Philosophy

Defensively, our goal is to keep the other team from scoring. The only way to do this is to develop pride and character in the players so they are aggressive and willing to help each other. The mechanics and defensive slides are simple, bu it takes a lot of desire to keep working on doing things correctly after fatigue sets in. Only by being in outstanding physical condition will we be able to play championship defense.

On defense our goal is to apply relentless defensive pressure while forcing our opponents into mistakes. Our defense is not necessarily trying to steal the ba and block shots, but instead contain our opponents by influencing them into high risk areas. Once we have a good trap in a high risk area, our defense anticipates and capitalizes on the opponents mistake.

Ball Press

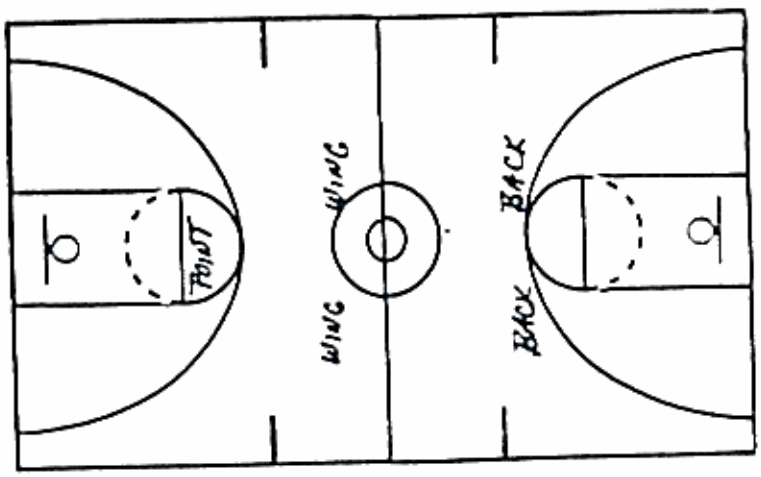
Since we want our players to react rather than think, we are going to play one defense. The defense we will play is the 1-2-2 ball press, all over the floor or all levels. By keeping things very simple defensively, we will be able to concentrate on efforts and reaction.

In playing the ball press, we hope to take our opponents out of their normal offensive rhythm and patterns. By playing this full court game, every opponent will have to prepare specifically for us.

The 1-2-2 ball press can only be effective if everyone works together to keep the ball out of the middle of the floor. All players must be constantly aware of ball movement. Ball movement must be anticipated and reacted to quickly and correctly. The players must learn to accept the ball, not run toward it.

Ball press rules and responsibilities have been broken down into 1. Basic Alignment 2. General Rules 3. Full-Court 4. Half-Court 5. Gray area coverages 6. Baseline Rotation 7. Special Situations

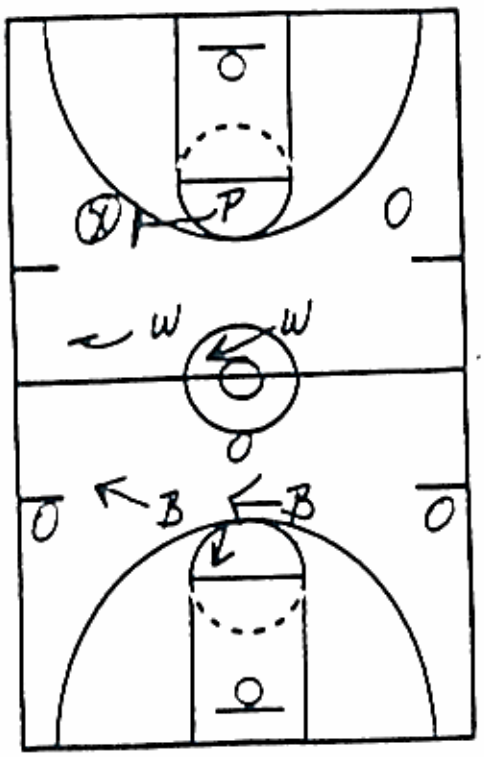
Basic Alignment



General Rules

1. Do not allow the ball in the middle of the floor on the dribble, or the pass.
2. Prevent lines and splits.
3. Channel the ball to the sidelines at the proper angles.
4. Anticipate passes and passing lanes.
5. Do not leave the middle on ball reversal until you hesitate and it is covered by a teammate.
6. Force lob and bounce passes so defense has recovery time.
7. Allow the reversal pass, but mentally be ready.
8. DO NOT RUN FORWARD TOWARD THE BALL.

Initial Responsibilities - Full - Court



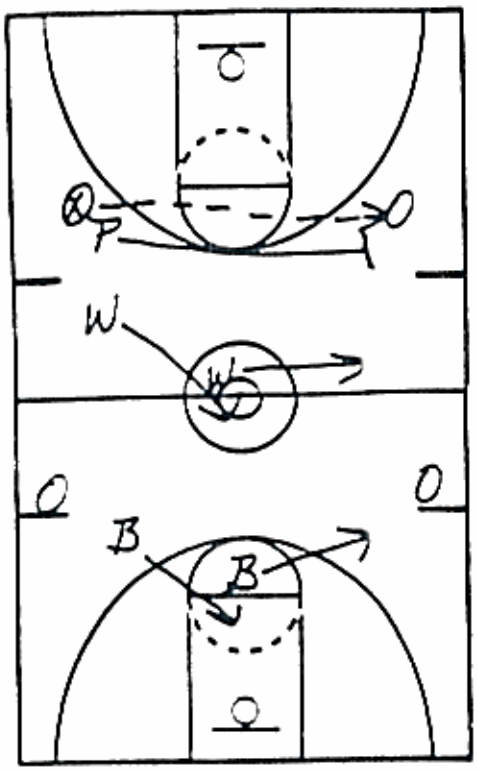
Point Guard - Key man; dictator; force ball down the sidelines (left); active hands and feet, good stamina. Everyone plays the wa the point plays. He can attack the ball or play halfway.

Strong Wing - Waits on the ball to come to him. No gambling. Stays to the inside and makes the sideline look open. While not allowing the sideline pass.

Weak Wing - Covers the middle. Finds the offensive man and stays between him and the ball.

Strong Back - Must read strong wing. Rule is "When ball comes, I come." Don't run toward the ball, but shut off the sideline pass. If the ball gets by the wing, he must trap with strong wing.

Weak Back - Covers the basket and anticipates the cross court diagonal pass.



Point Guard - Allows no direct passes, only lob or bounce passes. Chases the ball; deflects middle pass. Sometimes backs off when he reads the pass.

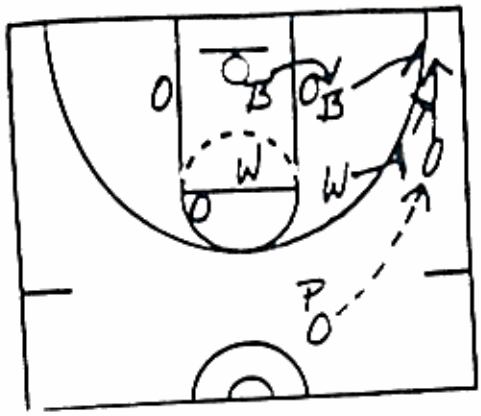
Strong Wings - Slides middle and keeps th ball out by staying between middle offensi man and the ball.

Weak Wing - Holds for a count on the reversal pass to allow the opposite wing to fill the middle. Cannot run toward the ball.

Strong Back - Drops basket and anticipates the diagonal pass and assumes weak back responsibilities.

Weak Back - Slides to the ball side and takes the first pass up the sideline and assumes strong back responsibilities.

•Man in the middle is physically covering the middle, but mentally covering the cross court pass (this is true for the weakside wing and the weakside back).
•Vary the pressure. May deny the ball in, 3/4., or half court depending on the opponents and adjustments. The pressure is adjusted by the play of the point guard. All out denial is signaled by moving the two index fingers back and forth.



Point Guard - Pressures the ball free throw line extended. When the ball goes below the free throw line extended, he covers the high post. When the man in the corner is trapped and turns his back to pass back out, the point releases and goes for the steal. He must work with the wings and hesitate to pressure the middle so the ball is always covered. If the point guard covers up for the wing on a fast break, then the wing must recognize this and take the high post away.

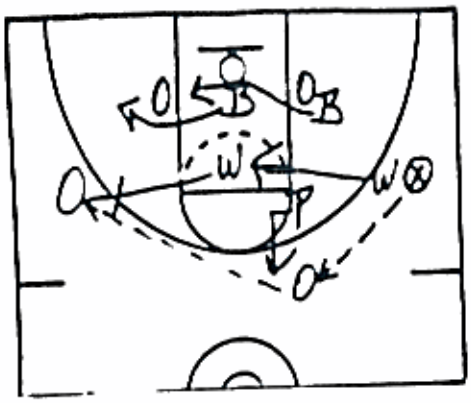
Strong Wing - Keeps the ball out of the middle with the ball above the free throw line extended. Must work with the point to make sure the middle is covered. If the wing has to pick up the ball, then the point must replace the wing. Strong wing traps in the corner with the back man. He must get to the middle on the ba reversal.

Weak Wing - Must get weakside rebound. He watches and anticipates the cross court pass to the opposite choke (L). Must read the type of pass coming from th trap. A good trap means a lob and interception. A direct pass from a poor trap and he must protect the lane if he can't intercept.

Strong Back - Plays in front of the strongside low post with the ball above or below the free throw line extended. Covers the corner by going outside in (force away from the baseline). Traps in the corner with strong wing and allows only pass back out front or lob pass over the top. Must stay in at the block on a penetrating guard.

Weak Back - Starts at the weakside block but must protect dots on the flash. Or the pass to the corner he must come across and front the low post from the baseline.

Reversal Responsibilities - Half Court



Point Guard - When the ball moves from the wing back to the point, the point guard must hesitate a count to let the strongside wing cover the middle (high post). The point must have his hands up discouraging the pass to the middle. Any penetration is the point guard responsibility. The point must change the penetrators angle to keep him form dribbling directly to the basket.

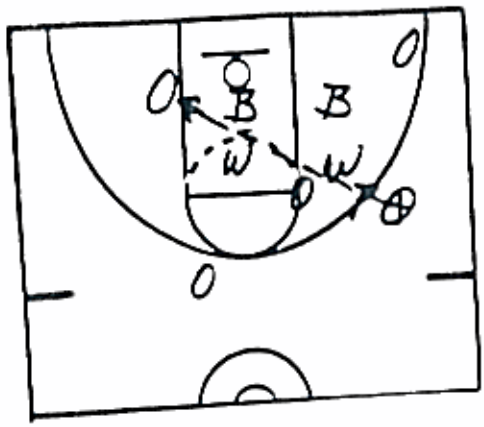
Strong Wing - On the swing pass from the corner to the wing or point, the strongside wing must keep the ball out of the middle. This means he must open and slide quickly toward the A zone (high post area) as the ball is reversed.

Weak Wing - On the skip pass to the weakside choke (L), the weakside wing mu: intercept or deflect. If a man slides behind the defense on the baseline it is also his responsibility. He must communicate with weakside back man so they can help one another. Must read type of pass from trap.

Strong Back - On the reversal pass coming away from the double team, he must get on top (ballside) of the offensive low post man to keep from being pinned for the dump down pass. This is imperative whether the pass is to the strongside wing, the top of the circle (high post), or the weakside wing (on the skip pass).

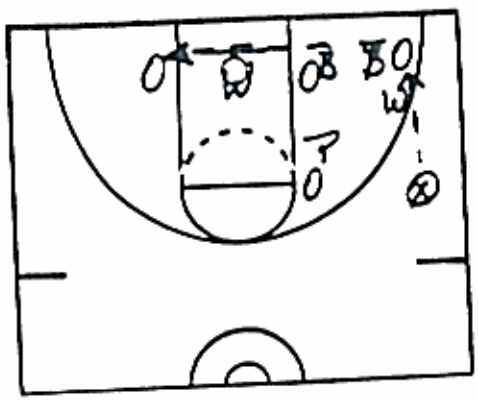
Weak Back - On the ball reversal he must not get pinned by the offensive low post. He must get to the dots and block the middle. Must cover for weak wing when he attempts a steal.

Gray Area Coverage



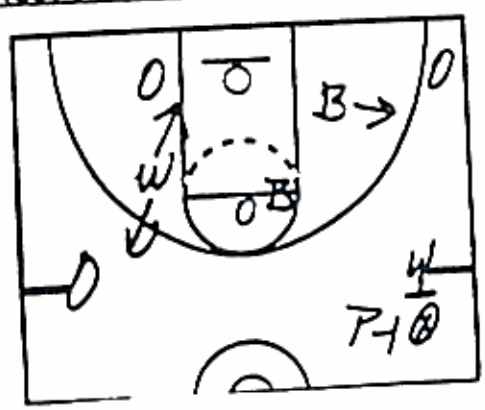
Once the ball is between the baseline and the wing, the weakside wing must compensate. If the ball is on the wing, then the weakside back has the diagonal pass coverage on the baseline. Wi a strongside offensive post player, the weakside wing has the diagonal pass.

Baseline Rotation



If the ball somehow gets baseline, then it is the weakside wings responsibility to stop the baseline pass to t weakside.

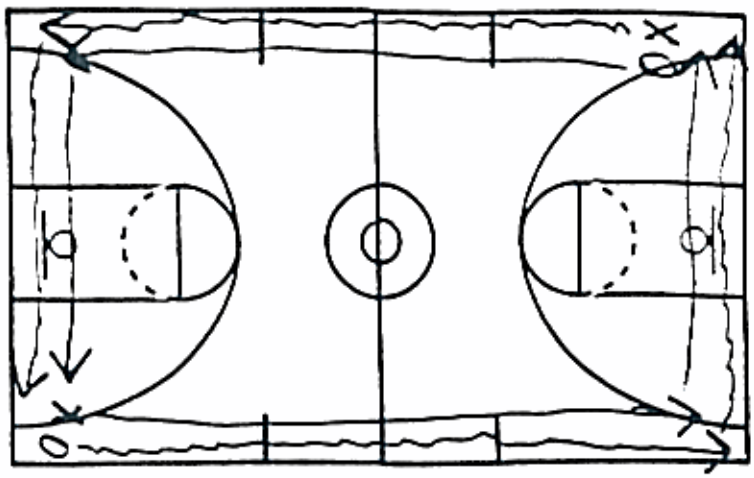
Special Situations - Stall/Slow Down



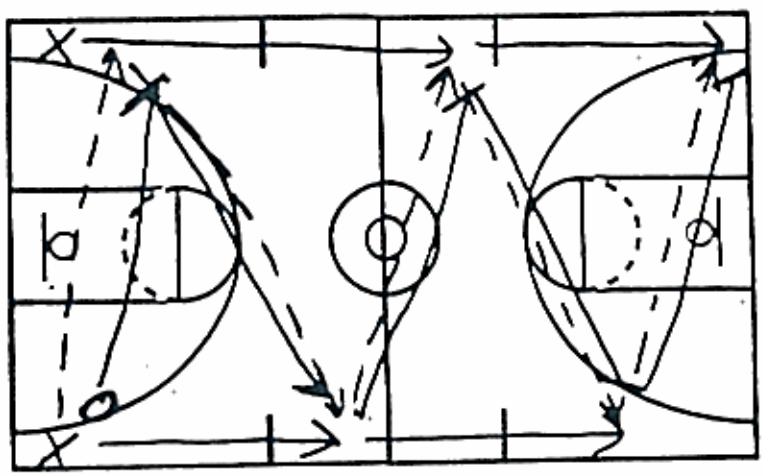
If teams try to slow the gam down by spreading it out, ou point guard must get in the passing lane out front and fo lob passes. We can also ge into a 1-2-1-1 alignment wit our top back man denying th ball in the middle. This allo our wings to release for the steal.

Ball Press Drills

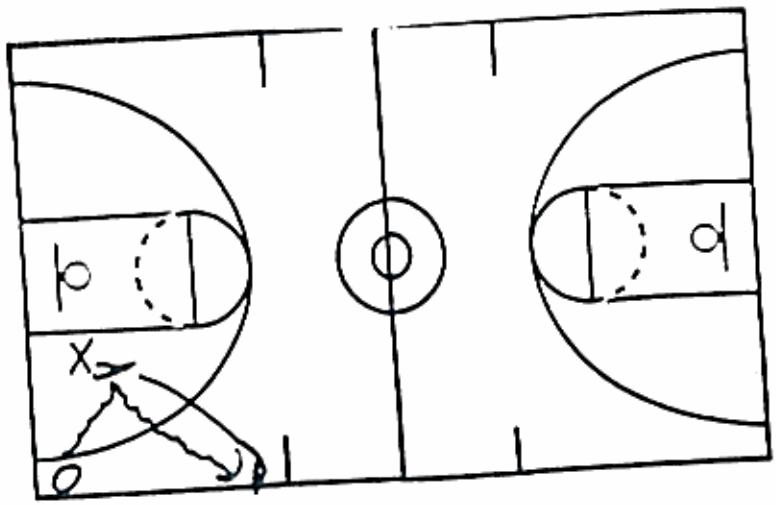
1. Shadow Drill - Offensive man dribbles down side with a hesitation dribble. Defensive man stays one step ahead with the lead arm out to stop the dire pass.



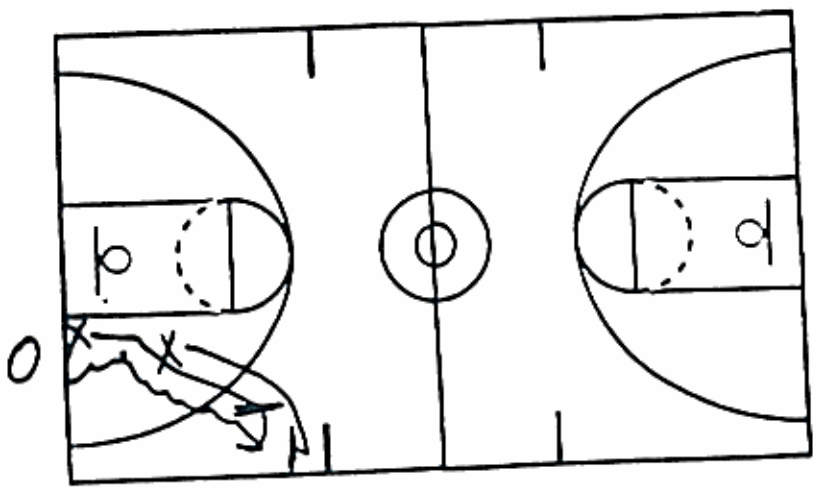
2. 2 on 1 - Open - the defensive player must open to the ball and sprint wher the ball is in the air. When the offensive player throws the ball, the defensive player must get his hands up to force the lob pass. The defende must run to the outside shoulder of the ballhandler.



3. Channeling Drill - One Man - The offensive man dribbles toward the free throw lane. The defensive man cuts off the path. The offensive man turns and tries to drive down the sideline. The defensive man cuts him off at the center line Repeat the 2nd half. Switch positions and come up the other side.

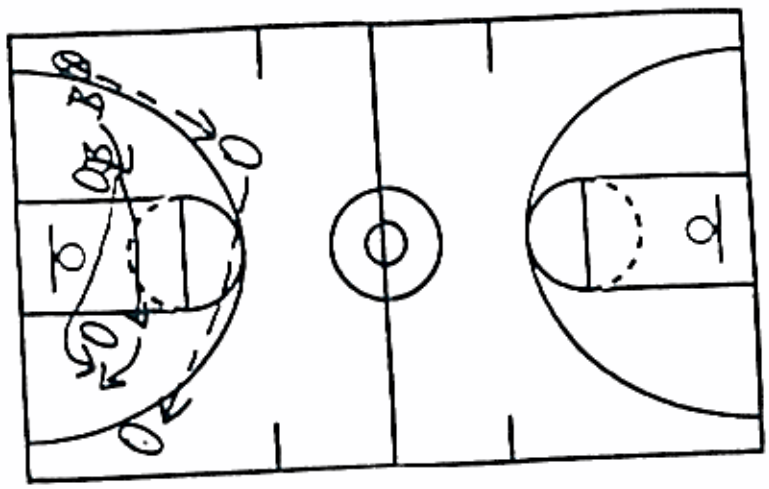


4. Channel Drill - 2 on 1 - The offensive player drives toward the middle of th floor. The point defender forces the offensive man toward the sideline by stayin one step ahead. The wing does not run forward, gives ground, and cuts the ball off by the center line. If the defense is quicker than the offense, the trap may take place further up the floor. Defense should get a predetermined number of stops.

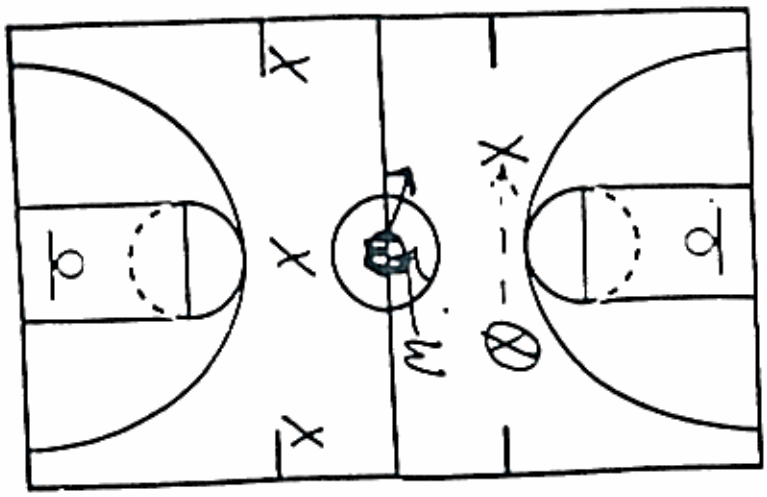


5. Figure 8 Drill - Purpose: For the backs to learn the correct technique (footwork, slides, and hands) in playing the two back positions. Extremely important because a mistake here leads to a lay-up or a dunk. The drill is set up with four perimeter offensive players and two offensive posts. The two defensive backs will be making a figure 8 movement. The strongside back, must attack the ball on the baseline side..The weakside back must deny the low post on the baseline side, then step through and front the low post. Once the ball is passed, he moves over the top (if possible) of both low post players.

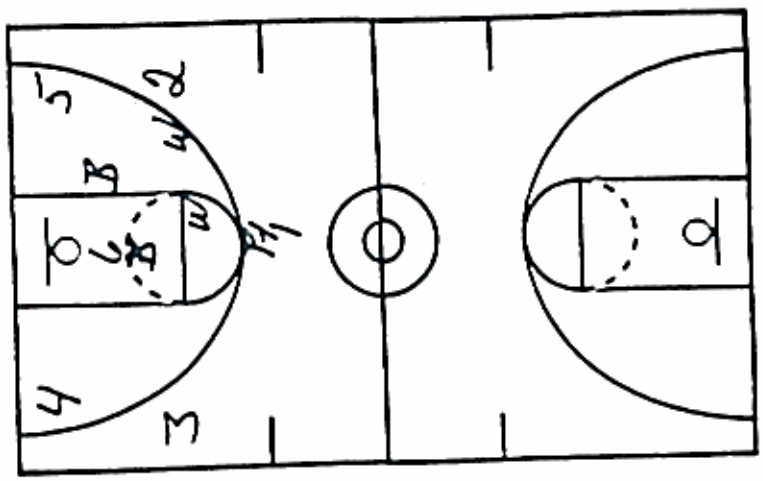
The backs must react as soon as the ball moves. They must learn to move with their hands up. When trapping in the corner the backs cannot allow the ball to be passed into the low post. It is imperative that the backs stay down on their thighs and stay in the post until the ball is passed or dribbled into the corner.



6. Wings and backs - The purpose of the drill is to teach wings and backs how to slide, cover territory, and cover the middle for one another. The offense must delay a little for the defenders to make the proper slides instead of running to cover.



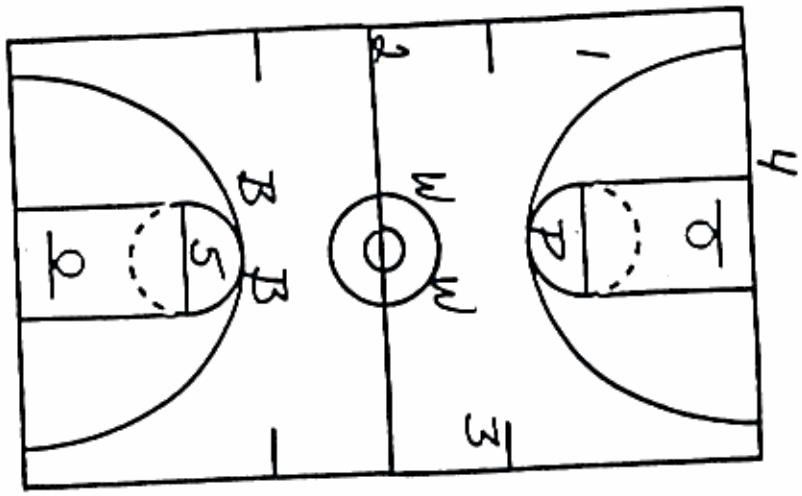
7. 6 on 5 Drill - Post has no 3 second rule. Skip passes may not be made until the proper slides are being made. No shots are taken until the ball has been swung.



8. 10-4 - A Team Ball Press Drill - Purposes: To enhasize the importance of the ball press to the teams success. This drill should be run every day in practice preferably toward the end of practice.

The offense must score four baskets before the defense can get ten points The defensive point system is turnover +1: five second count +2. When the defense gains possession, they only get one shot and a tip. If the pressing team does not score on its possession, then they set up the press again immediately.

The loser runs two sets of lines. Any time a team loses, they are not allowed a drink. There should be very few fouls called in the game, but obvious holding and pushing should be stopped.



AGGRESSIVE ONE-THREE-ONE DEFENSE

Although some readers may not agree with what follows regarding the 1-3-1 zone defense, I can only tell you what works for us and what I believe to be the best defensive strategy for Kankakee Community College. Maybe each reader will find some small thing that will benefit you, and if that is the result, reading this will have been time well spent.

To better understand the aggressive 1-3-1, you first need to know why our program went exclusively to zone defense. At the time we decided to play an aggressive zone, we needed something different, a new look, to combat everyone else's man-to-man preparations and to better prepare our team by doing something that our opponents would consider different or which created a change for them. Secondly, we felt that the zone would reduce fouls. Although I did not keep

statistics from the earlier high school years, I have support data from the last twelve years at the junior college level. Our teams have attempted an average of 227 more free throws per year than our opponents, so we have reduced our fouls. Thirdly, there are many good man-to-man offenses, but I am not certain how many good zone offenses exist. Every year when a season is complete and I sit down to make notes, one of the things I put down is, "look for another zone offense." The fourth reason to support our zone strategy is to force offenses to be more patient, and with today's athlete that really is not "very cool." Introduction of the 45 second clock may result in the aggressive zone producing even more forced offensive tactics. The fifth reason for using the zone is that it tends to reduce the effectiveness of a good one-on-one player, particularly inside. Another positive result of our zone is that with proper rotation our rebounders should always at least know where to go and hopefully have the inside position by being in the proper locations. Lastly, which defense would you rather attack, man-to-man or zone? My answer to that question obviously, would be the man-to-man defense, and I am relatively certain that most of the readers will

agree.

Why did we go to a 1-3-1 zone? If aggressively played, we felt that it was the most versatile of the zones. We could trap high, we could trap low, we could jam the middle, we could force the ball to one side of the floor if desired. Furthermore, not many teams play a 1-3-1, so once again, opponents have to prepare specifically for us. There are not many effective ways to attack the 1-3-1, thus reducing our preparation time.

We really cannot scout our opponents, because the majority of them are a hundred miles away from our campus, causing us travel and cost problems. In addition, to get a good scouting report, you have to see an opponent play two or three times, and we do not have the time or money for that. By the time we get into the second half of our season, our players have seen nearly every offensive set that can be used against us. Other than looking for individual's traits, scouting really has become unimportant for us.

Prior to presenting the specifics of the 1-3-1, I would like to give you some of our basic philosophy. The 1-3-1 is really a very conservative defense. It is

based on percentages. If we give up any shot, our first choice is to give up the outside shot. We want to protect the middle and limit our opponents to one shot. However, our defense is not a stand-around defense. If a player on the other team picks up the ball, we want a defender in his face immediately, and we try to maintain as much pressure as possible.

Another very important part of our defensive philosophy, is that any distraction hurts the offense. Distractions include a lob pass, a kick out of bounds, a deflection, or any other type of interruption. Our players are heartily commended when they cause any of these disruptions.

There are some important keys to the 1-3-1 zone. Foremost, like anything else, if you're going to play 1-3-1, make a commitment to it. Next, it is necessary to sell your players on it by convincing them the defense will help them win. Players must work hard to master the aggressive 1-3-1 defensive skills and develop the physical conditioning to be relentless in playing it. I have been asked many times how we get our kids to play so hard. I cannot tell you a specific thing we do other than showing the players we will not accept anything

less and that if they are going to play, they must bust their rear-end from the time they cross that sideline until it is time for them to come out of a practice or a game.

Another key to the success of the aggressive zone is to get the five players on the floor working together as a unit. Although it is a very small thing, it is important to teach our players that they need to move while the ball is in the air. Many defenses which tend to be less aggressive and not particularly effective wait until the individual opponent has received the ball before moving to play the man with the ball. We emphasize that when the ball leaves the passer's hands, each player needs to be moving and to get to the receiver or any potential receivers as quickly as possible.

In general, we recruit players possessing overall quickness and intensity. Beyond these traits, the following will identify some of the characteristics we look for in each specific position.

The point guard needs to have excellent reflexes. Preference is given to a big point guard with a long reach, and one who is a physically talented player,

because the point guard is given a lot of freedom to use his natural instincts. If this player is aggressive, and meets the described characteristics, he will get a surprising number of rebounds over the course of a season.

The post man can be your slowest player. He needs basic intelligence, but he does not need to be a good rebounder. None of our post position players has ever led us in rebounding in 12 years at the junior college level. Although he need not have great skills, the effective post man must be a hard worker.

The wing positions require the best athletes, because this is the toughest spot to play in the defense. Hopefully, these players have long arms, good quickness, and will produce the most rebounds. The wing players must be very aggressive, especially on the boards.

The baseline position utilizes the most aggressive player [we use a guard]. Strength may be as important as or more important than quickness at this position. This is the ideal position for the over-achiever.

We emphasize a few basic keys on defense. First, we spend a lot of time telling our players to get their hands up. We also emphasize good balance,

particularly on the weak side. We do not want a player standing on the weak side with his hands down, his knees stiff, and thinking that he does not have anything to do. Emphasis is on knowing what is going on at all times, keeping the eyes and head moving, and talking to each other. The ability to communicate is so important. As previously stated, it is important to emphasize to the players that they disrupt the offense in any way they can, whether through a kicked ball, a forced lob, or a turnover.

Our point guard (see #1 in Diagram A) normally will pick up the man with the ball between the circles. He will force the ball to whichever side the offense wants to go. Once the offense decides which side it wants, we attempt to keep the ball on that side. We do not want the offense to dribble the ball back to the other side. The only accepted manner of return of the ball to the other side is via a lobbed or bounced guard-to-guard pass or a ball which is thrown to an offensive player who has been forced to move out of position to receive the pass. The point guard stays in the guard-to-guard passing lane, and forces the ball to a side. We like to "herd" the offensive man with the ball into the wing man's area

without a lot of intense pressure.

The point guard has very little responsibility when the ball is above the free-throw line. We let him decide whether he wants to come over and trap, as indicated in Diagram A. If he does not want to trap, he can drop off once the ball is picked up and try to stop the guard-to-guard pass.

The post man's (#5 in Diagram A) rules are very simple. The post man has two basic positions. If the man and the ball are above the free-throw line, the post man is going to play on the ball side in a denial position. If the opponent is below the free-throw line, our post man plays in front of the offensive post man. We do not worry a great deal about technique, such as "step with your right foot and then pivot." We only ask the post man to get the front position any way he can. Our post men quickly learn this principle, because if they do not execute, they get a seat by me. The final thing we emphasize to the post man is not to worry about the lob pass. You can not expect a post man to play in front and then ask him to worry about lob passes.

Our wing men (#3 and #4 in Diagram A) pick up the offensive man with the

ball, one big step in front of the free-throw line. Their responsibilities are also quite simple. They have responsibility for protecting what we call the "seam" and maintaining a position of constant pressure. The weak side (away from the ball) wing man #3 drops into a position where he can protect against the pass to the low post. It is his responsibility to prevent a pass on the angle down low. He has to be in a position to cover the diagonal pass at all times, and he must be prepared to move quickly up the lane if a guard-to-guard pass is made. The weak side wing man also has the responsibility for calling all cutters. A rule of thumb in teaching weak side wing play might be "prevent a diagonal pass to the elbow area at all times, and deny a good shot if a guard-to-guard pass is made."

The first thing a baseline man is going to tell a coach is that he cannot cover sideline to sideline. Although he is probably right, it is important to convince him that an all-out effort on his part is necessary in attempting coverage so that the total defense can be effective. We have developed a technique for convincing the baseline man that he can do the job if he works at it. We tell him not to think of covering sideline to sideline, but to think in

terms of covering the floor in segments, i.e., from the block to the sideline, from the sideline back to the block, from block to block, and from block to sideline. If the ball is at the elbow (Diagram A), the baseline man's responsibilities are to get to the block on the ball side in front of any post men. This movement must be made by going in front of all offensive players. By going in front of all offensive players (again, while the ball is in the air), the baseline man sometimes just happens to be in a position to intercept a pass.

Some of you probably think you could defeat the defense by screening our baseline man, but we have solved that problem. We tell our baseline man not to get screened! If you tell him not to get screened, but he proceeds to get screened a couple of times, when he hears the horn and sees somebody coming in to hand him his warm-up, you will be amazed at how little time it takes for him to learn not to get screened, or at the very least, make an effort to fight through the screen.

One variation which has worked well is referred to as "thunder" and is described in Diagram B. It involves a trap on the baseline. The point guard

picks up the player with the ball between the circles and forces the ball to a side, as the wing mans steps up to trap. Once the dribbler picks up the ball, the point man can drop off or stay in the trap at his own option. The wing man, however, has no option. He must stay and apply pressure. The wing man steps up, seals the seam, and applies pressure.

The post man is siding in this situation; the baseline man is on the block on the ball side; the weak side wing man has dropped. On the pass to the baseline, the point man goes to the high post immediately. When the pass is made, the wing man opens up to the inside and then goes to trap.

If an opponent attempts to attack the defense by sending a wing cutter to the basket, after the cutter passes the ball to the baseline and the defensive wing man goes right down to trap, a very wide passing lane is left open. However, if the defensive wing man simply opens up he has taken away about six feet of that passing lane. The defensive wing man should be taught to go to the trap with an inside out pattern. The post man goes to the block on the ball side immediately. The baseline man moves out to the trap and has responsibility for stopping

anybody from driving the baseline. The weak side wing man must move up the lane somewhat. If the ball is high, the weak side wing should cheat low. When the ball is on the baseline, the weak side wing needs to cheat high. The weak side wing man cannot play tentatively, but must get in a position to take away the offense's pass to the elbow.

Definite rules need to be emphasized for the trap in the corner. First, if a man has his dribble and has the ball down in an offensive position, the defensive man remains one arm's length away from him. The only time the defensive man guards the offensive man closely is if he has lost the dribble or he puts the ball over his head. When either happens, the defensive man moves quickly towards the offensive man with hands up in order to contest the pass; however, he should not hack or slap at the ball. When an offensive man is trapped in the corner, we want to avoid silly fouls.

We do not allow our players to leave their feet until the man has lost his dribble. We also have a rule for the point guard which stresses high post and attack. As the ball goes to the baseline, the point guard goes to the high post.

If the point guard finds no offensive player in the high post area, he moves approximately half way between the high post area and any offensive player in that area. When the point guard moves out to try to stop the pass out of the trap, the weak side wing man has to call any high post cutters. When the point man hears "high post," he immediately returns to the high post area.

Another variation of the defense, in addition to thunder, is identified as "lightning" and shown in Diagram C. When the ball is in the wing area, there is no difference between thunder or lightning. However, when the ball is passed to the baseline, we have a somewhat different situation. The post man's responsibilities stay the same (he drops to the block and fronts anyone). The point guard drops to the high post. The weak side wing man retains his normal responsibilities. The strong side wing man opens up, in the event the offensive man cuts. Then the strong side wing man denies the ball back to the man who passed to the baseline. The ball side wing man is positioned with a hand in the passing lane, trying to deny the ball back from the baseline. At this point, the baseline man moves out and plays the offensive man one-on-one. What we would

really like is for this offensive player to bounce the ball twice and pick it up. If he does, we will guard him very aggressively, hoping to deny the ball back to the guard. The point man's rule in lightning is high post and retreat, so if he finds no one in the high post area, he backs off to the weak side elbow area.

One special situation often occurs when the offense throws a skip pass or a diagonal pass to the elbow (Diagram D). When this happens, we try to convince our players to call "skip." Our weak side wing man, (hopefully while the ball is in the air) moves up the lane as quickly as he can, but he must be under control. He needs to get to that position soon enough so that the offensive player does not even think about shooting the ball. He should come up aggressively, with his hands up. The post man slides over in front of the low post man. If the offensive post man moves out on the baseline, our post man goes out and plays him like the baseline man. Our baseline man moves to the ball side and fronts the post until such time as he and the post man can switch back.

In conclusion, we teach our players that their defensive position is dictated by the position of the ball on the court. A player must first go to his position,

as dictated by the location of the ball, and then he can adjust if there is no player to guard in that area.

This is a very basic defense, and while it looks a little risky at times, it is a very conservative defense...one that can win for you!

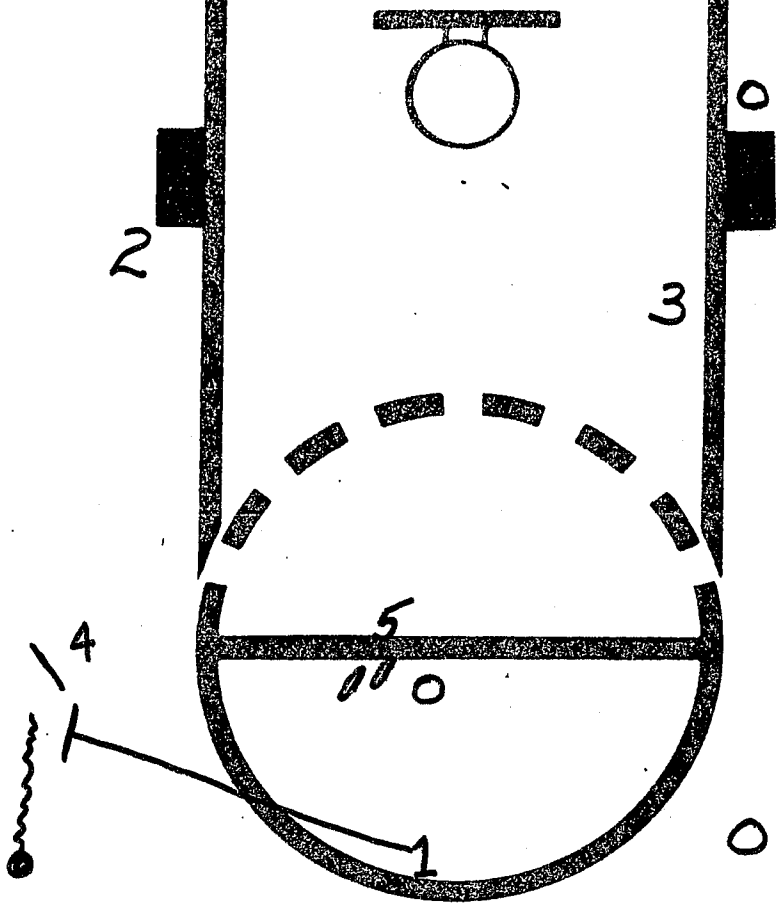
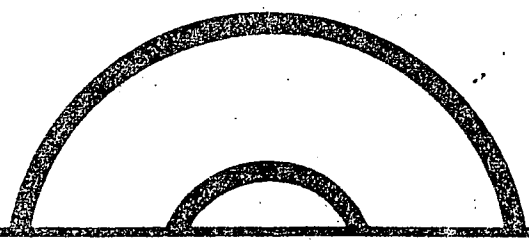


DIAGRAM A



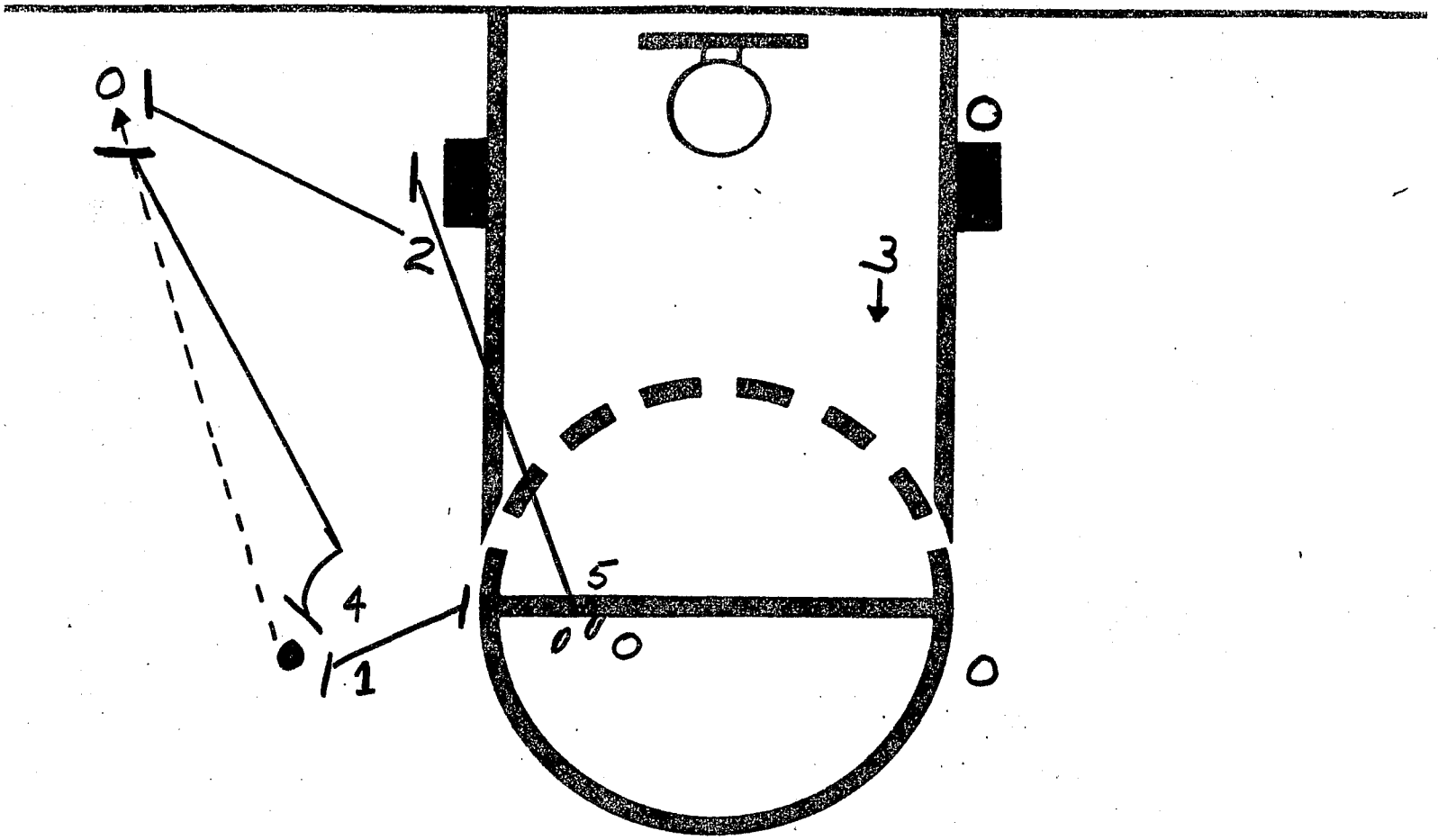
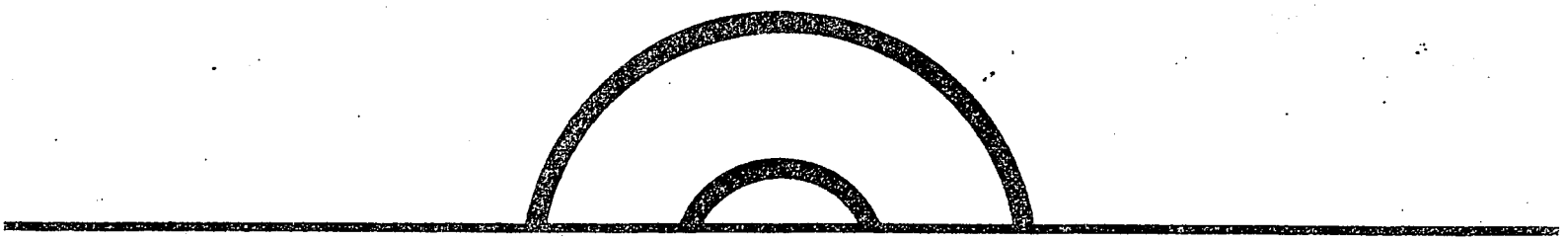


DIAGRAM B



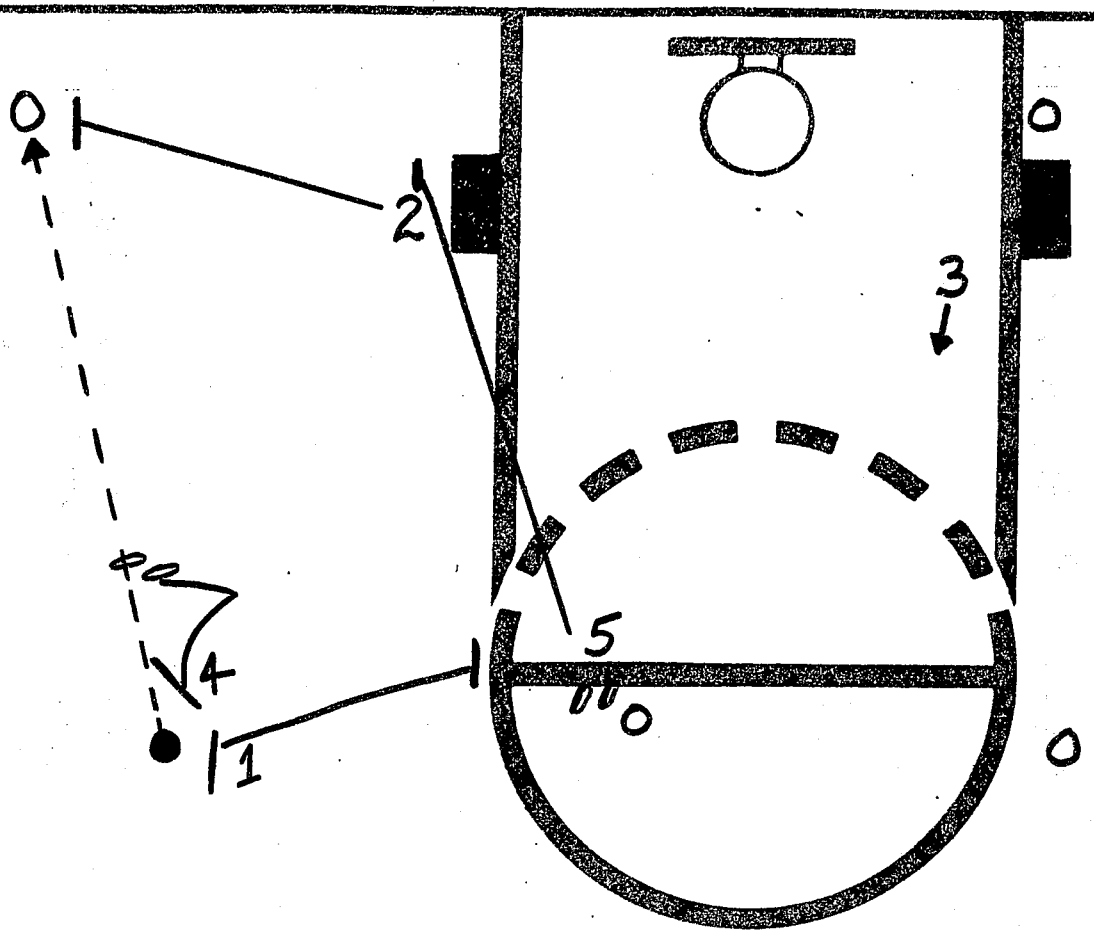


DIAGRAM C

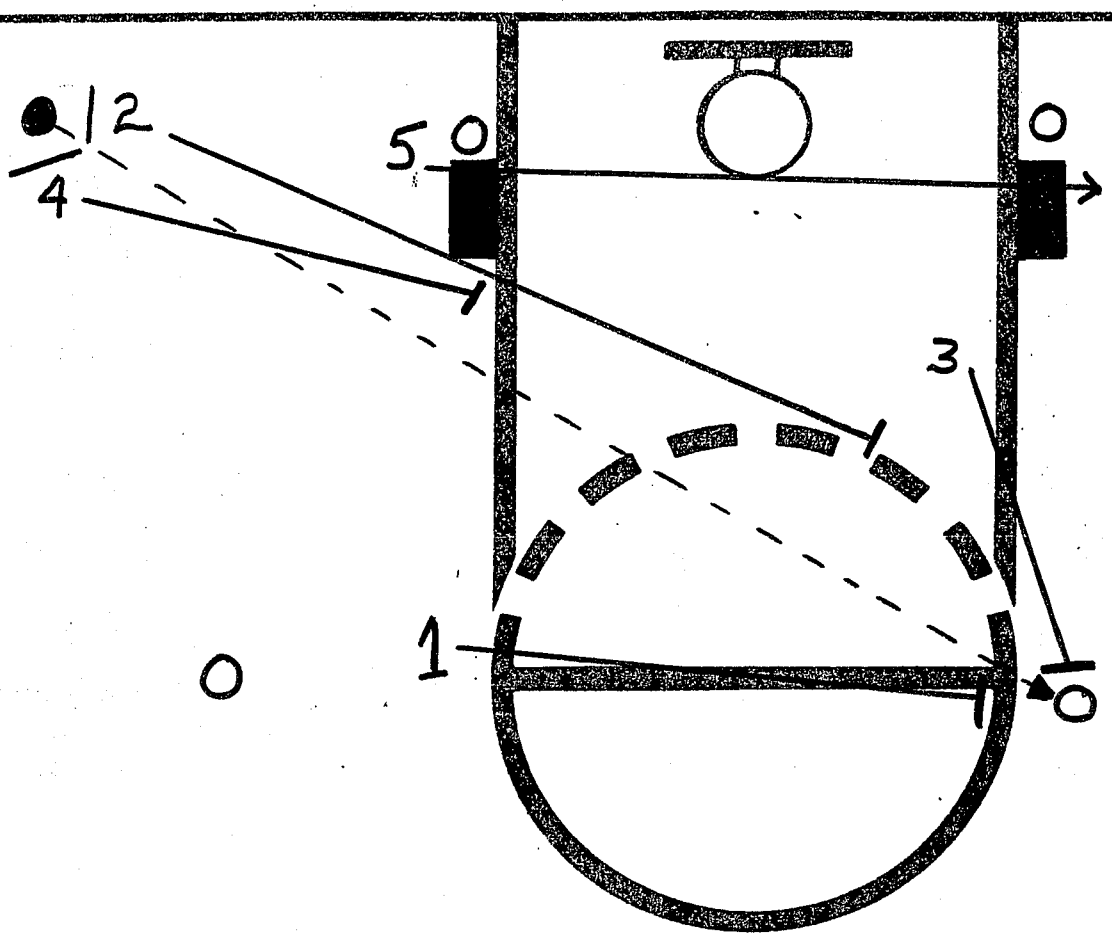
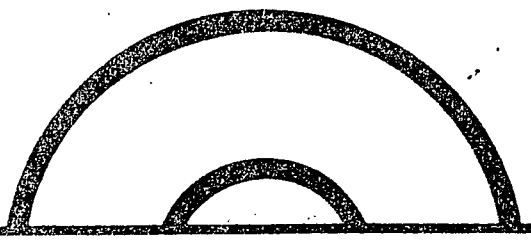
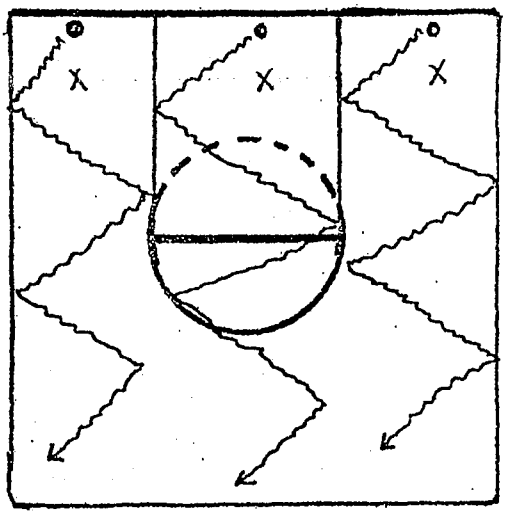


DIAGRAM D



"1 on 1 Defense With a Towel"

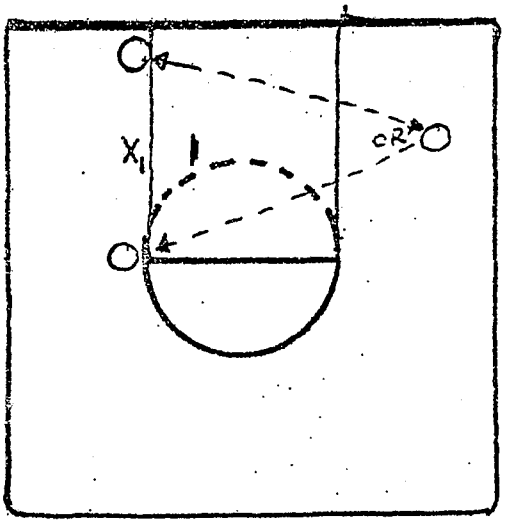


o dribbles in zig-zag pattern shown
x has a towel around his neck with an end in each hand. x assumes defensive crouch and tries to cut o off at each imaginary sideline. When they reach the other end they change places and come back.

Emphasize:

1. dribbler push defensive man
2. Def. should be arm's length away
3. Def should cut off and square up at each side line.
4. Move feet - Broomstick between knees

"Anticipation Drill"

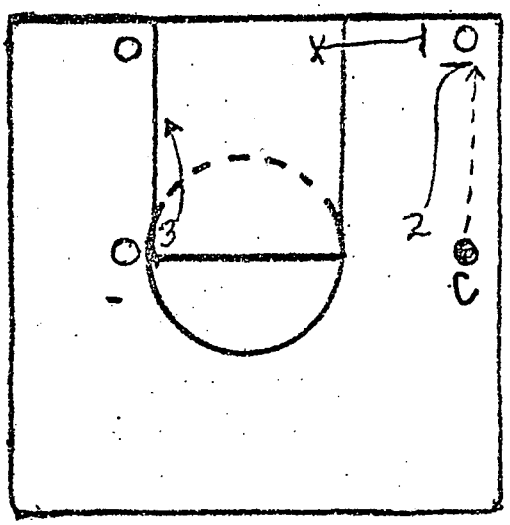


Ball may be passed either high or low
x1 must stay until he deflects the ball he must anticipate and react.

Be sure o's do spread too far.

Can put defense on the passer

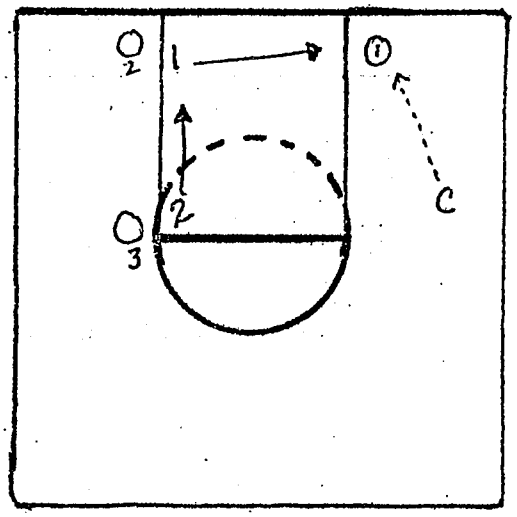
"Baseline Trap - Weakside Wing"



The ball is passed to the baseline and the trap is executed

1. no foul in trap
2. Trap can't be split
3. Don't leave feet until dribble is lost
4. Be under control
5. Dont get beat baseline
6. Weakside wing must stop cross-court pass
7. offensive players can't cross lane
8. 2 must trap from inside out

"Ring the Basket"

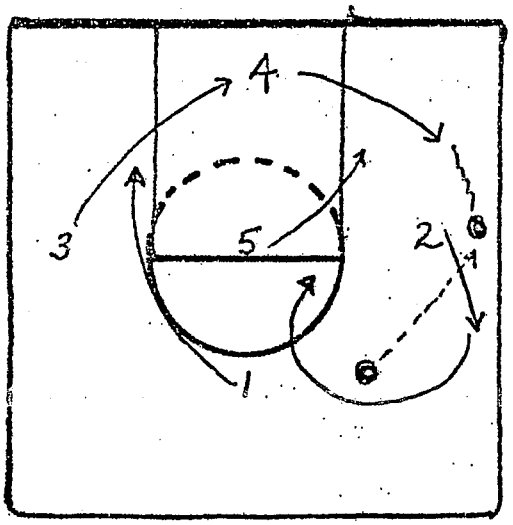


Coach passes the ball to 01
As soon as the pass is made 1 must react to cover 01. 2 must then drop to cover both men with priority placed on the low man. 01 shoots or tries to pass to 02 or 03

Emphasize;

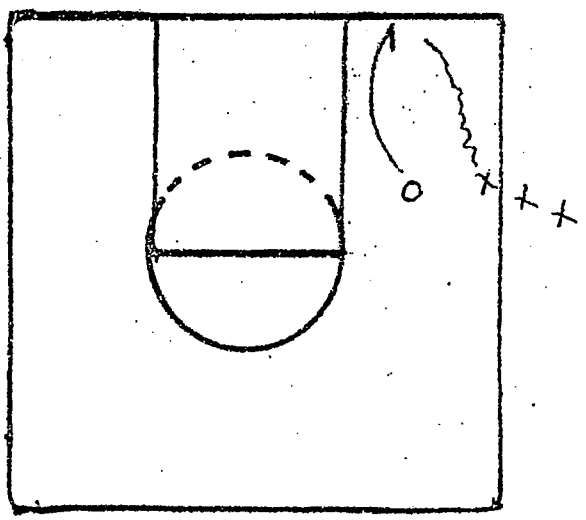
1. Don't move until the ball is passed
2. 2 must anticipate
3. Hustle

"Rotation"



This is simply putting the above drill into action in a game.
2 has missed pass so 4 rotates to wing
3 rotates to baseline
5 handles post area
1 rotates to weak side
2 hustles back to the point or high post as is needed

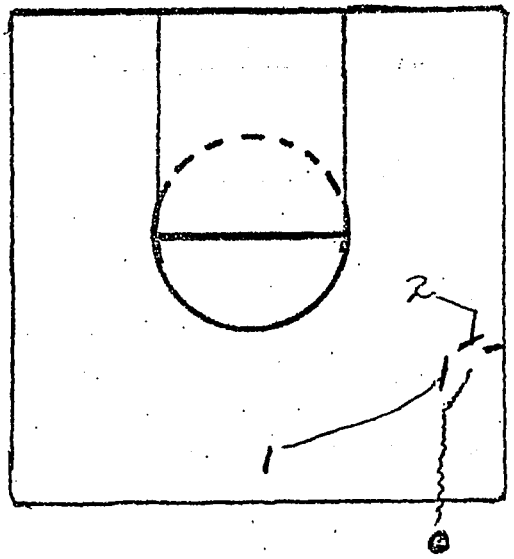
"Cut Baseline"



X has the ball and a head start. O must move to play defense and stop baseline drive.

Emphasize: 1. Be in squared up position on baseline
2..1 foot out of bounds
3. Try to draw offensive foul

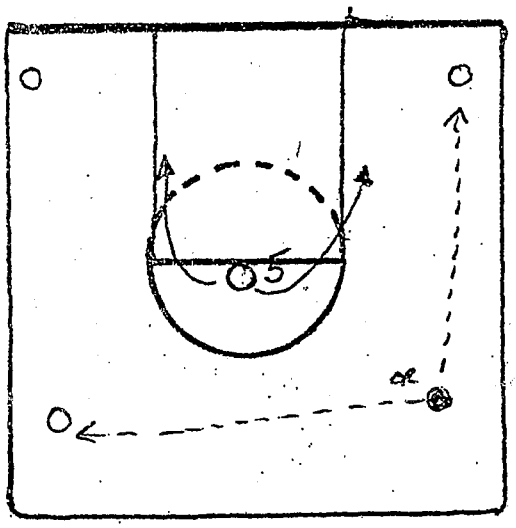
"High Trap"



1 must influence the ball to side then herd dribbler in that direction 2 comes up under control and stops penetration toward endline. Once the ball is picked up normal trap procedures.

Emphasize: 1. No foul
2. Hands up
3. Ball can't be dribbled back to other side
4. 2 can't get beat on sideline

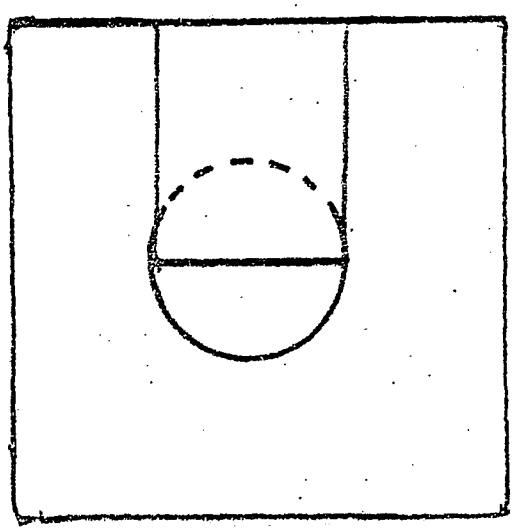
"Post Defense"



The ball is passed around and 5 must try to keep the ball out of the post area.

Position: Below FT line -- FRONT
At FT line -- BALL SIDE

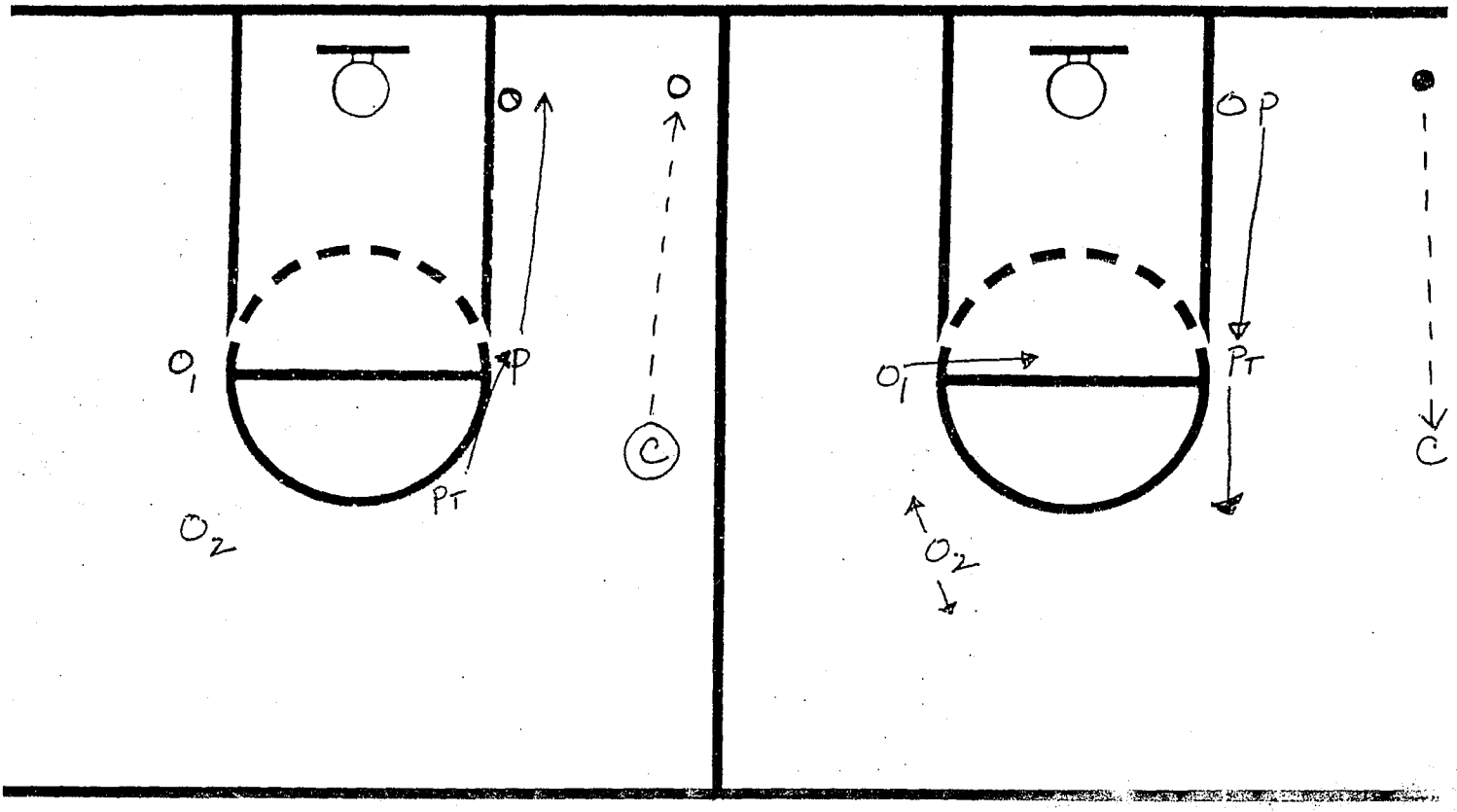
If ball gets in defender has 10 fingertip push-ups



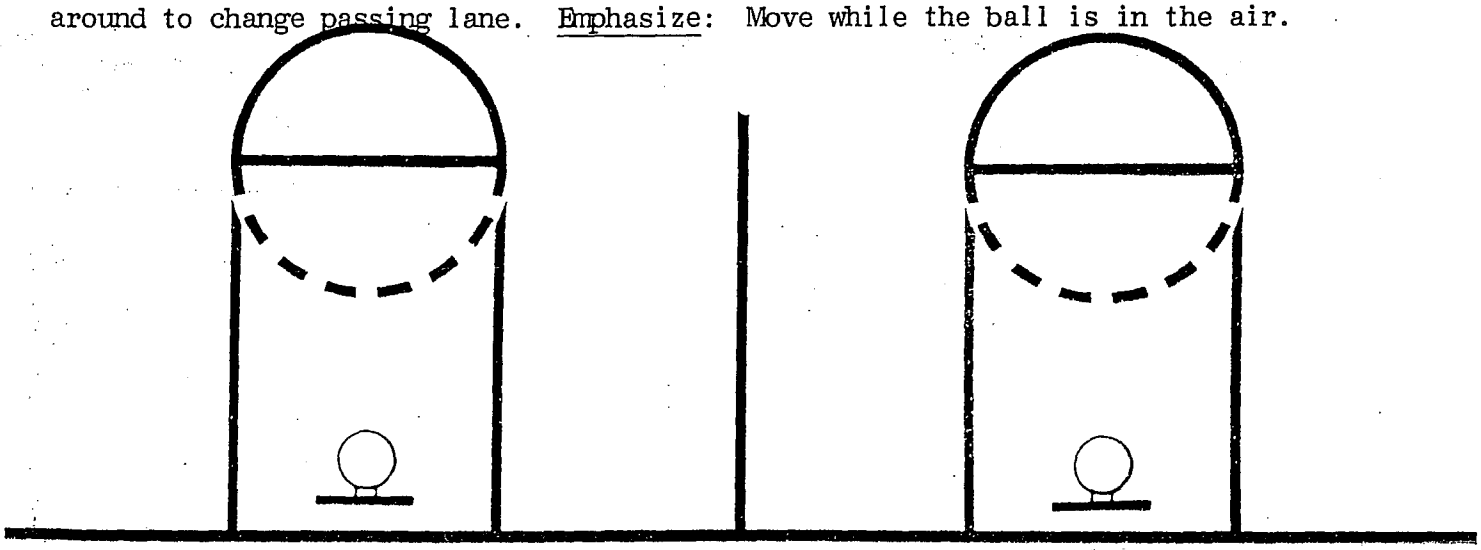
Kankakee Community College

Point/Post Drill

BASKETBALL STRATEGY PLAN SHEET



When Coach passes the ball to the baseline, post must slide to front low post, and pt move to HP area, and then play whatever defense Coach has called (i.e. Lightning or Thunder). On return pass to Coach, pt goes to passing lane post to HP area. O_1 can break to HP area any time, but must call "High Post" before he breaks. O_2 can move around to change passing lane. Emphasize: Move while the ball is in the air.



TEAM DEFENSIVE PRINCIPLES AND RULES

TEAM DEFENSIVE PRINCIPLES

1. VISION
   - See the ball at all times.
   - Keep your head moving.

2. CONCENTRATION (The direct attention to a single objective.)
   - Our objective is to focus on our responsibilities in playing team defense.
   - SMART Basketball wins!

3. ANTICIPATION (To plan out in advance of actual possession.)
   - Play "Purify Defense"
   - Anticipate offensive players movements and passes.

4. REACTION (The act of resistance or opposition to a movement.)
   - Everyone moves and defends as the ball moves.
   - Move with the man as he drives the ball.

5. EXECUTION (The act of carrying out fully)
   - We must always use are defensive techniques.
   - Close-Out, Mirror the Ball, Stick the Dribble, Jump the Drives.

6. COMPLETION (The act of bring to an end.)
   - Complete the defensive play with a steal, rebound, or forced turnover.

TEAM DEFENSIVE RULES

A. Use your defensive techniques
   - Close-Out, Mirror the Ball, Stick the Dribble, Jump the Drives, and contest the shot.

B. Pressure the ball
   - Force a bounce pass, lob pass, or dribble.
   - Contest all shots.

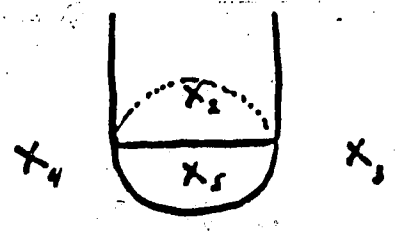
C. Mirror the ball.
   - Deflect the pass. "Get a piece of the ball"

D. Jump the Dribble
   - Stop penetration into your area.
   - Make the man pick-up his dribble.

E. Front the posts.
   - No complete passes to the post.

F. Move as the ball moves.
   - Anticipate and react as the ball leaves the passer or shooter's hands.

G. Everyone rebounds
   - Establish position in assigned areas and go get the ball.



Positions: X_1 quickest - smallest guard - best defensive guard.

X_2. 2nd smallest player - should have good speed

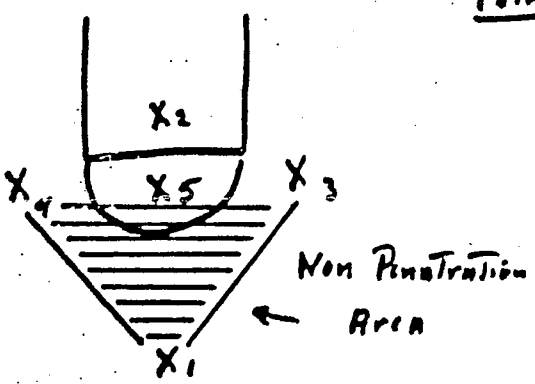
X_4 must be a good rebounder and a Tough hard nosed player (big Forward) (can be the center also)

X_3 small forward - fair speed - good defensive player

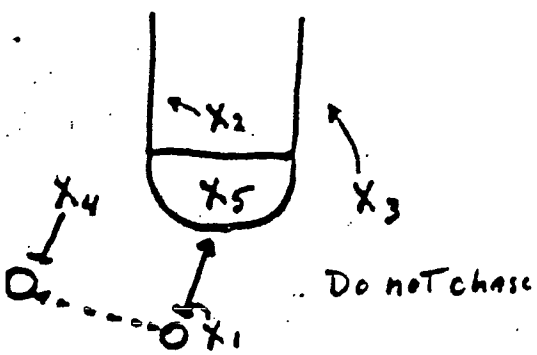
X_5 Center or player with longest wing span, reach

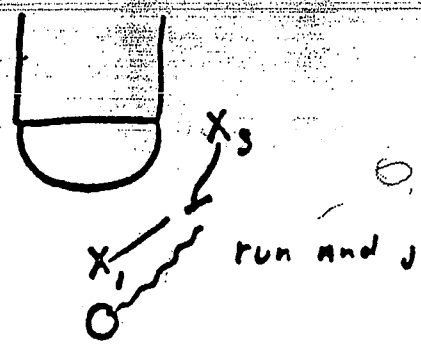
X_1

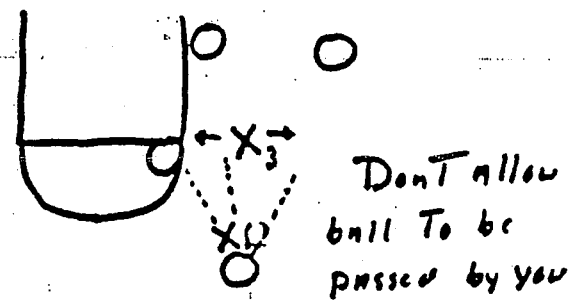
Basic Rules.

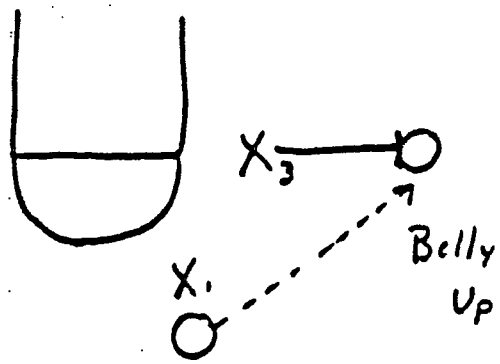


Point → (1.) X_1 plays AT about the hash marks (Time line) he meets the ball handler and therefore "sets" the match up. He does NOT Allow the ball handler To penetrate in a direct line To the basket. He forces the ball Handler To a wing. (imp. do not let him penetrate.) Also. If ball handler passes the ball X_1 will not chase the ball he sinks back To help cover high post. He also attempts To Keep the ball from being reversed









Wings → (2) X_3 X_4 Attempt to keep the ball from being passed past them.

a.) if ball is dribbled toward them rush to meet and stop the ball. Fig 4. (run and jump)

b.) if ball is passed into their area they beat the ball to where it is passed and then "belly" up to man with the ball.

Belly up Tech: legs bent, arms up over your head, hands together, attempt to put your chest on his, force him to pivot away from you, in this position you look like a diver going off a diving board.

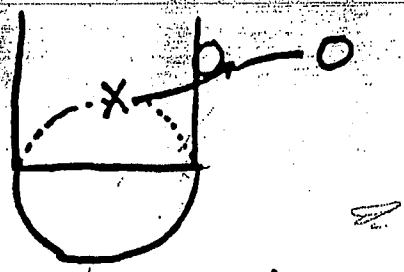
Do not reach with your hands, mirror the ball with your arms. We want to accomplish 3 goals.

1) force him to reverse pivot or pivot away
2) make him drive
3) make him bounce pass

"make him a driver or a bounce passer"

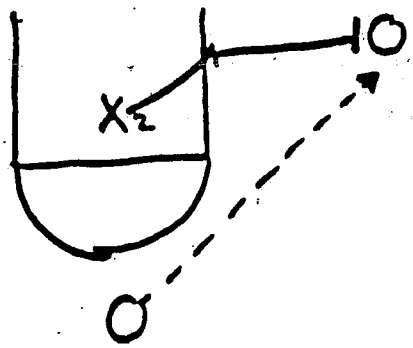
Baseline → 3.) X_2 plays on the bottom of the Key hole circle (Fig 7).

He does this in order to front low postmen and cover the corners and not be screened off.

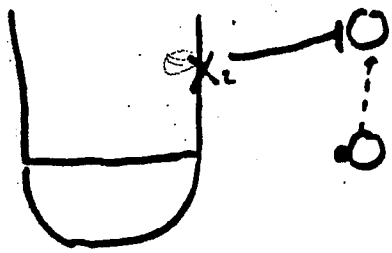


(Fig. 7)

X_2 follows the ball from inside the Key and never leaves this area untill the ball is passed to the corner. Then he attempts to beat the ball to the corner and bellies up to the offensive man there.

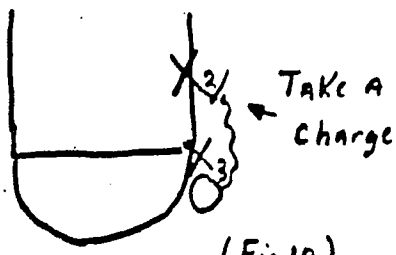


When the ball is passed to a wing X_2 plays on the baseline with one foot in the Key and waits untill the ball is passed to the corner or back out front.



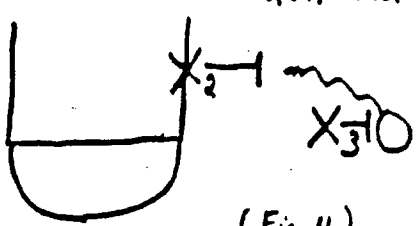
X_2 must be prepared to take a charge as he is the last line of defense and because of our "belly up" Technique we are driving offensive players to him.

(Fig 10) (Fig 11)



(Fig 10)

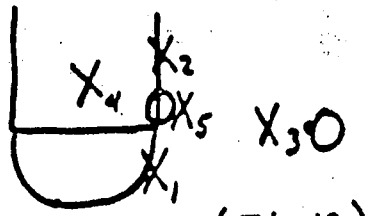
Run and jump or Take a charge



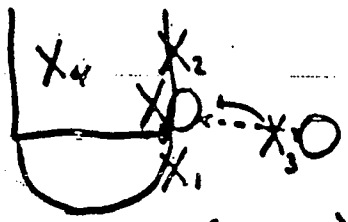
(Fig 11)

Centers X_5

(4.) Can use either one of two defensive Techniques. He can front all players or he can play behind all post players. It is important That you as coach designate how he is going To play for each opponent or when you will change during each game so That your other players may adjust Their coverage.

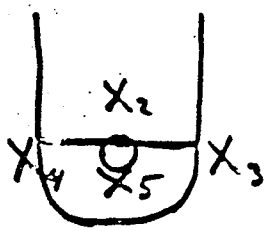


(Fig 12)



(Fig. 13)

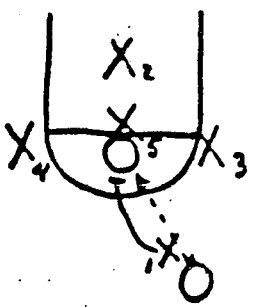
When he is fronting and The ball is on The wing or baseline Then The offside wing must move in closer and help cover The lob. (Fig 12)



(Fig 12)

X1

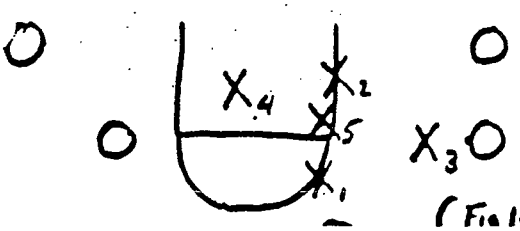
When he plays behind, Then exterior players (X_1, X_2, X_3, X_4) must be prepared To follow The ball into The post and Tie up offensive post man. (Fig. 13)



(Fig 13)

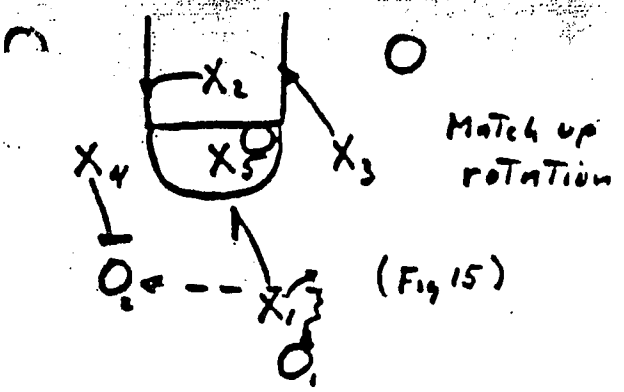
When playing <u>behind</u> we use man-To-man postman delay Techniques. (deny The ball into postman on basket side)

If There is no offensive post man Then X_5 follows The ball staying between The ball and The basket, not allowing The ball To be passed into The Key or allowing players To cut To The ball. (Fig 14)

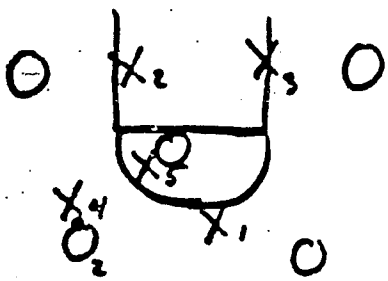


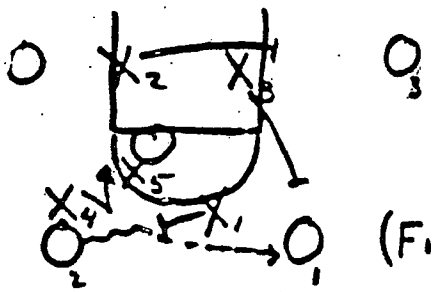
(Fig 14)

1-3-1 Match Up

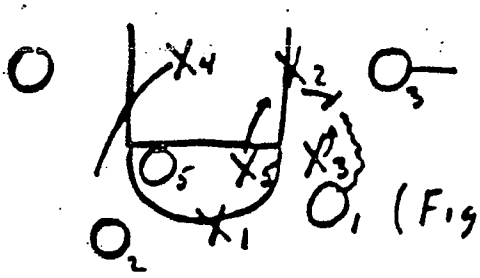


Match up rotation (Fig 15)





(Fig 16)



(Fig 16)

Rules: 1.) X_1 attacks the ball as it is brought across the time line

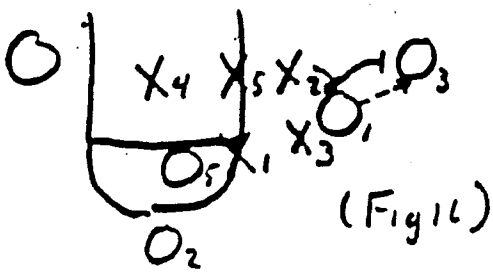
2.) X_1 can allow no penetration

3) When ball is passed X_1 falls back and helps cover high post and does not allow ball to be reversed (don't chase the pass)

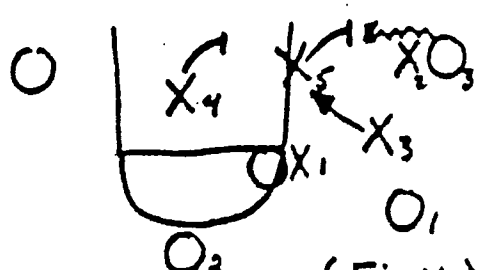
4) Once ball is passed the wing attacks the receiver and the defense rotates to ball side and matches up.

5) Wing bellies up to offensive man and forces him to
   a) pivot away
   b) bounce pass
   c) drive.

6) If offensive man drives then defender stays with him and which ever defender is closest comes to help (run and jump.) (Fig 16)



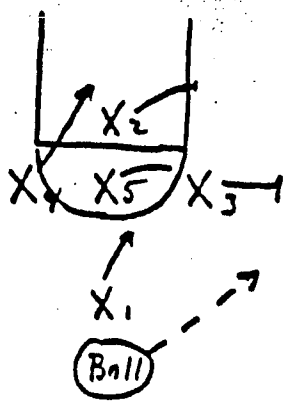
(Fig 16)



(Fig 16)

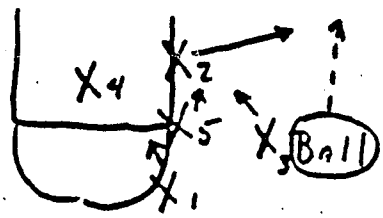
Zone Movement when ball is passed

(Step 1)

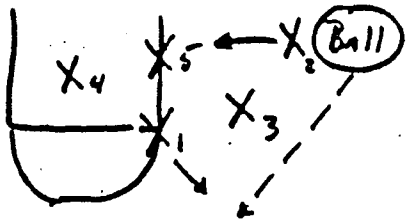


Rotation To ball

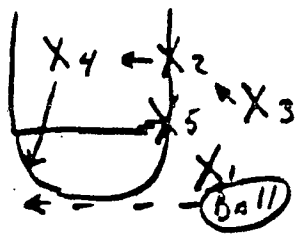
(Step 2)



(Step 3)



(Step 4)



Rotation Back as ball is reversed

(Step 5)

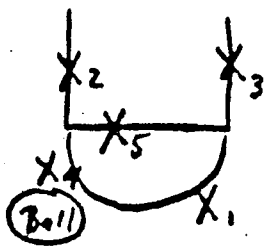
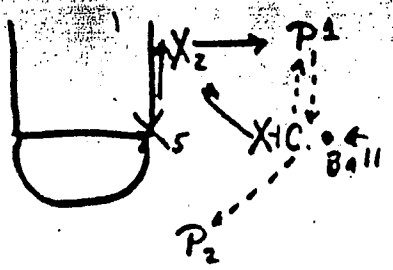


Fig (7)

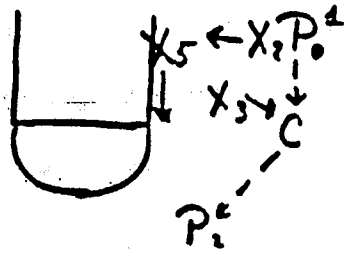
Drills No 1.

Wing Coverage } Outside
Base line Coverage } Rotation
Center Coverage }

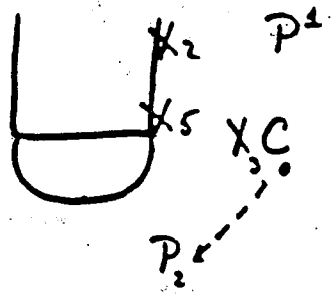


Step 1

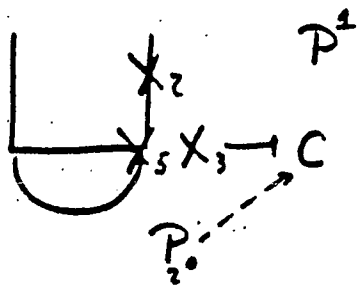
Coach starts the ball and passes to Player 1 on baseline. X2 attempts to beat the ball to Player 1 catching the ball, X2 bellies up. X5 slides down and covers X2's former spot. X3 slides back in a direct line between the ball on baseline and the top of the key where a high postman could flash. Player 1 passes ball back to Coach. X3 arrives at same time as ball and bellies up. X2 returns to inside position while X5 rotates to a spot between where the ball ends up and the basket. The ball is then passed to Player 2 and X3 slides to a position directly infront of Player 2 who has the ball. X3 mirrors the ball and does not allow a penetrating pass. Player 2 then passes ball back to Coach. X3 bellies up again and drill continues for about 30 seconds for each group. After all players have been through drill change sides.



Step 2

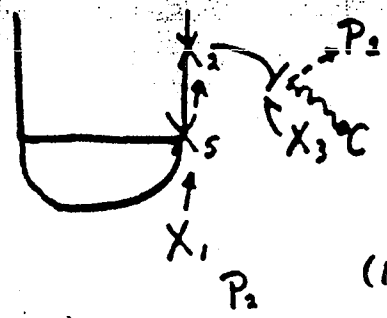


p 3



Step 4.

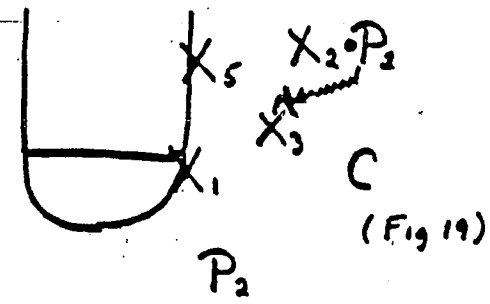
Drill No 2 - run and jump:



(Fig 18)

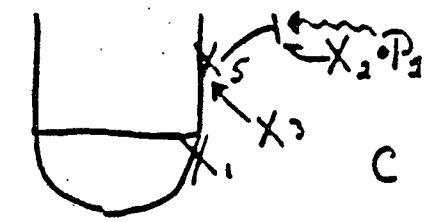
Set up is the same as Drill No. 1 (Fig 17) only this time have your outside passers (P^1, P^2, or Coach) attempt to drive the ball to the basket. We add X_1 (point) to the drill

You are working on your help (Fig 18) Technique or run and jump Technique. When there is a driver, we no longer belly up we use man to man stance, slide, and Technique, until we stop the ball, then we "belly up." (Fig 19)

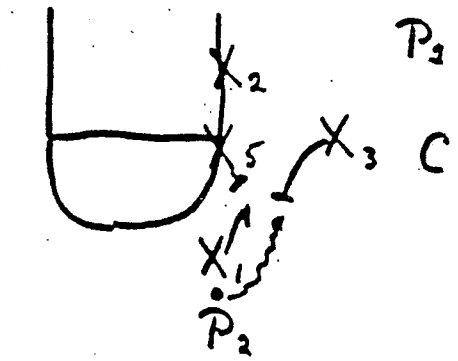


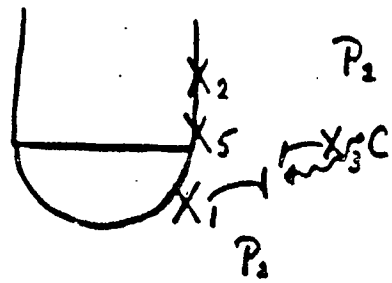
(Fig 19)

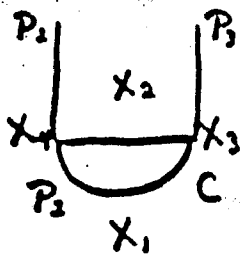
We prefer not to give up baseline however it does happen so you must practice it as well. (Fig 20)



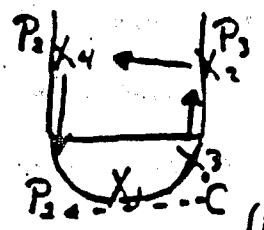
(Fig 20)



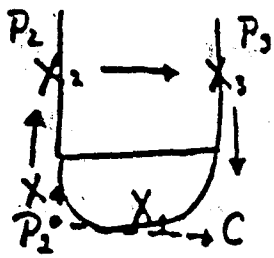




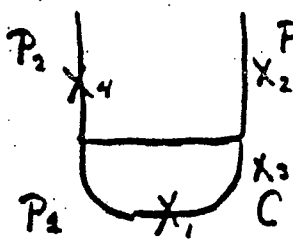
(Fig 22)



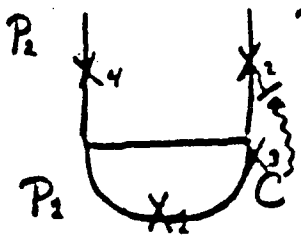
(Fig 23)



(Fig 24)



(Fig. 25)



Drill No 3 - inside rotation:

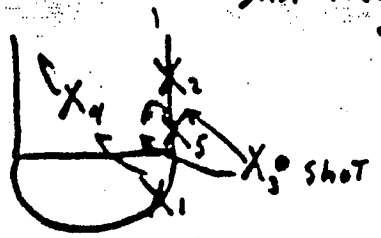
The setup: Coach (C) directs the drill and controls the passing. What you are attempting to do is beat the inside rotation without a defensive center. (Fig. 22) is only an example of the set up not the match up. You begin the drill with the match up. (Fig 23) X_1 allows the ball to be passed over him for this drill only. Coach passes to P_1. X_4 bellies up to P_1, X_2 Rotates over, X_3 drops for inside rebound position. X_1 holds is position and allows passes between P_2 an C but does not allow dribble penetration. (X_1 would not allow pass over him in normal game situation) (Fig 24)

P_2 looks to pass inside to P_3 or P_3, ball fakes, and then passes back to Coach who attempts to pass inside to P_2 or P_3 Continue drill for 30 seconds. (Fig 25)

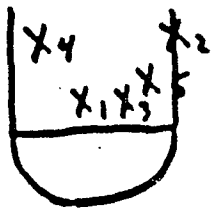
Drill No 4 - Take a charge:

Continue the above drill only now when P_2 or Coach catch the ball, they look for the shot, fake, and drive past wing (who has bellied up) to the basket. X_2 must step up and take a charge.

① Shot from Right Side

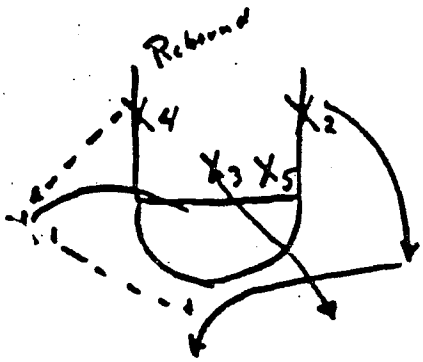


Step A



Block Off

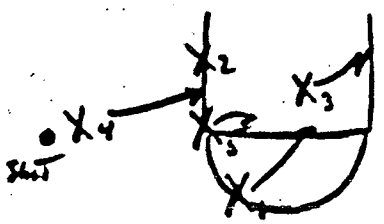
Step B



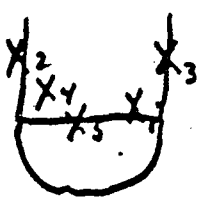
Outlet fastbreak.

Step C

② Shot from Left Side



Step A.



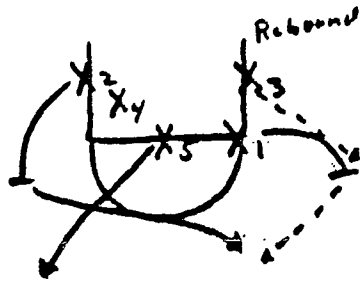
Block Off

Step B

Drill No 5 Rebound Cup. and Outlet pass.

On The shot offside wing (X_4 or X_3) must block man out. X_1 steps To The middle incase They crash a guard and only use one safety. X_5 blocks out post man. X_3 crashes To open pocket. If X_5 is blocking out low X_3 goes high and visa-versa. X_2 checks out any low post man or corner man Then releases To outside Toward where The shot came from. X_1 looks for crashing guard Then releases outside [redacted] away from where The shot was Taken.

Make This a live drill by adding Offensive players. Work on rebounding for four shots Then on The fifth let Them fast break and use it as a Transition drill.

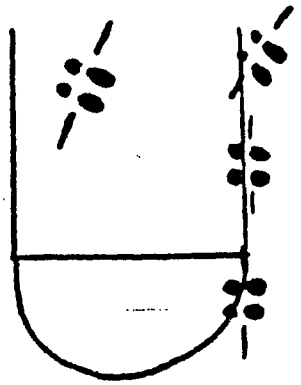


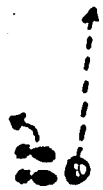
Fastbreak

Step C

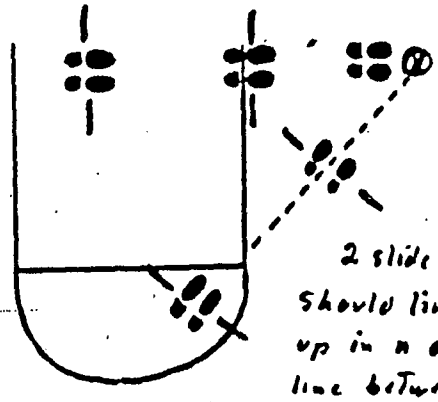
How They are positioned on The Court

Point, Wings, Post, Baseline





drop step Toward basket open up To The ball



2 slide steps should line you up in a direct line between ball And High post

Step 1 Ball on Side - Pass To Corner. Drop step and Take To slide steps Toward basket - facing The man with The ball

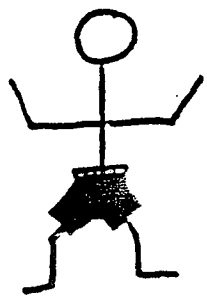
Defensive Stance:

A.



Belly-Up Position

B.



Break Down Position: When Ball is being passed Around or Attempting To pass ball past The Defense

C.



run and jump position

1-3-1 EXTENDED ZONE DEFENSE

I. INTRODUCTION

The Potsdam 1-3-1 half-court extended passing lane zone defense is unlike conventional zones we often see today. Rather than pack our zone inside and invite the perimeter shot, we like to play our "13" zone incorporating many of our man to man defensive techniques and principles. Just as in our man to man defense, we attempt to put great pressure on the basketball and overplay the passing lanes. We want to make teams lob the basketball, when they make a pass, to give our players in the zone an opportunity to move while the ball is in the air. As we take you through our "13" zone defense, many of our principles will become apparent.

We use our pressure man to man defense approximately 75% of the time and our "13" zone the remaining 25%. We attempt to frequently change these two defenses and use them in conjunction with our full court, 3/4 court, and 1/2 court presses. As in almost all defenses, alertness, quickness, concentration, and team effort are important for success. All players must quickly move on every pass, (not on the catch) and be in the proper new defensive position before the catch.

II. RESPONSIBILITIES BY EACH POSITION (see Diag. #1)

We want our players to be active and aggressive in the "13" zone defense. They all must have their hands up and be bouncing in the passing lanes when the ball is on the perimeter (unless pressuring the ball or denying the high or low post). We tell the players to bounce and to be thinking **TIP**, not steal. If they can just get a piece of the ball on a pass, or make the offense lob a pass, then they have performed successfully. If the first pass the opponent makes against our "13" zone is a lob pass, then the defense will be at an advantage. If the first pass against the zone is quick, crisp, and sharp, the players will end up chasing the ball. All passes should be under pressure and the defense should not allow the offensive players to complete easy, quick passes.

THE POINT POSITION: This man sets the tone as far as defensive pressure is concerned. Ideally, he would be the tallest guard on the floor; a person who anticipates well; and one who possesses excellent quickness. His size and jumping ability will help deter quick guard to guard ball reversal.

As the ball passes midcourt, the point guard must read and recognize whether the offense is attacking with one or two guard front against the defense. (see Diags. #2, #3, #4, #5, and #6)

THE WING POSITIONS: Ideally, your wings should be tall and agile; quick enough to guard smaller players on the perimeters as well as being strong rebounders inside. It is vital that your wings constantly communicate with the point and baseline defensive players, as their respective territories often overlap. The wings must also communicate with the defensive post, i.e., flash posts coming from the weakside. (see Diags. #7, #8, #9, #10, #11, #12, #13, and #14)

THE BASELINE POSITION: This player should have excellent quickness because he has so much area to cover (from corner to corner). We usually play the smaller of our two guards here. You are probably questioning this strategy of placing our smallest player so close to the basket but further detail of his responsibilities will explain why we do this. He must be very vocal and a great communicator as he can see everything that the offense is trying to do in front of him. (see Diags. #15, #16, #17, #18, and #19)

THE POST POSITION: This defensive position is of the utmost importance. If this player allows the ball inside, all four offensive players without the ball are one pass away from a good shot. We make the responsibilities for this player very simple - DON'T ALLOW THE BALL INTO THE HIGH OR LOW POST AREAS! (see Diags. #20, #21, #22, #23, and #24)

III. VARIATIONS OF THE "13" OR 1-3-1 ZONE DEFENSE

We have several different looks or variation in our "13" zone. They are:

13 Pressure
13 Trap
13 Drop
13 Suicide
13 Scramble (1/2 court trap)

Except for the 1/2 court trap, all of the other variations of 13 are keyed off play by the wing players. (see Diags. #25, #26, #27, #28, #29, #30, #31, #32, #33, and #34)

IV. DEFENDING SPECIAL SITUATIONS IN 13 ZONE DEFENSE

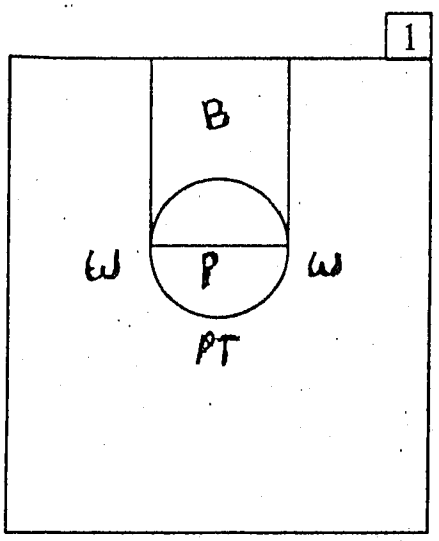
We have already covered defensive situations that could develop into a concern if a team defense is not prepared to handle them.

1.) defending the corner - elbow skip pass (if allowed, it will hurt the 13 zone)
2.) defending one and two guard fronts; and
3.) defending the high post area when it is vacant

There are three other special situations a team should be ready to defend against. They include:

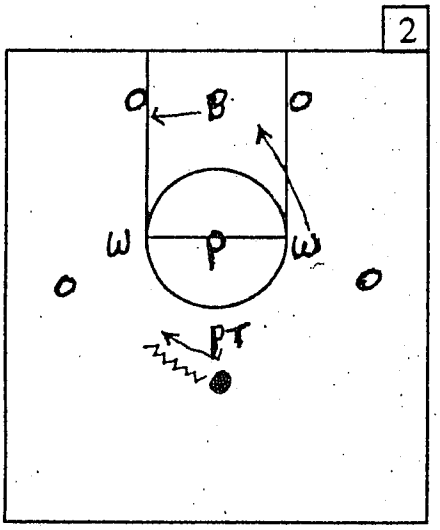
4.) defending a cutter from the wing
5.) spreading the defense; and
6.) screening the post
(Diags. #35, #36, #37, and #38)

V. REBOUNDING RESPONSIBILITIES IN 13 ZONE (Diags. #39 and #40)



POSITION IN THE 13 ZONE DEFENSE

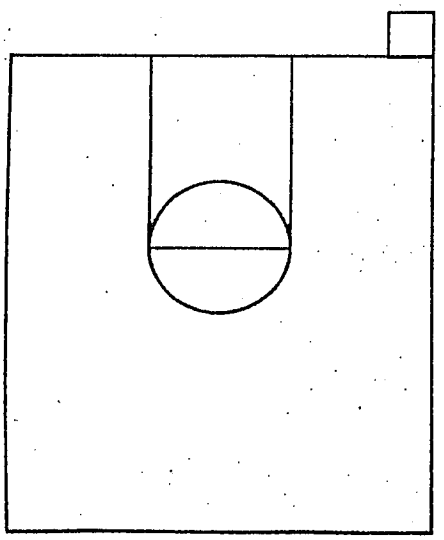
KEY B - Baseline
W - Wing
P - Post
PT - Point

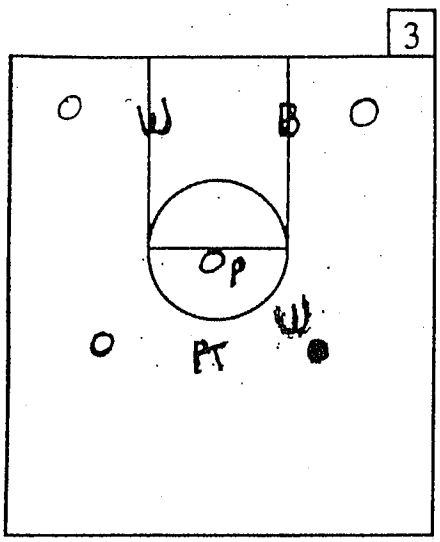


POINT POSITION vs 1 GUARD FRONT

Versus a one guard front, we want our point to pick up the opponents point guard about 5' to 10' above the top of the circle and apply pressure just as if he were guarding the dribbler man to man. He should angle and force him to one side of the court, which will help set the rest of your defense. He **cannot** allow dribble penetration from the offensive point guard. (As you will see, the baseline man could be left to guard two people if the point allows the ball to remain in the center of the floor.)

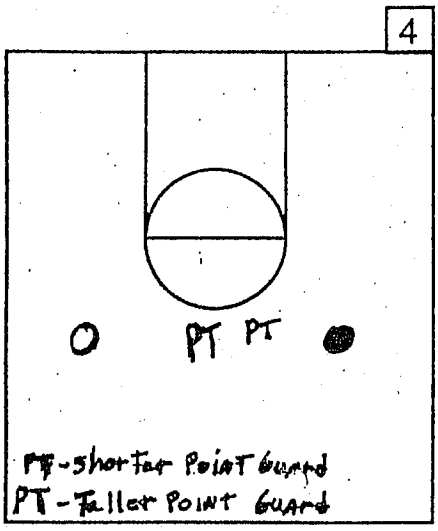
After we have scouted a team, we look to make them enter **opposite** of where they have a tendency to make their first pass versus the zone. We direct our point to force and keep the ball on the floor opposite this tendency or their strength.





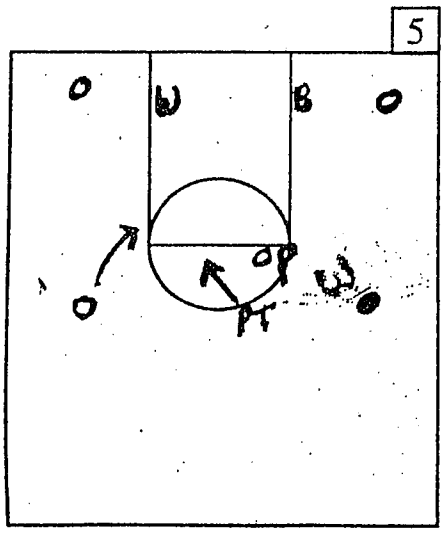
POINT POSITION vs. 2 GUARD FRONT

When facing a two guard front, we want our defensive point man to play in the passing lane between their two guards. We must <u>BOUNCE</u> and force them to <u>LOB</u> passes.



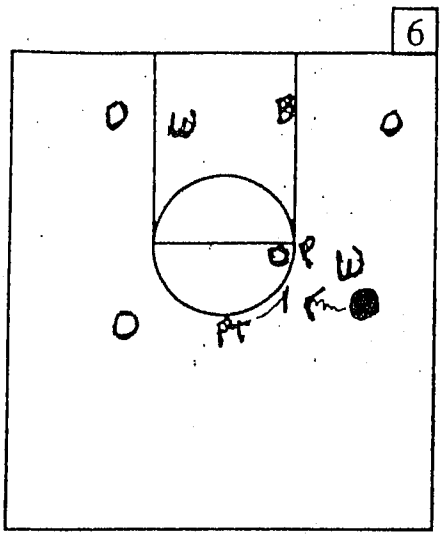
POINT POSITION RELATIVE TO SIZE

We want the point to bounce close enough to the guard with the ball to force him to lob a pass. The taller the defensive point is, the further he can be from the man with the ball; the shorter he is, the closer he must be to pressure the offense into lobbing the pass. *Remember:* THINK TIP AND BOUNCE.



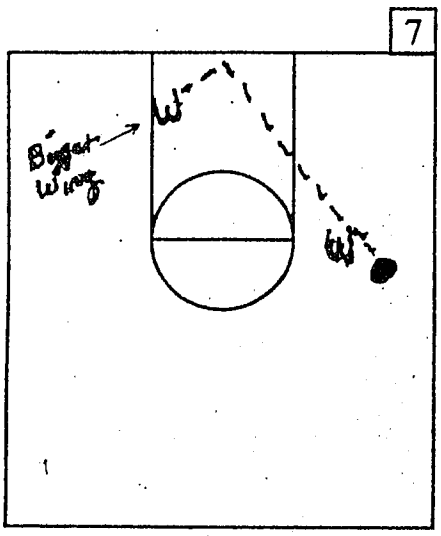
SPECIAL SITUATION #1 vs. 2 GUARD FRONT

Should the offense attempt to drop a man underneath the passing lane, both the post and the oppositie wing must yell "<u>DROP!</u>" to the defensive point teammate. The defensive point will now drop to stop any possible penetrating pass to the other guard at the opposite elbow.



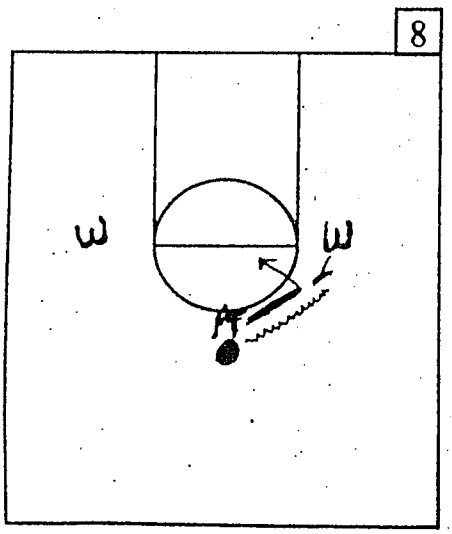
SPECIAL SITUATION #2 vs. 2 GUARD FRONT

Once the ball comes into the wing area, the defensive point guard must not only be bouncing to influence a lob pass but also be ready to help defend any dribble penetration to the middle of the court.



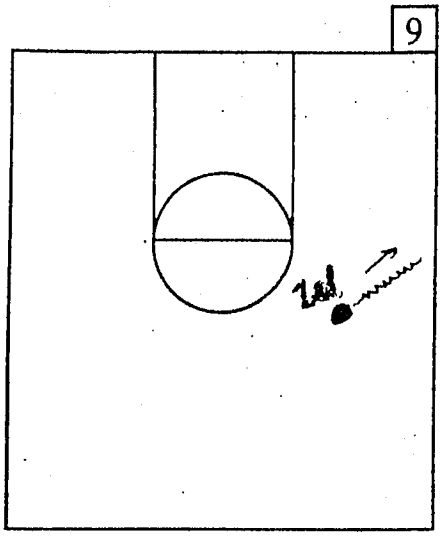
WING POSITION IN 13 ZONE DEFENSE

Most teams have a tendency to enter into the right side of the court and get their shot from the right side. Since most shots rebound from the right to the left, we want our bigger wing to be on the left side (facing in).



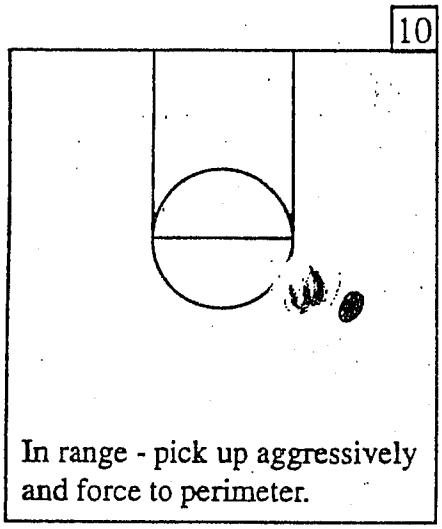
WING POSITION IN RELATION TO POINT

It is very important for the point to influence, or "angle" or "force" the ball to one side of the floor to establish a strong (ball) side wing and a help (or opposite) side wing. This allows the help side wing to cover and protect near the goal. The point guard will retreat and bounce once the strong side wings picks up one step over the 3-point arc. The wing picks up the dribbler when he gets past the foul lane extended; and then keeps forcing him perimeter and under good defensive pressure.



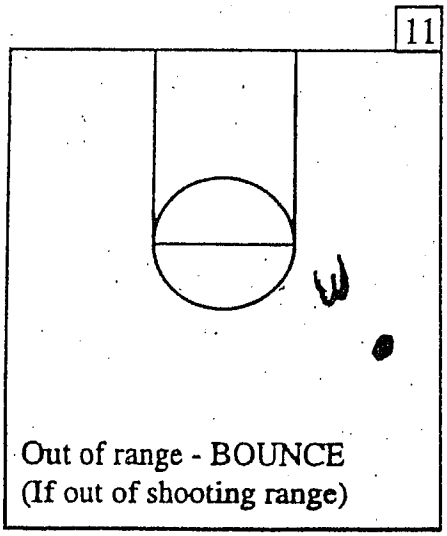
DEFENSIVE POSITION OF STRONG-SIDE WING

The strong-side wing sets up about one step over the 3-point arc. This forces perimeter shooters out of their range, as most 3-point attempts are taken just past the line. If the ball is on the right side of the court (facing in), we want our defensive wing to force the offensive player **out** on the perimeter (**toward** the sideline).



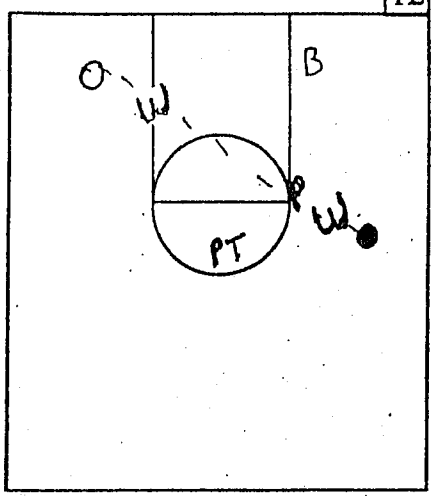
CORRECT FOOTWORK OF DEFENSIVE WING IN 13 ZONE

If the ball is on the Right side (facing in), we want him to have his right foot up; left foor back; right hand up to have excellent pres – sure on the ball, and left hand down to discourage any bounce pass inside. The wing must **bounce** when man with the ball is outside his shooting range (5-10 feet beyond the 3-point line).



The wing will **aggressively** pick up the ball handler, forcing perimeter once he arrives just outside the 3-point arc.

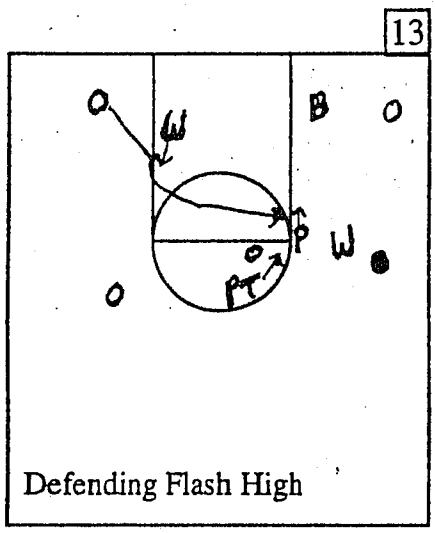
12



WEAKSIDE WING POSITION IN 13 ZONE

The weakside wing plays exactly in line between the ball and any offensive man on the weakside. He must be bouncing with **both** hands up.

13

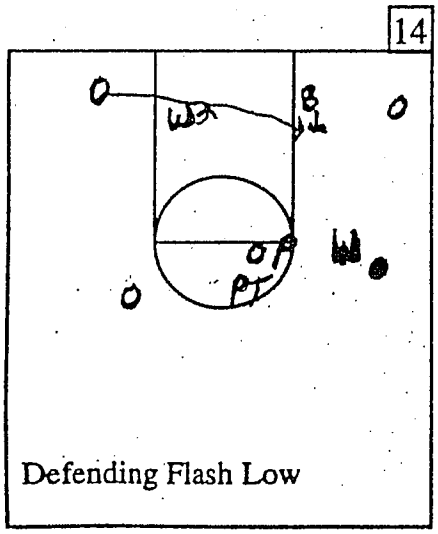


Defending Flash High

WEAKSIDE DEFENDING THE FLASH POST

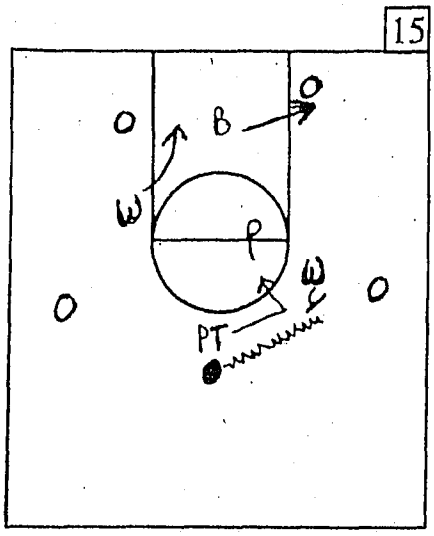
The weakside wing must **constantly** be talking to his defensive teammates, especially in a situation should there be a flash post or a cutter. Should there be a cutter or flash, he would impede their progress and pass him on to the high or low post player guarding that portion of the lane.

14



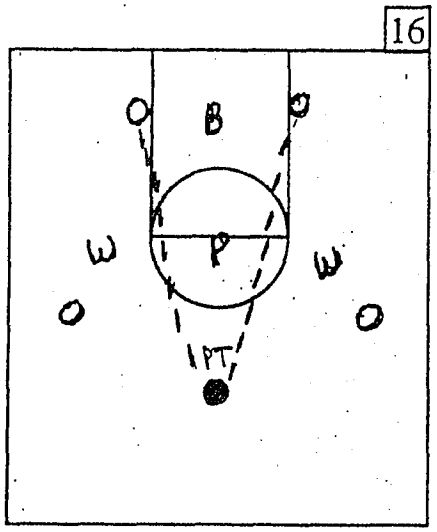
Defending Flash Low

The weakside wing must yell, **"FLASH HIGH!"** or **"FLASH LOW!"** to his teammates so they can react in time to deny ball penetration into the high or low post areas.



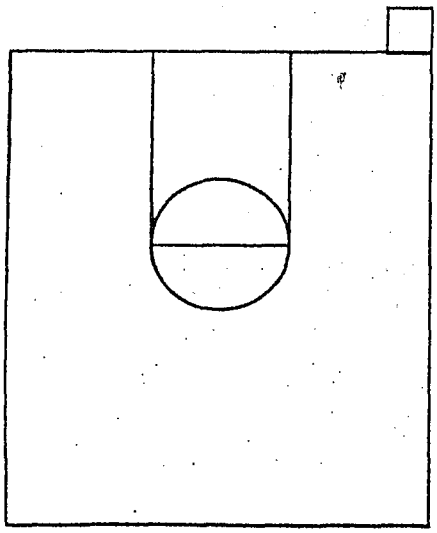
CORRECT BASELINE POSITION IN 13 ZONE

If the defensive point guard and strongside wing have done their job of influencing the ball to one side of the floor, this allows the baseline player to establish his position on the ballside low block.



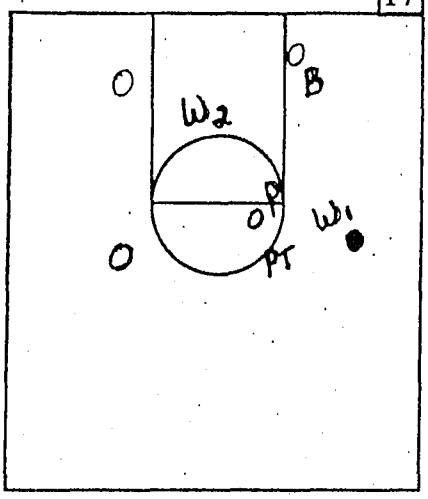
INCORRECT POSITION IN 13 ZONE

If the ball is allowed to be kept in the middle of the court, the baseline player is in a weak defensive position and could end up guarding two larger players near the basket. You can now start to see how all five players must communicate and play as a unit in order to be successful.



Even if the baseline player ends up guarding a player on the low block much taller and larger than himself, if all of his teammates have done their jobs, he should not be in difficulty.
(see Diagram #17, next page)

17



INTERACTION OF ALL PLAYERS IN 13 ZONE

PT - bouncing in between guards, forcing lob pass on any reversal

P - defending any post player, ready to defend forward from opposite side

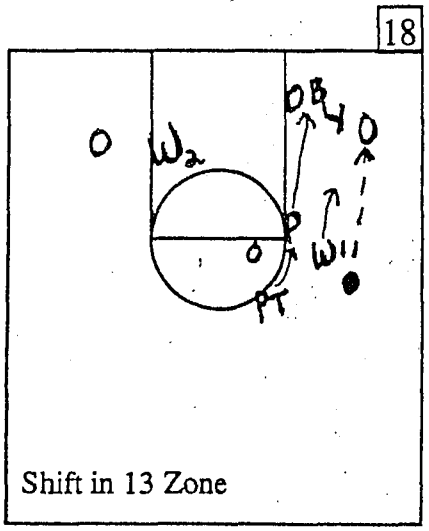
B - fronting low post, communicating with all teammates

W1 - strongside wing applying great pressure on ball forcing perimeter

W2 - weakside wing, ready to give help on any low post lob, ready to impede flash post

The baseline player stays on the low block defending the low post and does not leave until the ball is either passed or dribbled into the corner. The players shift as follows:

18



Shift in 13 Zone

DEFENSIVE SHIFT IN 13 ZONE

B - baseline player follows ball to corner and pressures the ball, forcing perimeter

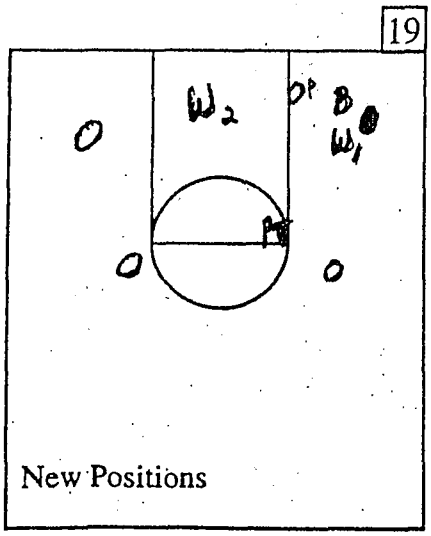
P - post drops quickly to front low post area

PT - point fronts the high post area

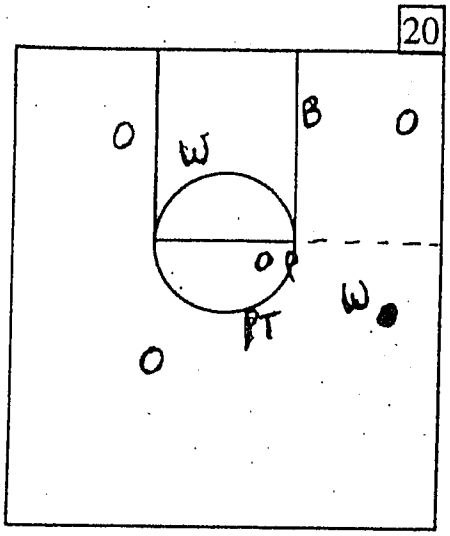
W1 - ballside wing bounces to stop any sharp or quick pass back out or to the opposite elbow. He must position himself to force a LOB pass out of corner.

W2 - weakside wing bounces between ball and the offensive man behind him. You can now see that on a shot taken from the corner, our baseline man will box out the shooter.

19

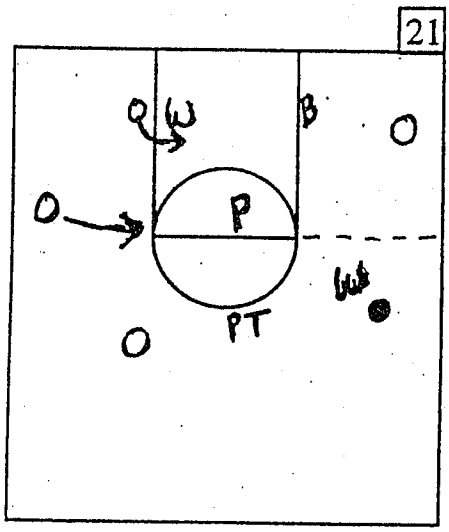


New Positions



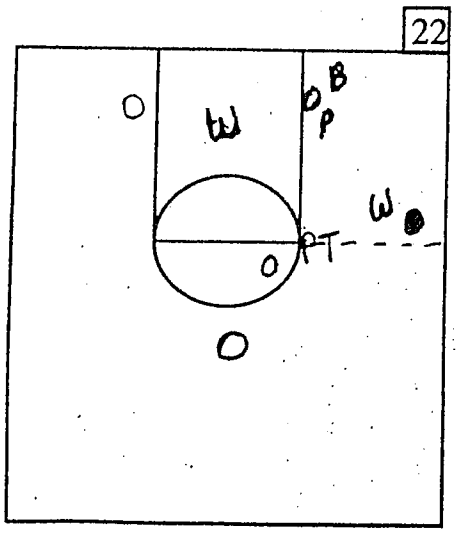
DEFENDING THE HIGH POST

If the ball is above 15', the defensive post must defend any offensive player in the high post area. He must front the post with a hand and a foot in the passing lane.



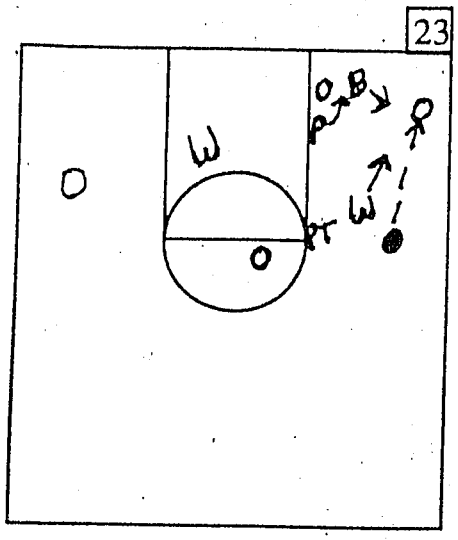
SPECIAL SITUATION IN DEFENDING HIGH POST

If there is no offensive player in the high post area when the ball is above 15', we direct our defensive post to take two steps back and towards the middle of the lane and expect a flash post into the high post area.



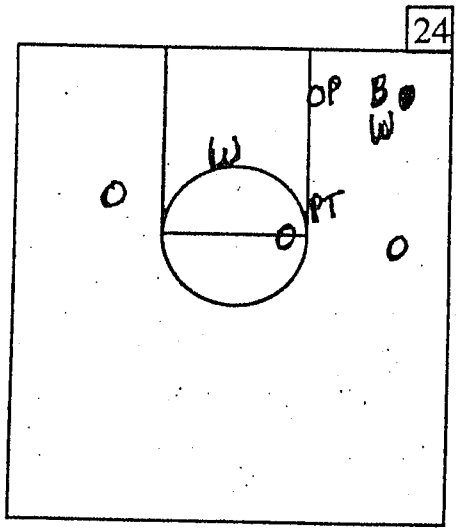
DEFENDING THE LOW POST WITH BALL ON WING

If the ball is below 15', the defensive post has the responsibility of guarding the low post or low block area. If the ball is on the wing, he must front the offensive low post an arm up on the top or high side. When the ball is passed from above the 15' line to the corner, the defensive post man must quickly drop and defend the ball side low block area. The point man would then defend (and deny) the ball side high post area.



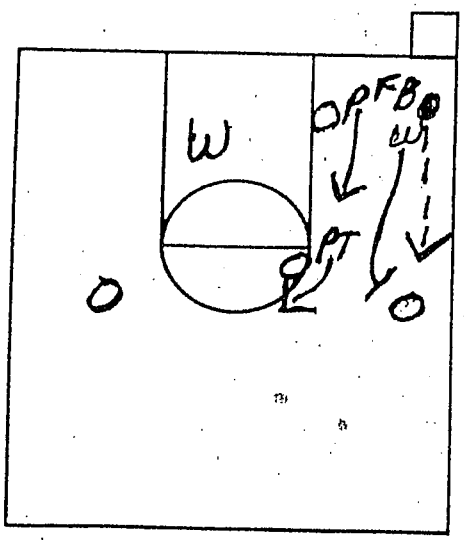
CROSSING IN FRONT OF LOW POST

If the ball is in the corner, or is passed or dribbled to the corner, the defensive post crosses over in front of the low post player and 3/4 fronts him on the low or baseline side. Once again, he must have an arm and foot in the passing lane.



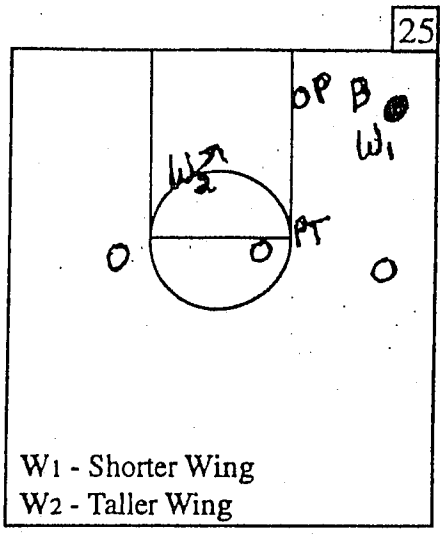
DEFENDING THE LOW POST

The defensive post man must work very hard to box out after a shot as he will sometimes be fronting the offensive post as the shot is taken from the outside.



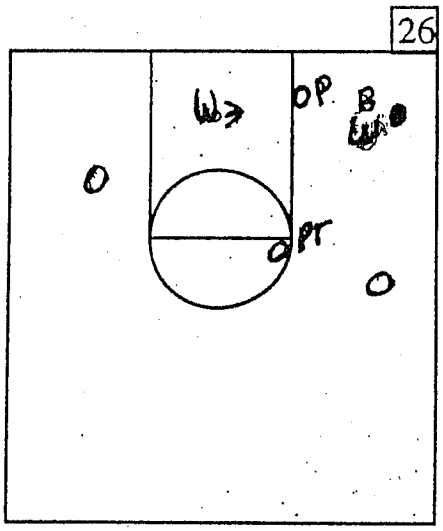
DEFENDING THE PASS FROM THE CORNER BACK OUT TO THE BALL SIDE GUARD OR WING

1) The ball side wing quickly goes out and tries to force the ball to stay on the same side of the floor.
2) The point goes out to bounce between the guards AS
3) The post comes up to defend the high post area (as the ball is now outside of 15')
4) The baseline drops in to defend any pass to the low block area
5) The help side wing bounces in front of anyone on the opposite low block



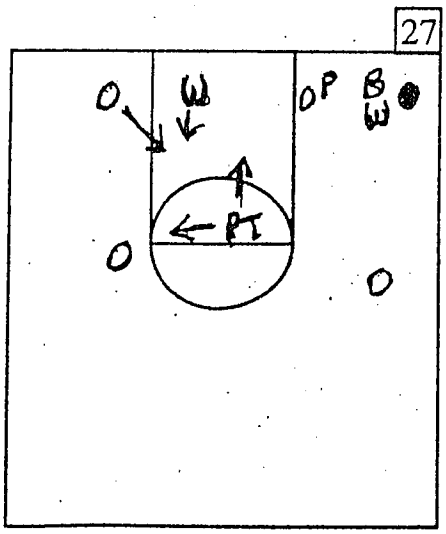
"13 PRESSURE" WING POSITION

We play this most of the time. When the ball is in the corner, we want our wings to bounce, think tip, and force them to lob ball out of the corner. WE CANNOT ALLOW A BULLET PASS FROM THE CORNER TO THE OPPOSITE ELBOW. Obviously, the taller the wing is, the further he can bounce away from the ball and still apply pressure to force the lob.



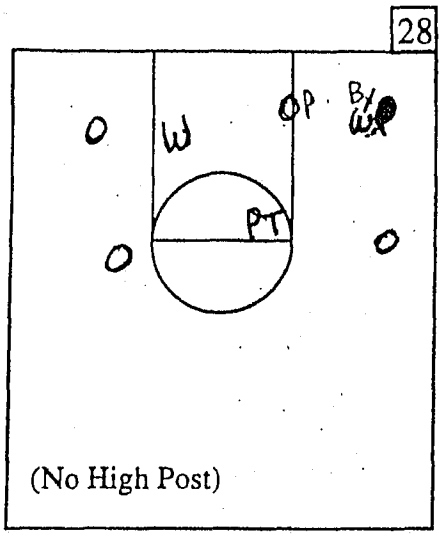
"13 PRESSURE" POINT POSITION

The point man defends (fronts) the ballside elbow (high post area). If there is no offensive player in the high post or elbow area, the point should anticipate a flash post or a skip pass to the opposite elbow.



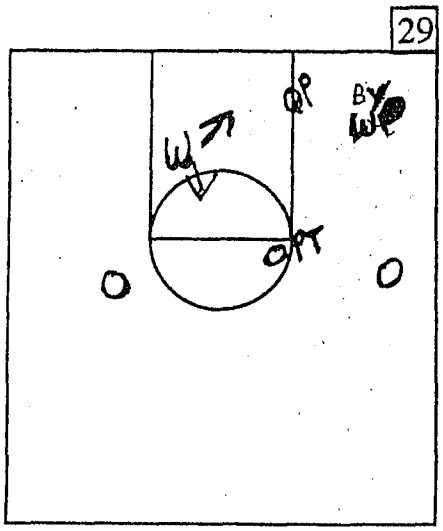
"13 PRESSURE" POINT POSITION WITH VACANT HIGH POST

One other point to remember is that the opposite wing, besides calling out flash posts and impeding their progress, must be ready to help out on possible lobs from the corner to the low post.



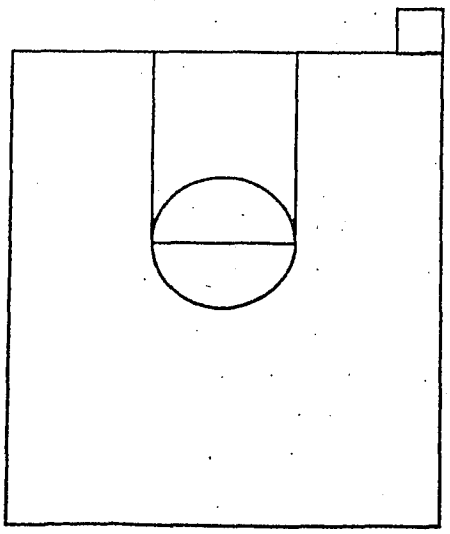
"13 TRAP"

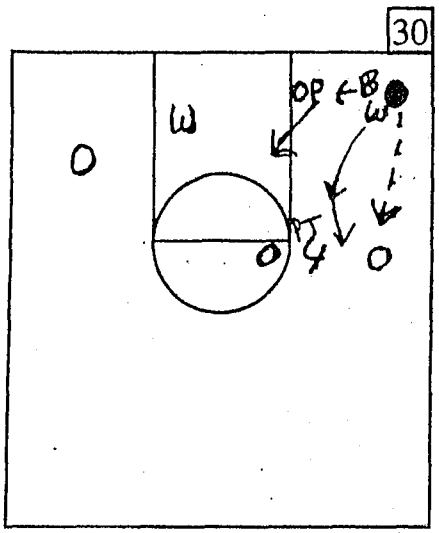
If the offense starts completing bullet or sharp passes out of the corner, we tell our ballside wing to move closer for more pressure on the ball. If they are still able to make these types of passes, we will go into **13 TRAP**, where our wing and baseline players will set a hard trap whenever the ball is in the corner WITHOUT FOULING.



"13 TRAP"

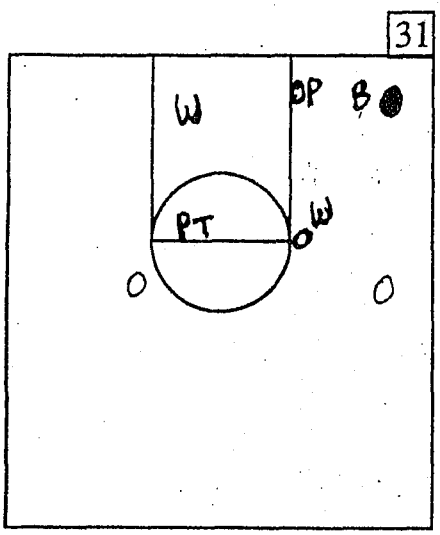
You can also use this tactic as a surprise element if the offense has a poor passer or short player with the ball in the corner. ALL RESPONSIBILITIES ARE THE EXACT SAME, EXCEPT FOR THE WING,who now goes all the way to the corner to trap. When we set a trap, we still think of just tipping and getting a piece of the ball - **not** trying to steal the ball out of the double team.





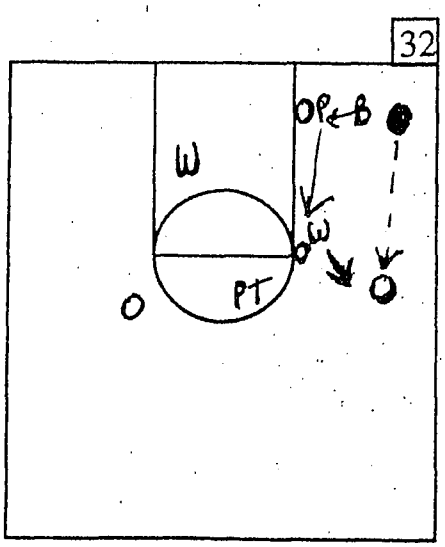
SHIFT OF DEFENSE IN 13 TRAP

If the ball is passed out to the same side wing from the corner, our point must stop any penetration as the ballside wing regains good defensive position on the ball. The wing must quickly again push the ball out beyond the 3-point area and force perimeter.



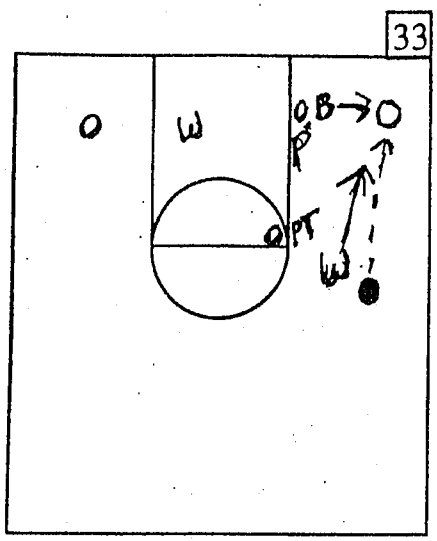
"13 DROP"

If the offense is still successfully completing the corner - elbow skip pass, even with our corner trap, we will then go into our 13 DROP. The point and the wing now each have different responsibilities when the ball is in the corner. The wing now "**drops**" to defend the high post area on the ballside. The point now plays at the opposite elbow to stop the skip pass.



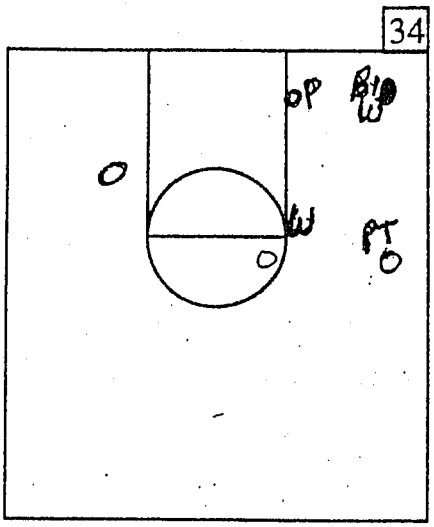
SHIFT OF DEFENSE IN 13 DROP

There isn't as much pressure on the ball in the corner and we allow the ball to be passed out to the same side wing. However, we have now stopped the corner - elbow skip pass and the wing can quickly apply pressure when the ball is passed from the corner to the wing.



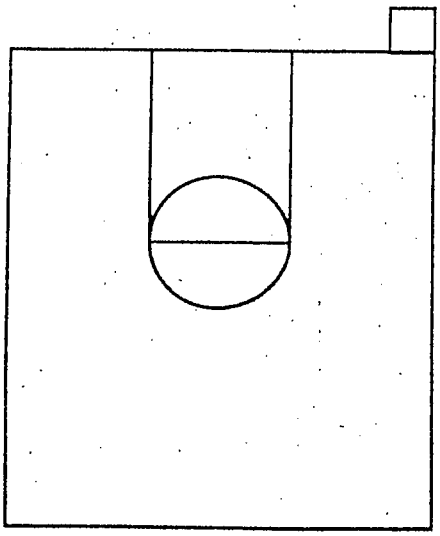
"13 SUICIDE"

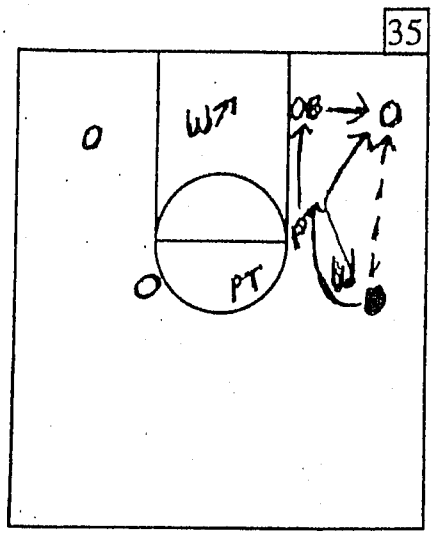
This defense is something we will run <u>once</u> or <u>twice</u> after a time-out as a **<u>surprise elememt</u>**. It is very much the same as our 13 trap - the wing and baseline players trap the ball in the corner our post denies the ball into the low post area. Our *point*, however, now denies the pass back into the same side wing and our <u>opposite</u> wing comes all the way over to deny the ballside high post.



SHIFT OF DEFENSE IN "13 SUICIDE"

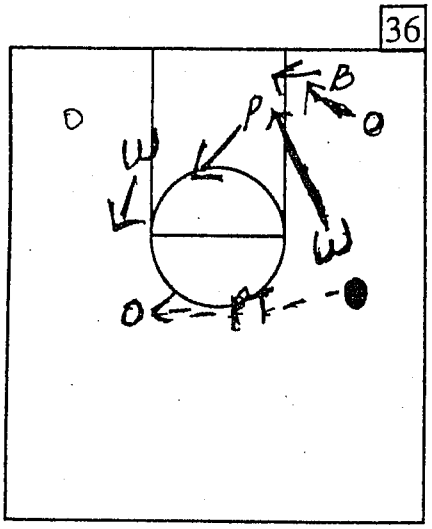
It is imperative to set a **<u>good</u>** trap in the corner and have the other 3 players deny the three possible outlets. If a good trap is set, the man with the ball in the corner should not be able to throw a cross-court pass with any sharpness.





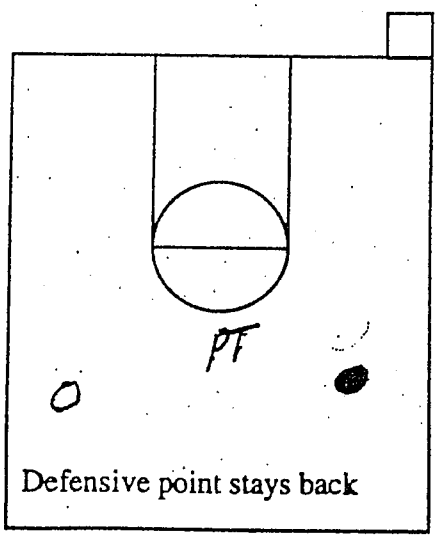
SPECIAL SITUATION "DEFENDING THE WING CUTTER IN 13 ZONE"

The wing stays with the cutter until the post drops and can defend the low block. The wing then returns to bounce (in 13 pressure), trap (in 13 trap), or defend the ball side elbow (13 drop). The weakside wing must be in position to help on the ballside low post **until** the post can **defend** the **low post**.

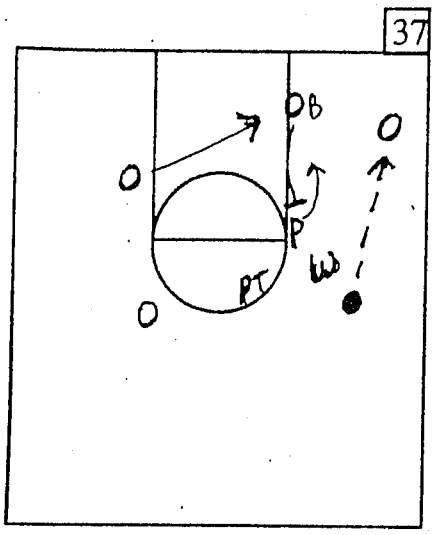


SPECIAL SITUATION

DO NOT allow the defensive wings to set up any higher than one step over the 3-point arc. This **allows** him to cover the weakside low block **quickly** on ball reversal. If the wing sets up **too** high, he has too much ground to cover from beyond the 3-point arc to the basket. The point must **not** bounce between the guards **any higher** than the **top** of the free throw circle. If he goes higher, the guard with the ball can penetrate easily **or** the opposite offensive guard can sneak in behind the defensive point man.

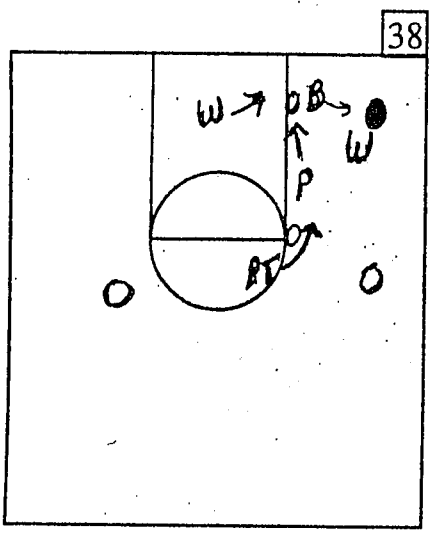


Defensive point stays back



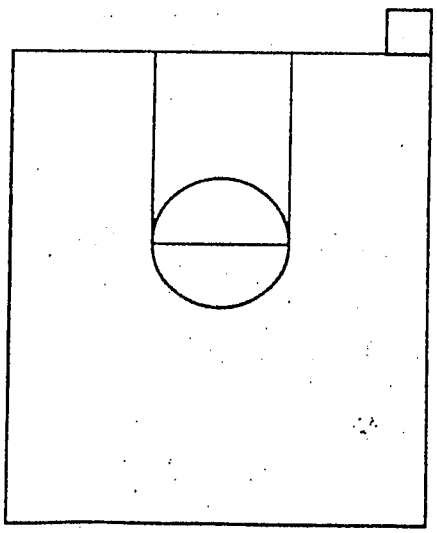
SPECIAL SITUATION "SCREENING THE POST"

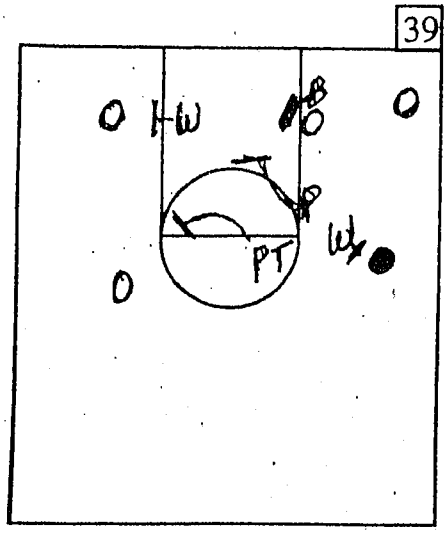
As the ball is passed from the wing to the corner, an offensive low post may try to <u>screen</u> the defensive post as he moves to defend the ballside low block. The defensive post must fight over the <u>top</u> of the screen. The baseline player should not leave the low block unguarded until the defensive post has it covered.



SPECIAL SITUATION " SCREENING THE POST"

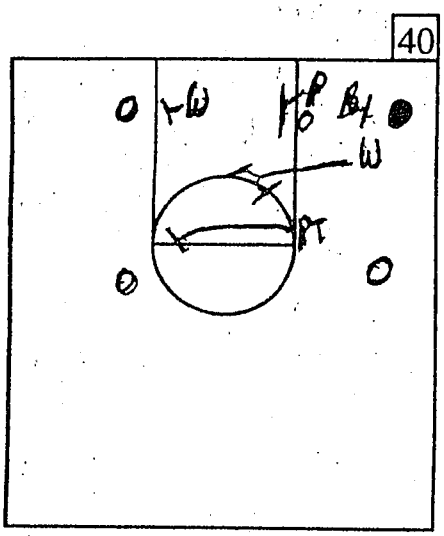
The wing must be quick to pressure the ball in the corner to prevent an easy pass into the high post. The point moves to cover the high post. The baseline player can jab and retreat at the ball in the corner until the post can cover the low block. Once the low post has the low block covered, the baseline player can pressure the ball in the corner.





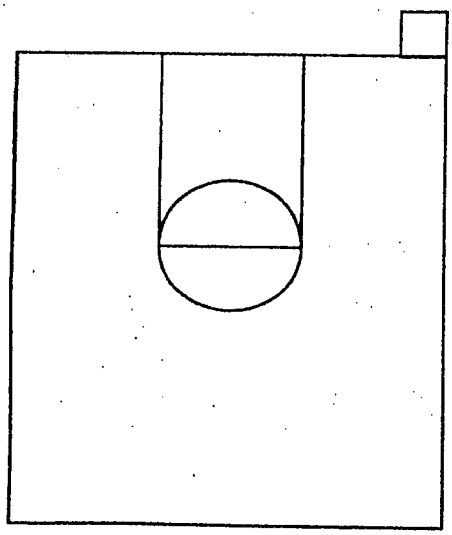
"BOXING OUT ON SHOT FROM THE WING"

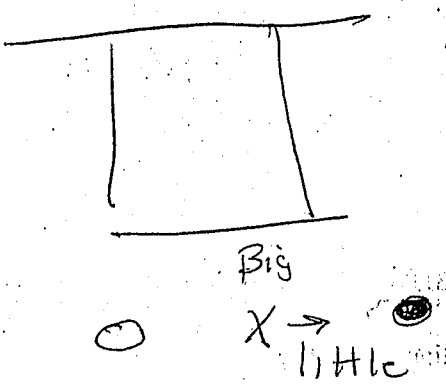
- Baseline boxes ballside low post
- Wing boxes shooter
- Post boxes middle
- Point <u>must</u> box opposite elbow
- Opposite wing boxes opposite low block



"BOXING OUT ON SHOT FROM CORNER"

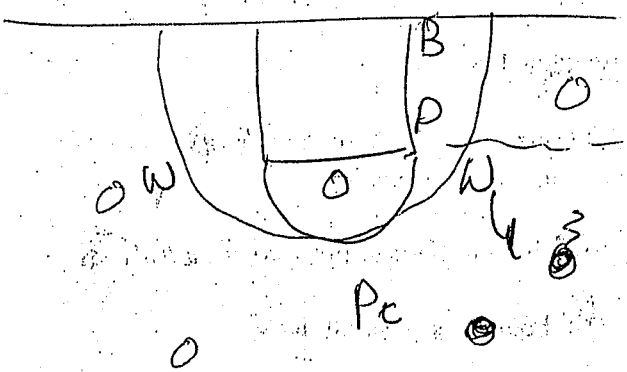
- Baseline boxes shooter
- Post boxes low post (he must work especially hard for position if he is in a frontal postition)
- Opposite wing boxes opposite wing or post
- Point boxes opposite elbow
- Ballside wing boxes middle





X in 2 steps above top of key

Force / Guard front to side
Force away from strong player



Ball outside of F.T line extended deep post

inside FT line extended post drops to Low Block

FIBA MENS WORLD CHAMPIONSHIPS 2006.

ARGENTINA.

No.	NAME	HEIGHT	POSITION	DATE OF BIRTH
4	LUIS SCOLA	204cm 6'9"	4/5	30 APRIL, 1980
5	EMANUEL GINOBILI	198cm 6'6"	2/3	28 JULY, 1977
6	"PEPE" SANCHEZ	192cm 6'4"	1.	8 MAY, 1977.
7.	FABRICIO OBERTO	208cm 6'10"	5.	21 MARCH, 1975
8.	WALTER HERRMANN.	203cm 6'8"	3.	26 JUNE, 1979
9.	GABRIEL FERNANDEZ	204cm 6'8"	4.	23 OCT, 1976
10.	CARLOS DELFINO	200cm 6'7"	2/3	29 AUG, 1982.
11.	PABLO PRIGIONI	190cm 6'3"	1.	17 MAY, 1977
12.	LEONARDO GUTIERREZ	201cm 6'7"	4.	16 MAY, 1978.
13.	ANDRES NOCIONI	202cm 6'7"	3.	30 NOV, 1979.
14.	DANIEL FARABELLO	194cm 6'4"	1/2.	18 OCT, 1973
15	RUBEN WOLKOWYSKI	208cm 6'10"	5.	30 SEPT, 1973

HEAD COACH: SERGIO HERNANDEZ

DATE OF BIRTH: 1 NOV, 1963

PLACE OF BIRTH: BUENOS AIRES, ARGENTINA.

CAREER: SC DE CANADA DE GOMEZ (ARGENTINA NATIONAL LEAGUE 1992-95), DEPORTIVO ROCA RIO NEGRO 1995-1997, RIGATA SAN NICOLAS 1997-98, ESTUDIANTES OLIVARRIA 1998-2003, BOCA JUNIORS 2003-2005.

INTERNATIONAL CAREER: HEAD COACH ARGENTINA NATIONAL TEAM 2005 FIBA AMERICAS CHAMPIONSHIP.

SERGIO HERNANDEZ MAKES HIS DEBUT WITH THE ARGENTINA NATIONAL TEAM AT A WORLD CHAMPIONSHIP. HE REPLACES LEGENDARY COACH RUBEN MAGNANO. WELL ORGANISED AND A GOOD COMMUNICATOR HE HAS A BRIGHT FUTURE.

OFFENCE:

ARGENTINA ARE THE MASTERS OF MAINTAINING APPROPRIATE TEMPO AND RECOGNITION OF OFFENSIVE TEMPO. THE MOVE INTO OFFENSE VERY QUICKLY WHEN REQUIRED AND SLOW THE TEMPO WHEN REQUIRED. THEIR GUARDS ALTERNATE IN DRIBBLING THE BALL UP THE COURT AND ORGANISING THE TEAM. THEY LOOK TO ADVANCE THE BALL UP THE MIDDLE OF THE FLOOR. BOTH FROM BROKEN PLAYS AND AFTER A BASKET. THE 4 AND 5 MAN ALTERNATE BETWEEN INBOUNDING THE BALL AND SPRINTING THE ~~FLOOR~~ MIDDLE OF THE FLOOR TO GET A CATCH CLOSE TO THE BASKET. THE OTHER "BIG" WILL TRAIL BEHIND 1, 2, 3 AND 4. THE 2 AND 3 MEN SPRINT THE FLOOR WIDE AND DEEP LOOKING TO GET AHEAD OF THE DEFENCE. THEIR OFFENSE "FLOWS" FROM THEIR OFFENSIVE TRANSITION AND CONSISTS OF "HIGH/LOW ACTION." BETWEEN THE 4 AND 5 MAN, WITH GETTING THE BALL INSIDE AS A PRIORITY. THEIR IS EXCELLENT TRANSITION FROM THE FULL COURT OFFENCE TO THE HALF COURT OFFENCE. ON-BALL SCREENS (PICK 'N ROLL) ARE USED IN FULL COURT TRANSITION AND THE TRAILING 5 MAN WILL ALSO SCREEN DOWN FOR THE WING PLAYERS WHO WILL OFTEN CHANGE SIDES IN A "SWINGING" ACTION. THE HALF COURT OFFENCE BEGINS OFTEN WITH A HIGH LOW SET OR "HORNS" SET.

DEFENCE.

THE MAIN DEFENCE WHICH ARGENTINA RELIED ON WAS 3/4 COURT AND 1/2 COURT MAN TO MAN DEFENCE. THEY ALSO USED A 2/3 MATCH UP ZONE WITH THE 5 MAN STAYING INSIDE. SOMETIMES AFTER A FREE THROW THEY WOULD USE A MAN TO MAN PRESS FULL COURT WITH THE BALL BEING DENIED TO THE FIRST RECEIVERS USING A TOTAL DENIAL TECHNIQUE "FACE GUARDING". THE ON-BALL SCREEN (PICK 'N ROLL) WAS DEFENDED BY THE DEFENDER ON THE SCREENER STEPPING OUT AND "SHOWING", THEN RECOVERING TO ALLOW THE DEFENDER ON THE BALLHANDLER TO GO OVER THE TOP OF THE SCREEN. OCCASIONALLY THEY WOULD DOUBLE TEAM THE DRIBBLER FROM AN ON BALL SCREEN SET ON THE WING. ON DOWN SCREENS AND TURN OUT CUTS THE DEFENCE WOULD TRAIL THE CUTTER BY "FOLLOWING IN THEIR FOOTSTEPS. THEY WOULD VARY DEFENDING OUT OF BOUNDS PLAYS BY SOMETIMES PLAYING MAN TO MAN, SOMETIMES PLAYING ZONE AND OCCASIONALLY TRAPPING THE FIRST PASS. DEFENDING THE "HORNS" SET DEPENDED UPON THE SHOOTING ABILITY OF THE OFFENCE. THE PREFERRED METHOD FOR "ON-BALL" OUT OF HORNS WAS FOR THE DEFENDER TO GO OVER THE TOP OF THE SCREEN. IF THE DRIBBLER WAS A POOR SHOOTER - UNDER THE SCREEN.

THE PERSONNEL – ARGENTINA

GUARDS.

ALL GUARDS WERE EXCELLENT BALLHANDLERS. THEIR MAIN ATTACKING MOVES WERE THE HESITATION DRIBBLE, THE CROSSOVER DRIBBLE AND CHANGE OF PACE DRIBBLE. THEY COULD ALL SHOOT THE PERIMETER SHOT WELL AND WERE ABLE TO USE THE DRIBBLE PENETRATION VERY EFFECTIVELY. THEIR ABILITY TO PASS OFF THE DRIBBLE WAS OUTSTANDING. THEY WERE VERY GOOD EXPONENTS OF THE "PULL UP" JUMP SHOT AND FINISHED "IN TRAFFIC" VERY WELL. EXCELLENT RECOGNITION OF OFFENSIVE TEMPO.

FORWARDS.

THE FORWARDS WERE VERY ATHLETIC AND RAN THE FLOOR WITH GREAT UNDERSTANDING OF SPACE AND POSITIONING. THEY PASSED THE BALL WELL IN THE ½ COURT AND HAD EXCELLENT ABILITY TO PASS THE BALL TO THE FREE PLAYER EITHER INSIDE OR OUTSIDE. THE FORWARDS HAD GOOD RANGE ON THEIR PERIMETER SHOTS WITH THE "CATCH AND SHOOT" AND PULL UP JUMP SHOTS. THEY COULD ALL PLAY INSIDE AND OUTSIDE.

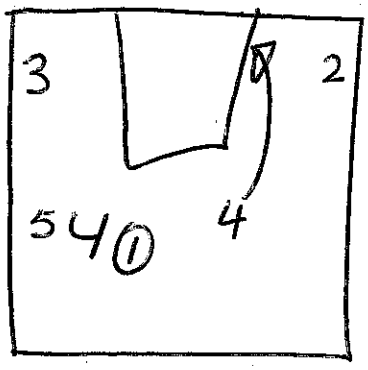
CENTERS.

OUTSTANDING REBOUNDERS IN OFFENCE AND DEFENCE. GOOD MEDIUM RANGE JUMP SHOTS. THEIR PREFERED MOVE INSIDE WAS THE BACK IN DRIBBLE AND JUMP HOOK. THEY SHOT WELL FROM THE BLOCK AND FOUL LINE AND PASSED WELL TO CUTTERS CUTTING FROM THE PERIMETER

OFFENCE

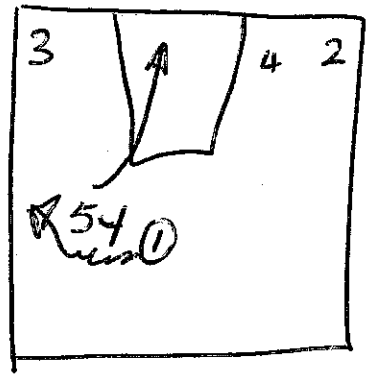
#1. FROM TRANSITION FOR 5 MAN OBERTO

(A)



- 5 MAN SETS AN ON-BALL SCREEN FOR 1 MAN.
- 4 CUTS TO THE BLOCK.

(B)

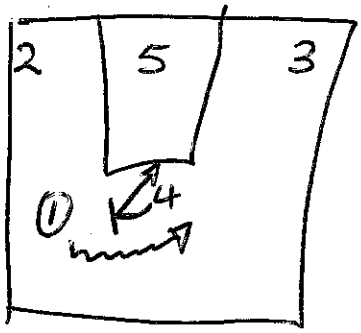


- 1 DRIBBLES OFF 5.
- 5 ROLLS TO THE BASKET FOR THE SHOT.

DVD COUNTER ARG V N.Z 26/8/06
17 MINS 25 SECS → 17 MINS 32 SECS

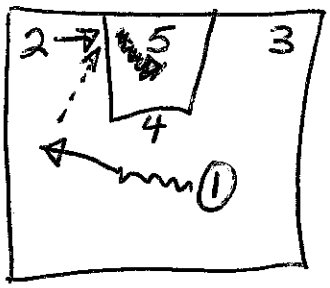
#2. FROM TRANSITION FOR 5 MAN OBERTO.

(A)



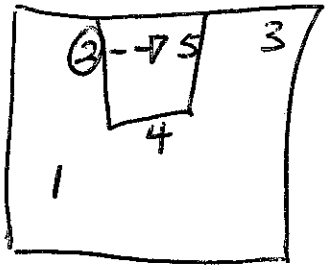
- 4 SETS AN ON BALL FOR 1.
- 5 SETS UP AT THE BASKET.
- 4 GETS TO THE FOUL LINE.

(B)



- 1 DRIBBLES BACK TOWARDS 2.
- 2 BACK CUTS.

(C)



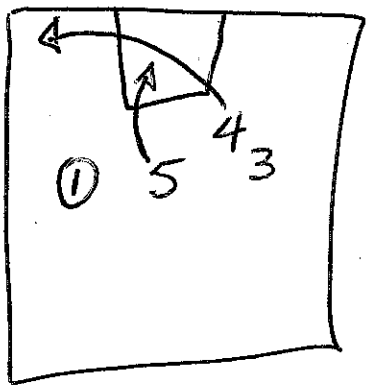
- 2 PASSES TO 5 FOR THE SHOT.

DVD COUNTER ARG V N.Z → 26/8/06
18 MINS 47 SECS - 18 MINS 57 SECS

OFFENCE CONTINUED.

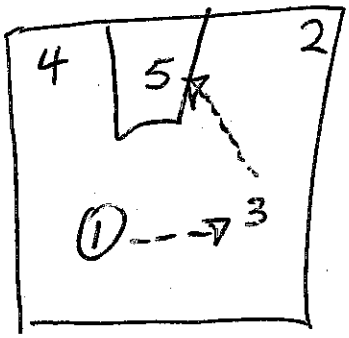
#3 OFFENSIVE TRANSITION FOR 5 MAN OBERTO.

(A)



- 1 HAS THE BALL.
- 4 CUTS THROUGH.
- 5 DELAYS, THEN CUTS.

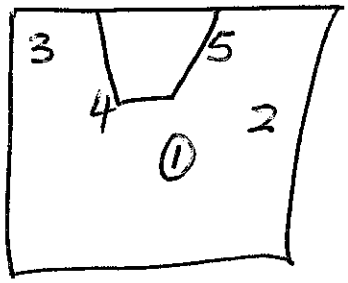
(B)



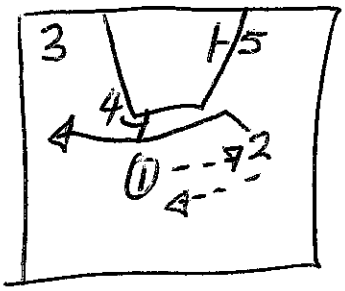
- 1 PASSES TO 3
- 3 PASSES TO 5 FOR THE SHOT.

DVD ARG v NZ 26/8/06
20 MINS 16 SECS → 20 MINS 25 SECS

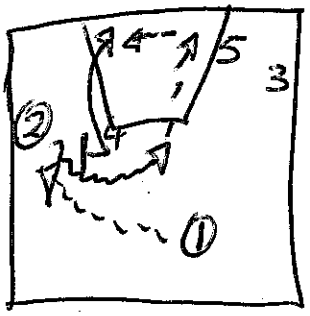
#4. "4" SIGNAL FOR THE 4 MAN.



- 4 AND 5 SET UP HIGH AND LOW.
- 3 IS IN THE CORNER.
- 2 IS AT THE FOUL LINE EXTENDED



- 1 PASSES TO 2, 2 RETURNS THE PASS TO 1, THE CUTS OFF 4's SCREEN.



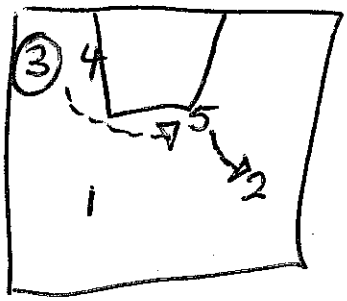
- 1 PASSES TO 2 WHO ~~GOES FOR A ONE BALL~~ SCREEN
- 4 SETS AN ON-BALL SCREEN FOR 2.
- 2 DRIBBLES OFF 4 AND PASSES TO 4 WHO PASSES TO 5.

DVD ARG v NZ 26/8/06
20 MINS 45 SECS → 20 MINS 57 SECS

OFFENCE CONTINUED.

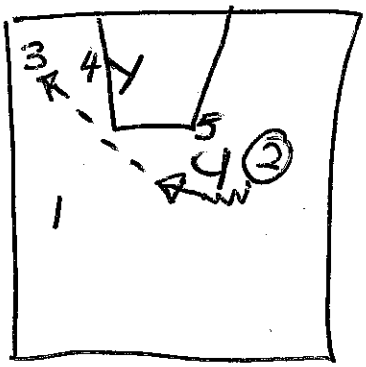
#5. V/S ZONE FOR 2 MAN GINOBILI.

(A)



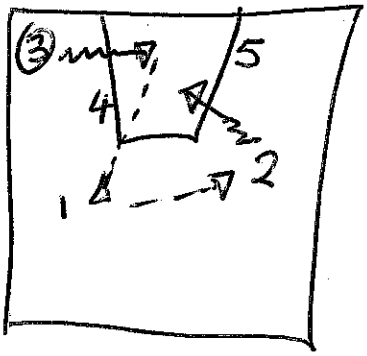
- 3 HAS THE BALL AND SKIP PASSES TO 5.
- 5 PASSES TO 2.

(B)



- 5 SETS AN ON BALL SCREEN FOR 2
- 4 ~~SCREEN~~ SCREENS THE ZONE FOR 3.
- 2 DRIBBLES OFF 4's SCREEN AND PASSES TO 3

(C)

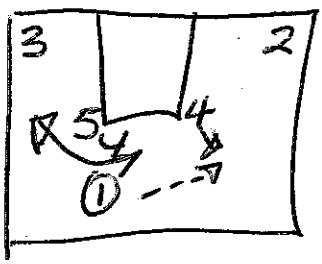


- 3 PENETRATES BASELINE AND PASSES OUT TO 1 WHO PASSES TO 2 FOR THE DRIBBLE AND SHOT.

DVD ARG v NZ 26/8/06
21 MINS 37 SECS → 21 MINS 52 SECS

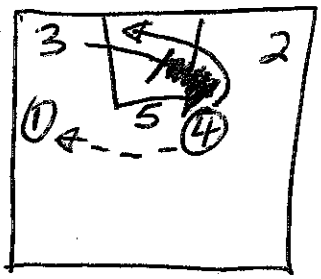
#6. FOR THE 4 MAN SCOLA.

(A)



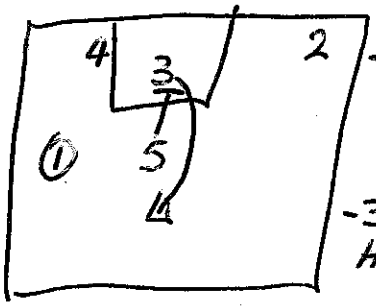
- 1 PASSES TO 4 AND CUTS OFF 5's SCREEN.

(B)



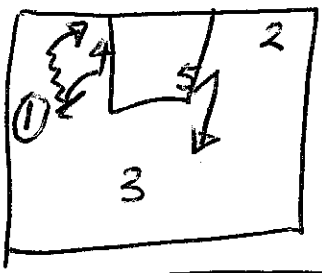
- 4 PASSES TO 1
- 3 SETS AN ACROSS SCREEN FOR 4
- 4 CUTS OFF 3's SCREEN

(C)



- 5 SETS A DOWN SCREEN FOR 3
- 3 CUTS HIGH.

(D)

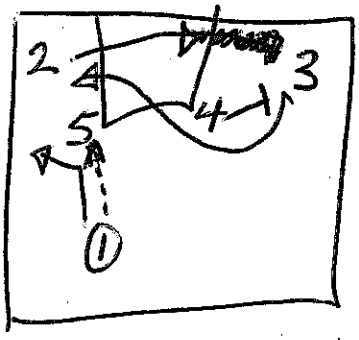


- 4 SETS AN ON BALL SCREEN FOR 1 AND ROLLS TO BASKET.

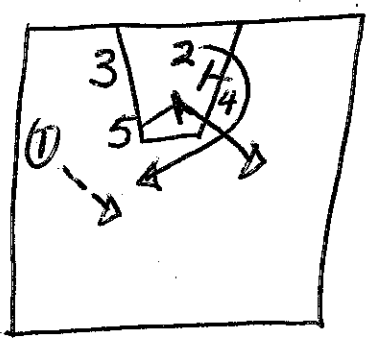
DVD ARG v NZ 26/8/06
27 MINS 34 SECS → 27 MINS 45 SECS

OFFENCE CONTINUED.

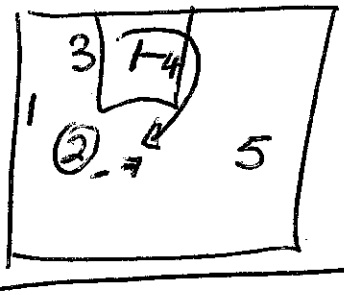
#7. FOR 3 MAN HERRMANN.

(A) 

- 1 PASSES TO 5 AND COMES AROUND FOR THE HAND OFF.
- 2 CUTS THE BASELINE TO MIDDLE OF KEY.
- 4 SETS A DOWN SCREEN FOR 3 WHO CUTS TO THE BLOCK.

(B) 

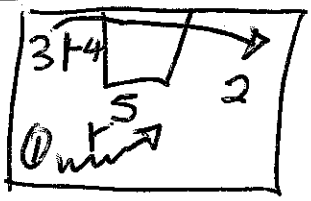
- 5 AND 4 SET A STAGGERED DOUBLE SCREEN FOR 2.
- 1 PASSES TO 2.
- 5 ~~CLEARS HIGH~~. FLARES HIGH.

(C) 

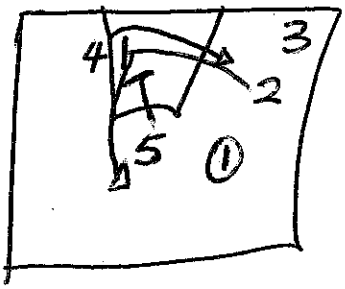
- 4 SCREENS FOR 3, 2 PASSES TO 3

DVD ARG v NZ 26/8/06
40 MINS 41 SECS → 40 MINS 57 SECS

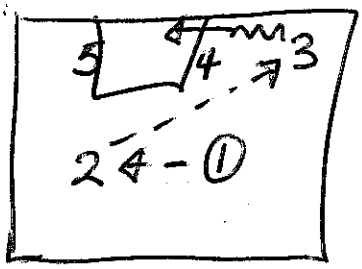
#8. FOR 3 MAN HERRMANN.

(A) 

- 5 SETS AN ON BALL SCREEN FOR 1. WHO ~~[illegible]~~ DRIBBLES OFF
- 4 SETS A BACK SCREEN FOR 3 WHO CUTS BASELINE.

(B) 

- 2 SETS AN ACROSS SCREEN ~~[illegible]~~ FOR 4 WHO CUTS TO BLOCK.
- 5 SETS A DOWN SCREEN FOR 2 WHO CUTS HIGH.

(C) 

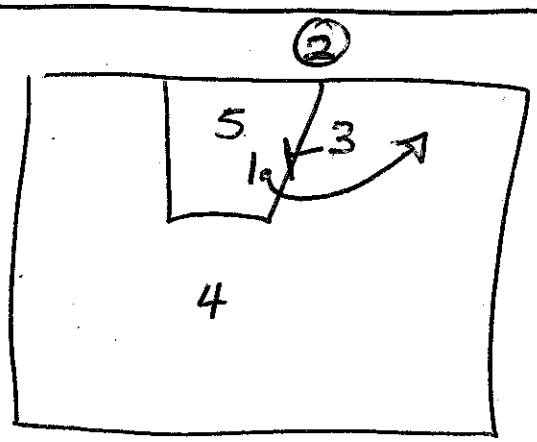
- 1 PASSES TO 2 WHO PASSE TO 3 FOR DRIVE

DVD. 26/8/06 ARG v NZ.
43 MINS 18 SECS → 43 MINS 29 SECS

OFFENCE CONTINUED.

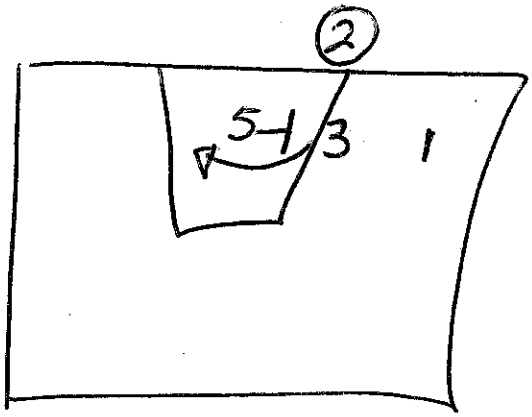
#9 FOR 5 MAT OBERTO. – BASELINE OUT OF BOUNDS

(A)



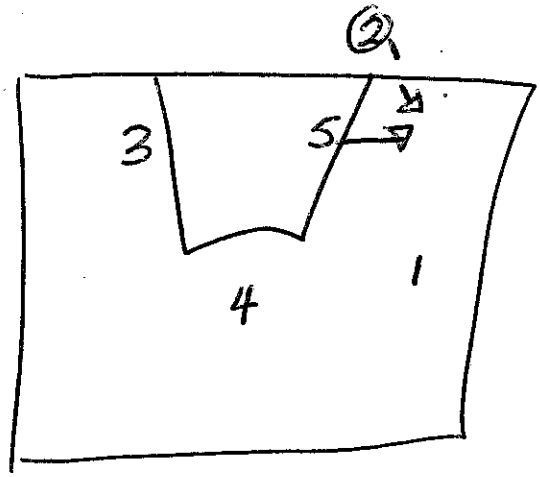
– 2 HAS BALL OUT OF BOUNDS
– 3 SCREENS FOR 1.

(B)



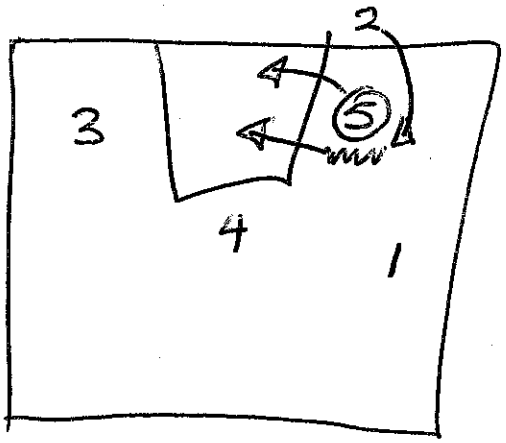
– 5 SCREENS FOR 3, WHO CUTS., THEN 5 "POPS" FOR THE BALL.

(C)



– 2 PASSES TO 5

(D)



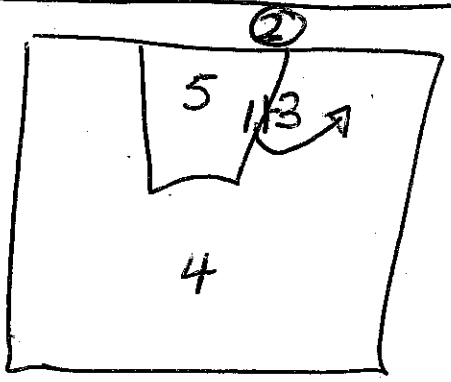
– 2 COMES ROUND FOR THE HAND OFF FROM 5. 2 DRIBBLES INSIDE KEY, 5 ROLLS TO BASKET.

DVD ARG V NZ 26/8/06
1HR 14MINS 41SECS → 1HR 14MINS 47SECS

OFFENCE CONTINUED.

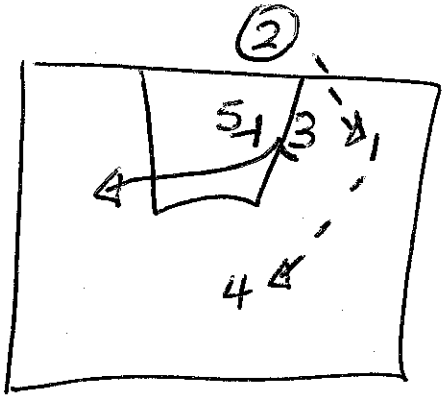
#10 FOR GINOBILI 2 MAN. BASELINE OUT OF BOUNDS.

(A)



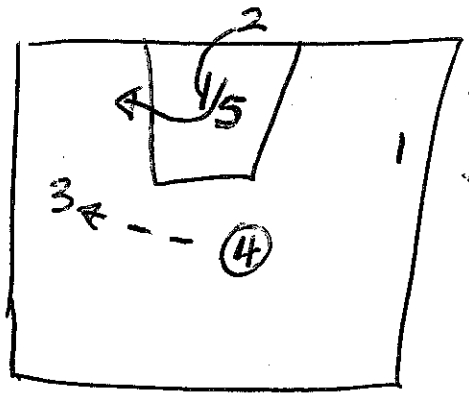
- 2 MAN HAS THE BALL OUT OF BOUNDS.
- 3 SCREENS FOR 1.

(B)



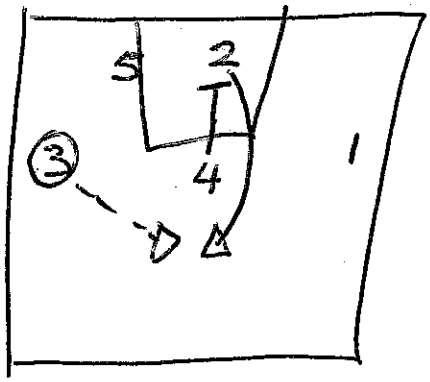
- 2 PASSES TO 1. WHO PASSES TO 4
- 5 SCREENS 3.

(C)



- 4 GETS THE BALL ON TO 3
- 2 STEPS IN AND SCREENS 5.

(D)



- 4 DOWN SCREENS FOR 2.
- 3 PASSES TO 2.

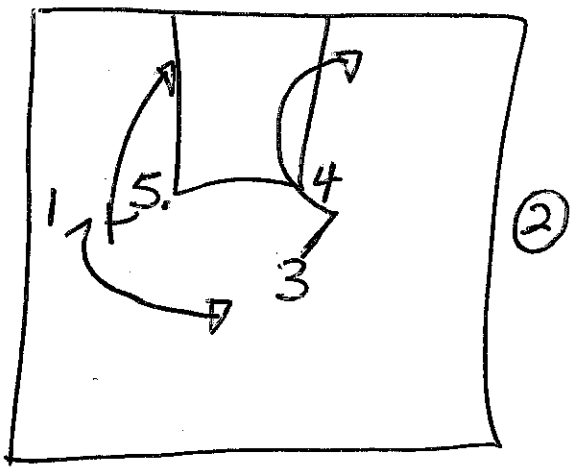
DVD. ARG V N.Z 26/8/06

1HR 14 MINS 56 SECS → 1HR 15 MINS 08 SECS

OFFENCE CONTINUED.

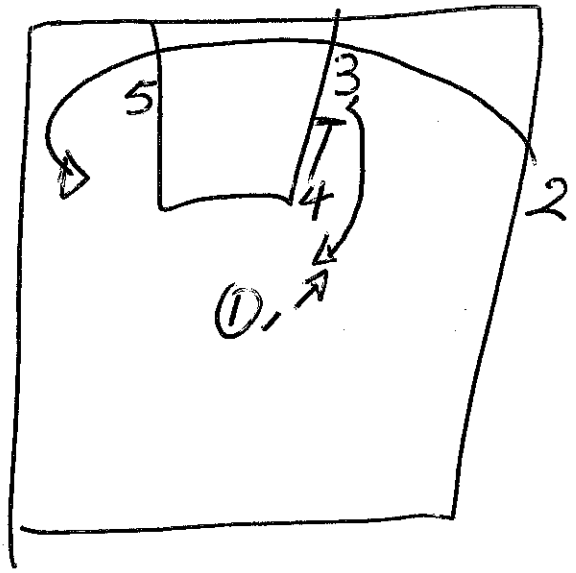
#11. FOR 3 MAN NOCIONI SIDE OUT OF BOUNDS

(A)



- 2 HAS BALL SIDELINE OUT OF BOUNDS
- 3 CUTS OFF 4's SCREEN
- 1 CUTS TO THE BALL OFF 5's SCREEN.
- 5 GETS TO THE BLOCK.

(B)



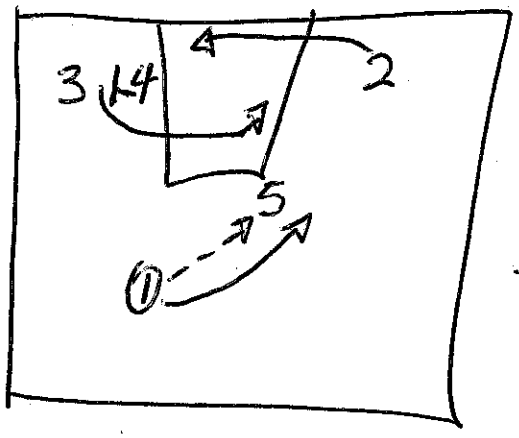
- 2 ~~GETS~~ TURN OUT CUTS OFF 3 AND 5.
- 4 DOWN SCREENS FOR 3.
- 1 PASSES TO 3 FOR SHOT.

DVD. ARG V TURKEY 29/8/06
5 MINS 3 SECS → 5 MINS 14 SECS.

OFFENCE CONTINUED.

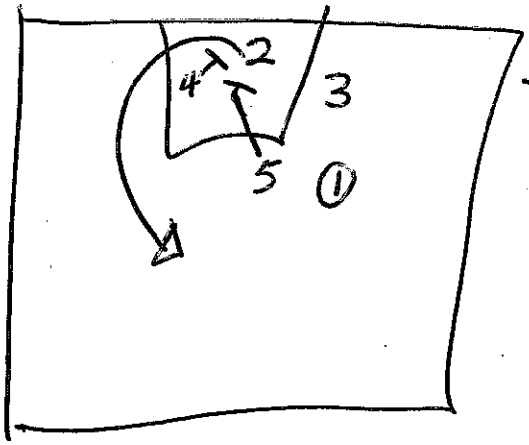
#12. FOR 3 MAN NOCIONI

(A)



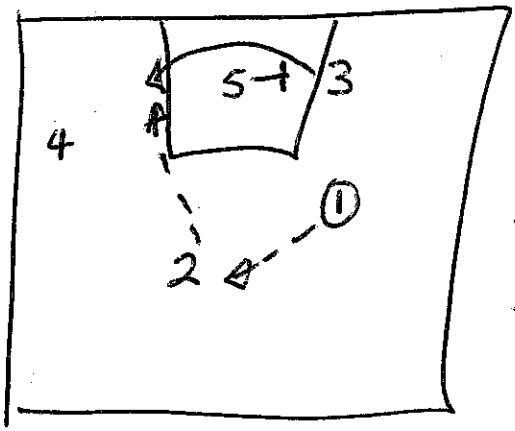
- 1 PASSES TO 5 AND COMES AROUND FOR THE HAND OFF.
- 4 SCREENS FOR 3.
- 2 CUTS TO MIDDLE OF KEY

(B)



- 4 AND 5 NOW SET A STAGGERED DOUBLE SCREEN FOR 2.

(C)



- 4 FLARES OUT OF THE DOUBLE
- 5 SCREENS FOR 3
- 1 PASSES TO 2
- 2 PASSES TO 3.

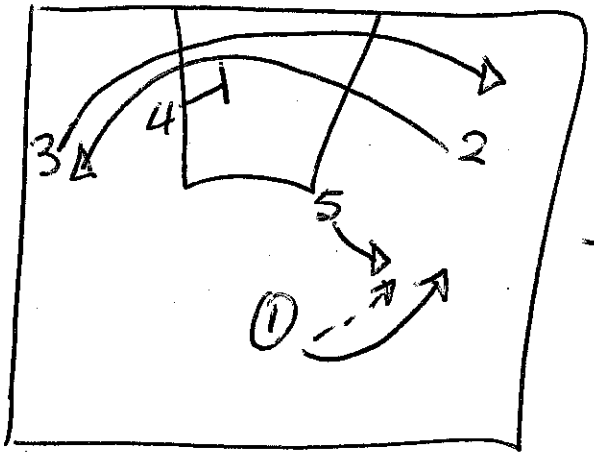
DVD. ARG V TURKEY 29/8/06

18 MINS 44 SECS → 18 MINS 54 SECS

OFFENCE CONTINUED.

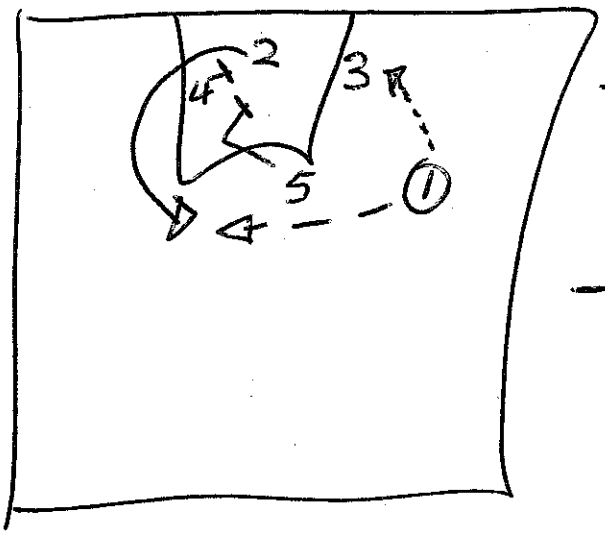
#13 FOR 2 OR 3 MAN. GINOBILI OR NOCIONI.

(A)



- 1 PASSES TO 5 AND COMES ROUND FOR THE HAND OFF.
- 2 AND 3 "SWING THE WINGS" ~~RACKING OFF ARMS/SCREEN~~

(B)



- 5 LINKS ~~WITH~~ WITH 4
- 4 AND 5 SET A STAGGERED DOUBLE SCREEN FOR 2.
- 1 PASSES TO 3 OR 2.

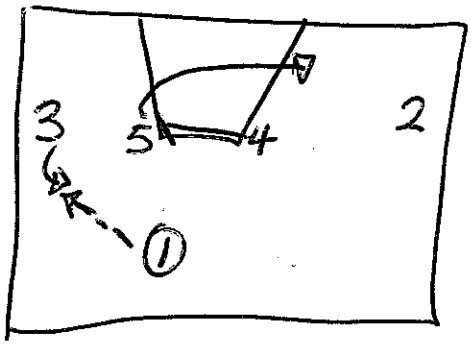
DVD. ARG V TURKEY 29/8/06

1HR 9MINS 40SECS → 1HR 9MINS 50SECS.

OFFENCE CONTINUED.

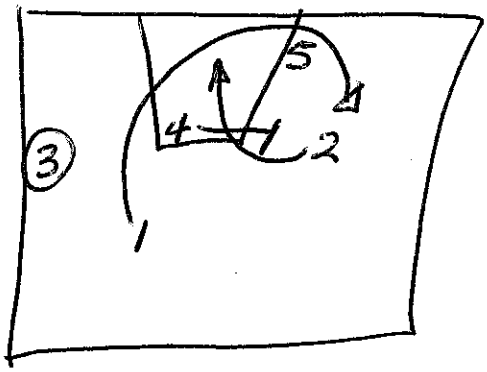
#14 FOR 5 MAN WOLKOWYSKI.

(A)



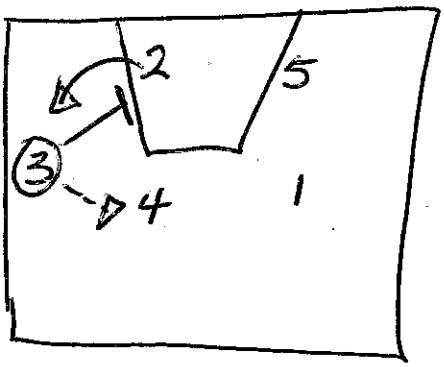
- 1 PASSES TO 3
- 4 SCREENS FOR 5

(B)



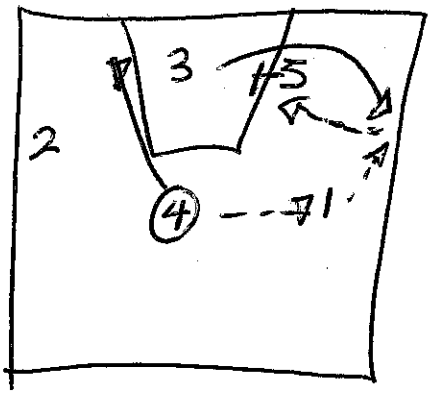
- 1 ~~GET~~ CUTS TO THE BASKET THEN TURN OUT CUTS OFF 5.
- 4 SCREENS FOR 2 WHO CUTS TO THE BASKET. THEN "POPS" BACK TO THE BALL.

(C)



- 3 PASSES TO 4 AND SCREENS DOWN FOR 2.

