progress over the 20 weeks with the report including the following:

- Skills Check List
- Written notes on player and points needed to improve on by coaching staff of Chapultepec.
- Shooting results in graph form

All this information shall be kept on file for future resource, also a copy shall be forwarded to the players so that the player knows what he needs to improve on.

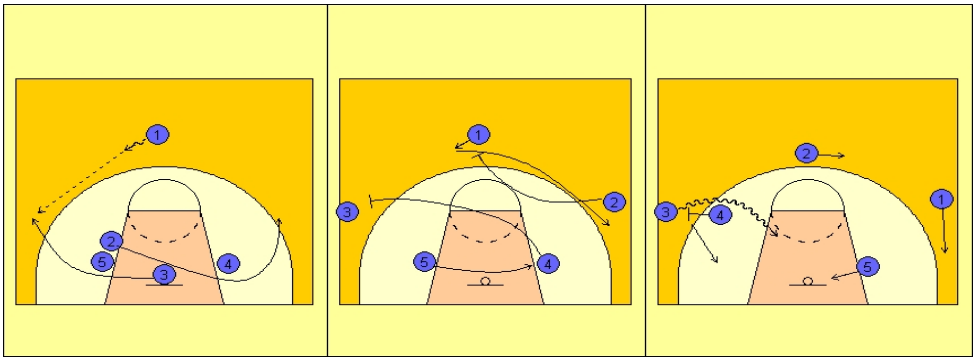
Offensive Entries into On-Ball Screens
Observations from NBA Charlotte Bobcats



Flash the weak-side elbow –

- The weak-side wing makes hard cut to receive ball at the elbow
- On the flight of the pass, the weak-side guard makes hard cut to receive hand-off or pass for back door
- 1 screens away for 2, who curls off looking for hand-off from 3 & penetration
- If hand-off is not available, 2 continues cut to flare
- 3 looks to get on the rim on the 1 bounce

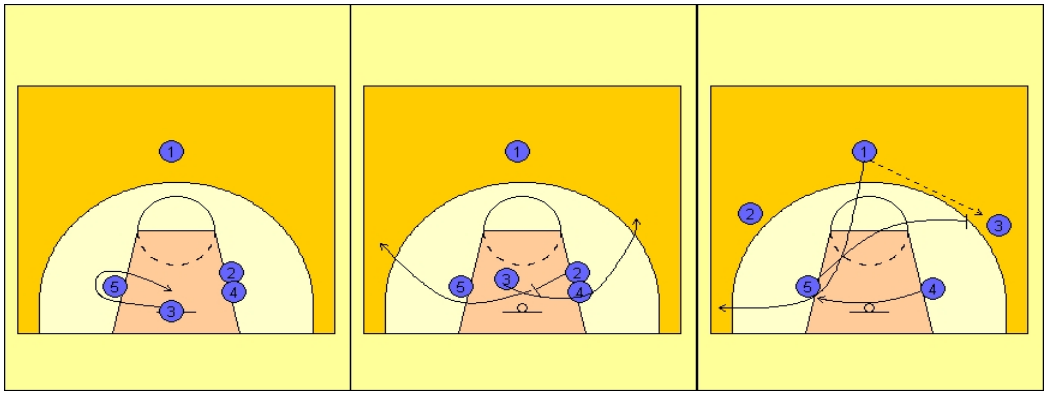
Stack entry into on-ball screen –



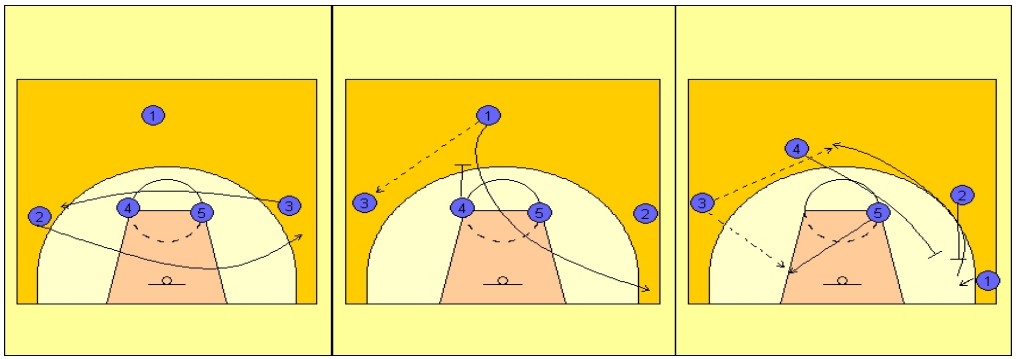
- 3 cuts off double side of the stack screen
- 2 cuts opposite the ball
- 4 sprints across to set the on-ball screen as 5 “wheels away”
- 2 up-screens for 1 to flare

Double stack entry to on-ball screen –

- 3 loops around the single side off the low stack
- 2 sets down screen for 3, who then turns out off 5 as 2 turns out off 5
- On the catch, 5 sprints across to set the on-ball for 3 as 1 cuts through to the corner



Slant cut entry to 2-man game –



- 4 high across the foul line extended
- 3 runs hard slant cut as 2 sweeps low to the opposite side of the floor
- On the entry, 4 steps out screen for 1 to cut hard to opposite corner
- 5 dives into the block for the 2-man game with 3
- 4 and 2 sets double down screen for 1

PRACTICE TIME

Teaching Motion Offense to Your Team

By Duke University Head Coach Mike K

This article describes the philosophies behind my Motion Offense, as well as drills and examples designed to help you, the coach, perfect this offense. Because of space requirements, this article will contain the only the basics of my philosophies and drills.

DUKE'S MOTION OFFENSE FOR ATTACKING BOTH MAN AND ZONE DEFENSES

Duke's basic philosophy is to play a Motion Offense. In Motion, five players move with a purpose to create both offensive situations that are difficult to defend and the best possible shot opportunities. There are several reasons for using this style of offense.

DIFFICULTY TO DEFEND: My basic offensive philosophy is that the hardest offensive player to defend is the one who is moving. Furthermore, the most difficult offensive maneuver to defend is the screen. Consequently, our offense involves five players constantly moving and screening for each other. This style is contrary to most pattern offenses that do not have all five players in motion at any one time.

FLEXIBILITY: In my Motion Offense, you can use different combinations of players without regard to traditional positions. For example, guards and forwards, number one man and number three man are all interchangeable. In addition, you can use the best type of offensive alignment and movement to take advantage of the specific group of players you have in the game at any one time. Motion offense gives you the opportunity to use you personnel most effectively at any time during the game.

ADAPTABILITY: The problem with most pattern offenses is that the offense must react to the defenses presented by the opponent. Motion Offense rectifies this situation by giving the offense the power to attack all types of defense; consequently, the defense must react to your offense, not vice-versa.

ENJOYABLE: Most players truly enjoy playing in a Motion Offense. They enjoy the freedom of movement, love the scoring opportunities it presents, and don't feel restricted by the offense. As a coach, you are not teaching the same movements over and over; therefore, the offense is more enjoyable for the coaches to teach.

PLAYER DEVELOPMENT: The Motion Offense maximizes the abilities of each of our players. Because the offense puts the player in a positive state of mind, it allows the player to use his talents more effectively. Motion also allows the player to constantly improve, for he can use the principles he has learned under all playing situations.

DIFFICULTY TO SCOUT: Because most offenses are based on a repeated patter, they tend to be very easy to scout, giving the opponent an added advantage. In Motion Offense, there is no predetermined movement; therefore, the opposition has a difficult time diagramming its tendencies.

In addition to the Offense's basic philosophies, certain essential components are necessary for a successful Motion Offense.

ESSENTIAL COMPONENTS OF THE MOTION OFFENSE

PASSING: Good passing helps avoid turnovers and puts your team in the best possible scoring positions. Most of our passing drills establish the mindset of passing away from the defense instead of passing to the offense. Moreover, the passer must not only get the ball to the recipient but also put the recipient in the best possible position to shoot the ball and score.

MOVEMENT: The key to successful movement is to move in concert with the rest of your teammates to insure the key concept of our offense, FLOOR BALANCE. Proper spacing is essential for a good offense. An offensive player standing still allows his defender to play off his man to give help to his teammates.

SCREENING: Each player must help his teammates get a better shot opportunity. The screen is the most effective way of establishing better shot opportunities. However, the passer must look for both the person being screened and the screener as potential scoring threats.

SHOT DISCIPLINE: Despite its reputation, Motion Offense is not an equal shot opportunity offense. You, as coach, must establish what type of shot each player is expected to take.
CONCENTRATION: In pattern offenses, the system does all of the thinking. In our offense, we will be only as good as our concentration.
ROLE IDENTIFICATION: As I mentioned before, each player must understand the role designated for him on the team.
COMMUNICATION: Communication is key to our offense. In order to establish proper floor balance and establish the best shot opportunities, players must be in constant communication. For example, we demand that the screener call out the name of the player he is screening. This keeps both players alert, encourages good screens, and helps keep the floor balanced.

SAMPLE TEACHING PLANS FOR MOTION OFFENSE

Below, I have listed our teaching plans for the first day of practicing the Motion Offense. These plans come from our own practice sessions.

TIME ACTIVITY

- 5 minutes Perimeter - 2 ball shooting (V Cuts)
  (2 baskets - 3 men at each)
- 5 minutes Post - Post Shooting (use of screens)
  (2 baskets - 3 men at each
- 5 minutes 5 on 0 - (2 baskets - have men move and keep balance)
- 5 minutes Perimeter - 2 on 0 (1 basket)
  Post - 2 on 0 (1 basket)
- 5 minutes Perimeter - 2 on 2 (1 basket)
  Post - 2 on 2 (1 basket)
- 5 minutes Post/Perimeter - 2 on 0 (2 baskets - stress downscreen and backpick)
- 5 minutes Post/Perimeter - 2 on 2 (2 baskets - stress downscreen and backpick)
- 5 minutes 2 baskets - Passing drills
- 10 minutes 4 on 4 - video tape
  -just play together

-stress concepts to avoid congestion and to slow things down

THE 3 OUT - 2 IN MOTION OFFENSE

Positioning Rules

The Post Men:

You have 2 posts in this offense. They may locate in 7 different spots: low post(s), mid post(s), elbow(s), and middle of free throw line. When the offense begins both posts go down low and post up.

The Perimeter Players:

You have 3 perimeter players. The 5 spots they can locate at are: the point, the wing(s), and the corner(s). When the offense begins the ball is in the point's hands and the other two players are usually in the wing areas. Perimeter players should try to stay about 12 feet apart. If you are more than 12 feet apart - the ball is in the air longer and the chance for a deflection increases. If you are closer than 12 feet you allow a defender to defend the pass and still be in position to stop the drive. LEARN PROPER SPACING.

GENERAL RULES

When you make a pass you must move - it is easy to guard someone standing still.

Only dribble for the following reasons: (1) to make an immediate drive to the basket. (2) to improve your angle of pass to your teammate. (3) prevent a 5-second count violation. It is very important that your players understand what the 5 second count is - STUDY THIS RULE AND TEACH IT.

POST RULES

Both posts should immediately go to the low post area on each side of the lane and post up. You want the ball in the low post - thus it is very important you teach your players how to post up. When the ball is passed from point to wing, this is when the posts begin to work together with rules. The weakside post will key on how his offensive post partner is defended. If the

post on ballside is fronted the weakside post will flash ballside elbow. If he receives a pass we look for the low post pin and a high low play. If no high low pass then high post slides down and players have just switched spots. If the ballside post has the defense playing behind him - the weakside post breaks straight up the lane to the weakside elbow. We want the ball passed into the low post every time in this situation. Note if the weakside post defender doubles down then the weakside post player needs to get a pass out from the low post for the elbow jumper. If the defense plays the ballside low post with a 3/4 defense then the ballside post will come and screen for the weakside post. If the defense switches on this play - the screener always steps back to the ball. A teaching point we always teach to prevent turnovers - low post player has his hand up yelling for the ball. When player is going to vacate the post (screen away), we drop our hand a one second count before we turn and go. This prevents turnovers when you pass and the player has vacated the post and the ball hits him in the back of the head. The post player always has the freedom to break up to the high post when he sees the point to wing pass having trouble being made. This movement opens up the backdoor cut for the wing player.

PERIMETER RULES

The perimeter players have 5 spots to locate in. They can do the following after passing the ball: (1) pass and cut to the basket and relocate to an open perimeter spot. (2) pass and screen a partner perimeter player away from the ball. (3) pass and "v" cut and replace yourself. (4) pass and slide - this is cutting to an open spot away from the ball. (5) any time a pass is made to a post player - the perimeter player who made the pass to the post will go pick for the closest perimeter player to him. The pick should be at least 10 feet from the post player - make sure this pick is not closer than 10 feet or perimeter defenders may double down on the post.

TEACHING METHODS

We separate the post players and the perimeter players when introducing this offense. Post players learn to work together

and read the defense. The coach can create 2 on 2 situations while he holds the ball out on the wing. The perimeter players learn their rules by going 3 on 3 against each other. The key will be spacing and moving - players tend to want to stop and watch and not move. When the basic rules are learned we create the following teaching progressions for this offense: (1) 5 on 2 with defense only on the posts - posts can only score. (2) 5 on 3 with defense only on the perimeter - perimeter can only score. (4) 5 on 4 with coach dictating what player has no defense on him - player with no defender is not allowed to score. (5) finally we get to 5 on 5. The coach can dictate different situations such as: (1) certain number of passes must be made. (2) specify which player can only score (only the offense knows who the player is). (3) no dribbles may be allowed.

In summary, this is a great offense. It allows you the freedom to keep your post players near the basket and gives your perimeter players the ball where they are most effective to operate. I find that your defense improves because this offense makes your defense work so much harder. Try mixing in some set plays within this offense and your man to man offense will be set.

Coaching Clinic by Holger Geschwindner

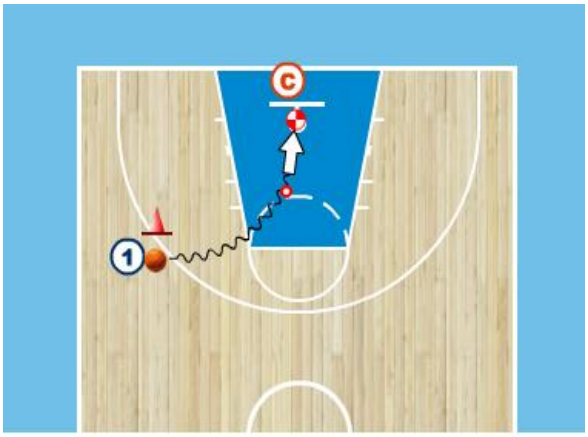
Topic: **Individual Offensive Skills**

Goals: Improvement of footwork, triple threat, coordination, agility and feel for the ball

Equipment: one ball, one basket

Drill 1:

Start out by throwing the ball in front of you with backspin so that you can catch it on the wing position in triple threat stance. Fake a chest pass to the corner then rip the ball through to your hip and cross step to the basket through the middle. Make only one dribble (make sure players dont´t look at the ball) and score with a underhand lay up/fingerroll without using the backboard.



Now there are many variations you can use to increase the difficulty of this simple move. After the dribble on your way to the basket you can involve and combine several elements, such as:

- pass fake (chest)
- pass fake (behind the back)
- circle ball around the hip (1, 2, ... times)
- spin move
- spin move and circle the ball around the hip at the same time

Possible combinations:

1. - cross step – one dribble – circle the ball around the hips – pass fake (chest) – another circle around the hips – lay up
2. - cross step – one dripple - spin move and circle the ball around the hip at the same time – lay up

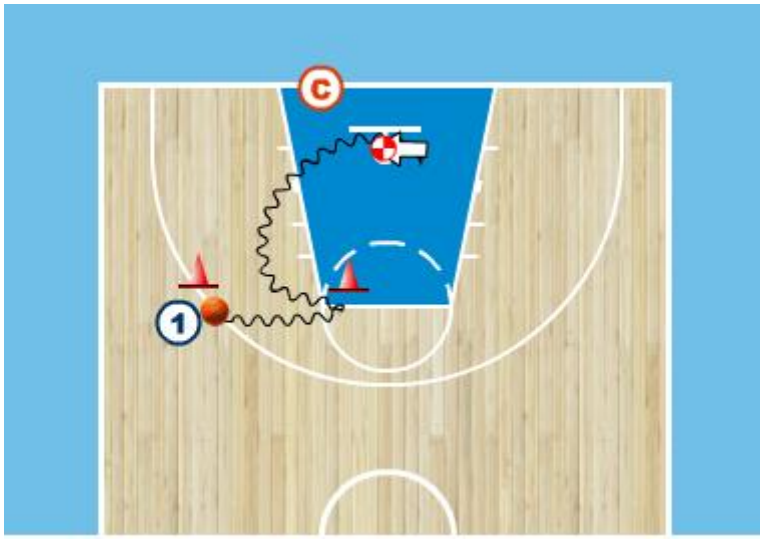
etc...

You can really be creative combining those elements and for most players it appears to be

challanging to execute this elements without committing a traveling violation. And this is something you as a coach should really focus on: proper execution!!!

Drill 2:

Start out by throwing the ball in front of you with backspin so that you can catch it on the wing position in triple threat stance. Fake a chest pass to the corner then rip the ball through to your hip and cross step to the basket through the middle. Make one dribble to the middle (make sure players dont´t look at the ball) then make a crossover dribble and attack with a crossstep. Drive to the basket with one dribble and score with a reverse lay up with your inside hand (go under the basket and you are allowed to use the backboard in this drill).



Now there are many variations you can use to increase the difficulty of this simple move. After the dribble on your way to the basket you can involve and combine several elements, such as:

- different crossovers (in front, through the legs, behind the back...)
- you can use all the variations from drill 1, including the spin move (advanced spin move with circle around the hip)

Hints to both drills:

- poper execution is more important then speed, aspecially at the beginning
- make sure players are well balanced in every part of the drill
- make sure players protect the ball executing the lay up
- pay attention to traveling violations

Conclusion: these drills are good for individual practice for players of the age 12-18 especially big players

Coaching Retreat Notes Calapari / Larry Brown 2007 In Tunica Mississippi

Larry Eustachy:

THOUGHTS ON THE PROFESSION:

- The hardest part of not having a coaching job is the Unknown.
- If you coach long enough, you will: win the league, finish in last place, get a better job, and get fired.
- "I forgot where I came from, and wanted to re-live a collegiate lifestyle as a coach." Coaches need to be able to handle success. Has a lot of admiration for Jay Wright and they way he remained the same during his ascension in the coaching profession.

COMPONANTS OF HIS COACHING METHODOLOGY:

- Use breakdown chart to grade player performance in practice and games. Got the chart from Rick Majerus – his team's are traditionally the best prepared in the game.
- Chart example – When a shot goes up: 3,4,5, to O-Boards with "Reckless Abandon" and the 1&2 get back on defense. The staff utilizes game film to calculate scores for each player.
- Charting helps to truly hold players accountable for the things you are demanding that they do
- The chart doesn't lie. A player with less breakdowns that minutes played has inevitably played very well.
- You must teach your players learn to "think while they are playing" and take pride in being held accountable for their responsibilities on the court.
- Great teams have the ability to play on any court without any change in performance level (home, road, etc).
- Coach Bob Boyd always said that you must find a way to take something from the chalkboard to the floor in order for it to show up in a game.
- A problem for us as college coaches is that many high school coaches don't actually "mean what they say," to athletes. For example, the might say "I will take you out of the game if you don't…" Then when the player doesn't complete that task, the coach does not take him out. There is no accountability. This season they have a lot of new players at Southern Mississippi and as a result are working hard to change the mentality of players who came from places where this type of culture was the norm.

Larry Brown:

OBSERVATIONS OF JAY WRIGHT AND HIS VILLANOVA PROGRAM:

- Coach Wright respects his players in such a way on a daily basis that in return they will do whatever he asks of them.
- Coach Wright as a great ability to assess the best way for his team to succeed.
-

Jay Wright:

THOUGHTS ON THE PROFESSION:

- As a young coach he used to work summer camp at Pitt when Coach Calipari was on the staff there. Coach Cal has always been a person that would share thoughts to help others become better in the profession. He had made a very impressive book that chronicled his daily recruiting activities to show Pitt alumni exactly what it

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took for them to be involved with the type of players they needed to be successful. Coach Cal gave Coach Wright a copy of this book.

- Upon taking the Hofstra job, Coach Cal's advice was simply "get players." Don't be overly concerned with size, position, etc. Just get good players and figure it out. This was the formula that he then used at Hofstra.
- Respected veteran coaches have the power to positively influence the profession if they so choose. Larry Brown "anointed" the Villanova program through his presence and positive comments over the past year.
- Don't be afraid to have outside people come in and evaluate your program. They have a unbiased perspective.
- What's the most important part of your day? Practice! I started doing practice plans at home so I won't be distracted. My favorite place to be is on the court.
- Thought on scorers: always wants them to have an aggressive mentality regardless of the last shot. Terminology : Shoot'em up or sleep in the streets.

BUILDING THE VILLANOVA DEFENSE:

- Starts with basic man principals of ball-you-man.
- Win or lose – make sure you played "your way." No one ever likes to lose, but when you watch game film, you always want to see that you played "your way," win or lose.
- The trapping and switching nature of their defense is based on "Calculated Risk." They don't want to miss an opportunity to "Blitz and Step-Up."
- Situations where Calculated Risks are appropriate for Blitzing include: 1) anytime the ball is dribbled toward you as a defender. 2) Your man brings you to the ball. 3) The ball is dribbled to the baseline setting up a trap from behind.
- They want to Blitz all ball screens or dribble hand-offs when defenders react to the Calculated Risk situations. Teaching point is that the trappers should never foul or get steals. Trappers are deflectors.
- When a 2-man game occurs, the other three players "load" to the 2-man game.
- Man guarding the screener calls the "Blitz" or "Switch." If you are guarding the ball-handler, always assume "Blitz" and he must step over the top to trap, or to be put in a ball-you-man position on the roll man if a switch occurs. If a big switches on to a small, the other three defenders should "load to the iso."
- Never want to switch for convenience, would always prefer to "Blitz" if they can.
- These rules are all applicable in the scoring area, approximately three feet beyond the three-line and in.
- Coach Del Harris commented that it is an effective technique to teach someone going over a ball screen to do so by crowding the man with the ball and then throwing his leg and arm over the top in one motion.

VILLANOVA ATTITUDE CLUB AND SPECIAL SITUATIONS:

- Attitude Club is a way to reward players who are doing they ritical things that they put a premium on. A good play per minute ratio is .8 or above. Catagories include: pass to the assist (hockey concept of 2 assists), screen assist, loose ball retrieval, paint pass, o-board, tap-back on FT, quick outlet, paint catches, deflections, shot contest to change shot.
- They like to practice Base OB, Side OB, Endline OB, with specific situations based on clock (0-3 seconds, 4-7 seconds). Can run their regular stuff in 8 seconds or more.

Shawn Miller:

THOUGHTS ON TEAM IDENTITY AND ZONE OFFENSE

- It is so important to a have an identity that defines your team. This should be in-line with the bigger image that you create for the culture of your program.
- Like to use terminology that reinforces the way you want to play, and have the players be able to identify with it because they here the same language all the time.
- A lot of his terminology comes from Larry Brown (ie. "Run with the Dribble.")
- They want to have a zone offense which enables them to have the same priorities as in their man offense. They want to get the ball inside against a zone just as much as they want to against a man defense.
- Versus a 1-3-1 zone they use the same alignment and set play counters but spread their spacing a bit wider.
- The "Xavier Way" is a practice chart that is very similar to the "Villanova Attitude Club." Each week the winner gets to wear a gold jersey in practice. Try to instill pride in your players for doing the little things that help your team win.

Bruiser Flint:

PHILOSOPHY ON STYLE AND DEFENSE DRILL WORK:

- Wants his team to be one that always plays hard and plays tough. Simple concepts but must work hard and always be trying to develop this in practice.
- Likes a lot of transition work in practice because it is game like and builds conditioning. Uses a lot of drills which enable his team to go up and down in practice.
- Goal of their half court defense is to contain and contest. Not concerned with getting steals.
- Terminology for closeouts is "Close-downs" Don't give an angle to the basket.
- Close-down by getting to the offensive player and force difficult shots over the top.
- Guarding the ball: man-to-man position terminology they use is "square up your man" which means the primary goal is simply stay in front of your man.
- Good defenders use their arms when guard the ball, can play further away from the ball-handler while still applying pressure with active hands.
- In many of their defensive transition drills, the design of the drill has the last defensive player trailing into the play. This makes things tougher on the defense. Forces them to communicate and help.

Larry Brown:

FURTHER THOUGHTS ON DEFENSE BASED ON BRUISER'S TALK:

- We must find ways to teach players how to guard 1-on-1 everyday in practice.
- "Guard the Yard" means never allow straight line drives. Must cover the territory one stride in either direction.
- Always take a fake on the back foot.

Bob Boyd:

THOUGHTS ON DEALING WITH PLAYERS AND TEACHING DEFENSE:

- "Players need to be coached."

- Some players are more receptive to coaching than others. If Tiger Woods needs a coach, then you need a coach!
- Trend in the game is that guys are having a tougher time of guarding dribble penetration.
- What do you want to prevent. For example, Ralph Miller didn't consider point to wing a penetrating pass. Ball is the same distance from the basket and you can establish your help side position.
- Boyd Grant stressed "trace the ball" as opposed to reaching.
- A really important defensive teaching point on the ball is "Don't lose your gap and understand maintaining your distance from the ball-handler."
- Too often as coaches we fall victim to the path of least resistance when structuring drills that are not game like.
- How much game "slippage" does your team have?
- The coach whose team has less slippage has a definitely advantage.
- Players too often interpret being taught/corrected as someone being on their ass. This is usually reflected by poor body language and eye contact when these situations occur.

Eric Musselman:

THOUGHTS ON FAMILY, ENVIRONMENT, TEAM BUILDING:

- It is important to try and incorporate as many ways to have family around as often as possible. Enables you to be a better family member (father, husband, etc.) and also is beneficial as a personal support system to deal with the nature of our business. This also applies to incorporating the families of assistant coaches and players. Felt this really benefited his relationship with Mike Bibby.
- Great web site to sign up for: WWW.AllProDad.com - NFL sponsored.
- Set goals which lead to the establishment of an identity for your team.
- Utilize a "Balance Card" to monitor the amount of time you spend on Offense and Defense on a daily and weekly basis.
- If you set goals and address them on a daily basis, they soon become more attainable. This helps the team take ownership in your goals. First year with the Warriors the goal was to lead the NBA in scoring and they finished 2nd. Next year wanted to be the most improved defensive team in the league and were 9 points better than the previous year.
- "Career Year" booklet for players. Statistical goal setting, other teams scouting report data about that player, journal to record practice time, personal notes.
- It is advantageous to study other those in other sports and how they operate. Has learned a lot from watching Pro Football Practices and the Baseball Draft. Football practices are incredibly efficient. Good way to have a game day shoot-around.
- Football Special Teams are a lot like Basketball Special Situations. Use an opposing team's Free Throw as a time to utilize special teams.
- It is wise to recruit / draft players that have been well-coached. Was something his father strongly believed in. He liked to coach four studs and a bunch of coaches' sons.
- A good football concept is to name your play calls something the helps trigger the players to understand what you want to accomplish when you run it.

- Chuck Daly always said it takes 50 games in the NBA season to learn about the true makeup of your team.
- To grow as a coach, it is important to try and work for those people you view as the best head coach. Once you are a head coach, you need to hire a veteran assistant who can "coach" you. Made a huge mistake in Sacramento by not hiring someone of this background. Lastly, you must have good staff made up of loyal assistants. Loyalty is the key.

Mike Fratello:

IDEAS ON THINGS TO TEACH, THINGS THAT CAN HELP YOU

- Pays major dividends defensively for your on-ball defense to work on tracing the ball on a regular basis. A great time to work on this is during Side OB's and Baseline OB's.
- Practice pressing situations a have your man on the ball work to get as many deflections as possible.
- Have guys guarding the OB man practice jumping, and fake jumping or staggered jumping to confusion the in-bounder and get more deflections.
- Test your team and find out who can throw a baseball pass. Need to know who can do it when it becomes necessary from Sideline, and Baseline.
- Playbook should be done in a way that it is a valuable tool for players and coaches.
- Great to have a Drillbook as well. Drills must be all encompassing in what that teach because of limited practice time. Makes practices more efficient.
- Teach close-out technique using the phrase "hand to ball." Get guys to truly contest the shot, not just run at the shooter.

Del Harris:

THOUGHTS ON DEFENSIVE SKILL DEVELOPMENT AND PRACTICES:

- Playing Hard, Running the Floor, Setting Screens are all Developed Skils.
- Likes guys who screens with arms across chest, not at their waist. More physical and in better position to slip and have hands ready to catch.
- When jabbed at : think about teaching small hop back as compared to step back on back foot.
- Good defenders take away one step. Great defenders take away first two steps. Must make the dribbler break angle and force him to arc.
- When trying to beat a ballpick, backpack, crosspick, or downpick – use a common concept. When being screened, move up into your man's body. The will put you in a good initial position to beat the screen in concert to where the help will be coming from the man guarding the screener.
- Good practices replicate game conditions. He likes to use four possession games and six possession games. This is very similar to the typical length of action in a game. Try not to teach until the end of the segment, don't disrupt flow.
- ODO game – offense/defense/offense. Start the first possession with a situation (ie. Side out with 6 seconds left on shot clock). Scoring is 3 points per sequence. Someone must with either 2-1 or 3-0. Total game score is 1 point for each sequence win. Sequence winner starts the next one with the ball first.

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- "9-possession game." A great way to get players thinking about different situations, and even good on lighter days with no defense. Possessions: 1) Man Press, 2) Zone Press, 3) 3-qtr. ct. press, 4) Side Out Man, 5) Side Out Zone, 6) Baseline Length of court Man, 7) Baseline Length of court Zone, 8) Need Play Man 9) Need Play Zone

Building Your Profile

Dave Leitao Clinic at the 2007 NABC Convention

Advice from John Thompson as a young coach at the Final Four in 1985:
Come to these conventions, clinics, etc. to get better. Too many young coaches come to drink, stay out late and sleep in as long as they can. They are missing a great opportunity to become a better coach.

Building Your Profile
How do you go from being anonymous to being known for what you do?
Most important thing you can do:

BUILD and PROTECT your REPUTATION. Don't let competition bring out the worst in you and never sacrifice ethics to get ahead.

Be VISIBLE and TIRELESS
On your free days - go to other coaches' practices or other teams' games. Look for events you can attend to meet and talk with other coaches. This shows your work ethic and desire to learn the game.
Keep track of important people you need or want to know or learn from. Ask yourself how you can best get to know them.
Strive to be the first one into the office and the last one out of the office. Be productive while you are there, don't just stay in the office spinning your wheels to try and look good.

Leave No Stone Unturned
Have a thirst for knowledge and look for opportunities to learn about the game. Also, when working on scouting a team, don't just spit out the obvious. Look for EVERYTHING that could help your team gain an advantage over an opponent (even if it doesn't get used, you should make the information available to your head coach and team

Be Organized
Set aside time during your "downtime" to get things organized, planned and caught up. (i.e. 3 hours sometime during your week dedicated to this only.)
Never say, "I'm going to work."
This is not a job. As soon as you start feeling like it is, go get a real job that pays more money.

Relationships are CRITICAL
They open doors you would never imagine them opening (Leitao knew the Virginia AD for 15 years and the University President for 20 years before getting the Virginia job.)
Don't take your family for granted. These are the most important relationships you have

Your Staff
My best friends. I spend more time with them than I do my family in most cases.

Your Players
My players are "My Guys". I love them, I know them, and consider them close friends.

Your Players' Families
They are investing in you and trusting their son with you. Cultivate these relationships.

Administrators and other Coaches at your school
Decision makers – help them learn what you are about.
Other coaches at your school – Share ideas and resources
Assistant AD – Usually has a good feel for the big picture and understands how and when to take things to your AD

Other Basketball Coaches
Create relationships with other coaches. Pick up the phone and extend yourself to them. Offer to share ideas and information or to help them if they ever need it.
***Don't bad mouth colleagues. It comes back full circle.**

Try to think a position ahead (talk, dress, act, etc.)
Observe the actions, etc. of someone in a position you desire. Study how they do what they do.

Volunteer your time to help others (Pay It Forward)
Speak to groups whenever you have a chance. This helps you become more well spoken and confident.
Lets people get to know what you are about.

Understand that there is much more to coaching than putting a whistle around your neck and telling someone where to go on a screen.

Make your Boss look good.
Your goal as an assistant should be to make your head coach look good. This is how you will be evaluated until you ARE the head coach.

DEL HARRIS

- Most difficult pick-and-roll in the NBA is in the slot.
- Teach movement on penetration.
- Drag screens in transition are very difficult. Re-screens off of this are tough to defend as well.
- Commit off the court for the short period of time you are going to play the game. Eg: Nutrition and rest. Nowitzki and Nash committed to this and they have won the last three MVP's.
- Sustain your level of intensity. Of the 3 programs he has watched practice Marquette does this better than anyone.
- Unity. You must have this to be a championship team.
    - What is the bench attitude like? Especially starters when they are on the bench.
    - Give yourself to the team. Leadership. Unity. Support.

- Rebounding is… Willingness, anticipation, who makes the first hit. It is not size. Moses Malone would study teammates shots and knew where shots were coming from. "GET THE BALL".
- Things to Improve on:
    1. Slow down in your reads—screens, penetration (leaving your feet).
    2. Rebounding.

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NORTHERN STATE UNIVERSITY – WOLVES BASKETBALL

DEFENSIVE RULES & DEFENSIVE PACKAGE

4 Levels of Defense → 1)Ball 2)Off Ball 3)Situations 4)Recovery

Philosophy: Our individual and team defensive rules are successful when each player concentrates each possession on *recognizing*, *anticipating*, and *making plays*. We are an attacking defense that takes away the opponent's strengths and dictates the tempo of the game. WE DETERMINE THE OUTCOME OF THE GAME.

Defensive Rules:

1. Transition & Talk
   - From our offensive board coverage & turnovers
   - No points off turnovers
   - Three tailbacks to board every time (2/1 weak side)
   - Halfback at his proper adjusted depth
   - Fullback at the half line
   - GET AHEAD OF THE LINE OF THE BALL
     - *Backflow / Wolf the Ball*

2. Ball Pressure (Control, Steer, Zipper)
   - Six inch zone, line of scrimmage
   - Front hand above ball, back hand sickle
   - Sickle as you JUMP TO BALL TO DENY
   - Steer at wing
   - Zipper at wing, crotch on top leg
   - Control funnel – ADJUST GAP AS WE SEE FIT
   - Strive for a DEAD call

3. Anticipate Quick Rotations
   - JUMP TO BALL for position
   - Attack ball penetration (Brick wall)
   - On and up the line, fake traps
   - Ball below circle – "hoop" is both feet on ball side
   - "High I" is both feet on man side of basket
   - We adjust like a free safety in football
   - BASELINE TRAP & COVERDOWN WIDE
   - HOLD YOUR TRAPS
   - Closest man rule → X-out
   - GO WHERE YOUR HELP CAME FROM

4. Keep It Out
   - Be in proper stance and proper position
   - Anticipate (quickness=vision, position, anticipation)
   - Attack and stop ball penetration one yard outside of lane

5. Keep It Off
   - Head in the passing lane
   - Ball side of down screens

6. Shot Pressure
   - We pressure every shot, proper hand on lay-ups
   - Front hand on jump shot – do not short arm
   - Brick wall on power - Jail if under board
   - Smaller guard can strip & pressure

7. BOPCRO (Block Out, Pursue, Chin Rebound, Outlet)
   - Forearm in chest & butt in gut "Pop Him"
   - Easiest Turn, with Hands Shoulder High

Stance – you are always a better athlete when in the proper stance and in position.
Vision – 75% on the ball & 25% on your man
Position – vision puts you in the proper position
Talk – Your mouth never stops moving (intelligent talk)
Anticipate – The proper stance with vision puts you in the proper position to recognize, anticipate and make a defensive play.

Four Keys to Great Defense:

1. Developing a defensive conscience
2. Tremendous pressure on the ball
3. Quick ballside (fake trap) and helpside rotation
4. Attacking and stopping ball penetration

"BALLSIDE DEFENSE MAKES US TOUGH"
"HELPSIDE DEFENSE MAKES US SUCCESSFUL"

Defensive Package:

1--- Man to Man Pressure
2--- Match-up
   A. Regular with bumps
   B. Fist with traps
3 ---1-3-1
4 --- Flat 2-3 (Trap Below Free Throw Line Extended)

*****WE CAN ZIP UP ANY OF THESE*****

Level of Our Pick-up:

- Free Man (always unless Up is signaled) → Regular
- Man Up On Ball → Thumb Up
- Deny All Passes in With Free Man → 40
- Weak Hand Catch of First Pass → 30
- Top of Half Line Circle → 20
- Top of Our Circle → 10

****We will set a half court fence for each game or no fence for each game****

Traps:

- Smart Trap Handler (PG denial) → Fist on Head
  - No Shooting the Gap
- Trap First Pass → One Fist Up
- Trap Dribble on Sideline → Two Fists Up
- Trap Dribble Past Half Line on Sideline → Side Fist

Denials (no trap):

- Double Deny Handler → Two Hands on Head

Attacking/Trapping the Post:

1. Off the passer
   A. On the pass
   B. On the dribble
2. Wolf off a dork
3. High I
4. Low I automatic

GOLDEN STATE WARRIORS

GAME PLAN - GAME # 4 DATE: 11-4-01

VS. Portland LOCATION: Golden State

1 Personnel

1	D. Stoudamire	vs.	L. Hughes	1	E. Barkley	vs.	M. Blaylock
2	D. Anderson	vs.	B. Sura	2	S. Kerr	vs.	J. Richardson
3	S. Pippen	vs.	A. Jamison	3	B. Wells	vs.	C. Mills
4	R. Wallace	vs.	E. Dampier	4	S. Kemp	vs.	T. Murphy
5	D. Davis	vs.	D. Fortson	5	R. Boumtje	vs.	A. Foyle

4. Z. Randolph vs. M. Jackson

2 Basic Defense

A. Contain Stoudamire: Pick Up Full Court

B. Deny Wings & Swing Pass

3 Low Post Defense

A. Front: Ball Pressure, Deny Swing

1. Wallace 3. Kemp
2. Wells 4. Davis

B. Open: Drop and Read on

1. Randolph 3.
2. Boumtje · Boumtje 4.

C. Double Team

	Player	From	When
1.	Wallace	"X" Big	Pass
2.	Wells	"X" Big	Pass
3.			

D. Back Up Plan and Other Notes

1. Full Rotation on LP Double Team
2.

4 Pick and Roll Defense

	Call	Show/Over	Show/Under	Trap	Force Down	Through	Switch
Sideline	"Fist Side"				*		
Middle	"14, 15"	*					
Elbow							
Corner							
Step Up							

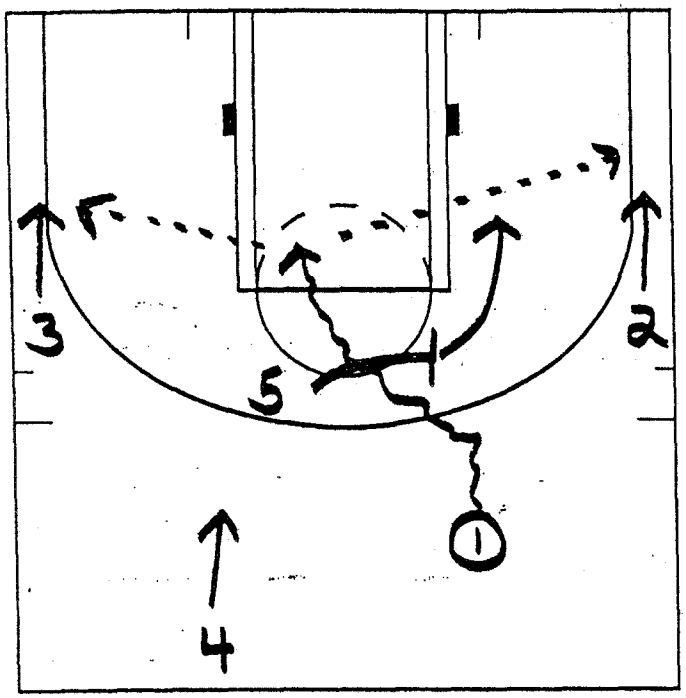
Notes: · Go Under All Pick & Rolls vs. Barkley

5 Isolation Defense (One on One Iso)

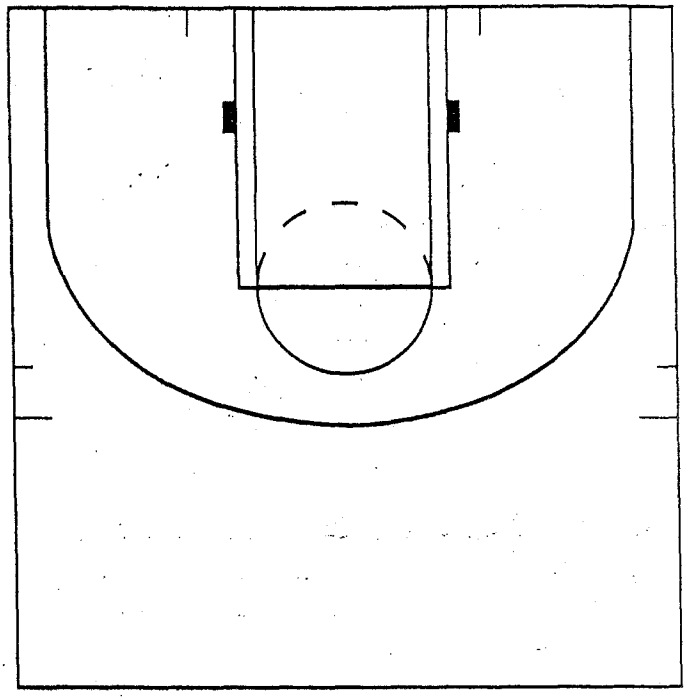
Double Team

	Player	Location	From	When
1.	Anderson	Wing	Top	Dribble
2.	Wells	Wing	Top	Dribble
3.	Wallace	Baseline	Top	Dribble

Early: Drag First Trailer



GOLDEN STATE WARRIORS A



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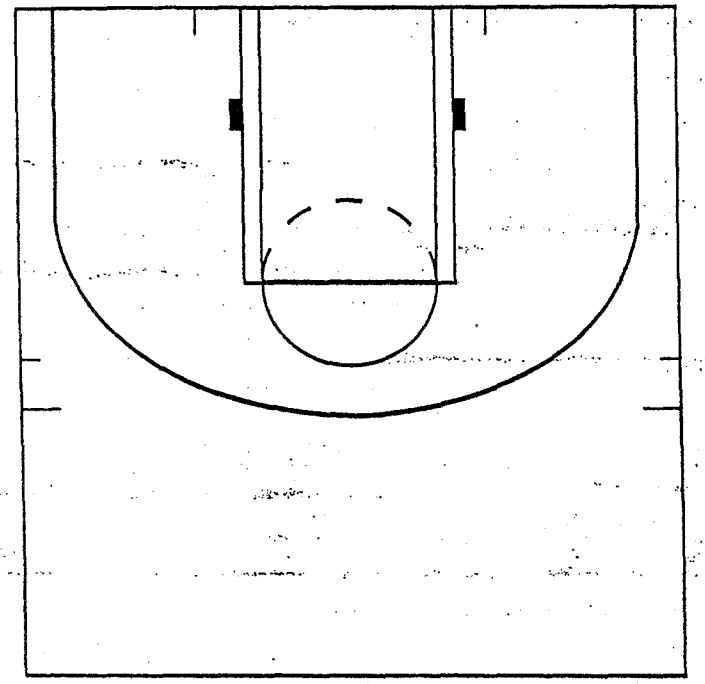
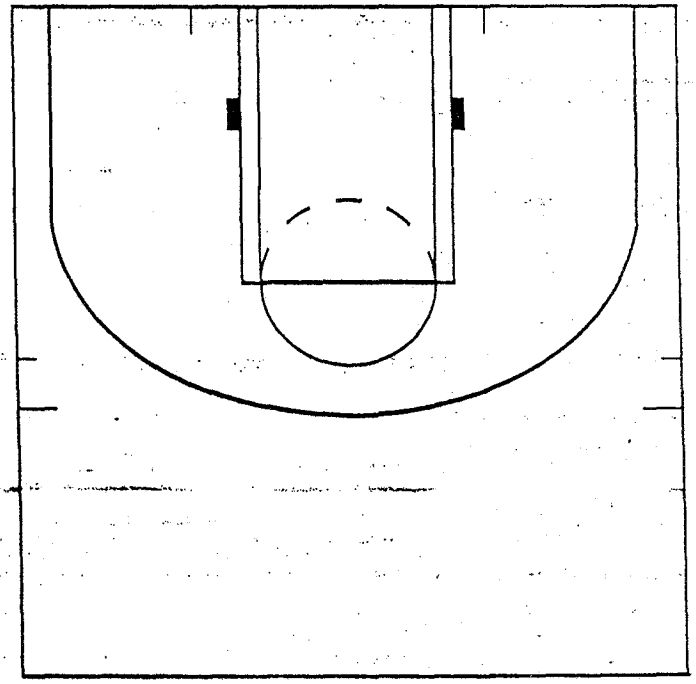
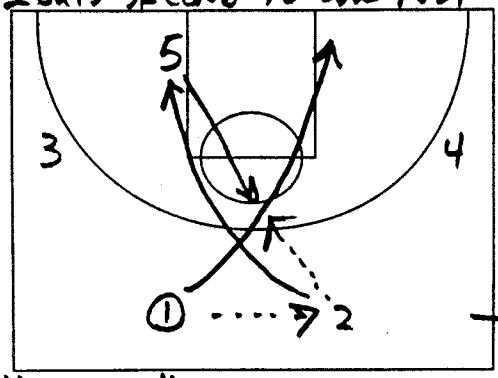


GOLDEN STATE WARRIORS C

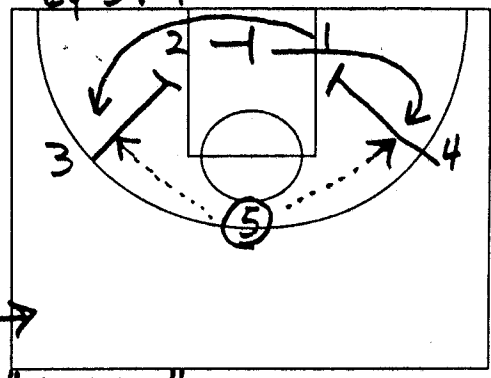


GOLDEN STATE WARRIORS D

"BLAST"
1 SWINGS TO 2 - 5 COMES HIGH MIDDLE - 1 CUTS FIRST 2 CUTS SECOND TO LOW POST

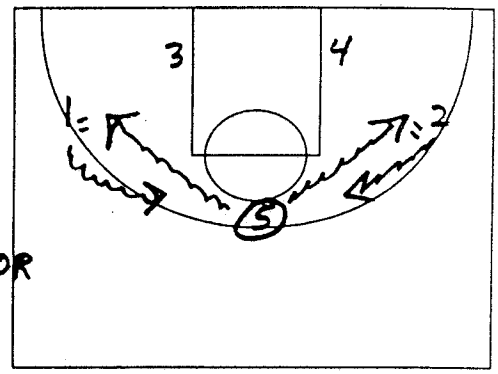


"BLAST"
5 CAN PASS TO EITHER 1 OR 2 OFF PIN DOWNS BY 3 + 4

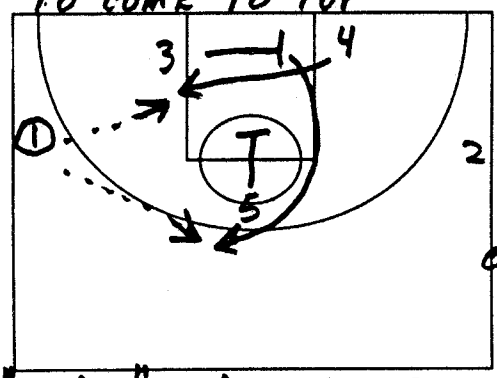


OR

"BLAST"
5 CAN DHO WITH 1 OR 2

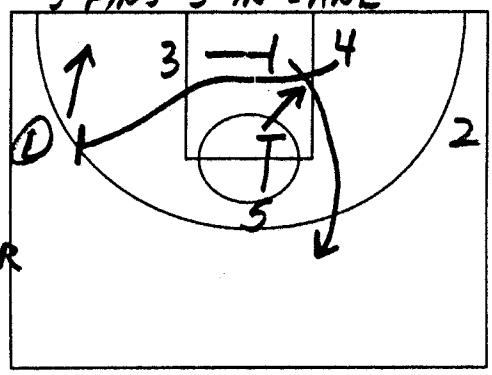


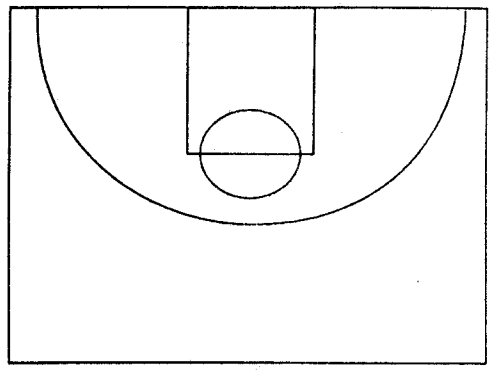
"BLAST"
3 POST THEN PICKS ACCROSS FOR 4 - 5 PINS IN LANE FOR 3 TO COME TO TOP



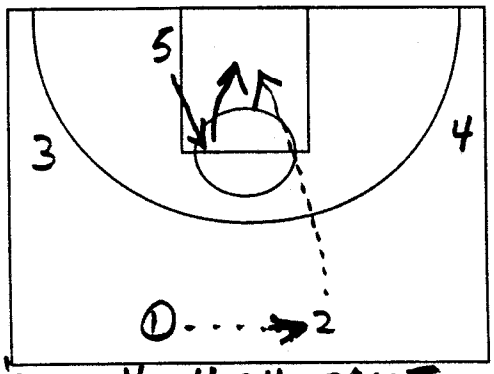
OR

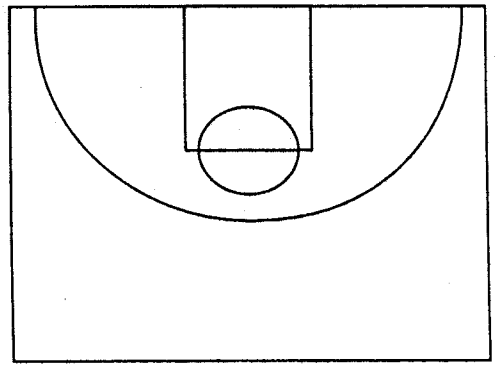
"BLAST"
3 PICKS ACCROSS FOR 4
-4 PICKS + ROLLS WITH 1
-5 PINS 3 IN LANE

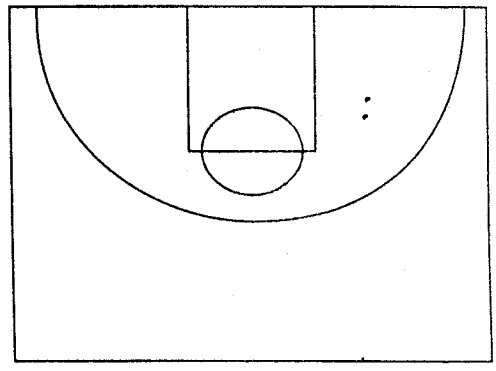




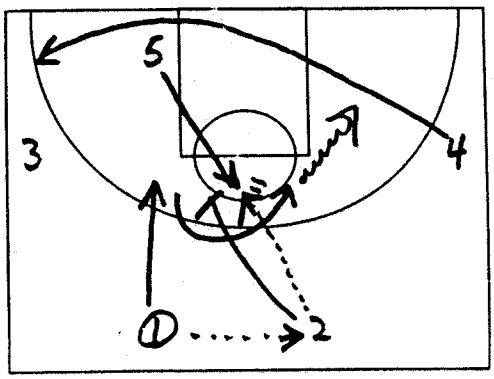
"BLAST" REVERSE 5

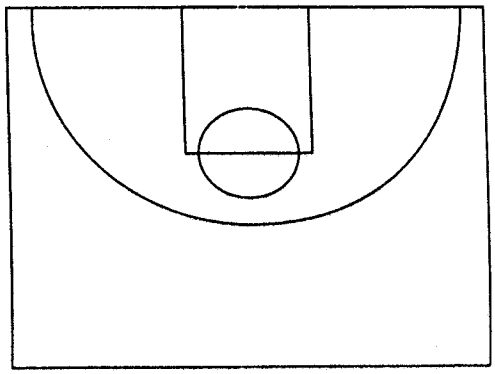


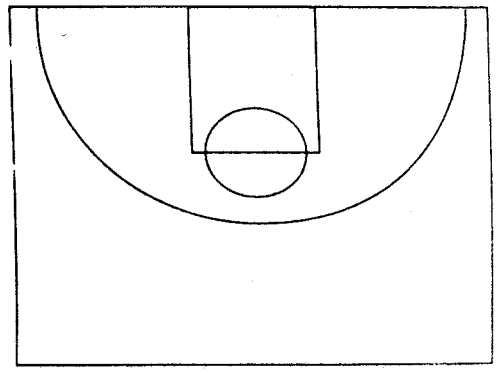




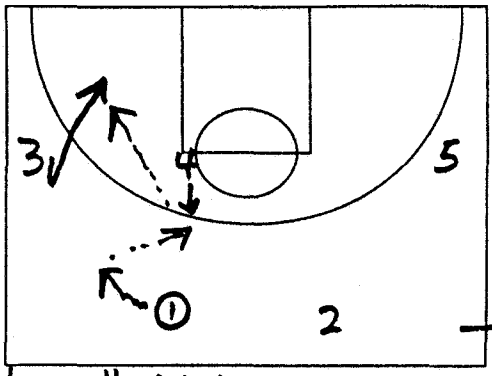
"BLAST" HIGH SPLIT



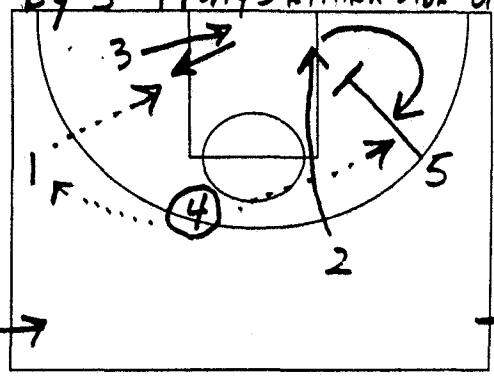




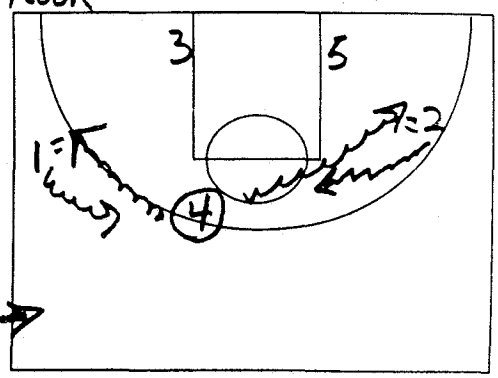
"UCLA" OVERPLAY 3
1 DRIBBLES AT 3 + PASSES TO 4
3 GOES BACKDOOR



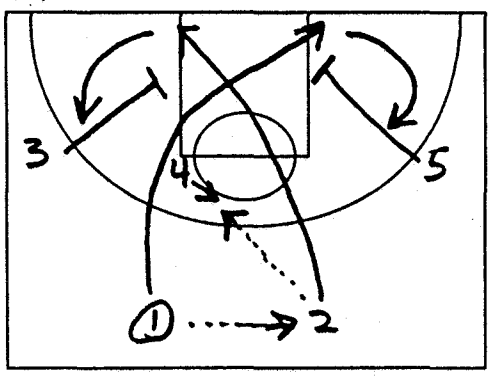
"UCLA" OVERPLAY 3 CONT'D
3 POSTS AFTER BACKDOOR
2 DIVES + THEN OFF PIN ↓
BY 5 - 4 PLAYS EITHER SIDE OF FLOOR

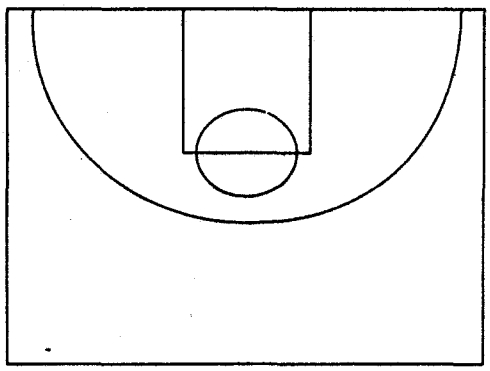


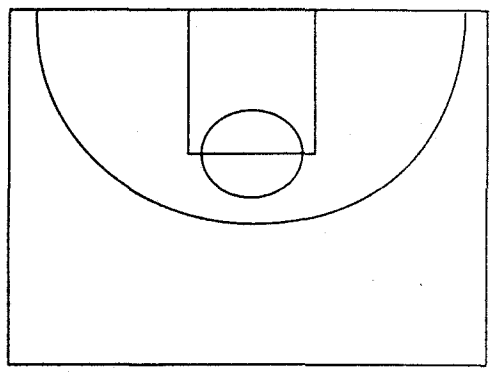
UCLA OVERPLAY 3 CONT
4 CAN DHO EITHER SIL

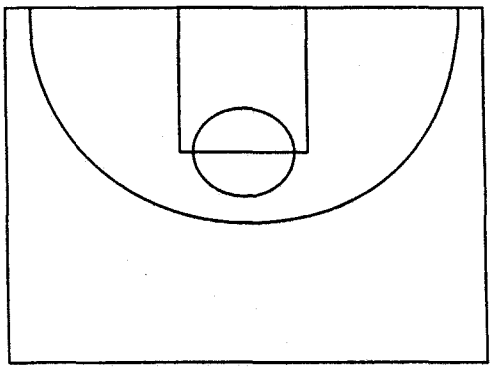


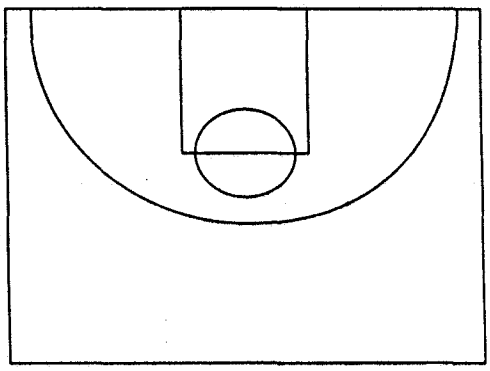
"UCLA" OVERPLAY 3+4
START PLAY WITH SWING
+ FINISH LIKE BLAST

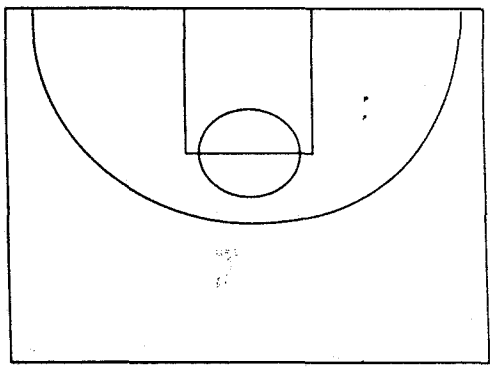


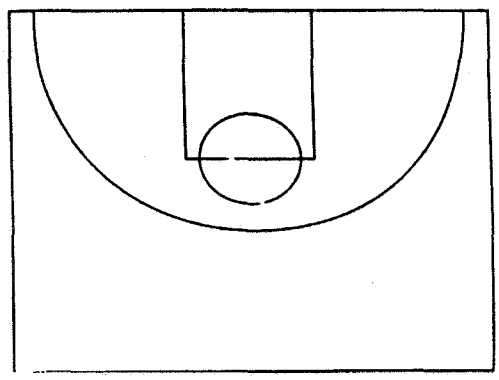


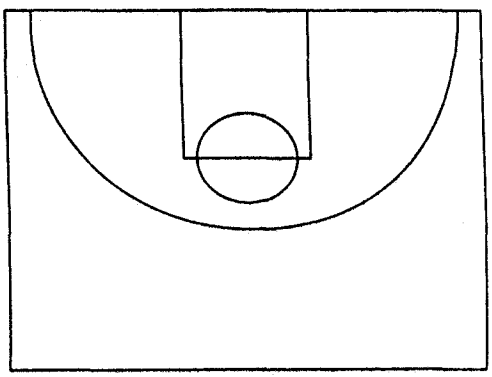


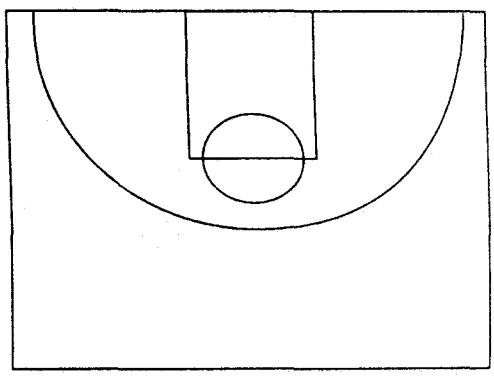




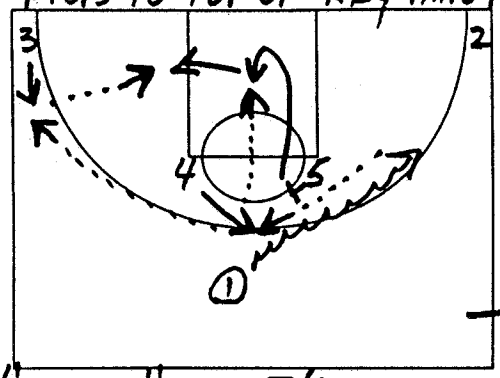




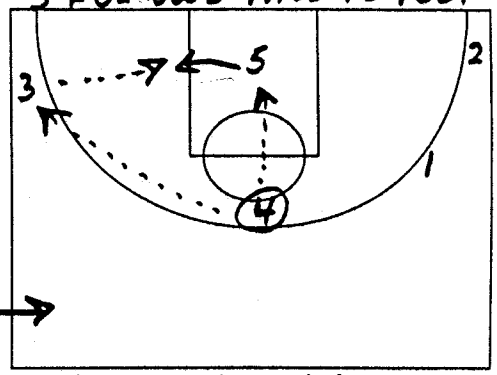




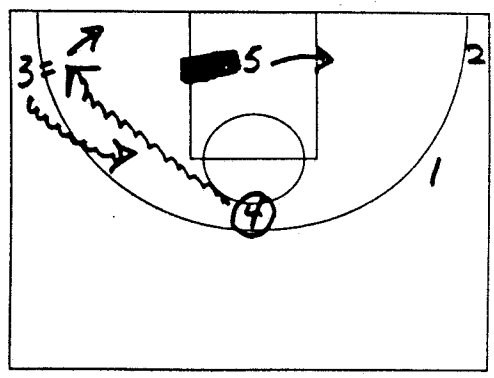
"HORNS"
5 SCREENS FOR 1 & ROLLS TO FRONT OF RIM
4 POPS TO TOP OF KEY-1 HITS 4



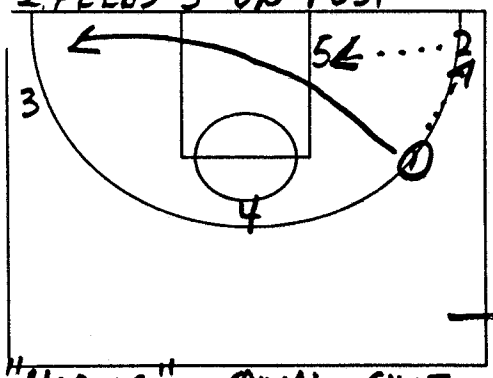
"HORNS" CONT'D
4 CAN PASS TO 5 OR TO 3
5 FOLLOWS PASS TO POST



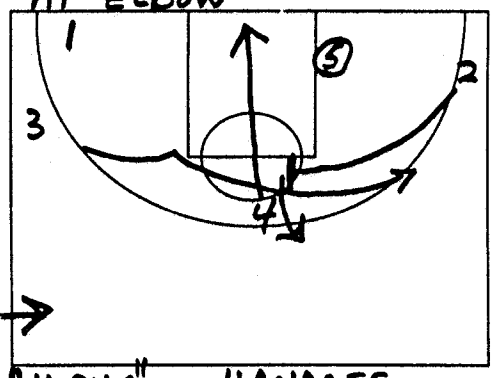
"HORNS" CONT'D
4 CAN DHO WITH 3
5 FILLS EITHER POST

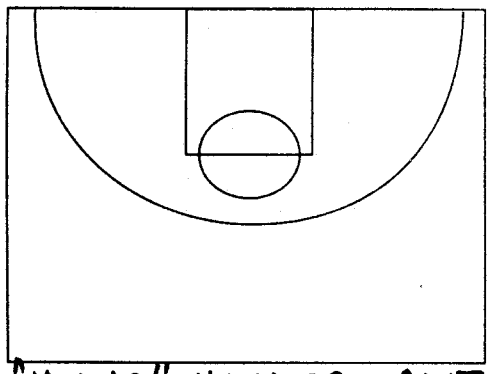


"HORNS" CONT'D
1 DRIVES & PITCHES TO 2 & CUTS WEAK CORNER
2 FEEDS 5 ON POST

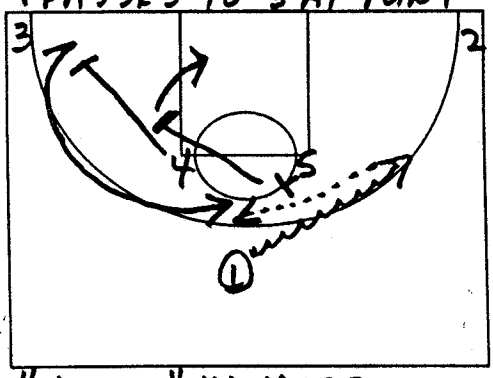


HORNS CONT'D
4 DIVES OFF TOP
2 & 3 RUN SPLIT GAME AT ELBOW

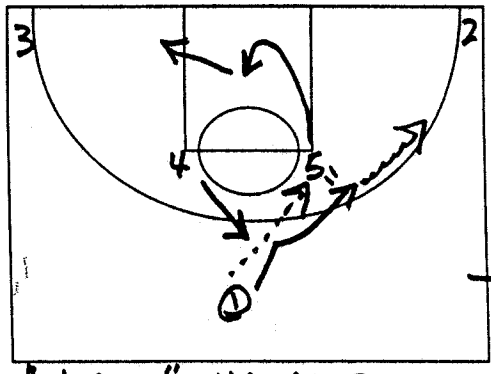




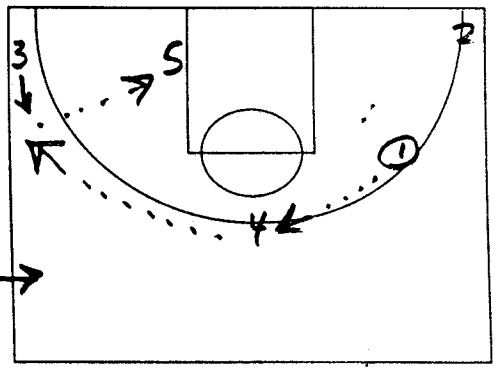
"HORNS" QUICK SHOT
1 DRIBBLES OFF 5
4 & 5 PICK AWAY FOR 3
1 PASSES TO 3 AT POINT



"HORNS" - HANDOFF
1 HITS 5 & GETS HANDOFF
4 POPS HIGH - 5 ROLLS LANE

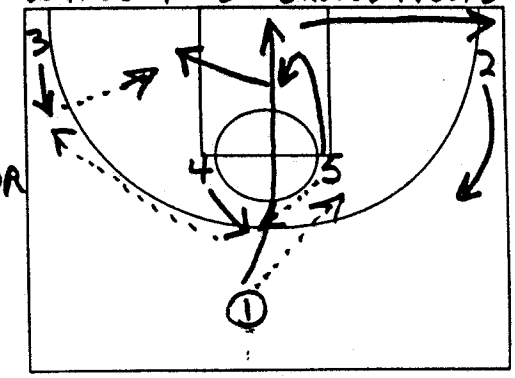


"HORNS" HANDOFF CONT'D
1 PASSES TO 4 - 4 SWINGS TO 3 - 5 POSTS

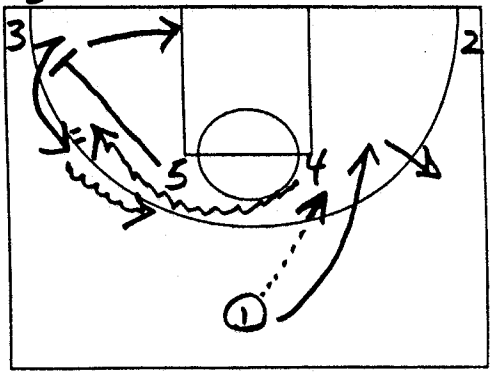


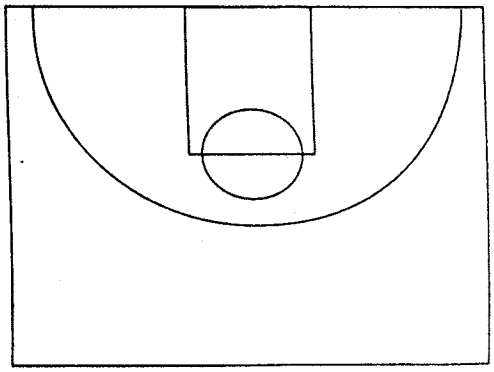
"HORNS" HANDOFF
1 HITS 5 & CUTS MIDDLE & OUT STRONG CORNER - 4 POPS HIGH & SWINGS TO 3 - 5 ROLLS & POSTS

OR

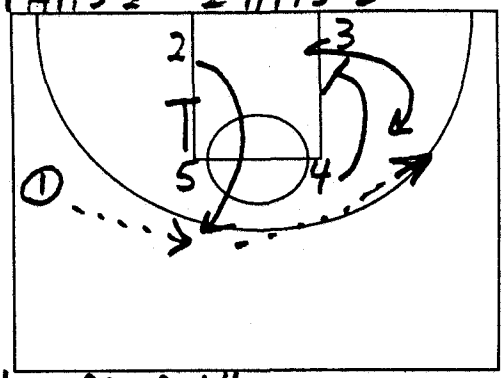


"HORNS" HANDOFF
1 HITS 4 & CUTS OFF - 5 PICKS AWAY ON 3 - 4 DHO'S WITH 3

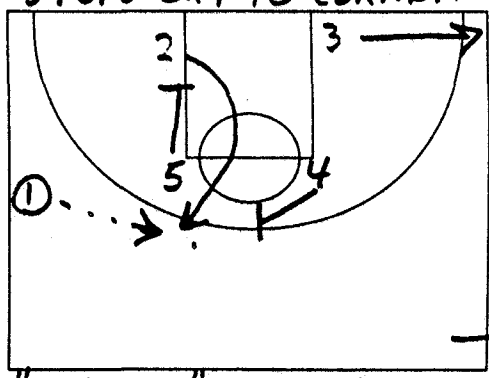




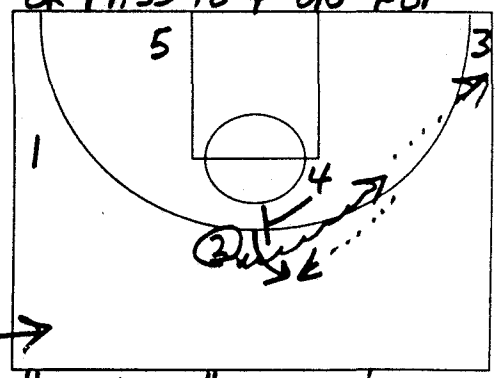
"ZIPPER"
5 PICKS DOWN ON 2
4 BANANA PICKS DOWN ON 3
1 HITS 2 - 2 HITS 3



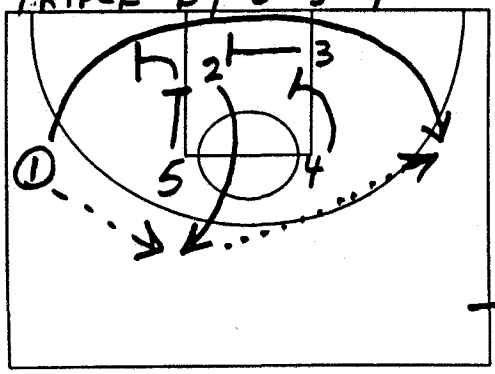
"ZIPPER FIST"
5 PICKS DOWN ON 2
1 HITS 2
3 POPS OUT TO CORNER



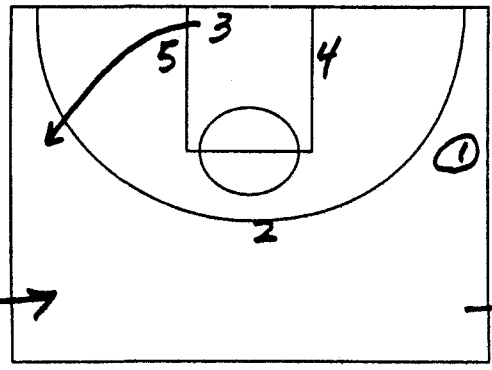
"ZIPPER FIST" CONT'D
4 PICKS FOR 2 & POPS
2 CAN DRIVE & PITCH WITH OR PASS TO 4 ON POP



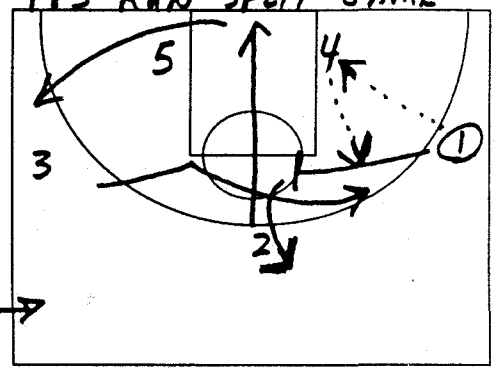
"ZIPPER 1"
5 PICKS DOWN ON 2
1 PASSES TO 2 & RUNS OFF TRIPLE BY 5-3-4

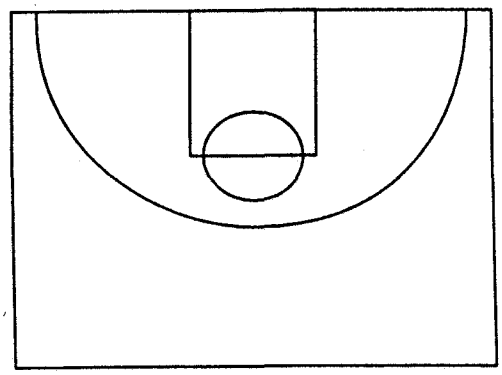


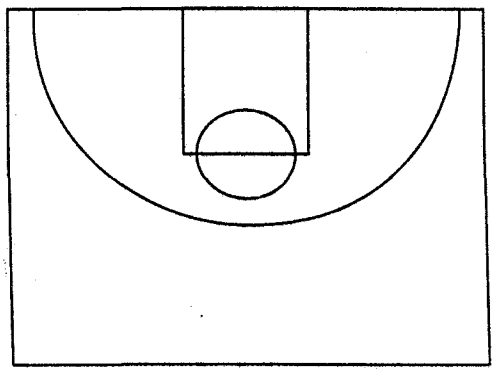
"ZIPPER 1" CONT'D

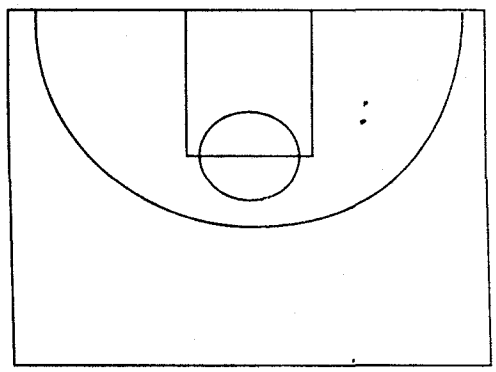


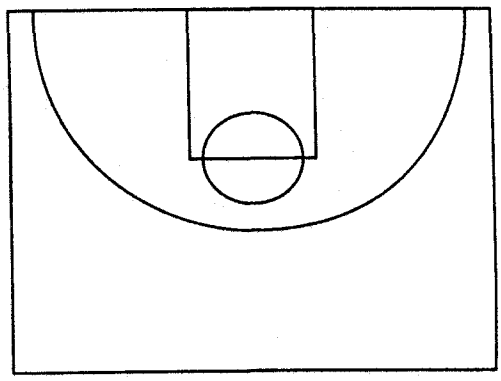
"ZIPPER 1" CONT'D
1 FEEDS 4 ON POST
2 DIVES OFF TOP
1 & 3 RUN SPLIT GAME

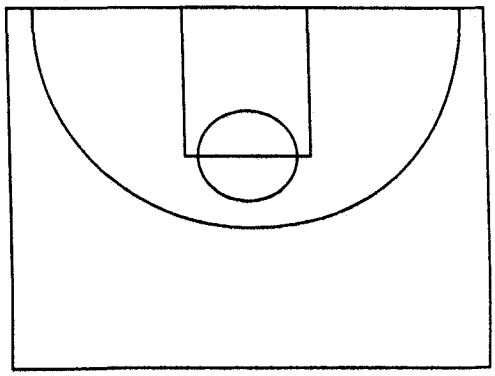


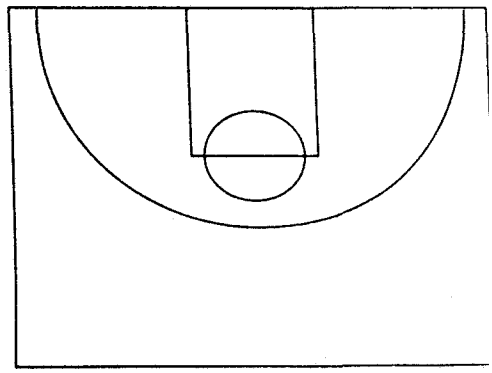




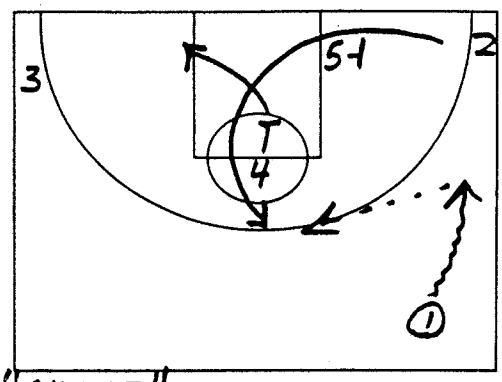




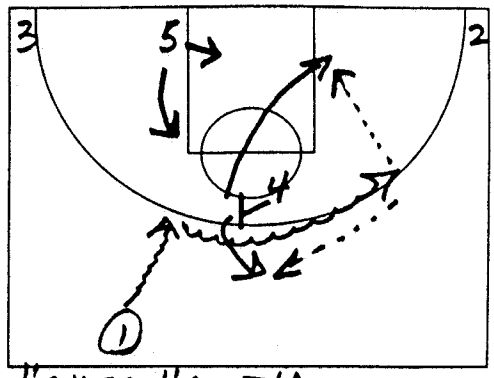


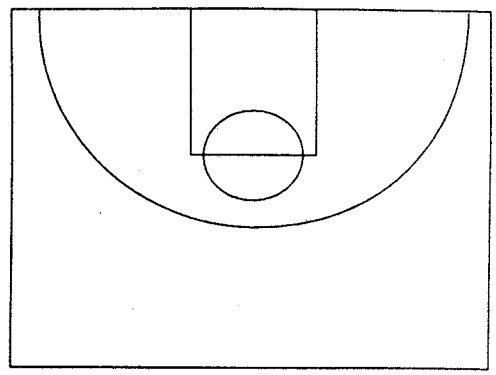


"CHASE"
QUICK AFTER F.T.

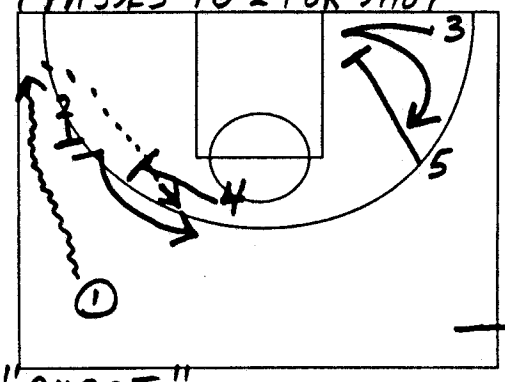


"DRAG"
1-4 AFTER F.T.
4 CAN ROLL OR POP

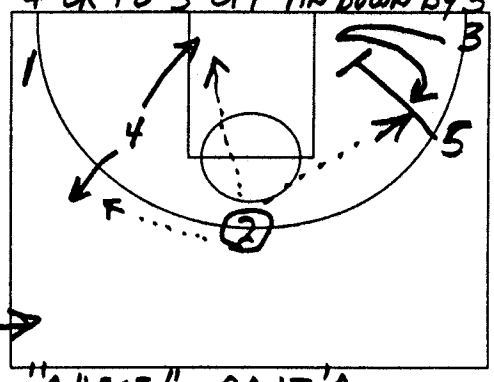


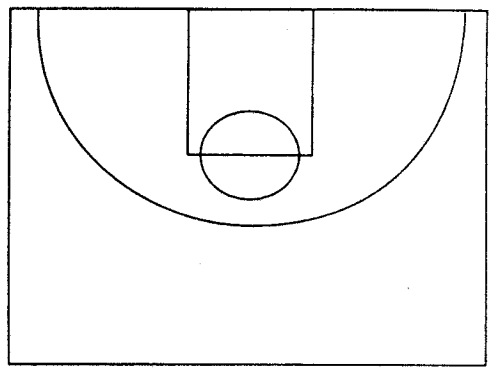


"CHEST"
1 DRIBBLES OFF STEP UP BY 2
2 FLAIRS OFF SCREEN BY 4
1 PASSES TO 2 FOR SHOT

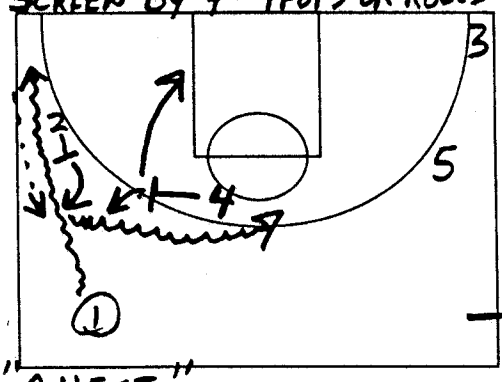


"CHEST" CONT'D
4 CAN POP OR ROLL AFTER SCREEN - 2 CAN PASS TO 4 OR TO 3 OFF PIN DOWN BY 5

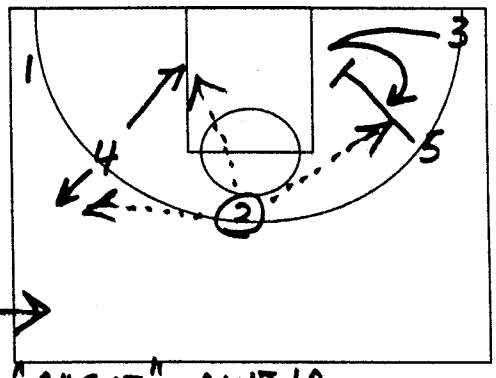


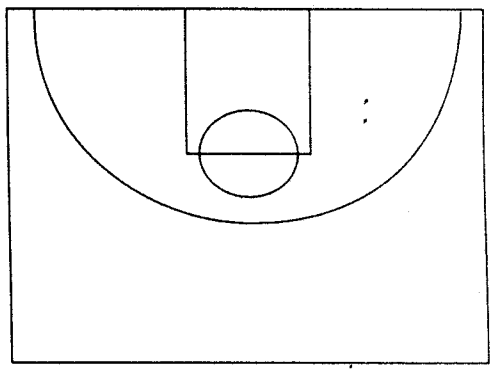


"CHEST"
1 DRIBBLES OFF 2-2 POPS + RECEIVES - 2 DRIBBLES OFF SCREEN BY 4 - 4 POPS OR ROLLS

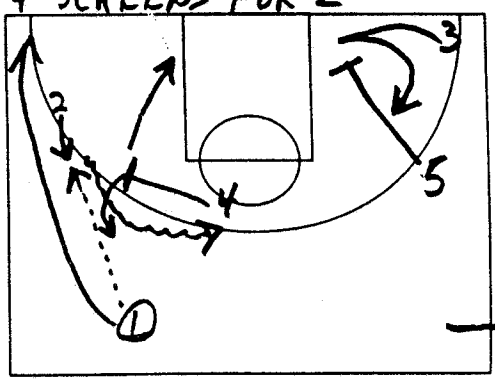


"CHEST" CONT'D
2 HAS SAME OPTIONS AS ABOVE

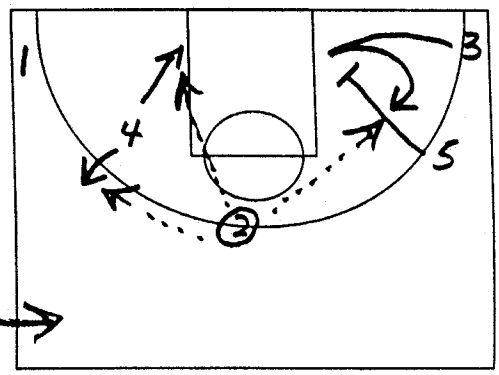


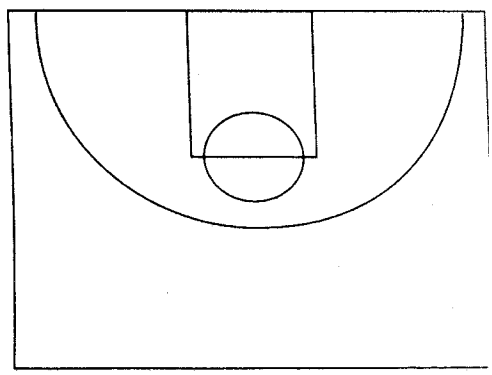


"CHEST"
1 PASSES TO 2 + CUTS OFF 2 TO CORNER
4 SCREENS FOR 2



"CHEST" CONT'D
SAME OPTIONS

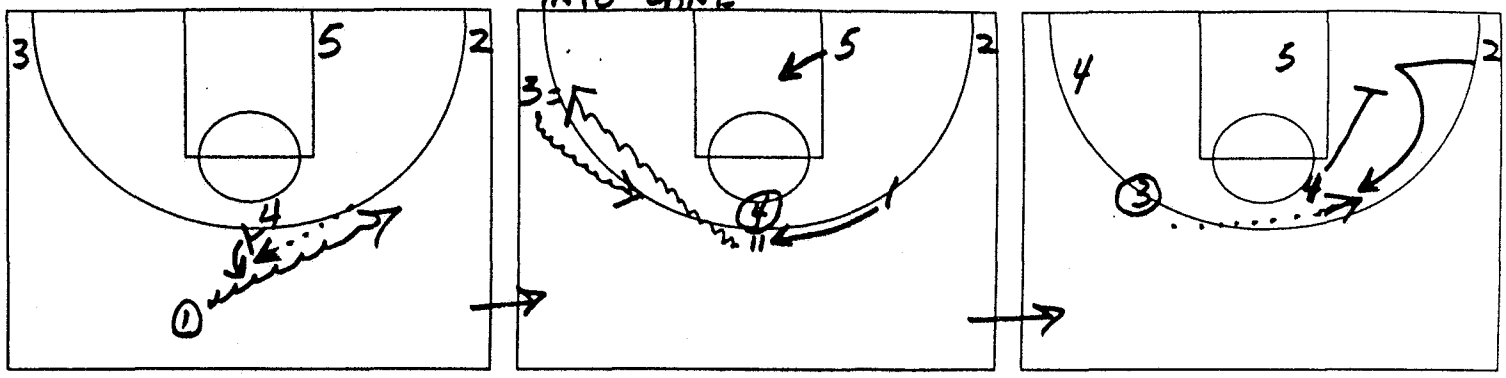


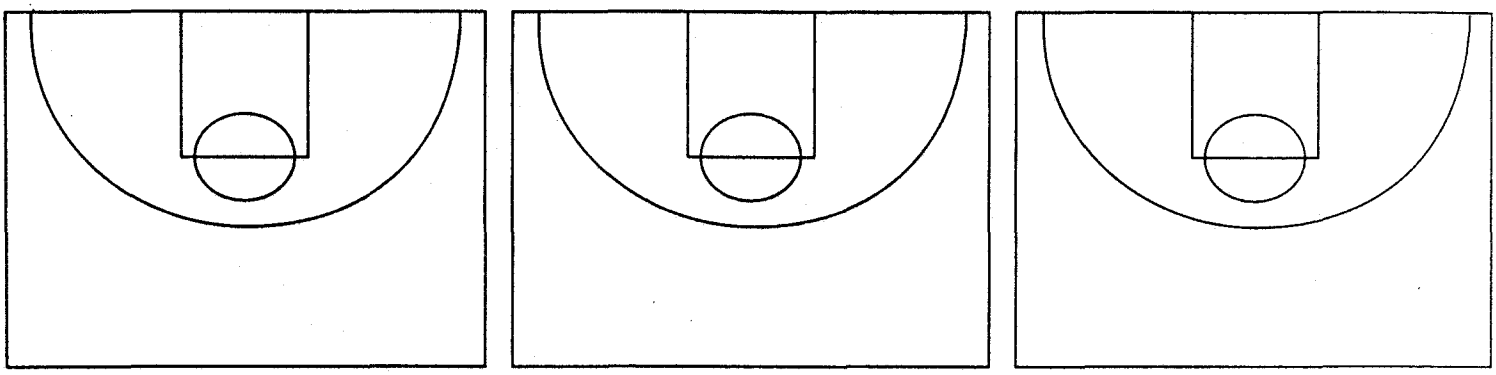


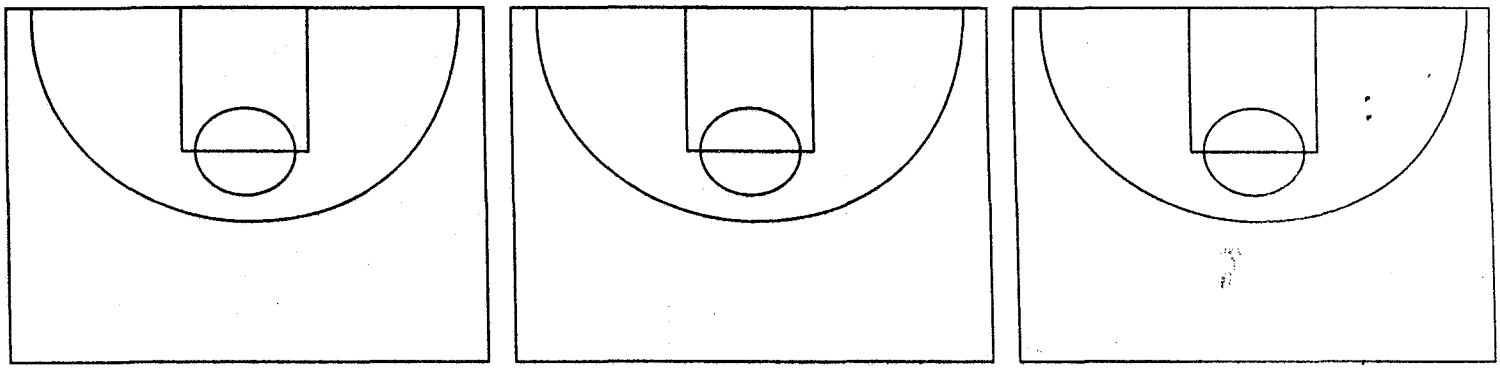
"DRAG" OPTION
1 DRIBBLES OFF 4
-4 POPS + RECEIVES PASS

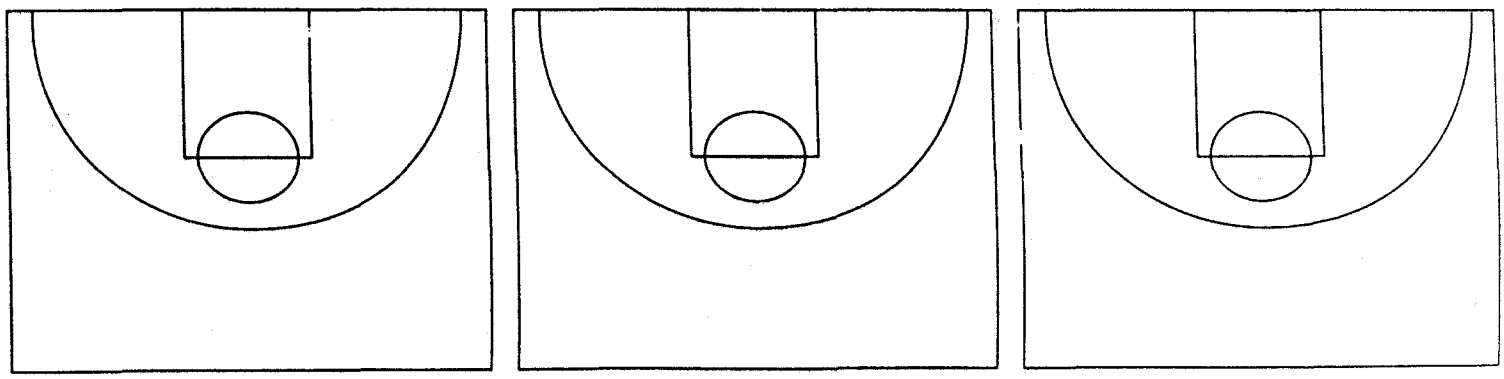
"DRAG" OPTION CONT'D
1 CUTS OFF 4 FOR HANDOFF
1 DHO'S WITH 3-5 DUCKS INTO LANE

"DRAG" OPTION CONT'D
4 PICKS AWAY FOR 2

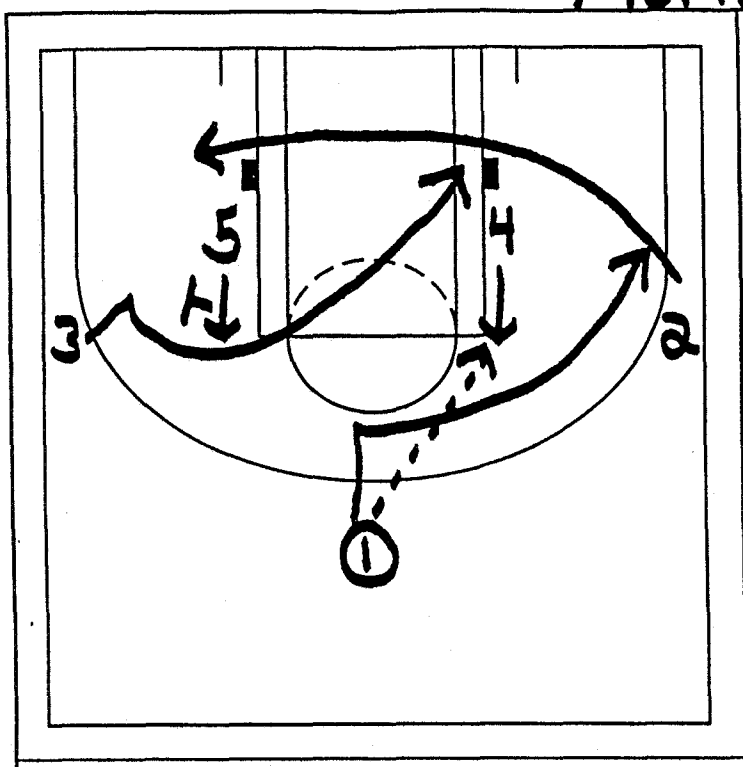








"Motion"



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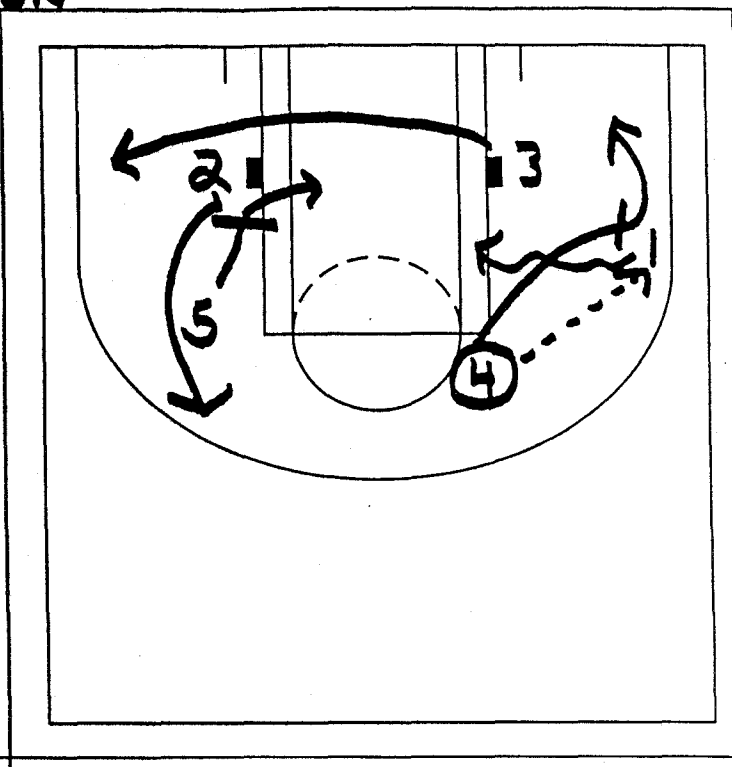

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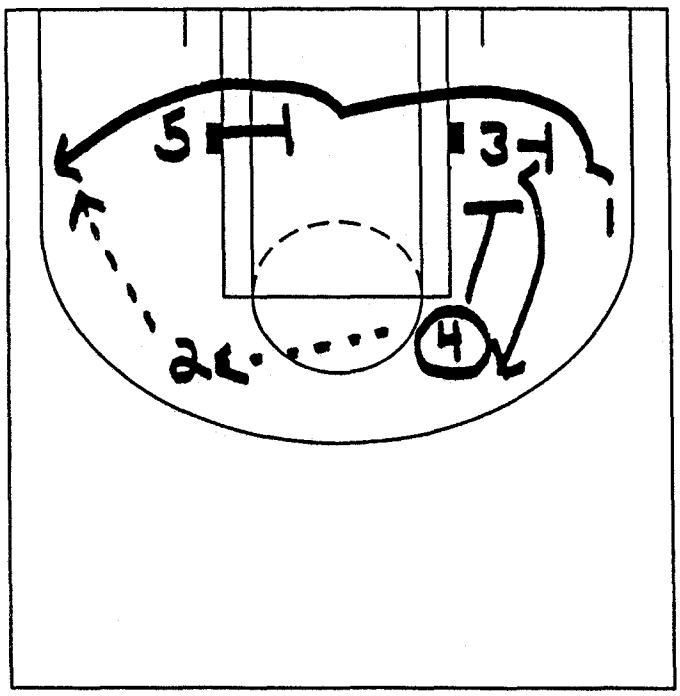

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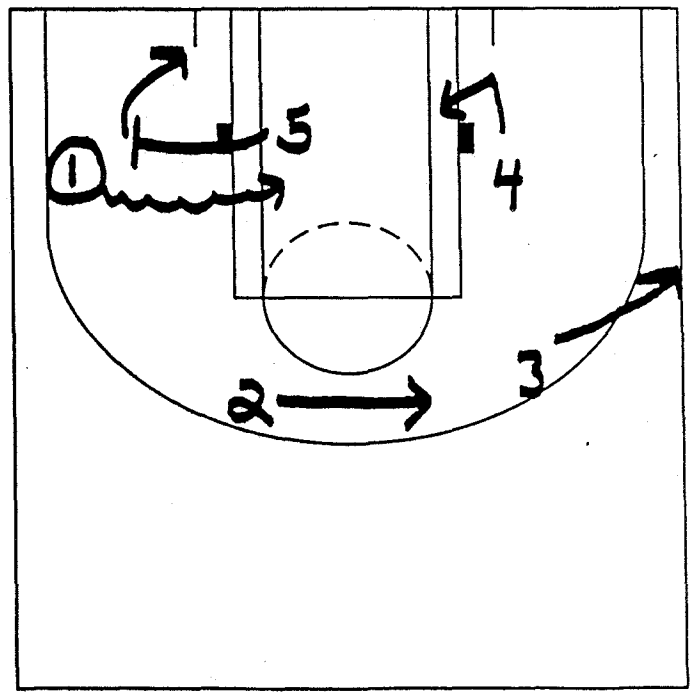
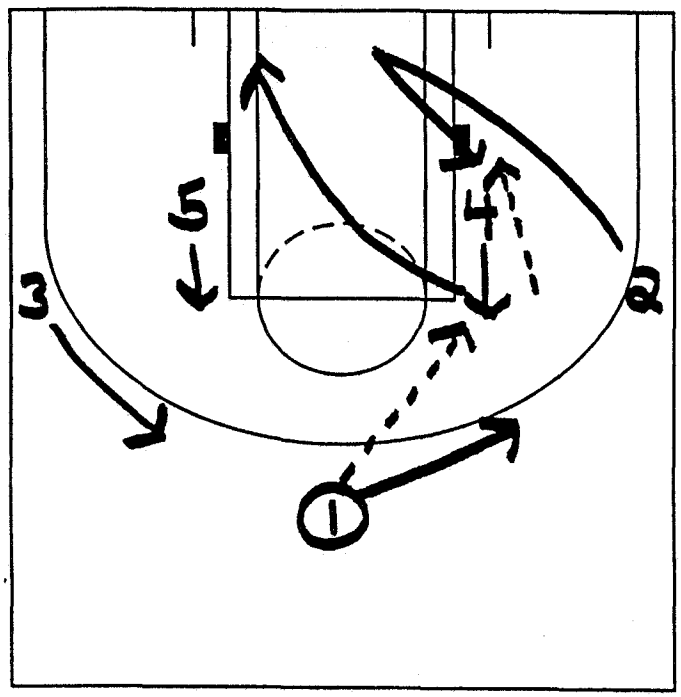


D

"Motion Hold"



A

B

C

D

GOLDEN STATE WARRIORS

GAME PLAN - GAME # 41 DATE: 1-23-02

VS. Memphis LOCATION: Oakland

1 Personnel

1	B. Knight	vs.	L. Hughes	1	J. Williams	vs.	D. Oliver
2	R. Buford	vs.	J. Richardson	2	W. Solomon	vs.	G. Arenas
3	G. Long	vs.	A. Jamison	3	S. Battier	vs.	B. Sura
4	P. Gasol	vs.	A. Foyle	4	A. Fotsis	vs.	T. Murphy
5	T. Massenburg	vs.	D. Fortson	5	S. Swift	vs.	E. Dampier
					I. Austin		N. Anderson

2 Basic Defense

A. Transition: Pick Up Pt. Guards

B. Protect Paint: Sag to Help

3 Low Post Defense

A. Front: Ball Pressure, Deny Swing

1. Gasol
2. Battier
3. Austin
4. Swift
5. Anderson

B. Open: Drop and Read on

1. Massenburg
2. Long
3. Fotsis
4.

C. Double Team

	Player	From	When
1.	Gasol vs. All But E.D. A.F.	Assign X 1	Pass
2.			
3.			

D. Back Up Plan and Other Notes

1. May Double Team to be Aggressive vs. Poor
2. Shooting Team: 42%

4 Pick and Roll Defense

	Call	Show/Over	Show/Under	Trap	Force Down	Through	Switch
Sideline	"73, 74, 75"		*				* 73
Middle	"14, 15"		*				
Elbow	"Elbow"					*	
Corner	"Corner"				*		
Step Up	"Step"					* 1-4	* 1-3

NOTES:

- Set Drags in Transition: Into/Under
- Get Through on All Picked Rolls: Back Up Plan

5 Isolation Defense (One on One Iso)

Double Team

	Player	Location	From	When
1.	Gasol	Mid Post/Baseline	Straight Up	
2.				

Quick To/Stunt From
1. Battier 3. Buford
2. Gasol 4.

Slow To
1. Knight 3. Fotsis (3pt.)
2. Williams 4. Massenburg

7 Switching Defense: Like Size

A. Be Ready To Switch These Plays

Call	Who Switches	When
"Fist Up"	2-3	In Paint
"Step"	1-2-3	On Ball

8 Opponent Defense

vs. Low Post: Front. Open. Double from Top

vs. SLPR: Show/Over & Under. Down. Trap

vs MPR: Show/Over & Under

vs. EPR: Show/Over

vs. Baseline Screens: Trail

vs. Iso: Force Baseline

vs. ATO Play: Zone

vs. Late Clock:

Half Court Zone: "12" 1-2-2, 2-3 vs. BOB

Half Court Trap: Bust with 3/4

Full Court Press: 41 Action
*Inbounder AMFG: 4/5

9 Warriors Offense

Flow
- Go to Post Up: LH, AJ, ED
- Execute Pick & Rolls with 4 & 5
- Ball Movement & Dribble Drive

Calls That Can Work For Us
- Hawk Series - C, 11
- Cross 3, 4, 5 - Blast
- Fist Up, Out 4, 5

10 Late Game Strategy

Defense
- Use "12" Zone
- Help on Drives: Sink to Lane - Block Out
- Be Ready for Gasol Iso/ Post Up: Go to Double Team

Offense
- Go At Both Point Guards, Gasol (PR), Austin
- Execution & Spacing: Swing Ball, Use Entire Half C

NORTHERN BASKETBALL

DEVELOP THE DISPOSITION TO DOMINATE EACH POSSESSION

DEFENSIVE CONCEPTS

Stance, Vision, Position, Talk, Anticipate, Rotate, Technique

Influence weak hand catch, pressure ball, run with in outer 1/3.
All defenders are on and up the line in stance.

Pressure the ball as much as possible w/o penetration or fouling.
Make the ball uncomfortable with low & wide stance and hand above the ball.

Control ball in the funnel. Steer the wings. Pin & trap the baseline.

Deny passing lanes. Passes up from baseline, head in the lane and one step away from your man. Passes down, hand in the lane and steer if a catch.

DEFENSIVE OBJECTIVES

1. **KEEP BALL OUT OF THE LANE.** T P D C R...UBIQUITOUS---TWO PLACES AT ONCE
Don't be blind on your early help, have a quick recovery, force the extra pass. Sprint Into & Out of the I. WE MUST STOP THE BALL A YARD OUTSIDE LANE! BRICK WALL!!!

2. **KEEP THE BALL OFF THE TOP.** Run to deny all passes to the top. Be one step away from the man if you force the catch high. UBIQUITOUS---TWO PLACES AT ONCE

3. **SHOT PRESSURE, NO FOUL. High Hands, No Rhythm Shots...ALTER OR CHANGE.**

4. **BOPCRO** All five men **B**lock **O**ut Butt in Gut and then **P**ursue the ball, **C**hin the **R**ebound, make a safe quick **O**utlet. Trap, umbrella, keep in jail any offensive rebound.

OFFENSIVE OBJECTIVES

1. **Handle the ball with sureness.** Breakdown the defense by pushing the ball, hit first open man, catches on top, spacing/angles/momentum, cuts, screens, drives, and talk our game. Cut and Space, Drive and Space.

2. **Put the ball in the lane.** Transition, Post, Cutter Catch, Drive, Rebound. T P D C R

3. **Shot discipline.** We take the shots we want; not what the defense wants. We take rhythm shots. We want 4's and 3's (lay-ups, open 3's, and go to shots). **4 3** 2 1 0

4. **Board Coverage.** 3 to glass (2 on 1 weakside), 1 fullback, and 1 halfback every time.

5. **We make more free throws than our opponents attempt.**

WE DETERMINE THE OUTCOME OF THE GAME

SPECIAL SITUATIONS

*__JUMP BALL__: SANDWICH, HANDS UP, BOPCRO, STEAL, RUN SECONDARY, VIOLATE

*__BASELINE O.B. DEFENSE:__ BODY UP, TAG, FREE MAN, FIST TO TRAP CORNER

*__SIDELINE O.B. DEFENSE:__ ON/UP LINE, FREE MAN, BALLSIDE OF SCREEN, PURDUE ADJUSTMENT UP/ON 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 & ROTATE OUT

*__DELAY GAME DEFENSE:__ REGULAR, ZIPPER, TRAP, FOUL (grab left wrist)

*__SIDELINE O.B.:__ 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 RUNOUT, STEP OUT KENTUCKY RUNOUT; 1) BEST INBOUNDER 2) THREE AVAILABLE WITH DEEP DIAGONAL FINISHER 3) BEST IN MIDDLE 4) POST COMMIT BALLSIDE 5) SHORTEN THE PASS 6) REVERSE IT TWICE 7) ENGAGE TWO 8) CRACKBACK 9) CLEAR CRACKBACK 10) ATTACK THE MIDDLE 11) PASS FAKE & LOOK OPPOSITE 12) STEP OUT & STEP IN FREE THROW SHOOTER WHEN THEY ARE FOULING

*__PRESSURE:__ CLOCK--ATTACK IT WITH CHASER, BACK SCREEN, BE AGGRESSIVE, 5 & 5 HIGH, DOWN

*__COMEBACK GAME:__ PLATOON SHOOTERS/ FOULERS/DEFENDERS, KEEP REBOUNDERS IN ON FREE THROWS GETTING THREE'S---CRACKBACKS, 33/66, DOWN TO A 3, #1 PENETRATE, GREEN, UP, FLORIDA UP, DENVER

*__TRIANGLE AND TWO:__ #1 PLAY INTO MOTION, USE ZONE DEFENDERS FOR SCREENS

*__BOX/MATCH AND ONE:__ #2 MOTION W\ ONE PLAYER SCREENING & USE THE ZONE DEFENDER AS SCREENER.

*__GIVING A FOUL:__ FOULS TO GIVE, THREE POINT LEAD. DON'T FOUL _____WHO TO FOUL_____

*__LAST SHOT OF GAME:__ WHO, WHAT, WHEN – REBOUND TO STOP OR GET PUTBACK- LONG HEAVE OFF ONE FOOT AT BUZZER, ONE MORE DRIBBLE, TRAP THE DRIBBLER WITH THE SHADOW, FOUL IF UP 3 IN SHORT SECONDS,

* __FULL COURT SPECIALS VERSUS PRESSURE__- SPREAD, SPREAD IOWA STATE, SPREAD PULL IOWA STATE, KENTUCKY, WAKE-UP, HOME RUN (__KEVIN, KYLE, MITCH__ Catch), LINE (ESPECIALLY IF THEY ARE FOULING)

*__DON'T BANK TIME OUTS, CAN'T EAT THEM, USE WISELY CONTROL TEMPO- RUNNING TO'S COACH CAN CALL TIME OUTS e.g. TEN SECOND CALL, etc…__

*__WHO HAS THE POSSESSION ARROW?__ **Double violate to get possession when on defensive or offensive free throw, don't let them.**

__DON'T LEAVE BENCH OR CELEBRATE ON LAST SHOT__ **(Technical)**

SUBSTITUTION
LISTEN TO INSTRUCTIONS
REPORT TO SCORE TABLE
REF BECKONS YOU IN
RUN IN, TOUCH & TALK
RUN OFF & GET INSTRUCTIONS

MATCH UP POINT AND TALK (BUMP OR TRAP)
POSITIONING, ANTICIPATION, & TECHNIQUE
GUARD SOMEONE, DO 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

TIGHT TRIPLE THREAT FACE SPACING
CENTER THE BALL, REVERSALS
ON TOP TWICE, SLOW THE BALL DOWN ON TOP
PIPE CUTS
BASKET CUTS
BACKPINS
BACK FLARES
INDIANA'S
CURL SCREENS TO POST OR POP
CUT & SPACE
DRIVE & SPACE
CONCEPTS VS. SWITCHES
7 PASSES
NO DRIBBLE

ZONE ATTACK---SURENESS---SHOT DISCIPLINE---OBC

SAN FRANCISCO
INSIDE- NO PERIMETER LAPSES
FLASH MIDDLE POCKET/SHORT CORNER
BASKET CUTS/SHORT CUTS
DRIBBLE OFF & STEP OUT TOP & CORNER
INDIANA'S & 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 WEAKSIDE BOARDS

MAN VS. BOB

1= TOP
2= POST SPIN or OOP
3= TRIPLE
4= 4 TRIPLE
5= BOX UP
FLEX/ FLEX BOX UP
BOX STEP OUT/ STEP IN

*****Single/Double Away for Inbounding Shooter

ZONE VS BOB

BOX SCREEN IN
BOX X

BOX STEP OUT/ SCREEN IN
BOX STEP OUT / SCREEN OUT

STACK

OKLAHOMA

#1 TOP

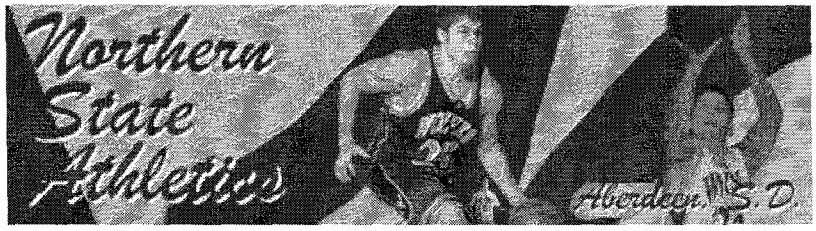
SCREEN IN FOR INBOUNDER

NORTHERN STATE WOLVES BASKETBALL

THINGS I WISH I WOULD HAVE KNOWN EARLIER AS A PLAYER.....

- WHAT IT FEELS LIKE TO BE A SENIOR (THE SACRIFICE FOR THE TEAM)
- HOW MUCH TIME THE COACHING STAFF PUTS IN TRYING TO PREPARE THE TEAM FOR LIFE, PRACTICES AND GAMES
- HOW MUCH TIME THE COACHING STAFF SPENDS THINKING ABOUT WHAT IS BEST FOR THE TEAM
- YOUR TEAM IS ONLY AS GOOD AS THE LAST PLAYER TO BUY IN (WEAKEST LINK) – YOU HAVE A "TRUE" TEAM ONLY WHEN EVERY LAST PLAYER HAS BOUGHT IN
- WHEN YOU WIN WITH A "TEAM", THE VICTORY TASTES MUCH SWEETER
- TEAM CHEMISTRY IS THE MOST IMPORTANT THING IN THE GAME OF BASKETBALL – WITHOUT IT CHAMPIONSHIPS ARE HARD TO COME BY
- THAT THE "TEAM" IS NOT THE COACHES' TEAM, IT'S YOUR (PLAYERS) TEAM
- THAT IT CAN TAKE AN ENTIRE SEASON TO BUILD A "TEAM" AND ONE INCIDENT TO DESTROY THE CHEMISTRY THAT WAS BUILT
- HOW YOU PLAY IN PRACTICE ULTIMATELY AFFECTS YOUR PERFORMANCE IN THE GAME
- IF YOU WANT TO BE THE BEST PLAYER, YOU HAVE TO BE THE HARDEST WORKER
- IT DOESN'T MATTER HOW GOOD YOU ARE IF YOU ARE NOT MENTALLY TOUGH
- THAT YOU WIN GAMES BY PREPARING PROPERLY IN PRACTICE AND NOT JUST LACING UP THE SNEAKERS ON GAME NIGHT
- IT'S HARD AS A COACH TO SIT A PLAYER WHO MAKES HUSTLE PLAYS CONSISTENTLY AND WORKS HARD IN PRACTICE
- THE IMPORTANCE OF BALL PRESSURE AND JUMPING TO THE BALL AND HOW TO PLAY IT PROPERLY
- COMMUNICATION IS A MUST TO BE SUCCESSFUL ON AND OFF THE COURT
- I HAVE A BETTER CHANCE TO PLAY IF I AM A GREAT DEFENDER VS. A GOOD SHOOTER
- THE SOONER I REALIZE THAT EVERYTHING STARTS WITH DEFENSE THE BETTER I WILL BE ABLE TO PREPARE MYSELF FOR THE PRACTICES AND GAMES
- THE KEY TO BECOMING A GREAT REBOUNDER IS PUTTING FORTH THE EFFORT TO GO TO THE GLASS AND ABILITY HAS LITTLE TO DO WITH IT (REBOUND SEQUENCE)
- A GOOD TEAM DEFENSE IS BUILT WITH THE FOUNDATION OF TRUST
- HOW MUCH YOU HAVE TO PREPARE MENTALLY FOR THE SECOND NIGHT OF PLAY IN CONFERENCE FRIDAY / SATURDAY GAMES – AFTER LOSES, MORE SO WINS
- IT'S NOT WHO STARTS THE GAME, IT'S WHO FINISHES THE GAME – BE A FINISHER
- YOU HAVE TO HAVE A GREAT SECOND HALF WARM-UP PHYSICALLY TO GET YOURSELF READY MENTALLY (PERCEIVED ABILITY THAT WE ARE READY TO GO)
- THAT YOU CAN CONTROL TWO THINGS IN LIFE: 1. ATTITUDE 2. EFFORT – AND MORE OFTEN THAN NOT, POSITIVE WORDS AND ACTIONS CREATE POSITIVE REACTIONS

Sundance Wicks



Northern State University – Men's Basketball → Dribble & Juggle / Two-Ball Dribbling

Ball-handling drills: Before our guys begin to work on shooting and game moves, we always want them to start their workout with ball-handling drills. **Remember these key points for all drills – A) Start Slow. B) Get a Rhythm. C) Go Fast Enough to Make a Mistake.** Here are two of our favorites:

1. **Dribble & Juggle**: The player will use one of his / her hands (preferably the weak hand) to dribble a basketball, while at the same time using the other hand to juggle a tennis ball. This drill emphasizes learning how to handle the basketball without looking at it. The player must keep eye contact on the tennis ball and learn how to "feel" the basketball.
    a. **Key Points**:
        i. Be ball quick: Pound the basketball and keep the ball low. The player must sit into his / her stance.
        ii. Eyes up, see the tennis ball.
        iii. If you drop the tennis ball, you are not allowed to pick up the basketball to run to the tennis ball (this would result in a travel call in a real game), but instead, you must keep dribbling the basketball.
    b. **Variations / Additions to the drill**: Once the player gets the basketball fundamental down, he can then try to throw the tennis ball progressively higher and higher towards the ceiling, and while the tennis ball is in flight, try to make some moves with the basketball (between the legs, behind the back, etc.). The player can also try the "knee catch" variation, which is where after throwing the tennis ball in the air, he lets it hit the ground and then try to catch it on the bounce before it gets above knee height.
2. **Two Ball Dribbling - Basic Sequence**: The basic sequence consists of six different parts in a stationary mode, and also while moving with the basketball.
    a. **Key Points**:
        i. Eyes on the opposite net → See the entire floor.
        ii. Be ball-quick → Pound the basketballs
        iii. Sit into an athletic stance → Be low and wide, not narrow and hunched over.
    b. **Stationary Moves**:
        i. **Low Rhythm** – The player is sitting into an athletic stance, looking straight ahead (at the opposite net), and is dribbling both basketballs as quickly as possible no higher than knee level at the same time (in rhythm).
        ii. **Low Non-Rhythm** – Same as Low Rhythm, but now as the player dribbles the two basketballs no higher than knee level, he / she must alternate the two basketballs (one basketball should be at knee level while the other is hitting the floor).
        iii. **High Rhythm** – Player stays seated, but now brings the basketballs to shoulder-height at the same time. The basketballs should be in front of the player, not out to the sides, and should go at least to the top of the shoulders, if not higher.
        iv. **High Non-Rhythm** – Same as High Rhythm but now the basketballs alternate (as one is at the shoulder, the other should be near the floor).
        v. **One High, One Low** – The most difficult of the sequence. The player must stay sitting into an athletic stance, and dribble one basketball as high as possible, and the other as low as possible to the ground. The player must work to pound both basketballs as quickly as possible (Be ball quick).
        vi. **Switch – One High, One Low** – Same as above, but now the player switches which basketball is high, and which is low.
    c. **Moving with the Basketball**: The player will walk out to half court (slowly) and must make the six above changes all before getting to half court. This is not a race! We want the player to get many repetitions of each of the six changes by the time he / she gets to half court. When the player gets to half court, he then turns around and on the way back, must make at least 3-4 ball changes. A ball change usually involves switching the basketballs with hands, and a couple examples would be doing a crossover with the two basketballs, using a crossover with one basketball while moving the other behind the back, and so forth. The player makes the ball changes at their pace (can be slow, can be fast).

We hope that after learning about these two drills you will consider to implement them in your own personal skill development workouts. We feel that these are intense drills that get the player ready for a solid workout. Of course, these aren't the only drills that we use with our players, and if you would like more information, feel free to contact us at www.northern.edu, call us at 605-626-2230 or email us at wolvesbasketball@northern.edu.

Future Camp Dates 2007! For camp info, go to: http://www.northern.edu/athletics/Depthome/mbb/camps/Northern_Camp_2007.pdf

Boy's & Girl's Day Camp	June 4-7	Girl's Skill Development	June 10-13
Boy's Skill Development	June 13-16	Boy's Shooting & Scoring	July 8-10
Girl's Shooting & Scoring	July 15-17	Boy's Position Camp	July 10-12
Girl's Position Camp	July 17-19		

Shooting and Free Throw Shooting Competitive Games

Shooting Games

1. **1, 2, 3 shooting game to 21, or any total.**
   Start at 3-point line or free throw line if younger.
   Always try to set a personal best.
   1. Shot fake
      Circle tight
      Body on 1st, straight line drive.
      Head up on target. 1 dribble to rim, chin the ball, clean lay-up for 1 point.
   2. Shot fake
      Circle tight
      Go somewhere with 1 dribble.
      Hold follow-through. Make is 2 points.
      Swish=extra point. (3)
   3. Shot preparation. "Don't shoot fast, get ready to shoot fast."
      Ball in the air, feet in the air.
      Hold follow-through. Make is 3 points.
      Swish=extra point. (4)

   -Can go alone or 2, 3, or 4 in a group. Go against another team, time, or both.

2. **Five Point Count Down** (or any number)
   -1 on makes – count down
   +1 on misses – count up
   Time it for personal best or compete against someone. You could add the swish rule.

3. **Make 25 don't miss 2 in a row.**
   If you miss 2 in a row and can swish the next shot you are still alive.
   Keep going after you get to 25.

4. **4 Up**
   Get 4 ahead of the other team. Sit down in a straight line with ball in front of the line when you finish.
   We usually shoot from free throw line elbows, but you can adjust it to any spot.

5. **Beat Steve Nash**
   Start with a Free Throw (Make = +1, Miss = -3)
   After the free throw, you shoot jump shots and a certain number of lay-ups according to age. Jump shots and lay-ups by age
   (Make = +1, Miss = -2)
   First to 10 wins

Free Throw Games

1. **Free Throws & Points**
   For example; shoot 4 Free Throws get 5 points
   Swish = 2 points
   (Any number free throws and points can be set)

2. **Plus 2, Minus 2**
   Swish = +1
   Make with rim = 0
   Miss = -1
   After plus 2, make as many in a row as you can. If you miss, you can swish the next one to stay alive.

3. **Make 16 Free Throws in 6 minutes**
   Shoot a 1 on 1
   - Miss the 1st – Do a Dribble suicide
   - Miss the 2nd – Dribble down and back twice
   - Make both – Dribble down and back once

4. **Team 1 on 1**
   Everyone shoots a 1 on 1; you must reach whatever total is set for a goal. Sprint to baseline, and hold your number of makes above your head to get the count.

5. **Buy the Bank Free Throws**
   Makes add up points
   Miss buys the current point total
   Reach a certain total (usually 21) and you are out.

6. **Team encouragement free throws.**
   Teammate shoots 1 free throw. If the player misses, you run. If you don't encourage, everyone runs.

7. **Bubba Free Throws or Free Throws to Win**
   Set a score like 64-60 (you are down)
   Make = +1 for you
   Miss = +2 for the opponent
   Entire team shoots one each, or you can use smaller groups.

8. **Scrimmages**
   Poorest free throw shooters shoot all the free throws. When you are subbed out, make 6 in a row and you can come back in (John Wooden).



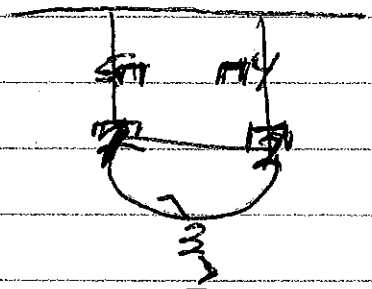
Northern State Wolves Basketball

Tom Davis – Flexible 3-2 zone defense

- Why zone?
  1. Coaches have better man offenses than zone attacks
  2. Helps certain teams play better defense b/c of talent
  3. Avoid foul trouble – protect key players
  4. Slows opponents down – strategic value
  5. Changing from man to zone can disrupt opponent
- Background
  1. FB Coach Paul Dietzel at LSU
  2. Hank Iba's man principles
  3. Harry Litwack / Don Casey / John Chaney
  4. Dave Gavitt's Combination Defense + Hands Up technique
  5. Jim Boeheim / John Carpenter (Rider)

monster back defense → Flex 3-2 is a combination of these

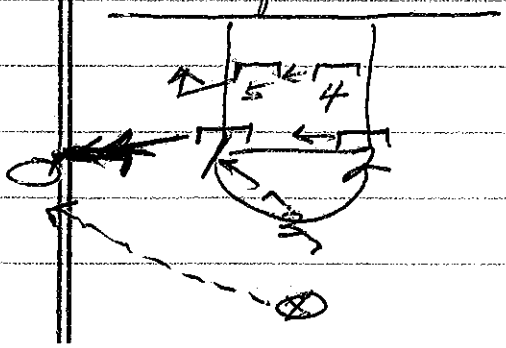
- Teach man fundamentals first – Hunt's basics
- Positions + Reap.



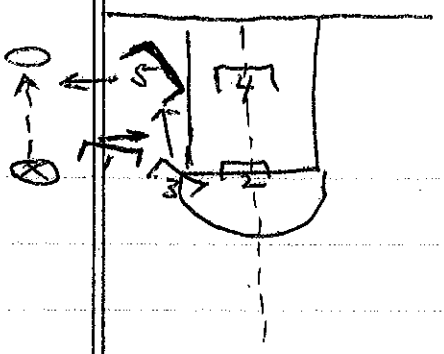
5+4 – Bigs
1+2 – Guards
3 – Monster Man

3 stands w/ one foot near FTL + other facing ball
1+2 have one foot in lane
5+4 have both feet in lane

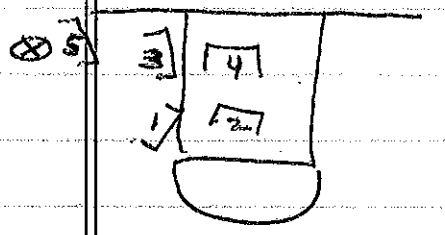
Key: Hands active waving + touching on top – Bodies bouncing + moving



Ball @ wing
1 covers ball w/ one hand at ball others at lane
3+5 cover high + low post
4+2 on mid line

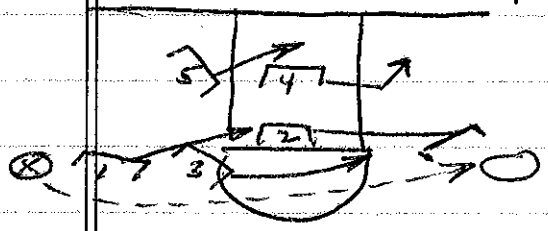


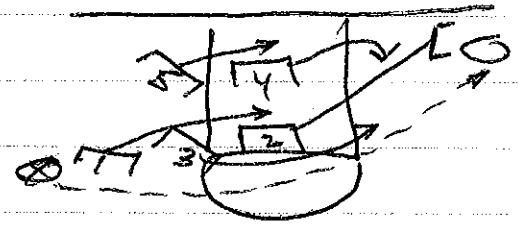
4 + 2 on midline
w/ shoulders parallel to baseline
Defenders must arrive as ball does — they move as the ball moves



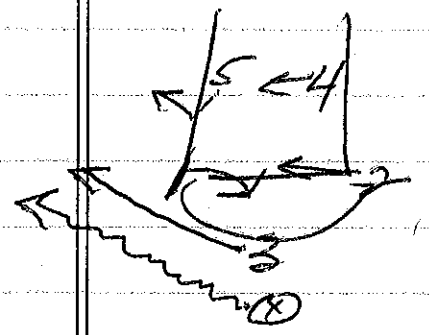
5 stops corner shot
3 fronts low
1 fronts high
2 + 4 on midline w/ shoulders parallel to baseline

3 fronts w/ hips or post men's thighs — low stance w/ hands up fronting
1 + 2 cover every skip pass @ wing or corner





Dribble Rule



⊗ dribbles off the top
3 steps and 1 becomes the 3.

Shoulders parallel position by helpside enables them to see flashes, skips + rebounders

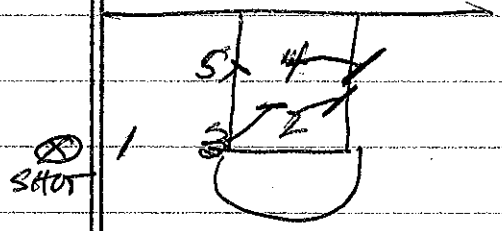
Key: TALK!! 2 calls: ① "Ball" – one man
② "Help" – four men

Demonstrate difference between just footwork + slides w/o talk + hands vs footwork + slides w/ talk + hands.

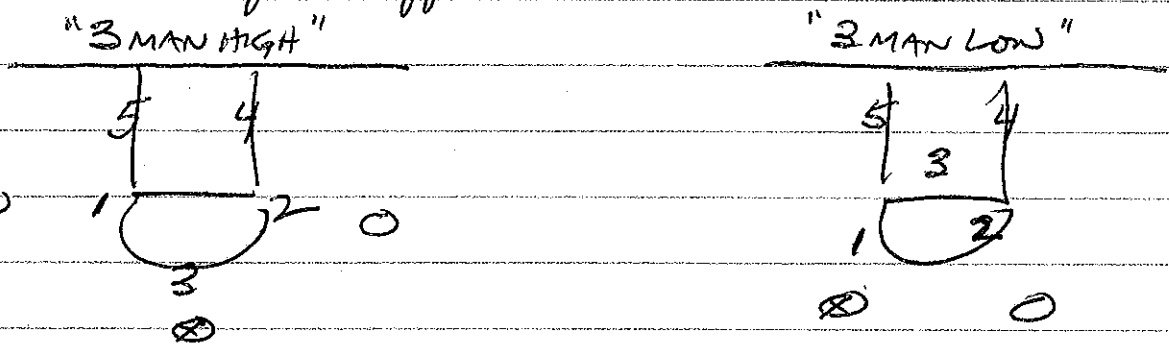
Reason for hands up touching + waving = discourage lob passes + take away vision — also easier to drop hands down to deflect then raise them to deflect.

Reason for defenders being active + in motion — body in motion tends to remain in motion — feet in motion react quicker

Rebound Read — Should rebound exceptionally well

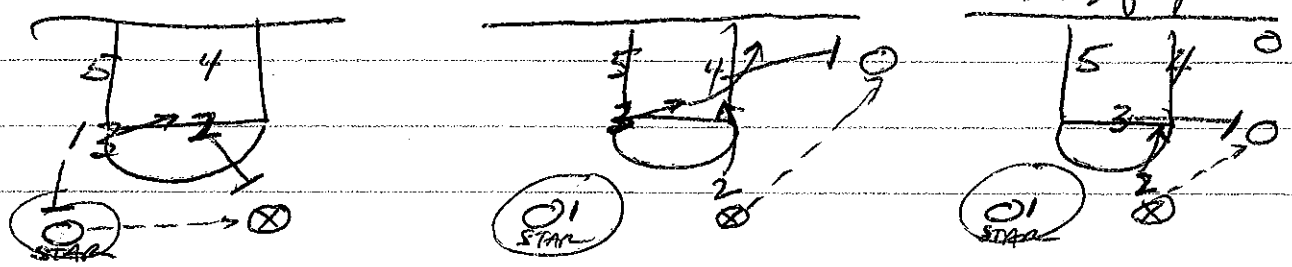


One man front offense = "3 man high"
two man front offense = "3 man low"

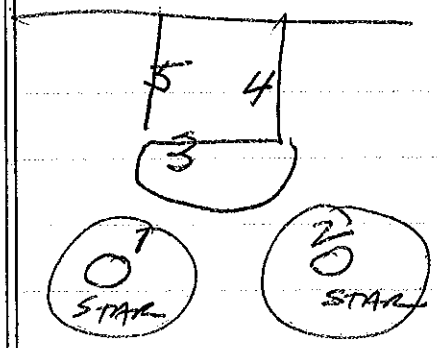


VARIATION INTO BOX + 1

(must know who is 3)



VARIATION INTO △+2



3 can cover skip passes

Scouting Report

① "Skip a man" — don't guard non-shooters

② Attack shooters

Drills

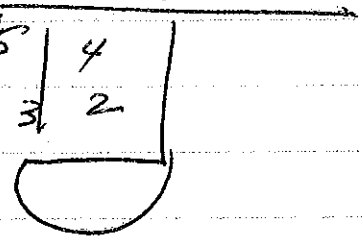
8 vs 5

9 vs 5

2 scout teams vs the 3-2 — each scout team learns a different front zone attack that day + alternate vs. 3-2

BOB defense

⊗ "5" into 3-2

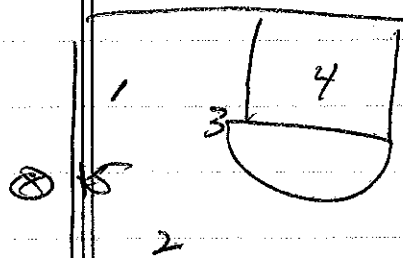


Put big man on ball

1 + 2 + 3 deny

4 cover rim

SOB defense



Transition def

① Sprint back to spot

② Talk / Hands / Active

Pressure Defensive Chart

DATE _____ GAME _____ POSSESSION _____

FIRST HALF _____ HALFTIME _____ FINAL _____

DEF	OFF POSSESSIONS	OFF SCORES
65		
30		
15		

Zone Defense:

(1) Not a shortcut

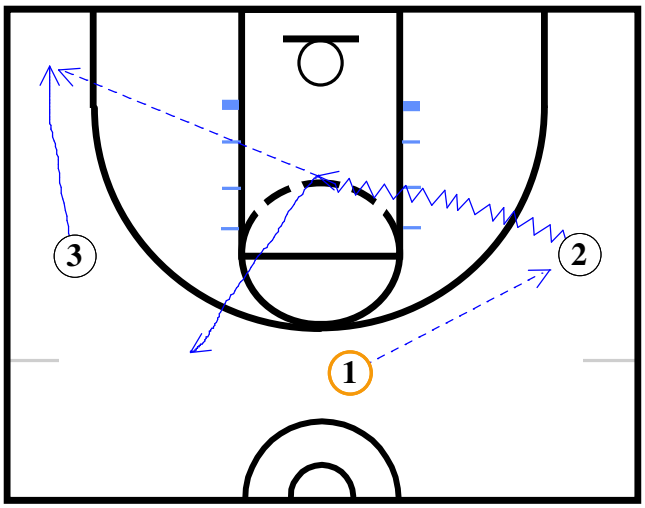
(2) Not a sign of weakness

(3) Should be a strategic advantage of players take pride in it – coach the state of mind.

(4) Is based on good man fundamentals

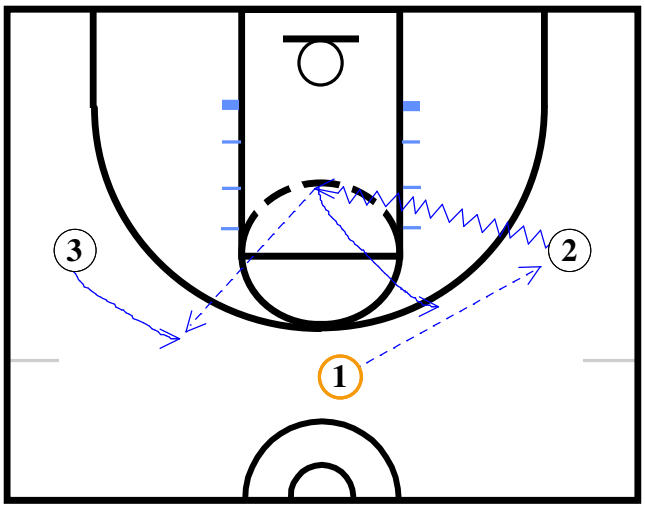
Duke Drive and Kick Drill

03-04-2008



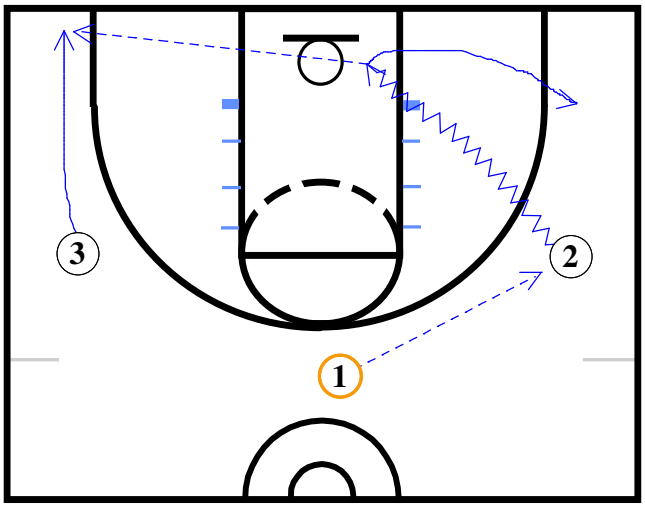
Frame A

1 is a manager with two balls. 1 passes to 2 who drives in the lane and jump stops and passes to 3. 2 after passing to 3 breaks out to get a pass from 1 for a shot.



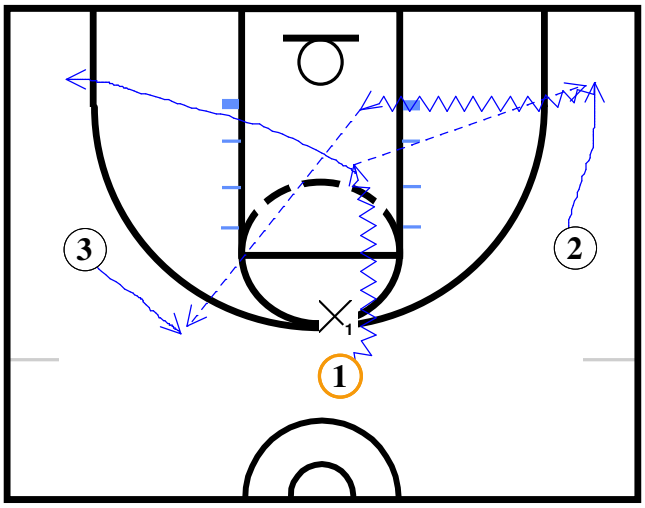
Frame B

Same action as Frame A expect 3 relocates up high to get a pass from 2. 2 after passing breaks out to get the second pass from 1 for a shot.



Frame C

Same drill (Baseline Drift) 1 passes to 2 who drives to the rim and passes to 3 on the baseline. 2 relocates and gets the second ball passes to him for a shot.



Frame D

3 on O Drill: Pass and relocate drill. You must make three passes before you shoot amd make five shots to end the drill. All three players drive and relocate. X1 is dummy defense

General Comments

Note: There are several players in 2 and 3's lines standing out of bounds. You need to run these drills to both sides of the floor. Make the driver jump stop in the lane every time. Also add Shot Fakes to the drill. In Frames A, B, and C the driver will relocate to get another pass from the manager for the second shot in the drill. (Remember 1 can be a player manager or a coach)

PRACTICE TIME

Teaching Motion Offense to Your Team

By Duke University Head Coach Mike K

This article describes the philosophies behind my Motion Offense, as well as drills and examples designed to help you, the coach, perfect this offense. Because of space requirements, this article will contain the only the basics of my philosophies and drills.

DUKE'S MOTION OFFENSE FOR ATTACKING BOTH MAN AND ZONE DEFENSES

Duke's basic philosophy is to play a Motion Offense. In Motion, five players move with a purpose to create both offensive situations that are difficult to defend and the best possible shot opportunities. There are several reasons for using this style of offense.

DIFFICULTY TO DEFEND: My basic offensive philosophy is that the hardest offensive player to defend is the one who is moving. Furthermore, the most difficult offensive maneuver to defend is the screen. Consequently, our offense involves five players constantly moving and screening for each other. This style is contrary to most pattern offenses that do not have all five players in motion at any one time.

FLEXIBILITY: In my Motion Offense, you can use different combinations of players without regard to traditional positions. For example, guards and forwards, number one man and number three man are all interchangeable. In addition, you can use the best type of offensive alignment and movement to take advantage of the specific group of players you have in the game at any one time. Motion offense gives you the opportunity to use you personnel most effectively at any time during the game.

ADAPTABILITY: The problem with most pattern offenses is that the offense must react to the defenses presented by the opponent. Motion Offense rectifies this situation by giving the offense the power to attack all types of defense; consequently, the defense must react to your offense, not vice-versa.

ENJOYABLE: Most players truly enjoy playing in a Motion Offense. They enjoy the freedom of movement, love the scoring opportunities it presents, and don't feel restricted by the offense. As a coach, you are not teaching the same movements over and over; therefore, the offense is more enjoyable for the coaches to teach.

PLAYER DEVELOPMENT: The Motion Offense maximizes the abilities of each of our players. Because the offense puts the player in a positive state of mind, it allows the player to use his talents more effectively. Motion also allows the player to constantly improve, for he can use the principles he has learned under all playing situations.

DIFFICULTY TO SCOUT: Because most offenses are based on a repeated patter, they tend to be very easy to scout, giving the opponent an added advantage. In Motion Offense, there is no predetermined movement; therefore, the opposition has a difficult time diagramming its tendencies.

In addition to the Offense's basic philosophies, certain essential components are necessary for a successful Motion Offense.

ESSENTIAL COMPONENTS OF THE MOTION OFFENSE

PASSING: Good passing helps avoid turnovers and puts your team in the best possible scoring positions. Most of our passing drills establish the mindset of passing away from the defense instead of passing to the offense. Moreover, the passer must not only get the ball to the recipient but also put the recipient in the best possible position to shoot the ball and score.

MOVEMENT: The key to successful movement is to move in concert with the rest of your teammates to insure the key concept of our offense, FLOOR BALANCE. Proper spacing is essential for a good offense. An offensive player standing still allows his defender to play off his man to give help to his teammates.

SCREENING: Each player must help his teammates get a better shot opportunity. The screen is the most effective way of establishing better shot opportunities. However, the passer must look for both the person being screened and the screener as potential scoring threats.

SHOT DISCIPLINE: Despite its reputation, Motion Offense is not an equal shot opportunity offense. You, as coach, must establish what type of shot each player is expected to take.
CONCENTRATION: In pattern offenses, the system does all of the thinking. In our offense, we will be only as good as our concentration.
ROLE IDENTIFICATION: As I mentioned before, each player must understand the role designated for him on the team.
COMMUNICATION: Communication is key to our offense. In order to establish proper floor balance and establish the best shot opportunities, players must be in constant communication. For example, we demand that the screener call out the name of the player he is screening. This keeps both players alert, encourages good screens, and helps keep the floor balanced.

SAMPLE TEACHING PLANS FOR MOTION OFFENSE

Below, I have listed our teaching plans for the first day of practicing the Motion Offense. These plans come from our own practice sessions.

TIME ACTIVITY

- 5 minutes Perimeter - 2 ball shooting (V Cuts)
  (2 baskets - 3 men at each)
- 5 minutes Post - Post Shooting (use of screens)
  (2 baskets - 3 men at each
- 5 minutes 5 on 0 - (2 baskets - have men move and keep balance)
- 5 minutes Perimeter - 2 on 0 (1 basket)
  Post - 2 on 0 (1 basket)
- 5 minutes Perimeter - 2 on 2 (1 basket)
  Post - 2 on 2 (1 basket)
- 5 minutes Post/Perimeter - 2 on 0 (2 baskets - stress downscreen and backpick)
- 5 minutes Post/Perimeter - 2 on 2 (2 baskets - stress downscreen and backpick)
- 5 minutes 2 baskets - Passing drills
- 10 minutes 4 on 4 - video tape
  -just play together

-stress concepts to avoid congestion and to slow things down

THE 3 OUT - 2 IN MOTION OFFENSE

Positioning Rules

The Post Men:

You have 2 posts in this offense. They may locate in 7 different spots: low post(s), mid post(s), elbow(s), and middle of free throw line. When the offense begins both posts go down low and post up.

The Perimeter Players:

You have 3 perimeter players. The 5 spots they can locate at are: the point, the wing(s), and the corner(s). When the offense begins the ball is in the point's hands and the other two players are usually in the wing areas. Perimeter players should try to stay about 12 feet apart. If you are more than 12 feet apart - the ball is in the air longer and the chance for a deflection increases. If you are closer than 12 feet you allow a defender to defend the pass and still be in position to stop the drive. LEARN PROPER SPACING.

GENERAL RULES

When you make a pass you must move - it is easy to guard someone standing still.

Only dribble for the following reasons: (1) to make an immediate drive to the basket. (2) to improve your angle of pass to your teammate. (3) prevent a 5-second count violation. It is very important that your players understand what the 5 second count is - STUDY THIS RULE AND TEACH IT.

POST RULES

Both posts should immediately go to the low post area on each side of the lane and post up. You want the ball in the low post - thus it is very important you teach your players how to post up. When the ball is passed from point to wing, this is when the posts begin to work together with rules. The weakside post will key on how his offensive post partner is defended. If the

post on ballside is fronted the weakside post will flash ballside elbow. If he receives a pass we look for the low post pin and a high low play. If no high low pass then high post slides down and players have just switched spots. If the ballside post has the defense playing behind him - the weakside post breaks straight up the lane to the weakside elbow. We want the ball passed into the low post every time in this situation. Note if the weakside post defender doubles down then the weakside post player needs to get a pass out from the low post for the elbow jumper. If the defense plays the ballside low post with a 3/4 defense then the ballside post will come and screen for the weakside post. If the defense switches on this play - the screener always steps back to the ball. A teaching point we always teach to prevent turnovers - low post player has his hand up yelling for the ball. When player is going to vacate the post (screen away), we drop our hand a one second count before we turn and go. This prevents turnovers when you pass and the player has vacated the post and the ball hits him in the back of the head. The post player always has the freedom to break up to the high post when he sees the point to wing pass having trouble being made. This movement opens up the backdoor cut for the wing player.

PERIMETER RULES

The perimeter players have 5 spots to locate in. They can do the following after passing the ball: (1) pass and cut to the basket and relocate to an open perimeter spot. (2) pass and screen a partner perimeter player away from the ball. (3) pass and "v" cut and replace yourself. (4) pass and slide - this is cutting to an open spot away from the ball. (5) any time a pass is made to a post player - the perimeter player who made the pass to the post will go pick for the closest perimeter player to him. The pick should be at least 10 feet from the post player - make sure this pick is not closer than 10 feet or perimeter defenders may double down on the post.

TEACHING METHODS

We separate the post players and the perimeter players when introducing this offense. Post players learn to work together

and read the defense. The coach can create 2 on 2 situations while he holds the ball out on the wing. The perimeter players learn their rules by going 3 on 3 against each other. The key will be spacing and moving - players tend to want to stop and watch and not move. When the basic rules are learned we create the following teaching progressions for this offense: (1) 5 on 2 with defense only on the posts - posts can only score. (2) 5 on 3 with defense only on the perimeter - perimeter can only score. (4) 5 on 4 with coach dictating what player has no defense on him - player with no defender is not allowed to score. (5) finally we get to 5 on 5. The coach can dictate different situations such as: (1) certain number of passes must be made. (2) specify which player can only score (only the offense knows who the player is). (3) no dribbles may be allowed.

In summary, this is a great offense. It allows you the freedom to keep your post players near the basket and gives your perimeter players the ball where they are most effective to operate. I find that your defense improves because this offense makes your defense work so much harder. Try mixing in some set plays within this offense and your man to man offense will be set.

OREGON MAN-TO-MAN OFFENSE

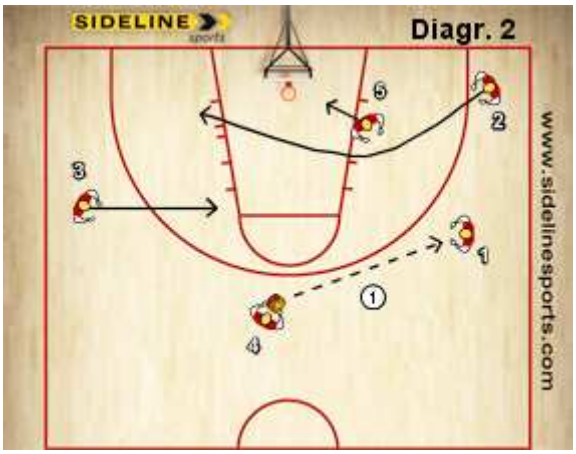
Ernie Kent

“EAGLE”

“Eagle” is one of our primary half court set plays. We like this play because it gives us both inside and outside scoring opportunities. It is a very difficult play to defend because our alignment forces the weak side defender to make decisions about guarding our post man or concentrating on covering the shooter, who comes off the double pick.

The set: one point guard, 1, two wings, 2, and 3, two big men, 4, and 5 at the corner of the freethrow lane.1 dribbles the ball to the right side of the court. As he does, the ball side post, 5, slides down the lane to the low post position and the ball side wing 2 slides to thecorner 4 readies himself to pop to the high post as the point guard 1 reaches the wing area (diagr.1).

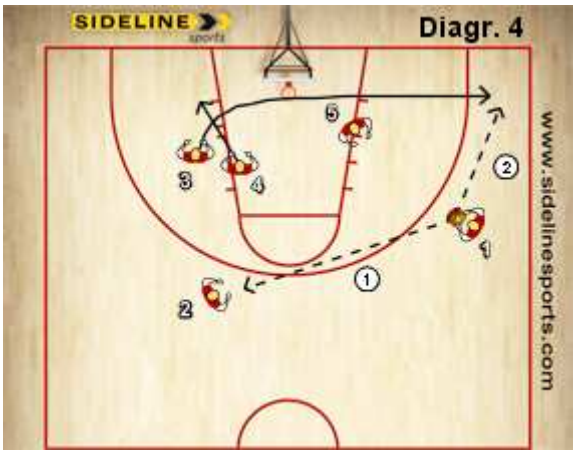




As 1 makes a reversal pass to 4, 2 makes a flex cut off of the post 5. While doing this, he is looking to run into 5’s defender to clear some space for the big man to post up deeper into the lane.
2 continues through the lane to the weak side block area. 3 slides in toward the lane (diagr. 2).

As 1 gets the ball back from 4, he immediately looks to dump the ball inside to the post if he is open.
Otherwise, he directs his attention back toward 2 as he comes off the high double screen set by 4 and 3 (diagr. 3).



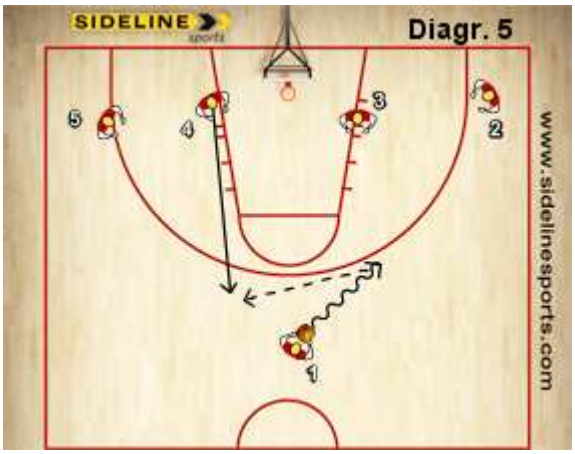


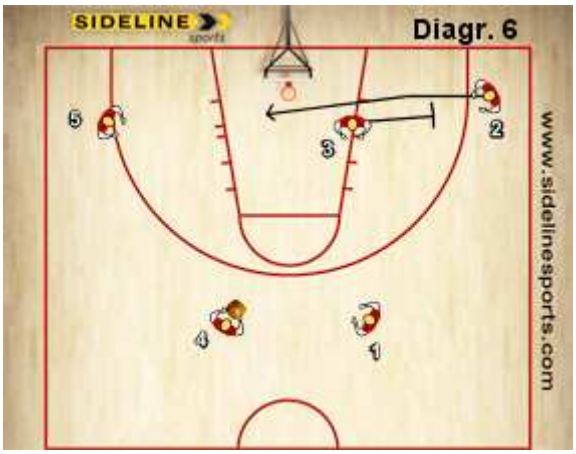
The tail of the play has 3 going out to the ball side baseline after he sets the double for the shooter 2.
If 5 cannot receive the ball in the low post, he turns and screens in for 3, who goes in the opposite corner, and 1 passes the ball to 3 (diagr. 4).

“3”

“3” is designed to get a three-point shot for our best shooter. We use a “flex” action to disguise movement.

We begin in a one-four low set across the baseline, and our best shooter, 2, in this case, is always in the right corner.



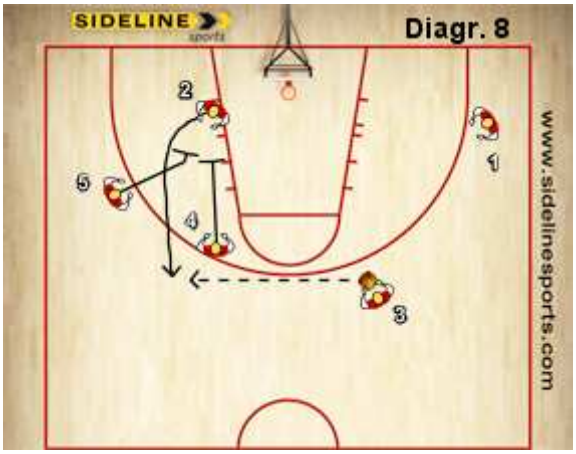


1 dribbles to 2’s side, staying even with the lane line. 4 flashes up the lane to receive the ball from 1 (diagr. 5).

3 takes one step off the lane and sets a back screen for 2. Using 3’s screen,2 makes a “flex cut” across the lane to the low block (diagr. 6).

As 2 cuts off 3's back screen,1 should be screening down for 3 (his man should be helping defensively in the lane). 1 then clears to the corner. 4 hits 3 with a pass . 5 should slide out of the corner to get a better screening angle (diagr. 7).





5 and 4 set a double screen for 2 for the three-point shot (diagr. 8).

ZONE OFFENSE

"Stack" is one of the simplest, yet most effective plays to use versus the zone defense. By out-manning the defense (three offensive players vs. two defenders) inside, we are able to score with easy baskets to force our opponent back into a man- to-man look.

The action starts out of a one-twotwo set. 1 initiates the play by passing the ball to the best shooter 2.
The ball side big man 5 slides across the lane to form a low stack with 4. We always want 5 to be the high man in the stack (diagr. 9).

5 and 4 set a double screen for 2 for the three-point shot (diagr. 8).





2 passes the ball back to the point guard 1, who dribbles opposite and passes to 3 on the other wing.
2 runs off the stack set by the two big men 5 and 4, and loops up off the baseline to draw the outside defender in the zone with him (diagr.10).

NOTE: If the outside defender does not guard our cutter, we will throw the ball to him for the open jump shot. We want the cutter to drag the defensive forward to the corner with him so that we can get the ball into the short corner area vacated by the defense.

After 2 runs off the double pick of 5 and 4, our top big man 5 screens the middle man in the zone. The low man 4 steps to the short corner directly behind 5's screen and looks for the pass from 3 for the short jumper or drive to the basket (diagr. 11).





"Stack High"
is essentially the same plays "Stack" except we begin the action from a different set, one-three-one as opposed to a one-two-two look.
As noted in the diagr. 12, 4 lines up on the wing and 2 in the high post to begin the play.
The point guard always begins the action with a pass away from 4. As he passes to the wing, 4 moves to the block and 2 cuts under the basket. Once the point guard receives the return pass, he dribbles to the wing and the big men run our stack action as 2 cuts to ball side corner (diagr. 12).

"Stack & Hold" is used against teams playing a zone defense with one or two defenders on the baseline (i.e.:one-two-two or one-three-one). The idea is to flood the baseline area with three offensive players against their one or two men.
If properly executed, the play results in either a fifteen-foot jump shot or a

pass to the post for an easy score inside.

The action starts out of a one-two-two set with 4 and 5, who form a low stack on either side. As in stack, we always want our 5 as the high player in the stack, as his job will be to screen, then post up low. 1 initiates the play by passing the ball to the guard on the stack-side of the court, 3 in this case.
As the pass is being made, 5 screens in the low defender and 4 pops to fifteen feet for the short jump shot (diagr. 13).

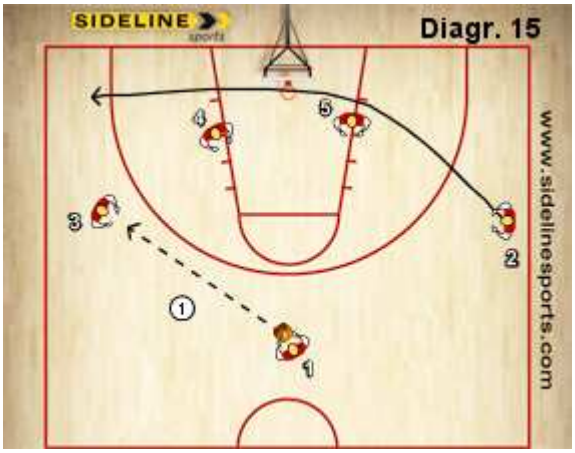




If the defense gets wise to our strategy and decides to cheat out on 4 popping out, we tell to 5 to “find the next defender” and post him up in the lane. The passer reads the defense and then looks inside to our 5 posting up as he’ll be one-on-one with his defender and with the both feet inside the lane (diagr.14).
As with all our offense, we empha size shot selection and discourage taking poor shots. If we get nothing out of the action, we tell our inside players not to force a shot, but to kick the ball to our perimeter players and allow us to reset the play to the opposite side of the floor.

“5”

“5” is designed to get a high percentage shot against a zone defense. It is very similar to “Stack” in that we are trying to draw the defensive forward to the sideline and screen the middleman in, leaving an open area in the short corner.
We start the play in a one-two-two alignment with the big men on the low blocks.
1 passes to 3 to initiate the play. 2 cuts along the baseline to the strong side corner (diagr. 15).



As 2 cuts by the post players 5 and 4, 4 turns and screens for 5 the middle man in the zone.
Using the screen, 5 cuts right off of 4's hip and moves to the short corner.
3, the passer, must read the defense to make the correct pass.
If the defensive center gets held up on the screen, 5 in the short corner should be open .
If the defensive center slides through 4's screen to cover 2 in the short corner, 4 should be open on a post up.

NOTE: It is imperative for the offense to read the defense and make the correct play. This is a very tough play to defend if we screen well and make the proper pass

Fundamentals of the Pick and Roll

Before you can execute any of these eight fundamental plays, you must understand all the fundamentals of the play. Many teams use the pick and roll, yet fail to get decent shots. There are others, but here are seven reasons this play fails:

1. The screen is not set on the correct position on the floor.
2. Improper setting of the screen.
3. The screen is not held long enough.
4. Failure of man with the ball to maneuver his defender into the screen
5. The roll is made incorrectly.
6. The pass is deflected or intercepted.
7. One, or both players, fail to take advantage of shifts made by defense.

Setting a Good Screen

The front screen is the most basic and should be taught first. In setting this, the player faces the defender to be screened. The rules allow the screener to set his screen as close as possible as long as the defender can see him. Set the screen to his peripheral side.

The legs of the screen should be wide with knees flexed an arms raised in a defensive stance. This makes your body big and allows the referee to see your hands. Too many players set screens like a telephone pole with hands protecting the crotch. This is wrong. Have the hands in the air, ready to catch the ball once the roll is made.

Making a Good Roll

If the legs are wide at the screen, it is easier to make a wide roll. This helps to screen out the defender on a switch. Make the pivot on the foot nearest the basket throwing the outside elbow toward the basket with hand extended as a target for a pass. The butt should make contact with the defender being screened. This puts the defender on the roller's back should a switch occur. Contact is necessary for best results. Even if the player with the ball shoots, the roller is in excellent rebounding position because he has the man on his back

Guard Runs the Defender into the Screen

Success or failure of the pick and roll depends largely upon the player with the ball. There must be an inside maneuver to set up the execution. He must master these five fundamental moves with the ball:

1. The cross-over step
2. cross-over dribble
3. behind the back dribble
4. reverse dribble
5. between the legs dribble

RULE: The player with the ball is responsible to run his defender into the pick once the screen has been set.

Improper Placement of the Screen

If the screen is not set in the proper place on the floor, the defense can easily adjust or does not need to adjust at all. When set in the middle of the floor, the roll is into a congested area. The defense can help and recover too easily. When a pick is set outside, or on a clear side, the defense must make more adjustments, or give up a shot. If the screen is set too far outside, the guard may have a shot beyond his range, then no switch is necessary.

RULE: If the guard is dribbling, let the guard make an inside move first, before setting the screen. Then, let the guard drive his defender into the screen.

Setting a Wide Screen

Another reason the pick and roll fails is because the screen is not wide enough. The screen, whether it be a front or back screen, should be set wide. The feet should be wider than the shoulders, yet the knees should be flexed to take the contact. If the screen is not wide enough, the defense can go over the top or slide through too easily.

If the screen is wide, the screener will take his first step wide to the basket. This also prohibits the defense from switching well enough to cover the roll. The long step produced by the wide screen keeps the defensive guard and the offensive forward’s back. The short step allows the defense to front the roller with less difficulty.

Hold the Screen Long Enough

The screen must be held long enough that the defending guard is screened out of the play. Too many times the forward rolls before the guard is screened and no switch is needed to defend the play.

RULE: The screen should be held until the offensive ball handler is past the screen. The guard should be out of the peripheral vision of the roller before he executes his roll.

Release too early and the play fails; however, if the screen is wide and the switch is made, it really makes no difference when the roll is made. The offense should have the advantage because a guard will now be defending a forward. Even if a shot is taken from the outside, the offense has a better advantage of rebounding a missed shot. If not, the guard can take the ball to the corner and the forward can post up down low with a small defender on his back.

RULE: If the switch is made, especially a jump switch, the guard should try to take the defensive forward to the corner and the offensive forward should post his smaller opponent.

The Incorrect Roll

For some reason, many players turn rather than roll to the basket. A "turn" is a front pivot rather than a reverse pivot. A front pivot turns the offense into the defensive guard causing a moving pick. Also, the forward takes his eyes off his teammate who has the ball. The roll gets you to the basket quicker because the first step is toward the basket. The roll causes the defensive guard to be behind the forward rolling toward the basket. Players must be drilled early in the proper execution of Play #3.

The Incorrect Pass

Whenever a player passes through a defender on any offensive situation, either of two passes may be executed, a bounce pass or a high pass.

RULE: Use only the high pass or a bounce pass in executing the pick and roll.

Defending Play #3

There are four basic ways to defend the pick and roll:

1. No switch
2. Jump switch
3. Slide through
4. Help and recover

No Switch

Whether this method is used or not, it should be practiced, especially early in the season. Aggressive players are necessary. Players should be talking constantly on defense and the guards must be quick and have the ability to change directions quickly. Defensively, the "no switch" is the best because the defense never gets involved in a mismatch.

The defensive guard must learn how to beat the screen. To go over the top: step-up, belly-up, and go over the top.

Whenever the defensive forward sees his man going to set a screen, for example, he should, instead of calling "screen left," he should shout, "step-up left." This helps to remind the guard to step-up with his left foot in order to beat the screen. This generally takes a couple of short quick steps to get in front of the screen. Then, the defending guard throws his hip and stomach forward and slides over top of the screen. Using the hand nearest the screen also helps him to find the screen.

> **RULE:** Call out screens when your man is setting a screen. Use "step-up right" when the screen is on the right and vise versa.

If your opponent's offense isn't strong, you can beat many screens this way, especially if the defense is communicating properly. Talking on defense is one of the most important factors in any good defensive team. Players must be drilled on this and penalties assessed to players not conforming, especially early in the season. Bench time, or laps, usually work.

Jump Switch

If you choose to switch, the jump switch, if executed properly, is best. If properly executed, you may draw a charge, trap the ball, or cause a turnover.

For example, say you have been going over the top, usually the defense tries to adjust. Sometimes a change to the jump switch will often catch a very good offensive player off guard and cause an error.

The jump switch is just that. The defensive forward, or guard, makes a quick sideways move in front of the dribbler. The most common mistake is that the jump fails to make the dribbler alter his direction. In fact, they have accomplished what they wanted – a mismatch or a defensive player out of position. If the switch is made properly, the offensive guard must stop, change direction, or charge.

> **RULE:** If you jump switch, jump completely to the outside of the dribbler.

Most dribblers do not come close enough to the screen because they are driving hard to the outside. If a switch is made, they continue hard, but may have to move farther outside. Very few dribblers come back to the pick side when a screen is set for them. If the jump switch is hard and far enough, an error generally happens the first time.

This defensive action works better if the ball handler is weak; however, even good ball handlers are usually best with their strong hand. I always instructed my players guarding a dribbler to stay on his strong side.

RULE: If it is a guard to guard pick, always jump switch.

The Slide Through

Some coaches prefer to defend against the pick and roll by having the defensive forward step back and help the defensive guard through. Unless the guards shoot from the outside, this is not the best defensive option against the pick and roll.

Help and Recover

This is a combination of the no switch and jump switch defensive options. No switch is really involved. The defensive move made by the guard is "belly-up and over" while the forward uses the "helping" move. Do not teach this one until the no switch and jump switch has been taught.

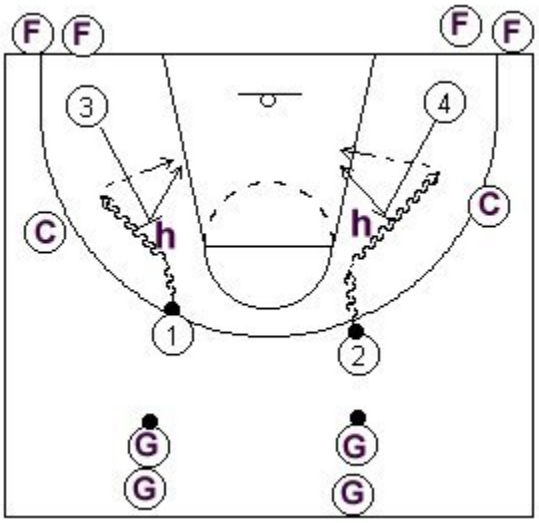
The defensive forward should be outside as if ready to jump switch. This forces the offensive guard to go outside a little farther off the screen and helps the defensive guard to "belly-up and over.

(continued)

Drills for Number 3

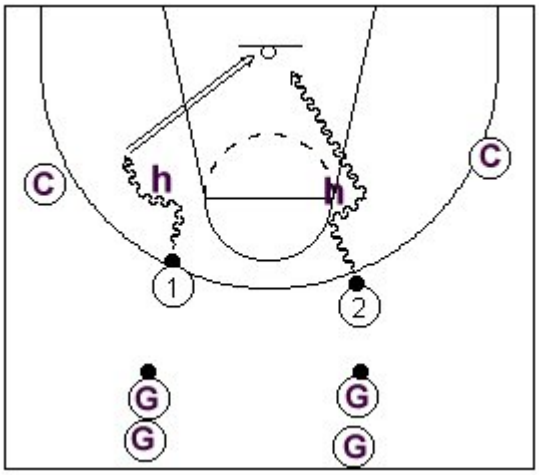
There are many more drills for the pick and roll than is shown here. Some are strictly instructional; however, most can be put in competitive drills which can be run many different ways. "Make it – take it" is a good method. That is, if the offense makes the basket, he or the team remains on offense. If the offense fouls, it is a turnover. If the defense fouls, the ball remains with the offense. A specific number of "turnovers" can be set up for the offense with score kept. Losers can do push-ups or laps.

Pick & Roll Chair Drill for Forwards



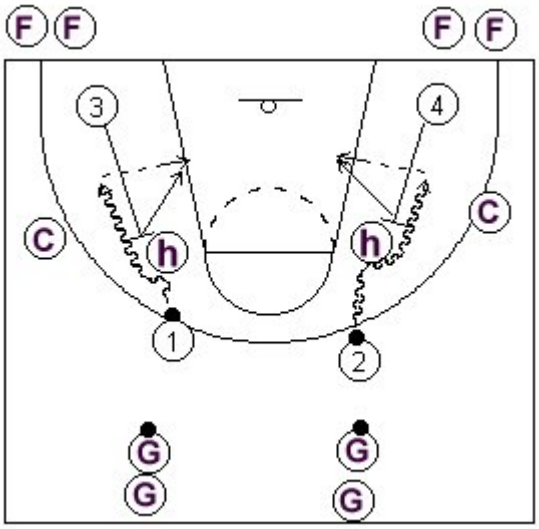
- The forwards line up along the baseline
- Guards line up near center line. The two front guards have a ball in the position as shown.
- The two front forwards (3 & 4) are in their starting position.
- A coach is on both sides of the floor and chairs are placed as shown in the diagram near the free throw line.
- The coach calls for the forward to come up and set a screen.
- The forward must wait for the guard to drive before rolling.
- The coach has guards to alternate timing, checks, and corrects any faults.
- All faults must be eliminated before using any defense.
- The screen must be set close to the chair so the "turn" is prohibited.
- A good pivot is produced. In the beginning no balls are used, just the pivot on the chair.

Pick & Roll Chair Drill for Guards



- The guards line up in center court.
- Each of the specific guard moves are worked on: cross-over step, cross-over dribble, reverse or "Earl the Pearl", behind-the-back, or between-the-legs dribble.
- After these are executed satisfactorily, the coach can add a reaction to the chair drill by calling the move or shot he wants as the guard reaches the chair.

- Guards use move off chair.
- Coach observes and corrects faults.
- Guard rebounds own shot and returns to end of line.



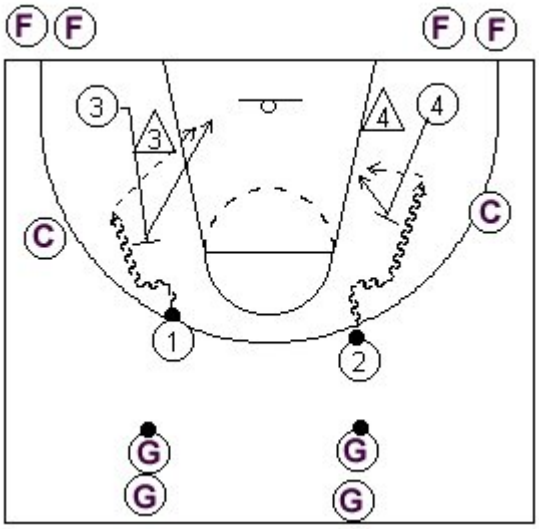
Pick & Roll Chair Drill for Guards & Forwards

This drill can also be a reaction drill with the coach calling for a pass, drive, or shot. In all cases player position should be checked along with the proper foot movement.

- Forward comes up and sets screen on the chair.
- Guards dribble off the screen shoulder to shoulder.
- Guard can shoot or pass.
- Forward rolls, looks for a pass, rebounds, and returns ball to line of guards.
- Use both sides of the floor.
- Coach observes and corrects.

Pick & Roll Two-on-one Guard Drill

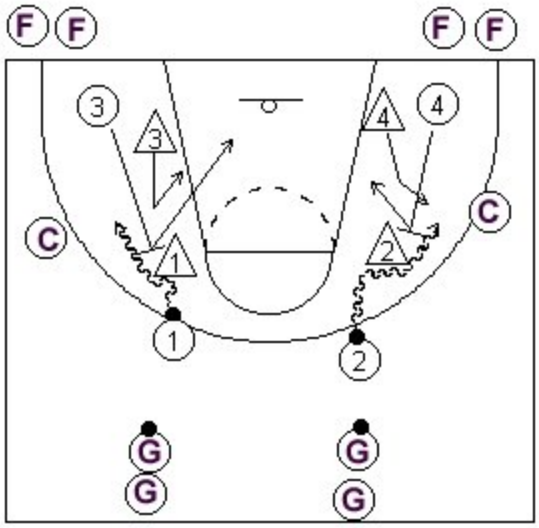
- Only one defensive guard is used. He can be permitted, or prohibited, from the overshift drive.
- The coach can designate one offensive move only (shot, drive, crossover, etc.
- The coach can designate the defender to go over the top or slide through behind. Actually, this could be designated a defensive drill; however, it is my opinion you should concentrate on either offense or defense only.



Pick & Roll Chair Two-on-one Forward Drill

This is a chair drill with the forward being defended. The defender can be told to switch, helps and recover. Concentration is on the pass, either high or bounce to the rolling forward. Do these things:

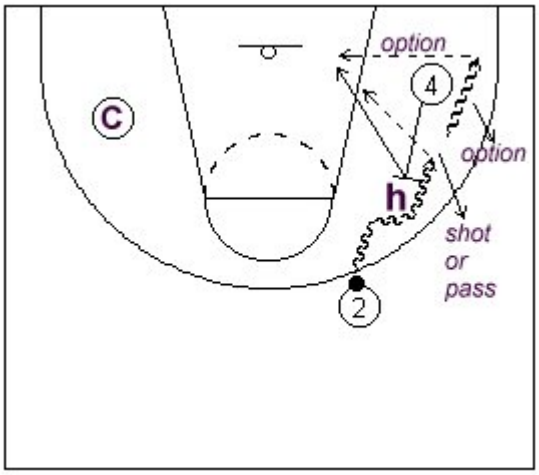
- Forward comes up and sets a screen on the chair.
- The defender switches or helps and recovers.
- The forward and his defender go after the rebound and returns the ball to a guard line.



Pick & Roll Two-on-Two Drill

This drill should not be introduced until all the previous drills have become acceptable. The coach can designate moves, both offensively and defensively, such as guard must pass, defense must switch, no switch, help and recover, no inside drive, guard must shoot, etc. Follow these steps:

- Forward sets screen on teammate's defender.
- Guards defender switches, or helps and recovers to the forward.
- Forward rolls.
- Defenders 1 and 2 switch or help and recover.



Pick & Roll One-Man Shooting Drill

In this drill, concentate on both shots and moves. Do this with a guard and forward. The coach can call for a shot or drive. Do as follows:

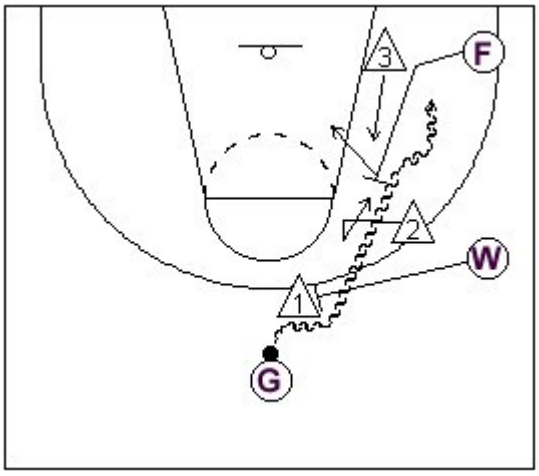
- The forward sets a screen for the guard.
- Either the forward or guard can be practicing their shots.

Pick & Roll One-on-One Continuation Drill

This is a continuation of the previous play.
Follow these steps:

- Teammate 4 is out-of-bounds if a score is made and endbounds the ball to 2.
- Player 4 breaks down the middle and receives a pass from 2.
- 4 is now in the guard's spot and drill continues as 3 sets a screen for 4.
- Managers could serve as a dummy defense.

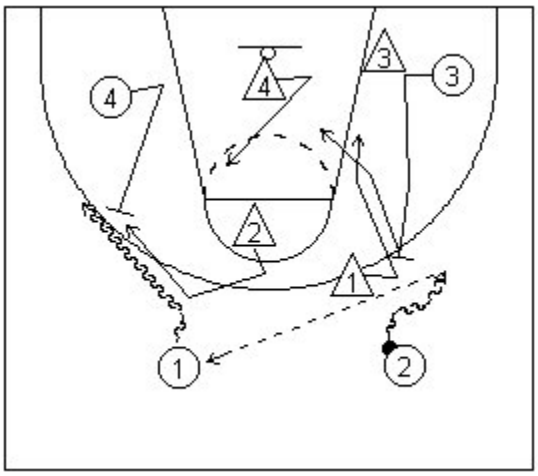
Pick & Roll Three-on-Three Drill



This drill is used to practice the guard-guard-forward #3 play. It is nearly the same as the two-on-two, except the first pick is by a guard and there is no roll by the guard setting the pick. It can be done from any three-man offensive set-up. Also, it can be an offensive or defensive drill as the coach can designate both offensive (shot, pass, drive or type of move) and defensive (no switch, switch, etc.) options. Here are the steps to be taken:

- Wing sets a screen on defender 1 for the point guard.
- Point dribbles off the screen.
- Defender 2 switches onto the point guard.
- Forward sets a screen on defender 2 for the point guard.
- Defenders 2 and 1 switch or help and

recover.
- The forward rolls to the basket.



Pick & Roll Four-on-Four #3 Drill

This drill is basically the same as the two-on-two; however, if the play is defended on one side of the court, the ball is quickly reversed to the opposite side for a play #3 there. Help-side team defense can be practiced as well as offensive ball reversal.

- Offensive player 2 goes off a screen set by teammate 3.
- Defender #3 jump shifts.
- Guard 2 reverses the ball to guard 1.
- Guard 1 and forward 4 execute play #3 on the opposite side of the court.

2-3 MATCH UP ZONE DEFENSE



Gene Evans
Dickinson College

Main purpose of the match up concept:

1. Eliminate open shots from the point and wing areas.
2. Provide for immediate coverage on the ball when it gets into the post area, high, medium, or low.
3. Provide man defense concept to the zone by always having a defensive player responsible for covering the ball wherever it is.
4. Zone offenses are predictable—you know what you will see.

Some general principles to be followed:

1. Do not **give up** a shot anywhere—either a defensive player is on the shooter or coming at him.
2. Encourage passes to go to the outside—on the perimeter of the zone. Play perimeter people on their inside.
3. Make every attempt to keep the ball out of the post area.
4. Any defensive man covering the ball is responsible for the ball on a man to man basis as long as the ball is in his zone—he must stop penetration.
5. Defensive men next to the ball are responsible for the next pass into their zone—should also use "help and recover" technique if necessary to stop penetration by a dribbler.
6. Anticipate passes to your zone but only move to cover the receiver of the pass when the pass is made.
7. Treat a dribble from one zone area of responsibility to another as you would a pass.

I. Basic Areas of coverage by Position. Diagrams 1, 2, and 3.

X^1 & X^2—Front Men

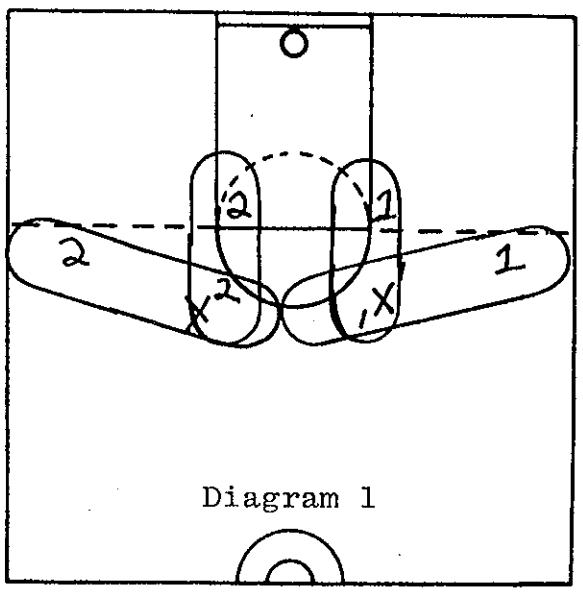


Diagram 1

X^3 & X^4 —Back Men

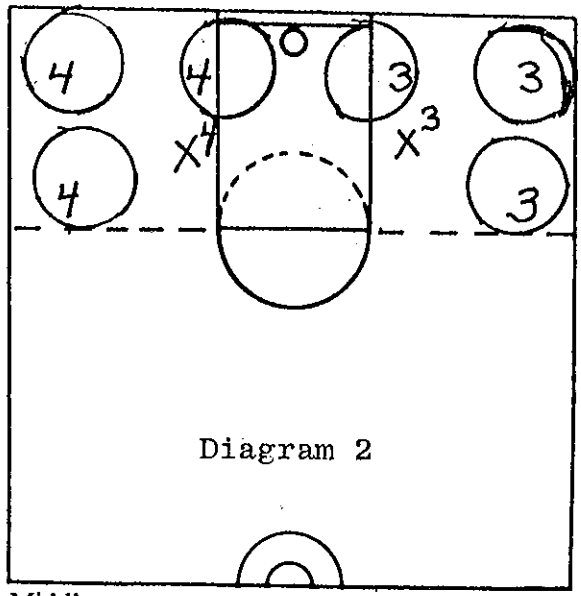


Diagram 2

X^5—Middleman

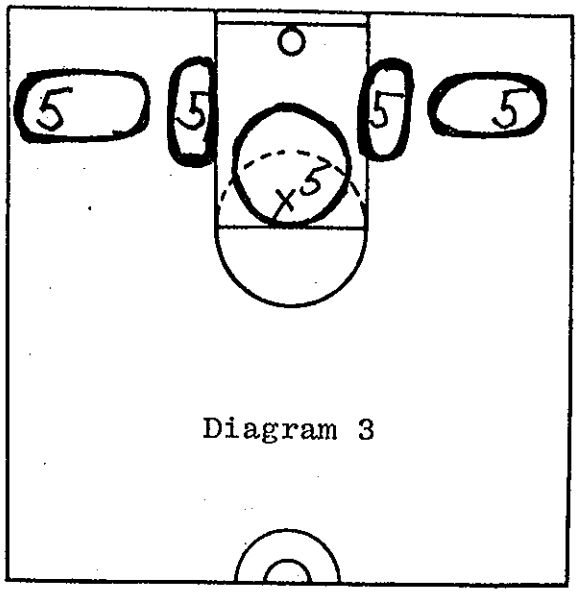


Diagram 3

Play of Individual Positions

1. Ball out Front X^1 & X^2. Diagram 4.

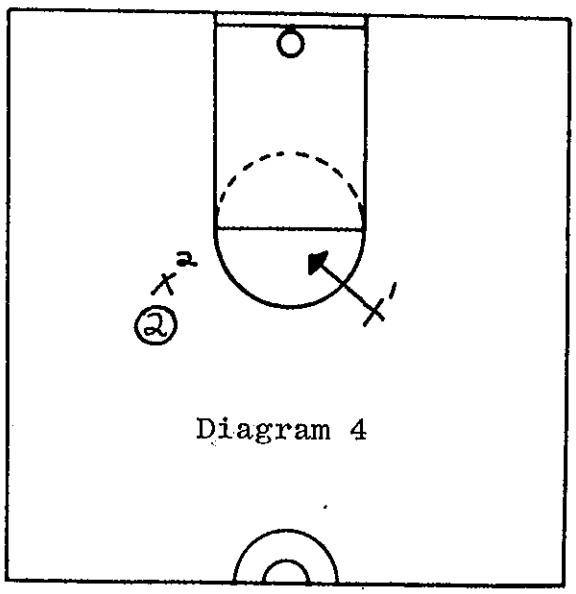


Diagram 4

(a) If ball advances down one side, that front man takes the ball forcing to sideline other blocks up foul line area.

2. **Ball at Point**—one front man is assigned the point—other position outside the circle to take pass to his side—if pass goes to other side, the back man will come up and take the ball. **Diagram 5.**

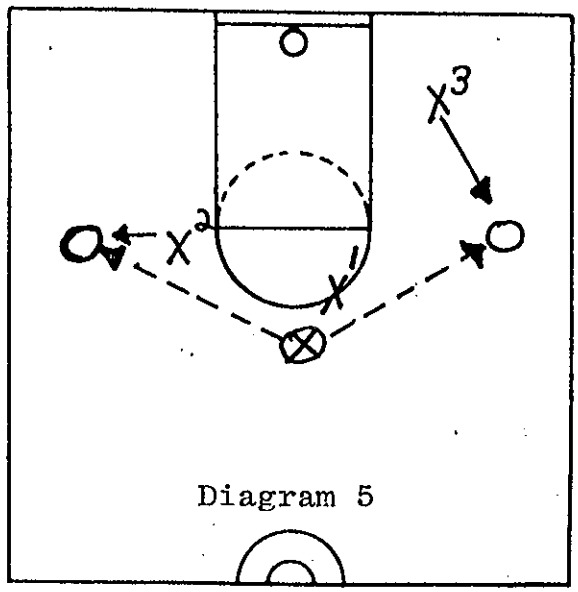


Diagram 5

X^1 encourages pass to X^2 side.

(a) Alternate—X^1 & X^2 can close middle and chase first pass to the wing area. **Diagram 6.**

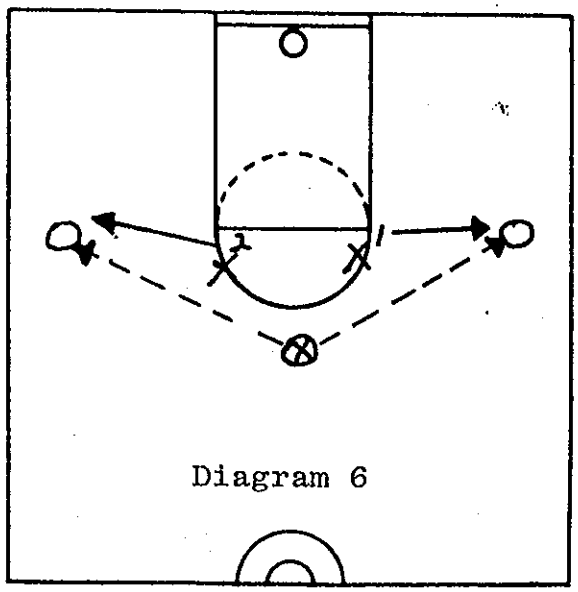


Diagram 6

(b) X^1 & X^2 can stack and back man in the stack chases first pass to wing area. **Diagram 7.**

3. **Pass to Wing Area from Point**

If pass goes to X^2 side, X^2 covers ball and X^1 blocks pass to post area from the high side. **Diagram 8.**

If pass goes to X^1 side, back man X^3 covers and X^1 covers post from high side. C.P. X^2 must not get too close to X^1—he is no more than the middle of the lane and in a position to chase skip passes wing to wing. **Diagram 9.**

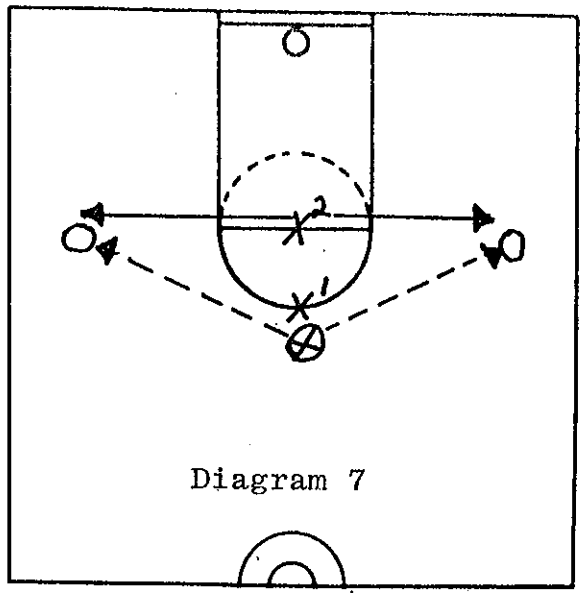


Diagram 7

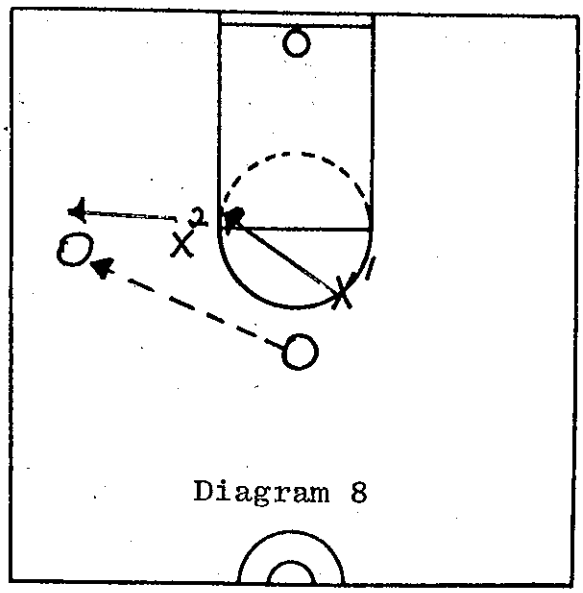


Diagram 8

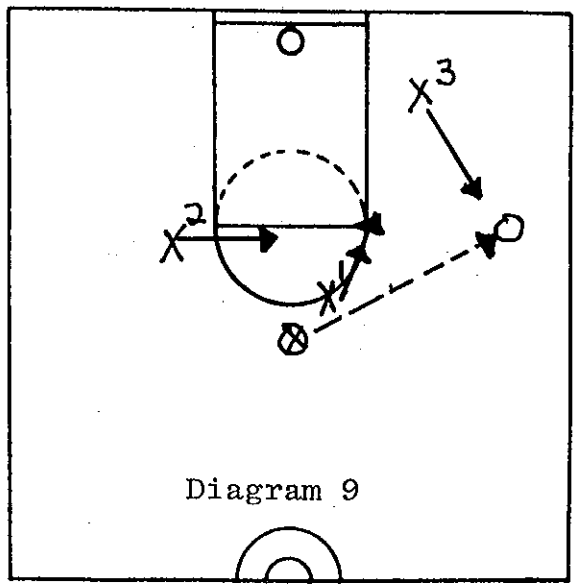


Diagram 9

4. **Pass from Wing or Front to Corner or Baseline**

(a) If X^1 or X^2 is covering ball out front or on the wing, back man takes pass into the corner or baseline area. Front man falls to cover passing lane to the post and **front man covers the pass back out from the baseline. Diagram 10.**

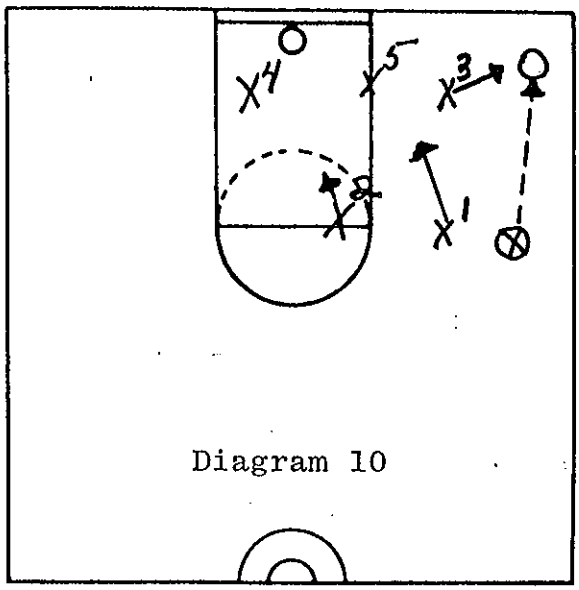


Diagram 10

(b) **Alternate Coverage** with ball on baseline X^1 plays to cut off pass back out and X^2 covers post on high side. (Fig. 4b) C.P.—Good technique for teams whose zone offense depends on fast reversal of the ball. **Diagram 11.**

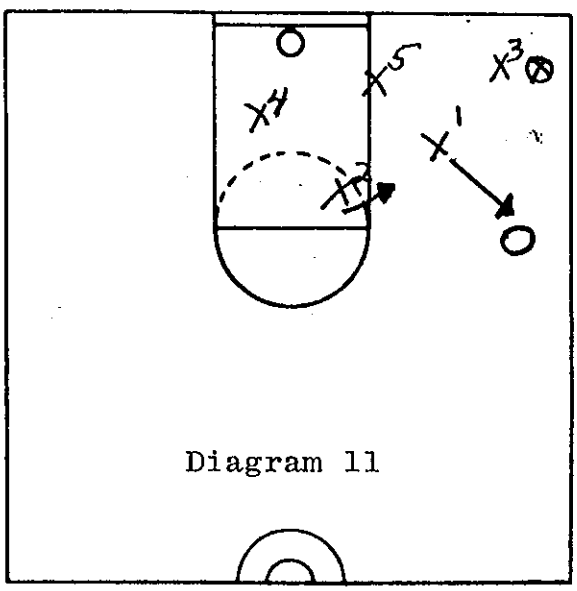


Diagram 11

(c) If back man is covering the wing, front man blocks up post area. On pass to baseline, the front man falls to cover passing lane to post and **is responsible for pass back out from the baseline. Diagram 12 and 13.**

C.P. Alternate coverage mentioned above can also be used on pass to corner.

5. **Covering Reversal of Ball on Perimeter**

(a) **If X^1 has wing,** X^2 takes pass to point. X^1 starts horizontal slide over and X^4 takes reverse to wing. **Diagram 14.**

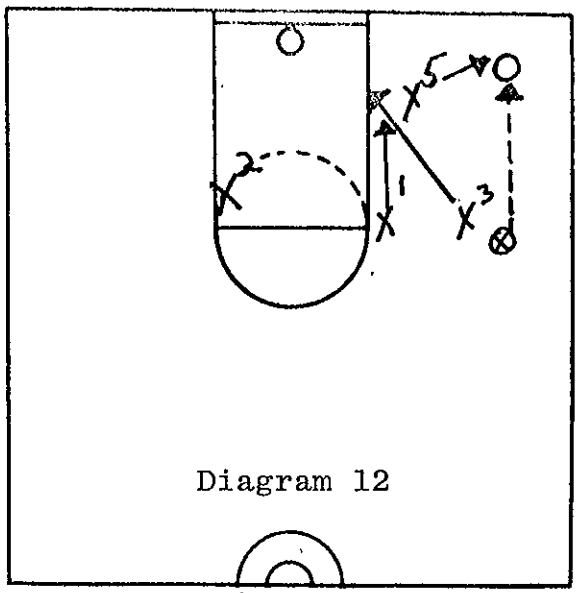


Diagram 12

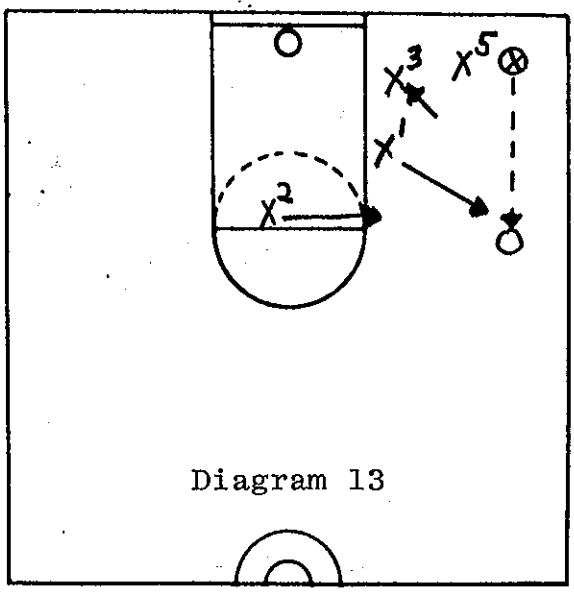


Diagram 13

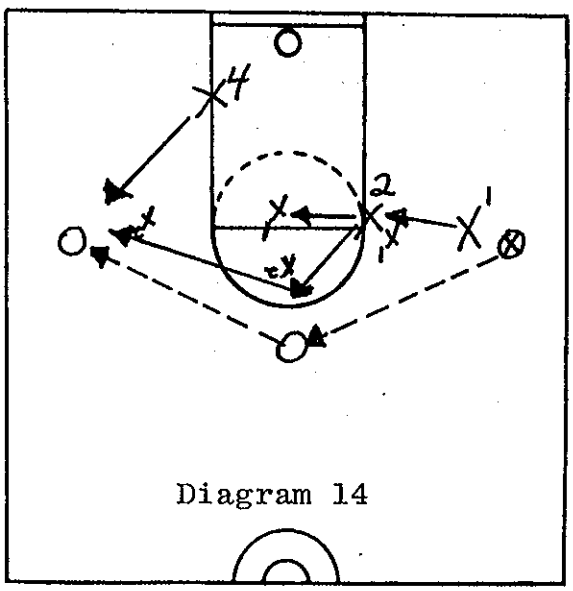


Diagram 14

(b) If pass goes outside but is still in X^1 zone, X^1 slides horizontally but still covers ball and X^2 takes reverse pass.

C.P.—**Toughest thing to teach. Diagram 15.**

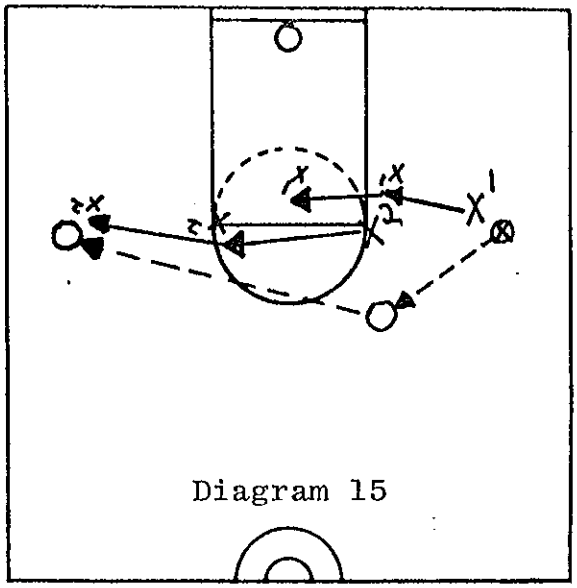


Diagram 15

(c) **If X³ has wing,** X¹ takes pass out and X² takes reverse pass. **Diagram 16.**

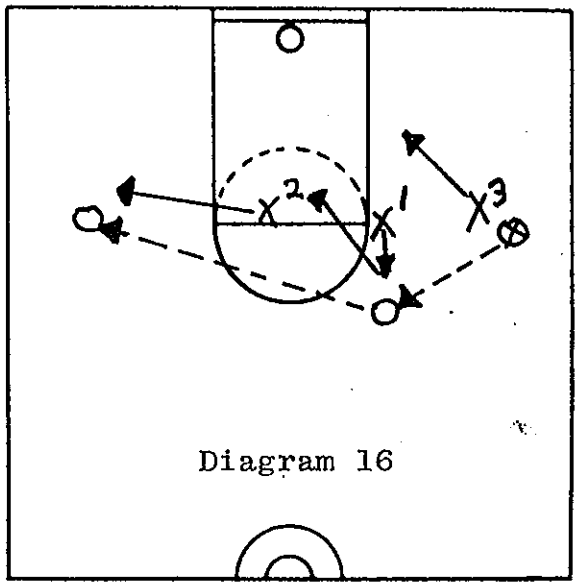


Diagram 16

6. **Pass to Post from Front or Side**

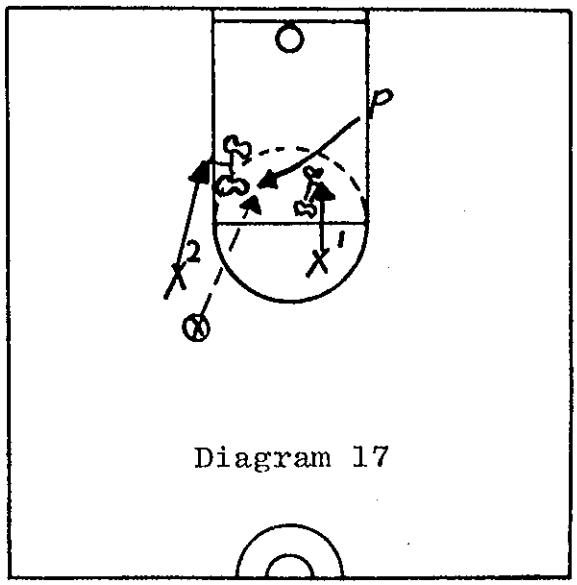


Diagram 17

X¹ and X² both squeeze in on the post from either side. They do **not** turn their backs to their areas of responsibility because they must cover reverse passes from the post. This is difficult but can be done. **Diagram 17 and 18.**

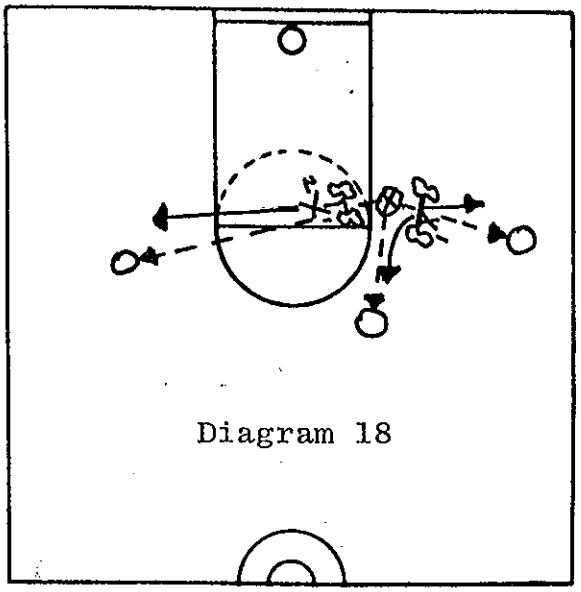


Diagram 18

7. **Covering Dribble from Front Position**
   (a) If X¹ has the ball and it is dribbled to his side, X¹ stays on him since it is still his zone. **Diagram 19.**

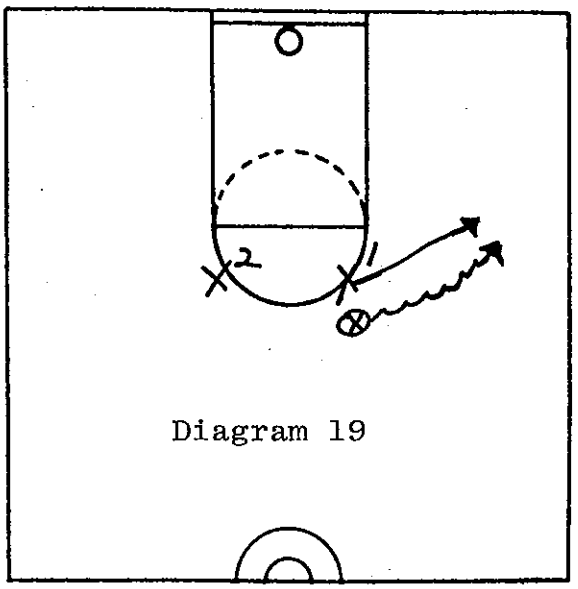


Diagram 19

   (b) If X¹ has the ball and it is dribbled to X², they switch after the ball gets to X² zone. C.P.—Don't let him go too early or it opens up the middle. **Diagram 20.**

8. **Basic Rule on Covering Passes for X¹ and X²**
   (a) If X² has the ball, X¹ will take next pass in his direction except if pass stays in X² zone. **Diagram 21.**
   (b) If X³ has the ball, X¹ will take the next pass in his direction. **Diagram 22.**
   (c) If X⁵ has the ball in the post area, X¹ will chase any pass from post to the outside in his direction. **Diagram 23.**
   Same thing applies for X² on other side.

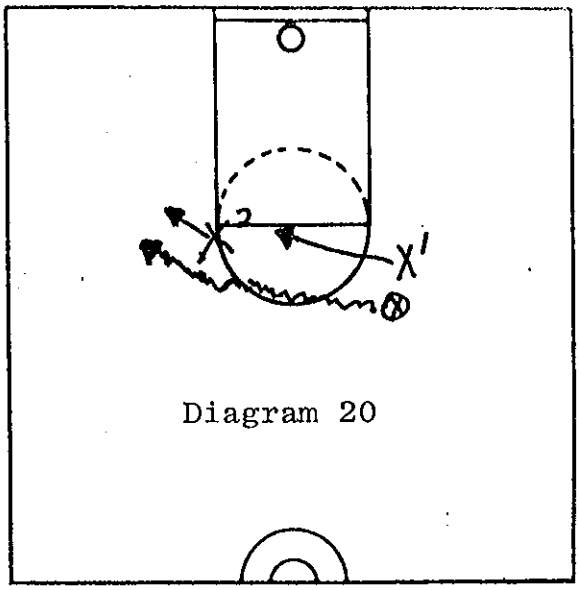


Diagram 20

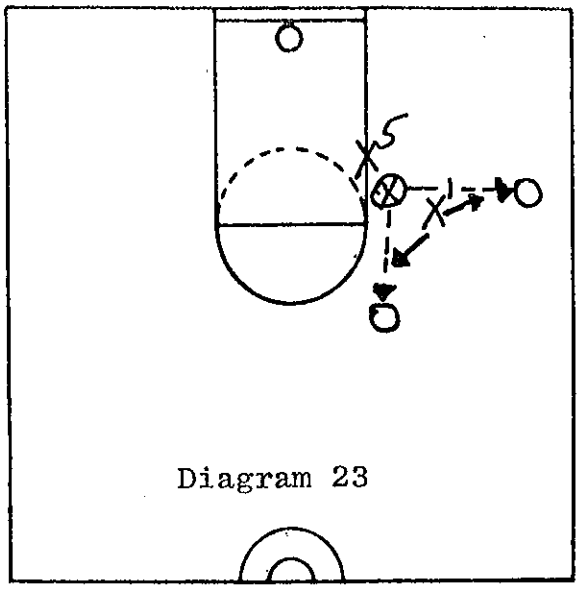


Diagram 23

Rules for X³ and X⁴

1. Basic Rule on Covering Passes

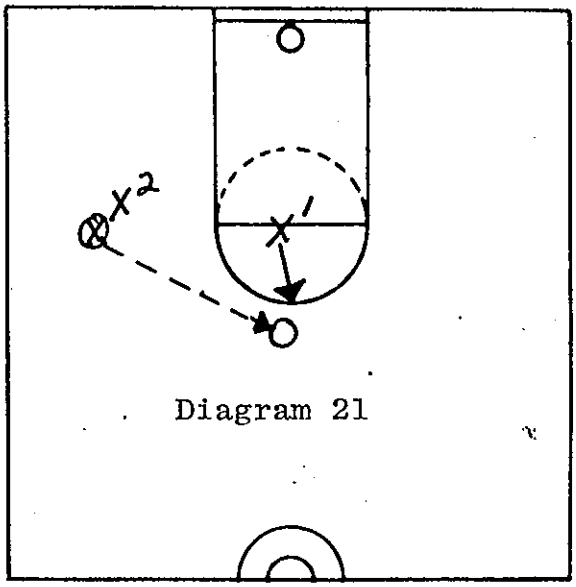


Diagram 21

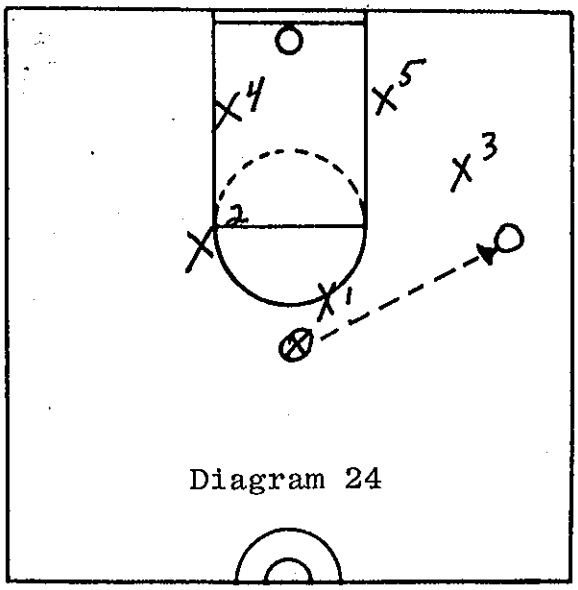


Diagram 24

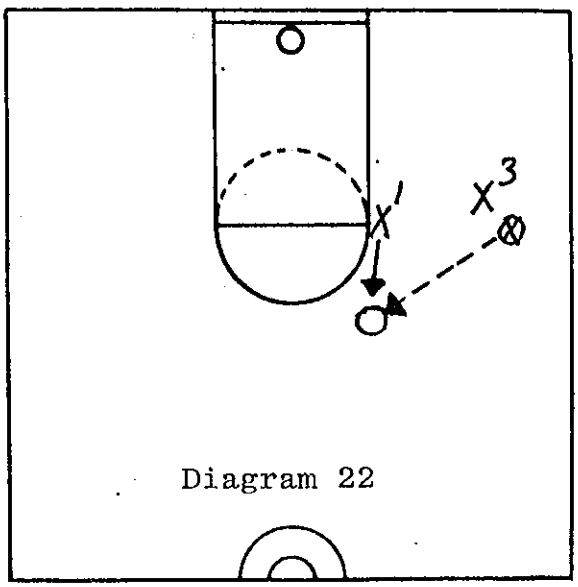


Diagram 22

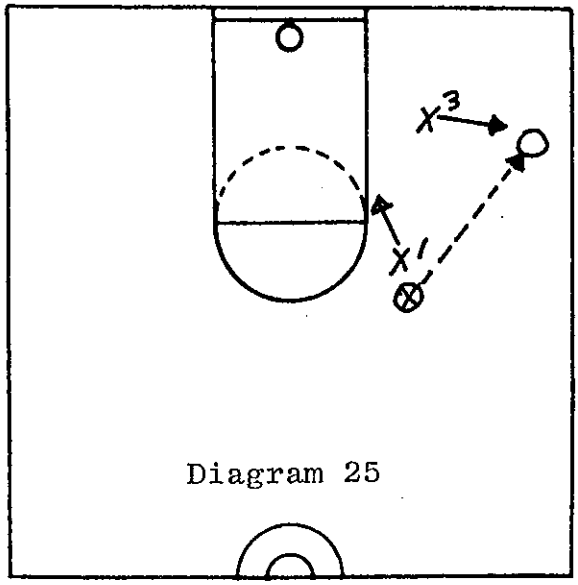


Diagram 25

When front man covers the ball, X^3 and X^4 will cover the next pass in their direction.

When front man covers the point man, back man on that side must cheat up a little so as to be able to cover next pass. X^5 cheats over toward back man's side. Zone becomes almost a 1-2-2. **Diagrams 24, 25, 26, 27.**

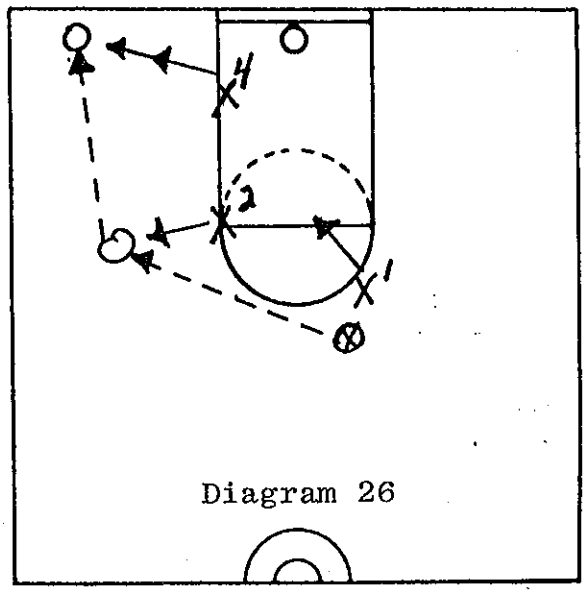


Diagram 26

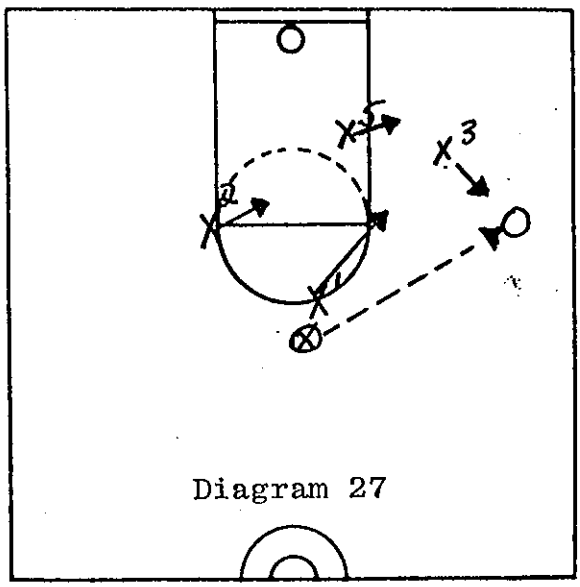


Diagram 27

2. **Pass to Post Area**
   (a) On any pass to post, X^5 covers the ball. X^3 and X^5 must drop low to cover the baseline areas from the foul lane out. **Diagram 28.**
   (b) If X^3 or X^4 are covering the wing area and pass goes to post, they must fall low to baseline—do **not** turn and go after the pass to the post. **Diagram 29.**
3. **Pass to Wing from Point**
   (a) If front man has point—back man covers wing but generally will not come up beyond foul line extended. If he comes too high, he cannot make the next slide when the ball is passed to the baseline area. **Diagram 30.**
   (b) If front man has wing, back man takes next pass to baseline area (normal 2-3 zone). **Diagram 31.**

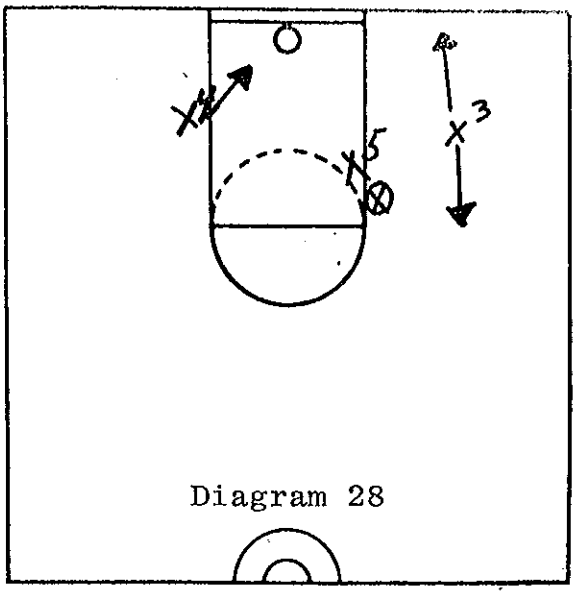


Diagram 28

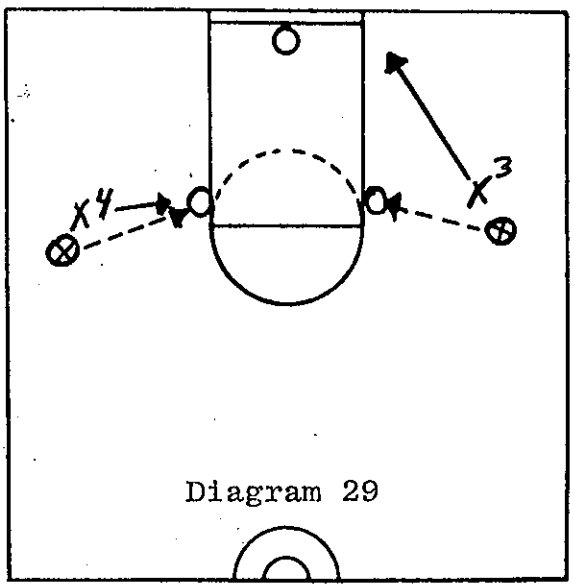


Diagram 29

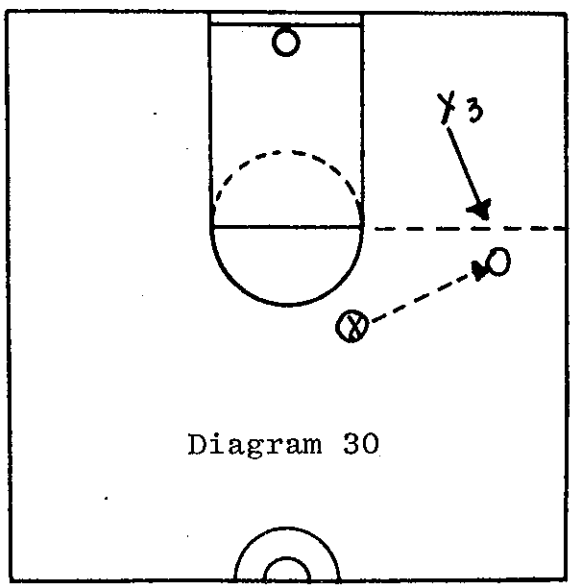


Diagram 30

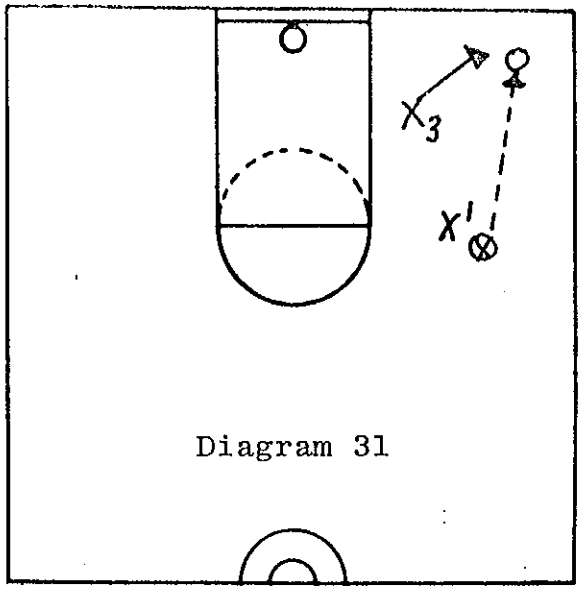


Diagram 31

4. **Pass from Wing to Baseline When X^3 Covers Wing**

(a) X^3 has ball on wing and it is passed to baseline area. X^5 moves out to cover behind X^3—X^3 turns facing the ball and drives down toward the block replacing X^5 as the back middle man. X^3 controls the depth of his slide by knowing where the post man is. **Diagram 32.**

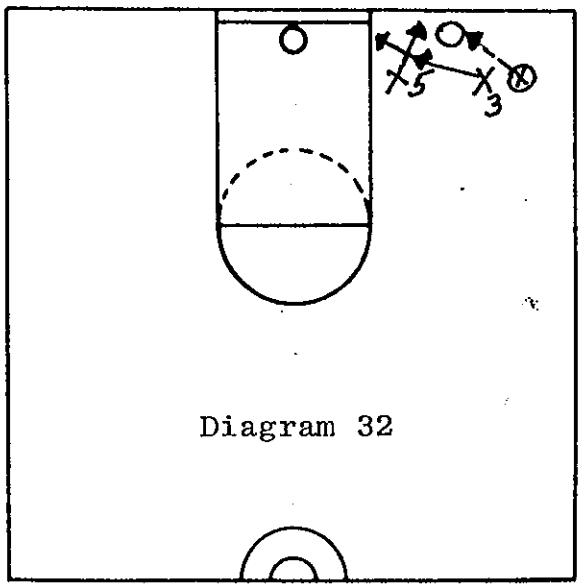


Diagram 32

(b) **Alternate Slide**—X^3 goes all the way across the lane and X^4 comes across to replace X^5. **Diagram 33.**

(c) **Alternate**—X^3 and X^5 make normal exchange of positions. On pass back out, X^3 and X^5 switch back to normal positions as soon as they safely can do so. **Diagram 34.**

(d) **Alternate**—X^3 chases pass to baseline and X^4 comes across to cover low post. X^2 falls to cover weakside board. **Diagram 35.**

As soon as X^3 gets to ball, X^5 releases back to middle area, X^4 fades back to weakside and X^2 comes back out toward front position. **Diagram 36.**

5. **Pass from Side Area to Corner Area**

When X^3 covers ball in a side area and ball is passed to corner, X^3 chases pass and X^5 stays in middle. **Diagram 37.**

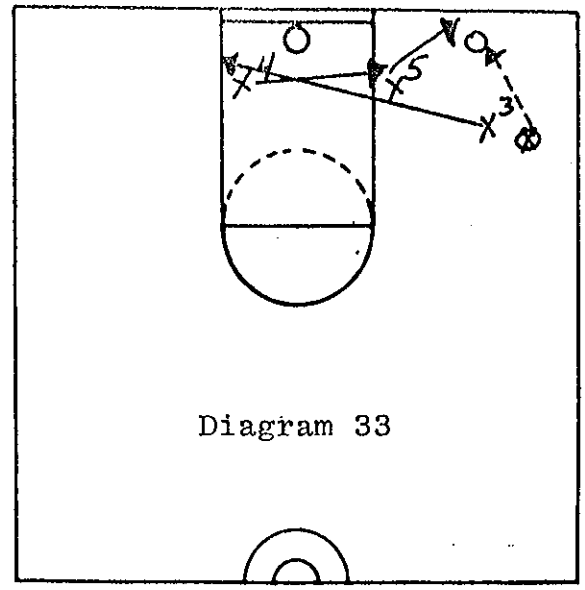


Diagram 33

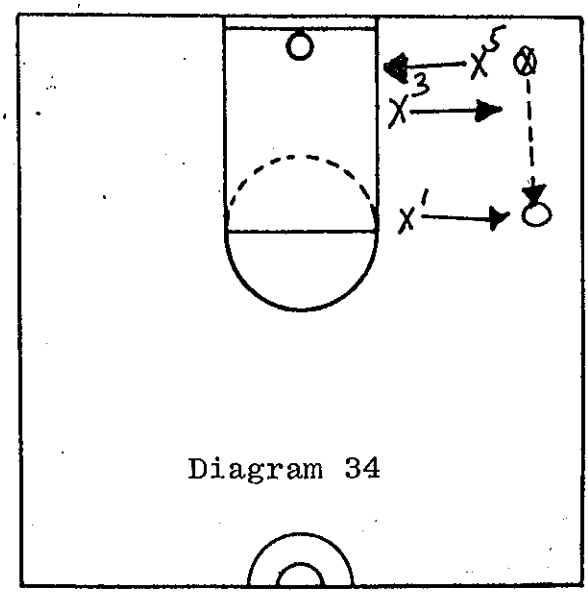


Diagram 34

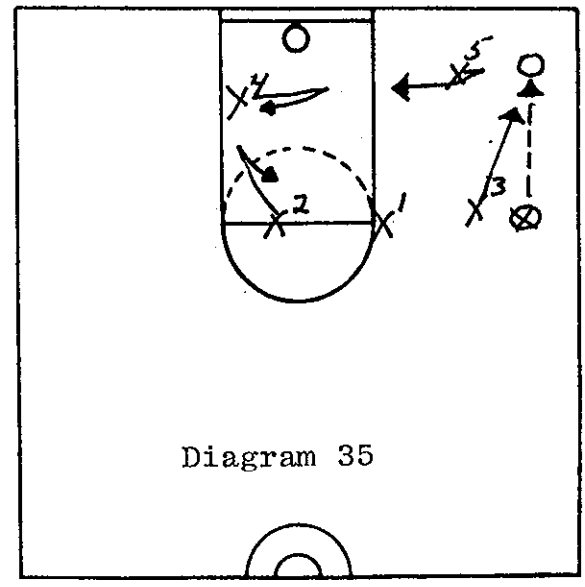


Diagram 35

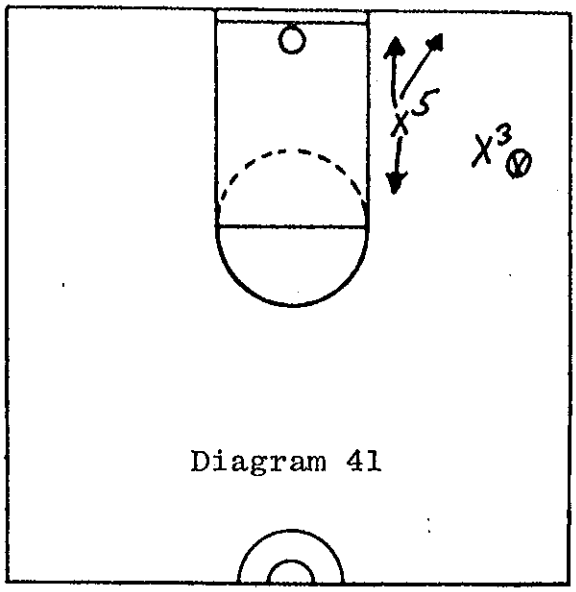


Diagram 41

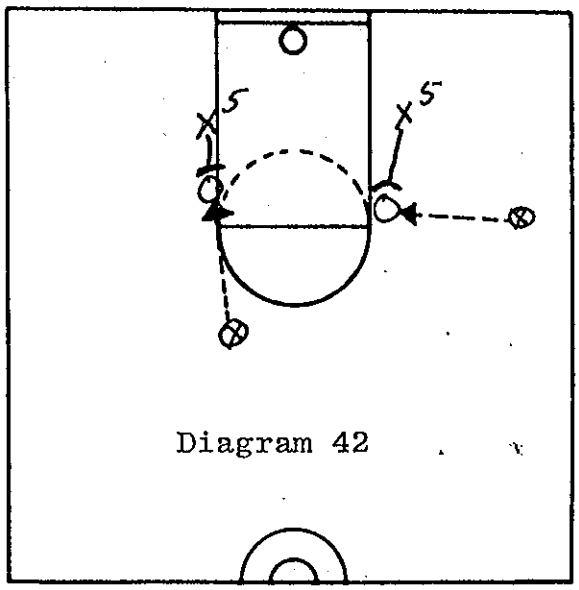


Diagram 42

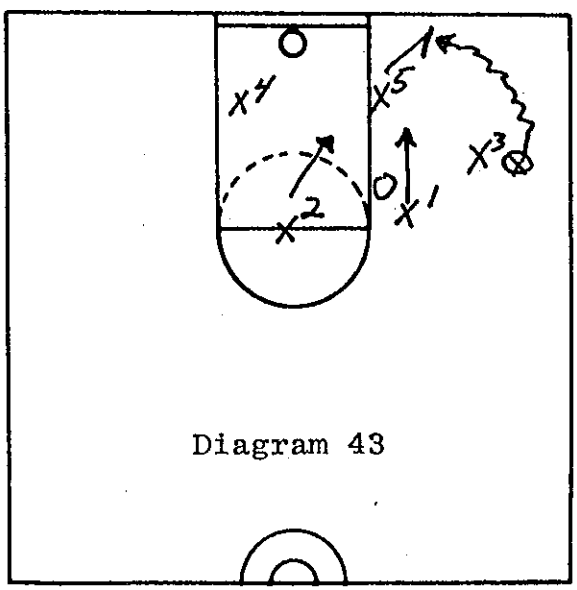


Diagram 43

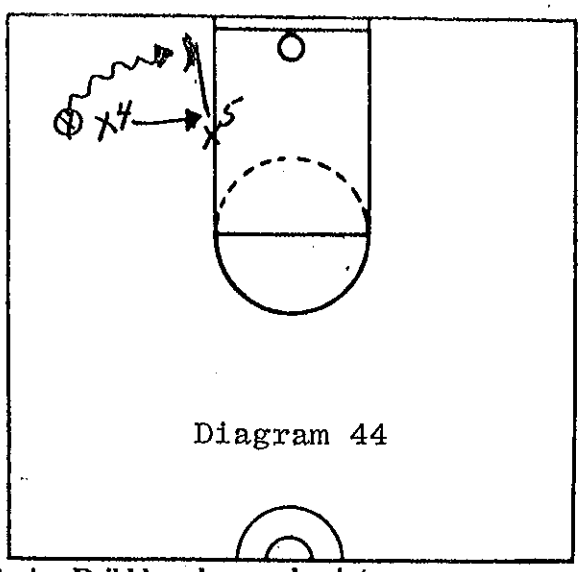


Diagram 44

2. **Playing Dribbler who punches into zone**

Each man who covers the ball in his zone is responsible on a man to man basis. He must stop penetration by dribbling. However, the next zone man by his position is in a "help" position and can help stop penetration by attacking the ball and quickly recovering back to his zone to get man receiving pass off. **Diagram 45 and 46.**

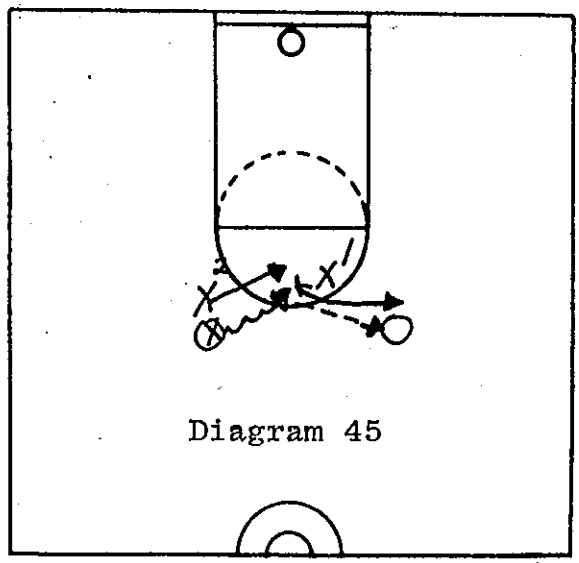


Diagram 45

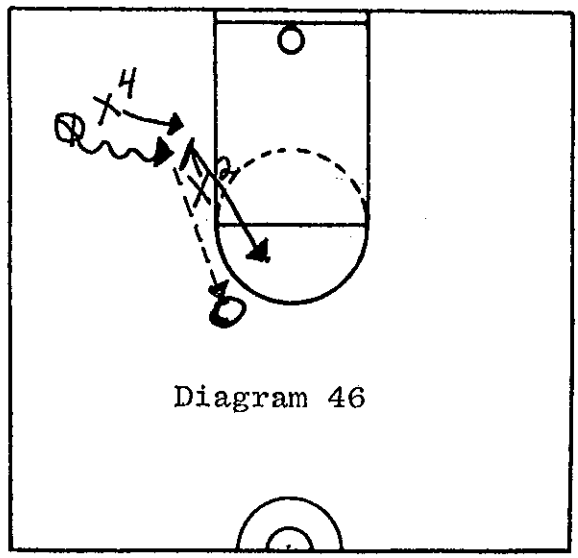


Diagram 46

3. **Play of X^3, X^4 and X^5 vs. Wing, Post, Baseline Triangle**

If X^3 is covering wing man, X^4 should recognize the overload by seeing a post and baseline man for X^5 to cover.

(a) On pass from wing to corner, X^4 crosses lane and covers low post area from the basket side until X^3 makes his slide. X^2 will get weakside. **Diagram 47.**

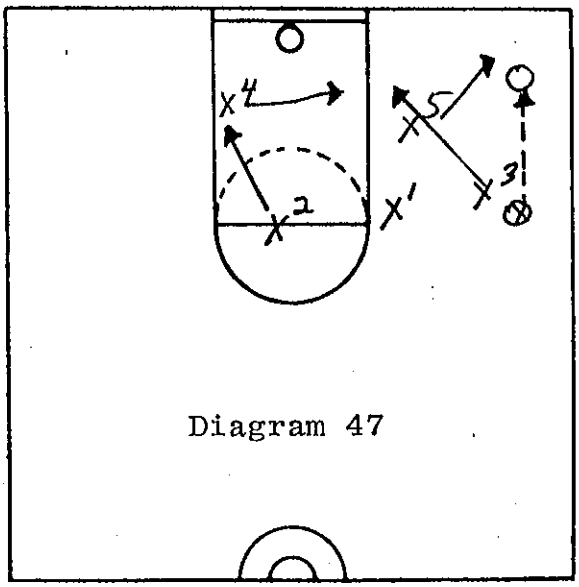


Diagram 47

(b) On pass from wing to baseline, X^4 crosses lane and takes any post man coming down lane—can get a charge or even possibly an interception. **Diagram 48.**

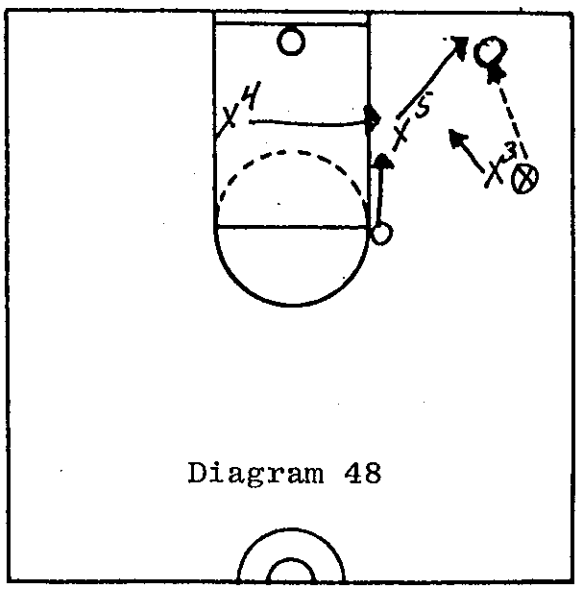


Diagram 48

(c) On pass from wing to post, X^4 comes across lane and helps X^3 cover low post area at the block. **Diagram 49.**

II. Drills for 2-3 Zone Defense

Front Line Drills (X^1 and X^2). **Diagram 50.**

Teach 1 and 2 slides so they know when to cover ball and when to get to cut off positions along post and ON side. Use 6 offense vs. 2 defense. Corner men may not shoot. Post and point can shoot anytime. Wing men shoot on receiving passes from corners. Corner men pass to med. post and to wing men.

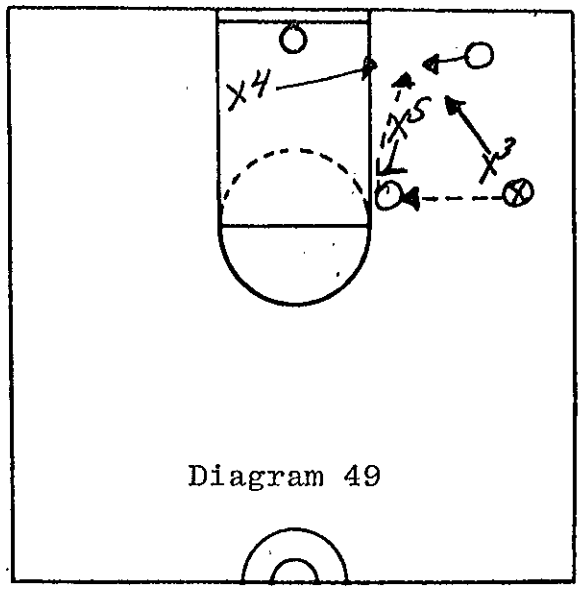


Diagram 49

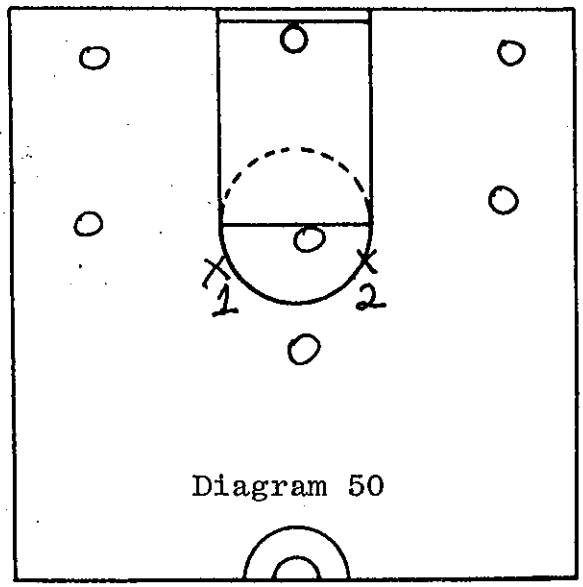


Diagram 50

B to D. **Diagram 41.**

1 covers post

2 covers ball

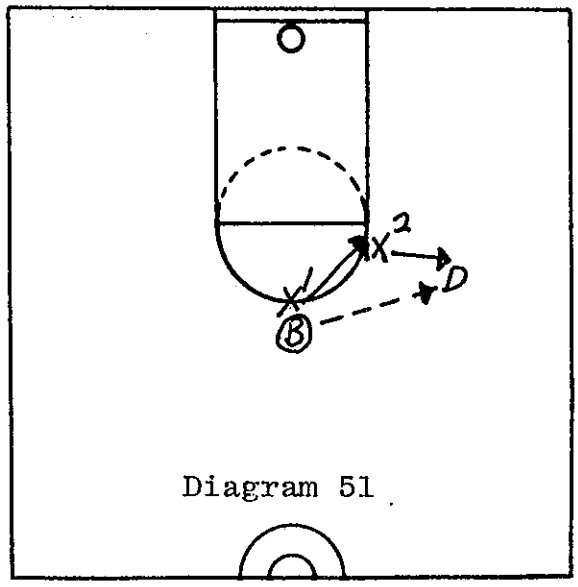


Diagram 51

D to G. **Diagram 52.**
2 covers pass to post
1 covers lane

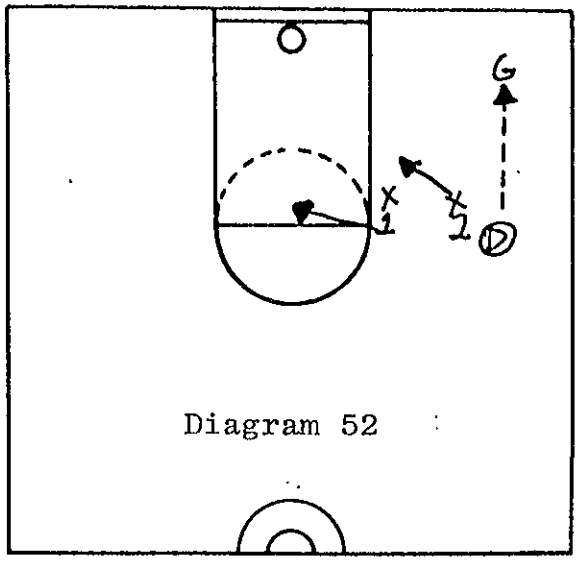


Diagram 52

G to D. **Diagram 53.**
2 covers pass out
1 covers post

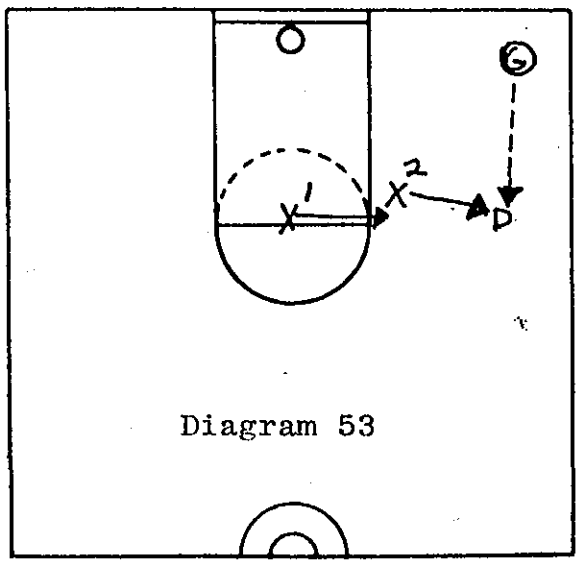


Diagram 53

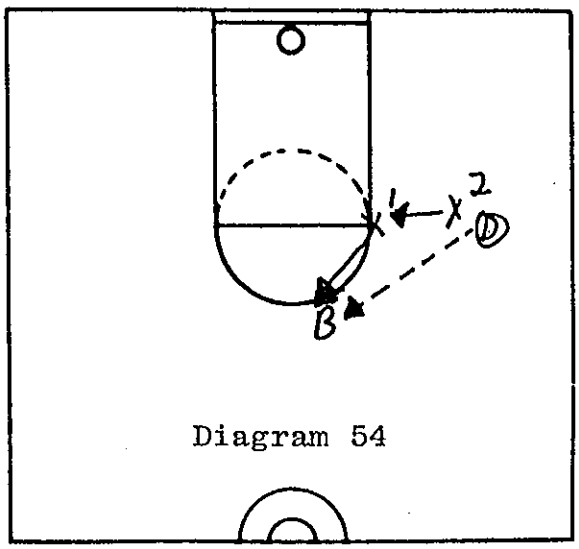


Diagram 54

D to B. **Diagram 54.**
1 covers ball
2 covers along lane

B to F. **Diagram 55.**
1 covers post
2 covers lane

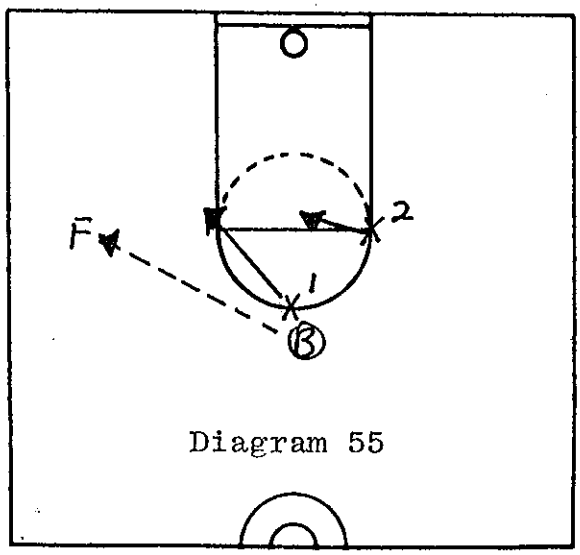


Diagram 55

F to J. **Diagram 56.**
1 covers pass to post
2 covers lane

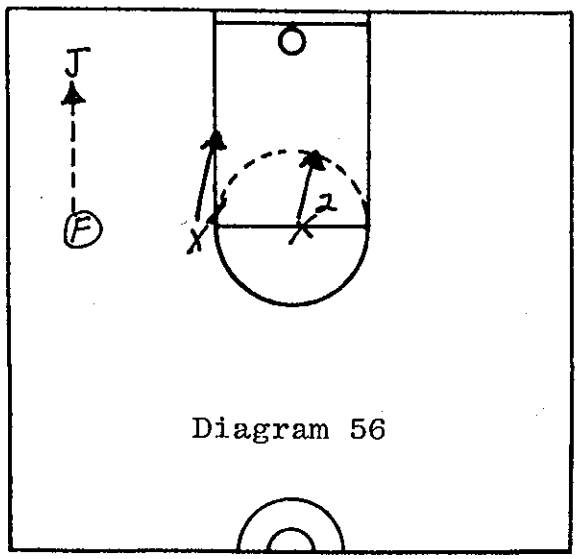


Diagram 56

J to F. **Diagram 57.**
1 covers ball
2 covers post

F to B. **Diagram 58.**
2 covers ball
1 covers along lane

B to E. **Diagram 59.**
1 and 2 turn and squeeze on another side

E to D. **Diagram 60.**
2 chases to get ball
1 covers post

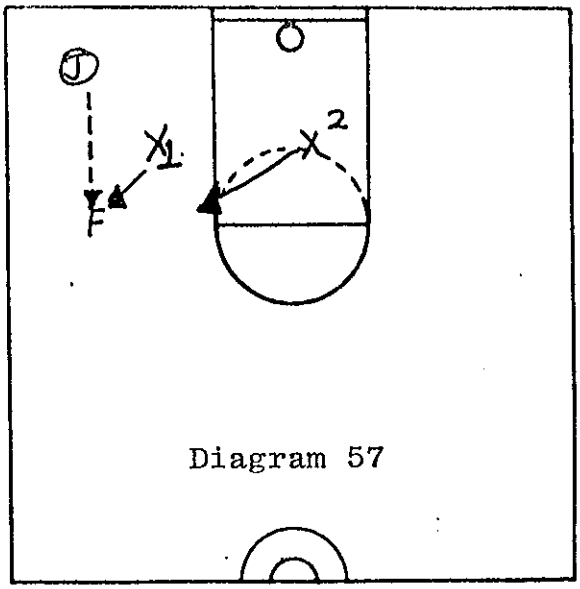


Diagram 57

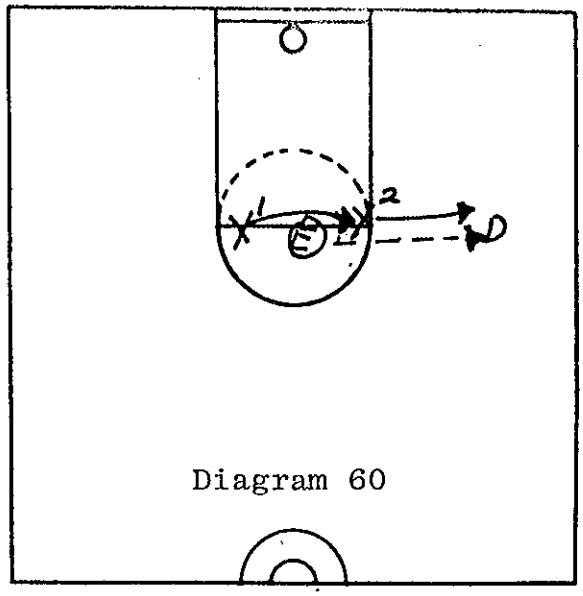


Diagram 60

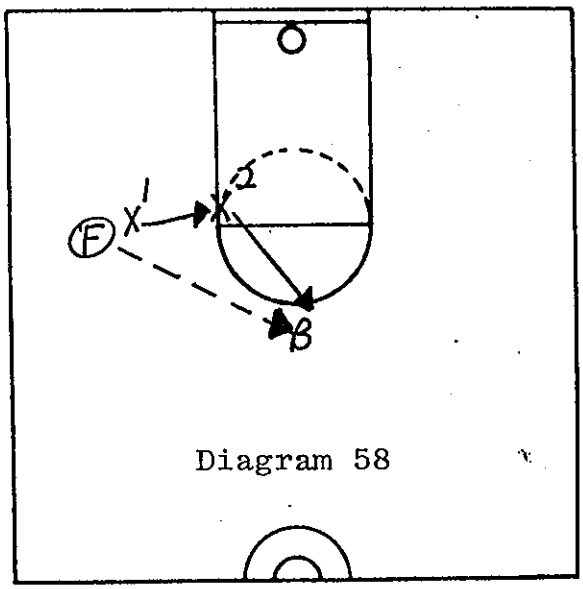


Diagram 58

E to H. **Diagram 61**
2 covers low post
1 jams lane low

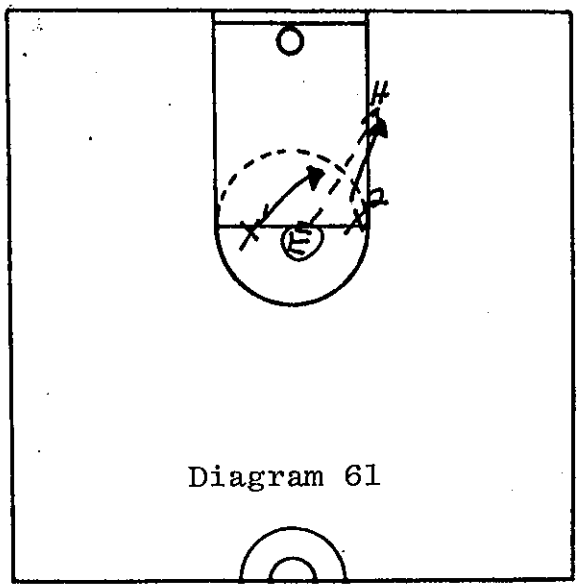


Diagram 61

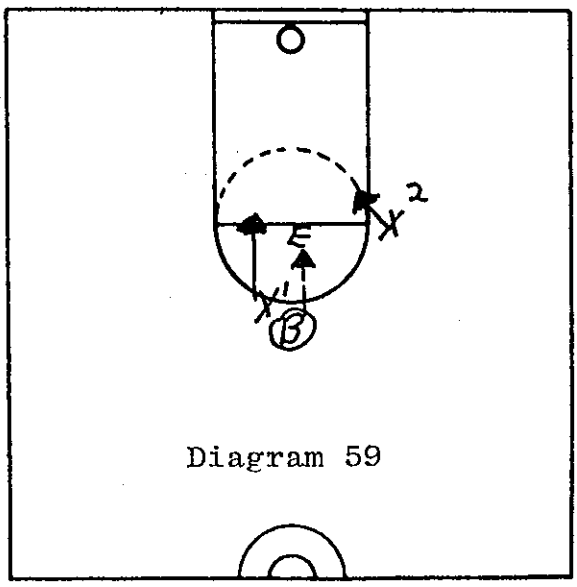


Diagram 59

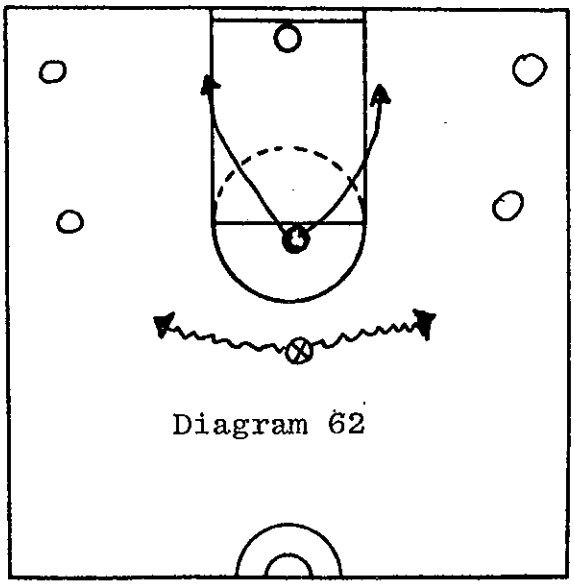


Diagram 62

Back Line Drills X^3 X^4 X^5. **Diagram 62**

Rules
Pointman can be stationary or dribble 1 or 2 times to get off the point.

Corner men and post man can shoot any time.
Wing men can shoot on a pass from the point.
Point man never shoots.
If ball is passed from the corner out to a wing, this pass is covered by a front man.

Pt. to Wing to Corner to Low Post

Initial positions with up right. **Diagram 63.**

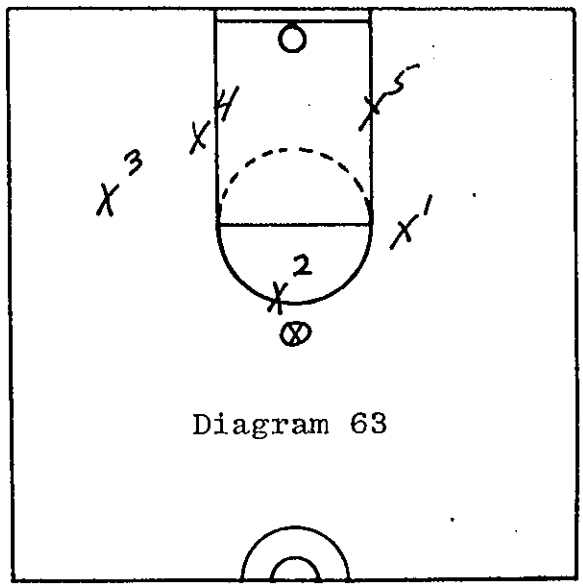


Diagram 63

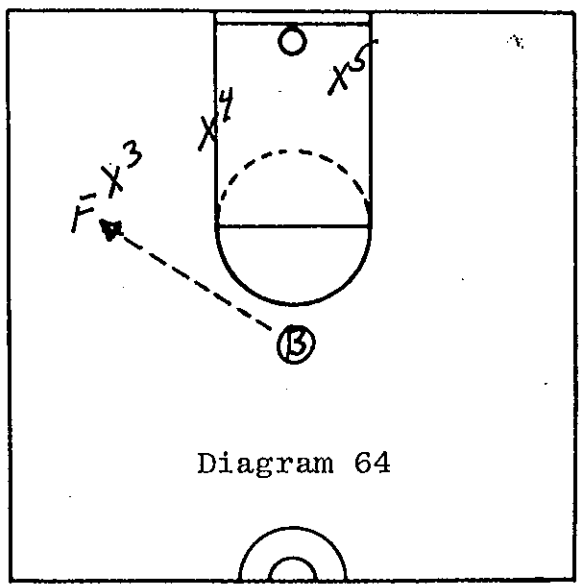


Diagram 64

Pass—B to F. Diagram 64.
3 covers ball
4 half-way position
5 covers rebound

Pass—F to J. Diagram 65.
4 covers ball
3 slides back and switches zones with 4

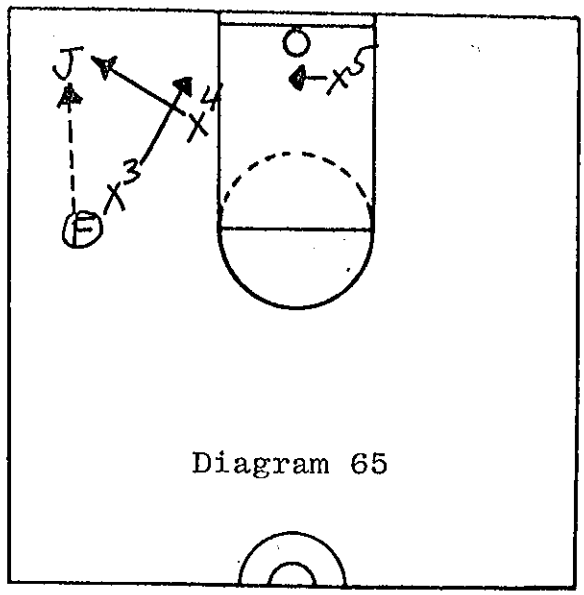


Diagram 65

Pass—J to I. Diagram 66.
If 3 gets back he covers I—if not, **5 comes across** and 3 would slide across lane.

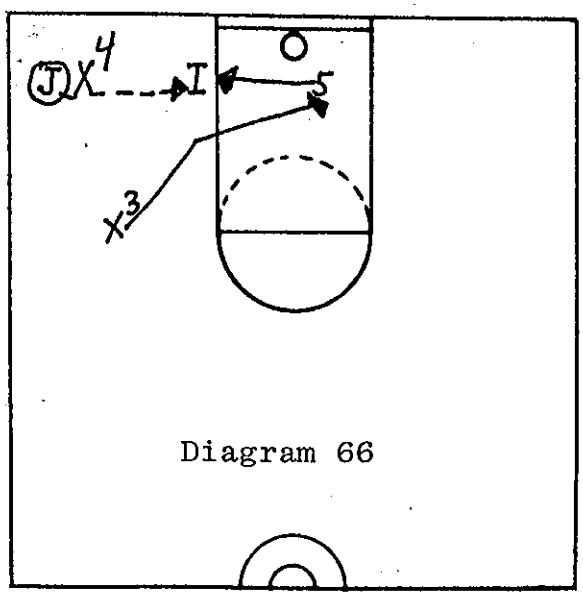


Diagram 66

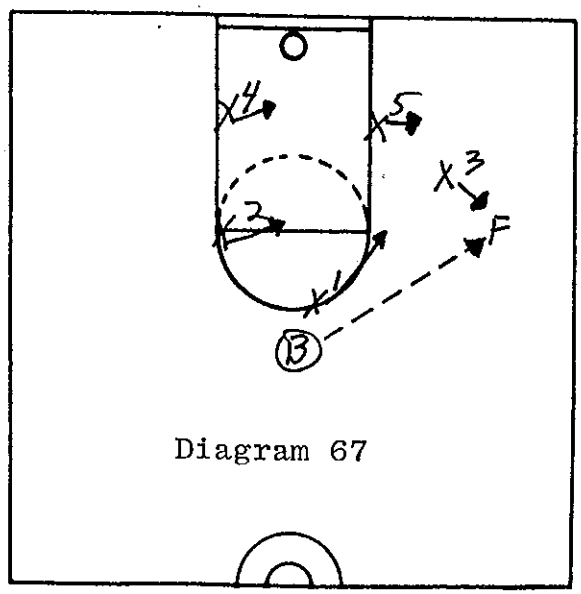


Diagram 67

Pt. to Wing to Post to Baseline or Corner

B to F. **Diagram 67.**
3 covers ball
5 half-way spot
4 covers rebound

F to E. **Diagram 68.**
5 covers E
3 falls under to lane
4 covers lane on other side

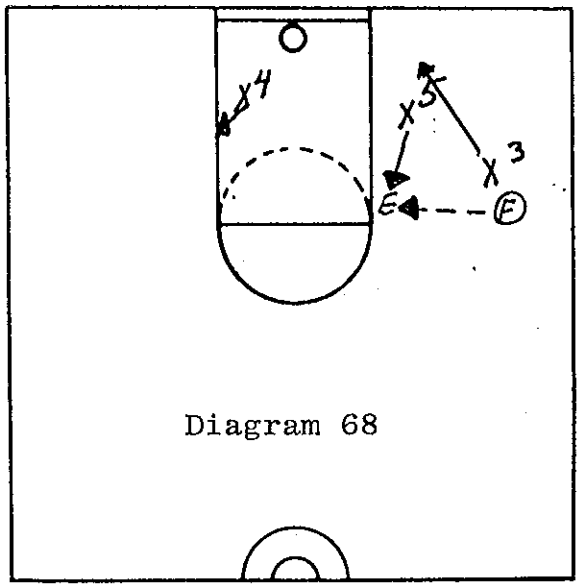


Diagram 68

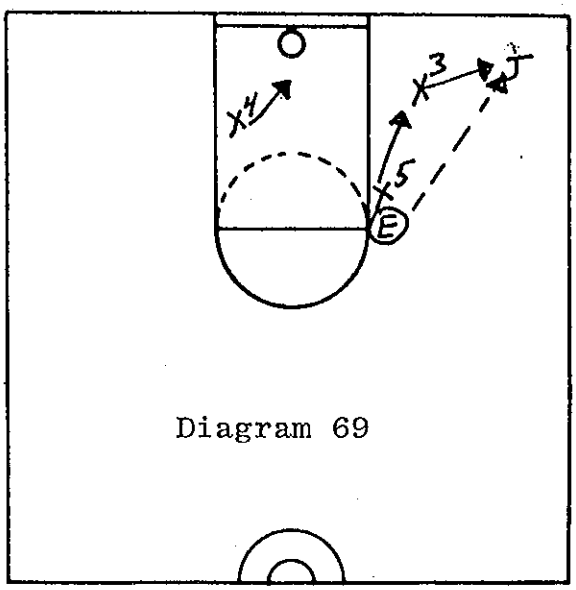


Diagram 69

E to J. **Diagram 69.**
3 covers ball

Pt. Directly to Corner. **Diagram 70.**
4 covers corner since 3 is up
3 slides back and switches zones with 4

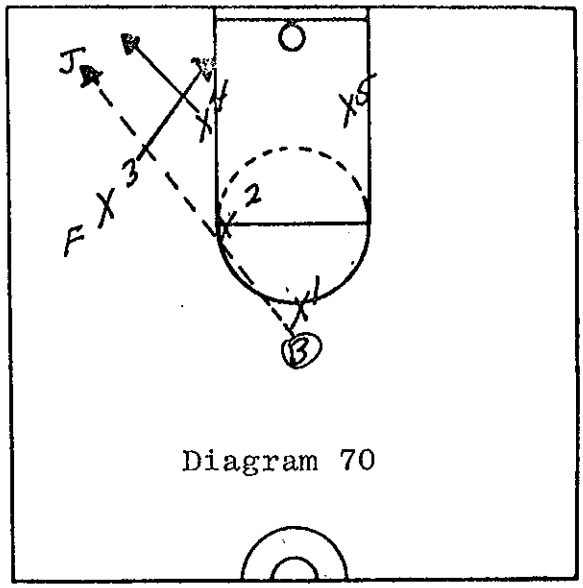


Diagram 70

GENO AURIEMMA

Three Post Offense

I'm the same coach I was ten years ago when we were 12 - 15 and this year when we were 35 - 0. I don't know how much I've changed, but I'll tell you one thing, my players are a lot better than they were ten years ago. Can the players you have execute the things you want them to execute? I am running some of the same things I ran ten years ago and it still works. That's the first thing I tell my players the first day of practice. I tell them that some of the basic principles I am going to teach them will get us 12 - 15 and it is good enough to get us 30 - 3 like we were a year ago. The difference is **how** you are going to run it and **what** you are going to do with it.

Sometimes your players don't want to hear that. As soon as they start to lose and are playing badly, they are going to blame you and the offense you taught them. You must let them know up front that it is a good offense with **sound principles.** Then, you must get them to believe that if they execute it, it will pay off for them down the road. I decided last summer that for us to get over the hump we would have to change some things offensively. That sounds strange when you know that we went to the NCAA tournament six straight times, won 4 Big East championships, were 30 - 3 and had been to the Final Four once. Now, we lose in the Final Eight and I'm thinking about changing a lot of the things that I do. I think we won the National Championship because we changed some things for the better. Another point I want to make is that I don't care how successful you are, don't be afraid to change.

If you're not fixing something and making it better, the teams you beat last year are, and they are going to get you next year. Every year you must get a little better at what you do. We tried to figure out what caused us to lose those three games that we lost. Was it that the other team had **better players**? Was it that we just didn't **play well** that night? Or, was it something that they did that we **couldn't handle** because of our system? We found out that in one of the games we lost we just didn't play well. In the other game we played pretty well, but what Stanford did was just too much for us, considering the way we play. Then, we lost in the Final Eight because our system couldn't hold up to the kind of pressure the other team had. They had better athletes and they took us out of our game.

Last summer I sat down with some people I have a lot of respect for and started looking for new ways to score points. I made an even stronger commitment to what I already believe. You can play the best defense in the world, and probably not win the championship. That talk about offense sells tickets and defense wins championships is bull. If you can't score more points than your opponents, you aren't going to win. Defense is important, you can't win without it, but if you are going to win the championship, your offense must be better than your opponents. I don't care what level you are talking about. Teams that score a lot, and score consistently, are the teams that win.

I want to show you what we came up with last summer. Let me tell you how revolutionary it was. I got it from a book written in 1963 from a guy who sits on the Chicago Bulls bench by the name of **Tex Winter.** If you study his book and have very good players, you have a chance to win. We sat down and tried to figure out where the areas were that we were getting killed on.

(Diagram 1) We found out that we were doing the same thing everybody else was doing. Sometimes we would bring our big people up and play a little 1-4 and it was successful. But I realized that having only one guard with the ball and having tremendous defensive pressure on the ball was not good. In women's basketball, very few players can score off the dribble. Our offense was based on **pass** and **screen** — help people get open.

(Diagram 2) 5 is our 6'7" post player. 4 is our 6'4" post player. Look, I know you don't have players that tall, but you don't play against players that tall either. It is all relative. Instead of putting her on the block, we moved her up to the first hash mark. We had another player at either one of these Xs. The Xs are above the foul line. We used to be below the foul line and people kept pushing us further down. When we caught the ball, we really weren't in a position to do anything. We actually put Xs on the floor in practice. We then put in two guards. I like to think that this system allows you to make short passes. I thought that was important. When you have a one-guard front, your passes become a little too long. Maybe those quick athletic teams have a chance to get out in your passing lanes. One by-product of this was that we were able to make **short, crisp passes** and get away from being pressured and having to back up our offense.

GENO AURIEMMA

Three Post Offense

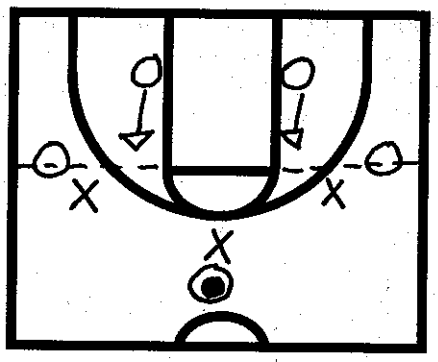


Diagram 1

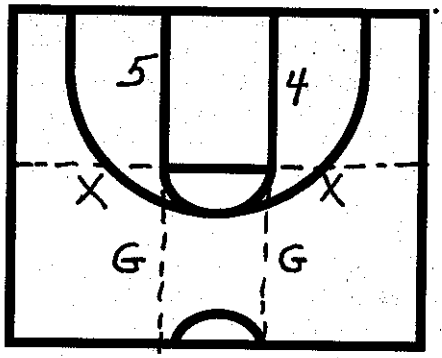


Diagram 2

(Diagram 3) 1 passes to 3. On that pass, the point guard must do something. The great thing about this offense is that I don't care what she does. The other team will dictate what she is going to do. You don't have to call anything and it is hard to scout it. Everything for us was predicated on the pass. Whoever we passed it to, and whatever cut was made, determined what option we were going to run that particular time down the floor. If you give your players some freedom, some room to play and not have to check with you all the time, you will become a better team. If 1 passed to 2, then 4 came out. It was cued by the pass.

(Diagram 4) Suppose that 1 passes to 3 and cuts in front to the deep corner. At first I hated that cut. You were cutting **in front** of the post. I didn't think it would work. If you don't know what defense the team is in and you make that cut to the corner, you will then know what defense they are in.

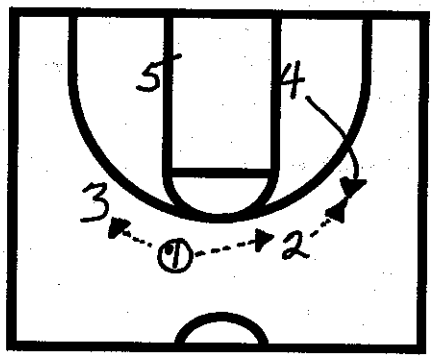


Diagram 3

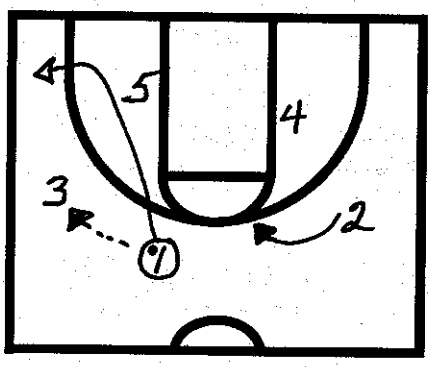


Diagram 4

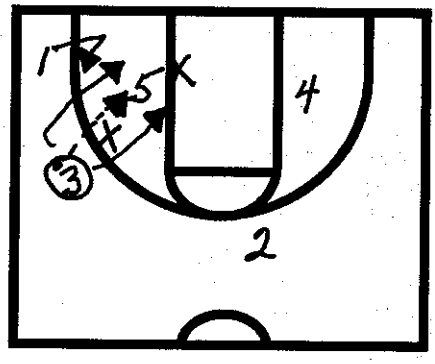


Diagram 5

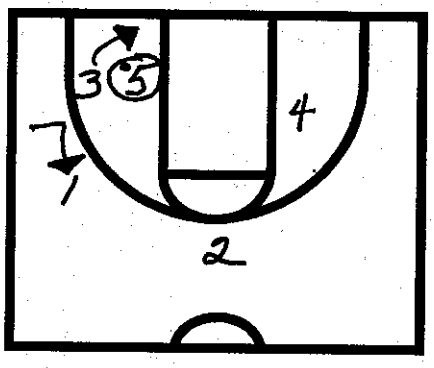


Diagram 6

GENO AURIEMMA

Three Post Offense

(Diagram 5) Now the defense must decide how they are going to play. If they play hard on the point guard, 2 comes to the top of the circle. How are they going to defend the post, **highside, lowside**? On this cut we will find out. If they played behind, 3 passes to 5. On the pass to the post, 3 can cut either side. This is what was different from the year before. In the past we would pass and go screen for somebody. Now we are going to pass to the post and cut to the basket. The cutter has the advantage. Hopefully 5 can give 3 a flip pass. 1 replaces 3.

(Diagram 6) The ball is in the post. 3 is cutting, 1 is coming out, 2 is at the top of the key, 4 on the weakside. 4 is the best player in the main rebounding position. 1 and 2 are spotted up for three's. So, we have three offensive rebounders and two three-point shooters. Spacing is good. We call this **"Splits."** The ball moves **without** dribbling.

Let me review all the possibilities that could happen just off this one option.

(Diagram 7) These passes are not difficult. Suppose 5 is fronted and 1 is denied in the corner. 2 is also denied. If the other team does those three things, they are a heck of a defensive team. If 2 is denied, she steps back a little and **drags** her defensive person out. 4 then flashes into the circle. We keep changing how 2 is guarded. If 2 is guarded hard, 4 automatically comes into the circle.

(Diagram 8) 3 passes to 4 and 2 breaks hard to the basket for a lay-up. This must be automatic. When 3 can't make the pass to 2, 4 immediately flashes.

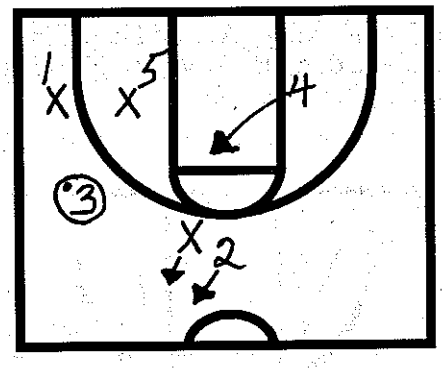


Diagram 7

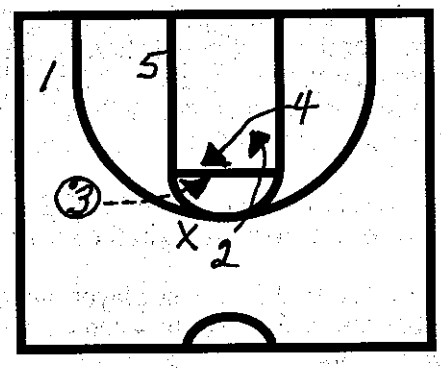


Diagram 8

(Diagram 9) You also have the **high/low** set from this. The nice thing is that the more they pressure you, the more opportunities you will have to score.

(Diagram 10) Everything is the same as before except now X2 has **sagged** to help in the middle. 3 passes to 2, an easy pass. The rule is that when the ball is passed to 2, 4 comes up the lane to get the pass at the elbow. 2 follows the pass and reads the defense.

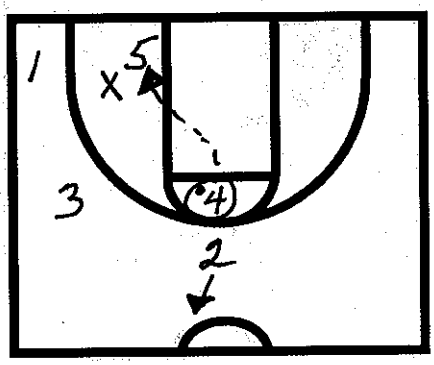


Diagram 9

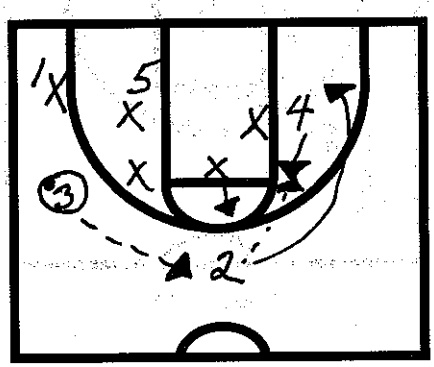


Diagram 10

GENO AURIEMMA

Three Post Offense

(Diagram 11) If the defense switches, 2 and 4 have the **screen** and **roll**. They just play 2-on-2.

(Diagram 12) Say that 2 doesn't get the return pass. 4 takes one or two dribbles. 3 screens down for 1.

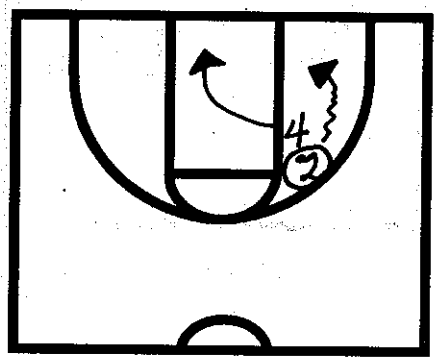


Diagram 11

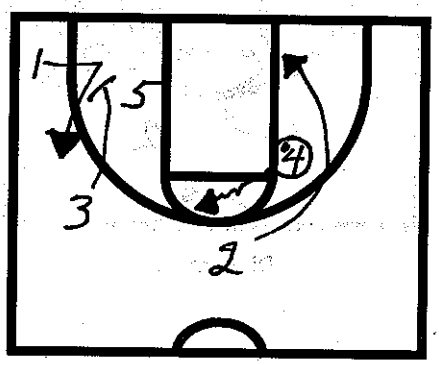


Diagram 12

(Diagram 13) 4 has the ball, 2 went out to the three-point line, 3 goes into the lane and 1 comes high. 1 is usually open for the three-point shot. 4 can pass to 1, to 2, or to 3. 5 is still posting up and there are three rebounders when the shot is taken. This isn't complicated or hard. All you must do is pass, and depending on where you pass it, **read the defense,** then make a move. All we did was make a pass and cut to the corner. We moved the defense. How many passes did we make? Three. That's just one option.

(Diagram 14) Here is another option. Same setup except 1 passes to 2. 4 comes out (on the X spot). 5 backscreens for 3 who ends up in the post.

(Diagram 15) Now 3 is a post player, hence the name of the offense, "The Triple Post." 5 is now the **offside rebounder**. 2 passes to 4 and cuts to the corner. 4 hits the post and cuts to either side. This is just like the other side.

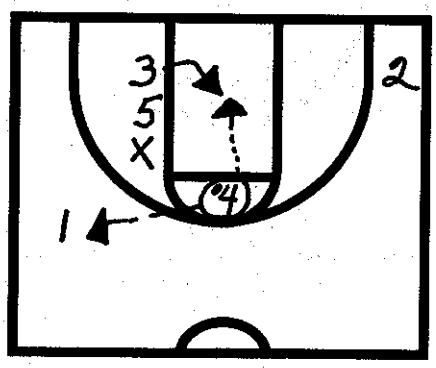


Diagram 13

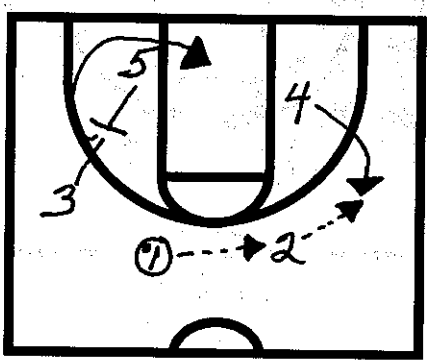


Diagram 14

GENO AURIEMMA

Three Post Offense

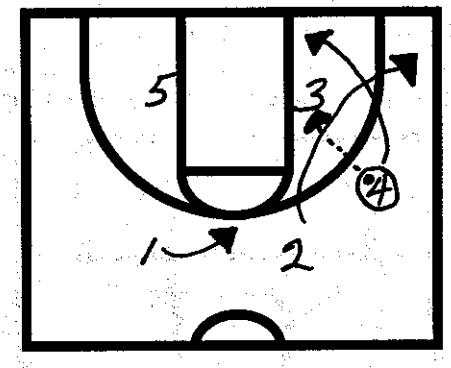


Diagram 15

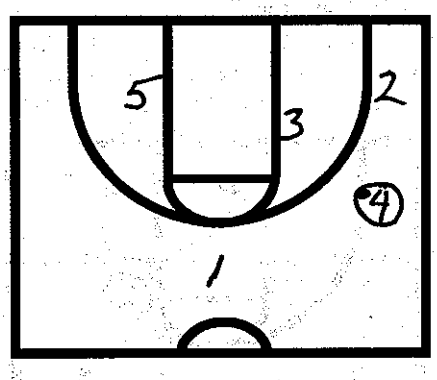


Diagram 16

(Diagram 16) In this offense there is room for everybody. If you are great, you can do many things. If you are a **limited** player and only have a specific role, such as shooting threes, they can do that role. If all they can do is shoot threes, have them pass the ball and get to the three-point line. When their man helps, they will be open.

(Diagram 17) Here is an option I really like. 1 passes to 3 and goes behind and gets the ball back. If 1 doesn't get the hand-off, 1 keeps going into the corner and we are in the original option I showed you. As soon as 1 gets the hand-off, 3 rolls to the basket. If the point guard dribbles off him a little, you have a give and **go**. 5 comes up the lane to the elbow.

(Diagram 18) 1 has the ball in the corner, 5 steps out, 3 is on the ballside block. We change the post player again. 3 rolls away and 4 **flashes** to the ball. We started with 5 in the post who stepped out, 3 in the post who rolled away and now we have 4 in the post.

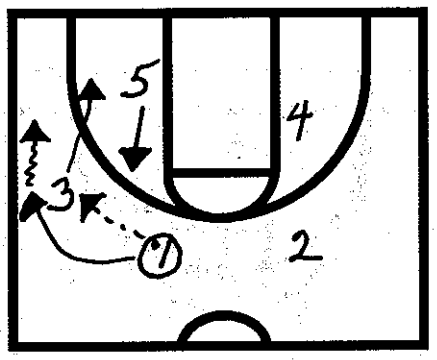


Diagram 17

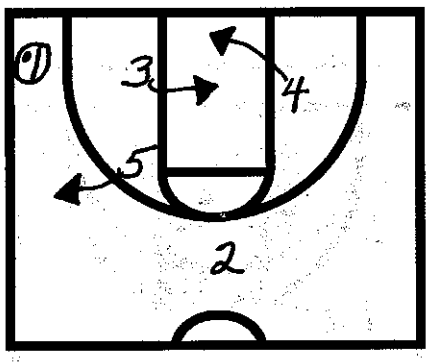


Diagram 18

GENO AURIEMMA

Three Post Offense

(Diagram 19) 1 to 5 is an easy pass. 5 is the center and nobody goes out to guard her there. The ball is **reversed** to 2 to 3. 4 backscreens for 5 who breaks across to the ball.

(Diagram 20) We are then in this set with 4 at the high post, 5 at the low post. We have great spacing with three-point shooters on the perimeter and the best player on the team at the high post. Let's review. The options I have given you thus far are pass to the wing and go to the **corner** and pass to the wing and go **behind.** You can run it on both sides.

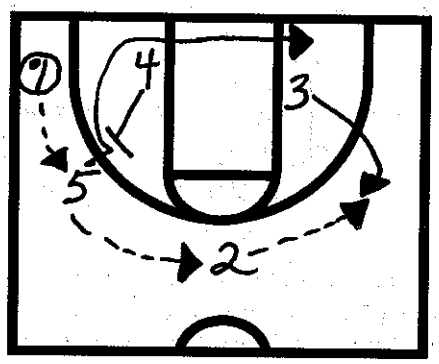


Diagram 19

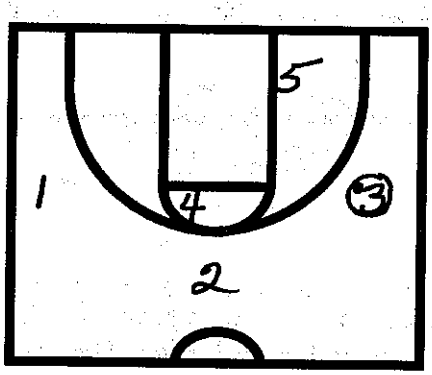


Diagram 20

(Diagram 21) What happens if you can't make the pass to the wing? If 1 cannot pass to 3, 5 automatically **flashes high** to get the pass from 1. 3 goes backdoor. That's automatic.

(Diagram 22) Same thing exists on the other side. If 1 can't pass to 2, 1 makes eye contact with 4 and 4 comes **high** to get pass from 1. 2 backcuts to the basket.

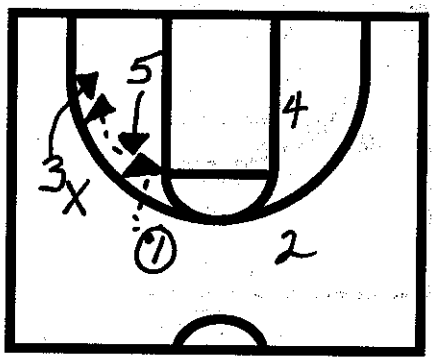


Diagram 21

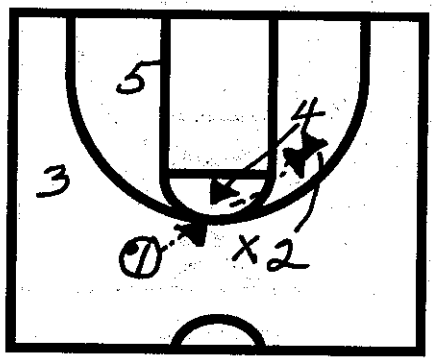


Diagram 22

GENO AURIEMMA

Three Post Offense

(Diagram 23) Suppose that 1 passes to 5 and 3 goes backdoor and doesn't get the ball. Now 1 and 5 play 2-on-2. 1 comes by for the hand-off and 5 rolls. 4's defensive player helps out and 4 flashes into the middle. Sometimes things get messed up because two players will be standing in the same spot. Tell them to find the **open spot** and run to it.

(Diagram 24) This is how we drill flash **the post.** 1 has the ball. We put a manager on defense. 1 passes to 3, and cuts to the corner. If the manager stays in the circle, the ball is passed to 2 and the post flashes up along the lane to the elbow for a jump stop. 2 passes to the post and goes by for the hand-off.

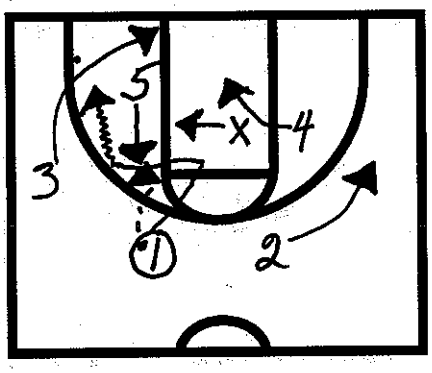


Diagram 23

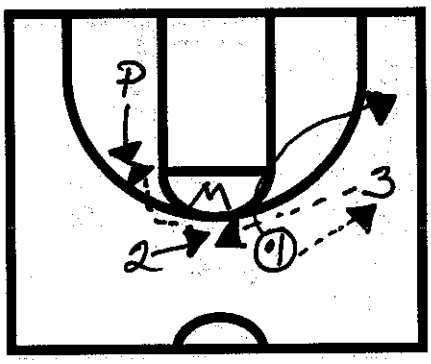


Diagram 24

(Diagram 25) If the defense is overplaying 2, then the post **flashes** high, and gets the pass from 2. 2 backcuts and gets the bounce pass. The bounce pass is crucial in this offense. The post comes to a jump stop, catches, makes a drop-step and initiates a bounce pass.

(Diagram 26) Most post players will make the **bounce pass** to the side and the defensive man will steal it. Make the bounce pass ahead of the cutter. Pass it to the X and let the cutter catch up to the ball. If you don't have post players who can handle the ball and dribble it, then just teach them to catch it and hand it off. Make sure that your best player has the ball. They pass it to somebody and then get it right back.

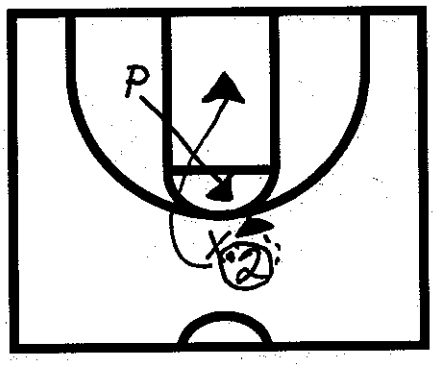


Diagram 25

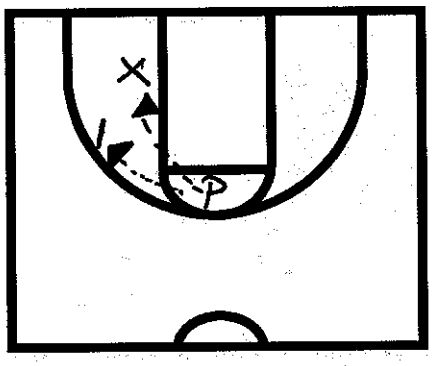


Diagram 26

GENO AURIEMMA

Three Post Offense

(Diagram 27) **Split the post drill.** The coach is in the post position. We do this without a defense and then with one. 1 passes to 2 and cuts to the corner. 2 hits the post and cuts first. 1 comes off second. It becomes a shooting drill that helps you learn your offense.

(Diagram 28) **Pass and go behind.** Hand-off, 2 rolls, dribbles, makes a bounce pass. 1 makes a jump stop and then the bounce pass. Sometimes 1 keeps the ball and drives to the basket, takes the jump shot, or fades and shoots the three.

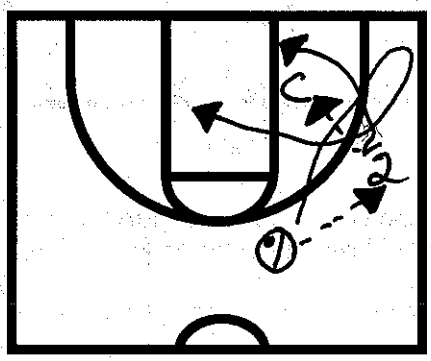


Diagram 27

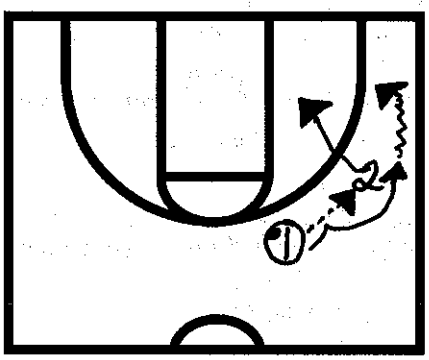


Diagram 28

(Diagram 29) **Big man drill.** Screen across and then come high. Get the pass and square up. Every time they square up they make a pass inside or else they take a jump shot from the foul line.

(Diagram 30) What happens if 3 can't pass to 1 or to 5, and 3 is not a three-point shooter? Any time they sag, take a couple of dribbles in that direction and bring 1 out of the corner for a **hand-off** and good things happen. This will open up the post.

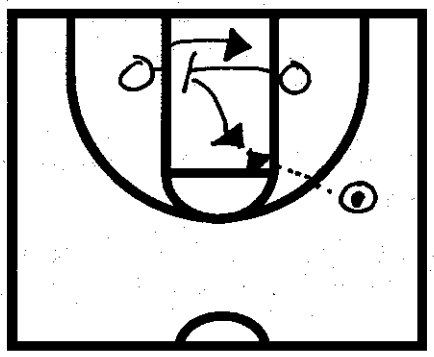


Diagram 29

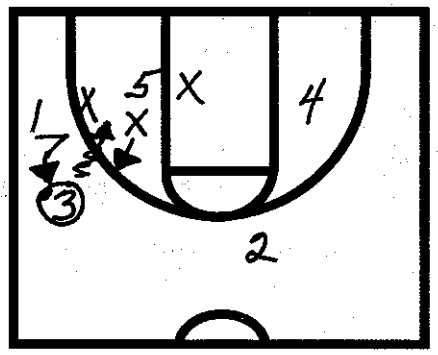


Diagram 30

(Diagram 31) You can also do this. When the ball goes to the corner, 3 cuts to the basket. 3 could even screen for 2 first, but must go to the basket. 5 screens for 1 and they **screen and roll.**

(Diagram 32) We also play a **two-man game** with 2 and 4 from the original set.

GENO AURIEMMA

Three Post Offense

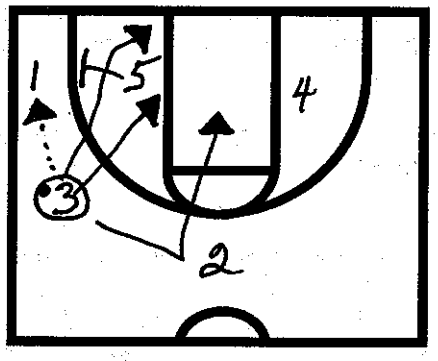


Diagram 31

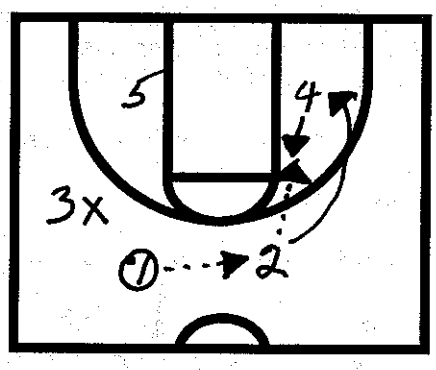


Diagram 32

(Diagram 33) **Against a 2-3 zone.** 1 passes to 3 and goes to the corner. You need to see how they will play that, who will guard the player in the corner. Then we would run our **regular** zone offense.

(Diagram 34) Instead of 1 passing to 3 and breaking to the corner, we sent 4 to the corner and 1 cut away.

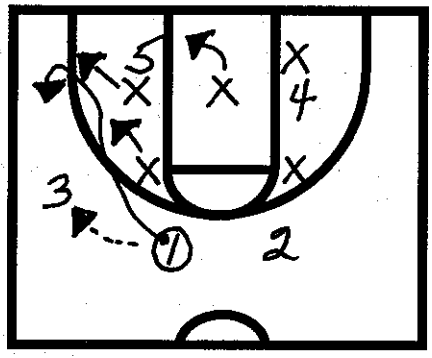


Diagram 33

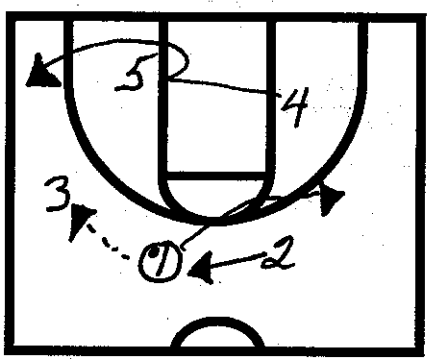


Diagram 34

(Diagram 35) We are really **overloaded** on the left and 1 is isolated on the right side to go one-on-one. If she doesn't go one-on-one, the big players are going toward the ball.