(D)



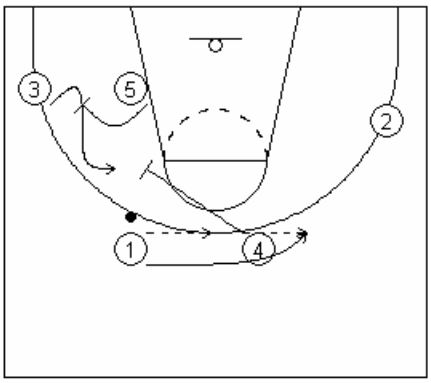
- 3 NOW TURN OUT CUTS OFF 5
- 4 PASSES TO 1. WHO PASSES TO 3 FOR THE PASS TO 5.
- 4 CUTS TO THE BLOCK.

DVD ARG V TURKEY 29/8/06
1HR 18MINS 20SECS → 1HR 18MINS 40SECS.

Albert Schweitzer Tournament 2006

Plays compiled by Patrick Hunt – NITCP Head Coach

China 1



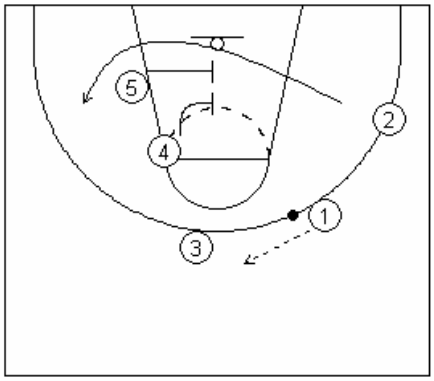
O1 passes the ball to O4 then cuts behind O4 for hand off

O4 and O5 set staggered screens for O3

O1 passes the ball to O3

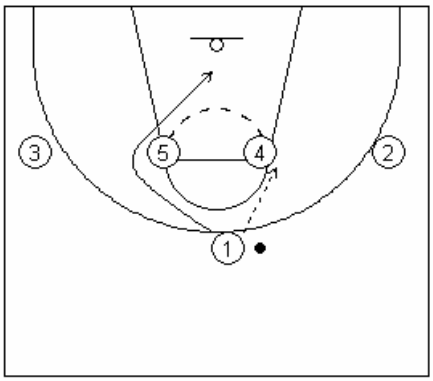
O5 and O4 turn and set double screen

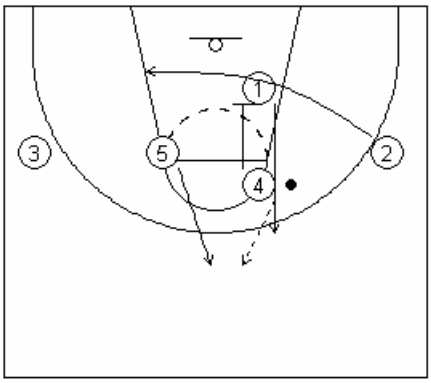
O2 sprints off double screen for shot



China

From a 1-4 set O1 passes to O4 then cuts off O5



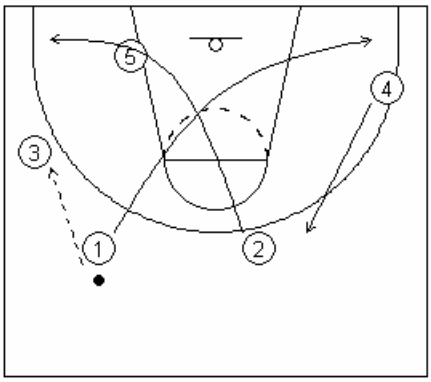


O5 steps out and receives a pass from O4

O2 sprints off O1

O4 after passing down screens for O1

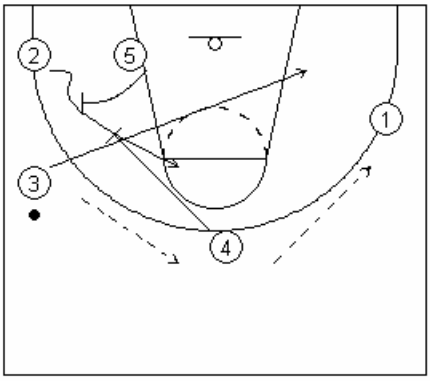
Croatia



O1 passes the ball to the wing and cuts through to the other side of the floor

O2 cuts behind post and goes to the long corner

O4 comes high

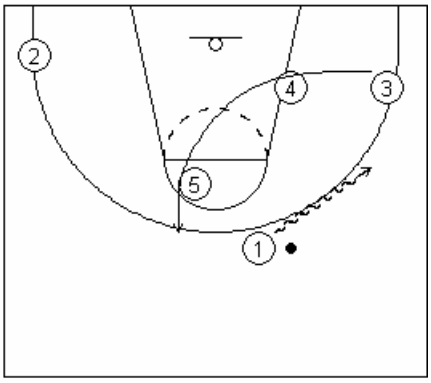


O3 passes the ball to O4 who then reverses it to O1

O3 after passing cuts to the other side of the key

O4 and O5 set stagged screens for O2 to come off

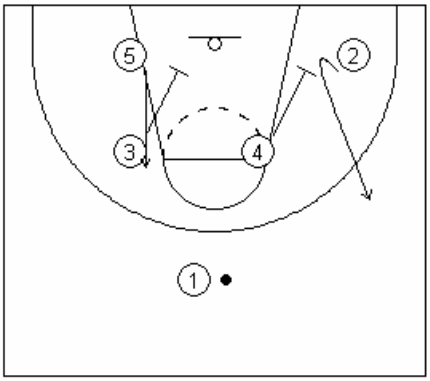
Croatia 2



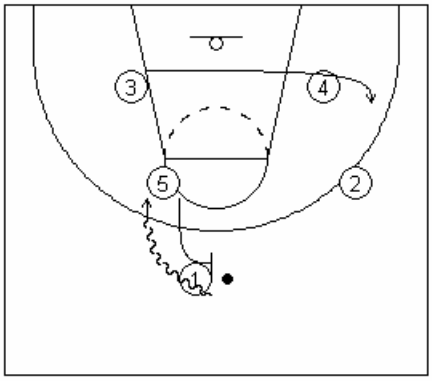
O1 dribble entry at O3

O3 comes off O4 and O5

Croatia 3



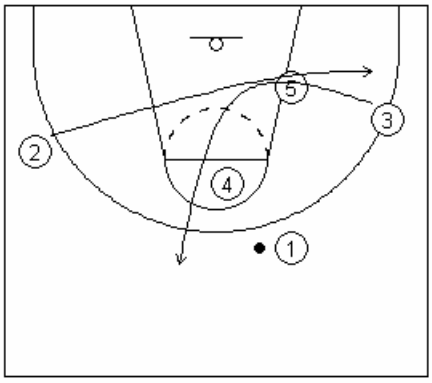
O3 and O4 set angled down screens, O5 comes to the elbow and O2 to the perimeter



O3 then comes off O4

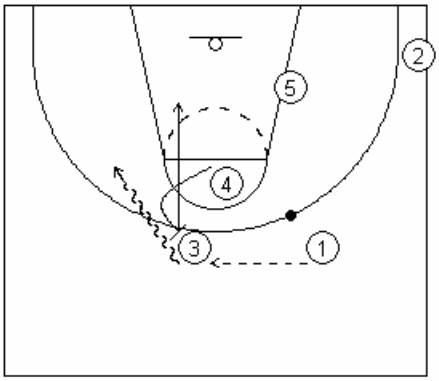
O5 sets on ball screen with O1

Croatia – fist



O3 sprints off O5 in post

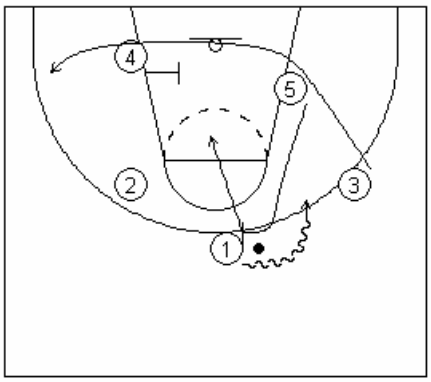
O2 also comes from opposite wing and also comes off O5



O1 passes the ball to O3

O4 sets on ball screen for O3

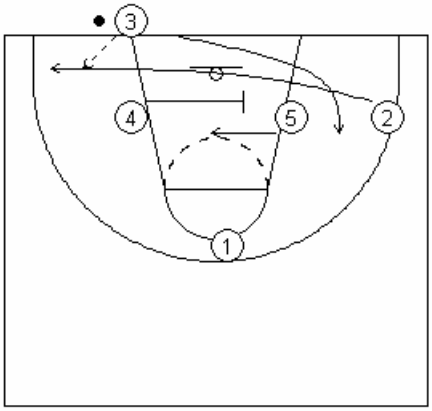
Croatia Low post play



O3 sprints off O4's screen

O5 steps up and sets on ball screen for O1, O5 then dives to the block

Croatia – Out of bounds

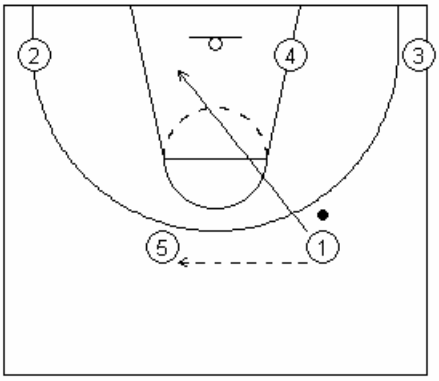


O4 sets an across screen for O5

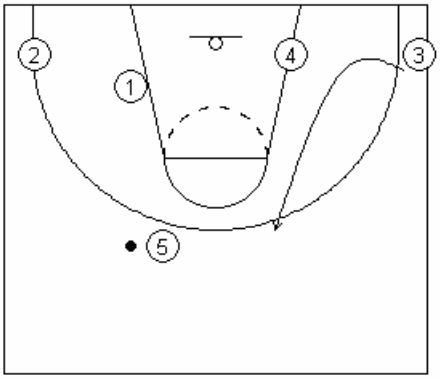
O2 sprints from the other side of the floor

O3 after entering the ball steps on to the other side of the floor

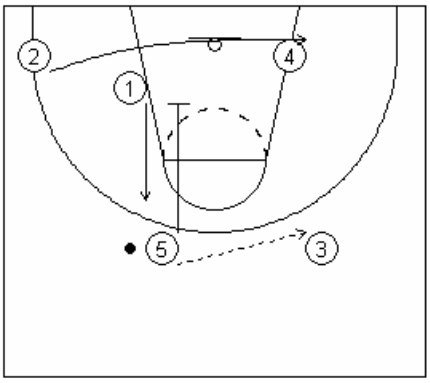
Croatia



O1 passes the ball to O5 then cuts to the base line



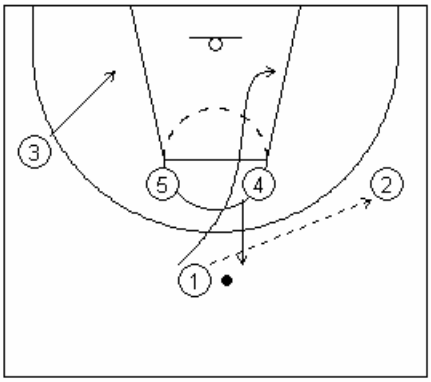
O3 curls high to the top of the floor



O5 passes the ball to O3 then down screens for O1

O2 comes off O4

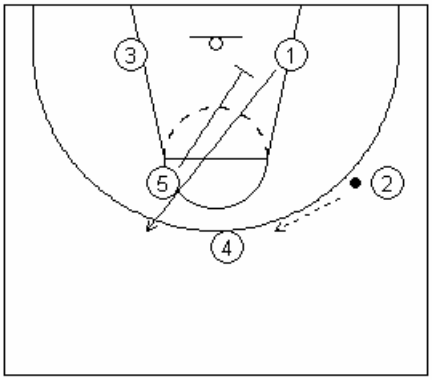
France



O1 passes the ball to O2 then cuts to base line

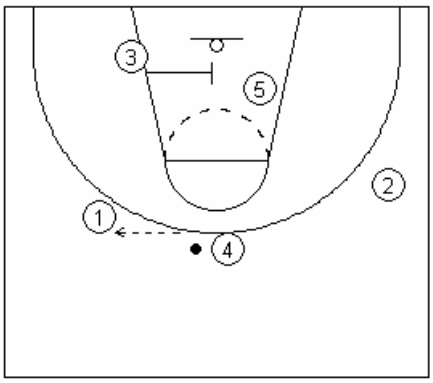
O4 steps out

O3 moves to low post opposite the ball



O2 passes the ball to O4

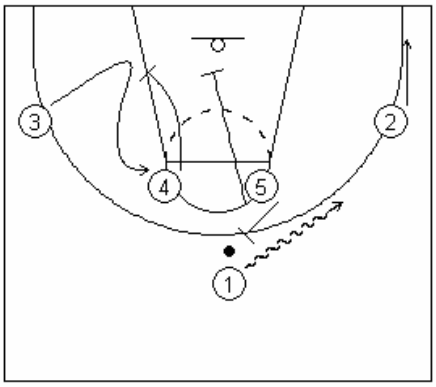
O5 down screens for O1



O4 passes to O1

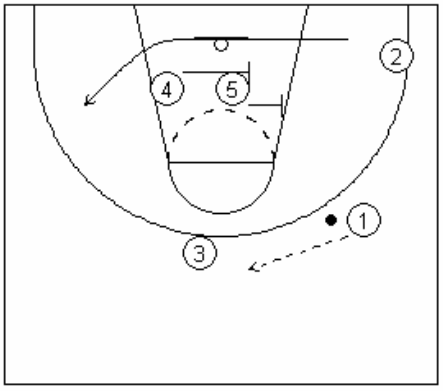
O3 steps in and screens for O5

Germany



O1 dribbles off a screen set by O5. O2 flares to the corner.

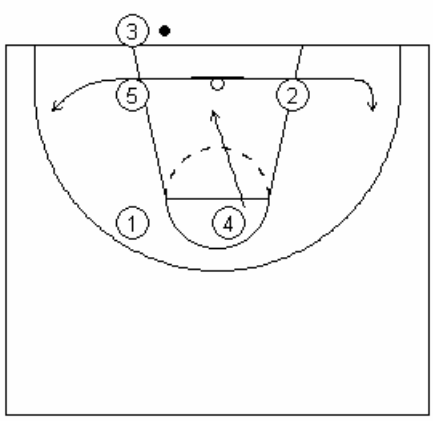
O4 and O5 then set a staggered double away screen for O3



O1 reverses the ball to O3.

O4 and O5 then turn and re-screen for O2

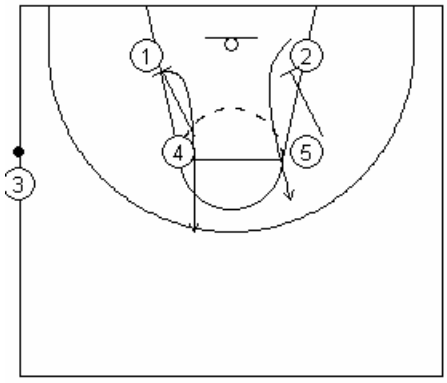
Germany – Out of bounds



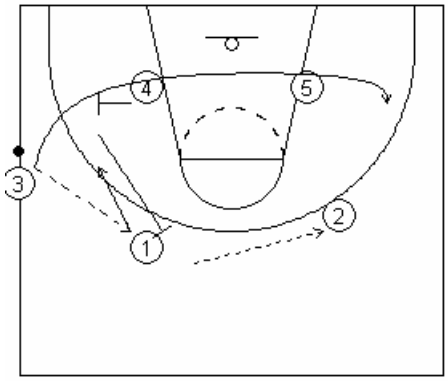
O5 and O2 sprint to opposite sides

O4 dives

Greece – Side out of bounds



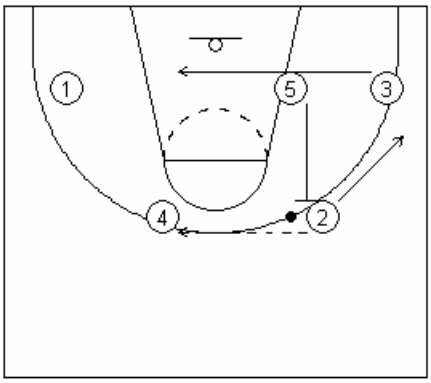
O4 and O5 down screen and O1 and O2 come off these screens



O3 enters the ball to O1

O4 after passing cuts off O4's screen and O5.

O1 pass the ball to O2 and then receives an up screen from O4

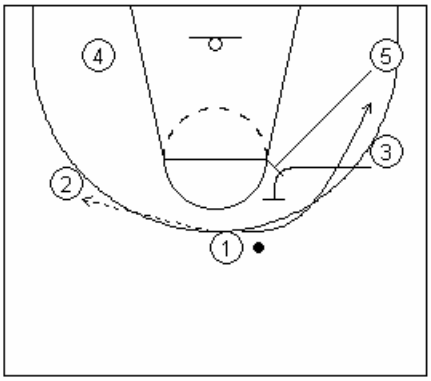


O2 passes the ball to O4

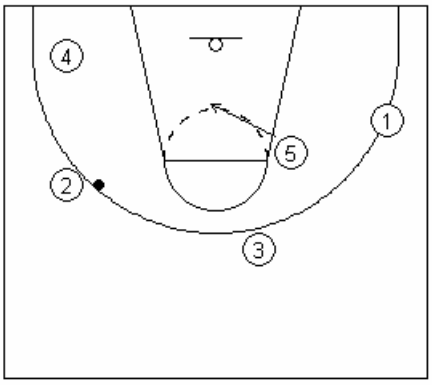
O3 sprints off o5

O5 then up screens for O2 who flares

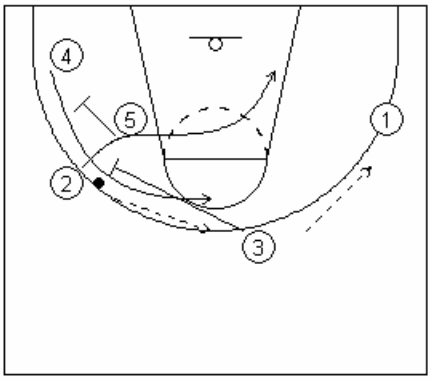
Greece



O1 passes the ball to O2 and then comes off a double screen at the elbow set by O3 and O5



O5 steps in and posts

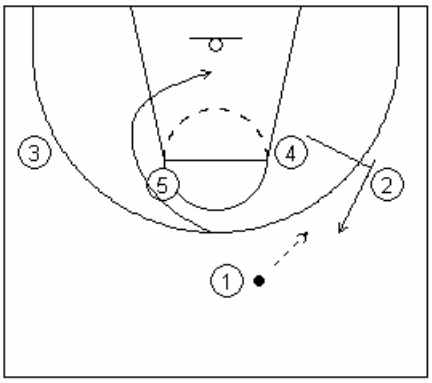


O2 passes the ball to O3 who then reverses the ball to O1

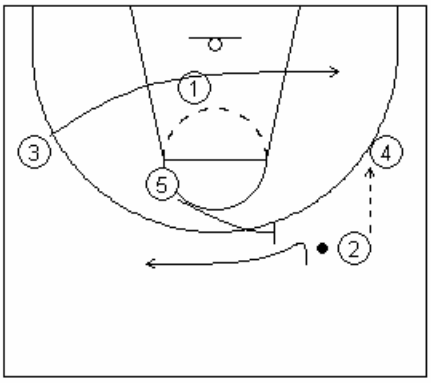
O2 cuts to low block and posts

O5 and O3 set staggered screens for O4 to come off for shot

Israel

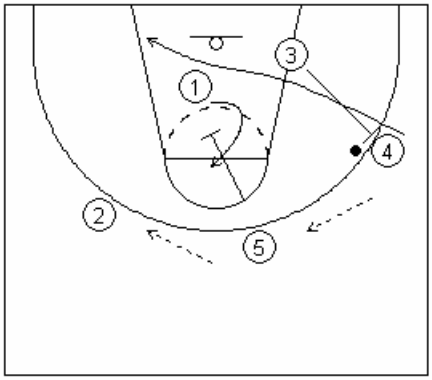


O1 passes the ball to O2. O1 then cut off O5



O2 passes to O4 and then receives a back screen from O5

O3 cuts to other side of the floor



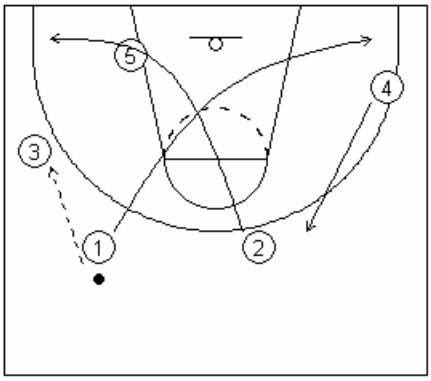
O4 passes to O5

O3 back screens O4 who goes to the opposite post

O5 passes to O2 then down screens O1

O1 cuts to free throw line

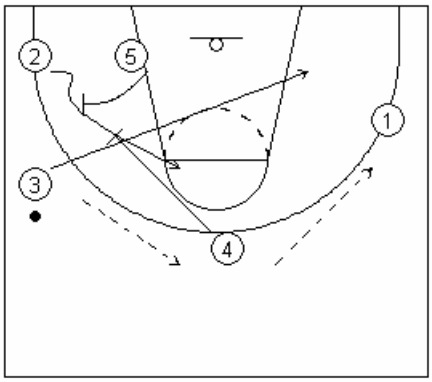
Italy



O1 passes the ball to the wing then cuts to other side of the floor

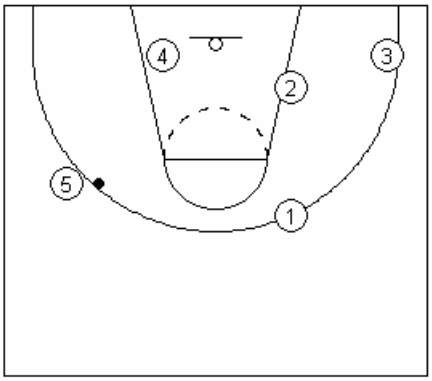
O2 cuts off O5

O4 steps up

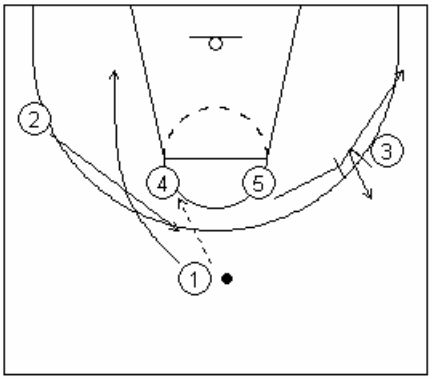


O3 reverses ball to O4 then cuts to opposite block

O4 reverses the ball to O1 then sets a double screen with O5 for O2 who comes off screen



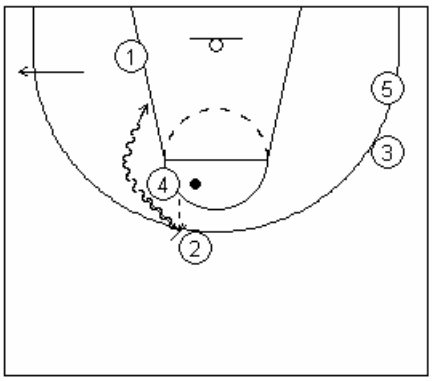
Lithuania



O4 passes the ball to O4 then cuts to the low post

O2 replaces O1 at the top of the key

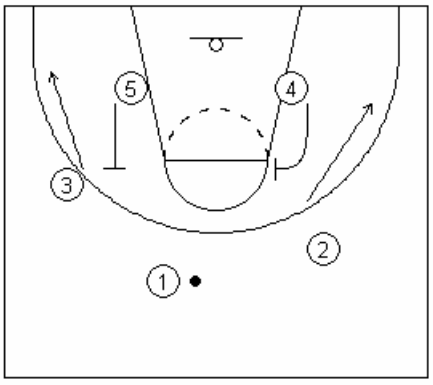
O5 sets screen for O3, O5 then goes to the wing



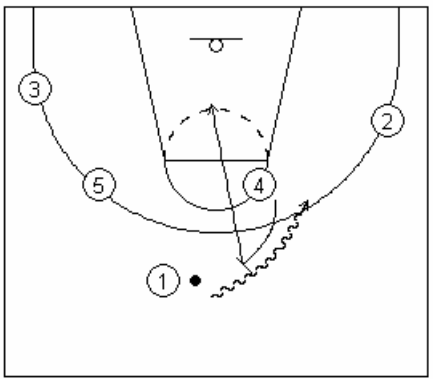
O4 sets on ball screen for O2

O1 to the corner

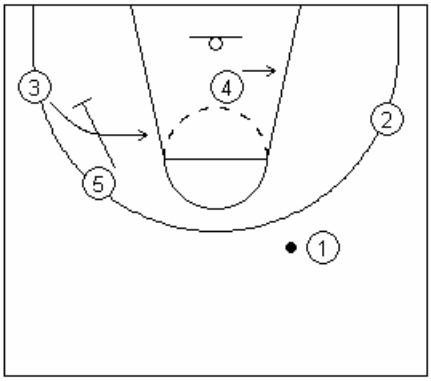
Serbia and Montenegro



O5 and O4 up screen with both O2 and O3 flaring to the wing



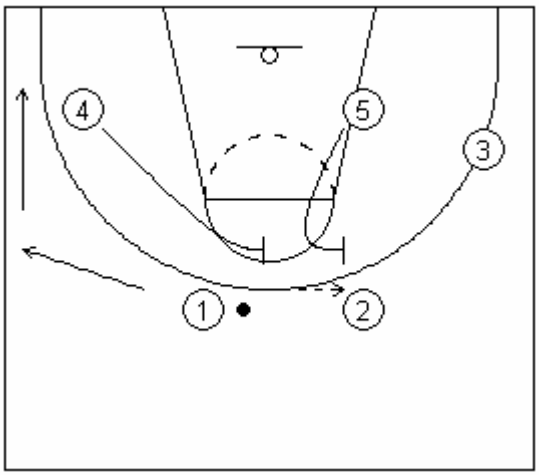
O4 sets an on ball screen with O1 then O4 dives to the low post



O5 down screens for O3

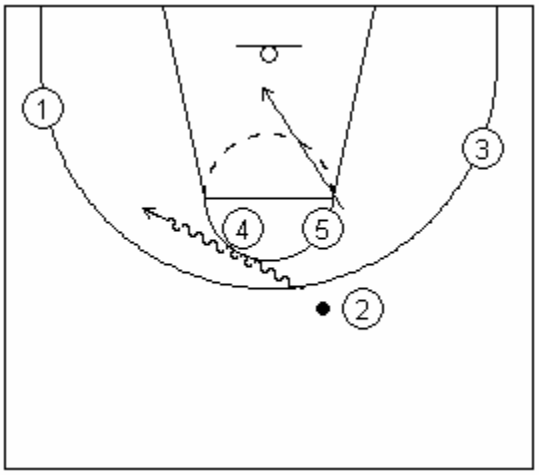
O4 sets to low post

Serbia and Montengro



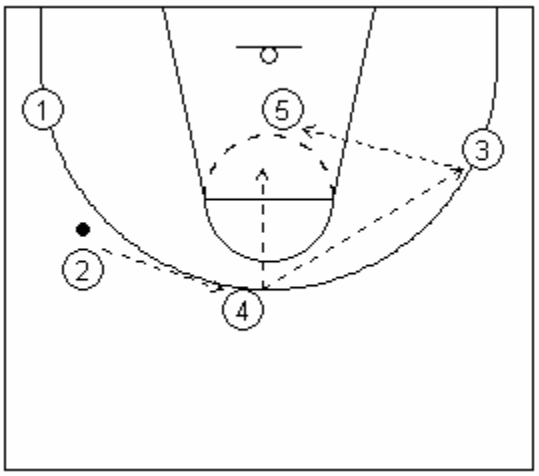
O1 passes to 02 and relocates to the corner.

04 and 05 set a staggered on ball screen for 02.



O2 dribbles off the staggered double screen.

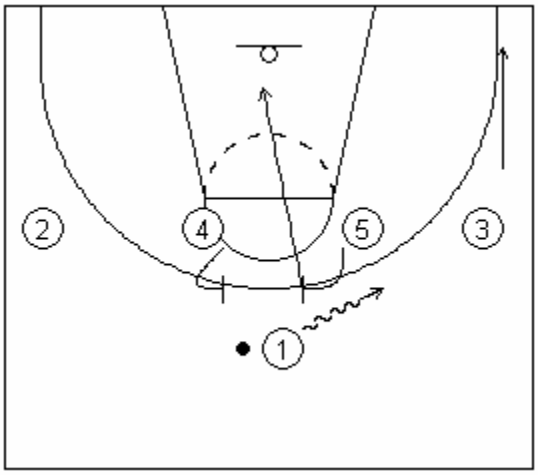
O5 rolls to the basket.



O4 steps out to the top of the key.

O2 reverses the ball to O4 who can either pass to O5 posting up or to O3 for the pass to O5.

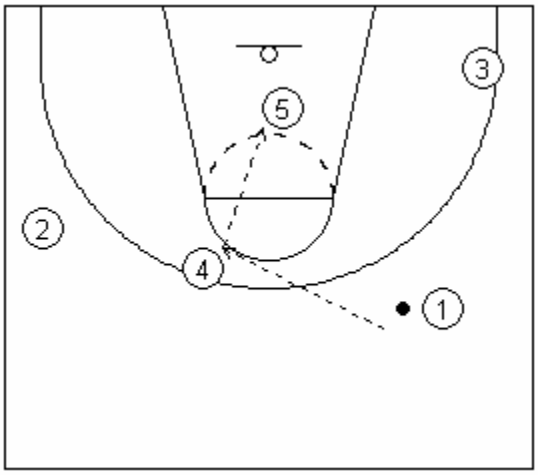
Spain Horns



O4 and O5 set on ball screens for O1.

O1 dribbles off O5's screen. O5 then rolls to the basket.

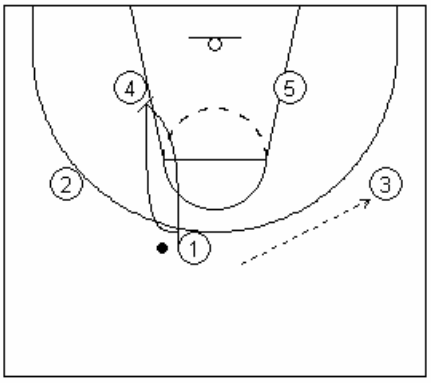
O3 relocates to the corner.



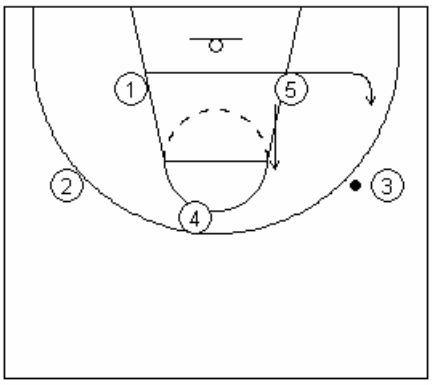
O4 pops to above the key.

O1 passes to O4 who looks to pass to O5.

Spain

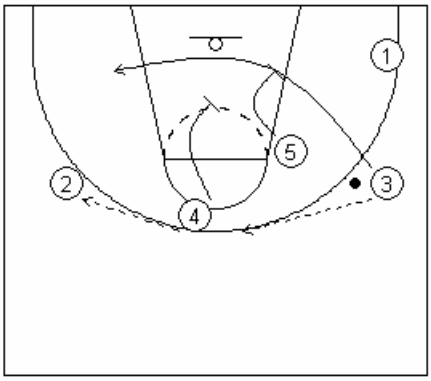


O1 passes the ball to O3 then down screens for O4



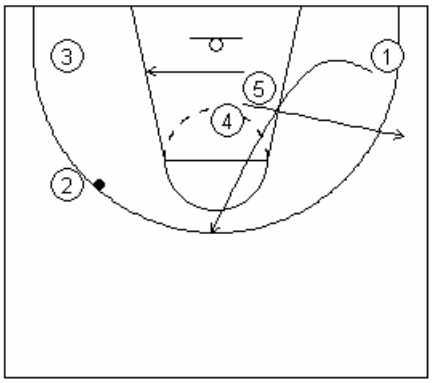
O1 comes off O5

O5 flashes high



O3 passes to O4 who in turn passes to O2

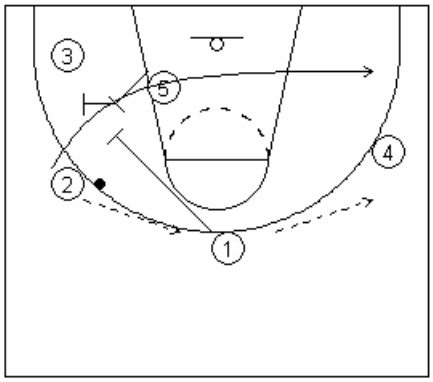
O3 comes off staggered double screen from O5 and O4



O1 cuts to the top of the key

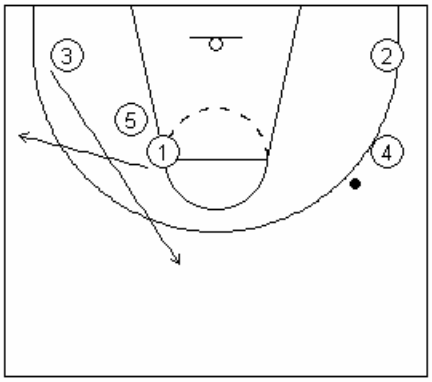
O5 to the ball side post

O4 steps out



O2 passes ball to O1 and sprints to opposite side

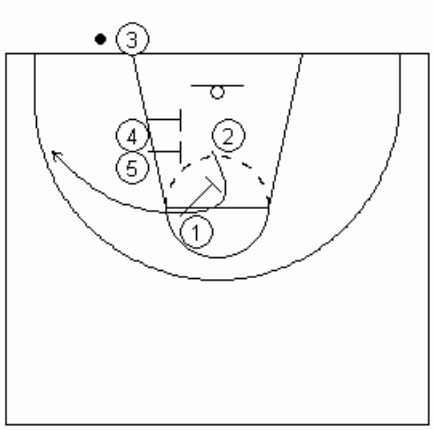
O1 after passing ball to O4 forms a staggered double screen with O5



O3 comes to the top of the key

O1 to the wing

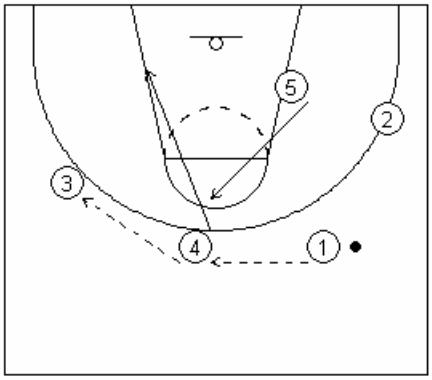
Sweden – Out of bonds



O1 down screens and opens to the ball

O2 comes off O1 and then off double screen from O4 and O5

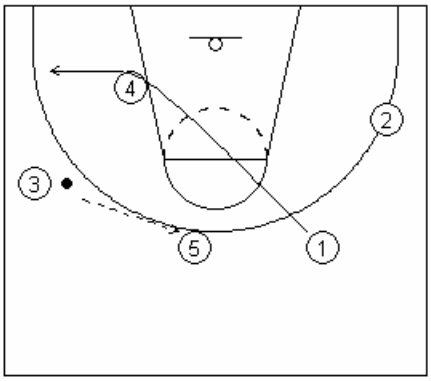
Sweden



O5 flashes high

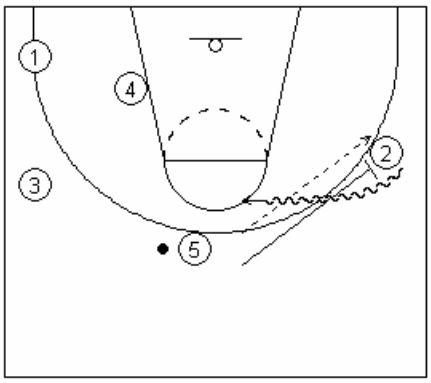
O1 passes to O4 who then passes ball to O4

O4 dives to low post



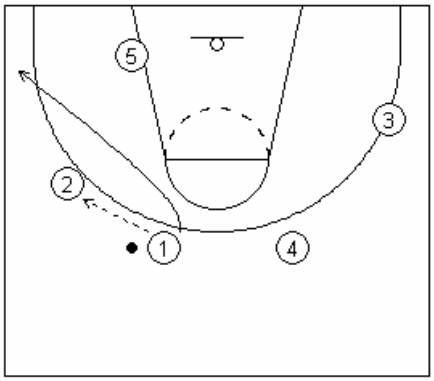
O3 passes ball to O5

O1 cuts off O4

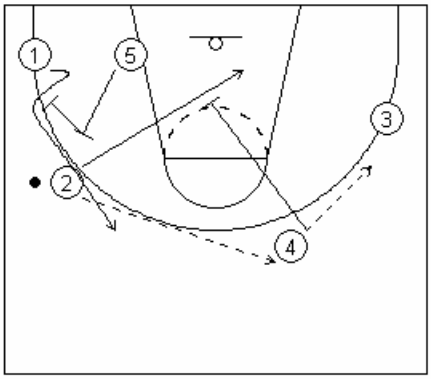


O5 passes the ball to O2 and sets on ball screen

Turkey



O1 passes and cuts to ball side wing

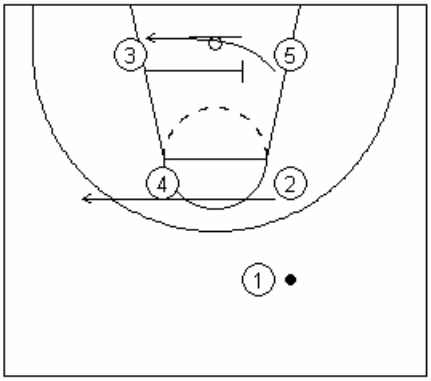


O2 passes ball to O4 and then cuts to opposite post

O4 passes ball to O3 then down screens

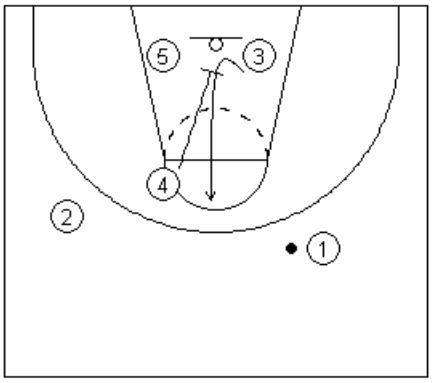
O5 screens for O1

Ukarine



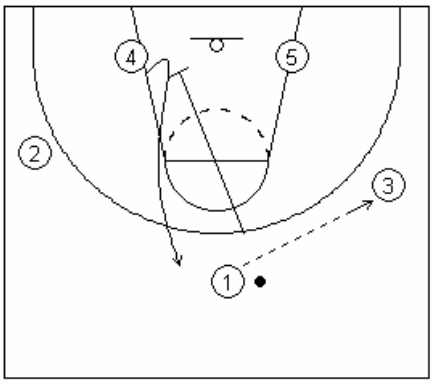
O5 comes off O3 across screen

O2 cuts to the opposite 45

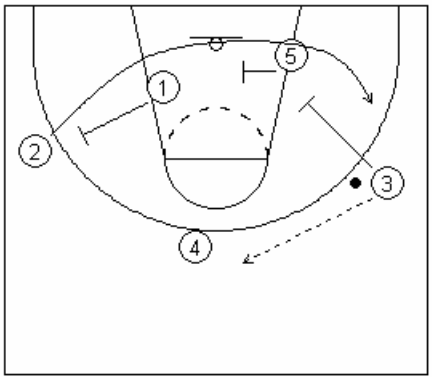


O4 sets down screen in a screen the screener action for O3

Ukraine – fist

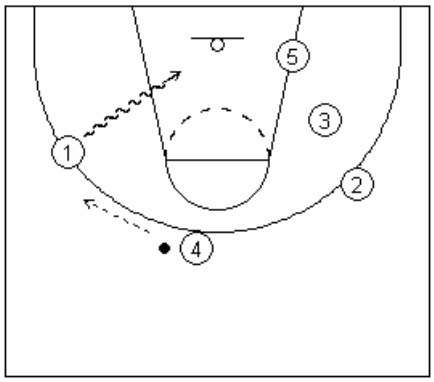


O1 passes the ball to the wing and down screens for O4 then cuts to the top of the key



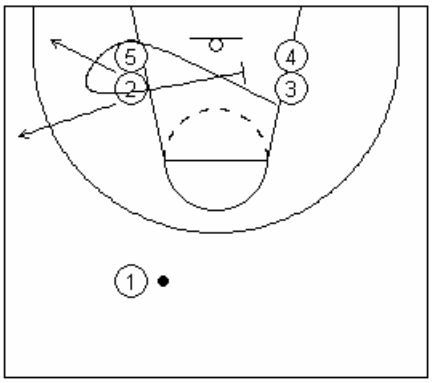
O3 passes the ball back to O4

O2 sprints of staggered screens from O1, O5 and O3



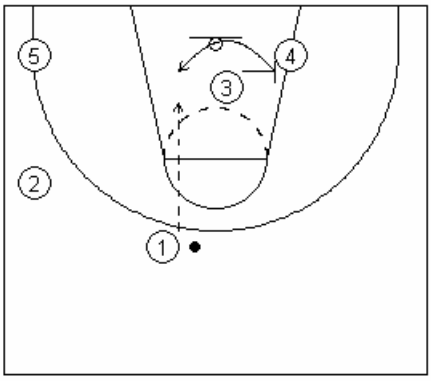
O4 passes ball to O1 who penetrates

Ukraine



O3 curls off stack made by O5 and O2

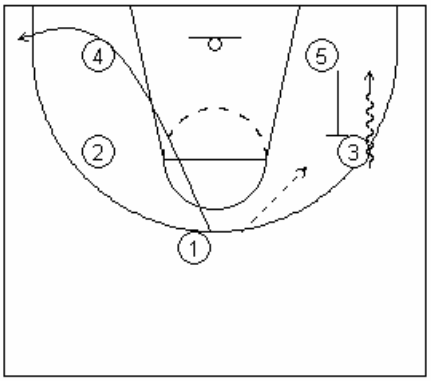
O5 goes to corner and O2 to the wing



O3 screens for O4

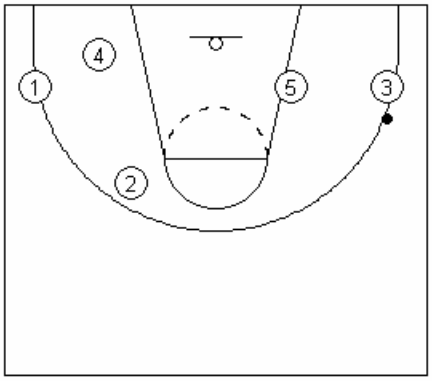
O1 looks to make pass

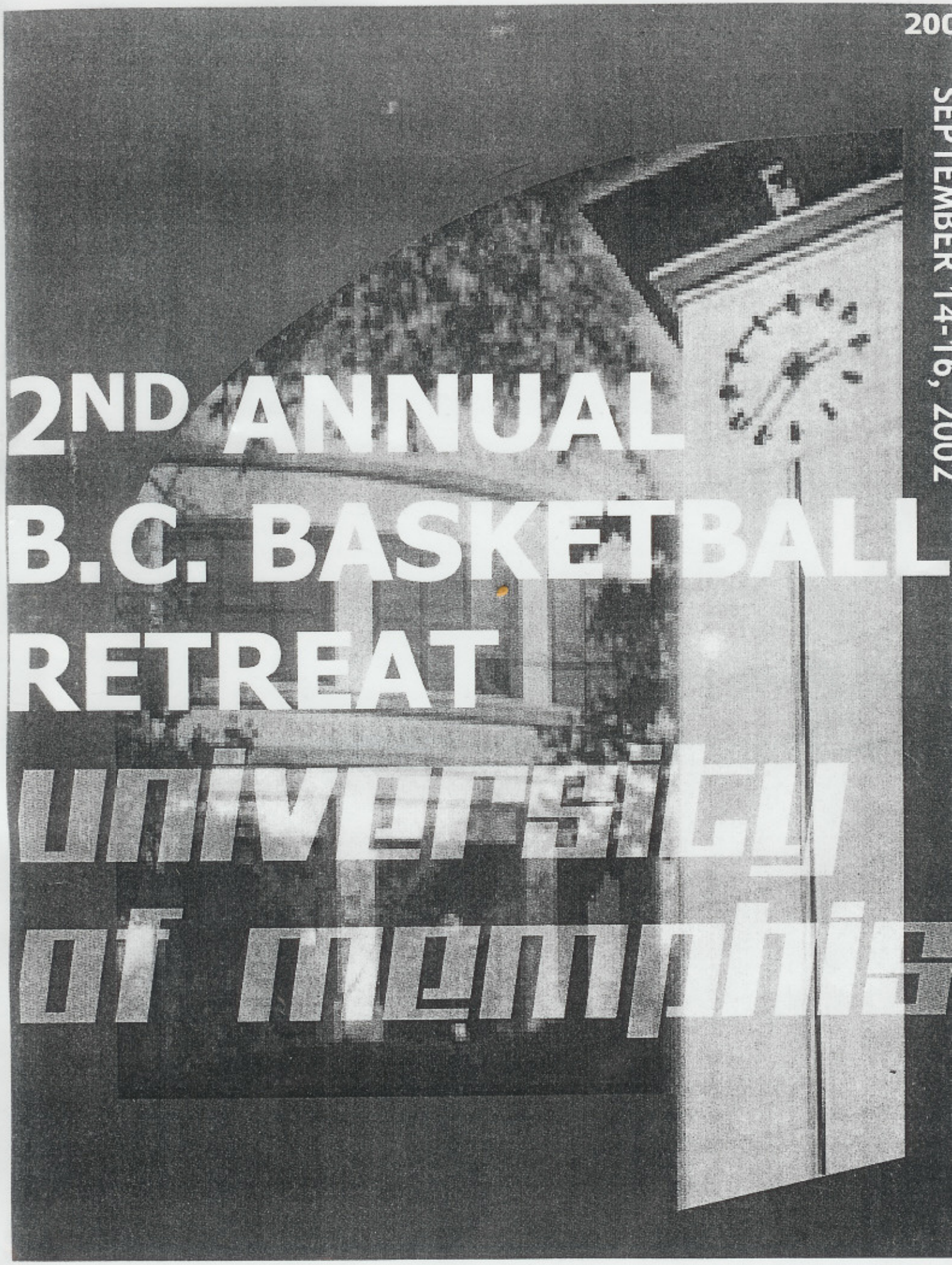
USA – Fist



O5 back screens and O3 flares. O1 passes the ball to O3 who upon catching dribbles to the baseline

O1 after passing cuts off O4




2ND ANNUAL
B.C. BASKETBALL
RETREAT
University
of Memphis
SEPTEMBER 14-16, 2002

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CONTRIBUTING COACHES



LARRY BROWN
HEAD COACH, PHILADELPHIA 76'ERS



JOHN CALIPARI
HEAD COACH, UNIVERSITY OF MEMPHIS



JERRY WEST
PRESIDENT OF BASKETBALL OPERATIONS, MEMPHIS GRIZZLIES



ALVIN GENTRY
HEAD COACH, LOS ANGELES CLIPPERS



JOHN LUCAS
HEAD COACH, CLEVELAND CAVALIERS

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SIDNEY LOWE
HEAD COACH, MEMPHIS GRIZZLIES



JEFF VAN GUNDY
FORMER HEAD COACH, NEW YORK KNICKS



TIM FLOYD
FORMER HEAD COACH, CHICAGO BULLS



RANDY AYERS
ASSISTANT COACH, PHILADELPHIA 76'ERS



DAVE HANNERS
ASSISTANT COACH, PHILADELPHIA 76'ERS



JOHN KUESTER
ASSISTANT COACH, PHILADELPHIA 76'ERS

2ND ANNUAL B.C. BASKETBALL RETREAT



MIKE WOODSON
ASSISTANT COACH, PHILADELPHIA 76'ERS



BOB BENDER
ASSISTANT COACH, PHILADELPHIA 76'ERS



STEVE ALFORD
HEAD COACH, UNIVERSITY OF IOWA



TOM CREAN
HEAD COACH, MARQUETTE UNIVERSITY



BRUISER FLINT
HEAD COACH, DREXEL UNIVERSITY



MICHAEL HOLTON
HEAD COACH, UNIVERSITY OF PORTLAND

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BUZZ PETERSON
HEAD COACH, UNIVERSITY OF TENNESSEE



JOHN ROBIC
HEAD COACH, YOUNGSTOWN STATE UNIVERSITY



MARK TURGEON
HEAD COACH, WICHITA STATE UNIVERSITY



TONY BARBEE
ASSISTANT COACH, UNIVERSITY OF MEMPHIS



STEVE ROCCAFORTE
ASSISTANT COACH, UNIVERSITY OF MEMPHIS



DEREK KELLOGG
ASSISTANT COACH, UNIVERSITY OF MEMPHIS

2ND ANNUAL B.C. BASKETBALL RETREAT



MILT WAGNER
DIRECTOR OF OPERATIONS, UNIVERSITY OF MEMPHIS



SEAN MILLER
ASSOCIATE HEAD COACH, XAVIER UNIVERSTY



TAD BOYLE
ASSISTANT COACH, WICHITA STATE UNIVERSITY



SCOTT SPINELLI
ASSISTANT COACH, LOYOLA-CHICAGO UNIVERSITY



ROSS BURNES
ASSISTANT COACH, YOUNGSTOWN STATE UNIVERSITY

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BASKETBALL THOUGHTS

ALVIN GENTRY

"Toughest thing in the NBA to guard is screen and flare with a good player. Pick and roll is more limited in today's NBA. Set ballscreens with a shooter."

"In transition, players tend to run back into the lane on defense. It is important for guards to be more man conscious in transition – 'stay attached to man'".

"Very difficult to trap pick-n-rolls, guards are too good off of the dribble, plus low post player "punches" in middle of lane under goal which means the rotations are difficult."

"Choose 2 or 3 things defensively and get good at them."

"The best defensive teams in the NBA defensively rebound, defend and are simple with their rotations (i.e.: Knicks, Heat), also very physical and consequently are in every game."

"Don't let great players catch the ball."

JEFF VAN GUNDY

"Didn't like two-a-days. Liked to come back a second time at night, walk thru defensive concepts to prepare for next morning's practice instead."

"I always ask myself are we playing hard? If so, I can evaluate defensive schemes, if not your scheme can't be evaluated."

"Give great shooters one direction as they prepare to use screens."

"Two keys to defense are transition defense and rebounding. He weighs these two things versus the greatness of the player when debating whether to change defensive scheme through scouting."

"One thing that helped our post spacing is when the opposite post player went under the backboard on a low post catch. This leaves the middle open for the post up player."

"There is no cutting action on a low post catch when the post player catches the ball in the paint."

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"As an NBA coach, the media, older coaches, and players continually try to take your confidence away."

"Pat Riley told me that if you are competent, sincere, reliable, and trustworthy, you can become an NBA head coach."

"Ball Screening versus zone defense is very effective"

JERRY WEST

"College coaches going into the NBA get bad jobs. As a coach, be committed to what you are doing. Have conviction."

"Great coaches have conviction, confidence and beliefs."

JOHN CALIPARI

"Once I gave up on the secondary break our scoring went up by roughly +15 points"

"In coaching in the NBA I started to get away from what I did in college. You have to coach in the NBA like you are a college coach"

JOHN LUCAS

"Felt that by doing things differently, complicated defense and gave players a way out. Stay with simplicity...makes players accountable."

LARRY BROWN

"Secondary break can be too structured...takes away scoring opportunities."

"NBA players crave coaching"

"Dean Smith's philosophy versus a pick-n-roll was double it. Make the offense react to your defense. In today's game, why not send the ballhandler away form the screen and roll was his question."

"Players can't pass in today's game and a lot of them don't want to pass."

"Anytime the side out of bounds defender attempts to deny a cutter from receiving the ball the inbounder should pass the ball to the baseline and inside cut him."

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"Dean Smith had the philosophy to play all bad shooters as if they were in a dribble used predicament. Make them a driver or they become a better player by not being pressured."

"Most important concept defensively is to guard the ball. As a college coach, I worked very hard to contain the ball."

"We teach execution, not effort."

"When taking over a new program/job, three things defensively to put in place are no 2nd shots, transition defense, and don't foul."

"Greatest compliment a team can be paid is when another coach tells his own team if the effort is not there tonight we will lose because they play so hard."

"When recovering vs. a backdoor cut get on the offensive player's body."

"Kids play offense with the ball and defense when their man has it."

"When playing two small guards together you have to pick up full court to be disruptive, on offense they have to be hard to guard themselves."

"When we play zone I feel like the other team won't miss, when the other team plays zone I feel like we won't make a shot,"

"Dean Smith says when closing out on a jumpshooter, make him shoot a jumpshot with a hand up because you just took away an easier shot – that's why you are closing out – so, don't put them in a position to shoot a layup again."

"As a college head coach becoming an NBA head coach – coach like you did in college."

"College coaches get bad pro jobs. If you as a coach are fair and honest, players will respect you."

"If your best player is a good guy, you have no problems. He becomes your biggest ally."

"Take every fake as a defender with your back foot. Dean Smith said make everybody a driver."

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"On defense when guarding the ball – run don't slide."

"Dean Smith always believed that on defense you can't let people run their stuff. Make them react as an offense. You act as a defender on defense."

"Two offensive things I noticed from the World Games – dribble handoffs and dribble penetration by other teams were effective."

"As a head coach I like to yell "no foul" in late game situations when my team is on defense – helps with referees."

"When defending the last play of a game/quarter, I worry about the 2nd shot not the first one."

"Make sure your players play defense <u>BEFORE</u> their man catches the ball."

"Defensively, always know who is below you and beside you."

TIM FLOYD

"▲ is a jumpshooting offense, it breeds unselfish play with great spacing, but you can't control who shoots the ball."

"The problem with the ▲ offense is you don't get fouled in it."

"Must be careful with information overload when dealing with young players. They can only handle so much."

"Keys to defense: A) Defensive transitions, B) basket protection, C) guarding the dribble. When evaluating players, asks himself does this player have these abilities: 1) willingness to run floor, 2) can he guard dribble, 3) can he guard screens, 4) mind – is he a 'game plan guy'."

"With guys coming out earlier into the NBA, changing defensive rotations is impossible."

"In Chicago, I had thinking teams not reactionary teams"

"Surprised by the NBA fundamentals, very little. Can't pass."

"Easy baskets separate teams."

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"The pro game will evolve into the college game with basket protection, i.e.: Philly, NY, Miami."

"The NBA is a poor offensive rebounding league."

"Coach Iba said the drop step on defense is bad. Be in a stance with the weight on your back foot."

"Terminology is important to accountability with players."

"In late clock situations I like penetration."

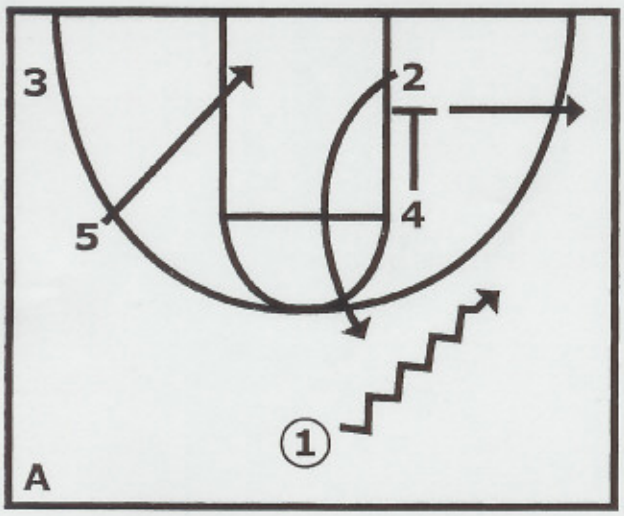
"If you give players one way to defend, they will react. If you give them three or four ways to defend, they have to think!!"

TOM CREAN

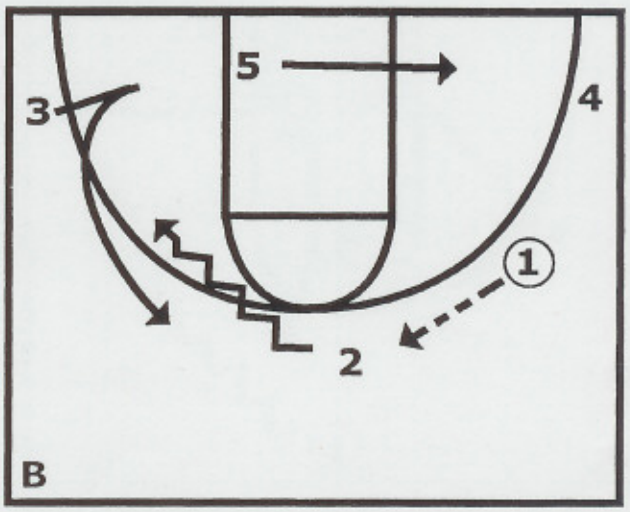
"In offensive transition, teach your players to drive at the defender's body, and by the defender's shoulder."

"A point guard should leave on the 'air-time' of the shot to get back on defense."

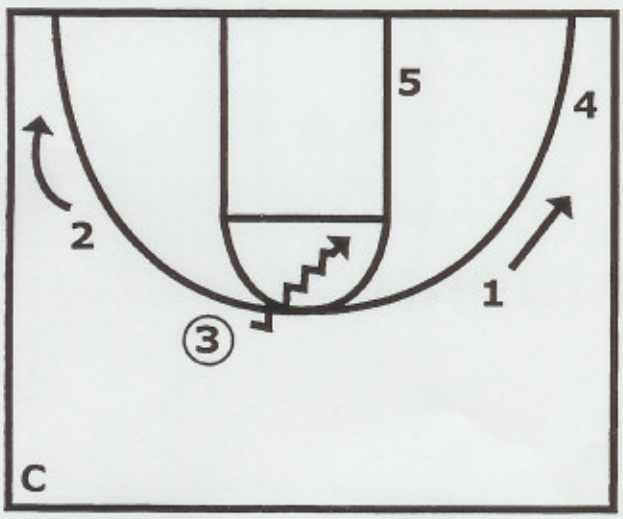
MAN OFFENSE - ZIPPER HANDOFF - BROWN



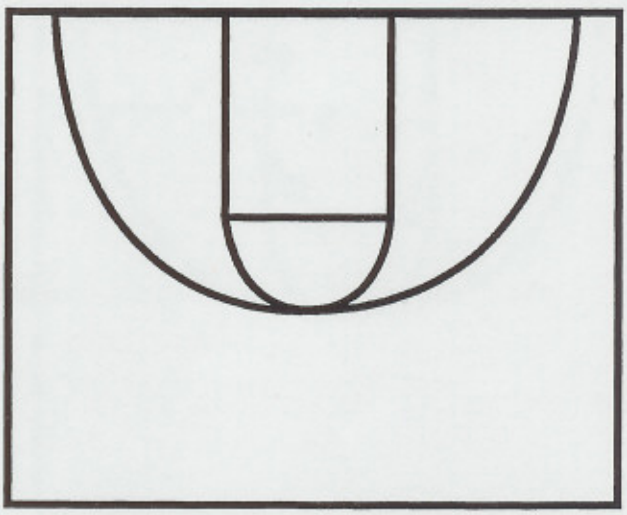
1 dribbles out as **2** cuts off of a **4** pindown. After setting the screen, **4** spaces out. 5 blast cuts to the left block



1 passes to **2**. **5** cuts across the lane to the right block. **2** dribble hands off to **3**.



3 drives into the foul line area. **1** spaces out wide. **5** posts.



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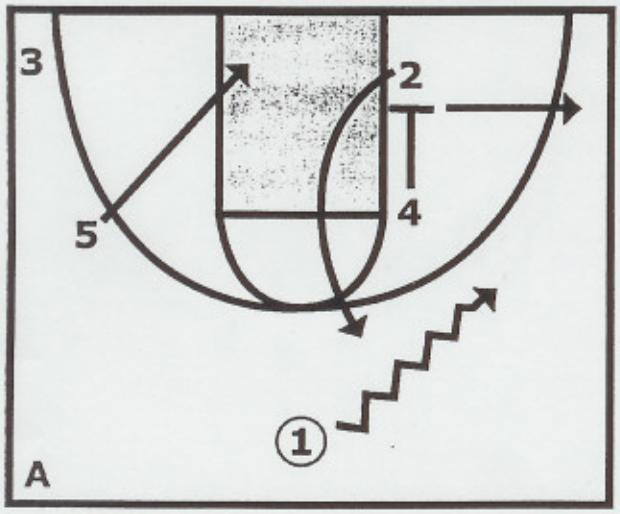
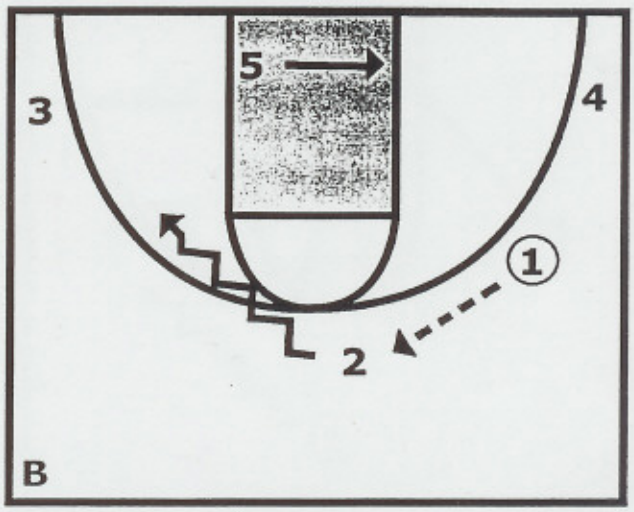
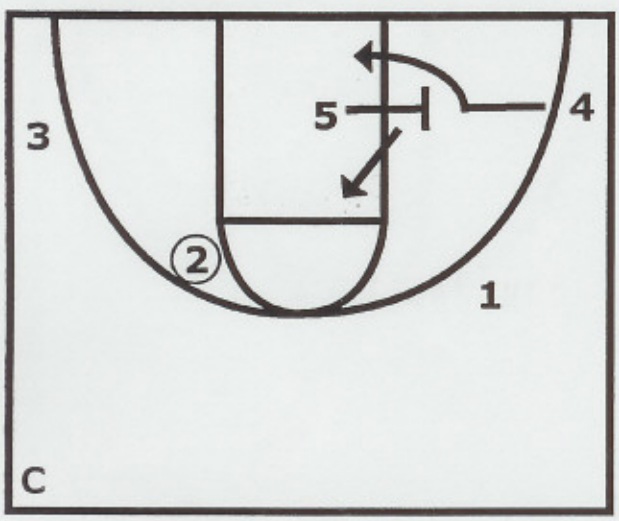
MAN OFFENSE - ZIPPER FLEX - BROWN



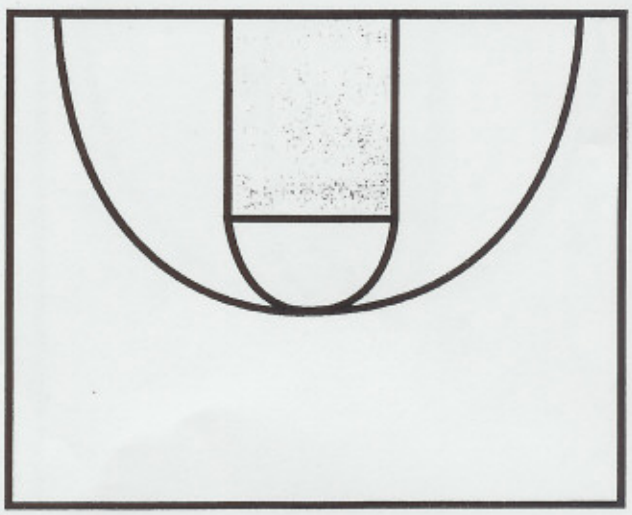
1 dribbles out. **4** downscreens for **2**. **2** cuts off of the **4** screen. **5** blast cuts to the left block.



1 passes to **2**. **5** clears through to the right block. **2** dribbles to the left elbow.



5 sets a flex screen for **4**. **4** cuts off of the screen and then **5** locates back to the ball.



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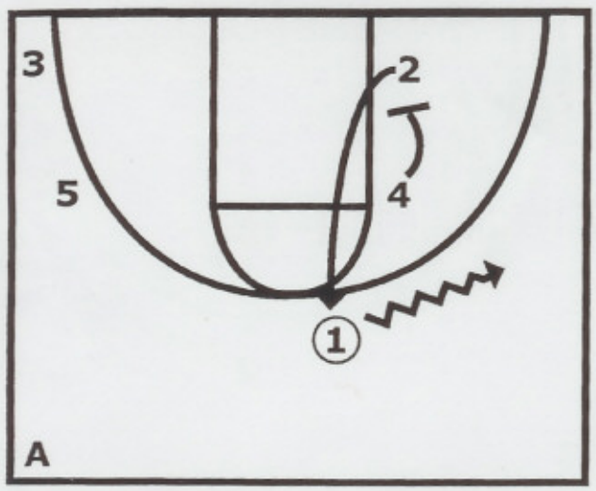
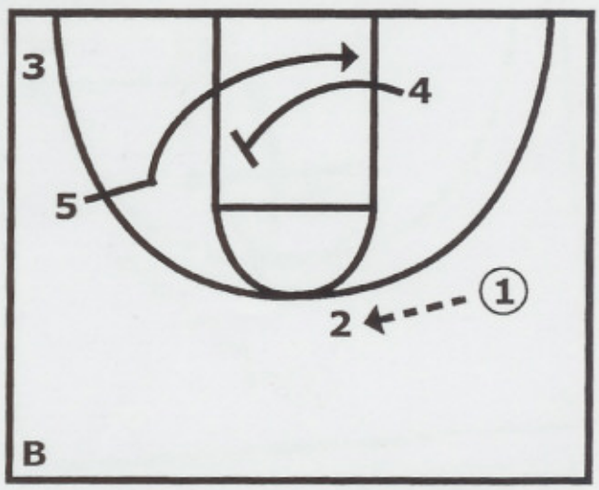
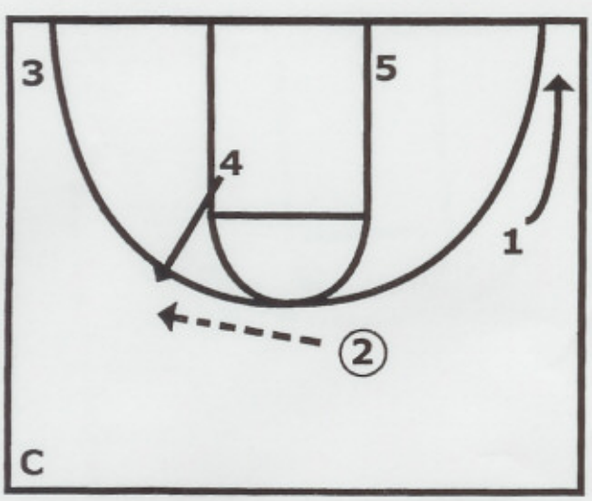
MAN OFFENSE - ZIPPER 4 CLEAROUT - BROWN



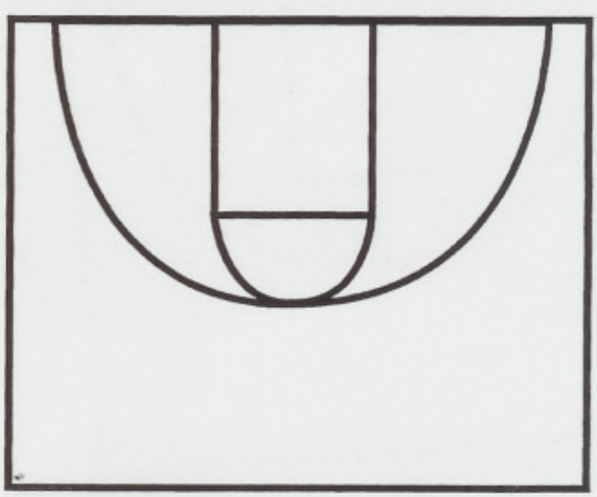
1 dribbles out as **4** pins down for **2**. **2** cuts off of **4**.



1 passes to **2**. **4** backscreens for **5**.

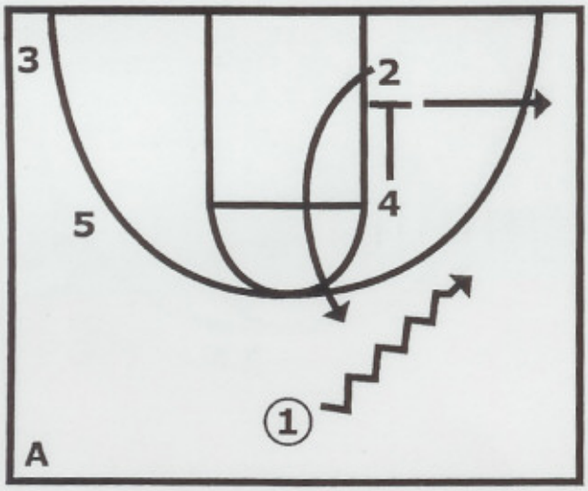


4 pops out after screening for **5** and has space to drive with **3** spotted corner.

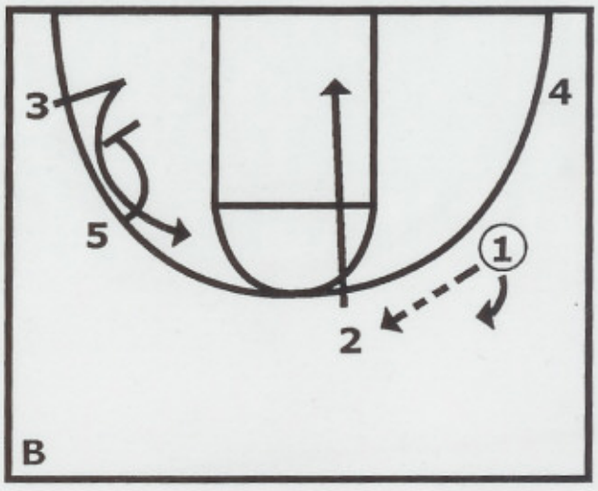


2ND ANNUAL B.C. BASKETBALL RETREAT

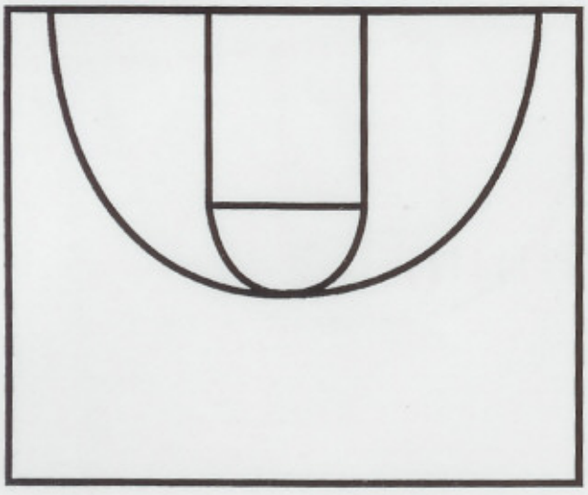
MAN OFFENSE - ZIPPER BACKDOOR 2 - BROWN

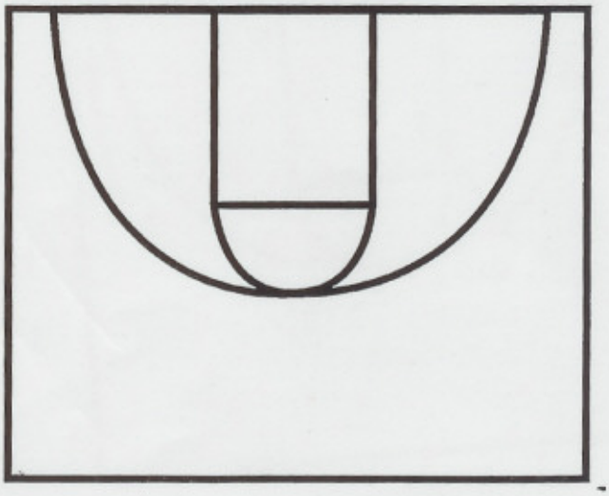


1 dribbles out as **2** cuts off of a **4** pindown. After setting the screen, **4** spaces out.



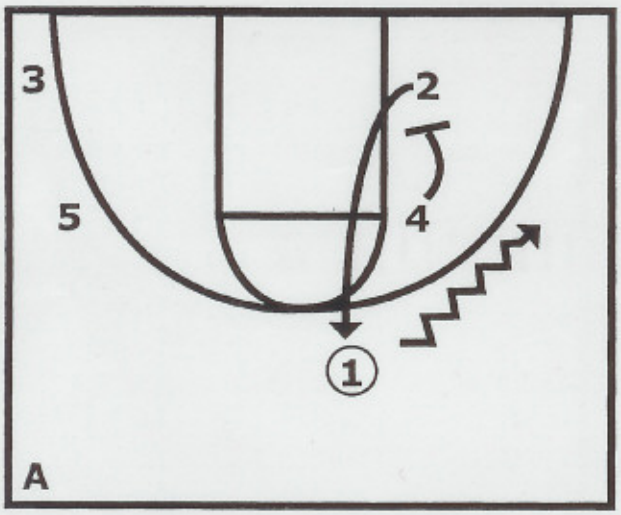
2 goes backdoor as **1** spin dribbles toward him. **5** screens down for **3**.



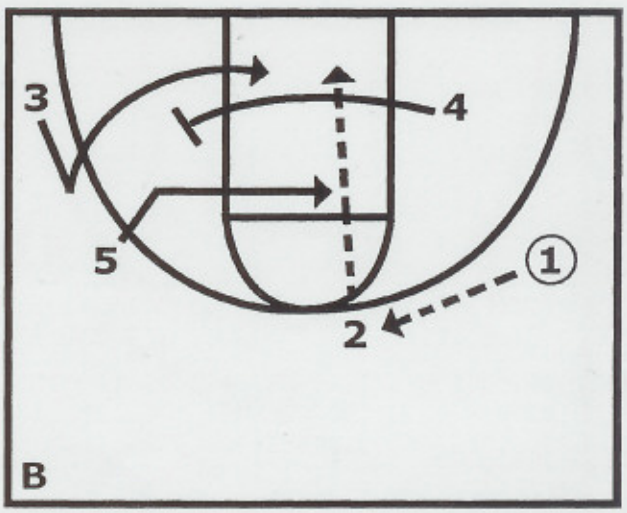


2ND ANNUAL B.C. BASKETBALL RETREAT

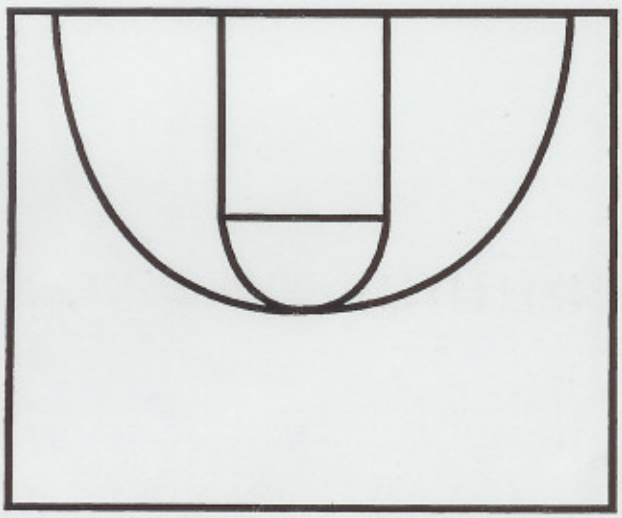
MAN OFFENSE - ZIPPER 3 LOB - BROWN

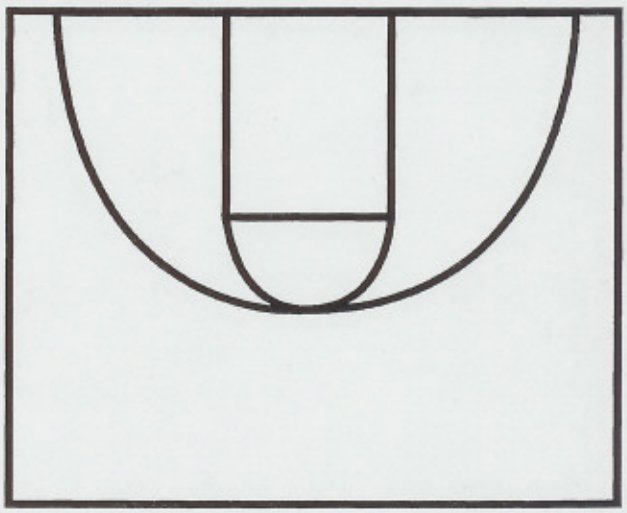


1 dribbles out as **4** pins down for **2**. **2** cuts off of the **4** screen.



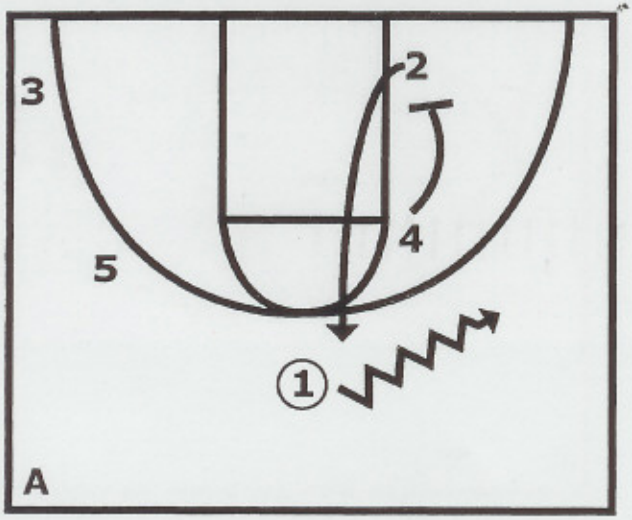
1 passes to **2**. **5** inside cuts as **4** backscreens for **3** for a lob from **2**.



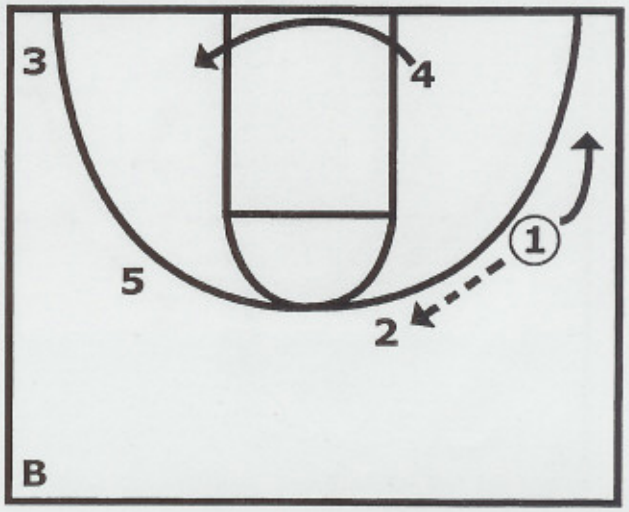


2ND ANNUAL B.C. BASKETBALL RETREAT

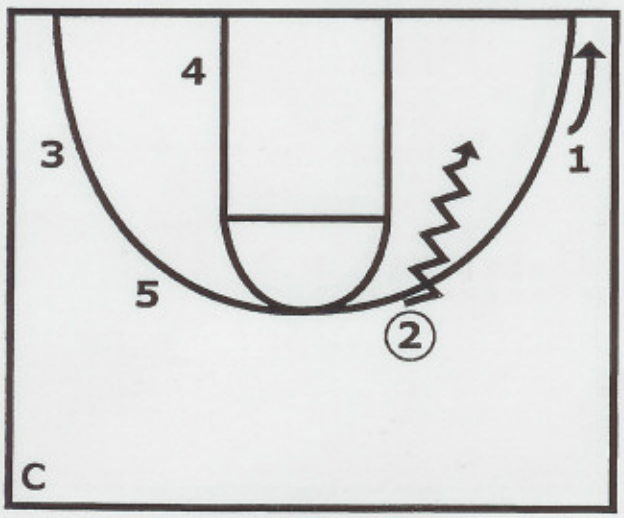
MAN OFFENSE - ZIPPER 2 CLEAROUT - BROWN



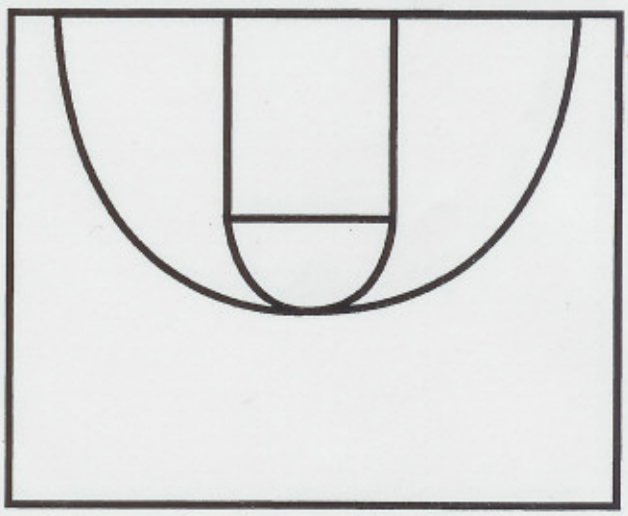
1 dribbles out as **2** cuts off of a 4 pin down.



1 passes to **2**. **4** clears to the left block. **1** spots up in the right corner.

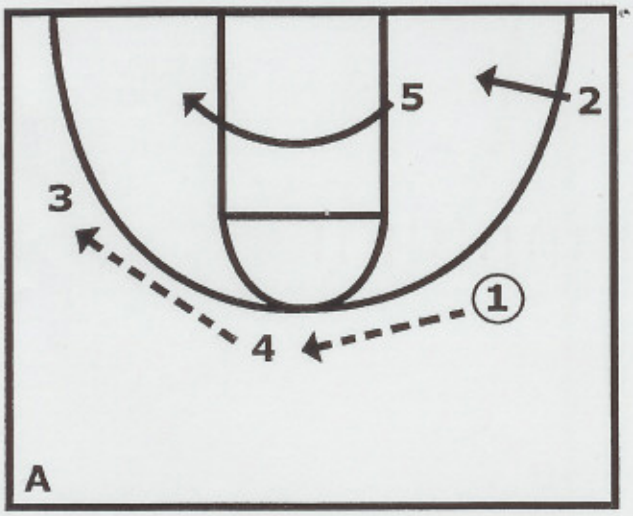


2 drives the ball with options.

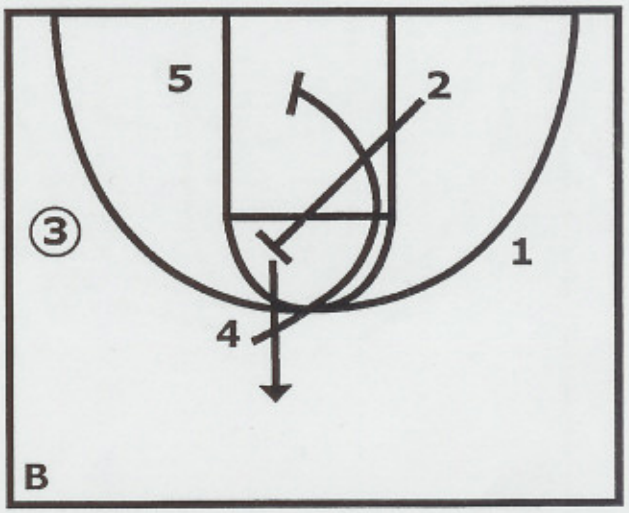


2ND ANNUAL B.C. BASKETBALL RETREAT

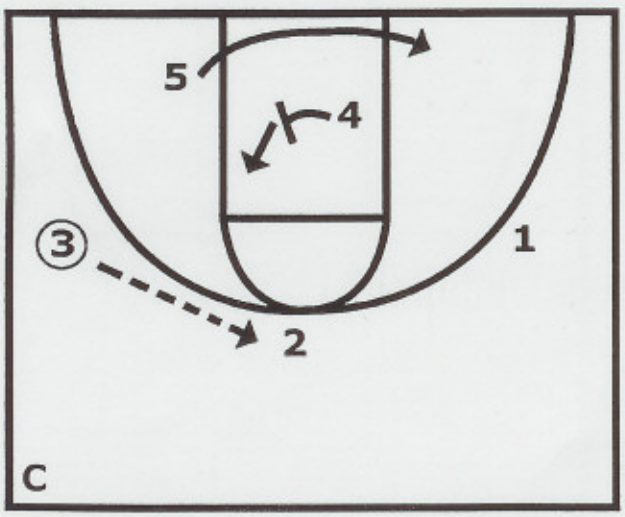
MAN OFFENSE - # BREAK BACKSCREEN - BROWN



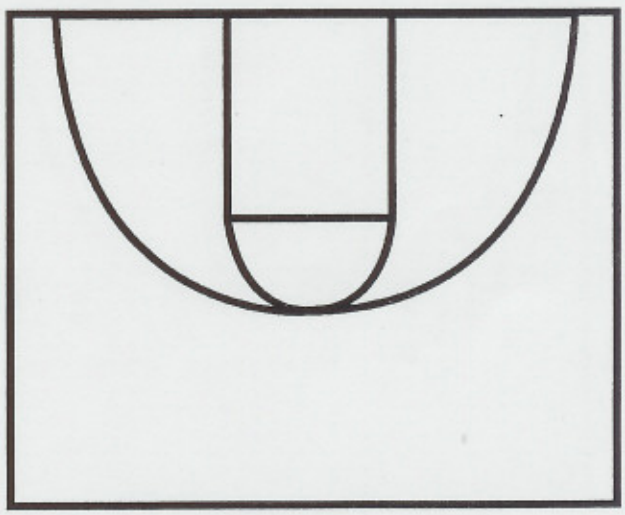
1 pass to **4**, **4** passes to **3**. **5** searches across the lane. **2** goes to the right block.



2 backscreens for **4**. If **4** doesn't catch the ball from **3** he screens across for **5**.

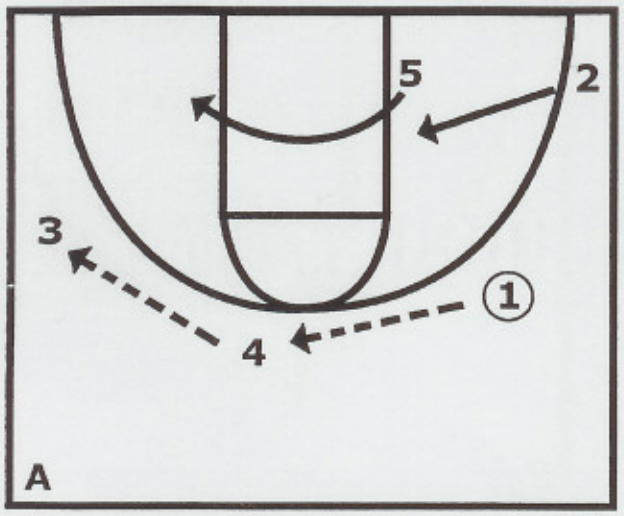


3 passes to **2**. **4** screens for **5** and locates.

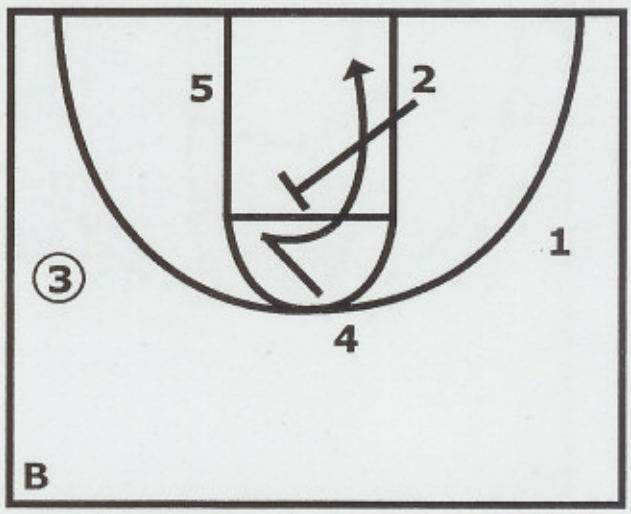


2ND ANNUAL B.C. BASKETBALL RETREAT

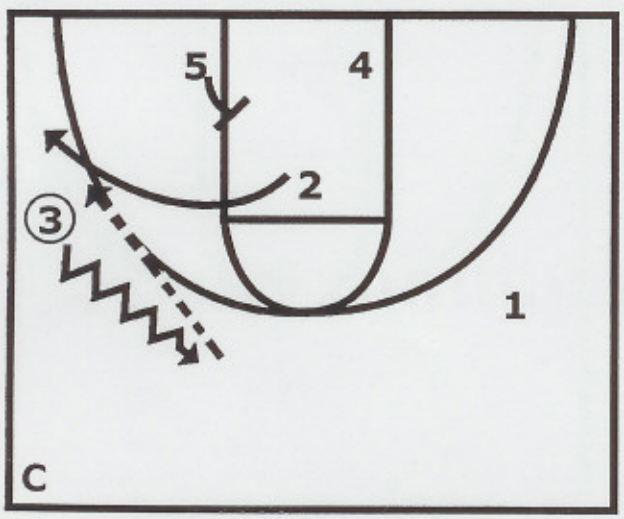
MAN OFFENSE - # BREAK SCREEN SCREENER - BROWN



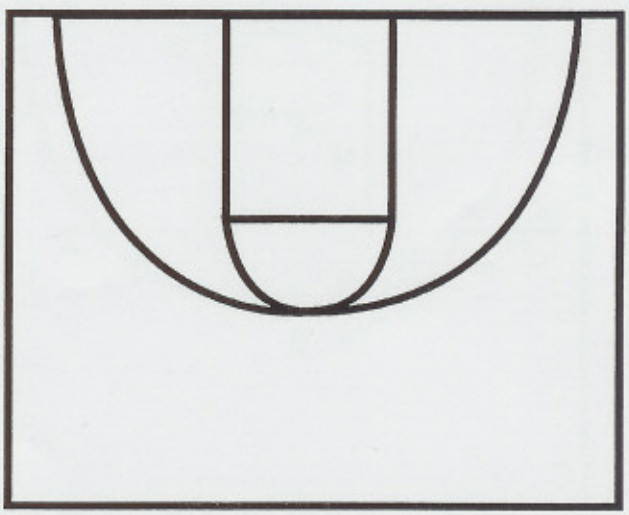
1 passes to **4**. **4** passes to **3**. **5** searches across the lane. **2** goes to the right block



2 backscreens for **4**.

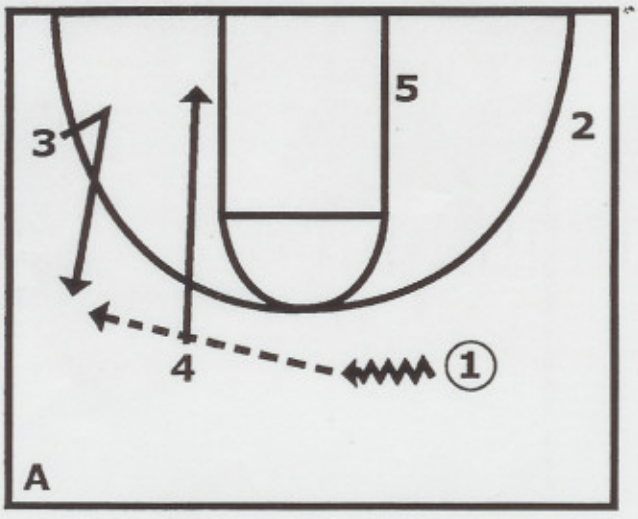


5 screens in for **2** as **3** dribbles middle to throwback to **2**.

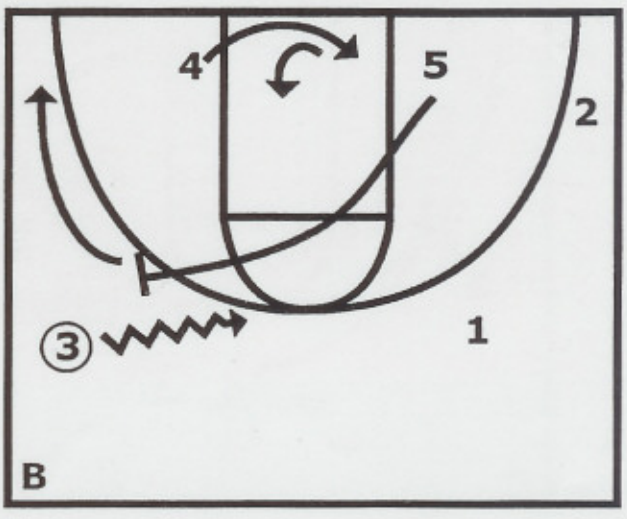


2ND ANNUAL B.C. BASKETBALL RETREAT

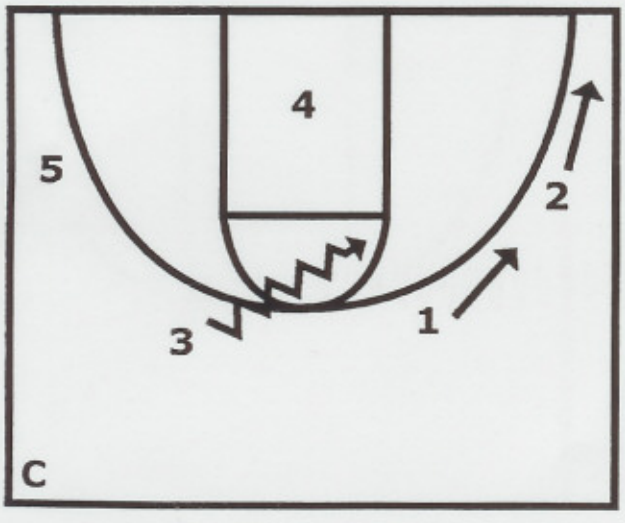
MAN OFFENSE - # BREAK DIVE - BROWN



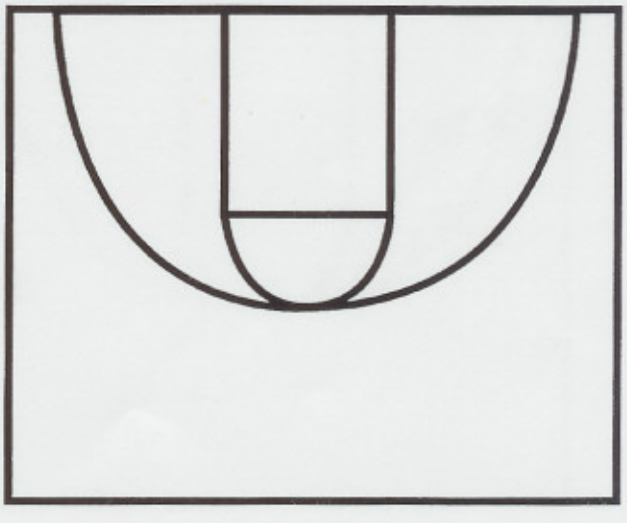
1 dribbles at **4**. **4** goes backdoor. **3** pops out and receives the pass from **1**.



5 sprints from the opposite block to set a ballscreen for **3**. **5** fades after the ballscreen as **4** ducks in.

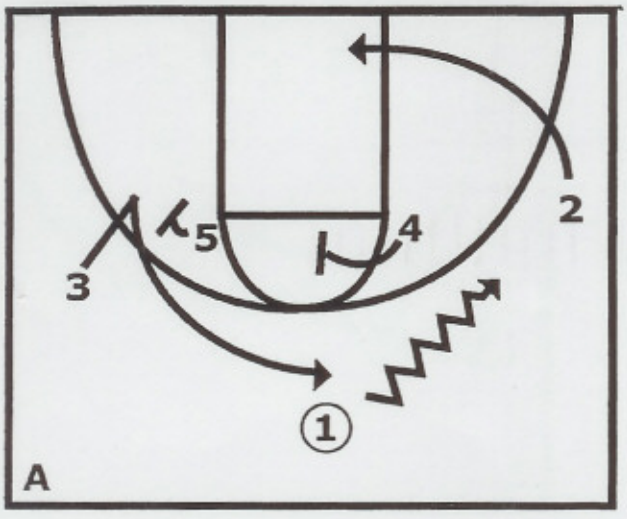


3 uses the ballscreen to see **1** and **2** spotting up and **5** and **4** on the fade and duck in.

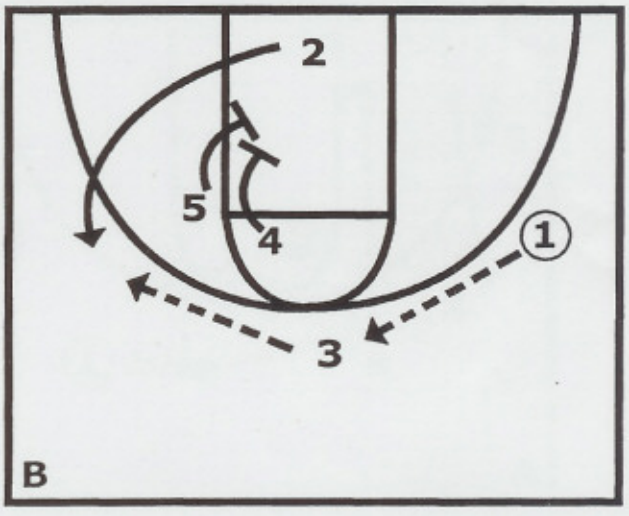


2ND ANNUAL B.C. BASKETBALL RETREAT

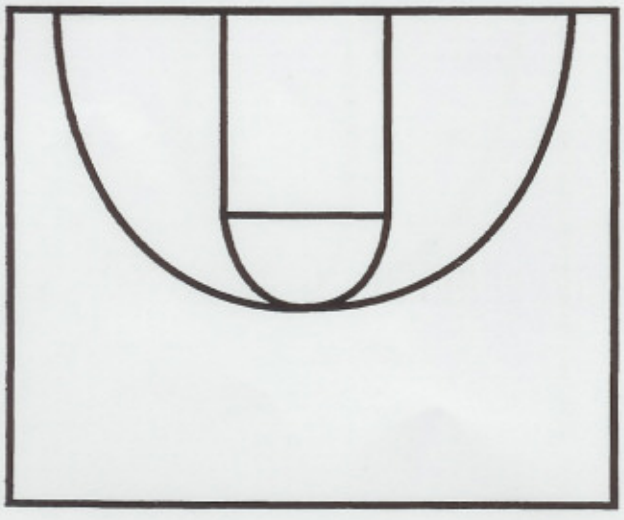
MAN OFFENSE - 1-4 DOUBLE DOUBLE 2,3 - BROWN

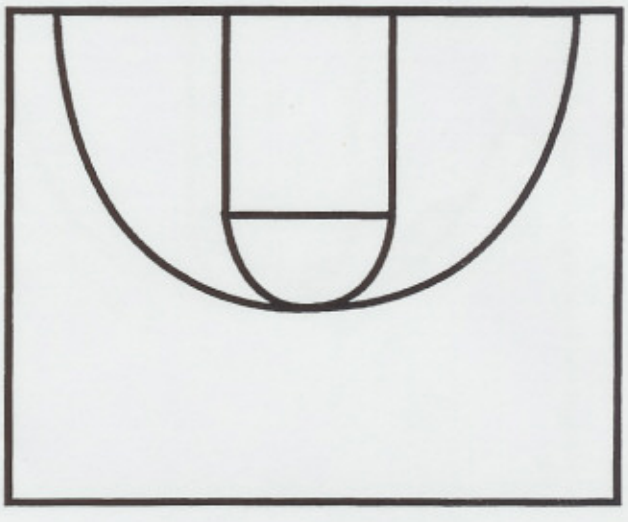


1 dribbles at **2**. **2** goes backdoor and then posts up. **5** and **4** screen away for **3**.



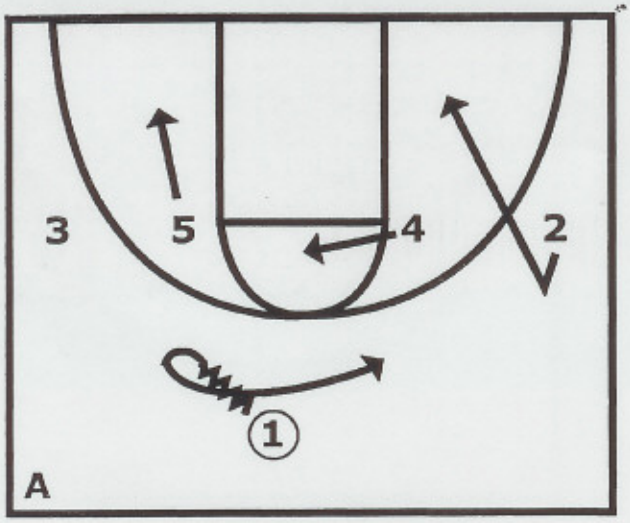
1 passes to **3**. **5** and **4** stagger for **2**. **3** passes to **2**.



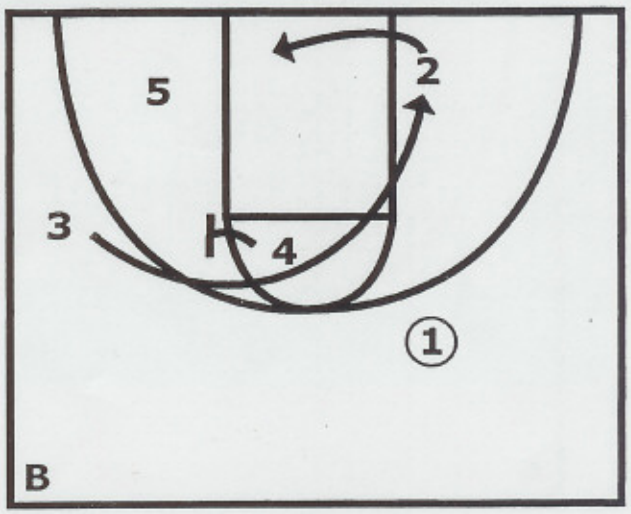


2ND ANNUAL B.C. BASKETBALL RETREAT

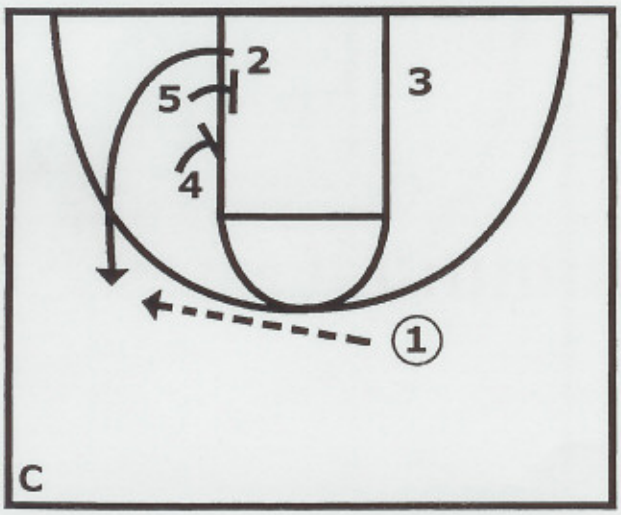
MAN OFFENSE - 1-4 SLICE DOUBLE DOUBLE 2,3 - BROWN



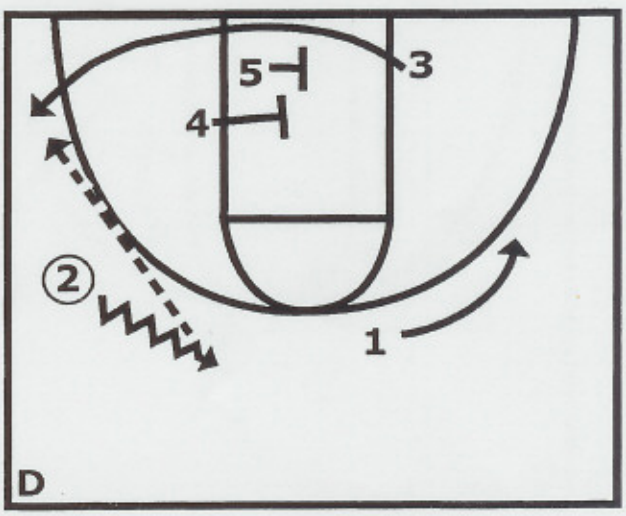
1 spin-dribbles and sends **2** back door.



3 slice cuts off of **4** to the post.



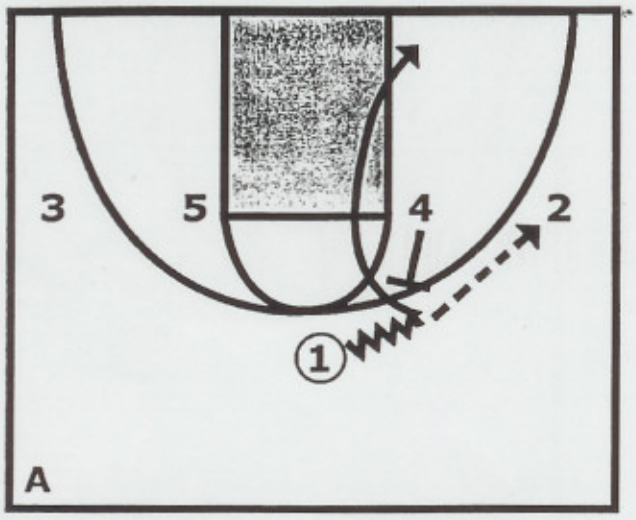
2 sprints off of the **5, 4** stagger. **1** passes to **2**.



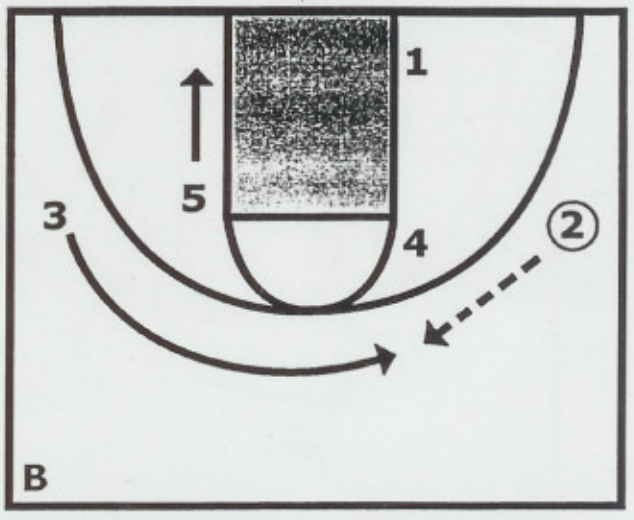
2 begins to dribble middle and passes to **3** off of the **5, 4** stagger / double.

2ND ANNUAL B.C. BASKETBALL RETREAT

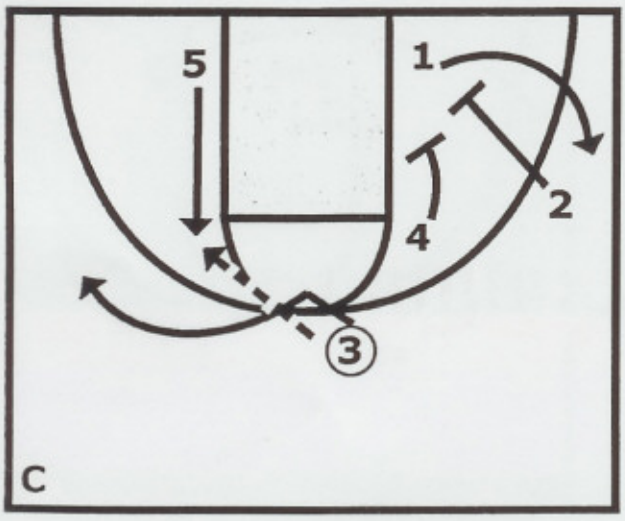
MAN OFFENSE - 1-4 UCLA PINCH POST - BROWN



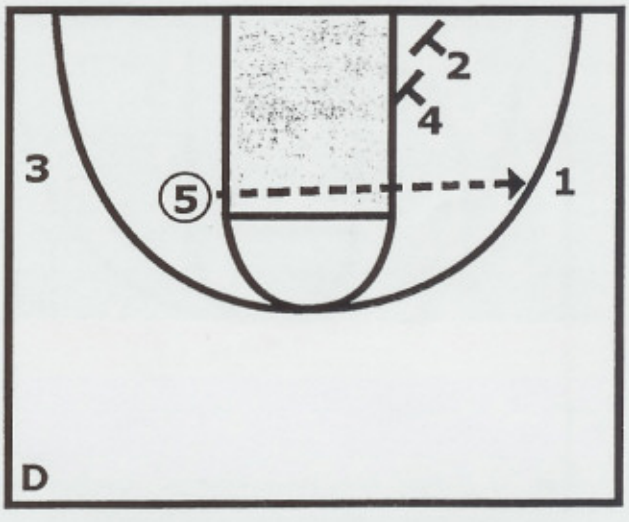
1-4 alignment. **1** passes to **2**. **1** cuts off of the UCLA screen by **4**.



3 breaks out as **5** goes to the left block. **2** passes to **3**.



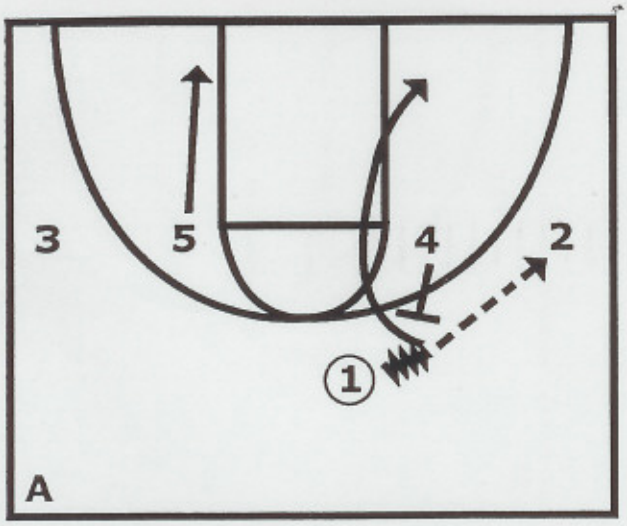
3 passes to **5** at the left elbow for a handoff and roll.



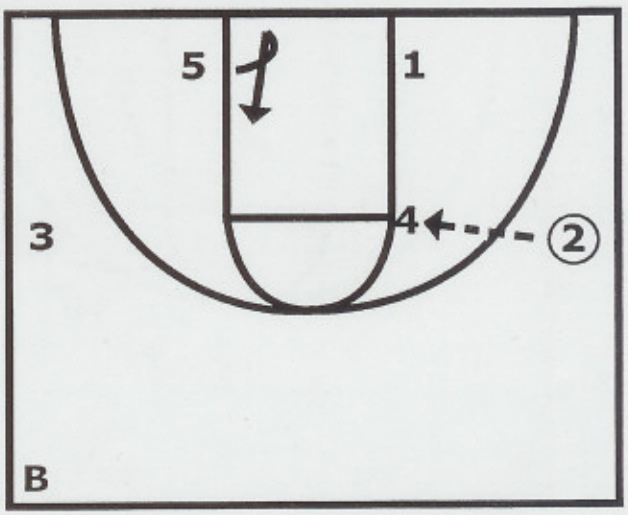
If **5** fakes the handoff, **1** cuts off of **2** and **4**'s double for a shot.

2ND ANNUAL B.C. BASKETBALL RETREAT

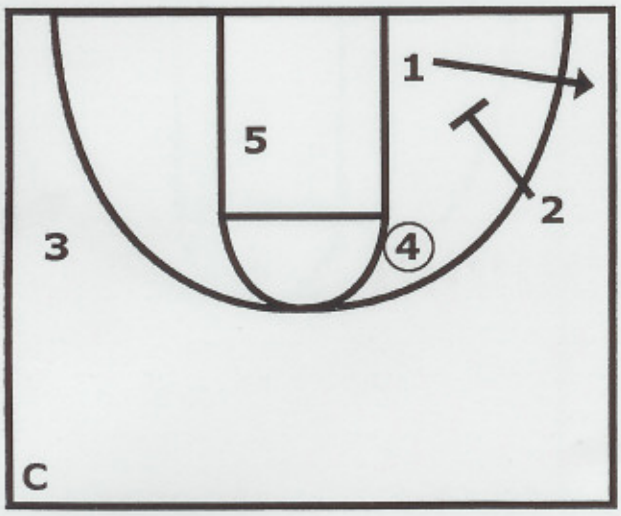
MAN OFFENSE - 1-4 UCLA DUCK IN - BROWN



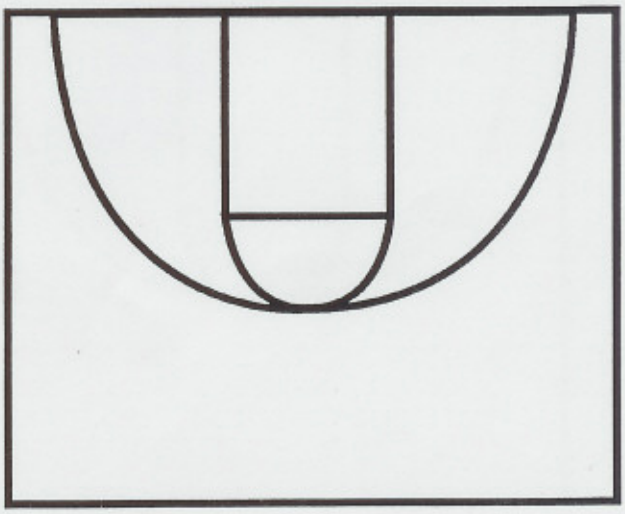
1 passes to **2**. **1** cuts off of the UCLA screen by **4**. **5** goes to the left block.



2 passes to **4**. **5** ducks in.

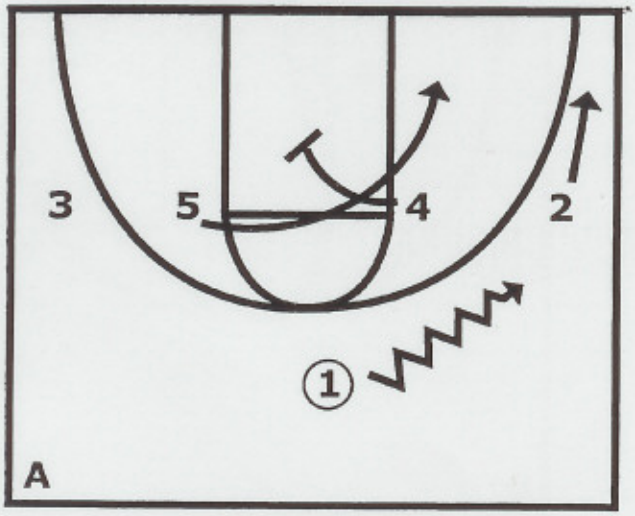


2 downscreens for **1** as **3** spaces out wide on the left wing.

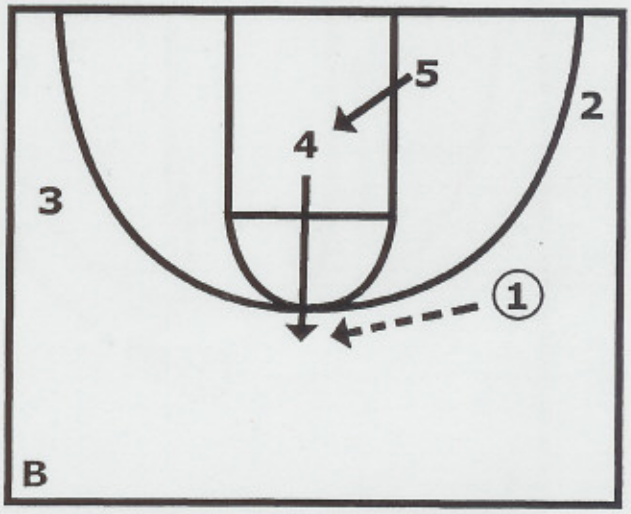


2ND ANNUAL B.C. BASKETBALL RETREAT

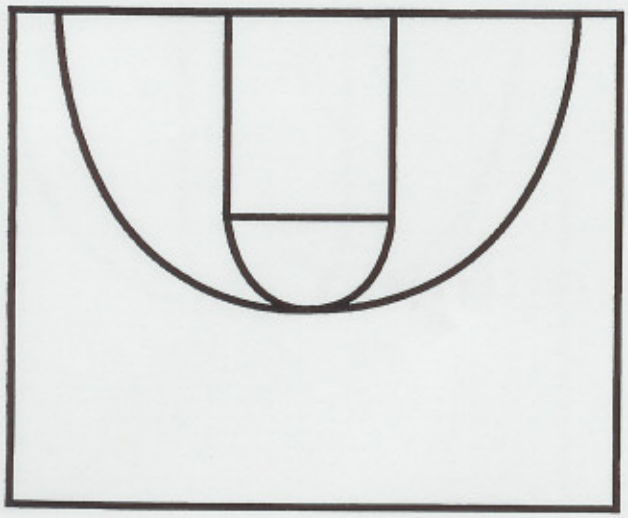
MAN OFFENSE - 1-4 HIGH LOW - BROWN

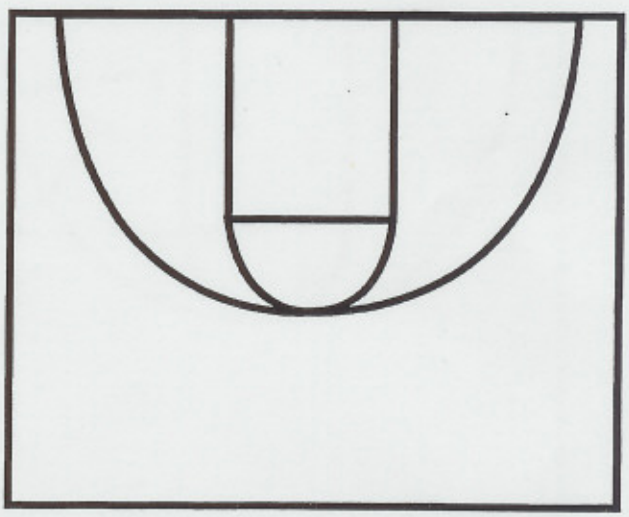


1 dribbles right as **4** screens across for **5**.



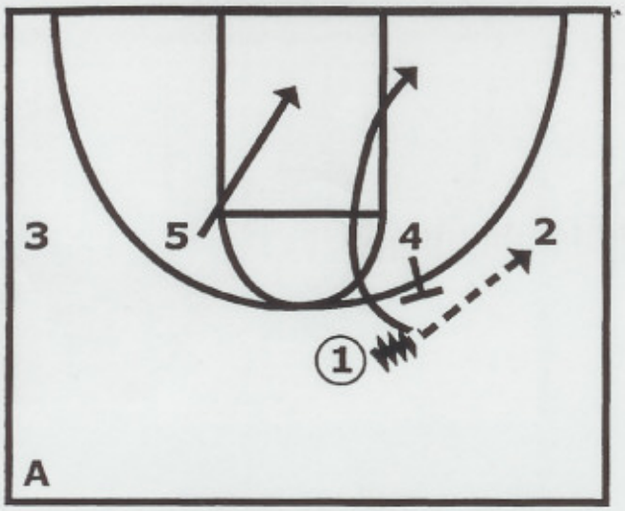
5 cuts into the post as **4** rolls high to form a **4** around **1** look with a high low attack.



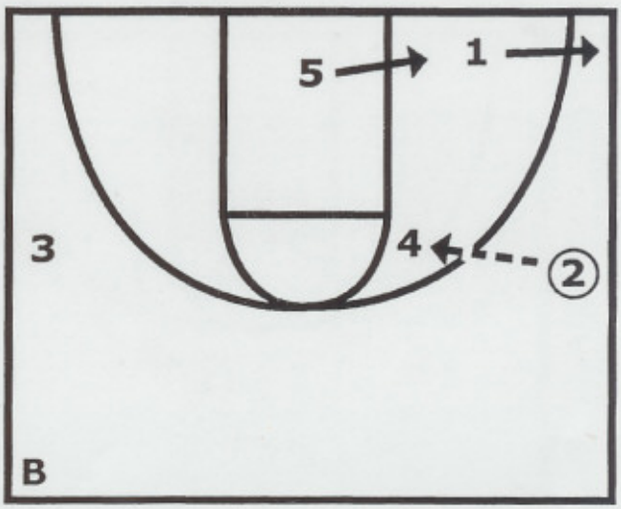


2ND ANNUAL B.C. BASKETBALL RETREAT

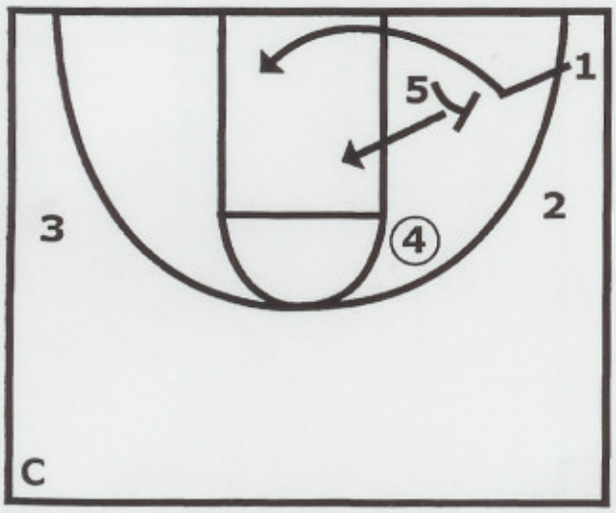
MAN OFFENSE - 1-4 FLEX - BROWN



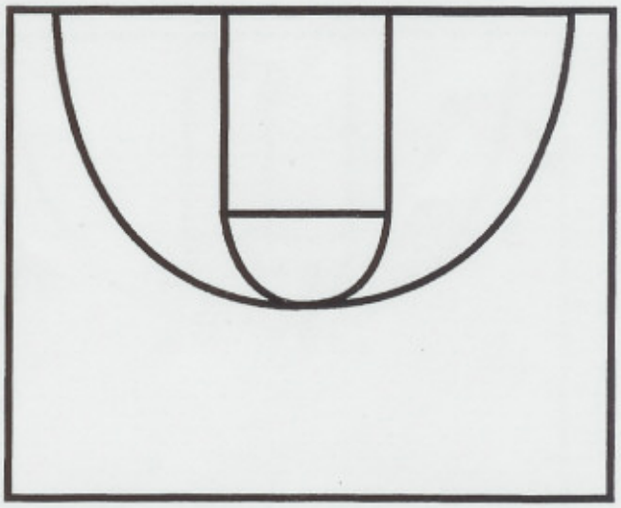
1 passes to **2**. **1** cuts off of the UCLA screen by **4**. **5** goes inside of the lane.



1 pops to the corner. **5** goes to the right block. **2** passes to **4**.

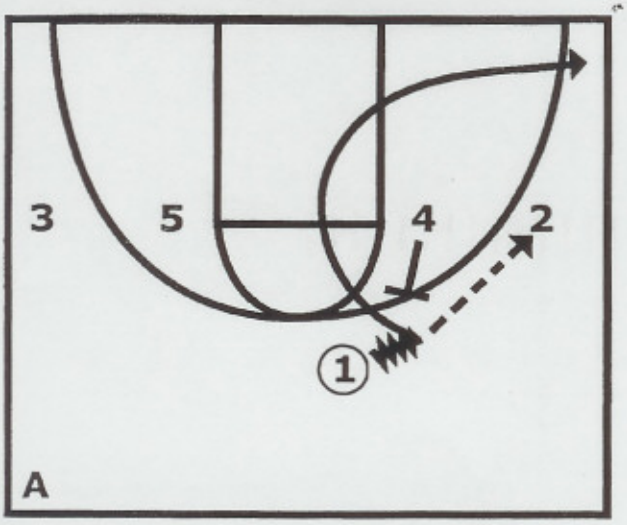


On the catch by **4**, **1** cuts off of the **5** flex screen. **5** then locates.

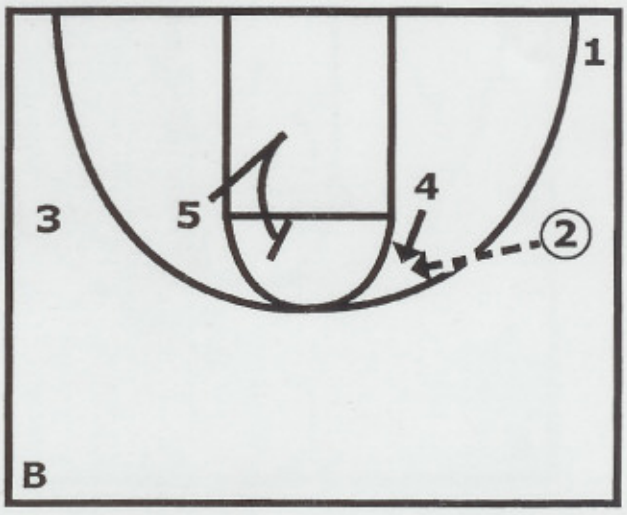


2ND ANNUAL B.C. BASKETBALL RETREAT

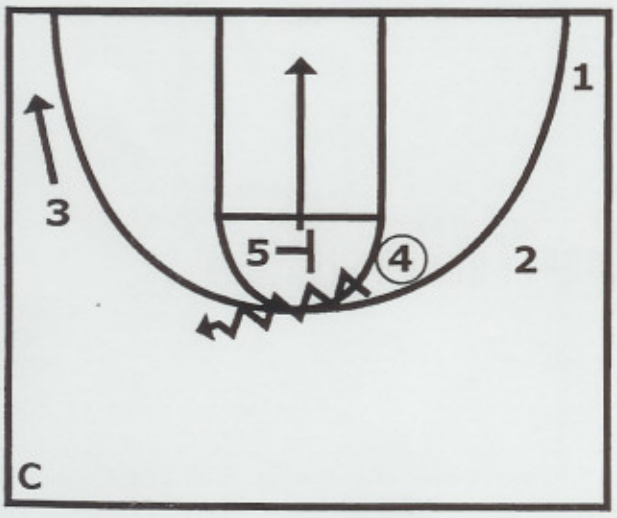
MAN OFFENSE - 1-4 4,5 BALLSCREEN - BROWN



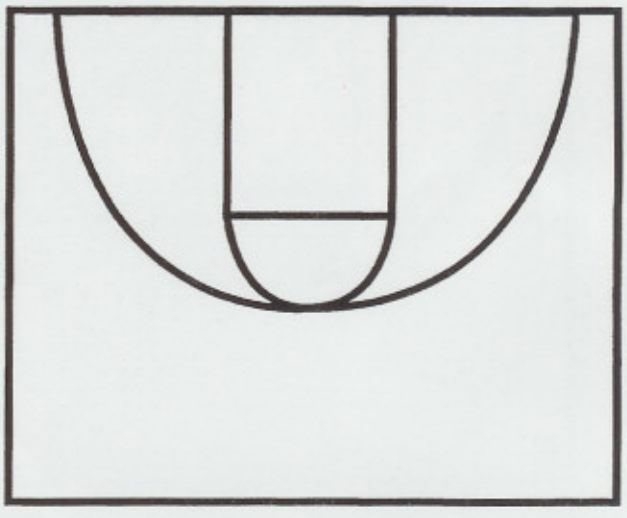
1 cuts off of **4**'s UCLA screen then goes to the corner.



2 passes to **4**. **5** sets a ballscreen for **4**.

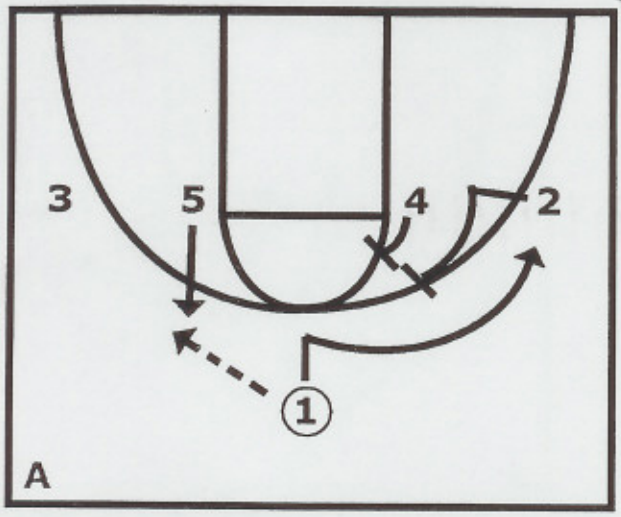


4 uses the ballscreen and **5** rolls to the front of the rim.

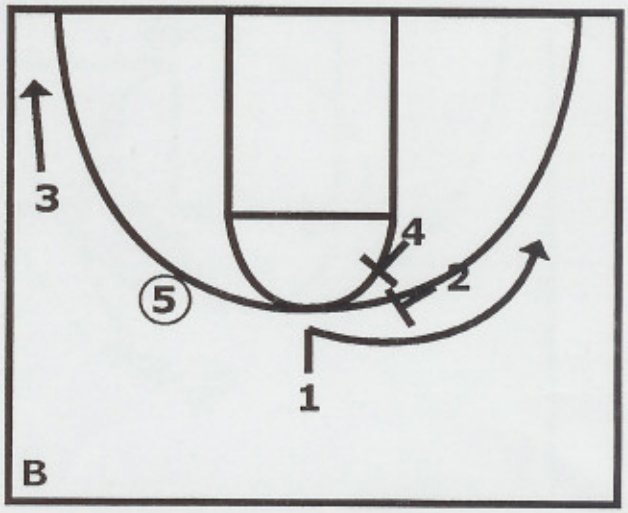


2ND ANNUAL B.C. BASKETBALL RETREAT

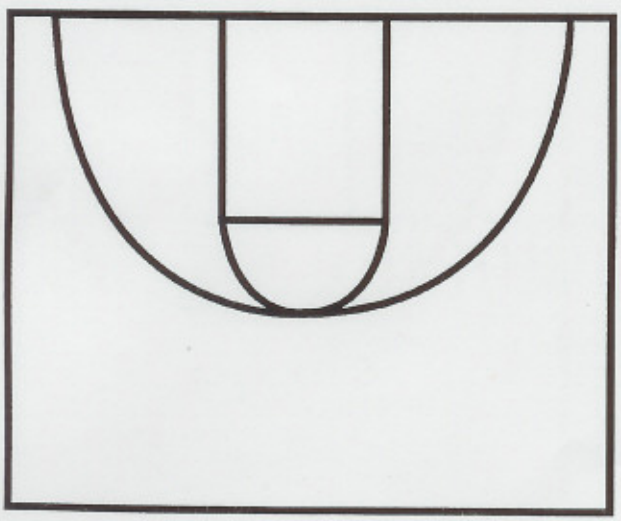
MAN OFFENSE - 1-4 5 CLEAR OUT - BROWN

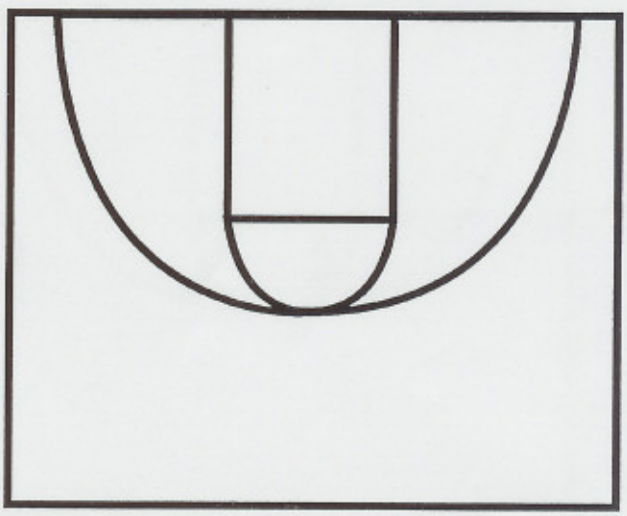


1 passes to **5** at the elbow. On the catch by **5**, **4** and **2** set a double flare for **1**.



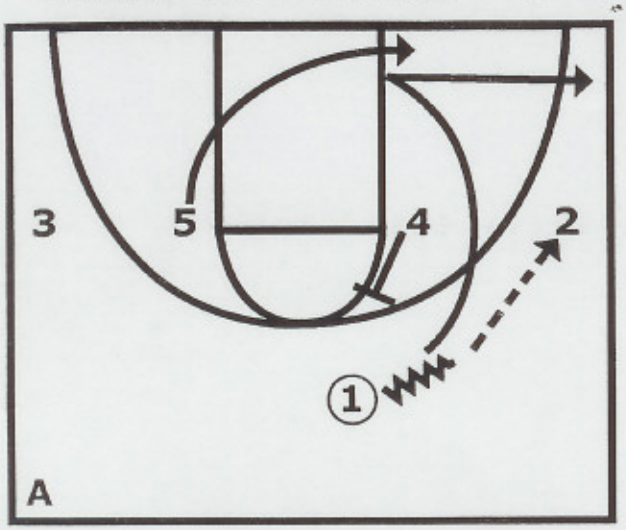
5 has space to go one on one.



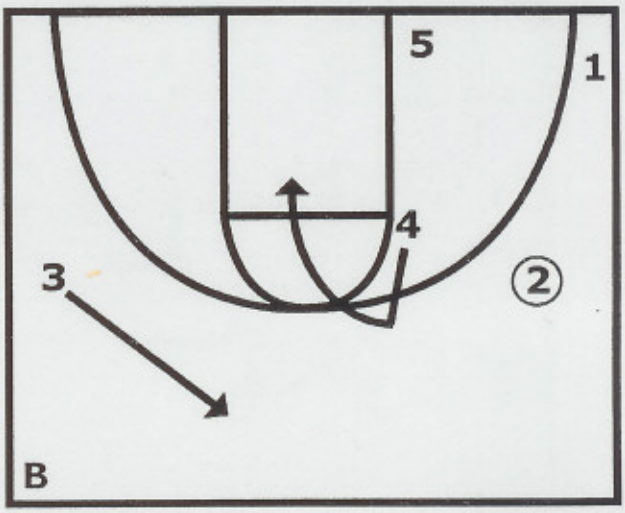


2ND ANNUAL B.C. BASKETBALL RETREAT

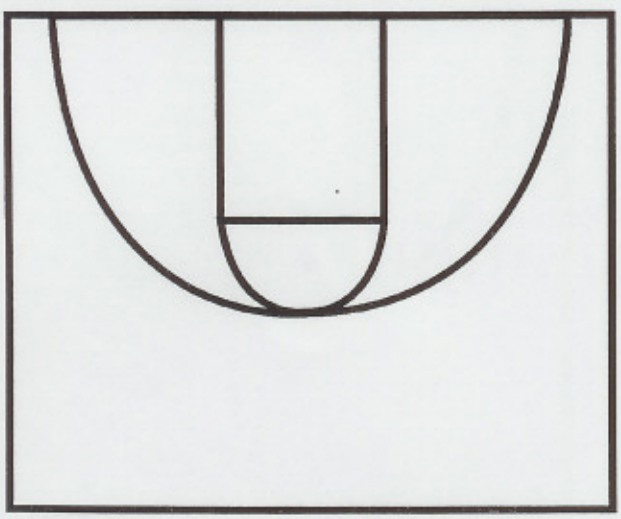
MAN OFFENSE - 1-4 4 BACKDOOR - BROWN

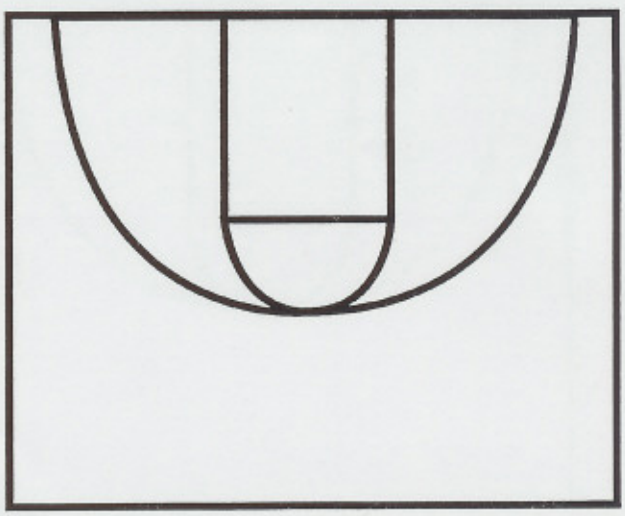


1 cuts off of **4**'s UCLA screen then goes to the corner. **5** goes to the ballside block.



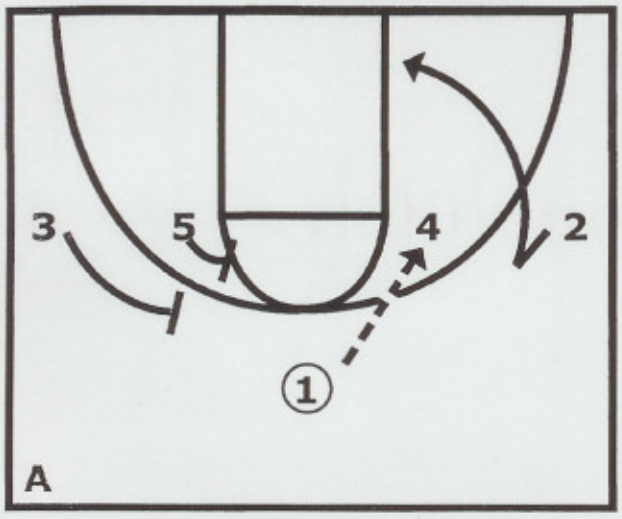
3 breaks high as **4** goes backdoor. **2** passes to **4** on the backdoor cut.



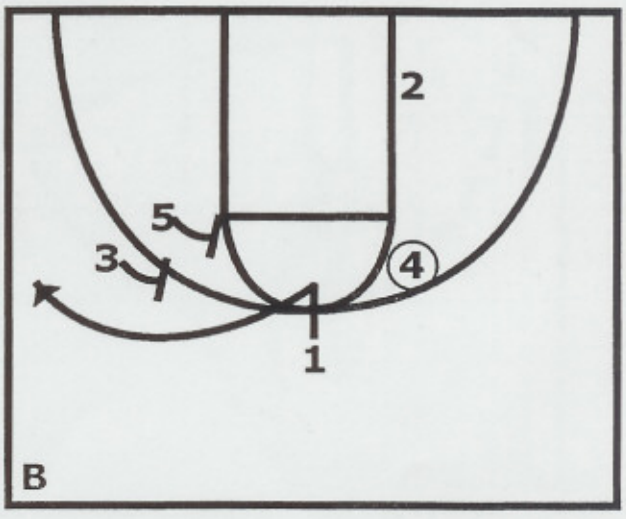


2ND ANNUAL B.C. BASKETBALL RETREAT

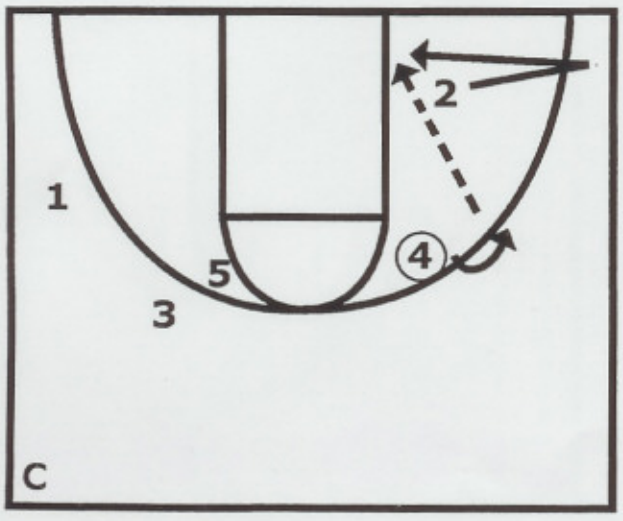
MAN OFFENSE - 1-4 2 BACKDOOR - BROWN



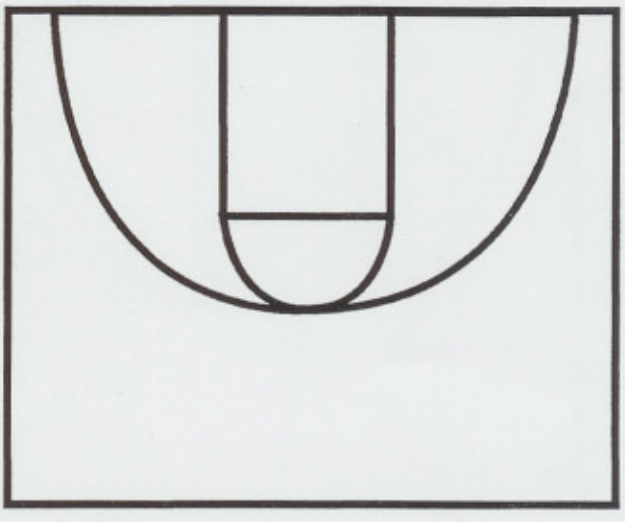
1 passes to **4**. **2** goes backdoor as **5** and **3** begin to form a double flare screen.



1 goes off of the **5**, **3** flare.

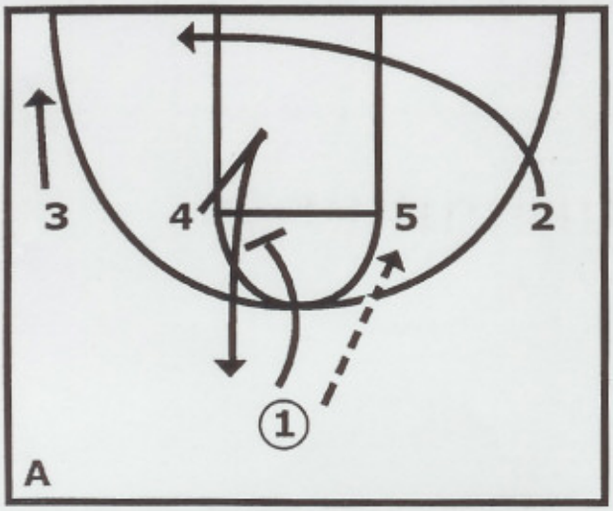


4 turns back to **2** as **2** goes out and then backdoor again.

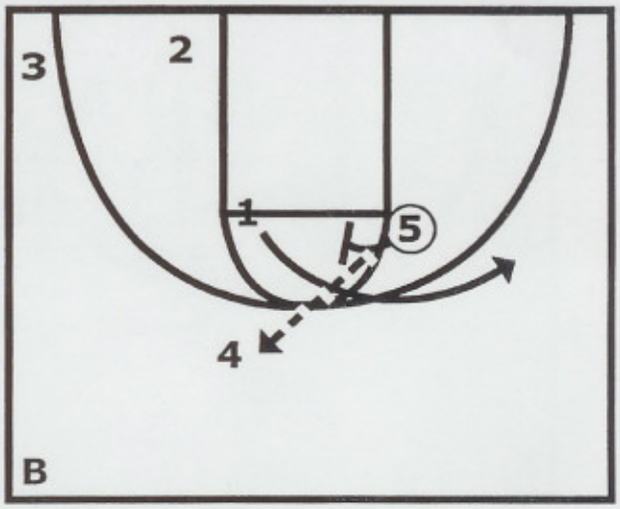


2ND ANNUAL B.C. BASKETBALL RETREAT

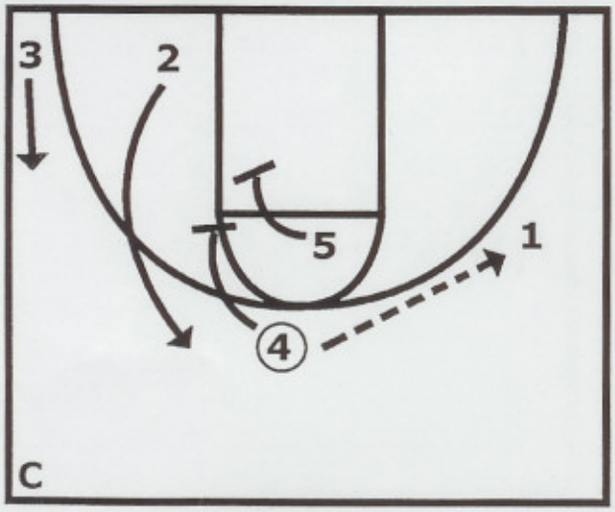
MAN OFFENSE - 1-4 1 CLEAROUT - BROWN



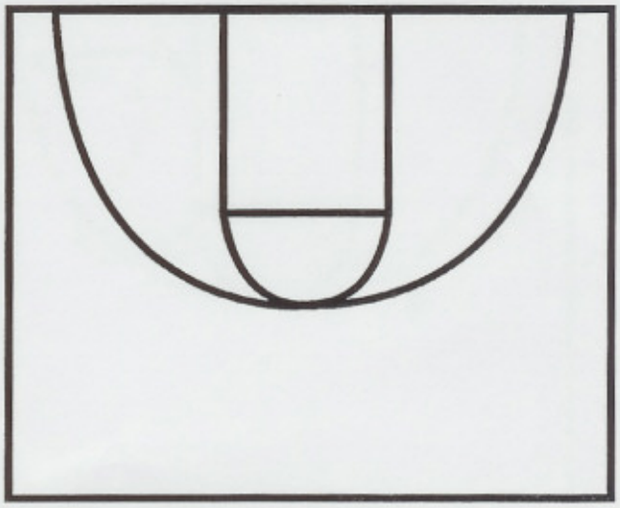
1 passes to **5**. **2** goes backdoor. **1** downscreens for **4**.



5 passes to **4**. **5** flares in for **1**.

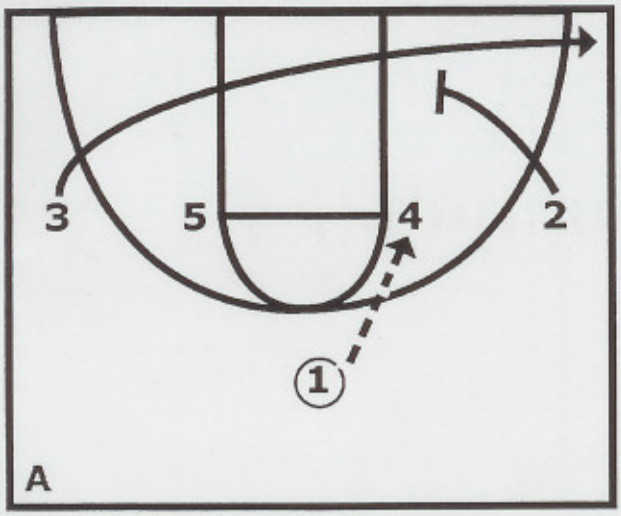


4 passes to **1** for a clearout. **5, 4** screens down for **2.**

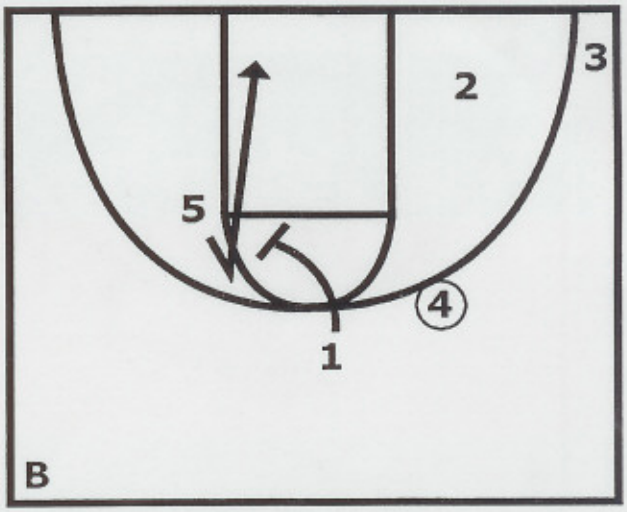


2ND ANNUAL B.C. BASKETBALL RETREAT

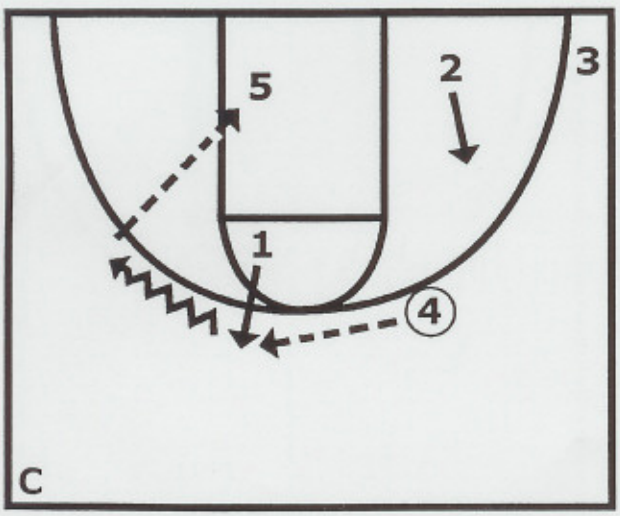
MAN OFFENSE - 1-4 5 BACKDOOR POSTUP - BROWN



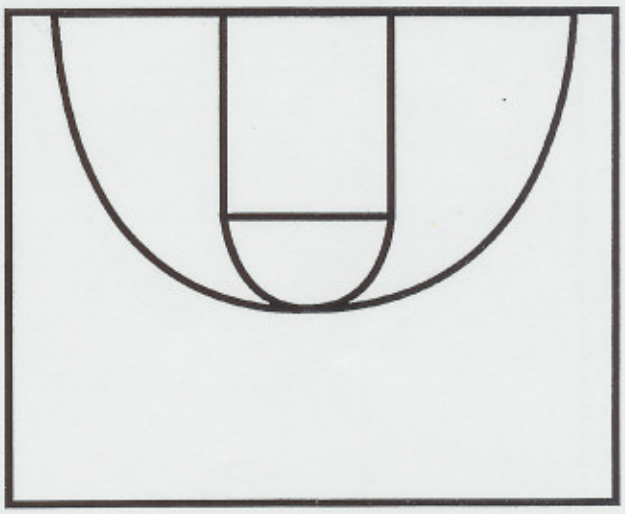
1 passes to **4**. **3** cuts off of **2** at the right block.



5 rejects coming off of **1** and goes backdoor.

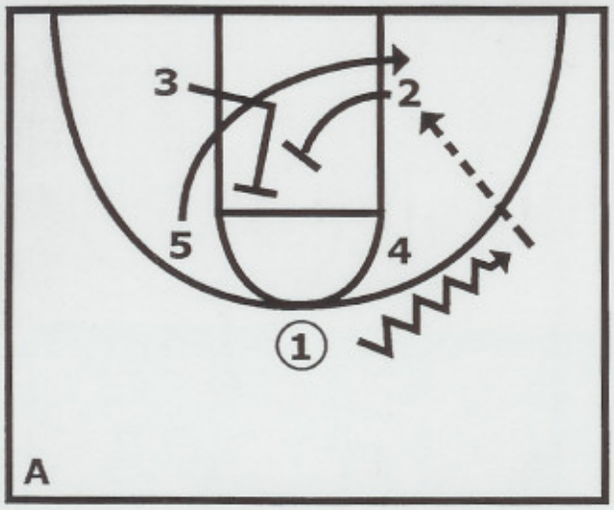


1 pops out. **4** passes to **1**. **5** posts up on the left block.

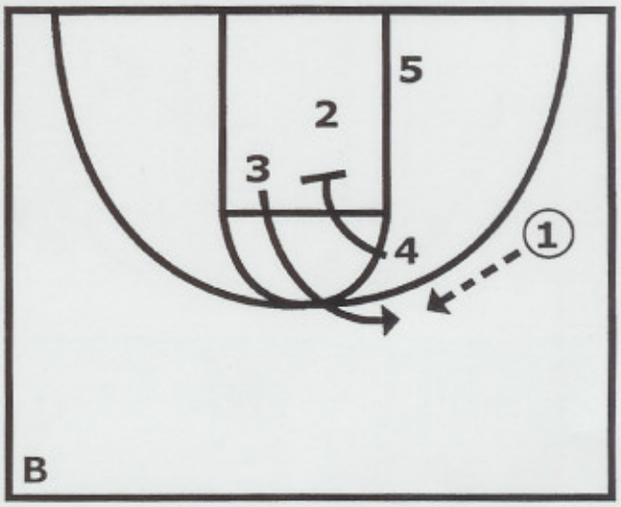


2ND ANNUAL B.C. BASKETBALL RETREAT

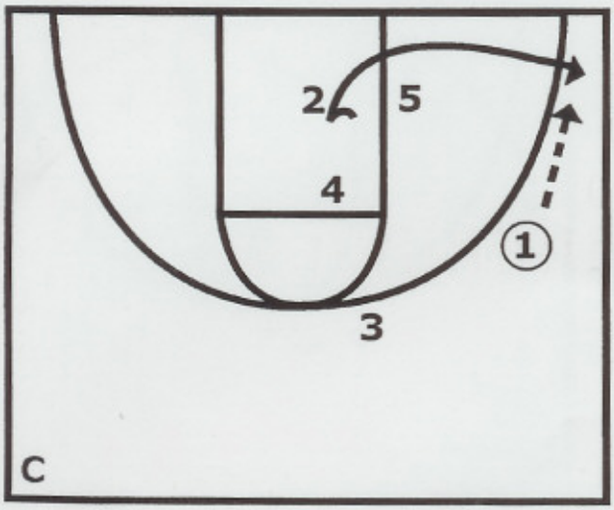
MAN OFFENSE - WINNER - BROWN



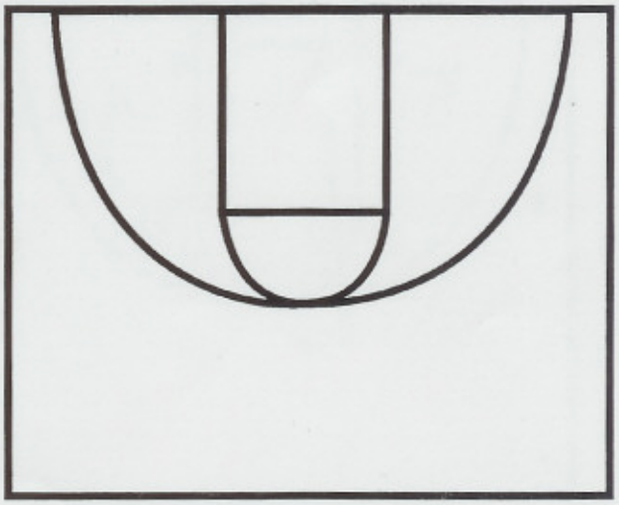
1 dribbles right. **3**, **2** backscreens for **5**.



4 downscreens for **3**.

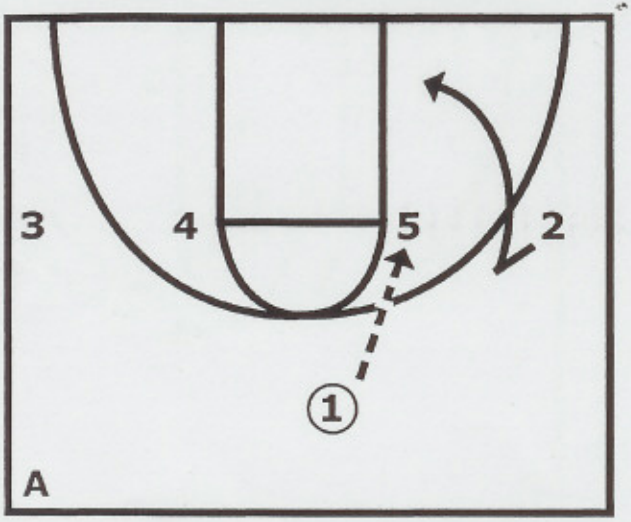


2 turns out off of **5** forming a third option for **1**.

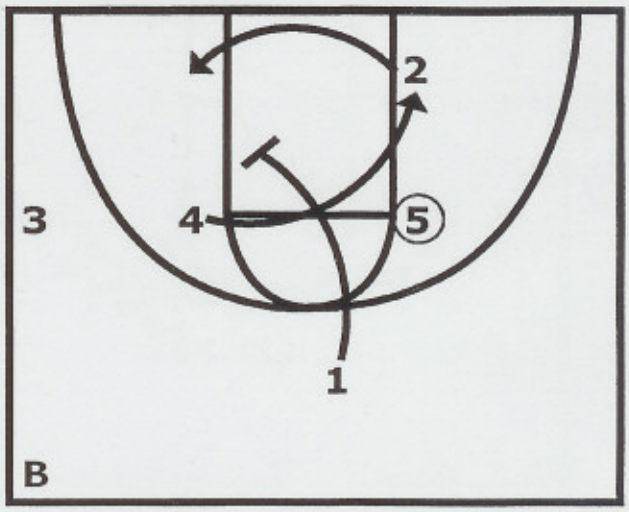


2ND ANNUAL B.C. BASKETBALL RETREAT

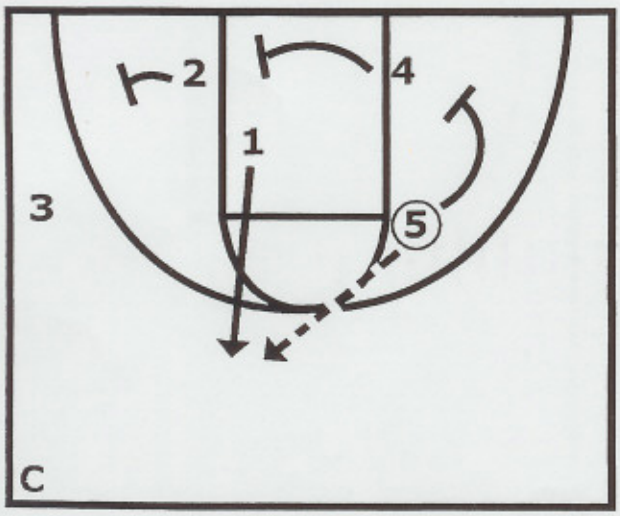
MAN OFFENSE - 1-4 RUB, TRIPLE - CREAN



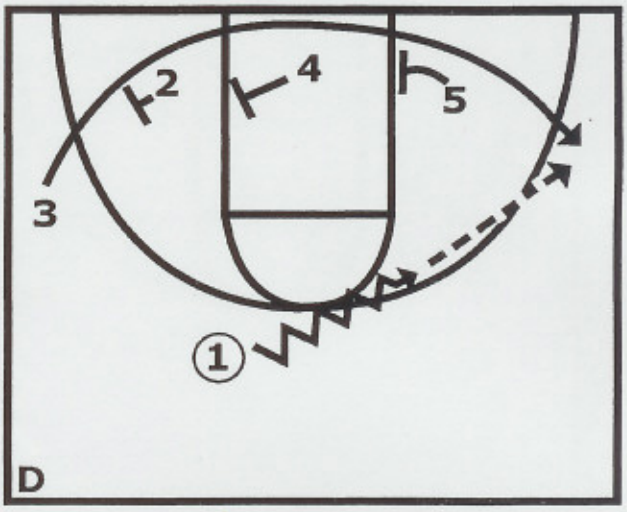
1 passes to **5** at the elbow. **2** goes backdoor.



2 finishes his cut to the left block. **1** brush screens for **4**. **4** cuts off of **1** to the right block.



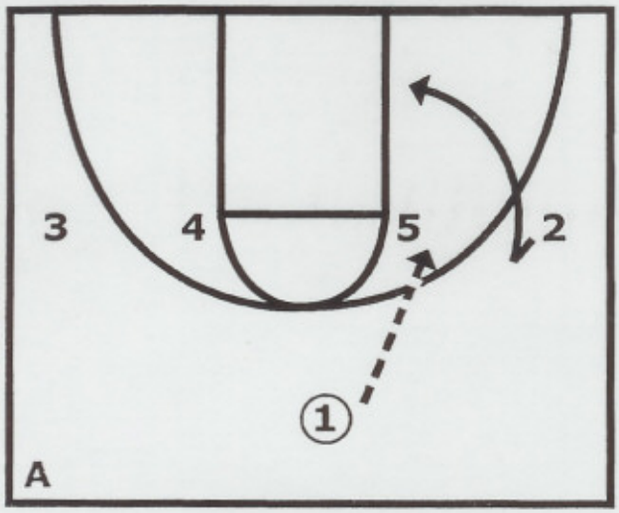
1 pops out. **2**, **4**, **5** set a triple screen for **3**.



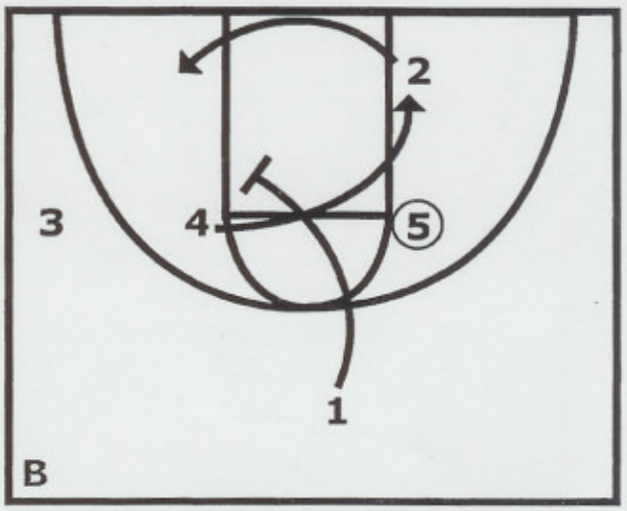
3 cuts off of the triple screen. **1** delivers the pass to **3**.

2ND ANNUAL B.C. BASKETBALL RETREAT

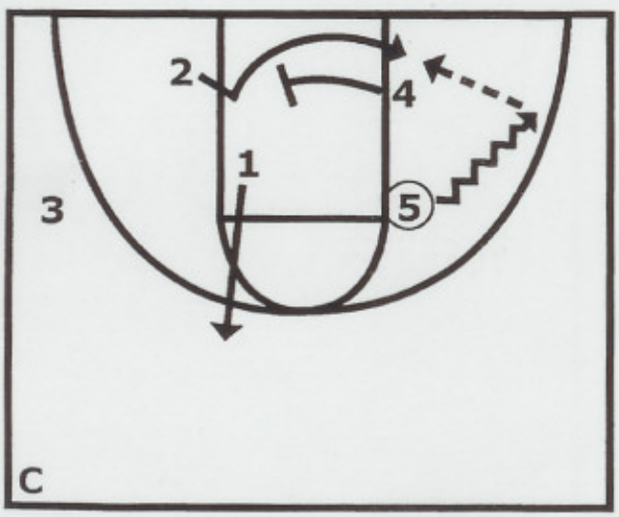
MAN OFFENSE - 1-4 RUB, 4 ON 2 SCREEN - CREAN



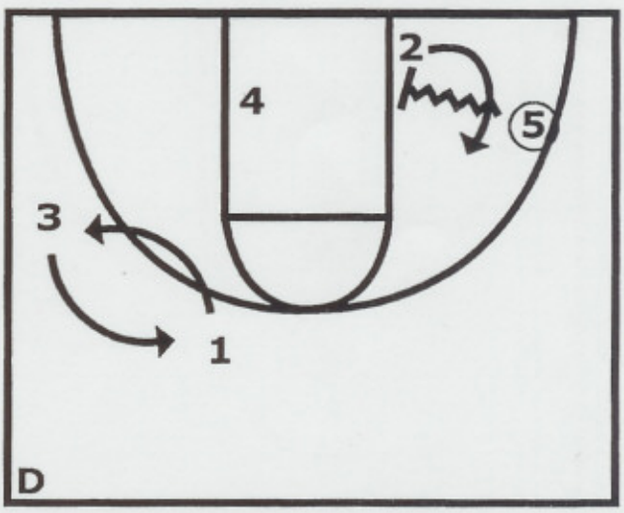
1 passes to **5** at the elbow. **2** goes backdoor.



2 goes to the left block. **1** brush screens for **4**. **4** cuts to the right block.



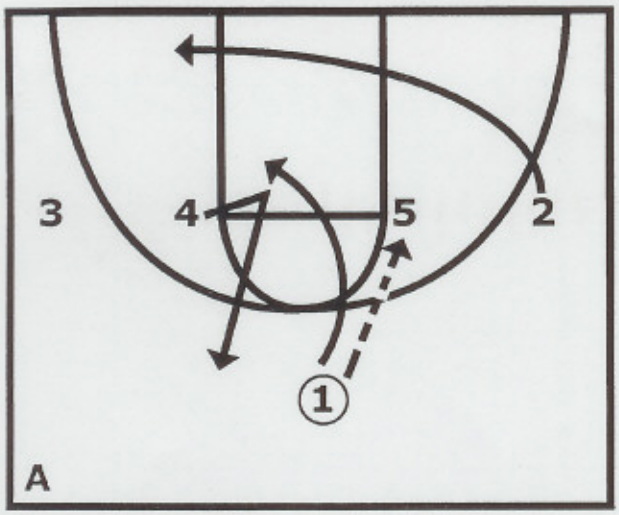
1 pops out. **4** cross screens for **2**. **5** delivers the pass to **2**.

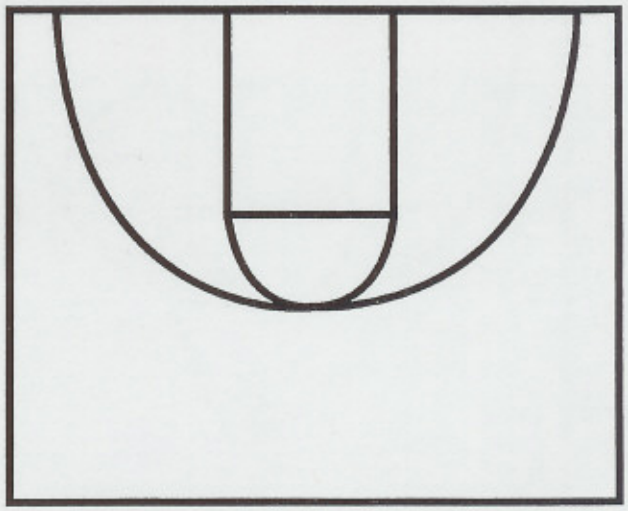


Possible dribble handoff for **2** from **5** after the cross screen.

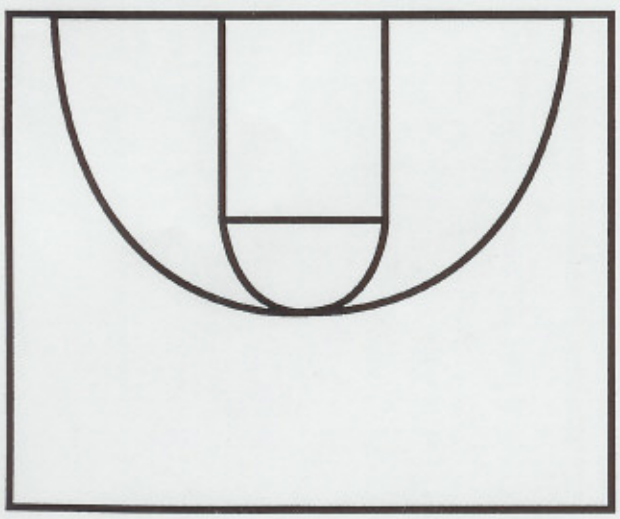
2ND ANNUAL B.C. BASKETBALL RETREAT

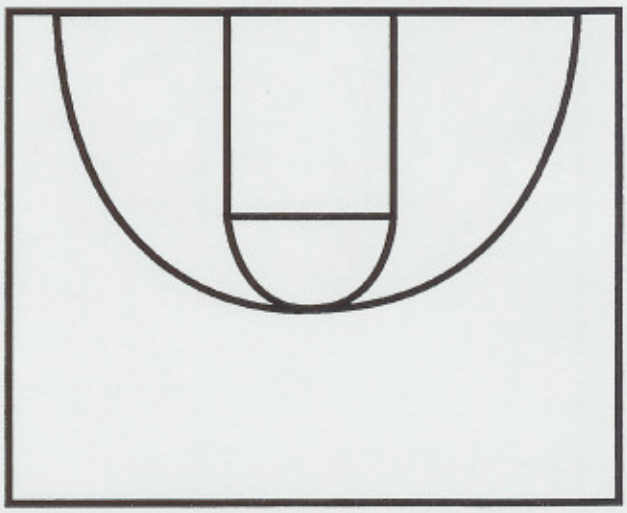
MAN OFFENSE - 1-4 RUB, 4 BUMPS - CREAN





1 passes to **5**. **2** goes backdoor. **1** brush screens for **4**. If **X4** goes under **1**, **4** bumps for a jump shot.





2ND ANNUAL B.C. BASKETBALL RETREAT

MAN OFFENSE

STEVE ALFORD

"3 In, 2 Out"

1. 3 in, 2 out motion. The "3 in" players use the college 3 point line and in as their domain. The "2 out" players use the above the college 3 point line and out as their domain.

2. The "2 out" players can only become one of the "3 in" players if they are backscreened by a "3 in" player. Otherwise, the "2 out" players should be positioned above the college 3 point line.

3. The first screener always receives a screen after setting one.

4. The "2 out" players must be able to react and pass. If pressured, and as the "3 in" players move, driving opportunities will exist for these 2 players.

5. Breakdown drills "3 in" players play "3 on 3" live with the "2 out" players passing without defense. The "2 out" players play "2 on 2" live with the "3 in" players going 3 on 0 - no defense. The "2 out" players work on getting open.

TIM FLOYD

The Triangle Offense

<u>Negatives</u>

1. It's a jumpshooting offense. The lack of inside catches and offensive rebounding opportunities does not allow free throw attempts.

2. You can't control who gets the shot.

3. If the defense picks up full court the shot clock is shortened and the movement of the offense is slowed.

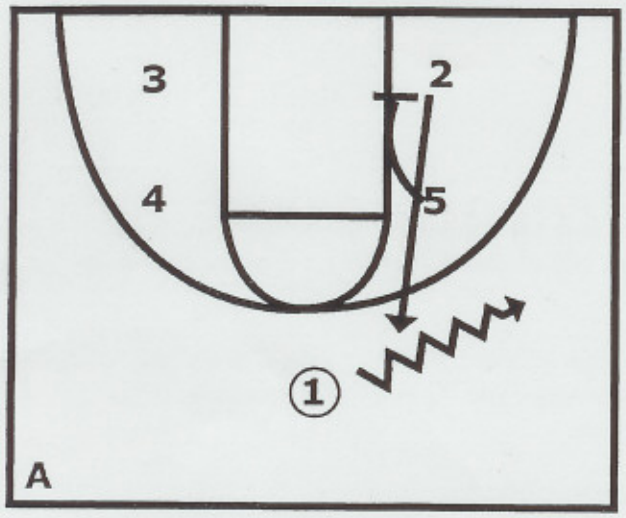
<u>Positives</u>

1. Great spacing allows for strong passing opportunities out of the post. This spacing also allows great perimeter players to go one on one when the offense breaks down.

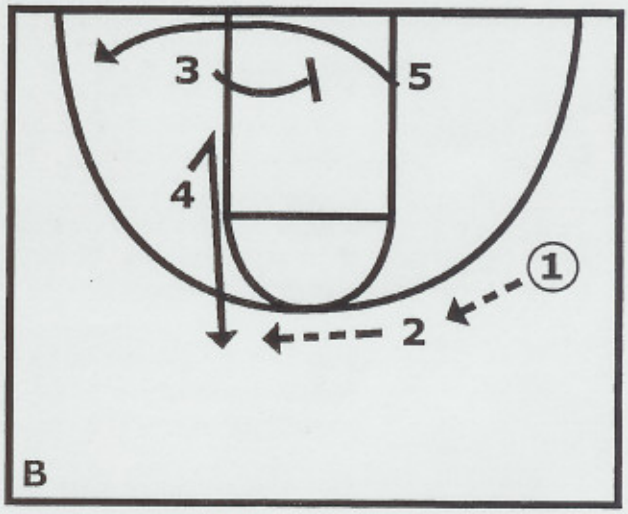
2. It breeds unselfishness because of its interchangeability, movement and spacing.

2ND ANNUAL B.C. BASKETBALL RETREAT

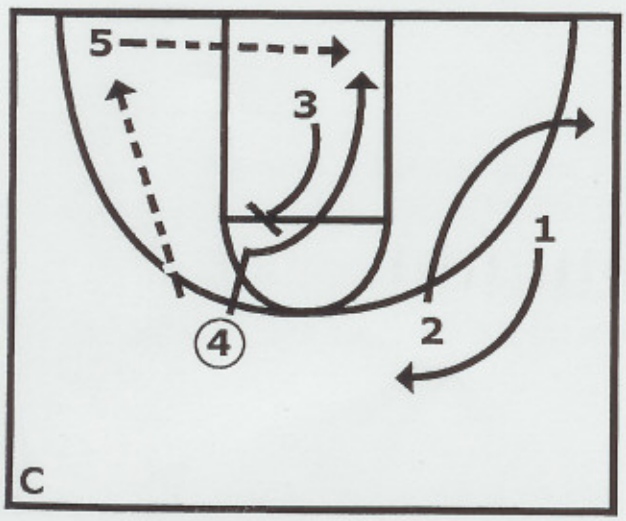
MAN OFFENSE - LOB - VAN GUNDY



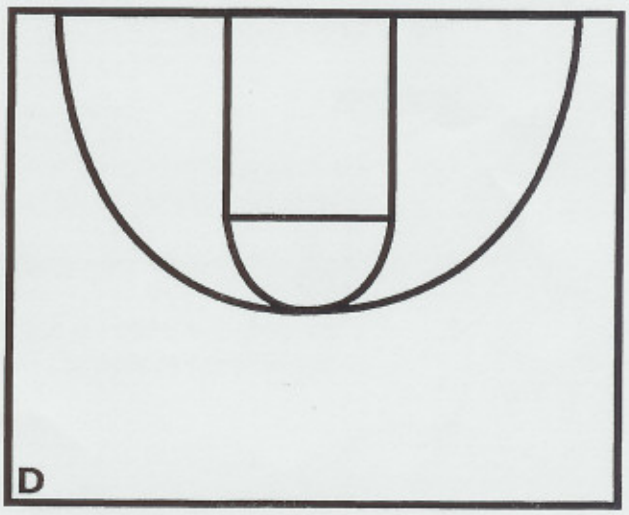
1 dribbles out. **5** pins down for **2**.



1 passes to **2**. **4** breaks out and catches the pass from **2**. On the catch by **4**, **3** cross screens for **5**.

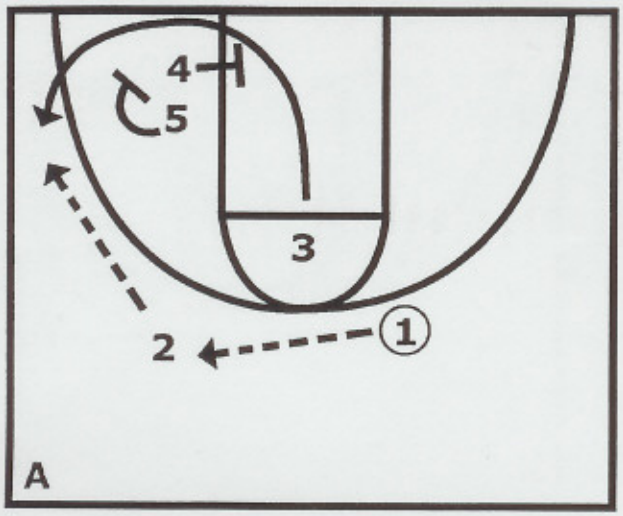


On the catch by **5**, **3** backscreens for **4**. **5** passes to **4** for a lob. **1** and **2** interchange.

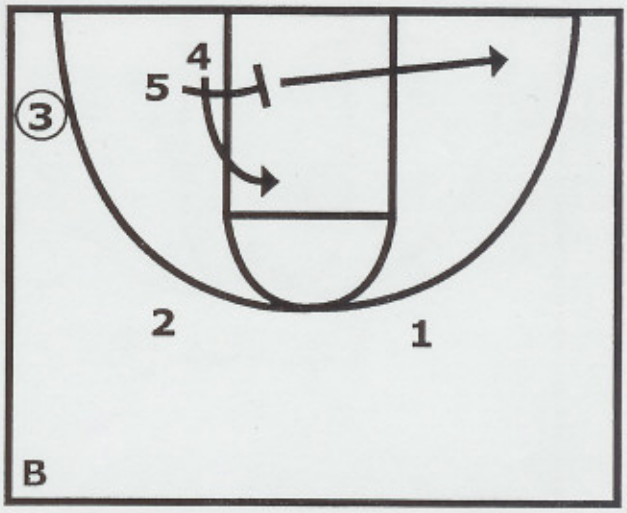


2ND ANNUAL B.C. BASKETBALL RETREAT

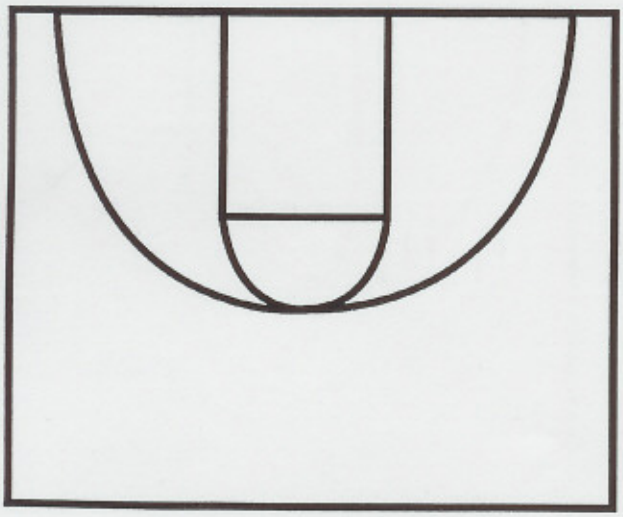
MAN OFFENSE - 3 IN 2 OUT INITIAL ENTRY - ALFORD

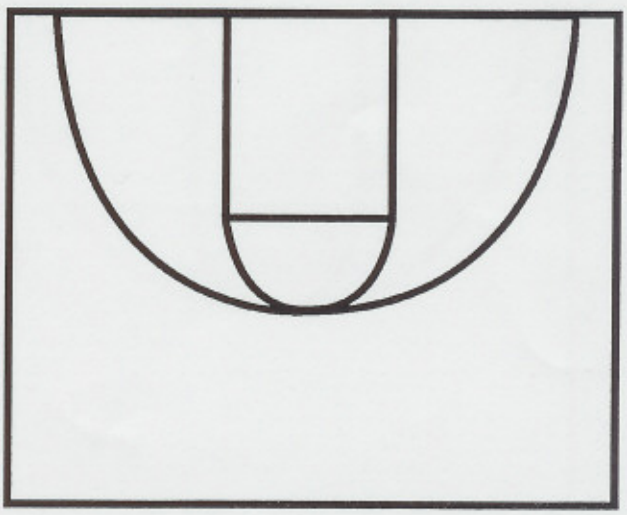


3 cuts off of a **4**, **5** screen



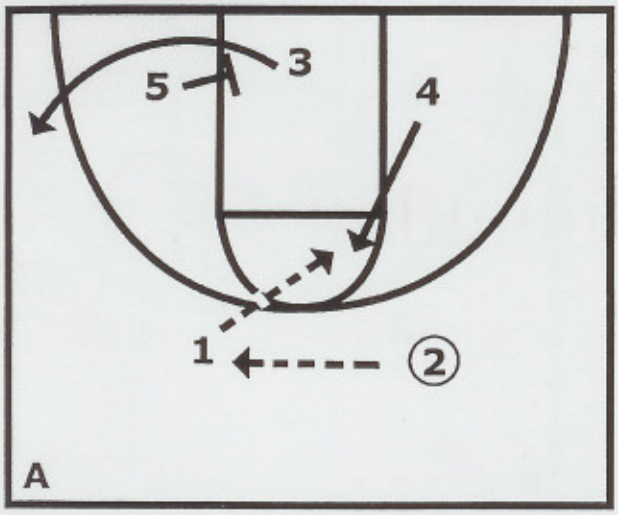
4 sets the first screen. He then receives a screen by **5**.



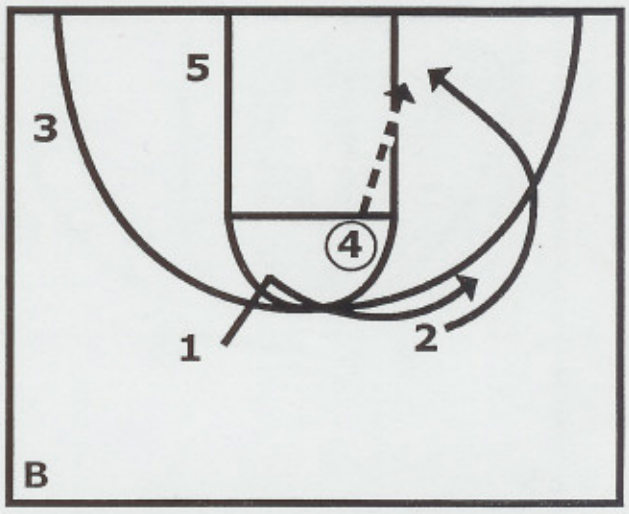


2ND ANNUAL B.C. BASKETBALL RETREAT

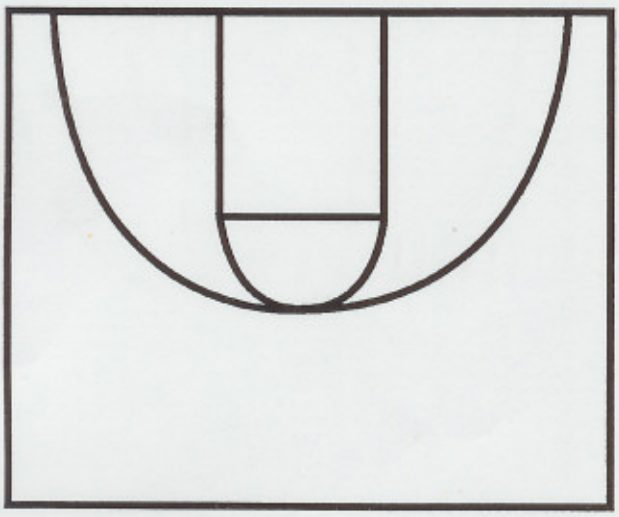
MAN OFFENSE - 3 IN 2 OUT BLIND PIG - ALFORD

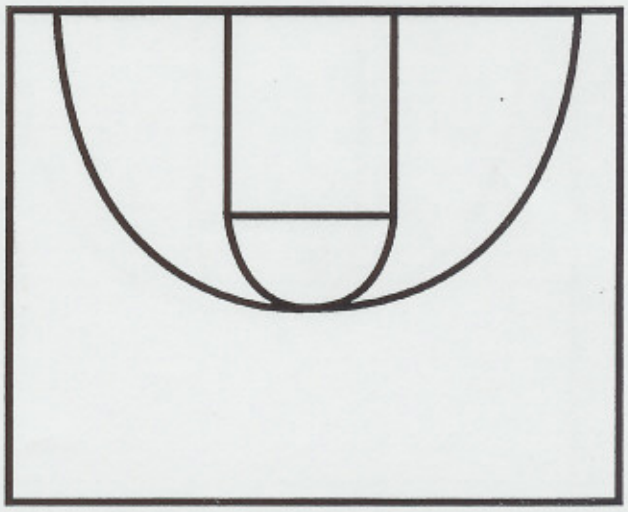


2 passes to **1** as **3** uses a screen from **5**. **4** flashes to the elbow. **1** passes to **4**.



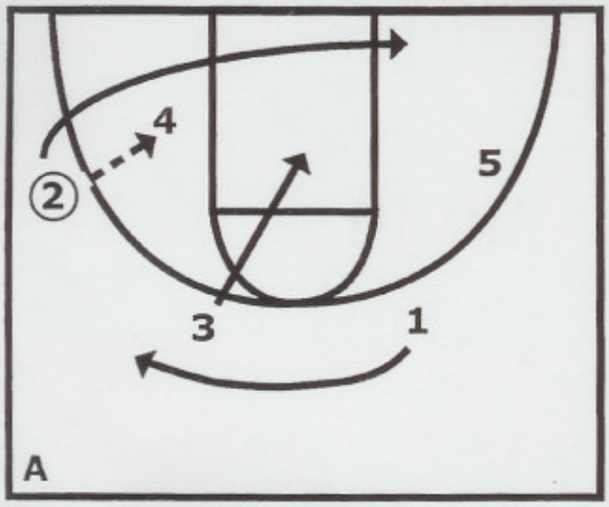
2 cuts backdoor first. **1** goes for a hand off second.



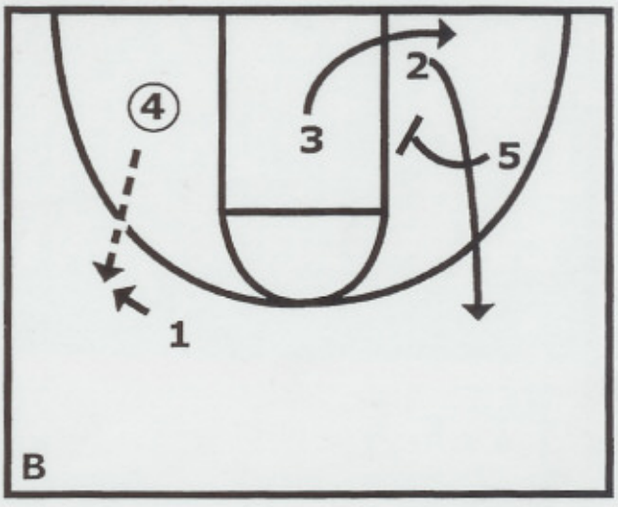


2ND ANNUAL B.C. BASKETBALL RETREAT

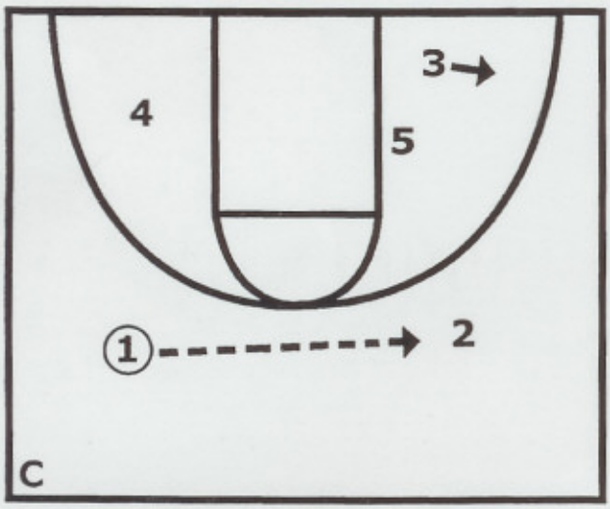
MAN OFFENSE - POSTFEED ACTION vs TRAP - CALIPARI



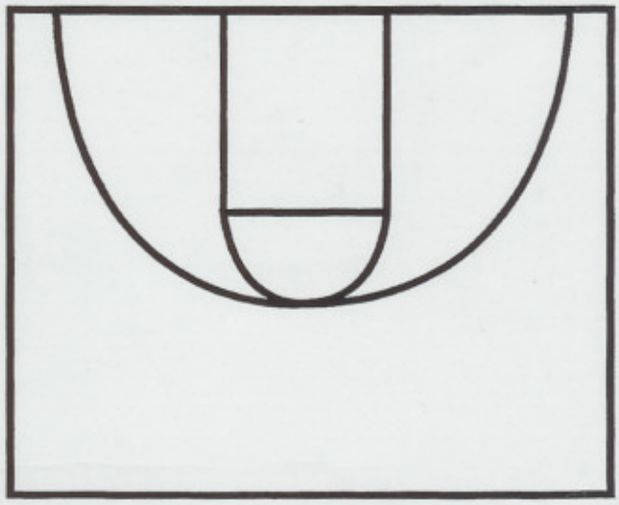
2 post feeds **4**. The defense traps **4**. **3** dives to the front of the rim and **2** cuts through the lane. **1** comes ballside.



4 passes out of the trap to **1. 5** pins down for **2** for a shot.

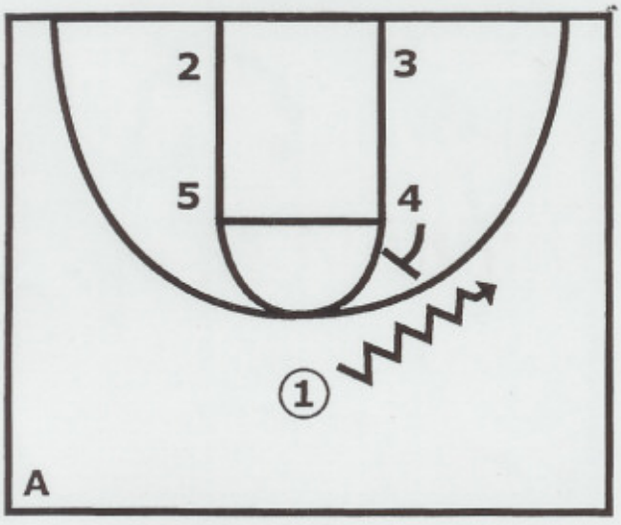


1 passes to **2**. **3** pops out. If **2** doesn't shoot, he can pass to **5** in the low post or to **3** along the baseline.

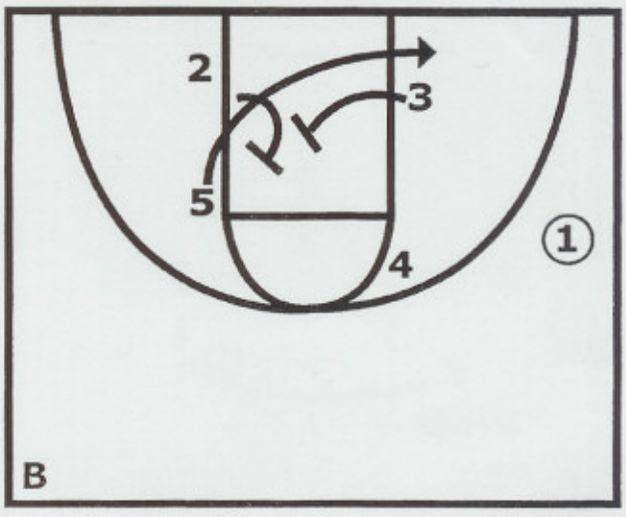


2ND ANNUAL B.C. BASKETBALL RETREAT

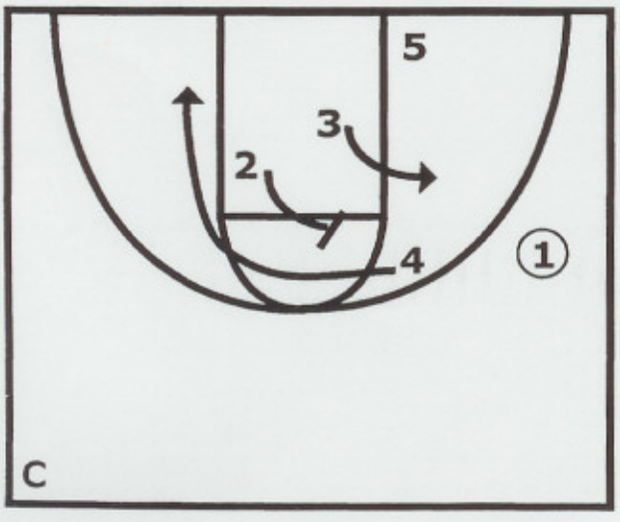
MAN OFFENSE - "WINNER" - CALIPARI



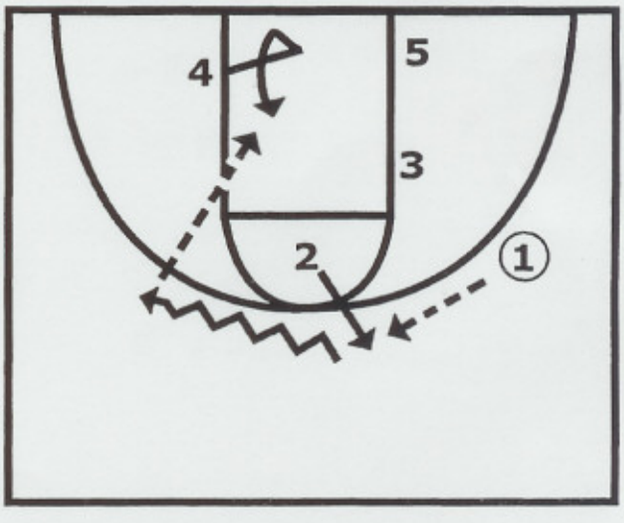
1 dribbles right. **1** can use **4**'s ballscreen or ignore it.



2, **3** backscreen for **5**.



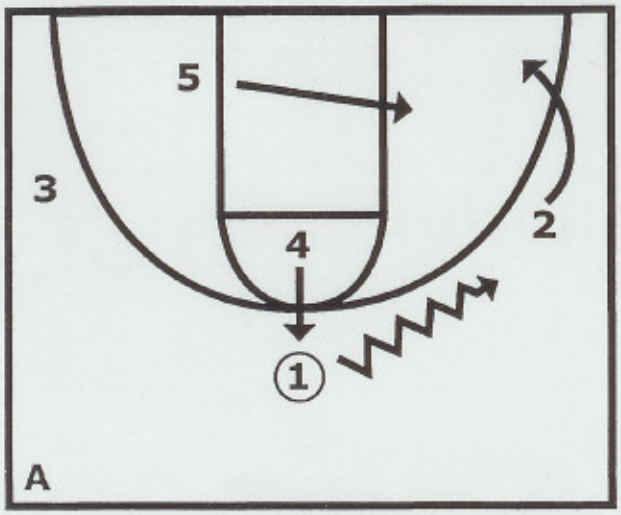
2 then backscreens for **4** for a potential lob. As **2** backscreens, **3** locates middle.



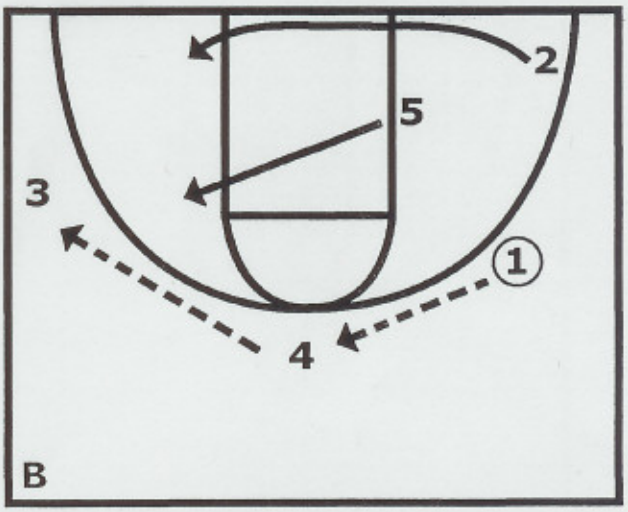
If **5**, **3**, **4** are not open, **1** passes to **2**. **2** dribbles left to post pass to **4** ducking in.

2ND ANNUAL B.C. BASKETBALL RETREAT

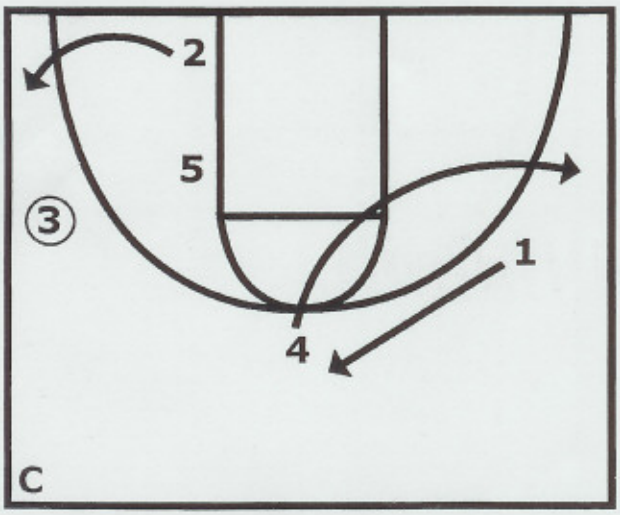
ZONE OFFENSE - BASIC CONTINUITY A-D - ROBIC



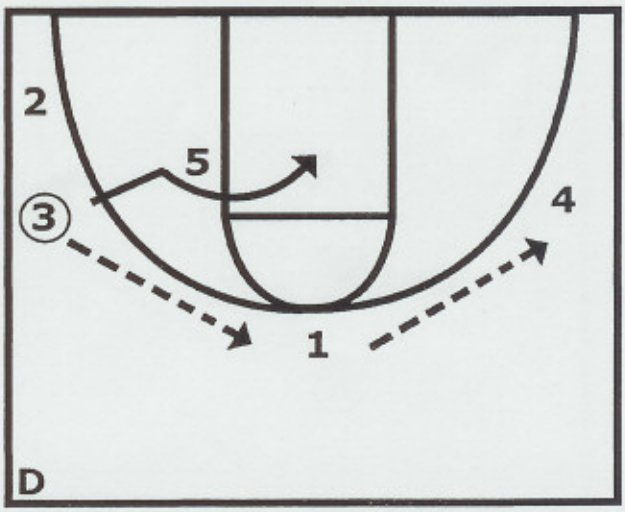
1 dribbles right. **4** pops out. **5** searches to the right block. **2** moves toward the baseline.



1 passes to **4, 4** passes to **3**. **2** cuts along baseline. **5** searches across to mid post..



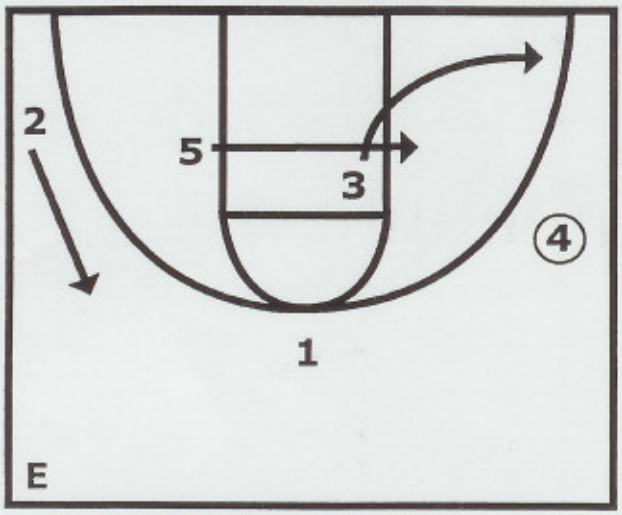
2 finishes his cut. **4** and **1** interchange.



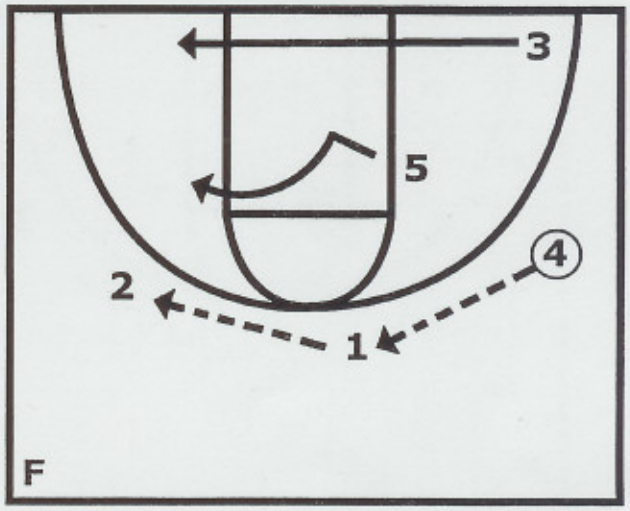
The ball is reversed to **4**. **3** cuts through the lane.

2ND ANNUAL B.C. BASKETBALL RETREAT

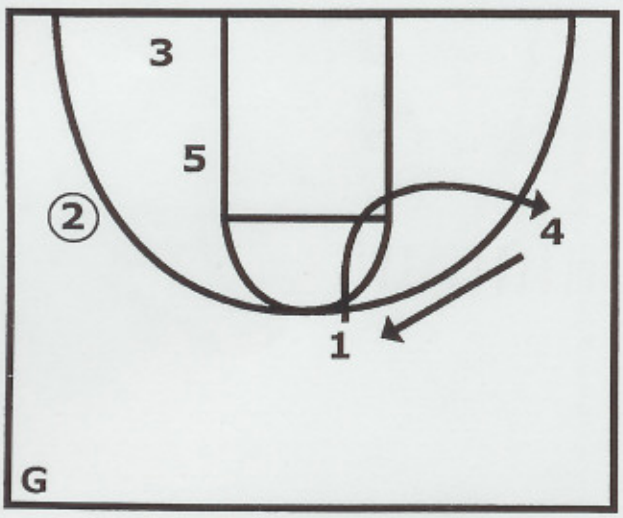
ZONE OFFENSE - BASIC CONTINUITY E-G - ROBIC



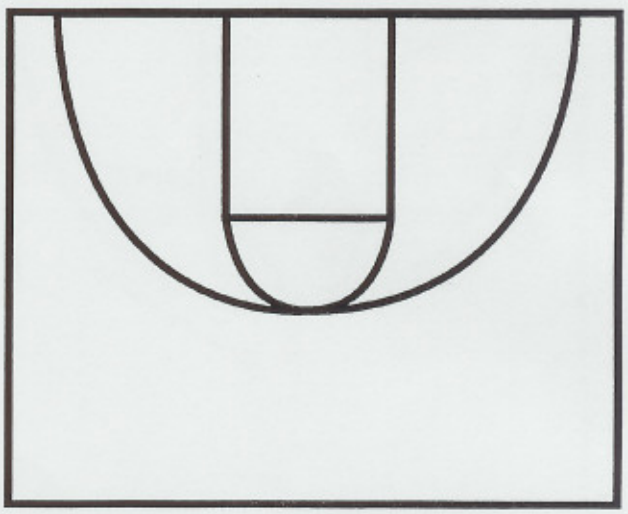
5 searches across the lane. **3** finishes his cut to the short corner.



The ball is reversed back to **2**. **5** searches across the lane. **3** cuts across the baseline.

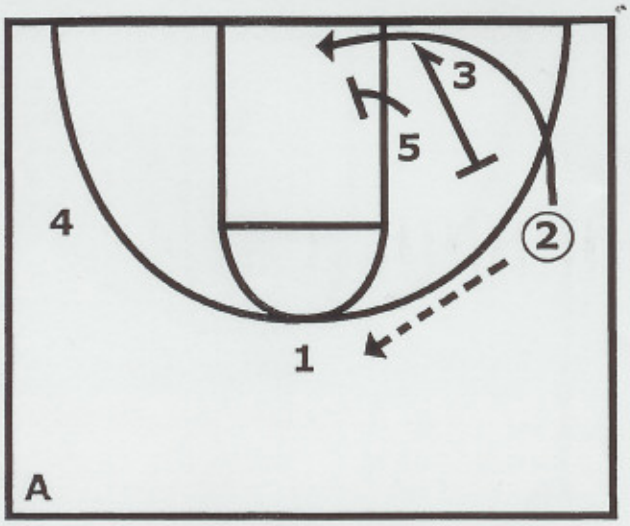


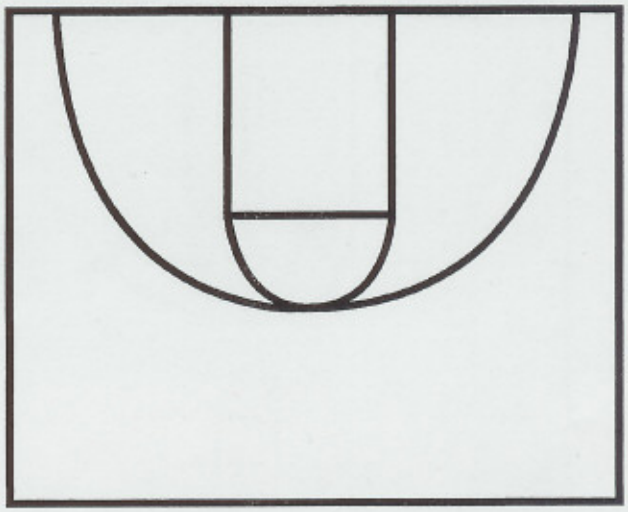
1 and **4** interchange. The continuity repeats.



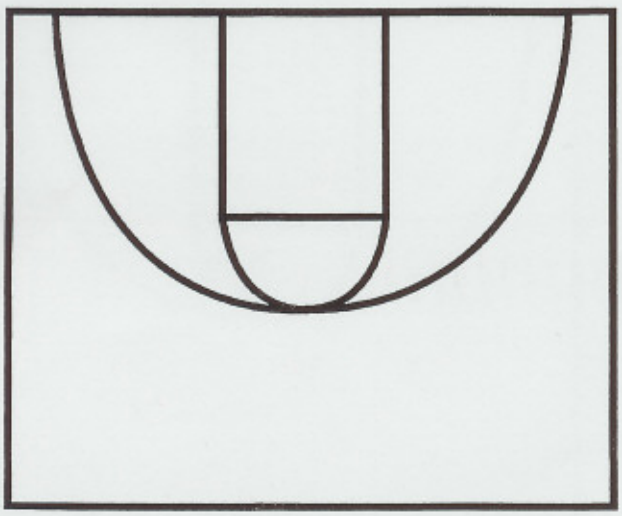
2ND ANNUAL B.C. BASKETBALL RETREAT

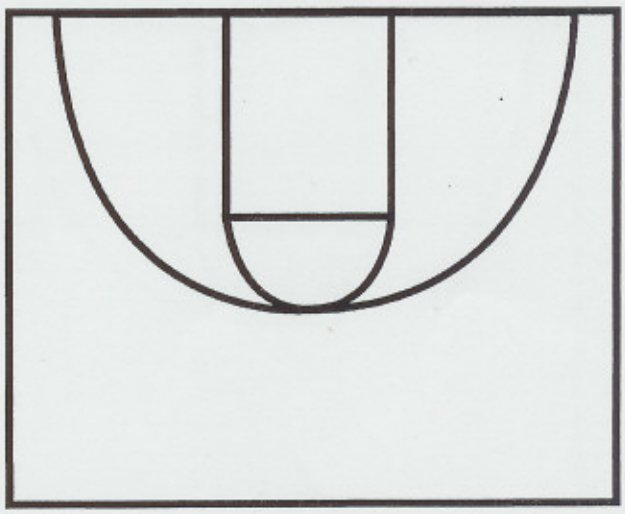
ZONE OFFENSE - BASIC CONTINUITY LOB - ROBIC





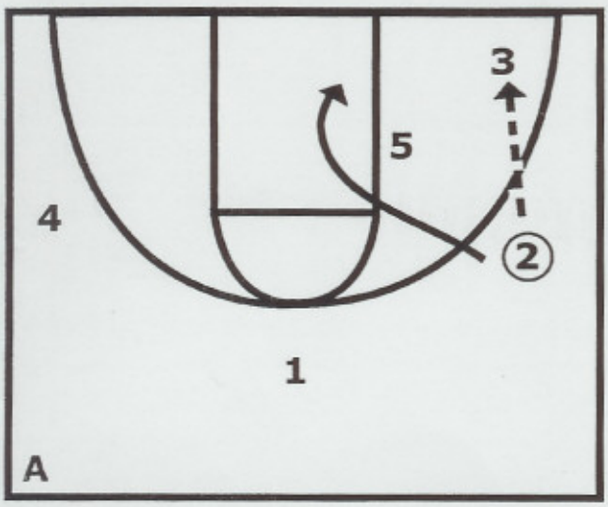
As **1** and **4** interchanged **2** passes to **1**. **5**, **3** screen the zone. **2** goes for a lob.



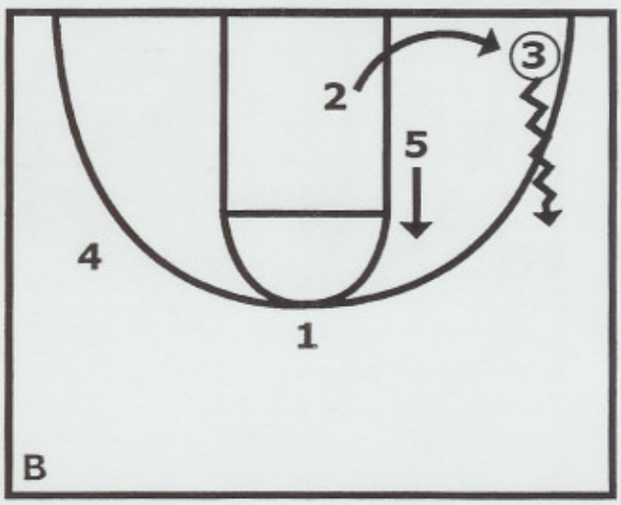


2ND ANNUAL B.C. BASKETBALL RETREAT

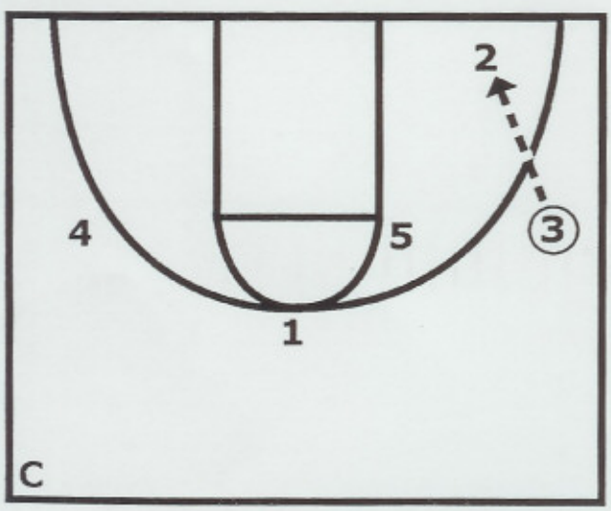
ZONE OFFENSE - BASIC CONTINUITY CORNER - ROBIC



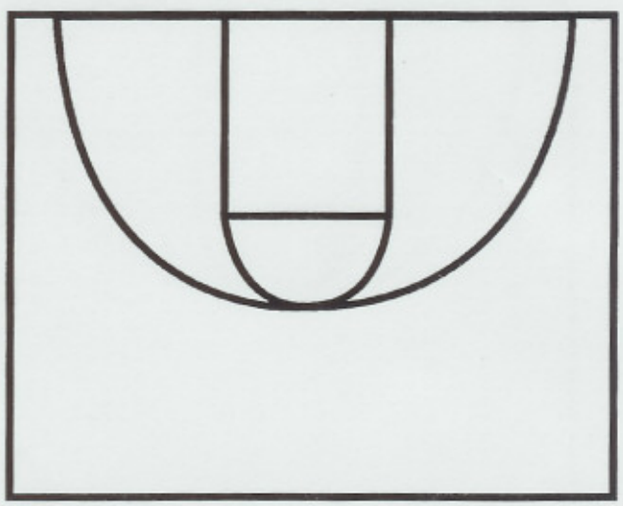
As **1**, **4** finish interchanging, **2** passes to **3** instead of **1**. **2** cuts into the lane after passing.



3 dribbles up to the wing. **5** moves to the elbow. **2** circle behind **3**.

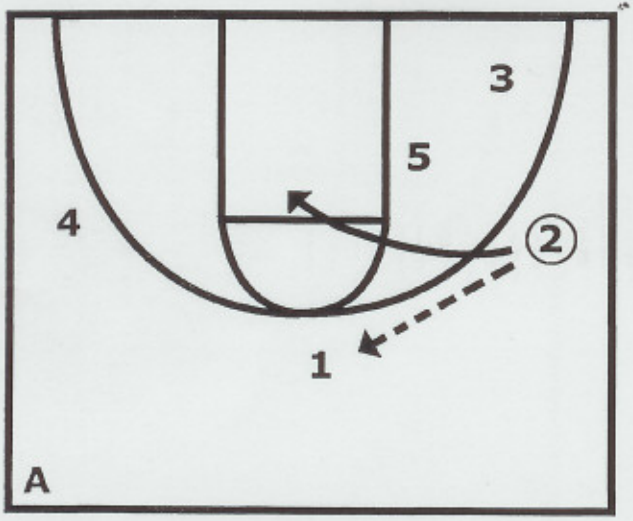


3 passes to **2** for a shot.

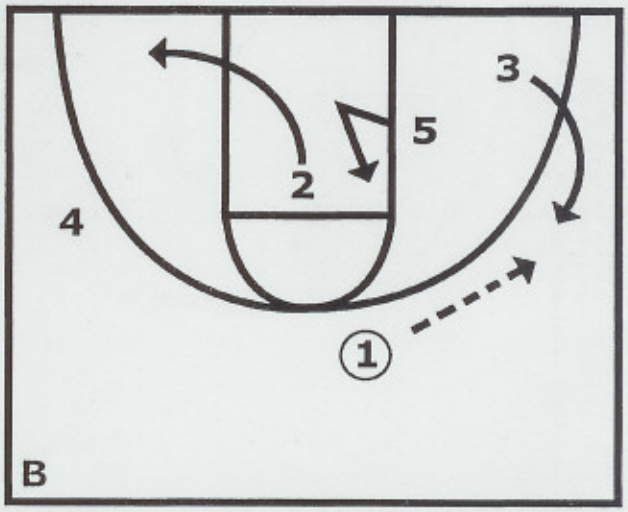


2ND ANNUAL B.C. BASKETBALL RETREAT

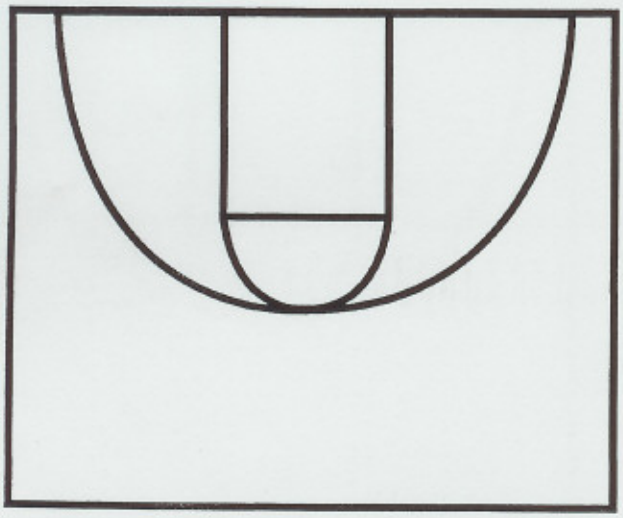
ZONE OFFENSE - BASIC CONTINUITY THROWBACK - ROBIC

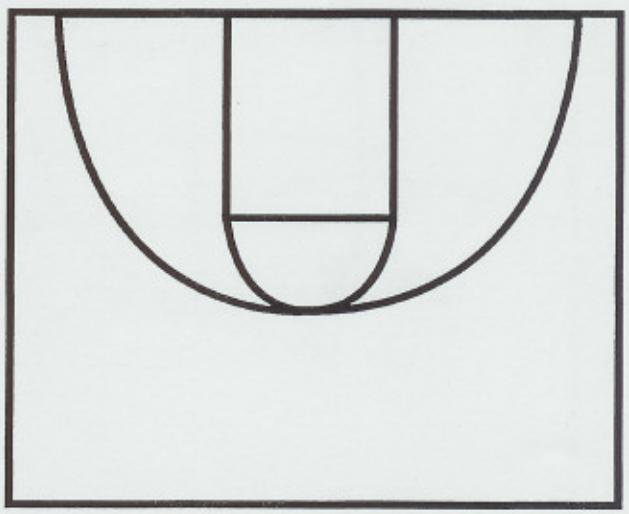


2 passes to **1** after **1** and **4** interchange.



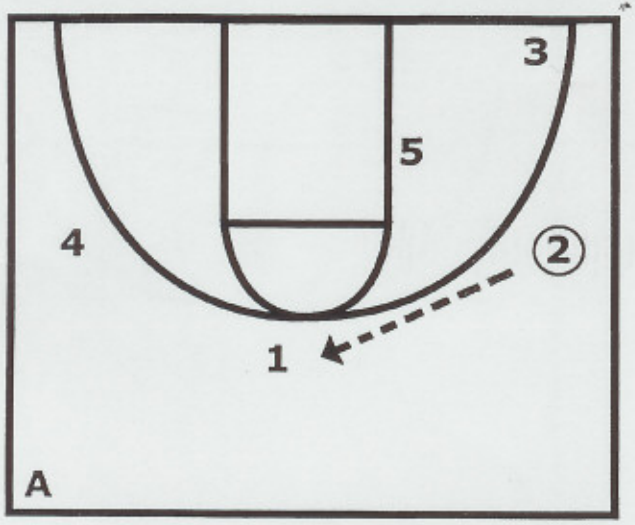
Instead of **1** reversing the ball to **4**, he "throws back" to **3** for a shot by **3** or a post up by **5**.



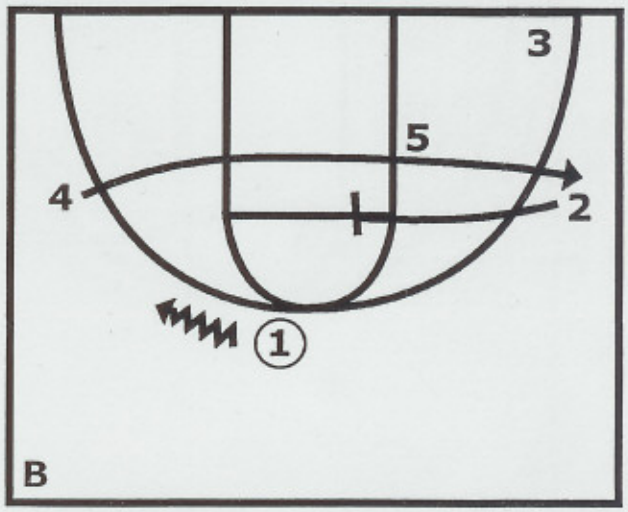


2ND ANNUAL B.C. BASKETBALL RETREAT

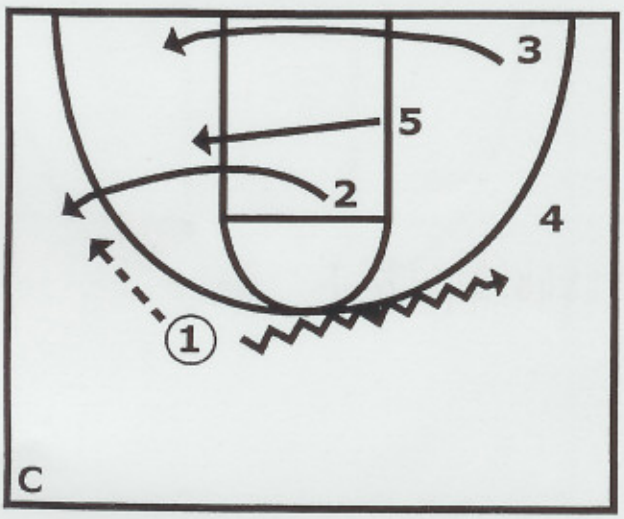
ZONE OFFENSE - BASIC CONTINUITY SWITCH - ROBIC



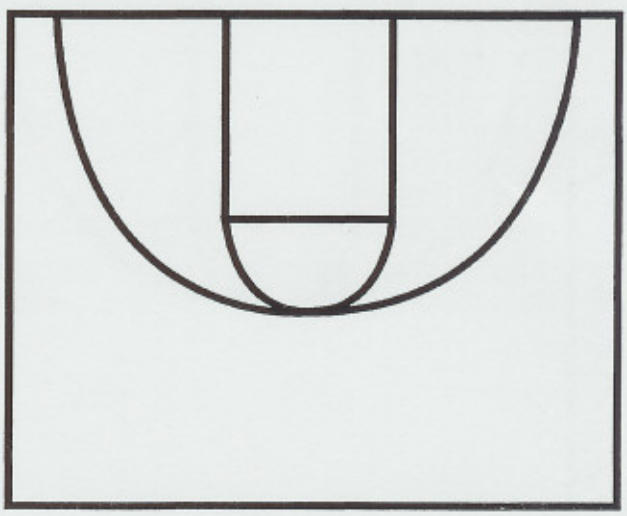
2 passes to **1**. After **1** and **4** interchange.



2 screens in for **4**. **1** can throw back to **4** for a shot.

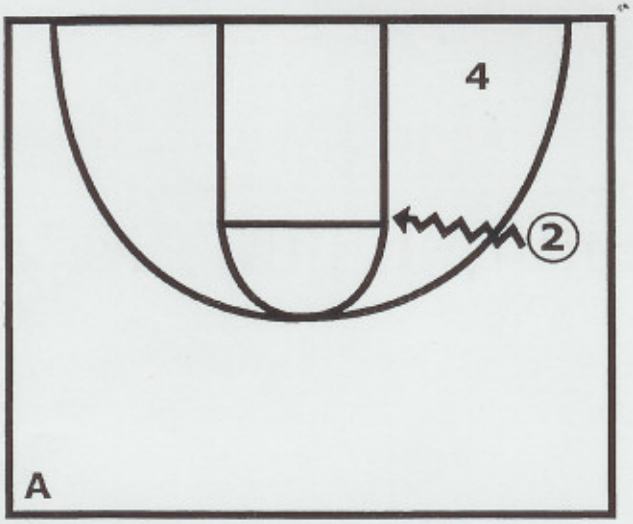


If **1** keeps the ball, **2** and **4** switch roles and the continuity continues.

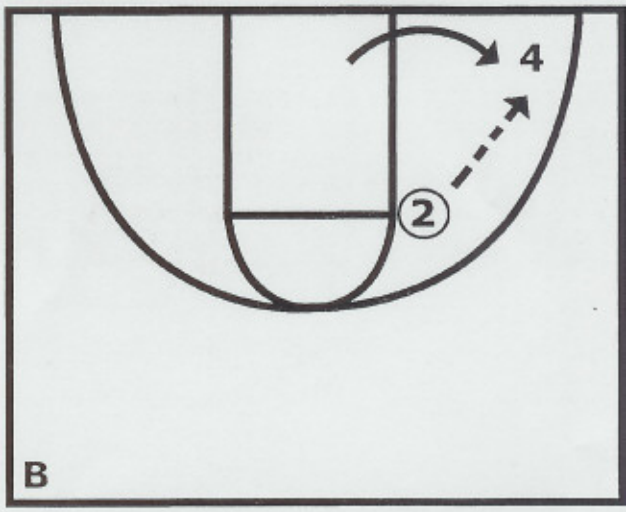


2ND ANNUAL B.C. BASKETBALL RETREAT

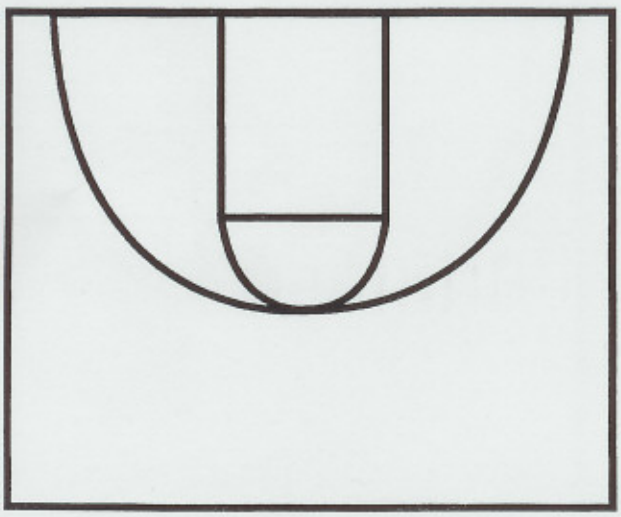
ZONE OFFENSE - SHORT CORNER CONCEPT - BROWN

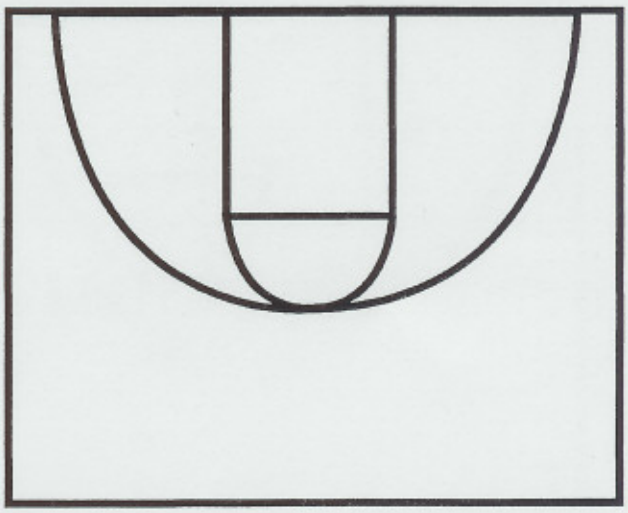


If a perimeter player can't pass to a player positioned in the short corner, dribble middle.



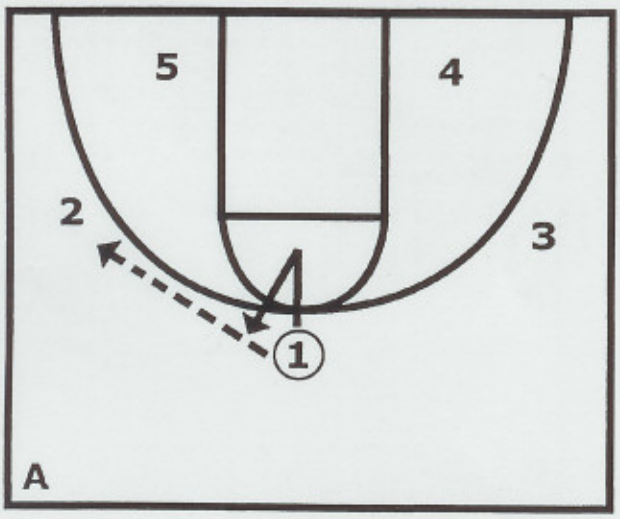
As **2** dribbles middle the short corner player - **4**, circles behind **2**.



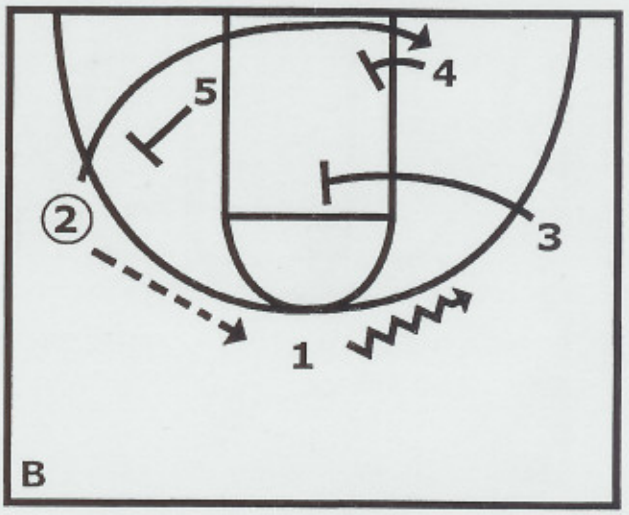


2ND ANNUAL B.C. BASKETBALL RETREAT

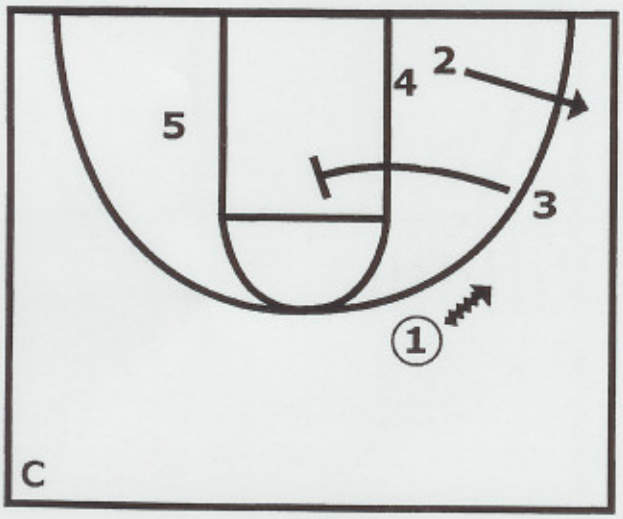
ZONE OFFENSE - DIRECT TO 4 - FLOYD



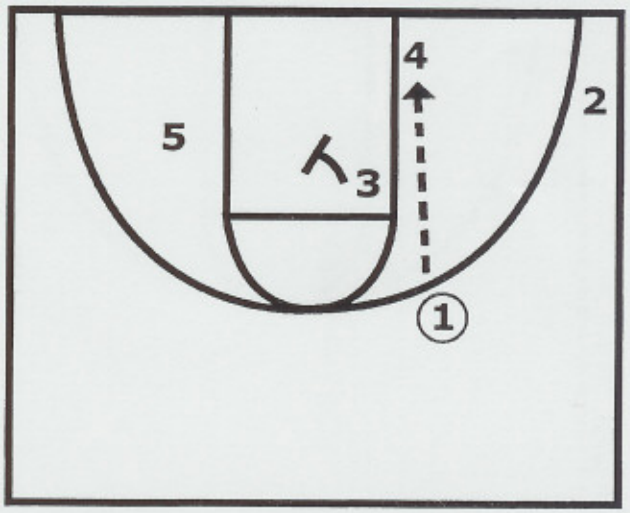
3 out 2 in alignment. **1** passes to **2** then replaces himself.



2 passes back to **1**. **5** and **4** screen along the baseline for **2** as he cuts through the lane.



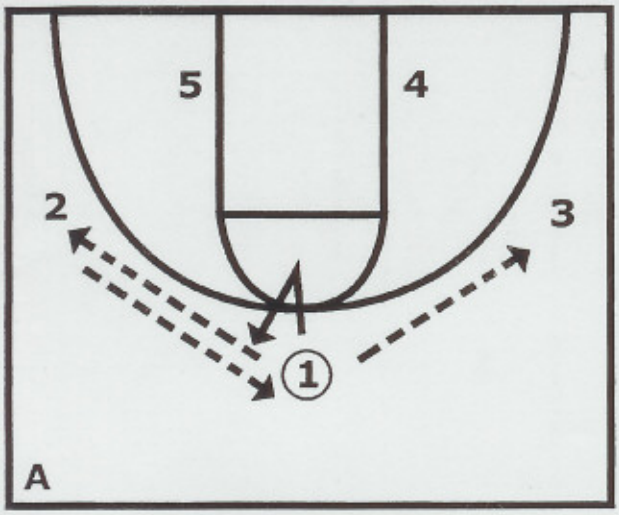
As **1** enters the right elbow. **3** screens the center of the zone. **1** looks at **2**.



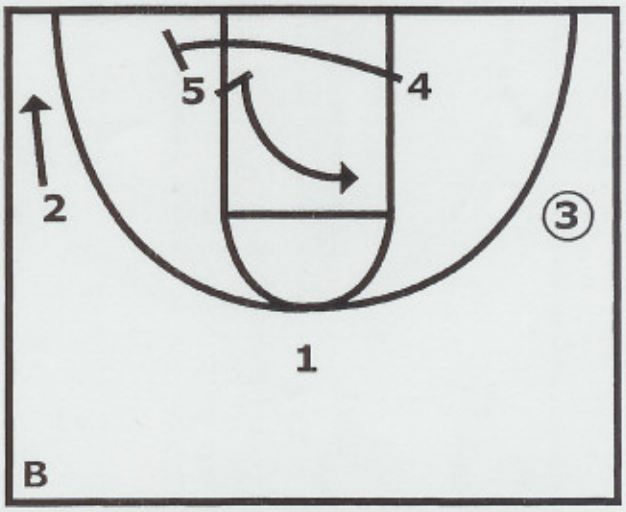
1 passes to **4** behind the defense.

2ND ANNUAL B.C. BASKETBALL RETREAT

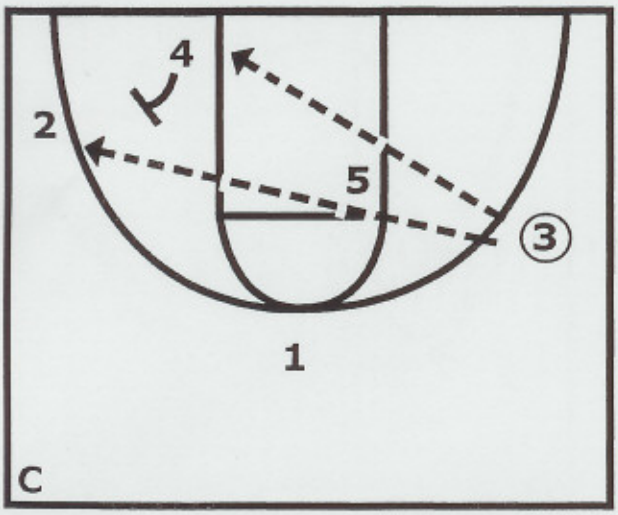
ZONE OFFENSE - MISDIRECTION - FLOYD



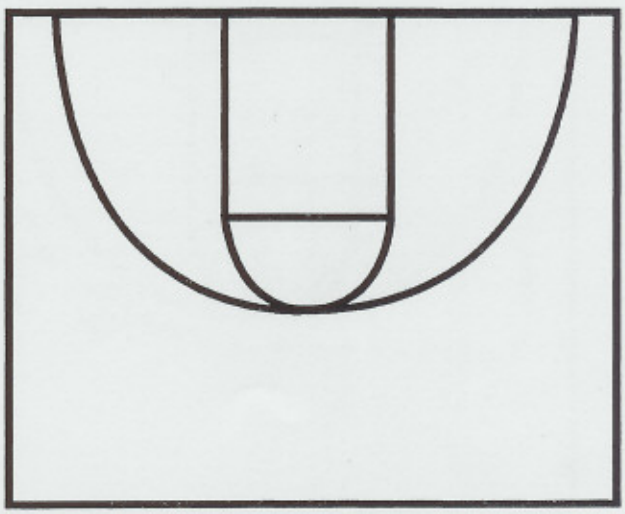
3 out 2 in alignment.
1 passes to **2**. **2** passes back to **1** and **1** quickly reverses the ball to **3**.



On the catch by **3**, **4** goes to the opposite forward and seals. **5** flashes middle. **2** fades.

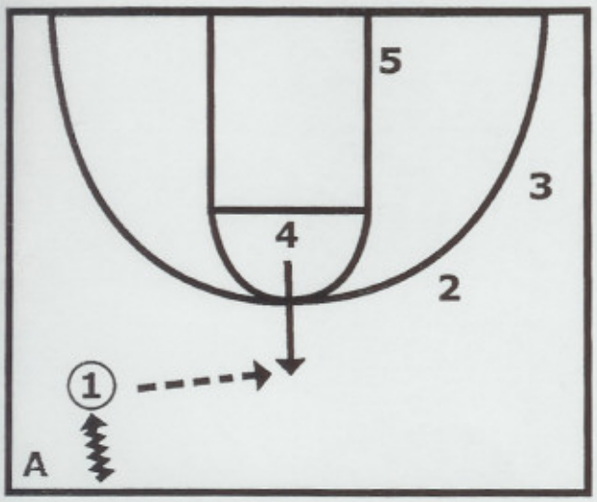


3 has two options. A direct pass to **4** sealing, or a skip pass to **2** fading.

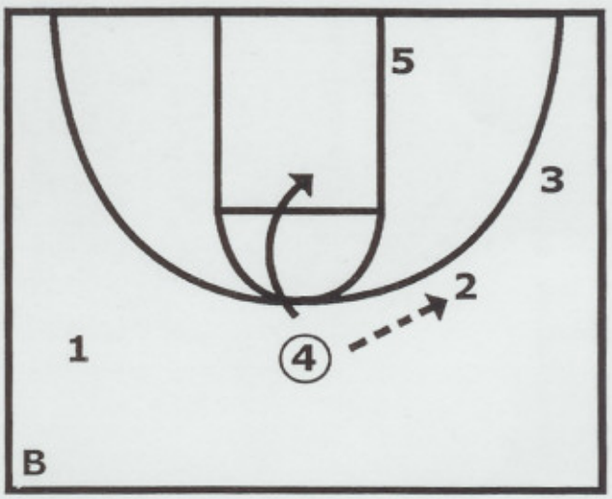


2ND ANNUAL B.C. BASKETBALL RETREAT

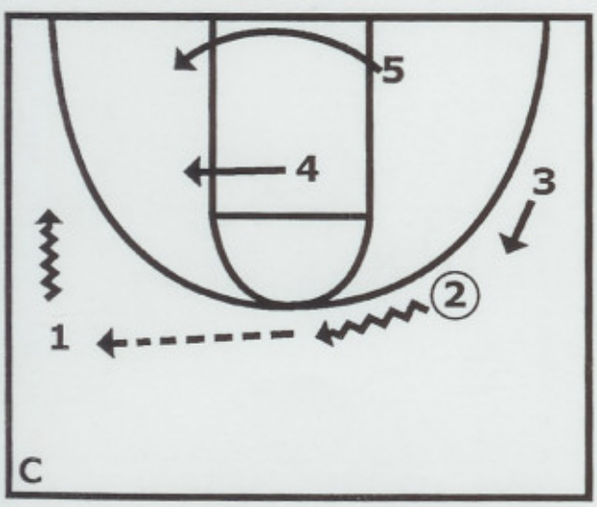
ZONE OFFENSE - 4 FLASHER - LUCAS



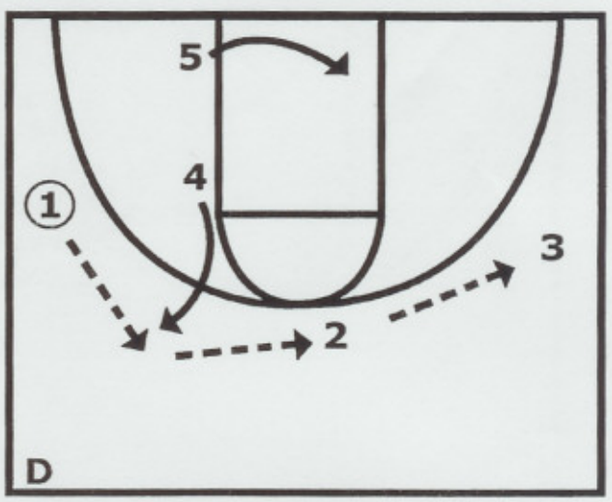
1 passes to **4**. **4** uses the entire high post as his domain.



4 passes to **2**. After passing, **4** looks to cut into the high post area.



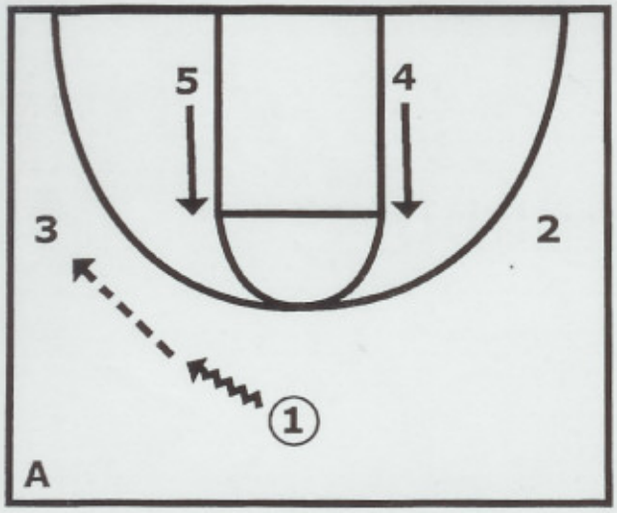
On the ball reversal, **5** searches across the lane. **4** and **5** form a high low attack.



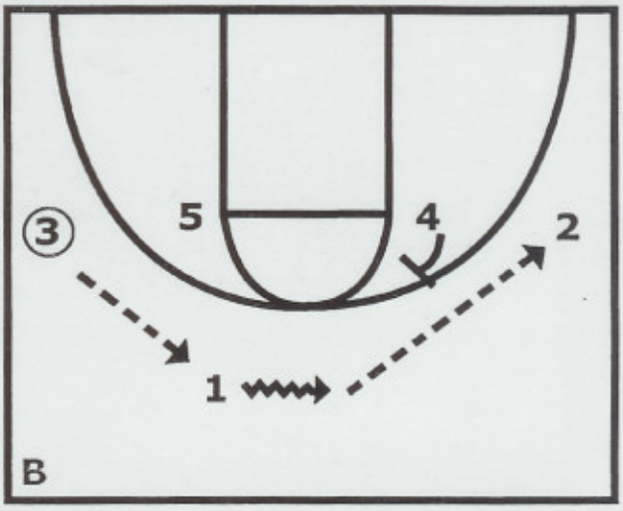
4 can step out to the perimeter, giving the defense a "4 out" look.

2ND ANNUAL B.C. BASKETBALL RETREAT

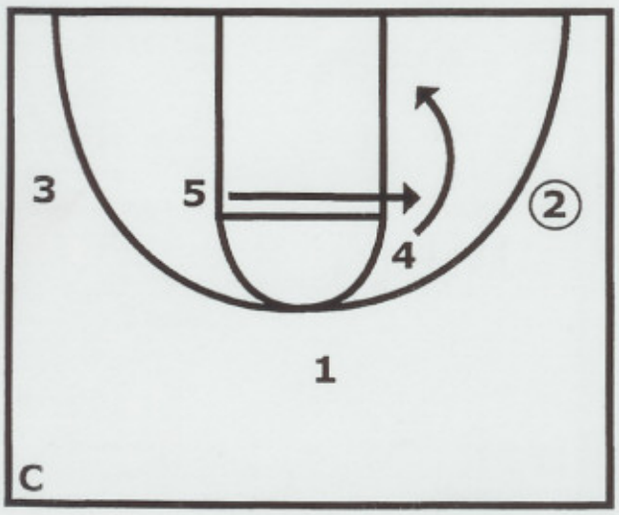
ZONE OFFENSE - FLARE INTO HIGH LOW - GENTRY



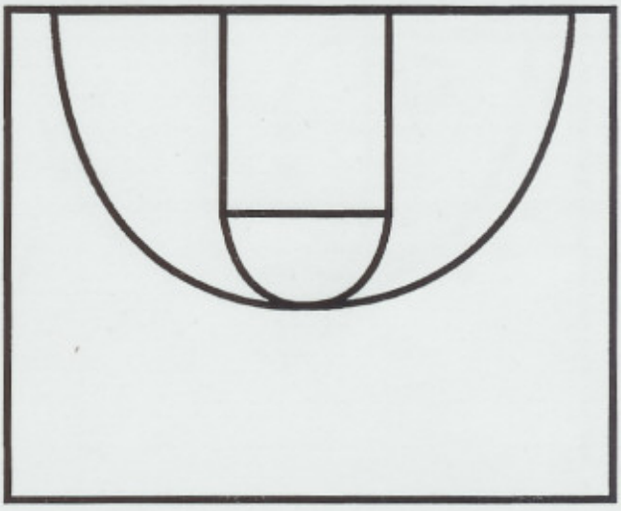
3 out 2 in alignment. **1** passes to **3**. **5** and **4** flash high.



The ball is reversed as **4** "flare screens" for **2**.

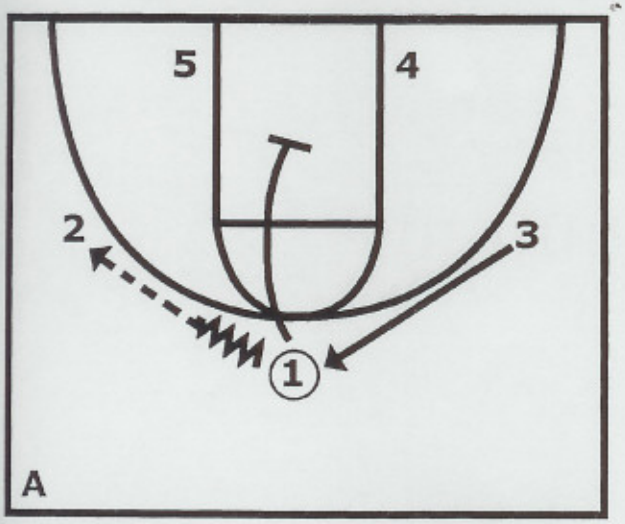


On the catch by **2**, **4** dives to the low post, **5** flashes to the high post.

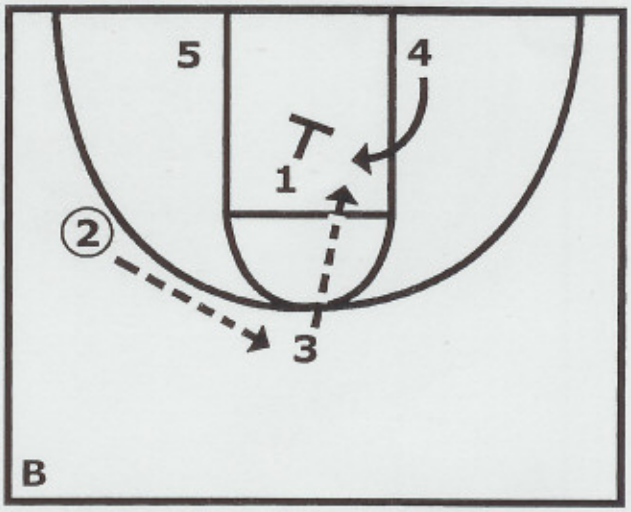


2ND ANNUAL B.C. BASKETBALL RETREAT

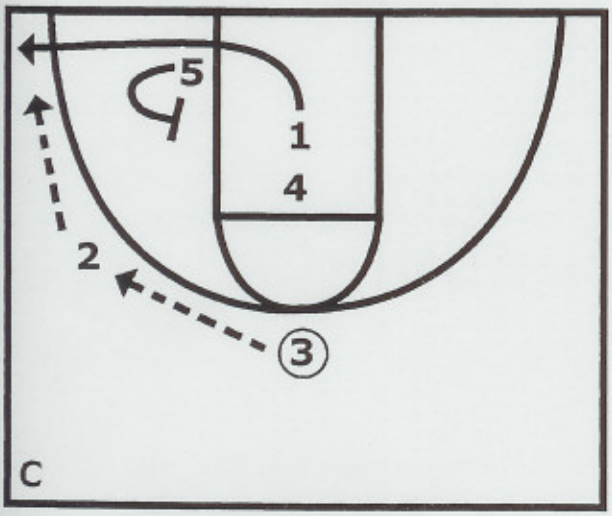
ZONE OFFENSE - CORNER - GENTRY



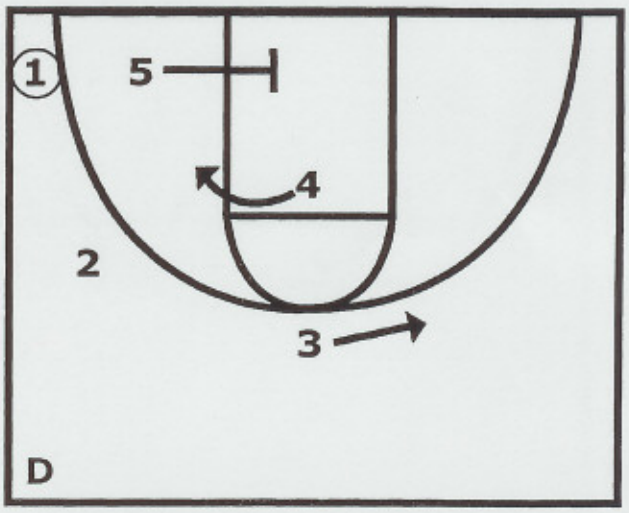
3 out 2 in alignment. **1** passes to **2**. **1** screens the middle of the zone as **3** replaces.



2 passes to **3**. On the catch by **3**, **4** uses **1**'s screen by flashing middle.



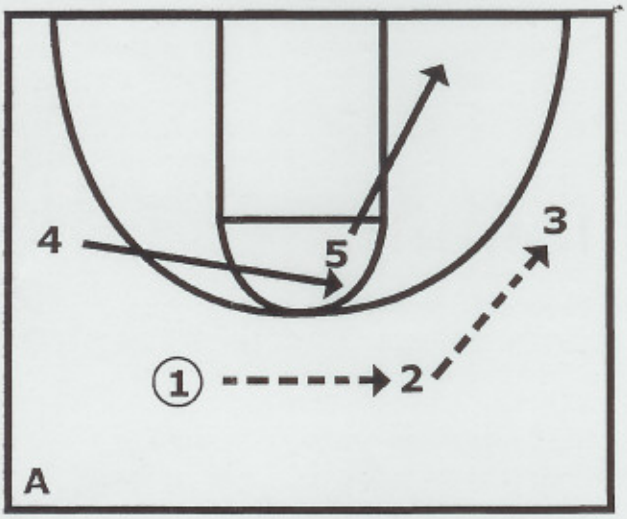
3 passes to **2**. **5** screens in for **1** as **1** cuts along the baseline. **2** passes to **1**.



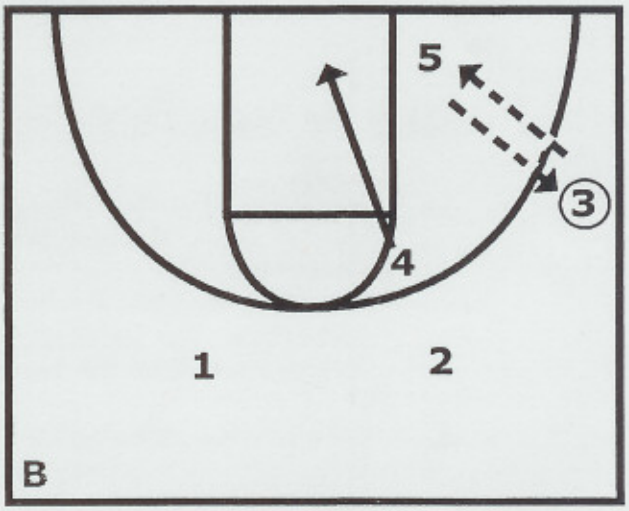
5 "seeks" the next defender and posts up as **4** forms a high low look by flashing.

2ND ANNUAL B.C. BASKETBALL RETREAT

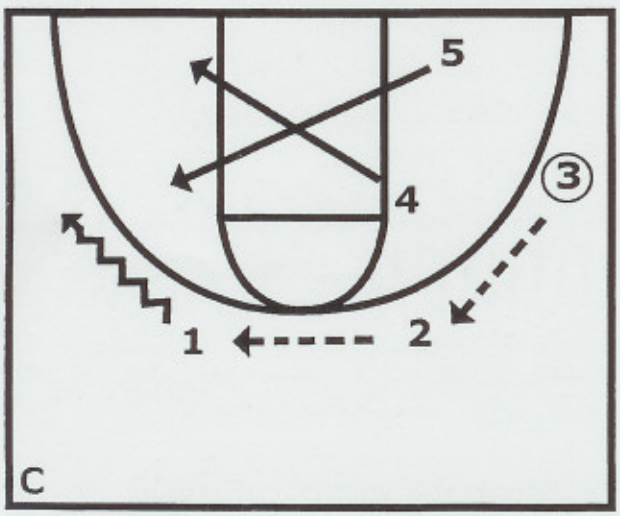
ZONE OFFENSE - 2-3 OFFENSE - LOWE



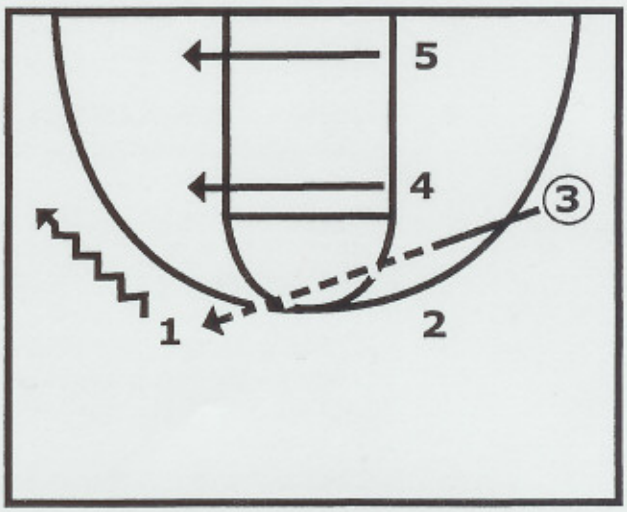
2-3 alignment. The ball is passed to **3**. **5** dives and **4** flashes.



3 can pass to the short corner. On the catch by **5**, **4** dives.



If the ball is <u>reversed</u>. **5**, **4** "x cut" as **1** dribbles foul line extended to the opposite wing.



3 <u>skip passes</u> to **1**, on the catch by **1**, **5** searches and **4** flashes in their respective planes across the lane. **1** dribbles foul line extended. There is no "x" on a skip pass.

DEFENDING BALLSCREENS

ALVIN GENTRY

1. When guarding the ballhandler "hold your ground". Don't allow him to locate the ball below the hash mark. Be physical when guarding the ballscreener. "Hold him up",
(i.e.: Charles Oakley) - Don't allow him to run in a straight line to set the ballscreen. The combination of both defensive concepts moves the ballscreen further away from the basket.

2. On a sideline ballscreen when guarding the ballhandler force him to use the ballscreen. A baseline drive in this situation creates problems for the defense (See Diagram 2).

3. When guarding the ballhandler, go over top of the ballscreener. The defender guarding the ballscreener hedges out far and extends himself so that xballhandler can slide under him and over top of the ballscreener. If this concept is not executed properly, xballhandler and xscreener will run into each other. (See Diagram 3)

4. As xscreener hedging, you want the ballhandler to take one "big dribble" toward halfcourt as he comes off of the ballscreen.

5. Versus a sideline ballscreen set with a shooter - "pre-rotate" and leave early. (See Diagram 5)

6. Anytime a ballscreen is set clearly above the NBA 3 pt. line go under the ballscreen when guarding the ballhandler.

7. Versus random ballscreens on the break "drop-n-plug". There is no hedge. The defender guarding the ballhandler can go over or under the ballscreen. (See Diagram 7)

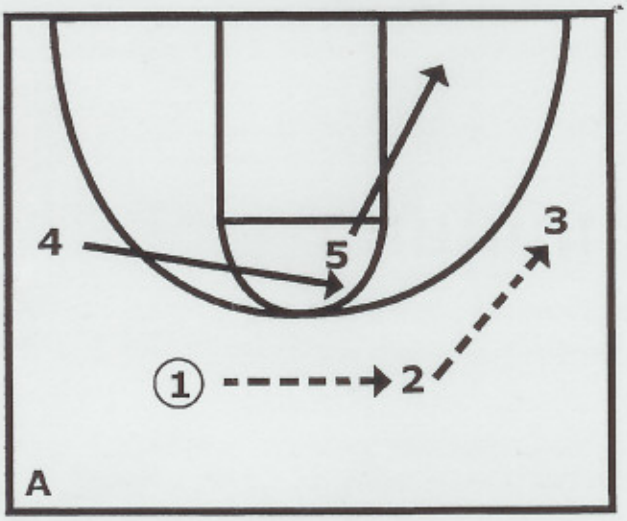
8. He has tried to trap ballscreens but guards in the NBA are too good. Secondly, the opposite low post player "punches" in the middle of the lane under the goal, which makes the rotation very difficult to get in front of. (Diagram 8)

9. When defending ballscreens versus great players, he makes a choice of what to give up. For example, in a ballscreen situation versus the Jazz and John Stockton he wants the xballhandler to go under the ballscreen. He would rather give up a jump shot than deal with Stockton's penetration.

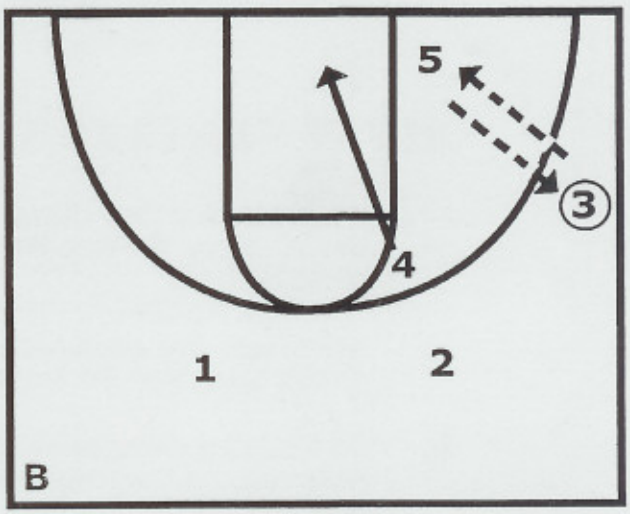
10. When "icing, downing" the ballscreen, taking xballscreener and placing him

2ND ANNUAL B.C. BASKETBALL RETREAT

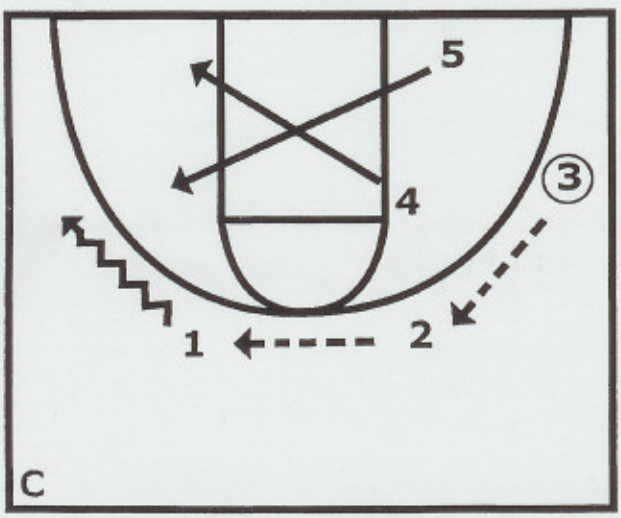
ZONE OFFENSE - 2-3 OFFENSE - LOWE



2-3 alignment. The ball is passed to **3**. **5** dives and **4** flashes.



3 can pass to the short corner. On the catch by **5**, **4** dives.



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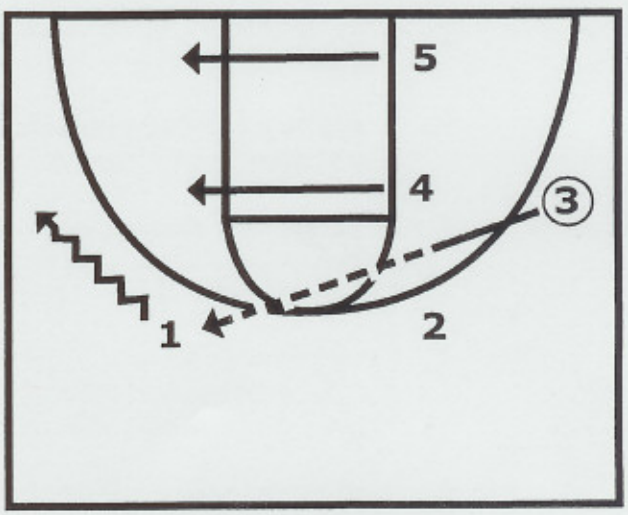

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10. When "icing, downing" the ballscreen, taking xballscreener and placing him

below the ballscreen and in a direct line with the basket and taking xballhandler and not allowing the ballhandler to utilize the ballscreen - the xballhandler has to defend the ballhandler aggressively so that the ballhandler doesn't drive right at xballscreener. If Xballhandler doesn't defend the ball aggressively, the ballhandler's penetration will hurt the defense badly. It is difficult to defend the ballscreen this way. (See Diagram 10)

11. Versus a middle ballscreen "squeeze and go under" is a great way to defend. Anytime the xballhandler goes under the ballscreen you have to "squeeze". If you don't squeeze, the ballscreener has the ability to "move down" therefore allowing the ballhandler to use the ballscreen at an advantageous position - too close to the basket. (See Diagram 11)

12. When guarding a high middle ballscreen with a shooter setting the ballscreen and then fading, a full rotation must take place. (See Diagram 12A-C). If a "hard hedge and recover back to your own man" happens, instead of a full rotation, the opposite defender, the defender who is opposite of the direction of the dribbler - must "stunt" dramatically as the recovery by xballscreener takes place. (See Diagram 12 D-E)

LARRY BROWN

13. When xballhandler goes under the ballscreen, the ballscreener automatically turns for a re-screen. Versus the re-screen there is an "automatic trap" when defending this action. (See Diagram 13)

14. In late clock situations switch all ballscreens. His primary way of defending ballscreens is to have xballhandler go over top of the ballscreen, xballscreener to hard hedge therefore allowing xballhandler to go in between xballscreener, who is hedging, and the actual ballscreen. (See Diagram 3) All rotations are the same in his defensive system. A baseline drive, ballscreens, and low post traps all feature the same rotation concept. (See Diagram 8 in **Man Defensive Concepts section**)

15. Question to Coach Brown: "What do you mean by saying 'I use the same rotations?"
Answer: Don't rotate Big to Big. The positions 1-5 of the defensive players involved are irrelevant. We form 2 interceptors and a goal tender through the rotation. An example of a full rotation because of a ballscreen is shown in (Diagram 12 A-C). The teaching of this is consistent and the same from day one. Because of this, the players are interchangeable and accountable.

16. If you see a ballscreen situation happening involving great players, especially a highly skilled ballscreener who can fade and shoot the three point shot, send your "rotator" early. (See Diagram 5)

17. A ballscreener that starts at the middle of the foul line and circles out one way or the other is difficult to defend. (See Diagram 17)

2ND ANNUAL B.C. BASKETBALL RETREAT

JEFF VAN GUNDY

18. 3 ways to play ballscreens:

    A. Get over the top when guarding the ballhandler. Hard hedge when guarding the ballscreener (see Diagram 3). If in this scenario the ballscreener fades and can shoot with range on the catch, the xballscreener recovers back by closing out to the offensive player's top shoulder to force the receiver to drive baseline into the "trap box" situation (see Diagram 18 A-C).
    B. Full rotation occurs after an even harder, more aggressive hedge. If the ballhandler passes to the ballscreener and then the ballscreener skip passes across the floor as the "full rotation occurs", the top guy in the "eye or tandem" takes this pass. (See Diagram 18 D-F)
    C. "Blitz" the ballhandler before the ballscreen is set. This takes away any fade opportunity by the ballscreener and makes both the ballhandler and the screener react to what you are doing as a defense.

19. Versus double high elbow ballscreens, be careful hedging to the outside of the ballscreens. The defense is vulnerable to a slip to the front of the rim if the hedge happens too early. (See Diagram 19)

20. Versus a high middle ballscreen involving a dangerous player or at the end of a game, quarter or the shot clock, have the Xballhandler communicate "weak". This means force the ballhandler to his weak hand away from the ballscreen and run at him with another defender - someone other than xballscreener. This defender could be the xballside corner with a rotation behind him. By using "weak" it forces the ballhandler to use his weak hand, not be able to use the ballscreen, and attempt a crosscourt pass again with his weak hand. (See Diagram 20)

JOHN CALIPARI

21. Versus a middle ballscreen set with a shooter, on the pass back to the ballscreener in the middle of a "return to your own man rotation", the weakside defender should position himself in between the ballscreener who now has the ball and the extra pass to the corner. (See Diagram 21)

22. Versus a "staggered ballscreen" a trap by the defender guarding the first ballscreener prevents the offense from executing the action past the 2nd ballscreen. While the trap is happening the other three defenders are forming two interceptors and a goal tender. (See Diagram 22)

23. Versus a double high ballscreen, assuming the offensive 4 is a 3 pt. shooter, the initial defensive alignment is as follows: Xbig plays to the outside of the double ballscreen and acts as an aggressive hedger. The other Xbig is positioned inside the free throw line, awaiting a roll to the middle of the lane by the offensive

player on top of the double ballscreen. As the offense moves to their respective positions the defensive rotation becomes the same as shown in (Diagram 12A-C). The opposite defender must stunt dramatically or full rotate as the ball is received by the low ballscreener from the stack. Thus, Xbig who was originally positioned in the middle of the lane rotates to the offensive player in the corner. "This is the 9 million dollar close out" - Coach Brown.

24. He worries about the "split" by the dribbler versus an early extended hedge by the xballscreener.

JOHN LUCAS

25. Versus random ballscreens he wants to criss-cross "Bigs" on rotation. Having the Bigs act as a team in the rotations. (See Diagram 25)

26. When guarding the "small on big cross screen into a ballscreen", "blitz" with a defender not involved in the screening action. (See Diagram 26)

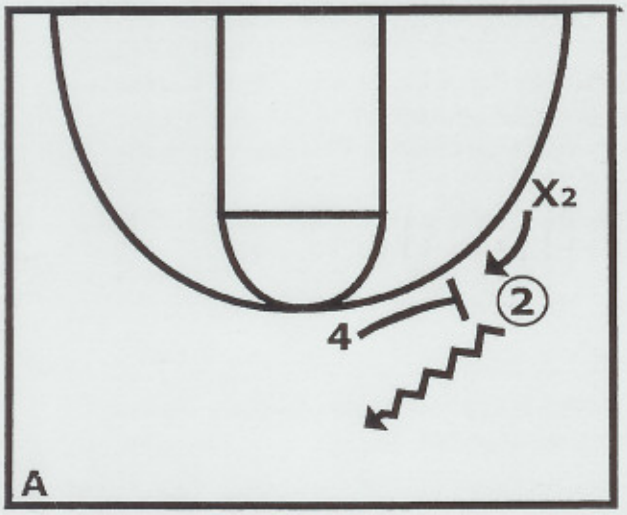
TOM CREAN

27. When defending a transition ballscreen we "jam, squeeze and go under". When guarding the ballhandler after going under the ballscreen take a "big step" back up toward the ballhandler so that you can react to a shot and re-establish ball pressure.

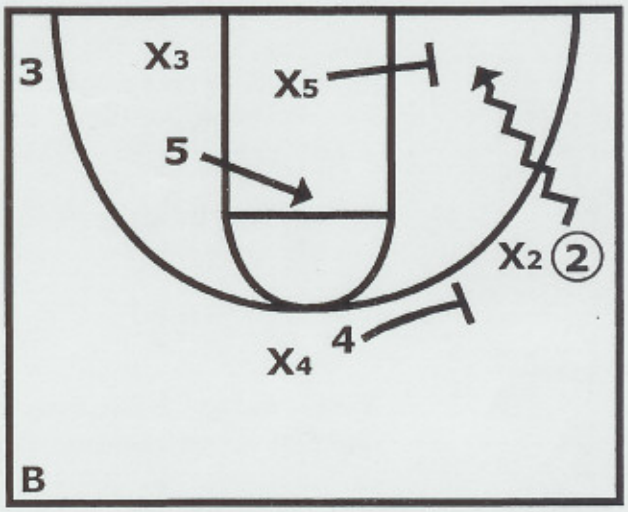
28. He traps 70% of all ballscreens. As a hedger/trapper don't jump out too early or you'll get split. Teach hedger/trapper to "step low" into the hedge. Xballhandler "get skinny and go over the top."

2ND ANNUAL B.C. BASKETBALL RETREAT

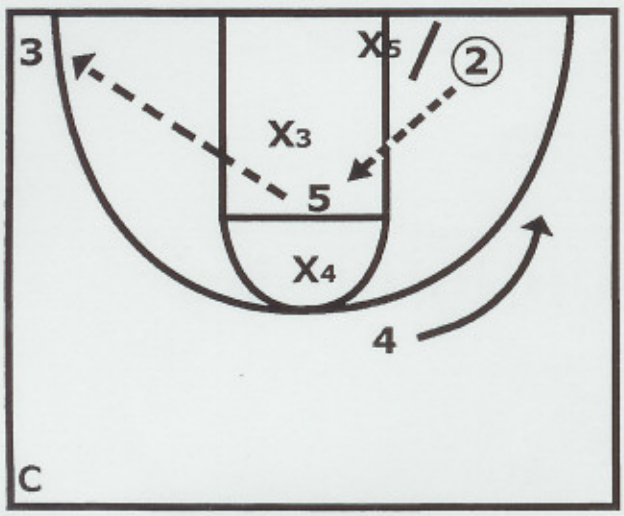
DEFENDING BALL SCREENS - DIAGRAM 2



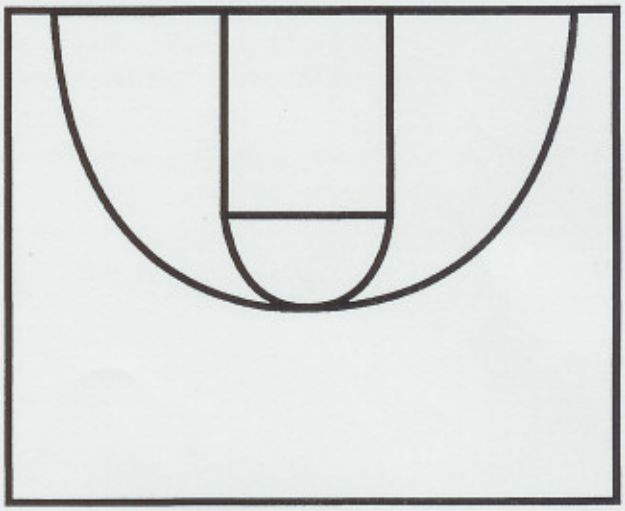
Make the ballhandler use the screen.



On a baseline drive rotations occur.

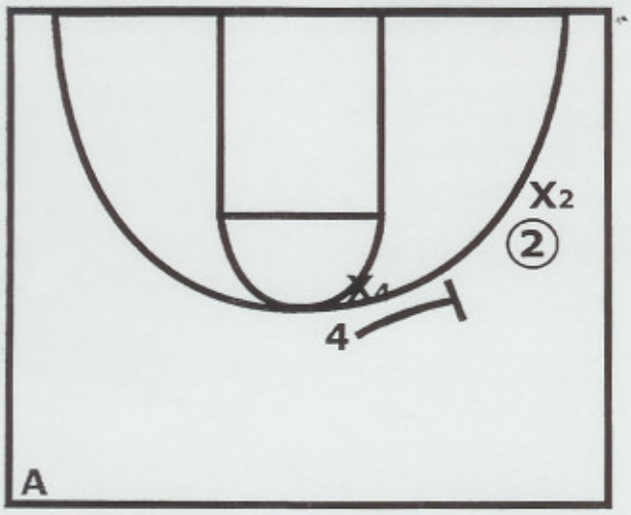


The rotating defense is exploited.

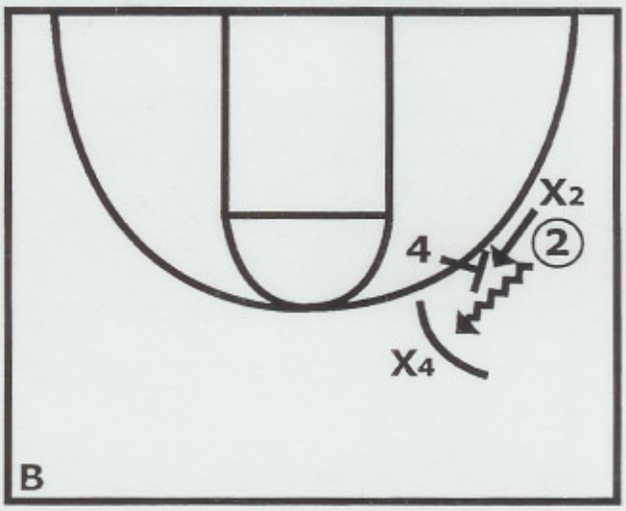


2ND ANNUAL B.C. BASKETBALL RETREAT

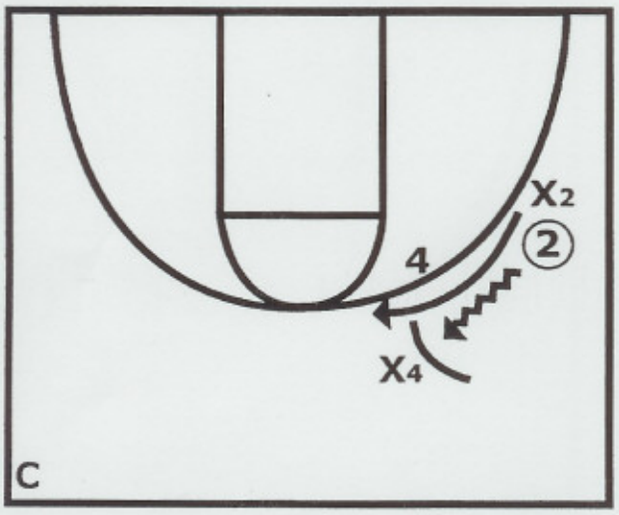
DEFENDING BALL SCREENS - DIAGRAM 3



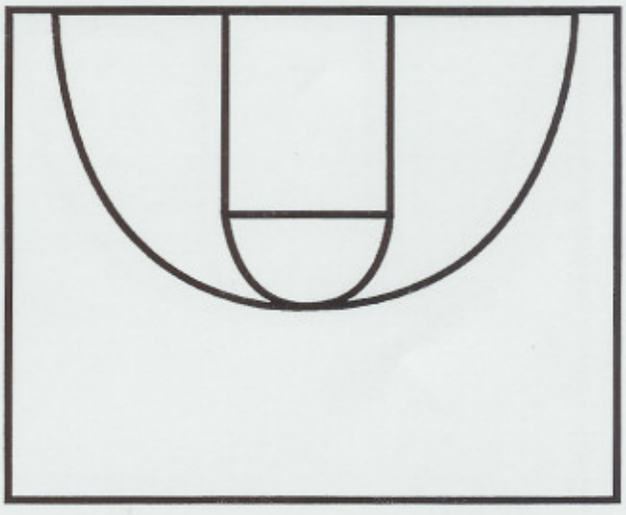
Sideline ballscreen.



X4 has an early aggressive hedge as **X2** goes over top of the screen.

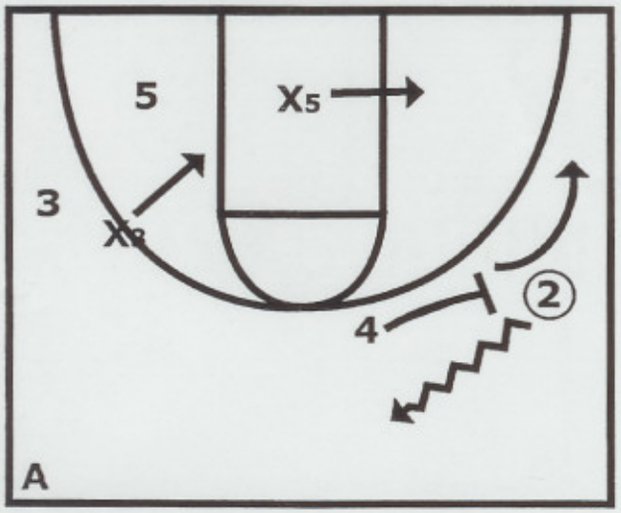


X2 slides under **X4** and over **4** - the ballscreener

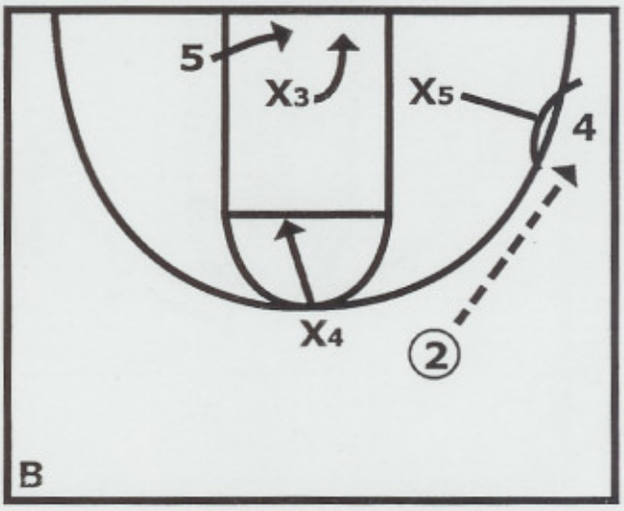


2ND ANNUAL B.C. BASKETBALL RETREAT

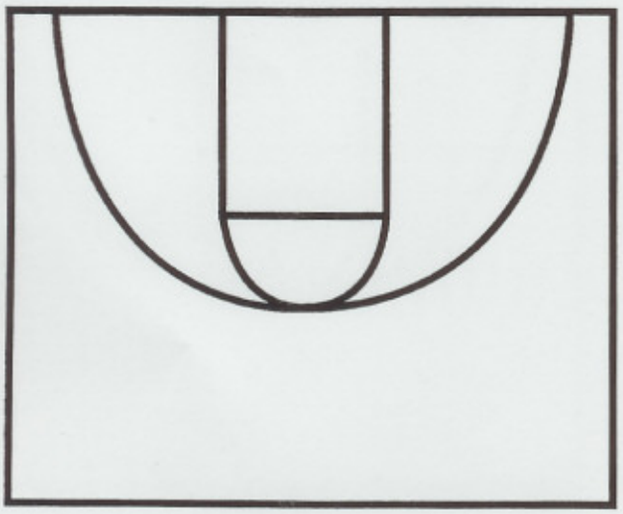
DEFENDING BALL SCREENS - DIAGRAM 5

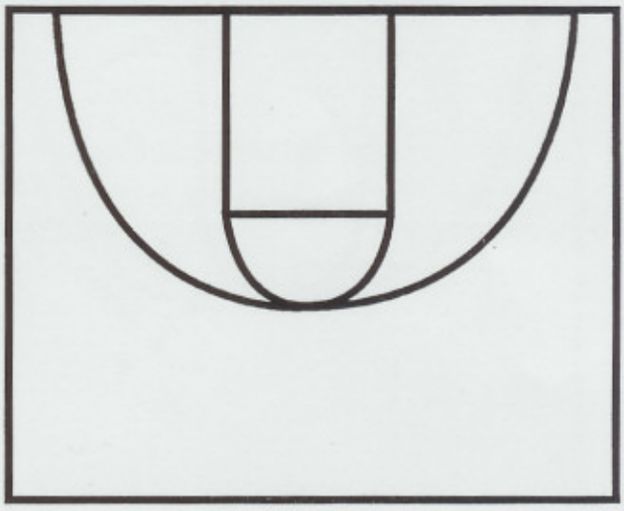


Ball screen with shooter occurs. The rotator - **X5** leaves early



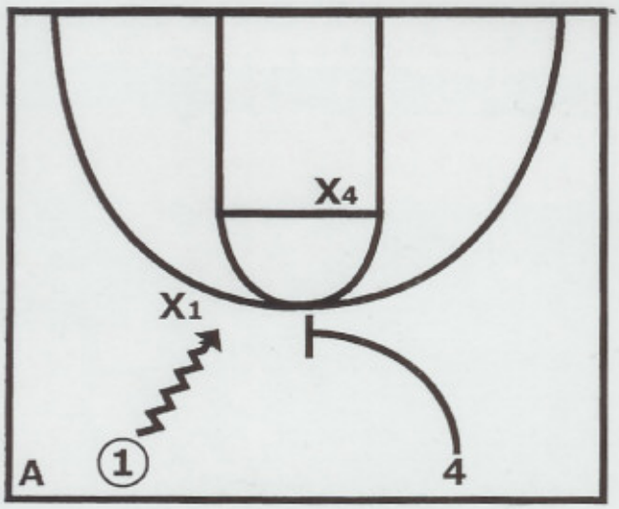
As the ball is in the air **X5** is already at **4**, **X3** also rotated early allowing him to fight the duck in by **5**



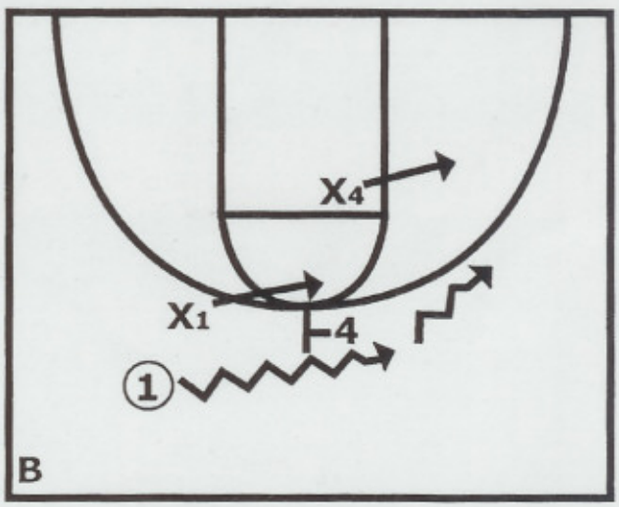


2ND ANNUAL B.C. BASKETBALL RETREAT

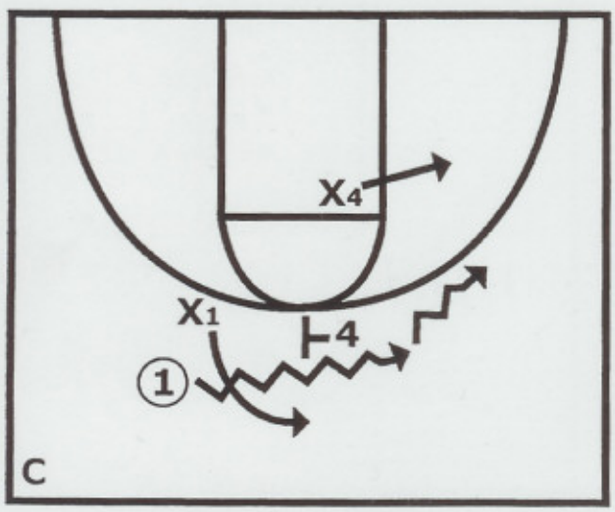
DEFENDING BALL SCREENS - DIAGRAM 7



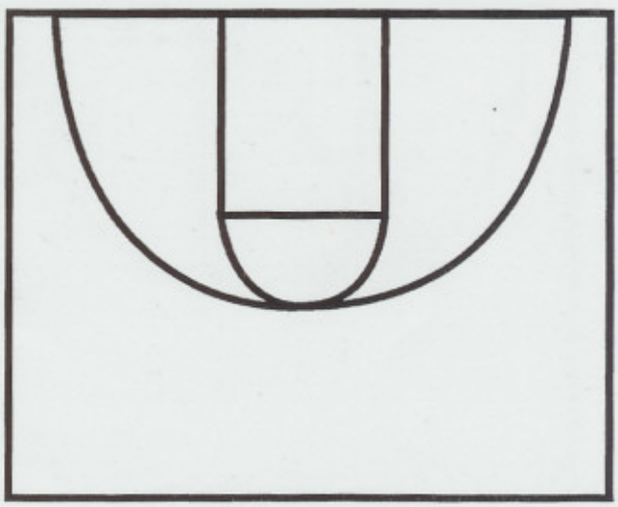
Transition ball screen occurs.



X4 "drops and plugs"
X1 goes under **4**.

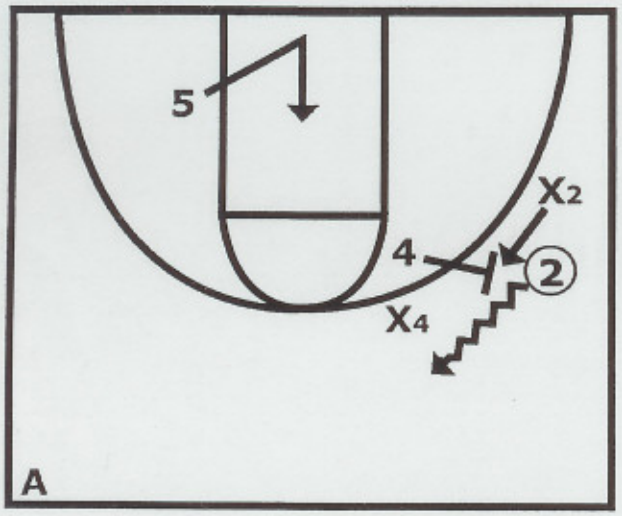


X1 goes over **4**
X4 "drops and plugs" taking away penetration by **1**.

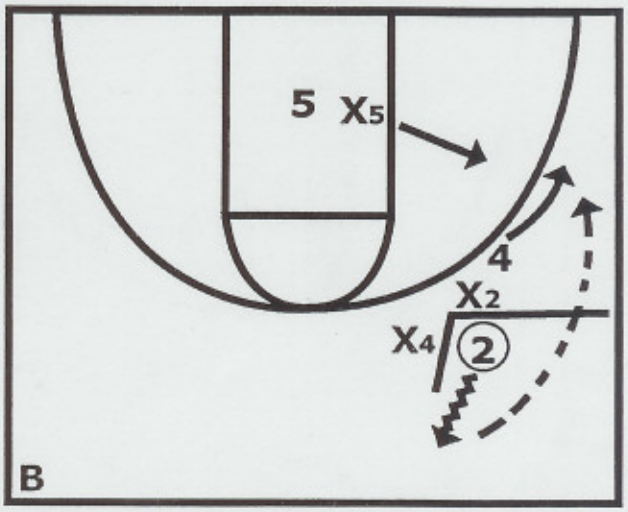


2ND ANNUAL B.C. BASKETBALL RETREAT

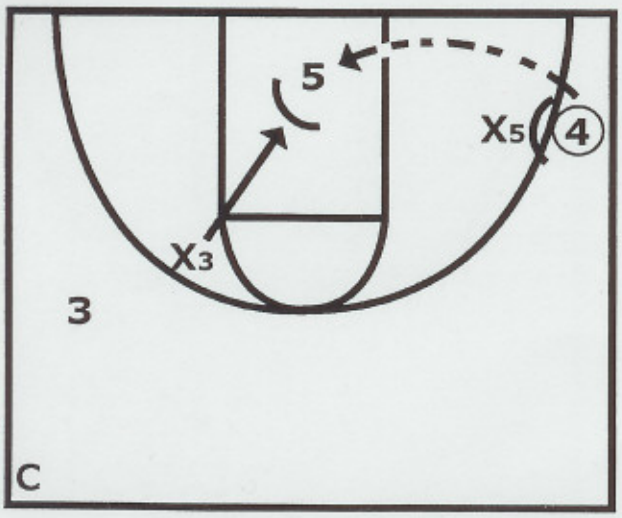
DEFENDING BALL SCREENS - DIAGRAM 8



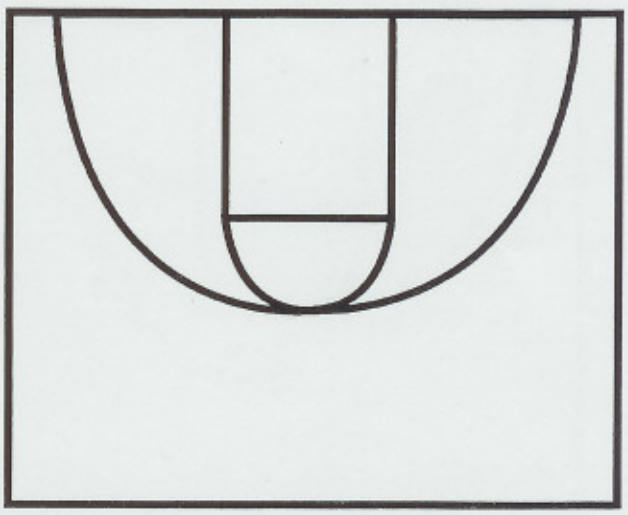
The trap occurs as **5** gets to the "punch" position.



2 passes out of the trap, **X5** rotates.

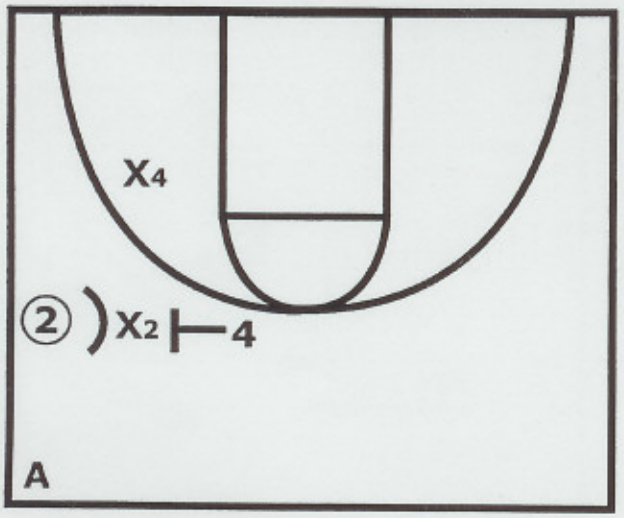


As **5** "punches in" the lane **X3** can't get in front of him to prevent a score.

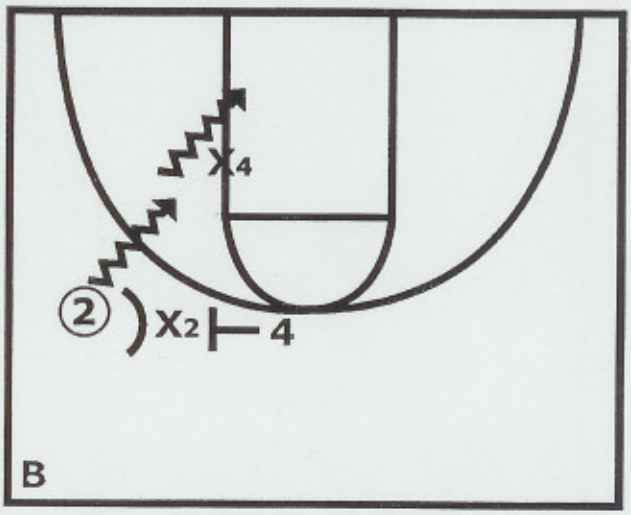


2ND ANNUAL B.C. BASKETBALL RETREAT

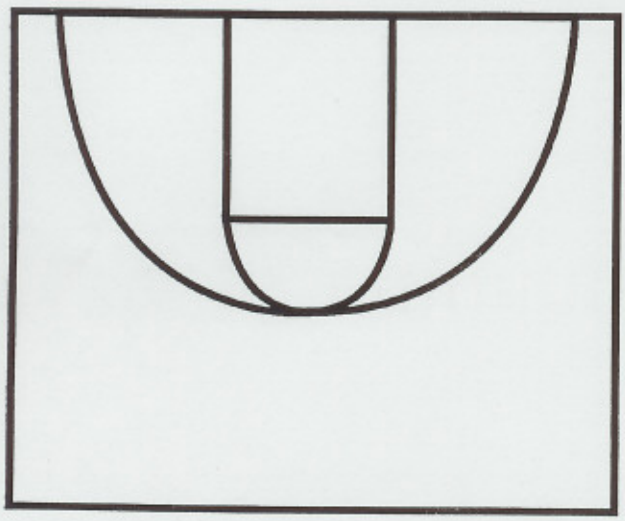
DEFENDING BALL SCREENS - DIAGRAM 10

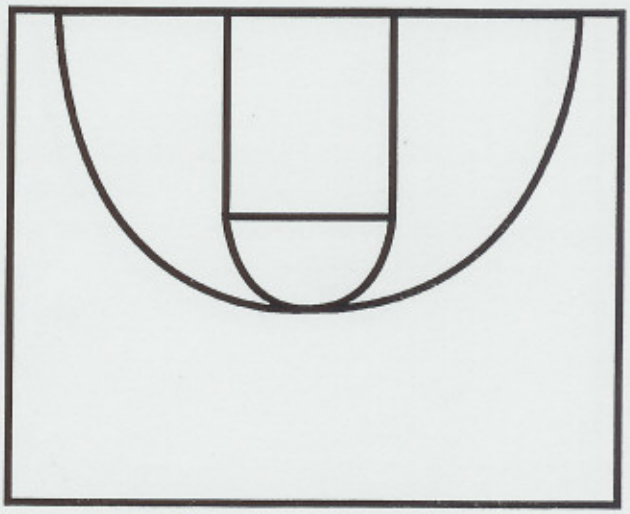


X2 is not allowing **2** to use the ballscreen by **4**. **X4** is in the direct line with the basket.



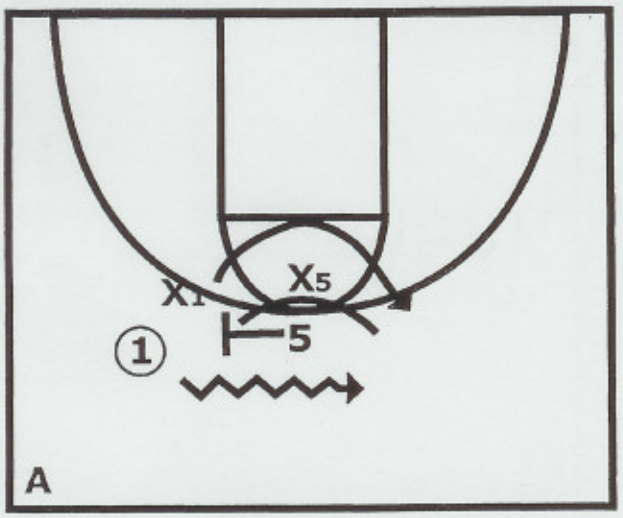
If **X2** doesn't defend **2** in an aggressive way, **2** can drive at **X4** hurting the defense



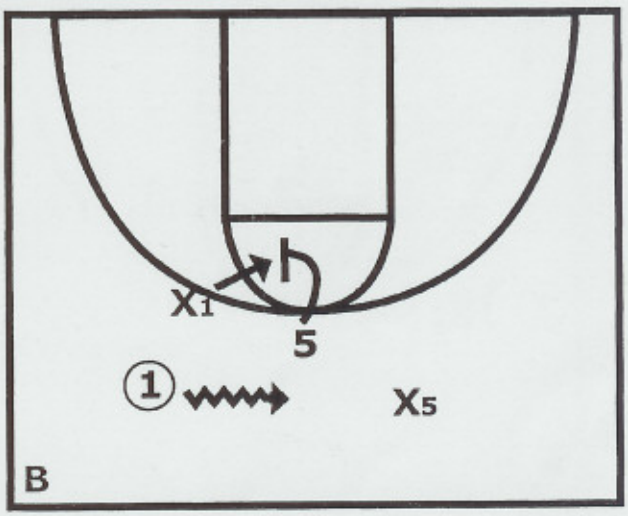


2ND ANNUAL B.C. BASKETBALL RETREAT

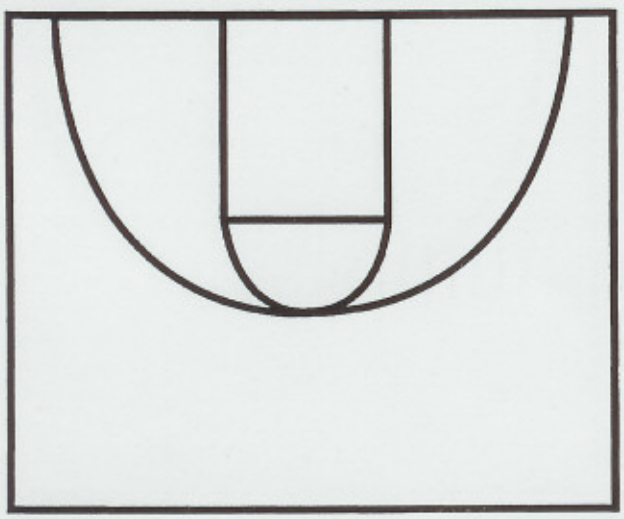
DEFENDING BALL SCREENS - DIAGRAM 11

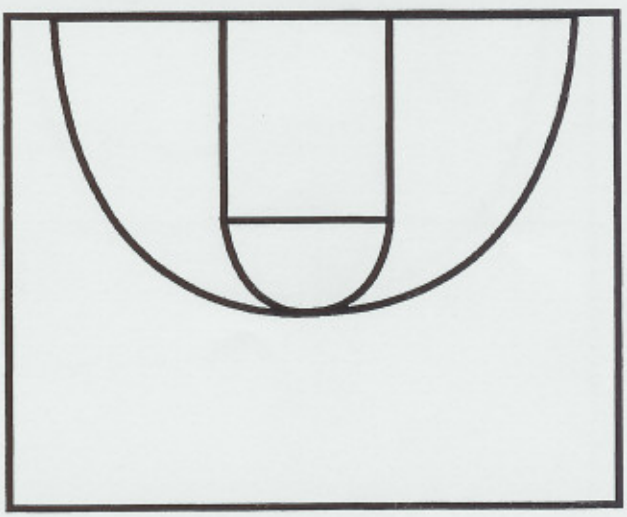


5 can't move down because **X5** is "squeezing" him. **X1** goes under.



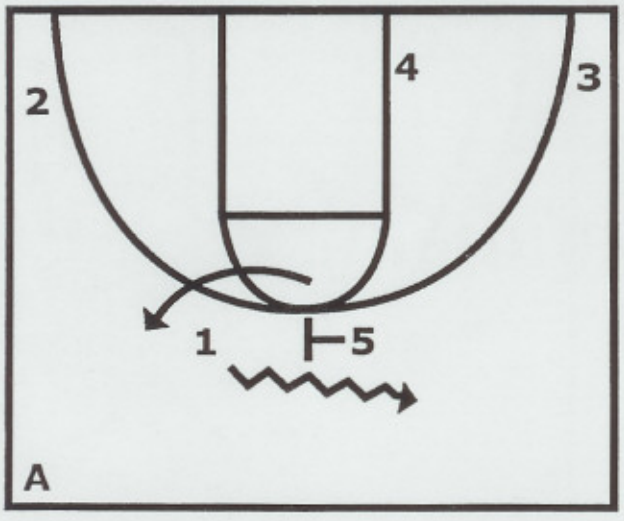
If **X5** doesn't squeeze, **5** can slide down to "crush" **X1** on the ball screen.



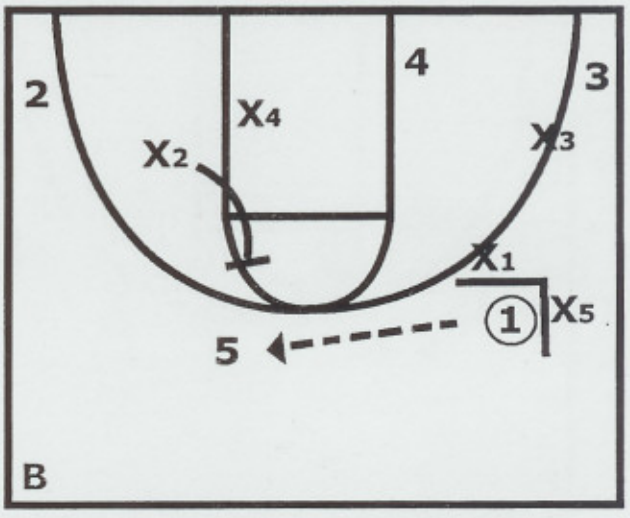


2ND ANNUAL B.C. BASKETBALL RETREAT

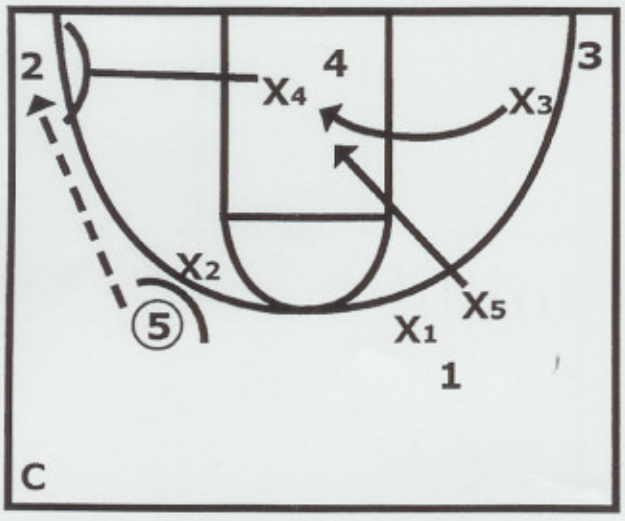
DEFENDING BALL SCREENS - DIAGRAM 12 A-C



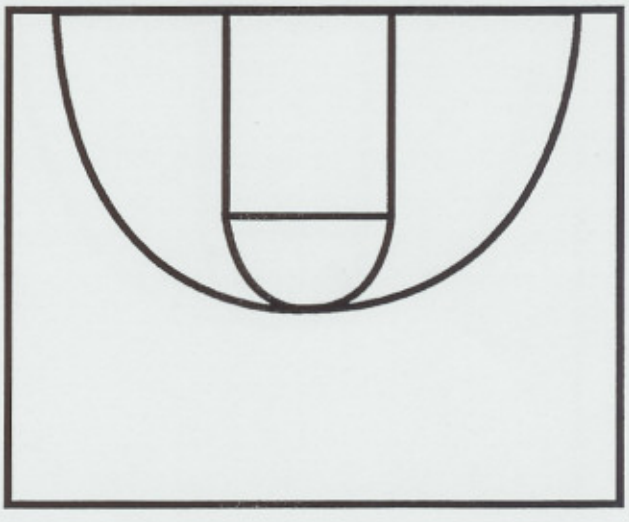
A ball screen is set with a shooter.



On the pass to the shooter, **X2** rotates.

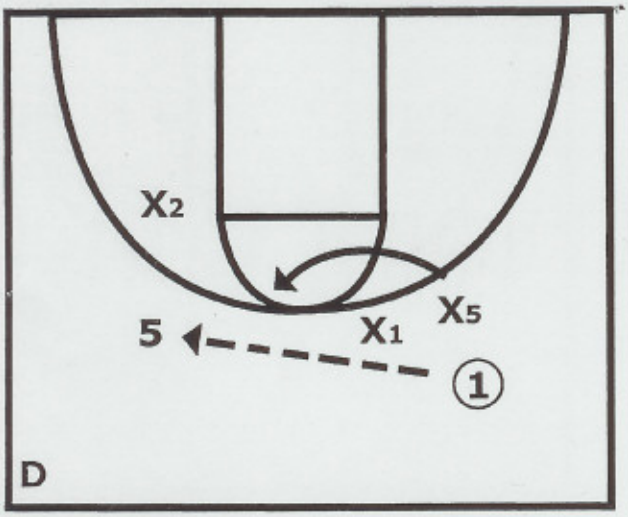


On the extra pass a full rotation occurs with **X4** leaving the basket and **X5** and **X3** covering.

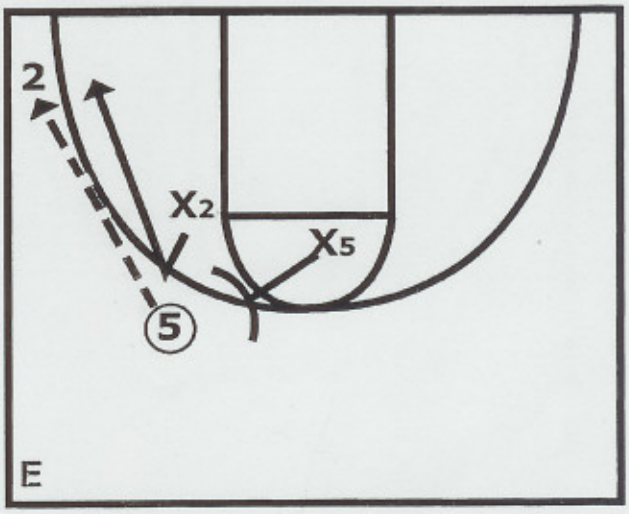


2ND ANNUAL B.C. BASKETBALL RETREAT

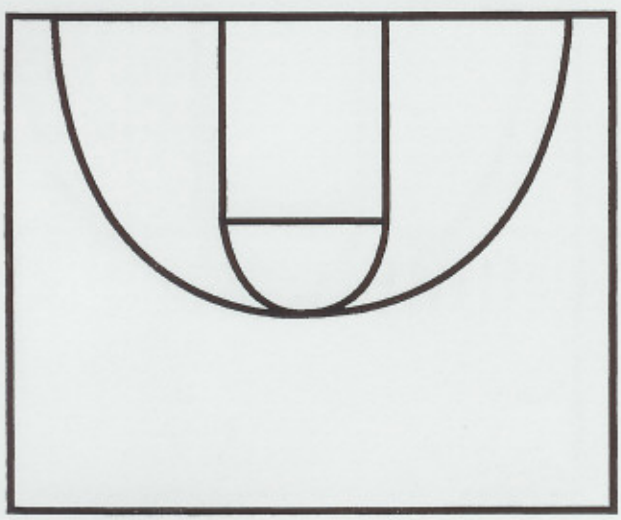
DEFENDING BALL SCREENS - DIAGRAM 12 D-E

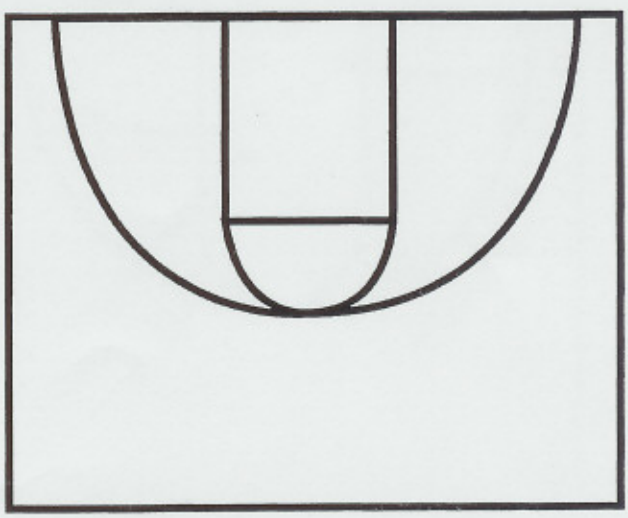


A ballscreen has been set with a shooter. **1** passes to the shooter - **5.** X_2 stunts dramatically.



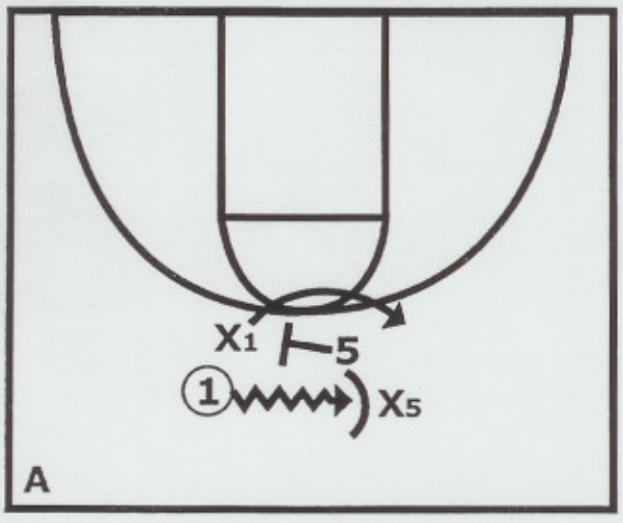
On the extra pass to **2**, X_2 recovers back to his own man. Therefore preventing a full rotation.



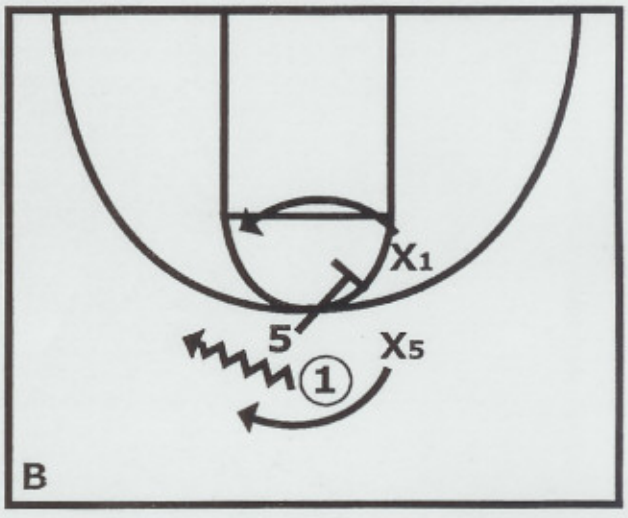


2ND ANNUAL B.C. BASKETBALL RETREAT

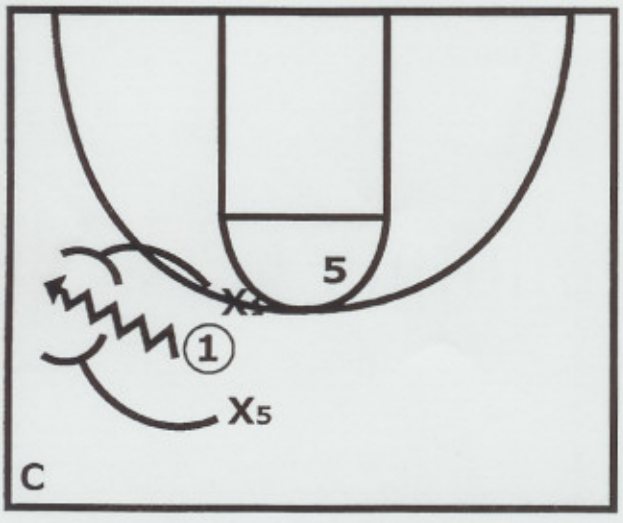
DEFENDING BALL SCREENS - DIAGRAM 13



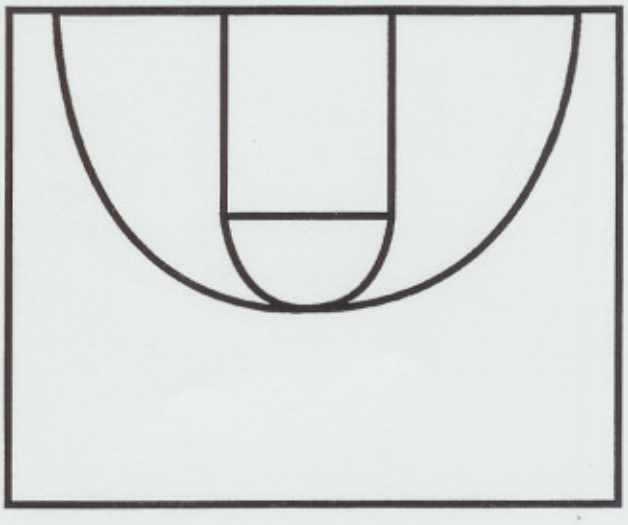
X1 goes under the ballscreen with X5 hedging - Automatic rescreen by offense.



Rescreen occurs. X5 chases 1 over top of the reballscreen

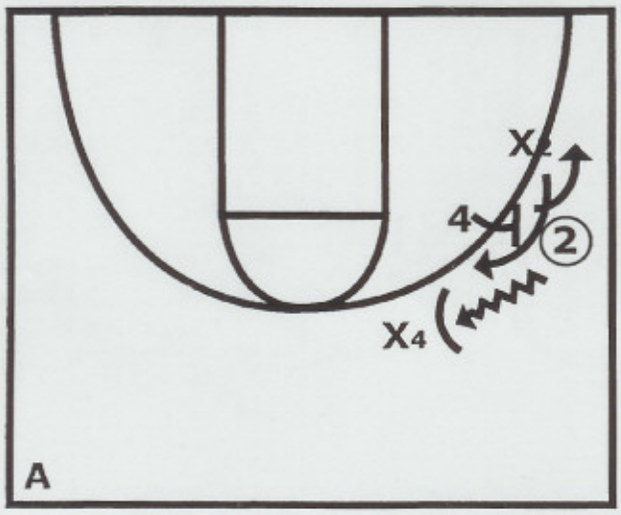


X1 and X5 trap the ball handler.

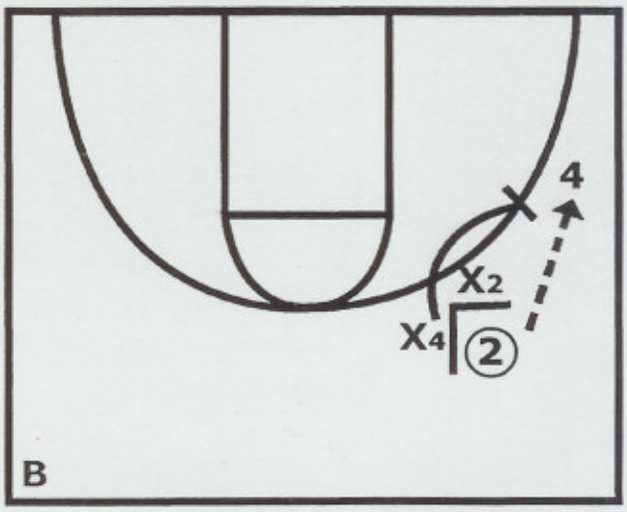


2ND ANNUAL B.C. BASKETBALL RETREAT

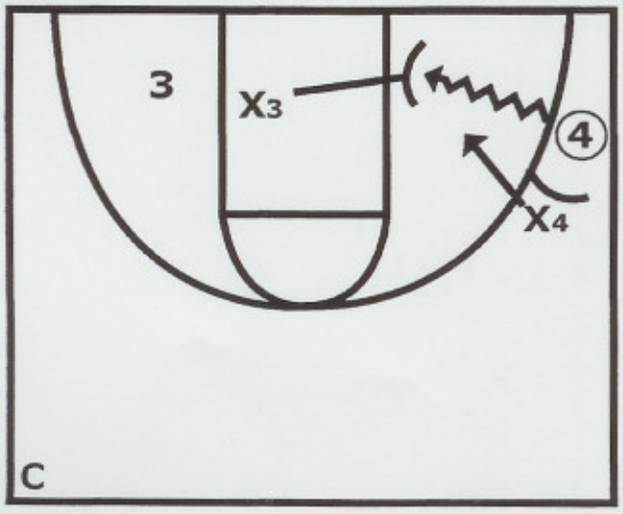
DEFENDING BALLSCREENS - DIAGRAM 18 A-C



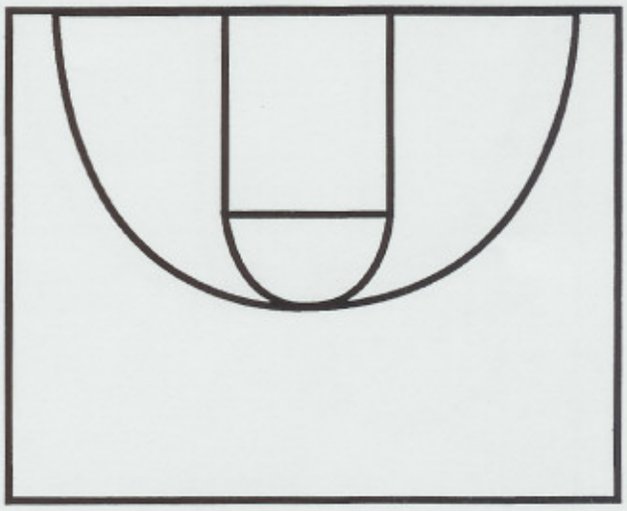
A hard hedge and over the top takes place versus the ballscreen.



2 passes to **4**. **X4** takes the high angle toward **4**.

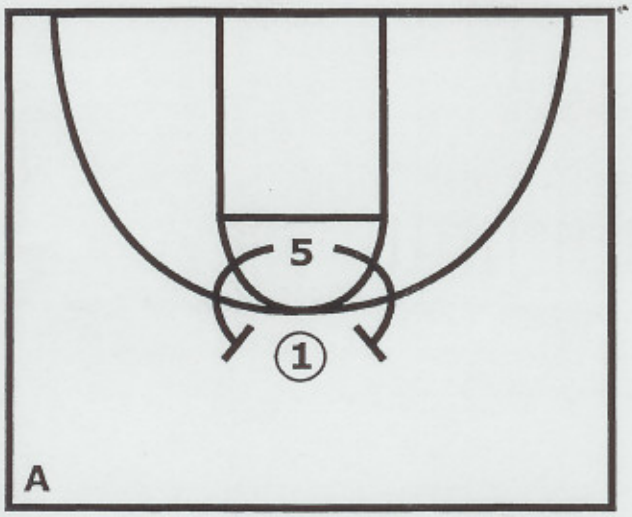


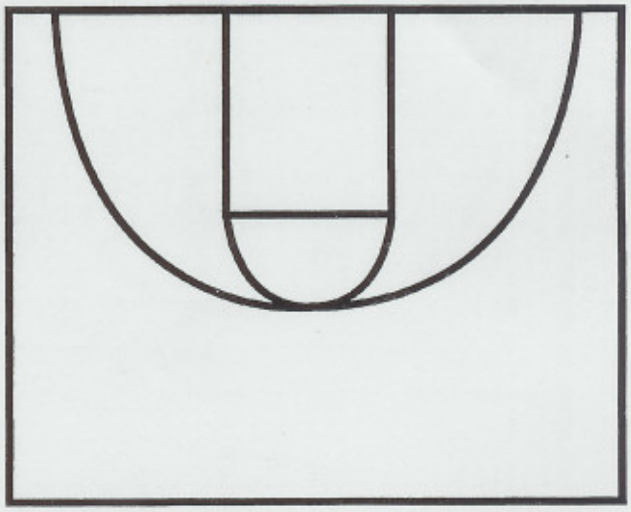
X4 forces **4** into a "trap the box" situation with **X3**.



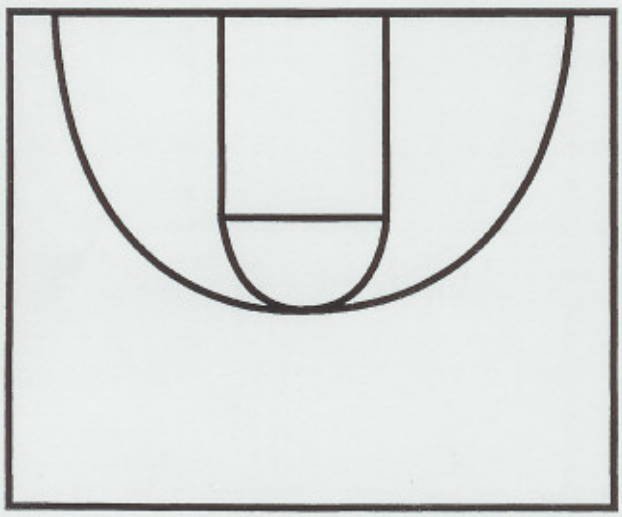
2ND ANNUAL B.C. BASKETBALL RETREAT

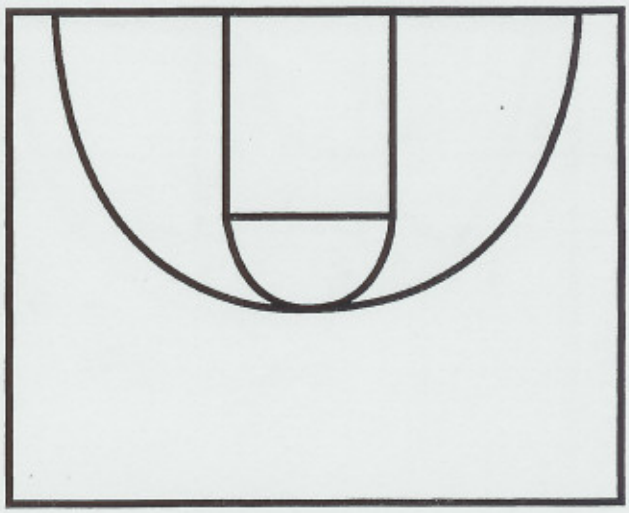
DEFENDING BALL SCREENS - DIAGRAM 17





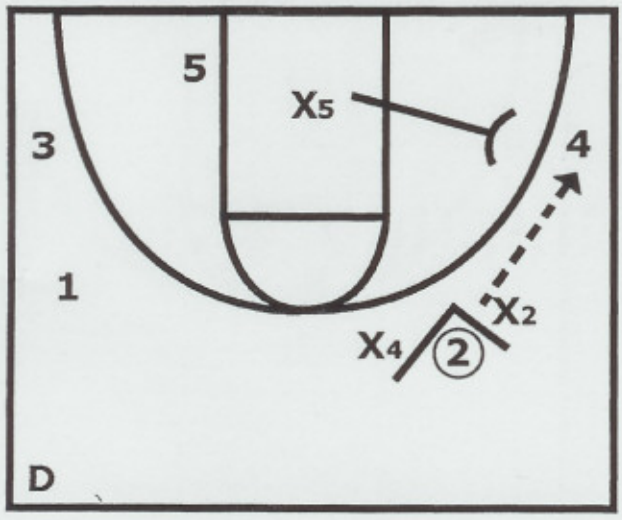
As **5** circles out either way **X5** and **X1** will have a hard time determining their hedge side.



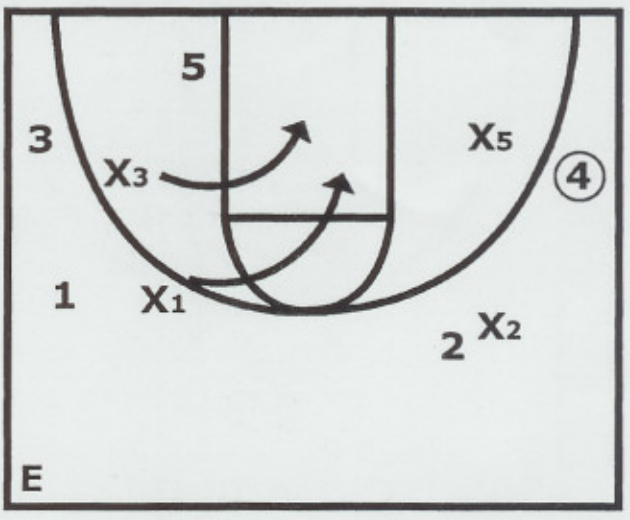


2ND ANNUAL B.C. BASKETBALL RETREAT

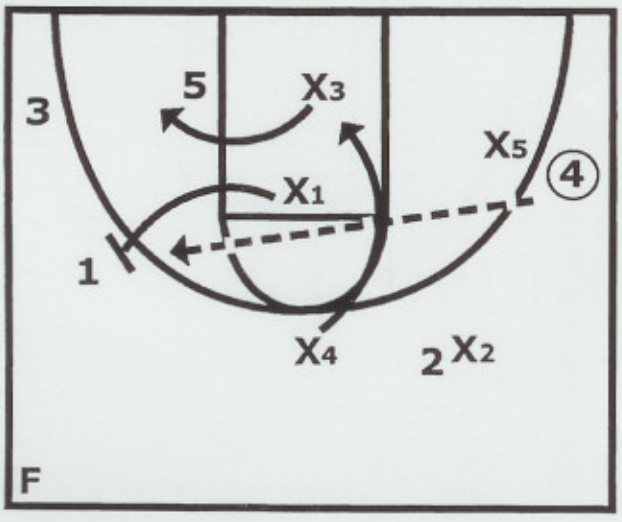
DEFENDING BALLSCREENS - DIAGRAM 18 D-F



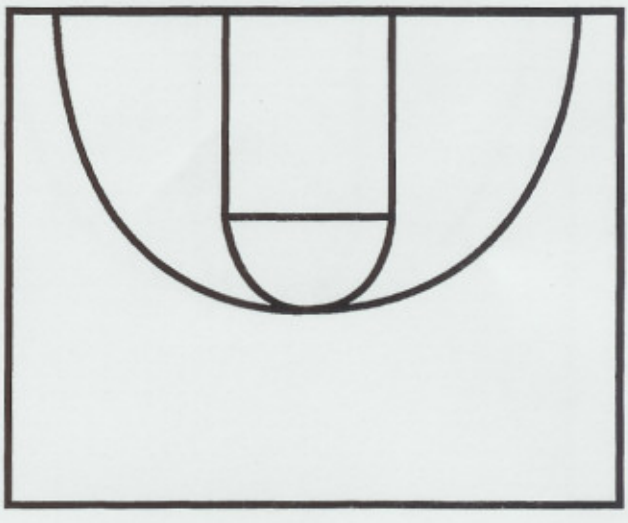
A hard hedge and over the top takes place versus a ballscreen, **X5** rotates to **4** on the pass.



X1, **X3**, form the "tandem" as part of the rotation.

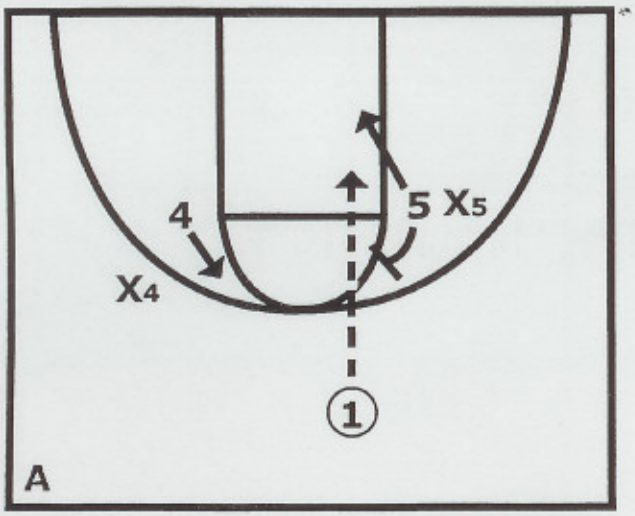


4 skips the ball to the opposite side. The top of the "tandem", **X1** rotates to the receiver of the pass.

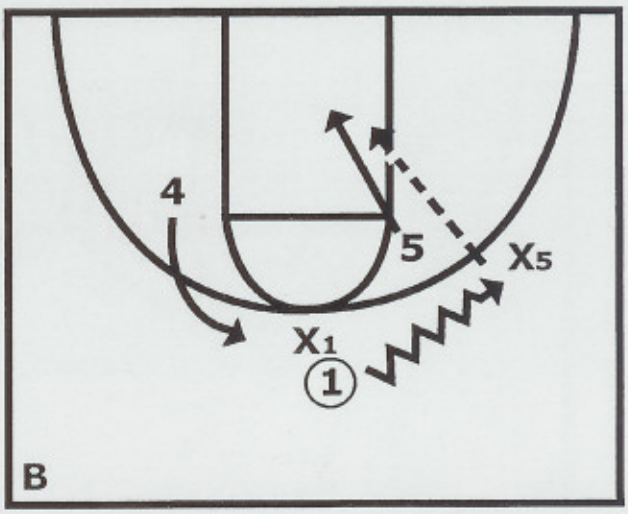


2ND ANNUAL B.C. BASKETBALL RETREAT

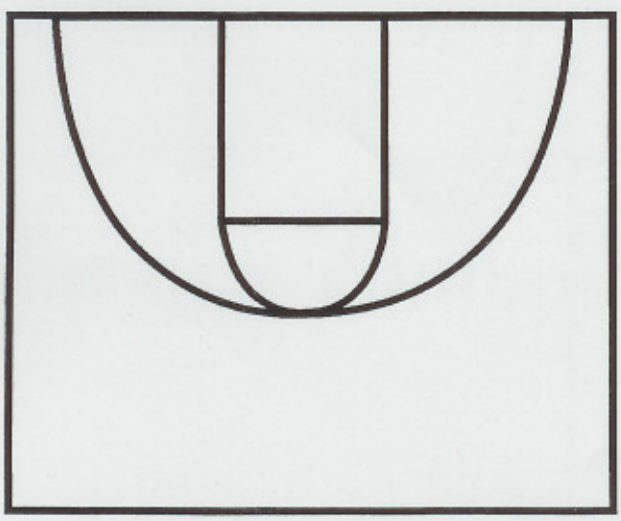
DEFENDING BALL SCREENS - DIAGRAM 19

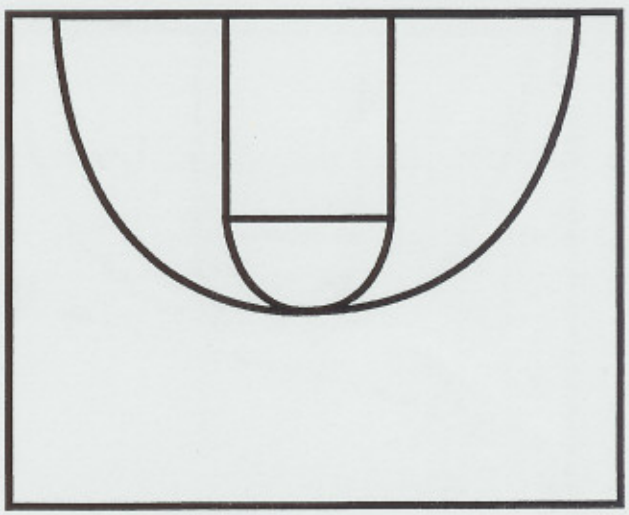


If **X5** or **X4** plays to the outside of the ball screen at the elbow - a slip will happen.



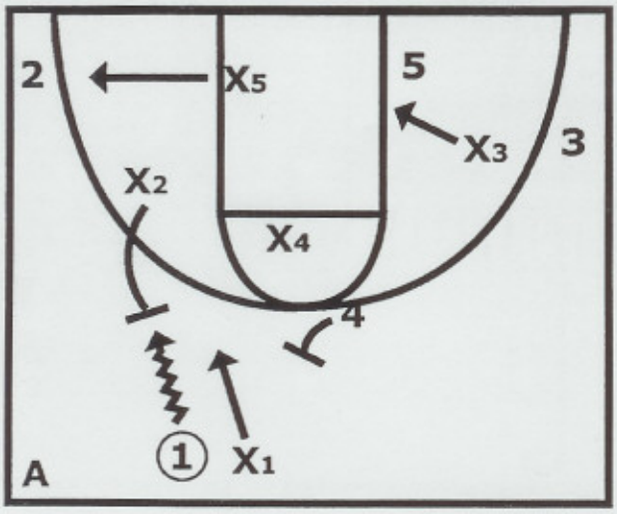
A dive to the front of the rim can happen as a slip if **X5** plays to the outside of **5**.



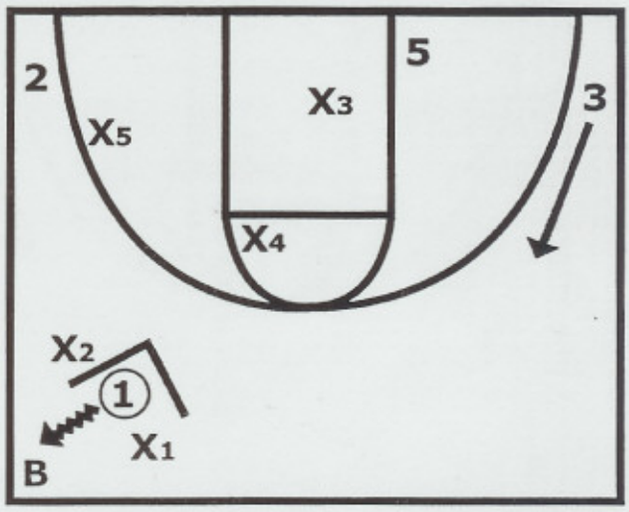


2ND ANNUAL B.C. BASKETBALL RETREAT

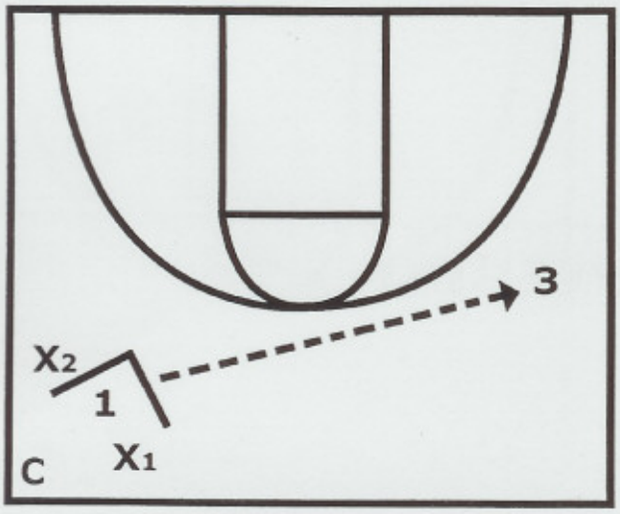
DEFENDING BALL SCREENS - DIAGRAM 20



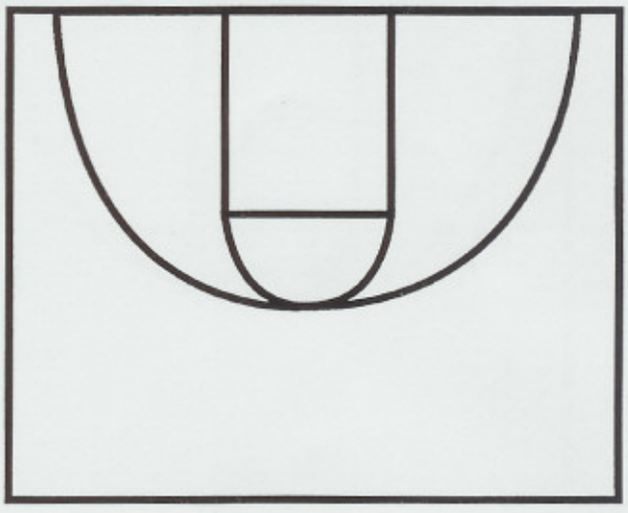
Weak is executed. **X1** forces **1** to go left - away from the ball screen. **X2** runs at him and a pre-rotation takes place.



1 is forced to use his weakhand away from the ball screen. **X5** rotates to **2** early.

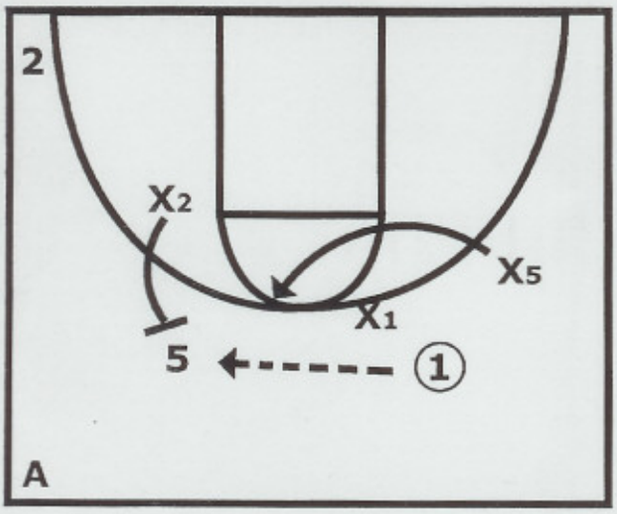


1 must make a cross court pass with the weakhand.

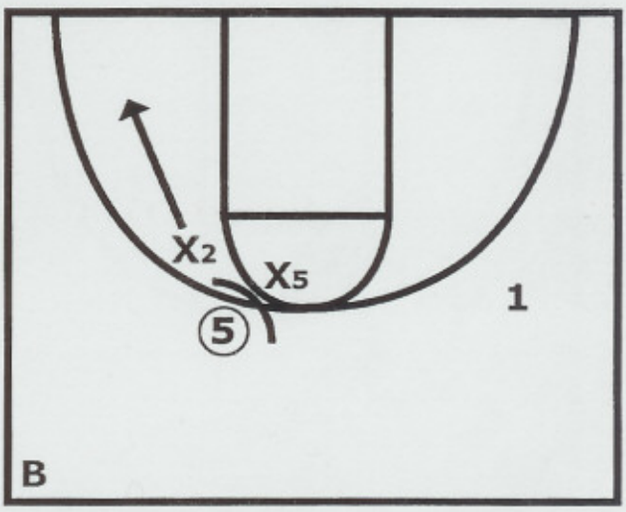


2ND ANNUAL B.C. BASKETBALL RETREAT

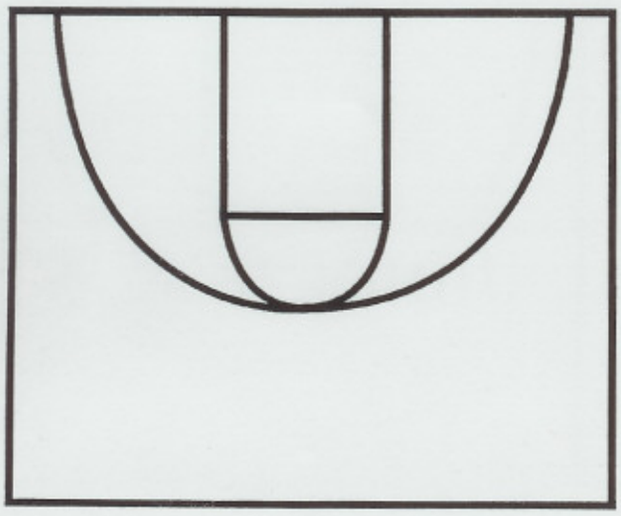
DEFENDING BALL SCREENS - DIAGRAM 21

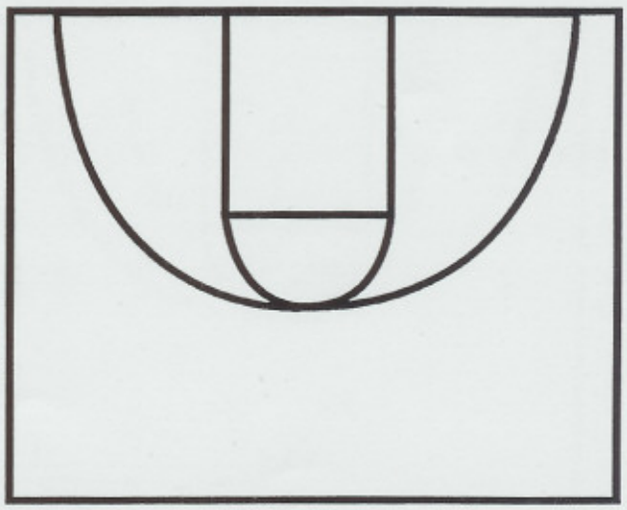


As **5** receives the pass from **1**, **X2** "stunts" in between **5** and the extra pass to **2** therefore delaying **5**'s movement.



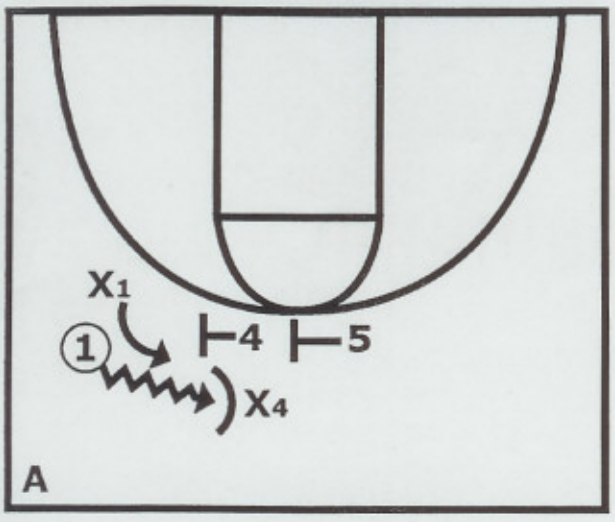
X2 recovers and so does **X5** as **X5** is now positioned in front of **5**.



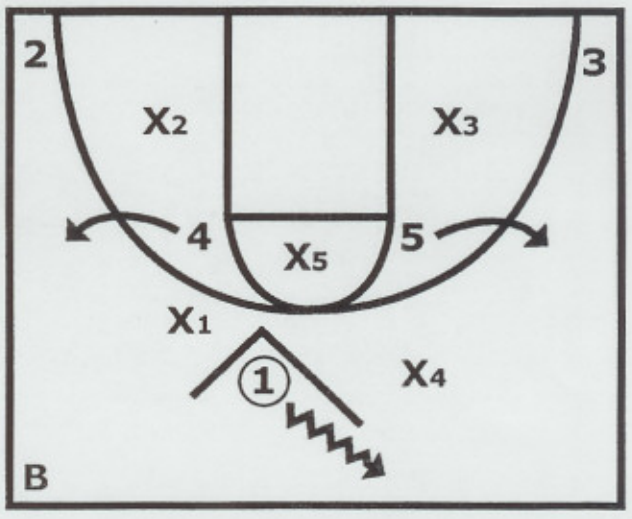


2ND ANNUAL B.C. BASKETBALL RETREAT

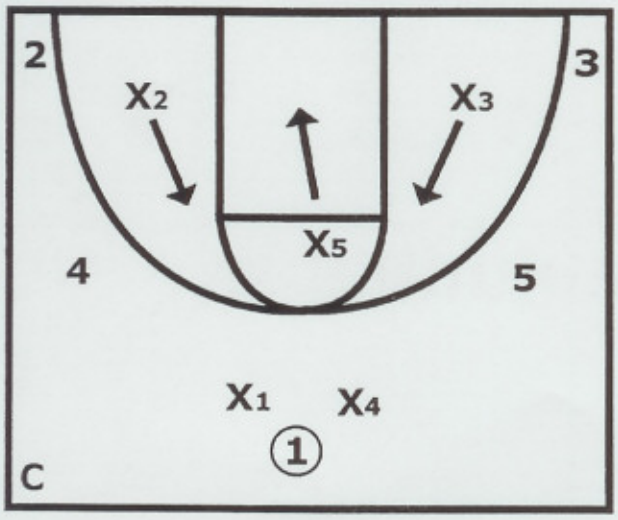
DEFENDING BALL SCREENS - DIAGRAM 22



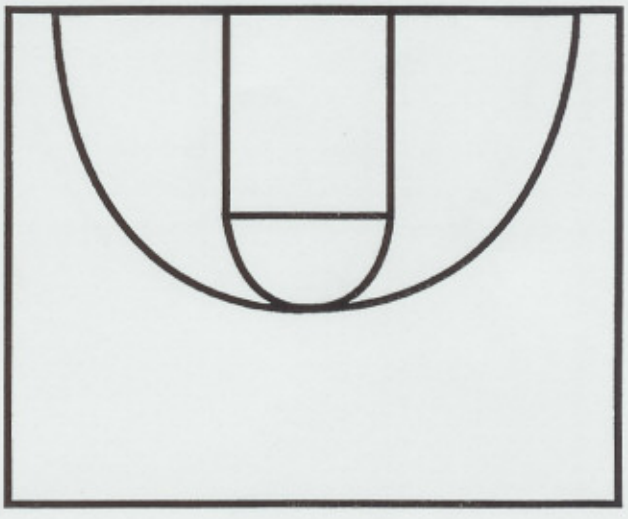
Versus a staggered ball screen, **X4** and **X1** begin to form a trap off of first ball screen.



As the trap is formed, two interceptors and a goaltender are formed.

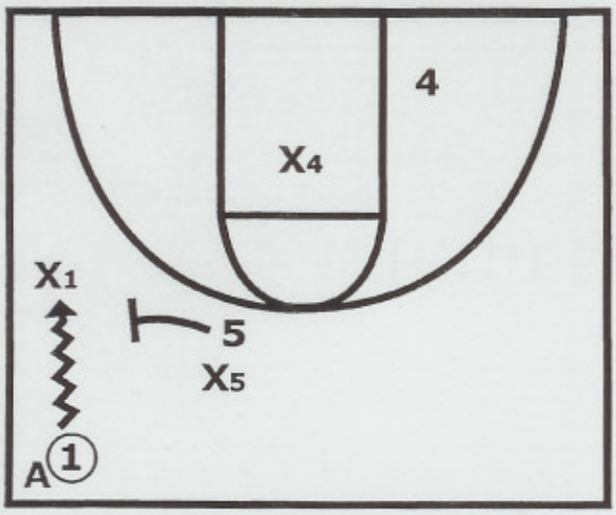


5, **4** split, however, if **5**, **4** go in other directions, **X2**, **X3**, **X5** form the two interceptors and a goaltender.

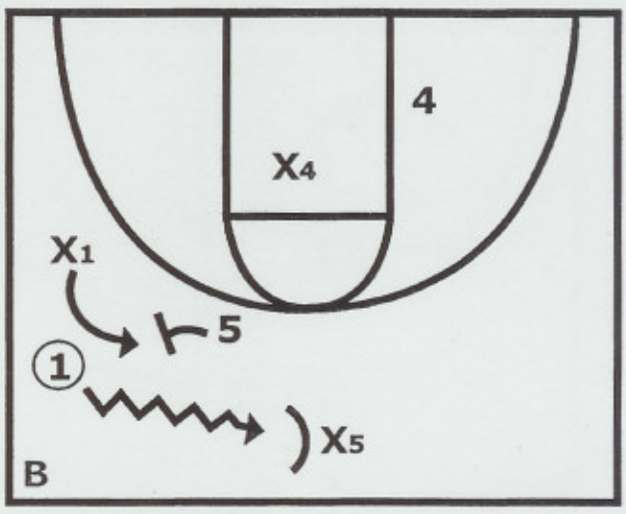


2ND ANNUAL B.C. BASKETBALL RETREAT

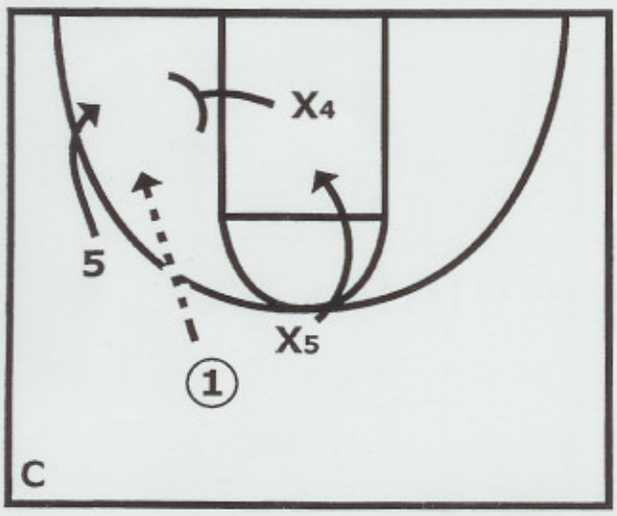
DEFENDING BALL SCREENS - DIAGRAM 25



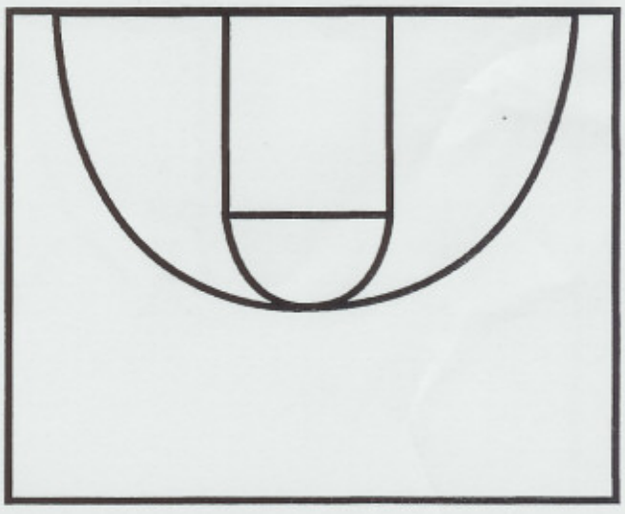
A sideline ball screen occurs. **X4** is "zoning up" as his partner **X5** "hedges".



Hedge and go over the top versus the ball screen.

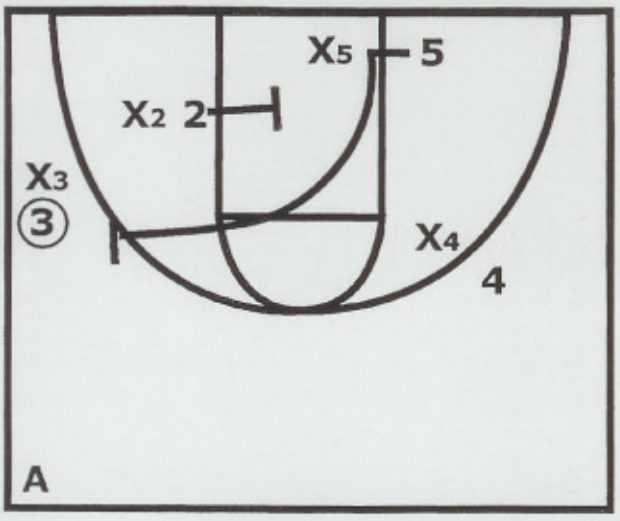


X4 and **X5** crisscross and rotate together.

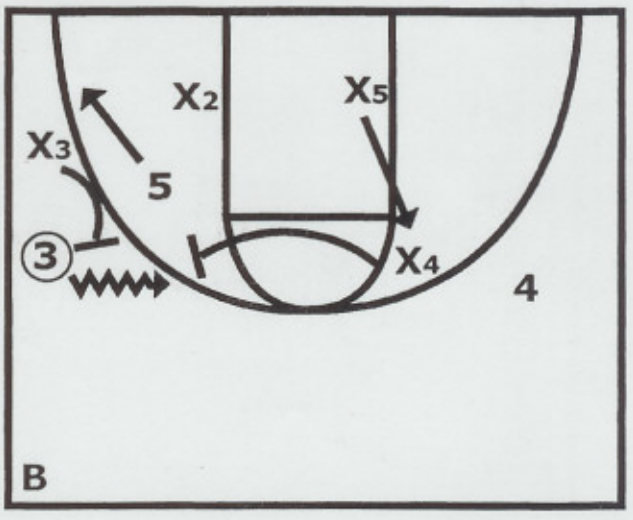


2ND ANNUAL B.C. BASKETBALL RETREAT

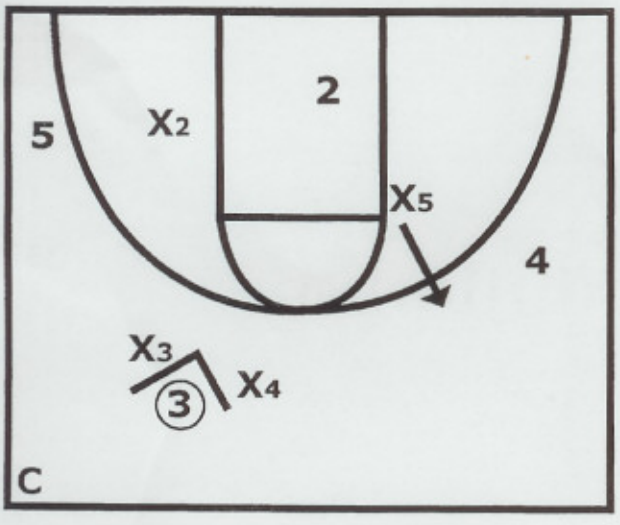
DEFENDING BALLSCREENS - DIAGRAM 26



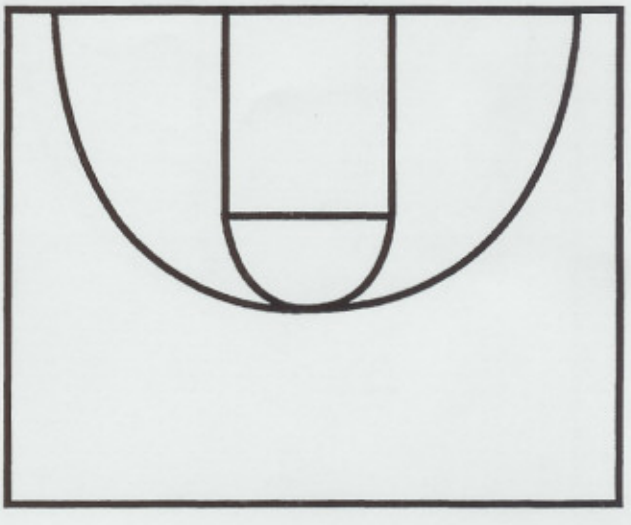
2 cross screens for **5**. **5** sprints into the ballscreen for **3**.



X4 "blitzes" **3** as **X5** rotates toward **4**.

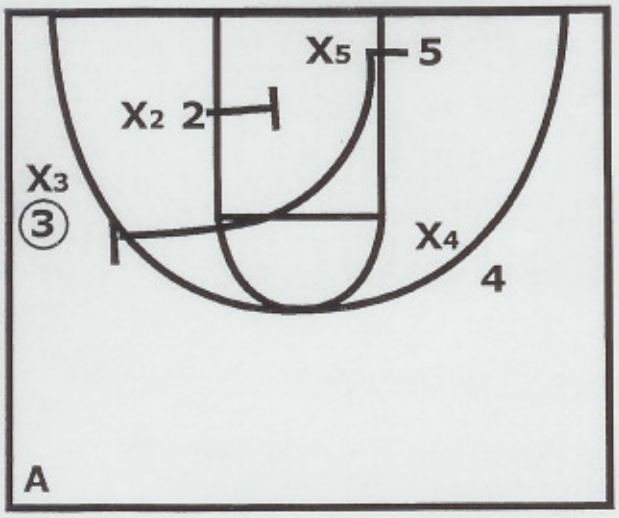


X3, **X4** form a trap on **3** as **X5**, **X2** form the two interceptors.

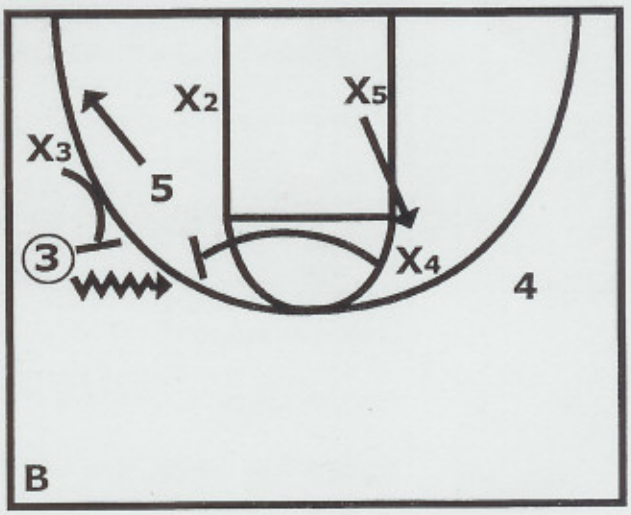


2ND ANNUAL B.C. BASKETBALL RETREAT

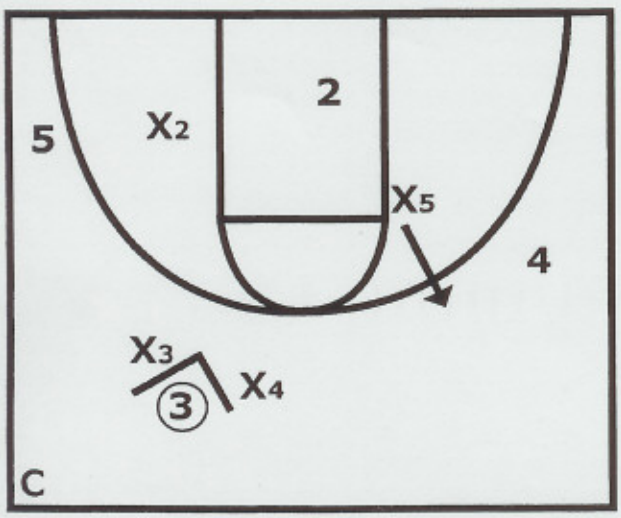
DEFENDING BALLSCREENS - DIAGRAM 26



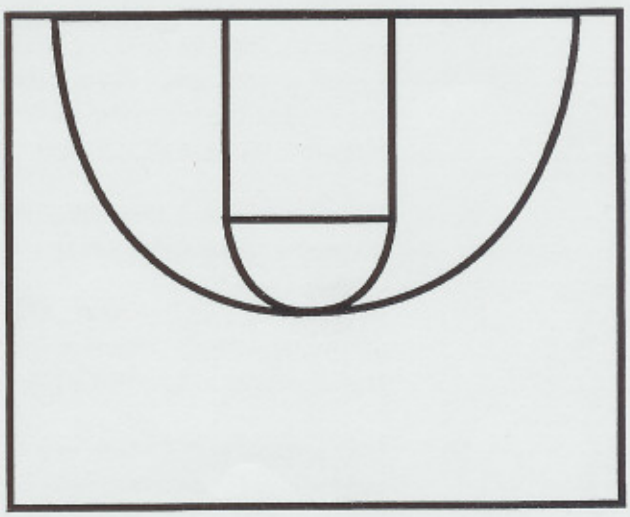
2 cross screens for **5**. **5** sprints into the ballscreen for **3**.



X4 "blitzes" **3** as **X5** rotates toward **4**.



X3, **X4** form a trap on **3** as **X5**, **X2** form the two interceptors.



2ND ANNUAL B.C. BASKETBALL RETREAT

MAN DEFENSIVE CONCEPTS

LARRY BROWN

1. When in transition defense, he wants guards to be more "attached to the offensive players". (See Diagram 1)

2. Stay attached to a UCLA screen. Make it small. (See Diagram 2)

3. On baseline drives, trap the dribbler aggressively by rotating. Once the trap occurs, two interceptors and a goaltender are formed. (See Diagram 8b)

4. Defending the ball is the most important part of defense. He suggests to play one on one full court a lot to make players better at containing and pressuring the basketball.

5. "How many times did your defense guard a team's action, the play breaks down and then they score off of that. Your defense must be able to defend the ball.

6. Switch "down the line" versus a high stagger in college. (See Diagram 6)

7. When the ball is in the middle of the floor, the four other defenders are in denial positioning. When the ball is on one side of the floor or another and you are defending a player positioned opposite, the defender is constantly asking himself, "where is the ball, where is my man? (See Diagram 7)

8. All rotations are the same defensively in his system. Keep things consistent on defense. (See Diagram 8)

9. In trapping the low post, the Xpost feeder must immediately position his butt to the baseline. The top man in the tandem takes the "opposite pass" out of the low post trap (See Diagram 9)

10. Ball pressure is a huge key to a defense. For example, in the "scramble" system of traps, you must have great pressure on the ball, a baseline driver must feel great pressure on the ball and an aggressive trap must also take place. On a post catch, the post up player must feel pressure on the catch.

11. Consider trapping bad passers in the low post. They will turn the ball over. You must be able to defend the midpost, high post, low post as a post defender.

12. Ball pressure takes players out of offense. Players in general aren't good at passing and catching. The best defensive teams at any level pressure and guard the ball in the scoring areas.

13. Dean Smith believed that the defender on the ball should take every fake with his back foot, make everybody on offense a driver, and run when guarding the dribble, don't slide. Sliding is too slow.

14. If you go over every team that you play and you review what they do, 3 on 3 defense covers it. For example, treat a flex screen like a cross screen. There are two ways to guard a flex screen action. (See Diagram 14 A,B)

15. When defending the Hawk cut, don't go over the top when guarding the cutter or you're susceptible to a rescreen or lob in the NBA. "Ride the cutter on a hawk cut." (See Diagram 15)

16. When a team is looking for "one shot" at the end of a quarter, half or game - trap early in the possession. They don't want to attack, they want to take the last shot.

17. When defending 4 flat along the baseline at the end of a quarter, half, or game - yell "weak". This tells Xballhandler to force the ballhandler to his weak hand and trap him with the ballside corner defender and rotate quickly to the corner. (See Diagram 17)

18. Always guard Bigs as if they were in a "dribble used" predicament.

JEFF VAN GUNDY

19. "Lock and Trail" vs. all screens except off the lane. If the screen is set wider than a NBA lane he wants the Xcutter to "top lock" or go to the level of the screen and then get through instead of "trailing". (See Diagram 19)

20. Vs. great catch and shoot players he will "trap the catch" off of the last screen with Xscreener. Obviously, you become more vulnerable to the "slip". However, Xscreener first leaves to trap the catch and shooter once the ball is in the air from the passer. (See Diagram 20)

21. Anytime you are guarding a great shooter, give him one way to use a screen. Force him in a direction. Don't allow him to have choices on where he will use screens. A second important point - give a dramatic stunt from the passer as the cutter catches the ball off of a screen. This will allow Xcutter to "trail" and Xscreener to "stunt" when ball is in the air. Xpasser will also "stunt" to form three players on the catch before a quick recovery occurs. (See Diagram 21)

22. On any perimeter catch by a post player that can't shoot, don't pressure him -

stay in.

23. Never help with Xsmall when in the lane defending a screen when an Xbig is an option. (See Diagram 23)

24. Versus offensive actions that use a Big as a ball reverser and this Big is not a skilled offensive player, let him catch the ball. Then, deny his next pass to disrupt the action and therefore making him a decision maker. (See Diagram 24)

25. When denying a receiver in a "one pass away" situation, the defender should be able to see the passer and his man at the same time. When his man goes backdoor, the defender should get his body back on the offensive player. The cutter should feel contact from Xcutter on his way backdoor. Players have a difficult time making backdoor passes. (See Diagram 25)

26. On a cross screen when guarding the cutter make contact with him before the cross screen happens. "Box out" the cutter may be an option. (See Diagram 26)

27. If a screen occurs below the block, the Xscreener stays above the block. (See Diagram 27)

ALVIN GENTRY

28. Versus a high curl, the defender guarding the passer is responsible for: A) ball pressure, B) A "stunt" to defend the cutter who is curling. A high curl is Xpasser's responsibility. (See Diagram 28)

29. When guarding a flarescreen, chase the cutter and Xscreener "zone up". (See Diagram 29)

30. When guarding random ballscreens the Xscreener **must** communicate.

TIM FLOYD

31. "Direct vs. Send" - Terminology is important with player accountability. Don't say "send" the offensive player to the baseline, say "direct" the player to the baseline. This is an example of terminology differences.

2ND ANNUAL B.C. BASKETBALL RETREAT

TOM CREAN

32. In blocking out "create the contact". Once the contact is established, hold the blockout.

STEVE ALFORD

33. He doesn't want a defensive possession to become one continuous closeout. He stays away from trapping because of this philosophy.

JOHN LUCAS

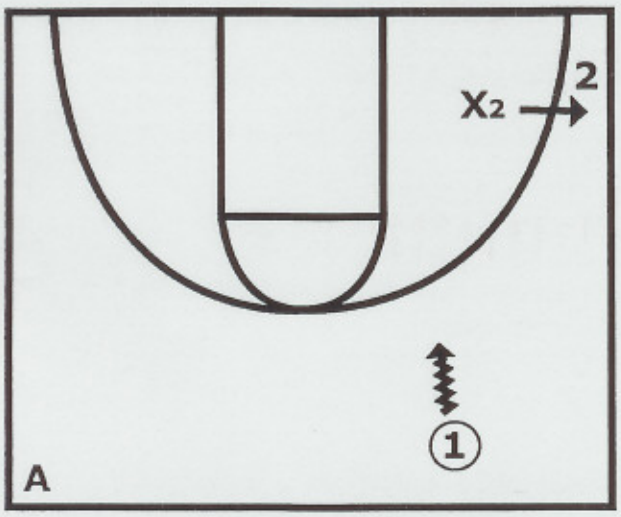
34. When guarding the "small on big cross screen into a ballscreen", "blitz" with a defender not involved in the screening action. (See Diagram 34)

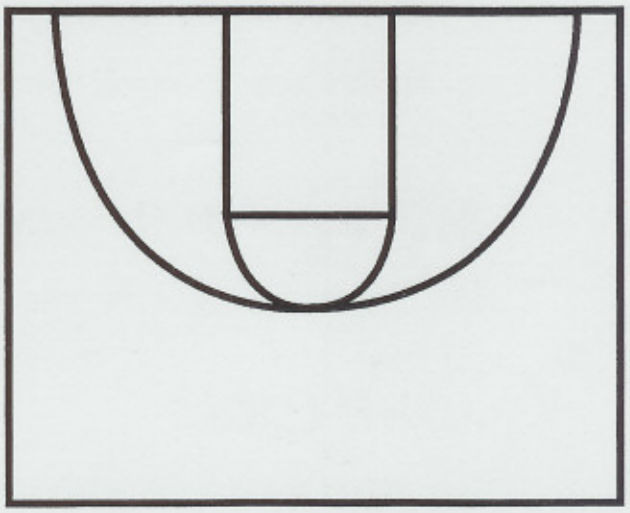
JOHN CALIPARI

35. Guard the small on big cross screen by having Xcutter jump low and Xscreener bump high versus the cutter. This puts Xscreener in a much better position to guard his man versus a screen the screener action. (See Diagram 35)

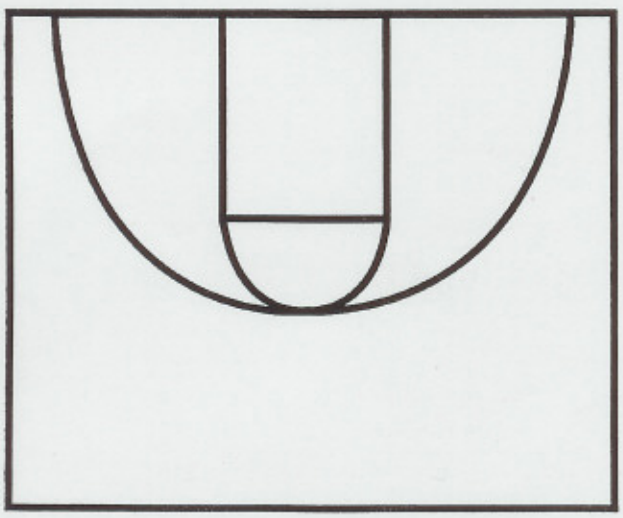
2ND ANNUAL B.C. BASKETBALL RETREAT

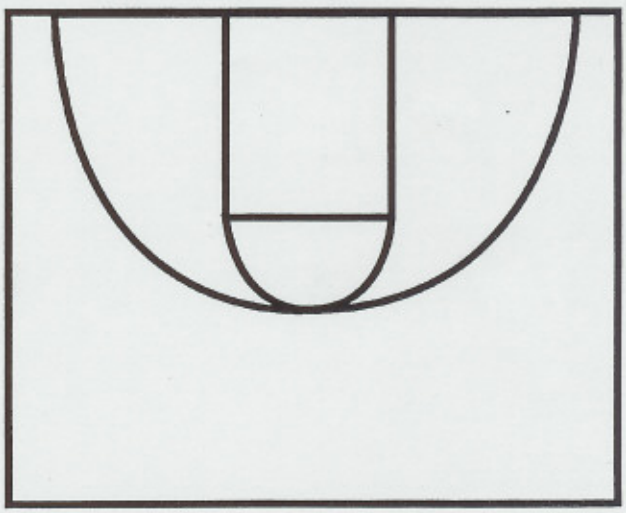
MAN DEFENSE - DIAGRAM 1





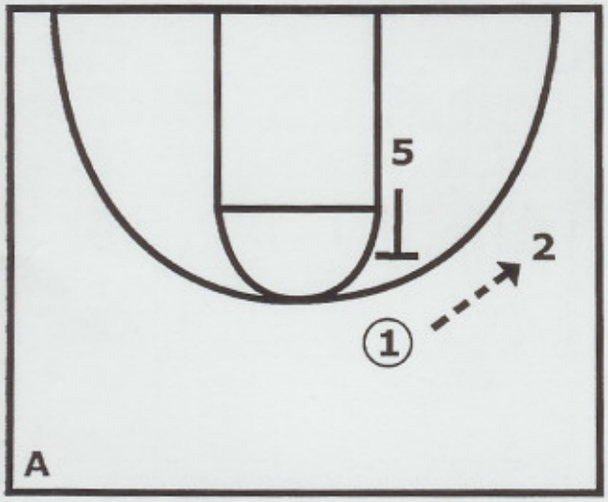
As **1** pushes the ball in transition **X2** is aware of **2** and is an "early helper" on the ball but stays attached to his man - **2**.



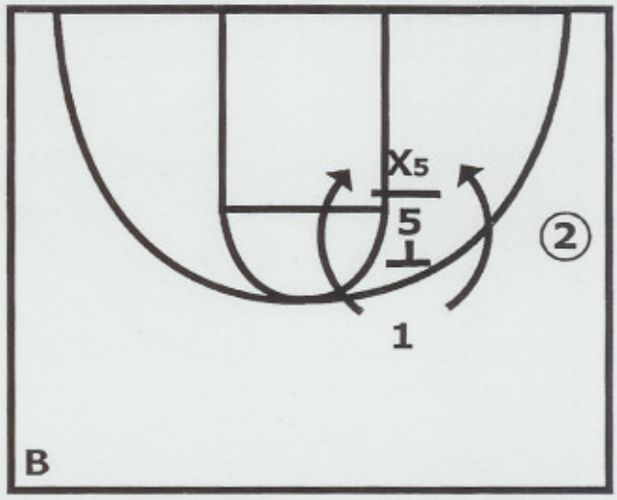


2ND ANNUAL B.C. BASKETBALL RETREAT

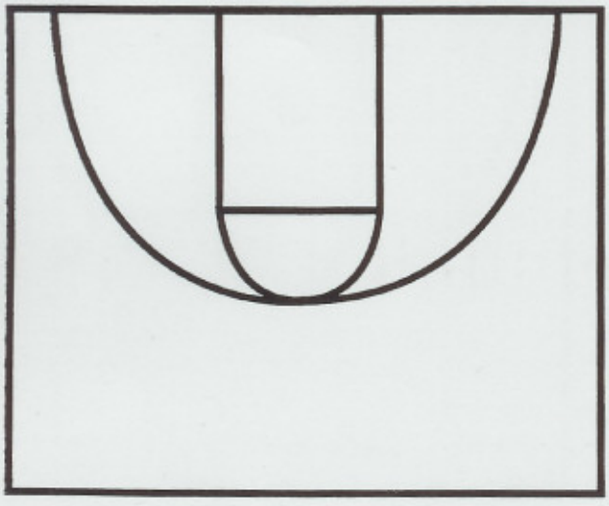
MAN DEFENSE - DIAGRAM 2

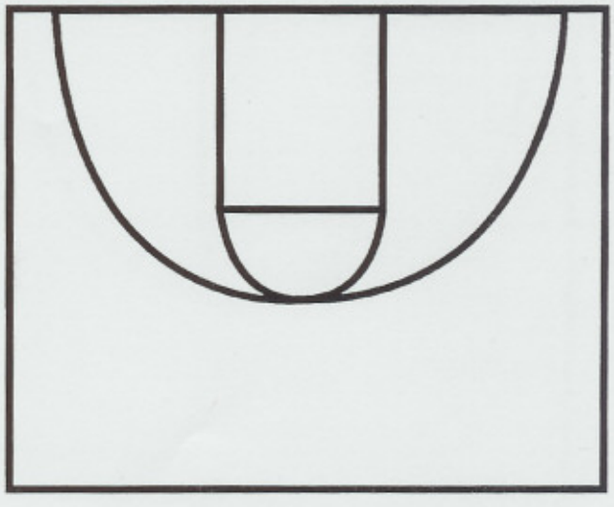


1 passes to **2**. **5** sets a UCLA screen on **1**.



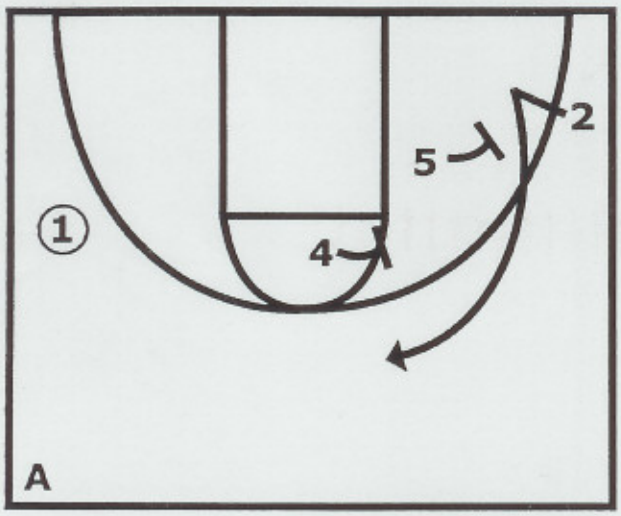
X5 plays behind **5**, Therefore not bumping his own man **X1** and making **5**'s screen less effective.



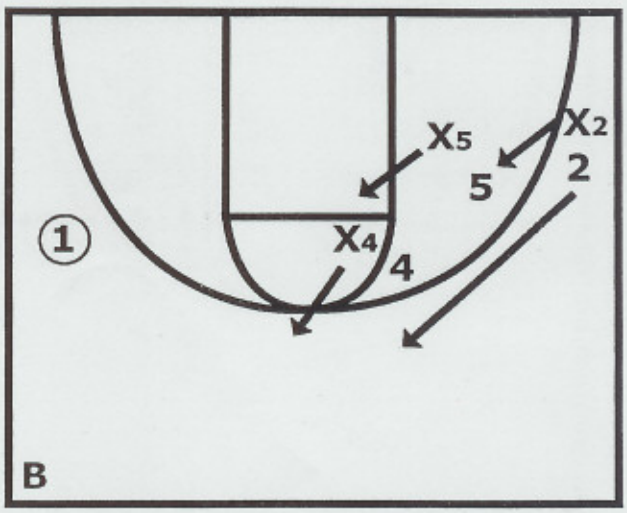


2ND ANNUAL B.C. BASKETBALL RETREAT

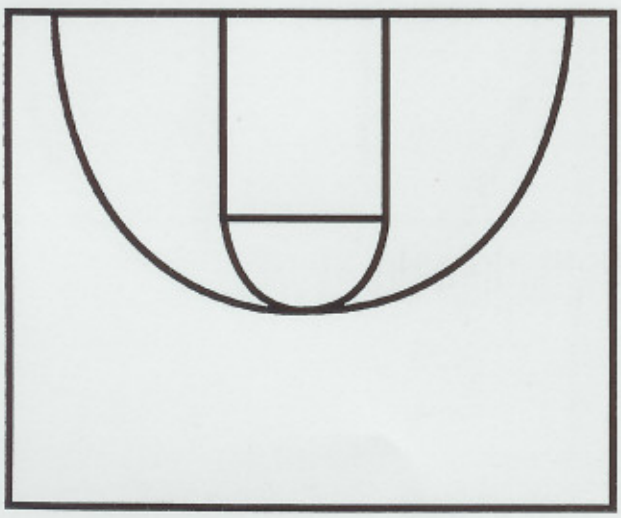
MAN DEFENSE - DIAGRAM 6

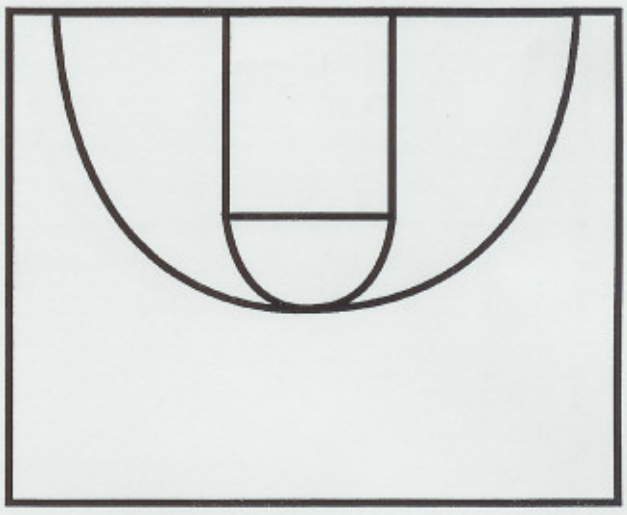


2 cuts off of the **5**, **4** stagger.



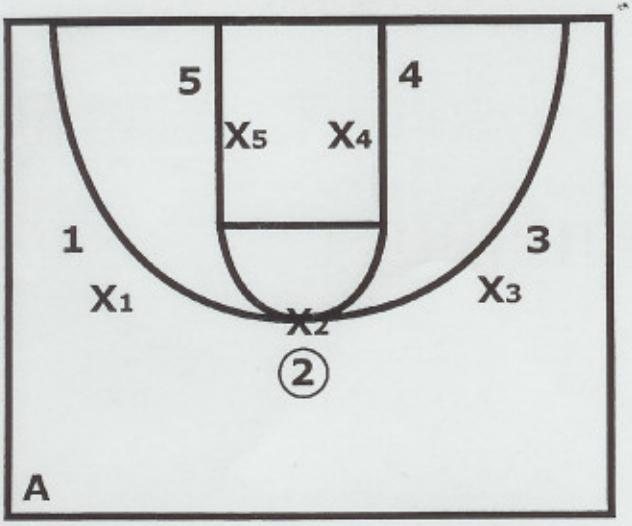
X2 contact switches inside to **5**.
X5 contact switches inside to **4**.
X4 contact switches to deny **2** the ball.



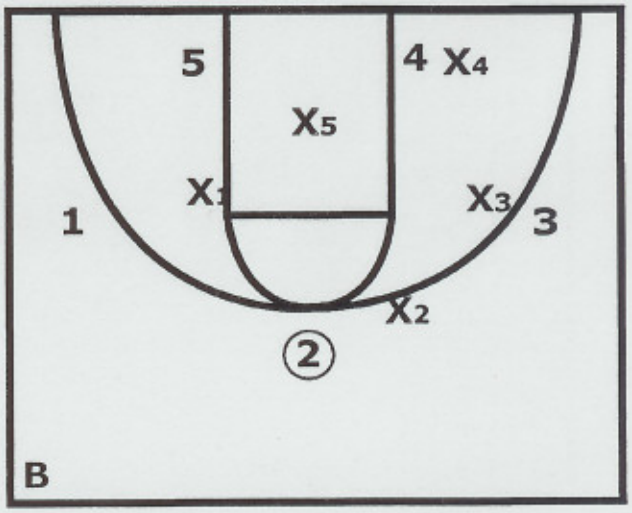


2ND ANNUAL B.C. BASKETBALL RETREAT

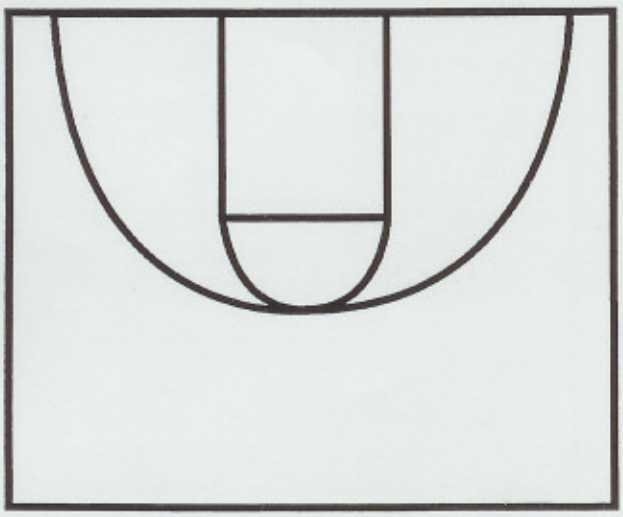
MAN DEFENSE - DIAGRAM 7

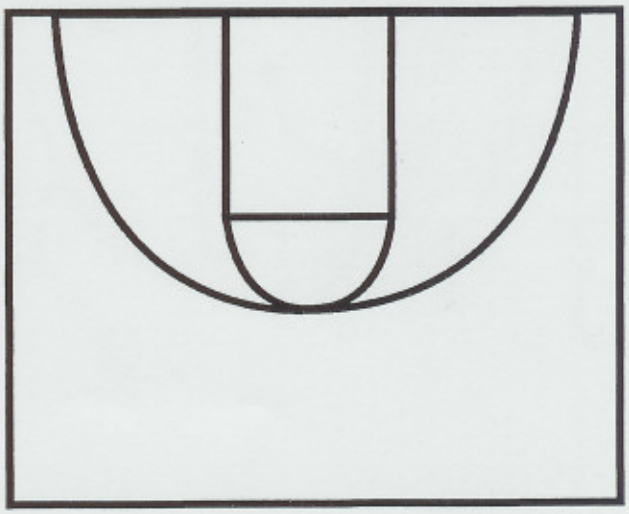


The ball is in the middle of the floor. All five defenders are in denial position.