(Diagram 36) The Bulls run this option. 1 passes to 3 who passes to the post, but instead of breaking to the basket, 3 screens for 1 who comes off of the screen. 3 breaks to the basket and gets the pass from 5.

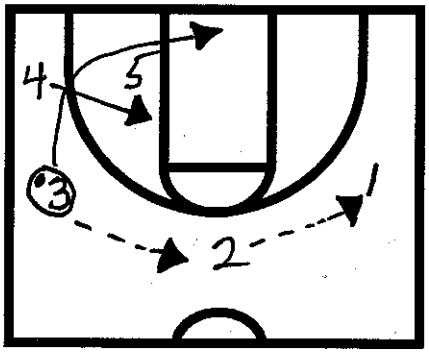


Diagram 35

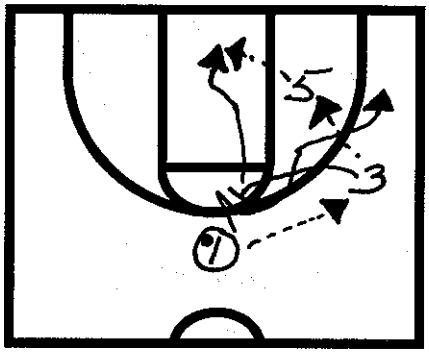


Diagram 36

GENO AURIEMMA

Practice Sessions

Did you ever work camps in the summer where the kids are playing and you have counselors refereeing the games where the coaches don't really coach? I've been to a lot of those camps and I'm amazed at how many points those kids score until somebody decides to teach them how to play. I can't think of one thing that is more harmful to a player, especially a player who has a chance to be good, than every time they want to do something they must check with you first.

Some coaches' egos won't allow the kids to play. We have a coach in our league who has a heart attack if they ever shoot the ball before ten passes. I wonder whether it takes that many passes to get a good shot or he wants everybody to know that he is a great coach and he can get them to make that many passes before they shoot it. Why are some kids afraid to play? It probably has a lot to do with who their coach is. And, if they aren't afraid to play, they are the ones who had good coaches who gave them the confidence and the trust to just go play. Then teach them later some of the things they could do a little better. I can't stress that enough. It is important for your kids to believe that they can try something their instincts tell them is right and that you won't get angry at them. If you do that, and keep your offense somewhat consistent over the years, by the time your kids are through your program and are juniors and seniors, they will be very difficult to play against.

I like to play against a team that every time they see something they don't recognize they must check with their coach. In your practices, don't be afraid to have practices that look lousy, and that only you understand what is going on. The ones who can get a grasp on it and can function in that environment will be the ones who will really be good when the game goes wild. It is important that you create that atmosphere in practice. Don't you love to play against a team where the point guard comes down the floor, passes to the wing, screens away and then you don't let them do that. They look over at the coach and say "Now what?" They are right. Now they must play basketball.

Are you the kind of coach who teaches plays, or are you the kind of coach who teaches your team how to play basketball? It is two different things. I tell that to my team all the time. "I am not interested in teaching you new plays. I'm interested in teaching you how to play basketball."

One of my players said that she can't wait until next year because she felt we didn't run the offense this year, and she is right. We scored just on plays, plays that they made, not plays that we taught them. The less you have to run your half-court offense, the less you have to execute it, the better team you will have. Think about the three or four best teams in your league. When you play against them they won't let you run your offense. That's why they are good teams. You must figure out a way to get your team to just play.

(Diagram 1) Here's a "for instance." You all do the **1-man break**. 1, 2, and 3 are coming down against 4 and 5. When either 4 or 5 gets the ball, they start in the other direction with 8 and 9. 6 and 7 are waiting at the other end and the same thing occurs continuously. That's our favorite drill. Why? Because that's how basketball is played. It's up and down, 3-on-2, sometimes it's 3-on-3.

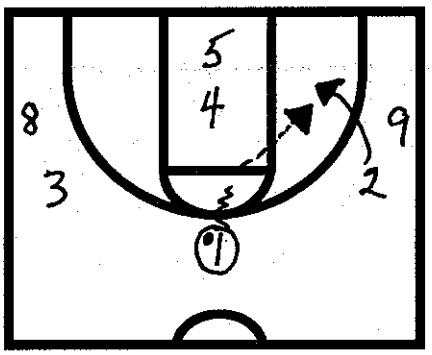


Diagram 1

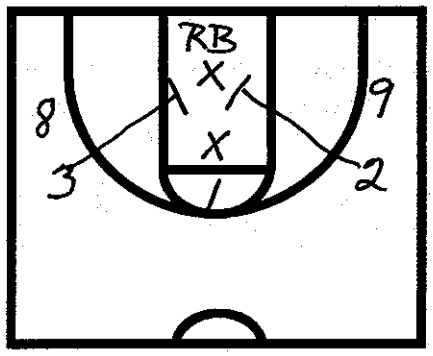


Diagram 2

(Diagram 2) We changed it. Suppose that 2 shoots and misses. We want the three offensive players to be **offensive rebounders** and stick it back in. Only go the other way if the defense gets it. Then, we added a **trap of the rebounder**. Two trap and the third tries to steal the pass. The other defensive player is also trying to steal the outlet pass. Just let the rebounder throw the ball to a defensive player who steals it and lays it up and you stop the play. "You didn't know who was on your team?" "How could you not know who was on your team?" That's a simple thing, but you are teaching your kids to call out your name when they want the ball. Rarely will you throw the ball to the wrong person.

It teaches your offensive players to **rebound** the missed shot, to trap, and to go after the ball. It teaches them to be **aggressive** and you also find out who constantly walks, and who constantly throws the ball away. You start to find out who can play. The players must make these **decisions** on the court. If you teach them to make decisions that is a lot better than teaching them to run a play. This means a lot to us.

Our practices are generally about two hours. Let's say that we start at 12:15. That's not what time practice starts, that is the time they come on the court. Practice starts at 12:30. Everybody is on the court at 12:15. They stretch **on their own.** There is no bigger waste of time for me than stretching. I can't ever remember stretching when I was a player. No one I ever played with pulled a muscle as far as I can remember. Today, they stretch for twenty minutes, run one wind sprint and pull a muscle. You figure it out. Stretching is the kids' way of telling you that "we ain't ready for practice yet." That's just my opinion. Stretch after practice, I like that. That makes more sense to me.

We start off doing individual work with guards and forwards. It is good to talk to your assistants before you go on the floor so they know what you want them to do. We have a meeting in the morning. We can do a lot of things you can't do and I understand that. When I was coaching in high school, we still found time to meet. We got to practice a half hour early to meet. We have six baskets around the floor with a couple of others off to the side. I understand that you don't have all of that. But if you do have six baskets, use them. Don't put your entire team at one basket for a drill and leave the other five empty because the players who are waiting in line **aren't learning.** They aren't even listening, they are talking. Even if you don't have assistant coaches, have your players do dribble drills or shooting drills at the other baskets.

I just found out this year why one of my players couldn't shoot three-pointers. She was shooting with her feet **square** to the basket. She wasn't strong enough to do that. Shooting three-pointers is like shooting darts. When you want to shoot threes, you must turn your body. You aren't strong enough not to. I don't buy "**square up.**" Did you ever see a picture of Larry Bird shooting a jumper square to the basket? No!! Now we have all of our players shooting three-pointers with the shooting shoulder a little forward with the right foot way in front of the left and they are leaning in just like they are throwing darts. Some guards are shooting three's, some are at another basket working on foot feints, shot fakes and drives to the basket. Another station may have players coming off the screen and shooting a jump shot. Break them up and teach different things. Go five minutes at a station, for 15 minutes. At the other end we have the post men.

(Diagram 3) Some are working on **screening low** and coming back to the ball. At another basket work on offensive rebounding. At the other basket, we work on a catch, pivot and drive.

In 120 minutes, we spend 30% on individual work. This is for the **skill development** of your players. 30% will be spent on defense, 30% on offense, and 10% on special situations. If you can stick with that, it will give you a basis to work with and you feel that you have everything covered.

(Diagram 4) We start with a tight 3-man weave. It is a flip pass. They are cutting very tightly. No dribbles, no walking. We do that to loosen them up.

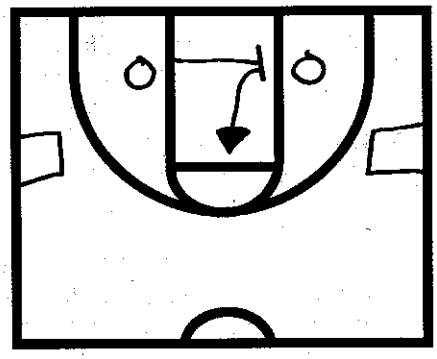


Diagram 3

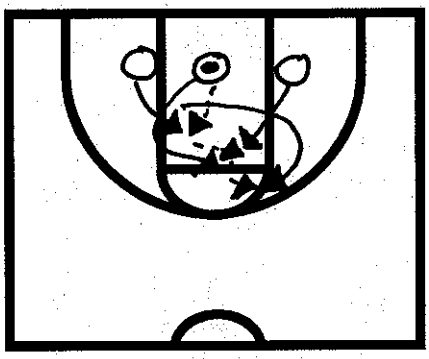


Diagram 4

(Diagram 5) We do **two lines with lay-ups.** 1 dribbles hard from the top of the key. 2 sprints and cuts to the basket. 1 makes a jump stop at the top of the key and makes a bounce pass to 2. Next year tell your team that you are going to make fifteen straight. Don't plan anything else for the next hour. Then you will see how a simple drill like that teaches your kids to play basketball. Dribble, stop, pass, catch and lay it up without missing.

(Diagram 6) After they do that, change ends of the floor. Start the drill the same way except that we have a coach who stops them and they take a jump shot without charging. Simple thing, right? Plant your feet, catch, shoot the jump shot. We want twelve straight. You will find out in this drill who can **shoot under pressure.** It's unbelievable how they turn on each other when you put an amount they have to make on a drill. You don't have to say anything. It's the pressure that they are putting on themselves, not you.

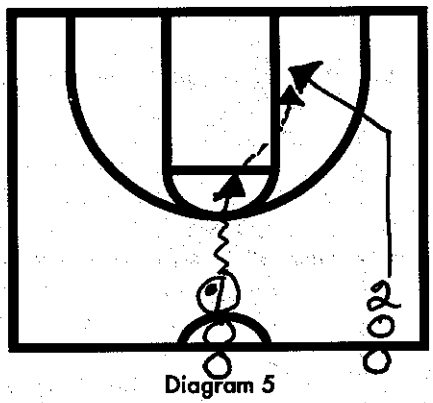


Diagram 5

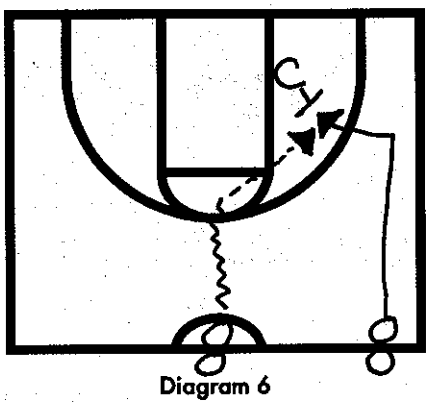


Diagram 6

(Diagram 7) Now a regular 3-man weave **full court** for the lay-up. Then we hit the outlet man and we dribble back in the middle. The outside players must really run to get the lay-up. Sometimes we have coaches on the floor when they are coming back just to screw things up. The outlet man may charge, etc. If she does, we start all over again. We have a total straight to be made on this drill also. **Create situations** in practice to try to make them screw up.

(Diagram 8) **3-man weave for jump shots.** This is good because they must cut at the proper angles. We still haven't dribbled that much. We then put a couple of coaches on the floor and we want offensive rebounders.

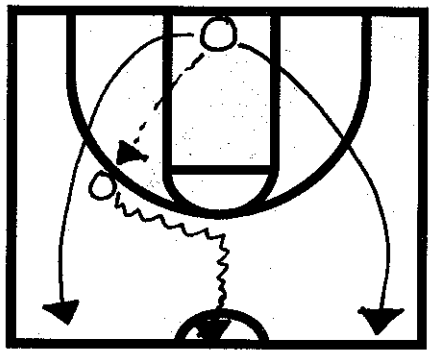


Diagram 7

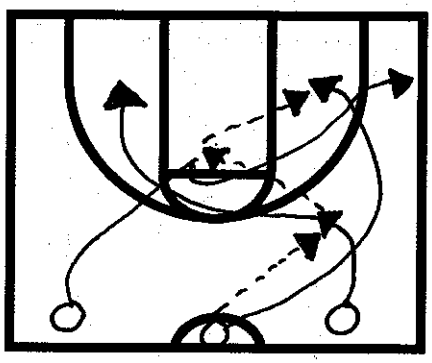


Diagram 8

(Diagram 9) **5-man weave full-court.** Pass to the adjacent player and go behind two players. Shoot. The shooter and the passer run back on defense 3-on-2. So it is 5-on-0 handling the ball going down, 3-on-2 coming back. Conditioning, ball handling, passing, it is great for our big kids.

(Diagram 10) Here is another thing we do off of the 3-man weave. I want one three-point shooter and one post player in every group. We go 3-man weave full-court, and then coming back you have the guard with the ball, the three-point shooter spots up and the big man goes to the block. We create the **triangle**. Then we will add a defense on the post. We vary the drill so it isn't always the same.

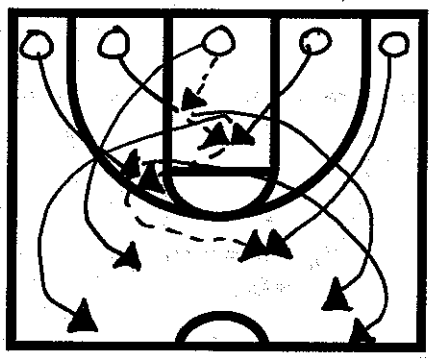


Diagram 9

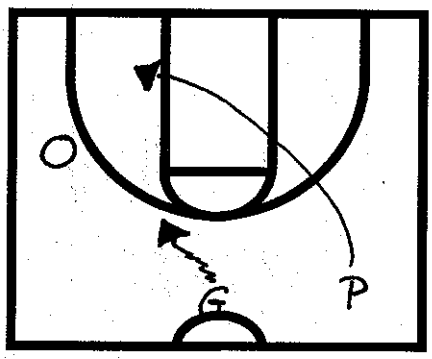


Diagram 10

(Diagram 11) **Pass into the post drill.** 1 and 2 each have a ball. A key thing. **Follow your pass.** 1 passes to 3 and goes to the end of the line. 3 passes into the post (5). When 5 catches the ball, she pivots into the lane and throws a skip-pass to 8. The other side is doing the same thing. 2 passes to 4 and follows the pass. 4 passes to 6 who pivots and makes the skip-pass to 7. Whoever passes into the post is the next post player. Even the guards get a chance to **post up.**

We then do the 1-man break. We will do that for five minutes but, we must get twenty-three baskets. If we don't get twenty-three, we run. You see how many people can score and how many players will take bad shots. You will be surprised how many bad shooters will shoot in this drill and screw up the team. Then they start to learn that our best players must get the most shots.

(Diagram 12) Zig-Zag drill. 1-on-1 both sides of the floor. Offense is working on handling the ball and defense on their footwork. We tell our guards that if you are being pressured, pretend you are on defense and **slide up the court**. When you start running on the dribble, that is when you get out of control. We are working on protecting the ball against pressure. We haven't been standing around, we have been moving from one drill to another.

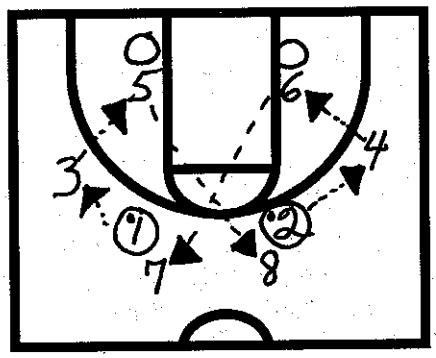


Diagram 11

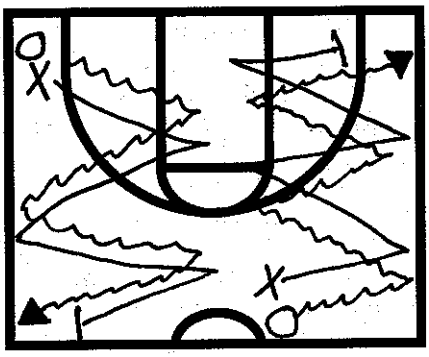


Diagram 12

(Diagram 13) **"35."** We do this when they are tired. This is a **3-man weave from half-court.** All of our guards must shoot three's. All of our big players who are three-point shooters must shoot three's. Everybody else can shoot a two. If it goes in, up on the scoreboard goes a three, or if a two-point shot is made, a two is added. Here's the difference. As soon as somebody misses, the other two players must get the rebound before it hits the floor. (We'll give them some leeway on that, depending on the rebound.) If they don't get it before it hits the ground, they must shoot it without dribbling. It teaches them to step toward the basket and to take it to the rim. If the second shot doesn't go in, it is back to zero on the scoreboard. They have two minutes to get to **"35."** That makes every rebound **crucial.** They take that rebound to the rim if they can. If they can't, they shoot it. If they don't get it, twelve seconds goes on the clock and we run up and back. If we don't make it, we run again. Any shot after the rebound is worth one point no matter where it is taken. Sometimes I let them cheat. If the rebound comes off crazy sometimes they make a quick pass to someone inside and she lays it in and I don't say anything. If you have a day when you don't get close to making it, you are teaching them not to let whether or not the shots go in affect your attitude.

We put five minutes up on the clock. We have a water break and then we shoot ten straight free throws. We have two people at a basket. Then they can go get more water. Then we line up on the end line and I ask how many made ten. Let's say that two out of twelve players made ten. If half of our team, makes either ten or nine, nobody has to run. Or, if a certain player makes nine, nobody has to run. This player is a lousy foul shooter and we are trying to get her to shoot better in practice.

Individual Defense. We will go 10 to 15 minutes. This is one of our segments. The guards are at one end and the forwards at the other. The guards will be working on **stopping the dribbler** at one basket. At another basket it is **help and recover**. At the other end, the big players are working on **stopping the flash**, and post defense **moving the feet** with the hands up.

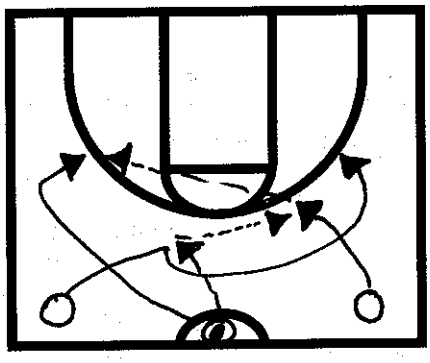


Diagram 13

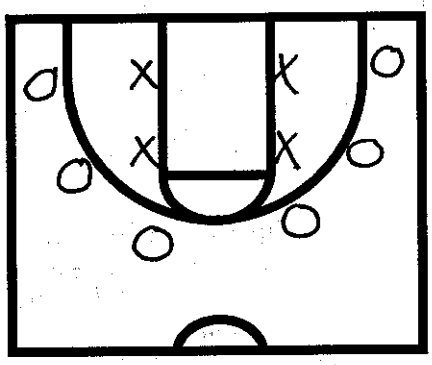


Diagram 14

(Diagram 14) We then do **shell drills**. We don't just do 4-on-4. Sometimes we do 6-on-4. Sometimes we put one post player in the middle and play 5-on-4. Sometimes we play with a high post and the post screens on the ball. Every time we do this and the defense gets a steal, we go the other way. This becomes half-court shell into transition. The players who aren't involved with this are working at a side basket with an assistant coach.

(Diagram 15) We break up and do **individual offense**. We could be working on setting backscreens and coming back for the **three-point shot**. We have this in our offense so, we work on that move. Someone else will be working on **shot fakes**, etc. So, we have gone through warm-ups, individual defense and individual offense, and now we get into **team defense**.

We like to start with the lineup at the foul line. We shoot a free throw and we play from there. If it goes in, we may **press**. We are working on defense now. We huddle, and I call the defense we are going to run on a miss or a make. We play defense, we get the ball, run the break and then we run back into a different defense. I blow the whistle. That's our version of scrimmaging. We don't just go up and down. We have two defensive possessions and one offensive possession. We flip-flop that when we are working on team offense. When we are working on offense, we take the ball and run **half-court offense**. If we score or miss, we run back on defense and then back on offense with the break.

That takes us to about 2:00 or 2:10 and then we get a water break and foul shooting. This time we shoot **two free throws** at a time. We shoot free throws at the end of practice too and at that time it will be 1-on-1. About 2:30, I will take one team, another coach will take another squad and we will work 5-on-5. We do some time situations. We have them on index cards. "There is a minute and a half left, we are up five, how will we do that?" We will do these various situations for five or six minutes. That's the way that we will wrap up practice.

(Diagram 16) We may finish with a **5-spot passing drill**. The ball starts under the basket. Follow your pass to the next line. The ball goes from 1-2-3-4-5 for the lay-up. Miss a lay-up, we start over again.

I got this from Del Harris, the Lakers coach. He has a list of what you should do the day before every game. The day before every game, at practice, you should give the blue team the ball and tell them they must attack against a **1-2-1-1**. They get one try at it. Whether or not they score, it is white team's ball. White team attacks the blue team against 1-2-1-1. Then go against a 2-2-1, blue team first, then white. Next comes **sideline out-of-bounds** blue team against man-to-man, you are just trying to get it in.

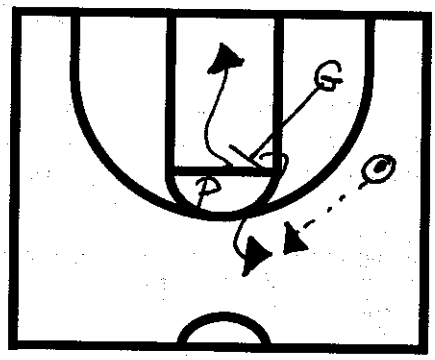


Diagram 15

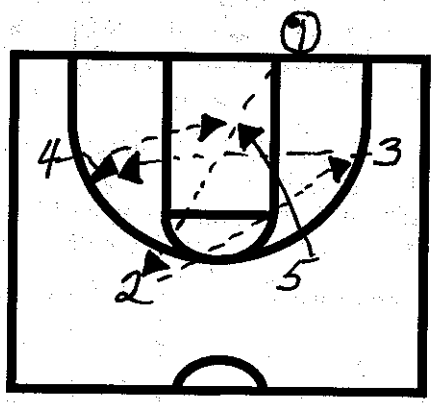
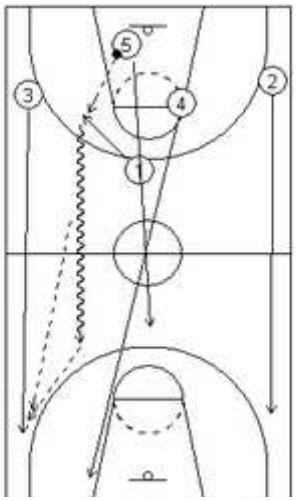


Diagram 16

He wrote up fourteen things and you should go over those things the day before the game, so that no matter what happens they have just seen it, even if they have only seen it once. **Sideline out-of-bounds**, down one and you must get a bucket. **Half-court offense**, one possession just out of a time out, against a man. That's a neat little check list. It makes you go over some things the day before a game. **Shooting practice**. We shoot for an hour on the day of a game. If you think like that, then you won't be caught off guard.

SPURS EARLY OFFENSE

Greg Popovich



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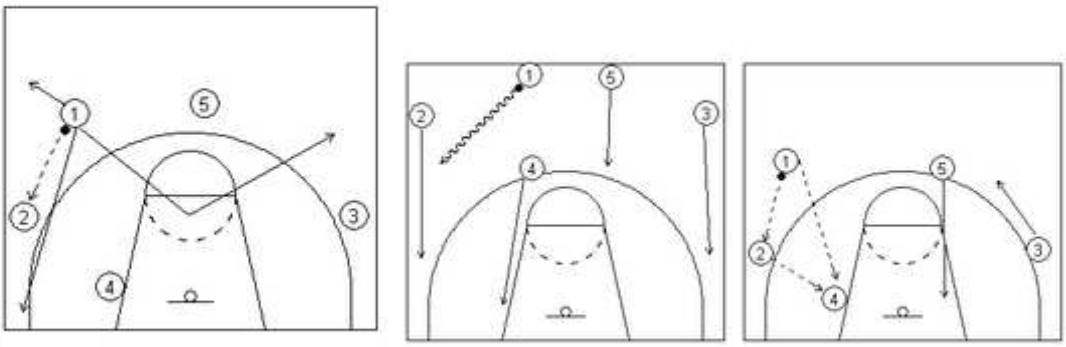

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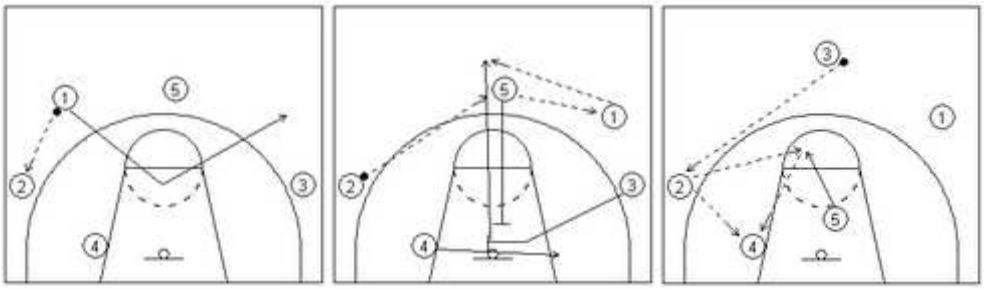
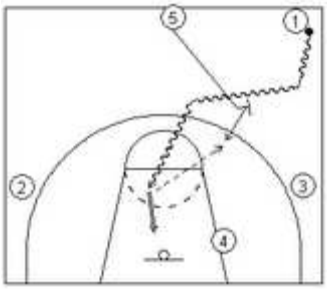
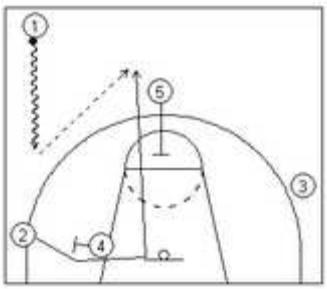
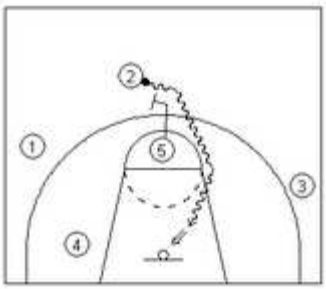


C/ P&R primary intention



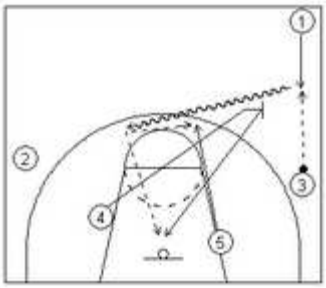
d/ Diagonal





e/ P&R return

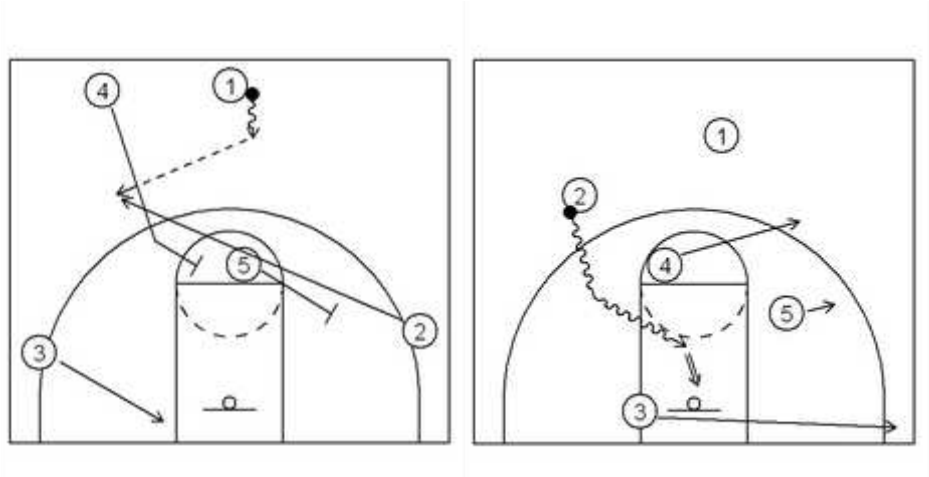




f/ Cascade



For Ginobili



Tips for Coaching Shooters
By Dr. Hal Wissel

1. Familiarize yourself with the player you are coaching. Learn to listen more than you talk. A player wants to feel comfortable with you and have confidence in you before they work with you. At times you will coach a player that will feel that you think he cannot shoot. Always start with what the player is doing well.

2. Coach each player individually. You do not want a player to learn everything that you know about shooting. You want each player to learn what he wants to know in terms of improving his shot. However, you should be able to answer every question the player will ask.

3. Encourage the player to talk to you and say what he likes and doesn't like. Tell the player, "I want to get you to shoot with confidence and rhythm. I want to work on that mechanic that helps your shot the most. The point is, it's your shot and you adjust what you want to adjust. I'm here to coach you and help you, but you're going to learn to coach yourself."

4. Find out what a player is looking for by asking questions. You can learn a lot about a player from his answers. When you really listen to the answers, you can gear your responses to suit the player's particular needs. Ask the player, "When you are shooting well, what are you doing? There is no wrong answer to this question. It simply gives an indication of a player's confidence level and what he knows about his own shot. If a player responds with the answer, "I just shoot!" It may indicate that he has confidence, or that he is not over thinking when he shoots. When a player answers, "When I'm shooting well, my shoulders are going toward the basket." Then you have an idea that he has an understanding of what he wants to do when shooting. When a player answers, "The ball is going in!" It probably means that he does not know much about his shot.

5. Keep it simple. Keep your instruction brief, simple, yet inspiring. Players lose interest if your coaching is long, too detailed, or boring. For the most part, a player is not progressing while you are talking. Get the player shooting.

6. Strive to keep a player's confidence level high. Be positive and keep encouraging the player to know that he can and will achieve his goals. Motivate the player to consistently do what it takes to reach his goals and never let him think for one moment that he will have anything less than success. Constantly tell the player, "You're a shooter!"

7. When a player does not want your help do not take it as a personal attack on you. In fact, only one player or a few players may be interested in receiving your coaching. Once you have success with one or more players, others will become interested in how you can help them.

8. Never stop coaching. When a player sees that you care about him, are positive, enthusiastic, energized and tenacious, it will inspire him to reach new heights. Above all, make it enjoyable! You become a better coach to a player when he sees that you have high spirits, a bright smile and a sense of humor.

From: Wissel, Hal. (2005). Basketball Shooting: Confidence, Rhythm and Mechanics. Basketball World, Suffield, CT.
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Step-Back Jump Shot Off Dribble
By Dr. Hal Wissel

Step-Back One-Dribble Jump Shot

Be in a triple-threat stance, and a threat to shoot first. Make an aggressive jab step and shot fake. Stop and read the defender. If the defender makes a retreat step, take a quick step-back away from your defender with your jab-step foot and at the same time dribble back with your strong hand. Jump behind the ball and pick it up in front of your shooting knee with your shooting hand on top and your balance hand under the ball. Shoot a jump shot. Maintain balance by picking the ball up at your knee and exaggerating the follow-through of your shoulders, head and shooting hand toward the basket to counter any tendency to lean your head and shoulders back

Step-Back Jump Shot Off More Than One Dribble

When dribbling to your strong-hand side, dribble with your outside hand, keeping your eyes on the basket. Protect the ball with your inside hand and your body. Free yourself from your defender by dribbling back and jumping behind the ball on your last dribble. Pick up the ball in front of your shooting knee with your shooting hand on top and your balance hand under the ball. Jump straight up and shoot a jump shot. Exaggerate the follow-through of your shoulders, head and shooting hand toward the basket to counter any tendency to lean your head and shoulders back on your shot. Land in balance. When dribbling to your weak-hand side, dribble with your outside hand, keeping your eyes on the basket. Protect the ball with your inside hand and your body. Free yourself from your defender by dribbling back using a crossover dribble on your last dribble. Jump behind the ball. Pick up the ball in front of your shooting knee with your shooting hand on top and your balance hand under the ball. Jump straight up and shoot a jump shot. Exaggerate the follow-through of your shoulders, head and shooting hand toward the basket to counter any tendency to lean your head and shoulders back on your shot. Land in balance.

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Shooting with a Quick Release
By Dr. Hal Wissel

Most shots in a game are open shots. When open, the jump stop enables you to catch and shoot in one motion, thereby fostering a quicker release than the step and shoot, which is a two motion shot. It is also easier to adjust to bad passes. When using the jump stop, make certain your body is facing the basket with your hands and feet ready. Your hands are above your shoulders and your knees slightly flexed before you receive the pass. Jump behind the ball and catch the ball with your body and shooting hand facing the front of the rim. Your knees should lower just before the catch and extend upward on the catch in a quick rhythmical down-and-up motion. On bad passes, jump behind the ball, rather than reaching for the ball. Rhythm and range come from the down and up motion of your legs, rather than lowering the ball or stepping into the shot.

Keeping the ball high fosters a quick release and also provides less chance for error. Stepping into your shot may help your range, but your shot becomes a two-count shot. Using the down-and-up method allows you to shoot in one motion or one count. When shooting off the catch the down comes just before the catch and the shot goes up as your legs go up providing for a quicker release.

Use the one-two stop when closely guarded and the pass is made away from the defender to your outside hand. Land on your inside foot and pivot into your defender and then use a jab step keeping the ball high in a triple threat position.

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Basketball Shooting Off the Dribble Drills

By Hal Wissel

Shooting off the Dribble Drill 1. Straight Drive One-Dribble Jump Shot

This drill leads up to shooting jump shots off the dribble going to your strong-hand side and weak-hand side. Start with the ball at the left box outside the lane, your back to the basket. Pass to your self by tossing the ball high so it bounces high at the left elbow of the court. Run to the left elbow and catch the ball, your back to the basket, using a one-two stop, landing on your inside (left) foot first. Pivot on your inside (left) foot, using a front turn toward the middle and face the basket. Make a jab step with your right foot, while making a shot fake, showing the ball high. Be in triple-threat stance and in position to shoot first. Create space by dribbling once with your right hand toward the middle of the free throw line. Jump behind the ball. Pick up the ball in front of your shooting knee with your shooting hand on top and your balance hand under the ball. Jump straight up and shoot a jump shot. Land in balance. Now perform the drill, starting from the right box and tossing the ball to the right elbow. Catch the ball while landing on your inside (right) foot first and pivot on your inside (right) foot, using a front turn toward the middle. Create space by dribbling once with your left hand toward the middle of the free throw line. Note: A right-handed player will have farther to jump when going to the left. A left-handed player will have farther to jump when going to the right in order to pick up the ball in front of the shooting knee. Record the number of one-dribble jump shots made out of 10 attempts, driving to the right from the left elbow. Your goal is to make 10 consecutive one-dribble jump shots off a straight drive right. Record the number of one-dribble jump shots made out of 10 attempts, driving to the left from the right elbow. Your goal is to make 10 consecutive one-dribble jump shots off a straight drive left.

Shooting off the Dribble Drill 2. Crossover One-Dribble Jump Shot

This drill develops the ability to shoot jump shots off a crossover dribble while going to your strong-hand side and weak-hand side. The drill begins the same way as the previous drill. Begin with the ball at the right box outside the lane. Toss the ball to the right elbow. Catch the ball with your back to the basket using a one-two stop, landing on your inside (right) foot and pivoting toward the middle. Face the basket, making a jab step with your left foot, while making a shot fake, showing the ball high. Be in triple-threat stance, a threat to shoot first. Make a crossover step with your left foot to the outside. Create space with a long dribble with your outside (right) hand toward a 45-degree angle with the backboard. Jump behind the ball. Pick up the ball in front of your shooting knee with your shooting hand on top and your balance hand under the ball. Jump straight up and shoot a jump shot. Land in balance. Now perform the drill, starting from the left box and tossing the ball to the left elbow. Catch the ball while landing on your inside (left) foot first and pivot on your inside (left) foot, using a front turn toward the middle. Make a crossover step with your right foot to the outside. Create space with a long dribble with your outside (left) hand toward a 45-degree angle with the backboard. When dribbling to your weak-hand side, you can practice using two dribbles making a crossover dribble on the last dribble to pick up the ball in front of your shooting knee. Record the number made out of ten attempts using a crossover one-dribble jump shot from the right elbow, driving right toward a 45-degree angle with the backboard. Record the number made out of ten attempts using a crossover one-dribble jump shot from the left elbow, driving left toward a 45-degree angle with the backboard. Your goal is to make 10 consecutive crossover one-dribble jump shots off a crossover drive right and to make 10 consecutive one-dribble jump shots off a crossover drive left.

Shooting off the Dribble Drill 3. Step-Back One-Dribble Jump Shot

This drill develops the ability to shoot jump shots off a step-back dribble. As in the previous drill, begin with the ball at the right box outside the lane. Toss the ball to the right elbow. Catch the ball with your back to the basket using a one-two stop, landing on your inside (right) foot and pivoting toward the middle. Face the basket, making a jab step with your left foot, while making a shot fake, showing the ball high. Be in triple-threat stance, a threat to shoot first. Stop and read the defender. If the defender makes a retreat step, take a quick step-back away from your defender with your jab-step foot and at the same time dribble back with your strong hand. Jump behind the ball and pick it up in front of your shooting knee with your shooting hand on top. Shoot a jump shot. Maintain balance by picking the ball up at your knee and exaggerating the follow-through of your shoulders, head and shooting hand toward the basket to counter any tendency to lean your head and shoulders back on your shot. Now perform the drill, starting from the left box and tossing the ball to the left elbow. Catch the ball while landing on your inside (left) foot first and pivot on your inside (left) foot, using a front turn toward the middle. Record the number of step-back one-dribble jump shots made out of 10 attempts from the right elbow. Record the number of step-back one-dribble jump shots made out of 10 attempts from the left elbow. Your goal is to make 10 consecutive step-back one-dribble jump shots from the right elbow and to make 10 consecutive step-back one-dribble jump shots from the left elbow.

Shooting off the Dribble Drill 4. Step-Back Jump Shot off More Than One Dribble

This drill develops the ability to shoot a step-back jump shot off more than one dribble. Begin with the ball at the offensive left box outside the lane. Toss the ball to the left wing. Catch the ball with your back to the basket using a one-two stop, landing on your inside (left) foot and pivoting toward the middle. Face the basket, making a jab step with your right foot, while making a shot fake, showing the ball high. Be in triple-threat stance, a threat to shoot first. Create space with two dribbles middle (strong-hand side for right handed player). Dribble with your outside hand, keeping your eyes on the basket. Protect the ball with your inside hand and your body. Free yourself from your defender by dribbling back and jumping behind the ball on your last dribble. Pick up the ball in front of your shooting knee with your shooting hand on top and your balance hand under the ball. Jump straight up and shoot a jump shot. Exaggerate the follow-through of your shoulders, head and shooting hand toward the basket to counter any tendency to lean your head and shoulders back on your shot. Land in balance.

Now perform the drill, starting from the offensive right box and tossing the ball to the right wing. Catch the ball while landing on your inside (right) foot first and pivot on your inside (right) foot, using a front turn toward the middle. Face the basket, making a jab step with your left foot, while making a shot fake, showing the ball high. Be in triple-threat stance, a threat to shoot first. Create space with two dribbles middle (weak-hand side for right handed player). When dribbling to your weak-hand side, dribble with your outside hand, keeping your eyes on the basket. Protect the ball with your inside hand and your body. Free yourself from your defender by dribbling back using a crossover dribble on your last dribble. Jump behind the ball. Pick up the ball in front of your shooting knee with your shooting hand on top and your balance hand under the ball. Jump straight up and shoot a jump shot. Exaggerate the follow-through of your shoulders, head and shooting hand toward the basket to counter any tendency to lean your head and shoulders back on your shot. Land in balance.

Record the number of step-back jump shots made out of 10 attempts driving middle from the left wing. Record the number of step-back jump shots made out of 10 attempts driving middle from the right wing. Your goal is to make 10 consecutive step-back jump shots driving middle from the left wing and to make 10 consecutive step-back jump shots driving middle from the right wing.

Shooting off a Step-Through Drill. Shot Fake Step-Through Jump Shot

This drill develops the ability to shoot jump shots off a shot fake and step-through. As in the previous drill, begin with the ball at the right box outside the lane. Toss the ball to the right elbow. Catch the ball with your back to the basket using a one-two stop, landing on your inside (right) foot and pivoting toward the middle. Face the basket, making a jab step with your left foot, while making a shot fake, showing the ball high. Be in triple-threat stance, a threat to shoot first. Stop and read the defender's hand position. If the defender's hand is up on the same side as your jab step, step-through with your jab-step foot past your defender's lead foot and move your head and shoulders under your defender's arm. If the defender's hand is up on the side away from your jab step, crossover and step-through with your jab-step foot past your defender's lead foot moving your head and shoulders under your defender's arm. Protect the ball with your head and shoulders and move it away from the defender's reach as you shoot a jump shot. Now perform the drill, starting from the left box and tossing the ball to the left elbow. Catch the ball while landing on your inside (left) foot first and pivot on your inside (left) foot, using a front turn toward the middle. Record the number of step-through jump shots made out of 10 attempts from the right elbow. Record the number of step-through jump shots made out of 10 attempts from the left elbow. Your goal is to make 10 consecutive step-through jump shots from the right elbow and to make 10 consecutive step-through jump shots from the left elbow.

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Shooting a Hook Shot

By Hal Wissel

The advantage of the hook shot is that it is difficult to block, even by taller opponents. The hook shot is generally limited to an area close to the basket, a range of 10 to 12 feet. Learn to shoot the hook shot with either hand to greatly increase your effectiveness in the post or when driving into the lane. When well executed, the hook forces an opponent to overplay you, and a fake hook can create an opening in the opposite direction for a power move, drive, or pass. Contrary to popular belief, the hook shot is not difficult to learn. With practice, you will be able to use your weak as well as your strong hand for shooting the hook shot.

Start in a balanced stance with your back to the basket, feet spread shoulder-width apart, and knees flexed. Sight your target by looking over your shoulder in the direction you will turn to shoot. Within a 45-degree angle of the backboard (above the box and below the middle hash mark on the lane line), accuracy is aided by using the backboard to soften the shot. When banking the shot, aim for the top near corner of the box on the backboard. If you are not at a 45-degree angle, aim just over the rim.

In most instances, you will make a ball fake in the opposite direction of your intended shot. After your fake, move your shooting hand under and your non-shooting hand behind and slightly on top of the ball. Flex the elbow of your shooting arm and position it at your hip, keeping the ball in direct alignment with your shooting shoulder. This is called the hook shot position or lock-in position (recommended key word is “Lock!”).

Use the foot opposite your shooting side and step away from your defender. As you step, hold the ball back and protect it with your head and shoulders, rather than leading with the ball. As you step, dip your knee and pivot in, turning your body toward the basket (recommended key word “Legs!”). Lift the knee on your shooting side and jump off your pivot foot.

Shoot by lifting the ball to the basket with a hook motion as you extend your shooting arm in an ear-to-ear direction (recommended key word is “Lift!”). Flex your wrist and fingers toward the target and release the ball off your index finger, keeping your non-shooting hand on the ball until the release. Follow through completely. Land in balance, ready to rebound any missed shot with two hands and score using a power move. A missed hook shot should be thought of as a pass to yourself. A defender attempting to block your hook shot will not be in position to box out and prevent you from getting the rebound.

Hook Shot Errors and Corrections

Error
As you shoot the hook shot, you lose protection and control of the ball.
Correction
You are taking your non-shooting hand off the ball too soon. Keep your non-shooting hand on the ball until you release it.

Error
Your hook shot is short.
Correction
Short is due to not using your legs, a slow rhythm, or not following through. Use feel to determine the error. Use a down and up motion of your legs for power. Say key words “Lock, legs, lift!” in an even rhythm from the start of your shot to release of the ball. Follow through by extending your arm completely on every shot.

Error
Your hook shot is long.
Correction
Put a higher arc on your hook shot by lifting your arm higher.

Error
Your right-handed hook shot hits the right side of the rim, and your left-handed hook shot hits the left side of the rim.
Correction
You are bringing your arm in front of your head on the follow-through. Start by holding the ball in hook shot position, your shooting elbow aligned with your hip, allowing you to extend your arm with an ear-to-ear motion straight to the basket.

Error
Your right-handed hook shot hits the left side of the rim, and your left-handed hook shot hits the right side of the rim.
Correction
You are bringing your arm behind your head on the follow-through. Start by holding the ball in hook shot position, your shooting elbow aligned with your hip, allowing you to extend your arm with an ear-to-ear motion straight to the basket.

Error
The hook shot hits the rim and rather than pulling in, the ball circles out or skims from front to back and out.

Correction
You probably started your hook shot with your hands on the sides of the ball or rotated them to the side as you shot, or release the ball off your ring finger instead of your index finger, causing side rotation on the ball. Both mistakes produce sidespin instead of backspin. Start in hook shot position, your shooting elbow aligned with your hip. Place your shooting hand under the ball and your balance hand slightly behind and on top of the ball. Release the ball off your index finger to get backspin, and the ball will pull in if it hits the rim.

Hook Shot Drills

Hook Shot Warm-Up

In this drill, you will shoot hook shots with both your strong and weak hands. Start with your head under the front of the rim, facing the sideline in a balanced stance. Hold the ball in hook shot position with your shooting elbow at your side, your shooting hand under the ball, and your balance hand slightly behind and on top of the ball. Shoot the hook by lifting the ball to the basket in an ear-to-ear motion, keeping your balance hand on the ball until the release. Say the key words "Lock, legs, lift!" in an even rhythm from the start of your shot to release of the ball. Use two hands to catch the ball as it comes through the basket or to rebound on a missed shot. Treat a missed shot as a pass to yourself. Record the number of consecutive hook shots made with each hand.

Hook Shot Warm-Up with Crossover Step

After you can make five consecutive warm-up hook shots with each hand, move to the hook shot with a crossover step. Start with your head under the front of the rim. Face the sideline while holding the ball in hook shot position. Make a crossover step toward the foul line with your inside foot, the one that is closer to the basket, and shoot a hook shot. Pivot toward the basket on the crossover step and lift your shooting-side knee as you shoot. Say the key words "Lock, legs, lift!" in an even rhythm from the start of your shot to release of the ball. Record the number of consecutive hook shots made with each hand.

Alternate Hand Hook Shooting (Mikan Drill)

In this drill, you will alternate shooting right-handed and left-handed bank hook shots using a crossover step. For the first shot, use your right hand. Start under the rim, facing the right sideline. Hold the ball in hook shot position with your right hand under the ball. Execute a crossover step with your inside foot at a 45-degree angle, pivoting toward the basket on the step and lifting your right knee as you shoot. Shoot a right-handed bank hook shot, aiming for the high near corner of the box on the backboard. Catch the ball with two hands after either a made shot or a rebound. Place the ball in hook shot position with your left hand under the ball. Face the left sideline and make a crossover step with your right foot at a 45-degree angle. Pivot and shoot a left-handed bank shot. Catch the ball with two hands. Continue the drill, alternating between right and left-handed hook shots. Say the key words "Lock, legs, lift!" in an even rhythm from the start of each shot to release of the ball. Record the number of consecutive hook shots made when alternating hands.

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Mental Practice Viewing a DVD of Your Perfect Shot

By Hal Wissel

You can mentally practice shooting by viewing a DVD of your own perfect shot. Have someone record your shooting until you get a perfect shot. Copy the perfect shot onto a DVD 100 times. You can then insert the DVD into your DVD player and watch your 100 perfect shots each day. It will take about 10 minutes.

When recording your shot, set the camera on a tripod at half-court. Zoom in so you get both elbows, and the top of the box on the backboard. This will allow you to view your stance, hand position on the ball, follow through and ball going through the net. Shoot a jump shot. Record until you get a perfect shot. A perfect shot is one in which the follow through is held up until the ball goes through the net, hits the floor and bounces back to you (due to backspin). You may want to add your perfect free throw, catch and shoot jump shot from a pass inside out and a pass from each side, and jump shot off the dribble going right and left.

If you have a DVD of one of your games with a good view of you shooting a perfect shot in that game, you can make 100 copies of that shot to watch. Of course the best shot to have on DVD and watch is a clutch shot. We have all seen Michael Jordan's game winning shot against Utah (follow through held high) that clinched the NBA championship.

Make Your Shot Automatic!
By Hal Wissel

Most basketball players want to improve their shooting. That is good, but to reach your basketball shooting goals takes daily, specific, measurable goal setting and correct practice. For the average player it takes 20,000 correct repetitions to make your shot automatic. If you shoot 1000 correct shots each day, how many days would it take for your shot to be automatic?

The answer is 20 days or less than three weeks. If you shoot 100 correct shots each day, how many days would it take for your shot to be automatic? The answer is 200 days or almost seven months. You have a decision to make. How bad do you want it?

Shooting close to the basket, using ten lead-up shooting drills, you can shoot 1000 shots in one hour. Eight of the shooting drills are from eight feet in front of the basket and two of the drills are performed from the elbows or 16 feet from the basket. Record the shots made out of 10 attempts for each drill. Complete 10 rounds. Record the total shots made out of 100 shots for each drill. Add the totals shots made for each drill for total shots made out of 1000 shots. The goal is to complete 1000 shots in one hour.

When you are able to shoot 1000 correct shots in one hour over a twenty day period, you will be on your way to reaching your basketball shooting goals. Remember, the key to progress is daily practice.

Visit our Basketball World website www.basketballworld.com and click on basketball shooting. Basketball shooting articles including the lead-up drills, daily shooting charts and monthly shooting charts are available in Adobe.pdf format for you to print.

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Free Throw Shooting
By Dr. Hal Wissel

Successful free throw shooting requires confidence, sound mechanics, a routine, relaxation, rhythm and concentration. Routine, relaxation, and rhythm contribute to concentration and confidence.

Confidence

Think positively. You always shoot from the same place on the line. No one is guarding you. The basket is big. Three and a half balls can fit in the rim. With confidence - and sound mechanics - you cannot miss.

Stand a few feet behind the free throw line until the official hands you the ball. You will stay more relaxed there. If you hear negative remarks from the crowd or recognize your own negative thoughts, interrupt them with the word stop. Take a deep breath and let go of the negative thoughts as you exhale. Replace them with a positive statement of affirmation such as "*I'm a shooter*!" "*Nothing but net*!" or "*Count it*!"

Routine

Develop a sound routine for the free throw to check pre-shot mechanics. A routine also helps you relax, focus, and shoot with rhythm. Most important, using a routine will enhance your confidence. The routine can include dribbling a set number of times, checking mechanics, using visualization to practice your free throw mentally just before shooting it, and taking a deep breath to relax. Adopt a sound routine and stay with it; it is a mistake to copy fads or repeatedly change your routine.

Here is a sample routine that you can adjust to fit you. Once you receive the ball, position your feet, making certain to line up the ball (not your head) with the middle of the basket. Use the small indentation mark in the floor at the exact middle of the free throw line that marks the free throw circle. Set your shooting foot slightly outside this mark, lining up the ball with the middle of the basket.

Most players use the one-hand shot for a free throw taking the time to control each of the basic mechanics: balance, hand position, elbow-in alignment, sight (focus), rhythm, and follow-through.

Set up in a balanced stance. Some players bounce the ball a certain number of times to help them relax. When you bounce the ball, keep your shooting hand on top. This helps you to have your shooting hand facing the basket when you set the high in position to shoot. Use a relaxed hand position, and line up your index finger with the valve on the ball. Next, check your elbow-in alignment.

Relaxation

Learn to relax when shooting free throws. You have more time to think with free throws than with other shots. Trying too hard may cause undue physical or emotional tension. Use deep breathing to relax your mind and body. For a free throw, you should particularly relax your shoulders; take a deep breath and let your shoulders drop and loosen. Do the same for your arms, hands, and fingers. Learn to relax other parts of your body. Controlling your breathing and relaxing your muscles are especially useful in a free throw routine.

Concentration

Before shooting, visualize a successful shot. Visualization just before you shoot can produce a more free-flowing, smooth, continuous rhythm and increase confidence. Just before shooting, concentrate on your target just over the front of the rim. Keep your focus on the target as you shoot.

Rhythm

Start your shot high and use the down-and-up motion of your legs for rhythm rather than lowering the ball for rhythm. The down-and-up motion of your legs provides momentum for your shot and is particularly helpful when shooting late in the game when your legs are tired. By starting the ball high and using your legs for rhythm, you will lessen the chance for error that can come with lowering the ball.

Shoot the free throw with a smooth, free-flowing rhythm. Use personalized key words to help establish a smooth, sequential rhythm for free throw shooting. Say your words in the rhythm of your shot. For example, if your trigger words are *legs* and *through* and your anchor word is *yes*, put them together -"*Legs-through-yes!*"- in rhythm with your shot, from the start of your shot until the ball is released. Using personalized key words this way establishes your rhythm, enhances your mechanics, and builds confidence.

Act Like a Shooter

Exaggerate your follow-through, keeping your eyes on the target and your shooting arm up until the ball reaches the basket. Holding your follow-through is not only good mechanically, but more importantly you look and act like a shooter.

Common Error
You feel tense before and during your free throw.

Correction
Use deep breathing to relax your mind and body. Breathe in deeply and exhale fully. Relax your shoulders, letting them drop and loosen. Do the same for your arms, hands, and fingers. Learn to relax other parts of your body as necessary.

Free Throw Drills

1. Daily Free Throw Practice

Shoot a set number of free throws each day. Practice sets of 10 free throws after other drills. Because a player rarely shoots more than two free throws in a row during a game, when doing this drill, never take more than two successive free throws without moving off the line.

Practice under pressure. Use imagination, and compete against yourself. For example, imagine that time is out and that making the free throw will win the game. Record the number of free throws made out of every 100 attempts. Constantly challenge your own record. Do the same with consecutive free throws.

Be confident. Use positive affirmation statements before you go to the line, and visualize a successful shot just before shooting. Having a routine helps build confidence for free throws. Use deep breathing and muscle relaxation techniques.

Focus. The final step before shooting is to eliminate all distractions and focus on the basket. Say your personalized key words in rhythm from the start of your free throw to the release of the ball. If you miss, visualize a successful free throw with good form, again saying your key words.

Shoot 100 free throws. Score yourself based on the total number of free throws made. Record your score. Also record the highest number of consecutive free throws. Challenge your record every time you perform the drill.

2. Eyes Open and Eyes Closed Free Throw Shooting

Combining free throw practice with eyes closed and free throw practice with eyes open has been shown by research to improve shooting more than free throw practice with eyes open alone. Shooting with eyes closed removes vision as your dominant sense, heightening your other senses, particularly the kinesthetic sense (feel of body movement) and touch. Visualize a successful shot and focus on the basket immediately before closing your eyes. Shoot a free throw with your eyes closed.

Start the drill by shooting 5 free throws with your eyes open. Have a partner rebound each shot and keep track of how many shots you make out of 5 and how many consecutive shots you make. After shooting 5 free throws with your eyes open, shoot 5 free throws with your eyes closed. Have a partner rebound the ball and give you feedback on each shot, including the reaction of the ball on the rim. Use this feedback and your kinesthetic and tactile senses to adjust your shot as necessary. Complete the drill by shooting 5 free throws with your eyes open. Have a partner rebound each shot and keep track of how many shots you make out of 5 and how many consecutive shots you make.

Score yourself based on the total number of free throws made. Record your score. Also record the highest number of consecutive free throws. Challenge your record every time you perform the drill.

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Detecting Errors in Shooting

By Dr. Hal Wissel

The most common errors in shooting are listed below, along with suggestions on how to correct them.

Error. Your shot is short.
Correction: A shot that is short is usually due to not using your legs, an incomplete follow-through, or a slow or uneven rhythm. Through feel you should be able to determine whether you need to emphasize force from your legs, complete follow-through by keeping your arm up until the ball reaches the basket, or an even paced rhythm.

Error: Your shot is long.
Correction: Your shooting arm is extending on too flat a trajectory (less than 45 degrees). Raise your shooting arm higher when you shoot putting a higher arc on your shot (45 to 60 degrees). You are leaning your shoulders back as the shoot. Shoot with your head and shoulders going forward and upward toward the rim as you follow-through. Your hands are positioned too far apart from each other on the ball preventing you from lifting the ball. Move your hands closer together.

Error: Your shot is inconsistently short or long.
Correction: You probably have incomplete and inconsistent elbow extension on your shots. Extend your arm with complete elbow extension on follow-through.

Error: Your shot hits the right side of the rim (right-handed shot).
Correction: You are either not squared up facing the basket, or you are starting your shot with the ball set in front of your head and your elbow out causing your arm to extend to the right on the shot. Start with your body square to the basket. Set the ball on the shooting side of your head between your ear and shoulder with your shooting hand facing the front of the rim. This will enable you to shoot with your arm wrist and fingers going straight toward the basket.

Error: Your shot hits the left side of the rim (right-handed shot).
Correction: You are either not squared up facing the basket, or you are starting your shot with the ball set on your right hip or too far to your right resulting in shoving the ball from right to left as you shoot. Shoving the ball is a fault that results from not using your legs for power. Start with your body square to the basket. Set the ball on the shooting side of your head between your ear and shoulder with your shooting hand facing front and your elbow in. Shoot with your shooting arm, wrist and finger go straight toward to the basket.

Error: Your shot lacks range, control and consistency. You miss short, long or to either side.
Correction: You are probably lowering the ball and/or bringing the ball behind your head or shoulder and throwing the ball to the ball to the basket with an inconsistent follow-through. Lowering the ball or throwing the ball is a fault that results from not using the down and up action of your legs for power. Set the ball high on the shooting side of your head between your ear and shoulder with your shooting hand facing front. Emphasize the down and up motion of your legs and complete follow-through until the ball reaches the basket. Starting your shot high will give you a quicker release, less chance for error and less chance for your shot to be blocked.

Error: Your shot hits the side of the rim and circles out (right-handed shot).
Correction: You shot the ball with sidespin. The most common cause of sidespin is starting your shot with your shooting hand on the side of the ball and then rotating your hand behind it. If you over rotate your shooting hand, the ball will hit the right side of the rim with sidespin and roll left. If you under rotate, the ball will hit the left side of the rim and roll right. Other causes of sidespin are the ball on the palm, the ball sliding off your ring finger rather than shooting off your index finger, moving your hand on the ball, or thumbing the ball with your non-shooting hand.

To prevent rotating your hand, the ball sliding off your ring finger or moving your hand, set your shooting hand behind the ball so it faces the front of the basket and shoot with your hand and index finger pointing straight toward the basket.

To prevent thumbing the ball with the thumb of your non-shooting hand, place the ring finger and pinky of your non-shooting hand under the ball. Squeeze the thumb and index finger of the non-shooting hand together to help you to shoot the ball only with your shooting hand. Set your shooting hand behind the ball and facing the basket and shoot with your hand and index finger pointing straight toward the basket. At first your shot may have a tendency to go to the left due to not getting the extra force from your non-shooting hand. You will learn to adjust by using more power from your legs and shooting hand.

Error: When shooting off the dribble, you miss to the right or left side of the basket.
Correction: You are probably reaching to the side for the ball and starting the shot from the side of your body. When open dribble to the front of your shooting knee, jump behind the ball and pick up the ball with your shooting hand on top of the ball so when you bring the ball up your shooting hand will be facing the front of your target.

Error: When shooting off the dribble, you float forward, back, or to the side.
Correction: When open dribble to the front of your shooting knee. Pick up the ball in front of your shooting knee (shooting hand on top of the ball) with your knees flexed to gain balance for your shot and prevent floating.

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Correcting Errors in Shooting Off the Dribble
By Dr. Hal Wissel

Errors in shooting off the dribble are caused by picking the ball up with your hands on the side of the ball (a major cause of side spin, which causes the ball to circle out) and floating to the side, in or back (resulting in misses to the side, long or short). When shooting a jump shot off the dribble it is easier for most players when dribbling to the strong-hand side. You create space away from your defender with one or two dribbles, then jump behind the ball facing the basket on the last dribble. Pick up the ball in front of the shooting side knee with the shooting hand on top and the non-shooting (balance) hand under the ball. When your shooting hand is on top of the ball your shooting hand will face the rim when you raise the ball to shoot. By picking the ball up at the shooting side knee, you are able to change sideward momentum to upward momentum and jump straight up to shoot a jump shot, rather than floating to the side. It is more difficult to shoot off the dribble when you are going to your weak-hand side. A right-handed player will have farther to go when going left in order to pick up the ball in front of the shooting knee. A left-handed player will have farther to go when going to the right in order to pick up the ball in front of the shooting knee. In addition to jumping behind the ball, you can also use a crossover dribble to the shooting side knee when dribbling toward your weak hand side.

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Basketball Shooting Mechanics

By Hal Wissel

Most players shoot seven basic shots: the one-hand set shot, the free throw, the jump shot, the three-point shot, the hook shot, the lay-up, and the runner. These shots all share certain basic mechanics, including sighting, balance, hand position, elbow-in alignment, shooting rhythm, and follow-through. The best way to develop your shot is to concentrate on only one or two mechanics at a time.

Sight

Focus your eyes on the basket, aiming just over the front of the rim for all except bank shots. Use a bank shot when you are at a 45-degree angle to the backboard. A 45-degree angle falls within the distance between the box and the middle hash mark on the lane line. The distance for the bank angle--called the 45-degree funnel--widens as you move out. For shooting a bank shot, aim for the top near corner of the box on the backboard. Sight your target as soon as possible and keep your eyes focused on the target until the ball reaches the goal. Your eyes should never follow the flight of the ball or your defender's hand. Concentrating on the target helps eliminate distractions such as shouting, towel waving, an opponent's hand, or even a hard foul.

Balance

Having balance leads to power and rhythmic control in your shot. Your base, or foot position, is the foundation of your balance, and keeping your head over your feet (base) controls your balance. Spread your feet comfortably to shoulder width and point your toes straight ahead. Pointing your toes straight aligns your knees, hips, and shoulders with the basket. The foot on the side of your shooting hand (right foot for a right-handed shot) is forward. The toe of your back foot is aligned with the heel of the foot on your shooting side (toe-to-heel relationship). Flex your legs at the knees. This gives crucial power to your shot. Beginning and fatigued players often fail to flex their knees. To compensate for the lack of power from not using their legs, they tend to throw the ball from behind the head or shove the ball from the hip. Both actions produce errors. Your head should be over your waist and feet. Your head controls your balance and should be slightly forward, with your shoulders and upper body inclining forward toward the basket. Your shoulders should be relaxed.

Hand Position

Hand position is the most misunderstood part of shooting. It is vital to start and finish your shot with your shooting hand facing the basket (behind the ball). Placing the non-shooting hand under the ball for balance is also important. This position, with the shooting hand facing the basket (behind the ball) and the non-shooting hand under the ball, is called the block-and-tuck. It leaves your shooting hand free to shoot the ball, rather than having to balance and shoot the ball. Place your hands fairly close together. Relax both hands and spread the fingers comfortably. Keep the thumb of your shooting hand relaxed and not spread apart to avoid tension in your hand and forearm. A relaxed hand position (like a handshake) forms a natural cup, enabling the ball to contact the pads of your fingers and not your palm. Place your non-shooting (balance) hand slightly under the ball. The weight of the ball balances on at least two fingers: the ring finger and the little finger. The arm of your balance hand should be in a comfortable position, with the elbow pointing slightly back and to the side. Your shooting hand is turned toward the basket behind the ball, your index finger directly at the ball's midpoint. The ball is released off your index finger. On a free throw, you have time to align your index finger with the valve or other marking at the midpoint of the ball. Developing fingertip control and touch leads to a soft, accurate shot.

Elbow-In Alignment

Hold the ball comfortably in front of and above your shooting-side shoulder between your ear and shoulder. Keep your shooting elbow in. When your shooting elbow is in, the ball is aligned with the basket. Some players do not have the flexibility to place the shooting hand behind the ball facing the basket while keeping the elbow in. In this case, first place your shooting hand behind the ball facing the basket, then move the elbow in as far as your flexibility allows.

Rhythmical Shooting Motion

Shoot the ball with a smooth, evenly paced, rhythmical lifting motion. Shooting involves synchronizing the extension of your legs, back, shoulders, and shooting elbow and the flexion of your wrist and fingers. The initial force and rhythm for your shot come from a down-and-up motion of your legs. Start with your knees slightly flexed. Bend your knees and then fully extend them in a down-and-up motion. Saying the key words down and up from the start of your shot until the release of the ball will trigger the down-and-up action of your legs, providing rhythm and force for your shot. Your legs and shooting arm work together. As your legs go up, your arm goes up. As your legs reach full extension, your back, shoulders, and shooting arm extend in a smooth, continuous upward direction. It is vital to keep the ball high with your

shooting hand toward the basket. Use the down-and-up motion of your legs for rhythm rather than lowering the ball for rhythm. Keep-ing the ball high fosters a quick release and also provides less chance for error. As your arm goes up, the ball is tipped back from your balance hand to your shooting hand. A good guide is to tip the ball back only until there is a wrinkle in the skin between your wrist and forearm. This angle provides a quick release and consistent follow-through. Direct your arm, wrist, and fingers straight toward the basket at a 45- to 60-degree angle, extending your shooting arm completely at the elbow. The final force and control of your shot comes from flexing your wrist and fingers forward and down. Release the ball off your index finger with soft fingertip touch to impart backspin on the ball and soften the shot. Keep your balance hand on the ball until the point of release. The amount of force you should impart to the ball depends on the range of the shot. For short distances, the arm, wrist, and fingers provide most of the force. Long-range outside shots require more force from your legs, back, and shoulders. Smooth rhythm and a complete follow-through will also improve long-range shooting.

Follow-Through

After releasing the ball off the index finger, keep your arm up and fully extended with the index finger pointing straight to the target. The palm of your shooting hand should be turned down and the palm of your balance hand should be turned up. Keep your eyes on your target. Exaggerate your follow-through. Hold your arm up in a complete follow-through position until the ball reaches the basket, then react to the rebound or get into defensive position. Holding your follow-through until the ball reaches the basket is not only good mechanics, but it also makes you look and act like a shooter and increases confidence.

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BASKETBALL SHOOTING LEAD-UP DRILLS

By Dr. Hal Wissel

Shooting Drill 1. Strong-Hand Warm-Up

One-hand shooting, using either the strong hand or the weak hand, is an excellent way to develop your ability to start and complete a shot with your shooting hand facing the front of the rim. This helps eliminate side rotation. It also fosters lifting the ball to the basket rather than throwing the ball. This drill is particularly beneficial if your non-shooting hand tends to interfere with your shot (for example, if you thumb the ball with your non-shooting hand). The one-hand shooting drill allows you to focus on having the shooting hand in the correct position facing the front of the rim. Keep your shooting elbow in. When your shooting elbow is in, the ball is aligned with the basket. Some players do not have the flexibility to keep the shooting hand facing the front of the rim while keeping the elbow in. In this case, first put your shooting hand facing the front of the rim, and then move the elbow in as far as your flexibility allows. Start about nine feet from the basket with your shooting hand facing the front of the rim while keeping your elbow in as far as your flexibility allows. Your shooting hand is above your shoulder between your ear and shoulder. Use your non-shooting hand to place the ball in your shooting hand. Do not reach for the ball with your shooting hand. Now lower your non-shooting hand to your side. Balance the ball in your shooting hand with your index finger at the ball's midpoint. Check that your forearm is at a right angle to the floor and that it forms an L with your upper arm. This position helps you lift the ball to the basket rather than throw it. Use your personalized key words in rhythm with your shot or when you are correcting your shot. If you tend to bring the ball back and throw it rather than lift it to the basket emphasize the key word *Front!* If your shot misses to your strong-hand side of the rim, because your elbow is out, consider using the key word *In!* Record the number of strong-hand shots made out of 10 attempts. Record the good shots made out of 10 attempts. Your goal is to make 10 consecutive good shots. After making five consecutive shots from 9 feet, increase the distance to 12 feet. After making five consecutive shots from 12 feet, move back to the foul line (15 feet from the backboard).

Shooting Drill 2. Weak-Hand Warm-Up

Perform the drill in the same way as the Strong Hand Warm-up, but use your weak hand. When using your weak hand, you may have a tendency to shove the ball and miss toward the opposite side of the rim. Emphasize the down-and-up movement of your legs, which will help your range and ability to lift the ball straight to the basket. Consider using the key words *down and up!* Record the number of weak-hand shots made out of 10 attempts. Record the good shots made out of 10 attempts. Your goal is to make 10 consecutive good shots. After making five consecutive shots from 9 feet, increase the distance to 12 feet. After making five consecutive shots from 12 feet, move back to the foul line (15 feet from the backboard).

Shooting Drill 3. Three Finger Warm-Up

You will use only three fingers in this drill – the pinky and ring finger of your non-shooting hand to balance the ball and the index finger of your shooting hand to shoot the ball. This drill enables you to focus on shooting the ball off the pads of you index finger with a soft touch. Start about nine feet from the basket with your shooting hand facing the front of the rim while keeping your elbow in as far as your flexibility allows. Place your shooting hand is above your shoulder between your ear and shoulder. Check that your shooting hand forearm is at a right angle to the floor and that it forms an L with your upper arm. This position helps you lift the ball to the basket rather than throw it. Balance the ball with your non-shooting hand under the ball. Keep the elbow of your non-shooting hand out. Bring the ball to your shooting hand. Now balance the ball using only the pinky and ring finger of your non-shooting hand. The other fingers of your non-shooting hand should be off the ball. Place the pads of the index finger of your shooting hand behind the ball at the ball's midpoint. Lift the ball to the basket and release the ball off the pads of your index finger with a soft touch emphasizing the key word *Point!* Follow through by fully extending your shooting arm and pointing your index finger over the front of the rim. Record the number of three finger shots made out of 10 attempts. Your goal is to make 10 consecutive shots using only three fingers.

Shooting Drill 4. Jump Shot Warm-Up

The objectives of this drill are to develop confidence, form, rhythm, and range for making jump shots. Start in a balanced stance about nine feet in front of the basket. Perform jump shots from that distance, using correct form for each shot. For a jump shot, the ball is held higher than for a one-hand set shot. The height of your jump depends on the range. When close to the basket, you should release the ball at the top of your jump, with your arm, wrist, and fingers providing most of the force. On long-range outside jump shots, you don't need to jump as high, allowing you to use more force from your legs for the shot. Strive for a balanced jump so you can follow through until the ball hits the floor. Say your three personalized words in rhythm from the start of your shot to the release of the ball. Record the number of jump shots made out of 10 attempts. Record the good shots made out of 10 attempts. Your goal is to make 10 consecutive good shots. After making five consecutive shots 9 feet from the backboard, take a giant step back until you are 12 feet from the backboard. After making five consecutive shots from 12 feet, take a giant step back until you are 15 feet from the backboard.

Shooting Drill 5. Front of Board

The front of board shooting drill focuses on the fundamentals: shooting hand behind the ball, elbow-in alignment, release off the index finger, follow-through, and catching the ball in position to shoot. Face the backboard. Pick a spot near the top corner of the front of the board to serve as your target. A spot on the front of the backboard is excellent for fostering a straight shot. Begin with the ball in shooting position above your shooting shoulder. Place your shooting hand behind the ball with your index finger at the ball's midpoint. Check for elbow-in alignment. Using a complete follow-through (full elbow extension), shoot the ball to your target on the front of the board, making it return to your shooting position so you don't have to move your hands on the catch. Say your personalized key words in rhythm from the start of your shot to the release of the ball. If the ball does not return to your starting position, jump behind the ball and catch it in position to shoot. After a missed shot, visualize a successful shot in good form, again saying your key words. Use feedback from the feel and direction of the ball. For example, if the miss was caused by your arm going to the side, add the key word straight. Use point if the ball went off the wrong finger, creating sidespin. Use hands if you caught the ball with your hands on the side. Count it as a good shot when you hit your target on the front of the board, then catch the ball in shooting position without having to move your hands. Count it as a good shot when you hit your target on the front of the board, then catch the ball in shooting position without having to move your hands. Record the good shots, with good catches made out of 10 attempts. Your goal is to make 10 consecutive good shots with good catches.

Shooting Drill 6. Side of Board
The side of board shooting drill is the same as the front-of-board drill except you use the side of the board. This drill puts more emphasis on a straight shot and good catch. On a shot that is slightly off, the rebound will go to the side. This enables you to practice jumping behind the ball to catch it in position to shoot. Face the side of the backboard. Pick a spot near the top of the side of the board to serve as your target. A spot on the side of the backboard is excellent for fostering a straight shot. Using a complete follow-through (full elbow extension), shoot the ball to your target on the side of the board, making it return to your shooting position so you don't have to move your hands on the catch. Catch the ball in position to shoot. Jump behind the ball on shots that rebound to your left or right side. Count it as a good shot when you hit your target on the side of the board, then catch the ball in shooting position without having to move your hands. Record the good shots, with good catches made out of 10 attempts. Your goal is to make 10 consecutive good shots with good catches.

Shooting Drill 7. Point of Board
The point-of-board shooting drill is the same as the front-of-board and side-of-board drills except your target is the point of the board between the front and side of the board. This drill is obviously more difficult than the side-of-board shooting drill. It puts more emphasis on focusing and releasing the ball off your index finger. It also provides a greater challenge for jumping behind the ball in position to shoot. On shots that are off, the rebound may go farther to the side than in the side-of-board shooting drill. This enables you to practice jumping behind the ball to catch it in position to shoot. Face the point of the backboard. Pick a spot near the top of the point of the board to serve as your target. Focus on your target on the point of the board and shoot the ball, emphasizing the release of the ball off your index finger. Catch the ball in position to shoot. Jump behind the ball on shots that rebound to your left or right side. Count it as a good shot when you hit your target on point of the board, then catch the ball in shooting position without having to jump to the right of left and without having to move your hands. Record the good shots, with good catches made out of 10 attempts. Your goal is to make 10 consecutive good shots with good catches.

Shooting Drill 8. Chair Drill
Shooting from a chair fosters consistency in lifting the ball to the basket and extending the elbow completely on the follow-through. This drill develops shooting range and helps a player who has the tendency to throw the ball. Shooting while sitting in a chair requires you to use your back, shoulders, and full arm extension to generate force for the shot. Set the chair nine feet in front of the basket. Sit on the front edge of the chair with your shoulders front, your feet aligned with the legs of the chair and your toes straight. Center yourself both mentally and physically. When you are physically centered, you are in a state of readiness; your muscles relax and you breathe a little deeper and more slowly than usual. Being physically centered also involves balancing your weight evenly for the skill you will be performing, which is particularly helpful for gaining power. When you are physically centered it helps you become mentally centered. When you are centered you are more alert, focused and confident. Centering allows you to raise your center of gravity and transfer your force from back to shoulders to generate full power for the shot. Start about nine feet from the basket with your shooting hand facing the front of the rim while keeping your elbow in as far as your flexibility allows. Your shooting hand is above your shoulder between your ear and shoulder. Use your non-shooting hand to place the ball in your shooting hand. Do not reach for the ball with your shooting hand. The index finger of your shooting hand should be at the ball's midpoint. Check that your forearm is at a right angle to the floor and that it forms an L with your upper arm. This position helps you lift the ball to the basket rather than throw it. Use your personalized key words in rhythm with your shot or when you are correcting your shot. If you tend to bring the ball back and throw it rather than lift it to the basket emphasize the key word *Front!* If your shot misses to your strong-hand side of the rim, because your elbow is out, consider using the key word *In!* Work for the sequential build-up of force from your back, shoulders, arm, wrist, and fingers as you shoot. Say your personalized key words in the rhythm of your shot from the start of the shot to the release of the ball. Visualize a successful shot with good form. Use feedback from the feel of the shot and its distance, direction, and reaction on the rim. If the shot was short, emphasize the key word *through!.* To increase distance, use a sequential buildup of force using the key words *back-shoulder-through!* Record the good shots made out of 10 attempts. Your goal is to make 10 consecutive good shots. After making five consecutive shots 9 feet from the backboard, move the chair back until you are 12 feet from the backboard. After making five consecutive shots from 12 feet, move the chair back until you are 15 feet from the backboard (free throw distance).

Shooting Drill 9. Toss to Left Elbow Jump Shot
One objective of this drill is to develop your ability to catch and shoot in one motion with a quick release. Another objective is to develop your ability to start a jump shot in a balanced stance while facing the basket and land in balance after the shot. Start with the ball at the left box outside the lane, your back to the basket. Pass to your self by tossing the ball high so it bounces high at the left elbow of the court. Run outside the lane to the left elbow and quickly jump behind the ball, turning your body in to face the basket. Land in balance with a jump stop. Have your hands and feet ready with your hands above your shoulders and your knees slightly flexed. Catch the ball with your shooting hand high and facing the front of the rim. Catch and shoot in one motion. Your knees should lower just before the catch and extend upward on the catch in a quick rhythmical down-and-up motion. Shoot 10 shots from the left elbow. Record the good shots made out of 10 attempts. Your goal is to make 10 consecutive good shots.

Shooting Drill 10. Toss to Right Elbow Jump Shot
Perform the same drill starting at the right box and tossing the ball to the right elbow. Shoot 10 shots from the right elbow. Record the good shots made out of 10 attempts. Your goal is to make 10 consecutive good shots.

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Basketball Shooting Confidence and Rhythm

By Hal Wissel

Confidence is the Most Important Factor in Shooting

Believe in yourself. You want to have confidence in your ability to make the shot every time you shoot. Confident shooters control their thoughts, feelings, and shooting skill. Shooting is much more than good mechanics. It is the feeling, thoughts and belief in your self that comes first. Basketball is a mental, as well as a physical, game. Developing the mental aspect is a key to enhancing shooting as well as performance in all fundamentals.

Three and One-Half Balls Fit in the Rim

To help your confidence it is important to know that the basket is big. The basket is so big that three and one half balls can fit in the rim. This surprises most players. You can get on a ladder and fit three balls side by side over the rim and have enough space to fit and turn your hand between each ball. Realizing that the basket is so big should give a psychological boost to your confidence.

Act like a Shooter. Keep Follow-through Up Until the Ball Reaches the Rim

To also help your confidence, keep your follow through straight up until the ball reaches the rim. This is not only mechanically correct, but more importantly you will look and act like a shooter.
Feel positive that each time you shoot the ball will go in. Good shooters stay confident even when they hit a cold streak and miss a few shots. After a missed shot, mentally correct the miss and visualize a good shot. Positive affirmation statements (I am a shooter! All net! or Count it! for example) that you can say to yourself can promote confident thoughts about yourself and your ability to shoot. You can also remind yourself of past successes to boost your confidence.
Being able to shoot under pressure distinguishes great shooters from the good shooters. You want to take the shot not only when your team is ahead, but when the pressure is on. The direct correlation between shooting confidence and shooting success is the most consistent factor we recognize in great shooters.

Rhythm is the Second Most Important Factor in Shooting

Skills should be smooth, free flowing, and rhythmical and this is especially true in shooting. Mechanics are important, but you want to have good mechanics without being mechanical. Your shot should be smooth and rhythmical rather than mechanical. All parts of your shot should flow together in a sequential rhythm.

Rhythm and Range Come from a Down-and-Up Motion of Your Legs

To help our rhythm and range we use a down-and-up action of our legs, rather than lowering the ball or stepping into the shot. Start with your knees slightly flexed: Bend your knees and then fully extend them in a down-and-up motion. Saying the key words “Down and up!” from the start of your shot until the release of the ball will trigger the down and up action of your legs that provides rhythm and force for your shot. Your legs and shooting arm move together. As your legs go up your arm goes up. As your legs reach full extension, your back, shoulders and shooting arm extend in a smooth, continuous forward and upward direction toward your target. It is important to keep the ball high with your shooting hand facing the rim.
Use the down-and-up motion of your legs for rhythm rather than lowering the ball for rhythm. Keeping the ball high fosters a quick release and also provides less chance for error. Stepping into your shot may help your range, but your shot becomes a two-count shot. Using the down-and-up method allows you to shoot in one motion or one count. When shooting off the catch the down comes just before the catch and the shot goes up as your legs go up providing for a quicker release.

Key Words Enhance Shooting Confidence, Mechanics, Rhythm and Range

As important as confidence is, accurate shooting takes more than positive thinking: it also takes shooting skill. Neither mental confidence nor mechanics alone is enough. Success results from the integration of the mental and mechanical aspects of shooting.
When you think, you are in a sense talking to yourself. That talk can be either positive or negative. A technique called positive self-talk can help you integrate the mental and mechanical aspects of shooting, speeding the improvement of your shot. Positive self-talk uses key words (also called cue words) to enhance performance.
Select words that help you learn correct mechanics, establish rhythm, and build confidence. The key words should be positive, concise (preferably one syllable), and personalized.

Anchor Words

A positive word that you associate with a successful shot is called an anchor word. Identify an anchor word to positively reinforce the visualization of a successful shot. Select your own personal anchor word that allows you to visualize your shot going in. Examples of anchor words are: Through! In! Yes! Net! Swish! Whoosh! Face!

Trigger Words

Words that key the correct mechanics of your shot are called trigger words. Examples of trigger words are:
High! - to start your shot high and prevent lowering the ball.
Straight! - to make your shooting hand go straight to the basket and stop turning your wrist.
Front! - to key the position of your shooting hand facing the rim.
Point! - to key the correct release of the ball off your index finger.
Up! - to key a high arch.
Through! - to key any part of your follow-through including shoulders, arm, wrist, and finger.
Head in! - to key the follow-through of head and shoulders toward the basket and prevent leaning back or stepping back.
Legs! - to key the use of your legs.
Down and up! - to key the down and up action of your legs for rhythm and range.

The Selection of Key Words Should Be Personalized

Identify a personal trigger word or words that you associate with the correct mechanic or mechanics. Practice using different trigger and anchor words until you find what works for you. Select two words that trigger the correct mechanics and one anchor word to reinforce shooting success. Sometimes you may want to say the same trigger word two times in order to produce the desired result. For example, saying Straight! Straight!" may prove more effective than saying Straight! only one time to key your shooting hand to start straight and finish straight. One word can also be both a trigger and an anchor word. For example, the trigger word "Through!" can key the follow-through of your shoulders, arm, wrist, and fingers and it also can be an anchor word for the ball going through the basket.
Say your three one-syllable words in rhythm, from the time your shooting motion starts with your legs until you release the ball off your index finger. For example, if legs and through are your trigger words and yes is your anchor word, you would say in rhythm to your shot: Legs-through-yes! It works better to say your words aloud, rather than to yourself. Saying your personalized key words in an even rhythm establishes the rhythm of your shot and enhances your mechanics and confidence.
Give time to mental, as well as physical, practice. Mentally practice by relaxing and saying your key words in the rhythm of your shot as you visualize shooting and seeing the ball go in the basket.
Guard against paralysis by analysis. This happens when you think about too much. A sure sign of too much thinking is when your shooting rhythm becomes slow or uneven. Saying only three or less one-syllable key words tends to keep you from doing too much thinking. The words are actual thoughts. Your goal is to reduce conscious thought and promote automatic execution of your shot. Trigger words help make the mechanics of your shot automatic, and an anchor word, which reinforces a successful shot, helps build your confidence. As shooting improves one trigger word may suffice. Eventually, an anchor word may be all you need to trigger the automatic action of your shot.

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Additional Basketball Shooting Lead-up Drills

By Hal Wissel

Shooting Drill 1. Bank Jump Shot Warm-Up

In the bank jump shot warm-up drill you shoot from a 45-degree angle on each side of the basket. Start under the basket and toss the ball to a spot between the right box and the middle hash mark outside the lane. Toss the ball high so it bounces high. Catch the ball with your back to the basket, using a jump stop. Pivot on your left foot, using a front turn toward the baseline and face the basket. Make a jab step with your right foot, while making a shot fake, showing the ball high. Be in triple-threat stance and in position to shoot first. You will be facing the basket at a 45-degree angle to the backboard. The bank angle, which widens as you move out, is called the 45-degree funnel. For bank shots, aim for the top near corner of the box on the backboard, saying your key words in rhythm from the start of your shot to the release of the ball. Shoot a bank jump shot. Now perform the drill, starting under the basket and toss the ball to a spot between the left box and the middle hash mark outside the lane. Catch the ball with your back to the basket, using a jump stop. Pivot on your right foot, using a front turn toward the baseline and face the basket. Make a jab step with your left foot, while making a shot fake, showing the ball high. Shoot a bank jump shot. Record the number of bank jump shots made out of 10 attempts from the right. Record the number of bank jump shots made out of 10 attempts from the left. After making five consecutive bank jump shots from both the right and left sides of the basket, increase your distance and shoot from a spot 9 feet from the basket. After making five consecutive bank jump shots from 9 feet on both the right and left sides of the basket, shoot from a spot 12 feet from the basket. After making five consecutive bank jump shots from 12 feet on both the right and left sides of the basket, shoot from a spot 15 feet from the basket.

Shooting Drill 2. On-Your-Back Shooting

This drill focuses on correct technique, such as shooting hand behind the ball, elbow-in alignment, correct release off the index finger, follow-through, and catching the ball in position to shoot. Lie on your back with the ball between your ear and shooting shoulder. Place your shooting hand facing straight up with your index finger at the midpoint of the ball. Check for elbow-in alignment. Shoot the ball up into the air with complete follow-through (full elbow extension). You want the ball to return straight back to you so that you do not have to move your hands to catch it. Say your key words in rhythm with your shot. If the ball does not return to you, visualize a successful shot and good form, again saying your key words, and use feedback from the feel of your shot and the direction of the ball. Emphasize the key word you feel will produce a successful shot. For example, if your shot is off to the side, concentrate on making your arm go straight and say *straight!* If the ball goes off the wrong finger, producing sidespin, you might say *point!* A good shot is one that goes straight up and comes straight back to your shooting hand so that you are able to catch it in position to shoot without reaching for the ball or adjusting your hand on the ball. If you catch the ball with your hand on its side, consider using the key words *hand* or *catch*. Start by shooting the ball straight up one foot high. After making five consecutive shots with good catches shooting the ball one foot high, use a full follow-through on your shot. After making five consecutive shots with good catches using a full follow-through, shoot the ball ten feet high or the level of the rim. After making five consecutive shots with good catches shooting the ball ten feet high, lie down with your head about eight feet in front of the rim and shoot the ball into the basket.

Shooting Drill 3. Mental Practice by Viewing a Video or DVD of Your Own Perfect Shot

Mentally practice your shot by viewing a video of your own perfect shot. Video your shooting until you get a perfect shot. Copy the perfect shot onto a second video or DVD 100 times. You can then insert the video or DVD into your video or DVD player and watch your 100 perfect shots each day. It will take about 10 minutes.

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Three Point Shooting
Rhythm and Range
By Dr. Hal Wissel

Confidence is the most important factor in shooting. Rhythm is the second most important factor in shooting. Rhythm and range come from a down-and-up motion of your legs. This is vital in developing three-point range. The down-and-up motion of your legs is also particularly important for beginning players learning to shoot at a regulation 10 foot high basket.

To help our rhythm and range we use a down-and-up action of the legs, rather than lowering the ball or stepping into the shot. Start with your knees slightly flexed: Bend your knees and then fully extend them in a down-and-up motion. Saying the key words Down and up! (with confidence and rhythm emphasizing the word up) from the start of your shot until the release of the ball will trigger the down and up action of your legs that provides rhythm and force for your shot. Your legs and shooting arm move together. As your legs go up your arm goes up. As your legs reach full extension, your back, shoulders and shooting arm extend in a smooth, continuous forward and upward direction toward your target. It is important to keep the ball high with your shooting hand facing the rim.

Use the down-and-up motion of your legs for rhythm rather than lowering the ball for rhythm. Keeping the ball high fosters a quick release and also provides less chance for error. Stepping into your shot may help your range, but your shot becomes a two-count shot. Using the down-and-up method allows you to shoot in one motion or one count. When shooting off the catch the down comes just before the catch and the shot goes up as your legs go up providing for a quicker release.

Shooting from a Chair Drill
Shooting from a chair is an excellent drill for developing 3-point shooting and free throw shooting. The chair drill fosters consistency in lifting the ball to the basket and extending the elbow completely on the follow-through. This drill develops shooting range and helps a player who has the tendency to throw the ball. Shooting while sitting in a chair requires you to use your back, shoulders, and full arm extension to generate force for the shot. Set the chair nine feet in front of the basket (two giant steps in front of the free throw line). Sit on the front edge of the chair with your shoulders front, your feet aligned with the legs of the chair and your toes straight. Center yourself both mentally and physically. When you are physically centered, you are in a state of readiness; your muscles relax and you breathe a little deeper and more slowly than usual. Being physically centered also involves balancing your weight evenly for the skill you will be performing, which is particularly helpful for gaining power. When you are physically centered it helps you become mentally centered. When you are centered you are more alert, focused and confident. Centering allows you to raise your center of gravity and transfer your force from back to shoulders to generate full power for the shot. Start about nine feet from the basket with your shooting hand facing the front of the rim while keeping your elbow in as far as your flexibility allows. Your shooting hand is above your shoulder between your ear and shoulder. Use your non-shooting hand to place the ball in your shooting hand. Do not reach for the ball with your shooting hand. The index finger of your shooting hand should be at the ball's midpoint. Check that your forearm is at a right angle to the floor and that it forms an L with your upper arm. This position helps you lift the ball to the basket rather than throw it. Use your personalized key words in rhythm with your shot or when you are correcting your shot. If you tend to bring the ball back and throw it rather than lift it to the basket emphasize the key word Front! If your shot misses to your strong-hand side of the rim, because your elbow is out, consider using the key word In! Work for the sequential build-up of force from your back, shoulders, arm, wrist, and fingers as you shoot. Say your personalized key words in the rhythm of your shot from the start of the shot to the release of the ball. Visualize a successful shot with good form. Use feedback from the feel of the shot and its distance, direction, and reaction on the rim. If the shot was short, emphasize the key word through!. To increase distance, use a sequential buildup of force using the key words Back-shoulders-through!
After making five consecutive shots 9 feet from the backboard, move the chair back until you are 12 feet from the backboard. After making five consecutive shots from 12 feet, move the chair back until you are 15 feet from the backboard (free throw distance). After making five consecutive shots 15 feet from the backboard (free throw distance), move the chair back until you are 18 feet from the backboard. After making five consecutive shots from 18 feet, move the chair back until you are 21 feet from the backboard (or 3-pt. distance).

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COACHING INFORMATIONS
Defense part I

Herb Hrown

* You must begin to teach and preach defense from the first moment you meet with your team...Defense is not simply a last resort to get you back in the game; it is the solid foundation of a winning program.

* Defense requires discipline; if a coach is firm initially, he will set the tone early and never have to emphasize the importance of defense later on in the season.

* The aim of every great defensive team is to take something away from their opponents. Our goals are always to limit the opposition to one bad or ill-advised shot and no offensive rebounds.

* The more frequently the players are reminded of the importance of defense and the more they preactice and work at it, the more quickly they will understand how necessary it is to the team's overall success.

* We think you should always emphasize putting pressure on the ball and having your hands up and active to contest all shots and passes.

* The primary goals of our defense are to always extend and pressure up the court to force the dribbler to turn and change direction, to body up and guard all cutters whether they be straight basket or weak-side cuts, to body up and go over weak-side flares, and to pressure the ball to prevent the skip passes, which help our opponents post the ball when we are fronting the post.

* Demands of our Defensive Philosophy:
Play 94 feet of defense after all made shots.
Emphasize playing great transition defense after all misses, steals, defensive rebounds and turnovers.
In defensive transition we continually emphasize the need to protect the goal, quickly change ends, locate and stop the ball, and get all defenders level with the ball.
Exert maximum ball pressure and make all passers drivers if the dribble has not been used.
Our players are taught to get their bodies up and into the passing lanes. We also make it a point to front or three-quarter all post players depending on the position of the ball and where the player is posting up on the court.
-Challenge and contest all shots.
-We always emphasize blocking out.
-Establish and execute great help and support defense.
-Develop weak-side rotation and help schemes and constantly emphasize the importance of not permitting our help to get beat.
-Limit ball reversal and channel/influence the direction of the ball.
-Develop half- and full-court zone and combination, man-to-man, match-up, or hybrid defenses.

* During shooting practices, develop and utilize drills that encourage your players to follow up every miss and successfully complete each shot or possession.

* When correcting players or evaluating performance do so in a positive and constructive manner. (Note: It is amazing how many coaches do so in a negative manner.

* When making corrections it is a good idea to say one or two positive things to the players before you make your correction.

* You want your players to be confident; therefore you must always exude confidence.

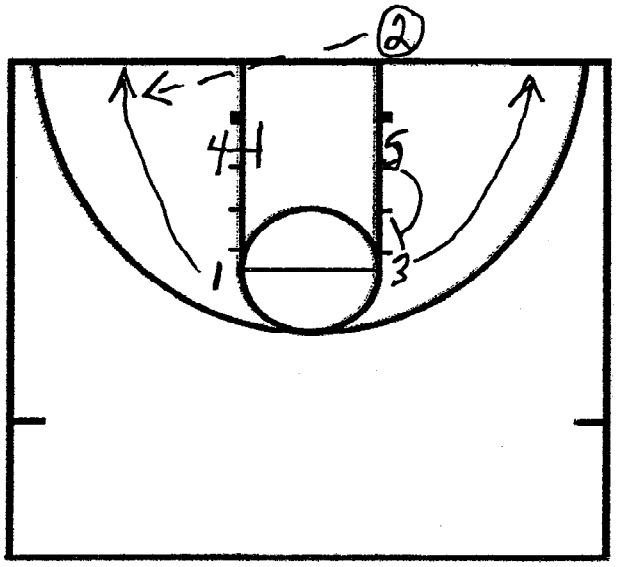
* We think it is a good idea to have our big men, wings, and point guards meet in separate groups before each game for two or three minutes to discuss what they want to accomplish that night. (Note: This is the first time I have heard this idea, but I feel it has great merit!)

* I have always found it a good idea to meet with the point guards and the team captains on a regular basis throughout the season.

* Always emphasize conditioning. Your goal should be to have your team in better physical shape than your opponents.

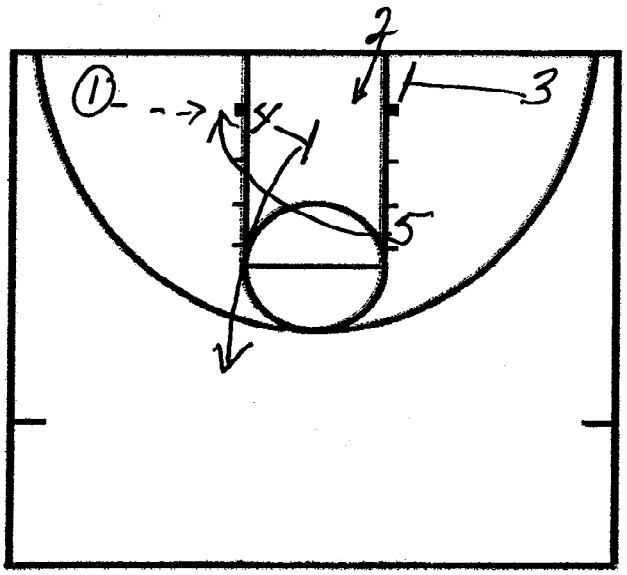
* Conclude practice with running and conditioning drills that have a purpose and are not construed as punishment.

Underneath Inbounds "Tennessee"
(Got this watching Tennessee play Vanderbilt)

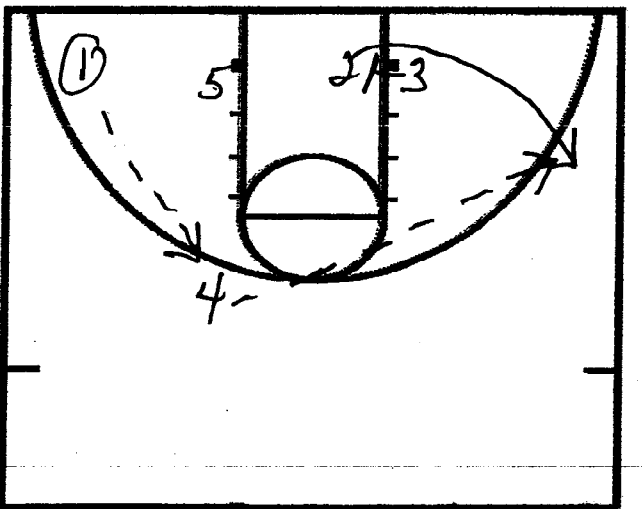


Most inbounds plays focus upon the ball side this is for the weakside

* 5 upscreens for 3 which is a diversion
* 4 screens the bottom of Zone or for 1's man
* 2 passes to the 1 Man



* 4 screens the middle of the zone for the 5 man to dive for a lay-up
* 1 can pass to 5 or all the 4 to pop up
* 2 steps in, 3 will screen in for 2 to shoot jumper

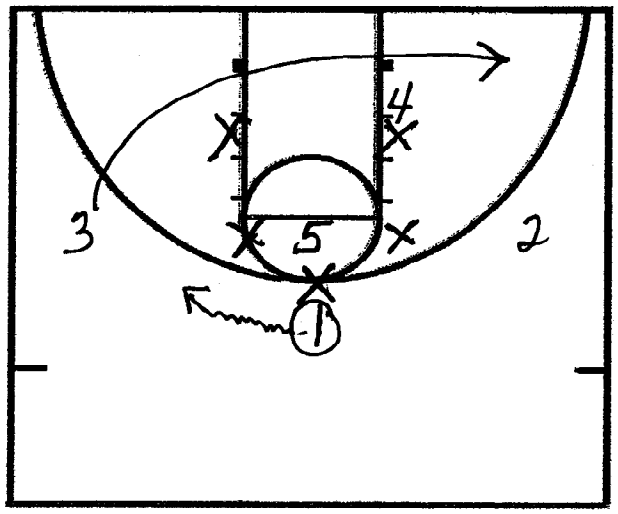


* 4 looks inside @ 5 or 3 or passes to 2 for the jumper

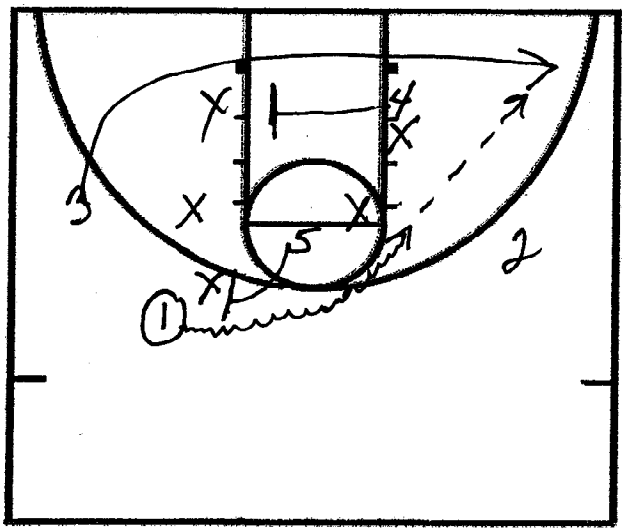
Isolation vs 2-3 or 1-2-2 Zone

"Druble"

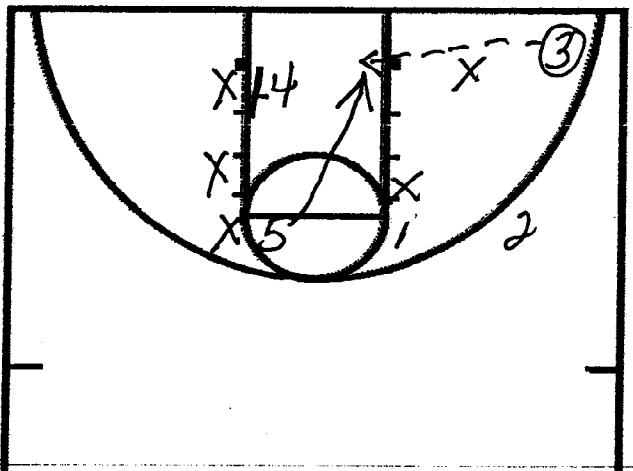
1-2-2 zone



#1 dribble drags the top of the 1-2-2 towards the wing and pushes the 3 man to the opposite corner



#5 sets a ball screen so #1 can penetrate and kick to 3 in the corner
#4 screens opposite block

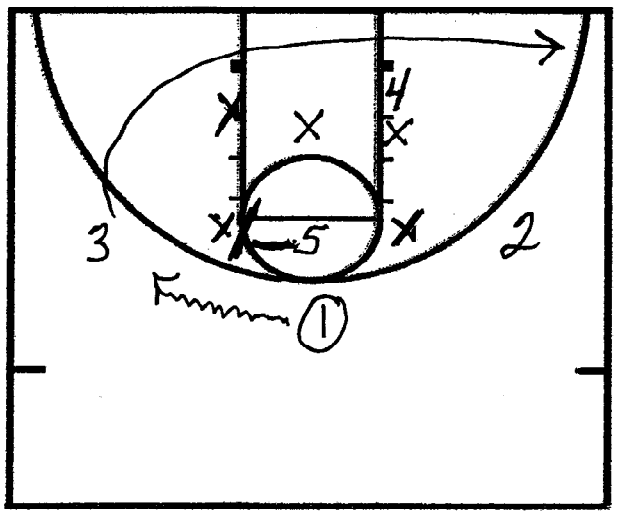


#5 dives into hole
#3 passes to 5 for lay-up

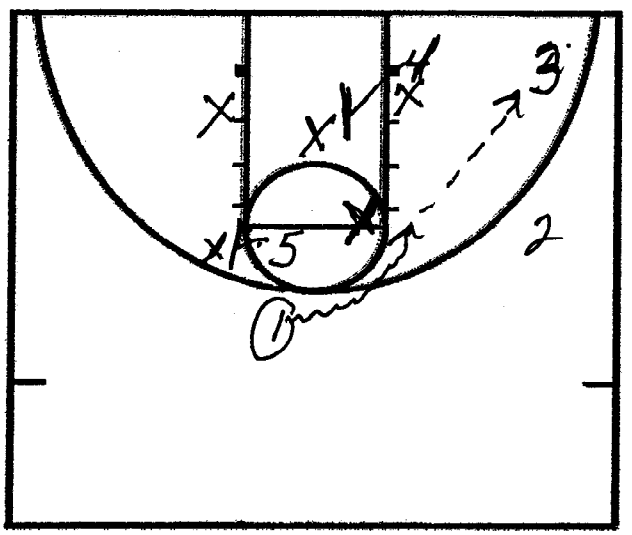
Isolation vs 2-3 or 1-2-2 Zone

"Double"

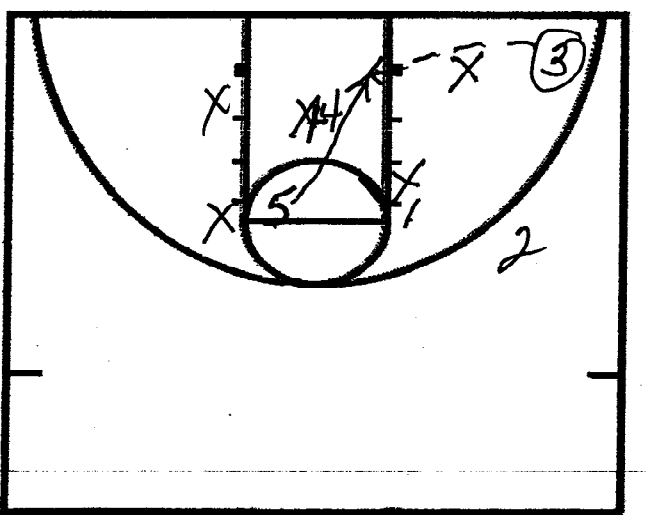
2-3 Zone



* 1 dribble drags the top of the zone and pushes 3 to the opposite corner
* 5 sets a ball screen for 1 to reverse direction



* 1 dribble penetrates and kicks to 3
* 4 screens middle man of zone



* 5 rolls back to hole
* 3 passes to 5 for lay-up

RUNNIN' REBELS

UNIVERSITY OF NEVADA·LAS VEGAS

AMOEBA DEFENSE

We put together all the drills and build up we use in building our Amoeba defense, which is a zone defense with basic man-to-man principles. We felt it was important that if we played zone defense that we maintain the principles of man-to-man defense so that we would not have a breakdown when reverting back to man defense, which is our basic defense. This defense has given us the opportunity to utilize pressure on the basketball, trapping situations and also we can revert to playing the passing lanes. I think the flexibility of this defense merits strong consideration.

Jerry Tarkanian

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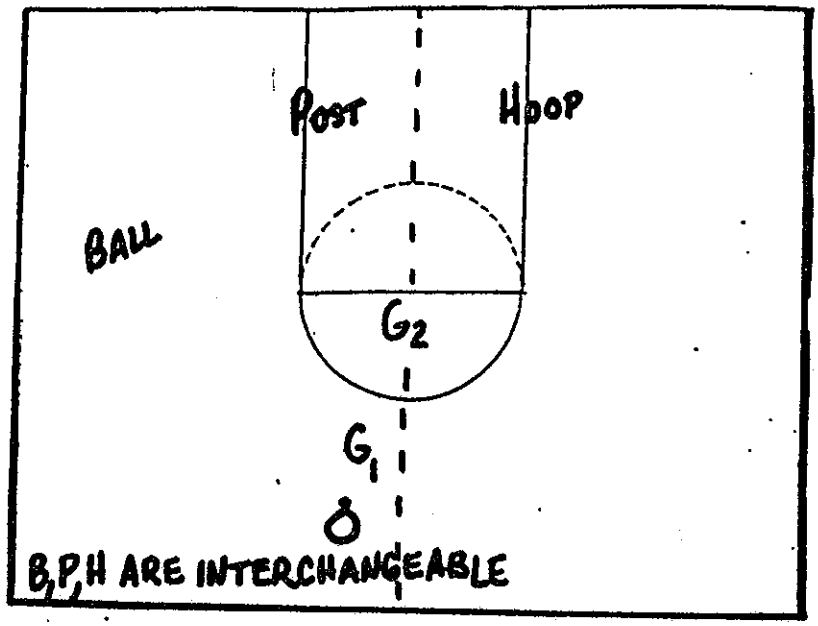
"AMOEBA"



BASIC PRINCIPLES OF THE "AMOEBA" ZONE:

1. You must incorporate both man to man and zone defensive principles.
2. Each man must have an area and man responsibility.
3. Each man must maintain vision, dive responsibility, defensive stance and rotation.
4. Two defensive men must constantly defend against three offensive men.
5. Defensive alighment will change (amoeba) or take on different looks.
6. The defense could be in "straight", "trap", "passing lanes", "sag", "man to man", and "extended".
7. Defensive players must adjust to both the offensive players and the ball. Both have priority.
8. Each player should check the ball, a man and all weakside action.
9. Communication is the key for all five players to read and react to the call.
10. The backline players, (B, P, H) must communicate and adjust by verbalizing "ball"--"post"--"hoop".
11. The keys to the frontline players (G_1, G_2) are movement, penetration and closeouts.
12. To be effective in the amoeba zone one man must constantly and effectively defend two-two defense three-three defense four-and-four defense five.
13. Communication and adjustments are the key to the amoeba defense.
14. Special points of emphasis are:
    A. Fatigue
    B. Fouls
    C. Conversion to offense
    D. Rebounding
    E. Preparation
    F. Situations
    G. The "quarterback"

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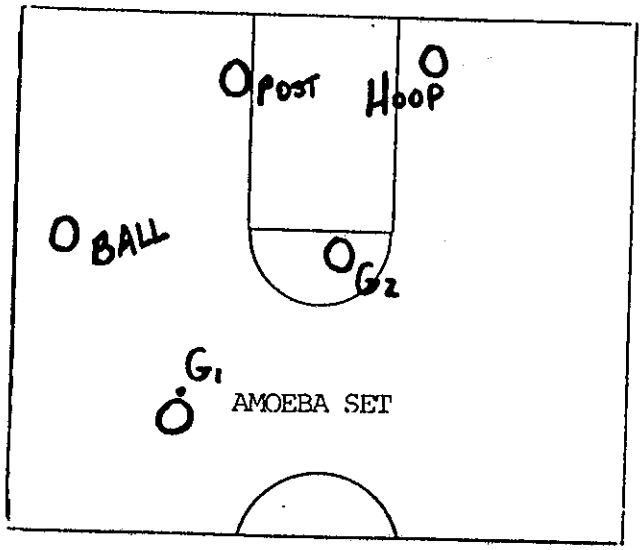


PRINCIPALS: AMOEBA

1.) Inside Players- play m-t-m principles.

2.) Keep Ball pushed to sidelines- same as m-t-m.

3.) Three Backline players are labeled: ball, post, and hoop.

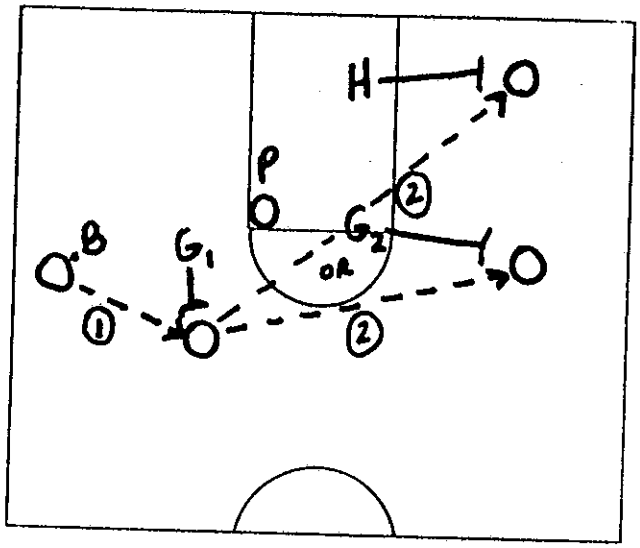
4.) Up forward (ball) must deny.

5.) Post player must front post and face the ball.

6.) Hoop player-in pistol stance, takes flash cut, covers all weakside.

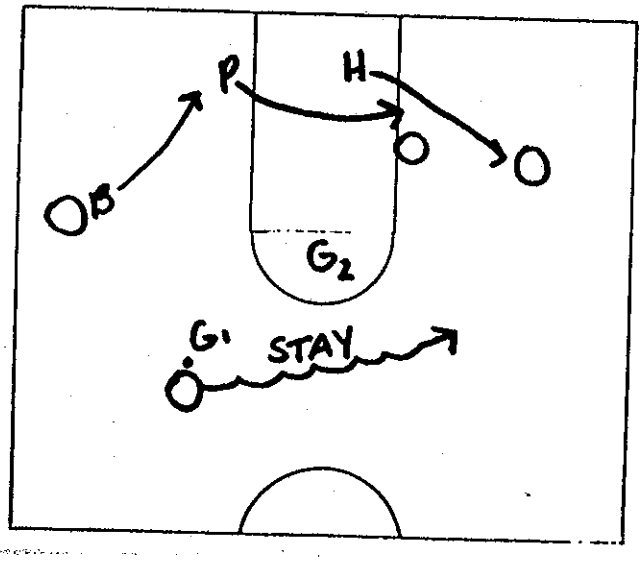
7.) Take away all gaps.

8.) Back rotation (communication) is essential.



CLOSEST MAN CONCEPT:

On all movement by passing the best principle to follow is the first player to the ball should cover ball.



DRIBBLE:

Guarding ball and its dribbled you should stay with it.
(Releases and bumpdowns will determine by philosophy and scouting.)

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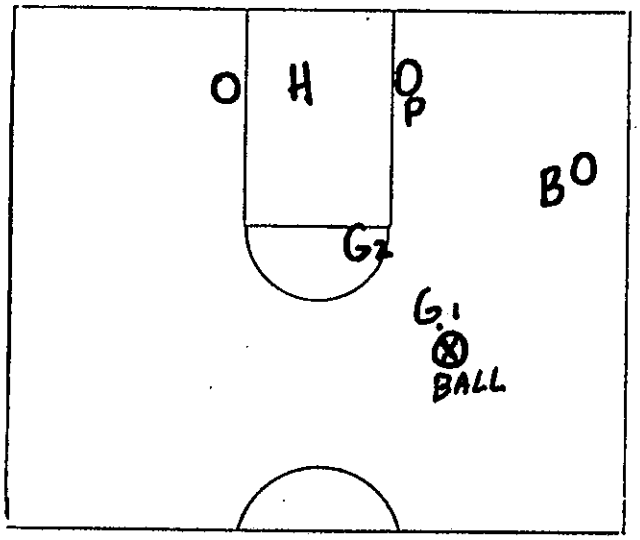
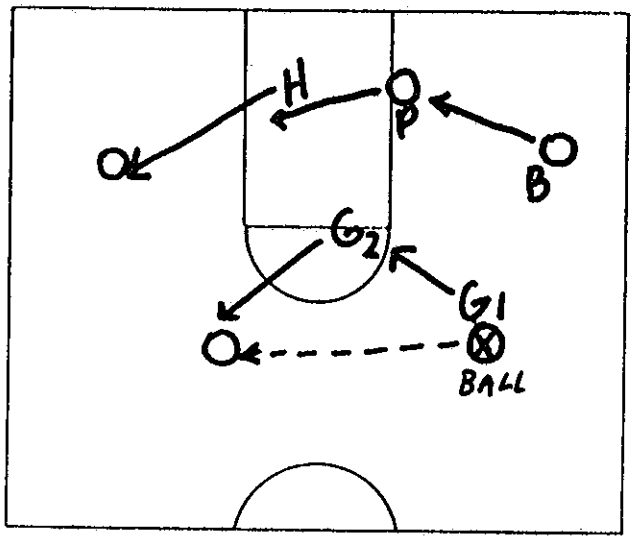
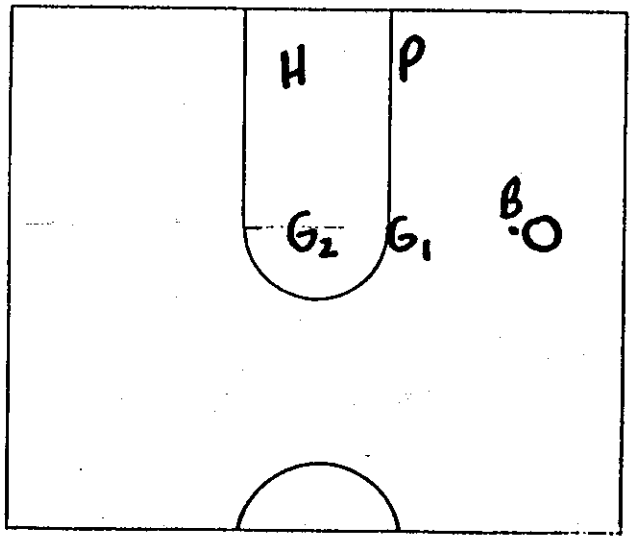


GUARD AREA:



SHIFT TO HOME BASE:



WING AREA:

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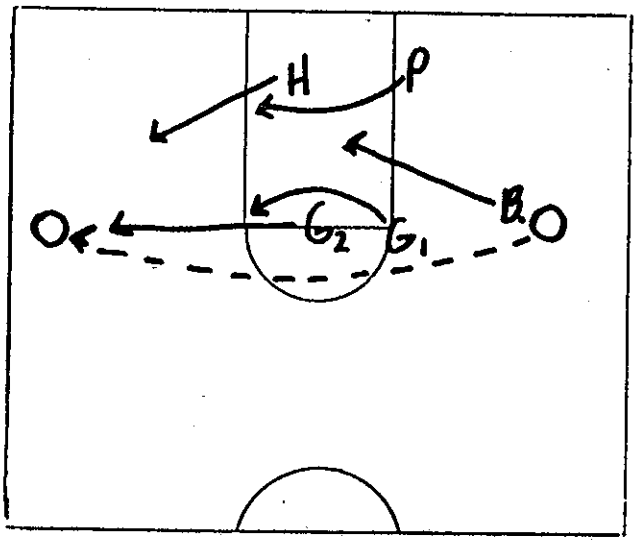
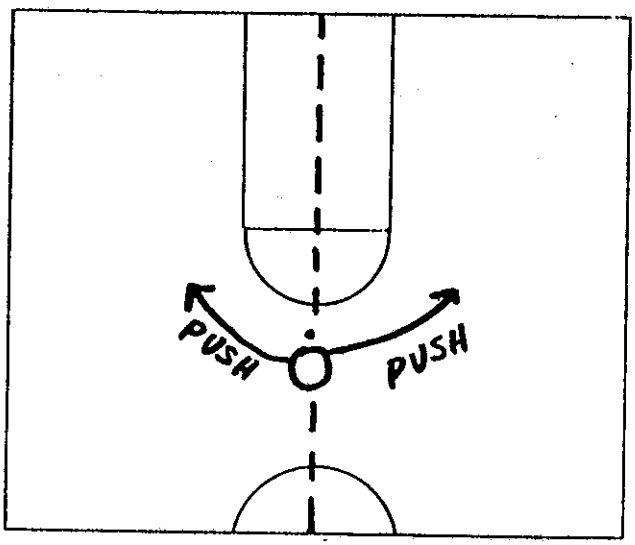
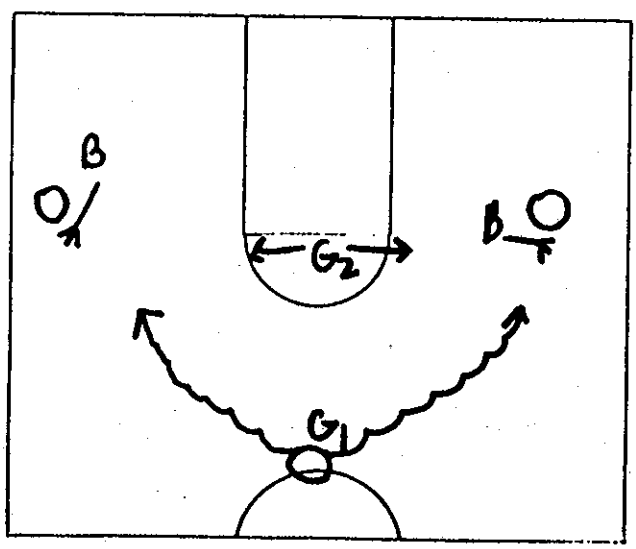


Shift on crosscourt to set.



Worst place for ball to be. Must push ball to one side. Do not let ball stay in middle.



G's must take ball to side-wings then contest.

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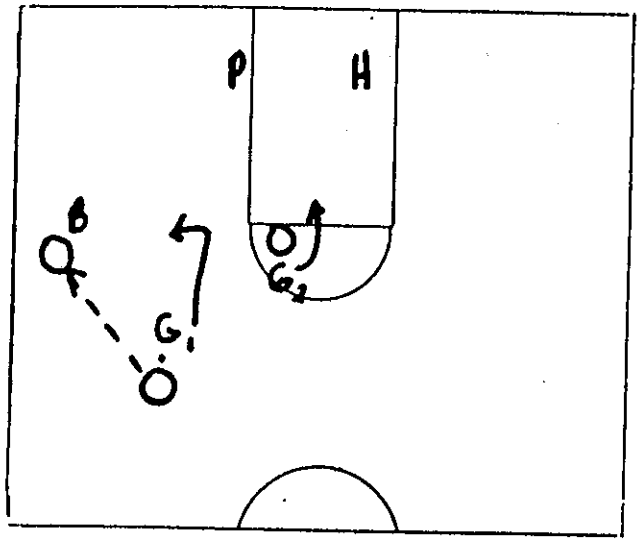
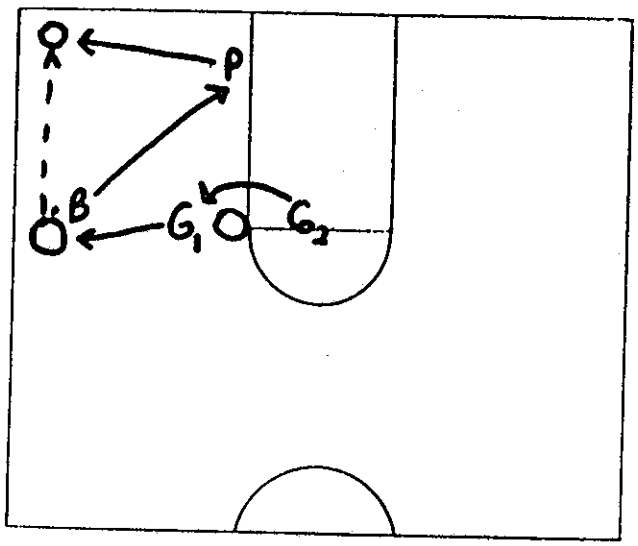


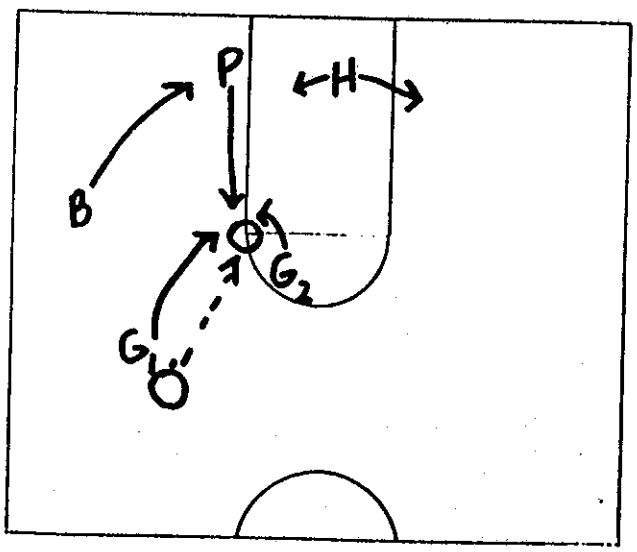
HIGH POST:

G-W pass--Guards drop to protect high post



Wing to corner pass--

G_2 comes to ball side and plays post defense



Guard to high post pass--

post comes up for closeout, G_1 and G_2 dive in to jam the ball.

(closest man rule prevails here)

A. On pass to post

B. On pass back to perimeter from post

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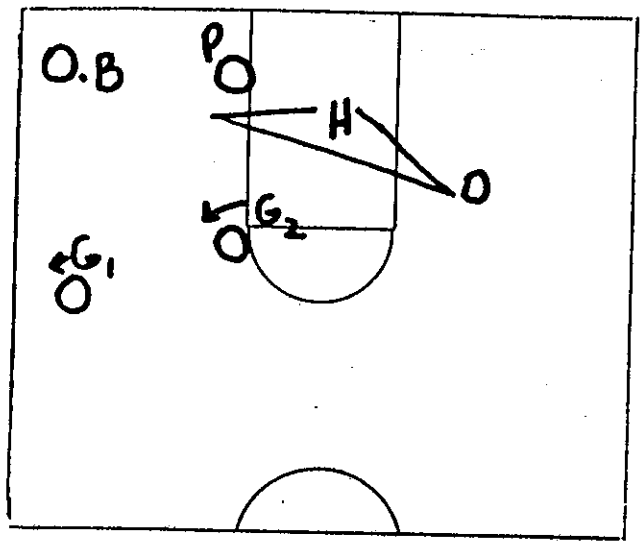


Ball in Corner:

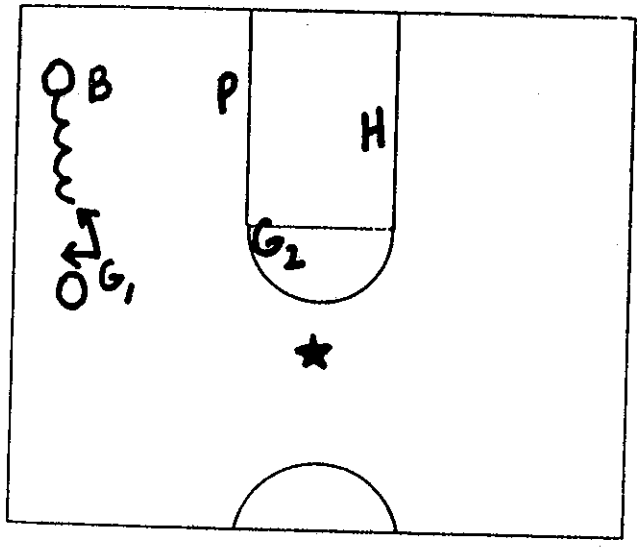
B- Closeout/Ball responsibility

P- Front post

H- Helpside/must see everyone

G_1-Sideline passing lane, sideline dribble

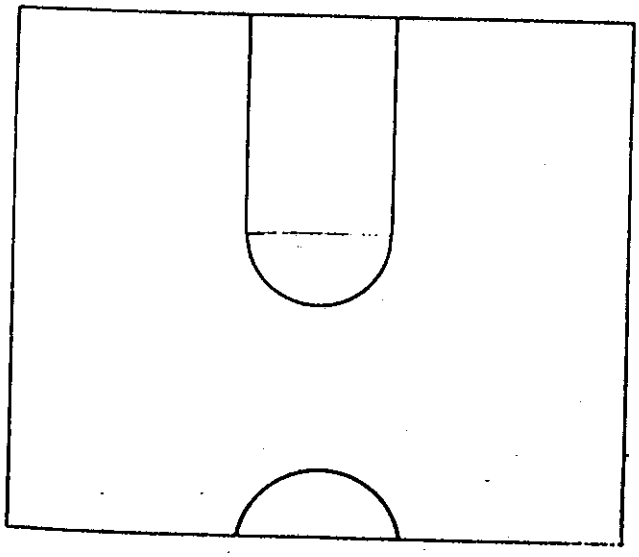
G_2-High post responsibility



B and G_1 would switch and guard takes ball as it comes to his area.

* Possible trap in this area.

B- will follow rule and stay with dribble-G_1 takes it as it comes to his area.



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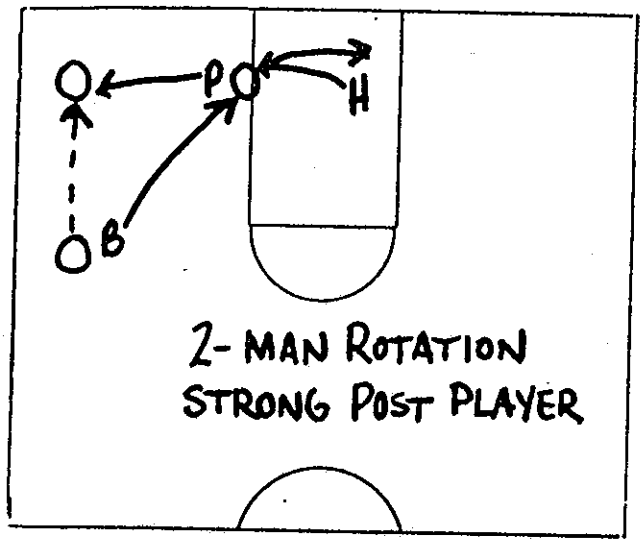
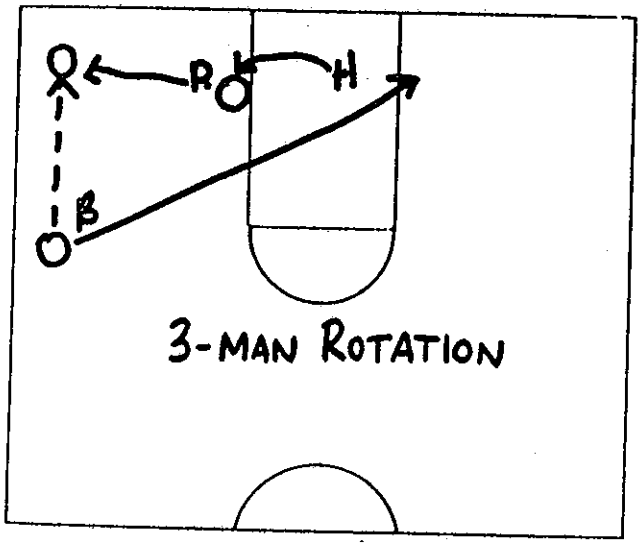


PASS FROM WING TO BASELINE

A) X-Cut (standard slide)
Used most often this past season.

P- Closeout position

B- Crossover step, run, arm in passing lane.

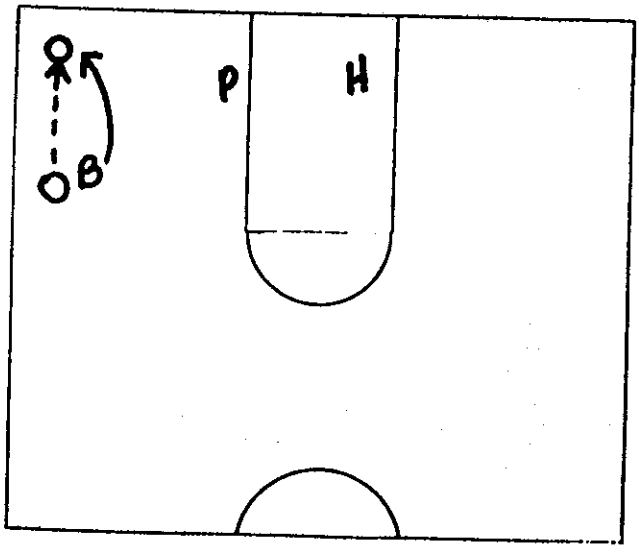


B) Penn State Slide

P- Closeout position same as M-T-M

H- Comes to front on baseline side

B- Sprints, looks, helpside spot (ready for lob)



C) Modified Position

B- Is closest to ball (pass) he will follow pass and take ball in corner. Use this slide when man is below the foul line extended.

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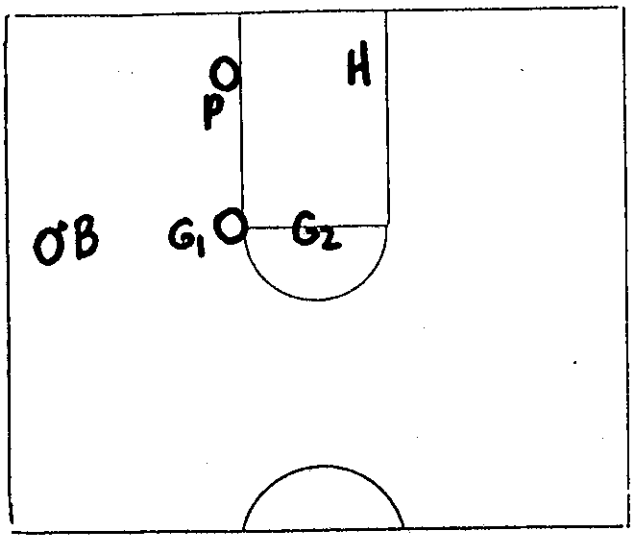
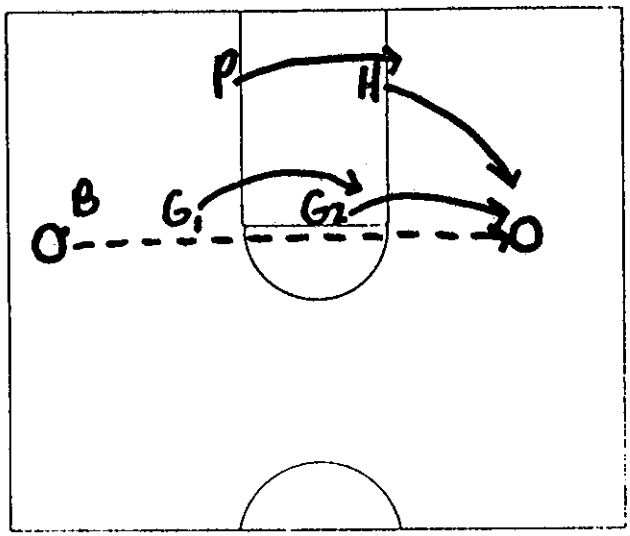


WING POSITION: Drillwork and Rotation

B- Closeout
G_1-Post protect penetration
G_2-Post protect, Pistol stance
P- Front post position
H- Pistol stance, Weakside lob

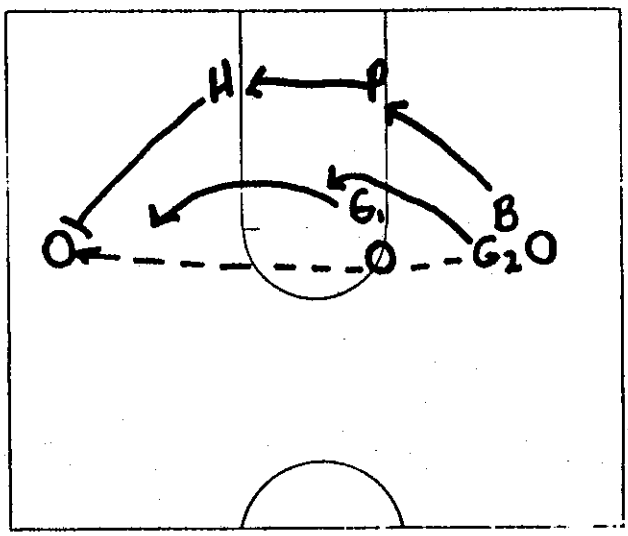


CROSS COURT (skip)

Closest man (sometimes quickest man will prevail)

Change from: B-P-H to: H-P-B

Players must verbally communicate and adjust. Be sure players always stay in their defensive stance.



CROSS COURT (skip)

In this sequence H has shorter distance to travel with better vision than G_1 for closeout and pressure on skip.

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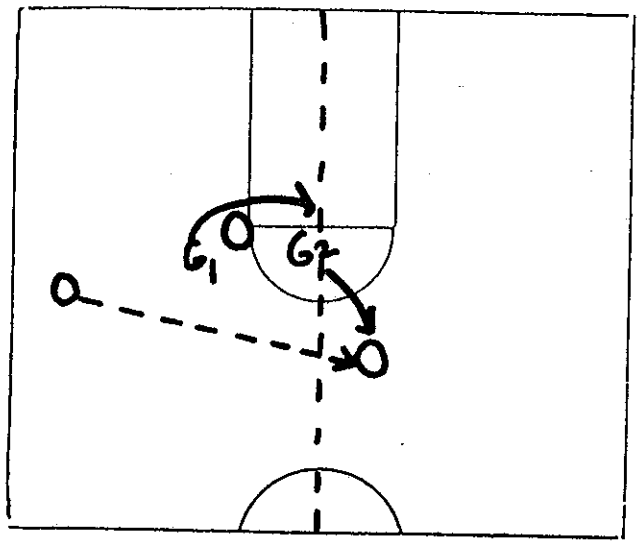
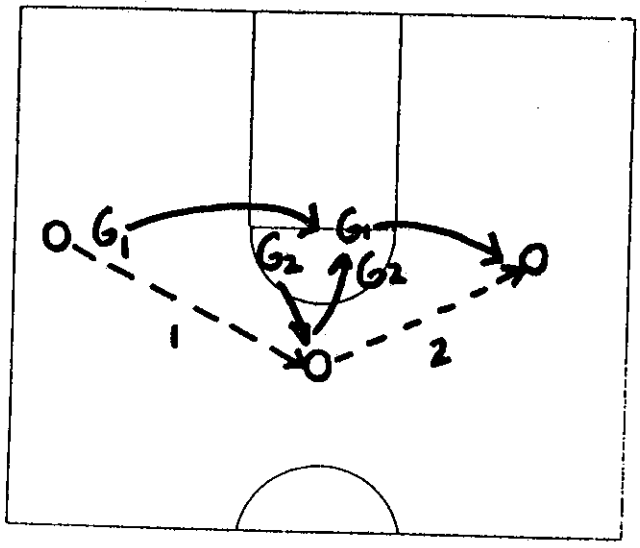
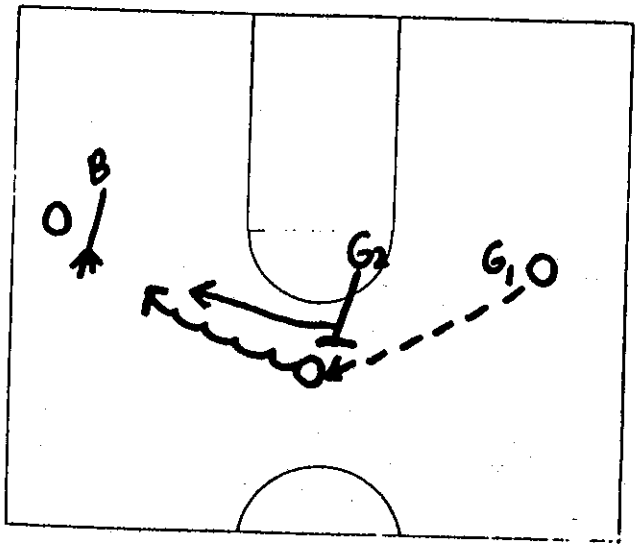


GUARD POSISTION: DRILLWORK AND ROTATION

CLOSEST MAN RULE PREVAILS



SWING ON W-P-W PASSING:



Pass from wing to point with dribble pull. Dribble stay will prevail. As ball is pushed backline players jump into denial.

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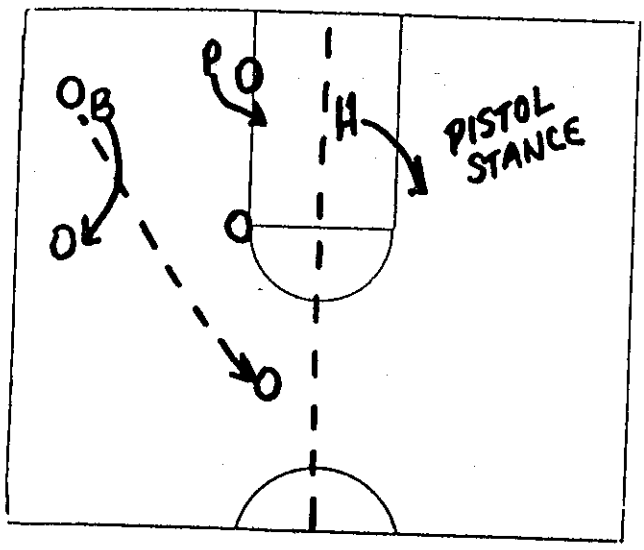
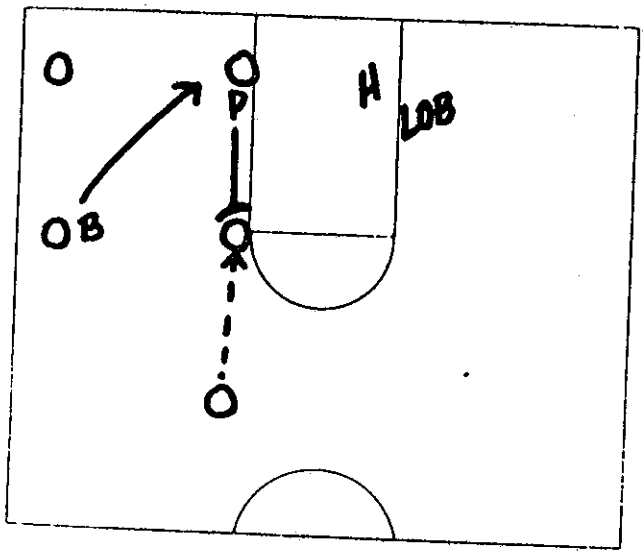


BACKLINE MEN- SLIDES AND ROTATIONS:

Pass from baseline corner to ball-side point, ball posistion backline will jump back into wing denial stance.

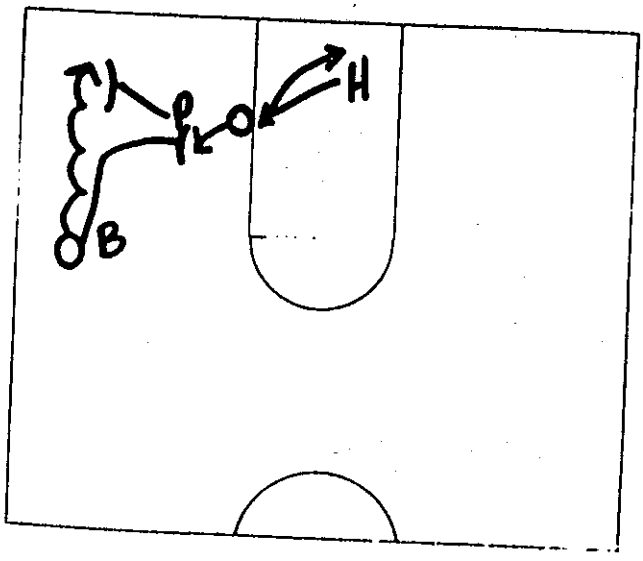


MAN IN HIGHPOST- "SHOTGUN" CALL

P- Closeout on pass, shot protection

B- Drop to Blocks

H- Protect lob early, watch for post-up and flash.



DRIBBLE-HELP-SWITCH:

When postman moves up to midpost or steps out, ball and post may help and switch with hoop man hedging and rotating.

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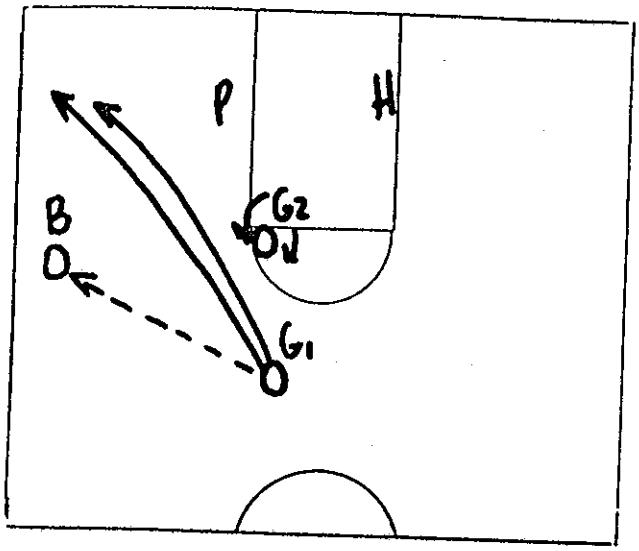
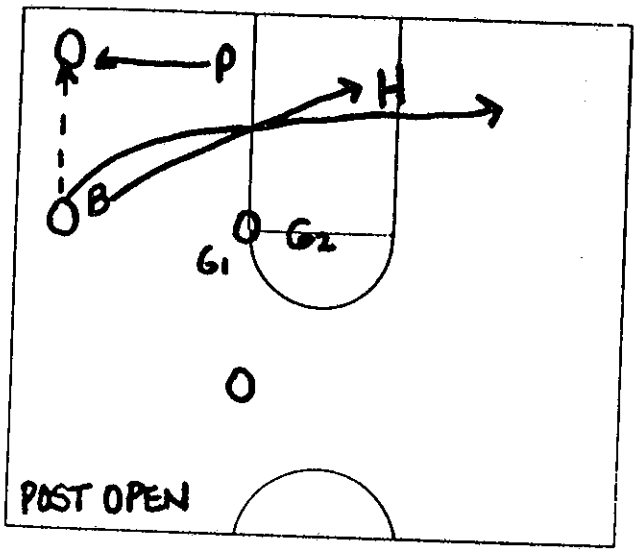


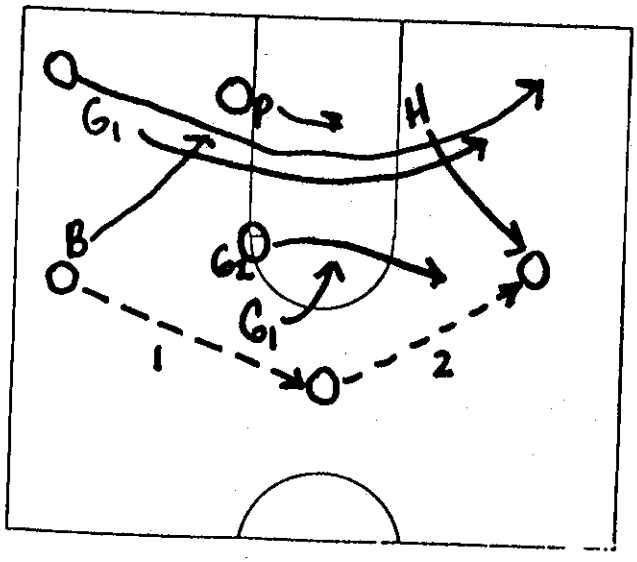
CONTROLLING CUTTERS:

Cutters to ball



CUTTER AWAY:

Defenders should loop to get over the top and get position between ball and man. Do not get screened or tangled with the post.



Reversal from G_1 to Corner

If you run straight line you may get screened and end up in bad position. You must read and make adjustments.

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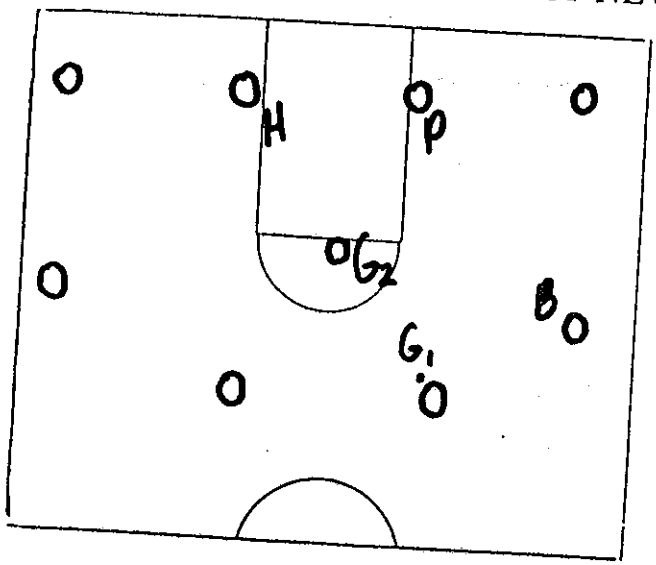


9 ON 5 DRILL:

A. COACH TELLS PLAYERS WHEN TO PASS.

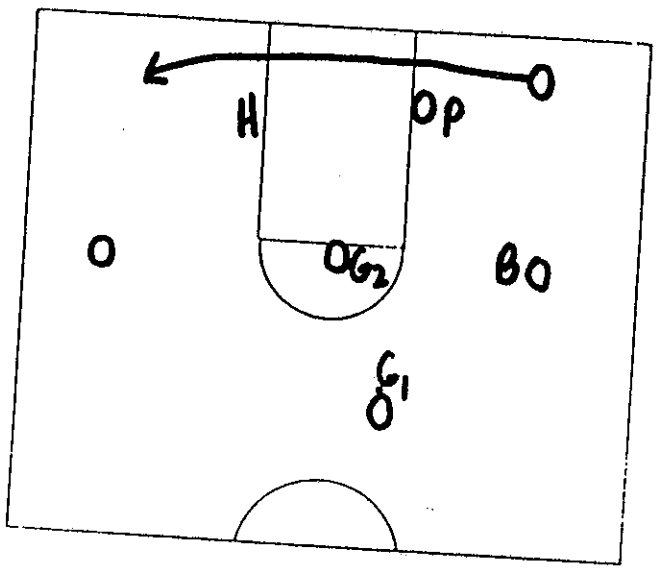
B. WORK ON SLIDES AND ROTATIONS.

C. PENETRATE WITH THE DRIBBLE.

D. CHECK CLOSEOUTS

E. STAY IN DEFENSIVE STANCE.

F. BE CERTAIN HOOP BACKLINE HAS PISTOL-vision.



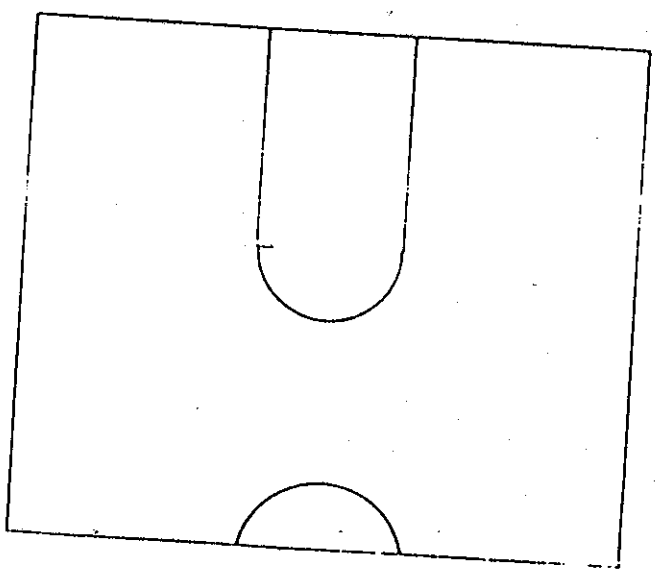
6 ON 5 DRILL:

Same rules as above prevail,

Closer to game situation.

Check rebounding technique with positions to set base.

Apply all M-T-M principles.



5 ON 5 RUN AGAINST SETS

Incorporate the use of the "calls" by quarterback (G_1)

A. Trap
B. Passing lanes
C. Man-to-man
D. Extended
E. SAG

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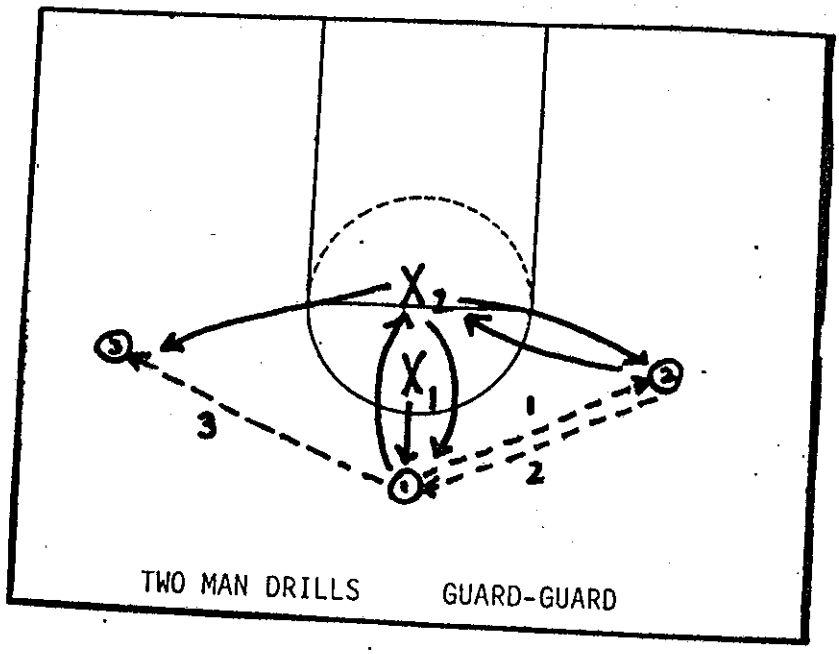

TWO MAN DRILLS GUARD-GUARD

2 guards must defend 3 offense outside men. One guard (quarterback) will be on the ball. The other guard will be protecting the high post area. On the guard to wing pass X_2 will cover O_2 and X_1 will fall back and cover the high post area. On pass 2, wing to point, X_1 will cover O_1 and X_2 will cover high post (Point of emphasis: As ball is passed from wing to point, the guard covering the high post will not leave until he is replaced by the other guard). On pass 3, X_2 will cover the wing and X_1 will fall back to high post. This movement is done every time the ball is reversed from wing to point to wing.

Drill is started by passing only. Drill is strengthened by allowing offense men to penetrate on the dribble and throw skip passes.

Drill typifies how hard guards must work if they are to defend against three perimeter players.

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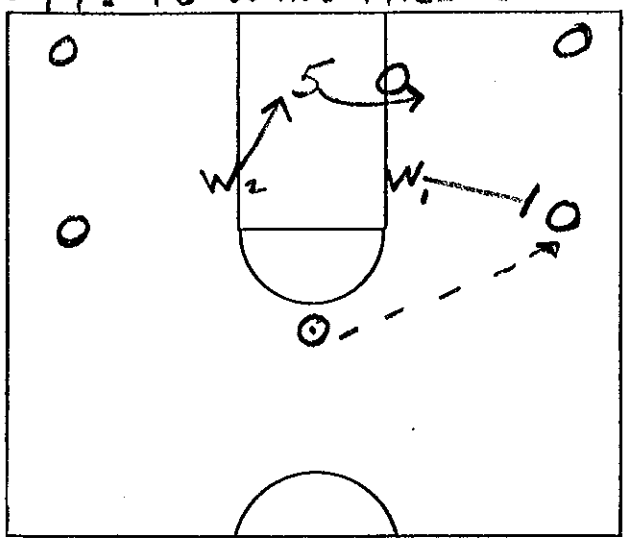
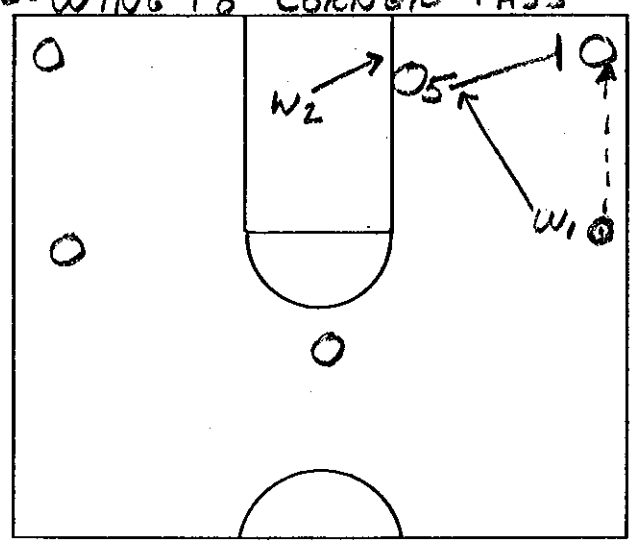
1. Pt. to Wing Pass (Same Both Sides)



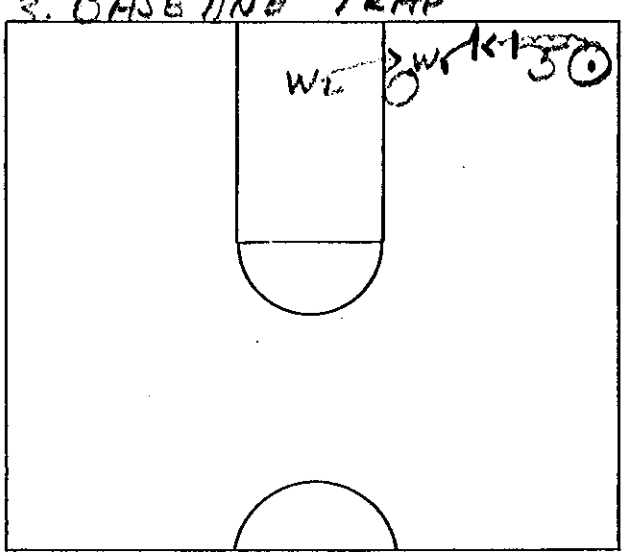
1. W1 = Pressure Position and Traps with Chaser
2. 5 = Front Low Post – Same as Man Defense
3. W2 = Point Position Same as Man = Ready For:
   A. Lob to Low Post
   B. X Court Pass to Wing on Corner

2. Wing to Corner Pass



1. 5 = Pressure Position in Corner
2. W1 = Dive on Post = Proper Post Defense
3. W2 = Show Base Line and Back to Point Position

3. Base Line Trap



1. 5 & W1 = Trap Base Line
2. W2 = Front Post – Come on Base Line Side

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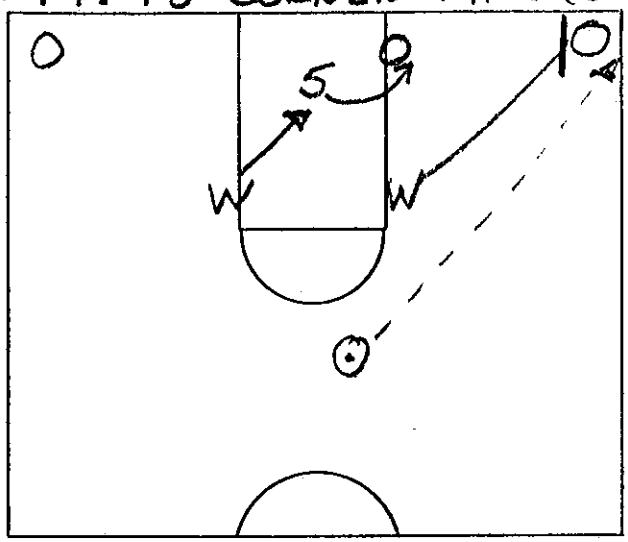
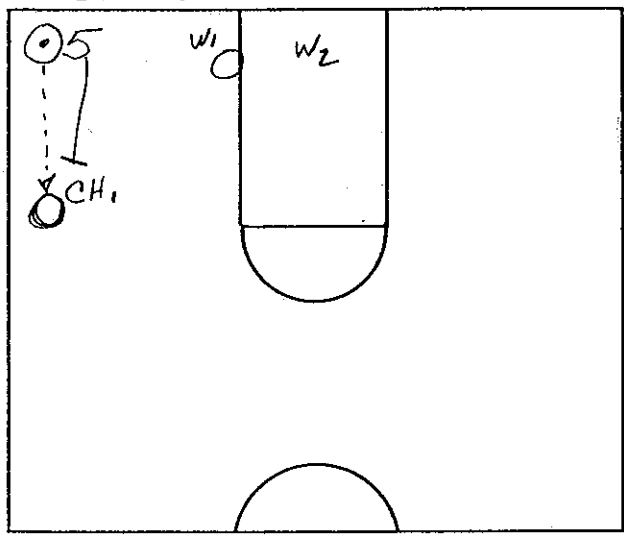
4. Pt. to Corner Pass (Both Sides)

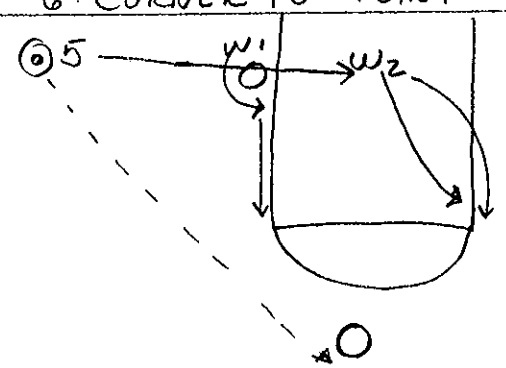


★ Important Wing Must Take This and Not 5

5. Corner to Strong Wing



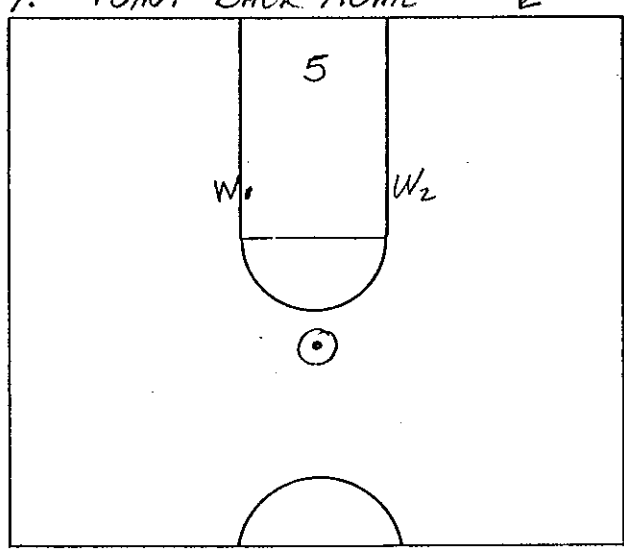
6. Corner to Point



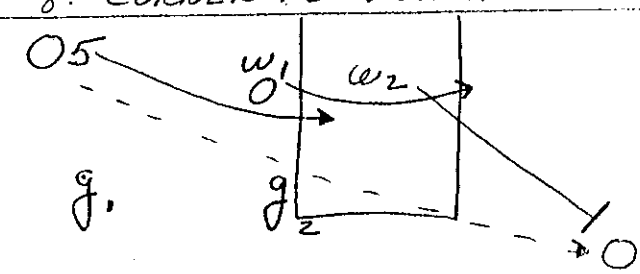
A. W1 overtop to stop lob and back to home position

B. 5 must get back to basket

7. Point Back Home



8. Corner to Weakside Wing



(g2 can take this closest man idea)

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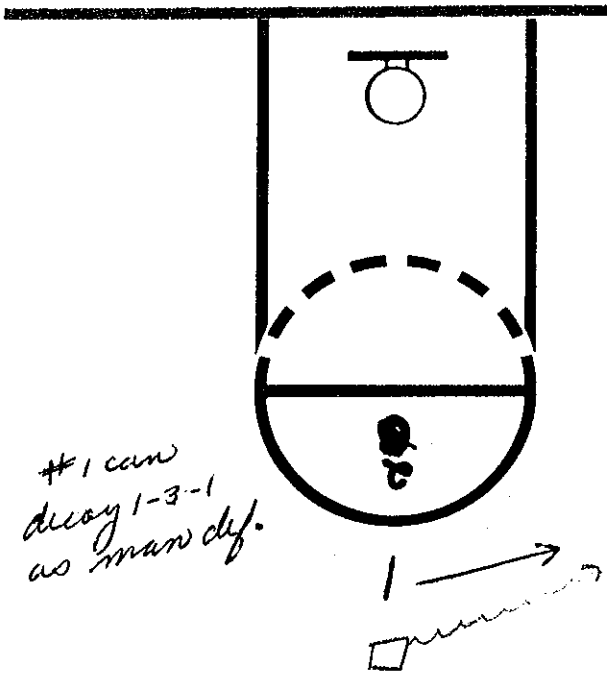
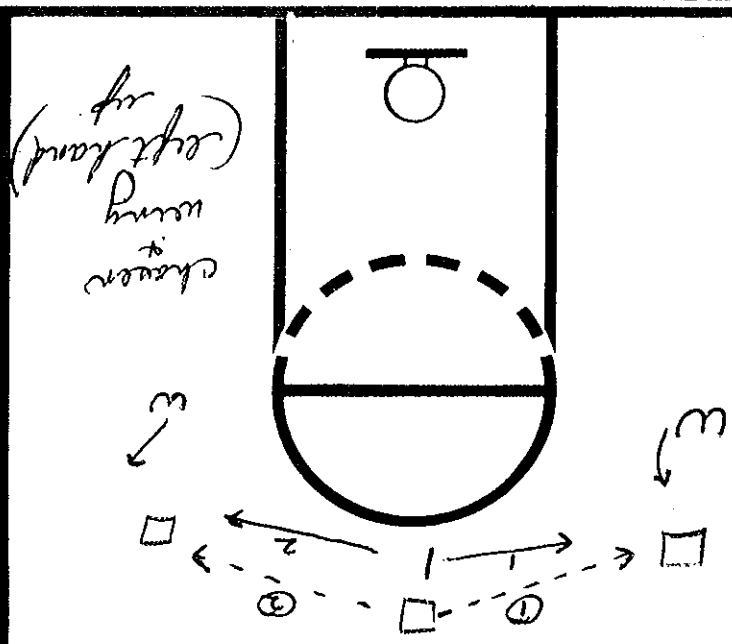
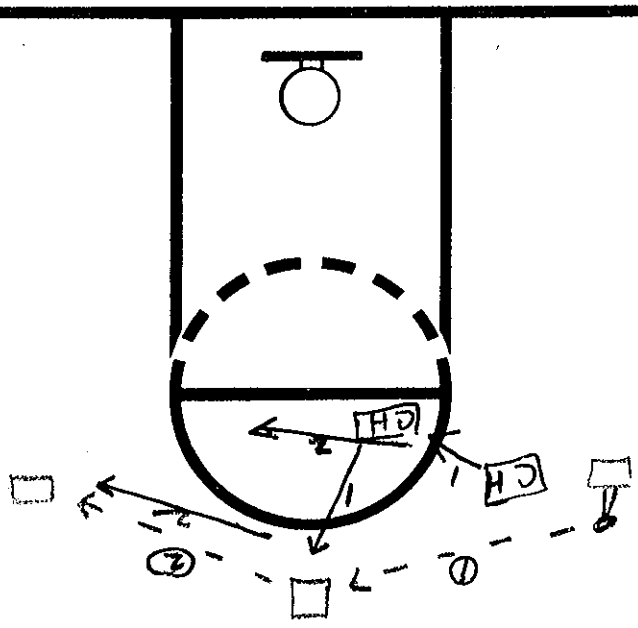
BASKETBALL STRATEGY PLAN SHEET

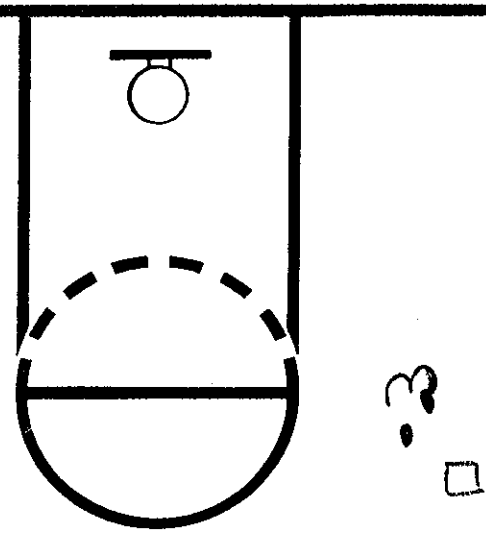


Drive to either side #1 takes ball
#2 fronts anything in lane



cleaner (Rt. hand up)
(Rt. hand up)





looking man goes to first cut
and do that as he can get
close to basket

another fine product by UNIROYAL

another fine product by UNIROYAL

* Weak side W + CH can stay man + have match up

* On dribble CH will cut off side line + W will take ball to corner - 5 stays low

Short pass W stays with pass + do not make slide between 5 + W!

BASKETBALL STRATEGY PLAN SHEET

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another fine product by UNIROYAL

IF HE GOES BASE LINE #5 + STRONG W PINCH. CH ON WING GOES TO MIDDLE + CH ON POST DROPS IN.

CH will cutoff pass along sideline

* CH ON PIVOT CAN LOOSEN + PLAY FOR BALL + STEAL
* 5 CAN let him go baseline for double team – NOT TO INSIDE

BASKETBALL STRATEGY PLAN SHEET

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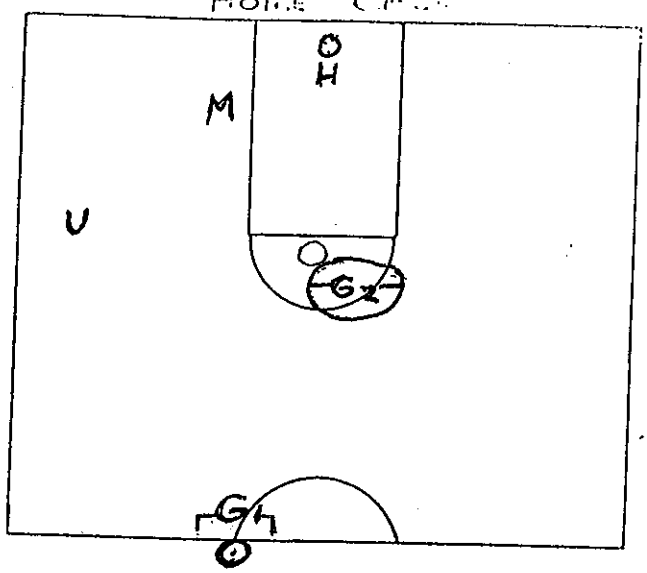
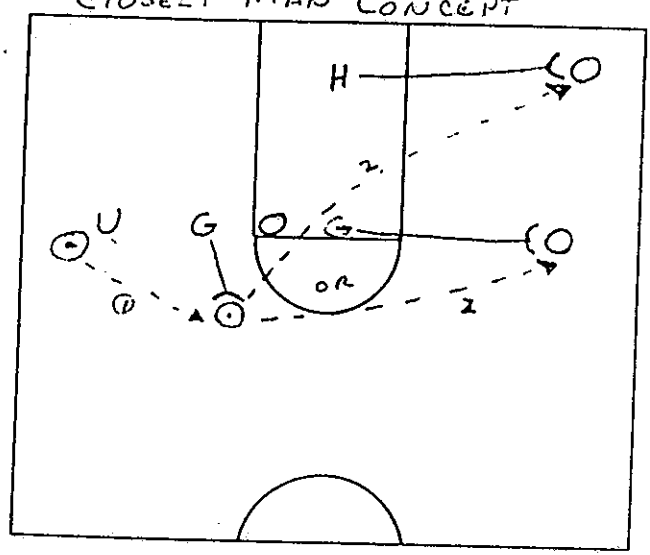
TREND

Home Base

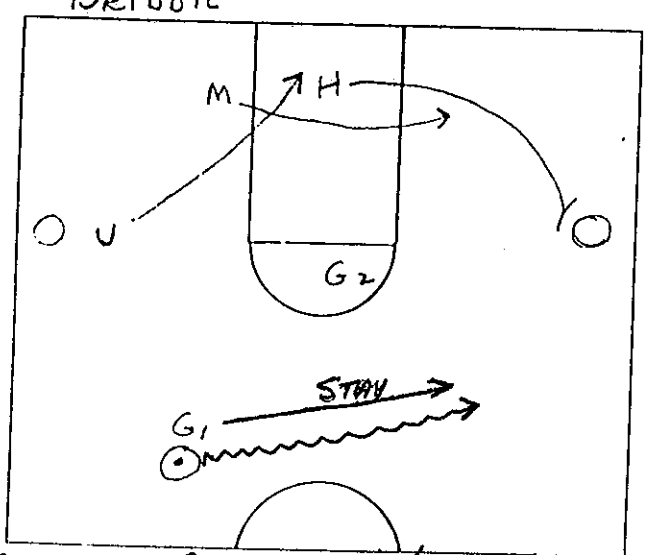


1. Inside Players - Play Man Principles
2. Keep Ball To [illegible]
3. Up Forward (U) Deny
4. Middle Forward (M) Front Post Face Ball
5. Hoop Forward (H) Pistol (Help) Def
   Takes Flash Cut, Covers All Help Side
6. Take Away Gaps
7. 3 Forward Rotation

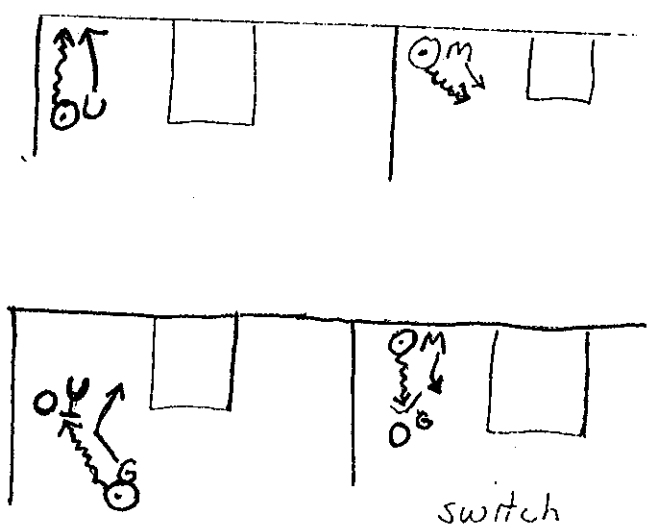
Closest Man Concept



Dribble



★ Guarding Ball And It's Dribbled You Keep It!



Can Switch And Guard Take

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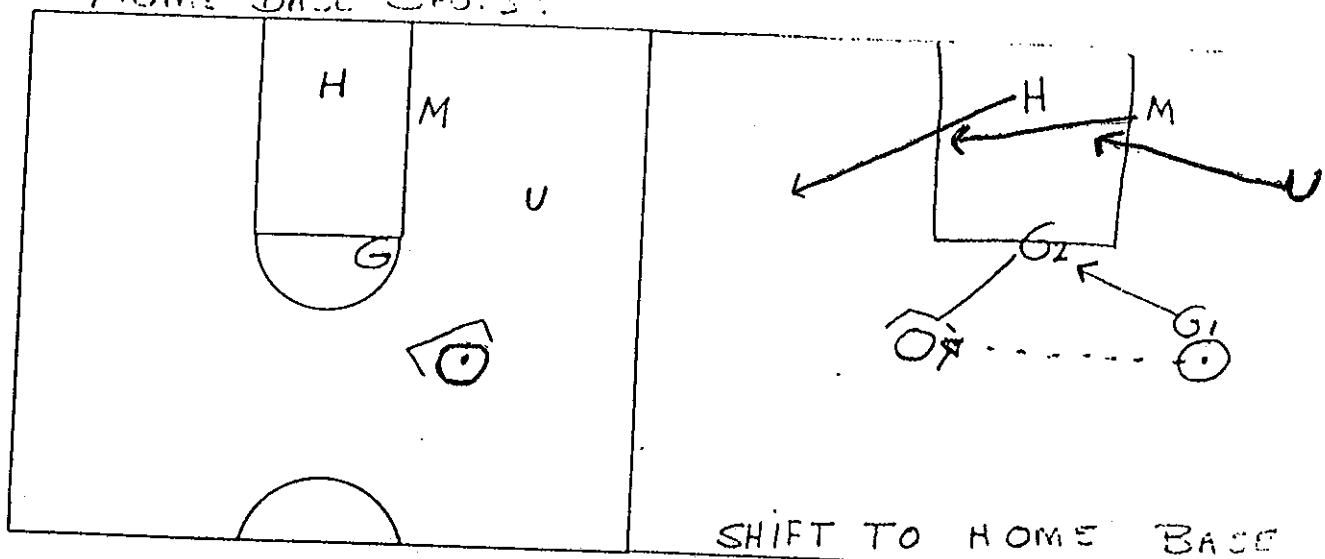
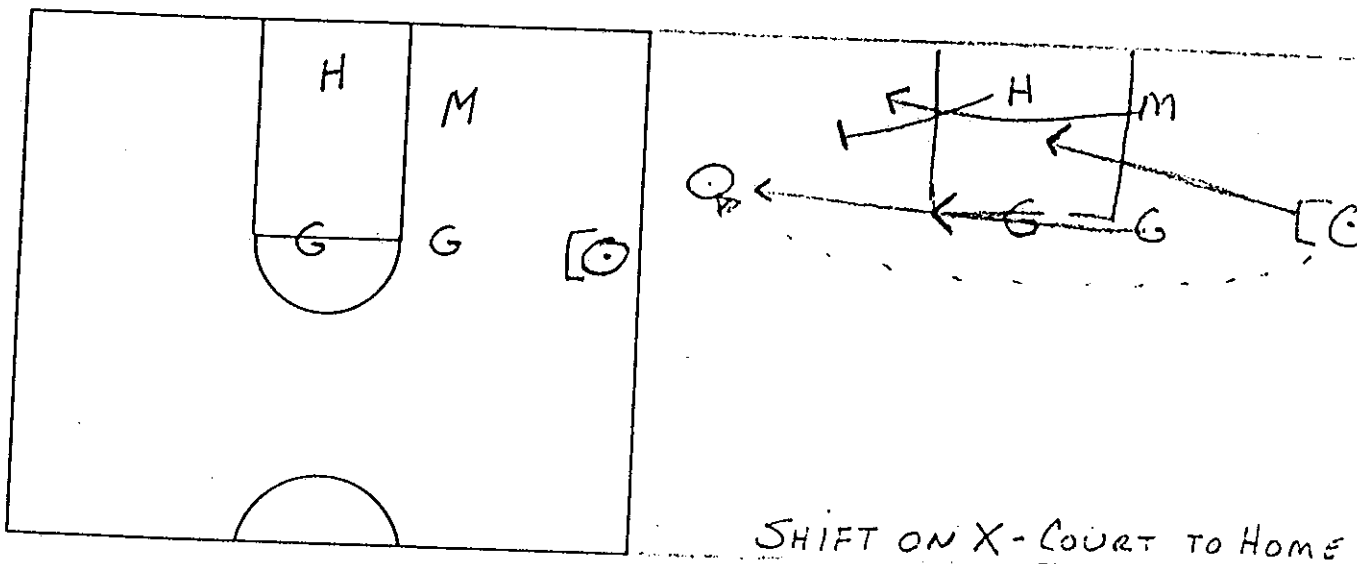
HOME BASE SPOTS:

GUARD AREA



SHIFT TO HOME BASE

WING AREA

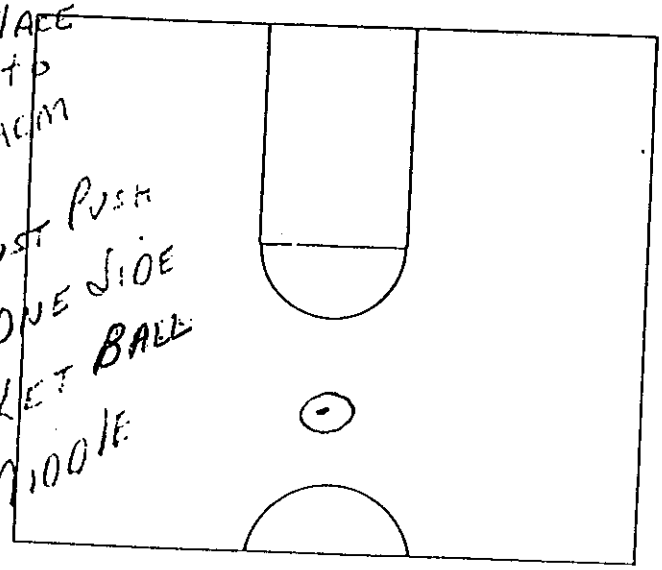


SHIFT ON X-COURT TO HOME

* WORSE PLACE FOR BALL TO BE FOR THEM

* THEY MUST PUSH BALL TO ONE SIDE

DO NOT LET BALL SIT IN MIDDLE



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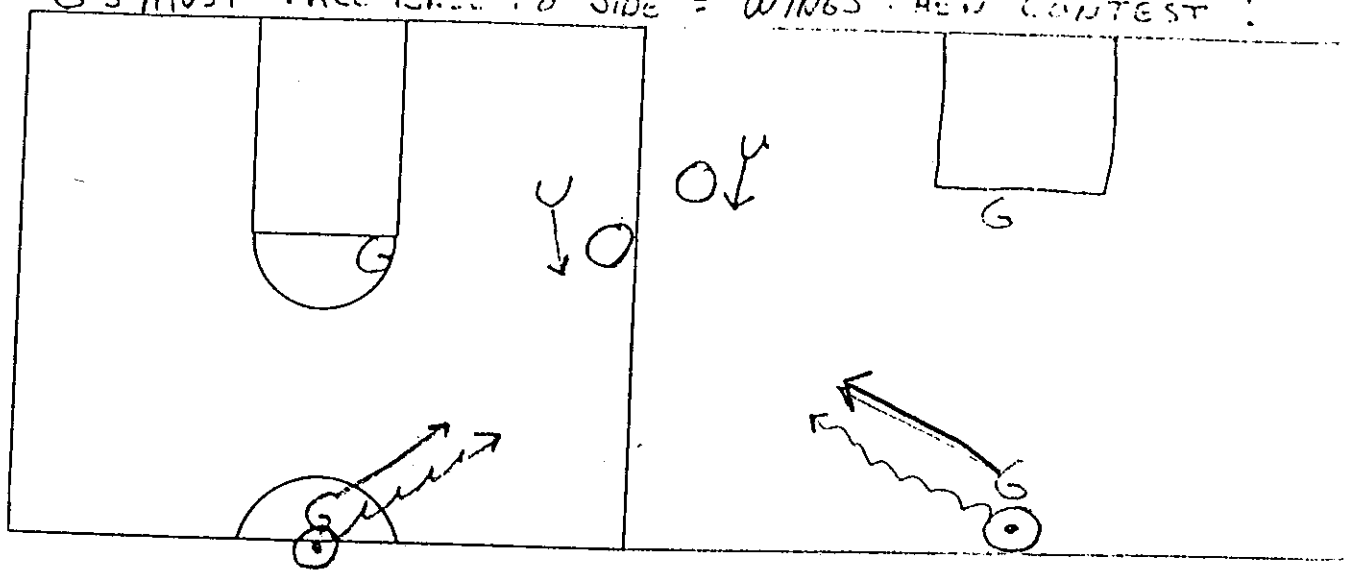
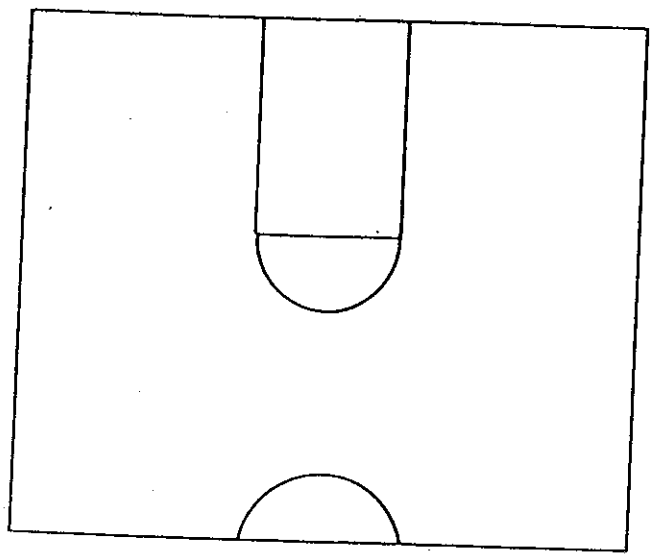
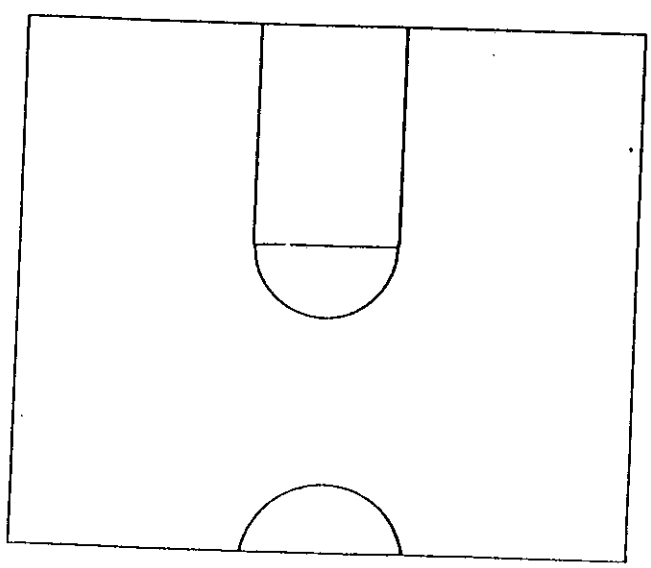
G's MUST TACKLE TO SIDE = WINGS THEN CONTEST !







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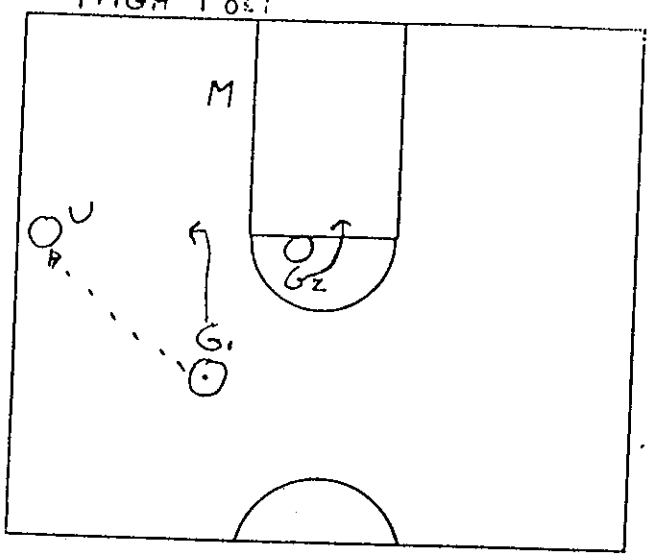
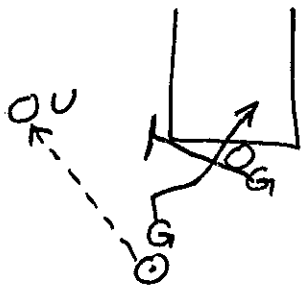
HIGH POST

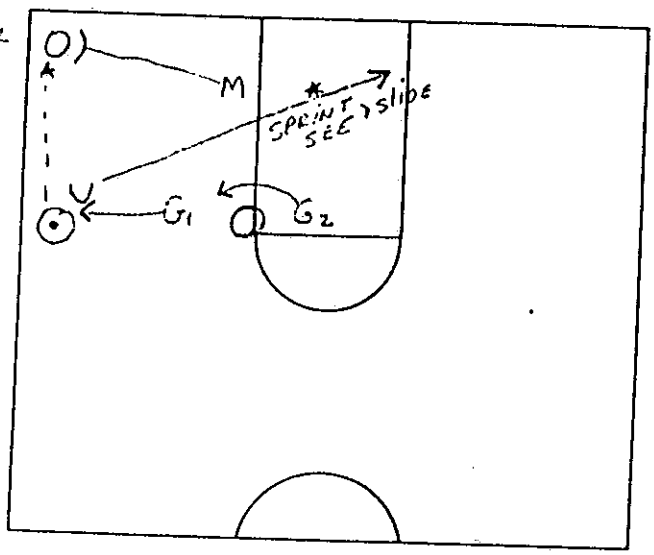


G-U. PASS
★
GUARDS DROP TO PROTECT HIGH POST



G's CAN ALSO SWITCH THIS

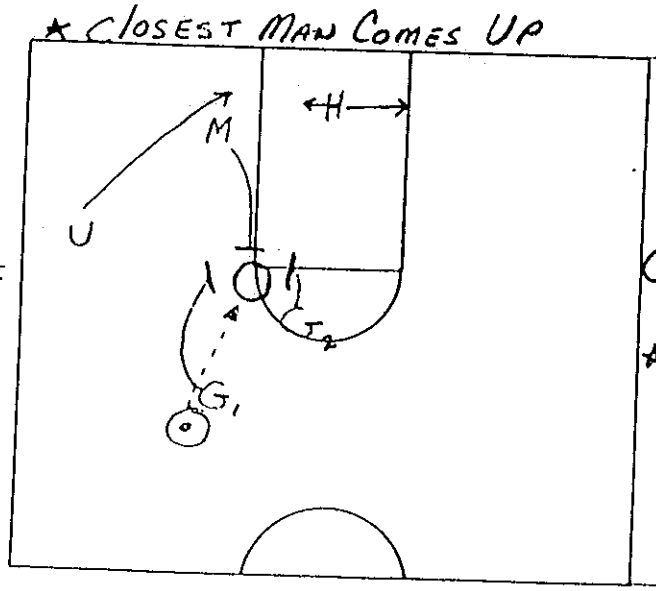
W. TO CORNER PASS
★
G_2 COMES TO BALL SIDE AND PLAYS POST DEFENSE

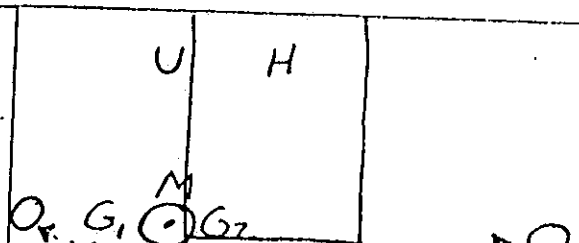


★ PIN HIGH POST – MAKE G_2 PLAY YO
IN HIGH POST – CAN'T MAKE IT EAS

★ CLOSEST MAN COMES UP

G. TO HIGH PASS
★
M COMES P FOR CLOSE UT, AND G_1 VC G_2 DIVE TO STAN





★ CLOSEST MAN WILL TAKE PASS OUT OF POST!

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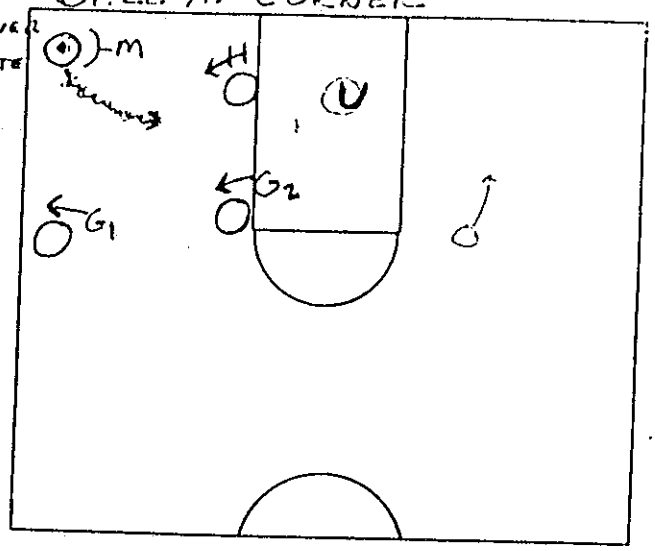
OFFENSE

★ Ball in Corner Must Penetrate and not Dribble up Sideline !

Ball in Corner



M = Close Out / Ball Responsibilit

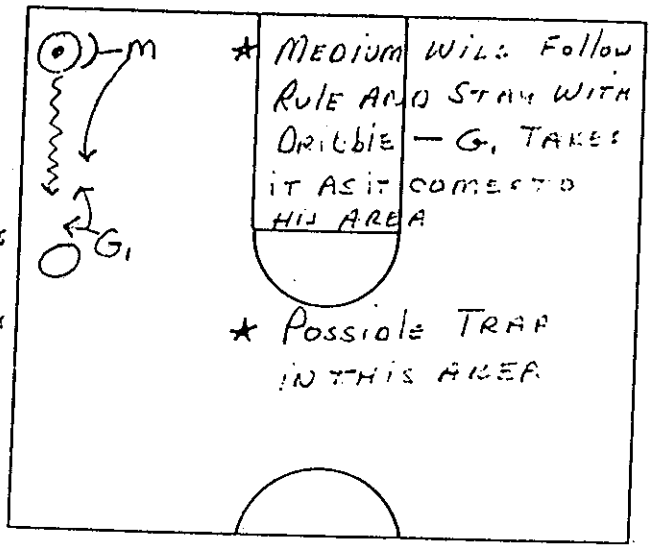
H = Front Post

U = Help Side / Must See Everyo

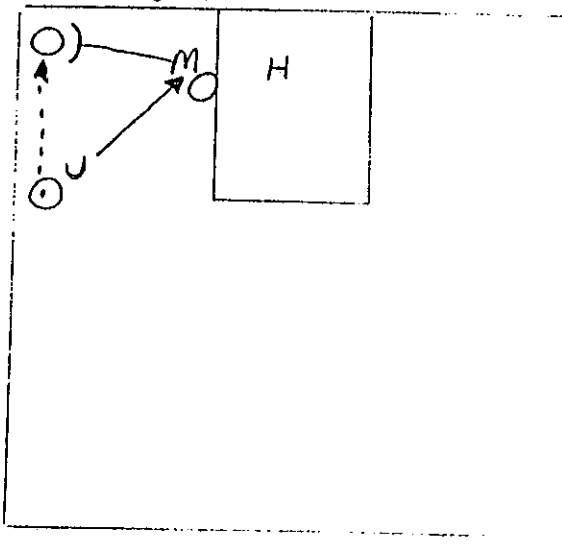
G_1 = Sideline Passing Lane Sideline Dribble

G_2 = High Post Responsibilit

★ M + G_1 would switch and Guard takes ball as it comes to his area



Adjustment Slide

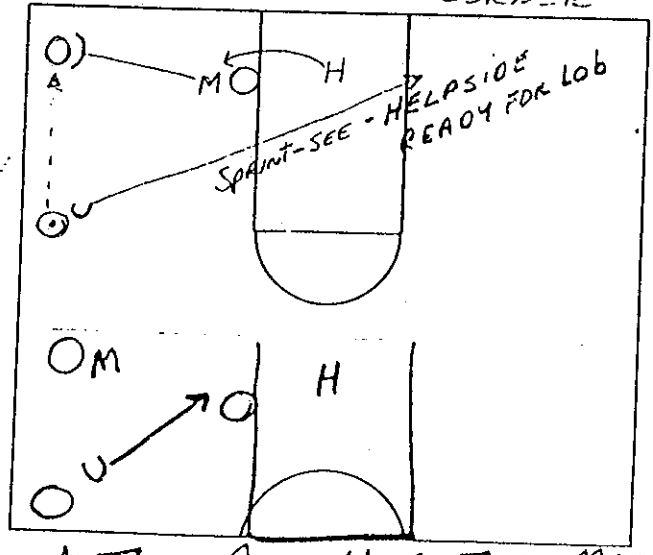


Penn State Slide

★ Slide For Pass to Corner

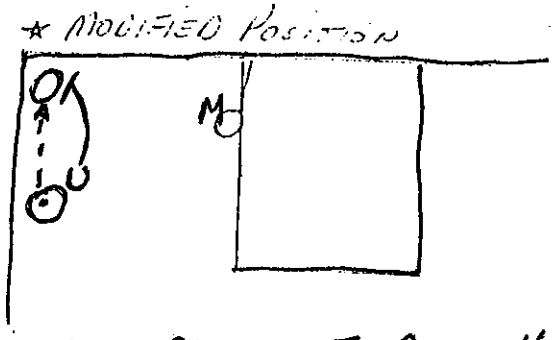
M = Close Out Position same as man defense

H = Comes to front on baseline side



★ They also use two man

★ Modified Position



U. is closest to ball he will follow pass and take ball in corner

Use this slide when ball is below foul line extended.

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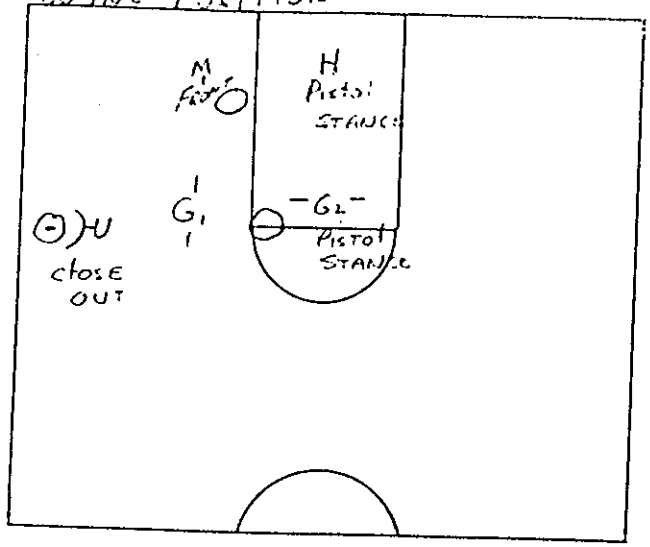
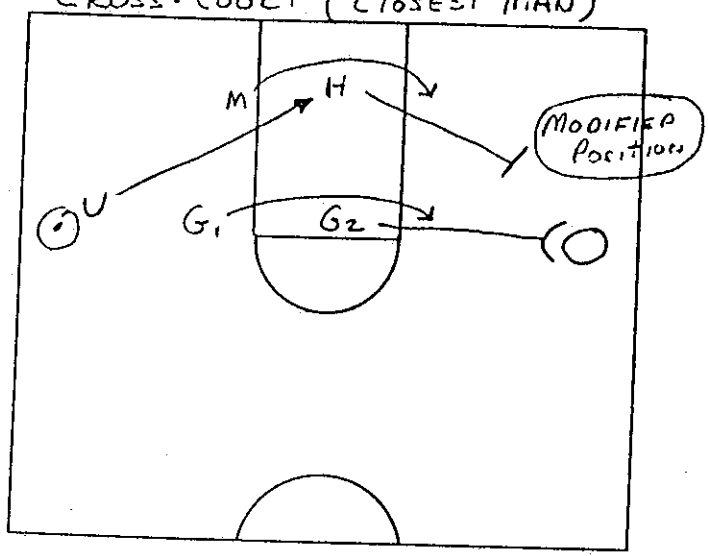
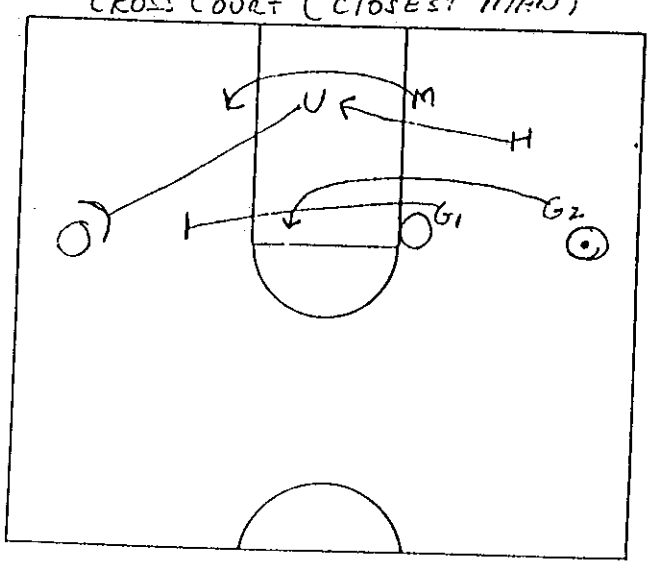
WING POSITION



CROSS-COURT (CLOSEST MAN)



CROSS COURT (CLOSEST MAN)



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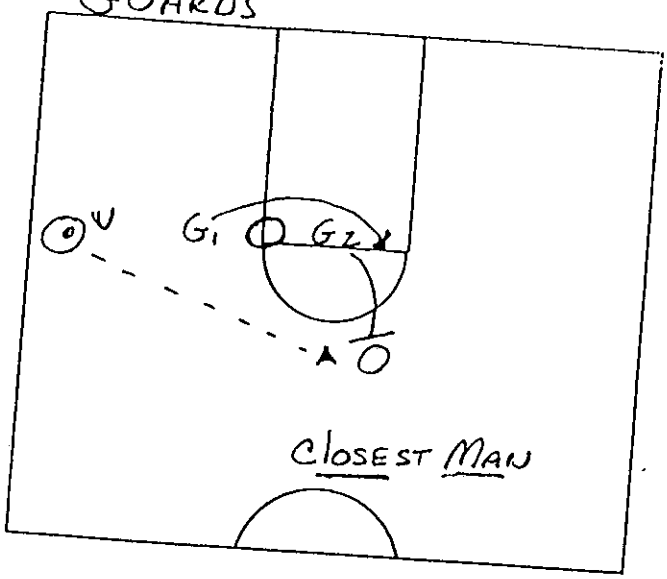
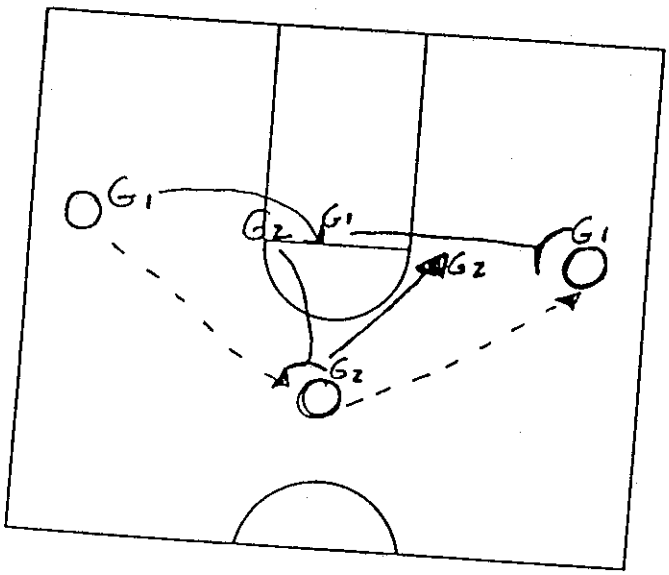
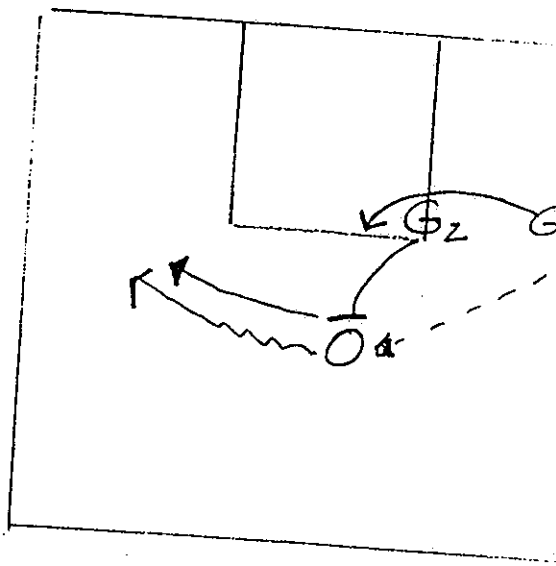
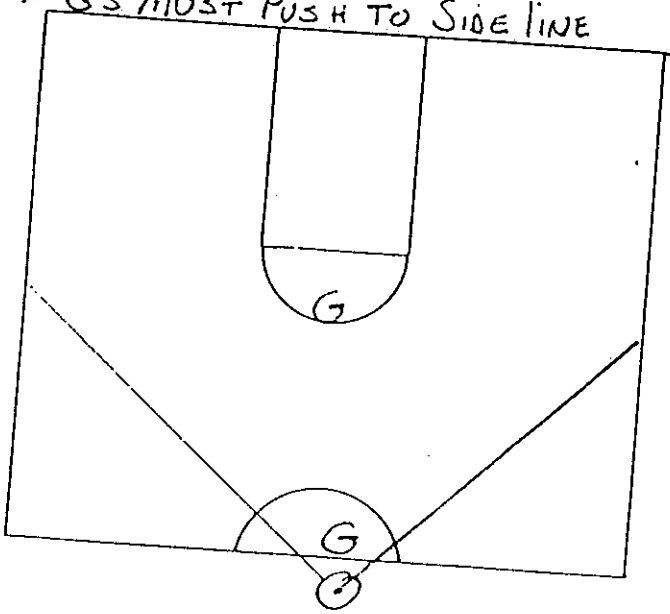
GUARDS







★ G's MUST PUSH TO SIDE LINE



★AS BALL IS PUSHED their wa willde

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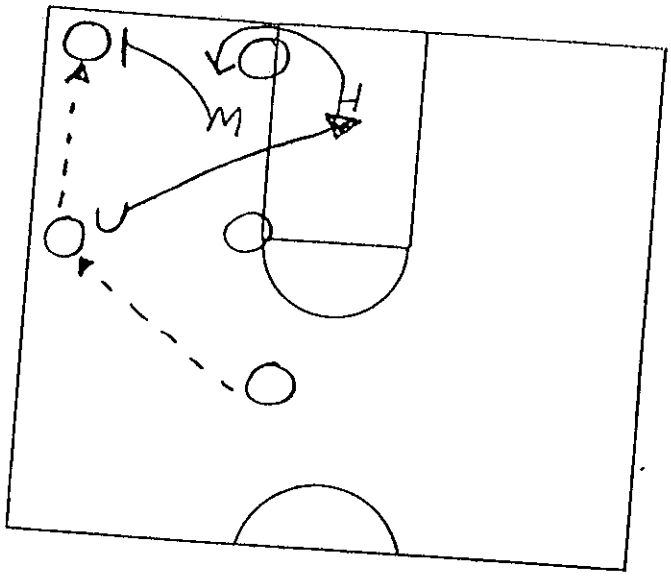
Inside Men - 3 F. Slides

1.



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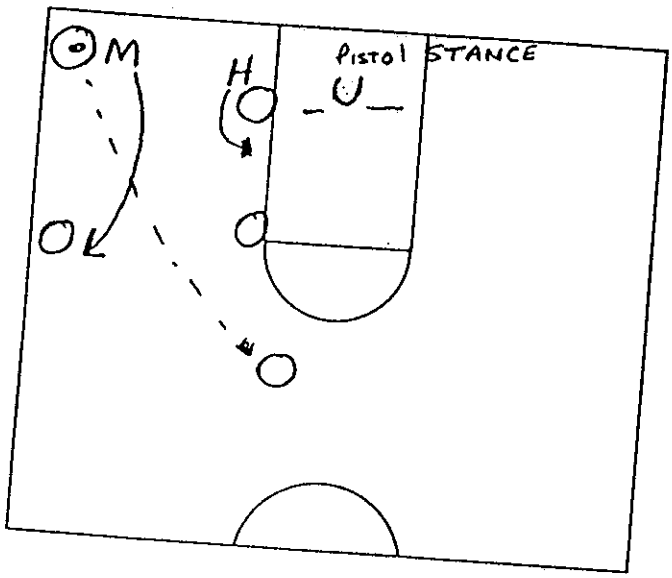
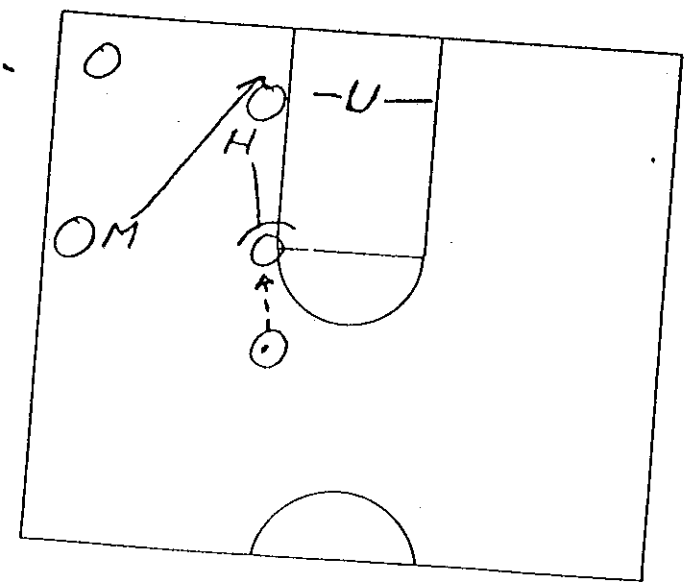
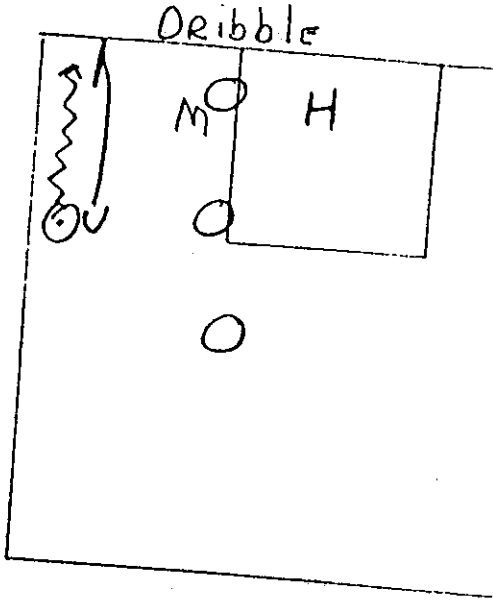


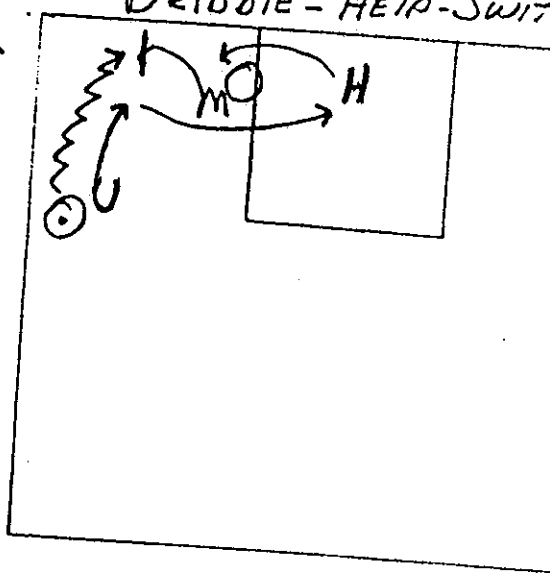
3.



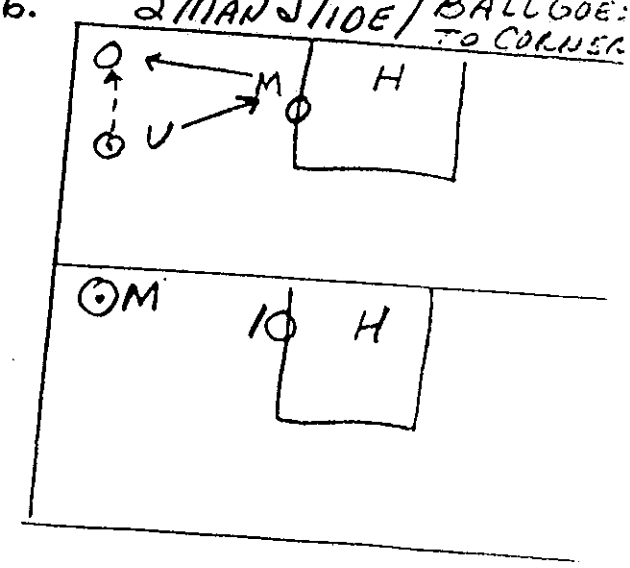
4. Dribble



5. Dribble - Help-Swit



6. 2 Man Slide / Ball Goes To Corner



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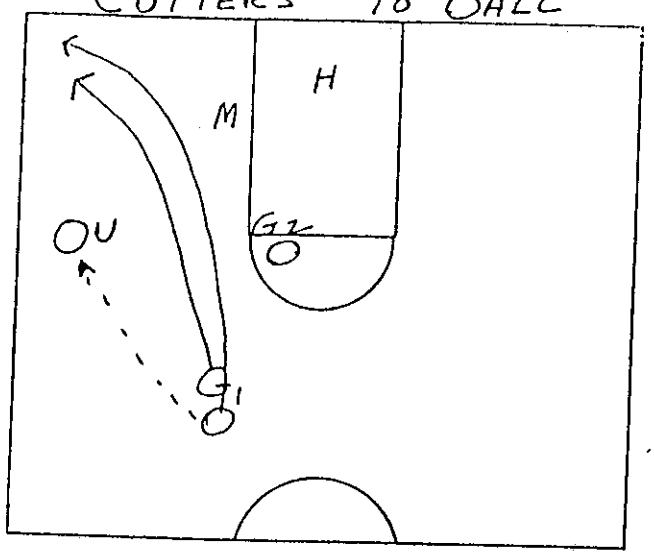
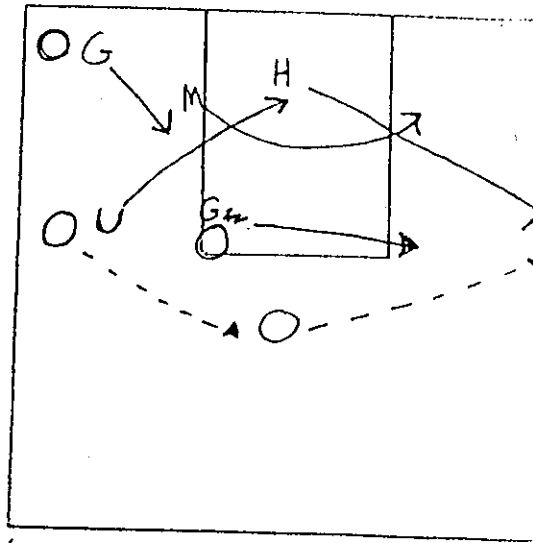
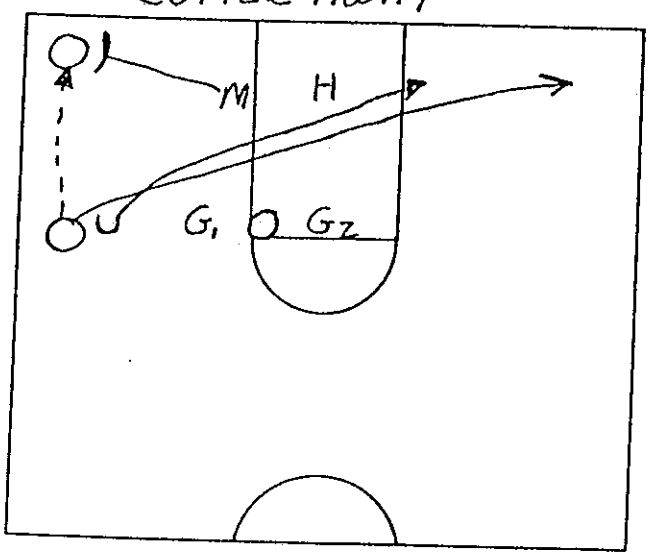
Cutters To Ball

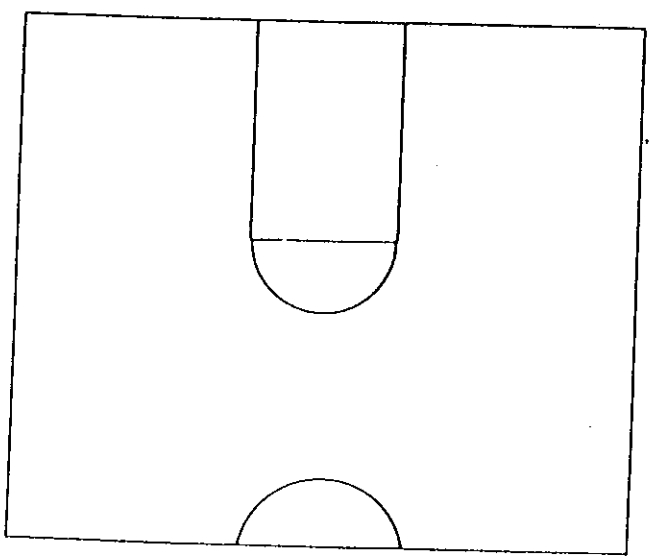


→ Reverse



Cutter Away





* 1. M Loop to get over t
TOP and get position
Between Ball and Ma
Do not get tangled wi
the post.

2. If you run straight in
you can get tangled a
get bad position - You n
read and make adjustm

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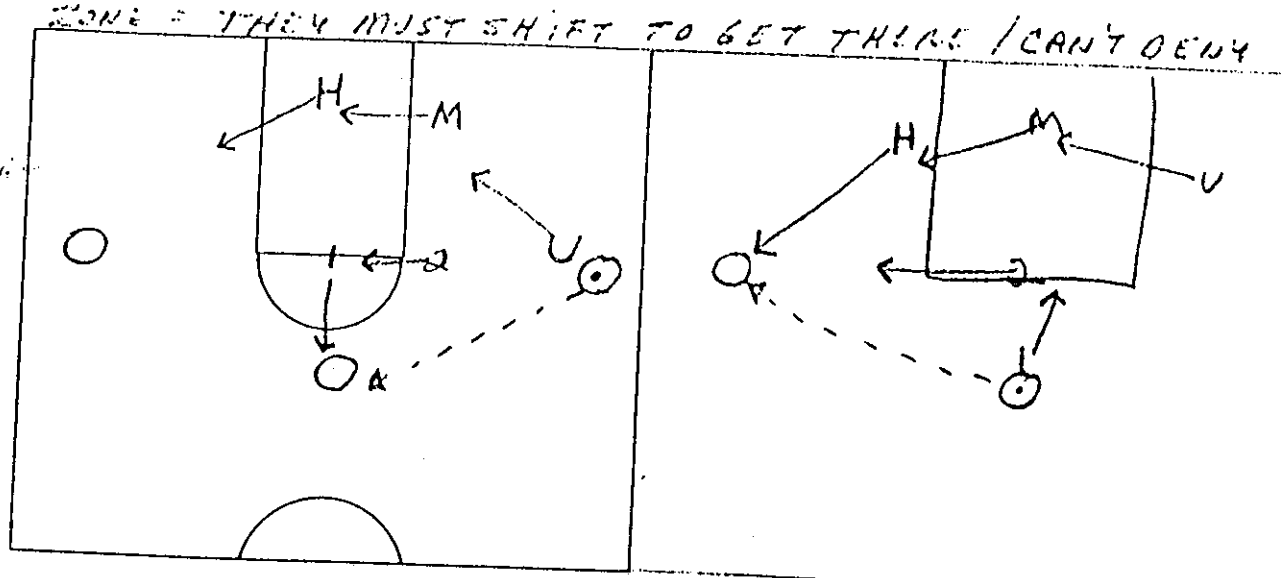
MAN = THEY DENY G TO G PASS

ZONE = THEY MUST SHIFT TO GET THERE / CAN'T DENY

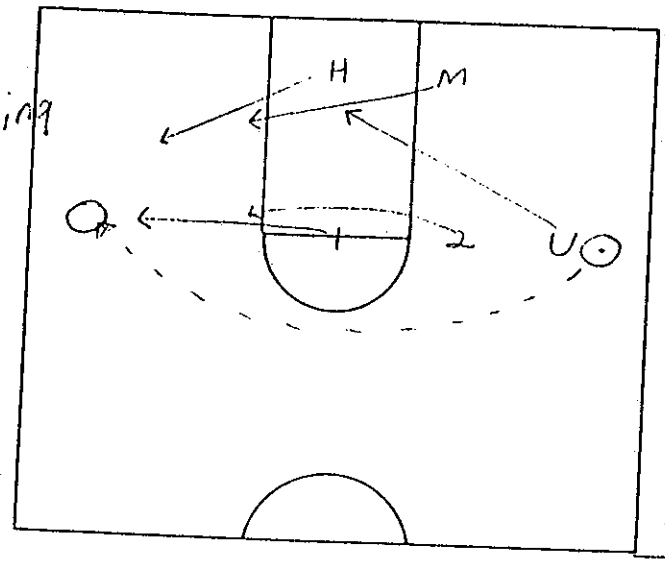
A.



B.

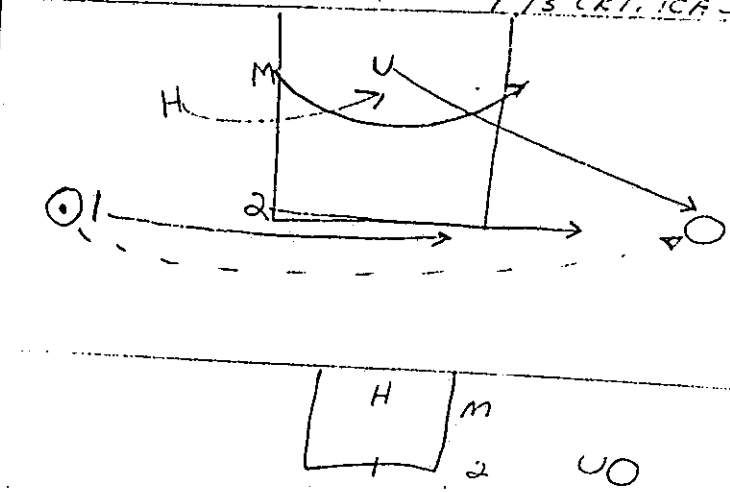
X-COURTS

WING TO WING



MODIFIED UP POSITION = CLOSE OUT G

1 IS CRITICA

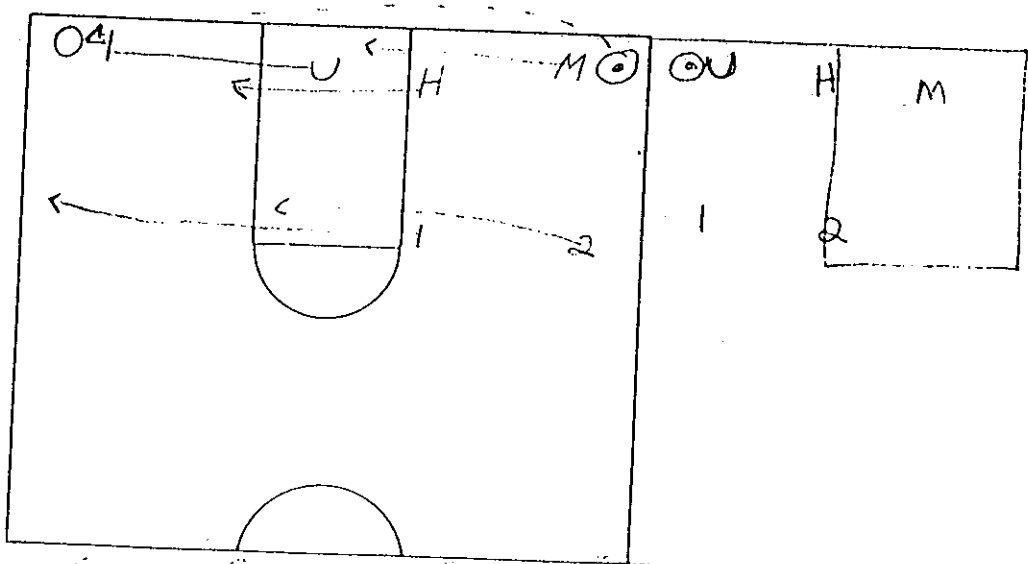


C.

X COURT

CORNER TO

CORNER



* OUR X COURT RULE IS GOOD ONE FOR FRESH

A ONE

"Jim's Cut Books"

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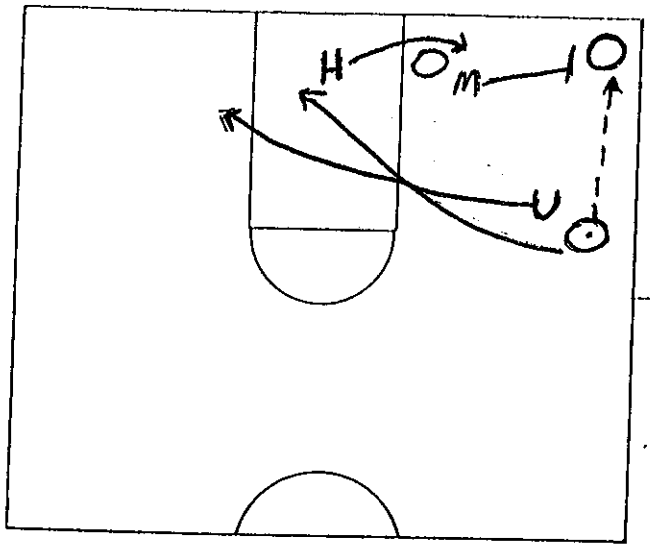
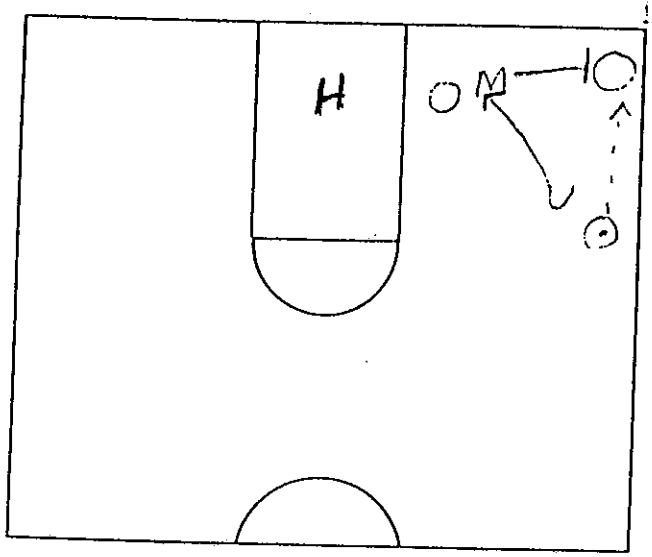
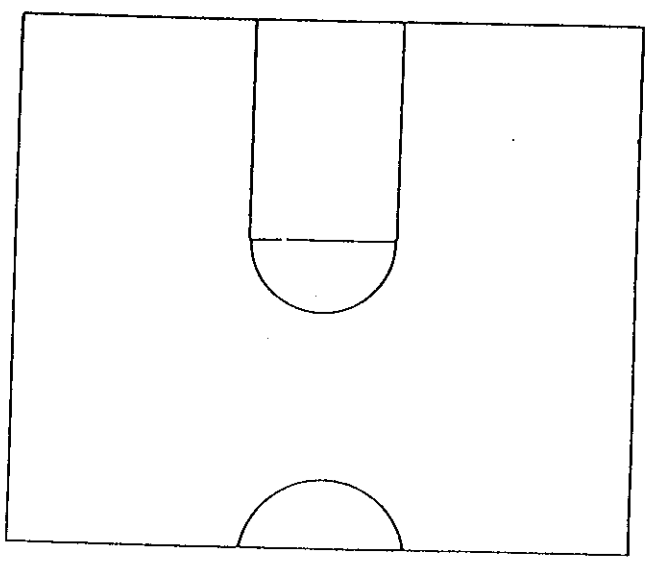


1. THEY WILL USE THREE MAN ROTATION IF THEY FEEL THE OFFENSIVE POST MAN IS WEAK !

* IMPORTANT → KNOW BEFOR GAME WHAT SIDE TO USE AN PREPARE THIS WAY — BUT WILL CHANGE AND ADJUST DURING GAME



1. THEY WILL USE 2 MAN SIDE IF THEY FEEL THE OFFENSIVE POST IS A GOOD PLAYER



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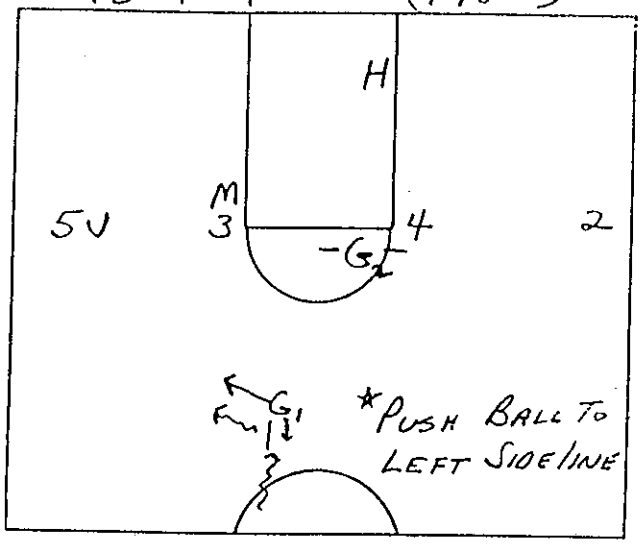
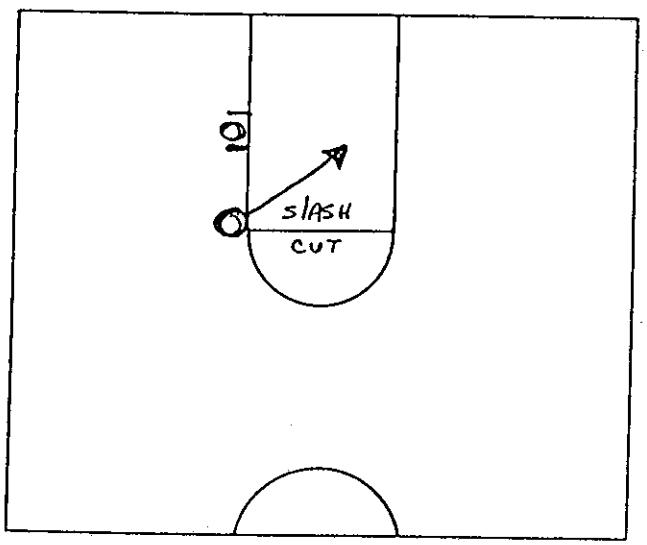
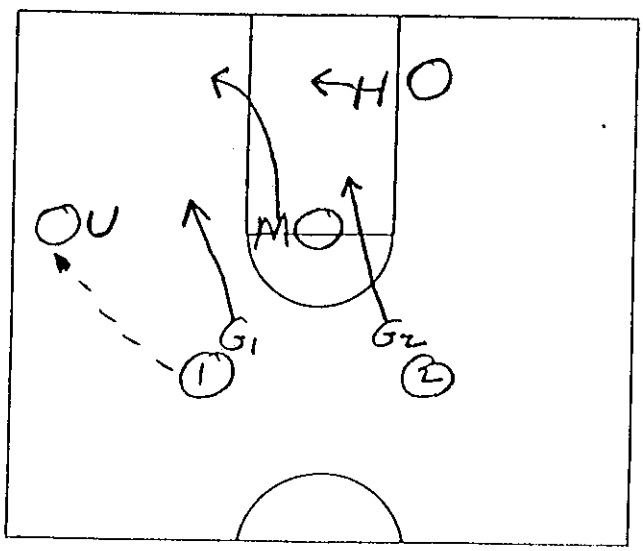
VS 1-4 SET (1982)

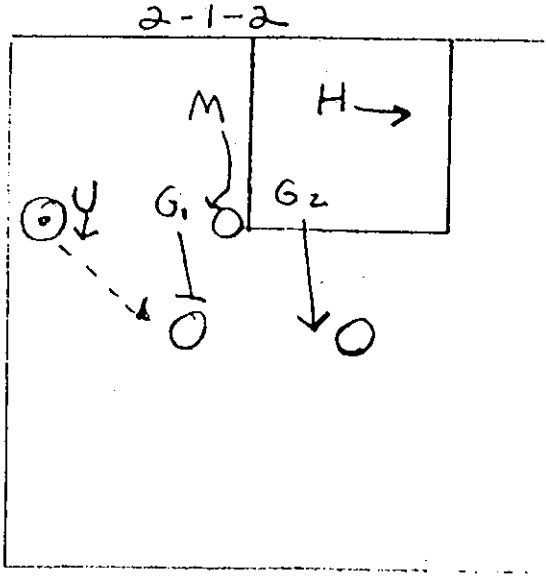




2-1-2



2-1-2



FRESNO:

1. 2 GUARD SET - EASY TO MATCH
2. EARLIER YOU CAN PICK UP BALL, THE BETTER THE DEFENSE CAN INFLUENCE TO SIDELIN

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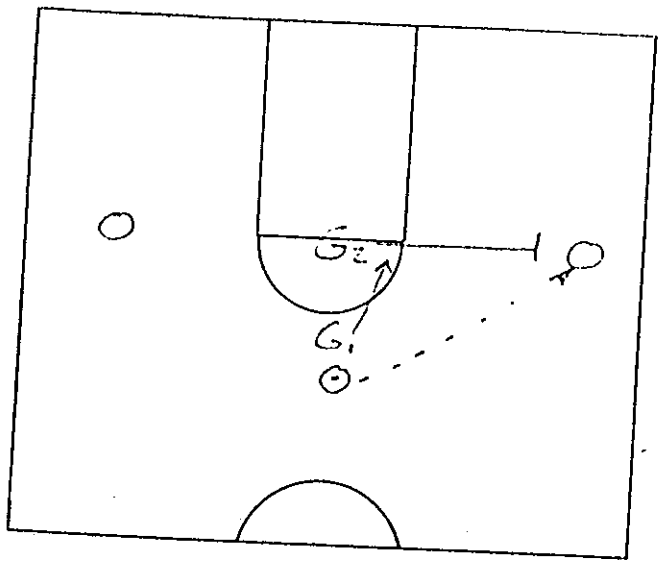
A.

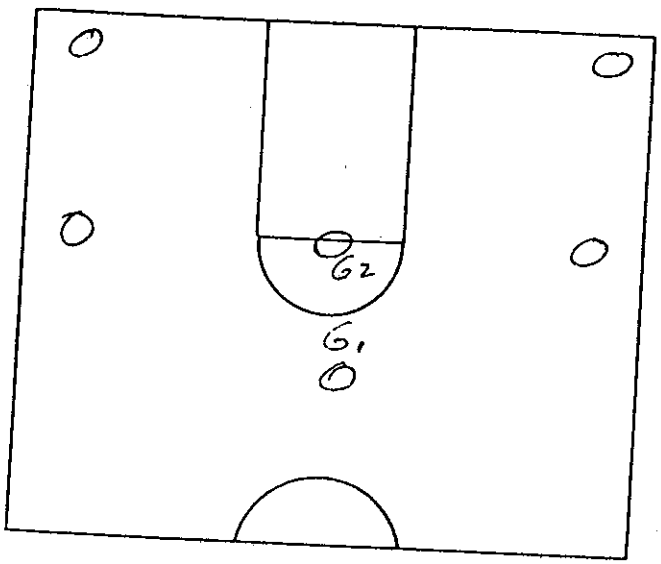


1. PERIMETER PASS + RE
MOVEMENT

2. X- COUNT PASS SLIDE

3. ADD DRIVE ON G's

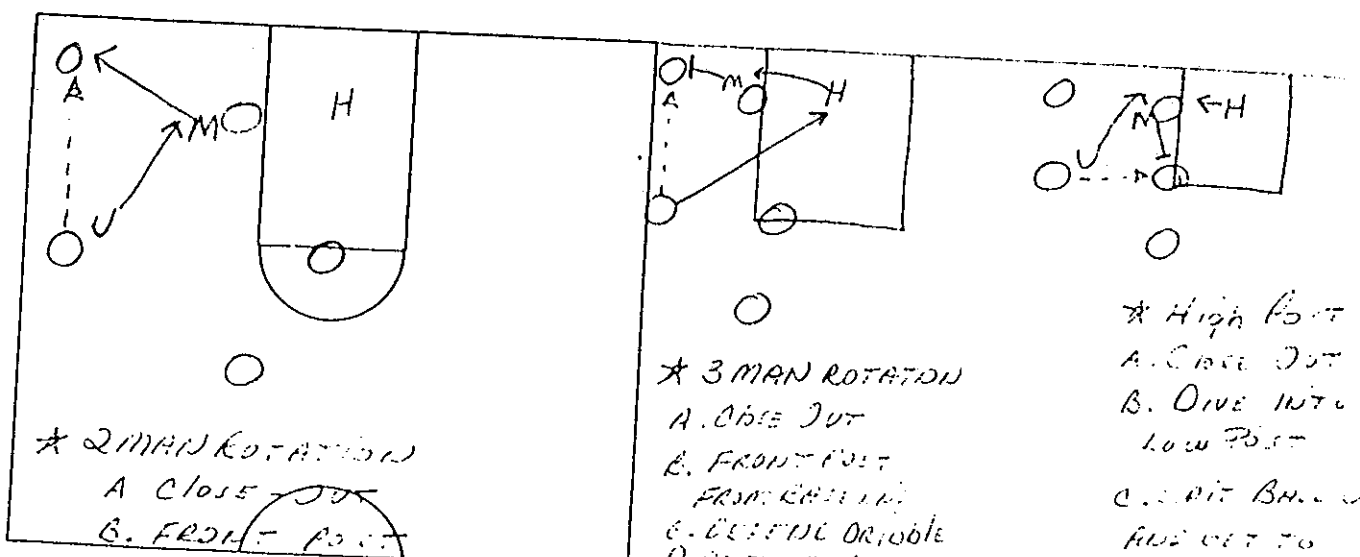
B.



1. FIND HOME BASE FOR G's

2 CONSTANT ROTATION

C.



★ 2 MAN ROTATION
A CLOSE OUT
B. FRONT POST
C. DEFEND DRIBBLE
D. DEFEND LOB
E. RIDE SHOT

★ 3 MAN ROTATION
A. CLOSE OUT
B. FRONT POST FROM BELOW
C. DEFEND DRIBBLE
D. DEFEND LOB
E. RIDE SHOT

★ HIGH POST
A. CLOSE OUT
B. DRIVE INTO LOW POST
C. SPIT BALL OUT AND GET TO HOME BASE

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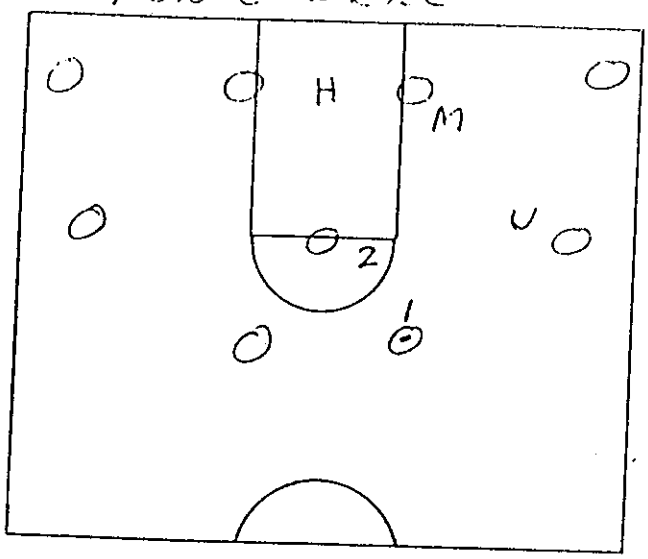
D. 9 ON 5 DRILL

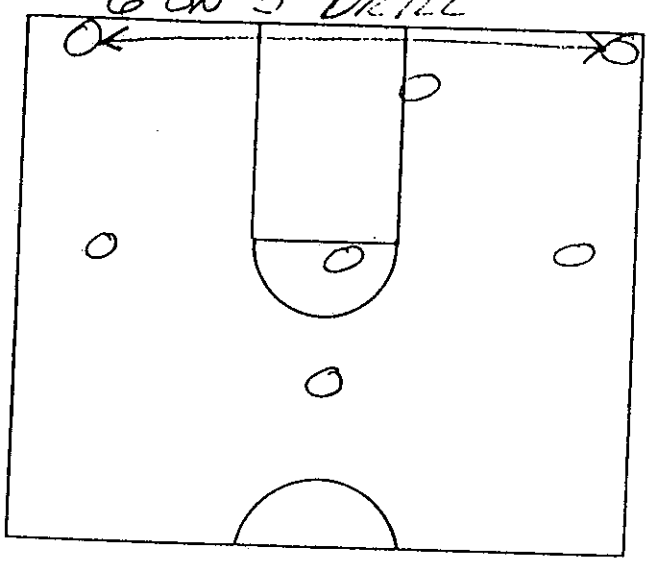


A. COACH TELLS PLAYERS WHEN TO PASS

B. WORK ON SKIDES - HOOK BASS

C. PENETRATION TELL THEM WHEN TO GO

E. 6 ON 5 DRILL

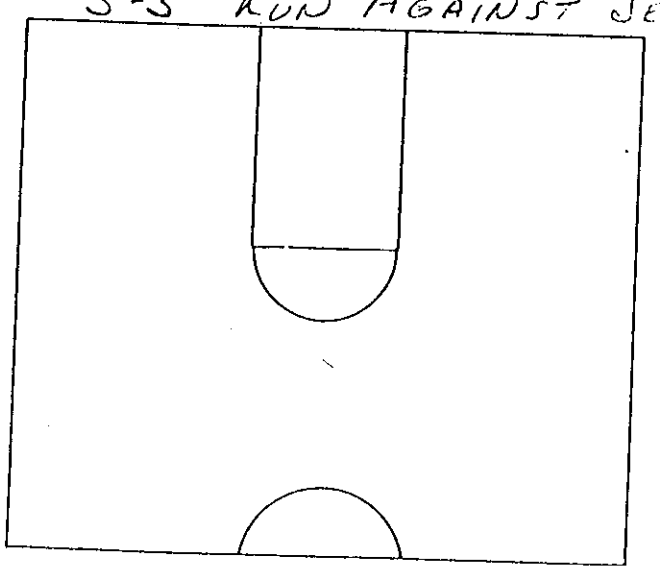


A. COACH TELLS PLAYER WHEN TO PASS & DRIVE

B WORK ON SKIDES AND FUNDAMENTALS

C. REBOUNDING

F. 5-5 RUN AGAINST SETS!



G. TRAPS = CLOCK FOR NEXT SEASON

* DON'T PUT AFTER TRAPS BUT WAIT FOR YOU - LIKE THE R SET IDEA!

* BE READY FOR NEXT SEASON

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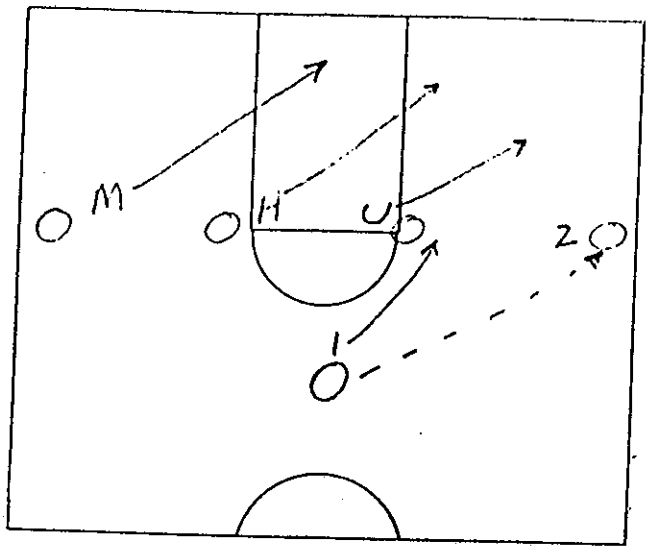
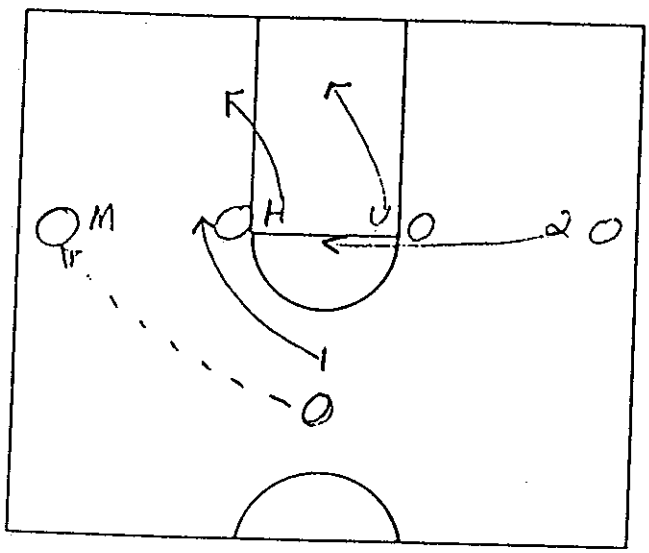
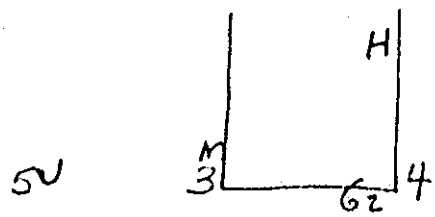


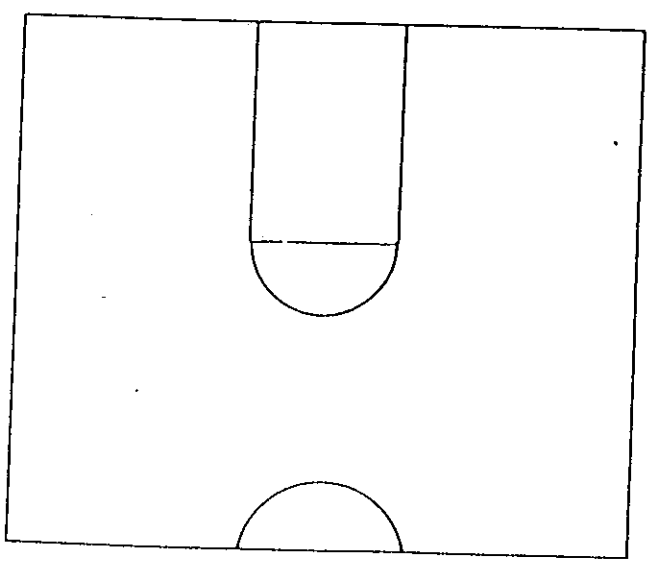
★ WHEN WE FEAR. RO
AGAINST TEAMS AT SAINT
CARRIER THEY WERE
PUSHING BALL TO LEFT
WHEN THEY CAN THIS —
SHADING OFF THE RIGHT
WING MAN







★ IT IS IN DIAGRAM



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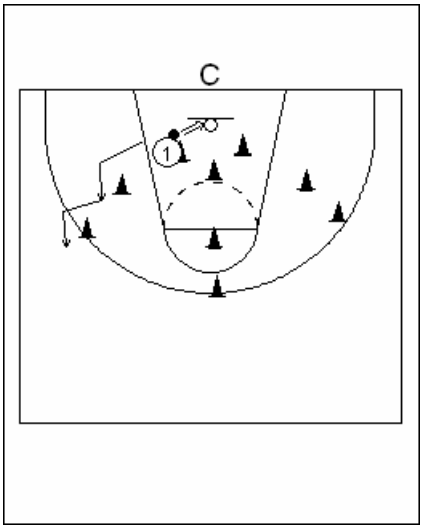
Novi Sad, 17.07.2007. World championship U19

Jerry Weinwright's clinic about practice

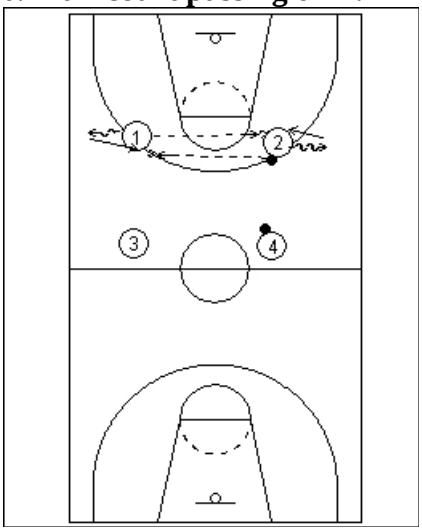
1/ Coach Weinwright often starts practice with shooting form

Drill: 3 position, when you score step back behind the cone, clockwise rotate.
….proper elbow angle, follow through, footwork etc



2/ Then he moves to passing stationary and then full court.Head up, crisp pass, pass to inside shoulder, use fakes, footwork.

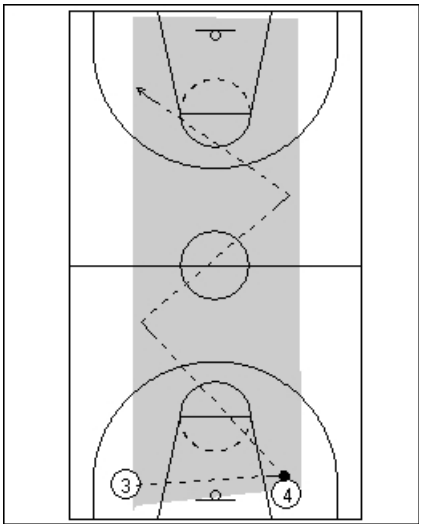
a/ Half court passing drill:



Divide team in pairs with one ball as above diagram shows:
-One hand pass with short jub and immediately make 2 stepa back and then forward, - catch, do not lower the ball, bring it into T-T-P and jump stop etc
-Bounce /chest/Baseball/overhead/
-Communicate-call name of partner each time you pass.

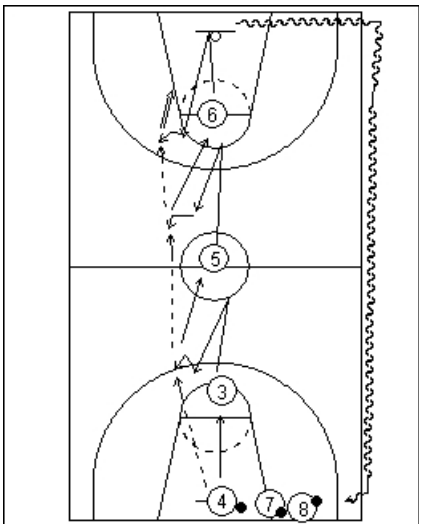
-Acceleate each time
-Coach call what kind of pass.

b/ Full court passing drill:



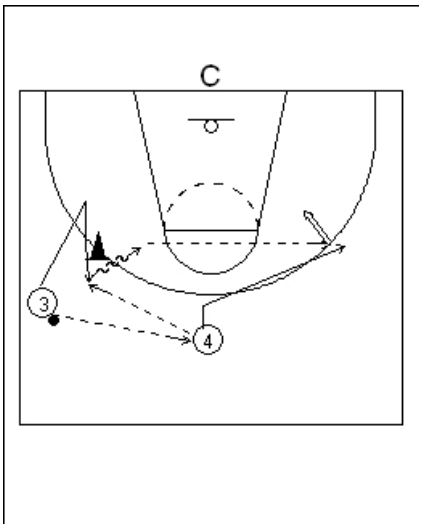
Do the same as previous only moving along full court
-Communicate/Accelerate!

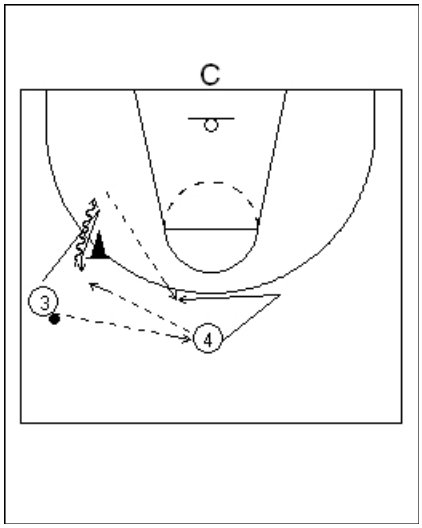
3. Then he moves to full court V cut move and pass drill:



-Use reverse pivot
-Rip with the ball,
-Pass and move
-Rotate clockwise
-Different tasks
-Communicate/Accelerate!

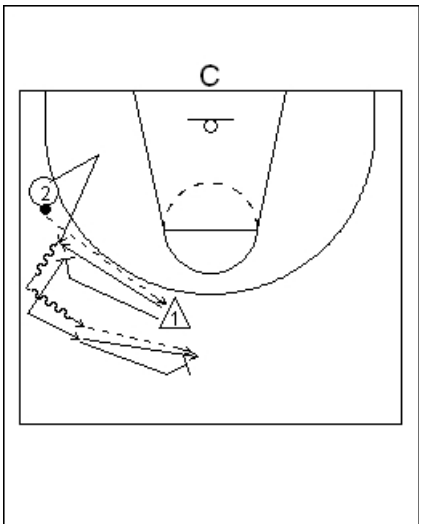
4. Penetrate & kick drill: Three position rotate



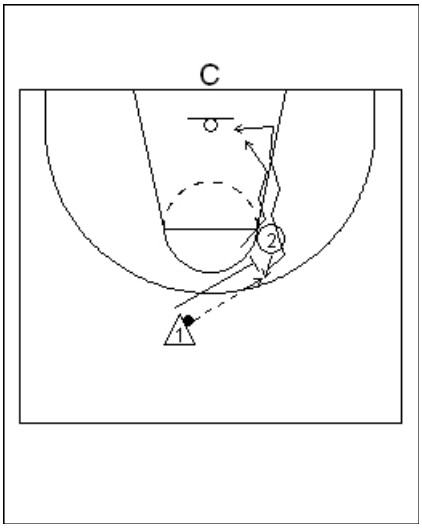


****V cut/ catch/rip through/ penetrate and pass, second player flare and shot 3 pts Communicate/Accelerate!**

5. 1-1 1/1c zig-zag/pass and switch offense to defense.Repeat full court drill

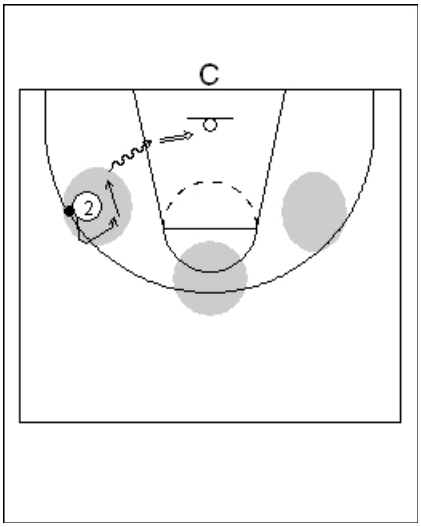


5. 1-1 ½ c handicap drill



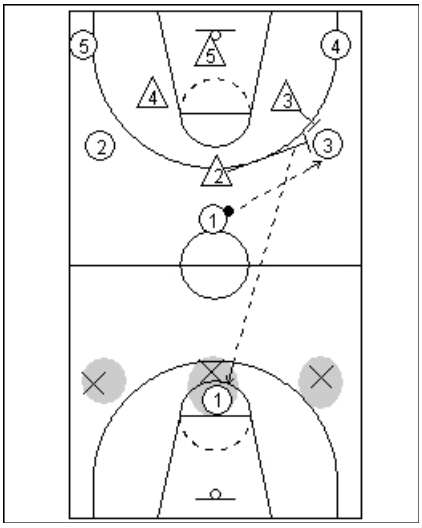
-Player 2 is on elbow and faces player with the ball.After he catches,front pivot, rip through and drive
-Coach play defense on the way to pushing all the way to the basket player's hip.
****He must persist pressure and score.**

6. 1-1 1/2c Rip through



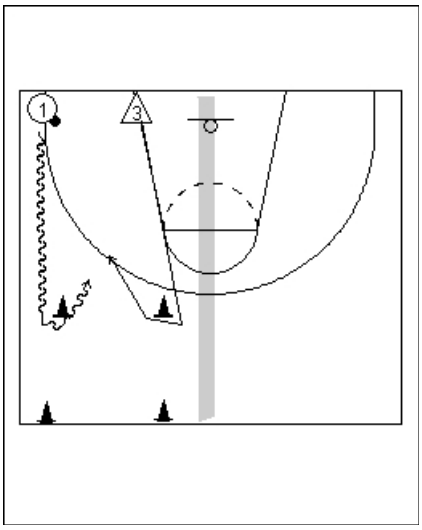
-3 position/front/reverse pivot.
-Compete/Accelerate!

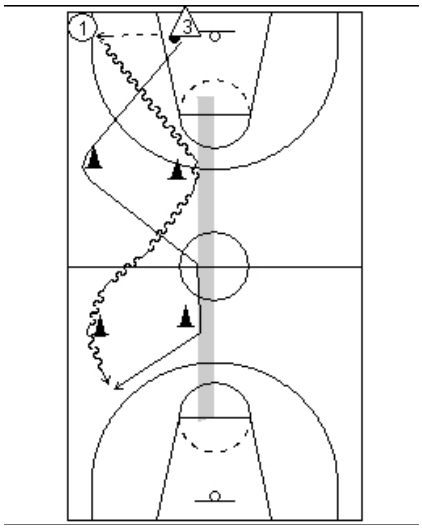
7. 5-4 ½ -1/1c Transition defense – disadvantage drill

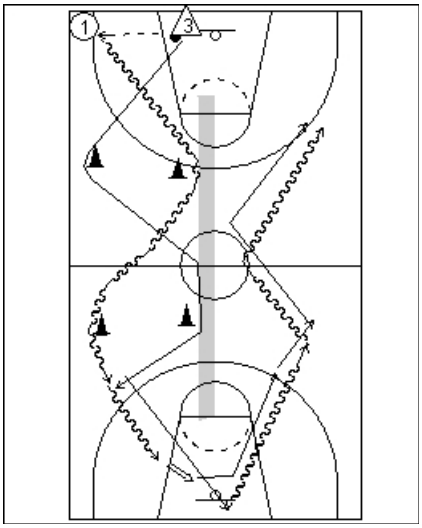


-One defensive player is on the opposite FT line.When defense S/R/ etc then he can play in offense.
-There are three marked position where we do not want the ball to come.
-Defense traps wing pass.
-Comunicate/Accelerate!

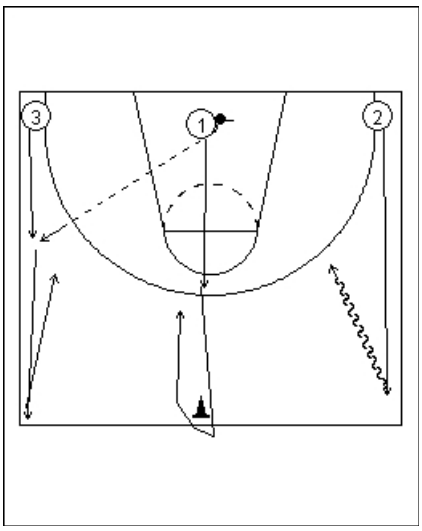
8. 1-1 Progression drill



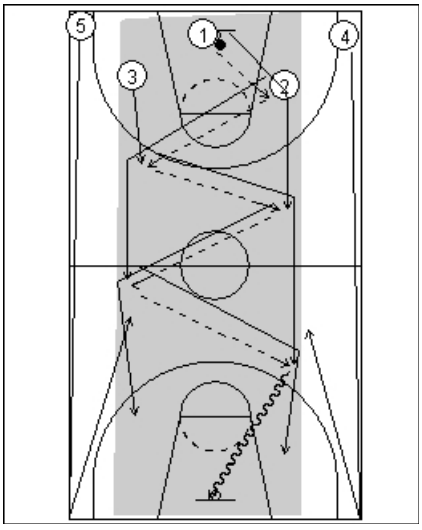




3-0/2-1 1/2c drill

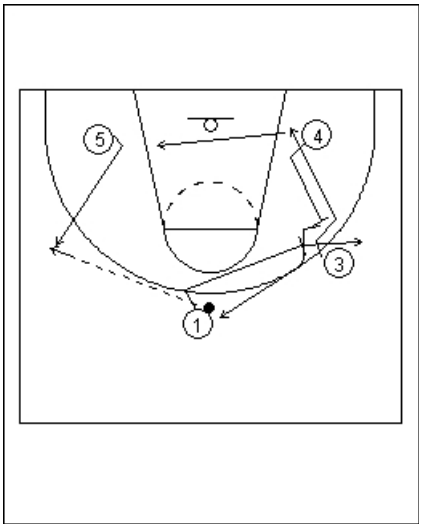


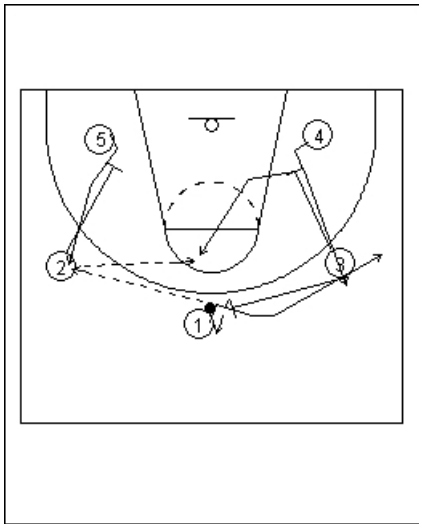
10. 2+ 3-0/3-2 1/1c drill



-4/3 passes up
-In 3-2 make 2-1 two passes on front court

9. Motion offense 4-0/4-1 …..etc/5-0 ½ c





10. 5-5 ½-1/1 + conversion - Motion offense
11. FT + strech

Since Jim Calhoun's arrival at the University of Connecticut, the 2-2-1 zone press defense has been used with remarkable effectiveness. Coach Calhoun's 2-2-1 plays an integral role in the Connecticut Defense which produced an average of 18.8 turnovers per game, 10.5 steals per game, and held opponents' field goal shooting to 39.7% over the past three seasons. Corresponding to UConn's defensive success with Coach Calhoun is the team's overall success, which includes five straight postseason tournament trips, an NIT Championship, the 1989-90 Big East Conference Championship, the 1990 Big East Conference Tournament Championship, and consecutive, very successful appearances in the NCAA Tournament the last three years.

This particular press defense is used for several reasons. First, we feel that the work ethic and the individual talents of our team members fit into the scheme of the press very well. By combining attitude and hard work with our quickness and athleticism we are able to play this defense very effectively. In turn we can play this press very aggressively and dictate tempo of the game with it. The 2-2-1 press forces our opponents to attack us; in effect, teams cannot just bring the ball upcourt without incurring a ten-second violation or being forced to make a decision as to where and how to avoid traps. Certainly it causes opponents to think about something other than their halfcourt offense. This, of course, is a major objective of the press, which is not designed to take the ball away from opponents nearly as much as to force them into mental and physical errors on which we will capitalize.

The 2-2-1 is a very versatile press. We can get into the 2-2-1 off of made baskets or free throws, backcourt out of bounds situations, and even off of missed shot attempts. Furthermore, various options can be utilized within the scheme and execution of the 2-2-1. In addition to our standard version of the 2-2-1, we can match up out of 2-2-1, we can pull the press back into a "retreat" version, and we can also trap particular players or trap at different locations. Each of these options will be discussed in this report.

There are seven keys to the press: (1) PRESSURE - Ball Pressure is a fundamental key to the success of the press. We emphasize solid, intelligent pressure on the ball which in turn will enable us to apply other steps in executing the press. (2) FORCE - Our second objective is to force the ball to a sideline - also referred to as an "alley" - where we can set up a trap between one of our "first line" defenders and a "second line" defender. (3) CONTAIN - In addition to being able to pressure the ballhandler and force him to the sideline, we must be able to Contain him and keep the ball out of the middle or the press will break down. (4) "1-4" PRINCIPLE - Within the 2-2-1 press alignment we emphasize one defender applying solid pressure on the ball, and the remaining four defenders in good, balanced help position. (5) ROTATE - After we funnel the ballhandler into a trap, each of our defenders must rotate accordingly and make the proper defensive adjustments. This becomes even more important when there is a ball reversal. (6) CHALLENGE EVERY SHOT - When the ball is advanced against our press and a shot is taken, it must be challenged aggressively. (7) REBOUND - We must secure the rebound and limit second shot opportunities.

The following is a step-by-step breakdown of our 2-2-1 press with diagrams for illustration:

Diagram 1: The ball is not denied on the inbounds. Tight pressure is immediately applied on the ball after it is inbounded by the first line defender on the ballside (X1). The opposite frontline guard (X2) pinches to the middle. The strongside second line defender (X3) plays "cat and mouse", a game of hedge and recovery - always staying in the passing lane and encouraging a lob pass. The secondline weakside defender (X4) must play in tandem with and communicate with the deep man, X5. X5 will move to the strongside to defend the deep "alleyway" against any lob pass to a frontcourt offensive player. X4 will quickly rotate back to the basket. It is important to note that any pass to the middle is greatly discouraged. We must KEEP THE BALL OUT OF THE MIDDLE for our press to be effective.

We do not discourage the reverse pass because we do not believe that will hurt us if our rotation is good and also because after our first trap we will rotate, adjust, and recover to retrap - a unique feature of our 2-2-1 which has contributed significantly to the success of our press. Many teams trap once before pulling their press back. We will trap a number of times, even several times, before taking off the press. Another point we emphasize is that we do not believe the long diagonal pass will hurt us, simply because we will discourage that pass and make it very difficult to throw by placing good pressure on the ballhandler.

DIAGRAM 1

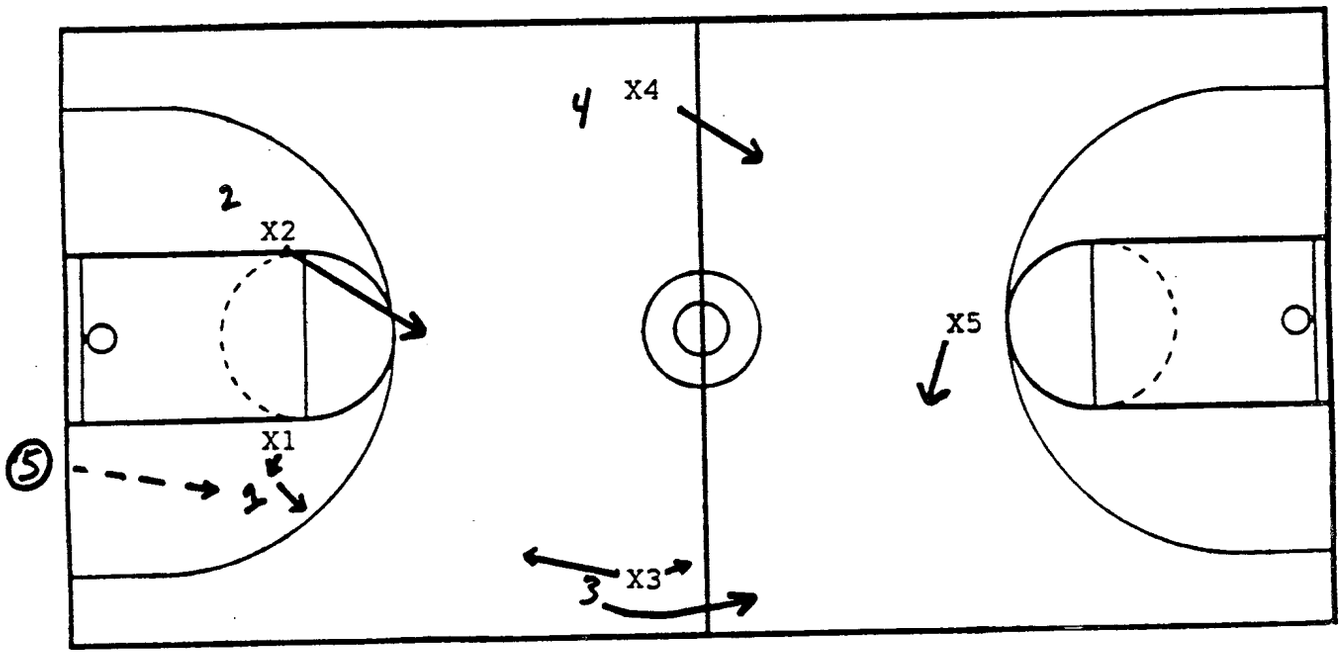


Diagram 2: Reverse pass and adjustments - On a ball reversal we will employ the fundamental "bump" principle and make the appropriate rotational adjustments. As the ball is reversed, the entire zone quickly rotates back to regular 2-2-1 alignment. In Diagram 2 the ball is reversed from 1 to 2. X1 immediately pinches to the middle and "bumps" X2 back over to the strongside where he can pressure the ball and force it sideline. In maintaining our objective of keeping the ball out of the middle, X2 must hold for X1 momentarily before this adjustment is made. To execute this movement efficiently and effectively requires good recognition, anticipation, communication, and hard work. X3, now the weakside secondline defender, must drop back toward the middle into what we call "short middle" position. X4 is now the strongside secondline defender, applying good "hedge and recover" principles and attempting to lull #2 into a sideline trap. X5 rotates back to the basket for protection in what we call "deep middle" position.

DIAGRAM 2

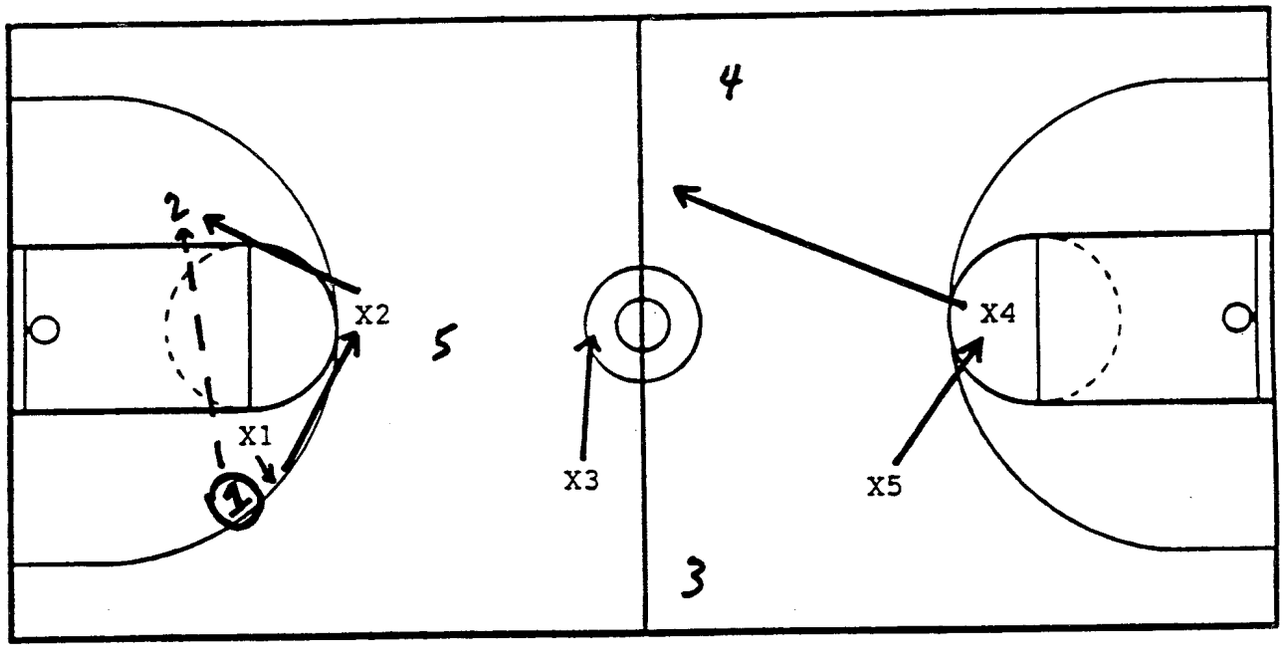


Diagram 3: Alleys and further rotational adjustments - Diagram 3 illustrates the "alleys" in which we look to execute our traps. It is important to note that we are not overly concerned with where the trap is made as long as it is a good trap. We tell our players that "we want a good trap, not necessarily an early one." By a"good trap" we mean an aggressive, solidly executed trap in which our defenders have their hands up, put pressure on the ball, and body up to the offensive player to make it more difficult for him to escape or make a pass.

We can create good traps in the backcourt as well as in the frontcourt. Again, we encourage the reversal pass - we would like for the opponents to use up as much of the 10 second limit to get past halfcourt as possible. Moreover, once the ball does get advanced just over halfcourt, ideal trap situations arise and we tell our players "this is where we're going to get them." Another advantage of having the trap occur in this area is that we have less ground to cover should a trap be broken.

When a trap is broken each player must work hard to recover back into good defensive position. The short middle man and the deep middle man must work very hard to protect the middle area and the basket. In essence the deep man must move with the basketball or "mirror" the basketball as it is advanced upcourt. We can recover back into a man-to-man or zone defense according to Coach Calhoun's preference. Coach Calhoun will normally indicate this to the players through a verbal or numerical signal.

DIAGRAM 3

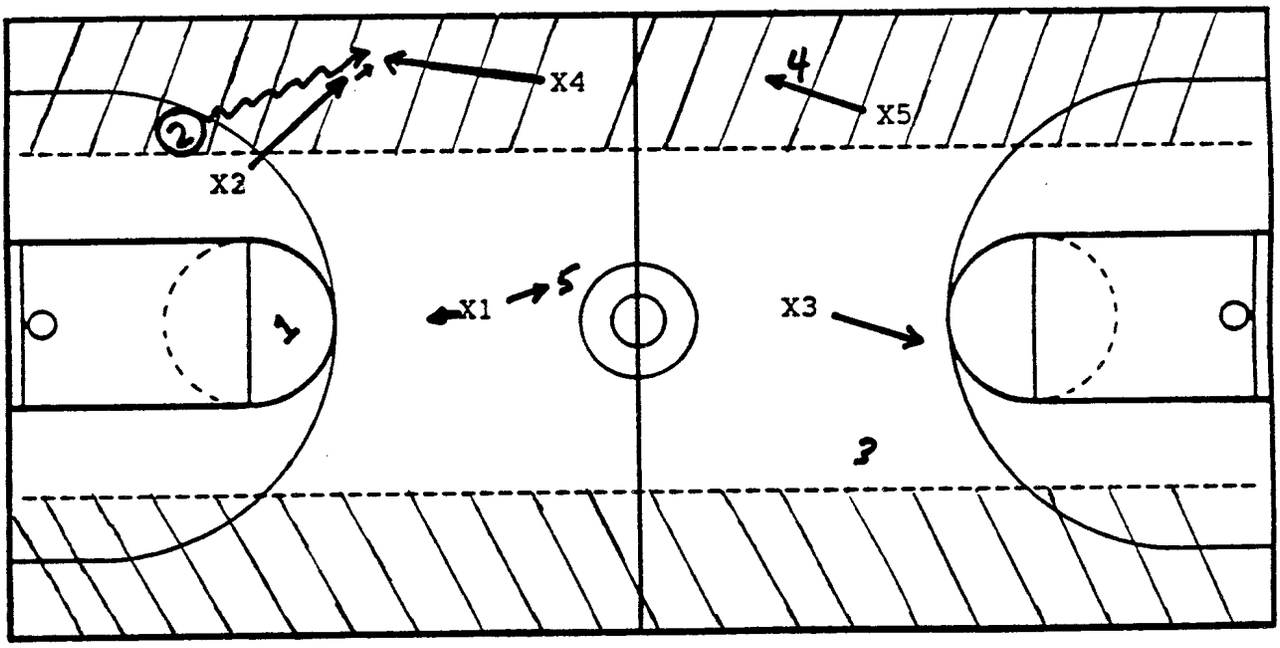


Diagram 4: Match-up option of the 2-2-1 press -
In the match-up option of the 2-2-1 we will make an adjustment to deny the reversal pass after it is inbounded. This tends to confuse or distract opponents after they have initially tried to confront the regular version of our 2-2-1. In Diagram 4 the ball is inbounded to #2. X2 immediately puts solid containment pressure on #2 and attempts to force him sideline. His counterpart on the frontline of the press, X1, jumps up to guard the inbounder and deny the reverse pass. X3 moves up and matches up with #1, who ordinarily would have been X1's man. X4and X5 will also match up to the frontcourt personnel. Hence, the match-up becomes more like a man-to-man press except that we will also trap out of this version of the 2-2-1 press. Rotations will be similar to those in the regular version of the 2-2-1. The secondline defender on the weakside will be a pivotal player in this configuration because he must play off his man and be ready to rotate and protect against a long pass while a trap is being made.

DIAGRAM 4

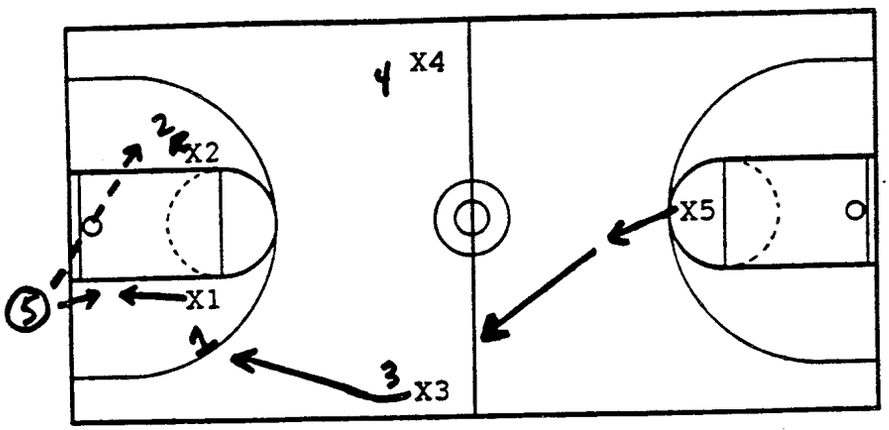
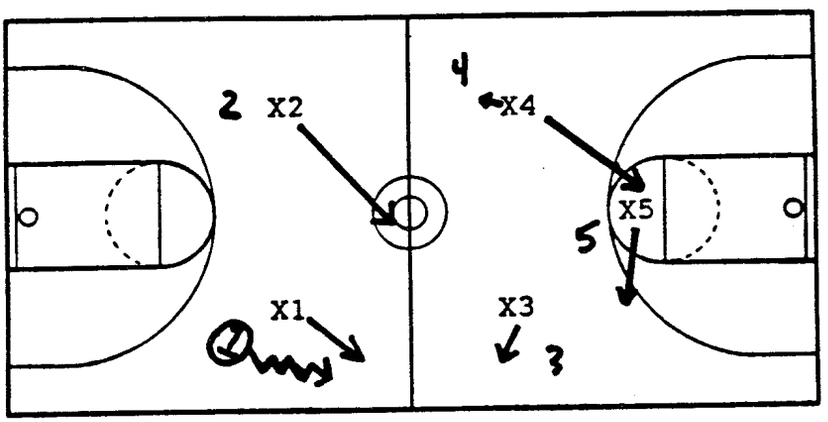


Diagram 5: "Retreat" version and other options out of the 2-2-1 -
Depending upon the scouting report of an upcoming opponent, we may find it advisable to vary our 2-2-1 pressure by pulling it back and retreating some. This adds to the variability of our defense and also presents another look for our opponents to contend with. We simply will start our frontline people back toward halfcourt (as opposed to the foul line extended area where they would normally pick up opponents). When executed properly this version of the press is also very effective at helping us to alter and control the tempo of the game.

DIAGRAM 5



Other options available to us include versions where we fake traps or we leave one player alone to handle the ball against the press. This creates more confusion on the part of our opponents. We are prepared to make these adjustments because we practice the press and incorporate breakdown drills into our daily regimen in order to enhance the effectiveness of the press. To sum up, then, we feel that the 2-2-1 press is a very effective means of controlling tempo and providing us with opportunities to capitalize on the mistakes of our opponents. At the same time we feel it is a very safe press because we work very hard at the press and make the necessary rotational adjustments. Further, it is not a press where we emphasize a very early trap and have to teach 95' of recovery (such as the 1-2-1-1, for instance). With hard work, good communication and teamwork, the 2-2-1 is a very effective means of full or 3/4 court pressure.

DRILL SUPPLEMENT

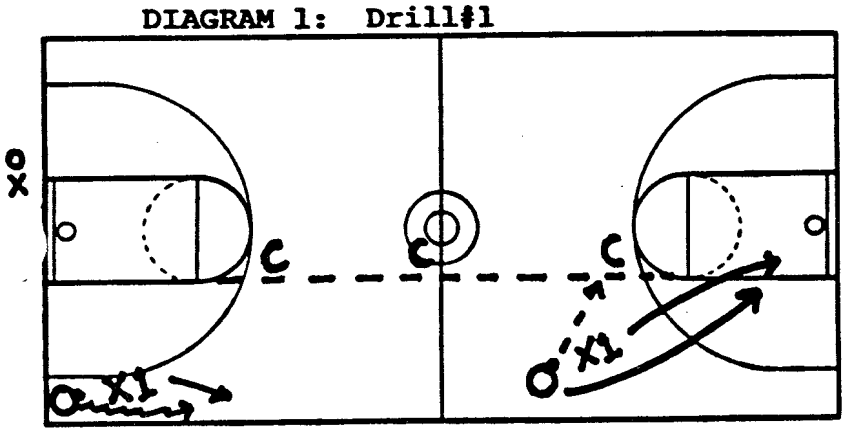
At the University of Connecticut we employ a series of breakdown drills on a daily basis in order to teach and develop our press. The following is a description of those drills along with ensuing diagrams.

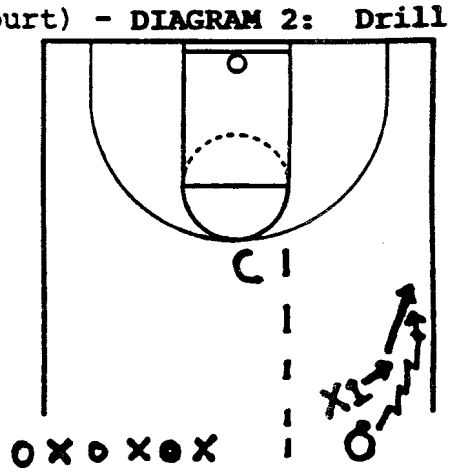
#1: <u>1 on 1 Fullcourt Defense</u>

This is a competitive drill in which we work on individual fullcourt pressure defense. Team members will partner up with each other - Generally we will match the quickest two team members together and proceed accordingly with the rest of the players. We will eventually change the pairs so that one partner will have to work against a quicker player. Nonetheless, we like to have the guards face each other for the most part because that is who they will have to face in the press. Note that we only work on one side of the court and that the coaches "give help" at their stations along the boundary. This is to emphasize the PRESSURE-FORCE-CONTAIN principles in our press. By the time the offensive player advances the ball into the frontcourt he has the option of passing to the coach at the top of the key and posting up. Thus, oftentimes we will work on post defense (and offense) out of this. This is an all-out one-on-one drill which is approached with a great deal of enthusiasm and intensity by our players. That enthusiasm carries over into our corresponding drills and our press execution.

#2: <u>1 on 1 Halfcourt Defense</u>
(same as #1 but executed from halfcourt) - **DIAGRAM 2: Drill**

DIAGRAM 1: Drill#1





UCONN MULTIPLE DEFENSES

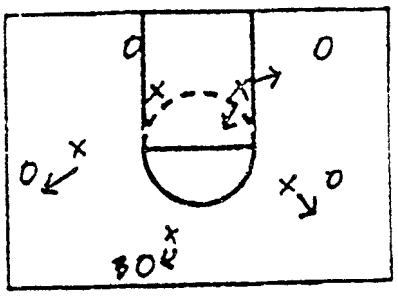
INTRODUCTION

At the University of Connecticut, Jim Calhoun has devised a multiple defensive strategy designed to confound opposing teams. The Husky team takes great pride in its defensive alignments and the "stops" it produces, and Calhoun's defense has established itself as strategical tradition in the present Husky squad.

The ensuing pamphlet will describe each of the defensive alignments employed by Connecticut and will be followed up with a summation of strategical use.

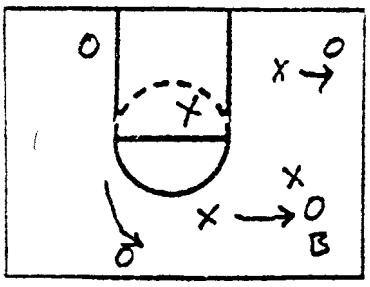
MAN-TO-MAN DEFENSE

The man-to-man defense of the Connecticut Huskies uses four basic rules:



1. Force dribbler to outside of court.
2. When dribbler picks up his dribble, immediately "belly up" by his defender and full denial by all four other players.
3. Denial of immediate closest pass. The remainder of players maintain good help defensive position.
4. When possible, don't switch.

Furthermore, the following adjustments can be made according to scouting reports and game plans.



-Trapping by guards and subsequent rotation of other defensive players towards the ball. Denial is a must as this is a "steal" situation.

-"Soft Man" - played almost as a zone defense, no pressure on perimeter men. Designed for an opposing team with a strong driving or inside game or a team with weak perimeter people.

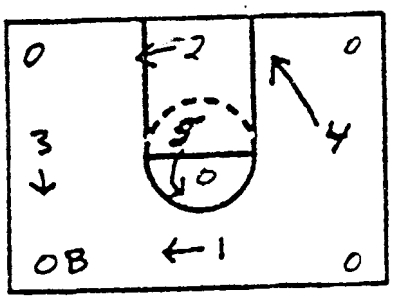
-Full court or half court pressure - Depending on the athletic ability and the skill of the opposition, the coach may choose to extend his full defense or just ball pressure to a full court situation.

Excellent defensive positioning is a must. Our players are taught ball-help-man concepts and drilled daily on them. Subsequently, with proper positioning, proper concepts and technique, and defensive situational play varied within this man-to-man defense, the Connecticut man-to-man has been very successful.

- 3 - 1 ZONE

The Connecticut Huskies run three variations of the 1-3-1 zone defense - tight, loose and trapping.

LOOSE - the 1-3-1 "loose" zone is designed for use against teams which don't have tremendously good, quick, smart ball handling guards. It is a spread out 1-3-1 using the entire 1/2 court. Each man plays his zone with ball up top.

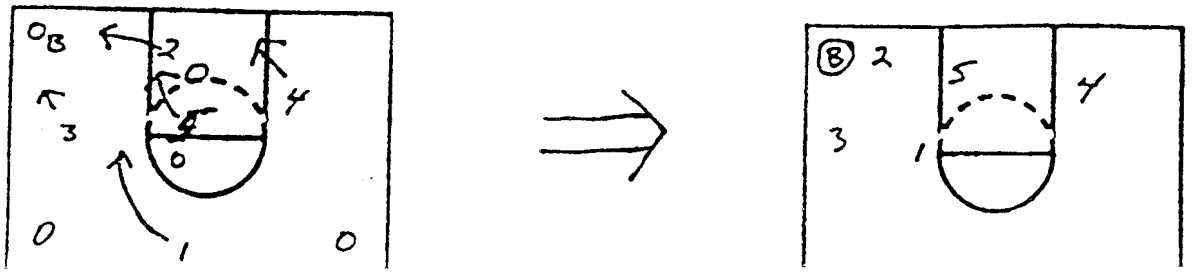


The post man has the responsibility for coming as high as the opposition's post man. All other men play their zone (The 4 man has eak side low block responsibility in example above).

When the ball is pitched up, the 3, 1 and 4 men fall BACK into the opponent's passing lanes. This can cause lob passes which are easy to steal or deflect.

When the ball gets into the post (which is attempted to deny at all times!), the zone converges with 3 and 4 dropping to protect the low blocks.

When the ball goes to corner, the 2 man at the back of the zone is responsible for going to play that man out to his shooting range. The rest of the zone: 4 drops to weakside low block, 5 denys strongside post player (the one closest the basket), 4 stays in passing lane, and 1 takes any high post men/denys



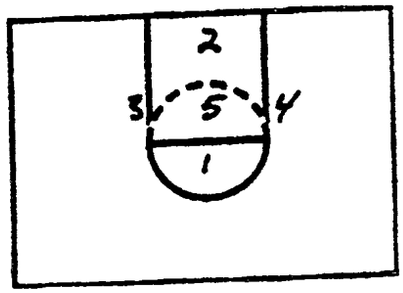
.he important points to remember:

1. Deny post at all times.
2. Keep zone very spread - loose.
3. Upon pick up of dribble, zone retreats into passing lanes.

TIGHT

The tight 1-3-1 zone is designed for use against a poor perimeter team with quick penetrating guards and good strong big men. Also, along with all of the 3 UConn 1-3-1's, it is good to use vs. poor passing teams as good quick passers and good corner shooters can find easier gaps in the defense.

The tight 1-3-1 zone uses the same principles as the loose 1-3-1 except that it is packed into the 20 foot area and at times, ets as low as the foul line.

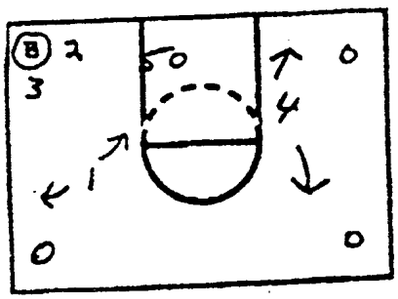


It is a very "packed" version of the loose 1-3-1 but the movements are the same for both defenses. This defense is extremely packed and protective of the point area.

TRAPS

Out of the 1-3-1, Coach Calhoun may elect to trap. If a certain indicator is given, the teams will either trap hard in he corner, on the wing, or all over.

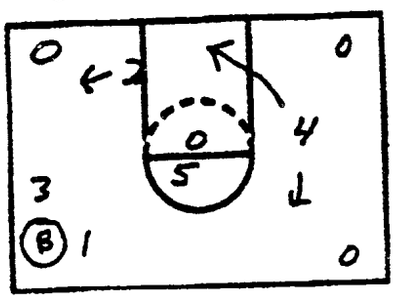
A. Corner - using a loose or tight 1-3-1, if a certain indicator is given, the team will immediately trap hard if the ball goes to the corner.



The 2 and 3 men will trap the corner while 1 and 5 deny their closest men the ball. The man left open will be the man farthest from the ball and even then the 4 man will try to shadow and juke and steal any lob pass towards his direction.

If the trap is unsuccessful, the normal 1-3-1 is resumed until the ball once again goes to the corner (either corner).

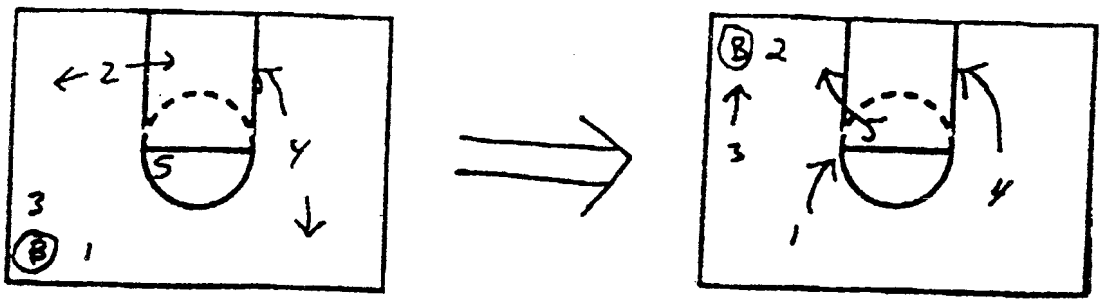
B. Wing - the ball at the wing can also be an indicated trap.



In this case, it is best to disguise the trap until 1/2 court on a dribble and then trap <u>hard</u>. Thus, it is best to use from a loose 1-3-1 set.

The 1 and 3 men trap while 4 denies the strongside passing lane. 2 denies the corner pass while 5 tries to leave the man furthest from the ball free without surrendering a possible lay-up. Thus, he must be close enough to deny his post area yet shade back enough to discourage alley-oop or lay-up possibilities.

C. Trap all over - This is a Kamikakaze defense which can be employed.



It is simply a combo of the 2 defenses shown and must be played with utmost quickness and hustle.

All 1-3-1's must have <u>arms up</u> and in pass lane to discourage quick passes. Much wing span is key to success here.

<u>1-3-1 RULES</u>

1. Middle man matches with high post offender when the ball is at or above foul line extended. When the ball goes to corner, middle man denies low post.

2. Wing men play offensive wings and corners strongside. Weakside, they protect against lob passes into low post and weakside alley oops.