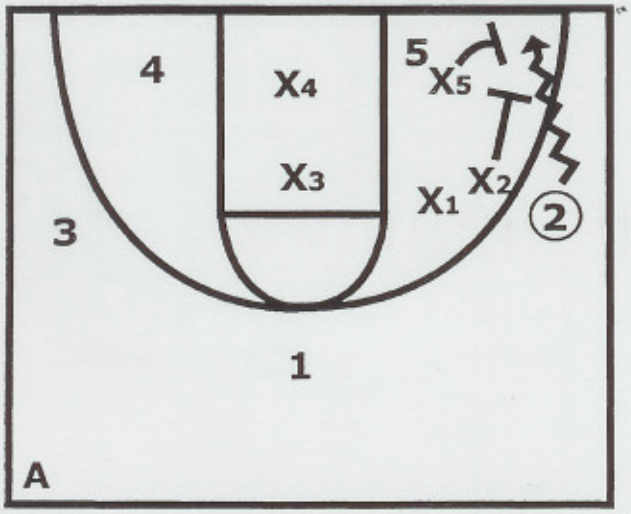
The ball is on the side of the floor. **X3** has ball pressure. **X4** fronts the post. **X2** denies one pass away. **X5**, **X1** ask "where is the ball, where is my man?"



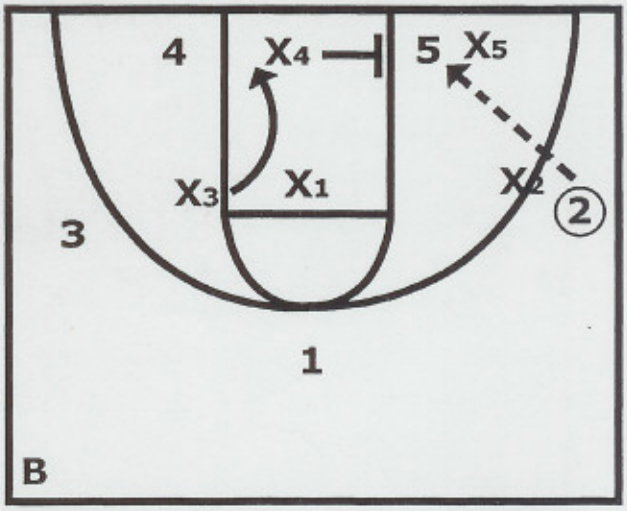


2ND ANNUAL B.C. BASKETBALL RETREAT

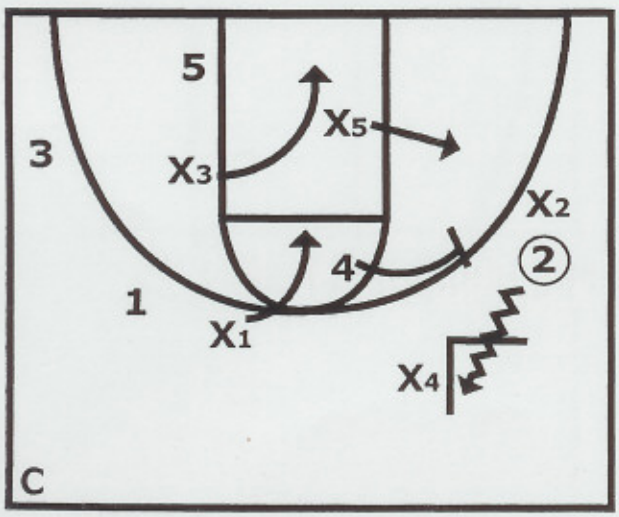
MAN DEFENSE - DIAGRAM 8 A-B-C



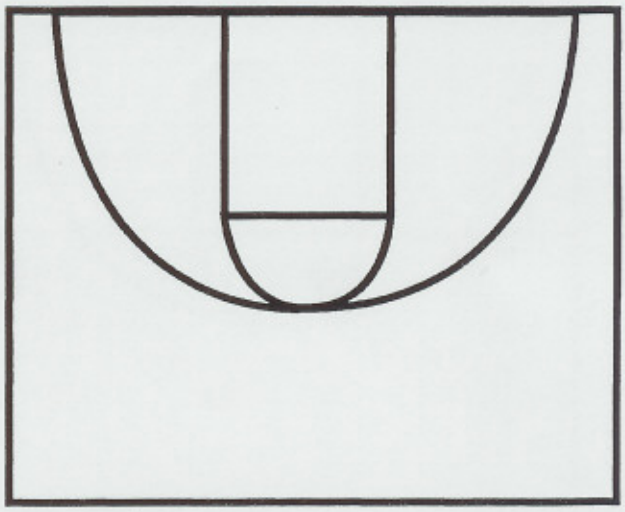
As **2** drives baseline, **X2** and **X5** (the closest baseline defender) trap him aggressively. **X4**, **X1**, and **X3** form the two interceptors, and a goaltender.



On a low post pass to **5** as **X5** is caught fronting the post, **X4** helps and forms a trap with **X3**, **X1**, and **X2** form the two interceptors, and a goaltender.

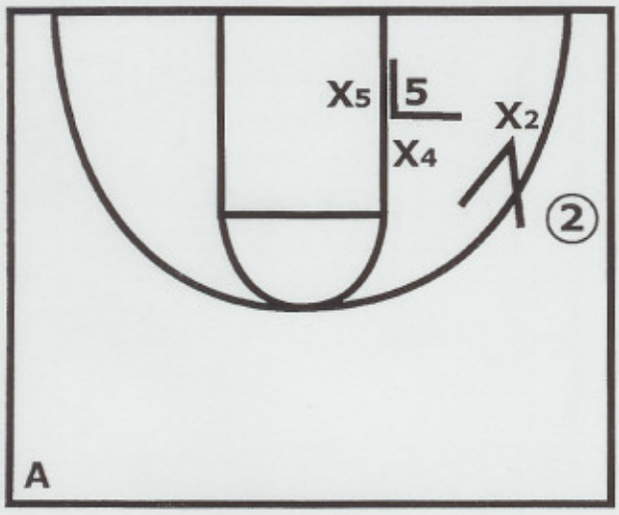


4 and **2** are involved in a ballscreen. **X4**, **X2** are involved in a trap. **X5**, **X1**, and **X3** form the two interceptors, and a goaltender.

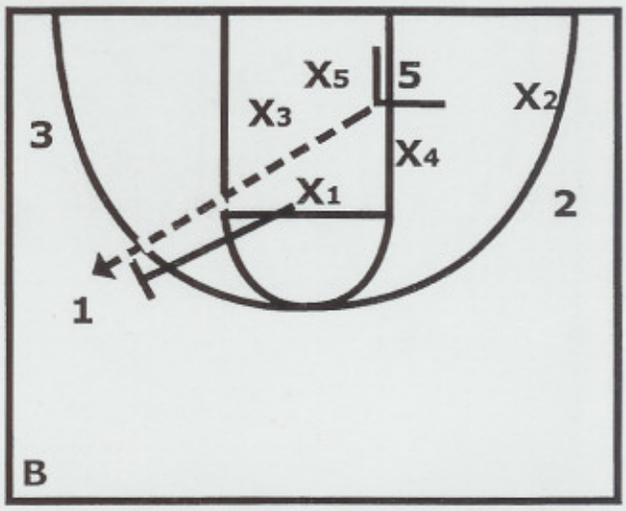


2ND ANNUAL B.C. BASKETBALL RETREAT

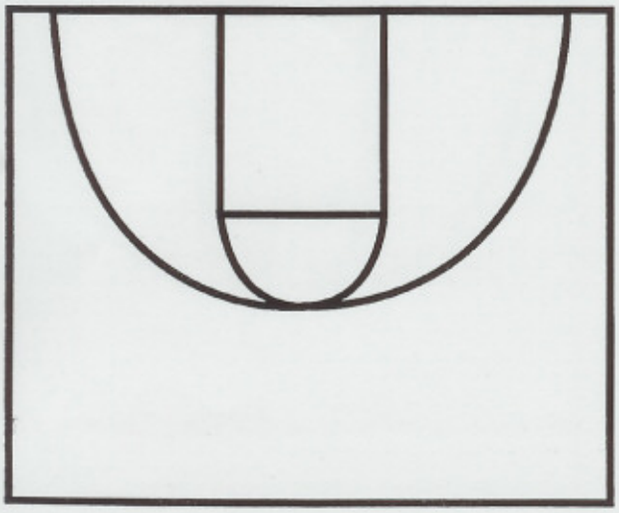
MAN DEFENSE - DIAGRAM 9

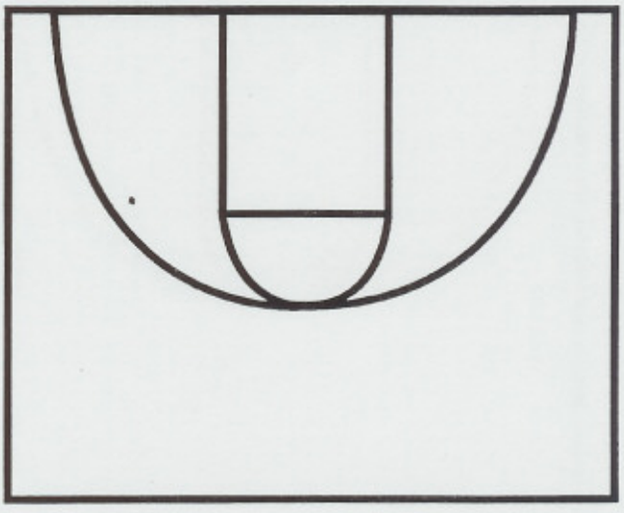


On the post **X2** positions his butt to the baseline.



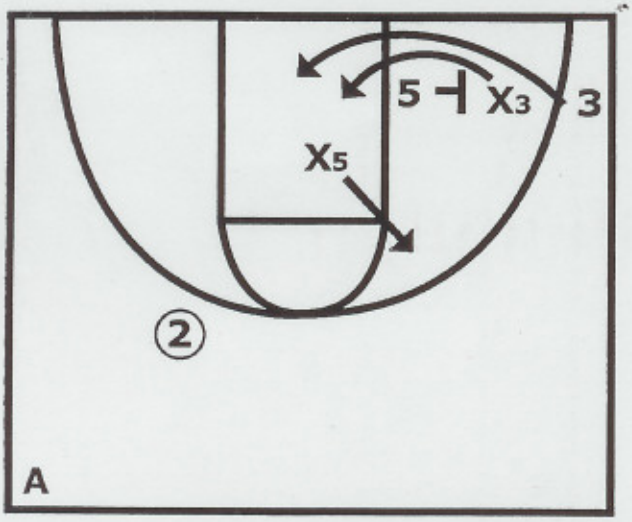
On the pass out of the trap to the opposite side of the floor the top man of the "tandem" takes it - **X1**.



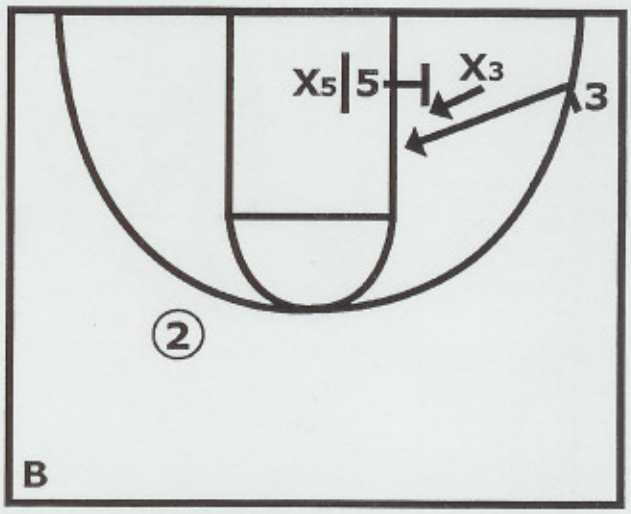


2ND ANNUAL B.C. BASKETBALL RETREAT

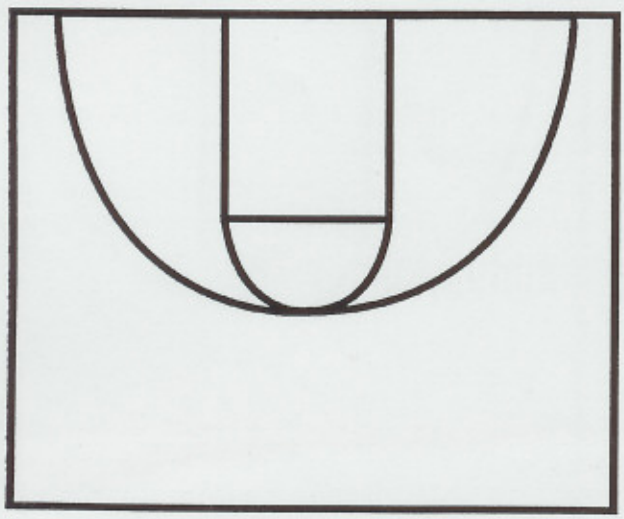
MAN DEFENSE - DIAGRAM 14

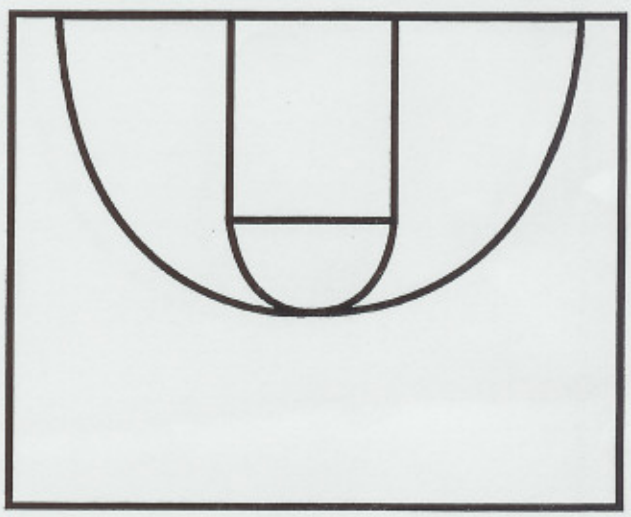


X flex cutter jumps low and bodies the cutter low. **X5** stays on the line bumping the cutter if the cutter goes high. (Calipari)



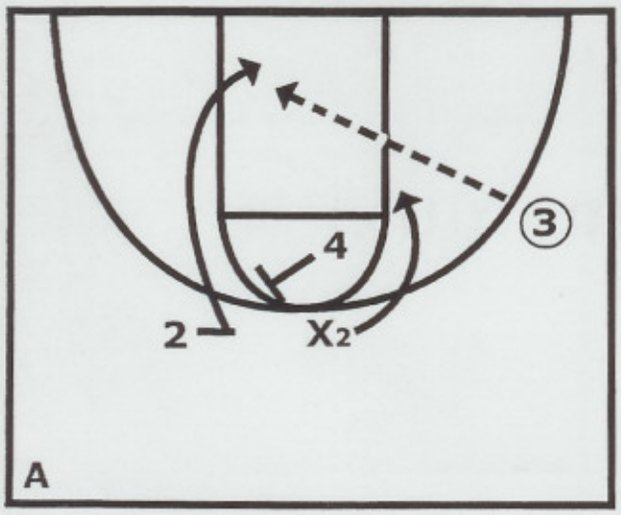
X flexcutter jumps high and bodies the cutter high. **X5** "squeezes" **5** to the make the screen "small". If the cutter cuts low **X3** is on his own to prevent the pass from **2** - No bump. (Brown)



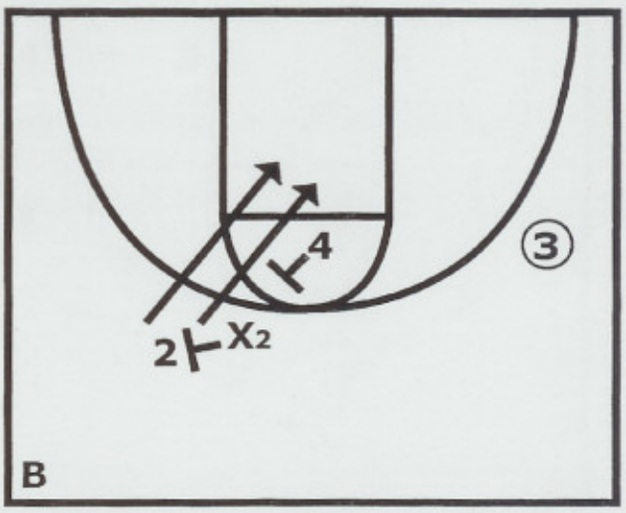


2ND ANNUAL B.C. BASKETBALL RETREAT

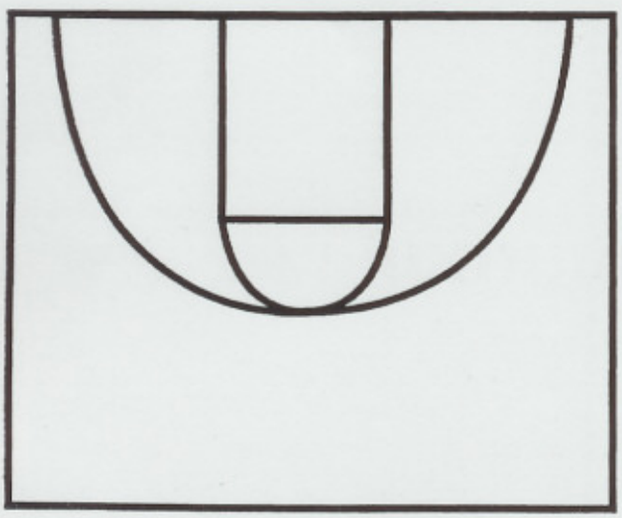
MAN DEFENSE - DIAGRAM 15

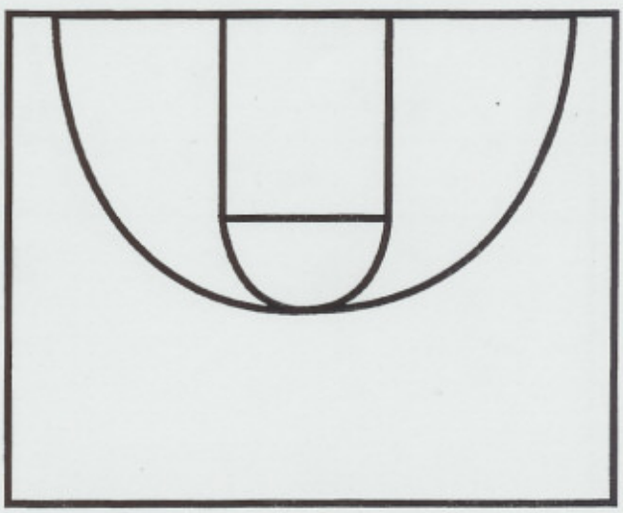


As the "hawk cut" occurs **X2** can't jump ballside or a lob will happen.



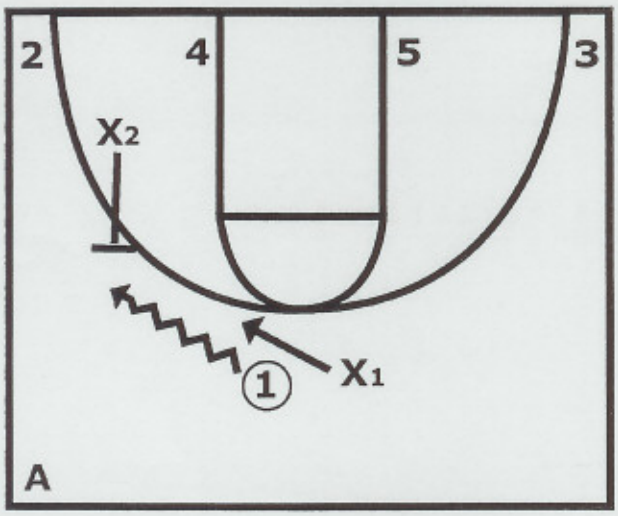
As the "hawk cut" occurs **X2** "rides the cutter".



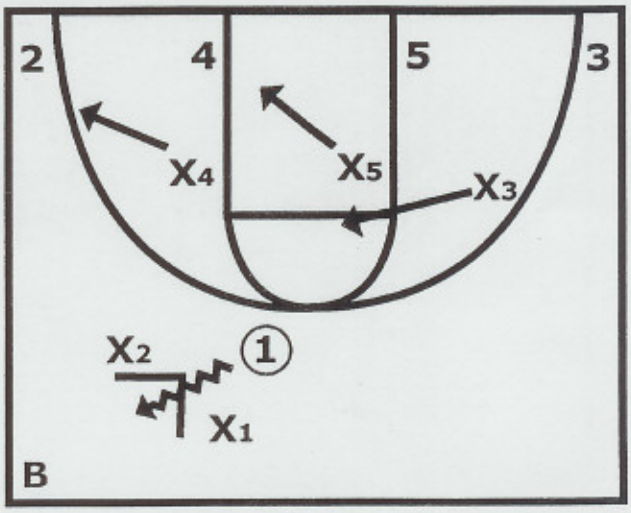


2ND ANNUAL B.C. BASKETBALL RETREAT

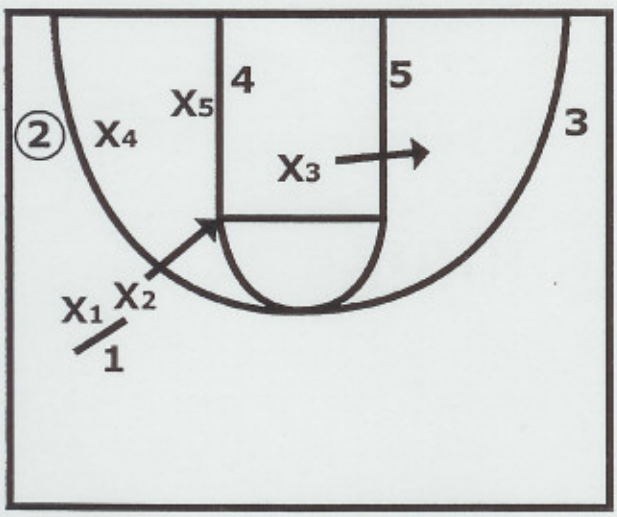
MAN DEFENSE - DIAGRAM 17



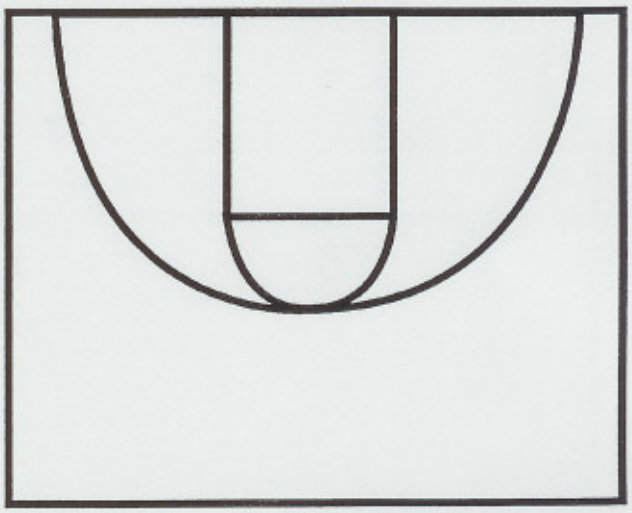
X1 forces **1** to his weak hand. X2 "blitzes" **1**.



As the blitz occurs, X4 rotates to intercept **1**'s pass from his weakhand. X3, X5 also rotate ballside.

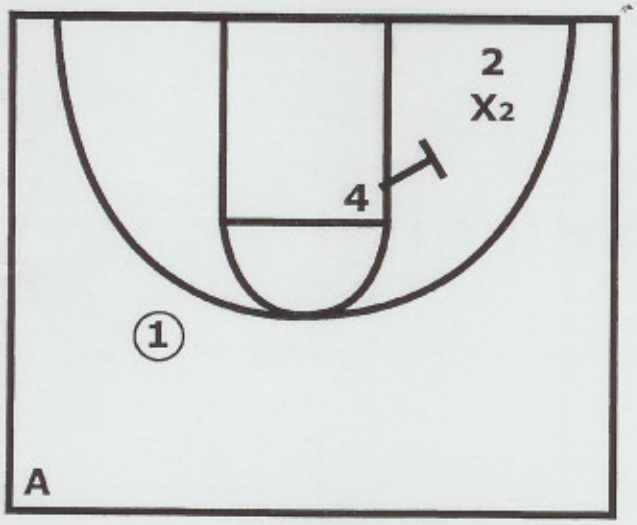


X1 denies **1** the ball if the pass is completed. X2 recovers back to the foul line area.

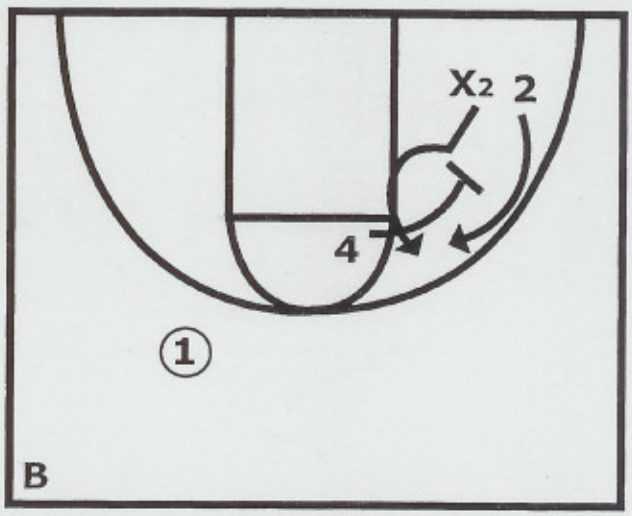


2ND ANNUAL B.C. BASKETBALL RETREAT

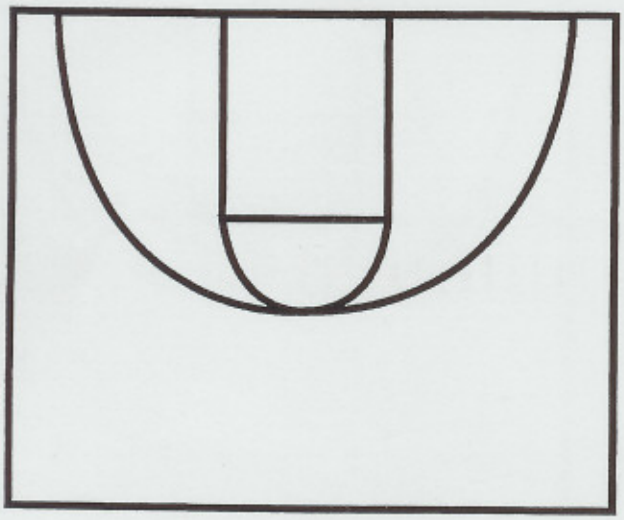
MAN DEFENSE - DIAGRAM 19

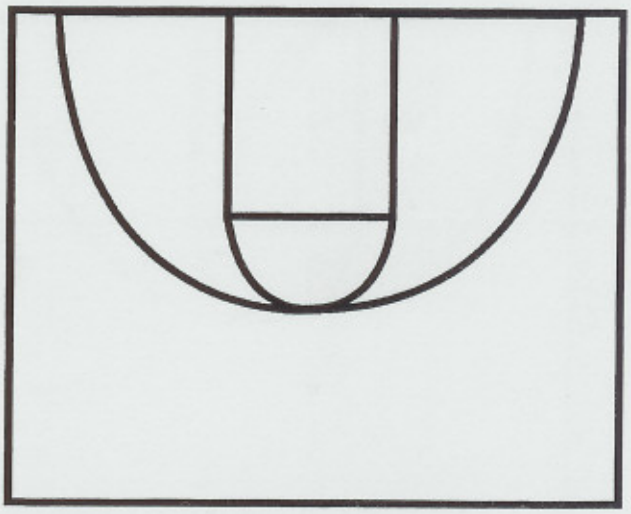


X2 positions himself above **2**, therefore not allowing him to use the **4** screen.



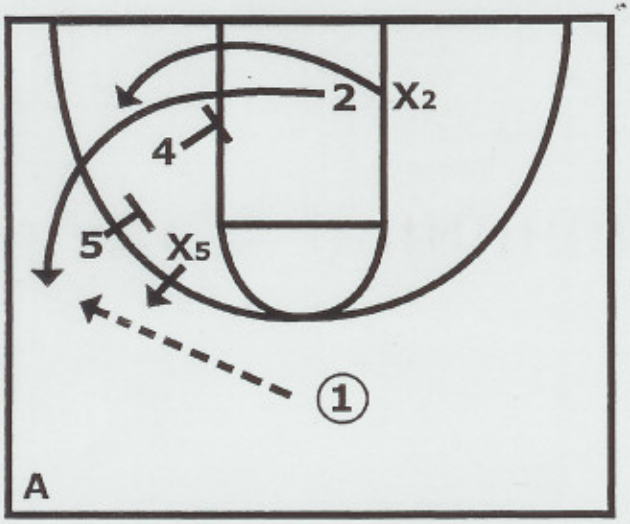
X2 "trails" to the level of the screen by **4** then goes inside **4** to prevent a curl cut.



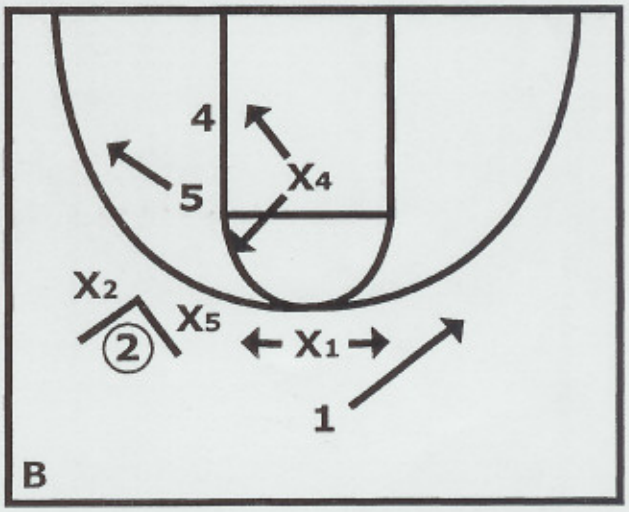


2ND ANNUAL B.C. BASKETBALL RETREAT

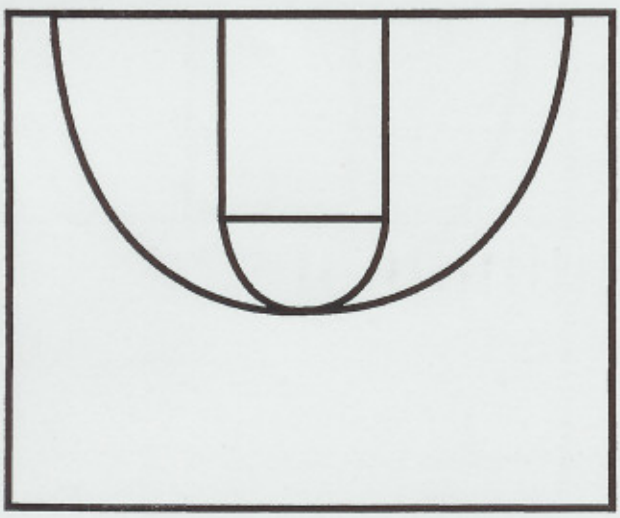
MAN DEFENSE - DIAGRAM 20

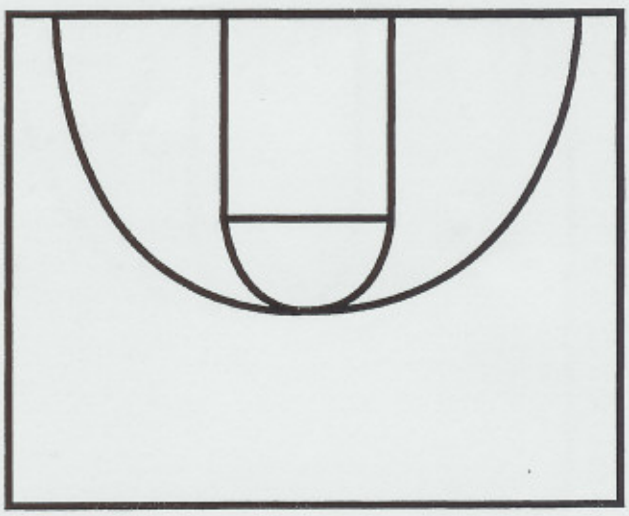


On the flight of the pass **X5** stunts hard and early, **X2** trails hard.



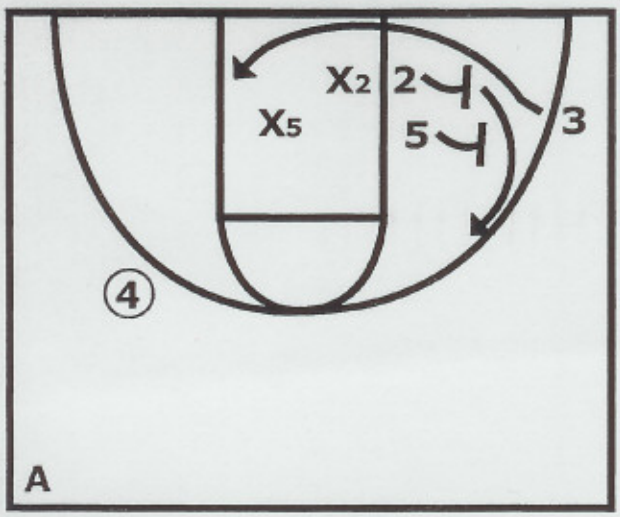
As **2** catches the pass, **X5**, **X2** trap, **X4** zones up, and **X1** jumps to the ball and then covers back to **1**.

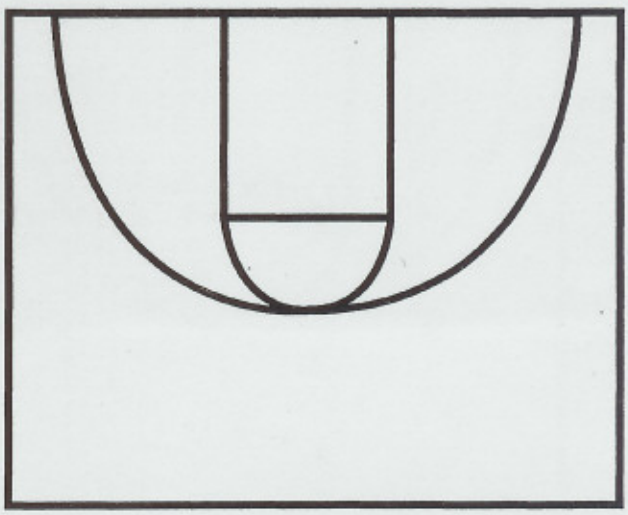




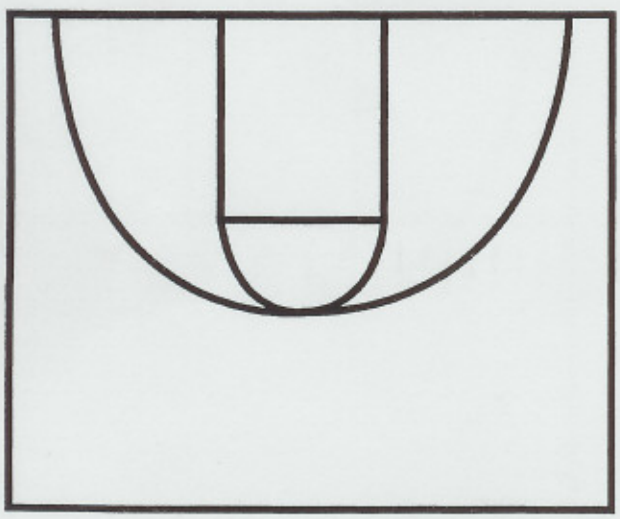
2ND ANNUAL B.C. BASKETBALL RETREAT

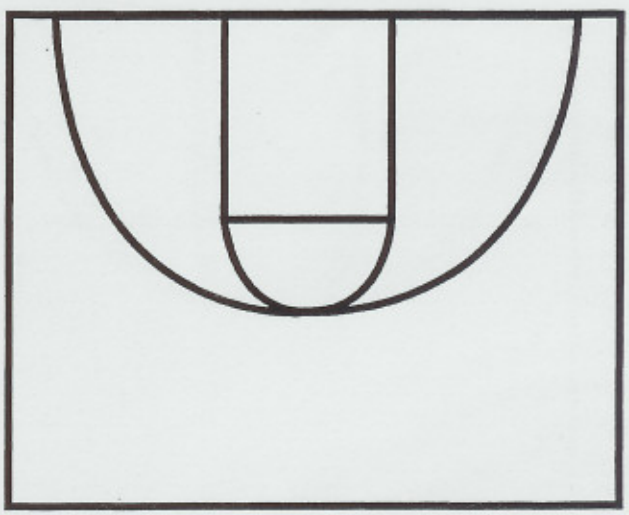
MAN DEFENSE - DIAGRAM 23





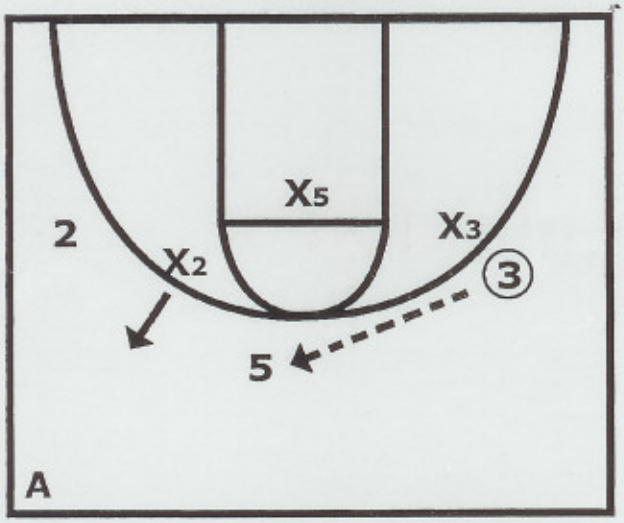
As **2** and **5** set a double screen, **X2** "squeezes" and **X5** zones up. **X2** is now in a better position to "trail" **2** as **2** begins to move toward a screen.

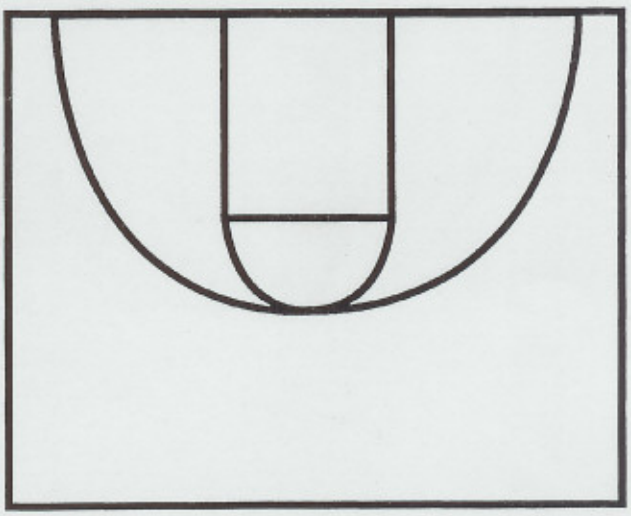




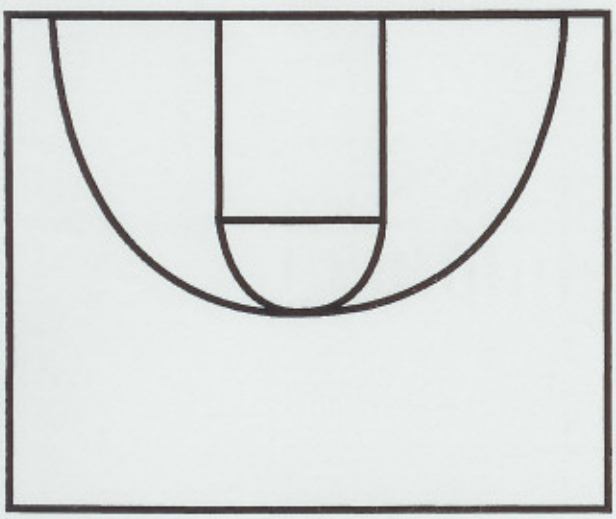
2ND ANNUAL B.C. BASKETBALL RETREAT

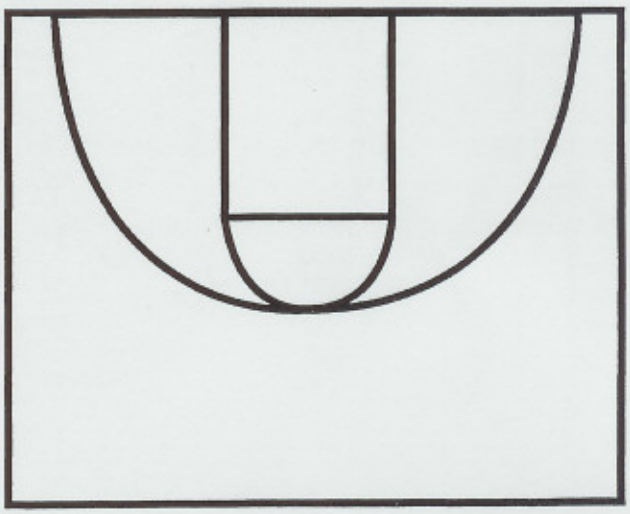
MAN DEFENSE - DIAGRAM 24





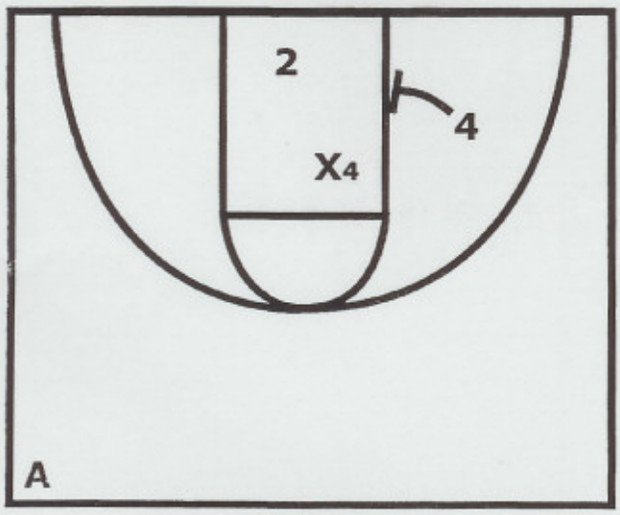
X5 lets **5** catch the pass. As **5** looks to reverse the ball to **2**, **X2** denies **2** the catch, making **5** a "decision maker".

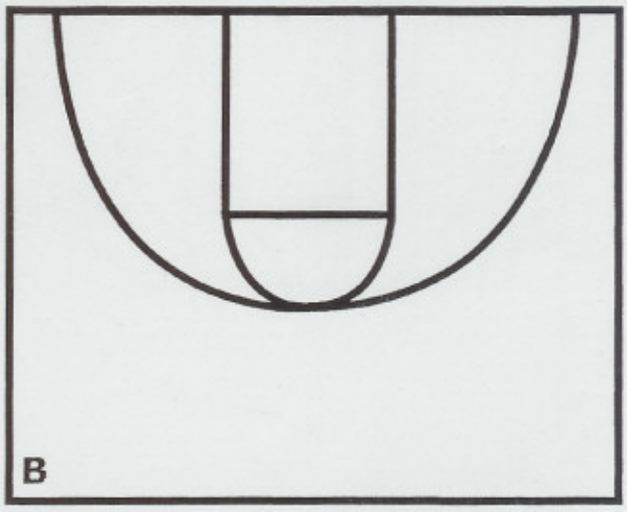




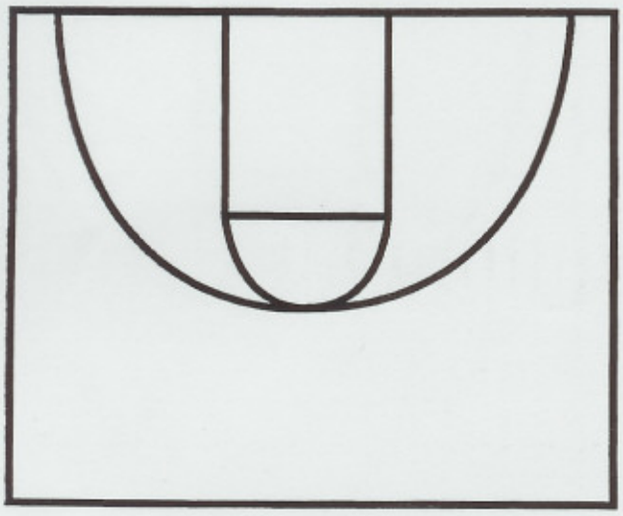
2ND ANNUAL B.C. BASKETBALL RETREAT

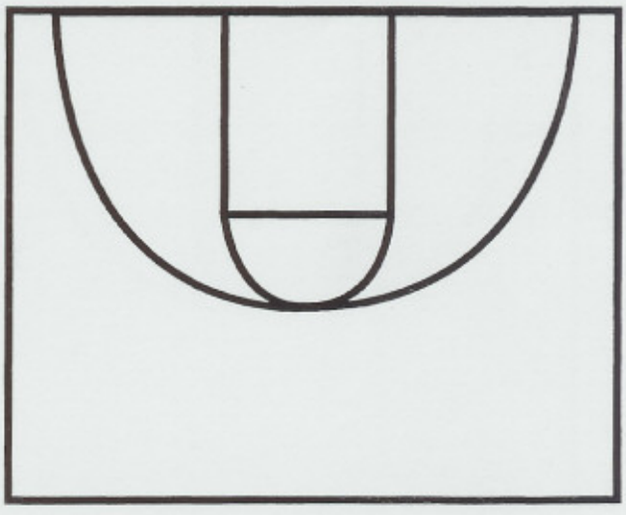
MAN DEFENSE - DIAGRAM 27





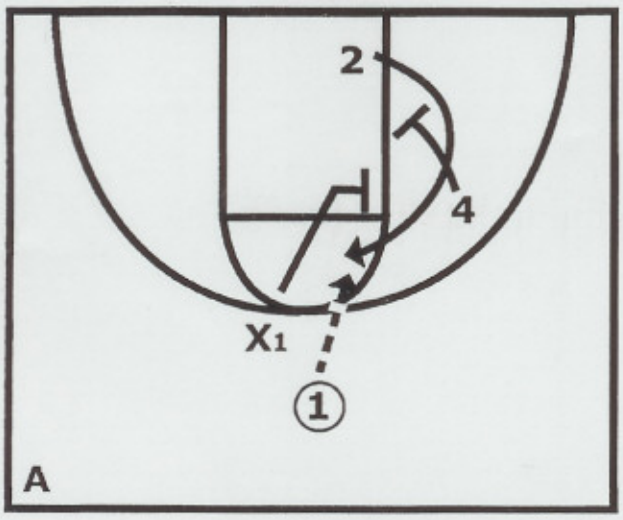
4 sets a screen below the block. **X4** always stays on the line and up the line and stays above the block.

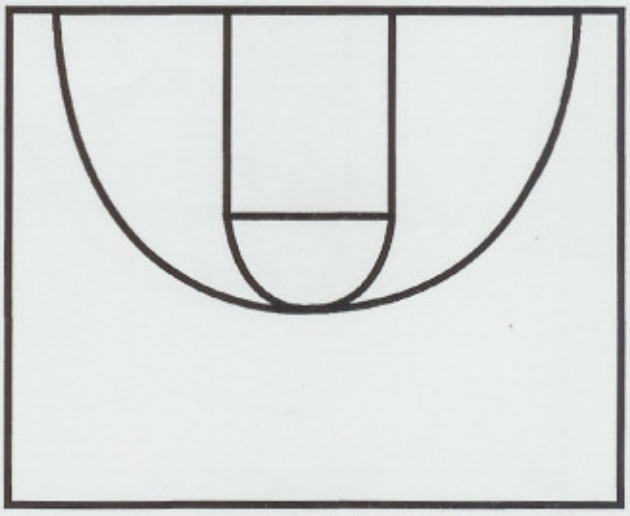




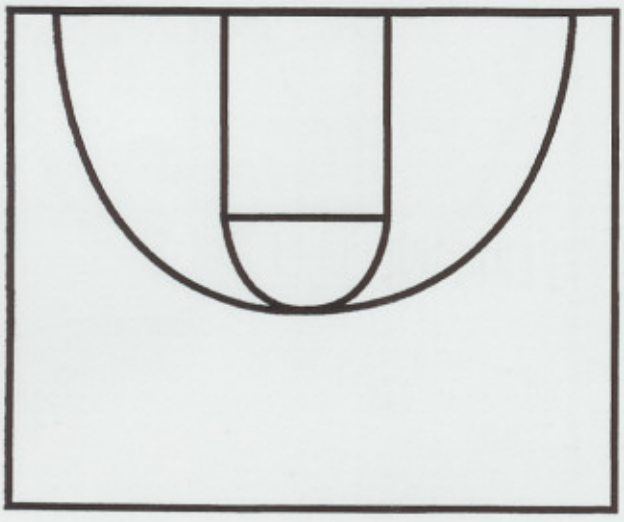
2ND ANNUAL B.C. BASKETBALL RETREAT

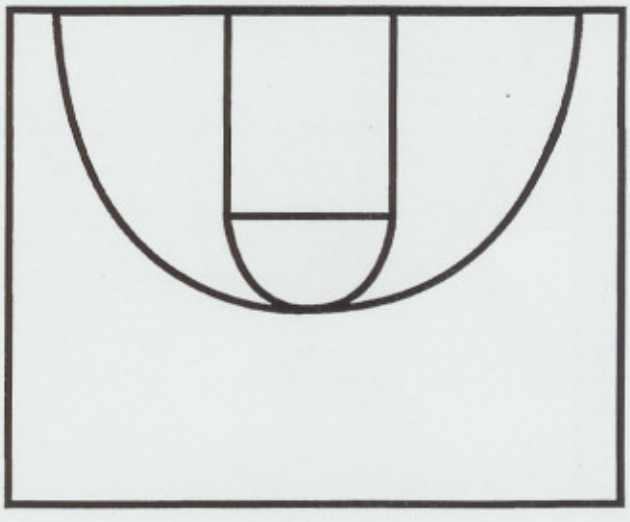
MAN DEFENSE - DIAGRAM 28





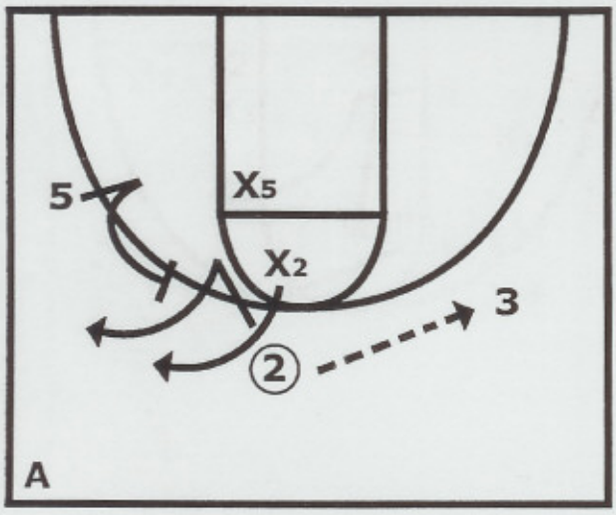
2 curls high off of **4**. **X1** must pressure the passer then disrupt the high curl catch by **2**.

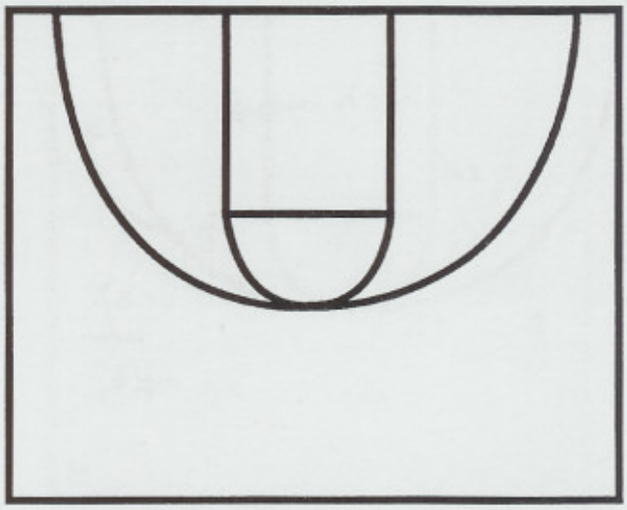




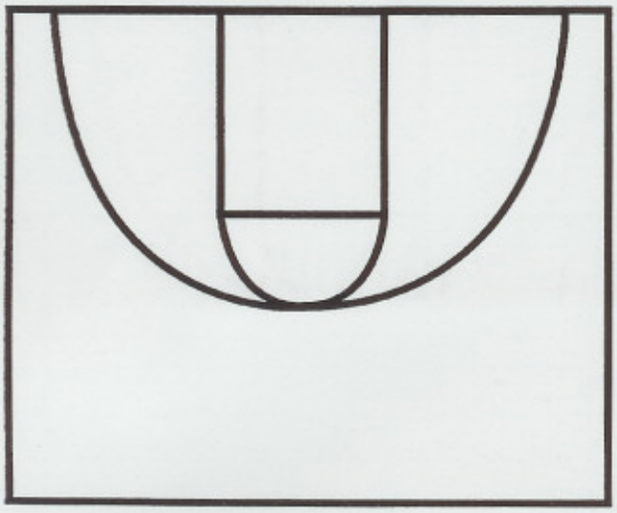
2ND ANNUAL B.C. BASKETBALL RETREAT

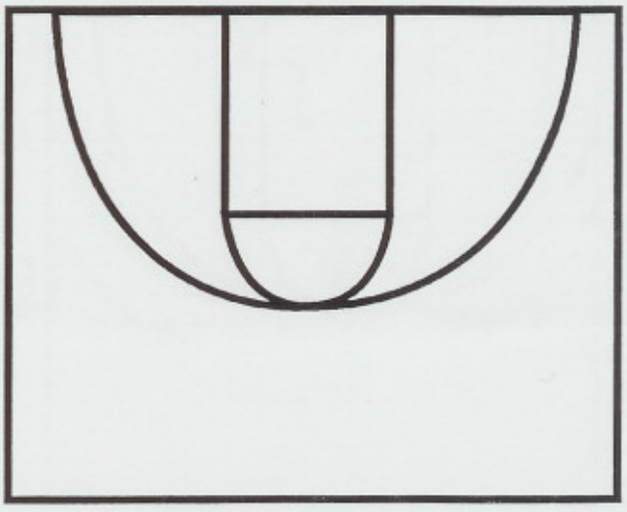
MAN DEFENSE - DIAGRAM 29





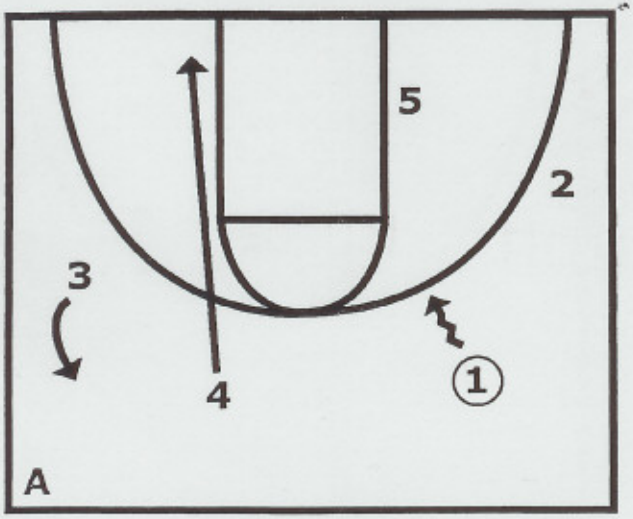
As **2** uses **5**'s flare screen, **X2** trails **2** and **X5** zones up toward the ball to prevent a curl by **2** and a slip to the basket by **5**.



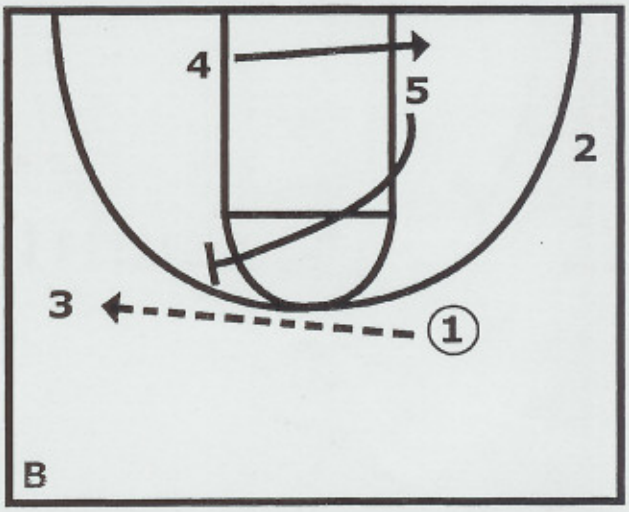


2ND ANNUAL B.C. BASKETBALL RETREAT

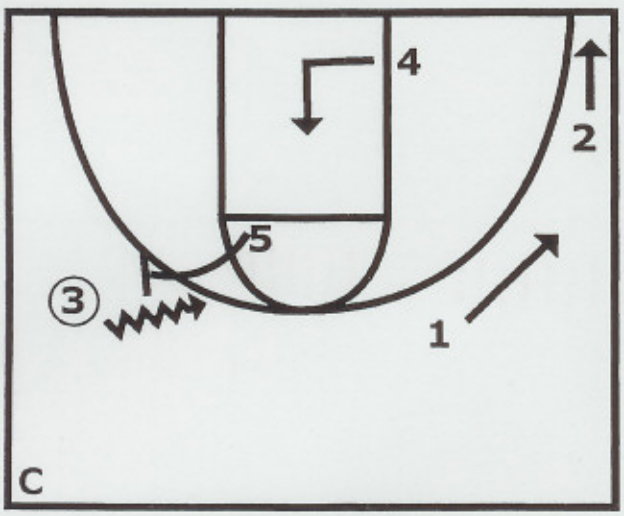
ZONE OFFENSE - DIVE vs ZONE - BROWN



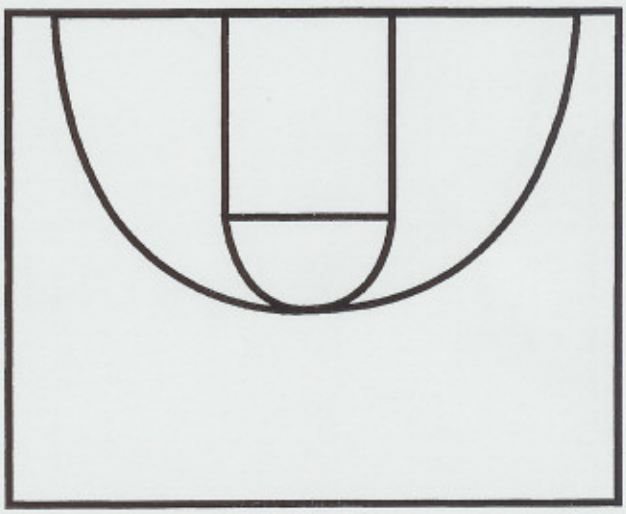
4 goes backdoor into the lane. **3** pops out.



1 passes to **3**. **5** sprints to set a ballscreen on the zone. **4** goes under the basket.

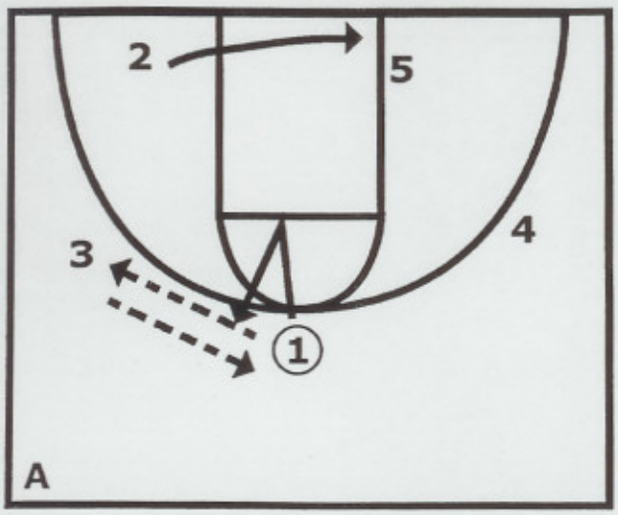


3 uses the ballscreen. **4** ducks in as **1**, **2** move to an open area away from **3**'s penetration.

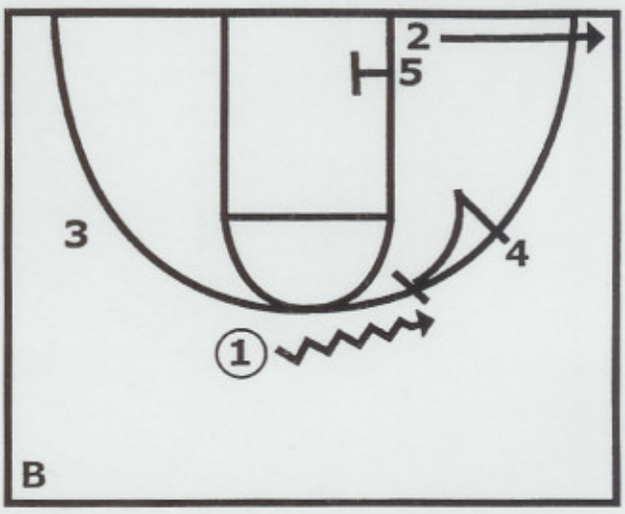


2ND ANNUAL B.C. BASKETBALL RETREAT

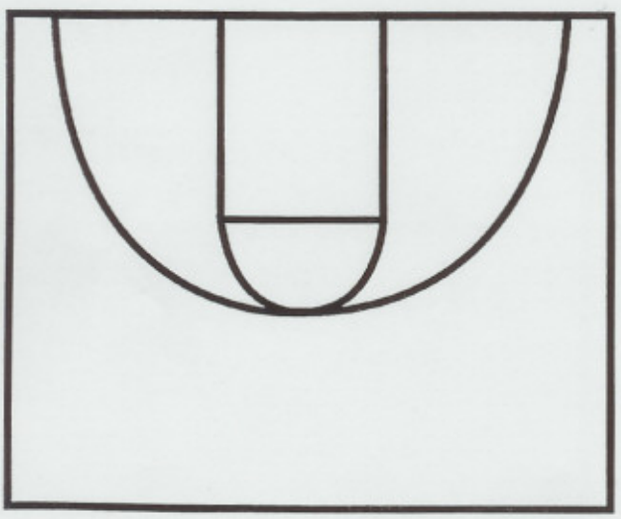
ZONE OFFENSE - BALLSCREEN - BROWN

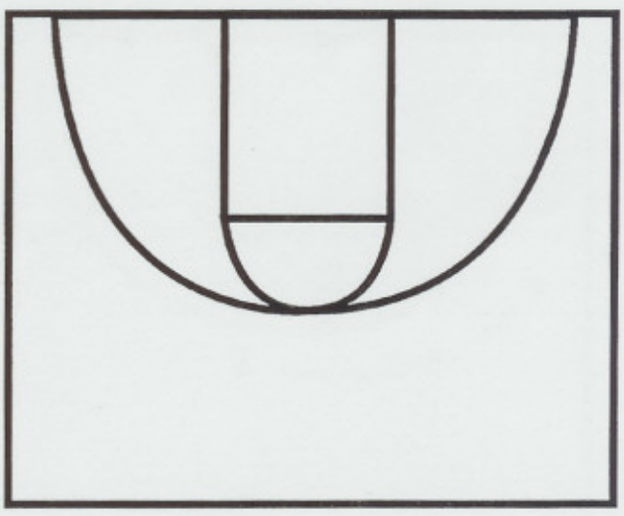


1 passes to **3**. **3** passes back to **1**. **2** begins to cut through the lane.



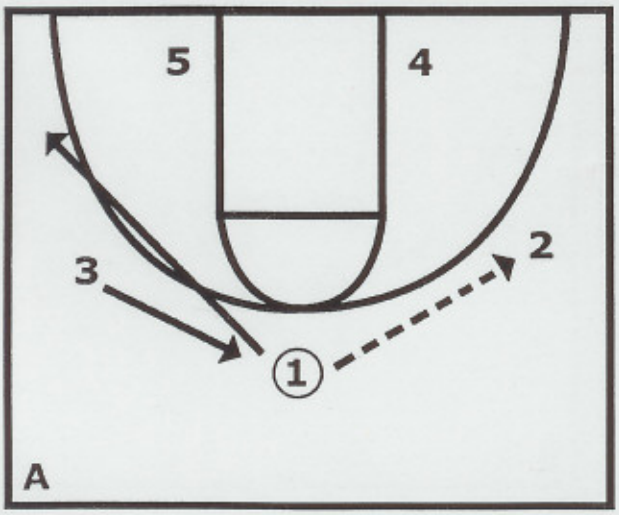
4 sets a ballscreen for **1**. **1** uses the ballscreen as **5** screens and posts, **2** cuts into the corner.



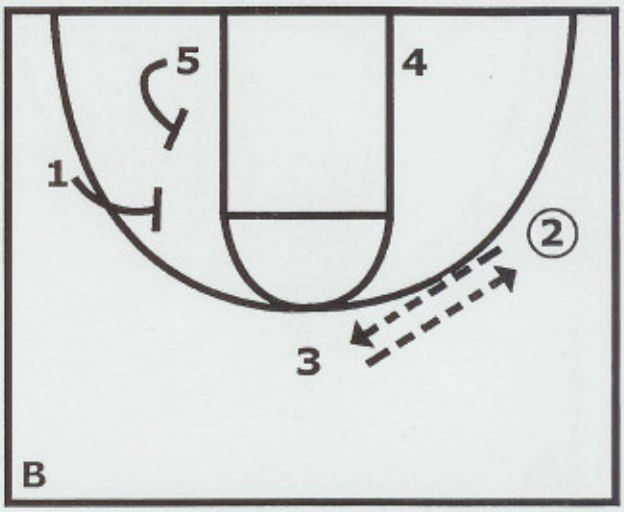


2ND ANNUAL B.C. BASKETBALL RETREAT

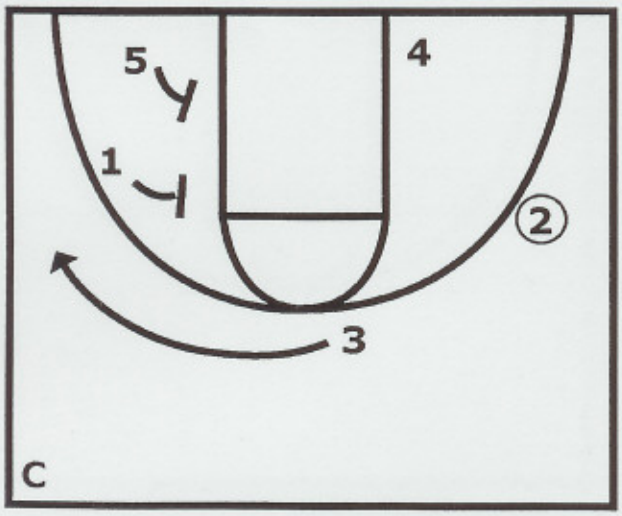
ZONE OFFENSE - DOUBLE FLARE - BROWN



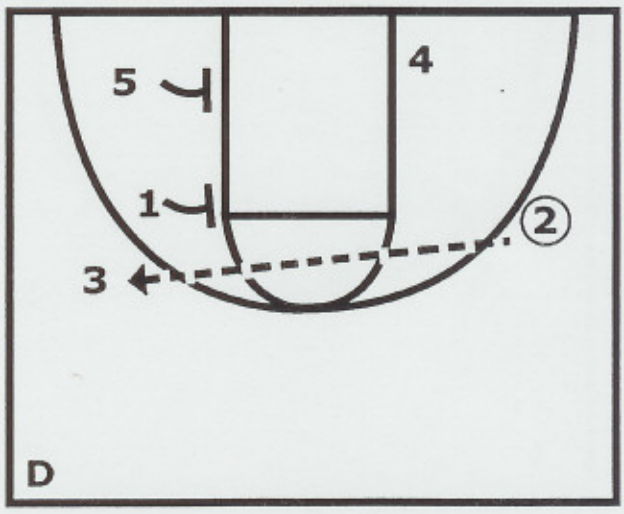
3 out **2** in alignment. **1** passes to **2**. **1** and **3** interchange.



2 passes to **3**. **3** passes back to **2**.



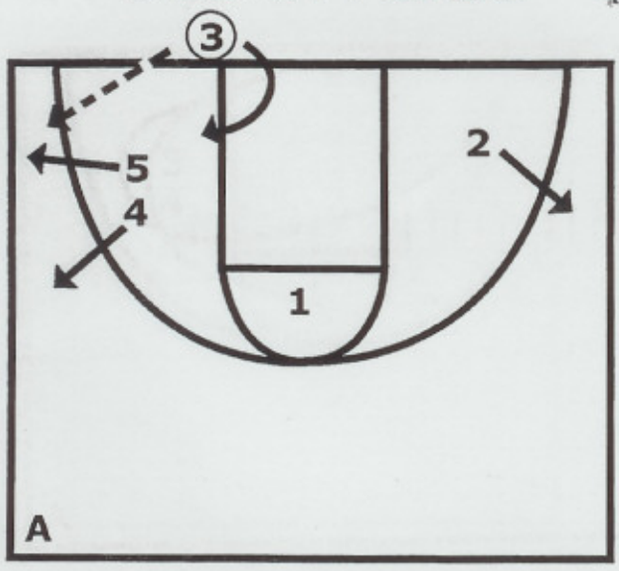
On the catch by **2**, **1** and **5** both "flare screen" the zone for **3**.



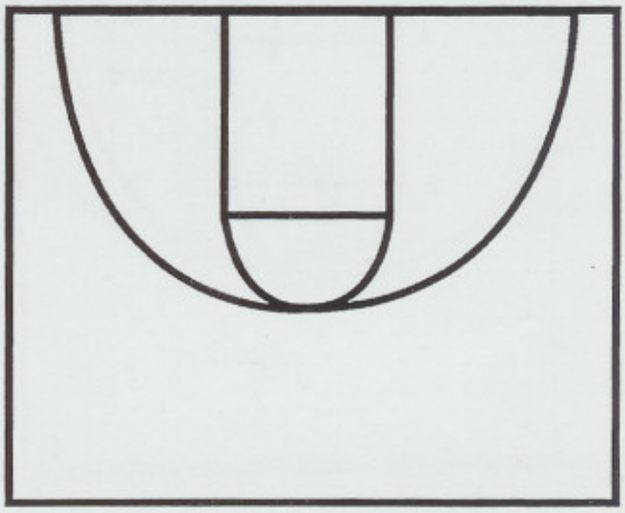
2 passes to **3** for the shot.

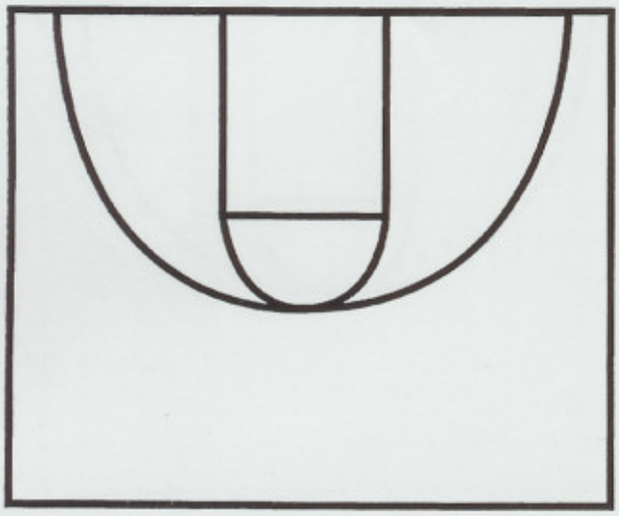
2ND ANNUAL B.C. BASKETBALL RETREAT

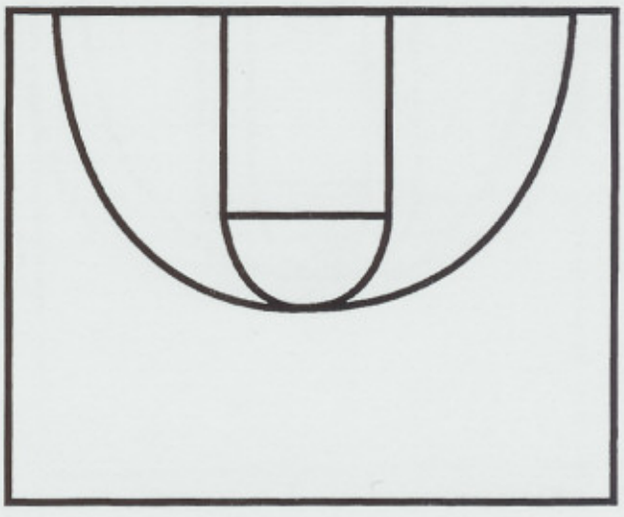
UOB OFFENSE - 3 STEPS IN - CALIPARI



5 and **4** pop out of their stack. **3** passes to **5**, steps in and posts up. **2** breaks out opposite.

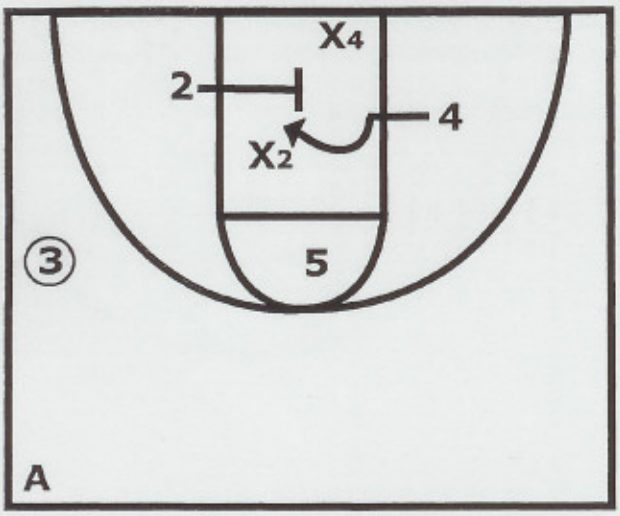




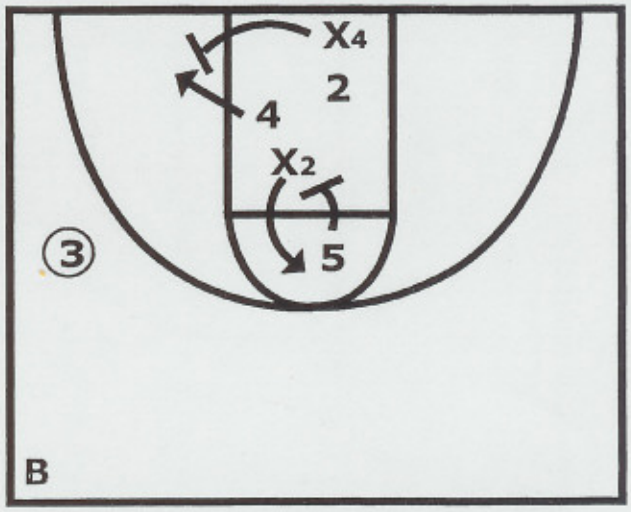


2ND ANNUAL B.C. BASKETBALL RETREAT

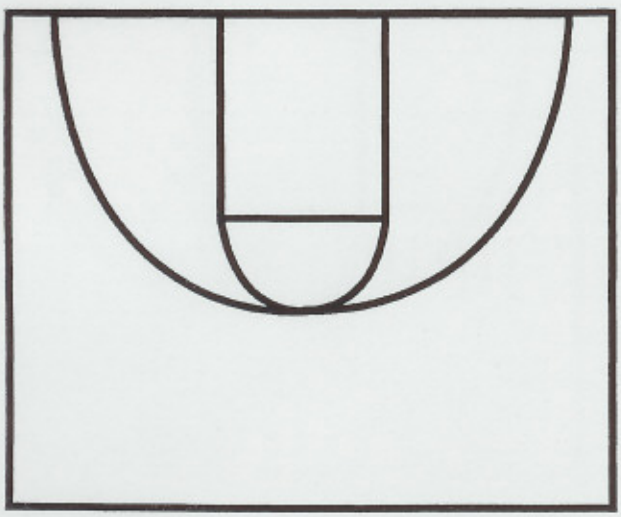
MAN DEFENSE - DIAGRAM 35

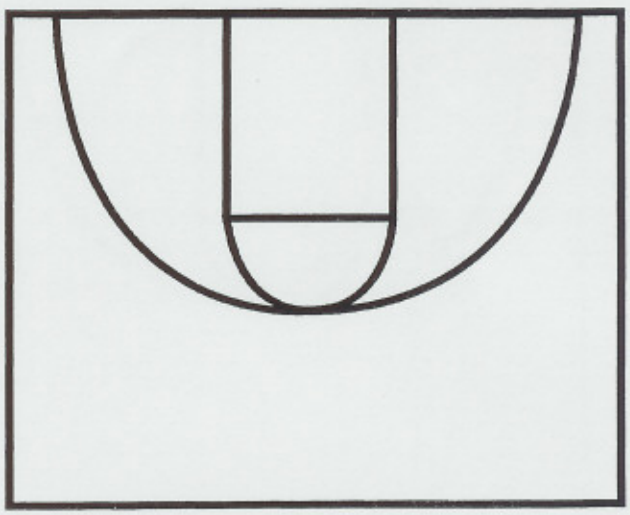


As **2** screens across for **4**, **X4** "jumps low" to avoid the **2** screen. **X2** bumps high.



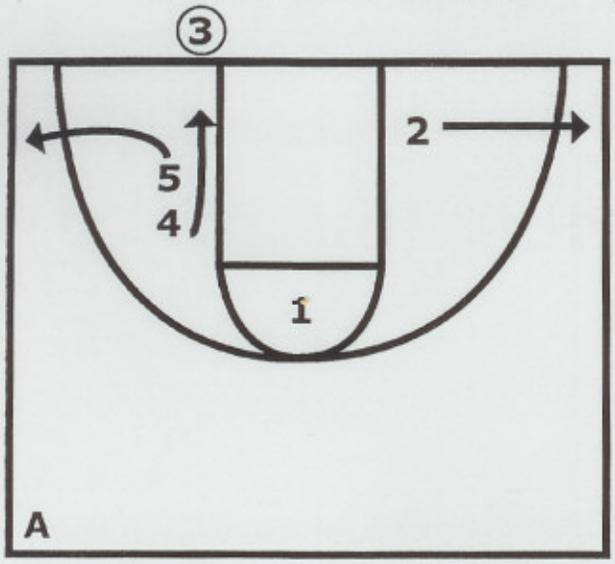
As **4** cuts to the ballside block, **X4** fronts. As **2** uses **5**'s downscreen, **X2** is in a better position to prevent **2** from using **5** for a shot because he bumped "high".



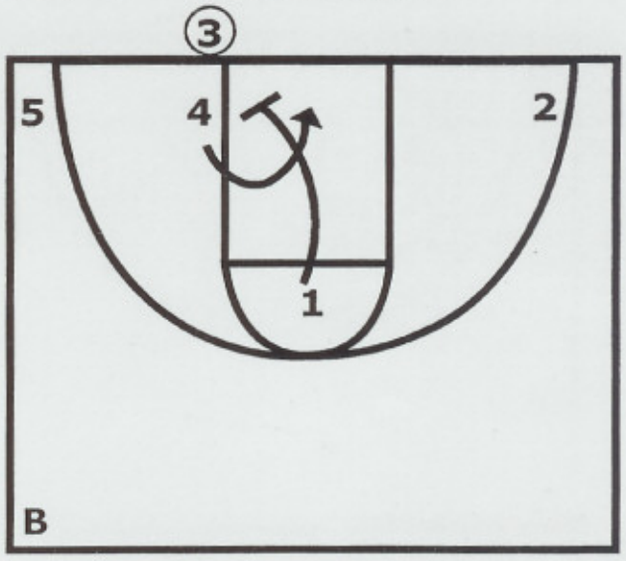


2ND ANNUAL B.C. BASKETBALL RETREAT

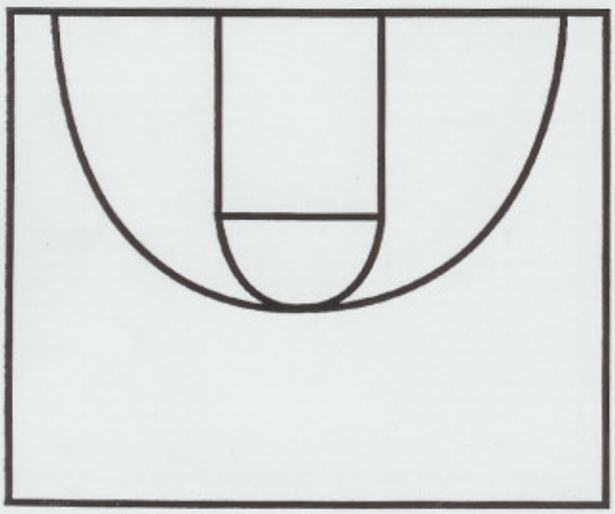
UOB OFFENSE - LOB TO 4 - CALIPARI

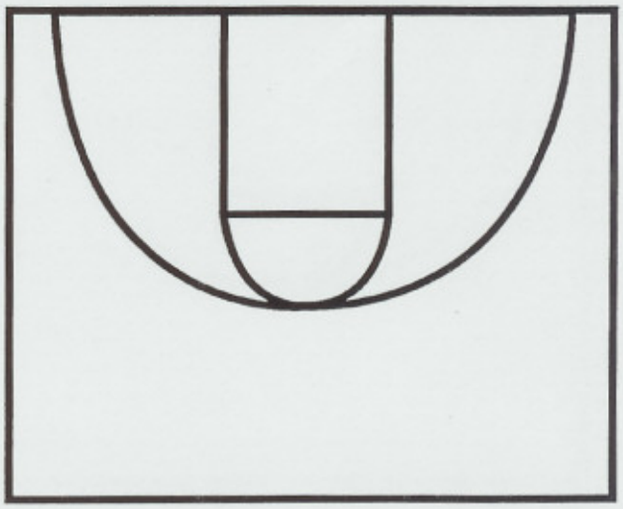


5 breaks out as **4** comes to the ball. **2** pops out opposite.



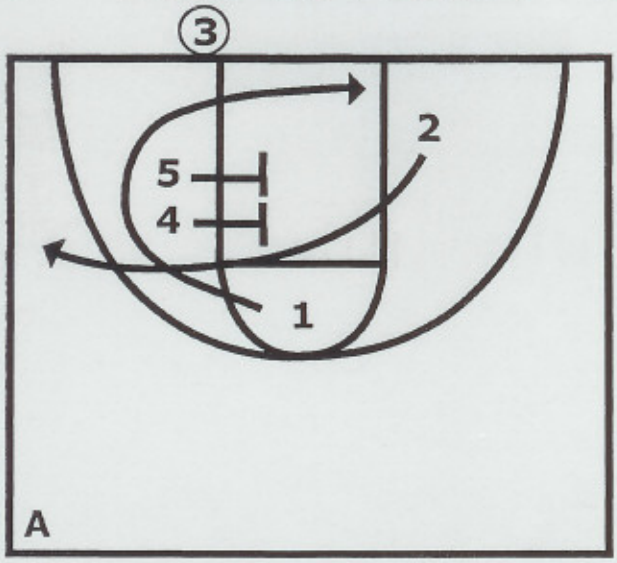
1 back screens for **4**. **4** turns out for a lob from **3**.

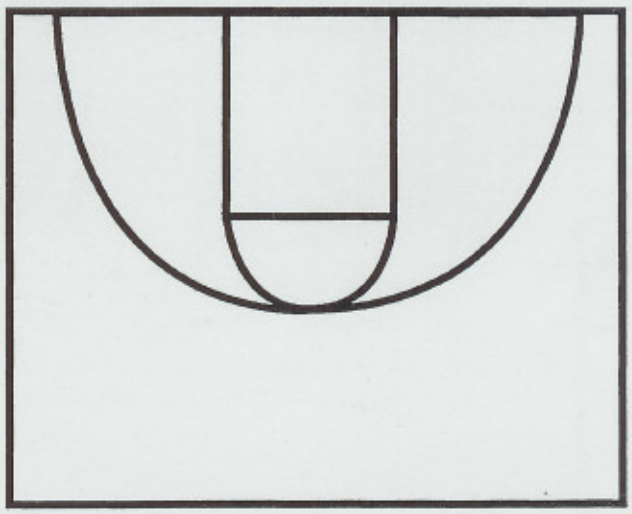




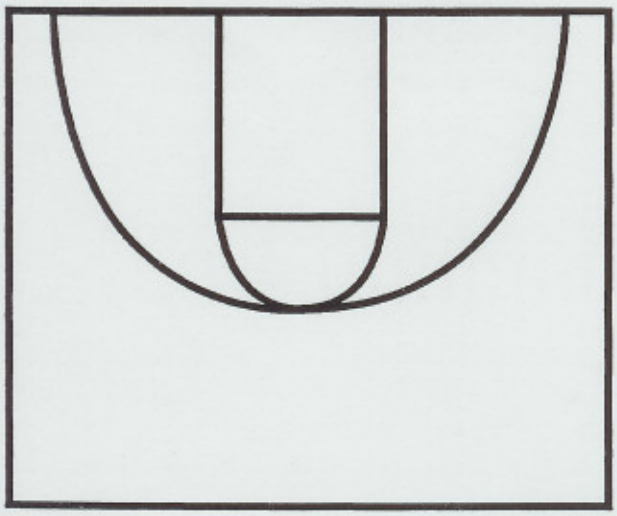
2ND ANNUAL B.C. BASKETBALL RETREAT

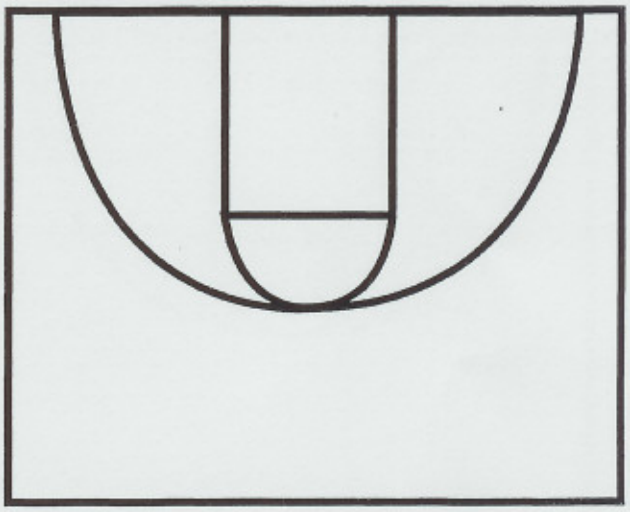
UOB OFFENSE - 5, 4 FOR 2 - CALIPARI





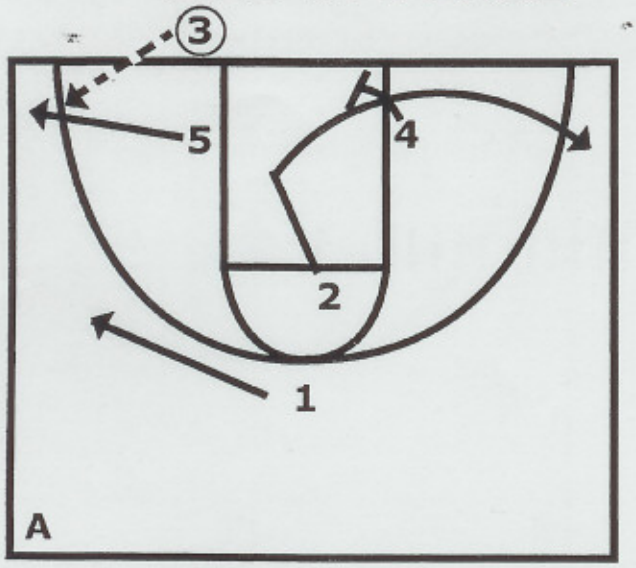
1 circles around **5** and **4**.
2 follows **1** and sprints off of **5** and **4** for a shot.



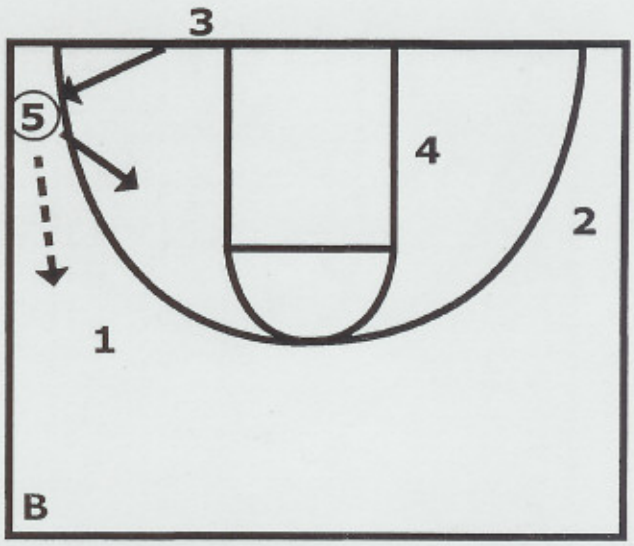


2ND ANNUAL B.C. BASKETBALL RETREAT

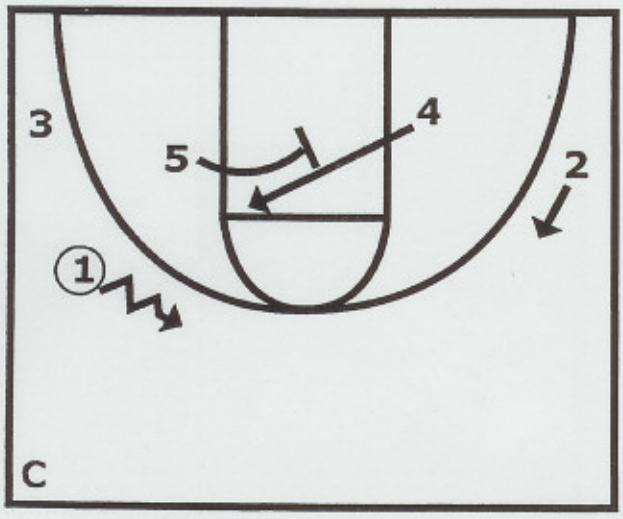
UOB OFFENSE - vs ZONE - CALIPARI



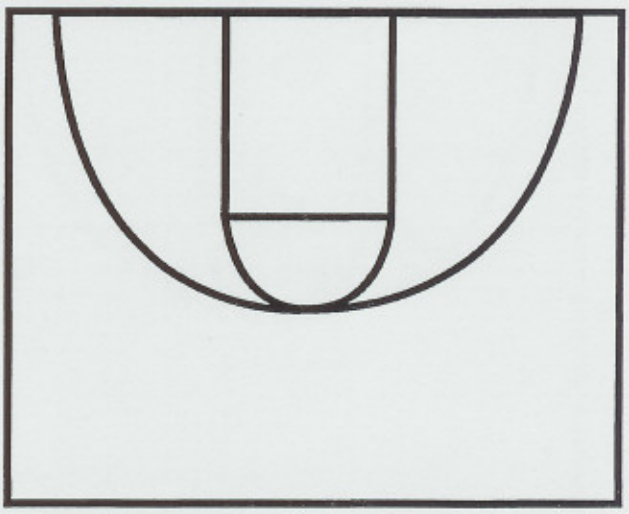
5 pops out and **1** breaks wide to be a receiver for **3**. **2** cuts down the lane and out weak side. **3** passes to **5**.



5 passes to **1** and then cuts into the middle of the lane. **3** replaces **5**.

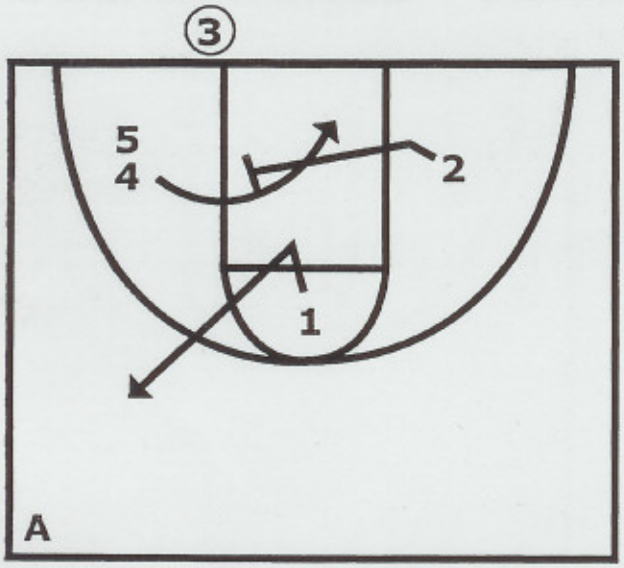


As **5** screens the middle of the zone, **4** flashes. **1** can pass to either **3** or **4**.

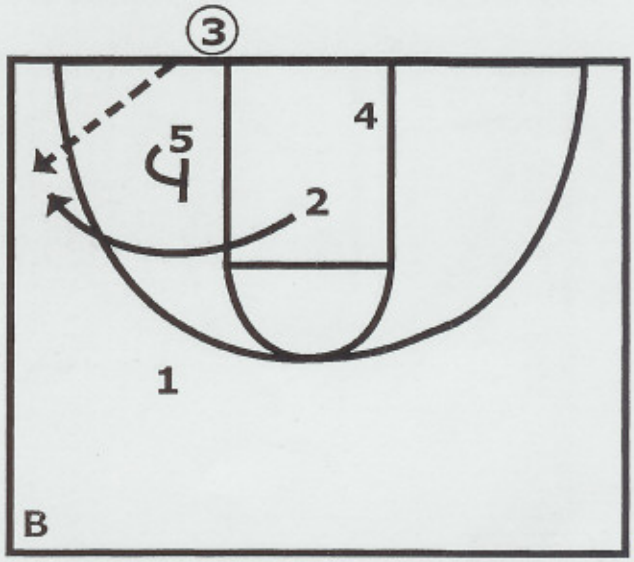


2ND ANNUAL B.C. BASKETBALL RETREAT

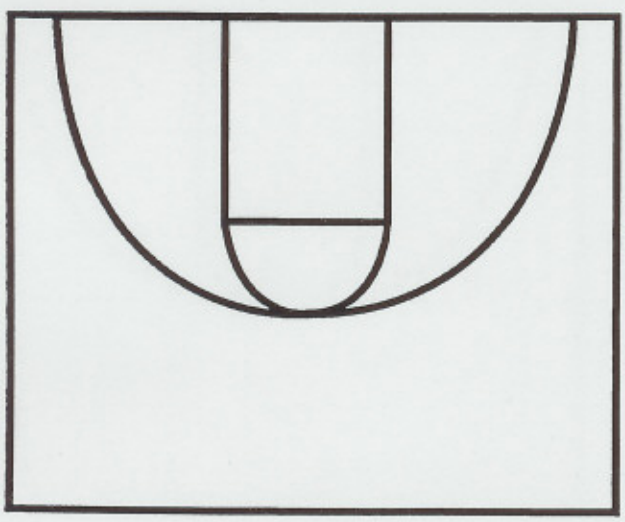
UOB OFFENSE - SCREEN SCREENER - CALIPARI

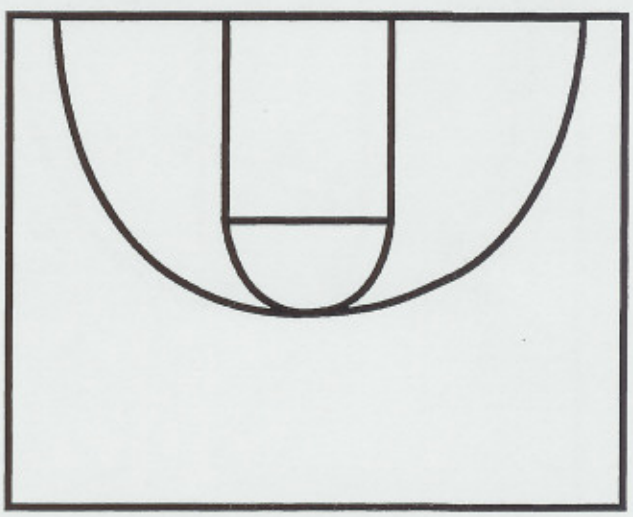


2 back screens for **4**. **1** pops out.



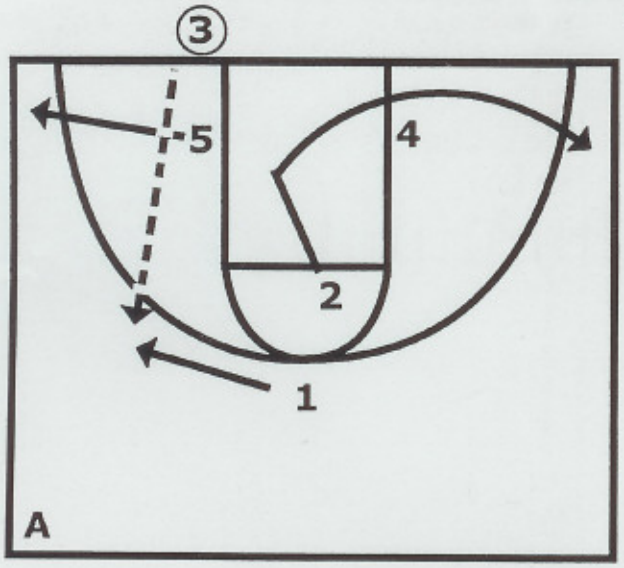
5 then screens for **2**.



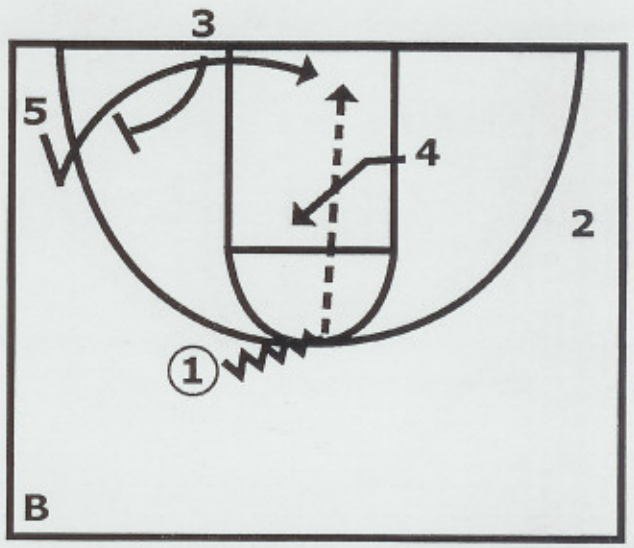


2ND ANNUAL B.C. BASKETBALL RETREAT

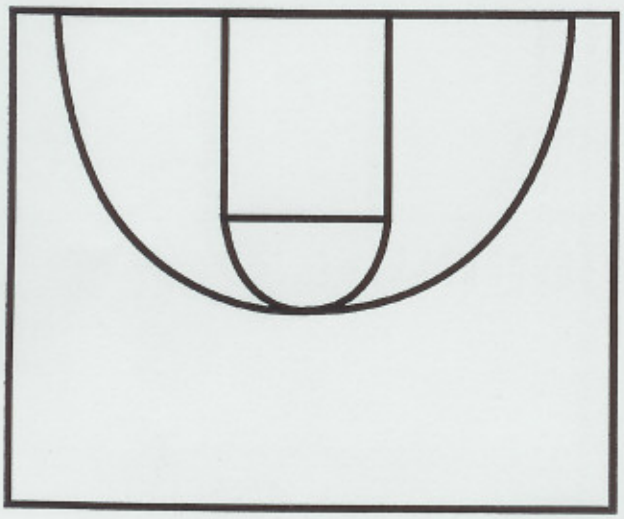
UOB OFFENSE - LOB vs ZONE - CALIPARI

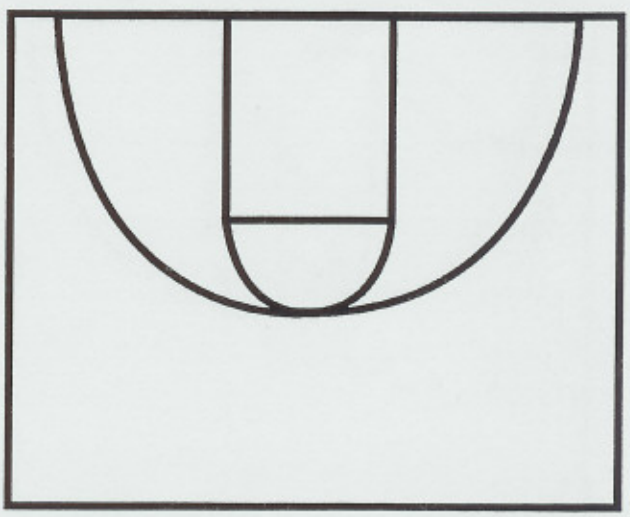


5 pops out and **1** breaks wide to be a receiver for **3**. **2** cuts down the lane and out weakside. **3** passes to **1**.



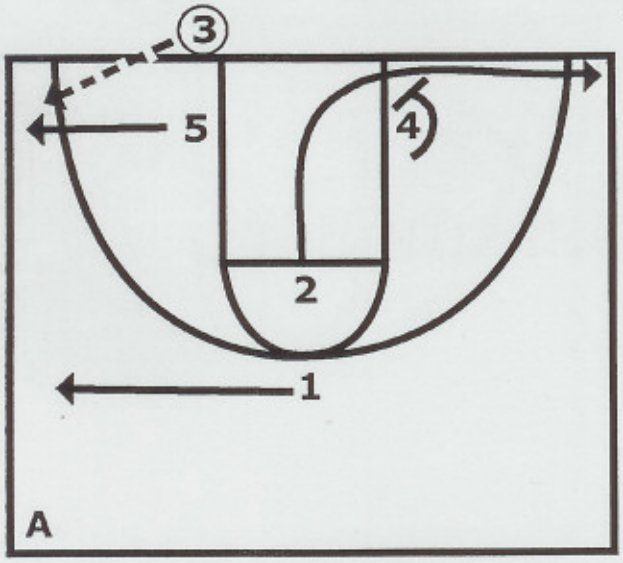
4 flashes to the middle as **1** dribbles middle. **3** back screens for **5** for a lob from **1**.



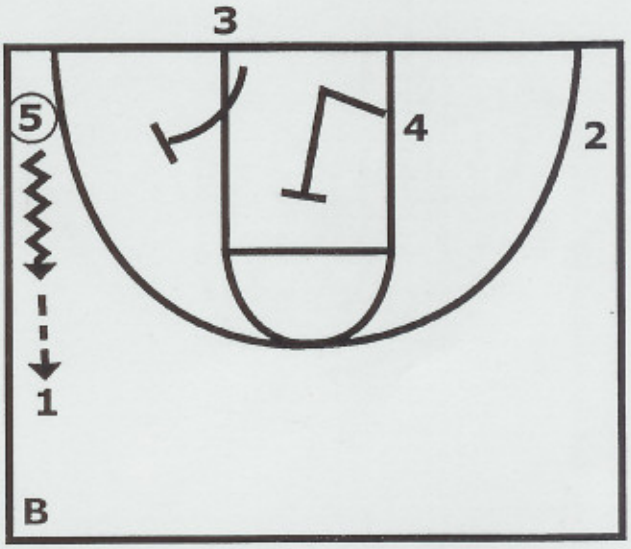


2ND ANNUAL B.C. BASKETBALL RETREAT

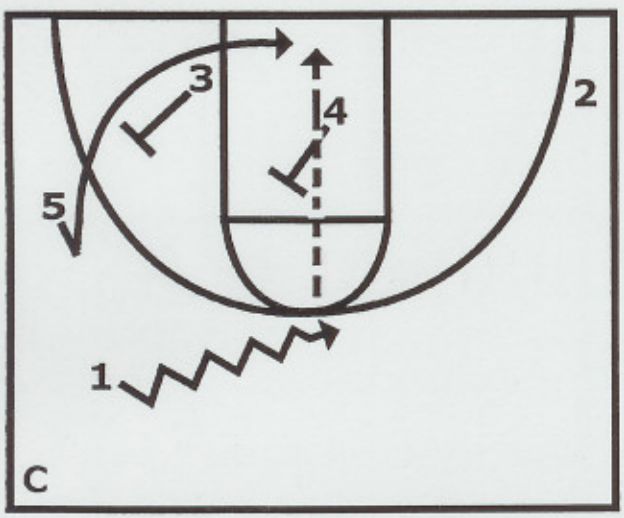
UOB OFFENSE - LOB vs ZONE 2 - CALIPARI



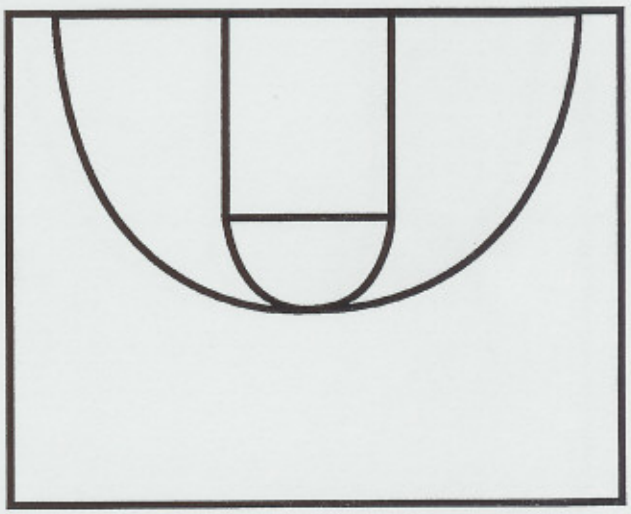
5 breaks out and catches the inbounds pass. **2** cuts down the lane and out opposite. **1** is the safety man.



5 dribbles up and passes to **1**. **3** and **4** position themselves to screen the zone.

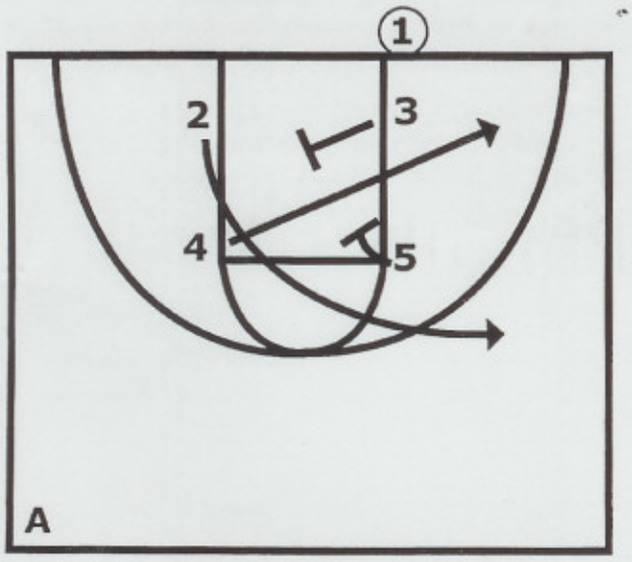


1 dribbles middle. **3** and **4** screen. **5** goes for the lob. **2** spots up.

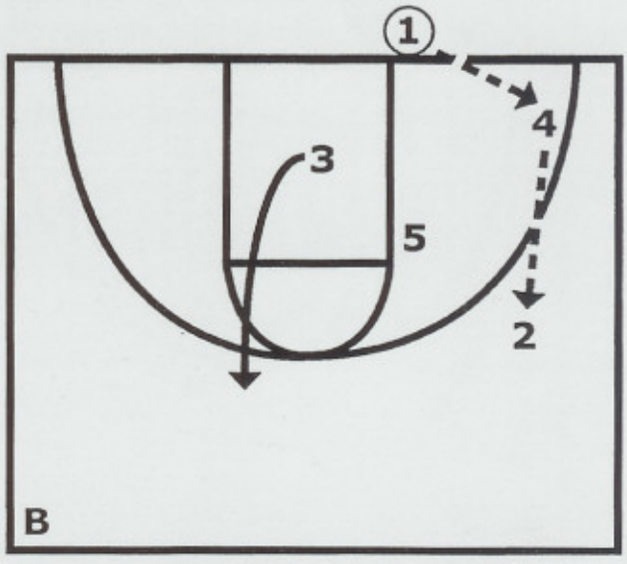


2ND ANNUAL B.C. BASKETBALL RETREAT

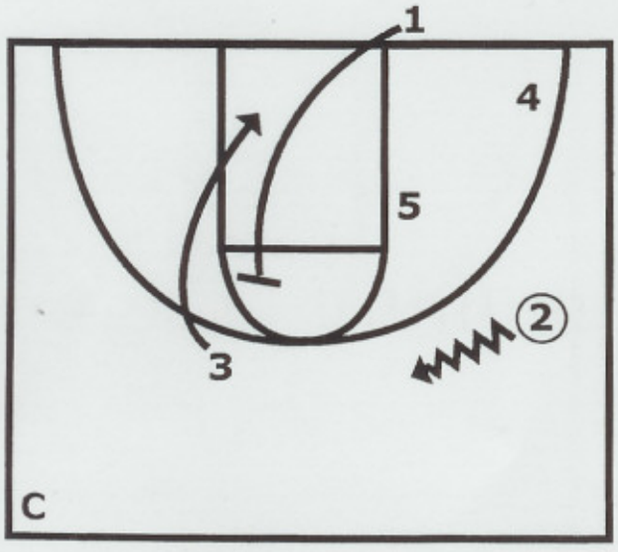
UOB OFFENSE - POST 3 - FLOYD



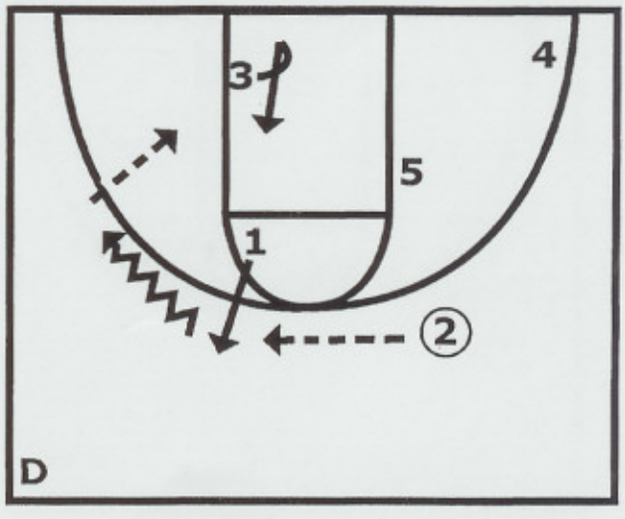
4 cuts off of the **3** screen. **2** rubs off of **4** and then **5**'s screen



1 passes to **4**, **4** passes to **2**. **3** breaks out above the elbow.



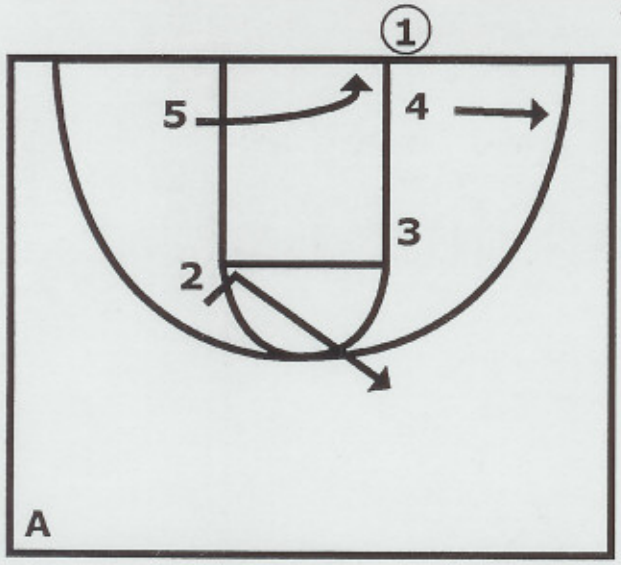
1 backscreens for **3**, **2** looks for a lob.



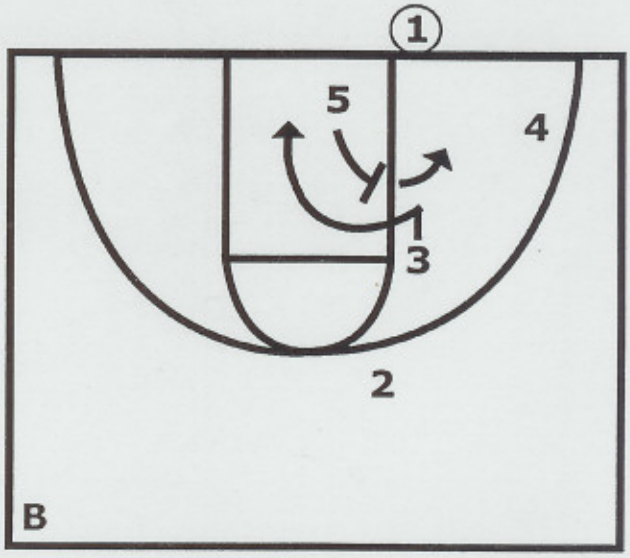
1 pops out. **2** passes to **1**. **3** posts up.

2ND ANNUAL B.C. BASKETBALL RETREAT

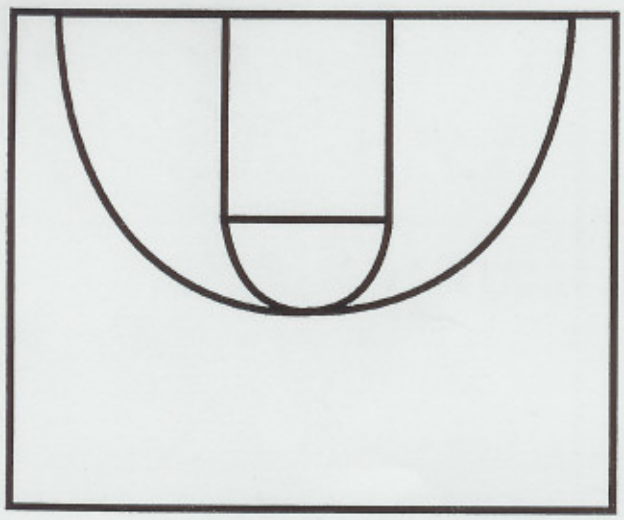
UOB OFFENSE - END OF SHOT CLOCK - FLOYD

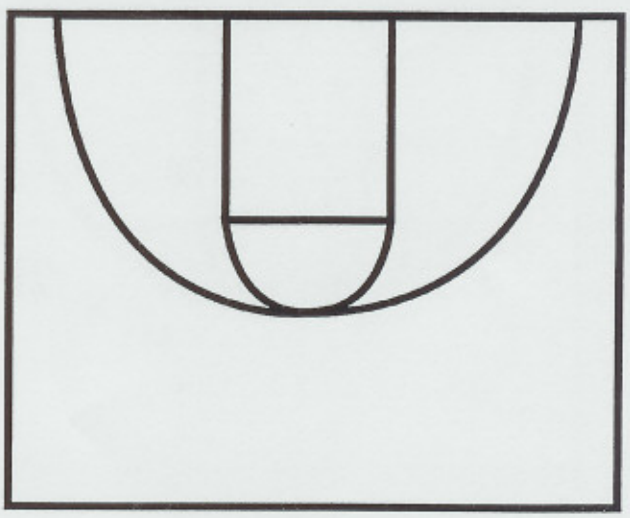


4 pops out, **5** comes across the lane and "asks for the ball".



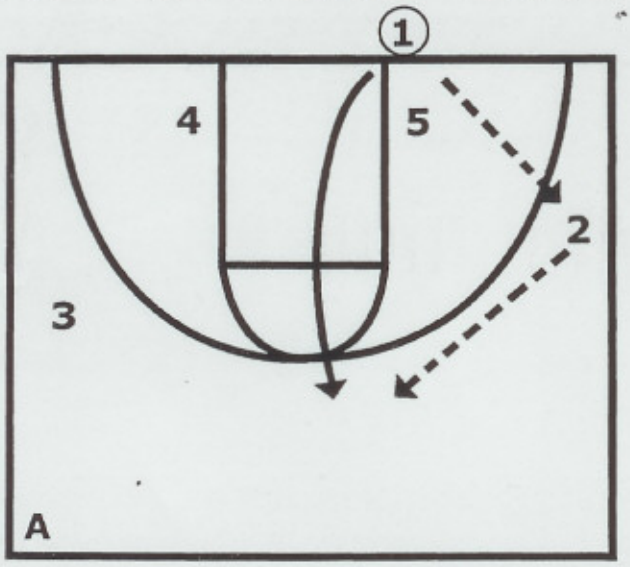
3 steps to the ball then cuts off of **5** for a lay up. **5** then locates.



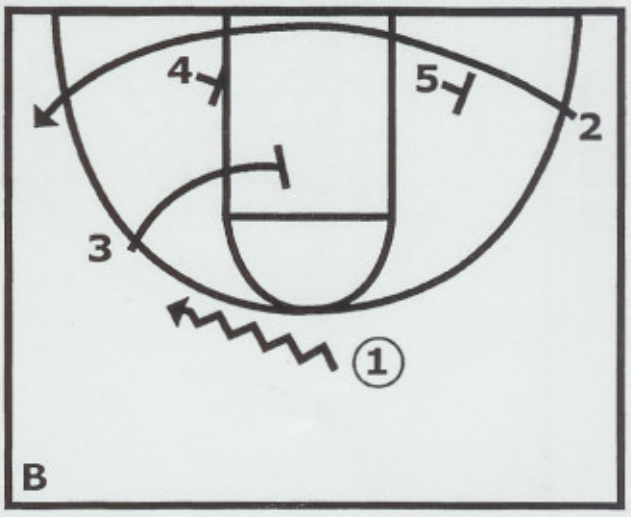


2ND ANNUAL B.C. BASKETBALL RETREAT

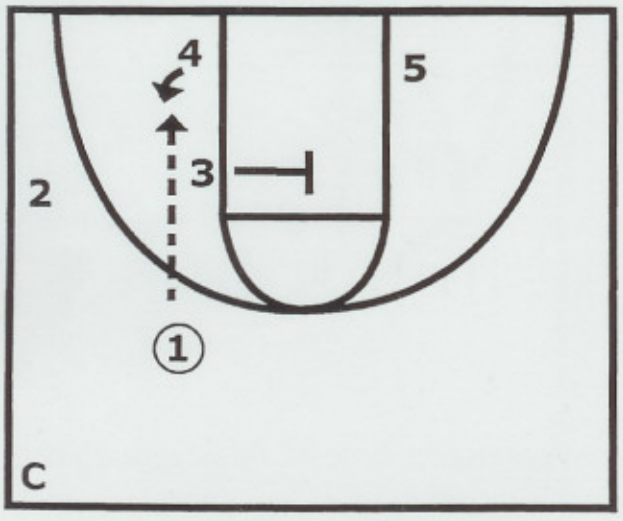
UOB OFFENSE - DIRECT TO 4 vs ZONE - FLOYD



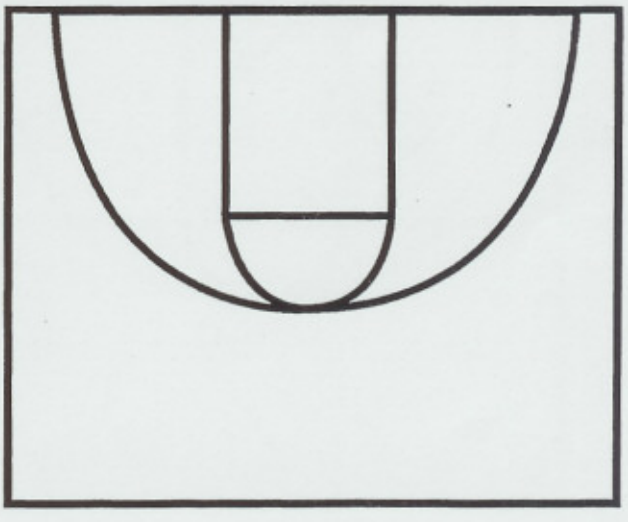
1 takes the ball out. Inbounds to **2** who is wide ballside. After inbounding, **1** goes to the top.



2 passes to **1**. After passing he runs under the basket and out the other side. **3** screens the middle of the zone.

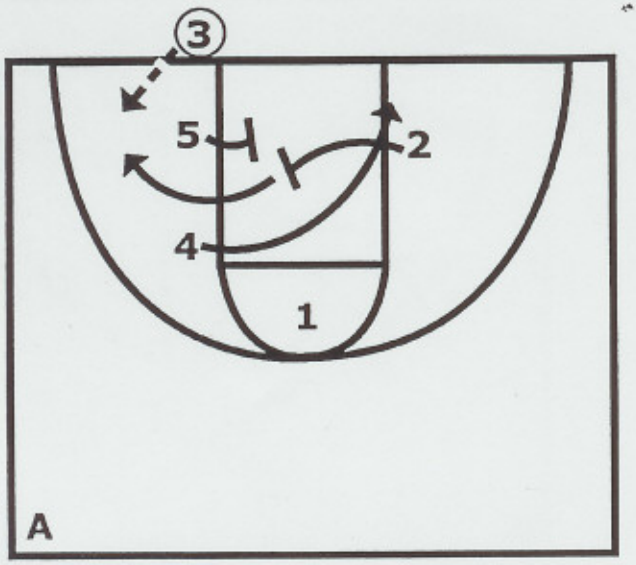


1 looks at **2** and passes to **4** behind the defense.

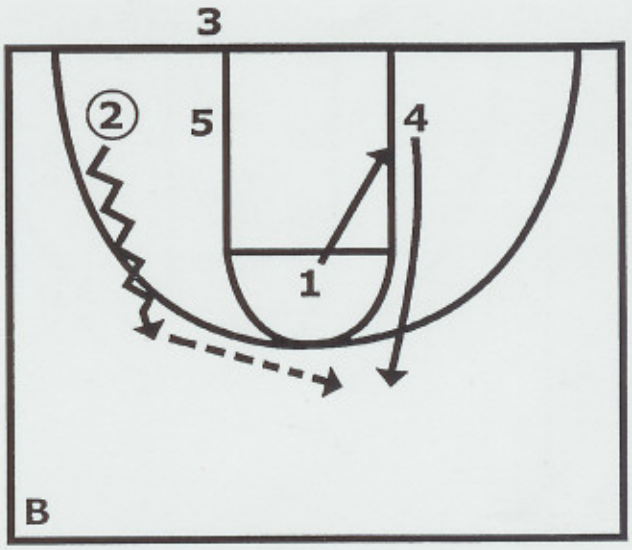


2ND ANNUAL B.C. BASKETBALL RETREAT

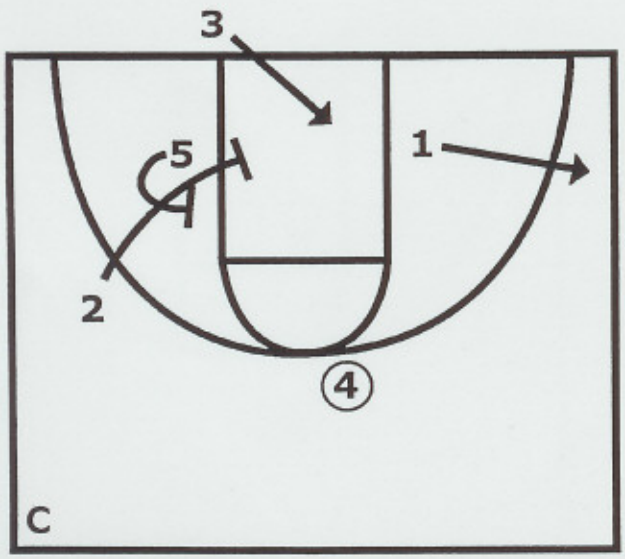
UOB OFFENSE - STAGGER W/ BACKDOOR - TURGEON



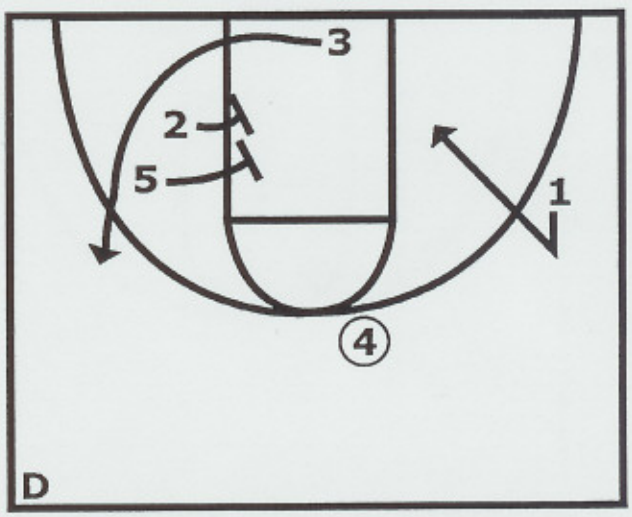
2 back screens for **4**, **5** screens in for **2**. **3** passes to **2**.



1 and **4** interchange. **2** dribbles up and passes to **4**.



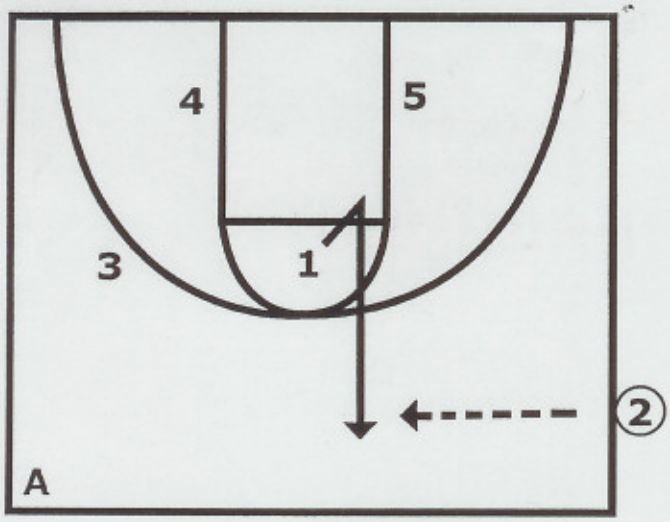
3 steps inbounds as **2** and **5** set their stagger screen. **1** pops out.



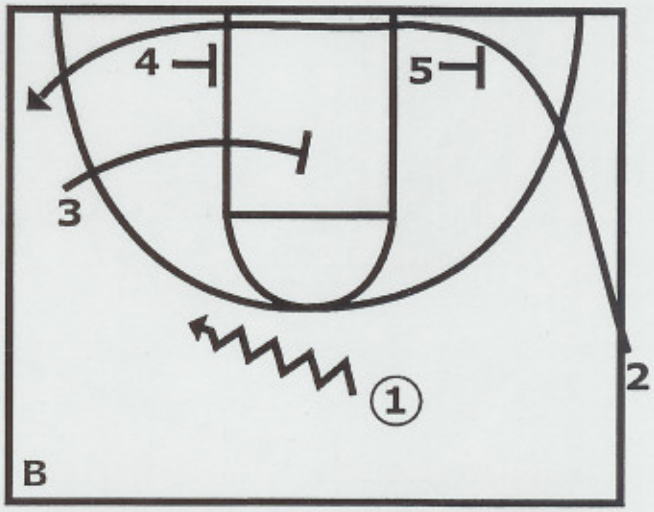
4 has **1** on a backdoor cut on the right side and a **2**, **5** stagger on the left side.

2ND ANNUAL B.C. BASKETBALL RETREAT

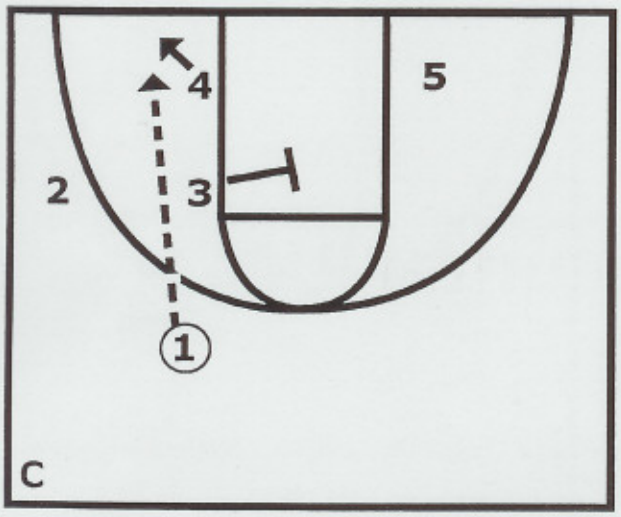
SOB vs ZONE - FLOYD



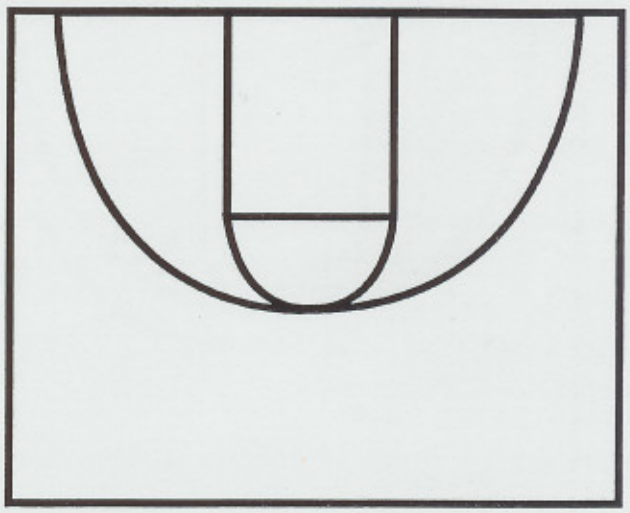
1 gets open. **2** passes to **1**.



1 dribbles left. **2** sprints off of **5**, **4**, as **3** screens the middle of the zone.

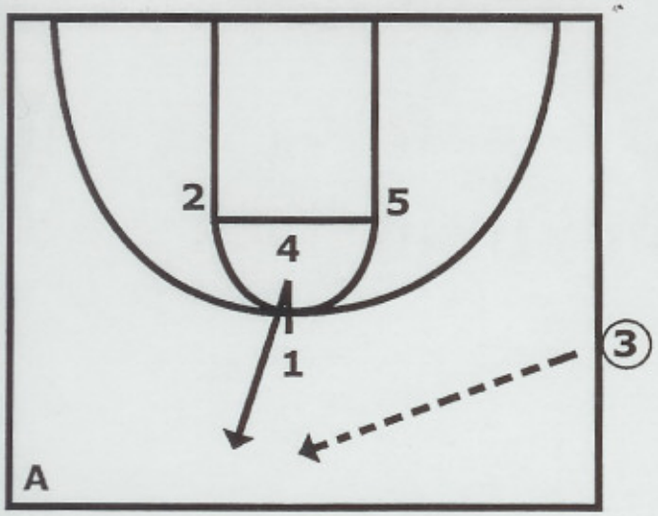


1 passes to **4** behind the zone.

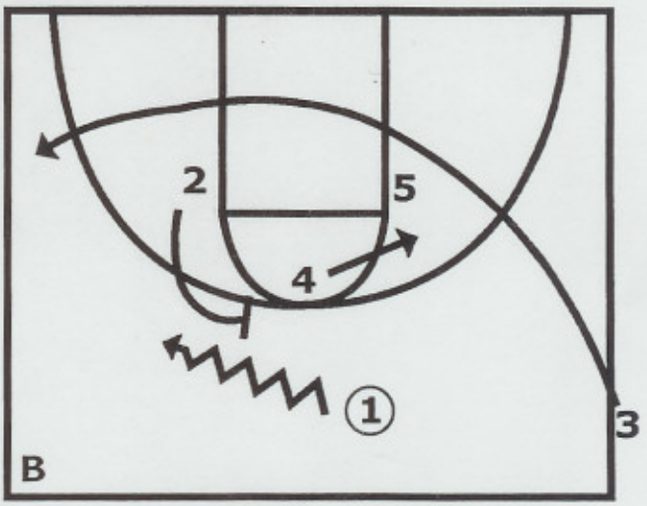


2ND ANNUAL B.C. BASKETBALL RETREAT

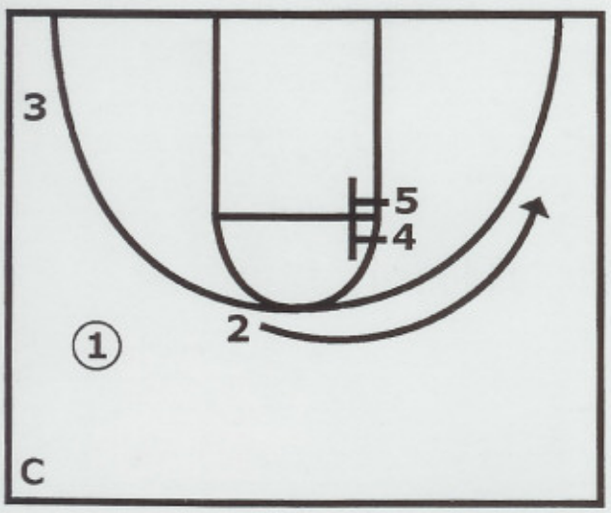
SOB - CREAN



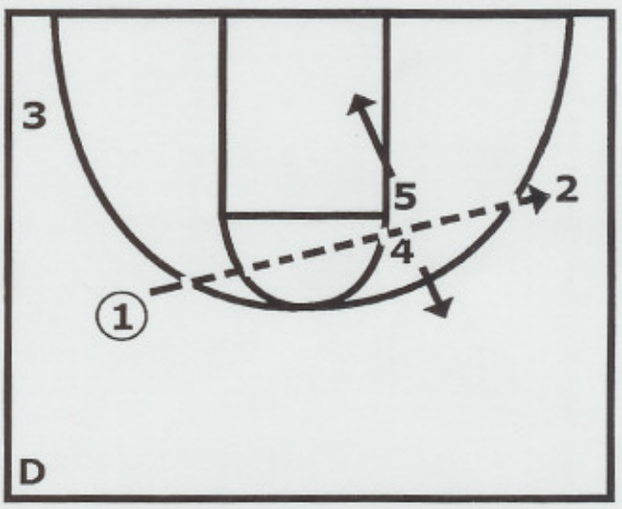
1 gets open, **3** inbounds to **1**.



2 sets a ball screen for **1** as **3** cuts through the lane and out to the left wing.



2 goes off of a **5**, **4** double flare screen.



5 slips to the basket and **4** pops out after setting the flare.

2ND ANNUAL B.C. BASKETBALL RETREAT

DEFENDING UOB DEFENSE

SEAN MILLER

"Mirror vs. UOB"

1. The Xpasser is positioned to the outside of the offensive player closest to the baseline and in front of the passer. If an offensive player is positioned in the "dead corner" ballside, Xpasser will play halfway between the corner and the ballside block. (See Diagram 1) If the offense chooses to have a "4 high look" with all four offensive players above the free throw line, Xpasser guards the passer (See Diagram 2) Xpasser is referred to as the "mirror defender".

2. Any "shooter" is guarded on the floor with an "arm bar" so that the defender can trail versus screens. A "shooter" is not relegated to being just a perimeter player. If 4/5 can shoot and the "scouted action" features screens for this type of 4/5 an arm bar will be used versus him. Any player close to the basket has to be guarded with an "arm bar". Remember, the inbounder is not being guarded. Xpasser is a mirror defender.

3. If a "non-shooter" is positioned at the free throw line extended or spaced out ballside, the defender will give him "space", moving closer to the inbounder. Most UOB plays use a backscreen of some type to free a non-shooter positioned away from the basket. By giving "space" when guarding this positioned player it allows the defender to "whip the backscreens ballside". (See Diagram 4)

4. Any shooter that sets a screen is guarded by a "squeeze" by the defender. This is done for (2) reasons: (1) It avoids a collision by Xscreener and Xcutter while Xcutter "whips" the backscreen. (2) It allows Xscreener to trail the screener once he sets a screen and now uses the "screen the screener" action to get a shot. (See Diagram 4)

5. Any 1-3 backscreen with the cutter going to the basket is an automatic switch. With no defender on the inbounder and with both perimeter defenders using an arm bar it prevents an easy lay up. If a perimeter player, we assume that he can shoot. Only in a unique case will he be played without an arm bar. (See Diagram 5)

6. The "mirror defenders" responsibility is to guard the cutter that is cutting into the scoring area until Xcutter says "go". At this point the "mirror defender" sprints back at the inbounder with high hands in an attempt to get a 5 sec. count. (See Diagram 6)

7. Versus the "double stack" or a "triple stack" the defenders play one full man below their actual man. This prevents the stacked players to make a direct cut into the basket area with no pressure on the ball. The "mirror" defender plays to the outside of the "stack". (See Diagram 7)

Defending UOB Defense

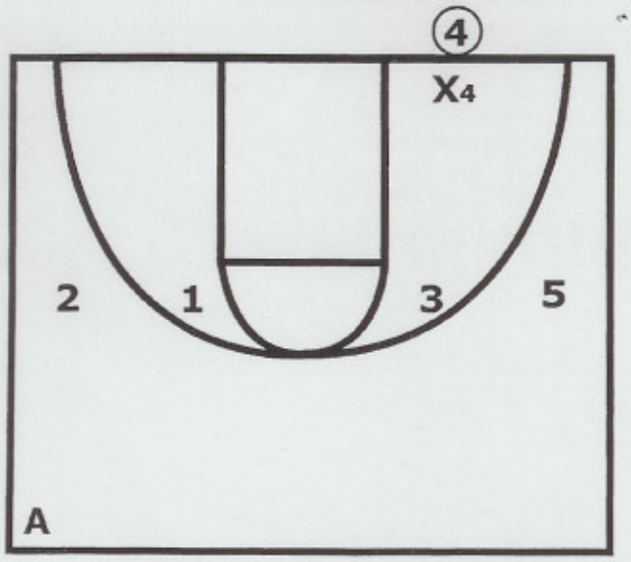
"Other suggested ways to guard UOB"

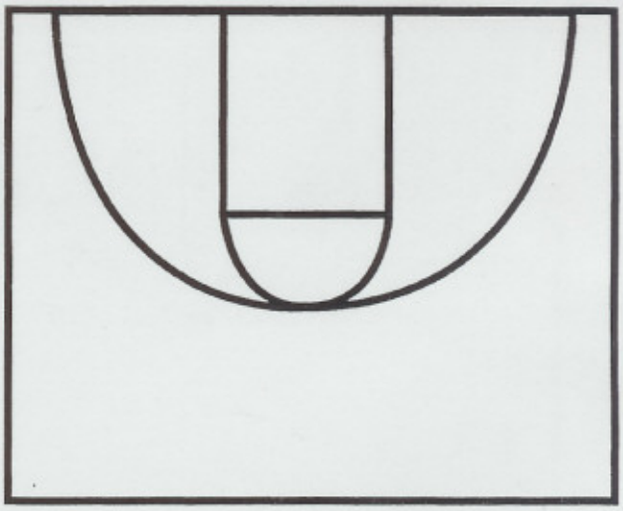
Defend the inbounder with your biggest player, switch all screens while the ball is out of bounds.

Play a zone defense while the ball is out of bounds. However, guard the inbounder with one of the zone defenders.

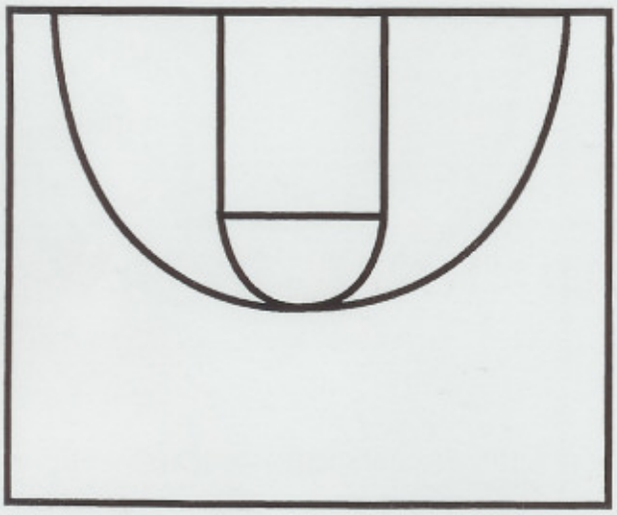
2ND ANNUAL B.C. BASKETBALL RETREAT

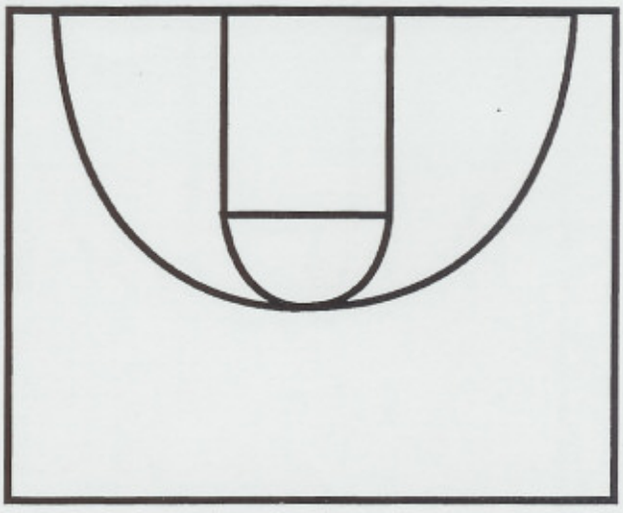
DEFENDING UOB 2 - "MIRROR"





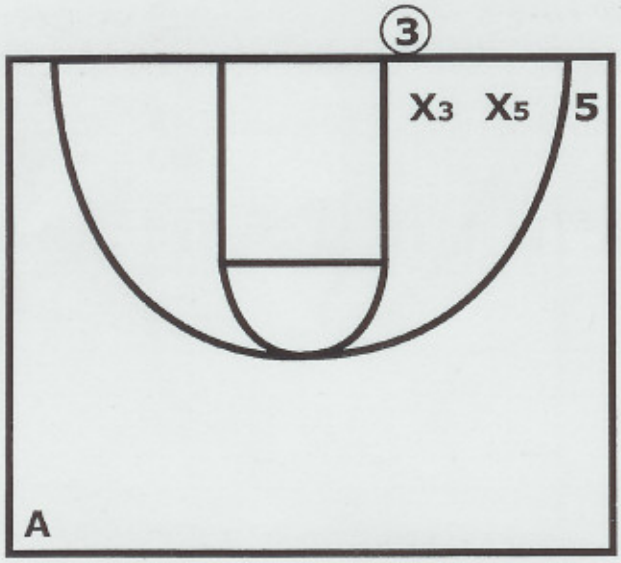
X4 is on the ball because of the "four high" alignment.



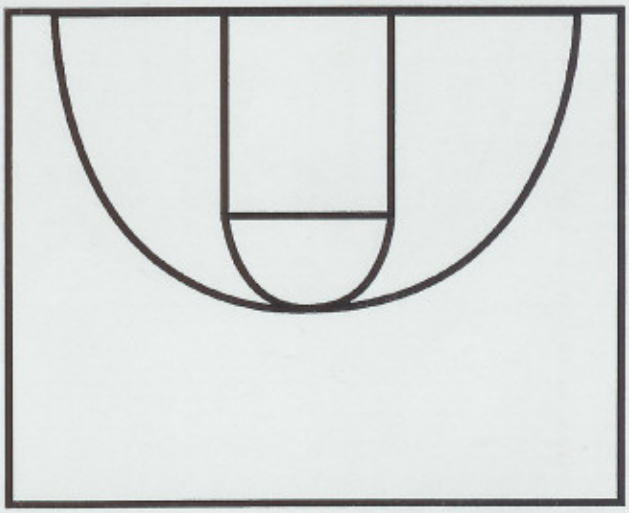


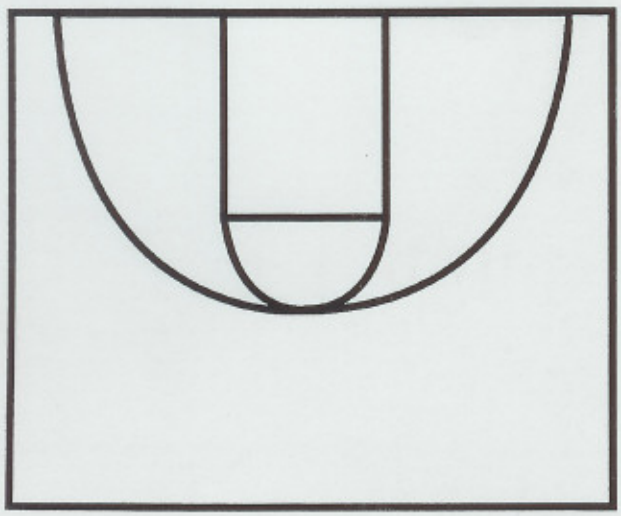
2ND ANNUAL B.C. BASKETBALL RETREAT

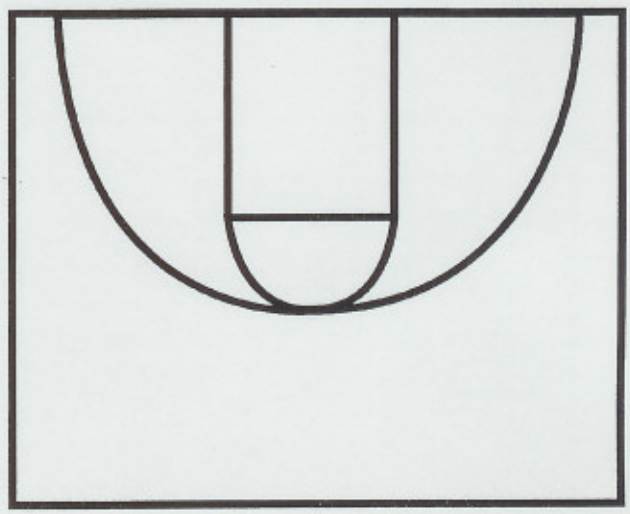
DEFENDING UOB 1 - "MIRROR"



X3 is positioned inside of **5**. X3 is the mirror defender.

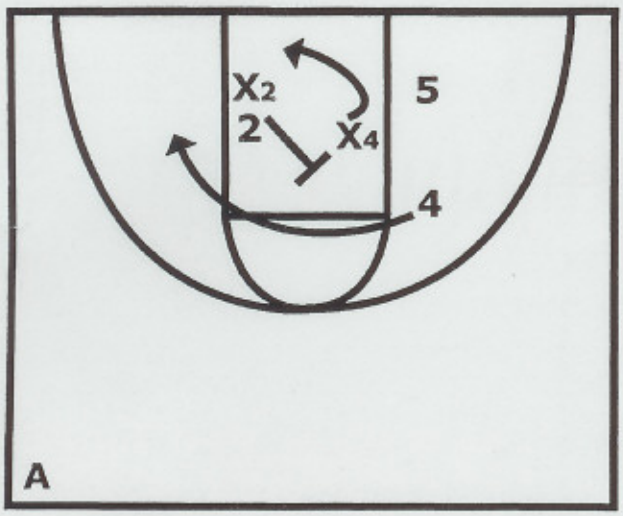




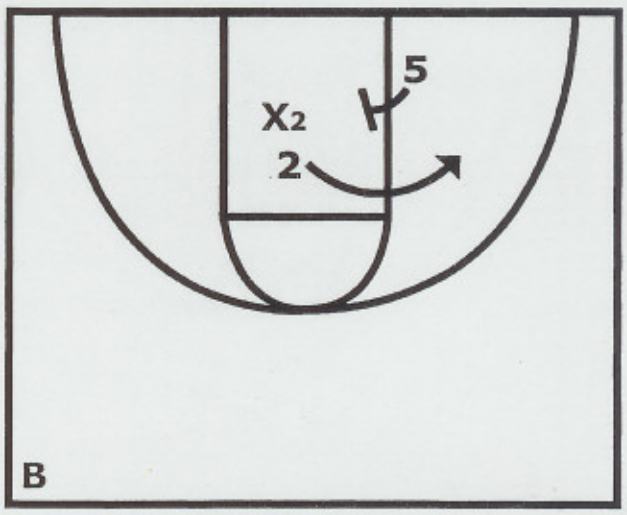


2ND ANNUAL B.C. BASKETBALL RETREAT

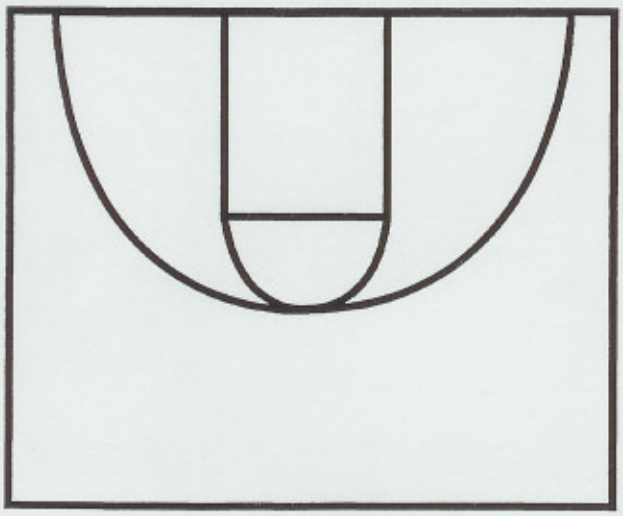
DEFENDING UOB 4 - "MIRROR"

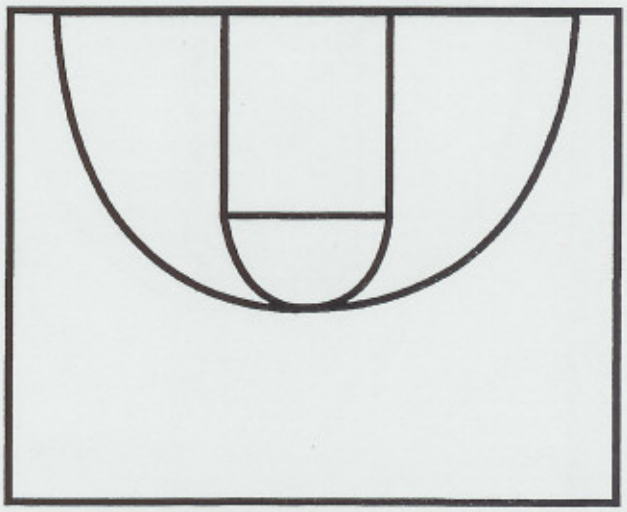


X2 "squeezes". X4 is giving 4 space. He whips the screen ballside.



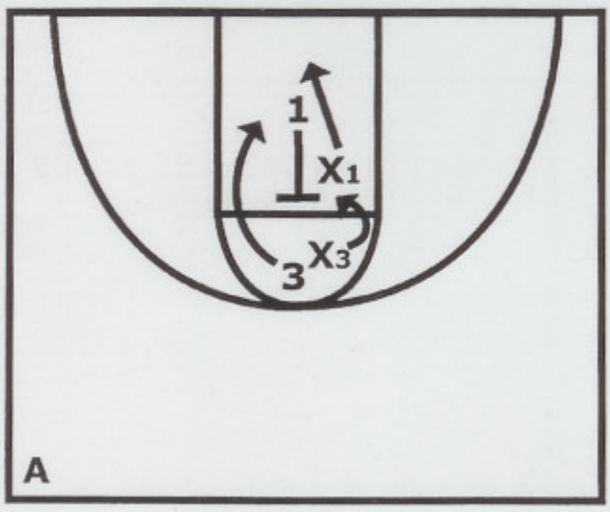
X2 trails 2.

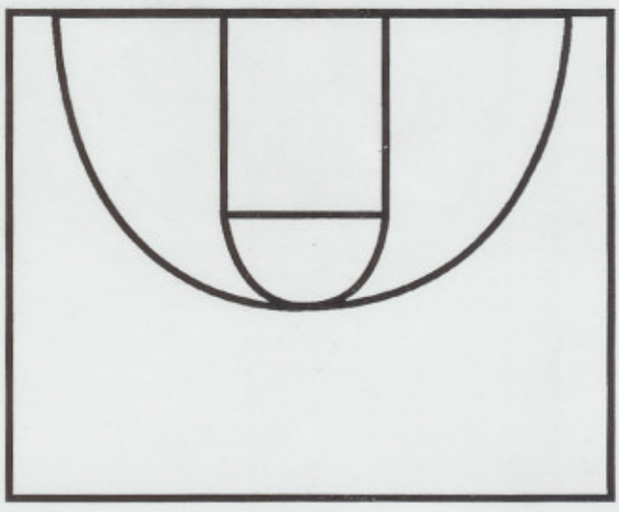




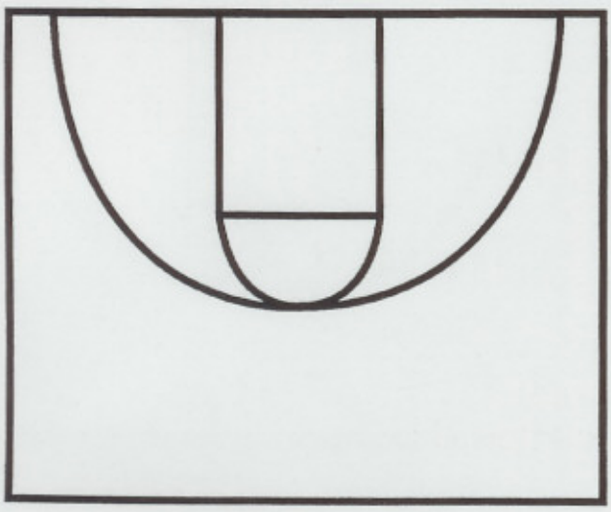
2ND ANNUAL B.C. BASKETBALL RETREAT

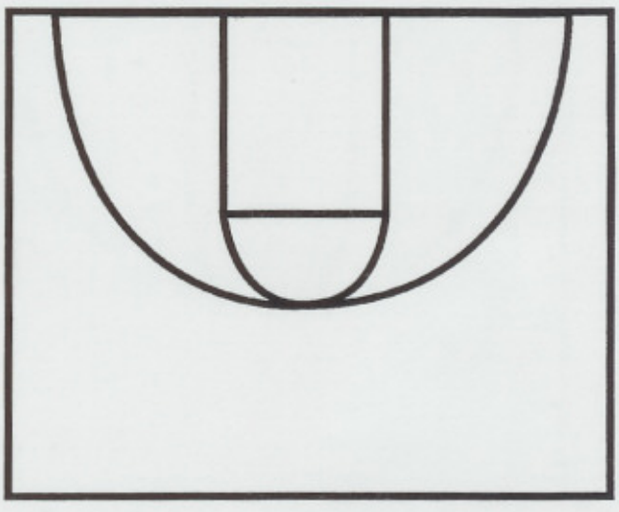
DEFENDING UOB 5 - "MIRROR"





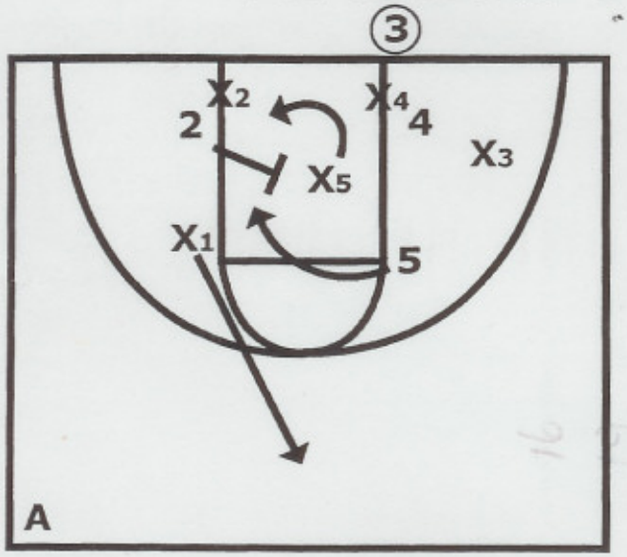
X1, X3 switch.



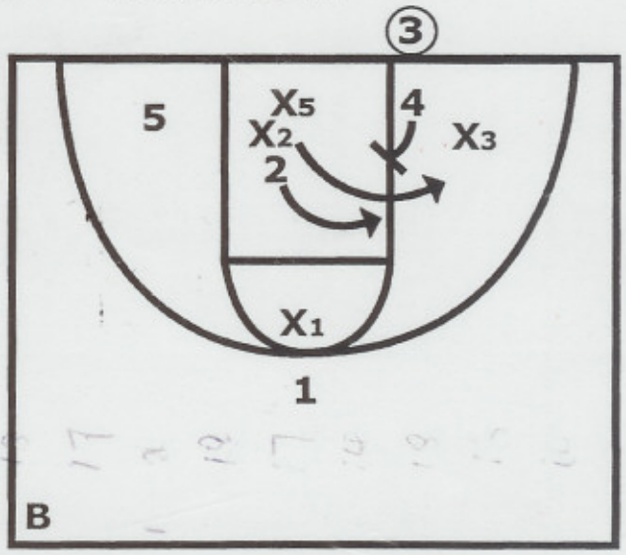


2ND ANNUAL B.C. BASKETBALL RETREAT

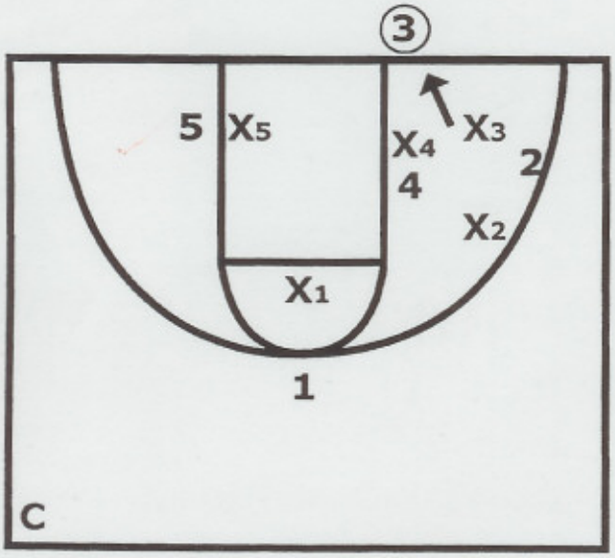
DEFENDING UOB 6 - "MIRROR"



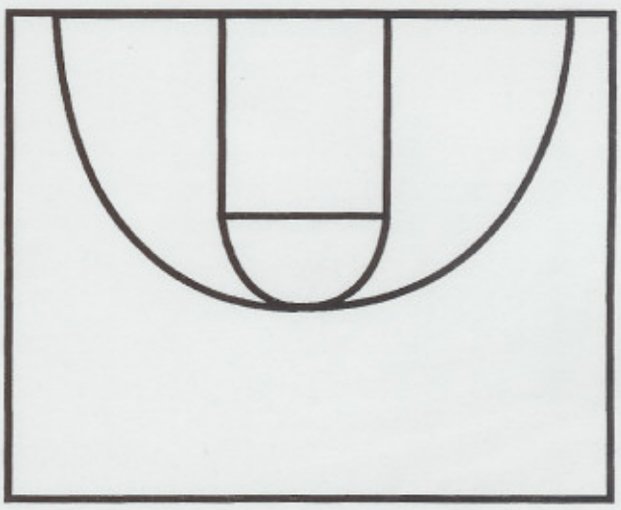
2 backscreens for **5**. **X2** squeezes. **X5** "whips" the screen ballside. **X3** is positioned outside of **4**.



X2 trails **2**.

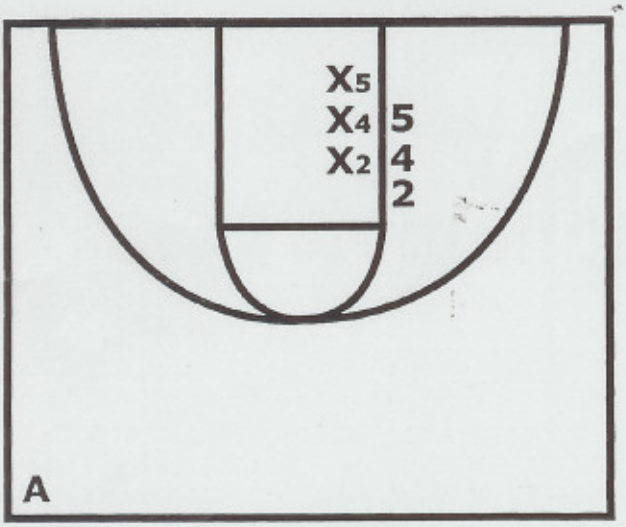


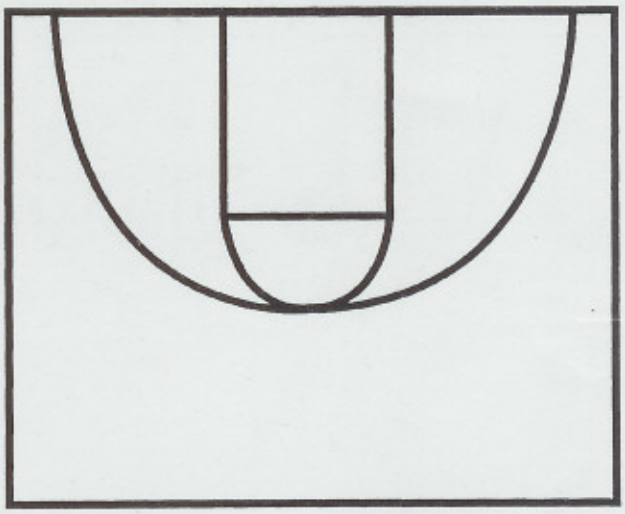
X2 says "go" to **X3**, the mirror defender, **X3** goes back to the inbounder.



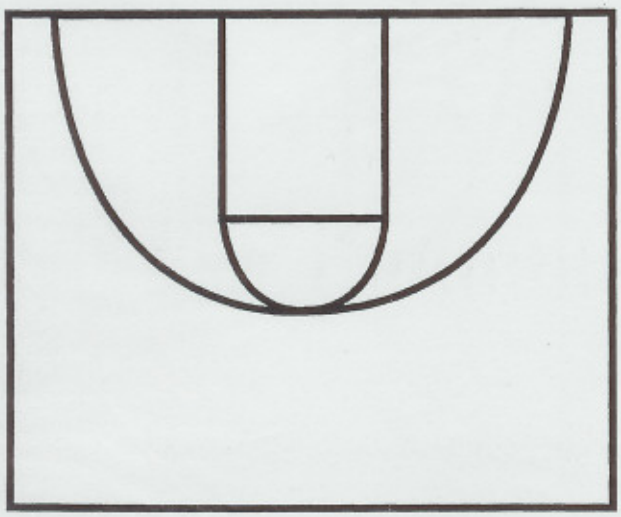
2ND ANNUAL B.C. BASKETBALL RETREAT

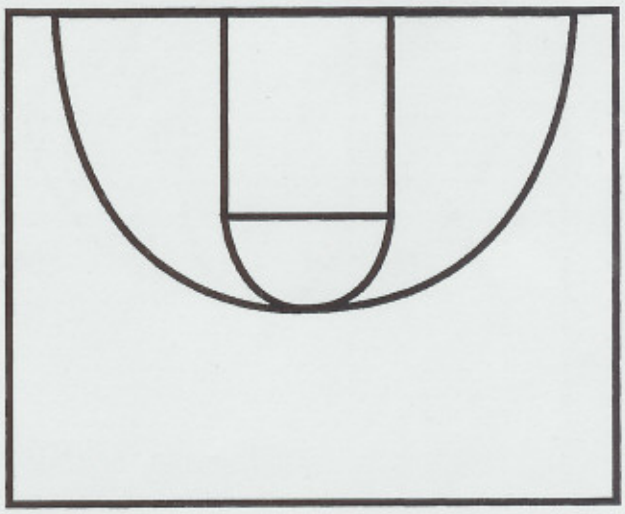
DEFENDING UOB 7 - "MIRROR"





X5,X4, X2 play one full body below their man.





2ND ANNUAL B.C. BASKETBALL RETREAT

MISCELLANEOUS DRILLS

BRUISER FLINT

"SERIES DEFENSE"

3 on 3 halfcourt with man defense emphasized.

Run the most common actions of your opponents using (3) offensive players. If a fourth player is needed for ball reversal, a coach can play this fourth spot unguarded.

The offensive players each execute their role without rotating. The three defenders take turns guarding all three offensive positions.

After all (3) defenders have guarded the three positions correctly, a rotation takes place so that the entire team guards not only the action but all three offensive players executing the action.

BUZZ PETERSON

"HUNTING TRIP"

To learn more about your team have them take the following test:

A. On a sheet of paper write your own name (the player who is taking the test).

B. The question on the test - If you were going to war or on a hunting trip in a remote area of the world write down three of your teammates who you would want in the fox-hole beside you.

C. Please rank each of the three players. The first slot represents your most important lieutenant (3 points), the second slot represents your second most important lieutenant (2 points), the third slot represents your third most important lieutenant (1 point).

D. Use this test at different times of the year or season and continue a "running record" of who has the most points.

This test will tell you a lot about your team's clicks, beliefs, who they trust, who they don't.

"PERFECT POSSESSION"

Playing 5 on 5 ½ court man offense versus man defense. Offense is executing your system. Defense is playing man to man. :35 seconds are posted on the shotclock.

As a defensive unit, you are attempting to get a "stop". However, any deflection by the defense is rewarded by taking 5 seconds off the clock. Your goal as a defense is to have possession of the basketball with 0 seconds on the clock. For example, let's say you play defense for 15 seconds as a unit and a deflection takes place but the offense retains possession, then 5 seconds more goes by and a shot is attempted and then the defense secures the rebound. That equates to 35 - 15 - 5 (for the deflection). There is now :15 seconds on the shotclock. The defense and offense go again until the defense gets a stop with possession of the ball with :00 on the clock.

As part of the offense you are executing and trying to score. If an offensive rebound or an offensive tip on a rebound attempt occurs, the :35 second possession starts all over again regardless of how much time was on the shotclock when the offensive rebound occurred.

As a coach, at :08 to :06 seconds have the offense run a side out of bounds play. At :05 second or less run an under out of bounds play. This really makes the offense think and the defense must be aware of special situations and time on the clock. Any turnover by the offense is considered a stop, a charge drawn by the defense is also rewarded by taking time off the shotclock (i.e.: -5 seconds)

MICHAEL HOLTON

"PROGRESSIVE FASTBREAK"

Team A is at one end of the court, Team B is at the other end. Both teams are lined up along their corresponding baselines.

The drill starts with a 2 on 1 situation with Team A having a 2 on 1 advantage over Team B. They play until the 2 on 1 either is scored or Team B gets a "stop".

Next, two Team B players join the one Team B player who was defending the 2 on 1 and they attack the two Team A members originally on offense. A 3 on 2 takes place with Team B having three players and Team A having two. They play until the 3 on 2 is scored or Team A gets a "stop".

Next, two Team A players join the two Team A players who were defending the 3 on 2 and they attack the three Team B members originally on the offensive end of the 3 on 2 break. Once again, they play until the 4 on 3 is scored or Team B gets a "stop".

Finally, two Team B players join the three Team B players who were defending the 4 on 3 and they attack the three Team A members originally on the offensive end of the 4 on 3 break. Once again, they play until the 5 on 4 is scored or Team A gets a "stop".

Three or four of these games can be played in eight minutes. With each new game the opposite team starts with a two on one advantage. Keep score as if it were a "real game".

MARK TURGEON

"2 ON 2 CLOSEOUT"

Two offensive players versus two defensive players. The two defensive players start close to the baseline under the basket. A coach with a ball stands at the top of the key. The two offensive players stand on the wings.

A coach passes to one of the offensive players. On the pass both defensive players close out. One defender closes out on the ball, the other defender closes out into the helpside position. The coach is now off the court.

The offensive player with the ball plays "live" one on one but is limited to two dribbles. However, the help defender is also present adding support to the on ball defender.

A skip pass happens. The help defender closes out onto the ball. The on ball defender sprints to help. Again, it's live one on one with a two dribble limit, and the help defender is present. The offensive player who doesn't have the ball must stay in his area and can only spot up on penetration.

Scoring System:
1 pt. for two deflections
1 pt. for three consecutive "successful" closeouts
3 pts. for a charge taken

Play to 5 pts.

STEVE ALFORD

"CHANGE"

Halfcourt man defense versus halfcourt man offense. 5 on 5 with both the offense and defense playing "live". This drill can be done halfcourt or fullcourt. It is very

challenging on the defense if it is done only in the halfcourt.

As play begins, a "whistle" by a coach signifies a change. First, the ball is set down on the court, then, the offensive team must get back on defense (if the drill is done fullcourt) and each of the 5 players must guard a different player than was guarding him at the offensive end.

Once again, play continues 5 on 5 assuming the transition offense did not score. It's 5 on 5 until a whistle is blown. On the whistle the ball is dropped and the offensive team gets back on defense and must guard somebody different than the person that was guarding them.

If the drills is done in the halfcourt only, the offensive team quickly sets the ball down on the "whistle". They then have to match up before the converting defensive team picks up the ball and attempts to score by moving the ball or penetrating.

"STOPS"

Halfcourt man defense versus halfcourt man offense. 5 on 5 with both the offense and defense playing "live". The drill is done halfcourt only.

The defense must get 5 stops in a row. A stop means possession of the ball or off of a turnover by the offense. The defense is allowed only one foul. If a second foul is committed the 5 stops in a row goes back to 0.

After 5 stops is accomplished by the defense, the offense and defense switch. The drill then begins again. Then each team has to get 4 stop sin a row, 3, 2, and then 1.

This drill is typically done on a day when halfcourt defense is emphasized.

"3 ON 1 CLOSEOUT"

Three offensive players are positioned on the floor. Two on their respective wings free throw line extended and one above the top of the key. One defender is positioned under the basket facing halfcourt. A coach passes the ball to the offensive player on the right wing. As this happens, two managers step onto the court with one on each block.

As the offensive player catches the initial pass, the defender closes out and establishes ball pressure. The offensive player then passes the ball to the right block to the manager. The defender "covers down" on the post.

The right block manager then passes the ball to the top of the key. The defender goes from a "cover down" on the right post area to a closeout at the top of the key. The ball is now passed to the manager on the left block. The defender again covers down on the manager who has the ball on the left block.

Finally, the ball is passed to the left wing out of the post. Again, the defender closes out to the ball, this time on the left wing. On this catch it is a live one on one drill with everybody out of the way except the offensive and defensive players who are playing one on one from the left wing.

TIM FLOYD

"MAN DRILL"

"Can you do conditioning with a ball in your hand instead of just running?" This drill evolved from this question.

Drill involves 10 players - 5 on offense vs. 5 on defense. It is executed for :45-:60 seconds in the NBA and :90 seconds in college.

Rules: No dribbling, no screening, no shooting. Emphasize passing! As one player has the ball the other four offensive players make 10-15 ft. cuts - no 3 ft. cuts are allowed. The drill is initiated by a coach or manager who is out of bounds. This initial pass does not count. From this pass forward every time a pass is completed the receiver yells the # on the catch.

A coach always encourages offensive movement. Anytime that you make a pass as a player you then cut. On any deflected pass or turnover pass a manager or coach who is out of bounds quickly passes the ball to an offensive player to keep the pace of the drill moving. This pass is not counted.

As a defender, your responsibility is to **NOT** allow your man to receive a pass. Deny everywhere. At the end of the allotted time you count the number of catches by the offense as a unit, or the number of catches by individual players. The drill flip flops with the offense going to defense and the defense going to offense. Use two rotations. Great conditioner, very competitive, high accountability. Beware of "brother and law" deals happening. Make players guard different offensive players.

TOM CREAN

"2 ON 2" REBOUNDING DRILL

A coach is at the free throw line. He shoots the ball. There are two offensive players both positioned at each elbow. There are two defensive players both positioned on each corresponding block.

As the shot is attempted by the coach, the two defensive players attempt to block out the two offensive players.

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As "contact" occurs with each block out and the shot is on the rim, all four players can pursue the ball as offensive rebounders.

If the offensive rebound is secured in the paint, the offensive player tries to score on the two players participating in the drill that started opposite him (i.e.: on the blocks if the rebounder started on the elbows.)

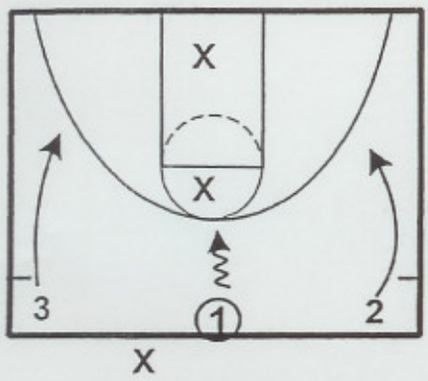
If a player secures the rebound outside the paint, the player passes to a coach and he and his partner execute the "offensive action of the day", 2 on 2 live.

The following drills demonstrated by Tom Crean are provided in diagram form with explanations accompanying each diagram.

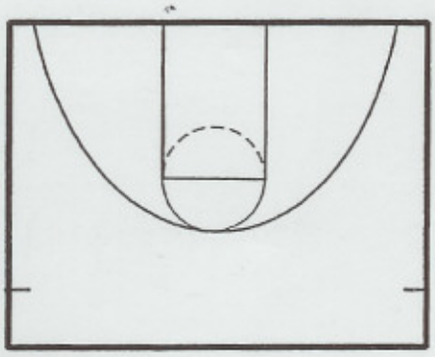
- 3 on 2 plus 1
- 5 on 3 plus 2
- 5 on 4 plus 2
- 5 on 4 transition
- War

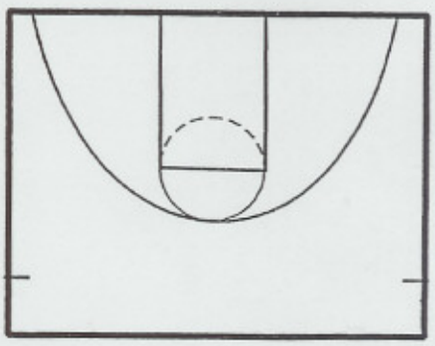
3ON 2 PLUS 1

Special Situations

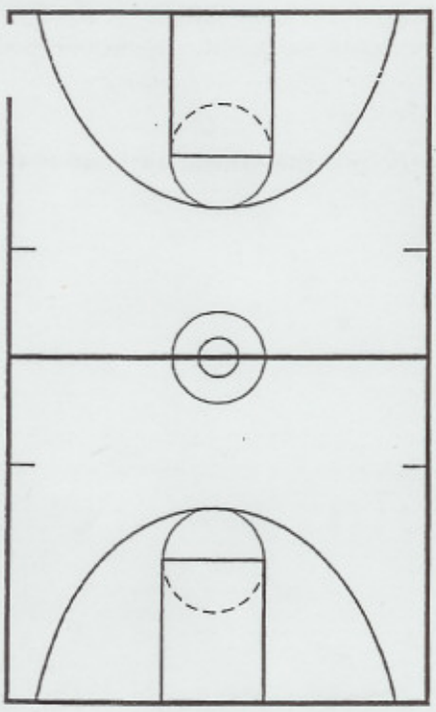


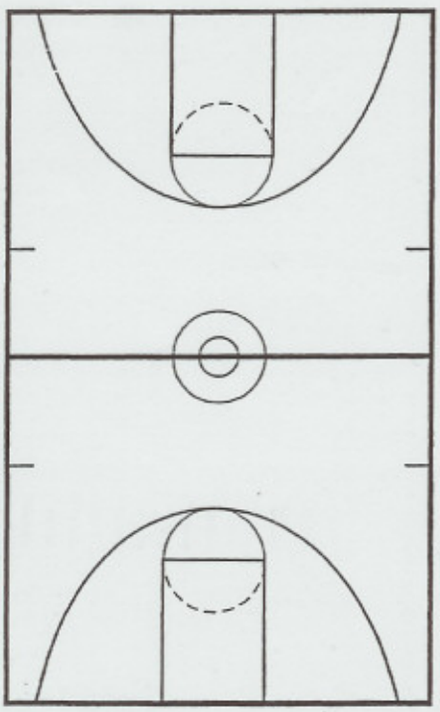
3rd DEFENSIVE PLAYER
ENTER DRILL UNTIL COACH
BLOWS WHISTLE

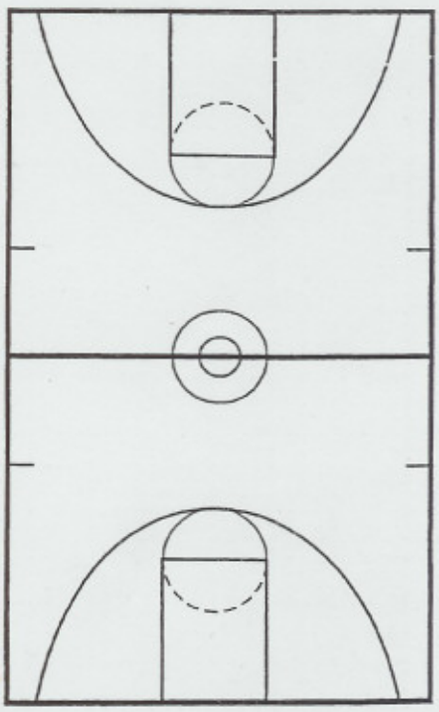




POINTS:
1- SPACING
2-SCORE ONLY OF STRONG SHOT
3-DEFENSE MUST COMMUNICATE
ON SCRAMBLE

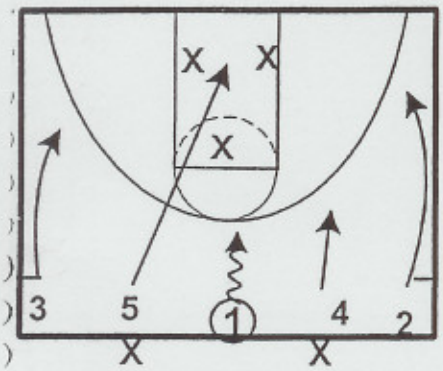




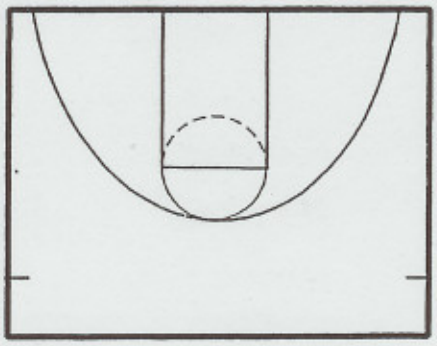


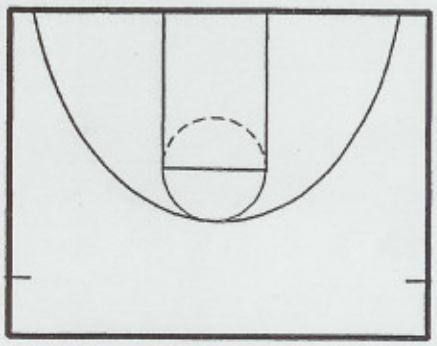
5 ON 3 PLUS 2

Special Situations

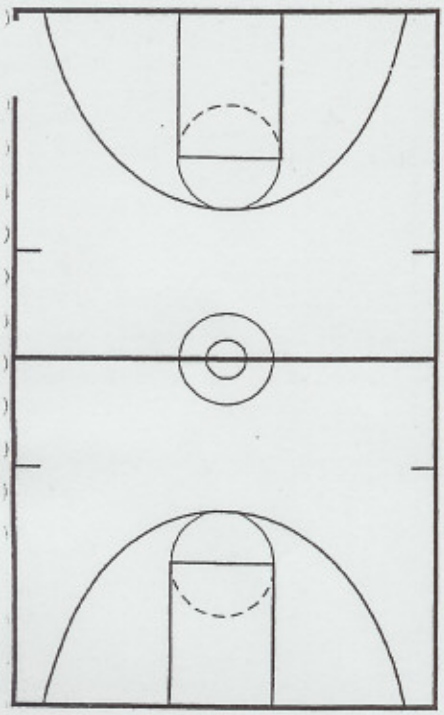


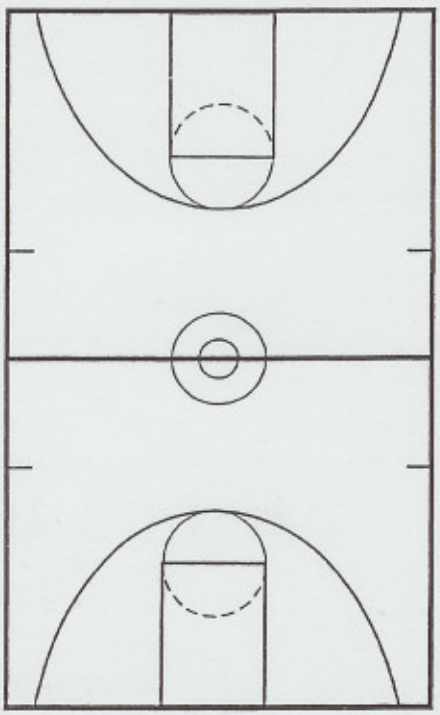
TWO DEFENDERS AT 1/2 CT ENTER DRILL ON COACH'S WHISTLE

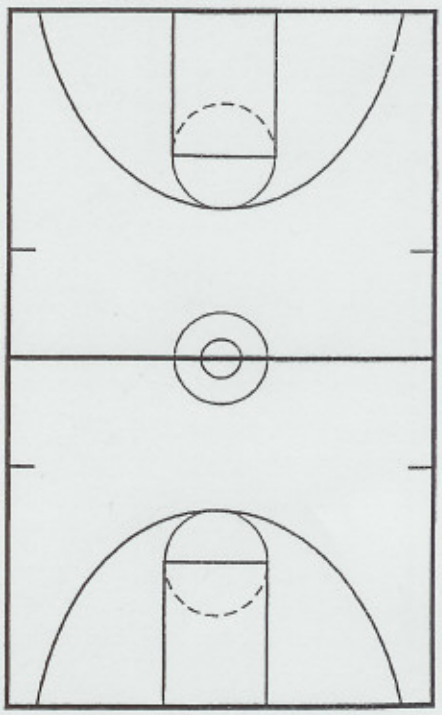




POINTS:
1-SPACING
2-FINDING OPEN MAN
3-SCORE QUICKLY ON GOOD SHOT
4-IF NO GOOD SHOT...1/2 CT. EXECUTION
5-DEFENSE...COMMUNICATE AND SCRAMBLE...STOP BALL...GET UNDER CONTROL

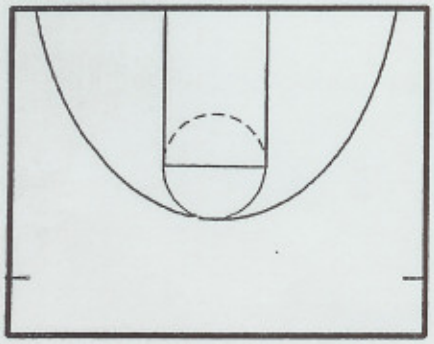


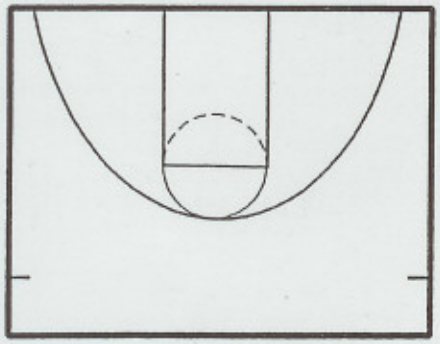


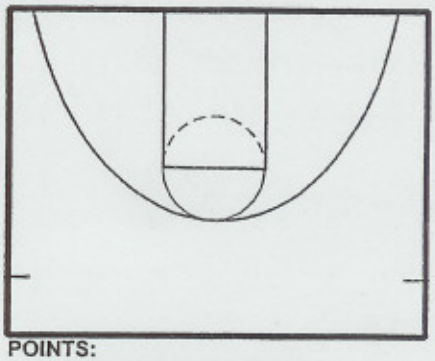


5 ON 4 TRANSITION

Special Situations

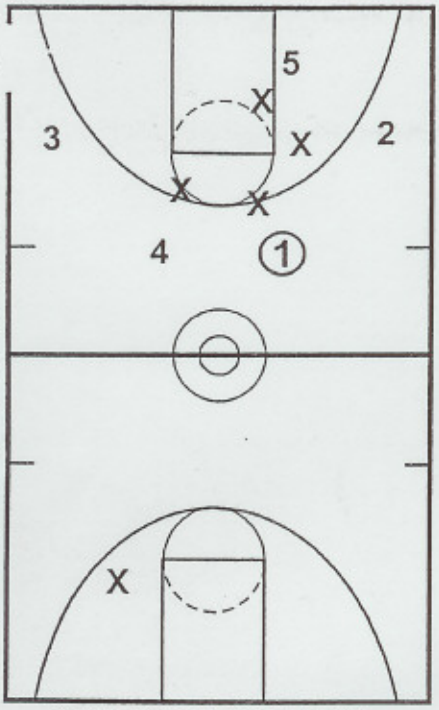






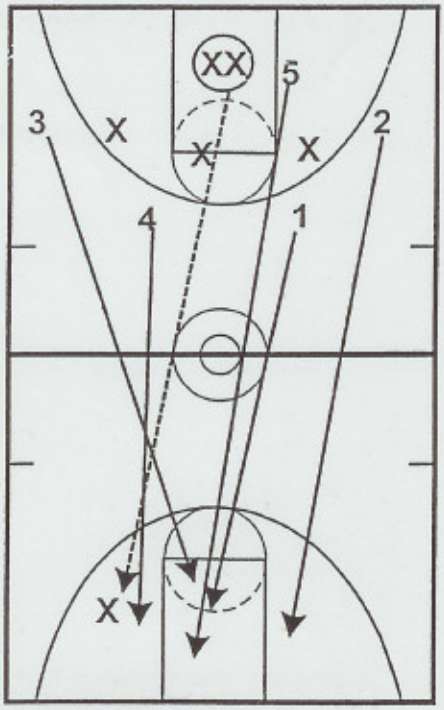
POINTS:
1-4 DEFENDERS IN SRAMBLE SITUATION...TEACH THIS PART
2- OFFENSIVE EXECUTION & FINDING OPEN MAN VS ONLY 4 DEFENDERS
3-TRANSITION DEFENSE VS CHERRY PICKER
4-TRANSITION OFF. & DEF. WITH EXECUTION COMING BACK
5- COACH & TEACH ENTIRE GAME

5 ON 4 IN 1/2 COURT

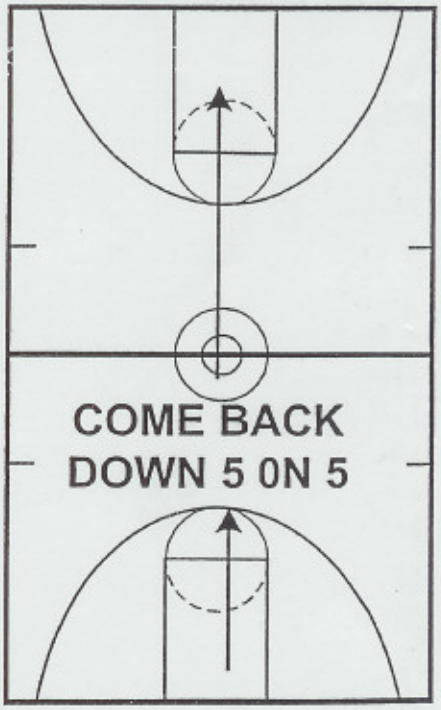


-OFFENSE RUN A SET PLAY VS 4 DEFENDERS...5th DEFENDER IS CHERRY PICKING AT OTHER END!
-4 DEFENSIVE PLAYERS TRY TO GET A STOP (REBOUND OR STEAL) AND PASS QUICKLY TO 5th DEFENDER CHERRY PICKING
-IF OFFENSE SCORES...STAY IN 1/2 COURT AND START OVER...DEFENSE MUST GET A STOP TO BE ON OFFENSE

TRANSITION DEFENSE

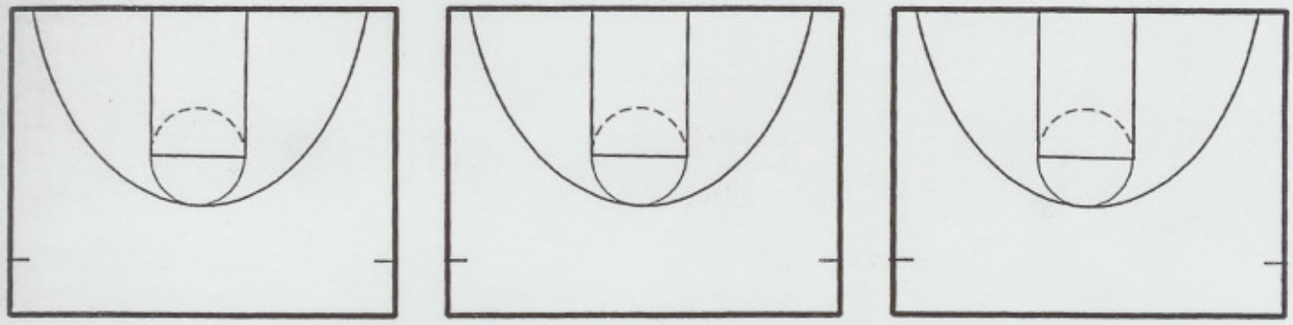


-WHEN THE DEFENSE GETS IT THEY ARE IN TRANSITION!!!
-THIS REALLY TEACHES TRANSITION DEFENSE TO GET BACK AND STOP CHERRY PICKER!



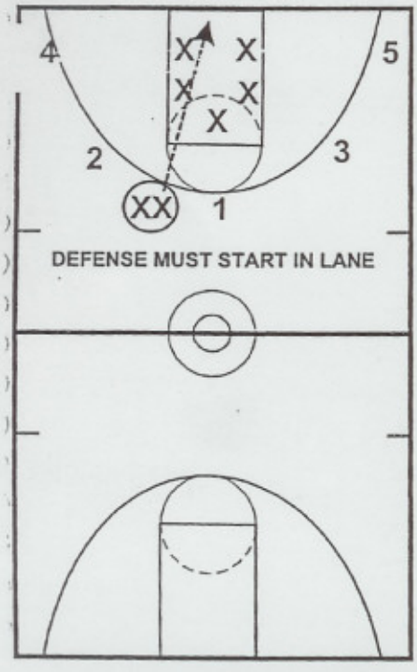
WAR

Special Situations



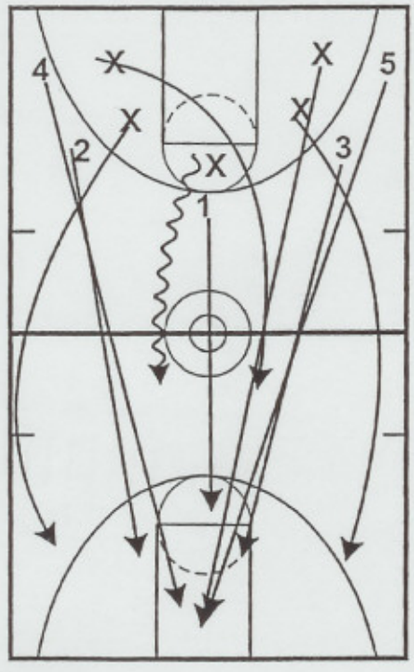
3 TRIPS = UP/BACK/UP

STARTS WITH BLOCK OUT = HIT SOMEONE



-IF OFFENSE GETS IT...PUT BACK OR KICK OUT AND RUN OFFENSE
-IF DEFENSE GETS IT...TRANSITION!
-REALLY MAKE THEM HIT SOMEONE!

TRANSITION



RUN!!!!!
-EARLY OFFENSE
-EXECUTION

Baylor Men's Basketball

Individual Development

Matthew_Driscoll@Baylor.edu / 800-583-6807

WORKOUTS – SPRING 2004

GUARDS

Ball handling – one and two balls, moving and stationary

Ball handling – black line perfection

Ball handling – creating space around the horn off the bounce into a re-attack [change of pace]

Ball handling – one vs. two full court using heavy ball

Passing – two hands, one hand [toss back]

Getting open with top leg explosion, shape-up [block, wing, top of key]

Cone shooting [right and left] – wing to top, rim to wing [17 through 20 feet]

1. Catch and shoot
2. Catch, shot fake, one dribble either way pull-up jumper
3. Catch, one dribble pull-up jumper
4. Catch, one dribble, shot fake up-under [pad]
5. Catch, two dribble, floater
6. Catch, two dribble deck getting to the rim [pad]
7. Catch, two dribble deck getting to the rim for reverse lay-up [pad]
8. Catch, two dribble step-back jumper
9. Under-cut, finish at the rim
10. Catch, rip, one dribble pull-up jumper
11. Catch, rip, one dribble, shot fake up-under [pad]
12. Catch, rip, two dribble, floater
13. Catch, rip, two dribble getting to the rim [pad]
14. Catch, rip, two dribble getting to the rim for reverse lay-up [pad]
15. Catch, rip, two dribble step-back jumper

1/2 court runners [right and left] – wing to baseline, wing to elbow

1. Catch and shoot
2. Catch, shot fake, one dribble either way pull-up jumper
3. Catch, one dribble, pull-up jumper
4. Catch, one dribble, shot fake up-under [pad]
5. Catch, two dribble, floater
6. Catch, two dribble deck getting to the rim [pad]
7. Catch, two dribble deck getting to the rim for reverse lay-up [pad]
8. Catch, two dribble step-back jumper
9. Catch, rip, one dribble, pull-up jumper
10. Catch, rip, one dribble, shot fake up-under [pad]
11. Catch, rip, two dribble, floater
12. Catch, rip, two dribble getting to the rim [pad]
13. Catch, rip, two dribble getting to the rim for reverse lay-up [pad]
14. Catch, rip, two dribble step-back jumper

Penetrate and pitch – slide, fill, and drift [jump stop pitch on middle drives to paint]

1. "3's"
2. Catch, one dribble, pull-up jumper
3. Catch, two dribble, step-back jumper

Feed the post under pressure – [both over the top and roll pass to feed]

1. Relocate
2. "3's"
3. Bump back jumper

Ball screen action [fake away from the screen then use the screen]

1. Hit the roll off the bounce
2. Stretch dribble throw back to the flare
3. Stretch dribble then re-attack to pull-up jumper
4. Stretch dribble then split the trap
5. Stretch dribble then attack the ball screen
6. Pull-up as defender goes under
7. Slip the screen, seal and feed
8. Turn down and attack

Pro moves from the soft spot

1. Attack no dribble dunk
2. Attack no dribble finish
3. Attack crab dribble finish
4. Attack crab dribble, shot fake, finish
5. Attack crab dribble, reverse
6. Attack crab dribble, step-back

WORKOUTS – SPRING 2004

FORWARDS

Ball handling – one and two balls, moving and stationary

Ball handling – creating space around the horn off the bounce into a re-attack [change of pace]

Ball handling – one vs. two full court using heavy ball

Passing – two hands, one hand [toss back]

Fundamentals – Mikans, Minnesota, face and seal – frame – jump hook, catch keep high – finish at the rim – shot fake, finish – crab dribble opposite side finish

Baylor post series [three spots right and left – jump hook or jumper depending on the way you are going]

1. Quick drop step, jump hook
2. Crab dribble, jump hook
3. Crab dribble, show, reverse pivot running hook
4. Crab dribble, up-under
5. Crab dribble, shimmy
6. Crab dribble, quick spin back jumper

One steps off the block = check middle – check double [right and left side – jump hook or jumper] = create space by attacking the crotch

1. Two dribble, jump hook
2. Two dribble, jumper
3. Two dribble, up-under
4. Two dribble, quick spin, finish
5. Two dribble, shimmy
6. Two dribble, step-back
7. One dribble, quick spin, jump hook
8. One dribble, quick spin, up-under
9. One dribble, step-back

Turn and face from 12 to 15 feet [right and left side]

1. Turn quick jumper
2. Turn short jab jumper
3. Turn rip baseline one dribble jumper
4. Turn rip baseline finish on the other side of the rim
5. Turn rip knee and attack the middle off one dribble into jumper
6. Turn rip knee and attack the middle off two dribbles into jump hook
7. Turn rip knee and attack the middle off two dribbles into step-back jumper

Cone shooting [right and left] – rim to wing using back screen [17 through 20 feet]

1. Catch and shoot
2. Catch, shot fake, one dribble either way pull-up jumper
3. Catch, one dribble pull-up jumper
4. Catch, one dribble, shot fake up-under [pad]
5. Catch, two dribble, floater
6. Catch, two dribble deck getting to the rim [pad]
7. Catch, two dribble deck getting to the rim for reverse lay-up [pad]
8. Catch, two dribble step-back jumper
9. Catch, rip, one dribble pull-up jumper
10. Catch, rip, one dribble, shot fake up-under [pad]
11. Catch, rip, two dribble, floater
12. Catch, rip, two dribble getting to the rim [pad]
13. Catch, rip, two dribble getting to the rim for reverse lay-up [pad]
14. Catch, rip, two dribble step-back jumper

Pro moves from the soft spot and off the elbow

1. Attack no dribble dunk
2. Attack no dribble finish
3. Attack crab dribble finish
4. Attack crab dribble, shot fake, finish
5. Attack crab dribble, reverse
6. Attack crab dribble, step-back

Penetrate and pitch – escape from the block on drives [baseline and middle]

1. Catch and shoot
2. Catch, rip, pull-up jumper
3. Catch, rip, two dribble jump hook
4. "3's"

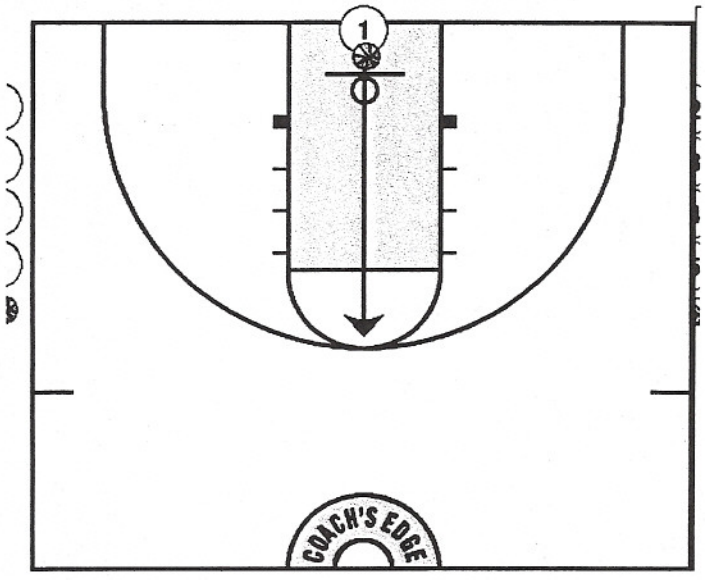
Post feed – kick out – re-post into a finishing move

Ball screen action [wing and top of the key]

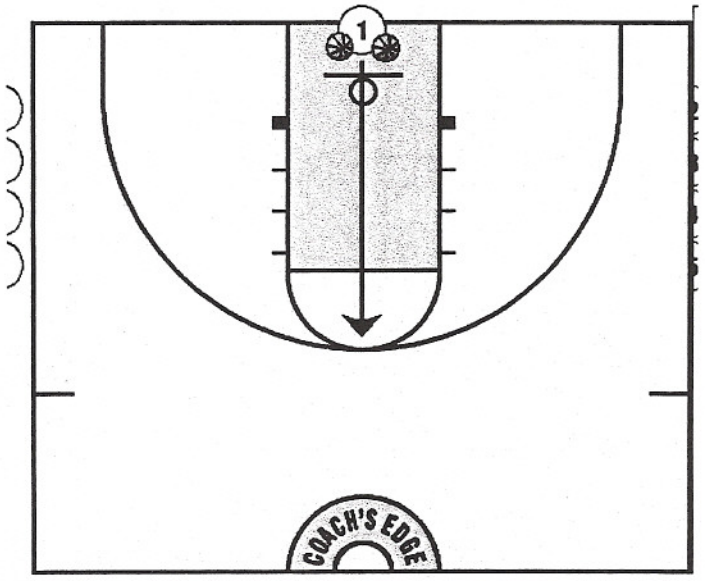
1. Hit the roll to the rim
2. Stretch dribble throw back to the flare
3. Stretch dribble then split the trap – flare behind the drive
4. Stretch dribble then attack the ball screen again – roll to the rim
5. Turn down and slip to the rim
6. Dribble hand-off into a flare

Ball Handling Drills.PLA

One and two ball action...stationary then moving...usually work on the baseline on stationary then moving from baseline to top of the key...try to be under the idea of less quick is better then more slow



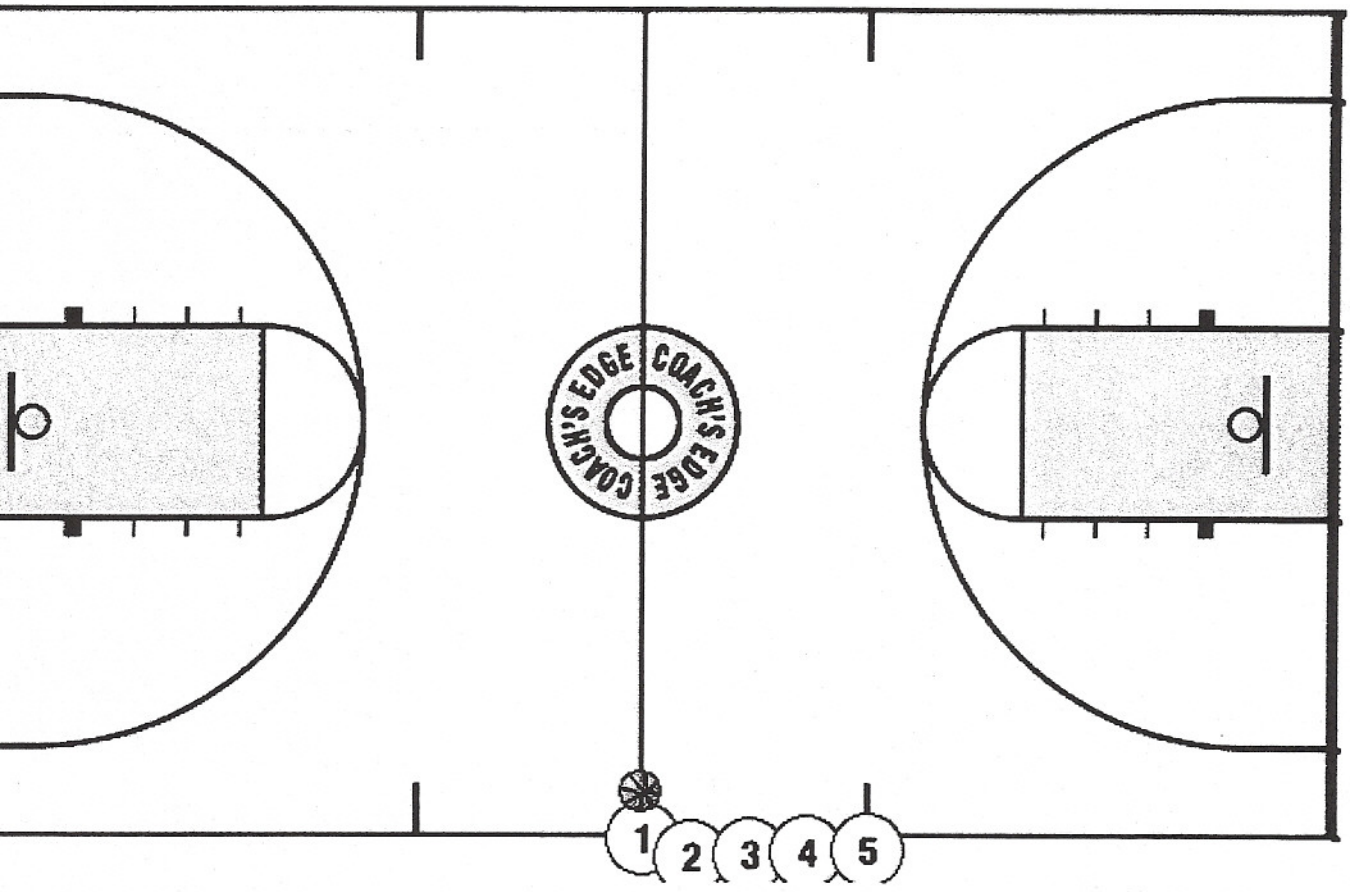
Eighty pound...lefty pound...right to left crossover...right hand rock...left hand rock...right hand bowling...left hand bowling



Together knee high pounds...alternate knee high pounds...together shoulder pounds...alternate shoulder pounds...move them top of key and back with the following commands...together turn and go...alternate turn and go...together up and pull back...alternate up and pull back

Ball Handling - Black Line Perfection

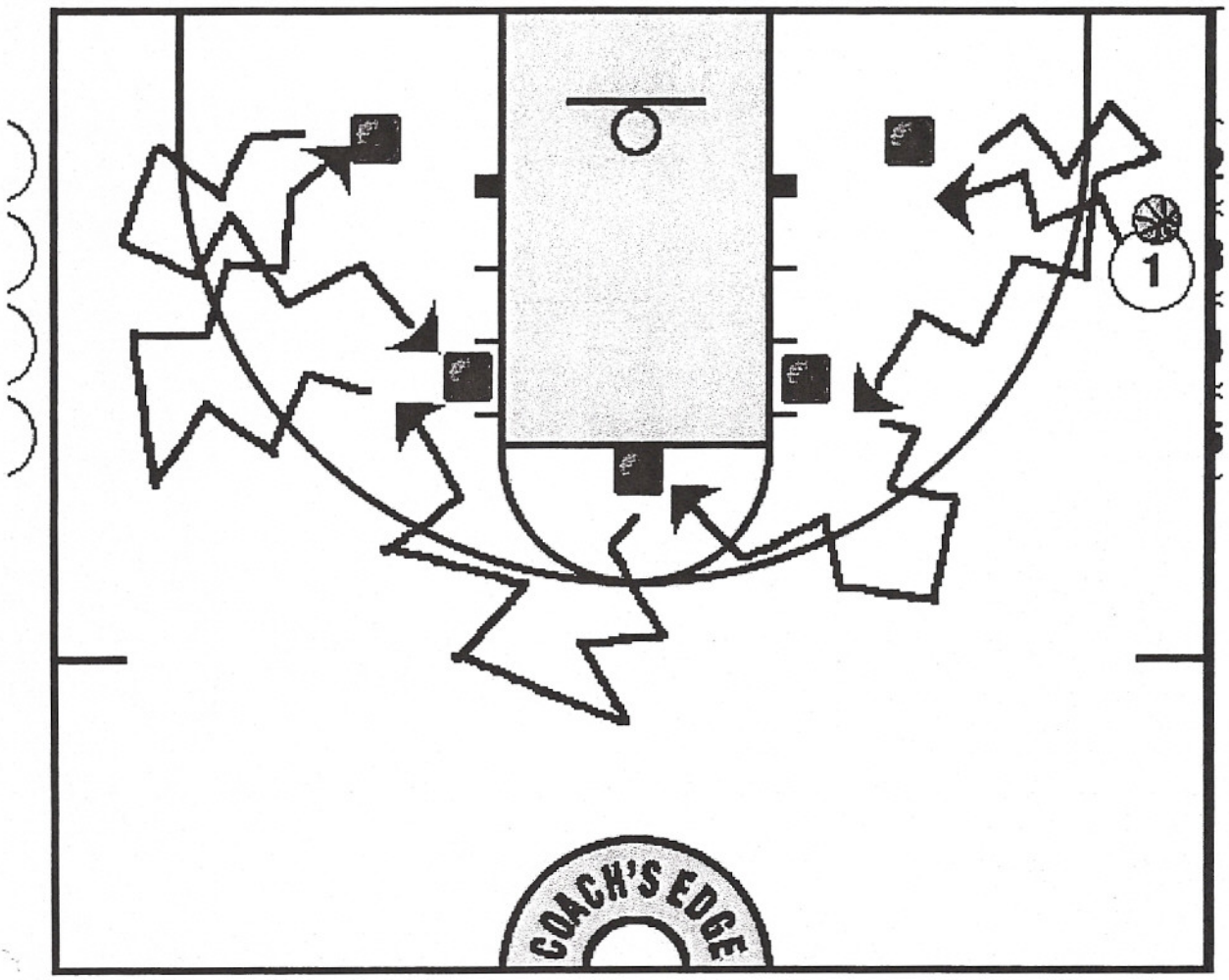
We use the black line at center court to keep the ball handler on a straight path...this drill s very good when mixed in with shooting at other baskets when space is an issue...be ow, quick, and efficient



deline to sideline...sequence we use - add or delete daily...usually go right hand over then left hand back...one hand ossover as wide as possible...two hand crossover as wide as possible...behind the back no inbetween ribble...inside-out crossover...inside-out between the legs...inside-out behind the back...then you go to combo ills...inside-out crossover - between the legs...inside-out crossover - behind the back...inside-out between the legs - ossover...inside-out crossover - behind the back...inside-out behind the back - crossover...inside-out behind the back between the legs...then we do two harder skill drills...two dribble attack - pull-back - change direction - attack...ride e hip as hard as possible while spinting sideline to sideline with the defender trying to reach and tap the ball

Ball Handling - Creating Space

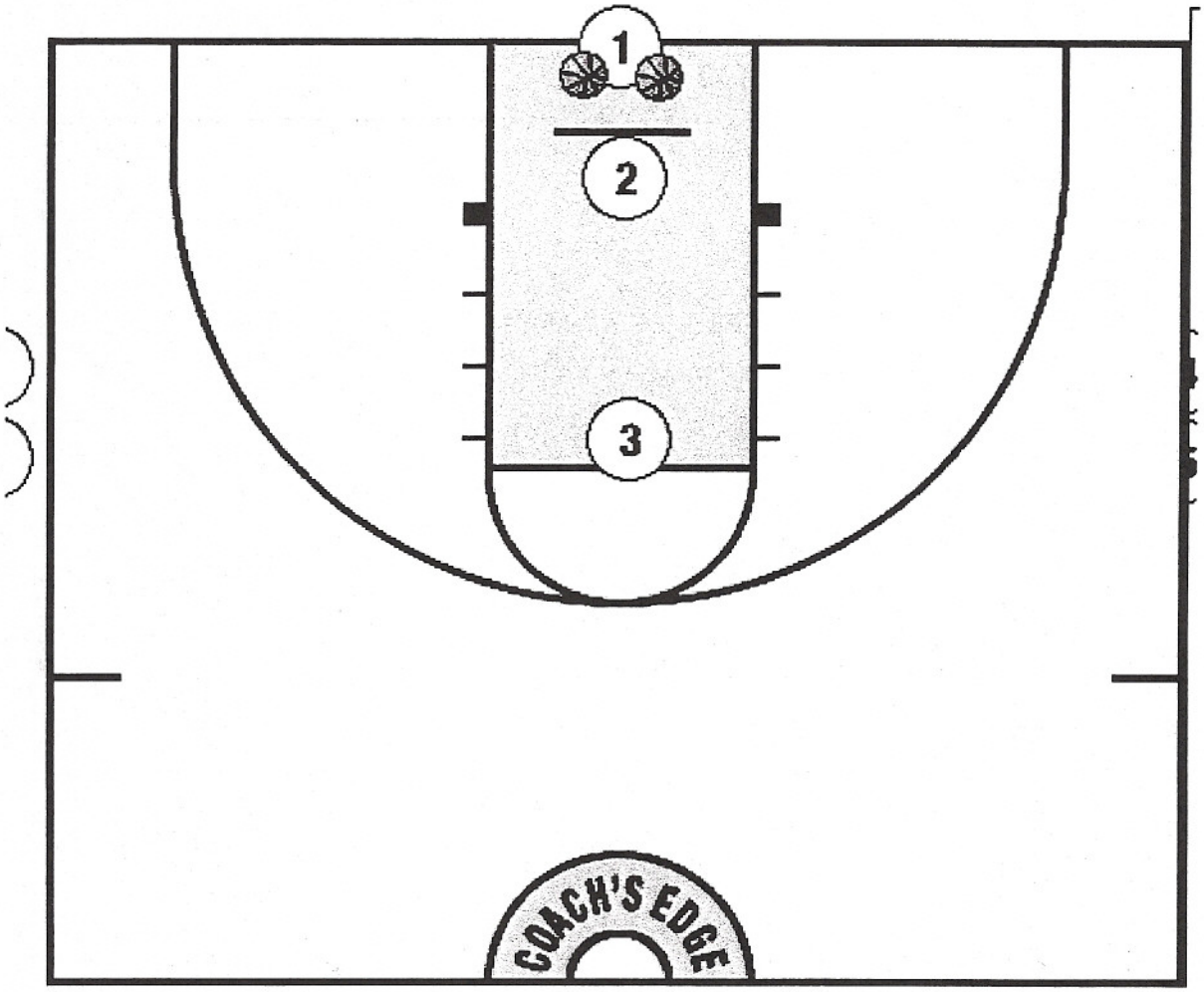
'his is a quick explosive way to teach players to attack, pull-back, and then re-attack the lefense from all areas of the floor...you can add finishing moves at the end once you have ompleted the circuit



ibble hard right handed to the baseline then pull-back two dribbles...crossover and attack with your left hand...attack e next cone and perform the same action with two dribbles in the pull-back...continue all the way to far side then two ibble pull-back...crossover and attack with your right hand...repeat the attack into pull-back action

Ball Handling - One vs Two.PLA

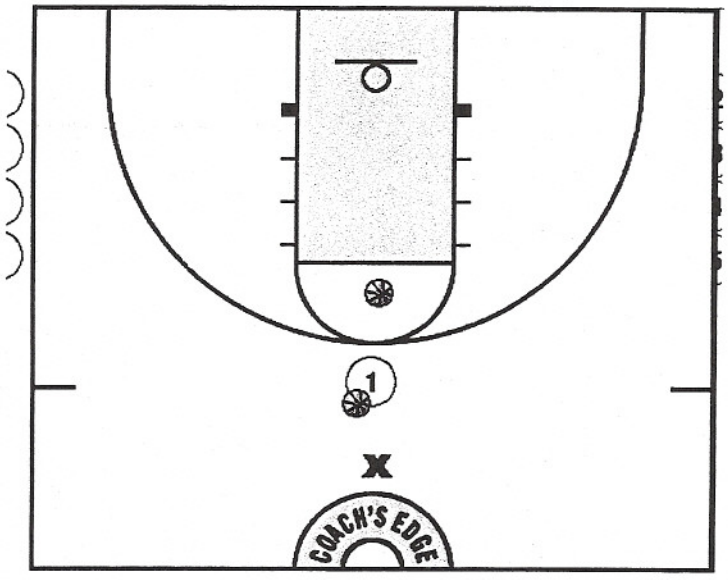
This will allow some overload ball handling vs. pressure defense...start with two heavy balls - then one heavy ball - then a regular ball...one thing you can add is after you cross half court man on the ball leaves and you play one vs. one on that basket



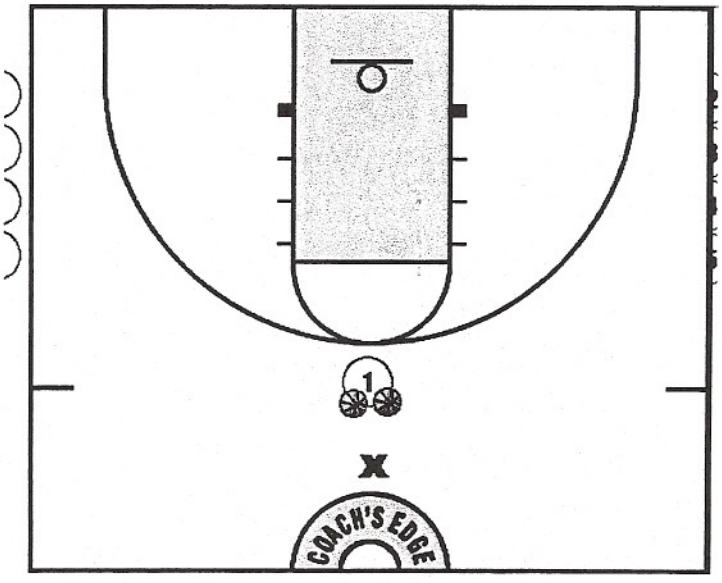
With two balls the front person on the defense must play with his hands behind his back making the ball handler work...the deep defender is the trapper - once you make the defender retreat back off and all the drill to continue all the way to the other end...goal is for the dribbler to get to from endline to endline...when you go one ball the man on the ball is attacking the dribbler to the point of fouling without being violent...the trapper is very similar retreating after they stop the dribbler

Ball Handling - Toss Back.PLA

This will allow you to work on quick ball handling eye-hand drills while stationary...great change of pace from other drills



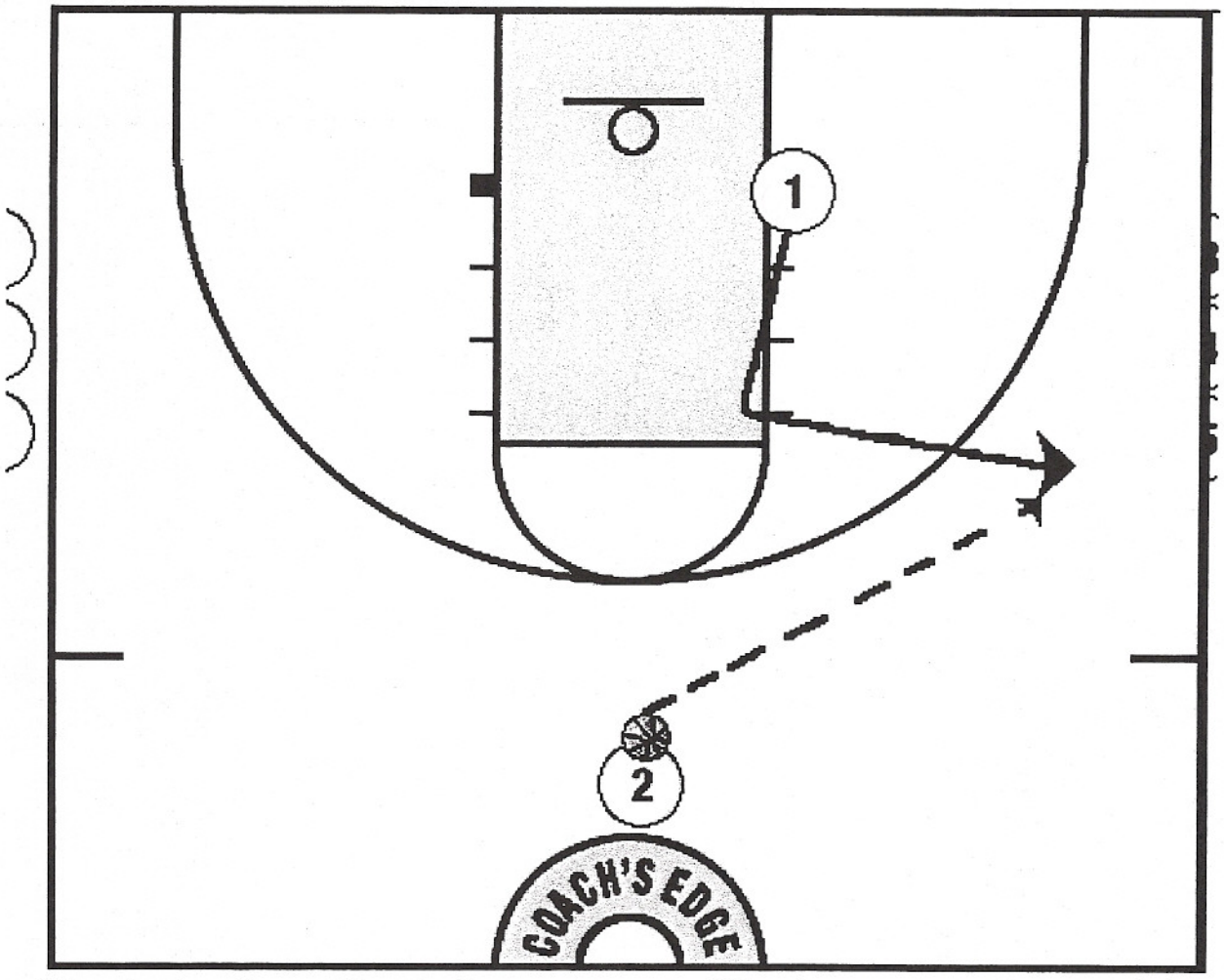
Righty push...lefty push...right to left cross...right hand push - catch - pound - push continual...left hand push - catch - pound - push continual...right and left combination push - catch - pound - push - shuffle across then catch with other hand - pound - push continual



Two ball together...two ball alternate...two ball circle right...two ball circle left

Getting Open - Top Leg Explosion.PLA

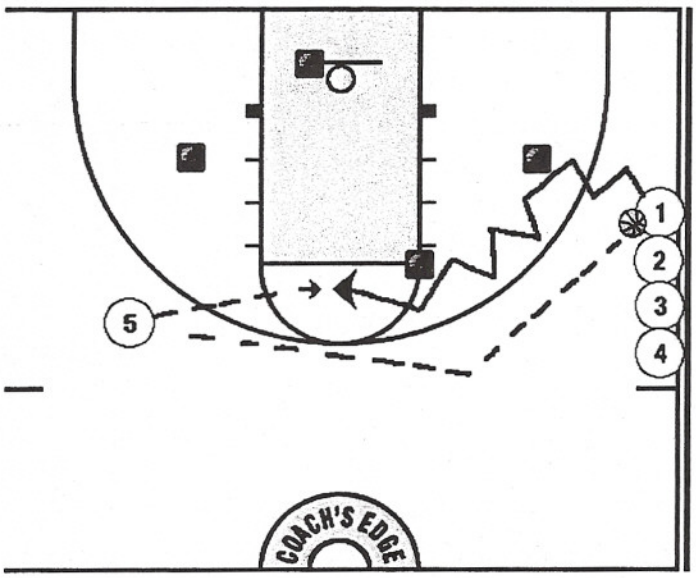
Use your top leg and walk into your opponent...go from slow to fast by stepping gaining the advantage of putting your inside leg on top - use your butt create space - slight forearm push-off then explode quickly to the area of choice



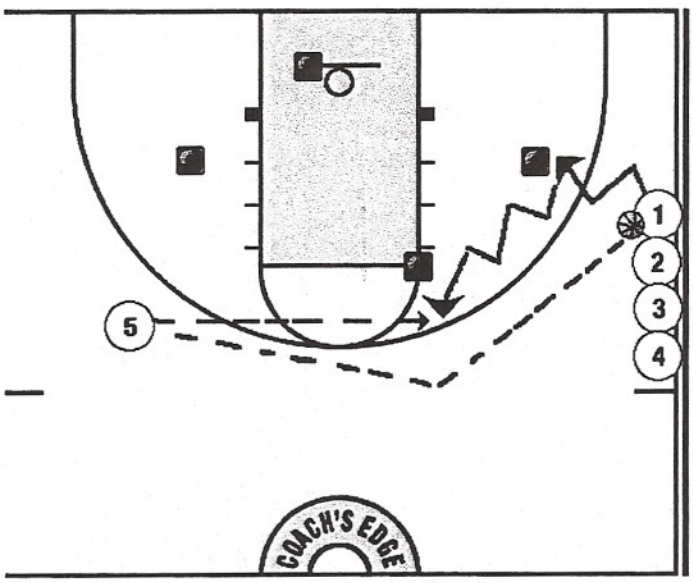
You can work the wing, top of key, and baseline to corner...once you hit the player you can work on several of your individual moves including rips, step-backs, finishes at the rim, etc.

Cone Shooting - From the Wing or Rim.PLA

tart from the wing and take a couple of steps toward the block - turn your hips and uickly explode toward the cone...also, start at the block walk to the rim then explode off a own screen near the block area...you can incorporate '3's' as well...lastly, you can mix in ome 'Flare' footwork if it is used in your offense...forwards can start with back screen



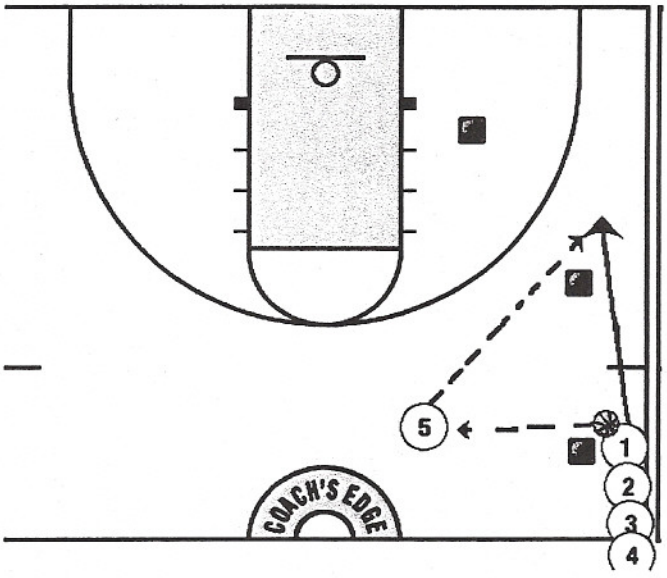
ip pass...catch - shoot...catch - shot fake - one dribble either way pull-up jumper...catch - extension one dribble ll-up jumper...catch - get to the rim...catch get to the rim - reversal...catch - get two hard dribbles - shot fake -under...catch - get the rim - floater...catch - two hard dribbles step-back



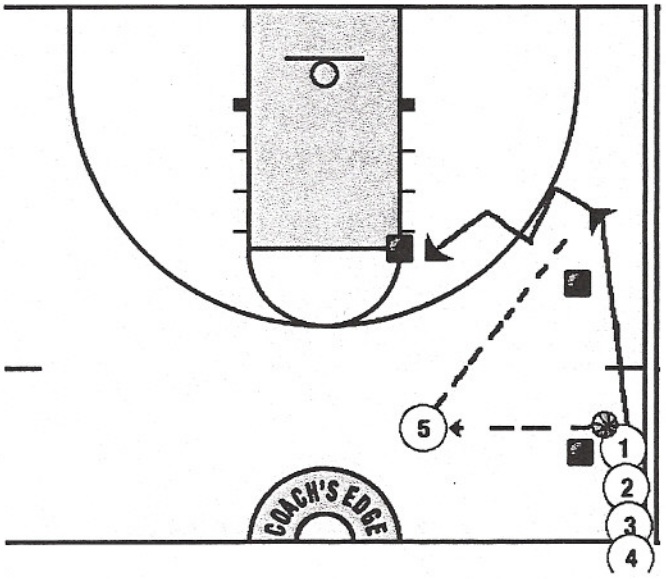
ip pass...catch and rip going back to the same way you came from...attack right between both cones...same quence as above starting with catch - rip - one dribble pull-up jumper

Half Court Runners.PLA

This is similar to cone shooting except we are looking to make the pass up the floor...this will simulate transition and allow that look at the rim which is different than coming from the wing or rim



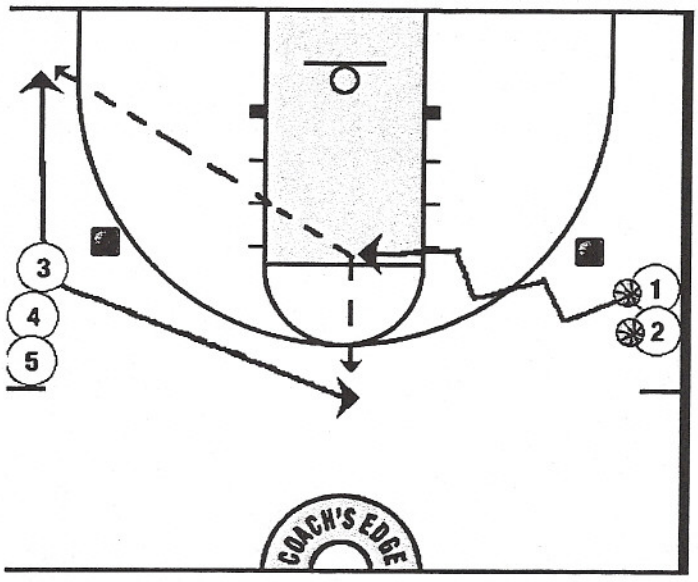
hest pass...return chest pass up the floor...catch - shoot...catch - shot fake - one hard dribble either way - pull-up mper...catch - rip baseline - one dribble pull-up jumper...catch - rip baseline - two hard dribbles finish at the m...catch - rip baseline - two hard dribbles reverse...catch - rip baseline - two hard dribbles - shot fake then p-under...catch - rip baseline - two hard dribbles - floater...catch - rip baseline - two hard dribbles - step back mper...when you catch and rip baseline use the cone as a guide to get them to go low and long



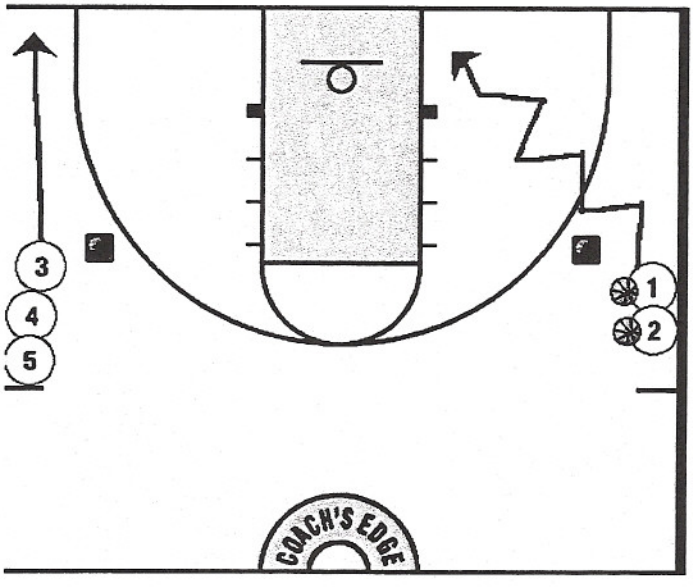
hest pass...return chest pass up the floor...catch - rip to the elbow cone and perform the same sequence starting wit atch - rip elbow - one hard dribble - pull-up jumper

Penetrate and Pitch.PLA

This allows you to teach movement away from the ball that enables your offensive players to get in position to penetrate and pitch...you can do this with 2 or 3 lines...mix it up at the end and make it live so they have to read without you telling them exactly where to go...also, it's important that you communicate loudly your move - 'Fill' - 'Slide' - 'Drift'



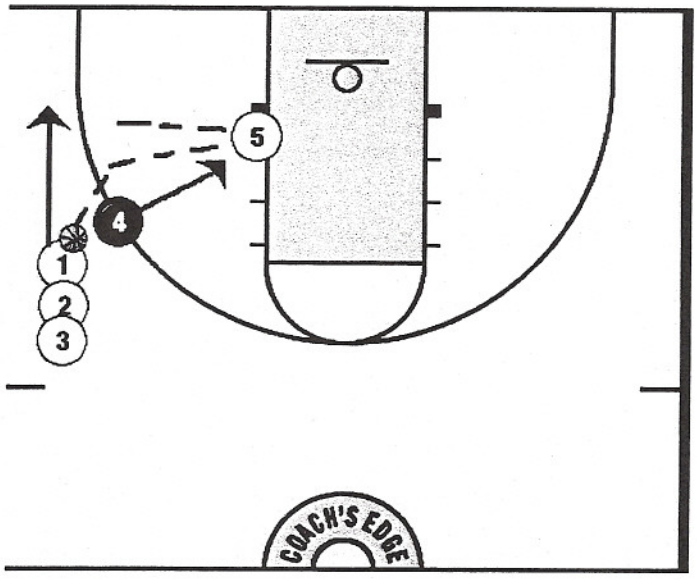
he ball handler makes a hard drive to the paint...be low and long at the begining...when you get in the paint be on alance so you can deliver the right pass and not charge into the defense...the pass to the top is called a 'Fill'...the ass to the corner area is called a 'Slide'...get your own rebound then switch lines...go from the right and left



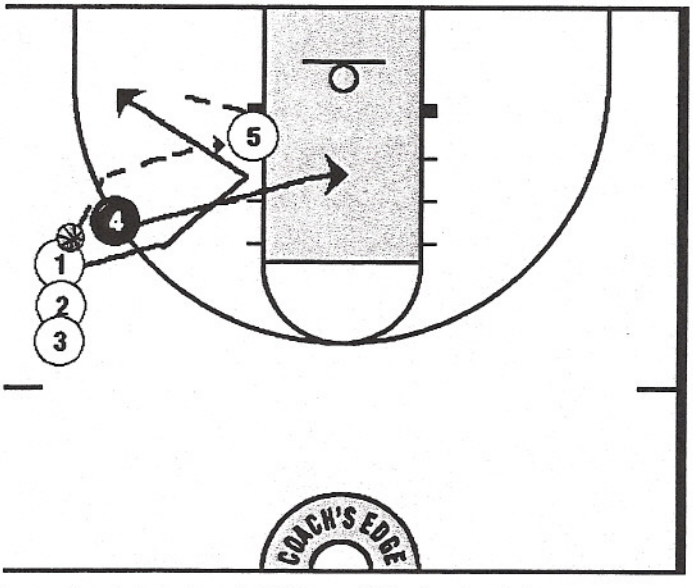
n a baseline drive you sometimes have to jump out of bounce to complete the pass and that is okay...the receiver alls this a 'Drift' and makes the driver alert he is there...this is a big time concept that occurs more than you think, but n't always successful because the receiver didn't 'Drift' quickly enough

Post Feed - Relocate.PLA

Work on feeding the post under pressure and your action off post feeds...you want to make this drill similar to your philosophy...we always work on relocate with quick doubles off the ball and bump backs as an read off your cut



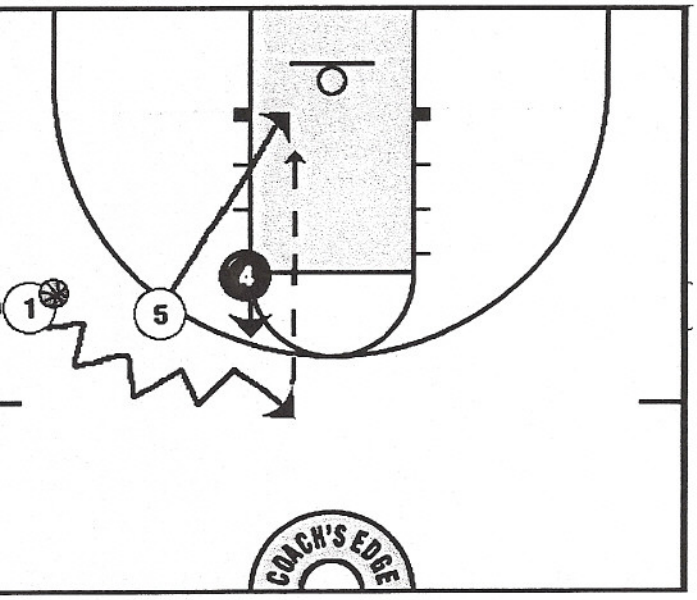
elocate and shoot the '3' on quick double downs...make sure you teach them to communicate the defender to the ost



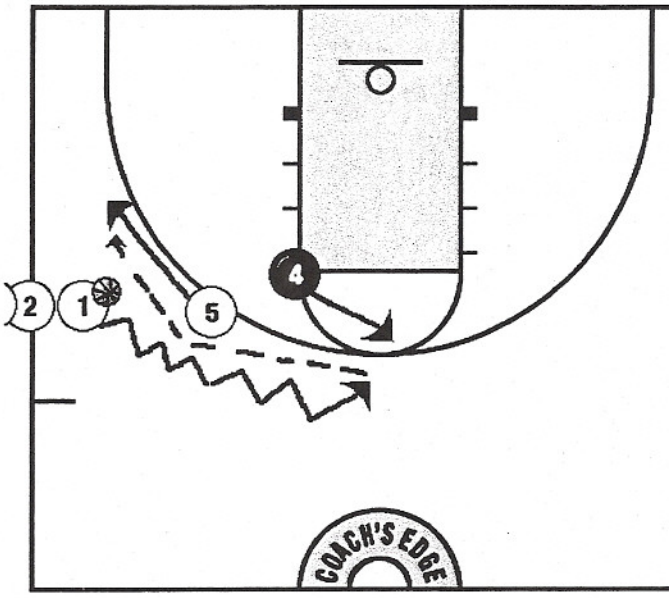
ut hard through the middle...bump back hard and hit the quick step back jumper

Ball Screen Action.PLA

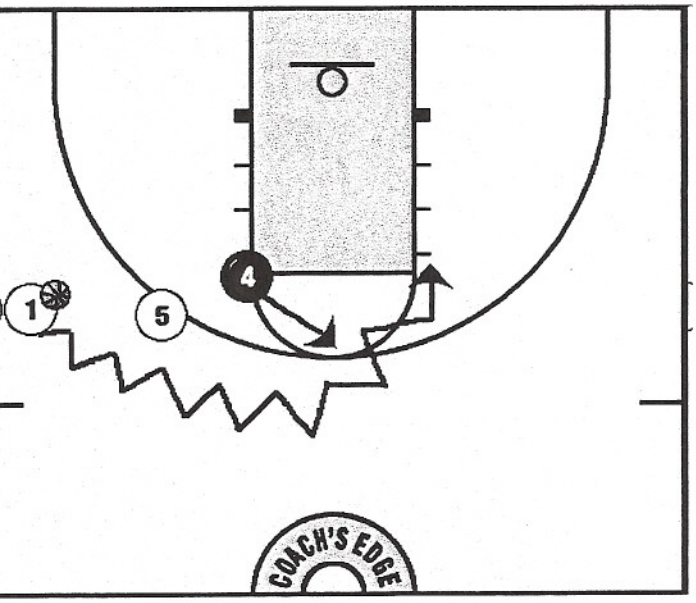
ou can use a lot of different moves to begin the action depending on the side of the floor ou are starting and what is your pivot foot...you must always try to lower the defender efore using ball screen...also, we have listed several different ways to attack and re-attack all screens depending on the defensive positioning



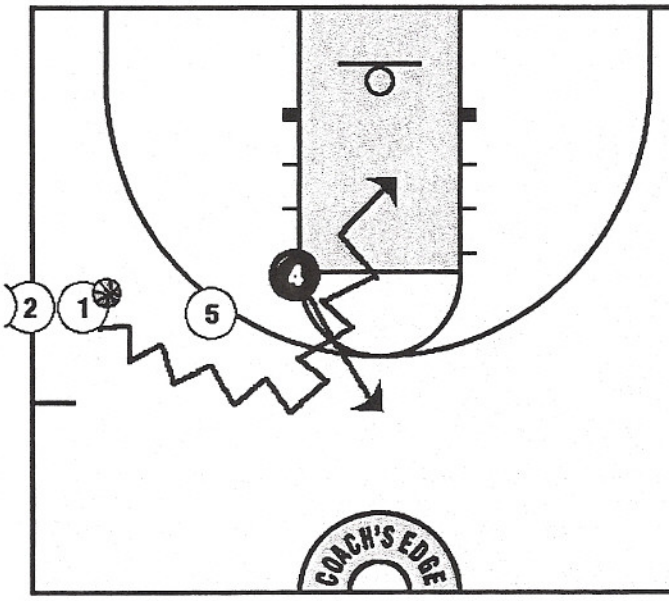
t the roll off the dribble



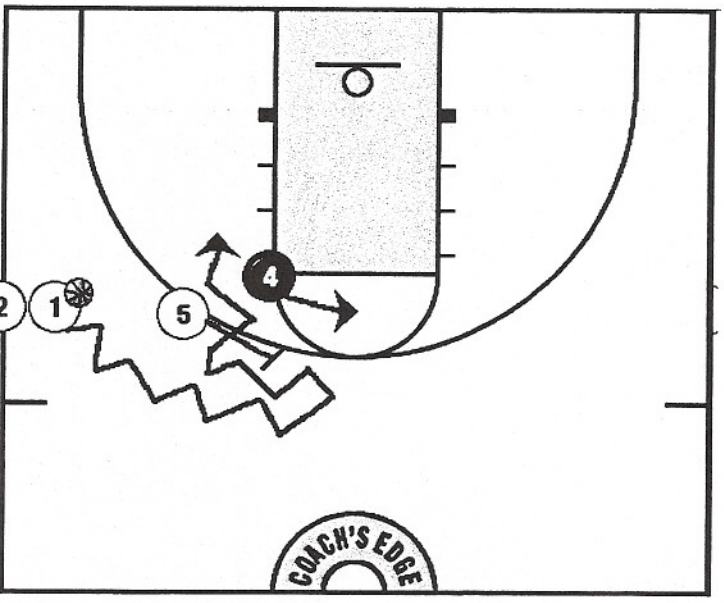
Stretch dribble throw back to the flare



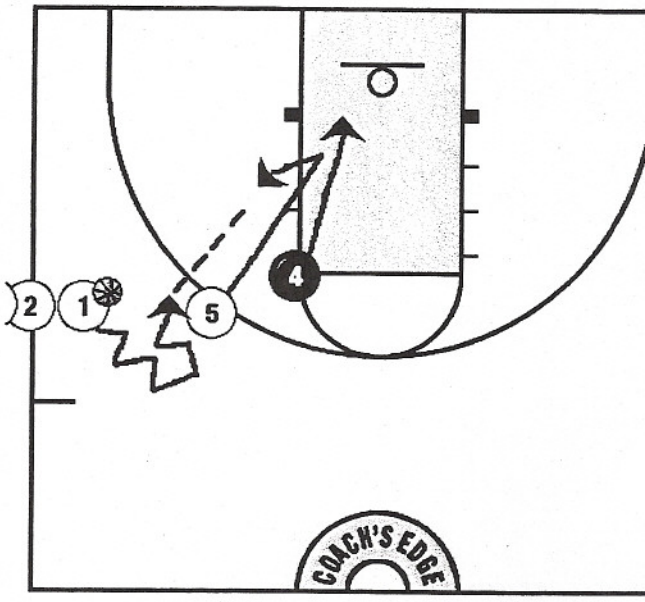
tretch dribble then re-attack to pull-up jumper



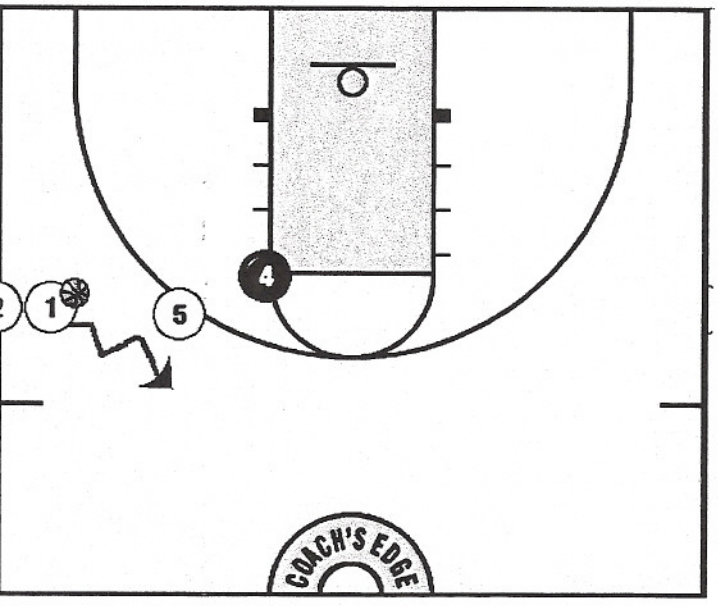
Stretch dribble then split the trap



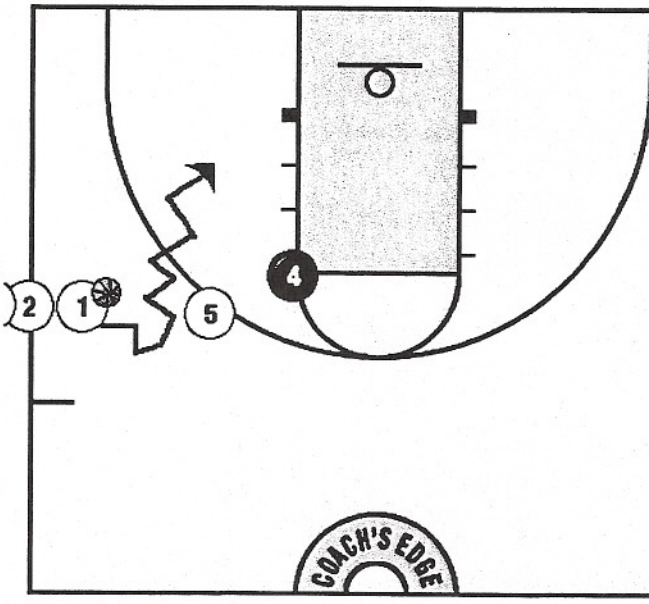
Stretch dribble then attack the re-ball screen



Screen then slip when the ball handler gets to the screen...seal and post



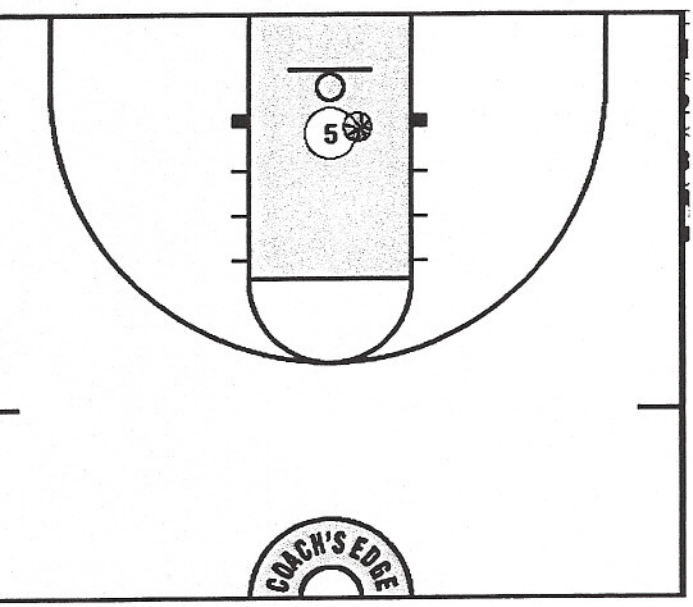
Pull-up and shoot the '3' if the defender goes under



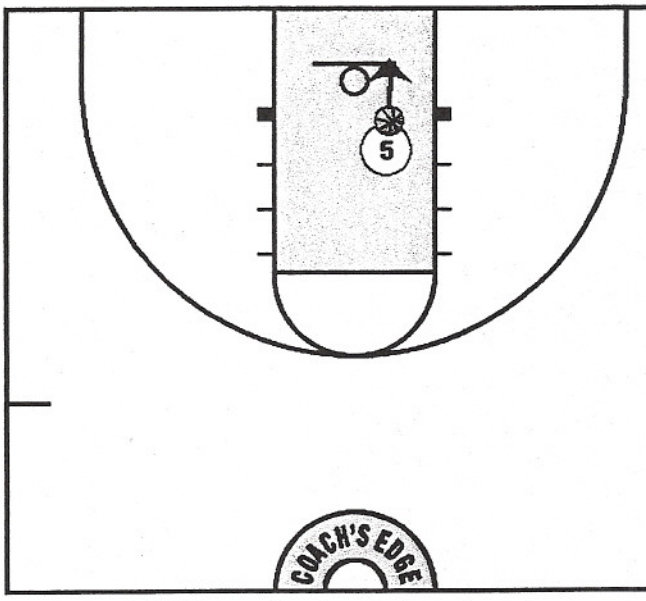
Turn the screen down

Fundamentals from the Post.PLA

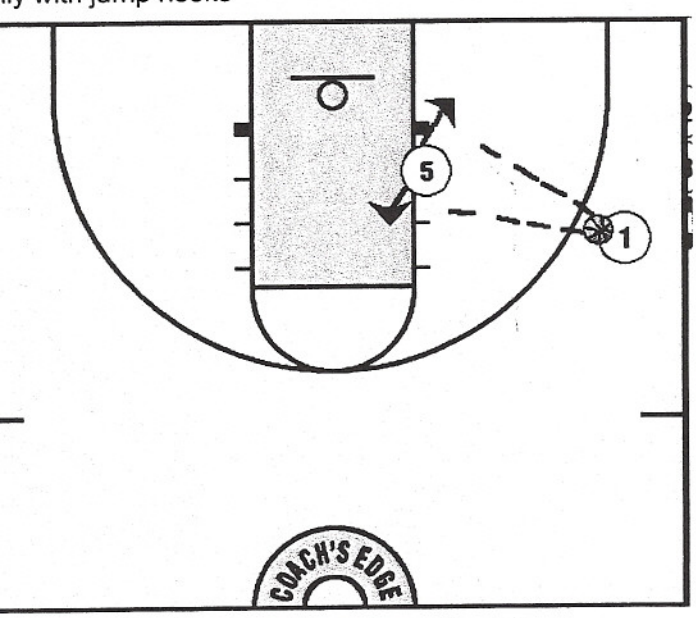
his is a computation of several fundamental drills we do to establish foot work, eye-hand oordination, etc.



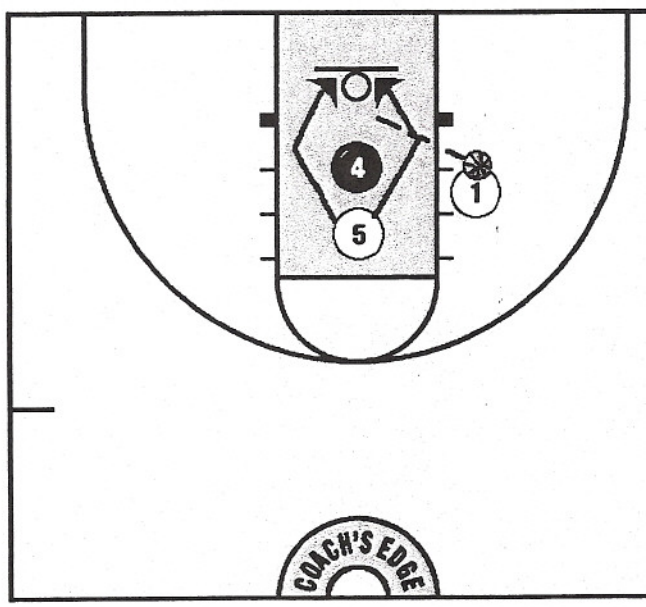
ikan drill that is very common...we either make a umber or a number that has to be swished...we do gular, reverse, and then combos...we talk about tch it high keep it high...also, we use two balls to ork on total concentration or we use a heavy ball, but nly with jump hooks



Minnesota drill is used for hand strength and finishing...smack the board with power using two hands on the ball for a set number of times then finish on that side with locked elbows...also, we use the cheat step and finish with a reverse



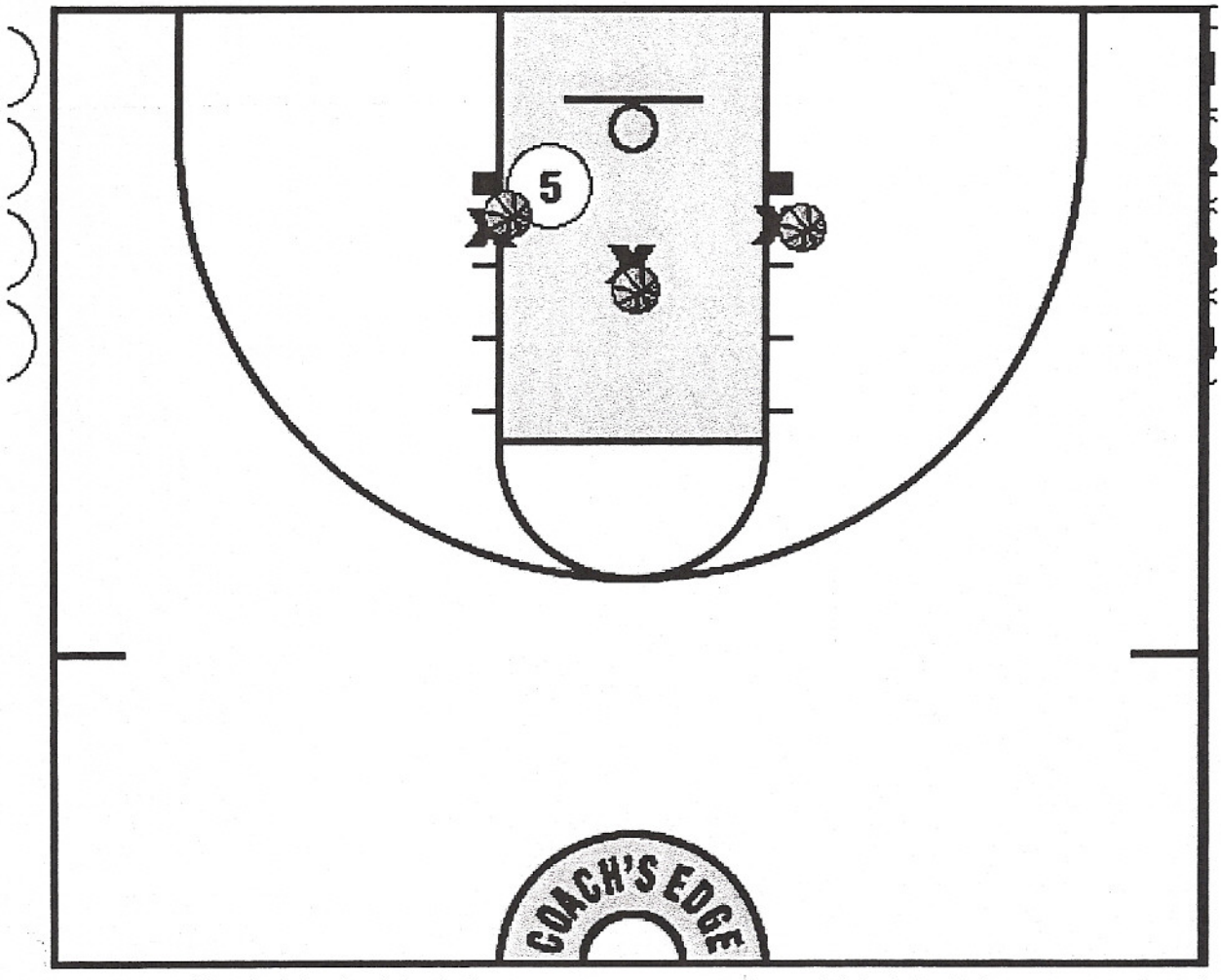
ace the defender...leg whip and seal the defender eeping them on your butt while staying on the balls of our feet...catch and frame with the middle of your ody each bad feed - always keep the defense ttached...on the third feed throw it either side to a



Attack the defender and use several moves to get to the offensive glass...we do four actions...catch it high keep it high - finish...finish at the rim with two hands...catch it high - shot fake - finish on the same side...catch it high then quickly finish off a crab dribble

Baylor Paint Series.PLA

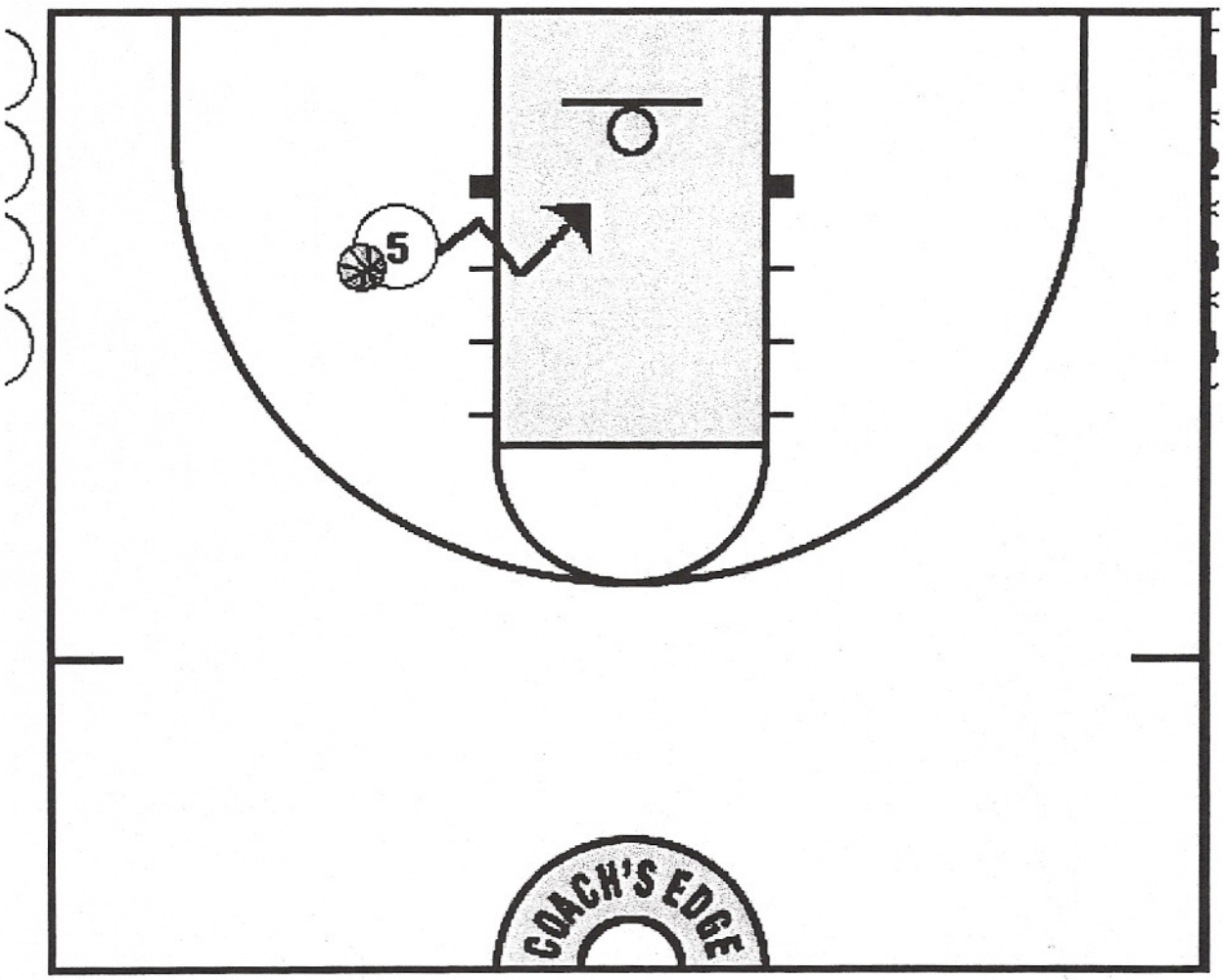
his is a drill used to master footwork and technique... speed and paying attention to detail re a must during the entire series...finish every shot with a put-back if missed...this is hen you have a foot in the paint action that is more reaction to the defenders position



o over left shoulder and back right shoulder in the same sequence making a total of six shots per move...here is the rder that can always be altered...drop step dunk...drop step jump hook...crab dribble jump hook..crab dribble show nd reverse pivot running hook...crab dribble up-under...crab dribble shimmy...crab dribble quick spin back jumper

Off the Block Post Series.PLA

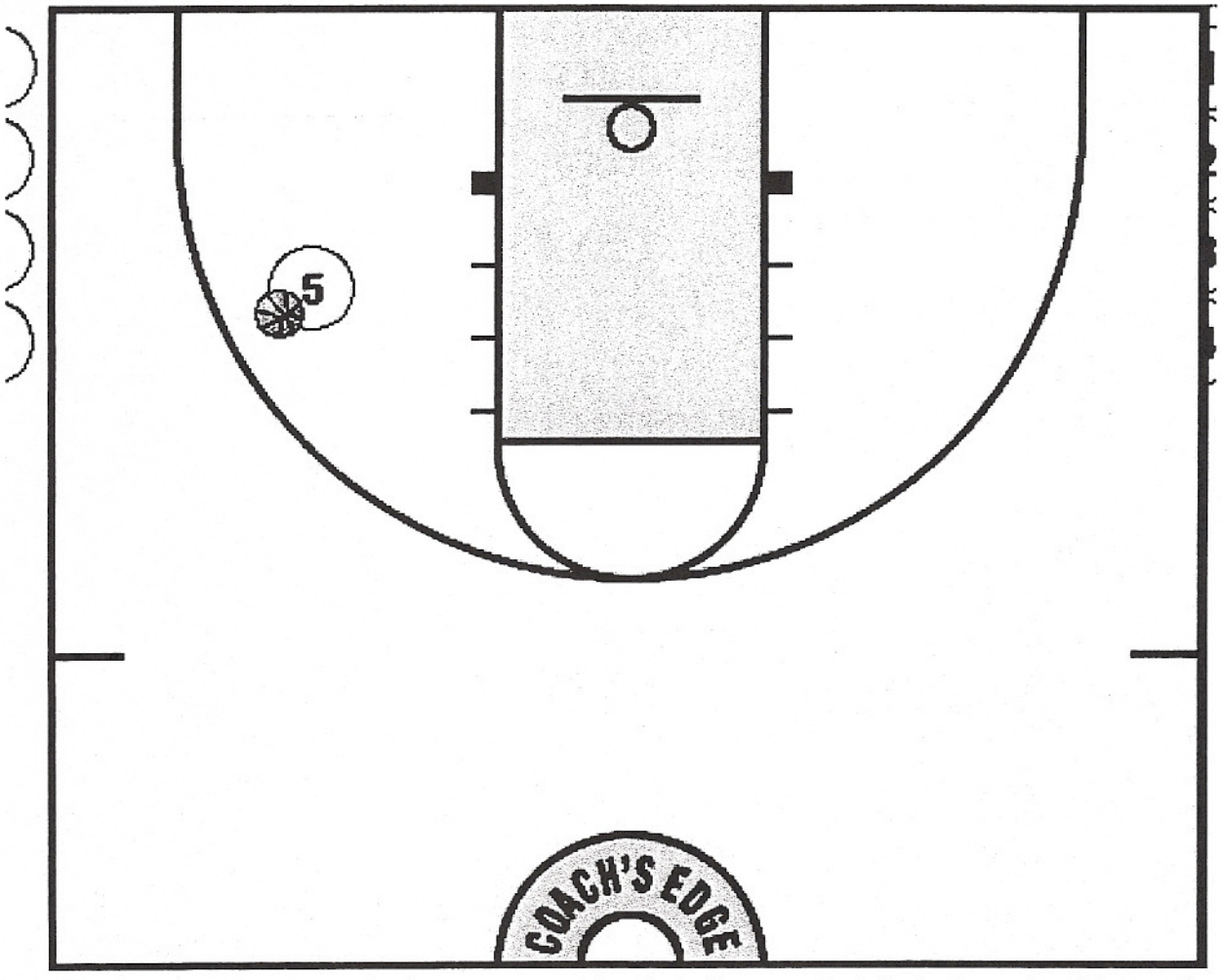
ame and catch first then chin the ball with your elbows slightly out...check middle - eck double to read and allow your offensive teammates to cut...while checking pivot on ur baseline foot and step into crotch of defender creating space...have tempo and allow fense to dictate your move - max two dribbles toward middle...both sides



vo dribble jump hook...two dribble jumper...two dribble step-back...two dribble up-under...two dribble shimmy...one ibble - quick spin - jump hook...one dribble - quick spin - jumper...one dribble - quick spin - up-under...one dribble ep-back

Face Up Series.PLA

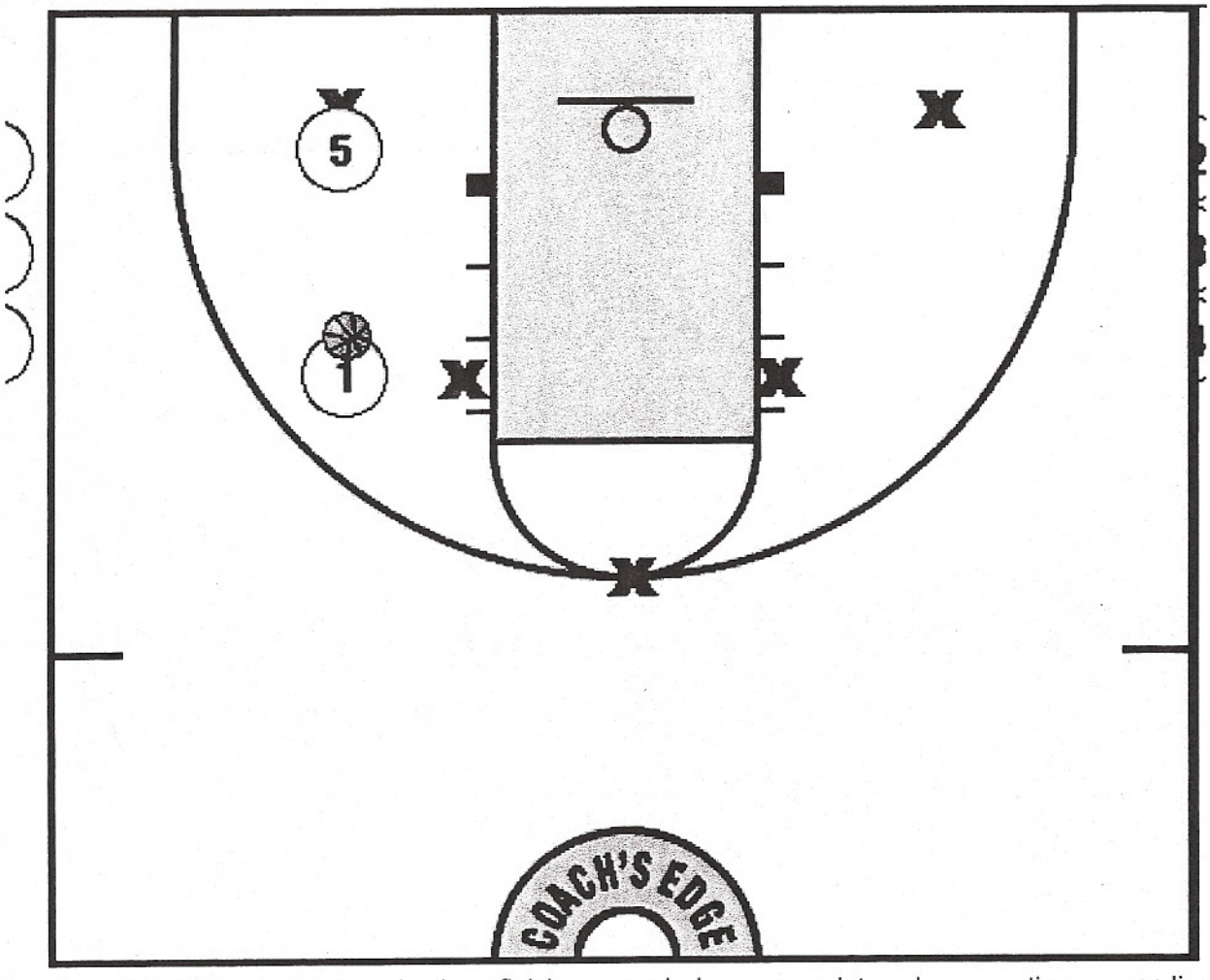
Ve will do this from 12-15 feet on an angle that allows drives both ways...we are stressing atching the ball first in the middle of your body...we will do this on both sides of the oor...we will always pivot on our foot closest to the baseline



urn and face reading the defender on the face-up...remember that when you deck the ball guards will be coming own to strip...be low-long and strong while attack the rim...turn jumper...turn jab jumper...turn rip one dribble mper/floater...turn rip get to the rim...turn rip get to the rim - shot fake - finish...turn rip and finish with a reverse...turn o one or two dribbles - step back jumper...turn rip your knee then attack the middle with the same sequence

Pro Moves - Soft Spot and Elbow

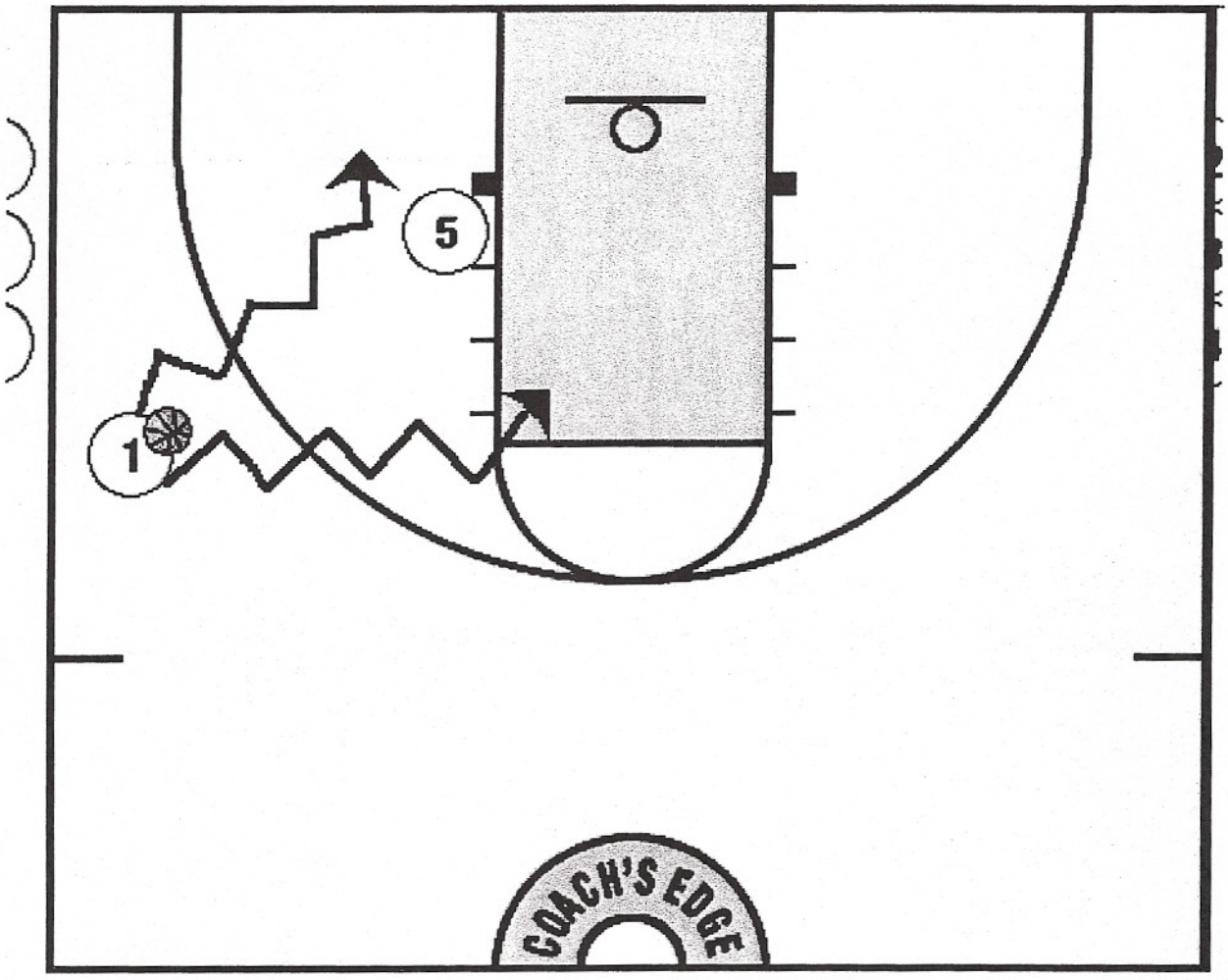
ed from various areas...teach cheat step move so that players learn to anticipate the ss...both forwards and guards...to help teach balance have a coach or manager firmly sh on hip of offensive player during the move...rip low, quick, and powerful...remember at guards are coming to steal...use a heavy ball except for step-back move



e sequence is simple yet game like...make them finish on a pad when appropriate...also, sometimes we go live one one with the soft spot players...cheat step - dunk...cheat step - rip - finish...cheat step - rip - crab dribble - sh...cheat step - rip - crab dribble - shot fake - finish...cheat step - rip - crab dribble - reverse...cheat step - rip - crab bble - step back...do each action from each spot

Escape from the Block.PLA

his will teach your forwards - not bad to put your guards here as well - how to read ribble penetration...we yell the dribbles name for awareness



baseline drives we perform the following actions...catch around 12-15 feet for jumper...catch around 12-15 feet - rip dribble pull-up jumper...catch around 12-15 feet rip knee then back one dribble pull-up jumper...catch for '3'...on dle penetration we perform the following actions...catch at the soft spot and attack with 'Pro Move Series'...catch 3'

PRESS TERMINOLOGY

The following terms will be in constant use as we shall endeavor to communicate our ideas about the pressing game with each of our players. Complete knowledge of these terms and complete mastery of their defined movements, are vital if our defensive structure is to realize its fullest potential.

1.	"Abel"	The 1-2-2 press formation.
2.	"Baker"	The 1-2-1-1 press formation.
3.	"Charlie"	Man to man (fronting) with anticipator
4.	Runner	Running movement (full speed) of press personnel while ball is airbourne.
5.	Slider	When ball has been received, the running stops, and sliding begins. A slider performs short choppy feet movements in any direction desired, so as to be set on "go" when pass is lofted out of trap.
6.	Chaser	Hustles after ball with reckless abandon. No rules, use intinctive moves in playing the ball.
7.	Floater	Safety people who go to middle of floor when ball has been reversed. Will go far any pass deliverd into the middle, but will gamble very little for passes outside of this area.
8.	Protector	Covers the basket area and protects against easy shots.
9.	Gap Shot	The area between passer and receiver in which the flight of ball will carry is called the gap. We will shoot this gap always when a trap is set.
10.	Diagonal Pass	A long pass that goes from one side of the floor to the other. A looping type of pass that carries across the press.
11.	Trap Location	Where trap is being applied in our system there are two basic areas - (1) deep backcourt corners and (2) the side line area. (probably about half way between baseline and center line in the backcourt).
12.	Ball Level	Position of off-side defender who is even with the ball. Necessary to play penetration passes.
13.	Peel Down	Maneuver used to come from ball level and get in front of dribbler and stop his movement.
14.	Run & Jump	When the forward or second line defender moves up hard and stops the oncoming dribbler

15.	Influence	To pressure the ball a certain route.
16.	Short Throw-Back	Pass from one side of floor that is received no farther away than the free throw lane area.
17.	Long Throw-Back	Pass from one side of floor that is received beyond the free throw lane area.
18.	Slow the dribbler	Anytime press is broken and offense is rushing toward their basket, the attention of everyone must be directed to "slowing the dribbler". Done through lunging at ball and falling back, accepting a charge, hollering etc.
19.	Fronting	Move used to direct all of your attention to the man you are guarding and none to the ball.
20.	Deflection	Tipping away of a pass to a receiver instead of going for a clean catch and steal. (a most necessary play in the Charlie press).

ABEL THOUGHTS (1-2-2)

"The Strength"

The outstanding feature of "Abel" is the great initial thrust of pressure applied after the first pass is made inbounds. "Abel" concedes the in-bounds pass, but immediately the receiver of this pass is surrounded by a very aggressive trap. This should make ball movement from this spot extremely difficult and hazardous for the offensive unit.

Another feature of "Abel" is the super coverage it carries on practically every backcourt passing lane (all 5 defenders are committed to the back court.)

Needless to say, the primary concern of the "Abel" press is is to pick off the first pass thrown out of the trap.

In order for the above thoughts to be fully realized, the press must be completely set and ready for movement within two seconds.

"Chasing-Floating-And Protecting"

With terrific pressure on passes into the heart of the press; and on passes diagonally over the press, we may sometimes be engaged in handling a completed throw back pass (a pass that is thrown laterally or back, but gains no ground toward the basket). This type of pass will not hurt for there is no progression of the ball. However, it does, at times, cause the press to make numerous adjustments in order to maintain constant pressure and coverage on the reversed side. Because of this, we feel it is

far too risky to commit our complete press (all 5 men) to the reversed side. Although, in order to continue our pressing tactics we will commit a portion of the press to this side. We will ask two assigned people to "chase" the ball no matter where it is reversed and they will hound its movement until it reaches mid-court. The other 3 people will go into "floating & protecting" that will give us middle and basket coverage against the on-rushing offensive team.

When a ball is reversed by use of a throw back, we need to make clear the distinction between a "short and long throw-back" a "short throw back" will be any pass that fails to carry across the free throw lane area. A "long throw back" is one that does carry the free-throw lane area. This distinction is most important in our press for we will assign our "chasers" according to the area on the floor into which the ball was thrown. From the diagram of "Abel" (ball going to offense's right), X3 will always be a "chaser" irregardless of the length of the throw-back pass.

The shift in assigment will come from players X1 & X5. When a "short throw-back" occurs, X1 will chase and X5 floats. And when a "long throw-back" occurs, X5 chases and X1 will float. The reason for the shift in responsibilities on the "long throw back", is because X5 will be in a better chasing position than X1. X2 will always float when a throw-back comes and X4 will always go to the basket and become a "protector".

The chasing and floating game will continue until the ball penetrates into front court - at which time the press will swing into its recovery to whatever half court defense we have elected to play for that particular game.

"One Last Thought"

Any time the ball is thrown-back short, and for some reason it discontinues it's reversed path to the other side, but rather it comes right back to the original side where it was put in on, we will employ "chasing and trapping" principles with X1 and X2 as we did in the beginning. When this takes place X3 and X5 will float.

X4 will maintain his position at the basket. He was keyed to make this slide when the ball was on a throw-back and no subsequent movement of the ball under any circumstances, will alter his present basket responsibility.

BAKER THOUGHTS (1-2-1-1)

The basic movements in our pressing system have already been outlined under the description of "Abel". The "Baker" phase of our pressing game will offer many of the same movements, but the two are not identical presses. We will concern ourselves only with those differences in this section.

"First Difference"

The most glaring difference you will see is the alinement of X4. In "Abel" he covers from mid-court forward; in "Baker" he is covering behind the mid-court, and never goes forward. This reduces the effectiveness of our backcourt coverage, especially on the "diagonal pass", but our emphasis now has shifted from a complete gambling type press to one with better basket coverage.

Throw-backs will be treated the same as they were in "Abel". Although, on the "long throw-backs" we may have only one chaser. (X3 in the diagram we have drawn)

"Second Difference"

Another quite noticable difference is the flexibility that comes out of "Baker".

From "Baker" we can flash two alternate moves that will change the entire complection of our pressing game. (we would not dare do this from "Abel" for we have no basket coverage.).

"Peel Down"

The flexibility is found by positioning X2 (in our diagram) on the inside of the man receiving the inbounds pass. X2 will then apply the juice to him hard and influence his drive down the sideline, thus, creating a new area for the "Trap Location". By employing only one man on the ball, this relieves X1 from any trapping responsibilities. He must, however, use this time wisely by placing himself at "ball level" (even with the ball). Once the ball has been influenced and the dribble movement begins down the sideline, X1 must, if necessary, accelerate to top speed, to move ahead of the ball, and whip over in front of it's progress before it reaches mid-court. We call this maneuver our "peel-down".

Coverage will include X5 over the trap and along the side-line. X3 will knock down all middle releases, and X4 will protect against the easy ones at the basket.

Anytime the ball has been stopped by "peel-down" man, and the dribble is dead, X2, the influencer, may decide to "leave the trap" and pick up the nearest uncovered outlet. This move would be advisable if we are having success in stopping the dribbler, but he is making a delivery from the trap that we cannot handle with our present coverage.

"Run and Jump"

Sometimes, in order to stop the dribbler, it will necessitate a change in assignment of X1 and X5. The reason being better location of X5 to move up on the dribbler. The execution of this move will involve X5 leaving his area and rushing the ball. In so doing he has taken the job usually performed by X1. X1, seeing the movement of X5, will continue on and peel in behind the trap and swap out responsibilities with X5. This type of mevement is referred to as "run and jump".

Coverage away from the trap will be exactly as before. X3 floats the middle and X4 has the basket area.

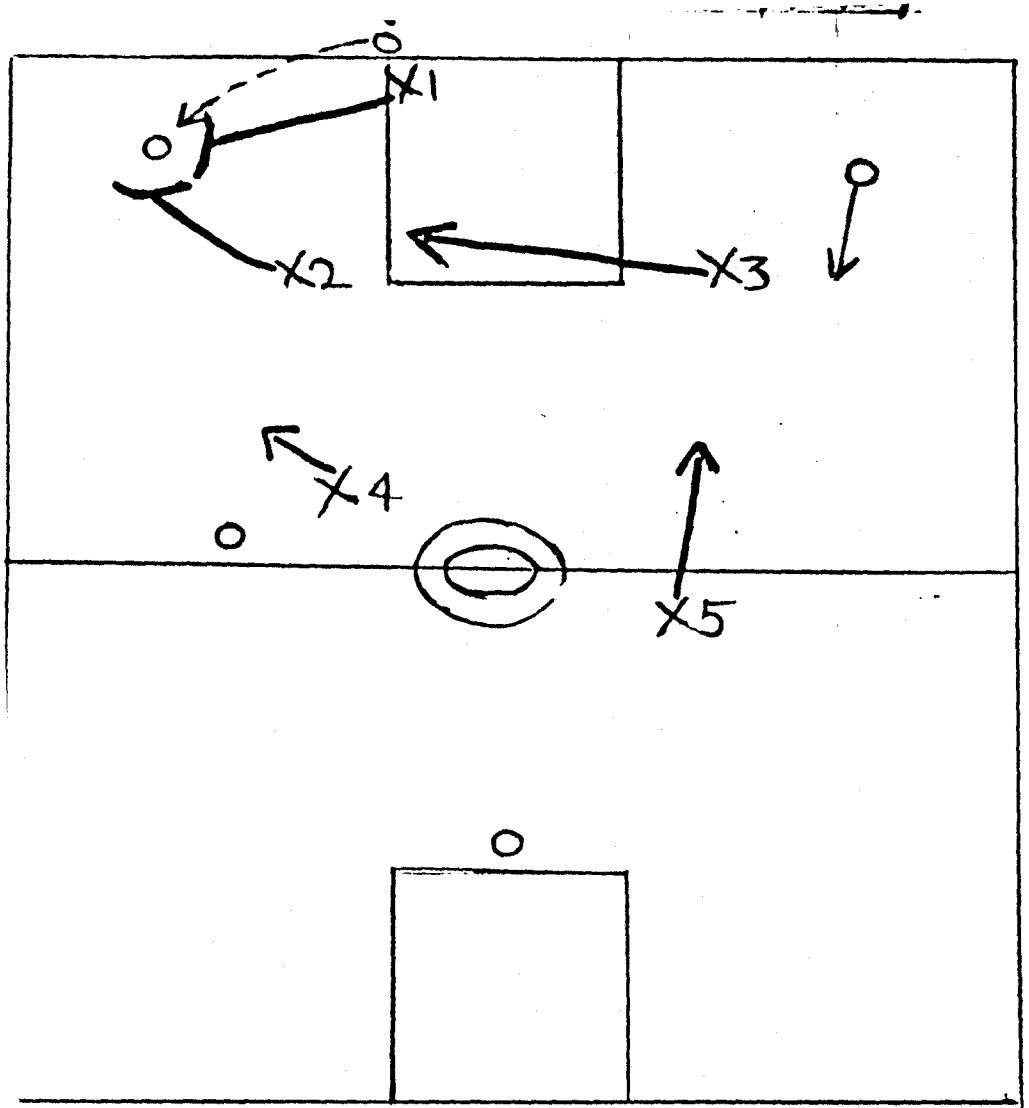
Generally speaking, the throw-backs made from the "peel-down" or "run and jump" series, will not carry chasing and floating rules, for the ball has progressed, in most cases, near the mid-court strip, and this keys the recovery of our pressing system.

"General Description"

This press has very little tie-in with the other two, for it is designed to deflect or steal the throw in pass. (1st pass). "Abel" and "Baker" are designed to play the 2nd pass. (pass from the trap).

The key is X1 who will go the way the ball is put into play. Hopefully it will be lobbed over the head of X2 and X3 who have taken on fronting responsibility. If so, X1 will try for a deflection or steal.

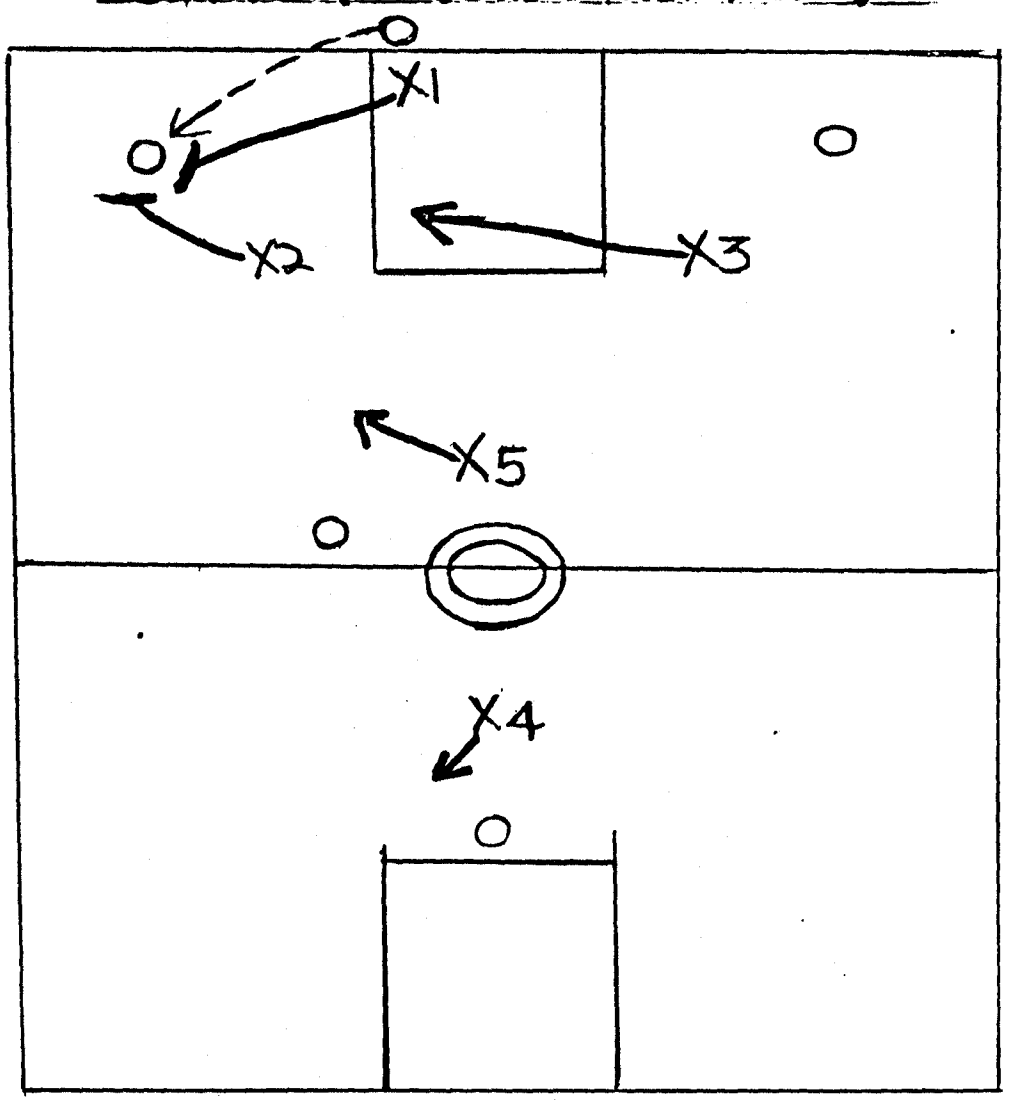
If the ball comes in on a lob to the side of X2, X3 will float the middle (as in our diagram) X5 covers over the trap and X4 plays basket.on any ball that is successfully received inbounds by the offense. X1 will go and try for the trap regardless of where the in-bounds is made. The other 3 defenders will form coverage similar to the "Baker" if at all possible. However, because we begin man to man it may be difficult at times to accomplish this. If this is the case, this rule will apply "stay with your man when he is deep in offensive territory, but if your man is still in the back court you leave him and play the gap shot if we get a good trap" (Good judgement on your part must be used).



Description:

X1 & X2 – Converge for trap
X3 – Seals off return
X4 – Locks Straight-ahead pass
X5 – Handles Diagonal Pass

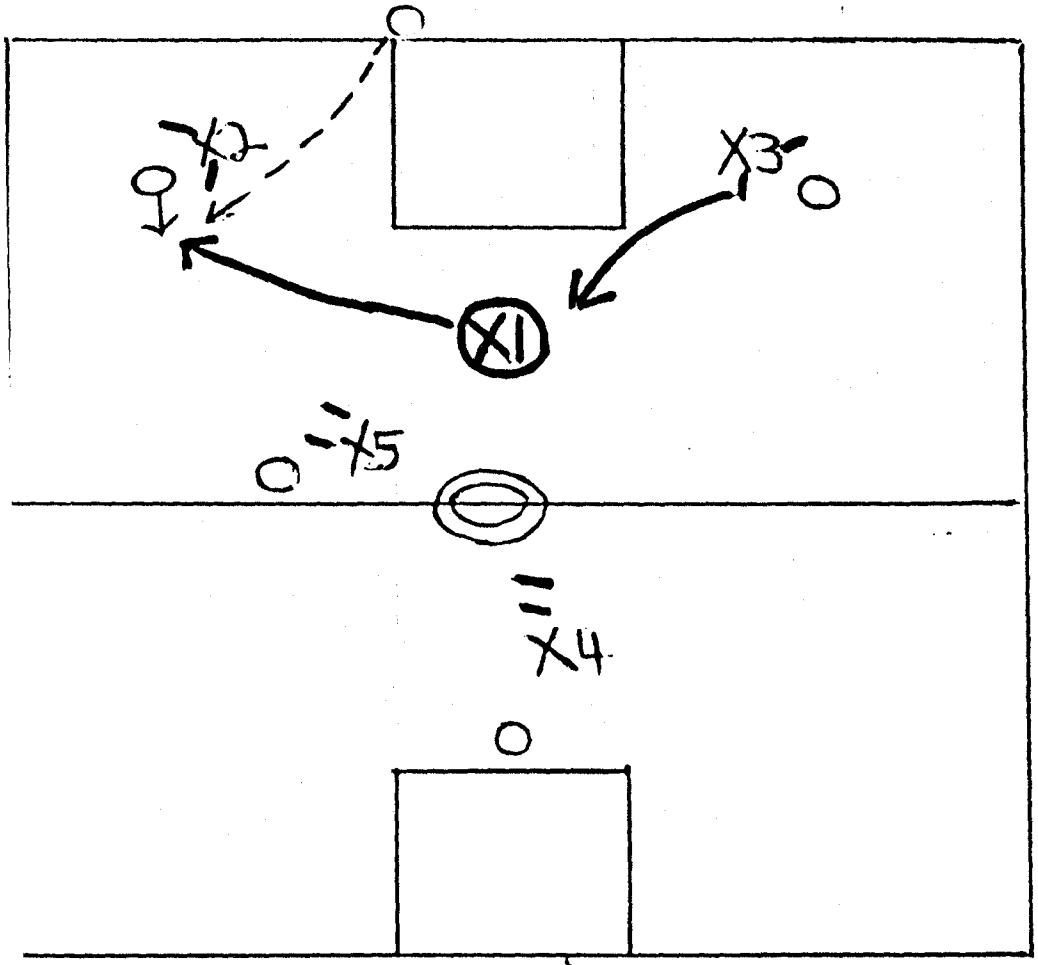
If throw-back does occur and we are successful in stealing – Chasing, floating & Protecting phase of press swings into action



Description:

X1 & X2 – Converge for trap
X3 – Seals off return
X5 – Locks straight-ahead pass
X4 – Protects Basket

If throw-back occurs — Chasing & floating phase of press swings into action

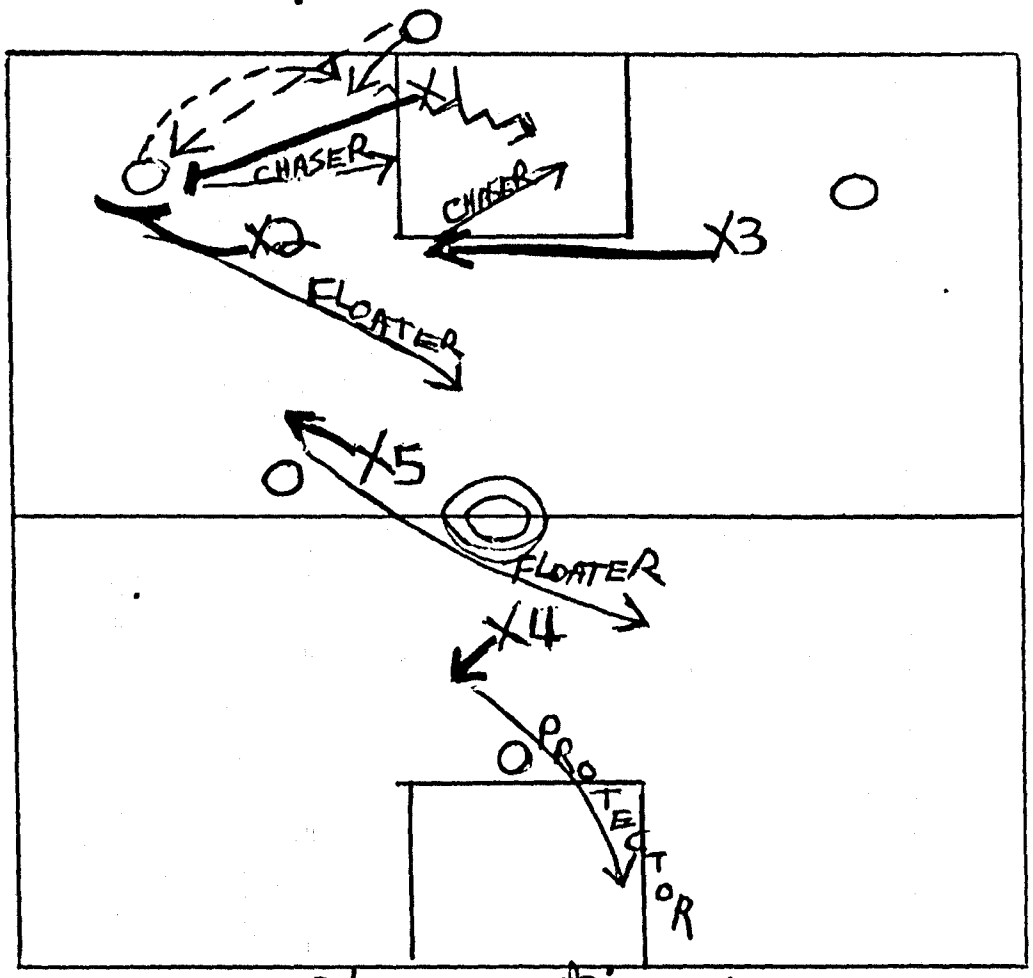


Description:

X1 – goes the way ball is thrown.
X2 – fronts his man.
X3 – fronts his man.
X5 – sides his man.
X4 – ball + man principle.

We are playing for the put-in pass. If we are successful on intercepting ball we trap with X1 + float the middle with off-side people.

CHASING, FLOATING & PROTECTING"



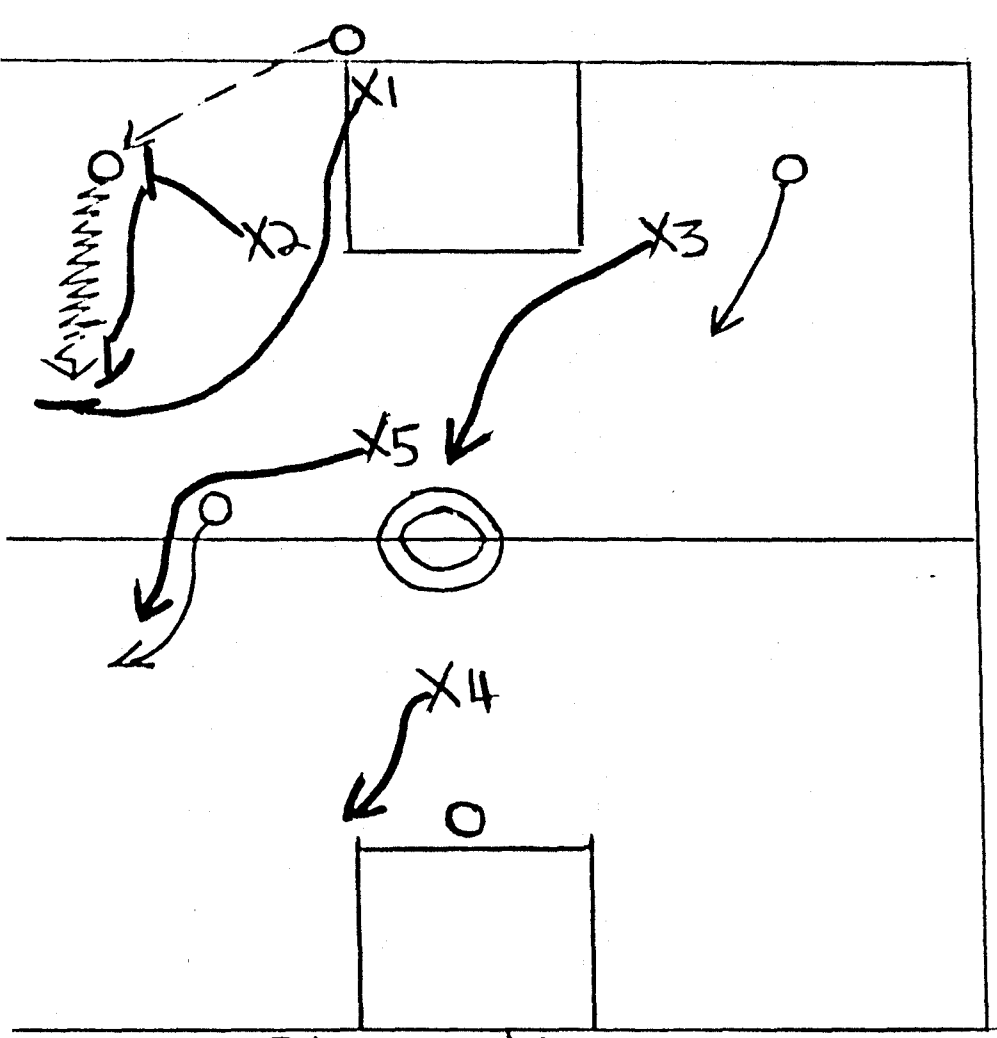
Description:

"Handling of throw-backs"

X1 + X3 – will chase the ball with complete freedom of movement. Use all instinctive skills at their command.

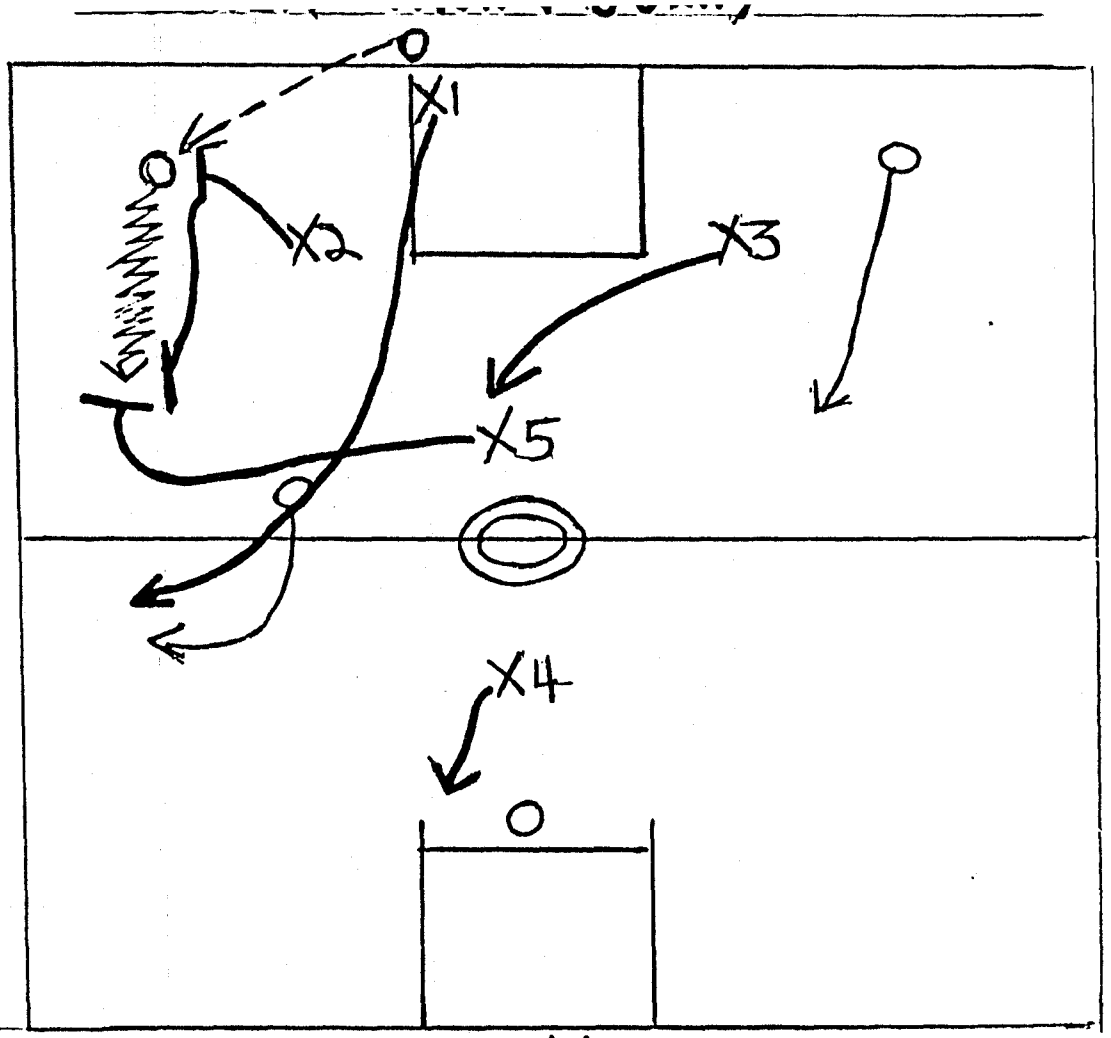
X2 + X5 – are in recovery phase of pass. Pick off any middle passes.

X4 – will stay in the color + Protect the basket.



Description:

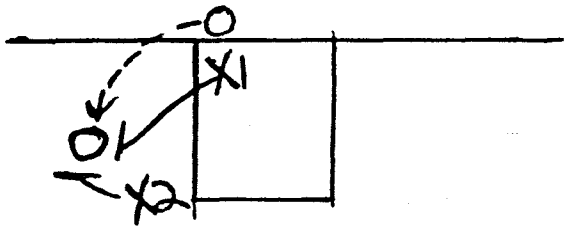
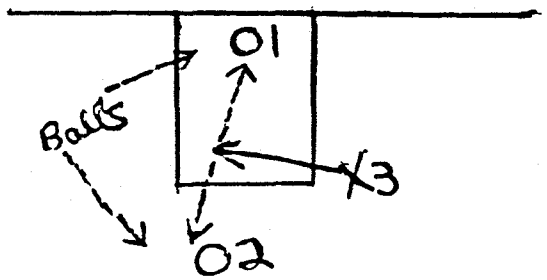
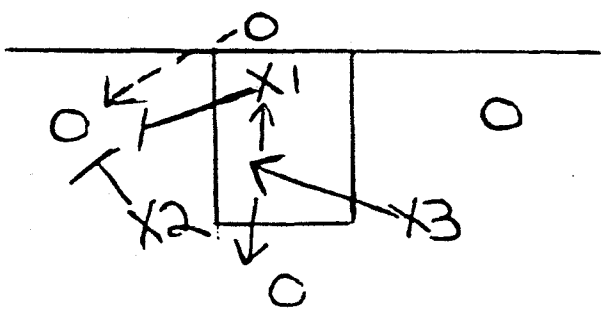
X2 - Channels ball down sideline
X1 - Gets quick "ball level" + then ahead of ball on dribble + pools in front for trap
X3 - covers middle releases
X5 - covers straight-ahead pass
X4 - Protects Basket

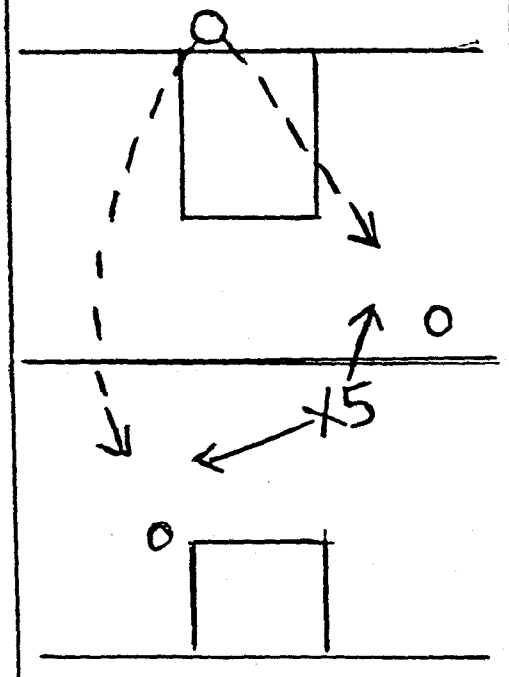
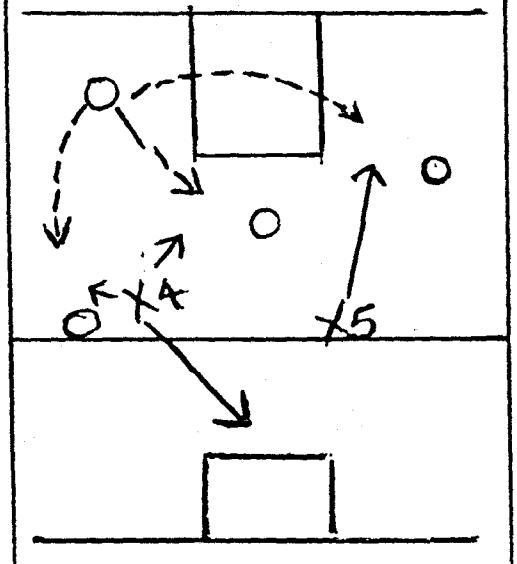
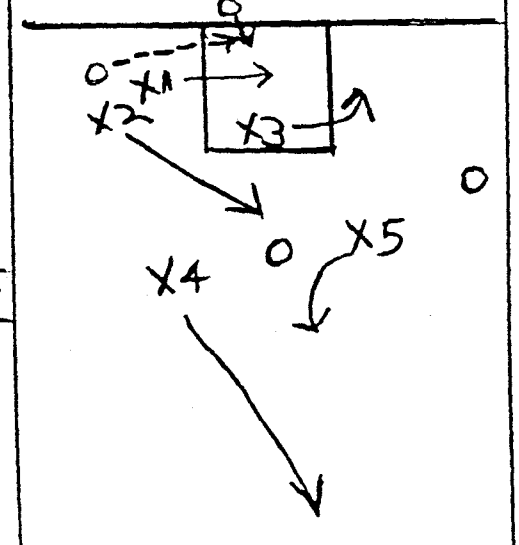


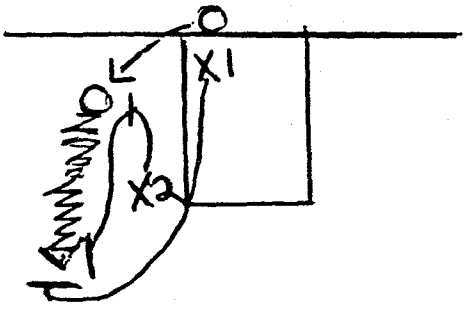
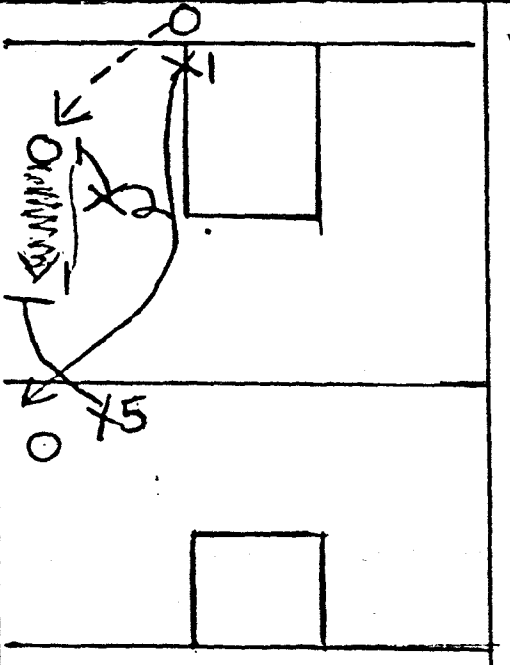
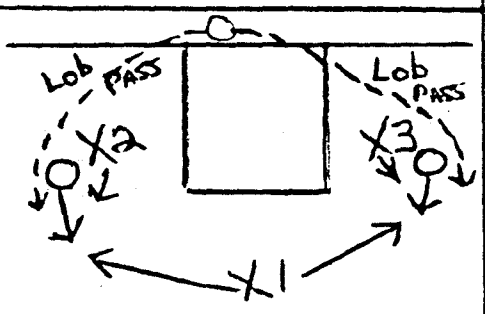
Description:

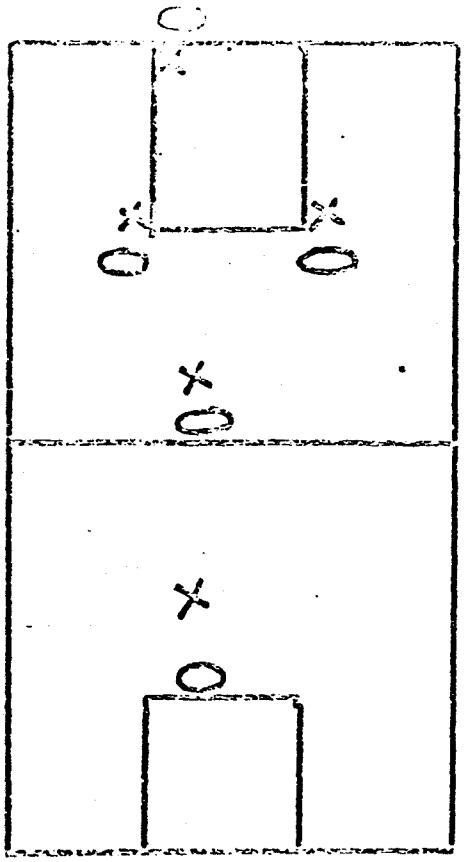
X2 - Channels ball down sideline
X1 - Runs the middle hard to get ahead of dribbler + on the trap he covers straight ahead pass to forward.
X3 - covers middle releases
X5 - Runs + jumps ball to stop the man dribbling
X4 - Protects Basket

PRESS BREAK-DOWN DRILLS - "ABE" "BAKER" "CHARLIE"

NAME	PLAYER ARRANGEMENT	DESCRIPTION
= Trap drill		X1 is taught eye rules for guarding the man out of bounds. also, he will learn his moves as a Runner & Trapper. X2 is taught his starting position (2 strides from Ball) & his Running & Trapping assignments.
Interception drill		X3 is taught his rules as a runner and then have to be an interceptor between two passers. Since He will But down a ball thrown to O1 & then another Ball thrown to O2 - This Continues for 10 or 12 passes. Several Balls are placed where They can be easily gotten by the man throwing the passes so X3 won't have to wait.
Trap and Interception Drill		This is merely a combination of the first two drills.

NAME	PLAYER ARRANGEMENT	DESCRIPTION
X5 DRILL		X5 learns to play to pass from out-of bounds that might come to either of these two spots. By watching the out-of-bounds man he will tip his hand at times as to where he will try + throw.
X4 + X5 DRILL		X4 will learn to handle over the trap + also be conscious of middle release - Rune same type with him as we did X3. If ball is reversed on diagonal Pass, he heads for the basket. X5 learns to PickOff the diagonal Pass.
HASING-FLOATING AND PROTECTING DRILL		X1 Chases ball X3 Chases ball X2 floats the middle X5 floats the middle X4 Protects basket

NAME	PLAYER ARRANGEMENT	DESCRIPTION
Peel down drill		X1 will understand what "Ball Final" means & what it takes to peel down move that puts him in front of dribbler. X2 learns to "Influence" a dribbler up court & still maintain pressure
Run & Jump drill		X1 & X2 will do the same basic thing for as they did in Peel down drill. X5 will gain valuable knowledge in moving in hard & fast at a dribbler & causing him to pull it up and cause penetration.
Deflection and Fronting Drill		X2 & X3 will learn how to front their man & push him away from the ball. X1 will move in & try to deflect the pass during the time. X2 & X3 learn to employ the "hand block" to make catching the ball impossible for

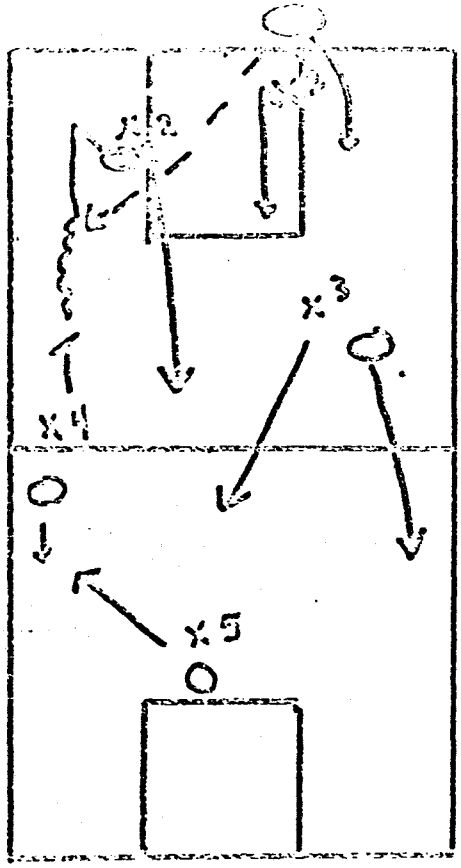


DYNAMITE

Dynamite is our standard man-to-man press. Each man is assigned a man on the opponent's team. It is his assignment to prevent his opponent from getting the ball, especially on the first pass or in bounds pass. The main object is to harass the opposition to such an extent that they throw a bad pass or commit some other fundamental blunder that will result in the Waves getting the ball. Constant pressure must be kept on all of the offensive men. They should not be allowed to rest or even breathe easily as long as the Dynamite press is being used. Hustle and pressure are the life blood of all our presses.

The Figure to the left is the basic formation for Dynamite pressing defense. Notice that the defensive players are overplaying their men toward the ball. The crucial point of this press, as in Abel press, is the very first pass. You must play for that first pass. We will face guard our men and will not let him receive that pass in front of us. Naturally, if you do not intercept the first pass or deflect it we will have to play more cautiously. Do not overplay. your man nearly as much after the completion of the first pass is made. You may have to help out and you can not do this if you are out of position.

The man who guards the man throwing the ball in from out of bounds plays one of the key roles in this press. First, he must put a lot of pressure on the man taking the ball out of bounds. He should keep his arms waving in a crossing motion and talking to hime in order to disconcert him and encourage the long lob pass that is the pass we want him to throw. There will be times when we will everguard the man out of bounds, to oneside or the other. This is so we can get him to pass the ball to the side of the court that we want the ball to go to. The player who takes the ball out of bounds for the opposing team after we score, must be closely guarded to prevent him from getting off a quick pass. We must delay the throw in to get our other men into position. The man who guards the man throwing the ball in bounds must be very alert after the pass has been made. Many times, after the pass in, the passer will break very quickly past the man and receive a return pass in the open. We do not want this to happen and it will not happen if the defensive man is quick to react and is alert at all times.

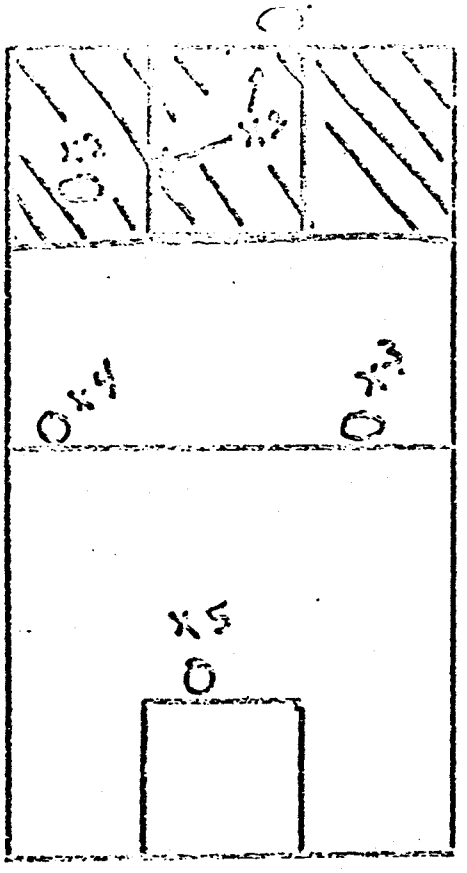


When any man manages to break in front of one of our defensive players or breakes away from one of our defensive players the defense has some quick, precise and agressive adjusting to do. First the player who breaks in the open must be checked and contained by the man closest to him. This will demand switching from his own man to do this. Figure to the left illustrates how the Dynamite defense adjust to a loose man. When ever a man breaks lose, each defensive man must loosen up and rotate one man toward the ball in either a clock wise or counter clock wise movement.

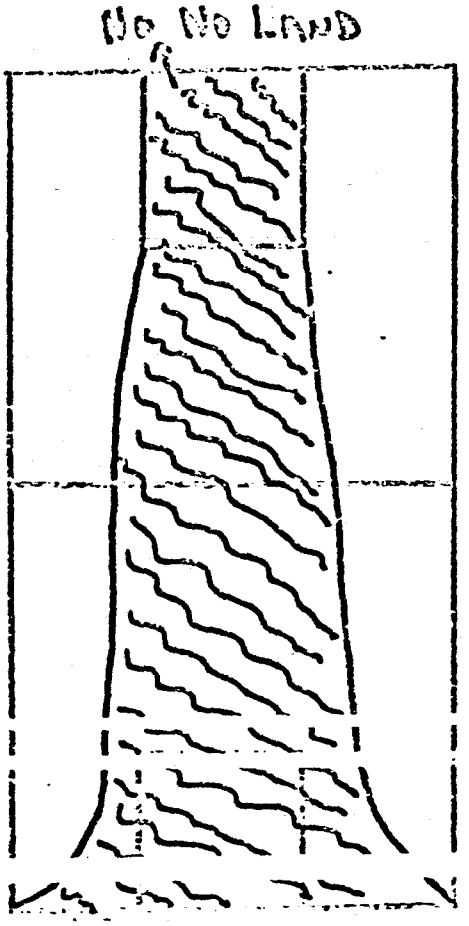
Here are some of the basic rules to follow when a man breaks loose.

1. The loose man should be picked up by the first possible defensive player.
2. All defensive men should drop toward basket and rotate toward loose man.
3. The player who picks up the loose man should attemp to control him and prevent him from advancing to quickly or throwing a good strong quick pass. Hand should be kept high and in crossing motion to encourage a bounce pass which will give our defense more time to recover.
4. The defensive man who allows this sin to happen should retreat to the basket area with all possible haste and there pick up the first loose man.

This is the one situation that will occur with the most frequency and that can cause the most damage to any man-to-man defense. We will spend a great deal of time in practice, setting up every possible situation that we can of this type. We will then point out the logical switches until every man is perfectly clear on this phase of the game.



We will use this defense primarly against teams that are supposed to have good guards that are difficult to press. One basic thing that cannot be allowed against Dynamite is the successful short pass. We must force the offensive team into throwing the long pass. This will give our defensive men more time in which to react to the pass and this results in more interceptions and deflections that we can turn into scoring opportunities. In the figure to the left the area that must be protected against the first pass from out of bounds is shaded. The defensive player X1 can harress the out of bounds man or can go and double team on X2's man . This is done to keep the ball out of the shaded area and forces the offense to pass to someone other than the other guard. After the opposing team has successfully thrown in the ball, the defensive man who does not have a man picks up the player who passed the ball in from out of bounds.



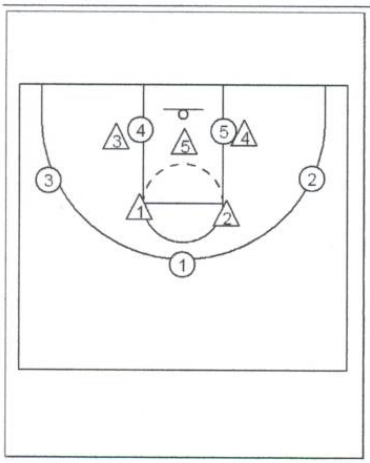
We will have one strict rule for our man-to-man defense in the back court. This rule is shown on the figure to the left. Never, NEVER, NEVER, let the offensive man bring the ball up the middle of the floor. When the offensive guard is allowed to take the ball to the middle of the floor, he has options on each side and down the middle (we do not want any player at any time to have three options). If he is influenced down the side to the corner, he is limited to a small portion, where the only option should be to go back out the same way he came in. The defense, in order to keep the dribbler from passing inside, overplays all men inside of the dribbler.

After the man with the ball has been driven to the outside and into the corner, he must be stopped completely or turned back up the side line. He will not ever be allowed to drive the base line. When this happens to you in a game you can count on being on the bench [illegible] you keep the man on the side, it gives us

Basketball Playbook

Playbook

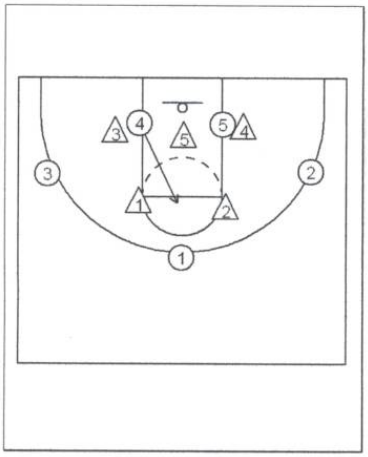
Zone Offense



Playname : ***Zone basic*** v. 2-3 **1**

- 3 out 2 in versus a 2-3 zone
- attack zone on second and third side
- wings play in indecisive area
- must make bottom guy guard the perimeter
- posts must be ready to score when they catch
- posts must always maintain contact with their defender
- the only time the perimeter dribbles the ball is if she can get into the paint for a shot or to get a better angle for passing - otherwise don't dribble

- **The Seven Principles of Beating the Zone are**:
- 1. quick ball reversal
- 2. inside-out
- 3. screen the zone
- 4. penetrate the zone
- 5. skip pass
- 6. two-on-one weakside rebounding
- 7. overload the zone



Playname : ***Zone basic*** **2**

- one of the low posts flashes to the high post area

Playbook



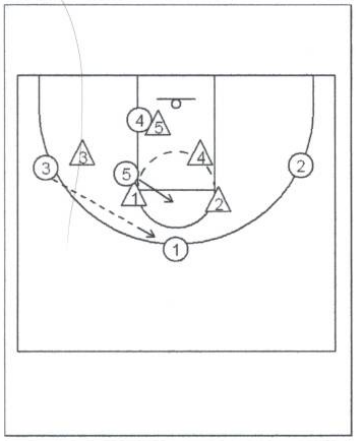
Playname : ***Zone basic*** ***3***

- 1 passes to wing and posts work high and low areas
- don't look to score on first side



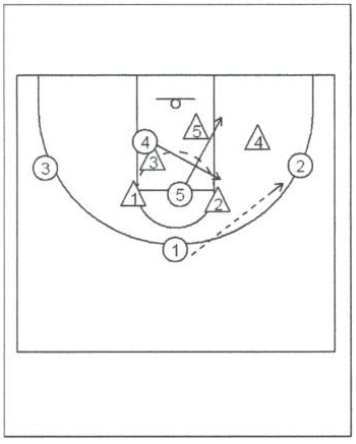
Playname : ***Zone basic*** ***4***

- when ball is swung along the perimeter, then the posts "X"
- first, the high post cuts to the ball-side low post area
- second, the 5 looks for the back side seal, then if it is not there she flashes to the high post area



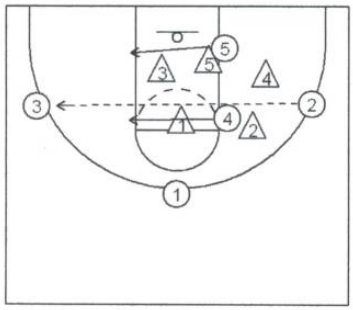
Playname : ***Zone basic*** ***5***

- as ball is swung back around, 5 is working the high post area
- once the ball is swung back to the 2, then the posts will "X" again



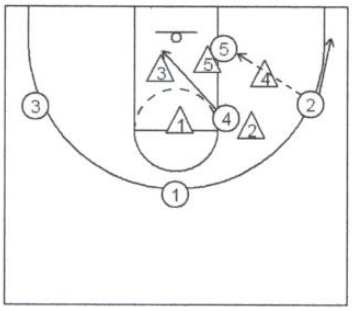
Playname : ***Zone basic*** ***6***

- since the ball is swing around the perimeter, the posts "X" again
- 5 cuts to the low post
- 4 looks for the seal, then flashes to the high post area



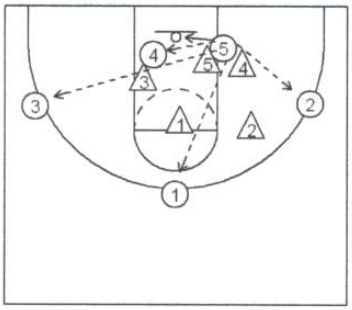
Playname : ***Zone basic***

- when the ball is skipped, then the posts cut "straight" across the lane
- again the low post (5) looks to seal the back side first, looking for th lob, then she cuts straight across the lane
- the high post (4) cuts straight across to the opposite high post area
- high post has to be in the high post area and not the mid post area



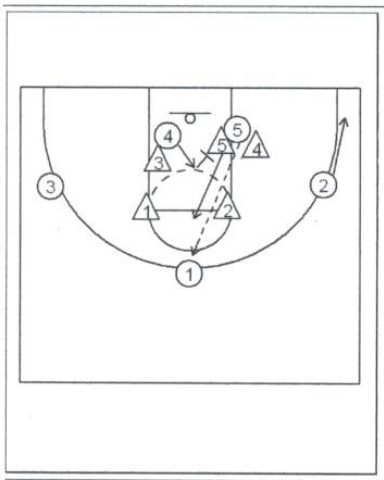
Playname : ***Zone basic***

- if the ball enters the low post, then the high post dives and the wing who made the entry pass relocates



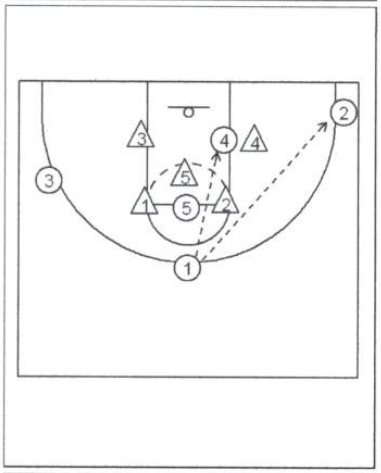
Playname : ***Zone basic***

- the low post's options are first, to look to score. Second, to look for the high post dive. Third, is the weak-side fan or up top. Fourth, is back t were you got it from.
- if high post dive doesn't get the ball, then she is in position for the weak side rebound

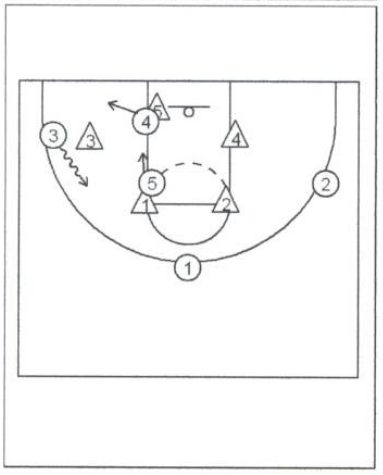


Playname : ***Zone basic*** ***1(***

- when the ball enters the low post and the ball is fanned to the weak side or up top, then the posts will "crackdown"
- "Crackdown" means the post who dived, cross screens for the other post.
- the 5 then flashes to the high post area, while the 4 seals after the screen
- when the ball is fanned up top, the 2 relocates to the corner

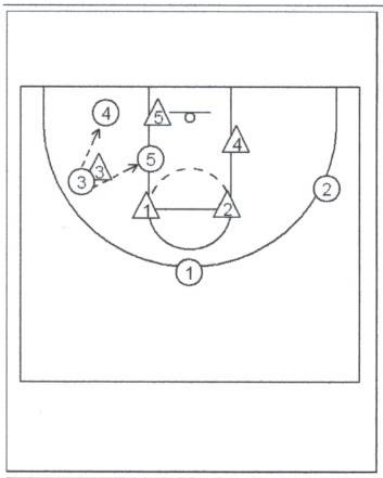


Playname : ***Zone basic*** ***11***



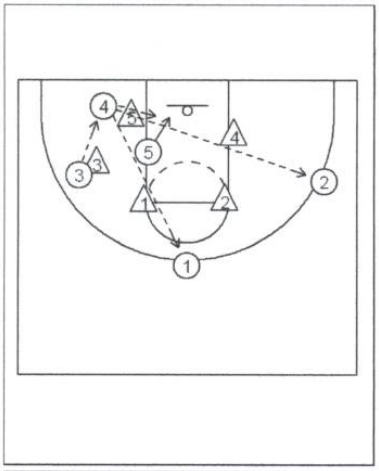
Playname : ***Zone basic*** ***12***

- when the ball is on the wing and the low man in the zone guards her (3), the the wing will "drag" the zone by taking 1-2 dribbles toward the top/middle area.
- when the 3 looks to dribble up the court, then the 4 cuts to the short corner, and the 5 cuts to the middle post area -- now the 5 defender must decide who he has to guard because he can't guard two people



Playname : ***Zone basic*** ***13***

- 3 can pass to 4 or 5
- if 3 passes to the short corner, then the mid post dives



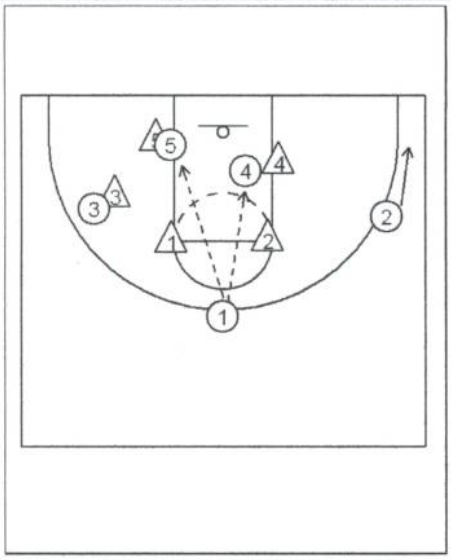
Playname : ***Zone basic*** ***14***

- if 3 passes to short corner, then mid post dives.
- if the dive isn't there, then 4 fans out to weak side or up top



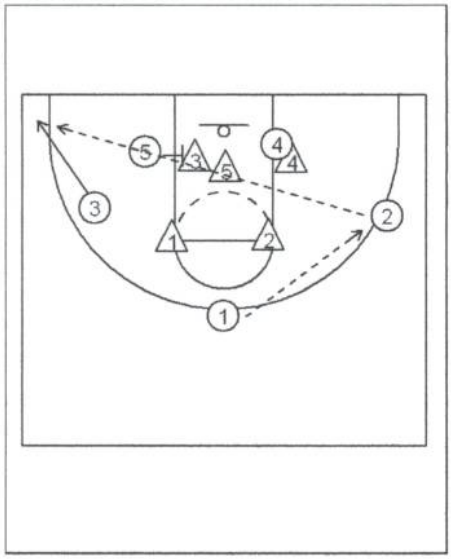
Playname : ***Zone basic*** ***15***

- if ball goes from short corner to up top, then 5 "crackdown" screens for 4, 4 comes over the top and the 5 seals



Playname : ***Zone basic***

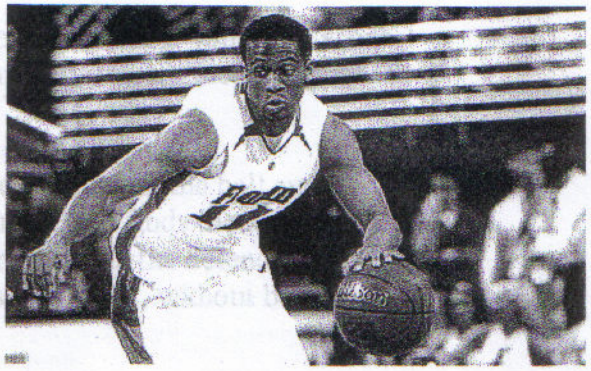
- after the crackdown, then
  the corner



Playname : ***Zone basic***

- if bottom defender plays i
  post flash when the ball is pass
  the high post sets a back scree
  relocates to the corner for a thr
- 2 looks for the 3 in the co



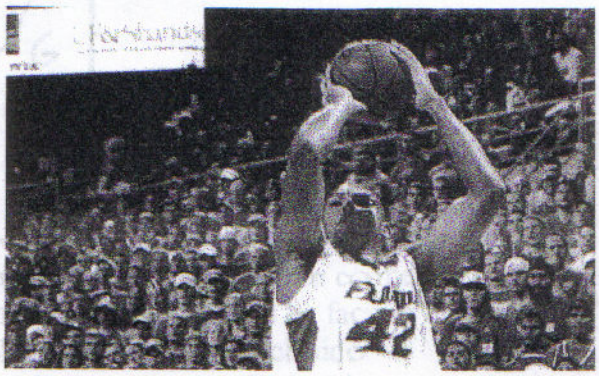


Florida Gator Basketball

Ball Screen Concepts

BACK 2 BACK
NATIONAL CHAMPIONS
2006 • 2007





Though many people believe that defense wins games, you can't win if you don't score points. Teams at every level, high school, college, and professional are incorporating the **ball screen** into their offensive strategy.

Setting a **ball screen** involves at least two offensive players: one with the ball and another one without the ball. The offensive player without the ball finds the defender guarding his/her teammate who has the ball and temporarily blocks the defenders path, so that his/her teammate can advance the ball, often towards the basket, without being guarded.

At the **University of Florida** we utilize 2 types of **ball screens**: the **flat ball screen** and the **ball screen** that takes place on the **wing**. Both ball screens are extremely effective and they each can lead to different scoring options.

Flat Ball Screen

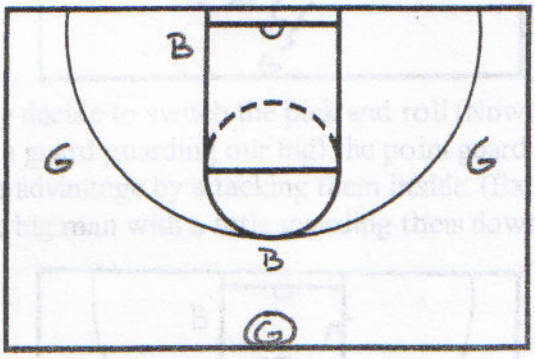
The **flat ball screen** is often something we use to initiate a particular offensive play, or something we use when the shot clock is winding down for our point guard to make a play.

Setting the flat ball screen:

How to start: Start with a guard just across half court with a basketball. Have the other 2 guards on both wings, and one big on the low block and the other big about 2 feet above the 3 pt line.

***Note**: we base which big sets the ball screen based on the match ups in the game and how they are guarding the screen.

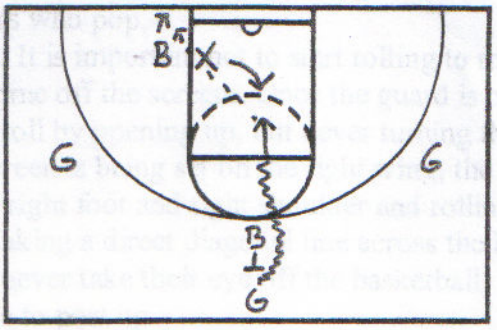
*If there is a big in the game who has poor feet and isn't very good at guarding ball screens, then we want whichever player he is guarding to set the flat ball screen.



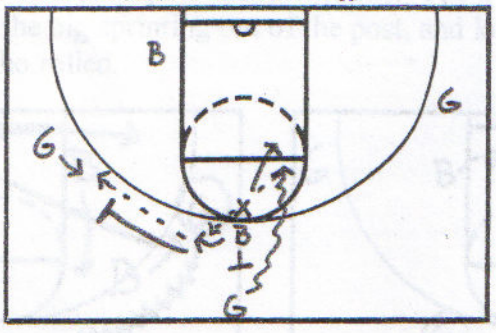
Executing the flat screen: It is the point guard's read on which way they want to come off the ball screen. The big who is setting the flat ball screen shoulders should be facing half court thus making him "flat". This gives the guard the option to pick which side based on how the defense reacts. Whichever way they do choose to come off, the big on the low block moves to the opposite low block. Its very important the guard comes off the big's screen shoulder to shoulder so that they are able to get into the lane.

***Note**: the point guard has several reads to make when coming off the flat screen:

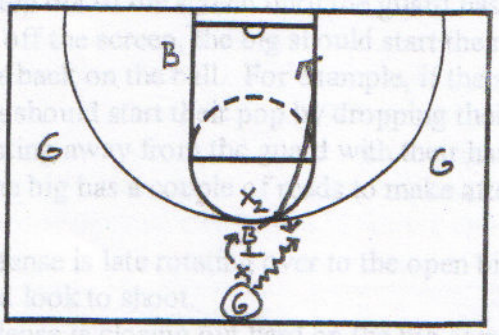
Read 1: If he/she has an open drive down the lane, take it and create a play. As soon as the guard comes off the screen, the big on the low block needs to get to the baseline, behind the backboard, and even with the low block, and the big setting the screen steps back behind the 3 pt line.
(the guard should look to either score, look to kick the ball to the perimeter to one of the guards whose man could be sagging off the lane, or dump the ball off to the big on the baseline whose man probably stepped up to take away the drive)



Read 2: If they decide to flat the pick and roll by having the screeners defender back off into the lane (to take away the drive), the guard should look to throw the basketball back to the big who is stepping out, and he/she can immediately go into a wing ball screen with the guard on the wing.



Read 3: If they decide to switch the pick and roll (Now they have a big guarding our guard, and a guard guarding our big) the point guard needs to recognize the switch and take advantage by attacking them inside. (Ex. getting into an offensive set that gets the big man with a little guarding them down low.)



Wing Ball Screens: There are two types of wing ball screens that we utilize. The **wing pick and roll** and the **wing pick and pop**. Choosing which type to use should depend on the line-up and the versatility of your bigs setting the ball screens. If you have a big who is a great shooter, or can really put the basketball down on the floor and create off the dribble, the **pick and pop** would be effective. If you have a big, that may be a little less versatile and really is only effective scoring in the paint, the **pick and roll** will probably be a more effective play.

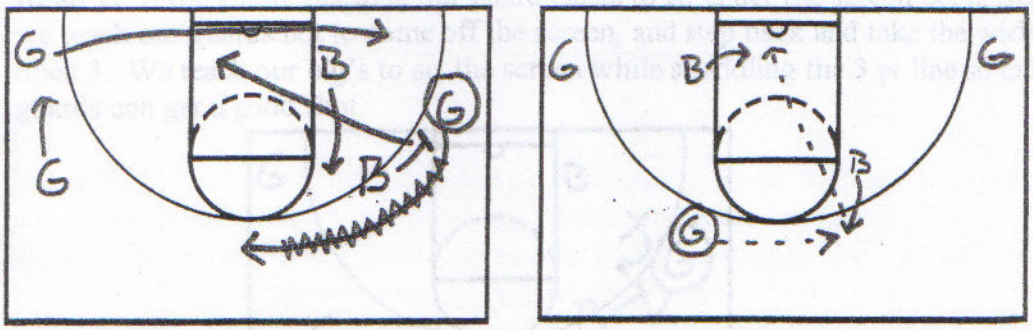
Big's Responsibilities:

In our offense, we have certain players who roll all the time off wing ball screens and certain players who pop.

Players who roll: It is important not to start rolling to the basket until the guard has completely come off the screen. Once the guard is off the screen, the big should start their roll by opening up, but never turning their back on the ball. For example, if the screen is being set on the right wing, the big should start their roll by dropping their right foot and right shoulder and rolling across the lane to the left low block (Making a direct diagonal line across the lane). Its important that the bigs who roll never take their eye off the basketball. Once they make it to the low block they are to post up.

***Note**: Anytime we run ball screens on the perimeter, we will have another big posting on the low block on whichever side the screen is taking place.

If it's a situation in which the big is rolling off the ball screen, we will have the big posting sprint out of the post as the big rolls. The guard then looks to pass the basketball to the big sprinting out of the post, and look to make a high low pass to the big who rolled.

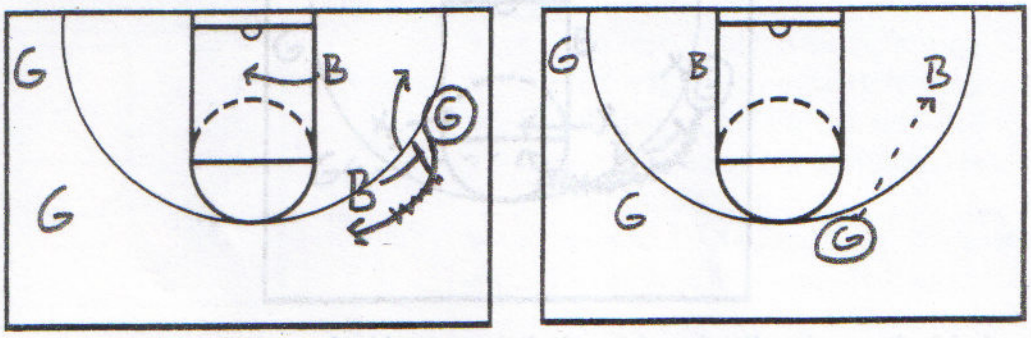


Players who pop: Just like big's who always roll when setting ball screens, it is important not to step out of the screen until the guard has come completely off. Once the guard is off the screen, the big should start their pop by opening up, but never turning their back on the ball. For example, if the screen is being set on the right wing, the big should start their pop by dropping their right foot and right shoulder and sprinting away from the guard with their hands up ready to receive the basketball. The big has a couple of reads to make after they pop back from a ball screen.

Read 1: If the defense is late rotating over to the open big coming out of the ball screen, they should look to shoot.

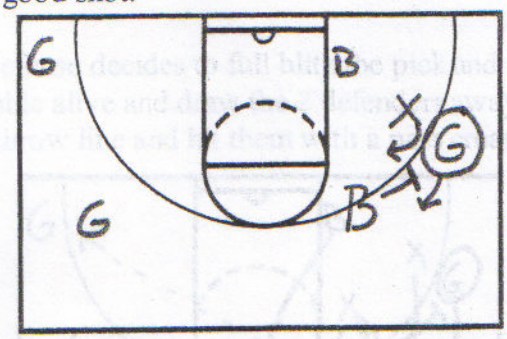
Read 2: If the defense is closing out hard on the big coming out of the ball screen the big should look to ball fake and drive the basketball to the hoop.

Read 3: If the defense decides to switch the pick and roll and now the big has a guard on them the offense should look to take advantage of the switch and get the basketball inside. (Ex. Getting into an offensive set that gets the ball to the big man with a little guarding him down low.)

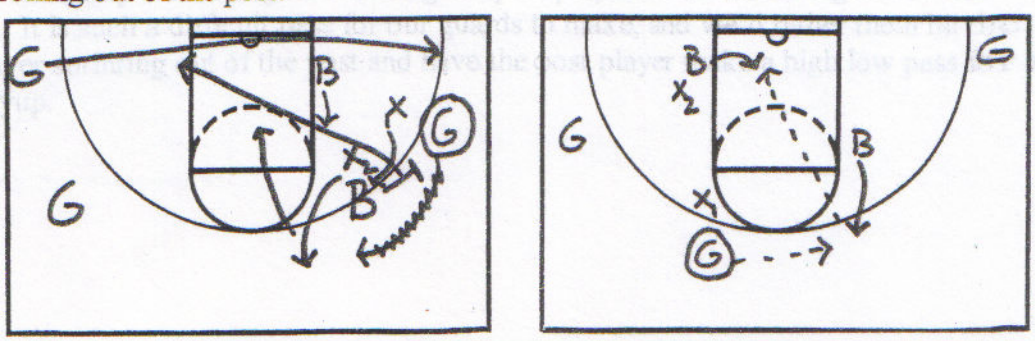


Guard Responsibilities: In wing ball screen situations it is the guard's responsibilities to make the initial read (Do I shoot, pass, or drive?). We teach our guards to always attack off ball screens. We never want them to dribble away from the basket, we always want them to attack the basket. When the guards receive the basketball on the wing, and get ready to dribble off the ball screen, the first thing we teach is for them to square up in a triple threat position and give a quick jab to the baseline to keep the defense honest (We don't want the defense thinking the only thing we are trying to do is use the ball screen. If the baseline drive is open, we teach our guys to take it). Once they start their dribble, its important for them to stay low and come directly off the bigs hip.

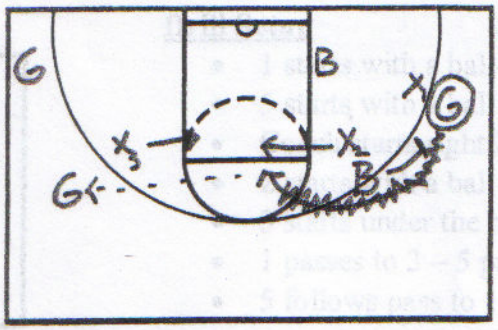
Read 1: If the guard guarding our guard elects to go under the screen being set, we teach our guards not to come off the screen, and step back and take the wide open 3. We teach our big's to set the screen while straddling the 3 pt line so our guards can get a good shot.



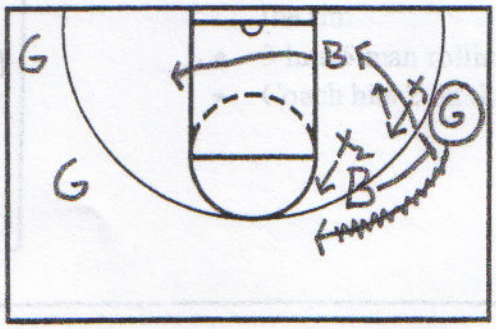
Read 2: If the defense decides to half blitz the ball screen (they choose to jump out and show hard with the big guarding the ball screen to allow the guard to get back) we teach our guards to go right at the big and try to turn the corner and get into the lane and make a play. If the guard guarding them is able to get back into the play, look to throw the basketball back to the big either popping or the big rolling out of the post.



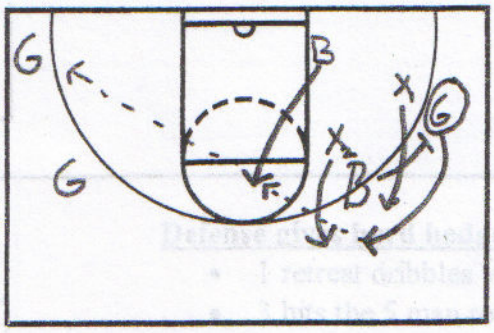
Read 3: If the defense decides to flat the ball screen (by having the screeners defender back off into the lane and contain the guard off the dribble) we teach our guards to go right at the big and force them to contain our guards off the dribble.



Read 4: If the defense decides to switch the pick and roll and now the big has a guard on them the offense should look to take advantage of the switch and get the basketball inside. (Ex. Getting into an offensive set that gets the ball to the big man with a little guarding him down low.)

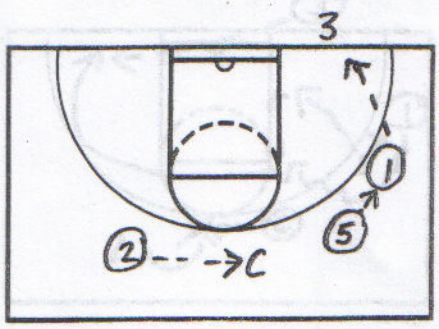


Read 5: If the defense decides to full blitz the pick and roll, we teach our guards to keep their dribble alive and draw the 2 defenders away, have the big that is low flash to the free throw line and hit them with a pass creating a 4 on 3 situation.



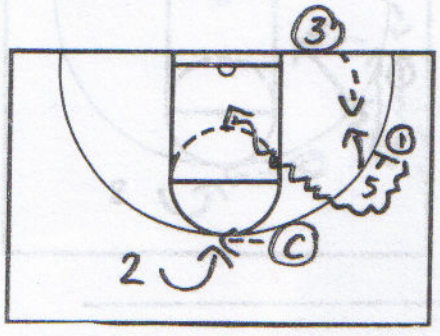
*Note: We rarely want our guards hitting the post players who are rolling out of ball screens. It is such a difficult pass for our guards to make, and we'd rather them hit the post player sprinting out of the post and have the post player make a high low pass for a dunk/layup.

Ball Screen & Roll Shooting



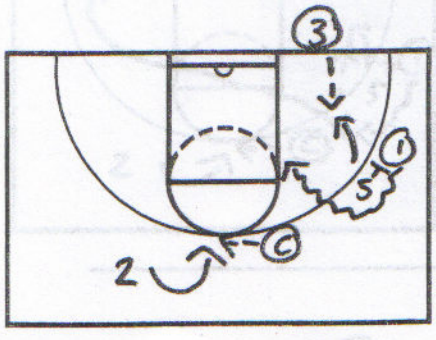
Drill Setup

- 1 starts with a ball on the right wing
- 5 starts with a ball on the right wing
- Coach starts right lane line extended
- 2 starts with a ball left lane line extended
- 3 starts under the basket
- 1 passes to 3 – 5 passes to 1 – 2 passes to Coach
- 5 follows pass to 1 with a ball screen



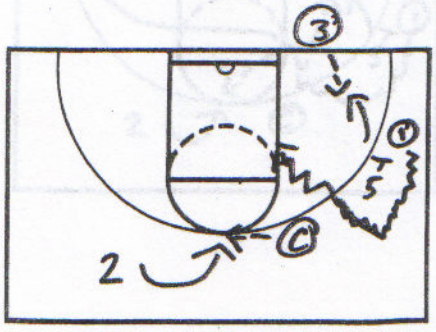
Guard attacks basket and scores

- 1 comes off the ball screen and gets all the way to the rim
- 3 hits 5 man rolling off the screen for a jump shot
- Coach hits 2 on the loop



Guard pulls up for jump shot

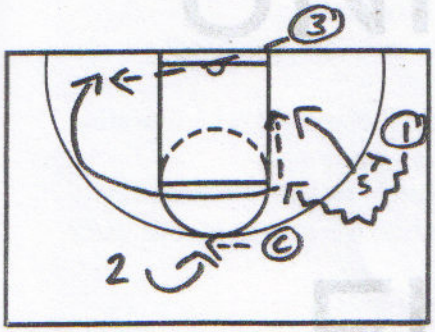
- 1 comes off the ball screen and pulls up in the lane
- 3 hits 5 man rolling to the basket
- Coach hits 2 on the loop



Defense gives hard hedge

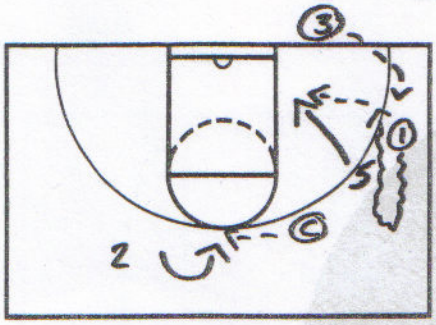
- 1 retreat dribbles vs the hard hedge, then attacks
- 3 hits the 5 man rolling off the screen
- Coach hits 2 on the loop

Ball Screen & Roll Shooting



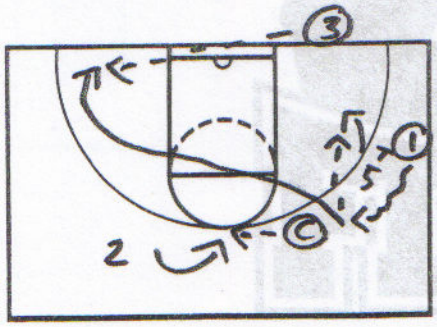
Guard hits big man on roll

- 1 comes off the ball screen and hits 5 rolling to the basket
- Coach hits 2 on the loop
- 1 spots in the opposite corner for the fade pass from 3



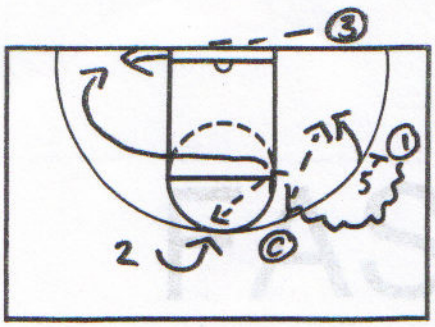
Defense switches ball screen

- 1 pulls defender away from the basket as 5 buries his man in the post
- 1 hits 5 in the post
- Coach hits 2 on the loop
- 1 gets crack back from 3



Defense double teams ball screen

- 1 takes the trap away from 5
- 1 hits 5 for a jump shot
- Coach hits 2 on the loop
- 3 hits 1 for the fade



Guard draws help defense

- 1 gets in the lane and draws defense- hits 2 on the loop
- Coach hits 5 rolling off the screen
- 3 hits 1 for the fade

UNIVERSITY OF FLORIDA



FAST BREAK

Triangle Fast Break Build Up 2-on-1

-Have two of the offensive players start 2 or 3 feet outside of the lane on the baseline. Start with the defensive player on the free-throw line.

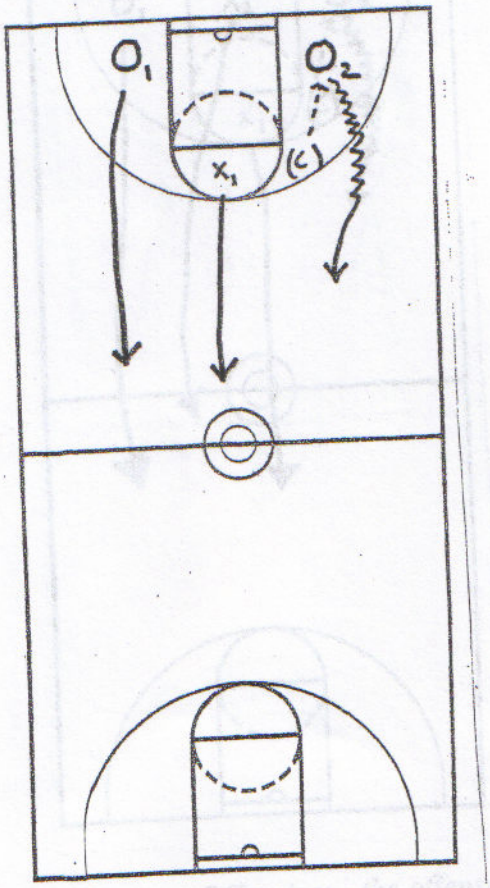
-Have the coach start the drill by holding a ball around the free-throw line area, and pass it to one of the two offensive players.

-Once the ball is passed, the defensive player should immediately turn and sprint to half court and get down in a defensive stance with active hands.

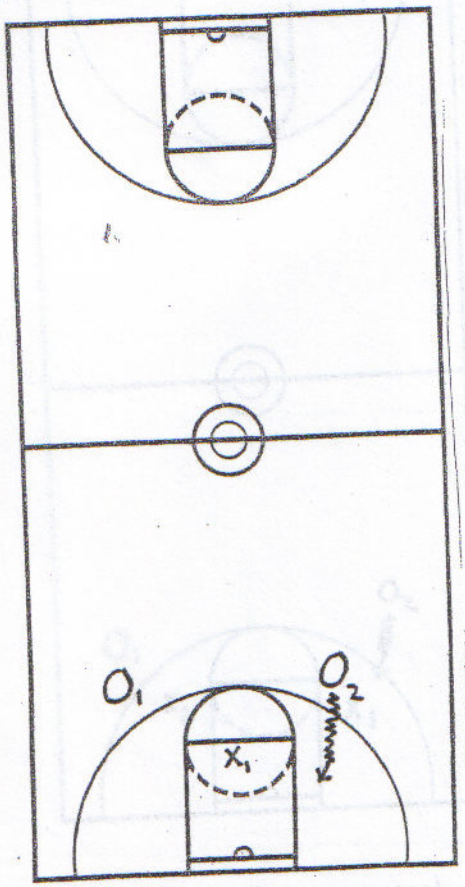
-The offensive players should remain 2 or 3 feet outside of the lane as they attack the rim. They should not be too wide, so the defense can recover, and not too close, so the defense is not able to cover both players.

-The offensive player with the ball should not pass the ball until the defense totally commits to him (bounce pass for a lay-up) If not take the ball to the hoop.

Start



Finish



Notes: ***Offensive:*** *- the offense must get a shot at the basket (no turnovers)*
- the key is separation between players
Defensive: *- have active hands, try and deflect passes*
-main job is to delay the fast break so that the rest of the team can get back into the play

Triangle Fast Break Build Up 2-on-2

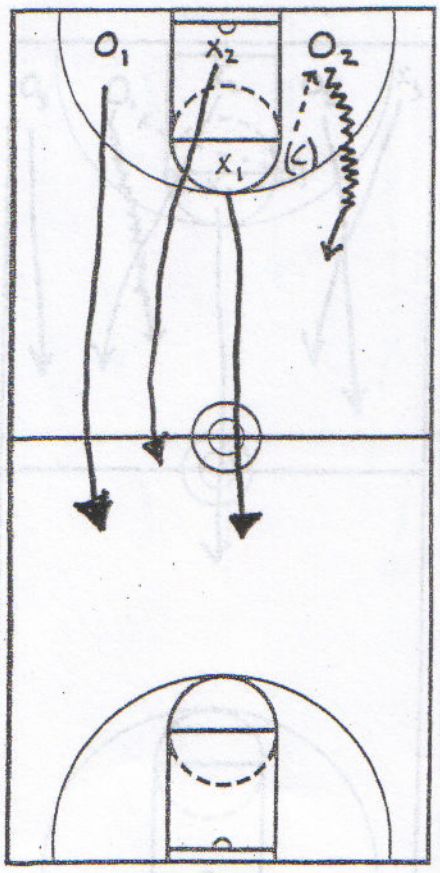
-Now we will add another defender whose main job is to sprint back down the floor and get back into the play.

-Start with the same set as you did in the 2-on-1 drill, and this time add another defender and place him under the basket. The defensive player that starts under the baskets main job is to get on the inside track of the player opposite the player with the ball.

-Begin the drill the same as you did before with a coach passing the ball to one of the two offensive players on the baseline.

-Just like in the 2-on-1 drill the offensive players are trying to attack the rim to score remaining 2 or 3 feet outside of the lane.

Start



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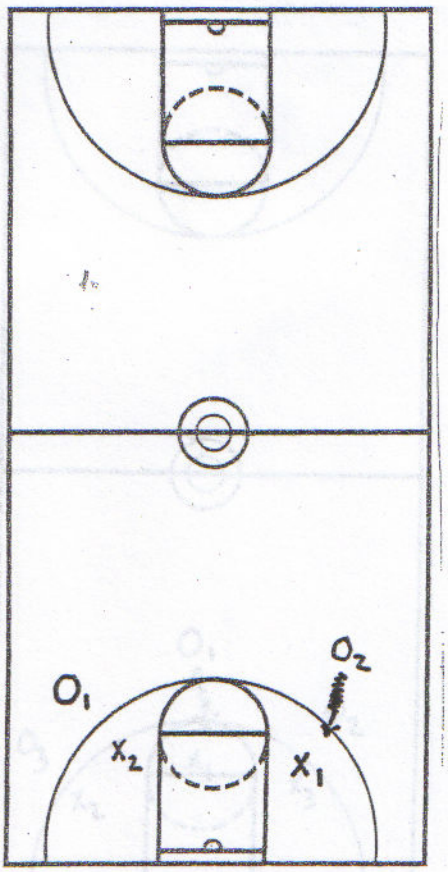
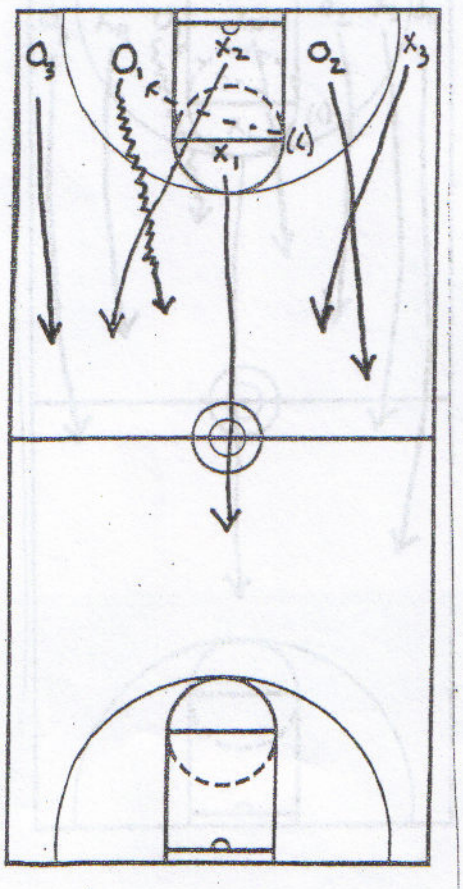


Notes: ***Offensive:*** *- the offense must get a shot at the basket (no turnovers)*
- the key is separation between players
Defensive: *- communication is key. The two defenders must talk to one another as they sprint back on defense in order to get matched up correctly.*

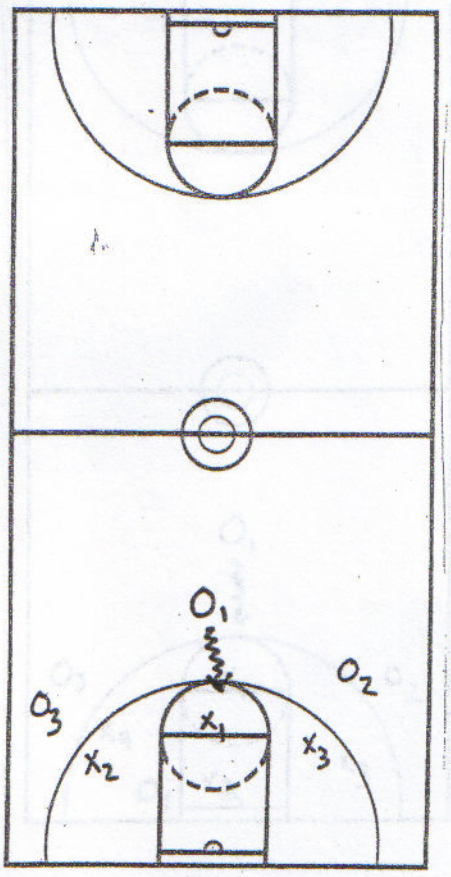
Triangle Fast Break Build Up 3-on-3

-Start the drill this time with 2 offensive players on each of the low blocks and the 3rd offensive player in one of the two corners.
-Defensively start with one defender at the free-throw line, one defender under the rim, and a third defender in the opposite corner of the offensive player.
-Begin the drill the same way as the previous two with a coach passing the ball to one of the 2 offensive players on the low blocks.
-Once the ball is passed, the two offensive players without the ball must remain wide so that the player with the ball can take the middle of the floor, create and make a play.
-Defensively, just like in 2-on-2, you're trying to sprint to the inside track of the 2 offensive players on the wings.

Start



Finish



Notes: ***Offensive:*** *- spacing here becomes key. It is extremely important that the 2 players on the wing remain wide so the player with the ball can attack.*

Defensive: *- Communication once again is key. While sprinting back down the floor players must talk so they get matched up correctly.*

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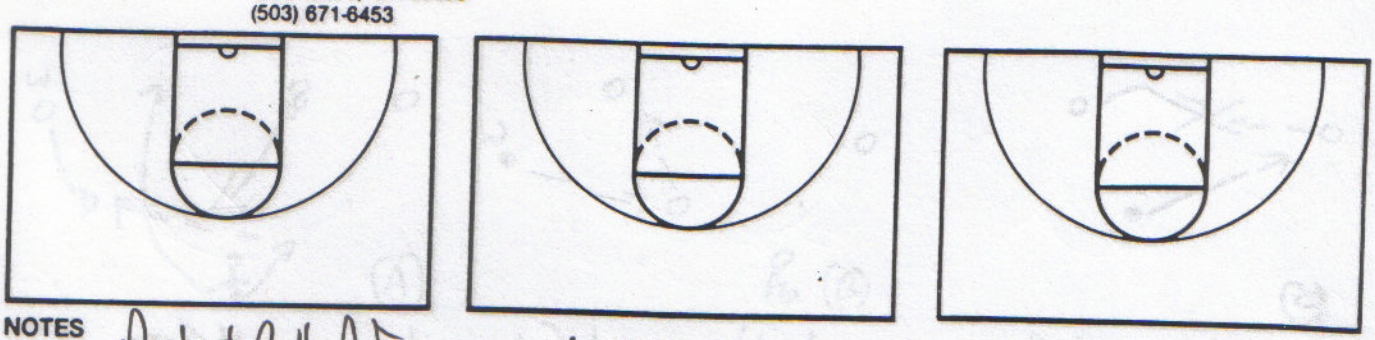
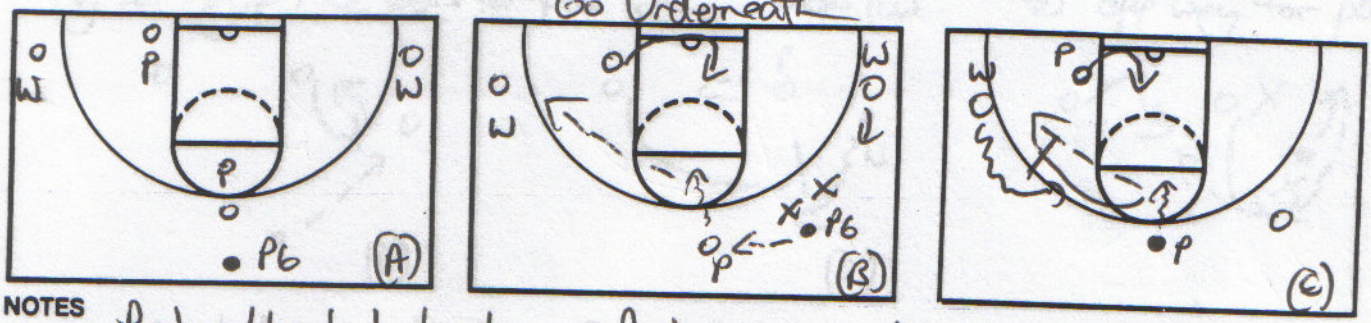
CLINIC Billy Donovan / Florida
DATE Pick & Roll Concepts

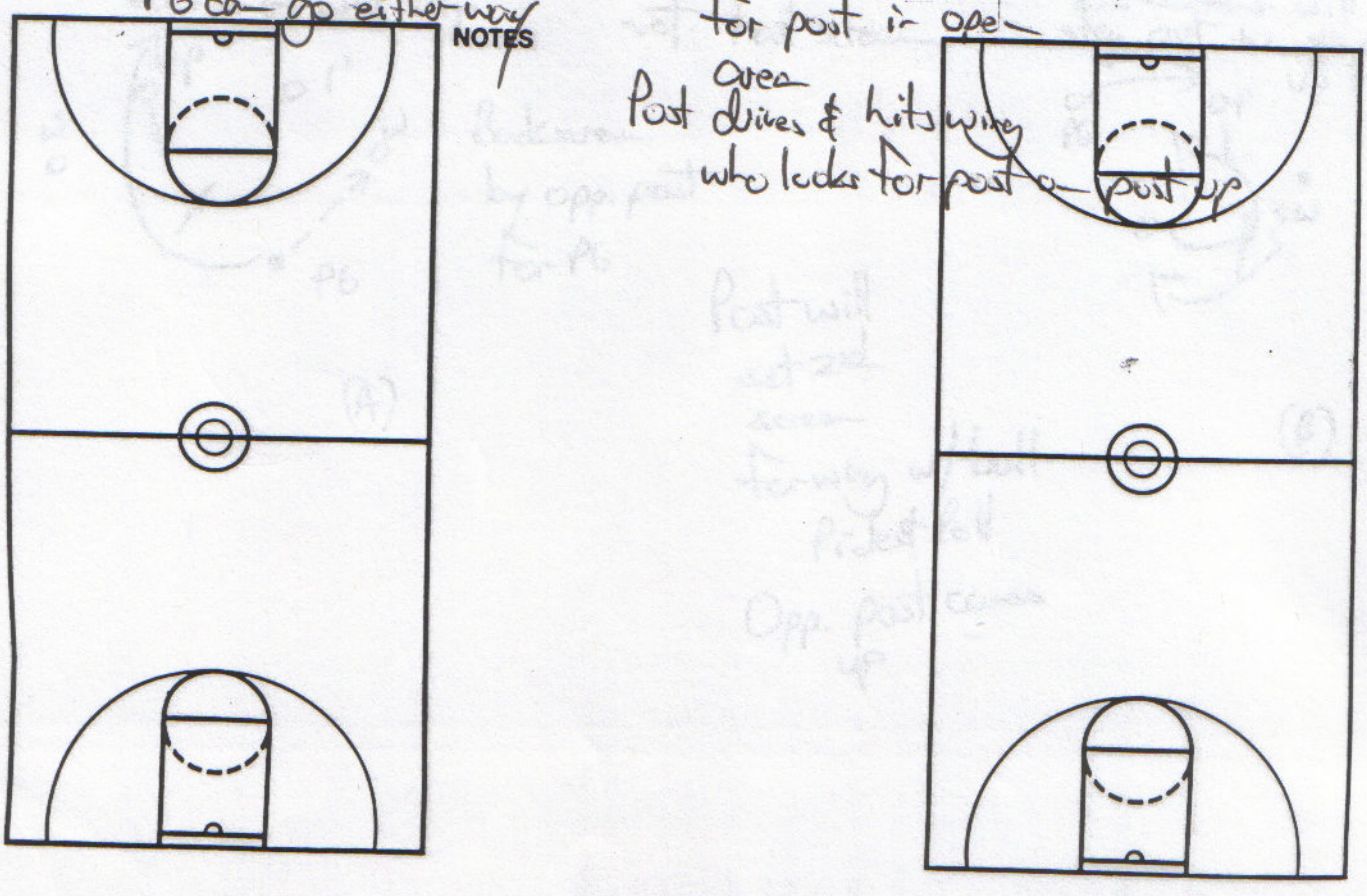


NOTES Pick & Roll Defense → Hard Trap
Switch
Go Underneath



NOTES Post w/ back to baseline
Flat backscreen
P6 can go either way

Post drives & pitches
Post drives & looks for post in open area
Post drives & hits wing who looks for post on post up



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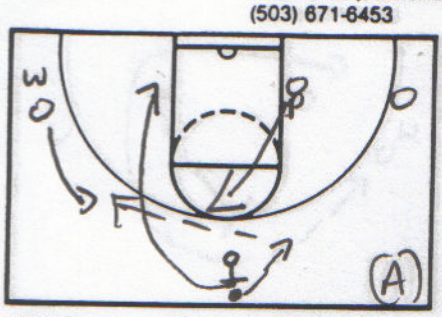
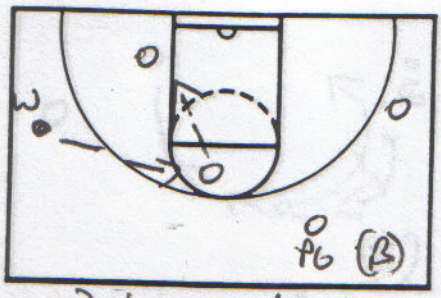
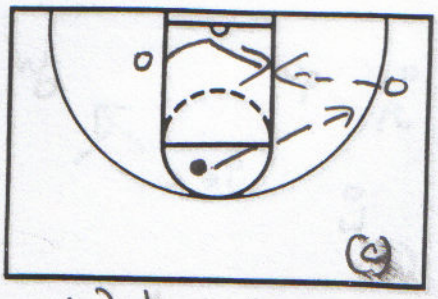
CLINIC Nonva / Florida 2
DATE



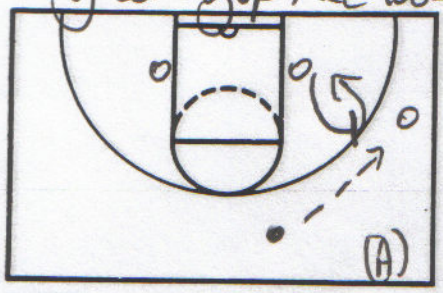
NOTES
If they switch PG will look for wing coming up / he looks for post rolling



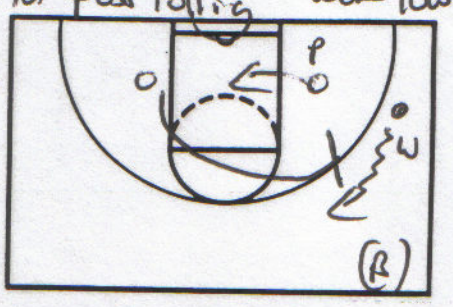
Not open / looking for opp post who looks low



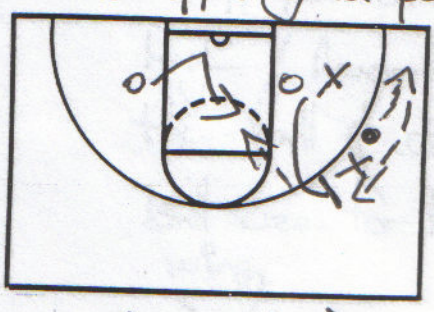
Not open
Reverse the ball to opp wing for post up



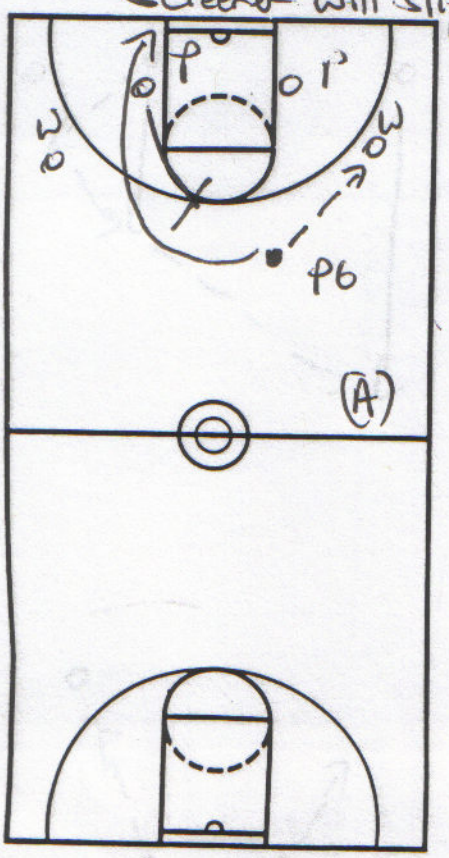
NOTES
Hard trap on ball screen
Screener will slip



Opp. Post comes to set ball screen

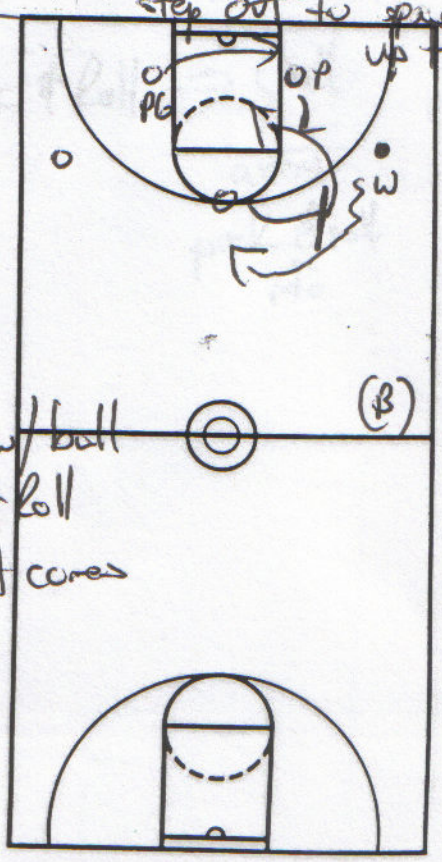


Showing to force to corner
Post screener will step out to space up floor



NOTES
Backscreen by opp. post for PG

Post will set 2nd screen for wing w/ ball
Pick & roll
Opp. post comes up



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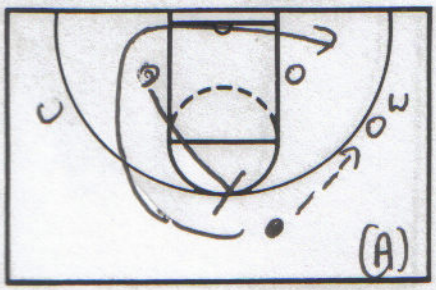
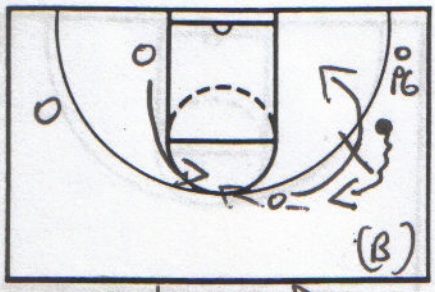
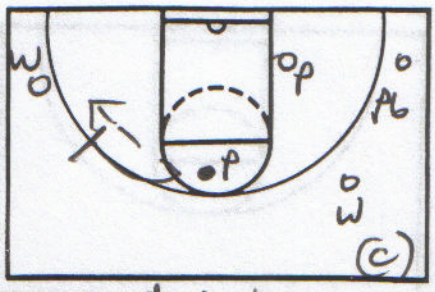
CLINIC Florida/ Dorora 3
DATE





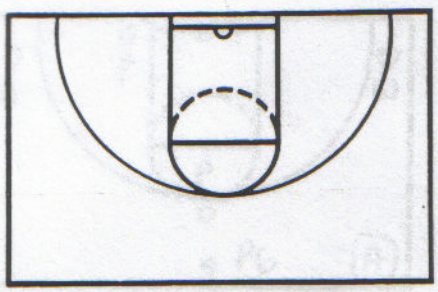


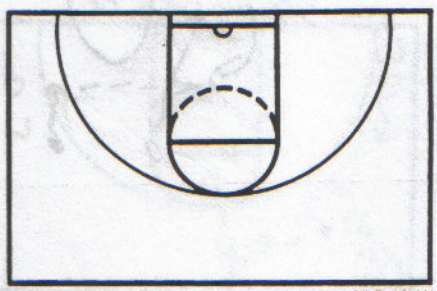
NOTES

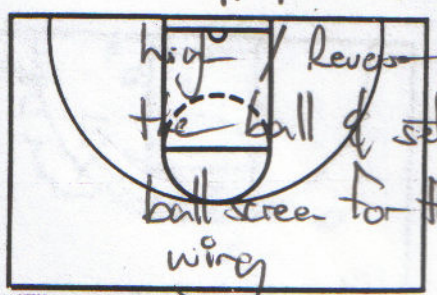
Backscreen for PG

Ballscreen for wing

2nd ballscreen - Pick & Roll not ope- hit opp. post co-



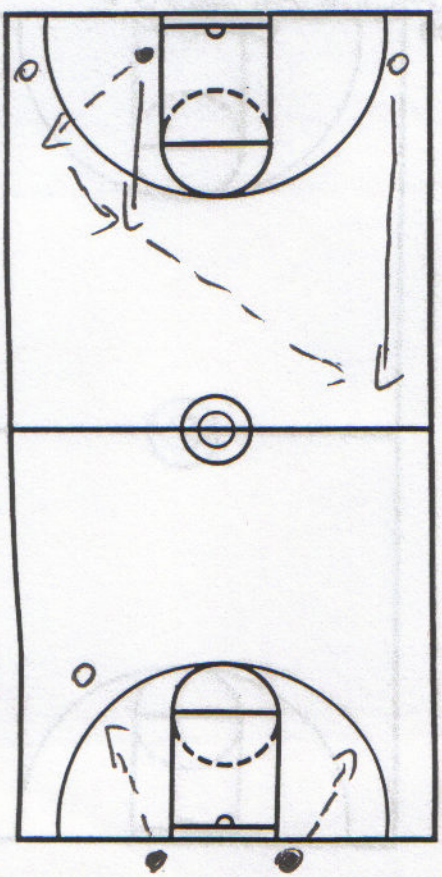




hig / Reverse the ball & set ball screen for flat wing

NOTES

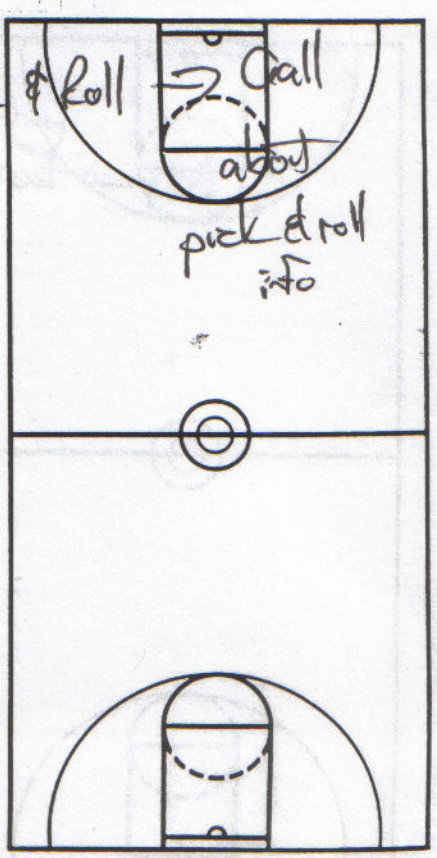
352-375-4683
Ext. 4200 - Matt McCall



NOTES

116 pt.
3 min

Pick & Roll => Call about pick & roll info



Billy Donovan - Mastering the Full-court Matchup Press"

We want to take them out of their half-court defense, We don't want to give up any easy baskets!!