3. Point man plays ball when offenders at wing and point. Ball in corner makes point man guard strongside elbow.

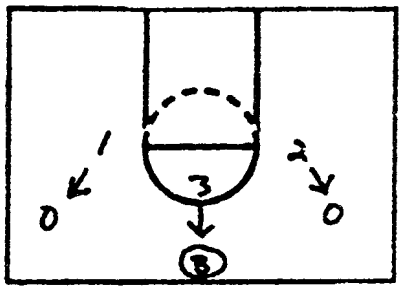
4. Baseline defender protecgts low blocks when ball isn't in corners. When ball moves to corner, baseline man moves out to cover.

5. Upon crossing midcourt, the point defender and the strongside wing defender must fake-trap the opponent's ballhandler, thus enticing him to pick up his dribble. At this stage, the defenders retreat instead of trap thereby hopefully causing dangerous lob passes by the offense.

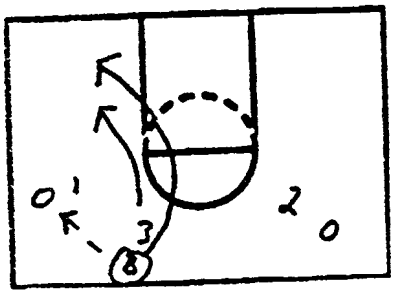
M -UP ZONE

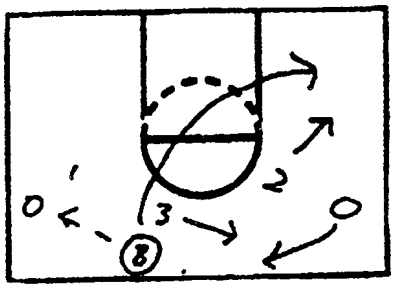
One of Connecticut's strongest defenses has been its match-up 3-2 zone. The three perimeter men immediately match up with the opposition's perimeter people. This is done by pointing men out as they come down the floor.

Perimeter -

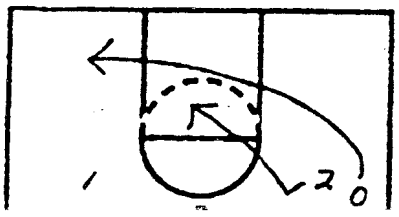


The perimeter men point their men out as they come up the floor. The man guarding the ball is always playing man-to-man while his "perimeter" counterparts are practicing zone concepts of help while shadowing the opposition's perimeter man in their ar If a man cuts through to the other side, he is simply passed o one of the other perimeter defenders as they rotate, WHILE NO CROSSING OVER ONE ANOTHER, to the point where they are shadowing all three of the oppositions perimeter men.





Communication is ESSENTIAL! Never should the man with the ball be left alone and never should a perimeter man be left uncovered. Each defender should constantly be pointing at his opponent to avoid confusion. If everyone is pointing at their own man, then no one will be left open. Furthermore, understanding the zone is a must. If the point guard is unable to pass the dribbler off to defender 2 below, then defender 2 must find the nearest open perimeter player. Thus, practicing the zone concept is essential.



Also, whenever the ball enters the post area, the perimeter players converge to "smother" the post just as in a zone.

POST MEN

The post defenders play a normal 2 man defensive match-up set. They match up to the oppositions 2 post players as they enter the half-court and remain with them the entire time, either in a denial or a help state and, subsequently, switch during picks, screens and flash cuts. However, they are looking to help the guards on defensive mistakes and then rotate as a zone in help situations only. Also, instead of matching up, they may be assigned one opponent throughout the entire game depending on how the coaching staff views the opposition and their own personnel.

COMBINED

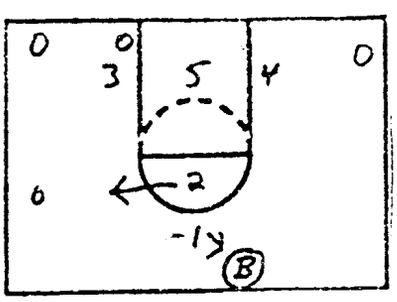
In a sense, UConn's match-up combines the above to form a 3 man matching, 2 man on man zone.

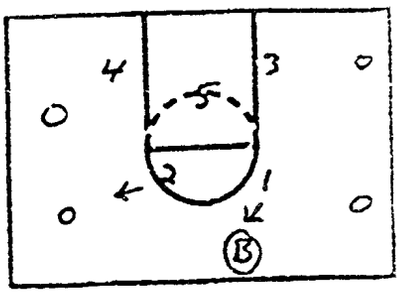
3-2 MATCH-UP RULES

1. Strongside cutter is followed by initial defender.
2. Weakside cutter is defended to the depth of the ball and passed off accordingly in the 1/2 court.
3. Flash cutters are always immediately picked up by nearest defender.
4. Excellent perimeter shooters must be identified and followed at all times.
5. 2 inside men match with offenders in their area out to 12'-14' while maintaining zone principles.
6. The 3-2 matchup is a situational defense where adjustment is key!

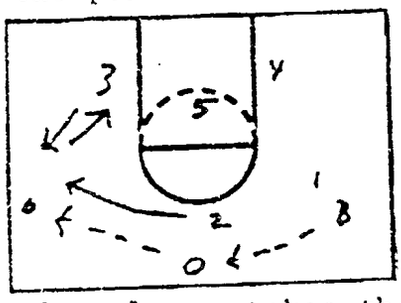
2-3 ZONE

The 2-3 zone also uses a few variations. The UConn 2-3 uses basic zone fundamentals. The point man must be picked up by one of the two front zone players. This can either occur out of a TANDEM or even-numbered front.



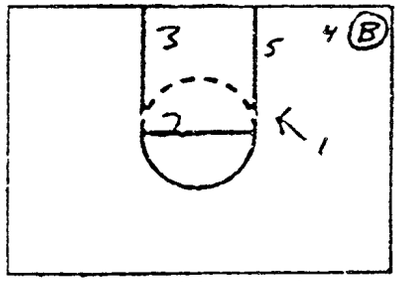


If the ball moves to the weakside, the low block defender will hit up until the point defender is able to recover.



The post defender always takes the highest post-player when the ball is above the foul line or at the foul line extended.

When the ball goes to the corner, the low block player goes out to defend, the post defender covers the lowest post man and the strongside guard covers the high post.

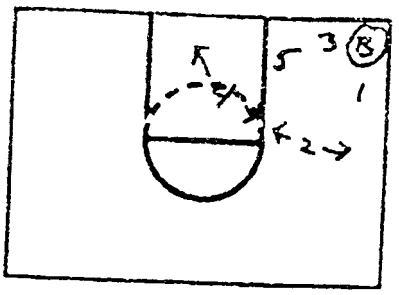


The zone usually stays fairly packed but can be adjusted, if feasible.

TRAPS OUT OF THE 2-3

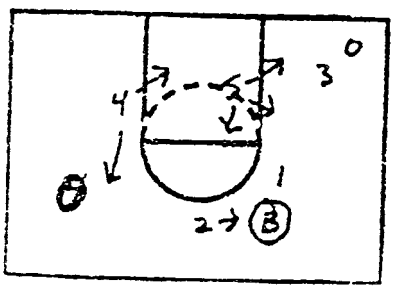
Once again, either a corner or wing trap can take place within the 2-3 although it is not as natural to do as out of the 1-3-1.

A. Corner -



In this situation, 5 stays with the low post man, 1 and 3 trap the ball, 4 rotates up to cover the high post offender, and 2 jumps out to deny the strongside pass. It is 4's responsibility to "float" to prevent alley oop by weakside guard.

B. Wing -

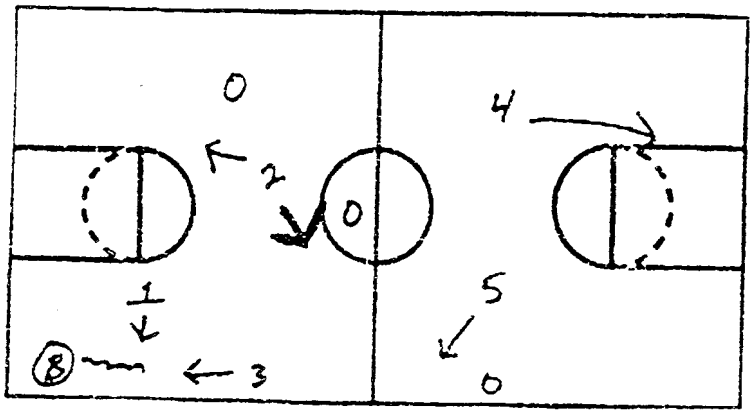


This is a very difficult trap that calls for much quickness. 1 and 2 trap while 3 covers corner, 5 covers post. 4 must be aware of the trap beforehand and try to deny the pass to the point. Meanwhile, 5 must be aware of weakside guard's cut to the basket.

2-2-1 FULL COURT

Connecticut uses 2 types of full court pressure. The first is the 2-2-1 defense. This press is designed primarily to "slow down" the opponent's trip up the floor, confuse the opponent, and occasionally steal the ball.

The ball is not denied on the inbounds. Tight pressure is applied until the ballhandler reaches 3/4 court. At this point, he is forced sideline and trapped by 1 and 3 men as shown:



5 rotates to ballside man while 4 rotates back towards the defending hoop. 2 floats between any middle man offender and reverse passes. If the ball is reversed, the entire zone switches back to original position and then adjusts accordingly in the opposite direction.

Once again, it is not a hard trapping defense but rather one that creates confusion and perhaps allows for errant lob passes to be thrown.

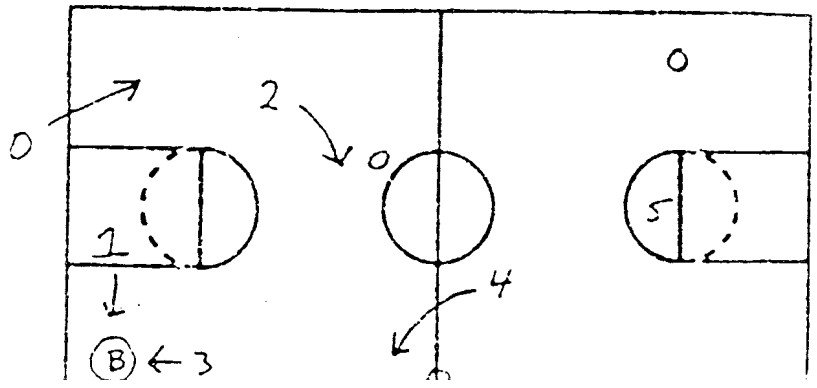
1-2-1-1 FULL COURT TRAP

This full court press is designed for trapping and stealing the ball from opponents. It is a Kamikazee defense that requires quickness, hustle and much "disturbing" activity.

The defense begins with one of our men taking the ball out of the net and harshly handing it to the offensive player or tossing it lightly at his lower legs. This creates a delay in the offenders actions and may result in a 5 second count. We put a man on the ball wildly waving his arms and jumping while the two defending guards may or may not (depending on the chosen path) deny the offensive guards the ball. Once the ball comes inbounds, it is immediately trapped by the 1 and 3 man.

5 plays safely near the defending hoop while 4 denies strongside passes and 2 floats to cover the middle man. If we leave a man open, its on the reserve pass so that we may once again trap and also because we may pick off an errant lob reverse.

We may not steal the ball consistently but, once again, we disrupt the offense and the steals will happen naturally.



MAN-TO-MAN FULL COURT

Coach Calhoun also employs a full-court man-to-man defense and one that extends 3/4 court. These are played as straight man-to-man but may be denied or not denied depending on the circumstances. Switching by guards is allowed although other position players are discouraged to do so unless the situation dictates absolute necessity. However, "help" defense is required of all 5 players in order to be succesful.

TEACHING AND USING THE DEFENSES

It is very important to note that all of these defenses can be employed in a single game, especially with all of the variations within each. Jim Calhoun does a masterful job of evaluating and adjusting his defensive sets to each different opponent.

To begin with, individual and man-to-man defense team concepts are established in pre-season. A list of preferred drills are listed on the following page. Since all of the defenses require superior defensive ability and man-to-man concepts, these must be established early. As pre-season and season continues, much 1/2 court and full court work using all zones is achieved.

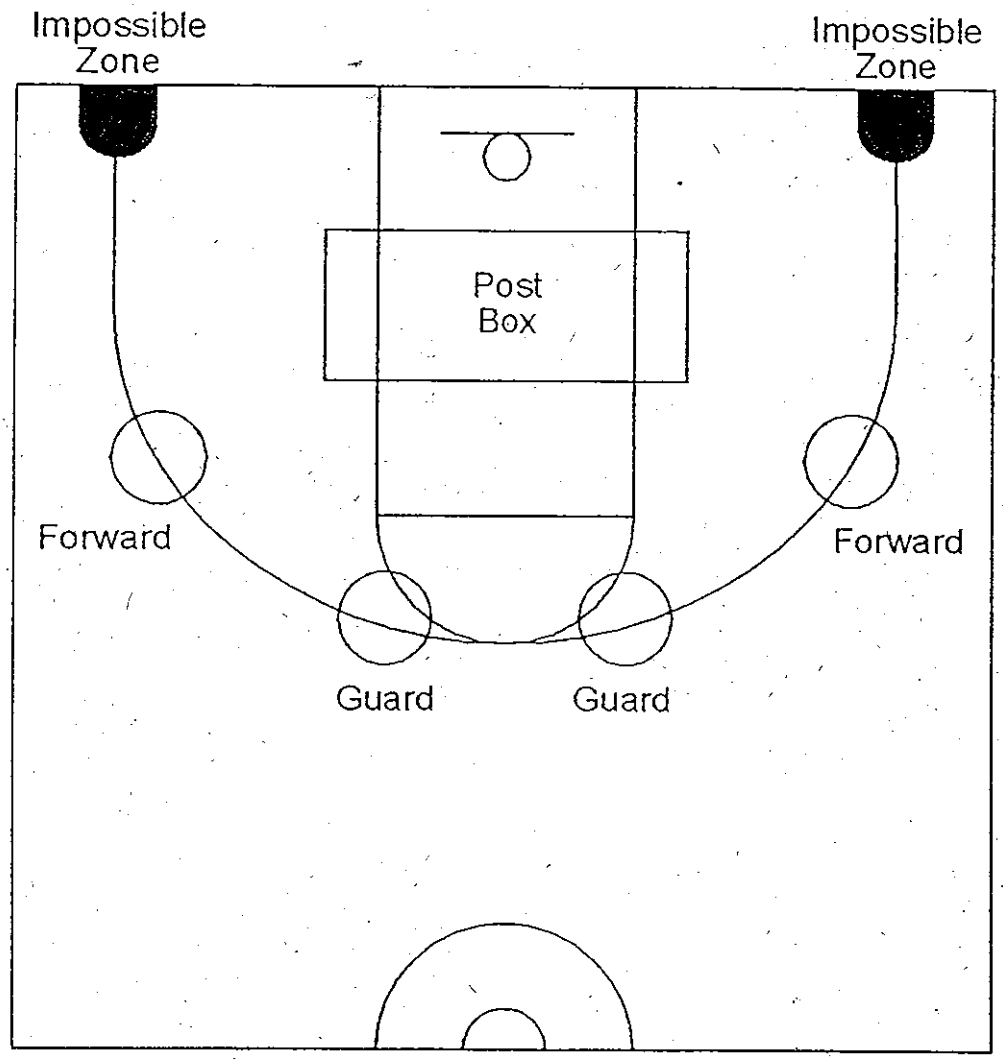
Prior to each game, Coach Calhoun reviews the prepared scouting report of his next opponent and consults with his assistants, advising them of defenses UConn should use and subsequent adjustments out of them. Instead of employing an entirely different defense, he simply will adjust out of the defense he would normally use. Much importance is placed upon the scouting report of the other team.

For example: If one team should be played a match-up or 2-3 zone, but they have 1 player who may "bust" those defenses, Calhoun will instruct the initial match-up guard to always follow that player while the other 2 perimeter defenders play their normal match-up zone vs. their opponents. OR, if a packed 2-3 zone is suggested, the team will be instructed to remain packed except when the opponent's star player is in their defensive area.

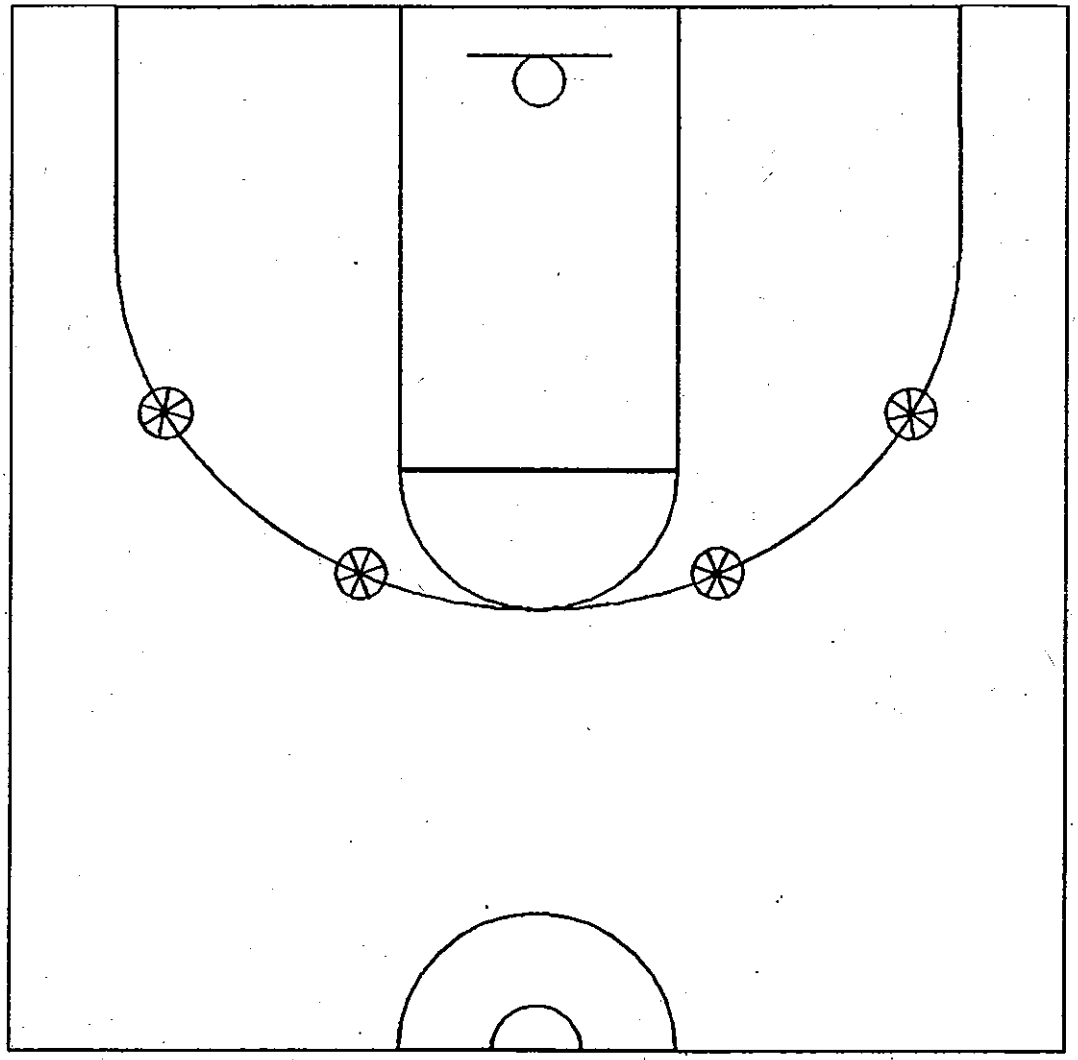
It is important to remember, however, that hard work, repetition, and PRIDE are the most essential factors for defensive success, and at UConn, Coach Jim Calhoun has been able to actively embody these priciples into the flourishing Connecticut program.

Jim Seward
932-1419

1. "2" Desired Team Qualities
    a. AGGRESSIVE – want the ball!!
    b. Confidence – not coaching basketball
2. Basketball "Basics"
    a. Stance / Vision
    b. Spacing / L's
    c. Decisions
3. "6" Ways to Score!
    a. Rebound
    b. Conversion
    c. Defense
    d. Free Throws
    e. Broken Play
    f. Set Offense (5 vs. 5)
4. Fullcourt Game – Thoughts
    a. Playing vs. Zone Concepts
        i. Diff. man / zone
        ii. Zone alignments
        iii. Filling post
    b. Not How Fast Players / How Fast **Ball**!
        i. Play at an "8"
    c. Not a Pattern
    d. Fullcourt Game – Objectives
        i. Quickness of 1st pass / dribble
        ii. Number of times ball is passed over half court
        iii. Time ball to foul line (baseline)
5. Fullcourt Game – Teaching Sequence
    a. Reverse Chaining
        i. How – get ball!
        ii. Over half court
        iii. Shape – Reshape △ (Ball / Player spots)
        iv. Pass – Shot – Rebound
6. Ball
    a. Priority Principle
        i. Pass if you can
        ii. Shoot if you are open!
        iii. Dribble only if you must!
    b. Ping Pass
    c. Pass to sides / dribble through the middle
    d. Pass ball side – only to score



Player Spots



Ball Spots

Central Oklahoma *Basketball*

SCORING EVALUATION

DATE	CENTRAL OKLAHOMA			TOTAL	OPPONENT			TOTAL
SCORING BREAKDOWN	20-15 Min.	15-5 Min.	5-0 Min.		20-15 Min.	15-5 Min.	5-0 Min.	
REBOUNDING								
CONVERSION								
DEFENSE								
SET OFFENSE								
BROKEN PLAY								
FREETHROWS								
REBOUNDING								
CONVERSION								
DEFENSE								
SET OFFENSE								
BROKEN PLAY								

Joe McKeown — Geo Washington

Match-up

75-80% zone — why?

① Good balance of kids who play hard + hustle
not overly talented

② Not too complicated

③ Extend into full ct.

Have to:

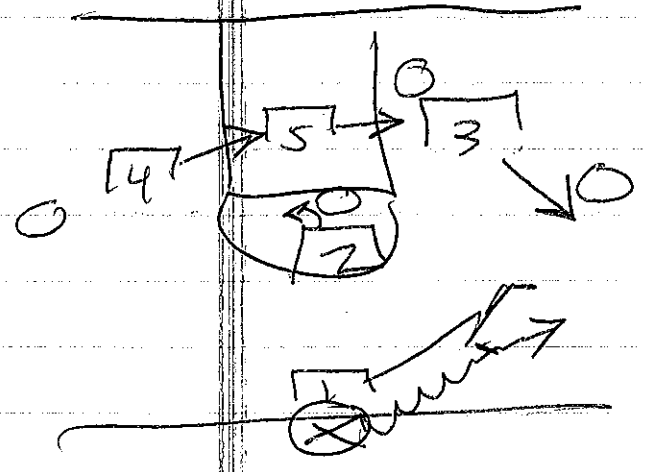
① Pressure ball

② Block out + Rebound

[1] + [2] interchangeable — up + down guards

[3] + [4] interchangeable

[5] hoop — basically lone player



1-1-3 w/ ball on top

[1] force ball out of middle
tough, mean, aggressive

[2] built in help for [1]

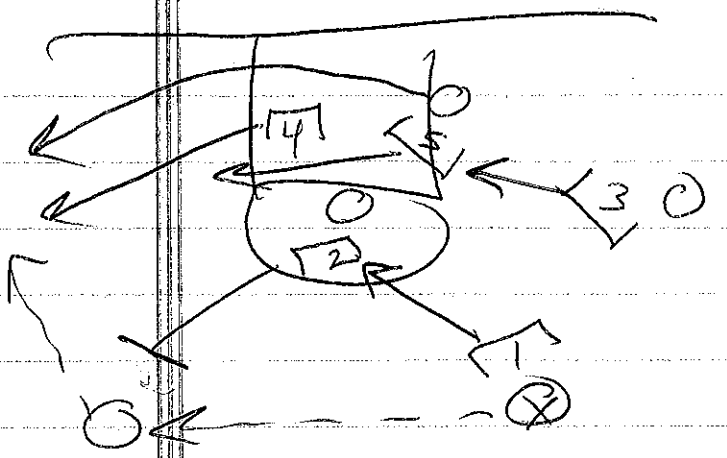
[1] + [2] always in line

[1] take charge on spin dribble (drill this)

[3] deny BS side wing

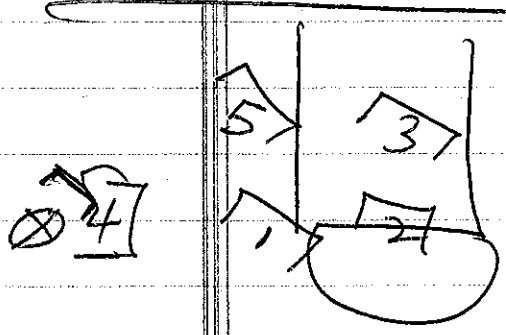
[5] front post

[2] front HP + point to a perimeter shooter
Front so not get screened to weak side + can deflect pass to HP or help on dribble pen.

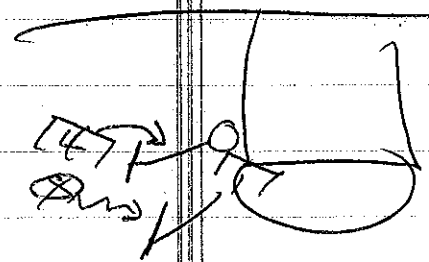


Really work on denying G→F pass

3-2 w/ ball @ wing



If ball screen the wing switch (bump) look for charge



[4] force ball middle into help — cut off sideline

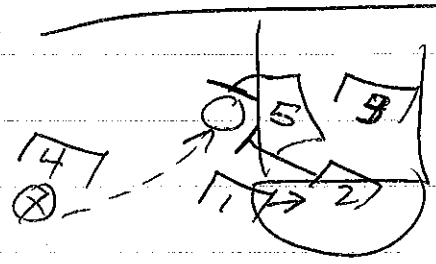
[1] take away HP

[5] front LP

[2] alert for skip + shot

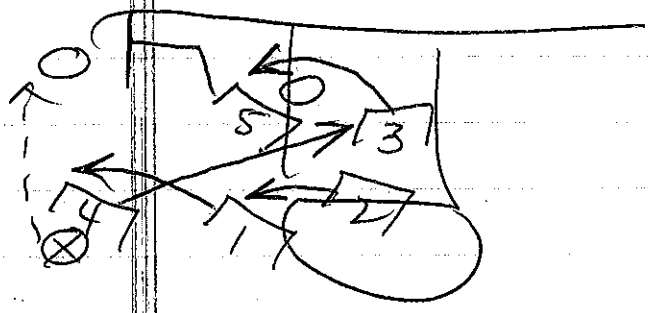
[3] alert to lob

Also can have [5] play behind + trap w/ [2]



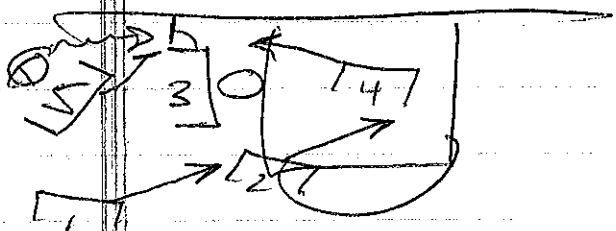
2-3 Zone w/ Ball in corner

Blizzard = long slide



Everybody replaces 1 spot

4 get to rim on sprint before turning + matching



Ball in corner force baseline into trap + rotate — Hoop helps in not out — let ball come to you

Always trap short corner

Jump switch Gd penetration



Transition Defense

① Down guard protects hoop

② Wings make eye contact so not run to same week

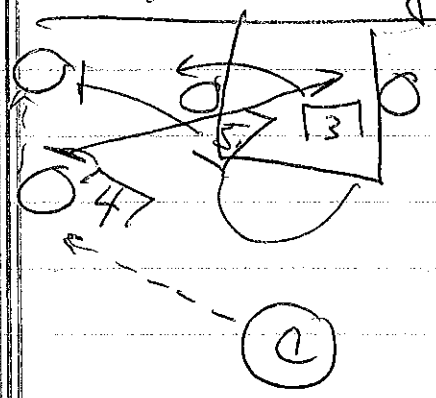
Breakdown Drills

① Very intense

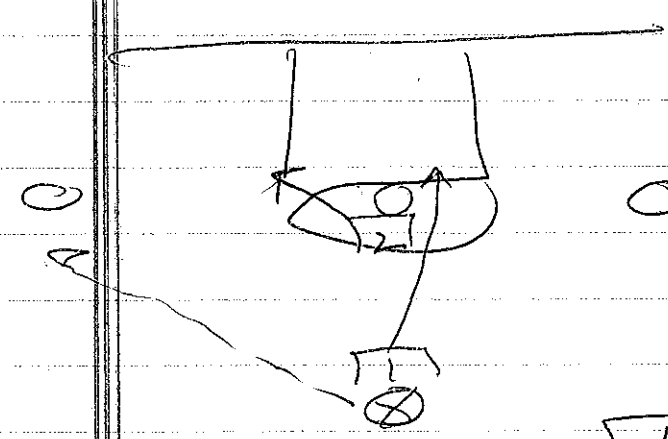
② Demand execution

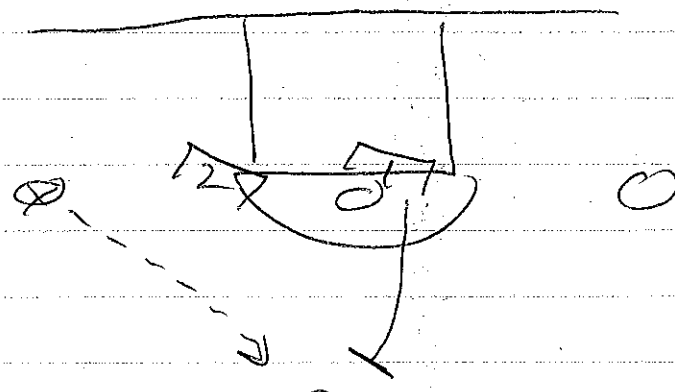
③ Repetition

4/3 Longslide

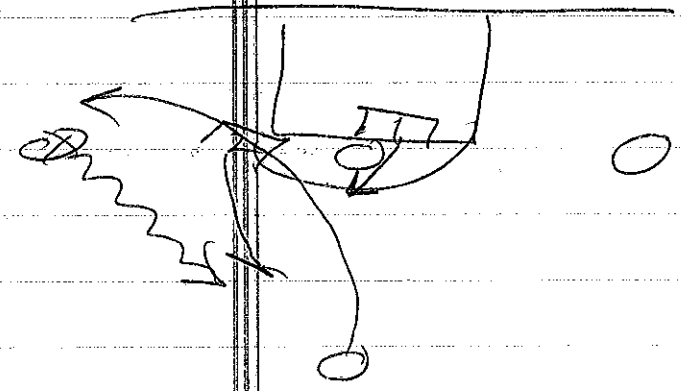


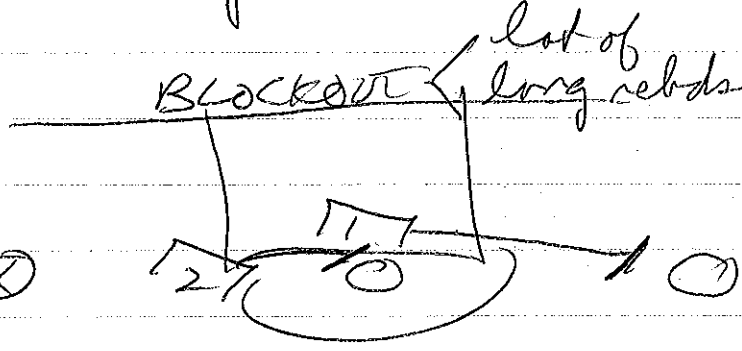
4/2 Guards — deflect passes

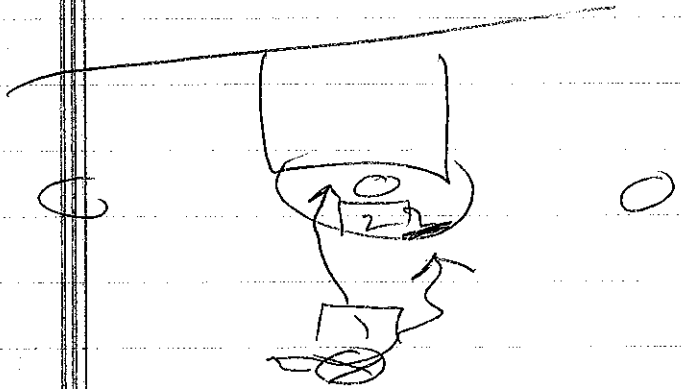




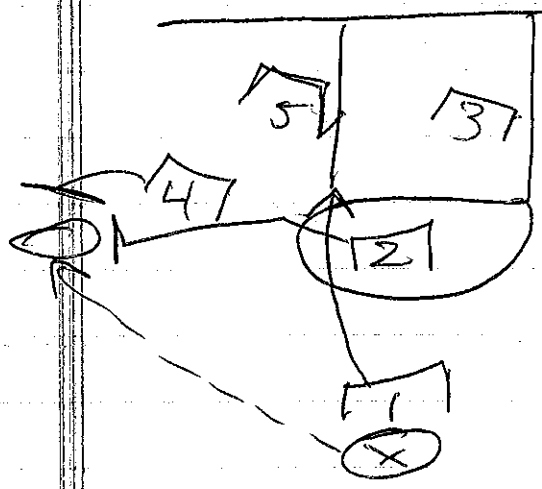
1. Prevent easy reversal to other wing

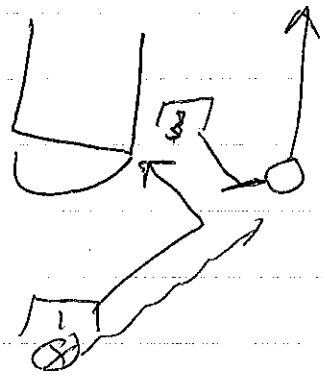


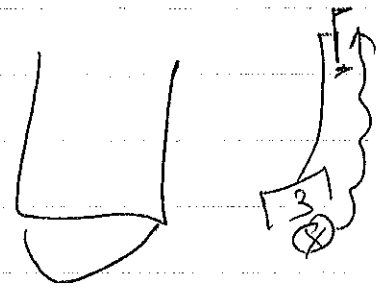




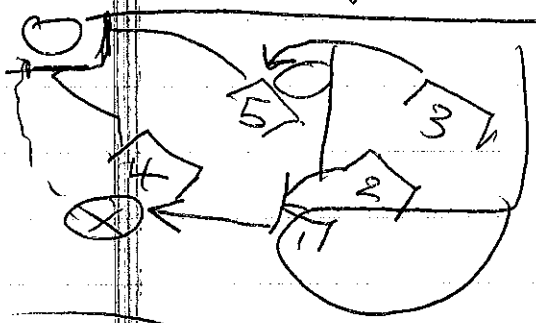
"Blue"







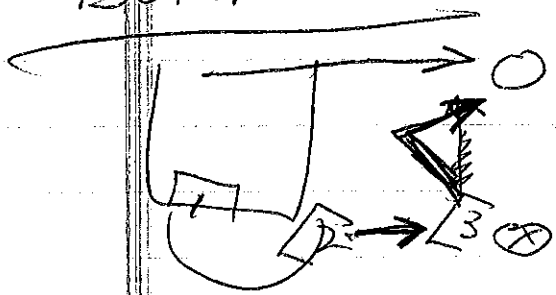
"Red"



Cover wing gray areas w/ guards so wings don't come higher than FTLE

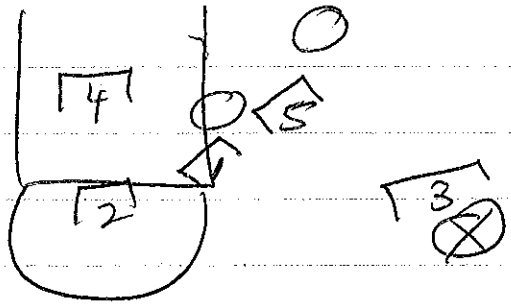
This is an all-out scrambling defense not passive → pressure

"BUMP"



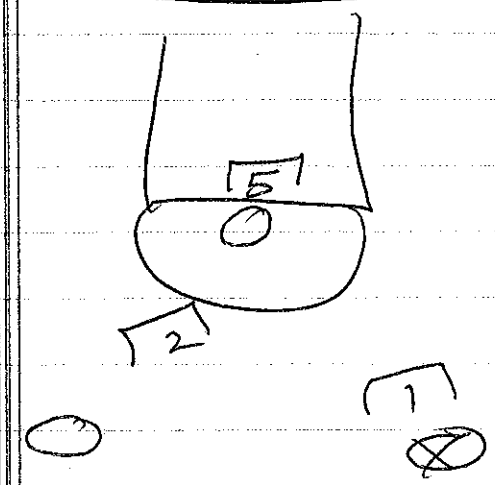
Alternate corner coverage if want to keep 5 home

Short corner

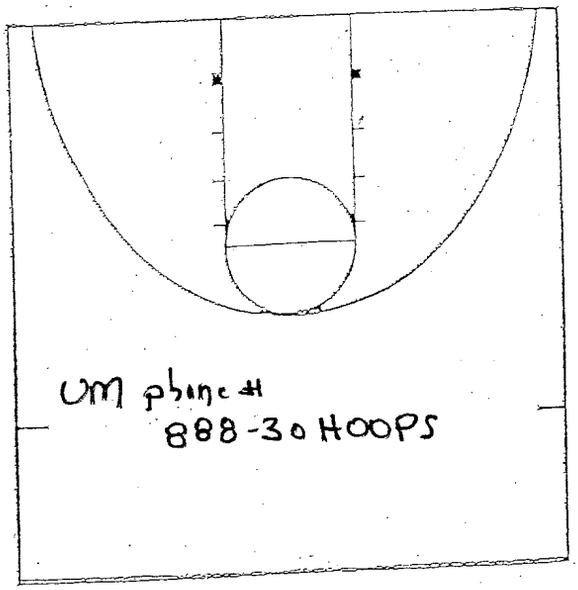


- Pass to short corner
- trap

5 split between mid post + short corner
4 helps down on mid post



Vs HP + 2 gd front
Bring 5 up to cover HP + down grand split Gd + HP



John Beilein (Michigan)

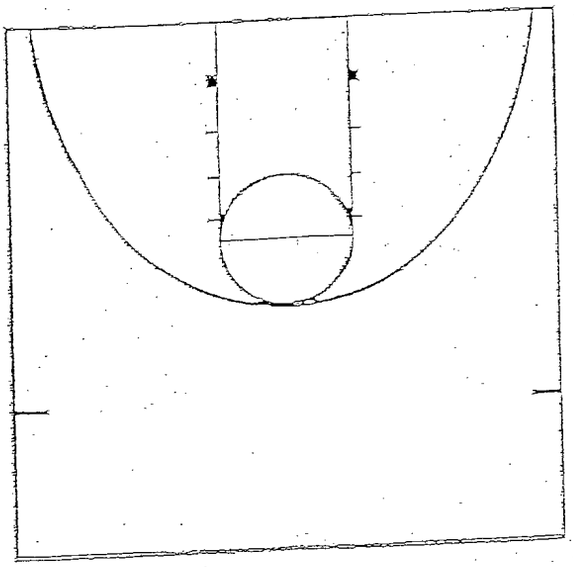
"Can do anything you want in practice, but not everything you want"

KISS

→ how to be true to your personality

"Embrace adversity" if you treat a loss correctly it will equal many wins down the road

* 1-3 start 2006 best thing happened to WVU



"After the game be careful what you say" → win or loss

→ Don't say things that make you feel better!

~~A lot of ways to win~~

→ MSU wins w/ rebounding

→ St Joe doesn't → even they were 31-0 (got outrebounded 31 times)

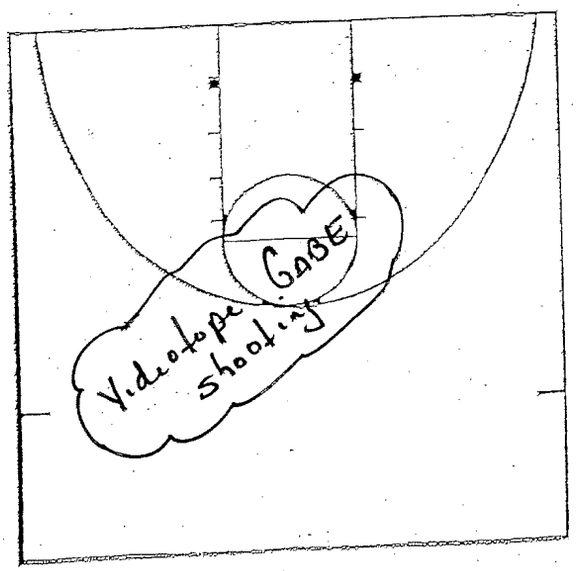
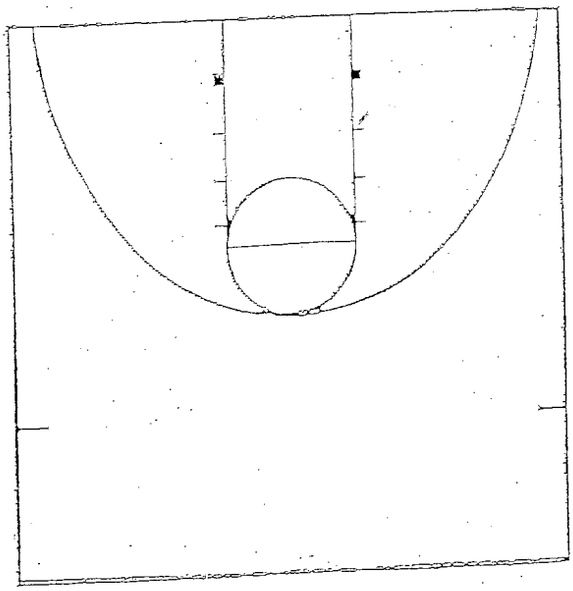


Figure out how to win with your personnel

U-M Philosophy (Beilein)

→ Don't throw the ball (crowds not into game)

→ 3 points is more than 2



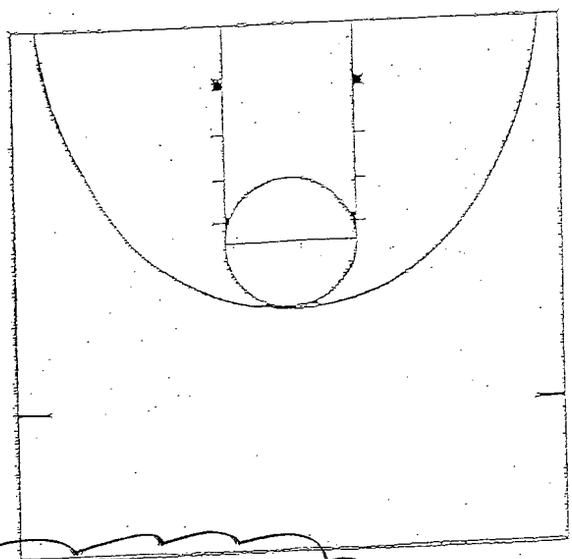
Drillwork

must be able to do the drills!
if not will go to track and run → 5:30 mile to be reinstated - (boys 5:45)

Ball Wraps → 1:00
- point guards = 120
- wing = 110
- bigs = 100

} 10 in one direction ~ slap and go other way

* groups of two = have a counter

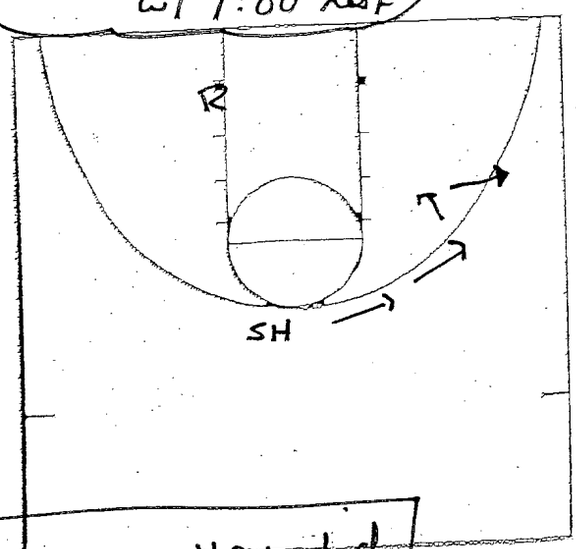


→ two hands in front drop and catch w/ both hands in back
* don't move ball - move hands
→ 40 in :30 secs

Pretzel → drop with one in front and one in back; switch hands and catch
→ 40 in :30 secs

if can't make this →
17's in a 1:00 w/ 1:00 rest

Behind Back - Pound
stationary behind the back dribble; left to right back to left = 1; 55 times in :30secs

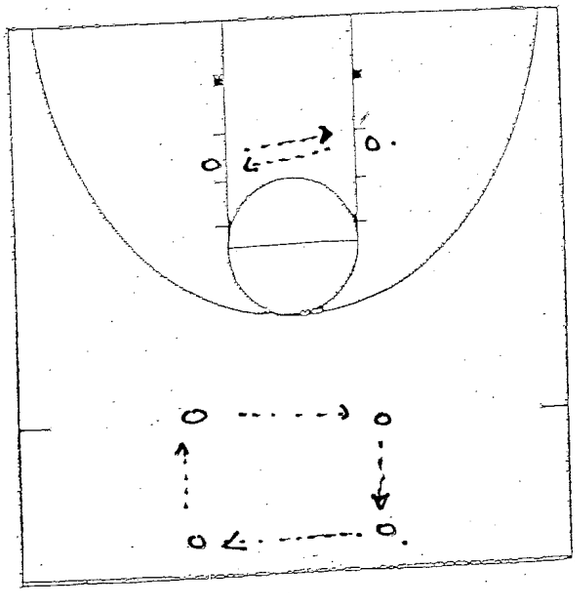


50 3's in 5:00
1 ball and 1 rebounder; shoot a 3-1 ratio (3 3's + 1 15footer); want kid to go inside and out to change your depth (makes it tougher); move can't stay in same spot

different components
- 100 in 10:00
- time 50 makes, etc

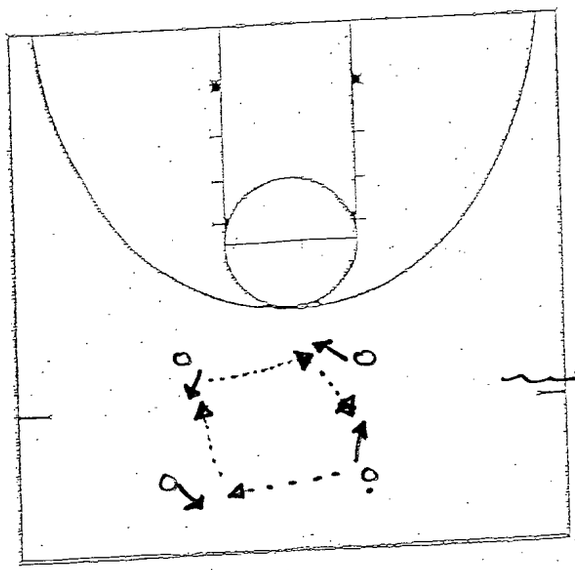
Show me you did the work!

Michigan Passing Progression



Two Man Passing → if balls in the air your in the air
* step w/ hot foot (strong one)

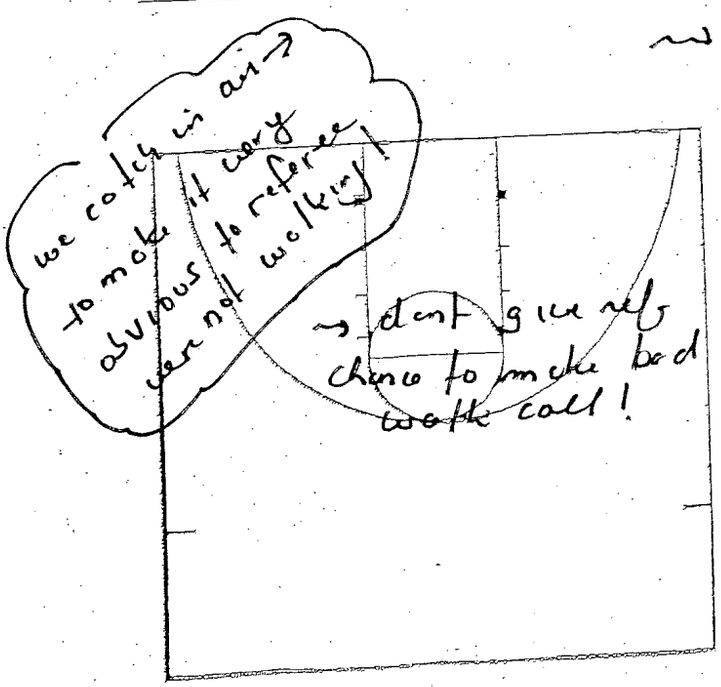
Four Man Passing → go around the horn; catch + throw to the next guy
(some emphasis catch in air step w/ hot foot
* throw to outside hand
* pick up hot foot quickly



→ go open pivot 1st
→ then close pivot (stepping across and passing) → foot goes thru to protect ball

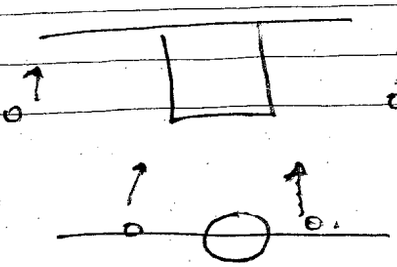
→ shorten pass by **Blasting** to the ball; rule for receiver come open when the ball sees you!

→ eventually add two balls / maybe 3

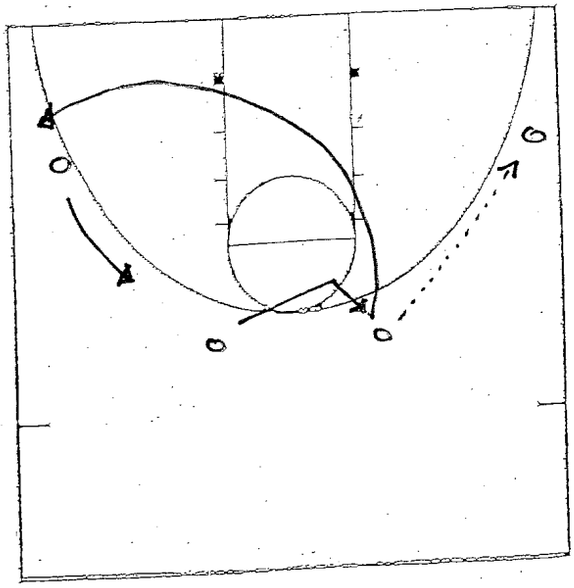


when blasting o... o
(step w/ foot closest → - push off often)

Perfect Passing
10 passes in :20 secs

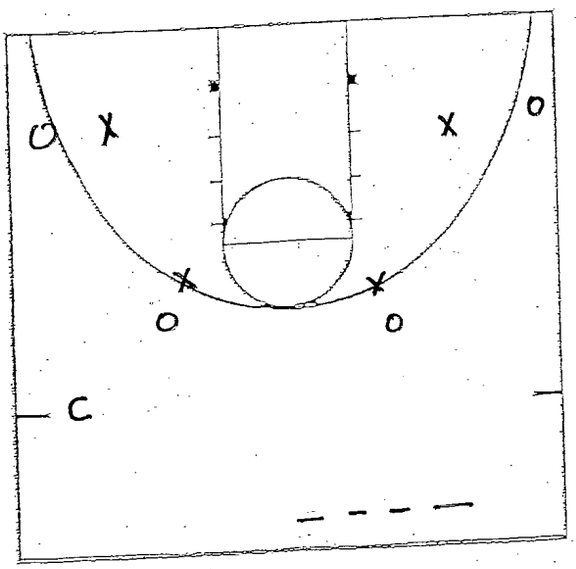


P. Passing (cont.)



→ on guard forward pass basket cut and fill
→ fill man cuts on a straight line and blasts to ball
→ guard-guard pass stay

no mistakes allowed
→ throw to outside hand
→ bobbles unacceptable
→ bad pivot (wrong foot)
etc

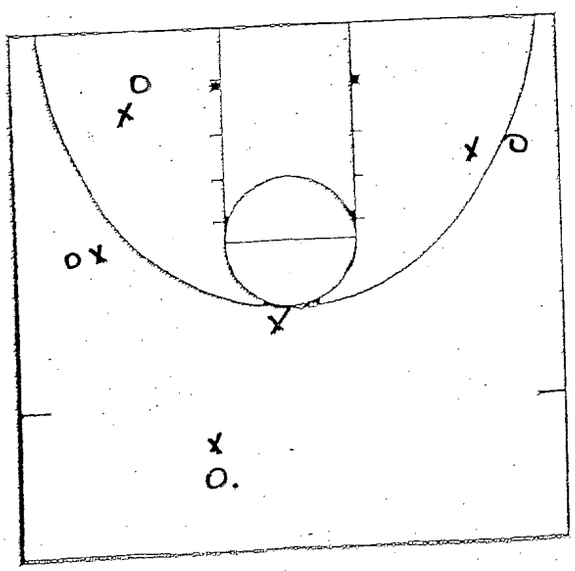


→ add "D" go 4-4 : need 10 passes on backdoor pass and pass out wins

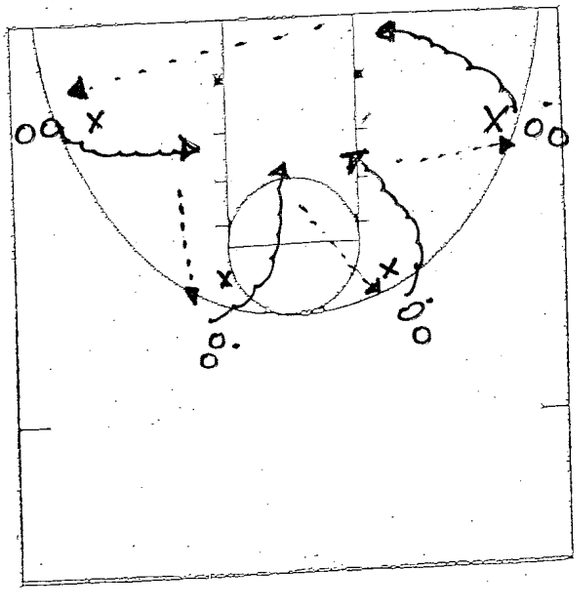
→ on mistake throw ball to coach and "O" + "D" switch play till get a winner (might have 3 teams → one on sideline)

other mistakes
* "D" deflects
etc.

* If late 10 perfect passes – do 10→17



* go 5 vs 4 : add a topper and know you must get 5 passes



Perfect Penetration

driving the ball without traveling!

X = defender stands with arms out



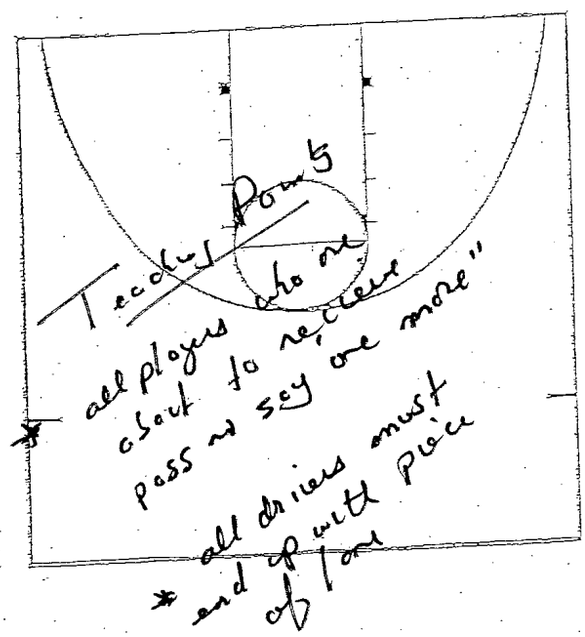
mix up attacks

* show a shot → shoulder to hip drive
* show a shot → jab right and attack to your left ("soft feet" → touch + go) → the hot foot goes w/ ball
* cross-over dribble → last dribble is cross-over

{ teach kids to chest dribble → bring the dribble to other hand and stop w/ two feet }

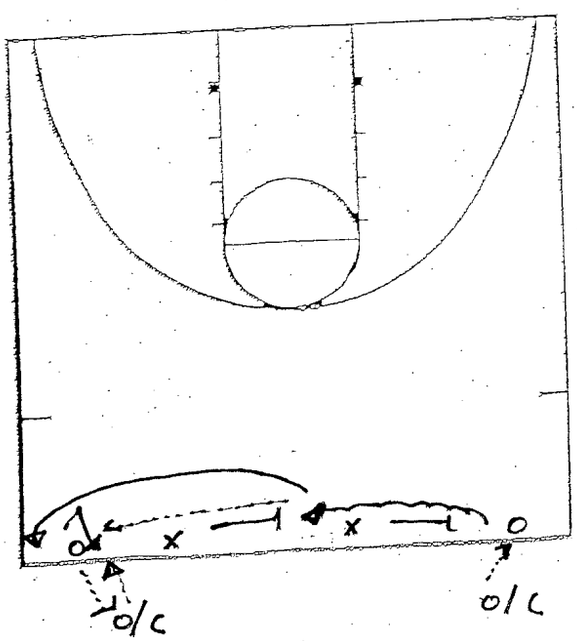
* attack right → spin dribble to left

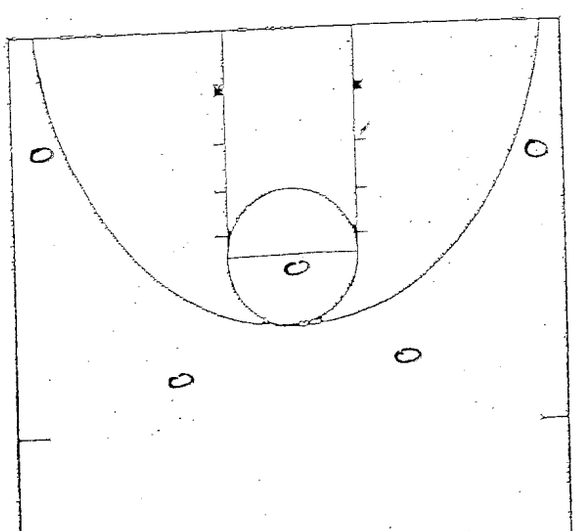
→ add attacks your comfortable with



4 in a Line → do when others on shooting free throws or something!

offensive player receives → drives ball past 1st defender (shoulder to hip) → 2nd defender forces you to jump stop → make pass → and fill spot pass to → other guy goes same way but in other direction??

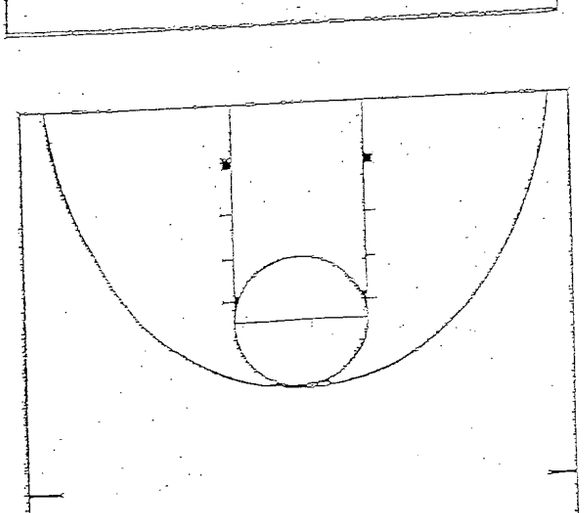




a lot of ways to do things:
sometimes worst thing can be to have two 6-10 guys

↝ Biden opened up the blow and killed these spots

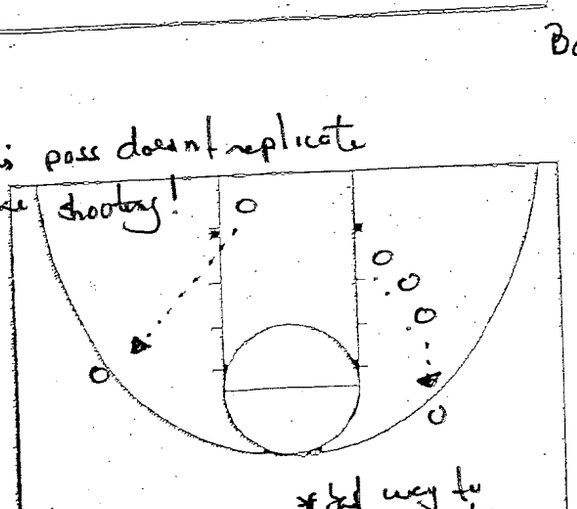
* It's key to get the ball behind the defense: if you don't and can keep offense in front of them it won't be easy to score



2 types of backdoor:
- sudden: overplayed so much / just read "D" + go
- signal
  * some teams use princeton spin dribble
  * ball reversal backdoor
  etc

↝ can't fake backdoors
* we can't fake kick-back / backdoor

Basketball is a game of touch, long, + quick kids
(Football is a game where teams spread you out to take away your powers)

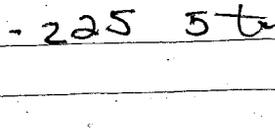


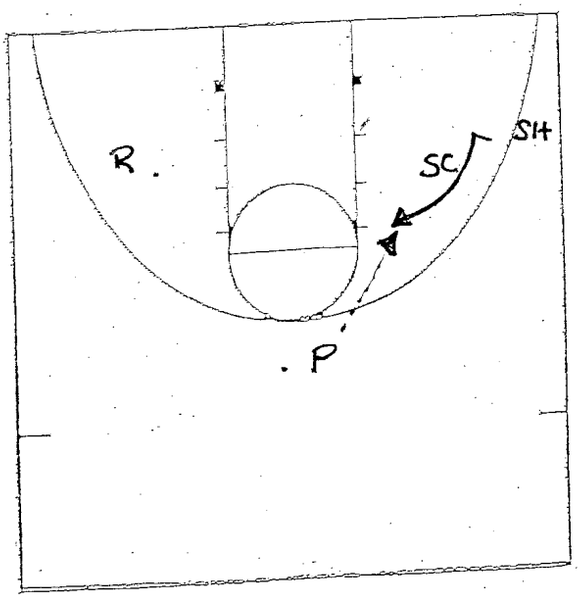
this pass doesn't replicate game like shooting!

* 3rd way to get shooting reps!

* don't push large amount of weight
like - 48 dips + 24 pull-ups
- 225 5 times on bench, etc.

This is game like:

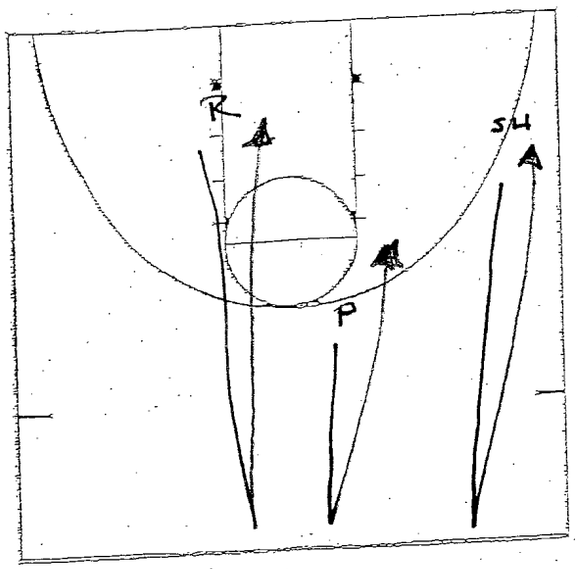




Oscar shooting → 30 seconds
you must take 11 shots
and make 7
Rebounder = counts makes
passer = counts shots

* all rebounds game like
* passer heads out and cutch →
steps and passes w/ hot foot

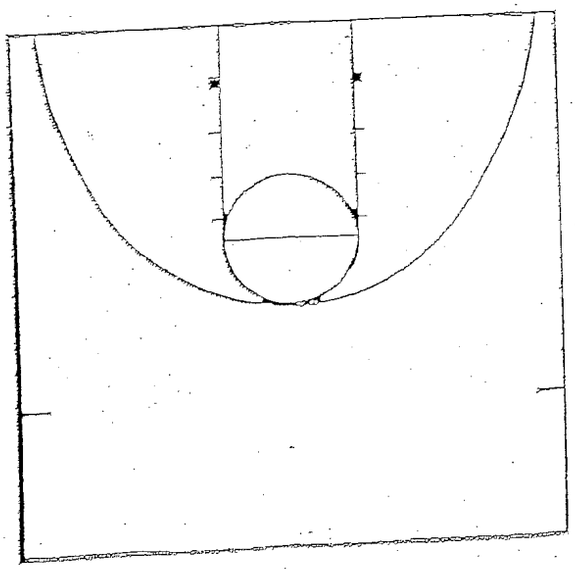
→ if don't get good angle runs
by screener



(in practice; just send everyone
1/2 court + back)

→ can add a manager to put
hand in the face (make shots
harder than the game)

Tape them in practice and
show them →
Jeff Urka + Tim Marshall
comparison



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One Bowerman Drive
Beaverton, OR 97005
(503) 671-6453
Website: www.nikebasketball.com

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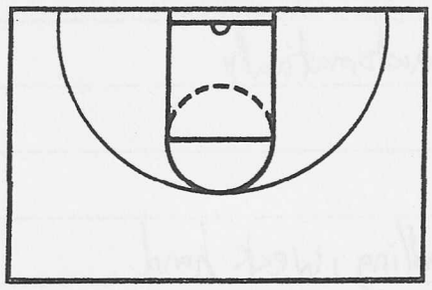
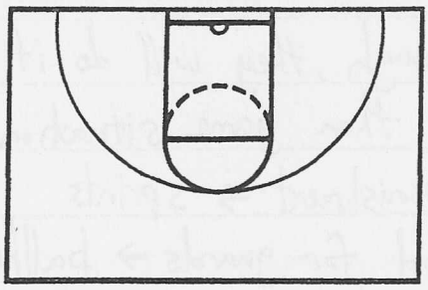
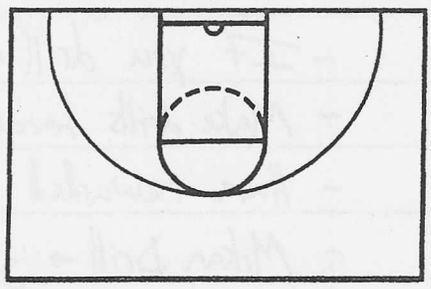
Clinic hotline: (503) 671-3041
Website: www.cbbconline.com

CLINIC Nike - Cleveland, OH
DATE 10-6-02
John Belein, WVU

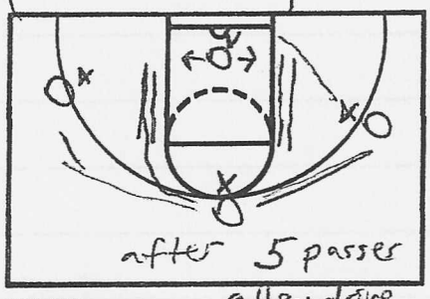






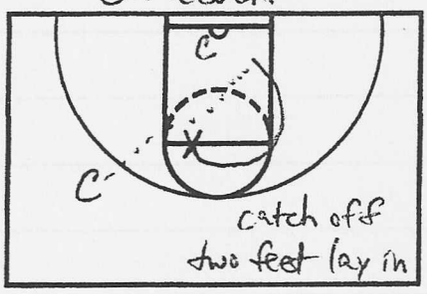
NOTES

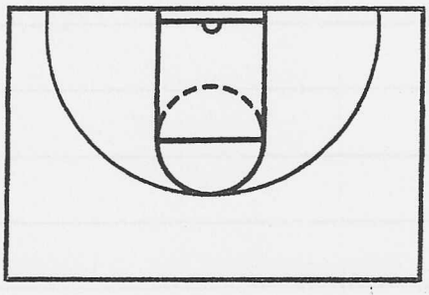
4 on 1 diamond



NOTES
- score - get a stop
- alley drive

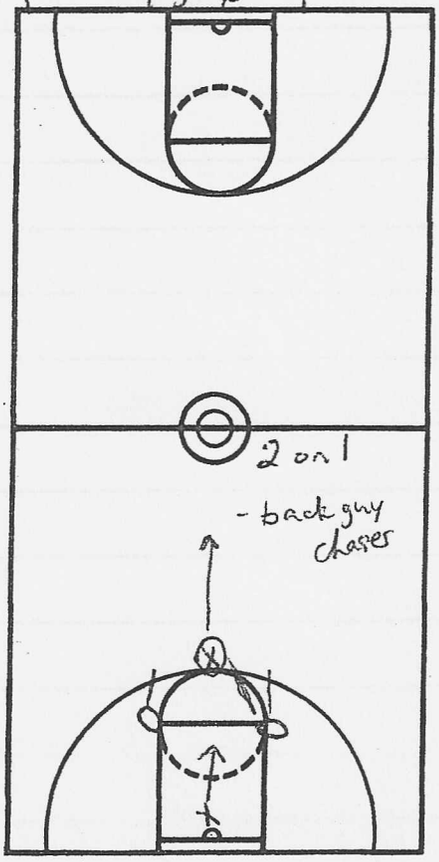
Big Man Drill
Gamecock





JUST DO IT

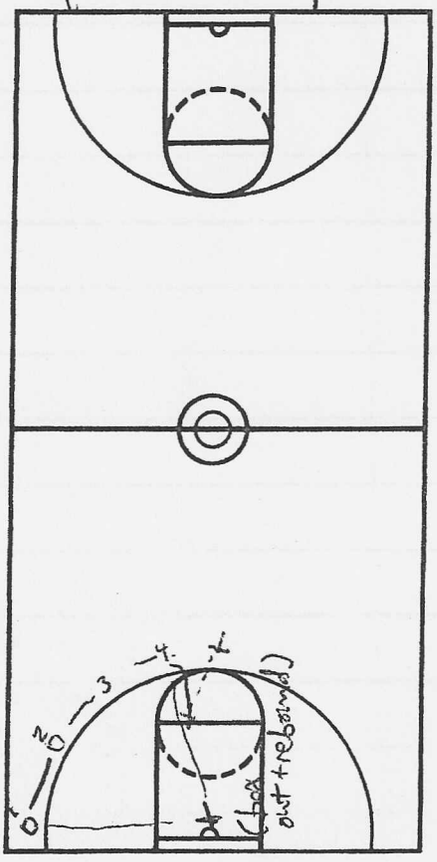
2 on 1 diamond
- 4 guys



NOTES
- don't score - pushups (quick)
- everybody will play every position

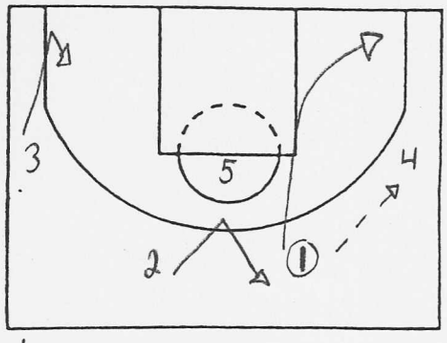
- On last shot, shoot fake + kick back to rebounder for money ball

Money Ball



- Shoot 3 threes, but bring 1 into 15 feet + different perception

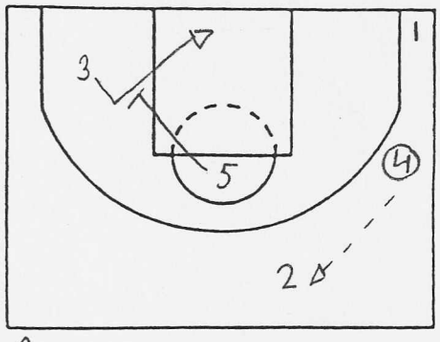
REGULAR CONTINUITY **MAN SETS**



1

Call 1 passes to 4

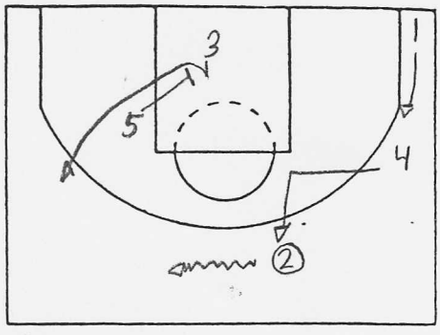
Notes 1 makes inside cut
2 V cuts



2

Call 4 passes to 2

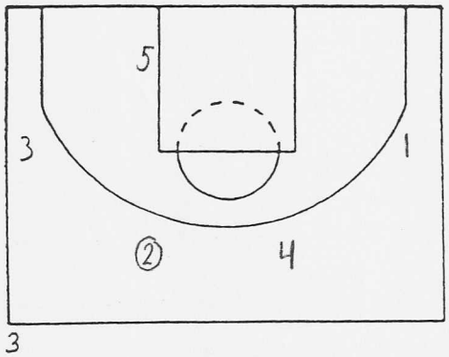
Notes 5 screens down
for 3



2A

Call 3 backcuts

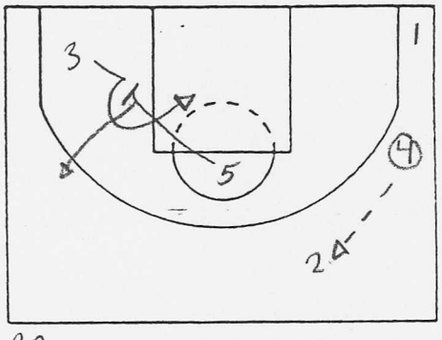
Notes 5 re-screens
2 centers ball, 4 straight line cuts



3

Call ALIGNMENT

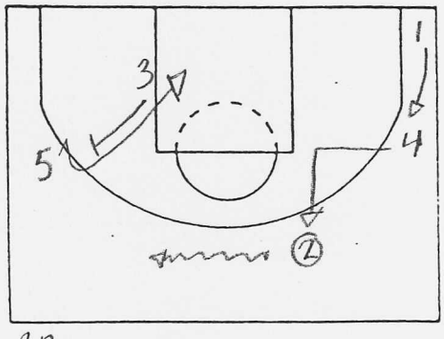
Notes



2B

Call 5 down screens for 3

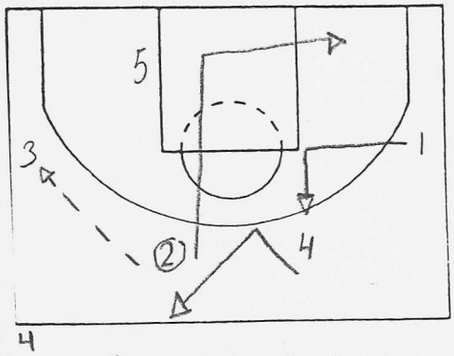
Notes 3 curls to basket
5 pops



2B

Call 3 backscreens for 5, or

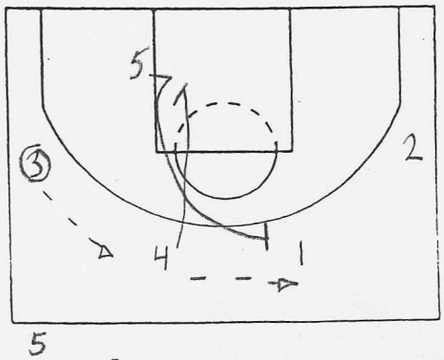
Notes 5 can re-screen
2 centers ball, 4 straight line cuts



4

Call 2 reverses ball, BASKET CUT

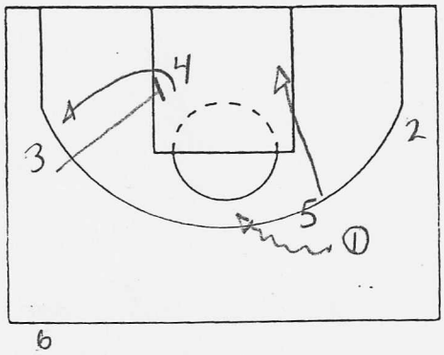
Notes 4 V cuts
1 straight line cuts



5

Call 3 ping pong pass to 1

Notes 4 down screens for 5
5 sets on the run ballscreen



6

Call 1 uses ball screen

Notes 5 rolls to basket
3 screens for the screener, 4

MICHIGAN PRACTICE 10/19/07 2:15pm

220

1) FORM SHOOTING - 15' off the backboard (4min)
2) STRETCHING special basketballs (4min)

14) BANK SHOOTING BOTH SIDES (20)

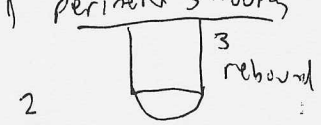
(RAP music playing)

228

Team meet "How do we practice? HARD"

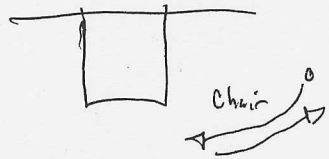
STATIONS

1) perimeter shooting



pivoting passer

45 sec (3 man shooting)



A) cut
B) flare

2) BALL HANDLING

1) TOSS BALL UP high catch on low bounce
2) DRIBBLE 1 hand juggle tennis ball other
3) DRIBBLE 1 hand pass w/ other hand

3) middle game shots over hand

4) DUKE PASSING
5) 2 BALL DRIBBLING STATIONARY

Blind cast

6) PAD) O (PAD
A) SMASH the post
B) moving down court

Shooting — curl - baseline

Popeyes — R side Step into shot
all BANKS
touch the manager

Spin to self - Step into shot

Below - Need positive energy

12 in 59 — 2:40pm

R (mgr yells PAD)
(mgr counting)
P S

Shoot go around the world
make 12 in 59 sec.

not just Shooting drill
passing
rebounding

don't make it
RUN

Box out
Go get ball

Always go game speed

2:44pm Offense — 2 PASSES vs Pressure
Keep BALL IN CHUTE

GUARDS

Starting point

4 on 5 - after ball is past ½ ct. 4 on 4

2 PASSES - drill ends

vs. pressure
overplay

BACK DOOR — don't enter ball on same side vs pressure

no yes

PASSING rev. the BALL

POSTS

rev. pivot
BALL transfer

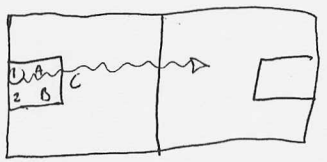
high low

Shallow cut
- go under

Hard cut
- go over

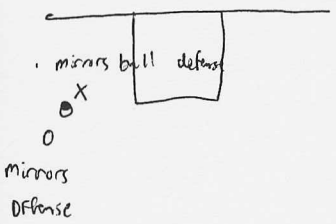
BALL REV. DRILL

2:54pm 11 sec on Shot clock 2 vs 3 Fullcourt

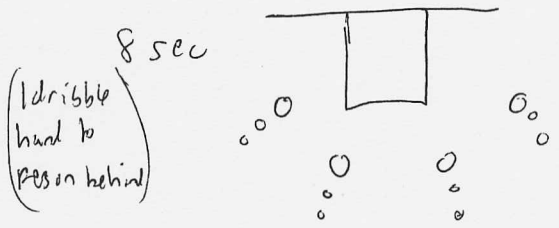


Try to score

2:56pm MIRROR BALL FOR 10 sec → 3 X



O → D → OUT

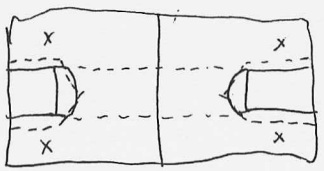


Defense - Stance
Fade back on job
hands high

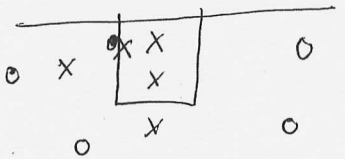
ROTATE SPOTS

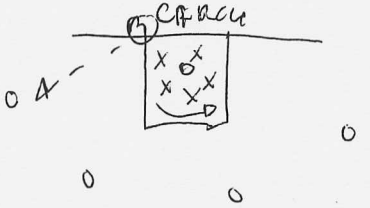
2 dribbles to right, 2 dribbles to left

MARKINGS on COURT CRAYON PAINT



3:04pm 2 SCRAMBLES CLOSEOUT 5on5 Stick the i





FULL FRONT the POST
OFFENSE - Exchanges every pass

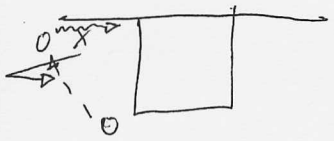
Shot - Reb → get ball to 1/2 ct in under 5 sec

CHART

DONT let ball go middle

most important job - 1st closeout

Closeout "TAG"

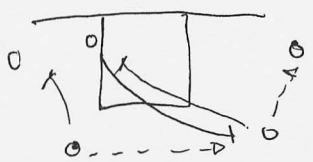


(2nd Scramble)

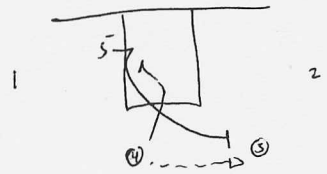
Closeout – MAke him feel like youre ther w/o FOULING

3/6 pm "A LOT OF Coaches here"

OFFense



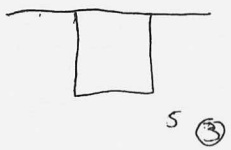
on the run baliscreen



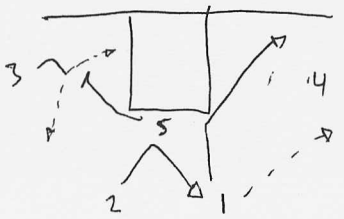
pass & cut
4 down screens for 5



or



OFFence Dunny 5-0

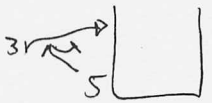


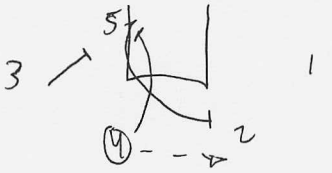
h post hand to m

BALL Screen option prem page

BALL transfer

Screen rescreen on Low cut

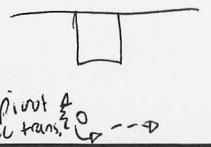




(5 player movement pass + cut like open post

Straight line cuts etc... FILL spots

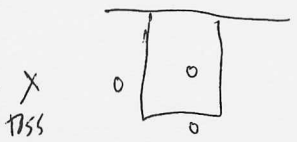
BALL Screen
Down Screen



rev. Pivot & BALL trans.

330 FREE THROWS

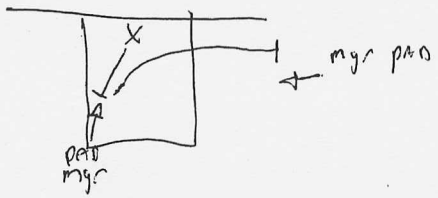
(John Mahony — tennis ball)



- DRIBBLE 1 hand toss tennis ball back & forth

- pivot BALL transfer high Chin BALL throw to toss back catch on jumpstop

TAKE Charge DRILL

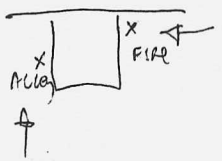


TAKE the SLIDE

1) Alley charge
2) FIRE charge outside lane

COACH pushes player down ABSORB contact (Land on Butt Slide Back)

331 rotate

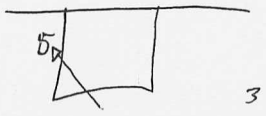


- As soon as you get hit bend your knees

SHOOTING

COACH hand on shoulder vs. dip back on shot

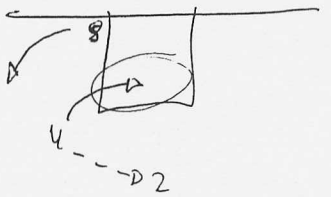
342 OFFENSE vs Zone



4

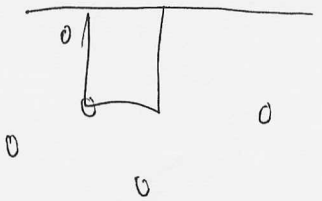
2 1

SOFT SPOT in zone

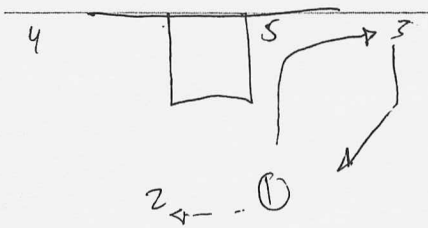


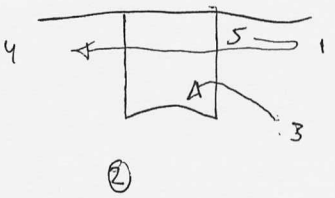
catch ball turn opposite
1) jump
2) pass away from when it came

Low post gets it high post crib (pen)



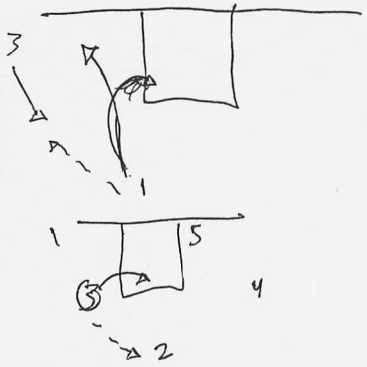
- Show #s
- make a presentation of yourself for the BALL





5 runs baseline

FLOOD = overload



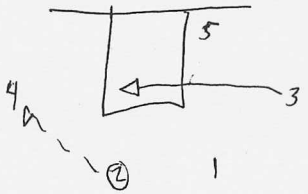
3 man - 4 man
cut to soft spot

5 man runs baseline
PITTSNDGJK

designated cutter

Regular - soft cuts

"Special" - paint cut

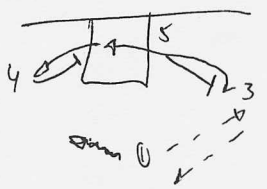


* Keep man offense looking like zone offense & vice versa
want give out all calls
love to sit down w/ all of you but I want

356 [illegible] switch DEF Breakdown
you've done the math ahead of time

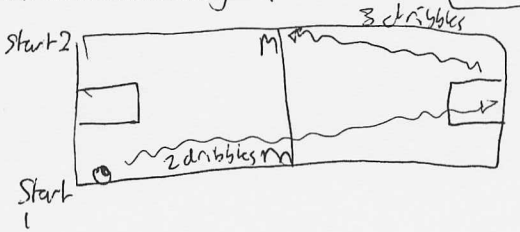
Why switch? - to deny the BALL
make them catch outside NBA 3

vs BACKSCREEN DOWNSCREEN



PERFECTION complete 3 drills in 10min

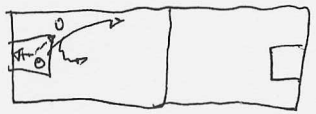
404 FC LAYUPS



M hold up #

- Shield BALL AT HIP
- go thru

DUKE LAYUPS

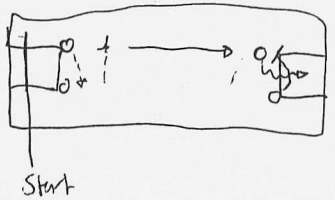


(BOTH SIDES 1X)

- bounce pass at 3pt line
- cant just turn & throw
- FIND open spot

GAME SPEED LAYUPS

2 MAN PASSING



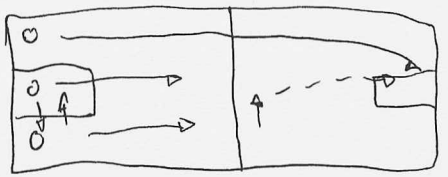
BALL SCREEN FOR LAYUP hit roll

CALL OUT Names ON PASS

2 FOOT LAYUP

throw hard pass

3 MAN PASSING



PARTNER +

3 MAN WEAVE - ends bounce pass

END 415

Belein sounds OFF

OFF/DEF

keys → lead to other situations

DRIBBLE

- try to get leverage OFF by Def. Shoulder
- North South

Stay in volleyball ct a score 11 sec

SHIELD - put def in jail

make every drill - shoot
- passing
- REB

every play → perm. pivot foot

make

DRILLS 10-12 min

FT make 20
RUN for every miss

1-3-1 put in today 11- SORRY!
tomorrow is better

Zone offense

- look like man
- choose who cutter is

STEAL OFFENSE W/ COUNTERS

- After Timeouts dead ball
→ makes steal that much more effective

1130 am Film session champion center
Those who stay will be Champions

REBOUNDING

-Off- send 2 to boards

- Scoreboard more Important

- 2 fewer TO → 5 TO

- will win possession game

catch 2 hands 2 feet - cuts down Turnovers

end dribble w/ jumpshot 1-2

R - Left Foot pivot Dom. FOOT
L - RIGHT Foot "

Form Habits
- that cut down turnovers

1 top - 2 Feet perm. pivot foot

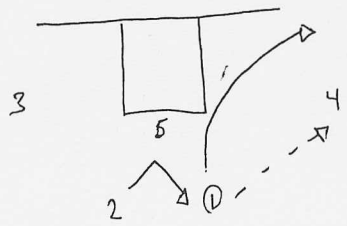
- Work Share Anything
- keep it in Guarded

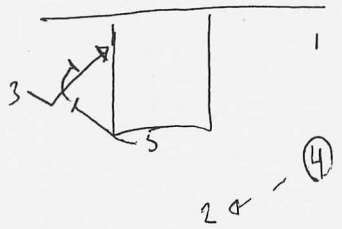
11:30 Film 10 clips a day
12 - 2:30 pm practice SAT

Film - Learning curve will raise ↑ !

$500 - $50 per game 10 Home games
FILM

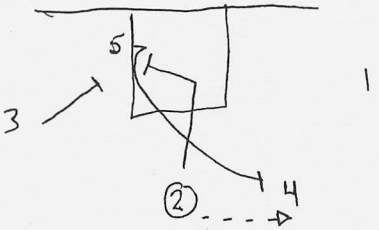
BASIC OFFENSE





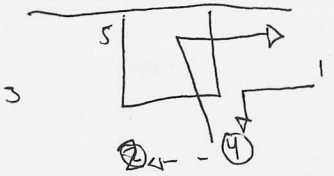
screen - rescreen
3 can cut high & curl
read the defense

2 dribble over misdirection
back to 4



downscreen
on the RO - BALLscreen
downscreen

* have designated downscreener for 5



FILL SPOTS
Straight Line cuts

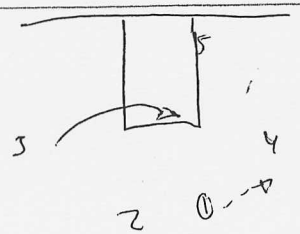
* ADD HILAND princeton read defense keys handoffs lower
BACKcuts higher

ZONE OFF

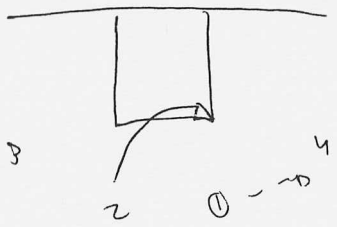
Film session

11:30 - NOON

#1

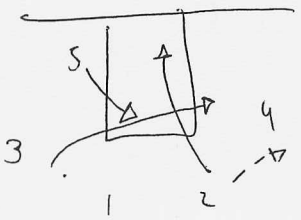


#2



#3 CA ← ↑ miss

G to G pass

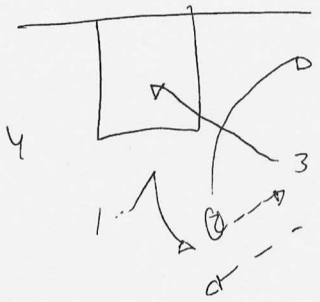


TEAM CONSTIT.

Only good things happen when we have the ball - Belien

QUOTES - skip (on time)

Best place to have ball - Middle - HI LOW

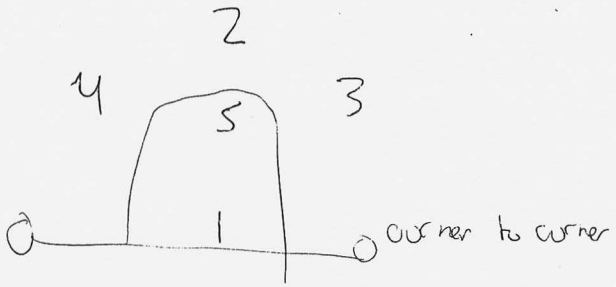


Mickey

3 for 2yd

Land on 2 feet = No charge

1-3-1



corner to corner

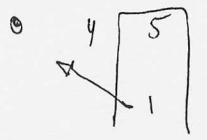
½ dribble NO charge

"one more"

10 CLIPS Offense

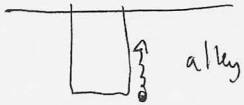
1-3-1 5 CLIPS 10 clips

Wing



between ball & corner of floor straight in

2 keep ball from coming back



alley drive meltdown feel the heat

attack the attacker

Make away direct passes

DIRECT Rey OFF

rescreen - double bury Screener
get in paint

FOOTBALL cut = curl



"Ricky"

BE game speed
Shooting drills

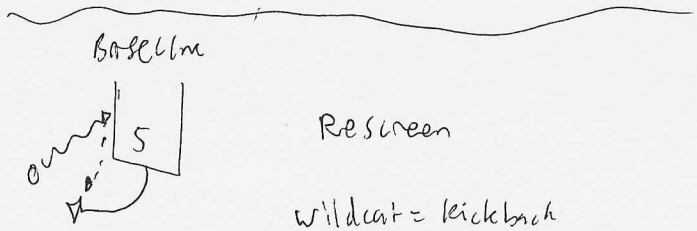
passing - hit them in face pocket passing

precision is important

Want 2 OB passes VS 1-3-1
2 man most important

READ defenses - @ football practices

"Shoelace"



Rescreen

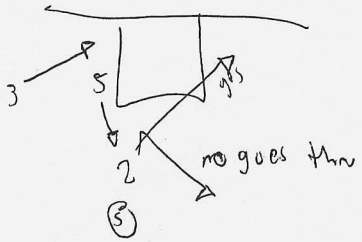
wildcat = kickback

defense - just get one pinky on ball

Chart where & who is getting most deflections

good clip #12 telestrator WVU clips

get thru BACK CUT



a lot of zones within the zone (like 2-3)

1-3-1 "So unusual"

- play 3 different ways
  Change up

15-20% (once every 5 times)

MAN BASE Defense

No Correlation SAT sure & BBall IQ

- Good program
- understand game
- Some nights
- An agenda to Win

get the right mix

I.S. Swimm 20min

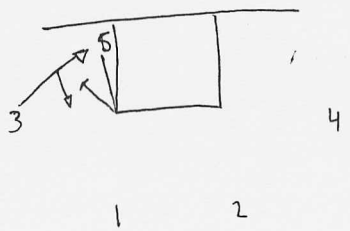
1205

2 groups

ON the Floor

Dummy 4min Stretch 4min

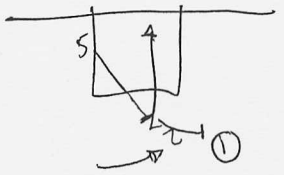
4 out 1 in look



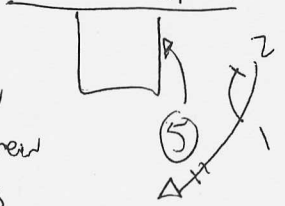
READ Cutter
cutter hi - screen low
low

Dummy NO SHOTS

option - back screen instead of on the run into BALL screen

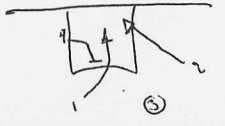


option HO ROLL



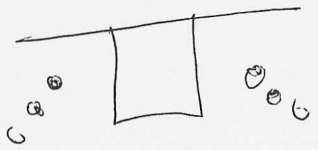
Down Screen
NO BALL screen
5 gets pass

BACK CUT - BACK SCREEN



12/5

3 on side 2 balls

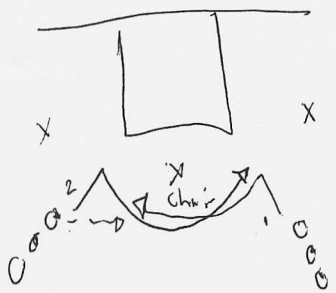


BASIC SHOOTING

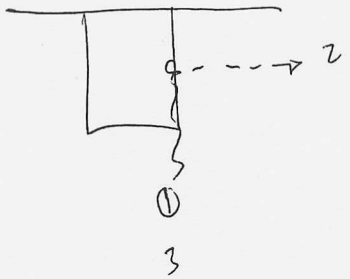
get loose

All shooting drills - Be A sprint
(Below mixed up)

Split guard - Forward - post



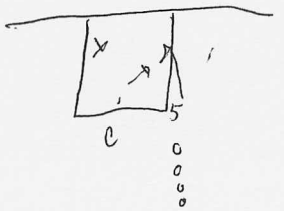
"BIG RED"
1) catch + shoot
2) Shot fake + dribble



pen + pitch

jump stop
pen + pitch
Rotation 1-2-3

post shield



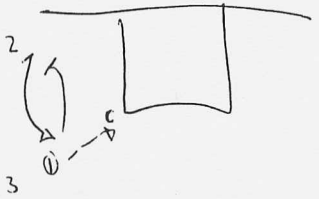
LOB CATCH + FINISH

O to D to OUT

Mgr - Be in someones face

if you cant get lo shots off in 3o sec you arent going fast enough

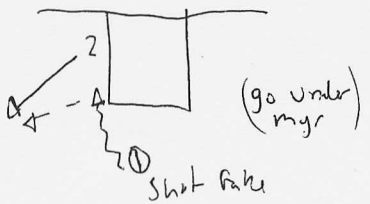
Split shooting



1) pass to cutter
2) Fake + pass to screener

1223

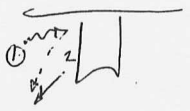
money ball drive kick 22 pts 1 min



3-1 ratio

(2 3s + 1 2)

2 3s
1 2

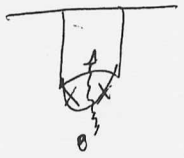


passer becomes rb for 2 spot up shots

Run if not make it

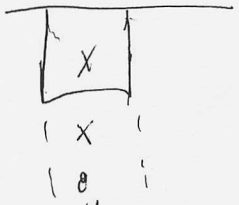
1 on 1 2 on 2 drill 1227

2 vs 1 to score



or

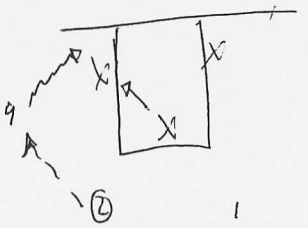
gds

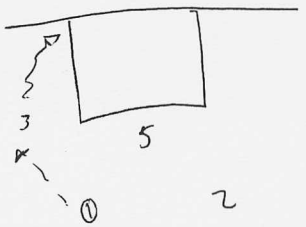


Stay in alley

pressure on ball w/ other guy waiting to come get leverage

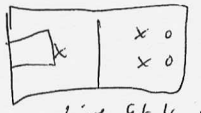
4 vs. 3 Fwds.





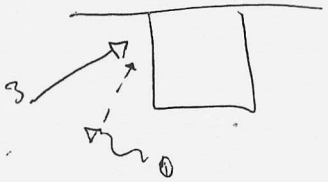
4 don't leave your feet & say I hope someone is open

2 on 2 gds don't get split



Live at 1/2 ct

Catch on 2 w/ a shield backdoor

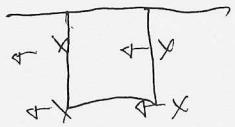


guards & forwards work on cuts during split

drive N-S play w/ your head up

(4 min - shuttle - 2 min Closeout)

1238 6 min every day do a shuttle drill



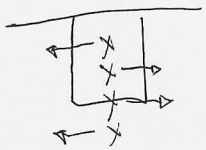
Mass slide

Shimmy Short ½ slide
shuttle
lunges long slide

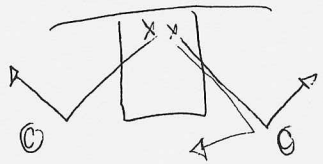
get elbows up hands up

keep your motor running - foot fire

Variety in 4 min

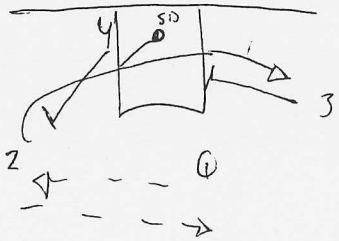


Heidelberg closeout



Sweep middle two

1244 Keep Stick Switching Def drill



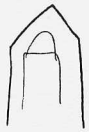
backscreen
downscreen
play live

Stop = 1pt
how many possesions off get

or single double

get to his toes - make him put it on the floor

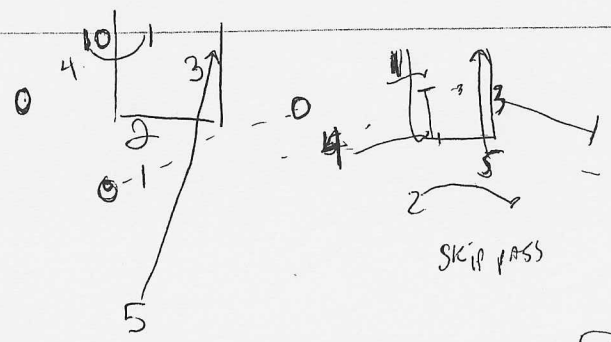
3 sec to get it to ½ ct after reb.



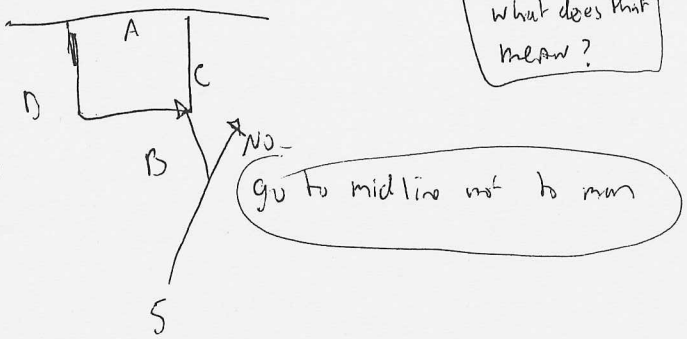
don't let it in the house
Count warnings

1256 Defense make off go E-W

come back to DIAMOND
Front w gd.
trailer goes opp side of ball



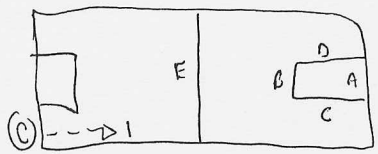
TRANS. DEF.



His coach "get BACK" what does that mean?

go to midline not to run

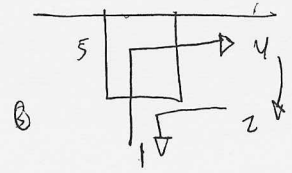
DRILL 5-0 during score



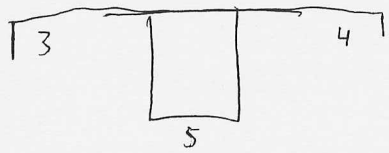
★ ALWAYS TRANS DEF into diamond + keep on 1 side NO middle
choke the ball out of the middle

106
FT + Dummy 2 groups

BASIC



high cut on reverse
BASKET cut big passer



cut short in dead corner

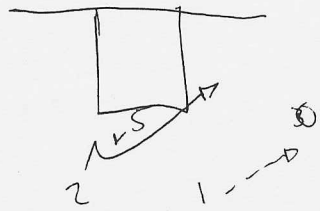
1 2

THIS DIRECTION = Deadstick

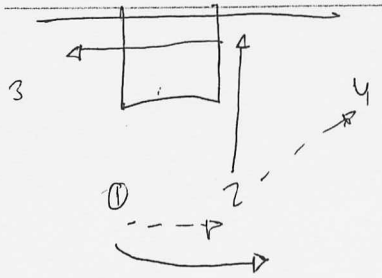
116 Defense

make 'em catch at NBA
make it tough - going away from basket

Defend CHIN cut (Shuttle)

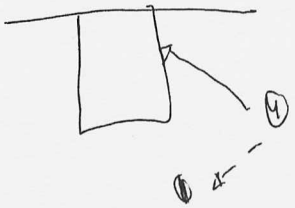


plus give + go



everyone cut thru
then play live
try to score off
cut only

1 does not cut until everyone has
cut thru (last one then live

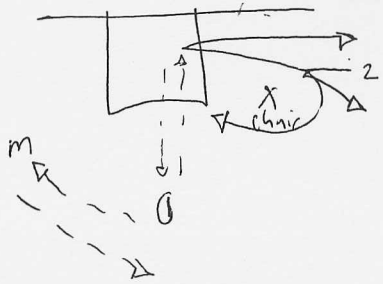


do not let the ball go middle

Run 8 9 strikes in 30 sec.
information let middle will run

BUST OUT - not just head down
- jumpstop find open man

130 SHOOTING



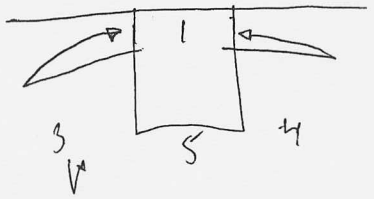
pass for
timing on screen

1) CURL
2) BACK CUT - CORNER
3) FADE - CURL

- bounce pass to curl
- air pass backdoor
- get shot coming back on baseline

138 1-3-1 work (Whisper)





keep on 1 side
Force Lob

DAVE CDOM - concepts

take away direct passes



150 scrimmage (running 25 min)

* plank & go
  Come out
  DON'T DANCE

(2 man replace cut)

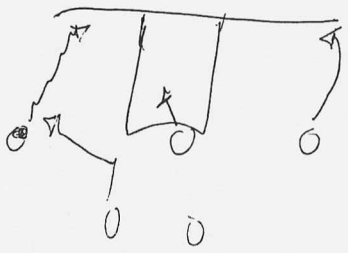
2 gd. cuts to block - shuffle

Create your own energy

* yell "one more" on drive & kick penetration

* When you turn & put it down w/o looking you get into trouble

LAST sec play



6 sec

1) KICKBALL
2) DRIVE
3) DUMP

3 options

TEAM CONST.

1) Be on time
2) Treat people w/ respect
3) EAT right
4) No drugs - alcohol
5) we are A FAMILY
6) Basketball expectations
7) NO turnovers
8) play unselfish
9) play harder
10)
11) practice RULES
12)
13) VALUE of Education
14)
15) Program priorities - basketball wise
16)
17) take care of yourself
18)
19) Be prepared - practice - game prep
20) Be a good teammate -

* ONLY good things can happen when we have the ball!!

RULE / expectation followed by Quote from famous person

hung up in locker room

Sign & date

JALEN rose in attendance
"Jimmy King dinner show"
- but then arrived

230 Perfection

managers get your ass in the drill

Walk ons: - scout team
- like a manager
- not in key drills / exit perfection
live stuff

240 end on make
5 sec RULE like UNC camp
Keep 'em hustling

Practice PLAN

- written out in Big Blocks Landscape

#	Time	ACTIVITY	NOTES TEACHING CONCEPTS	Groups
		FRONT + BACK		

Misc. Attack on defense make them put ball on floor
+ not hold for 2 count - Ball Pressure
you win

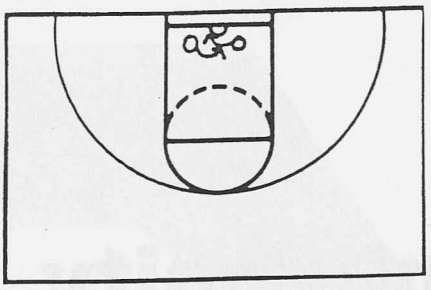
West Virginia University
Basketball
Coaching Clinic

Skill Booklet
2002

Let's Go Mountaineers!

INDIVIDUAL SKILL DEVELOPMENT

A. Mikan Drill

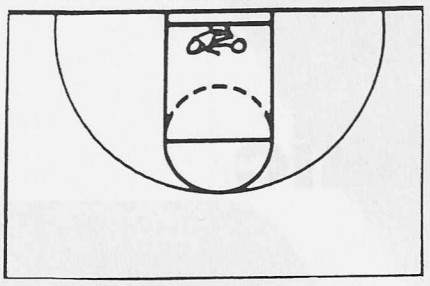


1. Start on left side of the rim facing the backboard.
2. Step with left foot and shoot hook shot on right hand.
3. Snatch the ball out of the net as quickly as you can.
4. Step with right foot and shoot hook shot with left hand.
5. Make 8.

TEACHING POINTS:

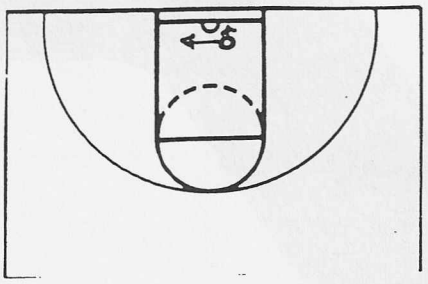
- Keep ball above your head. Don't let it hit the floor.
- Kick your right leg up on the right side.
- Kick your left leg up on the left side.

B. Reverse Mikan Drill



1. Start with heels on baseline facing opposite basket.
2. Step with left foot and shoot reverse lay-up with right
3. Snatch the ball out of the net.
4. Step with right foot and shoot reverse lay-up with left
5. Make 8.

C. Backboard Taps

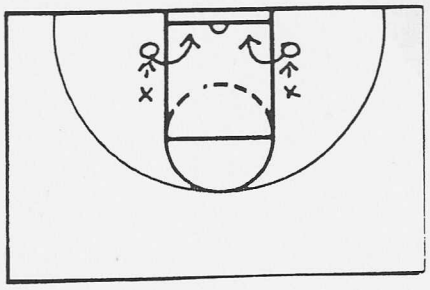


1. Begin on the right side of the backboard.
2. Throw ball on the board and tap it with right
3. Bounce off toes and tap 3 times and then in.
4. Repeat with left hand

TEACHING POINTS:

- Keep both hands above head.
- Make quick jumps with soft hands.
- Tap ball at top of the jump.

D. Step Across



1. Player starts facing the basket one step outside the block.
2. Partner bounces the ball to player's outside.
3. Player catches and pivots on the inside foot.
4. While pivoting player "rainbows" the ball over his head.
5. Player squares to the basket and finishes with a lay-up.
6. Repeat on other side of basket.

TEACHING POINTS:

- Rainbow – Keep the ball high, don't bring it down.
- Player should get the defender on his butt and finish parallel to the basket. "Get body on and ball away."

E. Step Across Opposite

1. Same as step across with reverse lay-up.
2. Stretch out and finish strong opposite.

BALLHANDLING

Guard Goals	Big Man Goals
110 wraps/60 seconds	100 wraps/60 seconds
40 hikes/30 sec.	40 hikes/30 sec.
40 pretzels/30 sec.	40 pretzels/30 sec.
60 crossovers/30 sec.	60 crossovers/30 sec.

WRAPS – Wrap the ball around your waist as many times as you can in 60 seconds. Every 10, slap the ball and change the direction of the wrap. Head Up!

HIKES – Start with the ball between your legs and both hands in front. Flip the ball to the back and quickly move the hands behind the legs to catch the ball. Every time the ball is caught behind and then again in front is ONE. Do not look at the ball.

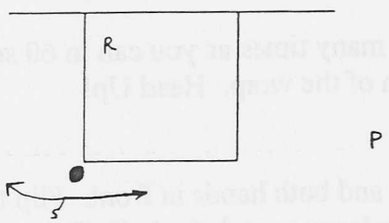
PRETZELS – Ball starts between the legs with one hand in front and one hand behind the leg. Flip the ball back and forth as the hands alternate front to back. Do not look at the ball. Every time the right hand touches the ball in front equals one repetition.

CROSSOVERS – Keep the ball knee high with the dribble – while continually crossing over from right to left. HEAD UP! Every time the ball touches your right hand equals one repetition.

** An alternate to splitting the drills into 4 segments is allowing 3 minutes to do 100 wraps, 40 hikes, 40 pretzels, and 60 crossovers without interruption.**

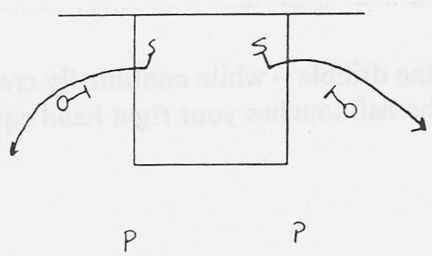
JOHN BEILEIN
SHOOTING DRILLS

OSCAR



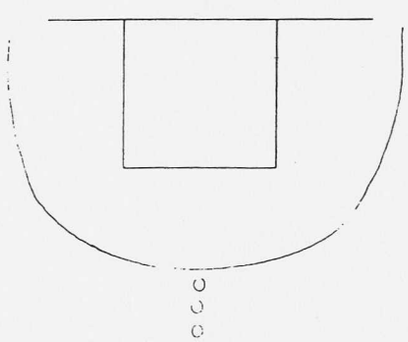
1 Garbage Can 1 rebounder, 1 shooter, 1 passer. Shooter curls, straights, fades.... Trying to make 7 in 30 seconds. Rebounder is working on catching on 2 while passer is cutting to get open and jabbing his man to death.

DOWN SCREEN 1,2



Two Passes Shooter gets his own rebounds. Passers remain stationary near the top of the key. This drill was originally 1,2 shooting, but now we have 2 groups at the same end. Shooters can curl, fade or straight. This is a great drill to require they make the fade before they curl.

POPEYE SHOOTING

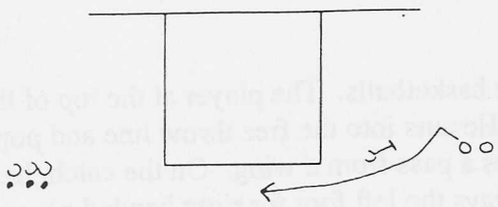


First team to 21, but one person cannot carry the team. Each guy has to make 7.

2 Balls. You must bust out dribble after you get your own rebound.

3 Guys. Shooter must jab step away before receiving the pass. Once an individual makes 7, he strictly rebounds for his teammates.

PRE-GAME SHOOTING

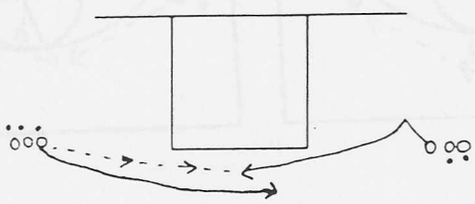


3 Balls. Pre-game shooting. Get own rebound, bust out dribble back to opposite line.

Do it to get 5-3 screens as well

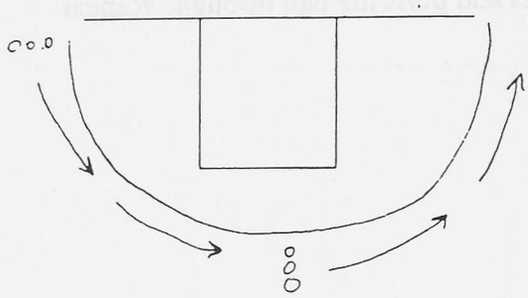
Do sets of curls, fades, straights, ball screens.

RANDOLPH MACON SHOOTING



If 6 players, 5 balls. Shooters come from both directions. Whoever doesn't have a ball cuts. Get your own rebound and go opposite.

NEUBAUER SHOOTING



3-Point Shooting
2 balls per team. Shooter gets his own rebound. Each team makes 7 from 3 different spots. First team to 21 wins. Keep your motor running at all times.

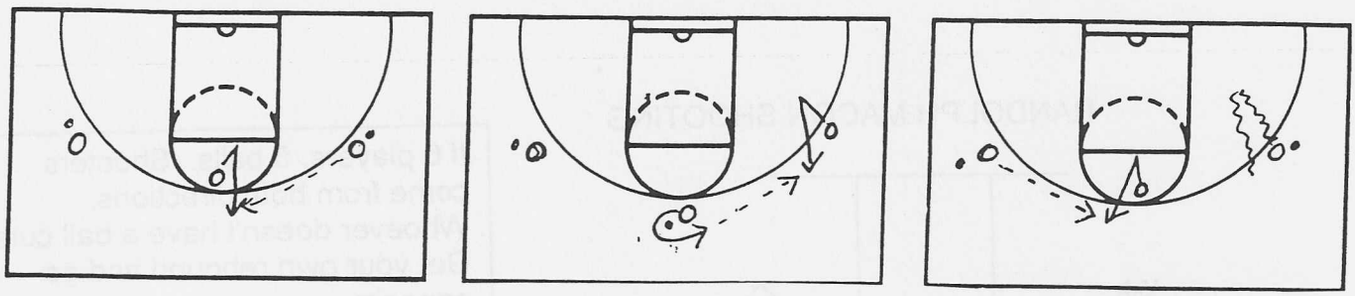
20's

2 players, 1 ball. Pick one spot or side of the floor. You get your own rebound. First person to make 20. Never stop running. Sprint for loser
Great after practice drill.

PASSING DRILLS

A. 3 on the Perimeter Drill

The 2 players on the wings start with the basketballs. The player at the top of the key starts the drill with a good replace cut. (He cuts into the free throw line and pops back out). As he comes open, he receives a pass from a wing. On the catch, he establishes his permanent pivot foot (always the left foot for right handed players and vice versa), pivots, fakes a ball reversal, and passes back to the man who gave it to him. On every catch, the players on the wing, square up and take one hard dribble baseline.



Important Teaching Points:

- Establish the left foot as the pivot foot.
- Show an outside hand as a target to the passer.
- Wait till the ball sees you to break open.

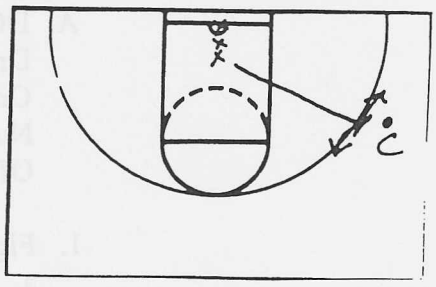
B. Partner Passing

2 players have one ball. They move in a slow to quick cadence waiting for their partner to see them. Receiver flashes an outside target hand and the passer steps into the pass. The receiver catches on two feet and pulls the ball through. Repeat.

DEFENSIVE DRILLS

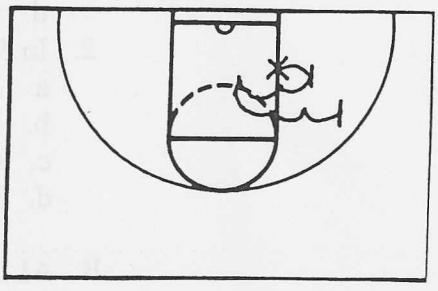
A. Closeouts

Player starts in middle of the lane in help position. He must then find his man and closeout on the perimeter. First few steps should be long and then player breaks down with short quick steps and high hands as he reaches the offensive player. Defender should end up about an arms length away. Remember that the defenders rear end should Be pointing towards the basket.



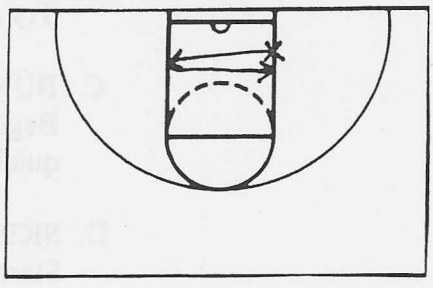
B. Lunges

Players get into good defensive stance with their "motors running." Goal in this drill is for players to take one big defensive slide in Order to keep man from going to the basket. It's important that you "point your foot" in the Direction you are about to slide. We want the Offensive player to have to move East-West.



C. Lanes

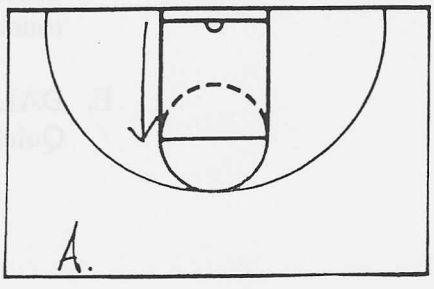
Simple defensive slides. Key points here are quick feet and not letting your feet come together. Stay down in your stance and always slide with High hands.

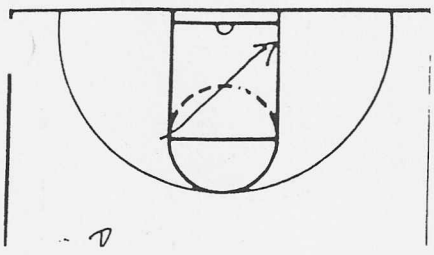


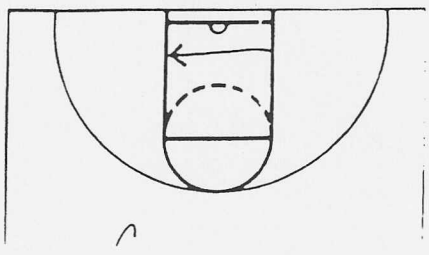
D. Z Slides

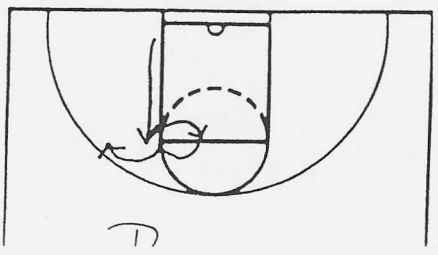
This drill mixes closeouts, lunges and lanes in a quick, intense defensive drill.

A. Closeout
B. Defensive slide
C. Lane Slide
D. Closeout and Lunges









CONDITIONING AND AGILITIES

I. Agilities

A. DOT DRILL
Draw a 3 foot by 3 foot square with x's or dots
On each corner and at the center. The spots are
Numbered as shown. Complete sets involve use
Of right, left and both legs. Build up to three sets.

4 X X3

5 X 2

6 X X1

1. Figure 8
   a. Begin at spot 1.
   b. Hop 1,2,4,3,5,6 then 6,5,3,4,2,1. This is one repetition.
   c. One set is 2 reps right, 2 reps left and 2 reps both feet.
   d. Do two sets at maximum intensity.
2. In & Out
   a. Begin at spot 1.
   b. Hop 1,2,3,4,5,6 then 6,5,4,3,2,1. This is one repetition.
   c. One set is 2 reps right, 2 reps left and 2 reps both feet.
   d. Do two sets at maximum intensity.

B. ALI FEET
Begin with one foot on each side of the line.
Hop over and back alternating right foot in front and left foot in back.
Try and be "quick" like Ali (1 minute maximum intensity)

C. BUNNY HOP (Line hops) Front to back (1 minute max intensity)
Begin with toes pointed at the line. Hop over the line and back as quickly as possible. Do not touch the line.

D. SKIER
Start with both feet on one side of the line. Feet should be parallel to the line. Hop over the line and back as quickly as possible. Do not touch the line.

E. DALLAS COWBOYS
Quick feet like a linebacker -- weave in and out of cones.

II. Perfection

Our "Perfection" drill serves as both skill development and conditioning. The Rules of the drill are as follows: All players must complete each skill 1 time. There can be absolutely no mistakes (example: missed layup, travel, dropped Pass). All skills must be completed in the time limit set. (10 minutes early in the Season, and then shorten as you go). We like to teach one or two skills a day and Build toward the entire package.

1. Full court dribble lay-up
    A. Right hand (down)
    B. Left hand (back)
2. 2 man rapid fire passing to a screen and roll, give and go, etc.(down and back)
3. 2 man rebound and outlet drill to a lay-up (down and back)
4. 2 man passing with a runner
    A. Middle man passes to wing and checks opposite, catches return pass and does same thing again. Third pass is to opposite wing for a lay-up (down)
    B. Middle man gets ball out of the net as wings cross. Middle man passes to man who made lay-up who quickly gives it back. Middle hits opposite wing long for a lay-up. (back)
5. 3 man weave with a lay-up in 4 passes.
6. 3 man weave for a three in 3 passes.

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Toll Free: 877-259-9083

November 2, 2002

6 Warm-up Mikans / Taps / Step X

10 Oscars - Curls and Run Aways
-Straights and Fades

Bigs - 2 man drills
-Gamecocks
- Fast Breaks (opposites)
-1 on 1 Sheild
-1 on 1 Step Across
-Oscar from 15

5 3 pt. Shooting 12 in 59

4 3 on 2 Duke

6 5 on 4 Hold the Fort

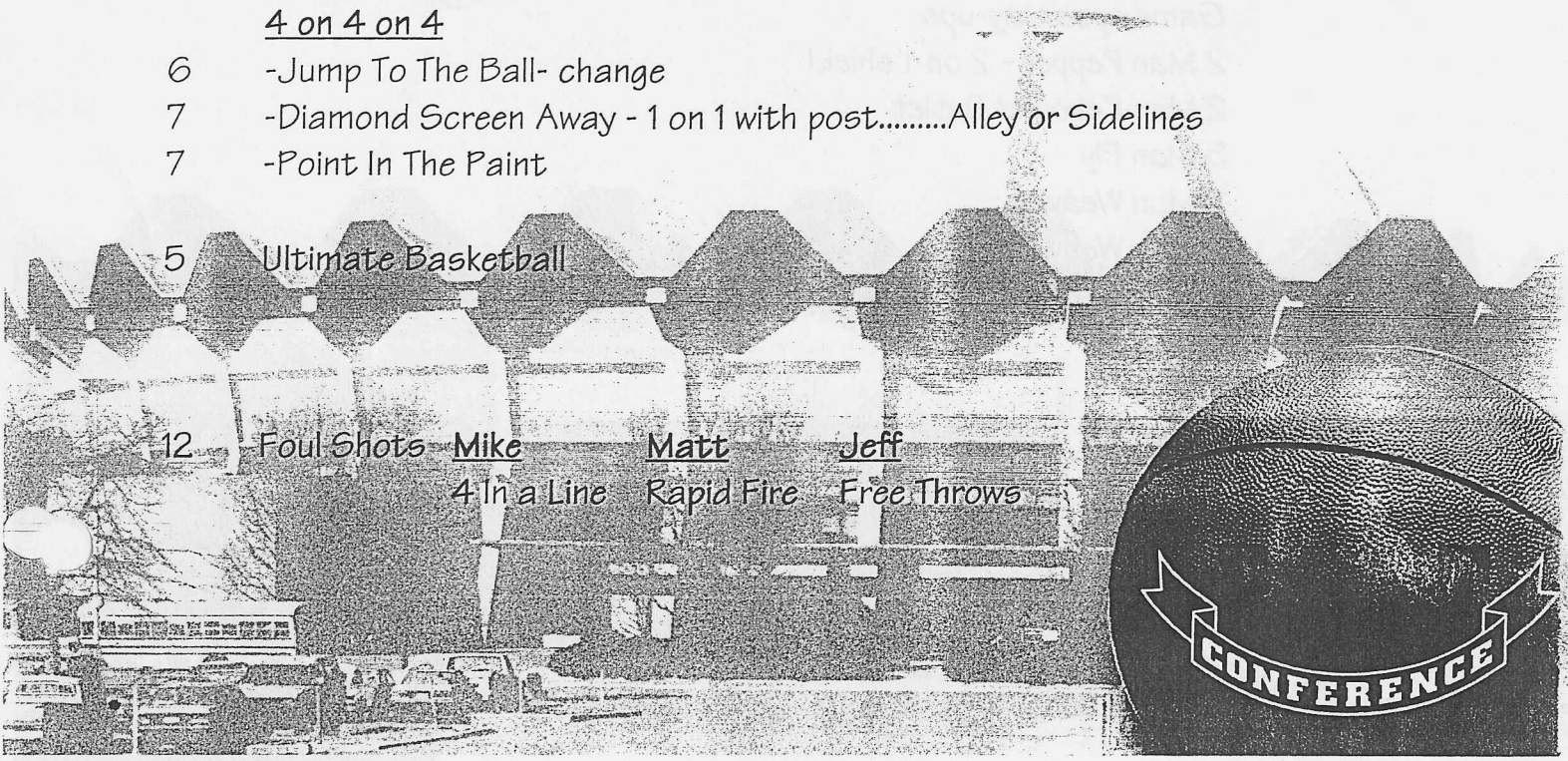
5 Defense (Lunges / Lanes / Z-Slides)

5 Rebounding (Georgetown / Taps)

4 on 4 on 4
6 -Jump To The Ball- change
7 -Diamond Screen Away - 1 on 1 with post.....Alley or Sidelines
7 -Point In The Paint

5 Ultimate Basketball

12 Foul Shots Mike Matt Jeff
4 In a Line Rapid Fire Free Throws



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7 Transition Defense Individuals

Bigs	Guards
Front / Front / Skip / Skip	Window / Pitches

8 Transition Defense Off Board

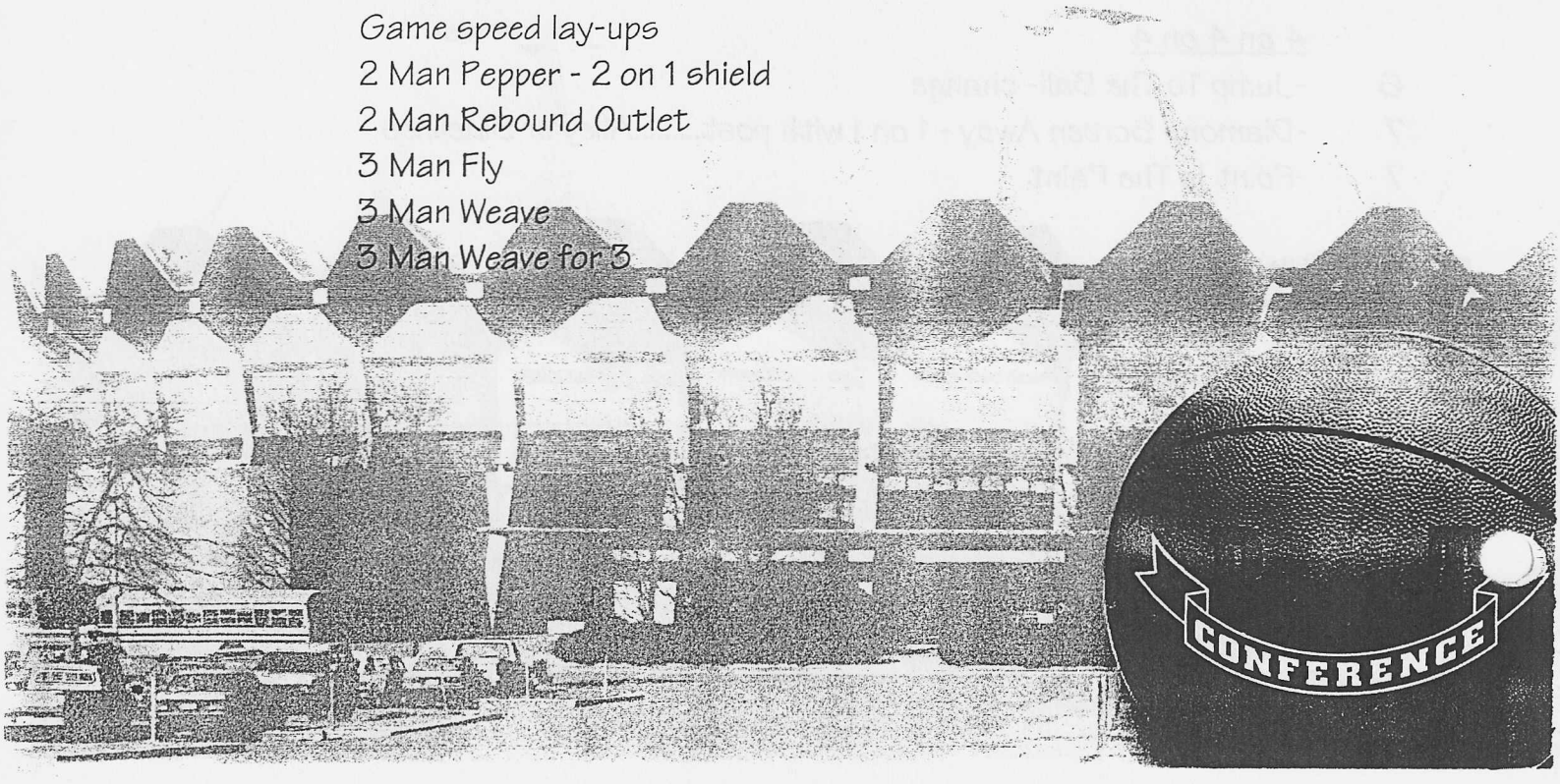
12 Get Better

Guards	Bigs
Under Rope	3 @ basket / 2 balls
2 on 1 Weave	Jump Hooks
2 on 0 Shield	Balance Shots
2 on 2 Slice	2 Steps
	Sweeps

5 20 3's in 2 minutes

10 Perfection

- Game speed lay-ups
- 2 Man Pepper - 2 on 1 shield
- 2 Man Rebound Outlet
- 3 Man Fly
- 3 Man Weave
- 3 Man Weave for 3



Little Things That Make A Big Difference

Note—This presentation was made in a gymnasium with players to demonstrate.

What I have for you are some random digressions, mistakes I have made and a few things for you to think about.

1. You can do anything you want in coaching, but you can't do everything you want. You can't do it all. If you try to go and do it all, you will lose a lot of games. You must keep it simple. You may put in an out-of-bounds play even though all of yours are working.

2. Practice your shooting before you practice your defense. When we start practice, we shoot so hard and so fast. We do this for two reasons. We want to start on a positive note. You can't practice your defense unless your players are warmed up in their shooting. We always do offense first.

3. Loosen up with different drills before stretching. All of us over 40 years of age remember we didn't do any stretching. I have a strength coach who is terrific. But he had my players doing 17 stretches before they lifted weights. It took 20 minutes. Let them stretch for 3 or 4 minutes and if they need more, let them do it on their own time.

   Practice starts at 4 o'clock. We start with 3-3-4. The first three minutes we play catch and move, pass and shoot. When we shoot, we want to keep the ball away from the body. Don't bring the ball in tight. The second three minutes we run out-of-bounds plays at half speed. The four-minute segment is stretching. We will end practice exactly 2 hours and 15 minutes later.

4. (Diagram 1) Shorten every pass. The passer does a good job, but the receiver doesn't always do a good job. It's the receiver's job too. 1 passes to 2, and then 2 to 3. The receiver must know when the passer is going to pass, and the passer must know when the receiver is going to get open. Don't move until the ball sees you.

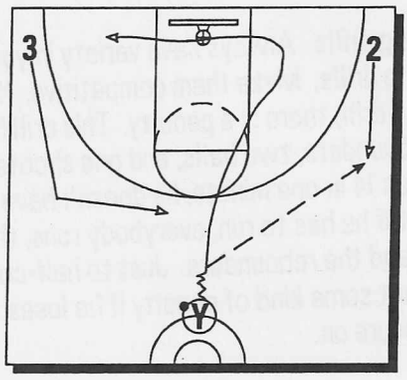


Diagram 1

5. (Diagram 2) Be strong with the ball—show no navels, show no backs. We really work hard at this. This drill is called "Jersey City." 1 bounces the ball to 2 and follows the pass and plays defense. 2 goes strong to the basket. 2 cannot give up the dribble.

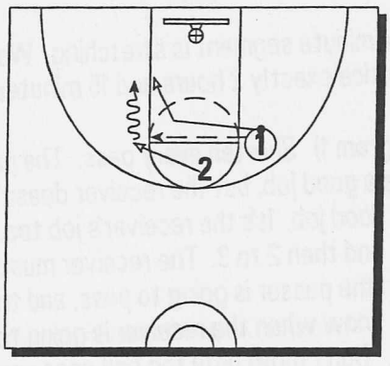


Diagram 2

6. Shooting drills. Always have variety in your shooting drills. Make them competitive. If you lose the drill, there is a penalty. This drill has two rebounders, two balls, and one shooter. If he makes 14 in one minute, he doesn't have to run. But if he has to run, everybody runs, the passer and the rebounders. Just to half-court. But I want some kind of penalty if he loses. Put the pressure on.

7. Big man. Body on, ball away. This is the basic rule. Catch the ball, get your foot into the lane. Establish your area but keep the ball away. Have the little jump shot and/or hook shot. Have a move and a counter move. After you catch the ball, quickly make a balance step. Get them to take a quarter turn so they can see.

8. Shooting. It is so mental, don't doubt, believe, be positive. You want the great shooter to have his hands on the ball at the end of the game. You must show your shooters that you love them and have faith in them.

9. (Diagram 3) Along those lines, you must have some idea of who your shooters are. Green light, yellow light, red light. This is a great way to determine who the shooters are. Two balls, two rebounders. Shooter goes left to right around the circle. Chart every shot, and in 25 seconds, he must make six. If he doesn't, he runs to half-court when he is done. You should get about twelve shots, and if you can't make 50% with no one guarding you, then you don't have the green light.

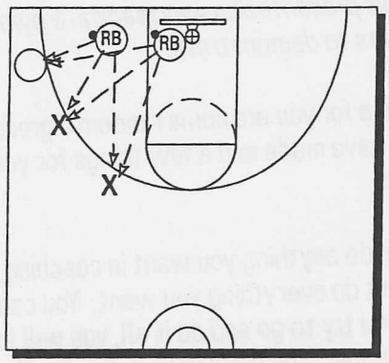


Diagram 3

10. Exchange ideas with other coaches. Don't be afraid of criticism. Have interviews with your ex-players. What did you like and not like about practice? You will learn. I get together with several coaches for a couple of days and just talk basketball.

11. Weight training and basketball. We test them at the beginning of the year and continue training throughout the season and they will be better at the end of the year. After they come out of the weight room, have them shoot for 10 minutes.

12. (Diagram 4) Have a sideline break after foul shots for a change up. 5 takes the ball out-of-bounds. 3 goes to the outlet area. 1 goes to the ballside near mid-court. 2 is a safety valve and then breaks long. 4 runs right to the rim. Ball goes from 5 to 3 to 1 to 4, or else to 2. This is quick and easy. We run it to either side, but we have a call for each side.

13. Prevent defense, no doubles or traps to prevent fouls or 3's. Does your team really know when it is time not to foul?

14. Start a game in a zone and see what the other team does and who should guard who. Do this especially when you are unable to scout. We play zone on the out-of-bounds in the first half just to see how they react. If they have great three-point shooters, just run at them. Do everything that your coaches and my coaches told us not to do. Leave your feet on the perimeter. You'll be surprised how this will bother them.

15. (Diagram 5) 3-on-2, 2-on-1 for a purpose. We all know this drill. But we do it differently. If the offense scores, the Xs come back on offense against 1. If they don't score, they have ten pushups immediately, five for allowing the other three players to score, and five for not scoring against 1. If 1, 2, and 3 didn't score immediately, they have five pushups. If 1 doesn't stop the two X's and didn't score when it was 3-on-2, he has ten pushups at the other end. There is always a winner, and always a loser.

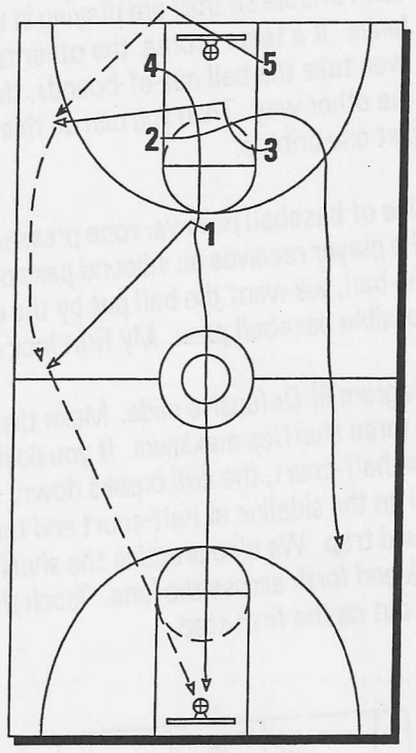


Diagram 4

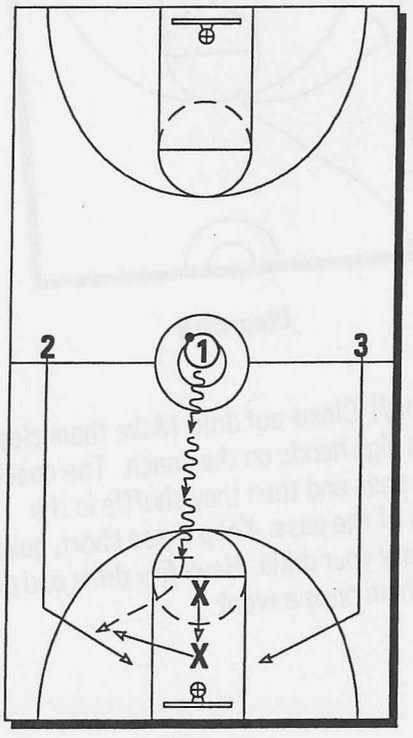


Diagram 4

16. Ultimate basketball is a great drill. This is full-court, no dribbles. The defense knows that they can't dribble so they are playing in the passing lanes. If a team scores, the other team doesn't even take the ball out-of-bounds, they just go the other way. Then you can do this drill with just one dribble.

17. Use of baseball pass vs. zone presses. When the player receives an inbound pass or inbounds the ball, we want the ball put by the ear for a possible baseball pass. My first look is long.

18. (Diagram 6) Defensive slide. Make them shorter, do three shuffles maximum. If you do it longer than half-court, the drill breaks down. Get the ball on the sideline at half-court and then come up and trap. We also practice the shuffle going back and forth across the lane. Teach them to kick out on the first step.

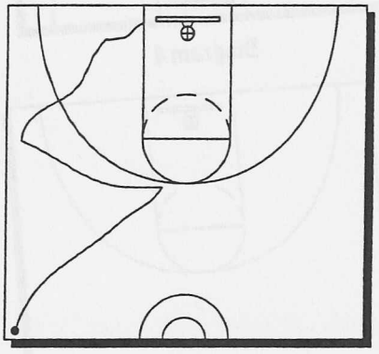


Diagram 6

(Diagram 7) Close-out drill. Make them close out with high hands on the coach. The coach makes a pass and then they shuffle in the direction of the pass. Keep these short, quick, steps. Vary your drills. Have five drills and do each of them once a week.

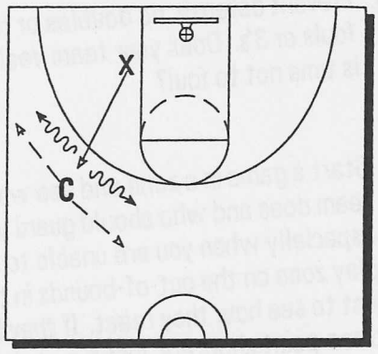


Diagram 7

(Diagram 8) Screening Drill. 2 screens for 1 who fights around the screen. Then 1 screens 3 and 3 screens 2, if 3 passes to 1.

(Diagram 9) Staggered screens. 2 and 3 screen for 1 and 1 closes out on 4. Then 2 and 3 screen again on 1 and he again fights through the screens to close out on 5.

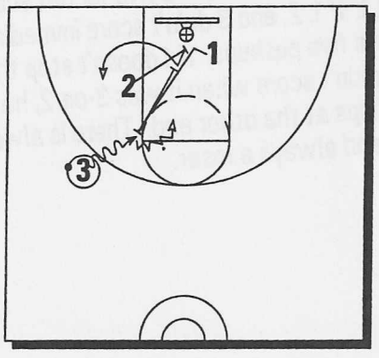


Diagram 8

19. Making free-throws. We take ten minutes for foul shooting and rest. They must make 20, not shoot 20. If they make 20 out of 21, then they have a five minute rest. And they do five pushups for every miss. Or maybe a ten dribble sprint. They get five dribbles to go the length of the floor, and then back again.

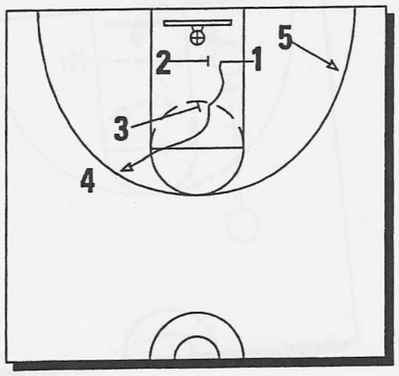


Diagram 9

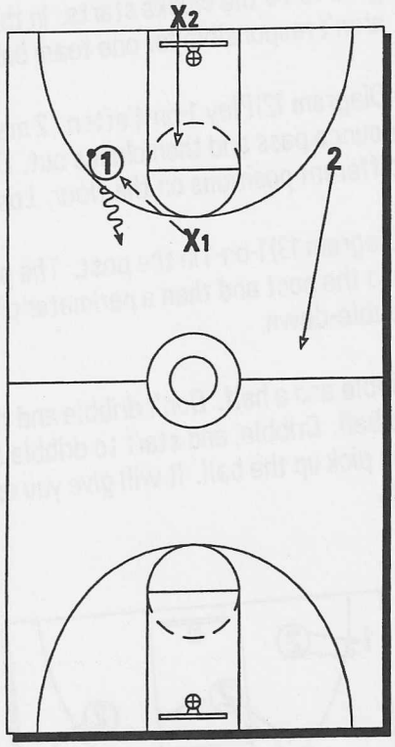


Diagram 10

20. Don't invent too many drills. Your drills must fit your program.

21. Do some type of agility drill three times a week. Example, do three taps and in. Jump rope. Do these all year long.

22. Video every game. You will find that you are never as good as you look or as bad as you look. Video will make you better, it is worth it.

23. (Diagram 10) 2/1 drill full-court. X2 starts on the baseline, the offense starts at the foul line. X2 must catch up. If 1 and 2 score, they play defense and the drill goes the other way.

(Diagram 11) Here is another version of 2/1. 2 starts at the top of the circle. 1 passes to 2 who breaks out to one side or the other. When 2 gets the pass, 2 drives to the basket and 3 clears to the other side of the lane so that the defense can't play both 2 and 3.

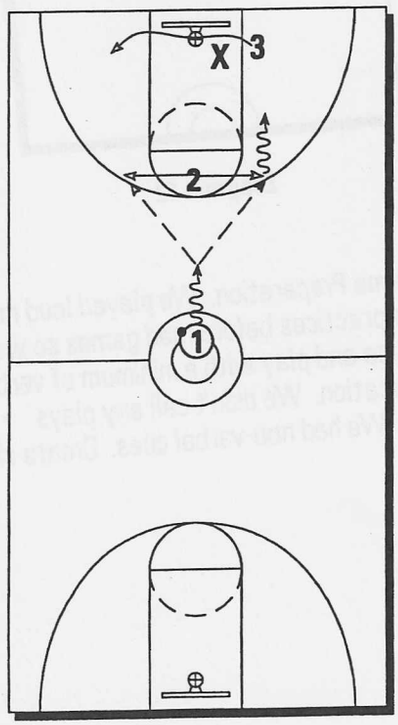


Diagram 11

24. Last-second situations. Put two minutes on the clock and the score is 70 to 70. When one team gets to 74 the clocks starts. In this way, you aren't responsible for one team being behind.

25. (Diagram 12) Play 1-on-1 often. 2 makes the bounce pass and then closes out. Do it from different positions on the floor. Losers will run.

    (Diagram 13) 1-on-1 in the post. The pass is made into the post and then a perimeter player will double-down.

26. Dribble and a half. Don't dribble and then pick up the ball. Dribble, and start to dribble again and then pick up the ball. It will give you an extra step.

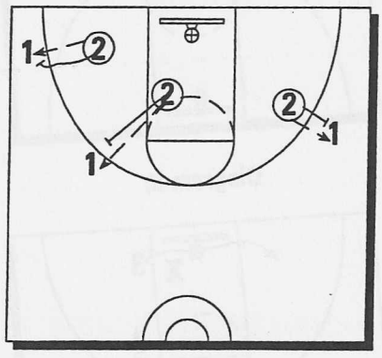


Diagram 12

27. Road Game Preparation. We played loud music at home practices before road games so we had to practice and play with a minimum of verbal communication. We didn't call any plays verbally. We had non-verbal cues. Create chaos!

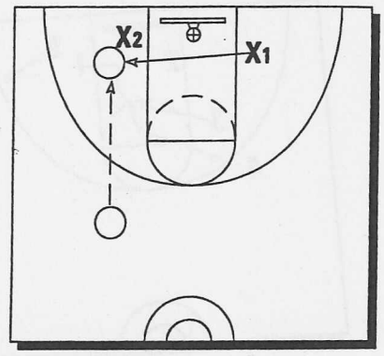


Diagram 13

28. Delay game, don't show it, but do it. Don't take a shot the first time through your offense.

29. Point guards must change speeds, change directions. Do not let them go all out down the floor. They can't make decisions going at break-neck speed.

30. Understand momentum. Stick it to your first team in practice. Make them overcome adversity. Every charge goes against them, every block goes against them. Make them fight for momentum. On the other end of the floor, let the other team get away with fouls.

31. Offensive moves. You need a move and a counter move. You don't have to teach them twenty moves. We tell our players to keep the head over the ball.

John Beilein - WVU (practice in morning, practice after clinic) something you

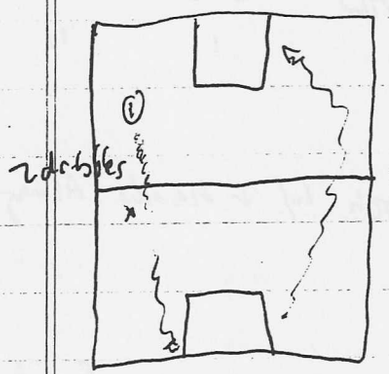
you can always be the best talking team - can control

may not be the biggest, quickest, or athletic team

(WVU clinic notebook)

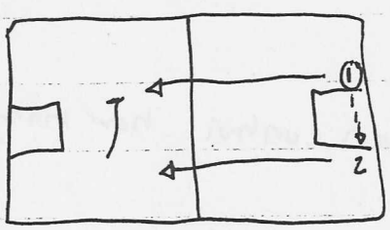
Perfection drill @ end of practice 7½ min

#1



Full court layups
(hide the ball when going up)

#2



pass back & forth - get to 3pt line

ball screen - rip thru shoulder to shoulder

jump stop & pass to screener rolling

not right - start over

Be ACCOUNTABLE FOR what you've done

PASSING - over
around
never through
} pivot & PASS FAKE

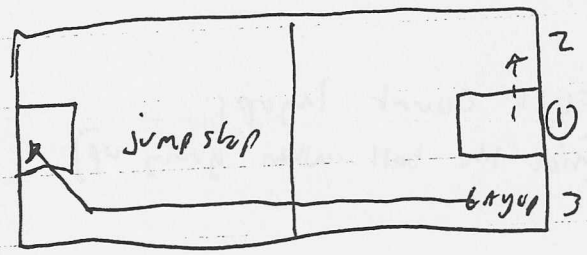
#3 CSCC Full court layups

throw off board & outlet

use Body to shield layup

if you have A choice - shoot w/ dominant hand

#4 3 MAN FLY



throw Look at him

" " "

CATCH w/ 2 hands Always

middle man gets reb.

WAY BACK 1 pass + Long lead pass for layup

3 MAN WEAVE

we can control how many TOs we have

4 passes catch on jump stop

way back - throw to non-scorer

95% of the time use same pivot foot (L)

Step + pass

bounce pass for layup only

3 MAN 3

3 passes + A 3

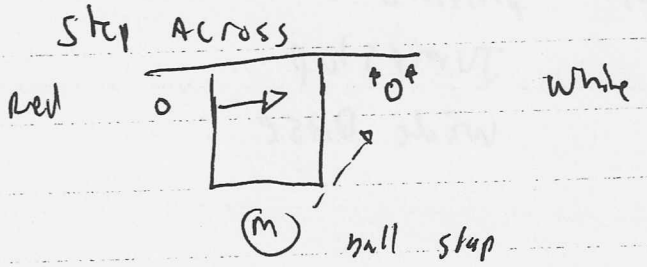
if miss keep ball up + score

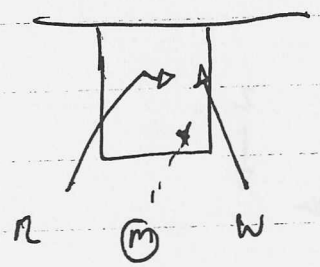
end on a make

Jeff van Gundy called me

50ph GOAL

Shield

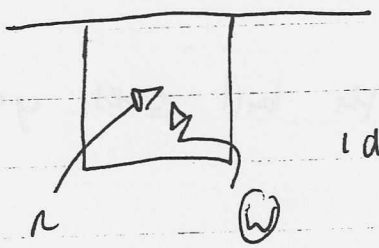




no crazy shots

Demands eye contact -

-or they will run



1 dribble - dribble at defense +

Shield ball

Simple Sprints - long sprints work time

down 5 sec

sidelines 13 sec

Quarter ct. ½ ct. 13 sec

Break

BALANCE DON'T WALK DRILL

primary pivot foot - be used to having same pivot foot

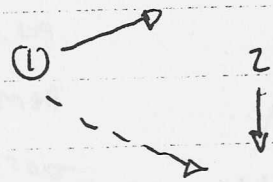
PAIRS PASSING HOT FOOT - step to pass

① JUMPSTOP

WIDE BASE

②

PASS to outside hand



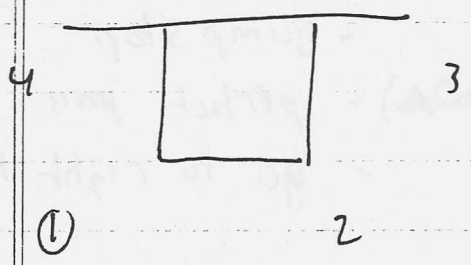
to right

to left

add pivot

WAIT TIL the ball sees you - show a hand

Perfect PASS DRILL



cut after passing from wing

BALL TRANSFER

A) reverse pivot - turn w/ pass to basket

B) sweep ball

make up for lack of quickness

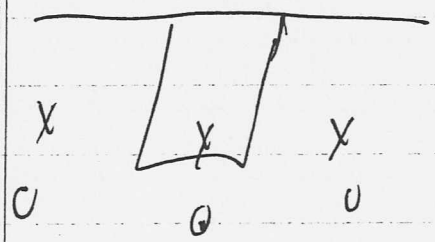
→ leverage over defender

Competition

10 perfect passes

get 1 backdoor drill is over

Red v. White

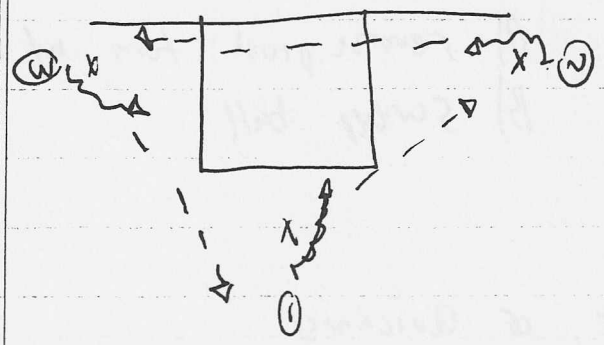


10 perfect passes

add backdoor

DRIBBLE DRIVE DRILL
PASS clockwise

- BALL FAKE
- jump stop
- perfect pass to pocket
- go to right + left



depending on officials you can eliminate all travels in your program - 5th 6th feeder programs

TOKEN 1 LIVE DEFENSE (at ½ ct line)

4 man passing DRILL

C

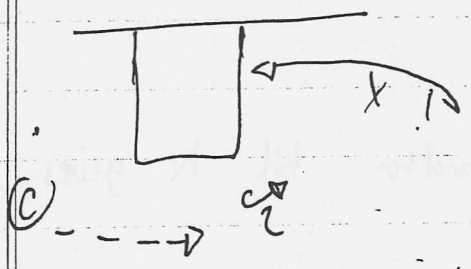
2

X_2 live

X_1 token

C

1



Break

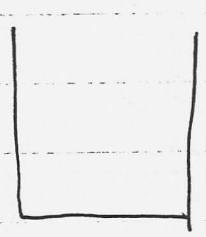
Pressure on the basketball

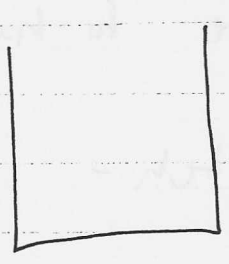
depends on personnell

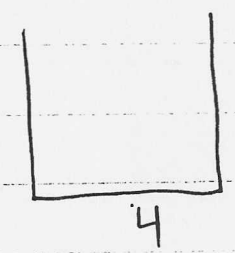
have high hands
don't have to pressure the ball

defending BALL screens (6 ways)

Different types







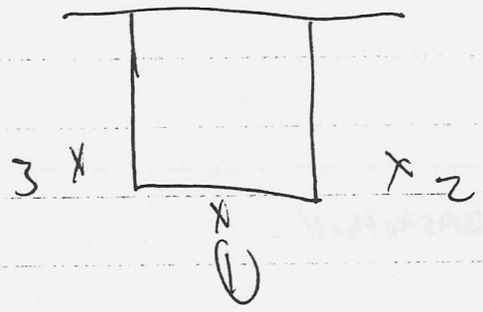


GATOR screen (H screen)

non shooter - go under

Double team - stay w/ ballhandler til he gives it up

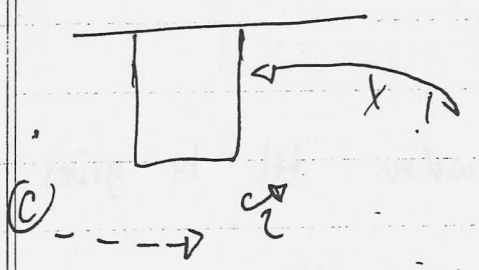
DRILL Cont.



Hedging - temporary help & recover

↳ BASICALLY ONLY Recruit good students
↳ HAVE to have SMART KIDS

Switch - Little/Little



reverse pivot

Break

Pressure on the Basketball

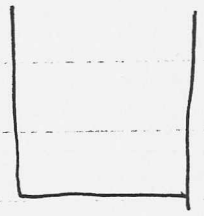
depends on personnell

have high hands

don't have to pressure the ball

defending BALL Screens (6 ways)

Different types

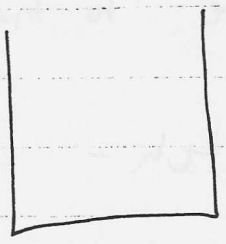


Bullet

4

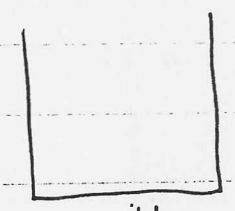
1

pistol



4

1



high

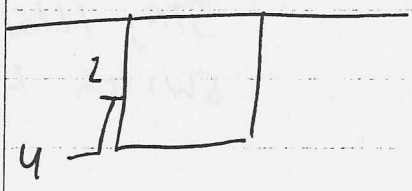
4

1



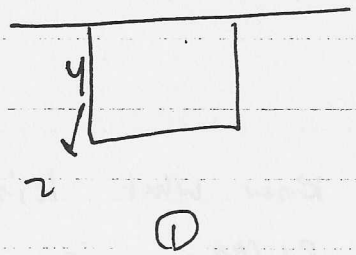
GATOR screen (1+ screen)

BALL SIDE SCREENING



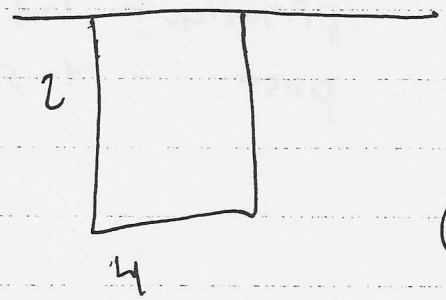
① DOWNSCREEN
BACKSCREEN

① trail cutter - "Look & go"



①

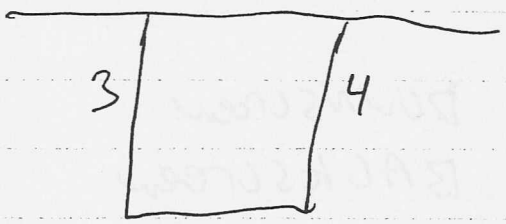
HELP SIDE SCREENING



①

② Knife thru - "skinny"

BLOCK to Block screens

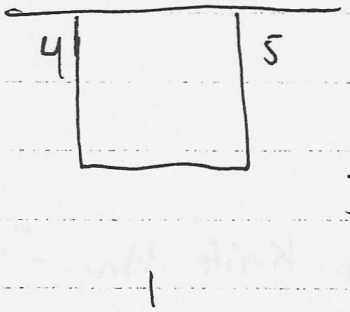


STAY HIGH
SWITCH LOW

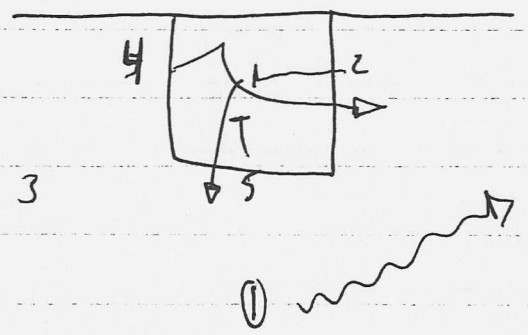
①

switch - like personnel
BIG/BIG LITTLE/LITTLE

give screens A NAME - so players know what kind of specific screen is coming



perimeter - 1-3 switch
post - 4-5 switch



AMERICAS DRIBBLE

KIDS - can they give you directions to their home
- how worldly are they
- need to be intelligent
- success last year B/C:
minds changed, attitudes changed

NO AGENDAS
- break scouting reports etc

Princeton offense + 1-3-1 defense Stays secret

Charlie Huggins
3 ways to play Defense
SOFT
TIGHT
overplay

JOHN BEILEIN

Beome a better coach - listen to suggestions

Things that help develop offense
- must be strong in fundamentals

1) Catch on hop / w/ primmy pivot foot
pairs - throw at numbers unless hand out
moving left to right
"come open when the BALL sees you"

2) outside In from lane

Ball transfer - overhead arch
sweep low

dribble towards wing - automatic back door
elbows have to up for a good pass

go backdoor on 3rd or 4th pass
5th or 6th

Jump Step - regular
Mark Jackson 1½ dribble either foot pivot
1, 2 step

3) 4 on a Line drill warm up

KIDS - can they give you directions to their home
- how worldly are they
- need to be intelligent
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Princeton offense + 1-3-1 defense Stays secret

Charlie Huggins
3 ways to play Defense
SOFT
TIGHT
overplay

4) OSCAR shooting (2 BALLS)

every shooting drill - rebounding drill too

passer must use dribble for flare

1st to make 8

CURL, FLARE, Straight

chest

straights & FADES combo

escape dribble - to baseline bank shot

5) 2 MAN Shooting

10 min 100 3s muscle memory

3 shots 1 pt (close out airplane after 3rd shot)

1 shot 2 pts rebound Wildcat pass

goal ex) 22 pts in 2 min

count #s, Communicate

always a punishment & reward (5 sec sprints)

W/ FASTBREAK

After 3rd Shot, hit hand run up fastbreak shot (3pts)

(Rebounder - Read the Rim)
where is the ball coming off?

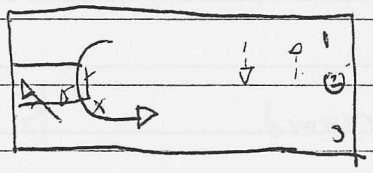
2-0 shield

A) shield ball from block - take man out of play
(coach can throw to either player) use back

B) go at defender w/ dribble to take out of play
"Be the hammer, not the nail"

Perfection - start 15 min end yr 7 or 8 min
- teaches fast break basketball Attacking Pressure
- Finish practice
- must do it perfect if not call back & do again
(always catch on 2 feet)
turn & look at app man

3 man Fly



(if drink make goal
3 suicides)

Weave - catch on jump stop
- 4th pass is scoring pass
→ 3 points off lead pass
rebound until touch ground

4) OSCAR shooting (2 BALLS)

every shooting drill - rebounding drill too

passer must use dribble for flare

1st to make 8

CURL, FLARE, Straight

chest

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goal ex) 22 pts in 2 min

count #s, communicate

always a punishment & reward (5 sec sprints)

2-2 slice

transition

get ball inside off dribble

get ball behind defense

Break 40 min

managers are important

Defense - Lunge

left side - people beat on the right

Lunge then shuffle

"thumbs are in your ears"

→ "curve avenues to get through"

- hands have to be up + out

- BUST the screen

2) Z slide (earn fouls don't give them)

3) Screens Guard / Forward

A) back then down screen

"teach players to talk like they are the only ones that can talk"

get through

B) Butt then Fade

I guy screens all the time

4) Georgetown Boxout

Reasons why you lose - didn't get enough possessions

box out all 3 contact w/ hip

then touch rim/backboard till all 3 out let to manager

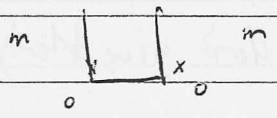
gds dribble out self

5) TAP & OUT

tap it once, to yourself & outlet out of circle

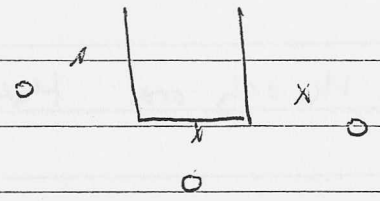
when you can't get it w/ 2 hands

6) MANAGER 1-1 shuffle



7) ~~Z~~ 3-3 to 1-1 have to score on people man to man

(1st 3rd or 5th pass only)



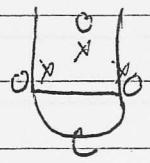
players make decision

pass & go screen away

BACK MAN = Fire man

→ help on 1-1

3-3 w/ coach



BALL screen
#1 low

3-3 change

put ball down + go someone else (communicate)
- just say someones name!

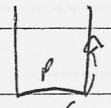
Break

PRACTICE NOTES

Stretch before practice

Running clock during practice

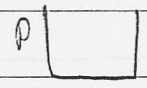
Gamecocks B16 game



Lob pass then shield

great for catching a fastbreak

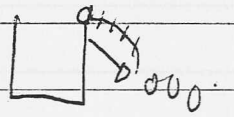
Step Across



bad pass then play 1-1



Popeye



low arch problem in shot → bank shot

no rim = perfect bank

Shoot, hand in face

12 3s → goal 20 → coaches do pushups

"one more" - I am more open than you

make 1 more pass

3-1 is really a 2-1 with a trailer

5 on 4 hold the fort

- 5th man stays back as 4 defenders take on 5 offense
  1) big man
  2) Dan Petri - bust your butt

Need to do shuffle drills every day

Lunges - mass slide

Coach - "1" "2" "3"

- slide
  - out elbow
  - box
  - box
  - out elbow
  - ball dive pass

end of drill - good or not
drink time or more work

4 on 4 on 4 shell

½ ct

O to D ; D out ; new O

point for a score

losers run

Alley - point for stop

score ↓ offense goes to defense

↳ outlet & dribble to ½ ct

Indecisive - everyone runs

Point in the Paint

- 5 vs 4

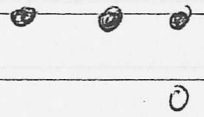
5th man can only score in the paint - don't guard unless in paint

close out so offense can't see floor or basket

Ultimate Basketball - 5 vs 5 FC NO DRIBBLE

teaches to play

w/ shot clock

RAPID FIRE - 

O shuffle

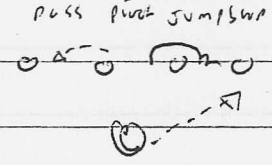
bad passes

big & little heavy basketball

Shooter/rebounder - have 2 BALLS

4 in a Line

(Don't walk drill)



jumpshot - can make a dribble into a long time

5 on 4 build the fort

- 5th man stays back as 4 defenders take on 5 offense

1) big man

2) Dan Petri - bust your butt

Need to do shuffle drills every day

Lunges - mass slide

Coach - "1" "2" "3"

- slide
  - out elbow
  - box
  - box
  - out elbow
  - ball dive pass

end of drill - good or not

drink time or more work

11 o clock shooting - Larry Bird

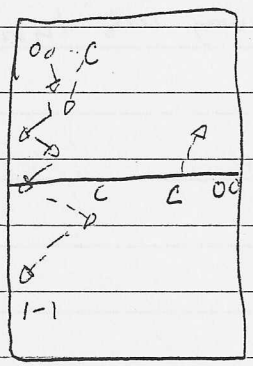
elbow out

we are all built differently

BAD shooters can get better

Final drink after FTs

Individual Transition Defense (21 days to change bad habits)



Guards

BIGS - front & skip pass w/ 2 managers

CReate Chaos in practice

Charge Chart - everyone acknowledge the man who takes the charge

2 days off in 21

2:15, 2:20 + film + weights

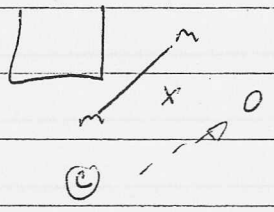
usually practice around 4

Get Better

Weave into 2 on 1

- guy who gets ball last at HC put down & play 2-1
- to 3 pt. line

under rope - sweep ball low & get lower for layup



- 1st dribble way into lane

20 3s in 2 min - partner

→ if you are tired, make sure you are long with the shot

→ Rebounders work hard to get the ball quick & a good pass back to shooters

→ 2 shooters at a basket

11 o clock shooting - Larry Bird

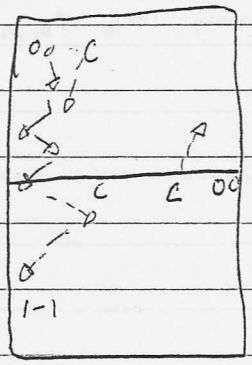
elbow out

we are all built differently

BAD shooters can get better

Final drink after FTs

Individual Transition Defense (21 days to change bad habits)



Guards

BIGS - front o skip pass w/ 2 managers

CReate Chaos in paint

Charge chart - everyone acknowledge the man who takes the charge

Perfection - 12 guys 4 balls (9 min if not 3 3 sec sprints)

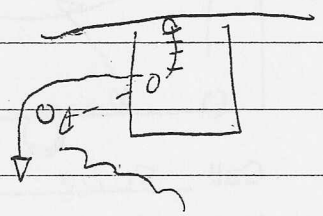
→ coach holds up fingers while they dribble so they yell back

over HC in 3 dribbles

R & L hand

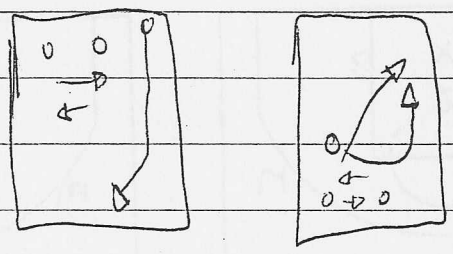
Pepper - pitch back to each other (yell name)
elbow pass for layup

Rebound outlet -



elbow bounce pass for Layup

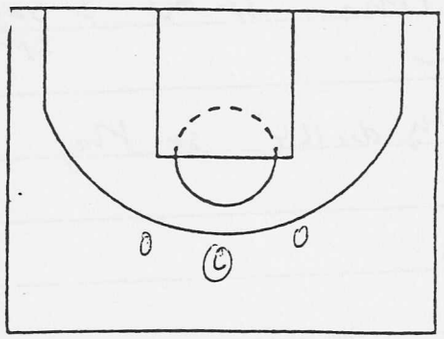
3 man Fly



3 man weave for 3
- different guy for a layup on each trip
- for 3 pter

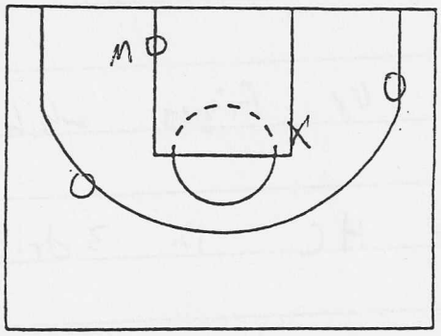
end on a made 3

MAN SETS



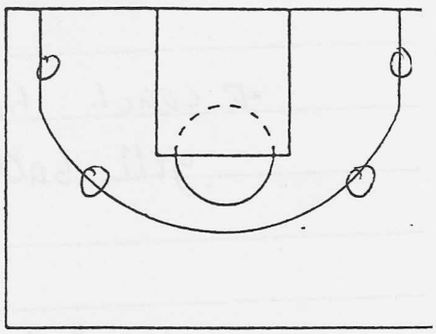
Call 2-0 shield

Notes



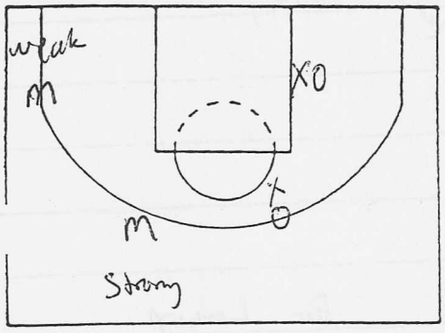
Call OSCAR

Notes



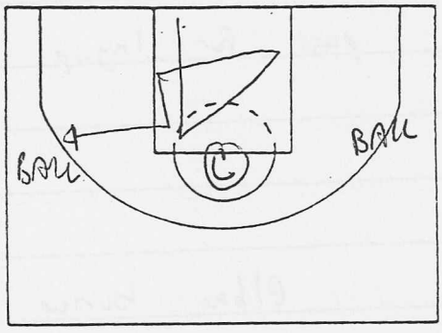
Call BACKDOOR

Notes Arc, sweep
dribble at backdoor



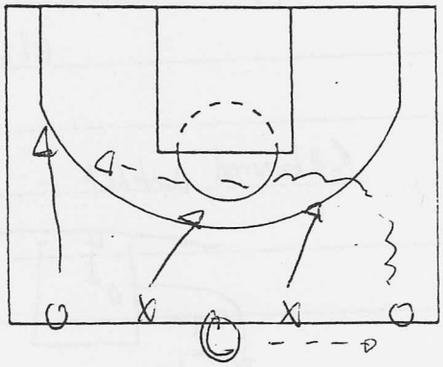
Call motion screening

Notes down & BACK



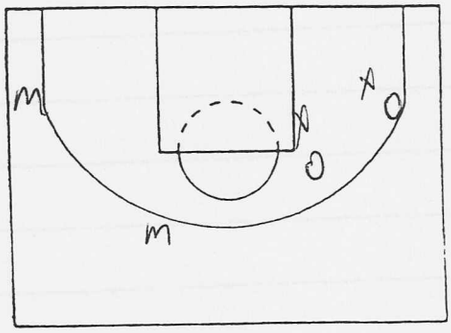
Call 2 slide

Notes



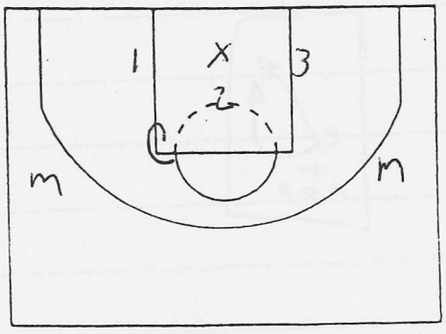
Call SLICE

Notes transition spotting
up



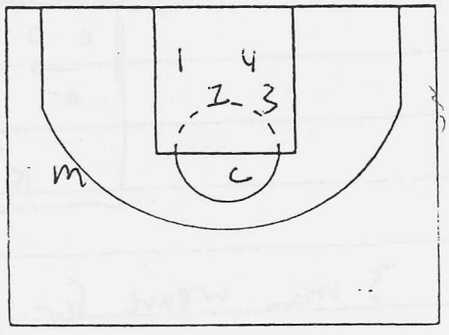
Call BUTT & FADE

Notes



Call Georgetown

Notes



Call TRAP

Notes

JOE Retton - ahead of his time Fairmont St.

- last game Coached 1982

Things that have helped us win

sometimes success is 8 wins

1st word - Attitude

make everything simple (coach john)

Correct Repitition

every year - make it simpler than before

Attitude - how you feel about something

2 ways to achieve - Knowledge, experience

after correct repitition → Good habits form

3 essentials in priority

1) Strength (arms + legs)

test - sprints, jumping

2) conditioning (3-5 miles a game)

win game in last 5 min

never used running as discipline measure

(play w/ their minds) taught them to love to run

running 60-80% of time in game

prove to kid he is getting in shape

31 count of pulse

"we can't get tired now"

5 guys play 40 min. - want the best players on the

- Led league in least amount of fouls

3) technique

make it simple

with coach for 6 months what about other 8? → key to success

when they come back, are they better skilled?

(Kids, youngsters) 6 - 8 feet ahead of you - to be a good dribbler

(super) Follow the leader dribbling

the better you handle the ball, the better you can play

Game is simple - passing & cutting

WALL Shooting - critique form

1 hand

2 hand jump release at peak

end practice - two reps 1 hand

doesn't have to be consecutive

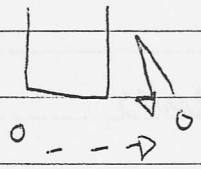
DRILL: Close out Full speed 2 steps then ~~approach~~

cardinal rule - don't let anyone get around you

(JD Jerry Wilson reference)

Kid by the name of Denham couldn't score on a 9th grade girl

How to receve a pass



- dont look at ~~ball~~ ball when u cutting

1) BACK DOOR
2) BALL screen
   A) pass
   B) jumper
   C)
   D)

3 fakes
reverse spin
cross zig zag

ROCKer step
1) make 1st step more deliate
R go R , jumper
2) Shot fake

Defense - make opposin shoot over hand
we wont shoot over hand
man to man & zone - "matchup"

Learn to Fastbreak off made shots

mistakes on Break -

(sisters of the poor)

1 primary, 2 secondary, 3 tertiary Breaks

1 play w/ many options - all you need

- from a few sets

"MAKE it natural"

★ Contact for defense

break

John Belein 10-6-02

"My Favorite Individual and Team Drills" 8:00 a.m. - 9:15 a.m

- If you drill enough, they will do it automatically
- Make drills harder than game situation
- Have rewarded punishment → sprints
- Mikan Drill → good for guards → ballhandling, weak hand

Jane Walberg - Jon Calipari Dribble-Drive Motion

Various principles and teaching points

OER philosophy - Walberg will only shoot the 3 or layups. He will not shoot anything in between. The worst shot you can take is a contested 2 pointer.

OER

70% FT Line = 1.4
60% Layups = 1.2
35% on 3's = 1.4
TO's = 0

His team would shoot 35 three's and still get to the line and shoot 30 free throws - Get FT's, 3's and layups, don't turn it over and force turnovers

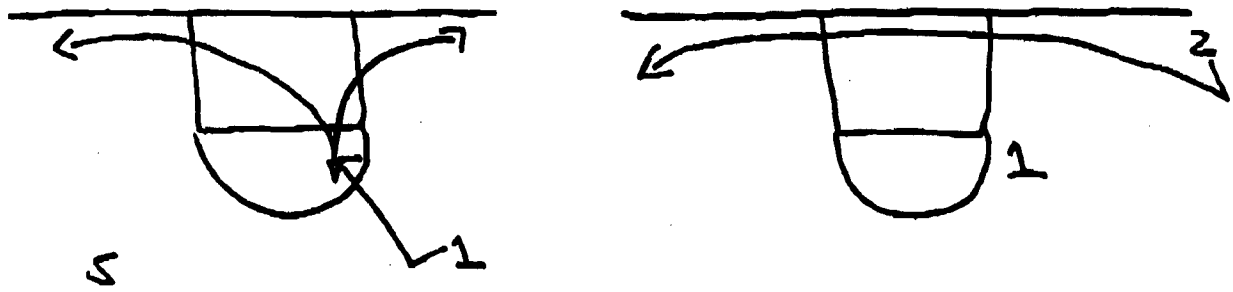
He wants 2 point guards on the floor. 1 and 5 are both point guards. 1 and 5 are drivers first and shooters second, 2-3 are shooters first and drivers second. 4 is the post player.

1 = Point guard
2 = Always runs the right side, the right side is the 2 side of the floor.
3 = runs the left side, the 3 side is the left side of the floor
4 = Post player, runs down the middle of the floor - gets opposite the ball in transition
5 = Inbounder on makes, another point guard. If you press and deny 1, he likes the ball going right back to 5

Learn to play, not run plays.
Mentality you want to build - GET TO THE RACK! Get to the rim and get fouled
Create the largest gaps possible -

If you pass you must cut most of the time - My rule: Unless you're a driver, you may want to get it back from a non-driver immediately.

Accept pressure and go back door. They will not fight pressure. If you fight pressure you just keep catching the ball out higher.



Sell the back cut with your voice and hands. Get your hands up and call for the ball verbally. Once you start your back cut you must continue, do not dance and come back. Sprint and exit outside the 3 pt. line.

Any time you back the 3pt. line, you cut to the rack and then get outside the 3pt. line. You must <u>sprint</u> -

If you can't make a shot you shouldn't be playing - It is not your birthright to play. Get in the gym and make shots.

If you are not a good driver but a decent shooter, you are a passer and spacer. If you don't have a shot quickly give it up and space out -

Instead of calling time out he'll yell streak. Only designated players can shoot- he'll change the streak call before a game or during a time out to designate a play.

If there is too much dribbling he'll go motion and pass and back cut.

Never throw the ball to a perimeter player inside the 3 pt. line who is exiting toward the 3 pt line. He calls this a negative pass. You can throw it to a perimeter player inside the 3 pt. line when he back cuts or in transition for a lay up.

He doesn't want to drive the baseline from the 3 side. It's tough to skip it to 2 in the corner or throw a diagonal skip pass with your left hand.

Do everything hard. If you work hard offensively your defense gets better guarding the ball and closing out. If you get great at the offense your defense will get better.

Best shooters need to get most of the shots.

If you are ever confused, drive the ball.

Every kid feels unleashed.

Walberg will not shot a pull up jumper. Calcari will have kids that are an exception to the rule.

Against good teams you really need to space them and its going to be the 3rd or 4th penetration. Think of when Greece beat the US.

Golden Minutes- shortening the game when you are in foul trouble.

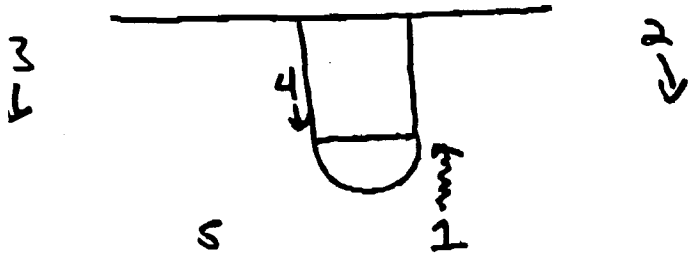
Play the first 28 minutes to wear them down and play the last 4 minutes to win the game.

Calcari: You can run quick hitters into this offense.

Sometimes he will put his best player in the post and drive until they get him the ball.

Rules of penetration -

Penetration by 1 into the drop zone, or any other player.



2 takes 1 step up and reads his defender, if he's denied he will back cut, if his defender sinks back into the gap he continues up for a lick-up

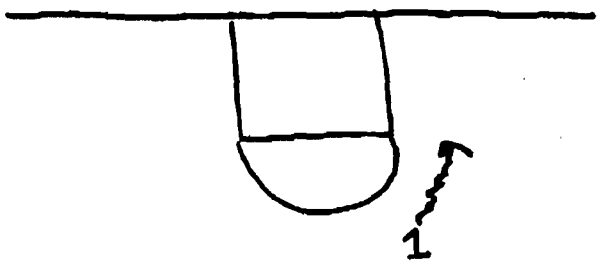
4 takes 1 step up the lane getting ready to clear out if 2 back cuts or duck his man in

3 Takes 1 step up - power leg even with the front of the rim

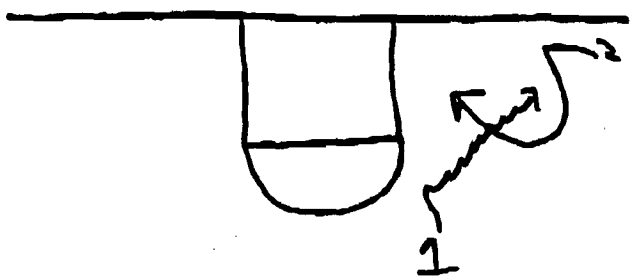
5 Holds his spot

Everyone is holding their spot until 1 gets to the drop zone -

When getting to the drop zone he'd rather see you stop higher (above the elbow), then lower (below the elbow). Do not throw the back door pass when the cutter is already in the lane - it's too late. Never throw 1 handed passes from the drop zone.

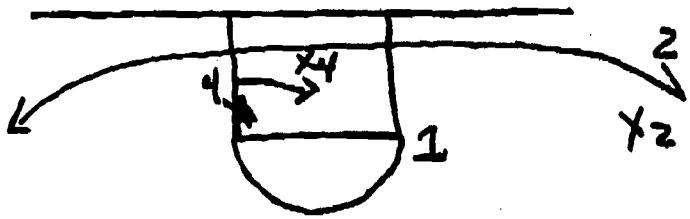


If 1 gets pushed a little wide, that's ok, it's still considered the drop zone



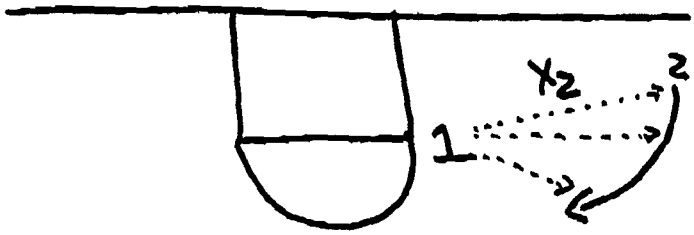
If 1 gets pushed really wide, Memphis will go right into a DHO, dribble hand off.

Drop Zone Continued



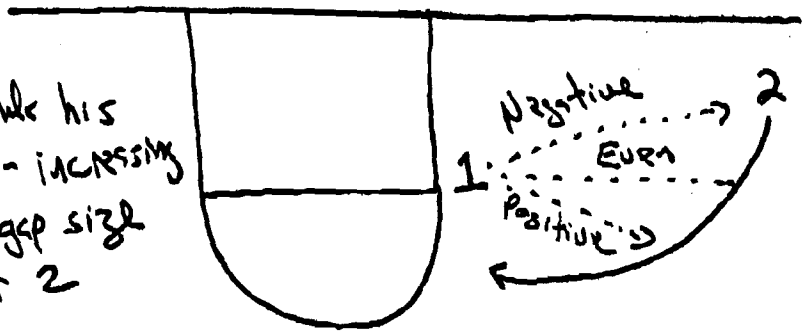
4 is elevating up off the block to clear out for X2's back cut - If X4 sinks and helps to take away the back cut, 4 checks in hard - 4 needs to be patient

When 1 gets into the drop zone he will stride-step. They no longer jump step. If X2 denies 2 or turns his head and loses vision, 2 will back cut, once he starts his back cut he must continue it - Sell the back cut by calling ball and getting your hands up.



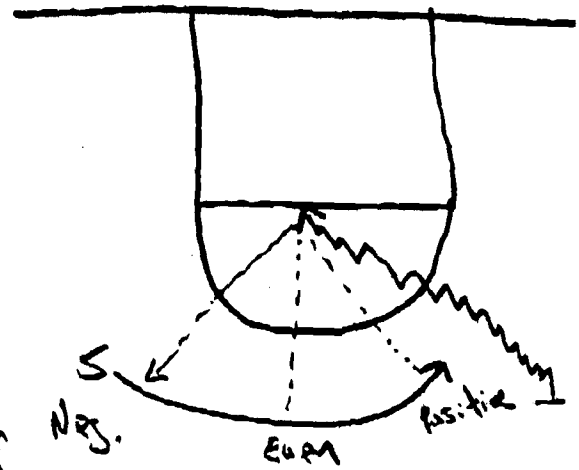
If X2 helps or gets in the gap, 2 comes up for a Kick-up. The angle of the pass is important.

You do not want to make the pass to 2 until he is even with 1 or above him. This gives 2 the best opportunity to drive and turn the corner and it is a tougher switch for the defense if they are switching.



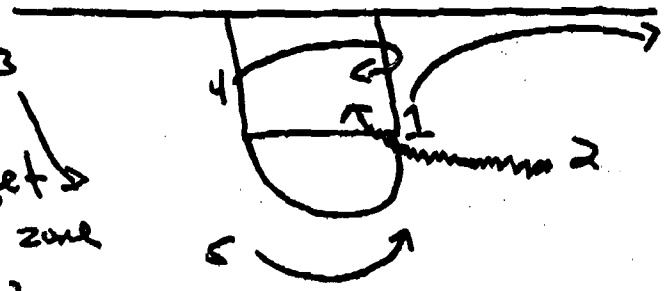
5 holds his spot - increasing the gap size for 2

5. on the kick up to 2 5 holds his spot and allows 2 to drive middle - don't come early - 1 2 count



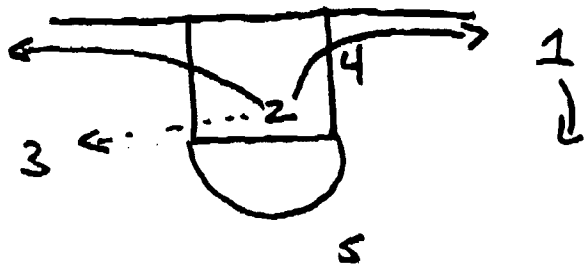
When 2 catches the kick up he looks to:

1. shoot a 3
2. put it on the floor and get to the rim or opposite drop zone
3. Throw back to 1 for a 3
4. Set a post entry to 4
5. Skip to 3
6. Go to 5 dragging behind

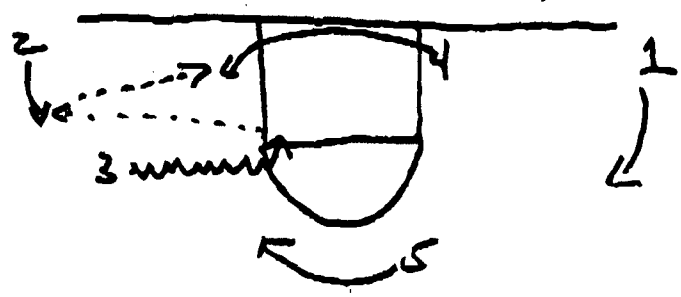


On the drive middle,
3 mirrors 2 and slides up
1 loops to the corner
4 changes sides - he needs to get there in 1 slide and 2 steps
5 drags behind for a kick back

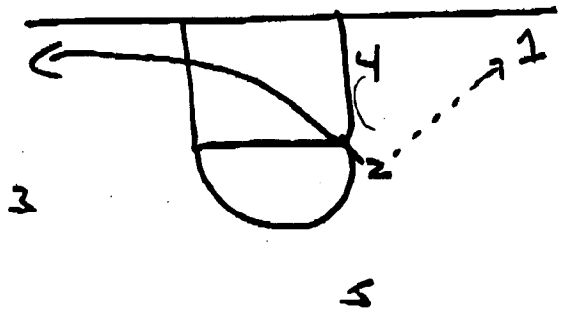
If 2 skips to 3 he can continue through to the corner or come out opposite and 1 slides up - if 2 comes out opposite 3 has more room to drive - If he comes out ball side, the 3 sides, now if 3 drives middle you can throw back to 2 and give 4 a post up opportunity -



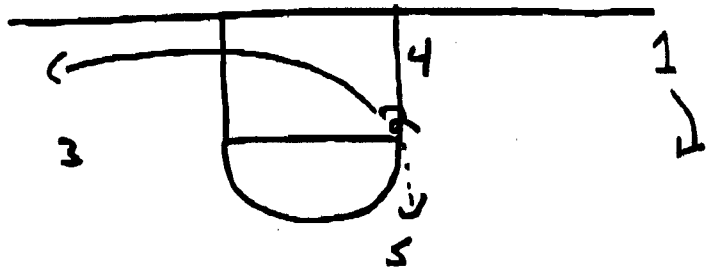
Emphasize throwbacks into a post up -



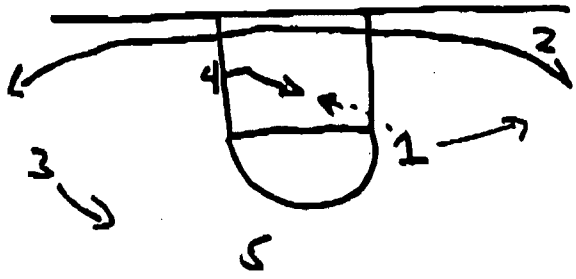
2 turns the corner and throws back to 1 in the corner for a 3 or part entry to 4, 2 would enter out to the opposite side - 1 now looks to make a play



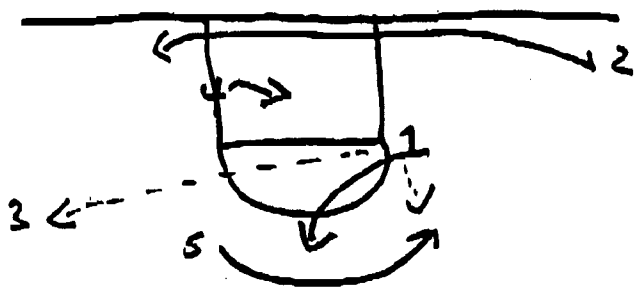
On a kick back to 5, you kick back to attack the rack, 2 would get out



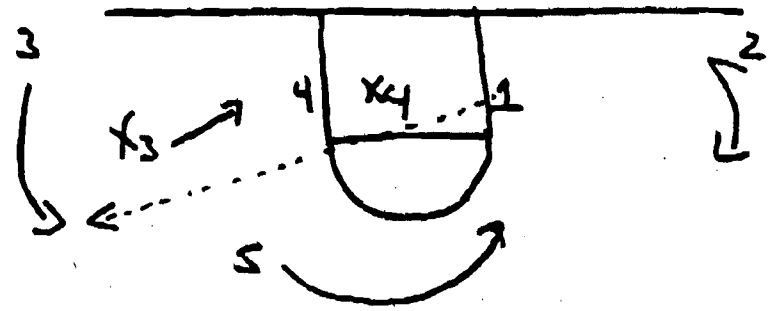
Drop zone continued....
1 hits 4- space out or he could run a give and go if 4 caught it higher



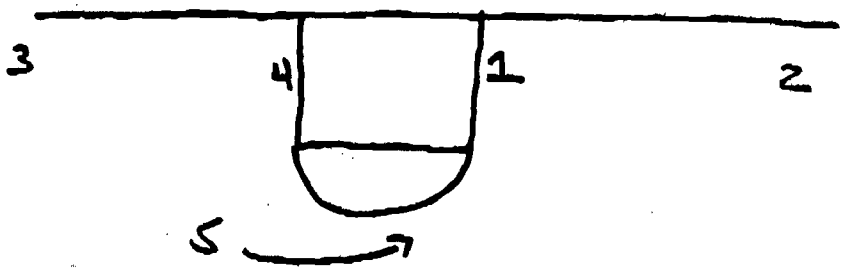
1 gets into the drop zone and can not make a play to 2 or 4
Look to diagonal skip to 3 or kick back to 5 and step out to the top, 5 has the whole side to drive



1 gets below the drop zone but can't get to the rock zone -
4- reads his man
5- drag behind
2- kick up
3- drag up
→ If X_4 slides over, 4 puts up his left hand and signals he wants a lob

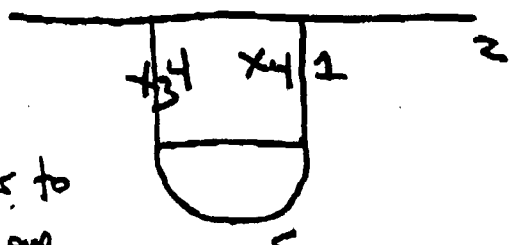


1 has to have the ability to pivot and make a play. As X_3 slides help side, we want to be able to skip it opposite to 3



1 gets to the rock zone. He wants to score it or get it off the board to 4 - Once he gets to the rock zone 4 is in the clean up position - X_4 - 4 needs to really read X_4

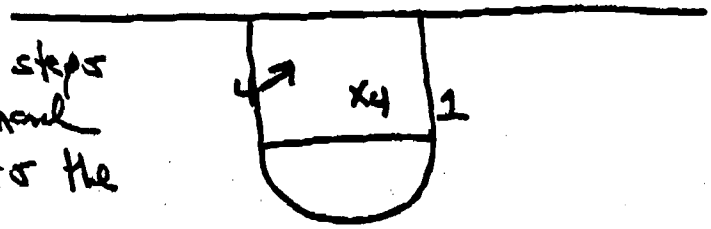
3?



when 1 gets to the rock zone, does 3 sprint for a diagonal or stay in the corner - ?

If X_4 helps across he is in the clean up position if the shot goes up - 4 has to learn to pin X_3 the help side defender - If 1 passes to 4 - They want the ball up high - no whip around passes or bounce passes -

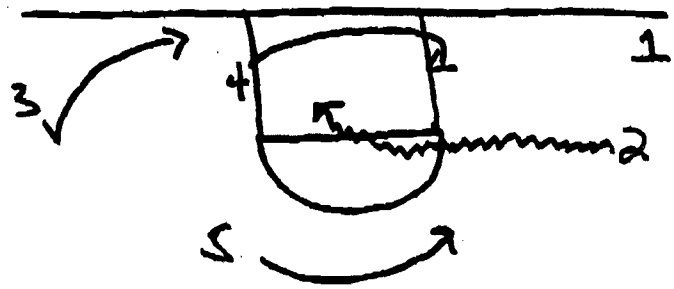
If X4 helps up, 4 steps in, lifts his left hand and signals he wants the lob pass



On any penetration they want the corners filled, the post opposite and an opportunity for a diagonal pass or kick back

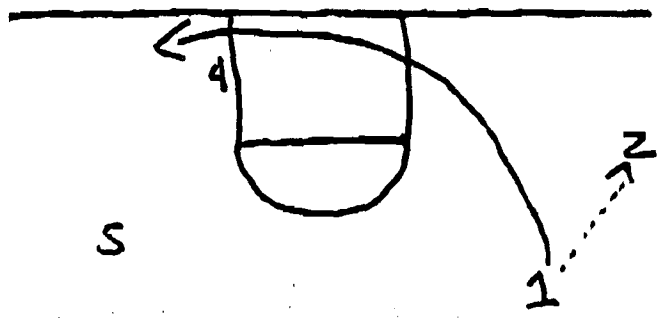
If you get stopped in the kick zone you have to have the ability to pivot and pass

Wing player drives to the drop zone on the opposite side



As 2 breaks the line line, 4 gets opposite, 5 drops behind - 3 must read his defender. He can either slide up for a skip pass or back cut his man by getting him up or getting a head turn

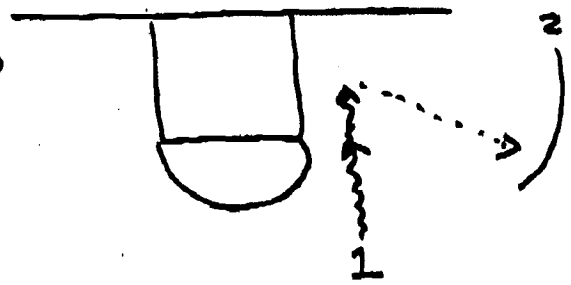
1 runs quick, 5 must hold before moving to give 2 a chance to drive - he holds for a 2 count



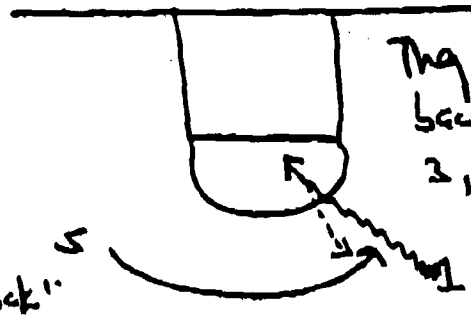
Drop means go back door usually.

When 2-3 are in the corner he wants their inside foot even with the top of the or front of the rim.

Called a kick up



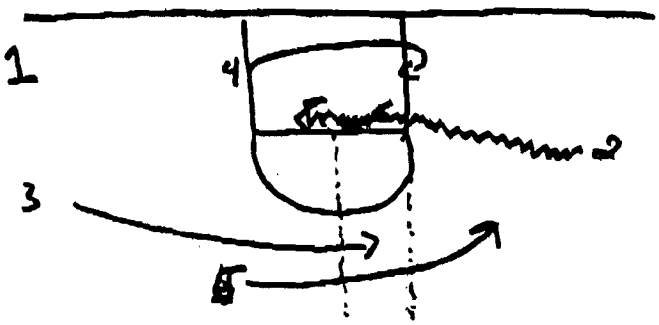
Called a kick back
Make sure this is an even or positive pass.
"Kick back to attack the rack"



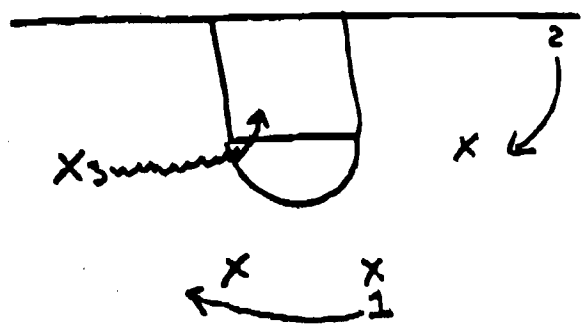
They don't kick back to shoot a 3, they want a dive.

Don't play with the ball - Beat your man.

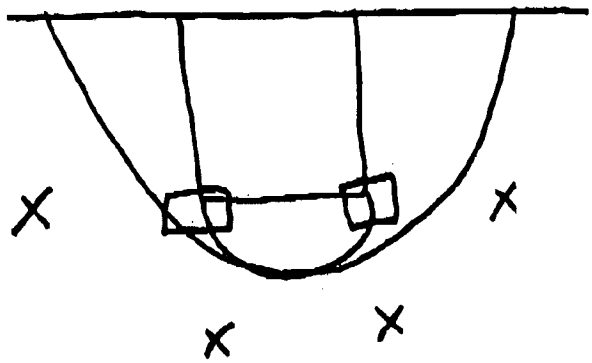
Timing - They want 2 and 5 to cross at the elbow, 2-3 to cross at the top of the key when they make these cuts



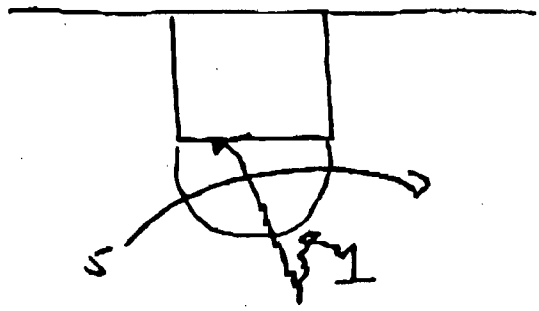
On dribble penetration they are always looking to fill the X's they have put on the floor -
1 and 2 fill the X's, although 2 reads his man and can back cut



For teaching purposes they put 4 X's on the floor - on dribble penetration they are telling their kids to fill the X's, the boxes at the elbow are for the drop zone

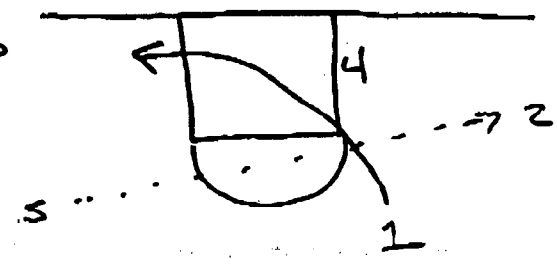


On a pull back dribble the opposite guard should loop cut.... the pull back is a signal for the loop cut



On kick backs you attack the rack, on drags you look to shoot the 3

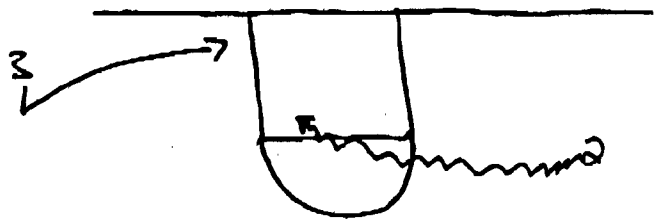
On a skip pass they want 1 to cut through



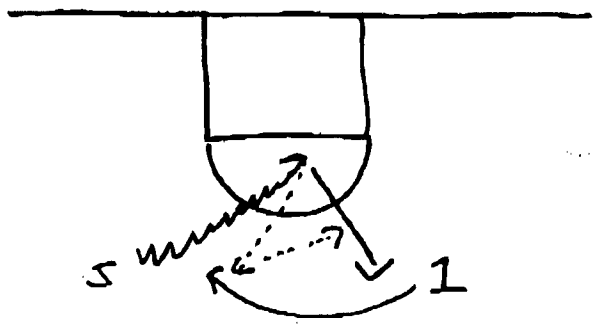
Calipari's Rule: If you spin in the paint you must shoot the ball, on your first drive everyone is reacting, you can't expect them to change direction when you spin.

Find out who can't guard and drive that guy-

Coach Walberg loops
Drop 23

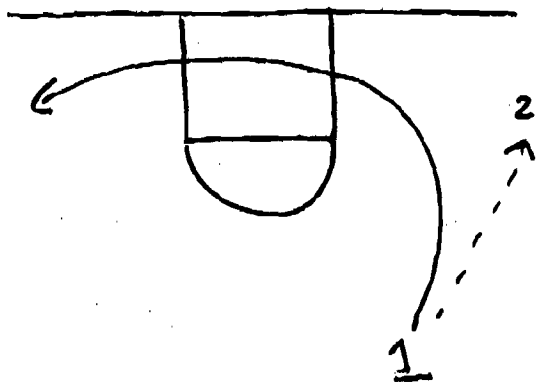


5 drives and kicks back to 1, 1 can throw a negative pass to 5 as he exits— 5 can get this shot

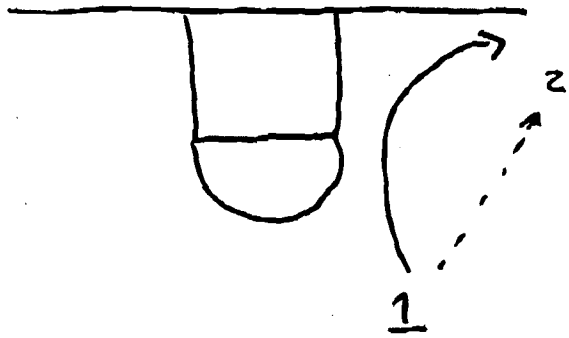


Transition Information
If 1 has not advanced the ball by the Y2 courtline, 2 and 3 need to get all the way to the corners - 4 goes to the rim and then gets opposite the ball-

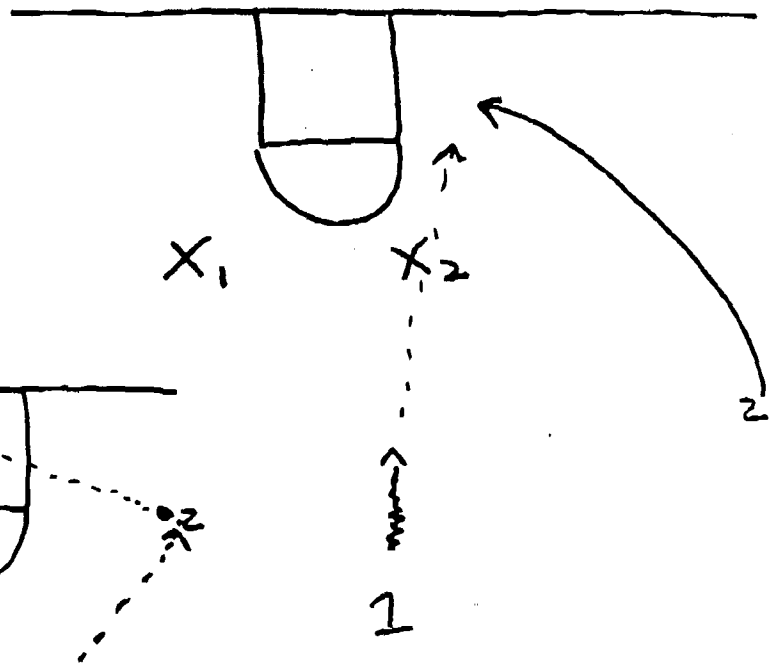
This cut by the 1 man in transition is called quick



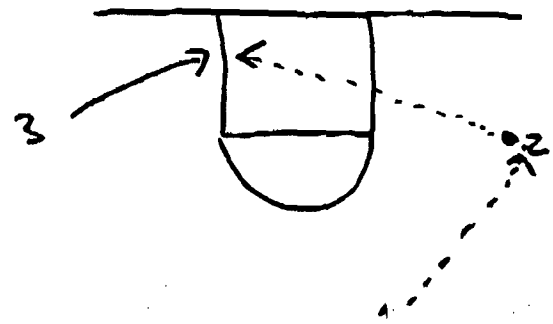
This cut is called quick loop



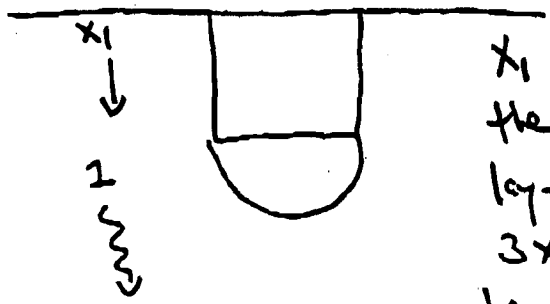
2-3 are thinking layups in transition, if 2 can get behind X2 we want the lob over the top



When they release it to 2, 3 goes to the rack in transition -



The less we dribble in transition the better. Advance the ball with the pass - This is how he teaches his point guard that lesson -

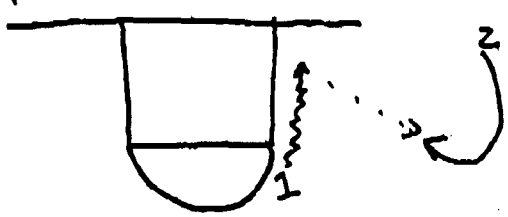


X1 chases 1 down so he gives the length of the court for a lay-up, he has 1 do this 3x - he's gassed and hopefully he gets the point about advancing the ball with the pass

Skill Work and Individual Instruction
1. We need to develop 3 point shooters
2. We need to develop drivers
3. We have to be able to finish

Set up your drives and dribble moves from the spots on the floor where the players will be executing them from. You have to have the ability to drive off a kick up, kick back, drag etc. Drill catching and turning the corner

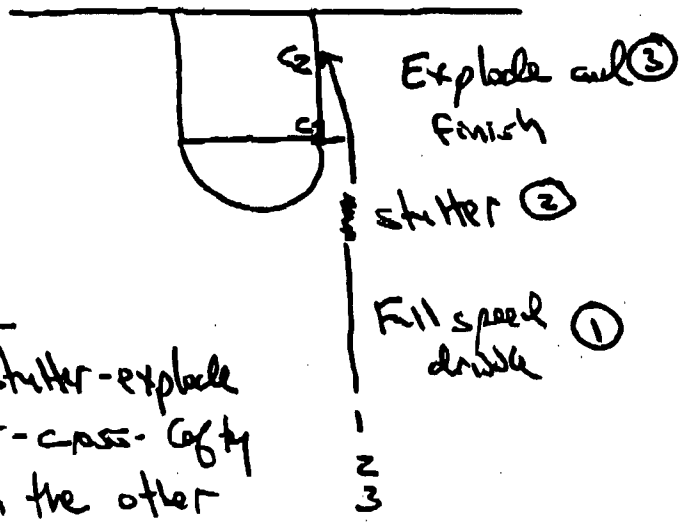
Can we develop drivers? Get a plan on paper. Best your own mentality and skill has to be developed.



We need to learn to round off our cuts and step into the basket as we catch and shoot.

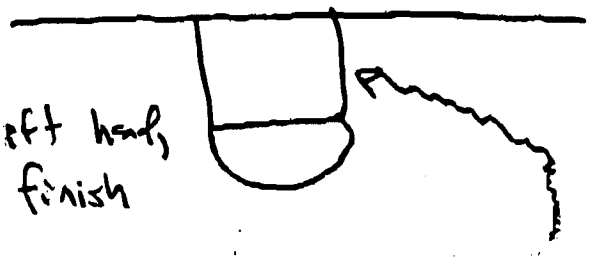
Skill work presented at the clinic:

Driving teaching points:
1. Clip the hip - go by body to body
2. Sell your shot - tell them you are going to shot when you get into your stutter step -
3. You are going to shoot layups - work on taking the hit and finishing -
4. All Bigs do the ball handling work



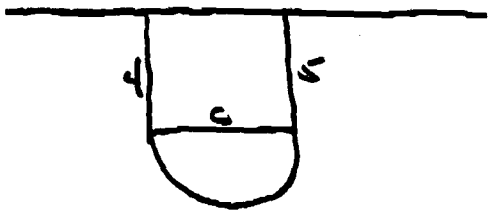
The coach at the elbow has a pad, the coach underneath tries to strip him — don't rock the ball

Sequence
1. Hard stutter - explode
2. Stutter - cross - soft layup on the other side
3. Stutter - explode, reverse layup with the right hand on the left side, go underneath the hoop and turn your body -



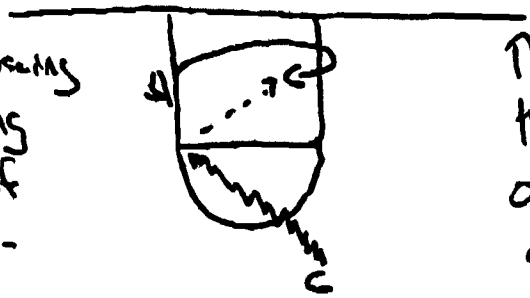
Perpendicular drill - glide dribble, butt to the baseline, ball in your left hand, over the top crossover to your right, finish with a stockton -

Post Work

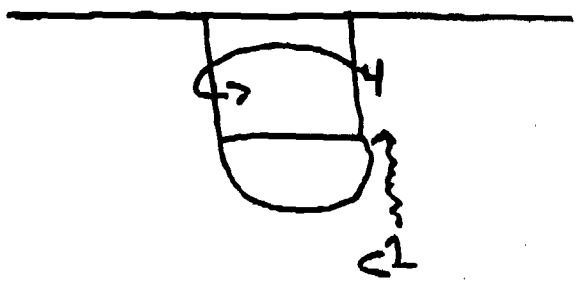


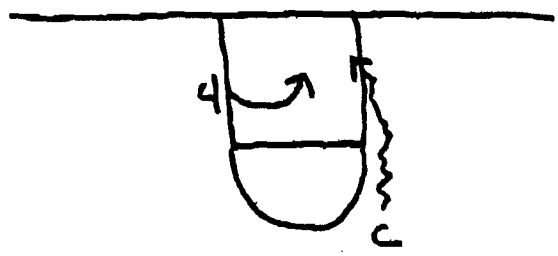
4-5 are both bouncing up and down, they don't know who the coach will throw it to - the coach passes it - when they catch they take it straight up - no step through - there goal is to score before they get fouled.

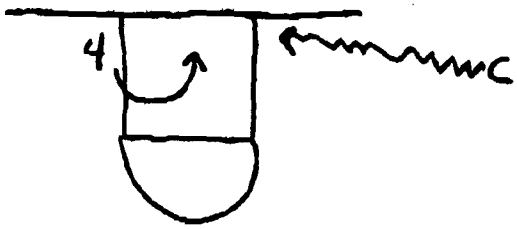
Driving - Spacing drill teaching the rules of penetration -



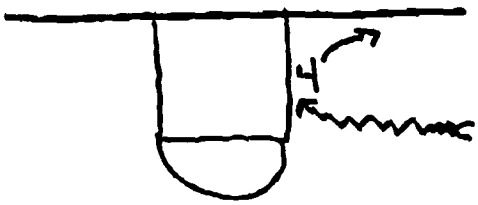
They teach 4 to slide step, butt to the baseline and then get to the other side of the lane in 2 quick steps.







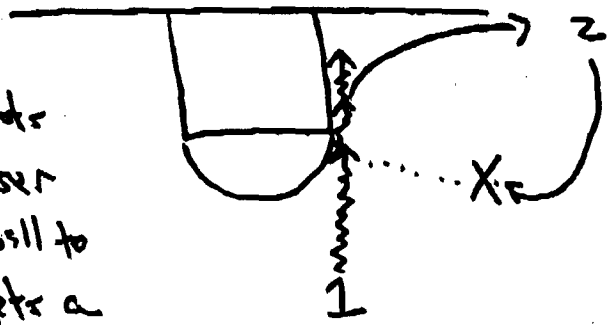
4 works on seeing, shows his left hand - they want a lob, not a wrap around or bounce pass - they can't shoot FTs - don't want to get fouled





Past teaching point - They call it chicken wing. Chin the ball, elbows out, when you drop step look to hook the defender with your elbow - has to be subtle. Don't lower your shoulder, you will get called for an offensive foul.

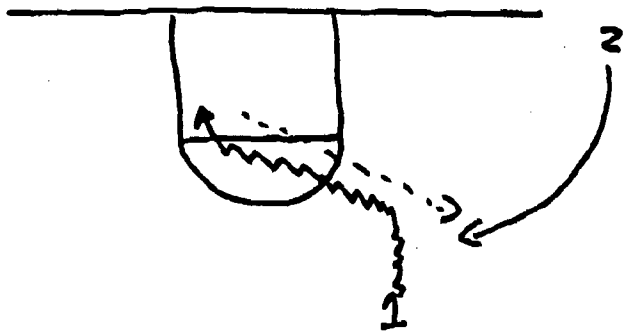
2-0 Perimeter drills



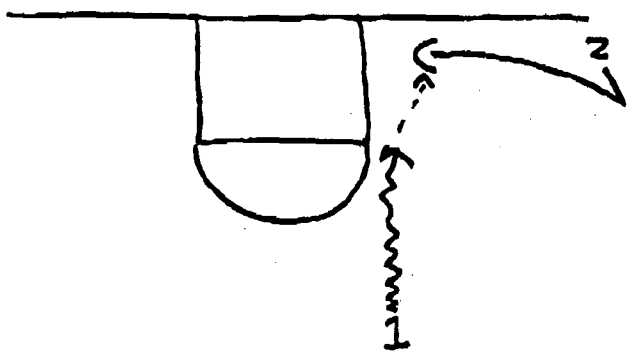
When 2 shoots have a passer throw the ball to 1 so he gets a shot also -

2 kicks up
1. Catch and shoot the 3
2. Catch and drive middle
3. catch, crack spice, throw back to 1 who loops

Do not make no look passes. 2 needs to get to the X on the floor

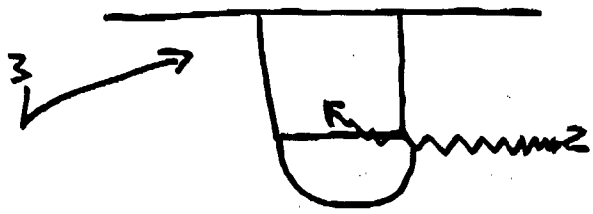


1 gets to the opposite drop zone, 2 drops up

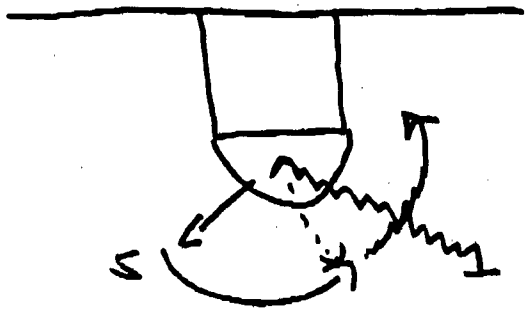


2 Back cuts

You can devise all kinds of 2-0 drills



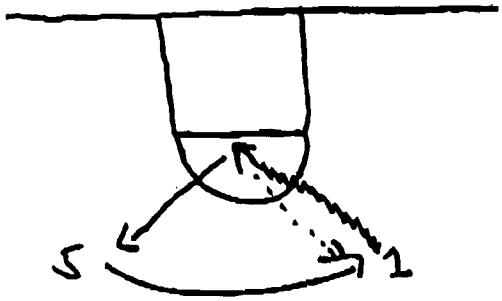
Drop 23, 2 gets to the opposite drop zone from the wing



2-0 kick back, kick back to attack the rack

2-0 with 4 continuous cuts- or 3?

(A)



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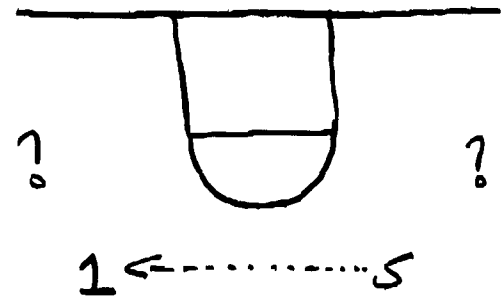
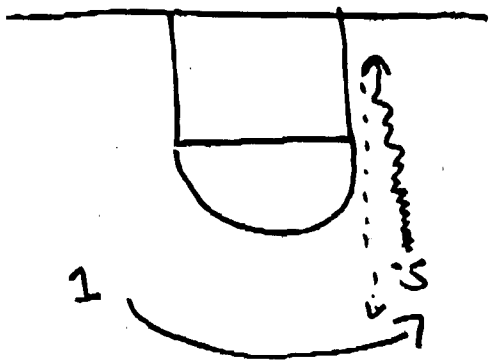
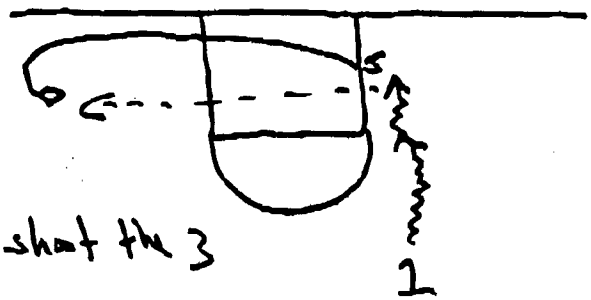
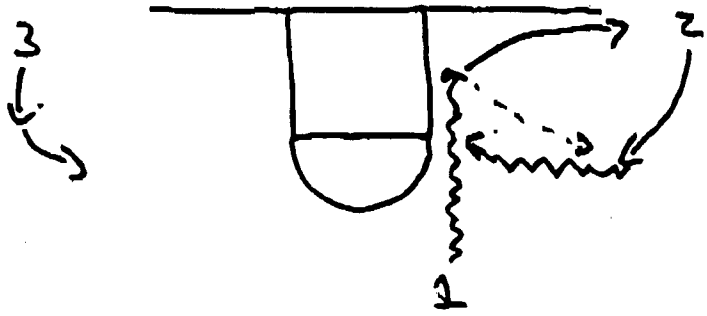


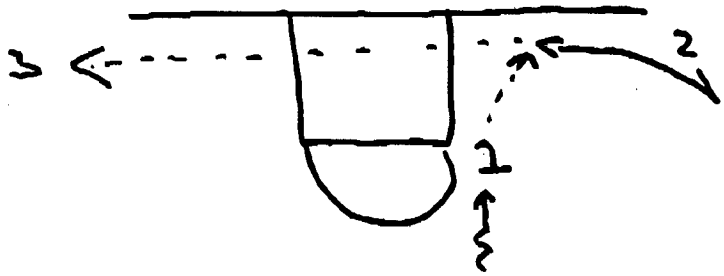




3-0 Perimeter Drills-

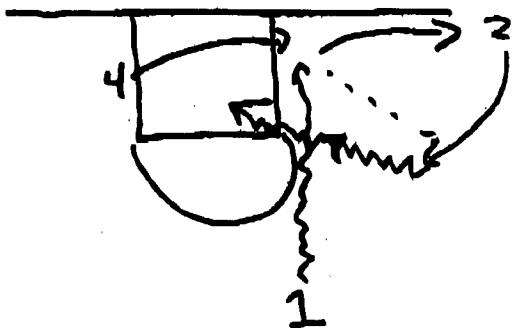


1 drives, he can go to either 2 or 3 and we just play-
1 hits 2, loop cuts, diagonal to 3,

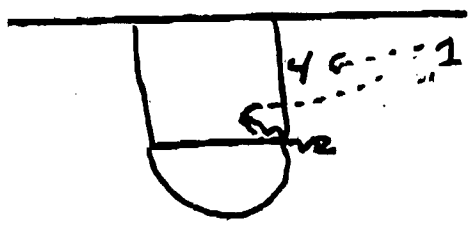


Build it 2-0, 3-0, 4-0, 5-0

Important teaching point to get them back into a post up- we need to get post ups-



1 kicks up to 2, 1 loops, 2 drives, 4 comes across-

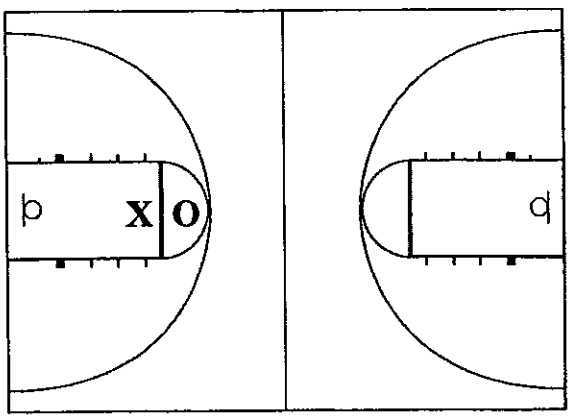


Throw back to 1, post entry to 4 who came across on 4 2's dribble penetration

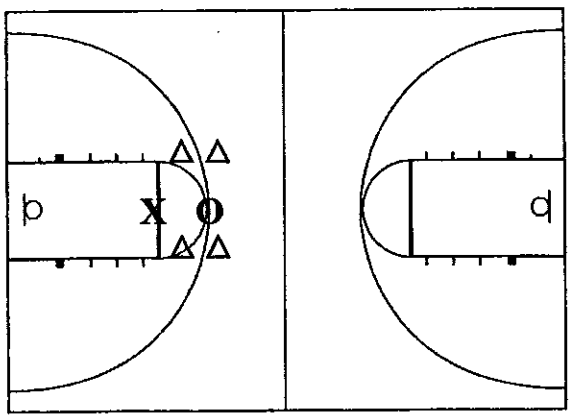
KANSAS WOMEN'S BASKETBALL
PRACTICE DRILLS

1-on-1 LANE CONTAINMENT

NO SHOTS (6 Seconds)



ONE-LEGGED LAY-UP
(8 Seconds)



OBJECTIVE: Improve ball-handling in a tight space & improve defensive footwork.

SET-UP: Boundaries are the lane lines. Offense starts with the ball between the free throw line and top of key. Defense begins an arm's distance away from offense.

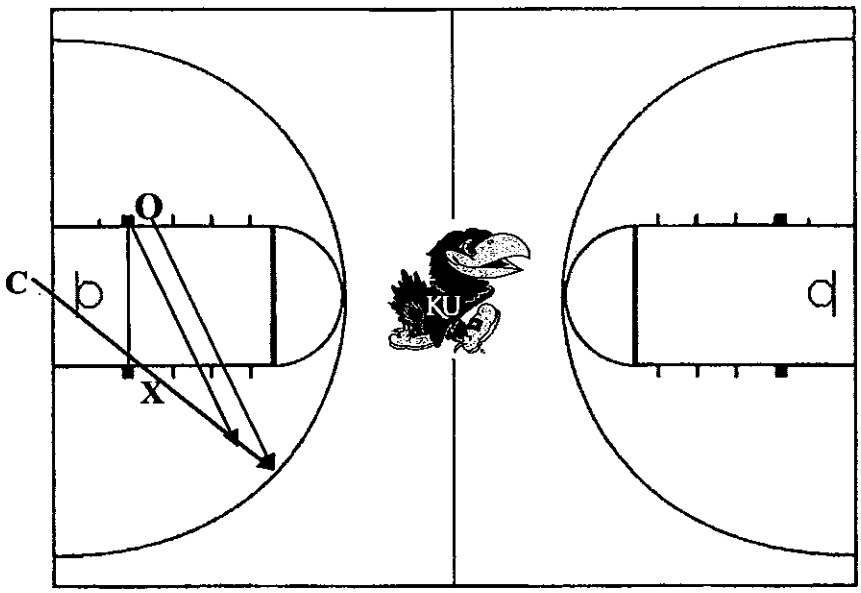
TIME LIMIT: 6-8 seconds

DESCRIPTION OF DRILL

Offense's goal is to beat the defense to the baseline in 6 seconds without going outside the lane lines or turning her back to the defense while dribbling. Defense's goal is to force offense out of bounds or don't get beat to the baseline in 6 seconds. You can progress drill to have offense finish with a one-legged lay-up.

KANSAS WOMEN'S BASKETBALL
PRACTICE DRILLS

ALABAMA 1-on-1



OBJECTIVE: Improve both offensive & defensive skills vs. good & intense competition

SET-UP: Coach has basketball on baseline (under basket). Offense begins on one block, defense begins on the opposite block.

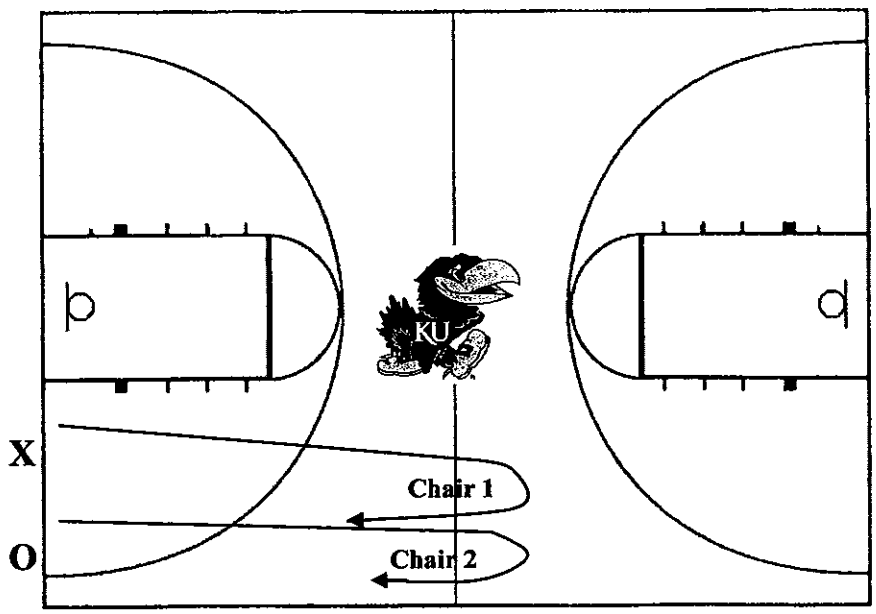
TIME LIMIT: None

DESCRIPTION OF DRILL

On slap of the ball or "60" command, offense will cut to opposite wing. Defense touches opposite block and then performs closeout on offense. Coach can pass ball to offense at any time. Live 1-on-1 from there.

KANSAS WOMEN'S BASKETBALL
PRACTICE DRILLS

CHAIR 1-on-1



OBJECTIVE: To improve both defensive and offensive concepts in a competitive/intense setting

SET-UP: Place two chairs at half court (approximately 3 ft. apart).

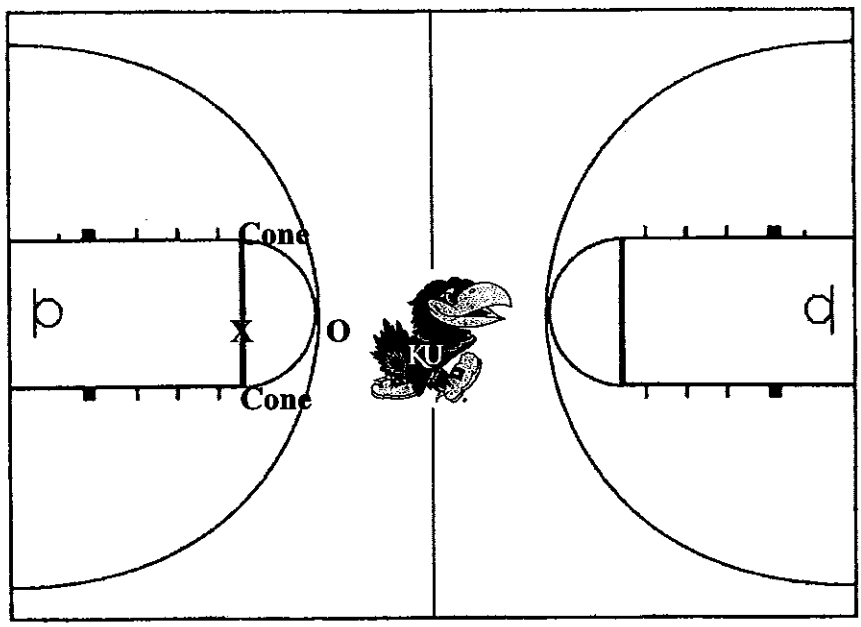
TIME LIMIT: None

DESCRIPTION OF DRILL

Both offense and defense start on the baseline. Offense has the ball and begins the drill by dribbling around the inside of Chair 2. At the same time, defense runs around the outside of Chair 1. It is LIVE 1-on-1 basketball after the players get around the chairs. Offense looks to go to the basket and score, while defense tries to stop offense without fouling.

KANSAS WOMEN'S BASKETBALL
PRACTICE DRILLS

1 & 2 DRIBBLE 1-on-1



OBJECTIVE: Drill is designed to improve ability to create a shot, defensively force tough shots

SET-UP: 1 cone at each elbow, defense starts with ball at FT line; offense starts at top of key

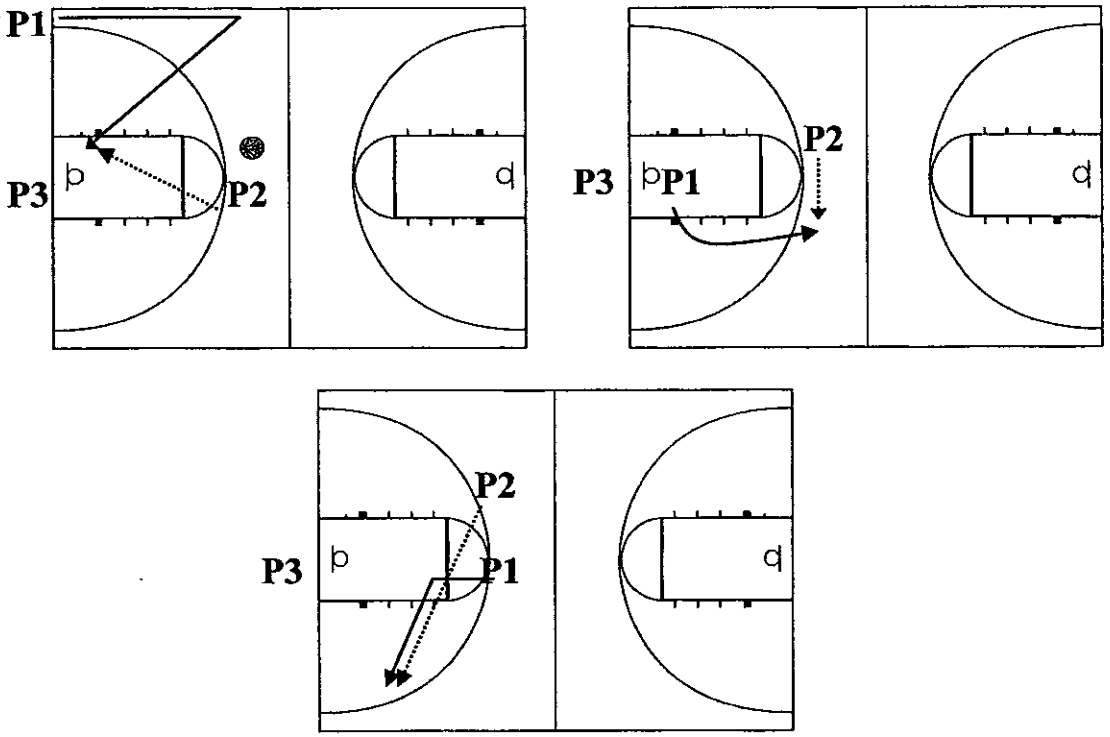
TIME LIMIT: None

DESCRIPTION OF DRILL

To start the drill, defense will toss the basketball to offense. Offense will have a maximum of 1 dribble to get shot off, but must stay in between cones. Following success with one dribble maximum, progress the drill to 2 dribble maximum. Drill may also be played on the wings.

KANSAS WOMEN'S BASKETBALL
PRACTICE DRILLS

3 SHOT SERIES



OBJECTIVE: Repetition of game shots at game speed

SET-UP: 3 players & 2 basketball balls needed for drill. Player 1 begins drill in baseline corner. Player 2 begins with the ball at the tope of the key. Player 3 begins underneath the basket as a rebounder with 2nd basketball.

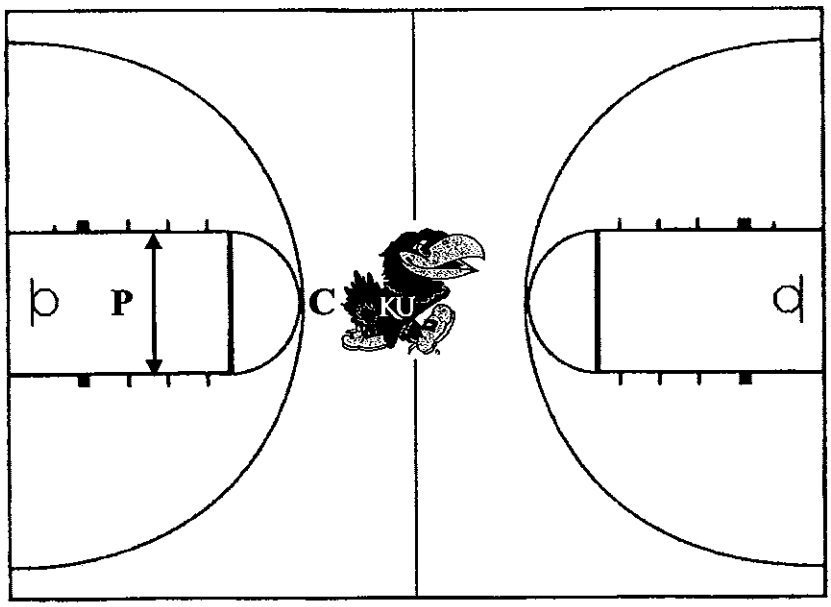
TIME LIMIT: None

DESCRIPTION OF DRILL

Player 1 sprints or backpedals along sideline until "GO" command. Upon "GO" command, player 1 sprints to basket and cuts in for a lay-up and scores. Player 2 passes basketball to Player 1 and then receives 2nd basketball from Player 3. Player 3 will then rebound Player 1's lay-up. Player 1 now curls to the top of the key and Player 2 passes to Player 1 for shot. Player 3 gives 2nd ball to Player 2 and then rebounds Player 1's shot. Player 1 steps into the lane and then flashes to corner or wing (whichever coach prefers) and received the pass from Player 2. When series is complete, rotate players. Coach can change types of shots.

KANSAS WOMEN'S BASKETBALL
PRACTICE DRILLS

REACTION SHOOTING



OBJECTIVE: React from defense to offense

SET-UP: Coach starts at the top of the key with the basketball. Player starts at mid-lane (facing the coach) in a defensive stance.

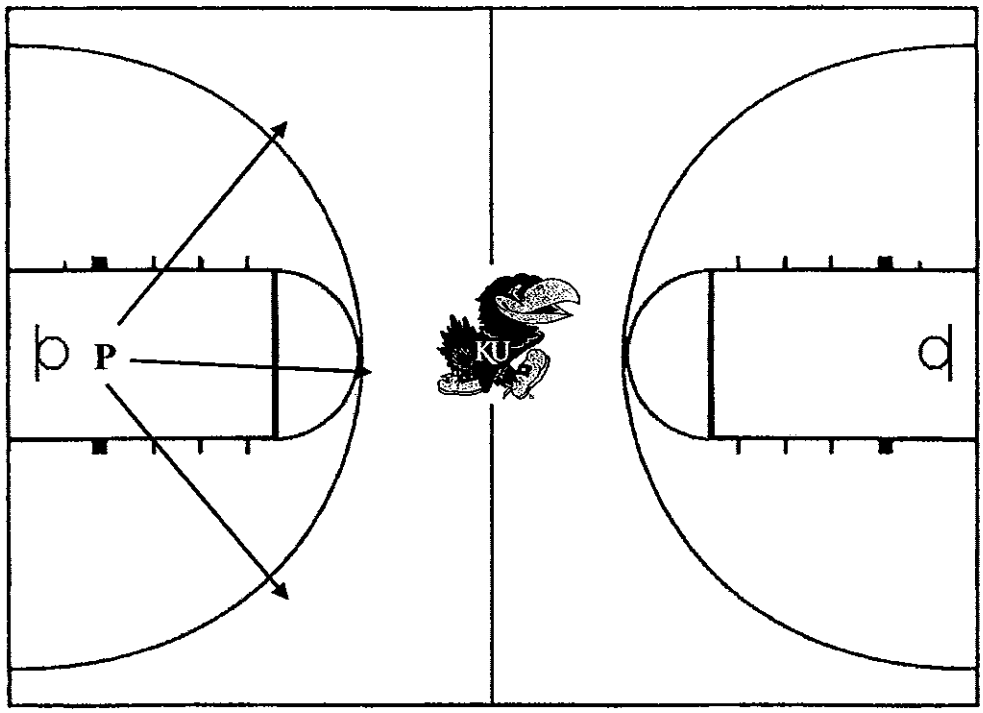
TIME LIMIT: 1 minute

DESCRIPTION OF DRILL

On the coach's call, player will defensive slide from lane line to lane line. Coach will throw the ball in any direction on the court. When ball leaves the coach's hand, player has to spring to grab the ball (with two hands), then square up and take shot where ball lands. *Coach has the ability to script shots by throwing the ball.* Player will then get the rebound (or retrieve it out of the net) and pass it back to the coach. Player will get back to mid-lane and start to defensive slide until ball is thrown by coach again. Drill continues for 1 minute.

KANSAS WOMEN'S BASKETBALL
PRACTICE DRILLS

TOSS OUT 3'S



OBJECTIVE: Conditioning Shooting

SET-UP: Player begins mid-lane with ball

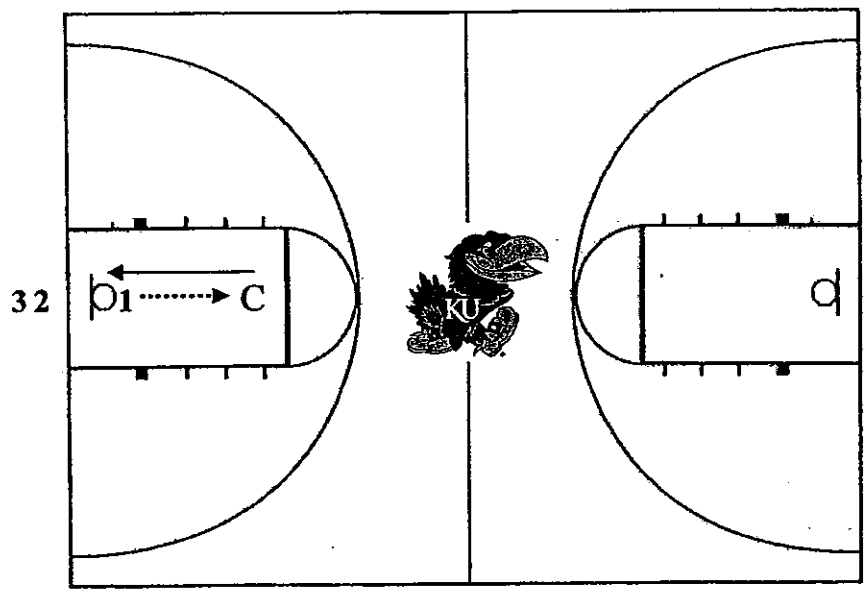
TIME LIMIT: 1 minute

DESCRIPTION OF DRILL

Toss the ball out to the 3 point line and step into your shot. Goal is to MAKE 12 shots in one minute. Record attempts and makes

KANSAS WOMEN'S BASKETBALL
PRACTICE DRILLS

REBOUND RICOCHET



OBJECTIVE: Drill is a conditioner and also focuses on player finishing an offensive put-back.

SET-UP: Each player lines up under the basket with a basketball, coach is stationed at the free throw line.

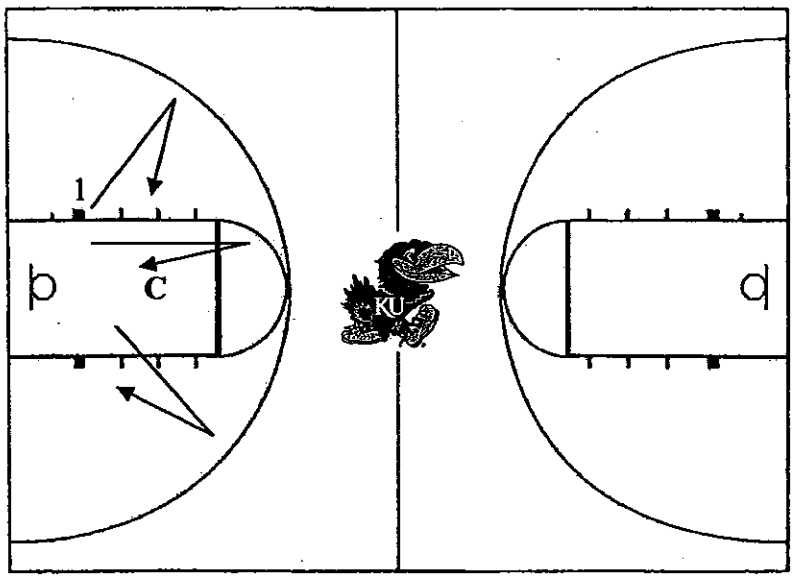
TIME LIMIT: Drill can be run on time or by number of makes.

DESCRIPTION OF DRILL

Player #1 passes the ball out to coach and runs to touch the ball. After the touch, coach throws the ball off the backboard and player turns (with hands up) to locate the ball for rebound. Once rebound is secured—player will finish with a power lay-up (if dribble is needed, instruct player to use power dribble to get to basket). Player should finish on the same side the rebound was secured on or if rebound was secured in the middle, player chooses a side to finish on. Player then gets their own rebound to pass back out to coach and then touch the ball again.

KANSAS WOMEN'S BASKETBALL
PRACTICE DRILLS

V-SLAMS



OBJECTIVE: Emphasis gaining possession and finishing to the rim against contact.

SET-UP: Coach is located in the middle of the lane with ball.
3 spots are designated on floor (both wings and middle)

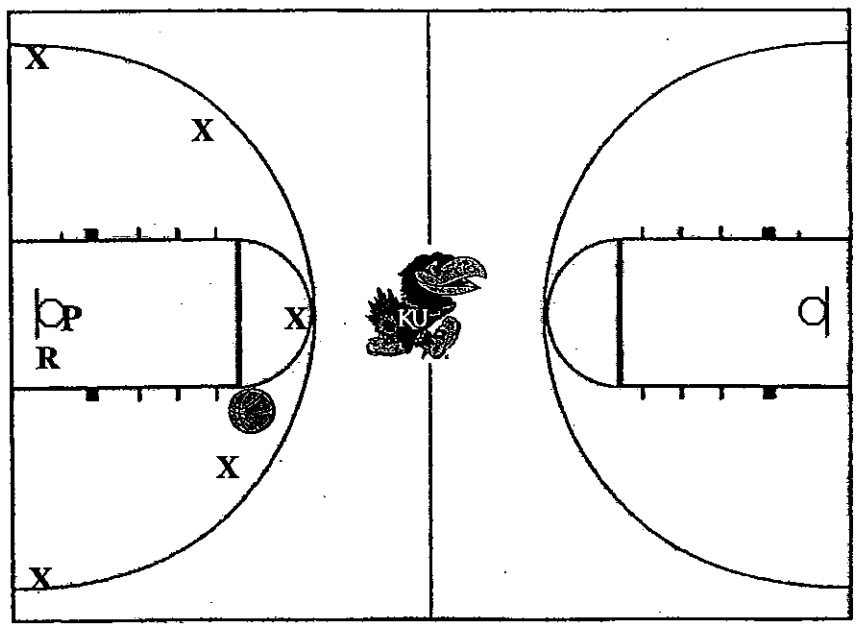
TIME LIMIT: Coach can determine number of repetitions (usually 2 at each spot=1 set)

DESCRIPTION OF DRILL

Coach starts with ball and tells player when to start. Player runs from the block to the first designated spot (wing). Player will turn and locate the ball on command as ball is slammed on floor by coach. The command can be verbal ("GO" or "BALL") or player can react on actual slam of ball. Coach will script what shots they want player to shoot upon possession as well as how many at each spot. Usually, the shot is a power lay-up against contact (can also be a pull-up jumper, etc).

KANSAS WOMEN'S BASKETBALL
PRACTICE DRILLS

5 SPOT FINISH



OBJECTIVE: Can be used as a conditioner, emphasizes finishing to the rim as well as quickness to gain possession.

SET-UP: Five spots (can be designated with cone or floor dot), player starts under the rim, coach is located anywhere on the floor with a ball to serve as passer.

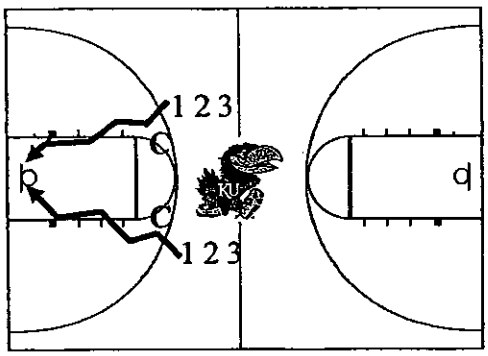
TIME LIMIT: 1 repetition consists of 5 finishes from the five spots

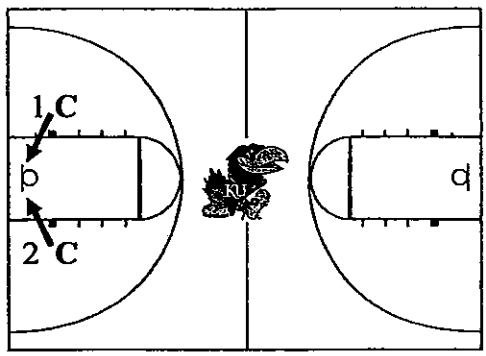
DESCRIPTION OF DRILL

Coach will dictate how player gets out to each cone (i.e., run, shuffle). Once player reaches cone, they must turn and gain possession of basketball. Coach may pass ball, roll ball or throw ball of the backboard. Player then finishes to power lay-up (can be against contact). Player can either get her own rebound and pass back to the coach before going to next dot or there can be a rebounder to help. Player must score from all five spots to get out of drill.

KANSAS WOMEN'S BASKETBALL
PRACTICE DRILLS

RIP & GO





OPTION 1

OBJECTIVE: Emphasis gaining possession and finishing to the rim against contact.

SET-UP: One coach at each elbow or one coach in short corners of floor (whichever set-up you prefer; can do both) Players lined up at 3 point line off elbows or in short corners.

TIME LIMIT: Coach can determine number of repetitions

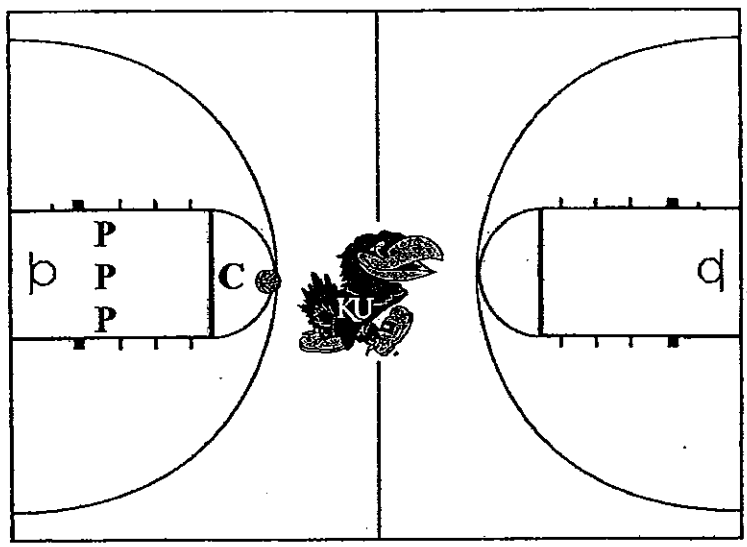
DESCRIPTION OF DRILL

Coach stands with the ball at elbow (or other designated spot on the floor). First player in line will "rip" the ball from the coach's hands and finish using power dribble to power lay-up. Players go continuously, switching sides of the floor after each repetition.

OPTION:
Coach can also be facing the player while standing in short corner. Player will "rip" the ball and execute a "sweep" move to rim, closing off the weak-side defense.

KANSAS WOMEN'S BASKETBALL
PRACTICE DRILLS

NBA ("No Babies Allowed")



OBJECTIVE: Emphasize toughness and finishing close to the basket.

SET-UP: Coach at free throw line with basketball; 2-3 players just below mid-lane facing the coach.

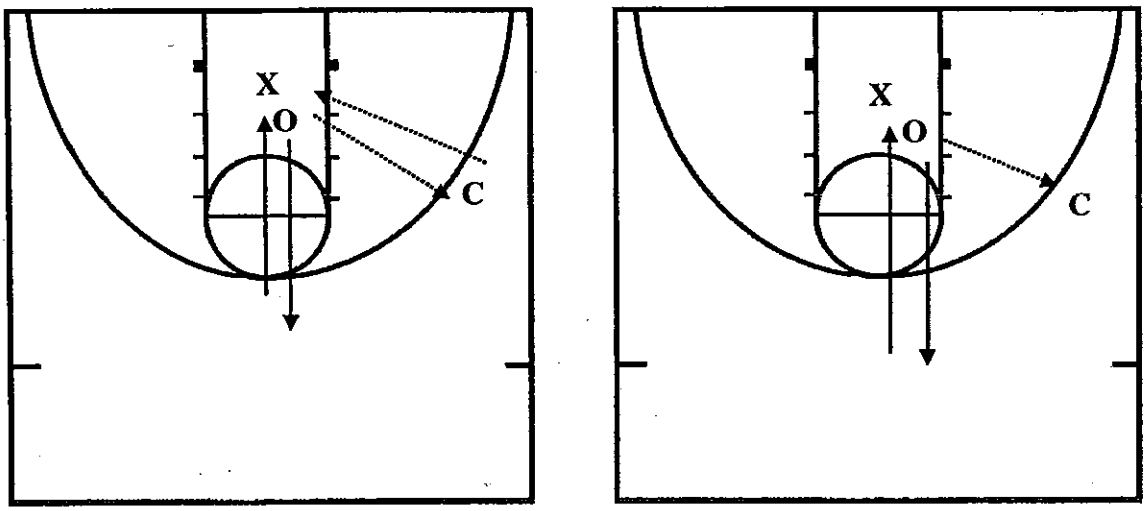
TIME LIMIT: Number of repetitions

DESCRIPTION OF DRILL

Coach shoots the basketball to miss on purpose. When the ball is shot, players must turn around and compete to gain possession on the rebound and then have to finish the shot to score. Each score equals one point. Players that do not secure the rebound can foul/contest the shot of the offensive player. Once shot is scored, offensive player can get the ball out of the net and try to score again (to gain additional point). If ball bounces anywhere outside the lane, players must pass it back to the coach who will then shoot again to put the ball back into play. Drill can continue to a specified number (usually 3 or 4).

KANSAS WOMEN'S BASKETBALL
PRACTICE DRILLS

REBOUND RETURNS



OBJECTIVE: Rebounding, throwing and catching in transition

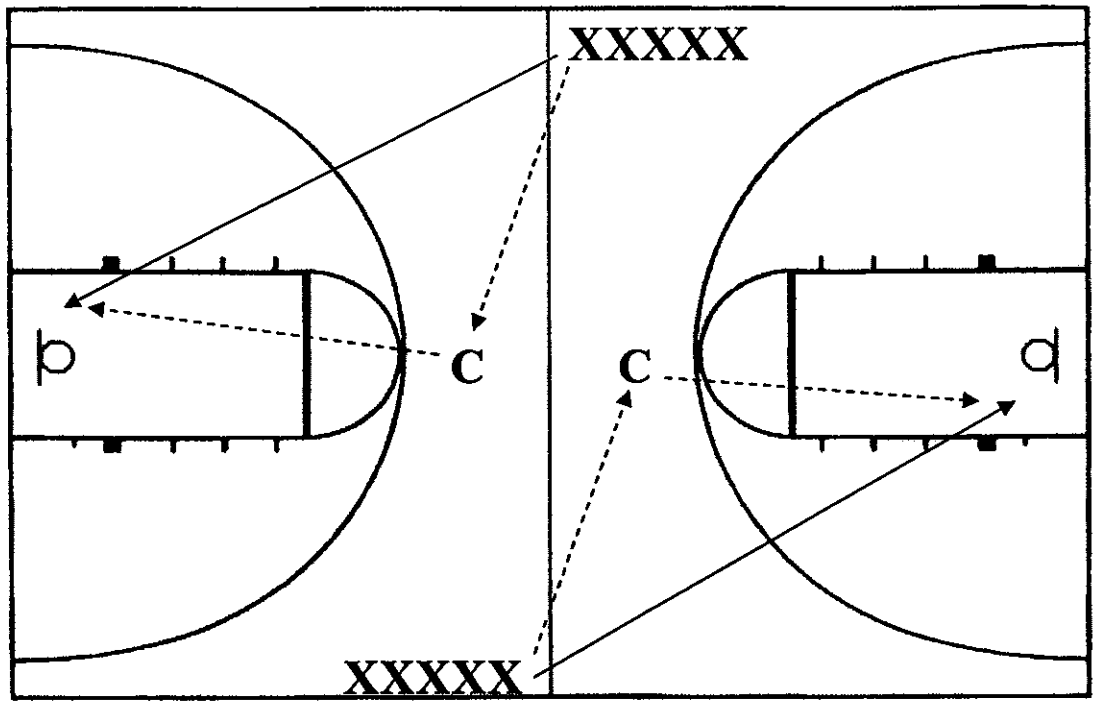
SET-UP: Offense (with ball to start) and defense in the lane, coach on the wing

TIME LIMIT: not available; choose # of reps

DESCRIPTION OF DRILL

Players tosses ball off the glass, rebounds and outlets to the coach. Player starts to run in transition towards half court — on command — players comes back down and makes move to get open, receives pass from coach and makes low post move. Players scores and gets rebound out of net and then taps ball on the backboard, outlets to coach and starts to run in transition towards half court. Again, on command, player comes back down and makes move to get open, receives pass from coach and scores on a low post move.

6 Shot Series



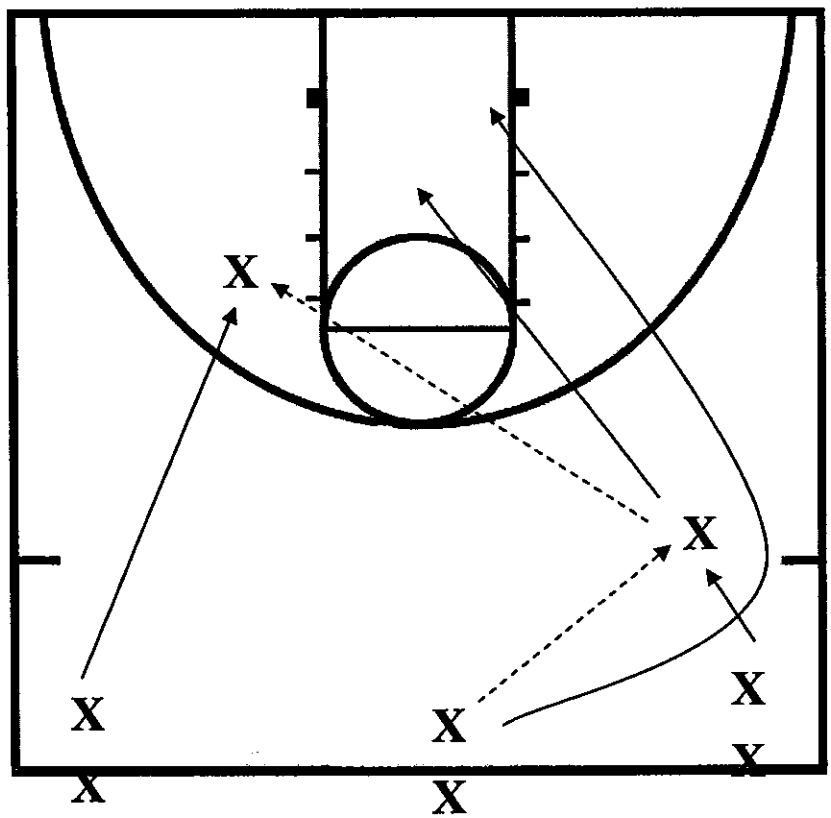
FOCUS: Making shots in a transition.

SET-UP: Two lines at half court facing opposite baskets. One coach to pass at top of the key.

GOAL: Make 20 shots as a team. Each line is its own team and can compete against the other team.

DESCRIPTION: Each player has a ball. The first person passes to the coach then sprints towards the basket for a shot. The player then runs to the end of the same line she came from. The shots go in a sequence: 1. One legged lay-up 2. Power lay-up 3. Catch and shoot mid range 4. Rip thru one dribble pull-up 5. Change of direction to jumper 6. catch and shoot 3 pointer. Each team is responsible for counting their makes.

UCONN Shooting



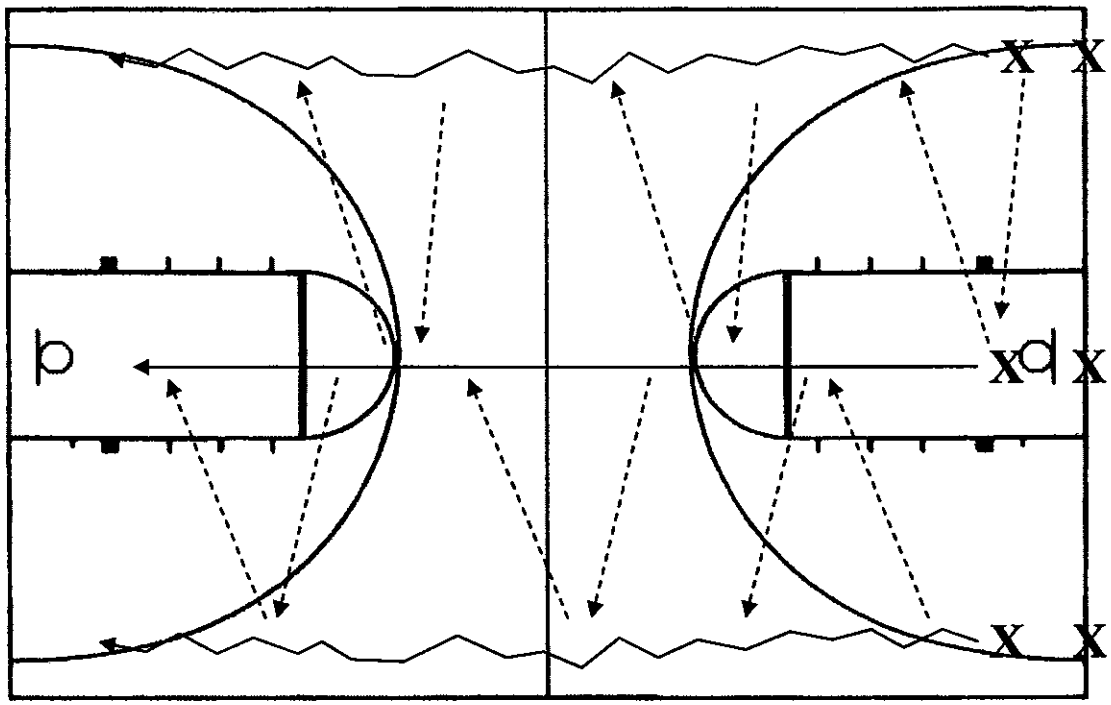
FOCUS: Making shots under pressure, working and communicating well as teammates, going and getting rebounds out of comfort area

SET-UP: Get team in 3 lines at half court spaced to do 3 man weave.

GOAL: Time (2:30 min.) try to beat high score or a consecutive score (Ex: 20)

DESCRIPTION: Players start three man weave at half court making only 2 passes. The receiver of the 2nd pass catches and shoots the ball. Inside the arc is worth 2 pts. and outside the arc is worth 3 pts. The two players that previously passed the ball are trying to secure a rebound. If the shot is missed the rebounders shoot a putback shot and it is worth 1 pt. No dribbles are allowed. The ball cannot hit the floor even it it goes through the net and if the ball does hit the floor at anytime the count starts over.

Central AZ



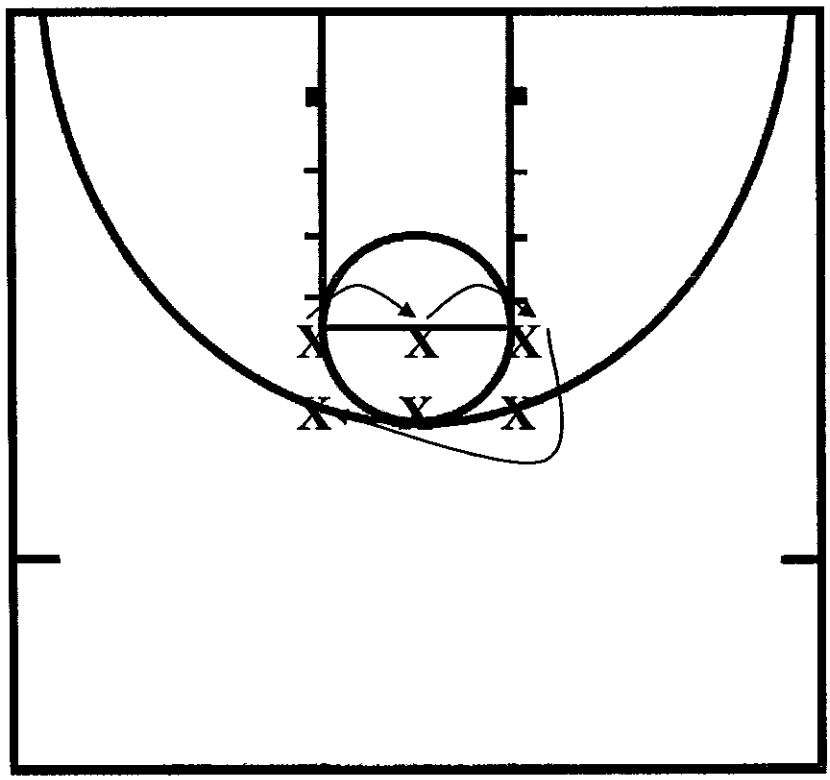
FOCUS: Passing, catching, and dribbling on the move.

SET-UP: 3 lines on the baseline and both lines on the outside has a ball

GOAL: Make no turnovers dribbling or passing from one baseline to the next.

DESCRIPTION: The middle person begins running down the center of the court while at the same time the outside lines begin dribbling up the court. As the outside group dribbles they pass to the middle person and the middle person immediately without a dribble passes it back to the same person. The middle person then turns to the other side to receive a pass from the other outside lane. This sequence continues from one baseline to the other baseline.

3 Spot Shooting



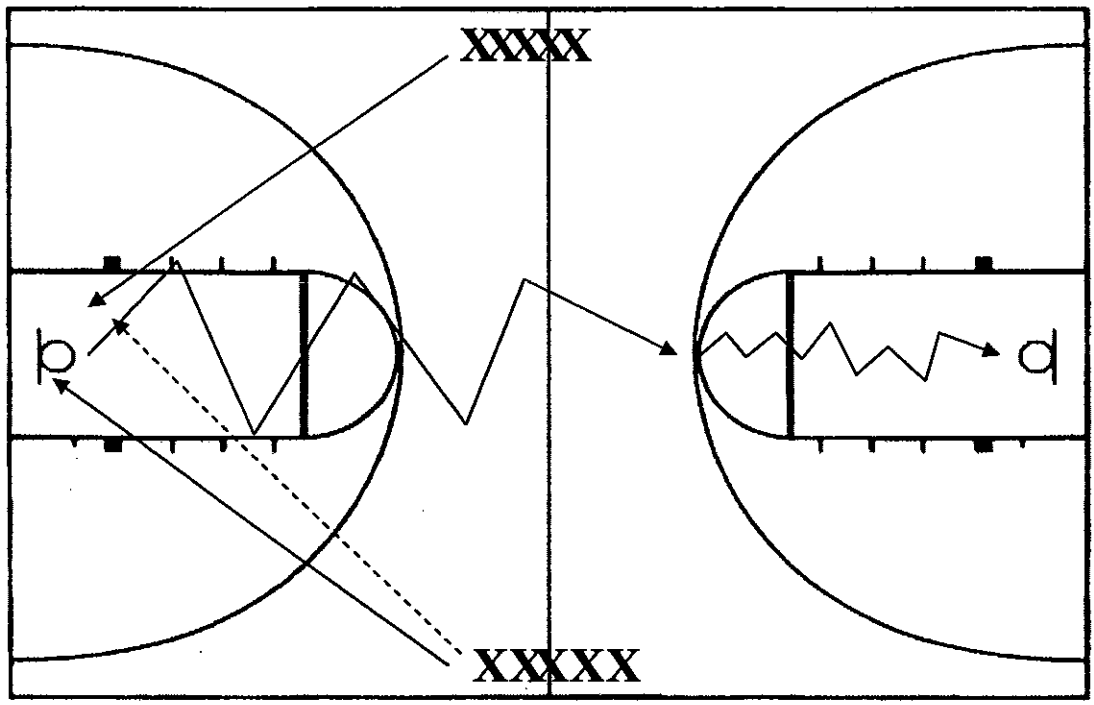
FOCUS: Hands and feet ready to shoot. Call for the ball.

SET-UP: Players get in three lines. One at each elbow and one at the free line.

GOAL: Make 100 shots in 5 minutes.

DESCRIPTION: Each line has a ball and the player in front shoots the ball. The player chases her rebound and passes to the same line she shot from. She then moves clockwise to the next line.

Sixers Lay-up Drill



FOCUS: Guarding the ball using proper footwork, Scoring 1 on 1 in transition

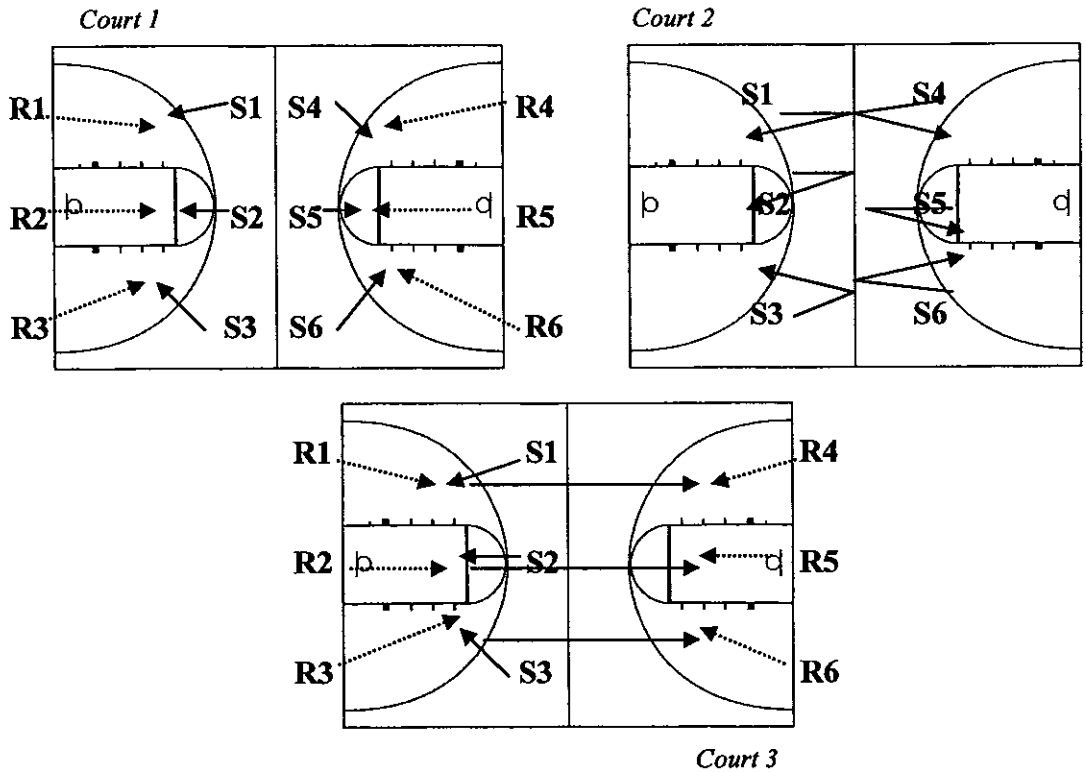
SET-UP: Two lines at half court.

GOAL: Defensively stay low and prevent the offense from scoring using the proper footwork. Offensively keep dribble low and use change of direction moves to get defense off balance and score.

DESCRIPTION: One line has the ball and makes one pass to the opposite line for a lay-up. The passer follows her pass and gets the ball out of the net and becomes the offensive player. The shooter becomes defense. Offense then in a controlled zigzag, dribbles down court. Once the players have reached top of the key it becomes one on one.

KANSAS WOMEN'S BASKETBALL
PRACTICE DRILLS

SPRINT SHOOTING



OBJECTIVE: Repetition of game shots at game speed

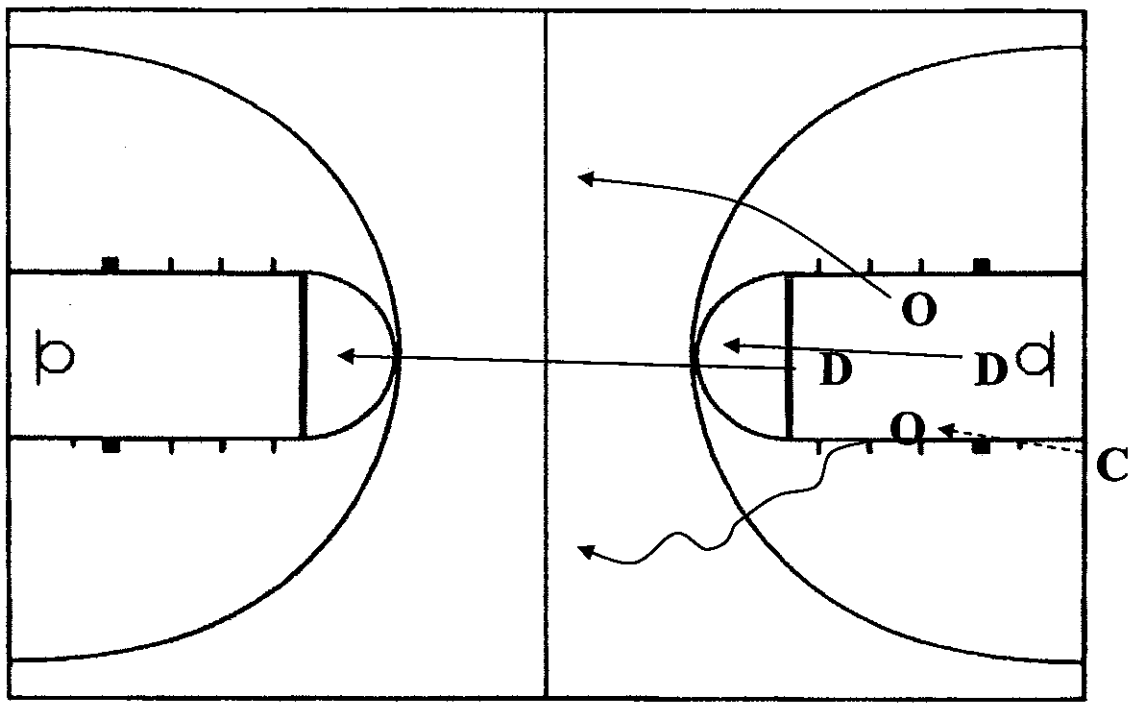
SET-UP: Can use as many as 6 shooters at one time, but need the same amount of rebounders as shooters for the drill. Shooters begin at 1/2 court. Rebounders start with ball under basket (along the baseline).

TIME LIMIT: 1:30 minutes for each round

DESCRIPTION OF DRILL

When horn sounds for drill to begin, shooters will "sprint" towards the basket and receive the pass from the rebounder at about the free throw line (Court1). On the pass, shooter will take assigned game shot. After the shot, shooter must take 1 step toward the basket before turning to sprint the opposite way. If running as a 1/2 court drill, shooter will run back to half-court, touch the line and then sprint back to repeat game shot (Court 2). If running as a full-court drill, shooter till turn and sprint to opposite end to receive pass and take game shot (Court 3). *Shooter will receive pass from same rebounder(s) throughout the drill.* Drill runs continuous for 1:30. Coach can choose to change up shots every seconds (three's, one-dribble pull-up, etc).

Diamond



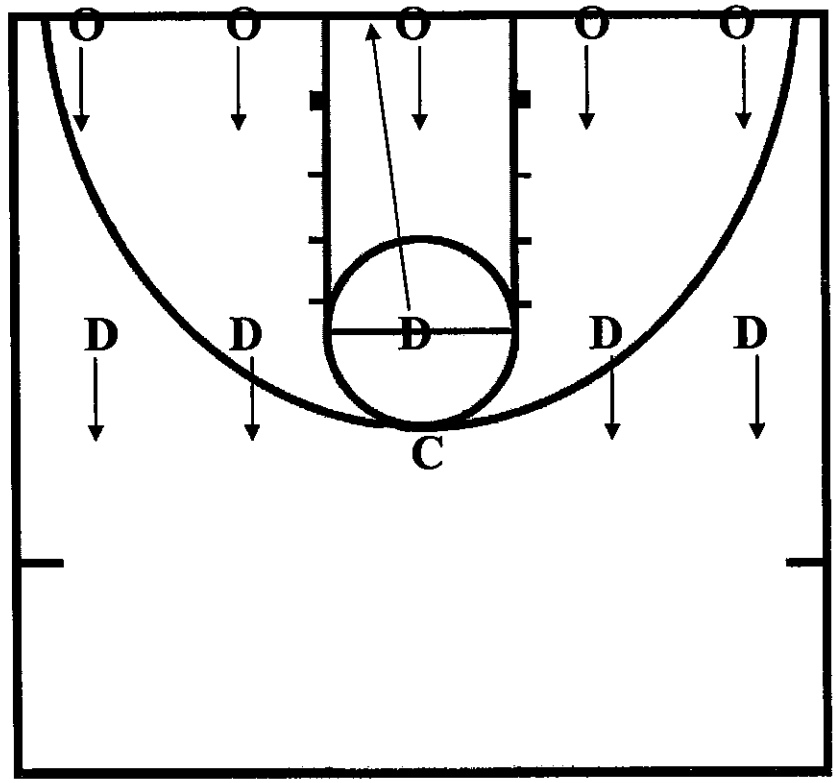
FOCUS: Offense attacking in transition and defense communicating and sprinting back in transition.

SET-UP: Players form a diamond in the lane. Offensive players on the outside and defensive players on the inside.

GOAL: Offense wants to get a lay-up while defense wants to force a jumper or turnover.

DESCRIPTION: The defensive player closest to the basket faces half court while the other 3 players face the coach on the baseline. The coach will throw it to one of the offense players and this starts the transition. The top defender gets back and tries to buy time for the other defender that is trailing the play.

5 on 4 + 1
or 5 on 3 + 2 or 4 on 3 + 1



FOCUS: Defensive transition communication. Getting our halfback to pickup the ball and our fullback to protect the basket and direct everyone else.

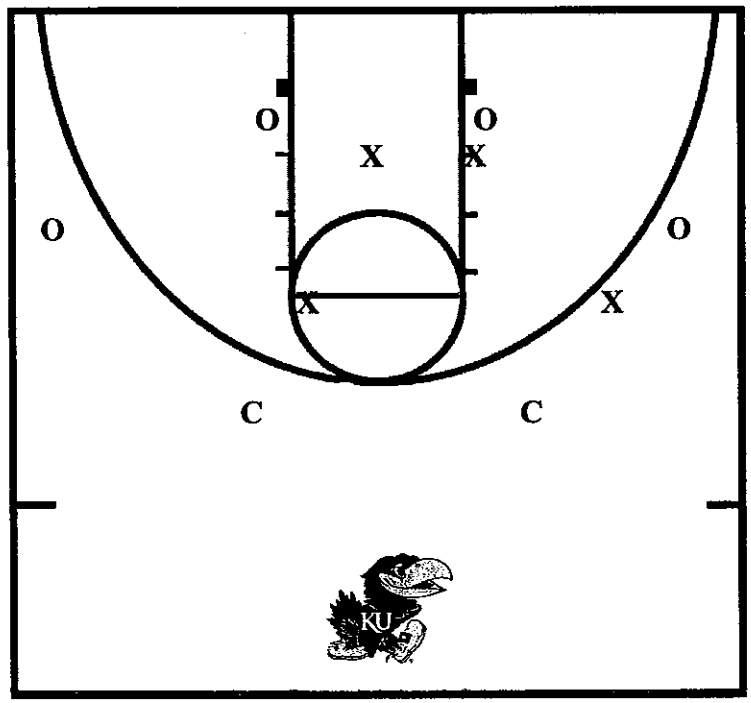
SET-UP: 4 or 5 players along the baseline and 4 or 5 players lined up free throw line extended.

GOAL: Defensively to get the ball picked up early and prevent the offense from scoring in transition. Offensively to attack and get a lay-up.

DESCRIPTION: There are two ways to get this drill started. Either the coach throws the ball to one of the offensive players on the baseline and the defensive player opposite sprints to the baseline or the coach gives the defensive players numbers and calls out numbers and those players touch the base line. This gives the offense an advantage in transition forcing the defense to communicate and get matched up. At first we usually have 1 defensive player touch the baseline then we build to 2 touching the baseline.

KANSAS WOMEN'S BASKETBALL
PRACTICE DRILLS

DRAKE DRILL



OBJECTIVE: Defensive movement — count deflections in each rep

SET-UP: 4 offensive players, 4 defensive players
Need to have a ball on rack or people holding extra balls to throw into drill

TIME LIMIT: 20 second reps

DESCRIPTION OF DRILL

Ball is passes around perimeter or post & defense rotates to proper position. Offense stays in same spots, but perimeter can and needs to penetrate, especially middle to force help. Posts stay on low block. Emphasize: jump to the pass, hedge, help and recover, etc. Intensity/pace of drill is of high importance.

Karl Malone, his Training Secrets

4.8%... That's the current body fat percent-age of the NBA's twice elected MVP Karl Malone who stands 6'9" and weighs in at 256 lbs. "Karl Malone was not a Michael Jordan when he came into this league, he made himself a great player through hard work," says Utah Jazz Coach Jerry Sloan.

Indeed, as a rookie and 13th round draft pick by the Jazz he listed at 250 lbs with 10.5% body fat. Not bad, but both Karl and his coach agree, his commitment and dedication to fitness and weight training over the last 11 years has left him nothing less than awesomely chiseled and is the reason behind the now legendary improvement of his game.

In January of last year he became the third player in history to amass 30,000 career points joining Kareem A b d u l -Jabbar and Wilt Chamberlain. And he just keeps on getting better and better. Karl had a rookie free throw percentage of 48. Compare that to the consistent 79% he maintains today. Malone currently ranks 4th in the NBA in Points Per Game (25.8); 6th in Field-Goal percentage (50.9); and 11th in Rebounding (9.6). Karl has been selected for the all-star team twelve consecutive times and recently was named one of the Fifty Greatest Players in NBAhistory.



Early in his NBA career he determined that success on the basketball court would be directly related to how hard he worked off it, and he became dedicated to weight training and fitness. Karl goes on to say "I was going to be good at whatever I did because I was going to put the time in, and the effort in, and I was going to make the sacrifices to be good." Malone says, "I think by lifting weights, you get power. I also think that you get focus, direction, discipline, and patience."

He likes to work in places where its hot, and no air conditioning is allowed during his workouts, he wants to sweat. "If I'm not sweating I don't think I got a good workout," he said. Karl prefers free weights because he feels they give a better cut.

Karl Malone's Arkansas Training Camp

Up at 6:00 am for

-an hour on the Stairmaster – level 12.

-Then **sprint work at the local high school for an hour** (see below for specific exercises),

-then **"stadiums"** (running up and down the stadium stairs),

-then **weight training** (again see below).

-The finalé **is another hour on the Stairmaster**.

Before any workout Malone starts with his Good Morning Stretch.

He also likes to use **sitting and supine butterfly stretches at the end of each work out** along **with yoga stretches like the Cobra**.

On more intense training day's, especially those with a lot of sprinting, Karl does additional stretching exercises.

In resistance training he always warms up a muscle group by doing a set with light weight.

Some of the variations he incorporates into his routines are half reps and pauses at the top.



Secret #1

Resistance Training Alternating Dumbbell Press on a flat bench - legs off the ground forcing you to keep your body balanced and giving greater isolation of chest and arm muscles. Malone also recommends a ***3 n' 1 shoulder exercise by standing and holding a plate weight***. 10 to 12 reps horizontally in front followed by a set at 45 degrees, and finished by one set at 90 degrees over head. Oh yeah, no rest in between sets.

Secret #2

Balance Board Alternating dumbbell curls while standing on a balance board. Much easier said than done! Followed ***by tricep kick-backs with a***

slight forward lean. Remember, no falling!

Secret #3
Medicine Ball Malone's ***medicine ball ab series*** is impressive. You

-start with a flat back, knees bent, feet on the floor. While holding the ball, you do reach through crunches,

-followed without stopping to a 45 degree angle set, and

-finish with a 90 degree overhead crunch.

*10 to 12 reps for each and NO CHEATING!

Hold the ball, remain in position, and do

-crunches from side to side.

Malone calls this the "Mister Twister."

-Now for Butt Lifts. Place and hold the ball between your knees, ankles crossed, feet off the floor, and lift those glutes!

Works lower abs too.

Secret #4

-Stability Ball Picture a large plastic beach ball about three feet in diameter***.***

-Start with push-ups, first with your hands on the ball at an incline for 6 to 8 reps then,

-switch with hands on the floor and your feet resting on the ball, and do 6 to 8 more.

-Now lay your back on the ball and do ***crunches***. Do some more holding a plate weight both above and behind your head. About 15 to 20 reps each. Keep going and do

-dumbbell presses both with your feet apart and together, all the while trying not to roll off the ball. Do 10 to 12 reps again positioning your back against the ball at an incline.

-Now do ***alternating presses***. Sitting on top of the ball (it is theoretically possible you know) do rotating dumbbell presses. Keep feet together. Remain sitting (Ha! easier said than done) and

-do two sets ***of backfly's*** to work the rear delts. Do the first with feet apart and the second with feet together.

-Follow with ***tricep overhead extensions,***

-***hammer curls***, and

-alternating curls .

Stability Ball Squats
How, you may wonder? Well, place the ball against a wall with your back. Have a dumbbell laying in front of you.

*First do 15 or so squats rolling the ball up and down the wall as you go.

**On your last one, pick up the dumbbell and do some more!

Hamstring Bridge

Feet on top of the ball, back on floor with hands at 45 degrees.

*Do butt lifts.

The last Stability Ball exercise is

-***Hamstring Curls***. Same position only roll the ball towards you with both feet.

*Now lift one leg straight up in the air and roll the ball with the other fo with both feet.
*Now lift one leg straight up in the air and roll the ball with **the other foot.**

Switch.

Secret #5
Parachute/Bungee Running Chutes.



Using two small parachutes tied to a belt, Karl does sprints using wind resistance for power and strength enhancement.

Bungees



Two bungee cords tied to a lifting belt.

Resisted sprints-forwards and backwards,

- then resisted slides, also jumps.

Secret #6

Power Hiking

A favorite of Karl's to do with his Utah neighbors in the Wasatch mountains.

-Begin with a 5-Step warm up.

-High knee lift walk, 10 to 20 steps;

-brisk walk 2 to 5 minutes;

-lunge walk for 10 to 20 steps;

-knee lift skip for 10 to 20 steps, and last

-the Mailman Shuffle of 3 side steps, pivot, then again.

-Now alternate cross country running with jogging and brisk walking.

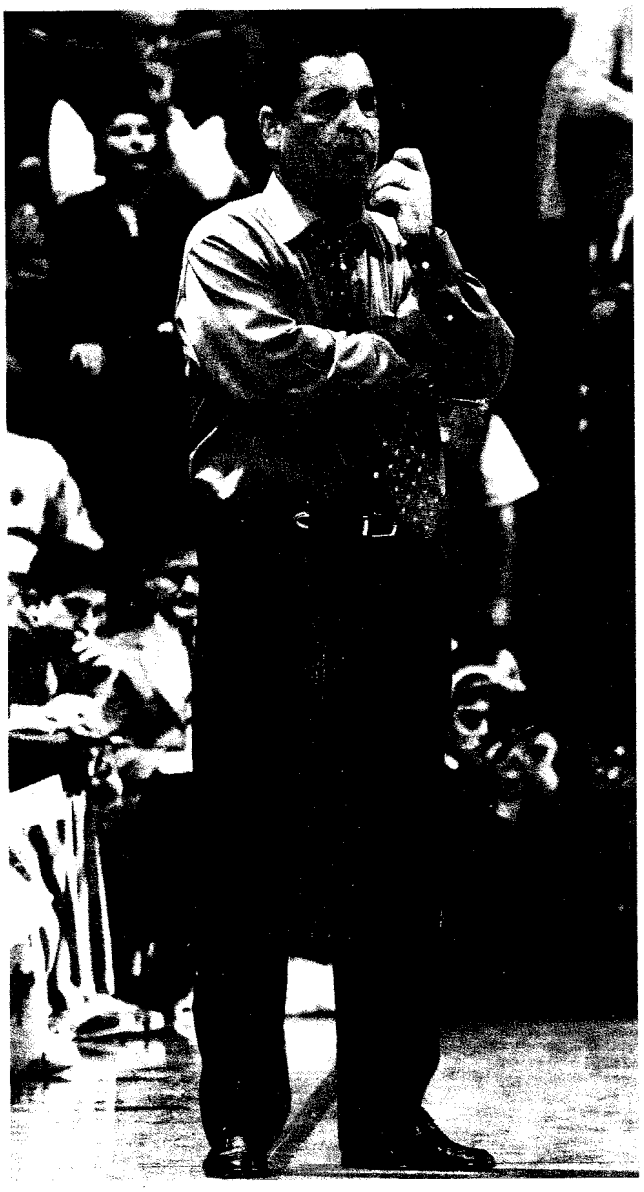
*Do 20 to 30 minutes, three times a week.