The Press Allows

1. Quick shots out of transition
2. Long 2point shots

The press should not Allow

(1) Wide open lay-ups
(2) Wide open 3 pt shots.

Mentality - All out pressure.

Good teams won't Allow traps or dribble into traps, but we can get the ball out of the Pg's hand and force others to handle it.

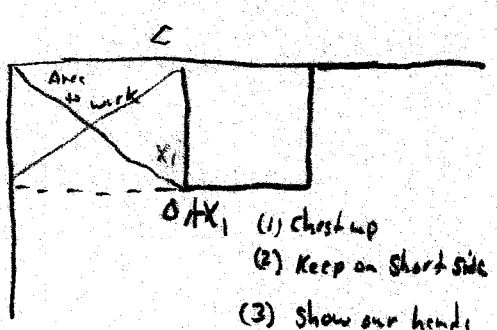
Practicing the press

1. Build-up - Break down the parts of the press. (8 to 15 min)
   1on1, 2on2, 3on3, 4on4 situations
   It varies day to day we might be working on: (1) Deck Pursuit (2) Trapping (3) Shading
2. 5on5 Full-court pressure. (8 to 15 min)

Build - up

1 on 1

Not a zig-zag drill pressure ball, if you get beat then sprint to spot and turn them.



(1) chest up
(2) Keep on short side
(3) Show our hands
(4) Never have front

X_1 - play all over the ball

(We don't want the guy with Ballhandler put the Ball on the floor)

The press is a ball defense. We are not denying. We are playing the basketball.

Don't foul in the press

Don't want team

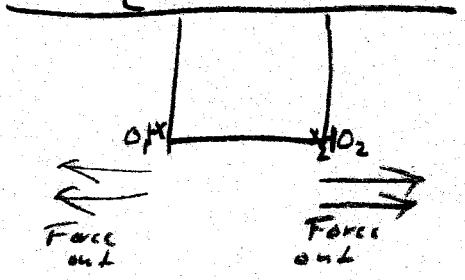
If X_1 can pick off pass with inside hand then he does

Never Lunge by with outside hand. It is call "Fake" Hustle

Chapter 2
11:52

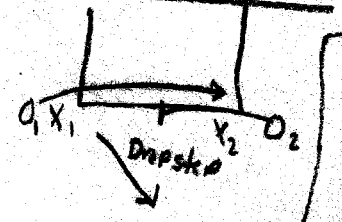
For Practice
Play from sideline to offside Lane line, who doesn't retch the ball sprint to 1/2 ct.

2 on 2



"Always force defender to short side of the floor."

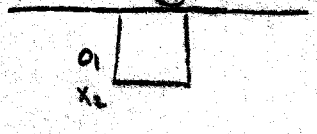
Screening Action



We don't switch till he uses the screen

If he doesn't then he is still my man.

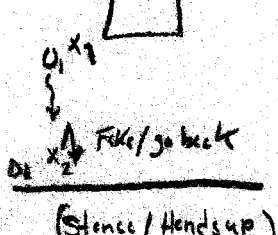
Trapping



O_2 X_2 - when to trap
when not to trap

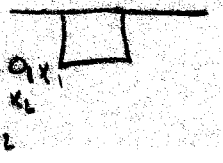
Never Trap a guy that blows pass his defender.

Stunting - Fake/go back



(Stance / Hands up)

The moment that X_1 can get on the side of the basketball - then come and trap



Build up - 2 on 2

(Traps will occur when we have a defender on the side.)

Defender's Rule - on the ball

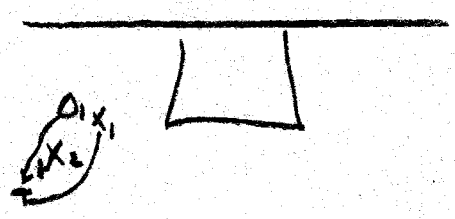
When the ball gets to the top of key - then stay on that side and the other defender will come and trap)

The Trap -

(As soon as he pivots - Trappers come closer)

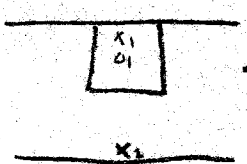
(1) short, choppy steps
(2) Feet touch together
(3) Hands up

If the trap say set beat



(Two guys committed to trap - they stay till guy passes the ball.)

Back pursuit - Two defenders - sprint / back tip him.



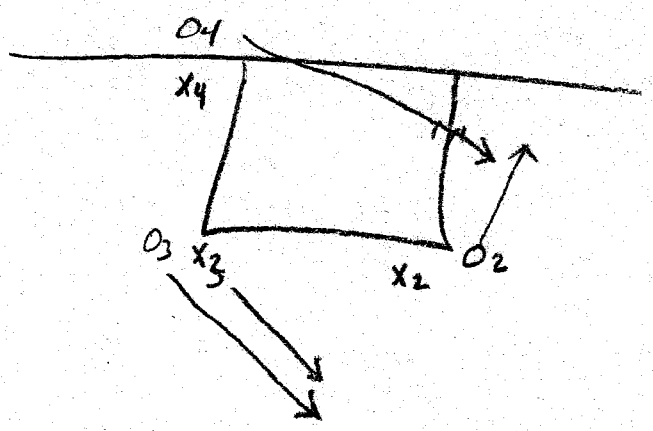
Tip or Trap

Breakdown Drill

2 on 2 - Build-up

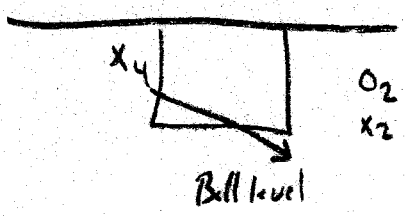
("Trap on the ball" / "Step off the ball")

Build-up 3 on 3



Ballside below Free-throw Line - **Trap!!**

Offside - below free-throw Line - No trap.



Passes that we give up!!

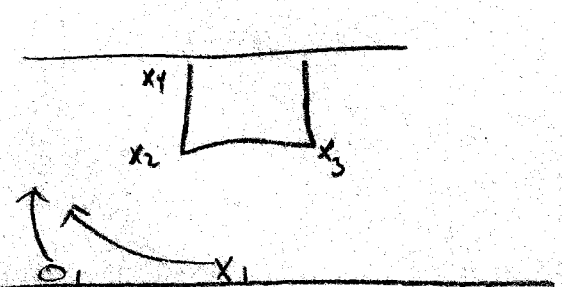
(1) Lateral pass

(2) Further pass opposite.

Break down - Body down, constant pressure

(Down - No back)

Build-up 4 on 4



Versus 1-4 switch

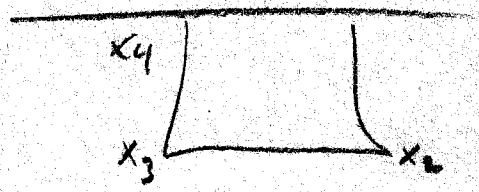
O1 / X1 (Never on the side)

When does the press stop??

ball crosses 1/2 ct or dribble and no close enough.

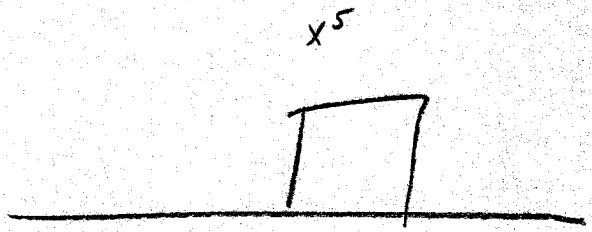
(Get a man!!)

Son 5 Build-up



No Mean - Keep backing up till you have someone.





(Class Info. on the Press)

352 - 375 - 4683 Ask for Matt

Ext 4200

GATOR FUNDAMENTALS Print

WHY PRESS?

1. Makes your team's superior conditioning a factor during the last five minutes of the game.
2. Gets everybody involved and allows you to develop quality depth and play 9 or 10 people in each game.
3. The press attacks the offense and forces the opposition to play differently than they practice.
4. It forces players to give great effort at all times and increases both game and practice intensity.
5. The press, along with up tempo offense and the 3 point shot, are components of our style of play that are enjoyed by players, fans and media.

PRESS STANCE

1. We always play in an open stance facing the ball.
2. "Play the ball, see your man."
3. When guarding the ball, our foot closest to the middle of the floor is slightly ahead. Our hands are at the level of the ball with the palms facing the offensive player.

KEY POINTS

1. Constant verbal communication is needed between players.
2. Stay with your man unless a "switch" can be made.
3. Trap uncontrolled speed dribble or when the ball handler crosses the top of the key.
4. Back pursuit is critical!
5. Must match up quickly and get a man to avoid giving up easy baskets even if you don't make a steal.
6. No silly fouls!

MORE PRESS ON NEXT FUNDAMENTALS

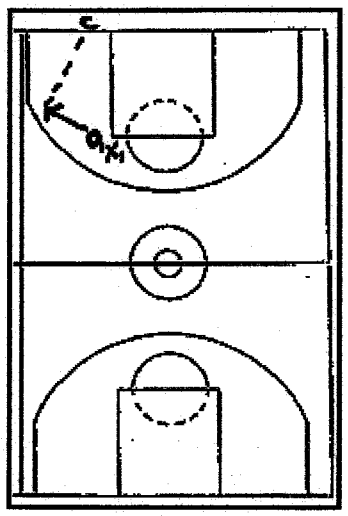
GATOR FUNDAMENTALS Print

BUILD-UP DRILLS FROM THE PRESS

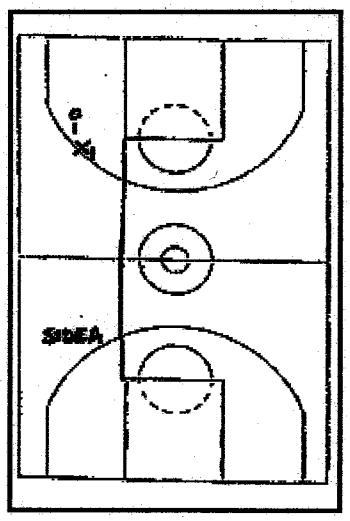
Press alignments

1. "White" man on the ball
2. "Blue" man off the ball

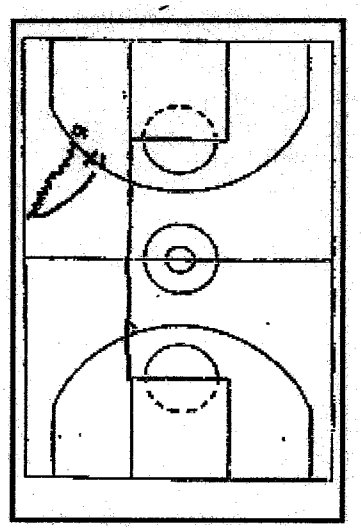
PRESS BUILD-UP (1 ON 1)



01 will try to take Xi off the dribble. Defender tries to contain the basketball. We emphasize getting in the basketball, forcing speed dribble.

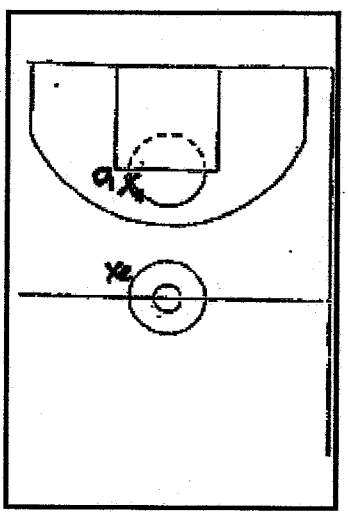


We only use the court from the lane line extended to the sideline. (Side A)

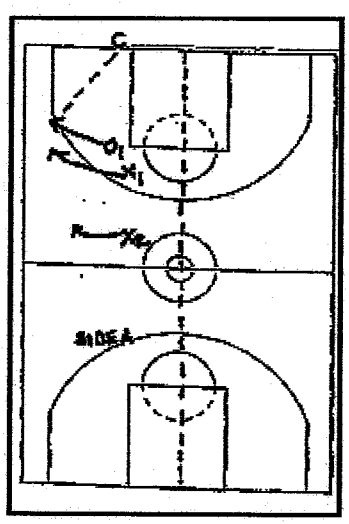


If X1 gets beat, he run-glide runs back in front of the basketball.

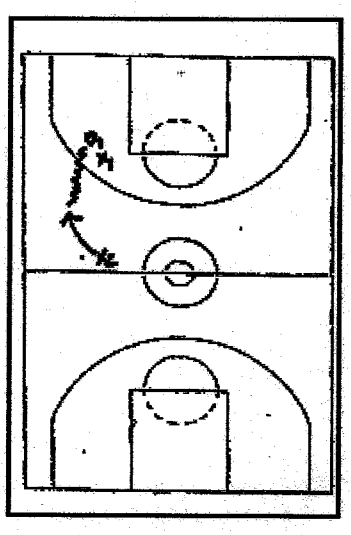
PRESS BUILD-UP (2 ON 1)



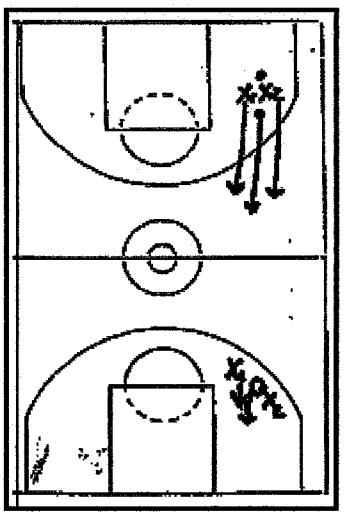
We trap on three occasions:
1) below the block (If in the coffin corner or reverse pivot), 2) un-controlled speed dribble, 3) top of the key.



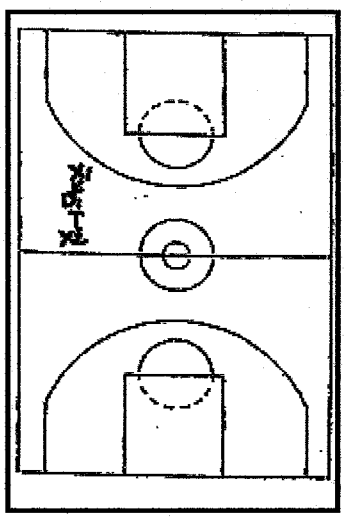
Xi and X2 work together to trap 01. In this drill we only use Side A. Look to steal 'off' the basketball.



Xi and X2 come together to form the trap. Always attack the offense.

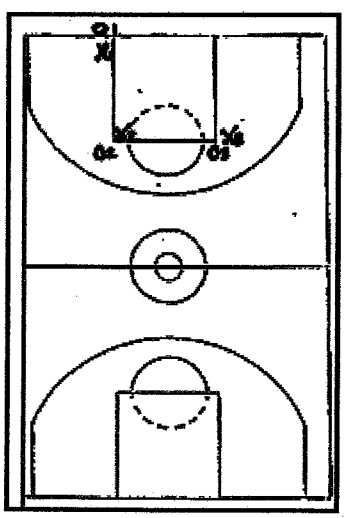


X1 and X2 sprint out of the trap. X2 sprints in front of the basketball and keeps the ball on one side of the floor. This allows X1 to backtip and run thru the basketball.

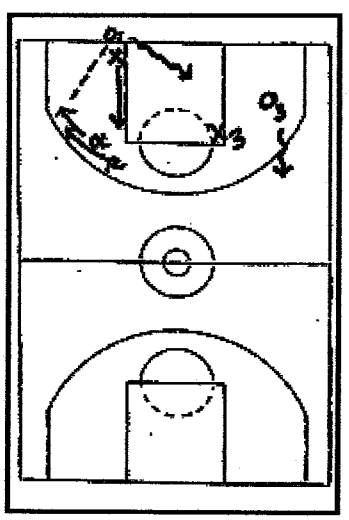


X2 keeps dribbler on one side of floor allowing X1 to 'run thru the basketball' and backtip.

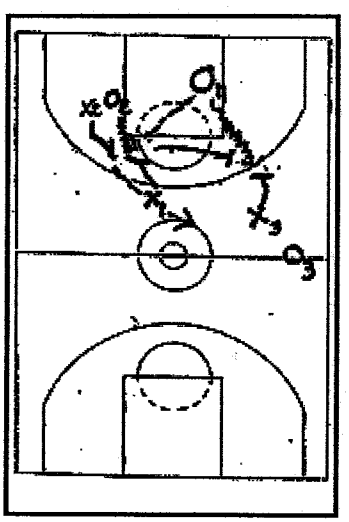
PRESS BUILD-UP (3 0N 3)



X2 and X3 switch on any screen.

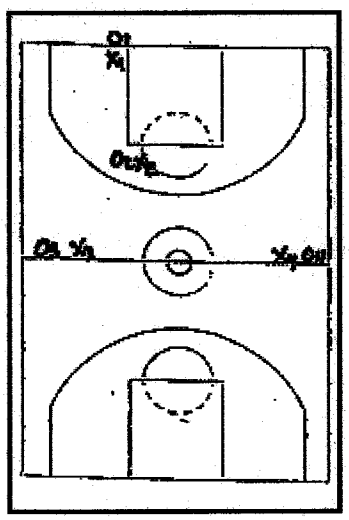


Same trapping principles apply as 2 on 1. If 02 catches the ball, 01 Drops back to level of the ball. X2 contains the dribbler.

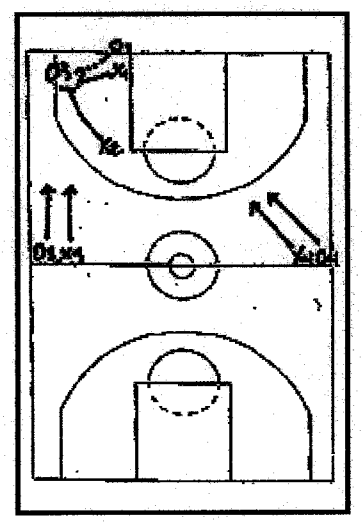


If X2 is beaten, Xi levels off the ball and X2 and X1 trap together. Mirror the basketball in the trap. If 02 passes to 01, X2 chases pass as X3 prepares to come up to trap. Xi must sprint to cover middle.

PRESS BUILD-UP (4 0N 4)

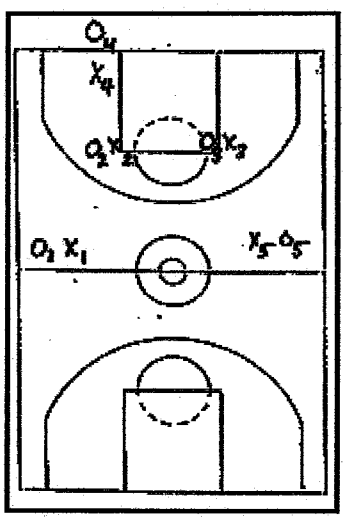


4 on 4 full court with same trapping rules and principles.



It's important to commun-icate, backtip the dribbler. Mirror the basketball in the trap and sprint out of traps.

PRESS BUILD-UP (5 0N 5)



The same principles apply. Be aggressive in your traps. Don't let the offense come to you, attack the offense.

Billy Donovan - Spread Pick-N-Roll offense

"Hardest thing to guard in basketball" - Pick-N-Roll

(Everything that we do is based on "Spacing" and how our pick-N-Roll's are guarded.)

Look at three main ways - How the pick-N-Roll is defended

(1) Hard Show or trap

(2) Switch

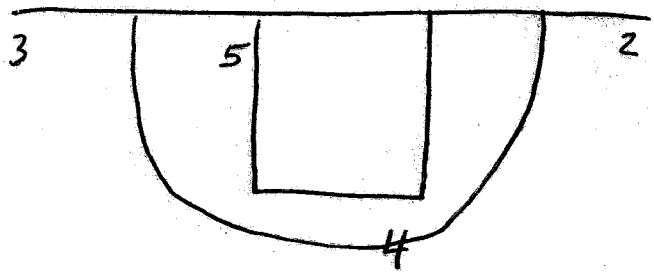
(3) Back off or go under screen to keep the ball out of the lane.

(Those are the three ways our offense is attacked whether the Pick-N-Roll is in the middle or the wing)

Scouting wise - How Florida guards you. - They have at least two ways to guard the Pick-N-Roll.

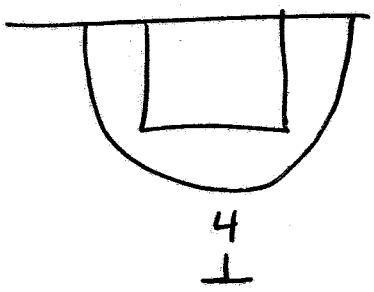
"You need actions in your pick-N-Roll to take advantage of how your opponent plays you"

"Spread Pick-Roll offense"



"Your players must start extremely spread out."

"Florida use 4 as a flat screener"



"Where the "1" is being defended is how far "4" we'll come out."

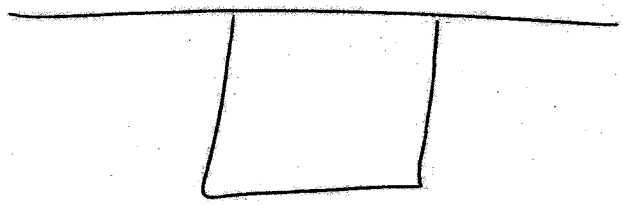
1

The "4" must give the "1" at least one step to make a move off the screen.

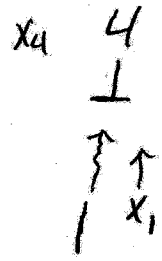
"The flat screener is a great pressure release for the pg."

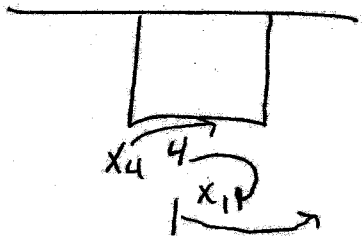
"You want two on the ball as much as possible"

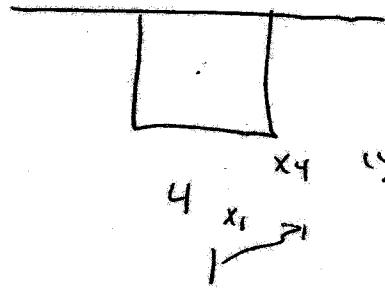
Spread Pick-N-Roll Offense



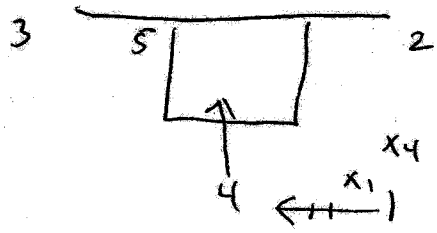
The 4 must determine where to screen so the 1 can get "two on the ball"



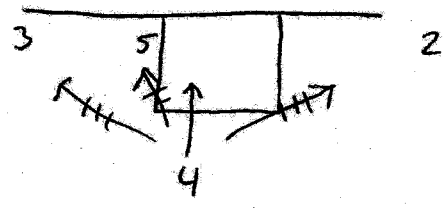




"Two on the ball then pitch back to the 4.



(4 then attacks 3pt line or basket)



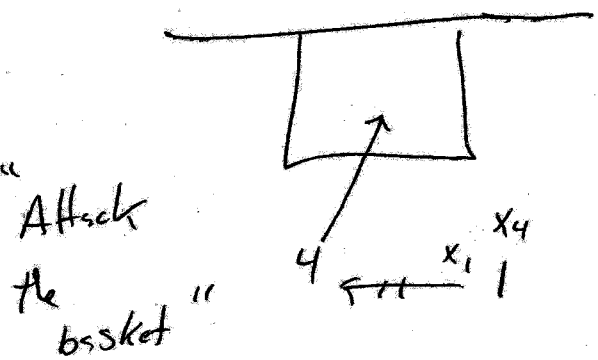
"4 makes the option to score or pass"

"If one of your players gets the ball to the middle of the floor, he has done his job. Now it is the responsibility of everyone else on the floor to get open in an open area."

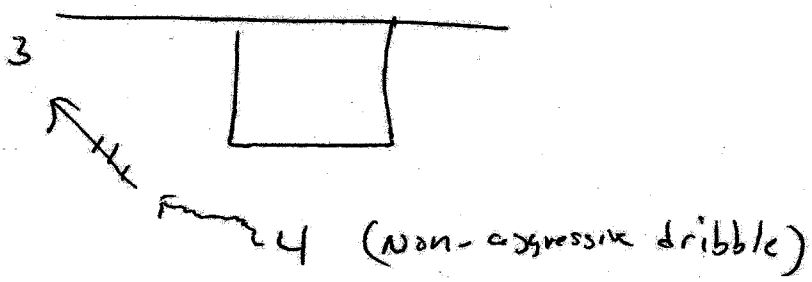
Spread Pick-N-Roll

offense

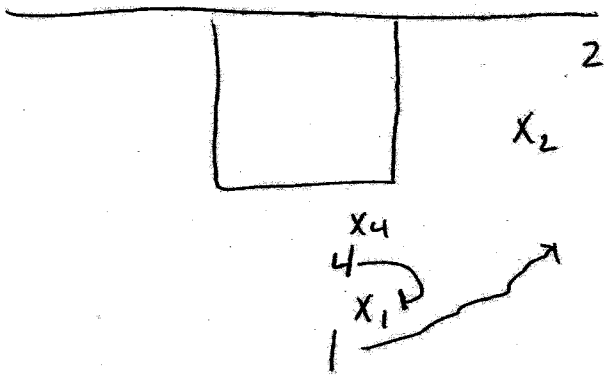
When the 4 gets the ball he needs to attack the basket and make the pass easy for him. Someone will stop him and where the "help" comes from - pass it there



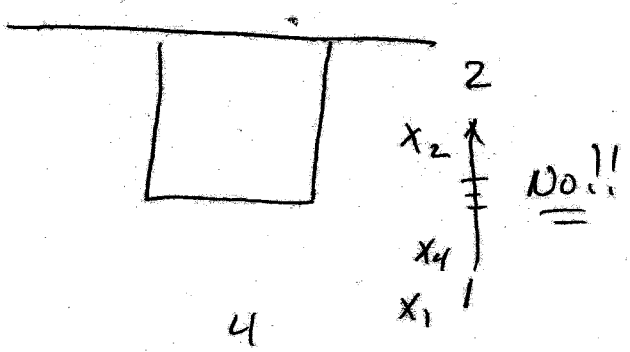
Don't have the "4" take a non-aggressive dribble then try a pass



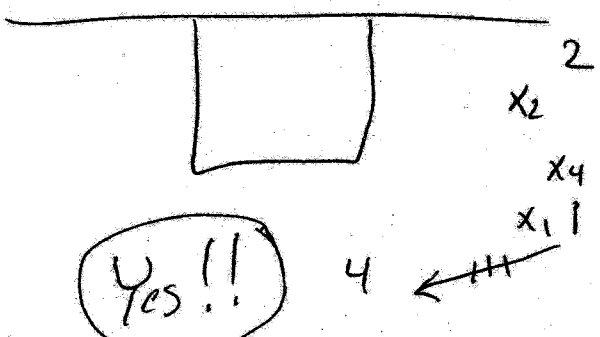
No passes like this one



"Don't throw to scorded man"



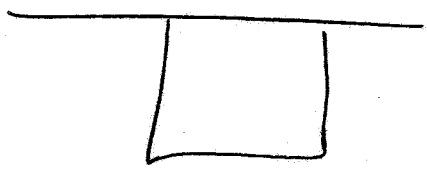
"Throw to the open man"



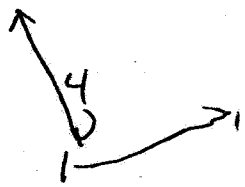
Spread Pick-n-Roll offense

We want you pass with ball in the paint every single time. If I doesn't work and you pass it then screen for who you passed it too.

"4 man's job after the screen"



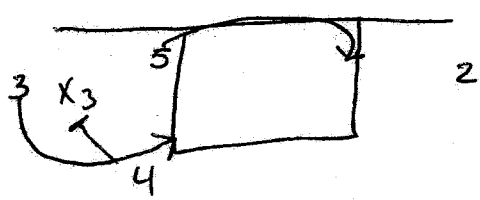
The 4 man should roll to the basket.



4 man options

(1) Attack the rim

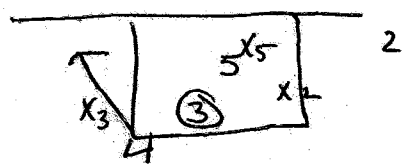
(2) Attack the rim / pass to ball side player and set another screen.



5 man - ducks in to the lane for post up.

2 man - spots up

4 man fades baseline.



Spread Pick-N-Roll offense

"After you set a screen, you must go sprint into an area to be more effective."

"The screener must get back in the play quickly after his screen"

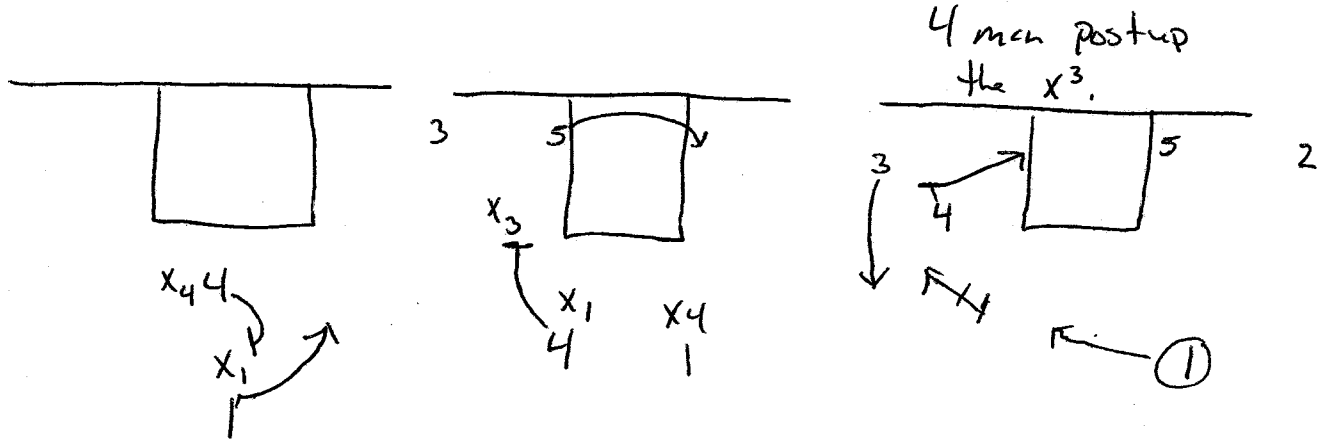
"The point guard must make effective use of the screen, rubbing his man off"

If the person guarding the 4 man doesn't come out to guard then still run the pick-n-Roll and the 1 hits the 4 then the 4man hits the ballside guard and sets a pick-n-Roll.

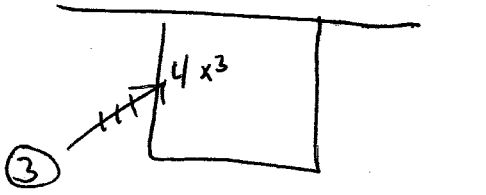
If you have a player like Greg Oden on the other team then use whomever he is guarding for the screening of the pick-n-Roll.

Spread Pick-N-Roll offense

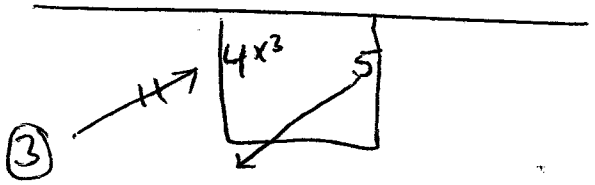
vs. "Switch"



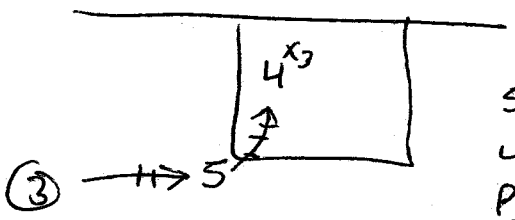
(3 man posts feed 4 man)



(To make sure no backside help send 5 man to high post)



If you can't post feed then hit 5 man for high-low entry.



5 man will post feed.

If they switch and it doesn't work then have 5 man set a pick and we will keep x_3 on our 4 man this entire possession to get a mismatch.

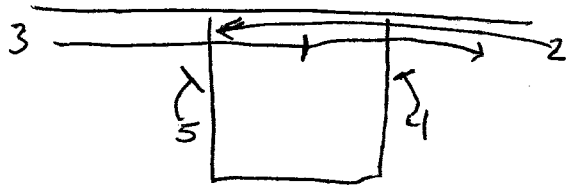
Spread Pick-N-Roll offense

Vs Trap or Aggressive Show

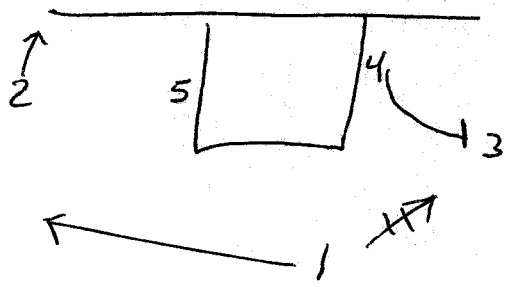
"Easiest way to show the pick-N-Roll / Is to know that it is coming."

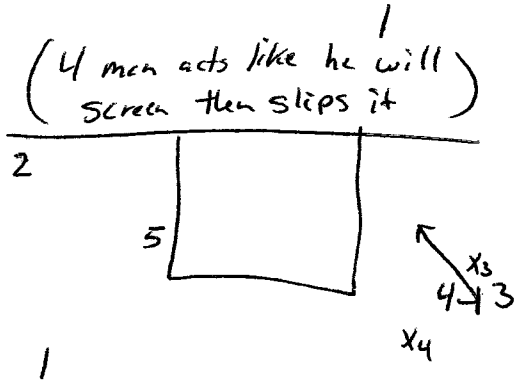
"You can run the pick-N-Roll action to get the defense to show"

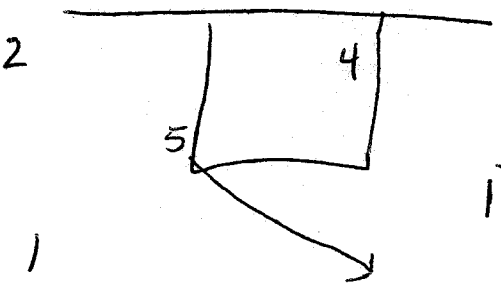
"Both Bigs at second marker"



"vs team that traps or shows hard"

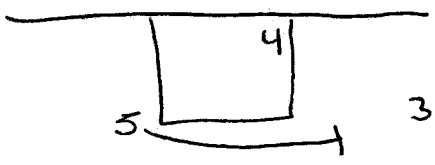




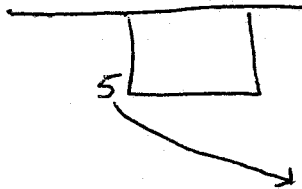


"Having two defenders on the ball is good for offense"

"Screen"

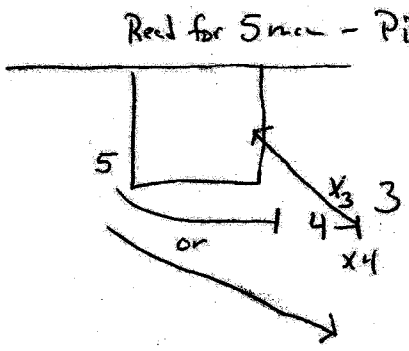


"Two options for 5 man"



Spread Pick-N-Roll offense

"Bigs must understand when to slip and when to set the screen."



"When you set a person open, you can't let the defense back into the play. Make them pay."

Difficult Defensive Situations

(1) Getting back in transition and matching up.

(2) Constantly closing out

(3) Getting broken down by dribble drive.

"Make them pay, when they're scrambling"

(Don't Pick up the ball and hold it)

"You must know your personnel and how they perform best in the offense".

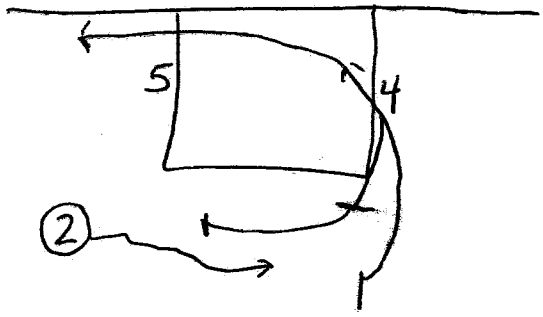
Spread Pick-N-Roll offense

"Those offense is a point A to point B offense. You must read and play the game of basketball."

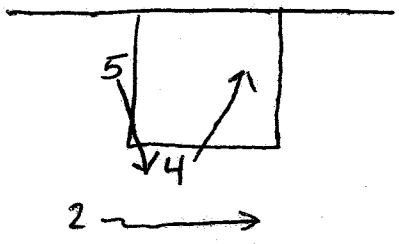
Vs. Aggressive Jump-outs

He called it "Two"

Look for Lob / then Pick-N-Roll



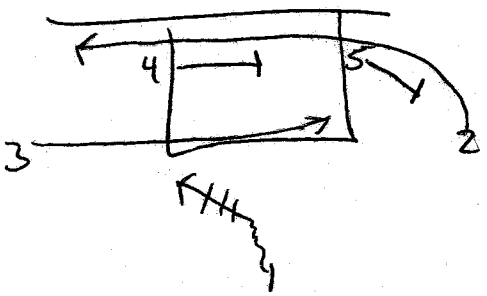
Roll and Replace Action

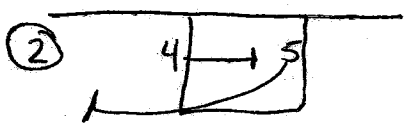


3

"If a team is jumping out hard, try to make their big guard a screen before your pick-N-Roll." ie

(What to do to disguise those two actions)

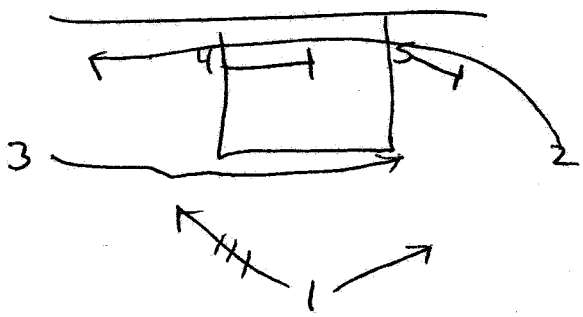


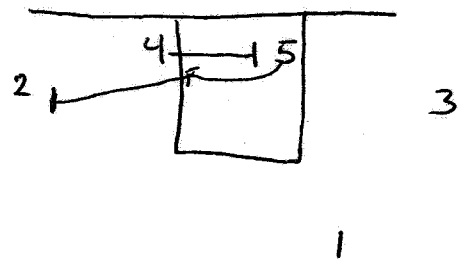


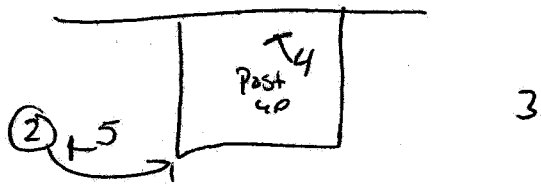
(Now into Either action)

Spread Pick-N-Roll offense

"Different Look"



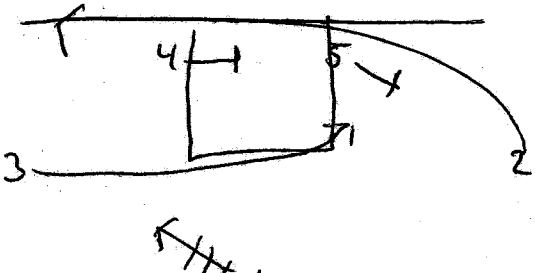


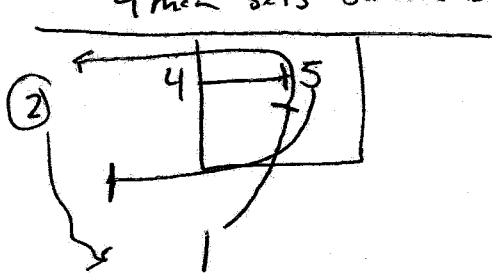


"This a good play to run against a "Big" that doesn't handle screens very well"

"Little to Big screen"

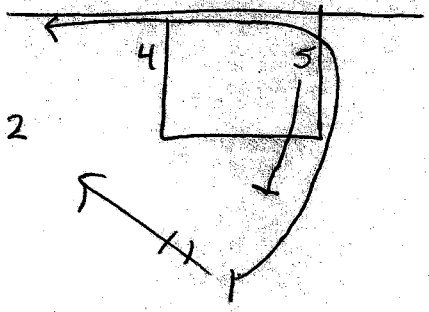
1 man sets screen for 5 man
4 man sets screen for 1 man

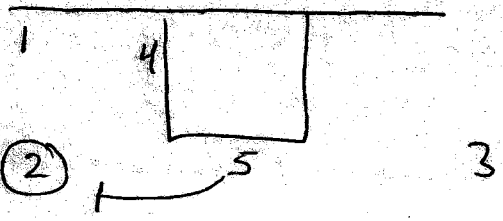


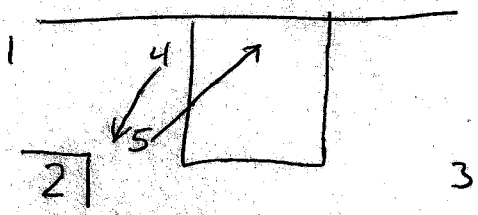


Spread Pick-N-Roll ~~Offense~~

US Constant Trapping

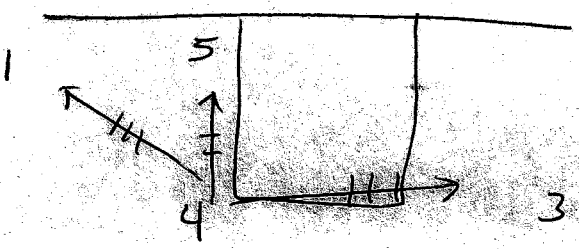






(5 man Rolls to basket)
(4 man fills in for ball flash)

"Never pass to the roll guy out of a trap"

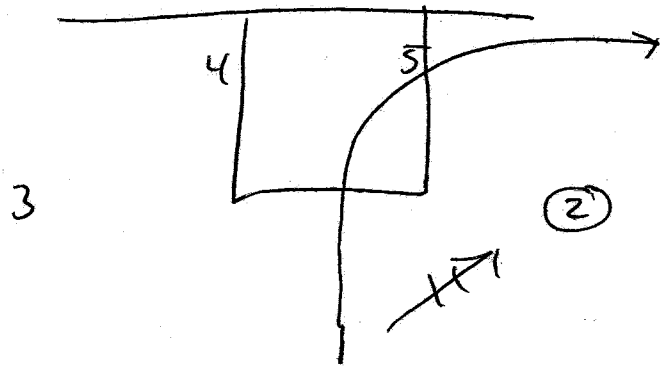


Spread Pick-N-Roll offense

In college - we get alot of hard trapping or switching. Teams that are very aggressive defensively are easier to take advantage of. "

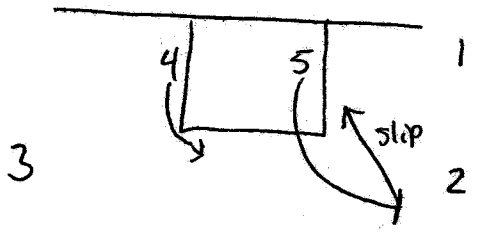
Both "Bigs" up high

"No screen from "Big"

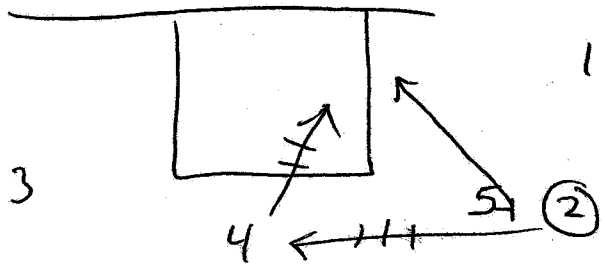


"

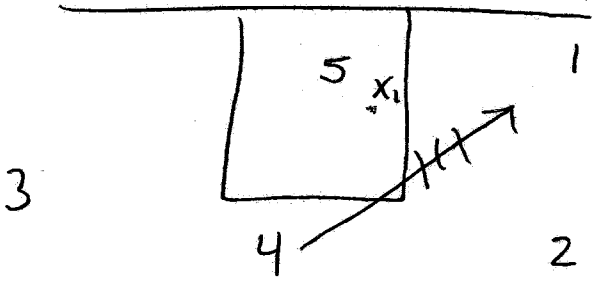
vs. "Trap"



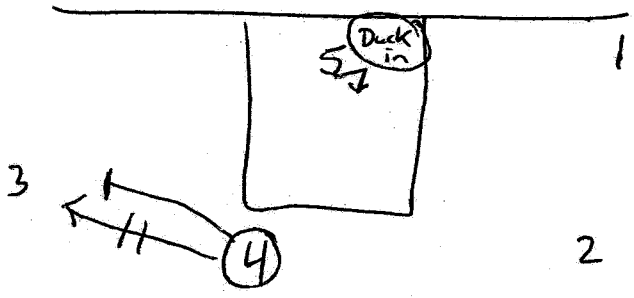
vs "Trap"



If 1 man's defender cheats



"If you don't hit 5 or 1"



Back right into the offense.

Spread Pick-N-Roll offense

(352) - 375 - 4683 Ext. 4200

Matt McCall

Questions

What is your point guards progression when he's coming off the ball screen? What is the first thing he's looks for and what's the second?

(1) hit the open guy off the screen

first thing - how is the screeners man playing?
Is he showing or Is he back

opposite post's man - hugging his man / Roll open

opposite post man - cheating his man / Look at Duck-in

FLORIDA BASKETBALL:



THE PRESS

2/98

1. Makes your team's superior conditioning a factor during the last five minutes of the game.

2. Gets everybody involved and allows you to develop quality depth and play 9 or 10 people in each game.

3. The press attacks the offense and forces the opposition to play differently than they practice.

4. It forces players to give great effort at all times and increases both game and practice intensity.

5. The press, along with up tempo offense and the 3 point shot, are components of our style of play that are enjoyed by players, fans

PRESS STANCE

1. We always play in an open stance facing the ball.

2. "Play the ball, see your man."

3. When guarding the ball, our foot closest to the middle of the floor is slightly ahead. Our hands are at the level of the ball with the palms facing the offensive player.

KEY POINTS

1. Constant verbal communication is needed between players.

2. Stay with your man unless a "switch" can be made.

3. Trap uncontrolled speed dribble or when the ball handler crosses the top of the key.

4. Back pursuit is critical!

5. Must match up quickly and get a man to avoid giving up easy baskets even if you don't make a steal.

6. No silly fouls!

PRESS ALIGNMENTS

1. "White" - man on the ball

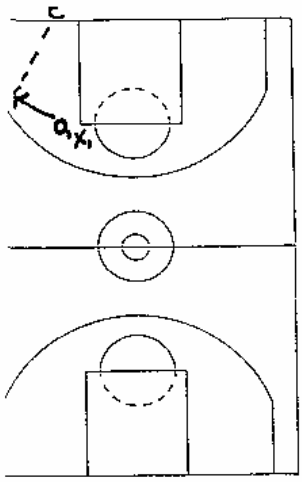
2. "Blue" - man off the ball

PRESS

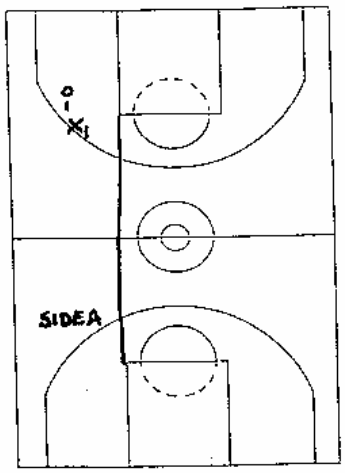
BUILD-UP

DRILLS

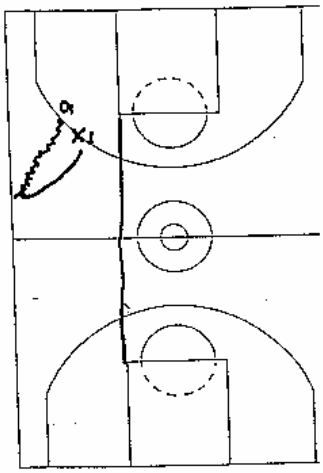
PRESS BUILD-UP
(1 ON 1)



O1 will try to take X1 off the dribble. Defender tries to contain the basketball. We emphasize getting in the basketball, forcing speed dribble.

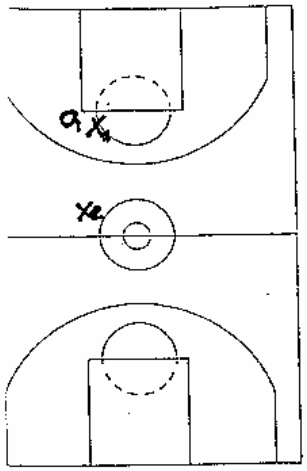


We only use the court from the lane line extended to the sideline. (Side A)

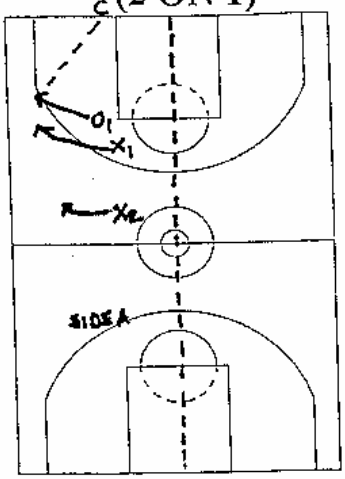


If X1 gets beat, he run-glide runs back in front of the basketball.

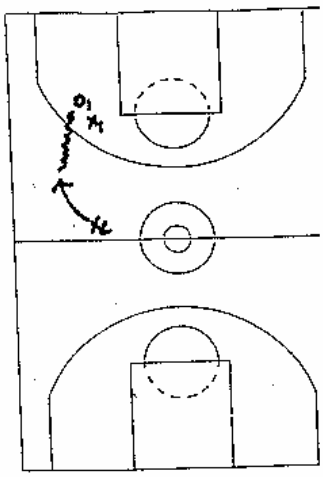
PRESS BUILD-UP
(2 ON 1)



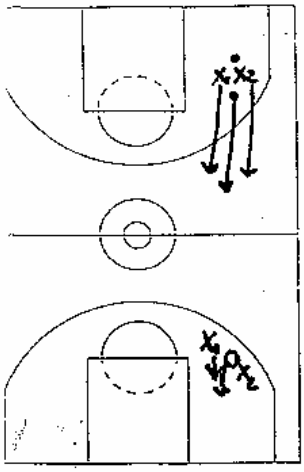
/e trap on three occasions:
below the block (if in the coffin
)rner or reverse pivot), 2) un-
)ntrolled speed dribble, 3) top
the key.



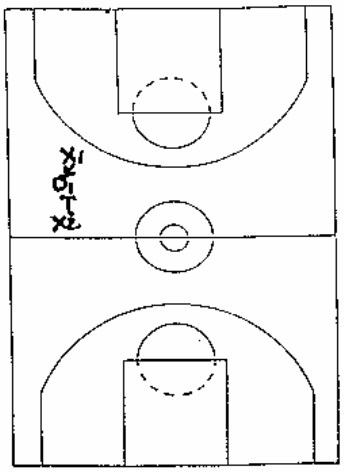
X1 and X2 work together to trap O1. In this drill we only use Side A. Look to steal "off" the basketball.



X1 and X2 come together to form the trap. Always attack the offense.

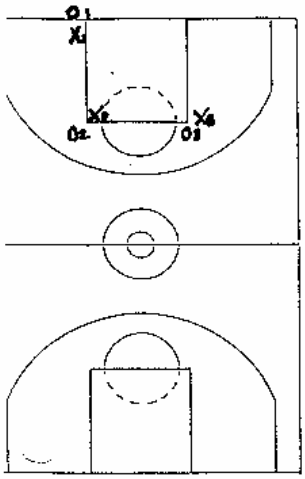


(1 and X2 sprint out of the trap.
(2 sprints in front of the basketball
nd keeps the ball on one side of the
oor. This allows X1 to backtip and
un thru the basketball.

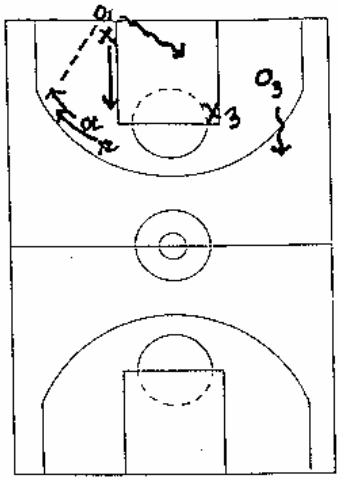


X2 keeps dribbler on one side of floor allowing X1 to "run thru the basketball" and backtip.

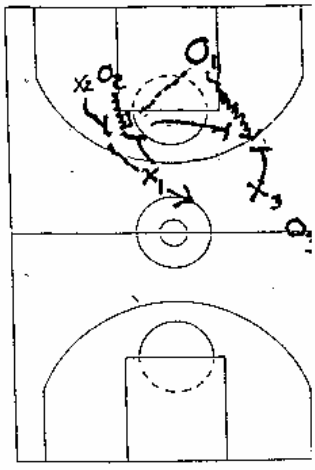
PRESS BUILD-UP
(3 ON 3)



X2 and X3 switch on any screen.

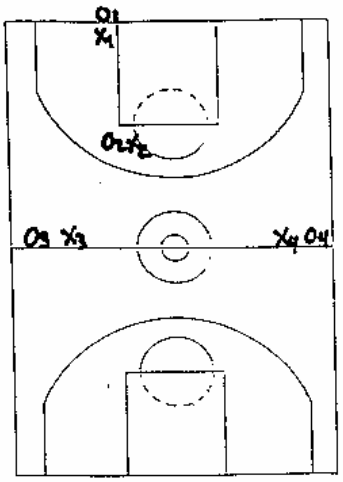


Same trapping principles apply as 2 on 1. If O2 catches the ball, O1 Drops back to level of the ball. X2 contains the dribbler.

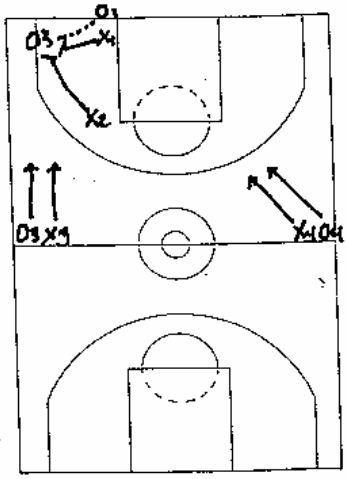


If X2 is beaten, X1 levels off the ball and X2 and X1 trap together. Mirror the basketball in the trap. If O2 passes to O1, X2 chases pa as X3 prepares to come up trap. X1 must sprint to cove middle.

PRESS BUILD-UP
(4 ON 4)

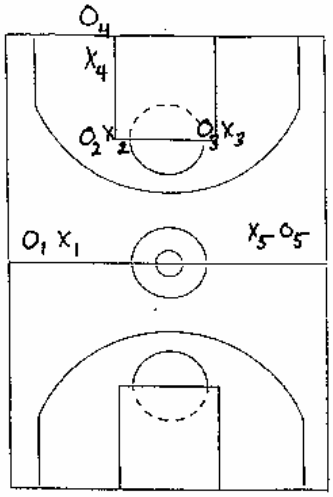


4 on 4 full court with same trapping rules and principles.



It's important to communicate, backtip the dribbler. Mirror the basketball in the trap and sprint out of traps.

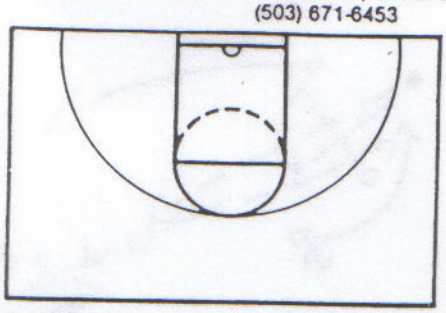
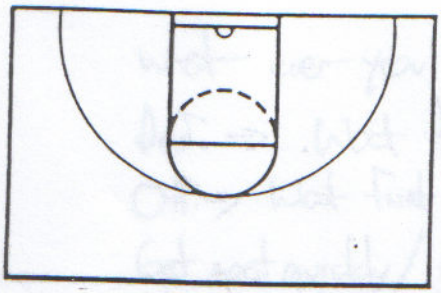
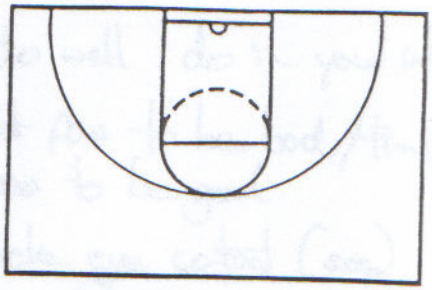
PRESS BUILD-UP
(5 ON 5)



The same principles apply.
Be aggressive in your traps.
Don't let the offense come to you, attack the offense.

NIKE, INC.
Corporate Headquarters
One Bowerman Drive
Beaverton, OR 97005
(503) 671-6453

CLINIC Bob McKillop
DATE Davidson

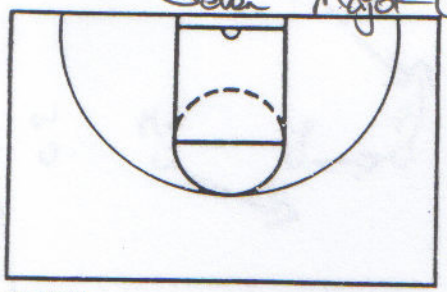
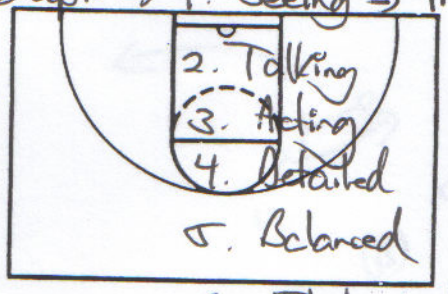
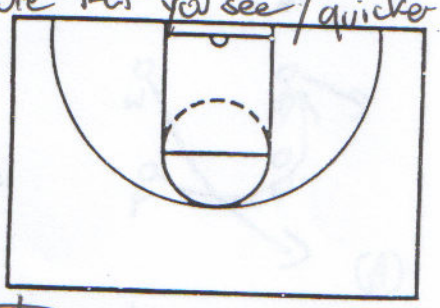




NOTES

Culture of entitlement & individualism

Keep it simple

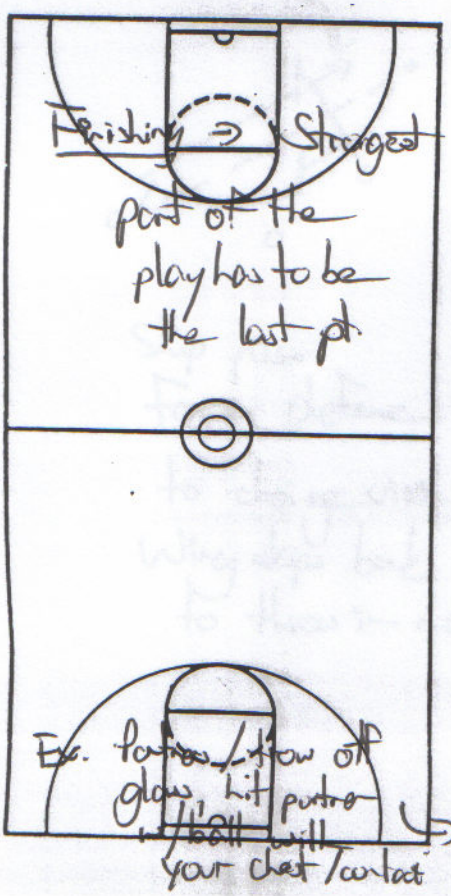
Seven Major Concepts → 1. Seeing → More fast you see / quicker you a

2. Talking
3. Acting
4. Detailed
5. Balanced

NOTES

6. Flesh Contact
7. Finish Everything



Finishing → Strongest part of the play has to be the last pt.

Ex. Pass / throw off glass, hit putback w/ ball will your chest / contact

NOTES

Seeing → Catch & See
Create space & teamwork by seeing

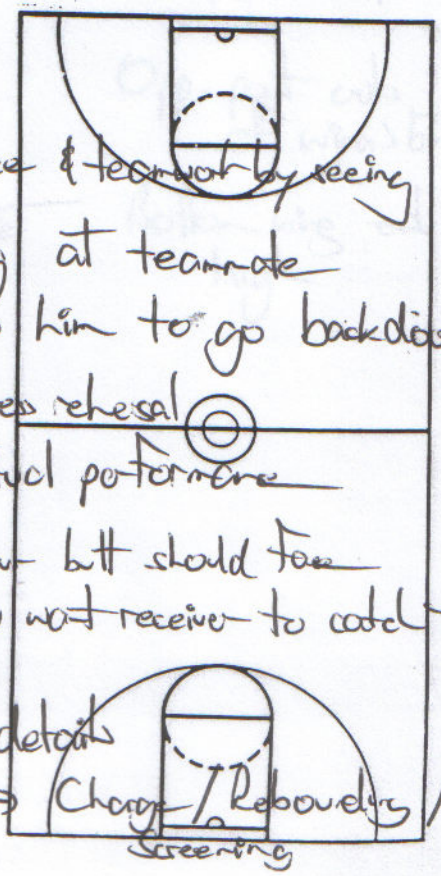
Talking → By dribbling at teammate it tells him to go backdoor

Acting → Practice / dress rehearsal
Game / actual performance

Details → Crack of your butt should face where you want receiver to catch the ball

Balanced → Works w/ details

Flesh to Flesh Contact → Charge / Rebounding / Screening
Afraid of contact



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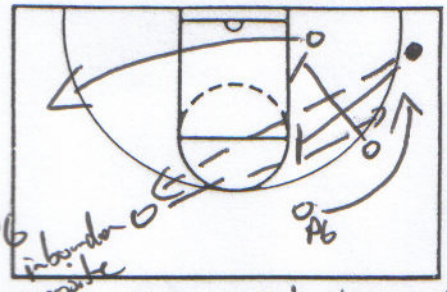
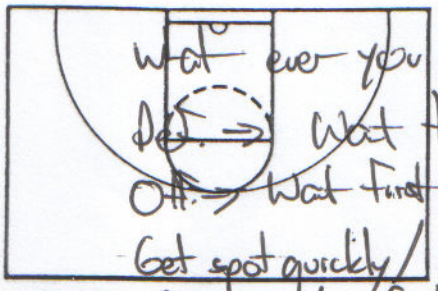
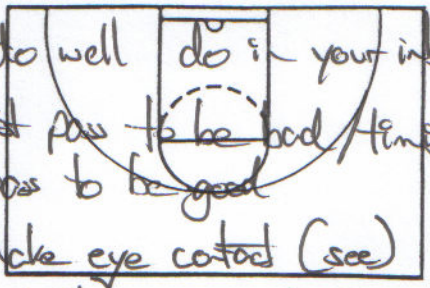


Can use w when you go

NOTES

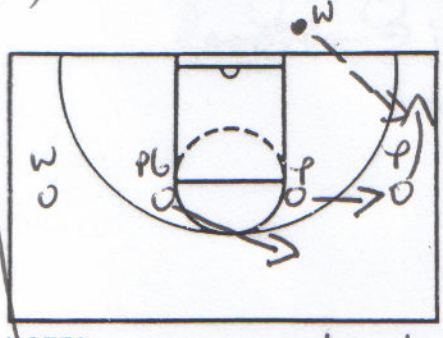


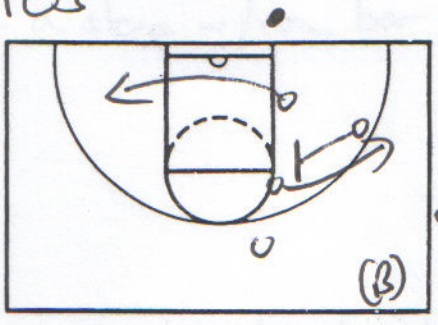
What ever you do well do in your inbound
Def. ⇒ Wat first pass to be bad / timing
Off. ⇒ Wat first pass to be good
Get spot quickly / Make eye contact (see)

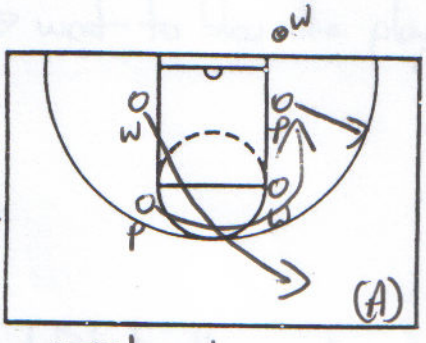


Special Situations / OB ⇒ Be an actor (set up cut)

FT line
TOs







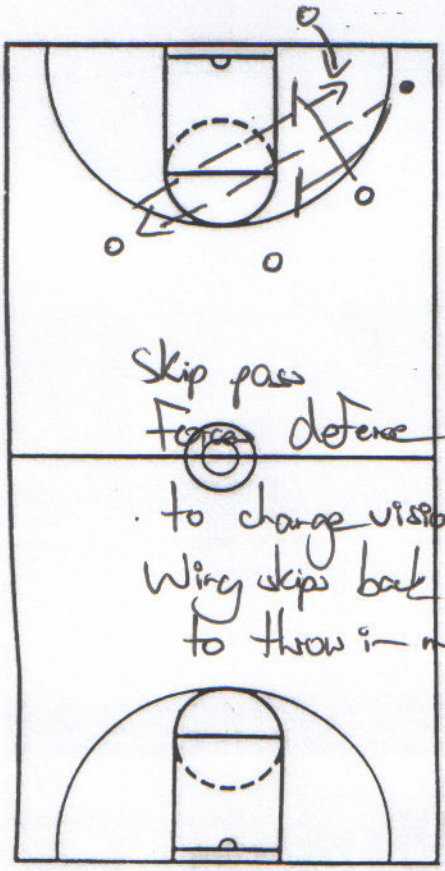
NOTES

Zone Inbounds

Post that breaks out sets screen for wing at ⊙ junction & rolls to basket

Inbound
Post pops out to 3pt line quick

Off. post cuts off wing's butt
Bottom wing out high



NOTES

Skip pass
Force defense to change vision
Wing skips back to throw in ma—

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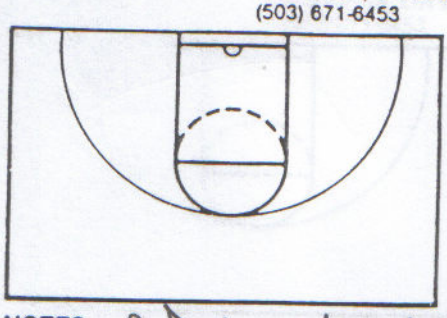
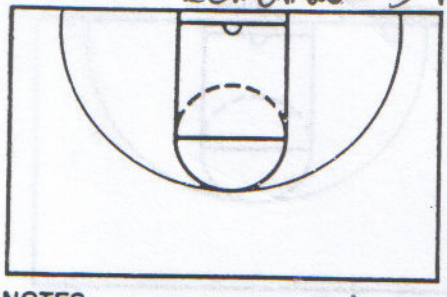
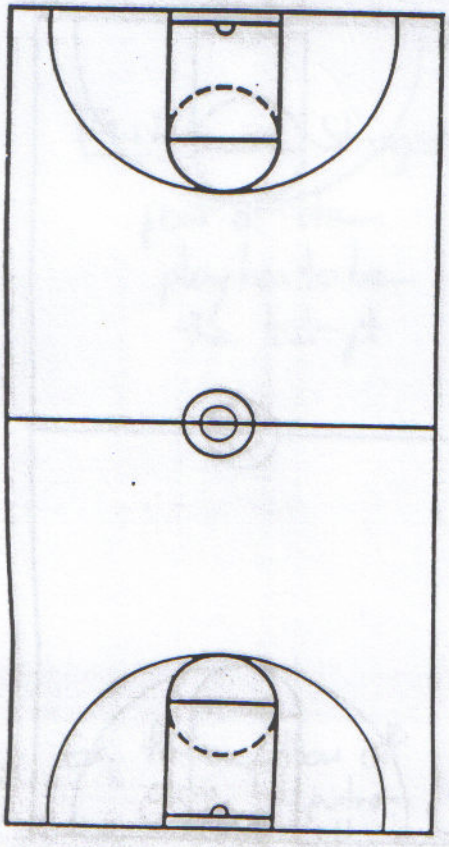
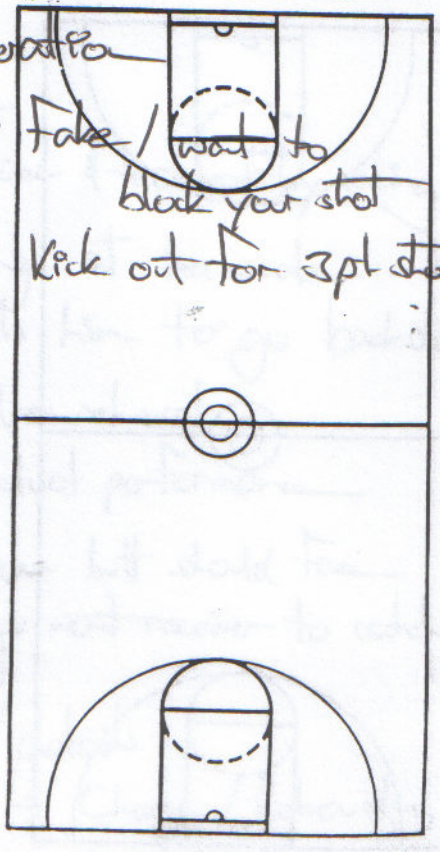


NOTES Defending inbounds
Ma guarding ball → free ball
Remind → in a stance w/ arm bar → wait to blow the play up



NOTES FT Line Situation → Low people / start w/ feet together, gives you large blackout
Off player shooting / on block
bring feet together before shot to create seperation
Get off reboard → Fake / wait to block your shot
Kick out for 3pt shot





Important Things In Coaching

Bob Knight
8/6/04

Notebooks

Have nothing xeroxed to players.
Write it down.
Check their notebooks.
Scouting report.
You understand when you write something down.
Have a notebook and pen.

Consequences

Teaching has become a profession where we don't use consequences.
Rarely have I prevented kids from playing.
It punishes team.
Run them to death or get rid of them.
Running bothers them. Make others run / they don't.
Get kids to 1) Pay attention 2) play hard 3) play to win.
Respect versus like.
If you think about whether people you or not, you will make a lot of bad decisions and you can't coach.
Run 5' miles if you miss shoot around → Emmett Smith & Chavey.
A sprint down and back → One of our traps.
* kids somewhere down the line if you are there to help them..... they must know this.
Like to have former players come back. They reminisce on how tough it was.
HS has helped me on this.

Reinforce

Bring other people in to talk to players.
Music school guy.
Mike K. –

ROLES

Defense them for players

Mike K. at Army

I got to guard and not throw ball away.

I thought I should have played more.

* Keep practice stats. LOGIC

Steve Alford best I ever had playing without ball.

DEFENSE

UNDERSTAND

ACCEPT

FUZZY.

TOUGHNESS is a role in itself.

Brian Sloan best screen I ever had.

* Let players decide everything you don't care about.

Cool Running → Jamaca Bobsled team.

Movie to Watch.

He would guard guys. } Schrage.

Don't Shoot.

MEETINGS

Talk with kids at least once a week.

5-10 Minutes

INFORMAL TIME.

?? Familiarity can lead to lack of discipline

Keep some distance.

"He's not your buddy or gal when you play for him. When you leave he is a really good friend."

EVALUATE PLAYERS

Its not the structure of the press, it is the quickness of the players that get things done.

Their press will be our offense.

We all try to do to much with our team.

B. F (2)

All the tricky stuff on Sunday was thrown out by Wednesday.
Emphasis in a practice. Key Thing
Evaluate your team and play best way;
BLOCKOUT, HELPSIDE, SCREENING

In season ⇒ Point of emphasis for game.

WALK THROUGH

Morning before class.
Afternoon before meal

OBSERVATION COMES FROM CONCENTRATION
RECOGNITION " " OBSERVATION
ACTION " " RECOGNITION
RECOGNITION " " ACTION.
} CONCENTRATE
Recognize, Anticipate, Make Play

Sweat with players.
Can't be too prepared.

THINK OF WAYS TO RAISE MONEY YOURSELF

CHANGES RELATIONSHIPS
Responsibility of thinking at every level of athletics.
Speak in other classes.
Run players if the player misses class.

KID GETS BETTER.

You are not a social worker ..... Pete Newell.
Don't enable the deviants.
It retards rest of team's progress.

Not a coach for all people. (all seasons)

5/19/07

"DEFENSIVE TRANSITION : PRACTICE"

BOB MARLIN - SAM HOUSTON

"#1 stat FG% defense" "starts w/ transition"

4 things

1 def trans
2 ½ court
3 Contesting shots
4 rebound

TRANSITION DEFENSE

"if your a rebounder and don't take one step towards boards -- come out"

- 5on2 Drill - 5off/2def

play 2on2 then 3 on baseline push 5on2 "
- have basket set underneath rim - "see cotton" - 2nd guy picks ball "need ball off"

"if make a mistake - make it in the lane"

extra 3 guys on baseline must get to opposite baseline on shot of ball
- make stay -

- 3on4 Drill -

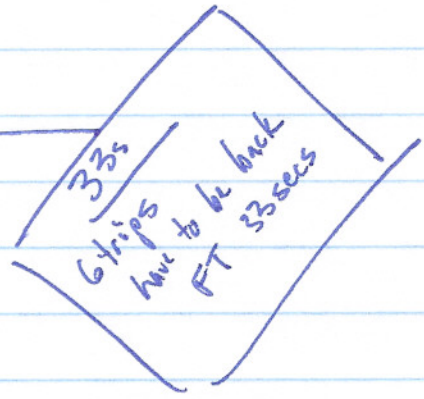
dummy on sideline sprints ahead on shot of 3on3 game
(you can add 5on4 going back)

- 3on2 2on1 -

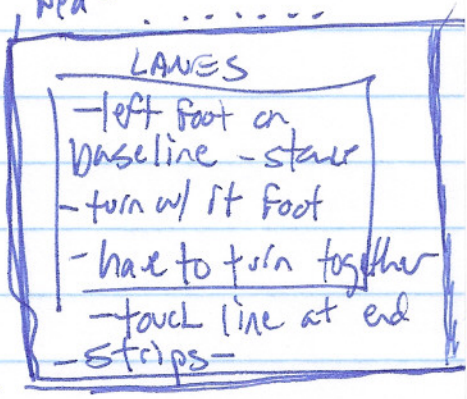
- Want contested jump shot -

"I know 2 states -- best defender, best rebounder"
- Bob Marlin

-Raven Drill-
-that is our 1on2 2on1-



-PRACTICE-
6 parts - "everyday"
1. def transition - drills
2. off transition -
3. ½ Def - shell - does drills daily - mon= , tues= , wed= .....
4. ½ Off.
5. rebounding - traditional block out
6. shooting -
have fundamentals practice (5min) period



- work on something 2 days in row - work, repeat
- starts practice w/ 8-10 min of film - 5min previous game - 5 opponent personnel; plays

- shoot 15 mins - game specific
- circle up after shoot - "thought of the day" "off: def thought of day"
"run the floor 1st thought of this year"
- passing drils - "call names"
- he traditional block outs - (not me)
- 3on3 stops - keep track of stops - 3/10 for example -
loses run
★ - full court passing drills after water breaks ★
↳ have our passing/transition drills
(seems like waste alot of practice time - "picking own teams") -

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CLINIC Bobby Cremins / College of Charleston
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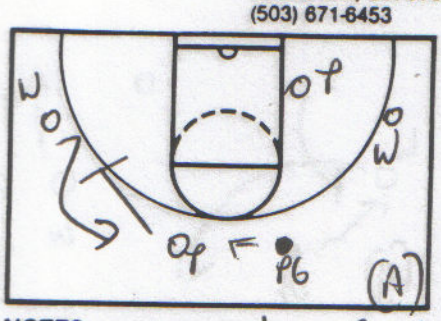
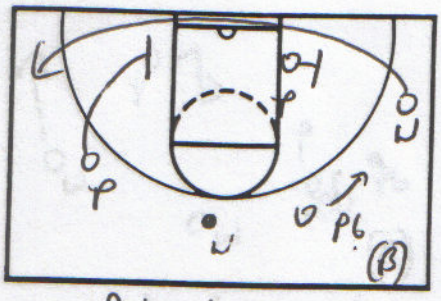
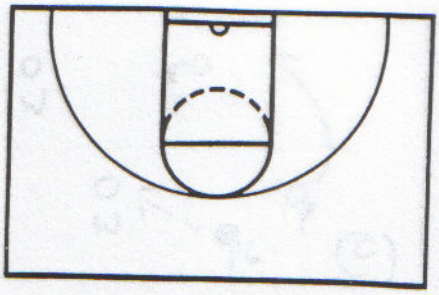
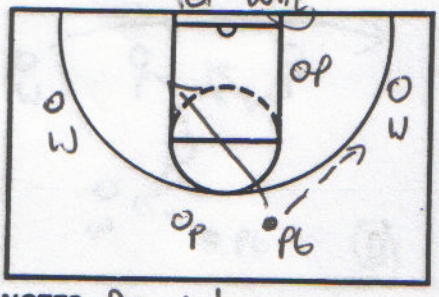


NOTES Secondary Break
Post trails downscreen for wing

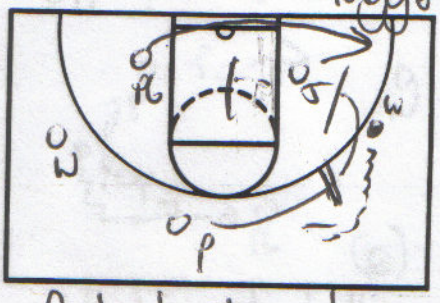


Post steps in to set 2nd screen of staggered double

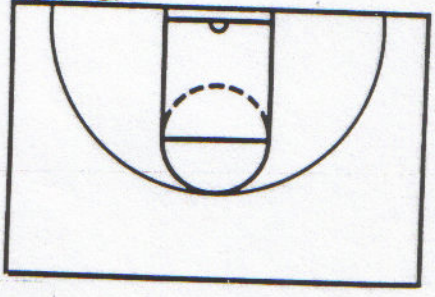


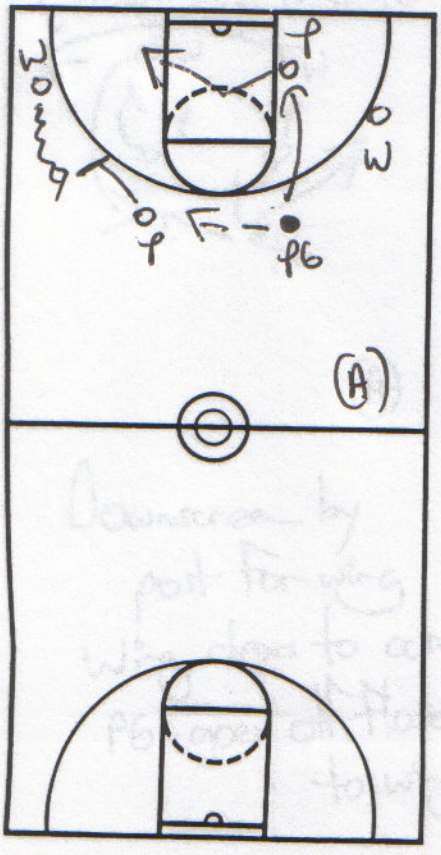


NOTES PG hits wing & goes to opp. block

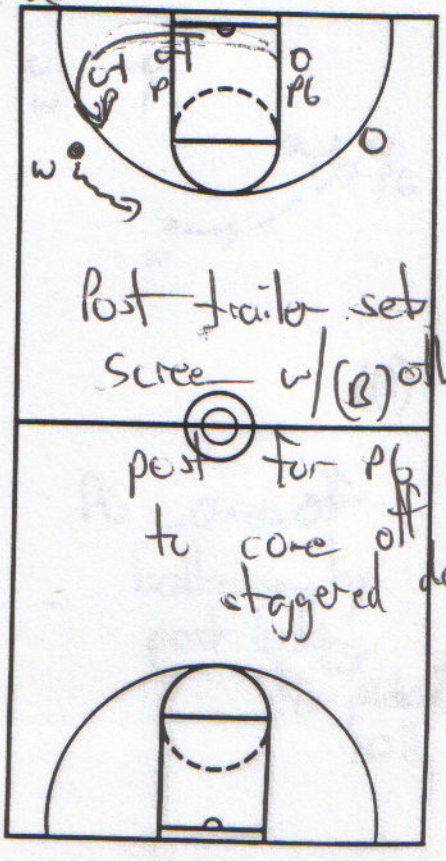


Post trails set ball screen / wing comes off staggered double hypests





NOTES PG hits post trailer & reverses to ball in corner



Post trails set screen w/ (B) off post for PG to come off staggered double

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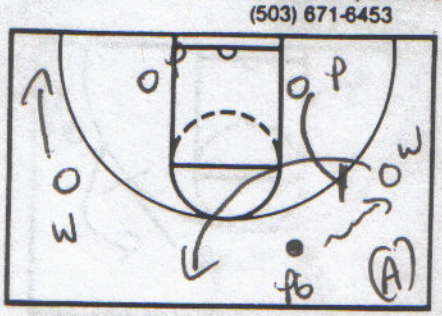
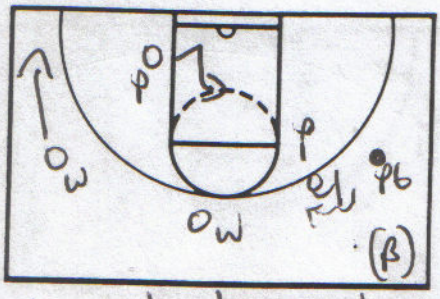
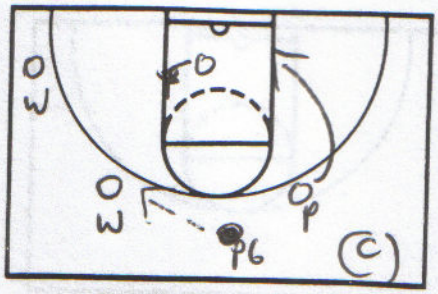


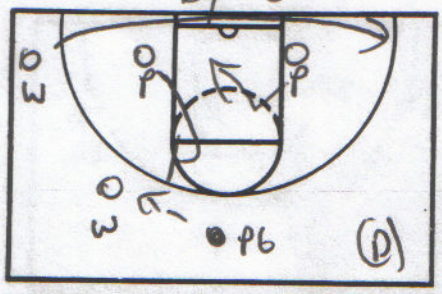
NOTES
Zone offense
Shallow dribble by PG



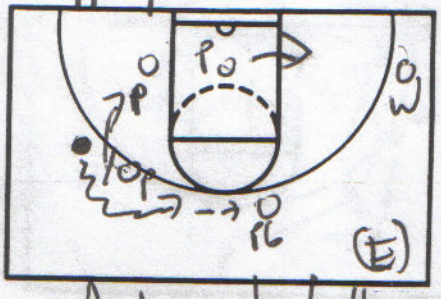
Ballside post steps out to set ballscreen for roll
Opp. post ducks in



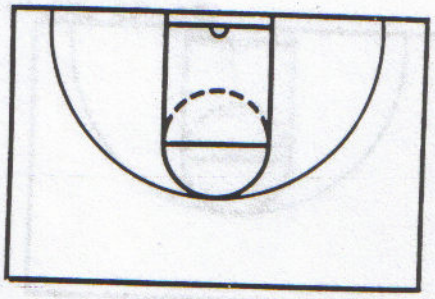
Opp. post ducks in



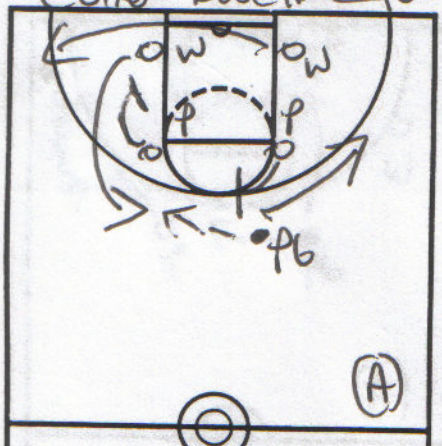
NOTES
Wing goes off screen
Corner baseline pass baseline



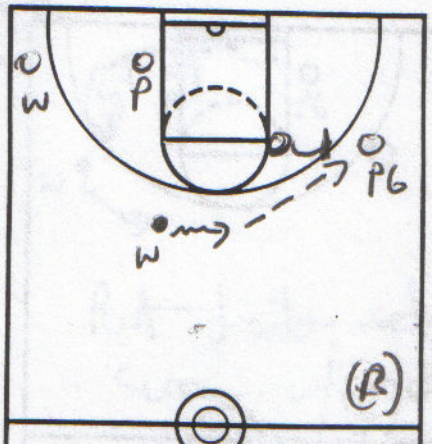
Posts set ball screen for roll



NOTES



Downscreen by post for wing
Wing clears to corner
PG goes off flare screen to wing area



PG comes off ballscreen by post looking for pick & roll

Cincinnati 2 – 3 Zone

Bob Huggins
Cincinnati

Rules for the 2 – 3

1. **Push the ball to one side (does not matter which)**

2. **Bottom wing on the ballside has responsibility for the first penetrating pass**

3. **On the pass to the corner(from the wing), middle closes out, bottom wing rotates to replace middle, top man rotates over to the wing, & opposite wing rotates to the middle**

4. **Top 2 are responsible for passes away from the basket**

5. **Bottom 3 are responsible are responsible for penetrating pass**

***If you let the ball get to the middle, there is no helpside**

***Bad passes are hard to shoot; the passes that hurt you are straight line passes**

***In a trap: 2 on the ball, 2 anticipators, 1 guarding the basket**

***2nd guy to the trap, locks the legs**

4/17/05

SPECIAL SITUATIONS

Bobby Hussey
Former Head Coach
Davidson and Virginia Tech
Currently Assistant Coach, Clemson University

RANDOM THOUGHTS REGARDING SPECIAL SITUATIONS:

Four pertinent questions:

1. Did your team LOSE a game last year because your team failed to execute a special situation?
2. Did your team WIN a game last year as a result of proper execution of a special situation?
3. When did you put in your special situations (i.e. out of bounds, last shot, etc.) last year? Early or late?
4. Does your team practice special situations each day? I know a coach who practices "overtime" each practice day.

WHAT DO WE CLASSIFY AS SPECIAL SITUATIONS?

A. Organized last shot against man or zone. Offense from the following spots and situations:

1. Ball at endline full court - 5 to 3 seconds.
2. Ball at sideline backcourt – 5 to 3 seconds.
3. Ball at sideline frontcourt – 5 to 3 seconds.
4. Ball at basket – 5 to 3 seconds.

B. Organized last shot against man or zone. Offense from the following spots and situations:

1. Ball at endline full court – 8 to 12 seconds.
2. Ball at sideline backcourt – 8 to 12 seconds.
3. Ball at sideline frontcourt – 8 to 12 seconds.
4. Ball at the basket – 8 to 12 seconds.

C. "Hurry Up" Offense:

Get some quick breaks or quick hitters and stop the clock or quick foul on poor shooter.

A good fun practice situation to incorporate with your delay game:

Team A shooting free throws (1 and 1), down 8 with 2 minutes to go, one time out left. Team B must inbound against pressure and get into their delay game, not in the 1 and 1.

D. All inbound plays

1. Basket – man and zone
2. Side front court – man and zone
3. Side back court – man and zone
4. Endline full court – especially ahead by 1 point.

Note: Also prepare for changing defenses – trap defenses, etc.

E. Free throw situations
– Special alignments

F. Jump ball

G. Overtime situations

H. Do you call the time out late?

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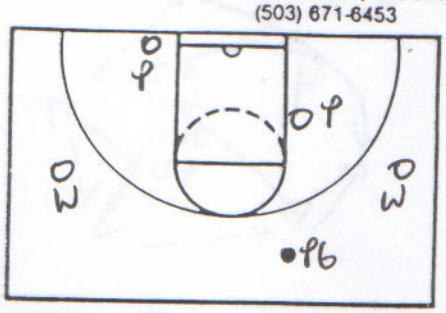
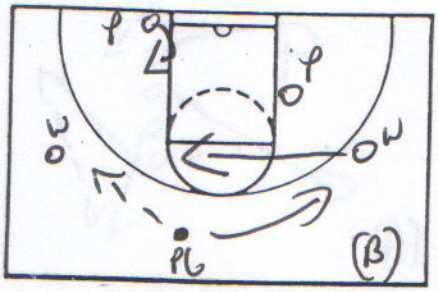
Quick Hitters



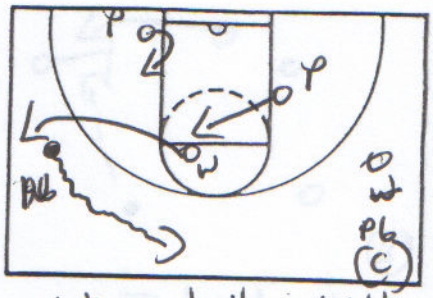
NOTES

Normal Zone Set

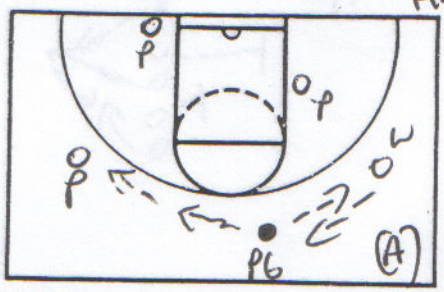
Quick Hitter



Hit wing
Backside wing flashes / low post ducks

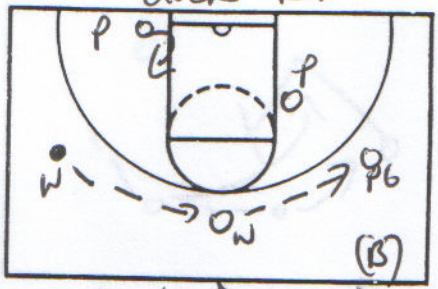


Wing shallow dribble to top
Low post ducks in
High post flashes to ball

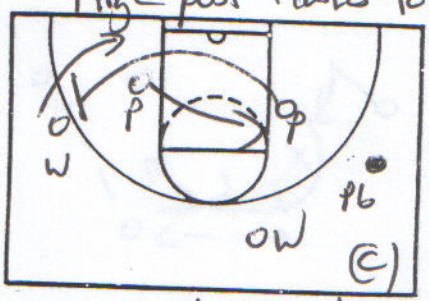


NOTES

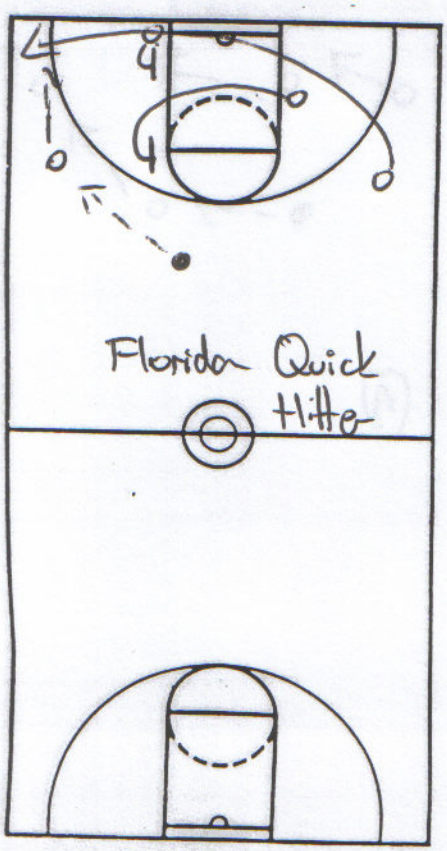
PG hits wing & receives ball back
Reverse the ball



Look for post up & reverse the ball



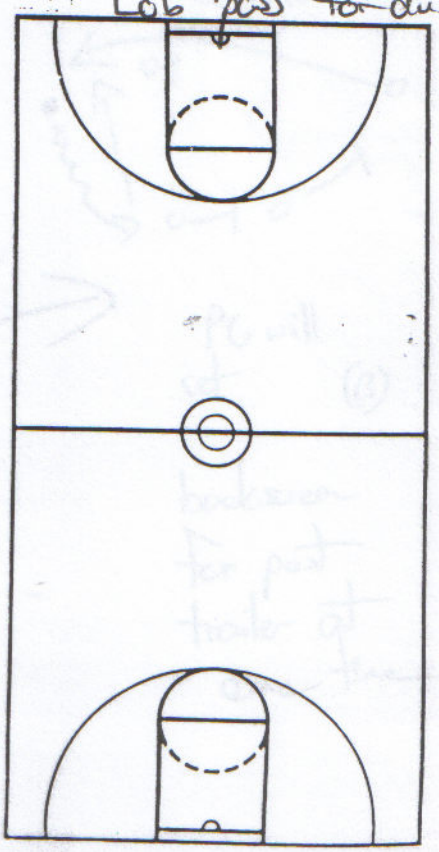
Ballside post clears & sets backscreen
Low post comes for Lob pass for dunk



Florida Quick Hitter

NOTES

Pass to wing / posts step in & seal
Look for wing coming to ball side



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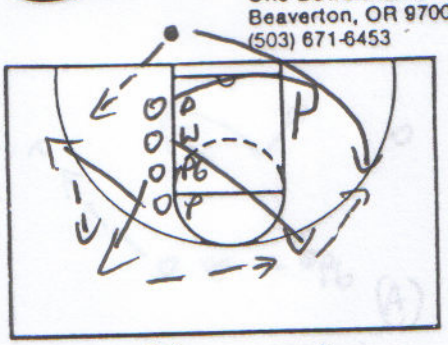
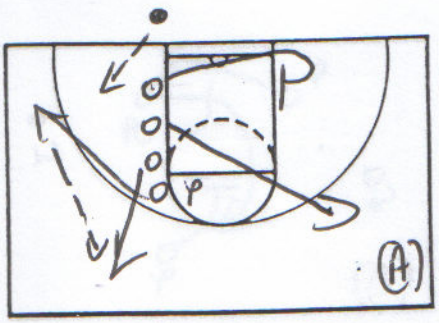
Beaverton, OR 97005
(503) 671-6453

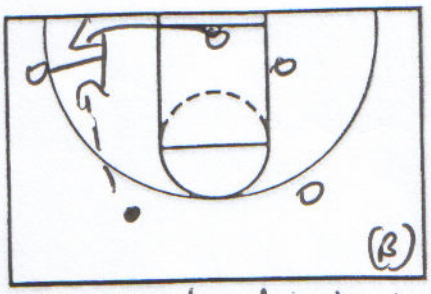
CLINIC Luty / RWC Charlotte 2
DATE Quick Hitters



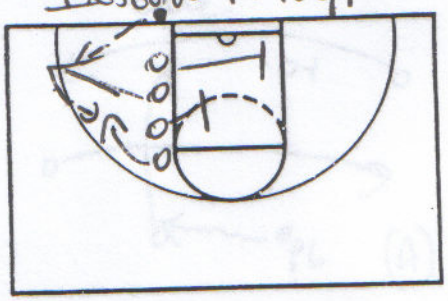
NOTES Zone QB
Opposite
Inbound in to opp. side



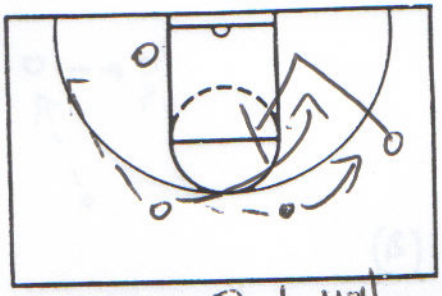
Strong
Same alignment



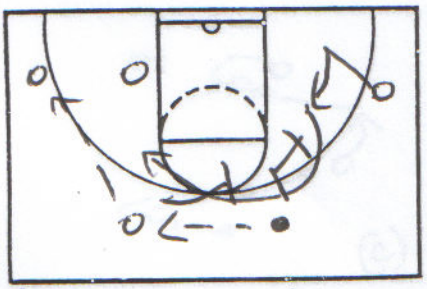
Inbounds back in ballside



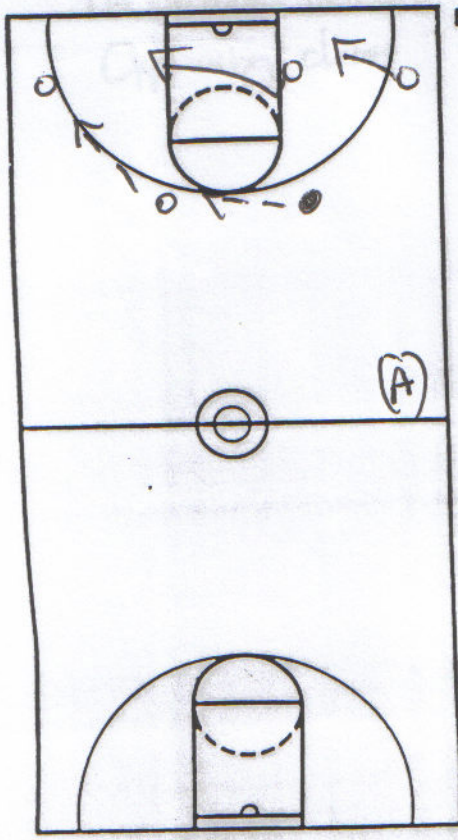
NOTES
Post steps into mid over off PG screen



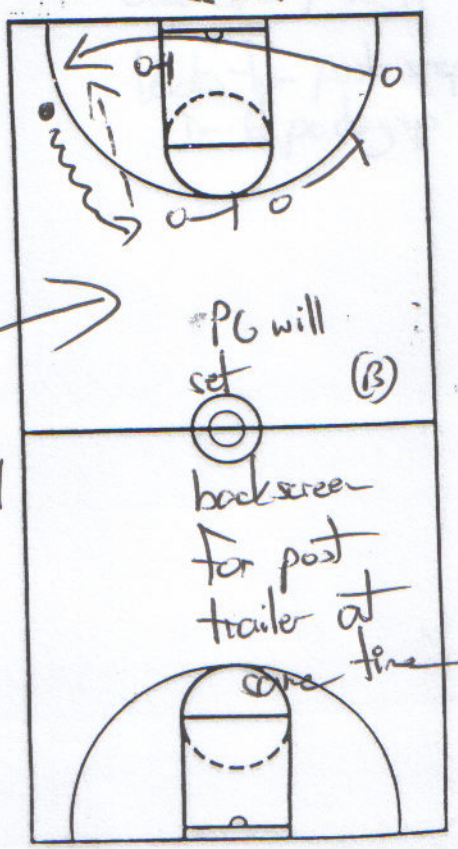
Man Quick Hitter
Carolina Sec. Break



Staggered Double for shooter

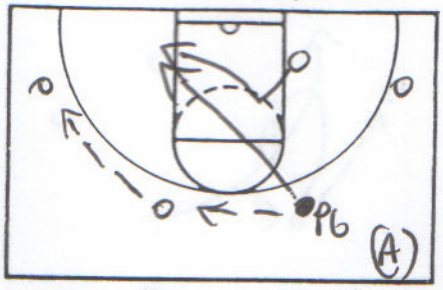


NOTES
"Baseline"
Sec. Break → Playing the shooter he comes baseline off post screen wing dribbles up & reverses ball to wing

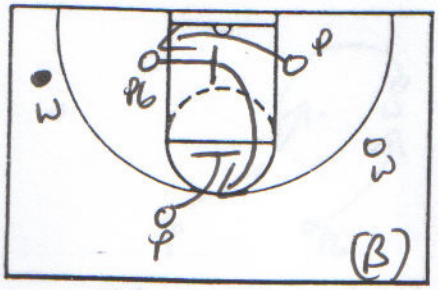


NIKE, INC.
Corporate Headquarters
One Bowerman Drive
Beaverton, OR 97005
(503) 671-6453

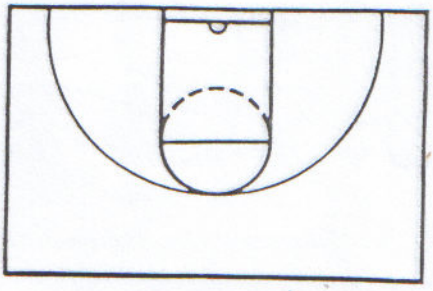
CLINIC Lutz / UNC Charlotte
DATE Quick Hitters

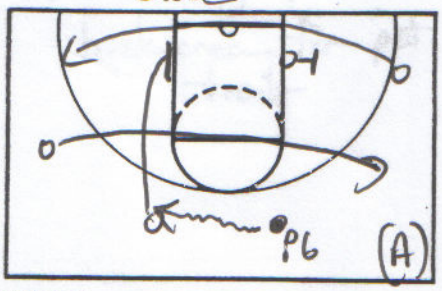


NOTES Reverse the ball
PG cuts through to block

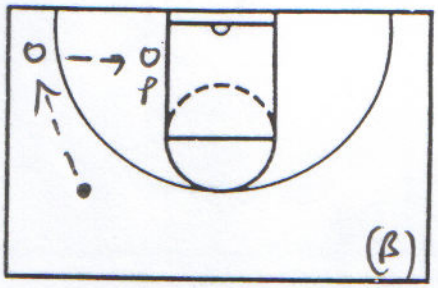


Screen the Screener Action

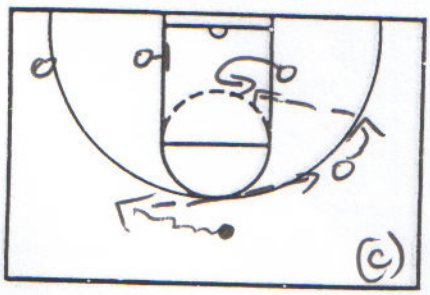




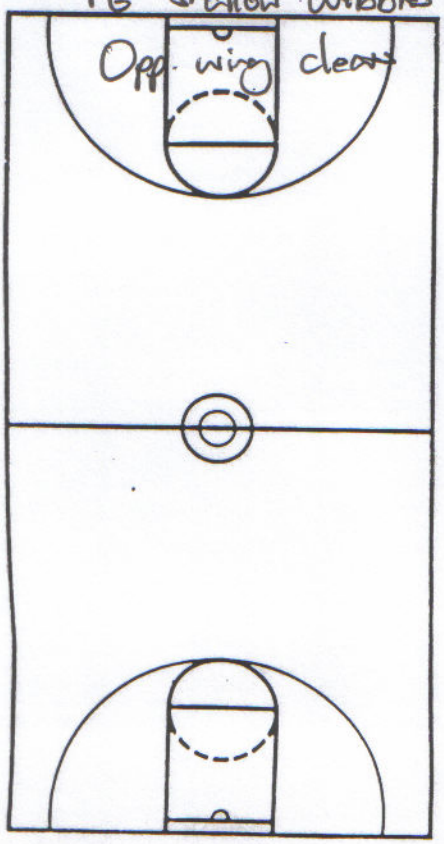
NOTES Wing in corner comes off two baseline screens
PG shallow dribble
Opp. wing clear



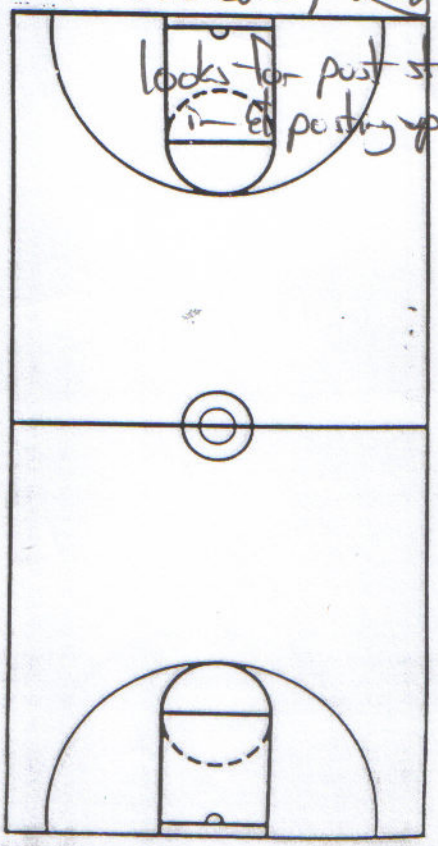
If they switch baseline screen we look inside for post



Throw back
Kick back to wing who cleared / Wing looks for post stepping in & posting up



NOTES



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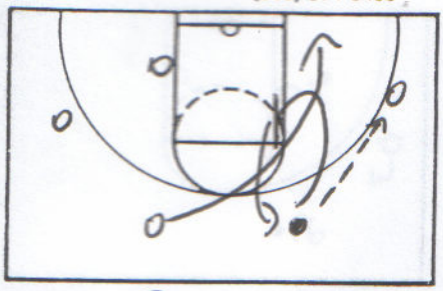
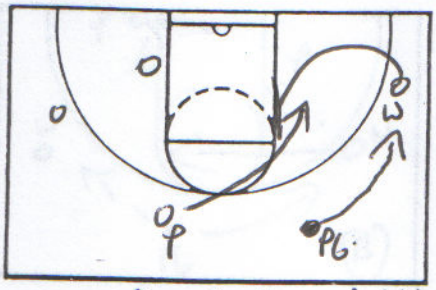
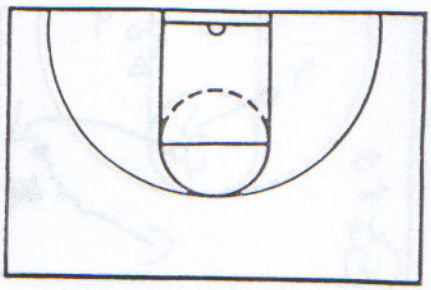


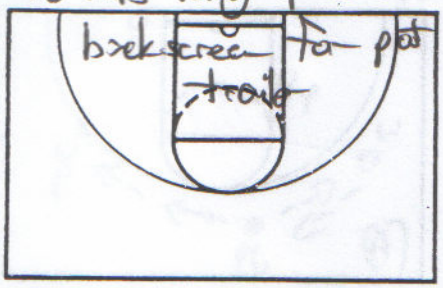


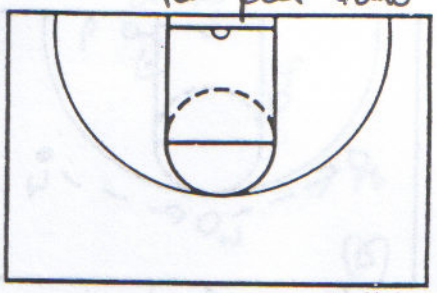


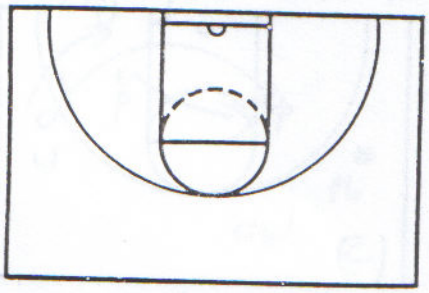
NOTES Quick Hitter for 4 man
PG hits wing & sets backscreen for post trailer

OR

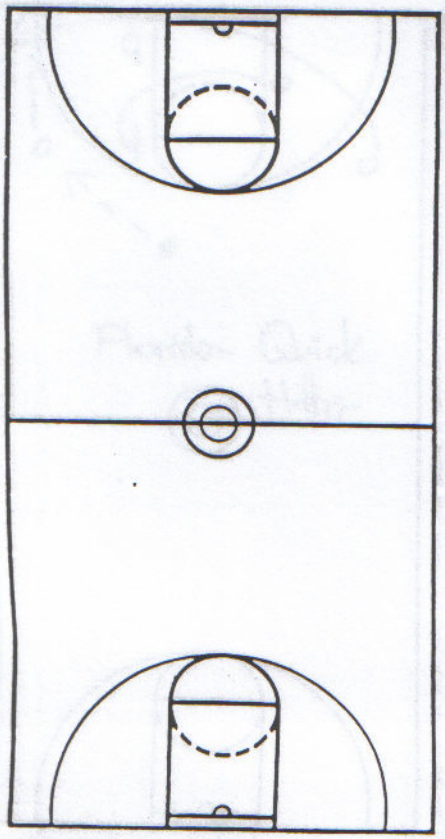
PG shallow dribbles
Wing sets backscreen for post trailer



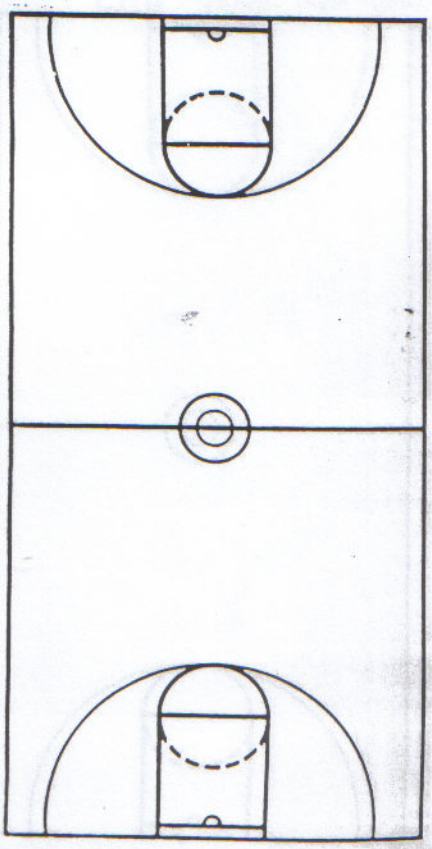




NOTES

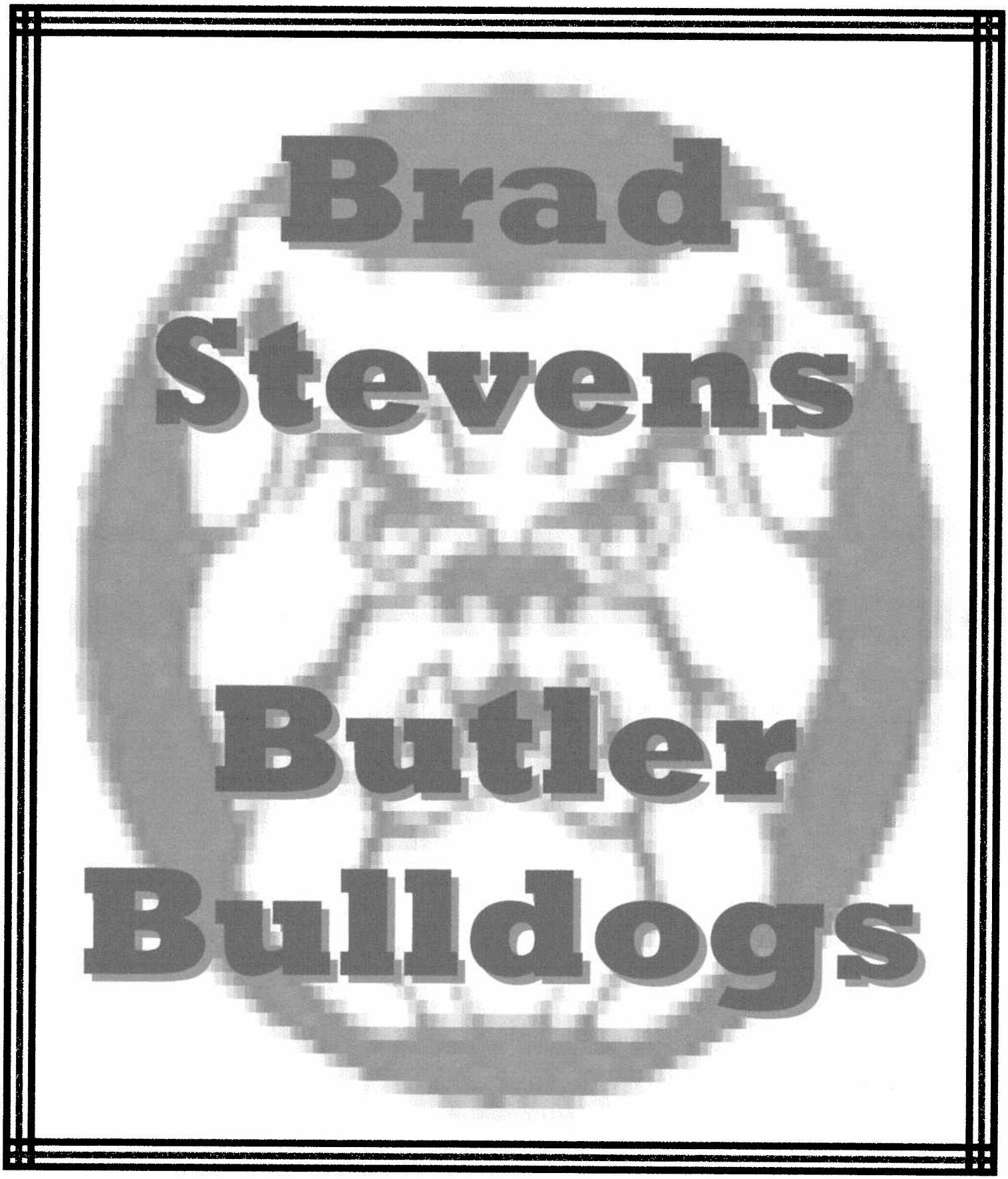


NOTES



West Central Indiana Coaches Roundtable

October 2nd, 2004



BUTLER BASKETBALL

PUTTING OURSELVES IN THE BEST POSSIBLE POSITION TO HAVE SUCCESS

1. INTANGIBLES
2. DENYING BALL PENETRATION
3. MAXIMIZING POSSESSIONS
4. SUPERIOR SKILLS

Beat Teams You Shouldn't Beat

DENY PENETRATION

- **CONTAINMENT**
  - Sprint Back to Build a Wall in Transition
  - Helpers *discourage* penetration by keeping the offense OFF BALANCE
  - All five defenders know what is going on: Communication & Awareness.
- **CHALLENGE SHOOTERS**
  - Protect the Basket and Locate Scorers in Transition
  - * Closeout Smart – Stay Down on Fakes → 2 Hand Close-Out
  - Challenge Shooters by going up on their shooting hand
- **FINISH PLAYS – REBOUND!**
  - Hard-Initial Contact – Drive them out of position – Pursue the Basketball
  - How bad do you want the ball?
  - All five guys pursue the basketball relentlessly

TO ELIMINATE ROTATIONS, SCRAMBLE SITUATIONS, AND OFFENSIVE REBOUNDING

21 D → Contain & Contest

· Overlying Principle

Denial Position

· Gap

· Swipe At Line Of Ball

· Be Tricky → Make Them Think You Are There

Better

1) Chase Shooter

2) Get Back

3) Keep Dribble In Front Of You

Ball Pressure

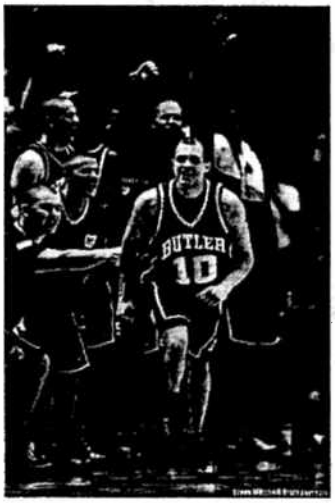
· Parallel Foot

· Straight Up

* Find A Way To Keep Them In Front Of You

SUPERIOR SKILLS

INDIVIDUAL COMMITMENT FOR COLLECTIVE SUCCESS



Jamie Smalligan Workout

7' 50th

STRENGTHS – SKILLS, STRENGTH, PASSION

- PLAY 98% OF THE GAME LOWER – FINISH PLAYS HIGHER
- FOCUS ON LOW POST DEFENSE AND REBOUNDING – BOTH OFFENSIVE AND DEFENSIVE → WEAKNESS
- MASTER 2 MOVES ON EACH BLOCK
- DEVELOP "OFF THE LANE" MOVES – FACE-UP/MAKE PLAYS
- "RESILIENCY" TESTS: MULTIPLE CONTESTS, CHALLENGES
  - BUILD RESOLVE & TOUGHNESS → CHALLENGE GAMES
- FINISH AROUND THE BASKET WITH AUTHORITY

5TH BEST CENTER FROM MICHIGAN IN 2003

- GREAT WORK ETHIC

* START PLAYS LOW FINISH PLAY HIGH

* LEARN TO GUARD SOMEONE – YOU CAN PLAY AT NEXT LEVEL

BRUCE HORAN

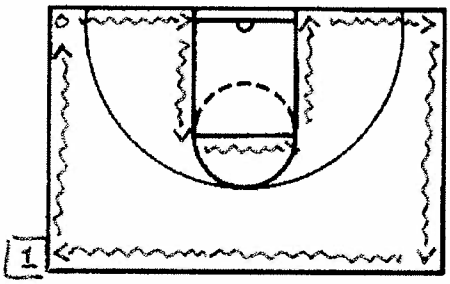
STRENGTHS – SHOOTING, STRENGTH, TOUGHNESS

- SOAR WITH STRENGTHS – REPS AND MAKES ARE VERY IMPORTANT TO BRUCE AND TO OUR TEAM
- SPEND AT LEAST 30% OF EACH WORKOUT SHOOTING DIRECTLY OFF OF OUR ACTIONS
- PENETRATE NORTH/SOUTH – FIRST STEP TOWARDS THE RIM
- GET TO THE FT LINE – FAKES, DRIVES, OFFENSIVE REBOUNDS
- SPRINT TO SPOT IN TRANSITION – INCREASE # OF EASY 3s
- WORK OFF OF BALLSCREENS AND HAND-OFFS

BUTLER BULLDOGS BASKETBALL

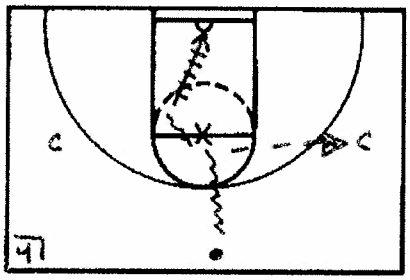
Head Coach: Todd Lickliter
Assistants: Brad Stevens Matthew Graves
LaVall Jordan Terry Johnson

Clinic Date Brad Stevens → Butler
Individual Skill Development
NCI Coaches Roundtable 10/2/04



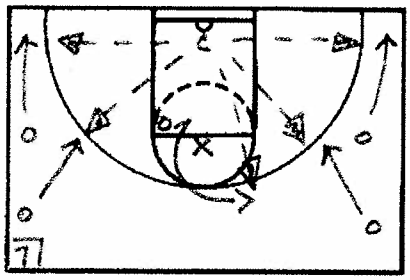
Notes HALF COURT DRILL

- 2-ball ballhandling drill
- Change direction at each lined corner
  1) Straight
  2) Cross-over
  3) Behind Back



Notes 2-BALL SHOOTING

- 2-balls are dribbled to the chair at the FT Line
- Coach calls a direction—Pass that ball to the respective-side's line
- 1-2 dribbles w/ ball for jump shot

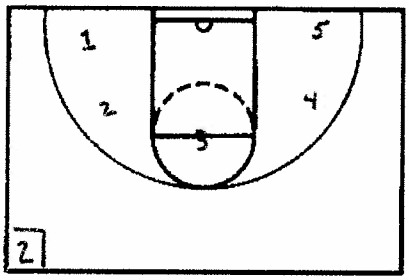


Notes NUGGETS DRILL

- Make 3 in a row to move to next spot
- Miss 2 in a row you have to run

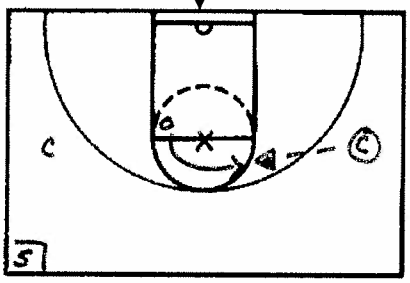
Positions

1) Baseline Drift
2) Transition Sprint to wing
3) Screen/Screener in middle



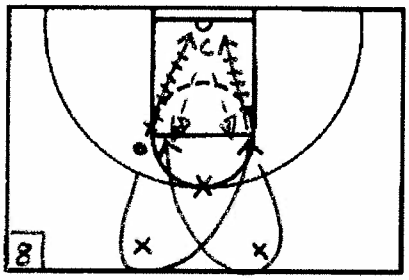
Notes BEAT THE PRO

- 1 perimeter spots—Adjust to shooter's range
- +4 beats the pro/-4 Pro wins
- Make = +1
- Miss = -2



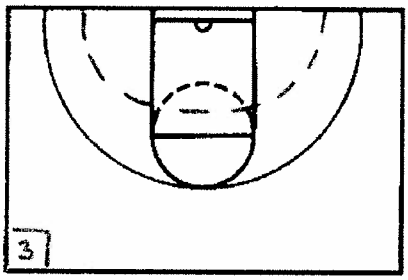
Notes

- Once you have shot the 1st ball you curl off the chair to the side where coach has the ball for a jump shot



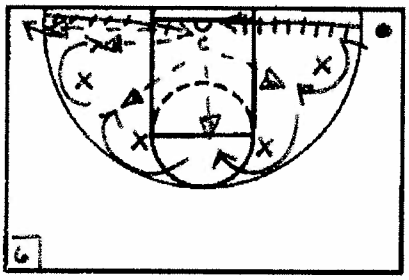
Notes X SHOOTING

- Make 4 in a row to win
- Good conditioner
- Excellent footwork drill—Step into your shot
- You can create you own scoring system or challenge



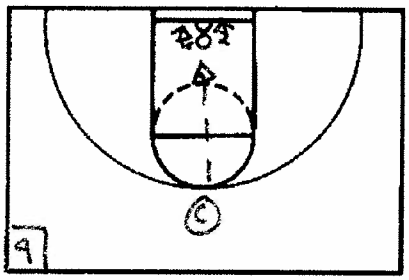
Notes OFF LANE POSITION

- Face-up post area



Notes M SHOOTING

- Start w/ a spot-up 3 from either corner
- V-cut & semi-curl off 1st charge for catch & shoot
- Repeat on next three chairs
- Finish w/ spot-up 3 from corner
- Go across & back for 12 total shots
- Add run through & shot fake/dribble



Notes REVERSE MIKAN

- Post player starts under the basket facing the coach
- Both hands are at ear level
- Coach fires ball to either target hand
- Post must catch & finish w/ Reverse Mikan & Outlet to coach to repeat


Blaine Taylor
Old Dominion Monarchs

Old Dominion Monarchs

Coach: _Blaine Taylor: Old Dominion University_
Clinic: _Video_

Topic: _14 Options for the Transition Game_
Date: _Spring 2007_

Men's Basketball Office
Norfolk (VA) 23529

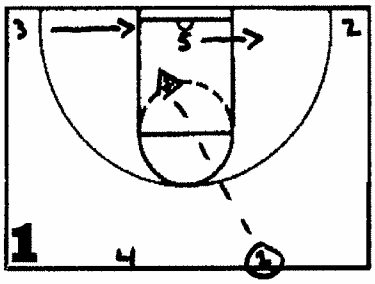
Head Coach
Blaine Taylor

Asst. Coach
Travis DeCuire

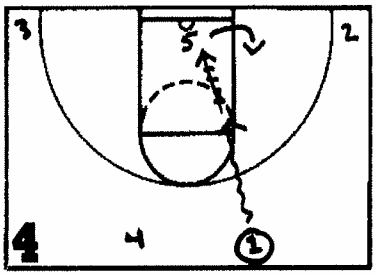
Asst. Coach
Jim Corrigan

Asst. Coach
Rob Wilkes

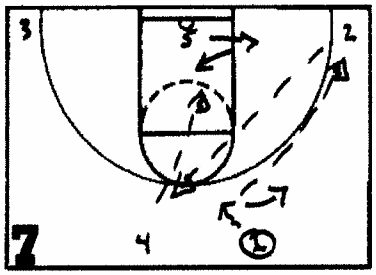
Basketball Operations
John Richardson



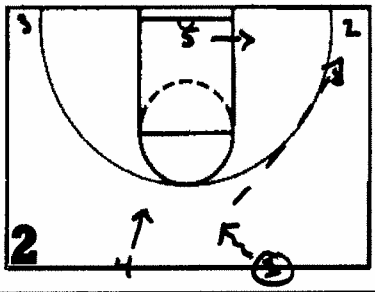
OPTION #1: WING AWAY



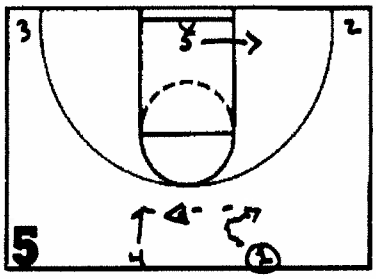
OPTION #4: SOLO



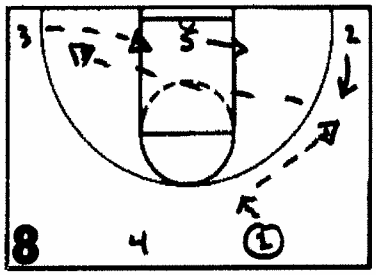
FRONT COURT: WING/TRAIL & IN



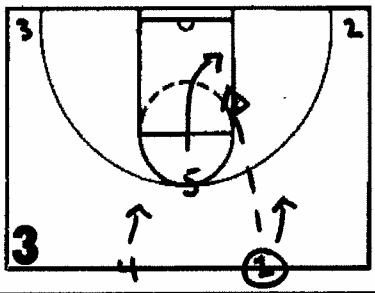
OPTION #2: THREE



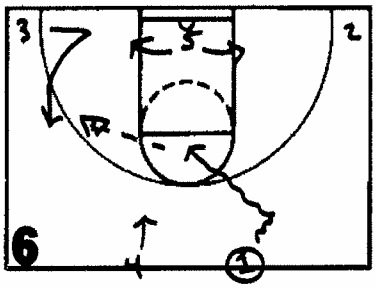
OPTION #5: TRAIL



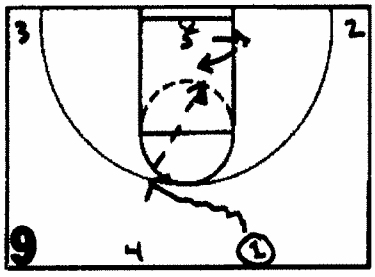
FRONT COURT: WING/SKIP & IN



OPTION #3: RIM



FRONT COURT: STEP-OUT



FRONT COURT: DRAG

Old Dominion Monarchs

Coach: _Blaine Taylor: Old Dominion University_
Clinic: _Video_
Topic: _14 Options for the Transition Game_
Date: _Spring 2007_

MEN'S BASKETBALL OFFICE
NORFOLK (VA)
23529

Head Coach
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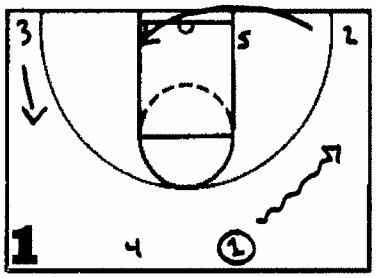
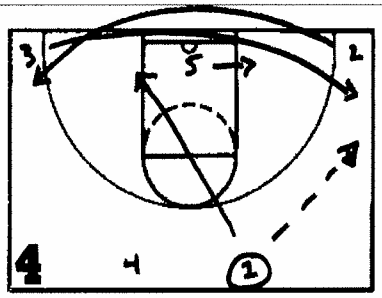
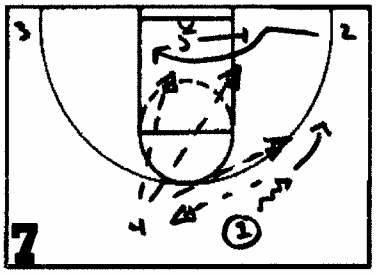


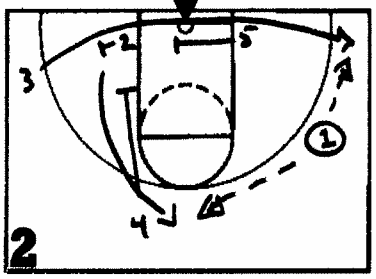


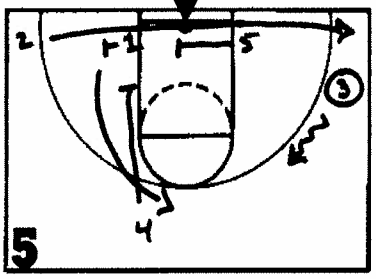


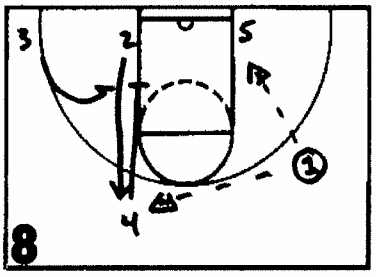
FRONT COURT: WAVE

FRONT COURT: PASS ADVANCE & WAVE

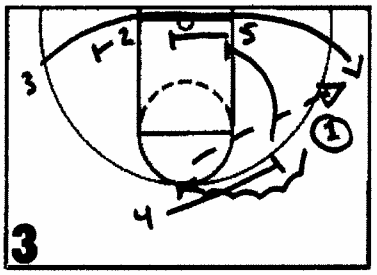
FRONT COURT: 20 CUT

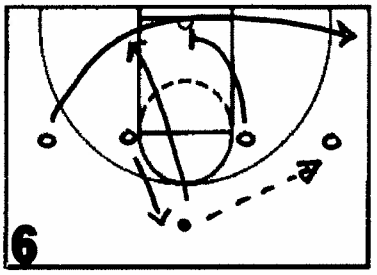


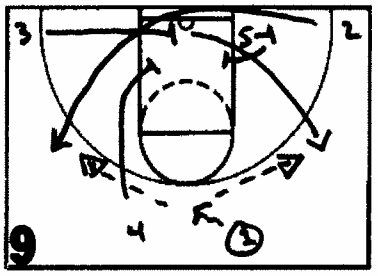




FRONT COURT: 20 CUT & PINCH SCREEN







FRONT COURT: WAVE ON-BALL

FRONT COURT: 1-4 HIGH TO WAVE

FRONT COURT: X

Old Dominion Monarchs

Coach: _Blaine Taylor: Old Dominion University_
Clinic: _Video_
Topic: _14 Options for the Transition Game_
Date: _Spring 2007_

MEN'S BASKETBALL OFFICE
NORFOLK (VA) 23529

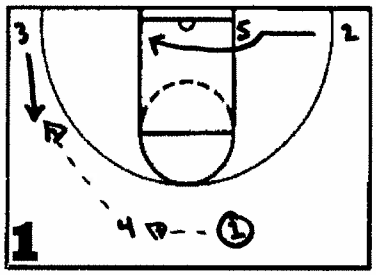
Head Coach
Blaine Taylor

Asst. Coach
Travis DeCuire

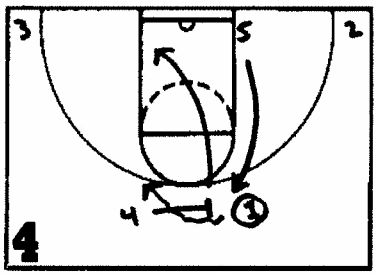
Asst. Coach
Jim Corrigan

Asst. Coach
Rob Wilkes

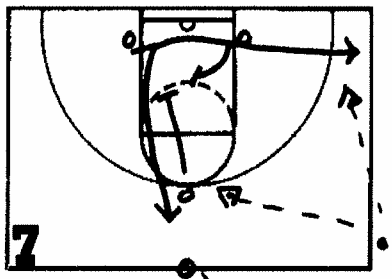
Basketball Operations
John Richardson



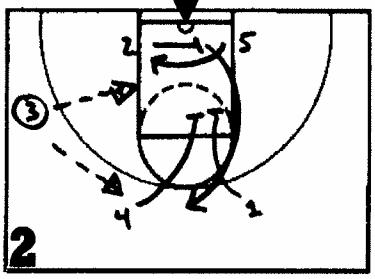
FRONT COURT:
20 TURN

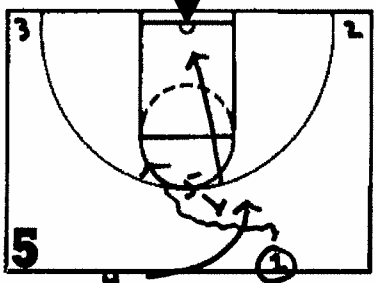


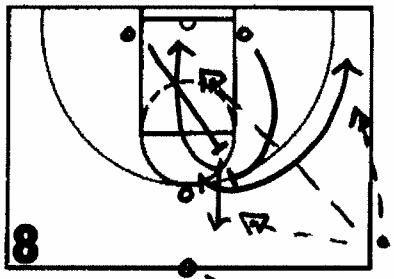
FRONT COURT:
5↑



SOB:
TRIANGLE #2

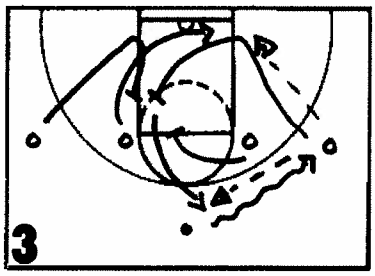


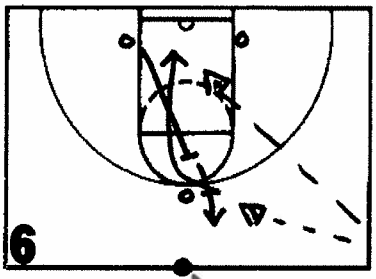


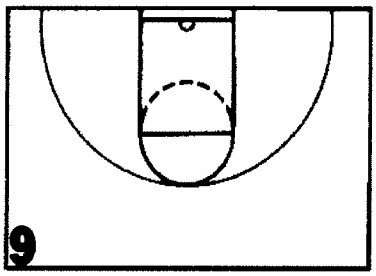


FRONT COURT:
RUN IT 5↑

SOB:
TRIANGLE
SCREEN/SCREENER







FRONT COURT:
QUICK

SOB:
TRIANGLE #1

Old Dominion Monarchs

Coach: _Blaine Taylor: Old Dominion University_
Clinic: _Video_
Topic: _14 Options for the Transition Game_
Date: _Spring 2007_

Men's Basketball Office
Norfolk (VA) 23529

Head Coach
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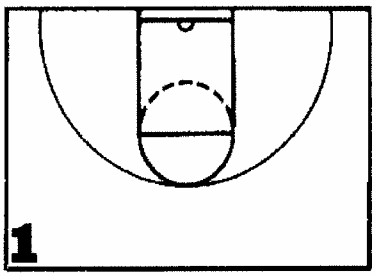
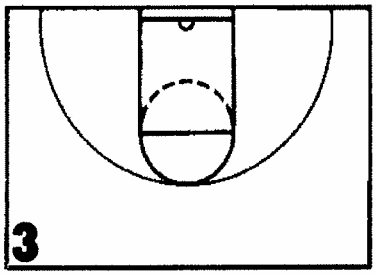
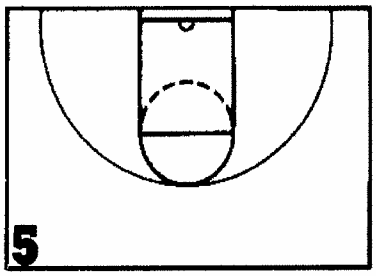
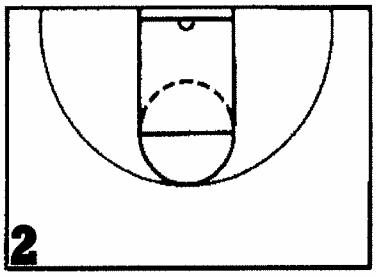
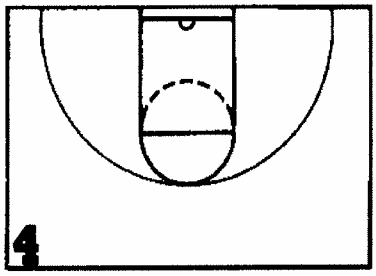
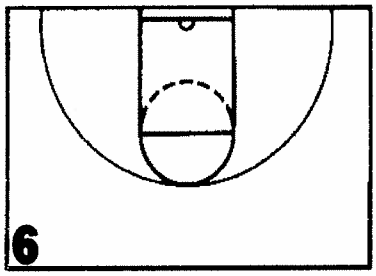












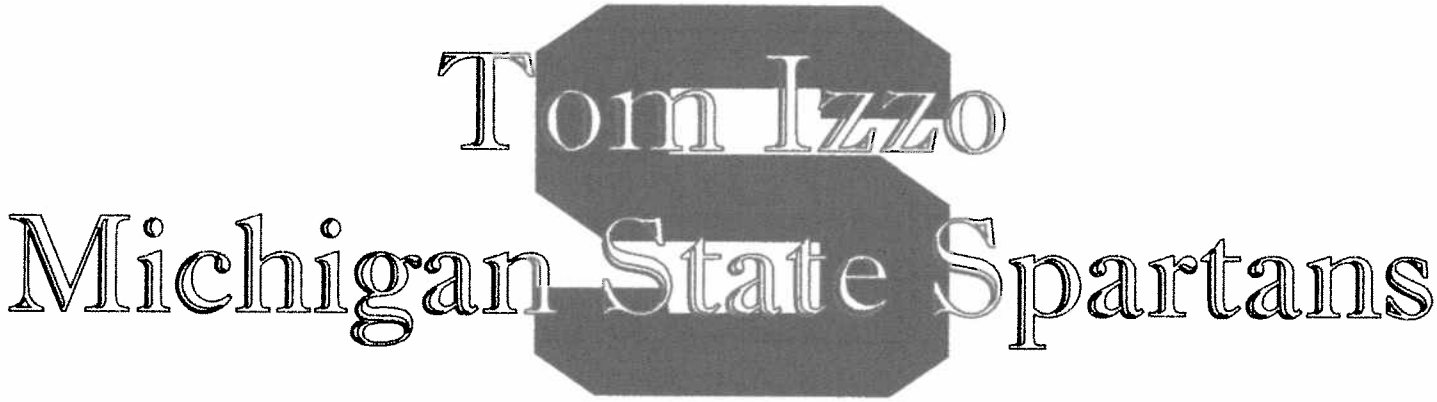
General Notes

KYP = *Know Your Personnel*

1. *Single Guard Outlet*
   - *Ability to inbound to both sides*
   - *Rebounder turns to outside of court*
   - *PG turns to outside (Echelbarger)*
2. *Establish a side of the floor*
3. *1-Pass Options*
   - *A. Wing Away*
   - *B. Three*
   - *C. Rim*
   - *D. Solo*
   - *E. Trail*
   - *PG attacks the center circle to create passing angle*
4. **CYCLES** =- *Progressions*
5. *PG entry to FT Extended*
6. *Front Court Options*
   - *A. Three*
   - *B. Rim*
   - *C. Trail*
   - *D. Solo*
   - *E. Step-out*
7. *2-Pass Options*
   - *A. Wing/Trail & In*
   - *B. Wing/Skip & In*
   - *C. Drag*
   - *D. Pass Advance & Wave*
   - *E. On-Ball*

REASONS TO FAST BREAK

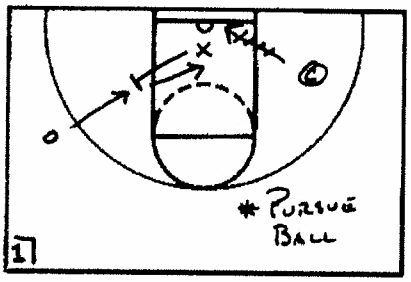
1. *Catch-up Offense*
2. *Keep Pressure Off*
3. *Diminshes to the glass (Off. Rbs.)*
4. *Creates Worry*


Tom Izzo
Michigan State Spartans

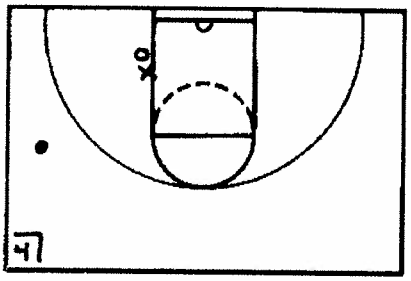
MICHIGAN STATE SPARTANS Clinic
BASKETBALL Date

Tom Izzo → Michigan State
Rebounding, Defense, Zone Quick Hits
Tape

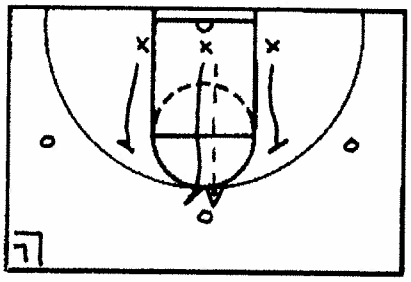
Head Coach: Tom Izzo
Assistants: Mark Montgomery Doug Wojcik
Dwayne Stephens



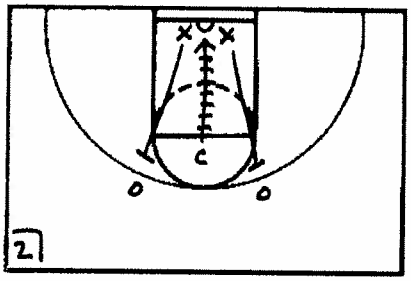
Notes 1 v. 1 Rebound
- Block-Outs:
  1) Hit
  2) Find Ball
  3) Get It
- Do not hold block-out
- Get rebound above rim or net
- Get off the ground



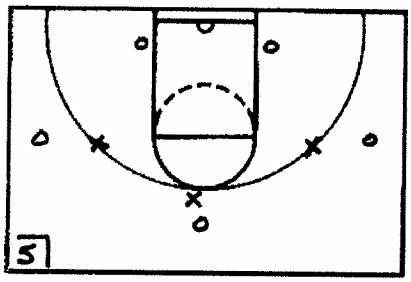
Notes Post Defense
- 3/4 High on low post
- Put forearm in the post's kidney
- Use forearm to establish contact on block-out
- Snap head on post movement



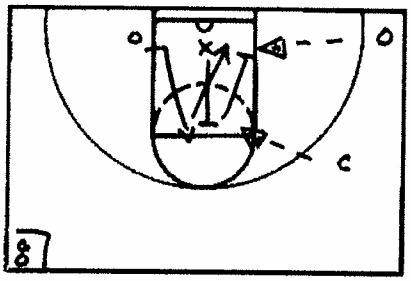
Notes 3 v. 3 Continuity
- Recover to help position
- Roll ball to offense
  1) Jump to ball & Keep Pressure on ball
  2) Elbow & block must be covered
  3) Defense is looking at 3 players on drive



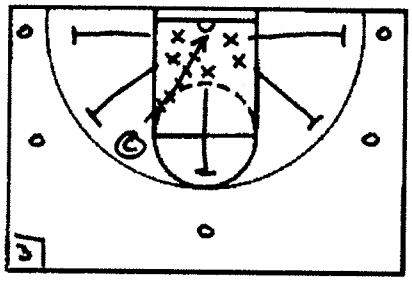
Notes 2 v. 2 Rebound
- Make them find someone
- Hit the offense outside the paint
- Offense must get in lane
- 2 hands on the ball on all rebounds
- Offensive Rebounder tries to get feet even w/ defense



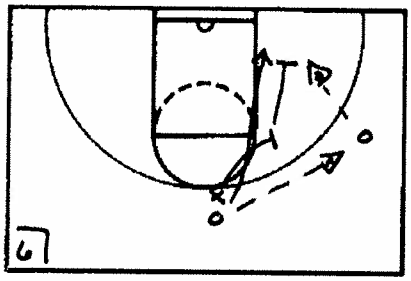
Notes Perimeter Defense
- Denial Position—2 steps to ball/1 step off line
- Jump to ball
- On-ball Position—Straight-up/Toe-on-Toe
- "Move on the pass, not on the catch"
- Weak-side Position—Always have 2 feet in paint



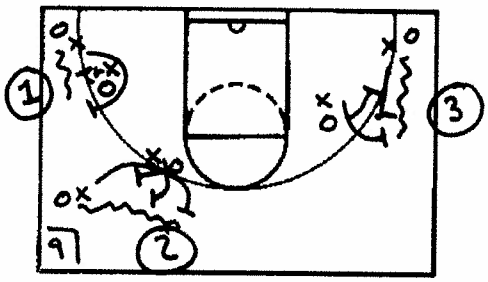
Notes Beat & Belt
- Knock-down post flash (deflection)
- Immediate backdoor cut
- Snap head & deflect backdoor pass—Find a way to get there
- Very good defensive drill



Notes 5 v. 5 War
- Assign point values
- Run Secondary off defensive rebound
- Play games to 10
  Defensive Rbs. = +1
  Offensive Rbs. = +2
- Take the hit to the offensive rebounder
- Step into offense's sternum
- Allow offensive rebounder to score



Notes 2 v. 1 Pass Defense
- Bump the Cutter Drill
- Jump to the elbow/ball
- Snap head & open to cutter
- Drill is done daily for 3 minutes

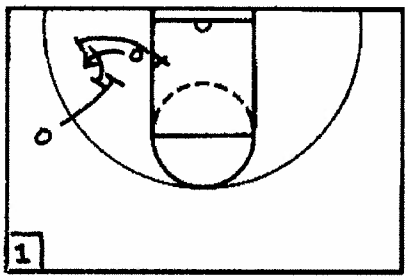


Notes Screen/Roll Defense
3 Ways to Guard
1) Jam It—Go behind & Body Screener (Do not allow to move screen)
2) Step-up/Go Under—Hedge
3) Trap & Recover

MICHIGAN STATE SPARTANS BASKETBALL

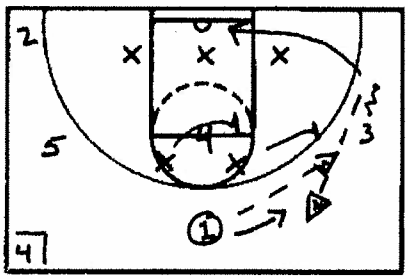
Clinic Date Tom Izzo -> Michigan State Rebounding, Defense, Zone Quick Hit: Tape

Head Coach: Tom Izzo
Assistants: Mark Montgomery Doug Wojcik
Dwayne Stephens



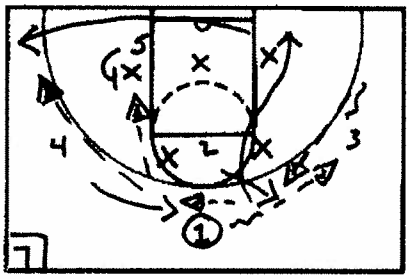
Notes V. SINGLE DOWN

- Trail all screens
  1) 1st step is outside of cutter hips
  2) 2nd steps is back inside of cutter
  3) Avoid contact w/ screener



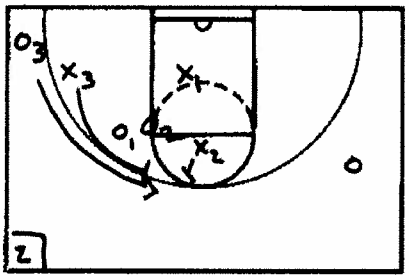
Notes FIST ↓

- 1 enters to 3
- 3 takes 1-2 dribbles to corner & reverses ball back to 1
- 3 cut behind zone to basket



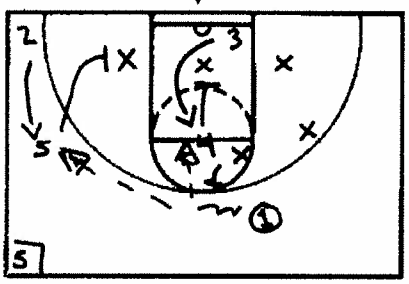
Notes 1-3-1 SPECIAL PG

- 1 enters to 3 & cuts to strong-side post
- 2 steps-out & replaces 1—4 slides up for spacing
- 5 screens weak-side wing of zone
- 1 cuts out back-side off screen for shot in corner



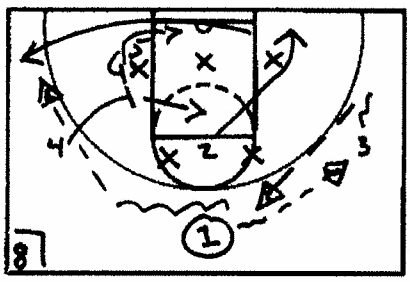
Notes V. DOUBLE

- Inside man hedges 1 step to stop curl cut—Must recover
- Outside guy zones up
- Will switch



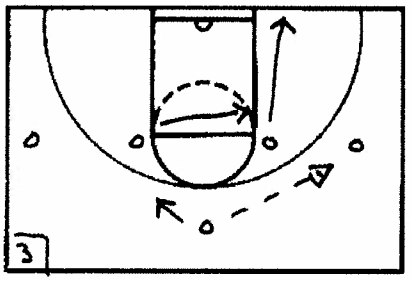
Notes

- Once 3 gets to basket—1 dribble ball toward point—Make weak-side guard in zone defend
- 4 screens the middle man in the zone
- 5 slides down & screens the weak-side wing in the zone
- 3 circles behind screen & flashes the middle of zone



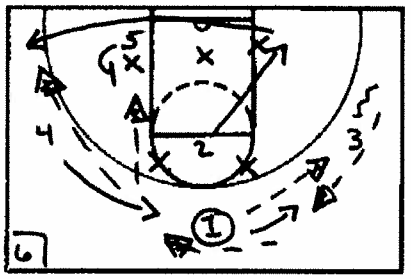
Notes 1-3-1 DOUBLE

- 1 enters to 3—2 slides to strong-side post
- Return pass to 1
- 4 & 5 screen weak-side wing in zone
- 2 cuts out back-side off double for shot
  1) Shot 3) Flash (Top screener)
  2) Lob to bottom screener



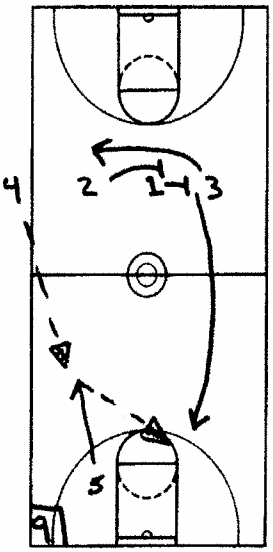
Notes ZONE OFFENSE

- Same as our Regular Zone Offense



Notes 1-3-1 SPECIAL

- 1 enters to 3 & gets return pass
- 2 slides to strong-side post
- 4 slides up for spacing
- 5 screens the wing of the zone
- 2 cuts out to the back-side as ball is reversed for shot in corner



Notes WIZARD

- Best athlete is farthest from ball in stack
- 2 & 1 set stagger for 3
- 5 flashes hard to the ball for entry pass
- 1 (1st screener) sprints hard to basket for pass from 5

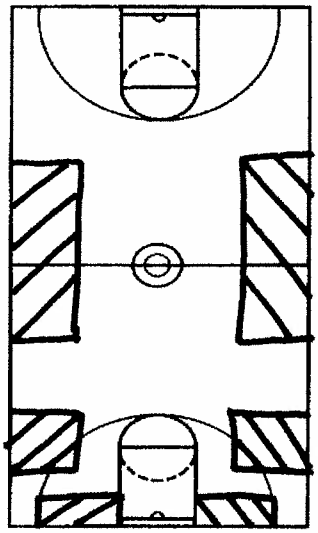
John Kresse
College of Charleston

College of Charleston Cougars Basketball

Head Coach: John Kresse

Clinic Date John Kresse → College Of Charleston

2-2-1 Press

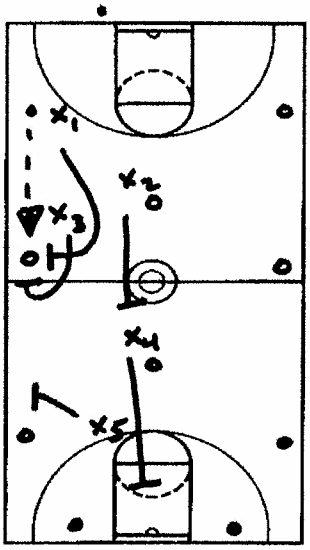


Notes
2 PRESS—TRAP ZONES

1ST TRAP ZONE

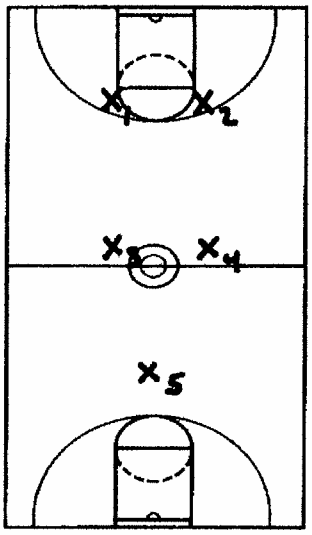
2ND TRAP ZONE

3RD TRAP ZONE



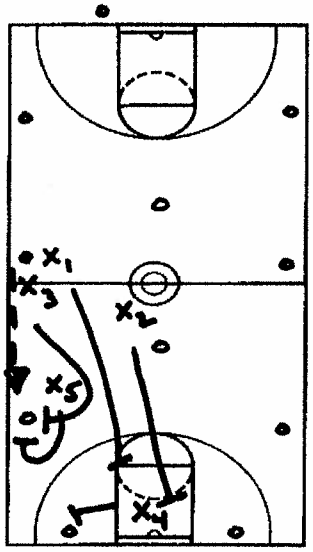
Notes
ROTATION TO 1ST TRAP

X1 = LOOP CUT TO TRAP
X2 = SHORT MIDDLE
X3 = LOOP CUT TO TRAP
X4 = BASKET/DEEP MIDDLE
X5 = CAT & MOUSE



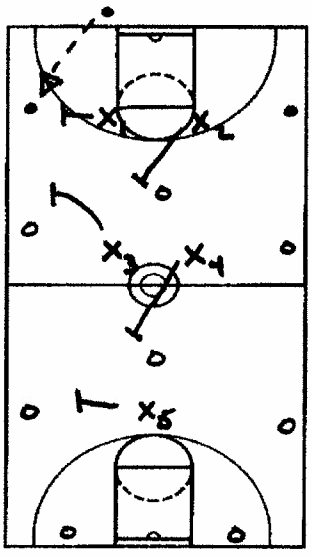
Notes
BASIC SET

X1 = PG
X2 = SG
X3 = SF
X4 = PF
X5 = C



Notes
ROTATION TO 2ND TRAP

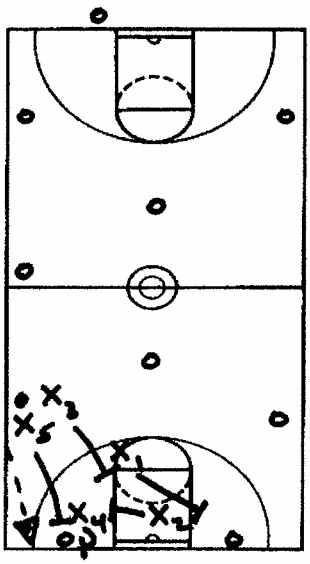
X1 = STRONG-SIDE ELBOW
X2 = WEAK-SIDE BLOCK/ BASKET
X3 = LOOP CUT TO TRAP
X4 = CAT & MOUSE
X5 = LOOP CUT TO TRAP



Notes
BACKCOURT ENTRY

BALL IN OUTER 1/3 OF FLOOR

X1 = BALL PRESSURE
X2 = SHORT MIDDLE
X3 = CAT & MOUSE
X4 = DEEP MIDDLE
X5 = BASKET



Notes
ROTATION TO 3RD TRAP

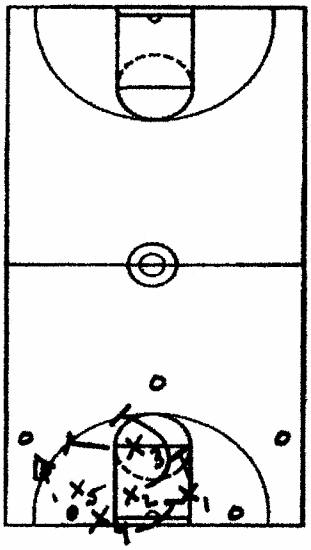
X1 = WEAK-SIDE BLOCK
X2 = STRONG-SIDE BLOCK
X3 = STRONG-SIDE ELBOW
X4 = LOOP CUT TO TRAP
X5 = LOOP CUT TO TRAP

College of Charleston Cougars Basketball

Head Coach: John Kresse

Clinic Date John Kresse → College of Charleston

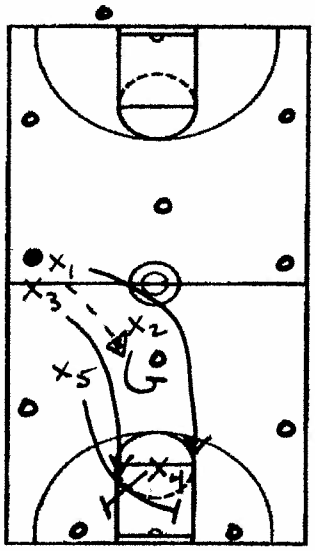
2-2-1 Press



Notes

5-on-5 Rotate Principles

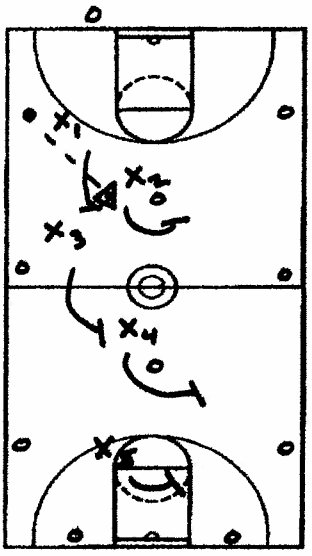
- Ball is passed out of 3rd Trap zone
- Defense "matches" to nearest man
- 5-on-5 in 1/2 court



Notes

Deep Middle Coverage

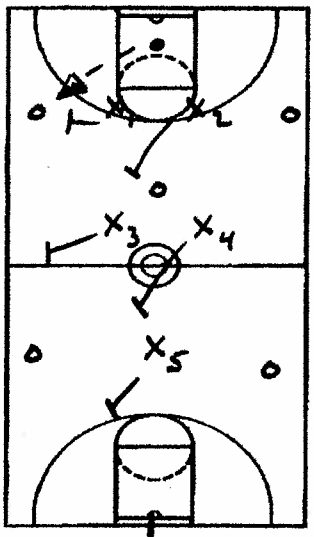
X1 = Sprint weak-side passing lane
X2 = Ball pressure
X3 = Sprint strong-side passing lane
X4 = Strong-side block
X5 = Weak-side block



Notes

Short Middle Coverage

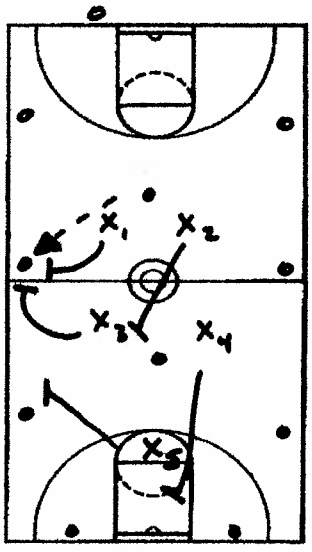
X1 = Loop cut to basic set
X2 = Loop cut to basic set
X3 = Loop cut to basic set
X4 = Loop cut to basic set
X5 = Loop cut to basic set



Notes

Skip Pass Coverage

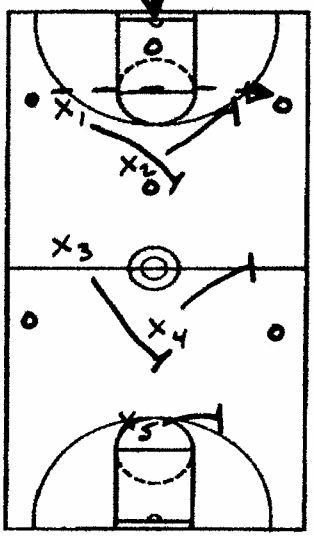
X1 = Loop short middle
X2 = Short middle to ball pressure
X3 = Cat & mouse to deep middle
X4 = Deep middle to cat & mouse
X5 = Basket



Notes

Short Middle to Wing Coverage

X1 = Loop cut to trap
X2 = Short middle
X3 = Loop cut to trap
X4 = Strong-side block/basket
X5 = Cat & mouse



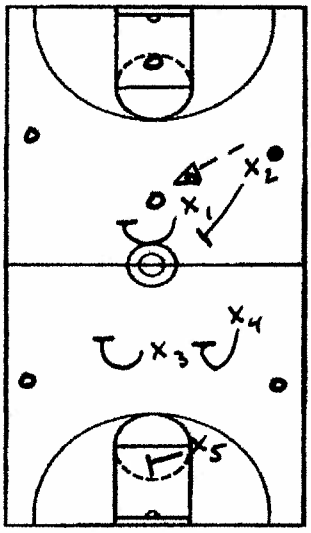
Notes

COLLEGE OF CHARLESTON COUGARS BASKETBALL

Head Coach: John Kresse

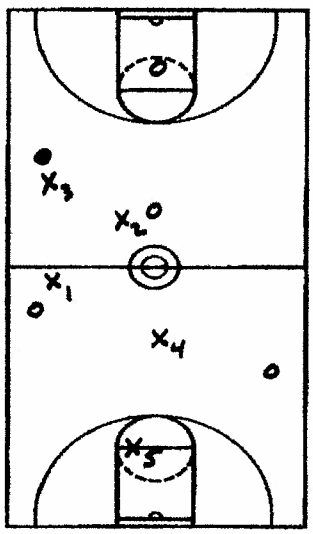
Clinic Date John Kresse → College of Charleston

2-2-1 Press



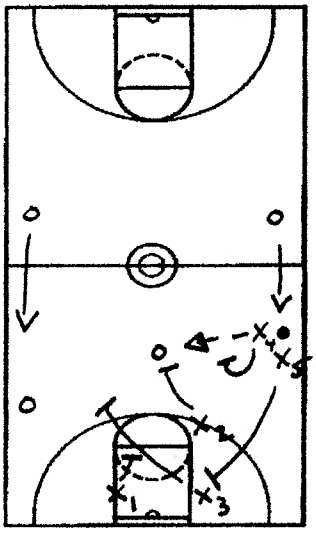
Notes
MIDDLE COVERAGE

X1 = LOOP CUT TO BALL PRESSURE
X2 = LOOP CUT LOOKING FOR BACK TAP
X3 = LOOP CUT TO CONTAIN
X4 = LOOP CUT TO CONTAIN
X5 = BASKET



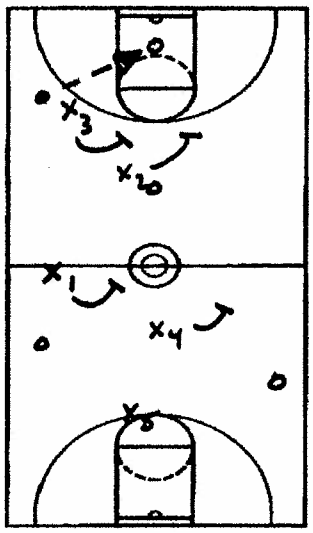
Notes
DEAD DRIBBLE

X1 = MATCH TO NEAREST MAN
X2 = MATCH TO NEAREST MAN
X3 = MATCH TO NEAREST MAN
X4 = MATCH TO NEAREST MAN
X5 = BASKET



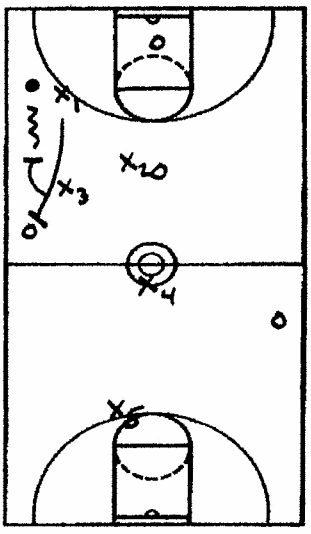
Notes
DEEP MIDDLE COVERAGE

X1 = WEAK-SIDE BLOCK
X2 = BALL PRESSURE
X3 = MATCH WEAK-SIDE WING (IF BLOCK IS OPEN)
X4 = MATCH STRONG-SIDE WING
X5 = MATCH STRONG-SIDE BLOCK (PASSER)



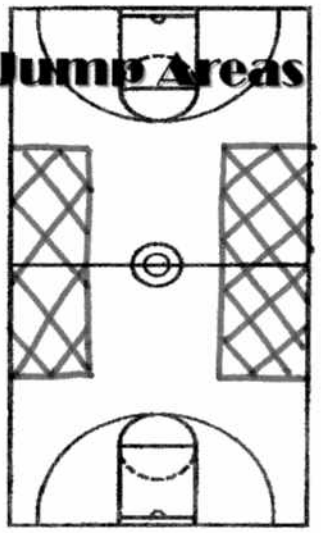
Notes
BACKWARD PASS

X1 = LOOP TO BASIC
X2 = LOOP TO BASIC
X3 = LOOP TO BASIC
X4 = LOOP TO BASIC
X5 = BASKET



Notes
RUN & JUMP OPTION

X1 = BALL PRESSURE TO FILL LANE
X2 = SHORT MIDDLE
X3 = CAT & MOUSE TO JUMP (VERBAL CUE)
X4 = DEEP MIDDLE
X5 = BASKET



Notes
KEYS TO RUN & JUMP

1) Forwards must use Cat & Mouse to fullest extent

2) Jumps are keyed by forwards

3) Forwards must verbalize a jump to a guard (If not it equals a trap)

4) Guards must attack passing lanes with hands up

College of Charleston Cougars Basketball

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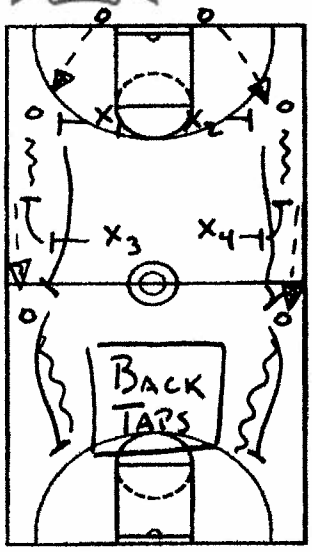
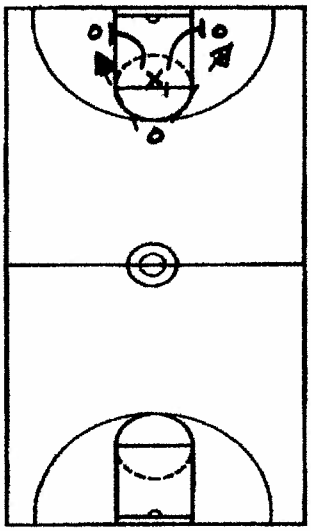


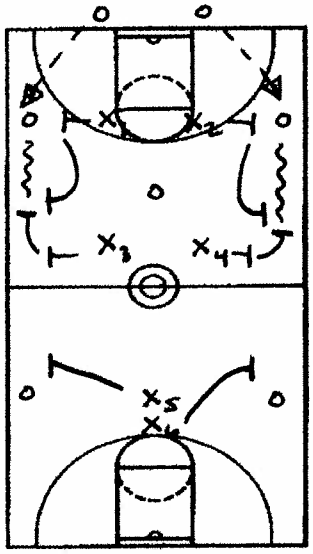
Notes
Sideline Jumps

- X1 pushes ballhandler up sideline
  - Try to force out of control dribble
- X3 Plays Cat & Mouse
  - Must **YELL** (Verbalize)
- Jump—x1 runs through passing lane looking for deflection
- Look for Back Tap on dribble



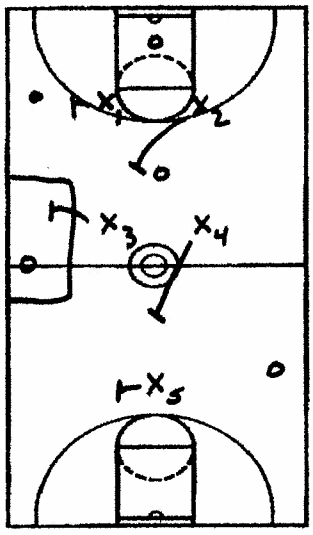
Notes
Drill #3—Looping

- Offense forms triangle in short corners & Top of Key (15' - 18' spacing)
- X1 starts on-line/up-line from ball
- X1 loops to next pass—Cut off drive
- Attack ball w/ hands up and back—Chest offensive player



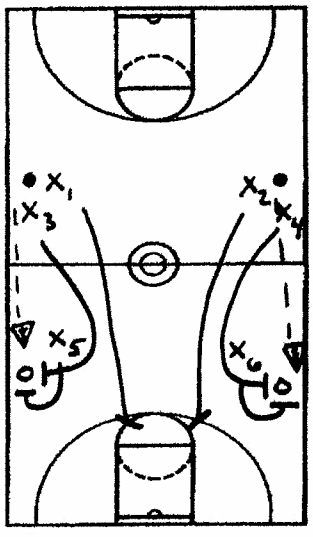
Notes
Drill #1—Dribble Traps

X1 = BALL PRESSURE
X2 = BALL PRESSURE
X3 = CAT & MOUSE
X4 = CAT & MOUSE
X5 = BASKET TO CAT & MOUSE
X6 = BASKET TO CAT & MOUSE



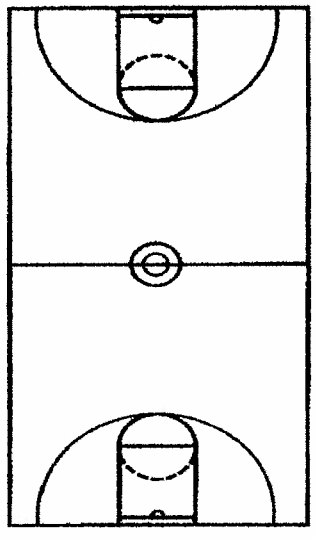
Notes
Cat & Mouse Rules

1) Maintain defensive stance & principles
2) Keep head on a swivel
3) You are matched to the next pass, **NOT** the ball
4) Fake at the ballhandler w/ your feet to keep offense off-balance
5) Maintain 15' - 18' spacing when not trapping
6) Cat & Mouse always keys a trap



Notes
Drill #2—Front Court Traps

- Ball starts in 1st Trap Zone
- Ball is passed up sideline
- Trap ball in 2nd Trap Zone
- Guard must drop to elbow to take away middle pass
- Offense looks to score
- Defense must force turnover



Notes
Keys to 22 Press

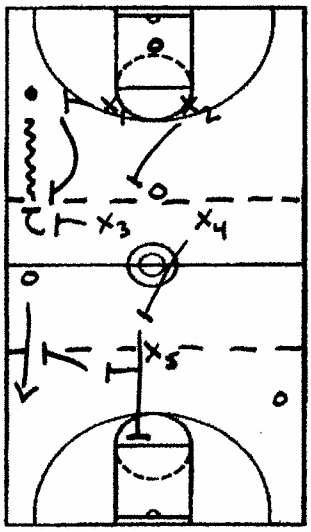
1) Contain ball on sideline
2) Be active in traps w/o fouling
3) Make quick, sharp rotations
4) Active hands—Deflections
5) Loop cuts to cut off passing lanes
6) Look to get "Back Taps"
7) Communicate

College of Charleston Cougars Basketball

Head Coach: John Kresse

Clinic Date John Kresse → College of Charleston

2-2-1 Press

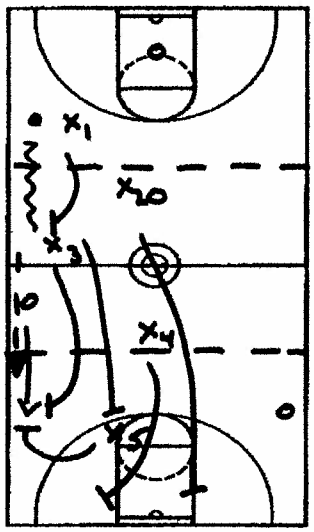


Notes

Situation #1– Basic

X1 = Ball Pressure to Trap
X2 = Short Middle
X3 = Cat & Mouse to Trap
X4 = Deep Middle to Basket
X5 = Basket to Cat & Mouse

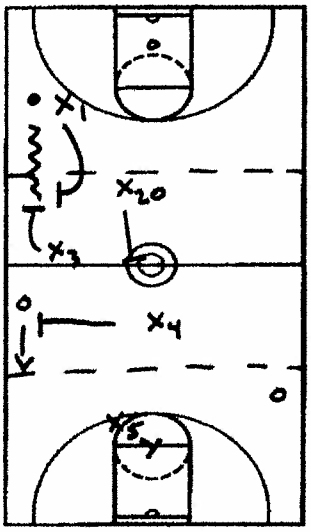
- Leave backward pass open
- X4 has Deep Middle Coverage & Basket



Notes

Situation #4– Containment

- Same as Situation #3, but trap is delayed until 2nd Trap Zone
- Trap in 2nd Trap Zone must take place below volleyball service line
- X5 must contain dribble on sideline
- **Contain & Surprise**

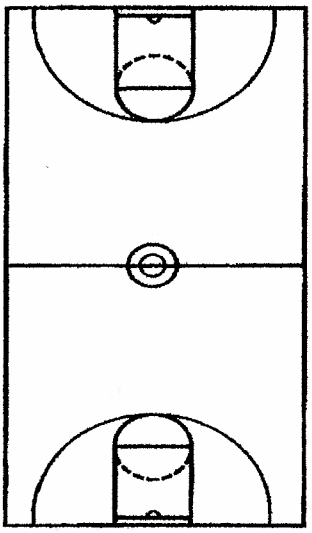


Notes

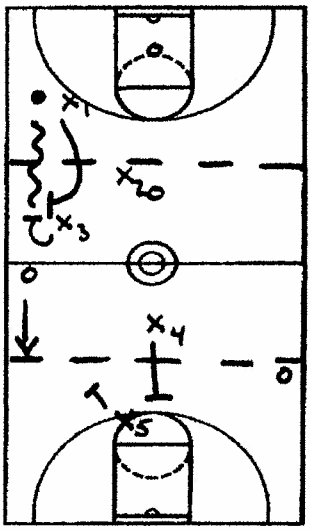
Situation #2–5 Stays Home

X1 = Ball Pressure to Trap
X2 = Short Middle
X3 = Cat & Mouse to Trap
X4 = Deep Middle to Cat & Mouse
X5 = Basket

- **Leave backward pass open**
- **X4 rotates to Cat & Mouse (Deny sideline pass out of trap)**
- **Aggressive traps are vital**
- **X2 splits short & deep middle coverage on rotation**



Notes

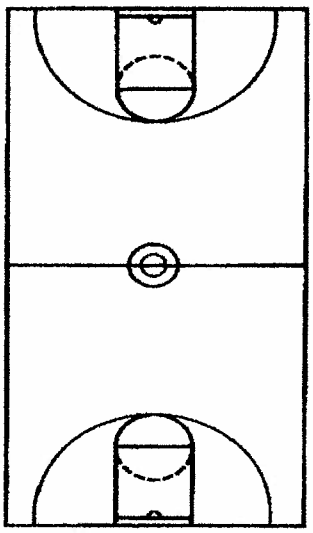


Notes

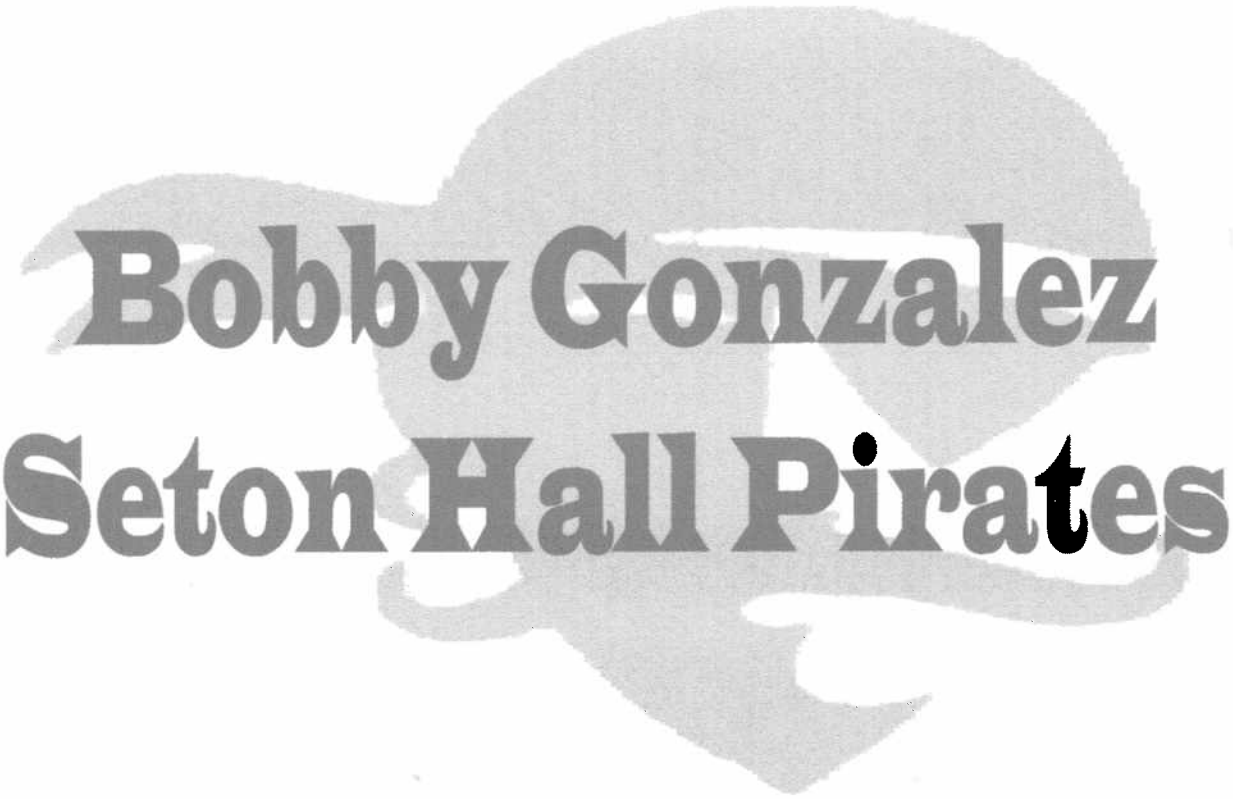
Situation #3– Soft

X1 = Ball Pressure to Trap
X2 = Short Middle
X3 = Cat & Mouse to Trap
X4 = Deep Middle
X5 = Basket

- Basic alignment & assignments
- Passes out of trap are left open
- **DO NOT** gamble in a passing lane
- **CONTAINMENT**



Notes



Bobby Gonzalez
Seton Hall Pirates

Seton Hall Pirates

Coach: _Bobby Gonzalez: Seton Hall University_ **Topic:** _Year Round Individual Improvement Drills_
Clinic: _Video_ **Date:** _Spring 2007_

SOUTH ORANGE (N.J.)

Head Coach
Bobby Gonzalez

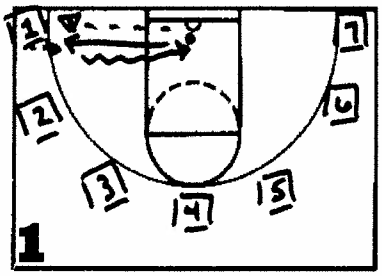
Asst. Coach
Geoff Billet

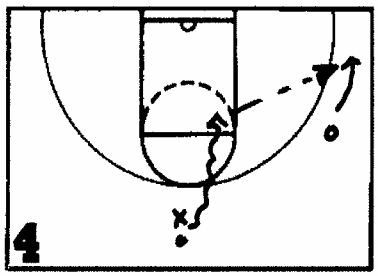
Asst. Coach
Dermon Player

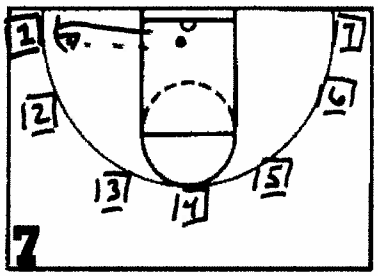
Asst. Coach
Kevin Murphy

Admin. Asst.
Shaheen Holloway

Basketball Operations
Steven Sauers







INSIDE/OUTSIDE PIVOTS

1. *Reverse Pivot/Outside Pivot*
2. *Rip Move/Low Ball Swing*
3. *Attack*
4. *Finish off two feet*

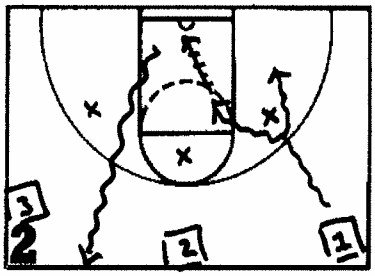
PENETRATE & PITCH

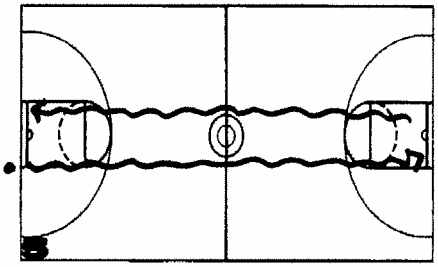
1. *Top & Wing*
2. *Wing & Top*
3. *Baseline Drive & Drift*

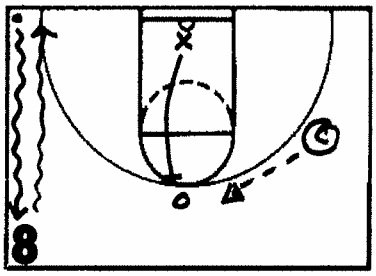
42 GAME

Catch & Shoot 3pt. Shot = +3
Low Swing Pull-up: = +2
Low Swing & Lay-up = +1

- *Work w/ a defender running at you*







5 DRIBBLE MOVES

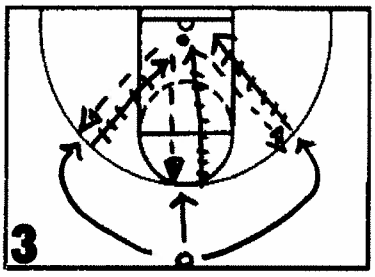
1. *Speed Dribble*
2. *Stop & Go Move*
3. *Stutter to Cross*

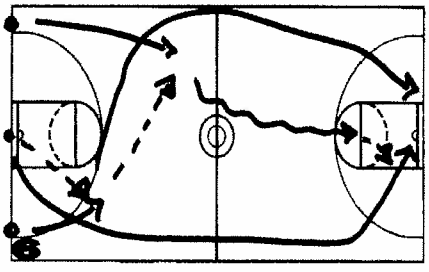
6-IN-30 DRILL

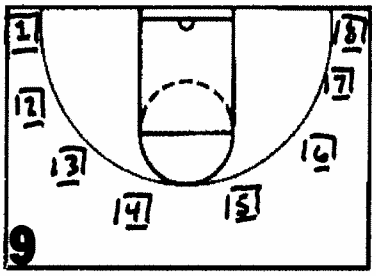
1. *Make 6 lay-ups in 30 secs.*

KNOCK-OUT

1. *Score puts defense on the side & a new defense in*
2. *No score = Offense & Defense switch*
3. *First to 3 wins*







5-OUT-OF-9 DRILL

1. *Make 5 out of 9 3's*
2. *Add pull-up 3's off dribble*
3. *Add mid-range pull-ups*

3 v. 0 WEAVE

8 SPOTS

- *1st guy can go anywhere he wants & must follow*

Seton Hall Pirates

Coach: _Bobby Gonzalez: Seton Hall University_
Clinic: _Video_
Topic: _Year Round Individual Improvement Drills_
Date: _Spring 2007_

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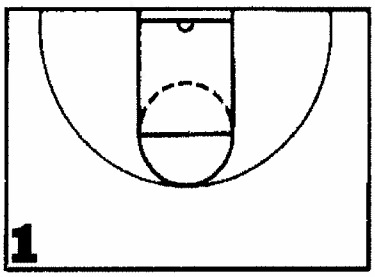
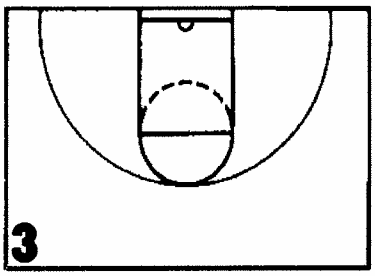
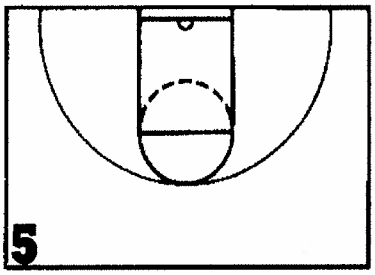
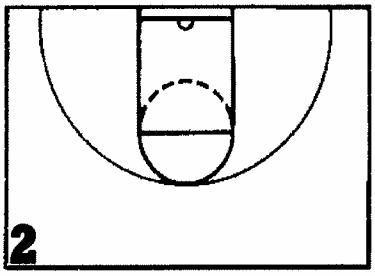
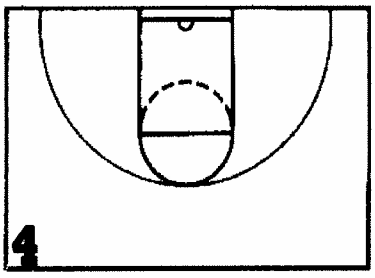
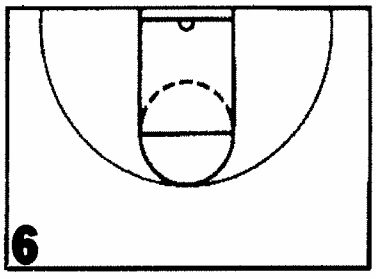












General Notes

BEST WAY TO GET BETTER

1. *Ballhandling*
2. *Passing*
3. *Shooting*
4. *Overall Skill Level*

- **ALWAYS DO SOMETHING WHEN THEY ARE THE MOST TIRED**

WHY PRACTICE TIRED?

1. *Simulate pressure*
2. *Simulate game situations*
3. *Simulate game speed*

Bobby Gonzalez
Seton Hall Pirates

Seton Hall Pirates Basketball

Coach: _Bobby Gonzalez: Seton Hall_
Clinic: _1-2-2 Contain Press Video_
Topic: _1-2-2 Contain Press_
Date: _August 2006_

400 S. Orange Ave.
South Orange (N.J)
07079

Head Coach
Bobby Gonzalez

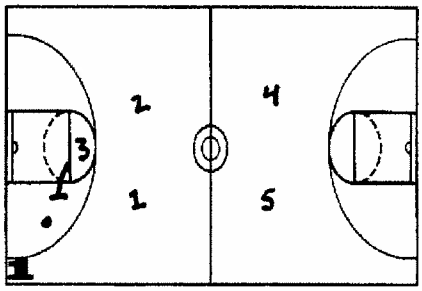
Assistant Coach
Dermon Player

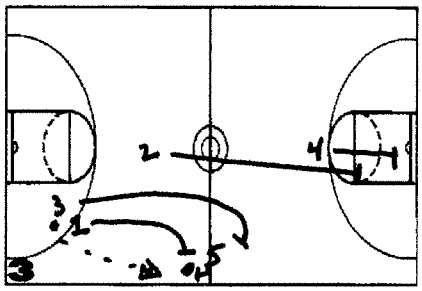
Assistant Coach
Geoff Billet

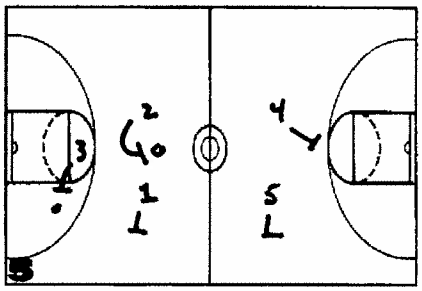
Assistant Coach
Kevin Murphy

Director of Basketball Operations
Stephen Sauers

Administrative Assistant
Shaheen Holloway







Contain Positions

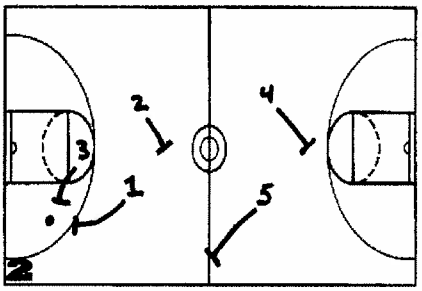
1) Ball Pressure
- *Get good traps*
- *Keep ball out of middle*
- *Control game speed*
- *2 on the ball, 2 in the lanes, & 1 protector*

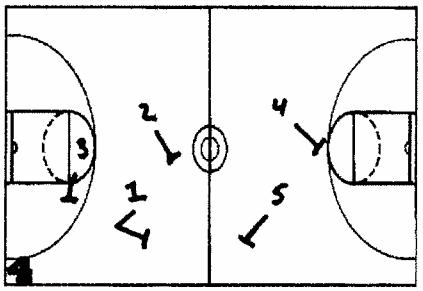
2nd Trap & Bumps

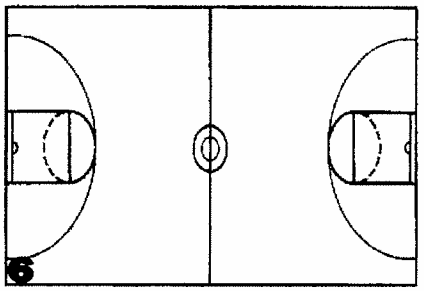
1: Trap
2: Short Middle
3: Deny closest pass out of the trap
4: Basket
5: Trap

4-Contain/1-Man

- *Deny the best player the ball in the middle of the floor*
- *Contain principles*







1st Trap & Bumps

1: Trap
2: Short Middle
3: Trap
4: Long Middle
5: Sideline (1 step up & 2 steps back)

Contain Retreat

- *Don't trap*
- *Try to slow the offense as much as possible*
- *Retreat & match-up*

General Notes

Notes
1) All traps are symmetrical
2) Good bumps cover middle flashes
3) FT Situation: Shooter is always on the nose of the press

SCOUTING SITUATIONS/ADJUSTMENTS
1) Adjust press to the scouting report of an opponent
2) Run at a great ballhandler
3) Only trap certain players
4) Make a big handle the ball—Trap 1st & allow reversal—Contain
- *Deny after return pass*

5) Deny PG
6) Try to force air passes

DEFLECTION CHART
- = *Topped Ball/Deflection*
+ = *Back Tap*
S = *Steal*
R = *Recovery*
B = *Blocked Shot*

GOALS
1) 20+ Deflections at halftime
2) 40+ deflections for the game

Tom Crean
Marquette University

Marquette Golden Eagles Basketball

Head Coach: Tom Crean

10 Truths To Building A Program

1) Trust Your Instincts

2) The More Questions You Have As A Coach – The More People Are Going To Come To You For Answers

3) 4 Expectations Players Have Of Coaches

A) Be Competent

B) Be Sincere (What & How You Do It)

C) Reliabelety

D) Trustworthy

4) 3 Expectations Of Players/Coaches

A) Come Mentally Prepared

B) Come With Energy

·Complement Head Coach

C) How To Compete

5) If You Have A Problem, But Have Not Thought Of A Solution, You Have Compounded The Problem

6) Invest In Time With Your Leaders

7) Player Is A Leader When They Are In The Program

·Legacy Of Leadership Begens When He Leaves Your Program

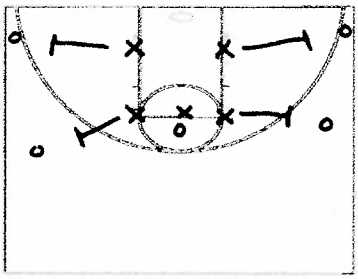
8) Dealing With Adversity

·Only Focus On Making Program Better

9) One Voice In Program

10) Focus On The Process – Not Just The Results

Marquette Golden Eagles Basketball

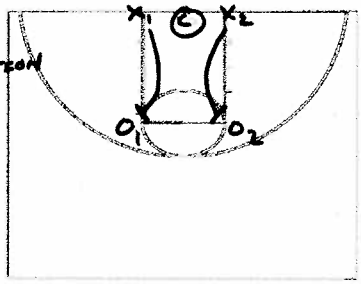


Notes

War Drill

* 1st Two Steps Are Vital To Transition

- Off. Rbs. = Score or Run Special
- Offense Get To Board ASAP
- 10-16 Men. Games T/O: -1
- 3 Games Charge: +2
- Def. Rbs: Secondary

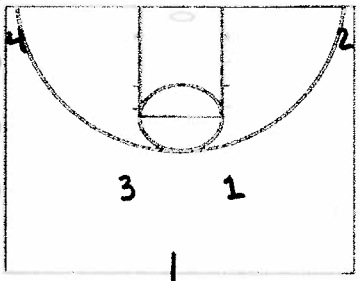


Notes

2-on-2 Block-Out

1's = Bigs 2's = Guards

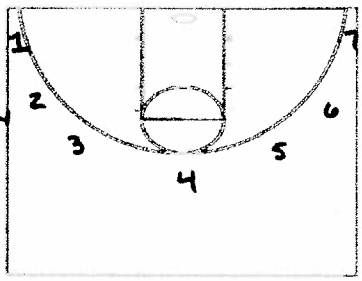
- Whoever Gets Rbs. Scores
- Play By 1's
- Ball Goes Outside Lane: Selected Action



Notes

4-Minute Shootens

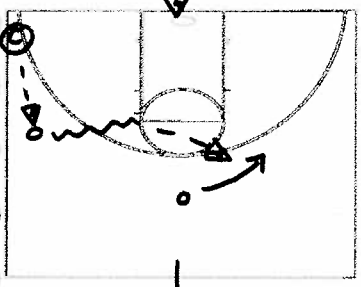
- Cross-Over Step On Penetration
- Rotate Every Minute
- Goal = 90



Notes

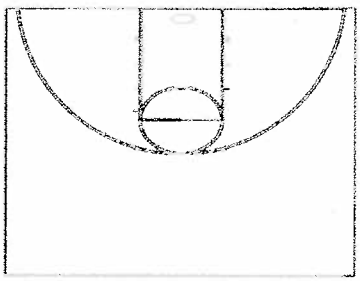
1:30 Shootens

- 14 Makes
- 2 In A Row To Rotate
- 1 Min. 30 Seconds



Notes

- Penetration For Spots 1 & 3



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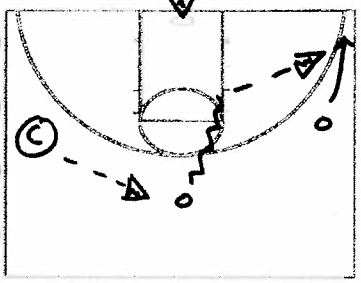
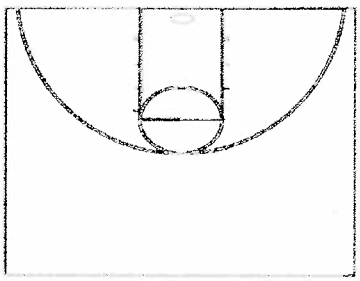


Notes

- Penetration For Spots 2 & 4



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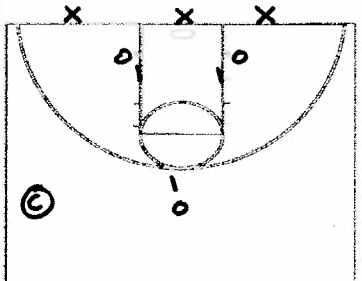
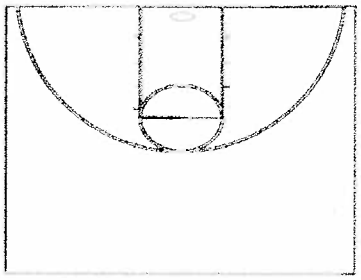


Notes

3-on-3-on-3 Be Ready

- Outlet To Coach
- Winner Stays
- Hit 1st Open Man
- New Defense Must Sprint
- Compete & Be Ready



Notes

- Offense → Cut To Open Area Close-Outs

Play Hard Play Smart Have Fun

Nike, Inc.
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One Bowerman Drive
Beaverton, OR 97005
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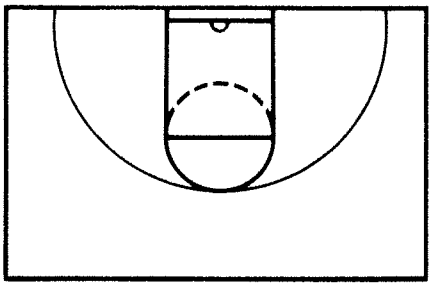
Website: www.nikebasketball.com

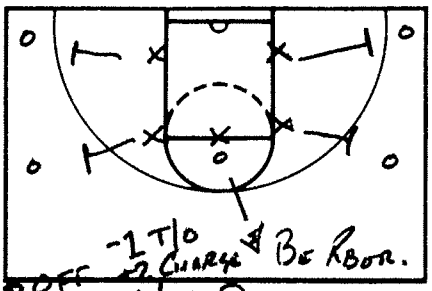
Nike Championship Clinic Headquarters
5645 Woodsmore Drive
Solon, OH 44139
Clinic hotline: (503) 671-3041
Website: www.cbbconline.com

CLINIC Tom Crean - Marquette
DATE ABCA 2004

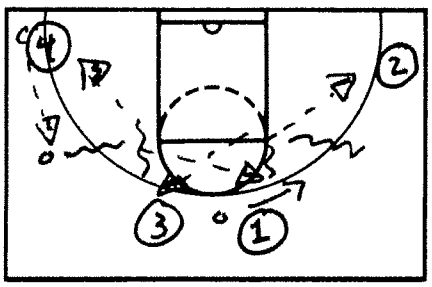
Fax #: (800) 373-4668 (414) 288-2194
Tom.Crean@Marquette.edu



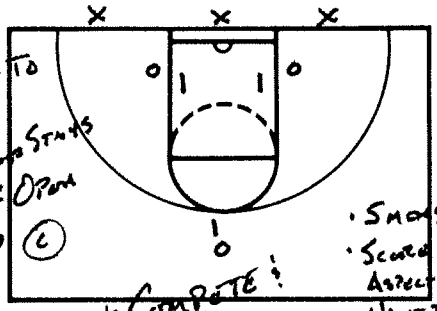
NOTES
1) Let Assistants Teach



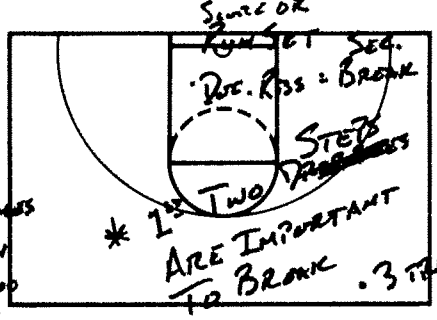
+2 Off War Drill
+1 Def
·10-16 Minute Game
·3 Games
· Off. Reb. Score or Run Set
· O's Get Three As Fast As You Can



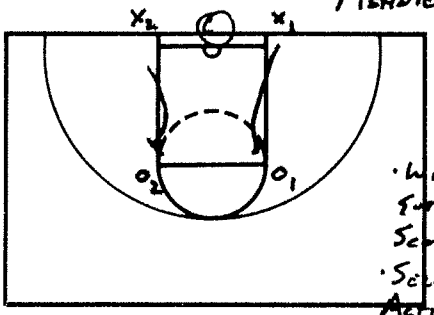
4 Men. Shooting Goal: 90
·Cross-Over Step On Penetration
· Rotate Every Minute



·Outlet To Coach Working Stays Open
· Hold Ball Space Into Front
·Get To Open Area
NOTES *Compete! Be Ready
· Small Games
· Score On Aspect You Want To Work On



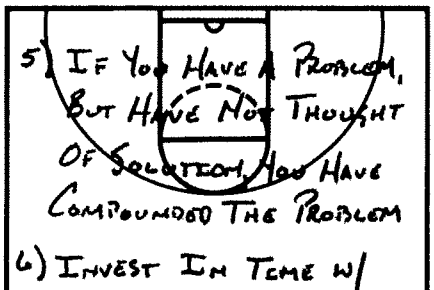
* 1st Two Are Important To Break
· 3 Types



2-on-2 Block-Out
4 Minutes
1's: Bigs
2's: Guards
· Play By 1's
· Select Pursuit To Double Points
· Whoever Gets 28. Scores
· Selected Action If Ball Goes Outside Lane

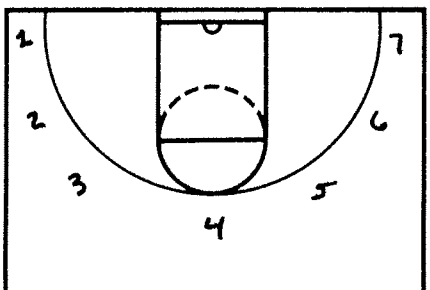
JUST DO IT

*Hold Everyone To Same Standard

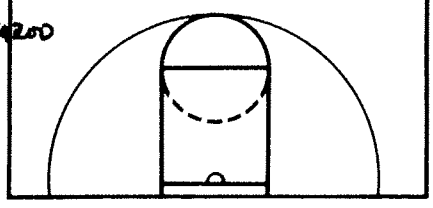


5) If You Have A Problem, But Have Not Thought Of Solution, You Have Compounded The Problem
6) Invest In Time W/ Your Leaders
7) Player Is A Leader Wherever They Are In Your Program
·Legacy Of Leadership The He Leaves Your Program
8) Dealing Adversity
·Only Focus On Making Program Better
9) 1 Voice In Program
10) Focus On The Process - Not Just The Results

NOTES
10 Truths To Building Programs
1) Trust Your Instincts
2) The More Questions You Have As A Coach - The More People Are Going To Come To You For Answers
3) 4 Expectations Player Have Of Coaches
·Be Competent
·Sincere (What ! How You Do It)
·Reliability
·Trustworthy
4) 3 Expectations of Players / Coaches
· Do They Come Mentally Prepared
·Come W/ Energy
·Complement Head Coach
· How To Compete



· 14 Makes
· 7 Spots
· 2 Sets In A Row
· 1 Min 30 Sec



Todd Lickliter
Butler University

Butler Bulldogs Basketball

Head Coach: Todd Lickliter

STAFF & PROGRAM PREMISE: "TRUST MEN AND THEY WILL BE TRUE TO YOU - TREAT THEM GREATLY AND THEY WILL SHOW THEMSELVES GREATLY."
-RALPH WALDO EMERSON

* PLAY FOR THE PURE JOY OF COMPETING
* SOAR WITH YOUR STRENGTHS

KEYS TO BUILDING A PROGRAM

1) BUILD A TEAM EGO
   - ESTABLISH AN EGO OF TEAM SUCCESS
   - RE-ENFORCE WHAT YOU LIKE
   - BECOME A CHAMPION ON A DAILY BASIS - WINNING A CHAMPIONSHIP ONLY GIVES YOU A "TITLE"
2) STEPS TO SUCCESS
   - DON'T KNOW THAT YOU DON'T KNOW
   - KNOW THAT YOU DON'T KNOW
   - KNOW THAT YOU KNOW
   - DON'T KNOW THAT YOU KNOW
3) 100% ACCOUNTABILITY
   - QBQ = QUESTION BEHIND THE QUESTION
   - GUARD AGAINST "YOU" SAYINGS
     - POINTS TO REASONS FOR EXCUSES
   - GROW CONSTANTLY
     - GOALS ARE TIMEBOUND
     - GROWTH IS INFINITE
   - EXCUSES = NO RESULTS
   - RESULTS = NO EXCUSES

MEMBER OF THE HORIZON LEAGUE

Butler Bulldogs Basketball

Head Coach: Todd Lickliter

Team Chart

Skills To Master	Acceptable
FG%	43%
Ast : T/O Ratio	1.5 : 1
Off. Rbs. % Chance v. # Got	30%
FT Per Half	Bonus +
DER Def. Efficency Rating	.62

Indevedual Chart

Bulldog Intangibles	Levels Of Competence
Preparation	___ 1-10
Team Work	___ 1-10
Leadership	___ 1-10
Toughness	___ 1-10

Out Of Bounds
- 4-on-4 For 7 Seconds
- Winner Stays
- Guard 1st & 2nd Action

Offensive Reveen Challenge
- Teams At Each End
- Coach Calls All Plays
- Primary Options # Of Points (+2 or +3)
- Tip-In = +1
- Ball Touches Floor = -1
- 4-5 Minutes
- Running Score

Blue / Gold
- 4-on-4
- Defense Trails From Both Sides
- Scoring
  1) Made Good Shot = +3
  2) Take Good Shot = +2
  3) Make Bad Shot = +1
  4) Everything Else = 0

Member of the Horizon League

CLINIC Todd Leichtweis - Butler
DATE IBCA 2004

Nike, Inc.
Corporate Headquarters
One Bowerman Drive
Beaverton, OR 97005
(503) 671-6453
Website: www.nikebasketball.com

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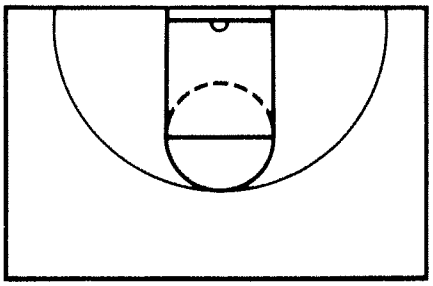
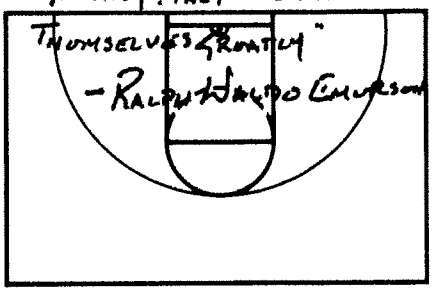
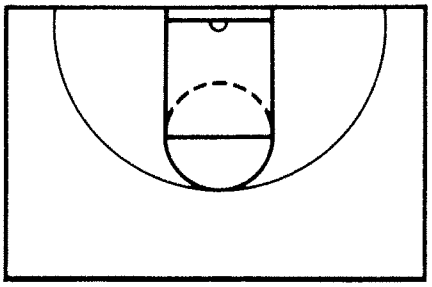


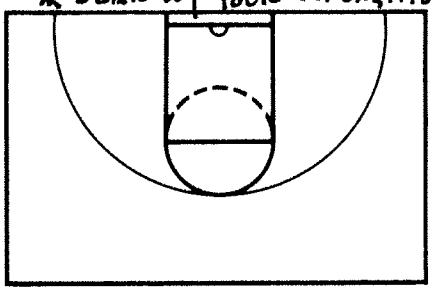
NOTES

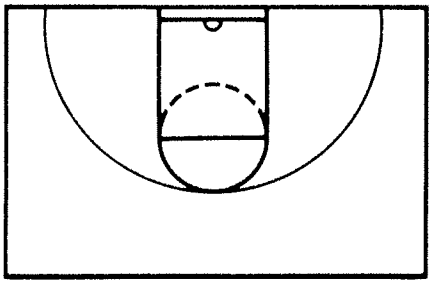
"Trust Mom! Them Will Be True To You - Trust Them Greatly! They Will Show Themselves Greatly"
- Ralph Waldo Emerson



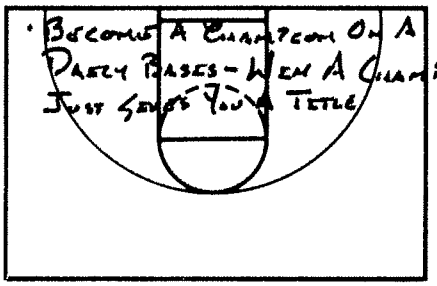


* Play For The Pure Joy Of Competing
* Soar W/ Your Strengths





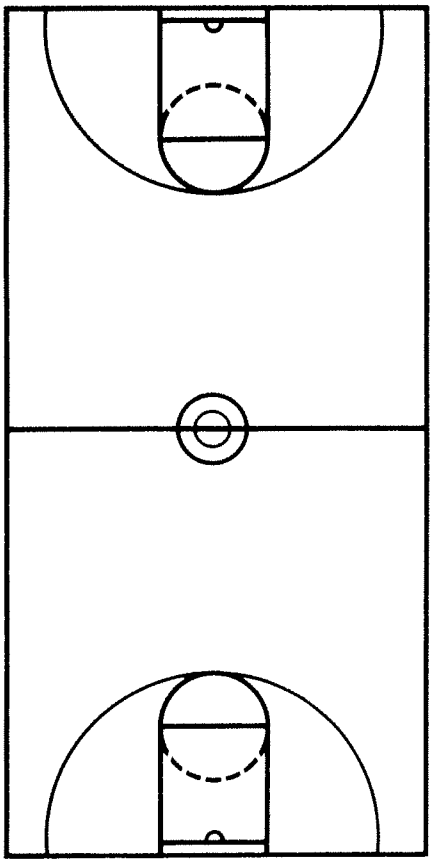
Build A Team Ego
- Establish An Ego Of Team Success
- Re-Enforce What We Like
- Become A Champion On A Daily Bases - Win A Champion Just Gives You A Title



NOTES
1) Build A Team Ego
2) Steps To Success
3) 100% Accountability

JUST DO IT

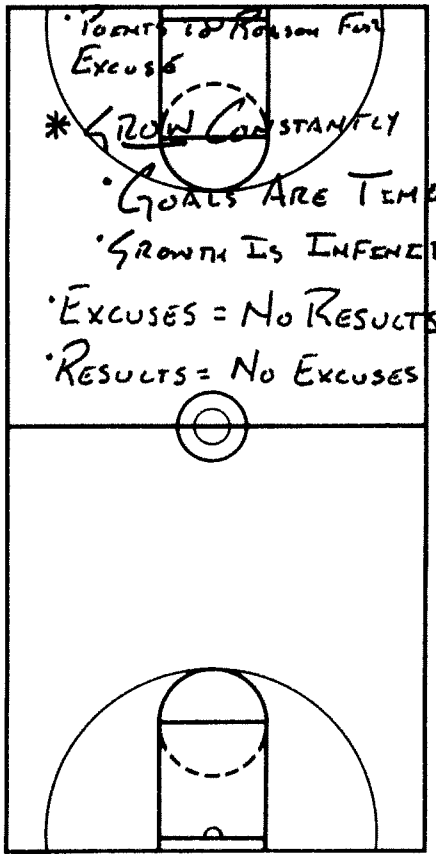
100% Accountability
- QBQ = Question Behind The Question
- Guard Against "You"



NOTES

Steps To Success
1) Unconsciously Incompetent
2) Consciously Incompetent
3) Consciously Competent
4) Unconsciously Competent
- Short Term Focus For Long Term Goal

- Points To Reason For Excuse
* Grow Constantly
- Goals Are Time Bound
- Growth Is Infenite
- Excuses = No Results
- Results = No Excuses



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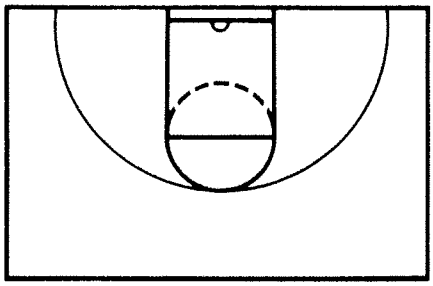
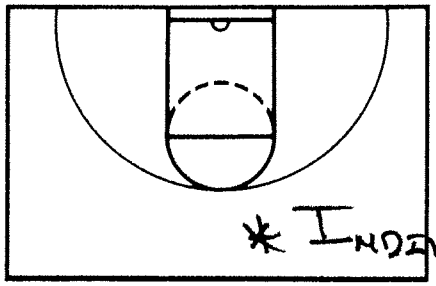
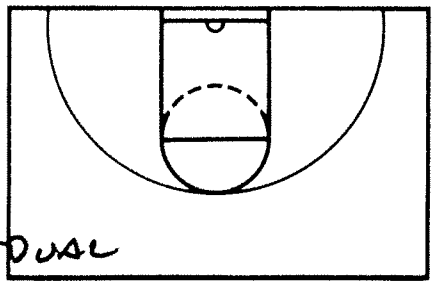






NOTES

Steps To Success

* Team

Master	Acceptable
FG%	43%
Ast:TO	1.5:1
Off. Reb. % Chances v. Set	30%

Bulldog Intangibles — Levels of Competencies

Preparation	1-10
Team Work	1-10
Leadership	1-10
Toughness	1-10

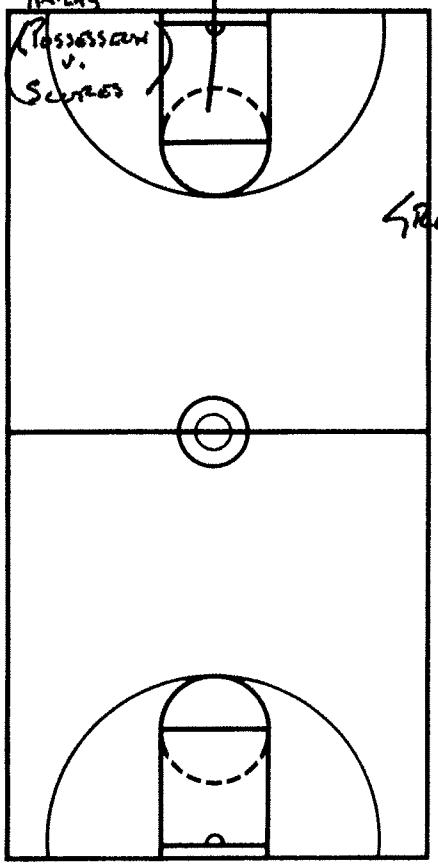
NOTES

FT/Half

Bonus +

DER
Def. Efficiency Ratings
.62

JUST DO IT



NOTES

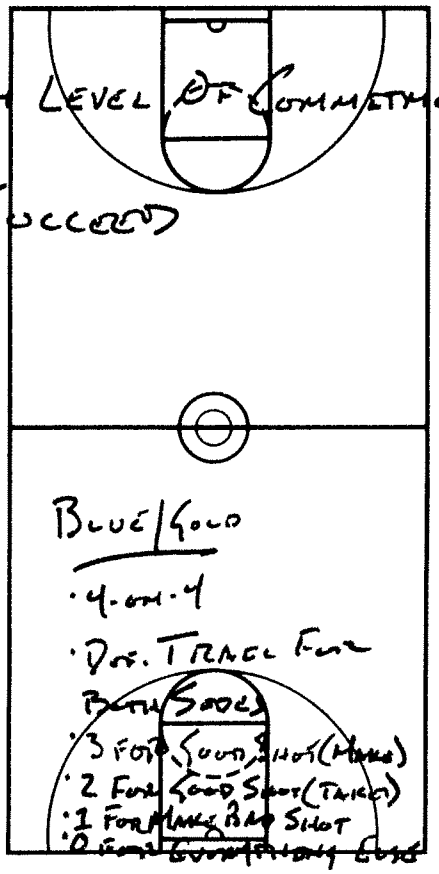
High Efficiency + A High Level Of Commitment
=
Greater Opportunity To Succeed

Out Of Bounds

- 4-on-4 For 7 Seconds
- Weaker Stems
- Guard 1st & 2nd Action

Off. Rundew Challenge

- Teams @ Each End
- Coach Calls Plays
- Premium = # Of Points
- Tip = +1
- Touch Foul = -1



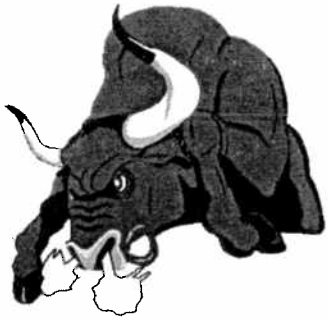
Blue/Gold

- 4-on-4
- Off. Trail For Both Goals
- 3 For Good 3 Shot (Make)
- 2 For Good Shot (Take)
- 1 For Make Bad Shot
- 0 For Unsportsmanlike Foul

- 4-5 Minutes
- Running Scores

Rick Peckinpaugh
McCutcheon Mavericks





THE MCCUTCHEON MAVERICKS

MATCHUP

ZONE DEFENSE

Coaches
Rick Peckinpaugh
Jeff Knoy
Cory Marshall
Chad Pickinpaugh





The McCutcheon Match-up

A. Advantages

1. Keeps big people close to basket for rebounding and quicker people on the perimeter to prevent penetration
2. Players are in better position to run our numbered fast break immediately
3. It's a defense coaches rarely face so it can cause them to try to make adjustments that may only confuse their own players

B. Disadvantages

1. If you don't match-up quickly, you will give up an easy shot
2. Need good scouting reports to go over coverage in practice
3. Need to have the right personnel at 1 and 4 to be good at it

C. Positioning

1. Start with a 2-3 look
    a. reason is to get offense into a 1 guard front look
    b. helps us have a better chance to run our fast break

2. 1 man – right guard spot
   2 man – left guard spot
   3 man – right forward spot
   4 man – left forward spot
   5 man – center of lane

D. Responsibilities

1. 1 man – one of the two most important players in the match up, 1 must decide whether to pick-up the ball (in which case he <u>bumps</u> the 2 man down) or does he pick-up the off guard out front and let the 2 man take the ball (<u>no bump</u>)
2. 2 man – takes the first man to 1's left
3. 3 man – takes the first man to 1's right
4. 5 man – takes the high post of low right post
5. 4 man – the other of the two most important defenders, must find the offensive player that is not guarded yet, could be anywhere from the left wing, to the right corner, to the high post

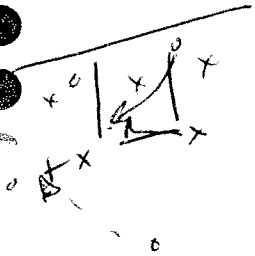
E. Drills

1. switching with 1, 2 & 3 on the perimeter people and 4 & 5 post inside

F. Coverage vs most common offenses we've seen

1. One guard front
    a. 1 – 3 – 1 set
    b. 1 – 3 – 1 set with rotation
    c. 1 – 3 – 1 set with dribble to wing
        1. with clear out by wing or shallow cut
        2. no clear out – back to corner
    d. 1 – 3 – 1 set with single high screen
    e. 1 –2 –2 set with double high screen

2. Two guard front
    a. 2 –3 set (8)
    b. flex
    c. 2 –3 set with cutters



3. Motion

4. Other special plays
    a. N'ville
    b. Avon

5. Gold 20 – extending the defense for more pressure in the half court

G. Conclusion

The match-up defense has been very good for us. Our defensive average has normally been one of the lowest in the state each year. But realize that it will take time to get your players to understand what you are trying to accomplish with the defense. Also I believe you still need to be able to play solid m-m before you can play a good match-up m-m. Many years, we play primarily m-m early in the year and go more to the match-up after December.

Secondly, we like to mix up our defenses and the addition of a match-up seems to add more confusion to our opponents trying to decide what we are doing. In this day and age, we need any little advantage we can get to be successful.

H. Questions

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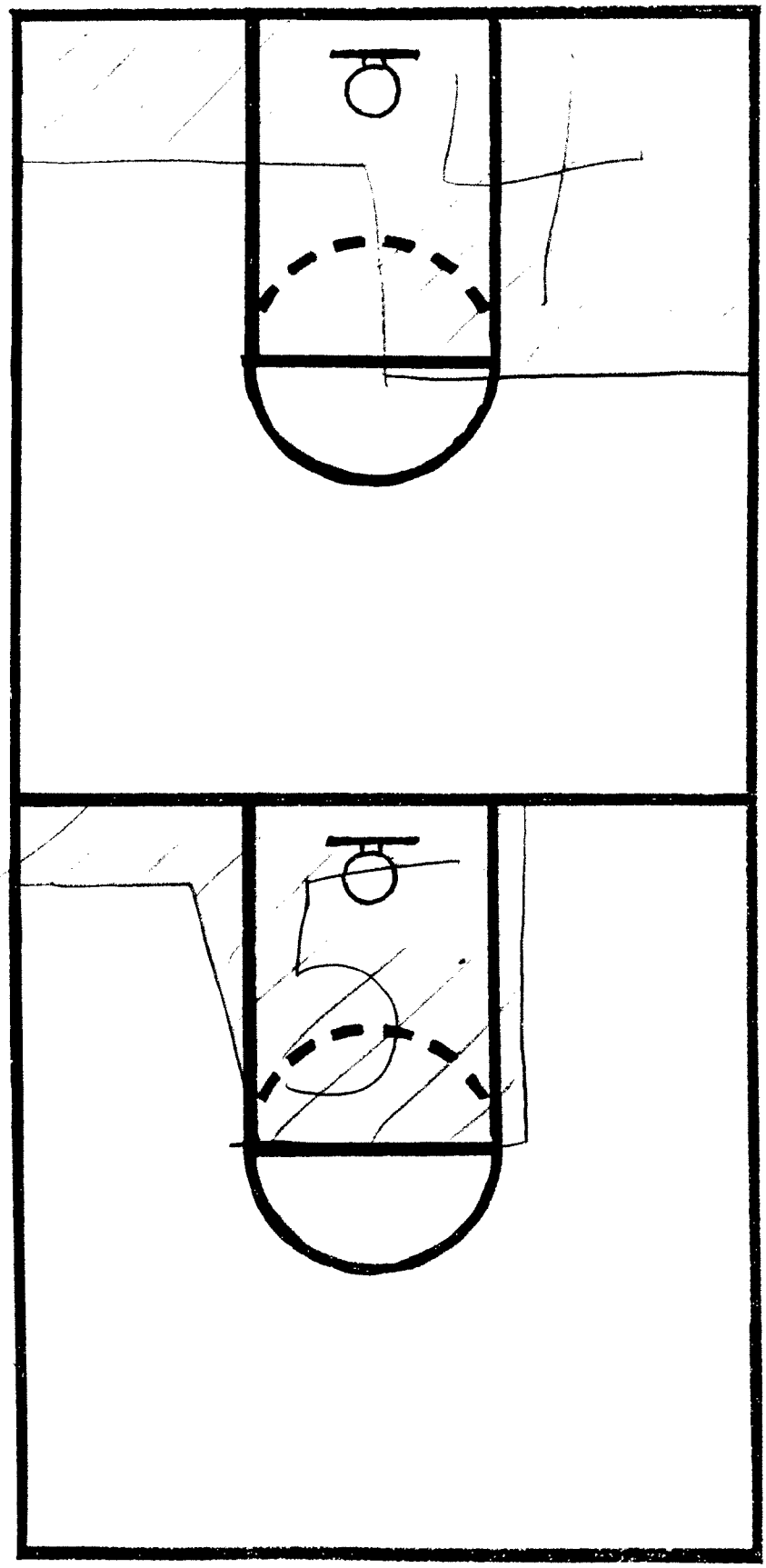
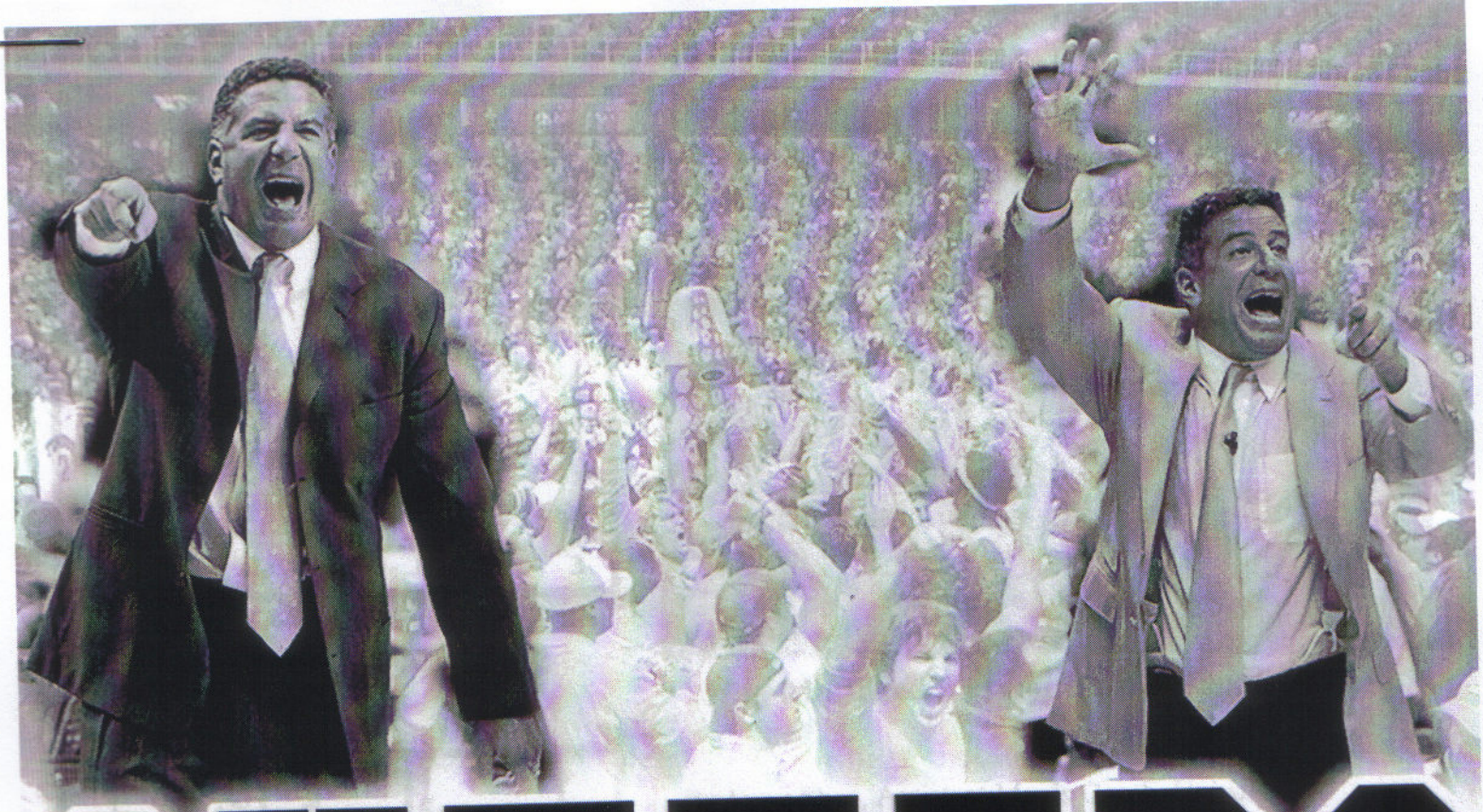
1
ठ
3
2





CUTTERS

A Guide to Tennessee's Motion Offense





VOLS

TENNESSEE BASKETBALL

adidas

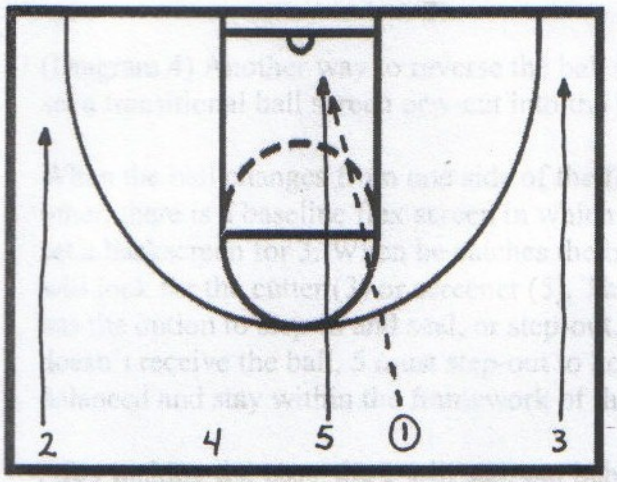
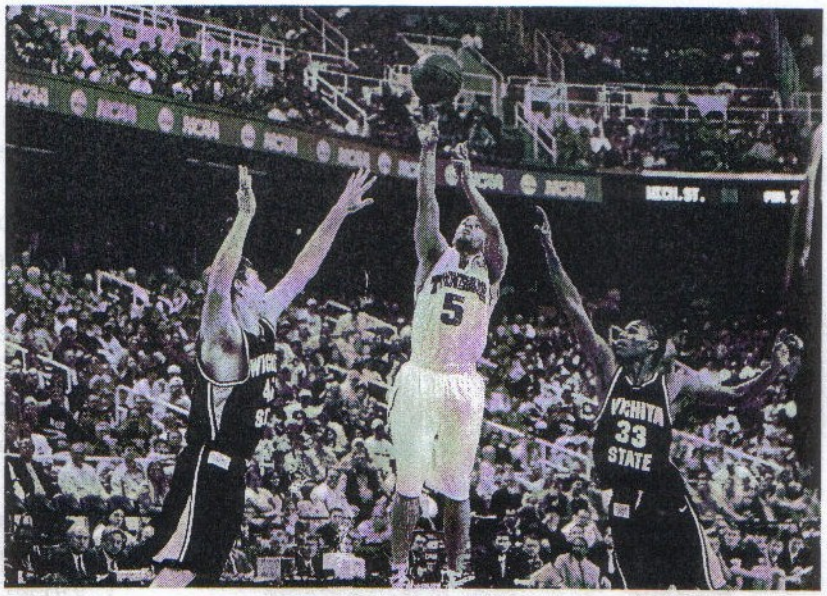


Diagram 1



A Modified Version of the Flex Offense

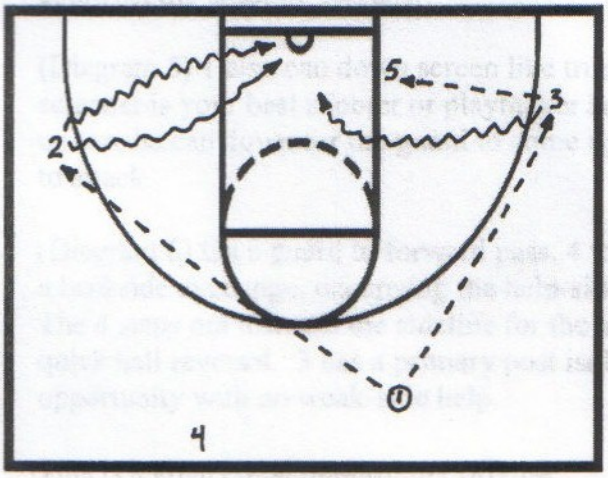


Diagram 2

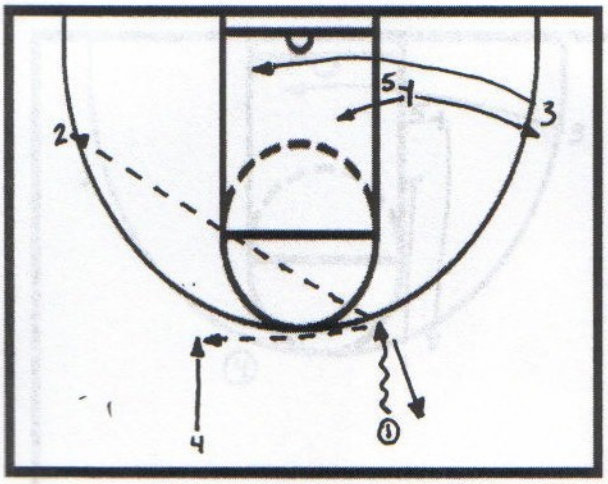


Diagram 3

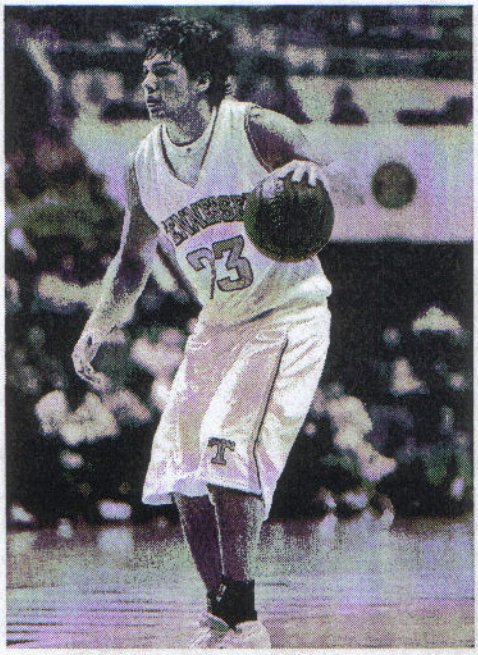
By Jason Shay, Assistant Men's Coach, University of Tennessee

The University of Tennessee's fast break wants to put 3 players on the baseline as fast as we can so that we can put maximum pressure on the opponents transition defense after a made or missed shot. As we get set into our 4 out 1 in modified flex offense, we try to breakdown a defense through ball reversal, screening, and player movement. The result of this offense should lead to penetrating passes to cutters and screener step-ins for scores. The key is to occupy help defenders through ball movement and keep them busy chasing their man, eventually losing sight of the ball.

(Diagram 1) To get into the offense, three players in this case 2, 3 and 5 sprint to the baseline as fast as they can with a post rim run to the ball side block. The 1 can push the ball up either side of the floor. 5 fills the ball-side block. Passing will help teams advance the ball up the floor quicker than dribbling it. The trail post will fill opposite the point guard. The first option is to advance pass the ball to the 5 if he can beat the other team down the floor.

(Diagram 2) With the two wings out wide and below the free throw line, the 1 can advance pass to 3 or skip pass to 2 for a shot, a post entry or a drive.

(Diagram 3) This offense is predicated on the ball changing sides of the floor. The ball must be swung from side-to-side. If he cannot advance the ball up the floor, 1 drives the ball into scoring range and quickly reverses it to 4 or skips it to 2.



(Diagram 4) Another way to reverse the ball is for 4 to set a transitional ball screen or v-cut into the key area.

When the ball changes from one side of the floor to the other, there is a baseline flex screen in which the 5 will set a backscreen for 3. When he catches the ball, the 4 will look for the cutter (3) or screener (5). The screener has the option to step-in and seal, or step-out. If he doesn't receive the ball, 5 must step-out to keep the floor balanced and stay within the framework of the offense.

After making the pass, the 1 will step out behind the ball for an outlet and a quick ball reversal. By 1 stepping out immediately, 4 has four available receivers. In theory, 1 and 4 could pass back and forth up front while 2, 3 and 5 could set the baseline screens.

(Diagram 5) 1 also can down screen like true flex. If the screener is your best shooter or playmaker and a post is up top, he can down for the guard to come up and look to attack.

(Diagram 6) On a guard to forward pass, 4 to 2, there is a backside exchange, occupying the help-side defenders. The 4 steps out towards the sideline for the outlet and a quick ball reversal. 3 has a primary post isolation opportunity with no weak-side help.

This is a great equal opportunity offense.

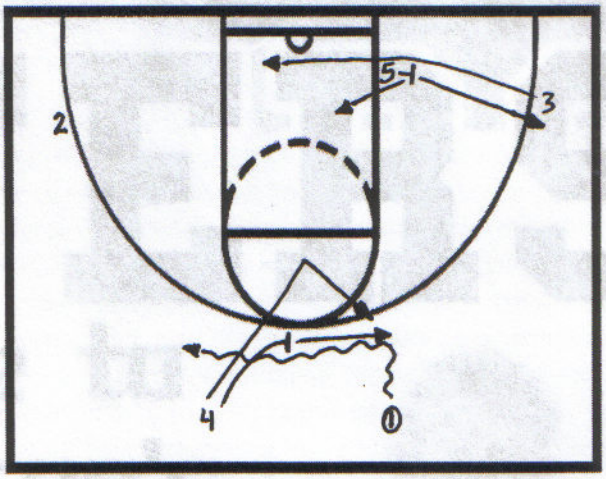


Diagram 4

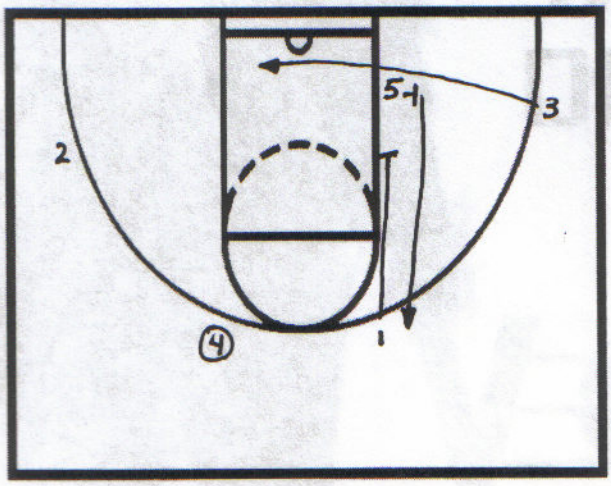


Diagram 5

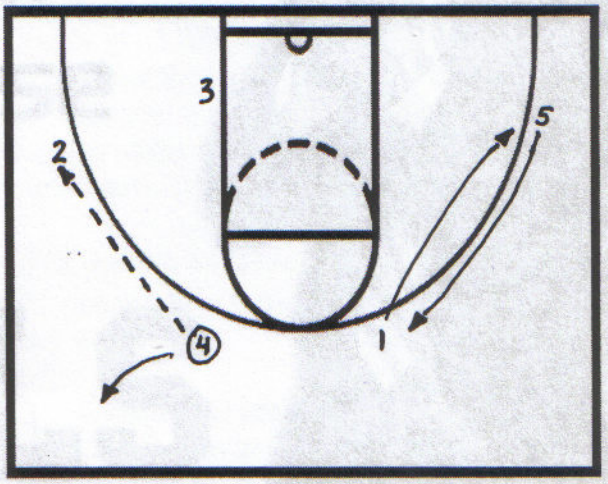
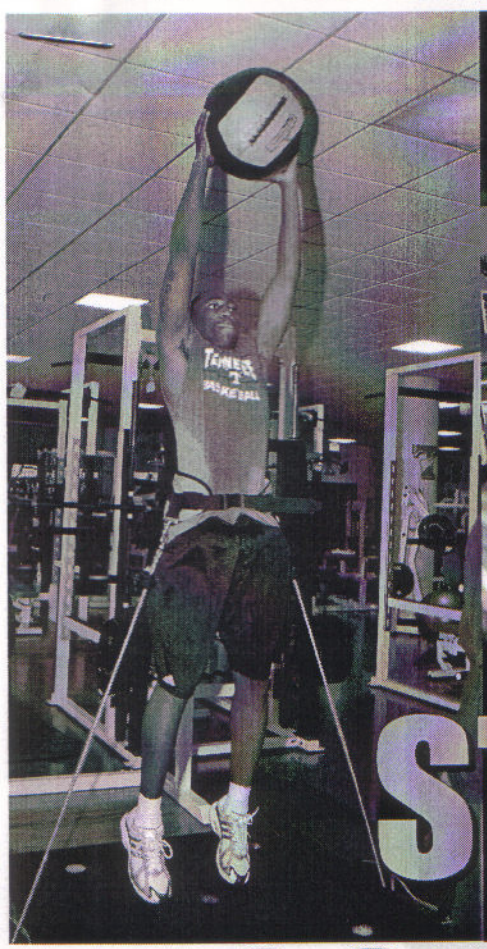
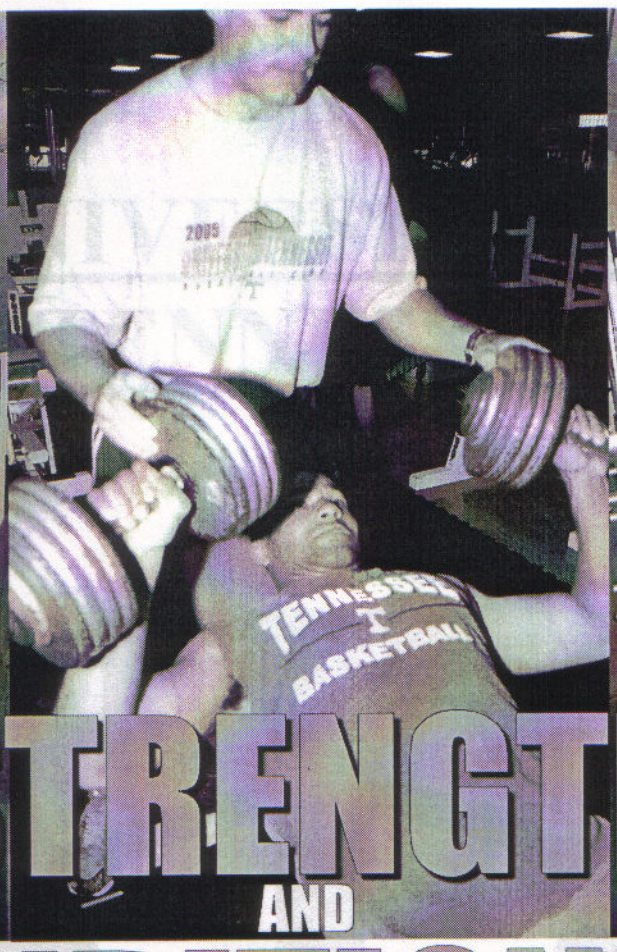
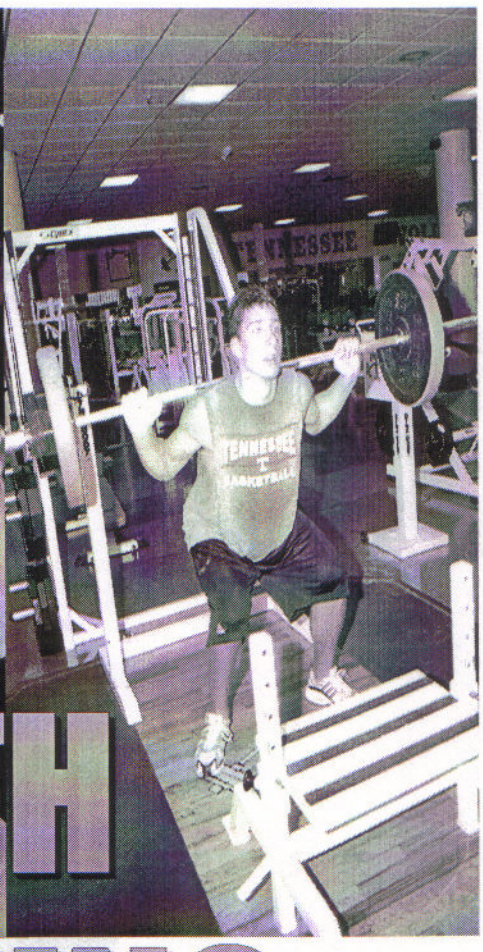


Diagram 6

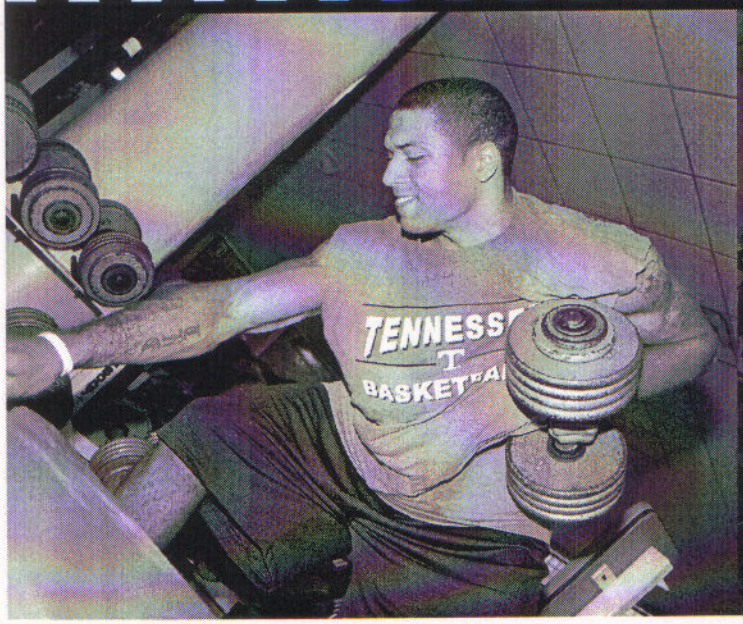


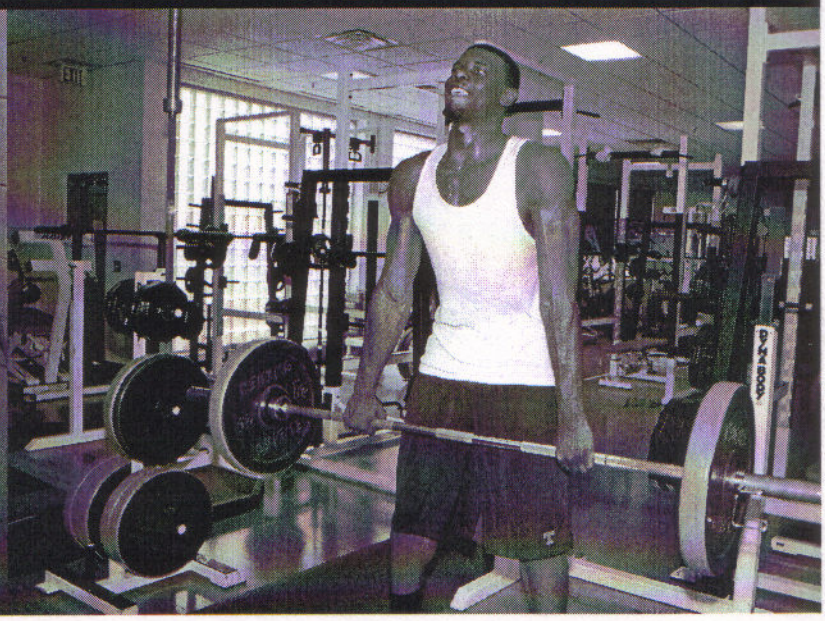




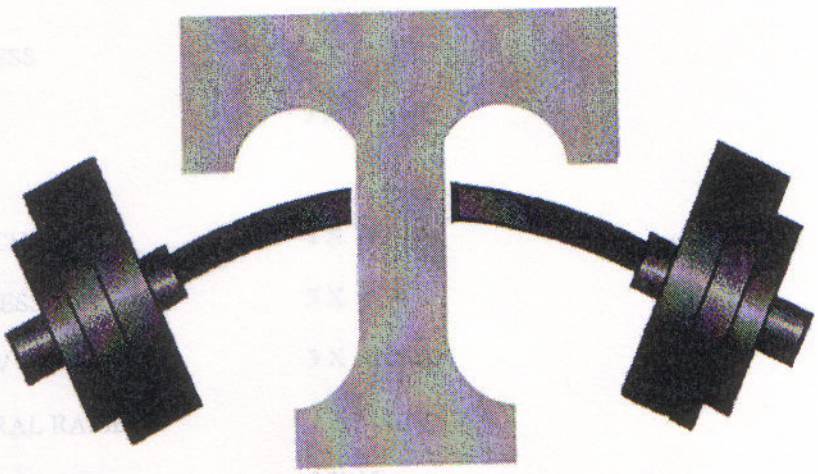
STRENGTH AND CONDITIONING







UNIVERSITY OF TENNESSEE



MEN'S BASKETBALL STENGTH FOUNDATION

UNIVERSITY OF TENNESSEE
MEN'S BASKETBALL
3-WEEK FOUNDATION

WEEK 1

DAY 1

BENCH PRESS	3 X 10
WT:	
SQUAT OR LEG PRESS	3 X 12
WT:	
PULL-UPS	3 X 5-10
#:	
LEG CURLS	3 X 12
WT:	
MILITARY PRESS	3 X 10
WT:	
CRUNCHES	3 X 25-50
STRETCH	

DAY 2

INCLINE BENCH PRESS	3 X 10
WT:	
DB BENCH PRESS	3 X 10
WT:	
UPRIGHT ROW	3 X 10
WT:	
FRONT/LATERAL RAISES	2 X 8 EACH WAY
WT:	
TRICEPS PRESSDOWNS	3 X 10
WT:	
PUSH-UPS	X FAILURE
#:	
CRUNCHES	3 X 25-50
STRETCH	

DAY 3

STEP-UPS (DB OR BARBELL)	3 X 8 EACH LEG
WT:	
LEG EXTENSIONS	3 X 12
WT:	
LEG CURLS	3 X 10
WT:	
HYPEREXTENSIONS	2 X 12
NO WT	
LAT PULLDOWNS	3 X 10
WT:	
DB OR SEATED CABLE ROW	3 X 12
WT:	
DB CURLS	3 X 10
WT:	
CRUNCHES	3 X 25-50
STRETCH	

UNIVERSITY OF TENNESSEE
MEN'S BASKETBALL
INCOMING FRESHMEN
3-WEEK FOUNDATION

WEEK 2	
DAY 1	
BENCH PRESS	3 X 10
WT:	
SQUAT OR LEG PRESS	3 X 12
WT:	
PULL-UPS	3 X 5-10
#:	
LEG CURLS	3 X 12
WT:	
MILITARY PRESS	3 X 10
WT:	
CRUNCHES	3 X 25-50
STRETCH	
DAY 2	
INCLINE BENCH PRESS	3 X 10
WT:	
DB BENCH PRESS	3 X 10
WT:	
UPRIGHT ROW	3 X 10
WT:	
FRONT/LATERAL RAISES	2 X 8 EACH WAY
WT:	
TRICEPS PRESSDOWNS	3 X 10
WT:	
PUSH-UPS	X FAILURE
#:	
CRUNCHES	3 X 25-50
STRETCH	
DAY 3	
STEP-UPS (DB OR BARBELL)	3 X 8 EACH LEG
WT:	
LEG EXTENSIONS	3 X 12
WT:	
LEG CURLS	3 X 10
WT:	
HYPEREXTENSIONS	2 X 12
NO WT	
LAT PULLDOWNS	3 X 10
WT:	
DB OR SEATED CABLE ROW	3 X 12
WT:	
DB CURLS	3 X 10
WT:	
CRUNCHES	3 X 25-50
STRETCH	

UNIVERSITY OF TENNESSEE
MEN'S BASKETBALL
3-WEEK FOUNDATION

At this point, you should begin to increase the weight in comparison to your previous two week
(especially on the lifts where the number of reps have decreased).

WEEK 3

DAY 1

BENCH PRESS	4 X 8
WT:	
SQUAT OR LEG PRESS	4 X 8
WT:	
PULL-UPS	3 X 5-10
#:	
LEG CURLS	3 X 10
WT:	
MILITARY PRESS	3 X 8
WT:	
CRUNCHES	3 X 25-50
STRETCH	

DAY 2

INCLINE BENCH PRESS	4 X 8
WT:	
DB BENCH PRESS	3 X 8
WT:	
UPRIGHT ROW	3 X 10
WT:	
FRONT/LATERAL RAISES	2 X 8 EACH WAY
WT:	
TRICEPS PRESSDOWNS	4 X 10
WT:	
PUSH-UPS	X FAILURE
#:	
CRUNCHES	3 X 25-50
STRETCH	

DAY 3

STEP-UPS (DB OR BARBELL)	3 X 8 EACH LEG
WT:	
LEG EXTENSIONS	3 X 12
WT:	
LEG CURLS	3 X 10
WT:	
HYPEREXTENSIONS	3 X 12
NO WT	
LAT PULLDOWNS	4 X 10
WT:	
DB OR SEATED CABLE ROW	3 X 10
WT:	
DB CURLS	3 X 10
WT:	
CRUNCHES	3 X 25-50
STRETCH	

UNIVERSITY OF TENNESSEE
MEN'S BASKETBALL
STRENGTH ENDURANCE
WEEK 4

(Begin super-setting the exercises. For example, perform your first set of bench press then perform a set of squats. Rest approximately 1 minute, then continue until you've completed all sets. The exercises are paired by number that you should do this with.)

DAY 1	
1-BENCH PRESS	4 X 8
WT:	
1-SQUAT	4 X 8
WT:	
2-PULL-UPS	3 X 5-10
#:	
2-LEG CURLS	3 X 10
WT:	
3-MILITARY PRESS	3 X 8
WT:	
3-CRUNCHES	3 X 25-50
STRETCH	
DAY 2	
1-INCLINE BENCH PRESS	4 X 8
WT:	
2-DB BENCH PRESS	3 X 8
WT:	
1-UPRIGHT ROW	3 X 10
WT:	
2-FRONT/LATERAL RAISES	2 X 8 EACH WAY
WT:	
3-TRICEPS PRESSDOWNS	4 X 10
WT:	
3-PUSH-UPS	4 X 10-20
#:	
CRUNCHES	3 X 25-50
STRETCH	
DAY 3	
1-BARBELL STEP-UPS	3 X 8 EACH LEG
WT:	
2-LEG EXTENSIONS	3 X 12
WT:	
2-LEG CURLS	3 X 10
WT:	
1-HYPEREXTENSIONS	3 X 12
NO WT	
3-LAT PULLDOWNS	4 X 10
WT:	
4-DB OR SEATED CABLE ROW	3 X 10
WT:	
3-DB CURLS	3 X 10
WT:	
4-CRUNCHES	3 X 25-50
STRETCH	

UNIVERSITY OF TENNESSEE
MEN'S BASKETBALL
STRENGTH ENDURANCE
WEEK 5

(Continue super-sets.)

DAY 1	
1-BENCH PRESS	4 X 12, 10, 8, 6
WT:	
1-SQUAT	4 X 8
WT:	
2-PULL-UPS	3 X 5-10
#:	
2-RDL	3 X 10
WT:	
3-MILITARY PRESS	3 X 10, 8, 6
WT:	
3-CRUNCHES	3 X 25-50
STRETCH	
DAY 2	
1-INCLINE BENCH PRESS	4 X 8
WT:	
2-DB BENCH PRESS	3 X 8
WT:	
1-UPRIGHT ROW	3 X 10
WT:	
2-FRONT/LATERAL RAISES	2 X 8 EACH WAY
WT:	
3-TRICEPS PRESSDOWNS	4 X 10
WT:	
3-DB CURL AND PRESS	4 X 8
#:	
CRUNCHES	3 X 25-50
STRETCH	
DAY 3	
1-BARBELL STEP-UPS	3 X 8 EACH LEG
WT:	
2-WALKING DB LUNGES	3 X 8 EACH LEG
WT:	
2-LEG CURLS	3 X 10
WT:	
1-HYPEREXTENSIONS	3 X 12
NO WT	
3-LAT PULLDOWNS	4 X 10
WT:	
4-DB OR SEATED CABLE ROW	3 X 10
WT:	
3-DB CURLS	3 X 10
WT:	
4-CRUNCHES	3 X 25-50
STRETCH	

UNIVERSITY OF TENNESSEE
MEN'S BASKETBALL
STRENGTH ENDURANCE
WEEK 6

(Continue super-sets.)

DAY 1	
1-BENCH PRESS	4 X 12, 10, 8, SAME WT. AS 1ST SET X FAILURE
1-SQUAT	4 X 8
WT:	
2-PULL-UPS	3 X FAILURE
#:	
2-RDL	3 X 10
WT:	
3-MILITARY PRESS	4 X 10, 8, 6, SAME WT. AS 1ST SET FOR
FAILURE	
WT:	
3-CRUNCHES	3 X 1 MINUTE
STRETCH	
DAY 2	
1-INCLINE BENCH PRESS	4 X 8
WT:	
2-DB BENCH PRESS	3 X 8
WT:	
1-UPRIGHT ROW	3 X 10
WT:	
2-FRONT/LATERAL RAISES	3 X 8 EACH WAY
WT:	
3-TRICEPS PRESSDOWNS	4 X 10 (LAST SET FOR FAILURE)
WT:	
3-DB CURL AND PRESS	4 X 8
#:	
CRUNCHES	3 X 1 MINUTE
STRETCH	
DAY 3	
1-BARBELL STEP-UPS	3 X 8 EACH LEG
WT:	
2-WALKING DB LUNGES	3 X 8 EACH LEG
WT:	
2-LEG CURLS	3 X 10
WT:	
1-HYPEREXTENSIONS	3 X 12
NO WT	
3-LAT PULLDOWNS	4 X 10
WT:	
4-DB OR SEATED CABLE ROW	3 X 10
WT:	
3-DB CURLS	3 X 10
WT:	
4-CRUNCHES	3 X 25-50
STRETCH	

Perform this warm-up prior to every workout session (weights, agilities, and conditioning), and perform the cool-down immediately following the workout.

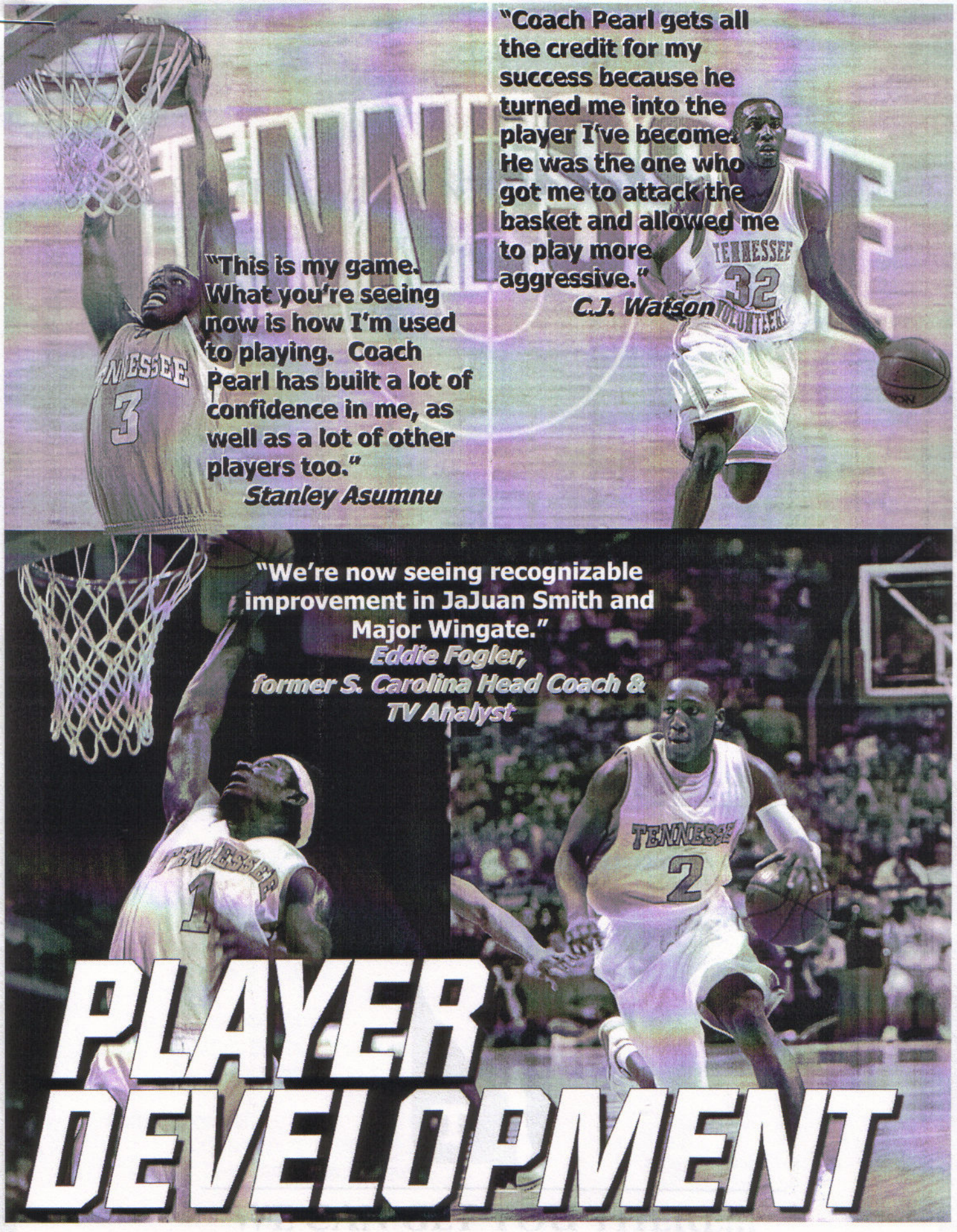
Warm-up:

1. Heel to toe walk — x 20 yd
2. Ankling — x 20 yd
3. Walking knee tucks — x 20 yd
4. High knees — x 20 yd
5. Walking ankle pulls up and in — x 20 yd
6. Ankle taps in — x 20 yd
7. Walking ankle pulls back and out — x 20 yd
8. Ankle taps out — x 20 yd
9. Body weight squats — x 10
10. Lateral step and slide (rt/lt) — x 10 yd each way **(go slow, focus on defensive stance and dropping the hips lower than you play)**
11. Lateral defensive slide — x 20 yd each way
12. Spider-man — x 20 yd
13. Arm swings forward (bent elbows) — x 20 sec **(keep elbows high, start slow and increase speed and force at which the elbows are pulled back)**
14. Posterior lunges — x 5 each leg

Cool-down (stretch):

Begin lying on your back. Hold each stretch for 15 seconds.

1. Pull right knee to chest.
2. Pull your right ankle toward your chest with your left hand, and push your right knee away from you with your right hand.
3. Return to #1 position. Straighten the right leg, and take it across your body so that your right ankle touches the floor on your left side.
4. Return to #1 position. Hold the right ankle, lie on your left side, and pull your right ankle behind you.
5. Repeat this sequence with your left leg.
6. Pull both knees to your chest, and try to pull the hips off the ground while keeping your shoulders on the ground.
7. Butterfly stretch (sit with soles of feet touching, lay back).
8. V-sit and stretch (middle, right leg, and left leg).


"Coach Pearl gets all the credit for my success because he turned me into the player I've become. He was the one who got me to attack the basket and allowed me to play more aggressive."
C.J. Watson
"This is my game. What you're seeing now is how I'm used to playing. Coach Pearl has built a lot of confidence in me, as well as a lot of other players too."
Stanley Asumnu
"We're now seeing recognizable improvement in JaJuan Smith and Major Wingate."
Eddie Fogler, former S. Carolina Head Coach & TV Analyst
PLAYER DEVELOPMENT

Pearl's Drills Make Kids Better

PLAYER IMPROVEMENT UNDER BRUCE PEARL

PLAYER	2005 ppg.	2006 ppg.	Differential
JaJuan Smith	1.9	9.5	+7.6
Stanley Asumnu	2.4	8.0	+5.6
Major Wingate	5.0	10.4	+5.4
Dane Bradshaw	3.0	7.3	+4.3
Chris Lofton	13.2	17.1	+3.9
C.J. Watson	11.9	15.1	+3.4
Andre Patterson	7.4	9.7	+2.3
Jordan Howell	1.1	2.0	+0.9

Committed Staff

Player Development

Realized Potential

IF THIS IS YOUR GOAL...



WE CAN GET YOU THERE!!!

TENNESSEE BASKETBALL
2006 COACHES CLINIC
"Individual Workouts"

Drill	Key Points
Cheat Step Shooting A. Catch and shoot B. One dribble middle for pull up jumper C. Sweep baseline for one dribble pull up	1. Show Hands 2. SPRINT through the ball 3. Pivot towards the hoop 4. Pivot foot is always inside foot 5. Sell shot fake to eyebrow 6. Cover ground with dribbles 7. Quick but strong sweeps
Rip Series Middle and Baseline *Middle* A. Straight lay-up B. Bump C. Slide Shot D. Pump Fake and Power *Baseline* A. Pull up B. Fly bye C. Step Back	1. Cheat step into triple threat 2. Attack tight to the defender 3. Lower shoulder wins 4. Strong inside shoulder 5. Cover ground with dribble
Baseline Pass Shooting A. Baseline drive to score B. Baseline passer jumps out of bounds C. Relocate from wing to dead corner D. Baseline passer sprint to top for elbow 3	1. Attack the rim 2. Call for the ball 3. Catch the ball ready to shoot 4. Cheat step for elbow 3
Flex Series Shooting A. Screen step back B. Flex cut C. Down Screen D. Fade E. Circle Back	1. Pop feet before step back 2. Show hands 3. Change of direction change of pace
Wing Denial A. Player on wing B. Coach at point	1. Keep a good help relationship 2. Turn head 3. Drop Hand 4. Look Low
2 on 2 Sprint to Help A. Offense and defense on both wings B. Coach at point	1. Ball moves you move 2. Pistols 3. Flat triangle
Anti-Reversal A. Opposite wing dives B. Then flashes to the point	1. Good help relationship 2. Arm bar 3. Keep player away from feet 4. Don't over run the ball

Charge to Close-Out

A. Skip
B. Attack the basket
C. Take charge
D. Close out
E. Live 1 on 1

1. Ball moves you move
2. Take charge outside the lane
3. Sprint first 2/3rds
4. Chop last third
5. Double high hands
6. No middle

Power/Post Moves

A. Drop Step
B. Pump Fake
C. Reverse
D. Jump Hook
E. Up and Under

A. Fake Drop Step
B. Shimmy
C. Sikma
D. Turnaround
E. Attack

1. Spread out
2. Create angle
3. Maintain contact
4. Keep feet moving
5. Yell
6. Take passer off the hook
7. Catch with 2 hands

Post Defense Series

A. Start Behind Half Court
B. Dive to the Block
C. Trail Post Look High Low
D. Trail Post Passes to Wing
E. Offense Flashes to High Post

1. Defender must sprint behind the ball
2. Jump to the ball
3. Stay below offensive man
4. Front or ¾ quarter low
5. Deny flash to high post

7-1 Series

A. Wing Denial
B. Cut Off Baseline
C. Post Defense
D. Deny Post Flash
E. Post Defense
F. Wing Denial
G. One on One

1. See man see ball
2. Butt
3. High and loose in post
4. Jump to
5. Snap your head
6. No middle drive

Transition Seal

A. Sprint from mid-court line
B. Smash
C. Defender half circle closer to rim
D. Sprint from mid-ct line and stop
E. Defender half circle further from rim

1. Nose to the rim
2. Maintain contact
3. Keep feet moving
4. Show hands
5. Always catch the ball with 2 hands

Flex Series For Bigs

A. Screen- step in
B. Screen step back
C. Flex cut
D. 45 degree ball screen and pop

1. Pop feet
2. Show hands
3. Cover ground with first step
4. Sprint to screen

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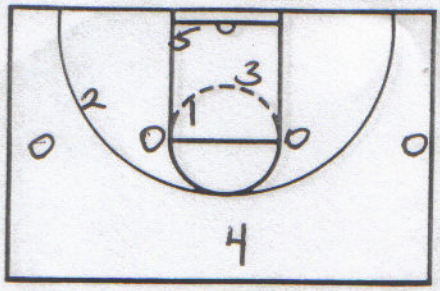
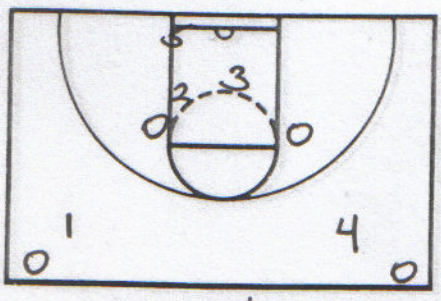
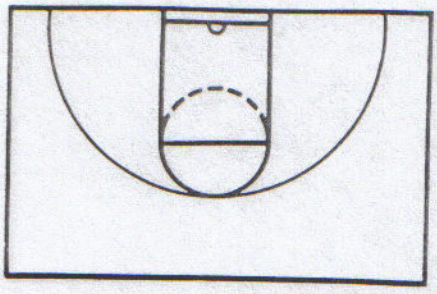
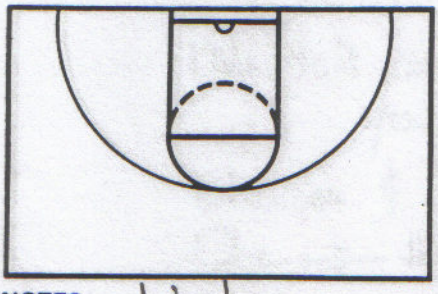
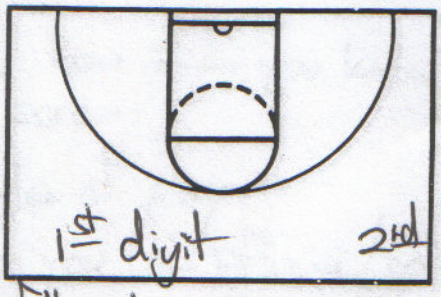


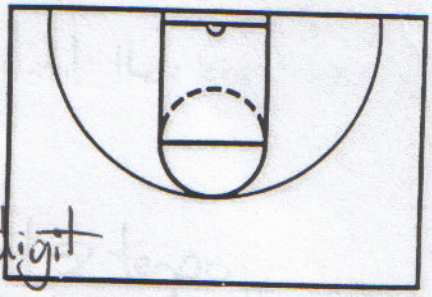




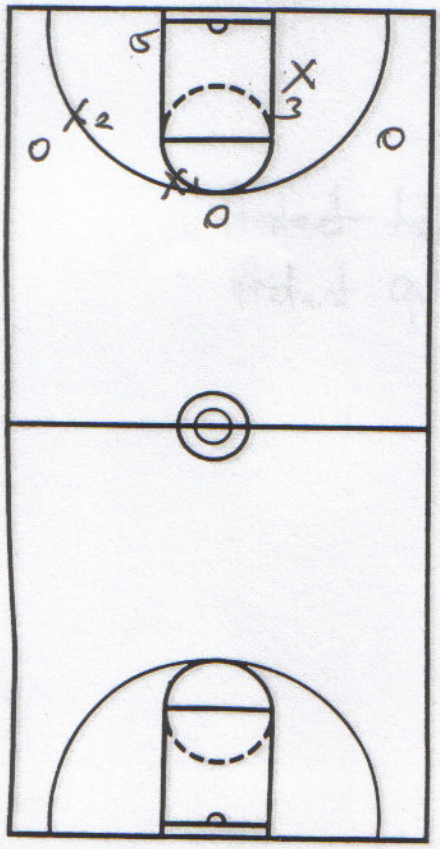
NOTES 4 up / placement — 2 up / 2 back



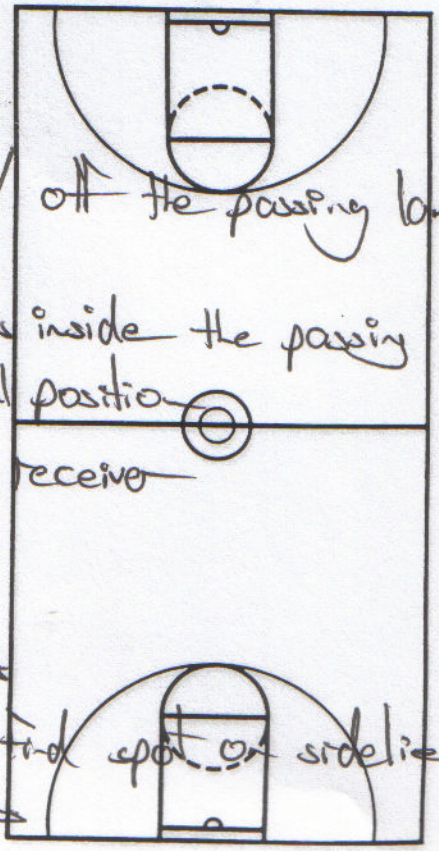




NOTES Numbering ⇒ 5 fullcourt 2 — 5 Zone — 1 Man
4 3/4 1 — 4 — 2 Run & Jump
3 1/2 — 3



NOTES Placement
5 - On the ball
2 - intercept positio / off the passing lane
ballside
3 - offside / always inside the passing
lane in denial positio
1 - next available receive
4 - last receive
Trapping
5 - take away split
2 - sprint head & find spot on sideline
3 & 1 ⇒ Read shoulder



WINNING HOOPS

January 2004 | Coaching Advice To Help You Build A Winning Program | Vol. 18, No. 3

1-2-1-1 Full-Court Defense Controls Tempo, Breeds Aggressive Play

By Bruce Pearl, Head Mens Coach,
University Of Wisconsin — Milwaukee, Milwaukee, Wis.

GAME-LONG, season-long, career-long, our team is going to run a press. That's the identity of our team. Everyone knows that we run a press, and our whole program believes in the system.

Some coaches believe that full-court pressure defense leaves a team too vulnerable once the offense breaks mid-court. We've found, as have several other championship teams, that you can extend the floor defensively with full-court pressure and still get back in time to protect the basket.

> *"You can extend the floor defensively with full-court pressure and still get back in time to protect the basket..."*

Few things in this game can be controlled by a coach, but tempo is one of them. Every coach can decide whether to go slow or fast depending on the matchup and what gives you the best chance to win. Our team has chosen to use full-court pressure defense to speed the game up. But we can also employ other pressing defenses to slow down the pace of the game.

WHY PRESS?

Full-court pressure provides numerous advantages. These include:

✔ **Exhausting Your Opponent.** No player likes to be pressed. Also, when pressing a more highly skilled opponent, an aggressive team can gain newfound confidence. The press can also be a momentum shifter. A steal and quick basket can help turn things in your team's favor.

✔ **Aggressive Play.** Pressing teams tend to play all facets of the game with the same aggressiveness and are better conditioned. Like tempo, hard, aggressive play is something that you can control as a coach.

✔ **Disruption Of Offense.** Pressing takes your opponent's offense out of sync. There will be indecision on whether to attack the press or pull the ball back out, and a press offense doesn't always flow easily into a half-court offense.

For example, when a team is playing fast, players will take shots that they don't practice. And because they aren't running their offense, your team begins to dictate the way the game is played. This also helps reduce the number of fouls called when your team is in its half-court defense.

The beauty of the press is that if your opponent attacks the pressure, it is agreeing to play at your tempo. If your opponent is patient and doesn't want to run, then you haven't given up anything. Either way, it's a win-win situation for your team.

✔ **Different Style.** When a known pressing team is on the schedule, a coach must spend valuable practice time working on getting the ball inbounds and up the floor. Time spent in practice to prepare for a different style detracts

Continued on page 6

Play of the Day

Find out how to get everyone on your roster more playing time and still win more games this season! Check it out on page 9!

—Michael Podoll, Managing Editor

from the offensive and defensive things that a coach would otherwise want to cover.

✔ **Come-Back Ability.** When a hard-playing team is down by a lot of points, there aren't a whole lot of things a coach can do differently to get back into the game. The full-court press, however, is one of those "go-to" schemes in your coaching toolbox. On several occasions our team has been down by 20 at half and come back to win.

✔ **Score In Bunches.** There's no such thing as an "easy score," but pressure defense creates opportunities to score, with the chance for another opportunity after every made basket.

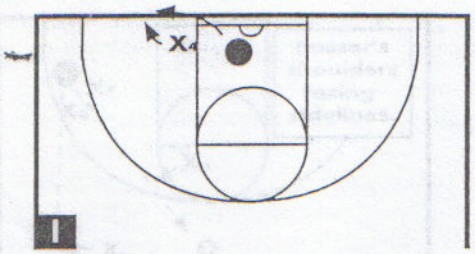
✔ **Creates Turnovers "In The Red Zone."** To use a football analogy, we like to pressure a team on its 10-yard line, when it has 90 yards still to march. If we can intercept the pass or pick up a loose ball, we might be in, or near, the paint for an easy score. That's why our staff believes in gambling *away* from our opponent's basket. If a team beats your press, your players still have the length of the court to come from behind, try to flick the ball away and, if they're able to slow your opponent down, reset into a half-court defense.

✔ **Builds Chemistry.** Pressing requires you to use your bench. Even if your team is not as athletic, you can effectively press if your squad is well-conditioned and if you're willing to use three or four players off your bench. Substitutions help develop younger players while avoiding foul trouble. Full-court pressure is a great way to exhaust opponents while building team chemistry at the same time.

BUILDING THE 1-2-1-1 DEFENSE

Our team runs many different defenses, but one of the main weapons is the 1-2-1-1 full-court press. Below are some of the key personnel decisions, responsibilities and placements for the 1-2-1-1 full-court press.

DIAGRAM 1: Post Player On the Ball (X4). X4 must be positioned to defend before the inbound passer takes the ball. This is critical, as the



best way to beat a press is to inbound the ball before the defense is ready. Instead of lining up directly in front of the inbounder, X4 lines up on the passing hand of the inbounds passer and first must be sure not to give up the full-court touchdown pass.

X4 reads the passer's eyes, yells to distract and never jumps. Once the ball is put into play, X4 "helps" the referee by loudly counting out the seconds in hopes of a five-second call. When the ball is in the air, X4 yells "ball" to alert teammates.

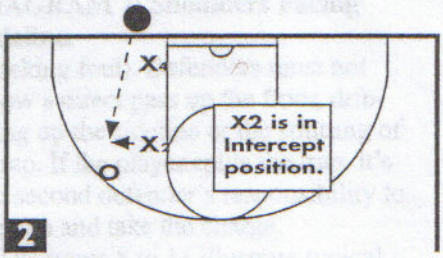


DIAGRAM 2: Shooting Guard (X2). X2 is usually your next quickest defender (after the point guard). Located in the interceptor position, this player stands one stride off the passing lane and defends the first receiver to the ball side. If the receiver vacates the area, X2 backs up to identify the next closest receiver and prepares for the interception.

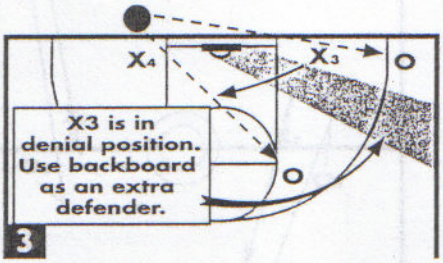


DIAGRAM 3: Small Forward (X3). The offside defender, X3 is positioned inside the lane in a denial position. X3's primary responsibility is the first receiver to the weak side. X3 plays the passing angle and uses the backboard as the extra defender.

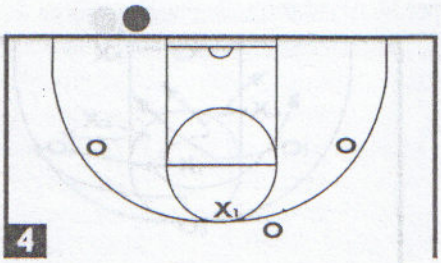


DIAGRAM 4: Point Guard (X1). X1's first responsibility is to protect from the long pass until the post (X5) can get back. Once X5 can cover, X1's responsibility is for the next available receiver.

If the receiver instead heads near the sideline at half-court, X1 floats back instead of being positioned in the middle as shown in Diagram 4. X1 should be given great freedom to read and react.

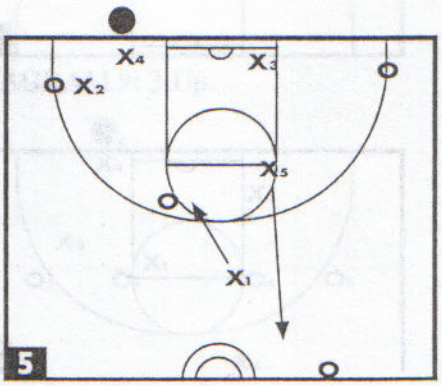


DIAGRAM 5: Post (X5). X5 is your most intimidating post player who is most effective at stopping 2-on-1 situations, blocking shots and taking charges. While most of the action is up front, this player is the one defender you can count on to protect the basket. X5 maintains responsibility for the deepest offensive player.

When the ball goes into the trap, X5 looks cross-court and anticipates the pass. As the ball comes down the floor and the press has been beaten, X5 moves toward the ball, but does not match up. Instead, X5 tries to slow things down as teammates pursue from the rear.

TRAPPING — SPRINT IN AND OUT

Despite your best efforts, spacing will not permit a trap every time. Don't attempt a trap if the players can't get into position in time to successfully trap.

Here are 7 rules on trapping that our defensive players follow:

1. Immediately trap the player receiving the ball on the inbound pass.
2. Trappers come together to form a "T" with their feet.
3. Come into the trap with hands up to take away the direct pass.
4. Talk in the trap — be loud and physical.
5. Don't reach in — let the officials see your hands.
6. If the ball handler puts the ball above his or her head, the trappers must step in and take away his or her space to maneuver.
7. If the ball handler is in a triple-threat position and tries to split the trap, the trappers must retreat a step and look to take a charge.

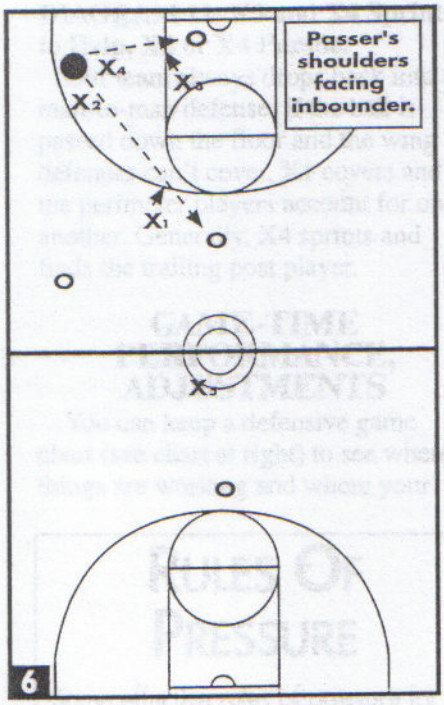


DIAGRAM 6: Shoulders Facing Inbounder.

As shown in Diagrams 6 and 7, reading the offensive player's shoulders in the trap will indicate the likely passing option, thus telling defenders how to position their trap. Interceptors should split the receivers.

The first thing the wing defender must do is take away the direct pass. Second, take away the sideline by placing his or her foot out of bounds (stepping on the line can result in a

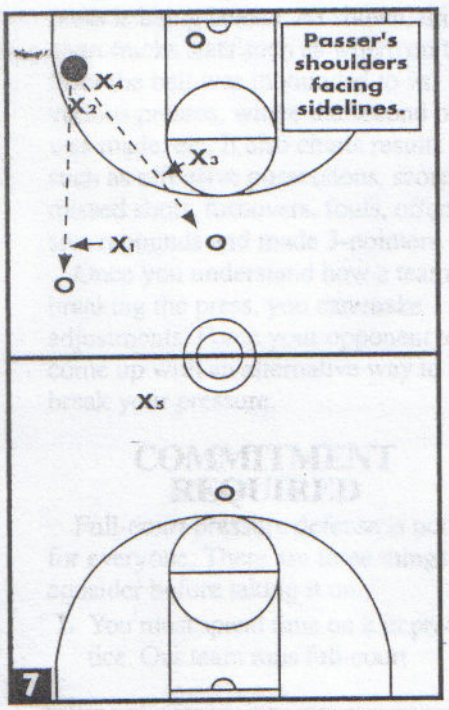


DIAGRAM 7: Shoulders Facing Sideline.

blocking foul). Defenders must not allow a direct pass up the floor, dribbling up the sideline or the splitting of a trap. If the player splits the trap, it's the second defender's responsibility to step up and take the charge.

Diagrams 8 to 11 illustrate typical responsibilities for countering offensive players' movements.

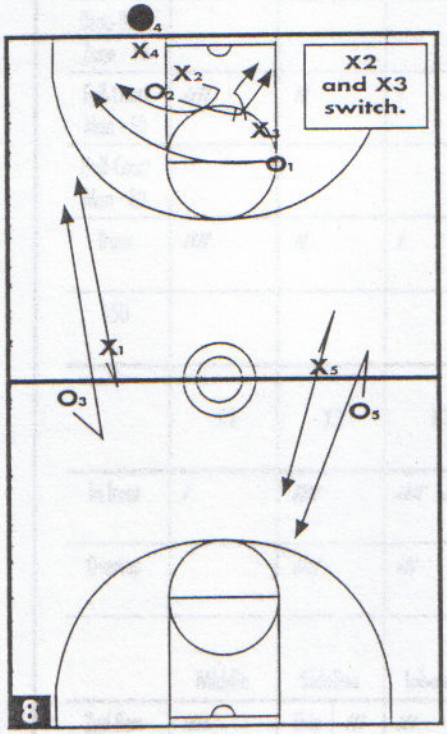


DIAGRAM 8: 2-Up.

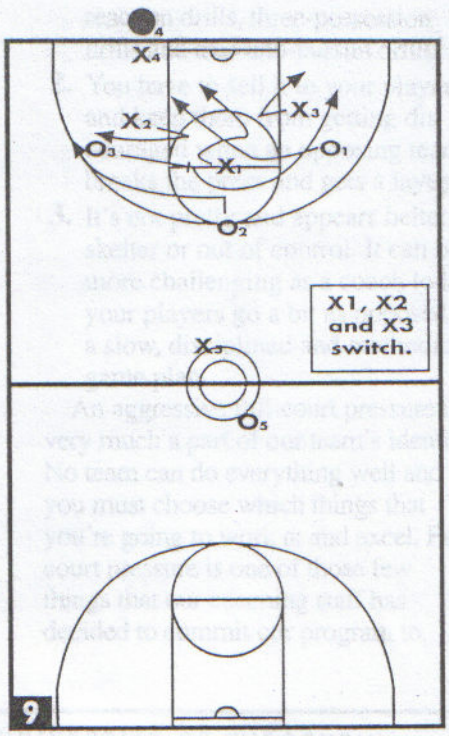


DIAGRAM 9: 3-Up.

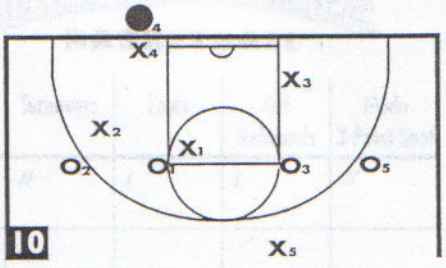


DIAGRAM 10: 4-Up.

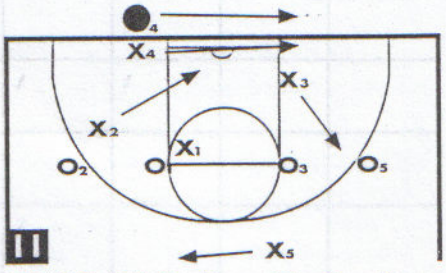


DIAGRAM 11: Runs The Baseline.

TRANSITION DEFENSE

In transition, players must pivot and sprint quickly out of the trap to head downfloor. The wing players should run straight lines, and pursuers should come from behind and try to flick the ball away from the dribbler and ahead to a teammate for a turnover. Again, X1's role is critical. X1 must first help X5 protect the basket, and must be ready to help if the retreating wing players can't recover to the wing.

Continued on page 8

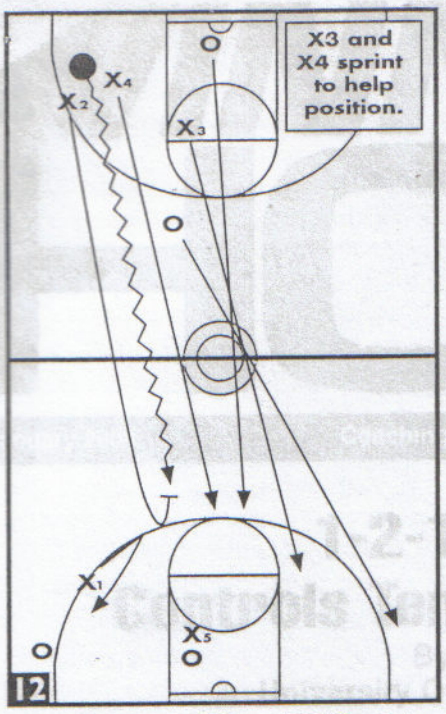


DIAGRAM 12: X3 and X4 Sprint to Help, X2 or X4 Pursue.

Our team always drops back into a man-to-man defense. If the ball is passed down the floor and the wing defender can't cover, X1 covers and the perimeter players account for one another. Generally, X4 sprints and finds the trailing post player.

GAME-TIME PERFORMANCE, ADJUSTMENTS

You can keep a defensive game chart (see chart at right) to see where things are working and where your press is being beaten. As shown, this chart tracks stats such as where on the floor the ball was inbounded to vs. various presses, where the second pass was made, etc. It also charts results such as offensive possessions, scores, missed shots, turnovers, fouls, offensive rebounds and made 3-pointers.

Once you understand how a team is breaking the press, you can make adjustments. Force your opponent to come up with an alternative way to break your pressure.

COMMITMENT REQUIRED

Full-court pressure defense is not for everyone. There are three things to consider before taking it on.

1. You must spend time on it in practice. Our team runs full-court reaction drills, three-possession drills and trap-and-pursuit drills.
2. You have to sell it to your players and keep them from getting discouraged when an opposing team breaks the press and gets a layup.
3. It's not pretty and appears helter-skelter or out of control. It can be more challenging as a coach to let your players go a bit as opposed to a slow, disciplined and methodical game plan.

An aggressive full-court pressure is very much a part of our team's identity. No team can do everything well and you must choose which things that you're going to work at and excel. Full-court pressure is one of those few things that our coaching staff has decided to commit our program to.

RULES OF PRESSURE

Some effective rules of pressure for our team include:

- **X1 Hangs Back; All Others Go To The Boards.**
- **Don't Foul.**
- **Control The Dribbler.**
- **Use Active Trapping.**
- **Come Together On Switches.**
- **One And Done.** Once your opponent is clearly breaking the press, get back on defense.

Date *Jan. 9th*
Half *First*
Opponent *State*

UNIVERSITY OF WISCONSIN MILWAUKEE BASKETBALL

Defense	Offensive Possessions	Offensive Scores	Missed Shots	Turnovers	Fouls	Off Rebounds	Made 3 Point Shot
Full-Court Zone - 55	𝍸 𝍸 //	///	𝍸 /	//	/	/	//
3/4-Court Zone - 45	///	/	/	/			
Drop-Back Zone - 15							
Full-Court Man - 50	𝍸	//	/	/	/		
Half-Court Man - 30							
Trans	////	//	/	/			
55U							

	X1	X2	X3	X4	X5	4-Man Deflections
In front	/	𝍸	𝍸 /		/	
Overtop		////	///			

	Middle	Sideline	Inbound	Dribble
2nd Pass	////	Skip // ///	///	///

DATE _____

HALF _____

OPPONENT _____

DEFENSIVE GAME CHART

DEFENSE	OFFENSIVE POSSESSIONS	OFFENSIVE SCORES	MISSED SHOTS	TURNOVERS	FOULS	OFF REBOUNDS	MADE 3 POINT SHOT
55							
45							
15							
50							
30							
TRANS							
55U							
	1	2	3	4	5	4-MAN DEFLECTIONS	
infront							
overtop							
	MIDDLE	SIDELINE	SKIP	INBOUND	DRIBBLE		
2nd pass							

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Corporate Headquarters
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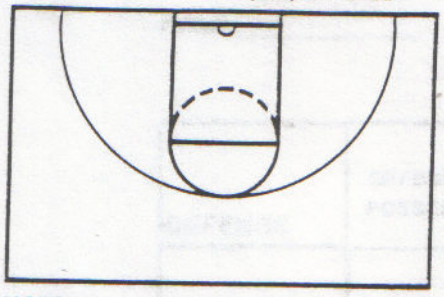
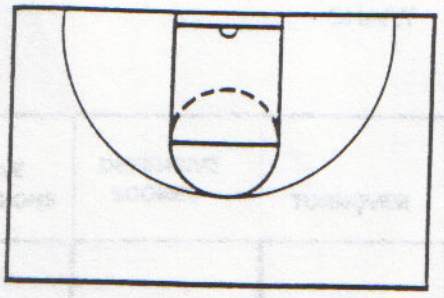
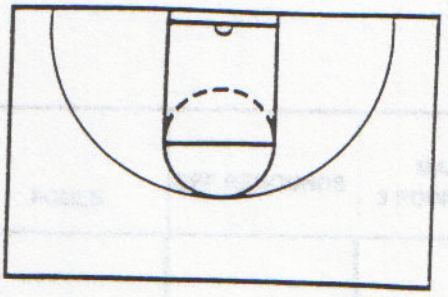
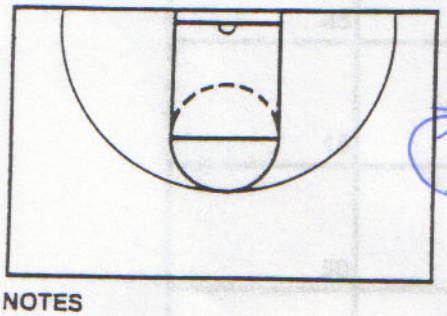
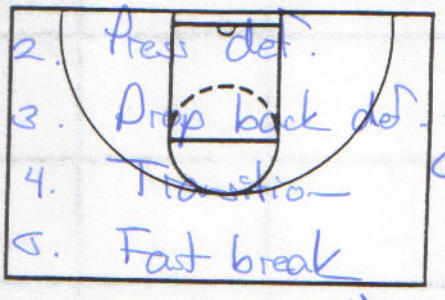
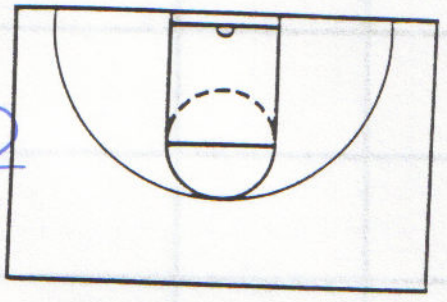




NOTES

55 Reaction → 3 possessions

1. Half court off.
2. Press def.
3. Drop back def.
4. Transition
5. Fast break
6. Interim off.
7. Half court off.

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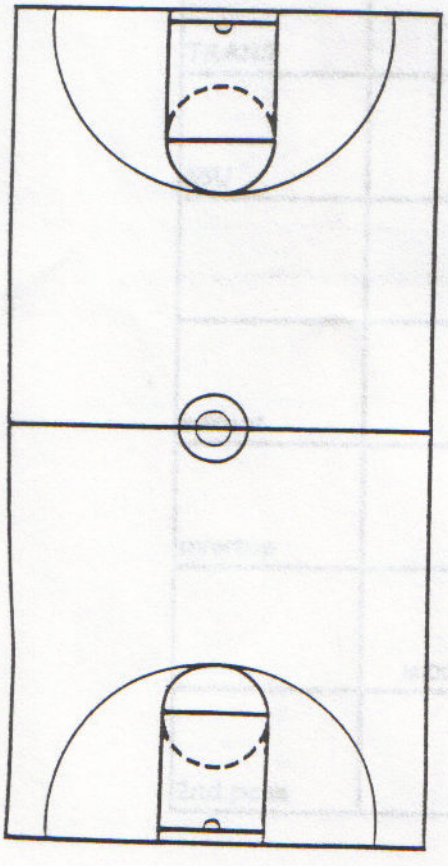
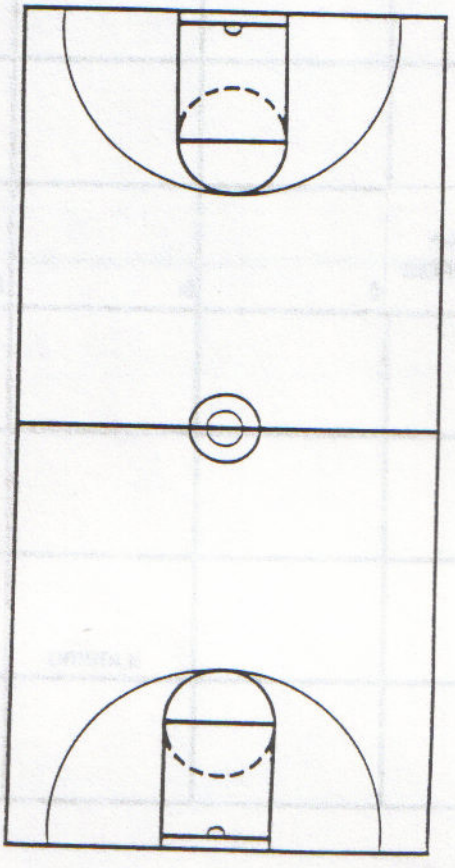


NOTES

Def. chart → Chart press



DATE_____

HALF_____

DEFENSE
GAME
CHART

OPPONENT_____

DEFENSE	OFFENSIVE POSSESSIONS	DEFENSIVE SCORES	TURNOVER	FOULS	OFF REBOUNDS	MADE 3 POINT SHOT
55						
45						
15						
50						
30						
TRANS						
55U						
	1	2	3	4	5	4-MAN DEFLECTIONS
infront						
overtop						
	MIDDLE	SIDELINE	INBOUND	DRIBBLE		
2nd pass						

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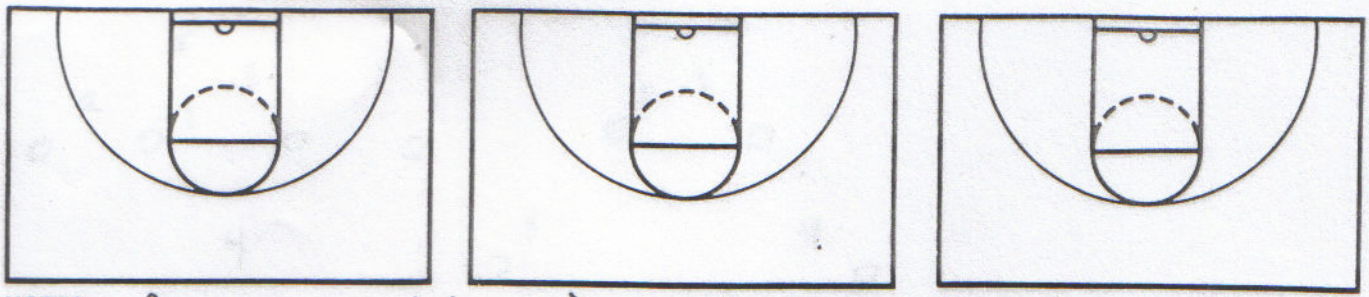
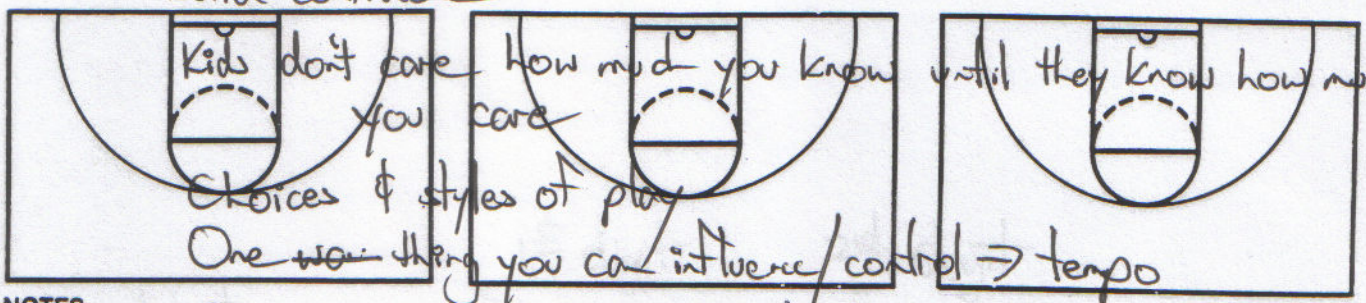
CLINIC Bruce Pearl / TN
DATE



NOTES

Raise the expectations of your players → each year
Focus on the positives → get your kids to know strengths
Build confidence



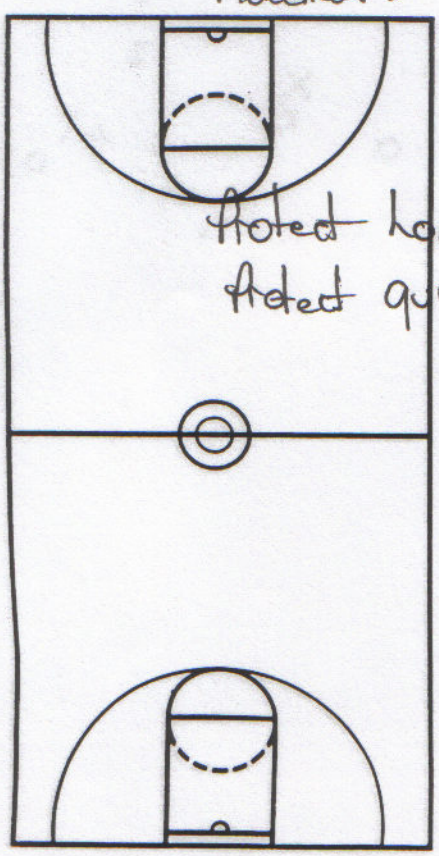
Kids don't care how much you know until they know how much you care
Choices & styles of play
One ~~way~~ thing you can influence/control → tempo

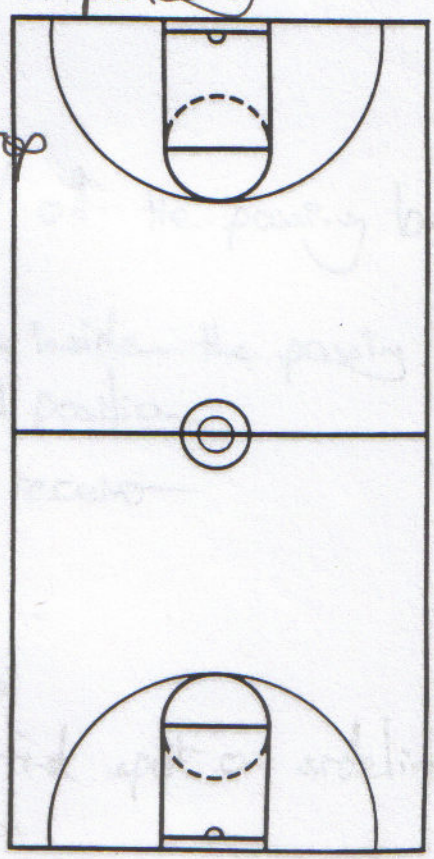
NOTES

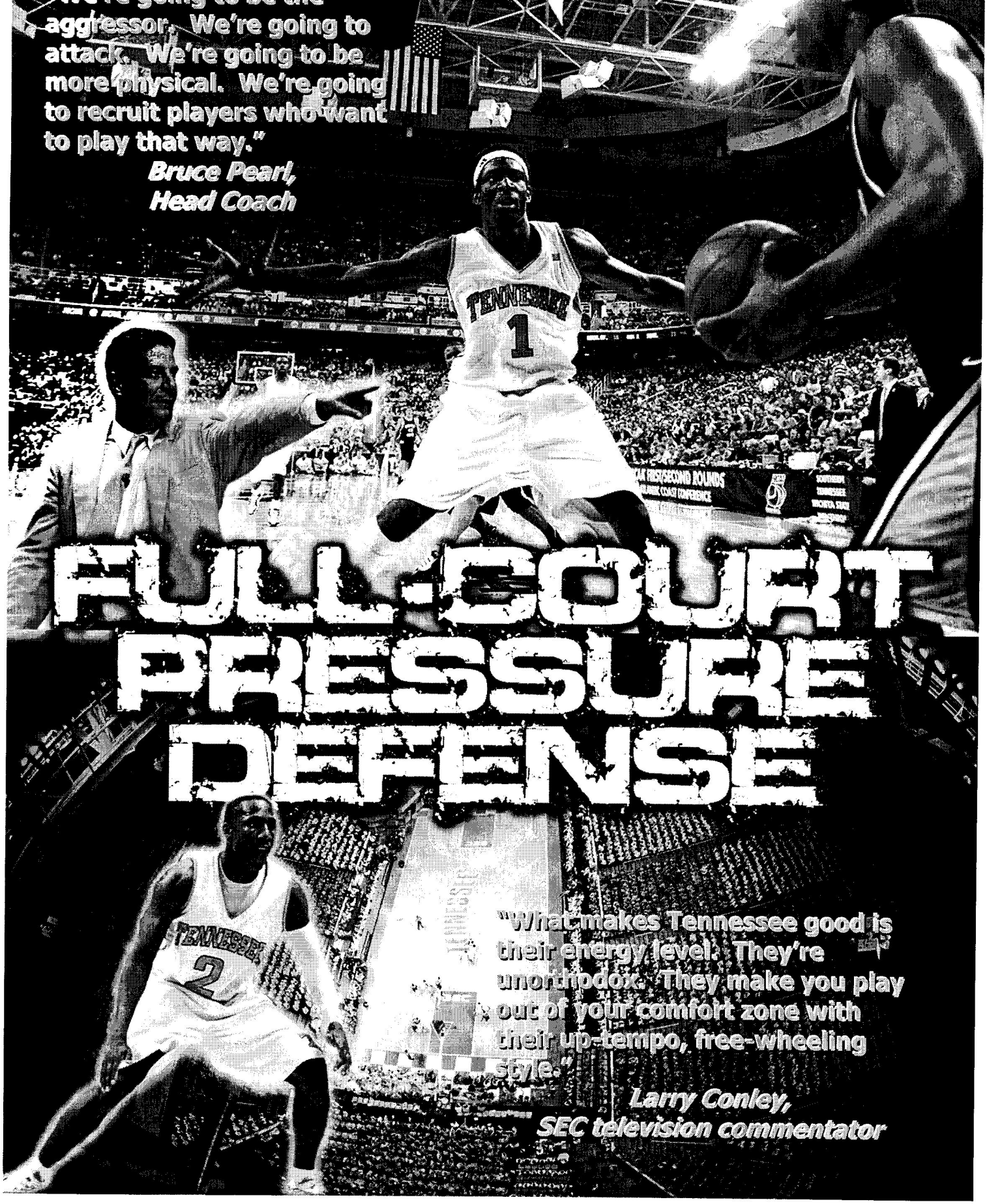
Close to your defensive goal / more conservative you get

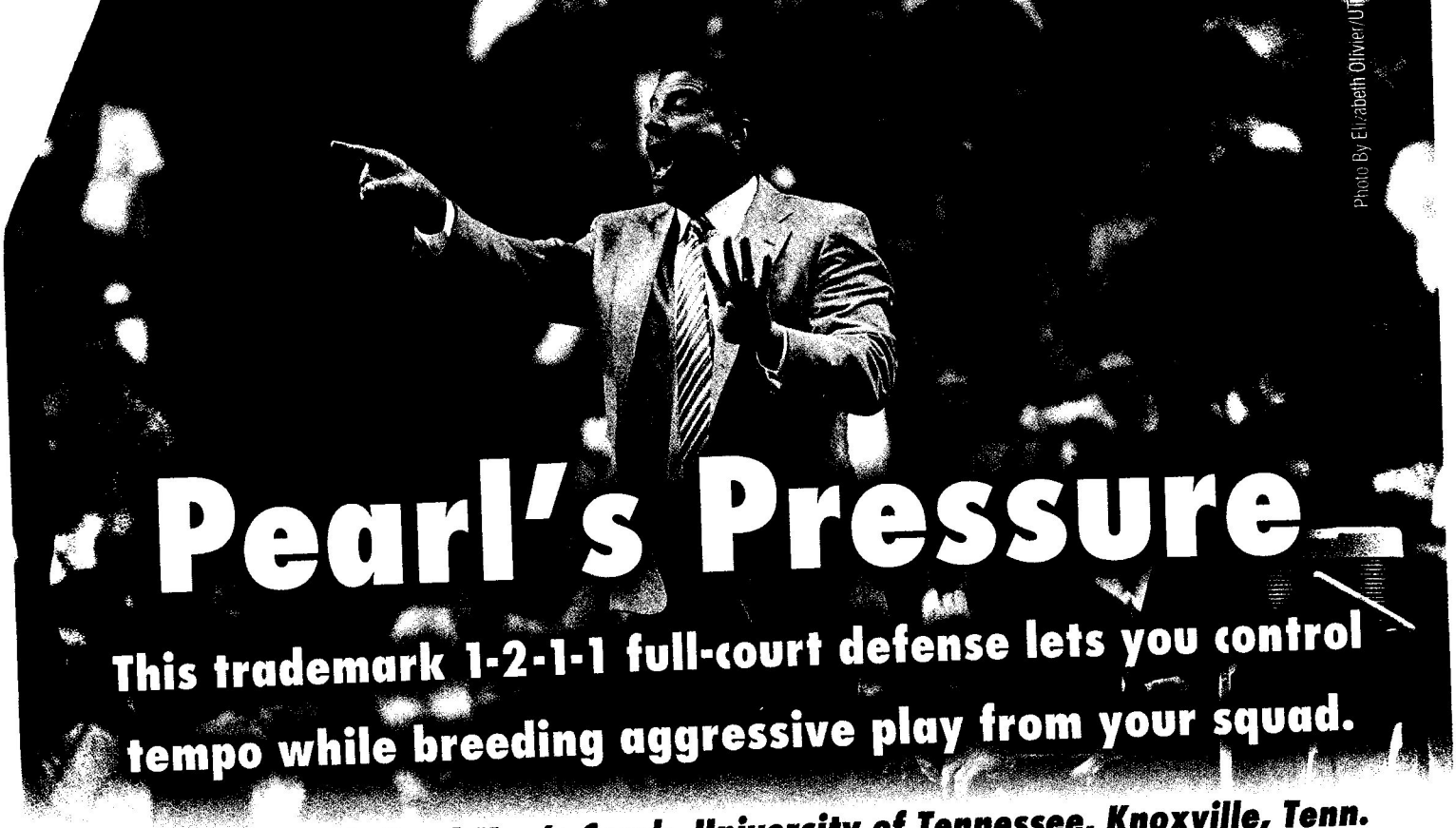
Placement → who ever is the best at protecting the goal → back

Other one at the top protect lanes (1st)
protect quick throw-in (second)






aggressor. We're going to attack. We're going to be more physical. We're going to recruit players who want to play that way."
Bruce Pearl, Head Coach
FULL-COURT PRESSURE DEFENSE
"What makes Tennessee good is their energy level. They're unorthodox. They make you play out of your comfort zone with their up-tempo, free-wheeling style."
Larry Conley, SEC television commentator



Pearl's Pressure

This trademark 1-2-1-1 full-court defense lets you control tempo while breeding aggressive play from your squad.

By Bruce Pearl, Head Men's Coach, University of Tennessee, Knoxville, Tenn.

Game-long, season-long, career-long, our team is going to run a press. That's the identity of our team. Everyone knows that we run a press, and our whole program believes in the system.

Some coaches believe that full-court pressure defense leaves a team too vulnerable once the offense breaks mid-court. We've found, as have several other championship teams, that you can extend the floor defensively with full-court pressure and still get back in time to protect the basket.

Few things in this game can be controlled by a coach, but tempo is one of them. Every coach can decide whether to go slow or fast depending on the matchup and what gives you the best chance to win. Our team has chosen to use full-court pressure defense to speed the game up. But we can also employ other pressing defenses to slow down the pace of the game.

Why Press?

Full-court pressure provides numerous advantages.

These include:

✔ **Exhausting Your Opponent.** No player likes to be pressed. Also, when pressing a more highly skilled opponent, an aggressive team can gain newfound confidence. The press can also be a momentum shifter. A steal and quick basket can help turn things in your team's favor.

✔ **Aggressive Play.** Pressing teams tend to play all facets of the game with the same aggressiveness and are better conditioned. Like tempo, hard, aggressive play is something that you can control as a coach.

✔ **Disruption of Offense.** Pressing takes your opponent's offense out of sync. There will be indecision on whether to attack the press or pull the ball back out, and a press offense doesn't always flow easily into a half-court offense.

For example, when a team is playing fast, players will take shots that they don't practice. And because they aren't running their offense, your team begins to dictate the way the game is played. This also helps reduce the number of fouls called when your team is in its half-court defense.

The beauty of the press is that if your opponent attacks the pressure, it is agreeing to play at your tempo. If your opponent is patient and doesn't want to run, then you haven't given up anything. Either way, it's a win-win situation for your team.

✔ **Different Style.** When a known pressing team is on the schedule, a coach must spend valuable practice time working on getting the ball inbounds and up the floor. Time spent in practice to prepare for a different style detracts from the offensive and defensive things that a coach would otherwise want to cover.

✔ **Come-Back Ability.** When a hard-playing team is down by a lot of points, there aren't a whole lot of things a coach can do differently to

get back into the game. The full-court press, however, is one of those "go-to" schemes in your coaching toolbox. On several occasions our team has been down by 20 at half and come back to win.

✔ **Score In Bunches.** There's no such thing as an "easy score," but pressure defense creates opportunities to score, with the chance for another opportunity after every made basket.

✔ **Creates Turnovers "in the Red Zone."** To use a football analogy, we like to pressure a team on its 10-yard line, when it has 90 yards still to march. If we can intercept the pass or pick up a loose ball, we might be in, or near, the paint for an easy score. That's why our staff believes in gambling away from our opponent's basket. If a team beats your press, your players still have the length of the court to come from behind, try to flick the ball away and, if they're able to slow your opponent down, reset into a half-court defense.

✔ **Builds Chemistry.** Pressing requires you to use your bench. Even if your team is not as athletic, you can effectively press if your squad is well-conditioned and if you're willing to use three or four players off your bench. Substitutions help develop younger players while avoiding foul trouble. Full-court pressure is a great way to exhaust opponents while building team chemistry at the same time.

Building the 1-2-1-1 Press

Our team runs many different defenses, but one of the main weapons is the 1-2-1-1 full-court press. Diagrams 1-5 are some of the key personnel decisions, responsibilities and placements for the 1-2-1-1 full-court press.

Post Player On the Ball (X4) — (Diagram 1). X4 must be positioned to defend before the inbound passer takes the ball. This is critical, as the best way to beat a press is to inbound the ball before the defense is ready. Instead of lining up directly in front of the inbounder, X4 lines up on the passing hand of the inbounds passer and first must be sure not to give up the full-court touchdown pass.

X4 reads the passer's eyes, yells to distract and never jumps. Once the ball is put into play, X4 "helps" the referee by loudly counting out the seconds in hopes of a 5-second call. When the ball is in the air, X4 yells "ball" to alert teammates.

Shooting Guard (X2) — (Diagram 2). X2 is usually your next quickest defender (after the point guard). Located in the interceptor position, this player stands one stride off the passing lane and defends the first receiver to the ball side. If the receiver vacates the area, X2 backs up to identify the next closest receiver and prepares for the interception.

Small Forward (X3) — (Diagram 3). The offside defender, X3 is positioned inside the lane in a denial position. X3's primary responsibility is the first receiver to the weak side. X3 plays the passing angle and uses the backboard as the extra defender.

Point Guard (X1) — (Diagram 4). X1's first responsibility is to protect from the long pass until the post (X5) can get back. Once X5 can cover, X1's responsibility is for the next available receiver.

If the receiver instead heads near the sideline at half-court, X1 floats back instead of being positioned in the middle as shown in Diagram 4. X1 should be given great freedom to read and react.

Post (X5) — (Diagram 5). X5 is your most intimidating post player who is most effective at stopping 2-on-1 situations, blocking shots and taking charges. While most of the action is up front, this player is the one defender you can count on to protect the basket. X5 maintains responsibility for the deepest offensive player.

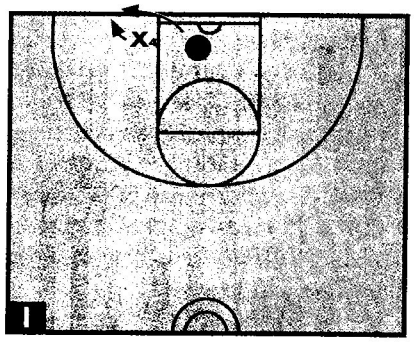


DIAGRAM 1: Post Player (X4) On the Ball

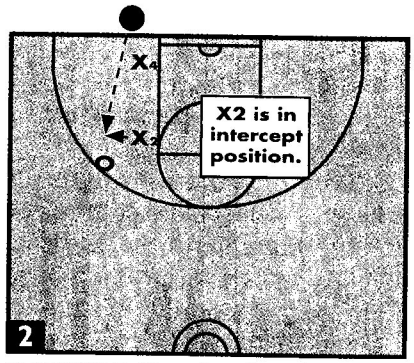


DIAGRAM 2: Shooting Guard (X2)

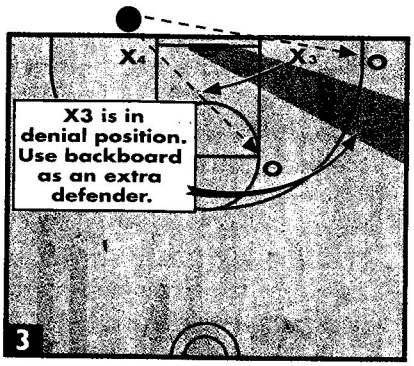


DIAGRAM 3: Small Forward (X3)

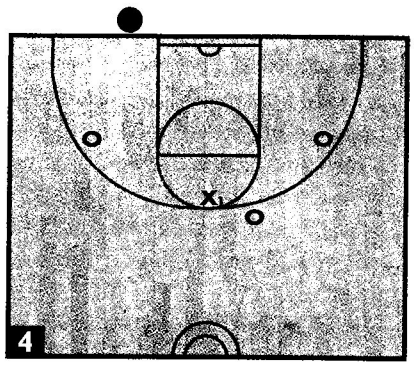


DIAGRAM 4: Point Guard (X1)

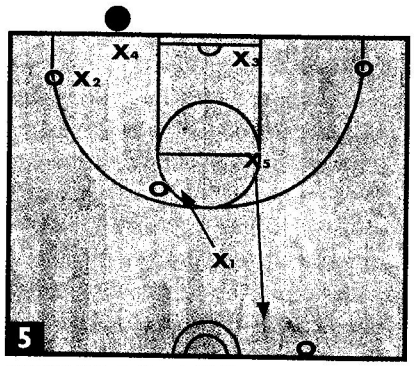


DIAGRAM 5: Post (X5)

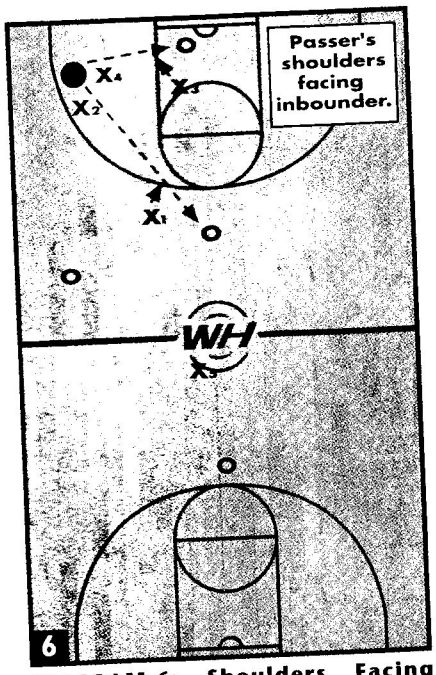


DIAGRAM 6: Shoulders Facing Inbounder

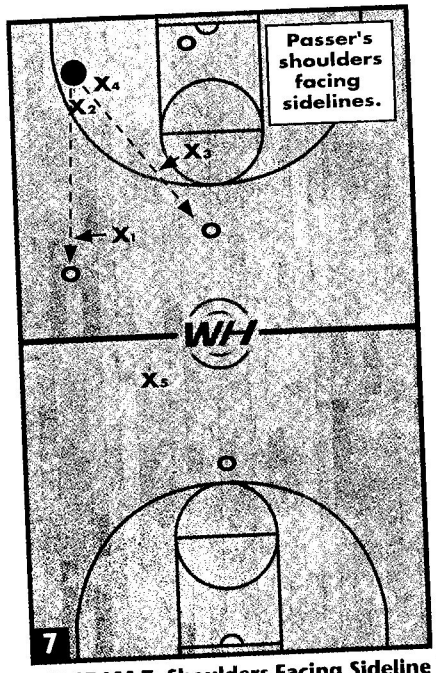


DIAGRAM 7: Shoulders Facing Sideline

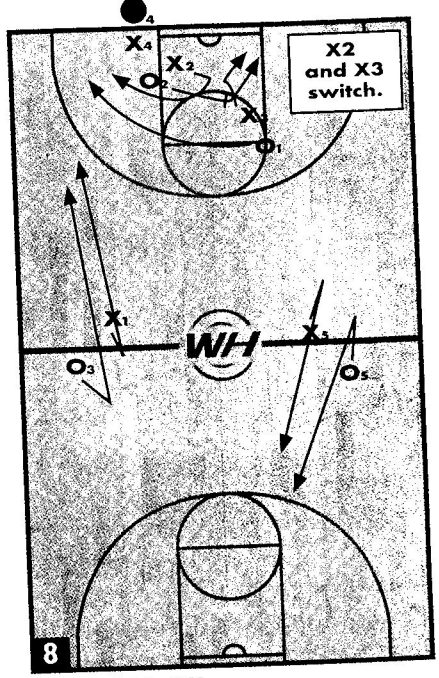


DIAGRAM 8: 2-Up

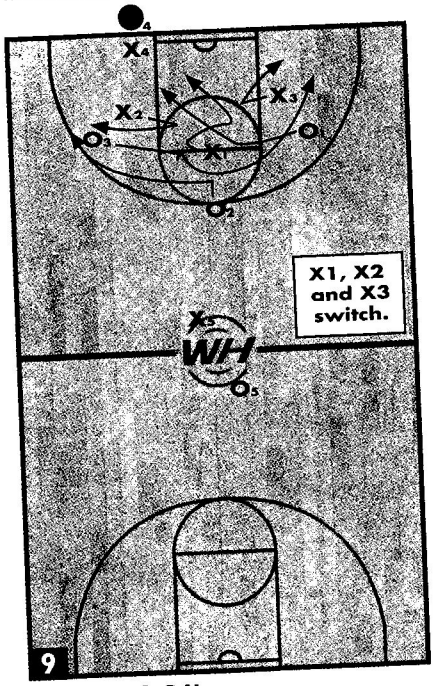


DIAGRAM 9: 3-Up

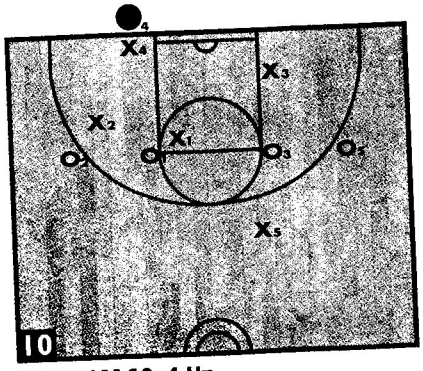


DIAGRAM 10: 4-Up

When the ball goes into the trap, X5 looks cross-court and anticipates the pass. As the ball comes down the floor and the press has been beaten, X5 moves toward the ball, but does not match up. Instead, X5 tries to slow things down as teammates pursue from the rear.

Trapping: Sprint In & Out

Despite your best efforts, spacing will not permit a trap every time. Don't attempt a trap if the players can't get into position in time to successfully trap.

Here are 7 rules on trapping that our defensive players follow:

1. Immediately trap the player receiving the ball on the inbound pass.
2. Trappers come together to form a "T" with their feet.
3. Come into the trap with hands up to take away the direct pass.
4. Talk in the trap — be loud and physical.
5. Don't reach in — let the officials see your hands.
6. If the ball handler puts the ball above his or her head, the trappers must step in and take away his or her space to maneuver.

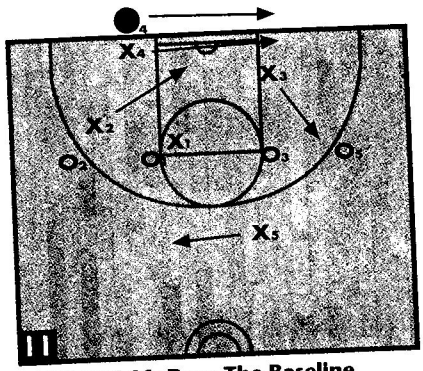


DIAGRAM 11: Runs The Baseline

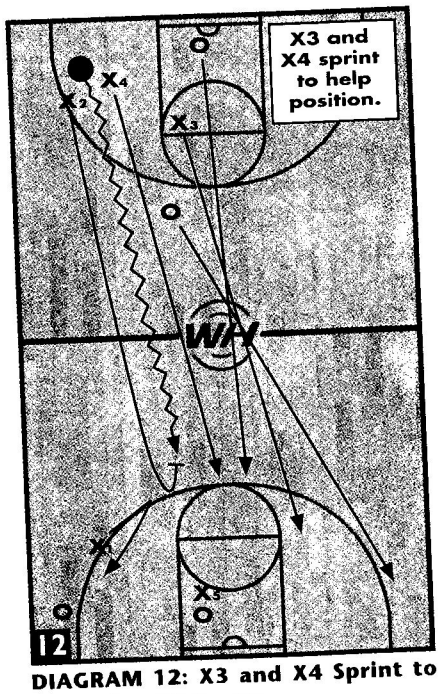


DIAGRAM 12: X3 and X4 Sprint to Help, X2 or X4 Pursue



"You can extend the floor defensively with full-court pressure and still get back in time to protect the basket..."

7. If the ball handler is in a triple-threat position and tries to split the trap, the trappers must retreat a step and look to take a charge.

As shown in Diagrams 6 and 7, reading the offensive player's shoulders in the trap will indicate the likely passing option, thus telling defenders how to position their trap. Interceptors should split the receivers.

The first thing the wing defender must do is take away the direct pass. Second, take away the sideline by placing his or her foot out of bounds (stepping on the line can result in a blocking foul). Defenders must not allow a direct pass up the floor, dribbling up the sideline or the splitting of a trap. If the player splits the trap, it's the second defender's responsibility to step up and take the charge.

Diagrams 8 to 11 illustrate typical responsibilities for countering various offensive players' movements.

Transition Defense

In transition, players must pivot and sprint quickly out of the trap to head downfloor. The wing players should run straight lines, and pursuers should come from behind and try to flick the ball away from the dribbler and ahead to a teammate for a turnover. Again, X1's role is critical. X1 must first help X5 protect the basket, and must be ready to help if the retreating wing players can't recover to the wing.

Transition: X3 and X4 Sprint to Help, X2 or X4 Pursue — (Diagram 12). Our team always drops back into a man-to-man defense. If the ball is passed down the floor and the wing defender can't cover, X1 covers and

Rules of Pressure

Some effective rules of pressure for our team include:

- **X1 Hangs Back; All Others Go to the Boards.**
- **Don't Foul.**
- **Control the Dribbler.**
- **Use Active Trapping.**
- **Come Together on Switches.**
- **One & Done.** Once your opponent is clearly breaking the press, get back on defense.

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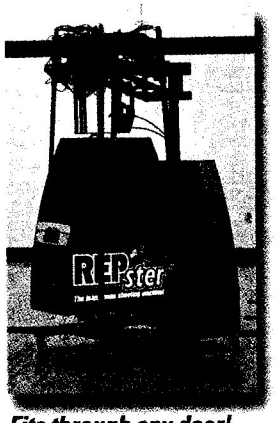

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the perimeter players account for one another. Generally, X4 sprints and finds the trailing post player.

Game-Time Performance, Adjustments

You can keep a defensive game chart (see chart at right) to see where things are working and where your press is being beaten. As shown, this chart tracks stats such as where on the floor the ball was inbounded to vs. various presses, where the second pass was made, etc. It also charts results such as offensive possessions, scores, missed shots, turnovers, fouls, offensive rebounds and made 3-pointers.

Once you understand how a team is breaking the press, you can make adjustments. Force your opponent to come up with an alternative way to break your pressure.

Commitment Required

Full-court pressure isn't for everyone. Here are 3 things to consider:

1. You must spend time on it in practice. Our team runs full-court reaction drills, three-possession drills and trap-and-pursuit drills.
2. You have to sell it to your players and keep them from getting discouraged when an opposing team breaks the press and gets a layup.
3. It's not pretty and appears helter-skelter or out of control. It can be more challenging as a coach to let your players go a bit as opposed to a slow, disciplined and methodical game plan.

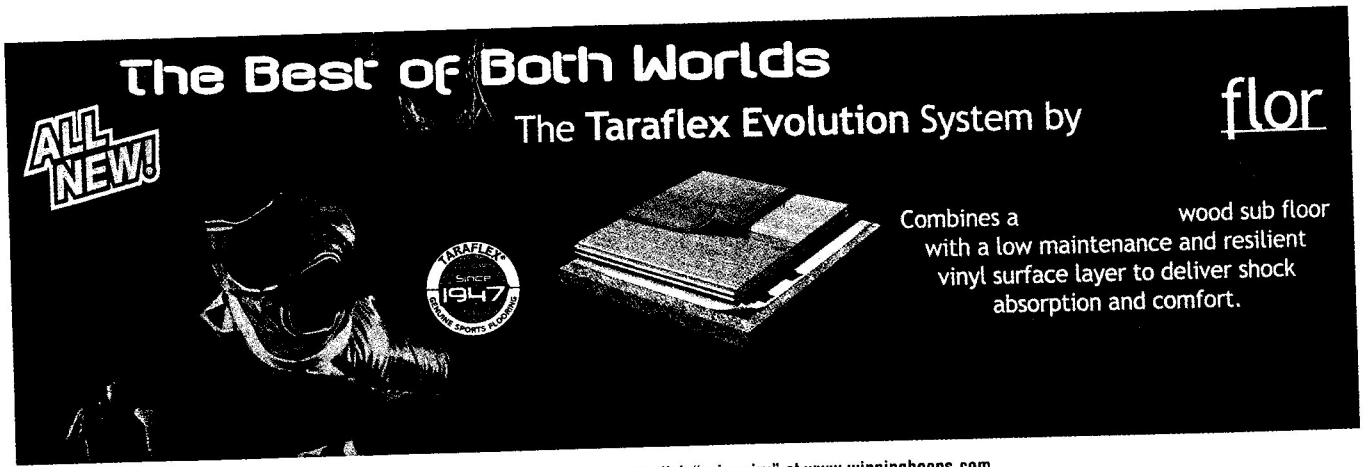
Date: Jan. 9th
Half: First
Opponent: 'CATS

THE UNIVERSITY of TENNESSEE | UT

Defense	Offensive Possessions	Offensive Scores	Missed Shots	Turnovers	Fouls	Off Rebounds	Made 3 Point Shot
Full-Court Zone - 55	𝍸 𝍸 //	///	𝍸 /	//	/	/	//
3/4-Court Zone - 45	///	/	/	/			
Drop-Back Zone - 15							
Full-Court Man - 50 T	𝍸	//	/	/	/		
Half-Court Man - 30							
Trans	////	//	/	/			
55U							
	X1	X2	X3	X4	X5	4-Man Deflections	
In front	/	𝍸	𝍸 /		/		
Overtop		////	///				
	Middle	Sideline	Inbound	Dribble			
2nd Pass	////	Skip // ///	///	///			

Keeping a defensive game chart shows the end result of various presses so you can readily make game-time adjustments to truly stop your opponent.

An aggressive full-court pressure is very much a part of our team's identity. No team can do everything well and you must choose which things that you're going to work at and excel with. Full-court pressure is one of those few things that our coaching staff has committed our program to.



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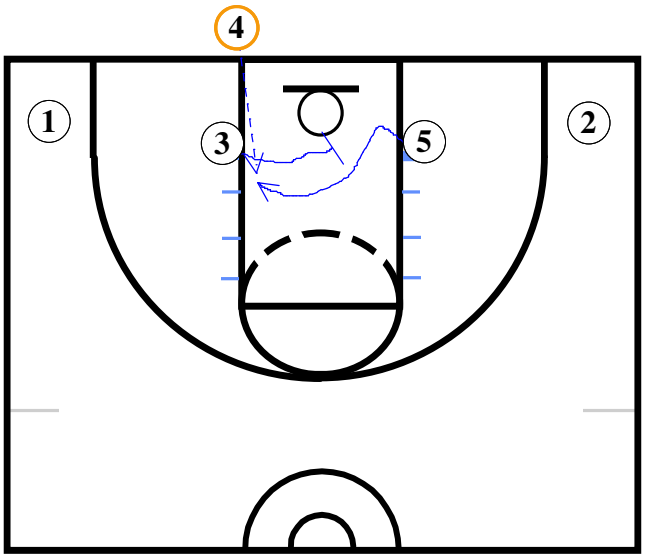
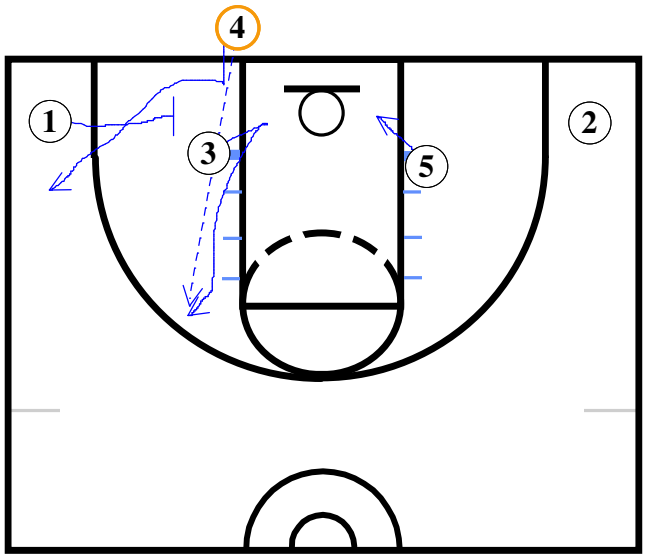
Bruce Pearl Man to Man OB Series

06-21-2007



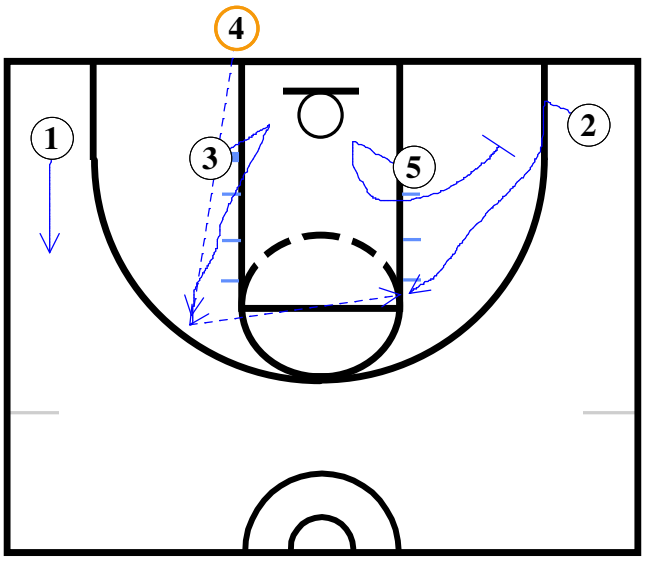
Frame A

3 screens for 5 come over the top and catch a lob pass from 4 for a little five foot jump shot or tip in.



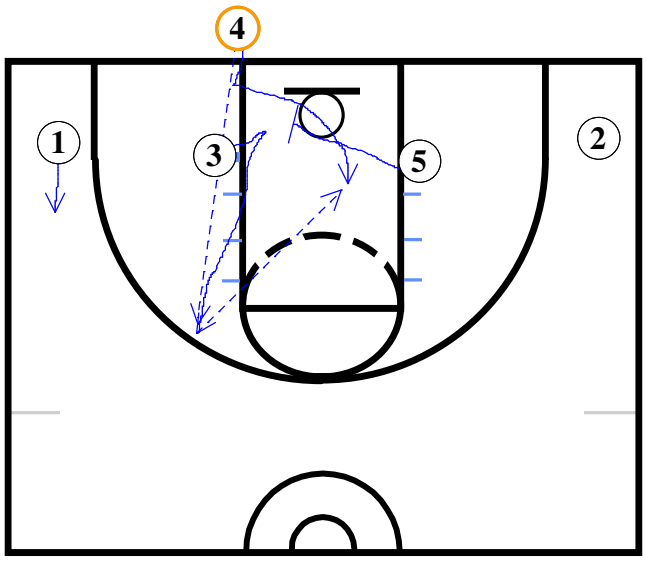
Frame B

3 makes a hard V-Cut and then get a lob pass from 4 up high. 1 down screens for 4 to come out and get a pass from 3 for a jump shot.



Frame C

3 makes a hard V-Cut and gets a pass from 4. When 3 catches the ball 5 screens for 2 to get open on the elbow.



Frame D

3 V-Cuts and gets open up top. He receives a pass from 4, when the ball is in the air to 3, 5 screens for 4 to get a pass from 3.

General Comments

This is a simple Man to Man Out Bounds Play Series from Bruce Pearl Head Men's Basketball Coach at Tennessee.

Bruce Weber's – University of Illinois
20 Competitive Drills for Championship Defense DVD

This DVD is available for loan for Basketball BC members. Contact Chris Withers at cwithers@basketball.bc.ca or at 604-718-7851.

Here are a few competitive drills from University of Illinois Head Coach, Bruce Weber and his DVD "20 Competitive Drills".

A. "2 in 1" - 4 on 4 Shell

1. To win a team must get a stop, score and a stop in 3 consecutive possessions.
2. If defence gets a stop (stop)
    a. they go to offence and score,
    b. they go to defence and must get a stop to win.
3. If offence scores, they go to defence and then must get a stop, score and stop.
4. Therefore there is a change of possession after each play.

B. 24 Second Drill

1. This is a 5 on 5 ½ court drill.
2. Black vs White as an example.
3. There is 24 seconds on the clock.
4. Black begins on defence and white on offence.
5. The white team has 24 seconds and black must stop white throughout the entire 24 seconds.
6. If white takes a shot and the black gains possession at 12 seconds then white still has possession but there is now 12 seconds on the clock. If white takes another shot and black gains possession at 5 seconds then the shot clock is at 5 and white has possession again. This continues until black stops white for an entire 24 seconds of the shot clock.
7. If white scores they go to defence.
8. If white gets an offensive rebound the clock goes back to the 24 but black is still on defence.
9. Great drill to end practice because it is very competitive and difficult. Very tough drill.

C. Cut Throat

1. Make 3 teams.
    a. Can go 3 on 3 or 4 on 4.
2. On any foul you lose the possession on defence.

Defensively:

1. Defence must get 3 stops in a row.
2. If offence scores they go to defence, defence is out and team out is in on offence.
3. Ball must always come back to the coach. Coach can give it to the offence at any time.

4. Offence should be moving when the coach has the ball.
5. Can only win on defence.

Offensively:

1. The winner is the first team to score 3-5 times.
2. If offence scores they stay on offence, defence is out and team out comes in on defence.
3. Ball must always come back to the coach. Coach can give it to the offence at any time.
4. Offence should be moving when the coach has the ball.
5. Can only win on offence.

D. Perfection Cut Throat:

This is the same game as Cut Throat but the coach determines a fundamental defensive play that must be executed throughout the possession to get a stop. Example – "jump to the ball", so during the possession each defender must jump to the ball on each pass. If the defence does not jump to the ball then the possession is stopped and the defence is out.

E. Full Court Cut Throat:

1. Defence must get 3 stops in a row.
2. If defence gets a stop, they must sprint back and defend the basket at the other end. The team that is out takes the ball out of the basket and attacks, and the team that was on offence must sprint outside the court to the other end of the floor and be ready to play.
3. If offence scores they run back on defence, the team out picks up the ball and attacks, team that was on defence must run outside the court to the other end and be ready to come in.

F. Gut Check

1. Make 3 teams of 3-4 players. Two teams play while the third team is shooting on a side basket.
2. Put 12 minutes on the clock.
3. Team gets a point for every stop.
4. Foul is automatic loss of play.
5. First two teams play for 4 minutes. Then the third team comes in after 4 minutes for one of the teams.
6. When offence scores, the defence must sprint down and touch the opposite foul line and come back. The ball will be passed to the coach and the coach will give to the team that just touched the foul line. There is only 20 seconds for each possession so the team must sprint down and back to get more time.
7. If the defence gets a stop the offence must go down and touch the opposite foul line and come back. The coach will pass the ball to the offence as they come back down the floor and they will be on offence again.
8. This drill is a great conditioner.

G. Shell Drill – No Man's Land

1. The defence cannot let the offence get two-foot in the lane in a position to make a play. It does not count if the offence is below the basket.
2. If the offence gets in the lane the defence loses.
3. If the offence scores the defence loses.
4. The goal is to get 3 stops in a row.
5. Each possession is only 20 seconds long.
6. This is a great drill to help stop dribble penetration and to encourage dribble penetration.

Bruiser Flint - Hard-nosed, Closeout Defense

Things to do

(1) Contain
(2) Keep your guy in the front of you.
(3) We don't deny the wings or push to a side
(4) Contest every shots.
(5) Switch Guard to Guard and Big to Big

Three Key Points

(1) Contain
(2) Contest
(3) Communicate

(We don't try to steal the ball)
(We have the other team turn the ball over)

Tons of Ball pressure / Deflections

Ball pressure Drill

(1) Active hands / Active feet
(2) shadow ball - middle with ball
(3) starts ball up / - Pressure / butt down
(4)

Zig Zag Drill

(1) Ball starts above head.
(2) Try to keep him in front.
(3) Ball pressure to break him down

(If you do get beat, pick a spot ahead of him to contain him)

Lunges

(1) Lift out and reach out on Slide
(2) Active feet / Active hands.
(3) One Lunge / contest shot
(4) Two dribble / Two Lunges / contest shot
5 Three Lunges - gets you in the middle of the lane.

Bruiser Flint - Hard-nosed, Closeout Def.

Zon 2



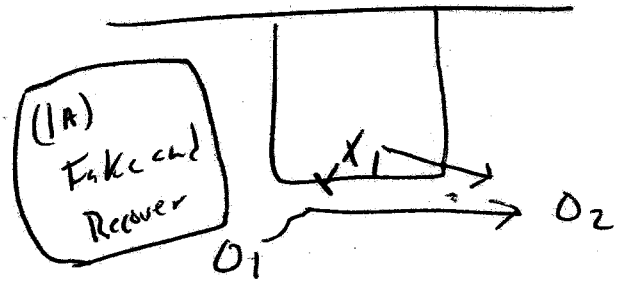
X_1 ⟶ Fake and Recover
O_2 (Don't give up the long pass)

(X_1 - Never turns because he can't contain or contest)

Closeouts

(1) Shuffle
(2) Running
(3) Close Down
(4) To Keep opponents in front.

Super Closeout Drill

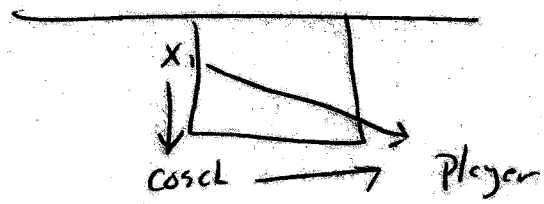


(1) Close out with hand/foot near the ball.
(2) on pass - Pivot and Shuffle out to contest the shot

(Do Super closeout Drill both ways)

Bruiser Flint- Hard-nose closeout Def

Run outs



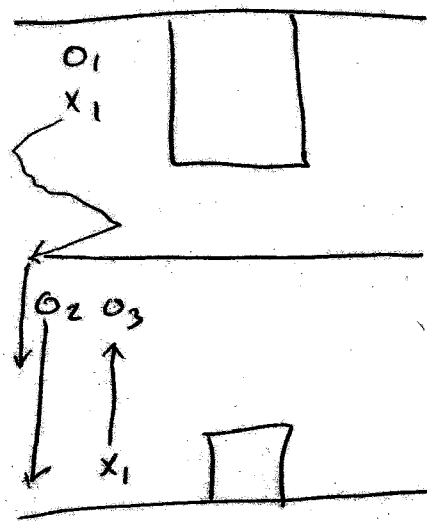
(1) Run and shuffle out to contest the shot.

(2) Run till outside the lane then shuffle

(3) If your hand gets behind his head, then you give him an avenue to drive to the basket!!

(4) Put hand in his face.

Breakdown Drill



① X_1 & O_1 slide till 1/2 ct.

② X_1 chases down O_2 to flick the ball.

③ X_1 then goes to breakdown O_3.

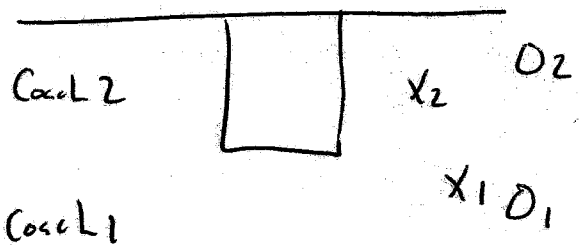
Teaching point on the top Drill

Don't run too fast after top.

Try to (Steal the ball- get yourself out of defence)

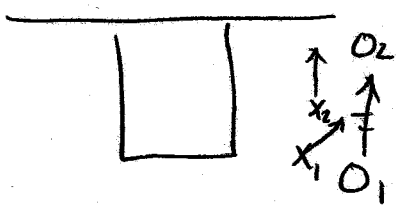
Brawler Flint - Hard-nosed, closeout Def.

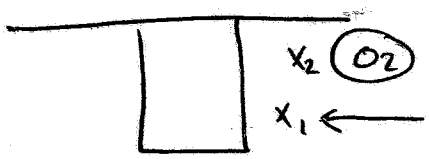
Shell



(X_2 - Butt to the Baseline.)

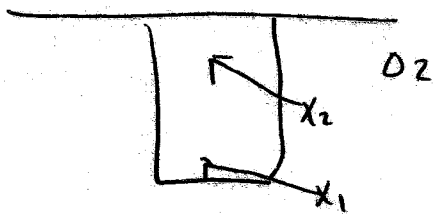
(1) O_1 throws to O_2





Butt to the Baseline

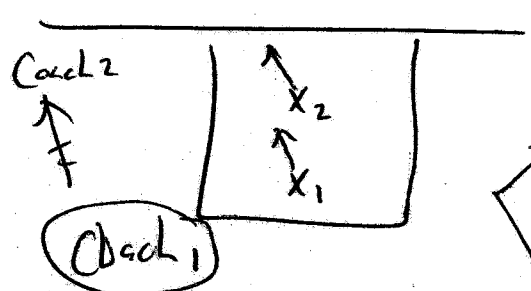
(2) O_1 throws to Coach 1



Coach 1 ← O_1

(X_1 and X_2 - Butt to the baseline)

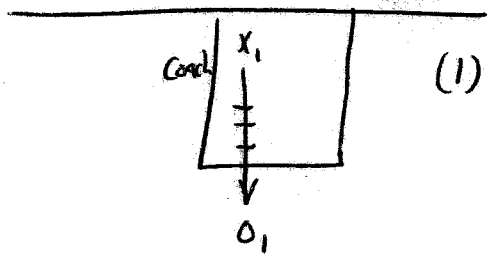
(3) Coach 1 to Coach 2



All closeouts use hand/foot where the ball comes from.

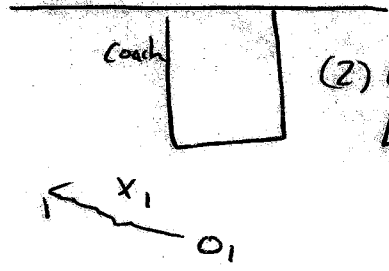
Bruiser Flint - Hard nosed - closeout Def.

(1) Left Lead closeouts



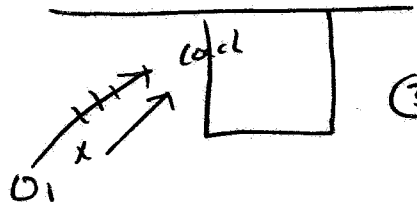
(1) closeout

(2)

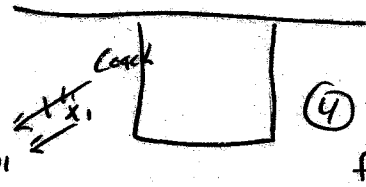


(2) Lunge, Lunge, Lunge.

(3)

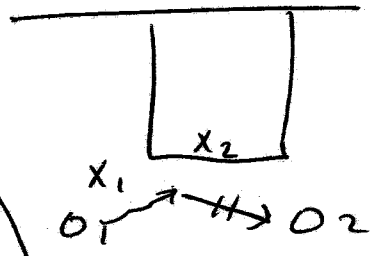


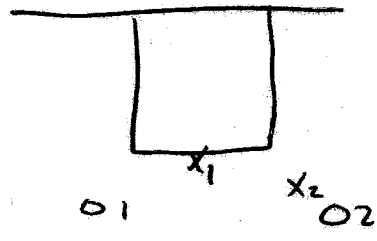
(3) Butt to the baseline and dig ball out of the post.



(4) closeout for shot.

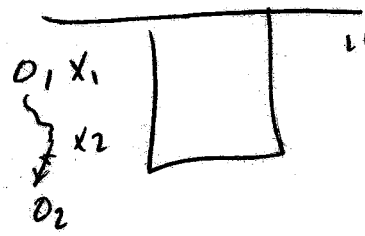
2 on 2





Don't steal the ball / Contest shots

" You move them Different sides of the floor. "



" X_2 must have the butt to the baseline "

Bruiser Flint - Hard nosed - closeout Defense

Don't switch if they don't come together."

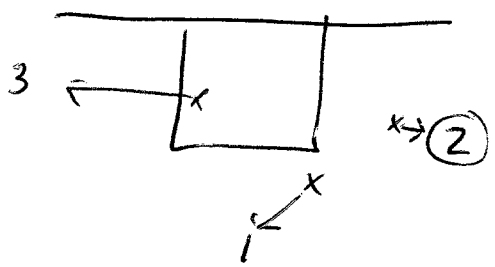
Person being screened - must call the switch"

Competitive Half-court Drills

Chris Lowery

"Rotation Blackout"

Straight up - Block out person in front of you



How to start: Coaches shoot it

(Defense gets Rebound - show Outlet)

(White gets 5 opportunies / Black gets 5 opportunies)

(First team to 20 pts)

((Challenge your guys to bump bodies)

30 Second Drill - 5 on 5 drill (Must guard for a full 30 sec.)

(Must go to the full 30 seconds)

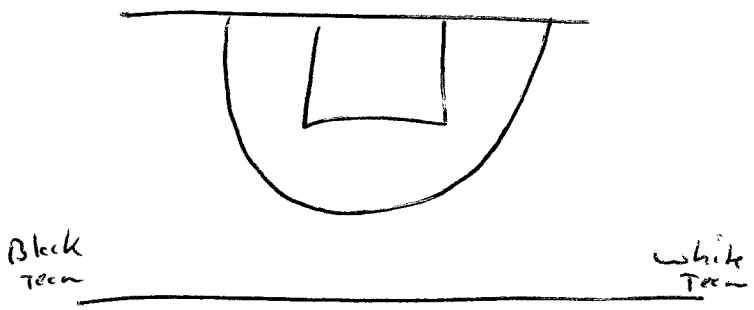
(To win the game - You must Guard them)

Foul automatic on offense. It doesn't start till you pass it.

Competitive Half-court Drills - Chris Lowney

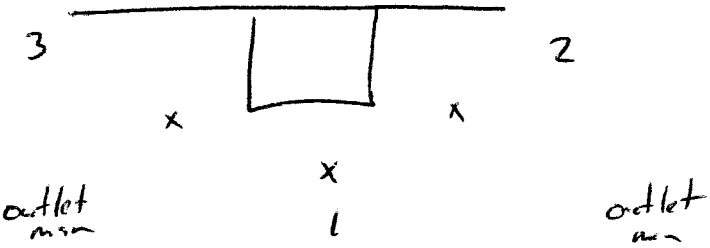
1 on 1 "Army" - Team with the most shutouts wins.

offense - gets three Dribbles. (No outs of bounds) - chase it.



They "square up" on defense in the middle of the floor.

"Rotation Block-out" - 3 on 3 Defensive Rotation Drill.



Pts

One pt for Def. Rebound

two pts for off. Rebound

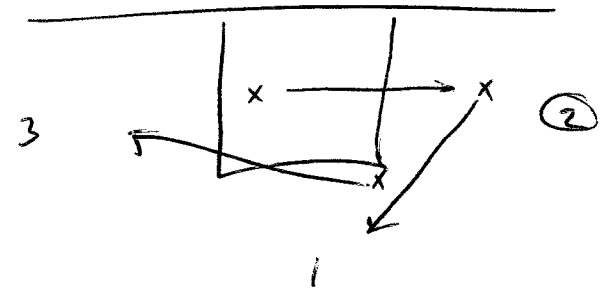
foul - 1pt

Turnover - 1pt.

2 pt - 2 pts

3 pt - 3 pts

on the shot - Rotate Blackout



Competitive Half-court Drills

(Chris Lowery)

Perfect Possession - 11 seconds for offense

(No man's land, Make shot, Fouled) (closeouts with hands)

(To win the defense holds them for 11 seconds)

(Must be "perfect" to win)

(Everything that we teach - small to big)

Competitive Half-court Drills

Chris Lowery

30 second Drill - each team goes three times each.

(If no one gets it then they all run)

(You want to get on Defense to win the drill.)

(No ties)

No Man's land - 4 on 4 (keep ball out of a paint)



Defense doesn't allow ball in "No man's land".

How to win the Drill - Must be on Defense

(No man's land - is like 30 second Drill except 20 seconds)

Competitive Transition Drills

Chris Lowery

Everything that we do for sprints - It has to be competitive.

(You want a Drink - You win)

(We want our guys playing in a frenzy. Like they are short a man - always hustling.)

(Key to great Defense - Limit transition points)

(We limit your transition points, make you play late in the shot clock and grind it out on defense)

Keys for transition

(1) No layups in transition

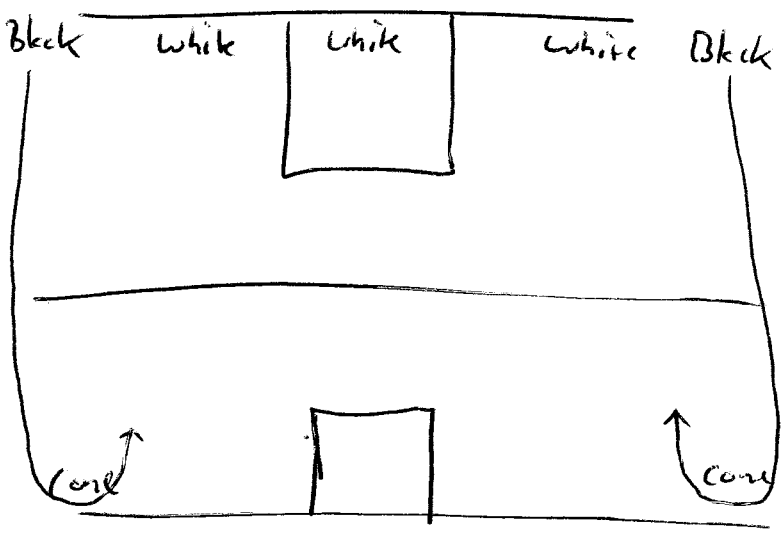
(2) NO 3 pointers

(3) No secondary pts past halfcourt

Competitive Transition Drills

Chris Lowery

Team with the most shutouts - wins 5

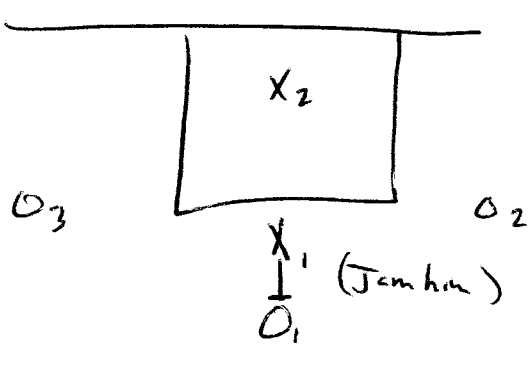


(White - three men weave to layup)

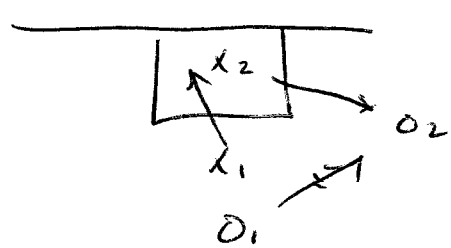
(Black sprint around the cones and then live)

(It becomes 3on2 transition)

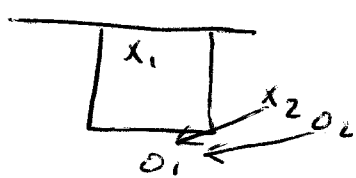
Jam the ball - the first Defender goes to the ball and makes him an defender then aggressor Then we reaction



The second man has the first pass.



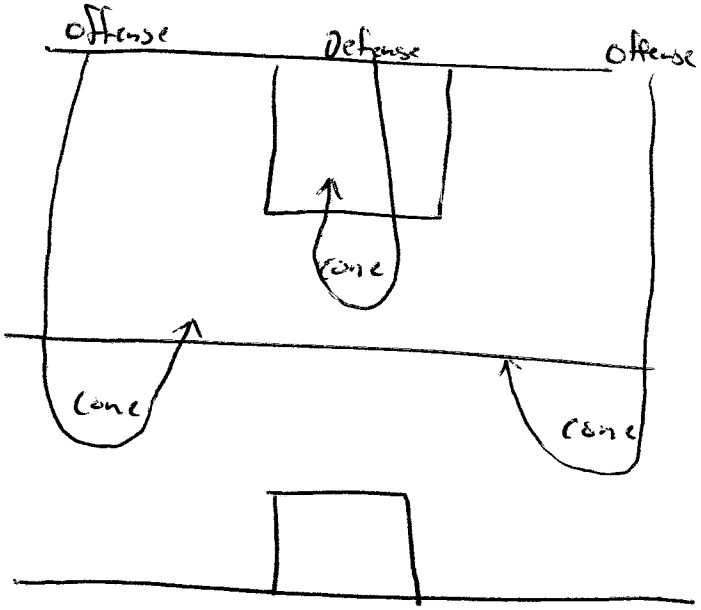
The second man has second pass also



Competitive Transition Drills

(Chris Lowery)

2 versus 1 Transition Defense



Defense gets deep in the "hole". He tries to fake at the ballhandler and get him to pick it up. Then he blocks out the opposite man. If he doesn't pick it up then try to take a charge.

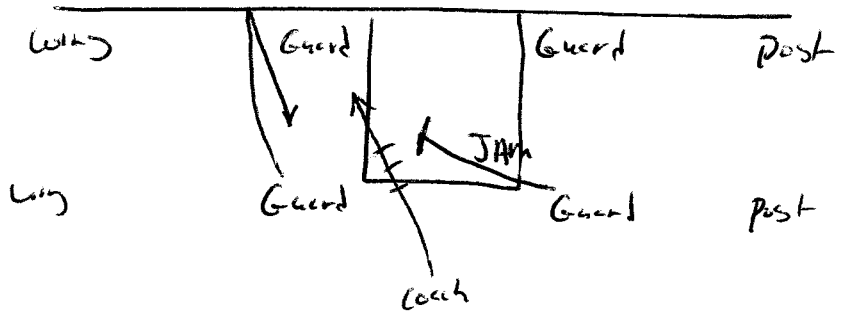
(Make him take a charge or give it up)

(Always protect center of the floor)

Competitive Transition Drills

Chris Lowery

"Rush" - 4 on 4 competitive / First team with 3 shutouts wins

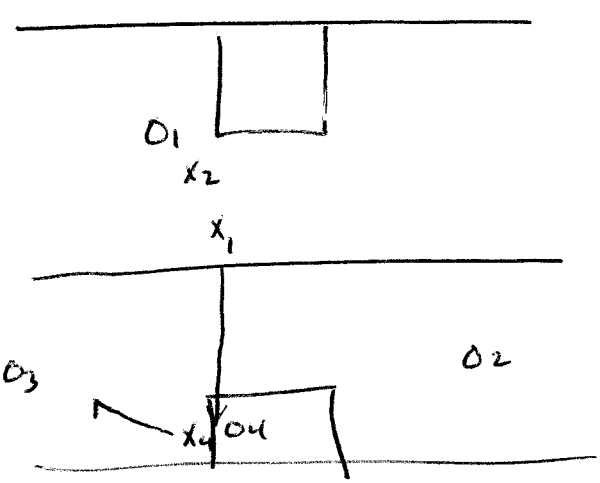


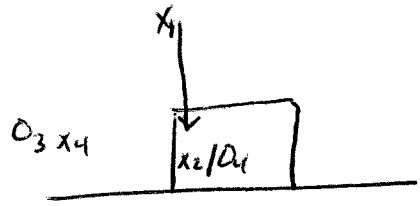
(1) Coach throws to my guy, then I touch the line

(2) Guard close to the ball must "Jam" every time.

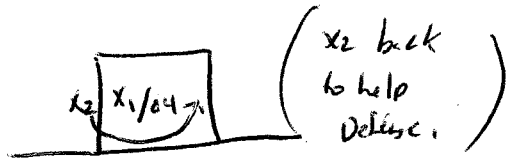
(Transition offense 3 times) (Jamming throws off the Transition offense)

Don't worry who you have - Play in a frenzy.





Full front in post

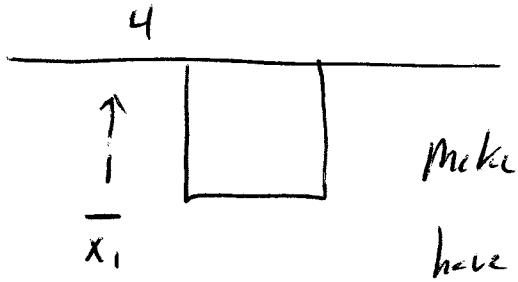


Competitive Transition Drills

Chris Lowery

(Not talking - Automatic running)

(Most important thing in transition Defense - Turn the ball)



Make the point guard almost have to have handoffs on their break.

(It is a long way to go with pressure)

(We never try to steal the ball on makes, we push them till it is almost an handoff)

(Make the head of their offense - shrink)

(Anyone wide open and you don't rotate - you are out of the game)

Competitive Transition Drills

Chris Lowery

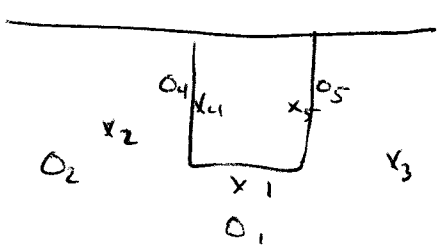
When you are suppose to "Jam". You shouldn't let him set one dribble.

(On his catch - the defense must "JAM" him)

"Men Down" - Defensive Rebounding Drill with 5 on 4.

(We do "Rush" and "Men Down" everyday) (Three shutouts)

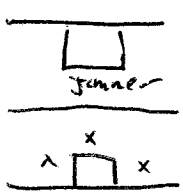
(Blackouts - Forearm to stomach, then butt)



(Coach designates "Men Down")

(You have to JAM the ball every time.)

When they have a discouragtive then they sweep on over. No one has a "men" till he gets back.



Competitive Transition Drills

Chris Lowery

Man Down - off Rebound - Keep Players.
(Only Score is Shutouts)

(No wide open shot - Your teammates have your Back)

"Hands" / Pressure on man has the ball.

((Competitive - No out of bounds)

(Make kids understand that they can win at a disadvantage)

Philosophy - Defense

(1) JAM the ball

(2) "Hands" on the catch

(3) Block you out (Forearm / butt)

Competitive Transition Drills

Chris Lowery

"Frantz" - 3 shutouts at the start of Drill - Get on them hard!!

(It should never happen)

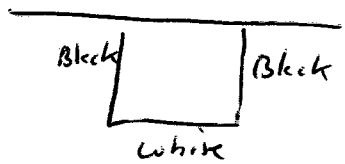
Running - 16 touches in a minute

If they score - Defense Runs.

If they stop them 3 shutouts - offense runs.

(100 threes in 2 minutes) Always competitive!!

"Progression" - First to ten wins.



(1) White shoots free throw
(2) then 2 on 1.
(3) 2 whites come in (3 on 2)
(4) 2 Blacks come in (4 on 3)
(5) 2 whites come in (5 on 4)
(6) 1 Black comes in (5 on 5)

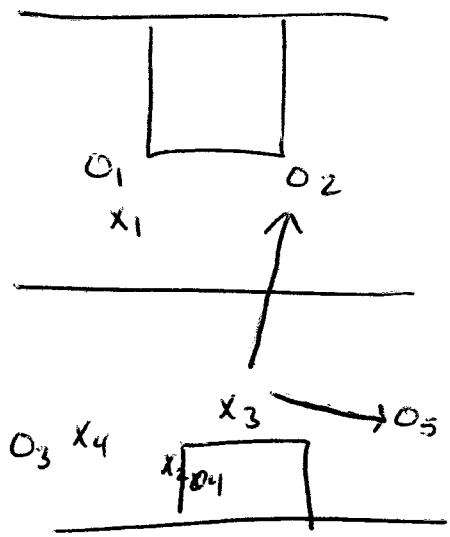
We recruit players!!

We dictate tempo on both sides of ball.

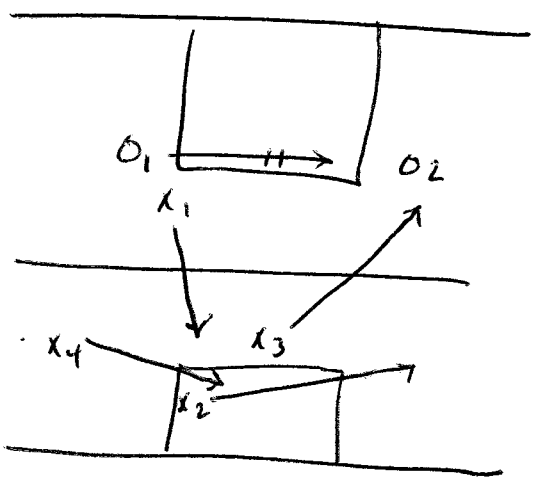
Competitive Transition Drills

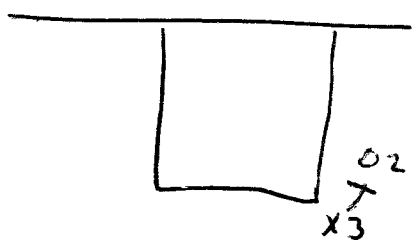
Chris Lowery

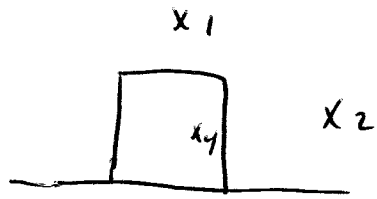
"Frenzy" - straight 5 on 4 / 3 shutouts to win



X3 sees both O2 and O5







Toughness / Intellect - 3 shutouts in a row.

(You might have limit the passes to avoid cheats)

Max - 10 passes. offense - trys to set layups

“Circle Defence” DVD

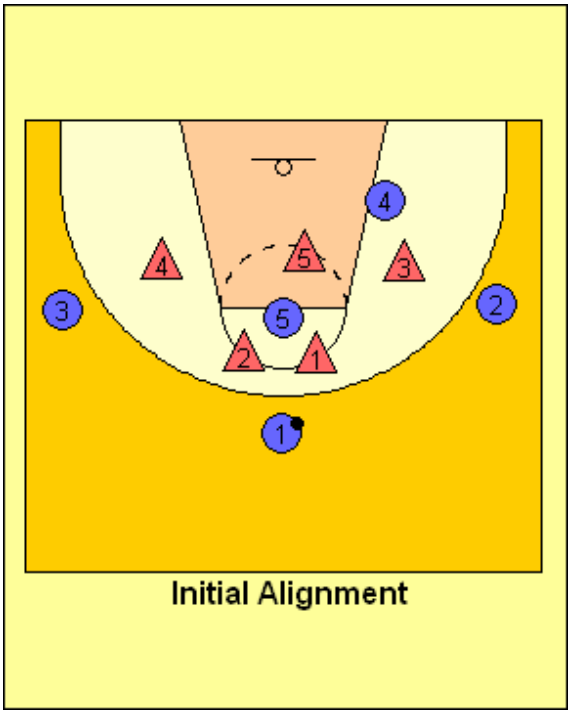
by
Dave Robbins, Virginia Union University,
NCAA Division II National Champions

This DVD is available for loan for Basketball BC members. Contact Chris Withers at cwithers@basketball.bc.ca or at 604-718-7851.

This article covers a zone defence which can be adjusted slightly in several ways to confuse the offence. It can be adjusted to trap occasionally, trap throughout the possession, or switch into man to man during the possession. With slight modifications it can be changed from a 2-3 to a 1-2-2.

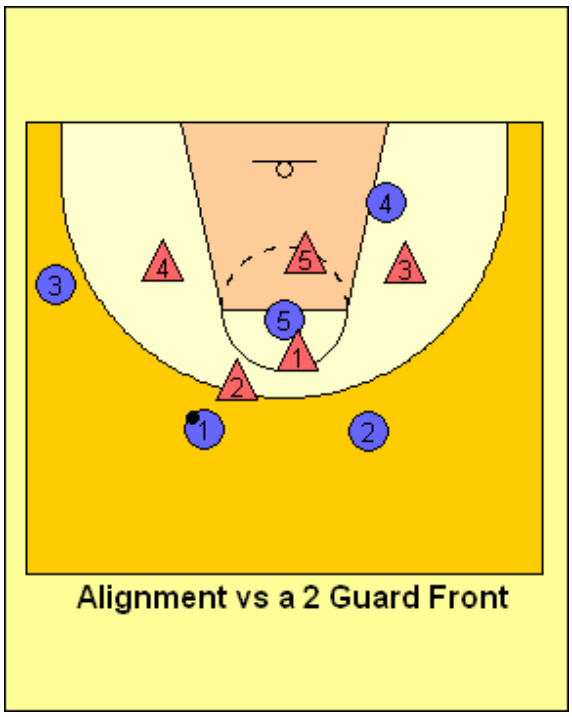
“Circle” Defence Rules:

1. Play with hands wide.
2. Keep ball out of high post:
    a. When the ball is at the top X1 and X2 must prevent the ball from going into the high post - they should start close enough together to stop a pass in from the top;
    b. When the ball is in the corner the ball-side guard stay on a line between ball and elbow;
    c. Ball at wing ball-side corner is between the ball and the high post player and the other guard is two steps behind the high post.
3. Front all low posts - "belly to belly" - this puts them facing the baseline and they can get to the corner quicker from this position.
4. Move on the air time of the pass.
5. On skip passes use the common sense rule: if it is high the guard takes it; if it is low the forward takes it.
6. X3 and X4 will take the first pass to the wing and must not get screened in.
7. X5 must start high enough to be able to get around to front on pass to wing.

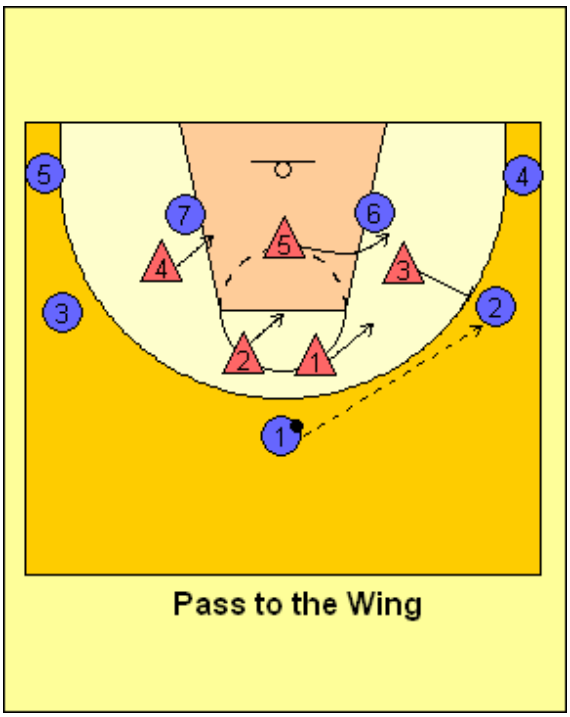


Initial Alignment

8. Against a 2-guard front one guard will pressure the ball and the other scissors in on the high post.



Alignment vs a 2 Guard Front



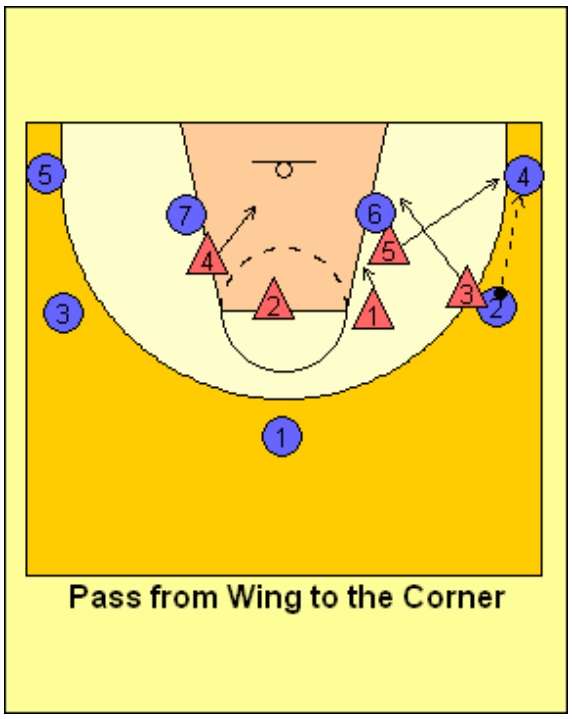
Pass to the Wing

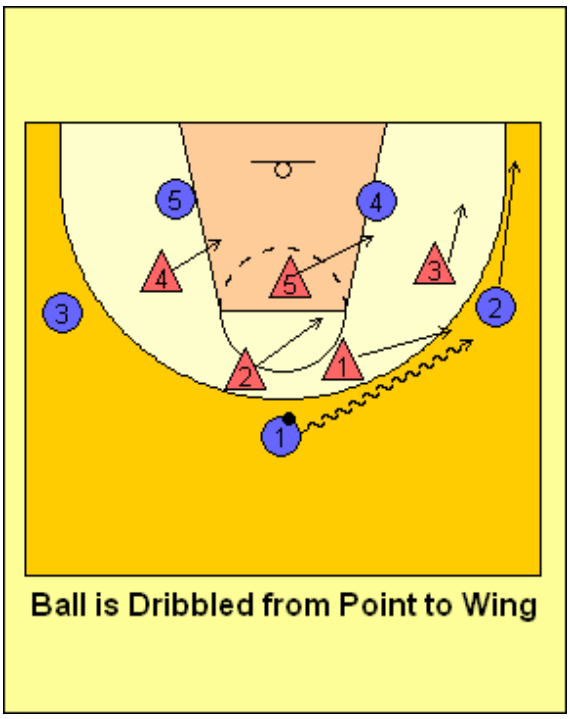
Ball Passed to the Wing:

1. X1 levels off - gets to level of ball and off the lane:
    a. help on middle penetration and prevent ball from going into high post.
2. X2 levels off - be prepared for pass back to the top and prevent pass into high post.
3. X3 will take the first pass to the wing and pressure it (make a shooter become a passer).
4. X4 sits on top off weak-side low post.
5. If there is no low post X4 must be prepared to help on:
    i. high post cutting;
    ii. low post ball-side;
    iii. skip pass - widen out and up.
6. X5 fronts the low post.

Pass from the Wing to the Corner:

1. X1 is one step below the foul line outside the lane:
    a. must be prepared to cover wing on pass out;
    b. must help prevent pass into high post.
2. X2 must be on line from ball to weak-side elbow.
3. X3 hip turns and sprints to front low post.
4. X4 gets to the level of the ball and moves to the middle of the lane.
5. If there is no low post X4 must be prepared to help on:
    a. high post cutting;
    b. low post ball-side;
    c. skip pass - widen out and up.
6. X5 closes out and covers O4 in the corner - pressuring the ball.