Larry Miller, owner of the Utah Jazz, said Karl's workouts are just mind boggling. No argument here! Want to follow the Mailman in his workouts? Because Malone's workouts are so legendary a series of fitness videos entitled Karl Malone's Body Shop are now available. Series titles are Total Body Sculpting, Gut N'Butt, The M.V.P. Workout, and A First Class Life. In this series he shares the details of his workout routines including his Secret Training Tips above. Designed for beginner and professional athlete appeal, these tapes are excellent. Unlike many fitness tapes, they are enjoyable to watch and very easy to follow having high production quality combined with Karl's natural charm.

2007 Kelvin Sampson
Indiana University
Coaches' Clinic

October 20th

Assembly Hall



Featuring Coach Kelvin Sampson
and the Indiana University Basketball Coaching Staff

INDIANA

2007
KELVIN SAMPSON
INDIANA UNIVERSITY
COACHES CLINIC

DRILLS FOR BUILDING MAN TO MAN DEFENSE

OCTOBER 20, 2007

DAN DAKICH
INDIANA BASKETBALL

Indiana Hoosier Basketball



BUILDING MAN TO MAN DEFENSE

- Man to Man defense requires the elements all good program possess TOUGHNESS and ACCOUNTABILITY

- In modern basketball the dribble has become the most effective offensive weapon in the game. The dribble and dribble penetration has to a large effect taken the place of screening, and cutting- Guarding the ball is essential.

- In order to guard the ball effectively 5 areas have to be covered
    1. 1/ 1 Individual Defense
    2. Contesting and guarding
    3. Recovery into Guarding
    4. Defending the Ballscrreen
    5. Guarding in Conversion

Toughness

Every team has to be great at something. Rarely can a team be great at all things. That however is the goal!!

The one thing all teams can be is TOUGH!

Toughness takes on many forms. Defensive toughness comes in the ability of players to be disciplined, be accountable and play thru situations.

Most players and most teams give in to fatigue. Fatigue is a situation. It arises in both mind and body. It has to be overcome.

Defensive drills are designed to put toughness thru fatigue to the test. Put your players in situations in practice that extend them to their physical limit and you will reap the benefits in the tough games.

The defensive drills in this book are designed to be done in groups of no more that 4 and at different baskets. To move quickly, go from offense to defense to out. This enables each player a significant amount of reps and

creates working thru fatigue. These drills need to be high intensity and done within 5-10 minutes. They are also to be done one after another quickly.

Team Chemistry

- Teams need better chemistry on defense than offense
- The ability to commit to one another and hold one another accountable is essential to being a great defensive team
- Teams need to be put in adverse situation in order to develop chemistry
- That adversity comes by being relentless in your pursuits and demanding perfection. Adversity also comes by having team drills designed for the defender to be placed at a disadvantage.
- 5 vs. 4, 6 vs. 4, and Disadvantage Conversion drills are designed for the team to be put in situations of disadvantage. It places an emphasis on communication, discipline and accountability. All characteristics of great defensive teams

Drills for Building Man to Man Defense

Guarding the Ball

Middle circle or wherever Just try to steal the ball

1. Steal the Ball -
2. Driving Line – Bigs – Top of Key
   Guards – ½ Court/ Wing
   Wings – ½ Court/ Wing

Rules

- Limit No More Than 4 Dribbles
- No Basket/ No Paint
- Carry Over Hand Pressure from steal the ball drill. Don't worry about getting beat, get into him
- Big Step

3. Zig Zag
    a. Hands Behind Back
    b. Active Hands
    c. Live from ½ Court

4. Cone Drill
    a. 10 Second – Get to Baseline/ Half Court

Contesting (No Catch)

1. Contest/ Driving Line
    a. Top to Wing
    b. Wing to Top
    - Limit Dribble

2. Crosscourt Driving Line
    a. Open in Lane

3. 2 Man Contesting/ 2 Coaches

Recovery

1. Round Horn Recovery/ Driving Line
    a. 3 Coaches

2. Skip Recovery
3. 3 Man Recovery
4. Help/ Recover
    a. Guard/ Forward
    b. Forward to Guard
    c. Post to Wing (Baseline)
    d. Post-Middle Drive

* Remember throughout these build up drills that you still have to have the steal the ball mentality. Don't let them start by sacking up.

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Post Defense Drills

1/1 Post
- Run Into
- Start in Lane
- 3 Feeders

1/1 Post = Baseline
- High Side
- Low Side
- Front

2/2 Post
- High/Low Flash
- Cross Screen
- Diagonal Screen
- 3 Feeders

Ballscreen Defense Drills

1. Hedge – Outside
2. Hedge – Inside the Screen
3. Switch
4. Trap
5. Pro Play

Team Defensive Drills

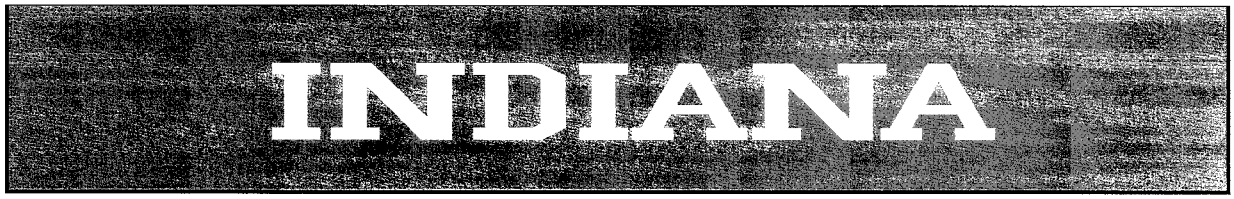
Disadvantage Drills

remember in defensive transition
we always go
to the offense
D must get ahead
of the O.

5/4
- 5 Offense vs. 4 Defense
- Not A Zone/ Leave Man Farthest from Ball

6/4
- 4/4 with Offensive Player Each Corner
- Corner Drives Only – Crash Offensive Boards

5/5 Change
- Offense to Defense – Pick Up Man Other Than Yours



Team Drills

3/3 With Post
3/3 With Low/High Post
2/2 Crosscourt
3/3 Crosscourt
4/4 Crosscourt

4/4 Shell
5/5 Shell
4/4 With Open Post
- Low
- High

4/4 Screening with 2 Pads

Conversion Defense

Building Conversion Defense

2 vs. 1
3 vs. 2
4 vs. 3
5 vs. 4
5 vs. 2
5 vs. 3
5 vs. 4

Baseline Disadvantage Conversion

INDIANA

2007
KELVIN SAMPSON
INDIANA UNIVERSITY
COACHES CLINIC

PHYSICAL DEVELOPMENT
FOR BASKETBALL PLAYERS

OCTOBER 20, 2007
JEFF WATKINSON
INDIANA BASKETBALL
STRENGTH & CONDITIONING

Indiana Hoosier Basketball

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"The first principle on which the game of basketball was based was that it should demand of, and develop in, the player the highest type of physical and athletic development." -Dr. James Naismith, May 1914.

THE FUNDAMENTAL PURPOSES OF PHYSICAL DEVELOPMENT TRAINING FOR BASKETBALL ARE INJURY PREVENTION AND PERFORMANCE ENHANCEMENT. THIS IS ACCOMPLISHED THROUGH QUALITY PROGRAM DESIGN AND A COHESIVE RELATIONSHIP BETWEEN THE COACHING STAFF AND THE ATHLETE.

INITIAL CIRCUMSTANCES

STYLE OF PLAY - THIS IS DETERMINED BY THE COACHING STAFF BASED ON THEIR OVERALL PHILOSOPHIES AND PLAYER PERSONNEL; BY UNDERSTANDING THE STAFF'S APPROACH TO THE GAME, TRAINING PROGRAMS CAN BE DESIGNED WITH SPECIFIC OBJECTIVES AS THE FOUNDATION

PHYSICAL ASSESSMENTS - IT IS ESSENTIAL TO IDENTIFY EACH PLAYER'S STRENGTHS AND WEAKNESSES ON THE SELECTED PERFORMANCE ENHANCEMENT VARIABLES SO THAT TRAINING PROGRAMS CAN BE DESIGNED TO DEVELOP THE DEFICIENCIES AS WELL AS BUILD UPON THE STRENGTHS

TIME CONSTRAINTS - PRIORITIZING PERFORMANCE ENHANCEMENT COMPONENTS IS HIGHLY DEPENDENT ON THE DAILY/WEEKLY/MONTHLY TIME AVAILABLE TO ACCOMPLISH THE IDENTIFIED TRAINING GOALS AND NEEDS

EQUIPMENT AND FACILITIES - THERE ARE OFTEN LIMITATIONS SET BY INADEQUATE AVAILABILITY OF EQUIPMENT AND/OR FACILITIES; ADAPTABILITY TO ALL ENVIRONMENTS AND CONDITIONS IS VALUABLE IN DESIGNING AND IMPLEMENTING PROGRAMS

TRAINING METHODOLOGY

INTENSITY - SELECTION OF STRENUOUS EXERCISES, UTILIZATION OF OPTIMAL REST INTERVALS, A RELENTLESS WORKOUT FORMAT, UNYIELDING ATHLETE ACCOUNTABILITY, CONSISTENT PHYSICAL ASSESSMENT, MAXIMUM DEDICATION/EFFORT/FOCUS

SIMPLICITY - REALISTIC GOALS, ATTAINABLE RESULTS, FUNDAMENTAL EXERCISE SELECTION, THOROUGH INSTRUCTION, PERSISTENT COACHING

VARIABILITY - CONSISTENT MODIFICATIONS TO EXERCISES, METHODS, RESISTANCE, SPEED, REST INTERVALS, WORKOUT FORMAT, ETC

SPECIALIZED TRAINING METHODS - FUNCTIONAL STRENGTH TRAINING, TRAINING FOR MAXIMUM SPEED, TRAINING FOR MAXIMUM STRENGTH, TRAINING FOR FUNCTIONALLY EXPLOSIVE POWER, BASKETBALL-SPECIFIC MOVEMENT TRAINING, BASKETBALL-SPECIFIC ANAEROBIC CONDITIONING

SCIENTIFICALLY-ESTABLISHED RECOVERY METHODS - NUTRITIONAL EDUCATION, POSTWORKOUT SUPPLEMENTATION, EXERCISE BLOCKS/PAIRINGS, PROGRAM DESIGN AND PERIODIZATION, SPORTS MEDICINE

CONSISTENT EVALUATION - DOCUMENTATION OF BODYWEIGHT, SETS, REPETITIONS, LOAD, REST INTERVALS, CONDITIONING TIMES, WORKING HEART RATES, TOTAL TRAINING TIME, ETC. FOR PURPOSES OF MONITORING, MOTIVATION, AND PROGRAM EVALUATION

DEDICATION AND PERSEVERANCE - "NOTHING GREAT IN THE WORLD HAS BEEN ACCOMPLISHED WITHOUT PASSION." -HEGEL

QUALITY: FOCUS - INTENSITY - RESULTS - TECHNIQUE
QUANTITY: CAPACITY - DURATION - FREQUENCY - VOLUME

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PREPARATION
ELEVATE TEMPERATURE AND HEART RATE, INCREASE BLOOD FLOW TO MUSCLES,
AND ENHANCE JOINT MOBILITY AND NEUROMUSCULAR EFFICIENCY

MOVEMENT DEVELOPMENT
TRAIN THE BODY TO MOVE EFFICIENTLY, BOTH GENERALLY AND SPECIFICALLY TO THE GAME OF BASKETBALL

CORE DEVELOPMENT
STRENGTHEN AND STABILIZE THE MUSCLES OF THE ABDOMINALS, BACK, HIPS, AND GLUTEALS

STRENGTH DEVELOPMENT
STRENGTHEN AND STABILIZE THE MUSCLES, TENDONS, AND LIGAMENTS OF THE BODY
THROUGH FUNCTIONAL EXERCISES

POWER DEVELOPMENT
INCREASE THE RATE OF FORCE DEVELOPMENT OF THE MUSCLES, TENDONS,
AND LIGAMENTS THROUGH EXPLOSIVE EXERCISES

ATHLETIC DEVELOPMENT
INCREASE SPEED, AGILITY, QUICKNESS, AND JUMPING CAPABILITIES ALONG WITH BALANCE AND BODY CONTROL

CARDIO-RESPIRATORY DEVELOPMENT
DEVELOP THE LONG-DURATION AEROBIC, MODERATE-DURATION ANAEROBIC,
AND SHORT-DURATION ANAEROBIC ENERGY SYSTEMS

FLEXIBILITY DEVELOPMENT
TRAIN THE BODY TO DYNAMICALLY MOVE THROUGH GREATER RANGES OF MOTION WITH DECREASED INHIBITION

NUTRITIONAL DEVELOPMENT
INCORPORATE HEALTHY EATING HABITS AND PROPER SUPPLEMENTATION STRATEGIES
FOR HIGH-INTENSITY DEMANDS

BASKETBALL "SKILL" DEVELOPMENT
IMPROVE THE QUALITY OF GENERAL AND SPECIFIC SKILLS BASED ON NEED,
I.E. BALL HANDLING, PASSING, SHOOTING, SCORING, DEFENDING

PHYSICAL ASSESSMENTS
ANALYSIS OF MOVEMENT AND IDENTIFICATION OF PHYSICAL STRENGTHS AND WEAKNESSES

RECOVERY
UTILIZATION OF SCIENTIFICALLY-ESTABLISHED MODALITIES TO ENHANCE THE RATE OF MUSCULAR GROWTH AND
RECOVERY, I.E. SPORTS MEDICINE, NUTRITION, SUPPLEMENTATION

Indiana Hoosier Basketball

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ACTIVE RECOVERY PHASE #1: TWO WEEKS — **END OF SEASON**
PERFORMANCE ENHANCEMENT: TWO TO THREE DAYS PER WEEK

POSTSEASON: FOUR WEEKS — **APRIL 2ND TO APRIL 27TH**
PERFORMANCE ENHANCEMENT: THREE-PLUS DAYS PER WEEK
BASKETBALL SKILL DEVELOPMENT: THREE-PLUS DAYS PER WEEK
OPEN GYM: FOUR-PLUS DAYS PER WEEK

FINAL EXAMS: ONE WEEK — **APRIL 30TH TO MAY 4TH**
PERFORMANCE ENHANCEMENT: TWO TO THREE DAYS ("OPEN HOURS")

OFFSEASON I: SIX WEEKS — **MAY 7TH TO JUNE 15TH**
PERFORMANCE ENHANCEMENT: FOUR-PLUS DAYS PER WEEK
OPEN GYM: FOUR-PLUS DAYS PER WEEK

OFFSEASON II: EIGHT WEEKS — **JUNE 18TH TO AUGUST 10TH**
PERFORMANCE ENHANCEMENT: FOUR DAYS PER WEEK
OPEN GYM: FOUR-PLUS DAYS PER WEEK

ACTIVE RECOVERY PHASE #2: TWO WEEKS — **AUGUST 13TH TO AUGUST 24TH**
PERFORMANCE ENHANCEMENT: THREE TO FIVE DAYS PER WEEK

PRESEASON: SEVEN WEEKS — **AUGUST 27TH TO OCTOBER 12TH**
PERFORMANCE ENHANCEMENT: FIVE TO SIX DAYS PER WEEK
BASKETBALL SKILL DEVELOPMENT: FOUR-PLUS DAYS PER WEEK
OPEN GYM: FOUR-PLUS DAYS PER WEEK

INSEASON: TWENTY-FOUR WEEKS — **OCTOBER 15TH TO SEASON FINALE**
PERFORMANCE ENHANCEMENT: TWO TO THREE DAYS PER WEEK
BASKETBALL PRACTICE: SIX DAYS PER WEEK

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Component	Postseason	Offseason 1	Offseason 2	Preseason	Inseason	ARP
Movement Development	4 days	4 days	4 days	5 days	6 days	2-3 days
Core Development	3 days	4 days	4 days	3 days	2-3 days	2-3 days
Strength Development	3 days	4 days	4 days	3 days	2-3 days	2-3 days
Power Development	3 days	4 days	4 days	3 days	6 days	No
Athletic Development	1 day	2 days	2 days	3 days	6 days	No
"Cardio" Development	2 days	2 days	2 days	5 days	6 days	Optional
Flexibility Development	4 days	5 days	5 days	5 days	6 days	2-3 days
Basketball Development	5 days	5 days	5 days	5 days	6 days	2-3 days
Physical Assessments	Postseason Testing	Workout Charts	Workout Charts	Pretests Posttests	Workout Charts	No

Indiana Hoosier Basketball

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Movement Development

Postseason:	Core-Movement, Dynamic Mobility, and Basketball-Specific: 2 days/week each
Offseason 1 and 2:	Core-Movement, Dynamic Mobility, and Basketball-Specific: 2 days/week each
Preseason:	Core-Movement, Dynamic Mobility, and Basketball-Specific: 2 days/week each

Core Development

Postseason:	Flexion/Extension, Rotational, and Stabilization: 1 day/week each
Offseason 1 and 2:	Flexion/Extension and Rotational: 1 day/week each Stabilization: 2 days/week
Preseason:	Flexion/Extension, Rotational, and Stabilization: 1 day/week each

Strength and Power Development

Postseason:	Strength-Endurance and Power-Endurance Moderate/High Volume with High Reps: 4-8 sets by 10-20 reps per set
Offseason 1:	Body Composition, General Strength and Power Moderate/High Volume with Moderate Reps: 3-10 sets x 6-10 reps per set
Offseason 2:	Maximal Strength and Power Moderate Volume with Low/Moderate Reps: 3-6 sets x 3-10 reps per set
Preseason:	General Strength and Power Moderate Volume with Moderate Reps: 3-6 sets x 6-10 reps per set

Athletic Development

Postseason:	20 minutes Speed, Agility, and Quickness...1 day/week 80 Total Jumps...1 day/week
Offseason 1:	15 minutes Speed, Agility, and Quickness...2 days/week 70 Total Jumps...2 days/week
Offseason 2:	20 minutes Speed, Agility, and Quickness...2 days/week 80 Total Jumps...2 days/week
Preseason:	30 minutes Speed, Agility, and Quickness...2 days/week 60 Total Jumps...2 days/week

Cardio-Respiratory Development

Postseason:	30 to 60 minutes Aerobic: 1 day/week
Offseason 1:	20 to 30 minutes Anaerobic (moderate to long)...2 days/week
Offseason 2:	20 to 30 minutes Anaerobic (short to moderate)...2 days/week
Preseason:	45 minutes Anaerobic (short)...3 days/week 60 minutes Anaerobic (moderate)...1 day/week 40 minutes Aerobic...1 day/week

Flexibility Development

Postseason:	Static: 4 days/week	Band-Assisted: 3 days/week
Offseason 1 and 2:	Band-Assisted: 4 days/week	Dynamic: 4 days/week
Preseason:	Static/Dynamic: 4 days/week	Band-Assisted: 3 days/week

Basketball "Skill" Development

Postseason:	Individual Workouts with Coaching Staff
Offseason 1:	Dribbling, Ball-Handling, Shooting, Scoring
Offseason 2:	Dribbling, Ball-Handling, Shooting, Scoring
Preseason:	Individual Workouts with Coaching Staff

Indiana Hoosier Basketball

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POSTSEASON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MOVEMENT CORE STRENGTH POWER FLEXIBILITY BASKETBALL	MOVEMENT ATHLETIC FLEXIBILITY BASKETBALL	MOVEMENT CORE STRENGTH POWER FLEXIBILITY BASKETBALL	"CARDIO" FLEXIBILITY BASKETBALL	MOVEMENT CORE STRENGTH POWER FLEXIBILITY BASKETBALL

OFFSEASON 1 AND 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MOVEMENT CORE STRENGTH POWER ATHLETIC FLEXIBILITY BASKETBALL	MOVEMENT CORE STRENGTH POWER "CARDIO" FLEXIBILITY BASKETBALL	MOVEMENT CORE STRENGTH POWER ATHLETIC FLEXIBILITY BASKETBALL	MOVEMENT CORE STRENGTH POWER "CARDIO" FLEXIBILITY BASKETBALL	FLEXIBILITY BASKETBALL

PRESEASON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MOVEMENT CORE STRENGTH POWER ATHLETIC / "CARDIO" FLEXIBILITY BASKETBALL	MOVEMENT "CARDIO" FLEXIBILITY BASKETBALL	MOVEMENT CORE STRENGTH POWER ATHLETIC / "CARDIO" FLEXIBILITY BASKETBALL	MOVEMENT "CARDIO" FLEXIBILITY BASKETBALL	MOVEMENT CORE STRENGTH POWER ATHLETIC / "CARDIO" FLEXIBILITY BASKETBALL

Indiana Hoosier Basketball

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	EXCELLENT	GOOD	FAIR
ANTHROPOMETRIC MEASUREMENTS			
SUM OF 4 SKINFOLDS / % BODY FAT (ESTIMATED)			
TEAM	8% OR LESS	8.1% TO 10%	10.1% TO 12%
WINGSPAN			
TEAM	+ 4 OR MORE	+2 TO +3.9	0 TO +1.9
ATHLETICISM AND STRENGTH MEASUREMENTS			
STANDING VERTICAL JUMP			
A. GUARDS	34" OR MORE	31" TO 33.9"	28" TO 30.9"
B. POSTS	32" OR MORE	30" TO 31.9"	28" TO 29.9"
C. MAX HT	132" OR MORE	129" TO 131"	126" TO 128"
ONE-STEP VERTICAL JUMP			
A. GUARDS	37" OR MORE	34" TO 36.9"	31" TO 33.9"
B. POSTS	35" OR MORE	33" TO 34.9"	31" TO 32.9"
C. MAX HT	135" OR MORE	132" TO 134"	129" TO 131"
25-YARD COURT SPRINT			
A. GUARDS	3.10 OR LESS	3.11 TO 3.20	3.21 TO 3.30
B. POSTS	3.20 OR LESS	3.21 TO 3.30	3.31 TO 3.40
20-YARD SPRINT AGILITY			
A. GUARDS	4.10 OR LESS	4.11 TO 4.20	4.21 TO 4.30
B. POSTS	4.20 OR LESS	4.21 TO 4.30	4.31 TO 4.40
20-YARD LATERAL AGILITY			
A. GUARDS	4.50 OR LESS	4.51 TO 4.60	4.61 TO 4.70
B. POSTS	4.60 OR LESS	4.61 TO 4.70	4.71 TO 4.80
BENCH PRESS AT 185#			
TEAM	16 OR MORE	12 TO 15	8 TO 11
PULL-UPS AT BWT			
TEAM	20 OR MORE	15 TO 19	10 TO 14
CARDIO-RESPIRATORY MEASUREMENTS			
ONE-MILE RUN			
A. GUARDS	5:20 OR LESS	5:21 TO 5:30	5:31 TO 5:40
B. WINGS	5:30 OR LESS	5:31 TO 5:40	5:41 TO 5:50
C. POSTS	5:45 OR LESS	5:46 TO 5:55	5:56 TO 6:05
D. BIGS	6:00 OR LESS	6:01 TO 6:10	6:11 TO 6:20
SUICIDES X 3			
A. GUARDS	84 OR LESS	85 TO 87	88 TO 90
B. POSTS	87 OR LESS	88 TO 90	91 TO 93
SIDELINE 9'S X 3			
A. GUARDS	84 OR LESS	85 TO 87	88 TO 90
B. POSTS	87 OR LESS	88 TO 90	91 TO 93
SHUTTLES X 3			
A. GUARDS	183 OR LESS	184 TO 189	190 TO 195
B. POSTS	189 OR LESS	190 TO 195	196 TO 201

Indiana Hoosier Basketball

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EXCELLENT GOOD FAIR

Anthropometric Measurements:
1. Height
2. Bodyweight
3. Sum of 4 Skinfolds
4. Fat Mass : Lean Body Mass
5. Standing Vertical Reach
6. Wingspan

Athleticism and Strength Measurements:
7. Standing Vertical Jump
8. One-Step Vertical Jump
9. 25-yard Court Sprint
10. 20-yard Sprint Agility
11. 20-yard Lateral Agility
12. Bench Press at 185#
13. Pull-ups at Bwt

Cardio-Respiratory Measurements:
14. VO_2 Max
15. Total Treadmill Time
16. One-Mile Run
17. Suicides x 3
18. Sideline 9's x 3
19. Shuttles x 3

Indiana Hoosier Basketball

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PRINCIPLES FOR CONSISTENT METABOLISM AND ENERGY LEVELS

CHARACTERISTICS OF A SOLID NUTRITIONAL PROGRAM

EAT FOR PERFORMANCE RATHER THAN FOR PLEASURE
- -ATHLETES EXERT TREMENDOUS EFFORT IN DEVELOPING THEIR STRENGTH, CONDITIONING, ATHLETICISM, AND BASKETBALL SKILLS. A CRITICAL LINK IN THIS PROCESS IS PROPER NUTRITION…EATING FOR OPTIMAL PERFORMANCE, GROWTH, AND RECOVERY; INCREASING TRAINING CAPABILITIES; FOCUSED AND BURSTING WITH ENERGY

DEVELOP AN EFFECTIVE, INDIVIDUALIZED EATING PLAN
- -THERE ARE NO MAGIC PILLS AND NO SPECIAL FOODS THAT HELP ATHLETE'S PERFORM BETTER IN THE ABSENCE OF A HEALTHY, OVERALL EATING PLAN THAT IS CONDUCIVE TO THEIR GOALS, LIFESTYLE, AND SCHEDULE

DAILY NUTRITIONAL GUIDELINES
- -FOLLOW THEM, MONITOR THEM, AND ATTEMPT TO ADHERE TO THESE GUIDELINES >85%

NUTRITIONAL JOURNAL
- -LOG A WEEKLY JOURNAL AND RECORD DAILY THE FOODS YOU HAVE EATEN

KEEP NUTRITIONAL GUIDELINES AND JOURNALS VISIBLE
- -PUT THEM ON YOUR DRESSER, LOCKER, MIRROR, AND/OR REFRIGERATOR SO THAT YOUR NUTRITIONAL GOALS ARE ALWAYS IN SIGHT AND ON YOUR MIND

LEADERSHIP THROUGH EXAMPLE
- -ATTEMPT TO IMPACT A TEAMMATE IN A POSITIVE MANNER BY CHALLENGING HIM TO ADHERE TO SOUND NUTRITION ALONG WITH YOU; THIS WILL HOLD YOU MORE ACCOUNTABLE FOR YOUR ACTIONS AND YOUR "PARTNERSHIP" WILL PROVIDE YOU WITH THE DISCIPLINE NEEDED DURING MORE DIFFICULT TIMES

EAT SMALL, FREQUENT MEALS THROUGHOUT THE DAY (4-6 MEALS PER DAY; EAT EVERY 3 HOURS)
- -THIS INCREASES METABOLISM; AFTER 3-4 HOURS OF NO FOOD, BODY SWITCHES TO A CATABLIC STATE (LOSE MUSCLE, GAIN FAT); EATING MORE FEQUENT MEALS KEEPS THE BODY IN AN ANABOLIC STATE; IT HELPS PREVENT CRAVINGS FOR JUNK FOOD AND EMPTY CALORIES, WHICH ARE GENERALLY DESIRED TO SATISFY HUNGER

CARBOHYDRATES, PROTEINS, AND FATS IN THEIR CORRECT RATIOS
- -EVERY MACRONUTRIENT MUST BE PRESENT IN ORDER FOR THE BODY TO ABSORB THEM AND USE THEM PROPERLY; ONLY CARBOHYDRATE = ENERGY LEVELS THAT CRASH IN ABOUT 30 MINUTES; THE BODY CAN STORE THE UNUSED CARBS AS FAT; ONLY PROTEIN = A LACK OF ENERGY AND THE INABILITY TO CONVERT PROTEIN INTO MUSCLE IN THE ABSENCE OF CARBOHYDRATE

CYCLE CALORIES
- -WILL NOT ALLOW METABOLISM TO GET USED TO A CERTAIN CALORIC LEVEL AND STAGNANT RESULTS; INCREASE MUSCLE MASS? 5 DAYS HIGHER CALORIE, 2 DAYS LOWER CALORIE; LOSING BODY FAT WHILE GAINING MUSCLE? 5 DAYS LOWER CALORIE, 2 DAYS HIGHER CALORIE; MAINTENANCE? 2 WEEKS HIGHER CALORIE, 2 WEEKS LOWER CALORIE

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WEIGHT GAIN: INCREASES IN LEAN BODY MASS WITH NO CHANGE / DECREASES IN FAT MASS

- MONITOR YOUR CALORIC INTAKE
  - -MAKE SURE YOU ARE TAKING IN ENOUGH CALORIES TO REMAIN IN AN ANABOLIC STATE
- EAT AT LEAST 1 GRAM OF PROTEIN (PER POUND BW)
  - -PROTEINS ARE THE BUILDING BLOCKS OF MUSCLE
- EXCESS CALORIES SHOULD COME FROM WHOLE GRAIN CARBOHYDRATES AND HEALTHY FATS
  - -THESE WILL PROVIDE YOU WITH SUSTAINED ENERGY AND YOUR NEED FOR INCREASED CALORIES IS MORE EASILY OBTAINED
- CONTINUE TO EAT AT LEAST 4 TO 6 MEALS THROUGHOUT THE DAY
  - -MAINTAIN A HIGH METABOLISM TO KEEP FAT MASS LEVELS REDUCED; THIS ALSO KEEPS YOUR BODY FROM ENTERING A CATABOLIC STATE
- POST-WORKOUT WINDOW OF OPPORTUNITY (THREE HOURS POST-WORKOUT)
  - -CONSUME A POSTWORKOUT SHAKE IMMEDIATELY AFTER TRAINING; EAT A MEAL CONSISTING OF SIMPLE CARBOHYDRATES AND PROTEIN WITHIN THE NEXT HOUR; EAT A HEALTHY MEAL CONSISTING OF QUALITY CARBOHYDRATES, PROTEIN, AND FAT WITHIN THE NEXT 2 HOURS
- REST AND RECOVERY
  - -BREAK DOWN YOUR BODY WITH INTENSE STRENGTH TRAINING THEN BUILD IT STRONGER OUTSIDE THE GYM WITH REST

WEIGHT LOSS: DECREASES IN FAT MASS WITH NO CHANGE / INCREASES IN LEAN BODY MASS

- DO NOT ATTEMPT TO DROP MORE THAN 1.0 TO 1.5 POUNDS (PER WEEK)
  - -MORE THAN THIS CAN BE DETRIMENTAL TO PERFORMANCE AND CAN ALSO RESULT IN LOSES IN LEAN MUSCLE MASS
- EAT AT LEAST 0.5 TO 1.0 GRAMS OF PROTEIN (PER POUND BW)
  - -PROTEIN IS THE MOST THERMOGENIC OF THE THREE MACRONUTRIENTS, REQUIRING DOUBLE THE ENERGY SPENT TO DIGEST CARBS OR FAT; LEAN PROTEIN AT EVERY MEAL IS A MUST FOR A FAT LOSS GOAL
- EAT AT LEAST 2 TO 3 GRAMS OF WHOLE GRAIN CARBOHYDRATES AND VEGETABLES (PER POUND BW)
  - -NUTRIENT-DENSE, FIBROUS FOODS WILL BOOST YOUR ENERGY AND GIVE YOU A FULLER FEELING
- DECREASES IN DAILY CALORIC INTAKE SHOULD COME FROM A COMBINATION OF CARBS AND FATS
  - -DO NOT DECREASE HEALTHY FAT INTAKE BELOW 15% TOTAL CALORIES; MAINTAIN A CARBOHYDRATE INTAKE OF 2-3 GRAMS (PER POUND BW)
- CONTINUE TO EAT AT LEAST 4 TO 6 MEALS THROUGHOUT THE DAY
  - -THIS CONTINUALLY TRIGGERS THE THERMIC EFFECT OF FOOD, WHICH STIMULATES YOUR METABOLISM TO BREAK DOWN THESE FOODS. THIS ALSO MAINTAINS STEADY BLOOD SUGAR LEVELS, CONTROLS HUNGER, AND PREVENTS CATABOLISM
- DRINK AT LEAST 10 GLASSES OF WATER EACH DAY
  - -DEHYDRATION IS EXTREMELY CATABOLIC TO MUSCLE TISSUE. WATER ALSO HAS A THERMOGENIC EFFECT; DRINKING COLD WATER BOOSTS METABOLISM BY AS MUCH AS 30%
- MAINTAIN INTENSE STRENGTH TRAINING TO PRESERVE LEAN MUSCLE MASS
  - -KEEP REPETITIONS LOW AND INTENSITY HIGH TO MAXIMIZE TESTOSTERONE, WHICH THEN KEEPS FAT BURNING AND MUSCLE GAIN AT AN OPTIMAL LEVEL
- CARDIO IS ESSENTIAL
  - -BURN OFF EXCESS CALORIES, ELEVATE YOUR METABOLISM, AND KEEP YOUR BODY BURNING CALORIES AT A HIGHER RATE THROUGHOUT THE DAY WITH INTENSE CARDIO ROTATED WITH LOWER INTENSITY CARDIO SESSIONS
- PATIENCE
  - -FAT LOSS IS A SLOW AND STEADY PROCESS; STAYING CONSISTENT WILL YIELD THE BEST RESULTS IN THE QUICKEST TIME

Indiana Hoosier Basketball

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NUTRITIONAL POWERHOUSES THAT SHOULD BE INCORPORATED INTO MEAL PLANS ON A DAILY BASIS

YOGURT
-CONTAIN PROBIOTICS ("FRIENDLY" BACTERIA) TO SUPPORT THE INTESTINAL TRACT AND THE IMMUNE SYSTEM

BANANAS
-RICH IN MAGNESIUM AND POTASSIUM; GOOD SOURCE OF FIBER AND SLOW-ABSORBING CARBOHYDRATE THAT PREVENTS RADICAL SWINGS IN BLOOD SUGAR

SKIM MILK
-EXCELLENT SOURCE OF PROTEIN, CALCIUM, AND VITAMINS WITH LOW LEVELS OF FAT AND CHOLESTEROL

NUTS / SEEDS
-A SOURCE OF PROTEIN AND FIBER WITH HEART-HEALTHY OMEGA-3 FATTY ACIDS, VITAMINS, AND MINERALS

TOMATOES / TOMATO SAUCE
-FULL OF NUTRIENTS AND CONTAIN LYCOPENE TO SUPPORT IMMUNE FUNCTION

WHOLE GRAINS (BREADS, CEREALS)
-RICH IN COMPLEX CARBOHYDRATES, FIBER, VITAMINS, AND MINERALS

CITRUS FRUITS (ORANGES, GRAPEFRUITS, TANGERINES)
-THESE CONTAIN FLAVONOIDS/ANTIOXIDANTS AND ARE HIGH IN VITAMIN C, FOLIC ACID, AND POTASSIUM

SWEET POTATOES
-LOADED WITH CAROTENOIDS ANTIOXIDANTS, VITAMIN C, POTASSIUM, AND FIBER

APPLES
-A SINGLE APPLE CONTAINS FIVE GRAMS OF FIBER AND AN ABUNDANCE OF ANTIOXIDANTS TO SUPPORT CARDIOVASCULAR HEALTH

EGGS / EGG WHITES
-PROVIDE AN INEXPENSIVE SOURCE OF HIGH-QUALITY PROTEIN, ARE LOW IN CARBOHYDRATE AND SODIUM, AND CONTAIN ANTIOXIDANTS

CHICKEN / TURKEY BREAST
-A LOW-FAT PROTEIN CHOICE THAT IS RICH IN ZINC

BROCCOLI
-A GOOD SOURCE OF DIETARY FIBER AND COMPLEX CARBOHYDRATE

BERRIES (BLUEBERRIES, RASPBERRIES, STRAWBERRIES)
-BERRIES CONTAIN ANTIOXIDANT COMPOUNDS THAT REDUCE FREE-RADICALS IN THE BODY AND THE EFFECTS OF STRESS ON THE BODY

OATS / OATMEAL
-PROVIDE A GOOD SOURCE OF COMPLEX CARBOHYDRATES AND ABOUT NINE GRAMS OF FIBER PER HALF-CUP SERVING

OMEGA-3 FISH (SALMON, TUNA, TROUT)
-A QUALITY SOURCE OF LEAN PROTEIN AND OMEGA-3 FATTY ACIDS MAY REDUCE THE RISKS OF CORONARY HEART DISEASE

BEANS (BLACK, KIDNEY, PINTO)
-HIGH IN LEAN PROTEIN, COMPLEX CARBOHYDRATE, B-VITAMINS, POTASSIUM, AND FIBER

Indiana Hoosier Basketball



RULE #1: NEVER MISS **BREAKFAST**:
CEREAL WITH MILK AND FRUIT, EGG SANDWICH AND FRUIT, YOGURT WITH FRUIT.

RULE #2: UTILIZE YOUR **POST-WORKOUT** WINDOW OF OPPORTUNITY:
SHAKE WITHIN 30 MINUTES TO REBUILD AND RECOVER

RULE #3: EAT AT LEAST **THREE** QUALITY, BALANCED MEALS PER DAY:
CARBOHYDRATES, PROTEINS, AND FATS FOR ENERGY

RULE #4: **FRUITS/VEGETABLES**:
FIVE TO EIGHT TOTAL SERVINGS PER DAY

RULE #5: DRINK **WATER** THROUGHOUT THE DAY:
STAY HYDRATED WITH AT LEAST 10 CUPS OF WATER PER DAY

RULE #6: **LATE-NIGHT** CALORIES?
EATING AFTER 9PM: AVOID IF GOAL IS TO LOSE/MAINTAIN, CONSUME IF GOAL IS TO GAIN

RULE #7: ELIMINATE **ALCOHOL**:
HINDERS YOUR FAT-BURNING ABILITIES, MUSCLE-BUILDING ABILITIES, AND ENERGY LEVELS

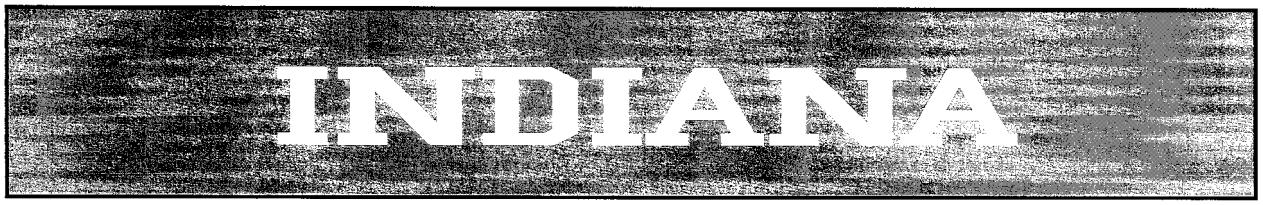
RULE #8: **SLEEP**:
EIGHT HOURS FOR THE BODY TO REBUILD AND RECOVER

WEEK OF: _____

RULES ↓ DAY →	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
POST-WORKOUT							
THREE BALANCED MEALS							
FRUITS / VEGETABLES							
WATER X 10 CUPS							
LATE NIGHT MEAL?							
NO ALCOHOL							
SLEEP 8 HOURS							
SUCCESS RATE →	___ / 8	___ / 8	___ / 8	___ / 8	___ / 8	___ / 8	___ / 8

		FAIR	GOOD	EXCELLENT
ONE-DAY TWO-DAYS WEEKLY		6 OF 8: 75% 12 OF 16: 75% 40-44 of 56: 71 to 78%	7 OF 8: 87.5% 13-14 OF 16: 81.3 TO 87.5% 45-49 of 56: 80 to 87%	**8 OF 8: 100%** **15-16 OF 16: 93.8 TO 100%** **50-56 of 56: 89 to 100%**

Indiana Hoosier Basketball



WEEK OF: _____

MEAL # → DAY ↓	MEAL SNACK #1	MEAL SNACK #2	MEAL SNACK #3	MEAL SNACK #4	MEAL SNACK #5	MEAL SNACK #6
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

Indiana Hoosier Basketball

INDIANA

STATIC FLEXIBILITY SEQUENCE 20-SECOND HOLD AT EACH POSITION		
BAND-ASSISTED	SEATED	STANDING
1. STRAIGHT LEG HORIZONTAL	1. BUTTERFLY	1. WIDE LEG ROTATION
2. STRAIGHT LEG VERTICAL	2. "FIGURE -4" HIP	2. SIDE LUNGE
3. BENT LEG KNEE TO SHOULDER	3. WIDE LEG ROTATION	3. LUNGE ROTATION
4. BENT LEG KNEE TO CHEST	4. KNEELING ANKLE	4. SINGLE LEG QUADRICEPS
5. STRAIGHT LEG OPEN (ABDUCTION)		5. SLANT BOARD ACHILLES
6. STRAIGHT LEG OVER (ADDUCTION)		
7. BENT LEG GLUTEAL (ANKLE TO KNEE)		

DYNAMIC FLEXIBILITY SEQUENCE MOMENTARY PAUSE AT END POSITION; PERFORM 5 REPETITIONS EACH	
1. ALTERNATING KNEE-INS	2. ALTERNATING LEG RAISES : GRAB CALF
3. ALTERNATING LEG RAISES : GRAB TOES	4. ALTERNATING GLUTEAL : GRAB ANKLE
5. WIDE LEG REACH TO BUTTERFLY GROIN	6. ALTERNATING WIDE LEG : REACH TO TOES
7. ALTERNATING MODIFIED HURDLER	8. ALTERNATING MODIFIED QUAD
9. PRONE: ALTERNATING QUAD STRENGTH: GRAB TOES	10. PRONE: ALTERNATING CROSSOVER BACK
11. ALTERNATING SINGLE LEG DOWN DOG CALF	12. SPHINX TO COBRA
13. ALTERNATING SIDE LUNGE	14. ALTERNATING FORWARD LUNGE WITH ROTATION
15. WIDE STANCE SQUAT WITH ALTERNATE ARM RAISE	16. WIDE 3-POINT STANCE WITH ALTERNATE ARM RAISE

INDIANA

Squat Sequence		
1. Toe Touch to Squat	2. Squat to Rt-Hand Overhead Reach	3. Rt-Hand Reach to Two-Hand Reach
4. Two-Hand Reach to Lt-Hand Reach	5. Squat to Rt-Leg Stride Step	6. Rt-Leg Stride Step to Push-Up Position
7. Push-Up Position to Lt-Leg Stride Step	8. Lt-Leg Stride Step to Squat Position	9. Squat to Overhead Reach to Stand-Up
Hurdle Step Sequence		
1. Rt Knee Lift to Rt Knee Across	2. Rt Knee Across to Rt Knee Open	3. Rt Knee Open to Rt Leg Forward
4. Lt Knee Lift to Lt Knee Across	5. Lt Knee Across to Lt Knee Open	6. Lt Knee Open to Lt Leg Forward
7. Toe Touch to Rt Leg Backward	8. Rt Leg Backward to Lt Leg Backward	9. Push-Up Position to Hips Down/Chest Up
Lunge Sequence		
1. Toe Touch to Rt-Leg Stride Step	2. Rt-Leg Stride Step to Lt-Arm Reach	3. Lt-Arm Reach to Knee Down/Chest Up
4. Knee Down/Chest Up to Arms Overhead	5. Arms Overhead to Overhead Rotation	6. Overhead Rotation to Toe Touch
7. Toe Touch to Lt-Leg Stride Step	8. Lt-Leg Stride Step to Rt-Arm Reach	9. Rt-Arm Reach to Knee Down/Chest Up
10. Knee Down/Chest Up to Arms Overhead	11. Arms Overhead to Overhead Rotation	12. Overhead Rotation to Toe Touch

INDIANA

Basic Movements	
High Knee Walk pull knee toward chest	Heel-Up Walk pull heel to butt
High Knee Skip repetition speed	High Knee Skip repetition height/power
High Knee Run repetition speed	Heel-Up Run repetition speed
Straight-Leg Skip height of leg kick	Forward Lunge Walk reach with lead leg
Backward Lunge Walk reach with trail leg	Backward Run distance
Backpedal hips low; repetition speed; push wth quads	Carioca hip rotation; repetition speed
Lateral Lunge Walk trail leg straight	Lateral Rapid Feet hips low; repetition speed; feet apart
Advanced Movements	
High Knee Walk with External Rotation Pull shin toward waist	High Knee Walk with Internal Rotation pull foot outward
Heel-Up Walk with Straight-Leg Deadlift lift knee for height	Inverted Hamstring Walk Forward reach toward waist height
Inverted Hamstring Walk Backward reach toward waist height	Overhead Lunge Walk Forward hands held overhead
Overhead Lunge Walk Backward hands held overhead	Fwd Lunge Walk with Twist opposite elbow over front knee
Bwd Lunge Walk with Twist opposite elbow over front knee	Straight-Leg Crossover reach hands opposite direction of step
Basketball-Specific Movements	
Sprint to Stance crossover step to sprint to defensive denial	
Forward / Backward Shuffle push up and push back	
Close-Outs continuous; throw hands back overhead; hips low; on balance	
Lateral Defensive Slides feet apart; hips low; head, chest, hands up; on balance	
Lateral Defensive Kicks feet in contact with floor; kick with lead leg, drive with trail leg; on balance	
Backward Lateral Defensive Slides / Kicks change directions every three reps; on balance	

INDIANA

Functional Strength Training

INTEGRATED, MULTI-PLANAR MOVEMENT THAT INVOLVES THE ENTIRE CONTRACTION SPECTRUM WHILE OCCURING AT BASKETBALL-SPECIFIC MOVEMENT SPEEDS IN VARYING BODY POSITIONS

Training for Maximum Speed

DYNAMIC EFFORTS: 8-10 SETS AT A SUBMAXIMUM 40-60% LOAD AT MAXIMUM SPEED WITH 45 SEC REST
LIGHTENED METHOD: BAND TRAINING, "INCREASED" LOAD DURING ECCENTRIC PHASE WITH "DECREASED" LOAD DURING CONCENTRIC PHASE
HEAVY-LIGHT METHOD: 3 SETS X 3-4 REPS AT 90, 92.5, 95% LOAD, 3 SETS X 4 REPS AT 60, 62.5, 65% LOAD
CONTRAST METHOD: SPEED STRENGTH OR STRENGTH SPEED USING BANDS AND/OR CHAINS
COMPLEX METHOD: MAX STRENGTH (I.E. SQUAT) FOLLOWED BY MAX POWER (I.E. BARBELL JUMP SQUAT) FOLLOWED BY MAX SPEED (I.E. DEPTH JUMPS) WITH 3:00 REST AFTER SERIES
OPTIMAL ECCENTRICS: FORCED OVERSPEED ECCENTRICS USING SPEED STRENGTH METHOD
TENDO ANALYZER: VELOCITY MEASUREMENT

Training for Maximum Strength

MAXIMUM EFFORTS: MAXIMUM LOADS - 6-8 SETS X 3 REPS, 5 SETS X 5 REPS
RACK LOCKOUTS: PAUSE 3-4 SECONDS ON RACK, 6-8 SETS X 3 REPS, 5 SETS X 5 REPS
ABSOLUTE FAILURE: CONCENTRIC/STATIC/ECCENTRIC FAILURE
MAX OUT'S: PRIMARY EXERCISES ONLY (BENCH PRESS, DEADLIFT, SQUAT, WEIGHTED PULLUPS)
DESCENDING REPETITIONS: 5 - 4 - 3 - 2 - 1
MAXIMUM TENSION DROP SETS FOR STRENGTH: 4-5 SETS X 5 REPS (2 - 1 - 1 - 1)
MAXIMUM WEIGHTS: 6 SETS X 2-4 REPS
REVERSE PYRAMIDS FOR STRENGTH: 6 - 4 - 3 - 3 - 4 - 6; 5 - 3 - 2 - 2 - 3 - 5
WAVE SETS FOR STRENGTH: 6 - 4 - 2 - 6 - 4 - 2; 5 - 3 - 2 - 5 - 3 - 2
CLUSTERS: 5 SETS X (5 REPS: 1 AT A TIME, 3RM LOAD WITH 15 SEC REST)

Training for Maximum Growth

MAXIMUM TENSION DROP SETS FOR HYPERTROPHY: 4-5 SETS X 7 REPS (3 - 1 - 1 - 1 - 1)
REVERSE PYRAMIDS FOR HYPERTROPHY: 8 - 6 - 4 - 4 - 6 - 8; 7 - 5 - 3 - 3 - 5 - 7
TEN BY TEN: 10 SETS X 10 REPS WITH 2:00 REST, 5 SETS X 5 REPS
WAVE SETS FOR HYPERTROPHY: 8 - 6 - 4 - 8 - 6 - 4; 7 - 5 - 3 - 7 - 5 - 3; 3 - 2 - 1 - 3 - 2 - 1

Training for Functionally Explosive Power

PLYOMETRICS: JUMPS, THROWS, ETC
BALLISTIC WEIGHTS: BARBELL SQUAT JUMPS, BARBELL THROWS, ETC
COMPLEX METHOD: MAX STRENGTH (I.E. SQUAT) FOLLOWED BY MAX POWER (I.E. BARBELL JUMP SQUAT) FOLLOWED BY MAX SPEED (I.E. DEPTH JUMPS) WITH 3:00 REST AFTER SERIES

Basketball-Specific Movement Training

DEDICATED TRAINING AND INSTRUCTION ON THE EXECUTION OF BASKETBALL-SPECIFIC MOVEMENTS, I.E. JABS, PIVOTS, SHUFFLES, SLIDES, KICKS, AND CLOSEOUTS

Basketball-Specific Anaerobic Conditioning

COMBINATION OF BASKETBALL-SPECIFIC MOVEMENTS WITH ENERGY-SPECIFIC DEMANDS

Indiana Hoosier Basketball

INDIANA

STANDING

1. FEET WIDE, LEGS STRAIGHT, HANDS TO THE MIDDLE
2. FEET WIDE, LEGS STRAIGHT, HANDS TO THE LEFT
3. FEET WIDE, LEGS STRAIGHT, HANDS TO THE RIGHT
4. FEET WIDE, BUTT DOWN, CHEST UP, HANDS TO THE MIDDLE
5. FEET WIDE, BUTT DOWN, CHEST UP, RIGHT HAND UP
6. FEET WIDE, BUTT DOWN, CHEST UP, LEFT HAND UP
7. FEET WIDE, BUTT DOWN, CHEST UP, BOTH HANDS UP
8. FEET WIDE, HANDS TO THE MIDDLE, LEAN TO THE RIGHT
9. FEET WIDE, HANDS TO THE MIDDLE, LEAN TO THE LEFT
10. FEET WIDE, HANDS TO THE MIDDLE, LEAN TO THE RIGHT, PIVOT
11. FEET WIDE, HANDS TO THE MIDDLE, LEAN TO THE RIGHT, PIVOT, RIGHT HAND UP
12. FEET WIDE, HANDS TO THE MIDDLE, LEAN TO THE LEFT, PIVOT
13. FEET WIDE, HANDS TO THE MIDDLE, LEAN TO THE LEFT, PIVOT, LEFT HAND UP

SEATED

1. LEGS STRAIGHT, HANDS TO THE MIDDLE
2. FEET WIDE, LEGS STRAIGHT, HANDS TO THE LEFT
3. FEET WIDE, LEGS STRAIGHT, HANDS TO THE RIGHT
4. RIGHT LEG STRAIGHT, LEFT FOOT IN, HANDS TO RIGHT FOOT
5. RIGHT LEG STRAIGHT, LEFT FOOT OVER, ROTATE OVER LEFT SHOULDER
6. LEFT LEG STRAIGHT, RIGHT FOOT IN, HANDS TO LEFT FOOT
7. LEFT LEG STRAIGHT, RIGHT FOOT OVER, ROTATE OVER RIGHT SHOULDER
8. RIGHT SIDE, GRAB LEFT FOOT WITH LEFT HAND, PULL IT TO BUTT
9. RIGHT SIDE, LEFT KNEE BACK, RIGHT LEG BENT IN FRONT, LEAN BACK
10. RIGHT SIDE, LEFT KNEE BACK, RIGHT LEG BENT IN FRONT, LEAN FORWARD
11. LEFT SIDE, GRAB RIGHT FOOT WITH RIGHT HAND, PULL IT TO BUTT
12. LEFT SIDE, RIGHT KNEE BACK, LEFT LEG BENT IN FRONT, LEAN BACK
13. LEFT SIDE, RIGHT KNEE BACK, LEFT LEG BENT IN FRONT, LEAN FORWARD
14. PUSHUP POSITION ON CHEST, HIPS DOWN, PRESS UPWARDS
15. PUSHUP POSITION ON CHEST, HIPS DOWN, GRAB FEET, CHEST UP
16. V-UP POSITION, HEELS DOWN

STANDING

1. LEGS STRAIGHT, FEET TOGETHER, HANDS TO TOES
2. LEGS STRAIGHT, RIGHT OVER LEFT, HANDS TO TOES
3. LEGS STRAIGHT, LEFT OVER RIGHT, HANDS TO TOES
4. GRAB RIGHT FOOT WITH RIGHT HAND, PULL IT TO BUTT, BALANCE ON LEFT FOOT
5. GRAB RIGHT FOOT WITH RIGHT HAND, PULL IT TO BUTT, LEFT HAND FORWARD TO GROUND
6. GRAB LEFT FOOT WITH LEFT HAND, PULL IT TO BUTT, BALANCE ON RIGHT FOOT
7. GRAB LEFT FOOT WITH LEFT HAND, PULL IT TO BUTT, RIGHT HAND FORWARD TO GROUND
8. GRAB RIGHT KNEE, PULL IT TO CHEST WITH BOTH HANDS, BALANCE ON LEFT FOOT
9. GRAB RIGHT KNEE, PULL IT TO OUT TO SIDE WITH RIGHT HAND, BALANCE ON LEFT FOOT
10. GRAB RIGHT KNEE, PULL IT ACROSS BODY WITH LEFT HAND, BALANCE ON LEFT FOOT
11. GRAB LEFT KNEE, PULL IT TO CHEST WITH BOTH HANDS, BALANCE ON RIGHT FOOT
12. GRAB LEFT KNEE, PULL IT TO OUT TO SIDE WITH LEFT HAND, BALANCE ON RIGHT FOOT
13. GRAB LEFT KNEE, PULL IT ACROSS BODY WITH RIGHT HAND, BALANCE ON RIGHT FOOT

ALL PLAYERS ECHO COMMANDS - "RIGHT FOOT, TEN, GO" - AND COUNT TOGETHER

Indiana Hoosier Basketball



2007
KELVIN SAMPSON
INDIANA UNIVERSITY
COACHES CLINIC

TEAM SHOOTING DRILLS

OCTOBER 20, 2007

KEVIN KEATTS
HARGRAVE MILITARY BASKETBALL

Indiana Hoosier Basketball



Hargrave- Introduction

Military Life

Leadership
Character
Self Discipline

Academics

Advanced Academic Studies (Naval Foundation Kids)
Transcript Enhancement
Under Class/ Post Graduate

Basketball

To assist the late developer
To allow seniors with limited eligibility an opportunity to play
To compete without the loss of a year eligibility
To provide an additional year of growth & maturity
To allow for exposure and competition against top colleges and universities

Coaches Responsibilities

16 core- course rule
NCAA Clearing house
ACT/SAT test schedule/ registration
Students with disabilities
Sliding scale

Indiana Hoosier Basketball

INDIANA

Hargrave Pre Practice Warm-Up
P=Player, CA=Coach A, CB= Coach B

Players Line in the corner on the baseline.
Two Coaches free throw line extended

1. Players pass to Coach B, sprint to half court, receive ball back and make a hesitation to the left at Coach A and finish at the rim. (Two times through)

2. Players pass to Coach B, sprint to half court, receive ball back and make a hesitation to the right at Coach A and finish at the rim. (Two times through)

3. Players pass to Coach B, sprint to half court, receive ball back and make a right to left crossover dribble at Coach A, first time through finish at the rim, second time pull up jump shot.

4. Players pass to Coach B, sprint to half court, receive ball back and make a left to right cross over dribble at Coach A, first time through finish at the rim, second time pull up jump shot.

5. REPEAT OTHER SIDE

Indiana Hoosier Basketball

INDIANA

Shooting 5 Spots

1. Players line in corner pass to either Coach A or Coach B. Three times through shooting off the pass. Then Coach B closes out on player, player shot fakes finishes at the rim off two feet.

2. Players line up on the wing pass to either Coach A or Coach B. Three times through shooting off the pass. Then Coach A closes out on player, player shot fakes and shoots pull up jump shot. (Two times through)

3. Players line up at the top of the key pass to either Coach A or Coach B. Three times through shooting off the pass. Then Coach B closes out on player, player shot fakes and shoots pull up jump shot at the elbow. Players go opposite directions as the player in front of them. (Two times through)

4. Players line up on the wing pass to either Coach A or Coach B. Three times through shooting off the pass. Then Coach A closes out on player, player shot fakes and shoots pull up jump shot. (Two times through)

5. Players line up in the corner pass to either Coach A or Coach B. Three times through shooting off the pass. Then Coach B Closes out on player, player shot fakes and shoots pull up jump shot, next time through player shot fakes finishes at the rim off two feet to end the drill.

Celtics Assistant Coach Kevin Eastman's Youth Basketball Drills

Celtics Assistant Coach Kevin Eastman has taken time out from his busy off-season schedule to offer up some tips to help younger basketball players improve their workout quality and effectiveness. These workout tips can help you develop your skills while having fun learning to play like the pros.

SIX KEYS TO A QUALITY SKILL DEVELOPMENT PROGRAM

1. Practice at a rate equal to or faster than that which will occur in a game.

2. Understand it is a process to improve.

- Conditioning
- Effective Practice
- Improvement

3. Eliminate Workout Killers

- Fatigue
- Boredom

4. Have a written workout plan

5. Work on three areas every day

- conditioning
- dribbling
- shooting

6. The theory of two

- Two minutes to show you
- Two weeks to be comfortable
- Two months to use in a game

SIX KEYS TO QUALITY SHOOTING WORK

Working on your game is not an easy thing, but below are tips to help you work on your overall practice habits as well as some shooting drills that can help you become an improved shooter. The general theme of these drills is to work hard and at game speed, while also maintaining form to your shot. Work on these skills and we have no doubt that you'll become a better player.

1. Catch & Shoot (Spot Ups)
Catch and shoot is the best way to start a good shooting workout. It allows you to get into a rhythm and work on form with minimal movement. Simply pick a few spots, usually five going around the horn, and shoot ten shots from each spot. Have a rebounder giving you good outlet passes, and remember that although you're not moving at a rapid pace around the floor, it is important to shoot shots at game speed.

2. Cut - Catch - Shoot
Now that you have a good sweat and rhythm going, it's time to move to cut-catch-shoot. In this drill you'll need a passer at the top of the key to give you the entry pass. Start foul line extended and use a "V" cut (running to the low block and cutting back out towards the wing) to get yourself open. Remember to set the defender up when making the "V". You want to walk the defender down to the low block, then quickly cut back out. After receiving the entry pass square up and shoot your shot. Do this drill on both sides of the court at game speed.

3. Shots Off The Dribble
This drill is similar to the above, but this time after catching the entry pass, take a few dribbles right and pull up for your jump shot, then repeat going to the left. As always make sure you go game speed.

4. Perfect The Form On All Shooting Drills
Another key to a good shooting workout is using proper form on each drill. That's why we want to go game speed, so we're used to using perfect form in game conditions. If you don't go at game speed, when you do get into a game your form will be off.

5. Contest All Shots
These drills will be much more productive if you can find a partner to contest your shots. In game situations you most likely will have a hand in your face when you shoot, so practicing that way will allow you to adjust to game situations. If you can't find a partner, use a chair or trashcan to shoot behind.

6. Game Shots From Game Spots At Game Speed
Game speed has been a theme throughout this workout plan. Practicing at game speed is vital to your workout regimen. If you don't work on game situations at the same speed as you would in a game then your practice will not translate to games, and you're basically wasting your time.

FOUR "MUST HAVES" IN YOUR DRILL WORK

1. Weak Hand Development
It's imperative, if you want to become a better basketball player, that you learn how to use your weak hand. If you're right handed you must be able to make the same moves going left and vice versa. As a

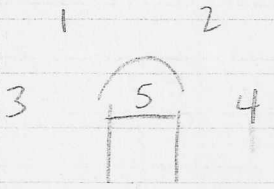
young player, this will separate you from the competition. So when you're working out, make sure you do your drills going both ways.

2. Footwork & Balance Emphasis
Footwork and balance are key in the game of basketball. Good footwork can mean the difference between having an open jump-shot and a contested jump shot. Balance is also very important. If you watch the great shooters in the NBA, they are almost always squared up and balanced when taking their shots.

3. Playing Thru Contact
Another "must have" in your workout is learning to finish plays, as well as getting open, with contact. If you have a friend or family member that can bump you as you make your "V" cuts, or bump you when you go up for a shot, you'll see the results when you get bumped in your games.

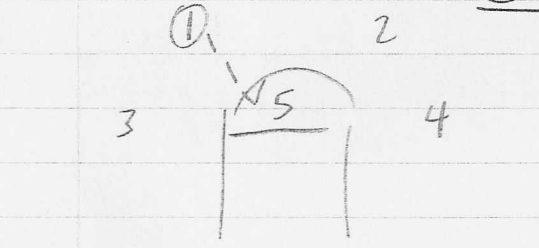
4. Contesting Shots
If you have a partner available for your workout, contest each other's shots. In your games you're going to have defense and you're going to have to shoot with a hand in your face, so it's important to simulate this in your workout.

Princeton Offense

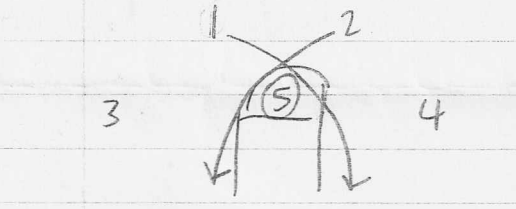


- 1 & 2 start out as guards
- 3 & 4 wings (foul line extended)
- all are interchangable
- 5 is your best post player

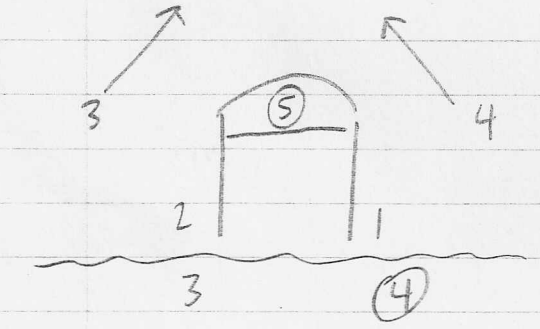
Scissors



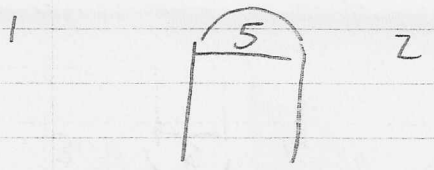
- 1 passes to 5 & cuts off 5 looking for handoff
- 2 cuts off 5 next



- 1 cuts first (he had the ball)
- 2 cuts next (w/o ball)
- 5 needs to pivot & look low at 1 & 2 who just get to the blocks

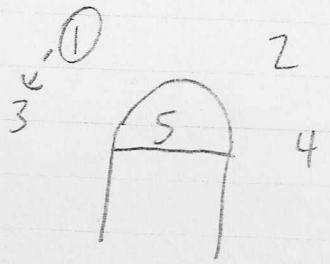


- 5 could make a move/play
- 3 & 4 replace 1 & 2 spots
- 1 & 2 replace 3 & 4 spots
- 5 can pass back out to 3 or 4



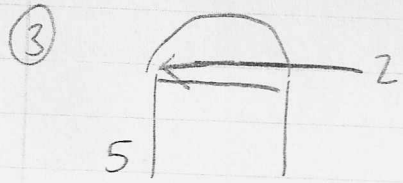
- Now you're back to same set w/ same rules if 1 or 2 had the ball (pass to 5 & cut off him)

Wing Entry



- Do not have to hit 5 first
- Can pass to wing
- 1 passes to 3
- after pass, 2 & 4 switch spots
- when 3 receives pass, 5 will dive to the ball-side block (2 & 4 switching spots)
- 1 keeps his spot





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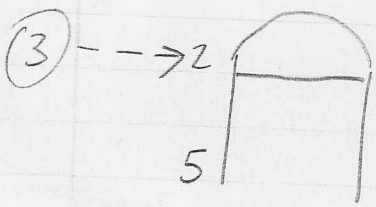

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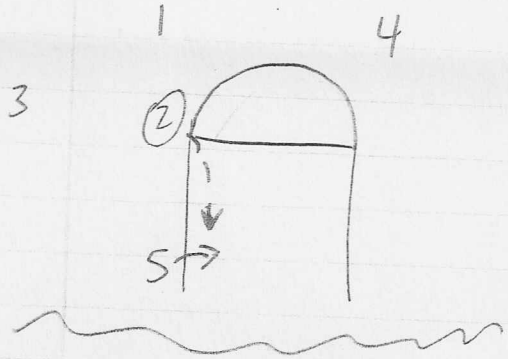

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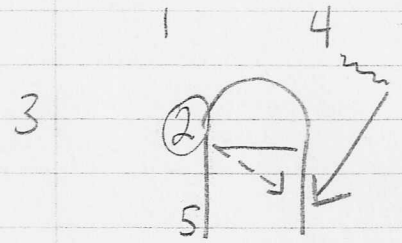

- 4 can read the defense, walk his man over & backcut to the block
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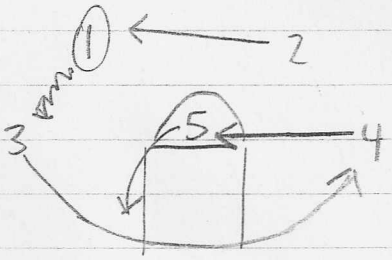
Dribble Entry



- 1 can dribble enter at the wing (3)
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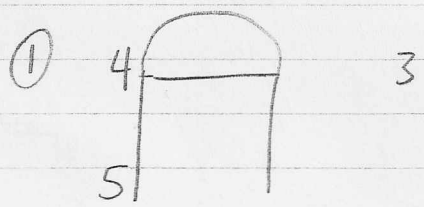
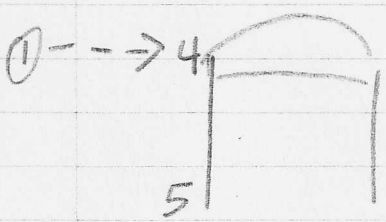


- 2 filled 1 spot
- 4 filled ball-side elbow
- 3 filled backside (4 spot)
- 5 went to the block

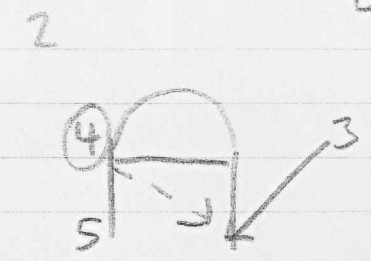
★ 1 pass to 5 for post should be the first option





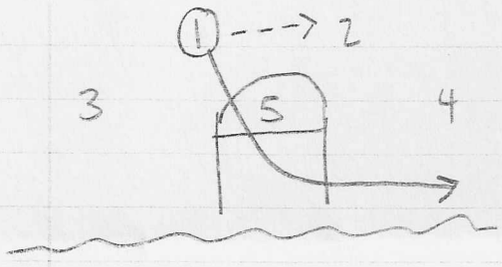
- 1 can pass to 4 for high post feed
- same rules as Wing Entry

Dribble Entry - cont.

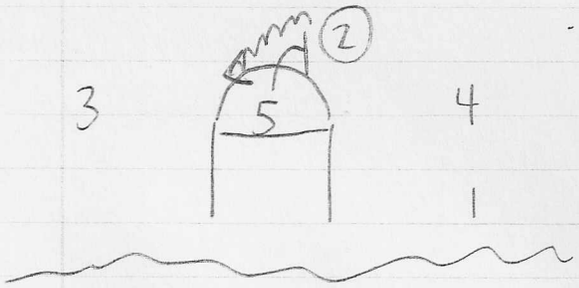


- 4 can hit 5 on the seal
- 3 can read + backdoor cut to the block

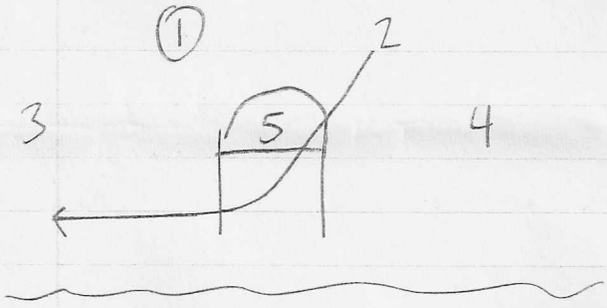
Up - High Screen



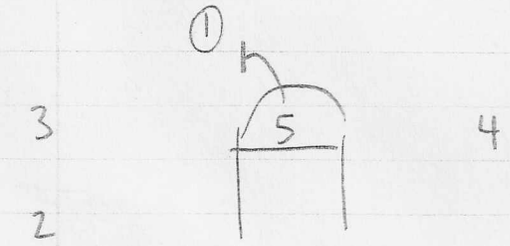
- 1 passes to 2 at the top
- after pass, 1 cuts through to the corner



- 5 comes up & sets an on the ball screen & roll for 2



- pass to the top does not have to happen
- 1 (who has the ball) can yell "Up", the 2 runs through to the corner



- 1 & 5 now have the High-screen & roll

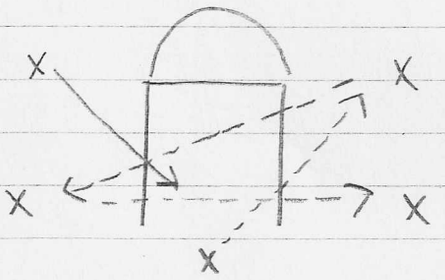
Samford Basketball

1- To start practice, players use eye glasses (w/ the lids at the bottom) to dribble the ball.
- The players Pound the ball as hard as they can against the floor.
- They use the whole court for a 5 minute session.
- This is done so they can strengthen their hands & the glasses keep them in the habit of keeping their eyes & head up.
- The players use the court making full-court moves up & down the floor (hesitation, cross-over, etc.)
- This is done at the start of every practice

2- When running sprints, players run a Team 5 in 30 seconds (full-court sprints)
- This can build team unity
- Players start together & finish together
- They have 6 seconds to make each sprint

★ Also, when huddling at half-court to talk w/ the coach, all players including the coach talk in a circle (this also shows team unity)

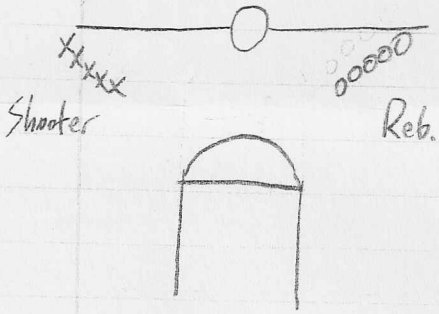
3- STAR Passing Drill



- Snap it
- Lock out elbows
- call out names of who you are passing too

Samford Basketball

4- 1/2 court lay-up's
- drill used 5 balls for 10 kids

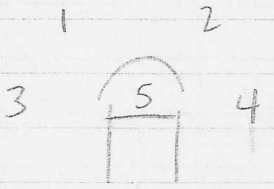


Lay-up's used:
A- Speed
B- Hesitation
C- In & Out
D- Crossover the Middle
E- Dribble on the sideline, & crossover to middle at the freeline

Misc.

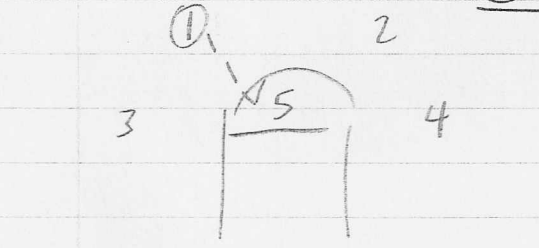
★ If unsure where to set a screen, screen high & not low
★ 70% of practice is used for offense
★ 30% for defense

Princeton Offense

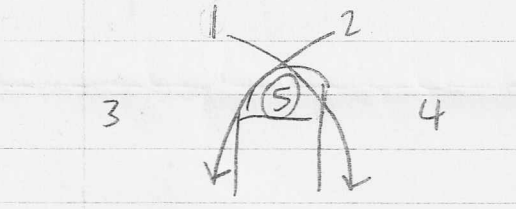


- 1 & 2 start out as guards
- 3 & 4 wings (foul line extended)
- all are interchangable
- 5 is your best post player

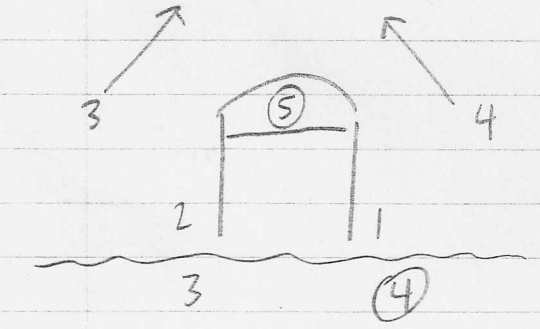
Scissors



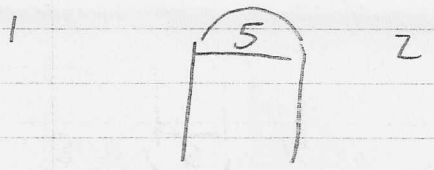
- 1 passes to 5 & cuts off 5 looking for handoff
- 2 cuts off 5 next



- 1 cuts first (he had the ball)
- 2 cuts next (w/o ball)
- 5 needs to pivot & look low at 1 & 2 who just get to the blocks

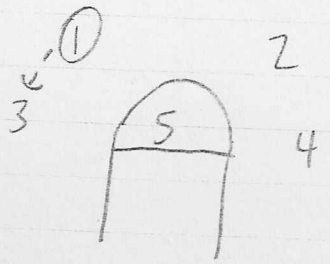


- 5 could make a move/play
- 3 & 4 replace 1 & 2 spots
- 1 & 2 replace 3 & 4 spots
- 5 can pass back out to 3 or 4



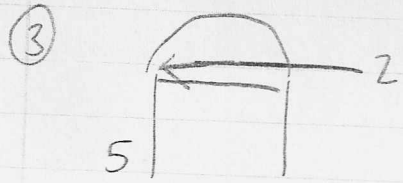
- Now you're back to same set w/ same rules if 1 or 2 had the ball (pass to 5 & cut off him)

Wing Entry



- Do not have to hit 5 first
- Can pass to wing
- 1 passes to 3
- after pass, 2 & 4 switch spots
- when 3 receives pass, 5 will dive to the ball-side block (2 & 4 switching spots)
- 1 keeps his spot





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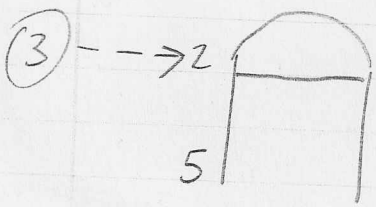

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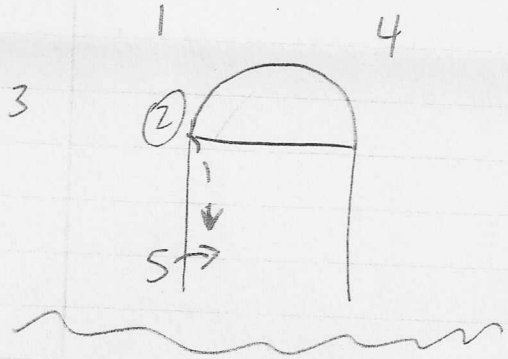

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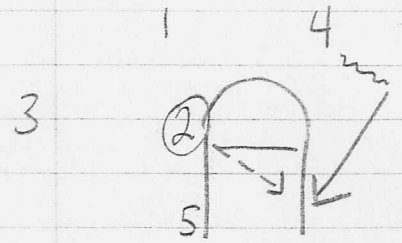

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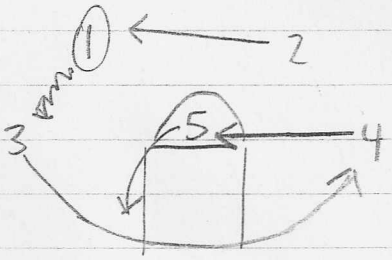

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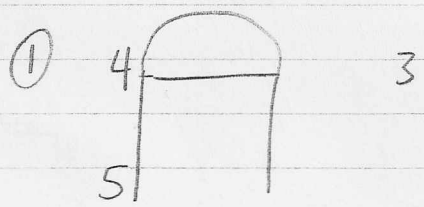

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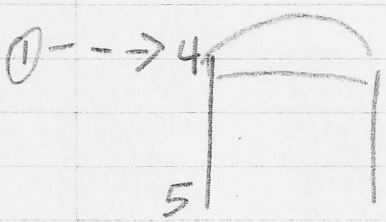

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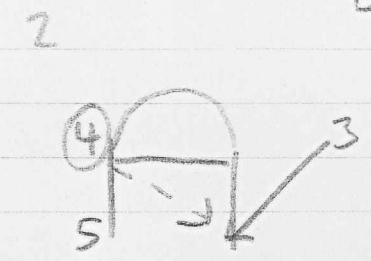

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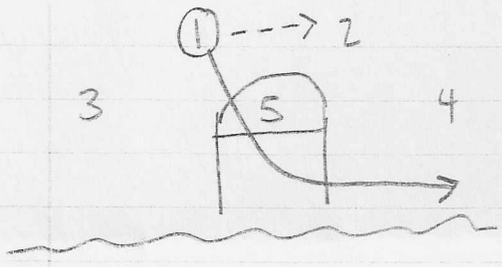

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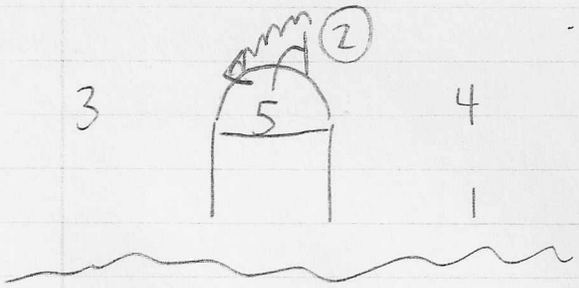

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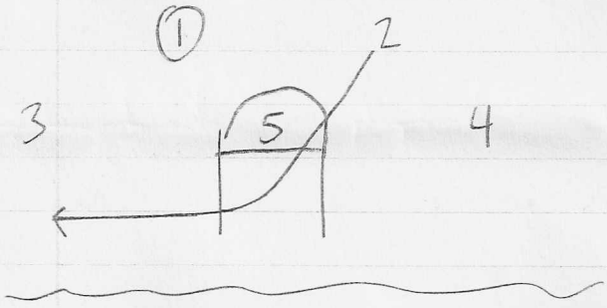

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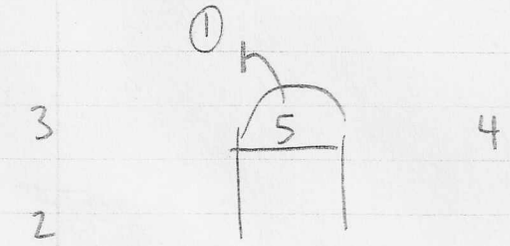

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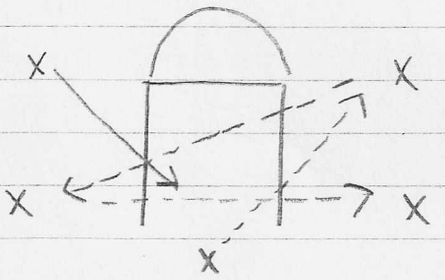

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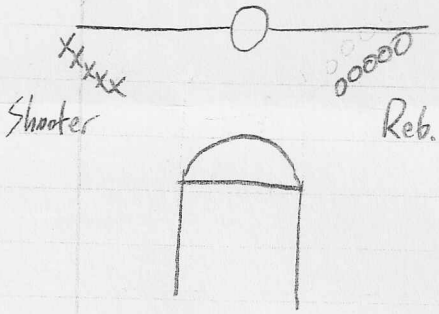

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★ 30% for defense

Kevin Stallings- Developing a Successful Basketball Program

Defense

1. Stop all penetrations
2. Keep the ball out of the post
3. Eliminate all dumb and lazy fouls
4. Do not allow any uncontested shots- get a hand in their face
5. Box out, rebound it and finish the play (get an outlet to finish your defensive work)
6. High hands on all closeouts
7. Jump to the ball on every ball movement
8. Get into the gaps- show the dribbler that they cannot come here. The slower the defender the closer to the ball they need to be.
9. Help and Recover- try to eliminate the help part of help and recover by getting far enough into the gap that the dribbler should not want to go there, but if they do, the defender should not have to move to help, he should already be there. The defender should only have to move in one direction and that is to recover, as he should not have to move to help by playing proper position.
10. Do not allow the offense to feed the post from above the foul line.

Understand what your team can and cannot do

- More talent- you want more possessions
- Less talent- have fewer possessions

Defensive Positioning

1. Position on the ball- inside foot up
2. One pass away- play in the gap to stop ball penetration and inside the 3-point arc deny all passes. Do not come out more than 1 step above the 3-point line.
3. Two passes away (ball is above the foul line)- get one foot into the lane
4. Two passes away (ball is below the foul line)- get one foot beyond the help line
5. Ball below the foul line- totally front the low post
6. Ball is above the foul line on top- play on the line up the line against the low post
7. Ball is above the foul line on top or wing- play on the line up the line against the medium post
8. Ball is below the foul line on the wing and moving to the corner- play on the low side against a medium post as soon as the ball crosses below the medium post (X move)

Double Teaming the Post

1. If the ball is fed to the post from the wing, the weak side low defender will double the post and the weak side guard will drop and have to cover two players. On the pass out of the post, you play scramble to get players defended. Once players are defended, you can switch back.
2. Rover- Designate one player (must be smart) to cover a non-shooter and have this player always double team. Have everyone else figure out where the rover is.

3. Piston- Cover down with the defender whose man who threw the ball in. His least favorite way to double the post.

Ball Screens

1. The defender will hedge out while maintaining contact with the offensive player. Force the dribbler high or wide.
2. Hug move- play chest to shoulder against the screener
3. Switch

Defending the down screen

Ball side down screen- goes to the man side of any down screen. This is called shadow. Ball is on the weak side- go to the ball side of any down screen.

Defending the cross screen

As the screen is coming to us, get the arms up and the elbows out so that the screener is hitting your elbow and is not up against your body. The screener's defender will give no help if the cutter goes baseline side. If the cutter goes to the topside of the screen, the defender of the screener will give momentary help. Try to force the offensive player to go high, as you will receive help. Never allow a cutter to cut behind your head.

Defending staggered or double screens

The defender of the cutter chases, or shadows, the cutter. The defender of the screener farthest from the ball is responsible for basket coverage so they will drop into the middle of the lane and the defender of the screeners closest to the ball will show to force the cutter high.

Defending the back screen

The defender guarding the screener is responsible for basket coverage so he must help defend the cutter and then recover to his man. The defender guarding the cutter can get around the screen high or low side although if the cutter is ball side we would prefer that the defender go ball side of the screen.

Transition defense- have your players defend the transition in this order

1. Protect the basket
2. Stop the ball
3. Find your man

Team defensive goals

1. Less than 16 team fouls
2. Allow less than 10 offensive rebounds
3. Have a +5 rebounding margin
4. Allow less than 40% shooting

Offense

1. Proper shot distribution or allocation
2. Get quality shots
3. Limit turnovers
4. Limit bad passes- one bad pass leads to a bad possession
5. Limit fumbling of the ball- disrupts timing, ability to shoot and pass- catch the ball
6. 3 pass rule except for layups and green light shooters
7. Work hard on spacing
8. Work hard on screening- get your back to the basket or to the ball
9. Cutting- be hard to guard
10. Swiveling- technique that we teach post players. In post play, the offensive player always wants to maintain contact with the defensive player while the defensive player wants to maintain space from the offensive player. To swivel, move your feet to keep contact with the defensive player and try to show your numbers to the ball.
11. Shooting- shooters must be ready to shoot. Get low, show your hands and be ready to step into the shot. You must have a philosophy of shooting. Ron Felling? On shooting
12. Emphasize (do not have rules)
    - Screening with the player closest with the middle of the floor
    - Screener goes opposite the cutter
    - Screen with your back to the ball or basket
    - Get at least one ball reversal unless you get a layup or a green light shoot
    - Do no cut into an occupied post
    - Have a reversal man in the high post area
    - Get the ball to the players with the best chance to score- take the ball to the action
    - Secondary break- make this the hardest thing that people have to do to defend you
13. Zone offense- have both a set and a freelance offense

Player and Skill Development: The Perimeter

By Kevin Sutton – Head Coach of Montverde Academy – Montverde, Florida

I. ***Introduction:***

Since 1986 when the NCAA introduced and adopted the 3 point line into the college game, the definition of perimeter and post became more define. Inside the arc is the post area and outside of the arc is the perimeter area. The line enabled coaches and players to have a better understanding of spacing. Interestingly enough 20 years later, there is talk of moving the line back to the International distance. The battle lines have been drawn (in an arc form), I might add. Some coaches are for it, and some coaches oppose the change.

I am of the opinion that what has been missing in the game of basketball is the "midrange game". The midrange game is vital to the success of a good perimeter player's game. I feel that the midrange game adds balance to the game. Too often perimeter players are labeled in two categories: 1) slashers – guy, who attack the basket, or (2) standstill shooters – guys who can only catch and shoot the ball. That is why I have placed a high premium on teaching my players the midrange game.

In this article, I want to share with you these two objectives:

(1) My philosophy on what makes a successful perimeter player, and (2) workout drills I use to develop perimeter players.

II. ***My Philosophy on what it takes to be a successful perimeter player:***

By definition, perimeter mean: outside or around a designated area. Well, in the game of basketball, the perimeter is the area beyond the three point line that is around the post area or paint. So what does it take to be a successful perimeter player?

a. ***Understanding of the game:***

1. Spacing
2. How to move without the ball (Ray Allen, Richard Hamilton)
3. Shot selection (good shots = high % / bad shot = low %)
4. making right decisions (time & score, when to pass/when to shoot)

b. ***Ball Handling/Dribbling Skills:***

1. Fundamental knowledge of how to execute and effectively use the following dribble moves: crossover, spin, between the legs, pound, around the back, below the butt.
2. Understanding of open full court dribbling vs. half court guarded dribbling.

c. ***Passing Skills:***

1. Fundamental knowledge of how to execute & effectively use the following passes: chest, bounce, overhead/outlet, 1 hand push, around the back
2. How to and when to feed the post.

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d. ***Footwork Skills:***
   1. Must always be on balance
   2. Effective use of different types of pivots: front, reverse, jab series
   3. Triple Threat position/attack game (pass/dribble/shoot).

e. ***Shooting Ability Skills:***
   1. Catch and shoot
   2. Ability to create own shot (mid range game)
   3. Use of ball screens
   4. Drive game scoring different ways (floater, score off wrong leg)
   5. Free throw game (the result of an effective drive game)

I also believe that the truly great perimeter players are:

a. ***Students of the game***. They study the game and their opponents. They know the spots on the floor where they shoot a high percentage, and they know how to get there.

b. ***Versatile.*** The more versatile you are, the more valuable you are. They have the ability to play more than one position. The game now requires the perimeter players to be multidimensional. For example: 1 ½ guard is a point guard who can play the 2 guard spot and look to score.

c. ***In great shape both physically and mentally.*** By this I mean the great perimeter players never get tired of moving without the ball. Nor do they give into fatigue when they are being pressured as they run the offense. Mentally, they are in great shape as well with clarity of thought. They don't get discouraged if and when they do not get the ball when they feel they are open. Clarity of thought enables the player to make the right decision in those pressured situations.

d. ***Good free throw shooters.***
Primarily because they know this is a "positive/selfish" play that benefits both the team and the individual player. Furthermore getting to the free throw line means that you are putting pressure on the defense. Everyone wants to score, and what better way than by shooting uncontested shots while you are stationary? In my opinion, the great perimeter players attempt at least 10 free throws a game.

e. ***Always play at different speeds (fast to slow/slow to fast).*** By changing your speeds, the perimeter player makes it very difficult on the defender over the course of the game. For example the players are fast to their spot on the offense set, and then slow as they come off the screen. Playing slow after he/she catches the ball enables the perimeter player to have more control, allow the play(situation) to develop, and then, when the decision has been made, the player must make his/her move fast to ensure maximum success.

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f.Know how to involve their teammates. Last and certainly not least, I think the truly great perimeter players have a great understanding/knowledge of how to involve their teammates. They involve them by being great passes, thus forcing their teammates to move intelligently without the ball, but all the while expecting a pass when they are open. The great ones know how to use their voices. By using their voices, they engage in communication with their teammates that allows for clarity and understanding of assignments. Their voices can reinforce either positively or negatively based on what the situation requires getting the maximum performance from their teammates. Finally the really great perimeter players know how to get their teammates involved by using them properly and timely as screeners.

III. TWO BALL/PASS/DRIBBLE AND SHOOT WORKOUT:

Now I want to share with you one of my workouts that I use to help develop my perimeter players. In this particular workout, I want concentrate on the development of: 1. Hand/coordination, 2. Pound dribbling, 3 passing, 4 shooting, 5 Basketball Knowledge, 6.Conditioning through the use of 2 balls.

The workout starts with the players doing the **2 ball Stationary Pound Dribble** series which of:
(1) **2 ball pound dribble together.** Pound dribbling the ball at the same time at shoulder height, then waist height, the knee height and then ankle height. This should be repeated at the coaches' command. The pound dribble is a hard dribble that requires the dribbler to keep their hands on top of the ball. Thus giving the dribbler more control while dribbling.

(2) **2 ball alternate pound dribble**. The dribbler should alternate their dribble at their shoulder, waist, knees, and ankles. This should be repeated at the coaches' command.

(3) The third drill in this series is called **2 ball rhythm dribble**. The dribbler must pound dribble the two balls together in front of him in a side to side motion. Then they must pound dribble the two balls together on outside of each leg in a front to back motion.

These next drills are what I call **The Two ball/pass/dribble and shoot Basic One Man Drills:** In all of these drills, the location can and should be changed so that the players learn to: understand different angles on the court and they will also learn which moves are most effective in those certain areas of the court. The basic one-man drills are divided into two categories: (1) the player going in the **opposite direction of their initial pass** (which is illustrated in dia. 1-5). (2) The player going in the **same direction of their initial pass** (which is illustrated in dia. 6-8).

In **dia. 1**, the player starts at half court dribbling two basketballs at the same time. They dribble up to the object/defender and execute a one-hand push pass to the right wing while maintaining control of their dribble with the ball in their left hand. After making the pass to the right wing they then throw a one-handed push pass to the left wing.

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This drill is the building block drill upon which all of the other drills that will follow are built. So it is very important that the player master this drill first. In dia. 2-3 we advance to allowing the player to shoot shots after they have successfully made a good pass to the wing.

In **dia. 2** everything starts the same as dia. 1 with the two-ball dribble and one hand push pass to the wing. After making the one hand push pass to the wing, the player then "attacks" the basket with a dribble drive for a lay-up. These drills are 1 shot drills. **Dia. 4 and 5** are an illustration of two-shot drills. The drills begin with the player successfully executing two-ball dribbling and a one hand push pass to the wing. Then "exploding" for a jump shot at the elbow, after shooting the first shot, they must run around the object that has been placed at the top of the key to the other elbow to receive a pass to shoot their second shot.

The second categories of **Two-ball/pass/dribble and shoot basic one man drills** are illustrated in **dia. 6.** The player starts with the two ball dribble and them makes a one-hand push pass to the right wing, while maintaining their dribble with the ball in their left hand they execute a dribble move(**crossover, spin, between the legs, behind the back**) going in the same direction of their pass. After making a successful dribble move then they are allowed to shoot on the following shots: (lay ups, 2pt. jumper or 3 pt. jumper)

In **dia. 7 & 8,** are an example of a two shot drill. Much like **dia. 4 & 5**, the player must execute a pass to the wing, make a strong dribble move and follow his pass to take his first shot at the elbow and then run around the object to receive a pass for his second shot.

After mastering the two-ball dribble/pass and shoot one man drills, now progress into **Two-man drills.** The purpose of the two-ball dribble/pass and shoot two-man drills is to teach:

1) How to communicate (work together) through verbal and nonverbal communication. **I define communication as information given, received and understood.** It is not enough to just talk to one another.

(2) The passer how to make a pass that the shooter can handle/shoot.

(3) the shooter how to be "shot ready", give the passer a target with his hands to hit and call for the ball with not only their hands as well as their voice. Dias. 9-12 show four different examples of two-man drills: **dia. 9 = regular, dia. 10 = shot fake by wing, dia. 11 = moving without the ball cuts and dia. 12 = changing of location.** A major part of these drills that I feel is important is that the dribbler/passer must demonstrate: **poise/patience, ball control and the ability to deliver a one-hand push pass accurately to the shooter all the while maintaining his dribble with the other basketball.**

The final set of drills in my **two-ball dribble/pass and shoot drills**, are the **three-man drills.** These drills are absolutely great for teaching the following:

1) How to move effectively without the ball.
2) Poise and ball control by the dribbler.
3) The ability to make the proper pass at the proper time to the cutter.
4) The ability to communicate

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Dia. 13-14 are demonstrations of the basic drills to start with when teaching **two-man dribble/pass and shoot 3-man drills.** These two drills are "catch and shoot" drills from the wings with the pass coming from the top (dia. 13) and a change of location that with the shots in the corner and the top with the pass coming from the wing. The next set of drills starts to implement moving without the ball that will require the shooters to make basketball cuts such as (**backdoor, curl, fade and back screen with shape up**). In **dia. 15-17**, player 1 executes a backdoor cut and player two executes a curl cut. All 3 players must communicate with one another through (verbal and nonverbal communication) to get the proper timing on the cuts and passes from the passer. This drill is game like.

The last series of drills in the **two-ball dribble/pass and shoot three-man drills** is the incorporation of the **third ball** which enable all three players the opportunity to shoot. In **dia. 18**, the drill starts when the dribbler attack the object and makes a one-hand push pass with one ball to one wing, then make a one hand push pass to the other wing. When the two wing players receive their passes, they are allowed to take shots or make moves that will lead to shots. Then in **dia. 19,** the dribbler takes the third ball out of the chair placed at the top of the key. They execute a shot fake and 1 dribble move for a jump shot at the foul line. In **dia. 20 & 21** are the same drill executed at a different location/angle.

CONCULSION:

Player and Skill development of the perimeter player can and should be so much fun. With imagination, creativity and a desire for becoming a student of the game, the player can become an outstanding perimeter player. Passion and desire are intangible qualities that separate **the above average from the average and great from the good.** The simple formula of ***Input/output, says that the more you put in, the more you get out.*** Finally, don't fear failure, but more importantly, ***EMBRACE SUCCESS!***

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PLAYER DEVELOPMENT/SKILL DEVELOPMENT IS MY PASSION!
By Kevin Sutton – Head coach of Montverde Academy – Montverde, Florida

I. Introduction:

Player development/skill development has always been my PASSION! Over my 20 year coaching career at both the college and the highest level of high school basketball I have been blessed to help develop six professional players and 94 collegiate players.

The things I have always enjoyed and that I gain a great deal of satisfaction out of player development/skill development are (1) seeing a player develop the proper work ethic that will serve him well through his life, (2) studying the game, (3) designing drills that address the individual areas of improvement, (4) learning the motivational level of the individual and, finally, (5) the challenge of designing a great workout.

In this article, I want to share with you these 3 objectives:

1) My philosophy on player development/individual development
2) My philosophy on planning a workout
3) My philosophy on what it takes to be a successful post player

II. My philosophy on Player development /Individual development:

My philosophy on Player development/individual development is that the workout has to be **Organized**. When the workout is organized, then it shows thought (why did we choose these drills?). The progression from one drill to the next drill is vitally important to the success of the workout (i.e. catch and shoot drill to a shooting on the move drill). I like to use a conditioning drill like push ups or free throws with a penalty or water break to transition from one section of the workout to the next. The transitions help to teach the competitiveness that is needed to improve.

The workout has to be **Challenging,** mentally challenging with multi dimensional drills that require the individual to think the game/basketball IQ (attacking the defense with 3 different dribble moves). The workout must be physically challenging, using conditioning drills such as sprints while dribbling, push ups, sit ups, jump rope at different points in the workout, limiting the number of water breaks, or rewarding water breaks when maximum/game like effort is given.

The workout has to focus on **Improvement.** Too often players equate a good or bad workout on the number of shots made. I feel that especially when you are learning a new concept(s), the focus has to be on the individual's ability to try/attempt and on their ability to grasp what is being taught to them. Their ability to leave their comfort zone in an attempt to learn a new concept that will help improve their game. This kind of workout could use terminology, inside foot when coming off screens to shoot, perminate pivot foot vs. the ability to use both feet.

The workout should be **Competitive.** Chart their shots to give them feedback. Give them goals to reach within each segment. Use rewards and penalties within each drill or segment. Choose drill leaders and then hold them accountable to lead the drill properly. Rotate your leaders within a drill segment; this will help them to learn how to be a leader and also how to follow when they are not the leader. To the player and/or players who desire to be great, their competitive spirit/character will come to the surface.

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The workout should be **Creative/Imaginative.** The use of objects (cones, chairs, trash cans etc), are very important to the success of the workout. Their ability to learn visually is being taught. Vary the angles of the drills to increase their imagination and grow their creativity. Give the drills or moves names of players that they can identify the move with (ex: Triple threat ball place: Tim Duncan = shoulder to shoulder, Allen Inverson = ankle to ankle). I also like to name drills after my players who do the drill really well or I will name a drill after a player who needs to improve in this area. Another idea that I use to keep my workouts creative/imaginative is changing the drill order, the basket and the location points. By doing these things, boredom and complacency are eliminated. Finally, the workout should be **fun without being silly.**

III. My philosophy on planning a workout:

I design my workouts to address the following fundamental areas: ball handling, dribbling, footwork, shooting, passing and conditioning. Within these areas, the drills are further broken down into positional drills. For example the footwork for the post is not the same as for the perimeter. Back to the basket vs. facing the basket footwork. I am also a big believer that you must rotate your "sub drills" each third day and then introduce a new sub drill. An example of this is, 2 ball stationary dribble and then 2 ball dribbling on the move.

It is also by design that in my workouts, I like to use my conditioning drills as transitional drills from one segment to the next. Conditioning is such an important part of the game. The mental as well as the physical toughness should be developed in the athlete during the workout. A very big part of my workouts is spent on developing the confidence outside their comfort zone. The development of security vs. insecurity within an athlete starts with their ability to encourage a teammate. That is why I am a big believer that within a good workout you hear a lot of good/positive talk taking place. Thus it is important to choose your drill leaders and rotate them to ensure that the development of leadership and "followship" are both learned.

Now, I want to accomplish my third objective: My philosophy on what it takes to be a successful post player. A sample of a post workout is attached with diagrams.

IV. TO BE A SUCCESSFUL POST PLAYER I THINK YOU NEED THE FOLLOWING:

a. Passion – Pure joy/drive

b. You have to want to be a post player. Be what I call a P.I.G.

(A pig loves to get dirty). **P.I.G.** also stands for:

P–assion to play in the post / **I**-ntensity to compete/ **G**–uts to battle on every play

c. Great Feet (allows on balance)

d. Great Hands (catch everything)

e. Great Vision (sees everything /feels everything)

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I also believe that the truly great post players do 5 things great:

a. They run the floor (win the foul line to foul line race/great shape)

b. They are relentless rebounders

c. Good free throw shooters

d. Develop an unstoppable go to move

e. Develop a counter to their go to move.

KEVIN SUTTON'S POST WORKOUT:

A. Footwork Drills:

1. Quick Catch Reads (dia. 1)

2. Self Pass Jump Stop drill (dia. 2)

3. Self Pass Jump Stop drill with reaction to coaches commands (dia. 3)

4. Battle Ground Drill (dia. 4-7).

---------- free throws = 5 ----------

B. Catching the ball drills (with toss back):

1. 360* turn and catch drill (dia. 8)

2. 180* turn and catch drill (dia. 9)

3. Blind catch (dia. 10)

4. Foot fire catching drill (dia. 11-13)

---------- free throws = 5 ----------

C. Scoring on the Move Drills: (Mikan-Outlet-Run-Score Drills)

1. On the rim drill (dia. 14)

2. Shot Fake and Direct Drill (dia. 15)

3. Trail Jumper (dia. 16)

4. Trail Jumper with Ball Screen Series: Pick & Roll, Pick & Pop, and Early Slip (dia. 17)

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---------- free throws = 5 ----------

D. 2 Chair Low Post Moves/Block to Block Drills:

1.. Drop step baseline (dia. 18)

2. Jump Hook baseline and middle (dia. 19)

3. Dribble Drop (dia. 20)

4. Reverse Pivot to a Jump Hook (dia. 21)

---------- free throws = 5 ----------

E. 2 Chair Mid/High Post Jumper Drills:

1. Continuous Flash Jumper Drill (dia. 22)

2. Trail Jumper Drill (dia. 23)

3. Continuous Sprint Ball Screen Drill (dia. 24)

---------- free throw = 5 ----------

F. 3 Chair Post Moves Drills (low-middle-high post)

1. Multiple Sequence using drills from:

    a. scoring on the move – on the rim (dia. 25)

    b. low post moves – reverse pivot to a jump hook (dia.26)

    c. high post moves - trail jumper (dia. 27)

---------- free throw = 5 ----------

G. Conditioning Drills:

1. Heavy Rope – 4 sets x 30 jumps = 120 jumps

2. Speed Rope – pyramid: 30 secs, 45 secs, 1min, 45 secs, 30 mins

3. Sit ups – crunches – 4 sets x 25 crunches = 100 crunches

4. Ball push ups – 4 sets x 10 push ups = 40 push ups

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V. CONCLUSION:

NOW I CHALLENGE YOU TO ASK YOURSELF THESE QUESTIONS:

1. Am I passionate?

2. Am I willing to work to develop myself?

3. How good do I really want to be?

IF YOU CAN ANSWER THESE QUESTIONS FAVORABLY, THEN START TO DREAM!

D – ETERMINATION AND DESIRE TO KNOW GOD

R – EAD HIS WORD AND SHARE IT WITH OTHERS

E - NTHUSIASM FOR SERVING HIM

A – TTITUDE OF GRATITUDE

M – OTIVATION TO SERVE

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Fatigue Shooting Drills – Kevin Sutton – Head Coach – Montverde Academy

I. Introduction:

Shooting the ball! The one fundamental in the game that everyone loves, however, not many people shoot the ball well. The shooting percentages continue to be on the decline due by in large to: **(1) POOR SHOOT SELECTION** and **(2) THE INABLILITY TO SHOOT THE BALL UNDER FATIGUE.**

In this video I am going to show you some of the Fatigue Shooting Drills that I have designed and used to develop my players over my 20 year coaching career. Guys like:

(1) RANDOLPH CHILDRESS – 2nd ALL TIME LEADING SCORER IN ACC TOURNAMENT HISTORY.
(2) CURTIS STAPLES – 2ND ALL TIME 3 PT. SHOOTER IN NCAA HISTORY.
(3) JASON CONLEY – LEAD THE NATION IN SCORING IN 2001.
(4) MARVIN LEWIS – TOP 10 ALL-TIME 3 PT. SHOOTER IN GA. TECH HISTORY.
(5) LUC RICHARD MBAHA MOUTE – PAC 10 ROOKIE OF THE YEAR.

I want you to remember this as you watch this video:
THE OPPORTUNITY FOR GREATNESS IS GIVEN TO ALL OF US. IT COMES IN THE FORM OF HARDWORK. WHAT ARE YOU WILL TO DO TO BE GREAT?

II. TEAM <u>STRETCHING WITH BASKETBALL & FOOTWORK DRILLS:</u>

I am a big believer in not wasting time. I believe that time is valuable. So I have combined our stretching with ball handling and footwork drills. During the 10 minute routine we will have:
(1) Completed a full stretching of our muscles
(2) Handling of the ball
(3) worked on hand/eye coordination
(4) Worked on footwork drills (pivoting, jab series, etc.)
(5) Worked on our communication by "ECHOING" commands given by the leader.

Our stretching routine consists of the following drills:
STANDING DRILLS: 1. two feet together toe touches, 2. one foot over the other toe touches, 3. feet apart middle stretching, 4. feet apart groaning, 5. feet apart lean to the right side toe touches, 6. feet apart lean to the left side toe touches. All while dribbling the ball.
SITTING DRILLS: 1. two feet together toe touches, 2. feet apart toe touches, 3. feet together groaning, 4. hurdler stretching, 5. sit ups, and 6. ball push ups. All while dribbling the ball.

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FOOTWORK & HAND/EYE COORDINATION DRILLS:

1. Ball slaps/Carioca
2. Heels
3. Butt kicks
4. High knees
5. Punter
6. Back peddle
7. Side to Side
8. Opposites forward
9. Opposites backward
10. Dribble Walk – touching body parts(head, chin, chest, toes)
11. Lay ups
12. Footwork drills – triple threat, pivoting

III. ½ COURT FATIGUE SHOOTING DRILLS WORKOUT:

a. **POWER JUMPER 45 SERIES:**

Now we are ready to workout. We begin the workout close to the basket with our **Power Jumper 45 series of shots.** The **Power Jumper 45 series** is a 3 part shooting drill designed to work on the three aspects of the shot: 1) shot preparation, 2) foot work, and 3) proper release of the shot.

The first part of the drill the player takes 5 shots at the block in a "shot ready/catch & shoot position". The second part of the drill the player runs out to the three point line and back to the block for 5 shots working on the proper foot work "1 two step into their shot". The third part of the drill the player bounce up & down in the same spot for 5 jumps keeping the ball in a proper shooting position. On the 5th jump the shooter elevates and shoots the ball at the top of their jump. 5 shots are taken. Upon completion the shooter will have taken 15 shots at one spot. This is repeated at the middle spot and the opposite block from which they started. The total number of shot equaling 45.

b. **TRANSITION DRILLS:**

These are drills that I use between the main drills. They are quick. They have a purpose. And they require little explanation. The drills I use are: (1). Ft's, (2). Speed dribble sprints, (3). Speed rope, (4). Heavy Rope, (5). Spot Shooting (catch & shoot).

c. **AROUND THE WORLD SHOOTING DRILL:**

Around the World Shooting Drill is a very good drill to teach proper footwork. I teach my players to use their inside pivot foot. I have found that it enables the shooter to pivot easier and get their shot off quicker. The drill starts with the shooter on the baseline. They shoot the ball and run around the chairs shooting shots until they reach the opposite baseline. **The teaching points are: 1) Must be shot ready before you receive the ball with feet, hands and eyes. (2) Must use inside foot to pivot on (10 toes pointed to the basket). (3) Must run to the next shot. (4) Call for the ball with voice & open hands with thumbs up.**

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We do 2 sets of the drill with the first set moving from right to left and the second set moving from left to right. The total number of shots taken in this drill is 12 shots.

D. **“M” SHOOTING DRILL:**

In the “M” shooting drill I set the chairs up in an “M” shape (2 chairs at ½ court and the 3rd chair at the top of the key. The drill starts with the shooter taking his first shot in the corner. Then running around the chair at the ball side ½ court to the elbow where they take their second shot. After completing that shot, the shooter then runs around the chair at the top of the key to the opposite elbow for his third shot. After completing that shot, the shooter must run around the chair at ½ ct to the opposite corner for their final shot. **TEACHING POINTS: 1) SHOT READY, 2) RUN THE FLOOR, 3) CONCENTRATION ON THE DRILL PATTERN & 4) CONCENTRATION ON FUNDAMENTALS OF THEIR SHOT.** We do 2 sets of 6 shots for a total of 12 shots.

e. **“X” SHOOTING DRILL:**

Is an excellent shooting drill that has 3 different variations allows for game like simulation to be a big part of the drill. The 3 variations are: 1) sprinting (getting back on defense), 2) backpedaling (getting to press positions), 3) defend (man to man defense).

The drill starts with the shooter taking a shot at the elbow and then executing one of the variations that is called for by the coach (sprinting, back pedal, defend) to the first chair at half court near the jump circle. After touching the chair with their hand they run to the opposite elbow for second shot. This pattern is repeated for 3 sets x 6 shots for a total of 18 shots. **TEACHING POINTS: 1) SHOT READY, 2) REACT TO SITUATIONS, 3) PROPER FOOTWORK, 4) CONCENTRATION**

f. **“SIDE LINE TO SIDE LINE” SHOOTING DRILL:**

The last shooting drill in my Fatigue Shooting Drills is the: Side line to Side Line shooting drill. Side Line to Side Line shooting drill is a tough drill design to fatigue the shooter. I teach 2 variations: (1) run and (2) defending. Both are designed to simulate game actions. The drill starts with the shooter taking a shot at the elbow and then touching the near sideline. After touching the sideline the shooter must run around the trash can/chair at the top of the key. There are 2 sets of 6 shots taken for a total of 12 shots. **TEACHING POINTS: 1) SHOT READY, (2) REACT TO SITUATIONS, 3) PROPER FOOTWORK, (4) CONCENTRATION.**

IV. “**COOL DOWN” SEATING DRILLS:**

Equally as important as the “warm up” is the “cool down”. After I have fatigue my players throughout the work out, I then like to do the all important “cool down” shooting drills. The “cool down” seating drills consist of the player sitting down in a chair. They must sit to the front of the chair with a ball between their back and the chair. This forces the shooter to set with their back straight. The shooter shoots 5 shots from the three power jumpers spots for a total of 15 shots. The shots must be total swishes. **TEACHING POINTS: (1) KEEP THE BALL HIGH, (2) FULL EXTENTION ON YOUR SHOT. (3) TOTAL CONCENTRATION.**

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V. **CONCLUSION:**

It is said that Fatigue makes cowards of us all. So never give into fatigue! Attack these drills with the sole purpose of making yourself a better basketball player.

EMBRACE GREATNESS by accepting the challenge to:
(1) Learn something new everyday
(2) Give more than you receive
(3) Share what you know
(4) Impact the lives of others

BE BLESSED!

OUTLINE OF SAMPLE WORKOUT:

I. Team stretching with basketballs 10 mins

II. Workouts:

a. Power Jumper 45 series 10 mins
b. ½ ct shooting drills 55 mins
    1. Around the World (2 sets x 6 shots = 12 shots)
    2. TRANSITION DRILL – FT'S 5 SHOTS
    3. "M" with variations (2 sets = 12 shots)
    4. TRANSITION DRILL – SPEED ROPE – 30 SECS.
    5. "X" with variations (3 sets x 6 shots = 18 shots)
    6. TRANSITION DRILL – HEAVY ROPE – 15 SECS.
    7. Side line to Side line (2 sets x 6 shots = 12 shots)
    8. TRANSITION DRILL – SPOT SHOOTING/CATCH & SHOOT JUMPER 50 SHOTS.
c. Cool down/chair shooting drills 10 mins
    1. 3 spots x 10 shots = 30 shots

Total number of shots = 129 Total minutes of workout = 1hr & 25 mins

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2 Ball Basketball Drills – Kevin Sutton – Head Basketball Coach at Montverde Academy

I. BALL HANDLING DRILLS:

a. Pound Dribble(shoulder, waist, knees, ankles)
b. Alternate Pound Dribble (shoulder, waist, knees, ankles)
c. Rhythm Dribble (push/pull-front, and sides of body)
d. Hand and Eye Coordination Drill

II. DRIBBLE AND TOSS WITH TENNIS BALLS DRILLS:

a. Dribble and Toss
b. Dribble and Toss add dribble moves
c. Partners Dribble and Toss (must communicate)

III. FOOTWORK DRILLS:

a. 6 steps to body balance
b. NBA Player Triple Threats:
    1) Duncan = shoulder
    2) Sprewell = waist
    3) Jordan = knees
    4) Iverson = ankles
c. Quick Catch Reads Drill
d. Land on 2 feet Drill – shot fake 1 dribble series

IV. 2 BALL DRIBBLE/PASS & SHOOT DRILLS:

ONE PLAYER DRILLS:
In drills b & c the player goes in the opposite direction of his pass.
In drills d & e the player goes in the same direction of his pass. Making a dribble Move (i.e. crossover, spin, between the legs, behind the knees)
Location of the drills can be changed from the top to both wings.

a. Dribble/pass to each wing without a shot
b. Dribble/pass 1 shot drill – lay-up, 2 pt. jumper & 3 pt. jumper
c. Dribble/pass 2 shot drill – lay-up, 2 pt. jumper & 3 pt. jumper
d. Dribble/pass 1 shot drill – lay-up, 2 pt. jumper & 3 pt. jumper
e. Dribble/pass 2 shot drill – lay-up, 2 pt. jumper & 3 pt. jumper

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TWO PLAYER DRILLS:
Players must work together through verbal and nonverbal communication. Both players will be taking shots in these drills. Again the location can and should be changed to increase the development of the players.

f. Repeat drill c (with player 1 “dribbler” passes to player 2 for shot). Then both player 1 & player 2 must execute a move for a shot (lay-up, jumper, or 3 pointer.)
g. Repeat drill f. (now we add moving without the ball by player 2 before he takes his shot). Player 2 must execute a cut(eg. Back, curl, lcut series, fade etc) before they take a shot. Player 1 must read player 2 then deliver the pass to player 2. Then player 1 must then take his shot.

THREE PLAYER DRILLS:
The purpose of these drills are to: (1) develop communication between the players, (2) increase ball handlers skills of timing and delivery of the pass, (3) increase basketball IQ with understanding of player movement in game situations,(4) being able to make a move to score themselves.

Change location on the floor will enable for more game like situation that can be simulated (eg. Post feed to player 1, with a three point jumper at the top for player 2, and then a shot fake 1 dribble move for player 3).

In this drill there are a lot of players participating with a lot shots taken.

h. Repeat drill c (play basketball/game situations)

V. CONDITIONING DRILLS:
a. Sit ups
b. Push ups
c. 2 Ball Full court dribbling: 1) speed, 2) together, 3) alternate

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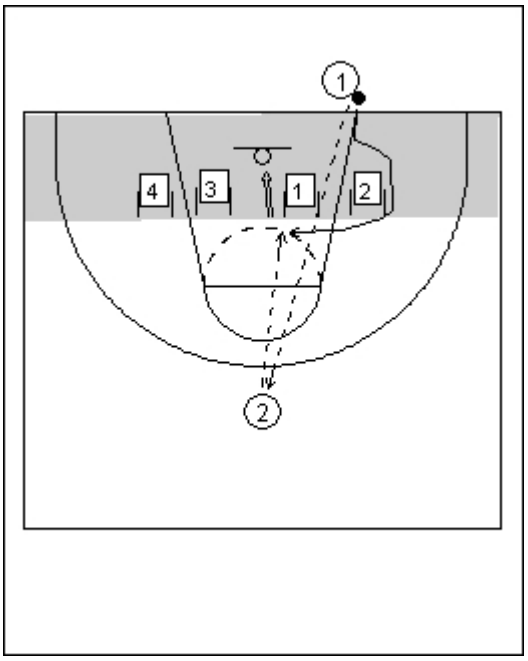
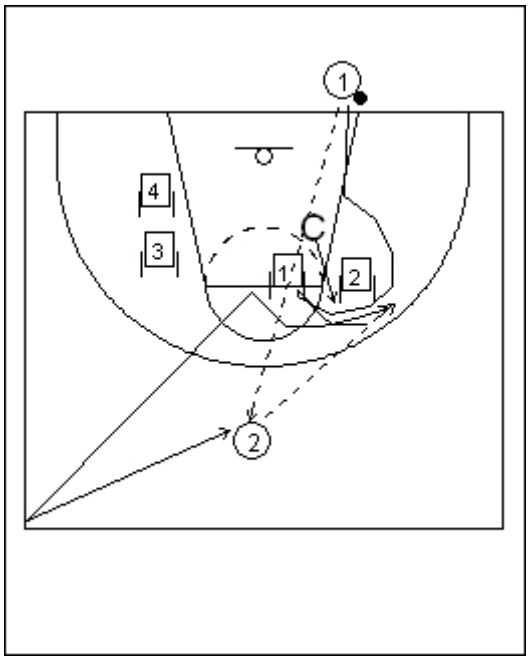
Kevin Eastman
Assistant Boston Celtic St. Barbara 6.08.2004.

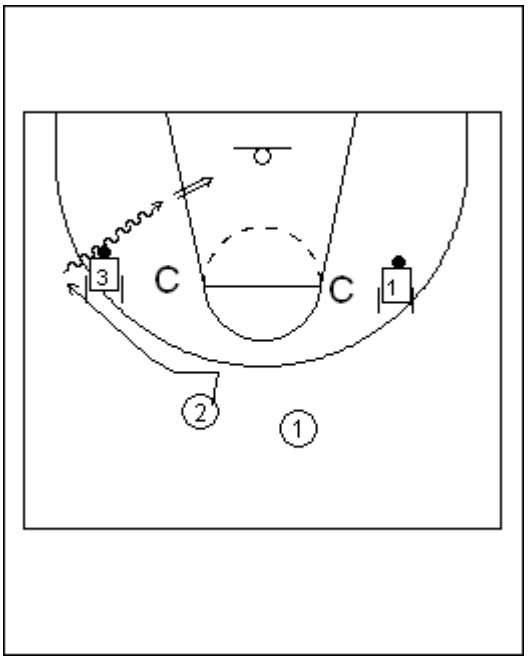
1/ Jog. Carioca etc 6 x 1/1
2/ Strech
3/ Wings
- Shot from the key

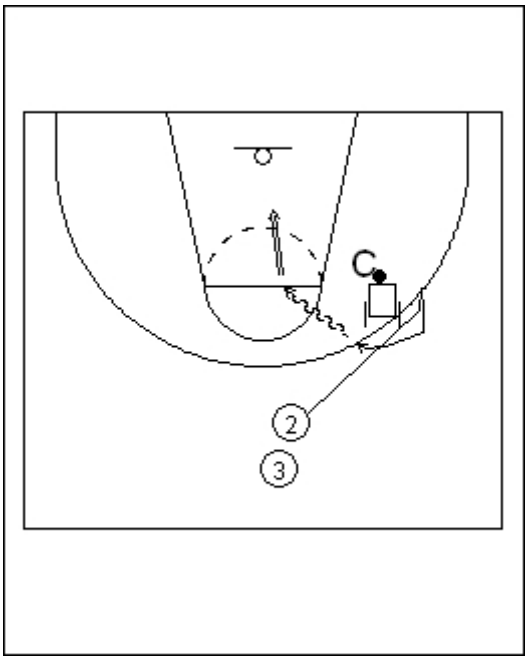




Player touch chair with both hands
Coach trails
Players backpedals
2/3 pts shot

5/ Hard V - cut

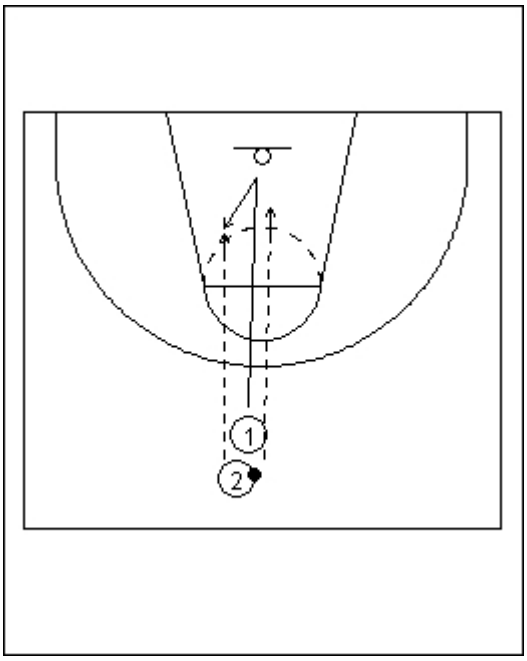




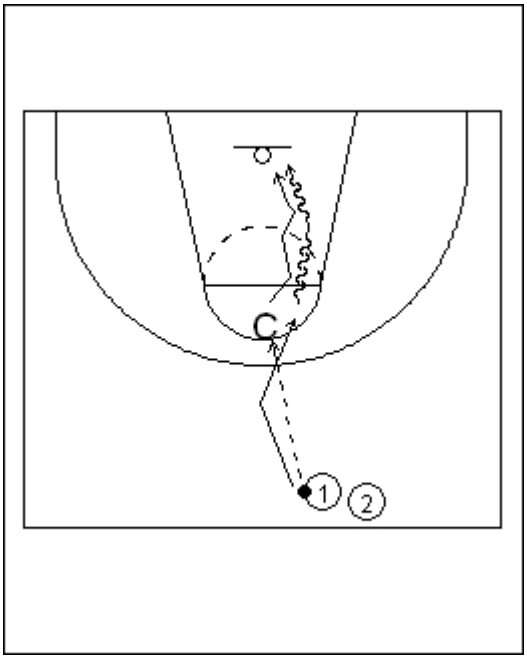
One step behind a chair Reggae Miller

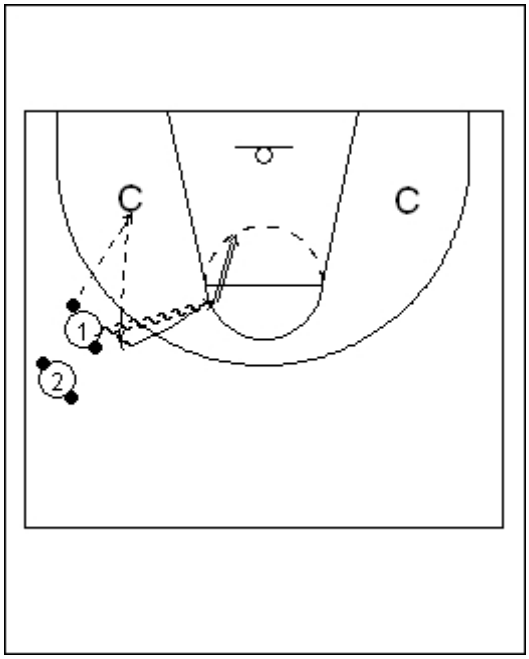
1-2 stop/ one dribble

Centars:
1/



Guards:
1/
Hand off, coach pushing





2 dribbles, jumper and cut behind 3 pts line for one more

-Guards: from FT 3 dribble to opposite 3 pts line and jmp stop – jumper
- Player on the wing, coach on the top of the key.Palyer pas and coach pass back.Attack basket and on 2nd dribble step back

Situation 1-1

Coach

- if defense's shoulders and hips are high - attack low – rip and swing under knee ball
- if his shoulders and hips are low - attack over shoulder and hands

4 -3 1/1 swing 2/3 and ballhandler and trailer P&R

5-4 1/1 the same

5-5 1/2 3 teams if defense gain transition

5-5 1/1 # of pts

KIM ANDERSON

Practice Sessions

I have been fortunate to play for Coach Norm Stewart at the University of Missouri. I then played professionally in Europe and I learned how not to do things. If we won, we kept the same offense. If we lost, we put in a new offense. We played some defenses that haven't been invented yet. One of the best things that ever happened to me was to leave the University of Missouri and go to another program and learn how someone else does things. I have been at Missouri for four years now. Our practices are very organized. The way you present your drills, your offense and defense, goes a long way in the development of your players. When I coached at Baylor we put the scouting report on the board before every game. You wondered if the players were paying attention. But I realized it didn't matter so much what I put on the board, but that they would remember it looked like I had confidence and knew what I was talking about.

General Ideas

1. We set-up all of our drills relative to what we are going to do. Don't just run a drill to run a drill.
2. Be organized, it helps both the players and the coaches.
3. Practices should be as enjoyable as possible. The season is a long one.
4. Budget your time. Use it wisely.
5. We have a set maximum time and we stick to it unless something unusual happens.
6. If a drill is not going well, stop.
7. Don't over practice. Sometimes coaches feel that they must practice at all cost.

Reasons For Organizing Practice

1. Know your facility.
2. Time limitations. Do you have to share the facility?
3. When can you hold practice?
4. The number of players at practice. How many players do you carry?
5. Utilization of the staff. Get some student managers. They are invaluable.

Leading Up To Practices

1. Summer — spend time looking at videos, what was successful and what wasn't. We take this time to evaluate each player.
2. Be consistent within the staff. Be sure that an assistant coach tells the player the same thing that the head coach is telling him.
3. What type of team do you expect to have? What must you do to make it better?
4. Incorporate new ideas. Go to clinics, use videos, books, and we meet with other coaches. Coaches need to spend some time together just talking about basketball.
5. Plan your pre-season objectives. What are you going to do with your weight and running programs? Strength is very important in basketball.

Actual Practice

1. Our staff meets daily. Make sure that all assistant coaches understand the drills. Assign each coach specific duties during the drills. Take stats during practice. Pick a particular player. This makes practice more intense. We try to evaluate at least one player daily. Each coach should have a copy of the practice schedule. Some coaches have a copy of the practice for the players to see. We do that.

2. Keep the drills moving, we have a maximum time of 12 minutes.

3. Get all the players involved.

4. Organization of the floor. Make maximum use of the facility. Don't have six baskets and have all of your players working a 2/2 drill at one basket.

5. Have a logical drill sequence, for example, 1/1 to 3/3 to 5/5.

6. Have a pre-practice time where you work with individual players.

7. Video individual players. The players don't know which player is being singled out and this will increase the intensity of the practice. When you bring that player in and go over practice with him, it is a real eye-opener for him.

8. Practices, tough or easy? We usually have two tough practices a week.

9. Mix up the drills. We use the whole/part method. If we are introducing a new offense, we will show them the entire offense first and then break it down into drills.

10. Put pressure on the players. To have a good team your team must be able to respond to pressure. We start practice with some stretching and warm-up drills. Then we do about 30 minutes of fundamentals. Then we will stop and shoot free throws under pressure. Then we will go to defense for about 30 minutes and again stop and shoot free throws. Then 30 minutes of offense and more free throws. When we shoot the free-throws we shoot a one-and-one. If you make the first one, you don't run. If you make the first one and miss the second one, you go to the side and we will run four "widths." If you missed the first free throw, you must run ten "widths". This adds a little pressure. If you are consistent over a long period of time, it will help. Also, anytime you miss a lay-up in practice you run, usually down and back against time.

11. Scrimmaging. We scrimmage more now than in the past.

12. Do you have a computer? We chart the various player combos that we use during practice. Your best combination may not be your best five players.

13. Rate your players. List all your players and pick the top five or seven. If you want to do something interesting, give the players the same sheet and have them pick.

As coaches, there is no substitute for hard work. You must be enthusiastic at practice every day. We try to keep our practices closed. The floor is your classroom.

KIM ANDERSON

Post Play

Your big players are special. Since the post is closer to the basket, his field goal percentage should be higher than anyone on the perimeter. He may be less coordinated. He doesn't have to be big to be a post player, but he should be **quick** and **strong**. There are **three types** of post players. First, you have the player who can do it all. Second, there is the player who can do some of it, and third, you have the player who can do very little. All of these can contribute to your program and obviously some more than others. You must decide whether you are going to make your big man fit into your system, or are you going to change your system to fit the big player. You, as a coach, must make that decision.

You must find the **strong points** of your post player and build around them as you continue to work on the **weak points**. Big men must have special individual work. You must do it consistently. We worked with them about an hour and fifteen minutes before practice each day. We did a lot of one on one work with just the big men. We really limited what they were going to do. You must decide what you want them to do. How do you want them to shoot? Will you allow them to dribble? You can make them effective players. Some players are playing basketball just because they are big, not necessarily because they want to play. You need to encourage them and be enthusiastic with them.

We break our program down by the time of the year. At the start of school we have a great **strength** and **conditioning** program. They lift four days a week before the season starts, Monday, Tuesday, Thursday and Friday. We tailor a program for each individual. We don't do much distance running, but we run sprints and work on footwork drills. We do plyometrics, box jumping and skipping.

In season, we do lifting two days a week. This is more of a maintenance program with little heavy lifting. We want to keep the strength that our players have developed in the pre-season. If your player is really weak, you may want him to lift throughout the year. We also continue with the flexibility exercises. If you can get your players in the gym to lift during the summer, they will be better players. We also check body fat. We want it below 10%.

Stance: When you talk about posting up, keep it **simple**. We want the post in line between the ball and the basket. You need a wide base. If the feet are together you will be able to be moved off your position. The knees must be bent, butt down, hands and arms up. There must be a good strong base. As a post player, I want to feel the defensive man so I know where he is. The arm closest to the defensive man is up to **protect** and the other arm is up as a **target** for the pass. The main thing is that you must have a good, wide, strong base. The post must be able to go catch the ball. The post must go meet the pass, but not so far out as to be out of position. The timing with the passer must be there and this must be worked on. Don't make the post move away from the basket to get the ball. Catch the ball with the jump stop so that either foot can be the pivot foot.

Simple Moves: You don't need to teach a hundred different moves. Don't get fancy. The first move is to catch, turn and face with a 180 degree pivot and shoot the jump shot. Teaching point — when the pivot is made, pivot the full 180 degrees so the post is as close to the basket as possible. The player will have good balance. Look to see where the defense is playing as the ball is caught. If the defense is overplaying in one direction, pivot in that direction and then step through to the other side. Take one dribble and a jump shot or step through for the lay-up. If the defense is on the high side, make the **power move**. If a dribble is needed, make it between the legs and power to the basket.

Passing: Big players can be **good passers**. We teach three passes. The first is the simple **hand-off**. The second is the **soft bounce pass** to the cutter. The ball is protected below the chin with the elbows out The ball is released low. The third pass is the **flare pass**. Have the ball over the head in both hands. Step to the man, don't step back to throw it.

We also spend time teaching our big men to pivot. Some can pivot with one foot, but not the other. You can drill this by coming to a jump stop and then make the pivot with the right foot, repeat with the left foot. Don't take for granted that they know how to catch the ball. The post player must **see** the ball into the hands. The fingers must be relaxed and spread. When a bounce pass comes into the post, it will have a spin. We want the post to have the right hand on top of the ball and the left hand on the bottom. We don't

want the hands side by side because the ball may spin out.

Drills: We do one that is called the **combination lay-up drill**. You all know the Mikan drill where the player starts under the basket and shoots the ball on the right side with the right hand and catches it as it comes through the net and then shoots it on the left side with the left hand. It is a great drill. We have added something to that drill. We start with the back to the basket and teach the player to step under and to the left with the right foot, turn back and shoot a left hand shot at a 45 degree angle off the backboard. Get the ball out of the basket, step with the left foot to the other side and shoot with the right hand. (The left hand shot is taken on the right side turning outward and vice versa.) They must make twelve in a row. You may not use that shot in a game, but it really helps the footwork. When the shot is taken, explode with the knee so that you get maximum vertical lift. Stay close to the basket. Get the rhythm.

(Diagram 1) **The Combo Supreme**. Start the same way, the regular Mikan, and then the shots just explained. That's four shots. As soon as he does that, the post runs and touches the foul line, comes back and the coach passes him the ball for the left handed lay-up. Don't worry about the rebound. He repeats to the foul line and the coach passes him the ball again for a right handed lay-up. He runs to the three-point line, comes back and shoots another lay-up on the same side (does not go under basket). Then go to the other side and repeat. Touches the three-point line again and comes back and goes under the basket for the shot, goes to the other side and repeats. (Note — numbers on diagram indicate shot sequence.) That's ten shots. This is also a good conditioning drill.

(Diagram 2) Coach has a football **dummy**, and a rebounder under basket. Use two balls — the other coach has a ball, and the rebounder has a ball. The post touches the foul line, breaks down the lane, gets pass from the coach and shoots the lay-up. The other coach hits him with the dummy during the shot. The rebounder passes the other ball to the coach. This is repeated ten times. Do it first on the right side and then the left side.

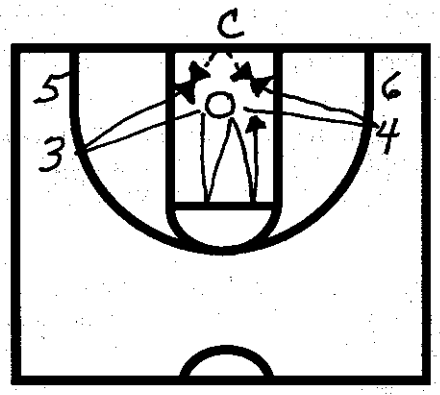


Diagram 1

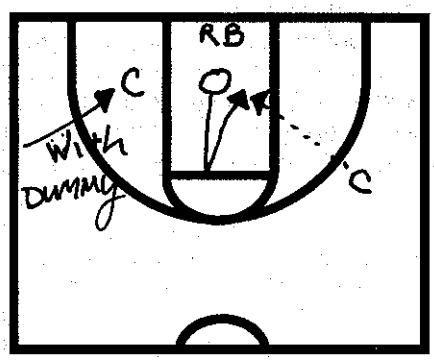


Diagram 2

KIM ANDERSON

Post Play

(Diagram 3) **Superman Drill.** Put the ball on the board so that it goes over the rim. Run across the lane and catch it outside of the lane on the other side. Do this ten times.

(Diagram 4) **Bad Pass Drill.** The coach makes bad entry passes. Throw at the feet, and over the head. We want the post to move the feet on the wide pass. We want the ball caught with **both hands.** Another version of this is to start this drill with the post facing the basket. On the call of **"ball"** the post spins around and must locate and catch the pass from the coach. Use two balls and two players. We want them to play catch with two balls. Pass both balls at the same time. Start 15' apart and then work in closer until 6' apart.

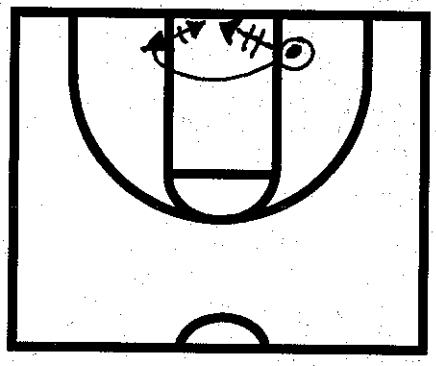


Diagram 3

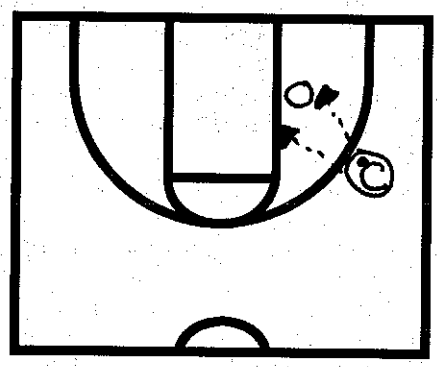


Diagram 4

(Diagram 5) **Manager, coach and player.** This keeps the post from bringing the ball down after a rebound. The manager has a dummy. The coach tosses a lob pass and the post comes to, and catches the ball. (This simulates an offensive rebound.) The manager puts the dummy up against the post so that he cannot bring his arms down. The post then shoots.

The One-on-Two Step Through Drill: When a big player catches the ball in the post and turns in, there will be the weakside help there. If he can go over the top, fine. But if he can't, we teach him to stick his head and shoulders through the trap and then make the pass. (You can teach this to everyone.)

(Diagram 6) **Players in one line, managers in the other.** Managers dribble and then pass to post for the lay-up. Then, put one manager on defense. We do many drills where we have someone with a blocking dummy in the drill. The game is a game of **contact.** If you can score with contact, you will be just that much more effective.

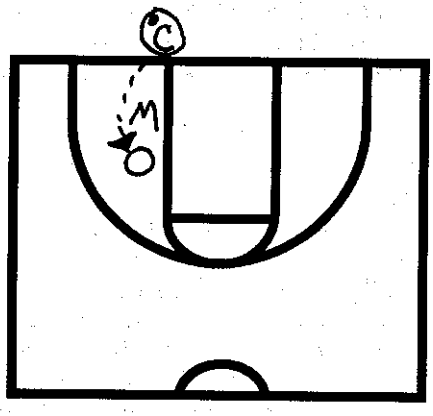


Diagram 5

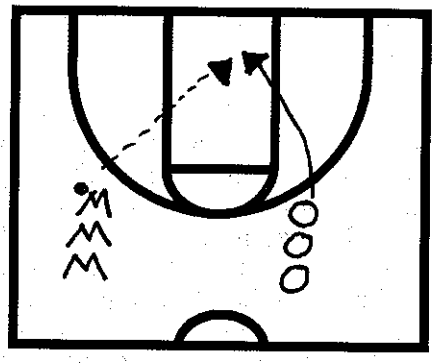


Diagram 6

The one that made scoring leader

Player Personnel Director, LA Clippers

Director, Dantley Nike College Skills Camps

HAVING THE OPPORTUnity to coach basketball from junior high to the NBA over the past 30 years, I am constantly amazed at the inability of so many players to break down and read their defender.I will pass the ball to a player on the wing or in the corner and ask him to demonstrate a scoring move, and 75% of the time he will have no clearcut idea of how to score, other than getting into a triple-threat position and trying to beat the defender to the hoop with a dribble move.As the director of the Adrian Dantley Nike College Skills Camp, I have had a great opportunity to broaden my knowledge of individual offense. It has always been rewarding to listen to Adrian Dantley expound the face-the-basket moves that enabled him to lead the NBA in scoring twice and score over 22,000 points in his 13-year career.

I named his particular skill "the scoring move" because he was one of the first players ever to make that kind of money in the NBA.

a/ The first priority of the move is to shake free of the defender from a position on the wing or foul-line extended, usually 15 to 19 feet from the basket.

b/ The second priority is to be able to sink 50% of the shots from that range. Otherwise, the defender will not react to the basic shot fake.

Many teams initiate their offense with a pass from the point to the wing area. If the attacker starts in the block area, he can walk into his defender, make contact, and then either pop out or reverse pivot, holding his lead hand up as a target for a pass upon reaching the wing area.

Point of emphasis: The attacker should walk the defender into the lane area and then put his head "into the basket." This serves the dual purpose of keeping the defender honest and creating more space to pop or break out to the wing area.

If the defender aggressively over plays the passing lane, the attacker can cut backdoor to the basket.

The way to do this is by stepping toward the defender to close the space or gap between them, then cutting for the hoop (backdoor).

Once the cutter receives the ball in the scoring area, he must get into the triple-threat position and always look at the basket.

The triple-threat position is ac accomplished with either a forward or reverse pivot. Since most players are right-handed, we recommend using the left foot as the pivot foot and the right foot as the drive foot.

If the defender is guarding the offensive man after he has caught the ball,

-the attacker's first priority is reading the defense.

Basketball is an action-reaction game, and the attacker must take the time to read the defense and put the ball on the floor with a real purpose in mind.

"Be quick but don't hurry" is the great way with which John Wooden taught offensive basketball.

The offensive man must read his defender to determine whether he has a move or a shot, then quickly scan the rest of the floor to see whether anyone else is open for a score.

The offensive man is actually looking for four things:

- **whether his man is playing off him, setting up a jump shot;**
- **whether the defender is shading him to his right or left hand;**
- **whether the defender has his feet parallel or staggered and which foot is up; and whether the defender is pressure him, giving him no room to move.**

These reads or reactions have to be effected very quickly to enable the player to formulate an attack against him (action-reaction).

This is the area of the game in which many players go wrong -- fail to come up with the right move for the situation.

In teaching "the scoring move," we have the player stand at the right elbow facing the basket with the ball in the triple-threat position. His first action is to fake off his right shoulder and simultaneously take a six-inch step with his right, or drive, foot -- forcing the defender to react to the ball.

**It is essential to confine the step to six inches.

-If the player steps eight inches or more, he won't be able to shoot the ball from a balanced position.

-He will be forced to pull his right foot back and reload or get back to his original position.

The key lies in convincing the defender (with the ball fake and six-inch step) that the offensive man is going to shoot the ball.

That gives the ball defender two choices (action-reaction):

-one is to step forward to challenge the shot and

-the other is to back up and defense the drive.

-If the defender slides back, the attacker must think jump shot. He is on balance to shoot it because of the six-inch step.

-If the defender stays or slides forward, the offensive player can attack him with a strong-side or cross-over drive. The strong-side drive is made with the player's dominant hand which usually will be to the right side (vice versa for a left-hander).

The move is taught by having the player show shot fake and simultaneously take a six-inch step with the right foot, then taking a long step with the right foot that will put the ball out in front for a low dribble.

Teaching points: The lower the player can get, the quicker and longer he can step to the basket. He should also step as close as possible to the defender without making contact -- "closing the gap" is what we call it.

The attacker should avoid going to the side as that will give the defender time to recover. The attacker should drive toward the front of the rim, not the side.

The cross-over drive is the counter to the strong-side drive.

If the defender takes away the strong-side drive, the attacker has to go to his left. As before, he starts with the shot fake and six-inch step and makes a quick read on his man. He then crosses over with a long step to his left (as close to the defender as possible), then puts the ball on the floor out front for a dribble with his left hand.

A common mistake is for the attacker to put the ball out to his side or behind him -- letting the defender recover and beat him to the basket.

The concluding move again starts with a strong shot fake and six-inch step.

-If the defender stays or steps back, the attacker can react with a jump shot. This is why it is so important for the attacker to have a high-percentage jump shot. Otherwise, the defender will just play off him and eliminate the strong and cross-over moves.

"The scoring move" is easy to learn and can be very effective on any level of the game.
Remember:

-fake the shot,

-take a six-inch step,

-read the defender,

-take a long step,

- put the ball out front,

-dribble straight to the rim and

-finish the play.

Jump training for basketball

BASKETBALL COACHES are always coming to us with the question: "How do you improve a player's jumping ability?" Our response is simple: "We jump."

Sure, it's a little more complicated than that, but not by much. We believe in the specificity of training, which means that if you want to improve a skill, you will have to practice it faithfully and regularly.

We're not saying that there are no other exercises that can assist your jumping. Variety innovation, and the concurrent implementation of adjunct activities can assist in the process. Strength training is, of course, another vital element of the program.

Let's take a step-by-step look at our jump training components.

Dynamic Warm-up/Flexibility

Our basketball teams always begin their workouts with a dynamic warm-up, including a

a/ Hurdle series

(stepping over and under track hurdles and leg swings, which work the leg and hip muscles through a full range of motion.

Two different leg swing drills are performed for about 15 seconds apiece:

The first drill is

b/Leg abduction/ adduction.

Stand about arm's length from a wall and place both hands on the wall about shoulder-width apart. Swing the right leg out and away to the side of the body and back across the mid-line of the body.

Note: It is important to pivot on the ball of the left foot with each swing to obtain a smooth, full-range transition from abduction to adduction. Next, repeat the drill with the left leg.

c/ The second drill is hip flexion! extension.
Start in the same position with both hands on the wall and balanced on the ball of the left foot. Lift the right knee up to chest (hip flexion and then follow with a kick of the leg backwards.

Note: Keep the leg bent at approximately 90 degrees for both flexion and extension.

Strength Training for the Lower Body

For the most part, our summer strength training is comprehensive. We do it three times per week on non-consecutive days (Monday, Wednesday & Friday). Our lower-body training regimen for basketball players is shown in the accompanying chart.

Note: We also work on our upper body on these days (see chart above).

After performing total body workouts in the weight room on Monday and Wednesday, we focus on just the upper body in the weight room on Friday, and then proceed to our jump training.

In addition to fostering the development of the vertical jump, jump training yields such benefits as muscle control and strength critical elements in reducing the risk of knee injury, especially for female athletes.

Pre-training Considerations

Although a program of this nature provides a nice alternative to the regular rigors of the weight room, jump training must be approached with caution and low-intensity drills that gradually progress to the more demanding drills.

**We recommend 4-6 weeks of intense, progressive strength training for the leg, hip, and low-back musculature before initiating the jump-training program. In addition, a physician should clear any athletes with chronic lumbar and orthopedic problems before partaking in such activities.

Surface considerations must always be taken into account in jump training. Softer surfaces are recommended, such as our sand pit and grass or Astro-Play practice fields. The sand pit provides a soft surface, but the texture makes it much harder for the leg and hip muscles to perform the given exercise. In inclement weather, we have the Astro-Play surface to fall back on.

**Note: Because of weather conditions, we had to take the accompanying photos on a basketball court. We strongly recommend the use of a softer surface for jump training.

Volume and Progression

In our jump training, we count the number of "foot contacts" throughout the workout. We try to keep them between 70 and 90 early in the off season. We add about 10 "foot contacts" per week and end the summer with 180-200 jumps.

Drills

Our basketball teams perform the following drills of varying difficulty, with suggested volume in parentheses:

1.High Knee Skip. Push off the left foot and punch the right knee upward to 90 degrees and the left arm upward (elbows at 90 degrees). After landing on the left foot, snap the right foot down and push off the right foot for the next rep. Since emphasis is on vertical explosion, push off the ground as hard as possible. (Repeat drill for 10 skips per foot.)

2 Single Leg Pops. Start with a 10-yard sprint, and perform a low "skimming" jump on one foot. The foot should just barely clear the ground, with emphasis on horizontal speed. (Repeat drill for 10 reps on each leg.)

3. Ankle Flips. Start by jogging in place (as if skipping rope in an alternating foot fashion). Push off one leg, driving toes down, and get as much vertical height as possible. Land on the opposite foot and repeat movement. Remember, goal is to get vertical, so throw both arms into air simultaneously to gain upward thrust. (Repeat drill for 10 reps per foot.)

4. Bounding. Begin with a 10-yard sprint, then drive a knee to chest and try to gain both height and horizontal distance with "hang time."

Always land on leg you drove to the chest and use it as push-off leg. This drill is very similar to ankle flips except that you are combining the horizontal component with the vertical component. (Repeat drill for 10 reps per foot.)

5. Tuck Jumps. Jump in place as high as possible, bringing both knees to chest on every jump. (Repeat drill for 20 reps.)

6. Frog Jumps. Jump forward as far as you can (i.e. standing long jump) and cushion your landing by bending the knees and sinking the hips. (Repeat drill for 20 reps.)

8.Backboard Slaps. Usually done on a basketball court, but can be performed against a wall. Jump up and slap the glass with both hands. Upon landing, step-slide underneath rim and jump up and slap glass again. Continue side-to-side movement upon landing. (Repeat drill for 10 reps.)

Final Rep

Michigan State has led the Big Ten in rebounding for six straight years. This is primarily due to the aggressive manner with which Tom Izzo coaches his players to attack the boards and loose balls. Our jump training program has contributed, albeit as a distant third to toughness and tenacity, to this statistic.

MONDAY		**WEDNESDAY**	
PENDULUM SQUAT	1X10-15	ISO-LATERAL LEG PRESS	1X10-15
LEG CURLS	1X 8-12	LUNGES	1X15EA
PENDULUM SQUAT	1X10-15	SINGLE LEG SQUATS	1X15EA
GLUTE/HAM	1X20	OR WALL SIT	MAX TIME
AVENGER LEG PRESS	1X10-15	GLUTE/HAM	1X20
HIP ADDUCTION	1X10-15	HIP FLEXION	1X10-15
SEATED CALF RAISES	1X25	STANDING CALF RAISES	1X100
		ANKLE DORSI FLEXION	1X30
+UPPER BODY		+UPPER BODY	

FRIDAY

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  PENDULUM SQUAT    JUMP TRAINING
    LEG CURLS       + UPPER BODY
  PENDULUM SQUAT
    GLUTE/HAM
AVENGER LEG PRESS
  HIP ADDUCTION
SEATED CALF RAISES

   +UPPER BODY
```

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MIAMI HEAT GAME PLAN

STARTERS

PG: FISHER (LEFTY) 11 PPG, 2.5 APG, 1 SPG, .405 3PT
PRIMARILY A JUMP SHOOTER (89% OF HIS SHOTS)
41% FROM 3 (5 ATT PER G). 47% OPEN J. 34% GUARDED J
42% C&S J. 34% J OFF DRIBBLE. 44% P&R J
35% DRIVER. DRIVES LEFT. PHYSICAL DEFENDER

G: BRYANT 25.5 PPG, 5.6 APG, 5.5 RPG, 1.5 SPG, .267 3PT
GREAT TRANSITION PLAYER. ATTACKS RIM. ***LOB THREAT***
43% FACE-UP J. 58% OPEN J. 39% GUARDED J
40% 1-ON-1 J. 46% TRANS J. 41% P&R J. 27% FROM 3
58% DRIVER. ***LIKES L-R CROSSOVER & R-L SPIN***
57% ON POSTUPS. BEST TURNING TO BASE IN LP

F: FOX 28 MPG, 7.9 PPG, 4.9 RPG, 3.6 APG, .314 3PT
MOSTLY A JUMP SHOOTER.(2/3 OF HIS SHOTS)
33% FACE-UP J. 52% OPEN J. 22% GUARDED J
31% FROM 3 (3 ATT PER G). ACTIVE ON POST DIVES
44% DRIVER. DRIVES RIGHT. LEFT SH TURN IN LP

F/C: WALKER 24 MPG, 6.6 PPG, 6.8 RPG, 1.4 BPG, .506 FG
ACTIVE ON OFFENSIVE GLASS (*1 PUTBACK PER GAME*)
55% ON POSTUPS. TURNS MID FROM BOTH BLOCKS
GOOD SHORT-RANGE J (49%). 44% FACE-UP J
LIKES PICK & POP (75%). 56% OPEN J. DRIVES RIGHT

C: O'NEAL 26.7 PPG, 10.8 RPG, 3 APG, 2.2 BPG, .540 FT
MIGHT NOT PLAY (WRIST INJURY). GREAT RUNNER
1 TRANS LAYUP PER G. 60% ON POSTUPS. L SH TURN IN LP
75% ON DROP STEPS (BOTH WAYS). 54% RIGHT HOOK
46% R SH TURNAROUND. RARELY SHOOTS J OR DRIVES
EXC OFF REB'NDER (3.6 PER G & 2.2 PUTBACKS PER G)

PG: HUNTER 20 MPG, 6 PPG, 1.6 APG, .385 3PT, .474 FT
STREAKY SHOOTER. 39% FACE-UP J. 44% OPEN J
39% FROM 3 (2.6 ATT PER G). 42% J OFF POST PASS
LIKES PULLUP J TO LEFT. 38% J OFF DRIBBLE
40% DRIVER. DRIVES LEFT. 47% FROM FT LINE

G: SHAW (10 MPG)
STRICTLY A C&S PLAYER
EXC OPEN SHOOTER (70%)
22% GUARDED J. 35% FROM 3
DRIVES R. R SH TURN IN LP

G: RICHMOND (11 MPG)
MOSTLY A JUMP SH'TER
56% OPEN J. 37% GUARDED J
50% C&S J. 29% J OFF DRIBBLE
L SH TURN IN LP. DRIVES R

G/F: GEORGE 21 MPG, 7 PPG, 3.7 RPG, .370 3PT, .684 FT
ATHLETIC. ***RUNS THE FLOOR WELL***. STREAKY PLAYER
MOSTLY A JUMP SHOOTER. 38% FACE UP J. 41% OPEN J
37% FROM 3 (2.2 ATT PER G). 47% P&R J. 44% J OFF DRIBBLE
ACTIVE W/O THE BALL. 48% DRIVER. DRIVES LEFT

F: HORRY 26.5 MPG, 6.9 PPG, 5.9 RPG, 1 SPG, .384 3PT
MOSTLY A JUMP SHOOTER (63% OF HIS SHOTS ARE J'S)
27% FACE-UP J. 38% FROM 3 (2.5 ATT PER G). 41% OPEN J
18% GUARDED J. GOES LEFT ON RARE DRIVES
GOOD OFFENSIVE REBOUNDER (1.7 PER G)

F/C: MEDVEDENKO (10 MPG)
GOOD OFF REBOUNDER
20' RANGE ON J. 50% OPEN J
27% GUARDED J. 45% C&S J
DRIVES R. R SH TURN IN LP

F/C: MADSEN (11 MPG)
EFFORT/ENERGY PLAYER
GREAT OFF REBOUNDER
LEFT SHOULDER TURN IN LP
ACTIVE W/O BALL

KEYS

OFFENSIVE

1. **HIGH ENERGY ATTACK**. RUN HARD FOR LAYUPS, OPPORTUNITY J'S & DEEP POST POSITION BEFORE THE #2 DEFENSIVE FG% TEAM CAN DIG IN (*9TH IN PTS ALLOWED*).
2. **INTELLIGENT POST GAME**. *13-21, 62%, ON POSTUPS IN LAST GAME*. LOOK TO POST DEEP & GO QUICK ON DEEP CATCHES. EXPECT SAGS, LAP-SITS & LONG-ARMED DIGS. GET THE BALL OUT & RE-POST OR SWING THE BALL & PLAY THE GAME. ***DON'T HOLD & STARE.***
3. **ATTACK THE WHITE**. SET & USE THE SCREEN WHENEVER POSSIBLE = GET INTO THE PAINT & MAKE PLAYS. IF FORCED INTO WHITE, BAIT THE TRAP, KICK IT OUT & PTG (*FORCED INTO WHITE 5X LAST G, SCORED 5 PTS*).
4. **DRIVE, DRAW & DISH**. *6-12, 50% ON DRIVE & KICKS IN LAST G*. BE AGGRESSIVE & ATTACK THE PAINT = DON'T SETTLE FOR LONG J'S (*1ST IN 3PT% ALLOWED)*. MAKE THEIR BIGS COMMIT & KICK TO OPEN TEAMMATES (*4TH IN BLKS*).
5. **ALERT VS. ZONE**. NOT PLAYING MUCH ZONE RECENTLY, BUT *SHOWED 7 POSSESSIONS OF ZONE IN LAST G (SCORED 8 PTS)*. ATTACK THE GAPS & MAKE THE ZONE GUARD YOU. DON'T SETTLE FOR LONG J'S.

DEFENSIVE

1. **BACK ON RAISE AND PROTECT**. *4TH IN SCORING*. SPRINT BACK & LOAD TO BRYANT'S EARLY ASSAULTS TO RIM (*1 TRANS LAYUP PER G*) & MEET SHAQ EARLY TO PREVENT HIM FROM GETTING HIS HEAD UNDER THE RIM.
2. **INTO THEM EARLY**. MEET BRYANT & FISHER EARLY & MAKE THEM HANDLE VS. EXTREME PRESSURE. FORCE THEM TO START THEIR OFFENSE FARTHER OUT, *BUT DO NOT OVEREXTEND (6 OVEREXTENDS FOR 10 PTS IN LAST GAME)*. ***WEAR ON THEM FOR 48 MIN!***
3. **PACK VS. SHAQ (*IF AVAILABLE*).** *2ND IN SCORING, 1ST IN FT'S ATTEMPTED.* MEET HIM EARLY & KEEP A BODY BETWEEN HIM & THE BASKET AT ALL TIMES. BE READY TO DIG HARD & PULL TRIGGERS, IF NECESSARY.
4. **ALL 5 VS. BRYANT**. *4TH IN SCORING, 6TH IN FT'S ATTEMPTED*. CONTAIN HIM WITH GREAT DL TECHNIQUE, CATCH HIS MOVE, SLIDE & CHEST & WALL UP = MAKE HIM SHOOT CONTESTED SHOTS W/O FOULING (*5 BAILOUTS FOR 7 PTS IN LAST GAME*).
5. **NO LAYUPS**. CANNOT AFFORD TO GIVE LAKERS EASY BASKETS. ***NO SPIN OUTS, NO LOBS, NO BACKCUTS, NO REVERSES, ETC.*** = PUSH EVERYTHING TO THE BALL & MAKE THEM EARN THEIR BASKETS OVER THE TOP.
6. **NO AIR SPACE.** CLOSE HARD TO CHEST W/WEIGHT DOWN VS. A GREAT SPOT-UP SHOOTING TEAM (*50% OPEN J'S*). BE DISCIPLINED & STEP UP & STICK ON FLAT DRIVES (16 TOO MUCH AIR FOR 30 PTS IN LAST G).
7. **FINISH THE DEFENSE**. LAKERS POUNDED US ON THE OFFENSIVE GLASS IN LAST G (*17 ORBS FOR 31 SECOND CHANCE PTS*). SET THE TONE & HIT THEM EARLY & HARD ON BLOCK OUTS. ***WIN THE REBOUND WAR.***

LAKERS PROFILE:

- #2 IN FG% ALLOWED
- #4 IN SCORING
- #4 IN TOT REBOUNDING
- #5 IN FG%
- #5 IN DEF REBOUNDING
- #7 IN BLOCKS
- #7 IN ASSISTS
- #9 IN PTS ALLOWED
- #11 IN OFF REBOUNDING

Game #76 L.A. Lakers @ Miami April 7, 2002

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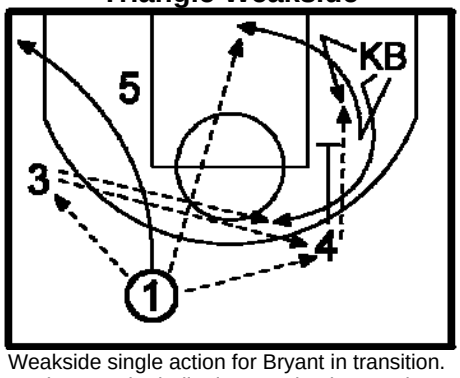
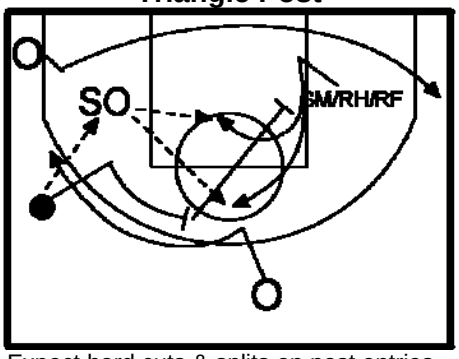
F/C: MEDVEDENKO 10.8 MPG, 4.9 PPG, 2.6 RPG
RUNS WELL. **3RD IN OFFENSIVE REBOUNDS PER MINUTE. AVERAGES 1 PUTBACK PER GAME.** 17' RANGE ON J
44% SHORT-RANGE J. 47% OPEN J. 12% GUARDED
DRIVES RIGHT. R SH TURN IN LP. POOR FT SH'TER (61%)

Triangle Weakside



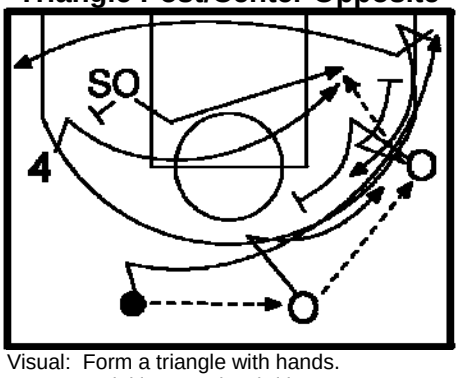
Weakside single action for Bryant in transition. *Push KB to the ball = loves to backcut to rim for lob. If 1 hits 4 at HP, KB can also postup (our "22" action) = 57% on postups, most effective turning to baseline.*

Triangle Post



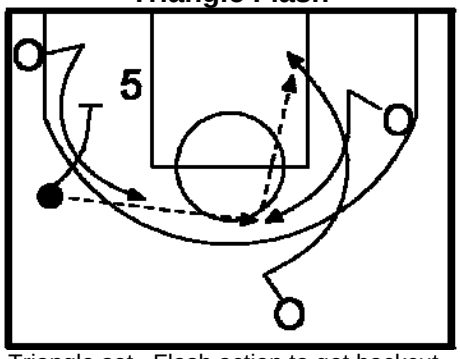
Expect hard cuts & splits on post entries. *Be especially alert for bump action for weakside post player (SM, RH, & RF are all good C&S players).*

Triangle Post/Center Opposite



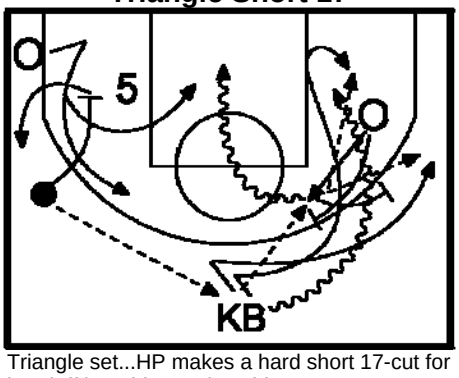
Visual: Form a triangle with hands. Corner cut initiates action (with center & 4-man on weakside). *Two primary options: 1) Shaq lane cuts to strongside low post for postup. 2) 4 slice cuts to strongside low post.*

Triangle Flash



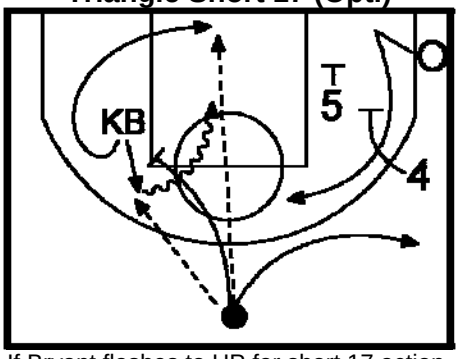
Triangle set...Flash action to get backcut vs. denial. ***Push everything to ball = do not overextend.***

Triangle Short 17



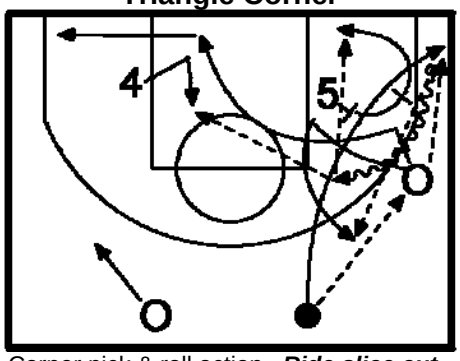
Triangle set...HP makes a hard short 17-cut for handoff into drive to rim, side P&R or HP isolation. Horry also likes to set flat pick for Bryant. ***Alert for Bryant basket cutting for hook post.***

Triangle Short 17 (Opt.)



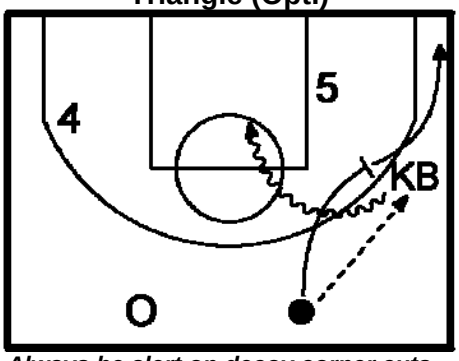
If Bryant flashes to HP for short 17 action = expect him to isolate or receive brush screen. ***Alert: Push Bryant to the ball = loves to spin out for lob.***

Triangle Corner



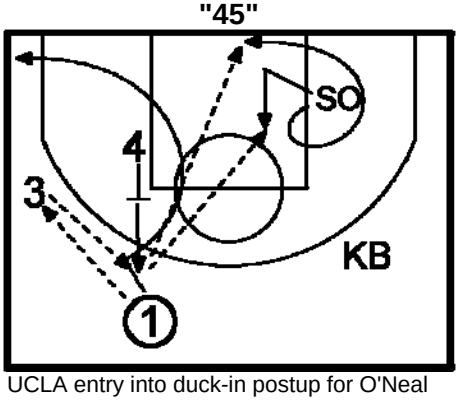
Corner pick & roll action. ***Ride slice cut baseline = Fox will pop back for 3pter vs. cheating defender.***

Triangle (Opt.)



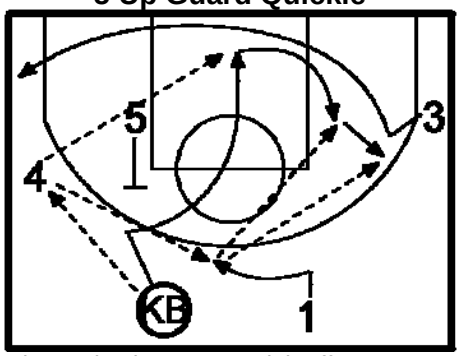
Always be alert on decoy corner cuts into brush screens for Bryant (41% pick & roll J).

"45"



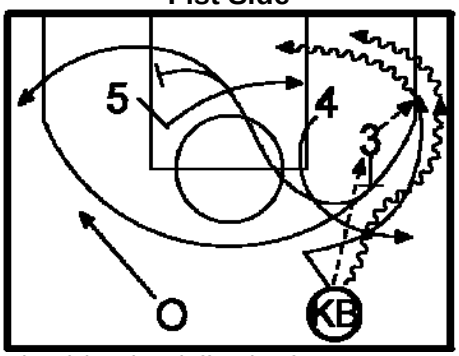
UCLA entry into duck-in postup for O'Neal (*60% on postups, least effective turning to right shoulder*). ***Do not overextend = O'Neal loves to spin out for the lob.***

"5 Up Guard Quickie"



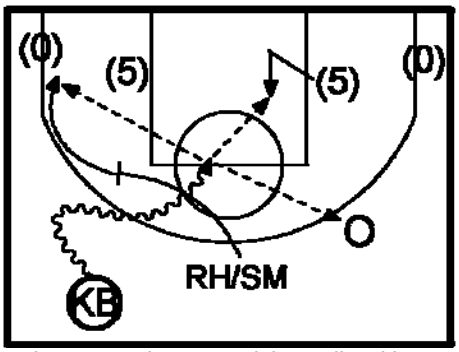
First option is Bryant on lob off UCLA cut to rim. Second look is Bryant postup or wing isolation with side cleared.

"Fist Side"



Flat pick or handoff action for Bryant. *Without O'Neal, look for Bryant to try to turn the corner for layup or wing isolation*.

"42"



Lakers run a lot more pick & rolls with Bryant when O'Neal is not playing. Traditional "42" = UCLA cut...into...side pick & roll.

OFFENSIVE GAME PLAN

GENERAL

1. **DEFENSIVE COMPLETION**. LAKERS ARE A SOLID DEFENSIVE UNIT, AS INDICATED BY THEIR NUMBERS:
   - **#1 IN 3PT% ALLOWED**
   - **#2 IN FG% ALLOWED**
   - **#5 IN DEFENSIVE REBOUNDING**
   - **#4 IN TOTAL REBOUNDING**
   - **#7 IN BLOCKED SHOTS**
   - **#9 IN PTS ALLOWED**
   - **#18 IN STEALS**

2. **PACK PRINCIPLES**. LAKERS WILL PACK THE PAINT WITH SIZE & LONG ARMS, YET ARE ATHLETIC ENOUGH TO CLOSE OUT TO SHOOTERS (*1ST IN 3PT% ALLOWED*). EXPECT THEM TO **PLAY BEHIND** POSTUPS (*WITH SAGS & DIGS*), **WHITE** ON P&R'S & **SHOOT THE GAP** ON CATCH & SHOOTS.

POSTUPS

1. MOSTLY **¾ OR PLAY BEHIND** & ALLOW PASSES TO COME INTO THE POST.
2. HORRY & MADSEN WILL **RED** ON OCCASION.
3. LAKERS' BIGS ARE ACTIVE & USE THEIR LENGTH WHEN PLAYING BEHIND POSTUPS. THEY ARE VERY GOOD AT REACHING AROUND & TIPPING POST ENTRY PASSES AWAY.
4. LAKERS MOSTLY PLAY **STRAIGHT UP** IN THE POST, RELYING ON PERIMETER DIGS, SAGS & LAP-SITS OFF NON-SHOOTERS.
5. PERIMETERS **SAG & PLAY YO-YO** GAME TO DISRUPT ENTRY PASSES. THEIR LONG ARMS MAKE THIS VERY DISRUPTIVE.
6. WEAKSIDE BIG COMES OVER TO BLOCK SHOTS ON POST MOVES TO THE MIDDLE, LEAVING THE WEAKIDE EXPOSED FOR GREAT OFFENSIVE REBOUNDING POSITION.
7. LAKERS WILL NOT FOLLOW CUTTERS THRU TO THE WEAKSIDE ON POST ENTRIES = THEY HOLD & ZONE OR LAP-SIT TO DISRUPT POSTUPS.
8. AT TIMES, LAKERS HAVE **BLUED** HIGH-SCORING PERIMETERS ON DEEP DRIBBLES (*WITH PERIMETER ROTATIONS*).

PICK & ROLLS

VS. SIDE & HIGH:

1. PRIMARY SCHEME IS **WHITE** (*THEIR "BLUE" CALL"*) WITH **STUNT & SLIDE ROTATION**. ALERT FOR BRYANT FULL ROTATING INTO PASSING LANE.
2. **ZONE & OVER OR UNDER** WHEN UNABLE TO ORGANIZE. LAKERS' BIGS DO NOT WANT TO LEAVE THE PAINT = *CAN GET GREAT OPPORTUNITIES TO PULLUP FOR JUMP SHOT OR GET INTO THE PAINT AND MAKE PLAYS*.
3. WALKER & HORRY WILL GENERALLY **SHOW OR ZONE & RECOVER BACK** ON HIGH PICK & ROLLS.
4. **SWITCH** SAME SIZE (1, 2, 3) PICK & ROLLS.

VS. HEAT SETS (1-16-02):

- "THUMB UP/DOWN" = **ZONE & UNDER, ZONE & OVER** (E. HOUSE) AND **SHOW & UNDER**. LAKERS WILL **WHITE** HIGH P&R'S, BUT DID NOT IN OUR GAME.
- "SLICE GET" = **ZONE & OVER**.
- "23 GET" = **ZONE & OVER**.
- "30 SOG" = **WHITE.**

CATCH & SHOOTS

1. PRIMARY SCHEME IS TO **SHOOT THE GAP** WITH SOME **LOCK & TRAIL**.
2. BRYANT **SHOOTS THE GAP** & EXTENDS WAY OUT INTO THE PASSING LANES ON CATCH & SHOOTS (*1.5 STEALS PER GAME*).
3. **SWITCH** SAME SIZE ON FLOPPY EXCHANGES.
4. SOMETIMES **BASELINE** OUR SINGLE ACTION WHEN ORGANIZED. LAKERS BASELINED HARDAWAY LAST YEAR ON OUR SINGLES.
5. WILL **SHOOT THE GAP** INTO AN AUTOMATIC **WHITE** VS. OUR 'FLOPPY DOWN' ACTION.

ZONES

- **1-2-2 ZONE**. PLAYED 7 POSSESSIONS IN OUR LAST GAME (*SCORED 8 POINTS*).

TRAPS / PRESSES

1. RARELY EXTEND PRESSURE FULL COURT. FISHER & HUNTER WILL OCCASIONALLY PICK UP ¾ COURT AND APPLY EXTREME BALL PRESSURE.
2. LATE GAME TRAPS (ONLY WHEN BEHIND) = FULL COURT MAN-TO-MAN PRESS. WILL TRAP FIRST PASS IN CORNER.

COACHES' COMMENTS

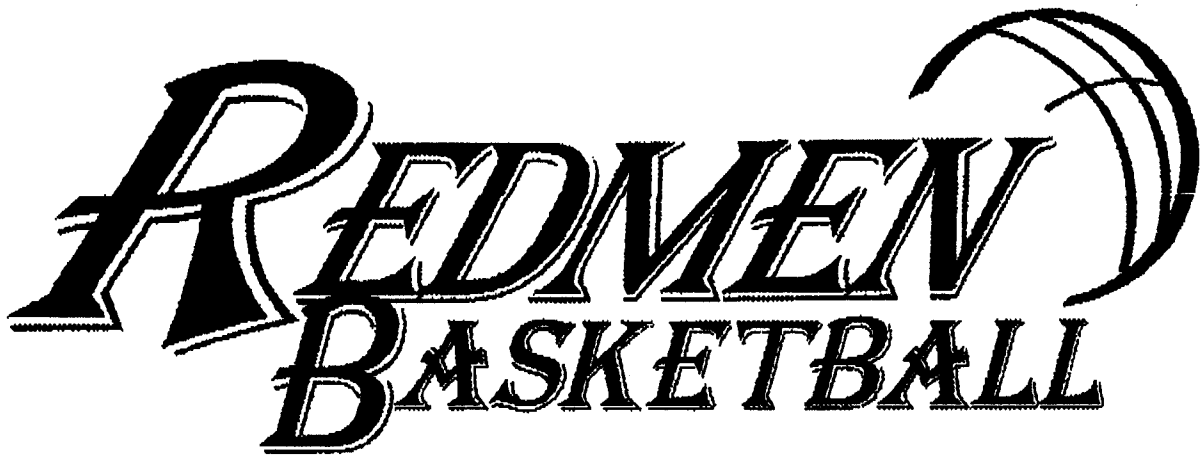
STAN VAN GUNDY NOTES

DEFENSE

1. **GREAT CONVERSION =**
   - NEED ABSOLUTELY ROCK SOLID OFFENSE.
   - MUST BE BACK ON THE RAISE = WILL RUN OUT, ESP IF THEY HAVE O'NEAL TO REBOUND.
   - MUST LOAD TO BRYANT & MATCH WITH SHOOTERS = FISHER, FOX & HORRY AT THE ARC.
2. **IN THEIR ASS, BUT COMPACT =**
   - DO NOT WANT TO OVER-EXTEND OUR BP ON GUARDS = THEY MAKE PASS UP SIDELINE & SPEED CUT.
   - DO NOT WANT TO BE OVER-EXTENDED OPENING UP GAPS FOR DRIVES & GIVING O'NEAL ROOM TO OPERATE = WANT TO PLAY FROM JUST OUTSIDE THE ARC IN.
   - SAG ON NON-SHOOTERS = MEDVEDENKO & WALKER, PRIMARILY TO DISRUPT ENTRIES.
3. **TRIANGLE OFFENSE =**
   - NO MIDDLE STANCE (SHOULDERS SQUARE TO SIDELINE) WHEN BALL IS ON WING = THEY SET BRUSH SCREEN FOR MIDDLE DRIVE OR JUST DRIVE OFF CUTTER'S ASS.
   - POST ENTRY = BUMP OR SPLIT =
     - SUS ON SPLIT = CAN SWITCH SAME SIZE.
     - WEDGE THRU ON BUMP, BUT CAN SWITCH SAME SIZE & ON WALKER AND MEDVEDENKO CAN SHOOT THE GAP.
   - X5 MUST ZONE ALL THE WEAKSIDE ACTION ON THEIR SHORT 17 ACTION = (WITH O'NEAL??) =
     - BE READY TO BUMP / TAKE TIGHT CURL.
     - WILL PINDOWN & CUT UNDER 5.
   - DO WE WANT TO LET THEM SWITCH SAME SIZE? = WE HAVEN'T SWITCHED VS. THEM OR CHICAGO THIS YEAR.
   - KEEP BODIES ON THEM = LIKE TO CURL & POP SCREENER BACK.
   - TOUGHEST SITUATION, IN MY OPINION, IS DHO TO MAN COMING OUT OF CORNER = SIMILAR TO WHAT NJ DOES I WOULD ZONE IT <u>EXCEPT</u> MAYBE ON BRYANT = SWITCH WITH PERIMETERS OR BLITZ WITH BIGS.
   - DENY THEIR F'S (& 5) OUT AT ELBOW ON H.O. =
     - IF WE GET THEM OUT CAN OPEN UP & SLIDE THRU.
     - IN SCORING AREA = HAVE TO SUS.
     - THEY REALLY LIKE TO FAKE H.O. AND TURN & SHOOT J OR DRIVE MIDDLE.
   - RUN A LOT OF CENTER OPPOSITE = CUT OFF 5 TO POST = TALK ABOUT WHO WE WANT WHO WE WANT TO LC TO A RED & WHO WE JUST WANT TO PUSH TO BALL.
4. **O'NEAL =**
   - I EXPECT HIM TO PLAY.
   - HE'S VIRTUALLY UNSTOPPABLE, BUT WE'VE COMPETED PRETTY WELL AGAINST HIM,
   - MEET HIM EARLY, WALL HIM TO THE BALL & TRY TO STAY BETWEEN HIM & THE BASKET = DON'T GIVE HIM AN ANGLE TO SEAL US AND DROP STEP = TOUGHEST ON HI-LO PASS.
   - SAG/SIT IN HIS LAP ON ENTRIES AS MUCH AS POSSIBLE (WE'RE NOT RED SO NO REASON TO BP).
   - STAY COMPACT & LEAN TO THE POST.
   - FOUL HIM ANY TIME HE HAS US SEALED FOR LAYUPS = DON'T LET HIM GET HIM ARMS UP.
   - FOUL HIM ON EVERY TOUCH IN LAST FEW MINUTES.
   - HOW DO WE BLUE HIM =
     - I WOULDN'T TO START BUT IF HE'S KILLING US.
     - CAN JUST SWARM = EVERYONE DROP TO PAINT, DIG, CLOG THE LANE & CLOSE OR.
     - BLUE OFF TOP & FULL ROTATE.
     - BLUE OFF DESIGNATED MAN (THERE AREN'T MANY NON-SHOOTERS), OTHER 3 TO PAINT ON CUTTERS,
     - STAY HOME ON FISHER & BRYANT AS MUCH AS POSSIBLE.
5. **BRYANT =**
   - RIGHT WITH HIM.
   - SLIDE FEET & CONTAIN AS MUCH AS POSSIBLE.
   - WHEN HE HAS BALL = PACK & EARLY HELP = COME ON FIRST DRIBBLE = GET #'S IN FRONT.
   - RED HIM IN POST, BUT DON'T OVER-EXTEND & GIVE UP SPIN OUT.
   - IF O'NEAL DOESN'T PLAY OR ISN'T IN WE CAN BIG BLUE IF WE HAVE TO.
6. **PICK & ROLLS =**
   - WITHOUT O'NEAL IT'S SIMPLE = BLITZ BRYANT, SHARP SHOW ON OTHERS, AND SWITCH 1-2, 1-3, 2-3 (MAINLY ON FIST SIDE FLAT PICKS).
   - THE PROBLEM IS O'NEAL =
     - IF HE SETS PICK & WE BLITZ OR SHARP SHOW = MUST ROTATE EARLY.
     - IF HE'S ON WEAKSIDE & WE TAKE A BODY OFF HIM HE'S DUCKING IN.
   - IF HE PLAYS I'D STAY WITH SAME RULES, <u>BUT</u> I'D KEEP A BODY ON O'NEAL.
   - HAVE HURT US ON ELBOW PICK & ROLL = SHOWS HAVEN'T BEEN SHARP ENOUGH.
7. **CLOSE HARD =**
   - TO THE TOUCH / WEIGHT DOWN.
   - WE HAVE TO HELP, PROTECT, DIG ETC. 2 GREAT PLAYERS, <u>BUT</u> WE MUST PULL TRIGGERS AND ROTATE AS NECESSARY = CAN'T GIVE THEM OPEN LOOKS AT 3'S.
8. **REBOUND CHALLENGE =**
   - PLAYING BEHIND O'NEAL & KEEPING A BODY ON HIM SHOULD HELP, BUT
   - WE HAD TROUBLE ON GLASS EVEN WITHOUT HIM.
   - MUST ANTICIPATE THE RAISE & MAKE CONTACT = THEIR MOVEMENT MAKES IT TOUGH.

OFFENSE

1. **ROCK SOLID =**
   - TURNOVERS WILL = EASY POINTS AND WE CAN'T AFFORD THAT.
   - THEY'RE ONLY #18 IN FORCING TO'S, BUT THEY WILL BE UP & INTO US AND DENYING PASSES = MUST HOLD MEN IN & CREATE LEADS (ESPECIALLY AT HI POST SO WE CAN SWING BALL/GET TO FLASHES ETC..
   - WE MUST PLAY THE GAME QUICKLY, WITH FORCE & WELL IN 30 AND AT E.O.O = CANNOT COME TO A STOP.
2. **DRIVE & KICK / INSIDE-OUT =**
   - CAN & MUST GET IN PAINT DRAW HELP (& SINKS = ALL 5 WILL BE IN PAINT) & KICK TO OPEN PEOPLE IF WE CAN'T GET TO RIM TO FINISH.
   - WE CAN GET BY FISHER, FOX, GEORGE, SHAW ETC. = DROP OUR SHOULDER & ATTACK.
   - RUN SOME FLOPPY OUT = DRIVE AT 4 & KICK FOR J.
   - I THINK EVEN ZO SHOULD PULL VS. O'NEAL = CAN GET GOOD, OPEN J'S = JUST STAY ON BALANCE.
3. **POST GAME =**
   - CAN GO AT WALKER & MEDVEDENKO IF O'NEAL DOESN'T PLAY =
     - ZO KILLED THEM GOING BASELINE = POST HIGHER (MED. POST TO GET ROOM).
     - PACK & LAP SIT / DIG = CREATE SHOTS.
     - MAINLY BEHIND & 1 ON 1 = SHOULD BE ABLE TO POST.
   - EVEN VS. O'NEAL =
     - HE DESTROYED ZO THE LAST TIME THEY PLAYED (2 YEARS AGO HERE), <u>BUT</u> HE'S NOT AT FULL STRENGTH PHYSICALLY.
     - I'D SLICE AND FIST CURL AND ICE ZO SOME = WE WANT TOTALLY ON BALANCE, UNCONTESTED J OR DRIVE.
   - THINK ABOUT GETTING 4-5 SWITCHES =
     - GET BALL TO ZO VS. 4'S.
     - SPOT BRIAN UP ON WEAKSIDE BASELINE = IF O'NEAL COMES = KICK TO BRIAN.
     - RUN 30 CROSSES & 22/23 GET ROLLS (TOUGH TO WHITE).
     - LOOK FOR <u>LAYUPS</u> TO 4 OR GO TO 5'S SIDE.
4. **BEAT THE WHITE =**
   - ONLY WAY TO GET P&R'S WITHOUT WHITE IS ON QUICK GETS =
   - FLASH WHEN WE HIT WING & GET IS GOOD.
   - CAN ALSO HIT BIG GET H.O. & GO BACK TO P&R.
   - CAN RUN OUR ROLLS ETC. OUT OF 22/23, BUT MAY HAVE TO TAKE THE BALL TO 2/3 ON H.O.
   - WHEN WE SEE WHITE =
     - GO HARD AS SOON AS THEY TURN US FOR POCKET J AND TO ATTACK BIG.
     - MUST MAKE BIG PLAY BALL OR HE'LL JUST RELEASE BACK TO HIS MAN.
     - THROW IT BACK FOR J, DRIVE OR SWING IT ALL THE WAY.
5. **HI PICK & ROLLS =**
   - GO UNDER MOST OF TIME =
     - WORK ON RE-SETS ON THUMB UP.
     - ZO GOT ILLEGAL SCREEN ROLLING INTO MAN = MUST ROLL EARLY (WITH PROPER FOOTWORK) AND SLOWLY = DON'T WANT A COLLISION WITH THE GUARD.
     - ROD TURNED CORNER ON SLICE GET.
     - THUMBDOWN'S WERE GOOD = RUN OPEN TO THUMB DOWN = GET 4-5 SWITCH BEFORE PLAY STARTS.
     - HAVE WHITED HI PICK IN PAST = REVIEW SCREENING ON THUMB UP AND THE COUNTER ON THUMB DOWN.
6. CATCH & SHOOT =
   - EVERYTHING ON <u>FLASHES</u> CAN BE GOOD =
     - BEST WAY TO GET TO P&R.
     - GOT OPEN SHOTS ON WEAKSIDE ACTION.
   - THEY GO OVER TOP / SHOOT GAP ON ALL C&S =
     - FLASH AUTOMATICALLY.
     - SET SCREENS HIGHER = BETWEEN MEDIUM POST AND ELBOW = MAKE THEM GO WAY OVER TOP & OPEN UP FADE TO CORNER ON RUB, SINGLE (GOING BASELINE) AND FLOPPY.
   - 24 CHEST WAS GOOD.
7. **1-2-2 ZONE =**
   - A LOT AFTER TIMEOUTS WHEN THEY KNOW WE NEED A SET.
   - STAY WITH MILWAUKEE PLAN =
     - 30 PULL.
     - LOT OF GETS (30, FLOPPY DOWN ETC.)
     - THUMB DOWN & 2 UP THUMB DOWN & GETS



INDIVIDUAL WORKOUTS



1 on 1 Series

1.) Strong Hand (Long Step)

2.) Weak Hand

3.) Jab Step / Crossover

4.) Jab Step / Shot Fake / Strong Hand

5.) Jab Step / Shot Fake / Crossover

6.) Jab Step / Shoot

Day 1

Post: **Step in and Pin**

- **A. On the side and in the middle of the lane**
- **B. Drop Step Right and Left**
- **C. Turn and Face**

Perim: **7 Cut (Square-up and sell the cut)**

V Cut/Down Screen – Square Up – 2-step setup

- **A. J curl**
- **B. Circle** **Target**
- **C. Duck Back** **Hands**
- **D. Fade**

2-1 Screening – Proper Angle, Get Set, Lock Arms, Wait on the Screen, Cut, and Separate

Day 2

Post / Perimeter Breakdown

2-2 Down Screen

Day 3

2-2 Back Screen

2-2 Down Screen

2-2 Cross Screen

2-2 Flair Screen

Day 4

Post / Perimeter Breakdown

2-2 Back Screen / Re-Screen

2-2 Flair Screen – Back to corner, release

2-2 Live

Day 5

Post / Perimeter Breakdown

2-2 Cross Screen – hook into post

2-2 Live – Work on all screens

Day 6

2-2 Live v. Switching Man

Down Screen (screener slip / cutter touch and go)

Cross Screen (screener post / cutter separate)

Back Screen (screener post / cutter separate)

Flair Screen (screener slip)

Day 7

Post / Perimeter Breakdown

2-2 Live v. Switching Man or Play it Straight

Day 8

Post / Perimeter Breakdown

3-3 Baseline – Live

Day 9

Post / Perimeter Breakdown

2-2 Inside Live

Day 10

Post / Perimeter Breakdown

3-3 Perimeter – 2 guards 1 forward / Post stay on perimeter and flash cut

Day 11

2-2 Live – All Screens

3-3 Triangle – 2 Post and Perimeter

Day 12

2-2 Live

Motion Offense

Keys:

1. **Spacing** – Fill 5 spots 12'-15' apart. Not too close– not too far.
2. **Execution** – Proper screen angle-contact- separate- set up cuts.
3. **Read Your Man** – Screener and cutter
    a. How the cutter reacts to his man and comes off the screen
    b. Screen reacts to the cutter or slips the screen if his defender overplays.

Problems:

1. **Horizontal Spread** – Court balance
2. **Reversing the ball**
3. **Looking inside after receiving the ball**
4. **Holding a position -or the ball - for a 2 count before moving or passing**
5. **Staying high and wide** – Keeping the ball off baseline except for shot
6. **Passing to the post as soon as open**
7. **Timing of cuts with the ball.**

Rules:

1. **If an offensive man is below you downscreen unless you are the better shooter**
2. **Set up all cuts**
3. **Identify shooters**
4. **Four things to do after passing the ball:**
    a. "Seven" cut– Basket cut
    b. Screen away
    c. Set up and receive a screen
    d. Replace yourself– cut and come back
5. **When a player goes through the post, he must hold for a 2 count before he gets out of post– usually by back or cross screening**
6. **Player closest to middle of floor is usually the screener**

7. If defense switches, screener slips screen and cutter comes hard to ball.

8. Screener must always be inside the cutter– never even with each other

9. Screen always goes to cutter and headhunts –no air screens

10. Backscreener must follow cutter with vision and re-screen –if cutter goes through or defender helps on cutter –POP BACK TO BALL

11. Cutting:

a. cutter must always know where ball is

b. cutter must always watch/read his man and react accordingly

c. cutter must come off screens shoulder to shoulder

12. Screens:

a. Down screen

b. Back screen – re-screen

c. Cross screen

d. Flare screen

13. Screener:

a. Go to defender– headhunt screen

b. Be alert to defense and how they defend the screen

c. Flare screen must be set on lane– cutter must set up his cut

d. Back screener ALWAYS look to re-screen

14. Shot selection– Only take good shots for you –no bad shots or tough shots

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Northeastern Defensive Objectives

1. Stop the Ball
2. Get the Ball

Always Think On Defense

1. Pressure the ball properly- high and hard- Trace ball- Cushion
2. Work to keep vision in ball you man position
3. Keep the ball out of the post
4. Help early when your man screens or on dribble penetration
5. Recover hard-wide-tail down
6. Finish play defensively- REBOUND

Common Defensive Mistakes

1. Permitting dribbler straight line drives to basket
2. Failure to block out
3. Committing unnecessary fouls
4. Inadequate help on screens inside scoring area
5. Lack of communication
6. Failure to provide enough help on drives or penetrating passes
7. Insufficient pressure on passer
8. Failure to be alert away from the ball
9. Leisurely defensive conversion
10. Failure to really pressure shot
11. Failure to force offense to move to catch the ball
12. Failure to help post when defensive post helps on driver
13. Allow offense to do what it wants they move you instead of you moving them

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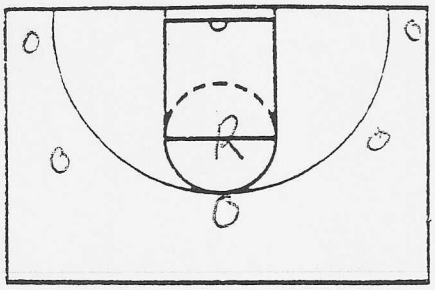
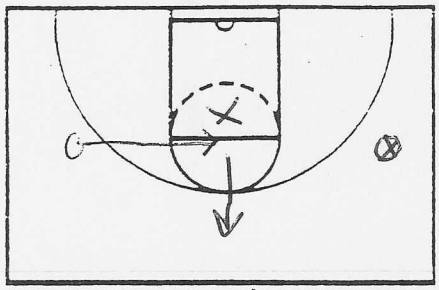
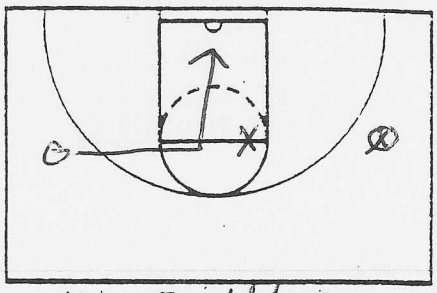


NOTES
Five spots

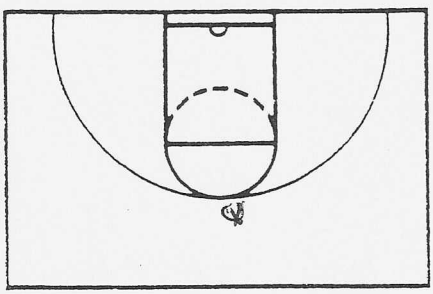
Read Spot Rules



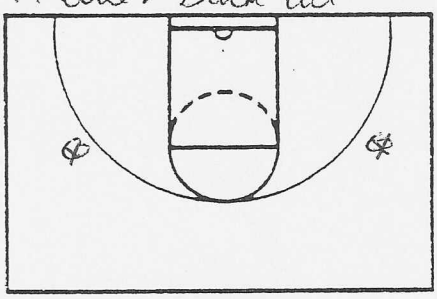
If defender below FT line: Ant cut
If defender is even/above FT line: Back cut



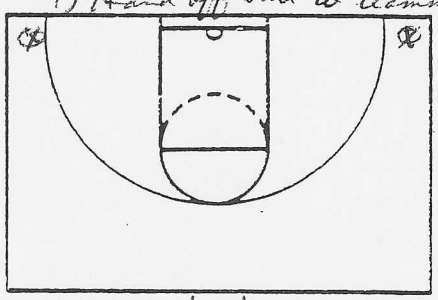
Use Dribble to
1) Drive or Drive/Kick
2) Get out of trouble
3) Improve a passing angle
4) Hand off ball to teammate



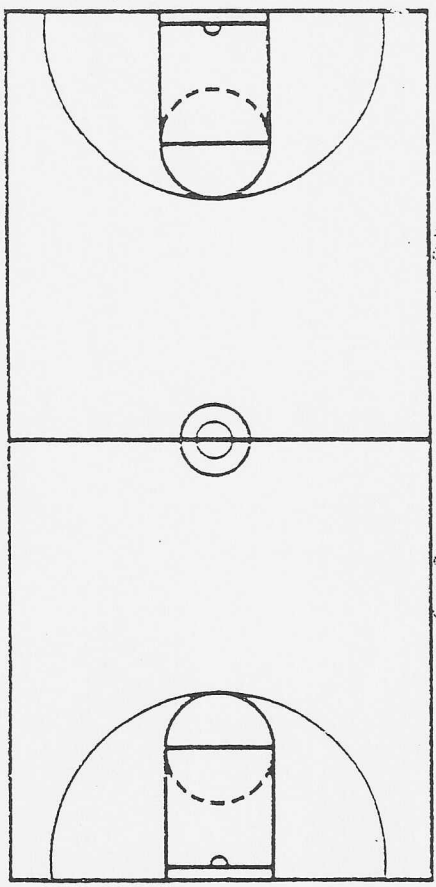
NOTES
Look to shoot / drive



Catch and face
Drive → Drive/Shoot

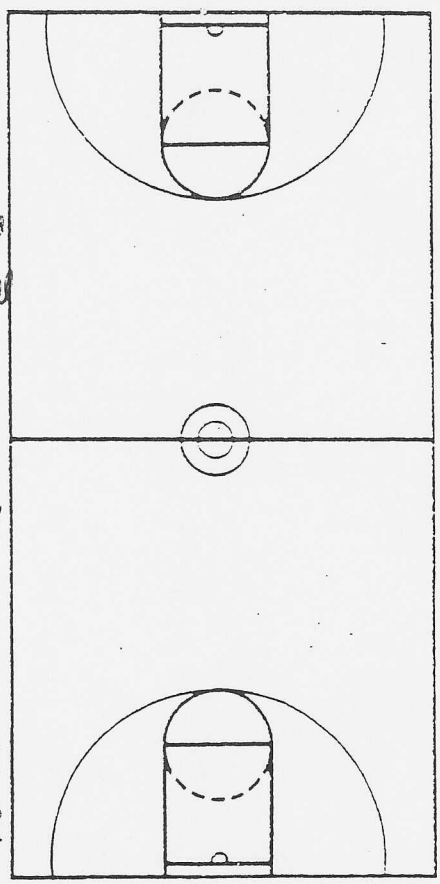


Stay alert
Don't hide
look to cut



NOTES
Reasons to use:
1) Spacing
2) adaptable to team / talent
3) Teach skills of basketball
4) Fun to coach / play

Rules:
1) Fill 5 spots
2) Fill spots closest to ball
3) Cut thru read spot
4) Back cut vs overplay
5) Dribbled at: Back cut
Dribble out of
Ball screen



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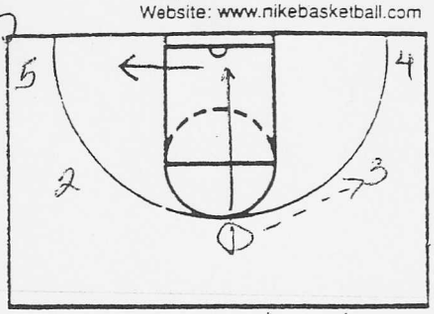
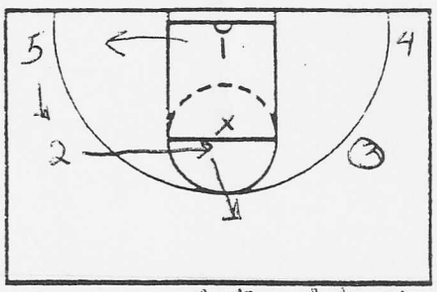
Shooting drill

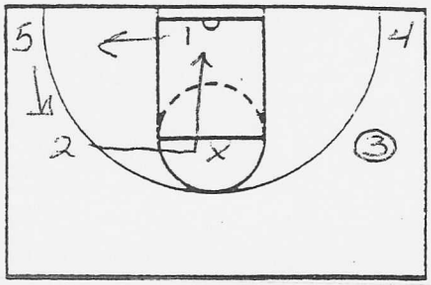


NOTES vs aggressive defense
1) Pass & basket cut
2) Back door overplay

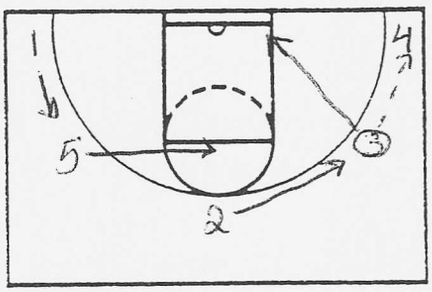


2 steps out toward ball not straight out.

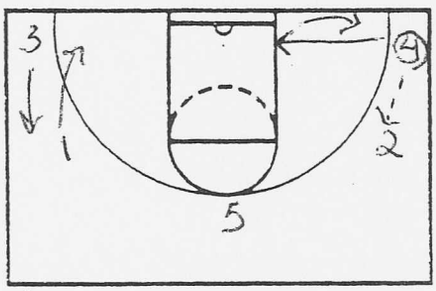
Defender underplay



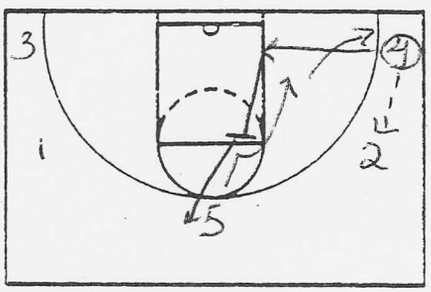
Defender overplay at red spot

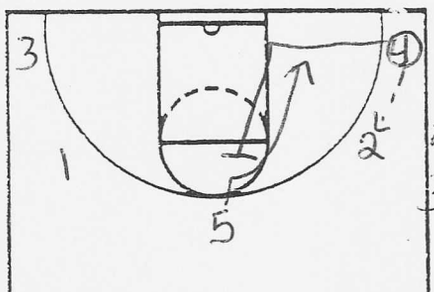


NOTES Wing to Corner

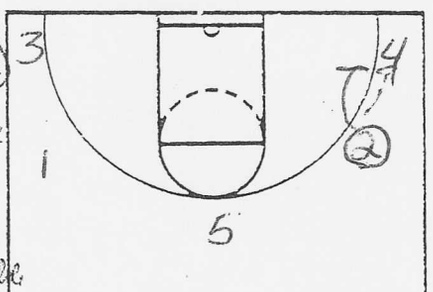


Corner options:
1) Pass to wing Cut & replace self (3 & 1 Can interchange/screen to keep weak side busy)
2) Drive
3) UCLA action





NOTES
1) Catch & face basket (pull)
2) Be ready on weak side
3) Use dribble to attack
Improve pass
get out of trouble
4) Reverse ball → Might reverse ball 5/6 x's facing quiet D"
(a standing defense wins)
(Shot selection should be your choice, not something dictated by the defense
5) Visual & Verbal cue for screens TALK
6) Cut to ball → Shorten passing lane
7) Get rebounds



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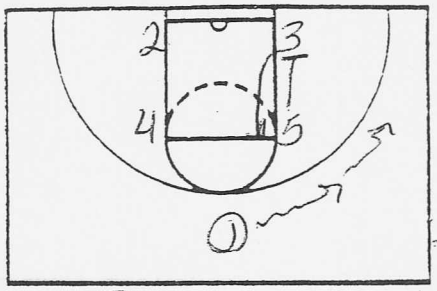
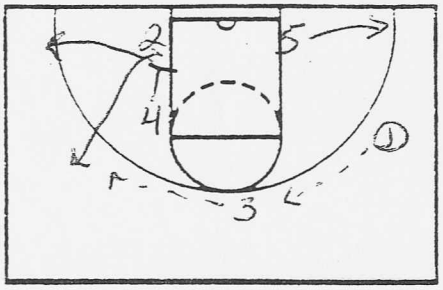
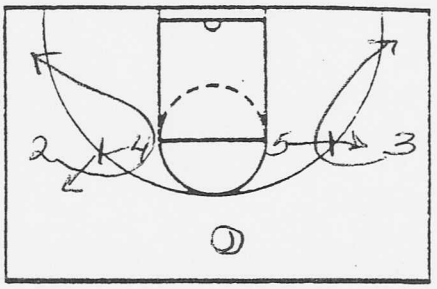
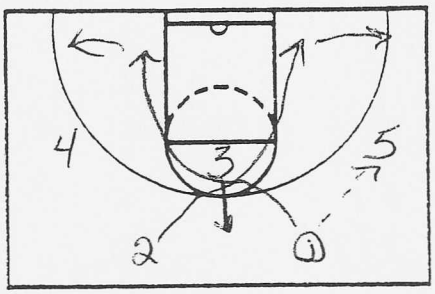




NOTES Box



1-4



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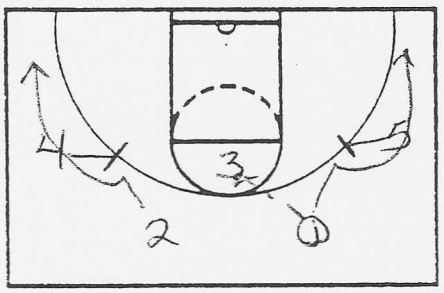
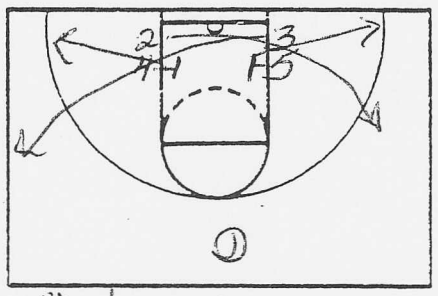
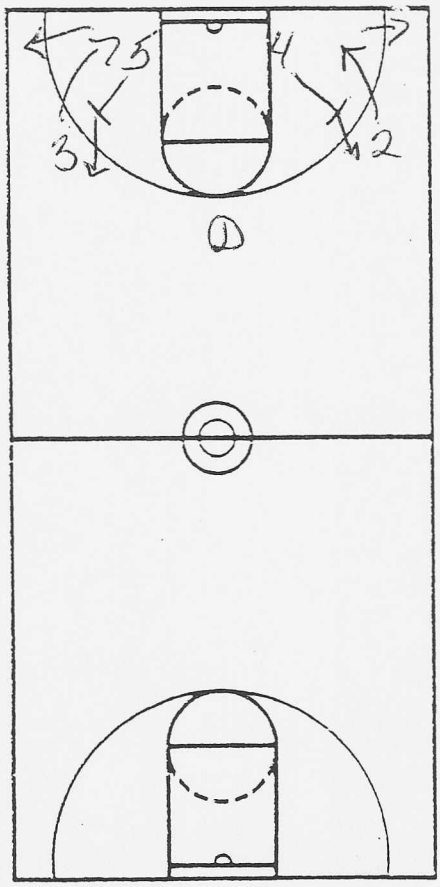


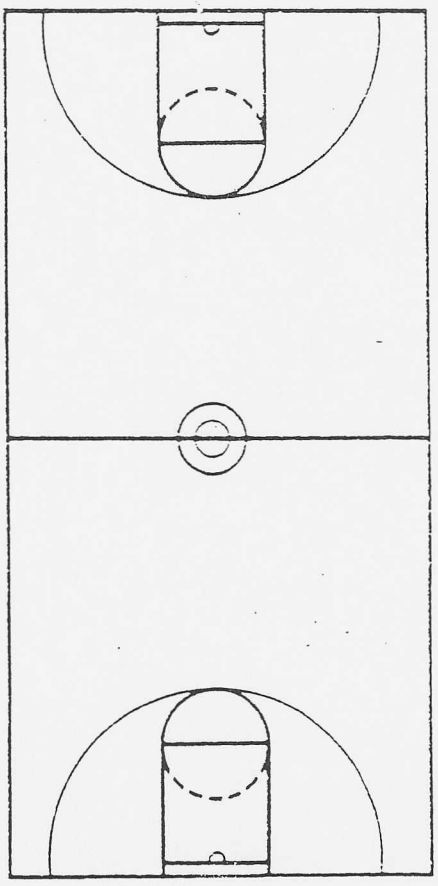
Flares



Stacks: 2/3 can pop out
or
2/3 can cross



NOTES
1-2-2
Back



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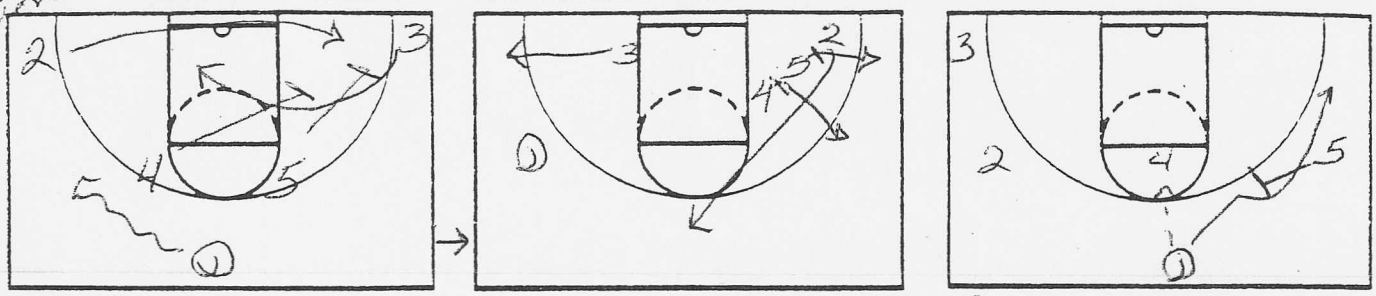
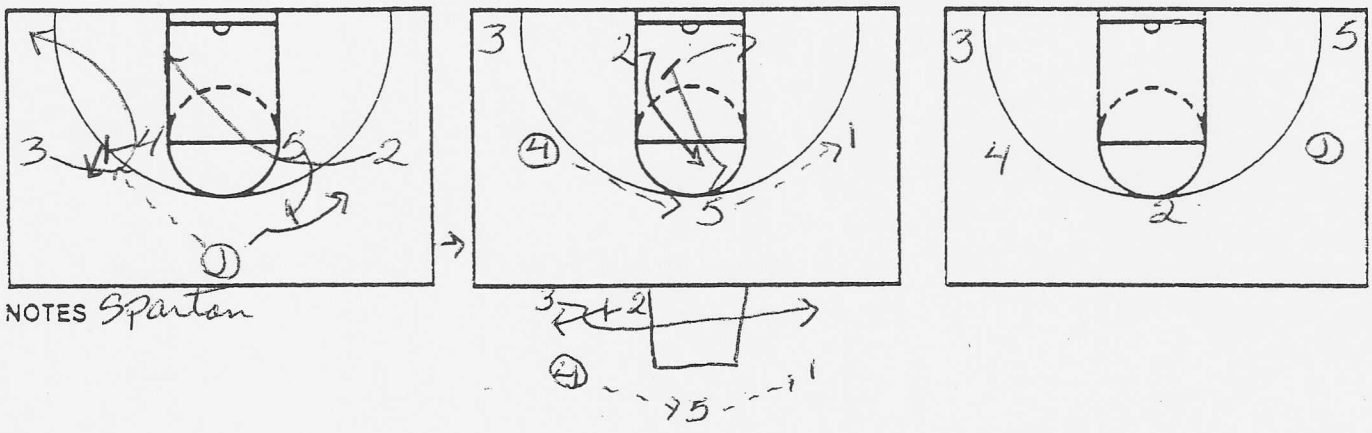
Baseline Option

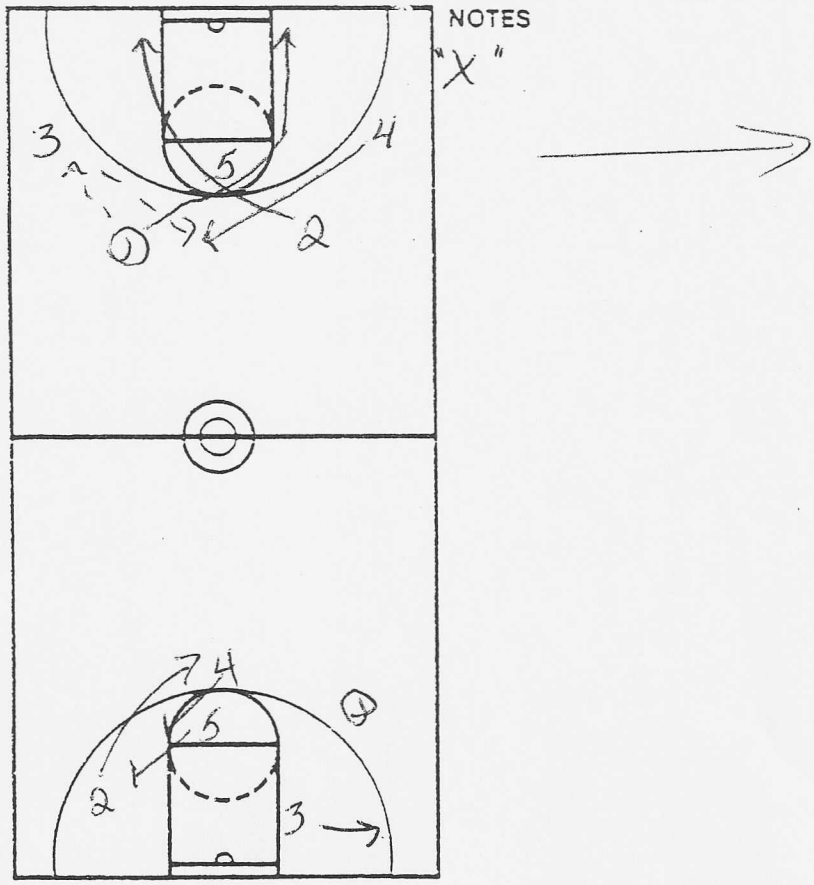


NOTES Circle

Cavs



NOTES Spartan



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Post Option

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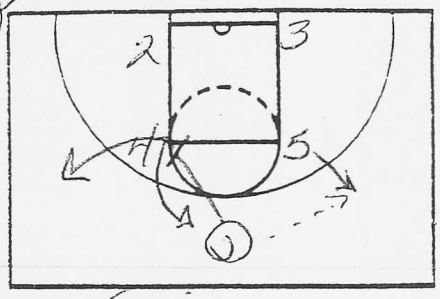
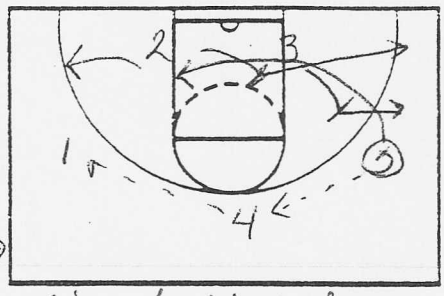
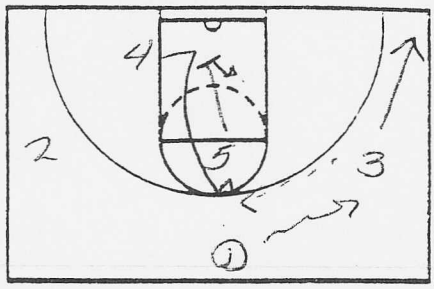


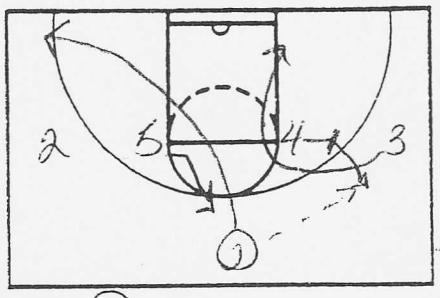
NOTES Sonic



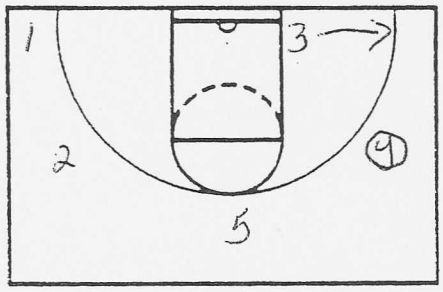
2 & 3 double back screen for 5

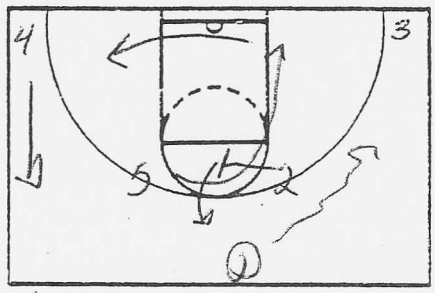


Bang

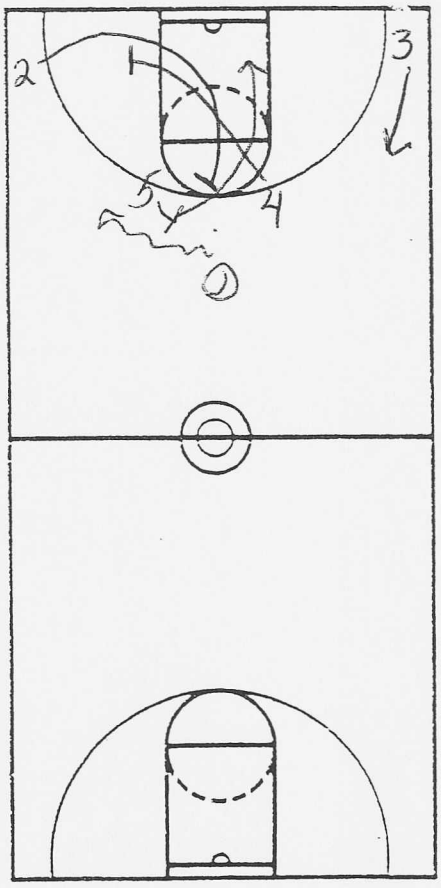


NOTES Drop

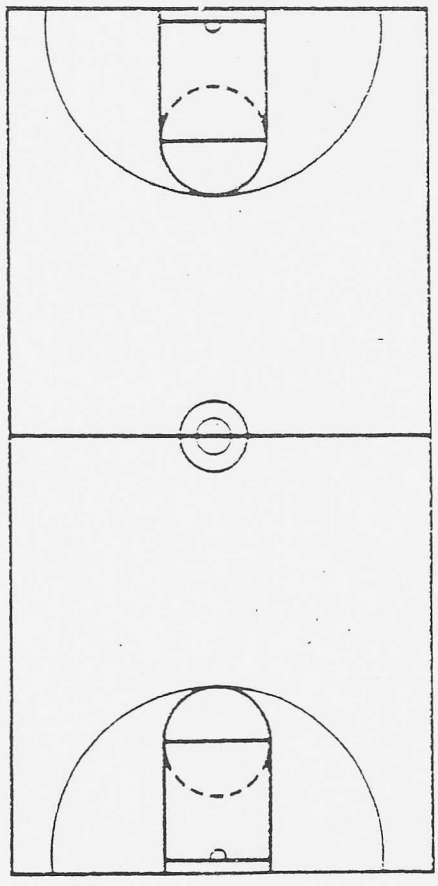




Hawk



NOTES Lob



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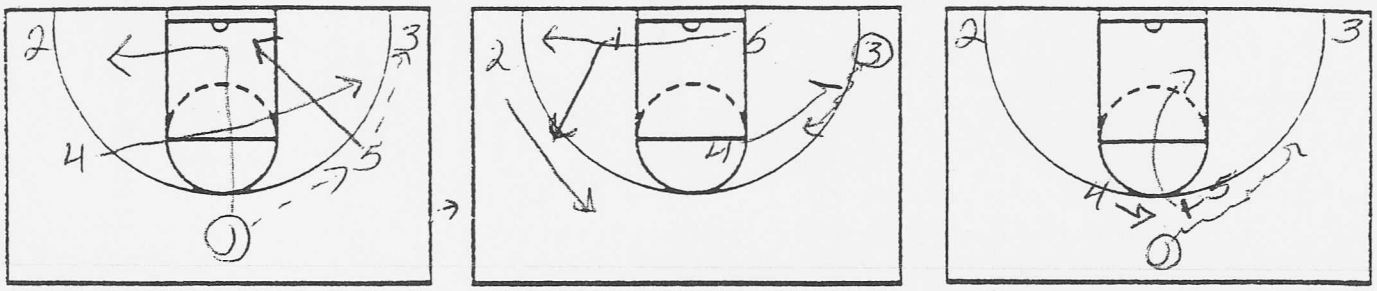
CLINIC Open Post

DATE

Jason Perkins

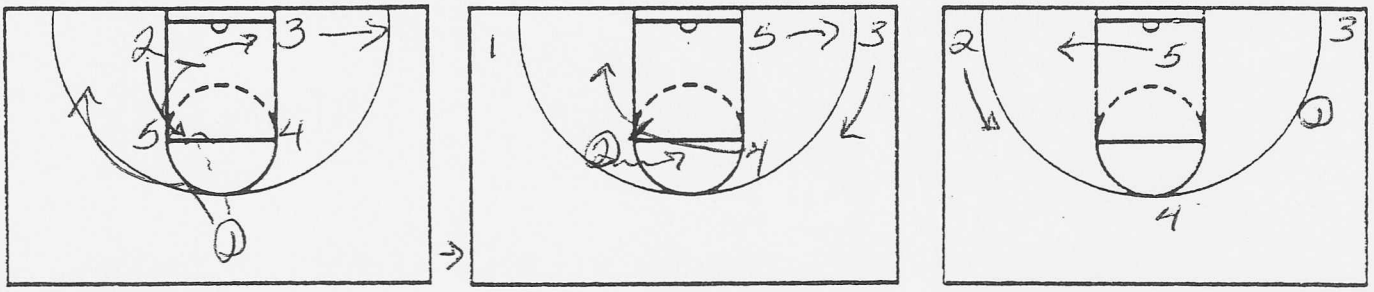
7

Pick & Roll

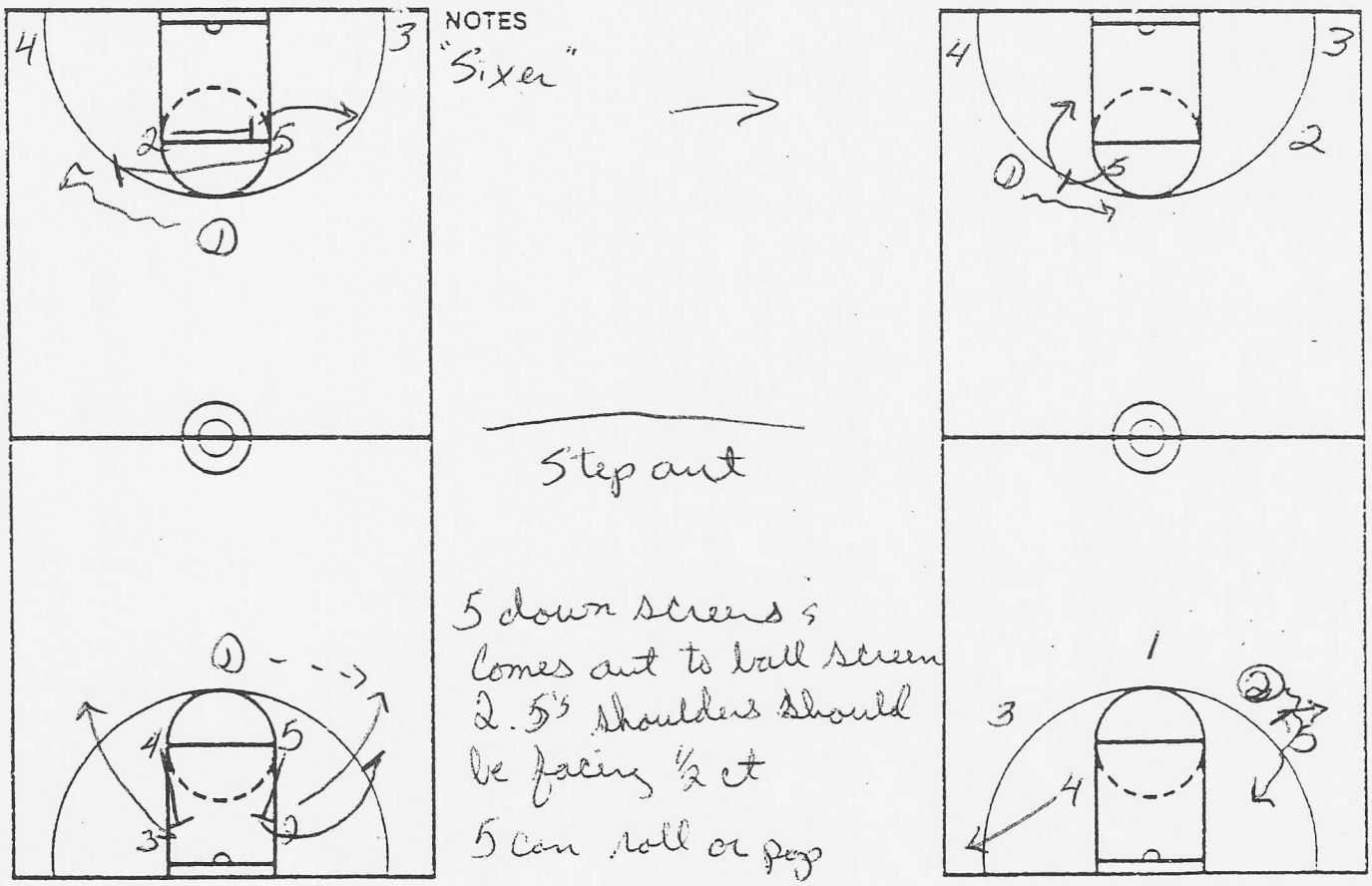


NOTES Corner

Double



NOTES Elbow



NOTES "Sixer"

5 step out

5 down screens & comes out to ball screen 2. 5's shoulders should be facing ½ ct

5 can roll or pop

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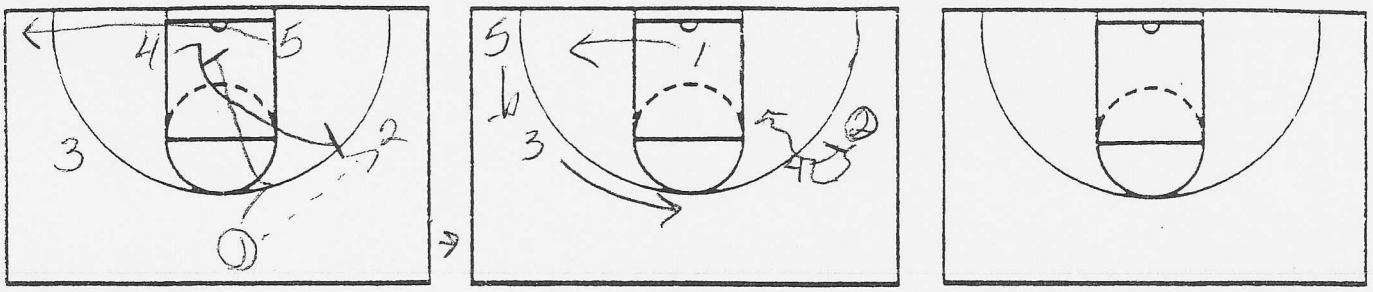
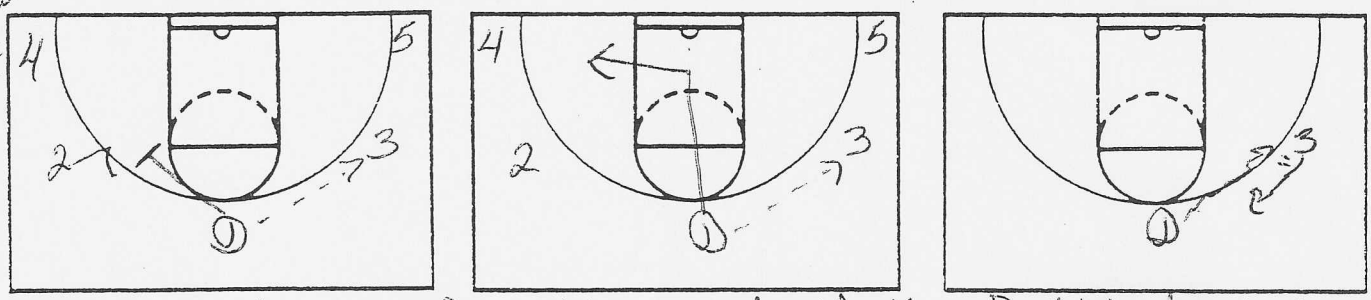
CLINIC Open Post
DATE Jason Perkins

(8)



NOTES Side

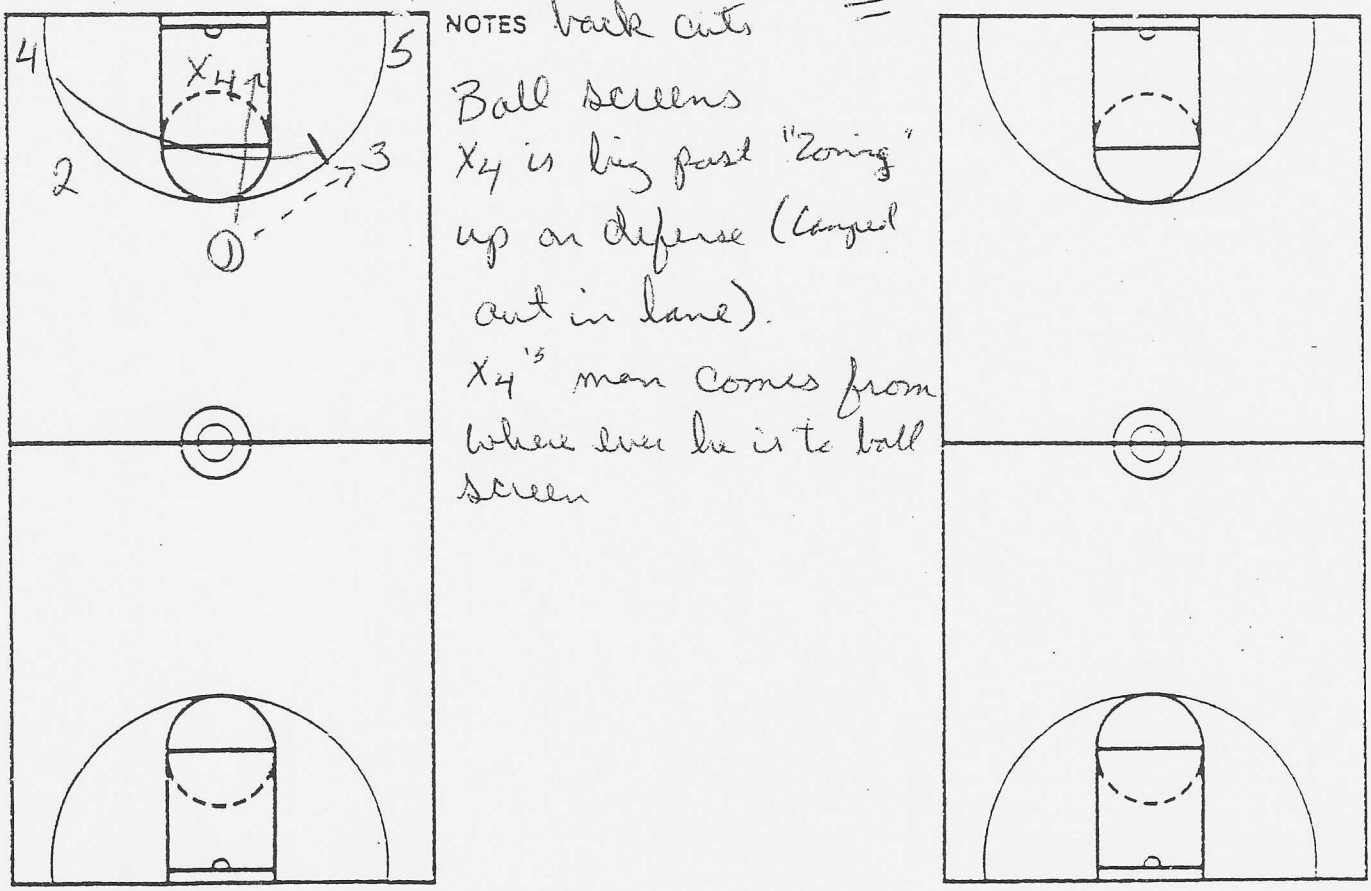
second dribble



NOTES If the def switch: 1 screens his own defender

If weak ball handler Cutter rule: 2 is weak player => always back cuts

Dribble handoff
1 dribbles at 3's defender



NOTES

Ball screens
X_4 is big post "Zoning" up on defense (Cooped out in lane).
X_4's man comes from where ever he is to ball screen

CLINIC Open post
DATE Larson Perkins

(9)

Practice Drill

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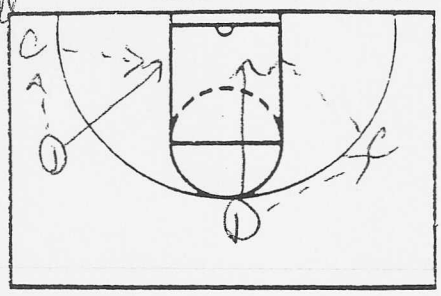
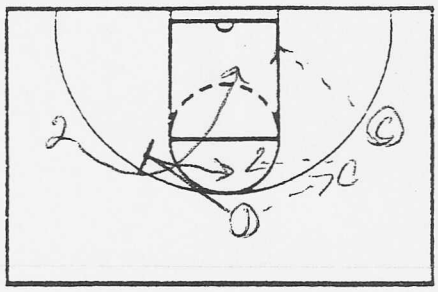
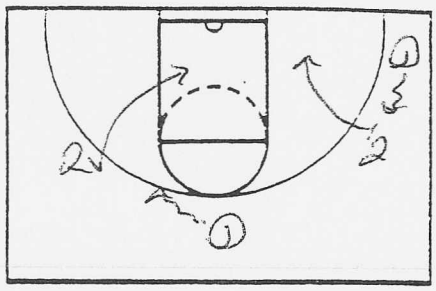


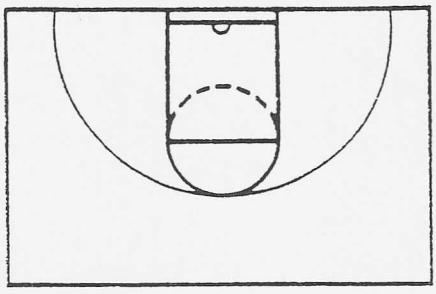
NOTES



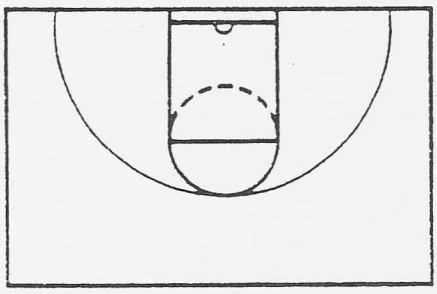
2 ball shooting
From all spots

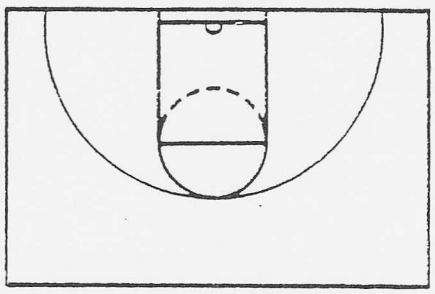


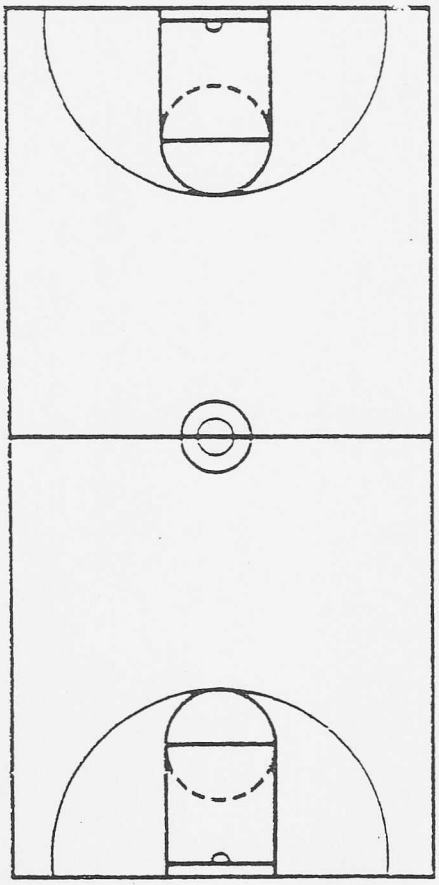
Drive/back cut/lay up



NOTES

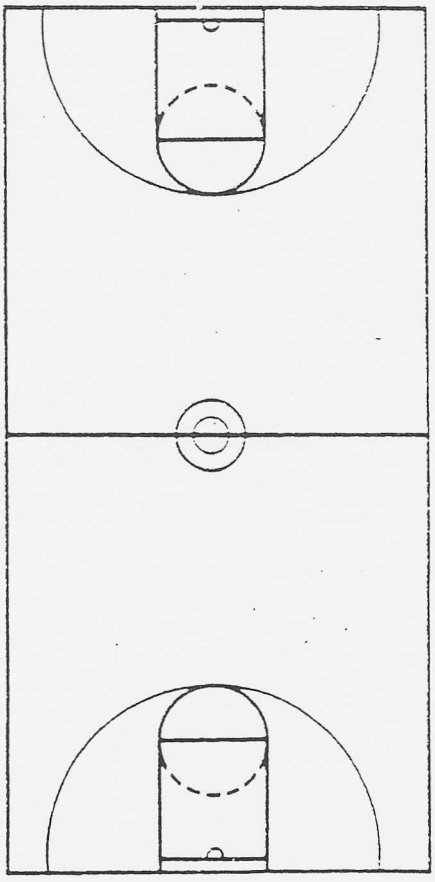






NOTES

Game Shots
from
Game Spots



Leonard Hamilton

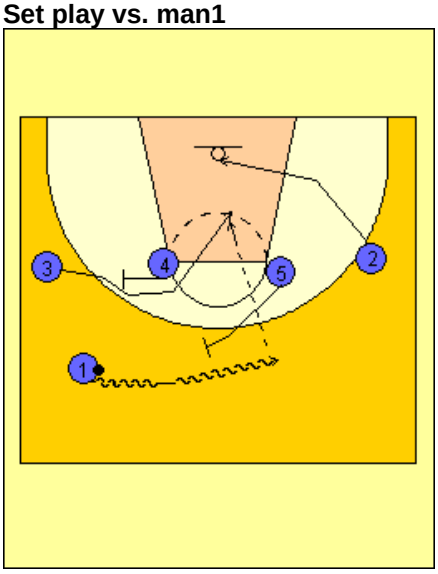
Seminole Defense: Toughness & Technique

The Five Musts

1. Must Prevent Easy Transition Baskets
    a. Take care of the basketball
    b. Sprint back & get into “attack stance & mentality”
    c. Communicate, find & stop ball
    d. Establish position in relation to ball
2. Must Keep Ball Out of the Red Zone
    a. Stop dribble penetration
        i. Guard ball
        ii. Shrink the gaps (up line principles)
        iii. Early help and recover
        iv. Execute closeouts
    b. Take away the post pass
        i. Pressure ball
        ii. Front post: take away flashers and cutters
        iii. Swarm to help on lob
3. Must Contest Every Shot
    a. Defeat screens
        i. Communicate
        ii. Man guarding screener responsible for stopping ball
        iii. “Fight Like Hell” when screened
    b. Eliminate penetrate and pitch
        i. Contain dribbler
        ii. Shrink gaps (help and recover)
    c. Execute closeouts & pressure the ball
4. Must Allow Only One Shot Opportunity
    a. Blockout at every position
    b. Eliminate penetration into “Red Zone” which weaken your blockout schemes
5. Must Create Offense With Defense
    a. Ball pressure
    b. Develop a “Swarm to Help” mentality

Lithuania

Set play vs. man1



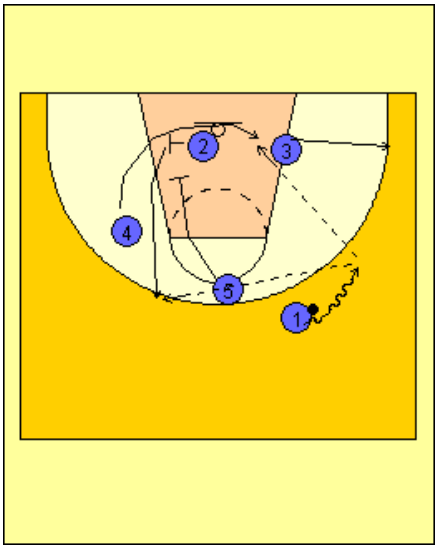
1) Lithuania Set Play vs. Man Defense

1 - 4 high set to begin.

#1 takes the ball across the top. As he is dribbling across, #5 steps out and sets a ball screen for #1.

#2 starts to move down underneath the basket while #4 sets a screen for #3 who curls in the lane.

#1 can look to hit #3 if he is open.



2) Lithuania Set Play vs. Man Defense

If #3 is not open he continues his cut and runs out to the right corner area.

#2 now sets a screen for #4 who has curled around under the basket. #1 looks inside to #4.

#5 then sets a down screen for #2. #1 looks to hit #2 on top for the open jumper if #4 was not open on the block.

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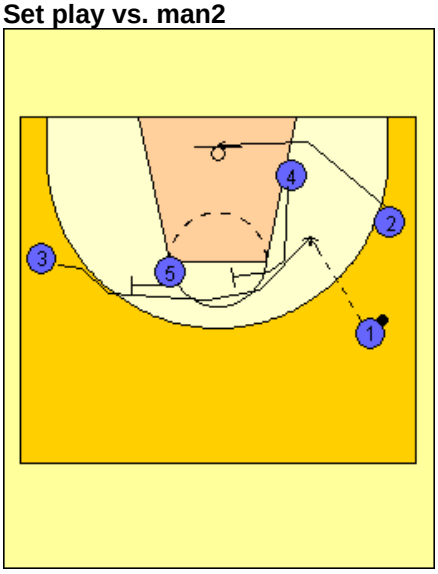
Lithuania

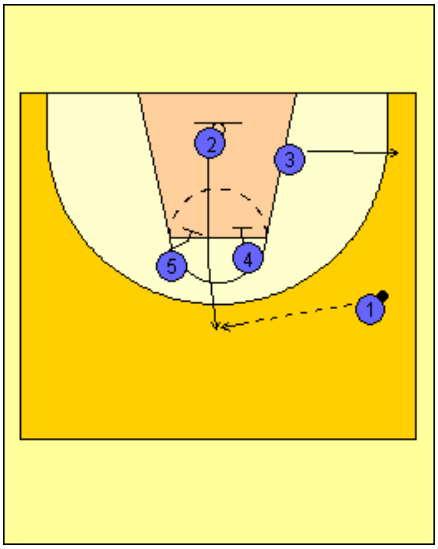
Set play vs. man2



1) Lithuania Set Play vs. Man Defense

#1 takes the ball to the right side of the floor. #2 clears out underneath the basket. #5 and #4 set a double staggered screen for #3.

If #3 is open #1 will look to give him the ball.

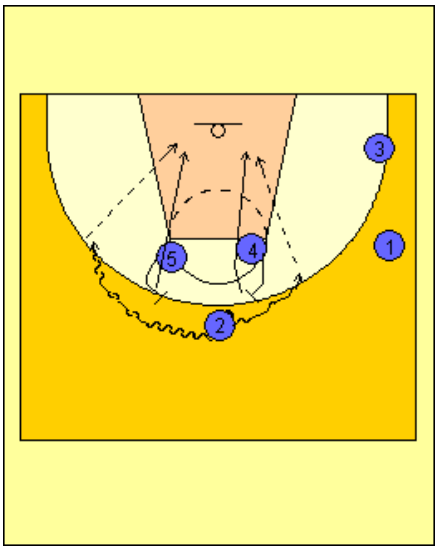


2) Lithuania Set Play vs. Man Defense

If #3 does not get the ball, he cuts out to the right corner area.

#5 and #4 set a double screen for #2. #2 cuts up the middle between #4 and #5. As #2 cuts through the double screen, #4 and #5 "close the door" on #2's defender.

#1 makes the pass to #2 on top.



3) Lithuania Set Play vs. Man Defense

If #2 does not have an open shot, #4 and #5 will quickly step out and set a ball screen on either side.

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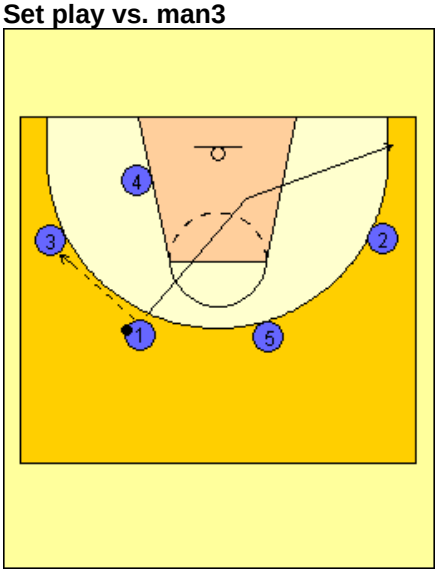
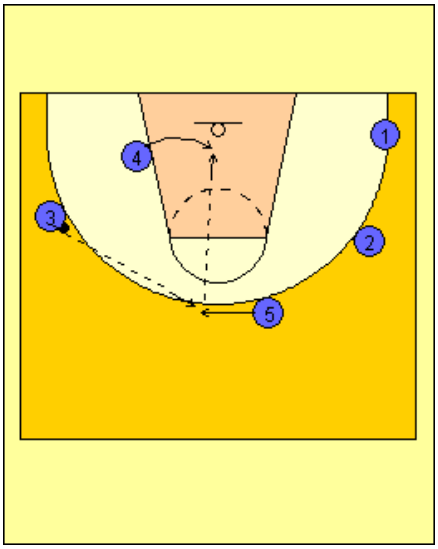
Lithuania

Set play vs. man3



1) Lithuania Set Play vs. Man Defense

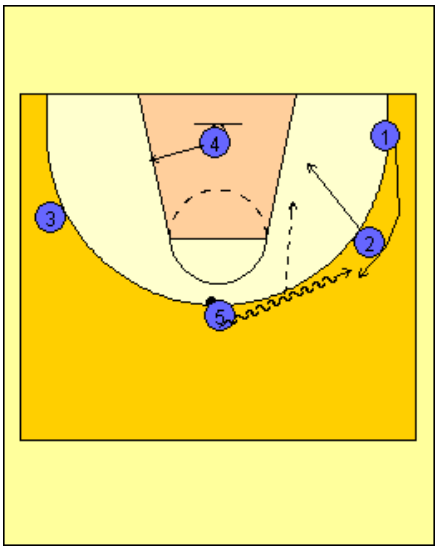
#1 enters to #3 on the left wing and cuts through to the opposite corner area.



2) Lithuania Set Play vs. Man Defense

As #1 cuts through, #5 cuts to the ball on top and receives the pass from #3.

On the catch, #5 looks to make the high / low pass to #4 inside.



3) Lithuania Set Play vs. Man Defense

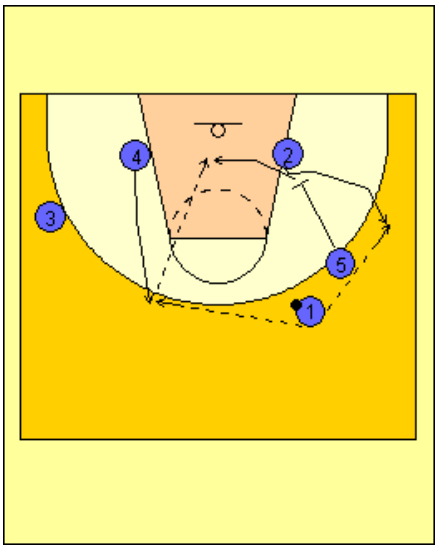
If #4 is not open, #5 drives at #2 on the right wing. #4 goes back to the left low block.

#2 cuts to the basket and looks for the backdoor pass from #5.

As #5 dribbles over, #1 breaks up and receives the dribble handoff from #5.

4) Lithuania Set Play vs. Man Defense

As #1 takes the ball from #5, #5 rolls into the lane and down screens for #2.



#4 flashes to the top.

#1 looks to hit #2 on the right wing for the open shot or looks to hit #4 on top who will then look inside to #5 who cuts in the lane after down screening for #2.

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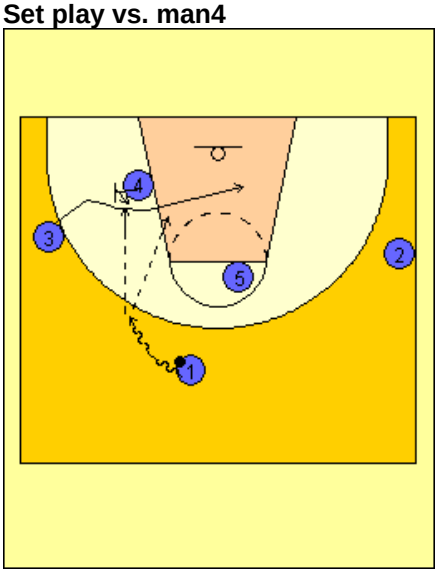
Lithuania

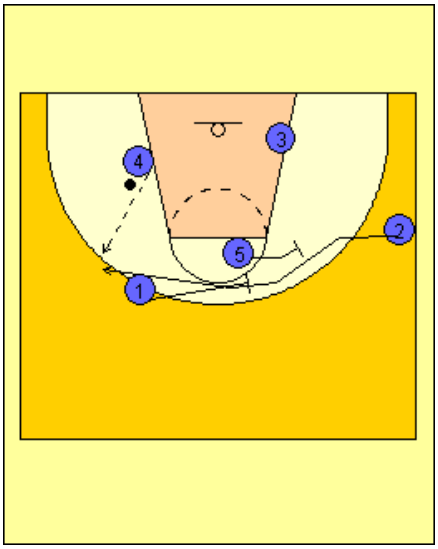
Set play vs. man4



1) Lithuania Set Play vs. Man Defense

#1 takes the ball to the left side of the floor. #4 sets a screen for #3. #3 cuts over the top of the screen and across the lane.

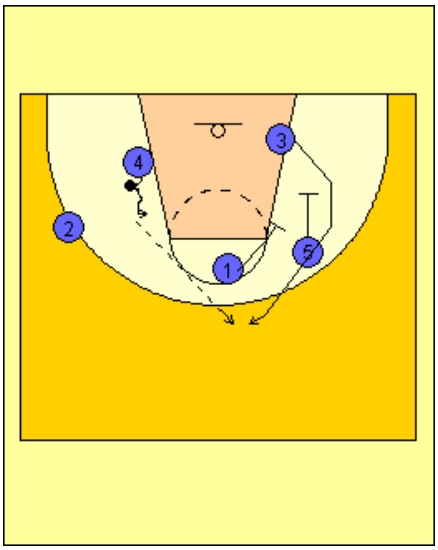
#1 looks to #3 cutting in the lane or #4 stepping in the post after screening.



2) Lithuania Set Play vs. Man Defense

If #3 received the pass he will have a great chance at scoring.

If #4 gets the ball, he will look to score himself from the blocks or look for #2 coming off the double staggered screen from #5 and #1.



3) Lithuania Set Play vs. Man Defense

#4 will continue to look to score himself or possibly put the ball down while #1 and #5 set another double staggered screen, this time for #3.

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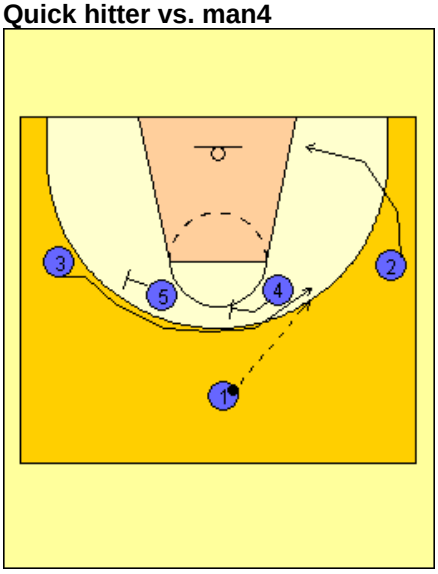
Lithuania

Quick hitter vs. man4

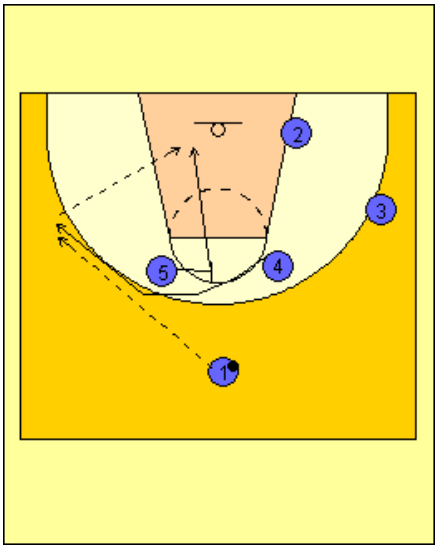


1) Lithuania Quick Hitter vs. Man Defense

1 - 4 high set to begin.

#5 and #4 set a double staggered screen for #3. #3 curls off the screens looking for the pass from #1.

While this action is taking place, #2 moves down to the right low block area.



2) Lithuania Quick Hitter vs. Man Defense

If #3 is not open, #4 then breaks to the opposite wing area off of a screen from #5.

#1 passes to #4 who can take the shot if he is open. He will also look for #5 rolling to the basket after screening.

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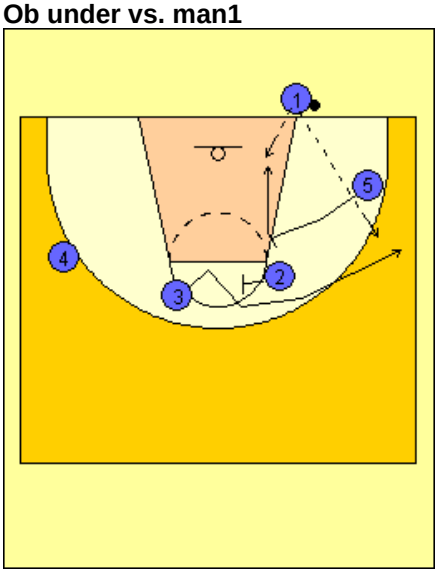
Lithuania

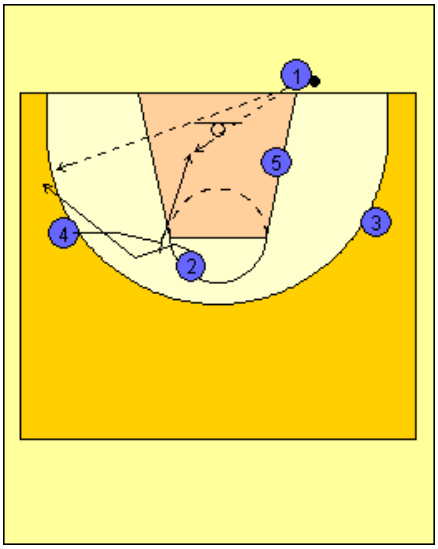
Ob under vs. man1



1) Lithuania OB Under vs. Man Defense

The play starts with #2 and #5 setting a double screen for #3. #3 breaks to the ball side looking to catch and shoot if he is open.

As #3 comes off the double screen, #5 dives to the basket looking for the pass from #1.



2) Lithuania OB Under vs. Man Defense

Just after the initial screening action from #2 and #5, #4 moves in and sets a screen for #2.

#1 looks to hit #2 on the opposite wing area. #4 will not dive to the basket when #2 comes off of his screen.

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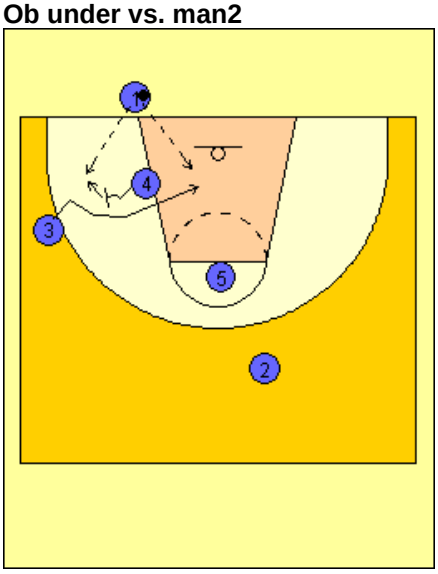
Lithuania

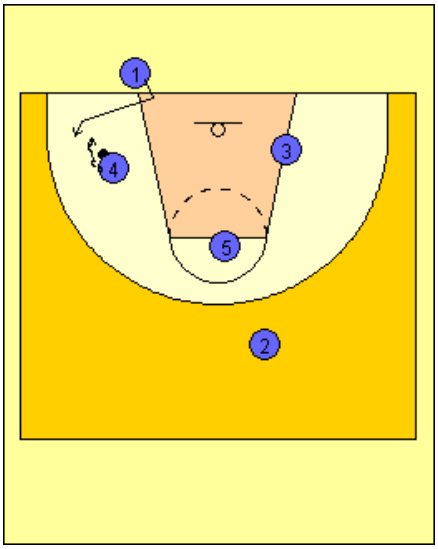
Ob under vs. man2



1) Lithuania OB Under vs. Man Defense

#4 steps out and sets a screen for #3. #1 looks for #3 inside for the first scoring opportunity.

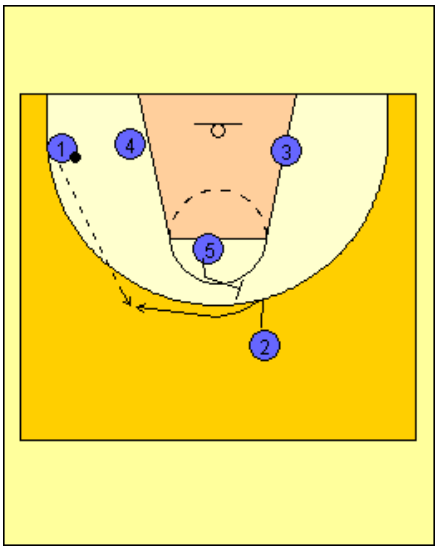
#4 will then break to the ball after screening for #3. If #3 is not open, #1 passes to #4.



2) Lithuania OB Under vs. Man Defense

Once #4 has the ball, he dribbles at #1 stepping inbounds and executes a dribble handoff with #1.

#1 will look to catch and shoot if he is open.



3) Lithuania OB Under vs. Man Defense

If #1 is not open, he will then look for #2 coming off the screen from #5 on top.

Created with Basketball Playbook from Jes-Soft

ARIZONA HIGH POST SERIES

Head coach Lute Olson

POST STEP IN OPTION

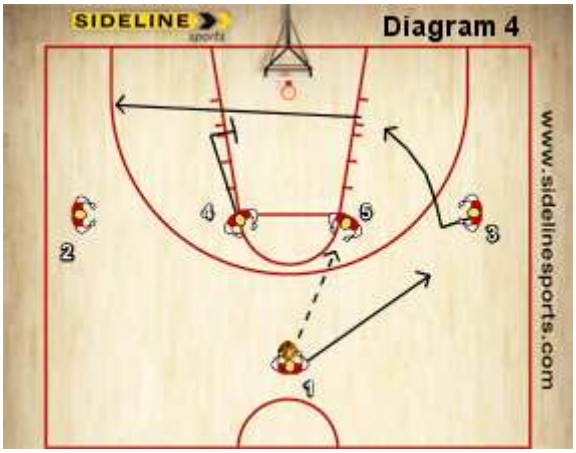
The set is a one-four, with two high posts, 4 and 5. 1 passes to 5 and 3, the wing on the ball side, sets his defender up, and then goes backdoor (diagr. 1). 5 first looks to pass to 3 on the backdoor cut, and, if he cannot deliver the ball to 3, 5 can shoot if his defender is off him and tries to help on 3. If none of these two options are possible, 5 makes a strong dribble to the center of the free-throw area. At this point, 2, the offside wing, comes toward 5 to receive the ball on a dribble hand-off pass (diagr. 2).





5 can either pass to 2, or looking to pass to the other post, 4, who is ducking in the lane, and sealing his defender (diagr. 3). On the initial pass to 5, 4, the other post, slides down to the low post position,

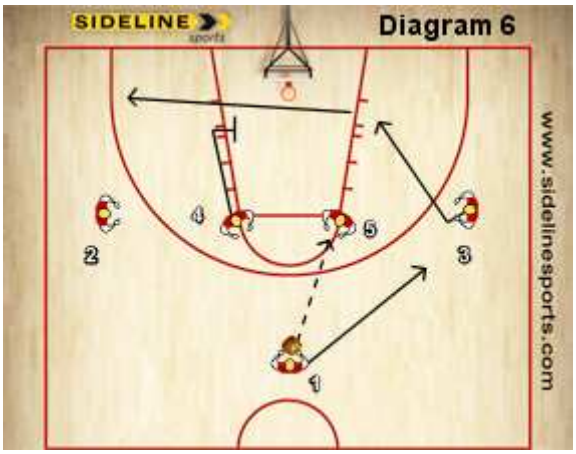




OFFENSE

and sets a cross screen for the wing, 3, who had gone backdoor (see diagr. 1). 5 can also pass to 3, who came out of the screen of 4.screen of 4.





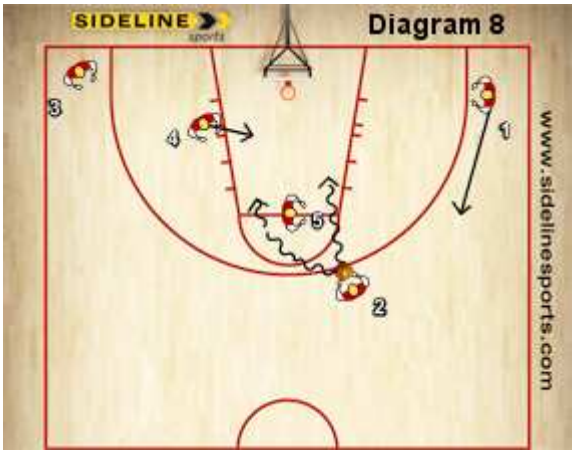
POST WING OPEN SIDE OF THE COURT

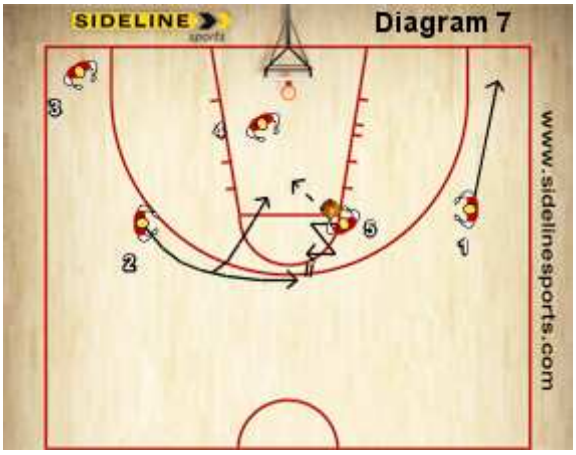
The play starts as before (diagr. 4). The only difference is that 5 takes his defender off the first pass. play one-on-one and go to the basket (diagr. 5). Once 3 goes through with the backdoor cut, the ball side of the court will be clear, and 5 can play one-on-one and go to the basket (diagr. 5)

GUARD DRIBBLE HAND-OFF OPTION

Once again, the start of the play is the same as before (diagr. 6). In this case, 5 completes the hand-off pass with 2, the offside guard. This action frees up the back side of the court, so 2 can drive straight to the basket or kick out the ball to 1 in the corner (diagr. 7).

This type of action becomes ideal in allowing 2 to come free off the hand-off pass, or get switched to a big post player. The key to good execution is the timing of the offside guard cut. The cut should not be made until the post puts the ball on the floor. This guarantees that the back door cut and the step in have had the proper time to develop. If the defender plays for the hand-off pass and cheats, the guard can back cut down the three-second lane (see diagr.
7). 2 can drive to the basket, cutting inside or outside 5, and can pass to 4, who ducked in the lane (diagr. 8).



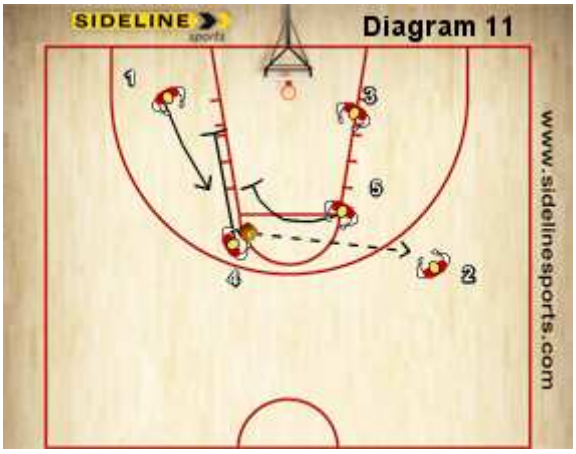


** Obviously all of these plays can be run on either side of the court, and with the posts and perimeter players moved to match your personnel strengths.*

OPTION FOR THE BEST SHOOTER

The first option of this play is for 2, the best shooter. If 2 is aggressively overplayed, 1 dribbles toward him. This is a signal for 2, who brings his defender down and then goes opposite the ball and gets a flare screen by 5 (diagr. 9):





The key ingredient for the success of this play is for 2 to bring his defender deep enough to correctly set up the flare screen. Once 2 receives the ball, he has several options:

-He can pass to 4, fake a cut in the three-second lane, use the screen of 5, receive the ball from 4, and shoot (diagr. 10).

Other options for this play include:

-If he cannot shoot, he can pass to 3, who took his defender under the basket, and then circled back for the post up.

- He can pass to 1, who brought his defender down, and then received a

staggered screen, the first from 4, and the second from 5 (diagr. 11).

OFFENSE

▼ If 2 passes to the post, 4, he can fake a straight cut, then go off the ball side, receive a hand-off pass and shoot. (diagr. 12)

▼ After the hand off, if 2 cannot shoot immediately, he can go on the left wing spot to play one-on-one in the open court. While 4 clears out, and goes to the middle of the court, 1 cuts away from the ball, and receives a staggered screen, the first from 3, and the second from 5 (diagr. 13).

▼ If 2 cannot shoot from the wing spot, he can pass to 4, and 4 to 1, who comes





out off the staggered screen, or to 3, who, after the screen for 1, cuts in the three-second lane, and goes in the low post position (diagr. 14).

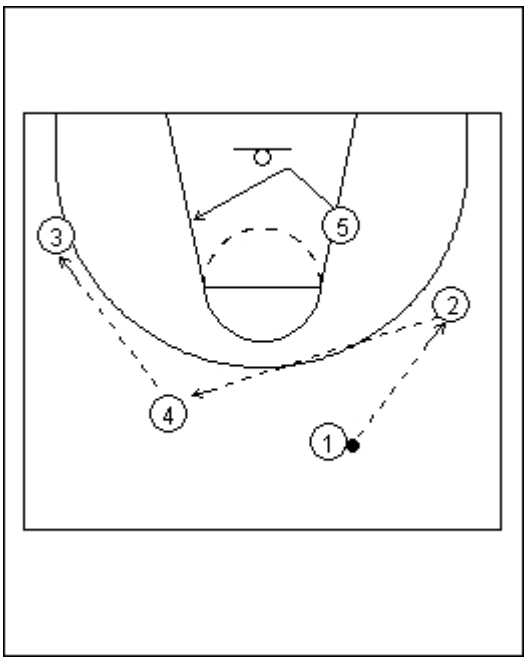


GONZAGA PLAYBOOK

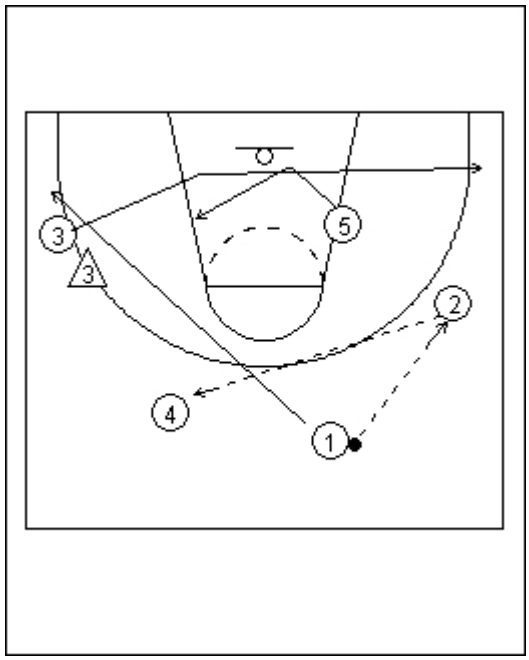
Head coach: Mark Few

SECONDARY BREAK

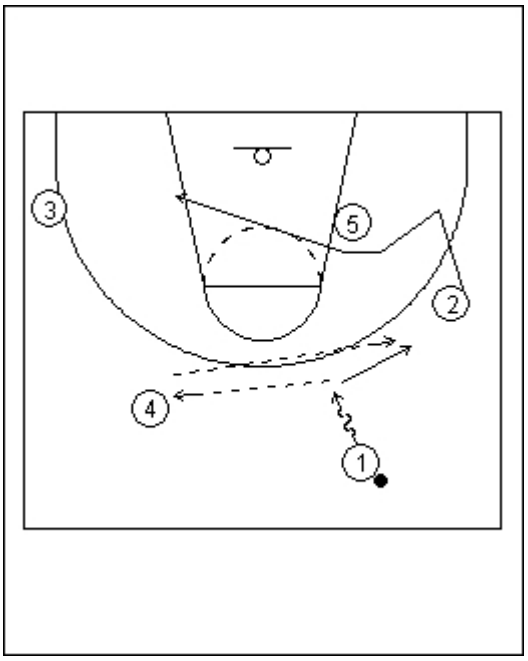
REGULAR



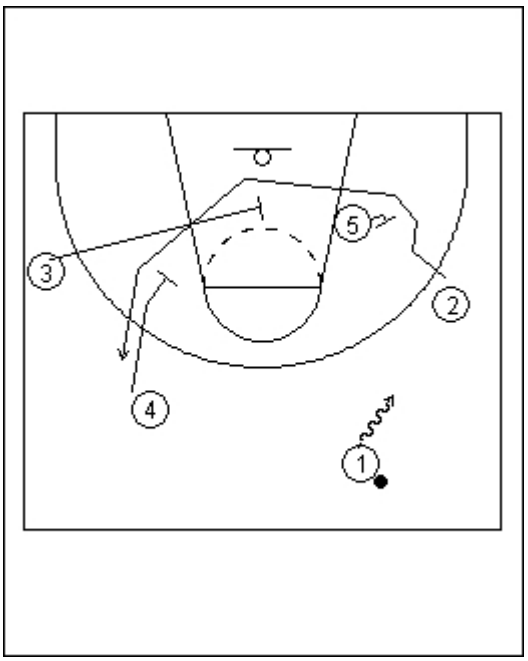
THROW BACK



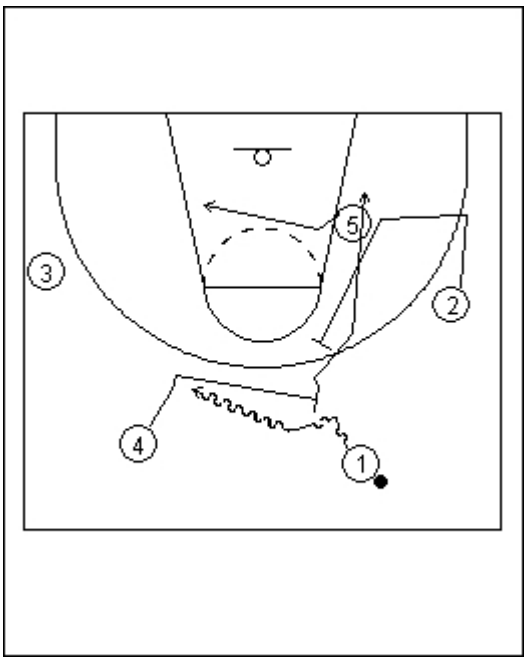
RUB



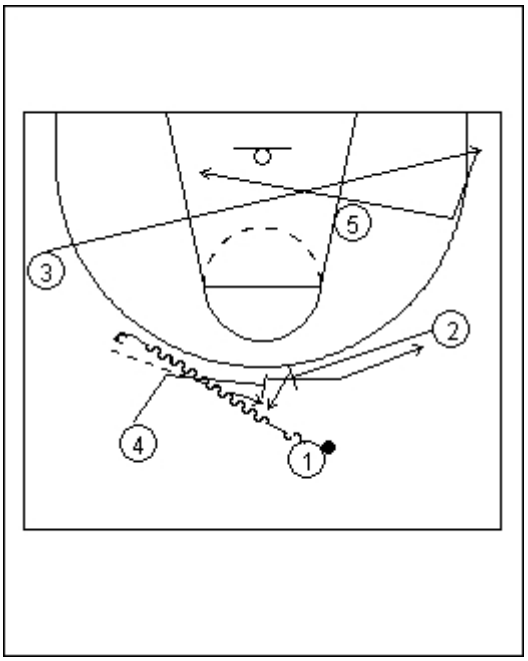
TURN OUT

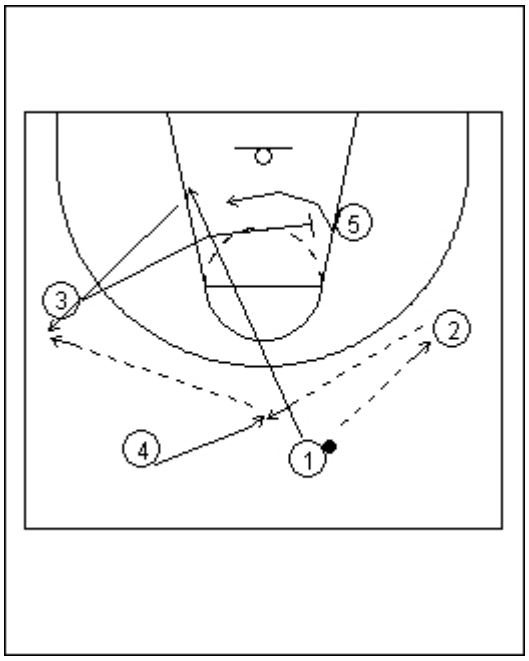


DRIBBLE

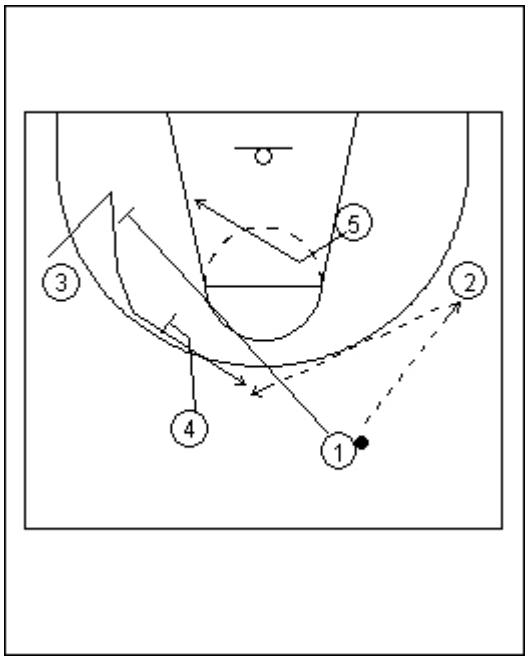


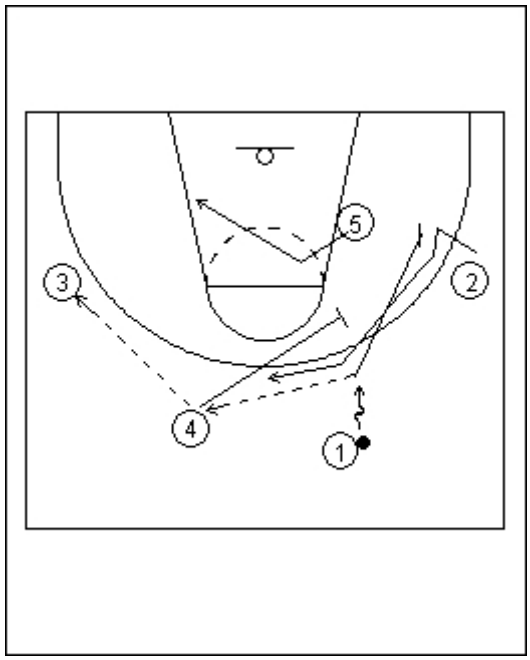
PICK





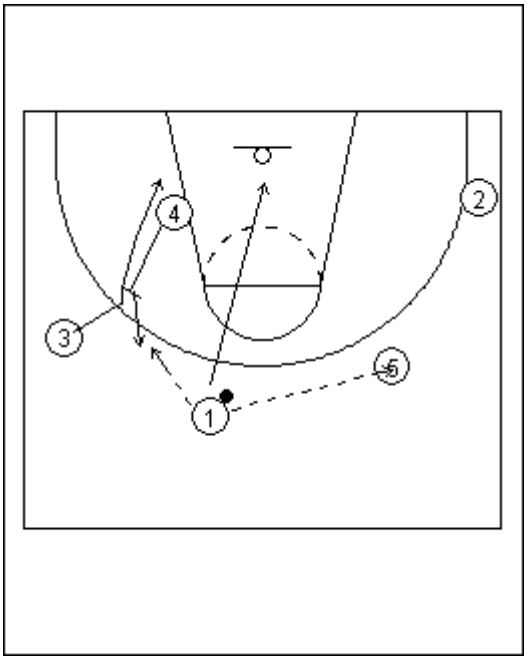
DOUBLE DOWN

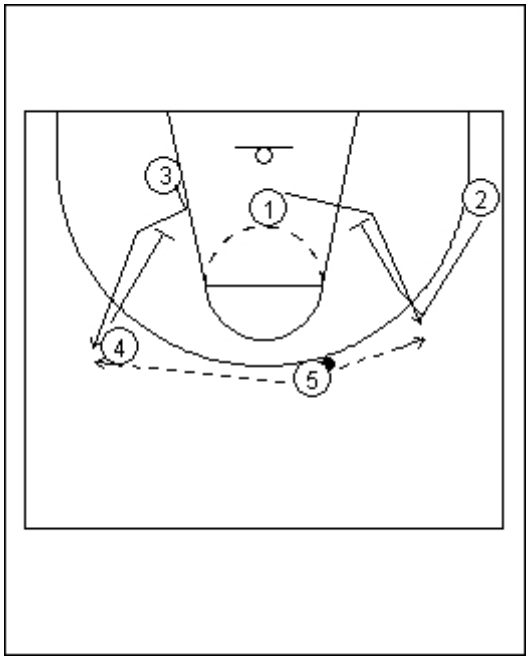




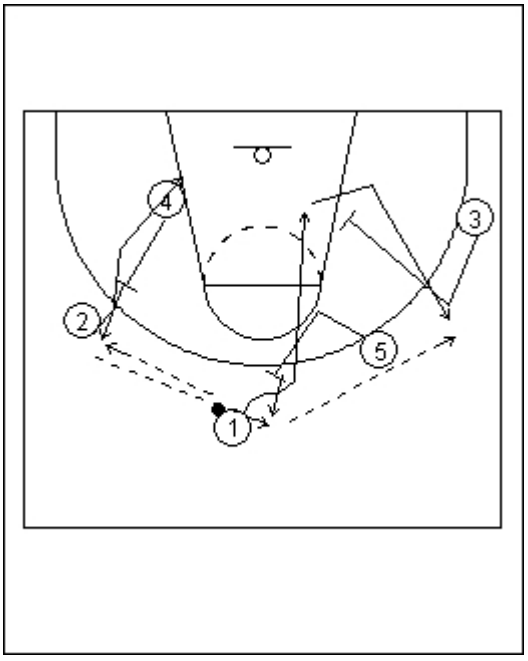
SET OFFENSE

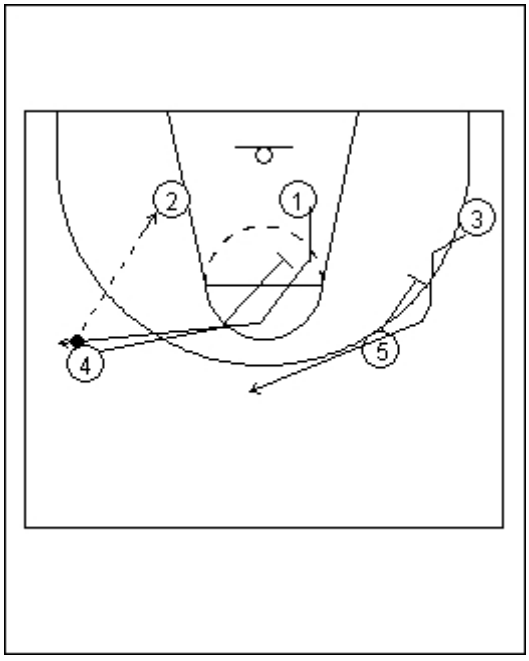
I BACK SERIES



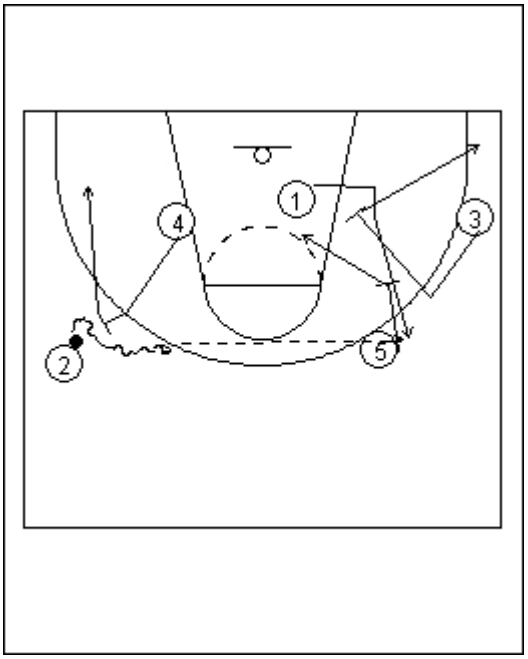


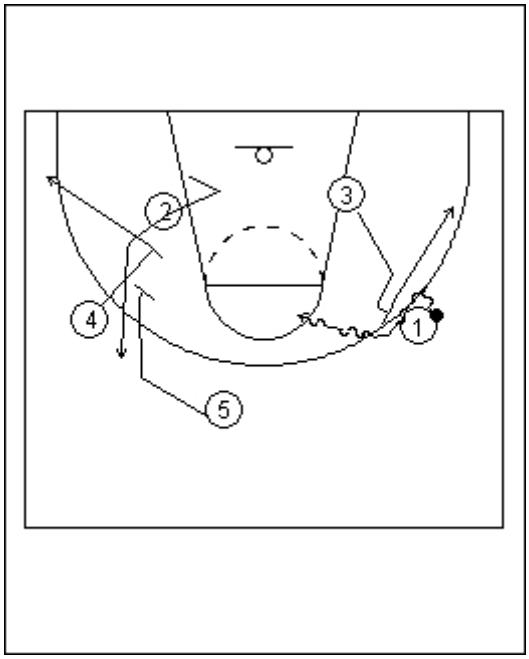
SHORT ISOLATION

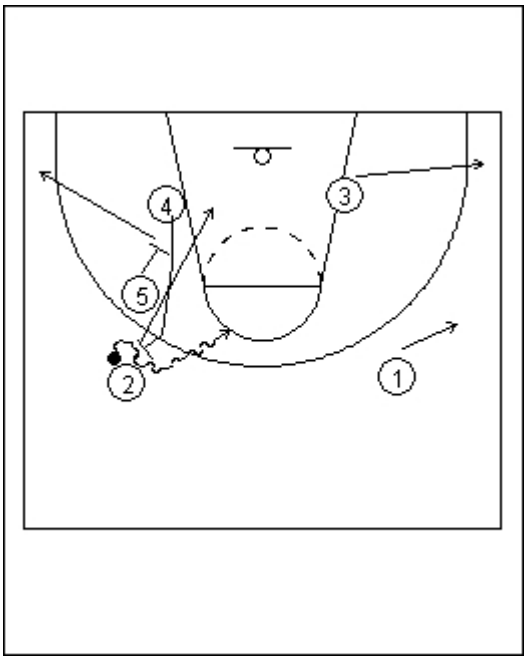




BALL PICK OPTIONS

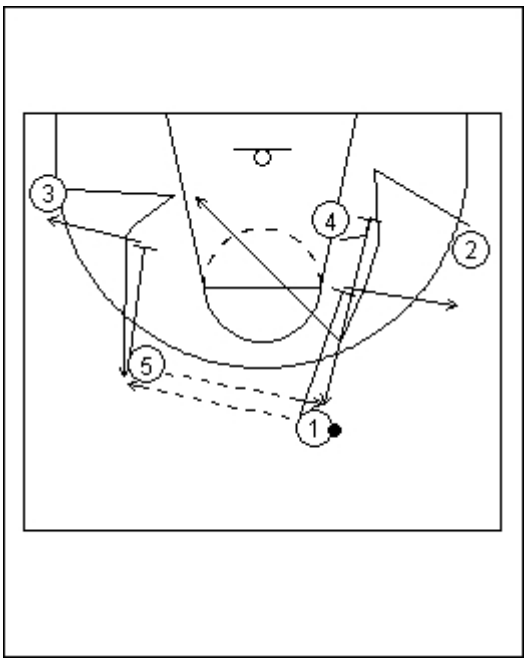


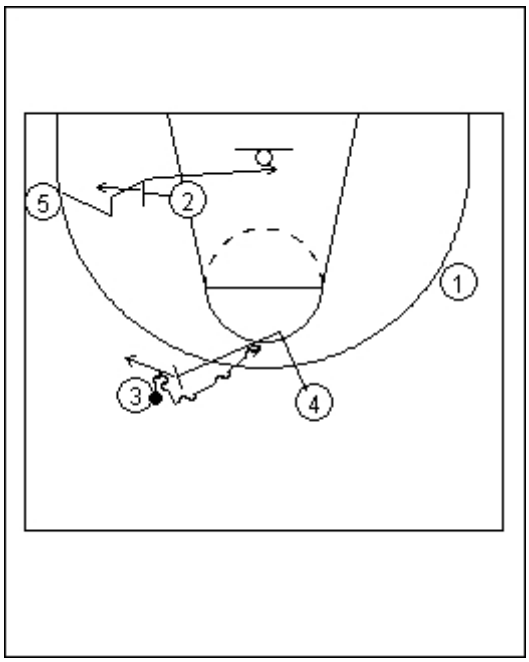


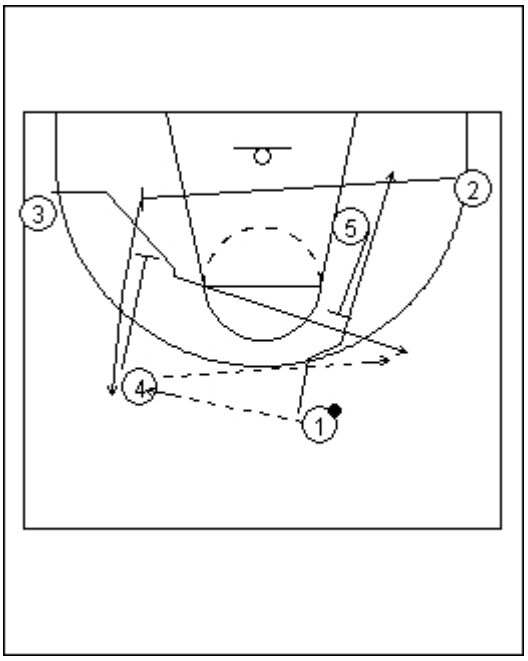


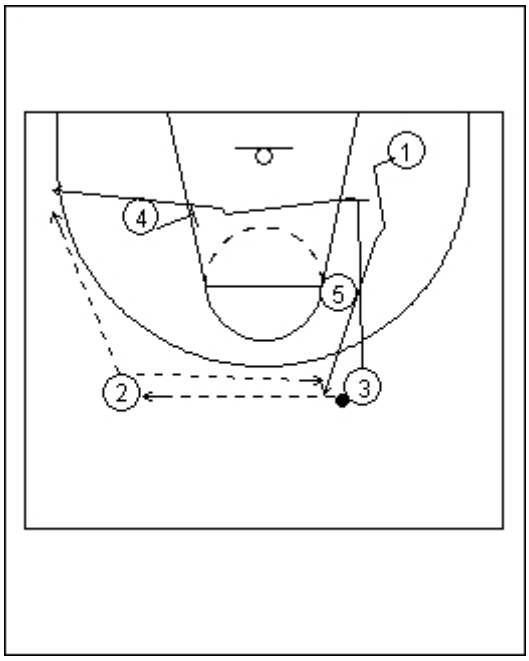
CRACK DOWN

FLEX OPTIONS

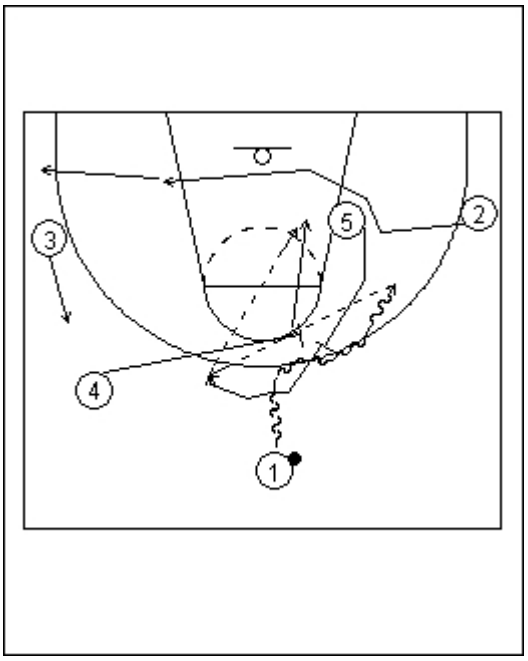


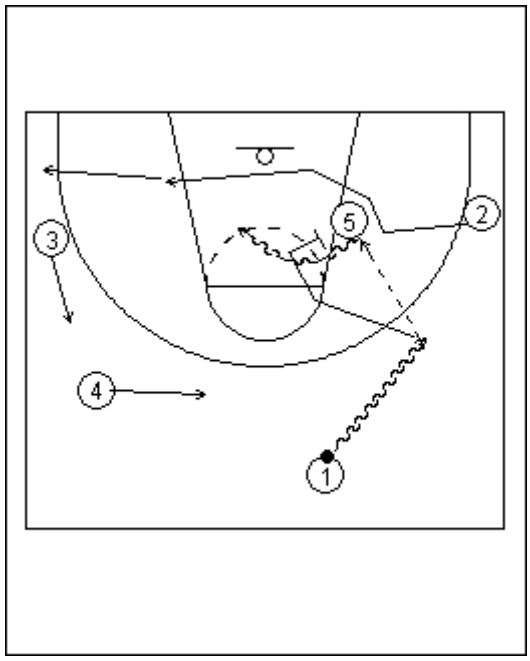


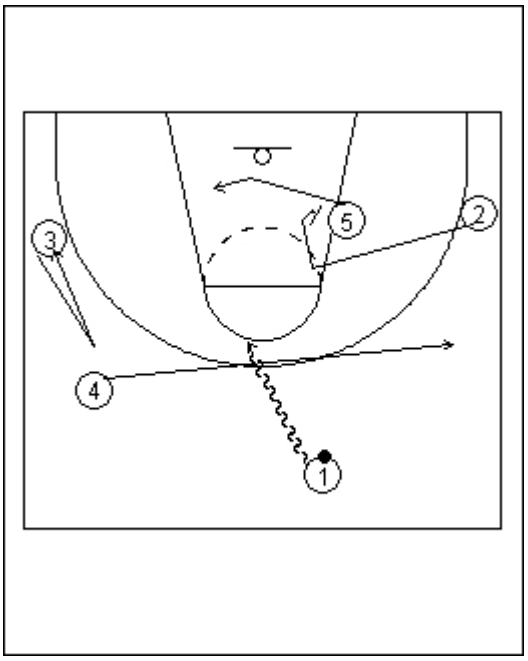


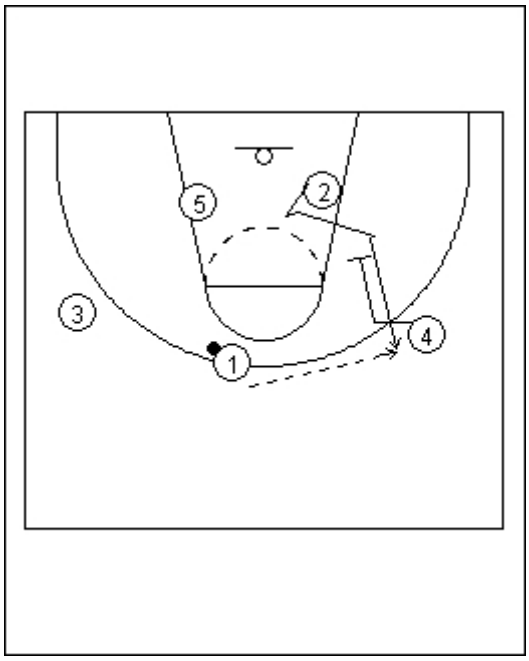


BALL PICK OPTIONS



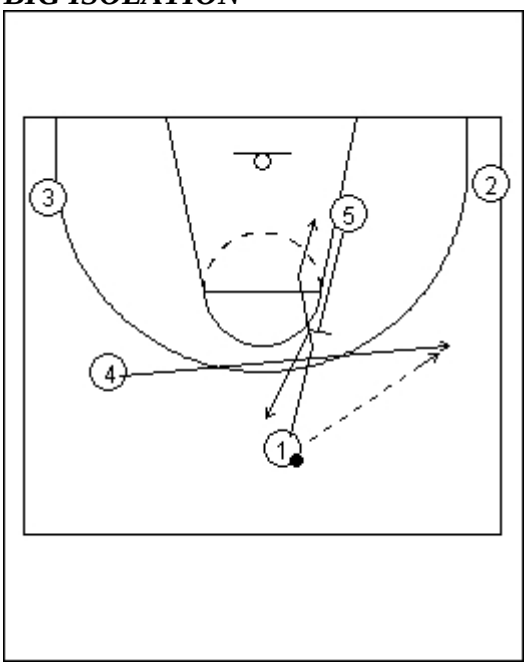


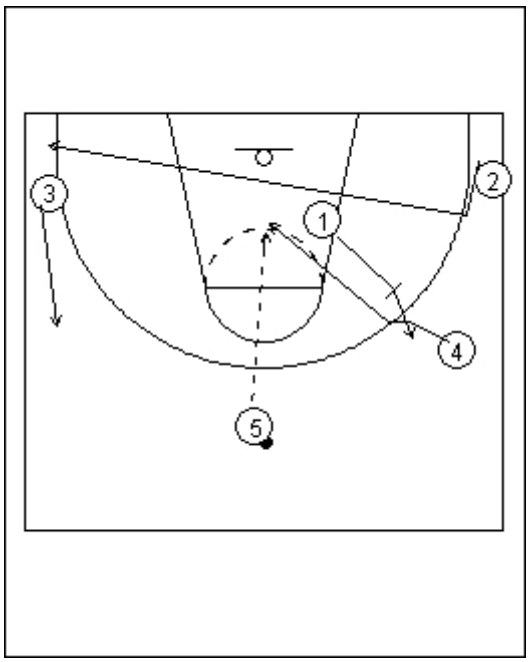


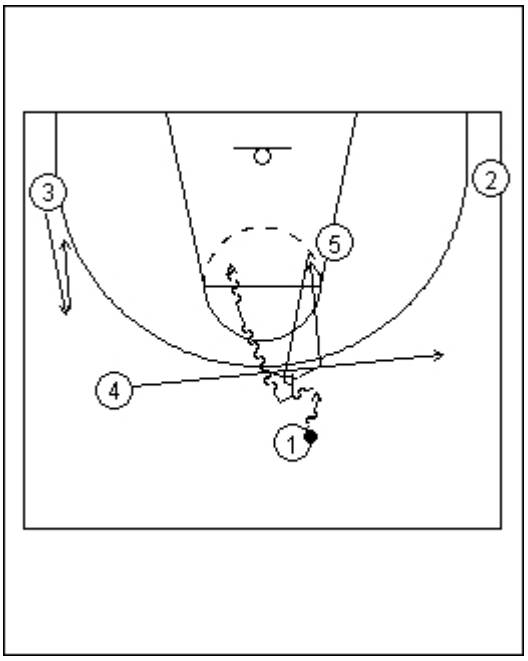


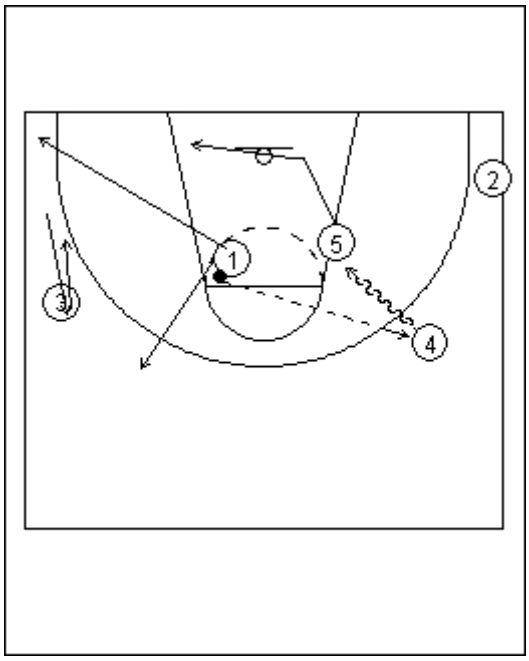
TRAILER

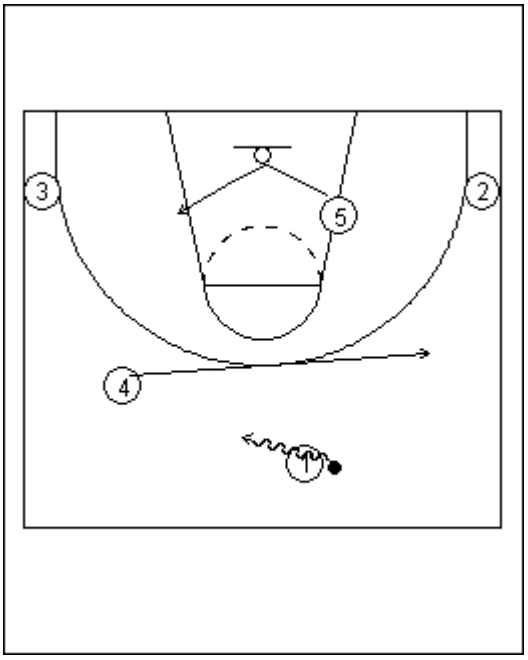
BIG ISOLATION

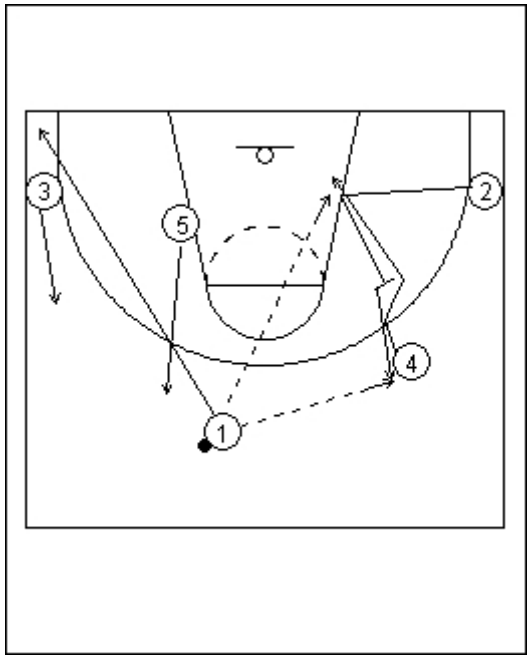




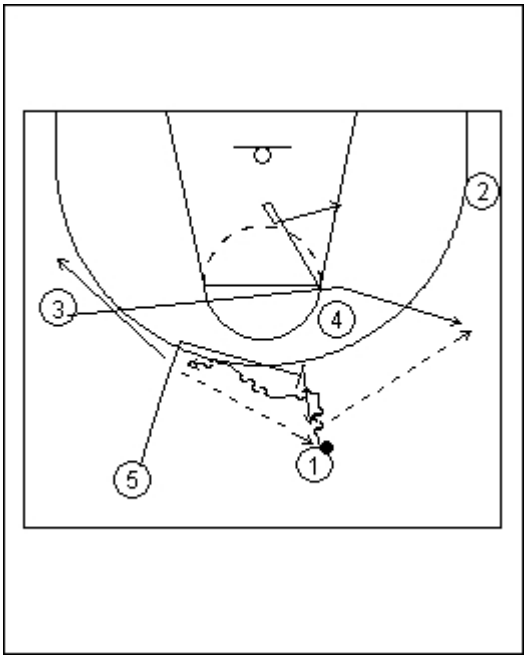


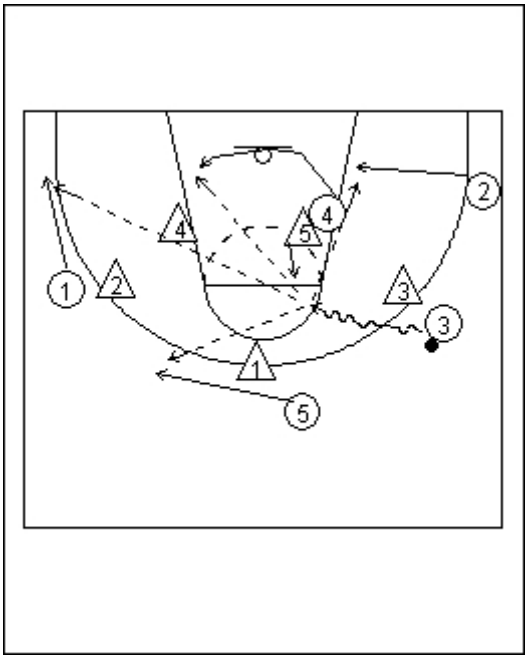




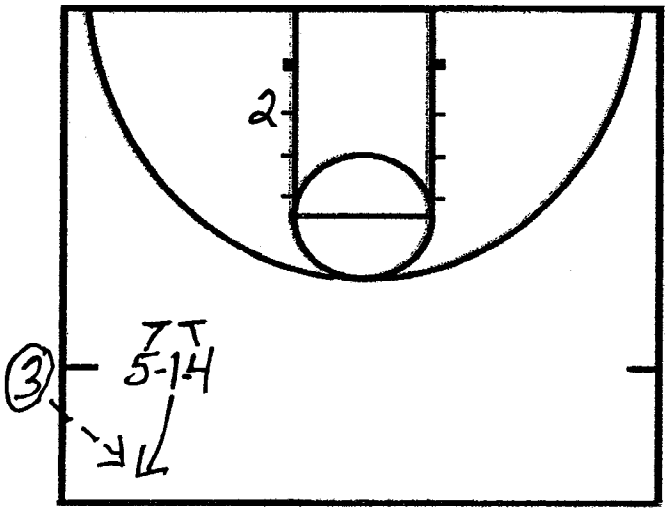


ZONE OFFENSE

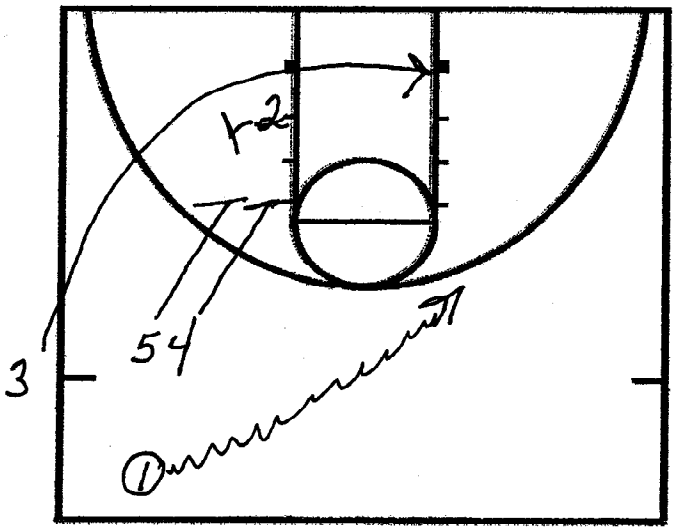




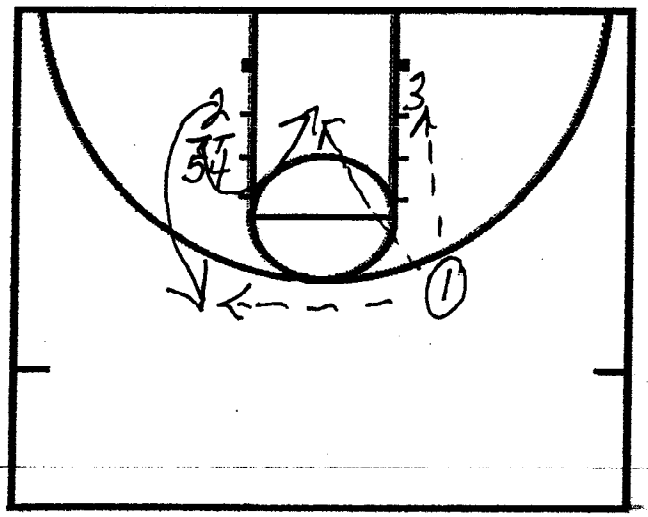
Sideline inbound "Michigan"



1 = point guard
2 = best shooter
3 = most athletic
4 = anyone
5 = Post player
* 5+4 squeeze to allow 1 to pop or curl towards basket for lob



* 1 dribbles to weakside
* 2 sets a backscreen for 3 who is running full speed
* 5+4 set double screen for 2 to pop up
* After 2 comes off screen 5 rolls off of 4's back



1 can go all the way, hit 3 off screen, hit 2 for jumper, or 5 for lay-up.

M.Dunlap

Assistant Denver Nuggets

Preparing for Practice: Offensive Moves and Sill

These are some of the offensive moves that we teach our players to improve their offensive capabilities and increase their skill level in breaking down defenders one on one.

1 on 1 Moves

1. Speed Dribble

- Go off defender's hip
- Finish with 2 foot power jump stop and use backboard
- Speed dribble back out to other side
- Do right-handed and left handed

2. Inside out move

- Body and ball in, then ball out- Must sell the fake
- Finish with 2 foot power jump stop and use backboard
- Speed dribble back to other side
- Do right-handed and left handed

3. Stop and go move

- Freeze the defender with stutter step and give head fake
- Finish with 2 foot power jump stop and use backboard
- Speed dribble back to other side
- Do right-handed and left handed

4. Stutter step to shake crossover

- Stutter step to freeze either crossover

- Finish on opposite side of rim against shotblocker
- Speed dribble back to other side
- Do right-handed and left handed

5. Killer crossover (Tim Hardaway move)

- Go between the legs, then crossover
- Finish with 2 foot power jump stop and use backboard
- Speed dribble back to other side
- Do right to left, left to right and other way

6. 3 point shooting drill

- Start at halfcourt-sprint to top of key, then each wing
- Take shot, then backpedal to halfcourt and sprint to next spot
- Do each spot 3 times for total of 9 shots
- Focus on feet set, shoulders squared and follow through

7. Pressure Free Throw Shooting

- Shoot 1 and 1 with noise/distractions

8. Sweep through drill---Working on “In-Between game”

- Rip ball through right for pull up jumper
- Rip ball through left for pull up jumper
- Rip ball and take to hoop in least amount of dribbles

*The closer you get to hoop, the closer the ball needs to be to your body!

9. “42 Game”

- 7 spots-Baseline (each side), Wing (each side), High Wing (each side), Top key

- Shoot 3 pointer = 3 points
- Sweep through pull up jumper = worth 2 points
- Drive to hoop = worth 1 point
- Other player pass and contest
- Total of 42 points

10. 1 on 1 game

- 3 dribble max – 3 players play
- If you rebound, pass to coach and pop out to ball
- If scored upon sprint to half court and back – be ready to jump on defense
    - 3rd man comes in on Defense after a made hoop

Gaining a Competitive Edge MASTER THESE 7

1. CLOSEOUTS
- Sprint the first half, stutter-step the second half
- Low-Lower, heels on floor, butt down
- At the last second, ***throw your hands up***
- Take something away and yell "High Hands"
    - Force weak-hand
    - Take away shot for great shooter

2. WEAK-HAND
- Shooting: Finishing around the basket
- Passing: Be able to pass with both hands
- Dribbling: Both hands should be equally strong

***2 Ball dribbling is the best way to improve your weak-hand

3. OPPOSITE HIP
- Catch the ball in triple threat and put the ball on your opposite hip
    - Jab and Go
    - Jab and Crossover
    - "Reggie Miller" – Jab, show ball at your ear and go

4. BEATING THE 2ND DEFENDER (help defender)
- Change directions, change speeds
- 3 dribble moves:
    - Crossover – Through the legs, behind the back
- Put defender in jail and get the 3 point play

5. MOVEMENT ON PENETRATION
- LOOP or penetration into the gap, "loop behind"
- LOOP & GO: loop, no shot fake, catch and drive the close-out
- BACKDOOR: Penetration at you, take one step higher and go back-door, should be a bounce pass
- FADES: on baseline drive, perimeter or opposite side "fades" to opposite, come for "3"

6. PICK & ROLL

SCREENER:

- Visual/Verbal
- Jump-stop, grab wrist with hand
- Hold for 2 count and roll or pop
- Can also slip

HANDLER:

- Make the defender guard you both ways
- Come off shoulder-shoulder
- Take at least two dribbles

OPTIONS:

- Turn the corner and score on kick
- Shoot jumper if defender goes under
- Stop and Go
- Split the “high-hedge”

7. FREE THROWS

1. Foot-Elbow-Ball in straight line
2. Routine
3. Pause ball below pocket, eliminates wasted motion
4. 1 second follow-through

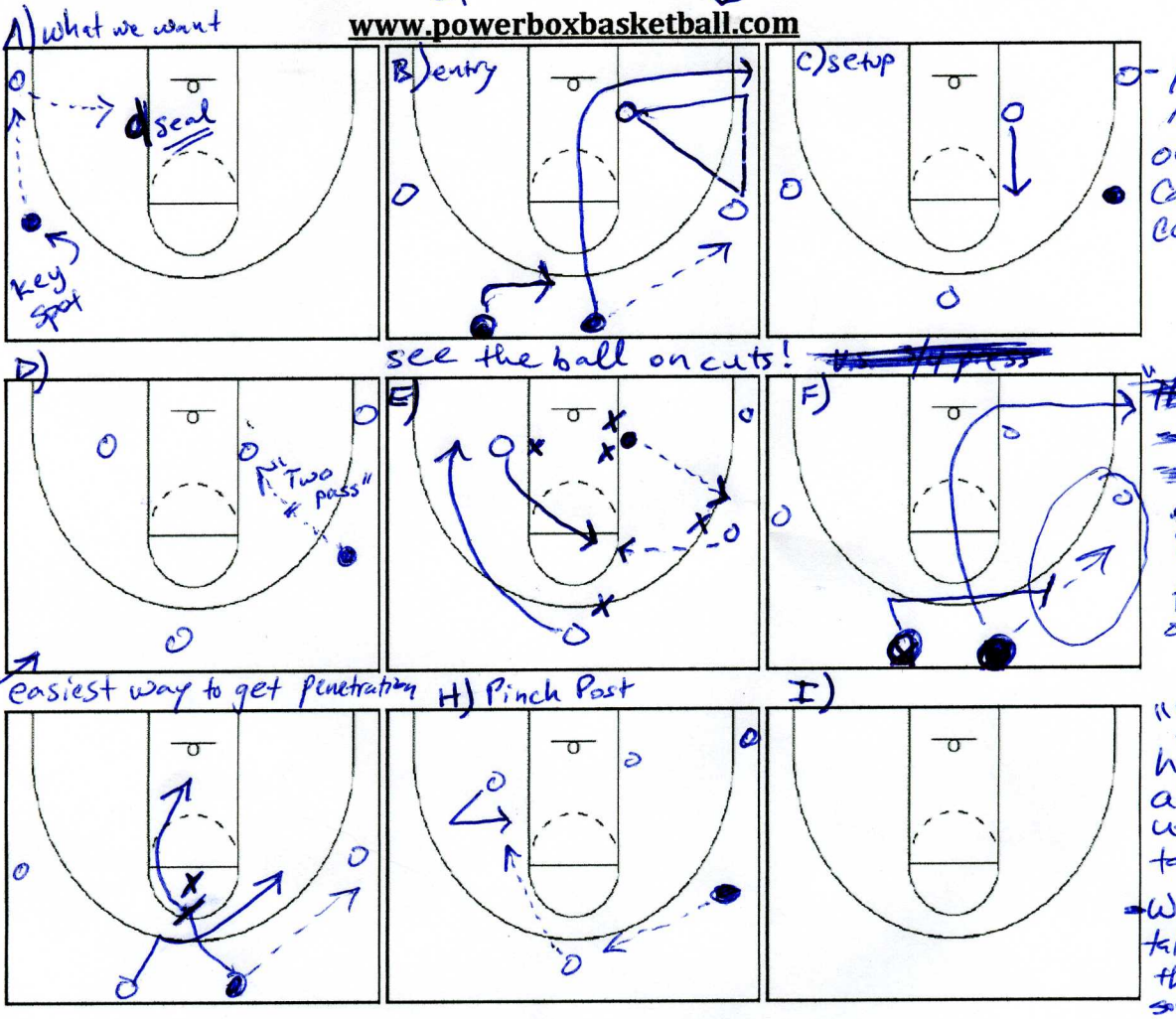
Tex Winter
Triangle Offense
4/4/08
NABC - San Antonio

power box basketball
mental-physical-relational-foundational

www.powerboxbasketball.com

book:
"Triple Post Offense"

"speed cut" to the basket



- If Center is overplayed or pass to p... Cannot be rec... Center comes

see the ball on cuts!

"like 'eye op" lets all 5 players see what defense will look like

"squeeze the defense option

easiest way to get penetration

defense overplays → 1st speed cut

"Your offense has to be able to utilize enough talent"

- Whatever defe... takes away; they leave something open

NOTES: - 1st principle of a sound offense: get penetration
- high % shots

- Breakdown frontline defenses
- Initially taught the offense as a sequence of options; not anymore

D - On pass to post; post player becomes a feeder 1st

E - Overplay pass back to the top. Opp using fill/top player fill

"Player w/ the ball should have opportunity to hit all 4 of his teammates in any offense. Who he/she passes to depends on the defense"

*If you don't drill execution of basic skills all the time; your offense will not be executed well
- Chest pass. Halo pass (give him a haircut). Overhead pass. Footwork. Ballhandling - not about what offense you run about execution

- Almost every drill they use include wing entry passes (in their offense)
- Very skilled players often abandon the offense (must guard against that)

Scott Drew, Baylor
4/5/08 – NABC
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power box basketball
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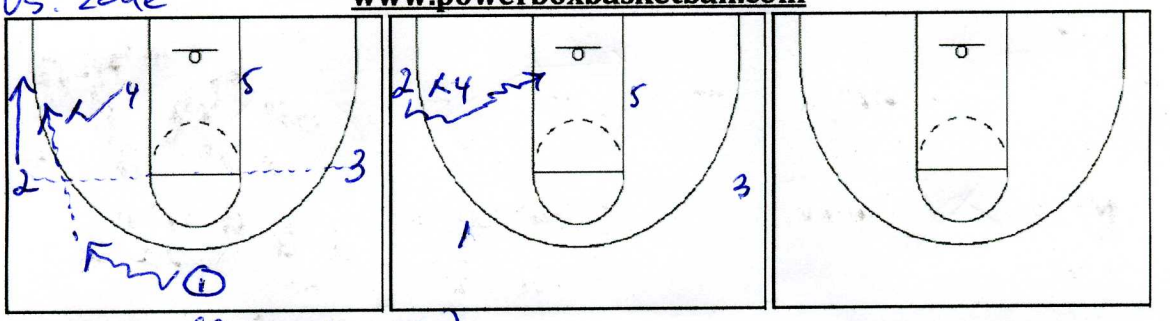
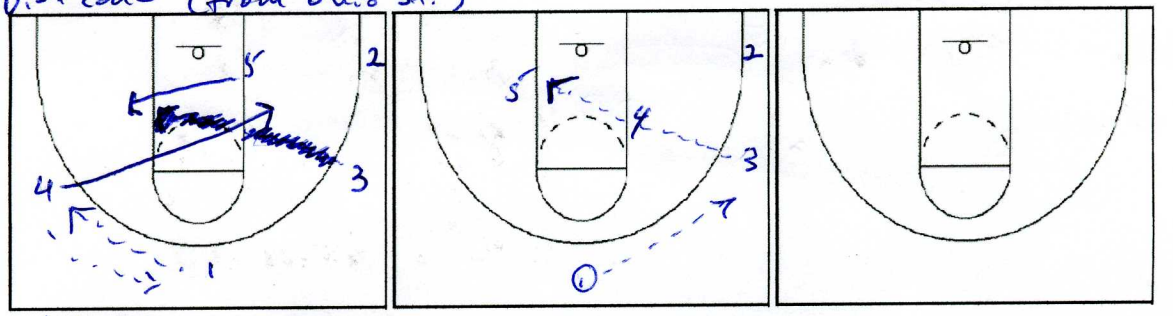
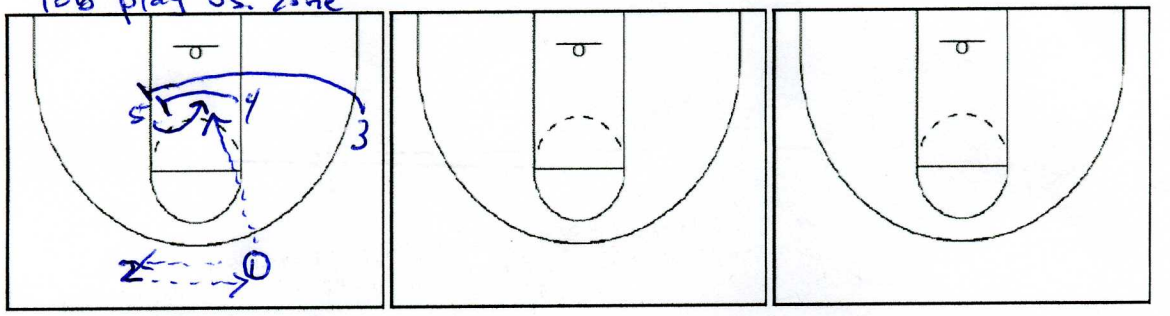
vs. zone



v.s. zone (from Ohio St.)



lob play vs. zone



NOTES:
1) Zone Sets
2) Effective practices — Topics
3) FT shooting

*If you scout a set for 2 days and they still beat you on it, you should probably add that to your playbook

Zones (Random Thoughts)

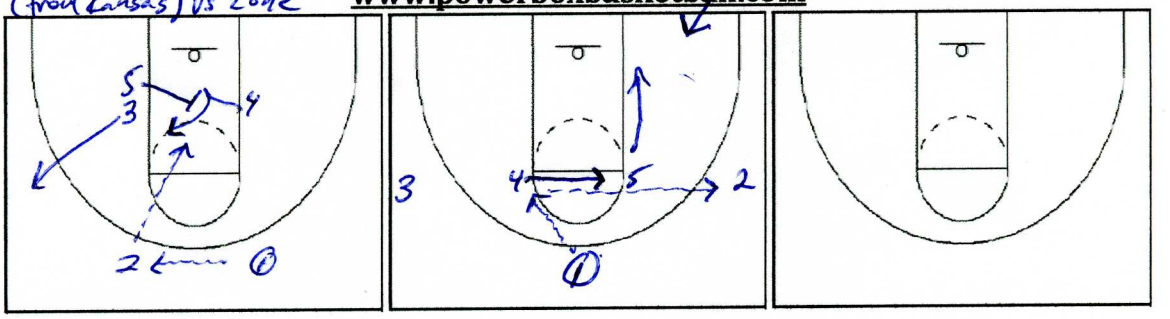
1) beat the defense down the court
2) how you get into your zone sets
   - reverse the ball side-side first
   - shot clock → zone set (let clock go a bit before setting up your set)
3) set illegal screens vs. zone
   - refs don't call it in a zone nearly as much
4) when set breaks down make sure you get to the paint
   - ball screens to get to the paint
5) you can dictate which matchups you want to attack
6) Rebounding weakside of the zone

Drew (cont.)

1-4 Zone ideas → www.powerboxbasketball.com

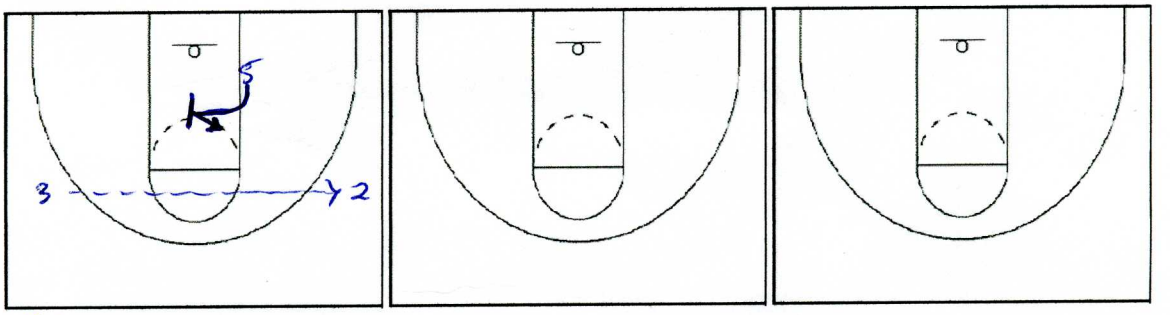
(from Kansas) vs zone

* make screens illegal in the key vs. zone

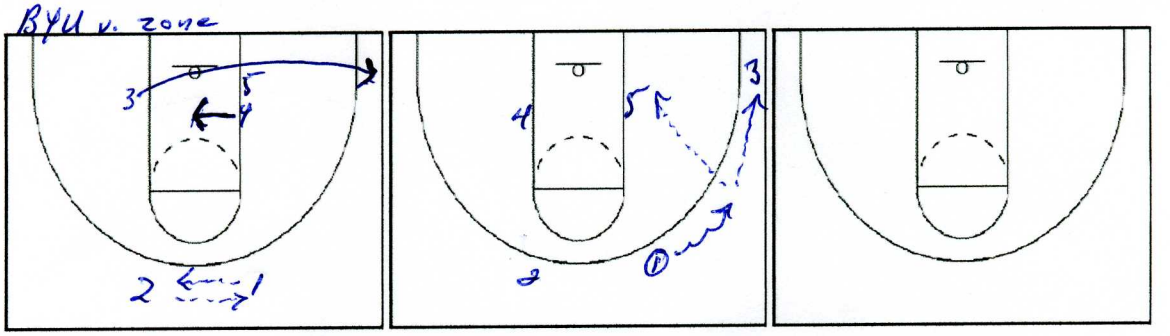


make sure posts seal in the key and get good position on any lob in the zone →

* not many 3 counts are called vs. zone



BYU v. zone



NOTES: * lobs vs. zone are very effective (if can't dunk it, come down, pump fake & get fouled)
* stacks are very effective vs. zone

"+/- system" - some players may not put up stat sheet #'s but they're still a "+" to have on the floor
- great for parental problems/player complaining about minutes
- Baylor & Marquette: extremely detailed in this system

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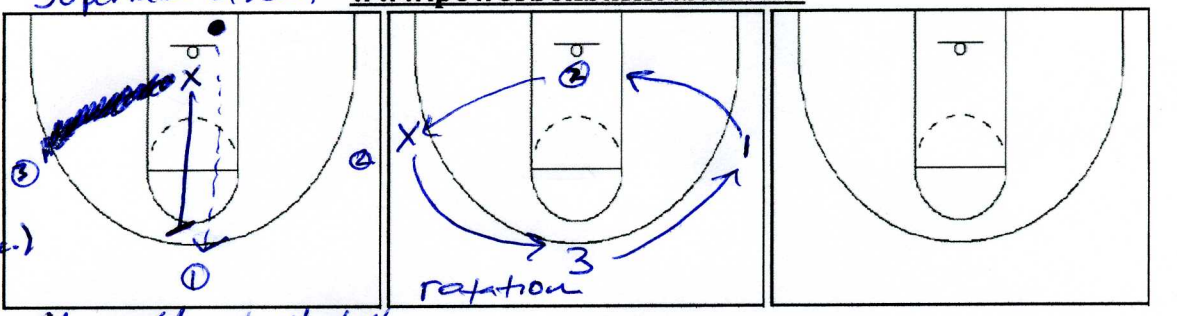
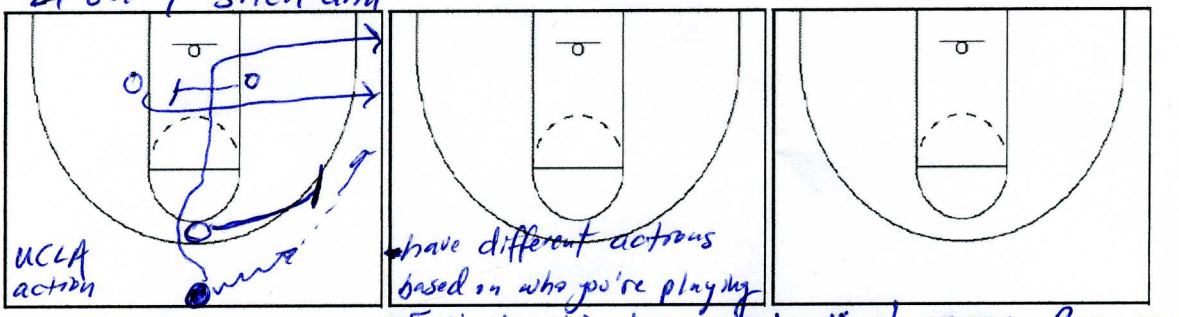
Drew (cont.)

Supermean Closeout www.powerboxbasketball.com



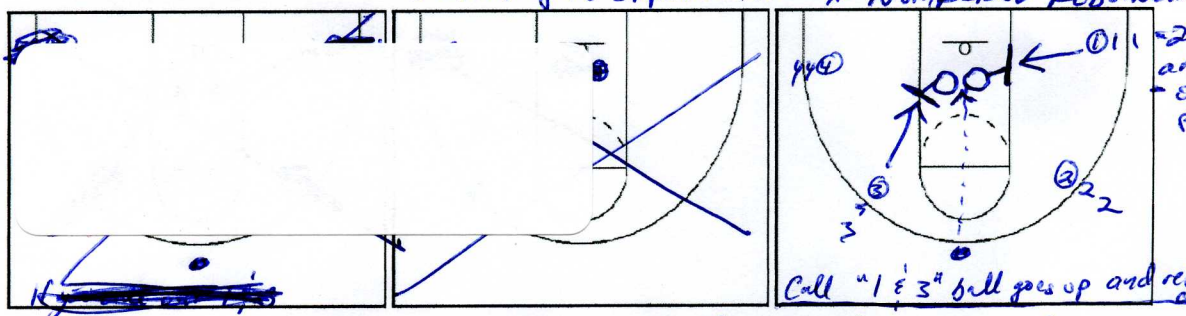
Closeout & play 1 on 1 until the rebound
- must get 3/4 stops or you stay
- can put limitations on offense (ie dribbles, etc.)

4 on 4 shell drill



- 3 teams
- defense stays on until they get X # of stops
- 5 min. + get 3 stops in a row

NUMBERED REBOUNDING DRILL

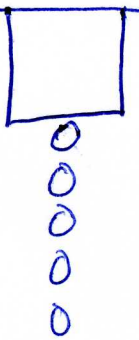


- 2 ppl called out are new rebound
- off. rebound = punishment / stay on

- Players get bored w/ same drills all the time (so do coaches)
  - ↳ Same drills, concepts that look a little different makes a huge difference
- At the beginning of the yr big on reward/punishment (winners get water, losers run)
  - ↳ later in the yr punishment goes down a bit (one sprint, push ups, etc.)

NOTES:

Free Throw Shooting Improvement



- Any miss you miss; you're running
- team down & backs for every miss
- bad FT shooters up 1st so they don't get fatigued (build confidence)
- If you missed a FT, had to stay after & make 10 in a row
- the more ways we can put pressure on players as far as FT's; the better they'll be in games

Reset Drill
- Can never miss 2 in a row
- 2:00 drill (each player shoots 2 and rotates to partner)
- 2 at each basket (puts lots of pressure on guys)

Matthew_driscoll@baylor.edu

SAN ANTONIO

Kevin Nickleberry, Hampton Head Coach 4/7/08 — NABC Clinic

- Wrote down 50 guys who knew Kevin Nickleberry after his G.A. job
  ↳ Wrote them letters 2x a week
- Became a volunteer pro trainer
- Volunteer coach at NAIA school → head women's coach @ same school (3 yrs.)
- "How are you doing with your list?"
  - layering your relationships (who do the people you know, know?)

Relationships

* Relationships are key
- Getting jobs & getting players are based on relationships.
- You can have all the X's & O's in the world but if you don't have the right players and the right basketball family you won't win. Pitino
- Early on it's not about money. If you have to take a pay cut to get in the right family - do it!

NICHE

* Identify your niche - do what you do
  ↳ If you are a great recruiter, recruit!

STYLE OF PLAY

* Style of Play - notebook of stuff you like & stuff you don't like
  - If you want to be physical - why recruit soft players?

DEFENSE

* Changing defenses - knowing who's in the game after timeouts/quarter changes
  - Nickleberry was a huddle watcher when he was an assistant during timeouts
- Circle of opportunities
  - It's so important to get on loose balls, get steals, etc.
    ↳ must sell that style to players

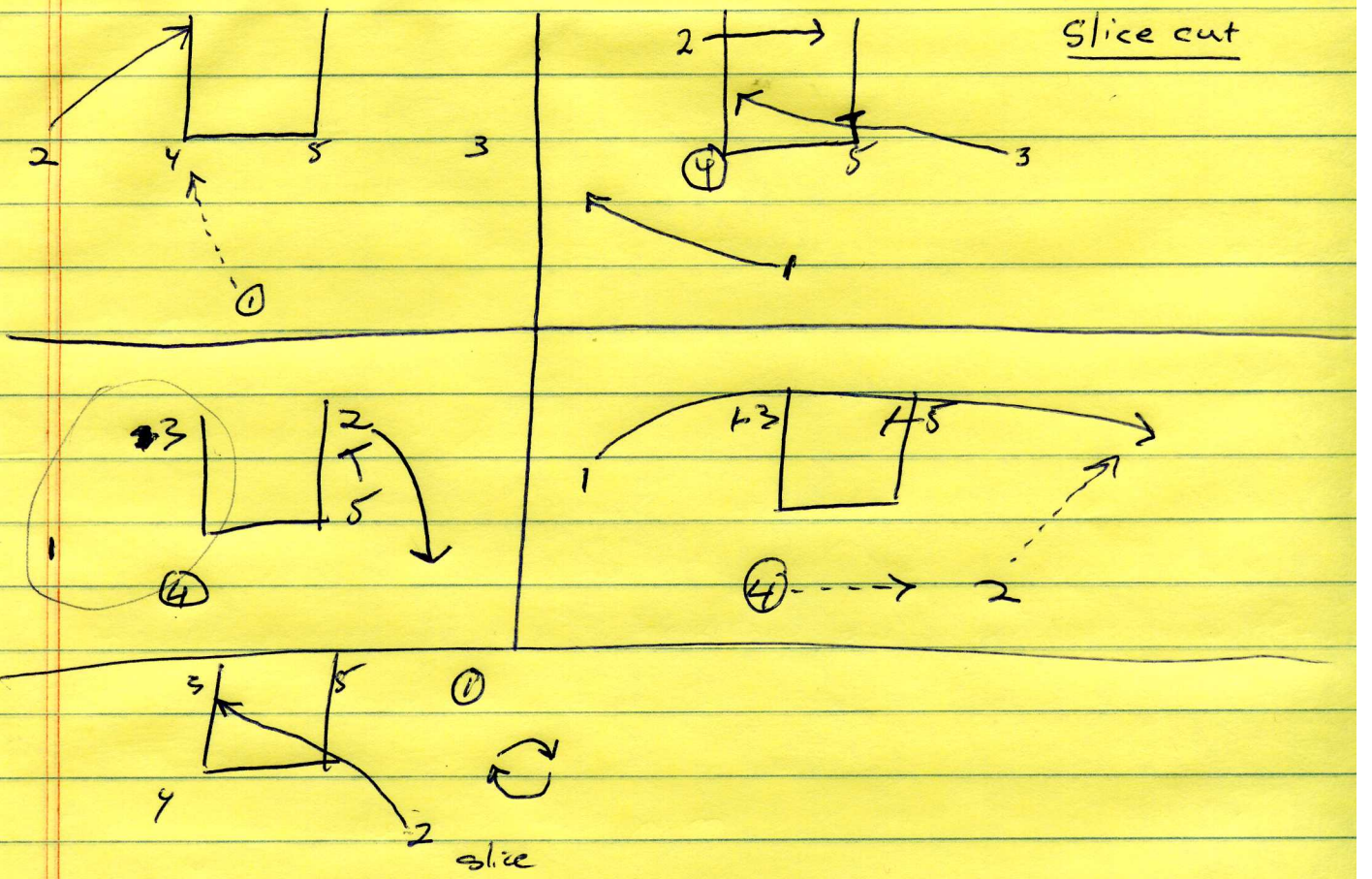
* Frantic 40 want an ugly 40 minutes from them. make them uncomfortable. protect the key. - give up tough 2's, don't give up 3's.

ETC.

- This business is about loyalty -
- The importance of scouting - scout teams (had tons of walk-ons)
  ↳ Scout team would walk, talk, wear a fake jersey of the play they were supposed to be
  ↳ Scouting reports: Coaches can't use notes b/c players can't either
    - Makes you notice/learn instead of memorize

Nickleberry

from Mike Brown, Cleveland Cavaliers



Gene Cross, [illegible]
Motion Offense
gcross1@nd.edu

April 6, 200[illegible]
NABC
San Antonio

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Motion Entries

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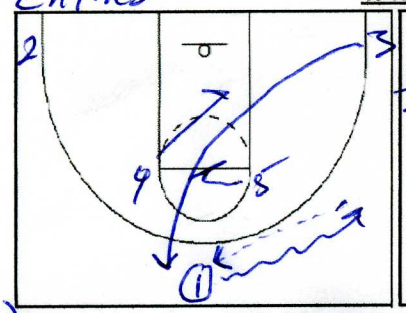
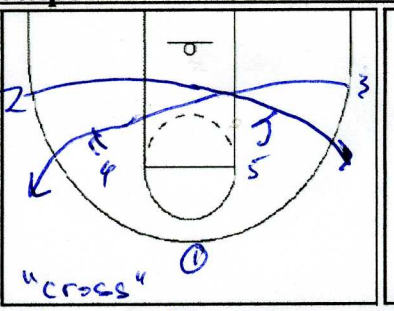
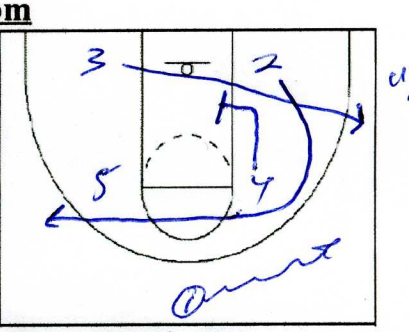
"Shallow"

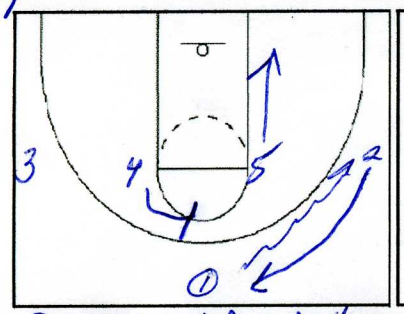




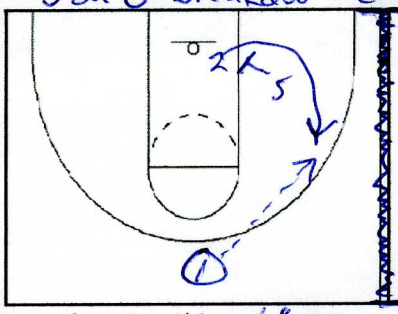
"Loop"



Entries (cont.)
"Exchange"
→ dribble handoff



3 on 0 breakdown cutting drill



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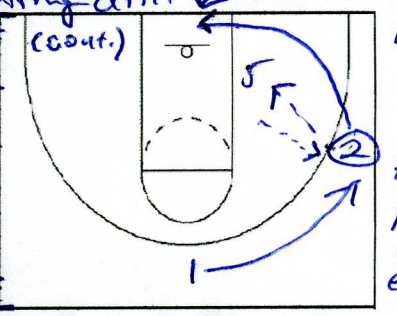
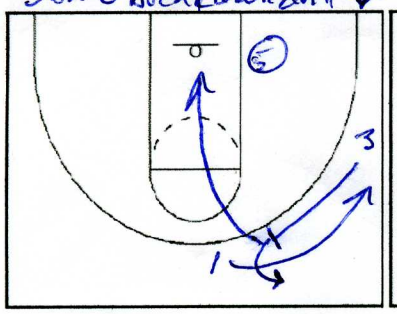


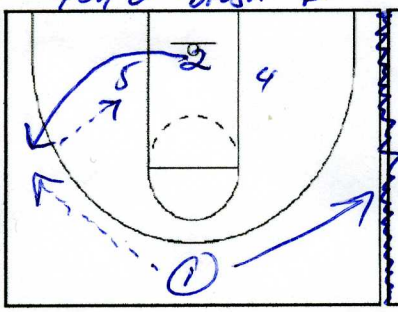
Baseline cut ←

squeeze →

3 on 0 breakdown drill



4 on 0 "brush"



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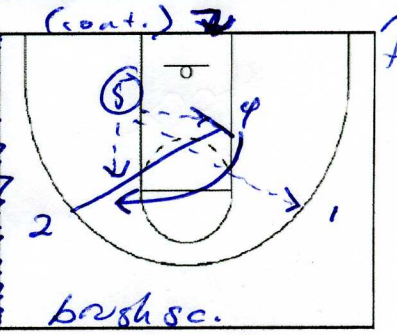


*motion principles worked on everyday to make motion flow in game

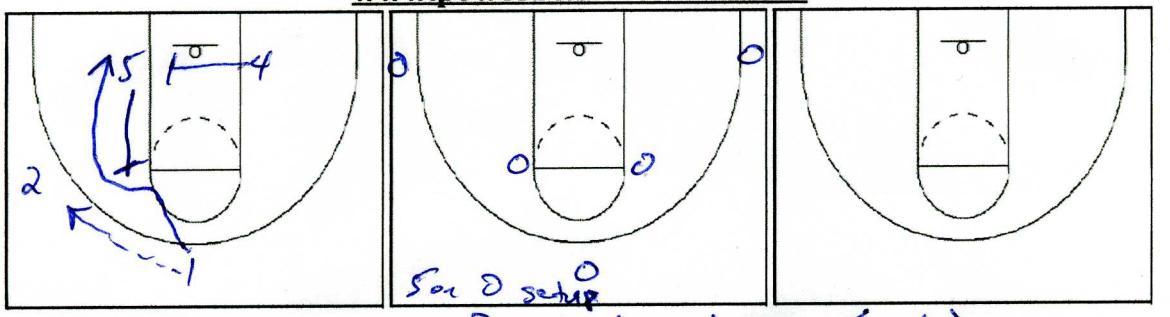
NOTES: - Motion based on lineups (3 out 2 in to start, 4 out 1 in, 5 out)
- Helps w/ recruiting that if you have a 6'8 guy who can shoot it, you tell him that if he works on it, he'll get those shots in this offense
- Difficult to scout (no robotic movements)
- When 1st implementing or w/ a younger group: must keep offense more controlled
- The importance of role definition
- Communication: echo calls
  ↳ w/ communication comes trust
- Cutting / Ball reversals (hit 3 sides of the floor) so important in motion
  ↳ not many teams want to play defense for longer than 20 seconds
- Making things habits: everyday actions in practice

Cross (cont.)

After 4 on 0 drills → 5 on 0

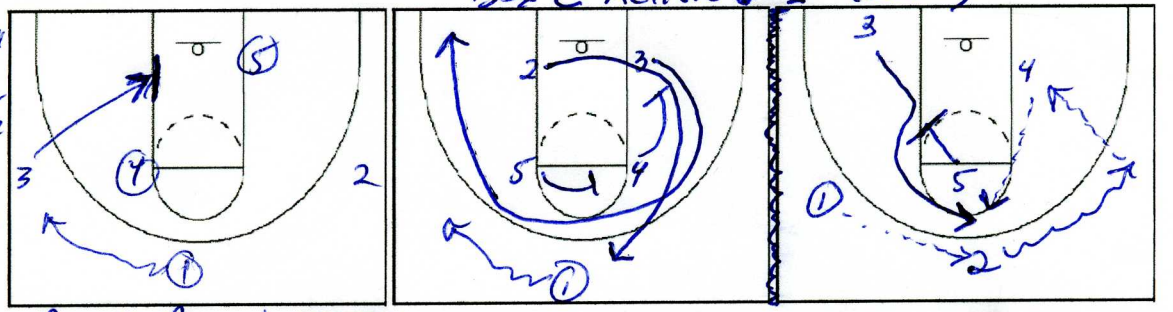
"UCLA" 4 on 0 breakdown

backpick or all-players choose.

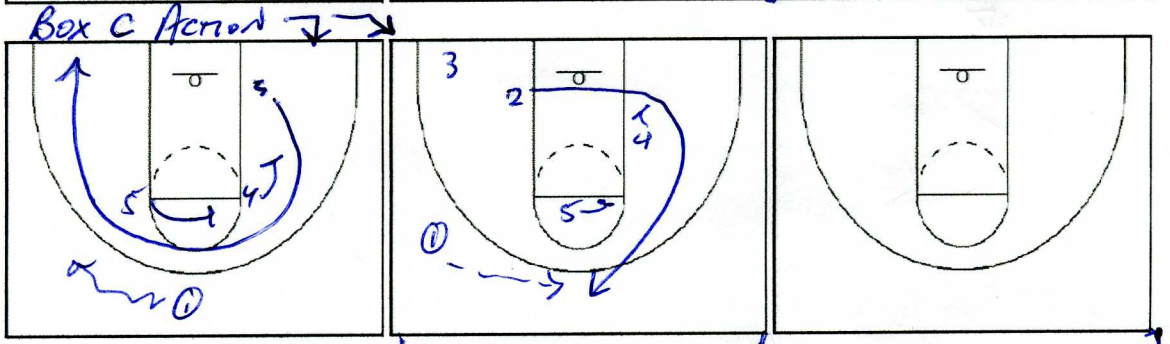


Washington St. Top Bottom 4 their blocker-mover offense

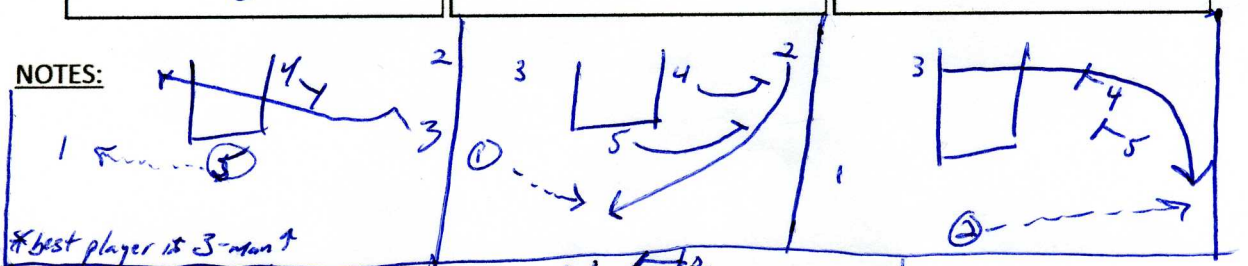
allowed for wing postup →



Box C Action → (cont.)



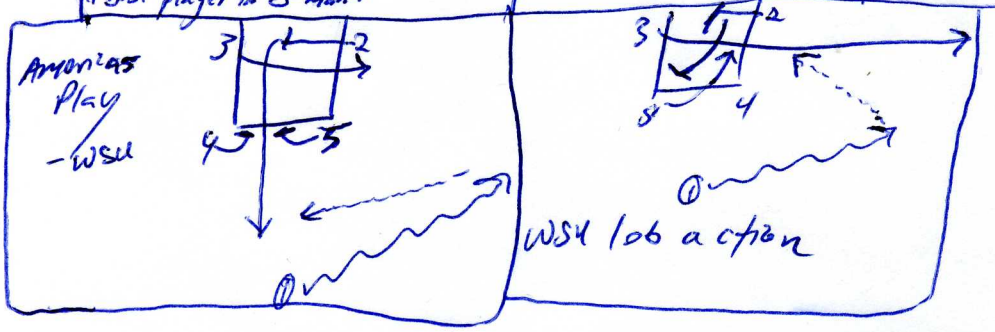
Box C Action →



NOTES:

best player is 3-man

Amonitas Play - WSU



WSU lob action

Gary Williams, Maryland

- Roots in high school coaching
- Every coach needs a break and from there it's up to you (Tom Davis)

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- You ask players to get better every offseason but do you as a coach, work on getting better?

Flex Cuts

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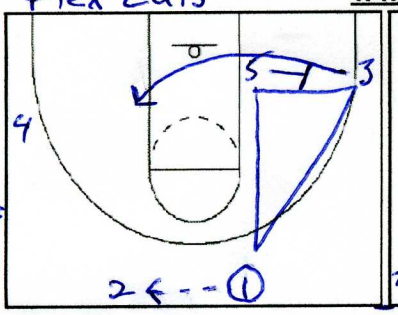
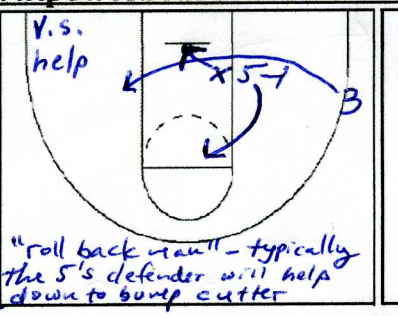
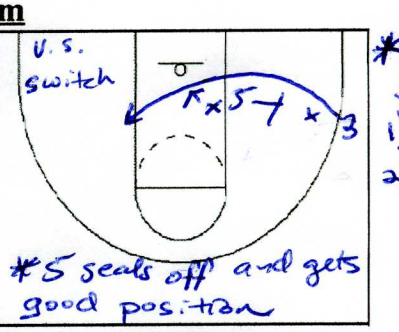
Spacing
*2 has to see cutter first!
- don't be robotic

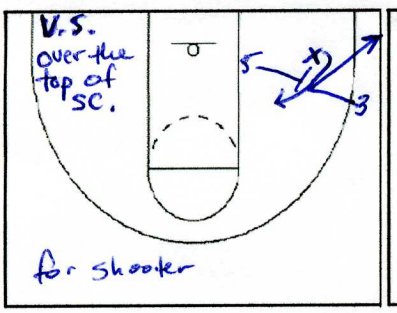


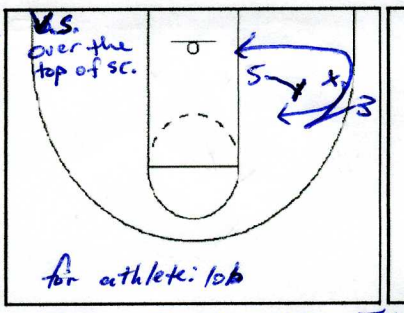


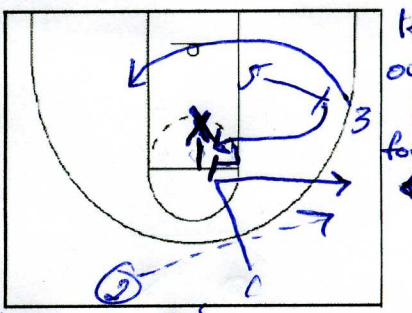


*The passer's job in flex
1) see cutter
2) see roll back man

These options should be natural for team



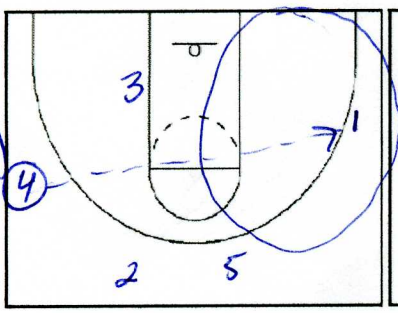


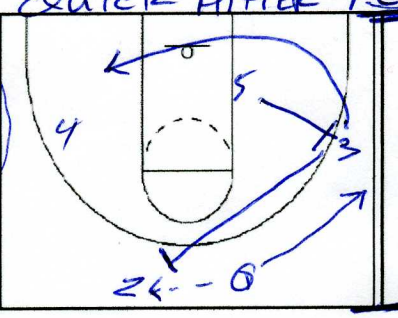


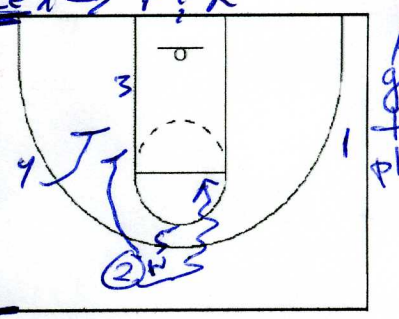
If defender overplays roll back, set SC. for 1 to shoot

QUICK HITTER FLEX → P&R

If you have a PG that can create around rim (score or pass) you want this a lot of room to work







How can we get the ball to our best players.

NOTES: "Your offense has to be able to utilize enormous talent" – Tex Winter

- Flex: a lot of varieties (up-tempo/delay game) - a good way to get structure (esp. good offense for high school program)
- You have to be able to get the ball inside (practice passing fundamentals)
- You have to have something you depend on
- A lot of slippage into game situations w/ freshman
- Must execute (offensively & defensively) better or as good to get "W"
- How can a coach make the team better! Don't be quick to blame your players!
- Importance of execution: other team knows what you're doing yet you still find success
- Flex can be used to maximize opportunities for whatever you're good at (if you have great PG - great; if you have a great 5 - perfect!)

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Williams (cont.)

Entry into basic offense

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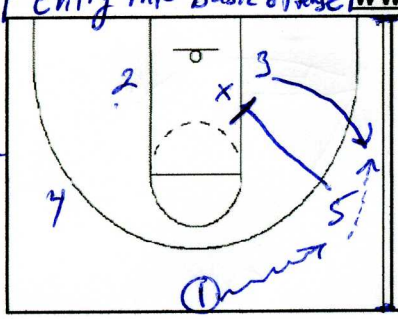
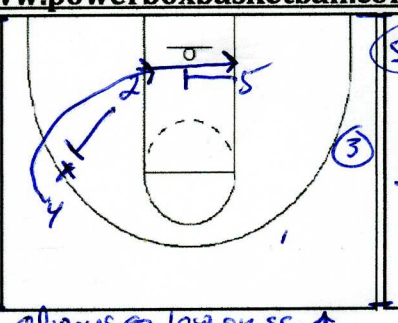
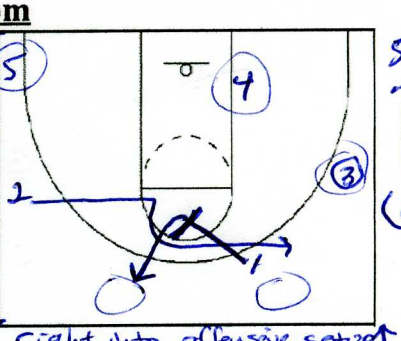
- Make them wait for ther screens
- pass to outside hand!





always go low on sc. ↑



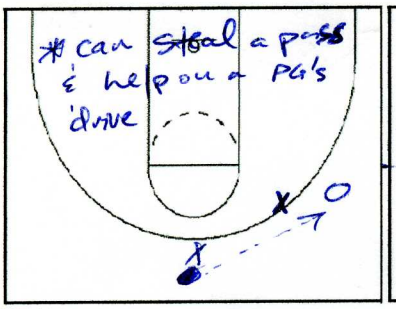
right into offensive setup ↑

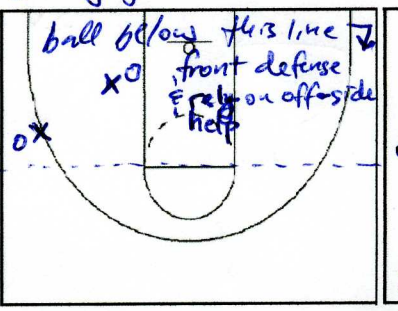
5, is roll back
man US switch

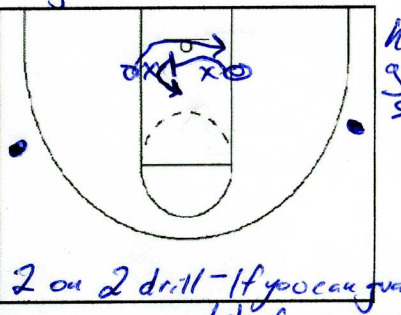


(←)

Perimeter Defense →

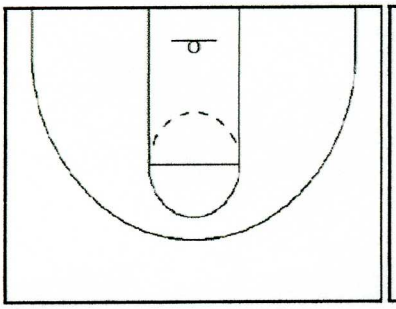


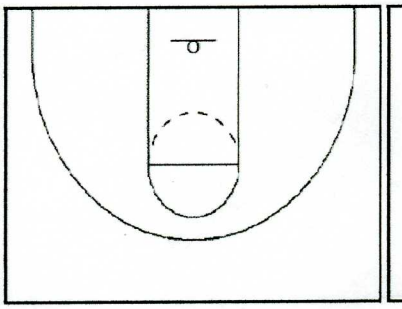


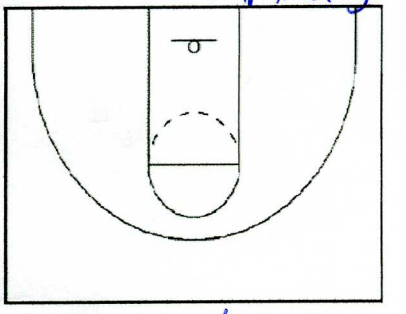


How do you guard? hedge, switch, etc.

2 on 2 drill - If you can guard this w/ no help from guards you can guard in the game







NOTES:

* always looking for skip pass (make it a race for defense/split the court)
* use entry plays to make your basic stuff better
* every summer pick up 2 or 3 things (Williams gets entries into basic offense)
* we press and run so that we don't hold back our superstars
* Tony Davis big believer in zone (Williams didn't use it much before)
  - "Louisville & Syracuse use zone very well"
* Defensive toughness needs to start 1st day of practice
* have to be able to cover the sc. & roll (most college ball offenses involve them)
  - Williams: trap Ball screen/help defense

Lawson, NC - "quickest player we've played foul line to foul line"

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Will Caves (cont.)

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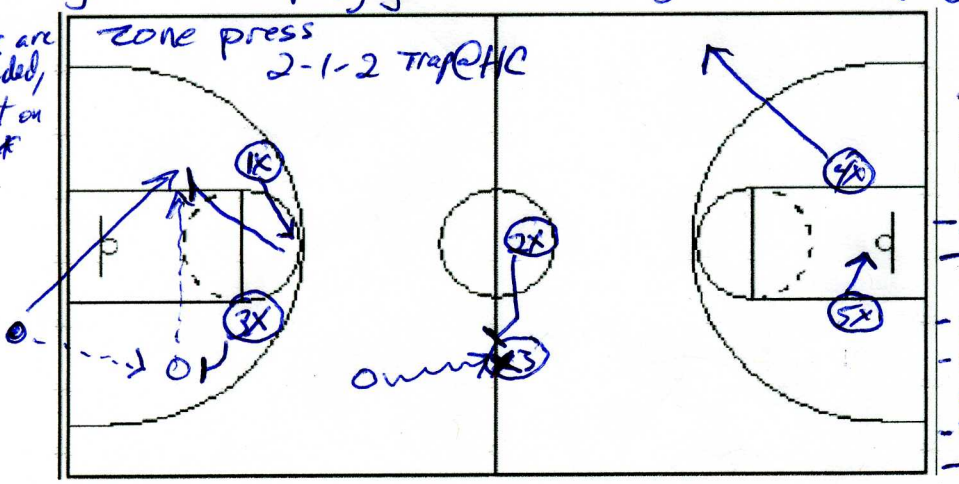
If you press, you have right to tell your team that you are the best conditioned team aro

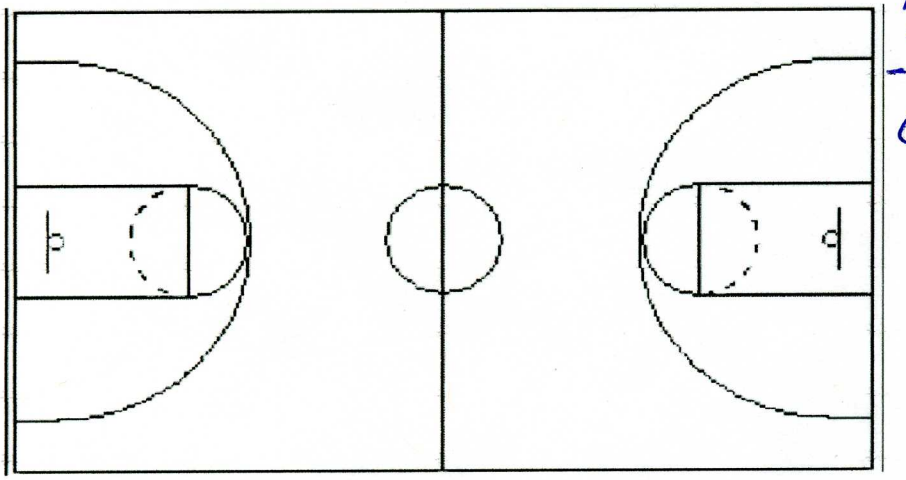
Unless you have a press, you won't be good @ press or going against a press
- Can slow or quicken the g w/ a press

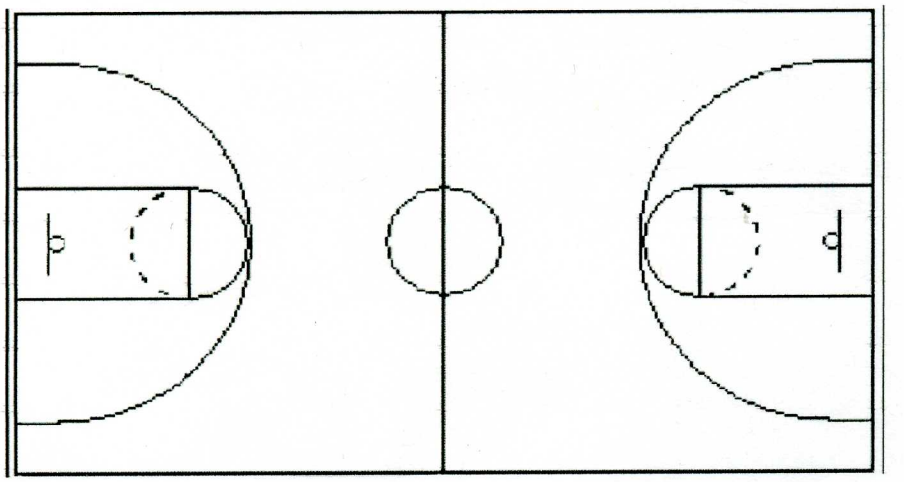


*Most teams are right handed, take it out on the right #

- Don't need a time out to p in press if you use it b/c you practice it all the time
- If they skip back - that's usually not best ball handler! - ATTACK!
- Just pressuring ball, not forcing sideli
- 5 is the protector
- 4 is an interceptor - (watches for sideline pass)
- Trap @ HC
- Love to press @ start of 2nd half Teams don't warm up very much @ half. - Not ready to go
- Be as aggressive as possible

October 13th - Maryland's 1st practice





4/7/08

The Final 2 Analysis, Dave Odom

NABC SAN ANTONIO

Memphis (Calipari)		Kansas (Self)
Aggressive/Attacking/Finesse	STYLE (similar)	Up-tempo/Agressive
Underrated	Defense	-double the post (bad posts to make TO's
(front the post) Trapping the PG		
(switch sc.'s) Not much F.C. defense		-Agressive
Man 99.9% of the time		
Tough to shoot well against		
DDM (agressive)	Offense	H/L (agressive)
-more spontaneous/freeday		-More scripted -more sets -very good spacing
	BOARDS (=)	
ROSE✓ - difference maker COR✓ WILLIE KEMP ANDERSON - can shoot DOZIER - soft DORSEY - going to foul TAGGART - soft	Perimeter Players >	ROBINSON CHALMER = COLLINS✓ RUSH✓
	BIGS <	DEPTH/PHYSICAL/FAST
	BENCH	

4 factors in Critical games:

* Contrasting style of play - Davidson's style of play is what beat Wisconsin
* When the game is played
* Where the game is played
* What it means at the time

- # of turnovers Kansas has is key to the game
- Memphis doesn't want a HC game

-Kansas' wave of bigs

-Andre Allen (suspended) could be factor

- Kansas can not give away live-ball turnovers
- Kansas plays high-possession games (they commit turnovers but they get the ball back)
- Coach Cal is more likely to stick to what he's done all year (may go zone tonight - went box & 1 against Curry)
- Kansas' 1st play of 2nd half (backdoor): great coaching

Knew Roy got in his guys (overplay)

- Kansas letting Lawson come to them
  - ↳ Ellington off to bad start - no shooters
    - ↳ brought defense in & used size well
- Probably won't find Kansas picking up @ the HC line
- Memphis vs. Texas & UCLA
  - ↳ both teams need their PG to score
  - ↳ Kansas is a different type of team - scoring comes from elsewhere
- If you want to beat Memphis you have to force them to shoot outside shots
- The matchup of Roy & Bill — energy draining?
- Calipari: positive contact/relationships w/ his team
  - better than anyone in the country @ that
  - has a revolving door policy @ his house w/ his players

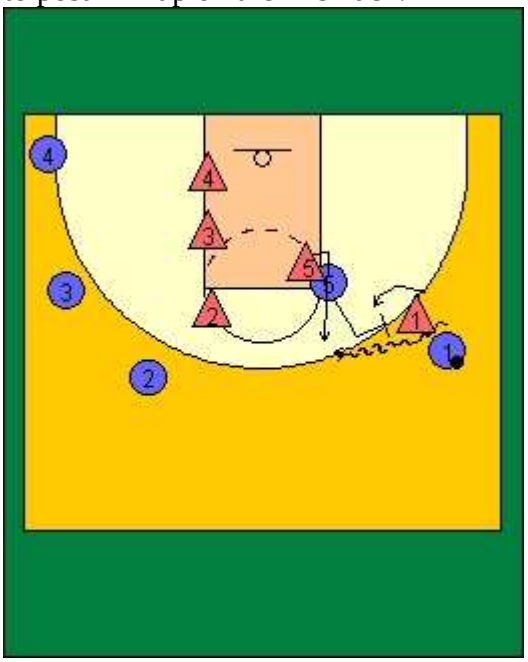
Seatle Super Sonic
head coach: N.McMilan

PICK & ROLL DEFENSE

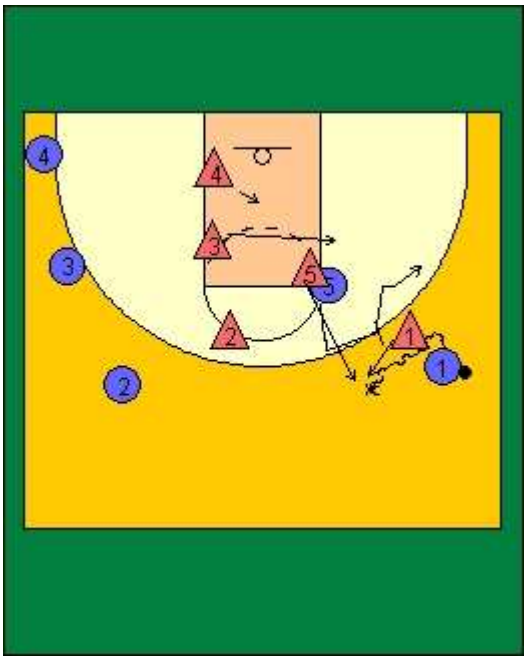
SIDE P&R

1. SWITCH

We switch aggressively and flat so that we can contain penetration.D5 keeps contact with the picker until the pick occurs, as it occurs D5 jumps out to switch with D1, then goes under the pick to hold up from rolling to the basket.D1 then jumps to the ball side or ‘White” if they try to post him up on the mismach.

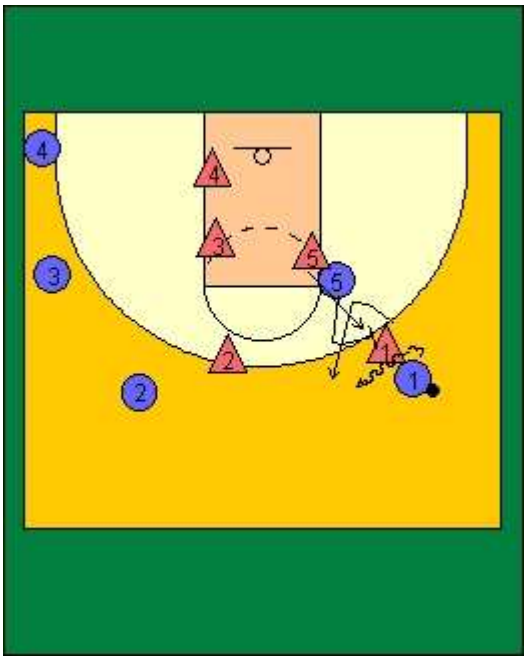


2. RED



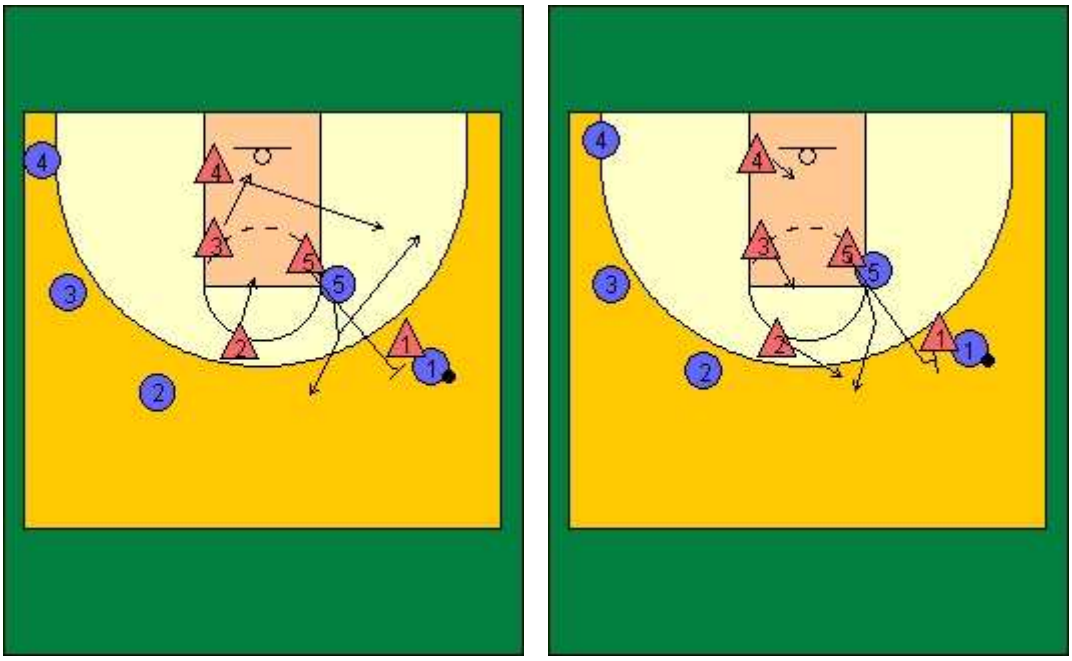
3. PUSH UP

The man guarding the picker pushes the picker up and the man guarding the ball goes under both the picker and the man guarding the picker.
Both D1 and D5 stay with their man.D5 pushes O5 up so that he does not have an angle to pick and forces the O1 to veer high.
D1 slides under both O5 and D5 and tries to keep the ball on the side.



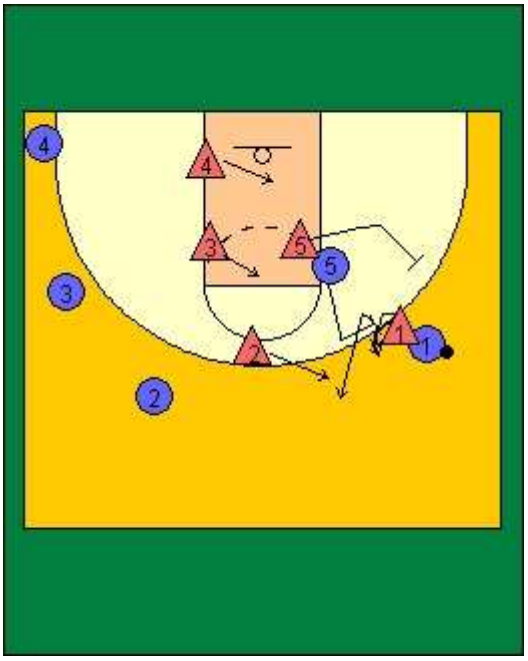
4. EARLY RED

The man guarding the picker goes to trap the ball as the picker begin to come set the pick.
D5 runs at the ballhandler to trap the ball on the high side.He does not let O1 to split trap.
D1 defends it as if it were our O2 P&R defense.
If the picker rolls low:
D4 rotates low to pick him up.
D4 becomes the bottom ogf the 2 man “I”
D2 is the top of the 2 man “I”



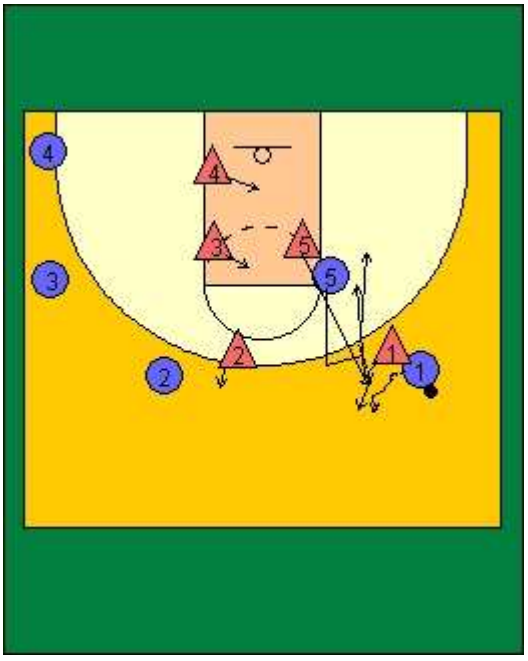
5. PUSH DOWN

Tman guarding the ball forces the ball sideline and does not let the pick occur.The man guarding the picker is off his man in a help position to guard against the dribbler driving to the basket.
This is our primary coverage of the side line P&R.
D1 as O5 comes to set pick, jumps higher to deny O5 setting a pick.
D5 as O5 comes to set the pick, yells that we are in #5 Defense and then drops to help position to defend against the sideline drive.If D5 is able to get a good trap on base line side, he locks it up.
D2 rotates high to pick up O5 as he pops high.
D3 becomes the top of the 2 man “I”
D4 is the bottom the 2 man “I”



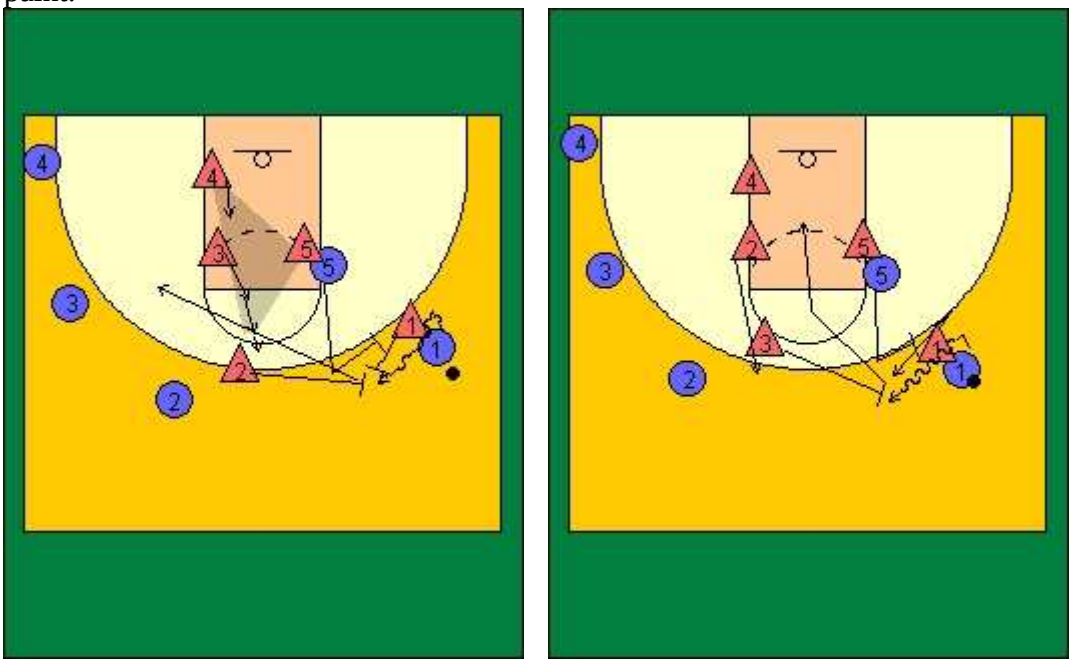
6. STAY

The man guarding the ball fights over the top of the pick, as the pick occurs.D5 shows as D1 gets over the top of the pick.
D1 gets a leg over the top of the pick and stays with his man while D5 gives support.



7. “I” RED

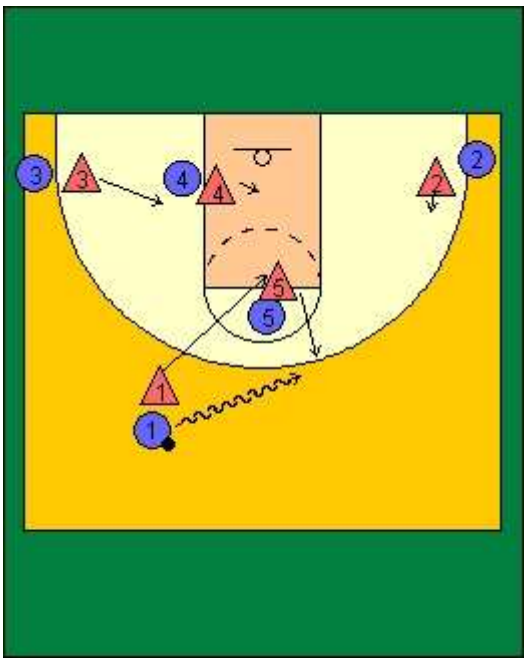
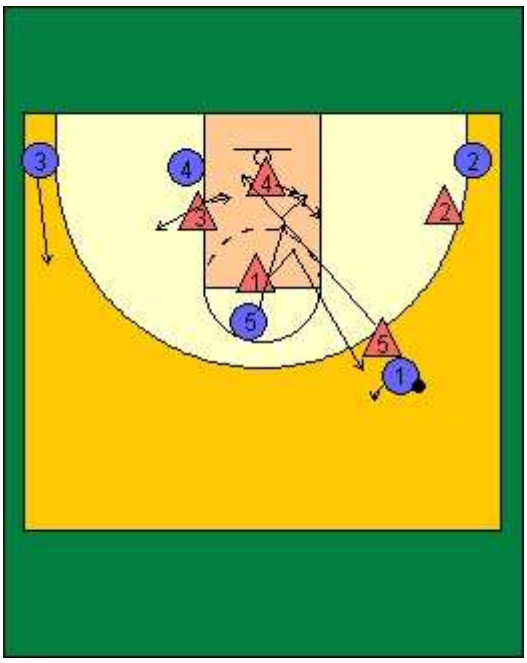
This is when the top of the weekside traps the ball with D1 as the pick occurs.
D1 pushes the ball to the pck
D5 stays with O5 or drop into triangle to zone up, which will depend upon theO5 abilities in offense.
D4 become the bootom of the w/s “I”
D3 takes the top of the “I”, ready to rotate to the 1st pass out of the trap.
D2 as the pick occurs goes to the ball and aggressively traps the dribbler.
If the ball is trown out of the trap, D2 rotates to the paint and then we sramble.
If dribbler veers high, D2 must read how long he wants to stay with it or rotate back to the paint.



SINGLE MID P&R

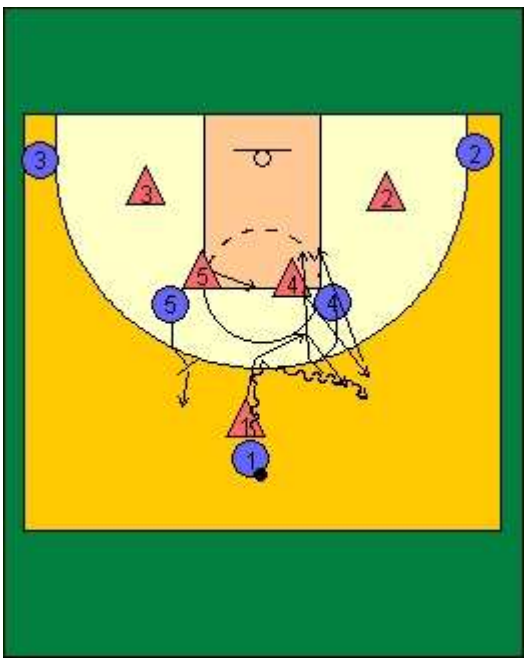
1. SWITCH & GO

A/ The D1 guard switches onto O5.D5 switches onto O1.D5 must contain the ball.
B/ As O5 rolls to the basket, D1 takes him to the dots then comes back to O1 to take him back.
D3 and D4 rotates to the near man.As D1 gets to the ball D5 rotates to the basket & takes the open man.

A/  B/ 

HORNS P&R

D1 defend ball with face and do not wory what side baller wants to go.D5 jump high as pick occur in very aggressive manner, parallel with the pick and force baller back in the mid.At the same time D1 drops under and hedge .Use help and recover or double mismatch if D5 Stays longer high.



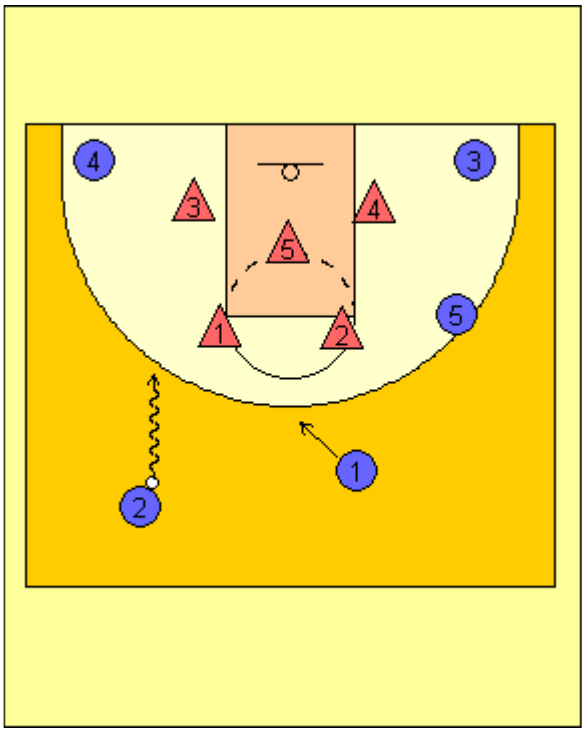
NCAA - Special situations

If you have a point guard who is a solid decision maker, this play can work at any level. I've seen it used by Pittsburgh against Syracuse's deadly 2-3 zone, and I've used it with 12 year olds as well.

Personnel

Player 1 should be a good penetrator with the ability to hit the mid-range jump shot. Player 5 should be able to set a good screen. Player 4 should be able to score underneath the basket and Player 3 should be a good perimeter shooter.

Instructions

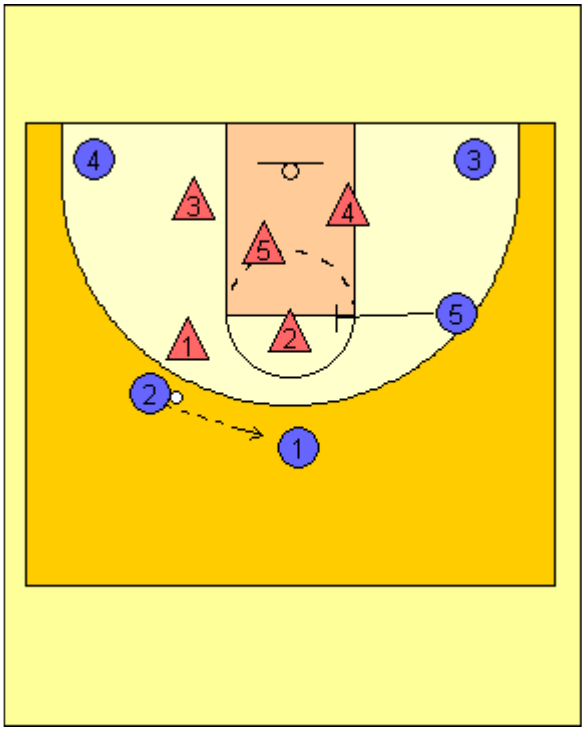


1. Player 2 will bring the ball up on the left side. He makes the top guy of the zone commit to him.

2. Once the defender commits, Player 2 passes to Player 1 who should've floated near the top of the key.

3. As the pass is being thrown, Player 5 comes to set a screen on the outside guy on the top of the zone. That's why it is important for Player 1 to

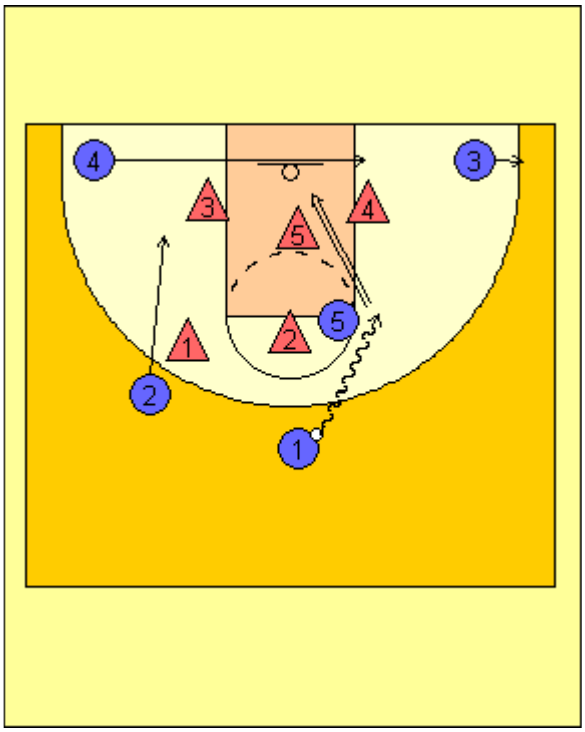
slide over to the top of the key to set up the defensive player.



4. Player 1 will dribble off the screen. If nobody steps up to guard him, (s)he will shoot the 12-15 foot jump shot.

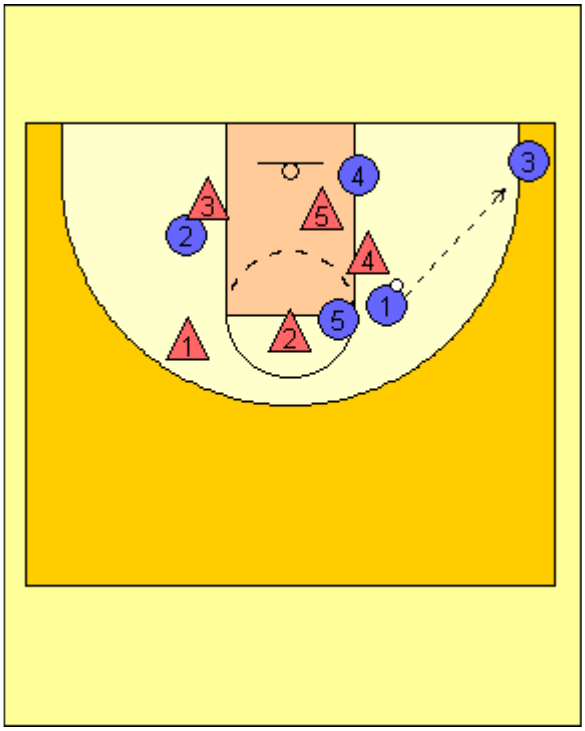
5. Soon as Player 1 starts to dribble Player 4 will cut underneath the hoop to the ball side and Player 3 will float to the corner.

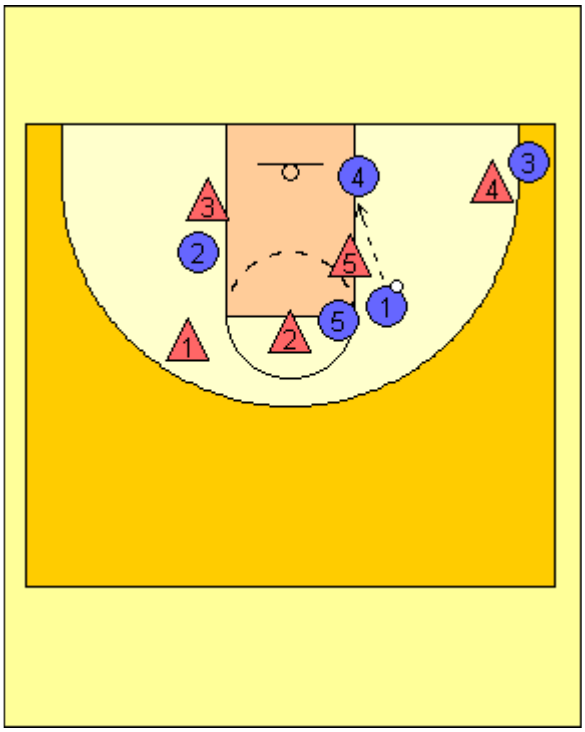
6. Player 2 cuts to the weakside to keep the defensive player #3 honest.



7. If the outside guy on the bottom of the zone takes away Player 1's shot and the middle guy takes away the pass to Player 4. Player 3 will be wide open for an outside shot.

8. If the defensive player covers the outside shot and the middle guy of the zone covers Player 1, Player 4 should be open underneath the hoop.





Valparaiso Victory

Summary

You want to use this play with under 3 seconds left on the clock in an inbounds play in which you are on the opposite end of your basket. If this play is executed properly, you should be able to get a three pointer from the wing.

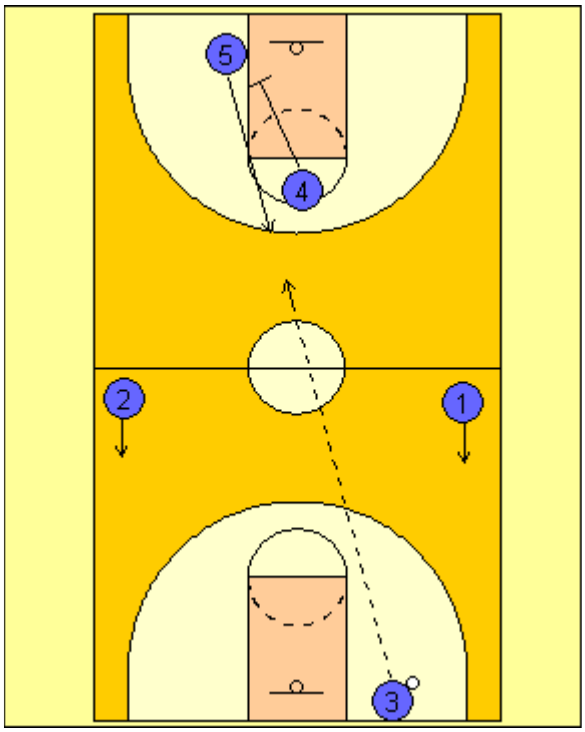
This play was used by Coach Homer Drew of thirteen seed Valparaiso in a first round NCAA tournament game. With 2.5 seconds left and Valparaiso down two, Valparaiso inbounded the ball from the opposite end of the court. The inbounder threw a baseball pass to just behind the three point line, and after catching the ball, a touch pass was thrown to a streaking Bryce Drew. He pulled up from twenty-three feet and hit a three pointer to win the game and complete the upset over the number four seed Ole Miss team.

Personnel

1 - Shooter - located on the wing closest to the team's basket
2 - Shooter - located on the wing opposite the 1.
3 - Best Long Passer - Located out of bounds at the opposite end
4 - Located on either block by the basket.
5 - Big man who can jump - located on the free throw line of the team's basket.

Instructions

1. 1 and 2 will make a cut towards the inbounder.
2. 4 will set a screen for 5 to free him up.
3. 5 will sprint to just above the three point line from the block.
4. The inbounder passes to 5.

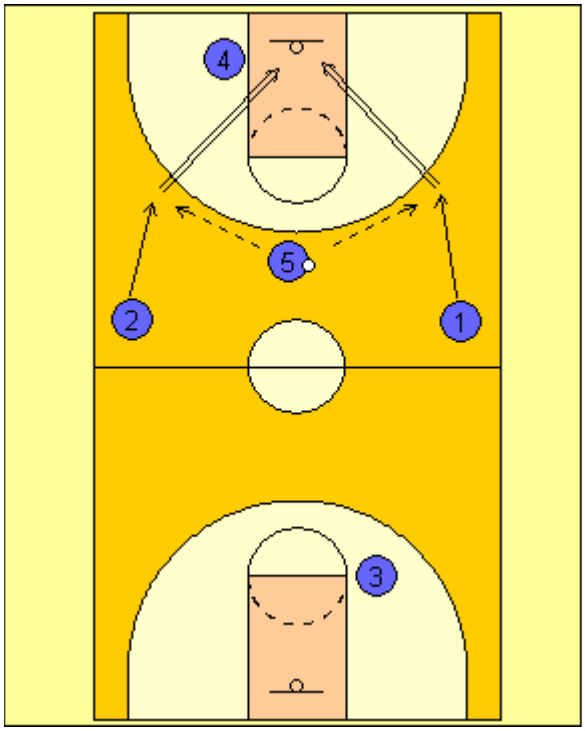


5. Once the ball is in the air, the players 1 & 2 will make another cut back to the wing to elude their defenders.

6. The 5 will catch the ball and throw a pass as quickly as possible to the 1 or 2, whichever is open.

7. 1 or 2 will square up and attempt to knock down a three pointer with the 4 being under the hoop for a tip-in if there is time left.

8. 5 will also have the option of turning and shooting when he catches the ball.



NIKE COACHES LEARNING ACADEMY BOOKLET

Jim Burson Muskingum College

* The first objective in playing at the wing position is to be able to catch the ball and then assume the triple threat position. This can be done by planting the inside foot down upon catching the ball and then the outside foot (foot nearest sideline) as you momentum ends. This is termed a 1, 2 stop. A front pivot will then square you to the basket. One of the possible triple thret positions is to put the ball into the shooting pocket.

* Accepting a screen: The majority of screens which are not successful in terms of getting the man being screened open are the result of poor execution by the man accepting the screen. Often times this player will accept the screen too early and not give the screener time to set a good screen. One prerequisite of accepting any screen is to walk your man away from the approaching screen. In addition, a quick bounce step will give you the explosion necessary to beat your defensive player to a spot on the floor.

The way that your man plays you should determine the option that you use in accepting the screen. If he begins to cheat over the screen, buttonhook to the basket or go backdoor; if he goes behind the screen, use 1, 2 stop square up to triple threat position; if he goes wide behind the screen, fade to the corner.

PRE-PRACTICE PASSING - On the Wall Precede passing with shooting techniques on the wall.

DAILY DOZEN PASSING:

1.(10) two hand chest passes - also think about receiving the ball

2. (10) right hand one hand passes - shoulder height

3. (10) left hand one hand passes - shoulder height

4. (5) shoulder pass - two hands (right)

5. (5) shoulder pass - two hands (left)

6. (5) right hand - scoop passes - arms extended

7. (5) left hand - scoop passes - arms extended

8. (10) over the head passes

9. (5) behind the back - alternate - right 1st

10.(5) behind the back - alternate - left 1st

11.(5) bounce passes (2 hands) step back 5-8
12.(5) baseball passes right hand - 15 ft.
13.(5) baseball passes left hand - 15 ft.

DAILY DOZEN DRIBBLING:

1. Ten right hand - ten left hand - low to the floor

2. Bend low dribble with arm fully extended - Both left and right 1/2 circle - front to back

3. Figure 8 type drill

4. Rhythm drill

5. Full court right hand - full speed

6. Full court left hand - full speed

7. Pearl moves up and back

8. 1/2 pearl and back

9. Switch hands every other drill

10. Stagger dribble - change of pace - full court

11. Pretzel dribble - full court

12. Behind back - full court

PRE-PRACTICE PROCEDURE:

1. Run one lap - come to floor ready to practice

2. Shooting on the wall - "Correct" practice makes perfect

3. Passing drills on wall

4. Dribbling drills

5. Agility and Strength drills

6. Spot shooting

ZONE OFFENSE COACHING POINTS:

1. Look opposite.

2. Read the defense, do a lot of replacement.

3. Pass away from the defense.

4. Must time your cuts, maintain proper spacing, find the open spots.

5. Use a strong pass fake or shot fake - square up

6. Must look inside - inside player upon receiving pass, use power move or look opposite to Pass

7. Perimeter people on penetration pass, you must seek the open spots on the zone.

8. Use dribble to penetrate gaps, distort the zone or turn the ball over - drive baseline pitch ball back.

9. Post man low must square shoulders to baseline, come into defense from behind.

10. Screening can be very successful versus a zone defense.

11. You must realize that we are playing mostly in triangles.

12. Against a good team beat them before they get set.

13. Use full court M-M if having trouble with zone.

14. Don't pass by a man who is away from you.

REBOUNDING

You can foul too much, you can shoot too much, you can pass too much, you can gamble on defense too much, but you can NEVER REBOUND too much!

EVERY SHOT IS YOURS! Go up high, come down big & strong (recover ball big).

Defensive Rebounding:

1. Assume every shot will be missed;

2. Block out (locate) nearest man in your area;

3. Keep visual contact until physical contact.

Offensive Rebounding:

2. Don't watch ball - establish position;

3. Do not get blocked out - do not stay blocked out - never stand;

4. Counter theory: a- Roll, b- Hollow out, c- Swim move, d- Step between (space gainer).

FOCUS ON THE THINGS YOU CAN CONTROL:

1. Effort of your team;

2. Behavior of your team;

3. Preparation of your team;

4. Motivation level of your team;

5. Your in game coaching decisions;

6. Treatment of opponents;

7. Model positive energy;

8. Look for good - be firm be fair be friendly;

9. Don't over talk or correct during the game;

10. Keep instructions quick and simple;

11. Don't overload players;

12. Be aware of body language,

13. Don't overreact to mistakes or officials call;

14. Enjoy the game - players effort increase with simple expressions of appreciation;

15. Keep the game simple.

THINGS YOU HAVE NO CONTROL OVER:

1. Ability or size of opponents;

2. Behavior of opponents;

3. Officials decisions;

4. Coaching decisions by opponents coach;

5. Fans behavior;

6. Facilities

FIND SMALL SUCCESSES THAT WILL LEAD TO LARGE SUCCESSES

WHAT IS A GOOD SHOT?

1. PLAYER MUST HAVE THE ABILITY TO SHOOT THE SHOT. A shot that is a low percentage shot (for the particular player) is a bad shot.

2. PLAYER MUST NOT BE CLOSELY GUARDED. A closely guarded player should pass to a teammate who is not. An exception is when the player is close o the basket and can make a power move.

3. REBOUNDER MUST BE IN POSITION TO REBOUND ANY MISSED SHOT. Few things are more irritating in basketball than the player "gunning the ball up" when there is no one near the rebounding area.

4. TIME and SCORE are big factors. An open shot early in the game may be a good shot while the SAME shot taken with a two-point lead and 30 seconds left to play may be a bad shot.

WISDOM FROM PETE CARRIL:

* If a guy cannot pass, the ball stops moving. If he cannot shoot, he will always be open. If he cannot dribble, he cuts his value to the team by one third. Furthermore, if he cannot dribble, the defense will attack him.

* Whatever you emphasize and to the degree that you do, you get better at it.

* Try to put a player in a situation where those things he does well can occur. For example, he might not dribble very well, so you have him cut or set screens, and so on. (Ed. Note: Another example, when a poor passing big man is told to come outside to relieve pressure and then throws the ball away, it is the coach's fault. He has put the player into a situation he does not do well. Putting players in situations that they can succeed is a fundamental technique of coaching.)

* Two words to avoid in teaching are "always" and "never".

* Without talent, developing precision and trying to do things 100 percent correctly will reduce the number of mistakes and, therefore, the number of failures.

* When you explain a point to player X, the other players should listen so that they know about the point as well.

BILLY DONOVAN'S ATTITUDE PLAN

Always making today my best day

Taking pride in a job well done

Treating others with respect

Isolating my negative thoughts

Treating tasks as opportunities

Utilizing my talents every day

Doing the job right the first time

Expecting positive outcomes daily

Speaking well of others every day

Help us to add subscribers. We would appreciate your forwarding this newsletter to your email friends.

STRATEGY & COACHING TIPS:

* "When doubling the baseline drive, defenders must get to the ball before it gets to the lane." ....Roy Williams

* Bruce Weber of Illinois plays a 100-point game in practice. Two teams play five-on-five using this scoring system: one point for each pass, two points for a score, and five points for a lay-up or post move.

* "Emphasize ball reversal. It will create driving opportunities when the defense executes a closeout poorly."... Paul Hewitt

* "On a full court press, deny the return pass to the inbounder against teams who always reverse the ball back or if the inbounder is a good ball handler."....Rick Pitino

* "Emphasize two-hand passes, two-hand catches, and two-hand rebounds."....Dave Davis

* "The ball is the responsibility of every defender."....George Karl

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GREAT QUOTES:

* "Great leaders are always out in front with a banner, rather than behind with a whip."....John Wooden

* "Working hard does not guarantee success, but not working hard guarantees failure!"

* "There are certain things in this world we all have in common, such as time. The difference is what we do with that time and how we use it. If you're killing time, it's not murder, but pure suicide."....Lou Holtz

* "Whether you think you can or think you cannot....Your are right!"

* "Our greatest glory is not in never falling, but in rising every time we fall."....Confucius

* " Consistency is more important than greatness. It's not how great a player can be but what can be expected day to day."....Lou Holtz

* "The great thing is this world is not so much where we are, butin what direction we are moving."

Nort Carolina Tar Hills complete conditioning

PHASE STRENGTH

OFF-SEASON

Our running in the off-season is focused on proper movement mechanics to help our performance on the court. We really concentrate on proper linear and lateral sprint mechanics. We concentrate on drills that improve foot movement and always keep our athletes in a position to explode in any direction. We perform these drills 3-4x's a week before each weight room workout. During the off-season we do not perform on the court conditioning. The season is very long and players legs need an opportunity to recover. Our primary goal is to get stronger for the next season. During the first 2 to 3 weeks we use a lot of weight room circuits with calisthetics to increase heart rate. Jump rope, squat thrusts, and mountain climbers to name a few. Players are encouraged to play organized pick-up 4-5x's a week during the summer. If we have a few athletes who need extra conditoning we will improve their fitness level in a low-impact method. We will use alternative methods such as slide-board, jump rope, or versa climber to condition. We can go hard on these apparatus to get the results we want. That's it. This is how we train!Our conditioning system requires our athletes to play quality basketball year-around. We do very little extra running and focus on proper movement skills to maximize our performance on the court.

Bodyweight Warm-up:

*** Squat x10**

***Good morning x10**

***Alternating forward lunge to a high knee pull x5/leg**

*** Push-ups with rotation x5/arm**

***Scorpions x5/side**

***Prone back extensions with twist x5/side**

*** Lying leg cross-overs x5/leg**

***3 position full sit-ups x5/each position**

***Squat thrusts x5, repeat 1x**

DAY # 1

Bodyweight warm-up:

1/ Overhead squat with db's 2x6-10

2/ Back extensions with 1-2 second pause 2x10 (weight optional)

3/ Band walks (forward, lateral, carioca) 2x5 yards each position

4/Hang power clean technique 3x5 (If you have a qualified coach!) or Db 1/4 squat jumps 3x8

5/ Db squat 3x8

6/Db One arm row 3x8/arm

7/ Db RDL + Shrug 3x8

8/Db Bench press 3x8

9/Supplemental

a/Standing walk out + push-up + walk back 2x15

b/ Vertical jumps 2x10

Foam roll or Stretch

DAY # 2

Bodyweight warm-up:

1/Med ball step-up series (box height 12" to 15")

a/ Forward + press x5/leg

b/ Lateral + press x5/leg

a/Cross-over x5/leg

2/ Reverse extensions with 1-2 count pause 2x10

3/Db step-up (weight held at shoulders) 3x8/leg

4/ Chin-ups (weighted optional) 3x8

5/Db Single leg deadlift 3x8/leg

6/Db neutral grip shoulder press 3x8

7/Supplemental Dips 1 x Max reps or 2x 8 - 10

8/ Lateral bounds 2x5/leg

Foam roll or Stretch

Day #3 ------ Bodyweight warm-up Hurdle walks (Over/under) or Spider lunges (2x8/leg)

DAY # 3

Bodyweight warm-up:

1/ Hurdle walks (Over/under) or Spider lunges (2x8/leg)

2//Barbell or Dummbell Complex:

a/Front squat x3

b/Standing press x3

c/ RDL x3

d/Reverse lunge x3

*** complete 3 rotations with out stopping rest 75 seconds and repeat**

(advanaced athletes add 5 to 10lb. set #2)

2/ Db Power clean 3x5

3/Db walking lunge 3x8/leg

4/Db alternating neutral grip bench press (arms extended) 3x8/arm

5/2 Db row 3x8

6/Supplemental Db shoulder complex (rear raise, lateral raise, front raise) 1x8/each

7/Box jumps (Jump up to box and step down) 2x10

Foam roll or Stretch

==========

Fundamental Training Exercise Selection

***Warm-up/Flexibility**
***Pre-habilitation (knees/shoulders)**
***Abdominal/lower back**
***Explosive exericse or plyometric drills**
***Lower body push (Single leg squat or squat variation)**
***Lower body pull (Hamstring exercise/lower back)**
***Upper body pull (Chin-up/pull-up and row exercise)**
***Upper body push (Supine or Standing press)**
***Cool-down (dynamic movement)**

==========

Table #2.Sets, Reps (sets x reps = Volume),Intensity (% of 1 rep max)

***Training frequency: 2-3 times a week**
***Sets: 3-5**
***Repetitions: 4-8**
***Intensity:**
Medicine ball drills 1-3kg. or 2-6lbs.
Strength exercises approximately 30-80% of 1 rm
***Rest: Complete each complex and rest 2 minutes at the end of each one**

PRESEASON WEIGHT ROOM WORKOUT – N.C.

PRE-SEASON

The pre-season is approximately 6 weeks long. Our Tar Heel conditioning test is 12 (repetitons)of 6 crossings in 33-35 seconds.We run this in 3 groups A, B and C.Over the 6 weeks our players perform individual court workouts with the basketball coaches 2-3x's a week for 30-45 minutes, they play basketball 4-5x's a week, and conditon 2x's a week for 20-30 minutes. The volume of running is increased gradually to prepare the team for their running test.

DAY # 1

	I WARM UP/FLEX:	II PRE-HABILITATION	III AB/LOW BACK
	a/Foam roll (I-t bands/quads) x 39’’ b/Tennis ball roll(Piriformis/Tfl) x 15-30’’ c/Side lying quad strech x 15-30’’ d/Stability ball bridging x 10.	a/Shoulder-tera band/write the alphabet b/Knee/hips-monster band walks(front/back/latteral) chop.	A/Hanging leg rise 10x B/MB standig trunk twist 10x side C/DB woodchop w/twist 8 x side
	COMPLEX # 1 (x 3)	COMPLEX # 2 (x 3)	COMPLEX # 3 (x3)
	1/DB squat jumps/DB Power clean x 4	1/Glute-ham rise or DB RDL + Shrug x4	1/Wall sit w/MB squezze and DB alt. Front rise x30-60’’
	2/Single leg box squat x 4 leg	2/Leg swings (backward/forward/latteral) x 6-8 each direction	2/Standing walk out + push-

			ups x10
	3/Quad (foam roll)	3/DB Bench press w/stability ball x4	3/Jump rope 3x1’
	4/Chin-ups (weighted)x 4	4/Clap or explosive push-ups x4	Static strech
	5/Single leg MB(2-3kg) overhead throw x 8leg		

DAY # 2

	I WARM UP/FLEX	II PRE-HABILITATION	III AB/LB
	A/Hurdle walks-over/under	A/Knees/hips – single leg squat w/ touch 2x5/leg	A/MB side to side throws (w/partner or wall) x 10 side
	B/Push-ups w/rotations x 4/side	B/Shoulder-band punches 2x15	B/Iso-abs x 15’’ each position
	C/Stationary spider x 4/leg		C/Back etensions x10
	D/Lying leg cross-over X 4/leg		
	E/Overhead squat w/stick or bar 2x5		
	COMPLEX # 1	COMPLEX #2	COMPLEX #3
	1/Push-Ups (weighted) x 4	1/One arm DB row w/twist x4/side	1/BW split squat w/rear leg elevated x 8/leg
	2/MB (4-6kg)	2/DB diagonal	2/Dips x 8

	chest pass x8 (reset after each pass)	chops x 8/side	
	3/DB 45 degree walking lunge x4/leg	3/DB squat+shoulder press x4	3/wrist roller
	4/Cone or mini hurdle hops(latteral) x4/side	4/Standing broad jump+vertical jump 1+1	4/Box jumps 1x10
	Foam roll (hamstrings)		Repeat 3x
	Repeat 3x	Repeat 3x	Static strech

CONDITIONING WORKOUT

DAY # 1 COURT

Dyanmic warm-up

1.AGILITY STATIONS	2.Vetical jump+ ¾ court sprint 4x	3.Conditioning
A/ Lateral band slides -L		A/6x6 1/1c crossings
B/ Lateral band slides-R		Static strech
C/ Foul line drill - (sprint-slide-backpedal-slide)		
D/ I-test w/variation		

DAY # 2
TRACK/FIELD

Dyanmic warm-up

1 lap jog

Dynamic stretch

1.100m sprint + 5-10 push-ups/ 5-10 squats thrust/ 10 situps Repeat 5x	**2.75m sprint + 5-10 push-ups 5-10 squat thrusts 10 sit ups Repeat 5x**	**3.50m sprint + 5-10 push-ups 5-10 squat thrusts 10 sit ups Repeat 5x**
Rest 3-5’	**Rest 3-5’**	**Rest 3-5’**

Walk 1/2 lap

Static stretch

IN - SEASON TRAINING PARAMETERS

(November - February/March)

==========

Goal: Maintain muscular power and strength

Rest: **2-5 minutes between sets **This is an ideal rest interval.

Due to time constraints with in-season resistance training, use recovery time of one

exercise to perform another exercise (different movement group), foam roll, or stretch.

Training frequency: 2 times a week

Number of exercises: 2-4

(*emphasize multi-joint movements - change exercises every 3 to 4 weeks.)

Sets: Strength/Power exercises (3-5

Auxiliary exercises (1-2)

Repetitions: Strength/Power exercises (1-5 repetitions)

Auxiliary exercises (5-8 repetitions)

Intensity: Strength/Power exercises (60-80%)

Auxiliary exercises (70-85%)

SAMPLE IN – SEASON WEIGHT ROOM

IN-SEASON

Currently we are in-season and play a game every 2-3 days. At this time of year our conditioning is at a minimum due to our game and practice schedule. Practice is very intense and effort on the court is 100%. We have a practice plan that includes drills that force our athletes to run at full speed while working with the basketball. For example we will do a fast break drill for 4 minutes. This drill will force you to concentrate, make shots, comlete great passes, and compete to make as many baskets as you can in 4 minutes.

WORKOUT DAY #1:

*** Warm-up jump rope (*pre-practice exercise)**

***hurdle walks (over/under) 2-3 trips/ 5-6 hurdles**

*** bodyweight reverse lunge to a high knee pull x8/leg**

***med ball toe touches x20**

*** stationary alternating spider lunge x8/leg**

***push-up w/ rotation x8/side**

***glute-ham raise x8**

***med ball wood chop w/ twist x8/side**

***barbell front squat + press x8**

***db squat thrust x8**

(note - stretch (quads, hamstrings, glutes) at the end of each complex!**

COMPLEX # 1	COMPLEX # 2	COMPLEX # 3
1/ DB Power clean + squat + shoulder press (3+3+3) x 3s	1/ DB Bench press w/stability ball x5 x3 x3	1/ Stability ball jackknife + push-ups x 12
2/ Foam roll(quads/hams/I-t bands /gluteus)	2/Inverted row w/underhand grip x5 x5 x5	2/ Pull ups(BW) x 6-8
	3/Barbell step-up x5/leg, x4/leg, x3/leg	3/ Low boxs jumps x5 (*post practice exercise)

Stretch or practice!

DAY # 2

Warm-up dot drill (*pre-practice exercise):

***hurdle walks (over/lateral/backward) 2-3 trips/ 5-6 hurdles**

***bodyweight side lunge to a cradle lift x8/leg**

***reverse hypers x8**

*** scorpions x8/leg**

***lying leg internal/external x8/leg**

*** db push-up w/ alternating one arm row x4/side**

*** glute-ham raise w/ twist x4-5/side**

***diagoanal med ball wood chop x10/side**

***overhead squat x5 box jumps x5**

(*note - stretch (quads, hamstrings, glutes) at the end of each complex!

COMPLEX #1	COMPLEX #2	COMPLEX #3
1/ DB Squat jumps + alt.lunge + bent-over row (5+x3/leg+5) x 3 s	1/ Pull-ups (weighted if pssible) 2 x 6-8	1/ Push-ups x 10
2/ Foam roll (quads/hams/I-t bands/adductors)	2/ DB shoulder press w/leg drive 2 x 6-8	2/ Jump strech band punches w/hip rotation x 10/arm
	3/ DB split squat w/rear leg elevated 2 x 4/leg	3/ Jump rope – quick 50x (*post practice exercise)

Stretch or practice

Sample Resistance Workout on Basketball court

****Equipment needed: basketball, partner and towel (clean/long) :**

-Warm-up lay-ups (right/left hand) x10/hand

- bodyweight squat w/alt

- basketball forward/overhead press x10

-high knee march in place w/ basketball figure 8 x10/leg

-good morning w/ basketball behind head x10

-wide squat position w/ figure 8

- speed dribble x30 seconds

- long stride carioca w/ arms extended (full court down/back)

-walking leg lift w/ arms extended (1/2 court and back)

-wood chopper w/ twist x5/side

-walking lunge w/ twist (1/2 court and back)

- low walk w/ figure 8 (1/2 court foward - 1/2 court backward)

-Workout Towel pull-ups x6-8 *hook towel over the base of the rim

-Split squat w/ partner resistance on shoulders x8/leg

-Cross-over push-ups x8/side

-Walking lunge w/ basketball overhead x8/leg

-Seated or standing towel tricep extension w/ parnter resistance x12

- Prone back extension w/ basketball extended x12

- Seated or standing lateral raises w/ parnter resistance x12

- Seated fast-twsit x20/side

-Standing walkout + push-up x15

Stretch

Individual Basketball Workouts

Conditioning should be a part of the workout through constant drills performed at game speed. Even well conditioned players cannot perform at a high level for more than 30 to 45 minutes if they are going at game speed. So limit your workouts to the amount of time you can perform drills at game speed. Gradually increase the length of workouts as your conditioning improves, but do not extend individual workouts for more than an hour. If fatigue does hamper the skill development during an intense workout, utilize active rest. You can still be resting while performing ball-handling drills or shooting free throws. Never have any wasted time or movement during workouts. For example, let's say you have put a chair at the three-point line and another chair five to six feet farther away from the basket and you are working on your crossover into a jump shot. Instead of performing two crossovers on the chairs, taking the shot, rebounding, and dribbling back to half court, add another drill on the way back to half court. Get the rebound, spin the ball out to yourself, perform a cut out to the wing, face the goal, and take a jump shot. Get that rebound, and use the same two chairs to make moves on as you go back to half court. Now your simple drill that only developed your crossover and jump shot will also incorporate a cut, pivoting, a catch-and-shoot jump shot, and two additional crossovers. Remember the old saying that "variety is the spice of life." You will not continue to improve all phases of your game, or be able to maintain your motivation if you do the same workout every time. There are infinite variations on every drill. Be creative! In the example discussed above, use crossovers, behind the back, through the legs, etc. Move the chairs around to simulate different game situations, or instead of doing a straight cut out to the wing, make it a flare cut, or a curl cut. As long as the situations you create are realistic, you cannot go wrong. Remember that basketball is fun, and every workout should leave you exhausted, but with a smile on your face.

Basketball Skill Development Drills -Doug Esleeck

Here are some drills you can perform on your basketball skill development days. You can mix and match the drills as you wish; make sure you're creative and you do not get bored. Your workouts should be challenging but fun! Remember to play as much as possible throughout the week in addition to your skill and strength development.

Ball Handling Drills

-Figure 8 speed dribble (low, quick dribbles) forward and backwards. -

-Figure 8 dribble with one bounce in-between the legs forward and

backwards.

-Walking between the legs dribble forward and backwards.

More advanced:

-One move per dribble; for each dribble you take moving forward, make one move. For example, if you do a crossover, you would immediately go behind the back, and then immediately do a spin move, and then immediately go between the legs, etc. Do not allow for extra dribbles in between the moves to set up the next move. Allow yourself to be random and creative.

The goal is to go the length of the court at full speed making different moves the whole way.

Use two basketball

----------.

Dribble them together high and then low

Use different rhythms, like two bounces high and then one bounce low, or whatever challenges you. You can move the balls while dribbling to the left and right. Do in and out moves with both balls, or switch balls while dribbling like a crossover. Then alternate the dribbles in your right and left hands. Once you can control both balls while stationary, start to move up and down the court while maintaining control of both balls.

Shooting Drills

A/ Shoot a three-pointer, take 1 bounce right and shoot, take 1 bounce left and shoot, and then start over. Shoot until you have 25 points. -

B/ Shoot three's until you miss, then shoot pull-ups off one dribble until you miss, then go back to three's. Shoot until you have 25 points. -

C/ Pick 5 spots, you must make 2 out of 3 shots from a spot before you can move to the next spot. -Number the corners, wings, and top of the key. For example, the left corner will be 1, the right wing 2, the left wing 3, the right corner 4, and the top of the key 5. Shoot one shot from the first spot, then move in numerical order through the spots. Catch and shoot one time through, one dribble right or left the next time through, and two dribbles the third time through. -

D/ Set up chairs as screens and practice coming off screens ready to shoot. Use different angles for the screens so that you catch and shoot from all over the floor coming from different locations to practice getting set and shooting quickly and accurately. You can add dribbles after coming off the screens for variety.

***Shooting and Ball Handling -**

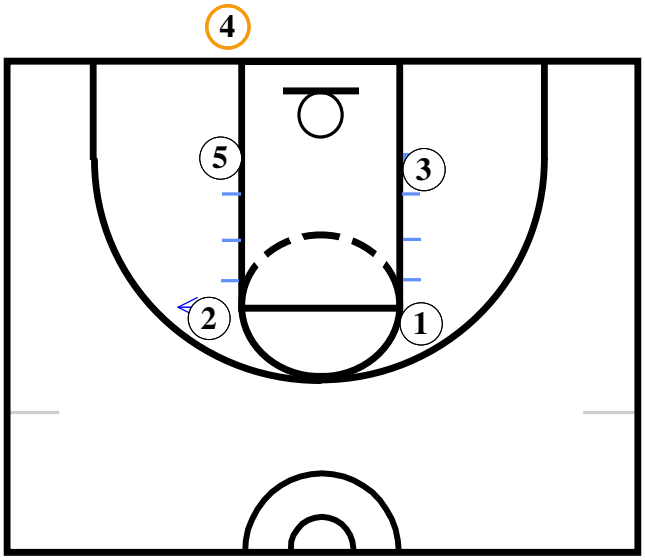
E/ Set up two chairs, one at the top of the key and one 6 to 8 feet closer to half court.

Make a move on each chair, and then pull up and shoot a jump shot. Get your own rebound and make moves on each chair on your way back to half court. Repeat the process using different moves. You can also add a second jump shot after you get your rebound by tossing it out to yourself on the wing. Then you can get your rebound and return to half court by making moves on each chair back to half court.

Feel free to move the chairs to different locations to change the situation and angle to the basket.

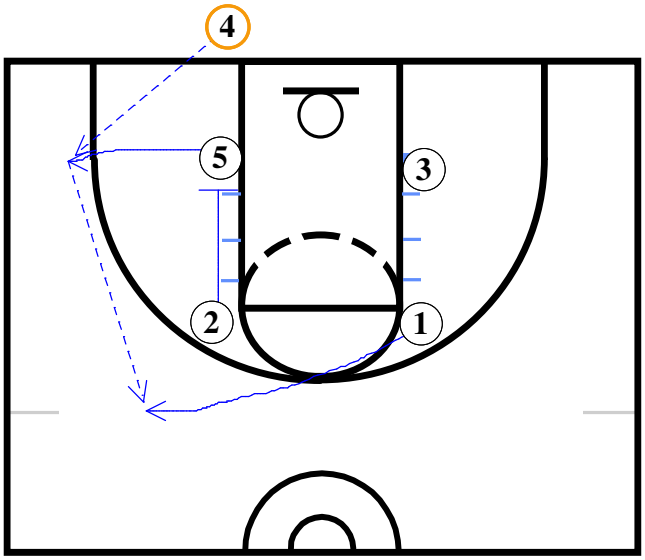
Zip

03-13-2006



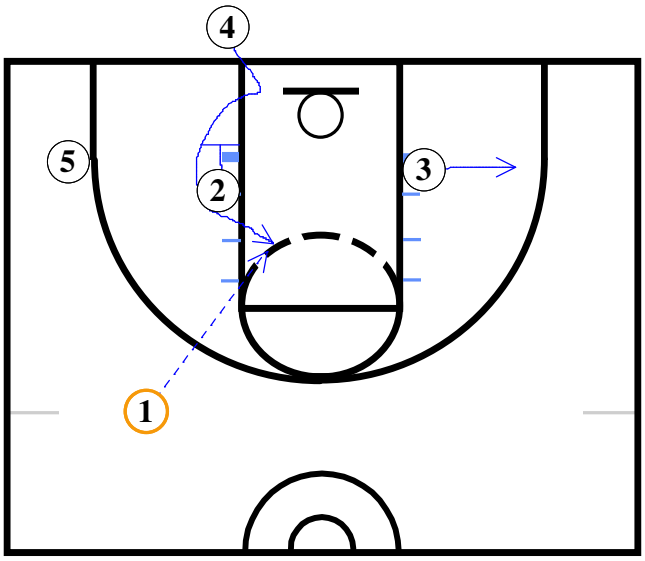
Frame A

Box Set: 2 needs to be your best shooter.



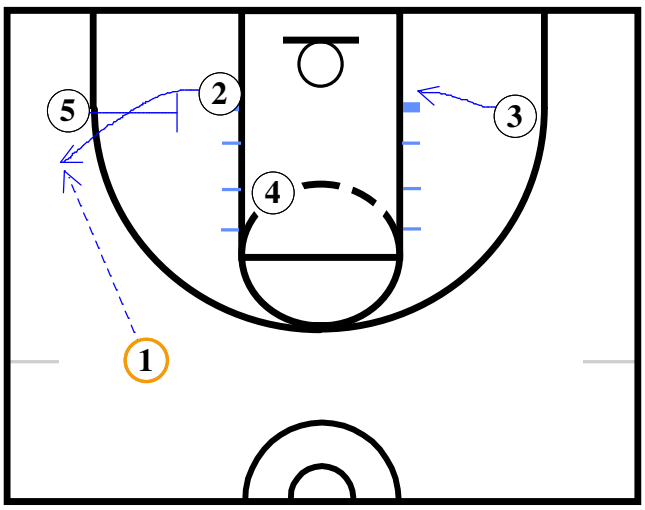
Frame B

5 pops out to the ballside corner, 2 breaks to the block. 4 passes to 5 who passes to 1 up top. (1 must get open) *4 can skip pass to 1 if 5 is covered in the corner.



Frame C

When 1 catches the ball he will pass to 4 coming off of 2's down screen. 4 is open a lot on this set.



Frame D

If 4 is covered 1 will now look for 2 coming off of 5's screen. 1 will pass to 2 for a three point shot. 3 is the weakside rebounder.

General Comments

This set works great against a man to man defense and a 2-3 zone defense.

Haverling Lady Rams Basketball



Parent/Player Handbook 2006-2007

Haverling Girls Basketball
2006 Modified Schedule

Date	Opponent	H/A	Time
11-Nov	Livonia	Home	9:30 AM
13-Nov	HFL	Away	4:30 PM
18-Nov	Way-Co	Away	9:30 AM
20-Nov	Hornell	Away	4:30 PM
27-Nov	Dansville	Home	4:30 PM
1-Dec	Livonia	Away	4:30 PM
5-Dec	HFL	Home	4:30 PM
9-Dec	Way-Co	Home	9:30 AM
15-Dec	Dansville	Away	4:30 PM
18-Dec	Hornell	Home	4:30 PM

06 JV/Varsity Girls Basketball Schedule 07

Date	Opponent	H/A	Time
16-Nov-06	Hammondsport/Letchworth (Scrimmage)	Home	6:00 PM
20-Nov-06	Avoca (Scrimmage)	Home	5:30 PM
24-Nov-06	Roundball Classic Tournament vs. Canaseraga	Home	2/8:00PM
25-Nov-06	Roundball Classic vs. TBA	Home	TBA
1-Dec-06	Sayre, PA Tournament	Away	TBA
2-Dec-06	Sayre, PA Tournament	Away	TBA
5-Dec-06	Dansville	Home	5:30 PM
9-Dec-06	Addison	Away	5:00 PM
13-Dec-06	Hornell	Away	5:30 PM
15-Dec-06	Wellsville	Away	6:00 PM
18-Dec-06	Geneseo (JV Only)	Home	7:00 PM
19-Dec-06	HFL	Home	5:30 PM
22-Dec-06	Addison	Home	6:00 PM
3-Jan-07	Way-Co	Away	5:30 PM
6-Jan-07	HFL	Away	11:00 AM
9-Jan-07	Livonia	Away	5:30 PM
12-Jan-07	Dansville	Away	6:00 PM
16-Jan-07	Wellsville	Home	5:30 PM
19-Jan-07	Hornell	Home	6:00 PM
30-Jan-07	Way-Co	Home	5:30 PM
2-Feb-07	Livonia	Home	6:00 PM
6-Feb-07	LCAA Tournament	TBA	TBA
9-Feb-07	LCAA Tournament (Var. only)	TBA	TBA

Preface

Now in its ninth edition, the Parent/Player Handbook serves as a communication tool for players and parents alike that are involved in the Lady Ram Basketball program. This handbook includes information on basic first aid, Individual/team records, this year's schedule and more.

More than just a high school sports team, the Haverling Girls Basketball program is a family. This family provides the girls with life long memories and relationships. Outside of the playing part of basketball, the girls are asked to give back to the community. For several years now the girls have cooked a meal at the Rochester Ronald McDonald House. The house serves as a place for families to stay when their children are spending time at Strong Memorial Hospital. This marked the third year that we provided a meal for the "house".

The team's record over the last three years is 47-20 including two trips to the sectional semi-finals. Last year's team lost in the quarter-finals to the eventual state runner-ups. The team's success is attributable to the many out of season hours (open gyms, summer leagues, team camps, AAU's) the girls put in. It clearly shows that time invested pays off.

For the last couple of years the JV and Varsity teams have had the opportunity to watch Division I college women's basketball seeing games at St. Bonaventure and Syracuse Universities.

As you can see the girls basketball program here at Haverling is about more than playing basketball. I have worked hard to not only develop a winning program, but also to provide the girls with the understanding that there is a big world out there and that they can make a positive influence.

Being a Lady Ram means more than playing in games. It means the development of the total individual. As parents, you have more to do with this development than anyone. I again thank you in advance for your support during this and future seasons.

Mr. Abrams

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As time has gone on, players and teams are getting stronger, faster and better skilled. It is an impossible task in the short amount of practices that teams have during the actual basketball season to have players reach their potentials.

The Lady Rams have several opportunities in the off-season for players (and the team) to improve strength and skills. While these opportunities are not "mandatory" they are an extremely important part of the Lady Rams program. Player involvement in these off-season events will only make them better. I know we all get busy (especially athletes that play other sports and have extra-curricular functions), but by planning ahead of time, there is ample time.

Spring and Fall Opportunities:
Open Gyms are the held throughout the spring and fall times. Traditionally Sunday's from 3-5PM along with other times during the week are open for players to work on shooting, dribbling, or whatever else they need to work on.

Spring time also includes AAU tournament play with either the Bath Swish or Bath Blaze AAU teams. These teams are under the direction of Coach Abrams.

Summer Opportunities:
Summer is full of opportunities. Besides open gyms on Sundays, the teams (JV and Varsity) both play in the Chemung County YMCA summer league and attend a team camp. The teams will play around 20 full games each summer.

Remember, the season is get the team ready to play—the off-season is where players get ready to play.

Now in its fifth year, the Lady Rams Basketball program web site is full of information, pictures, and happenings. During the season all games results are updated nightly after each game. This allows our alumni to keep up with our current teams.

Currently the site has pages dedicated to:

- Alumni Watch
- Individual and Team Records
- Current year's Schedule and Game Results
- Pictures from Games and Volunteering Efforts
- "From the Bench"
- Special stories as they arise
- Off-season Happenings (AAU team, Summer League, Team Camp)

A lot of work went into the development of the site. An additionally large amount of time goes into the upkeep of the site. Please check it out and let me know if there are items that you would like to see. You can check out the web site at:

www.ladyramsbasketball.com

Check it Out!

Introduction

The Parent Handbook is designed to highlight important items related to having a daughter playing in the Haverling Girls Basketball program. If you have questions about when to bring up an issue, how to help your daughter adjust to their role on the team, or just want to know more about how I choose to run the program, I hope this handbook will give you the answers. At any time during the season, if you have a situation arise that isn't handled in this handbook, please let me know and I'll help you the best that I can.

Playing on a sports team can be a very rewarding experience. It can also be a frustrating experience for a young player. Your positive support of your daughter, the coaches, and the team can help during frustrating times. As with any sport, the season will be filled with many ups and downs. Your steady and unconditional support will prove very valuable as the year progresses.

For the most part, you as parents, have the easy job (if you don't believe this come to practice sometime and go through the drills with your daughter!), so just sit back, enjoy the games, and cheer for the team.

Have a great season.

Haverling Girls Basketball
Coaching Staff 2006-2007

Varsity

Mr. Randy Abrams – Head Coach
Mr. Pete Lauzze – Assistant Coach

Junior Varsity

Mrs. Tuesday Mishook
Miss Jessica Alger

Modified

Miss Colleen Crane

Phone Numbers
(During the Day)

All coaches can be reached at the high school.
776-4107

Coaches reserve the right not to give out their home phone numbers.

My Daughter Didn't Make the Team, What can I do to Help Her?

Not making the team is not the end of the world. If a student very much wants to play basketball, there are things that they can do, and that you as a parent can do. First, the offer is made to all girls who don't make the team to still become a part of the team. Girls can still come to practices, participate in drills and learn the game of basketball. In addition to this, the student can attend the games and do stats. This provides the student with the opportunity to develop skills and be a part of the team. The only difference would be that the student wouldn't be actually playing in games. If a player is serious about playing basketball and getting better, this is the option that they should choose.

Another thing a player can do to develop their skills is to attend the open gyms in the off season. Open gyms are held throughout the year including the summer. There is always a coach present that can help with skill development. Notification of open gyms are posted in the girls locker room. Copies of open gym schedules are available from one of the coaches. Open gyms are exactly that—open (with the exception that they are just for girls). Any player from 4th grade through 12th grade is welcome to come. A player may come for ten minutes or an hour and a half. They may work with a coach or on their own. No coach will push a player to do certain things. This is the player's time to work on their game. Coaches will give pointers, but will only "teach" when a player desires that.

As a parent you can help your daughter by providing the opportunity for her to attend basketball camps, transporting her to open gyms and remaining supportive of her decision to develop as a basketball player.

Quotes for the Player to Live By

"The difference between a winner and a loser is a matter if inches—and a matter of attitude."

Nancy Lieberman

"You have to expect things of yourself before you can do them."

Michael Jorden

"A man may make mistakes, but he isn't a failure until he starts blaming someone else."

John Wooden

"Everyone is born with a certain potential. You may never achieve your full potential, but how close you come depends on how much you want to pay the price."

Red Auerbach

"It takes education to be successful in the game of life."

Bob Lanier

"Opponents will always find your weakness and it doesn't take long. Weaknesses stand out like a neon sign. So don't just practice your strengths. Practice your weaknesses."

Magic Johnson

"The nicest thing people ever said about me as a basketball player was that I made the players around me better. To me, there's no higher compliment."

Bill Walton

"Nothing will work unless you do."

John Wooden

Relationships Involved in Team Programs

PLAYER-COACH RELATIONSHIP:

1. This is the most important relationship.
2. As parents you can affect this relationship in a negative manner by criticizing the coach(es) to your daughter.
3. Parents should always remember that your daughter has to return to practice the next day.
4. Parental coaching at home may impede your daughter's progress.

PARENT-COACH RELATIONSHIP:

1. Allow the coach to instruct and guide the team.
2. Do not question or confront the coach immediately after a contest.
3. If you want to discuss a problem with the coach, make an appointment with him/her and discuss your concern in a calm, courteous and logical manner.

PARENT-PLAYER RELATIONSHIP:

1. Do not try to live through your daughter.
2. Be positive and supportive without adding undue pressure and unrealistic expectations.
3. Encourage your daughter to communicate concerns to the coach.

FAN-OFFICIALS RELATIONSHIP:

1. Officials are necessary to the game.
2. They are bound by a code of ethics that makes them rigidly impartial.
3. Fans, and particularly parents, should never harass or taunt officials.

Sportsmanship

1. Parents have to demonstrate good sportsmanship and serve as role models.
2. Specific obligations:
   - ♦ No vulgar or inappropriate language.
   - ♦ Taunting and trash-talking will not be tolerated.
   - ♦ Outsiders must never intrude upon the court during a contest.
   - ♦ Cheerleading should be for our team, not against the opponents.

Responsibilities of the Athlete

1. Put the team's goals, welfare, and success before your own.
2. Attend all practice sessions.
3. Be receptive to coaching.
4. Be responsible for all uniforms and equipment.
5. Represent the school well and follow the team rules.
6. Report all injuries to the coach.

Responsibilities of the Coach

1. Select the squad.
2. Determine the style and philosophy of play.
3. Teach at practice sessions.
4. Determine who starts at playing time.
5. Establish team rules.
6. Select team captains.
7. Establish the requirements to earn a letter.
8. Always make safety and the athletes' welfare come first.

Basic First Aid for Injuries

Regardless of how well conditioned an athlete is, injuries can occur. There are some things that an athlete can do to help minimize injuries. These are:

1) Always warm up by doing some light jogging or other exercise to increase the blood flow to the muscles.
2) Always stretch all major muscles (legs, back, neck, shoulders, arms…) before and after practices and games.
3) If you incur an injury, be sure to tell your coach.

If an athlete does have an injury there are some basic things to do. Please note that if the injury is serious (broken bone, concussion, knee…) the parent and athlete should seek professional medical assistance. If the injury is a strain or sprain the athlete should apply ice to the injury. Ice will help to control the natural swelling that occurs with injuries. Ice should be applied periodically (I generally say 20 minutes on, 20 minutes off. Do two cycles of this then wait a few hours and repeat) for at least the first 48 hours. Never apply heat during the first 48 hours. After the swelling goes down, the athlete can apply heat (warm water or heat pack).

The athlete should try to rest the injury and keep it elevated. In order to help support the injury during the school day, the injury can be wrapped with an ace bandage. Be sure not to apply the bandage too tight. The idea is not to immobilize the injury. By applying the bandage too tight you can actually reduce the flow of blood to the area which in turn will lengthen recovery time.

When the athlete should return to practicing will depend on how the injury feels.

Individual and Team Records

Individual Records

Most points scored in a game:	32 —	Amanda Coots v. C-S '05-06
Most rebounds in a game:	30 —	Carime Ames v. Way-Co '05-06
Most assists in a game:	11 —	Tuesday Kastner v. J-T '97-98
Most steals in a game:	10 —	Tuesday Kastner v. C-S '96-97
Most rebounds in a season:	252 —	Alexis Dallaportas '98-99
Most points in a season:	415 —	Jessica Alger '97-98
Most points in a career:	1115 —	Jessica Alger '94-98
Most 3-pointers made in a game:	8 —	Amanda Coots v. C-S '05-06
Most 3-pointers made in a season:	51 —	Amanda Coots '05-06
Best foul shooting percentage (season): *with at least 20 attempts	81% —	Sara Lauzze '98-99

Team Records

Best final record:	20-2 —	'97-98
Best field goal percentage in a game:	56% —	v. Wellsville '98-99
Most points scored in a quarter:	32 —	v. Dansville '04-05
Most points scored in a game:	92 —	?
Most 3-pointers made in a game:	11 —	v. C-S '05-06
Fewest points allowed in a game:	10 —	v. Prattsburg '97-98
Most rebounds in a game:	64 —	v. Way-Co '05-06
Most steals in a game:	31 —	v. Addison '03-04
Most assist in a game:	29 —	v. J-T '97-98
Best final season scoring average:	54.8 —	'97-98
Lowest opponent final scoring avg:	34.0 —	'97-98

Eligibility Requirements for Athletes

See the Haverling Athletic Handbook for school policies related to eligibility. All athletes must conform to state regulations as well as district regulations

Participation on the Team

1. It's a privilege, not a right.
2. Players must accept all responsibilities in order to stay on the team.
3. Nobody will be accorded equal or guaranteed playing time. Playing time will be determined by ability, effort on a daily basis, and attitude.

Practice Sessions and Games

1. Practice is normally closed to spectators. Special situations must be cleared with the coach first.
2. The gym is the athlete's classroom and should be free of distractions.
3. Positive support is encouraged at all games.
4. Lateness and absence must be immediately explained.
5. If an athlete is going to be absent from school, the athlete should call the school and leave a message for the appropriate coach as soon as possible.

Player Selection

Team members will be selected by having all athletes try out for a three day period. The try-outs will test the players ability, knowledge and physical conditioning. The athlete's attitude and work ethic weigh heavily on the final decision. Each athlete trying out will receive a player evaluation form that the coach filled out during the tryout period.

Team Rules

1. If injured, players must still attend all practices and games.

2. If a player will be absent from school, either the player or the parent must call the school and leave a message for the coach. This helps the coach in practice planning and develops responsibility in the athlete.

3. If a player is absent from practice the day before a game, that player will generally not be allowed to participate in that game. This decision is the coaches and will be made just before game time.

4. Players must be on time for practices and bus departures. We will not be able to wait for players who are late.

5. Doctors appointments or other appointments should not be made during known practice times.

6. Players will give 100% effort at all practices and in all games.

7. Players should be sure to have all practice gear at each practice. This includes proper basketball sneakers and practice jerseys.

8. Positive support of the team and all team members must be shown at all times.

9. No players are allowed to talk to the game officials. Only the coaches or speaking captain may address the officials.

10. Injured players must remain on the team bench during games.

11. All players are encouraged to return home on the team bus. If a player chooses to not ride the bus, a note from a parent must be signed by a school official (AD, Principal, Assistant Principal) and given to the coach before leaving the game site.

12. No jewelry will be allowed to be worn in practices.

Livingston Conference Athletic Association (LCAA)
Divisions

Division I

Dansville	Class B
Haverling	Class BB
HFL	Class A
Hornell	Class BB
Livonia	Class BB
Wayland-Cohocton	Class BB

Division II

Avon	Class CC
Cal-Mum	Class CCC
LeRoy	Class B
Letchworth	Class CCC
Perry	Class CC
Pavilion	Class CC

Division III

Geneseo	Class C
Keshequa	Class C
Mt. Morris	Class DD
Warsaw	Class C
York	Class CC

TENNESSEE LADY VOLS
PRACTICE ORGANIZATION

Meet with staff daily and assign responsibilities.

Organize every minute of practice.

Water breaks like game timeouts. Drinks behind goals.

Determine time allotment for each drill/situation.

Have managers and duties assigned:
1. Video
2. Stats
3. Equipment
4. Tape Court

Use "two points" and "rebound" for communication.

Offensive and Defensive captains.

Thoughts on Practice:
Love Practice, Love to Teach.
Whole - Part - Whole Method.
Practice Plan - Prepare and Keep.
Offense or Defense first? Whichever you want to emphasize.
Not What We Teach, but What We Emphasize.
PREFER not to be predictable.
Drills should be breakdown of your offense and defense.
Name drills. Explain purpose.
Make Drills Competitive.
What Coach "Rewards" is key.
Shoot free throws when you are tired.
Record all shots.
Record Post feeds.
Record contested and uncontested shots.
Record box outs.
Practice at game tempo.
Practice game situations.
Use officials, clocks, scorers when possible. Keep stats.
Have all players play all positions.
Tape all practices and review.

Checklist for practice preparation:

( ) Stretching & Warm-Ups
( ) Position Work
( ) Transition: Primary & Secondary
( ) Team Offense
( ) Press Offense
( ) Offensive breakdown drills
( ) Shooting: Transition, Man Offense, Zone
( ) Free Throws
( ) Team Defense
( ) Transition Defense
( ) Pressing Defense
( ) Defensive Breakdown Drills
( ) Out-of-bounds plays-sideline & end line
( ) Special Situations
( ) Scrimmage
( ) Conditioning

TENNESSEE LADY VOL PHILOSOPHY

WINNING KEYS

PRESSURE DEFENSE

CONTROL BOARDS

TAKE CARE OF BALL

TAKE GOOD SHOTS

MAKE LAY-UPS AND FREE THROWS

TEAM MOTTO

PLAY HARD

PLAY SMART

PLAY TOGETHER

PLAY WITH CONFIDENCE

PLAY WITH AN "ATTITUDE"

TEAM SLOGAN

OFFENSE SELLS TICKETS

DEFENSE WINS GAMES

REBOUNDS WIN CHAMPIONSHIPS

TENNESSEE LADY VOLS
OFFENSIVE PHILOSOPHY

1. **TAKE CARE OF THE BALL**
    a. Take pride in every possession
    b. Read the Defense
    c. Pass to the first open player
    d. Throw a strike every time
    e. Pass to the open player

2. **PLAY TOGETHER**
    a. Side / Top / Side Mentality
    b. Get the ball inside to the post
    c. Set and use screens – screen assist

3. **PLAY WITH AN ATTACK MENTALITY**
    a. All five players attack in transition
    b. Score layups in transition
    c. Get to the freethrow line
    d. Own the offensive glass

4. **TAKE GOOD SHOTS**
    a. Work together for open shots
    b. Make layups and free throws
    c. Make second chance opportunities

5. **TEAM OFFENSIVE GOALS**
    a. 25 Freethrow Attempts
    b. 75% Freethrow Percentage
    c. 50% Field Goal Percentage
    d. 15 Turnovers
    e. 38% Team 3 Point Field Goal Percentage
    f. 15 Outscore our opponent's bench

2004 – 2005 TENNESSEE LADY VOLS GAME GOALS

TEAM DEFENSIVE GOALS

No Transition Layups
30 Deflections
12 Steals
20 Forced Turnovers
15 Opponent Free Throw Attempts

TEAM OFFENSIVE GOALS

25 Free Throw Attempts
75% Free Throw Percentage
50% Field Goal Percentage
15 Turnovers
38% Team 3 Point Field Goal Percentage
18 Outscore your opponent's bench

REBOUNDING GOALS

10 Out Rebounding Opponents

BONUS POINTS

Charges Taken
"And One" Plays
Hustle Plays
Layups in Transition
Screen Assist
Offensive Putbacks

MINUS POINTS

Late Transition Pickup
No Ball Pressure
No Help Defense
No Box Out
No Contest Shots
Offensive Putbacks

TENNESSEE LADY VOLS
DEFENSIVE PHILOSOPHY

1. **BE THE BEST DEFENSIVE AND REBOUNDING TEAM IN THE COUNTRY**

2. **ESTABLISH TENNESSEE TEAM DEFENSE**
    a. Take pride in every possession
    b. Trust
        1) Teammates and self
        2) System
    c. Aggressive Attitude
        1) Defensive Conscience
        2) Defensive Culture
    d. Physical Play
    e. Dictate Opponents' Play
        1) Pressure Ball
        2) Pressure Pass
        3) Pressure Shot

3. **REBOUNDING**
    a. Finish the Play

Perkins County
Basketball

Oklahoma Offensive Principles

Plainsman Basketball

HELPFUL HINTS FOR UNDERSTANDING THE 1-4 OFFENSE.

1. Our post players #4 and #5 must be interchangeable and very adapt at catching and passing the basketball.

2. The 1-4 is ideal if you like to play three guards as your 1,2, and 3 spots must all be able to play the point, especially when the offense is reset.

3. The majority of cuts in the 1-4 offense occur when the ball is in flight from point to wing or point to post. Our players must move on the flight of the ball, NOT after the ball is caught.

4. The majority of the screening in the 1-4 is "big on little" or "little on big", this eliminates the defense being able to switch. If the defense does, we will benefit from the mismatches which are created.

5. Our wings and posts must reset hard and fast. The wings must always reset ABOVE the free throw line extended and the posts flash hard to the elbows. The defense is very vulnerable to the back-door option off of the post series during the reset.

6. Unlike motion offense, the 1-4 allows us to dictate who gets what shot, when and where we want it.

Plainsman Basketball

1-4 Oklahoma Set vs Man to Man Defense

The Basic Set:

The 1-4 is unique because it initiates with our post players at the elbow, 15 feet from the basket. Because of this, it is essential that our post-players be very adept at catching and passing the basketball. (Diagram #10

The wings (2-3) set-up 3-4 steps above the free throw line extended. This is done to give our wings a maximum area from which to back cut or attach the basket one-on-one. (Diagram #2)

In the 1-4 all three of our guards (1-2-& 3) will eventually play the point once the offense resets. Therefore, ball handling and passing become critical for all of our guards to be effective in the offense. (Diagram #3)

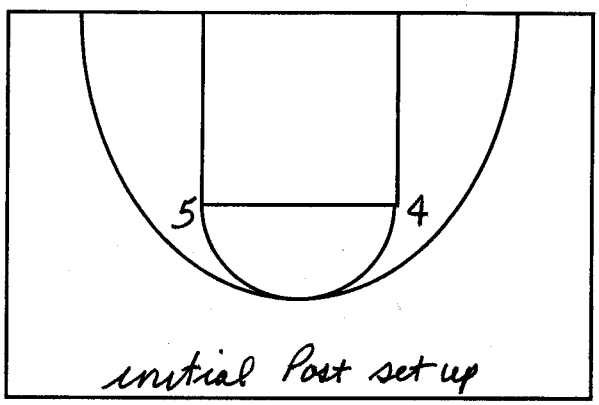


Diagram #1

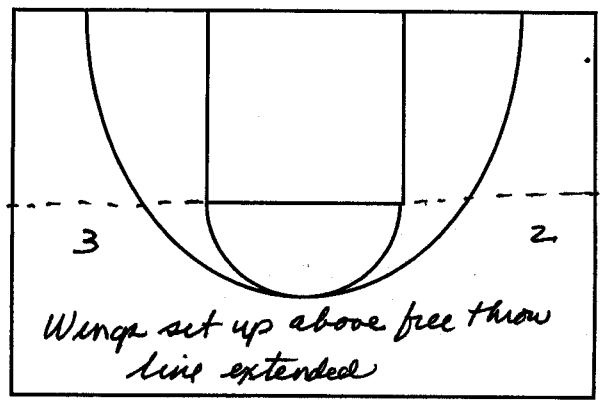


Diagram #2

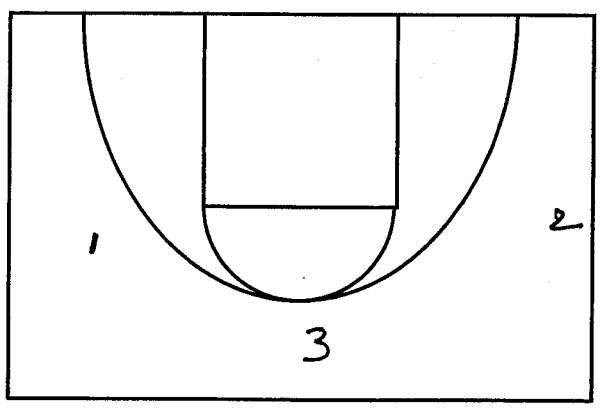


Diagram #3

Plainsman Basketball

Post Series: This is the most popular option of the 1-4. If executed properly this option can present four excellent scoring opportunities.

Diagram #4: Option begins with a bounce pass to #5, as the ball is **in flight** to 5, #2 back cuts hard. #4 wheels and sets up to screen #2 under the basket. **Scoring Option #1**: Back door pass to #2.

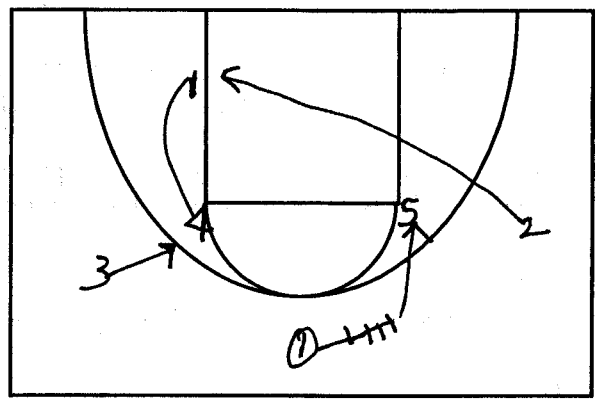


Diagram #4

Diagram #5: After faking hard away from the ball, #1 and #3 cut off of #5, both are hand off options-=first #1 and then #3. After checking with #1, #5 pivots and takes one or two hard dribbles to the middle of the free throw line to positions for the hand off to #3. #2 goes hard off of #4's baseline screen to the corner. **Scoring Option #2**: Hand off to #1 or #3

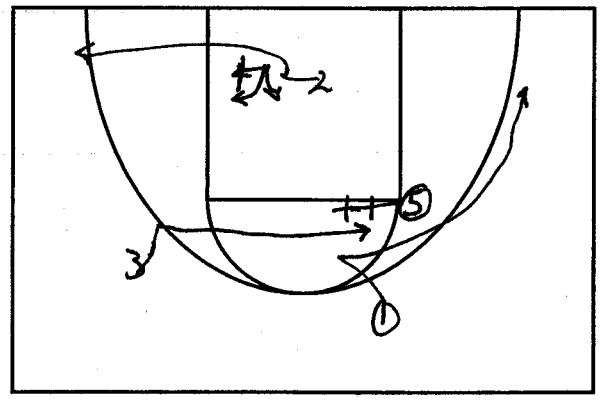


Diagram #5

#5 pivot drop step- Bounce Pass for pass to #2

Then 2 dribbles to middle to look at #3 & #2

Plainsman Basketball

Diagram #6: #1 resets to the wing, #3 to the top. #5 now looks for #2 in the corner. After screening, #4 pins and seals looking for a pass from #2, or the hi/lo pass from #5.
Scoring Option #3 and #4: Shot for #2 in the corner or #4 on the post up.

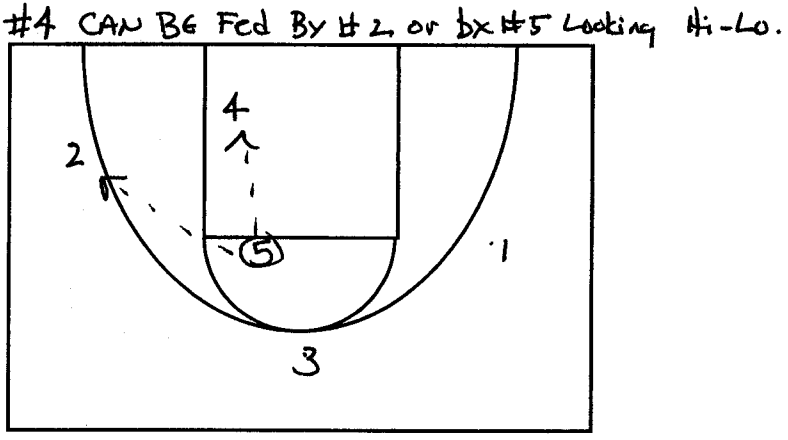


Diagram #6

Diagram #7: The reset- #2 dribbles hard up the side and passes to #3. The offense is now reset with #3 at the point, #1 and #2 on the wings. be sure our wings reset high and wide.

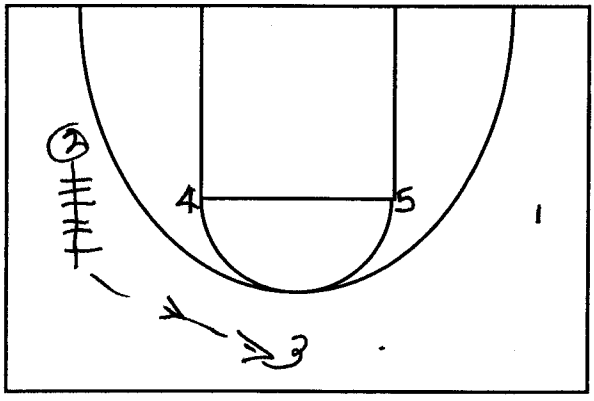


Diagram #7

Plainsman Basketball

Wing Series: Like the "post series" , the "wing series" offers a variety of scoring options for both our post and perimeter players.

Diagram #8: Offense initiates with a pass to the wing (#2). When this happens #5 posts up strong and #4 sets up for the back pick on #1. Scoring Options: #5 on the post up or #1 over the top for the lob.

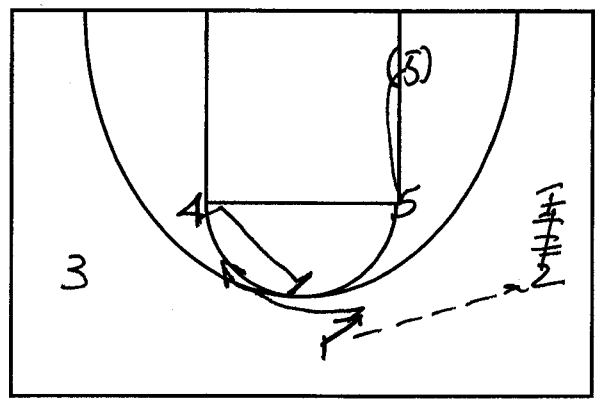


Diagram #8

Diagram #9: After #4 screens, he steps out for the ball reversal. As the ball is in flight from #2 to #4, #3 sprints thru to set the cross screen for #5. #1 replaces #3 on the wing.

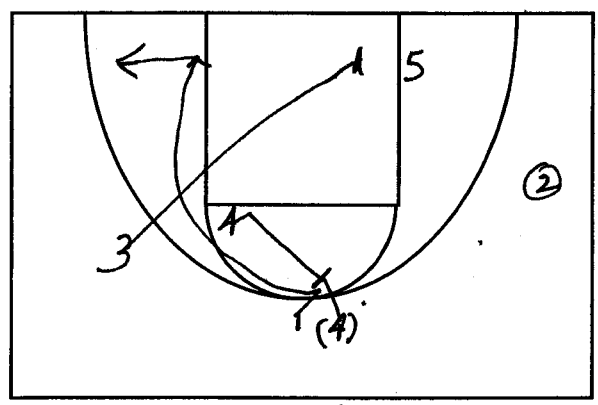


Diagram #9 #3 goes to screen on #5 on flight of pass from #2 to #4.

Plainsman Basketball

Diagram #10: The ball is reversed from $4 to #1. #3 sets the pick for #5. #5 posts up after clearing #3's screen. After reversing the ball, #4 looks to down screen for #3.

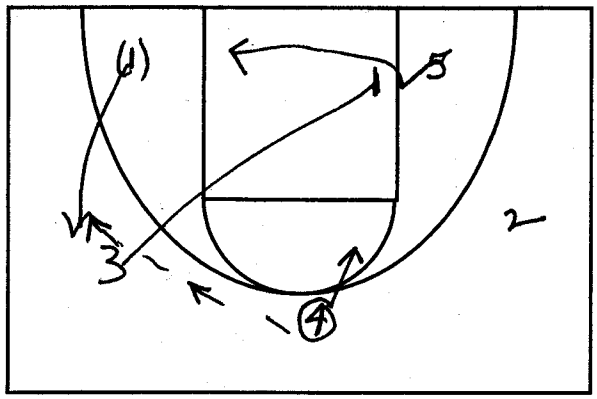
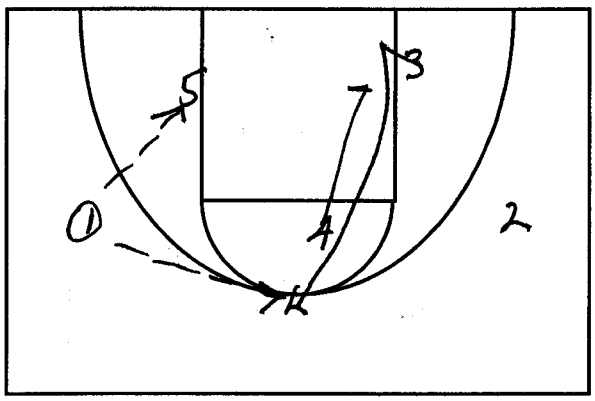


Diagram #10

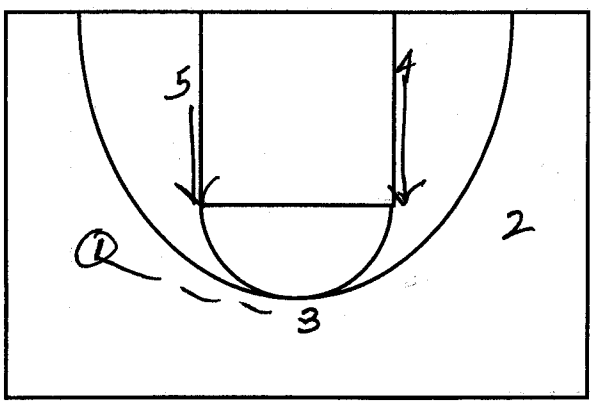
Diagram #11: The ball in #1's hand, #5 on the block or #3 off of #4's down screen are the two developing options.



Screen the Screener action #4 down screen on #3.

Diagram #11

Diagram #12: #1 has the option of feeding #5 on the post or #3 for the jumper.



The offense is easily reset

Diagram #12

Plainsman Basketball

CLEAR: Dribble entry for wing series

Diagram #13: If #2 is denied, #1 can dribble to the wing and initiate the action for the "Wing Series". As #1 dribbles over, #5 breaks to the top of the key for ball reversal, and #4 posts up on ball side.

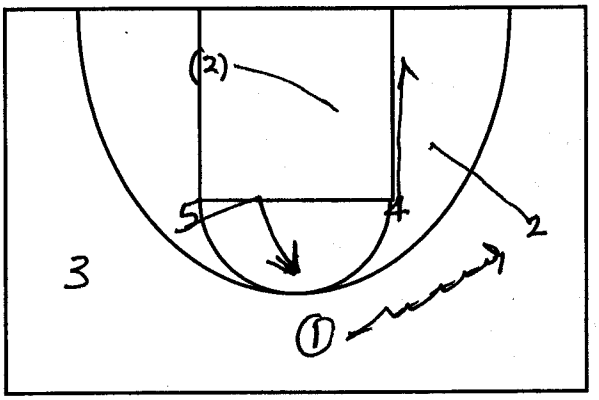


Diagram #13

Diagram #14: #2 has cleared all the way through to the opposite wing. The ball is reversed thru #5, as this happens, #3 sprints through to cross screen for #4.

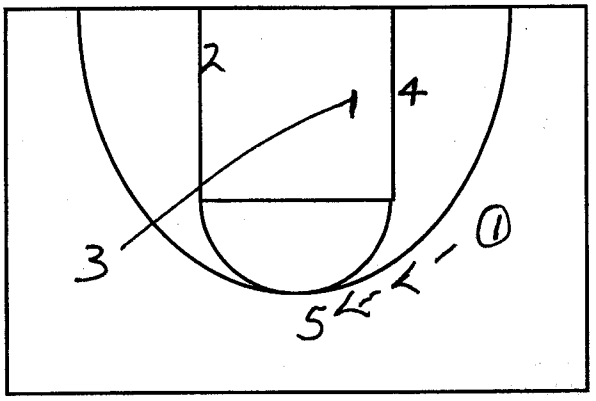


Diagram #14

Diagram #15: Ball is reversed to #2, #4 clears #3's screen to post up ball side. #5 begins down screen for #3.

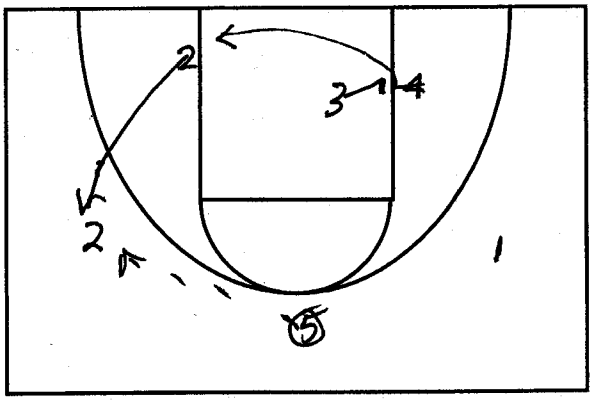


Diagram #15

Plainsman Basketball

Diagram #16: The ball now is in #2's hands, two scoring options present themselves: #4 on the block or #3 off of #5's screen.

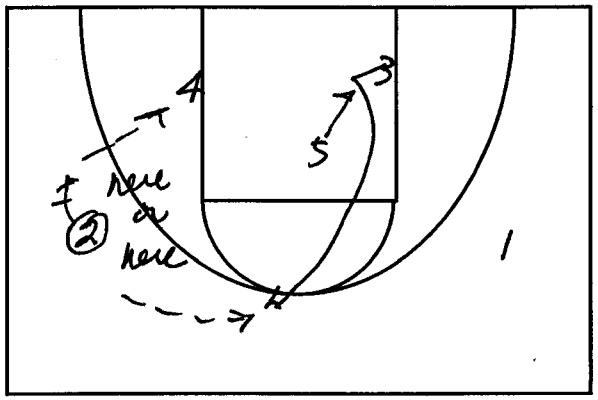


Diagram #16

Diagram #17: If no scoring options develop, #2 can pass to #3 who will reset the offense at the point.

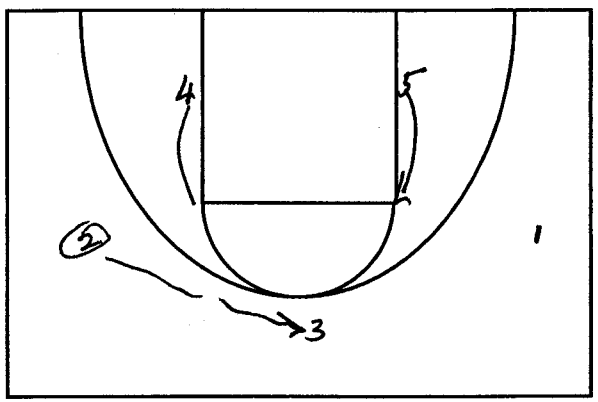


Diagram #17

Plainsman Basketball

CIRCLE: Pressure Release/Dribble Entry for 1-4

Diagram #18: With #4 and #2 being denied the entry pass, #1 dribbles at #2 who loops down and comes to the top off #4's down screen. As this happens #3 goes down to set up under the basket.

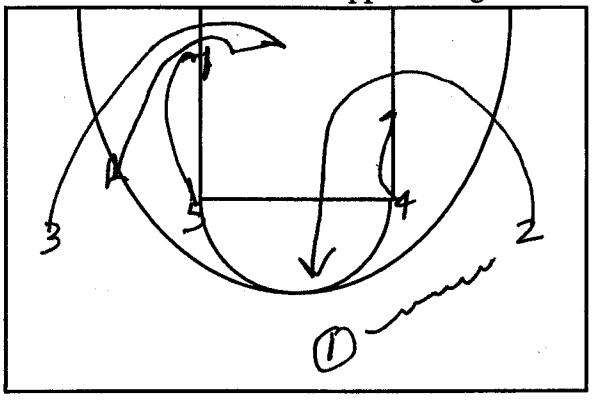


Diagram #18

Diagram #19: #1 reverses the ball to #2 who can do one of two things: hit #3 for the jumper off of #5's screen or simply keep the ball and initiate the offense as the point guard.

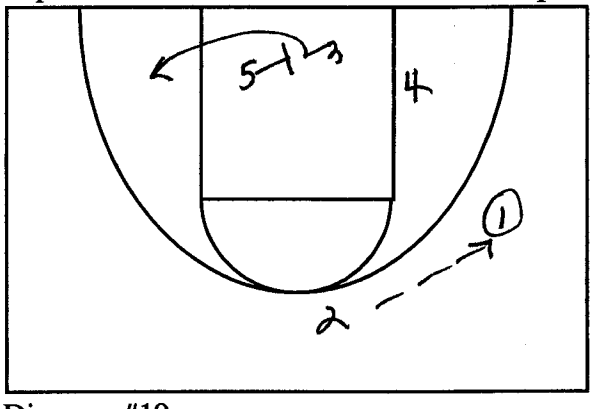


Diagram #19

Diagram #20: The offense resets with #2 as the point guard.

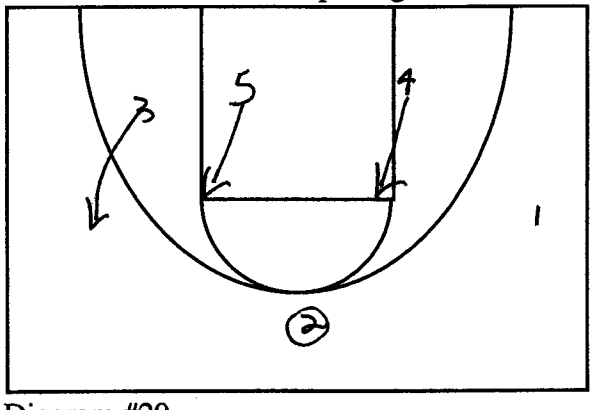


Diagram #20

Plainsman Basketball

2 GAME: This option presents a great scoring opportunity for our perimeter shooters #1 dribbles hard at #2. #2 sets a brush screen with #3 who releases to the ball side corner. #4 and #5 set up for the double screen. Diagram #21

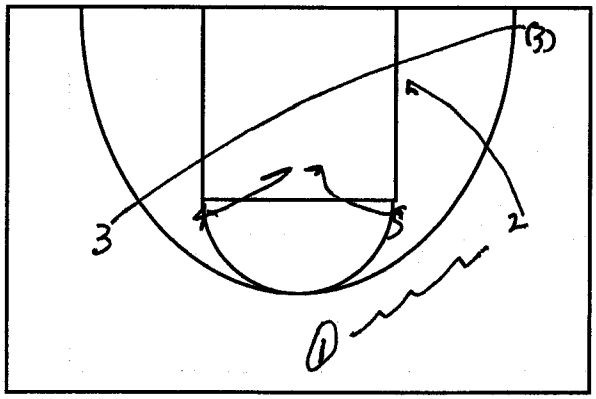


Diagram #21

Diagram #22: Immediately after #2 screens for #3, #4 and #5 set a double screen for #2. If timed properly, #1 will have the option of hitting #2 or #3 for the open jumper.

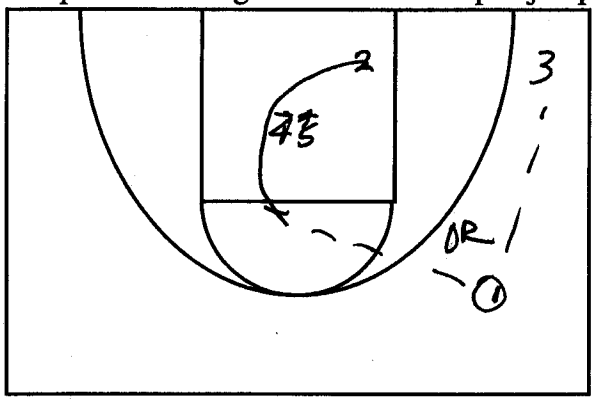


Diagram #22

Diagram #23: The offense can be reset by #2, #1 and #3 rotating spots and #4 and #5 resetting to the elbows.

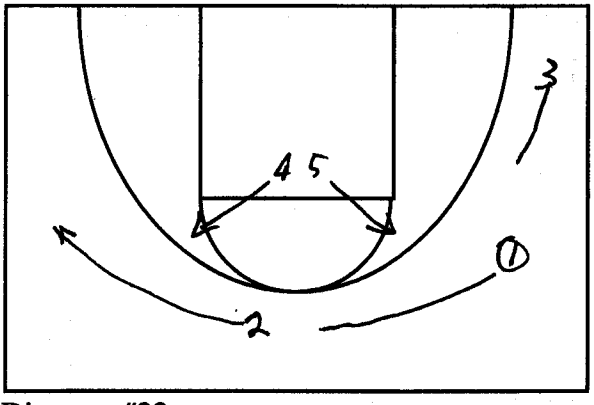


Diagram #23

Plainsman Basketball

DIAGONAL: Excellent isolation option for post players

Diagram #24: #1 dribbles hard at #2, who goes to the block then sets up for the diagonal screen on #5. #4 releases to the top of the key.

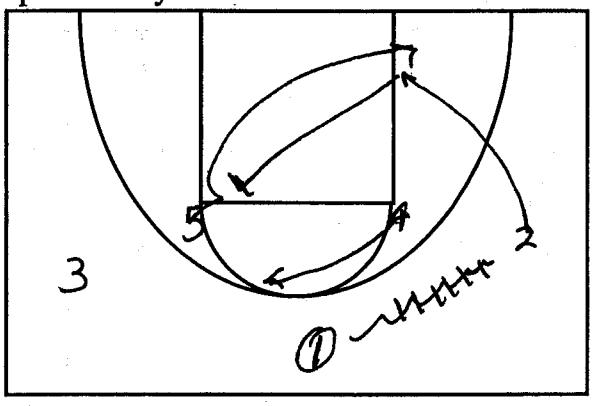


Diagram #24

Diagram #25: #5 breaks to the block off of #2's diagonal screen. Immediately after screening for #5, #2 then comes off of #4's screen in the middle of the key.

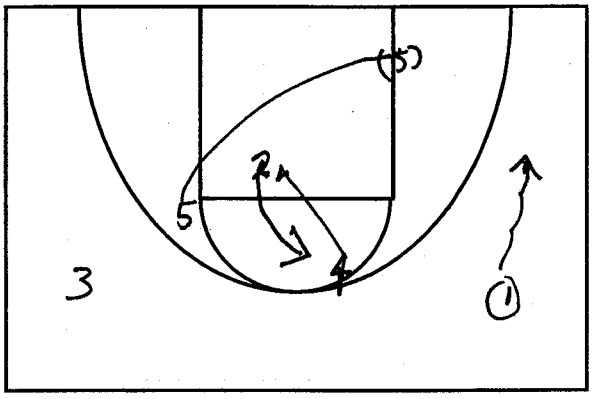


Diagram #25

Diagram #26: Two scoring options have developed, #5 on the block or #2 at the top of the key for the jumper. Timing is critical in the development of this play.

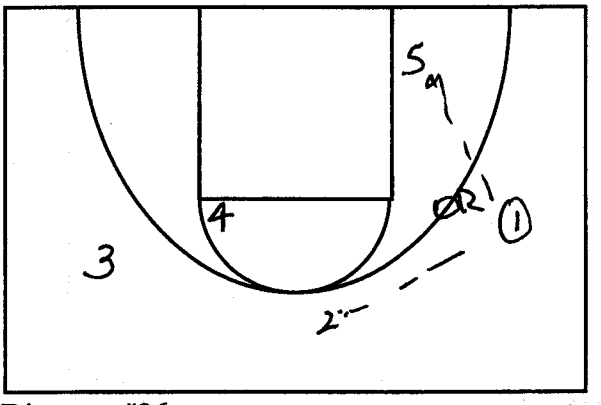


Diagram #26

Plainsman Basketball

LOB: Excellent option from a time-out or dead ball situation.

Diagram #27: #1 dribbles at #5 and #3, then reverses his dribble. #3 cuts off of #5's screen all the way to the opposite corner. #4 sets up for the "on ball" screen on #1.

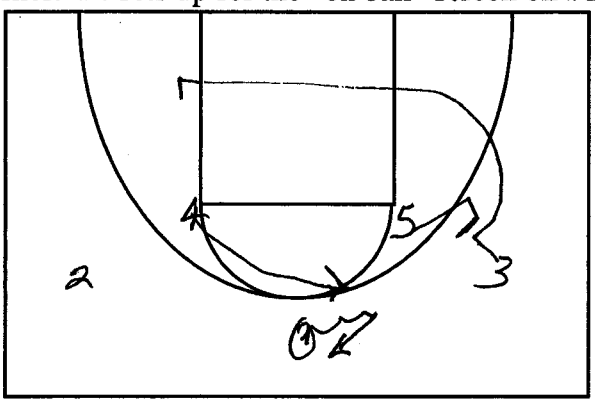
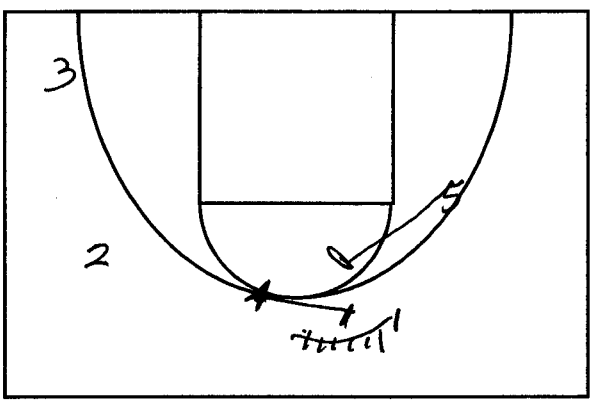


Diagram #27

Diagram #28: #1 clears #4's "on ball" screen, then heads for the basket (lob) off of #5's back screen. The timing between #4 and #5 is critical and #4 must "lull" his man to sleep before breaking off of #5's screen.



Screen the Screener

Diagram #28

Diagram #29: The entire side has been cleared out for the lob pass from # to #4

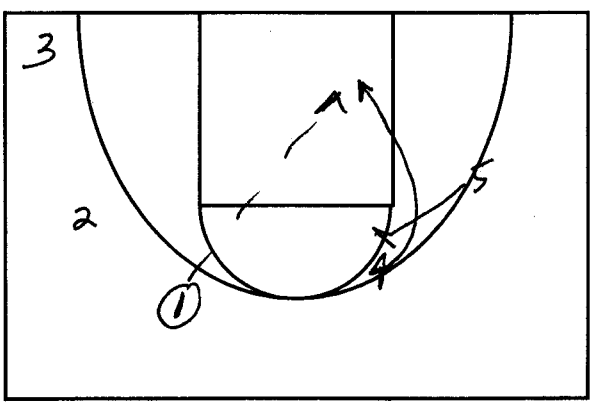


Diagram #29

Plainsman Basketball

Single-Single: Two single screens for a wing player option

Diagram #30: #1 goes to opposite wing of shooter, in this case #2. #5 will post up on ball side, #4 turns to the outside and sets first pick for #3 who has run to the middle of the lane and then comes back off a screen by #4 and another screen by #1.

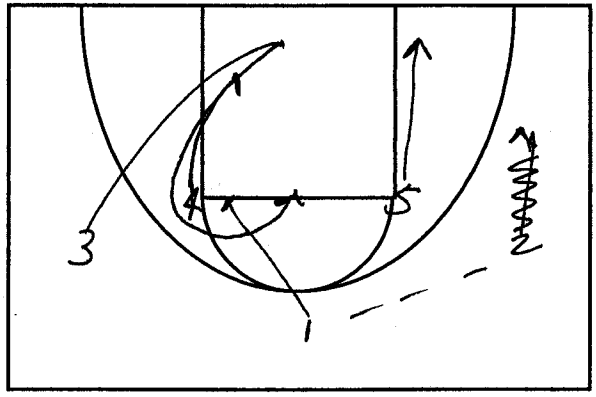


Diagram #30

Single-Double: A single screen and then a double screen for wing player option

Diagram #31: #1 goes to opposite wing of shooter, in this case #2, #3 runs to the middle of the lane under the basket and #4 turns to the outside and sets first single screen and then #5 and #1 will set a double screen for #3. #5 can then look to slip the screen if possible for another option.

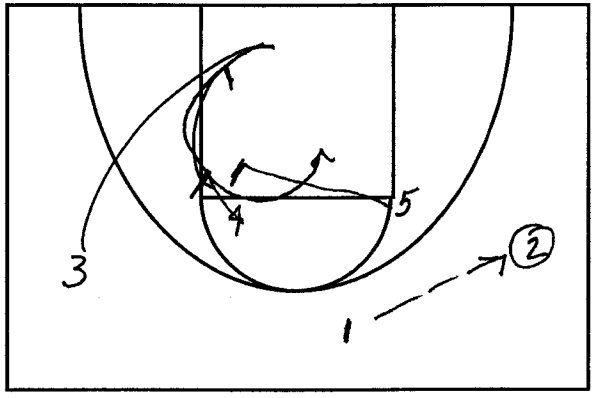


Diagram #31

TEAM GOALS FOR PERKINS COUNTY
PLAINSMEN BOY'S BASKETBALL TEAM 2005-06

SCORE FIRST EACH HALF	YES NO	
SHOOT 50% 2PT FG	YES NO	PERCENTAGE_____
SHOOT 40% 3PT	YES NO	PERCENTAGE_____
SHOOT 75% FT	YES NO	PERCENTAGE_____
GET 55% OF TOTAL REB	YES NO	PERCENTAGE_____
HAVE 15 MORE FG ATT THAN OPPONENT	YES NO	PERCENTAGE_____
COMMIT 15 OR FEWER FOULS	YES NO	PERCENTAGE_____
HAVE FEWER THAN 12 TURNOVERS	YES NO	PERCENTAGE_____
HOLD OPP TO 50 OR FEWER POINTS	YES NO	PERCENTAGE_____
NO ONE PLAYER GETS 20	YES NO	PERCENTAGE_____
FORCE 15 OR MORE TO	YES NO	PERCENTAGE_____
HOLD TO 42% 2PT FG	YES NO	PERCENTAGE_____
HOLD TO 30% 3PT FG	YES NO	PERCENTAGE_____
MAKE MORE FT THAN OPPONENTS ATTEMPT	YES NO	PERCENTAGE_____

Perkins County Plainsmen

1. *Do not use profanity.*
2. *Follow all training rules*
3. *Are always one minute early*
4. *Speak highly of teammates and coaches.*
5. *Never argue with or criticize teammates.*
6. *Always shake hands with teammates coming out of a game when you replace him.*
7. *Applaud teammates after they take a charge.*
8. *Always sit by the coach when taken out of a game.*
9. *Treat teachers with respect.*
10. *Achieve high marks in the classroom.*
11. *Always control a loose ball by grabbing it, not by dribbling it.*
12. *Never have a violation during a freethrow.*
13. *Never reach across the out of bounds line to hit the ball when opponents are inbounding the ball.*
14. *Are always behind the line when inbounding the ball.*
15. *Play with jersey's tucked in without having to be told.*
16. *Never talk back to officials in a negative manner.*
17. *Show positive body languare.*
18. *Shake hands with opponents after all games.*
19. *Never slap the backboard or hang on the rim.*
20. *Always dress up on game day and to travel to away games.*
21. *Always check in to the official scorekeeper when entering the game.*
22. *Always pass to backcourt when inbounding the ball near mid court.*
23. *When calling time out, verbally tell the official along with the time out signal.*
24. *Always yell 10, when 10 seconds remain in the period. (On Offense)*
25. *Know that the team always comes first.*
26. *Always play harder, smarter, and more together than our opponent.*

You Are a Plainsman When...
You don't care if you are the one who sets the screen or the one who hits the winning three, because fulfilling your role, whatever that role is, is most important.

You have a desire to excel for the benefit of those relying on you.

You have an unquenchable need to exceed your past limitations.

You play and know, without a doubt, that you competed like a champion.

You understand your commitment to your teammates.

You understand that basketball is a team sport.

You finish playing and only your body leaves the floor your heart and soul are captured within the game.

You will exchange your blood, sweat, and tears for the benefit of the team.

You understand the irrelevance of individual awards.

You would rather encourage a teammate to success than benefit personally from his mistakes.

Your respect for the game outweighs your personal pride.

You make mistakes and use them to improve instead of using them as excuses.

Your ability to make your teammates better increases each time you play.

You do the little things right when nobody is watching.

You serve your teammates with unselfish motives.

You understand your role and strive to perform it better.

You have done all you can and still feel you haven't done enough.

You play with pain without creating a scene.

You give more than what is asked and take less than what is deserved.

Your effort is constant and your play is consistent regardless of the situation.

You think you can, and you do.

Basics for the Post Player:

Mental Approach:

1. Take pride in being tough, both mentally and physically.
2. Respect your opponent, but fear no one.
3. Be aggressive. (A mind set)
4. "Think" the game, read the situation.
5. Visualize everything you attempt to do.)"Believe it before you can see it, not see it to believe it.)
6. Never get out hustled.
7. Consider yourself a blue-collar worker.
8. Develop positive and consistent daily habits.
9. Take pride in being a complete player.
10. Run the floor, rebound, play defense.

Physical Approach:

1. Work hard on your body positioning.
2. Maintain a balanced athletic position.
3. Play "big" (wide base), with head up, knees bent, and target hand up.
4. Catch ball and bring it to the chin.
5. Read the defense.
6. Be strong inside.
7. Move quickly but under control.
8. Keep your hands up and elbows out.
9. Learn how to move from side to side and inside-out.
10. Repetition makes perfect.

Offense:

1. Work for high-percentage shots.
2. A strong inside game will open up the perimeter (Inside-out) for you.
3. You'll be fouled a lot when you play inside, so work on your foul shooting.
4. Learn how to get open with footwork, pivots, weight-shifts, etc.
5. Think one or two passes ahead.
6. Restrict your dribbling in the paint.
7. Don't set up too far under the basket—it will hurt your rebounding.
8. Think block out on every shot.
9. Follow up missed shots.
10. Learn exactly how your man is playing you.

Defense:

1. Don't let your man go where he wants.
2. Do not reach on defense—no silly fouls.
3. Front the post when you are on the ball side.
4. Play the help-side away from the ball.
5. Block out on every shot, allow no second shots.
6. Be willing to take a charge.
7. Play with your hands up, be ready to switch when necessary.
8. Rebounding is mostly a matter of attitude and desire.
9. Communicate with your teammates.

P

Passionate – about **OUR TEAM**
Patient – with **OUR** Progress
Poised – with **OUR** Goals

R

Rebound – it's **MY** Job
Resilient – after Failure
Reliable – for **MY TEAM** Mates

I

Intensity – is **MY** daily Duty
Intelligent – with **MY** Decisions *(on & off the court)*
Industrious – **OUR** Cornerstone

D

Defense – it's **MY** Job
Determined – to Succeed
Dependable – for **MY TEAM** Mates

E

Energetic – **OUR** daily Mentality
Emotional – for what **WE** Believe
Excited – to be a **PLAINSMAN**



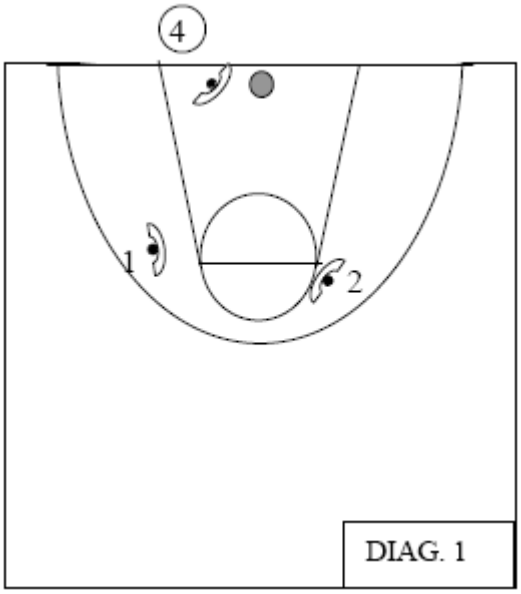
Clinic Treviso IT 26.06. 2004

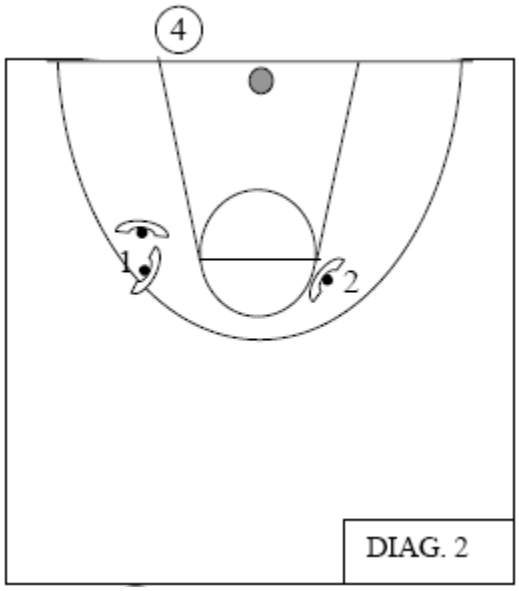
Pette Gillen West Virginia

Full Court Press

Why pressing?

1. To bounce back during the game
2. Rotate all players
3. Slow oponent offense down and force mistakes
4. No each team is prepared to face pressing
5. Eliminate opponent transition game



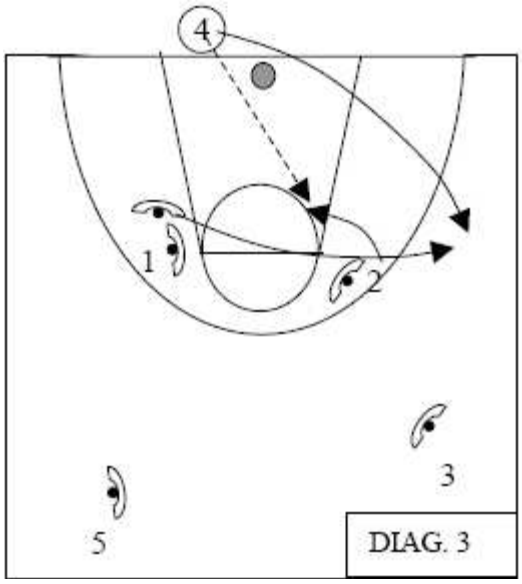


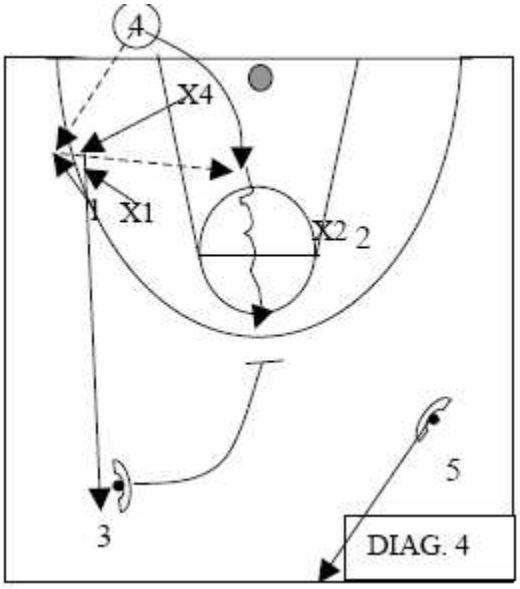
Blue

-Regular no skips

Double Blue

-Deny ball to be passed to PG

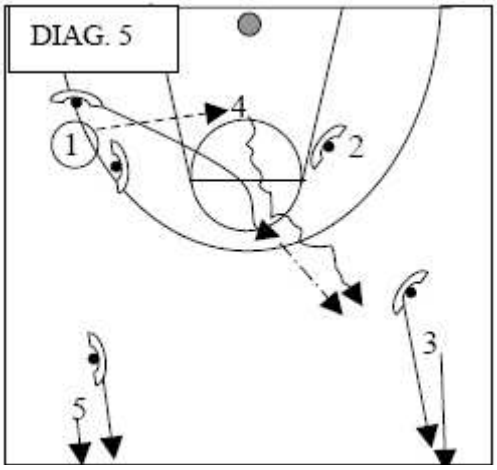


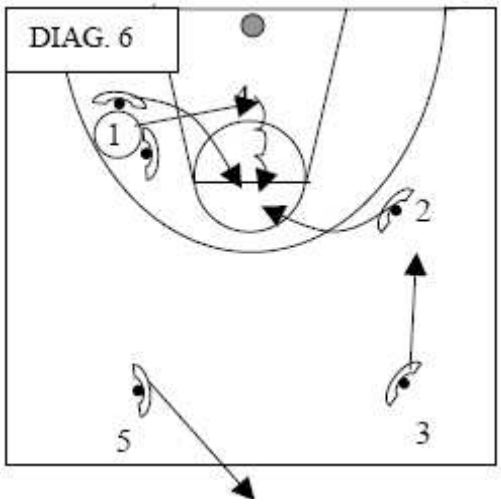


-D4 can:

a. D4 get his man again

b.D 4 and D3 rotate on pass back to O4

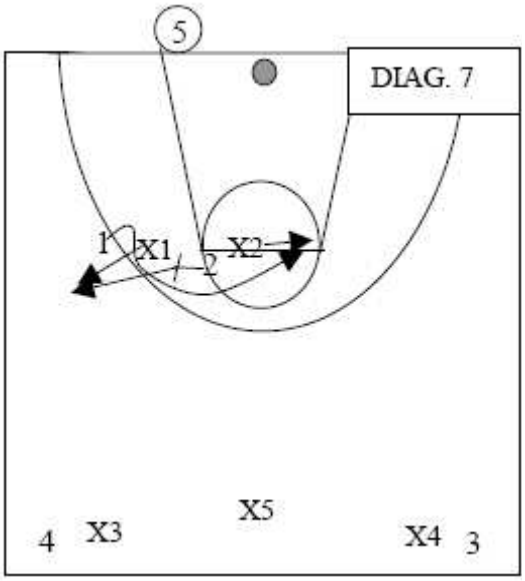




c. Sprint and recover

d.Trap with D2 in the middle

-Set up physical trap.
-Form L with bodies
-contact by chests
-no commit fauls,
-trace the ball.

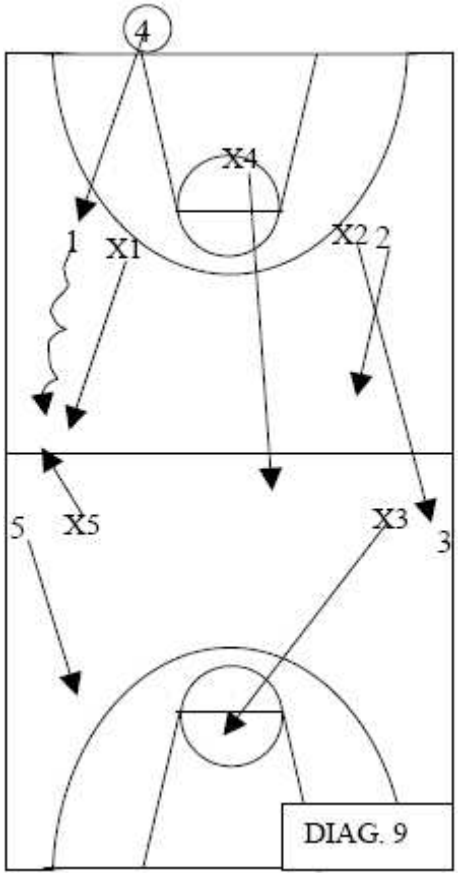


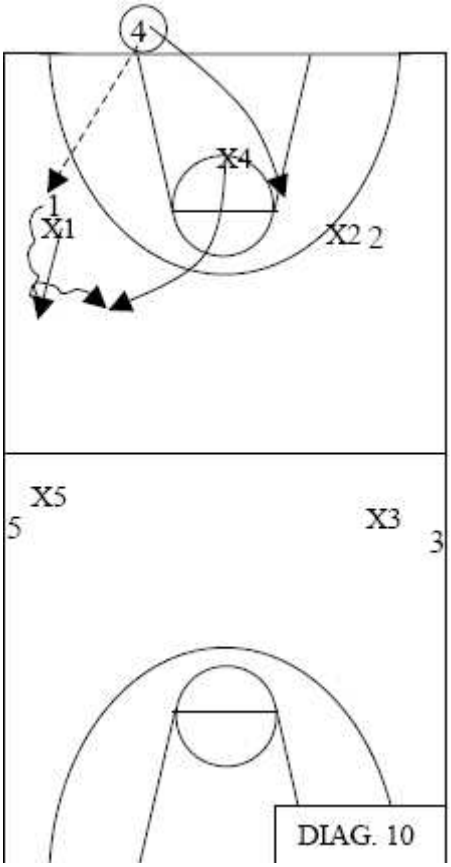


Option corrector

-D1 and D2 active switch

-corrector traps , 3 payers switch

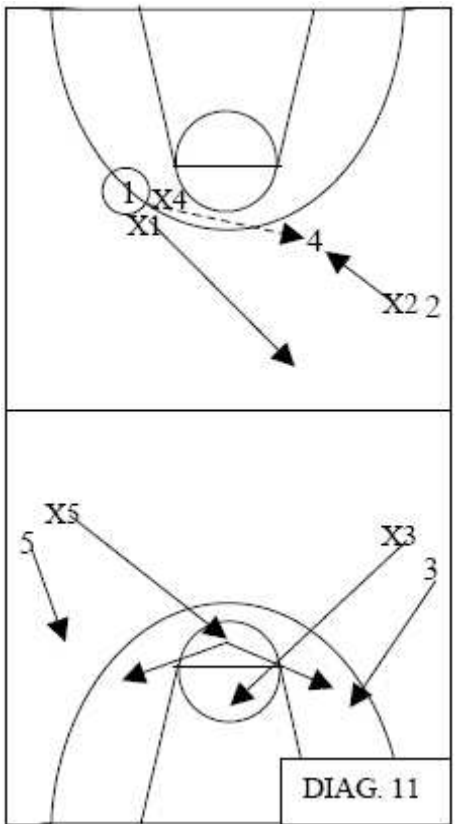




55 press man to man

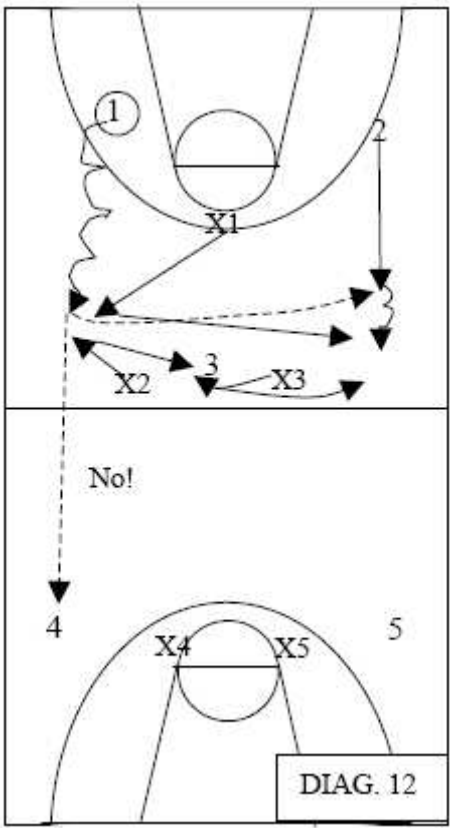
-If O1 penetrate to the middle then D4 traps

-Trap ballhandler

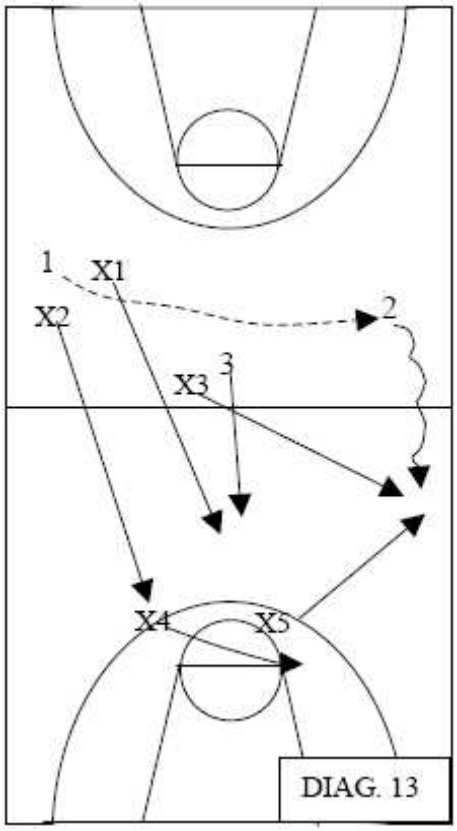


DIAG. 11

1-2-2 ¾ c press

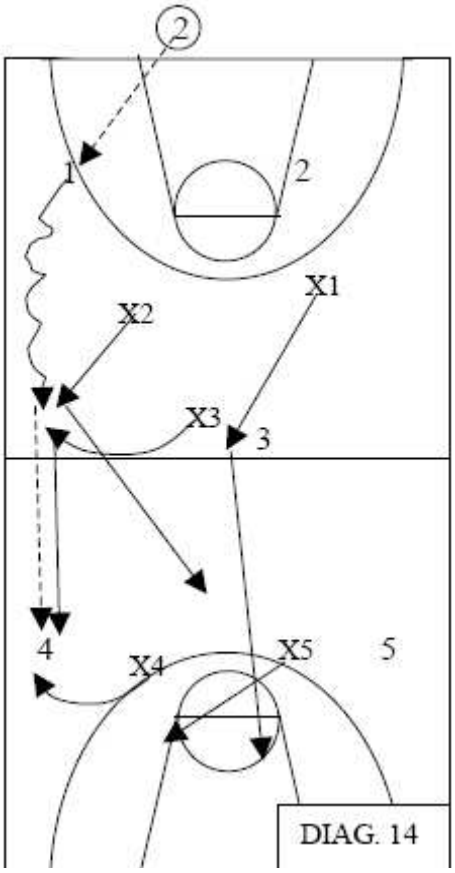


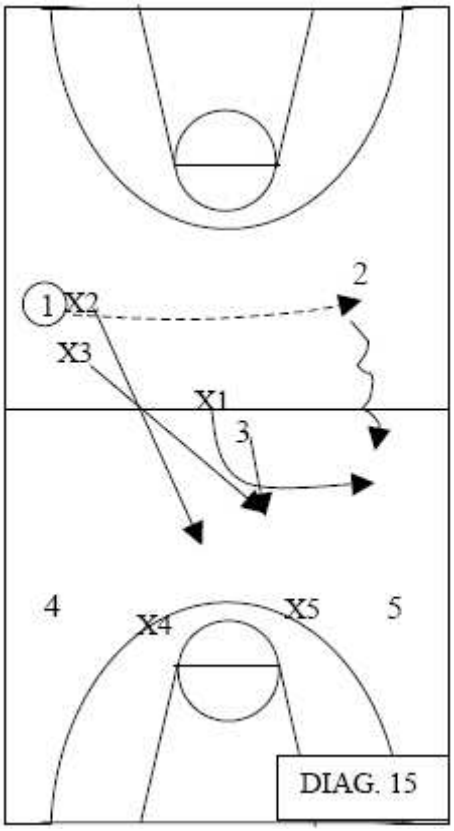
-No uncontested pass along side line



- D3 and D5 trap

2-1-2 3/4c press

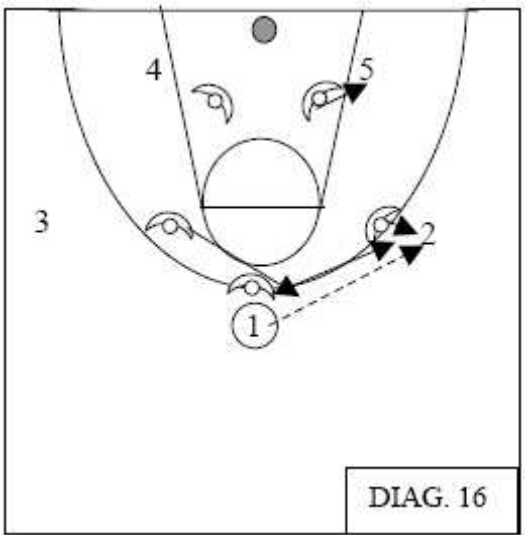


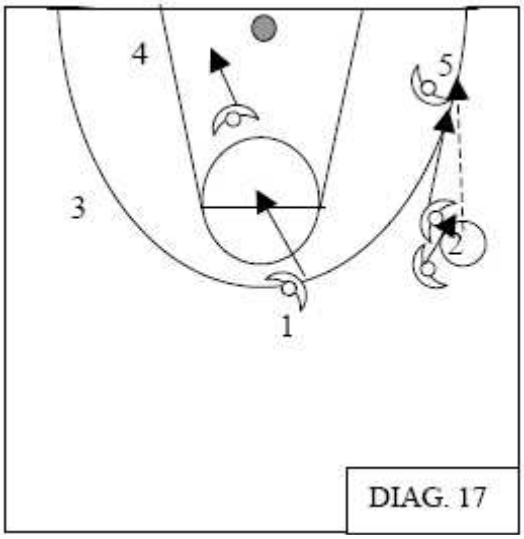


-Trap 2 times if ball is passed along side line

-Skip pass from trap, 3 players switch

Half court zone press 1-2-2





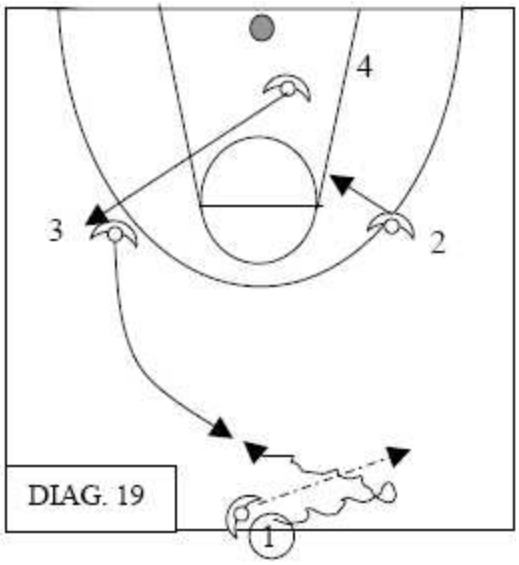
-Trap wing and corner

Drills

1. C + 1-2 Trap



2. 4-4 trap middle penetration





3. 4-4 follow pass and trap on wing

"Multi-skilling Young Players"
Basketball New South Wales Clinic for Coaches
Lambton High School, February 12, 2008
Presenter: Peter Lonergan
Basketball NSW NITCP Head Coach

Clinic Notes

Introduction –

- One of the key roles of the junior coach is to provide players with the skills to succeed and enjoy their basketball
- The more skilled the player becomes, the more fun the sport becomes
- The challenge for coaches is to teach and present fundamentals in an attractive, active and interesting
- The concept of multi-skilling was developed to ensure players learn a wide range of skills and are not "pigeon-holed" by position, size or athletic ability
- Lauren Jackson great example of benefits of "multi-skill" approach
- Game is changing – Candace Parker, Dirk Nowitzki

Ball Handling/dexterity –

- Non-dominant hand skills area of deficiency with young players
- Combining skills and tasks a valuable tool in developing coordination, dexterity and vision

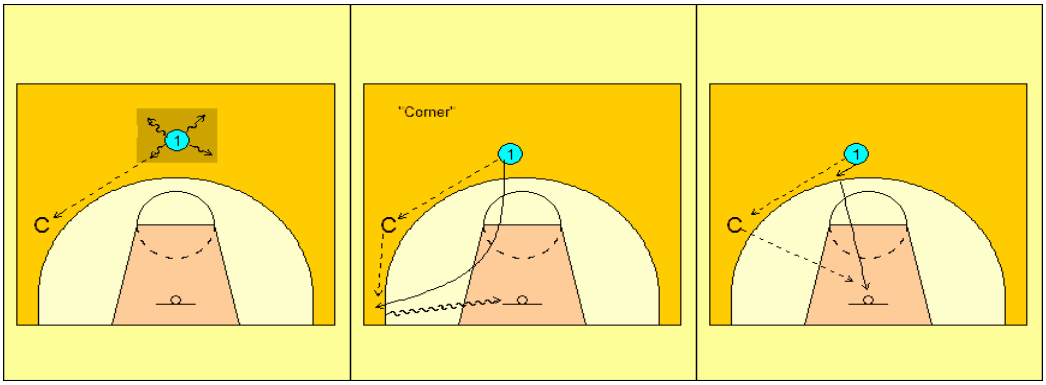
Drill One – Partner 2-ball series

- Catch & pass while dribbling
- Catch & pass while crossing ball over
- Catch, dribble & pass while dribbling

Drill Two – 2-ball, 3 player passing

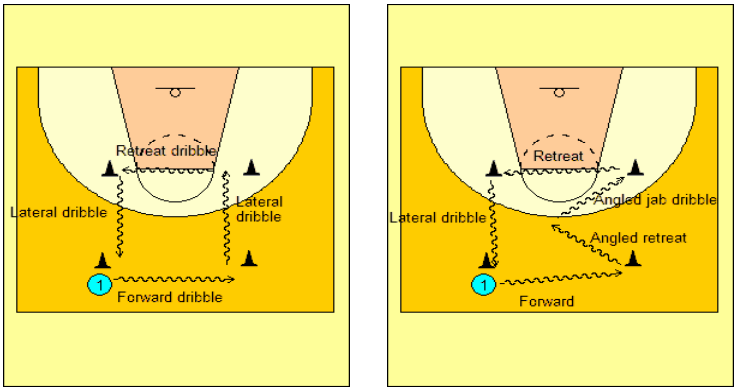
- Catch & "wrist push" pass
- Catch & push pass
- Catch & "outside flick" pass

Drill Three – Parker series



- Ball handling at pace in an area 1 metre square
- On the command of the coach, make a pass to coach straight off the bounce
- On the 2nd command, make a play off a cut at pace

Drill Four – Wojo handles



- The ability of players to dribble in multiple directions
- Use of “lateral” or “lat” dribble key skill
- Change of pace and change of direction often under-taught skills

<u>Shooting –</u>

Lay-ups –

- Ability to finish in the lane important skill for players in all positions
- Lay-up footwork is one of the significant skill deficiencies in junior basketball
- Maintaining eyes on the target often the reason for missing “simple shots”
- Use of backboard the “forgotten skill”

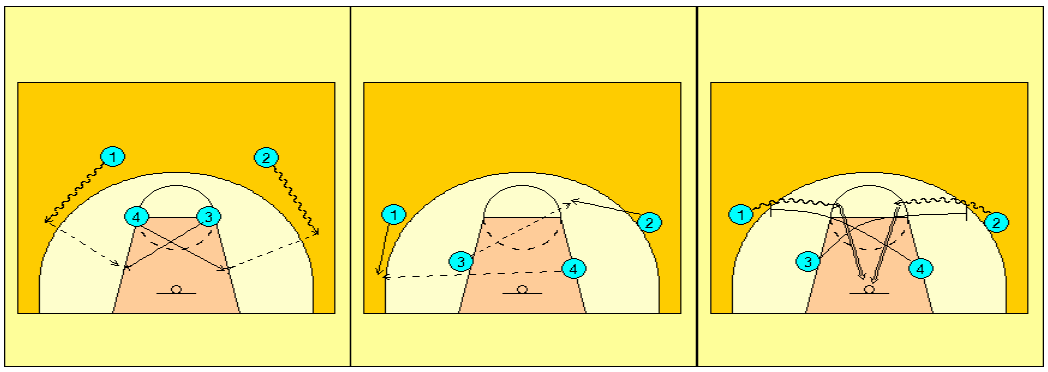
Drill Five – Command lay-ups

- Dribble from mid-court
- On coach command, dribble into a nominated lay-up shot
- OR pass to coach and shoot a lay-up off a cut
- Drill runner, power footwork, lay-up outside of body and the “slice”

Shooting -

- Shooting should account for at least 20% of total practice time
- Shooting drills can be split into three categories – ***form, repetition & situational***

Drill Six – Perimeter post series



- Drill works ball handling, feeding the post, cutting and post positioning
- Variations can be added to add different skills and concepts
- Important to have players execute all skills correctly in the drill and have all players play all positions

Offensive concepts –

- All players should have the ability to dribble, pass, shoot and “make plays” on the move
- 3 v 3 setting is ideal for developing awareness of principles of play
- The 3 v 3 setting can be used to have all players play on all positions on the floor and execute all skills
- Movement/action can be prescribed or encourage creativity through playing “free lance”

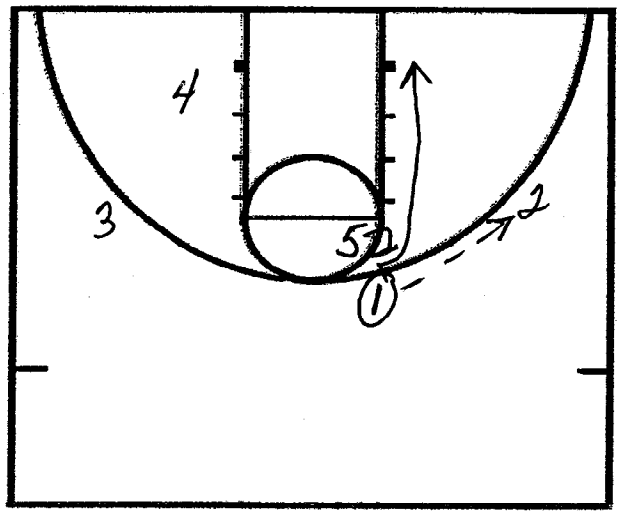
Summary –

- The best way to teach fundamentals is with creativity – the best coaches are innovators
- Think of how you can add to your current drills – add an extra ball, add an extra skill, make it continuous
- Move quickly from drill to drill, concept to concept
- Encourage and acknowledge creativity and players “stepping outside their comfort zone”

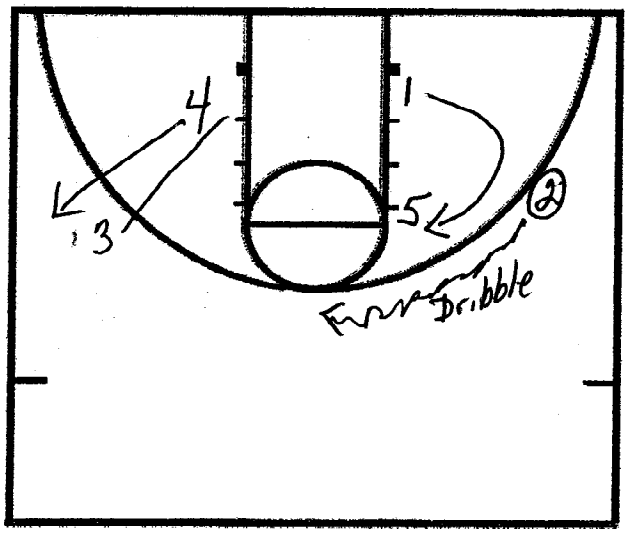
Acknowledgements

- Newcastle Basketball Association
- Trevor Gallacher
- Lambton High School
- The Hunter region NITCP athletes

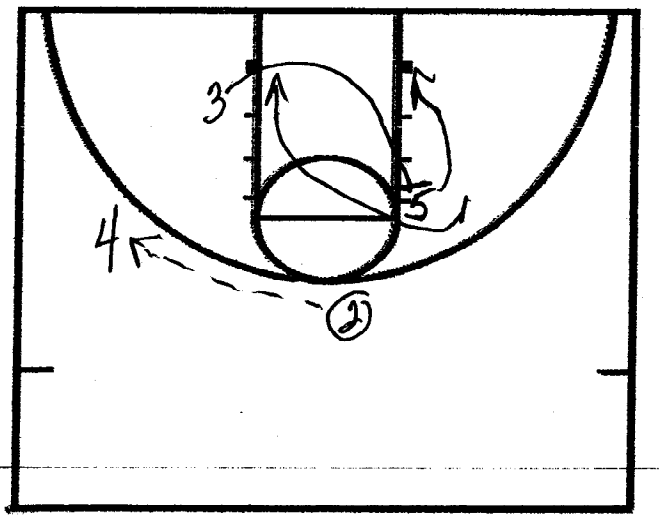
"Pistols From a UCLA Cut"



UCLA Action



2 dribble drags to the top
1 moves up on dribble drag
3 backcuts on drag
4 pops out on drag



2 passes to 4
1 cuts off 5
3 continues backcut to set backscreen for 5
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Puget Sound Flight Girls Basketball Club

2007/2008 Player/Parent Handbook

Puget Sound Flight Girls Basketball Club
2007/2008 Player/Parent Handbook

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Welcome To Flight

"Our mission is to develop the Puget Sound Flight players' basketball fundamentals and life skills to give them educational opportunities, and to allow them to play at the highest level of competition available."

I am the president of the Puget Sound Flight Girls Basketball Club. I would like to welcome you to our program. As I write this letter there are 45 kids who have graduated from the PS Flight and have attended college. Of those young ladies 36 have played or will be playing in the upcoming collegiate season on a women's college basketball team. This is quite an accomplishment in our first six years as a program.

The goal of our club is to assist the female student-athlete who is motivated to reach the next level of competition. We do this by providing a positive environment that stresses fundamentals, teamwork, and dedication to your team and yourself. Through basketball, we strive to teach our players life skills that will make them successful and outstanding citizens.

We are excited about the upcoming year. Each year we strive to build upon our prior successes and to minimize our weaknesses. Dennis Edwards and Terry Graham continue to be key contributors to our success and improvement as leaders in the Flight program. Our coaching staff and other key volunteers complete the support system that is so important for our program to continue to reach new levels of success.

There are many dedicated players, parents and sponsors that support our organization. Our continued success depends on this support. Please contact us and ask how you can help if you are interested. We definitely need you!

We encourage our parents, players and volunteers to provide us with input and feedback about the program. If you have questions or comments, please do not hesitate to contact me Bob Nelson at Bpaaa@msn.com or Flight Director Dennis Edwards at djeace@msn.com. You can also visit our website at PugetSoundFlight.org for additional information. Communication is a key to the success of our organization.

We all look forward to another exciting year of Flight basketball.

In Hoops,

Bob Nelson
Vice-President
Puget Sound Flight Girls Basketball Club

Puget Sound Flight Girls Basketball Club

Overview

History: The Puget Sound Flight Basketball Club started in the year 2000 with a group of young ladies in the 9th and 10th grades. Terry Graham, formally of the Mirage program, and Dennis Edwards, from the Seattle Magic and Redmond programs, got together and volunteered to coach these young ladies in pursuit of having fun with their friends, becoming better basketball players, and reaching the next level of competitive basketball.

Our second year we expanded to three teams, our third year we expanded to eight teams, our fourth year we expanded to eleven teams, our fifth year we had fifteen teams, our sixth year we had sixteen teams , our seventh year we had 12 teams and in our eighth year we will have 10 teams.

Our Developmental Program is: Flight players committed to developing their skills in order to play competitively and with the goal of being placed on an elite team. These teams will play mostly local tournaments in Washington and Oregon and will spend quality time working on fundamentals and preparing to excel at a higher level of competition. Each of these teams is composed of 8-10 players that have gone through our open gym/tryouts in the fall and winter. These athletes are evaluated over a period of two to three different weekends by the coaches and the director of the program. The purpose of the developmental program is to provide instruction beyond what is available at a recreational level. The emphasis remains on teaching the best fundamentals possible.

The coaches, for our developmental program, are selected from other established programs throughout the Puget Sound area, and are encouraged to seek out resources from the community to enhance their ability to teach our young athletes the ideal of fundamentals, leadership, and life skills through education and athletics.

Our Elite Level Program is: Flight players with advanced skills who have committed themselves to becoming the best basketball players possible. They are working towards becoming good high school basketball players, with the dream and goal of playing at the college level. These players are standout athletes in the upper levels of youth basketball in the Puget Sound area. They play a longer season, and they want to develop their skills beyond what is available within their individual communities. These players participate in open gyms and tryouts during the fall to facilitate the forming of the teams. Once a roster position has been offered and accepted, the Flight program will remain committed to that athlete until she is ready to move on. The coaching staff of the Puget Sound Flight is enthusiastic in promoting the Flight message to its athletes. We are very careful in placing an athlete on a team that best fits her individual skill level where she will play and grow the most.

Puget Sound Flight Teams

	Open Division	15U	2012	2013	2014	2015
Blue	Elite	Elite	Developmental	Developmental	Developmental	Developmental
Gold	Elite		Developmental	Developmental		
White	Developmental					

Puget Sound Flight Coaches: We seek coaches that have a firm grip of basketball fundamentals, competitive coaching experience for tournament play, and have the ability to instruct these athletes to enhance their awareness of the game. Our goal is to have non-parent head coaches in the program, with the understanding that there will be individual circumstances where a parent coach will benefit the team. Our coaches clearly understand that Flight is not about making star basketball players, although we do have gifted individual players, it must never be to the detriment of the team or the program. The goal of Flight coaches is to take 8-10 players who are serious about basketball and help them find ways to have fun, compete, learn, develop, be challenged, work hard, and grow to be as good as they want to be. Our coaches are devoted to the fundamentals of basketball. We emphasize defense, ball handling, shooting, transition, teamwork, passing, footwork, and really becoming complete basketball players.

The coaches in the Puget Sound Flight Girls Basketball Club are volunteers. All coaches in our program are coaching because of their love of the game and because of the positive learning environment we provide for the kids. We do expect the coaches to have their travel and out of pocket expenses covered by the individual teams they coach.

All of our coaches will have background checks to insure our athletes are coached in a safe environment. The parents, players, and board will evaluate each coach at the conclusion of the season to ensure adequate communication and maintain a high standard in our coaching ranks.

Playing Season: Our Flight program will offer an extended playing year for our young ladies. Our season consists of the following:

1. Team formation September through March.
2. Open gyms, fundraising, and team meetings September through March. We expect our players to devote fall and winter to their school/select teams and high school teams.
3. Practices officially start after the 4A High School State Tourney, usually around March 15th.
4. The **5th-6th grade teams** will play local tournaments in March and April, Yakima and local tournaments in May, and June, and possible season ending tournament in July.
5. The **7th-8th grade teams** could start off by playing in local tourneys and a Spokane tournament in March, Flight Invite and local tournaments in April, Yakima and local tournaments in May and June, and the Oregon City Shootout and possibly a traveling season ending tournament in July.
6. The **15U Blue team** will play the Spokane Stars tournament in March, Flight Invite and Arizona tournaments in April, Yakima and local tournaments in May, Oregon City Shootout, Midsummer Night's Madness(WA), and possibly the River City Classic in Memphis, TN and season ending tournament in California in July.
7. The **White team** could start off by playing in local tourneys and a Spokane tournament in March, Flight Invite and local tournaments in April, Yakima and local tournaments in May and June, and the Oregon City Shootout and possibly a traveling season ending tournament in July.

8. The **Open Division Blue and Gold teams** will play the Spokane Stars tournament in March, Flight Invite and Arizona tournaments in April, Yakima and local tournaments in May, End of the Trail in Oregon, Midsummer Night's Madness(WA), the River City Classic in Memphis, TN and season ending tournaments in California in July.
9. Our open division elite teams (Blue, Gold and 15U) will play in the College Viewing Circuit during the month of July ending their season on July 31st.
10. Our developmental teams will play 25-30 games, and our elite teams could play 35-40 games.
11. For the older teams,(8th grade – 11th grade), the month of June slows down to give our players time off to play with their high school teams, hoping to get them back for the very busy month of July.

Equipment & Facilities: Over the past couple of years we have been fortunate to find accommodations at various local high schools, community clubs, and community colleges. We are always trying to locate additional gym space and are confident additional gym space will be secured with our continued growth. The most difficult task is getting and keeping gym time at a reasonable cost, but preferably at no cost. Our ultimate goal is to align with a major corporation and possibly have our own facility to house and instruct our student athletes in education, fundamentals, and life skill development.

Each of our teams has distinctive uniforms in Columbia blue, gold, and white. Many teams opt to have sweats, t-shirts, and team bags. Our direction is to promote the Flight message to the public to ensure that we have the best equipment available for these players.

Player & Parent Commitment: Members of the Puget Sound Flight Basketball Club are encouraged to participate in multiple sports in their junior highs and high schools. In the 5th, 6th, and 7th grades, these young ladies may be involved in recreational soccer and softball in the spring, possibly even select soccer and softball. This is okay with the club as long as the player and their parents understand that in order to be fair to the girls that are 100% committed to the Flight team, they may not play as much. We truly believe participation in practice will dictate playing time in games. If you miss practice for another sport, you should be prepared to watch some of your teammates from the bench during games.

At our upper levels, 9th grade through 11th grade, the girls have mostly committed to basketball as their sport. We have had exceptions and will work with them through good communication. Practices are so important to the success of the team, that missed practices will decrease a player's playing time.

The teams train one to three times per week for up to two hours per session. Practices and games can run from March through July. Commitment from both players and parents is essential. An uncommitted player is unfairly occupying a position that a committed player would love to have.

Puget Sound Flight Girls Basketball Club

Purpose and Commitment

The purpose of this handbook is to familiarize both the parents and players with the Puget Sound Flight Girls Basketball Club, and to provide a better understanding of Flight Basketball. We hope this handbook will answer many of the questions that may arise. The Puget Sound Flight Girls Basketball Club is a highly visible and regionally recognized program. We are glad that your daughter(s) have been selected to be a part of our program.

Our program has three main components. The first is to provide quality training in all aspects of the game. One of the Puget Sound Flight's main goals is to develop self-discipline, dedication, and confidence in each athlete, qualities which will assist them as they progress through life. *The second purpose is to assist each of our players in becoming quality high school basketball players.* The third purpose is to aggressively pursue athletic scholarships for those players that have the desire, athletic ability, and academic standing to play at the collegiate level. The competitive athletic experience can enhance social development, contribute to mental and physical health, and teach the values of teamwork and responsibility. We are proud of the opportunity we offer, and feel the players involved will receive a positive experience.

For this program to be successful, the rules of the handbook must be followed and will be enforced. The Puget Sound Flight expects our athletes and their parents to present themselves in a courteous and polite manner to everyone they encounter. We represent one of the finest programs that Washington Girl's Basketball has to offer, and we want to promote the highest level of sportsman-like conduct.

Our program is dedicated to treating all athletes fairly, and giving each individual athlete an opportunity to improve the many skills associated with basketball. Playing basketball with the Puget Sound Flight requires a strong commitment to the game, the club, and your teammates. It is important that everyone involved understands that each is willing to make this commitment in order for the athlete to become the best basketball player she can be.

Participation in the Puget Sound Flight program requires time, effort, and financial resources, but we feel that it is all well worth the investment. We feel that the training and the experiences that your daughter(s) will receive from the coaches and the staff will be very beneficial.

Puget Sound Flight Girls Basketball Club

Selection Process

Each year we evaluate a large number of players. Some players have extensive playing backgrounds, while others do not. Players are evaluated on attitude, teamwork, and skill execution such as ball handling, shooting, etc. We base our selections on what the athletes do during the open gym/tryout period and what we perceive their potential to be. We select athletes based on the following criteria: athletic ability, work ethic, drive, coachability, competitive attitude, skill ability, and potential.

We expect you to have a great attitude, to work hard, improve your game, and to compete with your teammates for playing time and team placement. There is no guarantee of equal playing time, or team placement. Your playing time and team placement is determined by you.

It is important to note that new players will be evaluated each year to fill the needs on specific teams. If additional players and coaches are available, additional teams may be added. We will evaluate the new players at open gyms/tryouts, which will combine many of our existing players with new players looking to join our program. It is each player's responsibility to come into the open gyms/tryouts ready to make a team in our program. **After the teams have been selected, the Puget Sound Flight may make roster changes at any time during the season to continue to improve the level of play for all considered. This means that a player may be added to a team during the season, or that a player may be asked to move to another team to maximize the level of talent on each team.**

Anyone who has a serious medical condition should speak with the head coach or administrator prior to the start of the tryout and the regular season. It should be noted that if a player is injured or is sitting out of practices due to injury or illness, they must have a doctor's release before they will be allowed to practice or participate again on a regular basis.

Puget Sound Flight Girls Basketball Club

Parent/Player/Coach Relationship

Club basketball can teach many positive traits, such as the spirit of cooperation, self-discipline, and regard for physical fitness.

We ask that parents refrain from criticizing opposing players, other parents, other clubs, teammates, or officials.

In our spectator enthusiasm, we are often prone to issue instructions to the players that are contrary to those of the coach; this only causes confusion for the players. **PLEASE ENCOURAGE YOUR DAUGHTER TO FOLLOW HER COACH'S INSTRUCTIONS AND LEAVE THE COACHING TO THE COACH**. Parents need to align themselves with the coach in teaching their daughter how to cope with the natural frustrations of being a member of a team. Sports provide an excellent opportunity to teach young women about the realities of competitive situations. They must be taught how to be a cooperative team member, how to make use of both positive and negative feedback, how to cope with adversity, how to achieve mental toughness, and how to be a gracious winner or loser.

When a player has an issue with the coach, parents have the responsibility of teaching their daughter the steps necessary to remedy the situation. The following steps should be taken if a player has a grievance with the coach:

STEP ONE: The **player** should discuss the problem/concern with the coach and try to arrive at a solution to the problem.

STEP TWO: The parent should call the coach and schedule an appointment for the player, parent, and coach to meet at an appropriate time.

STEP THREE: If the above steps do not remedy the problem, the parent should call the Administration of the Puget Sound Flight to schedule a meeting with the player, parent and coach to arrive at a solution.

UNDER NO CIRCUMSTANCES is a parent to approach a coach with a complaint or an evaluation of coaching philosophy. The above procedure must be followed in dealing with any situation that may arise. The administration of the Puget Sound Flight will **NOT ALLOW THE COACHES OR PLAYERS TO BE BERATED** by parents or fellow teammates. If you or your daughters refuse to follow the guidelines set forth, you will be asked to leave the program.

The parents and families of our Puget Sound Flight players have been very supportive in the past, and we hope that support will continue to grow each year. We hope that parents will support their daughter(s) by attending their tournaments and giving positive encouragement. We encourage you to refrain from criticizing your child, their teammates, their coaches, or the officials.

Our number one rule for our players at all times is: **Don't Let Your Teammates Down.** A player or spectator may be asked to leave the premises if they become disrespectful to other players, coaches, or officials. Please be careful and respectful.

Puget Sound Flight Girls Basketball Club

Sportsmanship

The Puget Sound Flight is committed to exercising good sportsmanship **at all times**. Our club philosophy is that our female athletes should represent their club in a positive and respectful manner. We also would not want spectators to embarrass our players and the club with inappropriate behavior. The code of conduct expects the following from our families and spectators:

- **Absolutely** no foul language shall be permitted.
- Parents are asked to cheer **for** the Puget Sound Flight in a positive manner, **not against** our opponents in a negative manner.
- Show respect to those around you.
- Support your coaches and staff.
- Refrain from harassing referees and/or event staff.

Please remember that you should never say anything that you would not want to read on the front page of a newspaper. It is the coach's responsibility to enforce our club rules. If a situation with a parent were to arise, our coaches have been instructed to have the player sit with her parents/guardians to help them conduct themselves in a manner befitting our guidelines.

We have been told by numerous college coaches that the most discouraging thing they can see in a gym is unsportsmanship-like behavior from a player or spectator. Please set a great example for your daughters by being a good sport in the stands!

Puget Sound Flight Girls Basketball Club

Volunteer Staff

Director/President/Co-Founder: Dennis Edwards

- Works with the President to oversee and guide the direction of the Club.
- Assists with the college recruiting process.
- Manages the financial and fundraising functions of the Club.
- Manages the season tournament schedules for all teams.
- Secures facilities for practice times for all teams.
- Responsible for securing and distributing uniforms.
- Co-organizes and co-coordinates clinics.
- Organizes and coordinates April Invitational Only Flight Basketball Tournament.
- Responsible for all players, coaches and parents, including the selection of players for teams.
- Assists with home visits with college coaches.
- Non-profit tax status.
- Legal Issues.

College Recruiting Coordinator/Co-Founder: Terry Graham

- First contact for players, coaches, and colleges in the recruiting process.
- Responds to email and phone calls regarding recruiting.
- Oversees player eligibility.
- Builds college database.
- Assists with home visits and official college visits.
- Assists with Fundraising for Scholarship Fund.

Vice President: Bob Nelson

- Assists with open gyms and tryouts.
- Works closely with Director of Flight Program.
- Assists in Fundraising for Flight scholarships.
- Assists with securing facilities for practices.
- Co-organizes and co-coordinates clinics.

Co-Director: Kevin Leuning

- Runs open gyms and tryouts.
- Works closely with Director of Flight Program.
- 5th Grade – 8th Grade Coordinator.
- Co-Director of Flight Invite Tournament.

Treasurer: Greg Bruns

- Club banking, and coordinates team bank accounts.
- IRS documentation.
- Fundraising collection and distribution.

Webmaster: Pam Nevi/Patricia Donnellan

- Coordinates all input into the Club website: PugetSoundFlight.org.
- Updates website information as needed.
- Directs data base information collection and maintenance.
- Generates Player Handbook.

Merchandise Coordinator: Susan Teng/Laurie Holmes

- Coordinates sales and purchasing of all Flight logo merchandise.

Fundraising Coordinator: Meg Sliva

- Helps organize fundraising programs for teams and individuals.

Insurance Coordinator: Mistie Anderson

- Coordinates AAU Insurance for Puget Sound Flight Girls Basketball Club.

Special Assistants to the Board: Susie Miller

- Assists at player and coaching clinics.
- Coaching education.

Puget Sound Flight Girls Basketball Club

Team Business Manager
(Every Team Has One!)

The Team Business Manager is the focal point for communication between the Coach, the Parents, the Players, and the Administration of the Club.

Major responsibilities include:

- Produce the "Team Book", a single source of team information consisting of:

    1. The Team roster (Name, position, height, uniform number, birthday, age, high school, address, phone, email, AAU #, parent names)

    2. Copy of each player's birth certificate.

    3. Copies of each player's medical release form and insurance information.

- Register the team for tournaments, and communicate the information to the Players and their Parents ensuring that all timetables are kept.

- Secure hotel rooms, and communicate the information to the Players and Parents ensuring that all timetables are kept.

- Acquire a team bank account, collect and deposit team funds, and maintain spreadsheet on income and expenses.

- Organize the team's fundraising events.

- Act as the liaison between the Club and the Team for dissemination of information.

- Provide each member of the team with practice times and locations, tournament dates, and travel information.

- Provide Webmaster with team information pertaining to the Club Website, including tournament results and pictures. You are responsible for action photos and for team information to keep your team's webpage up to date.

- Collection of uniforms at seasons end.

Puget Sound Flight Girls Basketball Club

Practices

PLAYING TIME IS BASED ON YOUR PERFORMANCE AT PRACTICE.

PLAYING TIME IS NOT GUARANTEED.

**PARENTS ARE ALWAYS WELCOME TO WATCH PRACTICE,
HOWEVER,
LEAVE THE COACHING TO THE COACH.**

Practices for most teams will be two to three times per week. Practices normally last for 2 hours. You will receive a monthly practice schedule from your Team Manager. We will make every effort to not change monthly schedules, however, things happen! Please be flexible and cooperative.

If a player must miss a practice, the player must call their coach as soon as possible. Athletes who miss practice, are missing valuable information and training time, and potentially, may have their playing time affected by consistent absences or tardiness. To emphasize player responsibility, we do not want parents to call on behalf of their daughter. It is the player's responsibility!

The Rules of Practice

- No gum during practice.
- No jewelry, hair clips, or piercings are to be worn at practice. Please remove these items prior to arriving at the gym.
- Players need to be at practice on time (15 minutes early).

Puget Sound Flight Girls Basketball Club

Administration/Coach/Manager Contact Information

Director/President: Dennis Edwards
Addr: 14206 192nd Avenue NE
Woodinville, WA 98077

Home: 425-885-0782
Work: 206-283-7121
Cell: 206-972-7557
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Vice President: Bob Nelson
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Work: 425-313-8255
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Email: bnelson@costco.com

Treasurer: Greg Bruns
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College Recruiting Coordinator: Terry Graham
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Co-Merchandise Coordinator: Susan Teng
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Bothell, Wa 98012
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Fundraision Coordinator: Meg Sliva
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PSFlight Blue Coach: Greg Bruns
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Woodinville, Wa 98072
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Cell: 206-372-2062
Email: gbruns6@aol.com

PSFlight Blue Coach: Susie Miller
Addr: 4216 5th Avenue NW

PSFlight Blue Team Manager:
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Seattle, Wa 98107
Work: 206-779-8293
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Home:
Email:

PSFlight Gold Coach: Troy Jammerman
Addr:

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Cell:
Email: troy.jammerman@verizon.net

PSFlight Gold Coach:

Home:
Work:
Cell:
Email:

Email:

PSFlight Gold Team Manager:
Addr:

Home:
Email:

PSFlight 15U Head Coach: Kevin Leuning
Addr: 16607 NE 117th Court
Redmond, Wa 98052
Home: 425-861-4442
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Email: kleuning@gmail.com

PSFlight 15U Coach:
Addr:

Home:

Email:

PSFlight 15U Team Manager:
Addr:

Home:
Email:

PSFlight White Head Coach: Dave Gertlar
Addr:

Home:
Cell:
Email:

PSFlight White Coach:
Addr:

Home:
Work:
Cell:
Email:

PSFlight White Team Manager:
Addr:

Home:
Email:

PSFlight 2012 Blue Head Coach: Marc Adams
Addr: 22421 NE 28th St
Sammamish, Wa 98074
Home: 425-868-9965
Cell: 425-894-5562
Work: 425-755-7483
Email: marcadams@verizon.net
Email: marc.adams@eddiebauer.com

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Addr:

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Work:
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Email: jerry@depewps.com

PSFlight 2012 Blue Team Manager:
Addr:

Home:
Email:

PSFlight 2012 Gold Head Coach:
Addr:

Home:
Work:
Cell:
Email:

PSFlight 2012 Gold Coach:
Addr:

Home:
Work:
Cell:
Email:

PSFlight 2012 Gold Team Manager:
Addr:

Home:
Cell:
Email:

PSFlight 2013 Blue Head Coach: Mark Jorgensen
Addr: 17722 NE 107th Ct
Redmond, WA 98052
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Email:

PSFlight 2013 Blue Coach:
Addr:

Home:

Email:

PSFlight 2013 Blue Team Manager:
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Home:
Cell:
Email:

PSFlight 2013 Gold Head Coach: Andy Erlandson
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Email:

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Email: tracyda@microsoft.com

PSFlight 2014 Gold Coach:
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Work:
Cell:
Email:

PSFlight 2014 Gold Team Manager:
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Home:
Email:

PSFlight 2015 Blue Head Coach: Mistie Anderson
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Work: 206-920-9257
Cell:
Email: manderson@seattlelighting.com

PSFlight 2015 Blue Coach:
Addr:

Home:
Work:
Cell:
Email:

PSFlight 2015 Blue team Manager:
Addr:

Home:
Email:

Puget Sound Flight Girls Basketball Club

Tournament Schedule
(Tentative)

	Stars Mar	Local Trny March	Flight Invite Mar Apr1	AZ Elite Apr	Local Trny Apr	Pacific NW Finals Yakima May	Local Trny May	Local Trny June	Little Ore City June July	End of the Trail July	MSNM WA July	River City Classic TN July	TBA Trny July	MSNM CA San Diego July
Blue	X	X	X	X	X	X	X			X	X	X		X
Gold	X	X	X	X	X	X	X			X	X	X		X
15U	X	X	X	X	X	X	X		X		X	X		X
White		X	X		X	X	X	X	X		X			
2012 Blue		X	X		X	X	X	X	x					
2012 Gold		X	X		X	X	X	X	X					
2013 Blue		X	X		X	X	X	X	X					
2013 Gold		X	X		X	X	X	X	X					
2014 Blue		X	X		X	X	X	X	X					
2015 Blue		X	X		X	X	X	X	X					

Puget Sound Flight Girls Basketball Club

Tournament Rules

First and foremost, it is important to remember that each player and parent is representing the Puget Sound Flight when we play in local tournaments and travel to out-of-state events. Traveling with the team is an honor and must be respected.

Here are some important tips to remember when we travel:

- The playing schedule is usually tight and there is little time if any to see the local sights. We are there to compete, but also to have fun! If possible, the coach will try and schedule free time, but this will not always happen.

- Each player is required to travel to both local and out-of-state tournaments with **both** sets of uniforms in their **Puget Sound Flight bag** at all times. Include extra socks and personal items in the travel bag.

- When attending a tournament that requires air travel, always carry on your travel bag that includes all uniform pieces and court shoes. Checked luggage can get lost!

- Players are expected to wear appropriate clothing at all times.

- Room phone numbers are not to be given out to anyone except members of your team or your parents.

- No persons other than Puget Sound Flight players, coaches, or family members are permitted inside a player's hotel room.

- No Puget Sound Flight player is allowed inside another person's hotel room unless the hotel room is that of a Puget Sound Flight player, coach, or family member.

- No player is allowed off hotel property without parent/coach permission.

- When traveling to tournaments, we will attempt to travel together.

- When we are traveling, we will eat together, stay at the same hotel together, and spend our time together as a team. Exceptions can be discussed.

Team Rules and Guidelines

- No jewelry, hair clips or piercings may be worn at practices or games. Please remove these items prior to arriving at the gym.

- Arrive to all practices at least 15 minutes early. Use this time to prepare yourself for practice (change your shoes, get your water, use the restroom).

- When playing games locally, arrive 30 minutes early.

- You the player determine your playing time:
    1. Have good grades
    2. No foul language
    3. Be responsible and respectful (no talking while coaches are talking)
    4. Get and stay in shape
    5. Stay healthy
    6. Great defense
    7. Know your plays
    8. Know all positions
    9. Hustle at all times
    10. Be a team player

- A technical foul by a player or parent for poor sportsmanship will immediately cause the removal of that player/parent from the game. Poor sportsmanship will not be tolerated.

- If you are injured, you are still a member of the team and are required to attend practices and games.

- Don't let your teammates down!!! This means practice hard, pay attention and don't mess up in the classroom, at home, or on weekends.

Actions detrimental to your team and teammates may result in less playing time, having to sit out games, being sent home early from a tournament, and possibly being removed from the team.

Puget Sound Flight Girls Basketball Club

Team Uniforms

The Puget Sound Flight team uniform consists of:

- Jersey and Short set #1: Columbia Blue with Gold and White (Program Purchase)
- Jersey and Short set #2: White with Columbia Blue and Gold (Program Purchase)
- Shooting Shirt –(Optional Player Purchase)
- Flight Sweatpants – Gold or White (Optional Player Purchase)
- Flight Sweatshirts – Blue, White, or Grey (Optional Player Purchase)
- Flight Dark Blue Travel Bag (Optional Player Purchase)

Players will supply their own court shoes.

At the beginning of each season, uniforms will be supplied for all players. It is the player's responsibility to make sure that all uniform pieces are kept in good condition and are returned at the end of the season.

Players should take pride in their uniforms! In other words…don't just grab your uniform out of the dirty clothes and come to play!

Puget Sound Flight Girls Basketball Club

Financial Commitment

Participating with the Puget Sound Flight takes a commitment from both the parents and players. We are a non-profit organization that provides a unique opportunity for your daughters. As a Club, we are going to assist each team in fundraising to keep the costs to a minimum. We would like teams to be responsible for their own budgets. Teams can fundraise, or individual families within the team can write checks to cover their costs. Scholarships may be available for certain circumstances of financial hardship, but the family must apply and be qualified to receive a scholarship.

The following table lists the estimated player fee per season for each team. The fee does not include the non-refundable Flight Club registration fee ($175.00 per player), but does include tournament registration fees, non-parent coaches' expenses (air fare and hotel when traveling), Club brochure expense, administrative costs, equipment costs and van rental when traveling.

Team	Estimated Cost Per Player
Blue	$2000
Gold	$2000
15 U	$1500
White	$1000
2012 Blue	$750
2012 Gold	$750
2013 Blue	$750
2013 Gold	$750
2014 Blue	$550
2015 Blue	$350

- **Please Note**: When traveling out of town, expect to pay up to $150 per day for hotel room and food, and if traveling out of state, expect to pay for airfare and car rental.
- We have several fundraising opportunities to offset the cost of participation.
- All players must obtain AAU insurance in order to practice with and play for the Club. AAU cards with added benefit are $14.00 and may be purchased over the internet. A link has been placed on our website (PugetSoundFlight.org) to aide you in purchasing your AAU card.
- There is a $175.00 payment due at the first player/parent meeting which is a non-refundable commitment fee that will be used to offset the administrative costs of the Club.

Puget Sound Flight Girls Basketball Club

Fundraising Sample Letter

(This form is available via email from the webmaster)

PUGET SOUND FLIGHT BASKETBALL CLUB

_____, 20__

_____
_____
_____

Re: Puget Sound Flight Basketball Club
Donations for Development of Girls Basketball

Dear _____,

The Puget Sound Flight Basketball Club is a non-profit, charitable organization that has been formed to develop the basketball skills of girls between the ages of 10 and 18 in the Puget Sound area. The organization is committed to the improvement of basketball skills, teamwork and sportsmanship for girls and offers the opportunity for girls to participate in local, state and national competitions.

In 2007Puget Sound Flight was able to send five teams to national and regional basketball competitions in Arizona, Oregon, Tennessee, and California. With the success and exposure of these teams, and the increased interest in our program, we have been able to expand to 10grade level teams for the 2008 AAU season. This expansion has resulted in additional costs to continue the high standards of our program.

Puget Sound Flight Basketball Club relies on the charitable donations of individuals and companies in the Puget Sound area along with athlete participation in fundraising to operate and maintain its programs. I am writing this letter to ask if you are interested in making a charitable donation to our organization to further the goals of the Puget Sound Flight Basketball Club.

Should you have any questions or comments concerning this matter, please do not hesitate to contact me.

Very truly yours,

Bob Nelson
Vice-President

Puget Sound Flight Girls Basketball Club

Financial Responsibility Agreement Form

The Puget Sound Flight Girls Basketball Club is a non-profit, tax-exempt corporation. Its purpose is to develop the female student athlete through basketball with the goal of improving basketball skills and increasing our players' chances of earning college basketball scholarships. The teams play competitive schedules, requiring funds for tournament fees and coaches' travel expenses.

The Puget Sound Flight has developed a schedule of tournaments and travel for your daughter's team. The total team cost is estimated, and this estimate is then divided by the number of players on the team. For the 2008season, the estimated cost per player is:

Team	Estimated Cost Per Player
Blue	$2000
Gold	$2000
15U	$1500
White	$1000
2012 Blue	$750
2012 Gold	$750
2013 Blue	$750
2013 Gold	$750
2014 Blue	$550
2015 Blue	$350

This is the financial commitment that the parents and players of our teams must make. Please remember we are attempting to keep the costs down and that we do have a scholarship fund, but you must speak up early in the season in order for us to assist with needed fundraising.

Because the Puget Sound Flight is non-profit, and in order to avoid financial shortfalls, the Puget Sound Flight requires, and you agree by signing this Agreement, that you will pay or fundraise this full amount.

There is a $175.00 payment due at the first player/parent meeting, which is a non-refundable commitment fee that will be used to offset the administrative costs of the Club.

THIS IS A FINANCIAL RESPONSIBILITY AGREEMENT AND CONTRACT

There are occasions when a player may not be able to travel with the team to tournaments as a result of injury, health, or discipline. It is the policy of the Puget Sound Flight to consider each situation on its own merits and, in the sole and exclusive judgment of the Puget Sound Flight, provide a refund in certain circumstances. There is no guarantee that this will occur.

So that your daughter and the entire family are aware of the financial sacrifice your family is making, we would ask that both the Player and the Parent/Legal Guardian sign below. By signing this agreement, you are committing to pay or fundraise your daughter's fee. The Puget Sound Flight does have some fundraising opportunities. If you need assistance in this financial commitment, please discuss with Dennis Edwards.

Signed this _____ day of _____, _____.

_____ _____

Player Name (printed) **Player Signature**

_____

Parent or Legal Guardian Signature

Puget Sound Flight Girls Basketball Club

Parent Permission Form, Liability Waiver and Release, and Authorization for Medical/Dental Treatment

I, the undersigned, the parent and/or legal guardian of (if Player is a minor, e.g. under 18 years of age), or the person (if Player is age of majority, e.g. 18 years of age or over), _____ (Player) acknowledge that the Player is receiving valuable instruction and experience by her involvement with Puget Sound Flight Girls Basketball Club. In consideration thereof, I hereby grant permission for the Player to play, compete, train, and otherwise participate in the Puget Sound Flight Girls Basketball Club including but not limited to practice, games, tournaments, clinics, camps, fundraising, volunteering, social activities, travel by any and all means including private, public, and commercial transport by ground, air, and water based vessels, and other activities sponsored by the Puget Sound Flight Girls Basketball Club.

I further authorize the administration of the Puget Sound Flight to release pertinent information about my daughter to college coaches, media, etc. for the purpose of enhancing the recruiting process. This information includes but is not limited to photographs, email addresses, telephone numbers, press releases, game summaries, etc.

I recognize the fact that girl's basketball is a contact sport and that serious injuries can and do occur. I accept the full responsibility for any injuries that may occur to the Player as a result of her trying out for and participating in the Puget Sound Flight Program. I waive any and all liability against Puget Sound Flight Girls Basketball Club, its officers, employees, coaches, trainers, volunteers, affiliated organizations, sponsors, vendors/suppliers, the school districts, and the owners and operators of any facility utilized by the Puget Sound Flight Girls Basketball Club, and hereby release and discharge the same, from any claim, loss, injury, cost, damage or expense incurred/sustained by or on behalf of the Player as a result of the Player's participation in the Puget Sound Flight Program. I further agree to indemnify and hold harmless all of the above organizations, employees, officers, coaches, trainers, volunteers, and sponsors for any judgment awarded, attorney fees, and other expenses with respect to any claims, loss, damage, or expense which may be sought by or on behalf of the Player or her family/guardian.

I, the undersigned, the parent and/or legal guardian of (if Player is a minor), or the person (if Player is age of majority), _____ (Player) hereby grant permission for the Puget Sound Flight Girls Basketball Club, its officers, employees, coaches, and trainers, to authorize medical or dental treatment for the Player by any available and qualified physician/dentist or other trained medical personnel. In addition, this permission extends to and includes authorization for emergency treatments, procedures, and surgeries for the Player. Furthermore, on-going medical treatment is authorized until such time as the undersigned shall dismiss these physicians/medical personnel in writing and have engaged another qualified physician. This permission and authorization includes admission to a hospital or medical facility if the attending physician deems it necessary.

I understand that monies paid and donated to the Puget Sound Flight Girls Basketball Club are non-refundable. I understand that participation in the Puget Sound Flight Program is done in accordance with the acceptance of this permission, authorization, release, and waiver. The permission for participation and authorization for medical treatment is effective for thirteen (13) months after the date of my signature hereto (Participation Period). The waiver and release of liability for causes of action arising under or related to the Participation Period continue into perpetuity.

_____	_____	_____
Player Name (printed)	Player Signature	Date
_____		_____
Parent or Legal Guardian Signature (if Player is a minor)		Date

Puget Sound Flight Girls Basketball Club

Insurance Information Form

Player Name: _____

Insurance Information

Insurance Carrier: _____ Policy #: _____

Primary Policy Holder: _____ ID#: _____

In case of emergency, contact: _____ _____

Name (other than parent or guardian) Relationship

Work Phone: _____ Home Phone: _____

If your insurance carrier requires a phone call prior to treatment or hospital admission, please provide that phone number and/or point of contact: _____

Puget Sound Flight Girls Basketball Club

Code of Conduct

In consideration of being a Player, Coach, Parent, Volunteer and/or Administrator in the Puget Sound Flight Girls Basketball Club, I consent to abide by the rules of conduct set forth herein. I understand that these rules extend to my conduct in all activities and events sanctioned or sponsored by the Puget Sound Flight Girls Basketball Club including practices, travel to and from events, tournaments, and overnight stays. I also understand that if I violate any of the following rules, I may be subject to disciplinary action as deemed appropriate by the authorized person, persons, boards or committees of the Puget Sound Flight Girls Basketball Club. Disciplinary actions may include loss of playing time and/or the Club may send a player home from a tournament at the parent's expense and/or dismissal from the Club.

The following actions are prohibited:

- Illegal transport, possession, or use of drugs or other illegal substances.
- Physical damage to a facility or theft of items from a room, dormitory, residence or other person. (Restitution will be part of any penalty imposed)
- Possession of fireworks, ammunition, firearms, other weapons or any item or material which by commonly accepted practices and principles would be a hazard or harmful to other persons.
- Any action considered to be an offense under Federal, State, or local laws/ordinances.
- Violation of the specific policies, procedures, and/or regulations of the various School Districts where we practice or participate in tournaments.
- Conduct which is inappropriate as determined by comparison to normally accepted behavior.
- Physical or verbal intimidation of any individual.

_____ _____

Parent/Guardian Signature Player Signature

_____ _____

Date Date

Puget Sound Flight Girls Basketball Club

Coaches' Code of Ethics

I will…

- Require my team to treat other players, parents, fans, and officials with respect regardless of race, sex, or ability.
- Encourage good sportsmanship by demonstrating positive support for all players, parents, and officials at every game, practice, or other youth sporting event.
- Insist that my team play in a safe and healthy environment.
- Demand a drug, alcohol, and tobacco free sports environment for my team, and agree to assist by refraining from their use at all youth sporting events.
- Stress that winning is not the foremost object of the Club, but by competent coaching and positive reinforcement of goals, these young people will learn how to win, how to lose, and how to do both well.
- Inform my team that sports are only part of the education process. Teams are expected to put the proper emphasis on academics. I will work closely with parents to keep a proper perspective on sports and school.
- Make sure that each player receives an equal amount of coaching time at practice in an atmosphere where self-improvement is rewarded.
- Treat every player and parent/guardian in a respectful way and encourage them to express their opinions to me in an appropriate setting. I will have team meetings with parents/guardians at least once a year.

_____ _____

Coach Date

Puget Sound Flight Girls Basketball Club

Handbook Acceptance Form

I acknowledge that I have received, read and discussed with my daughter the information in the Player/Parent Handbook. I understand all of the policies as outlined in the handbook and agree to abide by the rules of the organization. A player may not begin her season with the Puget Sound Flight until all required forms are signed and submitted to the Team Business Manager. The forms include: Handbook Acceptance, Medical Release, Insurance, Code of Conduct, and Financial Responsibility. In addition, each player must submit a copy of her Birth Certificate and a copy of her most recent report card before she will be eligible to start her Puget Sound Flight season.

_____ _____

Parent/Guardian Name Parent/Guardian Signature

_____

Date

_____ _____

Player Name Player Signature

_____

Date

MISSOURI BASKETBALL

FUNDAMENTAL SKILL AREAS

1. FOOTWORK
2. PASSING
3. BALL HANDLING
4. REBOUNDING/TRANSITION
5. SCORING
6. PLAYING
7. DEFENSE

MISSOURI BASKETBALL

Footwork

Offensive Footwork Routine

1. **Peace Sign Pivoting (Clockwise at $^{1}/_{4}$) Countercockwise at $^{1}/_{2}$, Live at $^{3}/_{4}$)**
    a. Stride Stop (Left Foot Pivot Up)
    b. Jump Stop (Right Foot Pivot Back)

2. **Change Direction**
    a. Plant Outside Foot (Up and Back)
    b. Wheel (Up and Back)
    c. Spin (Up and Back)

3. **Hesitation**
    a. Skip, Sprint (Stride Stop Up)
    b. Skip, Wheel, Sprint (Jump Stop Back)

4. **Create Space (Alt. Feet)**
    a. Jab, Jumpback, Sprint: Iverson (Up and Back)
    b. Twist, Jumpback, Slide, Sprint: Grant Hill (Up and Back)

5. **Body Fakes**
    a. Skate, Sprint (Up and Back)
    b. Bulldog, Sprint (Up and Back)

MISSOURI BASKETBALL

PASSING

2 Man Passing Routine

1. Chest Passes -(alt. feet)
2. Right Hand and Left Hand Push Passes
3. Hook Bounce Passes
    - Left foot pivot - Right hand pass
    - Left foot pivot - Left hand pass
    - Right foot pivot - Left hand pass
    - Right foot pivot - Right hand pass
    - Add Fakes
4. Overhead Pass
    - Left foot pivot.
    - Right foot pivot
    - » Add Fakes
5. Hook Lob Passes
    - Left foot pivot - Right hand pass
    - Left foot pivot - Left hand pass
    - Right foot pivot - Left hand pass
    - Right foot pivot - Right hand pass
    - Add Fakes
6. Baseball Pass
7. Mirror
8. Retreat, Attack, Pivot, Pass

MISSOURI BASKETBALL

BALL HANDLING

Stationary Dribbling Routine

1. Control dribble

a. High Dribble
b. Low Dribble (w/ Arm Bar)

2. Inside Out

a. Inside Out - Body Moves with Ball (Same Hand - Same Foot)
b. Inside Out With Footwork - Jump Wide with Ball (Same Hand Same Foot)
    - Switch Hands
c. Inside Out Slide - 3 Times Each Direction, Cross Over

3. Cross Over

a. Cross with Footwork (Hesitate for Half Second)
b. Inside Out, Cross
c. Inside Out, Cross Slide
d. Behind Back, Continuous

4. Jab (Always Recover To Shot Fake)

a. Jab (Same Hand, Same Foot)
b. Hesitation, Jab
c. Hesitation, Pull-back (Iverson)

5. Twist (Always Recover To Shot Fake)

a. Twist (Emphasize Pivot Foot)
b. Twist, Jumpback
c. Twist, Jumpback, Cross Slide (Grant Hill)
d. Stutter (Strickland-Vary Rhythm)

6. Wheel

a. Half Wheel (Face Forward)
b. Wheel (1 Dribble)
c. Half Wheel, Wheel

7. Yo-yo

a. Yo-yo Fullback: Hardaway (Shuffle Forward - Fullback in Front or Between Legs)

MISSOURI BASKETBALL

BALL HANDLING

Open Court Dribbling Routine

1. **Control Dribble**
   a. Retreat Dribble, Approach

2. **Speed Dribble**
   a. Speed Dribble (Up Right, Back Left)

3. **Inside Out**
   a. Inside Out, Slide, Direct Drive (Right Hand Up, Left Hand Back)
   b. Inside Out, Cross Drive (Between Legs: Up)
   c. Inside Out, Cross Slide (Back)

4. **Cross**
   a. Cross Between Legs (Up)
   b. Cross Behind Back (Back)

5. **Jab**
   a. Hesitation, Pull-back: Iverson (Up and Back)

6. **Twist**
   a. Twist, Jumpback, Cross Slide: Grant Hill (Up and Back)
   b. Stutter: Strickland (Up and Back)

7. **Wheel**
   a. Hesitate, Wheel: Magic (Up and Back)
   b. Half-Wheel, Direct Drive (Up and Back)

8. **Yo-yo**
   a. Yo-yo, Pull-back, Direct Drive (Right Hand Up, Left Hand Back)

9. **Spin**
   a. Spin: Jordan (Up and Back)

10. **Body Fakes**
    a. Skate, Direct Drive, Continuous (Right Hand Up, Left Hand Back)
    b. Bulldog, Direct Drive (Right Hand Up, Left Hand Back)

MISSOURI BASKETBALL

SHOOTING/INDIVIDUAL MOVES

Circle Drill

1. **Speed Dribble**
    a. Jump Stop, Pull-Up
    b. Stride Stop, Pull-Up

2. **Inside Out**
    a. Inside Out, Slide, Direct Drive
    b. Inside Out, Slide, Cross Drive
    c. Inside Out, Cross Slide, Direct Drive

3. **Cross**
    a. Hesitation, Cross Drive

4. **Jab**
    a. Jumper
    b. Hesitation, Pull-back, Direct Drive: Iverson

5. **Twist**
    a. Twist, Jumpback, Cross Slide, Direct Drive: Grant Hill (Up and Back)
    b. Stutter, Pull-Up (Strickland)

6. **Wheel**
    a. Hesitate, Wheel, Direct Drive: Magic
    b. Half-Wheel, Direct Drive

7. **Yo-yo**
    a. Yo-yo, Pull-back, Direct Drive

8. **Spin**
    a. Spin, Direct Drive: Jordan

9. **Body Fakes**
    a. Skate, Direct Drive
    b. Bulldog, Direct Drive

MISSOURI BASKETBALL

SCORING: PERIMETER INDIVIDUAL MOVE ROUTINES

A. 5-Spot Shooting

B. Around the Horn

1. Front Pivot
2. Back Pivot

C. Curl Routine (Front Pivot)

Direct Drive

1. Direct Drive
2. Jumper
3. Shotfake, Direct Drive
4. Shotfake, Direct Drive, Jumpback (Reggie Miller)
5. Jab, Shot
6. Jab, Shotfake, Direct Drive

Cross *Drive*

1. Jab, Cross Drive
2. Shot fake, Cross Drive
3. Shotfake, Cross Drive, Jumpback (Reggie Miller)
4. Shotfake, Cross-step, Spin, Drive Middle (Jordan)
5. Jab, Shotfake, Cross Drive
6. Jab, Cross Drive, Shotfake, Shot

Wheel

1. Drive
2. Jab, Shot
3. Jab, Shotfake, Cross Drive
4. Jab, Jab Direct, Cross Drive
5. Wheel, Jumpback With Dribble, Shot (Reggie Miller)
6. Jab, Shotfake, Direct Drive
7. Jab, Pull Through, Direct Drive
8. Jab, Spin, Direct Drive (Jordan)

MISSOURI BASKETBALL

D. Pop Routine (Back Pivotj

Direct Drive

1. Direct Drive
2. Jumper
3. Shotfake, Direct Drive
4. Shotfake, Direct Drive, Jumpback (Reggie Miller)
5. Jab, Shot
6. Jab, Shotfake, Direct Drive

Cross *Drive*

1. Jab, Cross Drive
2. Shotfake, Cross Drive
3. Shotfake, Cross Drive, Jumpback (Reggie Miller)
4. Shotfake, Crosstep, Spin, Drive (Jordan)
5. Jab, Shotfake, Cross Drive
6. Cross Drive, Shotfake, Shot

Spin

1. Drive
2. Jab, Shot
3. Jab, Shotfake, Cross Drive

E. Fade Routine

Direct Drive

1. Jumper
2. Shot fake, Direct Drive
3. Shotfake, Escape Dribble, Shot
4. Direct Drive

Cross *Drive*

1. Shotfake, Cross Drive
2. Shotfake, Shot
3. Cross Drive

MISSOURI BASKETBALL

SCORING: POST INDIVIDUAL MOVE ROUTINES

A. Drop Step Series (To Baseline from Right and Left Side)

1. Power Layup
2. 1 Dribble, Shotfake, Layup

B. Front Pivot Series (To Baseline and Middle from Right and Left Side)

1. Turn Around Jumper
2. Turn Around, Shotfake, Shot (Ewing)
3. Jump Hook
4. Fake Jump Hook, Wheel (with dribble)
5. Up and Under Cross (1 dribble jumpstop)
6. Shotfake, Cross Drive, Up and Under Cross
7. Shotfake, Cross Drive, Wheel

C. Back Pivot Series

To *Baseline (From Right and Left side)*

1. Shot
2. Shotfake, Shot
3. Shotfake, Cross Drive
4. Jab, Shotfake, Cross Drive
5. Shotfake, Cross Drive, Wheel
6. Crosstep, Spin (with dribble)
7. Pull Through Direct Drive

To *Middle (From Right and Left side)*

1. Jab, Shot
2. Jab, Direct Drive (Pull Through)
3. Jab, Shotfake, Cross Drive

D. Spin Series (To Baseline From Right and Left side)

1. Shoulder Fake, Spin
2. Shoulder Fake, Spin Fake, Shot

E. Dribble Middle Series

1. Jump Hook
2. Turn Around Jumper
3. Up and Under
4. Wheel
5. Direct Drive, Hook (Mourning)

MISSOURI BASKETBALL

SCORING: PENETRATE AND PITCH ROUTINES

I. Penetrate and Pitch Top and Wing

A) Middle Drive from Top to Wing

Wing	Wing's Defender
1) Fade	(Helps Up)
2) Backdoor Lob	(Helps Up)
3) Circle Behind	(Helps Across)

B) Middle Drive from Wing to Top

Top	Top's Defender
1) Fade	(Helps Across)
2) Circle Behind	(Helps Down)

C) Baseline Drive Throw Behind

Top	Top's Defender
1) Circles Behind	(Sinks Down)
2) Dives	(Denies Perimeter Pass)

II. Penetrate and Pitch Opposite

A) Wing Penetrate and Pitch Opposite

Opposite Wing	Coach On Top
1) Fade	(Fade)
2) Backdoor Lob	(Fade)
3) Circle Behind, Fade, Lob	(Circle Behind)

B) Wing Penetrate and Skip Baseline

Opposite Wing	Top's Defender
1) Flattens	(Sinks Down)

MISSOURI BASKETBALL

IV. Double Penetrate and Pitch Series

Initiate with Middle Drive

A) Penetrate and Pitch Top to Wing

Top	**Wing**
1) Pitch, Fade	Fade, Middle Drive Fade,
2) Pitch, Circle Behind	Baseline Drive Circle
3) Pitch, Replace Self	Behind, Middle Drive

B) Penetrate and Pitch Wing to Top

Wing	Top
1) Pitch, Fade	Fade, Middle Drive Fade,
2) Pitch, Circle Behind	Baseline Drive Circle
2) Pitch, Replace	Behind, Middle Drive

Initiate with Baseline Drive

Wing	**Top**
1) Throw Behind, Replace	Circle Behind, Middle Drive

MISSOURI BASKETBALL

SCORING: PENETRATE AND POST ROUTINES

I. Penetrate and Post in Front

A. Middle Drive Series from Top Post in Front

	Post Defender
1) Butt to Sideline	(Helps Up/Across)
2) Butt to Baseline	(Helps Up/Across)
3) Fade Short Corner	(Stays Closed)

B. Middle Drive Series From Wing

Post in Front	Post Defender
1) Butt to Sideline	(Helps Up/Across)
2) Butt to Baseline	(Helps Up/Across)
3) Fade Short Corner	(Stays Closed)
4) Duck In	(Helps Up/Across)

C. Baseline Drive Series from Wing

Post in Front	Post's Defender
1) Basket	(Helps Across)
2) Flatten	(Stays Closed)

MISSOURI BASKETBALL

II. Penetrate and Post Opposite:

A. Middle Drive Series from Top

Opposite Post	**Post Defender**
1) Butt to Sideline	(Helps Up/Across)
2) Open To Ball, Circle Behind	(Helps Up/Across)
3) Backdoor Lob	(Helps Up)

B. Middle Drive Series From Wing

Opposite Post	**Post Defender**
1) Butt to Sideline	(Helps Middle)

C. Baseline Drive Series from Wing

Opposite Post	**Post's Defender**
1) Step Back	(Helps Baseline)
2) Lob to Rim	(Helps Baseline)
3) Close Man Off	(High Side)

MISSOURI BASKETBALL

SCORING: SCREENING ROUTINES

Perimeter and Post

Strong Side Screening (Ball on Top) A)

Downscreen Series

Offense	Post Seal	Defense
1) Downscreen, Curl	Take Space, High Leg Seal Middle	(Gets Off Low, Hung Up)
2) Downscreen, Pop	Seal Baseline	(Shows, Gets Through)
3) Downscreen, Adjust Angle, Fade	Take Space, Seal Baseline	(Gets Off High, Short)
4) Downscreen, Wing Dribble, Post	Seal Baseline	(Shows, Gets Through)

B) Backscreen Series

Offense	Defense
1) Backscreen, Inside Cut	(Hung Up)
2) Backscreen, Backdoor	(Hung Up)
2) Backscreen, Adjust Angle, Fade	(Gets Off)
3) Backscreen, Rescreen	(Gets Over) (Wheel Hi/Low Seal)

Opposite Side Screening (Ball on Opposite Wing)

A) Corner Screen Away Series Offense

	Defense
1) Screen Away, Curl	
2) Screen Away, Pop	(Hung Up)
	(Gets Through)

MISSOURI BASKETBALL

Perimeter

Opposite Side Screening (Ball on Opposite Wing)

A) Screen Away Series

Offense	Defense
1) Screen Away, Curl	(Jams Screener)
2) Screen Away, Pop	(Gets Off)
3) Screen Away, Replace	(Jumps Off)
4) Screen Away, Slip	(Switch)

B) Flare Series

Offense	Defense
1) Flare	(Straight Up)
2) Flare, Slip	(Switch)
3) Refuse the Flare	(Leaning Toward Screen)

Post

Post to Post Screening (Ball on Wing)

A) Cross Screen Series

Offense	Defense
1) Screen, Pop	(Straight Up)
2) Screen, Seal	(Switch)

MISSOURI BASKETBALL

SCORING: SCREEN AND ROLL SERIES

Perimeter and Post

A) High Pick and Roll Series

	Offense	Defense
Post Screens	1) Turn the Corner	(Hung Up)
	2) Hit Roll Man	(Normal, Red)
	3) Slip	(Early Red)
	4) Pick and Pop, Hi/Low	(Normal, Red)
	5) Pick and Pop, Shot	(Normal, Red)
	6) Throw Ahead, Post	(Normal)
	7) Shoot Behind	(Goes Under)
	8) Rescreen, Pull up Jumper	(Go Under)
Coach Screens	1) Reverse Dribble, Duck In	(Open Help)
	2) Refuse the Screen	(Leaning Toward Screen)

B) Wing Pick and Roll Series

	Offense	Defense
Post Screens	1) Turn the Corner	(Hung Up)
	2) Pick and Pop	(Normal, Red)
	3) Slip	(Early Red)
	4) Reverse Dribble, Hit Roll Man	(Open Help)
	5) Shoot Behind	(Goes Under)
Coach Screens	1) Throw Ahead, Post	(Normal)
	2) Turn the Corner, Duck In	(Hung Up)

MISSOURI BASKETBALL

DEFENSE

Halfcourt **Defensive Routines**

A. Perimeter Strong Side Denial

From the Wing

1. Inside Cut
2. Pass
3. Backdoor/Cross
4. Help and Recover (Pitch and Pass Back)
5. Shallow Cut

From the Top

6. Inside Cut
7. Help and Recover
8. Backdoor

From the Wing

9. Pass
10. Jumpdown on Post
11. Closeout and Boxout

B. Perimeter Opposite Side Denial

From the Opposite Wing

1. High Post Flash
2. Backcut/Cross
3. Help and Recover (Drive Opposite Side- Sink)
4. Help and Recover (Drive Strong Side- Fake Trap, Show)
5. Closeout/Driving Line

C. Perimeter Open Court Routine

1. Slide (Half Court Middle to Left Wing Sideline)
2. Run and Control (Left Wing Sideline to 3-Point Line Middle)
3. Do Not Shift and Approach Due to Location
4. Shift, Run and Control (Middle to Right Wing Sideline)
5. Do Not Shift and Approach Due to Location
6. Run and Control (Right Wing Sideline to 3-Point Line Middle)

MISSOURI BASKETBALL

D. Post Denial

Ball on Top

1. Inside Cut, Seal
2. Help and Recover (Drive Strong Side- Fake Trap, Show)
3. Help and Recover (Drive Opposite Side- Show)
4. High Post Flash

Ball on Wing

5. Post Entry (High Side)

Ball in Comer

6. Post Entry (Low Side)
7. Stop Penetration (Show)

Ball on Wing

8. Post Entry (High Side)
9. Help on Penetration (Show), Power Skip

Ball on Opposite Wing

10. High Post Flash
11. Backcut/Cross (Low Post)
12. Help and Recover (Drive Strong Side- Fake Trap, Show)
13. Stop Penetration (Opposite Side-Show)
14. Shot and Blockout

MISSOURI BASKETBALL

A Comprehensive Approach to Training for Basketball

Strength and conditioning have become integral components of basketball over the past several years. More focus has been placed on the design and implementation of training programs specific to each player's needs and players at all levels now emphasize training year-round to keep up with the athletic nature and the physical demands of the game. In giving high priority to strength and conditioning, an environment has been created in which players have the opportunity to elevate their abilities and compete at a higher level of play. Inevitably, hard work and commitment to a comprehensive strength and conditioning program will contribute to players reaching their goals and potential as a basketball player.

The game of basketball requires a wide array of talents and skills and many factors should be considered in designing training programs for players to enhance all of their abilities. Combining flexibility, strength training, aerobic/anaerobic/court conditioning, agility/quickness training, and plyometrics/jump training into a comprehensive training scheme provides players with the tools to become better athletes (a sample week from the offseason II training phase has been provided on the following page to detail this comprehensive strength and conditioning approach). Supplementing these training variables with basketball-specific skill development, structured nutrition and supplementation, testing and evaluation, and continual motivation further ensures that players are receiving all that is necessary for the complete development of their game.

The following table provides an overview by phase of each training component involved in a comprehensive program for basketball.

Variable	Postseason	Offseason I	Offseason II	Offseason III	Preseason	Inseason
Duration	3 weeks	6 weeks	6 weeks	8 weeks	7 weeks	22 weeks
Flexibility	4 days/week	4 days/week	5 days/week	5 days/week	6 days/week	6 days/week
Strength	3 days/week 8-12 reps/set ~1 :00 rest	4 days/week 8-12 reps/set - 1:30 rest	4 days/week 6-10 reps/set - 2:00 rest	4 days/week 2-10 reps/set - 2:30 rest	3 days/week 2-8 reps/set - 2:30 rest	3 days/week 4-10 reps/set - 2:00 rest
Conditioning	1 day/week Aerobic	2 days/week Aerobic	2 days/week Aerobic/Anaerobic	2 days/week Anaerobic	3 days/week Anaerobic	3 days/week Aerobic/Anaerobic
Agility & Quickness	1 day/week 10 minutes	1 day/week 15 minutes	2 days/week 10 minutes	2 days/week 1 5 minutes	2 days/week 25 minutes	1 days/week 10 minutes
Plyometrics & Jump Training	1 day/week 75 jumps	1 day/week 100 jumps	2 days/week 75 jumps	2 days/week 100 jumps	2 days/week 150 jumps	1 day/week 75 jumps

Please feel free to contact me with any questions you may have regarding the strength, conditioning, and/or athletic development of your players.

Jeff Watkinson
Strength and Conditioning
Missouri Tiger Basketball
573-884-7047

MISSOURI BASKETBALL

Nutrition, Supplementation, and Recovery

Players need a sufficient amount of energy through the diet they consume on a daily basis to fuel the demands of training. Proper nutrition involves knowing how much of what kind of food to eat for the best possible result. It not only helps players get bigger and stronger but also supports their immune system so that they do not miss training sessions due to illness. The benefits of good nutrition enhance players' recovery from strenuous workouts, thus allowing them to train at a higher intensity more frequently.

There are three basic nutrients known as macronutrients: carbohydrates, proteins, and fats.

1. Carbohydrates are the body's primary and most easily available source of energy. There are a wide variety of different carbohydrates. Adequate supplies of carbohydrate are essential for a number of reasons. Carbohydrates stored in the muscles as glycogen are what allow you to perform intense training. Muscle size is increased when the body stores glycogen and water in the individual muscle cells. Carbohydrates keep the body from burning up excessive protein for energy. And, glucose is the main source of energy that fuels the functioning of the brain.

2. Protein is used by the body to build, repair, and maintain muscle tissue. The body cannot use the protein you ingest for muscle-building unless all of the necessary amino acids are present. However, the body itself can produce only some of these amino acids. The others, called essential amino acids, have to be obtained from the foods you eat. Some foods contain what is called complete protein; they provide all the amino acids necessary to produce usable protein. Most protein sources are incomplete proteins, meaning they have some of the essential amino acids but too few to be a complete protein. Combine two or more sources of incomplete protein to obtain high-quality, complete protein.

3. Fat contains the most densely packed energy stores. Fats in the body serve three basic functions: they provide the major source of stored energy, they serve to cushion and protect the major organs, and they act as an insulator, preserving body heat and protecting against excessive cold.

A player's ability to continue exercising at a high level day after day is limited by how quickly muscles recover after exertion. Recovery ensures that the body returns to a normal, balanced state through the restoration of body fluids, replenishment of energy stores, and repair of damaged muscle tissues. In addition, a player's immune system can be enhanced with adequate rest and careful attention to nutrition. Recovery from extended exercise is a complex process that can be broken down into three stages.

Stage 1: within 30 minutes after exercise.
During this time, the body's metabolic rate slows and heart rate, respiratory rate, and body temperature begin to return to pre-exercise levels. The muscles start to replenish their stores of creatine phosphate and ATP, which were depleted to fuel activity. This is also the period during which the body removes excessive lactic acid that may have accumulated in the muscles.

Stage 2: up to two hours after exercise.
During this time, the body begins the process of restoring fluid volumes (rehydration). This is the most critical period for the replenishment of muscle glycogen, in which the hormone insulin plays a vital role. When a sufficient source of carbohydrate is present, glycogen replenishment occurs at a faster rate. The speed of glycogen synthesis in the two hours following exercise is almost two to three times faster than normal, hi order to take full advantage of increased insulin sensitivity, it is recommended that athletes drink a carbohydrate-containing beverage as soon after a training session as possible.

Stage 3: remaining hours before next training session.
Carbohydrate replenishment continues in this time frame, although at a lesser rate than during the first two hours following exercise. Most of a player's carbohydrate intake during this time should come from complex carbohydrates because their breakdown ensures a slow, steady supply of glycogen. A crucial element during this phase is muscle repair, which requires time and nutrients.

The following table provides an overview of the recommended intake of nutrients and supplements based on duration before or after a workout.

Time Frame	Recommended Intake	Examples
Meals more than 1 hour prior to workout	60% CHO 25% PRO 15% FAT	400 calorie meals: 60g CHO 25g PRO 6g FAT 800 calorie meals: 120g CHO 50g PRO 13g FAT
Snack 1 hour prior to workout	5:1 CHO to PRO Ratio	SOgCHOtolOgPRO
Fluids during workout	8 oz water every 1 5 minutes	4 cups water every hour.
Snack less than 30 minutes after workout	0.7 g/lb bodyweight CHO 0.23 g/lb bodyweight PRO	180 pound athlete: 126gCHO41gPRO
Meal 2 hours after workout	60% CHO 25% PRO 15% FAT	400 calorie meals: 60g CHO 25g PRO 6g FAT 800 calorie meals: 120g CHO 50g PRO 13g FAT

MISSOURI BASKETBALL

TIPS FOR GETTING INTO COACHING

1. Work Summer Camps:
    - Meet High School and College Coaches
    - Discover Your Personal Coaching Style

2. Volunteer at Local High School or Junior College:
    - Great On-Court Experience
    - Begin to Develop Coaching Network

3. Acquire Instructional Books and Videos of Teams You Respect:
    - Expand Knowledge Base of Individual and Team Drills
    - Learn How to Play Against Different Systems

4. Go to Coaching Clinics:
    - Great Information on Practice Planning and Game Preparation/Evaluation
    - No Substitute for First Hand Coaches' Experiences

5. Observe Practice:
    •Contact Local Programs and Request to Observe Practice •
    Inquire about the Many Facets of Their Program (i.e. Strength
    and Conditioning, Video, Recruiting)

MIZZOU BASKETBALL



Missouri Basketball Man to Man Defense
Coach Quin Snyder

DEFENSE ABSOLUTES

I. STANCE

II. POSITION

III. VISION

IV. TALK

V. HIT + GO

DEFENSE ABSOLUTES

I. Stance:

1. Legs Flexed, Shoulders Width Apart
2. Back Straight
3. Feet Staggered
4. Arms Up, Hands Active
5. Eyes on Numbers

II. Position: Move as the Ball Moves

A. Bali Pressure: Limits Vision, Covers Up & Creates Mistakes, Dictates Tempo

Perimeter

1. Take Fakes with Jump Back
2. String Out the Ball Handler
3. Fake at Handler to Slow Penetration
4. Switch Front Foot if Ball Changes Hands
5. If Beaton Penetration, Run to Recover on Driver's Side

Posf

1. Stay Between Man and Basket
2. Belly Up to the Shooter Arms Straight Overhead

B. Denial: 1 Pass Away

Perimeter

1. Deny with Feet in Straight Line Toward Basket
2. Lead Arm Up for Steal and Help, Off Arm Forms Arm Bar

Post

1. Deny % High Above the 45
2. Full Front on the 45
3. Deny % Low Below the 45
4. Off the Block, Break Contact & Get Behind

C. Help: 2 Passes Away

1. Open in the Lane with 1 Foot Up
2. As Far Away from Man Possible to Still Closeout
3. Fake Up, Help Across the Floor

DEFENSE ABSOLUTES

III. Vision:

A. Of Man and Bail

IV. Talk:

A. Overall Emphasis

1. Echo Commands
2. Talk Gets You into a Thinking Stance
3. Talk Gives to Your Teammates

B. Defending Penetration and Movement

On *the Ball*

1. "Ball" with Live Dribble
2. "Dead" when Dribble is Picked Up
3. "Shot on Shot to Alert Teammates

Off the Ball 1.1 Got You

2. Middle Drive: "Help" " when Dribble is Live
3. Baseline Drive: "Sink" on Perimeter, "Mine" in the Post
4. "Get in Him _____ " when Dribble is Picked Up
5. "Shot on Shot to Alert Teammates

C. Defending Screening

1. Screened Defender Calls "Screen _" (Except Downscreens)
2. Cutter's Defender Calls "Switch" if Necessary

V. Hit and Go

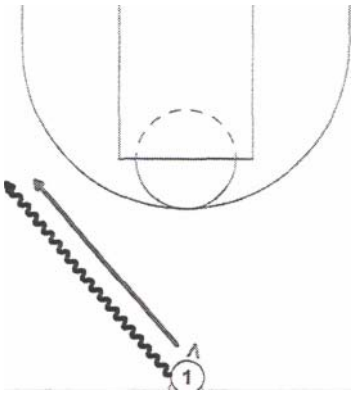
1. Contest Shot with Hand Up
2. Never Leave Ground for Fakes
3. Hit and Go on the Shot

OPEN COURT DENIAL ROUTINE

Overall Emphasis

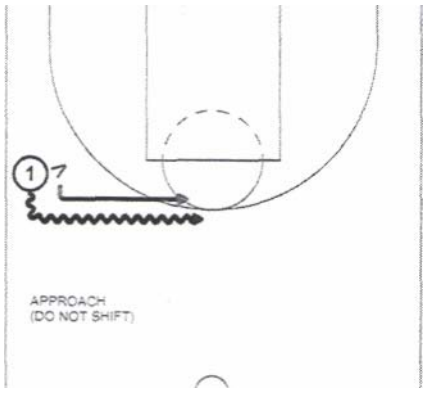
1. **Apply Ball Pressure**
2. **Take Fakes with Jumpback**
3. **String Out the Ball Handier**
4. **Run to Recover on Driver's Side**

Run and Control



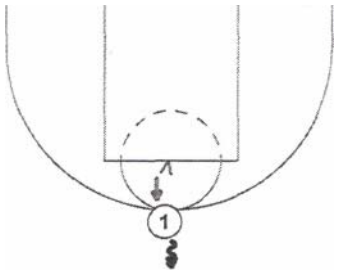
1. Fake at Handler to Slow Penetration

String Out the Bali Handler



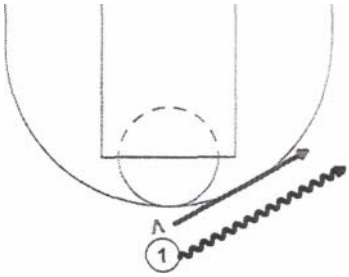
1. Do Not Shift Feet Due to Location
2, Dropstep Slide to String Out Ball Handler
CP: Offensive Player Changes Dribble Hand

Shift and Approach



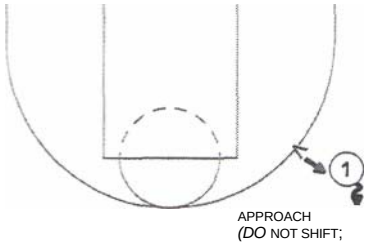
1. Switch Front Foot as Ball Changes Hands
CP: Offensive Player Changes Dribble Hand

String Out the Ball Handler



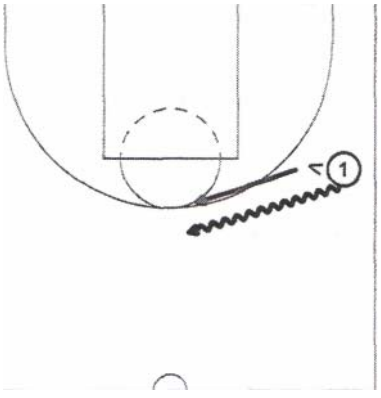
1. Switch Front Foot as Ball Changes Hands
CP: Offensive Player Changes Dribble Hand

Approach Ball Handler



1. Do Not Shift Feet Due to Location
CP: Offensive Player Changes Dribble Hand

String Out the Ball Handler



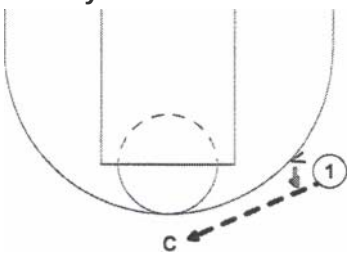
1. Dropstep Slide to String Out Ball Handler

STRONG SIDE DENIAL ROUTINE

Overall Emphasis

1. **STANCE: Strong Stance**
2. **POSITION: Move as the Ball Moves**
3. **VISION: Of Man and Ball**
4. **TALK: To the Ball**

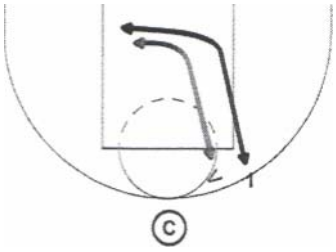
Deny Pass/Inside Cut



DENY INSCE CU1

1. On the Pass, Defender Jumps into Denial
2. Deny with Feet in Straight Line Toward Basket
3. Check Cutter to Deny Inside Cut

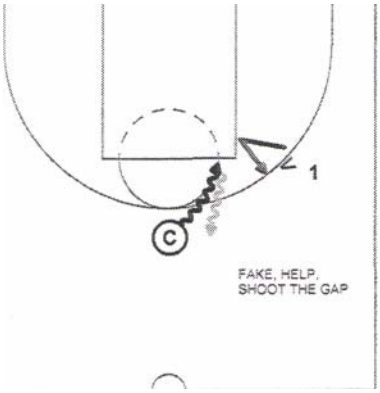
Deny Backdoor/Cross



1. Stay Below Cutter on Backdoor
2. !f Beat on Backdoor, Turn Head and Run

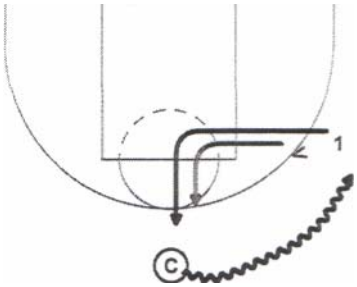
CP: Off. Pops Back to Wing
CP: Manager Can Backscreen/Downscreen

Help and Shoot the Gap



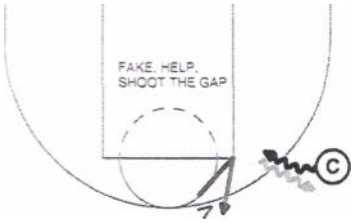
1. Fake Up, Help Across the Floor
2. On Retreat Dribble, Defender Shoots Gap
3. Talk: "Help"

Deny Shallow Cut



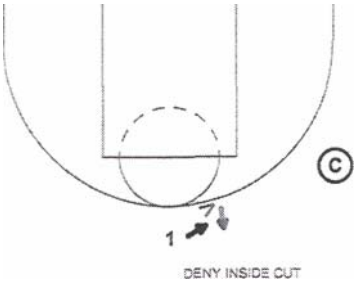
1. Turn Head to Maintain Vision

Help and Shoot the Gap



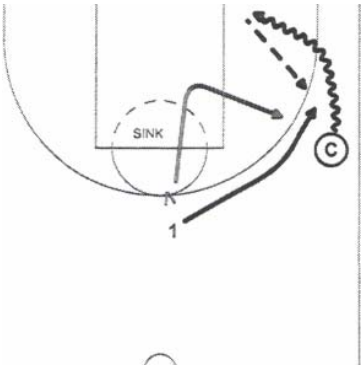
1. Fake Trap, Help
2. On Retreat Dribble, Def. Shoots the Gap
3. Talk: "Help'

Deny Inside Cut



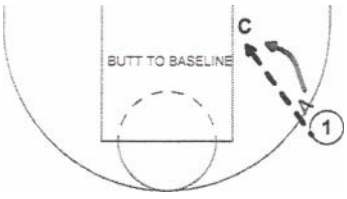
1. Check Cutter to Deny Inside Cut

Sink and Closeout



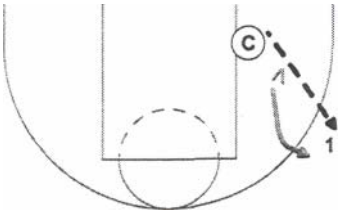
1. Sink on Baseline Drive
2 Closeout to High Side
3. Talk: "Sink"

Dig Down on Post



1.Open Butt to Baseline
2.Vision: Keep Vision of Ball and Man

Closeout to 1-1 Block Out



CLOSEOUT TO HIGH SIDE

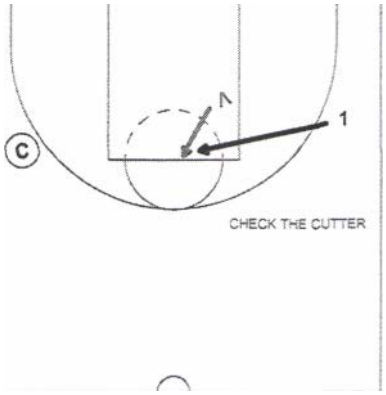
1. Closeout to High Side
2. "Brush Block" on Shot

OPP. SIDE DENIAL ROUTINE

Overall Emphasis

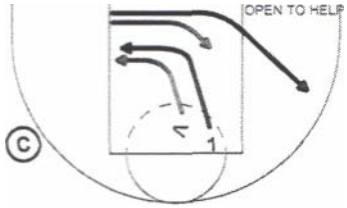
1. **STANCE; Strong Stance**
2. **POSITION: Move as the Ball Moves**
3. VISION: Of Man and Ball
4. **TALK: To the Ball**

Deny Opposite Side Flash



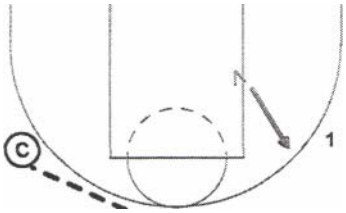
1. Help as Far From Man Possible to Still Closeout
2. Check Cutter Low Side to Deny Opp. Side Flash

Deny Backcut/Cross



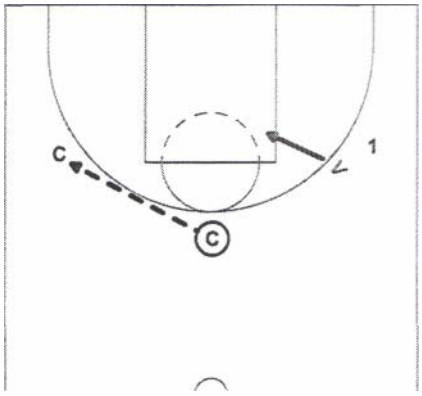
1. Stay Below Cutter on Backdoor
2. Open to Help as Offense Empties to Opp. Side

Shoot the Gap



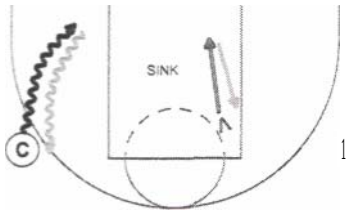
1, V1 Shoots the Gap on Ball Reversal
CP: Manager Can Flare Screen on Ball Rev.

Open to Help



1. Turn and Run into Help with Elbow Sweep
2. Talk: "I Got You

Sink on Baseline Drive



1. Sink Inside Red Zone on Baseline Drive
2. Talk: "Sink"

Closeout to 1 -1 Driving Line

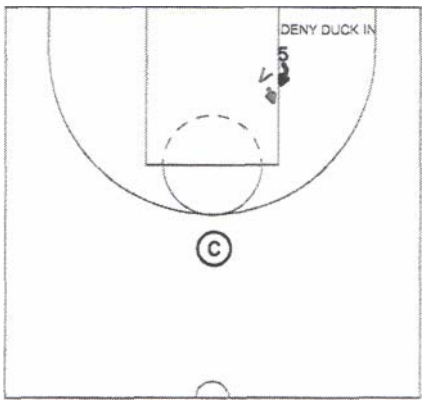


1. Fake Up, Help Across the Floor
2 Closeout to High Side

LOW POST DENIAL ROUTINE

Overall Emphasis

1. **STANCE: Strong Stance**
2. **POSITION: Move as the Ball Moves**
3. **VISION: Of Man and Ball**
4. **TALK: To the Ball**



Deny 3/4 High Above the 45

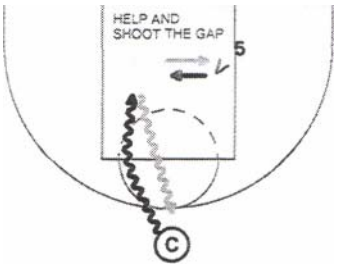
1. Play Up the Line to Deny Duck In

Defend Strong Side Drive



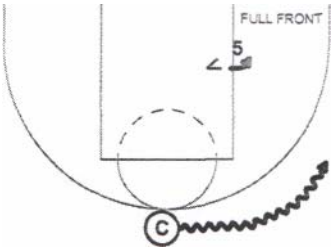
1. Fake up, While Closing Out to Man

Defend Opposite Side Drive



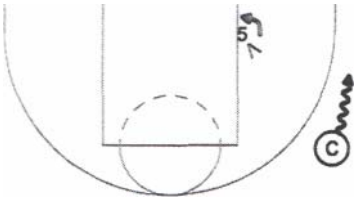
1.Fake Up, Help Across the Floor
2.On Retreat Dribble, Def. Shoots the Gap
3.Talk: "Help"

Full Front on the 45



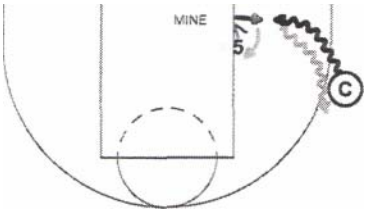
1. X-Step or Half Moon to Get Around Man

Deny 3/4 Low Below the 45



1. Deny 3/4 Low to Help on Baseline Drive

Cut Off the Baseline



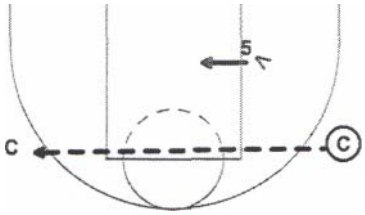
1.Def. Cuts Off Baseline Outside Red Zone
*2.*Talk: "Mine"
3.On Retreat Dribbte to 45, Def. Full Fronts
4.Off the Block, Break Contact & Get Behind

LOW POST DENIAL ROUTINE

Overall Emphasis

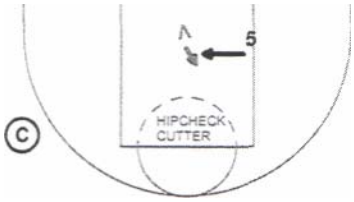
1. STANCE: Strong Stance
2. POSITION: Move as the Ball Moves
3. VISION: Of Man and Ball
4. TALK: To the Ball

Defend Skip Pass



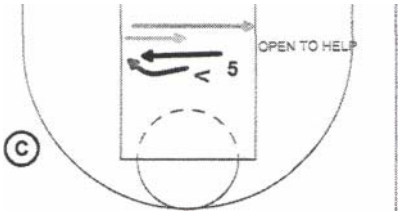
1.Open to Help on Ball Reversal
2. Talk: "I Got You _ "

Deny Low Post Flash



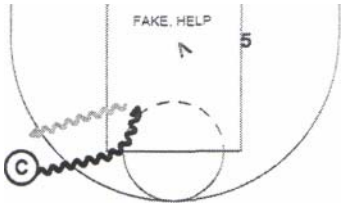
1. Hipcheck Cutter to Deny Low Post Flash

Deny Cross



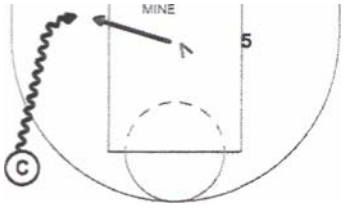
1.Front Cutter on Cross
2.Open to Help as Offense Empties to Opp. Side

Defend Middle Drive from Wing



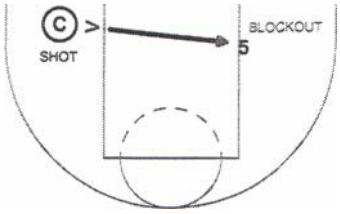
1.Fake Up While Closing Out to Man
2.Talk: "Help"

CutOff the Baseline



1.Def. Cuts Off Baseline Outside Red Zone
2.Talk: "Mine"

Closeout to Blockout



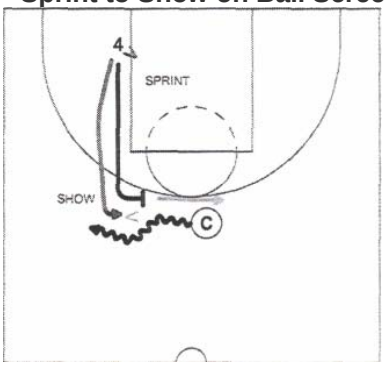
1. Defender Closes Back to Man for Biockout

HIGH POST DENIAL ROUTINE

Overall Emphasis

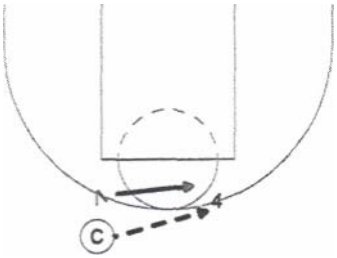
1. STANCE: Strong Stance
2, POSITION: Move as the Ball Moves
3. VISION: Of Man and Ball
4. TALK: To the Ball

Sprint to Show on Ball Screen



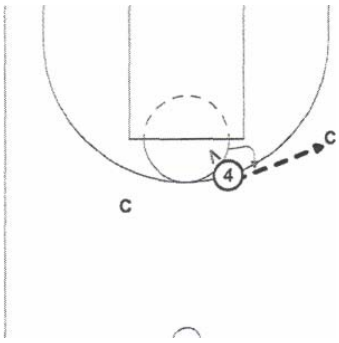
1. Show Until Guard Changes Directions

Closeout to Pop Man



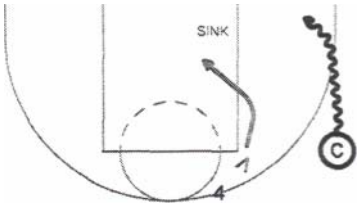
1. Take Fakes with Jump Back Denial
2. If Beat on Pen., Run to Recover on Driver's Side

Deny Inside Cut



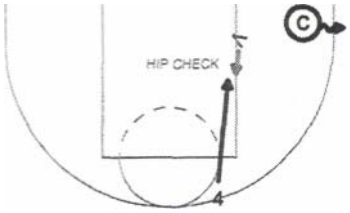
1. On the Pass, Defender Jumps Into
2. Check Cutter to Deny Inside Cut

Sink on Baseline Penetration



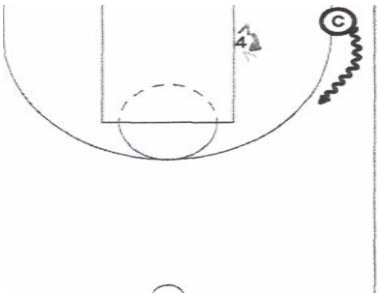
1. Sink Inside Red Zone
2. Talk: "Sink"

Meet the Cutter



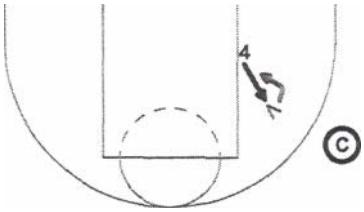
1. Hip Check Cutter on Dive
2. Deny 3/4 Low Below the 45

Full Front on the 45



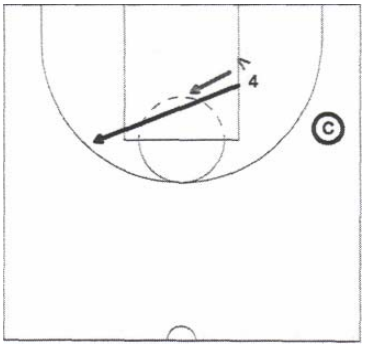
1. X Step or Half Moon to Get Around Man

Break Contact and Get Behind



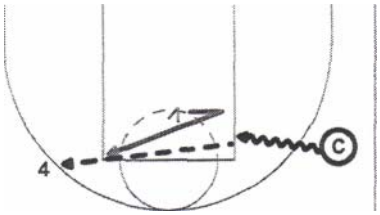
1. Off the Block, Break Contact & Get Behind

Open to Help



1. Open to Help as Off. Man Goes Away

Closeout to Blockout



Help and Closeout

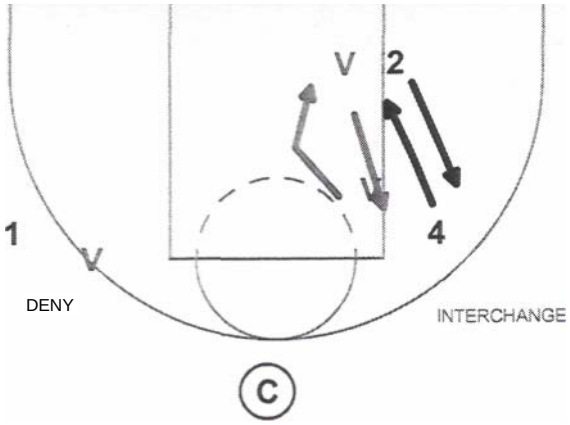
1. Closeout to High Side

INTERCHANGE AND DENIAL

Overall Emphasis

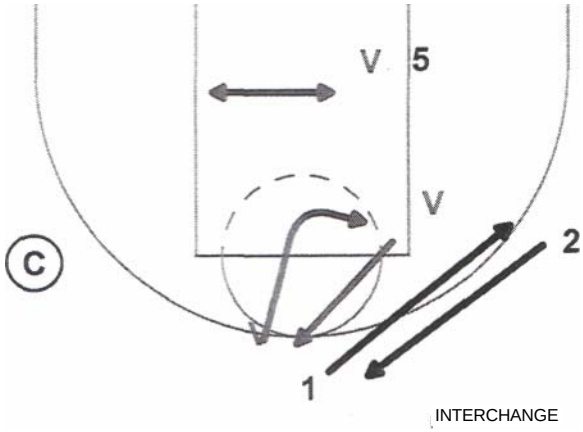
1. **STANCE: Strong Stance**
2. **POSITION: Move as the Ball Moves**
3. **VISION: Of Man and Bali**
4. **TALK: To the Ball**

Wing and Post Interchange, Deny Opp. Wing



1. V4 Opens Up on Interchange so V2 Can Shoot the Gap
2. Deny with Feet in Straight Line Toward Basket

Top & Wing Interchange, Deny Opp. Post



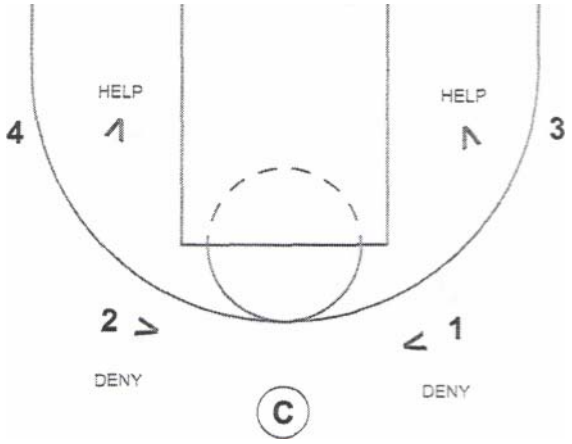
1. V1 Opens Up on Interchange so V2 Can Shoot the Gap
2. Deny 3/4 High Above 45, Full Front on the 45, 3/4 Low Below 45

HC SHELL: BALL MOVEMENT

Overall Emphasis

1. STANCE: Strong Stance
2. POSITION: Move as the Ball Moves
3. VISION: Of Man and Ball
4. TALK: To the Ball

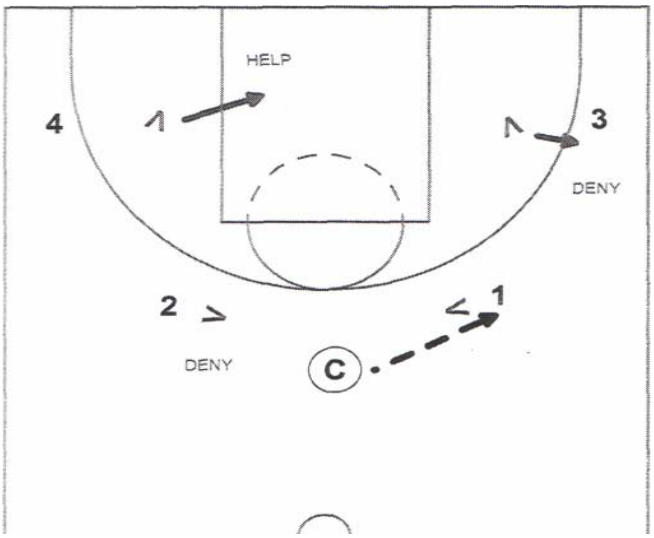
Half Court Shell Setup



1. Deny with Feet in Straight Line Toward Basket
2. Help as Far From Man as Possible to Still Closeout

CP: Can Initiate Drill with Def. on Baseline, Closing Out to Man CP: Defense Lets Passes Through

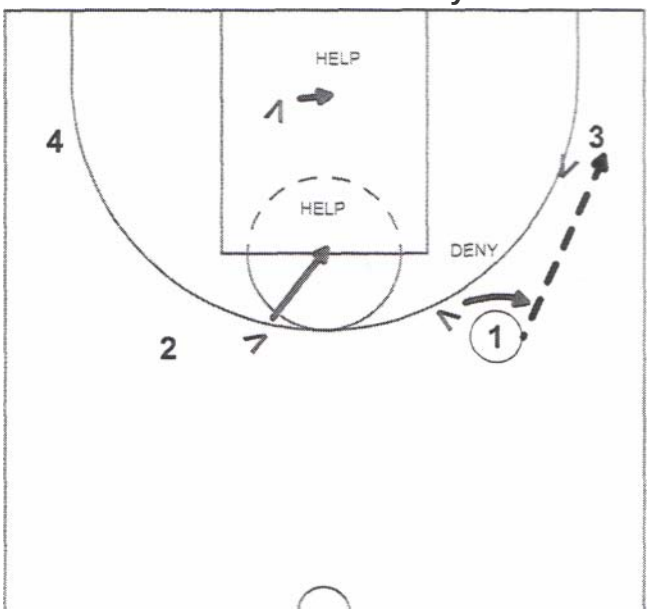
Defend Wing Entry



1. V3 Shoots the Gap on Ball Rev.
2. V4 Opens to Help on Ball Rev.

CP: Coach leaves Drill After Entry

Defend Corner Entry



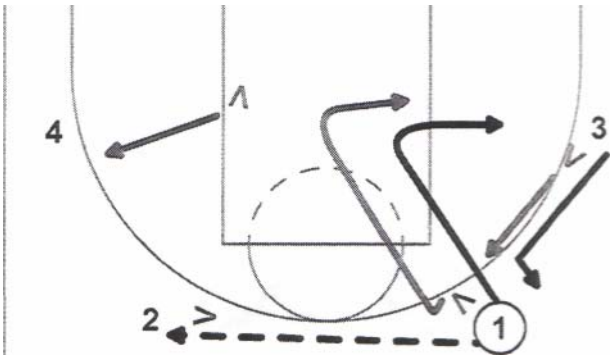
1. V1 Jumps Into Denial on the Pass
2. V2, V4 Open to Help on the Pass

HC SHELL: MAN MOVEMENT

Overall Emphasis

1. **STANCE: Strong Stance**
2. **POSITION: Move as the Ball Moves**
3. **VISION: Of Man and Ball**
4. **TALK: To the Ball**

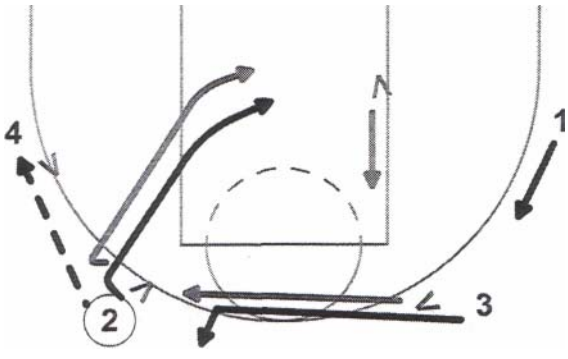
Deny Inside Cut/Backdoor: Wing



CHECK THE CUTTER

1. Check the Cutter to Deny Inside Cut
2. Stay Below Cutter on Backdoor; If Beat, Turn Head & Run
3. CP: Offense Empty Fills with Straight Line Cuts

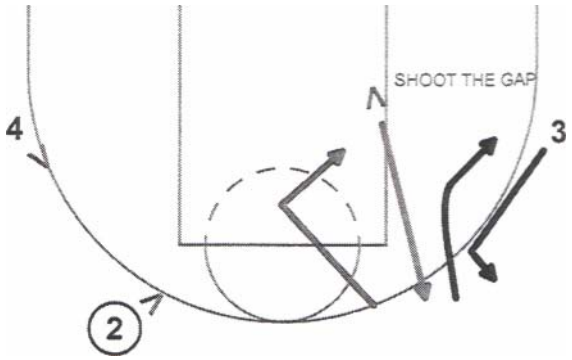
Deny Inside Cut/Backdoor: Corner



DENY iNSiDE !

1. Check the Cutter to Deny Inside Cut
2. Stay Below Cutter on Backdoon If Beat, Turn Head & Run
3. CP: Offense Empty Fills with Straight Line Cuts

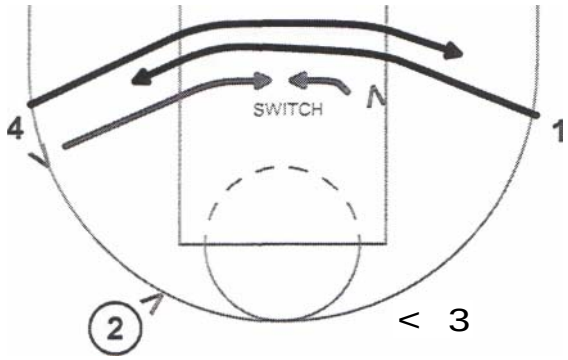
Deny Interchange



OPEN UP

1. Top Def. Opens Up on Interchange
2. Bottom Def. Shoots the Gap
3. CP: Coach Calls "Interchange"

Defend Cross



1. Come Together on Cross to Not Get Split
2. Talk: Both Players Call "Switch"
3. CP: Coach Calls "Cross"

HC SHELL: PENETRATION

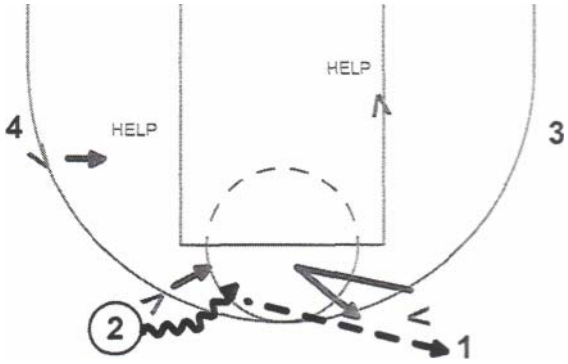
Absolutes

1. **STANCE: Strong Stance**
2. **POSITION: Move as the Ball Moves**
3. **VISION: Of Man and Ball**
4. TALK: To the Ball
5. **HIT & GO: Hunger**

Defending Penetration

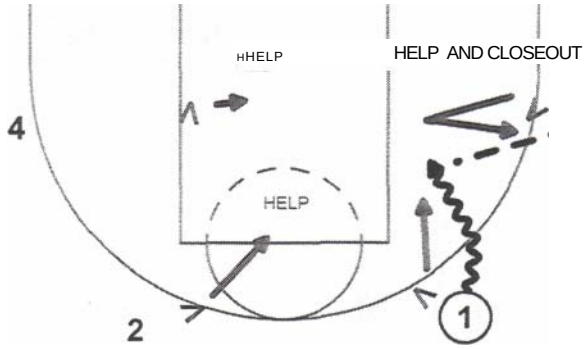
1. **String Out the Bali Handler**
2. **If Beat, Run to Recover on Driver's Side**
3. **Fake Up, Help Across the Floor**
4. **Closeout to High Side**

Defend Middle Drive



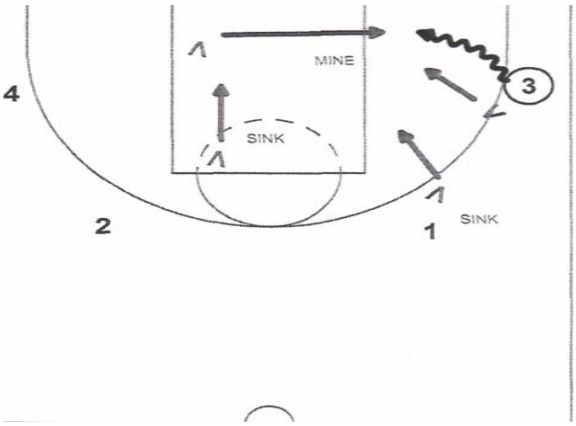
HELP AND CLOSEOUT

Defend Baseline Drive From Wing



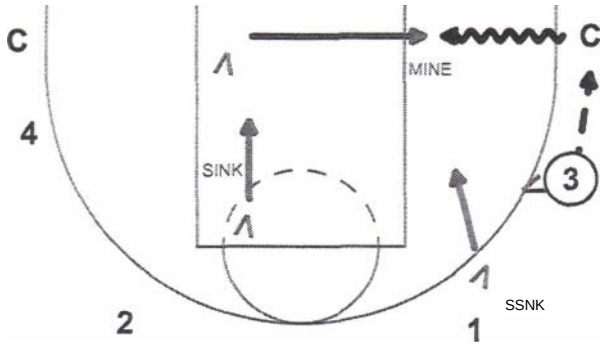
1. Talk: "Help"

Defend Baseline Drive From Corner



1. V4 Cuts Off Baseline Outside Red Zone
2. V4 Talk: "Mine"

Coaches in the Corner Option



1. V4 Cuts Off Baseline Outside Red Zone
2. V4 Talk: "Mine"

HC SHELL: MOVEMENT AND PENETRATION

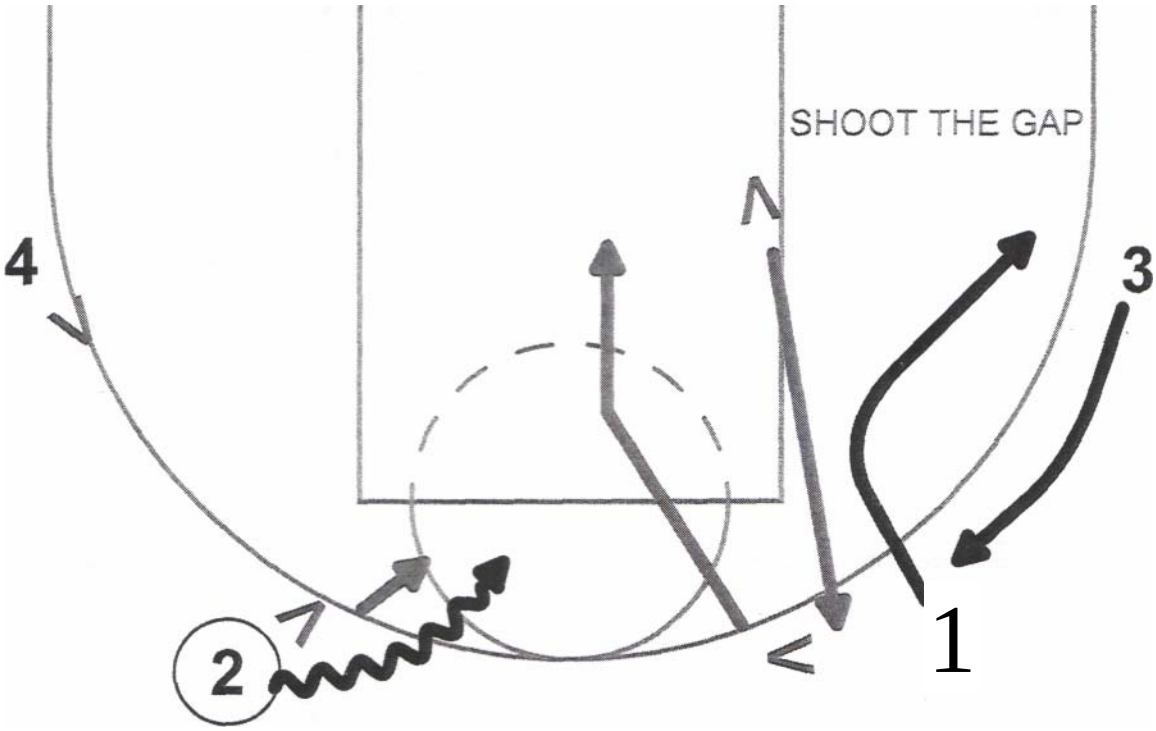
Absolutes

1. STANCE: Strong Stance
2. POSITION: Move as the Ball Moves
3. VISION: Of Man and Ball
4. TALK: To the Ball
5. HIT & GO: Hunger

Defending Penetration

1. String Out the Ball Handler
2. If Beat, Run to Recover on Driver's Side
3. Fake Up, Help Across the Floor
4. Closeout to High Side

Defend Movement and Penetration



OPEN UP

1. Offensive Player Penetrates as Interchange Takes Place on Opposite Side

DEFENDING DOWN SCREEN

Guard

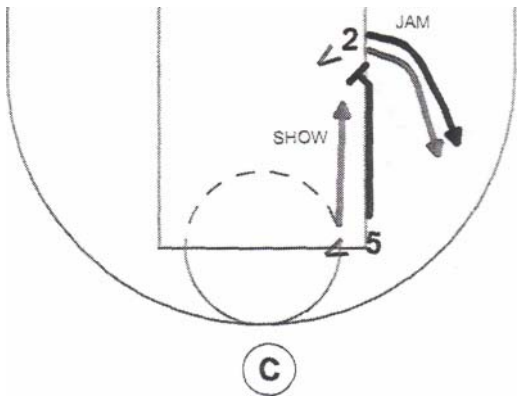
1. Jams Cutter Before the Screen is Set
2. Take Away inside Circle Cut

Post

1. Talk to the Ball
2. Show for Curl, Guard Penetration
3. After Show, Re-Establish Denial

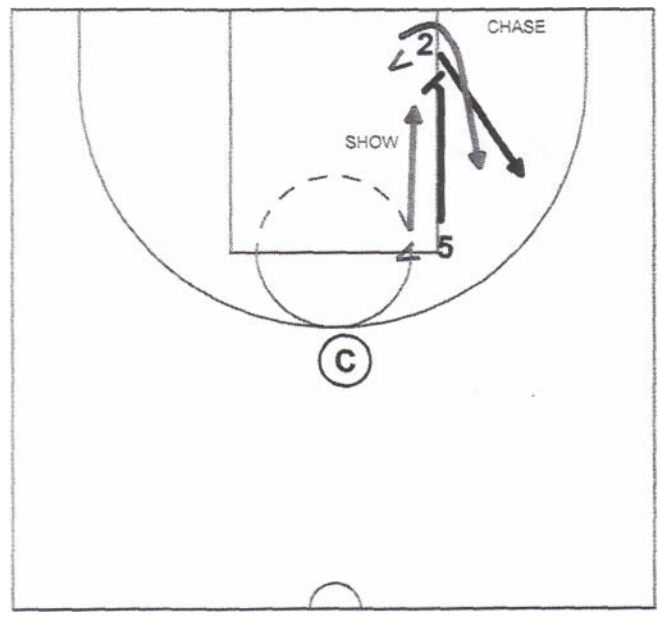
Coach's Point: While Screen is Being Set, Drive to Check Vision and Position

Jam the Downscreen



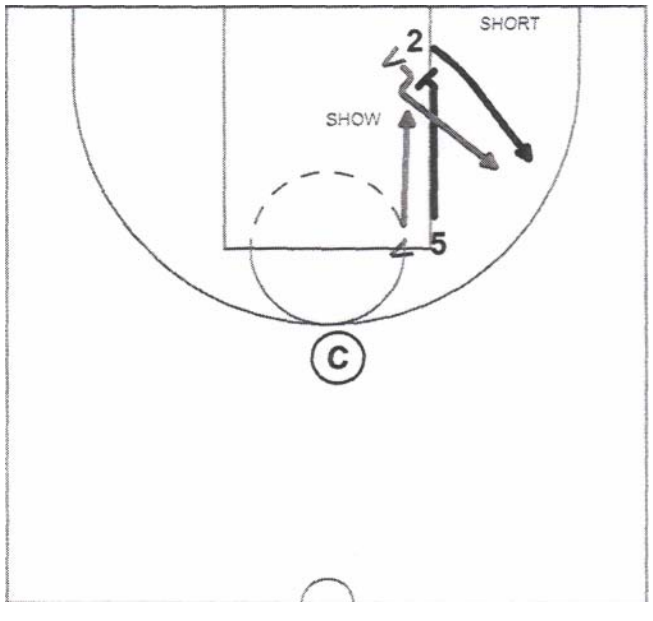
1. Jam Cutter to Create Lane for Denial

Chase the Down Screen



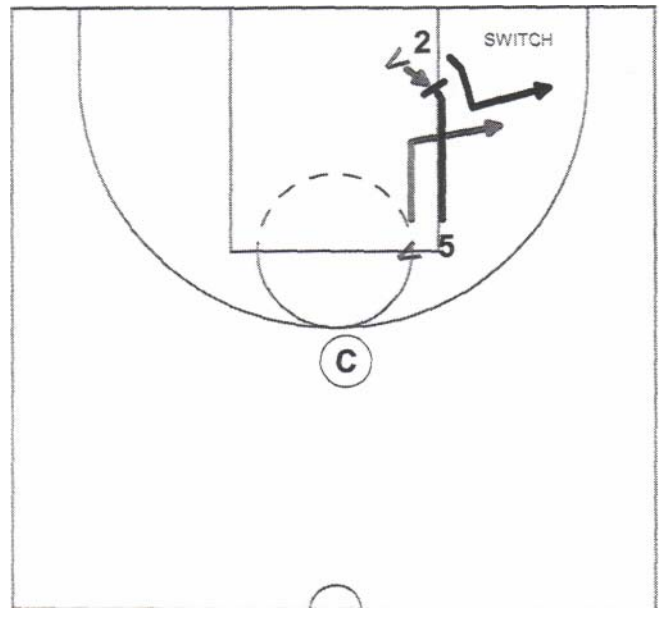
1. If Bumped, Chase Cutter's Outside Shoulder
2. Shoot the Gap

Short the Down Screen



1. If Hung Up, Short the Down Screen
2. If Down Screen Set from Opp. Side, Short the Screen

Switch the Down Screen



1. in an Emergency, Switch the Down Screen
2. Talk: V2 Calls "Switch", V5 Takes Cutter

DEFENDING BACK SCREEN

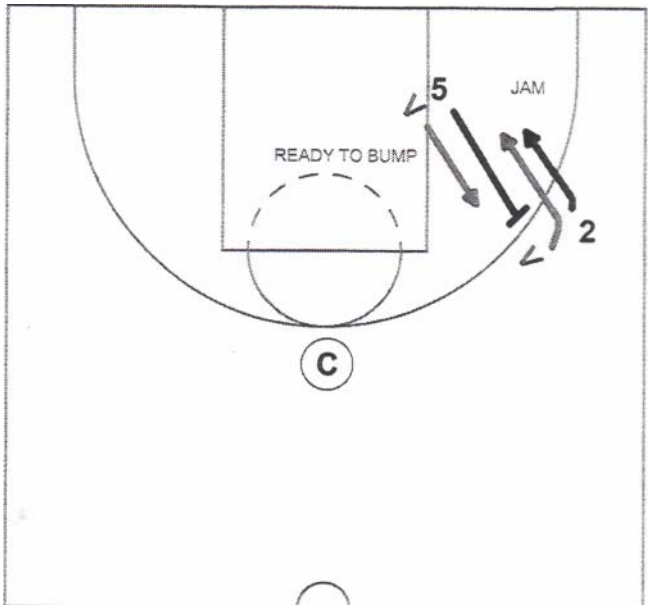
Guard •

1. **Jams Cutter Before the Screen is Set**
2. **Take Away Inside Circle Cut**

Post

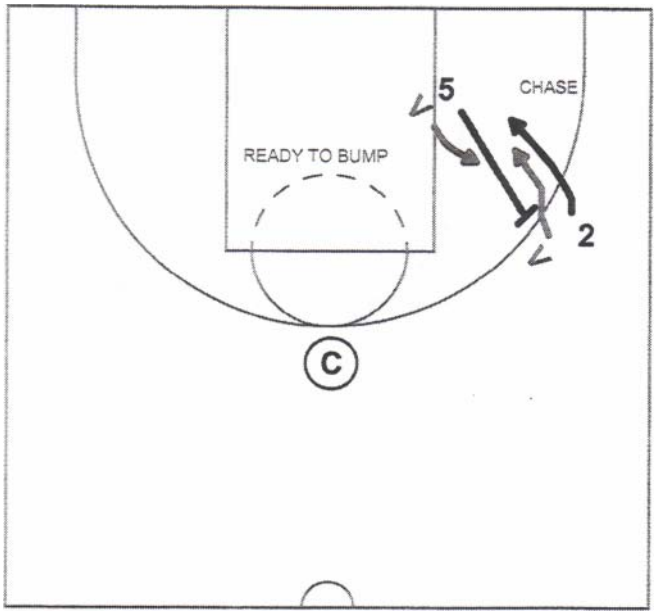
1. **Calls "Back Screen _____ "**
2. **Gets Off Low to Bump Cutter**
3. **Stay Until Cutter's Man Recovers**

Coach's Point: While Screen is Being Set, Drive to Check Vision and Position



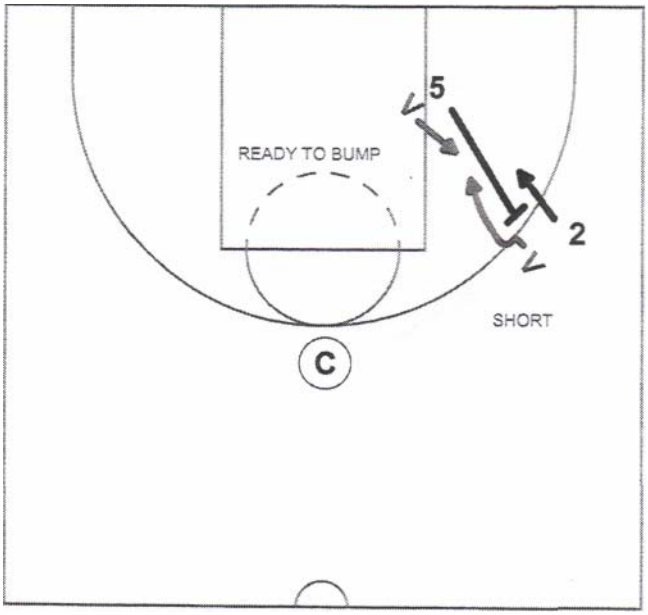
Jam the Back Screen

1. Jam Cutter to Create Lane for Denial



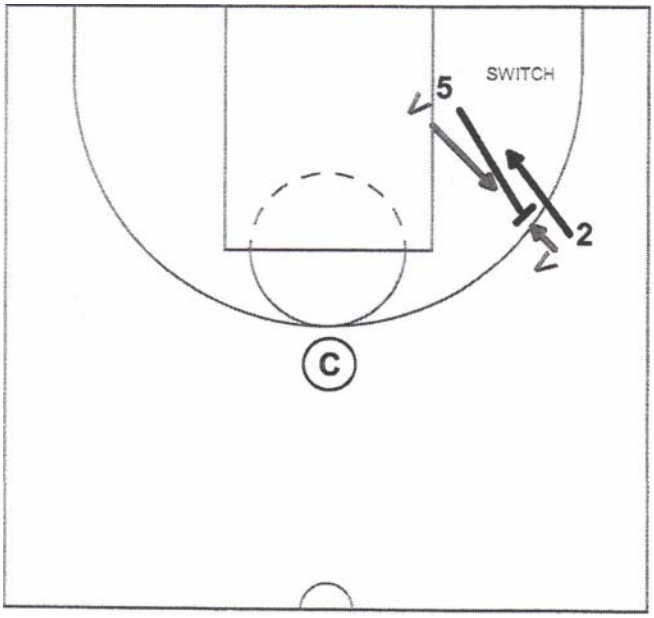
Chase the Back Screen

1. If Bumped, Chase the Back Screen



Short the Back Screen

1. if Hung Up, Roll Off Contact to Short the Back Screen



Switch the Back Screen

1. in an Emergency, Switch the Back Screen
2. Talk: V2 Calls "Switch", V5 Takes Cutter

DEFENDING FLARE SCREEN

Guard

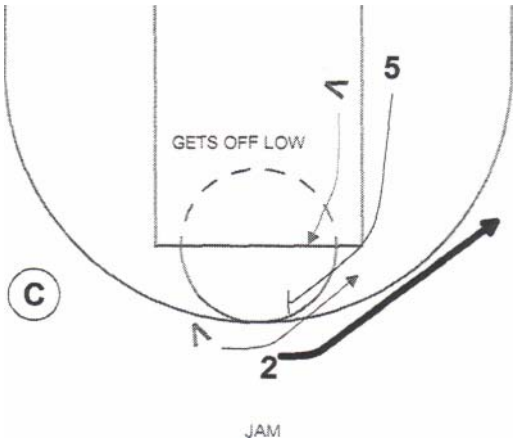
1. Jams Cutter Before the Screen is Set
2. **Take Away inside Circle Cut**
3. **Open to Help After Getting Through Screen**

Post

1. **Calls "Flare Screen _____"**
2. **Gets Off Low to Stay Level of Cutter**

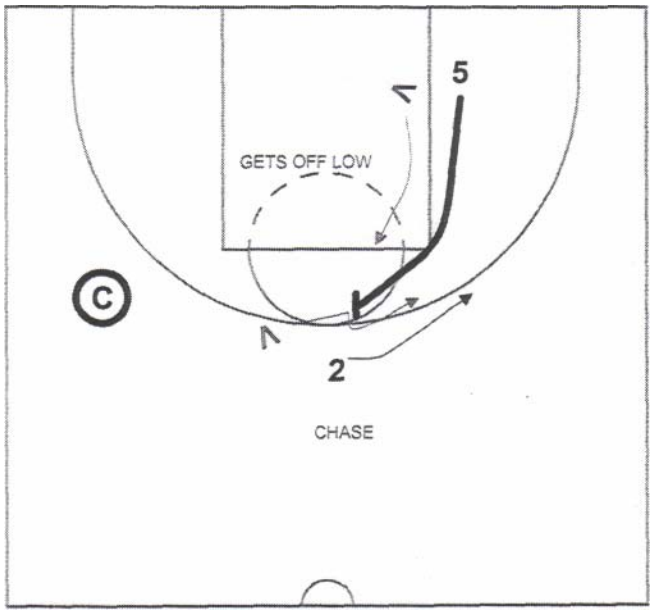
Coach's Point: While Screen is Being Set, Drive to Check Vision and Position

Jam the Flare Screen



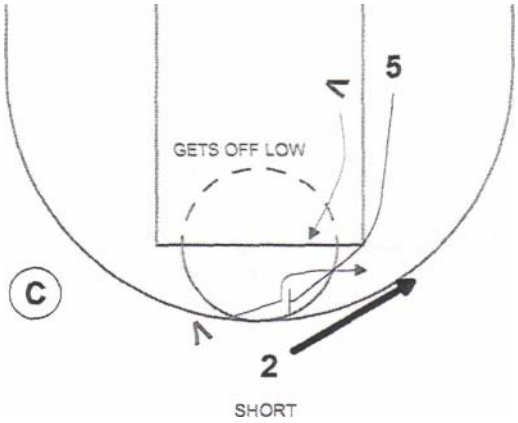
1. Jam Cutter to Create Lane for Denial

Chase the Flare Screen



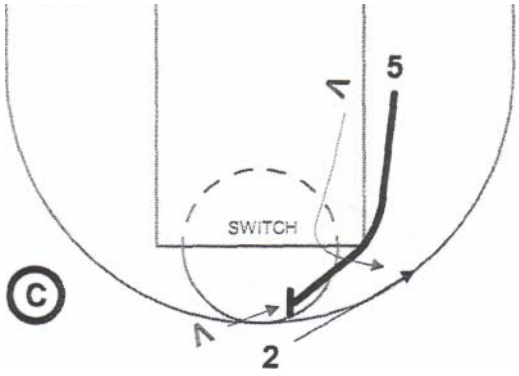
1. If Bumped, Chase the Flare Screen

Short the Flare Screen



1. If Hung Up, Short the Flare Screen

Switch the Flare Screen



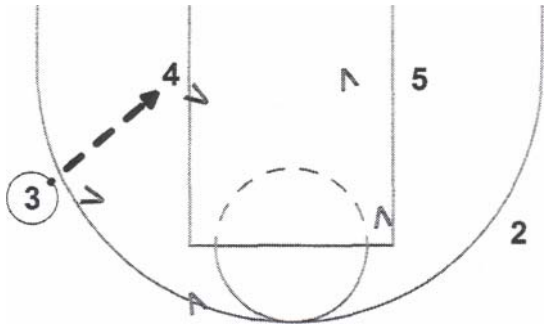
1. In an Emergency, Switch the Flare Screen
2. Talk: V2 Calls "Switch", V5 Takes Cutter

RED THE POST

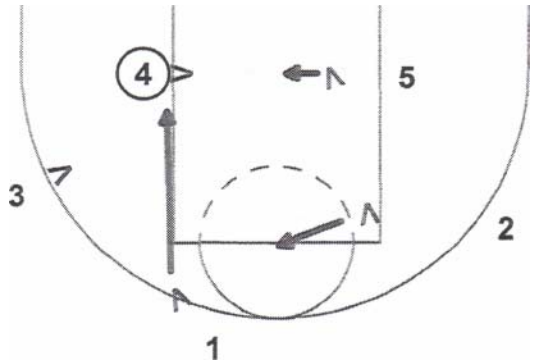
Overall Emphasis

1. **STANCE: Strong Stance**
2. **POSITION: Move as the Bail Moves**
3. **VISION: Of Man and Ball**
4. **TALK: To the Bail**
5. **BLOCK OUT: Hit and Go**

Setup

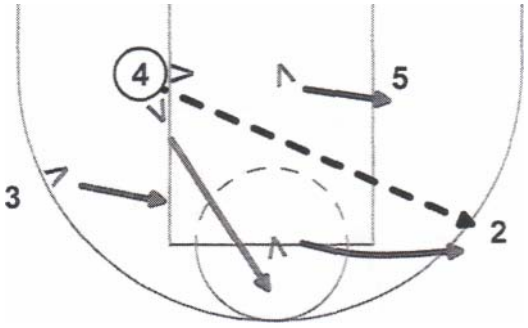


Defensive Rotation into Trap



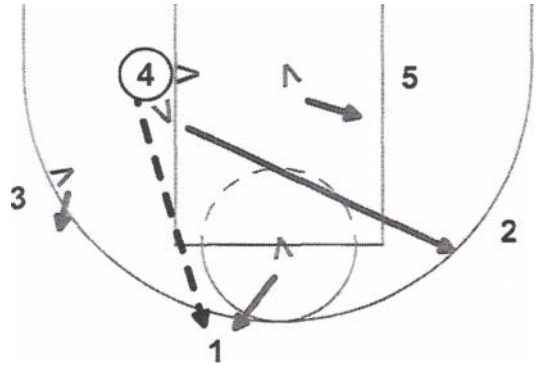
1.V1 Doubles Down on the Post
2.V2 and V5 Zone Up
3.V3 Denies 3 the Pass Back

Rotation on Skip Pass



1.V2 Takes the First Pass
2.V1 Recovers into Denial on Top
3.V3 Jumps into Help Position

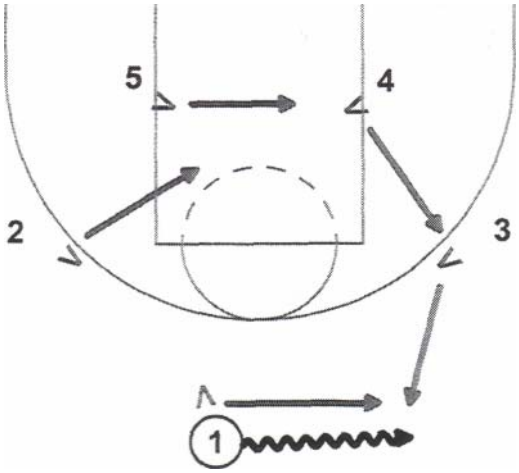
Rotation on Pass to the Top



1.V2 Takes the First Pass
2.V1 Recovers into Denial on the Wing

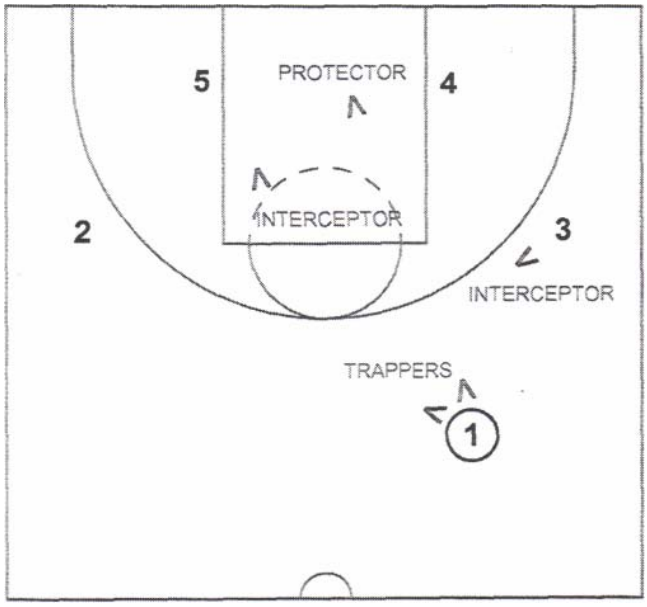
Overall Emphasis

1. STANCE: Strong Stance
2. POSITION: Move as the Ball Moves
3. VISION: Of *Man* and Ball
4. TALK: To the Ball
5. BLOCK Out: Hit and Go

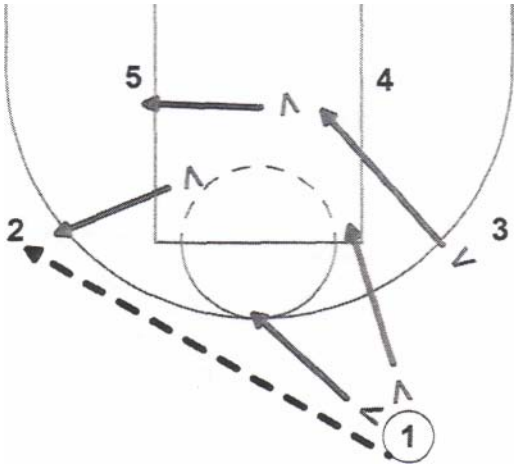


1. Perimeter Traps the Ball
2. V4 Rotates to Deny the Wing
3. V5 and V2 Zone Up

Red Up Spacing

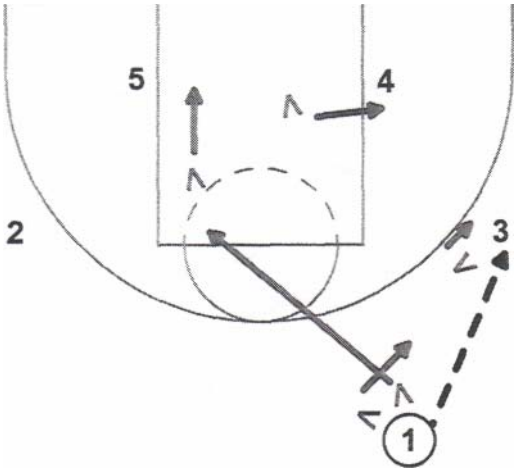


Rotation on Pass to Opp. Wing



1. V2 Takes the Pass
2. V5 Recovers to Post Denial
3. V4 Recovers to Post Defense
4. V1 Jumps to the Pass
5. V3 Jumps into Help Position

Rotation on Pass to Strong Side Wing

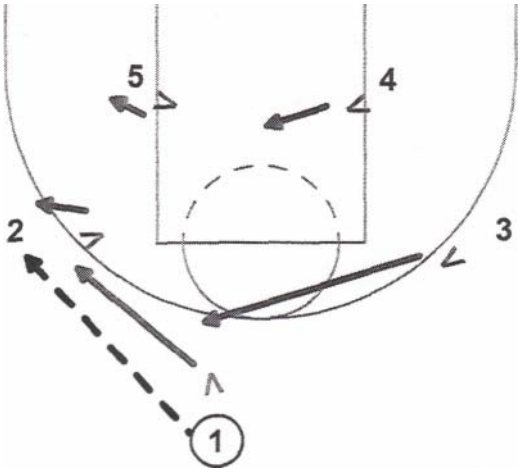


1. V4 Takes the Pass
2. V5 Recovers to Post Denial
3. V2 Moves to Post Defense
4. V1 jumps to the Pass into Denial
5. V3 Rotates into Help Position

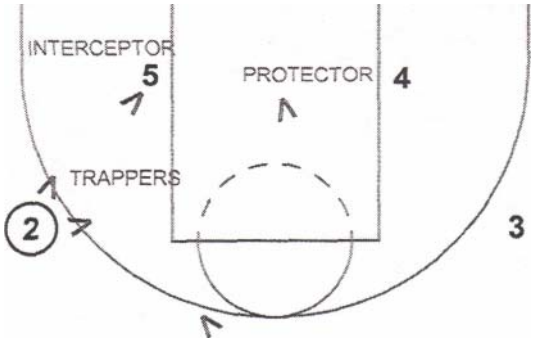
RED DOWN

Overall Emphasis

1. **STANCE: Strong Stance**
2. **POSITION: Move as the Ball Moves**
3. **VISION: Of Man and Bali**
4. **TALK: lo the Bali**
5. **BLOCK OUT: Hit and Go**



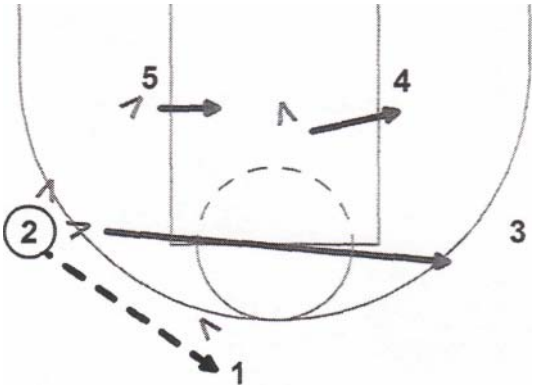
Red Down Spacing



INTERCEPTOR

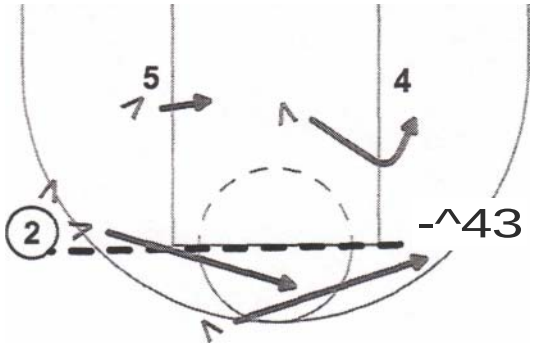
1. Perimeter Traps the Ball
2. V3 Rotates to Deny Point Reversal
3. V5 Fronts the Post
4. V4 Zones Up

Rotation on Pass to Point



1. V3 Takes the Pass
2. V5 and V4 Recover to Post Defense
3. V1 Rotates to Wing Denial
4. V2 Jumps to the Pass

Rotation on Skip Pass



1. V3 Takes the Pass
2. V4 Fakes at the Wing, Recovers to Post Denial
3. V5 Recovers to Post Defense
4. V1 Jumps to the Pass into Denial
5. V2 Jumps to the Pass into Help Defense

DRIBBLING FUNDAMENTALS

Whenever a player improves his ability to handle the ball, he makes himself a better player. If you dedicate yourself to doing several of these drills each day will begin to feel like it's a part of you hand. This will not happen without intense work. Many of these drills are difficult and will present a tremendous challenge.

POINT OF EMPHASIS:

Keep the ball on finger pads, not on the palm of the hand.
Keep head up to see the floor. Never look at the ball.
Keep the ball at waist level or lower.
Knees should be bent with the back straight.

SPEED DRIBBLE

1) The ball should be pushed out in front while moving at top speed.
2) Keep your eyes on the net so you will see the whole floor.
3) Do not allow the ball to come above your waist.

HESITATION

1) The dribbler approaches the defender and hesitates slightly.
2) As the defender relaxes, blow by and make the play.
3) It is important to stay low and keep the ball low as the dribbler hesitates.

HARD STUTTER

1) The dribbler approaches the defender and slows with short choppy steps.
2) The goal is to either back the defender up or make him stand up.
3) If he stands up, then blow by him. If he backs up, then shoot the jumper.
4) It is important to stay low and react to the defense.

CROSS OVER

1) The ball is brought from one side of the body to the other.
2) The ball must be kept low, below the hands of the defender.
3) The offensive player quickly goes by the defender with his body between the ball and the defensive player.

INSIDE – OUT

1) The dribbler approaches the defender and brings the ball towards the middle of his body as if he was crossing over to the other hand.
2) As the defender leans, keep the ball in the same hand and blow by the defender.
3) Concentrate on keeping hand on top of the ball to avoid being called for carrying.

BALL HANDLING DRILLS

Each of these drills should be done for about 15 – 20 seconds each. There are 22 drills listed here, so you can finish these drills in 10 – 12 minutes. Get in a daily routine if possible. The best aspect of these drills is that you don't need a basket. All you need is a ball and a true willingness to improve. These drills will make you better, but only if you make them a habit. The great thing is that you will be able to notice yourself improving in just weeks. It also serves as a great warm up routine when you get into the gym.

POINT OF EMPHASIS:

Keep head and eyes up
Keep body and ball down and hand over the top of the ball
Keep elbow in and use fingertips to dribble

PHASE 1: BALL CONTROL

BALL SLAPS – 50
BODY CIRCLES – 20 seconds for each head, waist, and feet in each direction
CORK SCREW – combination of each of the body circles
HOT POTATO – Start with the ball above your head. Quickly tap the ball back and forth between your hands while you are moving the ball down to your waist. One repetition is completed when the ball has return to the starting position.
SINGLE LEG CIRCLES – right and left leg and both directions
FIGURE EIGHT'S – front and back
QUICK HANDS – Start with the ball behind the knees. Release. Clap hands in front and then catch the ball before it hits the ground.
STRADDLE FLIPS - Start with ball behind legs. Toss the ball through the legs and catch on the other side.
MARAVICH DRILL – Start with the ball between the legs, one hand in front, and one behind. Quickly switch hands.

PHASE 2: STANDING DRIBBLES

DOUBLE LEG CIRCLES – each direction
FIGURE EIGHT DRIBBLES – front and back
IN & OUT – left and right
YO – YO – back & forth at side of body
BEHIND THE BACK CONTINUOUS
HARDAWAY DRIBBLE – in & out, between the legs, behind the back
SPIDER DRIBBLE
WALKING SCISSORS DRIBBLE
STATIONARY SCISSORS

PHASE 3: FINISHING TOUCHES

DRIBBLE SITUPS – 20 sit – ups dribbling with each hand

PISTOL – put ball behind neck with hands, clap and catch behind back before it hits the floor.

WALKING SISSORS NO DRIBBLE

2 BALL DRIBBLING ROUTINE – start with 2 balls on the baseline

2 balls at the same time standing in place
2 balls at the same time going to half court and back
2 balls alternate standing in place
2 balls alternate going to half court and back
zig zag to half court and back dribbling the balls in unison
zig zag to half court and back alternate dribbling the balls
back pedal to half court and back

- Advanced players can do the same routine with a tennis ball instead of basketballs for an added challenged. The smaller the ball, the more you have to focus on keeping your hand over the ball and using your fingertips to dribble.

FUNDAMENTALS OF THE LAY – UP

The lay – up is the easiest shot in basketball and it is also one of the most important. As with all shots, to master it requires lots of practice. Beginners must master the fundamentals listed below. More advanced players must work to achieve versatility with many different ways of scoring including reverse lay – ups, and learning to use English and backspin with both hands to make the ball go in.

COACHING POINTS: THE LAY – UP

1) Keep your eyes on the target. Focus your attention on the spot where you are going to place the ball.
2) Jump off the foot opposite of the shooting hand.
3) Jump as high as possible, extending your arm and releasing the ball at the height of your jump. Always use the backboard!
4) Lay the ball up softly.
5) Learn to shoot the lay – up with either hand

LEARNING TO SHOOT LAY – UPS WITH YOUR WEAK HAND

1) Begin by standing one step away from the basket.
2) Step with your strong side foot and lay the ball upon the backboard with your weak hand. Repeat until it begins to feel natural.
3) Now take two steps back. Step first with your weak side foot while dribbling one time with your weak hand, jump off your strong side leg and lay the ball up on the backboard. Repeat, as above.
4) Finally, move away from the basket 15 to 20 feet and begin working on putting two or three dribbles together. If you work hard, it won't be long before your weak hand lay – up is as tough as your strong hand lay – up.

POWER LAY – UPS

Power lay – ups are shot when you have the ball under the basket. You may have gotten an offensive rebound or picked up a loose ball. Because you are so close to the basket, the defense is under a lot of pressure.

COACHING POINTS: THE POWER LAY – UP

1) Be strong with the ball. Keep your knees bent so you will not be knocked off balance. Keep the ball under your chin, with both hands on the ball, so it will not be stolen. Point feet at the baseline with shoulders parallel to the baseline.
2) Jump off two feet with power, but remember to shoot the ball softly off the backboard. Be ready for contact and look for the three-point play.
3) If playing against a shot blocker, give a quick, hard shot fake to make him leave his feet. As he leaves his feet, jump up and through the contact and score the goal.

DRILLS FOR LAY – UPS

DRIBBLE SERIES

1) Players start behind the half court line, dribbling FULL SPEED at a chair at the wing. Players use the prescribed move and go in for a full speed lay – up.
    - crossover
    - inside out
    - stutter
    - behind the back
    - between the legs
2) After making the basket, players rebound the ball and move outside the lane.
3) Dribble hard toward mid – court and make a move at foul line extended.
4) At mid – court, cross over and finish at the left sideline.
5) Repeat using the left hand.
6) A set includes all five dribble moves both left and right for a total of 10 lay – ups.
7) Shoot a total of 5 sets. Shoot 2 free throws in between each set to rest.

X – OUT LAY – UPS

1) Begin at the right elbow facing the basket.
2) Speed dribble with the right hand and shoot a right handed lay – up.
3) Grab the ball out of the net and speed dribble to the left elbow.
4) Speed dribble with the left hand and shoot a left handed lay – up.
5) Grab the ball out of the net and speed dribble to the right elbow and repeat the process.
6) Goal: Make 10 lay – ups in a row at full speed and then you can shoot 2 free throws. You can also compete for time by doing the drill for 1 minute and recording how many lay – ups you make in that time. If you make 7, you are doing great.

SHOOTING FUNDAMENTALS

In the game of basketball, great shooters are hard to find. If you want to be a great shooter, all you need to do is decide to get it done. First, you must perfect your fundamentals. All this requires is good coaching and hours of practice. Second, you must practice at game speed. This means you approach you shooting workout with the same intensity you approach a game. It is much better to take 100 shots at game speed than to take 500 lazy shots that a good defender would never let you shoot anyway. Finally, you must understand that working on your shooting is just like putting money in the bank. If you don't put anything into it, you can't expect to get anything out when you really need it later.

COACHING POINTS

1) The ball should sit on the finger pads of your shooting hand and not on the palm.
2) Your wrist should be flexed all the way back so that you can see wrinkles where the back of your hand meets your arm.
3) Your non – shooting or guide hand should be on the side of the ball for better ball control.
4) Your elbow is bent and should be directly under the ball. If your elbow is out away from your side it will hurt your accuracy.
5) When waiting for the pass, you should be directly in "ready position," knees bent, feet pointing at the basket, hands ready with fingers pointing up, prepared to receive the ball. Good defensive players recover quickly, so you must be ready to shoot the ball.
6) Eyes should be locked on your target. Some people shoot for the back of the rim and some for just over the front of the rim. Whether you concentrate on the front or back, keep your eyes on that point and DO NOT WATCH THE BALL.
7) As you jump, reach up, and release the ball with a flick of the wrist and a good follow through. The follow through will give you good backspin and make your shot soft on the rim.
8) A good player must shoot the ball well off both the pass and off the dribble. When shooting off the dribble, make the last dribble hard and high to help you move directly into your shot. When receiving a pass, run the ball into your hands (meet the pass) and catch the ball with knees bent.

ONE ON ONE MOVES

A complete basketball player must be able to take his man one on one. This requires the development of certain skills. All these skills depend on your ability to catch the ball in triple threat position, your shooting range, your ability to pass, or drive. From this position you must be able to read the defense and take what is available.

COACHING POINTS

1) Begin by using a V – cut or L – cut to catch the ball in scoring area.
2) Pivot and face the basket with knees bent in the triple threat position.
3) Read the defense.

1) JUMP SHOT

To be a good one on one player, you need a good jump shoot. To improve your jump shot, all that is required is dedicated practice. If you don't have a good shot, the defense will play off and make it difficult to drive to the basket.

2) BALL FAKE – STEP BY TO THE RIM

If the defender is playing tightly or runs at the offensive player out of control, the offensive player lifts the defender with a ball fake and steps body to body and drives in a straight line to the basket for a lay – up. The offensive player must stay down as he gives the ball fake. Do not move laterally on the drive.

3) BALL FAKE – PULL THROUGH TO THE RIM

The pull through is a crossover move. The offensive player must stay low to avoid traveling. During the crossover, make a tight circle with the ball, step by and place body between the defender and the ball. The dribble must have begun before the pivot foot is moved.

4) BALL FAKE – STEP BY, JUMP SHOT

Move is done as above, with the player stopping and pulling up after one or two hard dribbles for a jump shot.

5) BALL FAKE – PULL THROUGH JUMP SHOT

Move is done as above, with the player stopping and pulling up after one or two hard dribbles for a jump shot.

PLAYING ONE ON ONE

Playing one on one is a great way to work on individual offensive skills. Play against players who are taller, quicker, stronger, or more experienced than you. It is better to play hard and lose to a better player, than to easily beat a weaker player. Set up games to help you with the weakness in your game. Play using your weak hand only or limit the number of dribbles. The following variations are all good ways to help improve the skills necessary to break down your defender and score.

3 POINT LINE

1) Shoot foul shots to see who gets the ball.
2) Check the ball behind the three point line and play.
3) Limit players to three dribbles.
4) If you score, you keep the ball. Check the ball at different spots along the three point line.
5) Play to 11 or 15 points.

HALF COURT

1) Shoot foul shots to see who gets the ball.
2) Check the ball behind the center circle and play.
3) Limit players to 5 or 7 dribbles.
4) If you score, you keep the ball.
5) Play to 7 or 9 points.

FULL COURT

1) Shoot foul shots to see who gets the ball.
2) Step out of bounds after each score.
3) No limit on dribbles.
4) Possession alternates after each score.
5) Play to 5

HIP TOUCH

1) Defender stands with the ball under the basket.
2) Offensive player stands at the three point line.
3) Defender passes to offensive player and closes out.
4) Defender touches offensive player on the hip and play begins.
5) Offensive player concentrates on using shot fakes and drives left and right to score.
6) Play from different spots on the perimeter and use one, two, or three dribble limit.
7) Play to 11.

KING OF THE COURT

1) Shoot foul shots to see who gets the ball.
2) The second player begins on defense and the third player waits on the baseline.
3) The first two players play one on one from the three point line until one person score.
4) The person who scores keeps the ball and the player who was waiting comes in on defense.
5) Each person keeps their own score and play until someone has 15.
6) Game may be altered by limiting dribbles, playing from half court, etc.

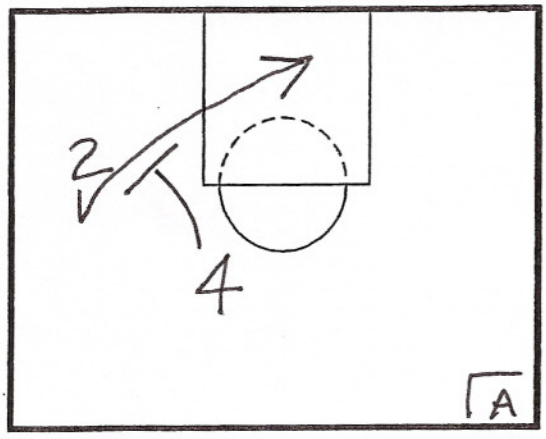
Rick Majerus

- Most important component of a post player is does he want the ball.
- Use the explosion step duck in and the v-cut duck in.
- A good turnover is a 3 second call on a duck in.
- Get to the 3rd or 4th side. Distort the weakside I. It's a tough game to play.
- When screening, "pop and separate."
- Post up on the line of the ball.
- When running flares off the top the cutter needs to set up his man off of the nail.
- Your best players have to get the most shots.
- Flare and re-pick is the toughest action in the game to defend.
- If you get guys who understand their role they make everybody better.
- It's difficult to be a star.
- To break a switch defensively: cut, curl, don't come together, back cut, back screen.
- The best screening angle is getting the most body mass.
- When switching defensively:
    - Talk it – touch it – switch it – deny it
- Back cut and pop vs. switch. Forces the defense to play close-out basketball.
- "Economy of motion."

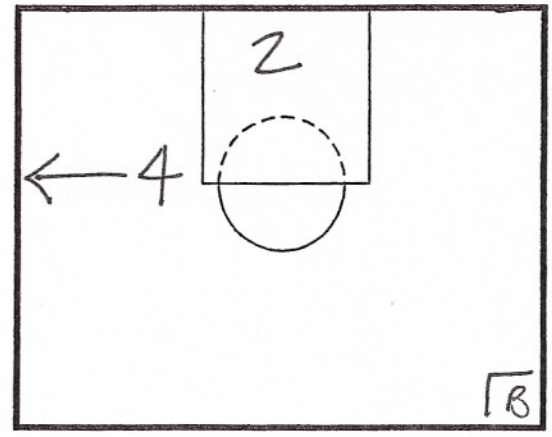
GAME: Rick Majerus VS. _____

DATE: _____

PLAY CALL: Back cut and pop vs. Switch



PLAY CALL: _____



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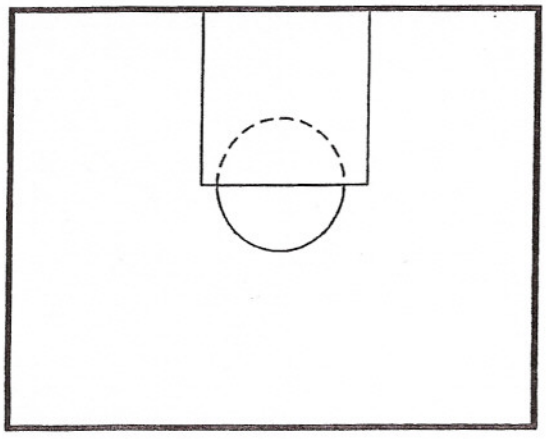

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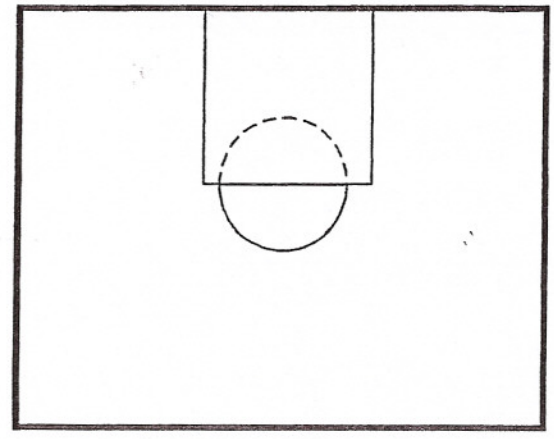

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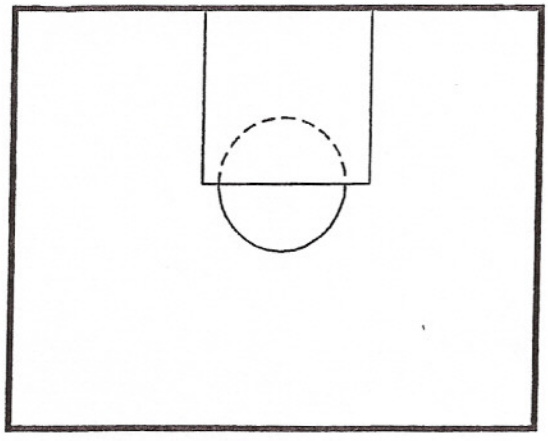

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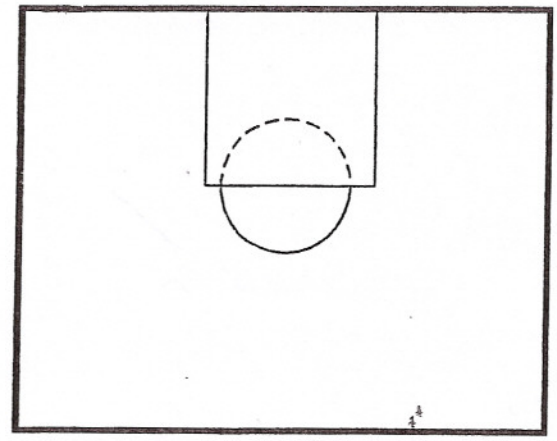
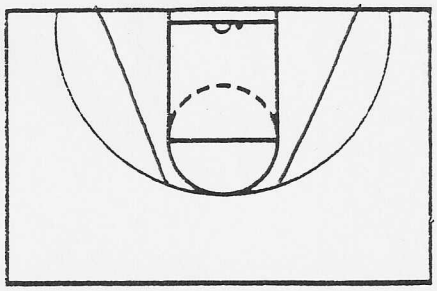


Nike, Inc.
Corporate Headquarters
One Bowerman Drive
Beaverton, OR 97005
(503) 671-6453
Website: www.nikebasketball.com

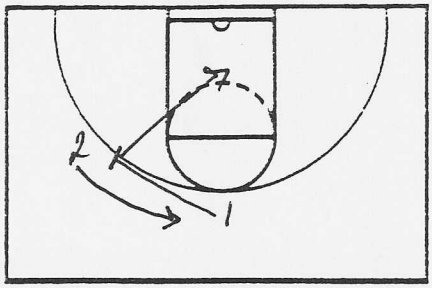
Nike Championship Clinic Headquarters
5645 Woodsmore Drive
Solon, OH 44139
Clinic hotline: (503) 671-3041
Website: www.cbbconline.com

CLINIC Open post Motion
DATE
Rick Samuels

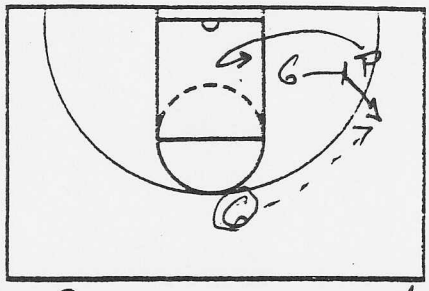
1



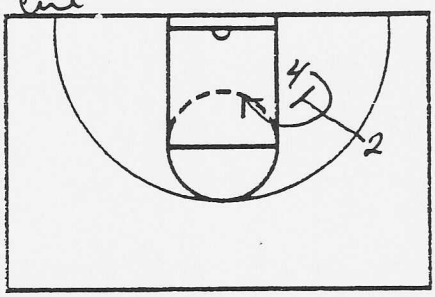
NOTES
Screen lines ⇒ all screens happen on or near this line



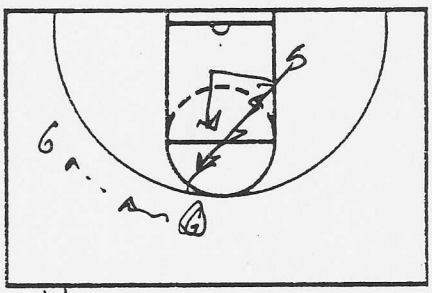
Guard to Guard screen is automatic slip



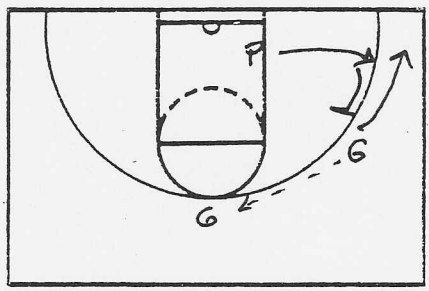
Rear screen ⇒ post up
Guard screen ⇒ pop



NOTES
Any down screen on 4 or 5 is a Curl cut



If action goes away from



To flare screen

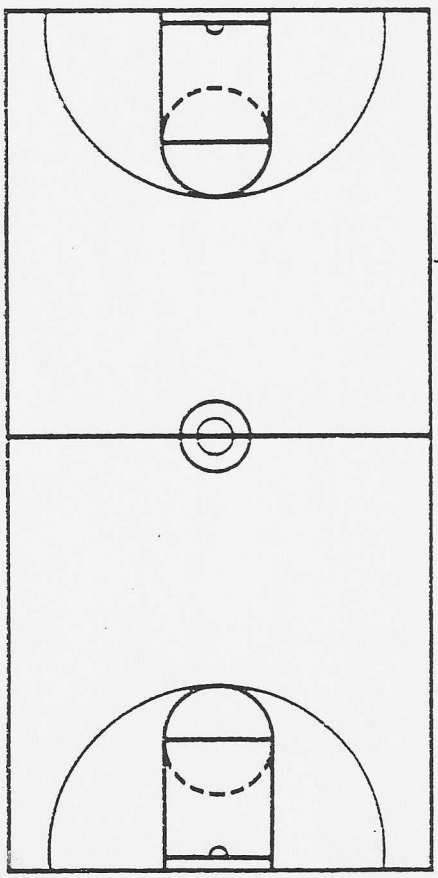
JUST DO IT

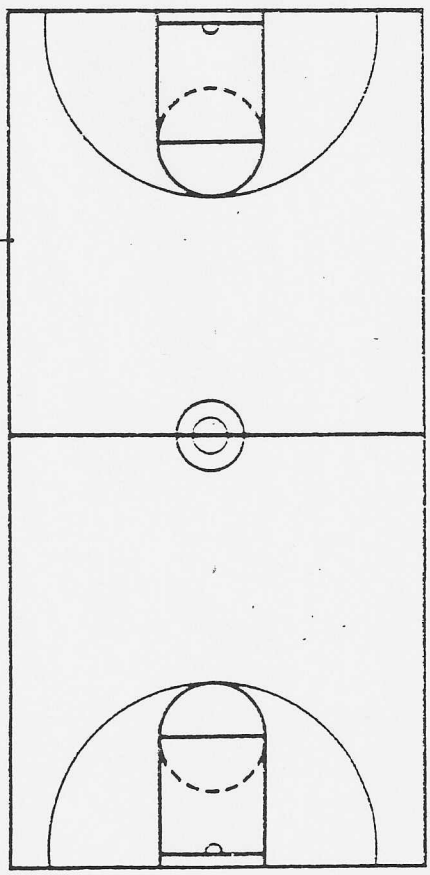
Post ⇒ pipe Cut look for Hi/Lo

NOTES

Basket cut if no one to screen for.

5 man weave into Open post motion

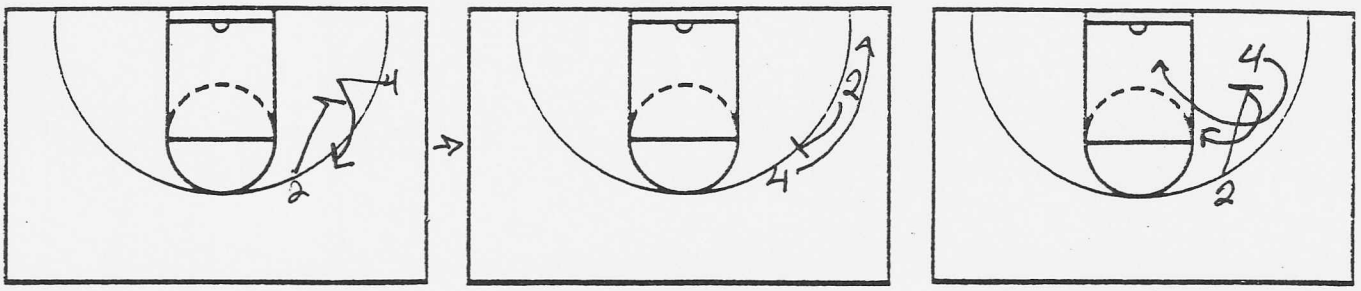




CLINIC Open Post Motion (2)
DATE
Rick Samuels

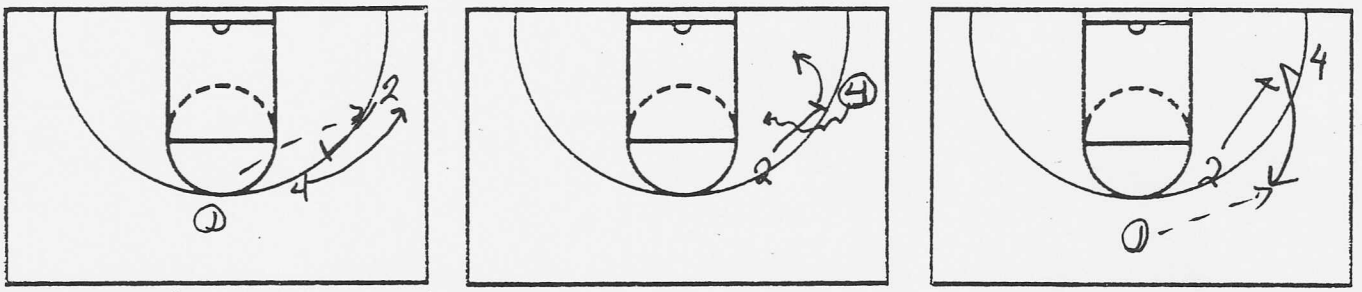
Nike, Inc.
Corporate Headquarters
One Bowerman Drive
Beaverton, OR 97005
(503) 671-6453
Website: www.nikebasketball.com

Nike Championship Clinic Headquarters
5645 Woodsmore Drive
Solon, OH 44139
Clinic hotline: (503) 671-3041
Website: www.cbbconline.com



NOTES Down screen into flare screen

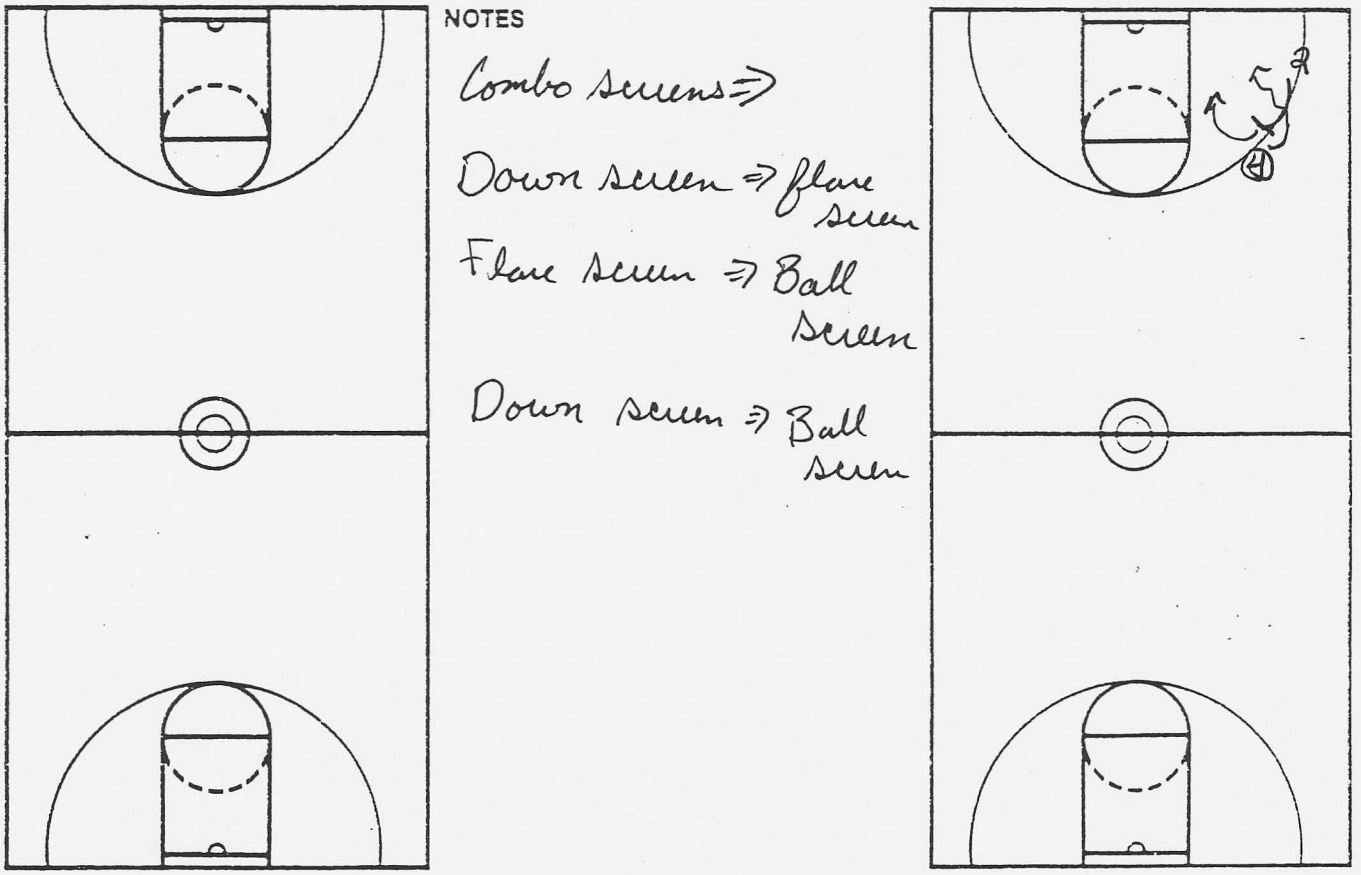
Screener chase on curl cut
2 curls after 4 curls



NOTES Flare screen into ball screen

Down screen into ball screen

JUST DO IT



NOTES

Combo screens ⇒

Down screen ⇒ flare screen

Flare screen ⇒ Ball screen

Down screen ⇒ Ball screen

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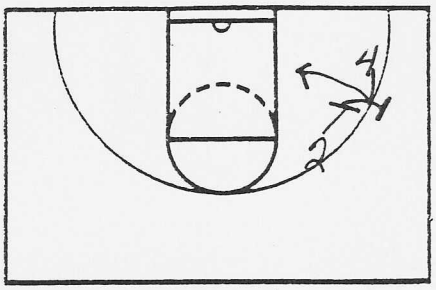
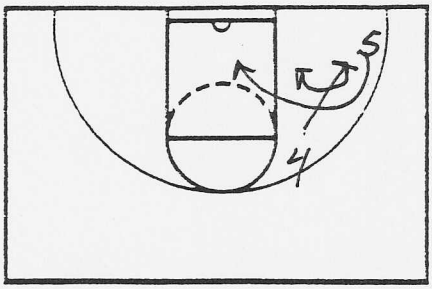
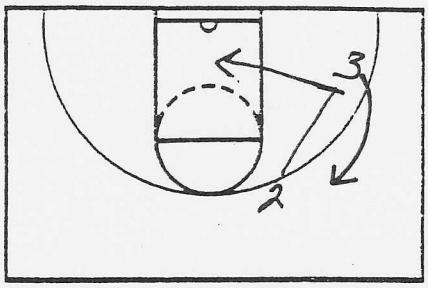
CLINIC Open Post Motion
DATE



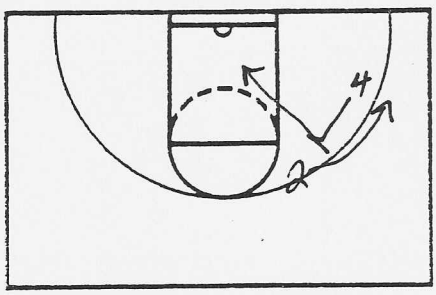
NOTES Defense above screen => back cut
Screener - re screen



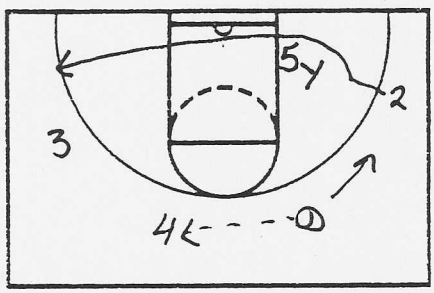
Big to Big
Cut

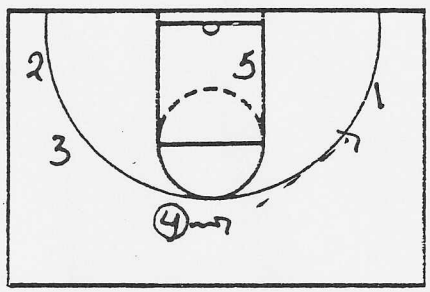


Guard to Guard
Slip

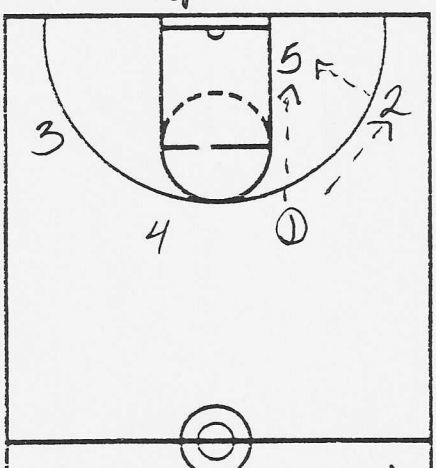


NOTES Flare screen
Slip => Defense helps

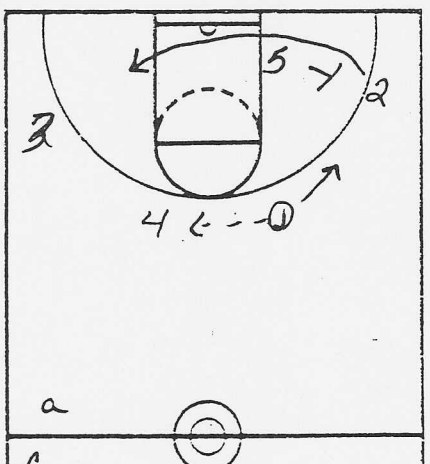


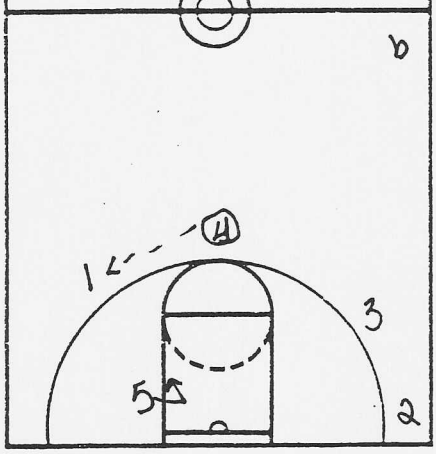


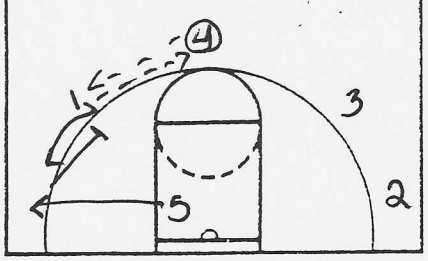
JUST DO IT



NOTES
2nd Break







CLINIC Open post Motion (4)
DATE

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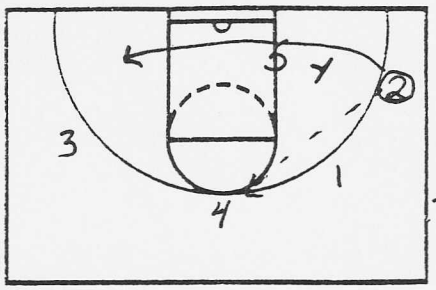
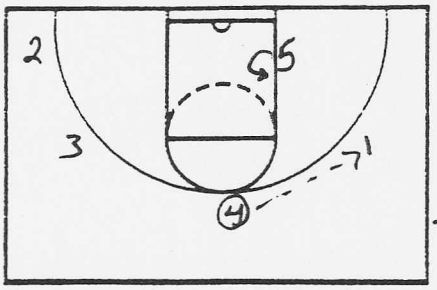
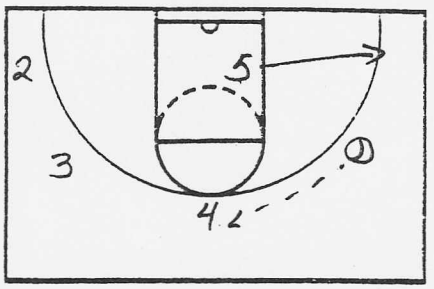
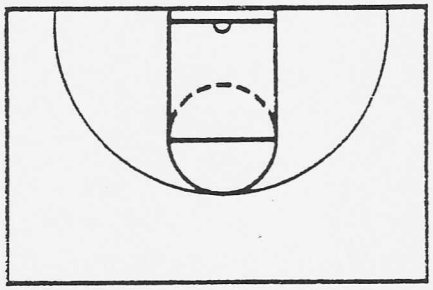


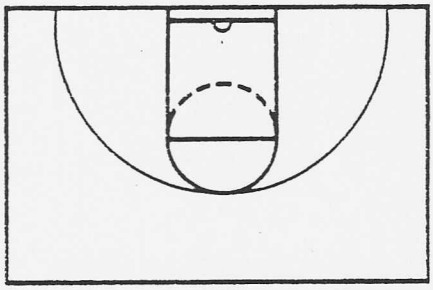


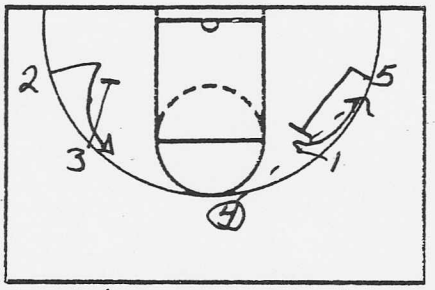


NOTES

Pull post out → No
Post fed



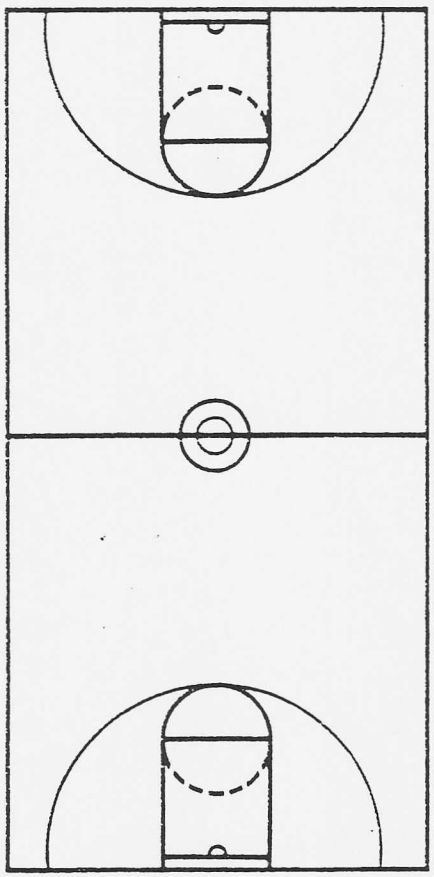




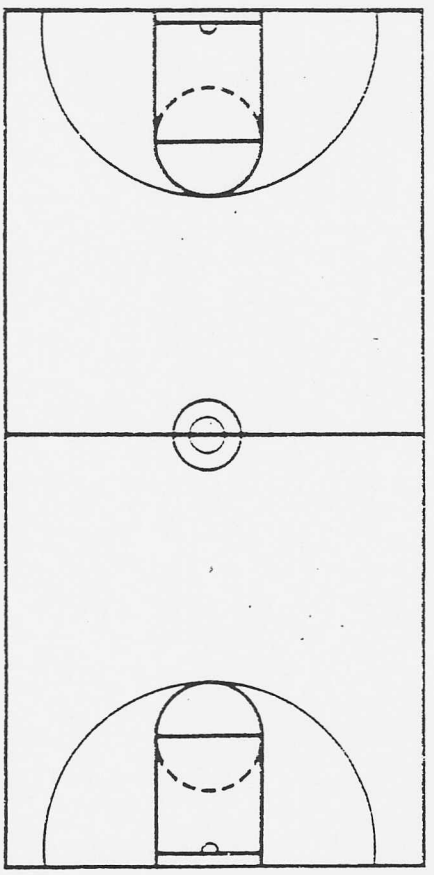
NOTES

Flare screen for point

JUST DO IT



NOTES



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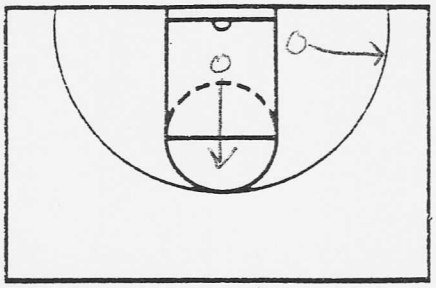
CLINIC Drills for Open Post Motion

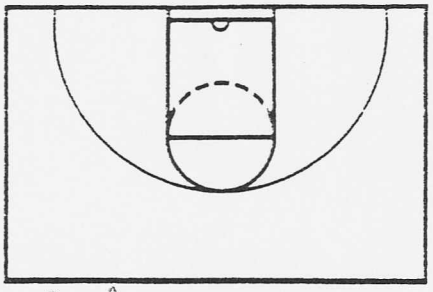
DATE

Rick Samuels

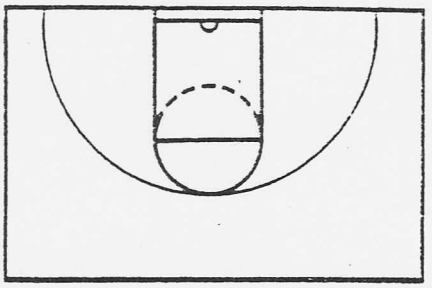
(1)



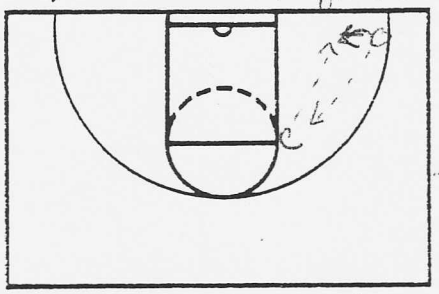
NOTES 2 at a basket
Back pedal & shoot
Step into shoot/lift & shoot

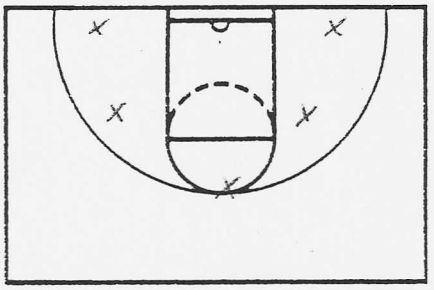


Back pedal to your range. Coach call in shooting pass



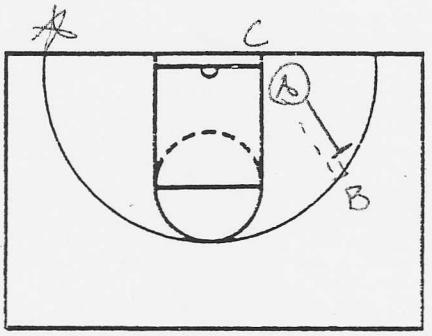
Lift fake = shot fake



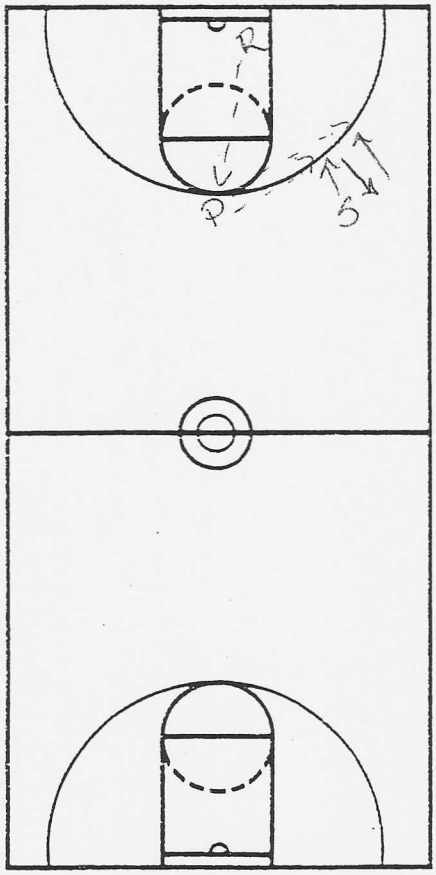


NOTES 5 spots / 5 shots
Receive ~~Ball~~ in crouched position

JUST DO IT



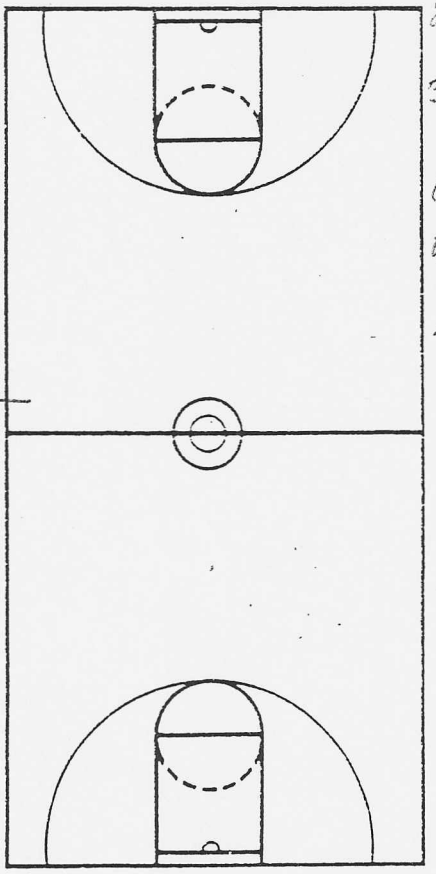
Shoot the hand
3 in group. Pass ⇒ close out shoot ⇒ lift fake



1 point
3 shot

NOTES
Wing
Elbows
Top
crouched position
Catch shoot
back pedal and come back crouched

Be Aggressive ⇒ Step into Shot



2 dribble max
3 dribble max
Line out
Blackout play to rebound

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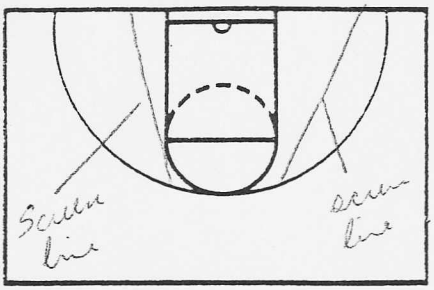
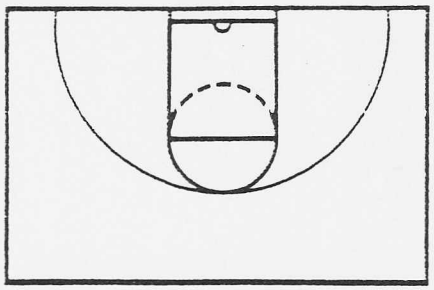
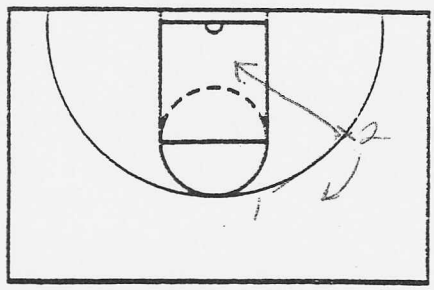
CLINIC Offense Post Motion
DATE Drill
Rick Schmeltz

(2)

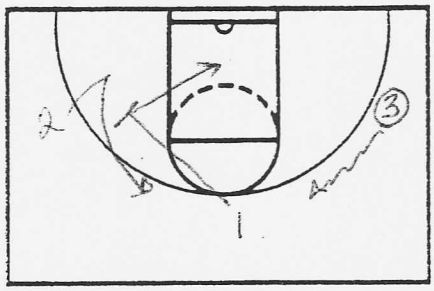


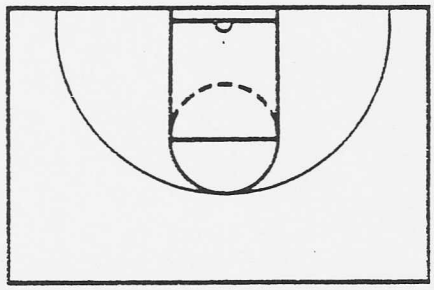


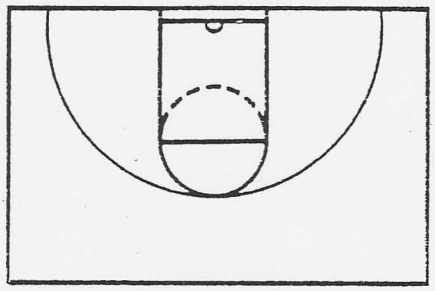


NOTES All screens happen on or near

6 to 6 is a slip

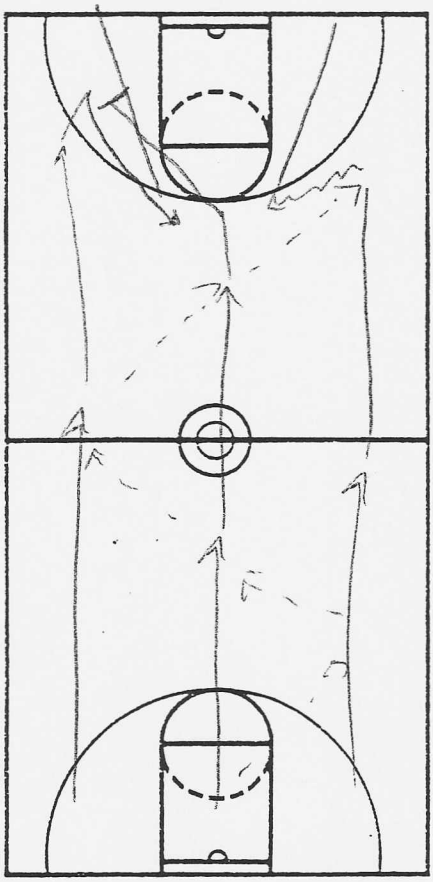






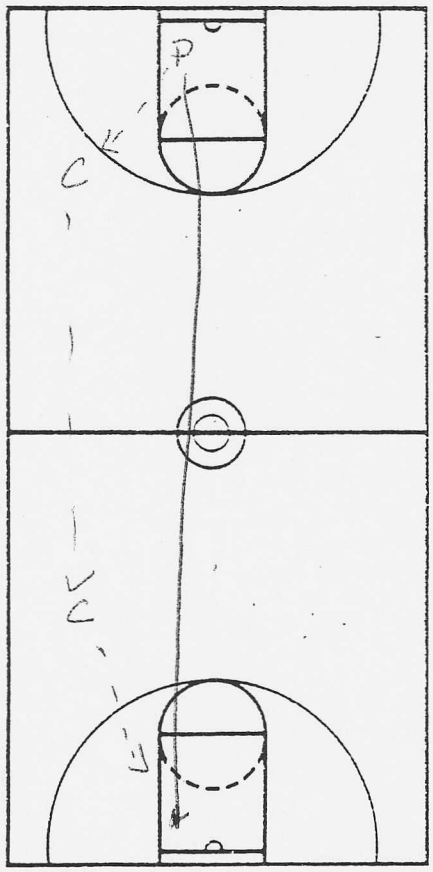
NOTES Bring Ball to action

JUST DO IT



NOTES

3 lanes ⇒ Screening Cuts



Post move

Baseline
Middle
2nd break open

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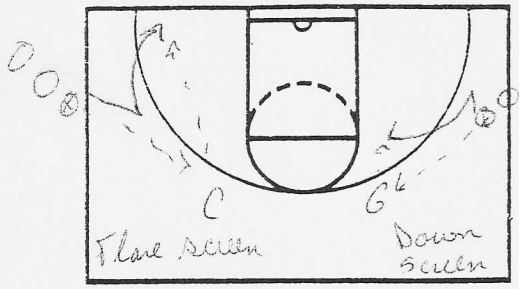
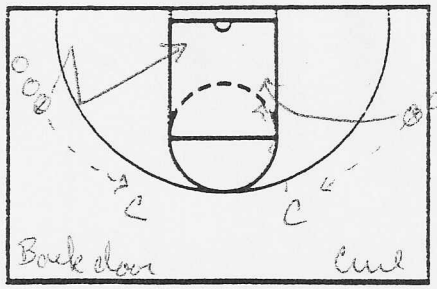
CLINIC OP Post Motion
DATE Drill
Rick Samuels

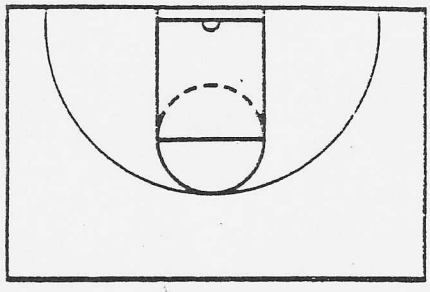
(3)



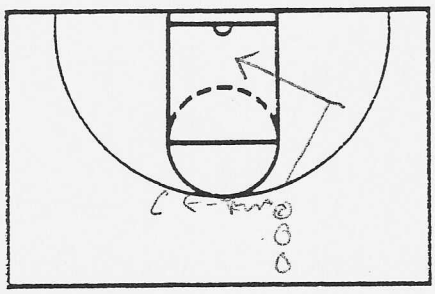
NOTES 6 and 1 forward Motion Shooting

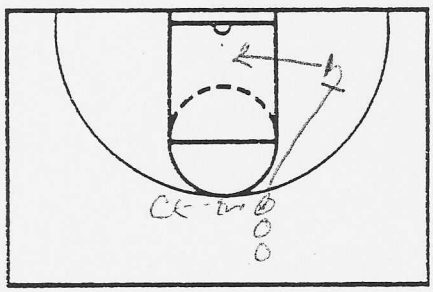


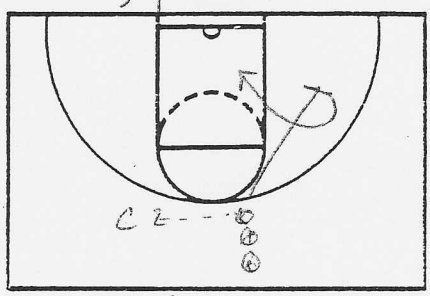
Flare ⇒ Defense wit under screen ⇒ 3pt shot or Rip & Go (1 dribble)



Straight cut ⇒ defense caught on screen
Cut ⇒ defense cut







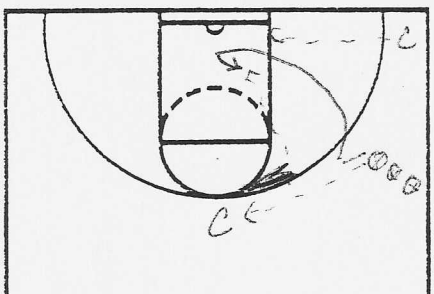
NOTES Post Shooting

Down screen ⇒ Slip
Flare screen ⇒ Re screen come to ball

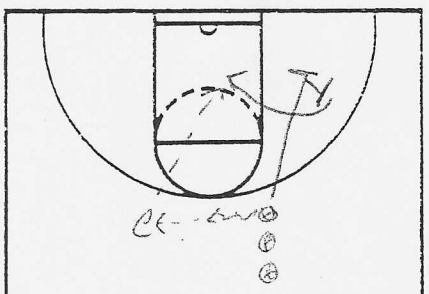
Cut ⇒ Chase cut

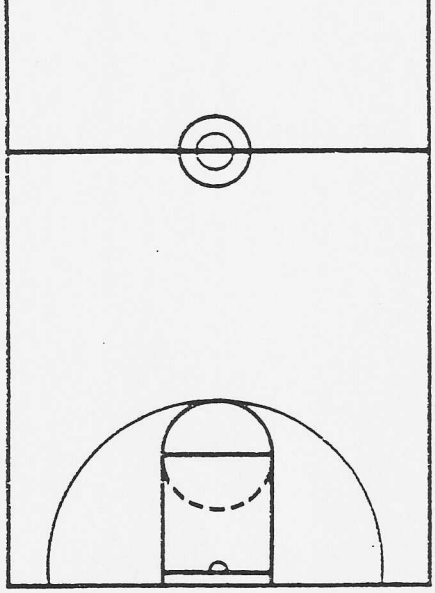
JUST DO IT

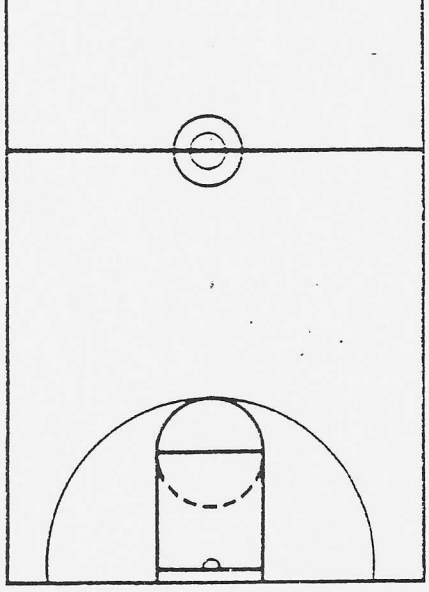
Back door



NOTES Post Motion Man screen







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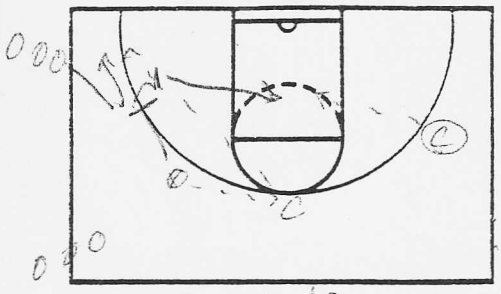
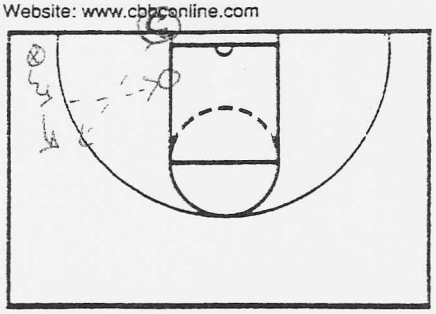
CLINIC Open Post Motion
DATE Drills
Rick Samuels

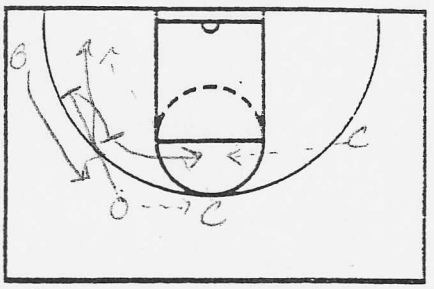
(4)



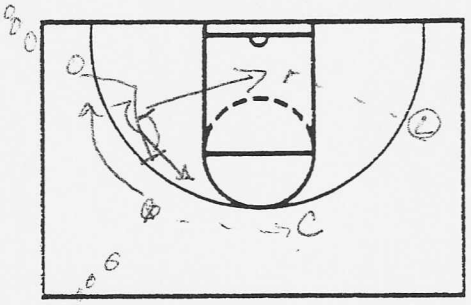
NOTES 2 on 0 / Down screen → 2 balls / Flare to screen



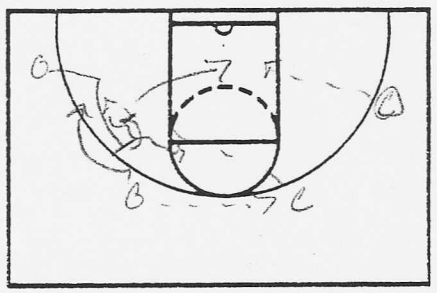
Next step after flare screen → Big goes to Weak Post feed



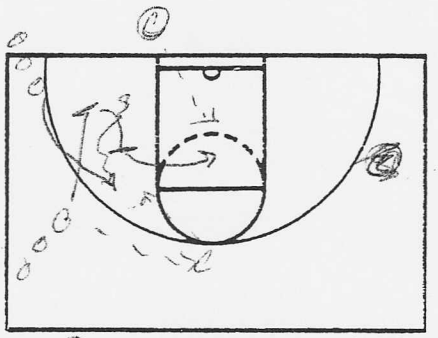
Down screen to back screen



NOTES Flare screen to Down screen

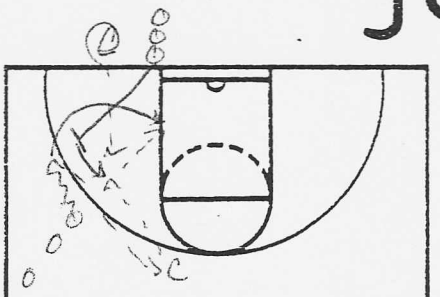


Flare screen - Ball screen



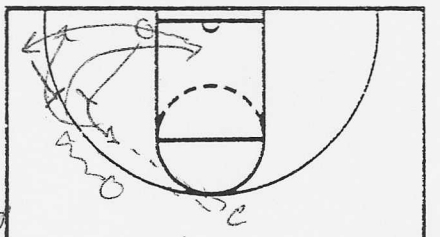
Down screen to ball screen
Screener roll or Pop

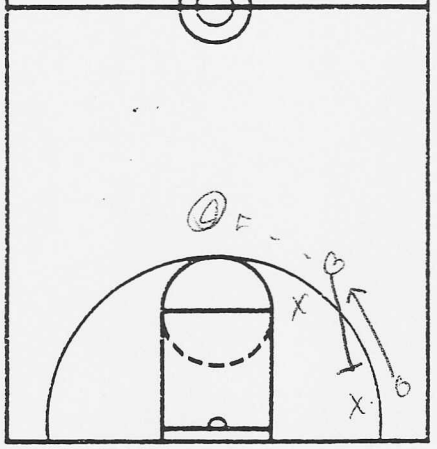
JUST DO IT



NOTES
Back screen to post feed

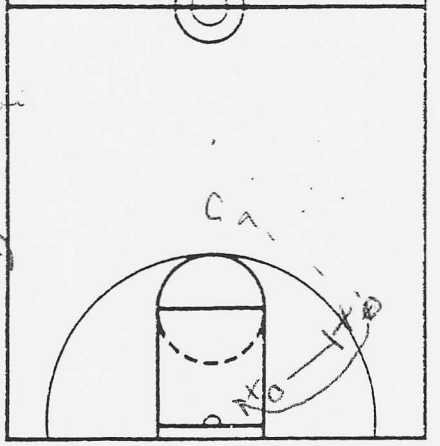
Back screen to post
Guard cut post to 3pt line → flare





2 on 2
straight cut
Curl cut
Down screen to flare screen
line
↙ or →

Skeleton

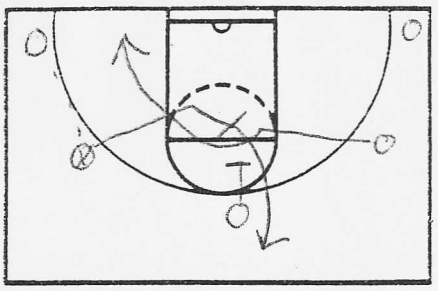


Nike, Inc.
Corporate Headquarters
One Bowerman Drive
Beaverton, OR 97005
(503) 671-6453
Website: www.nikebasketball.com

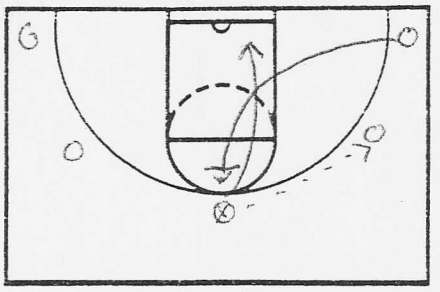
Nike Championship Clinic Headquarters
5645 Woodsmore Drive
Solon, OH 44139
Clinic hotline: (503) 671-3041
Website: www.cbbconline.com

CLINIC _____

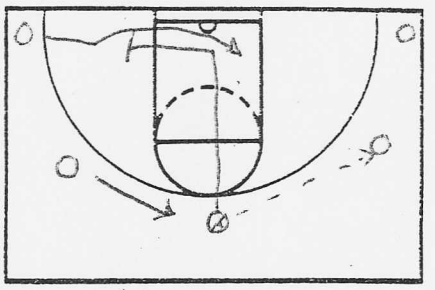
DATE _____



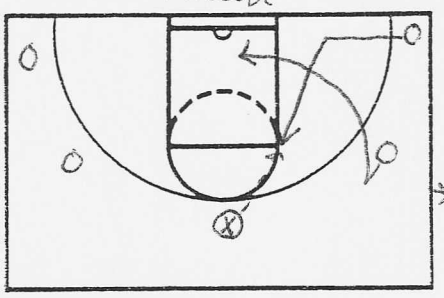
NOTES Suns play
Nash pass to corner ⇒ shuffle cut
& down screen

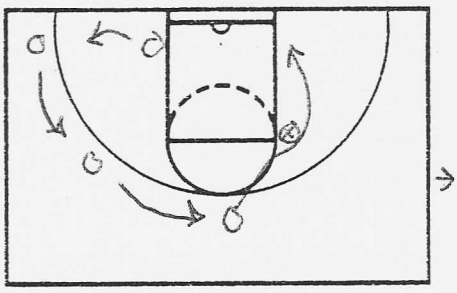


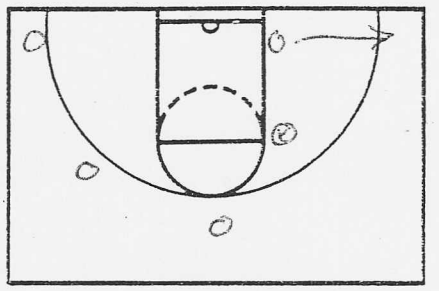
Hi post screen



Baseline screen

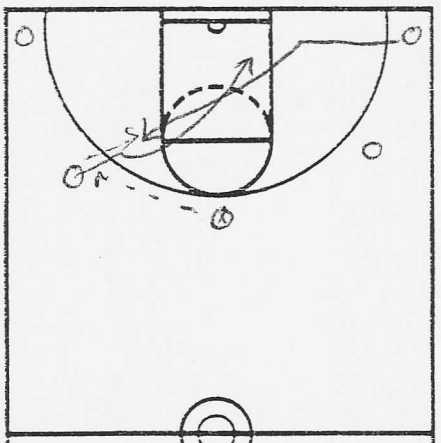




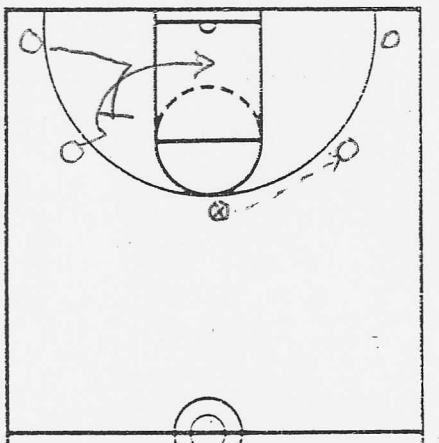


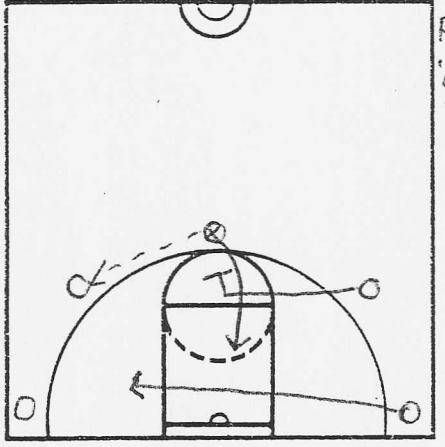
NOTES Pinch the Post

JUST DO IT



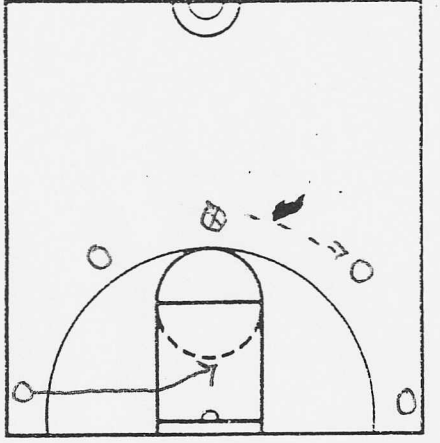
NOTES
Corner pinch | Back door lob





Flash Pivot & Hi Post Back screen

Flash Pivot & Lob



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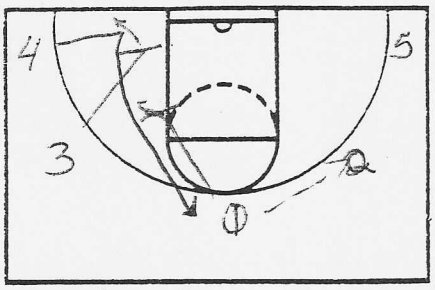
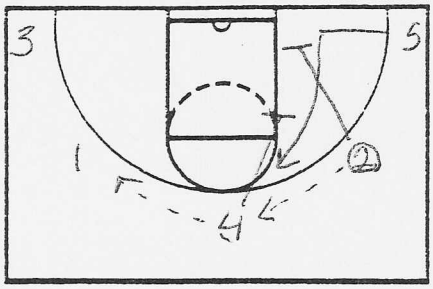
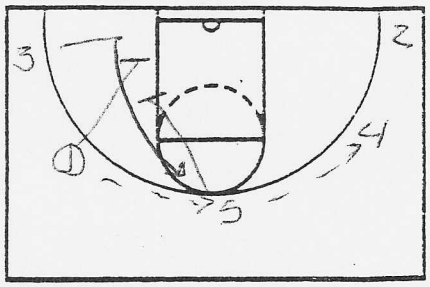
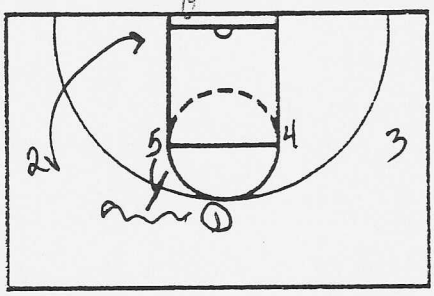


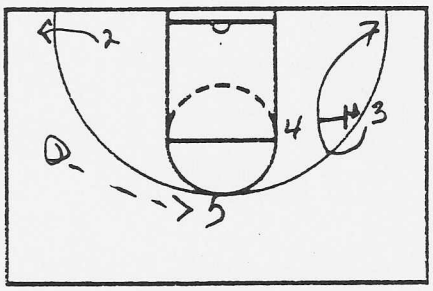


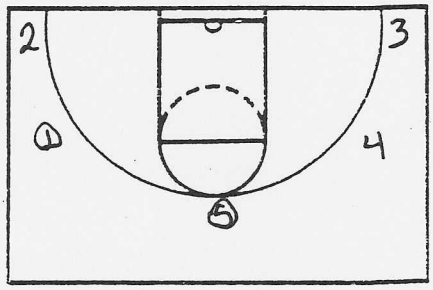


NOTES Double series

Second series should be set below ft line



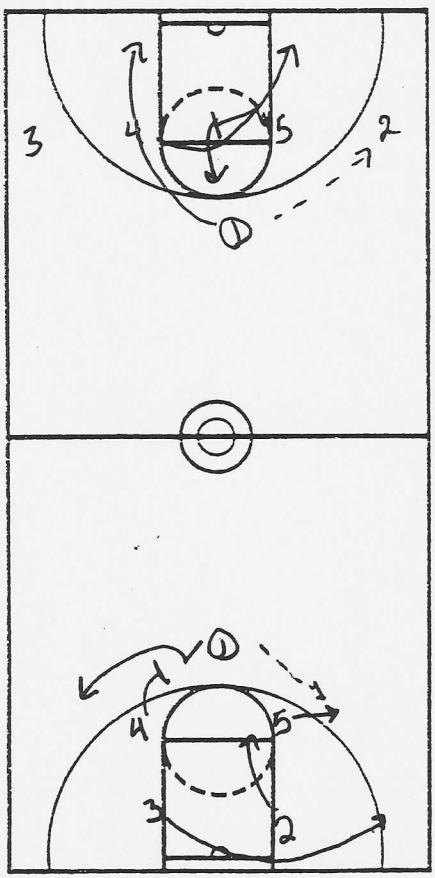




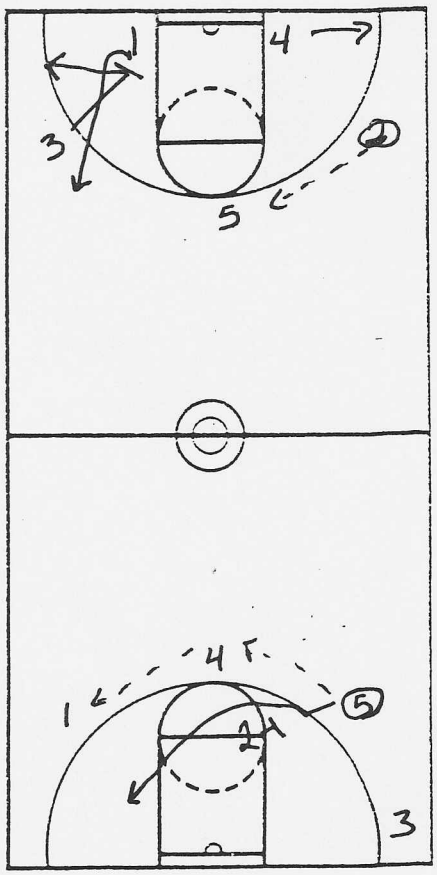
NOTES

Dallas Mavericks

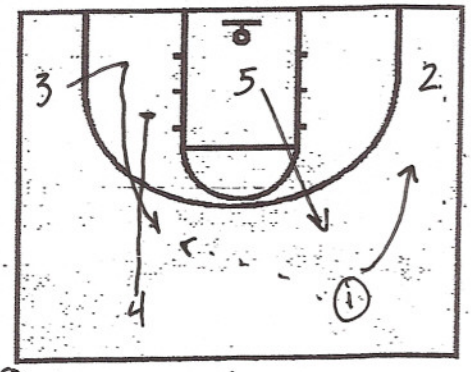
JUST DO IT



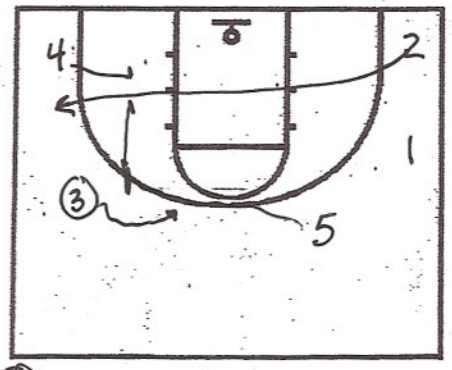
NOTES



BUILDING CHAMPIONS



1



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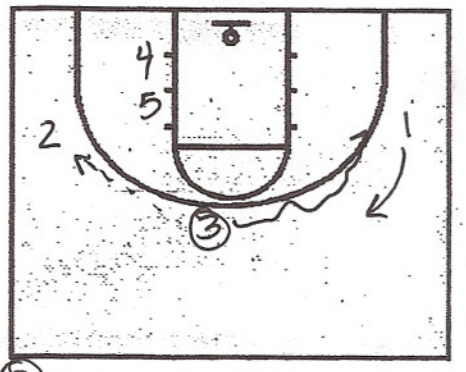

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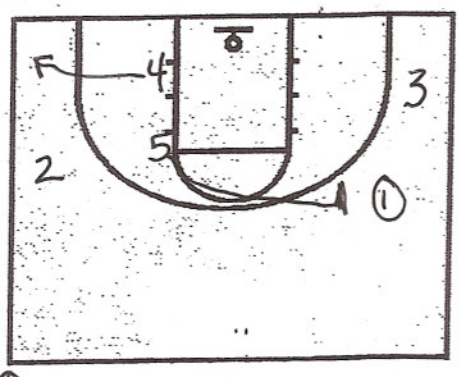

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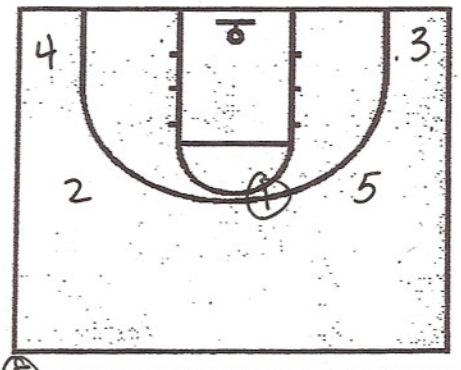

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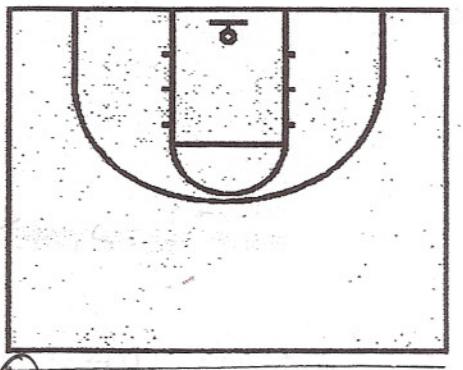
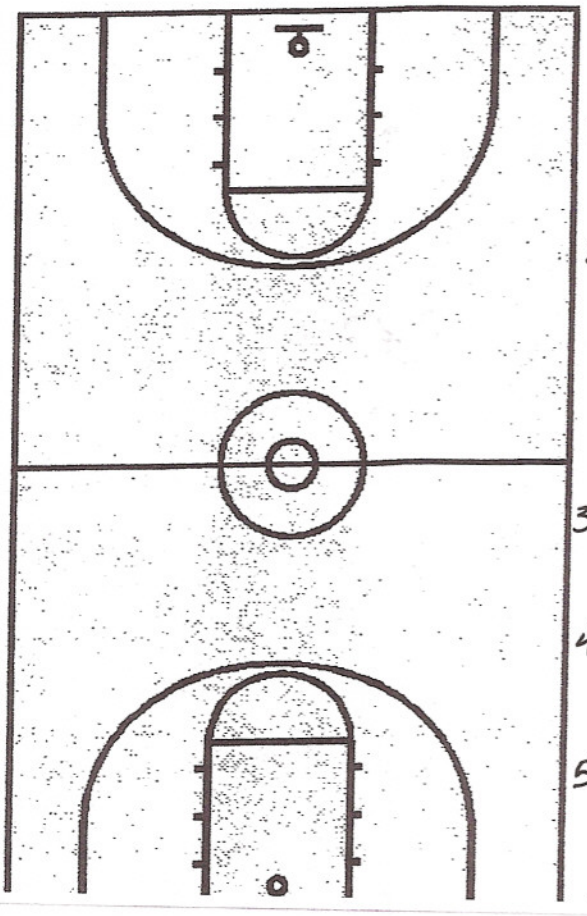
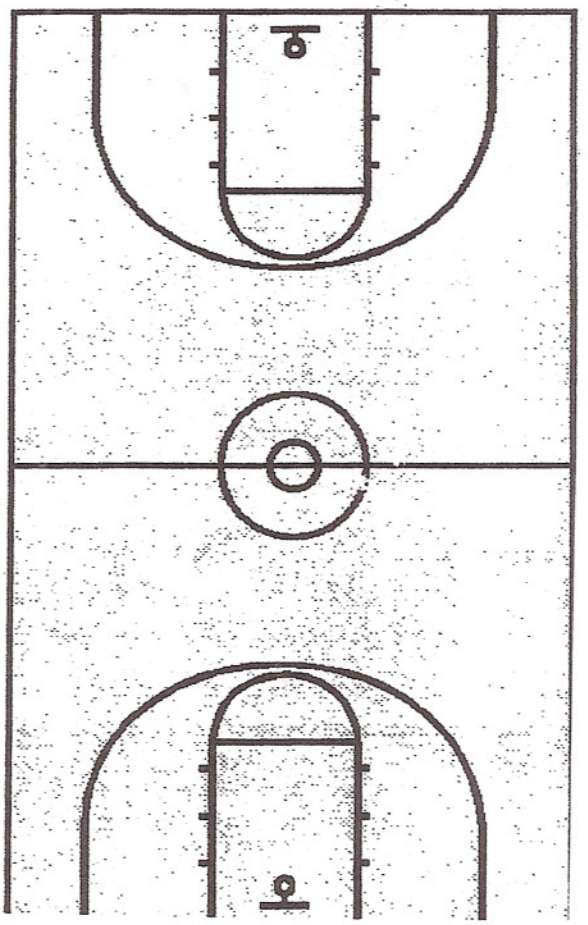

6

PANTHER BASKETBALL



ROCKETS SERIES

1. 4 pin down 3 - 1 and 5 go opposite
2. 3-5 side ball screen -- 2 makes Iverson cut through 4-5 fade double (3 turns to score; hits 2 on fade)
3. no fade to 2 - no attack - hand off w/ 1
4. 5 sets live - side ball screen w/ 1
5. ball screen motion set



Sacramento Kings Offense

Essentialy, Kings offense revolve around their two best players, power forward Chris Webber and combo forward Peja Stojakovic.

The sets what made an assistant Pete Carrill, (master of cut) allow quick shooting solutions.

Here we have a basic five and their subs:

* Mike Bibby	pointguard	1,85
Bobby Jackson	pointguard	1,85
* Doug Christie	combo guard	1,98
Gerald Wallace	wing	2.00
* Predrag Stojakovic	wing	2,03
Hidayet Turkoglu	wing	2,03
* Chris Webber	forward	2,08
Lawrence Funderburke	forward	2,06
* Vlade Divac	centar	2,16
Scott Pollard	power forward/centar	2,10

For Stojakovic

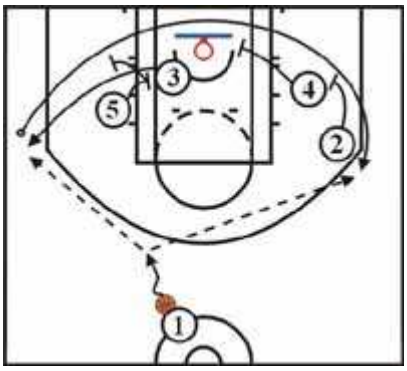
‘3 Base’

1 dribble to the wing position, 3 (Stojakovic) use back pick from 2, who pops to the top and receive pass from 1. 3 post on the low post and then he got baseline stagger from 4 e 5 and sprints to receive the ball from 2.



‘3 Swing’

5 picks for 3 and 3 eventuale receive pass from 1. If 3 doesn’t receive pass, he cuts using baseline stagger from 4 and 5. 1 pass to 3 (diagr. 2). One opcion is 3 can use only pick from 5, and receive pass from 1.





For Stojakovic and Christie

‘Quick’

1 dribble to the wing position verso, 3 (Stojakovic) picks 2 (Christie) and then use doubbl pick from 4 and 5. 1 can pass to open 2 or 3.

This play could be iniating by 3. 2 sets pick for 3, from who fake cut around but move opposite around double picks from 4 and 5.

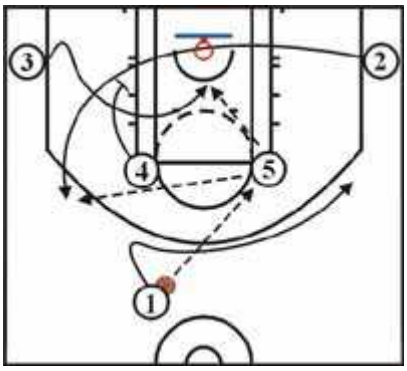




‘5 up’

1 pass to 5 who turns and face front ready to shot, pass and penetrate, 4 picks for 2 and 3. 5 can either pass 2 or 3/

Option:1 to 5 (or 4) and move to the ball side, meanwhile 2 fakes pick for 3 and use pick from 4 (or 5). 5 either pass to 3 or 2.

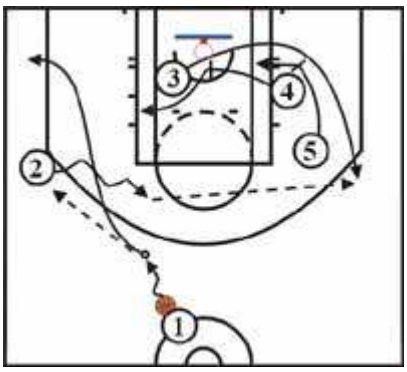




'Circle 2"

1 pass to 2 (or 3) and cuts to the ball side corner. 2 (or 3) use vertical stagger, first from 4, then from 5. 2 (or 3) dribble to the middle of the court and passes to 3(3 or 2).

Option: 1 initiate attack not passing to 2, 1 can pass directly to 3





For Webber

‘Police base blue’

4 picks 1, who penetrate to the key and pass to 3, and he pass to 4 who rolls to the basket ready to receive pass.

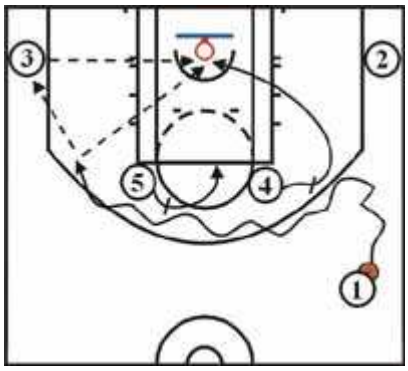


‘Police base’

1 play pick and roll with 4, who sets pick and roll to the basket. 1 penetrate to the key and pass to 5. 5 pass to 4, who rolls to the basket

Opton:1 use first pick from 4 and then from 5, and dribble toward opposite siede line.After pick, 4 rolls to the basket: 4 can receive direct pass from 1 or 3





‘Back”

1 play pick and roll with 4, 1 penetrate to the basket and can pass to the 5 and five to 4 who use back pick from 3. 3 pops up behind 3 pts line.



‘54’

1 passes to5, he pass directly to 4, for low post isolation and cuts to the basket and then to the opposite corner.



’24 cross’

1 is on the wing with the ball. 4 cuts under the pick to the low post position



Options: 4 cuts over the pick

Other option: 4 cuts under pic for lob pass

Per Webber/Divac

‘54’



1 and 5 initiate pick and roll, meanwhile 2 nad 3 set backpack for other big 4, who cuts to the low post.5 after pop out to the high post sets pick for 2, 3 pops to the opposite wing.

Option: 1 can pass doawn to 4 or high to the 2.

‘5 dive’

1 and 4 play pick and roll and 1 penetrate to the key, 4 rolls to the short corner and 5 dive for rhe ball.



‘5 down’

1 and 4 initiate pick and roll, 5 cuts to te basket. 1 can either pass to 5 or 4 who pops to the high/





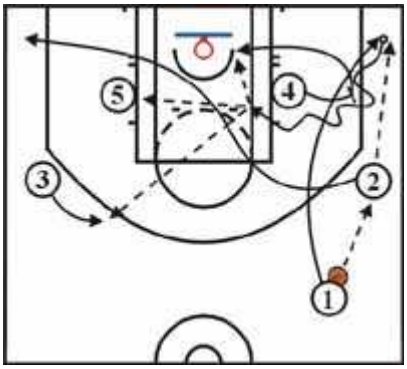
Option : both 5 and 4 cut wide.

’54 down’

5 sets downpick for 2 and immediately play pick and roll with 2, who received ball from 1. 2 penetrate to the key and 4 back cut



‘Corner’



1 pass to 2 and cuts to the strong side corner.2 passes to 1 and cut to the basket and then to the opposite corner. 1 and 4 play pickand roll, the rest of players move and create passing lines.

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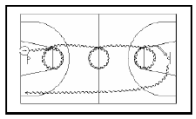
Under 12
Skills and drills
Training Session
Handbook

COACHES CODE OF CONDUCT

1. Remember that children play for **fun and enjoyment** and that winning is only part of their motivation **Never ridicule** children for making mistakes or losing a competition.
2. **Be reasonable** in your demands on young players' time, energy and enthusiasm.
3. Teach your players that understanding and **playing by the rules** is their own responsibility.
4. Avoid over-playing the talented players. All players need, and deserve, **equal time**.
5. Develop team **respect** for the ability of opponents as well as for the judgement of officials and opposing coaches, and their interaction with, the media, parents and spectators.
6. **Group players** according to age, height, skills and physical maturity, whenever possible.
7. Ensure that equipment and facilities **meet safety standards** and are appropriate to the age and ability of the players.
8. Schedule **time and length of practices** and competition that take into consideration the maturity levels of players.
9. Show concern and **take responsibility** for players who are sick or injured whilst under your care. Follow the advice of a physician when determining when an injured player is ready to recommence play.
10. As well as imparting knowledge and skills, promote desirable personal and social behaviours. Be aware of the role of the coach as an **educator**.
11. Seek to keep abreast of changes in sport; ensure that the information used is **up to date**, appropriate to the needs of players and takes into account the principles of growth and development of children.
12. Ensure that **physical contact** with a young person be appropriate to the situation and necessary for the player's skill development.
13. **Respect the rights, dignity and worth of every person**, regardless of their gender, ability, cultural background or religion.
14. Always respect the use of **facilities** and **equipment** provided.

Game Of Circles

Start on one of the base lines under the ring.
Run up to the first free throw circle and make 1 complete lap of it. Once the lap of the
first circle has been completed continue up the court and repeat make a complete lap of the centre circle.
Continue down the court and make a complete lap of the last circle, take a shot at the goal, and rebound your ball.
Once you have rebounded your ball dribble down the side line and back to the start to repeat the drill again.



Gorilla Walk

Have two lines facing the ring. Let the children have one shot, and retrieve their rebound.
Get them to dribble to the sideline and gorilla walk down to the other ring and have another shot.
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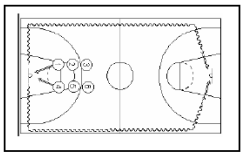
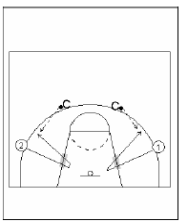
Get them to dribble to the sideline and gorilla walk down to the other ring and have another shot.



Create a "Lead" - [Clinic then Drill]
- "V" cut to get open
- Slash arm technique
- In below the block, out above the block
- Shoulders square to the ball to catch
- Target hands
- Meet the ball with the last step
- Catch in a low stance - "Be a threat"
- Inside foot pivot. Non pivot foot forward
- Eyes on the rim

To help with the footwork - Pass is to the middle of the chest.



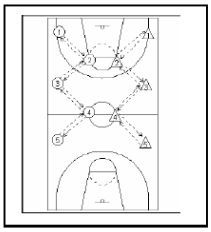
Games for fun

Roller ball

Children are split into two teams: “batting (running) team” and fielding team. Use full court as field.
Similar to baseball, each running team member is given an opportunity to score a run.
They must roll the ball into the playing area (ball must bounce within 2 metres of throw).
The fielding team must utilize passing to get the ball and score a basket to stop the runner from scoring.
The runner must try and score by touching all bases (corner of the ½ court) and getting home.
3 outs and teams change. 1 run is scored if the player reaches home base before a basket is scored.
A game can be played for a length of time stipulated by the coach. Team with highest score wins.

Zig-Zag Relay

Have a group of 5 to 10 children zig zaged up the court. Have the children pass the ball from one person to the other all the Way up and back. Have two or more teams and have a race.



PLAYERS CODE OF CONDUCT

1. Understand and play by the **rules**.
2. **Never argue** with an official. If you disagree, have your coach, captain or manager approach the referee during a break or after the game in an appropriate manner.
3. **Control your temper**. Verbal abuse of officials or other players, deliberately distracting or provoking an opponent is not acceptable or permitted in basketball.
4. **Work equally hard** for yourself and for your team. Your team’s performance will benefit, so will you.
5. **Be a good sport**. Acknowledge all good plays whether they be by your team or the other team
6. Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
7. **Co-operate** with your coach, officials, team-mates and opponents. Without them there would be no competition.
8. Play for the “**fun of it**” and not just to please parents and coaches.
9. **Respect the rights of others** and avoid use of derogatory language based on gender, race or impairment.
10. Be prepared to lose sometimes. Everyone wins and loses at some time. **Be a fair winner and a good loser.**
11. **Listen** to the **advice of your coach** and try to apply it at practice and in games.
12. Always respect the use of **facilities** and **equipment** provided.

PARENTS CODE OF CONDUCT

1. **Encourage** children to participate through their own interest and enjoyment, not yours. Support their participation and do not force them.
2. Encourage children to always **play by the rules**.
3. Remember children are involved in sport for their **enjoyment**, not yours.
4. Teach children that an **honest effort** is always as important as a victory, so that the result of each game is accepted without undue disappointment.
5. Focus on **developing skills** and **playing the game**. Reduce the emphasis on winning.
6. A child learns best by example. **Applaud good play** by all teams.
7. **Do not criticise your children** in front of others. Reserve constructive criticism for more private moments.
8. **Accept decisions** of all referees as being fair and called to the best of their ability. Do not raise issues of disagreement publicly.
9. **Do not criticise** opposing team members or supporters by word or gesture.
10. **Set a good example** by your own conduct, behaviour and appearance.
11. **Support all efforts** to remove verbal and physical abuse from sporting activities.
12. **Respect the rights** of others and avoid use of derogatory language based on gender, race or impairment.
13. **Show appreciation** for volunteer coaches, officials and administrators. Without them, your child could not participate.
14. Always respect the use of **facilities** and **equipment** provided.

Mass defence

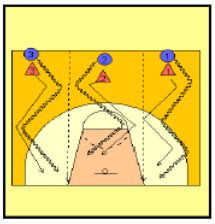
- Stance
- Footwork – “big to bigger”
- Hands up “palms to sky”
- Pressuring the ball - “hands up, hands down” (see diagrams)





1 on 1 corridor defence

- Emphasis stance and big to bigger footwork on defence
- Low crossovers and eyes up on offence

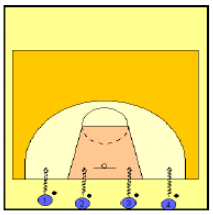


Shooting technique
- BEEF – balance, eyes, elbow, follow-through
- Holding the basketball -
- Lock and leave
- - Jump shooting



Dribbling skills

- Right and left hand
- Crossovers
- Behind back
- Between legs
- Spin dribble



- Warm-up & stretch
- Running, high knees, high heels, grape-vines
- Change of direction
- Stopping (jump & stride stops)
- Stretch



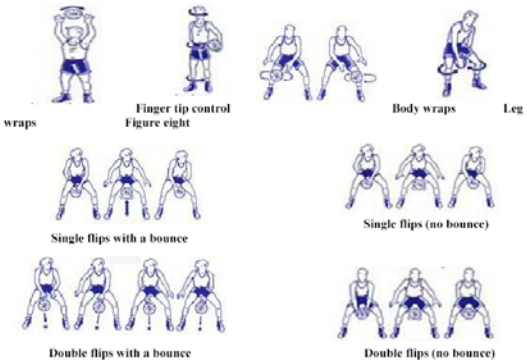
Stride Stop



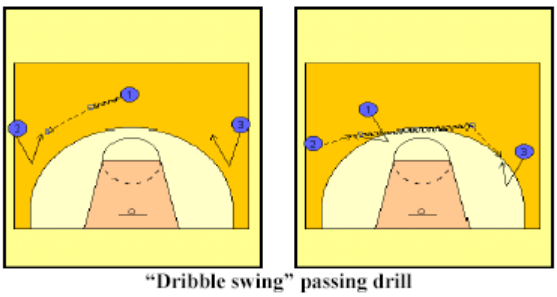
Jump Shot

Ball Handling

- Maravich drills

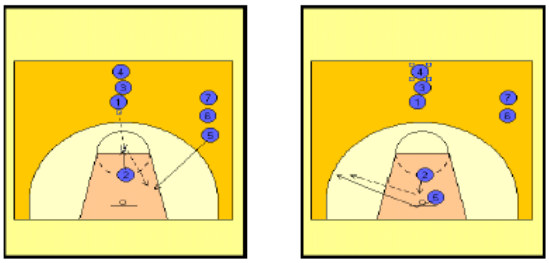


Passing -
Partner passing
- technique (chest, bounce, overhead, push)
- use of fakes, throwing away from the
- Dribble swing passing drill
- "Pig in the middle" passing



"Dribble swing" passing drill

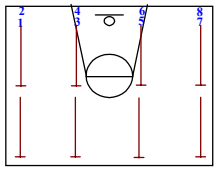
Lay-ups – Cincinnati drill



INDIVIDUAL DEFENSE

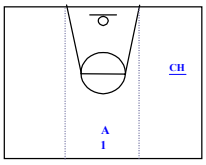
Close Out

Each player runs until he hears a whistle as he works on close out defensive technique. Use free throw lines, centre and end line if no whistle. Stress stutter step, weight back, hands up and be under control.



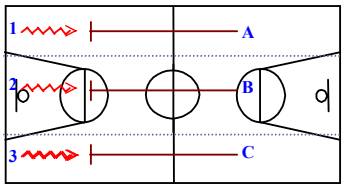
One on One in the Lane.

Player 1 attempts to beat player A one on one by staying in the lane. Limit number of dribbles for player 1. If he chooses to pass to the coach, player A must deny the pass back. Player A must block-out so ball hits the floor, then rotate.



Full Court Approach

The offensive players start to dribble up court quickly but under control, defensive players sprint and approach the offense. Defenders must be able to control the offensive player and not get beaten to opposite end of court. Offense is restricted initially to stay in lane to assist the defense. Limit types of manoeuvres by offense to beat defense, ie crossovers, behind back. Offence should look to change pace as major point of emphasis.



Contents

Gators men 2007

One	2
Transition	5
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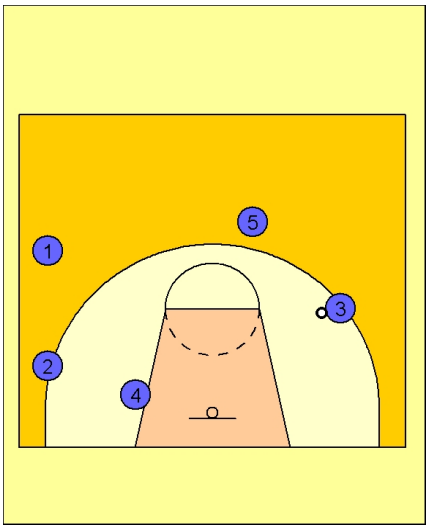
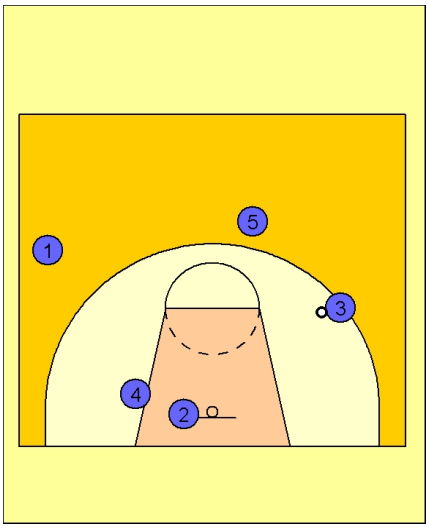
One

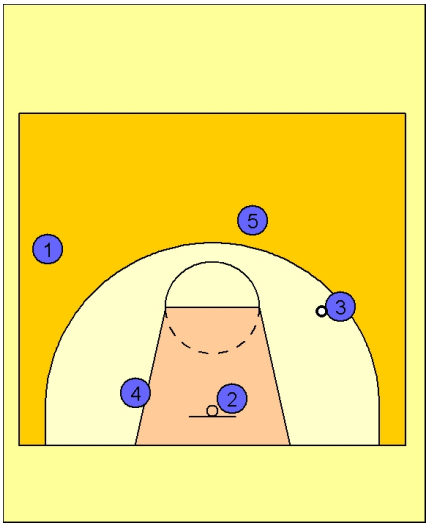


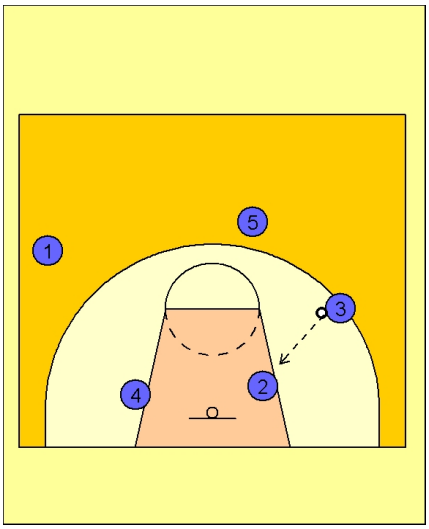
One

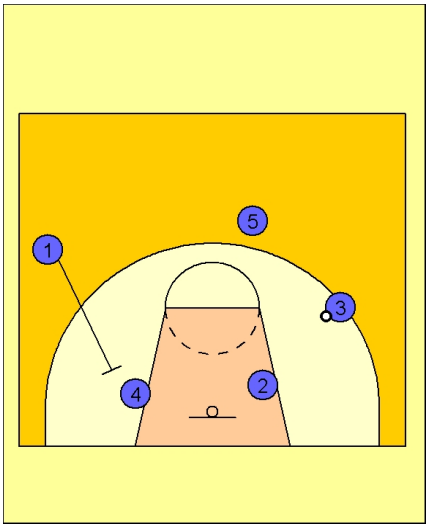
This play comes straight off Transition and can be played as a full offence
The ball must be reversed



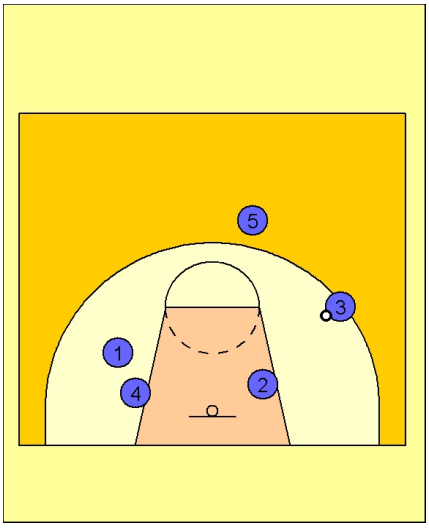
Once reversed 2 cuts off four looking for the ball from three

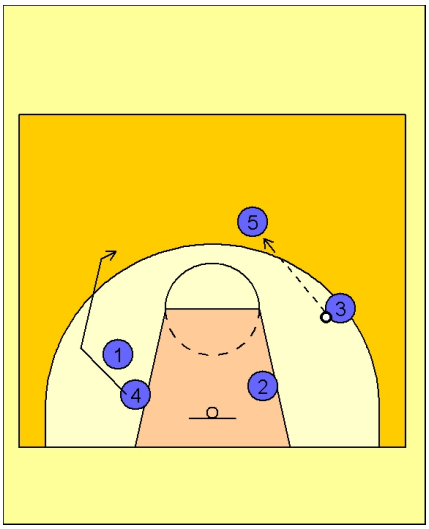






1 screens down for 4
and the ball is reversed again





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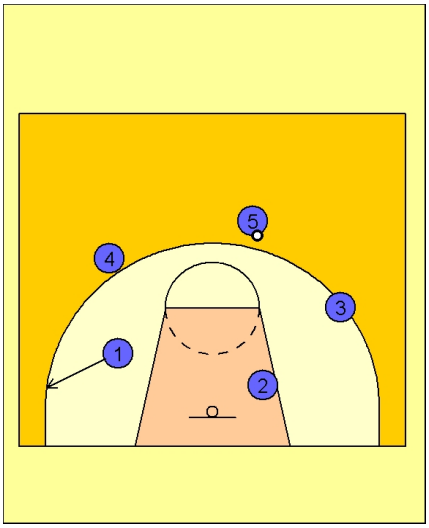
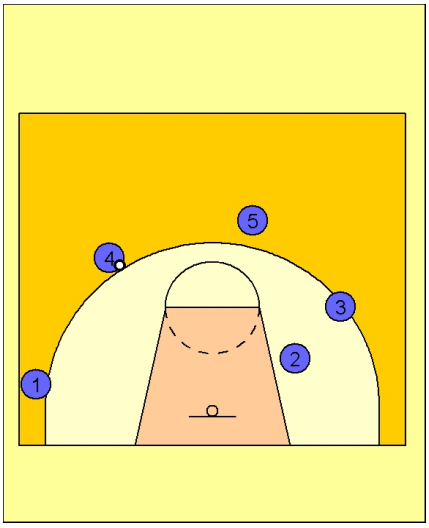
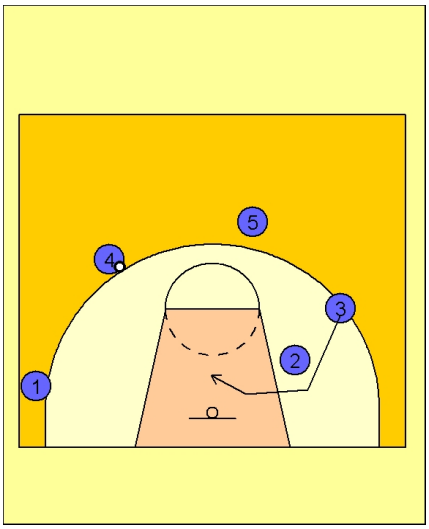
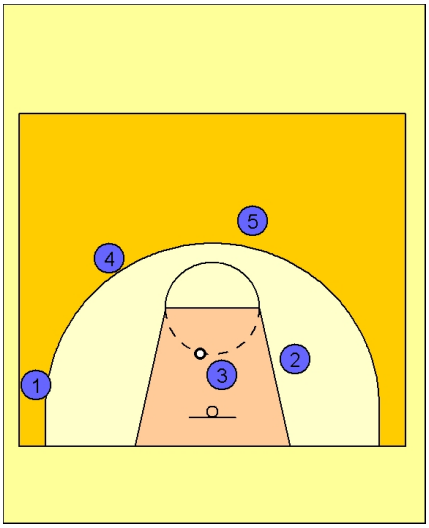


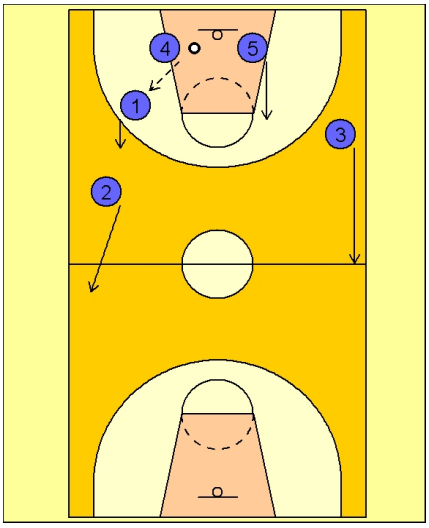


2 now screens for 3 who cuts off looking for the ball from 4 and the offence begins again

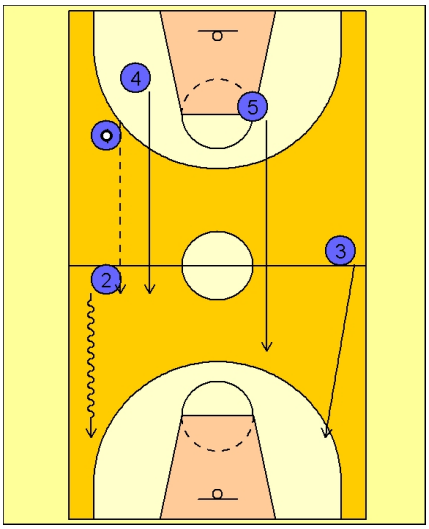




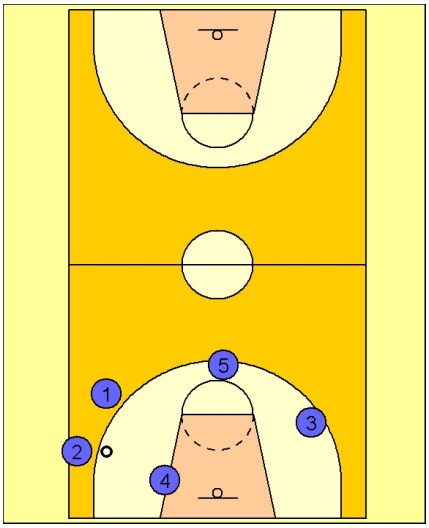
Transition



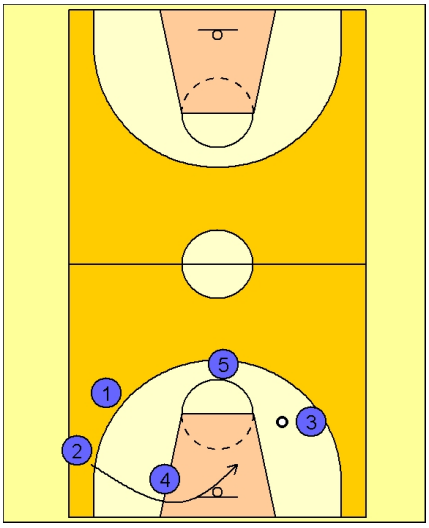
Transition
The rebounder outlets the ball and te ball must go to the hands of the furtherest player down the court on same lane ***Dont cross the lanes}***



If your open in a one on one situation then continue to the basket fast break situation if we have the numbers we go hard to the basket.

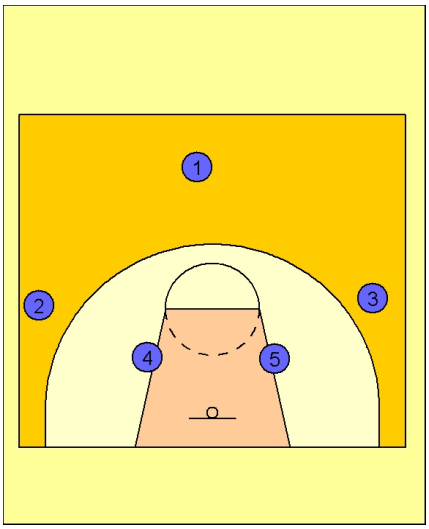


If the pass to the four guy is not on then we reverse the ball back through the trailing players



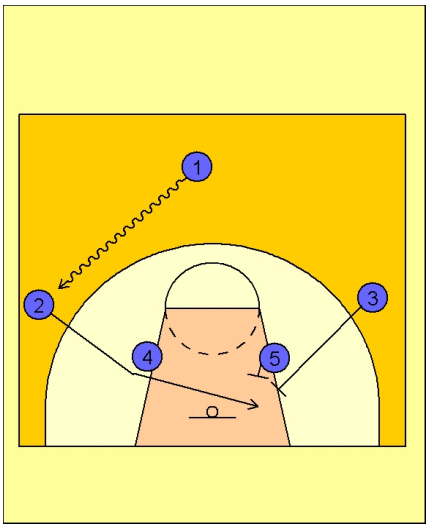
Once reversed the 2 guy will come off the screen set by the four guy a basic flex cut looking for the ball

Four

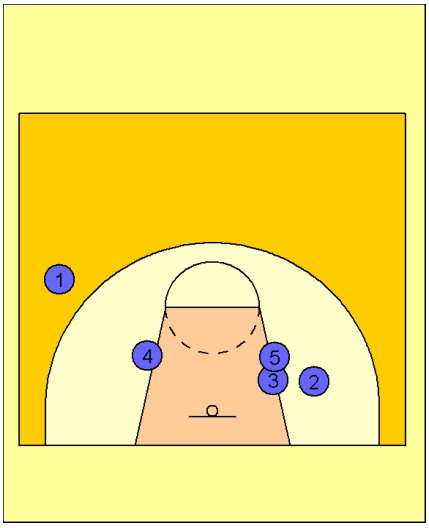


Four
A number of sequences come off this in fact everything we want to learn to play will come from this configuration.

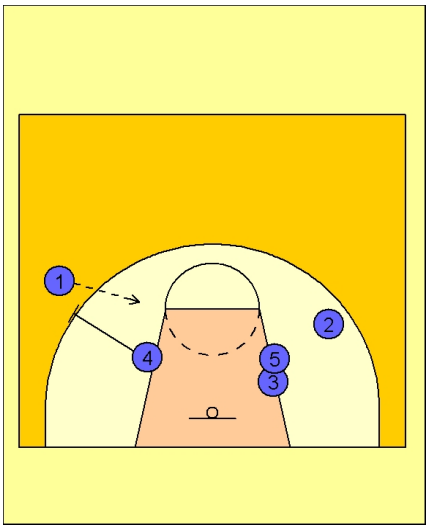
Note
Posts start halfway between the block and the elbow



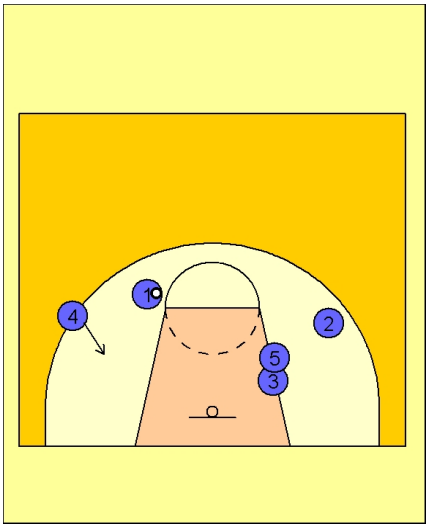
From here the ball can either be passed into the wing or dribble entry can be obtained



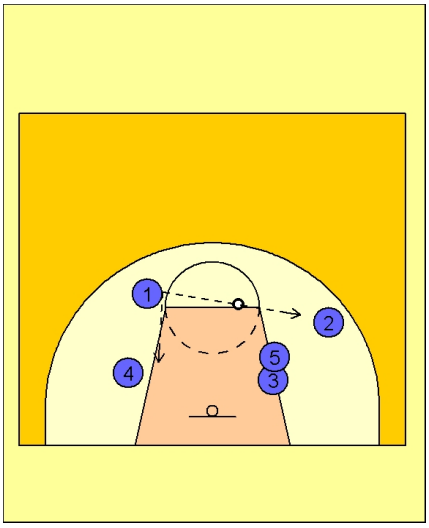
2 or 1 depending on how the entry is obtained comes hard off the double screen



Once in this position
4 now screens out for 1
while 2 comes off the double screen down low



the wing penertrates off the screen set by the post and the post rolls to the basket



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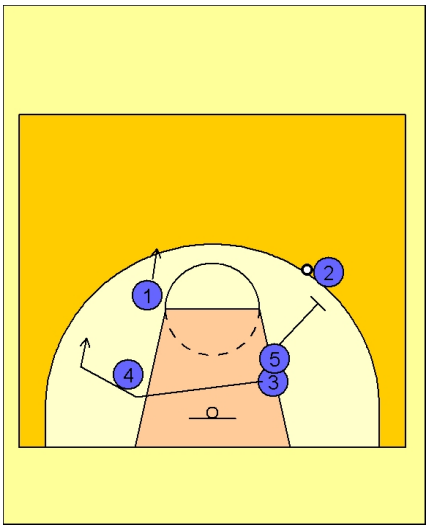
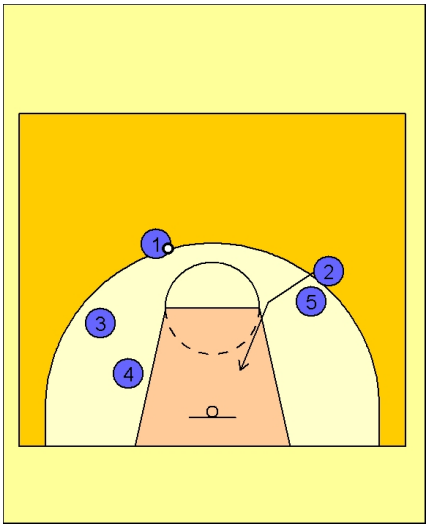
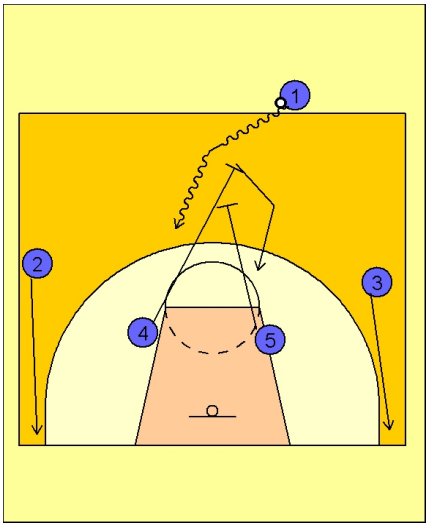


The offence can now begin again
1 pops out for the reverse of the ball
3 cuts off the screen at the block now set by 4
and then



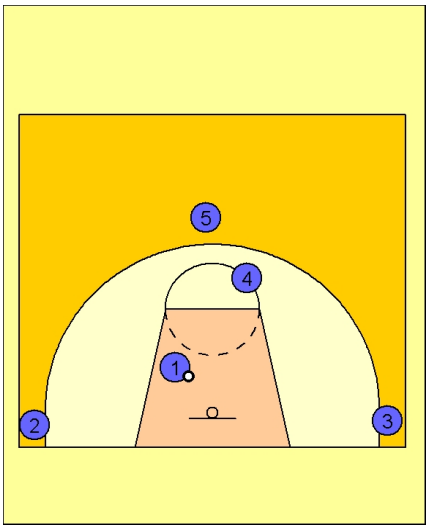
5 sets a screen for two who cuts to the basket.

Fist



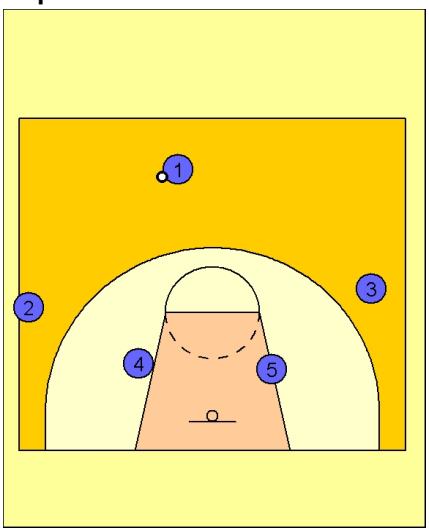
Fist
Called early
the wings head to the corners taking there defence players with them

4 sets a screen up really high for 1 to come off driving hard and fast
This sequence closely followed by a screen from 5 for for

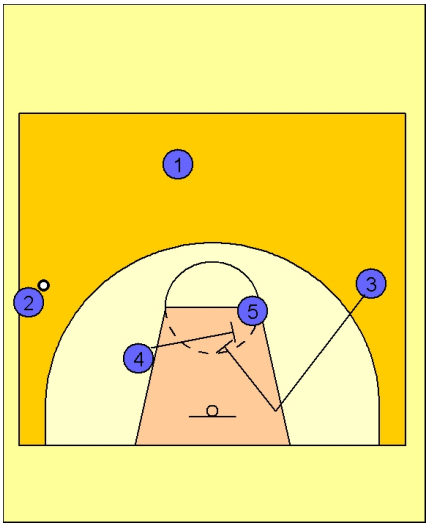


This should allow 1 to make passes depending on where the defence goes to either 2 3 or the hand back to 4

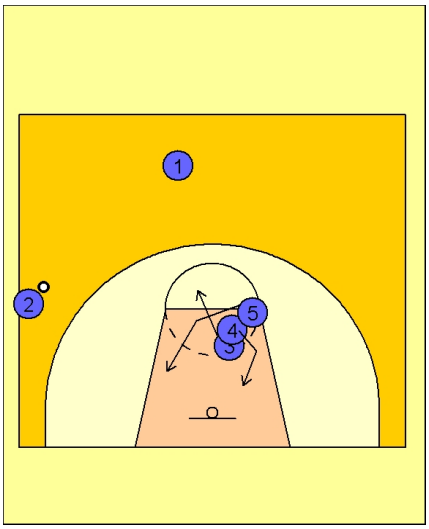
Triple



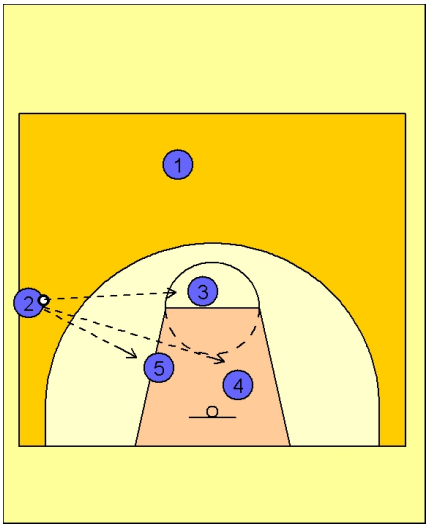
Triple
Starts in the one four configuration, it is a special play to obtain a score when we need a a good easy score



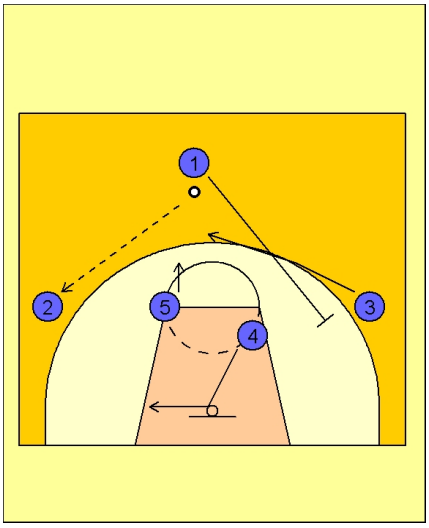
Then the 4 sets a screen for 5 to come over and 3 sets a screen for 4 to back cut



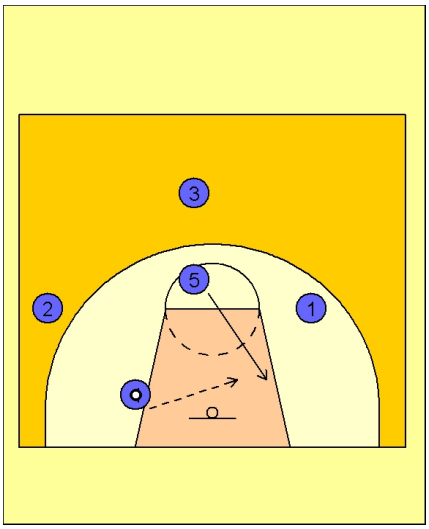
3 pops up and probably will get a very good shot oppotunity if the ball is not already in the hands of the 4 or the 5 guy



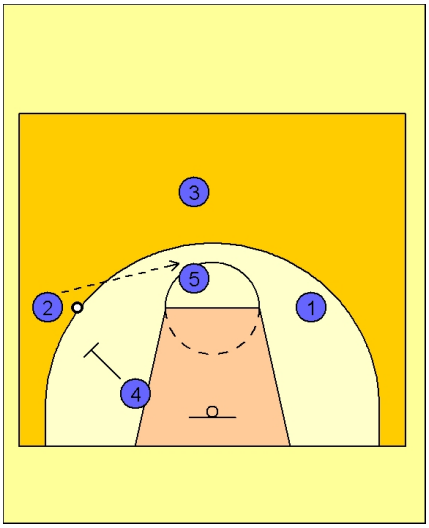
Isolation



Isolation
1 passes to the wing then screens away
4 cuts behind his defender and posts up at the strong side block to receive the ball.

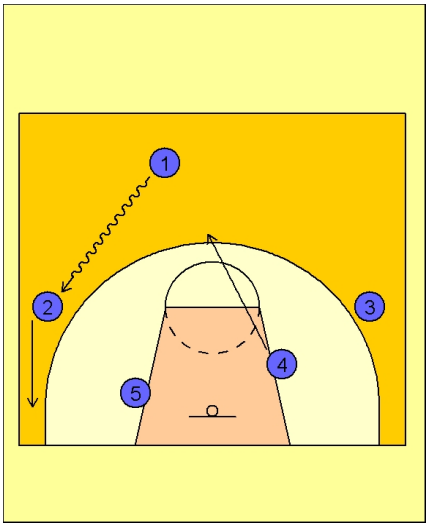


As 4 receives the ball 5 has the option to back cut to the basketon the weakside

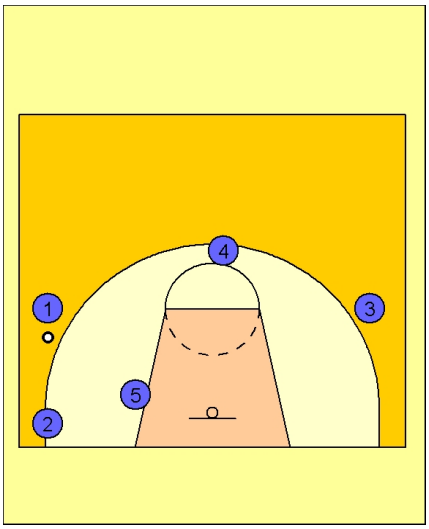


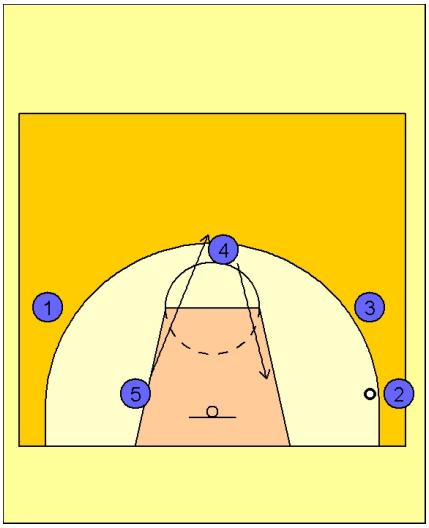
Option 2
The ball is delivered to the 5 guy from the wing
The 4 now back screens for the wing who cuts hard to the basket

Zone

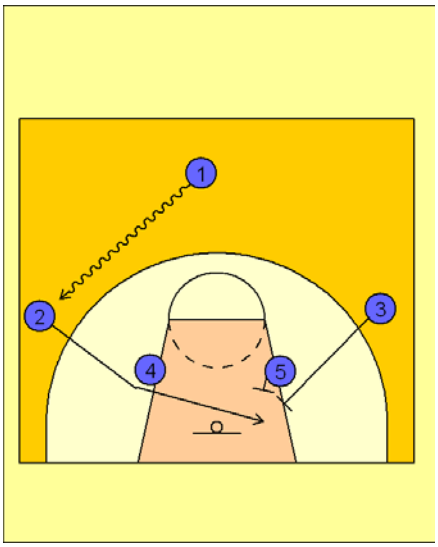


Zone
To be played against zones can also be used against the man defence as well

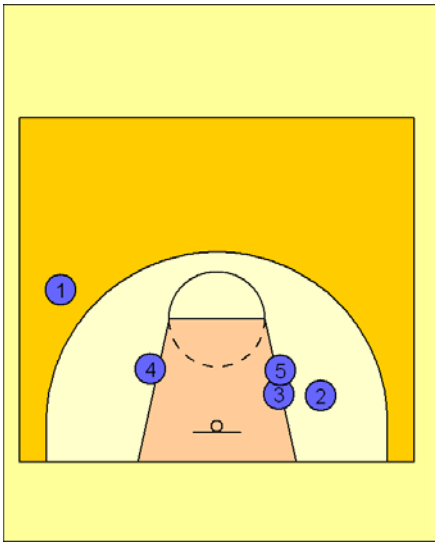

4
1
3
5
2


4
1
3
5
2

21



21
From here the ball can either be passed into the wing or dribble entry can be obtained



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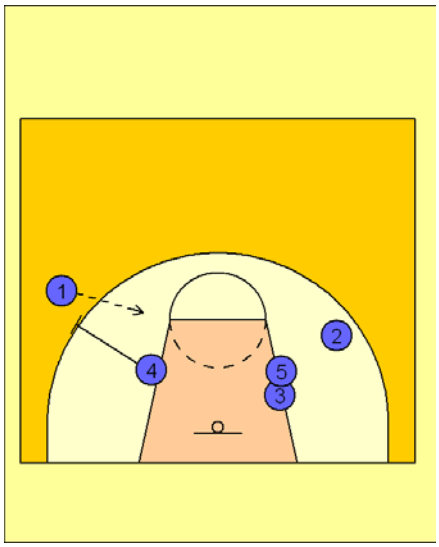

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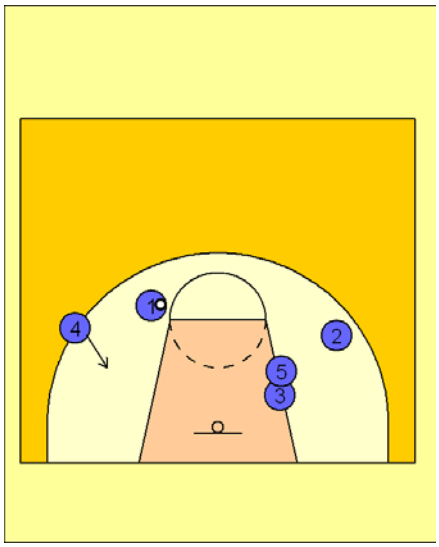

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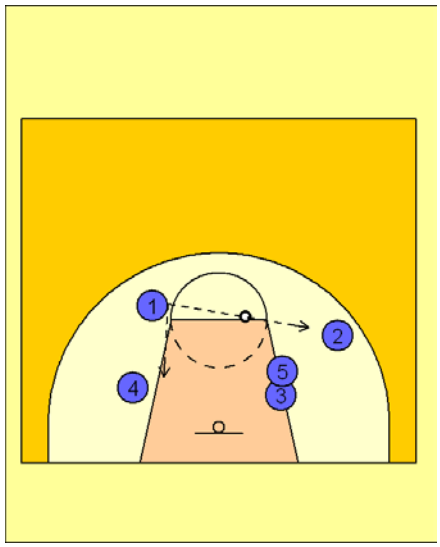

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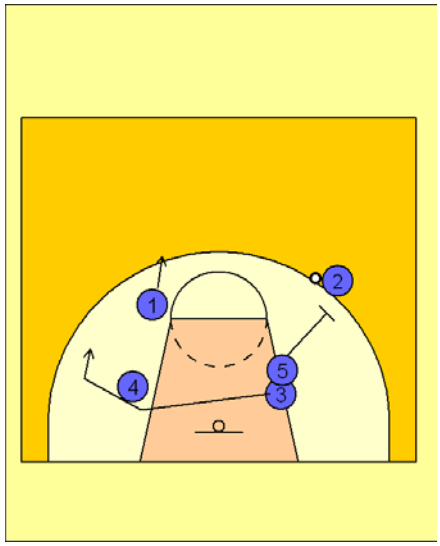

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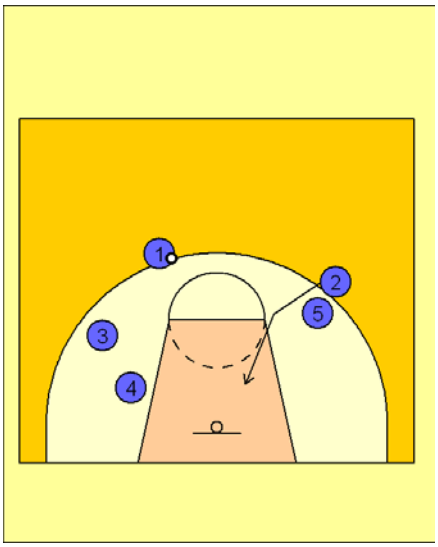
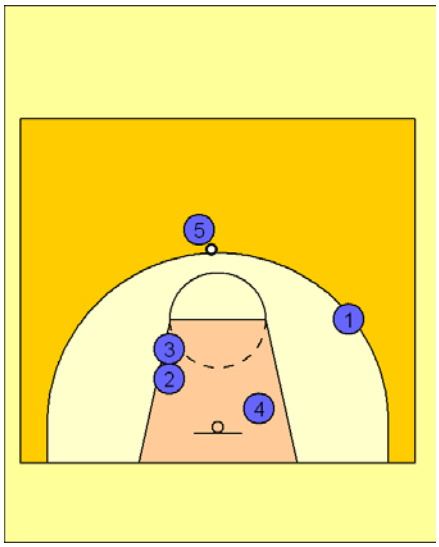
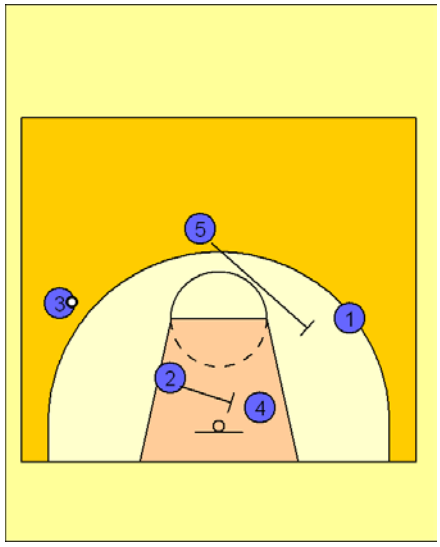
and then

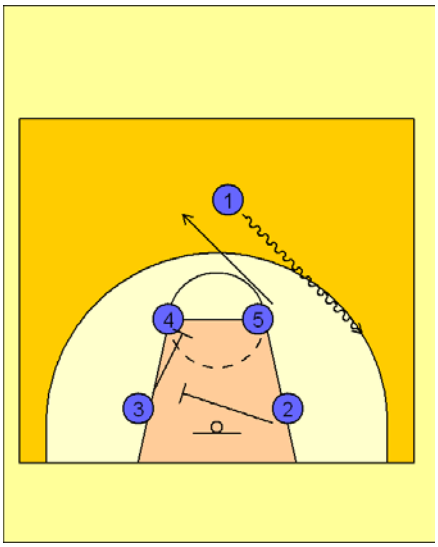


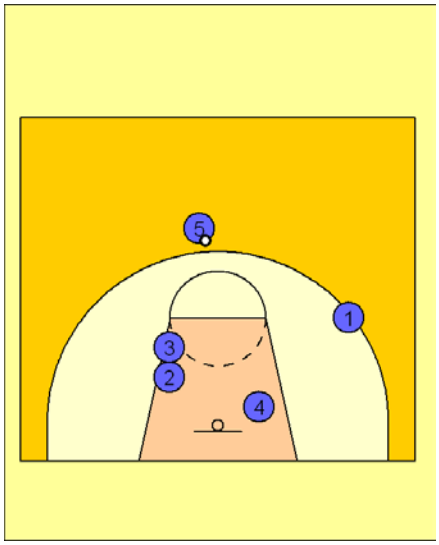


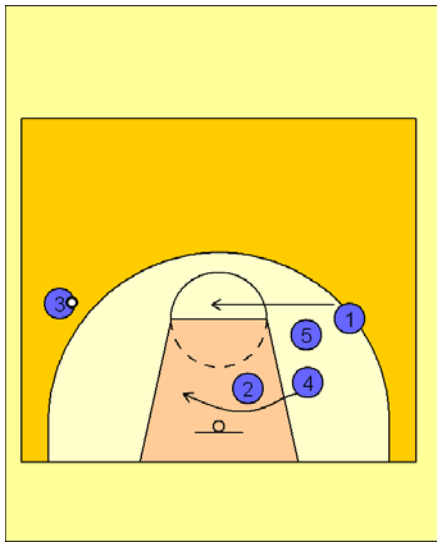


If we cant get the ball in then when reverse it through the 5 guy

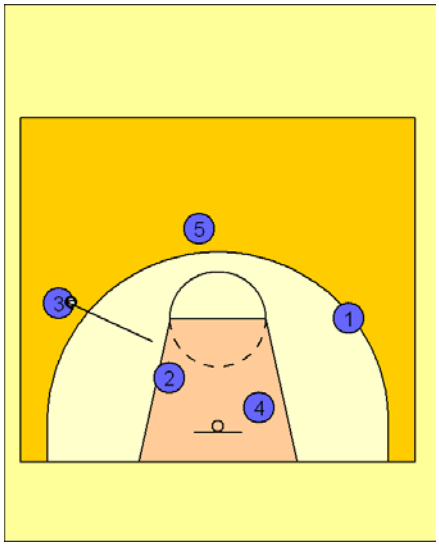
Down

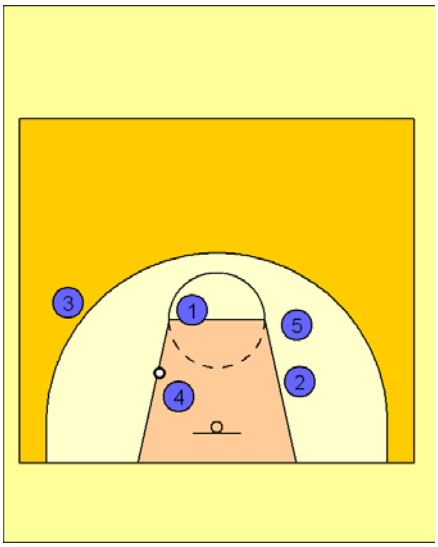


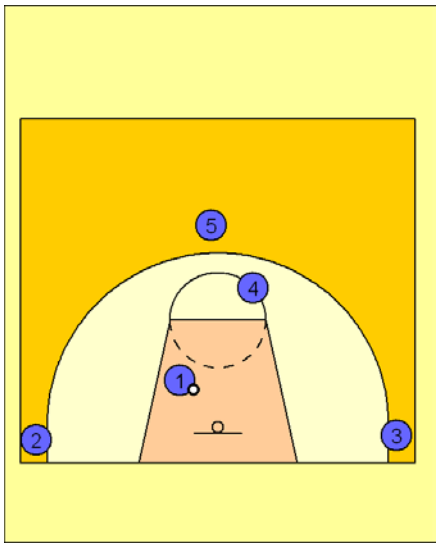


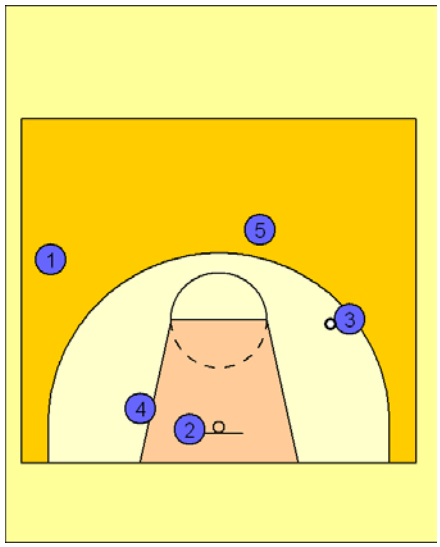


Down
Sets up with two high posts and two low posts
1 pushes to the wing
3 backscreens for 4
and 2 sets the double screen for 4 who rolls around both to receive the ball at the block





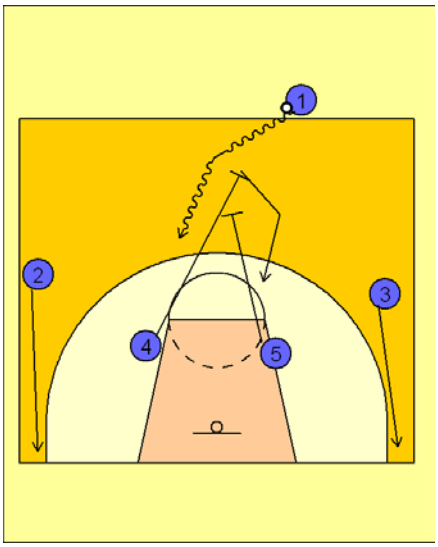




This should allow 1 to make passes depending on where the defence goes to either 2 3 or the hand back to 4

Once reversed 2 cuts off four looking for the ball from three

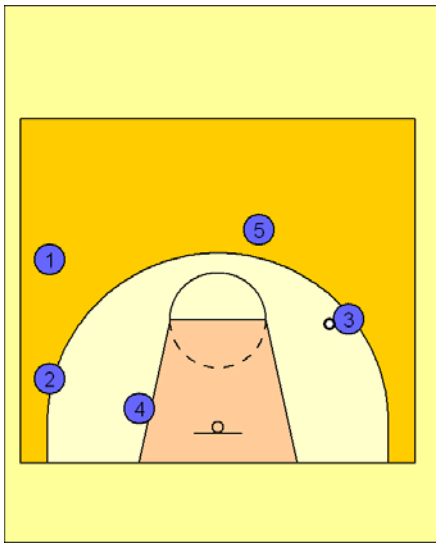
Fist



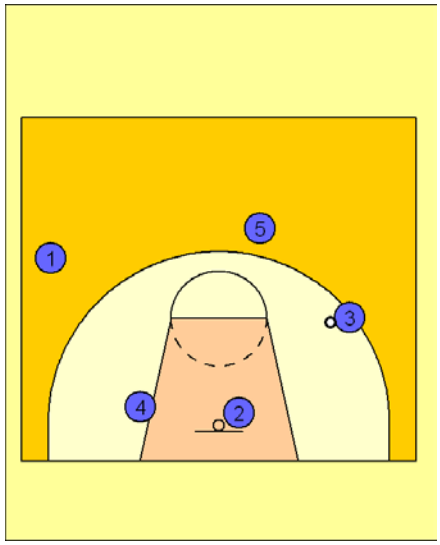
Fist
Called early
the wings head to the corners taking there defence players with them

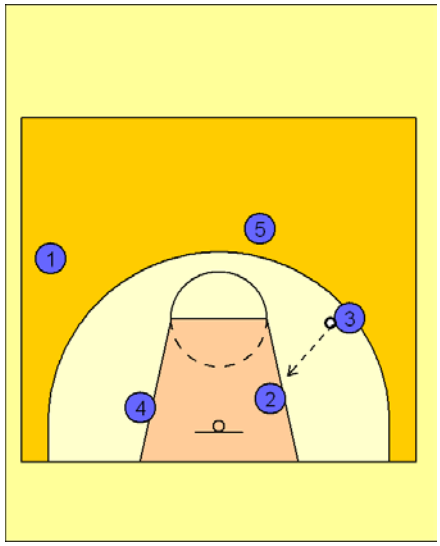
4 sets a screen up really high for 1 to come off driving hard and fast
This sequence closely followed by a screen from 5 for for

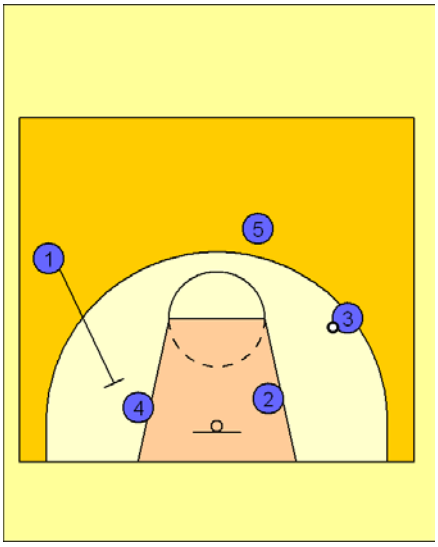
Flex



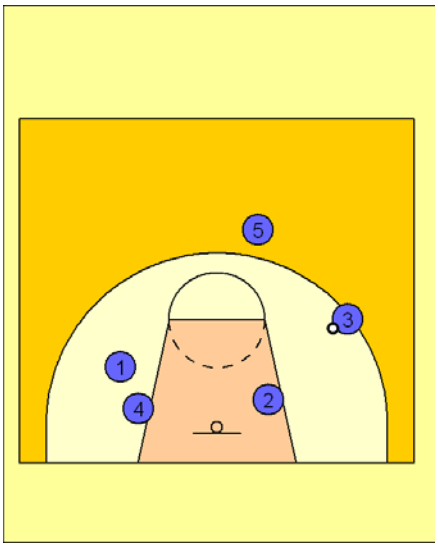
Flex
This play comes straight off Transition and can be played as a full offence
The ball must be reversed

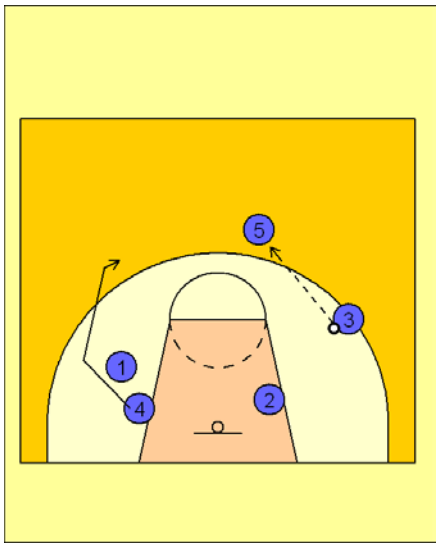




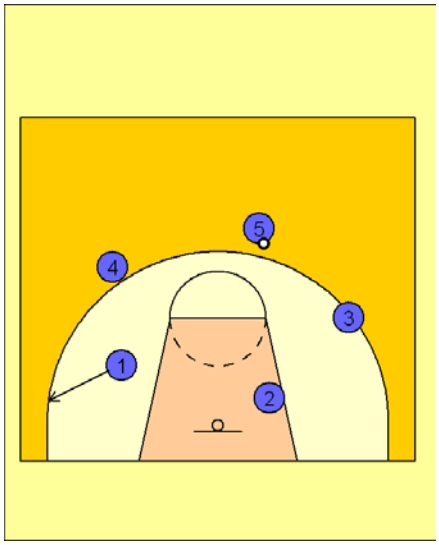


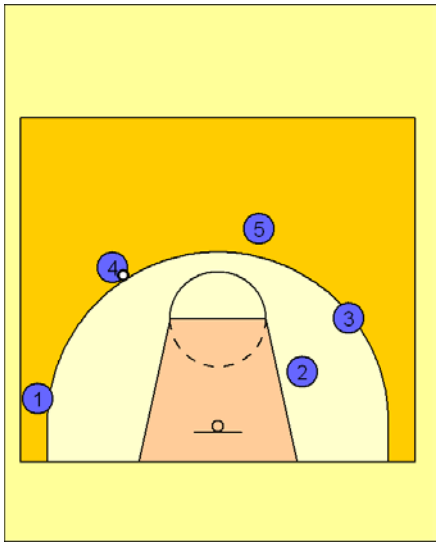
1 screens down for 4
and the ball is reversed again



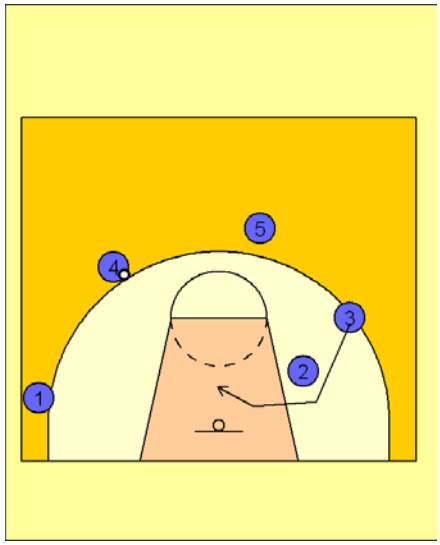


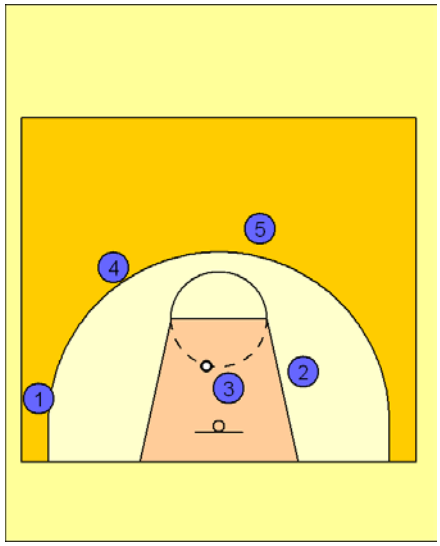
1 screens down for 4
and the ball is reversed again



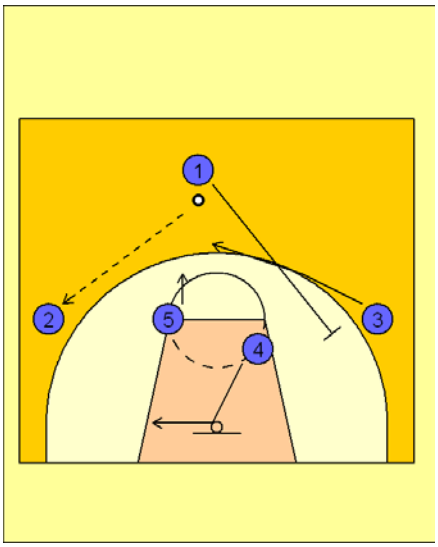


2 now screens for 3 who cuts off looking for the ball from 4 and the offence begins again

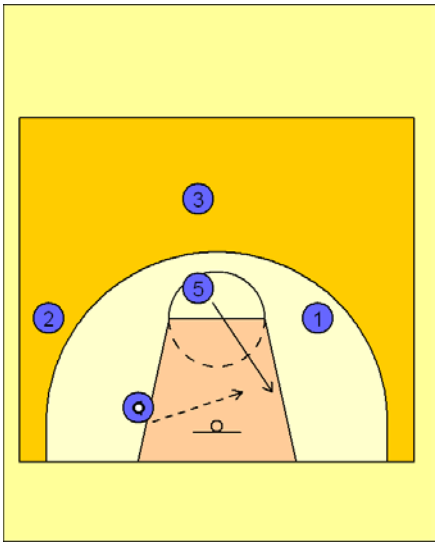




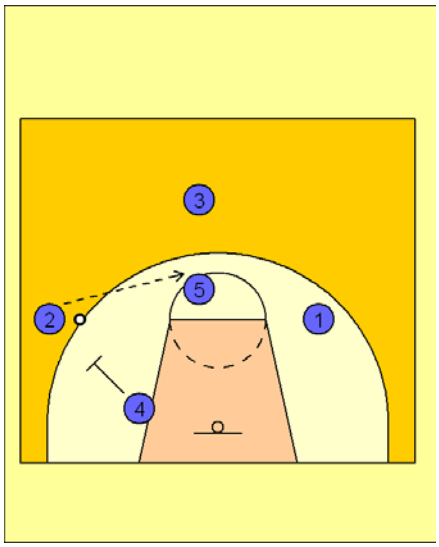
Isolation



Isolation
1 passes to the wing then screens away
4 cuts behind his defender and posts up at the strong side block to receive the ball.

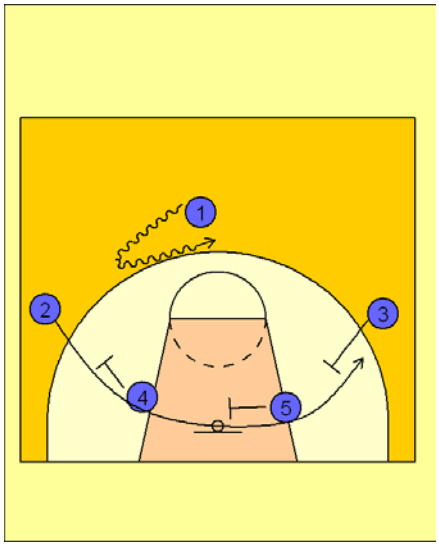


As 4 receives the ball 5 has the option to back cut to the basketon the weakside

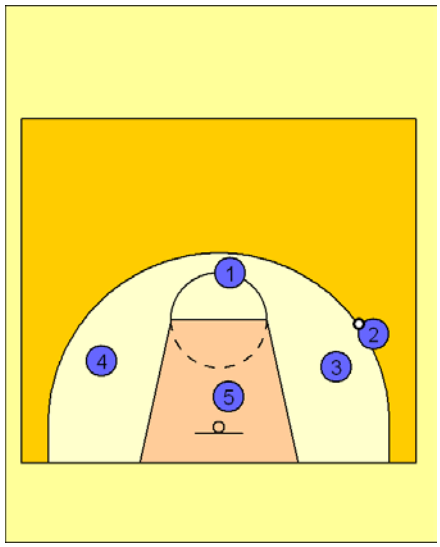


Option 2
The ball is delivered to the 5 guy from the wing
The 4 now back screens for the wing who cuts hard to the basket

One

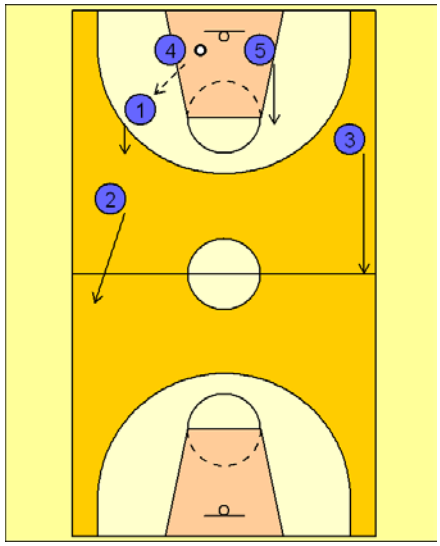


ONE
Starts with the two low posts the 3,4,5, step hard towards the two player who cuts around underneath the screens set by these guys. 1 reverse dribbles the ball back to the centre of the court to make the pass to the 4

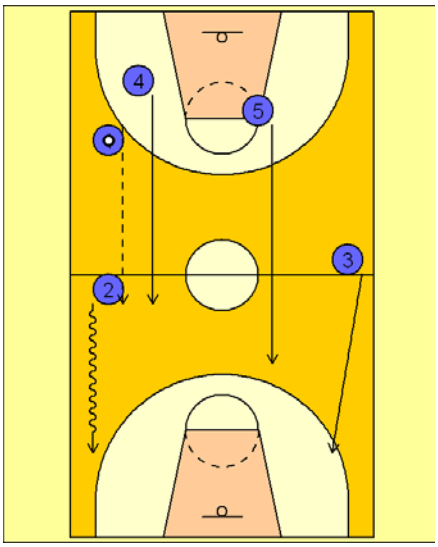


The reverse is with the 5 and 3 player setting a screen staggered for the four guy to come back to the ball

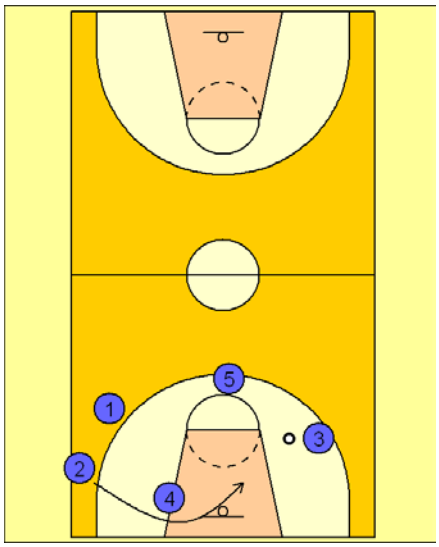
Transition



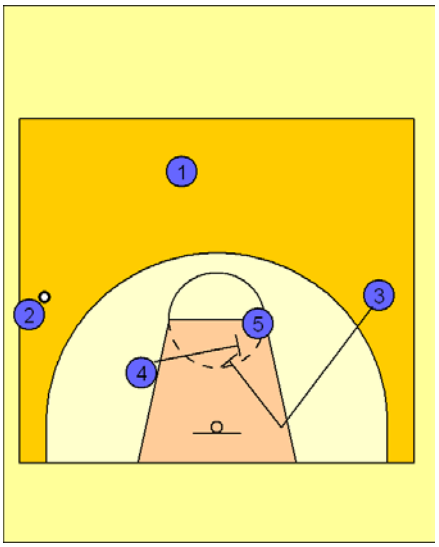
Transition
The rebounder outlets the ball and te ball must go to the hands of the furtherest player down the court on same lane ***Dont cross the lanes}***



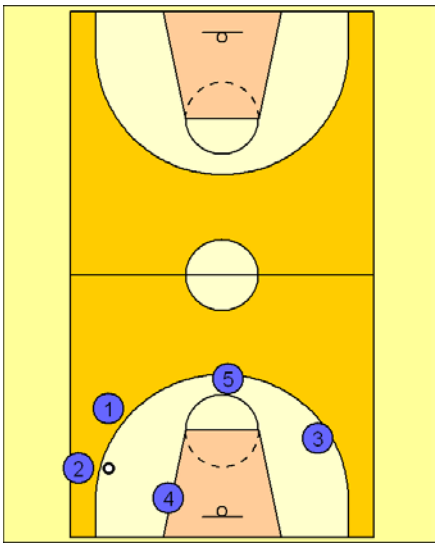
If your open in a one on one situation then continue to the basket fast break situation if we have the numbers we go hard to the basket.



Once reversed the 2 guy will come off the screen set by the four guy a basic flex cut looking for the ball

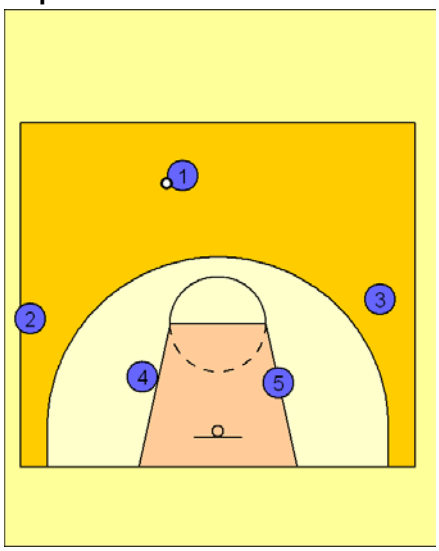


Then the 4 sets a screen for 5 to come over and 3 sets a screen for 4 to back cut

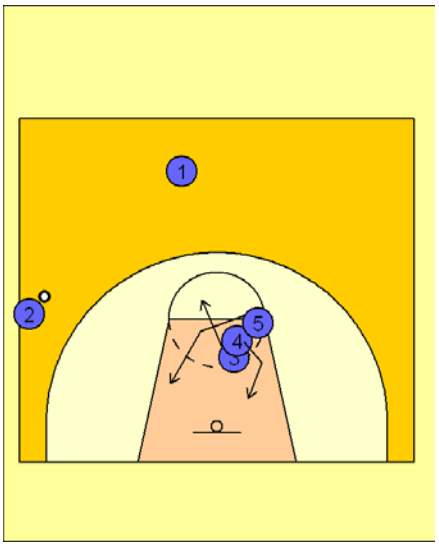


If the pass to the four guy is not on then we reverse the ball back through the trailing players

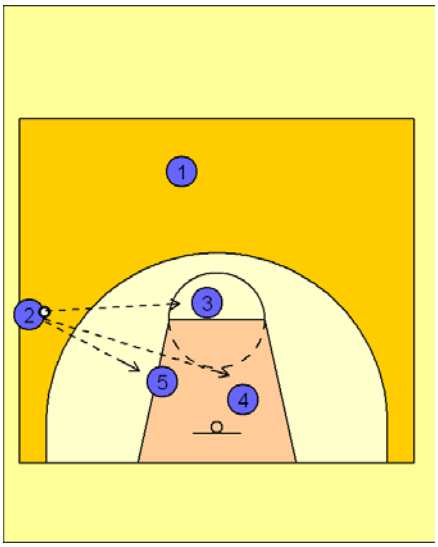
Triple

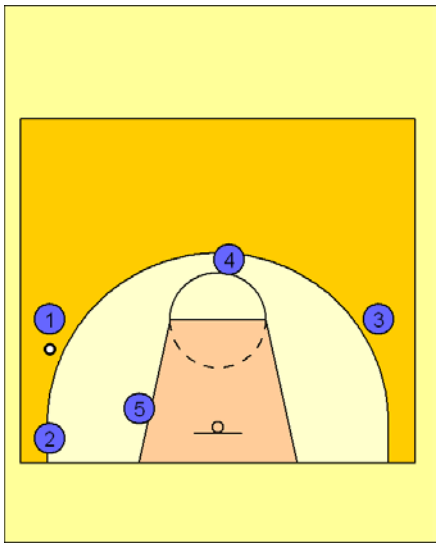


Triple
Starts in the one four configuration, it is a special play to obtain a score when we need a a good easy score

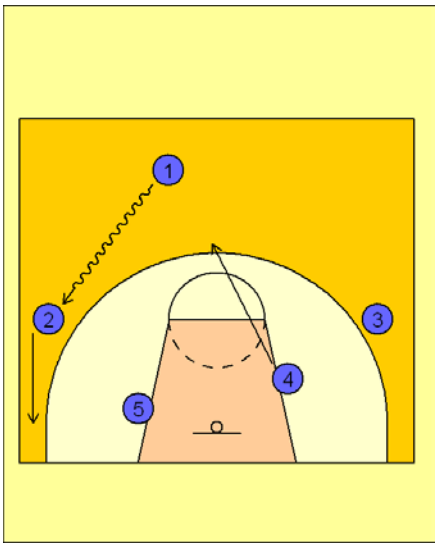


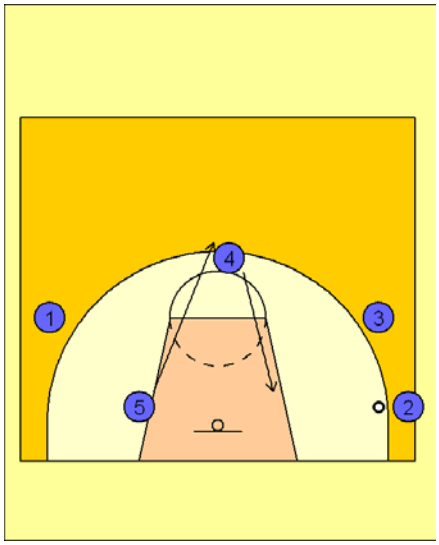
3 pops up and probably will get a very good shot oppotunity if the ball is not already in the hands of the 4 or the 5 guy





Zone

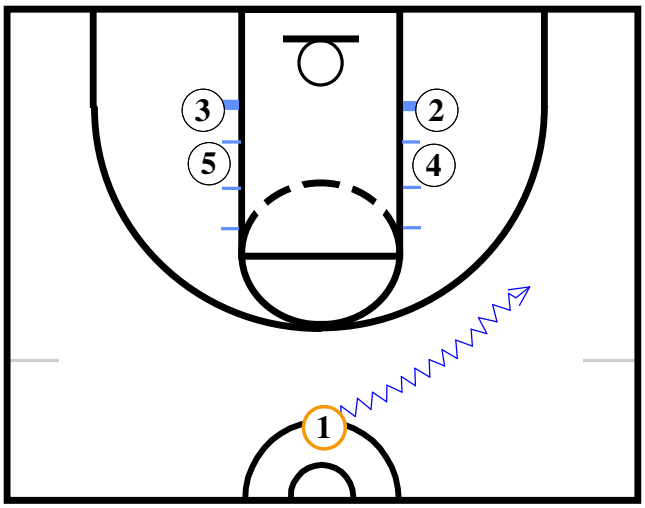




Zone
To be played against zones can also be used against the man defence as well

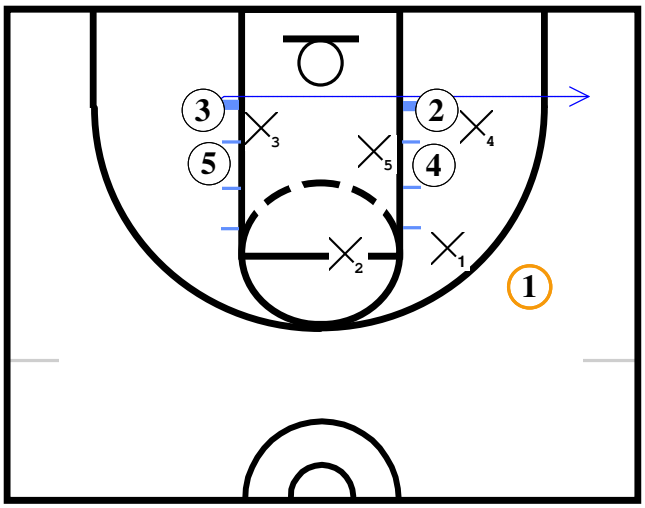
Silver Read

11-16-2006



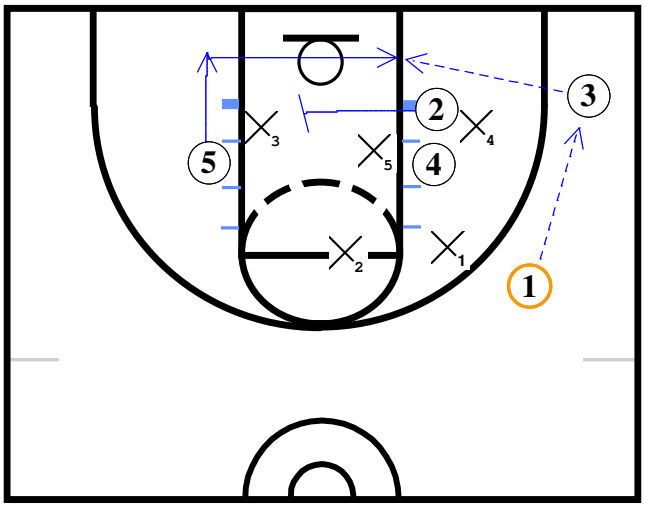
Frame A

Double Stack Set: 1 dribbles to the right wing.



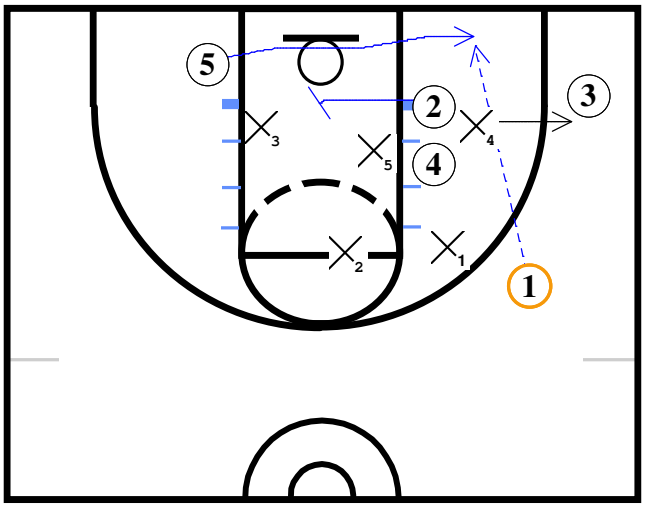
Frame B

When 1 gets to the right wing area 3 comes under the 2-4 double screen. 4 is screening the middle man in all zones with his butt.



Frame C

5 walks down even with the backboard. 1 passes to 3 who passes to 5 coming off of 2's cross screen on the weakside zone defender.



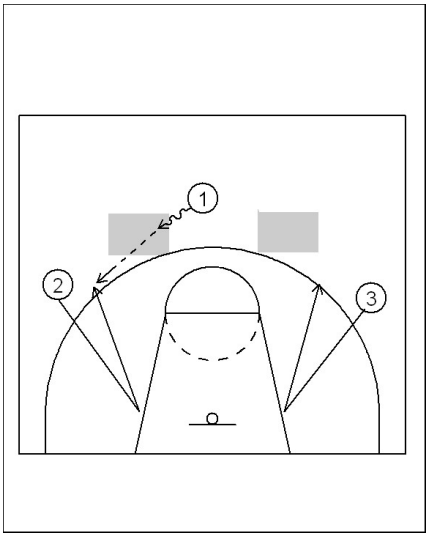
Frame D

If 1 cannot pass to 3 in the corner, 2 will look at 1 and read the defense and still go screen for 5 who will go to short corner and get a pass from 1.

General Comments

Silver is a read by the 1,2, 5 players if 1 cannot pass to 3 in the corner. You need to be able to run this set to both sides of the floor. If this set does not work you need to run 3 out 2 in motion zone offense. (4 must post up strong keeping the middle zone defender occupied)

Motion
Alford

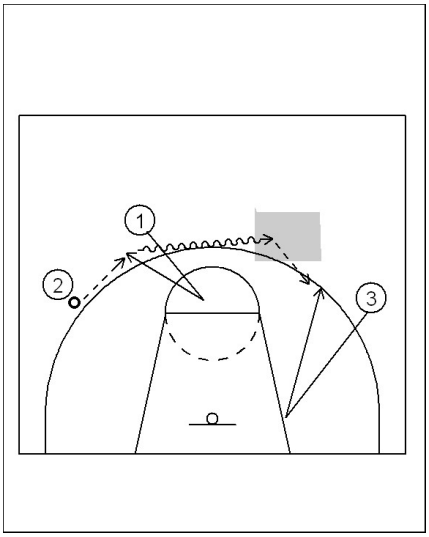


1

SHADED AREAS REPRESENT GUARD OPERATING AREAS
- Important guards do not operate in "Main Street"
- Create a passing angle by taking the ball off centre, limiting the defensive angle

V-CUT ACTION -
- Forwards "get open", using v-cuts, with correct "slash arm" technique
- The lead needs to be run on two planes

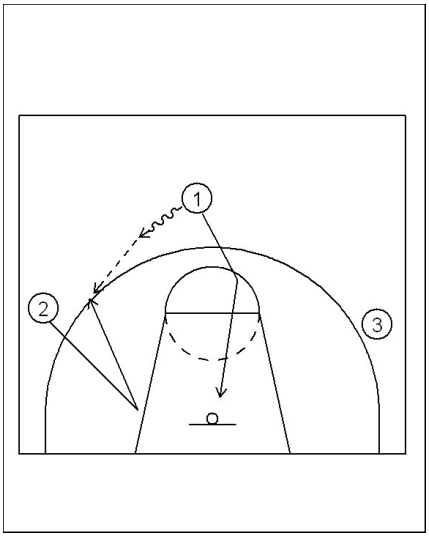
TEACHING POINT
- Cut down below the block, lead back to the ball above the block



2

BALL REVERSAL -
- Guard runs replacement cut, leads back to the ball
- "Rip" the ball through, taking it hard on the dribble to the "guard operating area" - "DRIBBLE SWING"
- Weak-side wing player v-cuts to receive the pass
- Weak-side player may have to run v-cut twice to get open and "time" the lead

TEACHING POINT -
Pass to the advantage of the receiver, AWAY from the defence
Receiver show target hand



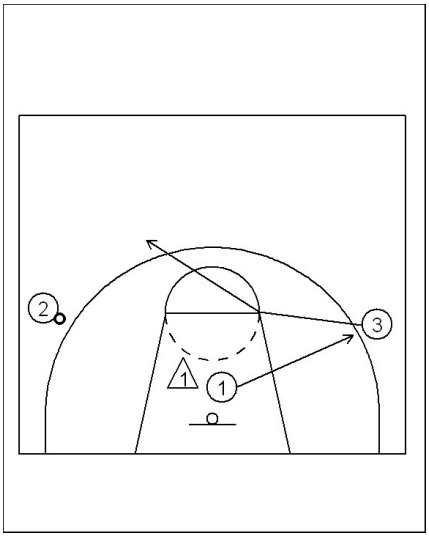
3

PASS & CUT
- Take ball off centre, deliver pass to wing player, who has run v-cut lead
- Guard runs v-cut to basket

TEACHING POINTS -
- Cut looking for the ball
- Change of pace, change of direction on all leads & cuts

Created with basketball playbook from www.jes-soft.com

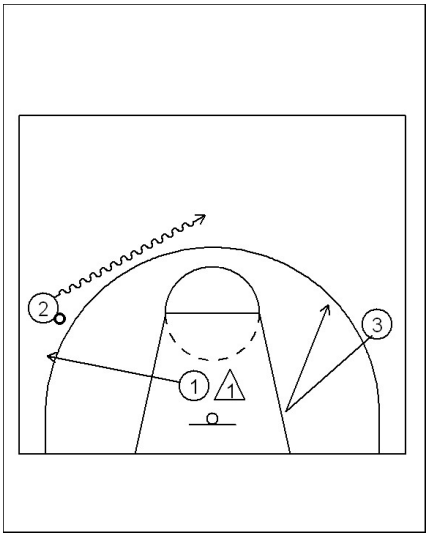
Motion
Alford



4

PASS,CUT & REPLACE PLUS "TURNING OUT" -
- IF the defender has jumped to the ball and is on the ball-side of the cutter, cutter "turns out" to the weak-side
- Weak-side wing player cuts to elbow area, then "loosens" to fill the space created by the cutter

TEACHING POINT
- On all cuts, adopt principle of change of pace, change of direction

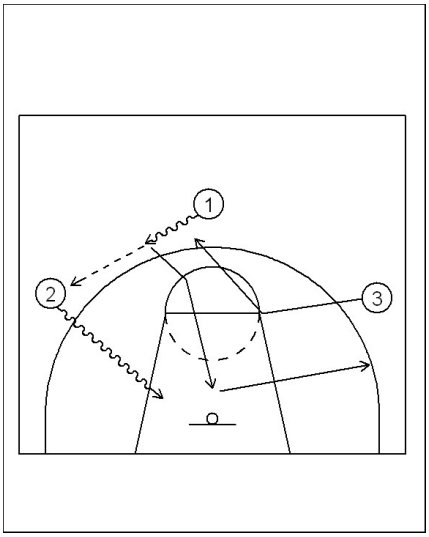


5

- If the defender is on the weak-side of the cutter, cutter can -
i seal in the lane
ii post up
iii "turn out" to the ball-side wing

The ball handler creates floor balance by dribbling into the space created by the cutter

Weak-side wing v-cuts to occupy the defence

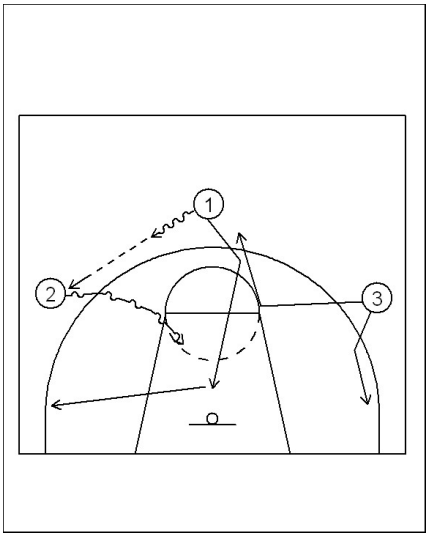


6

"DRIVE ON THE HEELS OF THE CUTTER"
- Pass & cut action
- Once the cutter has "turned out" to the perimeter, the player with the ball drives into the space behind the cutter ("on the heels" or "on the back" of the cutter)
- This space will be to the base-line if the player is turning out away from the ball

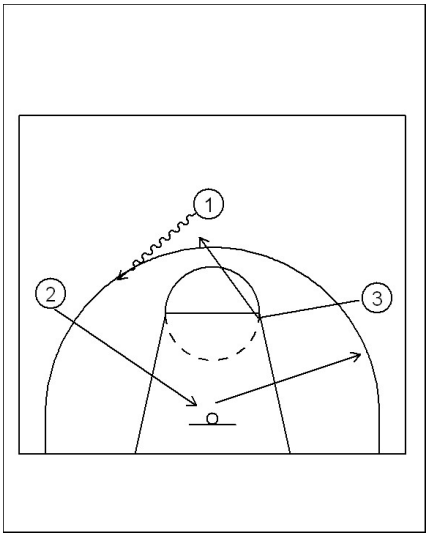
Created with basketball playbook from www.jes-soft.com

Motion
Alford



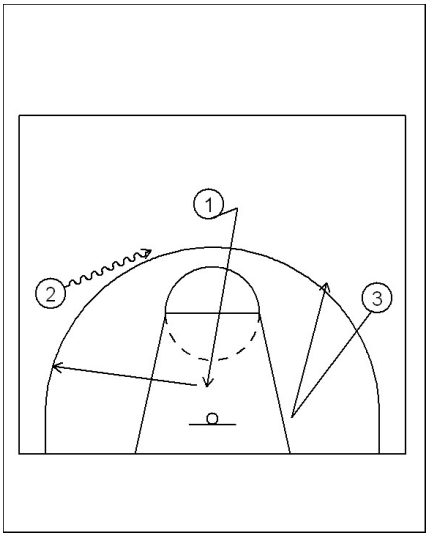
7

- If the cutter is turning back to the ball-side, the "penetration lane" will be into the space at or around the elbow area
- Weak-side wing player can replace into the space created by the cutter OR flare looking for the drive & kick to the opposite wing if the replacing player flares



8

BACK CUT & REPLACE ACTION
- Ball carrier drives hard at the hip of the wing defender, forcing the defence to make a decision
- As the dribble is taken, the wing player makes a hard back cut and turns out to opposite wing
- The weak-side wing player replaces into the space created by the dribble
- Ball-side wing cutter can also run "shallow cut" & replace into the space created by the dribbler
- Weak-side wing would v-cut to occupy the defence in this action



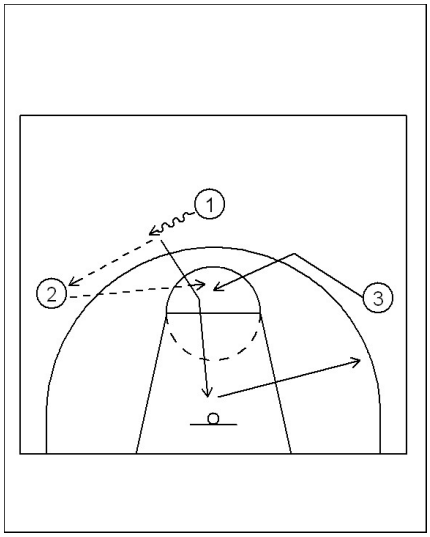
9

"DRIBBLE EXIT" ACTION -
- If the ball is on the wing, the ball carrier can initiate "action" by dribbling at the point
- The player at the point cuts hard back door

THE BACK CUT IS STRONG ACTION IN ANY OFFENCE. THE PRINCIPLE OF "DON'T FIGHT PRESSURE" IS AN EXCELLENT WAY TO TEACH PLAYERS WHEN TO BACK CUT

Created with basketball playbook from www.jes-soft.com

Motion
Alford



CUTTING ON THE HEELS OF A CUTTER
- Ball is passed to the wing
- Point cuts hard, creating space behind
- Weak-side player cuts into the space behind the cutter
- Initial cutter "turns out" to the space created by second cutter

KEY TEACHING POINTS IN THE ALFORD SERIES -
Spacing - "loosen up"
Ball movement - only dribble to penetrate or improve a passing angle
Player movement - hard cuts
"IF & THEN" - read & react to defence
Turn & face on every catch

Created with basketball playbook from www.jes-soft.com

OAK HILL ACADEMY ZONE OFFENSE

HEAD COACH: Steve Smith

In preparing to attack zone defenses, there are several fundamentals a team must learn if it's to have consistent success.

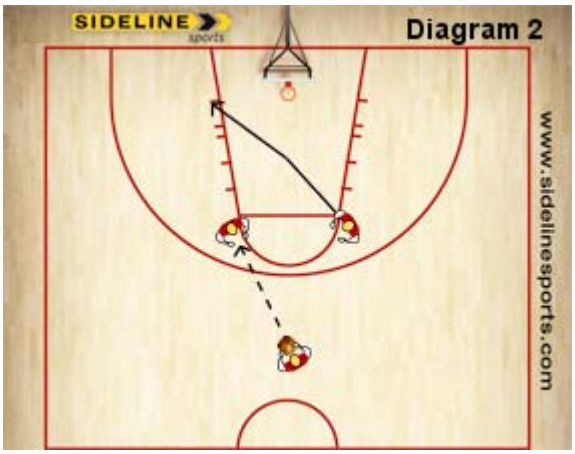
These areas of instructions are:
1. Use of different screening techniques;
2. Obtaining penetration by dribbling and passing;
3. Frequent ball reversal to expand the zone horizontally;
4. Use of the skip pass;
5. Use of the 3-point shot as a weapon.

In keeping with these principles, we have developed a series of rules for our zone attack. They're broken down into two categories: post player rules and perimeter player rules.

BASIC ALIGNMENT

While there is nothing earthshaking about the way we set up (diagr. 1),





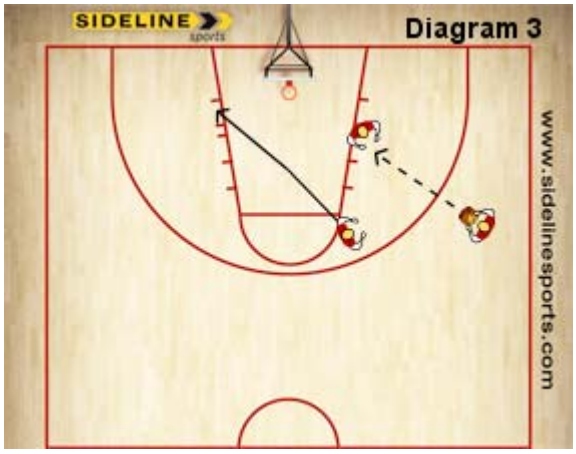
we do have some guidelines for each player entering into the offense.
Player 1 is the primary ballhandler. We want him to always set up in a seam and to start the offense fairly high on the floor to expand the zone vertically.

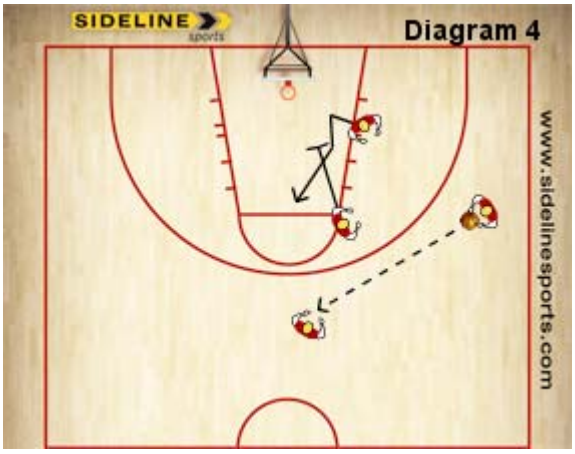
Players 2 and 3 are the wings - good perimeter shooters. We want them to start at least one step above the free-throw line extended, and to face in such a way as to be able to see the defense with their peripheral vision.

Players 4 and 5 are the post players. We like them to start at the corners of the free-throw lane, facing each other. Their objective is to screen the defensive guard or to seal the guard to the outside in order to receive a post entry pass from the 1 man. This alignment allows for two things:
1. you have four options to start your offense.
2. It moves the zone up the floor vertically, which creates larger seams.
Once the principles of the basic alignment are covered, everything else in the offense is a reaction to the movement of the ball.

RULES FOR THE POST PLAYERS

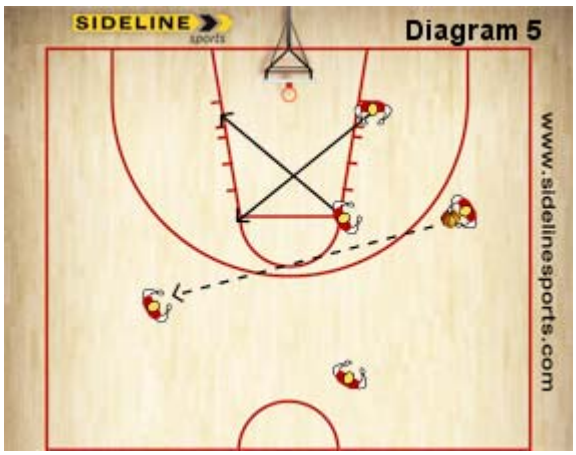
1. Anytime one post player receives the ball, the other post player dives across the lane to the opposite block. This can happen when both post players are at the high post or when they're in a high low set (diagr. 2, 3 and 4)

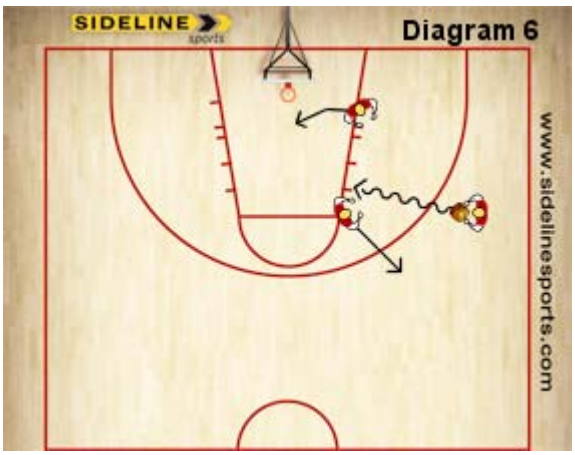




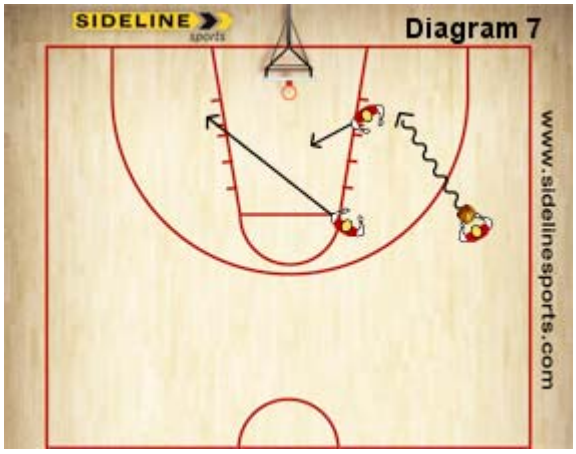
cut should be made on eye contact between the two players. 2. Anytime the ball is passed from the wing to the top of the key, the high post downscreens for the low post (diagr. 5).

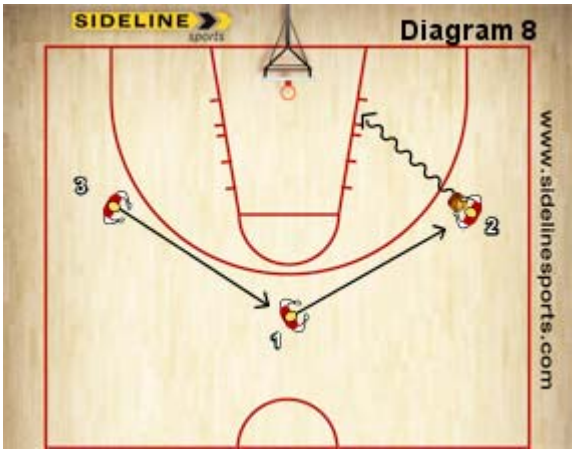
The screen should be made on the middle defender in the zone. For proper timing, the low post should pivot on the baseline foot toward the baseline, then cross over through the screen into the broken-circle area. 3. Anytime the ball is reversed by the way of a skip pass, the post players should crisscross (diagr. 6), the high post player cutting first.





4. On dribble penetration to the corner of the free-throw lane, the high post steps out beyond the 3-point line and the low post attempts to pin and seal on the block (diagr. 7).
5. On dribble penetration to the baseline, the low-post player should inside-pivot and seal the defender as the high-post player dives to the weakside block (diagr. 8).

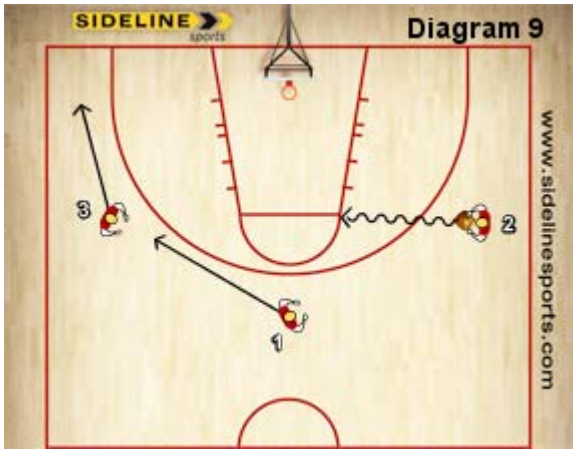




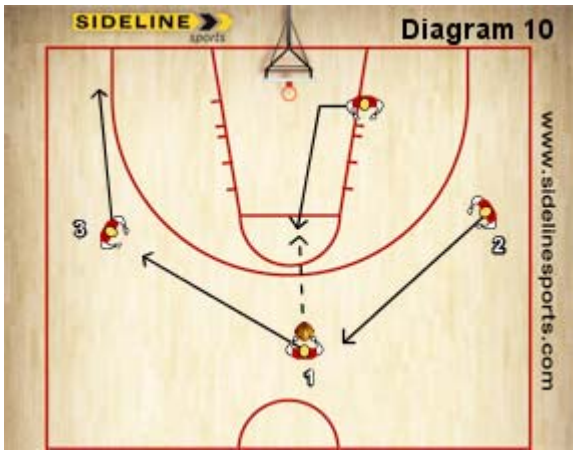
6. When receiving the ball, high-post players should catch and inside-pivot (the James Worthy, and Jack Sikma, the two great former NBA players, footwork) and face the basket. Low-post players should catch, chin and look over the high-side shoulder.

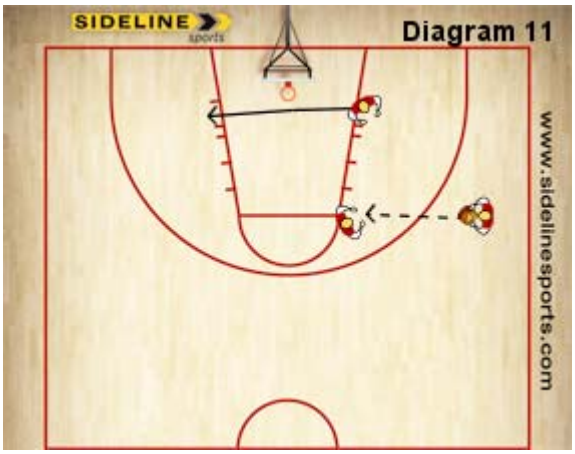
RULES FOR PERIMETER PLAYERS

1. Anytime penetration is made toward the baseline (either by dribbling or feeding the post), all perimeter players rotate in a stepslide technique toward the ballside baseline (diagr. 9).



2. Anytime penetration is made toward the corner of the free-throw lane (middle of the court), all perimeter players step-slide toward the weakside baseline (diagr. 10).





3. Anytime penetration is made from the top of the key (by dribble or pass), wing player step-slide to the corners or behind the penetrator (diagr. 11), depending on the type of zone. On pass penetration, the point player slides opposite the direction of the post player.

4. Against an odd-guard front, the point guard always plays in the blind side of the defensive guard.
5. Do not pass back to the same side unless the point player dribbles or fakes across the midline of the court.

6. Option: Anytime the ball is passed from the point to the wing, the passer screens away o exchanges with the opposite wing, depending on where the defensive off-guard plays.

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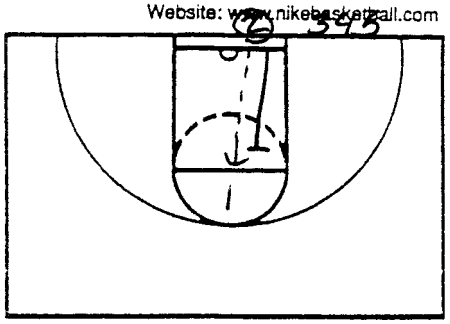
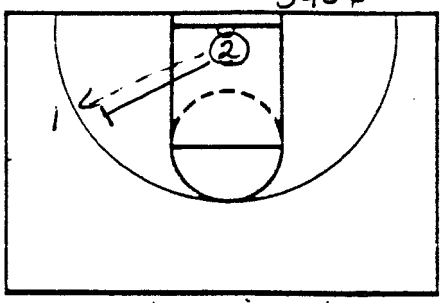
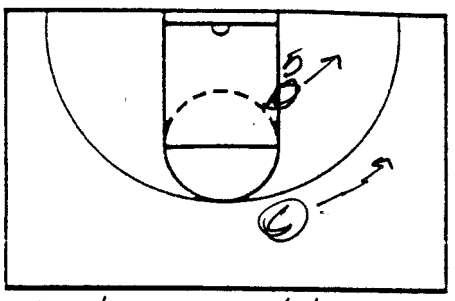


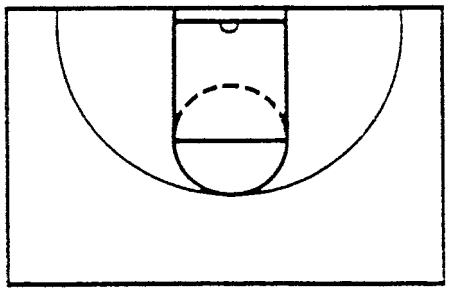
NOTES 1 on 1 Close out
- trace ball -3 pass fakes
- 1 dribble

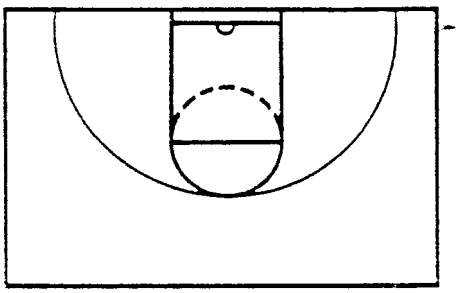


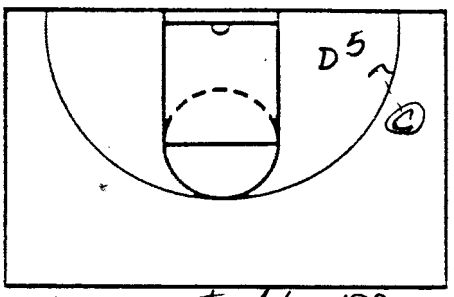
1 on 1 wing close out
- Close out
- 3 pass fakes
- 1 dribble



1 on 1 post def.
½ front → Ball below ft
X step



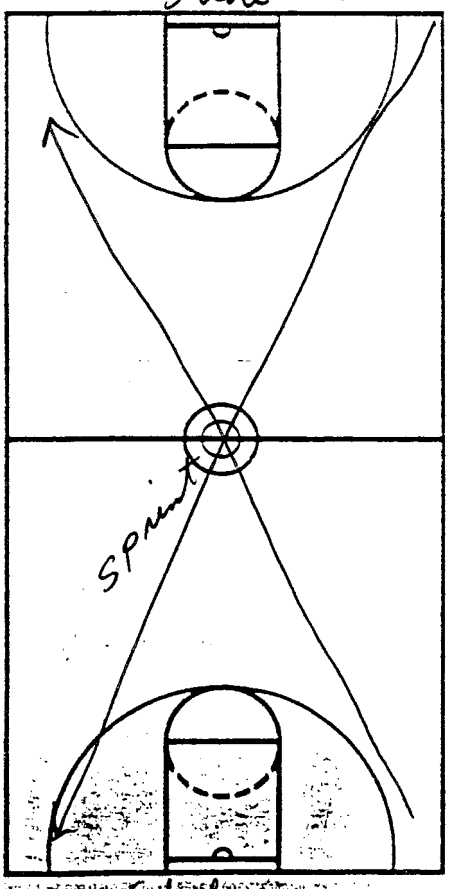




NOTES

after post def - off
steps out - faces baseline

Slide



Slide

NOTES

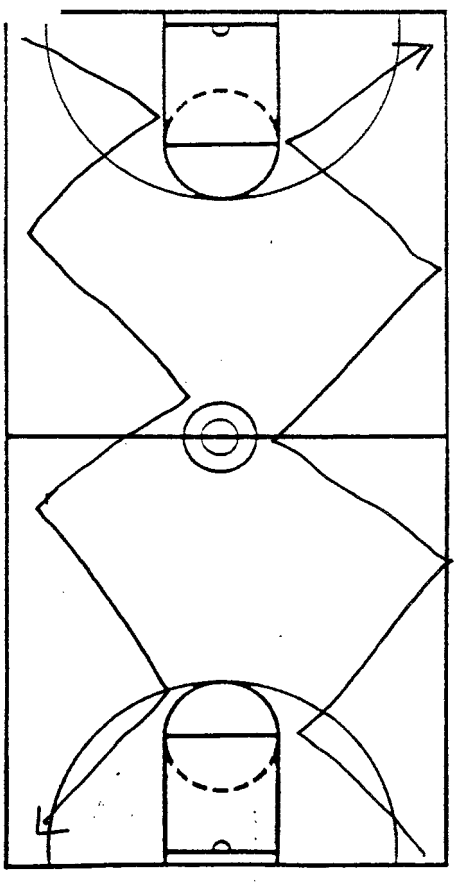
X drill

Sprint count

Slide baseline

Towel above head

Zig Zag
- Towel behind butt



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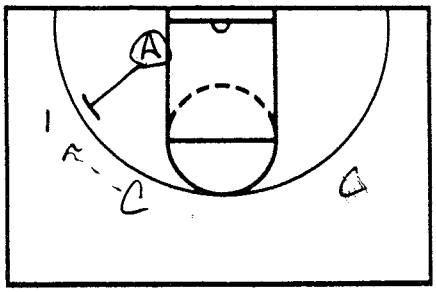
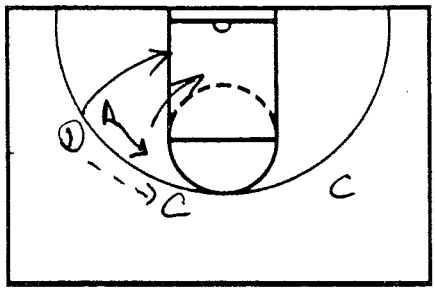
(2)



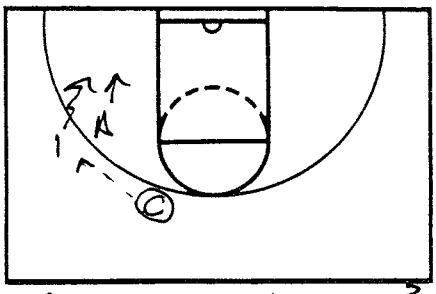
NOTES 6 in 1 drill 1

Close out



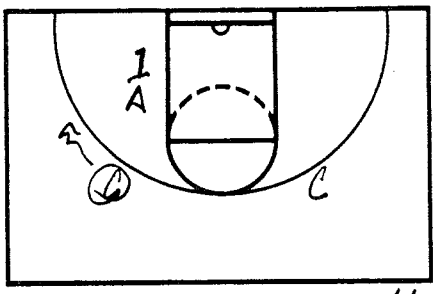
Jump to ball 2

Deny cut



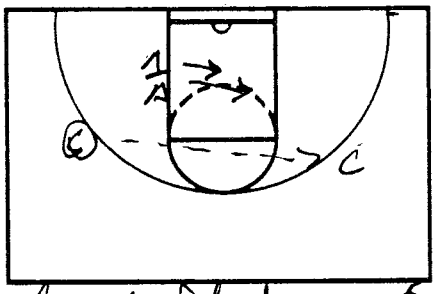
Guard 2 dribble 3

Force to line

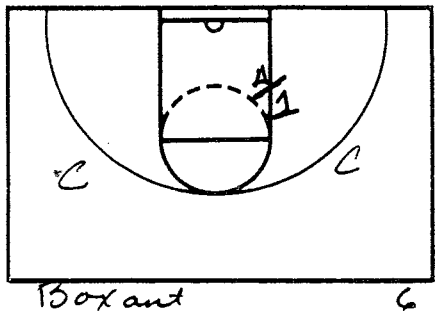


NOTES 4

Guard low post

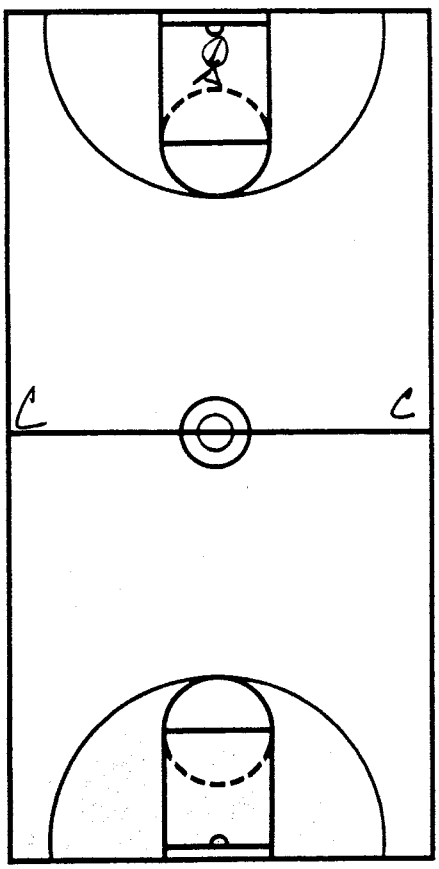


Guard flash 5



Box ant 6

JUST DO IT



NOTES

1 on 1

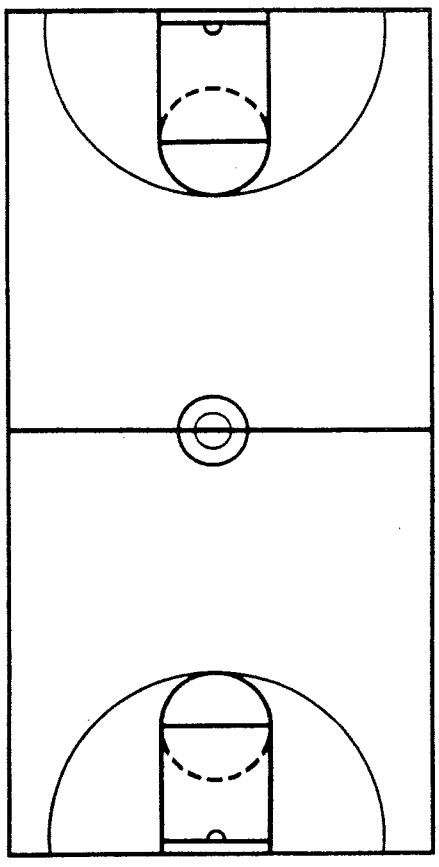
FC

off cm pass

to coaches at ½ ct

Defense deny cut

then 1 on 1



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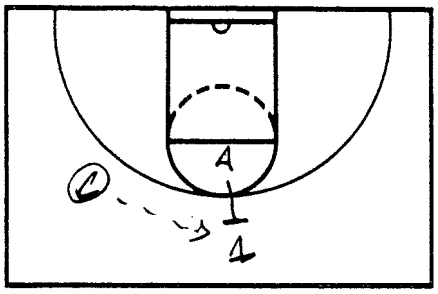
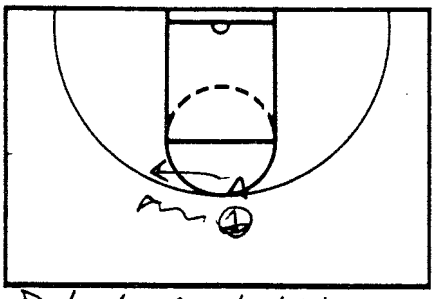
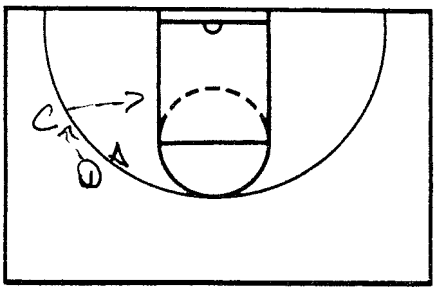


NOTES 4 in 1

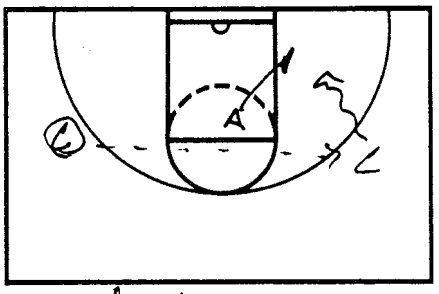
1 Close out



2 Defend 2 dribbles

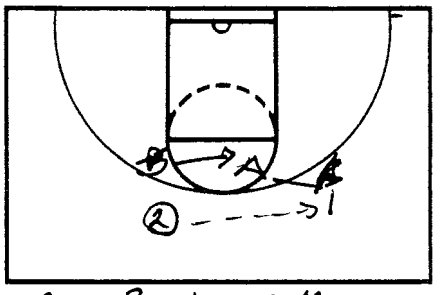


3 loose ball

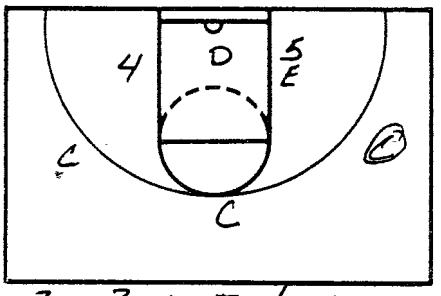


NOTES 3 ball reversal

4 Take charge



2 on 2 - Live ball



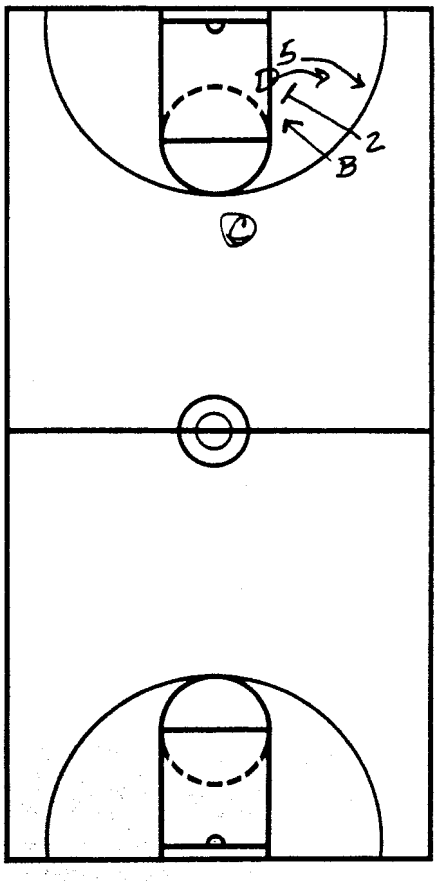
2 on 2 post clinic

½ front clamp

Help across

Switch screen away

JUST DO IT



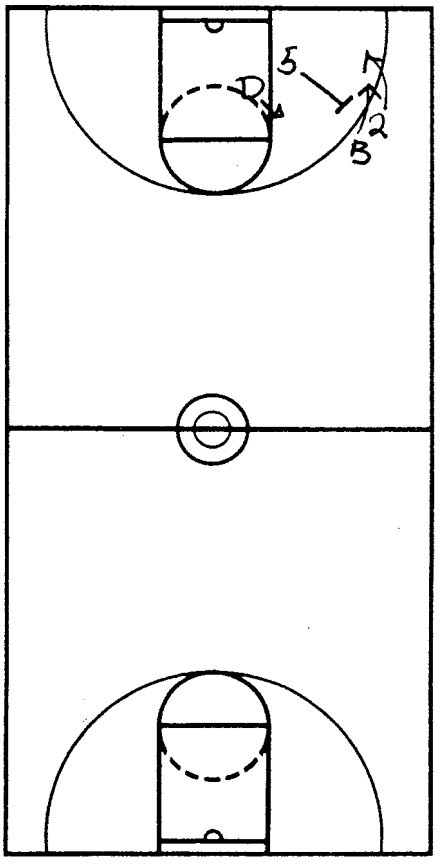
NOTES

2 on 2

Wing to post

Chase from behind on Down screen

D stacks middle



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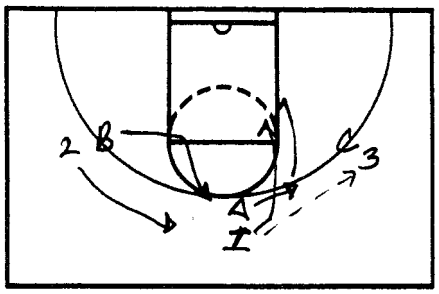
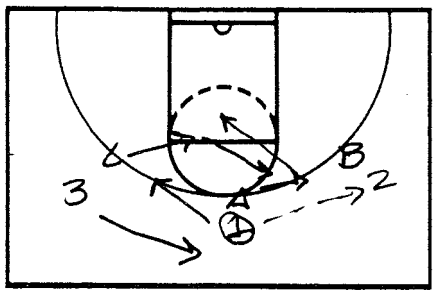
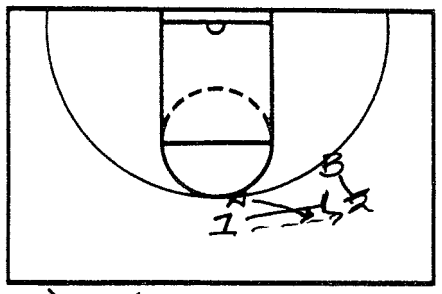


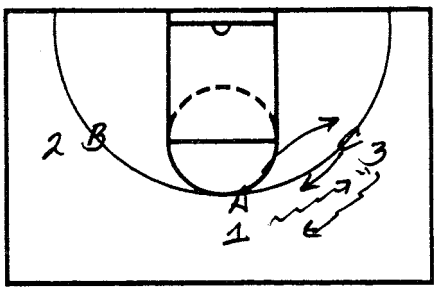


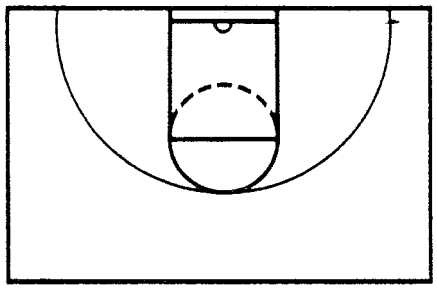


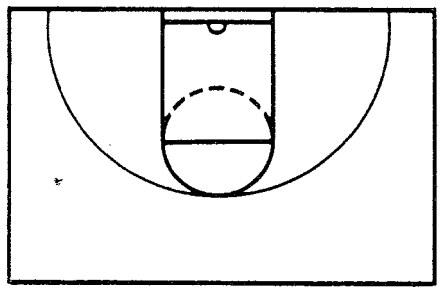
NOTES 3 on 3
Heels on 3pt line
1) Basket cut

2) pass screen away
can't be screen
if you jump to ball

3) Ball screen - show & Recover

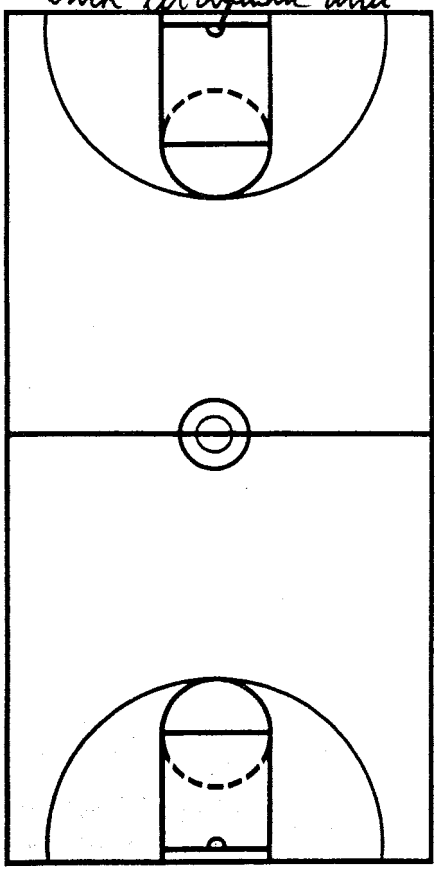




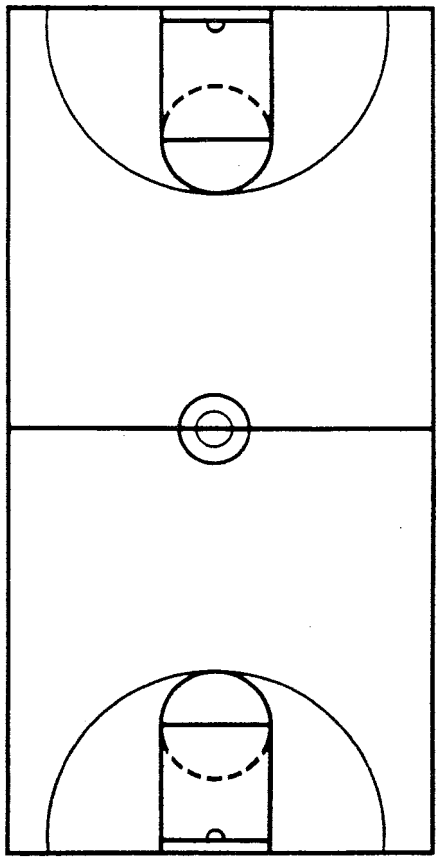


NOTES
4) Hand off
Ball defender step back let defender through

JUST DO IT



NOTES



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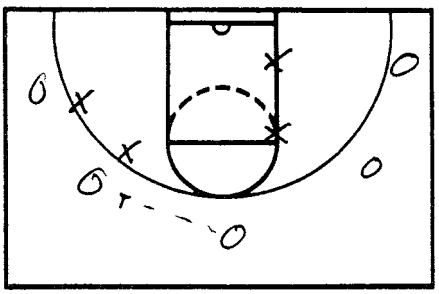
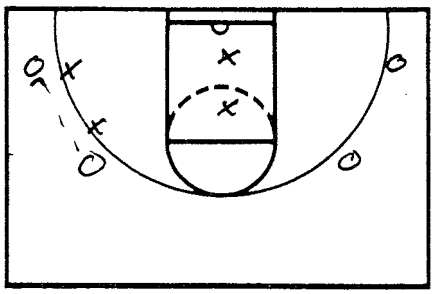
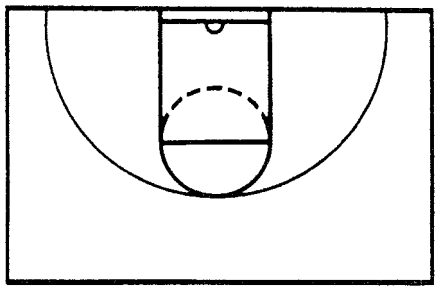
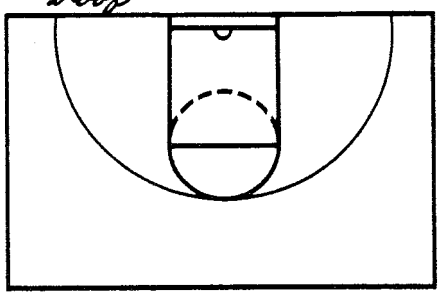
DATE Oak hill defense

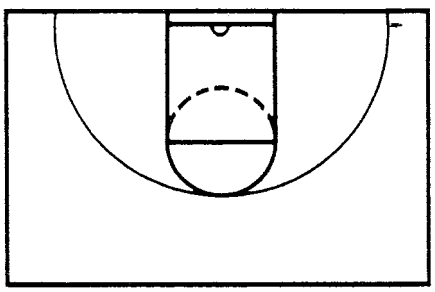


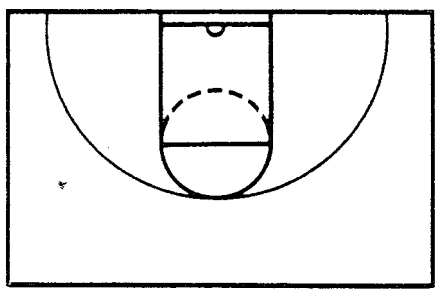




NOTES 4 on 4
When ball comes off
Point → we must cover
hoop

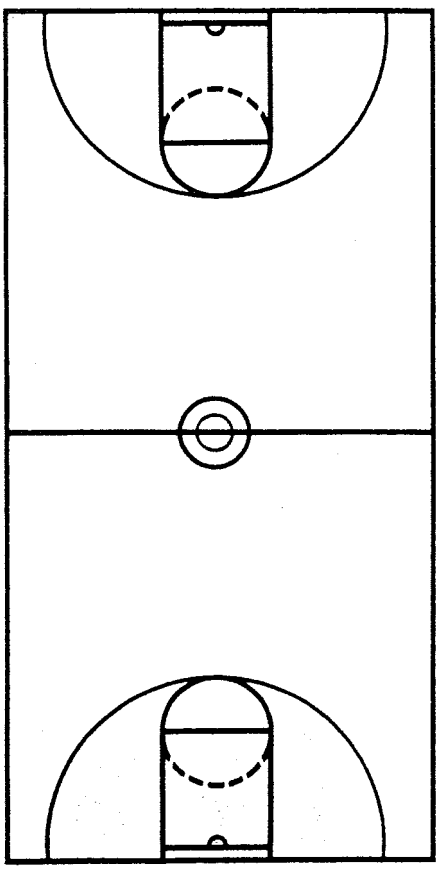




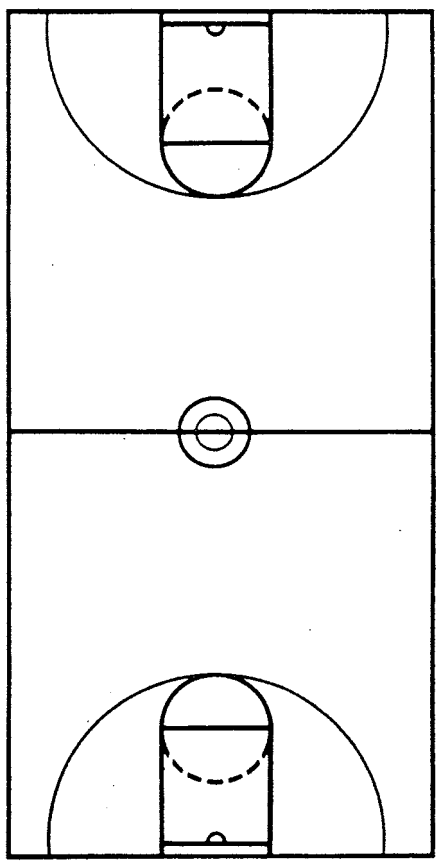


NOTES

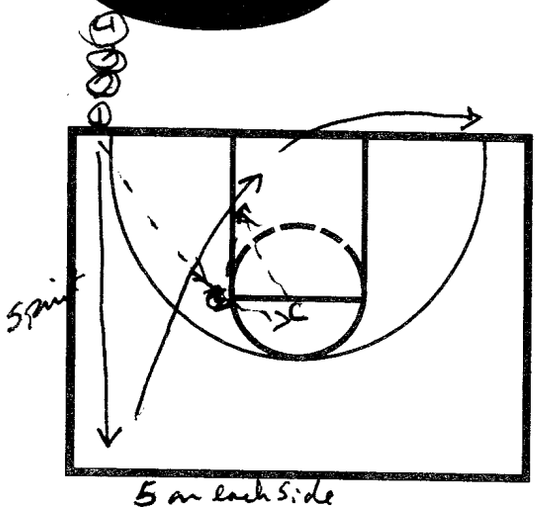
JUST DO IT



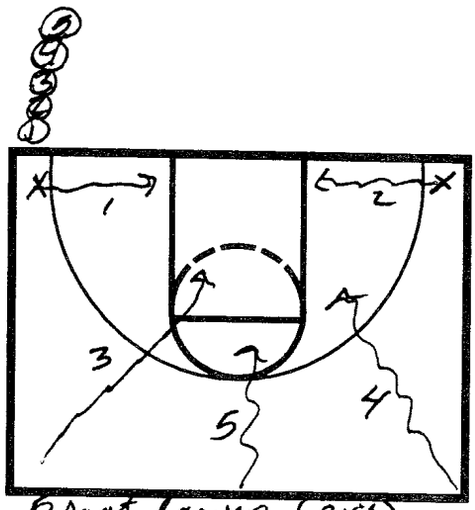
NOTES



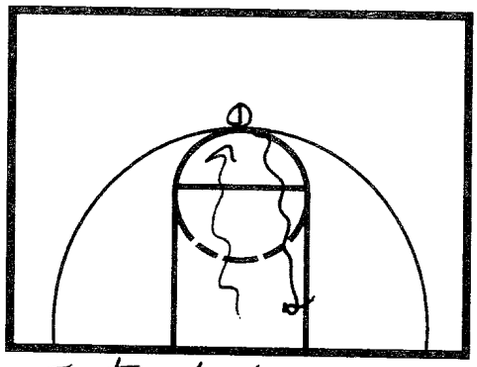
Oak Hill ⇒ Conditioning



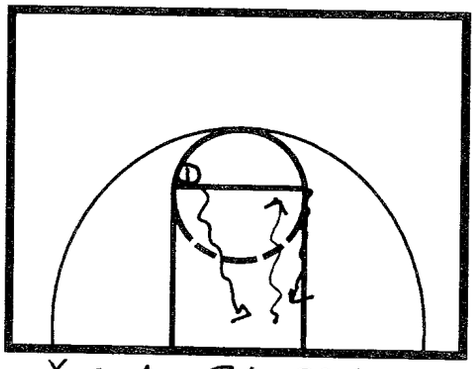
5 on each side



5 spot Lay up (2x's)

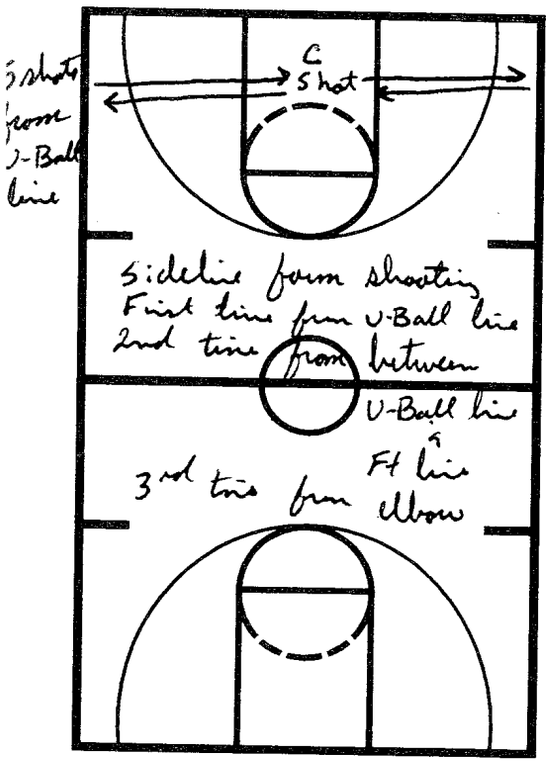


Intensity layups
2 x's
7 lay ups in 30 sec.
L Hand dribble L Hand lay up
R " " R " "

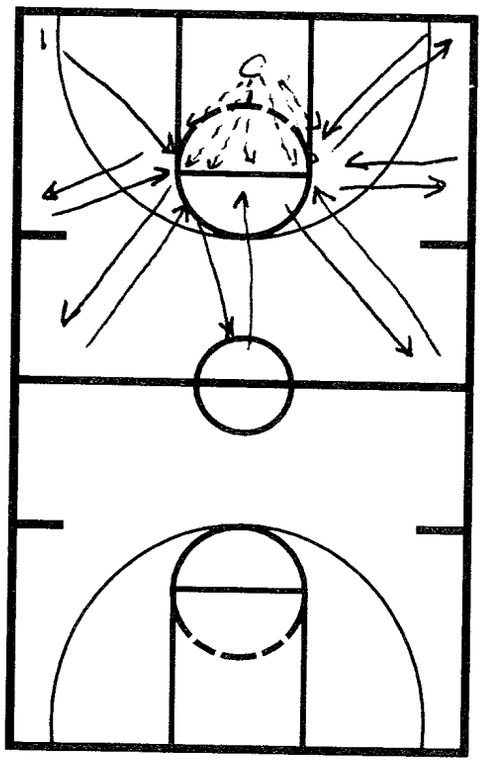


X out - 8 in 30 sec

after Intensity lay ups or
X out - player shoots
5 Ft.



5 shots from U-Ball line



Angle
Elbow
J-shot

NOTES:

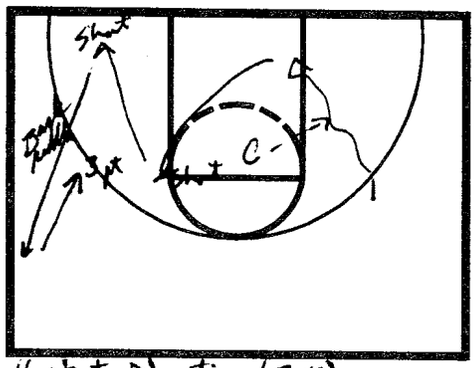
NOTES: Att. Shooting

Feet set

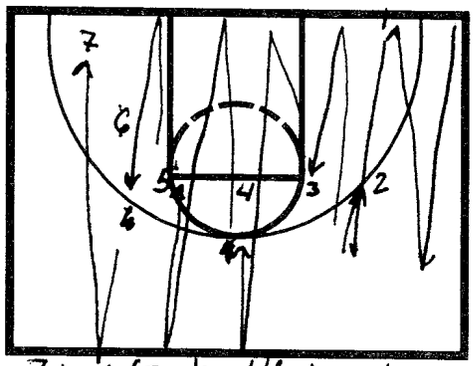
Shoot on way up (up release)

Finish strong

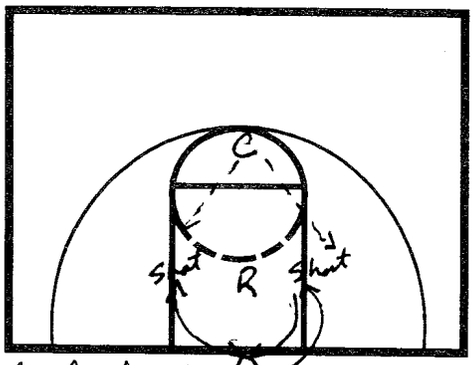
"Don't let front of rim beat you"



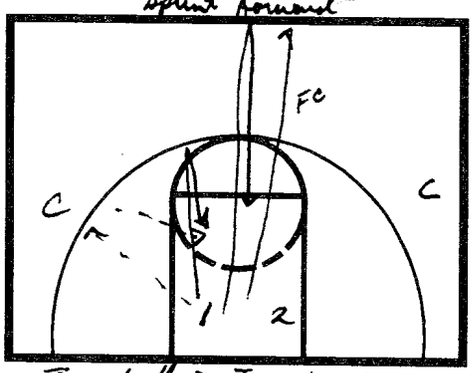
4 spot Shooting (3x's)



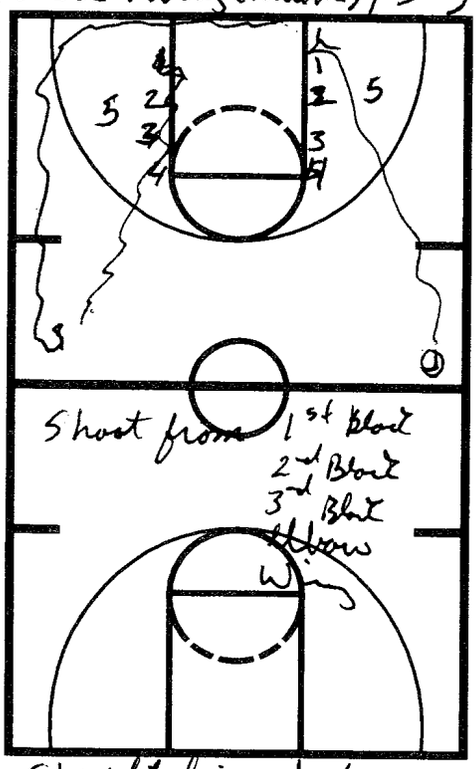
7 spot (Backpaddle to UB line on ½ ct) sprint forward



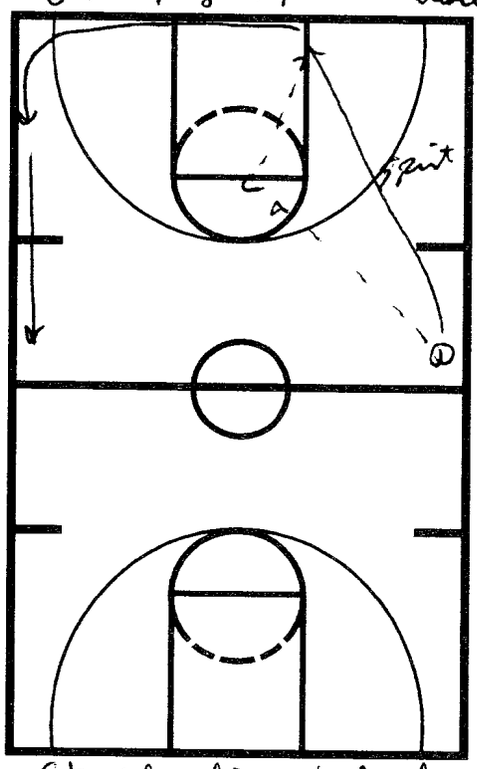
Curl shooting
Must make 10 shots
R side of floor → R L foot work
L side of floor → L R " "
/Block / wing (1 dribble) / 3's)



Tap drill → Tap off glass 5x's
Pass to coach sprint
1) To 3pt line → lay up
2) HL → lay up
3) FC lay up → other side
½ post player → Post on block make a move



Straight line shooting
Pull up J.



Straight line w/ Coach

Sturt Sabres

Under 18 Boys

Playbook

DEFENSE

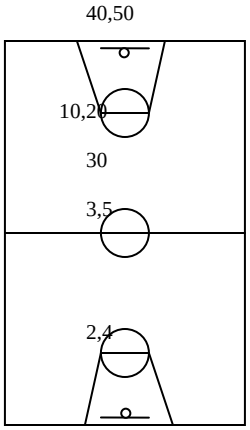
Revised
February 2008

EXTENDED DEFENSE

Calls

Half Court Defense

1 Not used
2 Straight 2-3 zone
3 3-2 Combination zone
4 4 Out 1 In Match Up zone
5 Man to man ball pressure defense



PICK UP POINTS
50 – full court, deny inbound pass
40 – full court, deny all passes except corner
10,20 – ¾ court
30 –between the circles in back court
3,5 – just over ½ way
2,4 – ¼ court, in shooting range

Extended Defense

10 Man to man ¾ court pick up delay
20 2-2-1 ¾ court press
30 1-2-2 ½ court press
40 1-2-2 full court press
50 Pressure man to man, run and jump, run and trap

Fouling Situations

Red **Foul straight away if no steal, interception**
Orange **Force a turnover, if not foul after a few passes, or when the ball gets to a certain player**
Green **Do NOT foul under any circumstances**

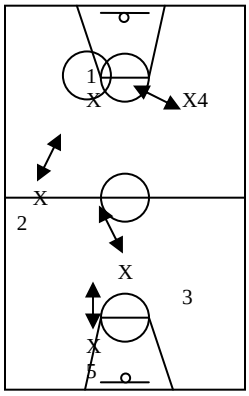
Common Combinations

15 Pick up ¾ court delay back to man to man pressure defense
22 2-2-1 ¾ court press back to 2-3 zone
25 2-2-1 ¾ court press back to ball pressure man to man
33 1-2-2 ½ court press back to 3-2 changing alignment zone
45 1-2-2 full court press back to man to man pressure defense
55 Full court run and jump/trap back to ball pressure man to man

Possible "Junk" combinations

12 Pick up ¾ court, but go into 2-3 zone on entry pass
4 man 2 4 players box zone, 1 tagger (Box and 1)
4 man 55 4 players full court pressure man to man, 1 tagger

10



10

- Pick up dribbler or any pass receiver ¾ court
- Make the opposition handler work to get the ball up court 1 on 1
- Do not allow any release passes down the floor, cross court passes OK
- Other 4 players who are guarding non-handler, play conservatively (eg hedge and recover rather than run and jump, run and trap)
- Our aim is to make the opposition point guard work, take time off the clock and thus disrupt their quarter court offense

EXTENDED DEFENSE (cont)

50

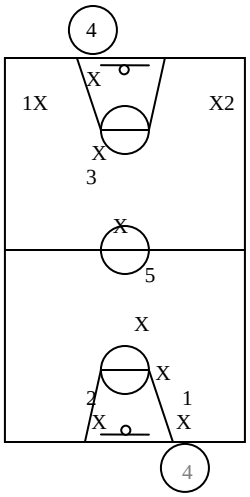
Inbound Strategies

"On"

- Put maximum pressure on the inbound passer
- Play pass receivers behind or side (not front or face guard)
- Play down court players "one-third to player, two-thirds to ball" in open stance

"Off"

- Defender on inbound pass plays "centre field", behind the pass receivers
- Face guard the pass receivers
- Play down court players "one-third to player, two-thirds to ball" in open stance but be ready to face guard if they come up the floor
- Immediately trap any lob pass

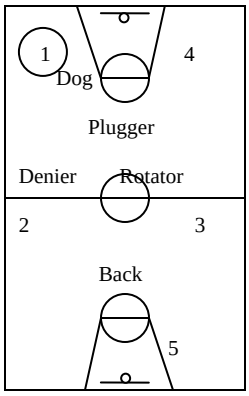


50 ON, OFF

Roles

- Dog – Player defending ball. Maximum pressure, push sideline
- Plugger – Player defending the safety or other guard in a 2 guard front
- Denier – Player defending the ball side lane runner
- Rotator – Player defending the weak side lane runner
- Back – Last player back, defending the basket

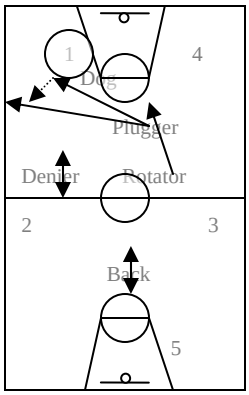
- Backwards or cross court passes are OK, on ball reversal:
  - Plugger goes to ball (Dog)
  - Dog becomes Plugger
  - Rotator becomes Denier
  - Denier becomes Rotator



POSITIONING

Run and Trap Sideline

- On any dribble sideline
  - If Dog can turn dribbler then Plugger traps from middle
  - If Dog is beaten sideline then Plugger traps from down court
  - Denier, hedge and recover
  - Rotator, rotates up floor for pass intercept



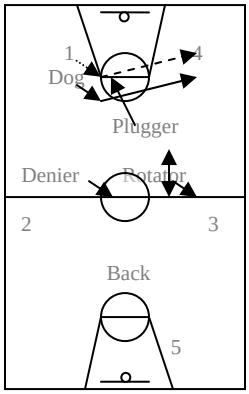
RUN AND TRAP

EXTENDED DEFENSE (cont)

50 (cont)

Run and Jump Middle

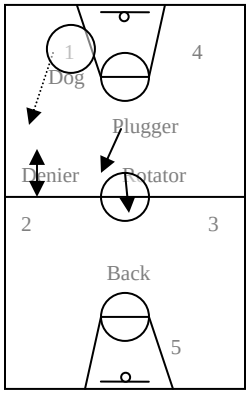
- On any dribble middle
  - Plugger aggressively run and jump/run and switch with Dog
  - Rotator may rotate up as in run and trap sideline, but generally will hedge and recover
  - If ball changes sides (which generally happens) then denier and rotator switch roles



RUN AND JUMP

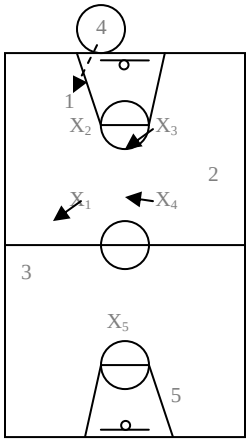
Hedge and Recover Up the Court

- DO NOT Run and Jump, Run and Trap up the sideline.
- Hedge and recover and if a pass goes to your player then be in a position to put maximum ball pressure on the catch.



HEDGE UP THE COURT

20

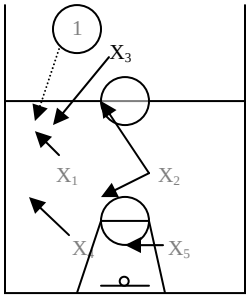


20

- Same rules as 50 except start in a 2-2-1 ¾ court zone alignment.
- Same inbound strategies apply. "On" or "Off"
- When ball comes in, the closest front line is the "Dog"
- The other front line is the "Plugger"
- The ball side second line is the "Denier"
- The weak side second line is "Rotator"
- The back player is "Back"

30

- Same rules as 3 (see half court defense) except pick up a bit higher (Top man between the circles in the back court)
- If ball goes into the trapping area (sideline / half way line) then trap and rotate. Sideline between the 2nd and 3rd lines as well.
- If not then DO NOT TRAP but just hedge and recover into 3 defense

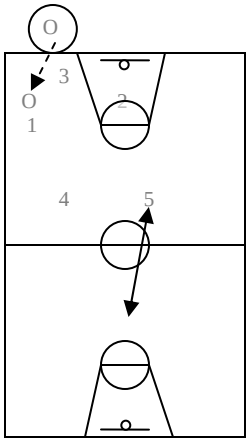


30

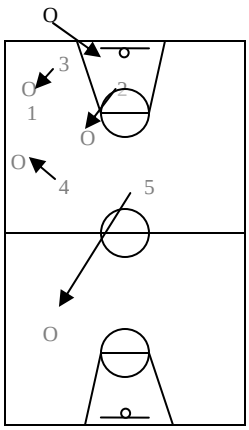
EXTENDED DEFENSE (cont)

40

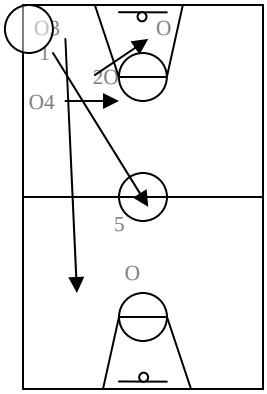
- Start 1-2-2 with all players in the opposition back court
- Inbounder pressures ball so the only pass is a short corner pass. Particularly no long or cross court passes
- Ball side 2nd line makes sure inbound pass goes in front of them
- Weak side 2nd line makes sure inbound pass does not go into the keyway
- Ball side 3rd line guards the area over the 2nd line
- Weak side 3rd line guards the long pass and the long diagonal pass in the back court



- Trap the inbound pass with the 2 closest players (normally 3 and 1 or 3 and 2)
- Next 2 closest players match up on receivers 1 pass away from the ball
- If there are 3 receivers then leave the inbound passer



- If a successful pass is made out of the trap then match up and run transition defense rules

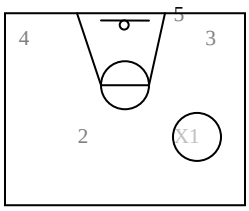


HALF COURT DEFENSE

5

Pressure Man to Man Defense

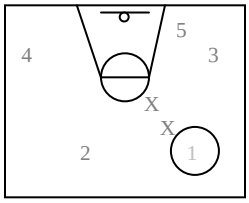
- You can act quicker than your opponent can react.
- As a defender be active and constantly act (attack the ball, change stance, hedge and recover, fake trap etc) to make the offense react.
- Put maximum pressure on the ball so that the ball is not skipped easily



ON BALL

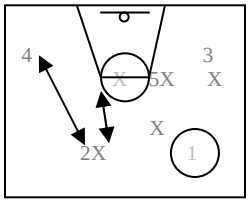
On Ball

- "Up and In" on a catch and shoot player who doesn't like to penetrate or a player who is suspect with the ball
- "Gap" a player whose first look is to penetrate. Make sure you have hand pressure ("spear hand") to prevent shot or skip pass
- Make sure any dribble penetration (if it occurs) is NOT towards the middle of the floor



1 Pass Away

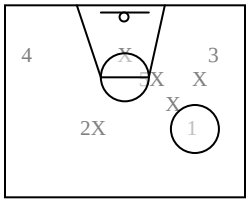
- Deny all passes 1 pass away
- Sometimes we may "tag" a good/hot opponent (eg 4 man 5)
- Never leave a corner shooter on the ball side.
- Switch out any off ball screens or exchanges to prevent ball reversal (this player is the "switcher")



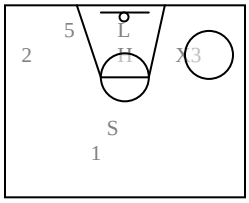
1 PASS AWAY

5 Players on the Ball Side

- When the ball is out of the centre corridor (the middle of the court) we have established a ball side and a help side
- All 5 players must be on the ball side in this situation. When we say on the ball side, we mean get two feet on the ball side and then stay active. Options include:
    - Stay on the ball side (eg guarding a poor offensive player)
    - One slide over split line, one slide back
    - Two slides over, two slides back
    - We may "tag" a good/hot opponent. In this case we will not jump to the ball side but face guard the player no matter where the ball is.
- Stay active (stance fakes, hedges, fake doubles, bump cutters) away from the basketball.
- Low help is the first help on baseline penetration
- High help is the first help on middle penetration
- The switcher denies ball reversal



5 ON BALL SIDE

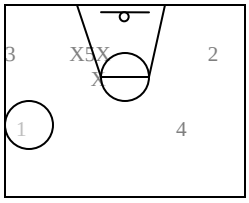


HALF COURT DEFENSE (cont)

5 (cont)

Defending the Post

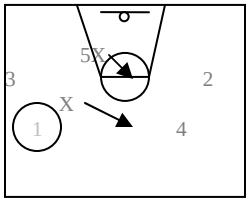
- "Full front" a low post threat against a team that is suspect feeding the post
- Play "behind" and push off the block any tall player without a great low post offensive game
- Side front a player in the high post



LOW/HIGH POST

Bump Off Cutters to the Ball

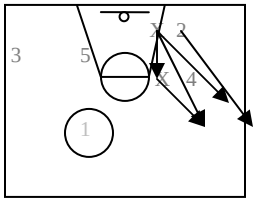
- "Jump or run to the ball" on every pass
- Any cutter who attempts to get between you and the ball must be checked and pushed high or low of his intended line. Never let any player cut between you and the ball

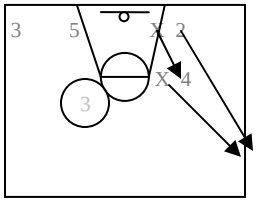


CUTTERS

Screens Away From the Ball

- Go "over" (attempt to bump off) against good perimeter shooters
- Go "under" or "through" suspect perimeter shooters
- "Switch" if hung up (reactive or late switch)
- "Switch" out to deny the cutter the ball (proactive or early switch)
- Proactive/early switch even screens (eg little to little, big to big)

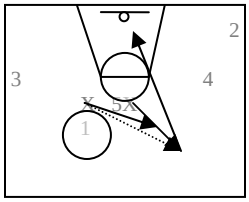




SCREENS AWAY FROM BALL

On Ball Screens

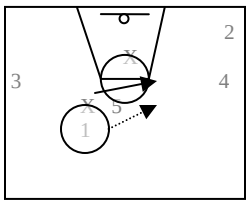
- "Hard show" (screener) and go "over" (dribbler) against good shooters who aren't creative
- Go "under" or "through" against poor perimeter shooters
- "Switch" if hung up (reactive or late switch)
- Proactive/early switch even screens (eg little to little, big to big)



ON BALL SCREENS

Rotations

- Closest player takes the ball to maintain ball pressure
- No player on the ball twice in a row

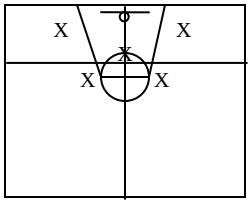


HALF COURT DEFENSE

2

Defensive Assignments

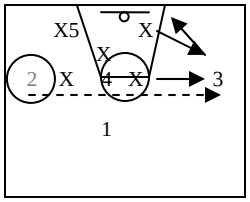
- 1,2 in guard spots, 3,4 in forward spots, 5 in middle
- Pressure the ball “Up and In” or “Gap with a hand” all players in shooting range. Play “Back” off players outside shooting range.
- Guards take the ball on perimeter top hash mark and up
- Forwards take the ball on perimeter below top hash mark
- Centre takes post player / space between ball and basket (ie high post if guard on ball, low/mid post if forward on ball)



2

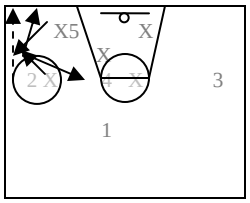
Hedging

- If ball is out of your area, “hedge” until your team mate can cover
- Recover back to your area when he has the ball



Bumping

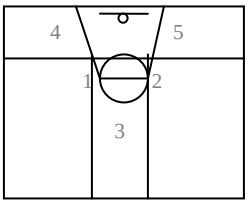
- If the ball is dribbled from one area of responsibility to another, guard the ball and bump the ball defender back to his area



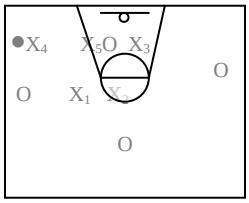
3

3

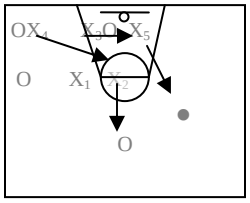
- Start in a 1-2-2 / 3-2 zone
- 3 man picks ball up at the half way line
- Same areas of coverage as the 2-3 except the 3 man will take the ball when it is in the point spot



- Zone changes to a 2-3 (2) when either 4 or 5 are forced to cover the perimeter
- 5 becomes the middle player if 4 goes out (4 in if 5 out)
- 3 becomes a forward in the 2-3 zone



- If the ball is reversed then all players match up on the closest player and play pressure man to man (5)

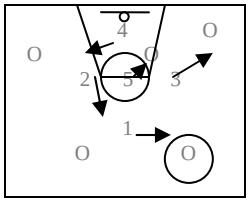


HALF COURT DEFENSE

4

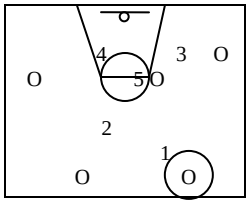
Starting Alignment

- Start 1-3-1 zone
- When ball comes over half 1 takes the ball
- 2 and 3 take the next closest perimeter players
- 5 takes the ball side post player
- 4 takes the other player

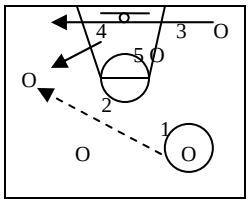


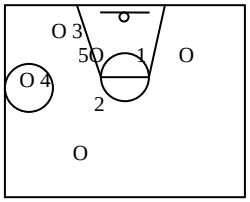
Changing Alignments (Box/Diamond)

- In this case against a 2 guard front, the zone changes from a diamond to a box
- Switch all screens and exchanges as in 2
- 5 man takes the post closest to the ball, as in 2
- Because the alignment of the zone shifts from diamond to box, bumping and hedging do NOT happen



- In this case 4's man comes up to the wing. Instead of hedging and the 2 man coming to the ball and bumping 4 back, 4 closes out to the ball and in essence becomes the wing of the 1-3-1 zone even though he started at the back. 2 becomes the point, 3 becomes the back and 1 becomes the opposite wing.
- In this case 3 follows the baseline cut instead of passing this off to 4. The zone has shifted back to a diamond.
- A simple way of keeping track of the alignment of the zone is that the 4 "perimeter" defenders are in pairs, in this case 1-4 and 2-3
- They will generally be opposite one another



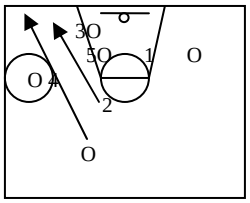


Penetration Rules

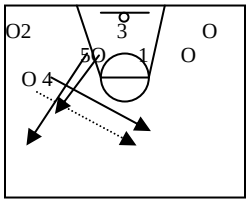
- Same penetration rules as 5 defense
- Pressure the ball and keep it out of the middle
- 5 man is the first line of help
- Scramble to closest man to maintain ball pressure

Following Rules

- Any cut that is not a screen or exchange must be followed
- Some examples are a point guard shallow cut to the corner



- Another example is a "dribble pull" of the post player (being guarded by our 5 man). 5 follows this and we are playing in essence 5 Out instead of 4 Out 1 In on defense.



Sturt Sabres

Under 18 Boys

Playbook

OFFENSE

Revised
February 2008

FULL COURT OFFENSE

Transition from Defense to Offense

Roles

1 Primary ball handler

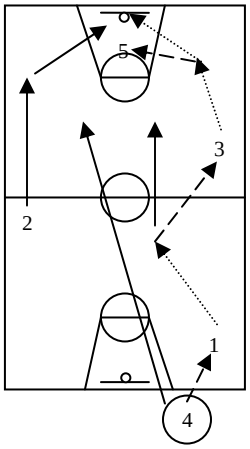
2 Outside lane runner
Secondary ball handler

3 Outside lane runner
Secondary ball handler
Inbound ball in front court or at half way off dead ball

4 Inside lane runner
Inbound ball in back court off dead ball, score
Safety against full court zone pressure
Back court screener on ball against full court man pressure

5 Inside lane runner
Centre release against full court zone pressure

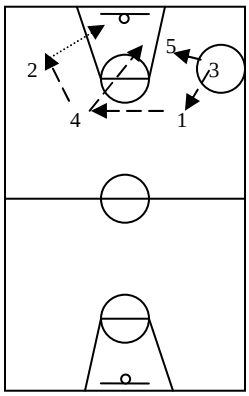
EARLY BREAK



Flexibility of Roles

- 1,2 and 3's roles are interchangeable (eg 1,2,3 look to dribble ball off boards on a defensive rebound and the 2 non-rebounders fill the outside lanes)
- 4,5's roles are interchangeable (eg closest 4,5 inbounds ball on a made basket)

LATE BREAK



Early Break (0,1 or 2 defensive players back)

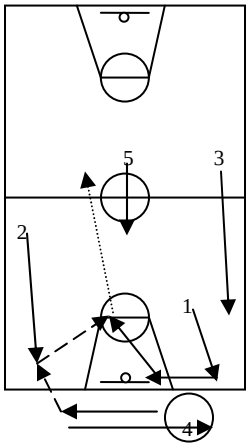
- Throw ball man ahead to outside lane runners and attack rim

Late Break (3 or 4 defensive players back)

- First inside player down court, deep seal front of the rim
- Second inside player down to play opposite the other post player

Inbound Pass Pressure Releases

INBOUND PASS



Running the Baseline

- Inbound passer can only run the baseline after a made basket (if unsure ask the referee before you have the ball)

Inbound Receivers

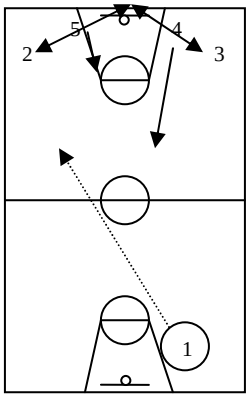
- Receivers must lead hard to the ball and sweep the baseline
- 1 primary receiver
- 2 secondary receiver, 1 back cuts for quick break, if not takes 2's spot
- 3 third receiver, 2 back cuts for quick break, if not takes 3's spot
- 5 is the centre release

FULL COURT OFFENSE (cont)

Extended Man to Man Pressure

Clear Out

- All players except the handler (normally 1) clear out to front court
- Outside lane runners (normally 2 and 3) swing wings before ball over half way or bounce off the baseline and lead
- When ball comes over half way and the point guard chooses a side, the opposite post player lifts.



CLEAR OUT

Back Court On-Ball Screen

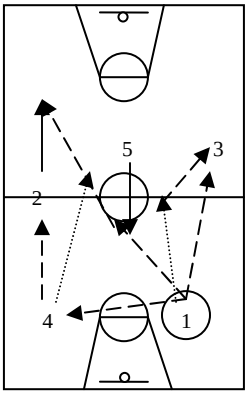
- Inbounder can stay in back court and on-ball screen for the handler, to assist him in advancing the ball.
- The other inside player can also come up and on-ball at the half way line or in the front court as well.

Inside Handler

- 1 throws the ball straight back to the inbound passer (normally 4) and then clears out. 1 will go to the top of the key and then go to receive a hand off when the ball is safely over the half way line.

Extended Zone Pressure

- Ball handler should look to attack with dribble penetration and passes/pass fakes.
- If ball goes to centre release (normally 5) then immediately look to outside lane runners.
- Reverse the ball to the safety and attack with the pass or dribble. Remember that there are only 8 seconds in the back court.
- Run into transition spots and look to punish the press with a good shot.
- If not run into any half court offense.



PRESS

HALF COURT OFFENSE

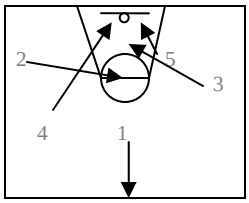
Motion Offense vs Man to Man

Man Motion (3 Out, 4 Out, 5 Out flexible motion)

MAN MOTION

Offensive Rebounding, Transition Defense Rules

- 3,4 and 5 ALWAYS go to the offensive boards
- 2 is the long offensive rebounder (becomes "Dog" on transition defense)
- 1 covers the back court (becomes "Back" then"Denier" on transition defense). 1 and 2's roles are interchangeable.



Offensive Rebounding
Transition Defense

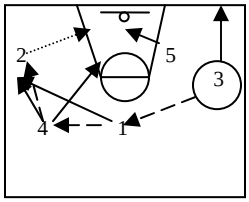
Change Sides, Dribble Penetration and Receivers

On wing penetration, opposite perimeter player (1,2 or 3)

- drop to the corner on baseline drive
- lift to wing on middle penetration

Fill behind the penetration

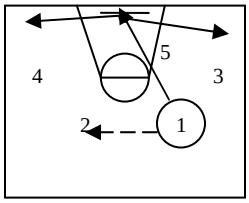
- Early clock, ball side post player (4 or 5) fills behind, opposite post player to the rim
- Late clock, perimeter players (1,2 or 3) fill behind, post players BOTH to the rim to be a receiver/rebounder



Change Sides
Dribble Penetration
Receivers

Basket Cuts

- Basket cut to score or create movement
- Speed cut, if defense fails to jump to ball
- Fake a screen and V-cut if defense jumps to ball
- If no score, turn out either side to maintain spacing

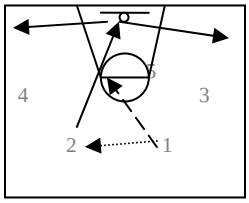


Basket Cuts

Pressure Releases

If the next pass is denied:

- Pass fake, receiver back cuts to rim
- Dribble at the receiver, receiver back cuts to the rim
- If no score then turn out either side to maintain spacing

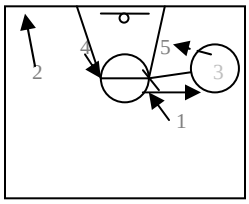


Back Cuts

Post Action

Low Bock

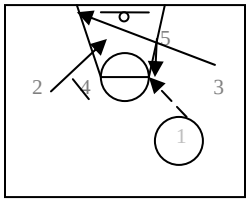
- Low post player looks to score first, pass second
- Elbow screen on strong side
- Opposite post lifts if low, dives if high
- Opposite perimeter plays opposite his partner post player



Low Block

Elbow Hit

- High post player looks to pass first, score second
- Back cut the post side wing
- Point guard fills the wing
- Opposite post screens the weak side wing



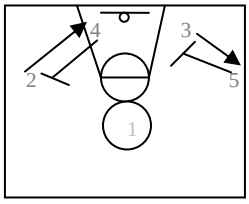
Elbow Hit

HALF COURT OFFENSE

Motion Offense vs Man to Man (cont.)

Post / Perimeter Screens (Side)
Post player and perimeter player in a pair on a 2-side

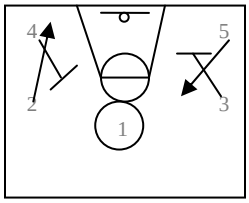
- Back screen out of the post
- Down screen or Pin Down (turn out cut)
    - Curl, screener pops
    - Flare, screener dives
    - Straight, screener immediately on ball screens



Back / Down Screens
Pin Downs

Perimeter Screens (Side)
2 perimeter players in a pair on a 2-side

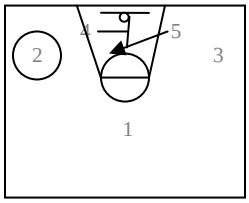
- Up Screen
    - Cutter curl, flare, back or straight cut
    - Screener opposite the cutter
- Down Screen
    - Same reads as up screen



Up / Down Screens

Post to Post Screens (middle of floor)
Post players on opposite sides

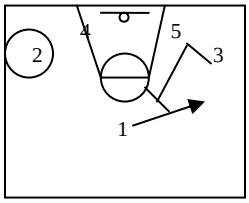
- Low to low cross screen
- High to low cross screen
- Low to high cross screen



Cross Screens

Perimeter Screens (middle of floor)

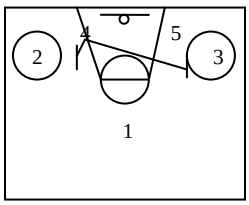
- Up Screen
    - Cutter curl, flare, back or straight cut
    - Screener opposite the cutter
- Down Screen
    - Same reads as up screen



Up / Down Screens

On Ball Screen (Side)

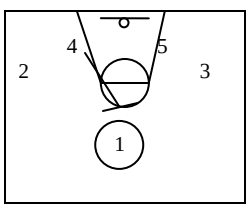
- Ball side post (Loop)
    - Pick and go short corner on “over”
    - Post up on “switch”
    - Re-screen on “under” or “through”
- Weak side post (Circle)



On Ball Screen (Side)
Loops
Circles

On Ball Screen (High)

- High On-Ball (Up)
    - Screener on split-line
    - 3 other players “flatten out” on baseline
    - Post player goes opposite the driver



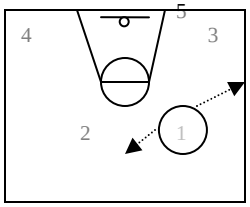
On Ball Screen (High)
Ups

HALF COURT OFFENSE

Motion Offense vs Zone

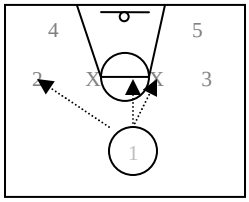
2 Out 3 In, 3 Out 2 In Flexible Motion

Spacing
- Play in the gaps of the zone
- 2 guard front against an off front zone (eg 1-2-2,3-2,1-3-1)
- 1 guard front against an even front zone (eg 2-3)
- 1 and 2 play in the high perimeter gaps (no long corner)
- 3,4 and 5 fill the inside gaps and perimeter wing, corner (no guard spots)



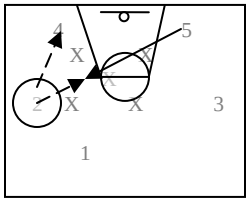
ZONE MOTION
Spacing

Attack The Front - Dribble
- Gap dribble
- Freeze dribble
- Entry dribble



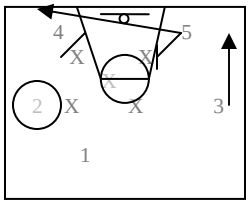
Attack the Front - Dribble

Attack the Back - Cuts
- Flash cut the back of the zone
- Work the short corner to stretch the zone



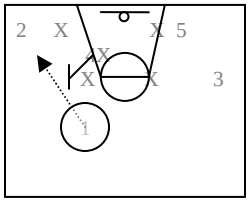
Attack the Back - Cuts

Attack the Back - Screens
- Flare screen on weak side
- Screen post to post in the short corner



Attack the Back - Screens

Attack the Front – On Ball Screen
- Run as an entry or late in the shot clock



Attack the Front – On Ball Screens

Attack the Offensive Boards
- 3,4,5 ALWAYS on the boards

HALF COURT OFFENSE

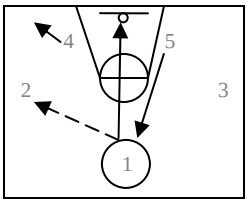
Structure vs Man to Man

EARLY SHOT CLOCK (16-24 seconds)

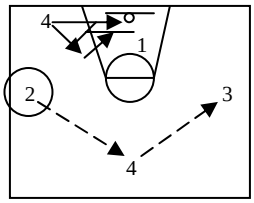
Give and Go

- 1 enters ball to either wing
- 1 basket cuts
- Ball side post player steps to short corner
- Weak side post player lifts to the top

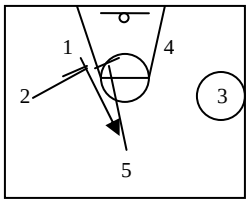
GIVE AND GO



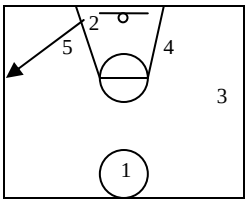
- Swing-swing to the opposite wing
- Point guard cross screens the low post player for a layup



- High post player and wing player double down for the point guard



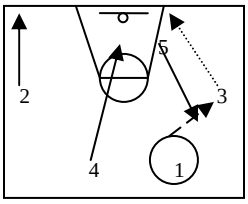
- Post player pins down for the wing

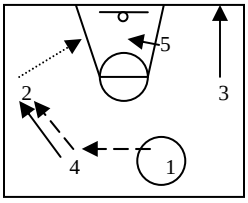


Dribble Penetration Rules

- Ball side post fills behind (in early shot clock)
- Weak side post to the front of the rim
- Weak side perimeter to the corner

DRIBBLE PENETRATION



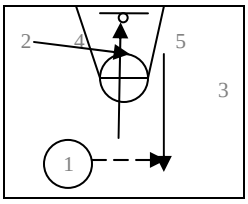


HALF COURT OFFENSE

Structure vs Man to Man

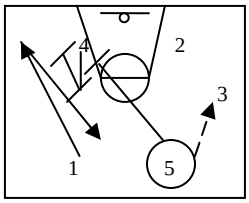
Double Down

- Opposite post player lifts
- 1 reverses the ball
- The ball side wing flex cuts off the post

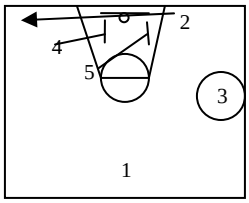


DOUBLE DOWN

- The post up screens for the point guard
- The ball is reversed
- Both post players double down for the point guard



- Both post players staggered double screen for the wing



MIDDLE SHOT CLOCK (8-16 seconds)

Elbow Hits

- See Motion vs Man to Man (Post Action)

Pin Downs

- See Motion vs Man to Man (Perimeter / Post Screens)

LATE SHOT CLOCK (< 8 seconds)

Loops

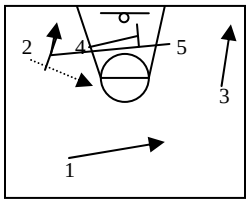
- See Motion vs Man to Man (On Ball Screens)

Circles

- See Motion vs Man to Man (On Ball Screens)

Cross Screen On Ball

- Post players execute a cross screen
- Cutter runs off screen and immediately on ball screens



Ups

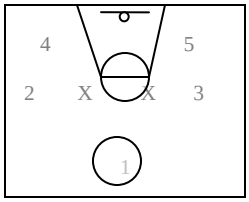
- See Motion vs Man to Man (On Ball Screens)

HALF COURT OFFENSE

Structure vs Zone

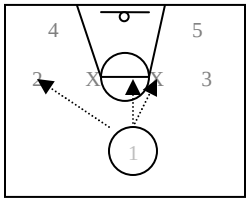
High / Low Game

Spacing
- Play 3 Out 2 In
- Either 2 low posts, or high/low post



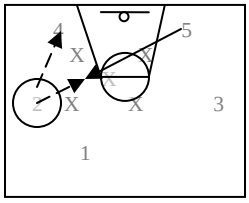
HIGH/LOW GAME
Spacing

Dribble Penetration
- Gap dribble the front of the zone if high post is vacant



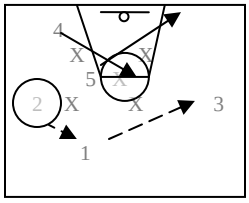
Dribble Penetration

Flash Cut to High Post
- Flash cut to the high post if it is vacant
- Work the short corner to stretch the zone



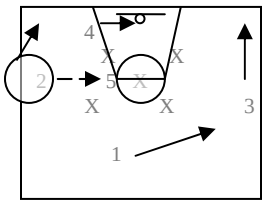
Flash Cuts

Ball Reversal
- High post to short corner
- Short corner to high post



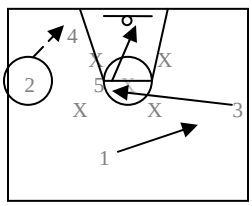
Ball Reversal

High / Low
- High post catch, pass first, shoot second
- Short corner to the front of the rim
- Wings drop to corners
- Point guard off the split line



High / Low

Low / High
- Short corner catch, shoot first, pass second
- High post to the front of the rim
- Opposite wing to the high post
- Point guard opposite



Low / High

HALF COURT OFFENSE

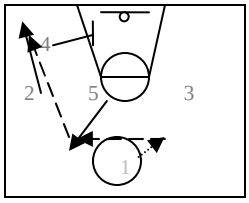
Structure vs Zone (cont)

High / Low Game

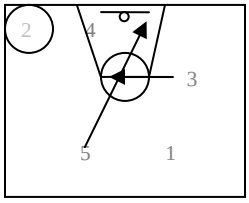
High Dribble Pull

- Dribble away from the high post
- High post steps out
- Wing drops to corner
- Short corner screens for the corner
- Corner 3 point shot or post feed

HIGH/LOW GAME
High Dribble Pull



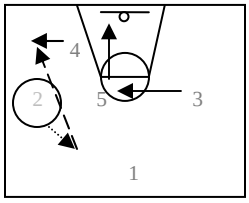
- High post player back cuts to rim
- Opposite wing to the high post



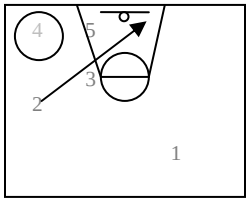
Low Dribble Pull

- Wing dribbles away from the short corner
- Short corner steps to long corner
- High post to the front of the rim
- Opposite wing to the high post
- Corner 3 point shot or post feed

Low Dribble Pull



- Wing back cuts to the rim

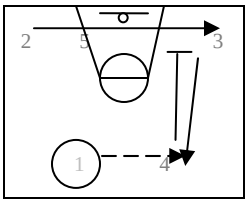


HALF COURT OFFENSE

Set Plays

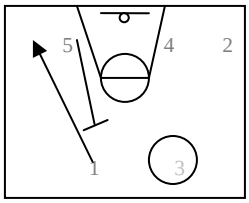
Down

- Weak side post down screens for the wing
- Other wing runs off a staggered double from both post players



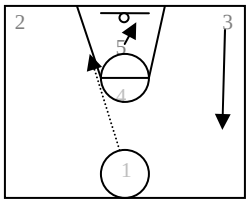
DOWN

- The ball side post player up screens for the point guard



Up

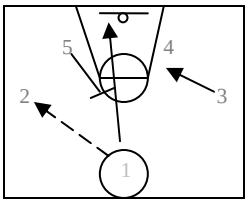
- High on ball for the point guard in the middle of the floor
- Ball side wing player spreads to the corner
- Weak side wing player lifts
- Low post player goes to the opposite side that the point guard chooses and then opposite the high post (eg if screener dives, he fills behind to the high post).



UP

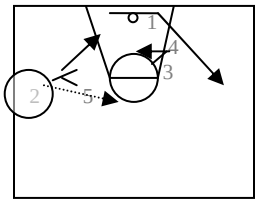
Fist

- Point guard enters to a wing
- Post player up screens for the point guard (UCLA cut)

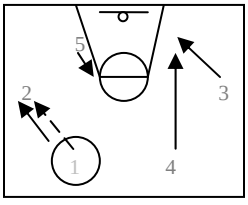


FIST

- Post player on ball screens the wing
- Point guard runs off double screen on weak side
- Wing screens in for post player



- Point guard can dribble out wing
- Point guard can enter and go for a hand-off
- In these cases the point guard and wing change places

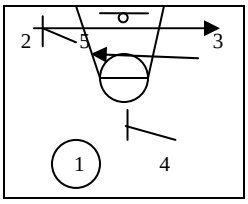


HALF COURT OFFENSE

Set Plays

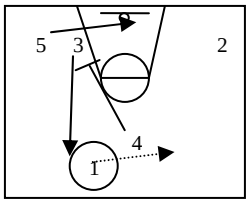
Blue

- Run a high on ball screen
- Low post screens for the wing on his side, wing goes to opposite corner
- Other wing runs to screen the post player
- Post player breaks as the point guard comes over the high on ball for a layup



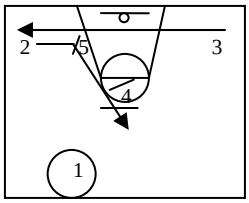
BLUE

- The high post player then down screens the wing for a shot or post feed



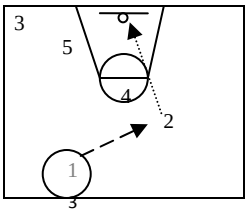
Ice

- Wing on post side sets a double screen for the other wing
- Wing then runs off the high post player



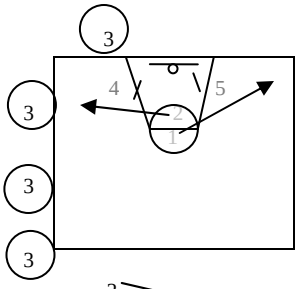
ICE

- Wing catches and turns the corner for a layup or assist



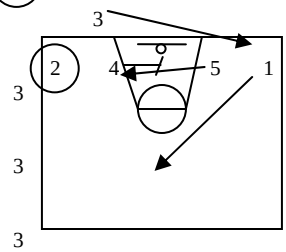
Out Of Bounds

- Low guard comes off either post player
- Other guard comes off the other post player
- Whichever side the ball goes in that post player cross screens for the other post player
- Inbound passer can go anywhere after the pass



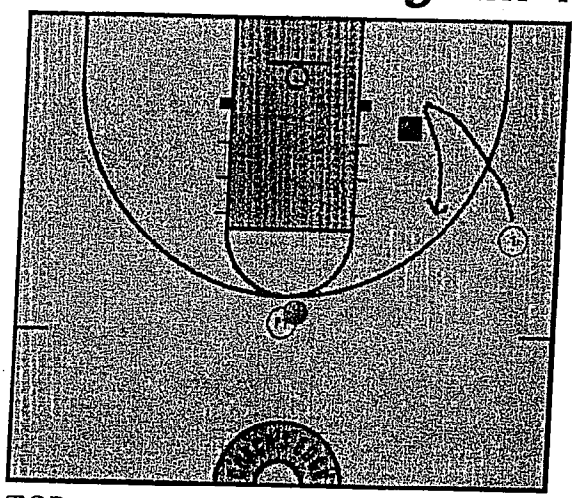
OUT OF BOUNDS
SIDELINE
BASELINE

- Can be run baseline or sideline anywhere up to half court
- The higher it is run, the higher we set up. From the half court we run 5 players in the back court
- At any time guards can just go get the ball and run offense

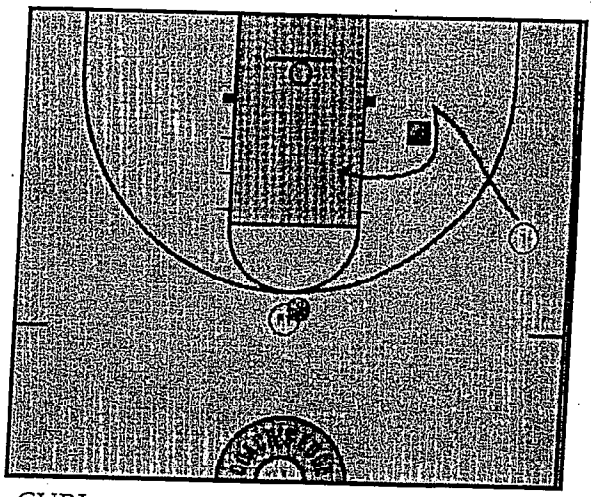


Perimeter Workouts

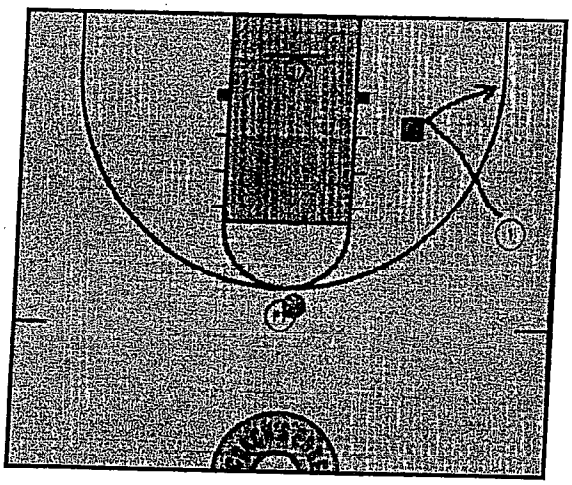
Diagram 1: Down Screens



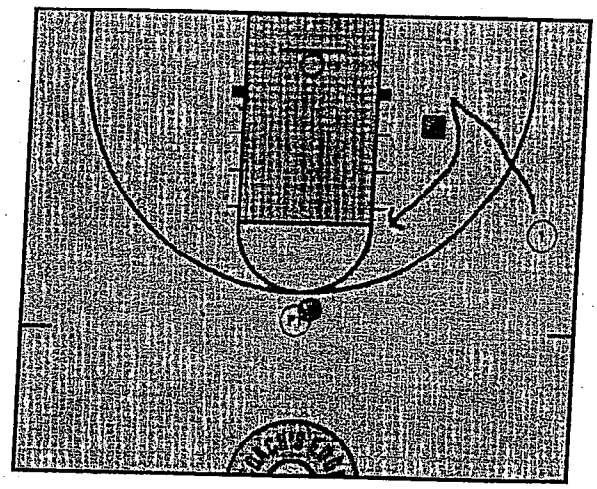
TOP



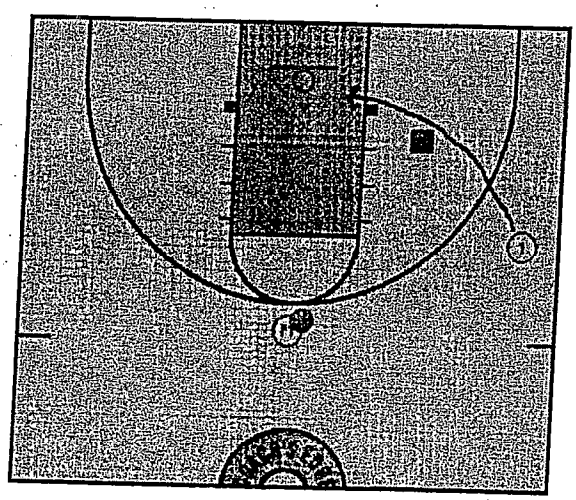
CURL



FADE



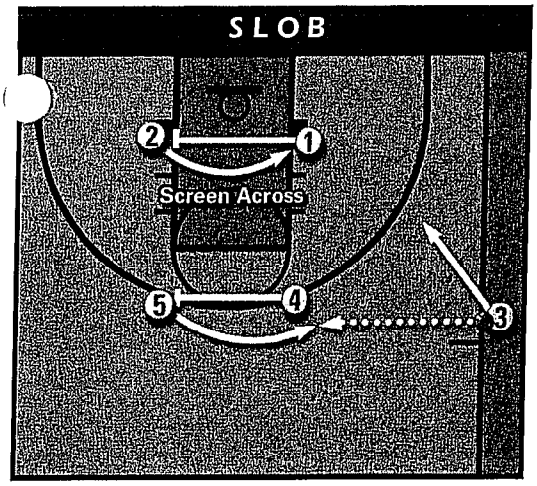
ELBOW



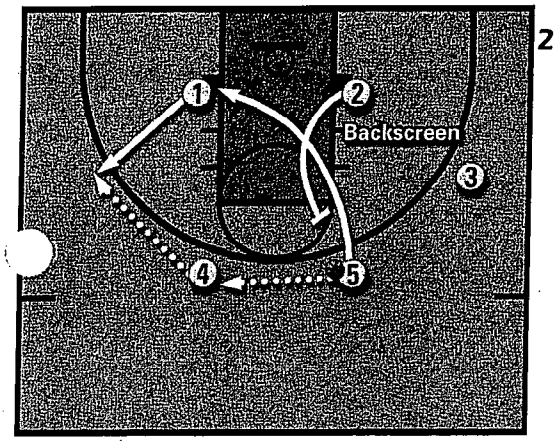
DUCK BACK

Chalk Talk

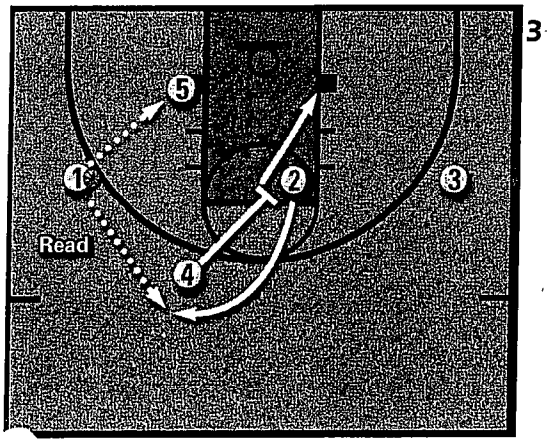
SLOB



3 takes the ball out. 4 screens across for 5 and 1 screens across for 2. 3 passes to 5 and steps to the wing.

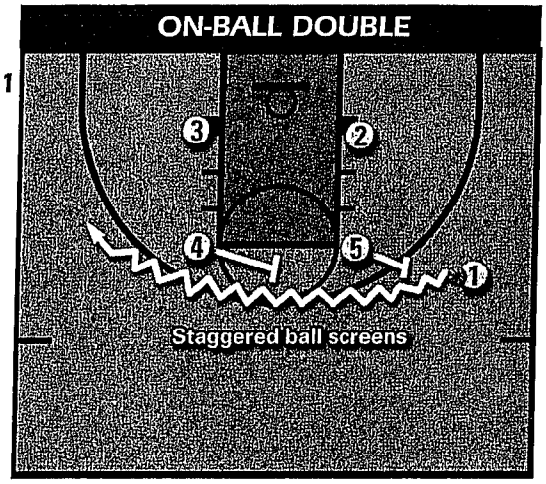


5 passes to 4 and 1 cuts to the wing to receive the pass. 2 sets a backscreen for 5, who dives to the block.

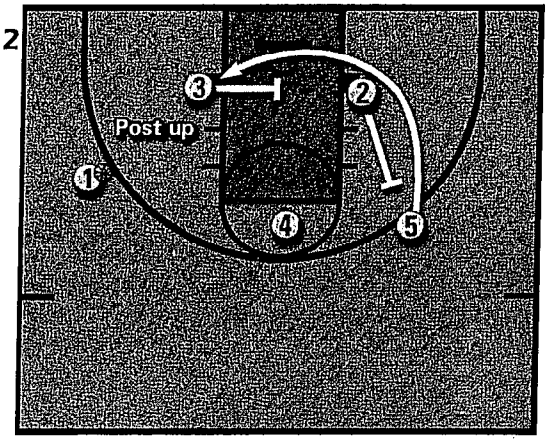


. ..as the option to pass to 5 in the post, or to 2 coming off a downscreen from 4. 4 proceeds to the block. If nothing is open, the Cyclones continue into their 3-out, 2-in set.

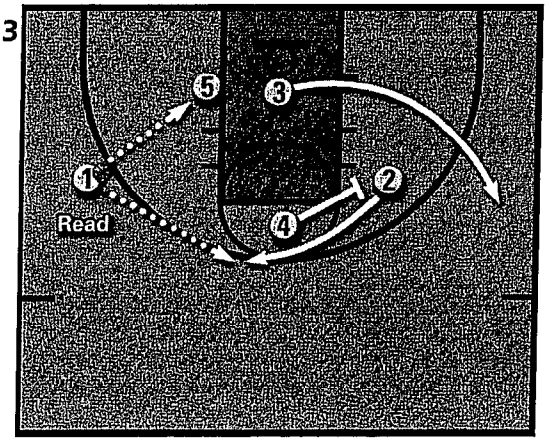
ON-BALL DOUBLE



The Cyclones start in a box set. 1 dribbles across the court off a staggered double ball screen from 4 and 5.



After the on-ball double, 2 and 3 set a staggered double for 5. 5 dives off the screens to the strong-side block and posts up strong.



1 can pass to 5 on the block if he is open. If he is not, 4 screens away for 2, who cuts to the top of the key for the jumper. 3 clears out of the paint. If nothing is open, the Cyclones continue into their 3-out, 2-in set.

IOWA STATE BASKETBALL PRACTICE

Monday, November 20, 1995

PEB

6:30 - 6:35 pm	3 lines
6:35 - 6:45	5 on 5 - starting the offense
6:45 - 6:55	1-4 penetration - posts low
6:55 - 7:10	13 def.
7:10 - 7:25	Zone off (Red vs 2-3; Gold vs 13)
7:25 - 7:35	5 on 5- scissors high
7:35 - 7:45	Press off/Def vs 22, Diamond
7:45 - 7:55	Trap offense
7:55 - 8:05	9 possessions - lettered plays
8:05 - 8:10	5 possessions - spread
8:10 - 8:20	5 on 5 - 20 sec. on clock
8:20 - 8:30	5 on 5- 32 - half
8:30 - 8:40	5 on 5 - 7 poss. - full
8:40 - 8:50	Situations
	Condition/Man Drill

RED	GOLD
Jacy	Shelby
Dedric	Jason
Shawn	Tyler
Klay	Sol
Tony	Ha-Keem
Cato	
Kenny	

IOWA STATE BASKETBALL PRACTICE
Sunday, November 19, 1995
HILTON

7:30 - 7:38 am	5 on 3
7:38 - 7:45	Shell with post
7:45 - 7:50	13
7:50 - 8:30	5 on 0 OB plays under/side Man off Zone off # & lettered plays Press/trap off FT situations

Pre-game	9:30 am
Game	1:30 pm

IOWA STATE BASKETBALL PRACTICE

Saturday, November 18, 1995

PEB

Out of bounds plays

Lettered plays vs zone

4 corners

3 lines half

2 lines 3 balls

1 on 1 full

3 on 3 half

4 on 4 shell with a post

32

41

Press off - 5 on 5 #1

Press off - 5 on 5 #2

5 on 5 full

IOWA STATE BASKETBALL PRACTICE
Friday, November 17, 1995
PEB

3:05 - 3:10 pm	OB plays
3:10 - 3:13	4 corner passing
3:13 - 3:17	2 lines
3:17 - 3:21	3 lines
3:21 - 3:31	Shell with post
3:31 - 3:41	5 on 4
3:41 - 3:48	5 on 0 zone off - both ends - use lettered plays Terry/Gar - Red (OB's also) James - Gold (A only & spread)
3:48 3:58	13 Def
3:58 - 4:03	5 on 0 full zone off - baseline
4:03 - 4:13	5 on 5 full zone off
4:13 - 4:17	Break
4:17 - 4:25	5 on 0 - both ends man off
4:25 - 4:40	5 on 5 - half
4:40 - 4:55	5 on 5 press off #1 & #2 (get off started)
4:55 - 5:10	5 on 5 half vs different sets Emphasis -- 3 parts of defense 1. Defend 2. W/O fouling 3. Rebound
5:10 - 5:25	Situations: 4 corner Late shot clock Late game - up/down 2 with 2 min. Man Drill - Condition

RED	GOLD
Jacy	Shelby
Dedric	Jason
Shawn	Tyler
Klay	Sol
Tony	Ha-Keem
*Carlo	Cato
	Carlo
	Kenny

**TAKE ALL BOOKS TO HOTEL
STUDY HALL SATURDAY PM &
NEXT WEEK.

**GORDY SCOLES - COMMENTS FROM
TIM FOR FRED'S VIDEO BEFORE 3 PM

IOWA STATE BASKETBALL PRACTICE
Wednesday, November 15, 1995
PEB

2:30 - 2:50 pm	Watch tape of 1st 10-12 min. of Monday's game
3:00 - 3:10	Pre-Practice
3:10 - 3:15	Meeting: Increased study halls--Be on time Jason J. - No turnovers, No rebounds Team - lack of rebounding Post - helping up; more active on off. Rep. of Georgia vs Drake, etc. Player conduct - sporting conduct
3:15 - 3:20	3 lines, 2 balls
3:20 - 3:25	3 on 2, 2on 1
3:25 - 3:30	Big/Little - vs. penetration - different spots Bigs - from HP/wings (2 on 2)
3:30 - 3:40	4 on 4 with post - shell def. vs dribble penetration post helping up; exchange on weakside (DEFEND, hands off, REBOUND)
3:40 - 3:50	5 on 3
3:50 - 4:05	5 on 5 full (shell off.)
4:05 - 4:20	5 on 5 - half court - use different sets, etc. Screen down & way; Hi-Lo; penetration
4:20 - 4:35	5 on 5 - half court (41)
4:35 - 4:50	5 on 5 - half court (32)
4:50 - 5:15	5 on 5 - full 2nd group - man press Walk on substitutions - 6 man rotation Tyler/Tony Emphasis: Off-screening Def-Hands off Red Reb W Not helping up C 32 & 41 Press after FT dead ball
5:15 - 5:30	5 on 5 Full

RED	GOLD	
Jacy	Shelby	
Dedric	Jason	
Shawn	Tyler	
Klay	Sol	
Tony	Ha-Keem	
*Carlo	Cato	Carlo

IOWA STATE BASKETBALL PRACTICE

Saturday, November 12, 1995

PEB

9:30 - 9:40 am	Pre-practice
9:40 - 9:50	Off. breakdown
9:50 - 10:00	Big/Little
10:00 - 10:55	Out of bounds play - Red & Gold (our 1, 2, 3, 4)
10:55 - 11:15	A, B & C
11:15 - 11:40	Half court vs zone
11:40 - 11:55	Zone inbounds
11:55 - 12:00	Red & Gold live

2ND PRACTICE: Saturday, November 12, 1995:

6:30 - 6:32 pm	2 lines
6:32 - 6:35	1 on 1 full
6:35 - 6:40	2 on 2 half
6:40 - 6:55	4 on 4 half
6:55 - 7:05	5 on 3- 5 on 4
7:05 - 8:00	5 on 5 full

IOWA STATE BASKETBALL PRACTICE
Thursday, November 9, 1995
PEB

3:10 - 3:20 pm	Off breakdown (pass to corner / flair upscreen / add defense)
3:20 - 3:25	3 lines
3:25 - 3:30	Big/Little — Bigs: tipping / 2 on 1 reb / 1 on 1/deny flash; Littles: 1 on 1
3:30 - 3:40	3 on 3 - half court
3:40 - 3:55	4 on 4 - full - reb game Carlo — Jacy Dedric — Shelby Klay — Shawn Cato — Tony
3:55 - 4:01	Off breakdown - down screen / duck back with def
4:01 - 4:11	5 on 5 - half (41) 7 possessions Carlo Jacy Tony Shawn Dedric Rotate Jacy & Carlo; Klay & Tyler (Klay with Gold) to 2nd group on offense
4:11 - 4:20	5 on 3
4:20 - 4:30	6 poss (32) 5 on 5 full
4:30 - 4:35	1-4 penetration
4:35 - 4:37	Break
4:37 - 4:52	Press off/def (emphasis - backscreening)
4:52 - 5:02	32 - half court (less than 20-seconds on shot clock)
5:02 - 5:15	5 on 5 - motion into sets (full)
5:15 - 5:30	Press off into zone off (Red 13) to 9 points
5:30 - 5:35	Situations - down 10 - 5 1/2 to go

RED	Gold
Carlo	Shelby
Jacy	Klay
Shawn	Tyler
Dedric	Cato
Tony	Ha-Keem
	Sol
	Jason

Small rims up 1st thing

IOWA STATE BASKETBALL PRACTICE
Monday, November 6, 1995
PEB

3:10 - 3:15 pm	3 lines, 2 balls	
3:15 - 3:20	3 on 2 - 2 on 1	
3:20 - 3:25	Big/Little	Guards: 1 on 1 Bigs: 2 on 1 reb; post def 1 on 1, check cutter then 1 on 1 , etc.
3:25 - 3:35	13 breakdown	
3:35 - 3:45	5 on 3	
3:45 - 3:55	3 on 3 - half court	
3:55 - 4:05	1-4 - 5 on 5 (def) penetrate & pitch	
4:05 - 4:20	5 on 5 half (2nd group start in different sets; need penetration as well) Stack, Hi-Lo, 1 on 1, Screen/Roll; Post is trailer	
4:20 - 4:30	Off. breakdown (slip screens; vs overplay)	
4:30 - 4:40	5 on 5 - half	
4:40 - 4:50	5 on 5 - full	
4:50 - 4:53	Break	
4:53 - 5:03	5 on 5 late clock situations (20-sec. on clock) 12 poss (6, 1-4 flat 6-screen roll)	
5:03 - 5:15	Press off/def (tape this) 5 min. of 41; 10 min. of 32	
5:15 - 5:20	5 on 0 - zone offense	
5:20 - 5:32	5 on 5 - half zone off. (Red 8 min.; Gold 4 min.)	
5:32 - 5:42	5 on 5 full - zone offense (Red in 13; Gold in 2-3)	
5:42 - 5:52	Situations (5 on 5)	

RED:	GOLD:
Jacy	Carlo
Dedric	Shelby
Shawn	Jason
Klay	Tyler
Tony	Cato
	Joe
	Sol
	Ha-Keem

**Coach - talk with Klay - being offensive minded??

IOWA STATE BASKEBALL PRACTICE

Thursday, November 3, 1995

PEB

3:10 - 3:15 pm	Off. breakdown
3:15 - 3:20 pm	5 on 0 - # plays
3:20 - 3:25 pm	2 on 2
3:25 - 3:30 pm	3 on 3
3:30 - 3:35 pm	Shell with post
3:35 - 3:40 pm	5 on 2
	Scrimmage

IOWA STATE BASKETBALL PRACTICE

Tuesday, October 31, 1995

PEB

3:10 - 3:15 pm	5 on 0 - # plays (1-4)
3:15 - 3:20	3 on 0 lettered plays A,B vs zone
3:20 - 3:30	3 lines
3:30 - 3:45	5 on 2
3:45 - 3:55	Shell with post
3:55 - 4:05	Off breakdown - both ends (3 lines) Duck back/tight cut Slip screen (2 balls) Use post add a ball for them
4:05 - 4:15	5 on 5 - 3/4 court (starting offense)
4:15 - 4:30	5 on 5 full
4:30 - 4:33	Break
4:33 - 4:43	13 def. breakdown
4:43 - 4:58	5 on 5 zone off - use lettered plays
4:58 - 5:03	#2 press offense
5:03 - 5:13	#2 press offense vs 2-2-1
5:13 - 5:23	Trap off/def
5:23 - 5:38	5 on 5 full - Press on FT's; change defenses
5:38 - 5:48	13 def - dummy
5:48 - 5:58	Condition

RED TEAM	WHITE TEAM
Jacy	Carlo
Dedric	Shelby
Joe	Jason
Shawn	Cato
Klay	Tony
Tyler ?	Sol
	Ha-Keem

**Offensive emphasis: starting the offense; shot clock situations
Defense - stance, move with ball, without fouls, rebounding

IOWA STATE BASKETBALL PRACTICE
Friday, October 27, 1995
PEB

3:00 - 3:10 pm	Pre-practice
3:10 - 3:20	# plays (1-4 set) 1 & 3
3:20 - 3:22	Meeting
3:22 - 3:27	3 lines - 2 balls
3:27 - 3:37	3 on 3 - half court
3:37 3:47	Shell defense
3:47 - 3:59	Off. breakdown (1 end) "SCREENING", 3 on 3 (use a post) plus Manager to pass > 10 min
3:59 - 4:07	Designated screener
4:07 - 4:17	3 on 3 reb
4:17 - 4:20	Break
4:20 - 4:32	5 on 5 - half court (start the offense) – getting
4:32 - 4:52	5 on 2 (5 on 5) More OB situations
4:52 - 5:07	Trap off/def
5:07 - 5:17	Press off/def
5:17 - 5:27	13 def. (vs 3 out 2 uner)
5:27 - 5:37	Our zone off vs 13
5:37 - 5:42	Man Drill

TEAMS:

RED	GOLD
Jacy	Carlo
Dedric	Shelby
Shawn	Jason
Klay	Cato
Tony	Tyler
Joe	Sol
	Ha-Keem

**Go Over introductions; entering & leaving the game

Denmark Reid is visiting; Also visiting, Kent & Linda Colvin
Also, make sure players register for classes

IOWA STATE BASKETBALL PRACTICE
Monday, October 23, 1995
PEB

3:00 - 3:10 pm	Pre-practice
3:10 - 3:20	13 Def.
3:20 - 3:22	Meeting
3:22 - 3:27	2 lines
3:27 - 3:37	Off. breakdown - emphasis on back cut & tight\curl cuts
3:37 - 3:47	13 breakdown - traps
3:47 - 3:55	Zone off - def. half court
3:55 - 4:02	5 on 0 baseline
4:02 - 4:15	Zone off/def - full court
4:15 - 4:30	5 on 2
4:30 - 4:32	Break
4:32 - 4:47	4 on 4 - full - to 4 points +1 def. reb. +2 off. reb. -1 TO -1 Foul
4:47 - 5:00	5 on 5 - 8 possessions ea.
5:00 - 5:15	5 on 5 - press off/def
5:15 - 5:25	Trap off - 5 on 0 - show half court 1st then both ends
5:25 - 5:30	Man Drill Dedric, Shelby, Jacy, Klay, Tony Sol/Ha-Keem, Jason, Shawn, Cato Tyler, Joe, Ha-Keem/Sol

PLAYERS:

Ha-Keem Abdel-Khaliq #32
Shawn Bankhead #31
Kelvin Cato #13
Klay Edwards #40
Sol Harris #11

Jacy Holloway #10
Jason Justus #34
Joe Modderman #3
Tyler Peterson #50
Kenny Pratt #42

Tony Rampton #55
Carlo Walton #4
Shelby Walton #5
Dedric Willoughby #22

IOWA STATE BASKETBALL PRACTICE
Sunday, October 22, 1995
HILTON

2:30 pm

Off. breakdown

5 on 5 half court

3 on 3 rebounding

Shell with post

4 on 4 - full court

4 on 4 - designated screener

5 on 3 - up to 5 on 5 full

32

Press break

1-1-3 def. zone off.

IOWA STATE BASKETBALL PRACTICE

Saturday, October 21, 1995

PEB

9:00 - 9:10 am	Pre-pracataice
9:10 - 9:25	Off. breakdown
9:25 - 9:35	Big/Little
9:35 - 9:45	4 on 4 shell
9:45 - 10:00	5 on 2
10:00 - 10:05	Break
10:05 - 10:25	5 on 5 half
10:25 - 10:40	5 on 5 full
10:40 - 11:00	13
11:00 - 11:10	Offense vs 13
11:10 - 11:20	Press offense
11:20 - 11:30	Out of bounds plays

IOWA STATE BASKETBALL PRACTICE

Friday, October 20, 1995

PEB

3:15 - 3:25 pm	Off. breakdown - Use manager to overplay/screen (cuts, screens, duck back)
3:25 - 3:27	Meeting
3:27 - 3:35	Big/Little Bigs: 2 on 1 reb; post defense; deny flash helpside; 4 on 1 Littles: 1 on 1 wing; half court
3:35 - 3:41	3 on 3 - both ends
3:41 - 4:01	3 on 3 - full court
4:01 - 4:03	Break
4:03 - 4:10	Off. breakdown - weakside 1st; strongside with def. (post on other end at 1st)
4:10 - 4:25	Shell with post - exchange, dribble penetration, etc.
4:25 - 4:35	3 on 3 - reb
4:35 - 4:58	5 on 5 - half court
4:58 - 5:00	Break
5:00 - 5:20	5 on 2
5:20 - 5:40	5 on 5 - full court
5:40 - 6:00	1-1-3
6:00 - 6:15	Press off vs zone presses
6:15 - 6:20	Man Drill Jacy, Dedric, Shawn, Klay, Tyler — Sol Shelby, Carlo, Tony, Kenny, Cato — Ha-Keem, Jason, Joe

PLAYERS:

Ha-Keem Abdel-Khaliq #32
Shawn Bankhead #31
Kelvin Cato #13
Klay Edwards #40
Sol Harris #11
Jacy Holloway #10
Jason Justus #34
Joe Modderman #3
Tyler Peterson #50
Kenny Pratt #42
Tony Rampton #55
Carlo Walton #4
Shelby Walton #5
Dedric Willoughby #22

Do you want off. part taped? Also, getting close on 20-hour limit. Sunday meeting this week--where? It is on financial management, etc.

IOWA STATE BASKETBALL PRACTICE
Tuesday, October 17, 1995
PEB

3:10 - 3:18 pm	Pre-practice
3:18 - 3:30	Off. breakdown
3:30 - 3:45	5 on 5 - half court
3:45 - 3:47	Meet
3:47 - 3:52	2 lines
3:52 - 3:57	1 on 1 - full court
3:57 - 4:01	2 on 2 - half court
4:01 - 4:07	2 on 2 - full court
4:07 - 4:17	3 on 3 - half court 1st
4:17 - 4:22	5 on 0 - transition
4:22 - 4:50	5 on 2 - (up to 5 on 4)
4:50 - 5:05	Shell def. - stationary 1st then our motion rules - cutting
5:05 - 5:10	Match up - break down
5:10 - 5:25	Match up 7 vs 5
5:25 - 5:30	Man Drill

Jacy	Carlo
Dedric	Shelby
Shawn	Kenny
Tony	Cato
Jason	Klay

PLAYERS:

Ha-Keem Abdel-Khaliq #32
Shawn Bankhead #31
Kelvin Cato #13
Klay Edwards #40
Sol Harris #11
Jacy Holloway #10
Jason Justis #34
Joe Modderman #3
Tyler Peterson #50
Kenny Pratt #42
Tony Rampton #55
Carlo Walton #4
Shelby Walton #5
Dedric Willoughby #22

IOWA STATE BASKETBALL PRACTICE
SUNDAY, OCTOBER 15, 1995
HILTON

9:00 - 9:08	Pre-practice - Practice habits
9:08 - 9:20	Breakdown motion offense - 2 groups
9:20 - 9:22	Meeting
9:22 - 9:32	2 lines
9:32 - 9:37	Big/Little:

James & Terry: Bigs
Post coverage up the line
Offensive taps - 3 baskets
Roll ball - 3 baskets
2 on 1 rebounding - 2 baskets

Gar: Littles
2 baskets
Wings - 1 on 1 defense
1/2 court line, penetrate to kick

9:37 - 9:42	Stance
9:42 - 9:45	1 on 1 full court
9:45 - 9:55	Rebounding 3 on 3
9:55 - 10:05	2 on 2 - half court first - full court last 5 min. - 2 ends
10:05 - 10:13	3 on 3 - half court - weave, pass, cut, screen, 1 end first - demo
10:13 - 10:20	3 on 3 - both ends
10:20 - 10:40	4 on 4 Shell - stationary - add a post
10:40 - 10:50	5 on 0 - full
10:50 - 11:10	5 on 2 (up to 5 on 4)
11:10 - 11:20	5 on 0 - half court first, then full
11:20 - 11:30	Man Drill:

1-3-1 Match-up?

Jacy	Carlo	Jason
Dedric	Shelby	Joe
Kenny	Shawn	Ha-Keem
Klay	Tyler	Sol
Tony	Kato	"

IOWA STATE PLAYER ROSTER:

Ha-Keem Abdel-Khaliq #32
Shawn Bankhead #31
Kelvin Cato #13
Klay Edwards #40
Sol Harris #11
Jacy Holloway #10
Jason Justus #34
Joe Modderman #3
Tyler Peterson #50
Kenny Pratt #42
Tony Rampton #55
Carlo Walton #4
Shelby Walton #5
Dedric Willoughby #22

IOWA STATE BASKETBALL PRACTICE

Wednesday, November 22, 1995

Hilton

9:30 - 9:35 am	3 lines 2 balls
9:35 - 9:40	3 on 2 - 2 on 1
9:40 - 9:45	Big/Little - from triangle - Small Rims
9:45 - 9:55	5 on 3 - Small Rims
9:55 - 10:07	4 on 4 shell - half & full - stationary first penetrate, weakside exchange swap
10:07 - 10:17	3 on 3 reb
10:17 - 10:27	32 off/def (20-sec left)
10:27 - 10:37	Starting off 41
10:37 - 10:47	Press off/Central Connecticut
10:47 - 10:57	Press def
10:57 - 11:07	5 on 5 half - # plays away from Rampton
11:07 - 11:17	Trap off vs 1-3-1
11:17- 11:32	Zone off - half
11:32 - 11:42	Zone off - full
11:42 - 11:47	Scissors high
11:47 - 11:55	Off vs box & 1 (32)
11:55 - 12:05	Situations (w) T
12:05 - 12:20	Scouting basic 3-4; OB

**Use OB plays - side all day
Classes Mon. meet

**Bankhead - Attitude
Dedric

RED	GOLD
Jacy	Shelby
Dedric	Jason
Shawn	Tyler
Klay	Sol
Tony	Ha-Keem
Cato	
Kenny	

IOWA STATE BASKETBALL PRACTICE

Sunday, October 23, 1994

HILTON

8:10 - 8:18 am	Pre-practice - shooting - work with guards - Derrick - penetrate & pitch; penetrate & shot Power - triangle - bigs
8:18 - 8:30	Motion breakdown
8:30 - 8:40	3 lines
8:40 - 8:48	Big/Little (Tim - Sm; Terry - Big) Big - P-P screen - force high - help & recover Sm - 1 on 1 closing out
8:48 - 9:03	3 on 3 Reb.
9:03 - 9:23	Shell with post - stationary, penetrate, change out, motion, shell, convert
9:23 - 9:33	4 on 4 - half court
9:33 - 9:53	5 on 3
9:53 - 9:55	Break
9:55 - 10:10	4 on 4 - full (2 baskets)
10:10 - 10:20	Designated screener
10:20 - 10:25	5 on 0 - OB plays (man)
10:25 - 10:35	5 on 5 - half - ? must touch
10:35 - 10:45	7 poss. - motion - fouling/getting fouled
10:45 - 11:00	Press offense/defense
11:00	Condition

Loren Meyer #40
Julius Michalik #42
Fred Hoiberg #32
Derrick Hayes #4
Jacy Holloway #10
Ha-Keem Abdel-Khaliq #34
James Hamilton #21

Joe Hebert #13
Saun Jackson #22
Joe Modderman #3
Sol Harris #11
Belifia Parks #43
Klay Edwards #33
David Hickman #30
Jason Kimbrough #5
Hurl Beechum #53

IOWA STATE BASKETBALL PRACTICE
Saturday, October 22, 1994
PEB

8:40 - 8:48 am	Pre-practice - shooting - work with guards - Derrick - penetrate & pitch; penetrate & shot Power - triangle - bigs
8:48 - 9:00	Motion breakdown
9:00 - 9:10	3 lines
9:10 - 9:18	Big/Little (Tim - Sm - Big) Big - P-P screen - force high - help & recover Sm - 1 on 1 closing out
9:18 - 9:33	3 on 3 Reb.
9:33 - 9:53	Shell with post - stationary, penetrate, change out, motion, shell, convert
9:53 - 10:03	4 on 4 - half court
10:03 - 10:23	5 on 3
10:23 - 10:25	Break
10:25 - 10:40	4 on 4 - full (2 baskets)
0:40 - 10:50	Designated screener
10:50 - 10:55	5 on 0 - OB plays (man)
10:55 - 11:05	5 on 5 - half - ? must touch
11:05 - 11:15	7 poss. - motion - fouling/getting fouled
11:15 - 11:30	Press offense/defense
11:30	Condition

Loren Meyer #40
Julius Michalik #42
Fred Hoiberg #32
Derrick Hayes #4
Jacy Holloway #10
Ha-Keem Abdel-Khaliq #34
James Hamilton #21

Joe Hebert #13
Saun Jackson #22
Joe Modderman #3
Sol Harris #11
Belifia Parks #43
Klay Edwards #33
David Hickman #30
Jason Kimbrough #5
Hurl Beechum #53

IOWA STATE BASKETBALL PRACTICE

Wednesday, October 19, 1994

PEB

00 - 3:08 pm	Pre-practice - shooting, OB, plays (3)
3:08 - 3:20	Off breakdown
3:20 - 3:30	3-man weave - half court
3:30 - 3:40	2 on 2 full (side courts)
3:40 - 3:50	3 on 3 full (motion) (2 baskets), use shot clock
3:50 - 4:05	5 on 5 - half - options
4:05 - 4:10	5 on 0 full - motion (4 passes)
4:10 - 4:30	5 on 2 (off. into motion)
4:30 - 4:35	Break
4:35 - 4:40	Shooting drills (pairs)
4:40 - 4:45	Press offense (vs 1-2-1-1) 5 on 0
4:45 - 4:55	Show 1-2-1-1 press
4:55 - 5:10	5 on 5 press offense
10 - 5:25	Shell (both ends) 1st 7 min.
	Statinary, exchange, penetrate
	Add post last 5-6 min.
5:25 - 5:40	Zone (Gar)
5:40 - 5:55	5 on 5 - motion
5:55 -	Condition

**Scheduling next semester

Joe Hebert #13
Fred Hoiberg #32
Julius Michalik #42
Joe Modderman #3
James Hamilton #21
Klay Edwards #33
Ha-Keem Abdel-Khaliq #34
Jason Kimbrough #5
Jacy Holloway #10
Derrick Hayes #4
Loren Meyer #40
Saun Jackson #22
David Hickman #30
Hurl Beechum #53
Sol Harris #11
Belifia Parks #43

IOWA STATE BASKETBALL PRACTICE
Monday, October 17, 1994
PEB

3:00 - 3:08 pm	Pre-practice
3:08 - 3:20	Off Breakdown - 2 groups (add flair, circle)
3:20 - 3:22	Meeting
3:22 - 3:27	2 lines
3:27 - 3:35	Big/Little P - 2 on 1 reb, Post offensive moves G - 1 on 1
3:35 - 3:40	1 on 1 full
3:40 - 3:50	2 on 2 - half - both ends
3:50 - 4:00	5 on 0 break/spots
4:00 - 4:20	5 on 2
4:20 - 4:23	Break
4:23 - 4:33	3 on 3 - half - start with weave/cut/motion
4:33 - 4:53	Shell - stationary, first
4:53 - 4:58	5 on 0 - 1 group
4:58 - 5:03	5 on 0 - 2 groups
5:03 - 5:18	5 on 5 - conversion
5:18 - 5:20	Break
5:20 - 5:30	Press off. - 5 on 0
5:30 - 5:40	5 on 5 options
5:40 - 5:50	Man drill

IOWA STATE UNIVERSITY MEN'S BASKETBALL
MARCH 1997

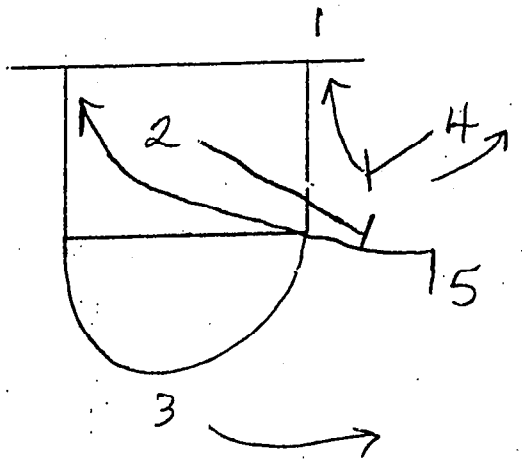
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 11Am-Shoot 8:30pm-
2 OFF	3 4-6:30pm	4 4-6:30pm	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

IOWA STATE UNIVERSITY MEN'S BASKETBALL
JANUARY 1997

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30-NOON	2 9:30-NOON	3 LEAVE 9AM BUS WORKOUT AT MIZO 5:00PM	4 * OPTIMIS-SHOOT 9:30-10:30AM 10-10:40AM
5 3-6PM	6 9:30-NOON 5-6PM	7 * 11AM SHOOT	8 OFF	9 9:30-NOON 5-6PM	10 9:30-NOON PEB ?	11 PLAY * 8-8:45AM-SHOOT LEAVE AT 6PM-FLY for LAWRENCE, KS FILM THAT NIGHT
12 FILM 9:15-10AM 10:30-12:30 PRACTICE 5-5:30-FILM 6-7PM-PRACTICE FILM LATER	13 * 11-NOON> SHOOT	14 OFF	15 4-6:30PM	16 4-6:30PM	17 LV EARLY 5PM PRACTICE THERE	18 * 8-8:30AM-SHOOT
19 OFF	20 4-6:30PM	21 4-6:30	22 PLAY *	23 4-6:30	24 4-6:30	25 * 9:30-10:30 SHOOT
26 OFF	27 4-6:30	28 PEB? 4-6:30PM BUS AFTER PRACTICE	29 * 11-NOON> SHOOT	30 4-6:30	31 LV 11AM CHARTER 5PM PRACTICE	

IOWA STATE UNIVERSITY MEN'S BASKETBALL
NOVEMBER 1996

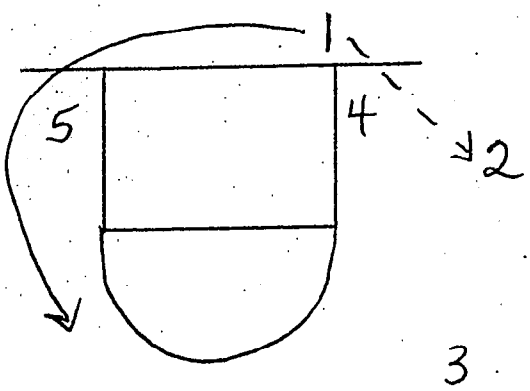
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 OFF	2 8:30-11AM 6-7pm PEB 184 -Home Football-
3 3-5:30pm PEB 184 NIGHT MEETING	4 3-6PEB 184	5 3-6PEB 184	6 S 3-3:45-PRACTICE 3:45-SCRIMMAGE STATE CENTER	7 OFF DM DINER- coaches	8 3-6 PEB 184	9 IBCA CLINIC -DES MOINES- 9:30AM 6-7pm PEB 184
10 3-5:30pm PEB 184	11 S 3-4:45 PRACTICE 4:45-6 SCRIMMAGE PEB 184	12 4-7 HILTON 3-6PEB 184 Question- Hilton	13 EXHIBITION GAME	14 OFF	15 3-6 pm PEB 184	16 8:30-11am 6-7pm PEB 184 -Home Football-
17 3-5pm PEB 184	18 3-6 pm PEB 184	19 EXHIBITION GAME	20 OFF	21 3-6pm PEB 184 SING-FANTASY of TREES	22 3-6 pm PEB 184	23 9:30-NOON PEB 184
24 10-NOON ALCORN 3-5:30pm-ISU HILTON	25 9:30-NOON-ISU ~~4:30 5:30 ISU~~ 6-8pm-ALCORN	26 PLAY 11-NOON ISU NOON-1pm ALCORN SHOOT	27 FILM 8:45AM 9:30-NOON HILTON	28 ~~9:00~~ ~~7:30~~-9:30pm HILTON	29 9:30-12:15 pm HILTON MID-SCHOOL 12:30-2:30 -AFTER V-BALL V-BALL 7:30pm	30 9:30-NOON-ISU MD 7:30-9:30AM 2 or 4pm



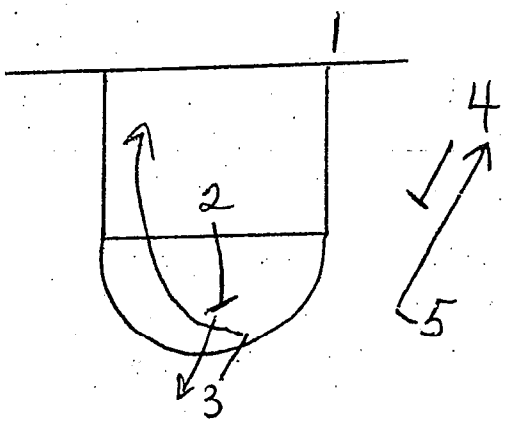
OUT OF BOUNDS:

#25:
#2 man screens for #5 who cuts to basket and #4 then screens for #2 who goes to corner for shot. #4 then rolls to basket. #3 delays cut & then cuts deep ball side for safety.

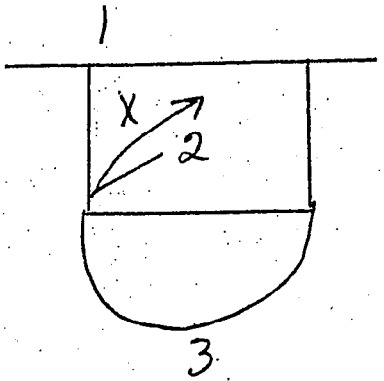
#1 enters & goes out back side.



#23:
#2 screens for #3 who cuts to basket (prefer outside cut); on a delay #4 then screens for #5 for 3-point shot. #2 man then steps to top of key for deep pass.

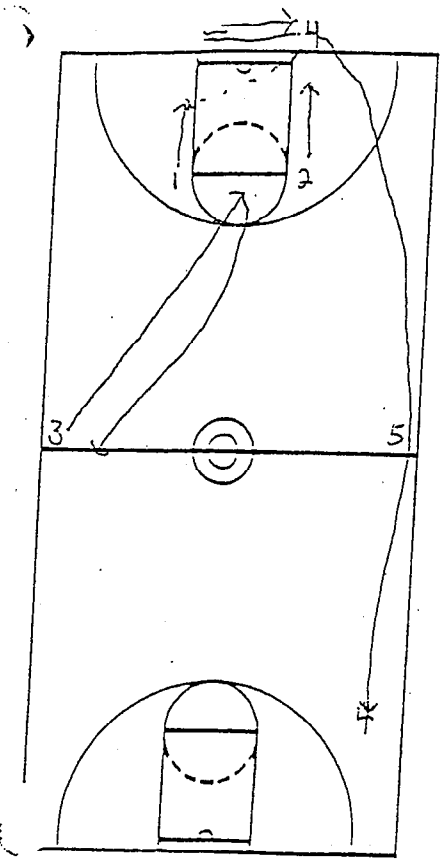


Backcut or lob to #2 whenever his man takes eye off the ball.

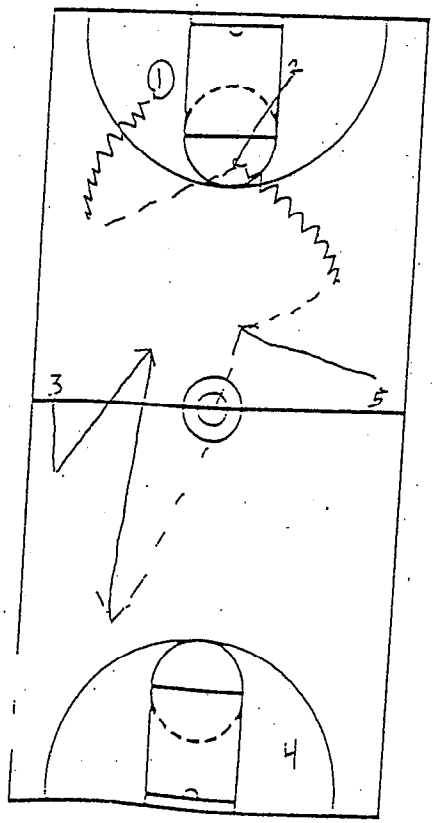


IOWA STATE BASKETBALL

PRESS BREAK #2



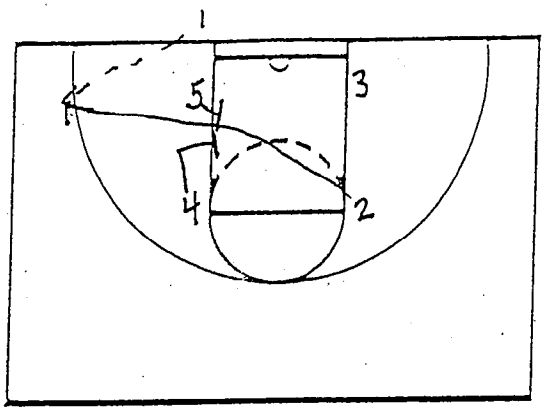
4 runs the baseline looking for an open man
1 and 2 come up to receive the ball
4 inbounds to the open man
3 sprints to the freethrow line and back searching for the ball
4 sprints to the other end of the floor after inbounding the ball



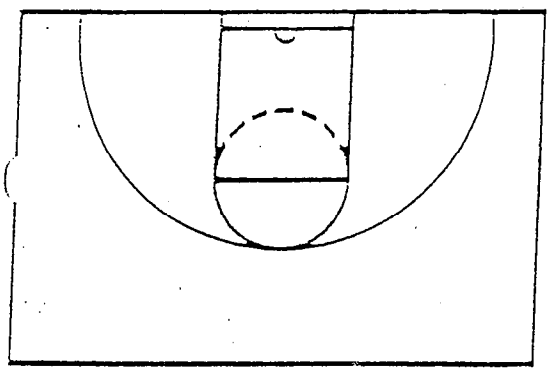
1 dribbles until he is trapped
1 reverses it to 2
2 dribbles until pressured
5 sprints to the middle and receives the pass from 2
5 then passes it across the line to 3
If there are numbers they attack the basket, if not pull it out

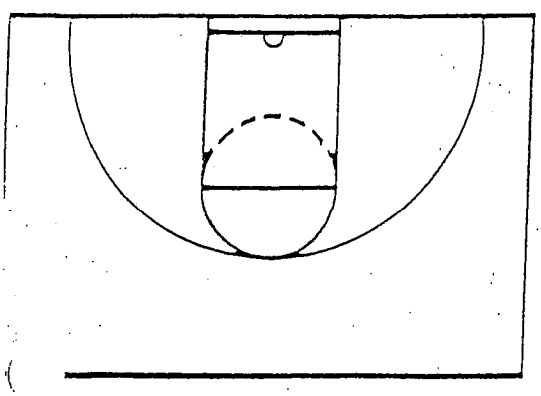
IOWA STATE BASKETBALL

DOOR



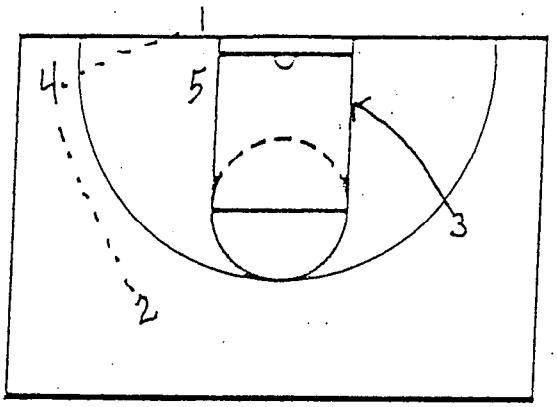
2 cuts through the lane
4 and 5 set a screen for 2
1 passes to 2 for a jump shot



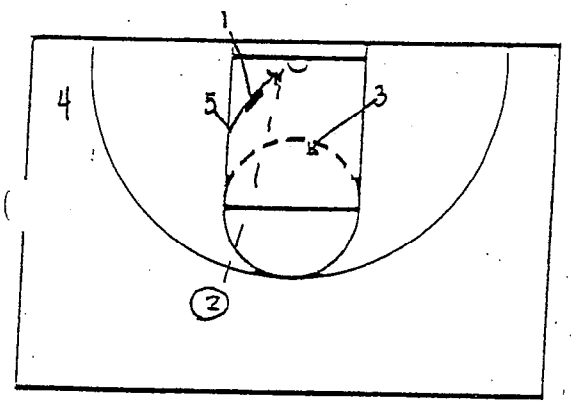


IOWA STATE BASKETBALL

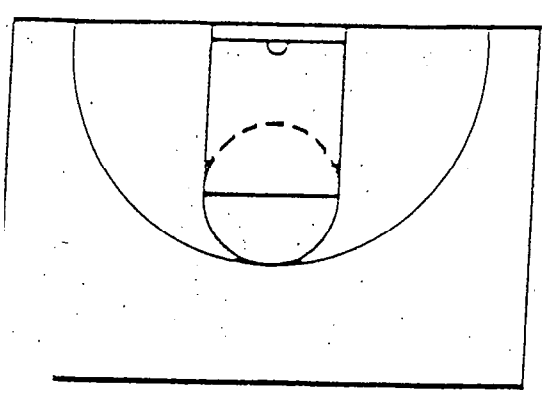
BEAVER



1 passes to 4
4 passes to 2
3 cuts to the block

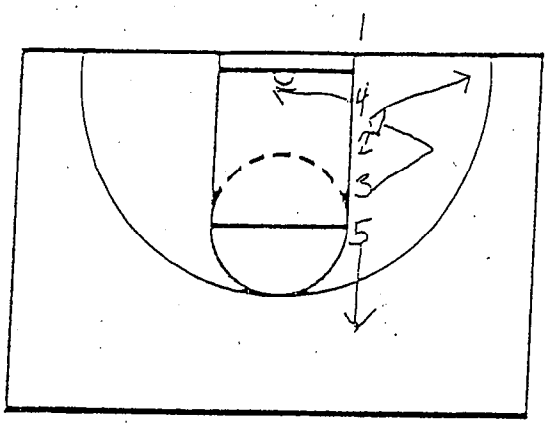


3 cuts to the middle
1 steps in and sets a back screen for 5
2 lobs to 5

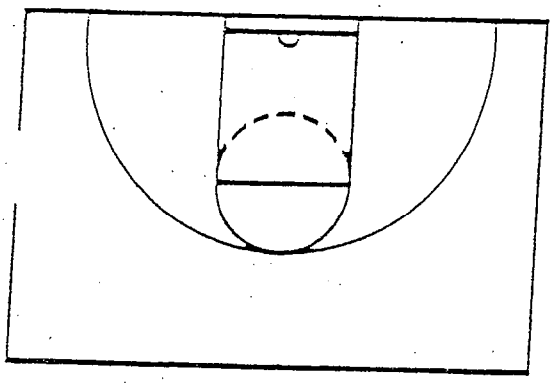


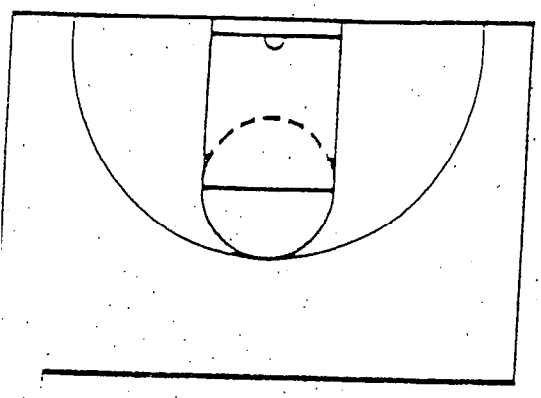
IOWA STATE BASKETBALL

STRAIGHT LINE #2



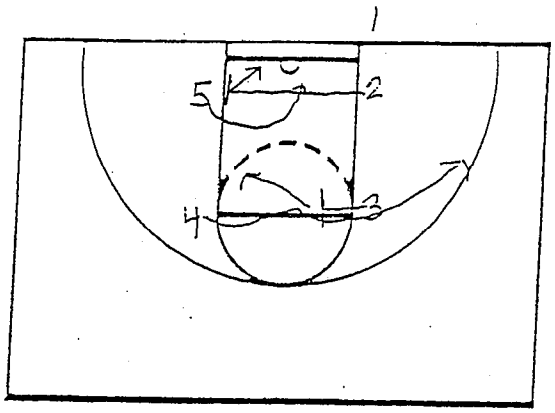
4 cuts to the basket
3 cuts to the corner then screens in for 2
2 cuts off the screen
5 releases back



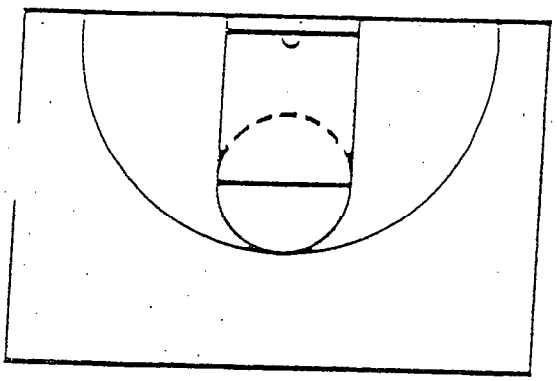


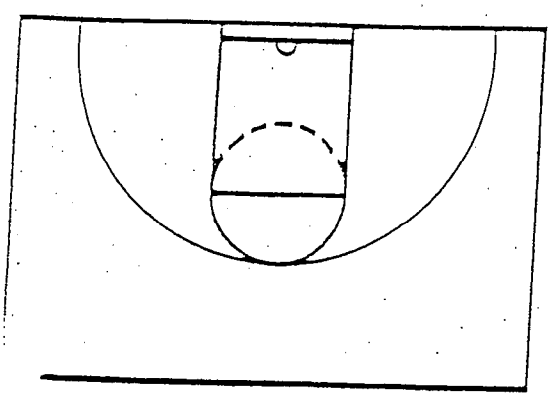
IOWA STATE BASKETBALL

BOX vs. swithcing defenses



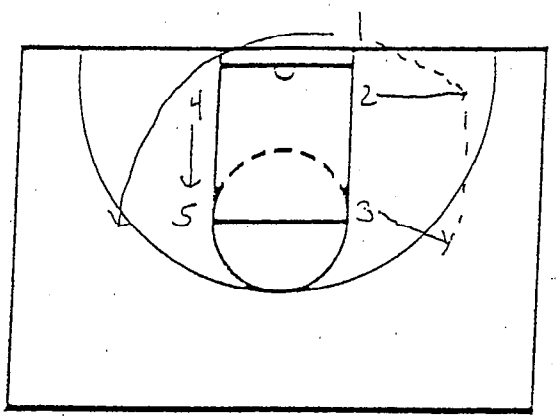
2 screens across for 5 and then seals his man
5 cuts off the screen looking for the lob or lay-up
3 screens for 4 who is cutting across the lane
3 releases



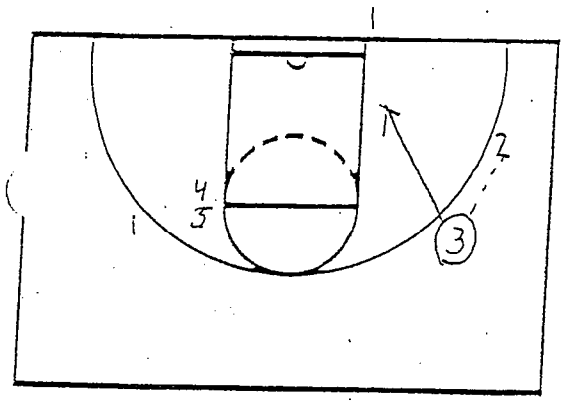


IOWA STATE BASKETBALL

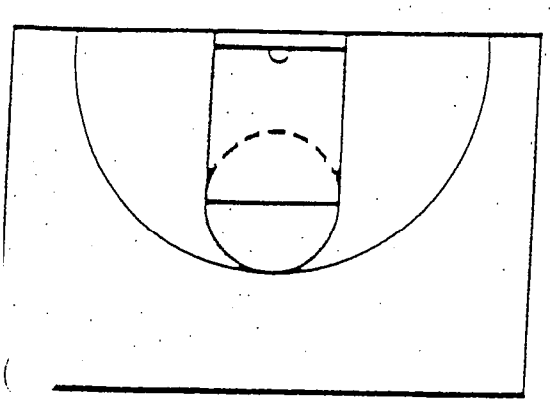
BOX O.B. vs. trapping zone



1 passes to 2 on the baseline
2 passes to 3 on the wing
1 empties to the other side
4 clears the post and goes to 5



3 passes back to 2 and cuts to the hoop



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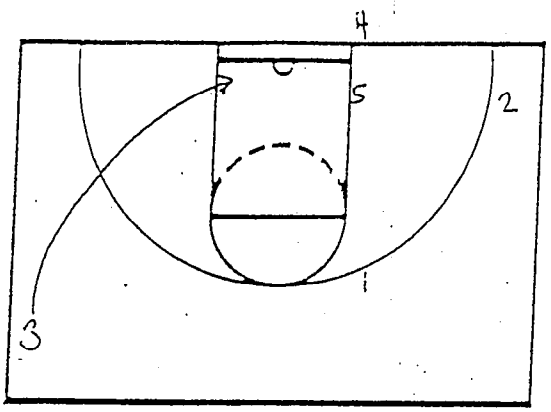
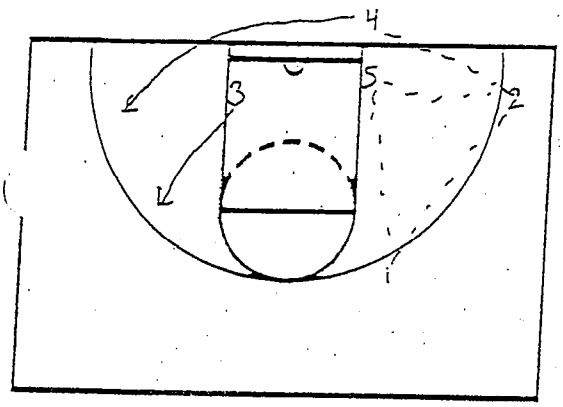
SPREAD

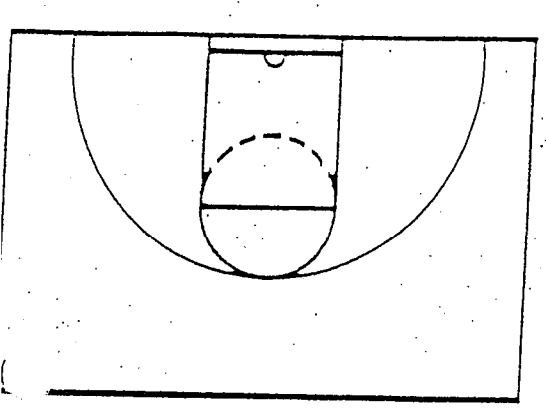


3 cuts to the basket on the backside of the zone

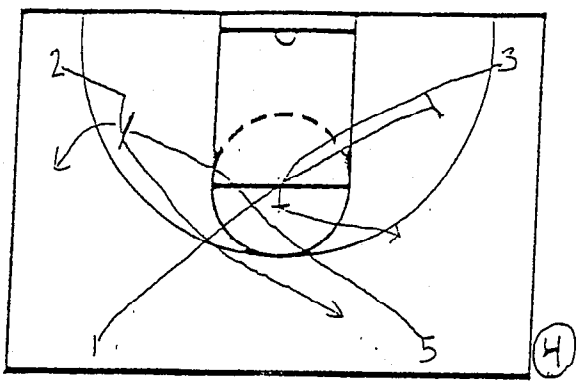


If 3 is not open

4 inbounds to 2
3 and 4 empty to the weak side
1,2, and 5 play triangle looking for the inside-out

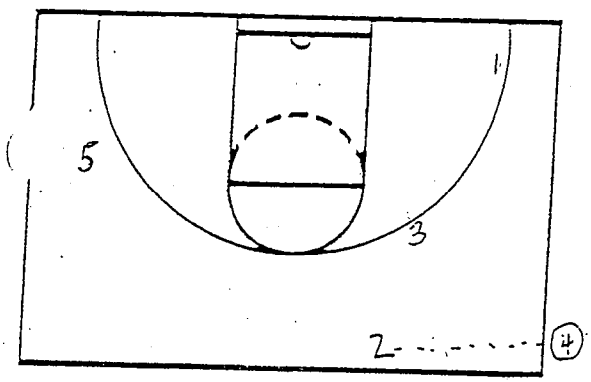


IOWA STATE BASKETBALL



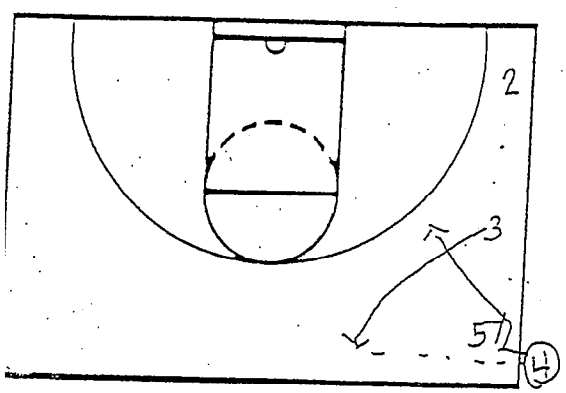
SIDELINE A O.B.

5 goes and screens for 2
2 cuts off 5's screen to the ball
3 screens up for 1
1 cuts off 3's screen



A (cont.)

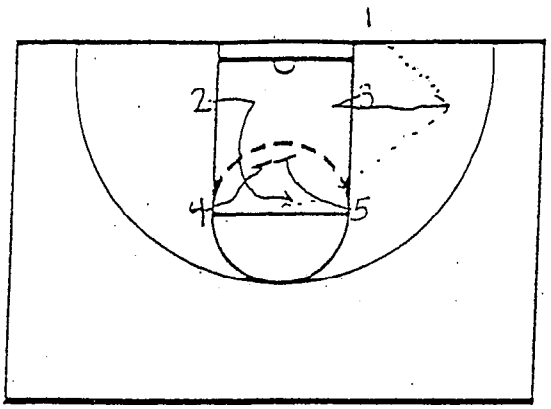
4 inbouds to 2



SIDELINE B O.B.

3 cuts up to receive the inbounds pass
4 inbounds the ball to 3
4 cuts off 5's screen to the basket

IOWA STATE BASKETBALL

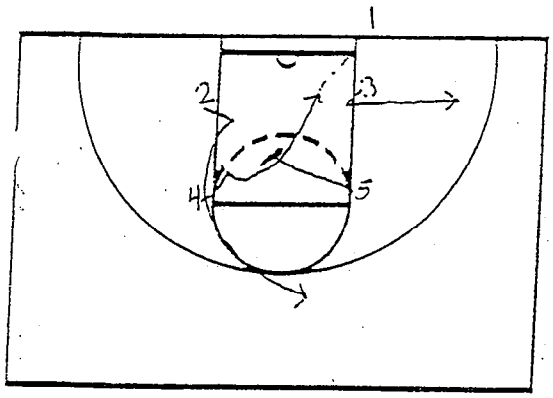


3 can receive the lob from 1 anytime with eye contact

#1

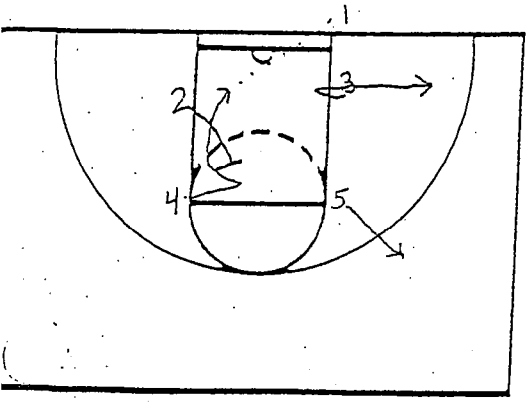
3 fakes to the middle and cuts to the corner
1 passes to 3
4 and 5 set a double screen in the lane
2 fakes to the basket and comes off the double screen from 4 and 5

DOUBLE SCREEN FOR THE BEST SHOOTER



#2

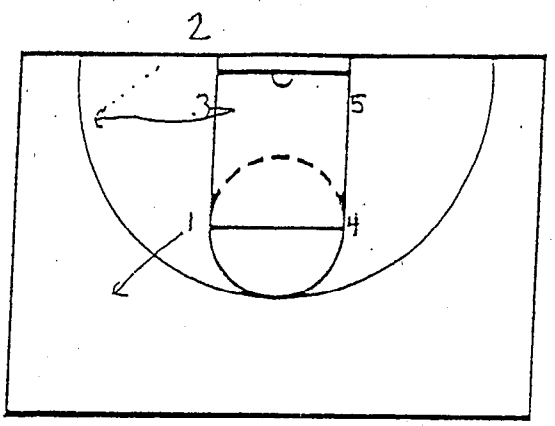
3 fakes to the middles and cuts to the corner
2 fakes to the basket and releases
5 sets a screen to the middle
4 cuts off 5's screen looking for the ball



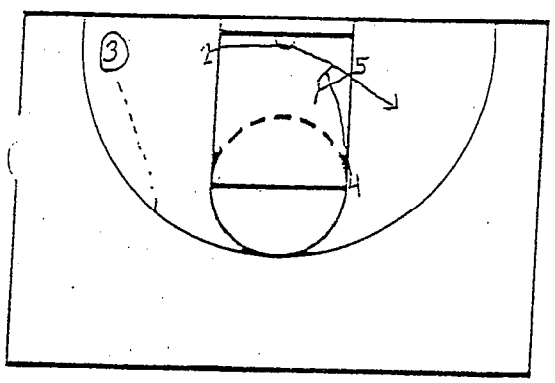
#3

3 fakes to the middle and cuts to the corner
5 releases
2 upscreens for 4
4 cuts off 2's screen

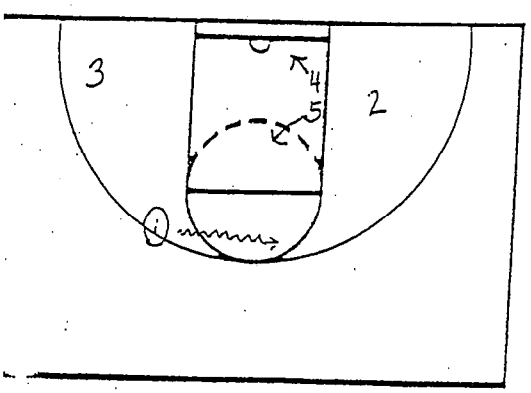
IOWA STATE BASKETBALL



GOLD (vs. zone)
3 fakes to the middle and cuts to the corner
2 passes the ball to 3
1 releases



2 steps in while 4 and 5 come down to screen
3 passes the ball to 1 while 2 comes off the double screen



1 dribbles over and looks for 2 coming off the screen
5 steps back to the ball and 4 goes to the hoop looking for the lob pass

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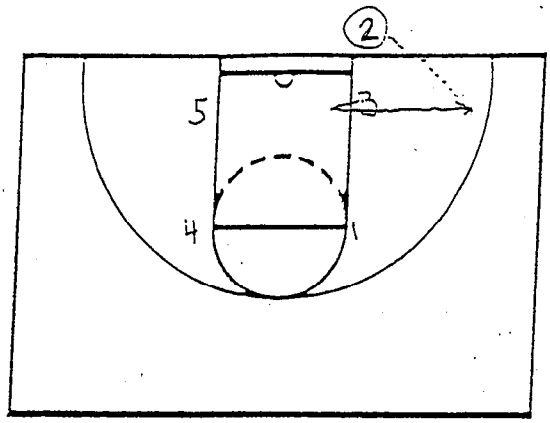
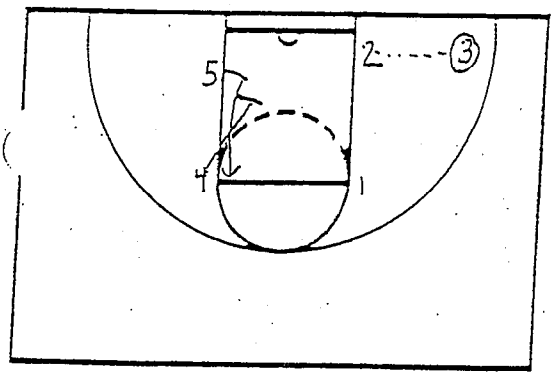
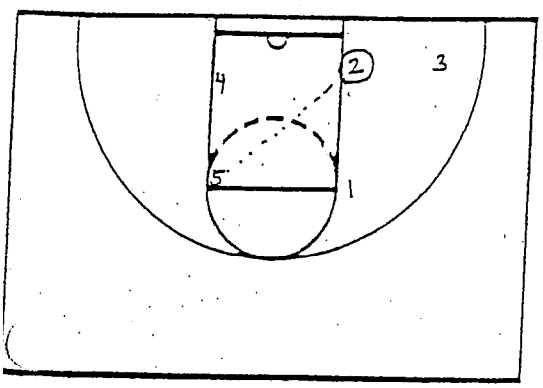


GOLD (with 2 posting up)
3 fakes to the middle and cuts to the corner
2 passes to 3



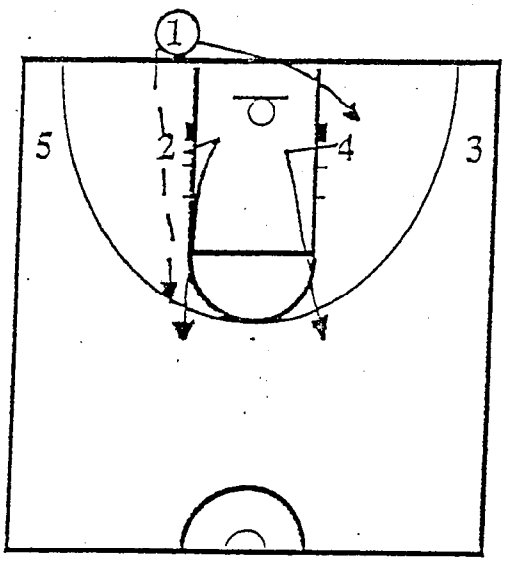
3 passes to 2 in the post
4 downscreens for 5



If 2 can't score he passes to 5 for a jump shot

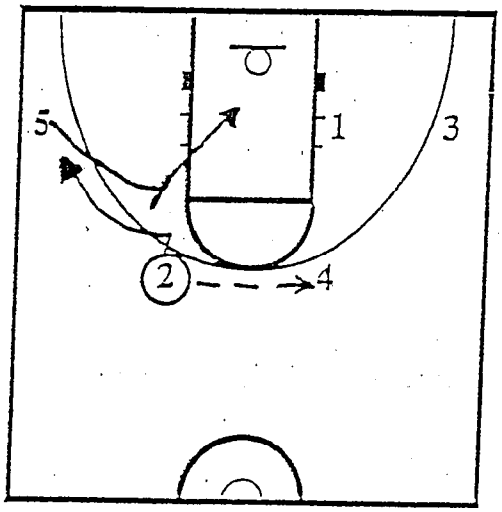
Baseline Out of Bounds Series

Weak Action



34 weak
24 Weak:

* 2 receives the pass in the catch area
* 4 receives the guard to guard pass



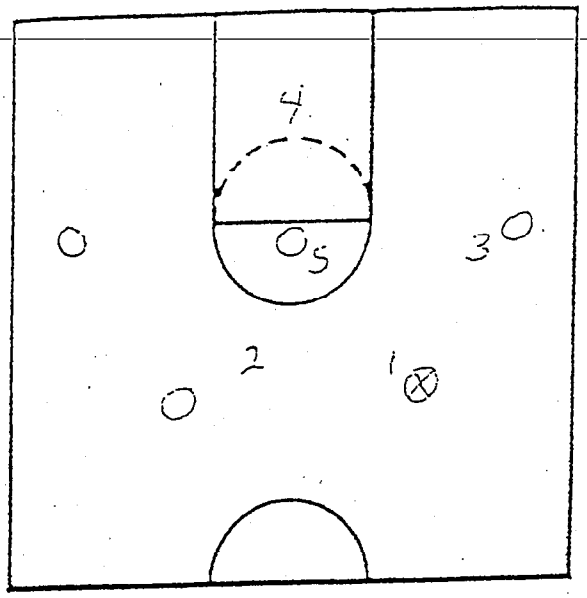
24 Weak Cont'd:

* 2 swings the ball to 4
* 5 sets a flair screen for 2
* 5 reads the defense; if his defender jumps out, 5 slips the screen to the goal

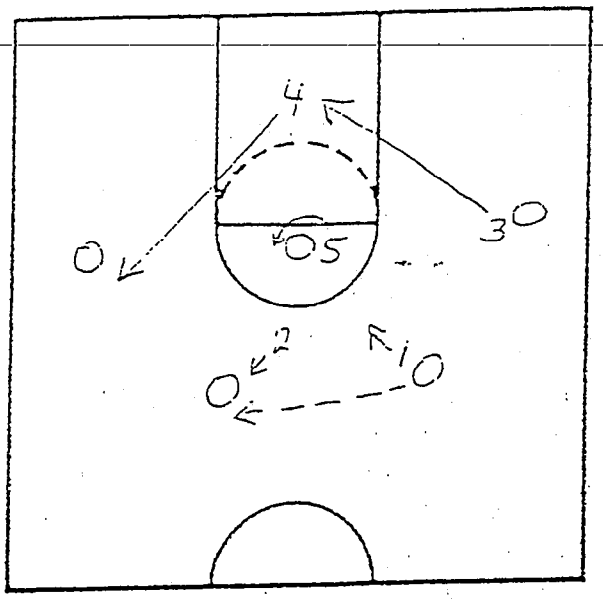
4. Triple: The smallest player not involved in the call runs a baseline chase off three screens for a shot (probably a 3 pointer). The shooter will start in the widest position opposite the inbounder.

5. Weak Dive: In the weak action, after the ball has been thrown over the top of the flair screen, the passer dives to the open area of the lane.

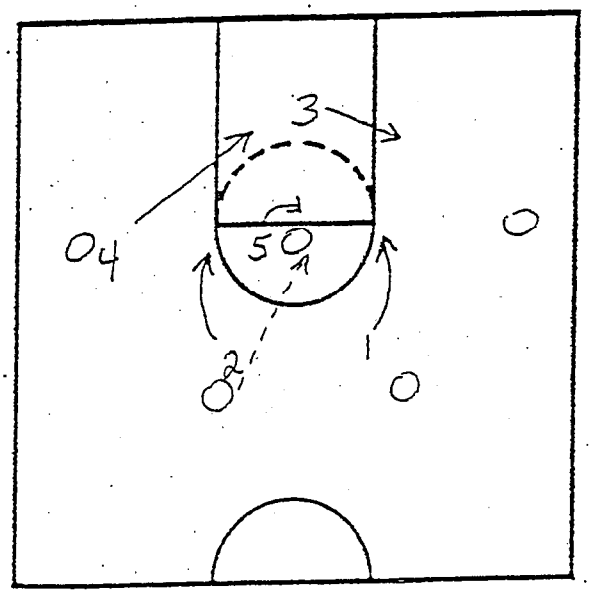
#2 MATCH-UP vs. TWO GUARD FRONT



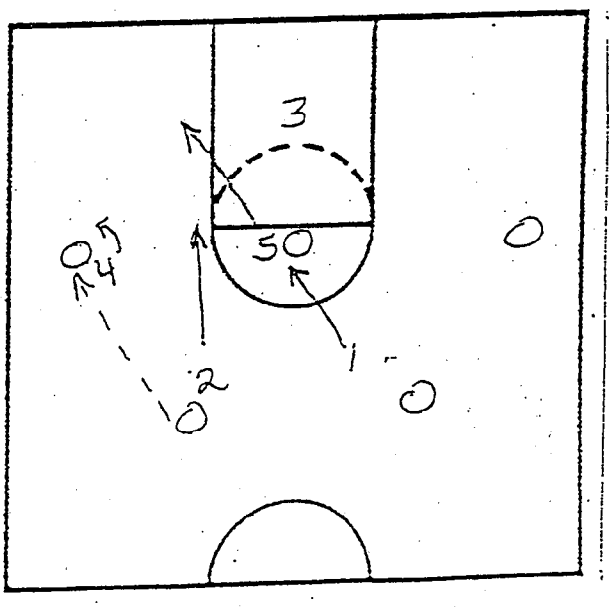
Starting positions



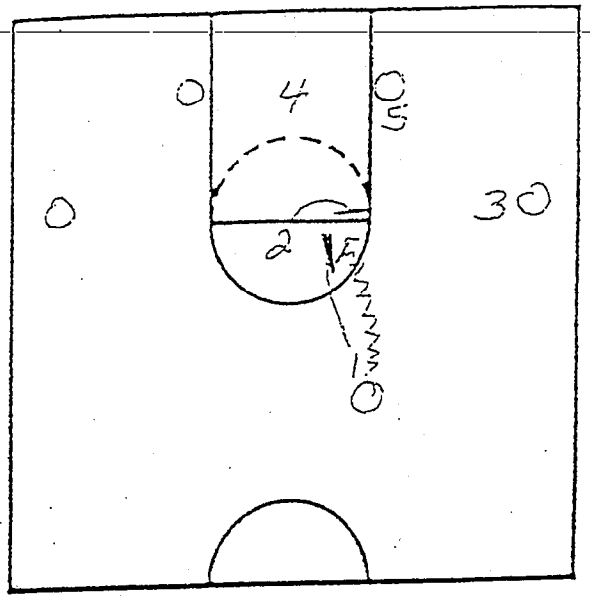
#1 Will move to a help position.
#2 Will take the ball and force it to the side.
#3 Will become the hoop man.
#4 Will deny the lead pass.
#5 Will cover the high post on the ball side.



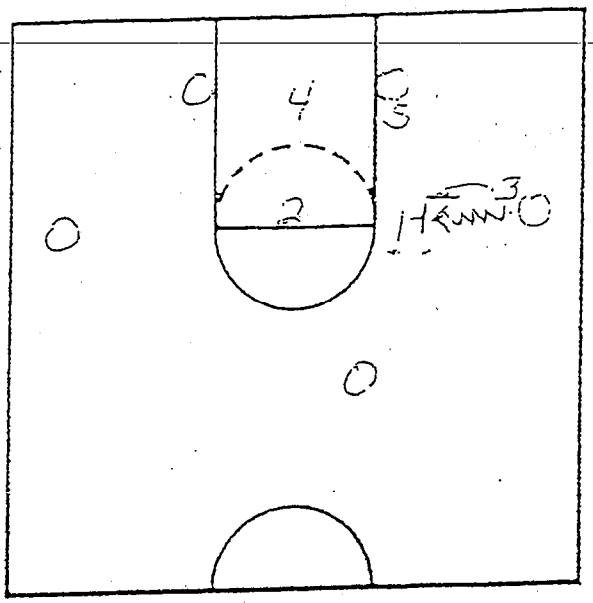
#1 Will rotate back to the elbow in a help position.
#2 Will rotate back to the elbow in a help position.
#3 Will cover the block.
#4 Will rotate down and cover the block.
#5 Will take the man with the ball in the high post.



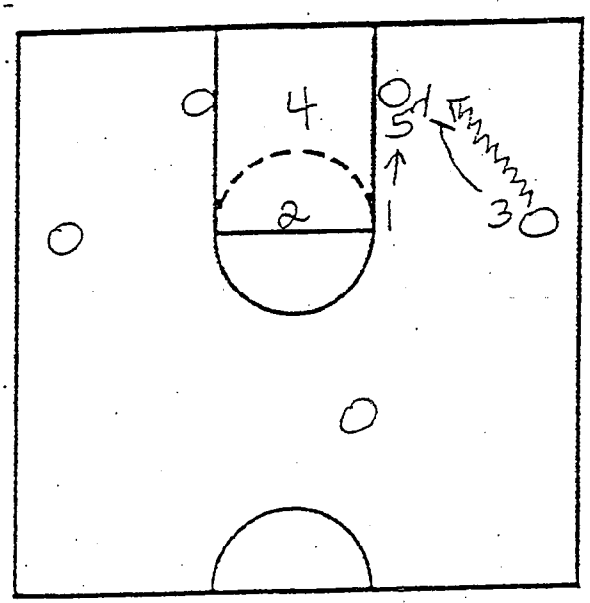
When the ball is at the wing or below the free throw line, everything is the same as the #1 Defense against a one guard front.



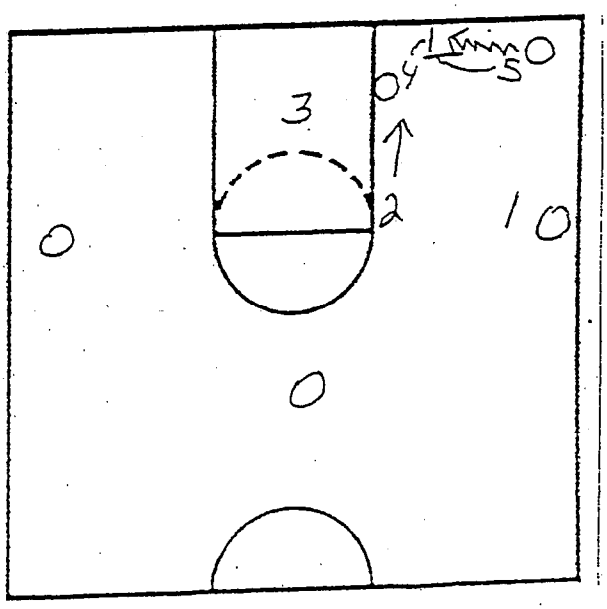
Trap penetration from the point.



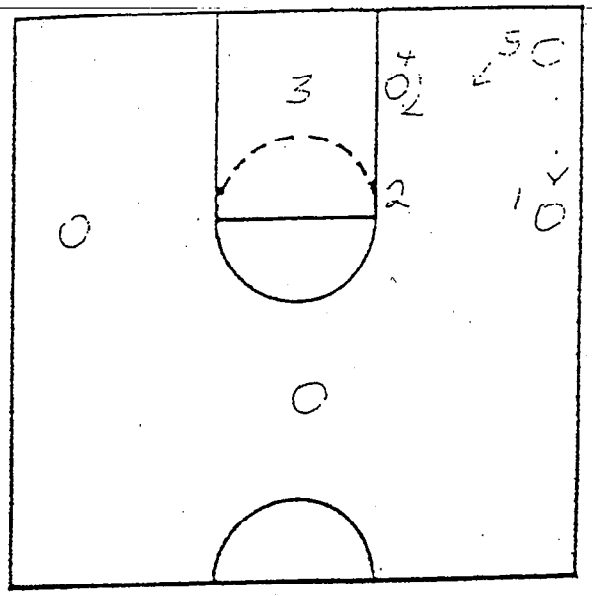
Trap penetration from the wing to the center.



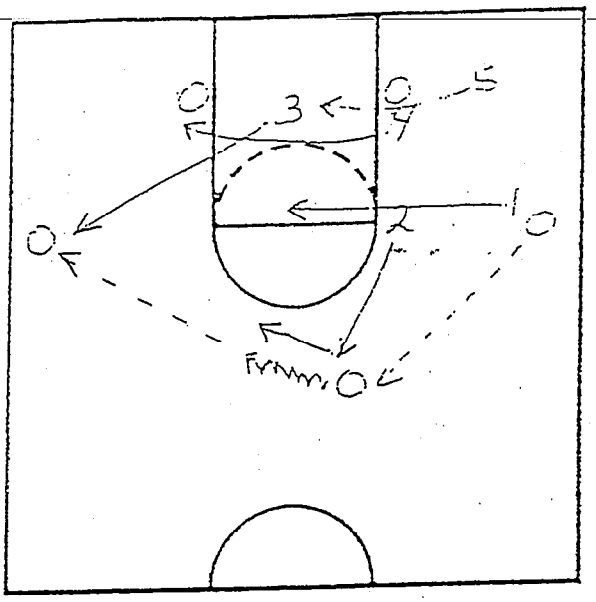
Trap penetration from the wing to the baseline.



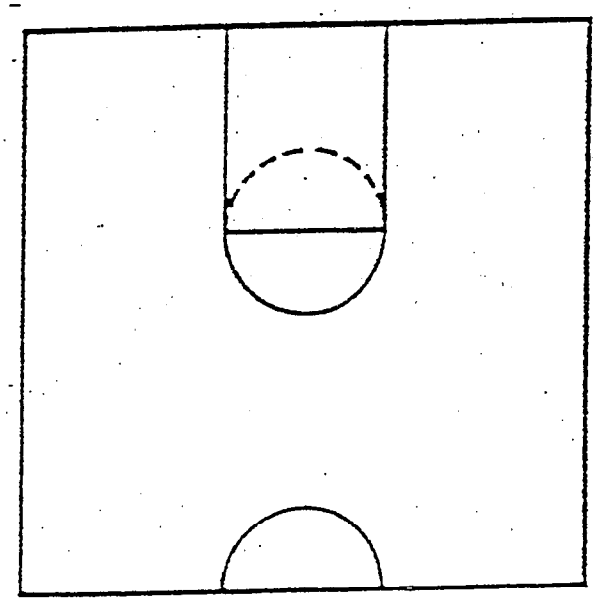
Trap penetration from the the corner to the baseline.

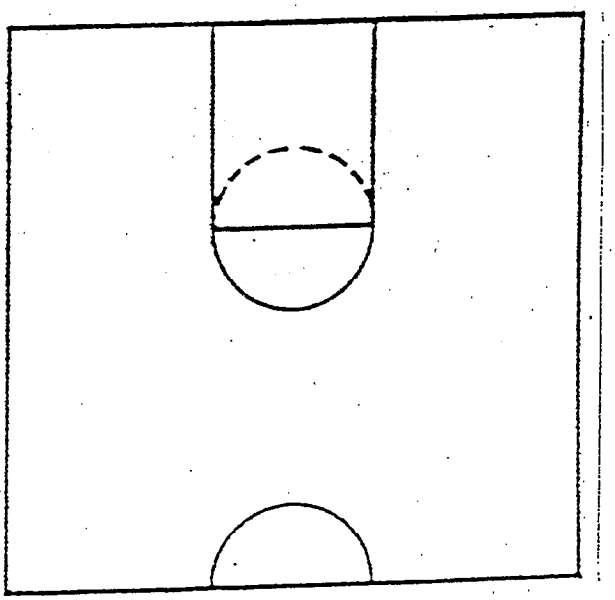


#1 Will take the ball if the ball is passed out.
#2 Will remain the half guard.
#3 Will remain the hoop man.
#4 Will remain in the low post.
#5 Will move to the modified position between the elbow and the corner.



#1 Will become the down guard.
#2 Will become the up guard approaching on the opposite shoulder and then push ball off center court.
#3 Will deny the lead pass.
#4 Will front the low post.
#5 Will become the hoop man.





MATCH-UP ZONE DEFENSE

Advantages of the Match-up Zone

1. It puts good man pressure on the ball with excellent help side defense.
2. It forces opponents to go into zone offenses which normally are much simpler to defend.

Basic Principles

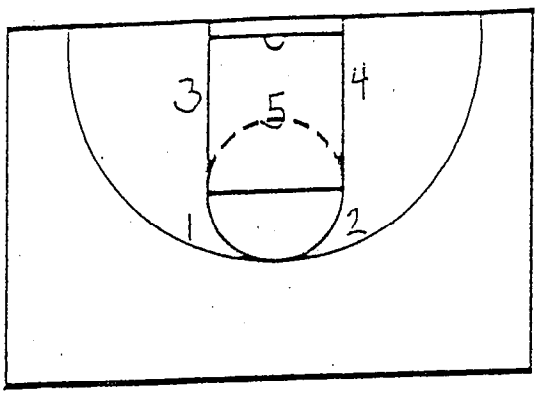
1. Man-to-man pressure on the ball at all times.
2. Deny all lead and penetrating passes.
3. Built in help side defense.
4. Trap all dribble penetration.
5. Trap in pre-designated positions on the floor.
6. All five men must rebound.
7. Verbalize ball movements.
   a. ready, point, stick, ball, shot
8. Verbalize player positions.
   a. up, down, mid, hoop, deny, corner, trap, half

Basic Variations

1. #1 - match-up vs. one guard front offense
2. #2 - match-up vs. two guard front offense
3. Blitz - force toward baseline and deny the reversal pass

IOWA STATE BASKETBALL

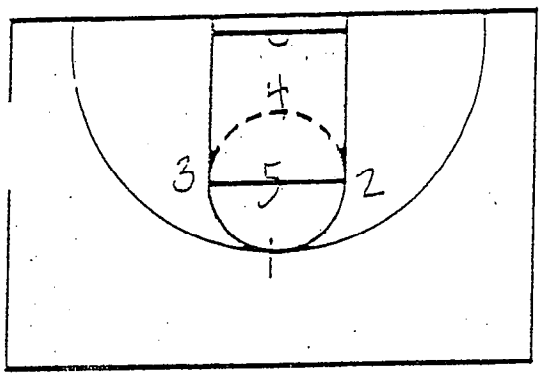
POINT ZONE



2 takes pass or dribble to his wing (4 may have to buy time
1 takes only the dribble to his wing;drops opposite the ba
3 takes the first pass to the left wing

1 and 3 or 1 and 2 are always back on the backside

When it is reversed on non-penetrating dribble you bump with the man who is covering that area



1 takes top after ball reversal
5 comes up to make it a 1-3-1

SKIPS- 1 takes skip pass from corners then gets bumped back to where he should be
2 and 3 work together- one has ball, other is back
1 and 4 work together- one has ball, other is back

PENETRATION- Help and recover like man

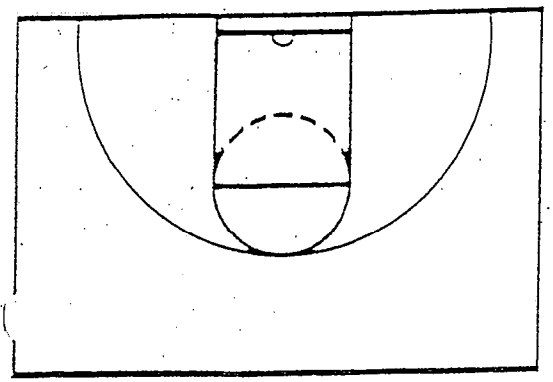
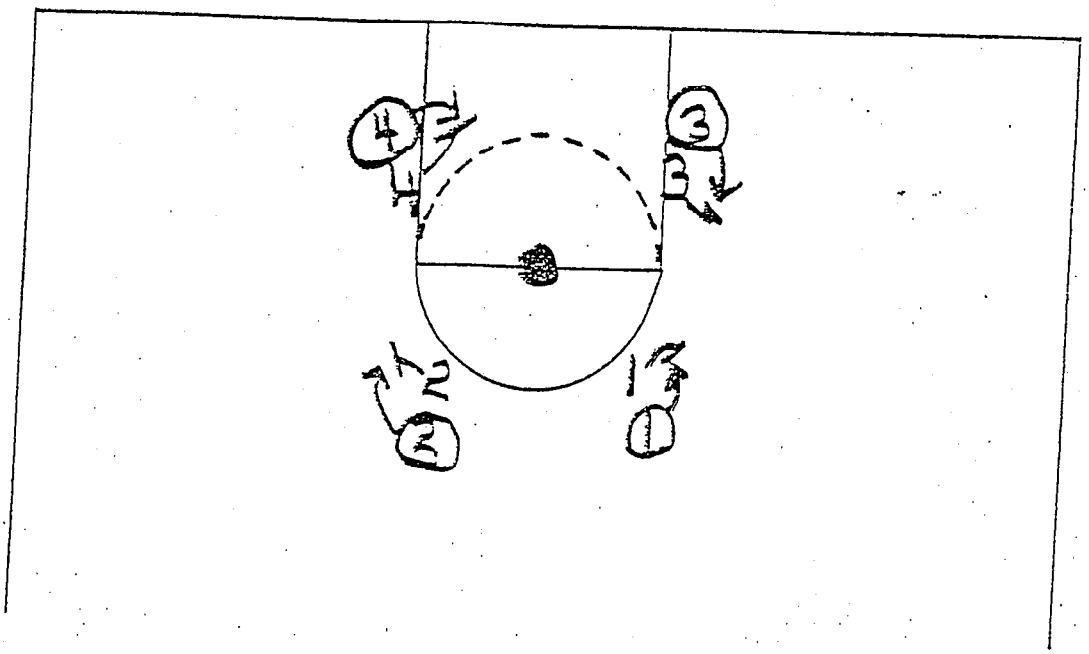


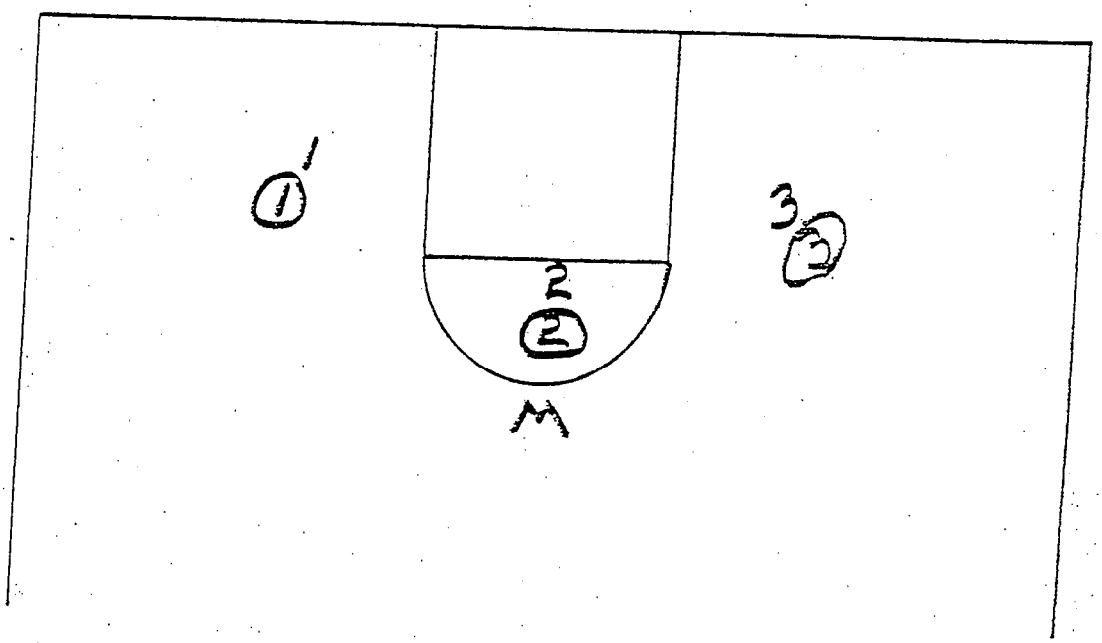
Diagram B



EXECUTION OF THE DRILL:

--The basketball is placed in the middle of the jump circle. The offensive players attempt to get to the ball. The defensive players block out and do not allow the offensive players to get the ball for at least three seconds.

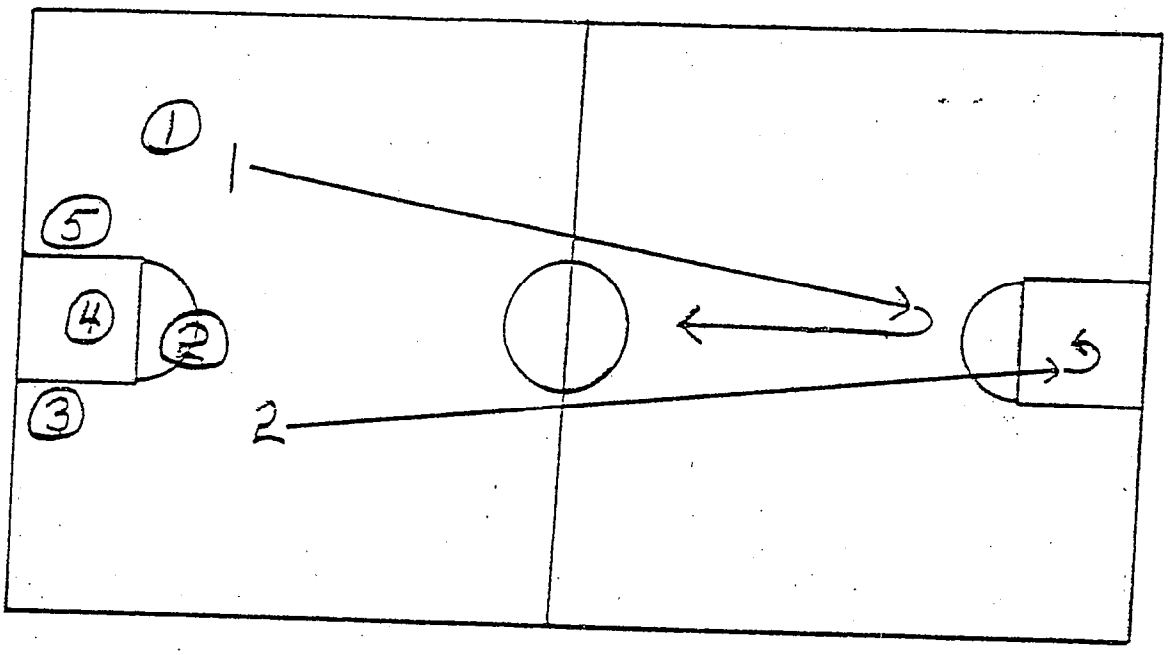
Diagram C



EXECUTION OF THE DRILL:

--Manager shoots the basketball and defensive players block out for at least three seconds. No players should be allowed in side unless they are cutting through.

Diagram B



EXECUTION OF THE DRILL:

As soon as the ball is shot, O1 and O2 become defensive players.

Our guards are always designated back. They are never rebounders. Because O2 is not involved in shooting the ball, he will probably be back first.

--D2 sprints to our defensive basket and constantly talks to D1 and tells him:

1. That he must get back on defense.
2. That he (D2) has the basket protected and that D1 should stop the ball.

--D1 sprints to our defensive end of the floor and works himself back to the ten second line.

--D2 works his way toward the ten second line to about the top of the key (only after D1 has the ten second line secure).

From here execution is exactly the same as that in the 3 on 2 drill.

COACHING POINTS:

1. We tell our guards that if they do a good job of containing the basketball for three or four passes, this should give the other three people in the defense time to assume their half court defensive position.

2. The two defensive players stopping the basketball, should constantly be reminded if they do their job for a short period of time (three of four passes), it is then the responsibility of the rest of the defense to have picked up their feet and run to their half court defensive position. The guards are not totally responsible for stopping the fast break, but are initially responsible.

As soon as D1 knows that D2 has control of this basket, he quickly goes to defensive position on the ball.

If D1 and D2 can make the ball be passed three to four times, on their defensive end of the floor, they will have been successful.

COACHING POINTS:

1. D2 in turning the ball, is following our concept of defense on point against one man front. His responsibility is to turn and contain the ball and make offensive player pick the ball up or reverse direction.

2. D1 must never get higher on the floor than the offensive receiver (O1 and O3).

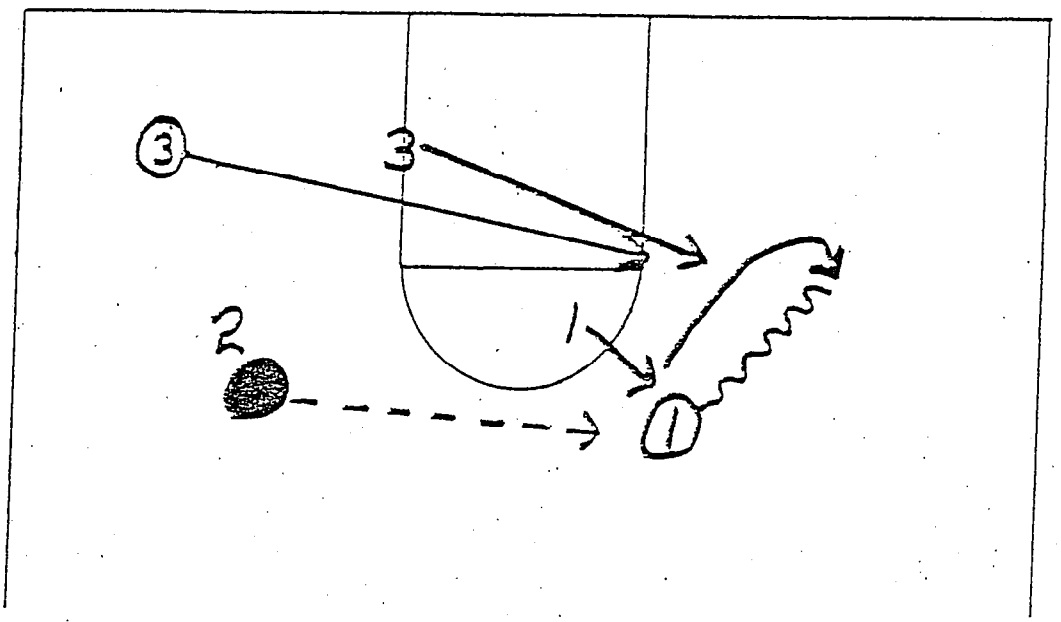
3. Communication between D1 and D2 are the single most important parts in the transitional drill. Without communication and cooperation, it is virtually impossible to achieve the timing necessary to execute this defensive maneuver.

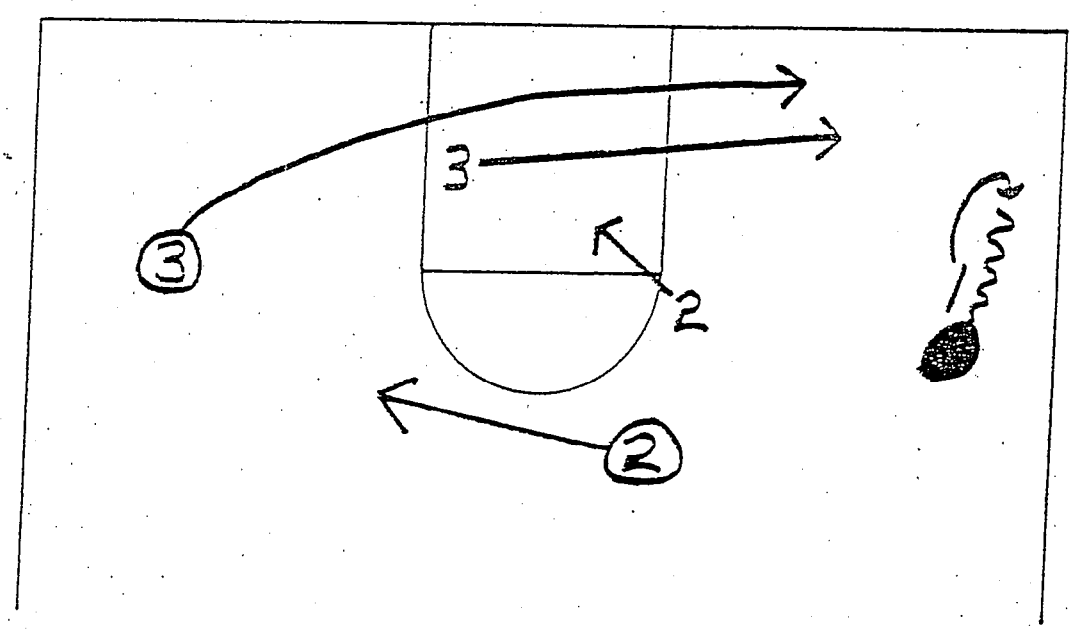
COACHING POINTS:

Most any offensive situation that can occur, can occur in a 3 on 3 drill. For this reason, we feel our defense against a 3 on 3 is our most complete defensive drill. We feel it is better in drill situations than a 5 on 5 drill, because there is less room for errors and rest.

Diagrams D and E

The following is a group of diagrams of situations that could occur. It is by no means complete.



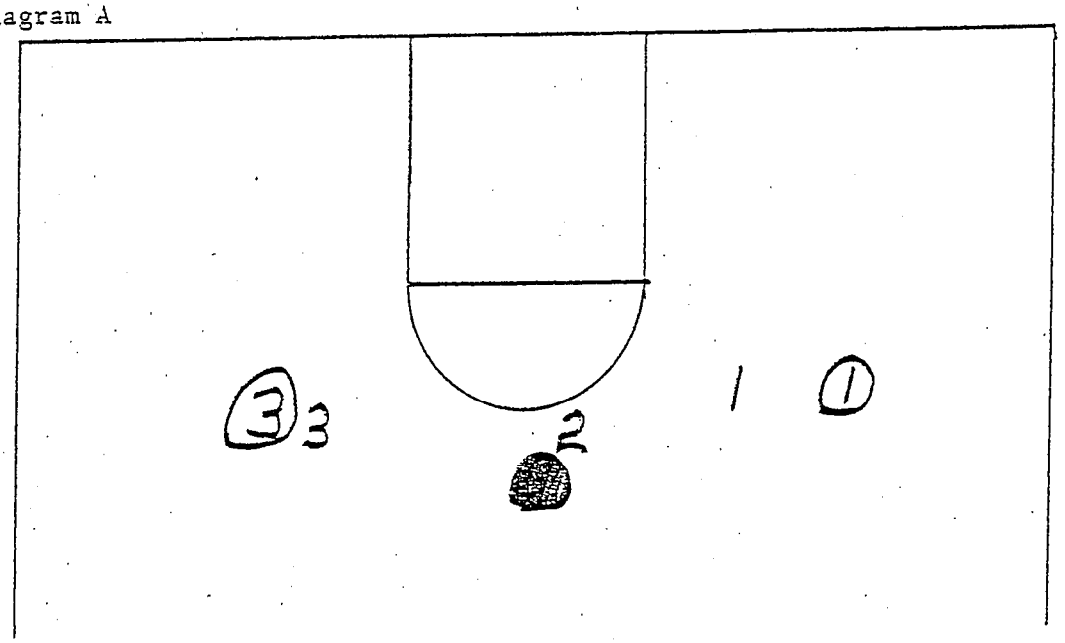


Drill #9--3 on 3

OBJECT OF THE DRILL:

To bring together all of the principals and rules used in our defense.

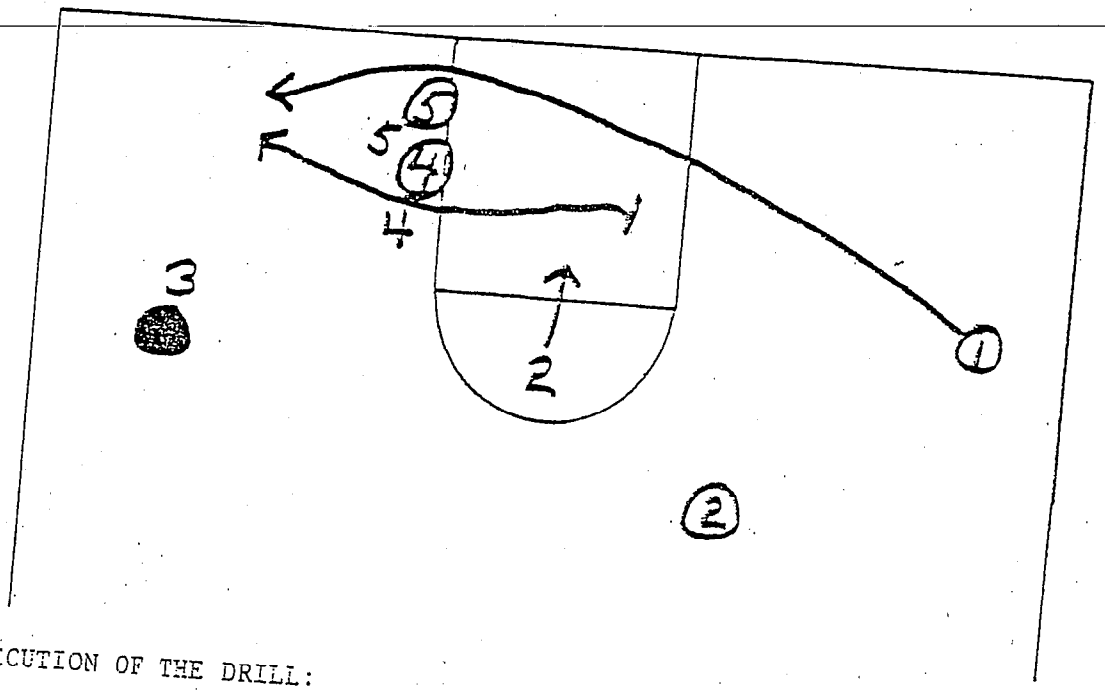
Diagram A



EXECUTION OF THE DRILL:

--D2 must assume point coverage on a one man front because O2 is in the middle of floor. This must be done before the rest of the defense can react. Once D2 makes it clear in which direction he is turning O2, D3 tightens to denial position. D1 loosens to position one pass away from the ball.

Diagram C



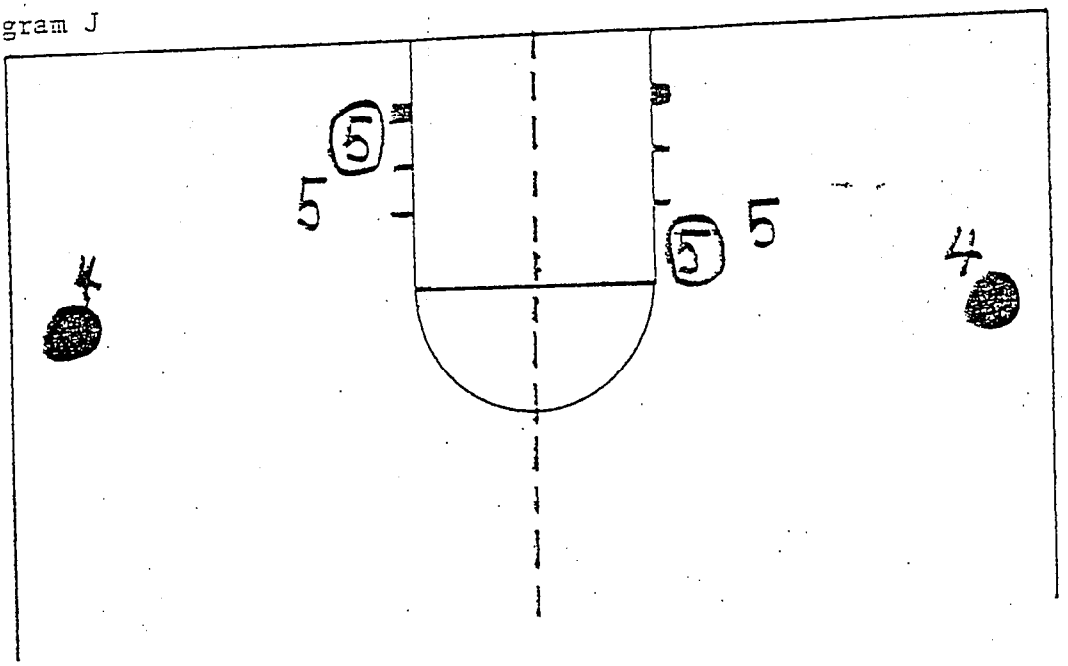
EXECUTION OF THE DRILL:

O1 makes baseline cut off O5, O4 double pick.
--D1 moves over the top of double pick to prevent pass.

COACHING POINTS:

We feel it is imperative for our defense to stay between his man and ball. Because of this, we go over the top of all stationary picks along the baseline and be in position to prevent pass from O3 to O1.

Diagram J



EXECUTION OF THE DRILL:

--The post must be fronted from first hash mark down.
--From first hash mark up, cover on ball side.

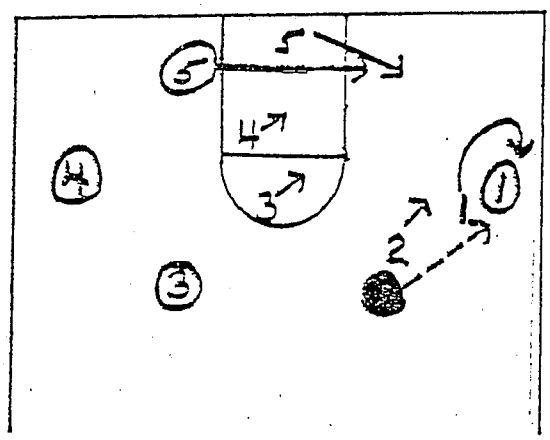
COACHING POINTS:

1. Again in this drill, the defensive post man must follow the three rules discussed before. It is imperative that he play away from his man toward the basketball. In this position, if he is beaten to a position on the ball side of the floor, he is a lazy player. Each time this happens, we explain to our players, "That in a five step race, they were just beaten by three steps."

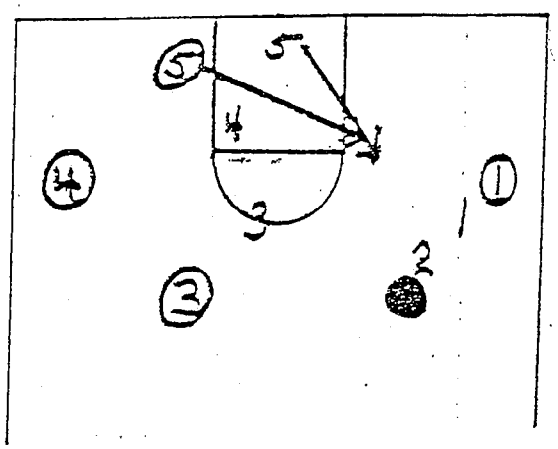
2. It is important to stress that medium and low post coverage is a team responsibility, and that the people away from the basketball are primarily responsible for the lob pass.

Diagrams E, F, G, and H

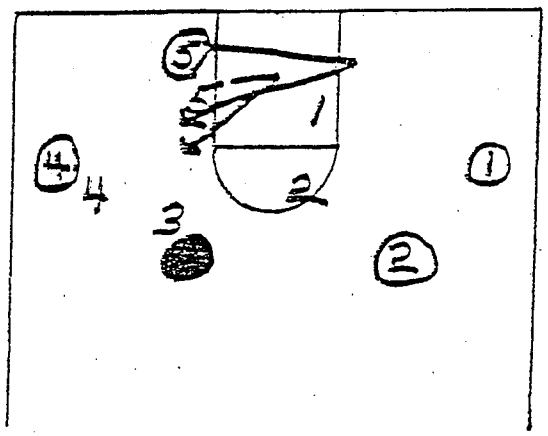
E.



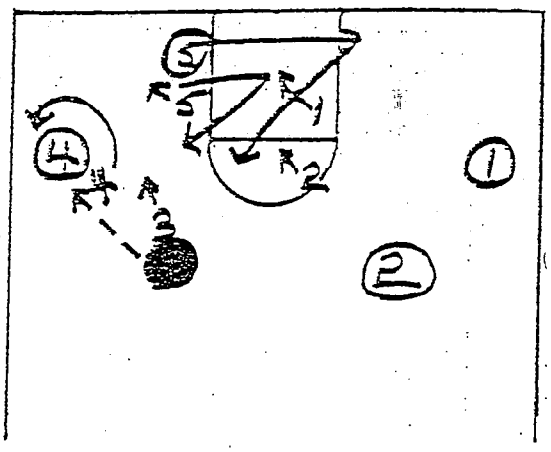
F.



G.



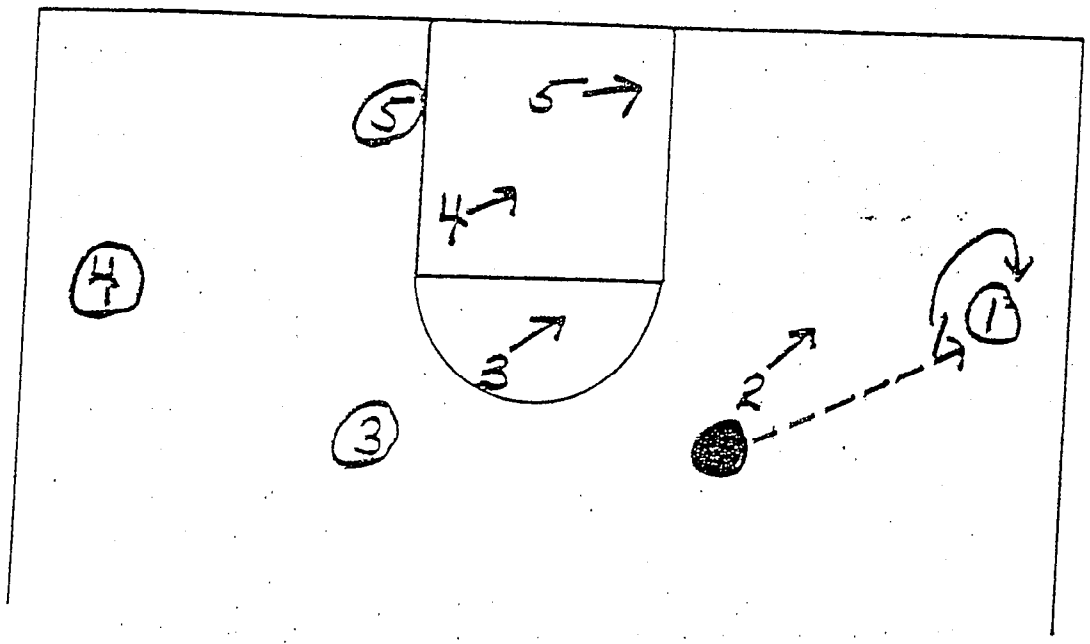
H.



EXECUTION OF THE DRILL:

--Ball is passed to each one of the perimeter people and with O5 assuming a new low post or medium post position with D5 attempting to prevent him from catching the ball. The perimeter players should try to pass the ball to O5 any way they can except with the float pass.

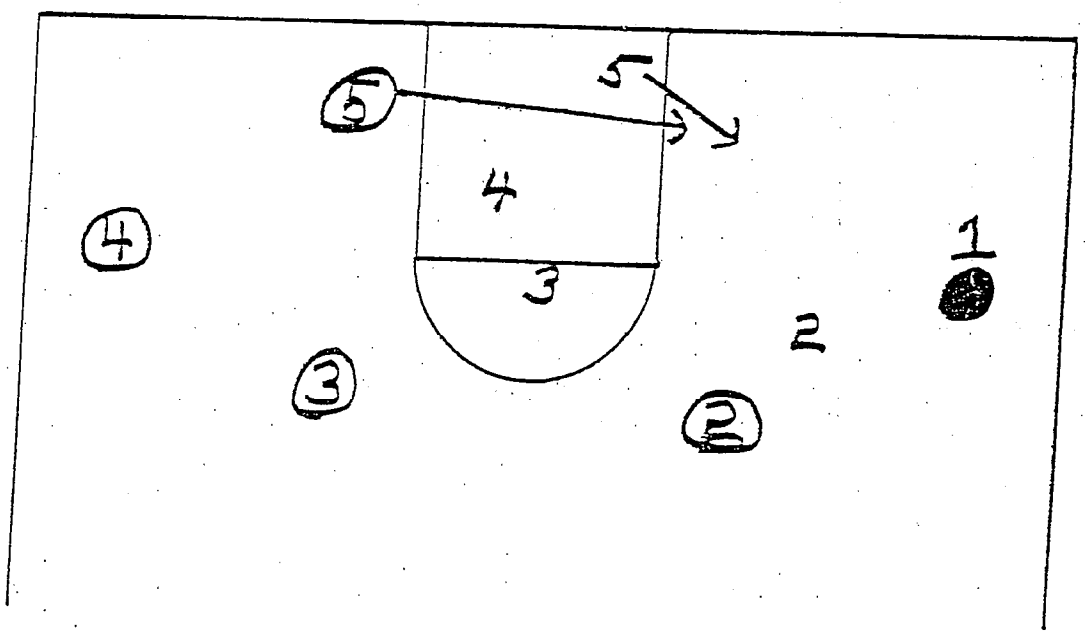
Diagram B



EXECUTION OF THE DRILL:

--As ball moves from O2 to O1, D5 must assume his next position with relation to the ball and his man

Diagram C



EXECUTION OF THE DRILL:

--O5 starts movement to low post area, D5 must reach this spot before O5 and assumes a position between O5 and ball, and away from and not touching O5. His body should be turned so that he can see both the ball and his man with little head movement (a fronting position).

COACHING POINTS:

1. D1 does not switch, he temporily contains the ball while D2 regains point coverage defensive position.

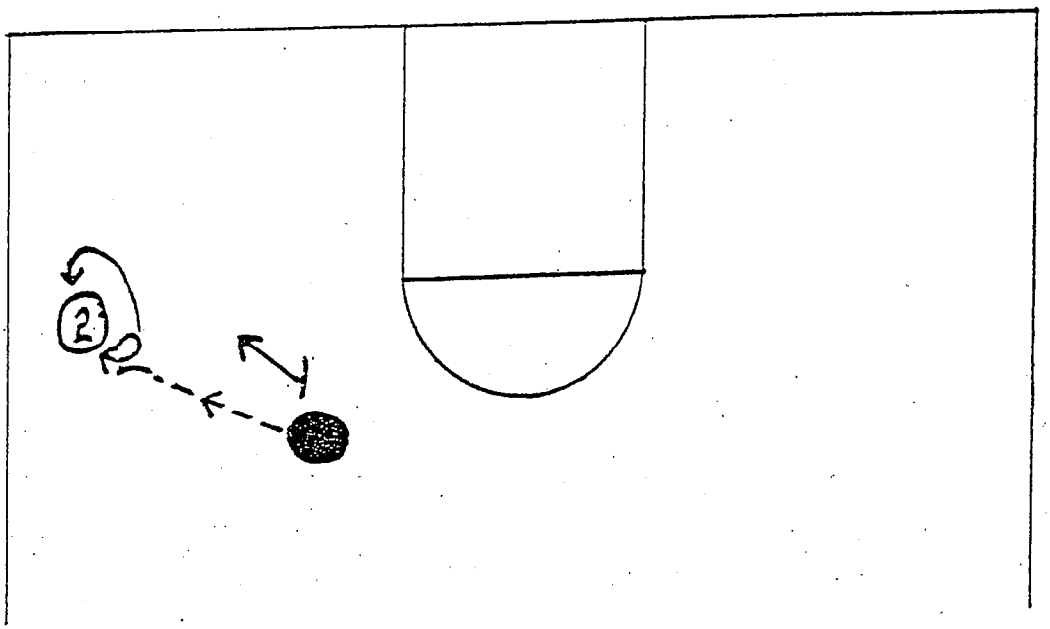
2. If D2 does not quickly get over top to point coverage position, Di can not prevent successful pick and roll offensive move.

Drill #6--2 on 2 with moving pick

OBJECT OF THE DRILL:

To teach defensive coverage to a man covering offensive player moving to pick and to teach defensive coverage to the player covering man getting picked.

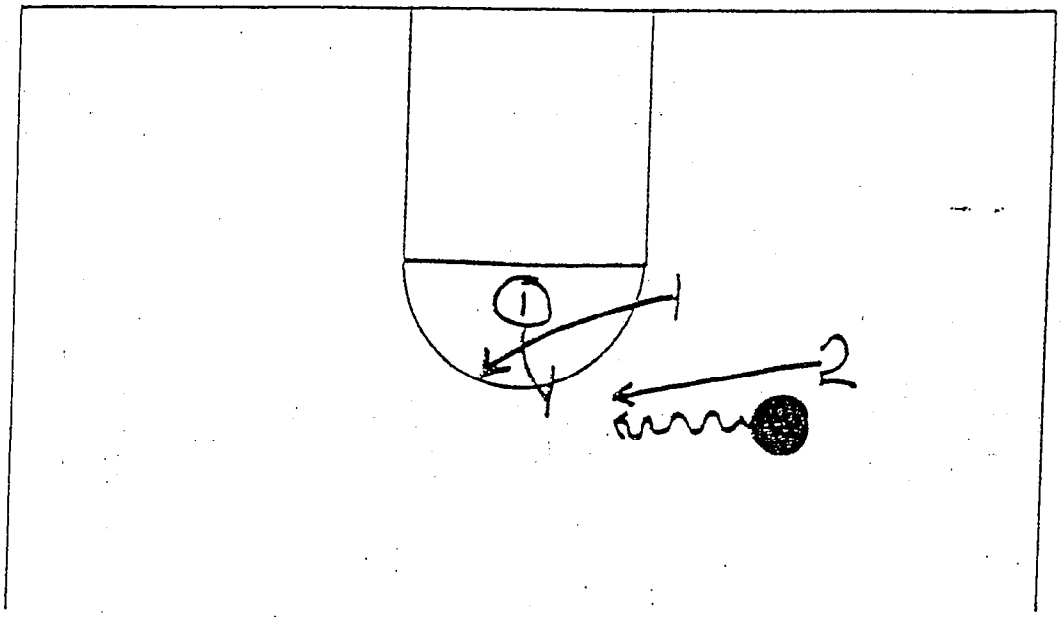
Diagram A



EXECUTION OF THE DRILL:

O1 passes to O2
--D2 moves from the denial position to point coverage position

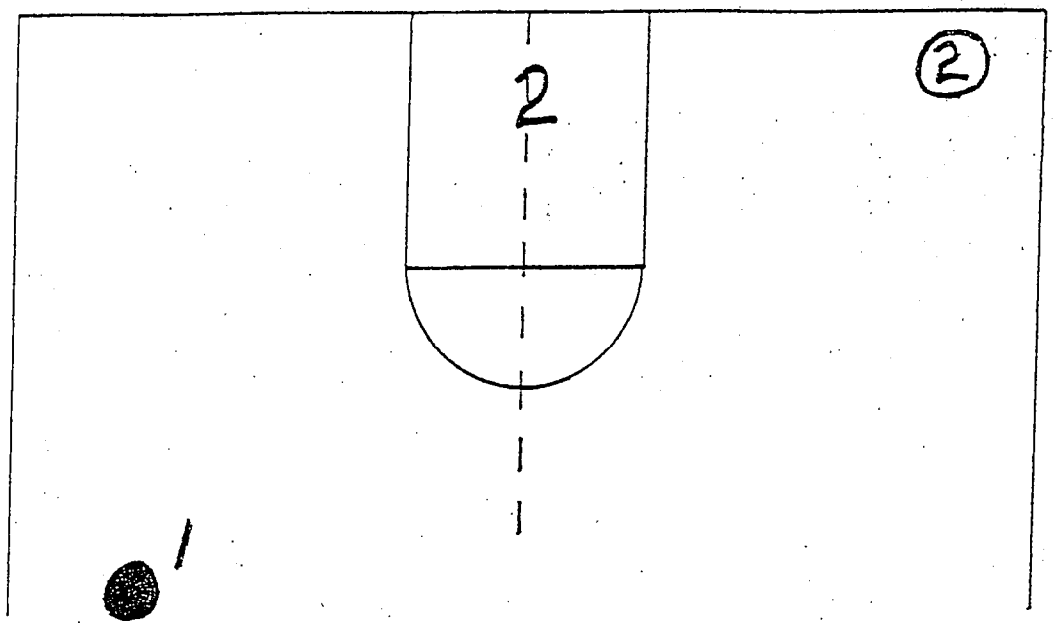
Diagram B



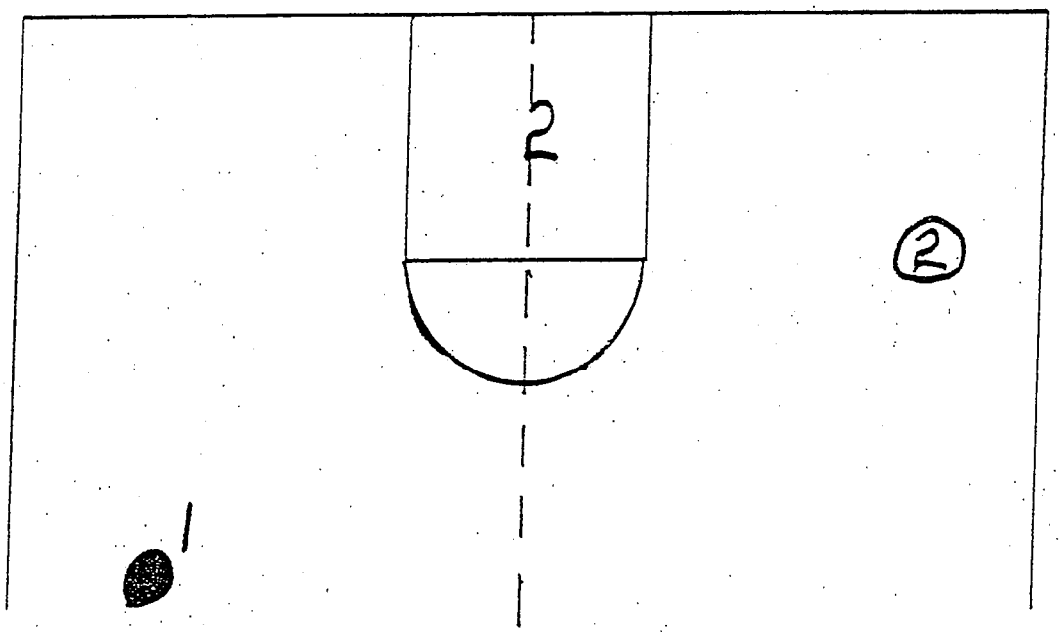
EXECUTION OF THE DRILL:

O2 starts dribble toward the middle
O1 steps out to pick O2
--As the ball moves, D1 must move with it and must tell D2 that pick is coming
--D1 will go behind pick and loosen to where he can help on the dribble

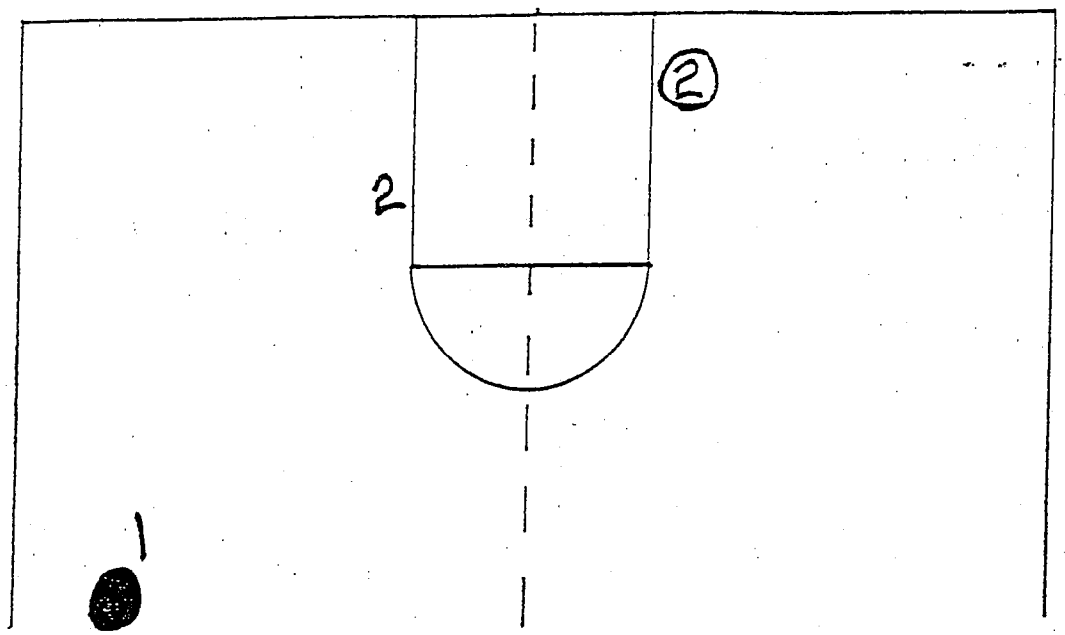
J.



K.



F.



G.

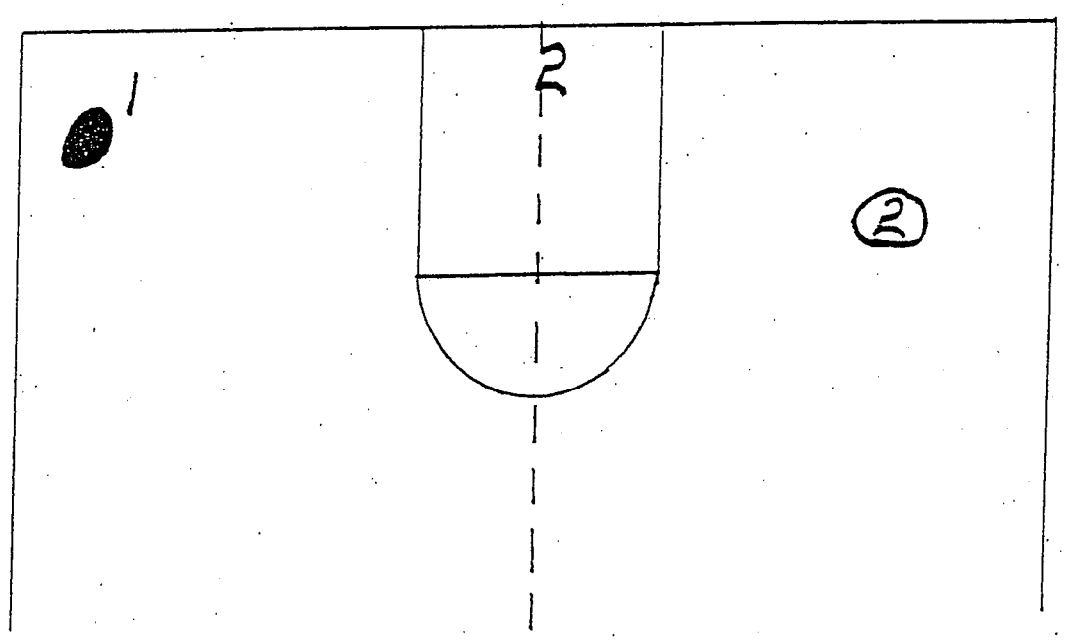
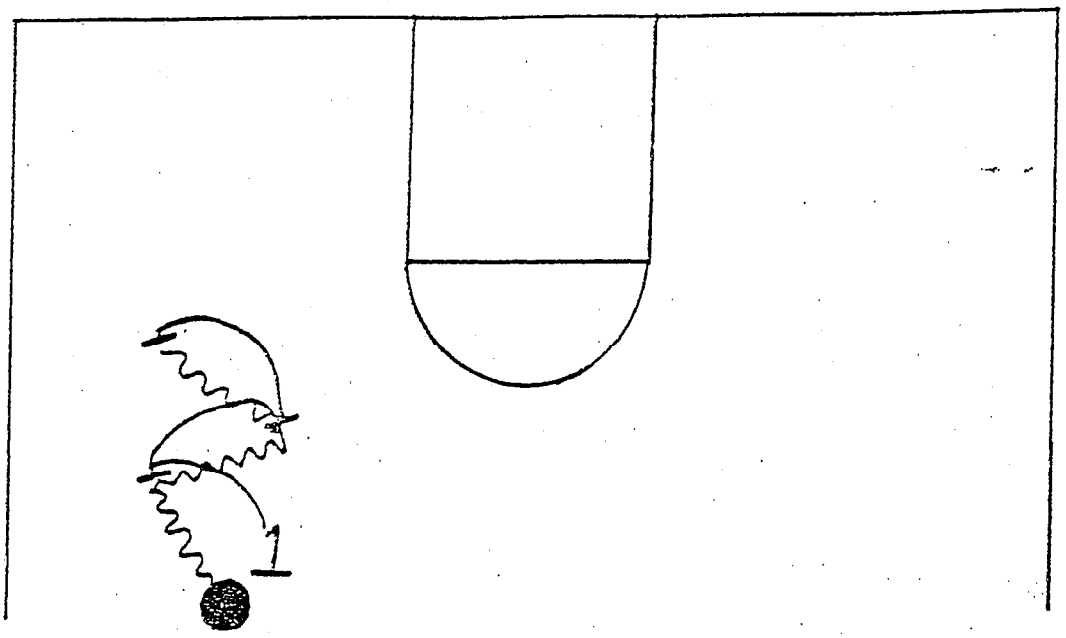


Diagram B

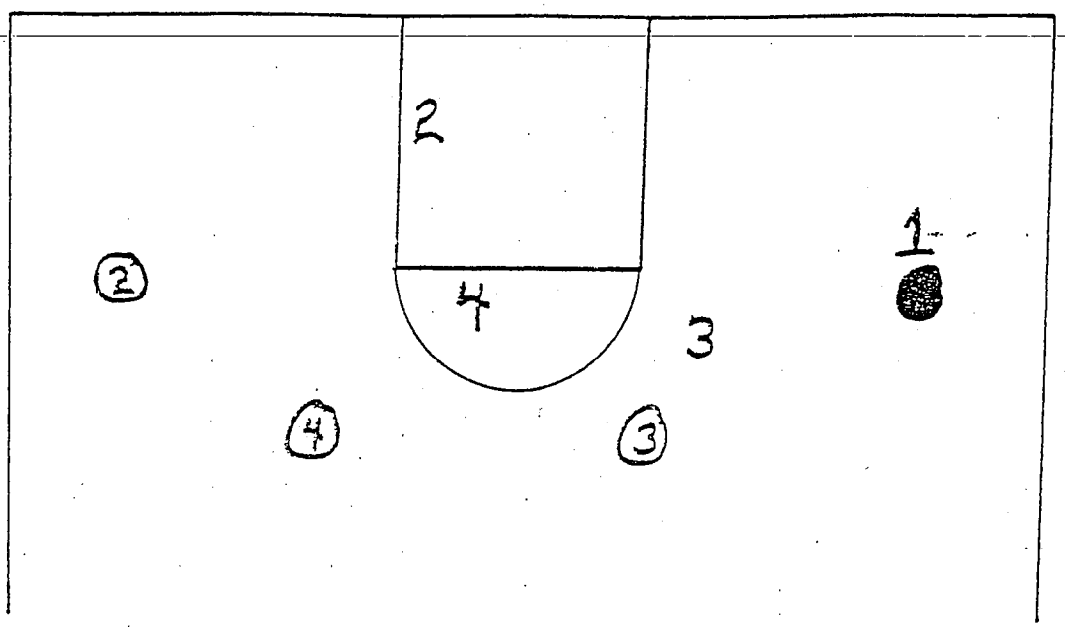


EXECUTION OF DRILL:

Since the drill has two objectives, we will talk about 1 on 1 coverage against a one man front before we cover help away from the ball.

In 1 on 1 coverage against a one man front, we are constantly concerned about containment of the basketball and turning of the ball. For this reason, we will turn the ball toward the sideline as opposed to toward the middle. As soon as the ball starts toward the sideline, the defensive player must pick up his feet and run to stop the progress of the basketball. Defensive objective here is to make the offensive player pick up the ball or reverse his movement back to the middle. As soon as the ball is reversed, the procedure starts over with the defensive player picking up his feet and running to stop the progress of the ball. The longer the defensive man causes this to happen, the more containment we have achieved. This is what our 1 on 1 player in the drill is concerned with.

Diagram B



EXECUTION OF DRILL:

03 rotates to 02's position, 04 to 03's position, 02 rotates to 04's position
--Drill should be continued until all Defensive people have covered the straight cutter. In order to do this, the drill should be started to both sides.

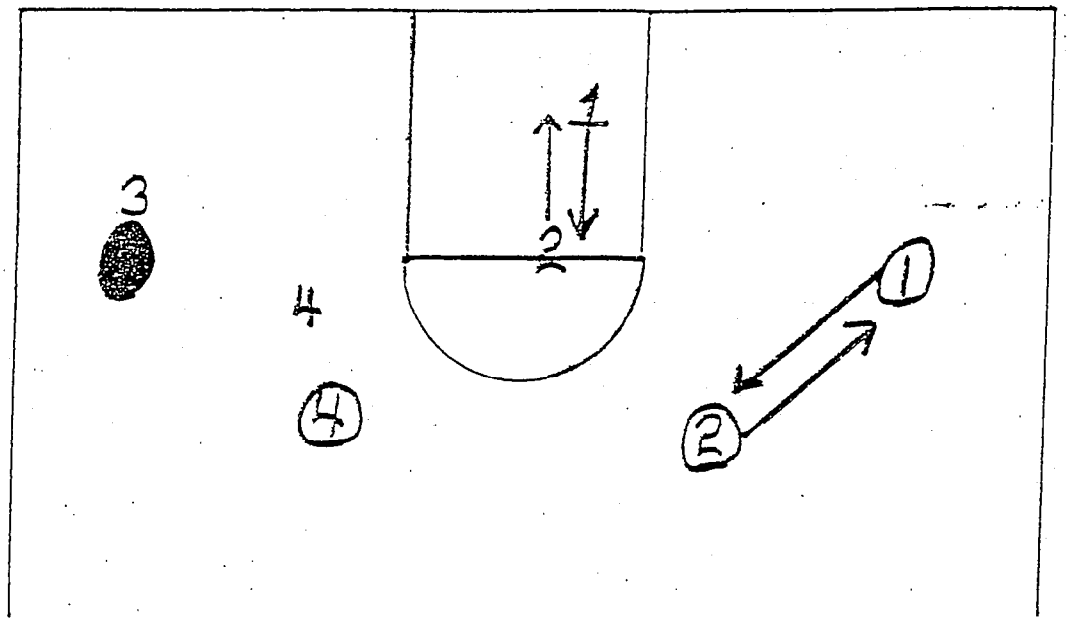
COACHING POINTS:

1. The defensive man in point coverage should remain in a defensive position even when the ball is picked up by the man he is covering. In other words, we do not teach our point coverage to stand up and attempt to intimidate the point to wing pass. This will cause your man to be completely out of position if this pass is made successfully.

2. When the ball is passed, the defense must move immediately toward the ball. This will enable the point coverage to always remain between the ball and his man.

3. When the cut is made, the defensive man in point coverage must stay between his man and the ball all the way to the basket, preventing any pass to the offense except the float. (This pass is the responsibility of the defensive people away from the basketball).

Diagram C



EXECUTION OF DRILL:

O2 exchanges with O1
--D1 slides up lane to a position two passes away
--D2 slides down lane to position three passes away

COACHING POINTS:

1. When an offensive exchange occurs away from the ball, the defensive men always exchange in the lane, never outside of it. This is in keeping with our philosophy to always protect the middle of the floor.

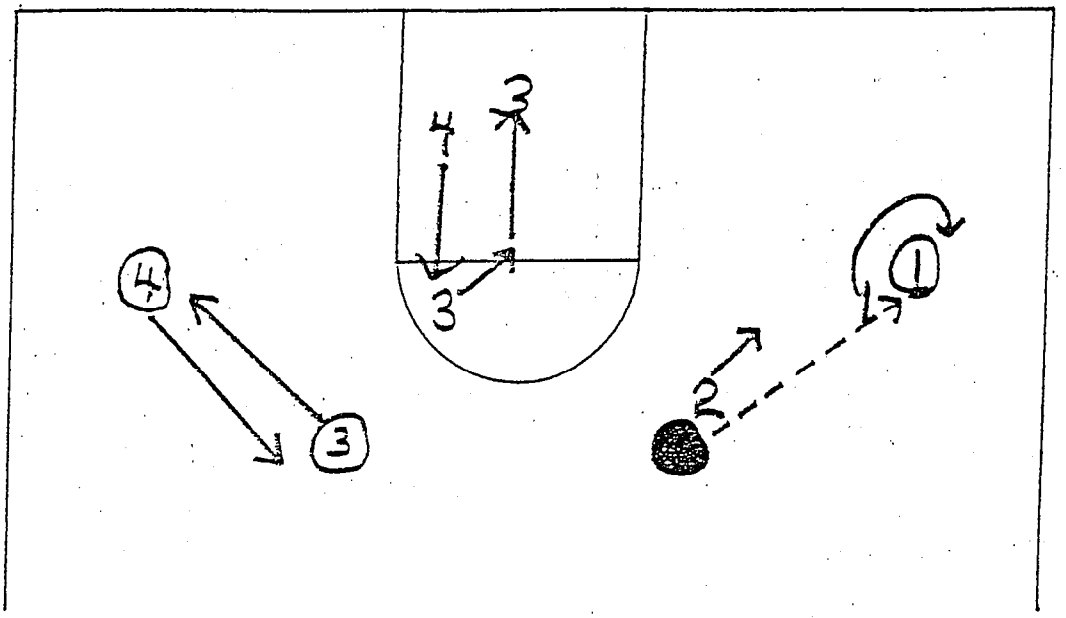
2. The defensive player must be able to see his man and the basketball at all times (the only exception will occur in low post coverage which will be covered later), and back cuts. Going one step deeper in the floor will solve any problems in seeing the ball and man at the same time.

Drill #2--4 on 4 with a change-out

OBJECT OF THE DRILL

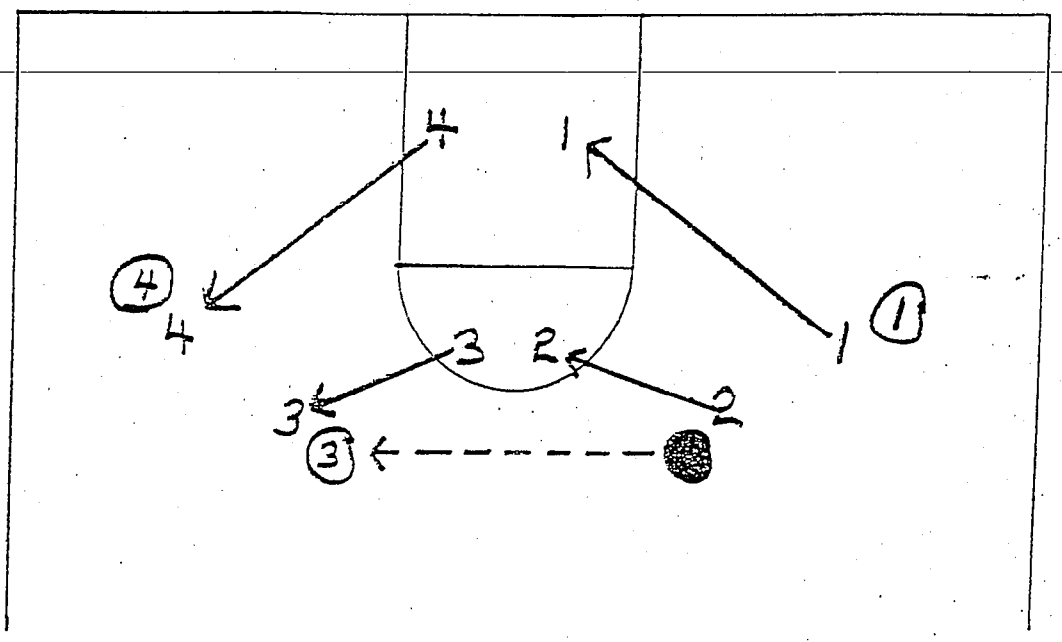
To teach defensive positioning away from the basketball when there is an offensive exchange.

Diagram A



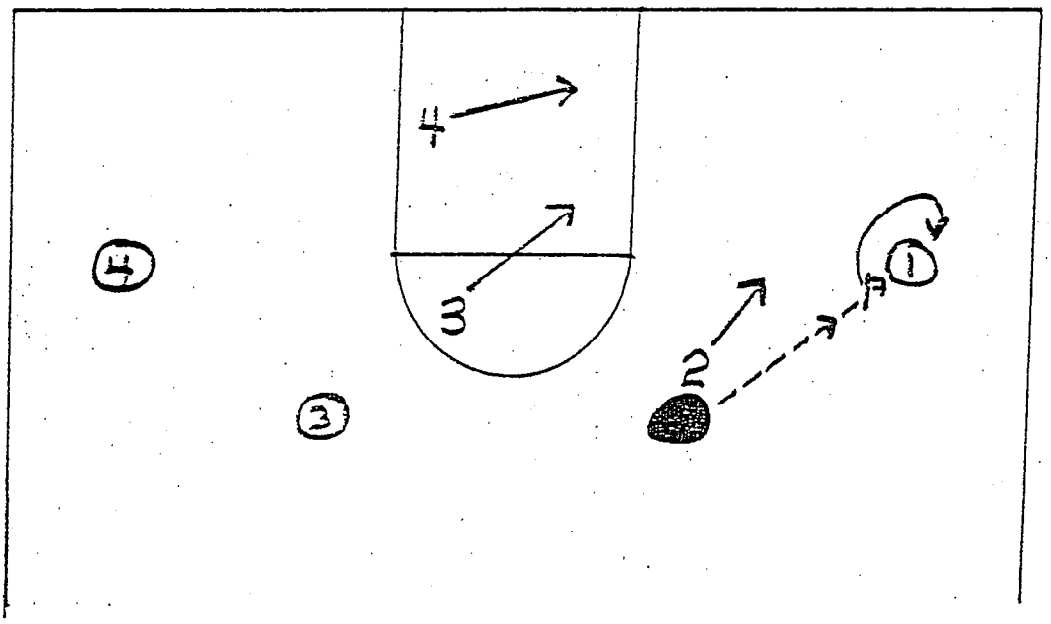
EXECUTION OF DRILL:

Ball is passed from O2 to O1
--D1 assumes point coverage
--D2 assumes position one pass away from ball
--D3 assumes position two passes away from ball
--D4 assumes position three passes away from ball
O3 and O4 exchange positions on the floor.
--D3 slides down lane to a position three passes away from ball
--D4 slides up lane to a position two passes away from ball



Ball is passed from 02 to 03
--D4 assumes wing denial position
--D3 assumes point coverage
--D2 assumes a position one pass away from the ball
--D1 assumes a position two passes away from the ball

Diagram C



Ball is passed from 02 to 01 (D1 allows 01 to catch the pass for drill purposes only).
--D1 assumes point coverage
--D2 assumes a position one pass away from the ball
--D3 assumes a position two passes away from the ball
--D4 assumes a position three passes away from the ball

A. HALF COURT DEFENSIVE DRILLS

Drill #1--4 on 4 Stationary

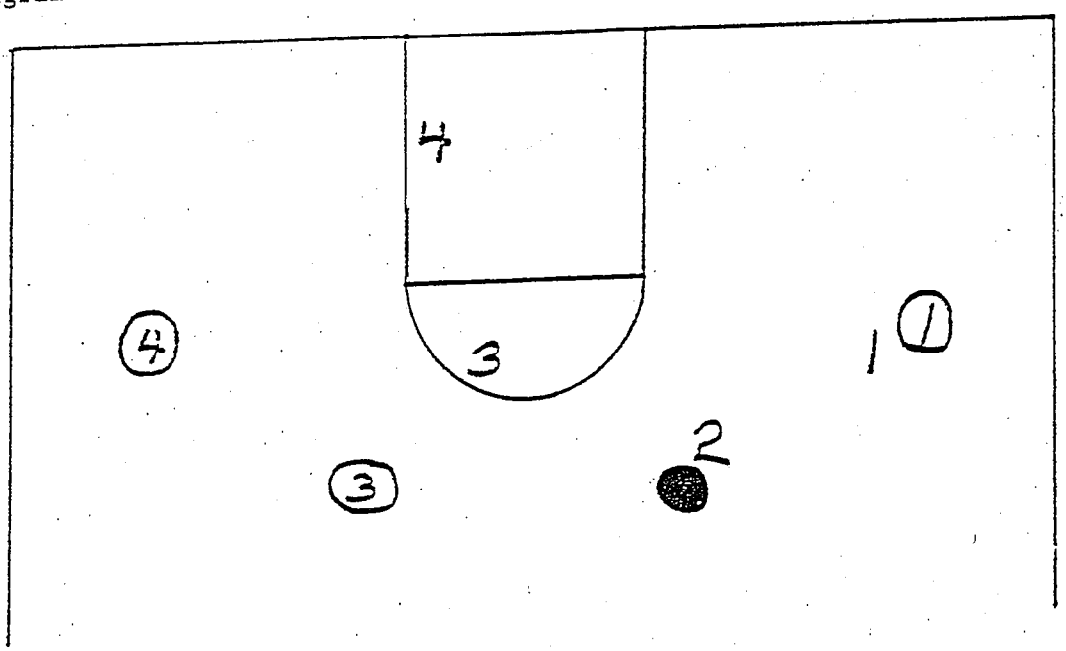
OBJECT OF THE DRILL:

In team defense, to teach floor position of the defensive players when there is movement of the ball but no movement of the offensive players.

The specific areas to concentrate on in the drill are:

1) Point coverage
2) wing denial
3) help away from the ball
4) baseline coverage

Diagram A



EXECUTION OF DRILL:

Ball is held by 02
--D2 assumes point coverage
--D1 assumes wing denial opsition
--D3 assumes a position one pass away from the ball
--D4 assumes a position two passes away from the ball

KEY

Defensive player 1, 2, 3, 4, 5

Offensive players-- ① ② ③ ④ ⑤

Offensive player with the ball--

Pass--

Dribble--

Path of player--

Coach-- C

Manager-- M

2. The offensive rebounders must sprint to the defensive end of the floor the moment they find that they do not have a chance for the rebound. It is important that these players sprint to a defensive position at the defensive end of the floor rather than running along beside their men as the ball comes down.

If we are successful in doing this quickly, we have established a defensive fast break that puts us in position before the offense can get a "cheap basket". You have probably noticed our transitional defense is similar in many respects to a zone. The basket must be protected first, the ball stopped next and then lastly, we pick up our men in our man-to-man coverage.

HALF COURT DEFENSE:

The most important function of the defense is to protect the basket. At ISU we have three basic rules which govern our half court defense to achieve this end:

1. Force the ball away from the baseline and toward the middle of the floor.

Before entering a discussion of this point, it is necessary to define what we mean by the baseline. Most coaches emphasize to their players never to allow their opponent the baseline--meaning the end line of the floor. We define the baseline as not only the end line but the sideline, starting at the 10 second line. By defining it this way, our players are constantly reminded never to allow their men to go around them on the outside of the floor. Therefore, any reference made to "baseline" in this discussion should be interpreted to mean the endline and sideline of the offensive end of the floor.

2. Help toward the ball.

We constantly strive for a team style of defensive play. Every player that is not covering on the ball plays in a position away from his man and toward the ball. In other words, he is in a position to help the man covering the ball at all times. Our players covering on the point of the ball can feel secure in that our other players are always thinking "help". With this in mind, our point people will turn the ball toward the helpers. With this help, any type of penetration toward the basket is discouraged strongly.

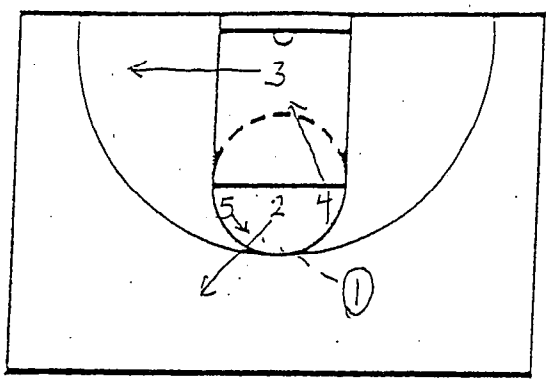
3. Force the offensive player away from his practice position.

Most offenses are designed to start with an entry pass to a designated place on the floor. This is usually a wing or high post position. If our defense can put enough pressure on these spots to force the receiver one or two steps higher on the floor, the offense will be disrupted considerably. This will usually cause the offense to start over or reset. At the least it will cause the offensive player to work from an unfamiliar floor position. We try very hard to not let the offense do what they do every day in practice.

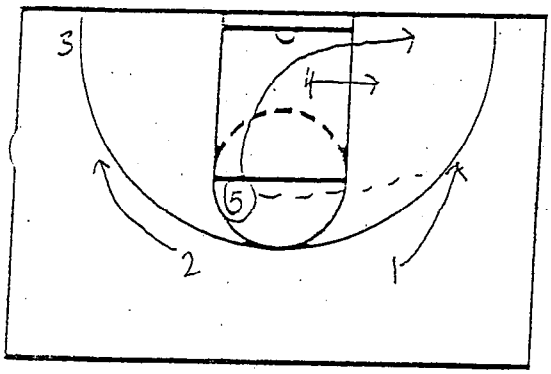
IOWA STATE BASKETBALL

TANDEM

Guard to hi-post opposite

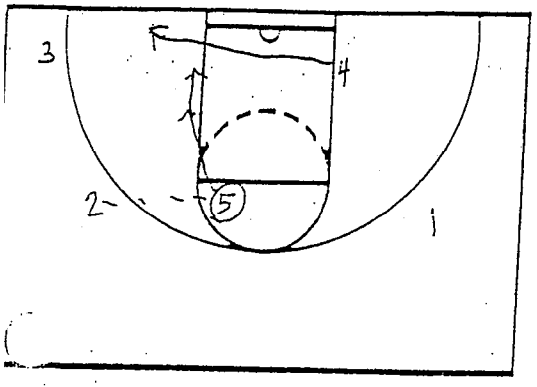


1 passes to 5 at the hi-post
2 comes to the top
3 goes to the 3 pt. line on the baseline
4 cuts to the middle of the lane



5 hits 1 on the wing and cuts to the short corner
4 goes to the block
2 goes to the wing

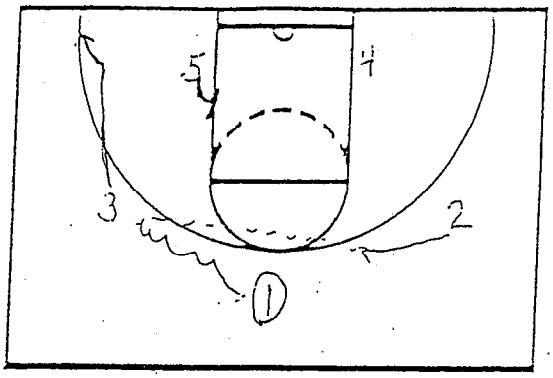
OR



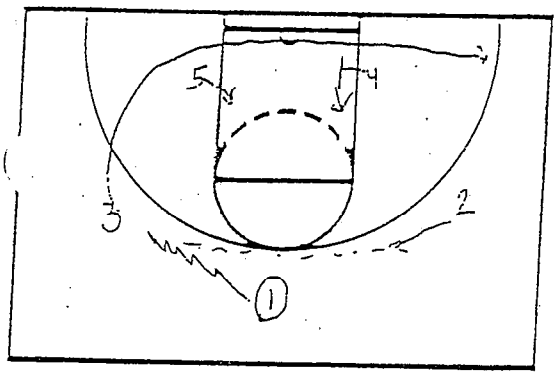
5 passes to 2 on the wing and cuts to the block
4 cuts to the short baseline

IOWA STATE BASKETBALL

2 Game vs. front zones; 1-3-1, 3-2, etc.

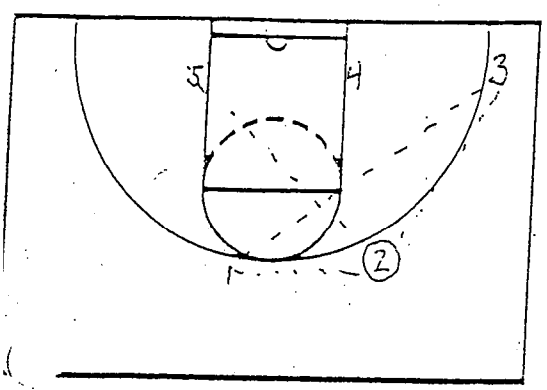


1 dribbles at the wing and passes over to 2
5 screens in the bottom man of the zone
2 looks to skip it to 3
4 and 5 hook in looking for the ball



1 dribbles at the wing and passes over to 2
3 cuts to the opposite baseline
4 screens the bottom man of the zone
4 and 5 hook in looking for the ball

If 3 is not open

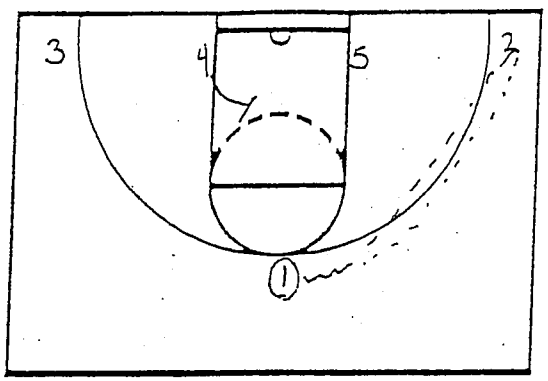


2 passes to 1 to move the zone
1 skips to 3
3 passes to 2
2 looks for 5 hooking in

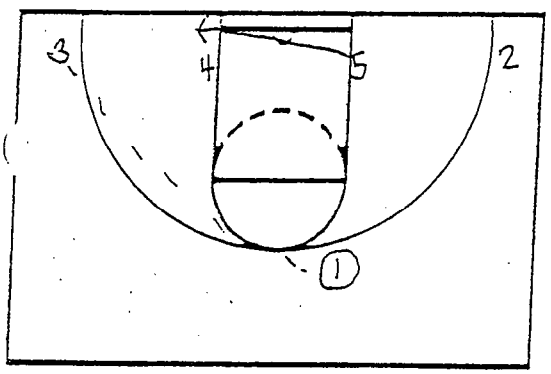
Always looking for skips and step ins from the posts

IOWA STATE BASKETBALL

FLOOD ZONE OFFENSE

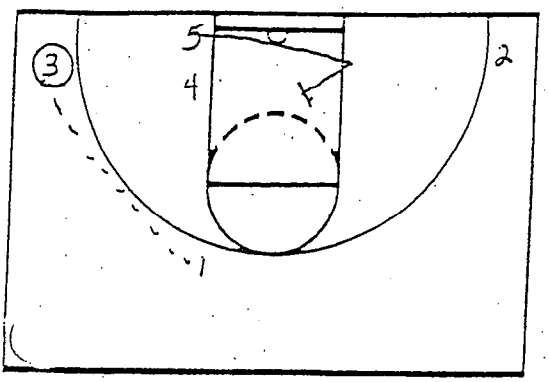


1 dribbles over and passes to 2
2 passes back to 1
4 hooks into the middle



1 reverses it to 3
5 comes to the short corner every other time

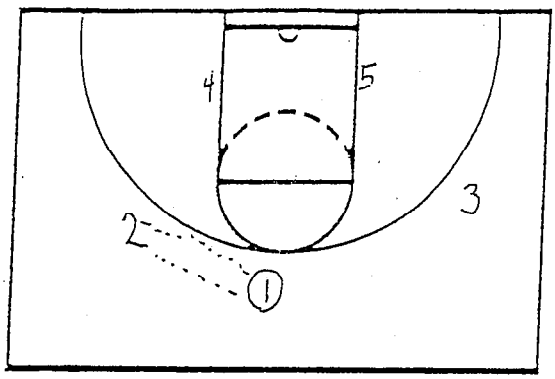
If nothing is there



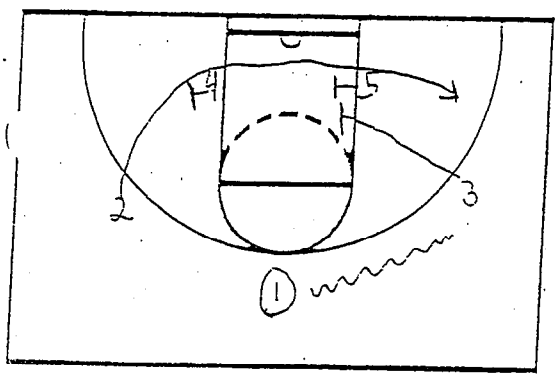
3 passes back to 1
5 goes back to the block and hooks in

IOWA STATE BASKETBALL

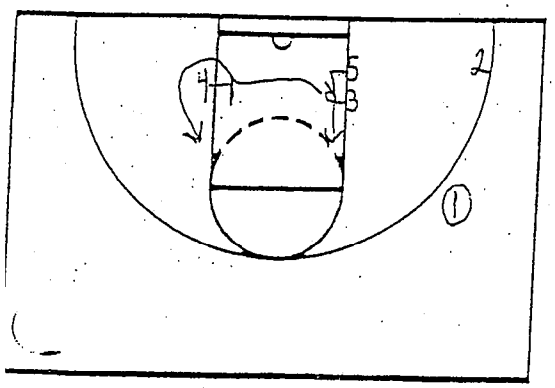
SCISSORS SPECIAL (BLAST)



1 passes to 2
2 passes back to 1



1 dribbles to the wing
3 goes to the block to screen
2 cuts off the screens set by 4, 5, and 3



3 screens down for 5
5 rolls to the ball
4 screens in for 3

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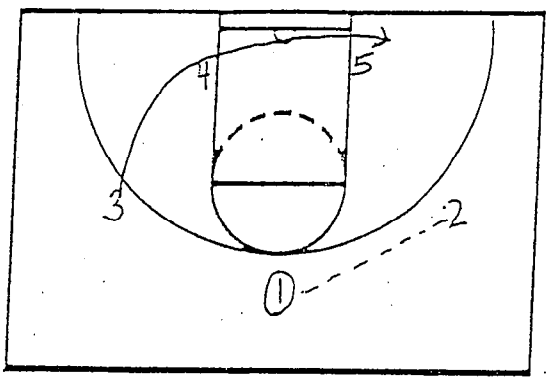
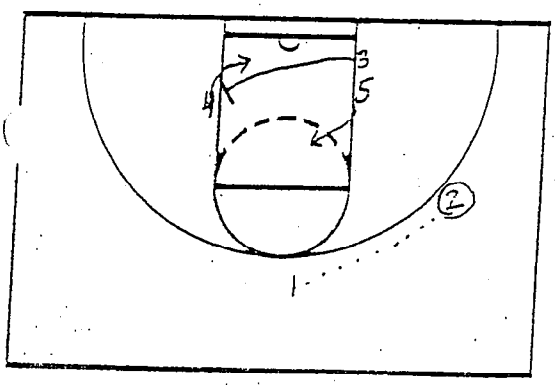
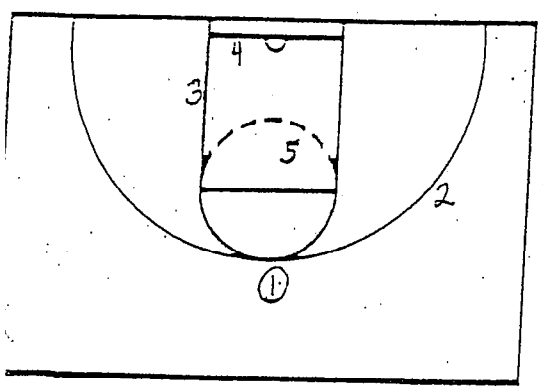


Lettered Play C
1 passes to 2
3 sprints to the opposite block



5 comes up to attract the middle man of the zone
3 screens the low man on the block
4 looks for the lob



2 reverses it to 1
1 looks for 5 coming up or
4 down low

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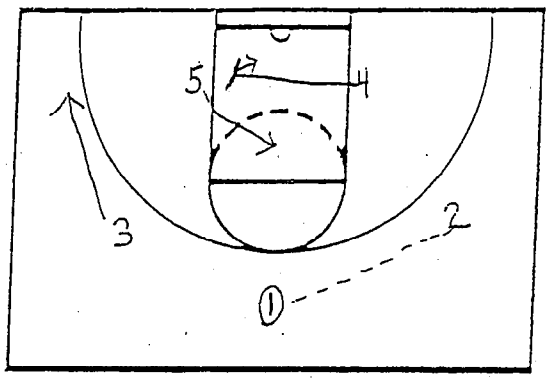
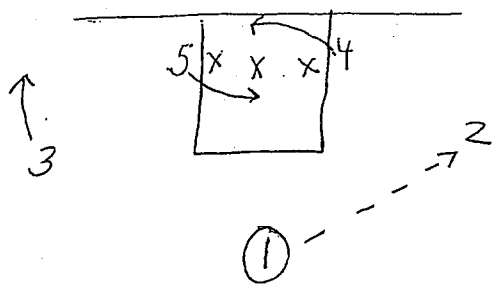
Jim- I start the Ball to 3 and then 3 passes back to 1 and then on the PASS to 2 - 4+5 move

Lettered Play A

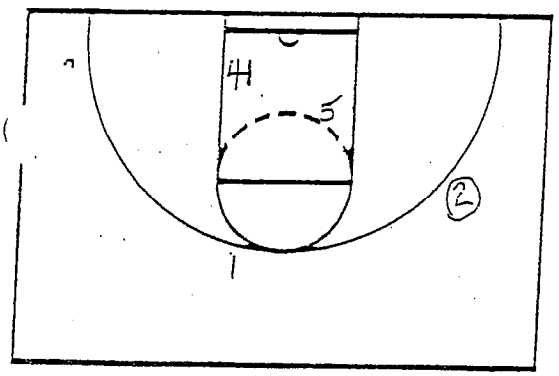


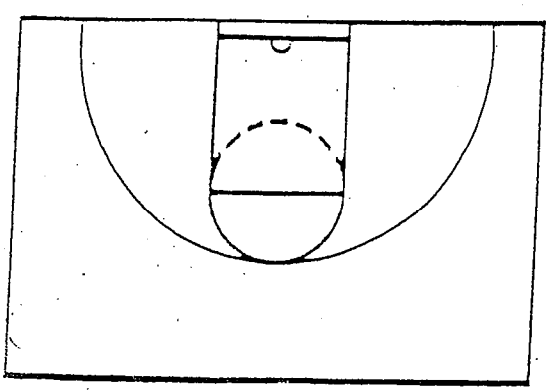
1 passes to 2
4 crosses the lane and pins the bottom man
5 comes up to attract the middle man of the zone
3 goes to the baseline



4 goes baseline AND READS LOW WING MAN
A - If in Lane - Seal for SKIP
B - If out - look LOB

If 4 or 5 are not open 4 seals the defender and 2 skips it to 3





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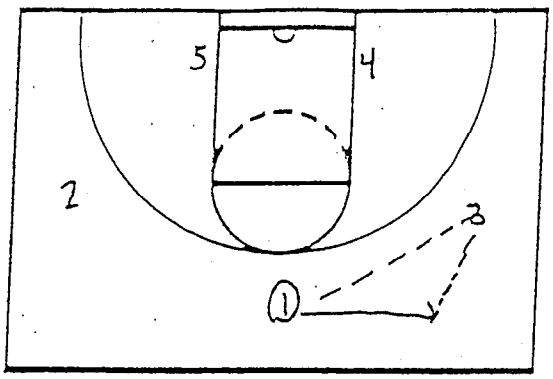
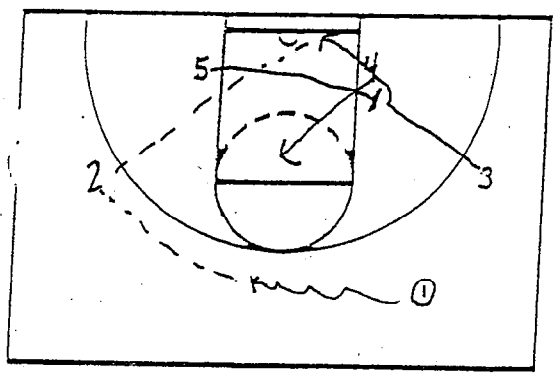
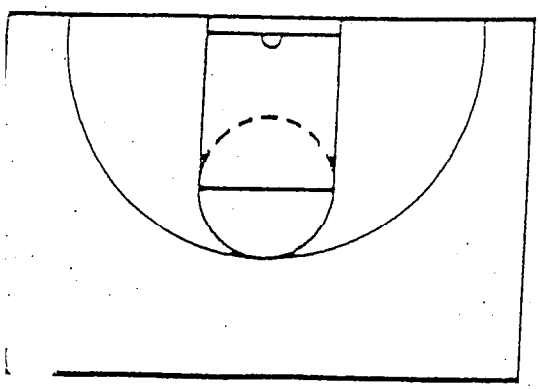
DOG



1 passes to 3
3 passes back to 1 to move the defense



1 dribbles to the top of the key
4 cuts to the middle of the lane
1 passes to 2
5 comes across the lane to set a backscreen for 3
2 lobs to 3



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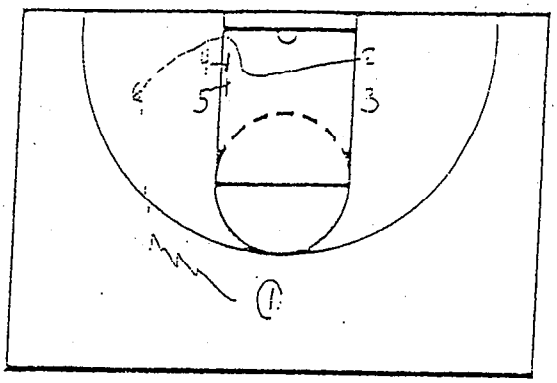
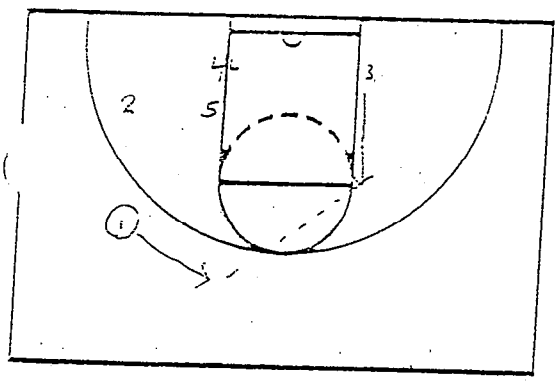
BEAR



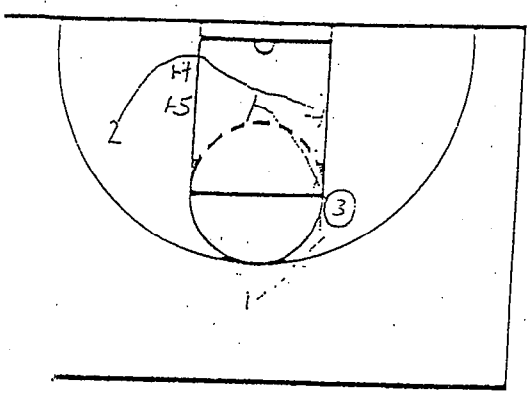
2 comes off a double set by 4 and 5
1 dribbles to the left wing and hits 2

OR
If 2 is not open



1 dribbles back to the top of the key
3 cuts to the elbow and receives the pass to go one on one

OR
If 3 cannot score



3 passes back to 1
2 comes off a double set by 4 and 5
and a single set by 3
1 passes 2 the ball

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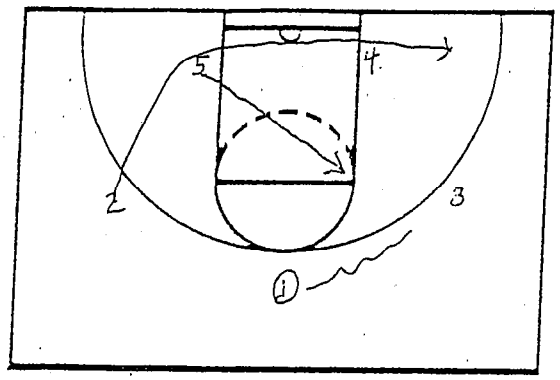
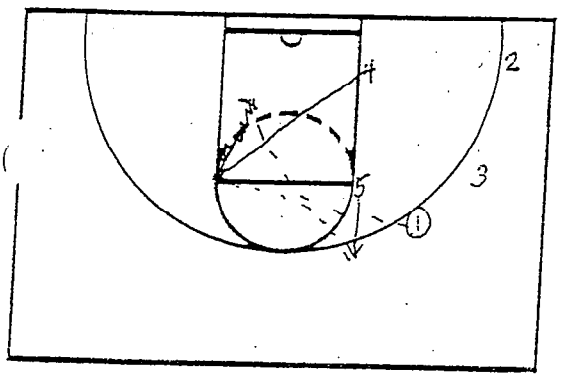
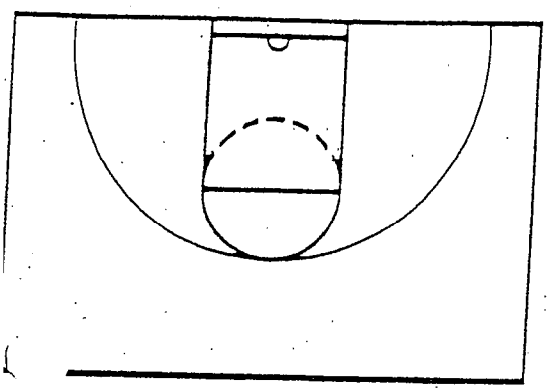
#5 Joe



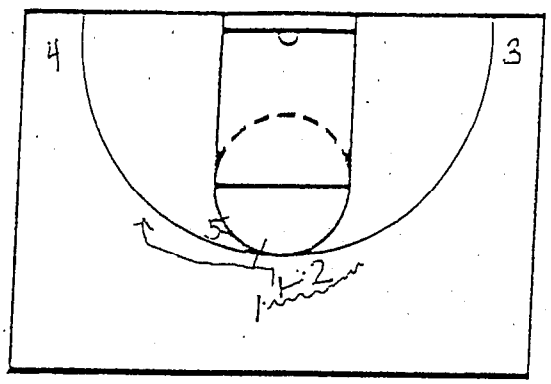
2 cuts across the lane
1 dribbles over to move the defense
5 cuts to the elbow



4 cuts to the opposite elbow
1 passes to him
4 goes one on one and kicks to 5 when 5's man helps down

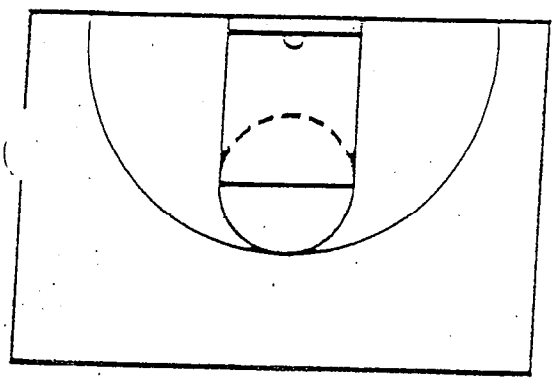


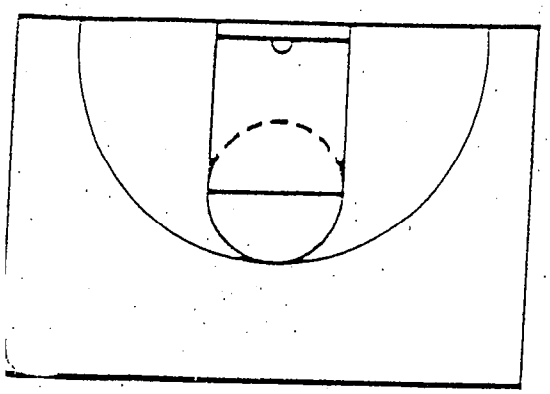
IOWA STATE BASKETBALL



Jersey Pull

1 dribbles off a screen by 2
5 sets a backscreen for 2
1 looks for the open shot or the skip pass to 3





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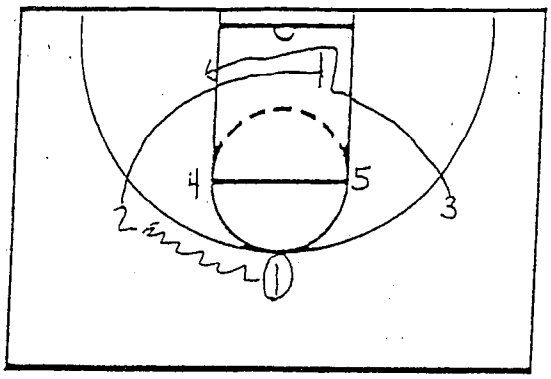
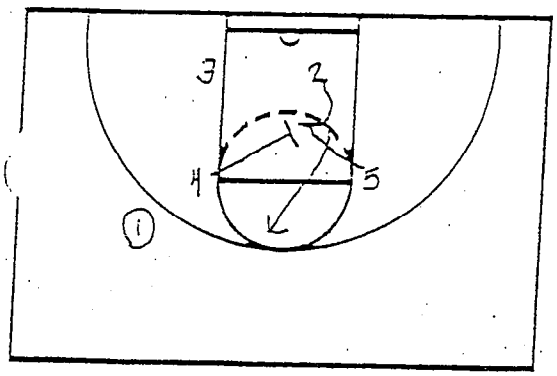
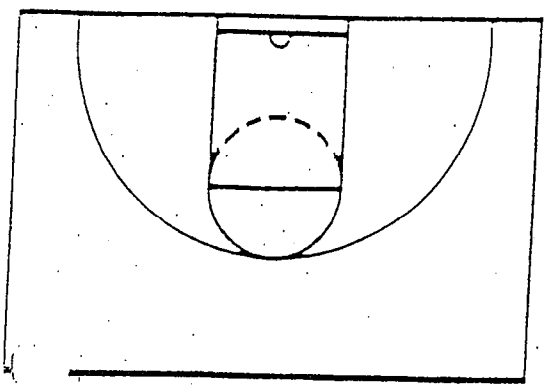
#3 Dribble



1 dribbles at 2
2 cuts and screens for 3
3 posts at the block



4 and 5 set a double screen for 2



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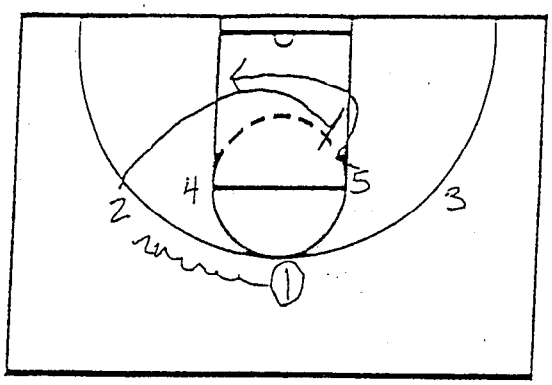
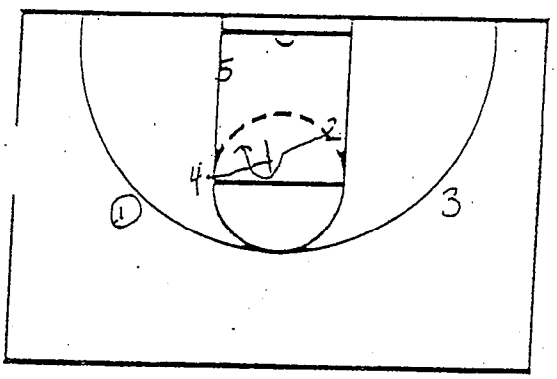
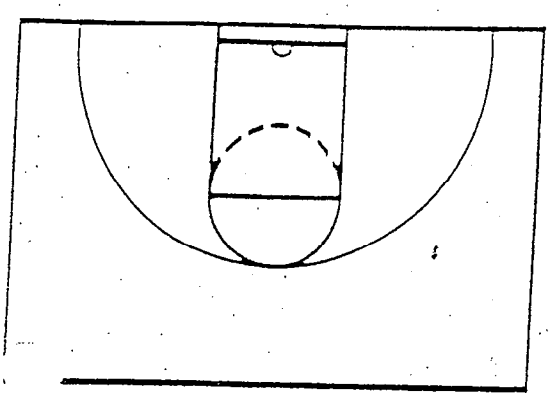
#1 up



1 dribbles at 2
2 cuts and screens up for 5
5 posts up on the block



4 screens for 2
2 reads the defender to choose a tight or flare cut



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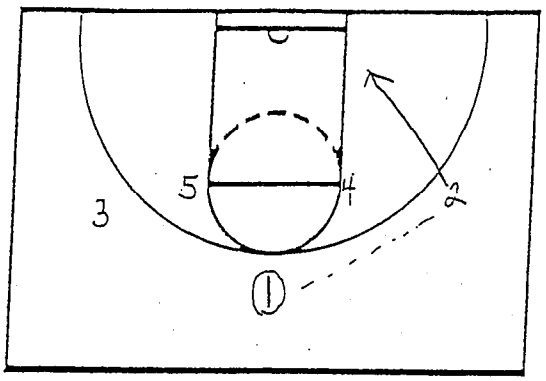
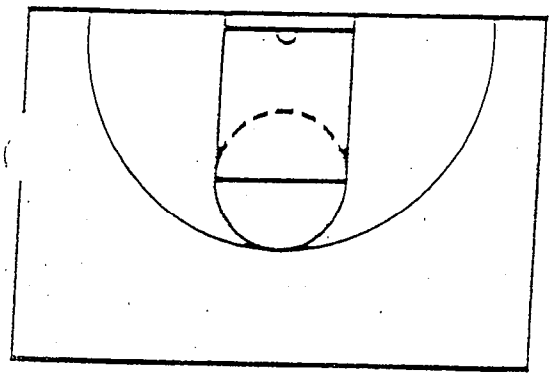
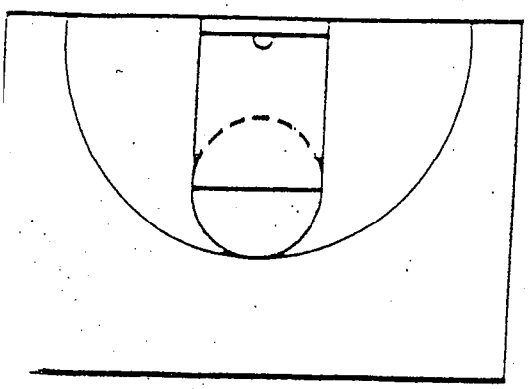
#4



1 passes to the best penatrater
He takes his man 1 on 1 with a clear path to the basket





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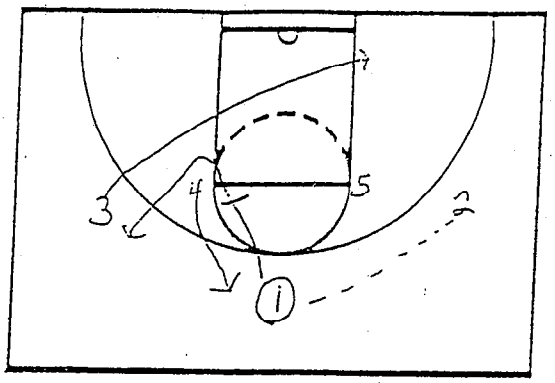
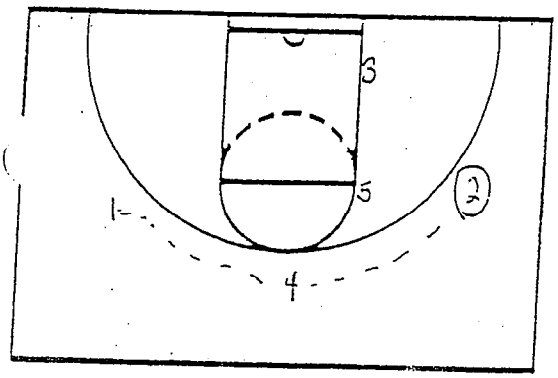
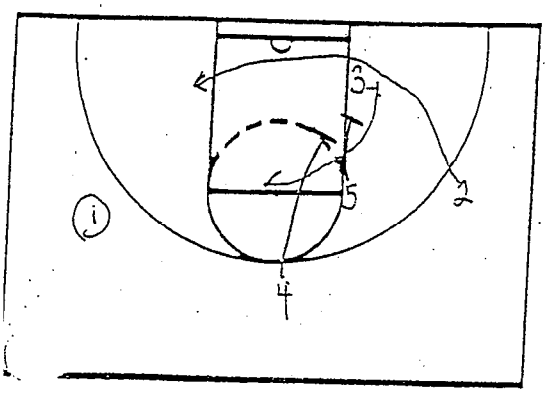
#3



1 passes to 2 and then screens down for 4
3 cuts to the post while the ball is in the air
4 pops to the top while 1 goes to the wing



2 passes to 4
4 reverses it to 1



2 cuts off a screen set by 3
3 comes of a double staggered screen set by 4 and 5

DRILLS FOR DEVELOPING THE MOTION OFFENSE

1. 3 man motion
2. 3 on 3
3. 4 on 4 - (shell defense)
4. 4 man motion
5. 3 on 3 with outlet (coach or manager)
6. 4 on 4 with outlet
7. Add "no dribble" to any of the above
8. Add certain number of passes before the shot
9. No shots - coach instructs what would be a good shot
10. Only lay-ups
11. One dribble (2 at most) for any of the drills
12. 4 on 5 (defense outnumbers offense) to add pressure, sharpen cuts, and improve angles of screens

SHOTS AND OFFENSIVE MOVES TO BE DEVELOPED

1. Shots coming off down screens. Tight, flair, or low cuts (read the defense)
2. Screener stepping back to the ball after the screen
3. Backscreener stepping to the ball
4. 1 on 1 situations
5. Backdoor cuts or reverses to the basket
6. Movement without the ball

FUNDAMENTAL RULES FOR THE MOTION OFFENSE

1. Take a three-step cut toward the key to accept and set up a screen.
2. Reverse your cut anytime you are overplayed.
3. Upon receiving a pass, you should look inside for a pass, shot, or drive.
4. If a cutter is open inside, we pass inside every time.
5. Limit yourself to three dribbles. Dribble only to improve your passing angle. Drive to score or to get out of the corner.
6. Make the easiest pass.
7. Avoid congestion - no 2 people should cut in the same direction.
8. Do not hit the baseline player unless the shot is available.
9. Only cross the free throw lane when you have been screened.
10. If the ball is dribbled toward you, reverse and clear, or screen to the other side.
11. Any time the high post is vacant, move into it.
12. You should not stay in one spot for longer than a count of 3.
13. To improve the cutter's angle to the ball, the screener should point his butt to the ball.
14. To prevent the offense from becoming stereotyped and predictable, no cutter should make the same cut consecutively.
15. Maintain a 15-18 foot spacing.
16. Basic post play rules:
    a. A post player cannot flash to the low post area on the ball side without ~~first receiving a~~ screen.ING
    b. If the low post on the ball side is occupied, the weak side post man ~~may flash to the high post at any time.~~
    c. ~~If your teammate flashes to the high post, clear the area you had been occupying.~~
    d. When posting, never hold your position for more than a count of 3. Look to screen away. Roll to the basket or replace yourself.

THOUGHTS ON THE MOTION OFFENSE

The man closest to the middle of the floor is the screener most of the time. The middle is determined by drawing an imaginary line stretching from goal to goal.

Screening Angles:

Very, very important. The screener should be between the ball and the defense to be screened or between the goal and the defense to be screened.

Two Step Set-Up:

To be used for both the screener and the cutter. Use two steps toward the ball or the middle of the floor to secure angles to screen. Cutter should use two steps in opposite direction of his cut.

Reading the Defense:

Cutter uses two step set-up and closes to the screen; find the defense, and cut accordingly.

Cutter/Screener Relationship:

Shoulder to shoulder.

Types of Cuts:

Tight - direct to ball
Low - to the goal
Flair - used after faking one of the above, then step away or towards sideline or out on the court.

Flair Screen:

Set similar to the other types. The idea here is to pin the defense inside or between the ball and area where ball is to be received.

The primary purpose of the flair move is to create another option for an outstanding shooter, to start your offense, or to counter switching defenses. Also, it is a good way to enter the ball to the post. The screener should post up if the ball is passed to flair cutter.

OFFENSIVE PHILOSOPHY

It is our philosophy in our offensive thinking that teamwork and unselfishness are a must. Also, it is our belief that great conditioning is a vital ingredient to good offensive play. We base most of our offensive play on player movement. It is constant movement which we feel will enable us to find the defense's weakest area.

There are two basic thoughts of movement in offenses: 1. ball movement, and 2. player movement. Because of the sophisticated defenses of today, we prefer the player movement. That is not to say that we do not use ball movement, because we do. We use ball movement as an alternative in order to take advantage of situations. Versus zones, we use more ball movement than player movement, or at least a combination of the two. Also versus zones, we believe in keeping at least two people, and sometimes three, on the weak side. We feel that this stretches the zone and allows us to attack at its weakest point. This also helps in offensive rebounding. Our goal on offense is based on getting the shot for the person who is closest to the basket and with the best possible shot.

It is important that two other areas be considered. They are 1. offensive rebounding, and 2. floor balance. Any shot taken should have at least three people either at the boards or going to the boards. This leaves us at least one person to serve as floor balance or protector versus our opponent's fast break. We believe in the value of having the ability to score quickly off the fast break, particularly versus zone defenses. We believe in making an effort to score quickly each time we gain possession and have the good sense and ability to show patience in our half court offense if the break is not there. This goes along with our philosophy of "the team on defense the longest usually loses.
Offense fundamentals and execution are the keys to good offensive play.

MOTION OFFENSE

Terry Reed
Assistant Basketball Coach
Iowa State University

MOTION OFFENSE RULES

PERIMETER PLAYERS

1. Do not stand in one place longer than 3 seconds.
2. When receiving the ball, hold the ball 2-3 seconds.
3. If you do not receive the pass at the desired area, cut to goal or go back and screen for someone.
4. Stay off the post except when he screens for you.
5. Stay 15-18 feel apart. This spacing is very important.
6. Go behind or under the goal; always back screen for someone.
7. When cutting through and under the goal, always back screen for someone.
8. Cutters must go hard each time.

POST

1. Stay with the ball.
2. Back screen low (away from the ball)
3. Flash high

PASSING

1. Pass and cut.
2. Pass and screen away.
3. Pass and replace yourselves.

DRIBBLING - ONCE ACROSS THE 1/2 LINE, DRIBBLE ONLY

1. To take the ball to the goal.
2. To penetrate and pitch.
3. To improve passing angles.
4. To center the ball - to keep more action toward the goal.
5. To get out of trouble.

ON PASS TO POST OR INSIDE

1. Split on strong side
   a. Solo cut to the goal.
   b. Headhunter split or screen
2. Back screen or exchange on weak side.

Versus Switching Offenses:

Cutter goes low, screener comes back to the ball. Flair cut is very good.

Screen and Re-Screen:

Series of two screens by the same person for the same cutter. Can be used with all types of angles of screens (up, out, down, flair).

Role Playing:

Very important. Determined and encourage each player to do whatever he does best. Example: screeners screen, shooters shoot, ball handlers handle the ball. All must do some of each.

BASIC MOTION

1. V-Cut
   A. Square-up triple threat position! Be a threat.

2. V-Cut Lay-Ups (2 lines)
   A. Passer cuts to goal, the offside man rotates to point or other guard position.

3. V-Cut Jump Shots
   3 Lines (can use either 1 or 2 guard alignment.). Emphasis - spacing 15-18 feet apart).
   A. Passer cuts to goal, the offside man rotates to point or next position.
      1. Wing passes to point and low man back screens for wing
      2. Point may pass to wing (cutter) for power shot or screener for jump shot on back-screens. Always step to ball after cutter goes by.
      3. Starts again.
      4. Option - can use 2 balls to get more shooting in.

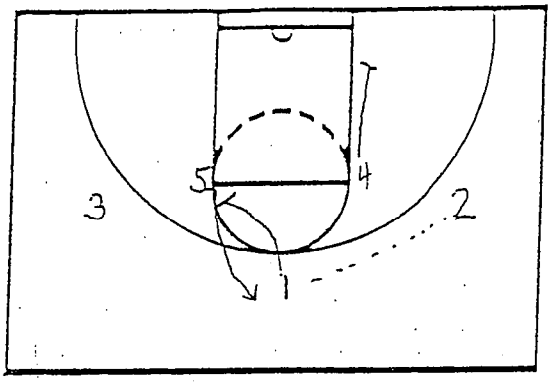
4. Passer Screens Away
   A. Cutter to ball and step out.
   B. Cutter to ball - shoot.
   C. Cutter will go low.
      1. Screener will come back to the ball.
         a. For the shot.
         b. You will step out and repeat.

5. If Continued Up, Pass to Screener Stepping Out
   A. Cutter continued to back screen for wing.
   B. Point may pass to screener stepping to ball and repeats by either screening away or sliding ball side low.

6. Points of Emphasis
   A. Cutters go low and harder each time.
   B. Wait on screens and slow down.
   C. Body positions on screens and what to do after each type of screen.
   D. Square-up, get in triple threat position with the ball on the perimeter.
   E. Keep ball off the floor.
   F. If cutter does not get ball, come out and back screen.
   G. Need more back screening on defense of the ball after he passes.
   H. If you can't hit cutter, look back to screener.
   I. Read the defense, and that will dictate what we do.

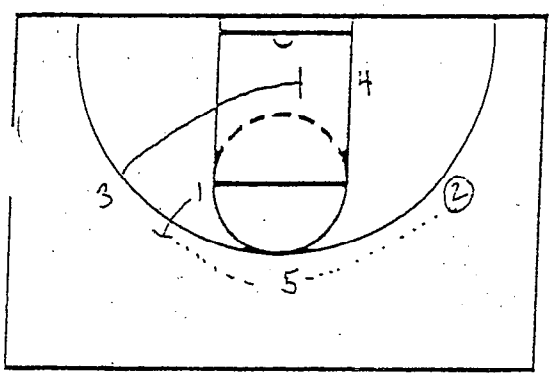
IOWA STATE BASKETBALL

NUMBERED PLAYS

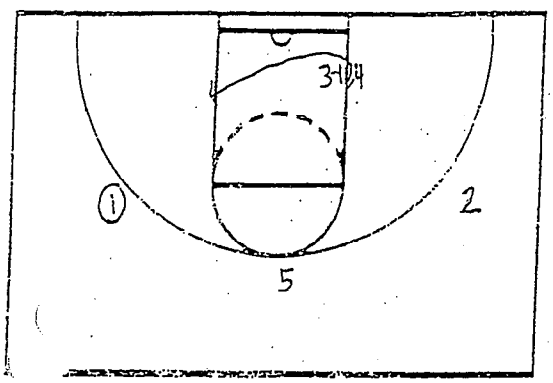


#1

1 passes to 2 and downscreens for 5
5 pops out off 1's screen
4 posts up on the block



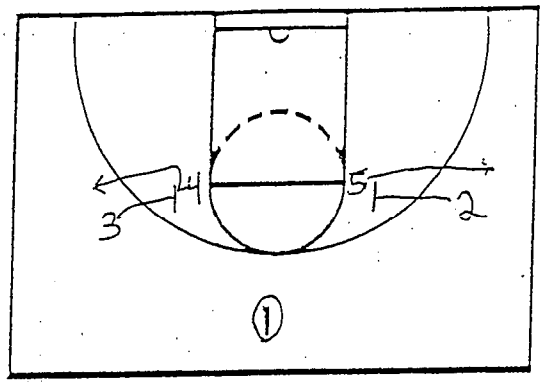
2 passes to5
1 steps out and receives the pass from 5
3 sprints and screens for 4



4 comes off 3's screen and posts up at the block

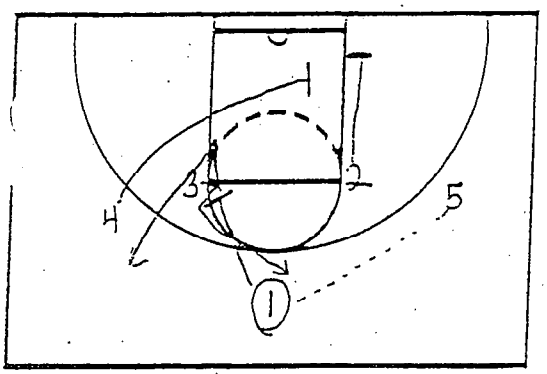
IOWA STATE BASKETBALL

NUMBERED PLAYS

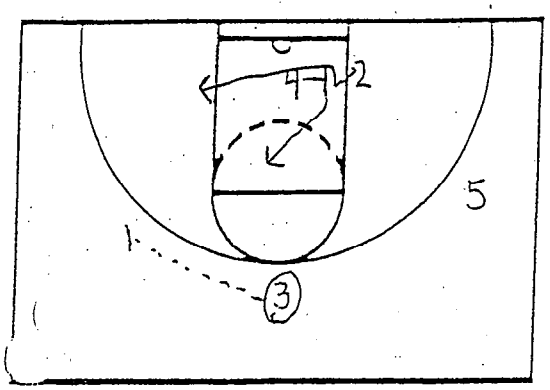


#2

2 and 3 screen 4 and 5 out to the wings



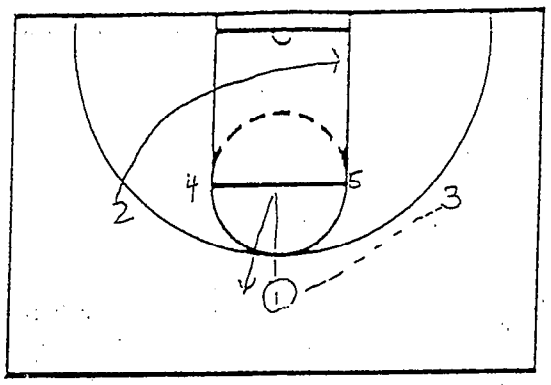
1 passes to 5 and downscreens for 3
3 pops out to the top of the key
2 posts at the block
4 sets a back screen for 2
1 pops out to the wing



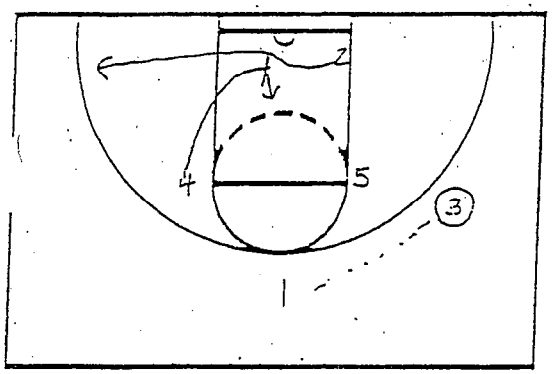
3 passes to 1
1 looks for 2 coming off the back screen or
4 rolling back to the ball

IOWA STATE BASKETBALL

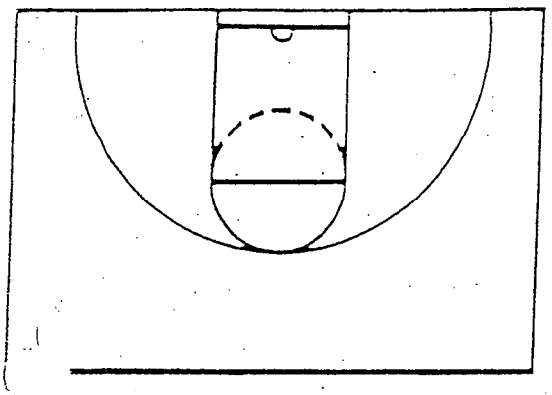
BLUE



1 passes to 3
2 cuts to the opposite block
1 replaces himself at the top of the key

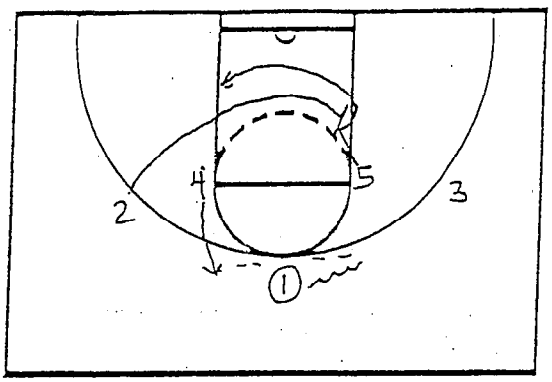


3 passes back to 1
4 goes down and screens for 2
1 looks for 2 or 4 slipping the screen

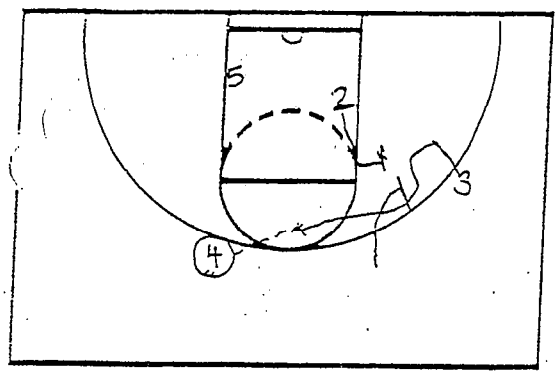


IOWA STATE BASKETBALL

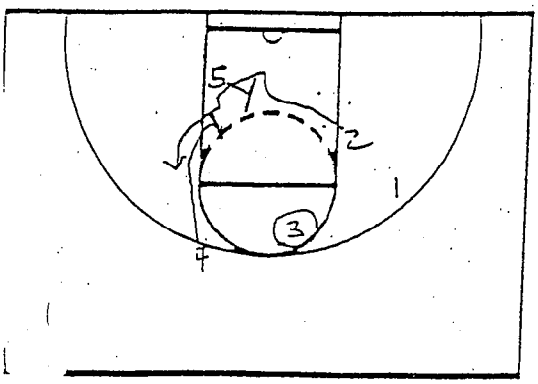
1 UP REVERSE



1 dribbles over
4 comes up to receive the pass from 1
2 cuts and sets a screen for 5
5 posts on the block



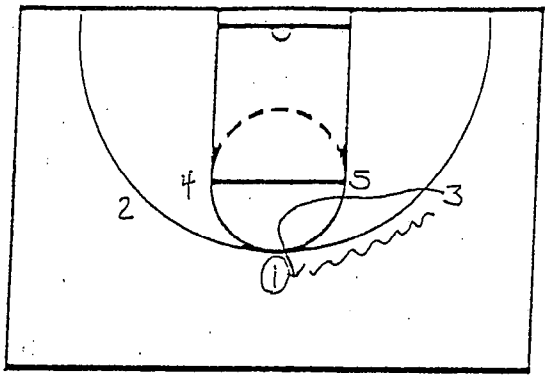
1 and 2 double screen for 3
4 passes to 3



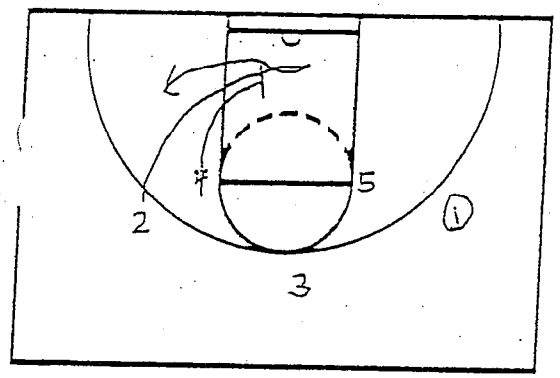
4 and 5 set a staggered double for 2

IOWA STATE BASKETBALL

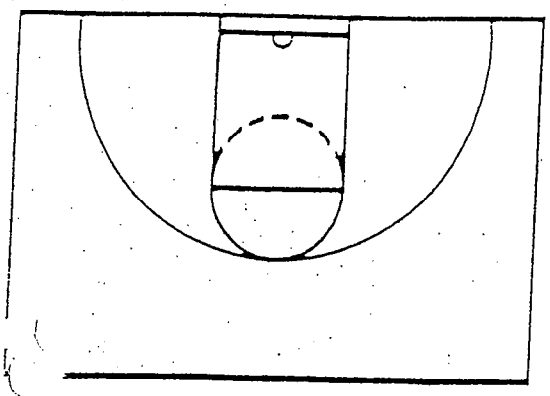
BLUE Dribble



1 dribbles at 3
3 replaces 1 at the top of the key

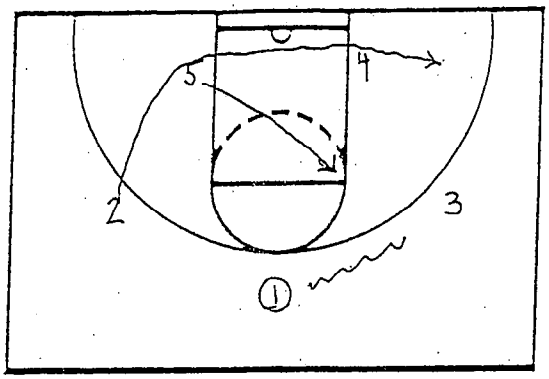


2 cuts to the lane and comes back off a screen set by 4

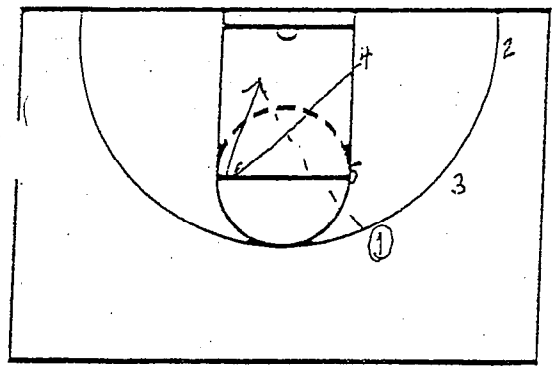


IOWA STATE BASKETBALL

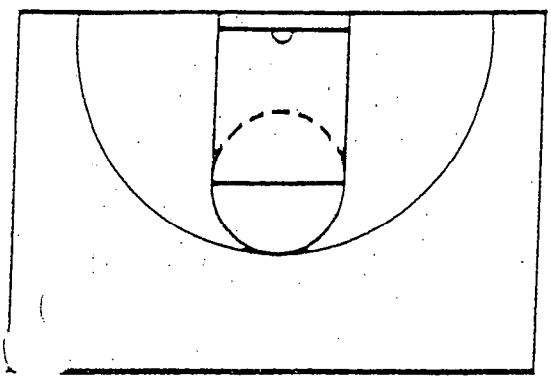
#5 TOP OF THE HEAD



2 cuts across the lane
1 dribbles over to move the defense
5 comes to the elbow

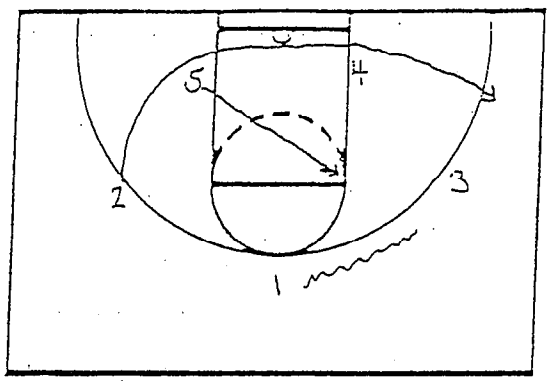


4 cuts to the opposite elbow
If his man is overplaying him he cuts backdoor

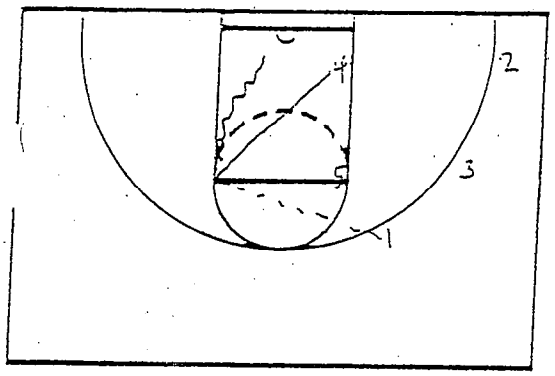


IOWA STATE BASKETBALL

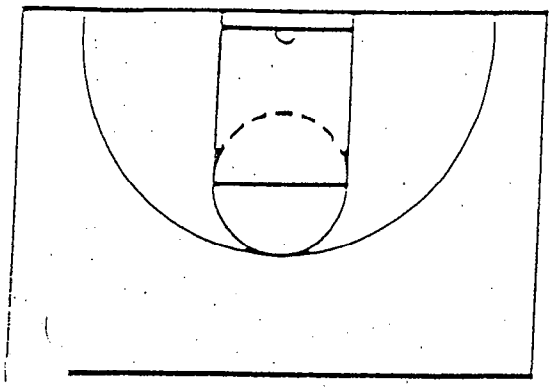
#5



1 dribbles over to move the defense
2 cuts to other side through the lane
5 comes high to clear the lane

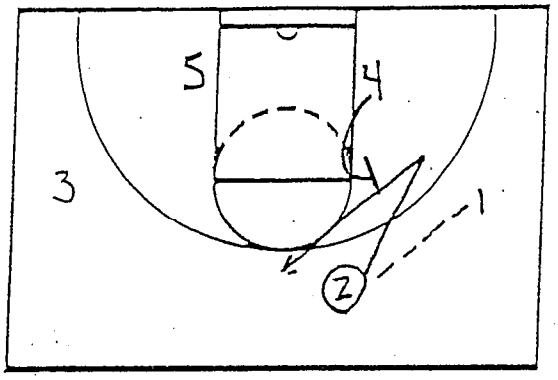


4 comes high to receive the pass and go one on one

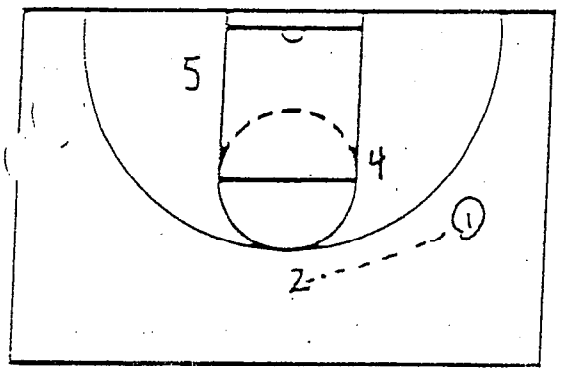


IOWA STATE BASKETBALL

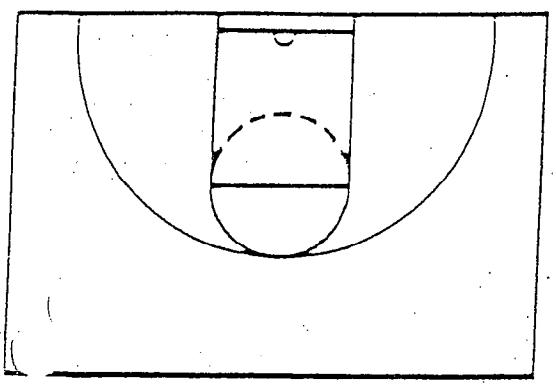
10 through 49



2 passes to 1
2 fakes a basket cut
4 comes up and sets a screen for 2

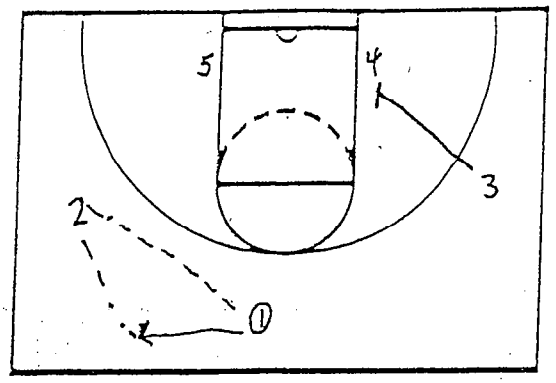


1 passes to 2 for a 3 pointer

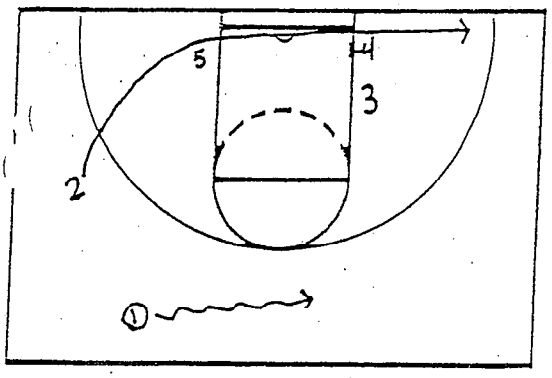


IOWA STATE BASKETBALL

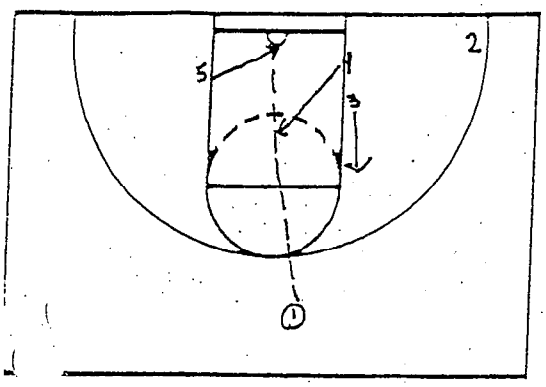
FIRE



1 passes to 2
2 passes back to 1 to move the defense
3 sprints to the block



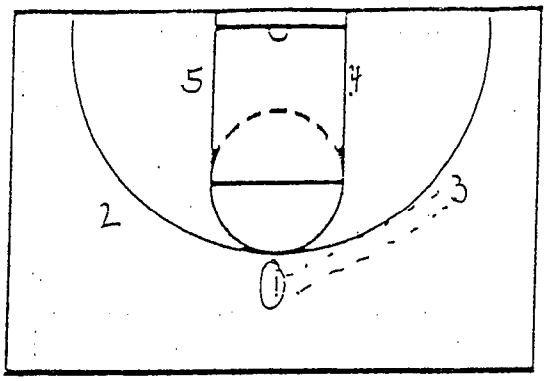
1 dribbles to the top of the key
2 cuts to the right corner



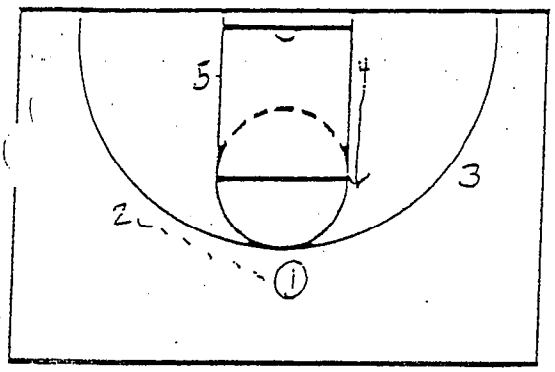
4 steps to the middle of the lane
3 steps to the elbow
5 cuts to the basket looking for the lob

IOWA STATE BASKETBALL

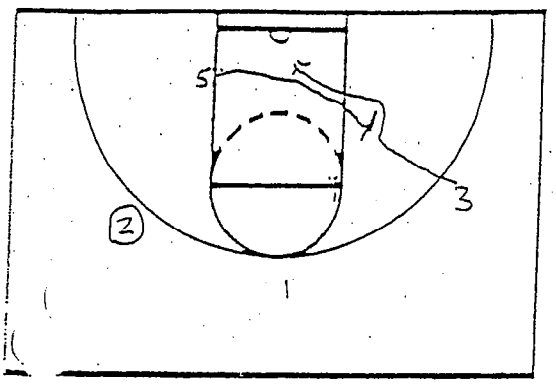
DOG



1 passes to 3 to move the defense
3 passes back to 1

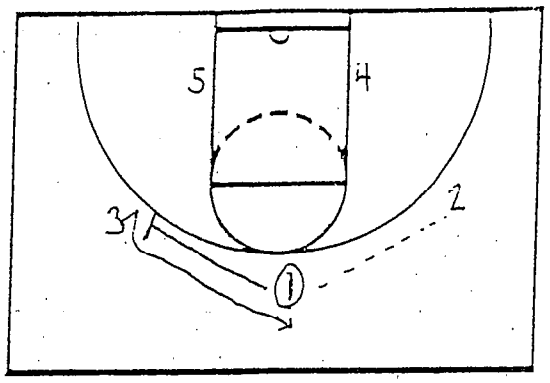


4 comes high to the elbow
1 reverses it to 2

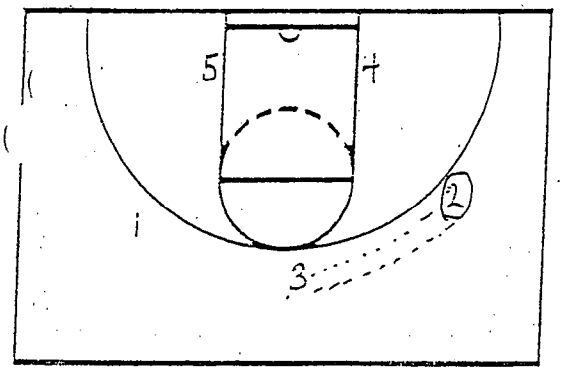


5 goes opposite to screen the bottom man of the zone
3 goes for the lob from 2

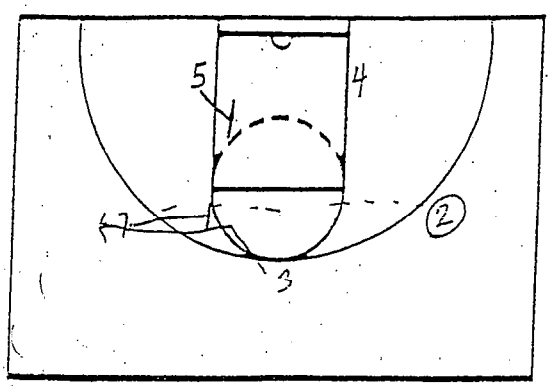
IOWA STATE BASKETBALL



Lettered Play B
1 passes to 2 and screens away for 3
3 pops to the top of the key



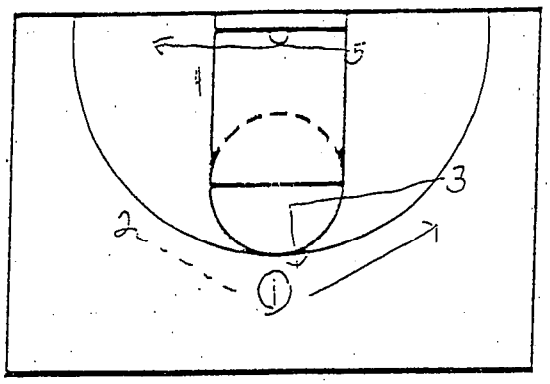
2 man reverses it to the 3 man
3 man fakes to the one man and reverses it back to the 2 man



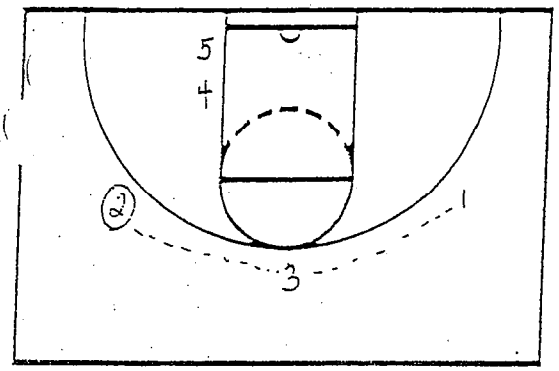
1 and 5 screen in the off side of the zone
3 cuts to the wing
2 skips to 3 for a three pointer

IOWA STATE BASKETBALL

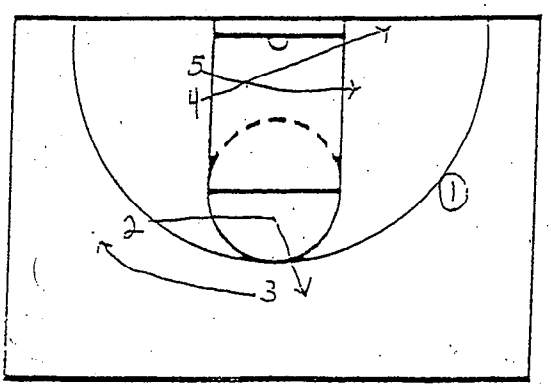
SCISSORS LOW



1 passes to 2
1 cuts to the wing
3 replaces 1 at the top of the key
4 posts up
5 cuts to the short corner



2 passes to 3
3 reverses it to 1

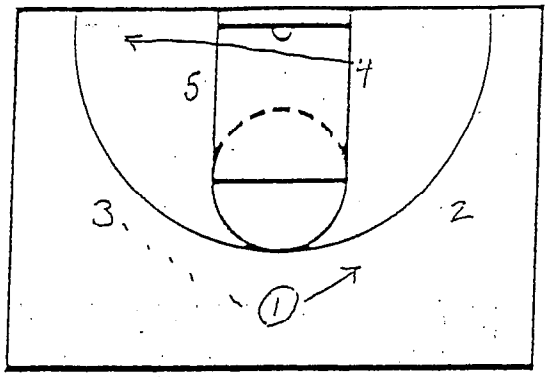


4 cuts to the short corner
5 goes to the block
3 cuts to the wing
2 replaces 3 at the top

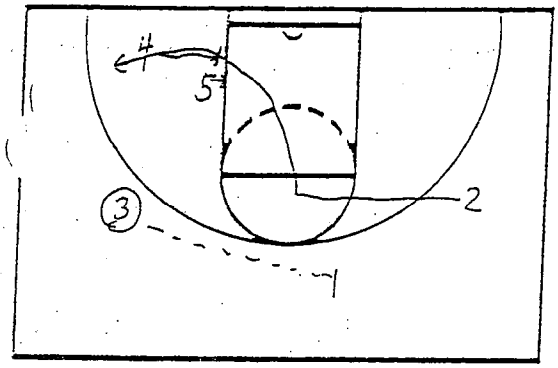
With this offense the post that is the highest chooses where he is going first, with the other post and wing reading where he goes.

IOWA STATE BASKETBALL

DOUBLE

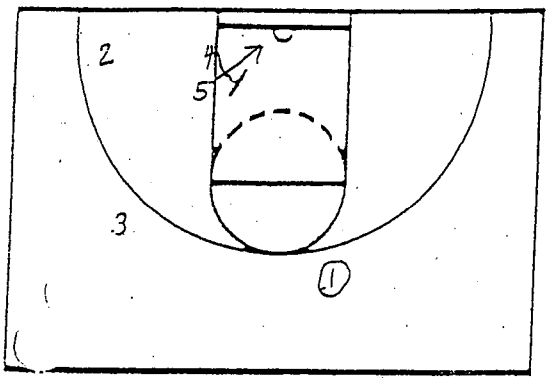


1 passes to 3 and replaces himself
4 sprints to the short corner



3 passes back to 1
4 and 5 set a double screen for 2

If 2 is not open

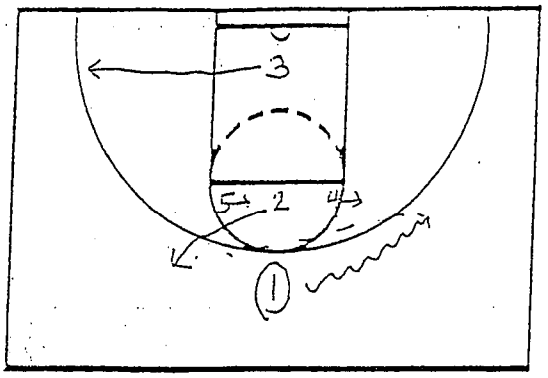


4 screens the bottom man of the zone
5 cuts to the basket for a lob from 1

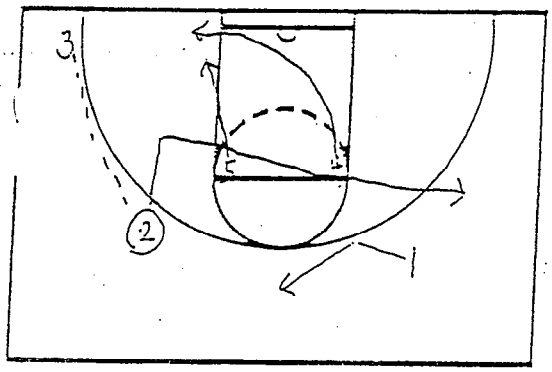
IOWA STATE BASKETBALL

TANDEM vs. 1-3-1 and matchup zones

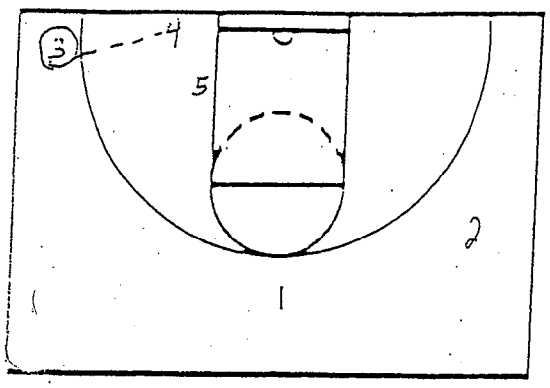
Guard to Guard pass



1 dribbles over and passes to 2 coming to the top
3 cuts to the 3 point line on the baseline



2 passes to 3 and cuts to the other wing
5 cuts to the block
4 cuts to the short baseline
1 cuts back to the point



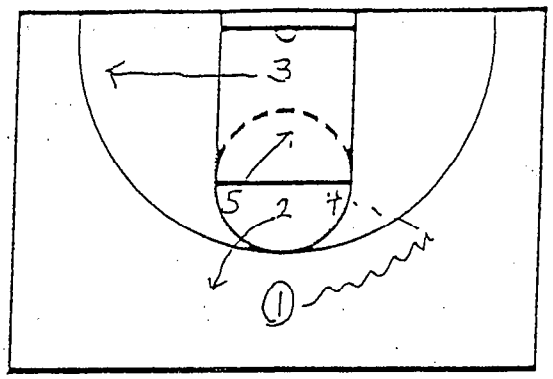
3 looks for 4 in the short corner
If nothing is open 4 and 5 continue to go block to block and short baseline to short baseline
3 goes baseline
1 and 2 exchange up top

We also use 32 motion offense vs. match up zones to create movement

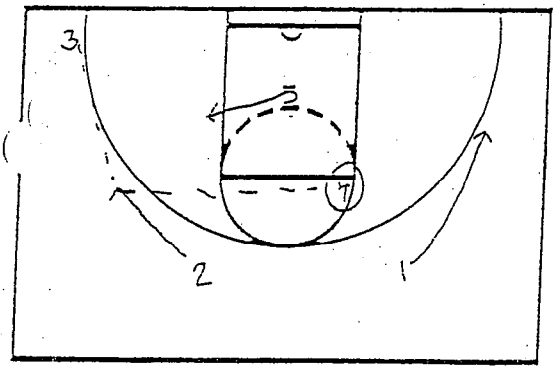
IOWA STATE BASKETBALL

TANDEM

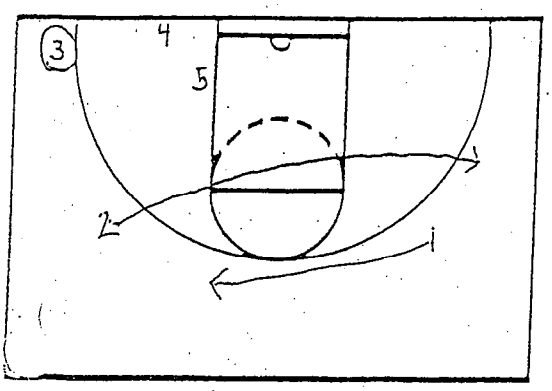
Guard to hi-post, same side



1 passes to 4 at the hi-post
2 comes up top
3 goes to the 3 pt. line on the baseline
5 cuts to the middle of the lane



1 cuts to the wing
4 skips to 2 on the wing
5 comes to the block
2 passes to 3 in the corner



3 looks for 4 or 5
2 cuts to the opposite wing
1 replaces him at the top

OUR APPROACH TO BASKETBALL

It is our feeling that to build a competitive basketball team over a long period of time requires a heavy emphasis on the defense. A team that makes the fewest mistakes will win most consistantly, and a team that plays hard, sound defense will make fewer mistakes. At the same time, it will force its opponents into making mistakes. It should be the goal of every team to control the game and we feel that this can best be achieved by an aggressive defense. For this reason, we build our team at ISU around our defensive philosophy.

OUR DEFENSIVE PHILOSOPHY

We feel defense is a three part program:

1. Stop the transitional or fast-break basket.

2. Take away, as much as possible, what the offense is designed to do on their offensive end of the floor (half court defense).

3. Limiting a team to just one shot with tenacious defensive rebounding.

Each of these three areas are approached at ISU from a team standpoint. Without stressing a team approach, very few good offensive teams can be controlled.

TRANSITION:

Stopping the transitional or fast-break basket is the cornerstone of our defense. We call this "controlling the 10 second line" and constantly remind our players of its importance. A good, modern-day offensive basketball team will score from 20% to 50% of its points off the fast break. If this is not altered considerably, other defensive points are of little use. Just as a football game is won or lost at the line of scrimage, a basketball game is won or lost at the 10 second line.

In order to achieve good transitional defense, we stress the following points:

1. The guards are never offensive rebounders. They lead what we call our "defensive fast break". When the shot is taken, our first guard (the biggest one if possible) sprints to protect the basket and above all, starts the communication that is vital for our defense. The second guard must get to the 10 second line and either stop the ball or make it turn at that point. This is what we call "controlling the 10 second line".

DEFENSIVE REBOUNDING

The importance of defensive rebounding cannot be over-emphasized. There is nothing more discouraging to a defense than to work for a period of time, finally cause a poor percentage shot because of their effort, then to have the offense rebound the miss and get a cheap shot. It takes a tremendous amount of desire to play good defense and nothing will kill a player's defensive incentive more than not controlling the defensive boards.

It is our goal to allow our opponents no more than one shot a possession. We feel if we can do this, we will be a long way towards having a good defensive team. It is important to us to have our players know that we feel that lack of size and jumping ability can be made up with hard, intelligent work and positioning.

Rebounding is a mental process as will as a physical one. Defensive players must size up their opponents and react to his attacks. Some points that should be covered are:

1. Pivot on the foot that is toward the opponents movement.

2. Pivot immediately after his first movement toward the basket but not before.

3. Pivot wide, with arms up, elbows out and legs spread at least shoulder width.

4. Make good strong body contact.

5. As soon as contact is made, release and go get the ball.

Like defense, rebounding is a thankless job. Unless its importance is emphasized every day in practice, it is unlikely that players will keep concentrating on this important aspect of the game.

DEFINITIONS FOR DEFENSIVE DRILLS

1. Point coverage against a two man front: The defensive man in point coverage must be down low to the floor shading the player he's guarding to the middle of the floor.

2. Wing denial: The defensive man in wing coverage must assume a closed body stance stationing himself in the middle of the passing lane. He must be more concerned with the penetrating pass to the wing than the back cut pass. In our team defense concept, he should receive the help necessary to stop the back cut pass.

3. One pass away from the ball: The defensive man who's opponent is one pass away from the ball moves away from his man toward the ball to a position protecting the middle of the floor and must never be above the ball.

4. Two passes away from the ball: The defensive man who's opponent is two passes away from the ball must move away from his man toward the basketball to a position protecting the middle of the floor with at least one foot in the lane. (He may move as far as the basket if his quickness will allow him to recover).

5. Three passes away from the ball: The defensive man who's opponent is three passes away from the ball moves away from his man toward the ball to a position where his head is directly under the basket.

A. HALF COURT DEFENSIVE DRILLS

Drill #1--4 on 4 Stationary

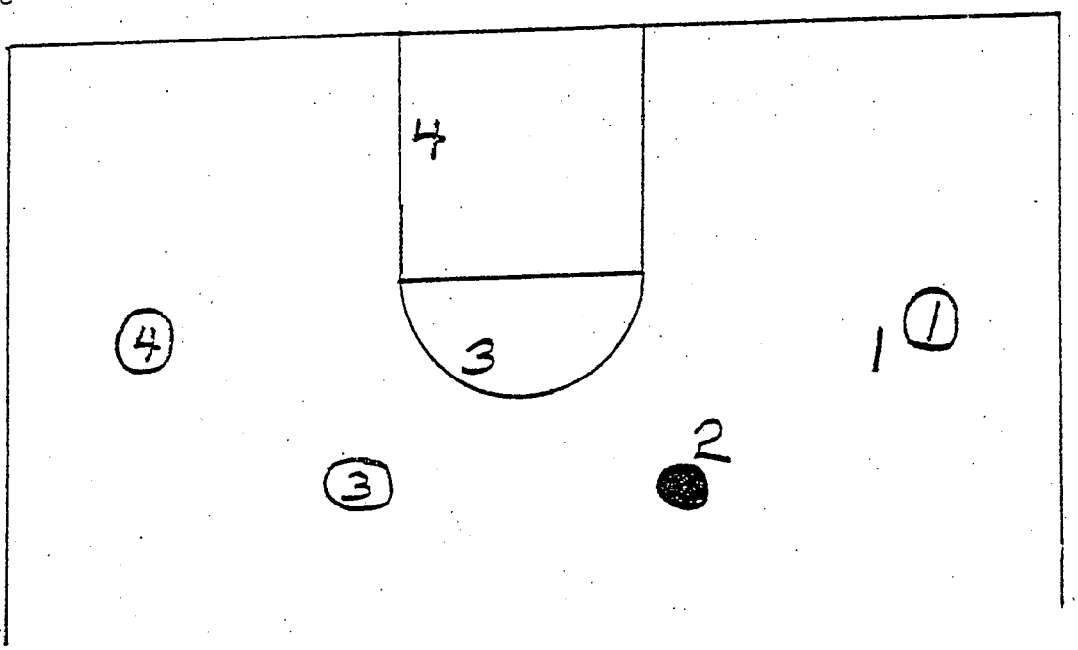
OBJECT OF THE DRILL:

In team defense, to teach floor position of the defensive players when there is movement of the ball but no movement of the offensive players.

The specific areas to concentrate on in the drill are:

1) Point coverage
2) wing denial
3) help away from the ball
4) baseline coverage

Diagram A



EXECUTION OF DRILL:

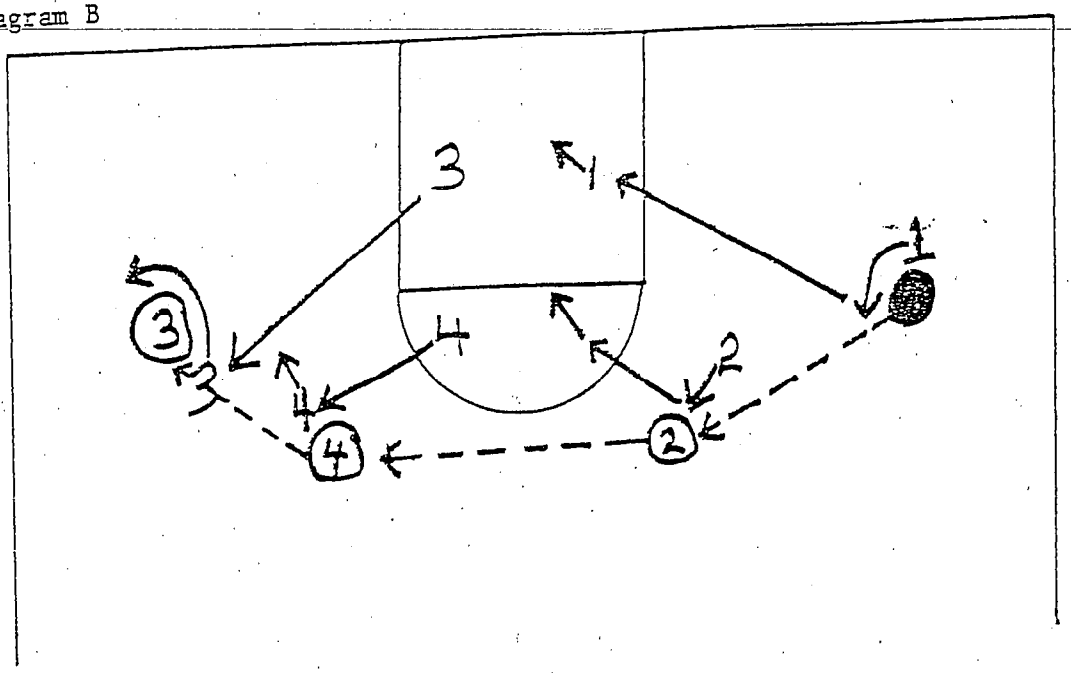
Ball is held by 02
--D2 assumes point coverage
--D1 assumes wing denial opsition
--D3 assumes a position one pass away from the ball
--D4 assumes a position two passes away from the ball

COACHING POINTS

1. When a pass is made, the first and foremost move of all defensive players must be toward the basketball. This will keep the defensive man between the ball and his man at all times and prevent the quick cut to the basket. This will be covered in more detail in a later drill, but should be stressed in this one.

2. It is also important for each player to react to <u>any</u> ball movement whether it is a pass or fake. The reason for this is that the defense, after running the drill should be able to arrive at their positions on the floor before the ball reaches the hands of the offensive man it is being passed to. We have found that without reacting to each ball-fake our players become what we call "ankle deep in the floor" or unable to reach their defensive positions quickly enough.

Diagram B



EXECUTION OF DRILL:

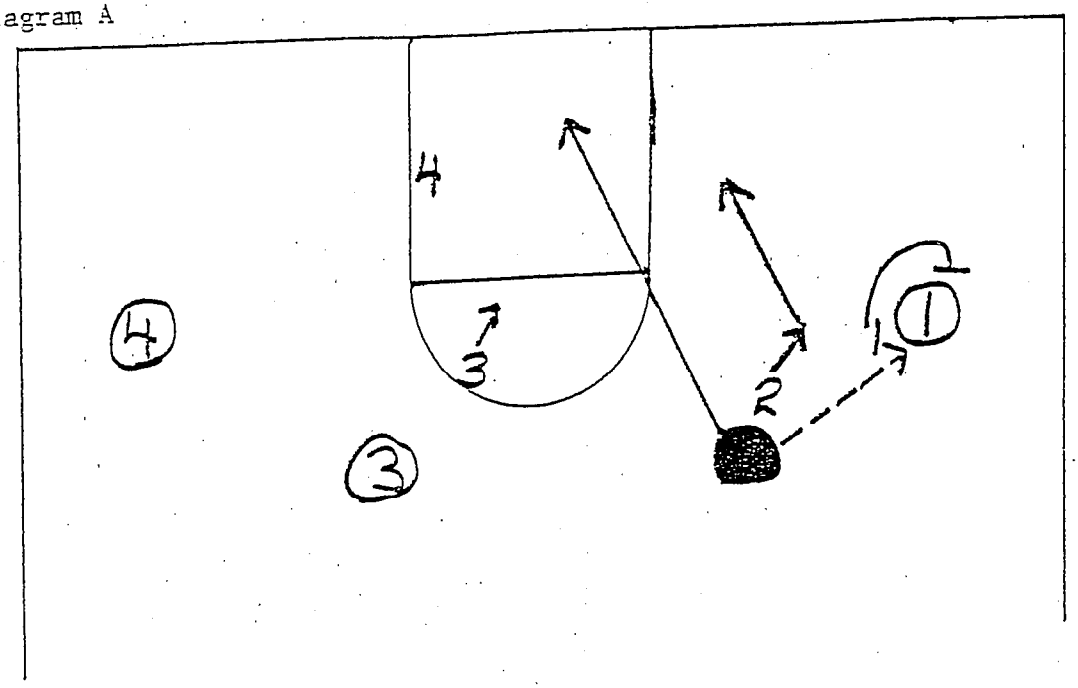
Ball is passed from 01 to 02 to 04
--D4 assumes point coverage
--D3 assumes wing denial
--D2 assumes position one pass away from ball
--D1 assumes position two passes away from ball
Ball is passed from 04 to 03
--D3 assumes point coverage
--D4 assumes position one pass away from ball
--D2 assumes position two passes away from ball
--D1 assumes position three passes away from ball

Drill #3--4 on 4 with a cutter

OBJECT OF THE DRILL:

The object of this drill is to teach the defense how to effectively cover a pass and straight cut to the basket.

Diagram A



EXECUTION OF DRILL:

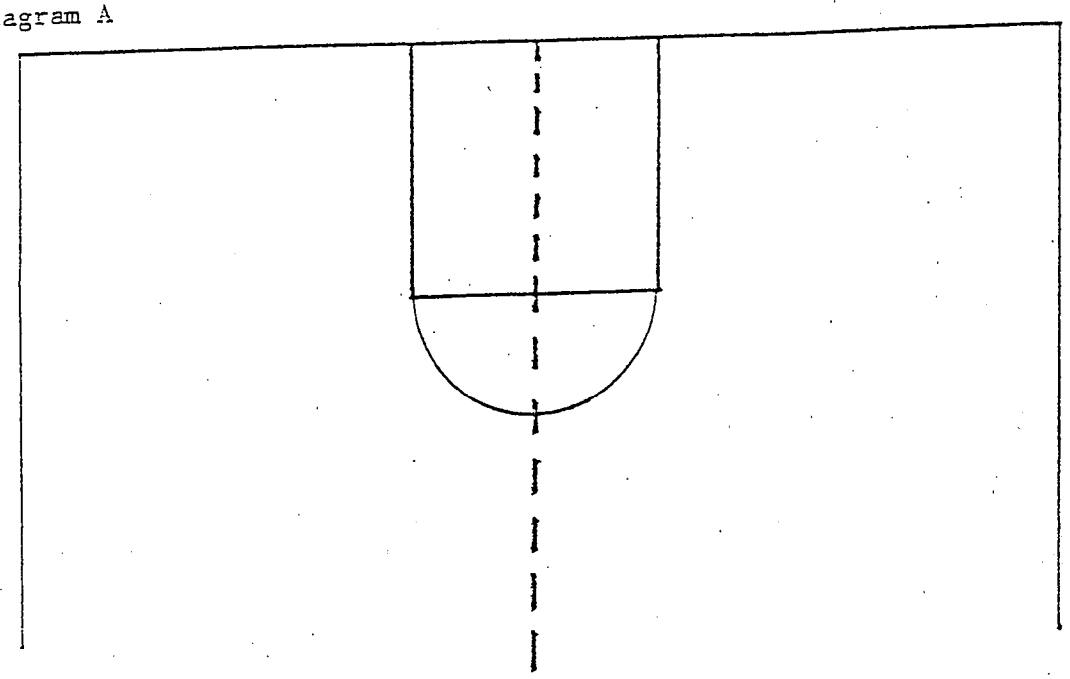
O2 passes ball to O1 (D1 for <u>drill purpose only</u> allows O1 to catch ball)
--D2 moves toward ball as it is passed to a position between O1 and O2
O2 makes straight cut to basket
--D2 must stay between his man and ball preventing any pass <u>except</u> overhead float

Drill #4--1 on 1 with helper

OBJECT OF THE DRILL:

1. To teach 1 on 1 defensive coverage against a one man front.
2. To emphasize floor position away from the basketball when there is constant offensive movement.

Diagram A

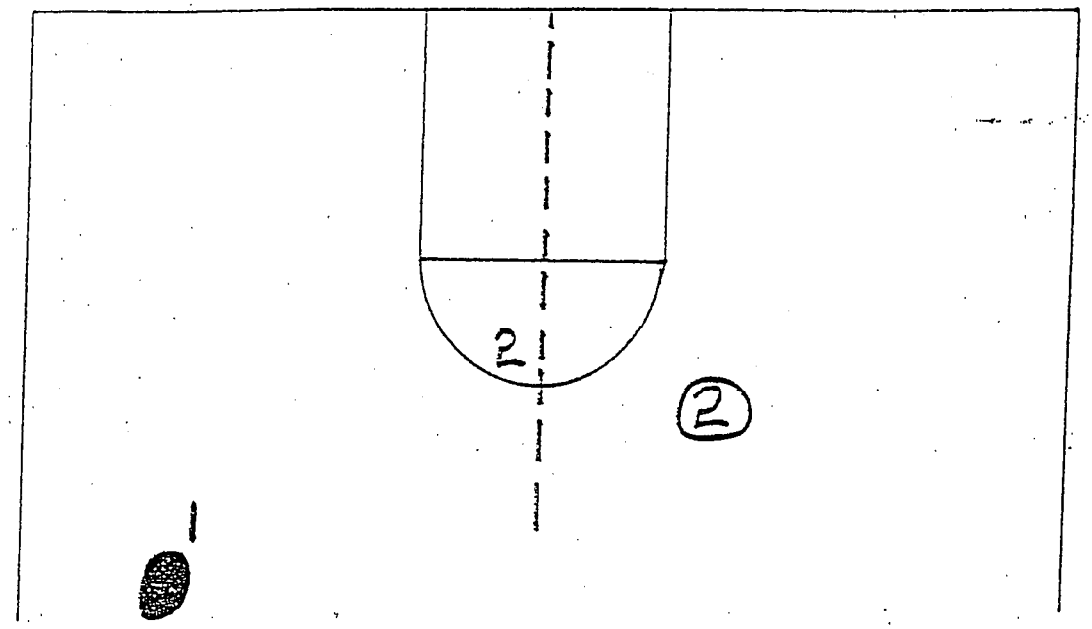


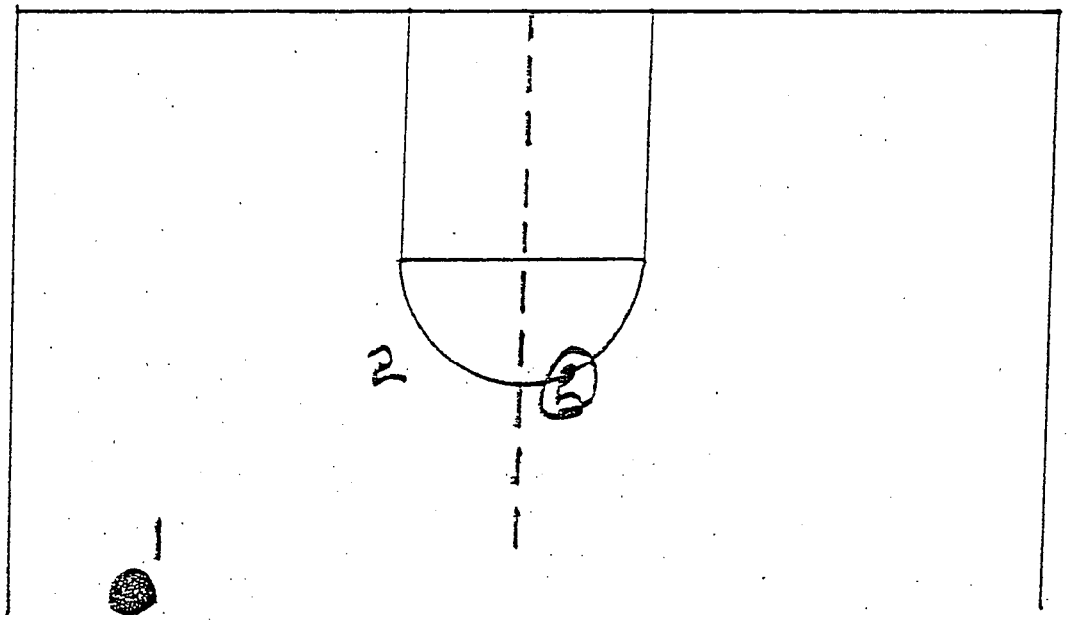
EXECUTION OF DRILL:

Court is divided with an imaginary line down the middle of the floor keeping 1-1 player on one side and the helper on the other side of the floor (as practice progresses and our players become more accomplished at the drill, we remove this restriction on movement).

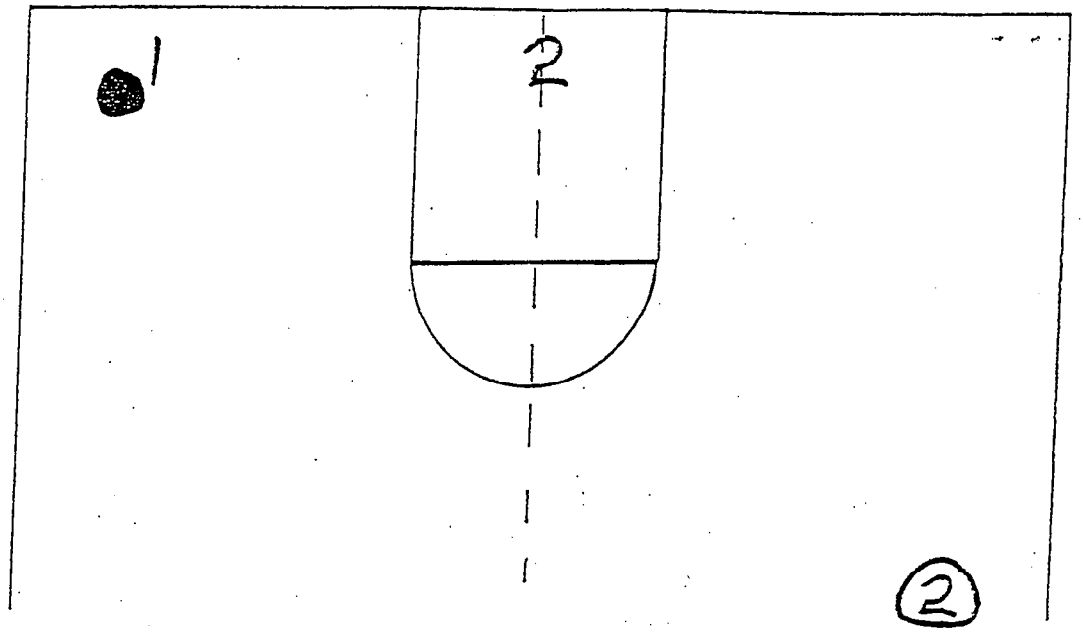
The following diagrams are examples of some possible situations created in the drill. They are designed to show correct floor position of the defense relative to their men and the ball.

D.

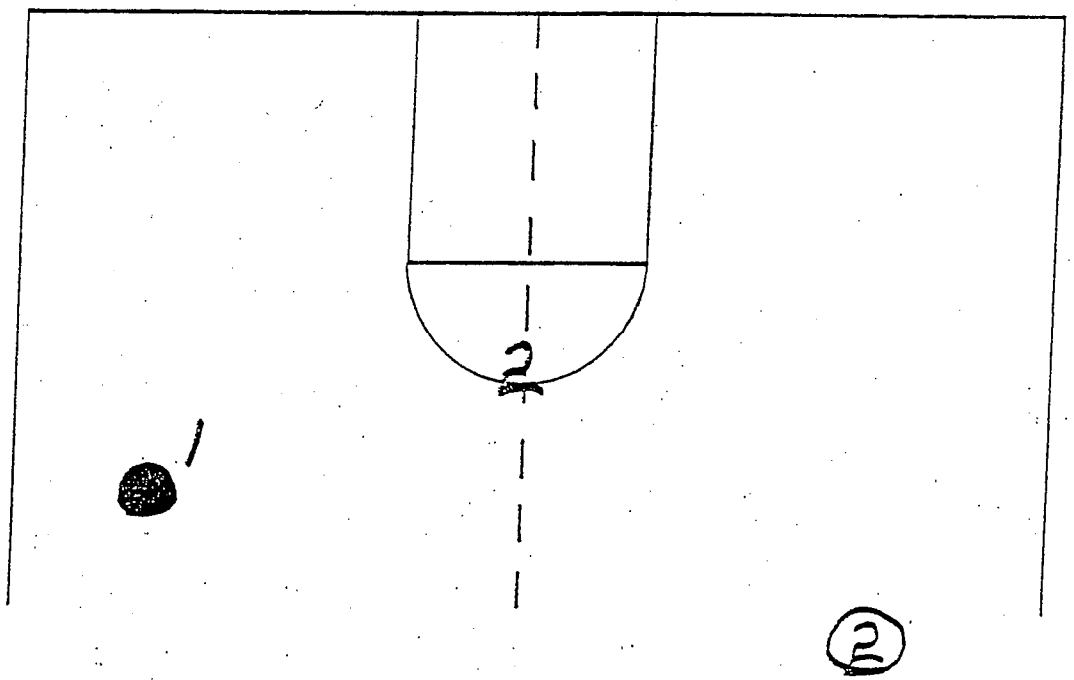




H.



I.

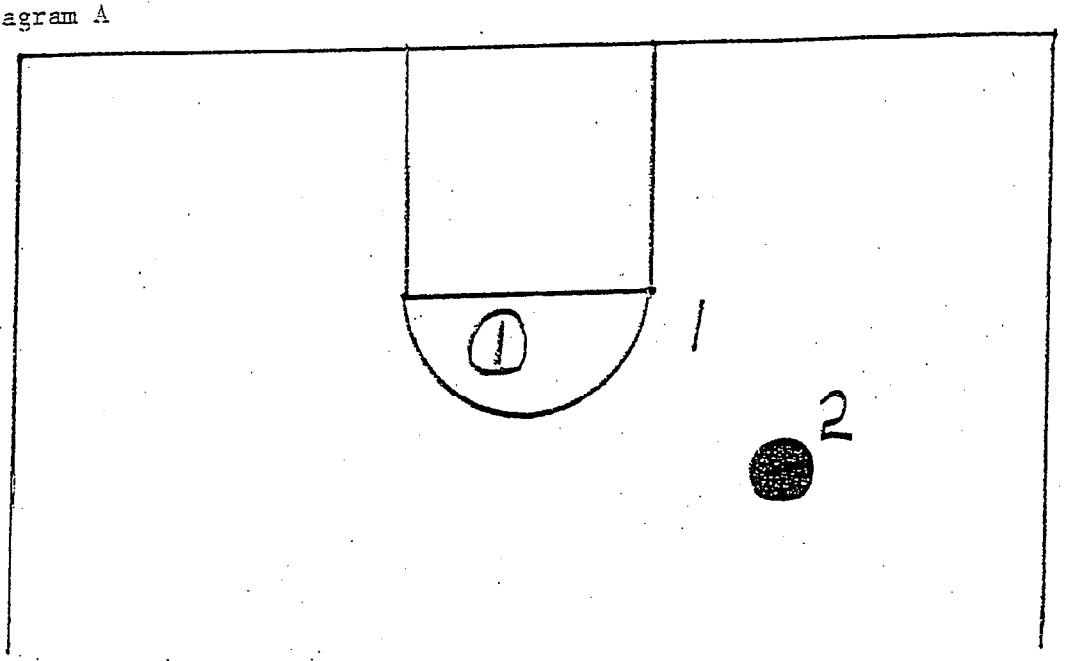


Drill #5--2 on 2 with stationary pick

OBJECT OF THE DRILL:

1. To teach defensive coverage when the ball is dribbled over the top of a stationary pick.
2. To teach high post defense.

Diagram A



EXECUTION OF THE DRILL:

--D2 assumes point coverage position
--D1 moves toward ball and assumes high post defensive coverage

Diagram C

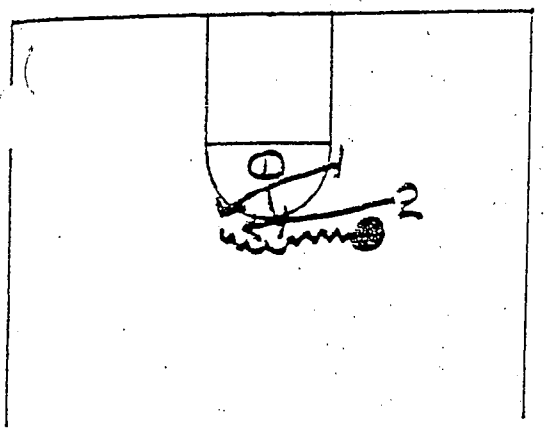
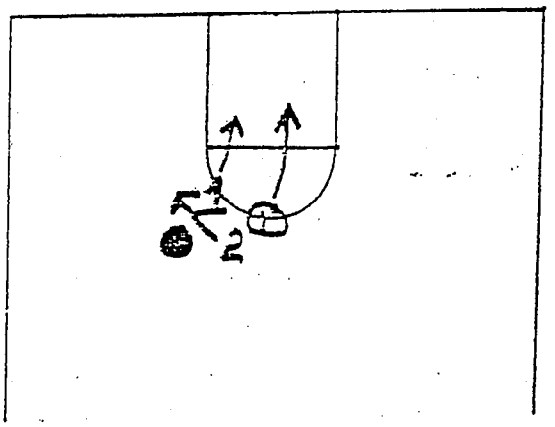


Diagram D



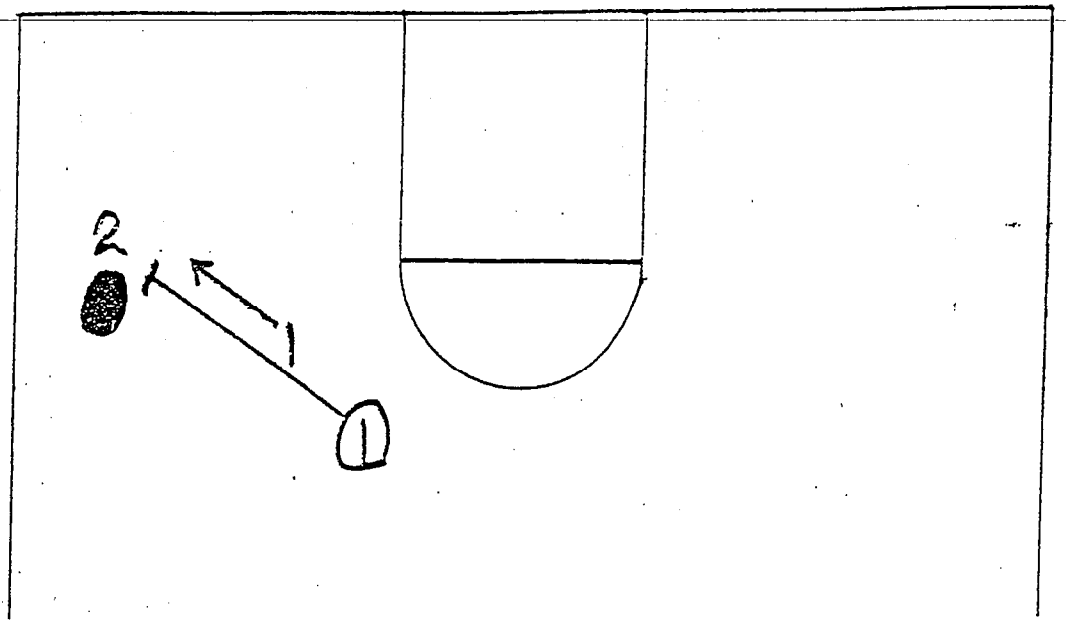
EXECUTION OF THE DRILL:

--As O2 dribbles off pick, D1 must step up and change O2's direction from toward the basket to away from the basket
--D2 must pick up his feet and get over the top of pick and back to his offensive man as quickly as possible
--D1 splits the difference between his man who is rolling and the man with the ball until D2 has assumed point coverage position.

COACHING POINTS:

1. In covering the high post, it is essential to follow the three rules that were discussed in the 1 on 1 with helper drill. He should always be toward the basketball, never above the basketball, and in a position to see both his man and the basketball. In our defense we never want our post man touching his man.
2. In any picking situation, communication between defensive players is vital.
3. The drill is most effective when it is continuous. As soon as the dribbler has been stopped or turned from the basket, he should go immediately to a new guard position and start the dribble toward the high post again. There should be aggresive action for 45 seconds before the new people are put in the offensive and defensive positions.

Diagram B



EXECUTION OF THE DRILL:

O1 follows ball to pick for O2
--D1 must first let D2 know pick us coming and must loosen defensive coverage on O1 and prepare to help with O2

Diagram C

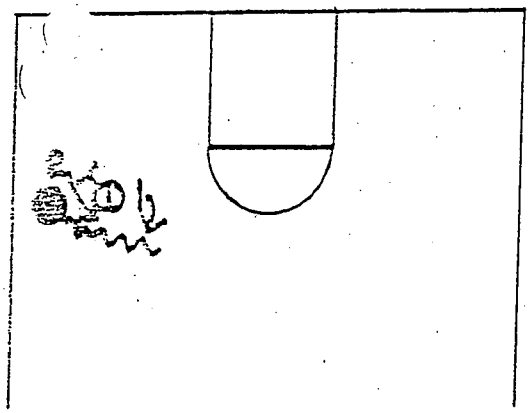
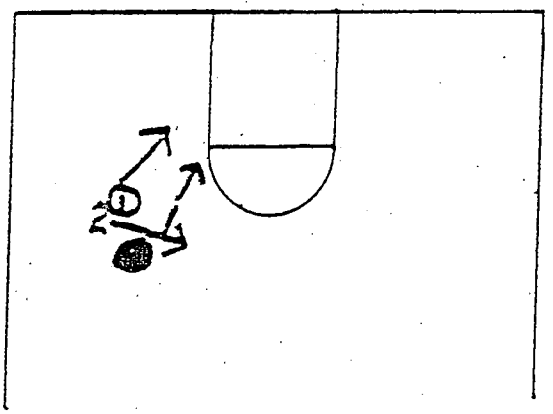


Diagram D



EXECUTION OF THE DRILL:

--As O2 dribbles off pick, D1 must step us and change O2's direction from toward basket to away from basket
--D2 must pick up his feet and get <u>over top of pick</u> and back to his offensive man as quickly as possible
--D1 splits the difference between his man who is rolling and man with ball until D2 has assumed point coverage position

Drill #7--5 on 5

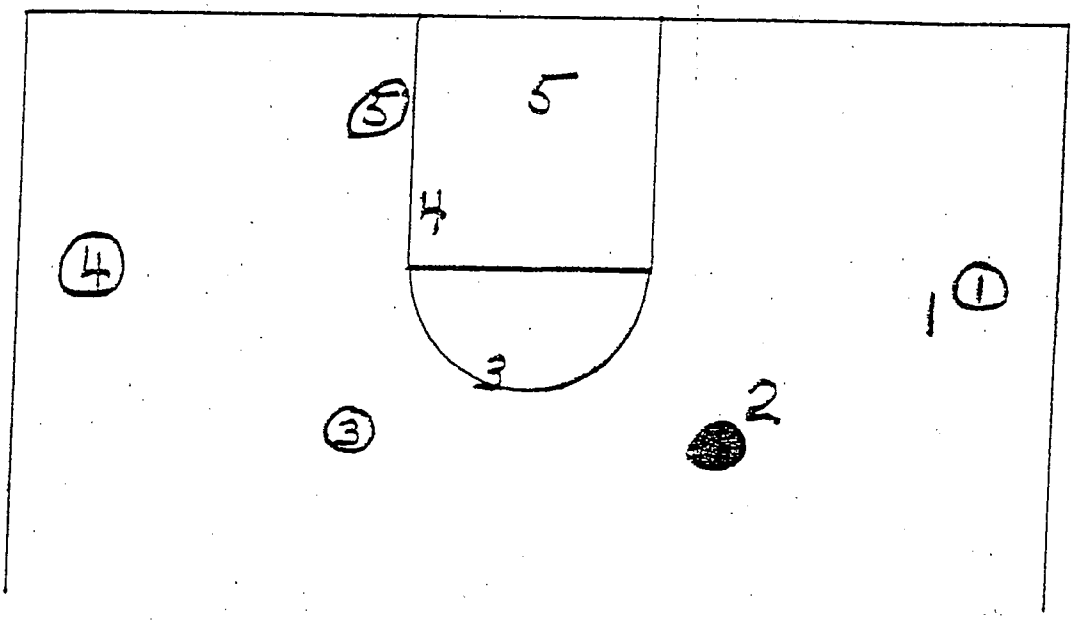
OBJECT OF THE DRILL:

To teach medium and low post coverage.

Secondary Object of the Drill:

To continue work on defensive floor position of the other four people.

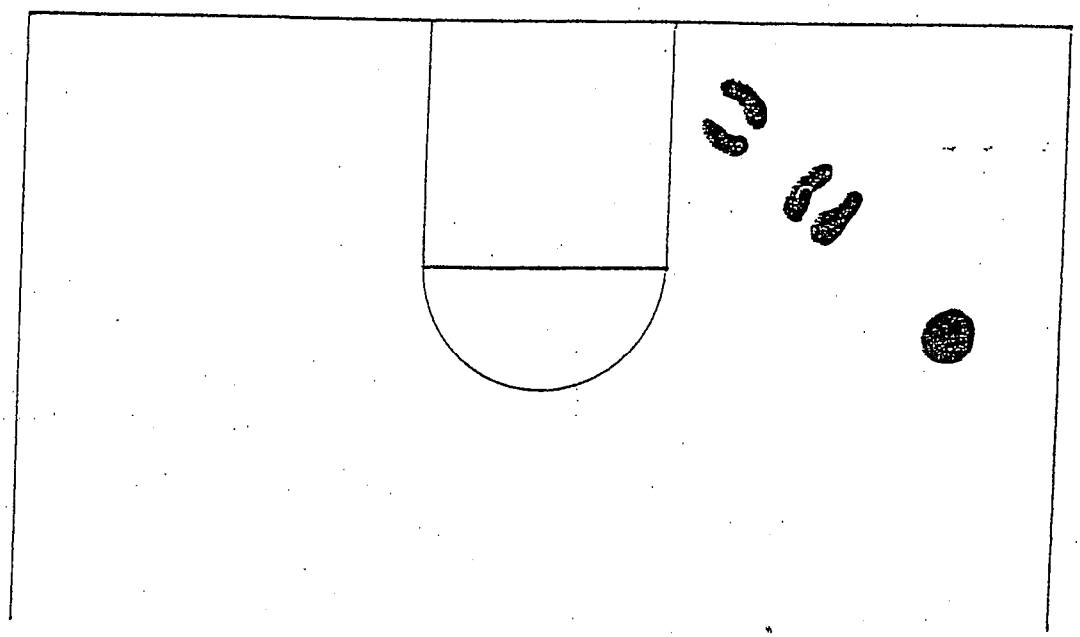
Diagram A



EXECUTION OF THE DRILL:

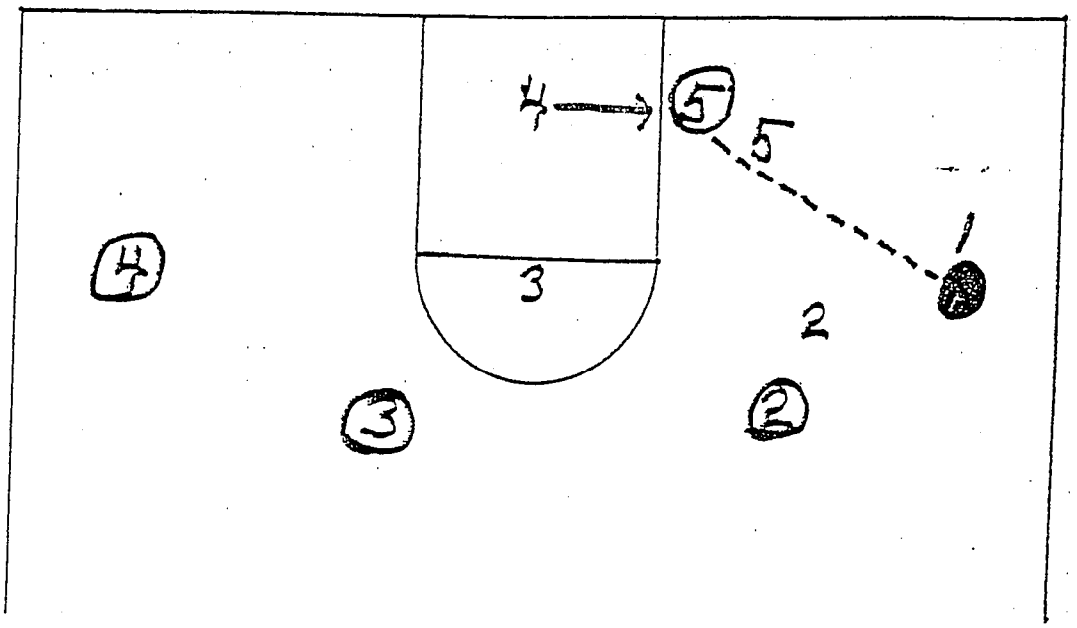
In starting drill, low post D5 takes the position following the rules to where he has moved toward the basketball to where he can see both his man and the ball and to where he is not covering above the basketball. Other four defensive people assume position discussed in 4 on 4 stationary drill.

Diagram D



Feet position of the fronting position.

Diagram I



EXECUTION OF THE DRILL:

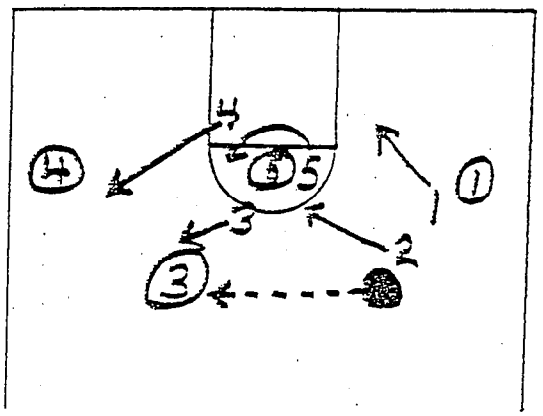
--After the drill has been used for awhile, the coach should tell the players on perimeter to pass the ball to O5 any way they want to, including the float pass.
--As float occurs, D4 reacts to the basketball and without jumping on top of O5, goes for the ball, It is the responsibility of the defense away from the ball to cover the float pass and not the responsibility of D5, against an offense that floats the ball a large percent of the time, when the ball is picked up in O1's position. D1 can help team mates by putting additional pressure on the passer in float situation.

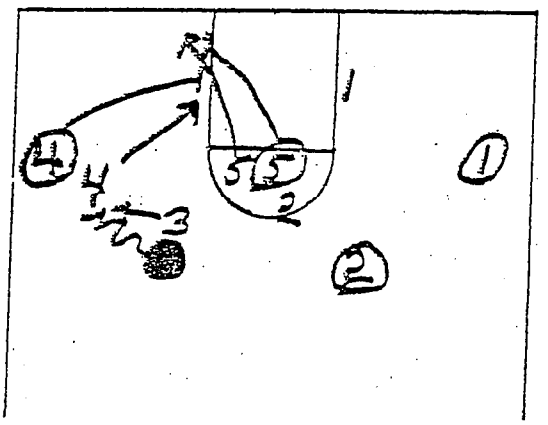
Drill #8--5 on 5 stationary pick on baseline

OBJECT OF THE DRILL:

To teach coverage over any stationary pick on the baseline whether it be single, double or triple.

Diagrams A and B



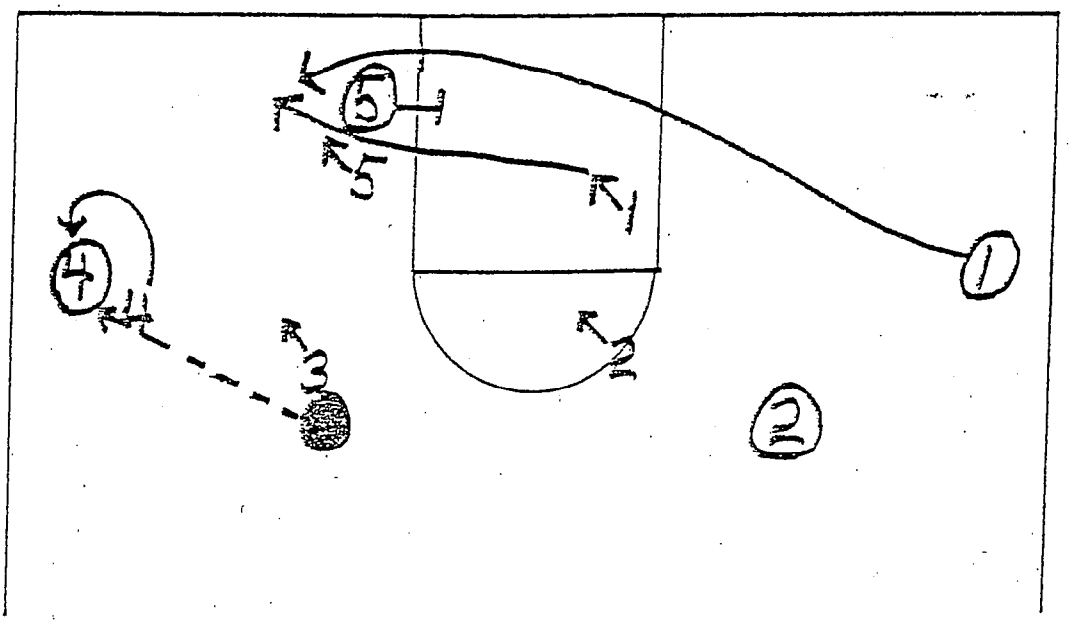


EXECUTION OF THE DRILL:

O2 passes to O3 and O3 dribbles left. O4 and O5 move to low post area to set double pick.
--D2 moves to position one pass away from the ball.
--D3 moves toward his man who has received pass and cuts off dribbler.
--D4 moves to front O4.
--D5's first movement is to play ball side of high post. As pass is made to O3, O5 moves low to pick. D5 moves down to a fronting position.

SINGLE PICK

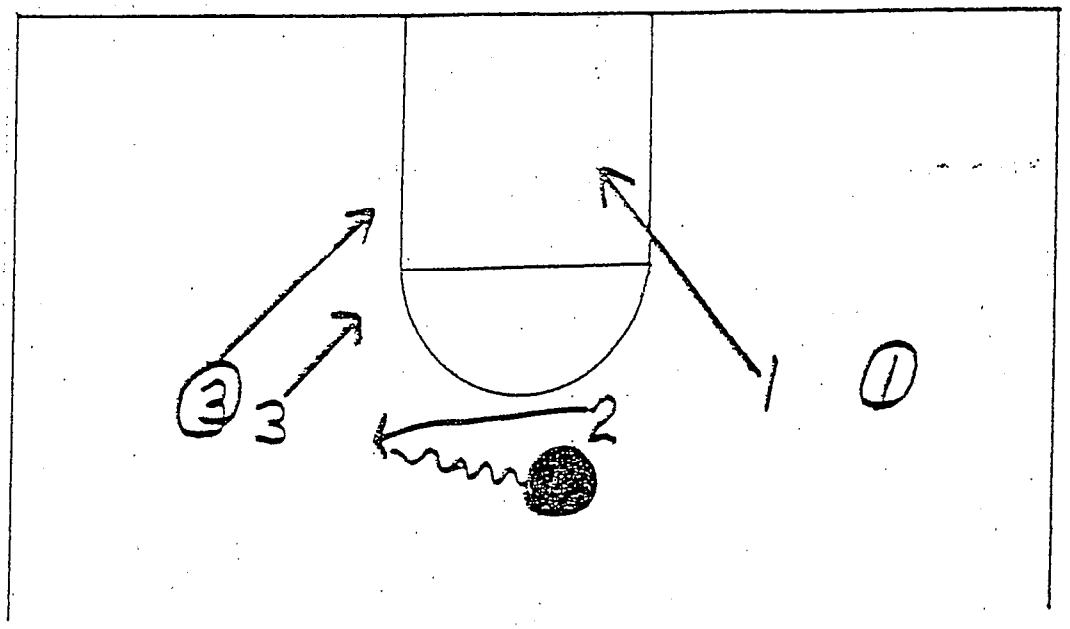
Diagram D



EXECUTION OF THE DRILL:

03 passes ball to 04. 05 sets stationary pick for 01 who cuts low.
--D1 moves over the top of pick to prevent pass to 01.

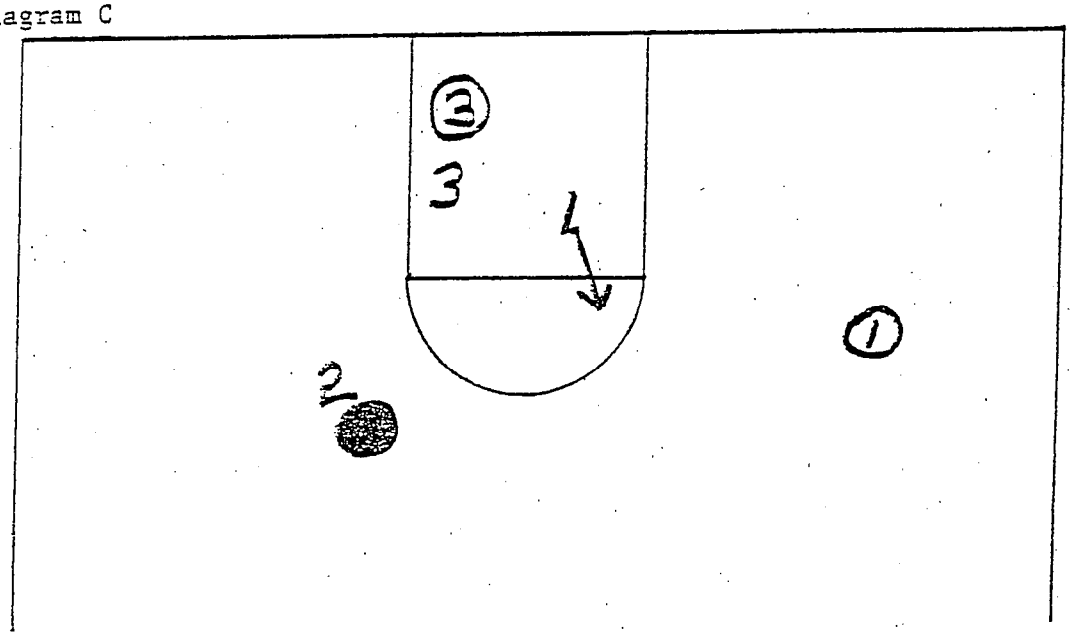
Diagram B



EXECUTION OF THE DRILL:

O3 back cuts as O2 dribbles toward his side of the floor.
--D1 is back man away from the ball and must protect the basket.
--D2 picks up his feet and runs to point coverage position turning his man toward the middle.

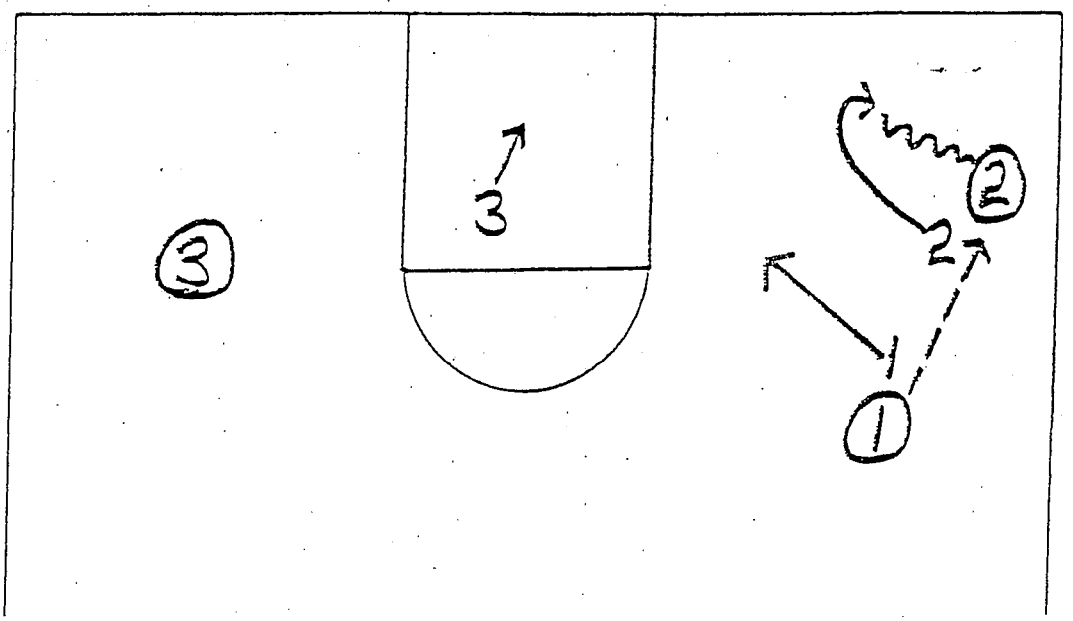
Diagram C



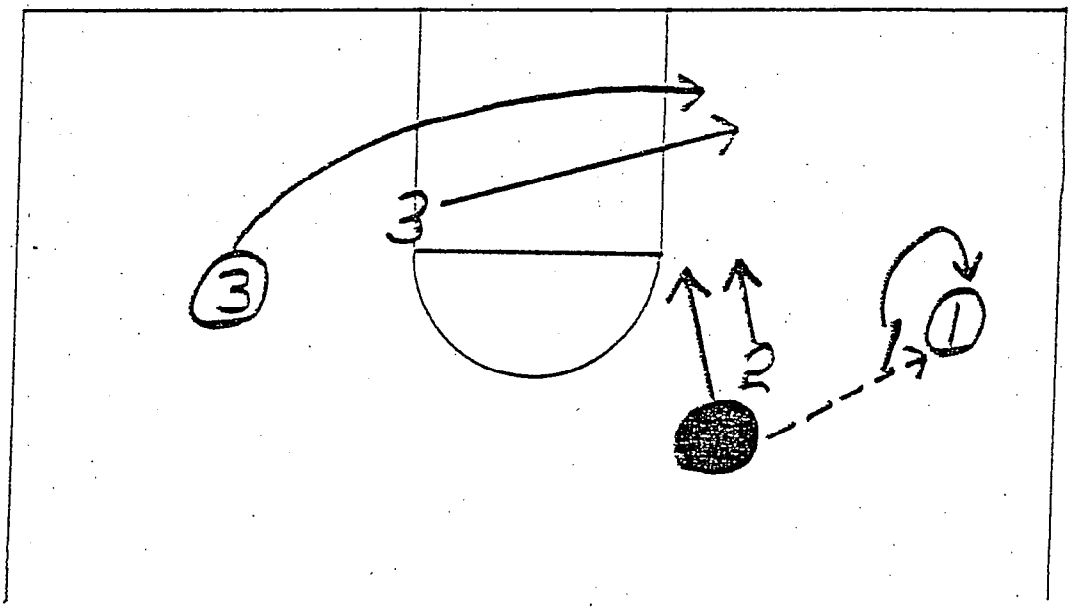
EXECUTION OF THE DRILL;

When D1 has protected back cut long enough for D3 to cover his defensive position, he returns to position one pass away from the ball.

F.



G.



B. TRANSITIONAL DEFENSIVE DRILLS

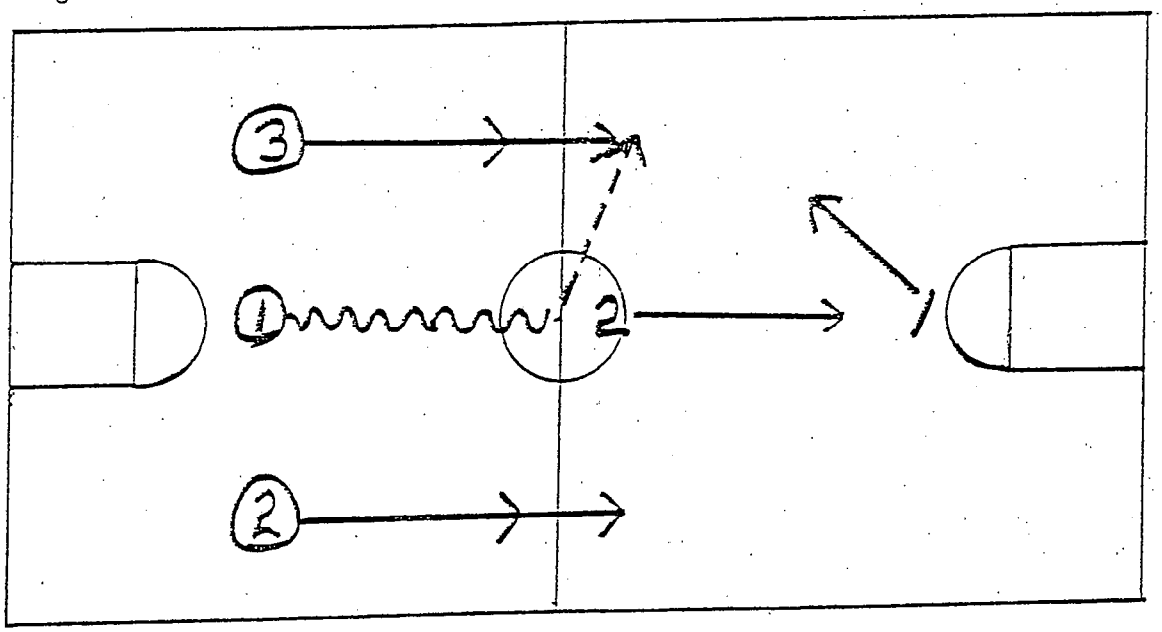
The drills that were covered previously have all been designed to cover half court situations. As we stated in our defensive philosophy, the most important function of the defense is to stop the basketball and allow our players to assume a half court defense. Because of the importance of these drills, we will spend time on them each day in practice.

Drill #1--3 on 2 Transitional Drill:

OBJECT OF THE DRILL:

To teach our players, usually guards, how to stop the basketball from penetrating for a cheap (high percentage) shot.

Diagram A



EXECUTION OF THE DRILL:

01, 02 and 03 rebound the shot taken by a manager or coach.

It is important that D2 be in a position to turn 01 toward the sideline. He may be more or less aggressive in approaching the ball, depending on the skills of 01. Over the course of a season, our players become more confident of this position and as a result, become more aggressive toward the ball. 02's responsibility is to make the ball turn away from the basket and to contain the offense by either making the offensive player pick up the ball or reverse his direction again.

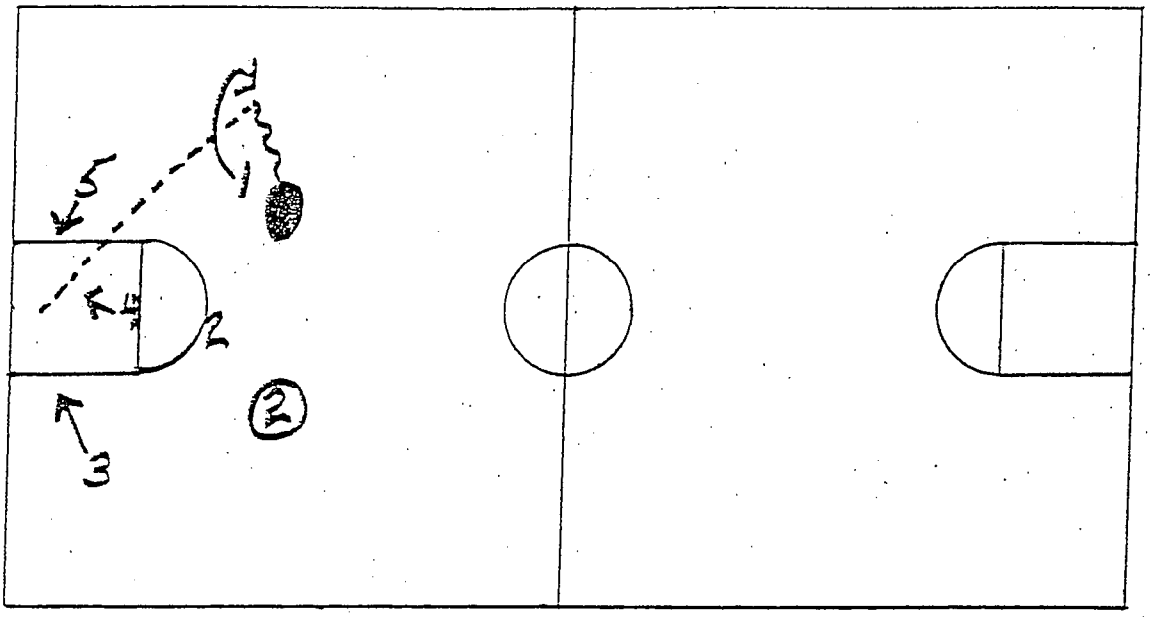
When the ball is passed from 01 to 03, D2 must leave his offensive man, go <u>away</u> from the ball and protect the basket.

Drill #2--5 on 2 Transitional Drill:

OBJECT OF THE DRILL:

To teach our players to stop penetration of the basketball to a good shooting position with five offensive players on the floor.

Diagram A

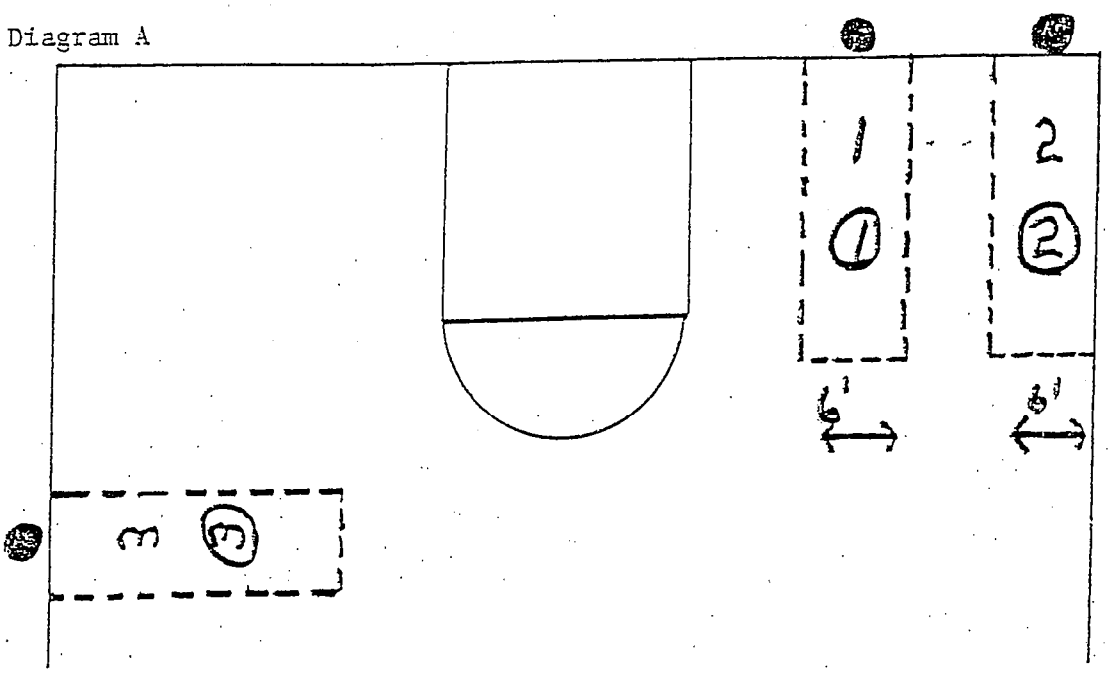


EXECUTION OF THE DRILL:

O1 and O2 play a 2 on 2 game against D1 and D2.
--D3, D4 and D5 move as if covering invisible offensive men, but do not interfere with the 2 on 2 game. When O1 shoots the ball, D3, D4 and D5 immediately block out and rebound.

C. DEFENSIVE REBOUNDING

Diagram A



EXECUTION OF THE DRILL:

--On slap of the ball, the offensive man attempts to get inside of the defensive man and work his way to the basketball. The defense blocks out for at least three seconds.
--A good place to run this drill is the sideline or baseline area.

COACHING POINTS:

The best way to teach defensive rebounding is to have a coach (or anyone available) under the basket at all times during practice. He should constantly remind the defense to block out every time the ball is shot. He should have the authority to stop the drill or scrimmage, to point out those who have not blocked out. Early this will cause some problems in practice time but as time goes on, it should not be much of a hindrance.

MATCH-UP ZONE DEFENSE

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I. Advantages and Basic Principles..... 1

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b. Dribble penetration traps..... 5

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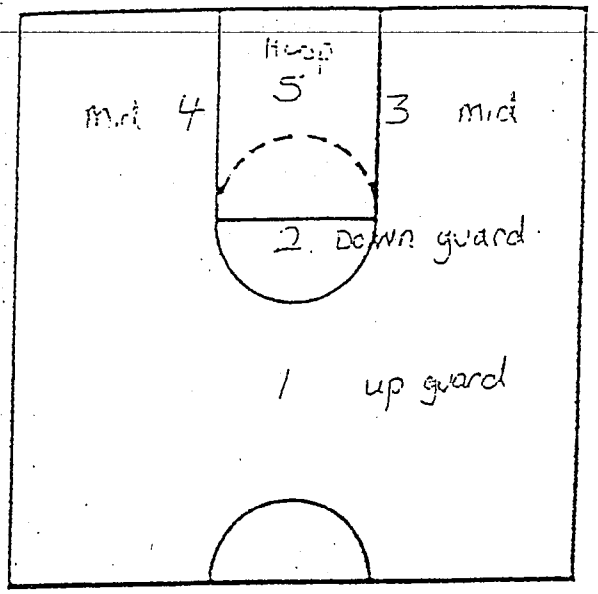
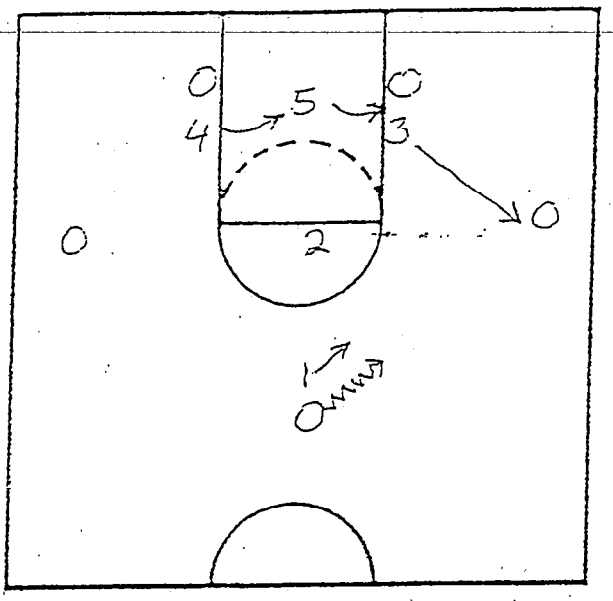
IV. Blitz, Force Toward Baseline and Deny the Reversal Pass... 8

V. Drill Sequence..... 9

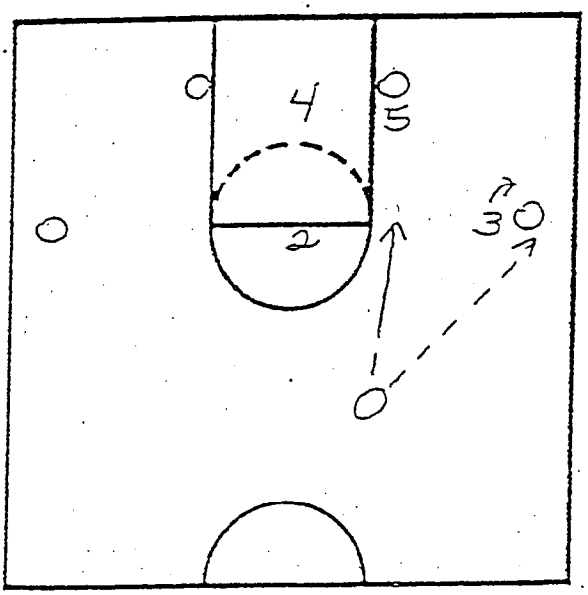
#1 vs. ONE GUARD FRONT



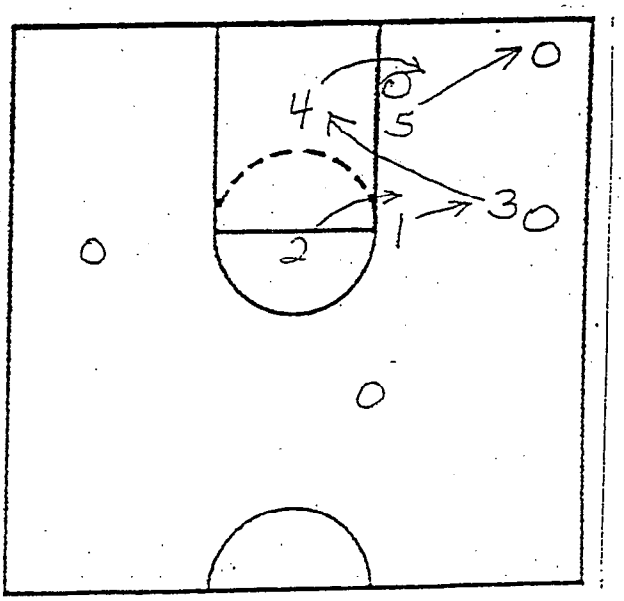
Starting positions.



#1 Keep the ball off center court.
#2 Stays in line with the 1 man and the basket.
#3 Deny the lead pass.
#4 Moves to the hoop.
#5 Fronts the low post.

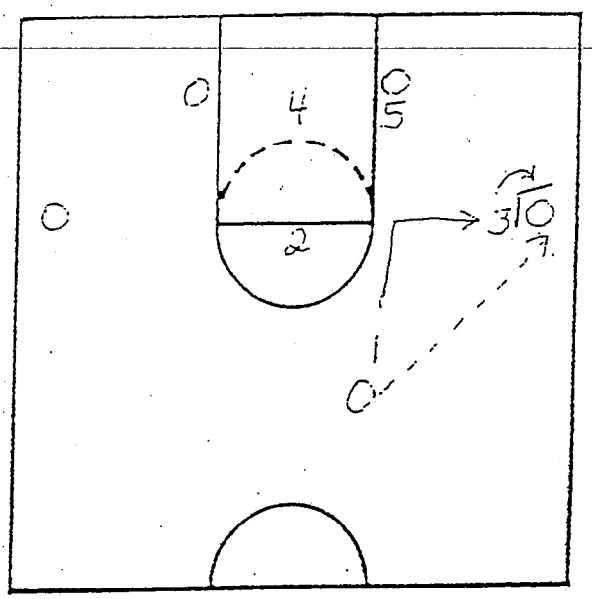


#1 Will become the half guard just outside the elbow.
#2 Remains the down guard.
#3 Will relocate and take away the basline
#4 Will remain in the hoop.
#5 Will remain in the low post.

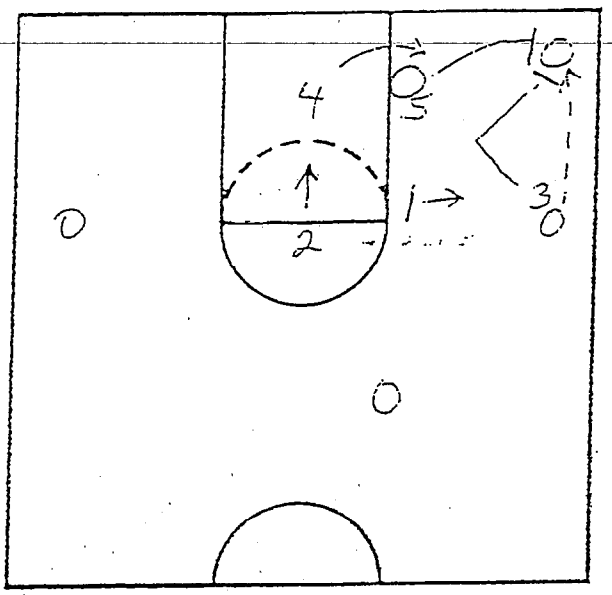


#1 Will take away the pass back to the wing and be in position to not let the offensive player split him and the 5 man.
#2 Will become the half guard.
#3 Will loop to the hoop.
#4 Will front the low post on the baseline side.
#5 Will cover the corner.

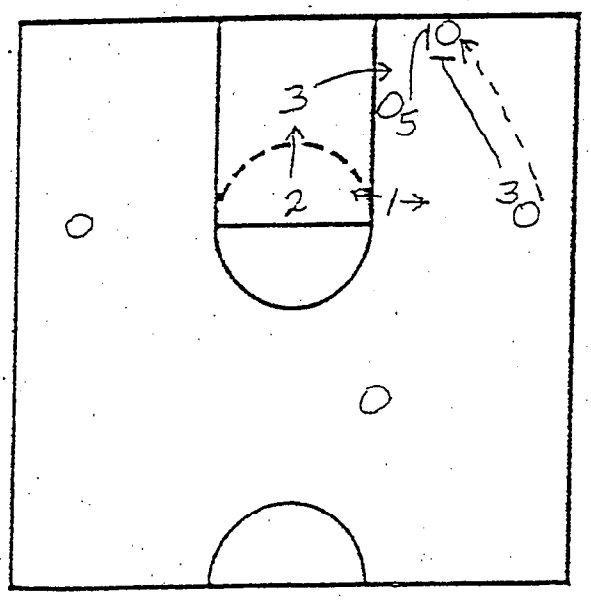
TRAPS (pre-designated areas)



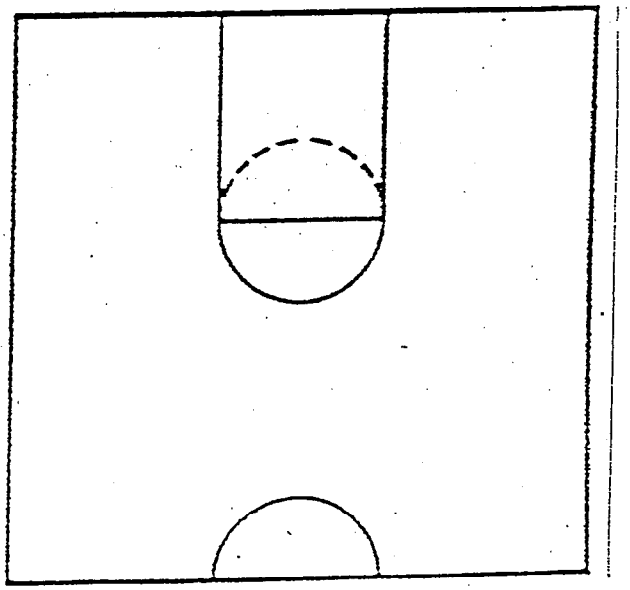
Trap the Wings



Trap the Corners

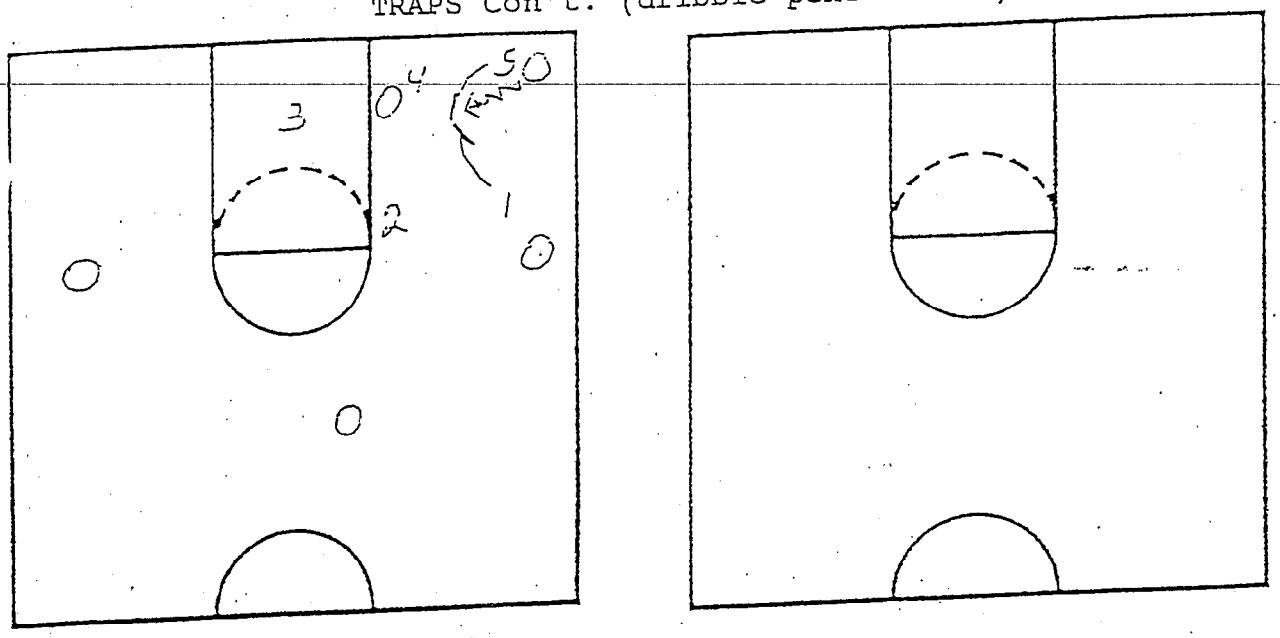


Trap the Short Corners

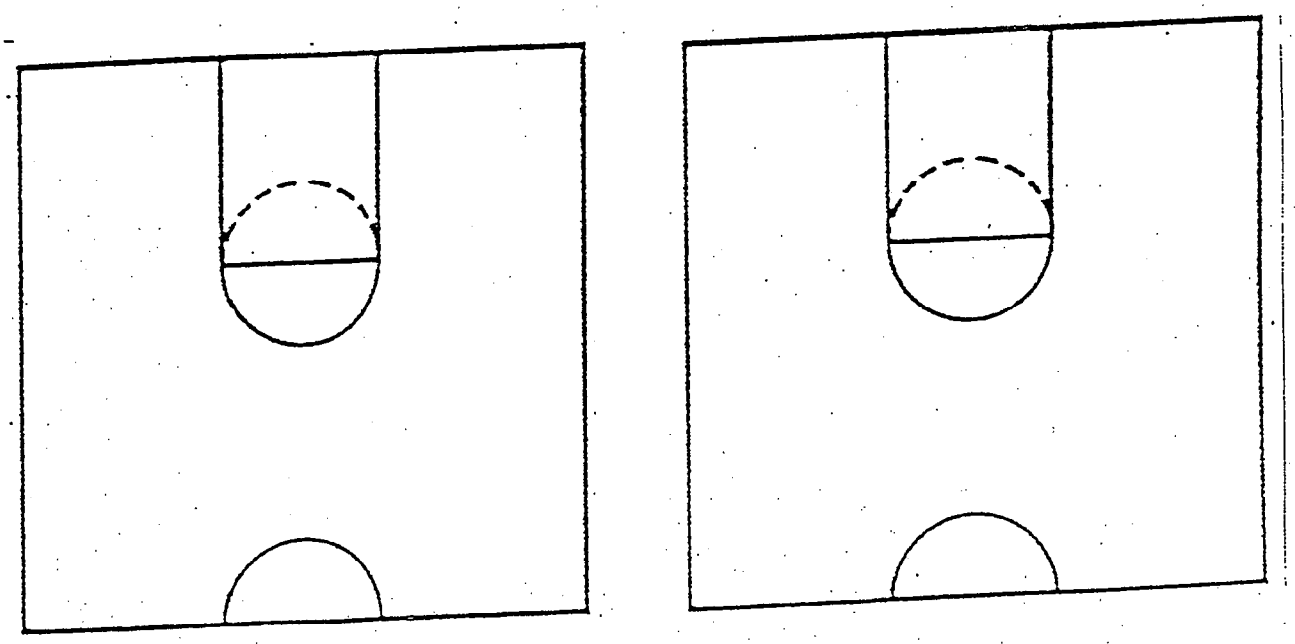


Rules:

1. Form a V Trap and do not let the offensive man split the trap.
2. Always trap the short corner.
3. Never trap two times in a row unless the second trap is the short corner.
4. Whenever trapping the corners or wings, use V cuts. Never just follow the ball to the trap.



Trap penetration from the corner to the center.



Rules:
1. Never let the opponent split the trap.
2. The half-guard will always cover the post if the man on the block leaves to trap on any kind of dribble penetration. If the post man leaves to trap after a pass, then the hoop man will cover the post area.

IOWA STATE OUT OF BOUNDS SERIES (FLA)

Baseline Out of Bounds Series

We have done a very good job executing our Baseline Out of Bounds Series in the past. We must continue to improve in this area and introduce new looks that will increase the effectiveness of our Series.

The Series is designated by a number and an action. The first number designates the receiver of the inbounds pass and the second number designates the receiver of the guard to guard pass. The action is designated by the second part of the call and will be expounded on below. It is not imperative that we line up in the same spots each possession, but it is imperative that we get to the proper spots to receive the inbounds pass and execute the action.

*The first number (receiver of the inbounds pass) must catch the pass in the CATCH AREA. This is an area around the elbow extended on the side of the inbounder.
*The second number (receiver of the guard to guard pass) must catch the swing pass even with the catch area on the opposite side of the free throw lane.

It is very important that the proper receiver makes himself available to catch the ball in the proper area at the time the passer is ready to make the pass. We should also understand that the pass does not have to go directly to the catch area from the out of bounds pass. If the defense takes this pass away, the ball can go through the corner to the catch area and we still have the same action.

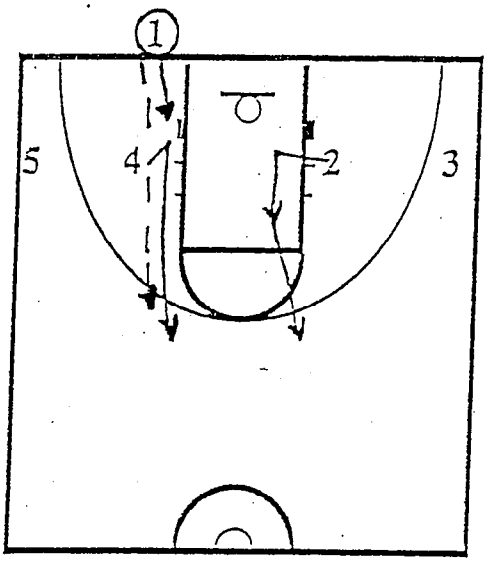
Actions

1. Strong: The big not involved in the call comess off a shuffle cut set by the point stepping inbounds. The receiver of the inbounds pass screens down on the point guard.

2. Weak: As the ball is swung, the receiver of the inbounds pass receives a flair screen from the big not involved in the call.

3. Counter: If the swing pass is overplayed, the receiver of the guard to guard pass steps his man up the floor and cuts backdoor for the lay-up or the lob. Players not involved in the back cut must get their defenders up the floor.

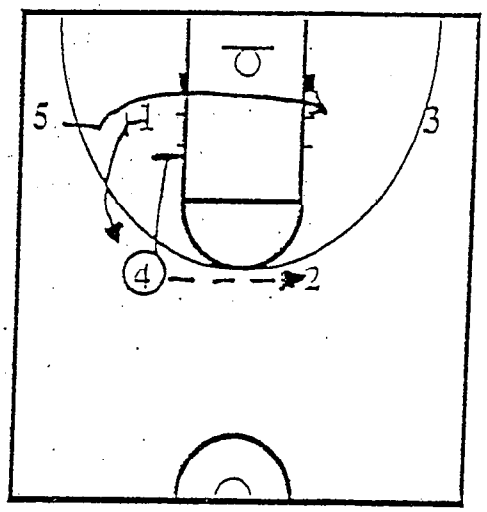
Baseline Out of Bounds Series



Strong Action

42 Strong :

* 4 is the receiver in the catch area
* 2 is the receiver of the guard to guard pass

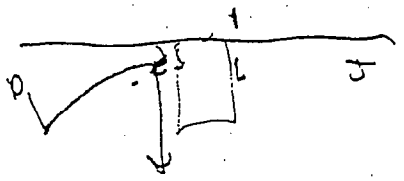


42 Strong Cont'd:

* 4 swings the ball to 2
* 5 comes off shuffle screen from 1
* 4 screens down on 1

or up screen / Lob

Comments: It is important that we catch the ball in the catch areas. It is also important for the receivers to get free when the passer is in a position to pass the ball.

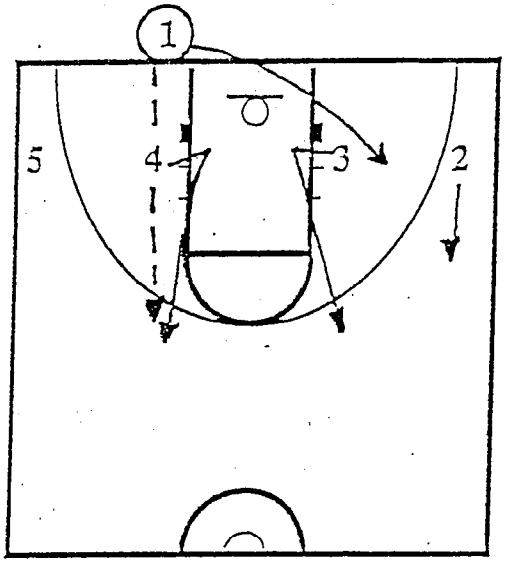


20

Can steal / or steal the

Baseline Out of Bounds Series

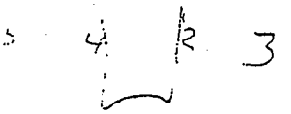
Triple Action

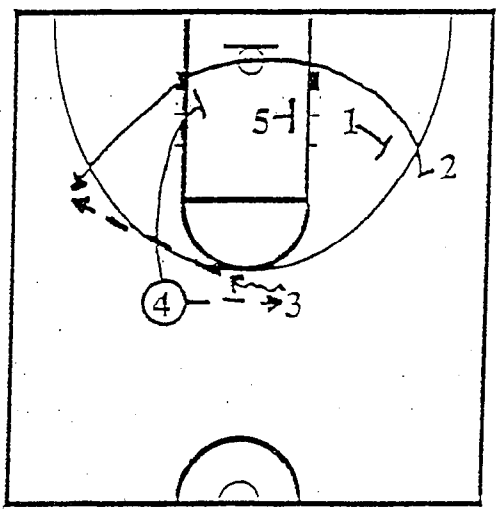


4 2 Triple

43 Triple:

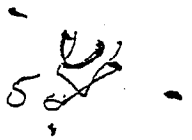
* 4 catches the ball in the catch area
* 1 steps across the lane to begin triple screen
* 3 pops to catch the guard to guard pass





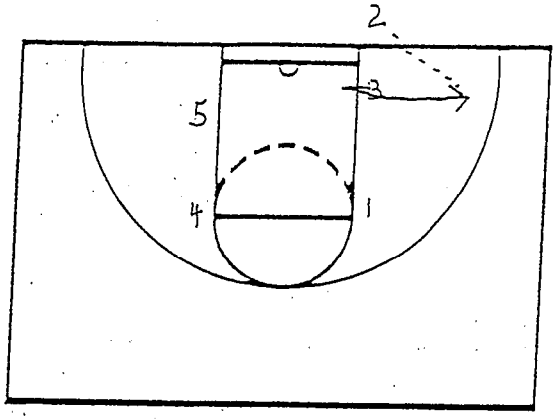
43 Triple Cont'd:

* 1 screens for 2
* 5 screens for 2 in the lane
* 4 swings the ball to 3
* 4 sets third screen for 2 for triple chase

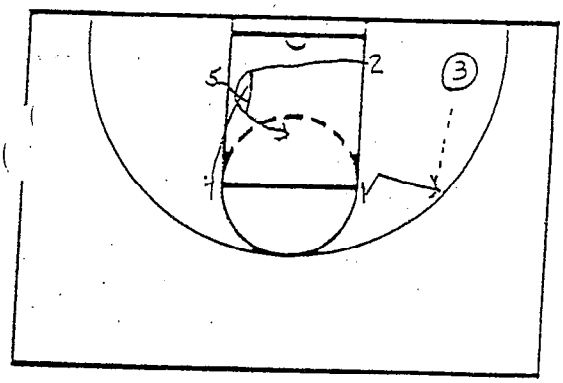


Comments: The play will be run for the smallest player not included in the call.

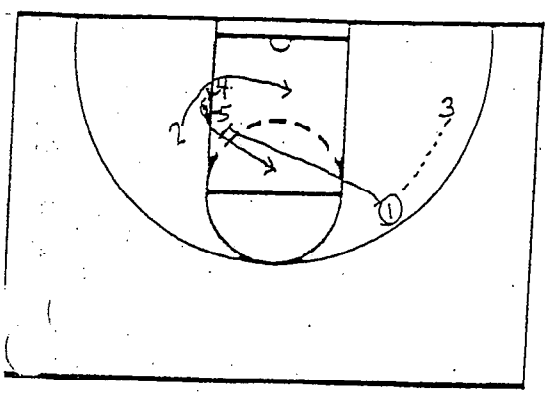
IOWA STATE BASKETBALL



GOLD (with 2 not posting)
3 fakes to the middle and cuts to the corner
2 passes to 3

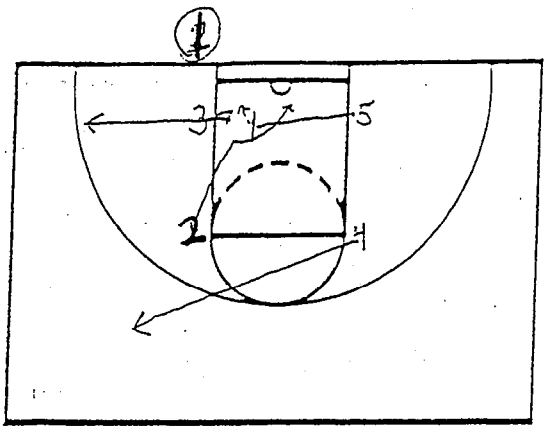


1 cuts to the wing and receives the ball
4 and 5 set a double screen for 2



If 2 does not receive the ball he comes off another double screen by 4 and 5
4 comes off a screen by 5 for a short jump shot

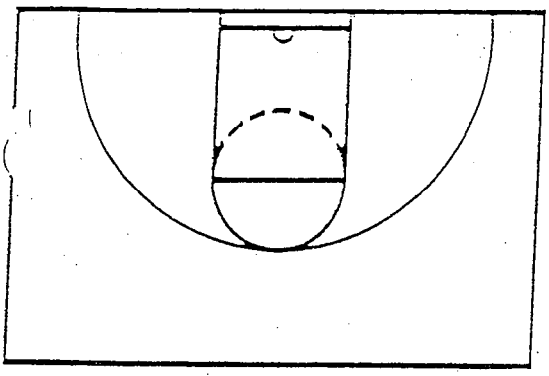
IOWA STATE BASKETBALL

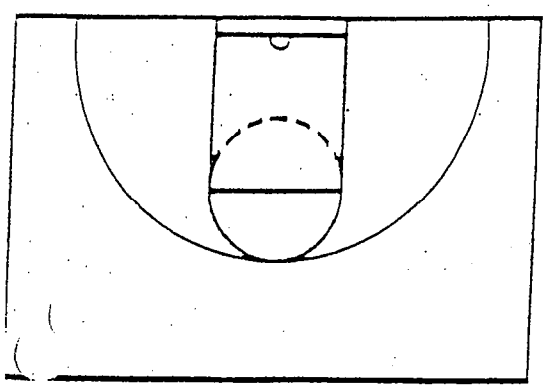


RED

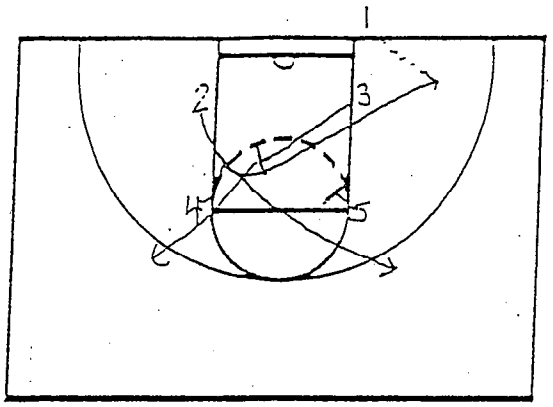
3 fakes to the middle and cuts to the corner
5 cuts to the middle looking for the ball
1 cuts to the basket, then off 5's screen
4 releases
2 looks for the first open man

The play all depends on timing and starts with the slap of the ball by 2



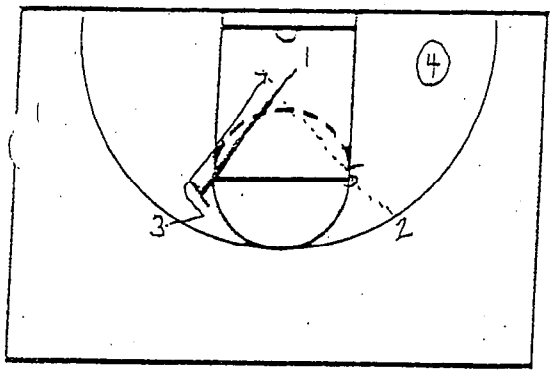


IOWA STATE BASKETBALL



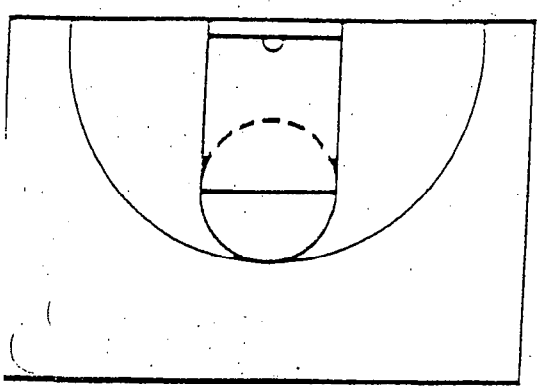
#4

3 upscreens for 4 and releases
4 cuts off 3's screen
2 releases
1 passes to 4



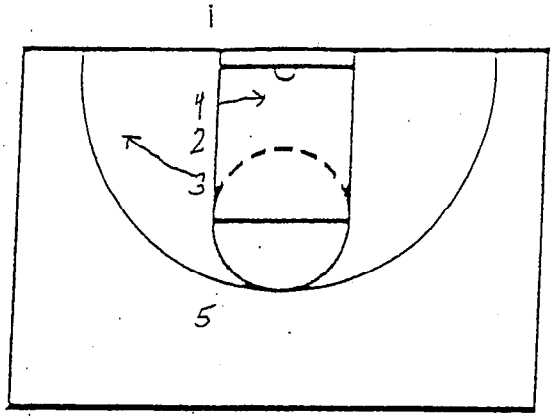
#4 (cont.)

4 passes to 2
1 steps in and upscreens for 3
3 cut off 1's screen for the lob from 2

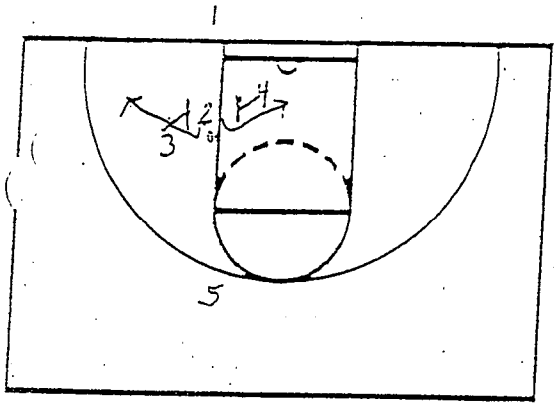


IOWA STATE BASKETBALL

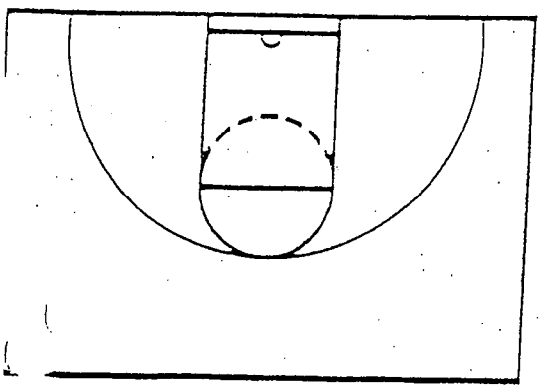
LINE O.B.



4 cuts to the basket
3 pops out

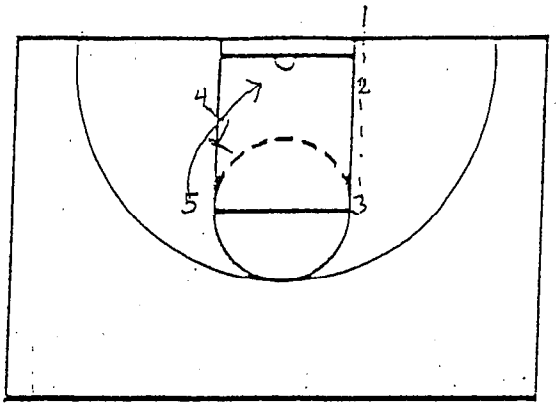


3 screens out for 2
4 screens in for 2
5 stays out for the release pass

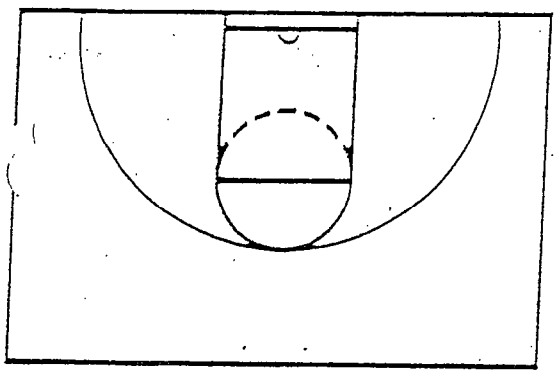


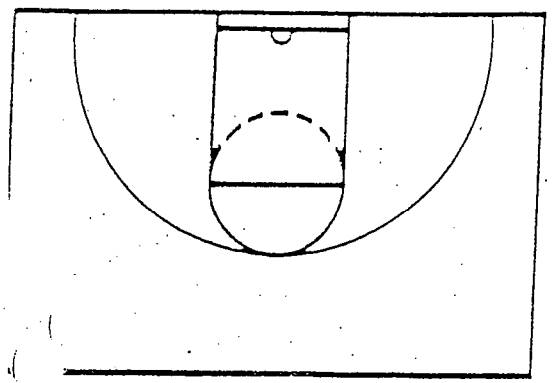
IOWA STATE BASKETBALL

BOX



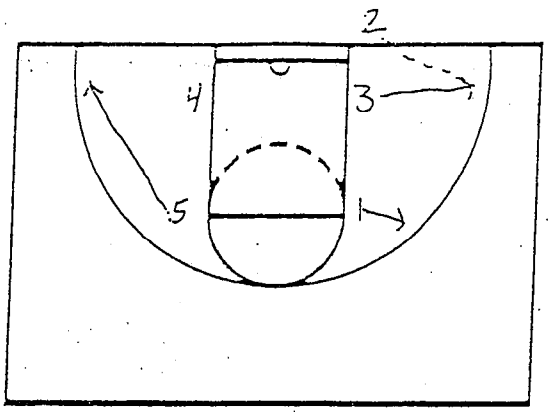
1 passes out to 3
4 up screens for 5
3 looks for 5 on the lob



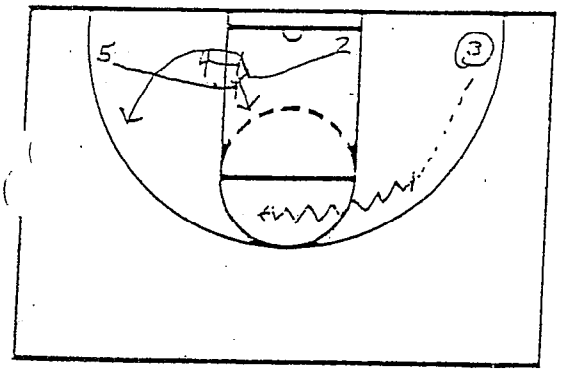


IOWA STATE BASKETBALL

BLAST O.B.

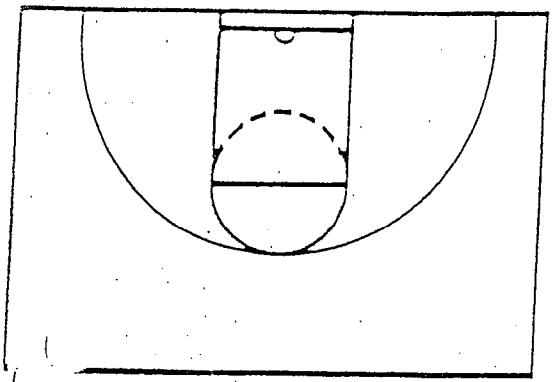


2 inbounds to 3 cutting to the corner
1 steps out
5 cuts to the corner



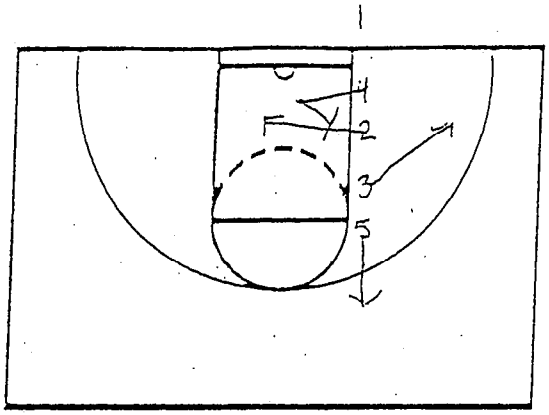
3 passes to 1
1 dribbles to the middle of the court
5 comes in to set a double screen for 2
4 screens for 5 for a lob
4 slips the screen

1 passes to the open man

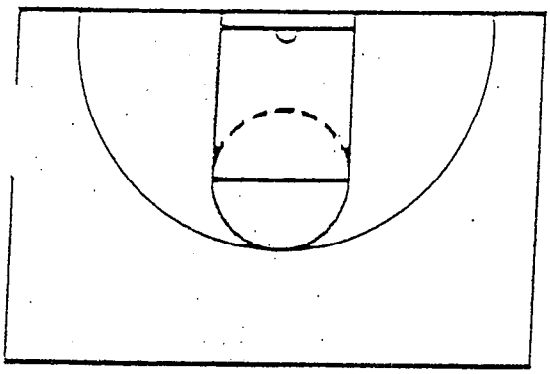


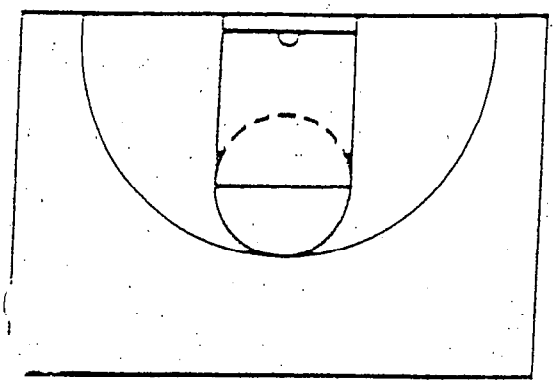
IOWA STATE BASKETBALL

STRAIGHT LINE #1



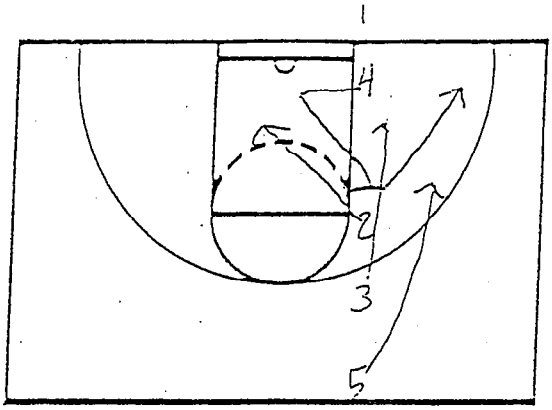
4 cuts to the basket and comes back to screen for 2
2 cuts to the basket
3 releases to the corner
5 releases back





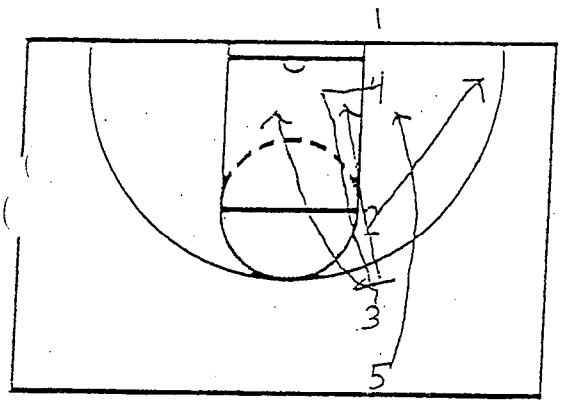
IOWA STATE BASKETBALL

STRAIGHT LINE DEEP

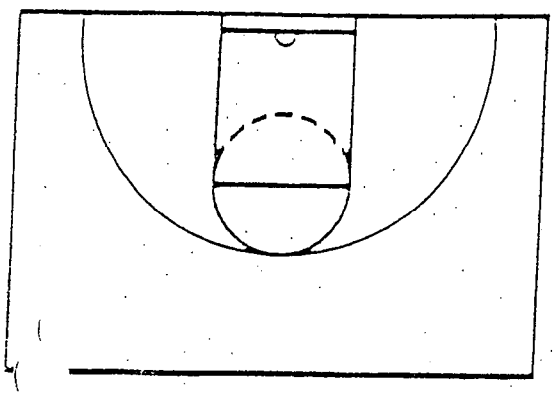


4 and 2 play a 2 man game trying to get open
3 reads their cuts and cuts to the ball
5 reads 3's cut and cuts to the ball

OR

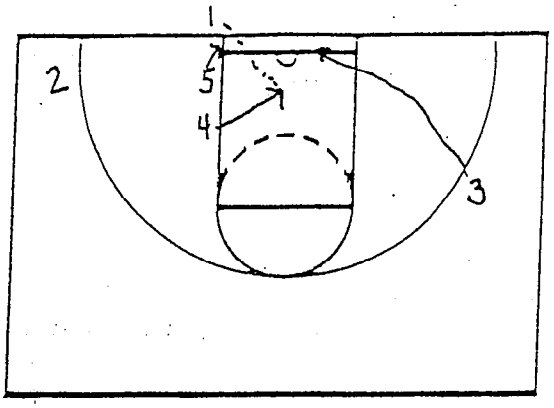


4 tries to get open
2 cuts to the basket
4 screens up for 3 and rolls back to the basket
5 reads their cuts and cuts to the ball

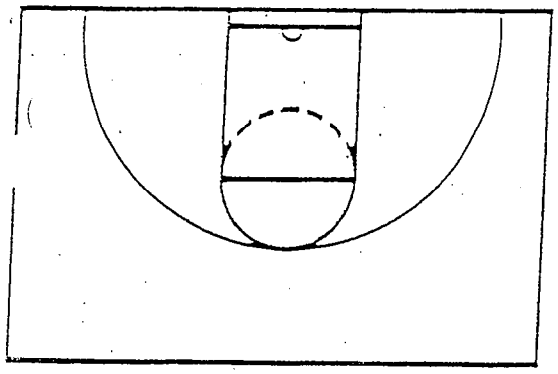


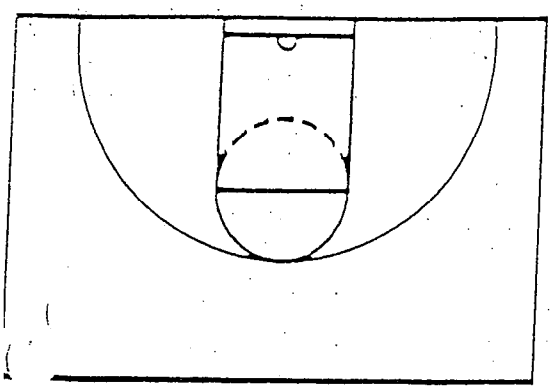
IOWA STATE BASKETBALL

BUTTER



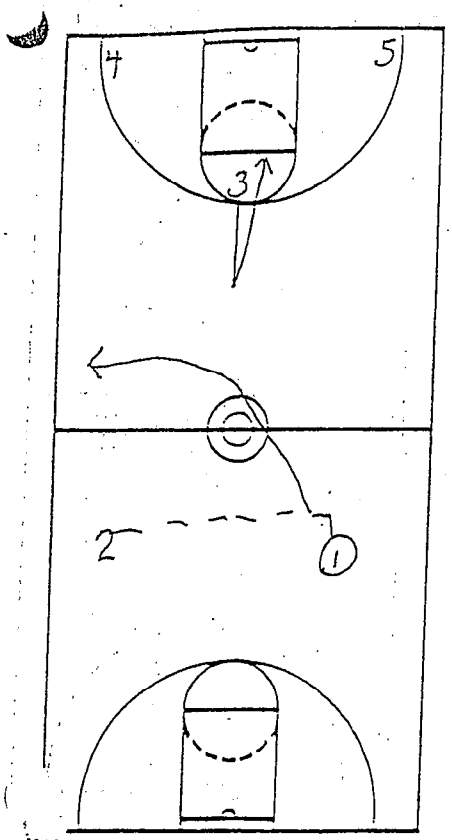
3 cuts to the basket
5 steps to the ball
4 cuts into the empty middle
1 passes to 4



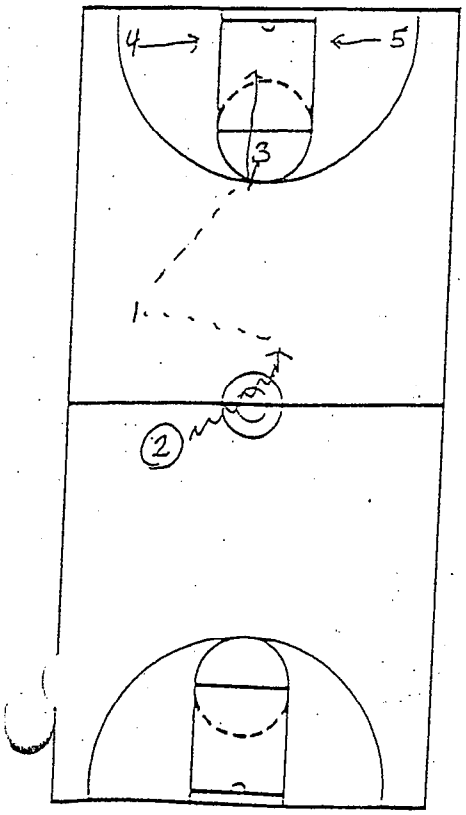


IOWA STATE BASKETBALL

1/2 COURT TRAP OFFENSE

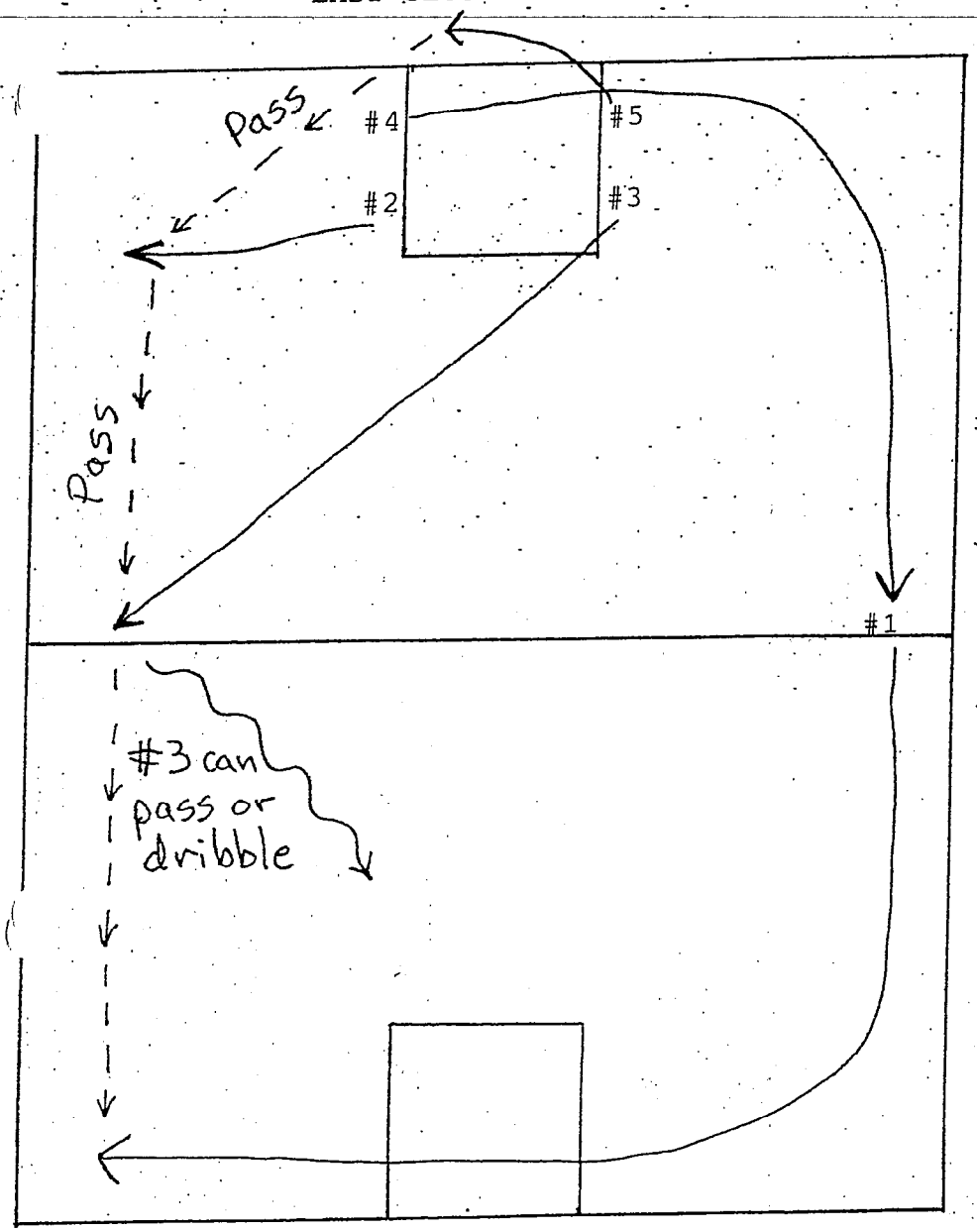


1 dribbles up and passes over to 2
3 sprints up and back looking for the ball
1 crosses the ten second line



2 dribbles across the line into a non-trap area
2 passes to 1
1 passes to 3 in the middle
3 attacks with 4 and 5 slashing to the basket

LAST SECOND SHOT FROM FREETHROW SITUATION



#5 Good rebounder
#4 Good rebounder
#3 Forward
#2 Forward
#1 Point guard

#5 takes the ball out and passes to #2.

#2 Turns & faces defense & passes to #3 at half court.

#3 can pass to #1 in the corner or dribble to the middle and look for #4 or #1 back door.

The first question most coaches ask is, why does the point guard go away from the basketball? In a last second shot situation we do not want the ball dribbled unless absolutely necessary. Our big people understand this and the ball is brought up much quicker by 2 or 3 short, crisp passes than by a dribbling point guard.

Keys- #1 can stand at either side of half court. The low post on his side always takes the ball out. If #1 stands at the other side, everyone's rules simply flip flop.

What if the freethrow is missed? Usually #4 or #5 will get the rebound anyway. Whoever gets the rebound has the same responsibility as if they took the ball out of bounds. Everyone else's rules are the same.

If by chance #3 or #2 gets a long rebound #3,#2,and #1 simply fill the three lanes for a conventional fast break.

SAT. Home football 8:30-11Am
SAT Away football 9:30 Noon

IOWA STATE UNIVERSITY MEN'S BASKETBALL
OCTOBER 1996

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 6AM-WEIGHTS 6:45-7:15Am-REC 3-6 PEB 184	2 OFF	3 OFF	4 OFF	5 3-6 PEB
6	7 6AM-WEIGHTS 6:45-7:15-PEB184 3-6 > PEB	8 6AM-WEIGHTS 6:45-7:15 REC MEDIA DAY 2pm	9	10	11 3:30-5:00	12 6:30pm COACH FLOYD'S House
13 2-4 Hilton	14	15 PRACTICE 3-6 pm PEB 184	16 3-6 pm PEB 184	17 3-6pm PEB 184	18 3-6pm PEB 184	19 9:30 - Noon 7-8pm (INTRAsquad Practice) PEB 184
20 3-5pm PEB 184 ~~NIGHT AT GABS~~	21 3-6pm PEB 184	22 ~~OFF~~ 3-6pm PEB 184	23 3-6pm PEB 184	24 3-6pm PEB 184	25 OFF 3-6pm PEB 184	26 S 9:30-11:30 Am SCRIMMAGE 4-6pm Hilton PEB 184
27 3-5pm PEB 184 ~~NIGHT AT GABS~~	28 3-6pm PEB 184	29 3-6pm PEB 184	30 6Am-7:30Am HILTON	31 PRACTICES 3-4:45 PEB 184 THEN SHOOT-OUT MEDIA DAY KANSAS CITY		

IOWA STATE UNIVERSITY MEN'S BASKETBALL

DECEMBER 1996

NO SHOOT-ISU / NO SHOOT-ISU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8:30A.M > SHOOT	2 OFF	3 4-6:30pm HILTON	4 Noon-1:30 1:30-3 3-6pm-ISU 6-7:30 — 7:30-9 —	5 * 9 – S.F AUSTIN 10 – SIENA 11 – T.MARTIN NOON — 1-4-WOMEN	6 * 9-LOSER 1 10-LOSER 2 11-WINNER 1 NOON-WINNER 2 1-4 WOMEN	7 3-5:30pm PEB
8 OFF	9 4-6:30 pm HILTON	10 4-6:30pm HILTON	11 PLAY *	12 3:00-6:00 PEB 4-6:30pm HILTON	13 PRACTICE AT IOWA 5-7? CLOSED	14 * 11-NOON > SHOOT I.C. WEST H.S.
15 OFF	16 4-7pm HILTON	17 4-7pm HILTON	18 4-7pm HILTON	19 6-7:30AM HILTON 5-6pm-HILTON (SETS/IN-BOUNDS)	20 4-6:30pm PEB	21 * 7:00 PM 11-NOON > ISU PEB
22 * 11-NOON > ISU	23 OFF	24 OFF	25 OFF	26 PEB 8-10pm	27 9:30-NOON HILTON	28 9:30-NOON PEB
29 3-6pm PEB	30 * 11-ISU NOON > PR-PMNAM HILTON	31 AFTER WOMENS 4:30-7pm HILTON				

IOWA STATE UNIVERSITY MEN'S BASKETBALL
FEBRUARY 1997

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 * 11-Noon) Shoot
2 off	3 4-6:30	4 4-6:30	5 *	6 4-6:30	7 4-6:30	8 * 9:30-Noon
9 * 8:30-9:30 Shoot	10 4-6:30	11 4-6:30	12 * PLAY	13 Lv 5:30pm off	14 minute-1am) film 9:15Am-10-film 10:30-12:30 practice 5-5:30-film 6-7-Shoot Film later	15 * 8-8:30-Shoot
16 off	17 4-6:30	18 CHARTER Lv 11Am earliest Available	19 * 11-Noon Shoot	20 4-6:30pm	21 4-6:30 pm	22 * 8-8:30-Shoot
23 off	24 4-6:30	25 4-6:30	26 * PLAY	27 4-6:30	28 4-6:30pm Here -flyout -film after	

IOWA STATE BASKETBALL PRACTICE
Sunday, October 16, 1994
Hilton

12:40 - 12:48	Pre-practice - Practice habits
12:48 - 1:00	Breakdown motion offense - 3 groups
1:00 - 1:02	Meeting
1:02 - 1:12	2 lines
1:12 - 1:17	Big/little (2 on 1/Reb/1 on 1)
1:17 - 1:22	Stance
1:22 - 1:27	1 on 1 full court
1:27 - 1:37	2 on 2 - 1/2 first - both ends last 5
1:37 - 1:47	5 on 0 - 1/2 first
1:47 - 1:57	5 on 0 - full
1:57 - 2:15	5 on 2 (up to 5 on 4)
15 - 2:23	3 on 3 - 1/2 court (weave/ pass-cut/screen)
2:23 - 2:30	3 on 3 - both ends
2:30 - 2:50	4 on 4 shell (stationary) add a post
2:50 - 3:00	Rebounding 3 on 3
3:00 - 3:10	Breakdown motion drill
3:10 - 3:20	5 on 0 full court into motion
3:20 - 3:35	5 on 5 motion - 1/2 court
3:35 -	Man drill

Players:

Ha-Keem Abdel-Khaliq #34
Hurl Beechum #53
Klay Edwards #33
J es Hamilton #21
rick Hayes #4
Sol Harris #11
Joe Hebert #13
David Hickman #30
Fred Hoiberg #32
Jacy Holloway #10
Saun Jackson #22
Jason Kimbrough #5
Loren Meyer #40
Julius Michalik #42
Joe Modderman #3
Belifia Parks #

IOWA STATE BASKETBALL PRACTICE

Tuesday, October 18, 1994

PEB

3:00 - 3:08 pm	Pre-practice - shooting, OB, plays (3)
3:08 - 3:20	Off breakdown
3:20 - 3:30	3-man weave - half court
3:30 - 3:40	2 on 2 full (side courts)
3:40 - 3:50	3 on 3 full (motion) (2 baskets), use shot clock
3:50 - 4:05	5 on 5 - half - options
4:05 - 4:10	5 on 0 full - motion (4 passes)
4:10 - 4:30	5 on 2 (off. into motion)
4:30 - 4:35	Break
4:35 - 4:40	Shooting drills (pairs)
4:40 - 4:45	Press offense (vs 1-2-1-1) 5 on 0
4:45 - 4:55	Show 1-2-1-1 press
:55 - 5:10	5 on 5 press offense
5:10 - 5:25	Shell (both ends) 1st 7 min.
	Statinary, exchange, penetrate
	Add post last 5-6 min.
5:25 - 5:40	Zone (Gar)
5:40 - 5:55	5 on 5 - motion
5:55 -	Condition

**Talk about roles with individuals
**Hickman
**Grades, going to class

Ha-Keem Abdel-Khaliq #34
Hurl Beechum #53
Klay Edwards #33
James Hamilton #21
Derrick Hayes #4
Tol Harris #11
Joe Hebert #13
David Hickman #30
Fred Hoiberg #32
Jacy Holloway #10
Saun Jackson #22
Jason Kimbrough #5
Loren Meyer #40
Julius Michalik #42
Joe Modderman #3
Belifia Parks #43

IOWA STATE BASKETBALL PRACTICE

MARK - USE HORN OR WHISTLE - KEEP US ON TIME

Thursday, October 20, 1994
PEB

.00 - 3:05 pm	Pre-Practice - shooting - work with guards; SHOOTING: OFF CUTS. LOREN WALKS IN POST MOVE PULL UP
3:05 - 3:08	Meeting - divide teams Demonstrate - Shell Demonstrate - Pass - guards - cut - angles - screen - setting up cut
3:08 - 3:12	2 lines (TIME EA SIDE OFF DRIBBLE)
3:12 - 3:17	Big/Little: P - 2 on 2 reb - post def. 1 ball G - close out, 1 on 1
3:17 - 3:32	3 on 3 Reb.
3:32 - 3:47	Shell (with post) - stationary 1st - change outs - penetration — TIM - POST TERRY - PERIMETER OFF GAR JAMES ? DEF
3:47 - 3:57	Motion breakdown (permimeter players screening also & Ball inside) 2 on 2 with coach (3 GROUPS) 3 on 3 with coach (2 GROUPS) — 1) PASS + CUT 2) W/ DRIBBLE ENTRY
3:57 - 4:07	5 on 3 - 5 on 5 (TIM/TERRY - RED GAR/JAMES - GOLD)
07 - 4:10	Break
4:10 - 4:20	Press off. - Press def. START W/ FT (INTO MOTION - 2 PASSES)
4:20 - 4:30	1-4 Flat (DEF)
4:30 - 4:35	4 on 4 - half (both ends) MOTION; ADD COACH/MGR AS RELEASE
4:35 - 4:55	5 on 5 - half (1st ten min./ 7 possessions LAST 5 MIN) Fouls - shoot FT
4:55 - 5:20	Blitz - shot 1st - breakdown - team
5:20 - 5:35	Breakdown options
5:35	Condition - Man Drill

Loren Meyer #40
Julius Michalik #42
Fred Hoiberg #32
Derrick Hayes #4
Jacy Holloway #10
Ha-Keem Abdel-Khaliq #34
James Hamilton #21

Joe Hebert #13
Saun Jackson #22
Joe Modderman #3
Sol Harris #11
Belifia Parks #43
Klay Edwards #33
David Hickman #30
Jason Kimbrough #5
HURL BEECHUM #53

READ THE DEFENSE - CUTTER GO TO THE SCREENER - THEN READ DEFENSE - CLOSE OUT'S; GET INTO BALL - NO HANDS

IOWA STATE BASKETBALL PRACTICE
Saturday, October 22, 1994
HILTON

3:40 - 3:48 pm	Pre-practice - Shooting - work with guards Derrick - penetrate & pitch - penetrate & shot Power - triangle - bigs
3:48 - 4:00	Motion breakdown
4:00 - 4:10	4 on 0
4:10 - 4:20	4 on 4 - half
4:20 - 4:30	Last 10 sec. - shots/set
4:30 - 4:50	5 on 5 - half - with shot clock
4:50 - 4:55	5 on 0 - OB under
4:55 - 5:00	5 on 5 - OB under
5:00 - 5:05	Sideline OB
5:05 - 5:25	Man specials (3)
5:25 - 5:30	5 on 0
:30 - 5:40	5 on 5 - press off.

**Meeting - Loren, work harder, be active

Loren Meyer #40
Julius Michalik #42
Fred Hoiberg #32
Derrick Hayes #4
Jacy Holloway #10
Ha-Keem Abdel-Khaliq #34
James Hamilton #21

Joe Hebert #13
Saun Jackson #22
Joe Modderman #3
Sol Harris #11
Belifia Parks #43
Klay Edwards #33
David Hickman #30
Jason Kimbrough #5
Hurl Beechum #53

IOWA STATE BASKETBALL PRACTICE
Sunday, October 23, 1994
HILTON

3:40 - 3:48	Pre-Practice
3:48 - 4:00	Motion breakdown
4:00 - 4:10	3 lines
4:10 - 4:20	Baseline - zone early off.
4:20 - 4:50	Zone offense - blue/black
4:50 - 5:05	Trap off. - 5 on 5
5:05 - 5:20	Lettered zone plays A,B,C
5:20 - 5:30	Zone OB - side
5:30 - 5:40	Zone press breaker
5:40 - 5:50	Options

Loren Meyer #40
Julius Michalik #42
Fred Hoiberg #32
Derrick Hayes #4
Jacy Holloway #10
Ha-Keem Abdel-Khaliq #34
James Hamilton #21

Joe Hebert #13
Saun Jackson #22
Joe Modderman #3
Sol Harris #11
Belifia Parks #43
Klay Edwards #33
David Hickman #30
Jason Kimbrough #5
Hurl Beechum #53

IOWA STATE BASKETBALL PRACTICE

Tuesday, October 15, 1996

PEB

Pre-Practice	2:50 - 3:05 pm		
Meeting	3:05 - 3:08 pm (3 min.)		
Breakdown Motion Offense	3:08 - 3:20	3 on 0	3 on 3
		2 G Front	2 G Front
		1 G Front	1 G Front

3:20 - 3:30	2 lines	
3:30 - 3:33	Stance	
3:33 - 3:36	Demonstrate 1 on 1 wing	
3:36 - 3:46	Big/Little	BIGS
	Roll ball	Kenny, Paul
	2 on 1 reb	Tony, Russ
	1 on 1 wing	Tyler
		Cato
		Klay
3:46 - 3:49	1 on 1 full court	
3:45 - 3:59	2 on 2 half court demonstration	
	Both ends	
	Change up	
3:59 - 4:09	5 on 0 full court	
	6 passes - down & back (2X)	
4:09 - 4:29	5 on 2 to 5 on 4	
4:29 - 4:32	BREAK	
4:32 - 4:47	3 on 3 - half court - one end - 8 min.	
	Both ends - 7 min.	
	Weave	
	Pass & cut	
	Pass & screen away	
4:47 - 5:07	4 on 4 shell	
	Stationary	
	Add a post	
	Change out	
5:07 - 5:13	5 on 0 - half court	
5:13 - 5:18	5 on 0 - full court	
	Work on entrys	
5:18 - 5:28	Man drill	

Jacy	DeAndre	Matt
Dedric	Brad	Teeter
Shawn	Stevie	Ha-Keem
Klay	Pratt	Paul
Tony	Cato	Tyler

IOWA STATE BASKETBALL PRACTICE
Monday, October 16, 1995
PEB

3:10 - 3:18 pm	Pre-practice - Practice habits (Bigs - Tipping, Mikan 1st)
3:18 - 3:30	Breakdown motion offense - 3 groups
3:30 - 3:40	5 on 0 - half court
3:40 - 3:42	Meeting
3:42 - 3:52	2 lines
3:52 - 3:57	Big/Little (2 on 1 - Reb - 1 on 1) Send Pratt & Bankhead down after 2 on 1 rebound
3:57 - 4:02	Stance
4:02 - 4:07	1 on 1 full court
4:07 - 4:17	2 on 2 - 1/2 first - both ends last 5
4:17 - 4:27	5 on 0 - 1/2 first
4:27 - 4:45	5 on 2 (up to 5 on 4)
4:45 - 4:53	3 on 3 - half court (weave - pass cut - screen)
4:53 - 5:00	3 on 3 - both ends
5:00 - 5:20	4 on 4 shell (stationary) add a post
5:20 - 5:30	Rebounding 3 on 3
5:30 - 5:40	5 on 0 - full court - into motion
5:40 - 5:55	5 on 5 motion - half court
5:55 - 6:05	1-1-3 match up (whole)
6:05 - 6:15	Match-up breakdown
6:15	Man Drill

PLAYERS:

Ha-Keem Abdel-Khaliq #32
Shawn Bankhead #31
Kelvin Cato #13
Klay Edwards #40
Sol Harris #11
Jacy Holloway #10
Jason Justis #34
Joe Modderman #3
Tyler Peterson #50
Kenny Pratt #42
Tony Rampton #55
Carlo Walton #4
Shelby Walton #5
Dedric Willoughby #22

IOWA STATE BASKETBALL PRACTICE
Wednesday, October 18, 1995
PEB

3:00 - 3:10 pm	Pre-practice
3:10 - 3:20	Off. breakdown
3:20 - 3:22	Meeting
3:22 - 3:27	2 lines
3:27 - 3:33	Big/Little Post - 1 on 1, 2 on 1, deny flash helpside Guards - 1 on 1 top & wing
3:33 - 3:43	2 on 2 - half court 1st
3:43 - 3:53	3 on 3 - full court
3:53 - 3:55	Break
3:55 - 4:07	Off. breakdown
4:07 - 4:25	5 on 5
4:25 - 4:35	Shell with post Exchange, penetrate, stop dribble & everyone pick up or "cover" Terry - Offense Gary/James - Defense - perimeter Tim F. - Post
4:35 - 4:50	5 on 2
4:50 - 5:00	3 on 3 rebounding
5:00 - 5:02	Break
5:02 - 5:15	5 on 5 - full court
5:15 - 5:20	13 def. breakdown - add skip pass
5:20 - 5:35	13 def. vs 3 out 2 under
5:35 - 5:40	Man Drill

5 on 5 & Man Drill Teams:
Jacy, Dedric, Shawn, Klay, Tony, Sol
Shelby, Carlo, Kenny, Jason, Cato, Tyler, Ha-Keem

PLAYERS:

Ha-Keem Abdel-Khaliq #32
Shawn Bankhead #31
Kelvin Cato #13
Klay Edwards #40
Sol Harris #11
Jacy Holloway #10
Jason Justis #34
Joe Modderman #3
Tyler Peterson #50
Kenny Pratt #42
Tony Rampton #55
Carlo Walton #4
Shelby Walton #5
Dedric Willoughby #22

****Jim Ohnstad (Mitch's dad) will be at practice today.**

IOWA STATE BASKETBALL PRACTICE
Saturday, October 21, 1995
PEB

9:00 - 9:07 am	Pre-practice
9:07 - 9:15	Offensive breakdown
9:15 - 9:17	Meeting
9:17 - 9:22	2 lines
9:22 - 9:27	Big/Little Big - 2 on 1 reb; 4 on 1 post def. Little - 1 on 1 wings; on top
9:27 - 9:37	3 on 3 reb
9:37 - 9:52	Shell def. with post; exchange, dribble penetration, etc.
9:52 - 10:02	4 on 4 - full (2 baskets)
10:02 - 10:05	Break
10:05 - 10:25	5 on 5 - half court
10:25 - 10:45	5 on 3
10:45 - 11:05	Press off - def.
11:05 - 11:25	1-1-3
11:25 - 11:30	Man Drill

PLAYERS:

Ha-Keem Abdel-Khaliq #32
Shawn Bankhead #31
Kelvin Cato #13
Klay Edwards #40
Sol Harris #11
Jacy Holloway #10
Jason Justus #34
Joe Modderman #3
Tyler Peterson #50
Kenny Pratt #42
Tony Rampton #55
Carlo Walton #4
Shelby Walton #5
Dedric Willoughby #22

****Sunday practice at 2:30 pm at Hilton. Sunday team meeting at 6:30 pm at Coach Green's home on financial management, etc.**

IOWA STATE BASKETBALL PRACTICE
Saturday, October 21, 1995
PEB

6:30 - 6:40 pm	In-bound plays
6:40 - 6:50	5 on 0 press offense
6:50 - 7:00	4 on 4 shell with post
7:00 - 7:10	5 on 5 half court
7:10 - 7:20	Press offense - defense
7:20 - 7:30	5 on 3
7:30 - 7:40	5 on 5 full
7:40 - 7:50	Zone offense
7:50 - 8:00	Zone offense vs 13

IOWA STATE BASKETBALL PRACTICE
Sunday, October 22, 1995
Hilton

2:30 - 2:37 pm	Pre-practice
2:37 -2:45 pm	Off. breakdown
2:45 - 2:47	Meeting
2:47 - 2:57	3 lines
2:57 - 3:02	Big/Little Big - 2 on 1 reb; def. P-P screen - force high - help & recover Little - 1 on 1 closing out
3:02 - 3:12	3 on 3 reb.
3:12 - 3:27	Shell def.
3:27 - 3:37	4 on 4 full
3:37 - 3:40	Break
3:40 - 3:50	Designated screener (4 on 4)
3:50 - 4:10	5 on 3
4:10 - 4:20	7 poss. - motion - fouling/getting fouled
4:20 - 4:35	Press off - def. into motion
4:35 - 4:50	1-1-3
4:50 - 5:00	5 on 0 - OB plays (vs. man)
	Condition

PLAYERS:

Ha-Keem Abdel-Khaliq #32
Shawn Bankhead #31
Kelvin Cato #13
Klay Edwards #40
Sol Harris #11
Jacy Holloway #10
Jason Justus #34
Joe Modderman #3
Tyler Peterson #50
Kenny Pratt #42
Tony Rampton #55
Carlo Walton #4
Shelby Walton #5
Dedric Willoughby #22

****Team Meeting at Coach Greens at 6:30 pm - Financial Management, etc.**

IOWA STATE BASKETBALL PRACTICE
Wednesday, October 25, 1995
PEB

Pre-practice - shooting

OB's

5 on 5 half

5 on 0 baseline

4 on 4 shell

Scrimmage:

2, 20-min. halves
Man
1, 10-min. qtr. - zone

PLAYERS:

Ha-Keem Abdel-Khaliq #32
Shawn Bankhead #31
Kelvin Cato #13
Klay Edwards #40
Sol Harris #11
Jacy Holloway #10
Jason Justus #34
Joe Modderman #3
Tyler Peterson #50
Kenny Pratt #42
Tony Rampton #55
Carlo Walton #4
Shelby Walton #5
Dedric Willoughby #22

IOWA STATE BASKETBALL PRACTICE

Monday, October 30, 1995

PEB

3:05 - 3:15 pm	1-4 Hold; invert (5 on 0) Iso. Shawn/Carlo
3:15 - 3:25	32 - Cross screens, hi-low; hooking (5on 5)
3:25 - 3:30	Meeting: Sat. AM practice - Shawn/Carlo Carlo/Jason led in turnovers Klay, Cato, Tyler led in rebounds Shot selection; last 10-12 in shot clock 18-2 early due to guard play Tazzles - Jacy? Stamp! Off. emphasis - Shawn - tight cuts start off, reverse ball, more upscreens after off. is started
3:30 - 3:40	13 zone - half court
3:40 - 3:45	5 on 0 zone offense
3:45 - 4:00	5 on 5 full - zone off/def
4:00 - 4:10	Off breakdown - duck back (& post) - Shawn Tight - Shawn; Slipp Screens (2 balls)
4:10 - 4:20	Shell def. with post
4:20 - 4:30	5 on 5 starting offense - reverse ball (41)
4:30 - 4:45	5 on 5 full
4:45 - 4:47	Break
4:47 - 4:52	5 on 5 (32) start offense
4:52 - 5:02	5 on 5 full (32)
5:02 - 5:12	4 corner
5:12 - 5:18	#2 press attacks 5 on 0
5:18 - 5:30	#2 press attacks vs 2-2-1
5:30 - 5:40	Trap off vs def
5:40 - 5:50	5 on 0 A,B,C
5:50 - 5:55	Man Drill

RED TEAM	WHITE TEAM
Jacy	Carlo
Dedric	Shelby
Joe	Jason
Shawn	Cato
Klay	Tony
Tyler ?	Sol
	Ha-Keem

**use out of bounds plays & FT's at anytime in 5 on 5
set up press off after made FT

IOWA STATE BASKETBALL PRACTICE
Wednesday, November 1, 1995
PEB

3:10 - 3:15 pm	5 on 0 - # plays (1-4)
3:15 - 3:20	3 on 0 lettered plays A,B vs zone
3:20 - 3:30	3 lines
3:30 - 3:45	5 on 2
3:45 - 3:55	Shell with post
3:55 - 4:05	Off breakdown - both ends (3 lines) Duck back/tight cut Slip screen (2 balls) Use post add a ball for them
4:05 - 4:15	5 on 5 - 3/4 court (starting offense)
4:15 - 4:30	5 on 5 full
4:30 - 4:33	Break
4:33 - 4:43	13 def. breakdown
4:43 - 4:58	5 on 5 zone off - use lettered plays
4:58 - 5:03	#2 press offense
5:03 - 5:13	#2 press offense vs 2-2-1
5:13 - 5:23	Trap off/def
5:23 - 5:38	5 on 5 full - Press on FT's; change defenses
5:38 - 5:48	13 def - dummy
5:48 - 5:58	Condition

RED TEAM	WHITE TEAM
Jacy	Carlo
Dedric	Shelby
Joe	Jason
Shawn	Cato
Klay	Tony
Tyler ?	Sol
	Ha-Keem

**Offensive emphasis: starting the offense; shot clock situations
Defense - stance, move with ball, without fouls, rebounding

****MUST LEAVE PEB BY 5:45 PM---MUST LEAVE HILTON BY 6:15 PM

IOWA STATE BASKETBALL PRACTICE
Saturday, November 5, 1995
PEB

2:30 - 2:40 pm	Off. breakdown
2:40 - 2:45	3 lines - 2 balls
2:45 - 2:55	3 on 2- 2 on 1
2:55 - 3:00	3 lines
3:00 - 3:05	Big/Little
3:05 - 3:10	2 on 2 half
3:10 - 3:15	5 on 4
3:15 - 3:40	5 on 5 full
3:40 - 3:55	3 out 2 in - 7 possessions ✓
3:55 - 4:10	41 breakdown
4:10 - 4:20	41 full - 7 possessions
4:20 - 4:40	vs half court trap
4:40 - 4:50	Press off & def
4:50 - 5:30	Game to 10

IOWA STATE BASKETBALL PRACTICE
Tuesday, November 7, 1995
PEB

3:15 - 3:20 pm	3 lines, 2 balls	
3:20 - 3:25	3 on 2, 2on 1	
3:25 - 3:30	Big/Little	Bigs: 2 on 1 reb; post def Littles: 1 on 1
3:30 - 3:35	13 breakdown	
3:35 - 3:45	5 on 3	
3:45 - 4:00	5 on 5 half 2nd group use different sets; stacks; 1-3-1 set (Hi Lo UCLA) Start with trailer-5 man	
4:00 - 4:10	5 on 5 half - 1st group on off.	
4:10 - 4:25	5 on 5 full	
4:25 - 4:27	Break	
4 4:27 - 4:40	Zone off Half - Gold in 2-1-2; 1-3-1; 3-2	
4:40 - 4:45	5 on 0 - baseline to zone off	
4:45 - 5:00	5 on 5 full - zone offense	
5:00 - 5:15	Press off/def	
5:15 - 5:30	Situations (5 on 5) - late clock; game	

RED	WHITE
Jacy	Tyler
Dedric	Carlo
Shawn	Shelby
Klay	Joe
Tony	Cato
	Sol
	Ha-Keem
	Jason

IOWA STATE BASKETBALL PRACTICE
Friday, November 10, 1995
PEB

3:10 - 3:20 pm	Off breakdown (pass to corner / flair upscreen / add defense)
3:20 - 3:25	3 lines
3:25 - 3:30	Big/Little — Bigs: tipping / 2 on 1 reb / 1 on 1/deny flash; Littles: 1 on 1
3:30 - 3:40	3 on 3 - half court
3:40 - 3:55	4 on 4 - full - reb game Carlo — Jacy Dedric — Shelby Klay — Shawn Cato — Tony
3:55 - 4:01	Off breakdown - down screen / duck back with def
4:01 - 4:11	5 on 5 - half (41) 7 possessions Carlo, Jacy, Tony, Shawn, Dedric — Rotate Jacy & Carlo; Klay & Tyler (Klay with Gold) to 2nd group on offense
4:11 - 4:20	5 on 3
4:20 - 4:30	6 poss (32) 5 on 5 full
4:30 - 4:35	1-4 penetration
4:35 - 4:37	Break
4:37 - 4:52	Press off/def (emphasis - backscreening)
4:52 - 5:02	32 - half court (less than 20-seconds on shot clock)
5:02 - 5:15	5 on 5 - motion into sets (full)
5:15 - 5:30	Press off into zone off (Red 13) to 9 points
5:30 - 5:35	Situations - down 10 - 5 1/2 to go

RED	Gold
Carlo	Shelby
Jacy	Klay
Shawn	Tyler
Dedric	Cato
Tony	Ha-Keem
	Sol
	Jason

Small rims up 1st thing

IOWA STATE BASKETBALL PRACTICE
Sunday, November 13, 1995
PEB

2 lines

3 lines

4 on 4 shell with post

7 possessions - full court

IOWA STATE BASKETBALL PRACTICE
Thursday, November 16, 1996
PEB

3:00 - 3:15 pm	Majority of One meeting	
3:15 - 3:20 pm	3 lines - 2 balls	
3:20 - 3:25	3 on 2 - 2 on 1	
3:25 - 3:30	Big/Little	Bigs - 2 on 1 reb/penetration Little - 1 on 1/ 2 on 2
3:30 - 3:40	13 D vs 7 players	
3:40 - 3:50	Shell "D" with post	
3:50 - 4:00	5 on 5 vs different sets (emphasis - rebounding)	
4:00 - 4:20	5 on 5 - half court offense (41 & 32)	
4:20 - 4:30	5 on 4	
4:30 - 4:35	5 on 0 - zone "O"	
4:35 - 4:45	Zone "O" vs 2-3 "D"	
4:45 - 5:00	Red 13 / Gold 2-3	5 on 5 Full
5:00 - 5:15	5 on 5 full vs press "D" and changing "D"	
5:15 - 5:20	5 on - # & lettered plays	
5:20 - 5:35	5 on 5 - # & lettered plays	
5:35 - 5:45	Situations (4 corners) (late shot clock) (late game) up 2 or down 2 - 2 minutes left	
5:45 -	Sprints	

RED	GOLD
Jacy	Shelby
Dedric	Jason
Shawn	Tyler
Klay	Sol
Tony	Ha-Keem
*Carlo	Cato
	Carlo

**have small rims available
**5-7 PM Meet the Coaches at 1st National Bank, 5th & Burnett - Attending??

IOWA STATE BASKETBALL PRACTICE
Saturday, November 18, 1995
PEB

9:30 - 9:40 am	Off breakdown - duck back; upscreen; tight
9:40 - 9:55	5 on 5 half - man off
9:55 - 10:07	5 on 0 - OB plays
10:07 - 10:15	5 on 5 - OB plays
10:15 - 10:30	5 on 0 - # plays & Blue
10:30 - 10:40	5 on 5 - half - # plays & Blue
10:40 - 10:45	5 on 0 press off #1 - both ends
10:45 - 10:55	5 on 5 - press off #1 - both ends
10:55 - 11:00	5 on 0 press off #2 - both ends
11:00 - 11:10	5 on 5 press off #2 - both ends
11:10 -11:20	13 def vs 7
11:20 - 11:25	5 on 0 trap off
11:25 - 11:35	5 on 5 trap off
11:35 - 11:42	5 on 0 (32) both ends
11:42 - 11:52	5 on 5 - 32 full
11:52 - 11:57	FT situations
	Condition - man drill

RED	GOLD
Jacy	Shelby
Dedric	Jason
Shawn	Tyler
Klay	Sol
Tony	Ha-Keem
*Carlo	Cato
	Carlo
	Kenny

IOWA STATE BASKETBALL PRACTICE
Saturday, November 18, 1995
PEB

6:30 - 6:45 pm	Pre-game warm-up:	4 corner 2 lines 3 lines Shooting
6:45 - 6:50	1 on 1 full	
6:50 - 6:55	2 on 2 half - both ends	
6:55 - 7:05	4 on 4 shell with post	
7:05 - 7:25	5 on 3 to 5 on 5 - getting into off/def	
7:25 - 7:35	32 - half - 7 possessions	
7:35 - 7:45	41 - half - 7 possessions	
7:45 - 7:55	5 on 5 zone off (half)	
7:55 - 8:05	5 on 5 - # & lettered plays - half	
8:05 - 8:15	5 on 5 - full zone	
8:15 - 8:25	Situations	
	Condition	

***CURFEW 11:00 pm

IOWA STATE BASKETBALL PRACTICE
Monday, November 20, 1995
HILTON

9:30 - 10:00 am	Show tape first:	Emphasis:	Dribble penetration
			Help/Lack of
		Defense	Def. trans.
			Post coverage
			Reb
		Offense	Shot selection

Meeting - Players talking on the floor

10:10 - 10:20	Off breakdown
10:20 - 10:25	3 lines, 2 balls
10:25 - 10:30	Big/Little vs. penetration
10:30 - 10:35	1-4 vs dribble penetration - Post on the block/flash
10:35 - 10:45	5 on 3
10:45 - 10:50	2 on 2 - both ends
10:50 - 11:05	4 on 4 with post (start stationary) Post defense - Shawn, Klay, Tony, Cato, Kenny
11:05 - 11:15	4 on 4 - full Emphasis: shot selection/screening Gold - 2 passes - reverse it & take
11:15 - 11:18	Break
11:18 - 11:28	5 on 5 penetration & pitch - half - 3 out 2 under
11:28 - 11:38	Off breakdown - 41 - upscreens, duck back, add defense
11:38 - 11:48	5 on 5 starting the offense
11:48 - 11:58	9 possessions - full - 41
11:58 - 12:08	10 possessions - half - # plays & Blue
12:08 - 12:18	5 on 5 - full - OB's, FT's, etc.
12:18 - 12:28	Situations
	Condition/Man

RED	GOLD
Jacy	Shelby
Dedric	Jason
Shawn	Tyler
Klay	Sol
Tony	Ha-Keem
Cato	
Kenny	

IOWA STATE BASKETBALL PRACTICE
Tuesday, November 21, 1995
Hilton

9:30 - 9:40 am	Off breakdown - back screen & rescreen; duck back; backdoor
9:40 - 9:45	3 lines, 2 balls
9:45 - 9:50	Big/Little - G - penetration & kick Bigs - vs triangle; vs penetration (3 min.) Pratt, Shawn - 1st then to other end
9:50 - 10:00	5 on 5 start the off (41) (w)
10:00 - 10:10	Shell with post - off exchange; penetrate Cato, Shawn, Kenny, Tyler, Klay, Tony - def post
10:10 - 10:15	2 on 2 both ends - use side sidelines
10:15 - 10:25	5 on 5 start the off - back screen/slip screens (Klay, Kenny, Shawn) Weakside - tight & weakside - shade Dedric 41 (w)
10:25 - 10:35	3 out 2 in - off/def Shawn/Shelby-Shade Dedric Full
10:35 - 10:45	3 out 2 in - half - late clock - penetrate & pitch
10:45 - 10:55	Trap off vs 1-3-1 (3/4 to half)
10:55 - 11:05	Off vs Box & 1
11:05 - 11:15	Scissors high vs 2-3 (trap wings)
11:15 - 11:30	5 on 5 - defend different sets - triangle; UCLA
11:30 - 11:45	Situations
	Film

RED	GOLD
Jacy	Shelby
Dedric	Jason
Shawn	Tyler
Klay	Sol
Tony	Ha-Keem
Cato	
Kenny	

Chalk Talk

coach's EDGE
coachsedge.com

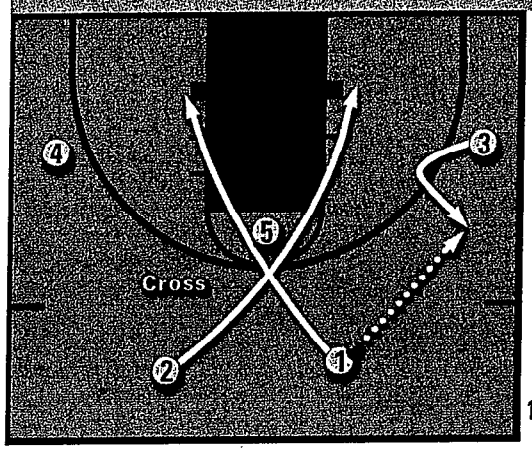
NABC and Coach's Edge are happy to present one of the pleasant surprises of the 1999-2000 NCAA season — Iowa State University head coach Larry Eustachy. In his second season at the school, Eustachy led the program to its first conference championship since 1945 and the Big 12 Tournament title.

Iowa State Cyclones

Coach Eustachy and the Cyclones recorded a school record 32 victories in the 1999-2000 season en route to an Elite Eight appearance in the NCAA Tournament. Eustachy's teams pride themselves on playing hard and defending the basket. Offensively, they use a variety of screens and good ball movement to get open looks. Eustachy has been successful in recruiting players who set great screens and know how to finish. Take a look at a couple set plays and a sideline-out-of-bounds play provided by the ISU staff.

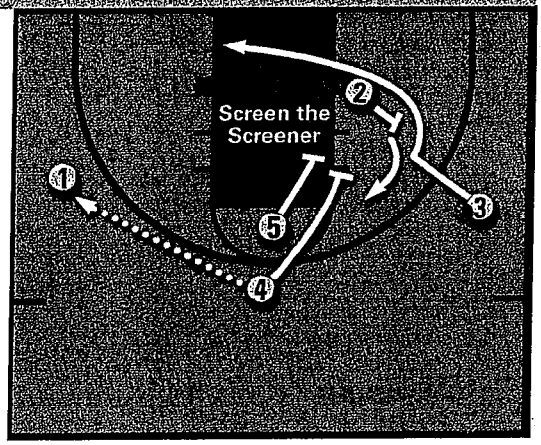


CYCLONE CROSS



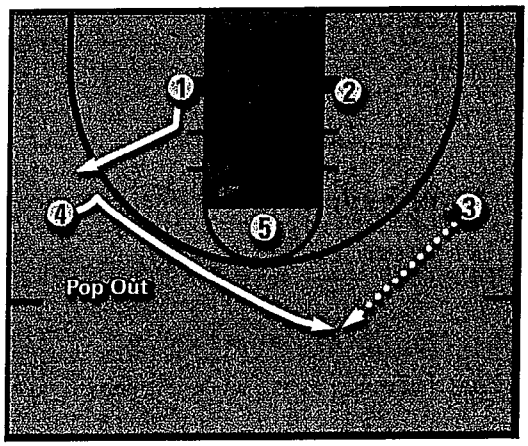
1

3 v-cuts on the wing to get open. 2 cuts off of 5 to the strong-side block. 1 passes to 3 on the wing and cuts off 5 to the weak side.



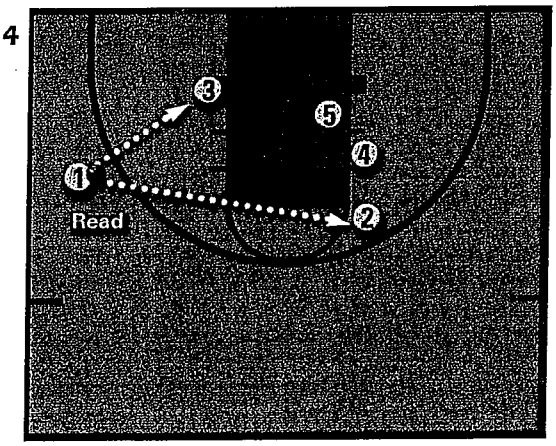
3

4 reverses the ball to 1 as 2 screens for 3 on the baseline. 4 and 5 screen the screener (2) at the block, freeing 2 up at the elbow.



2

4 pops out to the top of the key to receive the pass. 1 replaces 4.



4

1 reads the defense and either hits 3 on the block, or 2 at the elbow.

By Scott Ward and John Erck Graphics by Julia Breitberg

Summer Workouts

Perimeter

DAY 1

Ball Handling

Things to work on:
See the whole court. Keeping head up, pound the ball hard. Change of speed to beat your man. Take about 5 minutes to do this, make sure full speed is being used.

Full court, 1/2 speed
Full Court, 3/4 speed
Full court, full speed
(No zig zag)

Down Screens *(See diagram 1, p. 3)*

Things to work on:
Getting open with a down screen, reading the defense, change of speed and setting your man up. Can do this with or without defense.

Top - Fade - Duck back - Curl - Elbow

3-Man Shooting *(See diagram 2, p.4)*

Things to work on:
You got a shooter, passer, rebounder.

1. Shooter makes 10 shots before he rotates, has to move between each shot. (Go hard.)
2. Passer has to keep 15' spacing between him and the shooter at all times. Make good 2-hand passes.
3. Rebounder has to go after every rebound like it is a game situation. Go hard and grab everything with 2 hands.

Rotate shooter to rebounder, passer to shooter, robounder to passer.
Note: Between each drill they should shoot free throws.

DAY 2

Ball Handling

Things to work on:
Full court, 1/2 speed
Full Court, 3/4 speed
Full court, full speed
(No zig zag)

Get Open from the Wing—with Drive

Things to work on:
Getting open with defense on you on the wing. Change of speeds, timing, square-up, add driving to it. Later can start going 1 on 1.

Make 100 Shots

Things to work on:
10 form shooting, 6'
10 form shooting, 12'
10 inside the lane
10 from right wing
10 from left wing
10 from left corner
10 from right corner
10 from elbow to elbow
10 from anywhere inside the 3
10 3-point

4 Spot Shooting *(See diagram 3, p. 4)*

Things to work on:
Cutting hard to all of the different locations. Being ready to shoot the ball.

1. Flair
2. Top
3. Corner
4. Curl

TOD KOWALCZYK

UW-GREEN BAY

PHOENIX

UW-Green Bay Basketball

Head Coach: Tod Kowalczyk Assistant: Dale Race Assistant: Brian Wardle Assistant: Jon Harris Basketball Operations: Logan Flora
Resch Center
2420 Nicolet Drive
Green Bay (WI) 54311

KEYS TO THE "ATTACK" BALL SCREEN OFFENSE

1. The ball must move
2. Let your players play
3. Take what the defense gives you
4. Timing
5. Good Cuts & Good Screens

GENERAL OFFENSIVE THOUGHTS

1. Set Plays get your best players shots where you want them
2. UWGB has at least one set play for every player
3. Playbook has 50-75 sets from three different alignments

THOUGHTS ON POST FEEDS

1. Passer must cut after a post feed
    A. Go Cut
    B. Split Screens
    . Do one or the other, but don't try to do both!

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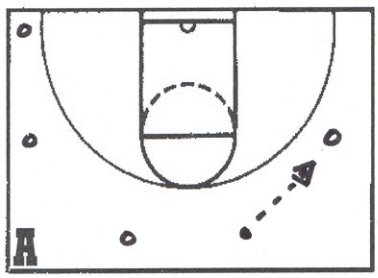
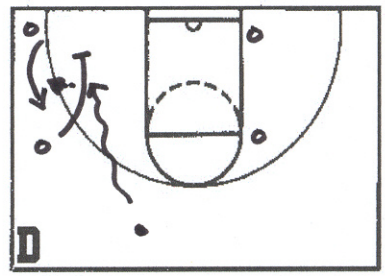


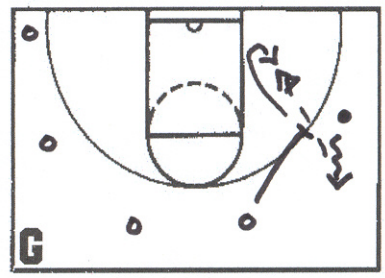
BASIC SPACING

Posts = Flex Guard Spots
Guards = Wings
5th Player = Deep Corner opposite of ball



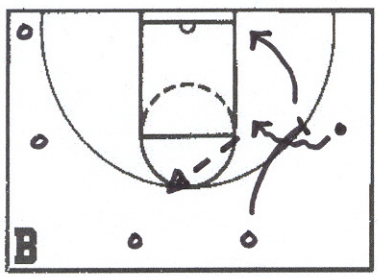
PIN DOWN TO HAND-OFF OPTION

1. Counter that is added in 2nd Half of season



v. BALL SCREEN SWITCH

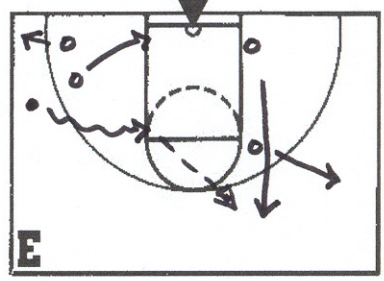
1. Drag dribble & post v. switching defense

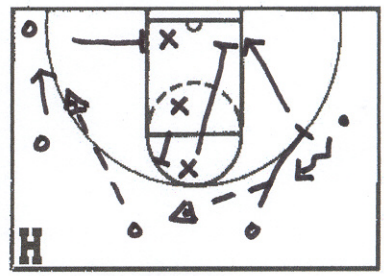


SIDE BALL SCREEN

1. Drop & Drive
2. Guard attacks inside of the elbow to force help

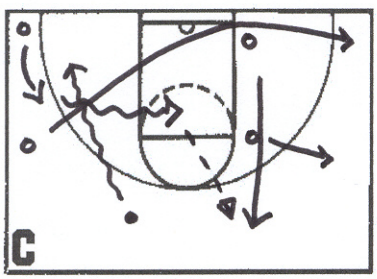
Kick-Out Looks
A. Spot-up 3
B. High/Low
C. Opposite to hand-off





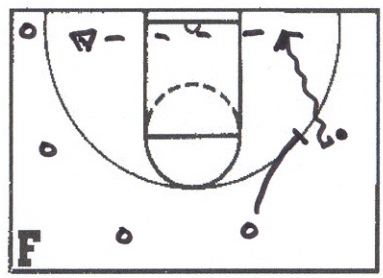
v. BIG SWITCH & ROTATE

1. "Swing Flare"
2. Quick reversal out of ball screen & flare the help defenders



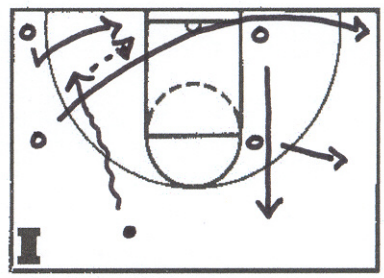
HAND-OFF

1. Use hand-offs like they are ball screens
2. Attack lane off hand-offs & roll to the rim
3. PG fills to opposite wing (Start position)
4. Post fills high (Start position)



REFUSE BALL SCREEN

1. Refuse ball screen & attack baseline
2. Great use of "Baseline Drift" pass



BACK CUT HAND-OFF

1. "Boston"
2. Can be a player read or a set call from the bench

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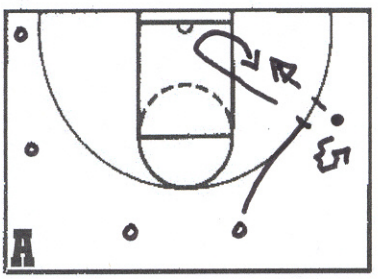
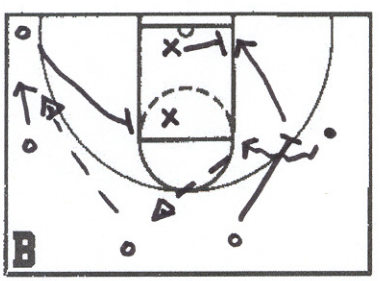


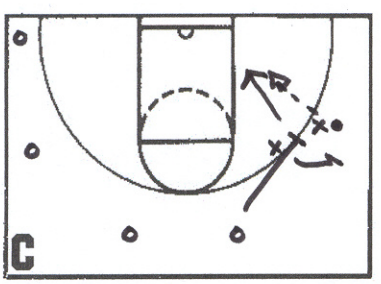
DRAG & HOOK POST

1. Roll man must run to the rim & hook defender



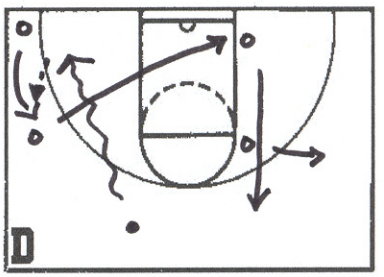
SWING FLARE

1. Player read or set call from bench v. Mid-Line help against roll man



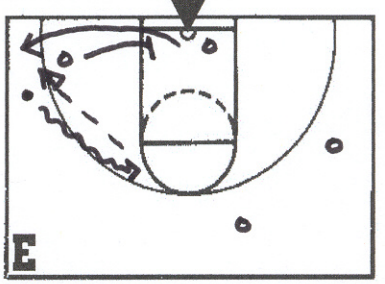
DIVES: BALL SCREEN

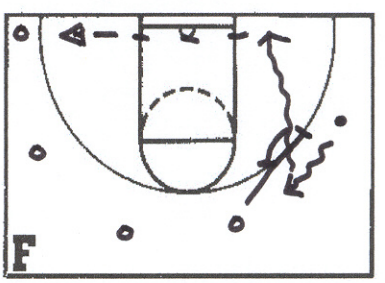
1. If you feel an early/hard hedge v. ball screen "Dive" to rim & forget ball screening



MISDIRECTION: PIN

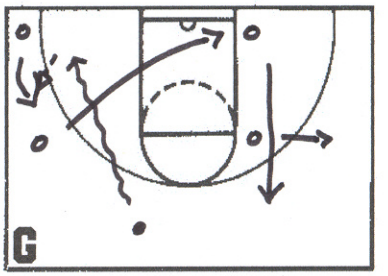
1. Start w/ side ball screen to create movement





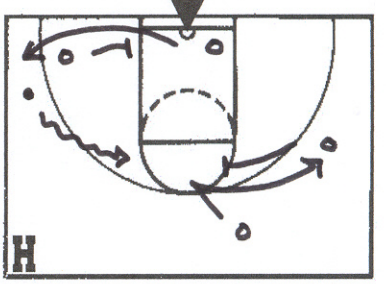
RE-SCREEN

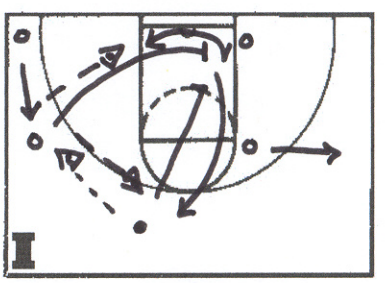
1. Read v. on-ball defender shading ball to the screen/hedge
2. Look for "Baseline Drift" pass



MISDIRECTION: FLARE

1. Start w/ side ball screen to create movement





TRIANGLE

1. Screen/Screener action
2. Start w/ side ball screen
3. Like for post player to cut low-side off post/post screen

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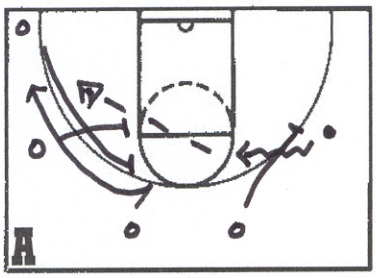
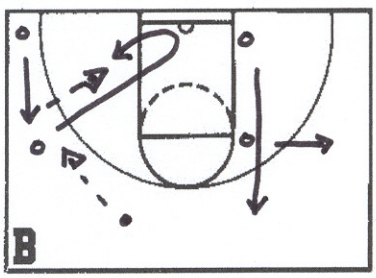


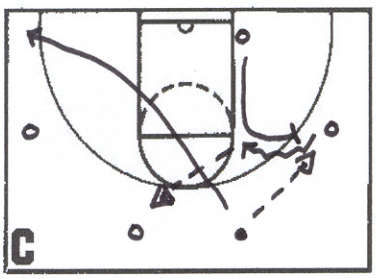
TOP FLARE

1. Good option to a get a post a 3pt. shot off reversal & screening action



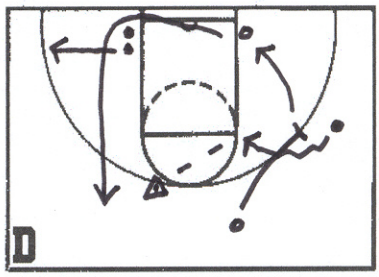
HOOK POST

1. Good option to allow you to post perimeter players



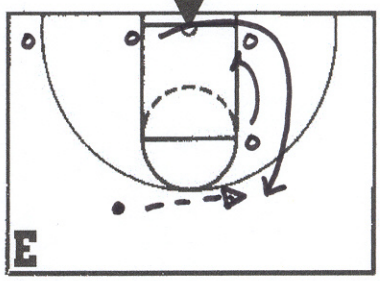
POINT THROUGH

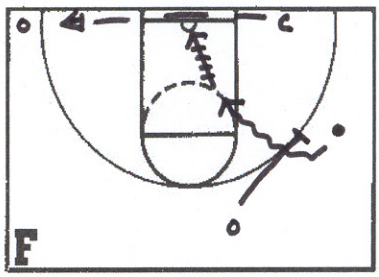
1. "Attack" from Kansas/ Carolina Break



BALL & DOUBLES

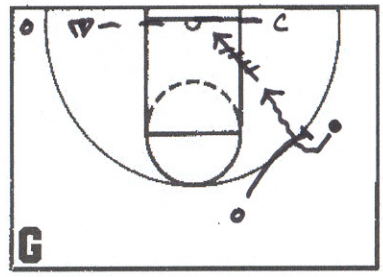
1. Option to use if you don't have posts that can handle the ball on the perimeter





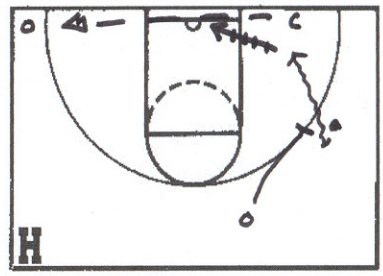
BREAKDOWN DRILLS: ATTACK & DRIFT

1. Teaching Point: PG must "drop & drive" your inside shoulder off ball screen



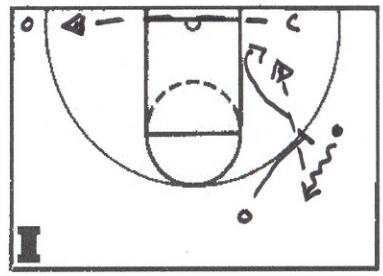
BREAKDOWN DRILLS: SPLIT & DRIFT

1. PG sees daylight in the hedge—Automatic split



BREAKDOWN DRILLS: REFUSE & DRIFT

1. Take the defense I dribble to the ball screen & then refuse the screen



BREAKDOWN DRILLS: DRAG & POST

1. Drag dribble & bring it back to the low post
2. Always throw a low bounce pass to the post

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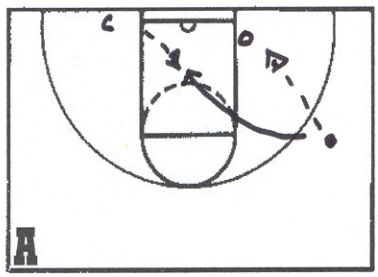
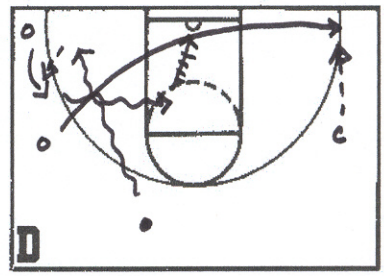
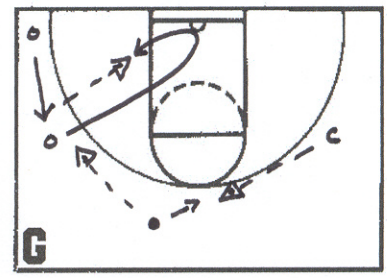


BREAKDOWN DRILLS: GO CUT



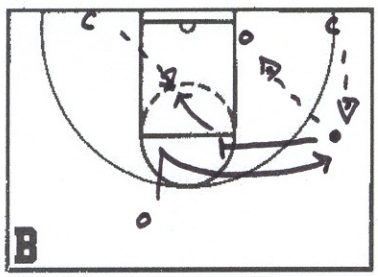
BREAKDOWN DRILLS: HAND-OFF & ATTACK

1. Backdoor cutter doesn't cut until eye contact is made

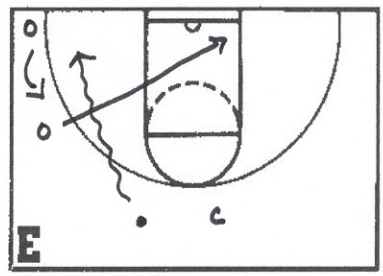


BREAKDOWN DRILLS: HOOK POST & REPLACE

1. Backdoor cutter cuts on eye contact

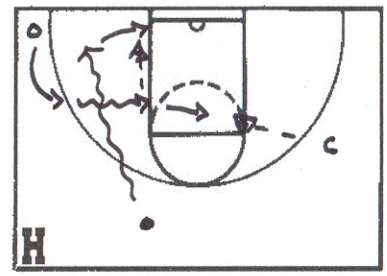


BREAKDOWN DRILLS: SPLITS



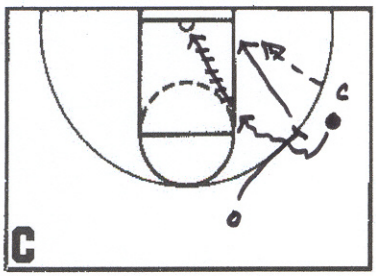
BREAKDOWN DRILLS: MISDIRECTION PIN

1. Hand-off must get inside the lane & inside the level of the screen to create passing angle for coach



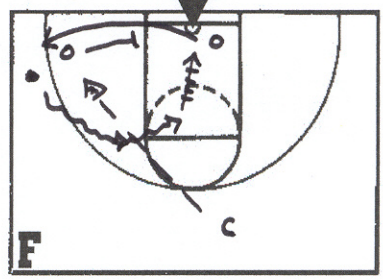
BREAKDOWN DRILLS: DIVE OFF HAND-OFF

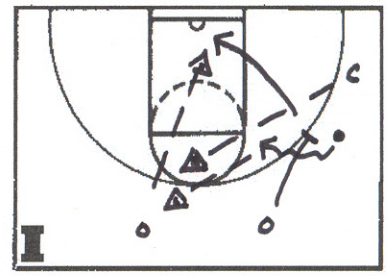
1. Keep hand-off wide to all space to dive if hedge occurs



BREAKDOWN DRILLS: TAKE ON THE BIG

1. PG attack the big that switches the ball screen





BREAKDOWN DRILLS: HIGH/LOW

1. Roll man must run to the rim

Wisconsin-Green Bay Phoenix

Coach: _Tod Kowalczyk: UW-Green Bay_

Clinic: _Video Tape_

Topic: _Attack Ball Screen Offense_

Date: _April 2008_

Resch Center
2420 Nicolet Dr.
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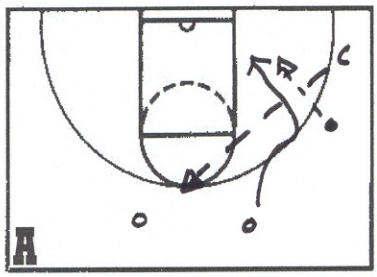
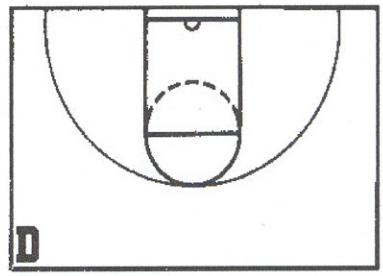
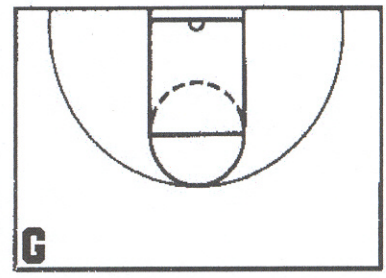
ASSISTANT COACH
Jon Harris

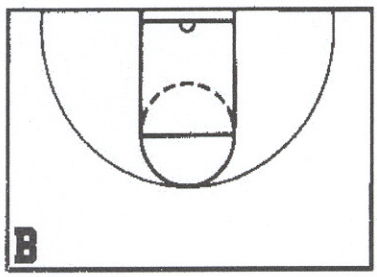
BASKETBALL OPERATIONS
Logan Flora

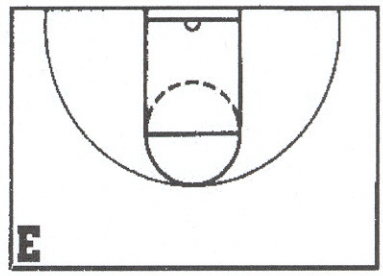


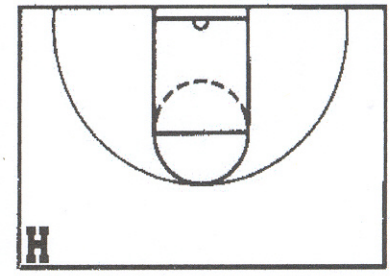


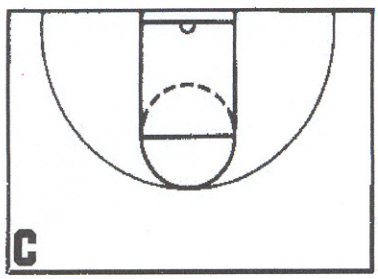


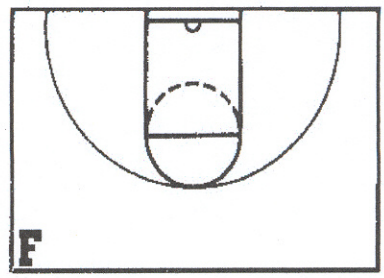
BREAKDOWN DRILLS: DIVE OFF BALL SCREEN

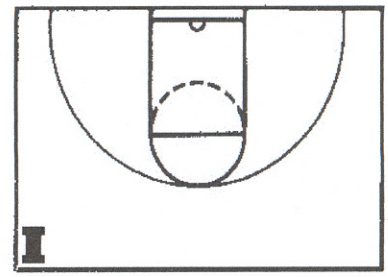












Tony Barone

Scouting for Professional Teams & Individual Analysis of Players

Scouting for NBA

1. Must see a player, personally, 5 times.
    a. Throw out best performance
    b. Throw out worst

2. Qualities of major concern in scouting
    a. Shooting
        i. Where is the release?
        ii. How quick is the release?
        iii. Do not change a guy who makes shots.
        iv. Teach post players a jump hook & don't give them too much
        v. Teach players to prepare to shoot the ball before the shot
    b. Toughness/Competitiveness
        i. There is a difference between toughness and competitiveness. Competitors keep coming at you.
        ii. What kind of data do you take to judge competitiveness? Tests/Drills/Etc…?
    c. Size for the position
    d. Can he go get a shot? Create for himself?
        i. Also w/ that, is it a good shot based on time & score?
    e. Defensive Intensity
        i. Can he guard the ball, closeout on shooters, & rebound?
    f. Quickness
    g. Passing and ball handling ability
        i. No one today can feed the post. Why? Angles.
        ii. How do you teach confidence with the ball?
    h. Rebounding Pursuit
        i. Does he go side to side to rebound?
    i. Citizenship
        i. Players must be self-motivators
    j. Desire to improve
    k. What is the player's NBA position?
    l. Compare the scouted player to a current NBA player.
    m. Basketball IQ?
    n. Does he run the court consistently?

Performance Index

*Need something for kids to see why or why not playing.

Add positives:
    Pts., Assists, Rebs., Steals, and Blocks
Subtract negatives:
    Missed Shots, TOs, (# of Fouls divided by 2)
Take total points and divide by total minutes played

0.600 Excellent
0.500 Very Good
0.400 Average
0.300 Poor

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

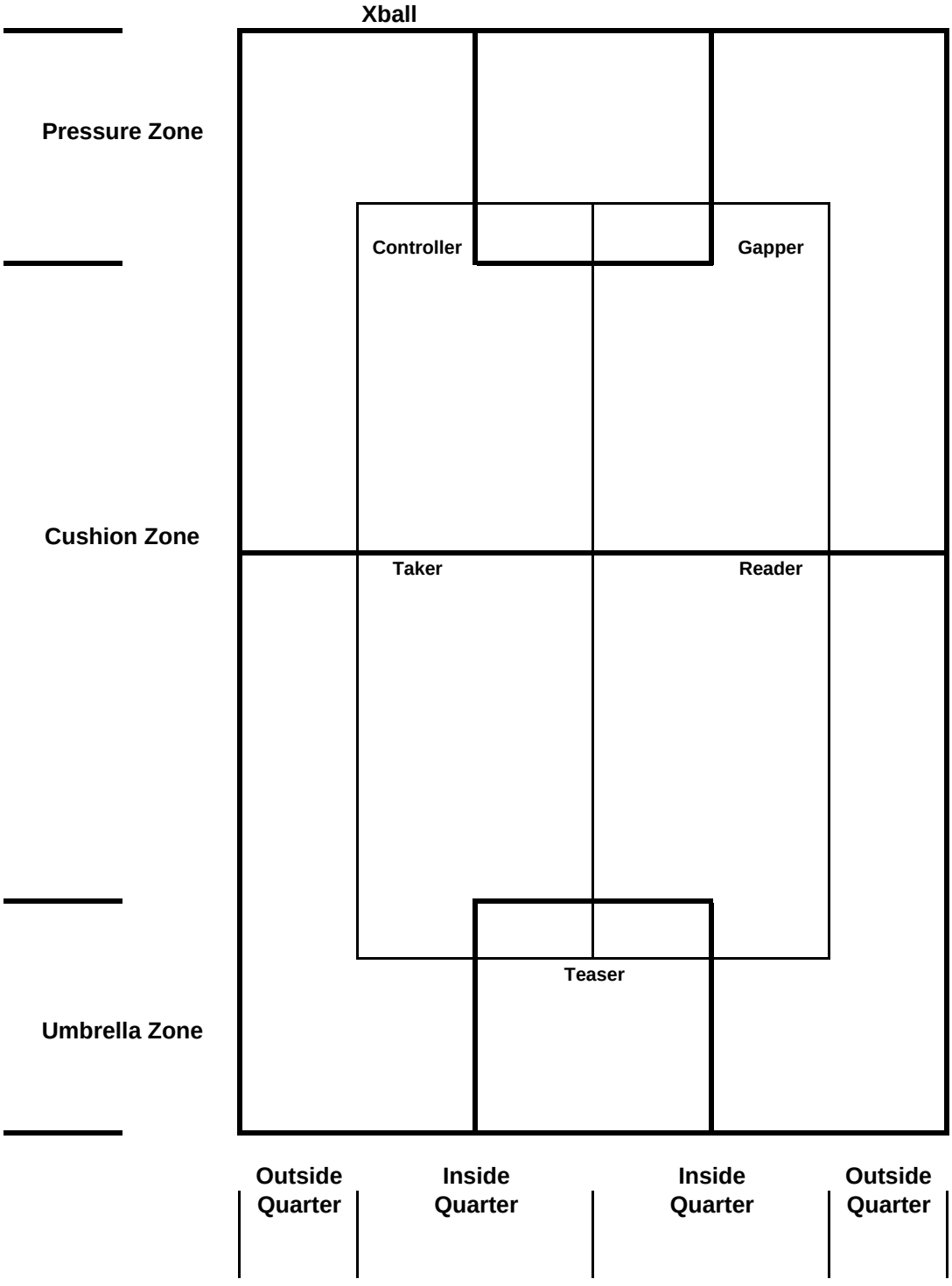
- #1 Responsibility-Reads the Pivot
- Smart & can Anticipate
- If press is getting beat-Reader sprints back & gets into the Umbrella
- Taker & Reader switch back in forth (Read the Pivot)
- If ball is caught in Cushion Zone, Taker & Reader stays between goal and player (not much pressure) – Wait on the 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


Xball
Pressure Zone
Controller
Gapper
Cushion Zone
Taker
Reader
Teaser
Umbrella Zone
Outside Quarter
Inside Quarter
Inside Quarter
Outside Quarter

Walberg Clinic @ Pepperdine 10-21-06

General thoughts:
We talk angles defensively, don't worry about slides, just get there.
Starting no big deal, start different kids, finish with the right ones.
Start 3 skill kids, and your 2 toughest ones.
With this system we don't care how the ref calls it. Tight or loose, it is to our advantage.
Morning open gym, started with 2 or 3 ended with 35, how important is it to them.
Get a good staff.
Be a hard working staff.
Be effective with your time, it's not just about logging hours.
Coaches, off the floor, be there for your players, on the floor, be their coach.
Find good kids who are willing to give you everything.
Does your player's passion match yours?
You need to create a family atmosphere, even if its' dysfunctional.
Weight room, get them in there.
Best players have to be your hardest workers.
Do not be afraid to sit down your best player.
Treat them all the same in regard to your standards of behavior.
After something is done, write down what went well, and what was a hot spot.
Remember it's about relationships; thank people, be humble, etc. treat people the right way.
* How do you want to play, and why do you want to play that way.
Offensive efficiency, shot selection #1. it will make or break your team.
You need to get the extra effort, and the extra pass.
Last 9 years we have been 3 or key with our shot selection; record has been 292-29.
We like 3's, we love lay-ups.
Space them so you can drive the gaps, the bigger the gaps the better.
4 man should shot 60% in this offense.
Keep track of your points per possession.
FT line is the best place to be for a high points per possession.
No pull up J's from the mid-range. We will run them in practice, and sub for them in the game.
With this system they need to prepare for you, you do not really need to prepare for them.
We just try to get better.
How are going to rebound the 3, we like 2 or 3 players to the weak side.
Don't really like pull up 3's off dribble, like catch and shoot 3's with no hand in the face.
Don't break the arc, unless you have back cut to the rim.
Bust out of back court, then breakdown as you approach the offensive end.
No negative steps, stay outside the arc. We will run in practice if we see it.
FT to validate every win.
What do you ignore that you shouldn't?
What you accept in victory, you will have to accept in defeat.
If they don't play hard it is your fault.
If they don't play hard, take them out immediately, every time.
Don't ignore the "little stuff" there is no "little stuff".
Use 5 on 0 in the ½ court to run your sets, do this on both ends at the same time.
Your players have to understand the drop, drag, and rack zones.

Opposite top must dive on post pass, with wing filling up behind the dive.
2 on 1 defensively, never step to the ball.
Fix problems now.
They need to learn to not react to their mistakes, faces, sulking etc.
High School; wear them out first 28-29 minutes, then do whatever the last 3-4 minutes.
Streak call, lay-ups by anyone, or selected players only to shoot the 3.
Wing to guard pass, wing breaks down to corner.
Your 4 needs to flash on ½ court double teams.
Your 2 and 3 need to be patient.
No matter what system you run , you better understand the little things that make it work.
It's about learning principles, not plays.
Your players need to become students of the game
Will they play through fatigue?
Coaches job is to get them to play hard, play smart, play together, their job is to make plays.
We want to take a lot of shots, but they need to be good shots.
During games, #1 thing, handle your substitutions correctly.

Ball handling and Shooting
Attack mentality.
Plant and go on moves.
Change of pace is the key.
Phil Fords.
Hesitations.
Crossovers.
Pull back crossovers
We are going to get to the rim mentality.
*On the move, attack from 6-8 feet away from defender, and blow by his hip.
Look by your defender, and figure out where the help will have to come from.
Plant and go on your moves, then blow by his hip.
Don't let them rock the ball on their lay-ups.
Pound the crossover, elbow in, throw wrist into it, hand over ball, keep it tight to the body.
Open the court by using left hand dribble while on the right side of floor, and vise versa.
Cones at elbows, ½ court, and far elbows, 3 moves, then work on different finishes.
Dribble short and quick.
Work one handed pull backs working the 3 point arc, in, out, in, out etc.
Attack arc, pull back, freeze, attack.
Get rid of the standing dribble, attack dribbles only, get somewhere with it.
Good ball handlers handle getting bumped, and actually encourage it.
Catch and square up philosophy, throw that 1st dribble and chase it, beat some one.
Throw the ball, and bust the hand, on the square up moves.
Keep the ball up, and body down on shot fakes, ball stays below eyes on shot fake.
In regard to shooting the basketball, for us biggest deal is, balance, and hold the follow through.
Get rid of the ball dip on their shots, get their bodies lower.
Get forehead going towards the rim, so shoulders don't go backwards.
We do a lot of 3 players 2 balls shooting with a lot of movement at the arc.
Sharp passes, and call their names in practice on passes.

Midsouth Coach's Clinic 9/14/07 – 9/16/07

Vance Walberg Defense

- Blitz. Don't let anyone run their offense against you. Be a pain in the ass to play against.
- Asks, how much pressure can I put on you?
- Will give up some points.
- Defensively, will be in your face. Never give you a chance to catch your breath.
- Trap the pick and roll and elevate with other defenders. Take them out of it.
- Knows the run is going to come for his team. Not sure when, but the team will go on huge runs with this system.
- Down 10-0, doesn't call a timeout. Knows his team can come back quick.

- Keys:
See it and fix it.
VD = a bad disease.
High side
Phasing
Punchout
Staying home
Flyout
Walkout
Vertical trap
3 zones – pressure, cushion, umbrella

- Split the court into quarters.
- Use the Volleyball lines to make the quarters.
- If ball is in outside corner you are on that side.
- In a middle quarter, you are in the middle quarters.
- Hugger is an off ball defender who plays his man too close.
- Sniffer gets beat and runs behind the ball handler's rear end.
- If the ball is not pressured, quarters will not work.
- If offensive player puts the ball over his head and throws a straight line pass, we're pissed and making a sub.
- Make the ball-handler turn, back up, and you have taken away his vision of half of the court.
* If you are denied on offense in a closed stance w/ hand in the passing lane, back up and create a bigger gap.
- If you get great pressure, you are going to get beat off the dribble. Can't have it both ways.
- High-side means play up the court from my man.
- If you don't pressure the ball you got nothing.
- "Pressure, Pressure, Pressure!" Don't yell "Ball" at the ballhandler, yell "Pressure".
- "SOY" = offensive player who shits on himself. Panics b/c of too much pressure.
- Spots is a variation of the defense. 2-1-1 and matched up in denial with opposition's point guard.

- Man on the ball is the Controller. Controller must pressure.
- This defense is about wearing people down. We'd rather get beat with the dribble than with the pass ahead.
- Controller must make the ball dribble.
- Controller must get at least one turn before ½ court. Two turns is great.
- Do not put best scorer in the Controller spot.
- Always have 3 controllers.
- Controller should be your toughest kid.
- Controllers are the only ones who are allowed to play with more than two fouls in the first ½.
- Gapper / Trapper – will get a trap somehow.
- Likes trapping from behind, never trap when the offense can see the trap coming.
- Never cares about two guys getting beat and being behind the ball, they become "punchers". But if there is 3 behind the ball you get in trouble.
- Sometimes the gapper has to get an angle and stop the ball around ½ court if the - controller gets beat and is too slow.
- If the ball is dribbled towards the middle, gapper runs and jumps, or traps.
- Gapper is begging the dribbler to come middle so he can jump him. Cannot get split!
- The Taker – pistols postion up the sideline. If the ball is not contained with the dribble, must hug the sideline pass ahead.
- You can play a slow kid here.
- Our guys want to go for steals all the time. We want to speed up the tempo.
- Reader – if the ball beats the press, the reader has to get back to form the umbrella
- If a trap occurs, he's elevating looking to pick a pass off.
- He needs to be smart, understand stuff, and be good at elevating up.
- Wants fatigue to set in to get SOY to start happening.
- Reader up, taker back most times.
- If a cut comes middle, reader denies.
- To run this defense you have to have each other's back.
- Teaser has reader's back. Teaser protects him to elevate up.
- Controller is the only guy who guards one. Everyone is guarding two guys.
- If they break the press, sprint back and form the umbrella.
- Hasn't done a slide drill or a closeout drill in ten years. Just get there as fast as possible.
- Teaser – teases the long homerun pass from inbounder.
- Eyes on the ball. Teaser cheats up to ½ court if ball is down and eyes are short.
- If ball goes up and he cocks it back, teaser runs back.
- Big and slow is no good for a teaser.

- Guys that bitch about playing time, put them in the controller spot. They will get tired and get fouls there.
- Really important – great basketball players move on the pivot, sprint on the pass.
- First drill = 4 man shell fullcourt.
- When the ball pivots sideline or middle, you move on the pivot.
- Move on the pivot, sprint on the pass.
- "Pressure, Pressure, Pressure." Controller must talk.
- Trace the ball with two hands.

- Stop it and walk through until the command of “live”.
- Reader and taker are up back on angles.
- Don’t be flat on a run and jump switch. Come on an angle so he can’t cut you on the dribble.
- Gapper’s #1 rule is that he cannot be split.
- Phasing? Gapper doesn’t go with cutters.
- If there is a clearout, go to “spots” or 2-2-1.
- 6:30 mark 3 subs come in.
- Controller usually gets about 2 minutes.
- Great players play 3 minutes or so, then a 30 second rest.
- The wear down factor is really important.
- If the refs call it loose or tight, doesn’t matter.
- When referees want to even out the fouls, get your fouls in the backcourt, not on drives and shooters. Maybe 10-8 at the ½ in fouls, but 16-2 in free throws. When fouls are 8-2, the refs are going to even it out.
- Doesn’t call fouls in practice. “Didn’t see it” builds mental toughness since ½ the time in the game they don’t see it either.
- 4 man shell “up the sideline”.
- Work on passes, then say go and play live. Score it.
- 4 man shell to the middle. If he goes middle with left hand he can’t throw a long pass - with his left hand with pressure. If pressure is split, backline guys do not come up. Just go back and form the umbrella.
- Players behind the ball are punchout guys (tip from behind.)
- Court is split into thirds. The pressure zone is from the baseline to about the hash mark - in the back court.
- The cushion zone is the middle third.
- The umbrella zone is from the frontcourt hash to the frontcourt baseline.
- Cushion zone – Don’t let them catch the ball on a vertical pass in the cushion zone, but if they do, give ground, play jab and jab and recover game, and look for a vertical trap with a punchout guy from behind.
- A vertical trap is a trap off a sideline pass.
- In the cushion zone, give ground. Don’t let them beat you off the dribble.
- Challenge every shot with high hand and voice “Shot!”
- Don’t give up a layup, or a 3 for their best shooter.
- “Get to your quarters” solves most problems with the press. The only exception is when the ball is below the free throw line. Then it is ok to have one foot in the paint if you are in a help-side baseline position.
- Backline wing defenders need to stay wide in the cushion zone. Make them beat you with the dribble.
- If the trap is broken, get to the quarters, get to the middle of the floor, see it and fix it. On a vertical pass you must trap. A horizontal trap only occurs on a hard blowout dribble, and may be a run and jump instead.
- If they show a 1 or two guard front on the inbounds, we deny or full front.
- If they show a three or four man front let them throw it in, but you need to know where their point guard is. We need to get up in him when the ball is caught.
- If they bring two cutters from ½ court and exchange? Talk and switch.

“Blue” is like glue. Calls Blue when the opposition’s big man has the ball in the backcourt. Stick all the guards and make the big guy bring it up with the dribble.
- Immediately get to your quarters as soon as the ball is thrown in.
- If you ever put two on the ball (trap) one has to guard two and it should be the guy farthest away (teaser.)
- Against a 1-4, trap an entry pass b/c they are jammed up and their spacing is not good.
- People don’t like to feel pressure. Doesn’t matter who you are. Great athletes like to dribble and spin. When they spin, gapper traps or run and jumps.
- Make their backup point guard beat you. Wear down the starter.
- In a traditional 32 minute game, you might get up and down the court 60 times. In this style you can get 25 or more extra possessions.
- Never worry about mismatches b/c of pressure. Switch everything. All screens, all crosses. Keeps your big guys in around the basket. The only pass that is not switched is the in out screen. (Baseline screen with big for shooting coming out of the lane.)
- VD is a on the line, up the line triangle. The triangle needs to be flat in an open stance. -
- Get outside hand in passing lane. It’s a bad disease. It’s ok to be VD two passes away or on negative passes (away from basket.)
- Elevate. Play high side!
- When you feel yourself getting screened, jump to the ball and communicate. Switch all screens except in and out.
- The rule “get to your quarters” pretty much solves everything.
- 2-2-1 drops back into exaggerated man in ½ court.
- If you hug (play tight off the ball in denial), sniff, or get 3 or more behind the ball, you are screwed.
- Off the miss, controller and gapper come up and try to jam the rebounder. Gets right up into him.
- Ten-liner day (liner is a suicide).
- If you run an 11 and one guy doesn’t touch the line, run a 22. If they screw that up, run a liner in 30 seconds. If they can’t do that, it’s a ten liner day. Alternate teams. Everyone needs to make it in 30 for it to count.
- Has gotten out-rebounded by 24 and won by 30. Happens all the time. But must force a ton of turnovers. Force 35, commit 17.

Walberg @ Bakersfield High School 9-9 & 9-10-05

PHILOSOPHY

Go watch a good program for a week.

All good programs play hard.

"No Excuses" overriding philosophy of their program.

If you don't have a good shooting night, what are you going to do to win?

We have taken 35 3's a game last three years (40 minute JUCO games)

We have an Attack Philosophy.

We will wear you down.

We speed up the tempo with our "D".

We fool people into thinking our bench is deeper than it really is.

Never start my best five.

Start 6th and 8th men, and they will play their tails off.

Always want three of my best five players on the floor at one time.

Get your average kids in and out quickly, it hides their weaknesses.

"Streak" call only my best two players will shoot, unless someone else has a lay-up.

Up tempo makes high school game more like 37 minutes due to number of trips JC like 50 minutes.

Eliminate excuses by your players, and your practices will be a lot better.

On and off the court, sweat the little stuff.

Thank you and please from your players.

Best player needs to be your hardest worker, and hopefully your best kid.
* Real Secret…to our offense Threes or Key, **no mid range shots.**
You need passion to play this game.
How hard do your players really play the game?

Reality, get your best kids 2-2 ½ minutes then a 30 second rest.

Time Out… hustle and get it organized, get them in front of you…eye contact.

Scout tendencies and personnel, they well not run their offense if you work hard enough.

Two fouls in first half, sit them down for rest of half, they will learn not to foul.

Saturday four to five hour practices, all offense no conditioning.

Kids have to believe that fatigue will set in with their opponent.

Not "my team" it's "their team".

Take away excuses why they can't be successful.

Shoot selection #1 thing for good offense.

You make the extra pass; your teammate will make the extra pass.
Take your shot unless someone has a better shot.
In summer don't run any plays, let them learn to score on their own.
Why do you press? You better believe in it, can you live with the lay-ups and dunks?

Toughest thing…ballhandling versus intense pressure

Can't have it both ways, you are going to give up some things with intense pressure.
Your opponents need to ask themselves, do we want to run with these guys?
You need to work hard every day for this, or any system, to work.
You need to define their roles.
Blame yourself if they don't play hard.

Do you always sub on the negative?

Bench stands when a kid comes out, and they give him high fives.

Get your bench to help with responsibilities.

Gave stickers for team and individual stuff, big play of the game, etc,

Scrapbook for players.

Make them proud to be a part of the program.

Virtually everything we do will 4 on 4, or 5 on 5, with our defense we want the team "D" concept

Do they have passion?

Adversity hits, how do they handle it?

Do everything quick and hard.

DEFENSIVE PRINCIPLES

We will wear people down with our defense.

Our D speeds up the game tempo.

Don't foul.

Don't let them split you.

Fly out on their shooters on the 3 point line, close out on their non shooters.

Don't screen out an outside shooter, possible foul situation.

In practice we defend 5 players versus 6 players some of the time.

Press…#1 thing… GUY WITH BALL MUST NOT BE ABLE TO SURVEY THE FLOOR....GET UP ON HIM

Just run and get there, we virtually never work on slides.

Press spots…

On ball "controller" get a turn in the backcourt.
Weakside up spot "Gapper" don't let ball split, look to blindside ball with double.
Strongside up floor "Taker" take away pass down the floor.
Weakside up the floor "Reader" Shoot the gap or stay needs to understand stuff.
Back guy "Key" man. Deepest guy responsibility.

Use volley ball court to put the court in four lanes outside, inside, inside, outside.

Ball in outside lane you are on mid-line. Ball in inside lane, all five men in inside lanes.

Don't worry about middle or sideline in regard to which way the ball goes, just pressure.

You see the back of a dribbler, you go.

With the press, a huge key is "see it, and fix it".

Get your players to move defensively on the pivot, not on the pass

Gapper to a trapper on the dribble, the "D" really starts with the dribble

Team really needs three good controllers, keep on the point guard and wear him out.

This can be out of a man to man or 2-2-1 match up set

You need to chase ball and punch it from behind

We execute the press correctly about 15-20% of the time, or pressure on the ball hides or mistakes.

You better have your D Trans responsibility worked out.

Loose ball or long rebound, chin it, look up and see what you have

We want the ball dribbled up the floor against us, we do not want the ball passed ahead.

OFFENSIVE PRINCIPLES

3'S or Key with shot selection no exceptions 260-20 in last 8 years with this philosophy

1&5 are your points 2&3 are Shooters 4 is your post

Your 4 must bust his tail up and down the court, have three 4 man

If your d-trans safety is a shooter, you can get some easy threes from O board kick outs

On a drive if you get bumped, attack him and go for more bumps

Attack, Attack, Skip, Attack, Attack (AASAA)

Shot Selection #1 in our offense

You make the extra pass, your teammate will make extra pass

In practice shoot a free throw to validate wins

Best guys play 2-2 ½ minutes then 30 second breathers 7 starters,

8,9,10, get three 1st half chances,

11, 12 get one or two chances.

Last 4 minutes your top guys need to be on the floor.

Use 5 spot as leaner spot for future 1, make sure at least one of your top points (1 or 5) and one of your best shooters (2 and 3) are on the floor.

Dribble at someone, it's an automatic backdoor, with rotations to the ball from weak side.

5-3 or 1-2 pass 5 or 1 run short loop to the ball side corner, or cut to weak side wing

Lay-ups during warm-ups high fives on way back to line 2 balls work both baskets run out to ½ line.

Never pass it to a guy coming out from basket in no mans land i.e. 12-19 feet

Get point to lane extended at the three point line for return pass from 2 on a kick a head fast break.

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PEPPERDINE MEN'S BASKETBALL PRACTICE

FOR THURSDAY, OCTOBER 25th – DAY 10

NOTES:

---Saturday we will practice 8-9:30, then scrimmage w/refs
---Let your parents & friends know that we will scrimmage at 9:30
---COACHES – SEE ME ABOUT YOUR PLAYERS/ACADEMICS
---Sunday we go 3-6
---STAY HEALTHY!!!
---**TAKE CARE OF YOUR CLASSES & GRADEWORK!!!**

THOUGHT OF THE DAY:

Day 10 – YOUR ATTITUDE IS EITHER THE LOCK OR THE KEY TO THE DOOR OF SUCCESS!

CLEAN-UPS:

DEFENSE: ***No straight line Drives.***
OFFENSE: ***Missed lay-ups (5 p-ups)***
MENTAL: ***We can always talk more***

DRILLS:

Olympic Shooting / 5 Spot / Bird Drill / Lay-ups

Individuals: Bigs – ½ Turns, Drop 4's, 34 Seal, Motion 4 (angles)
Guards – Eric ball-handling / Vance 4 on 0 — Elevate / Motion

Dummy Man Drop 2-3-23-32-4, Loop, Motion, 43, Elevate, 4, Motion - 1/4, 415, 41, Drop 1 & 5,
(Don't forget back responsibility & set-up into Press!)

½ Ct Defense: Vance – Just show positioning
1.) 40 set shell – Basic positioning, pressure/pressure, move on pivot, VD, Pistols, High side, Home, shoot gaps,
2.) Talk Rebounding again
3.) 40 Shell – everyone rotates spots each time (both sides)

Dummy Break Up/Back

Side OB: Show initial set-up & what to do: Fist & Regular

O Breakdown:

Vance:	1-2-4	Drop 2, K-up, K-Around, Elevate, Drop 1
Juice:	1-4-5	415, Loop, Thru, Drag 5, Drop 4
Eric:	2-3-4	Drop 23. 32, Drag 2, Drag 3, Drag 34, Drag 342 (Eric play 1)

OB's: 4 across –
Other side – Box Circle

Zone Offense: **Both sides: Push, Bump, Drag, 2, 2 Push, add 22, 23, 24**
Then play ½ court if time

Shooting:

Eric	2/3's
Vance	1/5's
Juice	4's

TOMORROW: 7:15 am DTR

PEPPERDINE MEN'S BASKETBALL PRACTICE

FOR FRIDAY, OCTOBER 26th – DAY 11

NOTES:

---Saturday we will practice 8-9:30, then scrimmage w/refs
---Let your parents & friends know that we will scrimmage at 9:30
---Sunday we go 3-6
---Someone must talk to me in front of whole group about Clean-ups
---**TAKE CARE OF YOUR CLASSES & GRADEWORK**!!!

THOUGHT OF THE DAY:

Day 11 – WHEN YOU HAVE THE ATTITUDE OF A CHAMPION, YOU SEE AND HANDLE ADVERSITY AS YOUR TRAINING PARTNER.

CLEAN-UPS:

DEFENSE: ***No straight line Drives.***
OFFENSE: ***We must talk about Back Responsibility.***
MENTAL: ***We can always talk more...***

DRILLS:

Olympic Shooting / 5 Spot / Bird Drill / Lay-ups / Cardinal / Blood 22/32/33/44

Dummy Man Drop 2-3-23-32-4, Loop, Motion, 43, Elevate, 4, Motion - 1/4, 415, 41, Drop 1 & 5, Vance Add 49

2 Stops Show initial set-up & just basic what we want from it (2 games)

Dummy Break Up/Back

Guts Scoring: Offense -1 point per catch & 3 points per dumb foul / Defense – 1 point per tip & 2 points per turnover (3 for Blue)

½ Ct Defense: Vance – Just show positioning
1.) 22 1-5 Set – Middle or lane penetration movement
2.) 22 1-2 Set – Taker or help the helper
3.) 22 2-4 Set – Baseline Trap or middle penetration
4.) 33 1-2-3 Set – Taker / Help the Helper
5.) 31 Shell – 8 Point Game

Full Court Defense

1.) Circle Drill from ½ Court – so anyone plays any spot except 4
2.) Circle Drill – regular spot – do this with misses going the other way , makes take out, Red gets point and 5 push-ups for Black
3.) 55 Drill – 8 point Game

Zone Offense: Both sides: Push, Bump, Drag, 2, 2 Push, add 22, 23, 24

½ - Full - Full - - - Have Blue play Zone

Down 8 with 3 Minutes to go, More Defense, Go with main group, OB's soon

TOMORROW: 8:00 am DTR

PEPPERDINE MEN'S BASKETBALL PRACTICE

FOR SATURDAY, OCTOBER 27h – DAY 12

NOTES:

---Tomorrow – we will go 1-4 (including films)
---Monday/Tuesday normal morning time with Lifting (Wednesday will be off day)
---Someone must talk to me in front of whole group about Clean-ups
---**TAKE CARE OF YOUR CLASSES & GRADEWORK!!!**

THOUGHT OF THE DAY:

Day 12 – SUCCESSFUL TEAMS ARE SUCCESSFUL BECAUSE THEY ARE WILLING TO DO THE THINGS UNSUCCESSFUL TEAMS AREN'T WILLING TO DO.

CLEAN-UPS:

DEFENSE: ***Pride yourself on No straight line passes.***
OFFENSE: ***Continue to attack the rack.***
MENTAL: ***We must talk about Back Responsibility.***

DRILLS:

Olympic Shooting / Lay-ups

Dummy Man Drop 2-3-23-32-4, Loop, Motion, 43, Elevate, 4, Motion - 1/4, 415, 41, Drop 1 & 5, Vance Add 49

Jump Ball Set Up

Dummy Break Up/Back

Side OB Set-up

Zone Offense: Both sides: Push, Bump, Drag, 2, 2 Push, add 22, 23, 24

Free Throws

Time-Outs

OB's

1st Scrimmage: **Regular teams (Orange Press / Blue No)**

2nd Scrimmage: Ryan – Tyrone – Mychel – Jarrad – Jason - Vuk
Tyler – Jon – Tyler C – DJ – Mike – Gus – Ricky

Both teams no press –

3rd Scrimmage: Ryan – Tyrone – Jason – Daniel – Mike – Mychel
Coach C – Jon – Tyler C – Jarrad – Tyler T – Vuk – Ricky – Gus

Blue Zone

TOMORROW: 1:00 pm DTR

VANCE WALBERG 9/29/07

- INSIDE FOOT (3,4) FRONT OF RIM
- 5 MAN BUTT 2 corner - catch sh. facing basket
- 1,2 DRIVE 1st shot 3rd / 3-4 opposite
- 1 man get to basket
  - BRING DOWN MIDDLE
- Stop in DEAD zone
  - option - JUMP STOP 3 2 Filling - NO 3
- 4 MAN FILLS HIGH
- 5 FOOT WORK Circle under - 2 BIG STEPS & SQUARE SH. to BALL
- "KICK BACK ATTACK (on pass 2 dribble)
- MENTALITY - GET TO RIM - SHOULDERS TO RIM - CLIP HIP KEEP MAKING contact - get bumped - keep attacking don't back down
- "DROP" = BACKDOOR
  - lower you get difficulty increases backdoor
- TEACH READING PENETRATION
  - AS 1 PENETRATES 4 MOVES UP LANE
  - KICK UP - PENETRATE DEAD ZONE RELOCATE
  - "KICK BACK" - DRIBBLE DROP but DEEPER
  - NO NEGATIVE STEPS (WASTED) ex: Step into 3 pt line & back out
- ~~DETAILS~~ - NO FEET ON LINE
- VERBALIZE NICE SHOT & PASS Coaches & players - even missed shots
- ALWAYS PASS EVEN - BASKET OR SHALLOW - NO BALL 2 sec. REPLACE
- DRIVES - VALIDATE WINS
  - AIRBALLS - OTHER TEAMS both points but you keep ball
  - TEACH TO WIN - STRATEGY
- IN UR LANE OUT OF LANE (LANE TO BASKET) IF D isn't THERE ATTACK - IF HE STEPS INTO LANE PASS
- TEACH # MINT. READ PENETRATION

- DON'T LET 4 MAN PEN. BASELINE - ONLY MIDDLE

OUT 20 7:15 - 9:45 IN MORNING

ZONE OFFENSE – VS. 2-3

- NO FEAR OF SHOOTING 3's
- PUSH, BUMP, DRAG
- PASS TO POST man zone
  DIVE weakside

PUSH

TP for guard in zone guard Ball

① PUSH 3 through w/ dribble
② EVERY ONE – RELOCATE
③ REVERSE BALL

BUMP – wing player guards 1 man

DRAG – PUSH – NOTHING AVAILABLE ON REVERSE

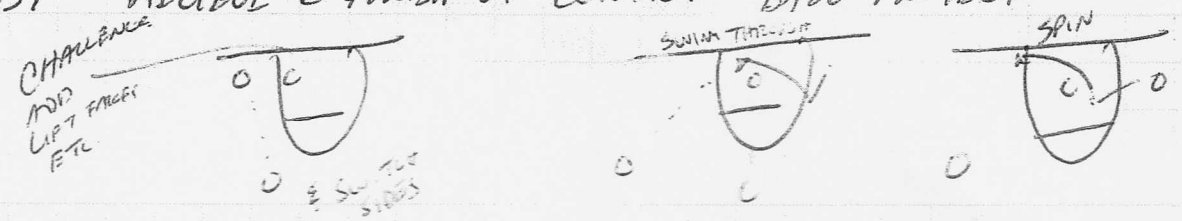
~~VS 3-2~~

---

22 – ~~HIGH~~ HIGH LOW
- BALL goes HIGH POST – SKIP weakside

WALBERG 10/25/07 PRACTICE

① - POST - RELIEVE & FINISH W/ CONTACT - BALL PROTECT

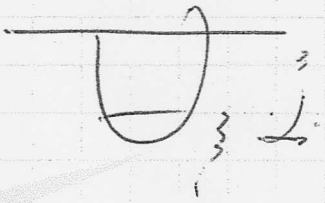


- CIRCLE UNDER & OVER

② LAY-UPS

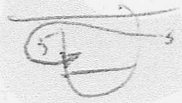
① KICK-UP → ~~STEP BACK~~ DRIBBLE OR STEP BACK → RETURN PASS →
GIVE & GO

- HAVE 5 MAN CLEAN UP

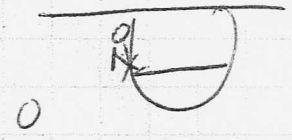


③ DUMMY MAN - ON SHOT BOARD COVERAGE

① CURL OFF POST



④ POST



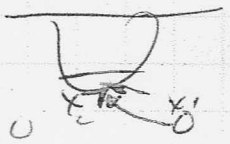
STEP UP - FOOT SPLIT BETWEEN D LEGS
POST - KICK OUT - RE-POST & SECURE
- FAKE PASS TO CUTTER

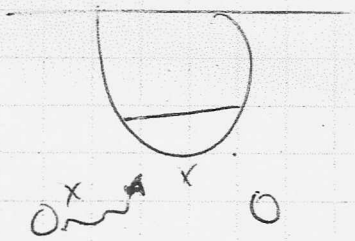
RUN & JUMP

① TRAP - MAKE DRIBBLER GO THROUGH CHEST

② ON PASS 1st defender JUMPS (SWITCHES)

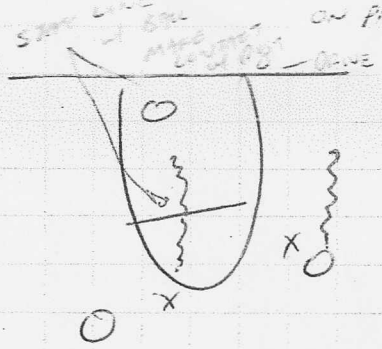
- ONLY TRAP MIDDLE PENETRATING DRIBBLES





RUN & JUMP

(PRESSURE OR CHARGE)



- MAN VS. ZONE

① BALL GOES BASELINE = MAN

② BALL DR. MIDDLE RUN & JUMP (2-3)

-- DEFENSE MOVE ON PIVOT - COMMIT ON DRIBBLE OR PASS

PEPPERDINE 10/20/17

- Straight line CUTS

① LAY-UPS
- ① Back door
- ② Kick up left fake drive middle
- ③ Kick up left fake shot
- ④ " " kick to 3
- ⑤ Repeat ④ but shot fake & dump to 1 cutting to block
- ⑥ 1 kick up 3, 1 back door

BLOOD SWAP

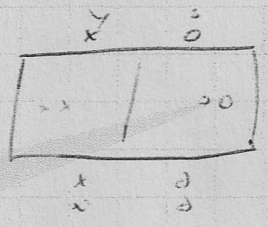
SCRIMMAGE

USE DRIBBLE STEP BACK / shuffle step

② SCRAMBLE - DID ALL 3 QUICKLY
- RECOGNIZE IF OUTLET IS NOT A BALL HANDLER
- SWEEP IN

A. NO DRIBBLE - JUMP STOP
- BACKDOOR - FILL

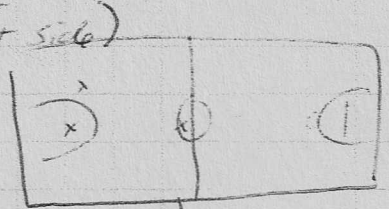
B. SCORING - SAME COLOR STAY 1/2 CT



- HUSTLE PTS. ex. O BOARD 8 or 11 pts

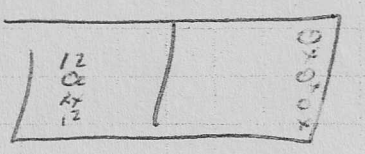
③ BLOOD 22 - W/ PTS.
- POST STAY ON BOTH SIDES
- GUARD ON DEFENSE SWEEPS and drives through circle (FULL SPEED) Coach outlets & new defense steps in
- GAME TO 8 WINNER & then FLIP FLOP

④ BLOOD 32 (2 means 3 spot right side)
SAME DEFENDERS w/ exception of 1's & 2's



⑤ BLOOD 33 (3 means LEFT SIDE (4 spot))

⑥ BLOOD 44
- STAYS 1 SIDE OF FLOOR (1,2 stack O & D)



DEFENSE – NO STRAIGHT LINE ~~DRIVES~~ DRIVES & PASSES
OFFENSE – STRAIGHT LINE CUTS & DRIVES
– PASS & STRAIGHT LINE CUT

DUMMY MAN – w/ SHOT GO INTO D RESP. (MAN VS DOUBLE FIST)
– FINISH MISSES

AIR BALL = PTS. FOR DEFENSE

* ① 2 STOPS – IN A ROW 1/2 ct.
2 STOPS IN A ROW GO 2 OFFENSE (PTS. & REBOUND) & D PTS. T.O., ETC.

③ DEFENSE – VERBAL
① PRESSURE VS BALL
② DEAD
③ SHOT – ~~ON CO~~
④ EXCHANGE
⑤ BOTTOM HOLE
⑥ TOP HOLE
⑦ KICK UP
KICK BACK
DRAG

OFFENSE VERBAL

STRONG BEATS WEAK
SMART BEATS STRONG
– WE WANT 2 B BOTH

ON SCORE PLAY UNTIL BALL INBOUNDED

④ 4 on 4 w/ NO DRIBBLES – PRESSURE EVERYTHING
– NO SHOOTING
– PASS & CUT
– NO FOULING
– FORCE T.O.

CUTS

PTS. FOR DUMB FOULS
T.O. ~~FOUL~~ = 3 PTS.

EVERY PASS IS 1 PT.

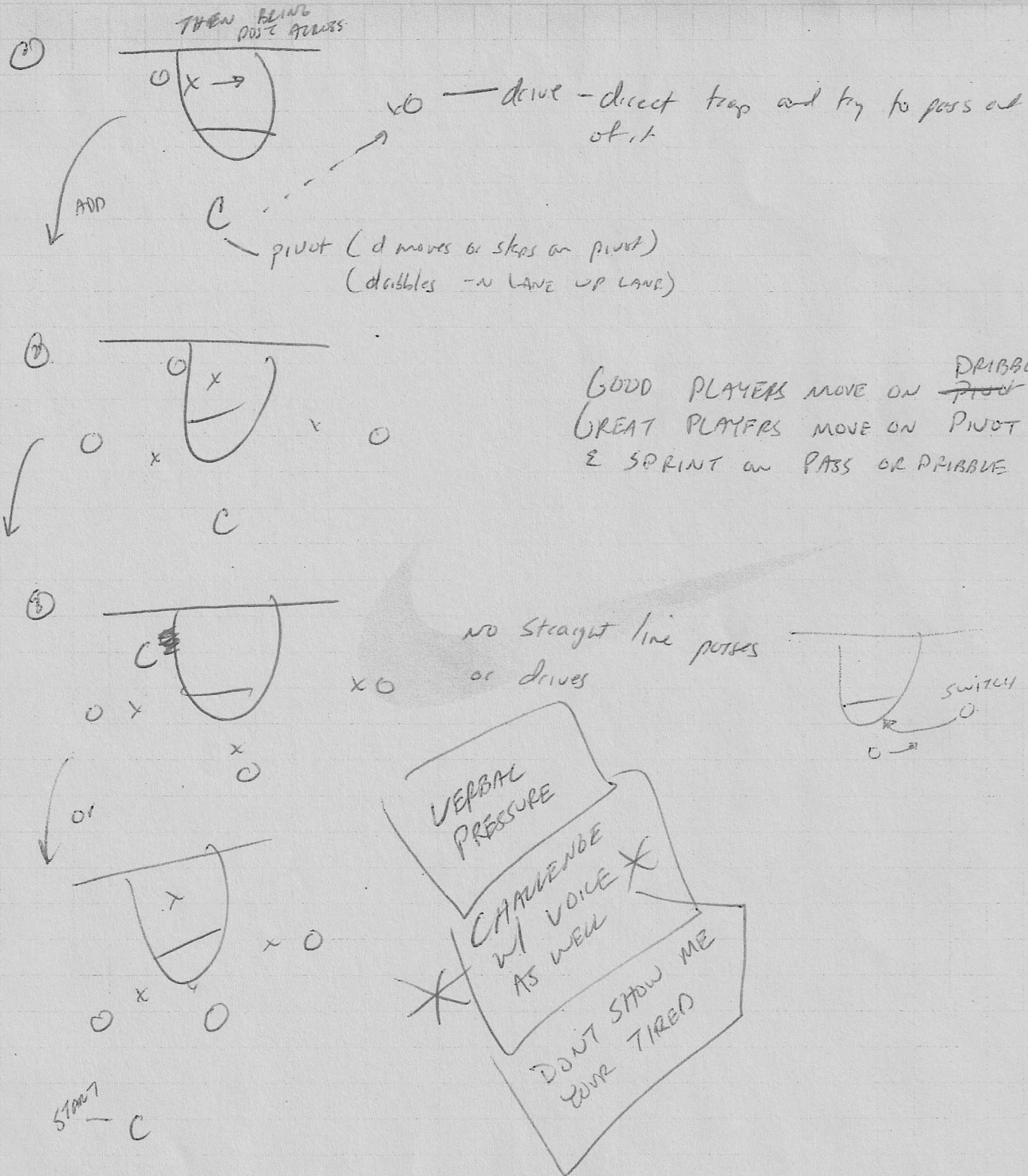
CAN JUMP IT

60 Seconds
BALL GOES OUT STOP CLOCK

⑤ DEFENSE HELP THE HELPER / STAYING IN LINE W/ BALL
/ PASS AWAY

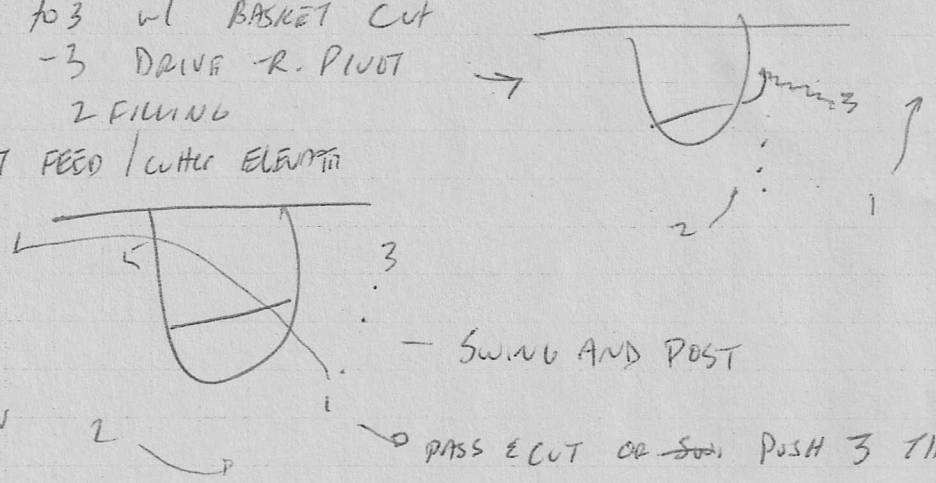
TO

0


THEN BEING POST PLAYER
ADD
drive - direct trap and try to pass out of it
pivot (d moves or stops on pivot)
(dribbles - N LANE UP LANE)
GOOD PLAYERS MOVE ON DRIBBLE
GREAT PLAYERS MOVE ON PIVOT
& SPRINT on PASS OR DRIBBLE
no straight line passes or drives
SWITCH
or
VERBAL PRESSURE
CHALLENGE w/ VOICE AS WELL
DON'T SHOW ME YOUR TIRED
START

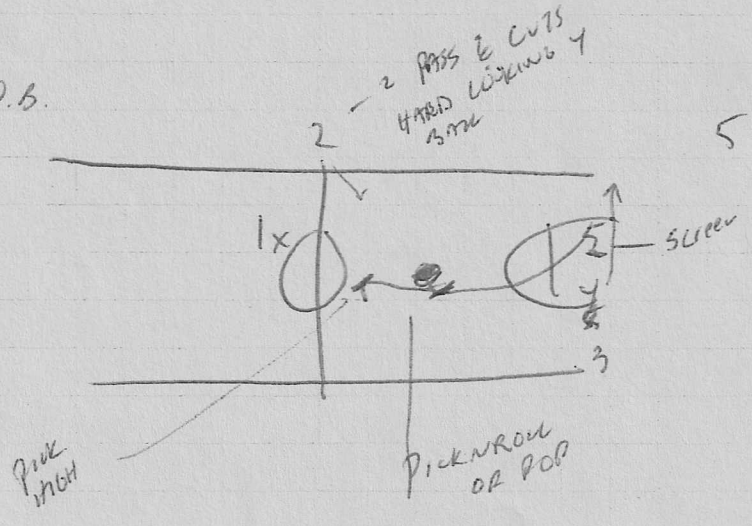
DUMMY BREAK – CIRCLE WASH CHALLENGE SHOOTER

① 1 PASSES AHEAD TO 3 & CUTS THROUGH
② 5 MAN RUNNING
③ 1 to 3 w/ BASKET CUT
-3 DRIVE -R. PIVOT
2 FILLING
④ POST FEED / CUTTER ELEVATE

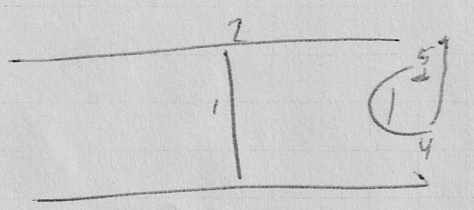


IDEAS ① 2 STAYS BEHIND 1
② 1 MIDDLE RIGHT BRINGING UP BALL
③ OUTLET TO LEFT SO 1 ATTACKS RIGHT – OUTLET AS DEEP AS POSSIBLE BUT SIDELINE

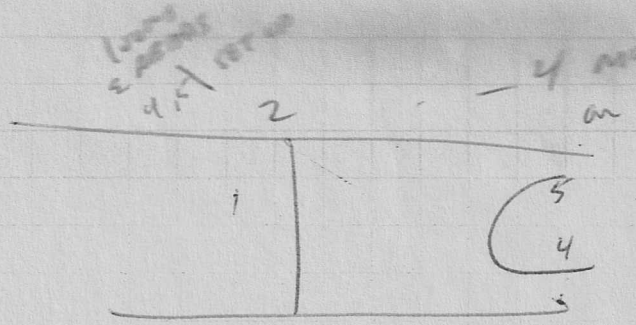
SIDE O.B.



(FIST) IF THEY OVERPLAY 1 SKIPS OUT & CUTS HARD TO BASKET PASS ABOUT MID COURT



1 to 4
4 to 5



IF 4 RECIEVES 2 CUTS HARD OUT BLOCK & RUNS A FADE COVER BOTH ON EVERY PASS

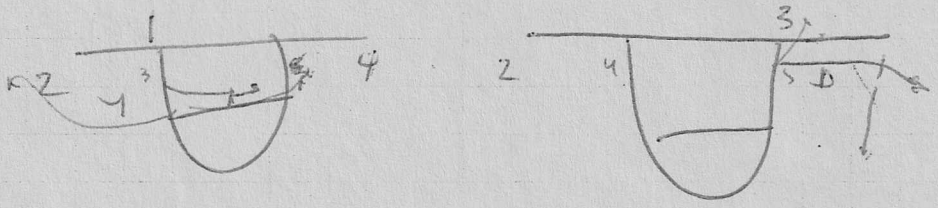
KEY

* ANY TIME MAN TURNS HEAD - CUT
** ALWAYS LOOK WEAKSIDE ON ATTACK
* WINGS ON BREAK DONT CROSS F.T. LINE XTENDED UNTIL BALL CROSSES 1/2 LOOK

E.T.

① ON A PINCH TOP GUY DRIVES IN HIS BACK & HIS LINE REPEAT
② GUYS ACROSS FROM EACH OTHER - CHECK & REMIND FEET, HAND UP ETC.

O.B.



Rules for our GAPS pressing defense after misses:

Positions:

JAMMER

- The JAMMER goes to the Boards, and then JAMS the rebounder on any defensive board. The JAMMER needs to get into the defensive rebounder, and our JAMMER needs to take away the down the court vision of the rebounder.

- The JAMMER will almost always end up as the GAPPER-TRAPPER or CONTROLLER. However the JAMMER is usually the CONTROLLER on a bigger guy, as most rebounds are grabbed by larger players. So you usually don't want to put your top CONTROLLER in the JAMMER spot.

LEFT WING

- The LEFT WING goes to the boards, and then sprints with vision to the left wing, and gets to the 3 point line, at the lane line extended. Once there, the LEFT WING needs to be alert, and look for a possible outlet man in front of him. If the LEFT WING does not see any one in front of him, he needs to be sprinting with vision to find the first possible outlet man on the left side of the floor, anywhere in the front court. We do not want the outlet pass to be made over the head of the wings.

- If the outlet is made to the man on his side of the floor, the LEFT WING will become the CONTROLLER

- If the outlet is made to the other side of the floor, the LEFT WING sprints with vision, to the READER spot.

- Most teams will outlet the ball to this side of the floor. Therefore, the LEFT WING is a good spot for your best CONTROLLER to be in.

RIGHT WING

- The RIGHT WING goes to the boards, and then sprints with vision to the right wing, and gets to the 3 point line, at the lane line extended. Once there, the RIGHT WING needs to be alert, and look for a possible outlet man in front of him. If the RIGHT WING does not see any one in front of him, he needs to be sprinting with vision to find the first possible outlet man on the right side of the floor, anywhere in the front court. We do not want the outlet pass to be made over the head of the wings.

- If the outlet is made to the man on his side of the floor, the RIGHT WING will become the CONTROLLER

- If the outlet is made to the other side of the floor, the RIGHT WING sprints with vision, to the READER spot.

- If the EARLY BACK drives to the basket, the RIGHT WING has the EARLY BACK position, and the EARLY BACK will be the LEFT WING for that sequence.

EARLY BACK

- The EARLY BACK needs to sprint back with vision as the ball is being shot. The EARLY BACK can not get sucked into the Offensive boards. The EARLY BACK does not have a predetermined spot to get back to, but the EARLY BACK must get deep enough down the floor, to prevent a long pass to a player down the floor. The EARLY BACK needs to stay down the floor until the SAFETY sprints by him. The JAMMER with his JAM on the rebounder also helps if there is a man temporarily open down the floor, as it is virtually impossible for a rebounder to throw a long pass down the floor with our JAMMER jamming him.

- After our SAFETY runs by him, the EARLY BACK will rotate back up the floor, and shade slightly to the side of the floor on which the ball was rebounded on. The EARLY BACK usually settles in around the front court circle area, but the EARLY BACK needs to stay alert to any potential receivers around him.

- The EARLY BACK will almost always rotate to the TAKER, and needs to look to take away the quick outlet pass in the ½ court area.

- If the EARLY BACK drives to the basket, the RIGHT WING has EARLY BACK responsibility, and the EARLY BACK will be in the RIGHT WING position for that particular defensive sequence.

- A good shooter in your EARLY BACK gives you the opportunity to get an easy kick out for a three pointer on an offensive rebound.

SAFETY

- The SAFETY gets to the boards, and then sprints back to SAFETY spot.

- EARLY BACK will have this covered until the SAFETY passes him by.

- The SAFETY SPRINTS with vision looking for deepest opponent down the floor.

- IF the front court of our opponents is empty as the SAFETY gets to the ½ court line, the SAFETY will settle in, stay alert, and look to pick up the first man that crosses the ½ court line.

- The above scenario rarely happens, and as a rule the SAFETY is busting his tail to take away a deep threat down the floor. Even with a deep threat down the floor, once the SAFETY passes the ½ court line, at that point he needs to run with some vision back towards the basketball, in order to pick off any long pass that may be attempted.

- If your SAFETY is busting his tail, and you are still getting hurt by the rebounder hitting a lot of long passes down the floor, get a new SAFETY, or better yet, get a better JAMMER.

RULES:

- In our missed shot press, once the defensive rebounder passes the ball, or starts to dribble the ball, the rules, names of the positions, and principles of our missed ball press, are identical to our regular GAPS defensive press rules.

- Any outlet pass from the rebounder, to a player below the top of the key, we do not consider it as a vertical pass, and our JAMMER would drop back to the GAPPER-TRAPPER position.

- Any outlet pass parallel with, or above the top of the key, we consider a vertical pass. Our JAMMER will go trap this vertical pass with our man who just allowed his man to catch this vertical outlet pass.

- Our wings are in a very relaxed Rutgers type of denial pressure when they are in their proper wing positions, 3 point line, at the lane line extended. We will let our opponents catch the ball in front of our wings from this position. Our wings will watch the rebounders' eyes, move on his pass, and then start to apply pressure as their man catches the outlet pass in front of them.

- We will deny any outlet pass that our opponents are trying to make above the top of the key, but still do not want to flag at the ball and miss. When a player tries to get a deep outlet, you need to give the outlet man a 50-50 look, where he is not sure if the outlet is open or not. This will usually get them to shorten their outlets.

- We do not want our wings to elevate on a short outlet pass and then miss it; this will break us down very quickly. If you are trying to bait a careless outlet man, you need to be sure to get the steal.

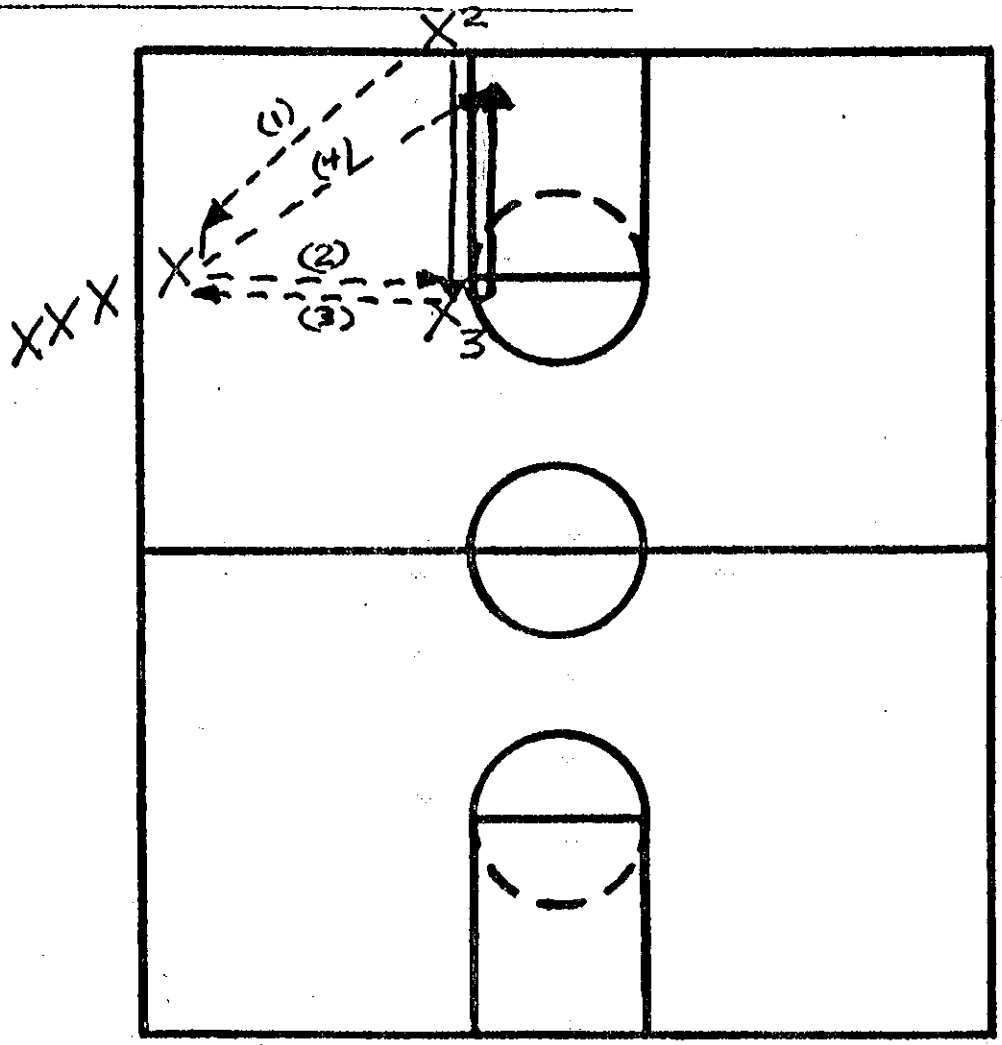
- In the first 1 to 2 seconds of this press, we are looking to get the ball contained, and allow our guys to get to the areas they need to get to.

- We consider the missed shot press part of our basic pressing system; it does not involve any special call.

- On a deep outlet, ½ court area and beyond, all players behind the ball really need to sprint hard, and have a "see it and fix it mentality".

- This press will really challenge the depth and conditioning of your opponents, but you have to have solid depth, 11+ players to do it. If you do not have that type of depth, you are just wearing your self out as well.

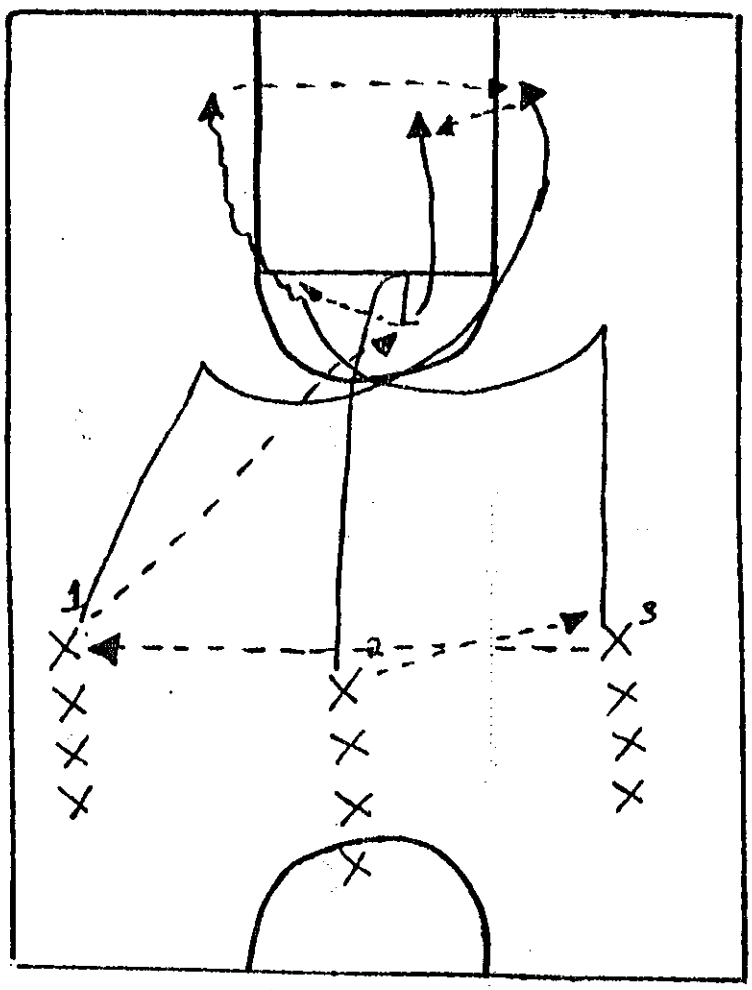
Drill: TRIANGLE LAY-UPS DRILL



Notes:

X^2 is positioned at the base of the foul lane with a ball. X^3 is stationed at the top of the circle (along the side). X^1 is positioned at a wing position about mid-way between the baseline and the top of the circle. The drill starts with X^2 passing the ball to X^1 and sprinting up the side of the lane to a spot slightly above the foul line. At that point X^1 will pass the ball to X^2. --- X^2 will pass the ball back to X^1 and cut back down the lane looking to receive an additional pass from X^1. ---X^2 will receive the pass and lay the ball up. X3 follow X^2 toward the basket and serves as a rebounder. Now X^3 takes X^2 original position, with X^1 going to X^3 original position and X^2 going to the X^1 line. The drill continues in a similar manner. Stress the quickness and the use of the power lay-up.

Drill: Three Line Out (High Post)



Explanation:

Divide team into three lines out. X^2 has ball, hits X^3 and heads for high post position (two handed chest pass). X^3 passes two handed overhead cross court pass to X^1. X^1 hits X^2 at high post and cuts (flip pass). X^2 returns ball to X^1, cutting, and X^1 passes back to X^2 immediately. X^3 double cuts off X^1's tail and receives pass from X^2. X^3 continues to cut with ball, stops, pivots, passes to X^1 on opposite side of basket (shovel pass). X^1 hits X^2, who cuts hard from high post, and X^2 scores. There are eight passes in this drill and all must be executed correctly or the maneuver fails. X^2 may start cuts to either side.

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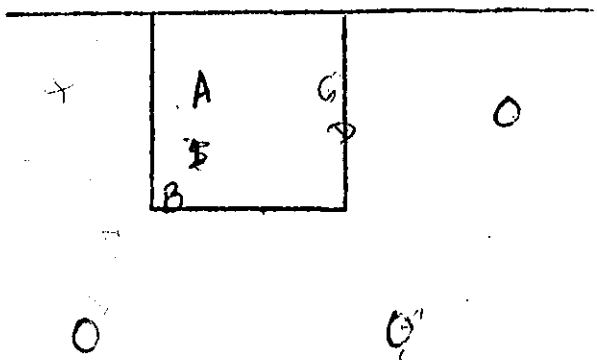
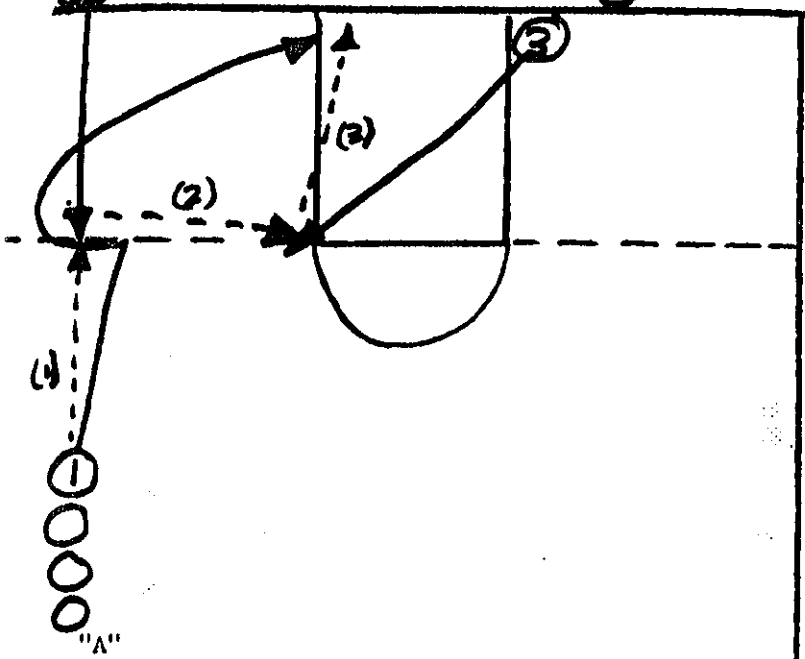


A and B vs. #1. The perimeter people are offense with #1, and may not move or dribbl

Perimeter players try to get #1 the ball. #1 may receive and pass back or receive and try to score. Once ball is in play #1 tries to score while A and B play defense. If A o B steal or rebound they try to score as quickly as possible. Fouling must be limite but aggresive play is encouraged. First team to 5 wins.

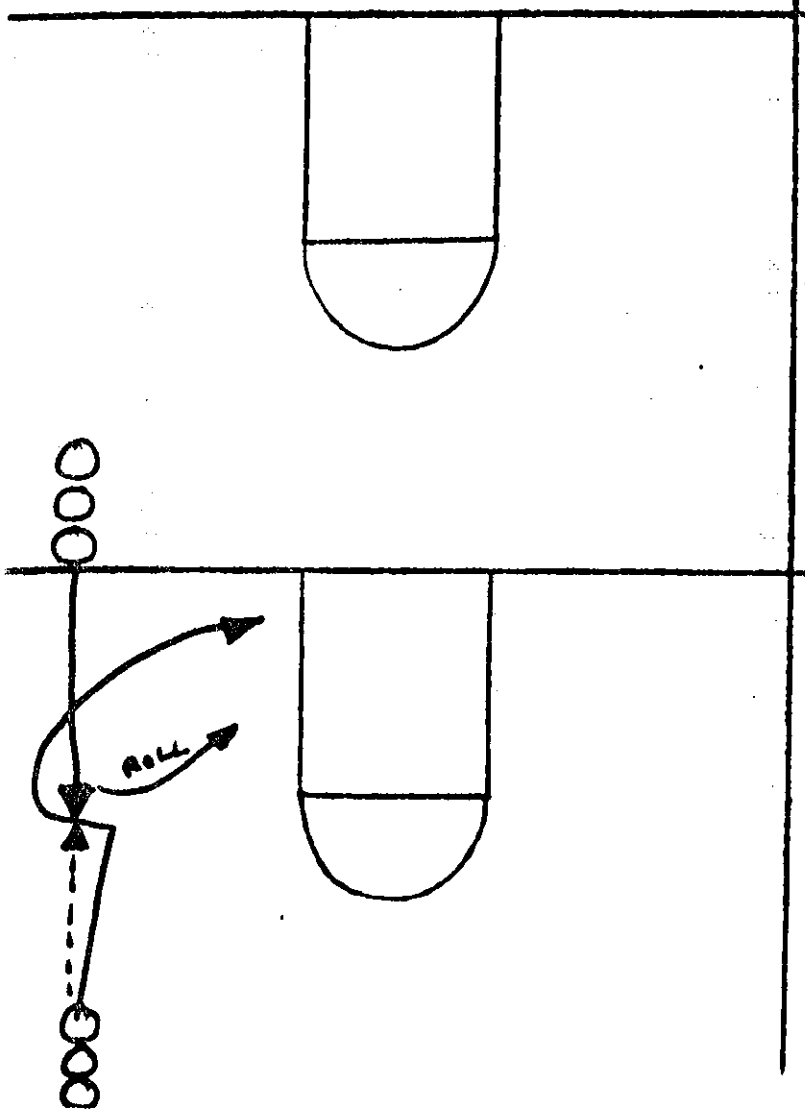
Subject "C"

GUARD AROUND DRILL



Comments:

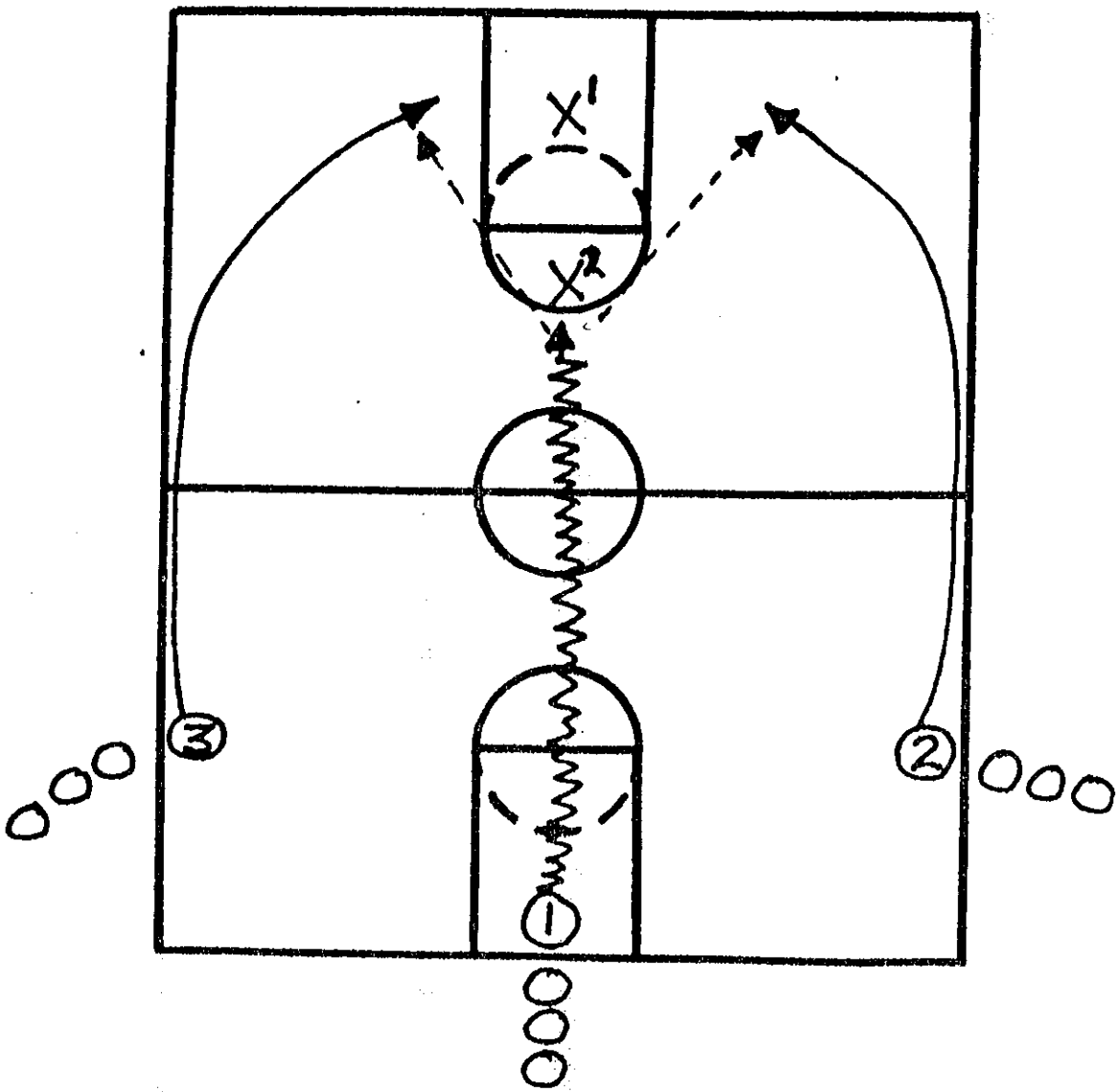
Use three basketballs for this drill which are located with the first three players in line "A". To start drill (2) sprints to the foul line extended, hits a jump stop upon receiving a pass from (1). Now (1) makes "V" cut off (2) who has passed the ball to (3). At this point (3) bounces passes to (1) who proceeds for a lay-up. (3) rebounds ball and goes to the "B" line. (1) goes to "C" line, (2) goes to "A" line.



This is the same drill with only two players. The "pick and roll" can be used here.

In both drills vary the type of shots, passes and shooters.
Stress correct execution or cuts passes and timing.

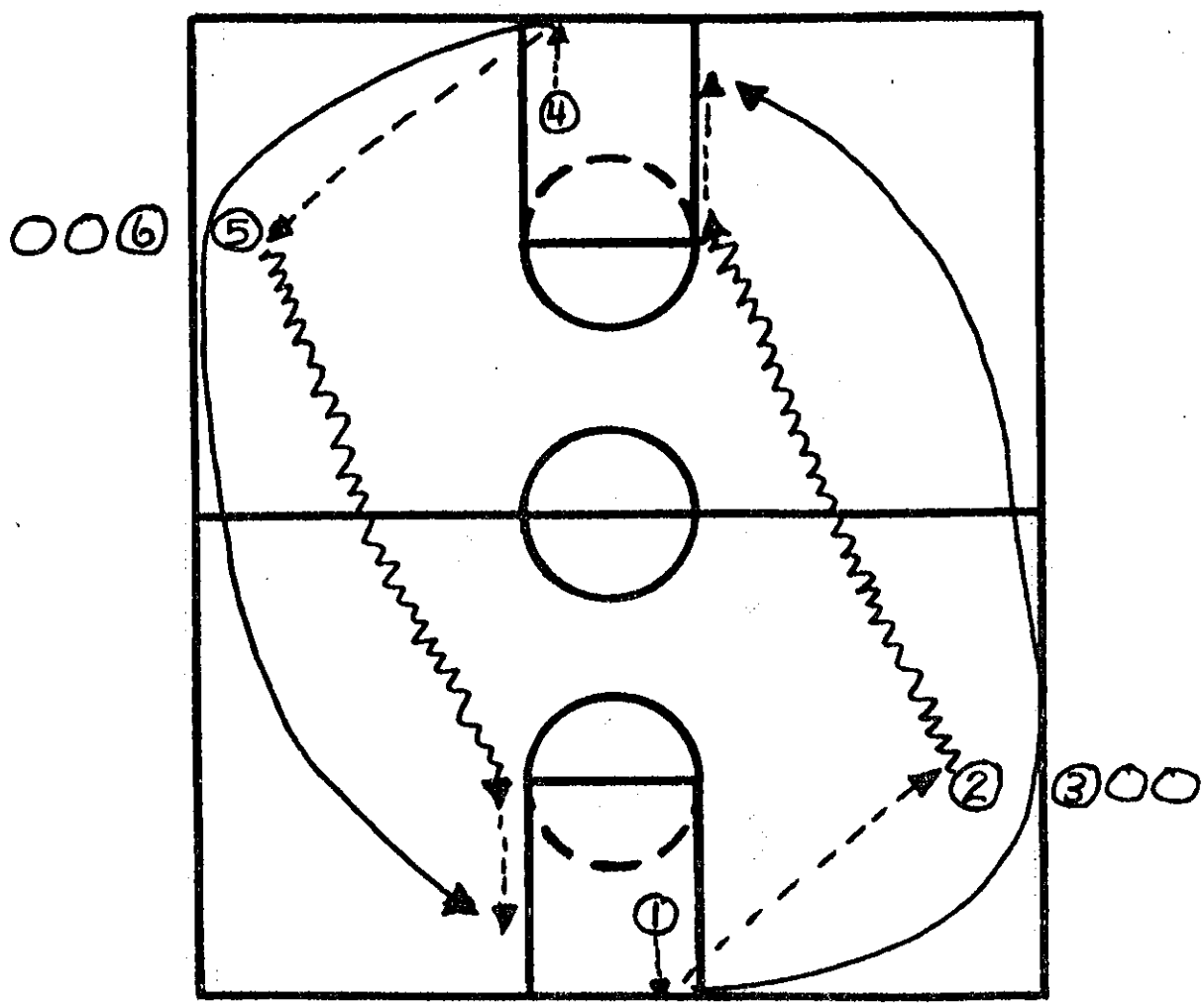
Drill: POCONO FAST BREAK DRILL



Notes:

The drill starts with a 3 on 2 fast break situation.
At the completion of the fast break attempt (1) goes back on defense, as X^2 and X^1 advance the ball back up court thus creating a 2 on 1 fast break. (3) and (2) remain down court and serve as the next set of defenders. The drill continues in this manner.

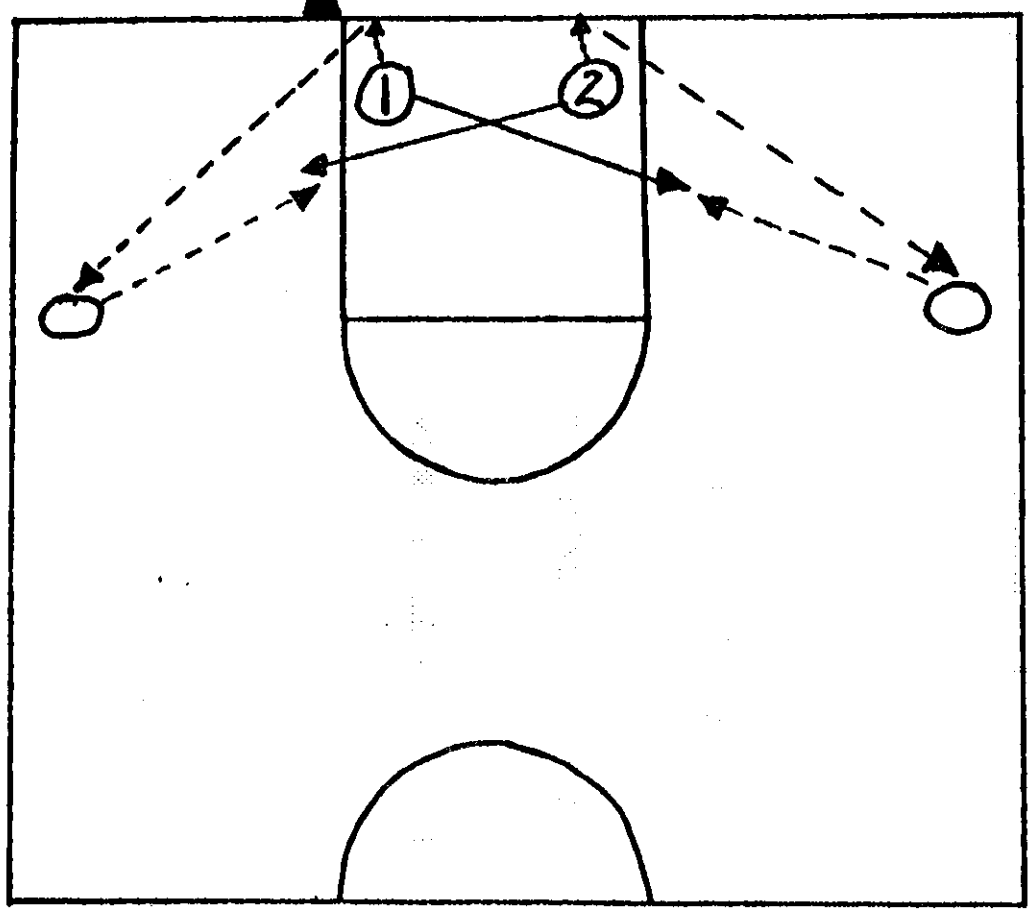
Drill: FAST BREAK LAY-UPS



Notes:

(1) and (4) will throw the ball off the backboard and aggressively rebound the ball, making a half turn in the air, upon landing they will immediately outlet the ball to (2) and (5). These players will speed dribble the ball up the court toward the side of the circle on their half of the court. (1) and (4) will sprint down the court, filling the lane, looking to receive a pass from the dribbler. (1) and (4) will pass to the cutter who will go in for a lay-up. (2) and (5) will rebound the ball and outlet it to (6) and (3) as the drill continues in a similar manner. The type of shots can be varied - also you can reverse directions.

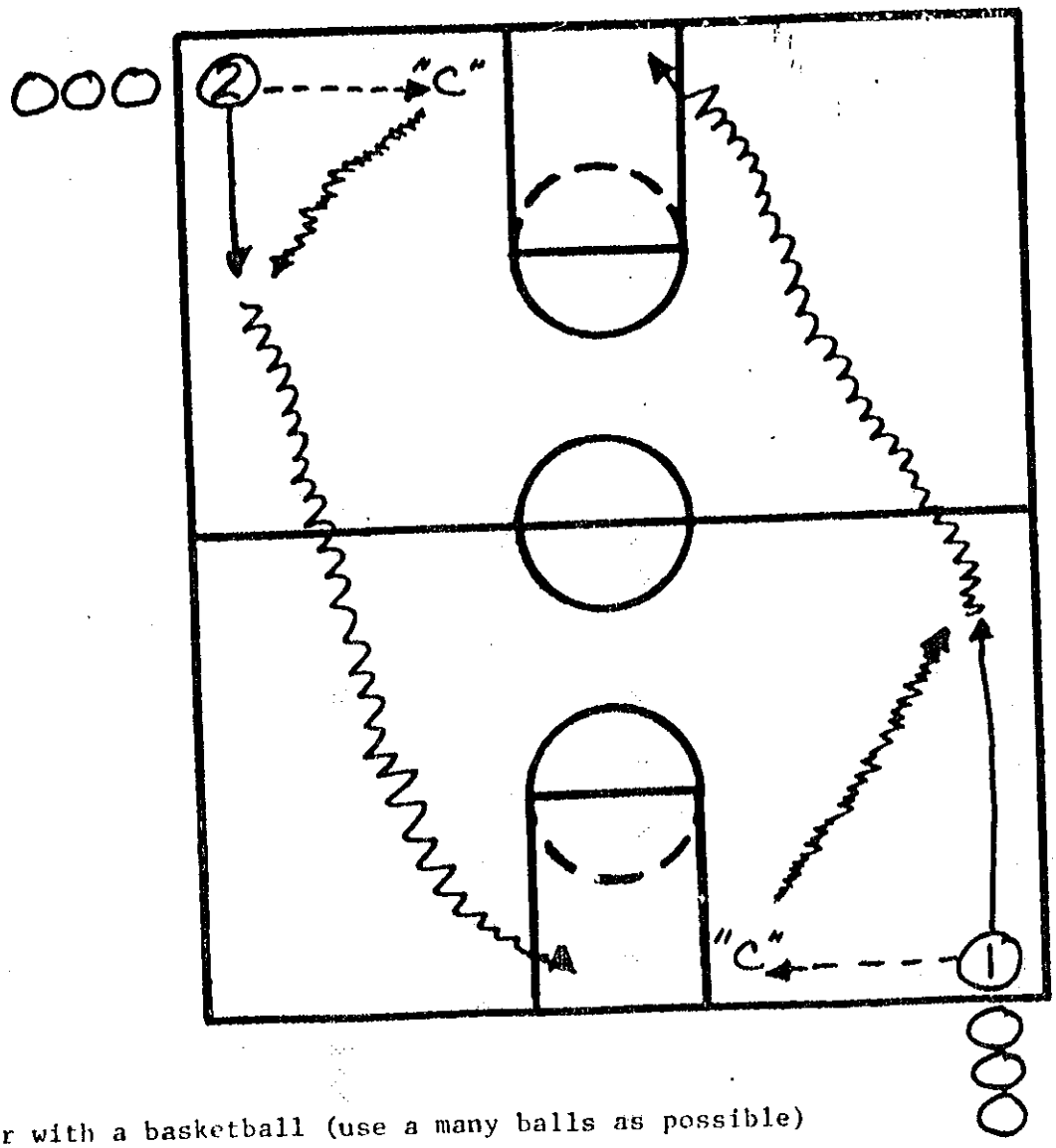
Subject: POST MOVEMENT DRILL



Comments:

(1) and (2) throw the ball up on the board and aggressively rebound the ball. They will turn and outlet the ball to the players stationed at the wing positions. (1) and (2) will exchange mid-post positions and post-up strong to receive a pass from the wing. On the left side of the basket only power moves will be attempted. On the right side of the basket only turn around jump shots or hook shots will be attempted.

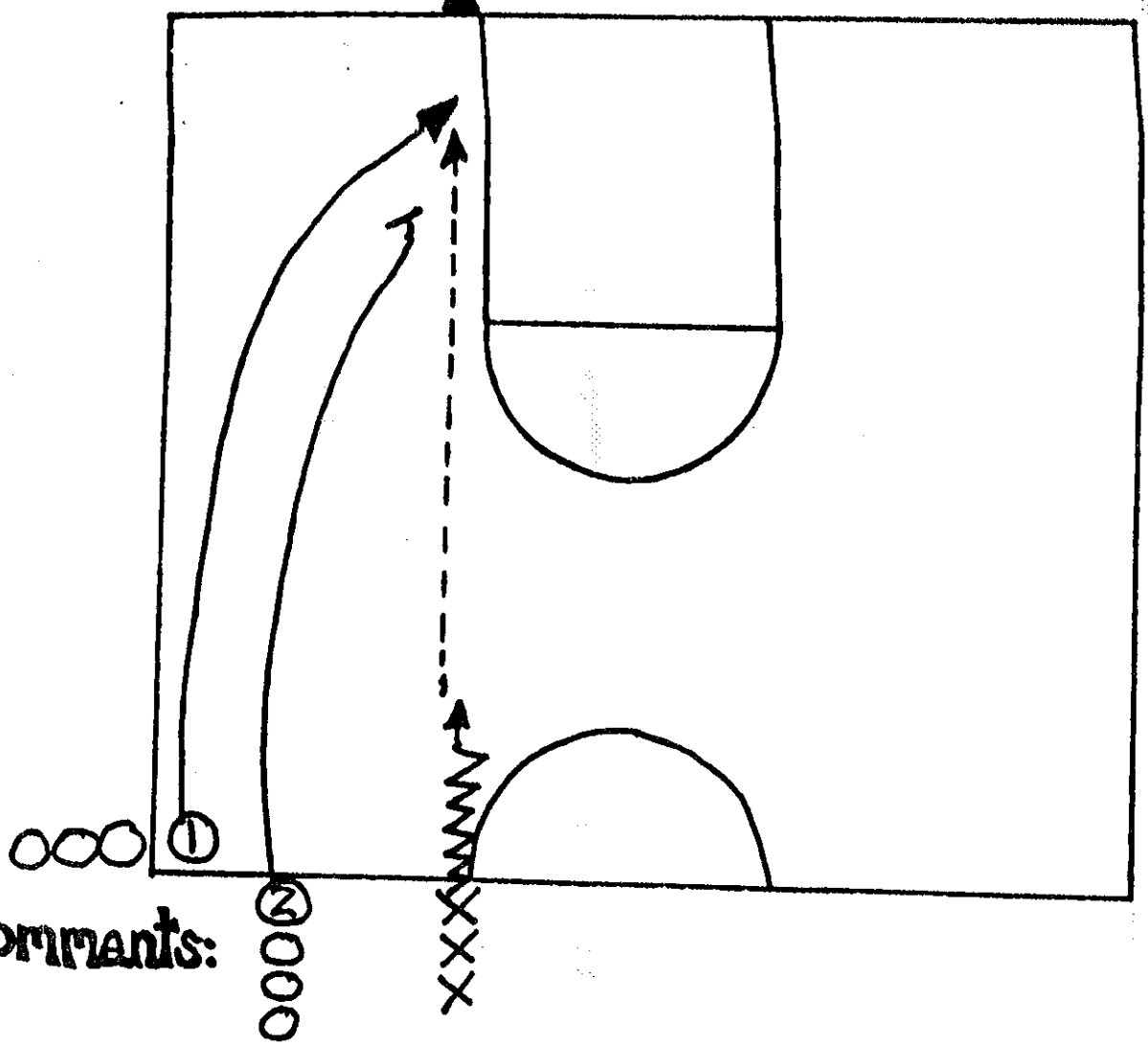
Drill: SPRINT LAY-UP DRILL



"C" is a coach
"O" is a player with a basketball (use a many balls as possible)

The drill starts with the first player in line passing his ball to the coach. The coach will advance the ball up court by rolling, throwing or bouncing the ball. (At various speeds and locations.) "O" must sprint after the ball, pick it up, speed dribb the ball toward the basket and lay the ball up. He rebounds his own shot. Should the player allow the ball to go out of bounds he does five push-ups or if he misses the lay-up he does five push-ups. The type of shot can be changed to a jump shot. Run t drill for no longer than two minutes.

Subject: PRESSURE LAY-UP DRILL

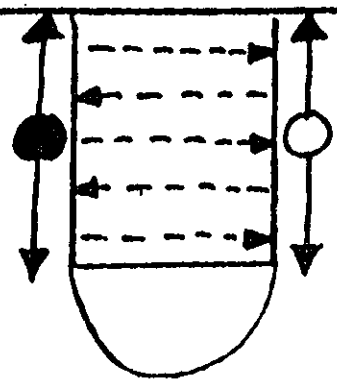


Comments:

"X" has a basketball.
(1) will face "X" on the offensive half of the court.
(2) will station himself on the defensive half of the court placing his back to the basketball and continue to maintain it in this position during his movement toward the basket.
"X" will drive the ball toward the basket no more than three dribbles. This starts the drill. (1) breaks for the basket with (2) chasing him. "X" will attempt to lob or direct pass the ball to (1) for a lay-up. (2) will apply as much pressure to (1) as he can making it difficult for him to receive the ball or complete the lay-up. (1) goes to "X" line. (2) goes to the (1) line and "X" goes to the (2) line.

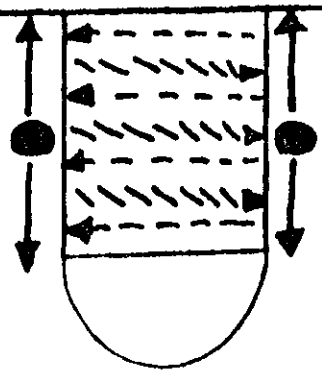
This drill can be run to both ends of the court.

Subject: LANE PASSING DRILL

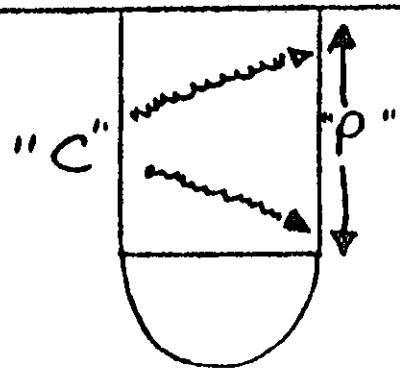


Comments:

Conduct this drill in 15 second intervals. Station two players across the lane from each other, ● has a basketball. On the coach's signal they will pass the ball back and forth as they move up and down the lane. (No higher than the foul line, no lower than the baseline.) They mix up their passes. Stress that the players stay up on their toes, knees bent, hands ready.



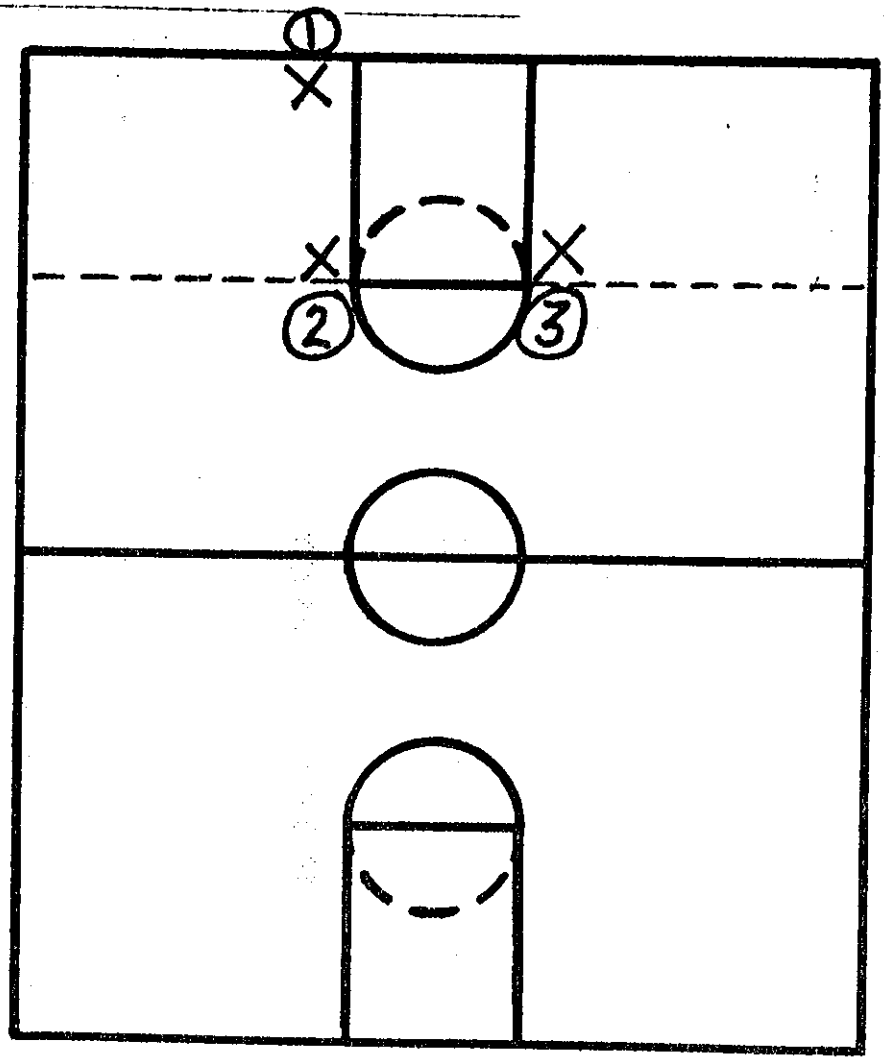
This drill is conducted in the same manner as the above drill except that two balls are used. One player will throw bounce passes (\\\\\\►) and the other player will throw chest passes (------►). The coach can call for a "switch" in the type of passes being used by each player, any time he wants.



"Roller" Lane Passing Drill

"C" the coach has a basketball. He will roll the ball in any direction (within the lane boundary) and "P", the player will shuffle (stay down in a defensive type stance) and get the ball. He passes the ball back to the coach and the drill continues in a like manner. If the ball gets by the player he must do 5 push-ups. Stress that the player stay low in his movements.

Drill: "HOCKEY" DEFENSIVE DRILL



Notes:

RULES:

A) The ball cannot be entered past the foul line extended.

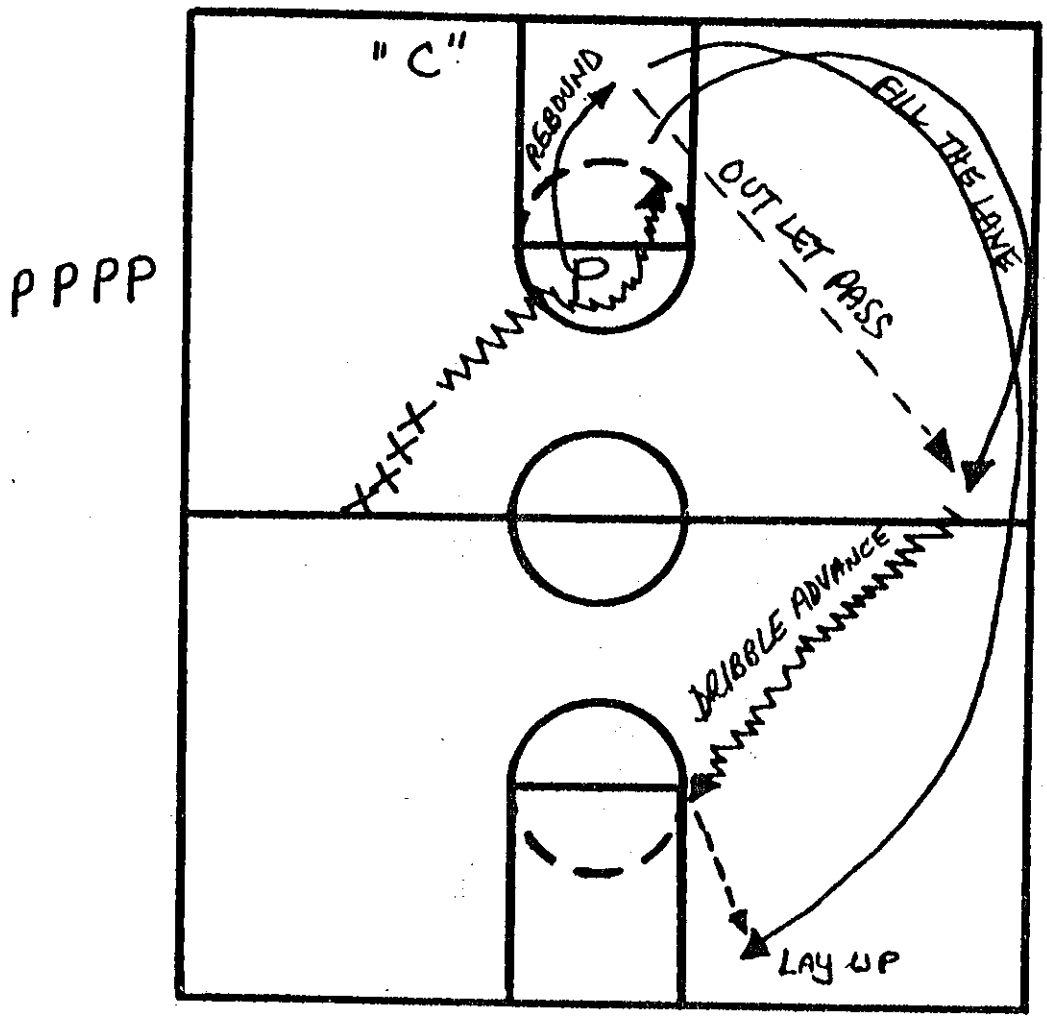
B) No dribbling allowed in the back court area. (Once comes across half court allow three dribbles)

C) The second pass can't be ahead until ball has crossed half court.

D) Once ball crosses half court the offense must make three passes before it can shoot.

*Reward the defense for gaining possession of the ball.

Drill: "HEY" DRILL



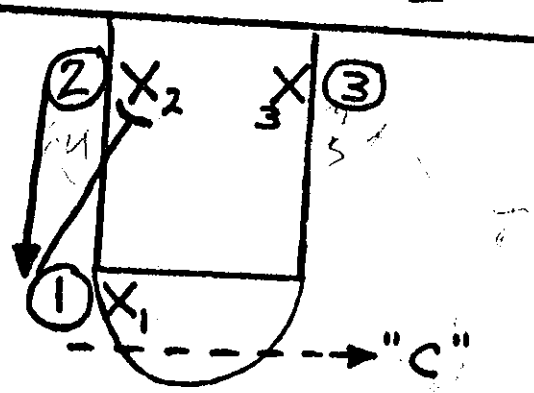
Notes:

"P" will be the line for players to be stationed at the high post.
"X" will be the line for players who will have a basketball and will make an offensive movement with the ball.
"C" is the position of the coach.

"X" will drive the ball off the high post man (on the dribble) as he is doing this the coach can call out "Hey", at this point the player must quickly stop and take a shot. Should the coach not give a signal, the player continues in for lay-up. The post man will be the rebounder. He will outlet the ball to the shooter who has now begun to advance himself up court. Upon receiving the ball he speed dribbles the ball up court to the side of the circle. The rebounder fills the lane up court and will ultimately receive a pass from the dribbler which he receives and takes to the basket for a lay-up. The drill can be changed by having "X" pass to the post and make a "V" cut off the post to receive the ball. The same rules of movement apply from here on. The "X" player and the "P" player switch lines at the completion of the drill.

Subject

PASSING GAME DEFENSE

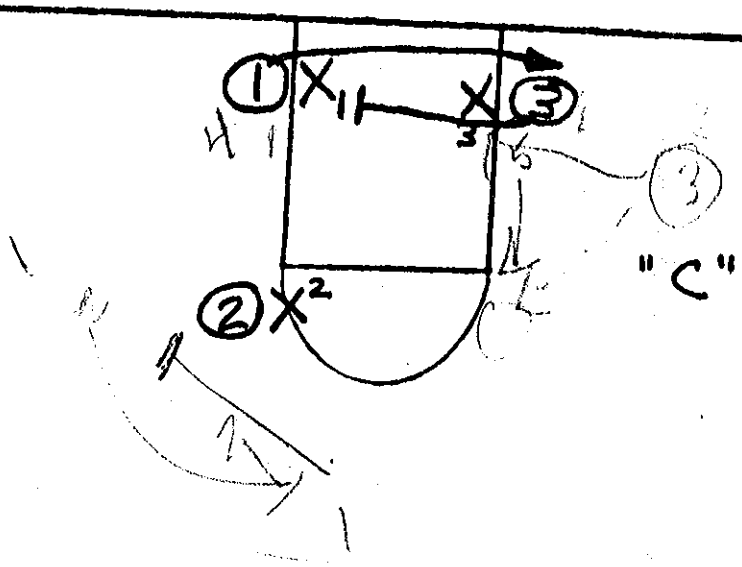


Comments:

The purpose of this drill is to teac the defenders to successfully react passing game type screens.

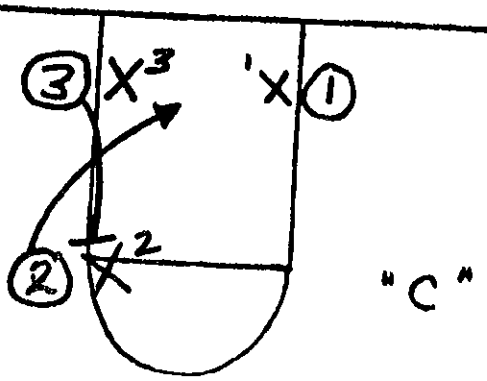
Down Screen

(1) passes to "C" - the coach and (1 screens down bringing (2) to the top of the circle. X^1 and X^2 will defend this screening situation in accordan with his coaches defensive philosophy (3) will post up strongly, which requ X^3 to play aggressive ball side defer The coach is looking to hit the open



Cross Screen

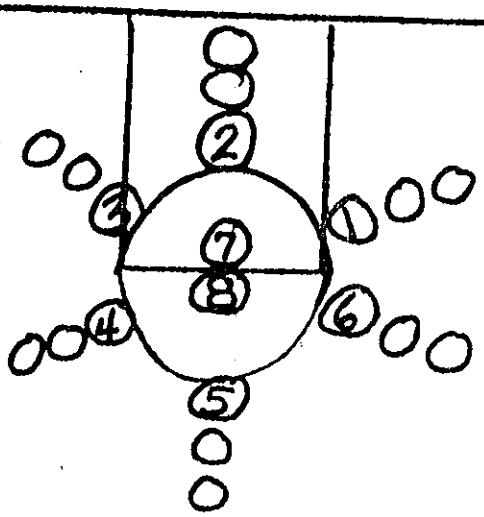
The movement is constant. (3) screens away bringing (1) to the ball side. X3 and X^1 must successfully defend this cross screen.



Back Screen

The final movement is a back screen by (3) bringing (2) to the basket. X3 and X^2 will defend this screen.
This movement exposes the defenders to the three basic screening situations that they will see in the passing game offense.

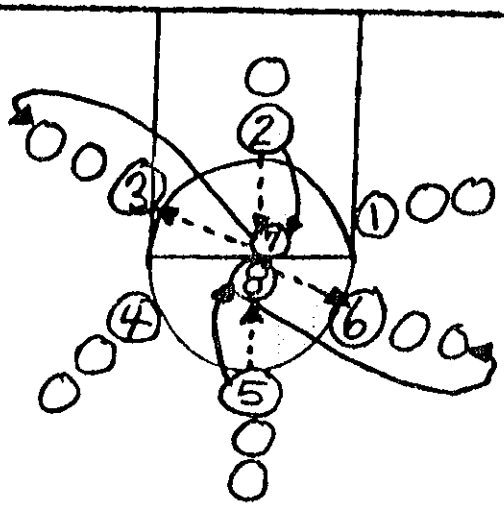
Subject: CIRCLE PASSING DRILL



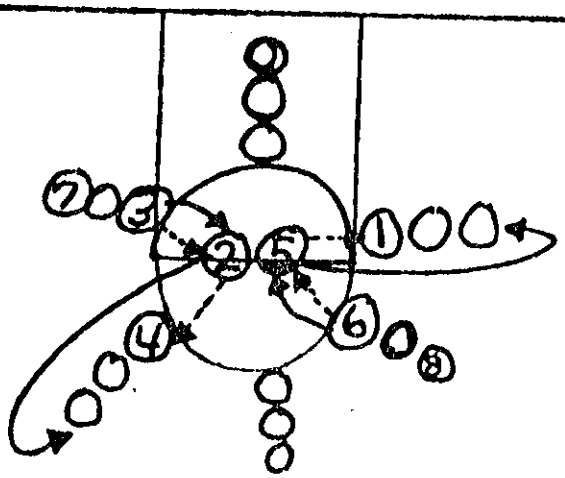
Comments:

Position players in the manner indicated on the drawing. (2) and (5) should have a basketball. (7) and (8) should be facing the player nearest them with a basketball

The basic rule is always pass and follow your pass

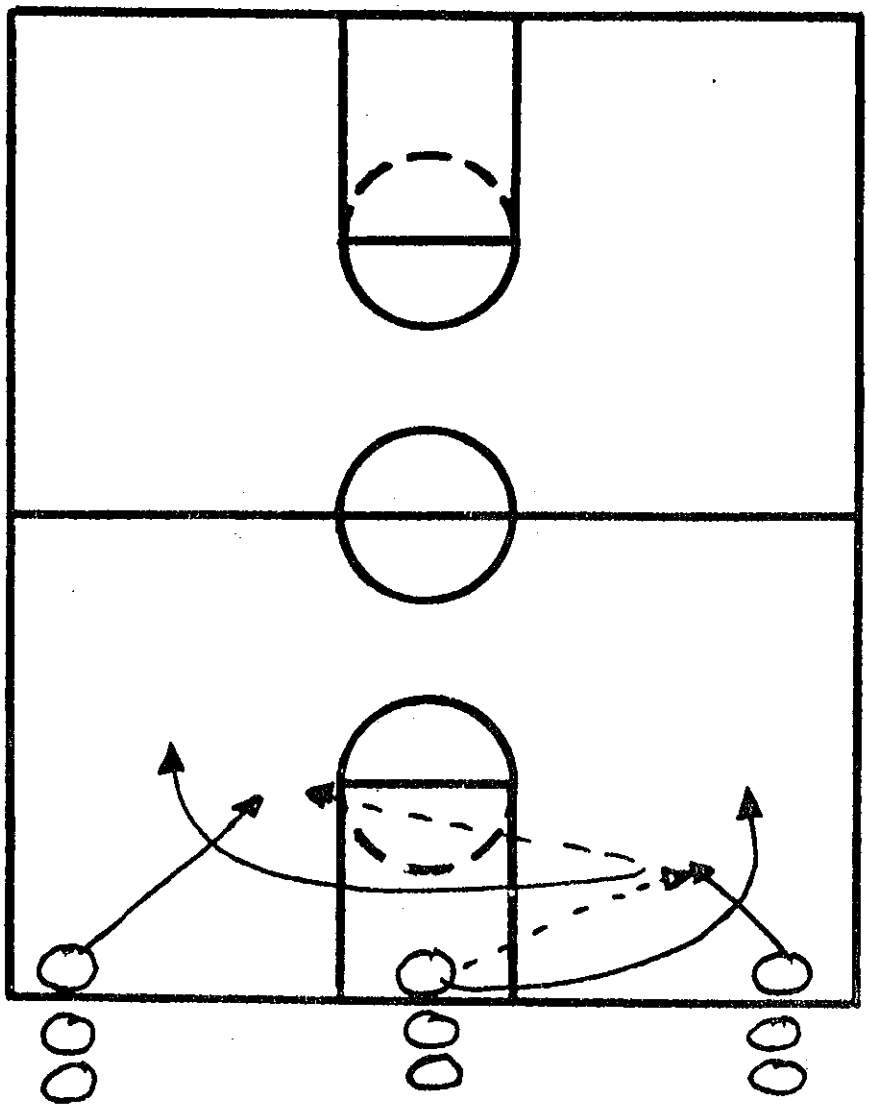


(2) passes to (7) and follows his pass, replacing (7) in the middle of the circle. (7) passes to (3) and follows his pass, replacing (3) by going to the end of (3) line. (5) passes to (8) and follows his pass replacing (8) in the middle of the circle. (8) passes (6) and follows his pass, replacing (6) by going to the end of the line (6) was in



(3) passes to (2) and replaces (2).
(2) passes to (4) and replaces (4).
(6) passes to (5) and replaces (5) while (5) passes to (1) and replaces (1)

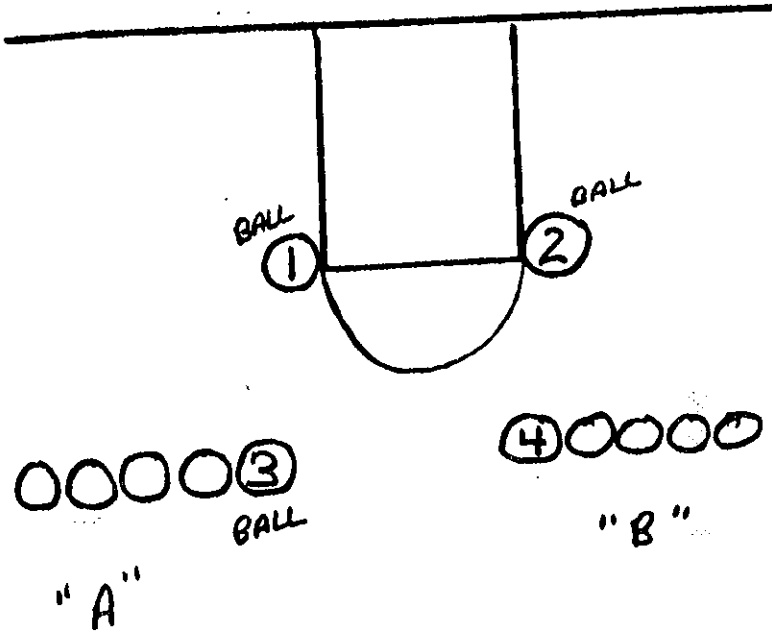
Drill: WEAVE TRANSITION DRILL



Notes:

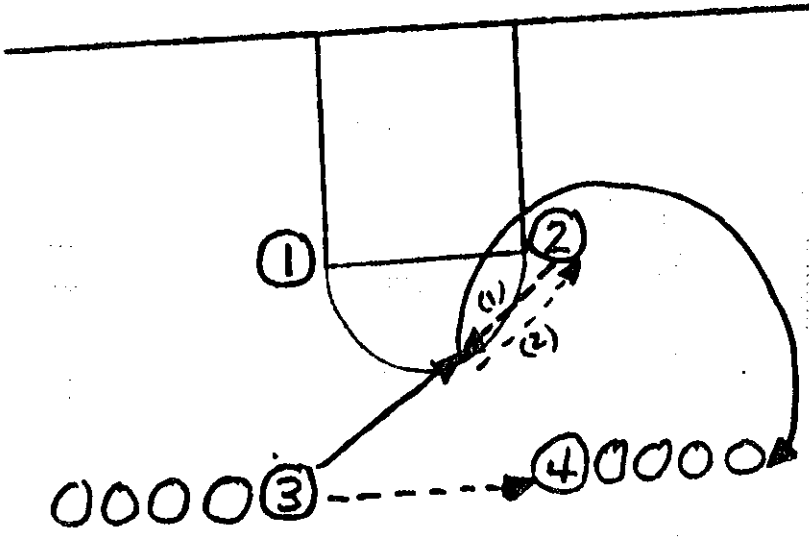
This drill begins with the basic three man weave drill. The drill continues down court until the players arrive at the opposite baseline. The player who ends up with the ball as they arrive at the baseline drops the ball and retreats back down court on defense. The remaining two players (once one picks up the ball) advance the ball back up court in a fast break manner. This drill can be turned into a four man weave, and a five man weave situation creating 3 on 1 and 3 on 2 fast breaks.

Subject: MICHIGAN PASSING DRILL

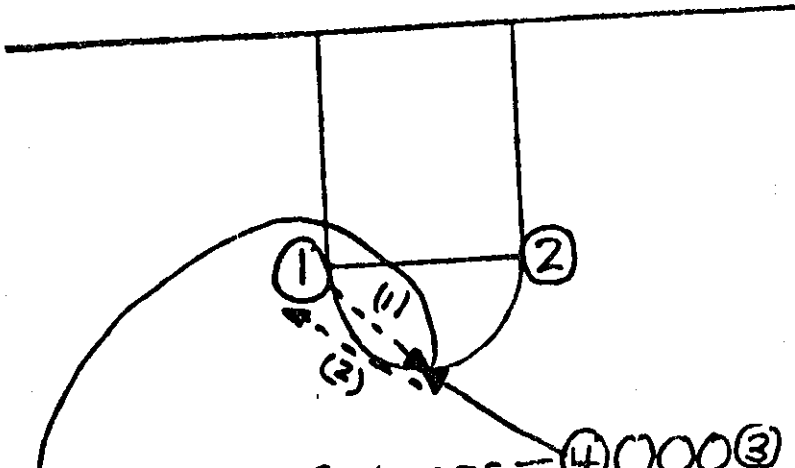


Comments:

A) Players (1), (2) & (3) have a basketbal
B) Place (1) and (2) at the ends of the foul line
C) Lines "A" and "B" should be 10 feet away from (1) and (2)
D) The basic rule for the players in lines "A" and "B" is always pass straight ahead and cut toward the opposite post man to receive a pass. Pass the ball back to the post and cut behind post to opposite line

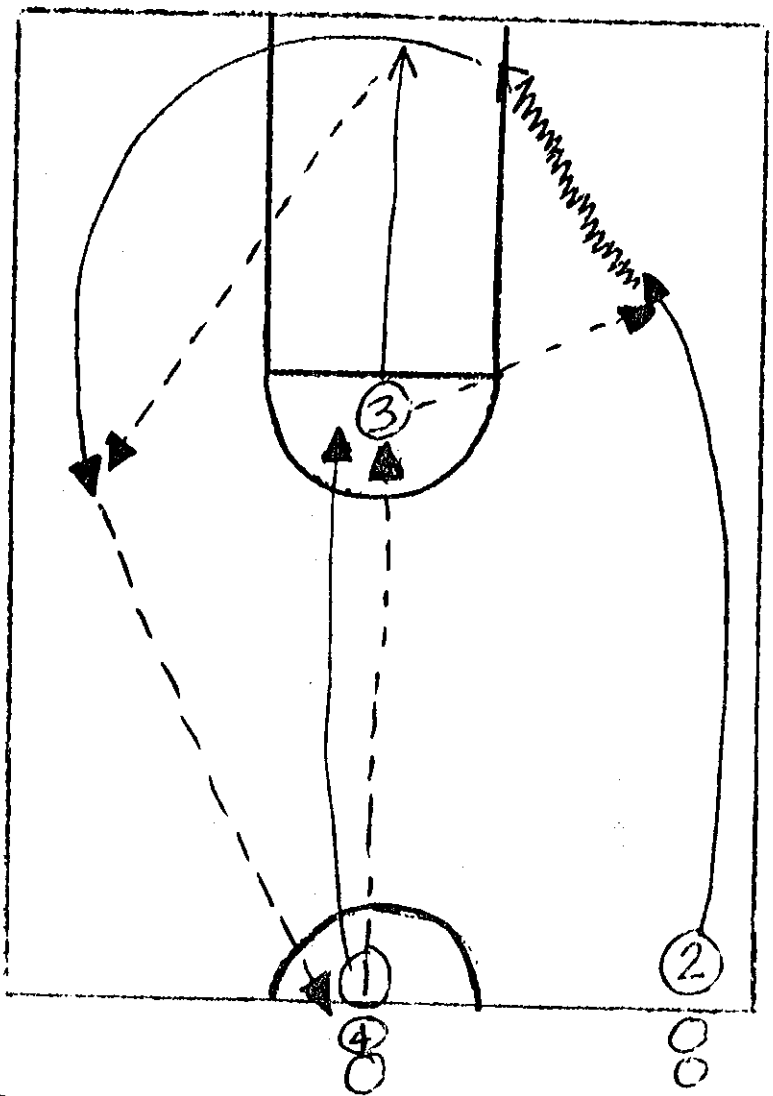


(3) passes to (4) and cuts toward (2) to receive a pass from him.
(2) hits (3) and (3) returns the ball to (2) and makes an inside cut going behind (2) and placing himself at the end of the opposite line



(4) passes to the opposite line and cuts toward (1) to receive a pass f (1). He returns the pass to (1) an makes an inside cut going behind (1 and placing himself at the end of t opposite line

DRILL: Ball Moving Drill (Passing)



EXPLANATION:

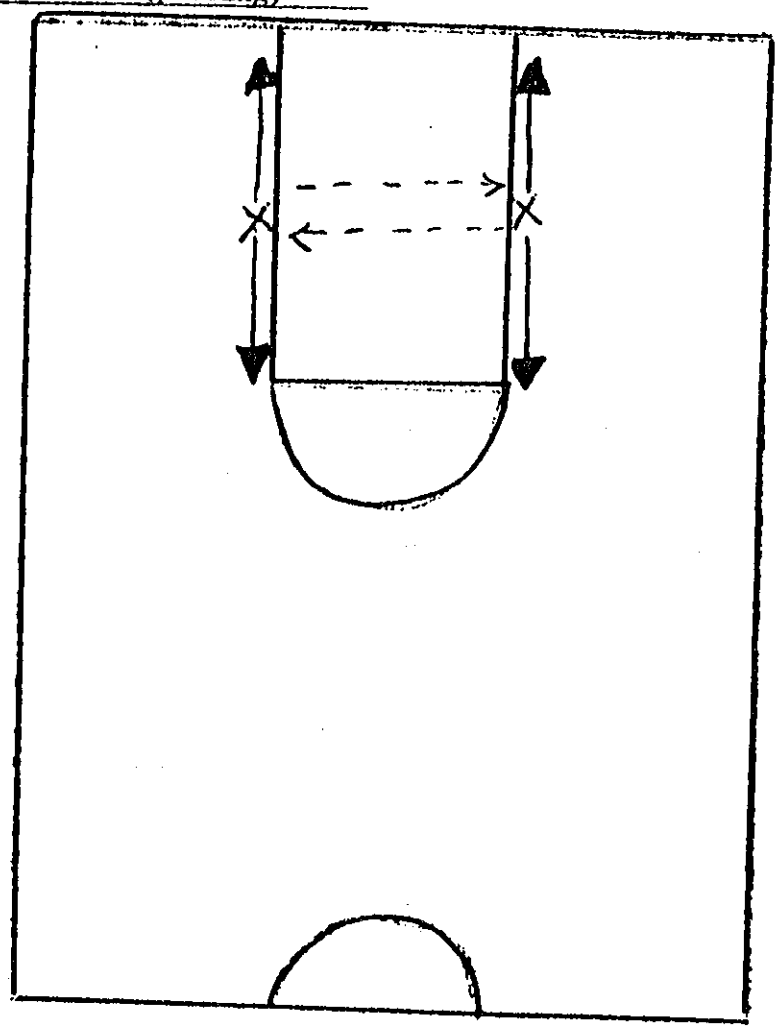
(1) will pass to (3) and out to the position held by (3) (2) will break to the basket and receive a pass from (3) (3) will rebound (2) shoot and outlet it to (2) as he breaks up court on the opposite side of the court. (2) will pass to (4) This drill mus be done at top speed.

1 go to 3 line

3 go to 2 line

2 go to 1 line

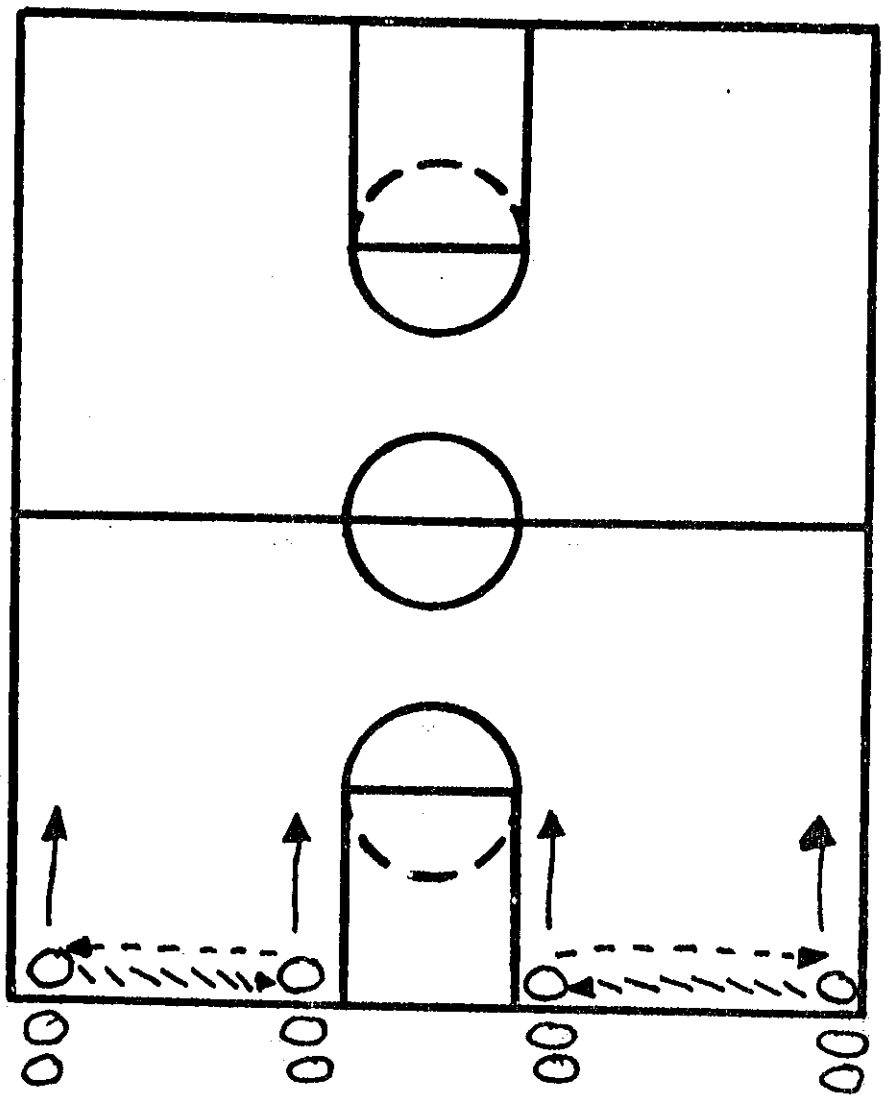
DRILL: Lane passing drill (passing)



EXPLANATION:

This is a reaction drill, a passing drill and a conditioning drill. We want these two players to pass the ball up and down the lane. They should mix up their passes. We will do this drill anywhere from 30 seconds to a minute.

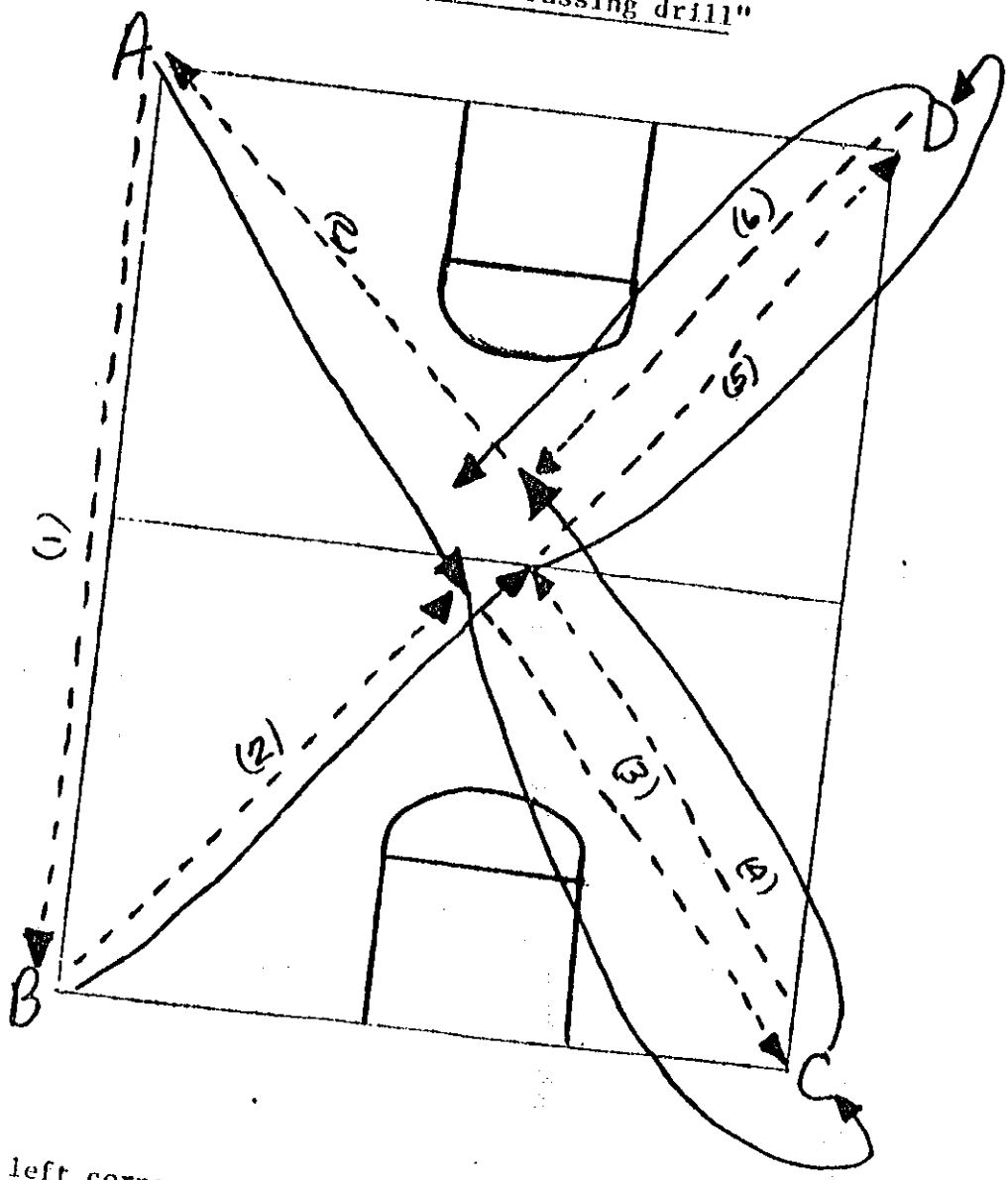
Drill: TWO BALL PASSING DRILL



Notes:

The first player in each line has a basketball. The drill starts with the players moving down court passing the ball. The players on the outside positions will throw bounce passes (⌇⌇⌇⌇▶) and the players at the inside positions will throw chest passes. Once they reach the far baseline, the players return back down court and they switch the type of pass they were making. Now the inside players are throwing bounce passes and the outside players are throwing chest passes.

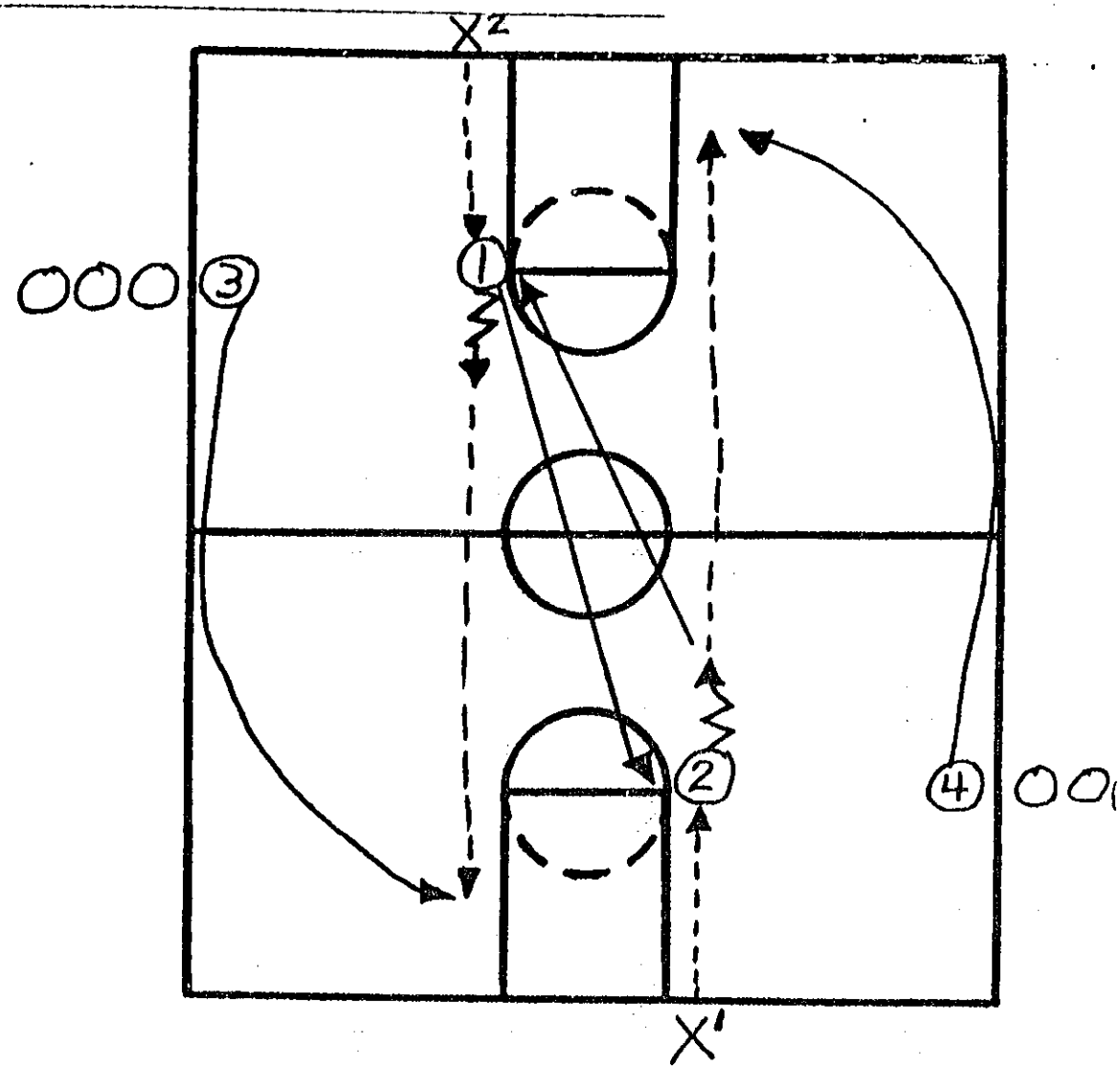
DRILL: Passing drill "Raytown Passing drill"



Explanation:

"A" in upper left corner starts drill with the ball. He passes to "B" in the corner to his right. "A" then moves to the center of the court and looks to his right for a return pass from "B". "B" returns the pass to "A" in the center of the floor. "A" passes to "C" in the corner. "A" goes to the end of "C" line. "B", after passing back to "A", has moved to the center of the court looking to his right for a pass from "C". "C" hits "B", and "B" passes to "D" in his corner. As "C" has now moved to the center of the court looking for a pass from "D", "B" goes to the "D" line. "D" goes to the center of the court after passing to "C". Drill continues around the square. Start using one ball, later use two. Always look to your right for a pass and move to the center of the floor.

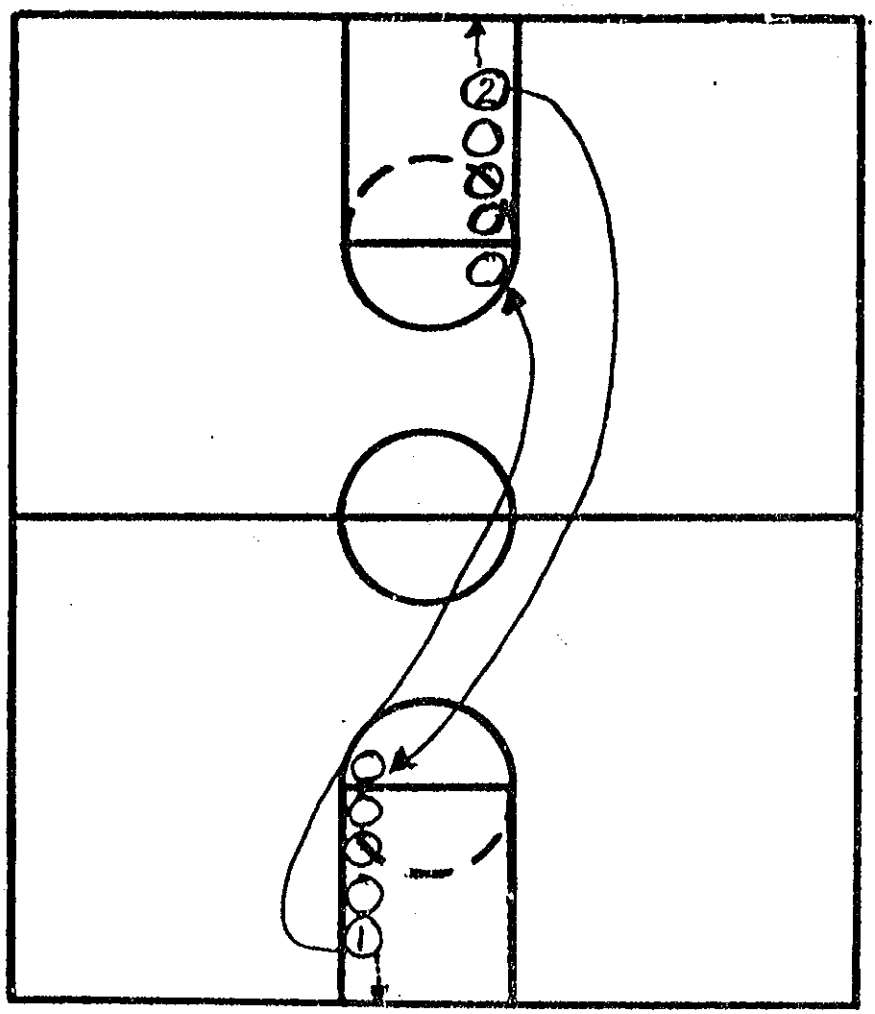
Drill: HUSTLE FAST BREAK DRILL



Notes:

X^1 and X^2 will serve as rebounders and inbound passers.
(1) and (2) are ball handling guards who will receive the inbound passes.
(3) and (4) will wait until the ball has been inbounded and fill the lane on their side of the court.
The drill starts with X^1 and X^2 inbounding the ball to (1) and (2). These players will turn and advance the ball no more than three dribbles and then pass the ball up court to the player filling the lane on his side of the court. (1) and (2) quickly get up court, going to the opposite side of the court (circle) to receive another inbounds pass. The drill continues in this manner. (3) goes to the (4) line. (4) goes to the (3) line. The coach replaces (1) and (2) or X^1 and X^2 when he chooses. Stress running the lanes hard.

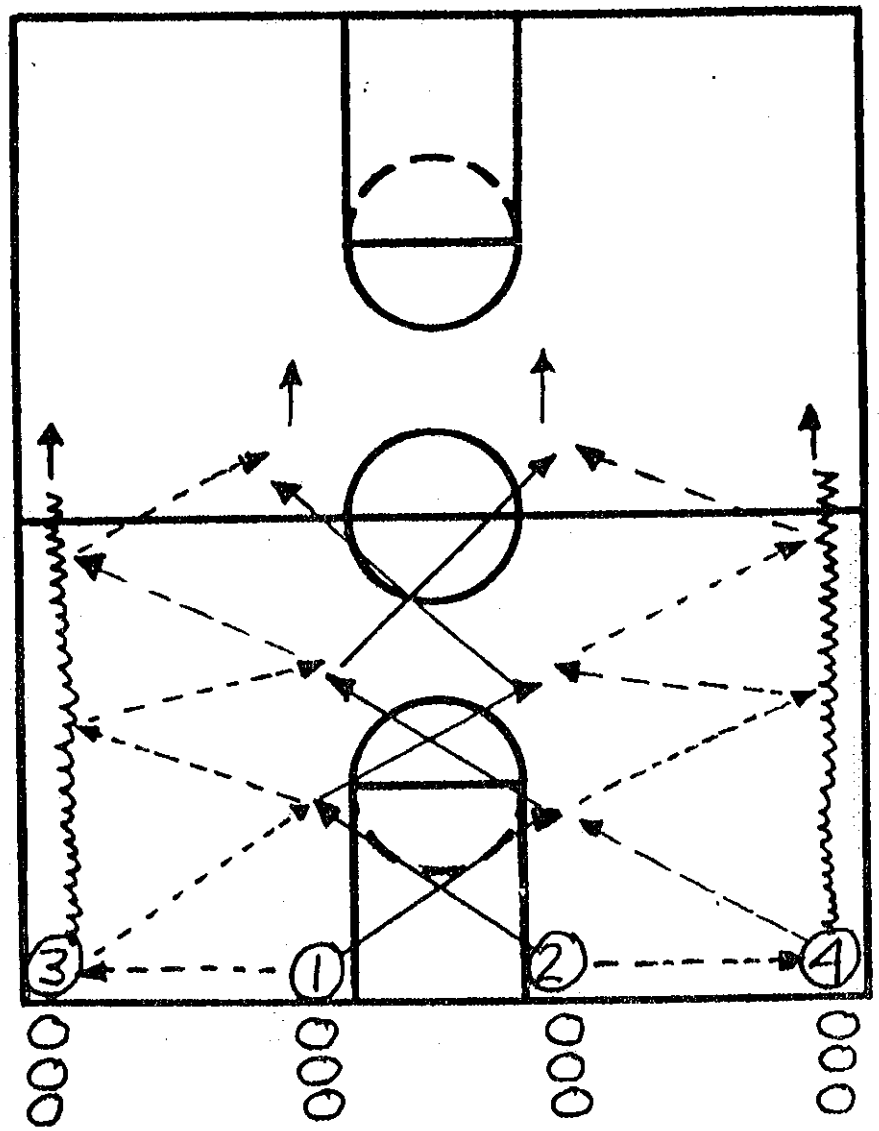
Drill: TIP AND SPRINT DRILL



Notes:

(1) and (2) have a basketball. Two lines of players are set up with one line in front of each basket. The drill starts with (1) and (2) throwing the ball off the boards and quickly racing to the line at the other end of the court. The next player in line taps the ball (high) back upon the boards and races down to the opposite line. Each succeeding player handles the drill in a similar manner. The drill is done for sixty seconds. Should the ball hit the floor an extra 10 seconds is added for each interruption.

Drill: INTERCHANGE PASSING DRILL



Notes:

(1) and (2) have a basketball.
(1) passes to (3) and cut to the opposite side of the lane.
(2) pass to (4) and cut to the opposite side of the lane.
(4) pass to (1) and continues his movement up court.
(3) pass to (2) and continues his movement up court.

The drill continues in a similar manner with (1) and (2) criss-crossing after each pass. Once at the other end of the court (1) and (2) place ball on the floor and switch positions with (3) and (4). Then the drill starts again.