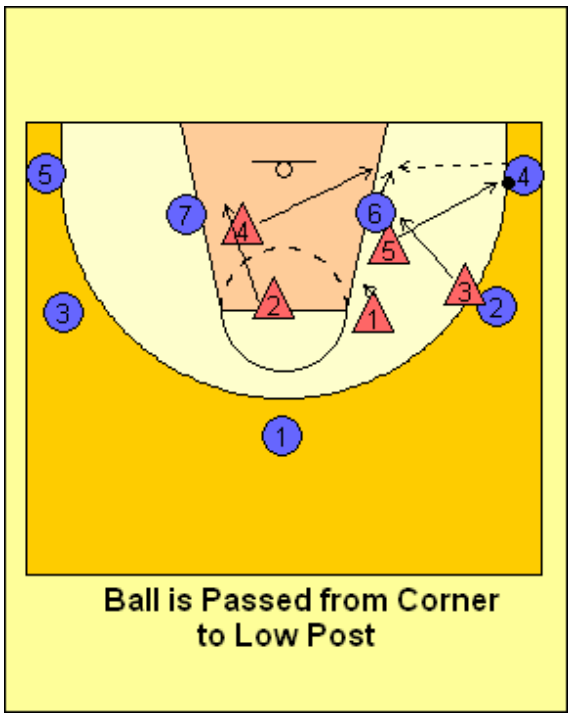
Ball is Dribbled from Point to Wing:

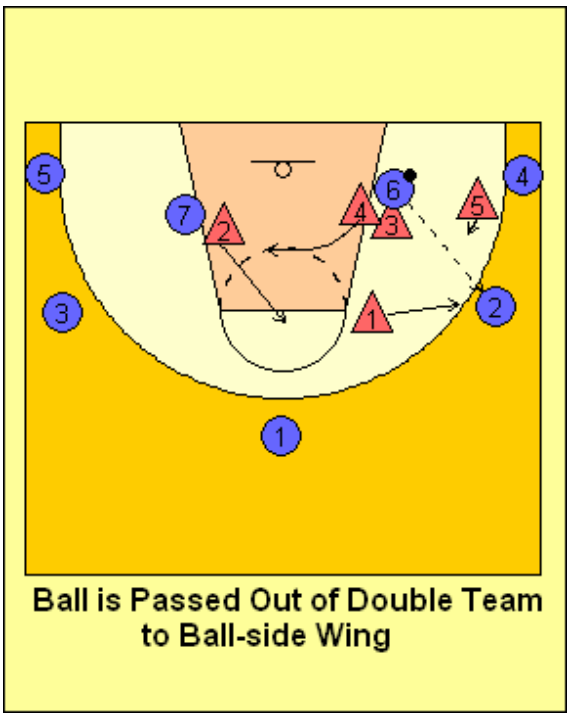
1. On any dribble to wing the guard will stay with the ball - do not bump the guard off at the wing.
2. The wing will be in position to cover any cutter to the corner but must stay in position to deter any pass into the low post.

Pass from Corner to Low Post:

- On a successful pass from the corner to the low post - **it is an automatic double team**

1. X1 must zone off and be prepared to cover any pass out high from the trap.
2. X2 must rotate down inside any weak-side player.
3. X3 will sprint down and trap with X4 who has come over and cut off the baseline.
4. X5 stays on O4 in the corner and prevents an easy pass out.



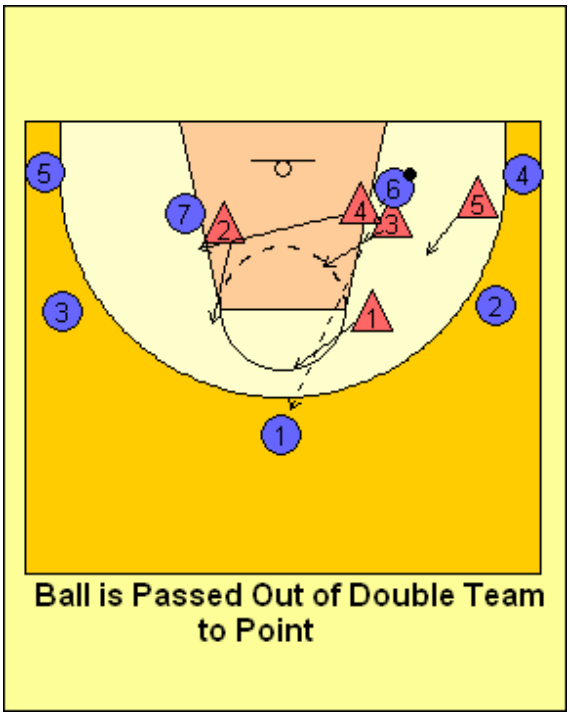


Pass out of Double Team to Ball-side Wing:

1. X1 takes O2.
2. X2 sprints to middle of foul line and reads.
3. X3 stays and fronts post.
4. X4 takes one step high and recovers to get on top of any weak-side post and ready to cover the wing on ball reversal.
5. X5 steps up towards the ball and in one step to cover penetration.

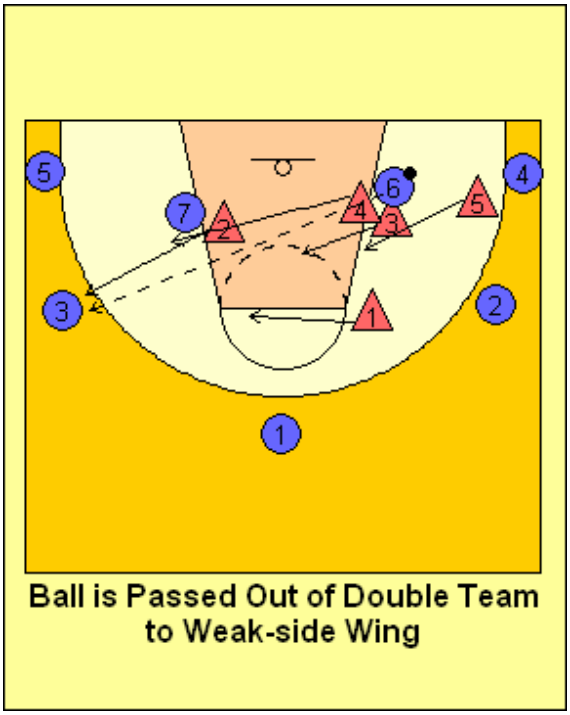
Pass out of Double Team to Point:

1. Return to initial positions.
2. X1 takes O1.
3. X2 sprints to elbow and reads.
4. X3 gets into the middle.
5. X4 sprints one step high and recovers to get on top of any weak-side post and is ready to cover the wing on reversal.
6. X5 steps up towards the ball and in one step to cover penetration.



Pass out of Double Team to Weak-side Wing:

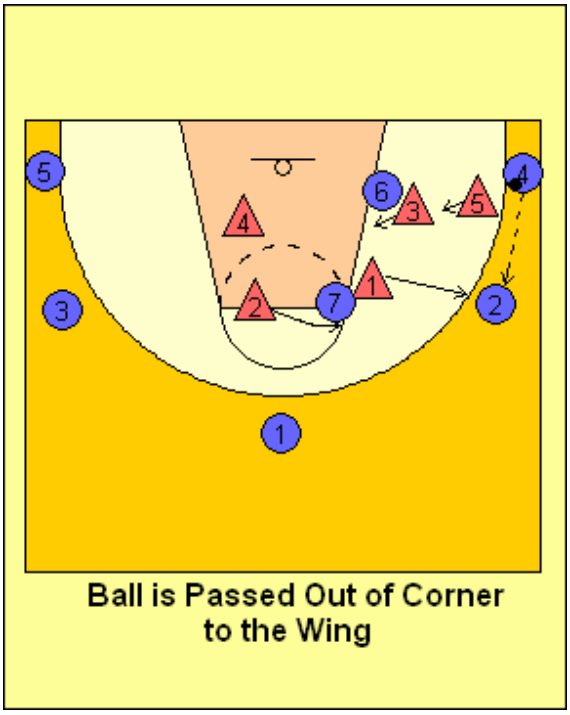
1. X1 sprints towards middle of lane-elbow and prevents the ball from going into the high post.
2. X2 closes out on the ball and pressure the ball.
3. X3 sprints to middle of the lane.
4. X4 sprints and fronts O7 ready to cover corner on reversal.
5. X5 gets on top of O6.



Ball is Passed Out of Double Team to Weak-side Wing

On pass out of the Corner:

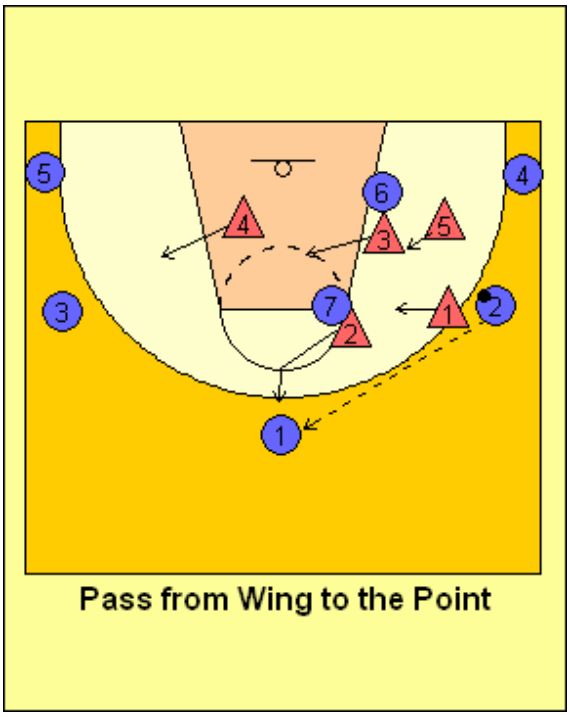
1. X1 take the ball at the wing but cannot go until the flight of the ball. Otherwise the opponents will fake to the wing and throw it to the high post.
2. X2 covers the ball-side elbow facing the ball - must be ready to take away pass into the high post. They do this by having a hand in the lane.
    a. If there is a post at the elbow X2 must go over top and get a hand in the lane.
    b. He/she must not screened off and be prevented from covering the top on a pass out.
3. X3 must adjust and front the ball-side post.
4. X4 maintain position on the weak-side.
5. X5 adjusts towards the basket and ball slightly.



Ball is Passed Out of Corner to the Wing

On the pass from Wing to Point:

1. X1 goes back towards the elbow.
2. X2 will take the ball by going to the middle and then closing out on the. X2 must pressure the ball.
3. X3 steps back towards the middle and up one step.
4. X4 moves back towards the initial position - preparing to cover the wing.
5. X5 steps up and in to prevent pass into the low post but ready to return to the corner.



Pass from Wing to the Point

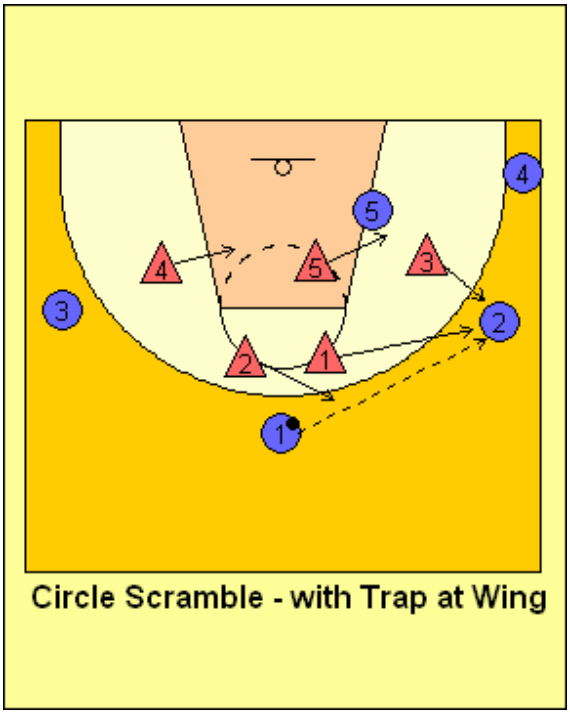
Circle Scramble

This is slight change to “Circle” that allows the strong-side guard to trap. In "Circle Scramble" everyone's duties are the same as in regular "Circle" except for the strong-side guard. The strong-side guard (the guard on the side the ball is entered) may trap at the wing, in the corner, or may attempt to lay back to wait and steal passes, by running through passing lanes.

When the ball gets reversed the other guard is now the strong-side guard and has the same freedom as the first strong-side guard.

Circle Scramble with Trap at Wing:

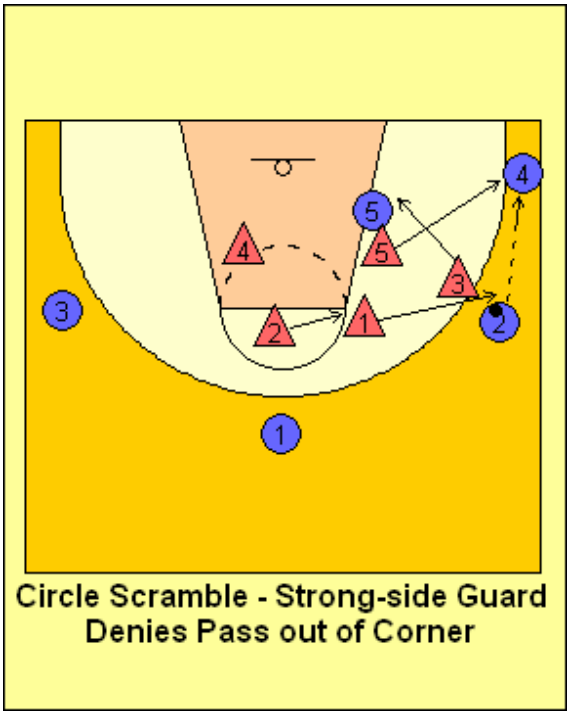
1. In this diagram X1, is the strong-side guard and traps O2 at the wing with X3.
2. X2 denies reversal back to top.
3. X4 moves towards the middle of the lane.
4. X5 fronts the low post.



Circle Scramble - with Trap at Wing

Strong-side Guard Denies Pass out of Corner:

1. If the ball is entered into the corner X3 and X5 run their normal shift by "X-ing" but the strong-side guard, X1, may choose to deny the pass back out of the corner.
2. In this situation, X2 will cover the ball-side elbow and also be prepared to run through a passing lane on any pass back out to the top.
3. X4 covers the basket.

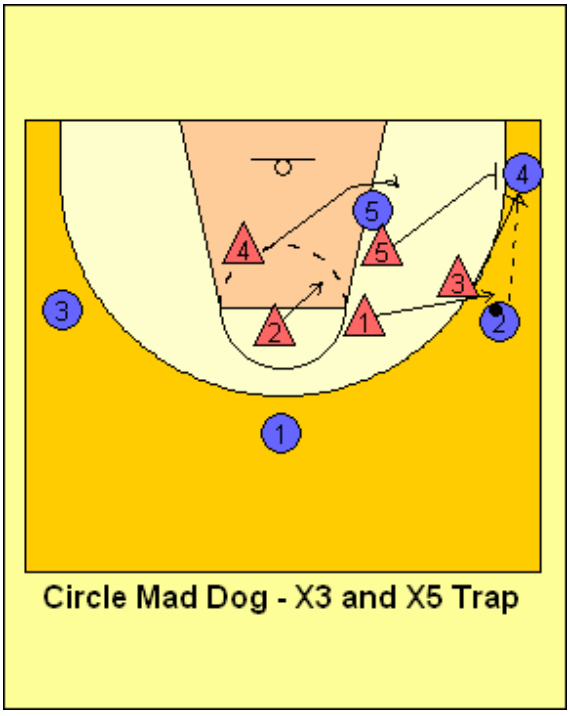


Circle Scramble - Strong-side Guard Denies Pass out of Corner

Circle Mad Dog:

Every player is a trapper except the weak-side low player:

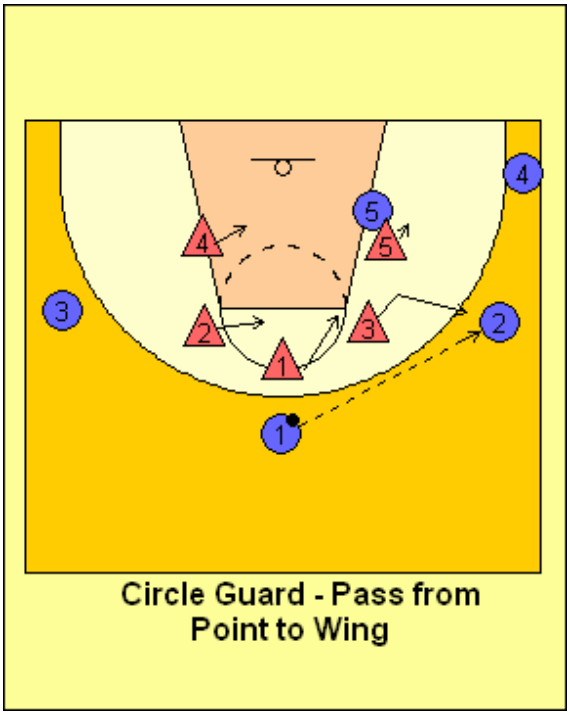
1. If the ball goes to the corner X3 will follow the pass and trap the corner with X5.
2. X1 takes away the pass to the wing.
3. X2 must zone off and be ready for a pass to the top and to the weak-side.
4. X4 goes around the baseline side of the low post



Circle Mad Dog - X3 and X5 Trap

Circle Guard:

If the defensive team plays with three guards or the offensive team employs a 4 out zone offence the defensive team may begin in a 1-2-2. X1, X2 and X3 will be responsible for covering the wings, fronting the low post and the top. The post players will now cover the corner and low post with X4 and X5. An exception would be if the first pass went from the top to the corner **- the ball-side guard takes the first pass to his/her side of the floor.**



Circle Guard - Pass from Point to Wing

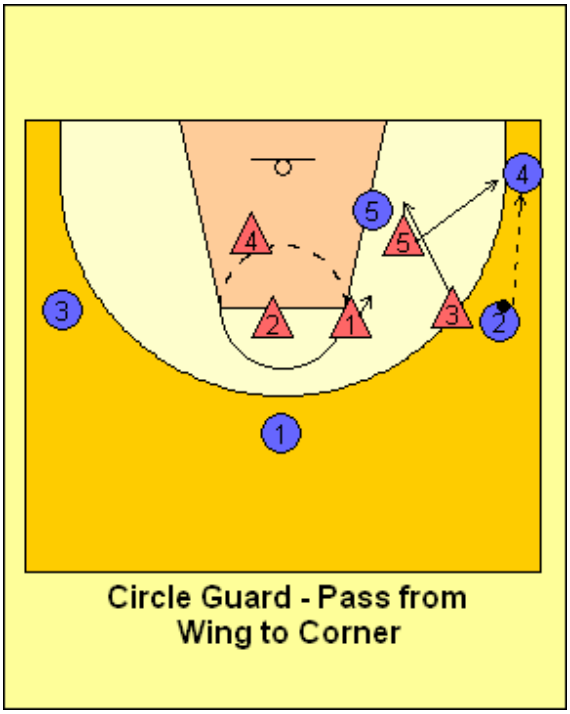
Pass from Point to the Wing:

1. X1 covers the ball-side elbow.
2. X2 is two steps behind X1 covering the high post area.
3. X3 takes the ball.
4. X4 covers weak-side low.
5. X5 fronts low post.

Pass from Wing to the Corner:

The defence is still the same as regular "Circle".

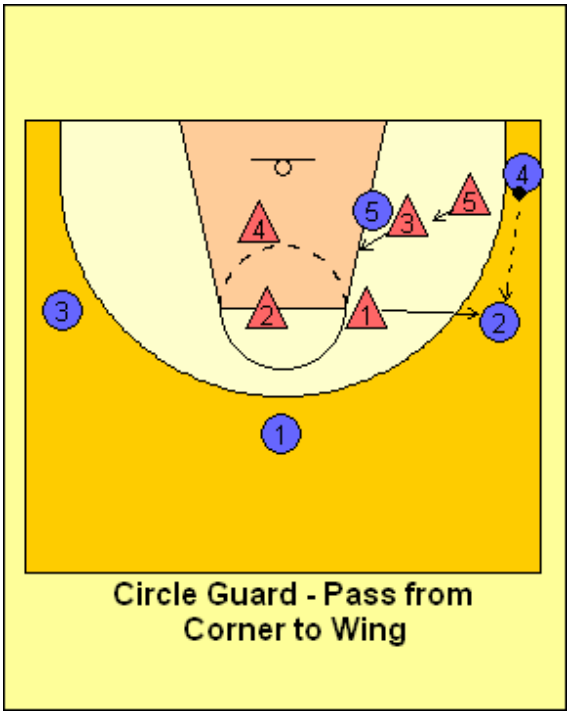
1. X1 is one step to the ball and just off the ball-side elbow.
2. X2 is in the middle of the foul line, two steps behind X1.
3. X3 will "X" and front the low post.
4. X4 covers the weak-side low area.
5. X5 closes out and covers the ball in the corner.



Circle Guard - Pass from Wing to Corner

Pass from Corner to the Wing:

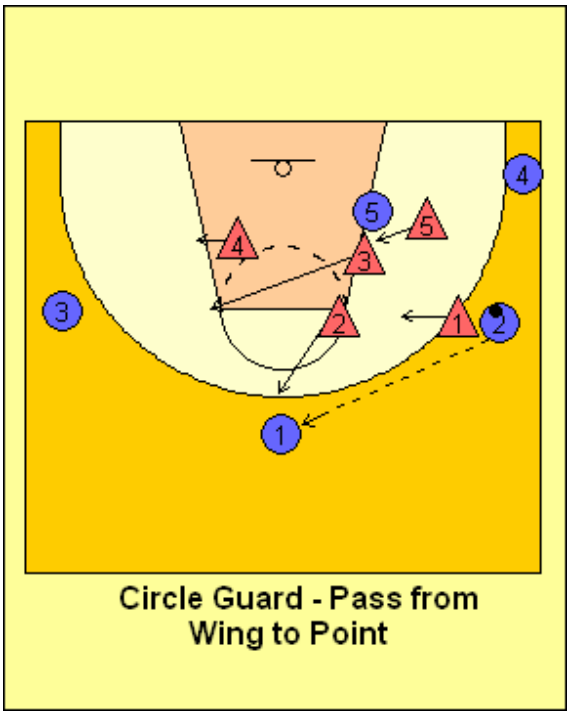
1. X1 will, cover the wing but does not leave until the pass is in the air.
2. X2 will cover the ball-side elbow.
3. X3 steps up, stays above the post and covers the ball-side block.
4. X4 covers the weak-side low area.
5. X5 moves in towards the basket and helps prevent a pass into low post and must be ready to cover a pass back to the corner.



Circle Guard - Pass from Corner to Wing

Pass from Wing to Top:

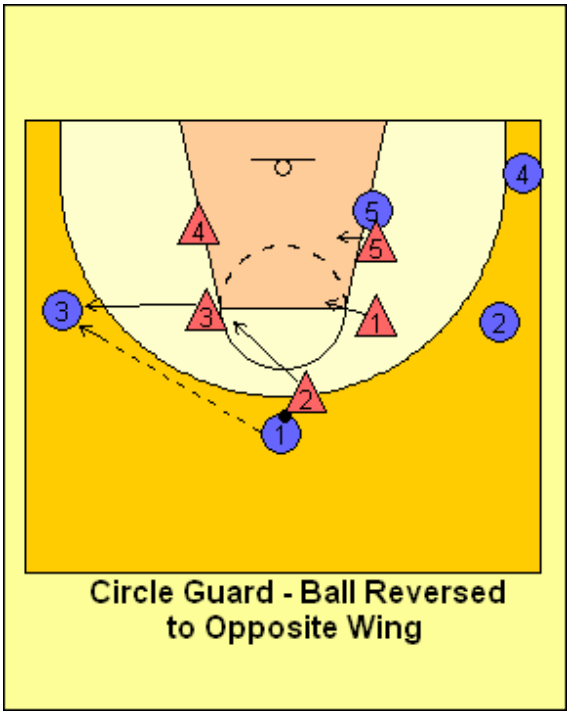
1. X1 moves in towards the elbow.
2. X2 goes nose to nose on the ball.
3. X3 must be on the run as the ball is in flight and sprints to the opposite elbow.
4. X4 widens out to the edge of the lane.
5. X5 moves into the lane and is above any on low block.



Circle Guard - Pass from Wing to Point

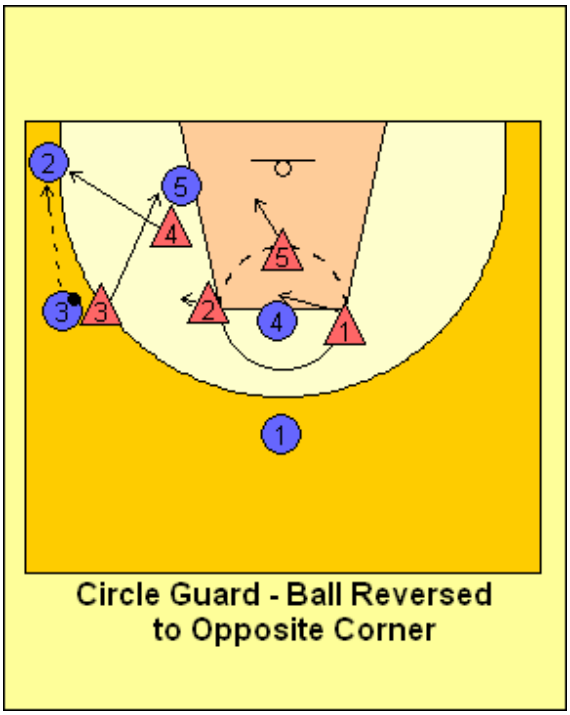
Ball Reversed to Opposite Wing:

1. X1 moves two steps behind X2 in the middle of the foul line.
2. X2 covers the ball-side elbow.
3. X3 covers the ball.
4. X4 is on or above the block and will front any low post.
5. X5 covers weak-side low.



Ball Reversed to Opposite Corner:

1. X1 moves towards the ball just below the middle of the foul line.
2. X2 is one step outside the ball-side elbow.
3. X3 "X's" and fronts the low post.
4. X4 covers the ball.
5. X5 covers the weak-side low area.



Man to Man Defence in Combination with the Circle Defence.

Virginia Union will combine their Circle Defence with their man to man defensive system.

Their numbering system:

- 10 – Man to Man switching – they will switch everything
- 11 – Man to Man – no switching
- 12 – Run and Jump, Trapping Defence

They will start in one of their zone defences, "Circle" or "Guard", and then go to a man to man defence after a designated number of passes. They do not count in-bounds passes or passes in the back-court, it is only attacking passes. The defenders will have some type of voice signal to indicate each pass. They will call the defence on foul shots, when the ball is out of bounds, during time-outs, etc. - any time there is a dead ball situation.

As an example, if they are in Circle Defence and they call "2 to 10" it means on the second pass in the ½ court they will go from their Circle Defence into a switching Man to Man Defence. If they are in Circle Guard and they call "1 to 11" it means they will go from their Guard Defence into a man to man defence with no switching, on the first pass in the ½ court.

When Virginia Union switches into any of their man to man defences they try to disguise it. They do this by not denying any perimeter passes and, looking as if the players off the ball are still in zone. The defensive players must not rush out and get tight to the player they are responsible for guarding, until that player receives a pass.

Whenever they go into their switching man to man defence they do not say "switch!" and let the opponent know the defence they are in. Instead the defenders say "stay!" to indicate they are switching.

Championship Practices

Mike Krzyzewski

Goals & Philosophy of Practice

What constitutes a good practice?

- **Work Hard**
- **Concentrate**
- **Talk (Communicate)**
- **Compete**

"If my players work hard, compete, concentrate, and communicate every game, we're gonna be really good. We're going to be as good as that team can be."

3 Systems incorporated in practice:

- **Offensive System**
- **Defensive System**
- **Communication**

Basic Principles of Teaching:

- **What you hear, you forget**
- **What you see, you remember**
- **What you do, you understand**

***The majority of your practice time should be spent doing**

"What you know is important, but the most important thing is what your players do under game conditions."

Planning Practice

Have a practice plan

Ask yourself questions about your team:

- **Who am I coaching?**
- **How old are they?**

- **How much experience do they have? (overall, in your program, etc…)**
- **What do I coach?**
- **What is my system? Do teach to your system or do you adapt to your players?**
- **How do you teach it? What lead up drills do you have to develop habits?**
- **How much time do I have? (daily, weekly, yearly)**
- **What resources do I have? Facilities? How many people do you have to help you?**
- **When do we practice? (plan practice around major exams, projects?)**

Developing Habits (Intelligent, Intensive, & Persistent Work)

- **Do your drills make sense?**
- **Are they intensive?**
- **Are you persistent?**

"The use of managers is ultimately important in the success of any program."

Guidelines for Planning Practice:

- **Plan your weekly practice schedule 2 weeks in advance**
- **The daily practice schedule should be done every night in order to be current**

***Be flexible. Don't be a slave to any type of plan, but be organized.**

- **Have a pre-practice meeting with your coaching staff**
- **Have an organized pre and post-practice for individualized work with specific players**
- **Practice should not be longer than 2 hours**
- **Eliminate as much standing time as possible**
- **Get more repetitions (use your coaches, managers, and various baskets)**
- **Let your players sub for each other, unless you want a specific player or group**
- **Try to achieve "Gamelike Conditions"**
- **Practice "Pressure Free Throws"**
- **Have a post-practice meeting with the coaching staff**

Practice Game Situations:

- **End of ½ (i.e. 1 minute left, 2 for 1)**
- **End of game**
- **Simulated Halftime (take them to the locker room for 8 – 10 minutes)**

Communicating with Your Team:

- **Where do you talk to them? Vary the places.**
- **Keep it short. Players have short attention spans.**
- **Use videotape & stats whenever possible. Use video analysis of practice.**

Game Preparation

*** As soon as the game ends, the timeline to prepare for the next game begins**

- **Watch the game tape that night**
- **Look at your opponent's scouting report (yearly stats/ last 4 games)**
- **Put closure on the last game/ start talk about the next game**
- **Drill to prepare for the next game, but also focus on areas of improvement that need to be addressed**
- **Walk through some things that your opponent will do, but try not to give them too much (focus on tendencies)**

Game Time:

- **Be dressed and ready 30 minutes prior to tip**
- **Asses your team to decide how much you will say to them**

"Precision execution at both ends of the court is a hallmark of championship teams that doesn't just happen. Practices make it happen. Practices prepare you for competition…so the better you plan and conduct each practice session, the better you'll be when you take the court on game day."

-TV Kim 4/23/04

Willis Wilson-Rice : B.C. Gillispie : Paul Hewitt - Georgia Tech

LEADERSHIP

"Leaders don't need leadership, they lead under diversity, and they must follow me (coach)" Willis Wilson

---

Chained together w/weights (20min upstairs on track)
"Team Suffering"

- late in games Coach Self ... "What do you guys want to run?"
(will teams come together)

motivation
hoopsguru.com

- confidence most important in leadership

MOTIVATION

- Competition is great motivation; be afraid of failure"
→ day after day after day ... keep losing, "what are you going to do to win"

★ running suicides in 30 sec - run them w/partners first guy runs 28 sec; next guy has 32 sec ★

- if your going to play - it must be important -

- "Gordon Wood" can't motivate a team, have to motivate individual"

- must push kids - question how bad you want it - best motivation is self

PLAYERS PLAYING THEIR ROLES

- "Coach I don't know my role?" - well we need a defender: What does team need → do it!

- team gave guys a role "nickname" that pertains to them / as role — buy into role

★ - Daily affirmations to team as leave practice --- have them sleep on the idea ★

- circle up before and after
  - what do we want to get done? Did we do it?
  - give them a couple of things to concentrate on
  -

- Willis is consistent when he meets his team before games (stern look ready to go)

Film

5min - game (opponent)
5min - game (own team)
} - call plays name -

PRE-SEASON

- scouting
  no how to guard situations not plays / 5min in practice work on cuts / screens

- "late in the year, less is better" Paul Hewitt

- Prepare kids for life?

- Community service -

- "Life is 10% what happens to you, 90% how you handle it"

- introduce them to role models - (Protect a Panther)
  - have them as honorary coaches
  - bring to them what you want to get out of the year / how can they help

- "you forget what you mean to other people" - NW Wilson

- Paul Hewitt calls their mommies

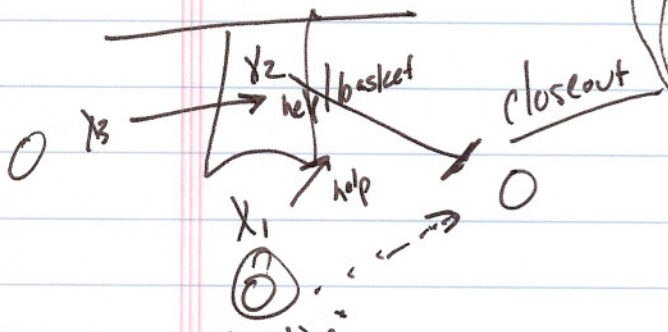
"move each time ball moves, get to next play"

DEF TRANSITION

- if you stop the ball in transition, you have the next pass

2-2 transition drills

3-3 transition drill



"third defender / 4th & 5th defender in transition (look to see what they do to attack in transition)"

"huddle up FTs --- talk about next play" call secondbreak play

-the spacing is the organization = teach them how to play-

(-transition rebounding and box outs-)
toughest thing in running game (but if you know this you can be prepared to reboard)

* My secondary break needs to get into SOS *

SOS defense
have signals to change defenses on the fly

Neil Dougherty - TCU

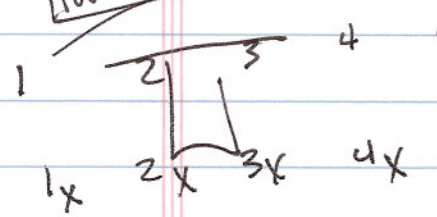
- "continuous play" (CD player example) no rewinds, pauses, fast forwards stops, during games
  (ex. penetrate and kick; rebound or get back; don't just watch)
  pause = wasted time
  go to "NEXT PLAY"

"DICTATE" the action by getting to your next play first
↳ set drills up in this fashion

"during practice no excuses / after practice we can talk"

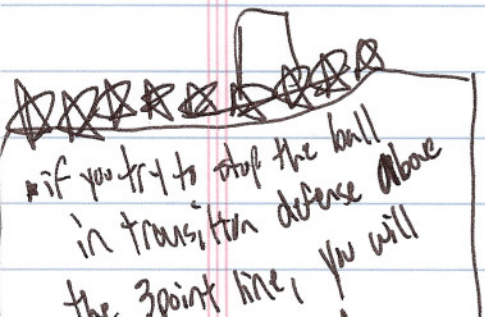
- seperate
  1. basketball
  2. Academics
  3. social
  } keep them seperated; don't let them affect others

Transition Drill



→ how your kids communicate, talk, and pick-up

1. get the "hole"
2. stop ball



*if you try to stop the ball in transition defense above the 3point line, you will

"IF I can't hear you playing, your probably not"

"do what coach asks you to do, do what coach asks you to do"
"do what you have to do"
→ see break down on def

4/6/04

Jimmy Tubbs - SMU

DEFENSIVE TOUGHNESS DRILL "nut cutting drill"

- loose ball drill; get it play loud
  * (when guys run → teammates clap) "enthusiasm"
  (sprint to drills or run)

"coach your to your personality"

- play to 5 - 5 rebounds and out - losers run back to rim; "count out your rebounds"; coach runs w/ loser
  (have all coaches working) * use other assistants * this yea
  closeouts, denial, talking

ROB EVANS - ARIZONA ST.

- more shots; take care of ball; cause turnovers -
- feel comfortable in your office they will (listen and talk)

"he did not know what the coach thought until I told him"

"as a head coach, I make the money, so I give them (assistants) the credit, so I can make more money." - Rob Evans

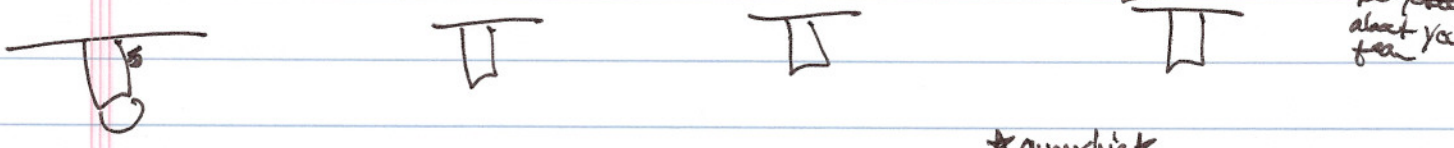
* - you have to stick to your plan / discipline no matter what - *
"Stay the course, no matter what"

★★★

- what do you know about your team mates?
but we expect them to communicate as a team
team talk; what do you know about your team

---

vs. Zone: "Permanent Point / Permanent Post"
- attack zone inside-out (motion offense vs. zone)



★ ownership ★

1 - reversal; penetrate gaps; follow the ball "over the play"
2 - runners } work around the post; make bottom guy come up and guard
3 - runners }

* if trap start cranes

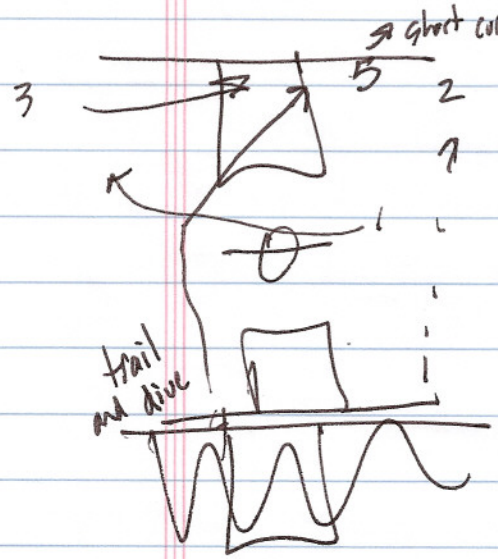
Billy Gillispie - TX A&M

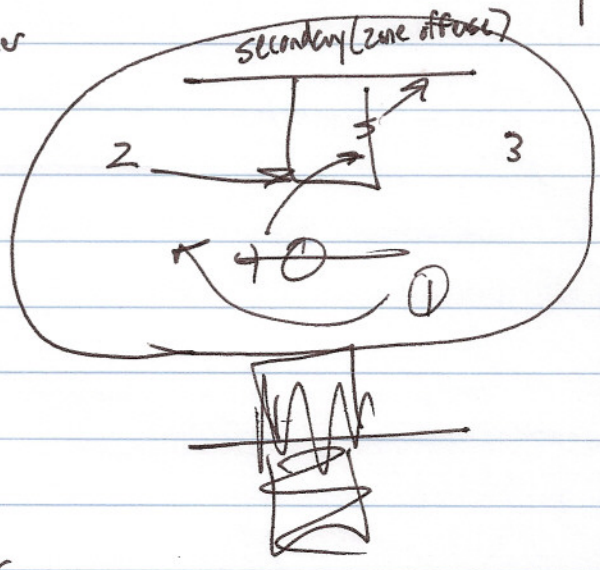
- has players make 80s instead of 70s - NO 80s go to tutoring (teacher have under 80)
- "worked the heck out of them" = confidence (need that early)
- work harder and closer together
- "if you start believe they will start believe"

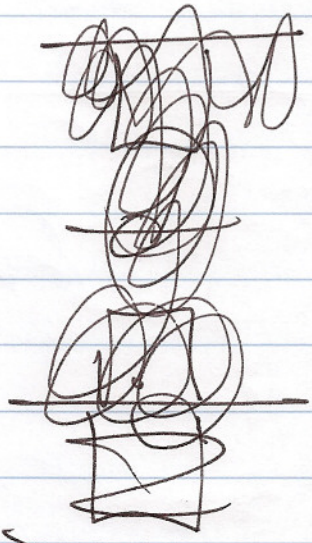
(Jeff grade check tutor passes; sign everyone under 8

SECONDARY BREAK

- do you really run it for 32min? stick w/ it & follow it
- Secondary break put them on the foul line → always attacking







(★the gamestats w/ transition defense★ "Don Haskins")

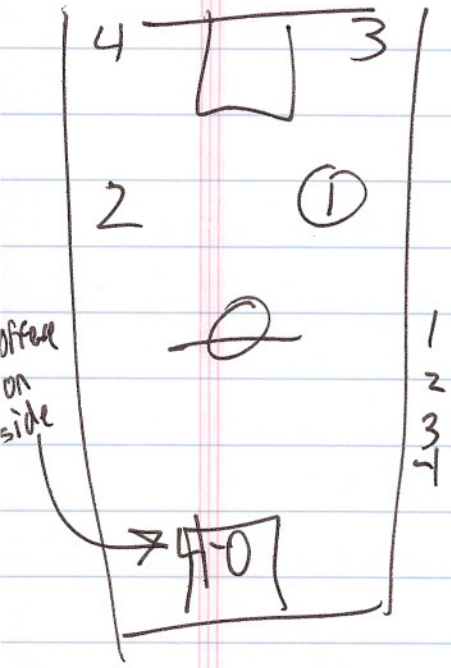
- advance (pass ahead)
- pass ball to short corner

secondary short offence

1 -
2 3 - run the floor / play
4 -



Full Court Shell Drill



- 4-0 offense
- (coach blows whistle)
  4 guys on offense sprint back
- sprint 4 guys from sidelines on offense

Full Court Shell for time period
4-0 to 4-4 (JTB, Fade cutter, different screens)
to 4-0 on other side

- If you have a selfish player on your team it is your fault -
  - "BCG"

---

1. Wednesday at Ellison High Sat shoulder to shoulder (different guy each time)
   "Power in the Paint"
   - have to say something good about guy / what need to work on (include head coach and assistants)
2. once a month - have to write something positive / negatives about (each person on team down)
   "Billy Gillespie File" (whatever player)
   ↑ take this info and make a ☆ file on each person

The Player File what is the book on?

Tom Penders - Univ. of Houston

[redacted]

"officials call travels and charges"

(have a manager meeting)

FOOTWORK / FUNDAMENTALS

- pivot on left foot - jump stops
- catch ball w/ two hands or it is a turnover in practice -

no one walks in practice (do it with them) me!

"Use sprints to everything / on or off court"

we can sprint to spots or run later

[redacted]

- no headbands / stuff until we are a team - no bitching -

- Have to respect the game -

no bitching to officials

"treat your players like Father of girl you want to date"

- Perkes - 30-35 deflections a game

* once we have established shots you can make; you can take it in a game *

(pass an open shot you can make; or look over at coach if you miss --- yo come out of game)

- keep a shot chart of games and practices -

- all trapping is off the dribble -

- go to practices -

Spend time w/ them

Call office for "32 series"

DAVE LEITO - DEPAUL

"run false action to set"
Ex: chase to corner

hand signals

- combination of motion w/structure (coach dictates shots)
  continuity (can be)

"32 series"

"2 man games"

- Cuts based on calls - "release" "swing" "corner" "away" } PB calls or sets w/ 1st pass

3-2 lines

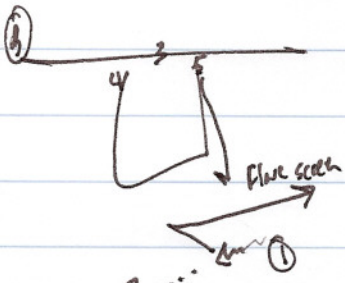
1 "Chase"



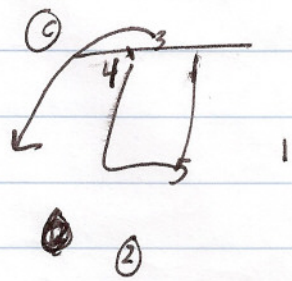
jumper

"Chase" = dribble to wing "chase guy thru"

3 opportunities for 2 man games

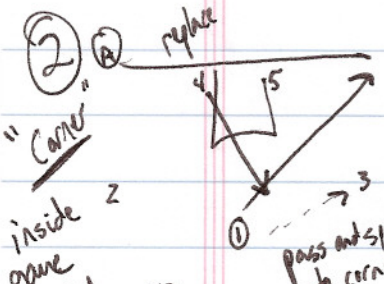


2 reuball back
look flare
2 man game



all reading the screens

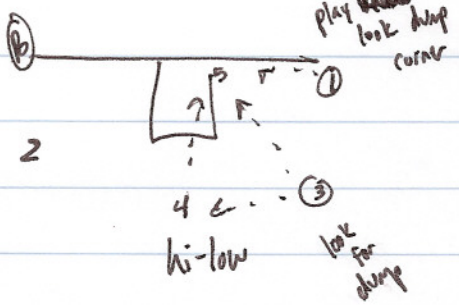
2 "Corner"



inside game

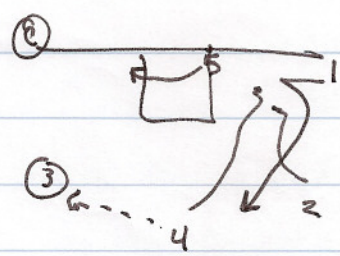
"have ball handler run corner"

pass and split to corner



hi-low

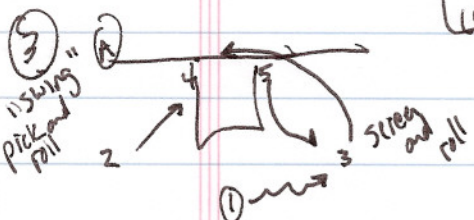
look for dump



no post dump = rev inside or stagger screen

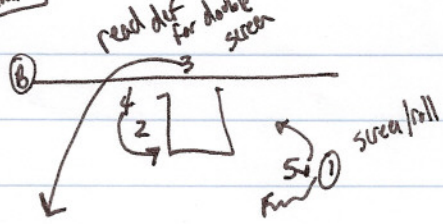
"ball screen" backscreen on "swing" (especially teams that help)

3 "swing"

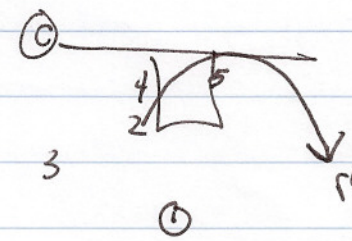


pick and roll

screen and roll



screen/roll



reach

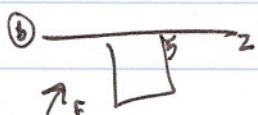
back

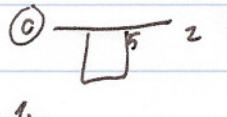
many options for best player

option = cut/swing = pass
guard = close

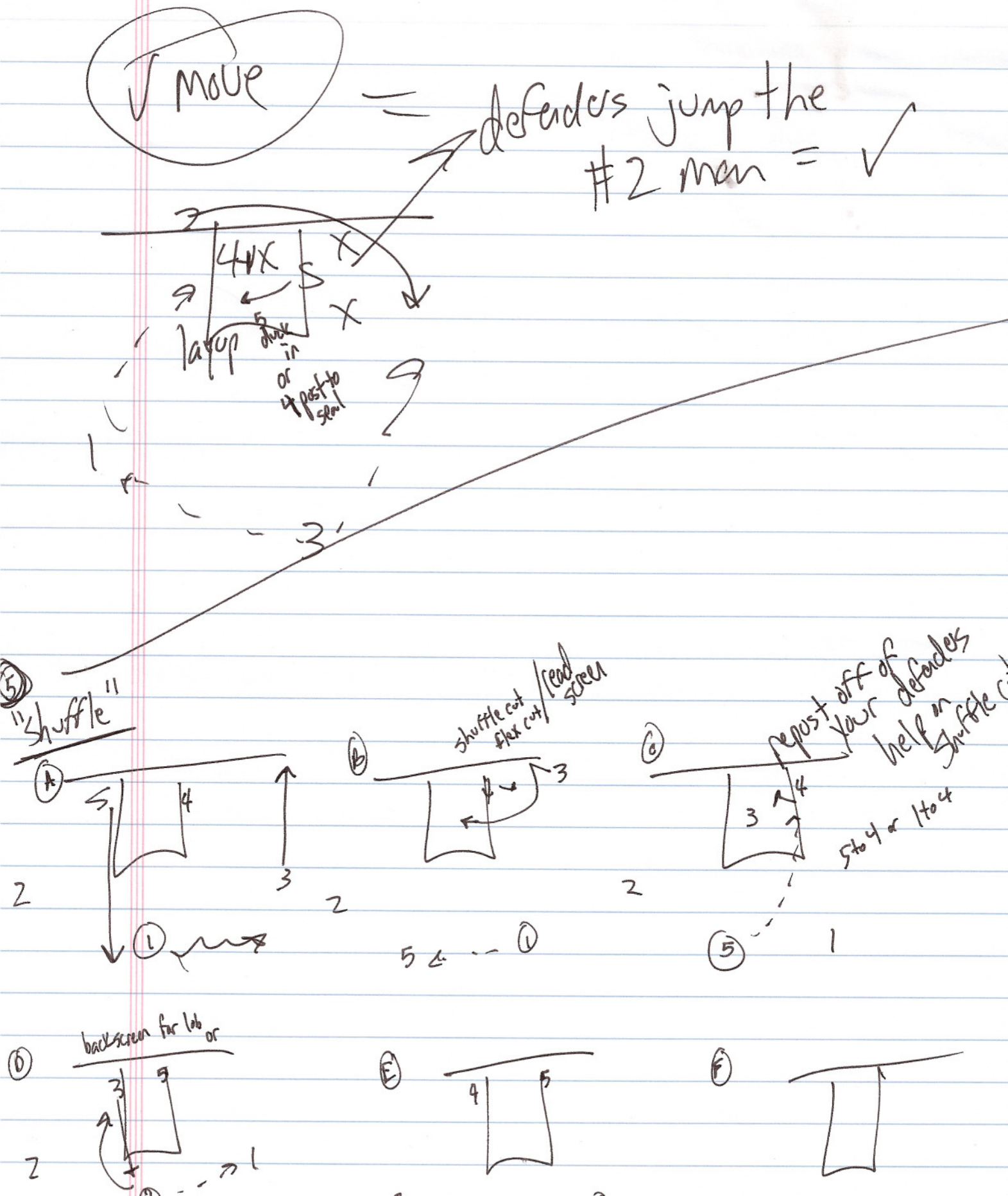


"Spital" cuts always








√ move
= defenders jump the #2 man = ✓
4 or X
X
lay up
5 check in or 4 post to seal
1
3
5
"Shuffle"
A
5
4
3
2
2
1
B
shuffle cut flex cut / lead screen
3
2
5
1
C
repost off of your defenders help on shuffle
3
4
5 to 4 or 1 to 4
2
5
1
D
back screen for lob or
3
5
4
2
1
E
4
5
F

Gary Williams – University of Maryland

1) Pressing Philosophy
    A) Must pick your spots
    B) 2 types of press offenses
        a) Quick - try to knock the ball to the official or at least loose away from inbounder
        b) Slow - Hand ball to the inbounder
    C) Must stay committed to the press
    D) Open court do not try to trap
    E) If you are behind the ball sprint to the paint
    F) To be a good pressing team you have to be a great transition pressing team
    G) You always have a primary look and a secondary look
    H) Goal
        a) Quick shot
        b) Turnover
        c) Bad shot
    I) Can't allow any time to dribble out of the press/trap
    J) Must match up when we get to half court
    K) Don't allow ball into ballside - make them throw it weakside
    L) Keep press on when ball is on the side because most teams don't practice press offense from the side
    M) Don't have to be quick to press you just have to be committed and have discipline
    N) Give your players confidence with the press
    O) Builds your team as the most aggressive team
    P) Sideline pass must be taken away

*Offense if you are trapped get as low as you possibly can
*Must decide how many traps you want before getting back

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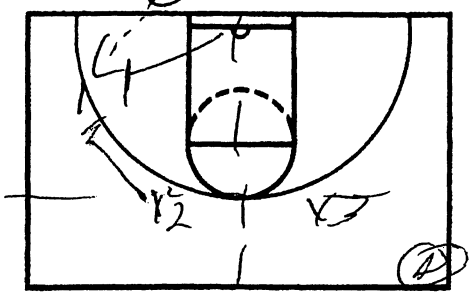
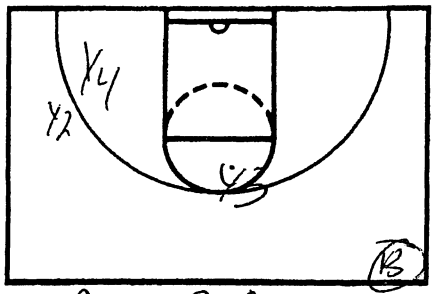
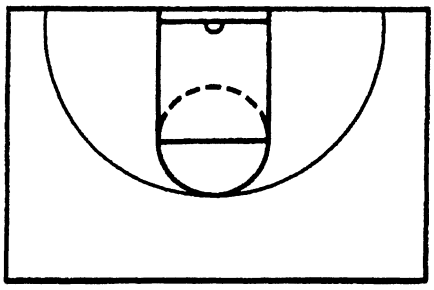
CLINIC Craig Wilkes
DATE Press of Mayland

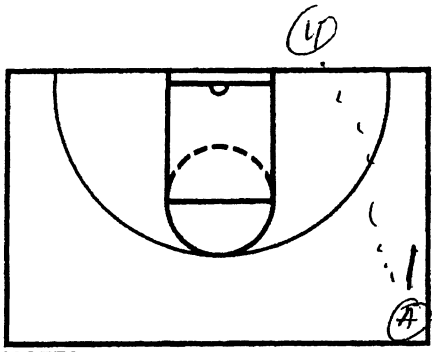


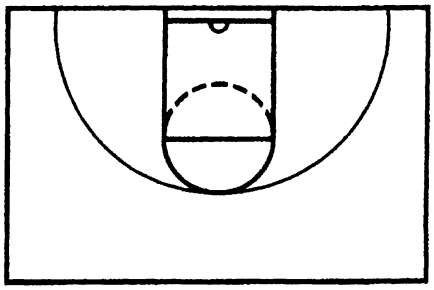


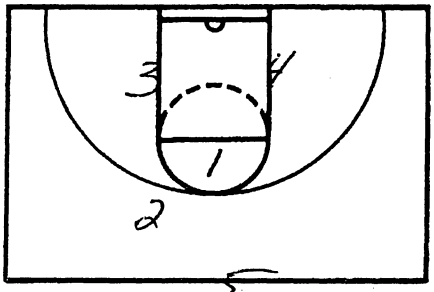


NOTES

v Play 2 Guys



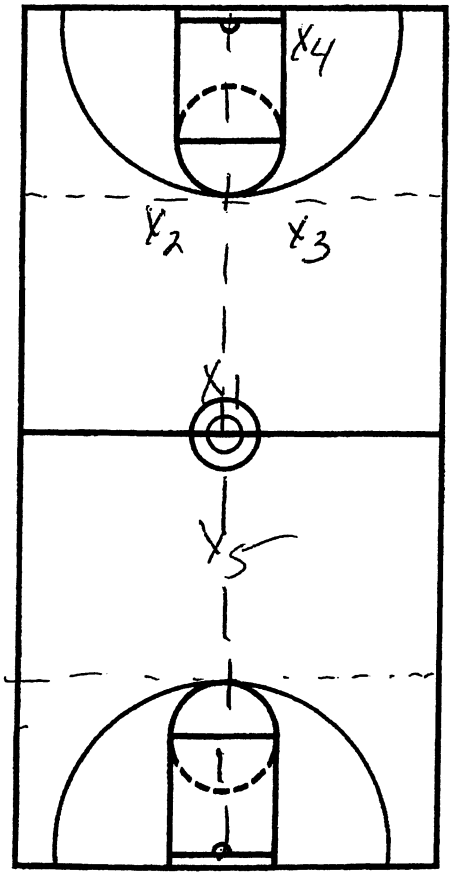




NOTES If target a Cater
Have press is off

JUST DO IT

Primary Cook
Secy Cook



NOTES

X4

1) A little crazy
2) Grab ball & Hold it to throw to take it out
3) Make inbound pass look Try to kick it

X2 & X3

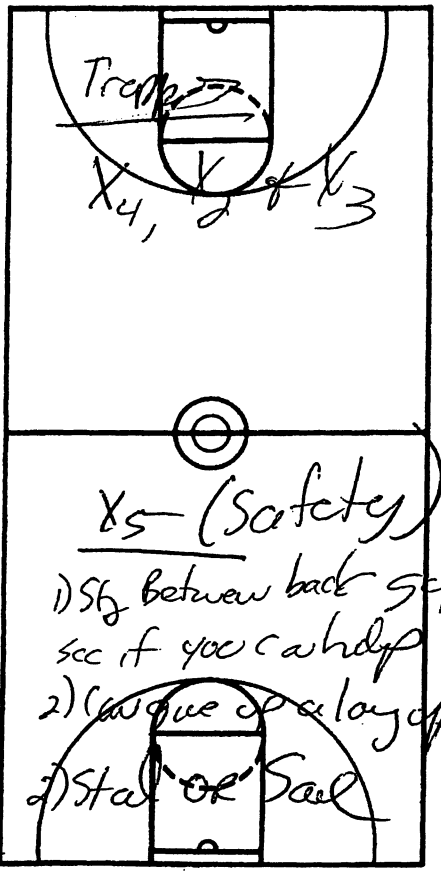
1) Push man to baseline
2) Make tough catch
3) Find Guys

Traps

1) Don't allow man to pivot

X1

1) look for 3rd guy on the Court - Don't let offense see you but be close



X5 (Safety)

1) Sag between back stop & see if you can help
2) Cover a layup
3) Stay or Seal

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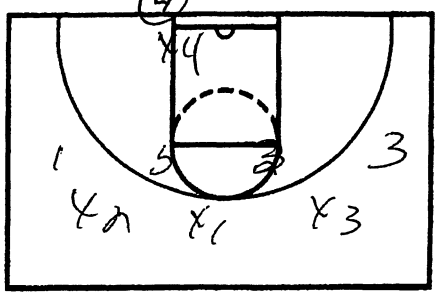
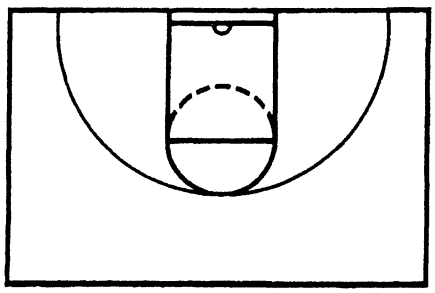
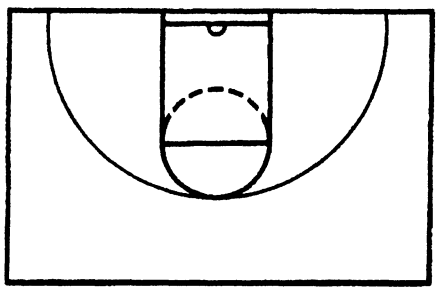
CLINIC Gary Williams
DATE
Maryland

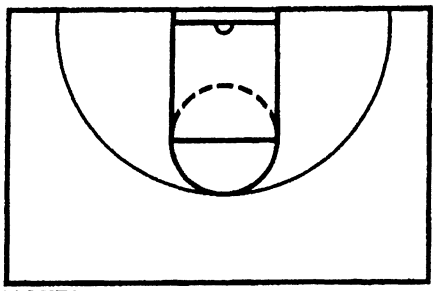


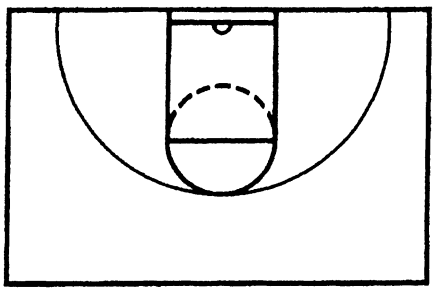


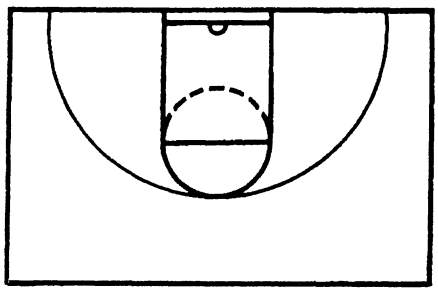


NOTES

X5



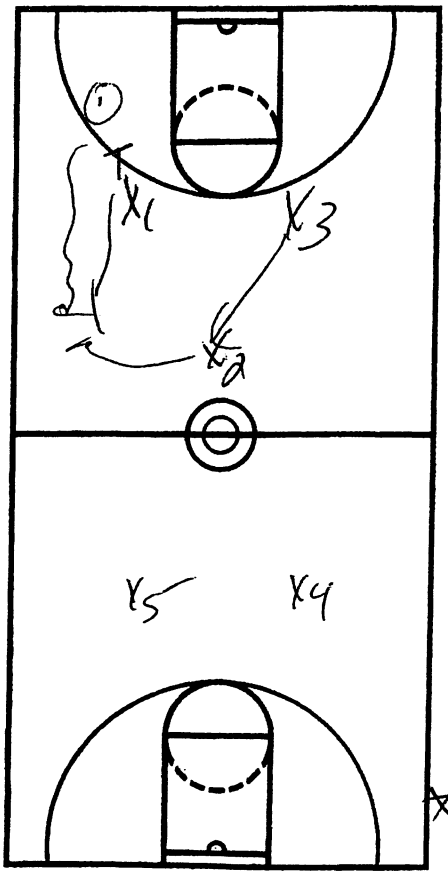




NOTES

JUST DO IT

2-1-2
ITrap Press



NOTES

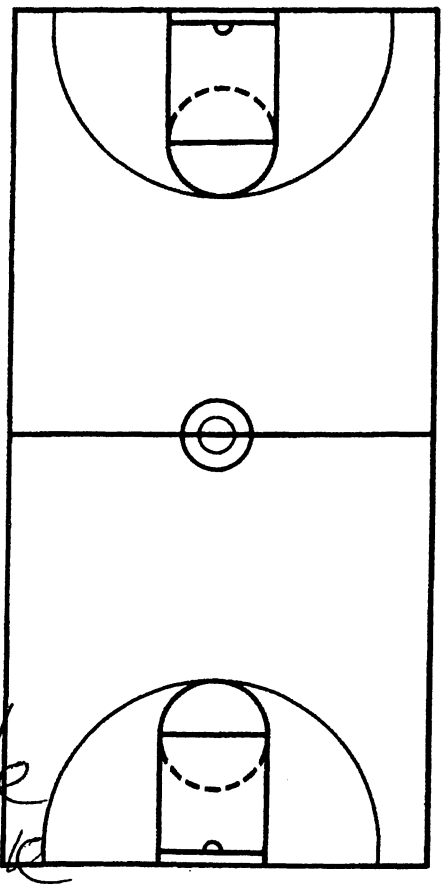
* X1 = Squeeze up ball

X2 = must decide where to
Contrust to the trap

X3 = Take by middle

X5 + X4 - No deep
passes. Hide +
look Steals!

* Trap in the middle
of the floor dribble



North Carolina Philosophy – Roy Williams

1) Play 94 feet Offense
   A) Gives the coach control if you practice it every day
   B) Kids love it
   C) Easy to recruit to
   D) Run make or miss
   E) Outlet - keeps you from getting pressed
      - 2 hands over head
      - baseball pass
      - they chart during practice who is taking the ball out of bounds
   F) 2 and 3 sprint to the other end
   G) Outlet ballside
      - Catch it on the run
      - Pressure - Get wide with butt to sideline
      - Cut and Get pass from other big if denied
      - Cross the court as much as you can!
   H) Other big - look at ball when at the top of key - turn and get catch and hit the man on run, or run to the front of the rim and post up
   I) If 2 or less defenders back then score in 2 or less passes. If more, than 2 defendaers run secondary break.

2) Offense versus a set defense - 3 rules
   - 3 passes unless you have a lay-up
   - Change side of the floor
   - Cutting off screen - Get your shoulder by his hip
   - Post Feeding
     a) Slasher - opposite the direction the post player turns
     b) Screener - get someone open - screen
   - Make your players feel like you are doing everything for them
   - There is only one basketball - must know where it is
   - Make your first 3 steps the fastest on the court - faster than the other teams big first 3 steps
   - What would you do if you were on the playground or in a pick-up game? Ask your kids this a lot
   - Bounce pass, feeding pass only to the post
   - Every possession is total commitment

In Practice Run 6 Times & They have 16 of these Second Breaks

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CLINIC Ray Williams
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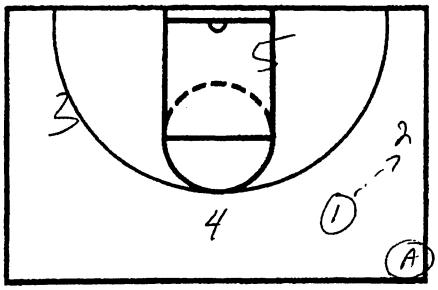
Secondary Breaks

COUNTER



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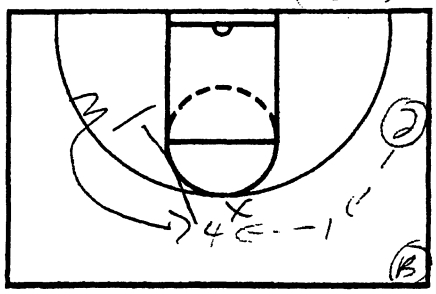
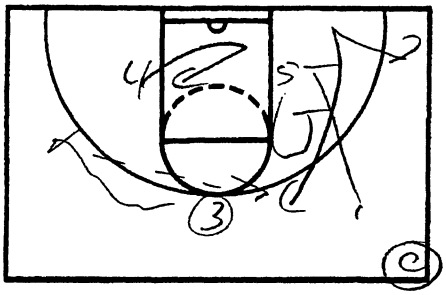
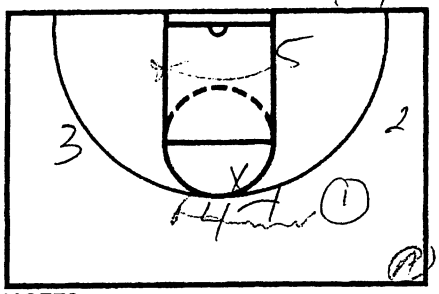


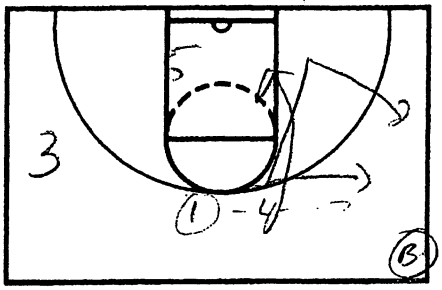


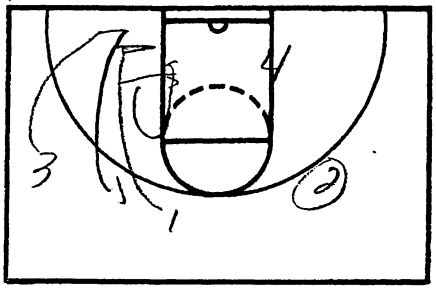
NOTES

(Eye Contact)



(Dribble)

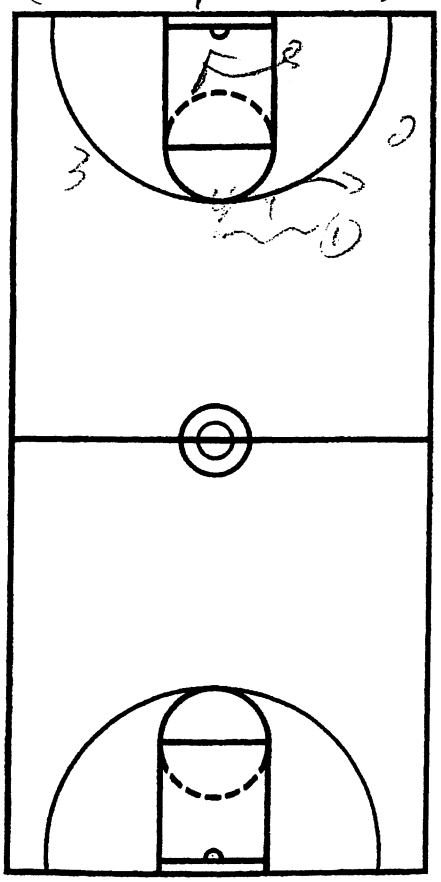




NOTES

JUST DO IT

(Dribble Spin Out)



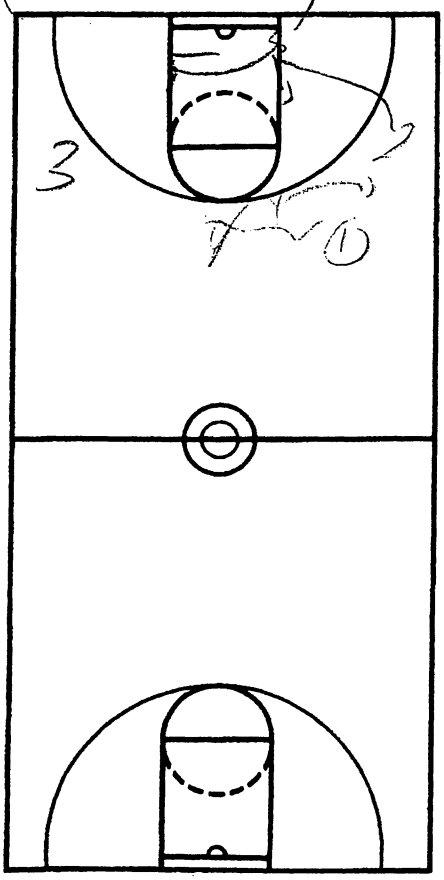
NOTES

1) 1/2 or 5 on 5

2) 3/4 CT 5 on 5

3) Full CT 5 on 5

(Dribble Hand)



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CLINIC Kay Yow
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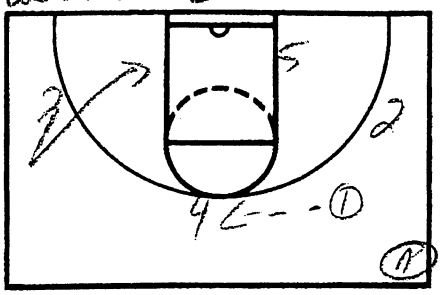
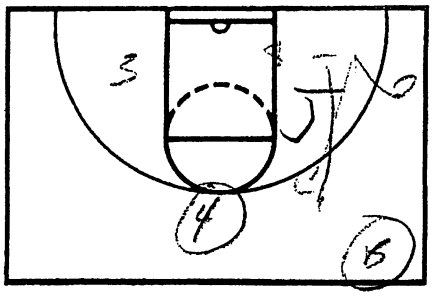
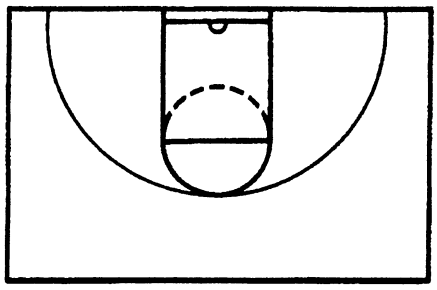
"Baseline Double"

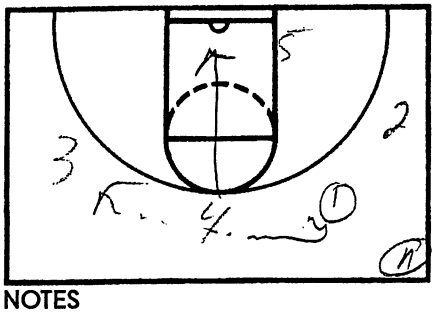


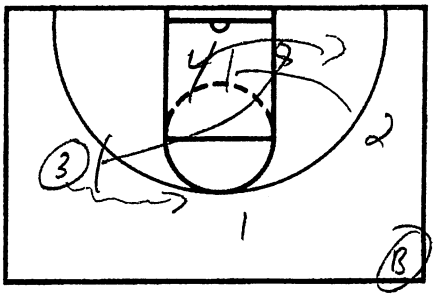


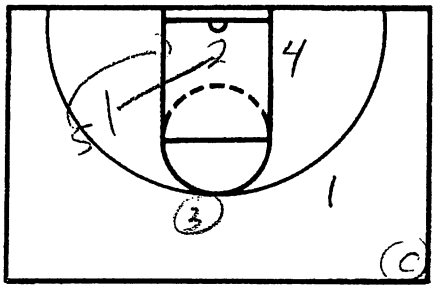


NOTES

"Raise Dribble = Dive"







NOTES

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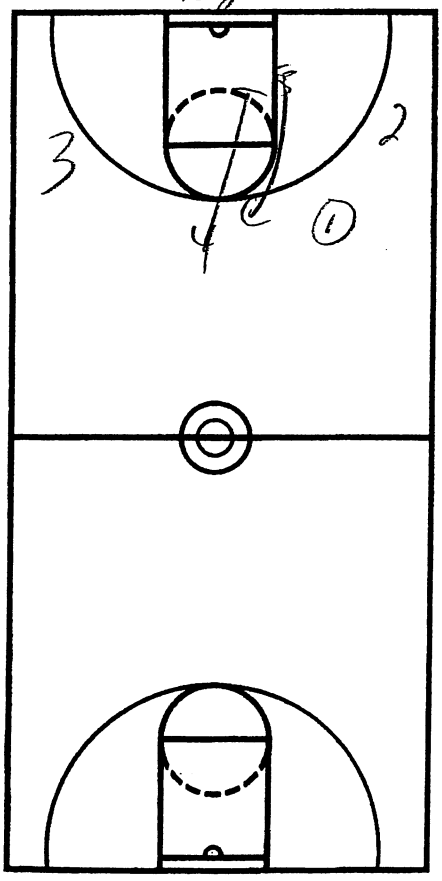

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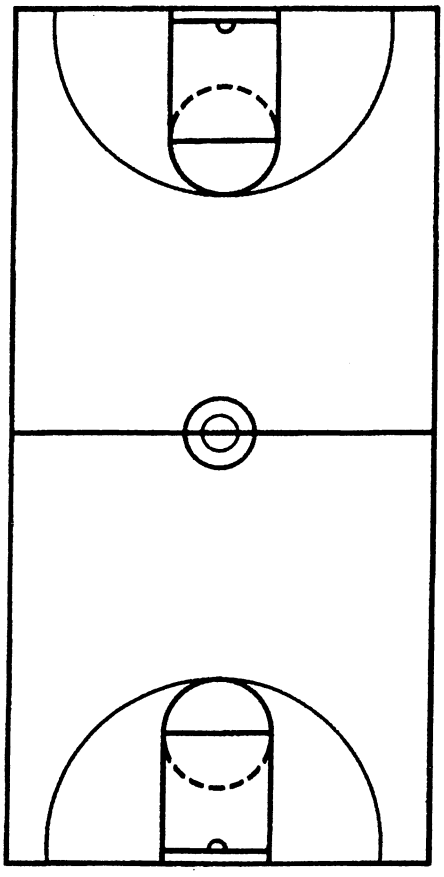

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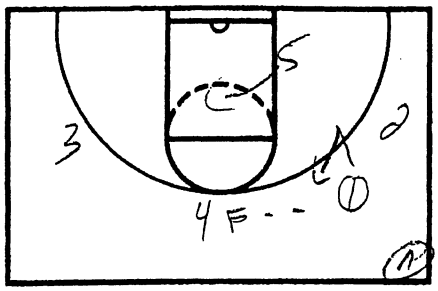
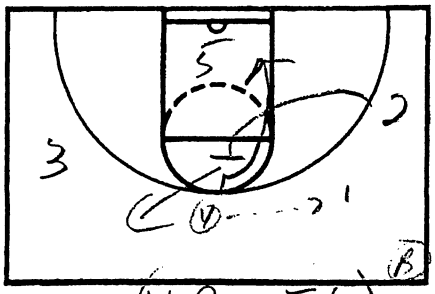
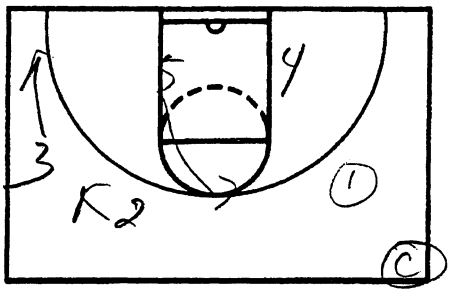
CLINIC Roy Williams
DATE UNC

"kickback"



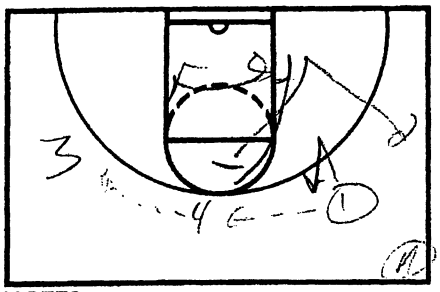


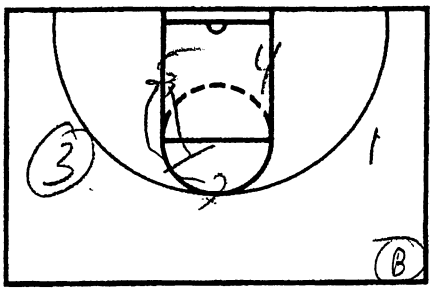


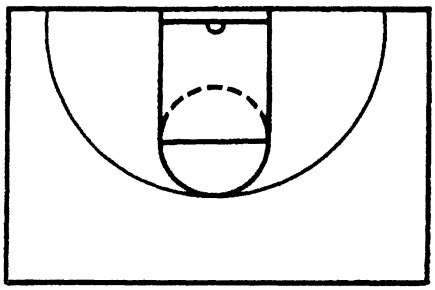
NOTES

(4 Pass Fake)

"Screen the Screen"







NOTES

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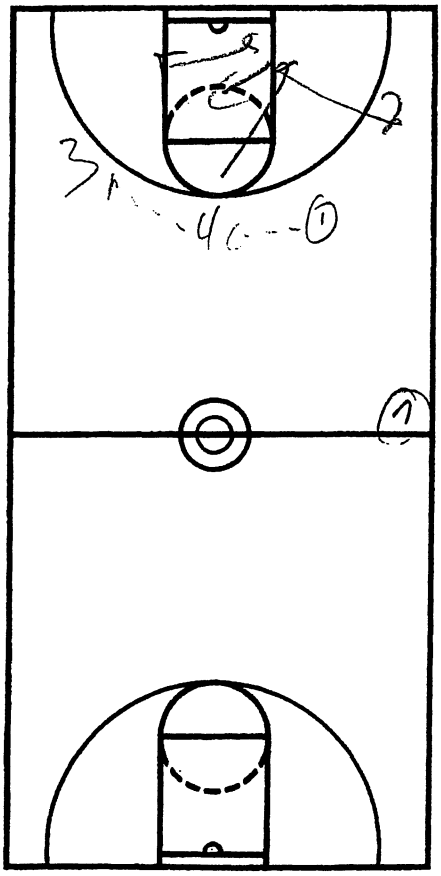
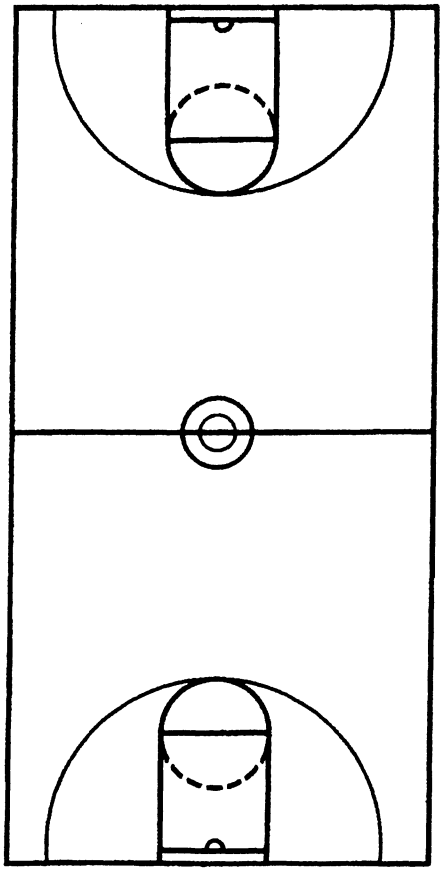
1) vs Zone Screen the middle of the zone or flash middle



NOTES 4+4 cut inside
bottom of the zone

2) 2 Get Back Cut
Fake Low



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CLINIC Boy White

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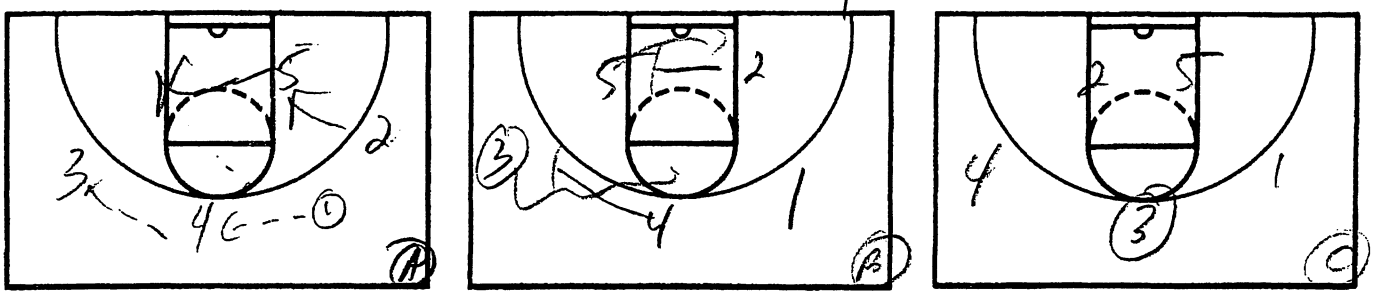
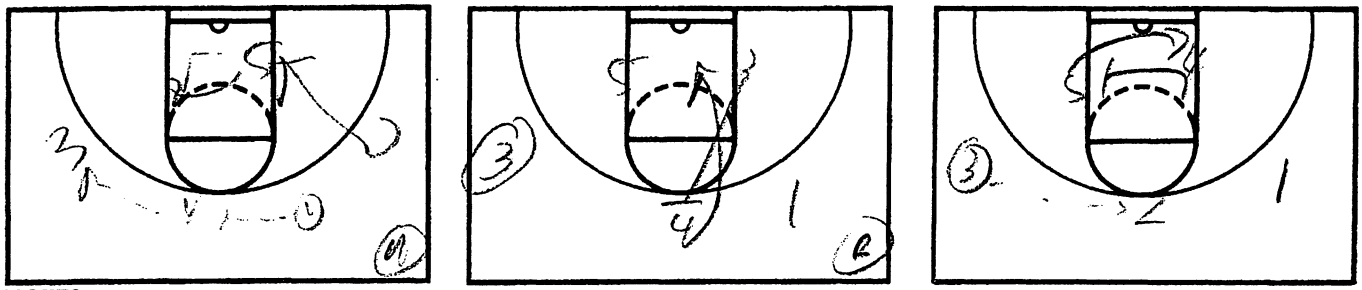
"Sweep"



NOTES

"Reads"



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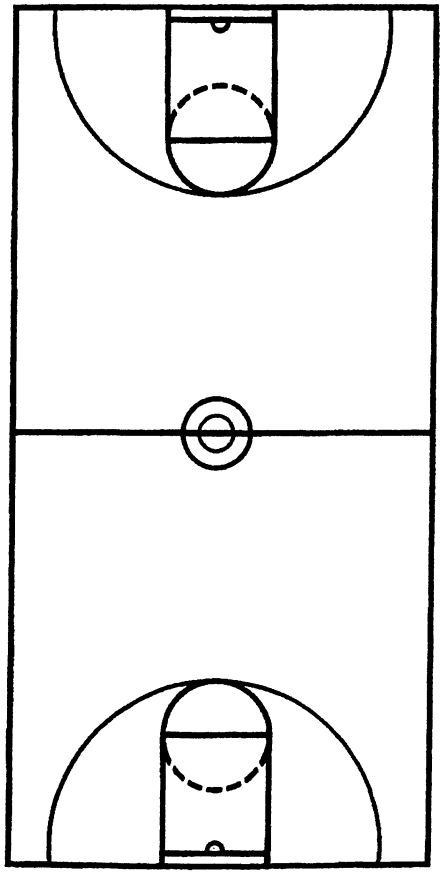

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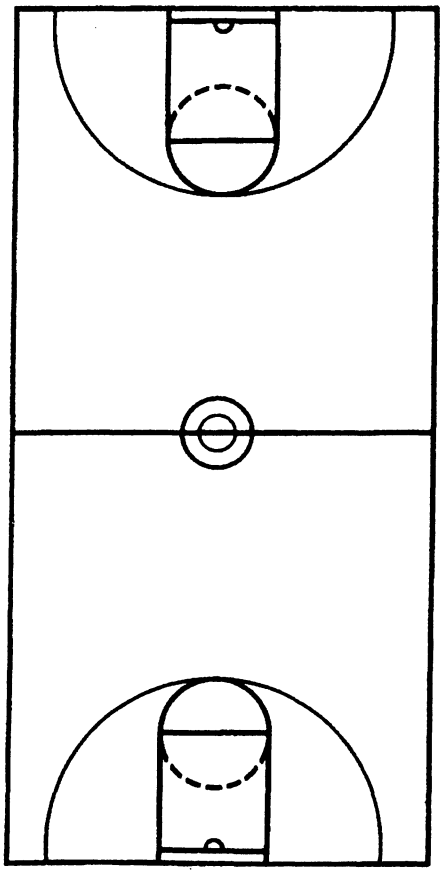

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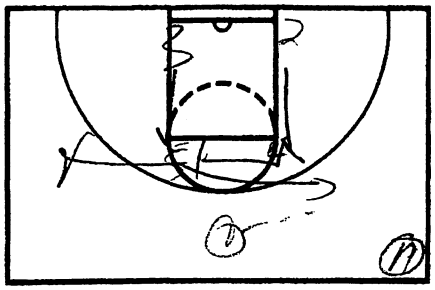
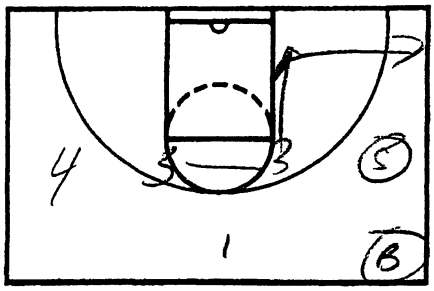
CLINIC Hayward

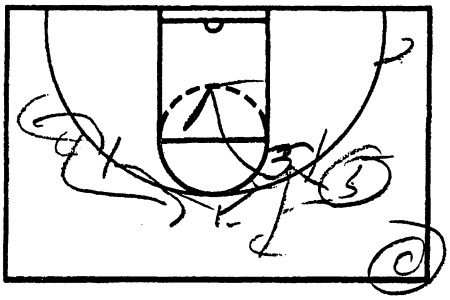
DATE

UNC

11 B1 11







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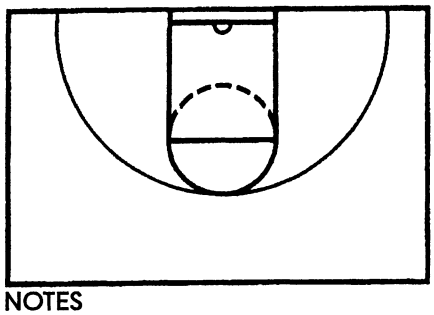

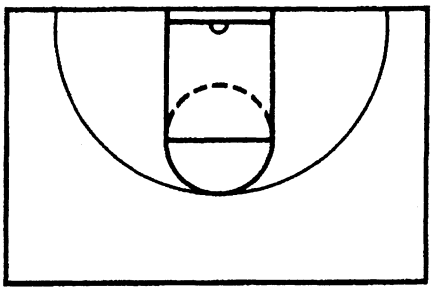

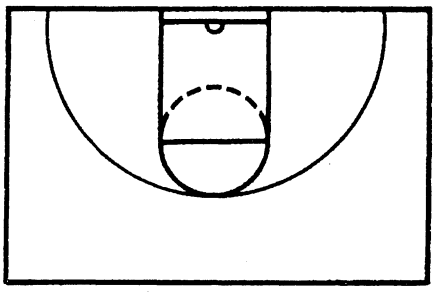

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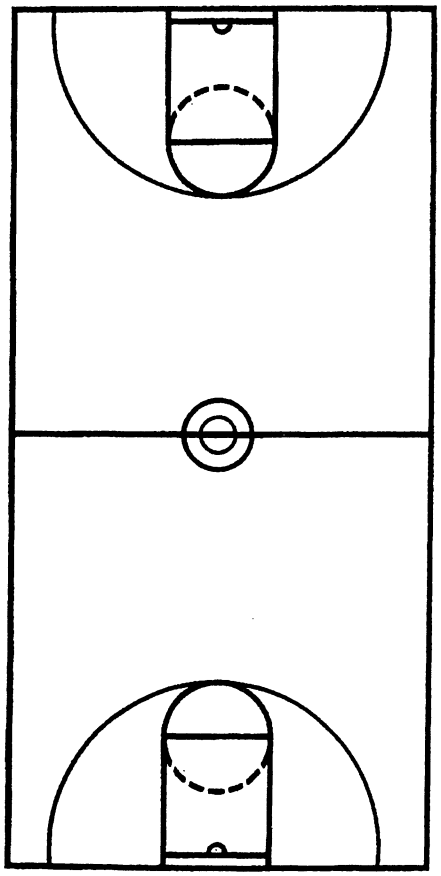

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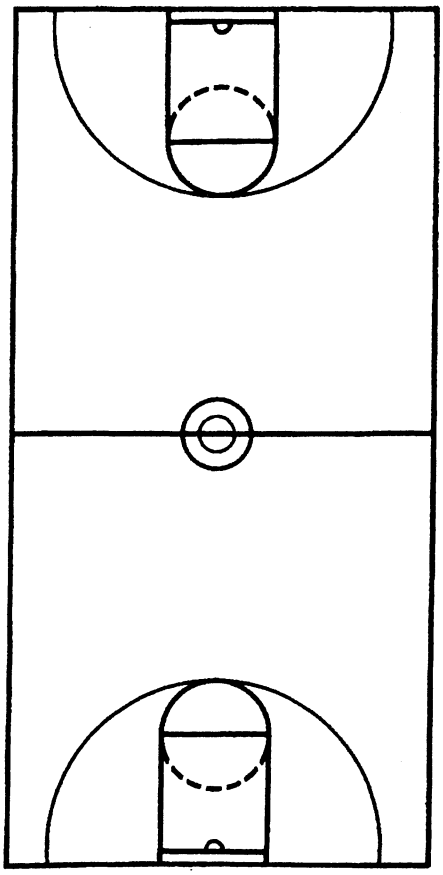

Dave Odom – South Carolina – Attacking Pressure

1) If you don't attack pressure at the point at which it is applied it will continue to come after you
2) You must meet it to beat it
3) Can't make a good pass without a good catch
4) Never allow a bounce pass on the perimeter
5) Post Position - Line up on the line of the ball to the basket
6) The pass should make the receiver of the pass into the post responsible for the catch
7) If can't catch it or pass it you can't play
8) Must teach your kids how to make lay-ups
9) Double teams happen when they happen - must attack it with speed or power at the point at which it occurs
10) Ball Reversal vs. Pressure in half court
    A) Jump shot
    B) Drive

*Defense is reacting and not ready to rebound

11) Always come to the ball and catch it
12) Press Offense
    A) FT's - 1 man take ball out
    B) Cue Ball - Bigs take it out

* Attack pressure where the pressure is applied
* Use a microphone at practice

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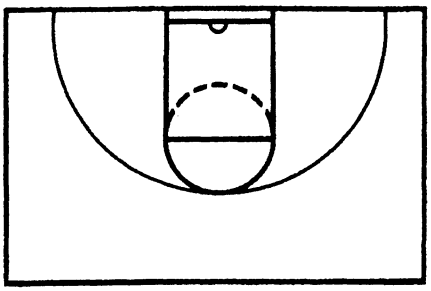
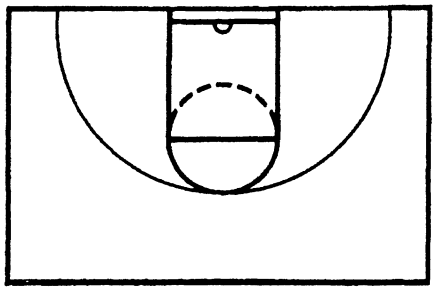
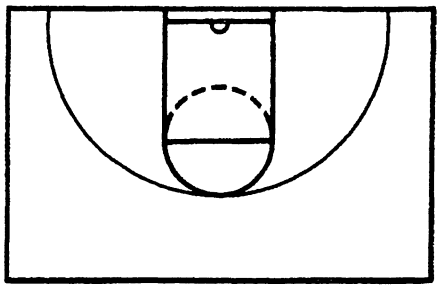
CLINIC Vacc Camp

DATE

South Carolina







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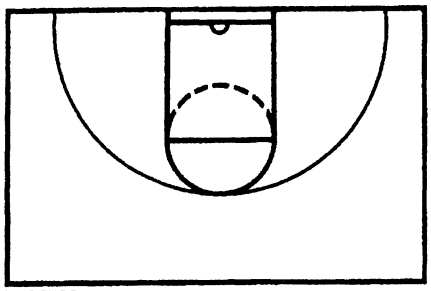

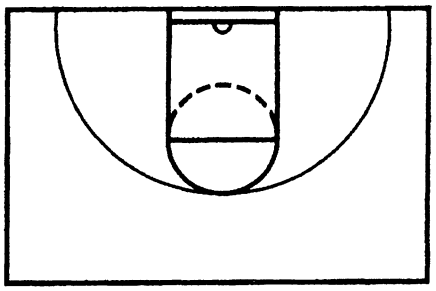

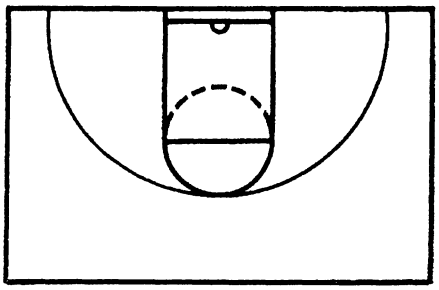

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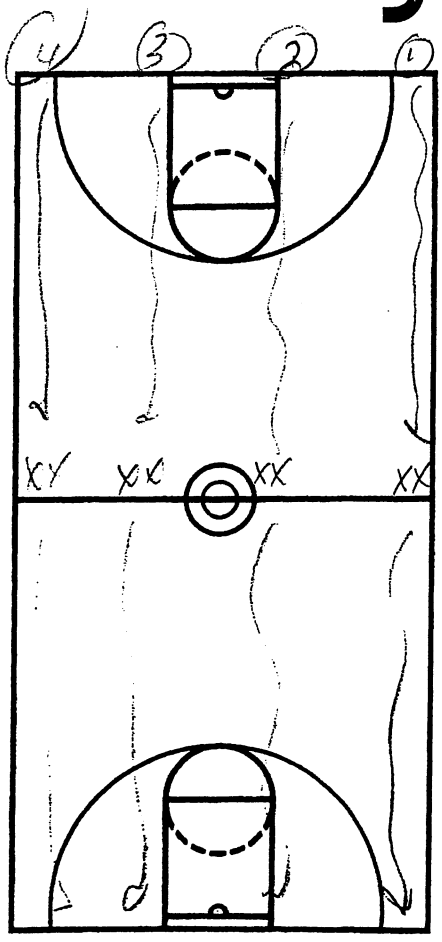
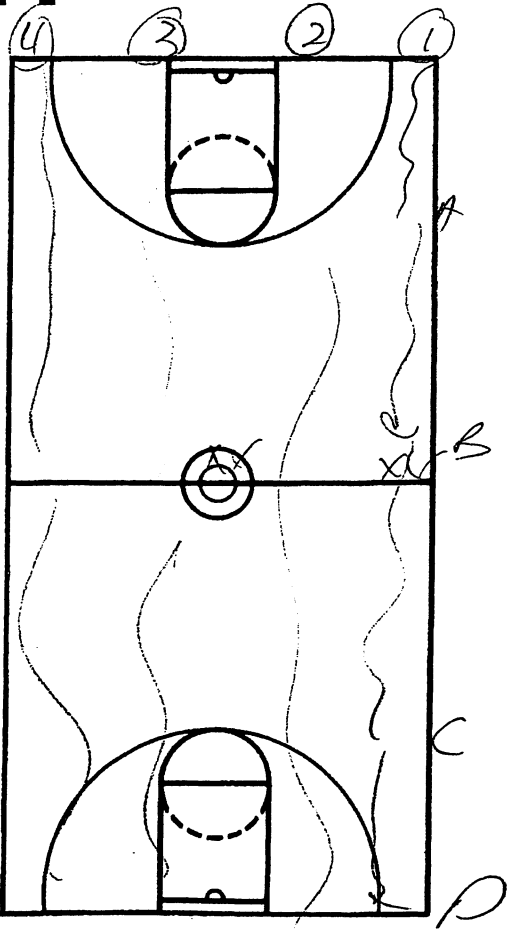
JUST DO IT



NOTES

1) Respect the trap but don't fear it
2) Look through the double team
3) Fake up & Go Through
4) Fake Through & Go up
5) Must pivot
6) Don't turn your back
7) Don't stand up
8) Attack at the Pressure



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CLINIC Dave Odom

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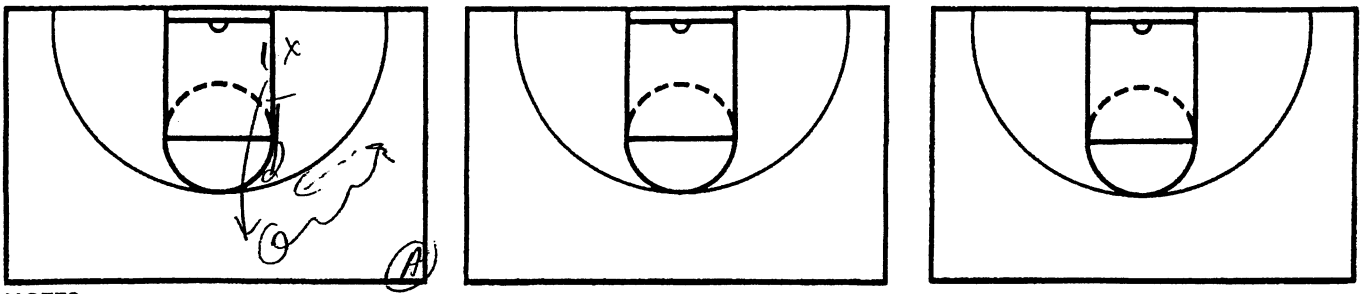
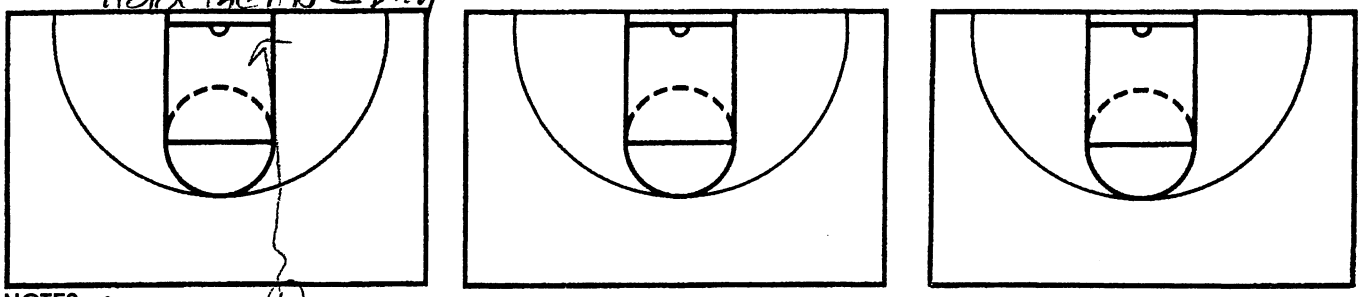


NOTES

✓ Attack arm where it is applied

✓ Hold the low ball

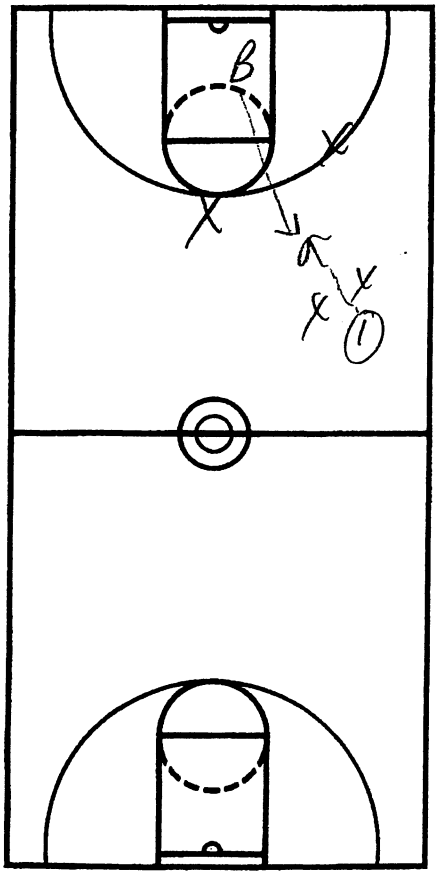


NOTES

✓ Find the Pocket

✓ Hold the line

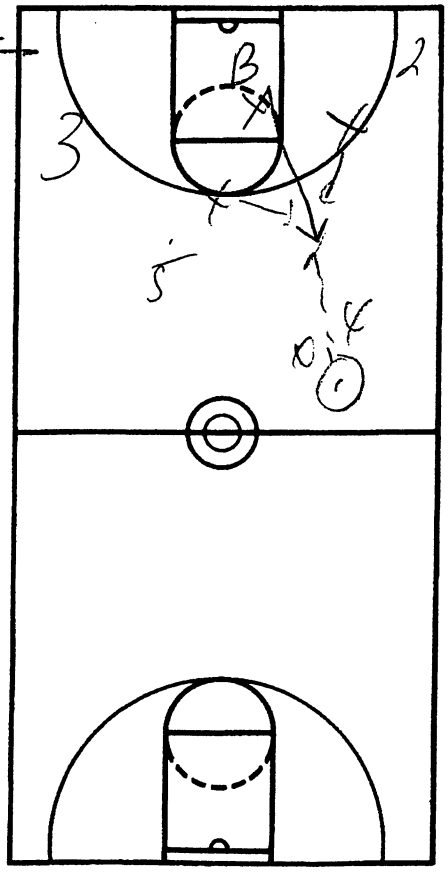
JUST DO IT



NOTES Catching versus Pressure

1) Get head on line of the ball to the basket

2) Break the line of the 2 Defenders



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CLINIC [illegible]

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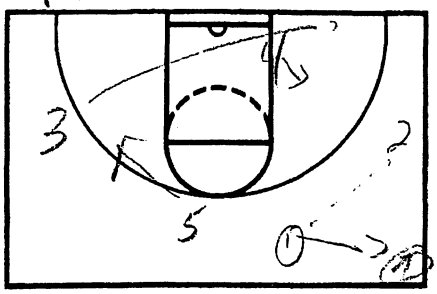
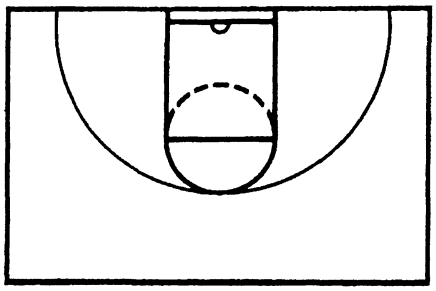
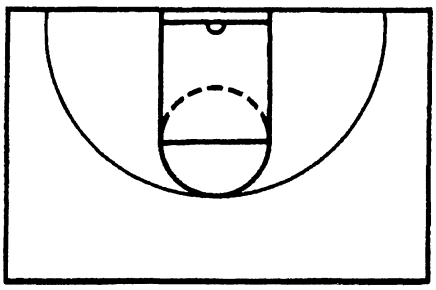
(vs Troy)







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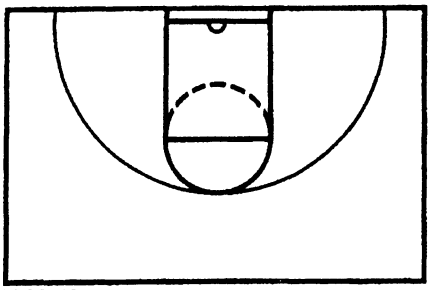

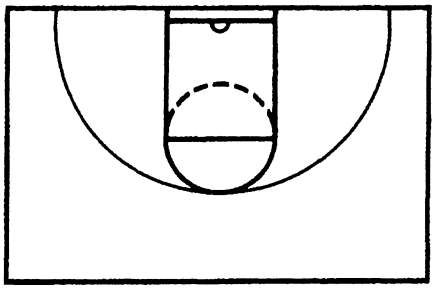

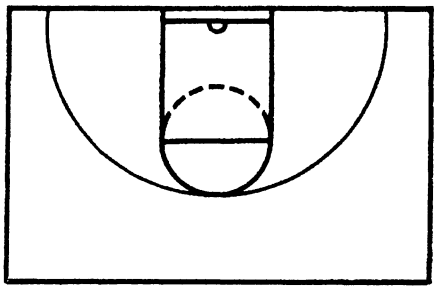

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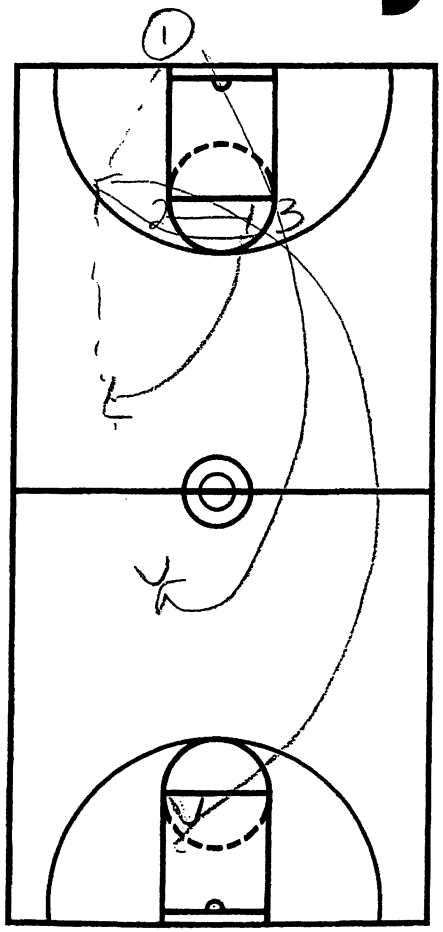
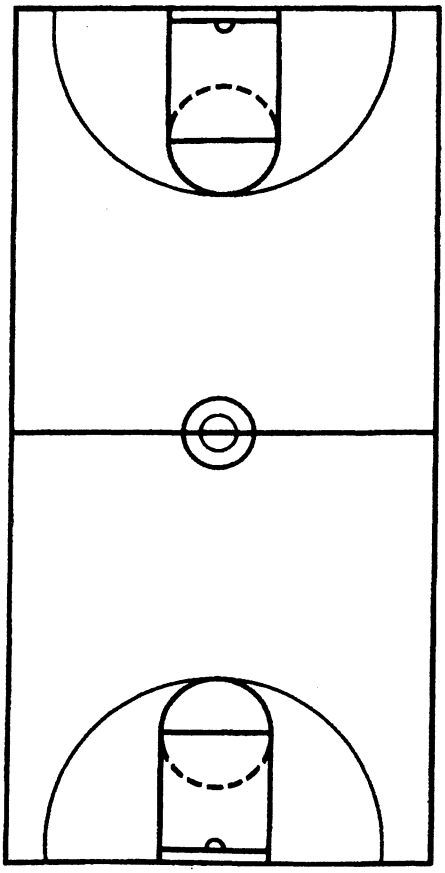


NOTES Press Offense Drill

1) Sprint ahead of Cone Ball
2) 12-15 Feet Spg
3) Keep Cong with the ball cong to your head S



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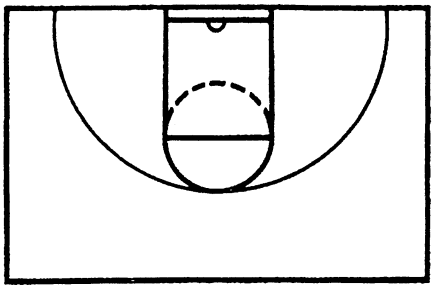

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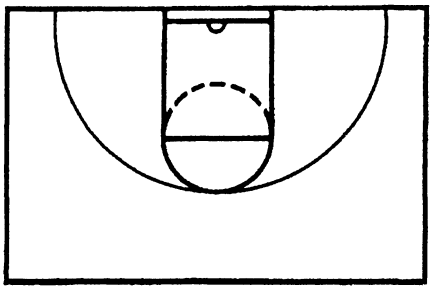

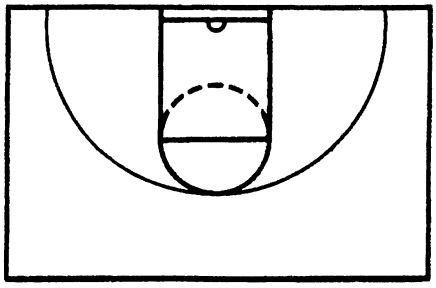

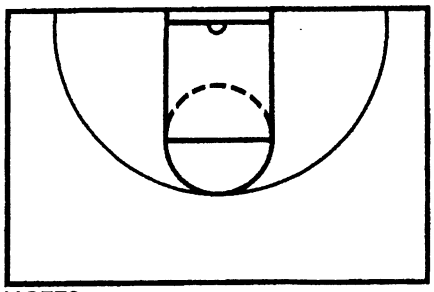

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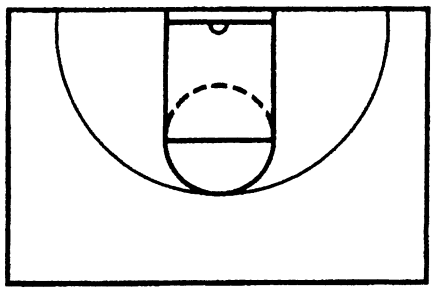

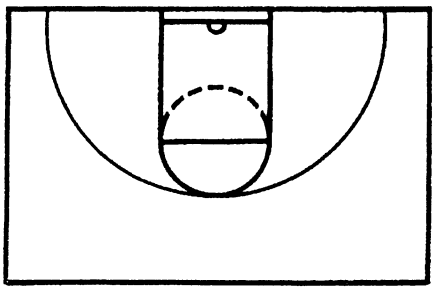

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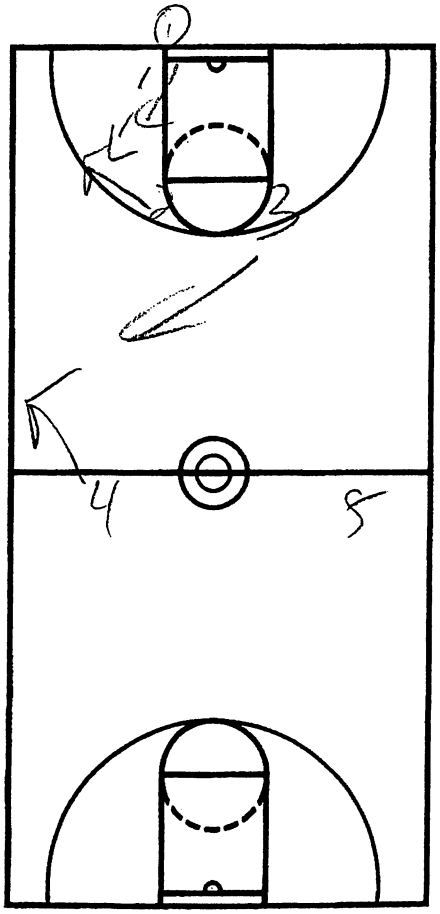
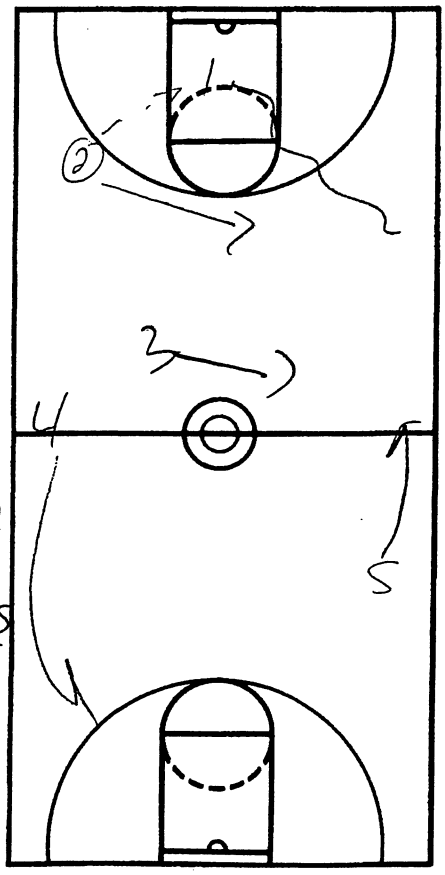


NOTES Press Offense

1) 1 man must come IN Ball side

2) If you can't throw up or middle must throw back

3) ONCE IN the middle IN Press Offense Always IN the middle



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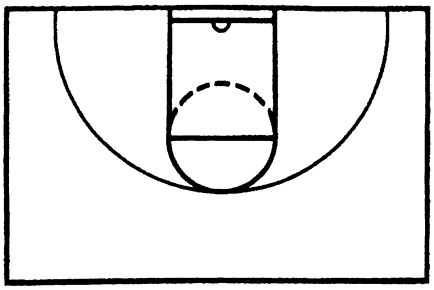
CLINIC Dave Dixon

DATE

South Carolina



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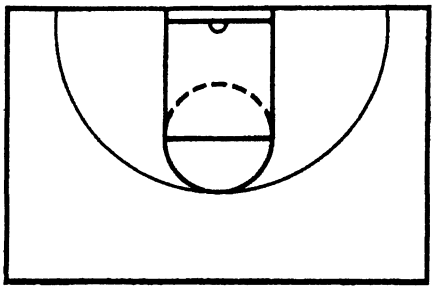

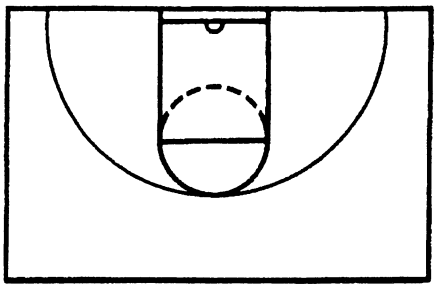

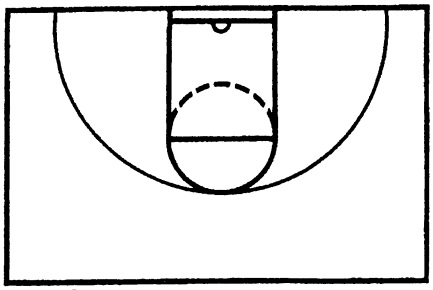

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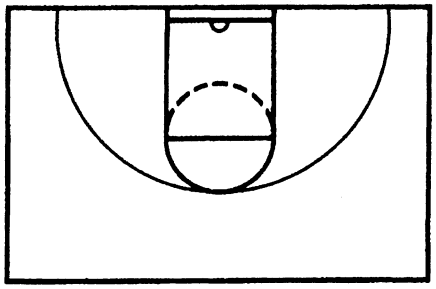
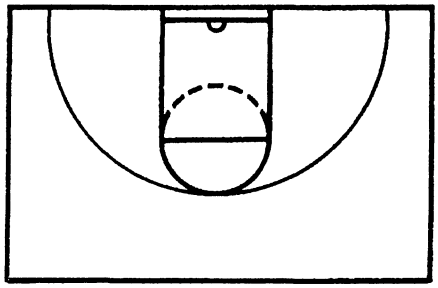
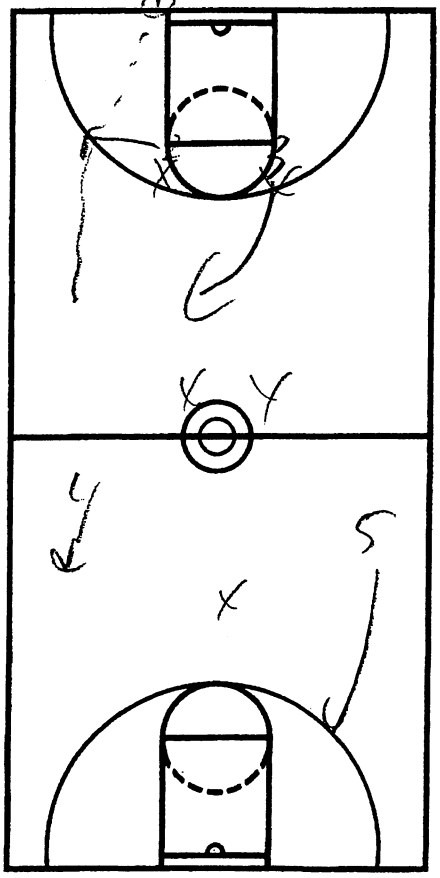




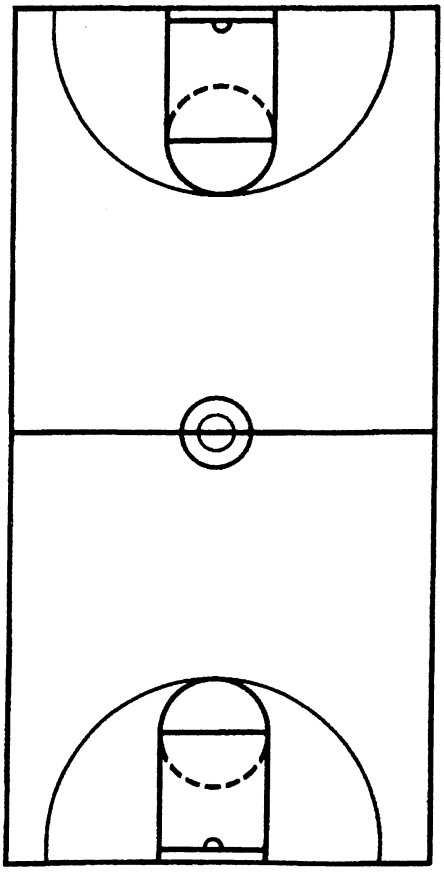
JUST DO IT

VS Zone Press



NOTES

~~must~~ take it to the level of the defense



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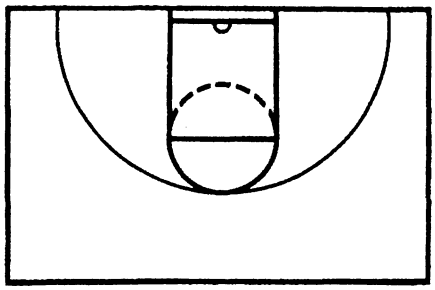
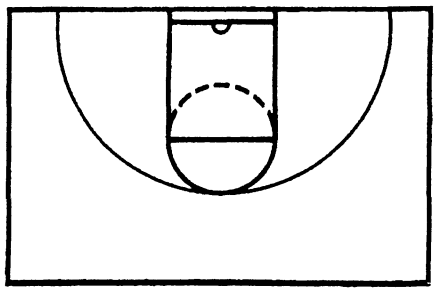
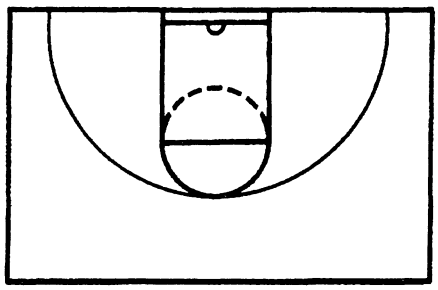
CLINIC Live Work

DATE

South Carolina







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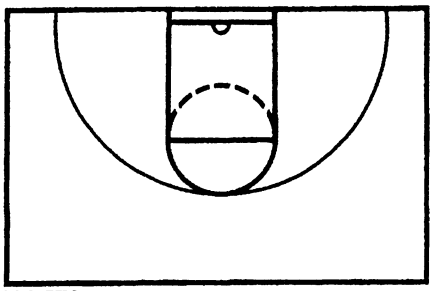

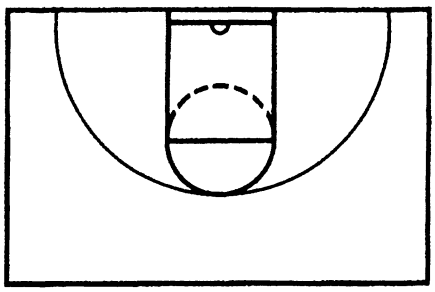

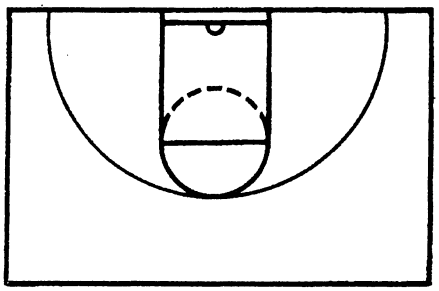

NOTES

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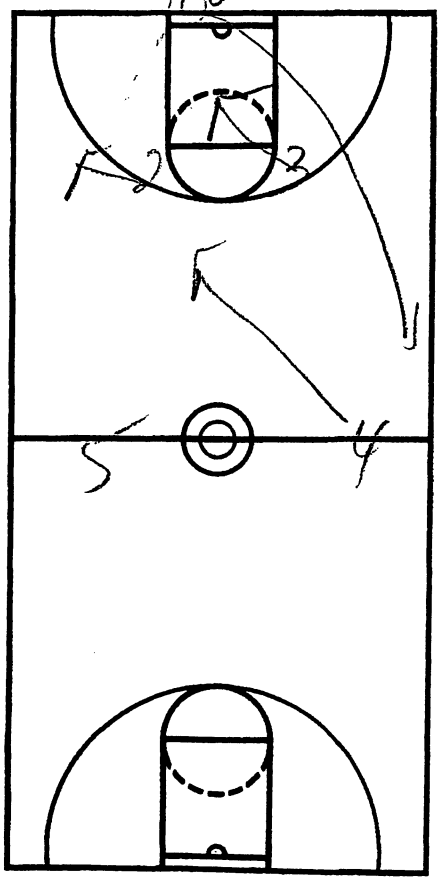


NOTES

Tisen Press Offense

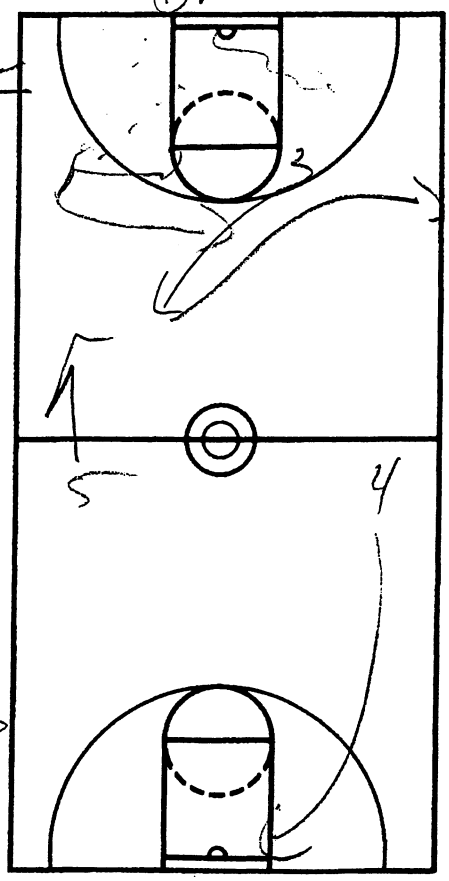
1) 4 goes long & Stays Ly

2) 3 Screens

3) If you can throw it ahead do it

4) Pass & Slice

5) Leave an area fill an area



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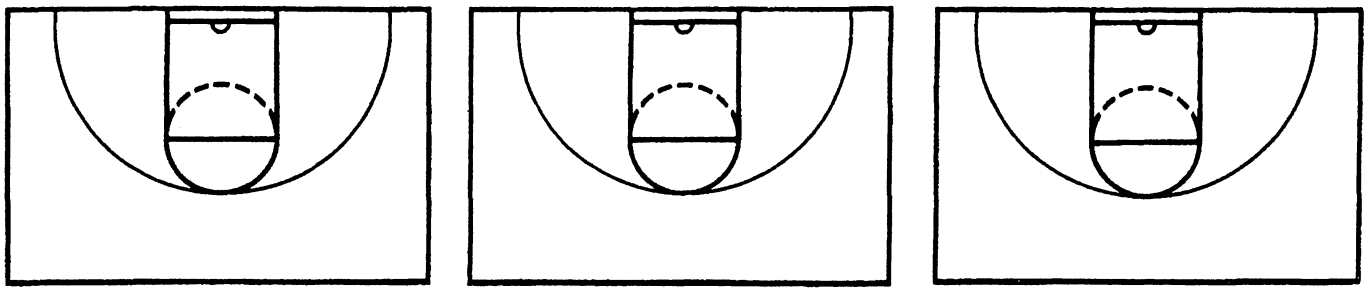

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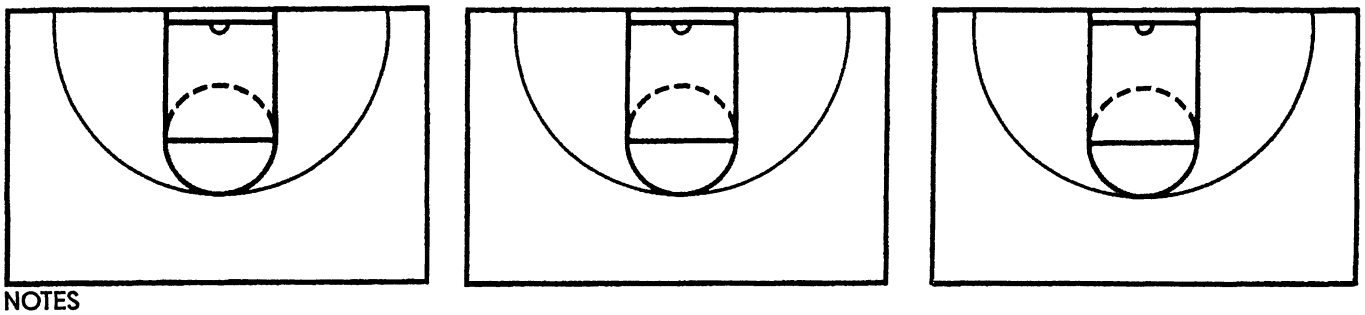
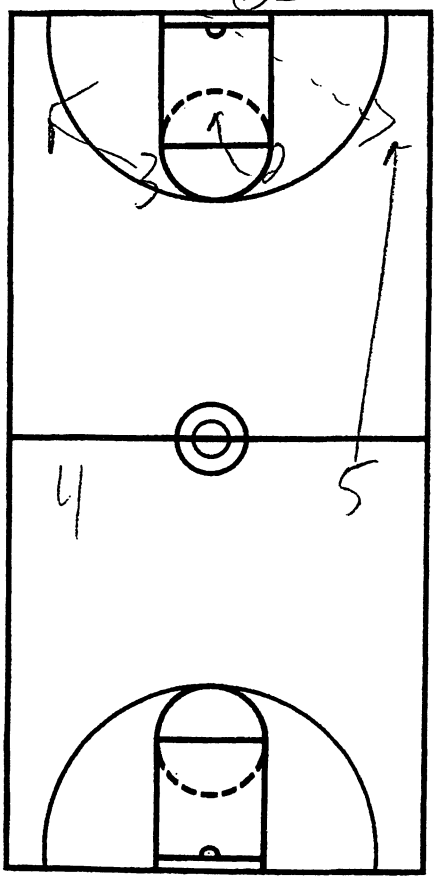


NOTES

JUST DO IT

Long Cross



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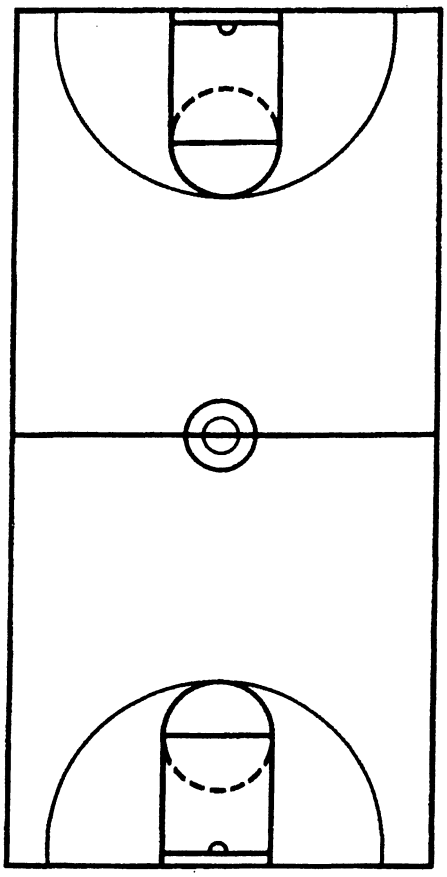

Joe Scott – Princeton University

* The system is based on having good basketball players
    a) Dribble
    b) Pass
    c) Shoot
    d) Gym rats
    e) Want to reach them best – Be as good as they could be as a player
    f) Desire to play together as a team
    g) Desire to improve

1. Why run Princeton system
    a) Take the tension out of the game
        Hardest game to teach and play
            - Team game driven by individual's ability is what makes it hard to teach.
        Maximize each guy's individual ability within a team concept
    b) Allows individuals to maximize ability
    c) Get a good shot at the basket every possession
    d) Beat the best teams in America
2. They don't specialize players – ex)1,2,3,4,5
    a) They want guards – Coach them everyday!
        1) Dribble, Pass, Shoot
        2) Post up and Score
        3) 3 point shooter
        4) Score off dribble
    b) They want forwards
        1) Dribble
        2) Shoot 3's
        3) Post Up
        4) Dribble

* People learn to love things – teach and demand your players to be gym rats
* Your players must know your way to play
* If you work on fundamentals everyday they get better at all the thing important things in basketball

Principles of Princeton Offense

1. You move when the ball moves – player and ball movement
    a) Can't stand still and hold ball
        A) Selfishness – must remove
        B) Blindness – must improve
            1) 4 on 0
            2) yell and correct a lot
    - good players know what to do with the ball before they get it.
    - be hard to guard
2. Watch the guy in front of you – he will tell you what to do
3. Put yourself in position to do the next thing
4. Go where you are open

* They do all things 5 on 5
* Never run or condition without a ball
*You want win late season games, if your plays aren't continuing to get better – 25-30 minutes a day of pass, dribble, etc. (fundamentals)
*Making layups is a sign of toughness
*A coach must get your players to listen not hear.
*Jump hook doesn't get you away for the defense – Jump hook if we have advantage
*Hook gets you away from the defense
*To be a good player must be able to do 2 or 3 things at once
*Great players
    1. Catch and Shoot
    2. Catch and Pass
    3. Pass and Catch

5. Cutter must help the passer know that he is open by talking with his voice and hands
6. Hard cuts and hard screens
7. Be hard to guard with and without the ball
8. Don't tell your guys what to do – they must make good decisions
9. Use your center as a great passer
10. Cheers = Freedom
    - Freedom = Responsibility
    - Responsibility = Discipline

*Must have 4 Layups

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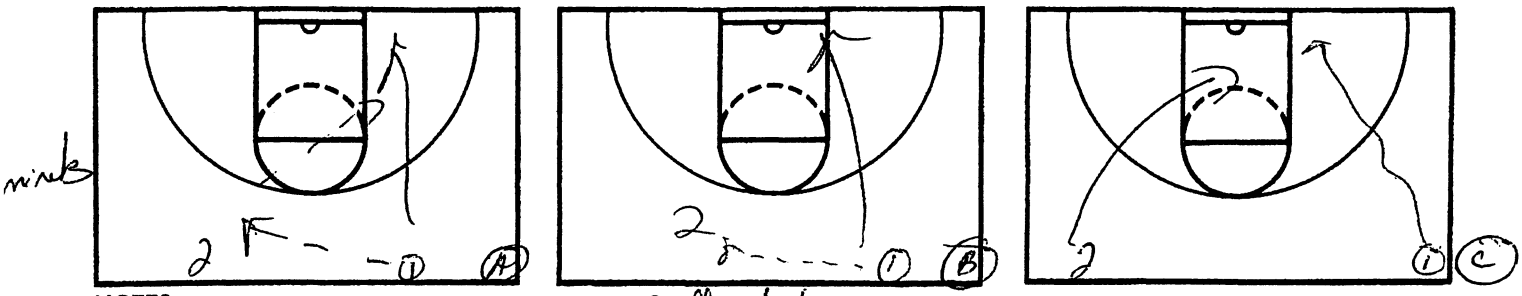
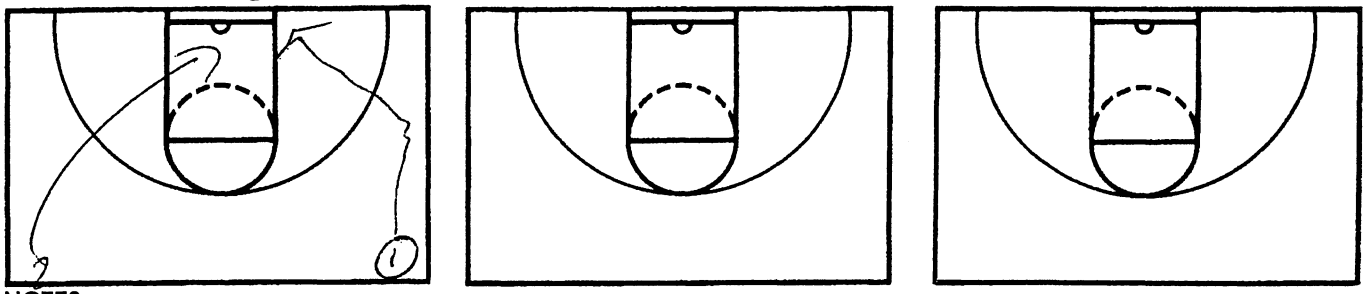


NOTES *All Chest Passss

Diffent Layups

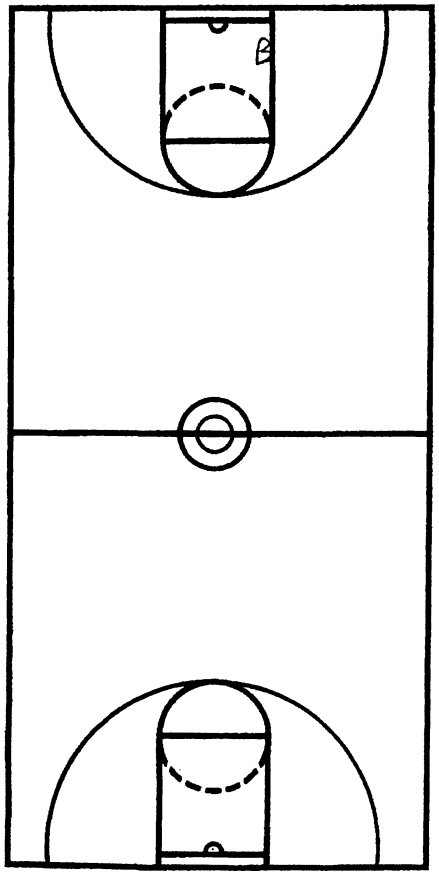
Chge speed / Chge direction



NOTES

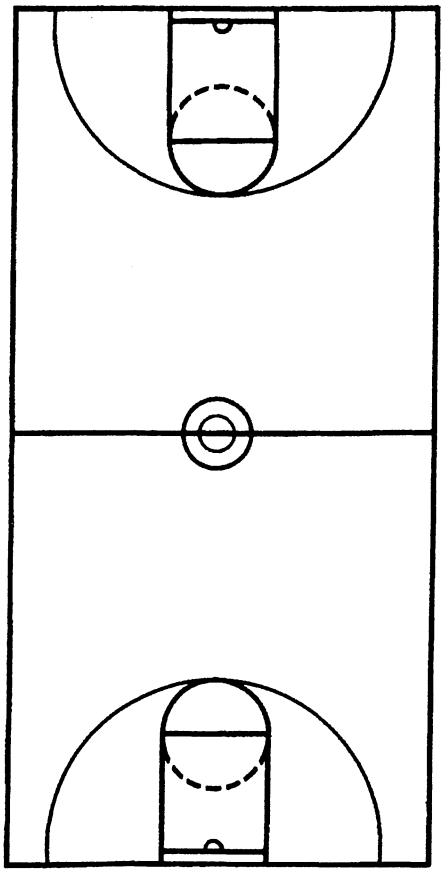
JUST DO IT

~~Mikan~~ Mikan Drill



NOTES

1) Regular
2) Reverse
3) Back to Back



4 Layups

1) Right Hand Regular
2) Right Hd Reverse
3) Left Hd Regular
4) Left Hd Reverse

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CLINIC Joe Kay

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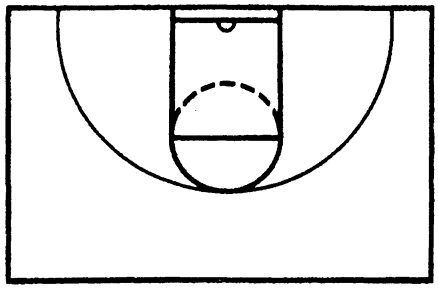

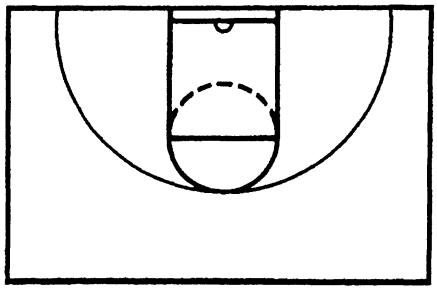

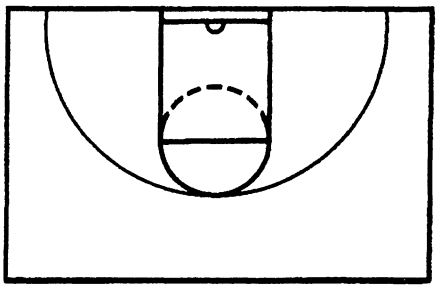

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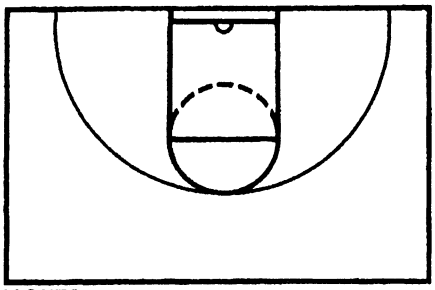
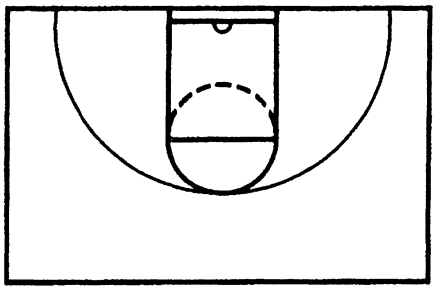
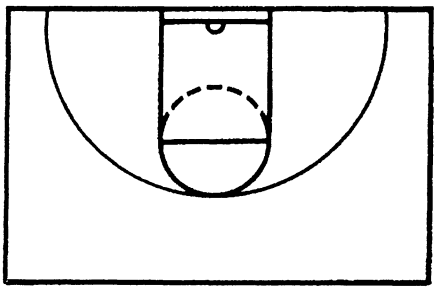


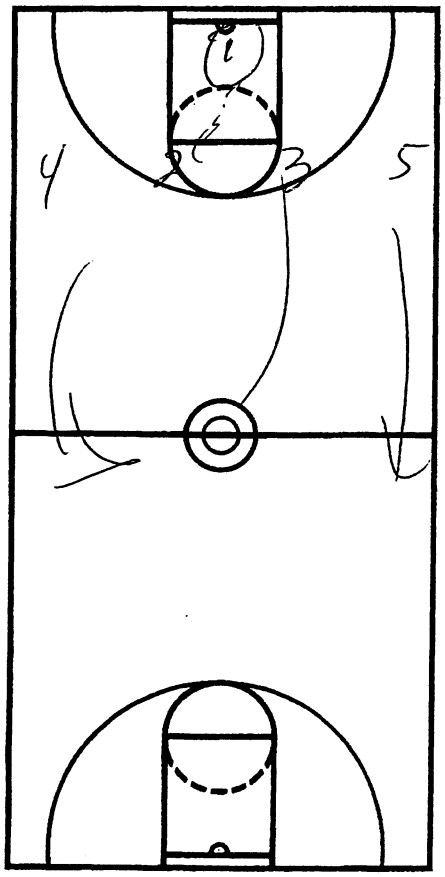




NOTES

JUST DO IT

N2 Drill



NOTES

Rules

1) Rebound

2) Outlet

3) Layup no goes opposite

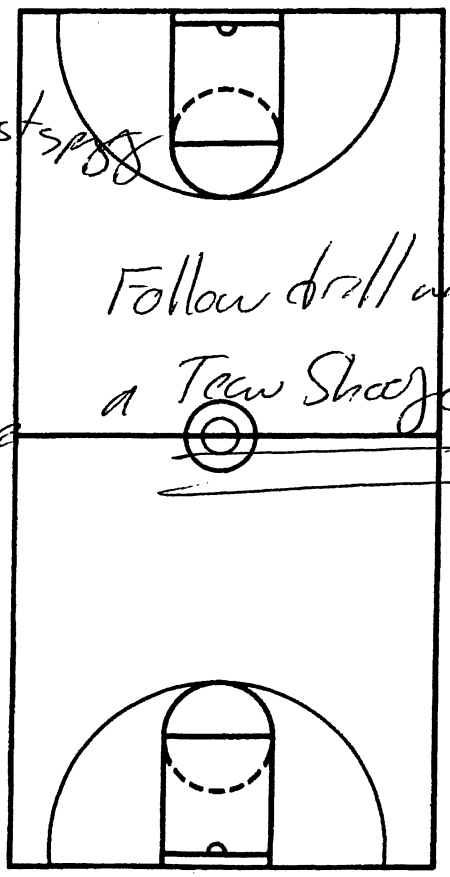
4) Ball can't touch floor

5) Never throw the ball backward.

6) Can't Travel

7) Can dribble for a Layup

8) must ~~spot~~ pass



Follow drill acts as a Team Shoot drill

Coach yells N2 = 2 more if bad pass, dribble etc..

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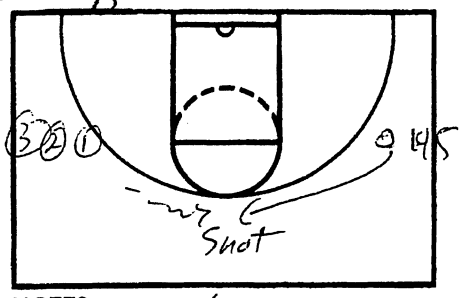
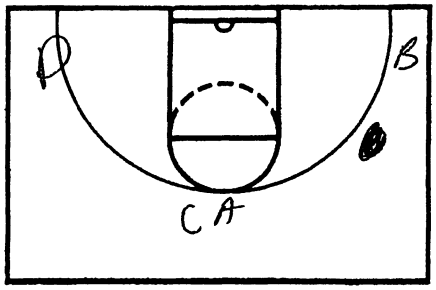
CLINIC Joe Scott

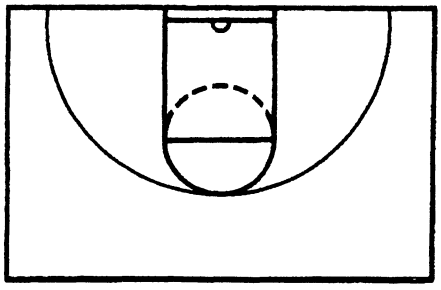
DATE

Princeton

minute Shoots 4 Spots



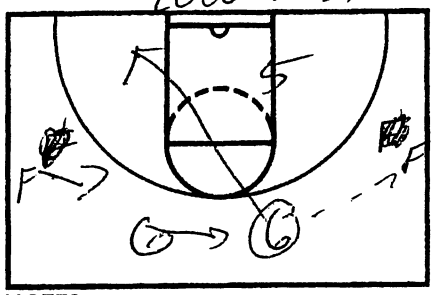


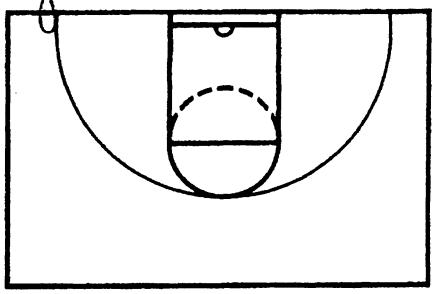


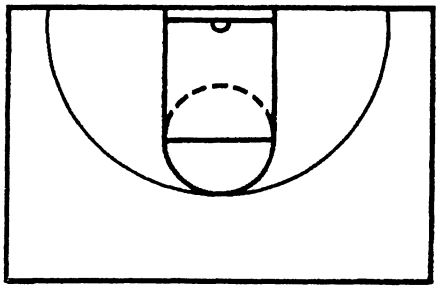
NOTES All 3's

1 minute each = Goal = 80

low Post Play







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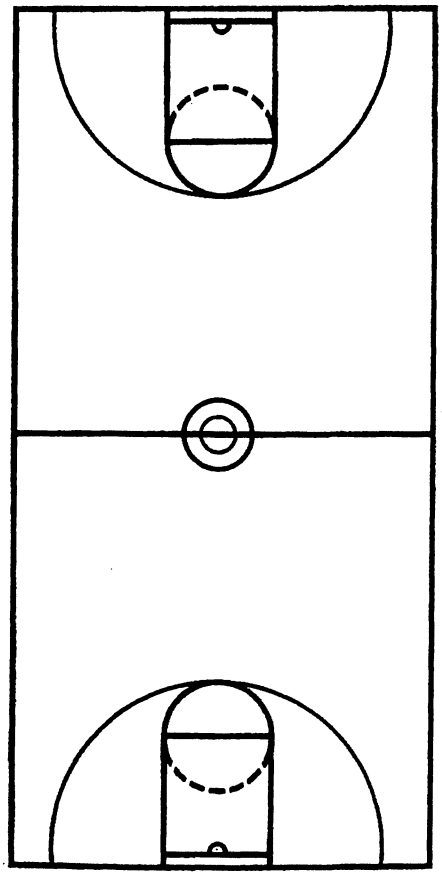

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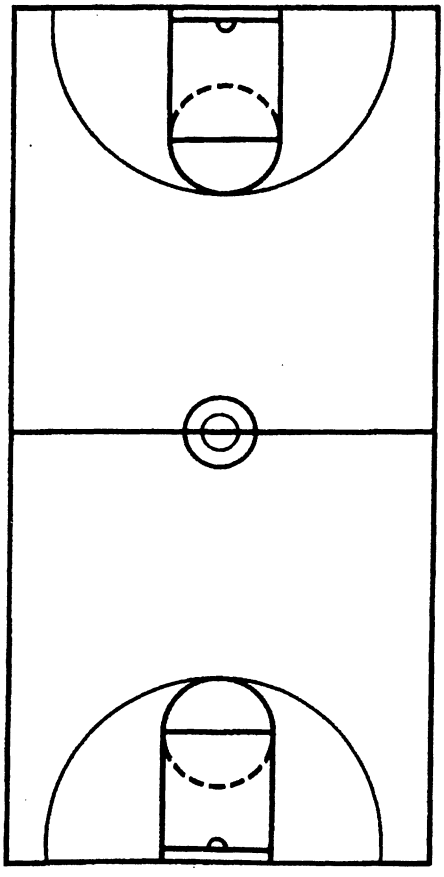

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CLINIC Joe Scott
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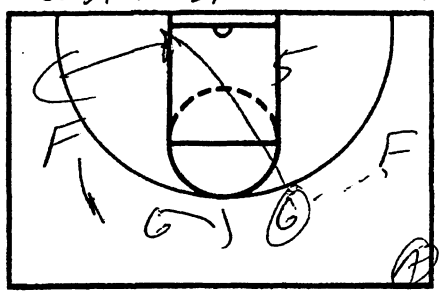
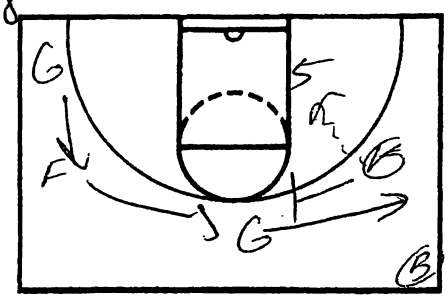
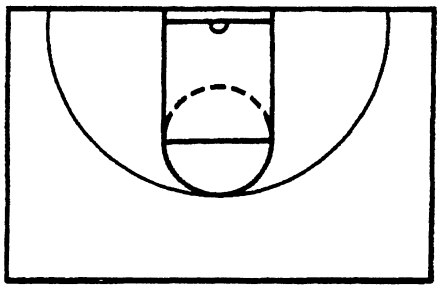
Lost Post Screen Away







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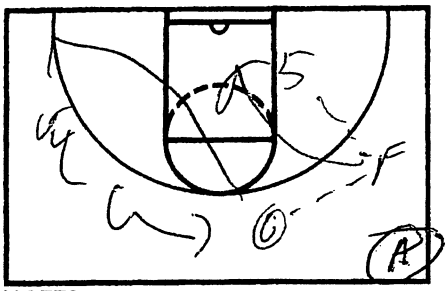
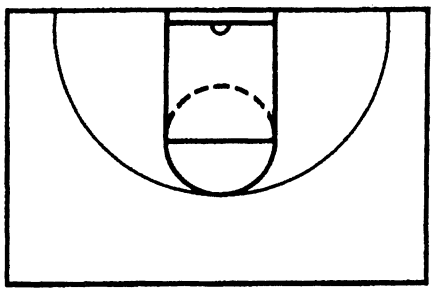
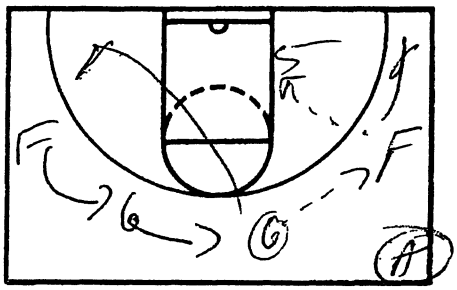
low Post Cut



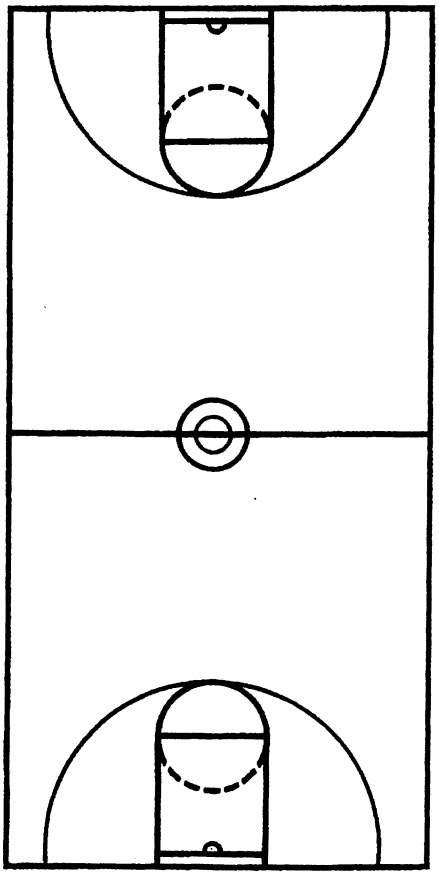


low Post Cut



NOTES

JUST DO IT



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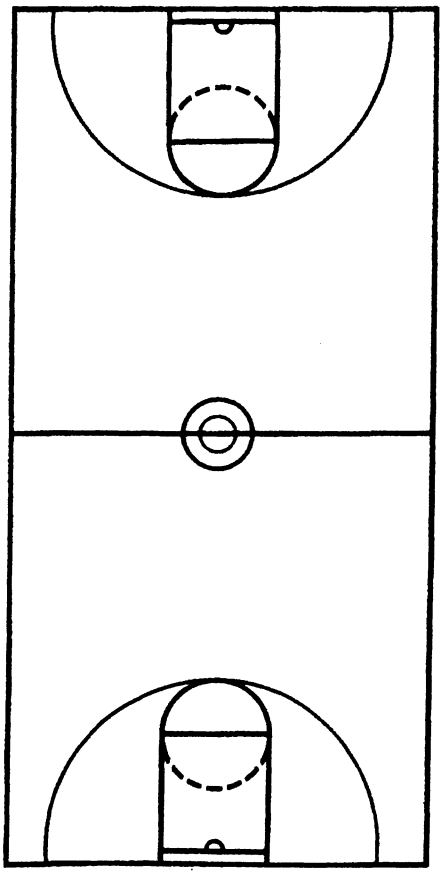

Dick Bennett – Washington State University

1) Don't give up easy shots if you want to win big!

2) Two areas that are vital
   1. If team goes up and down and doesn't have to work = poor transition defense
   2. Refuse to get beat by a great post player

3) Always take a guy out if he loafs during a game

4) Transition Defense - Be in two places at once if you want to be successful

5) Transition Defense
   1) Recognition
   2) Anticipation
   3) Reaction
   4) Communication
   5) Rotation
   6) Stance
   7) Vision

6) The way you defend the post dictates how you play everything else - most people don't have a philosophy with post defense.

   A) ¾ to behind on the pass
   B) No feed from the top
   C) Don't go for steals - Get deflected
   D) No lobs
   E) Behind
   F) Front

* Everything is about time
* Good player have pass and shoot fakes in their game

7) Closeouts – Great teams know how to close out
   A) Short Choppy steps
   B) High heads and then settle into your stance
   C) No rhythm shot is allowed
   D) Level off the dribble - Get him going sideways
   E) Take away the straight drive
   F) Bother the shooter

8) Off Ball Defense
   1) Must be able to get the ball and pressure it.
   2) Your positioning is your help!
   3) Closed stance line of ball is vital

9) When you are doing defense drill you want the defense to score and be aggressive. Make the defense get steps - build toughness and discipline.

10) Rebounding-

A) Bigs - Got to man make and maintain contact.

B) Guards - Go to man make contact and then go find the ball.

*Great coaches do the same thing the 1st day of practice and the last days of practice each year

11) Screens - Chase the guy down!

A) If you touch the guy at all times you will not get screened

B) If you are guarding the screen you will help any and all guys you can but must stay attached - Help in the direction the cutter is going!

12) The more you allow switching the more it will hurt your opponents early in the season but it will handicap your team in the late season.

* You can only switch if you have a very mature team

13) Crosspick

14) Things that make you lose

1. Can't reach if you reach you will lose!
2. Silence
3. Low hands
4. Over helping by the bigs
5. Help and stand - they don't get back to their responsibilities
6. Lateness to trap or choke
7. Lack of floor burns

*Help comes from the guards on defense, not from the bigs

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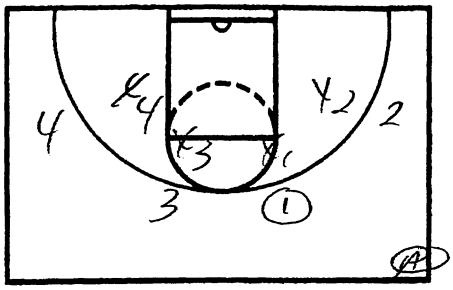
CLINIC Vic Kanell
DATE Washtaw Stal

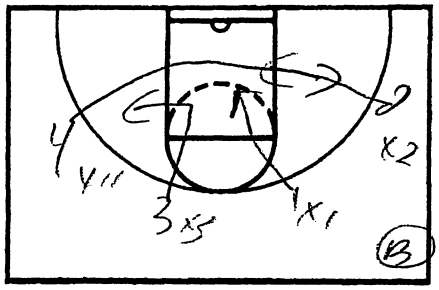
'on 4 Drill

4th 1



NOTES

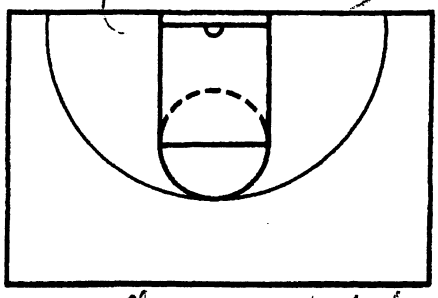
Switch



NOTES

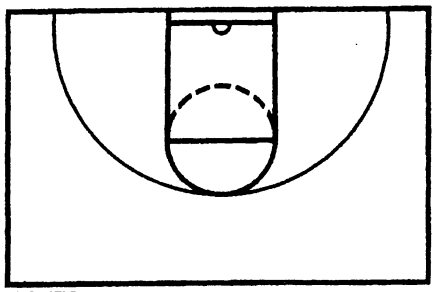
✓ Set the ball down
✓ Offense sprints to the Post

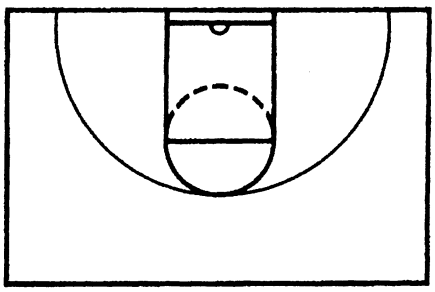
(Must Talk)

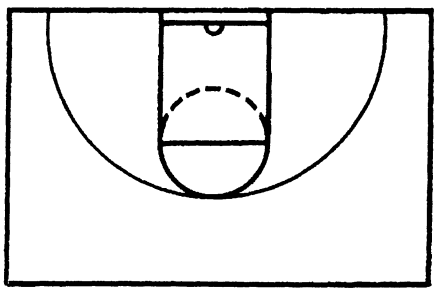


NOTES

✓ Offense must to be a different person who go to defense
✓ cannot allow ball-whistle



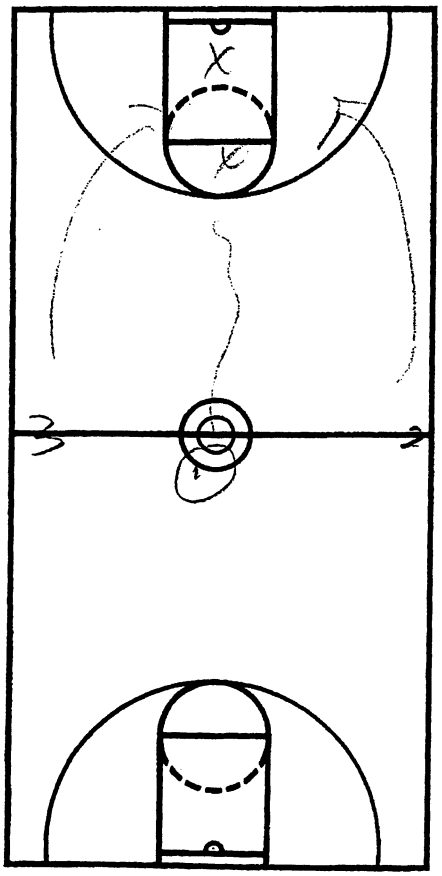




NOTES

JUST DO IT

3 on 2

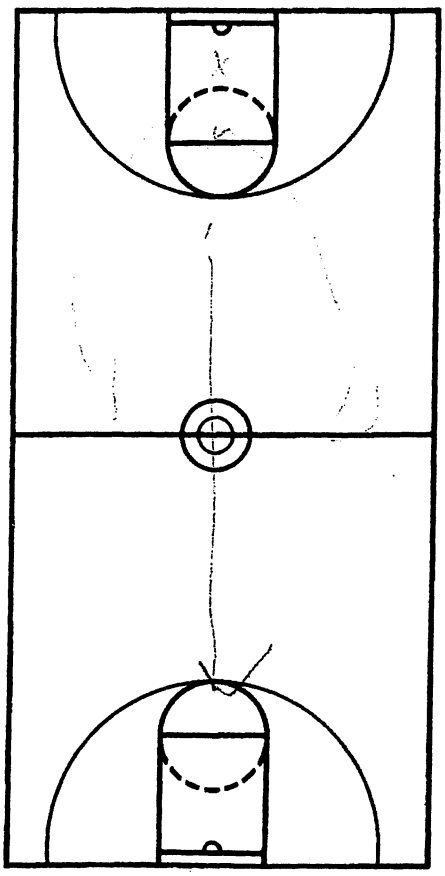


NOTES

1) Shoot for go-back

2) Play 2 Plays at one in the 2 on 1 situation

2 on 1



Feed from top = CRISIS !

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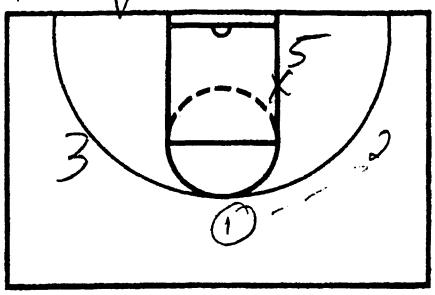
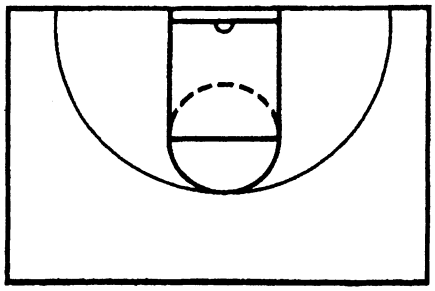
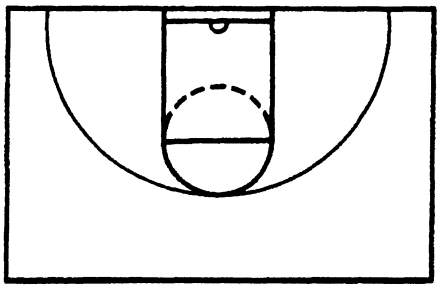
Post Def

3/4 to Behind on the Pass



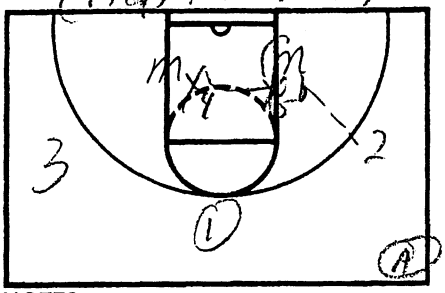




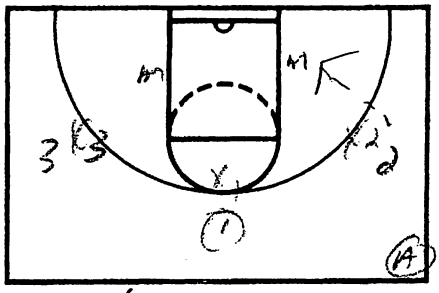
NOTES

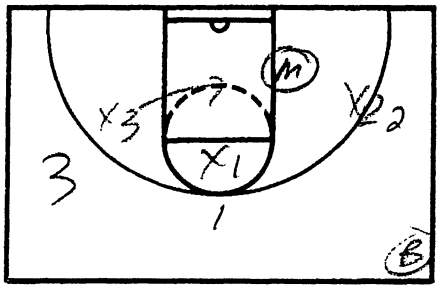
✓ X cannot allow post feed from the top

(Trap The Post)



Quad to Perimeter Trap The Post





NOTES

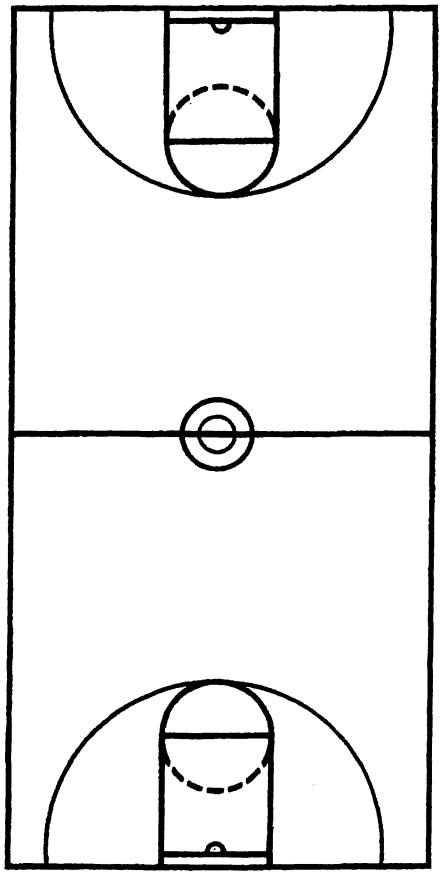
X5 - Gets behind

X4 - Closes the door

X2

JUST DO IT

1) X2 Denied
2) X3 = Basket
3) X1 = Top = man to man



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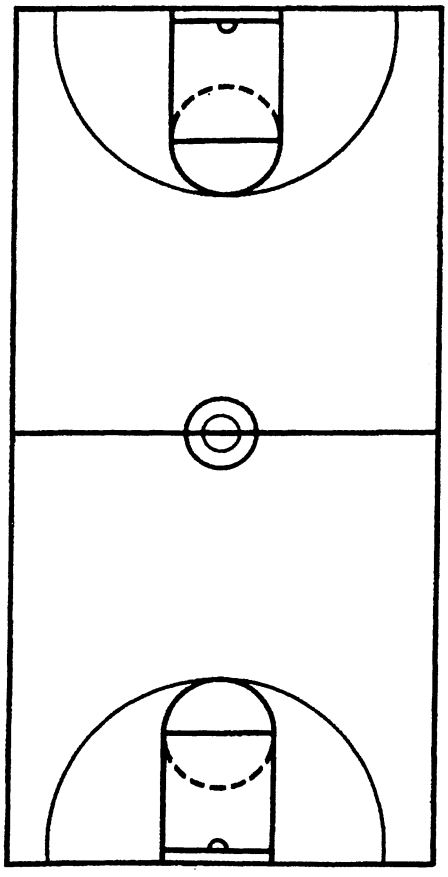

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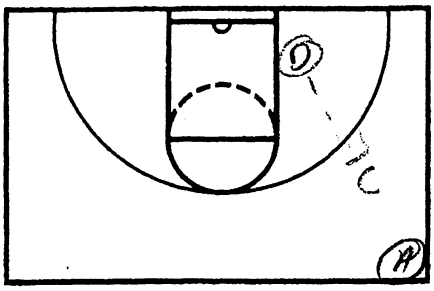
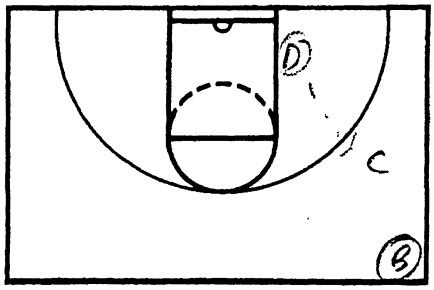
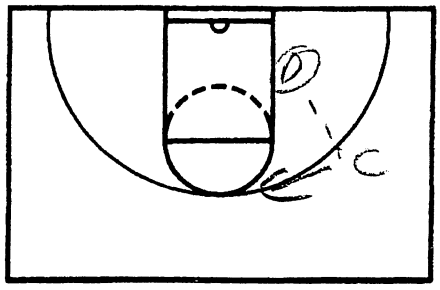
Close Outs



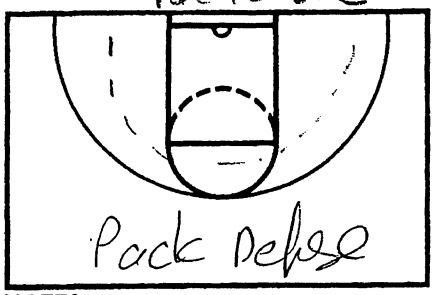




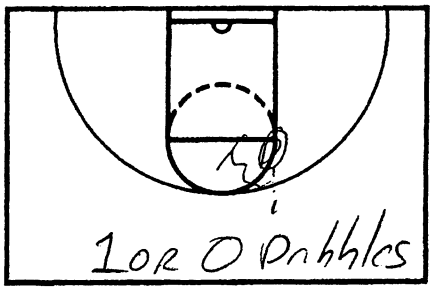
NOTES
- Shuffle Choppy Steps
- Stop Short Hands Up

No Rhythm shot

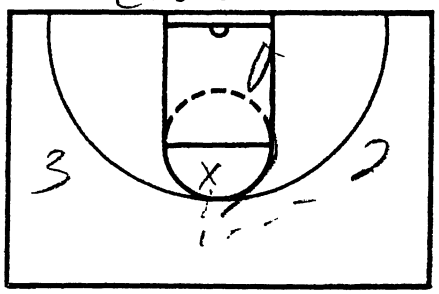
Pac 10 Live



Defend Ball Line



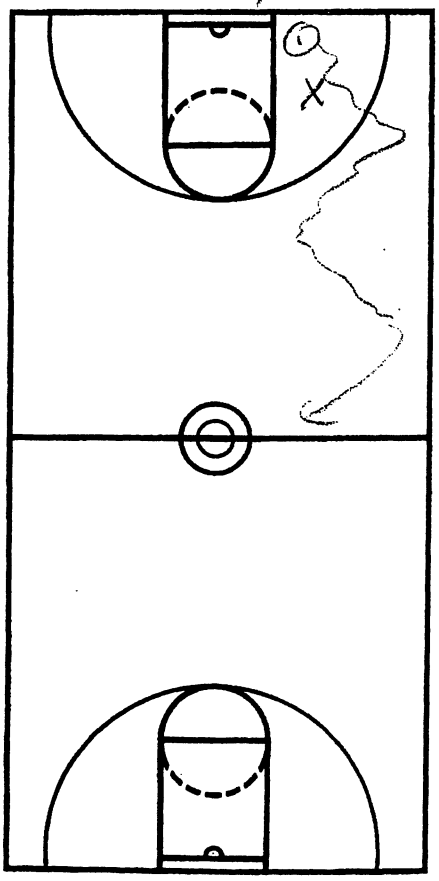
DC Fast Offense



NOTES

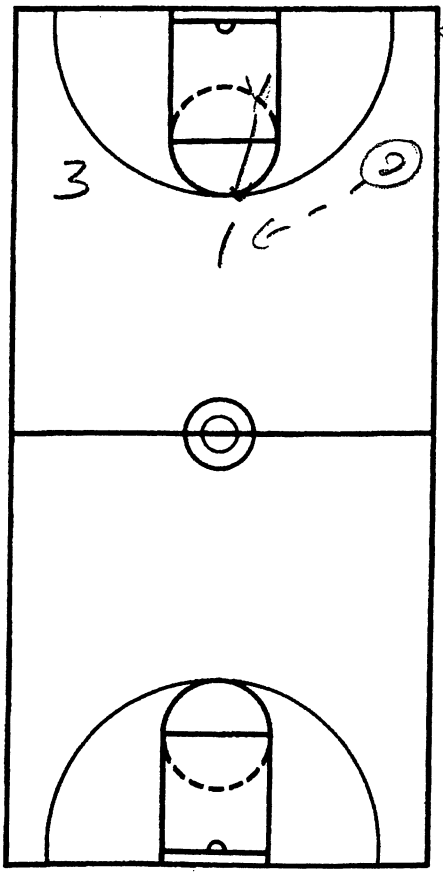
JUST DO IT

* 1 on 1 Zig Zags = Level Off



NOTES
1) Get as many turns as possible going up the court

Close out Pass



Pop
1 Dribble

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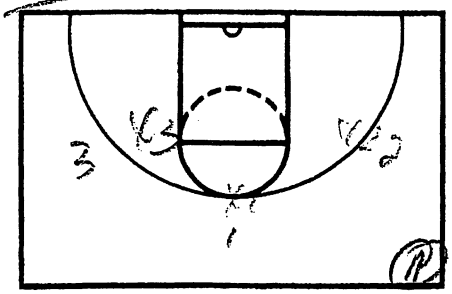
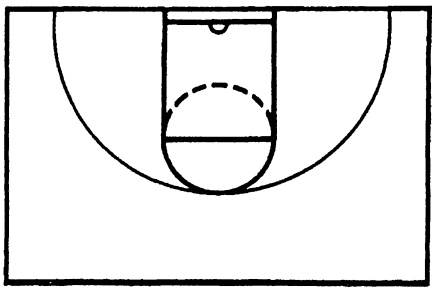
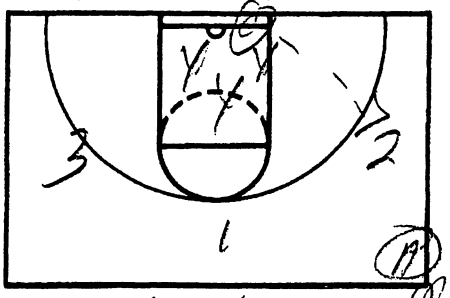
Wash Ten Steps

3 on 3

3 on 3 Closeout

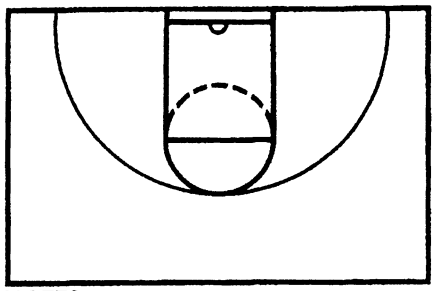


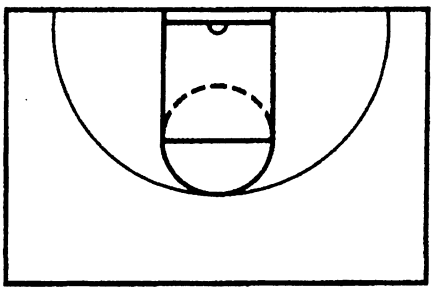


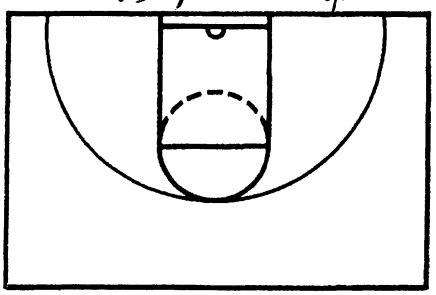


NOTES

* must emphasize off the ball defense positions sets your help defense







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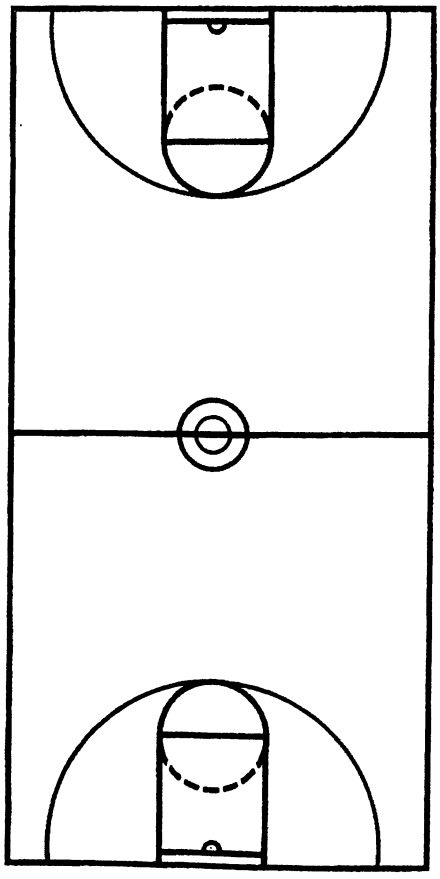

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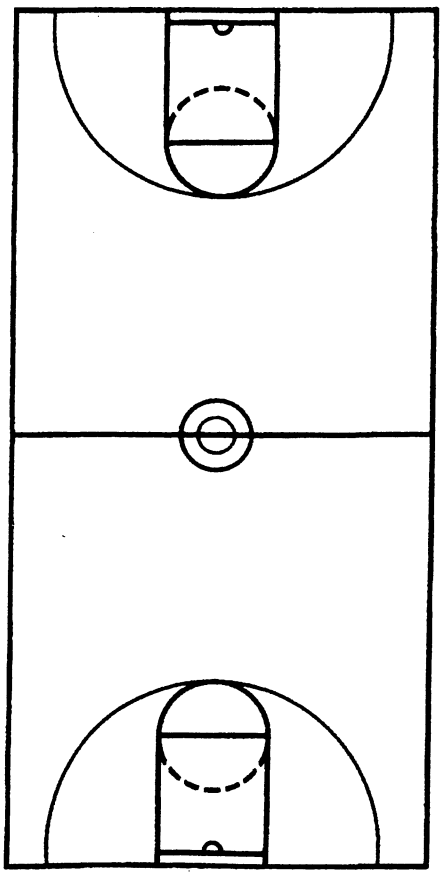

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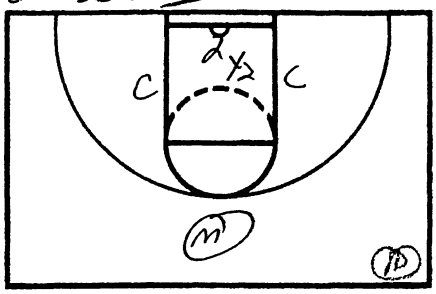
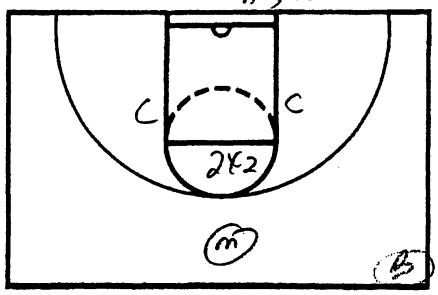
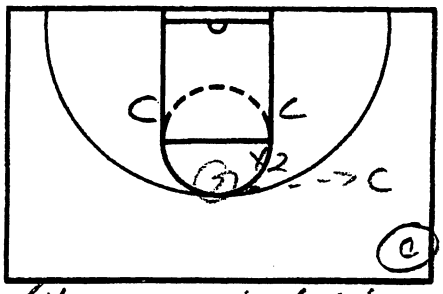
Low Score



Higher Score





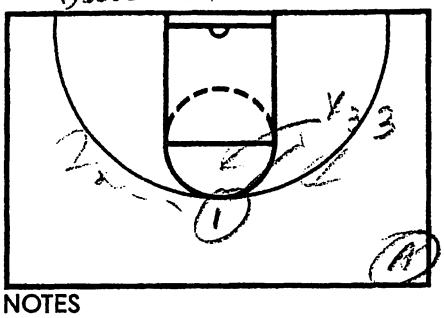
NOTES

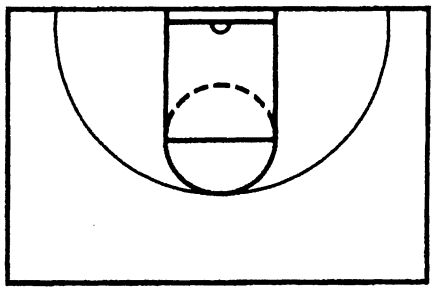
* X2 play tag & chase 2

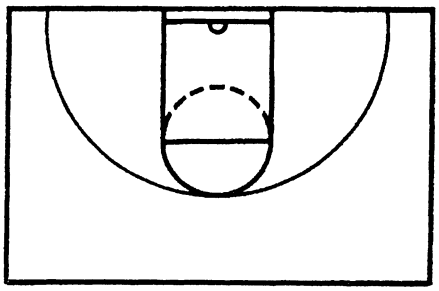
If.

✓ X2 cuts to ball & then finds touch and chase pass

Ballside for the weakside







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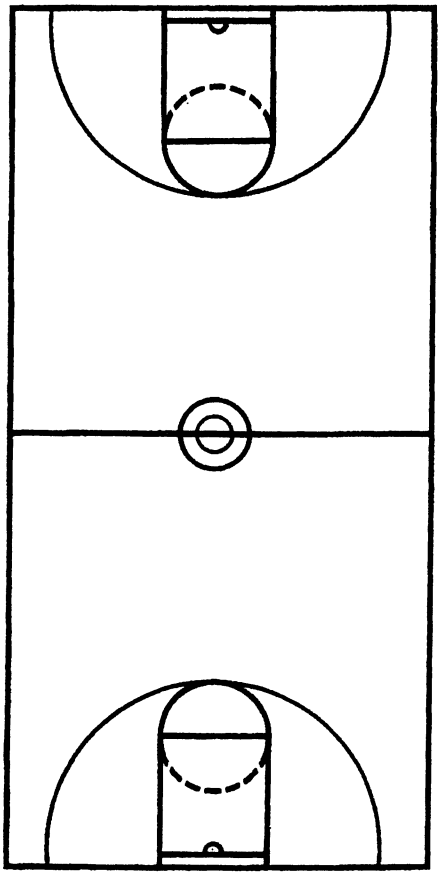

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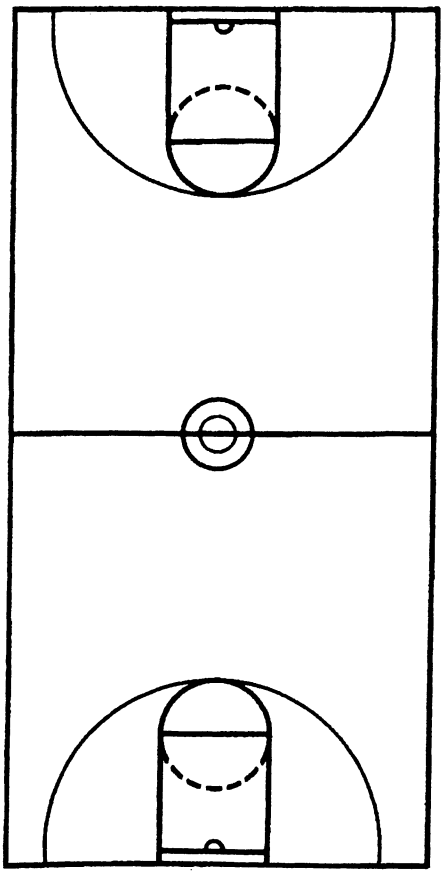

Dennis Felton – University of Georgia

1) High post reverse ball = screen away in the paint

2) 5 man always wants the ball - Low post
   A) Must be aggressive
   B) Must work the entire possession
   C) We must give him a constant look

* Must keep your spacing high and wide!

3) Guard catch in the high post
   A) Shot
   B) Don't hold the ball
   C) Drive reverse the ball-beat him to the elbow and shape up if you can't score

* Must stress the elbow drive – Drive reverse

4) Feeding the Post
   A) Split ballside - screen away weakside

*Emphasize the slip of the screen or backcut

5) Corner Pass - Drive offense

*Must make your players set flares
*Rebounding margin is important in game
   1) They send 4 to the offensive boards
   2) If point guard is on the baseline then send 2 & 3 man to the defensive end transition

6) Can't get ball reversed vs. pressure
   A) Backdoor single side
   B) Get the ball inside vs. pressure
   C) Drive the ball – get to the elbows – Drive reverse
   D) High post denied – screen away

7) Post - Never under throw a lob pass
   1) Post lower body
   2) Contact always favors the offense
   3) vs. Front
      A) Lower body
      B) Both hands up
      C) Release after ball leaves your ear
      D) Catch above your head with 2 hands
      E) Jump high and catch the ball

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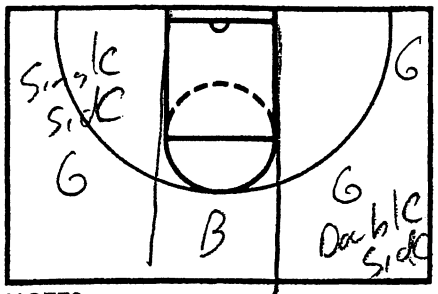
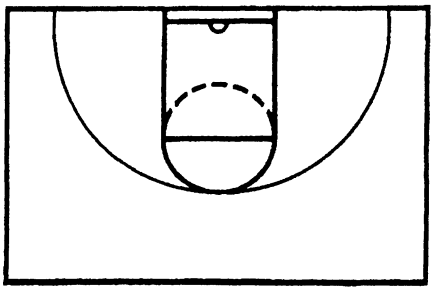
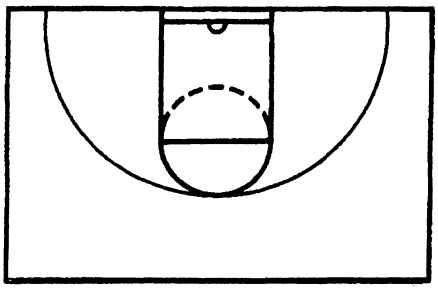
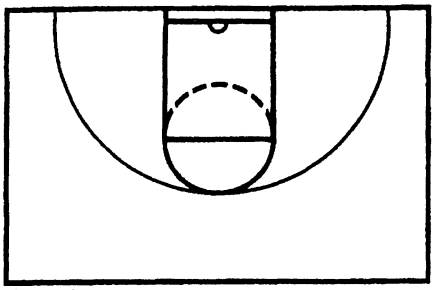
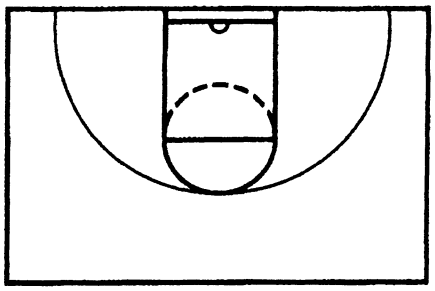


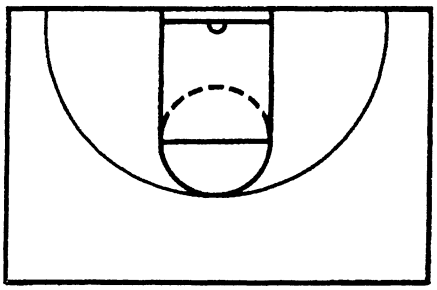




NOTES 4 OUT 1 IN Motion







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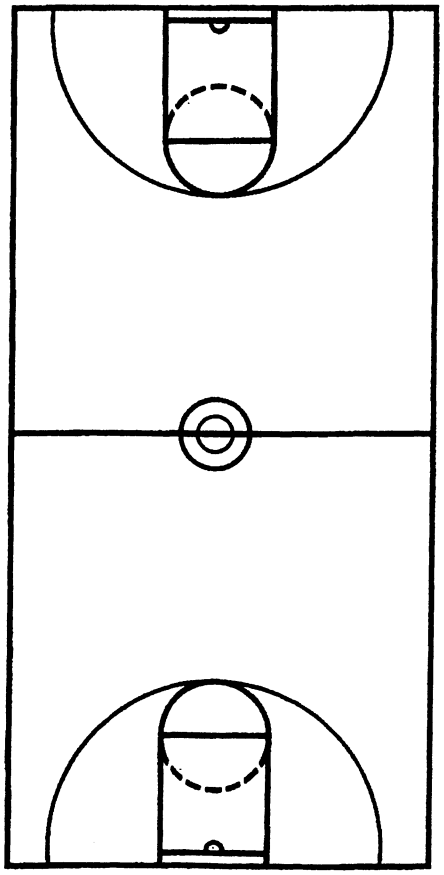
JUST DO IT



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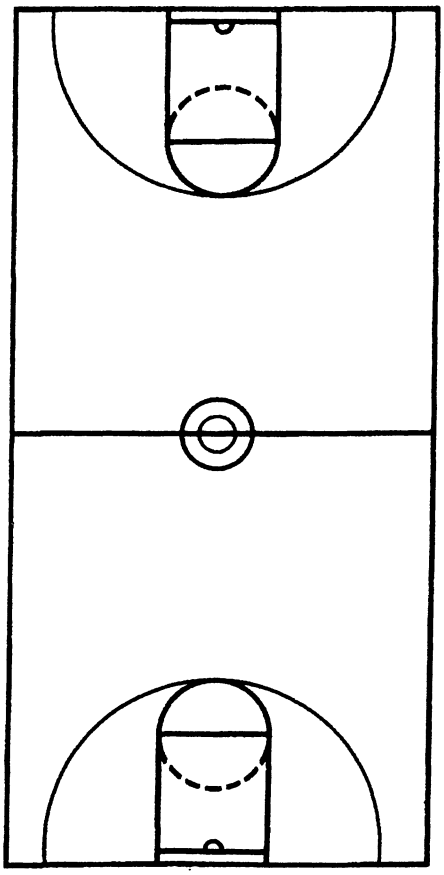

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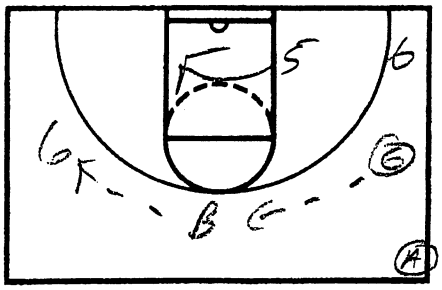
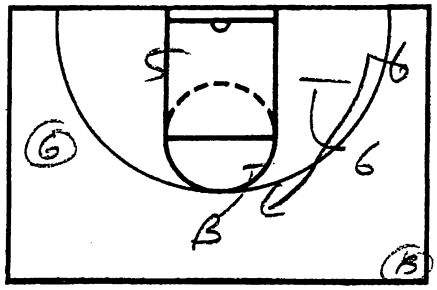
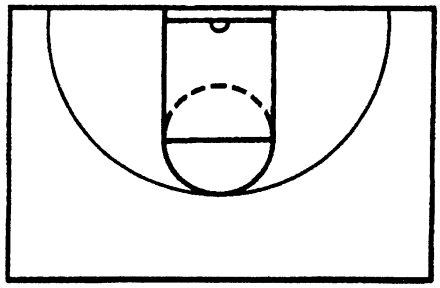
(1)



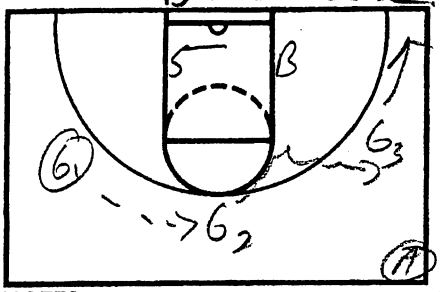




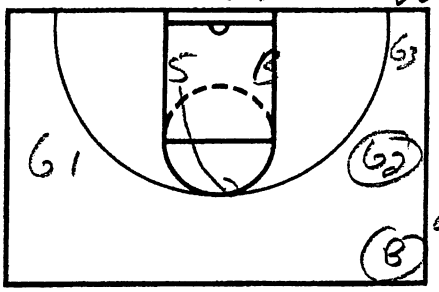
NOTES
High Post Ball Reversal

(3)

Drive Reverse

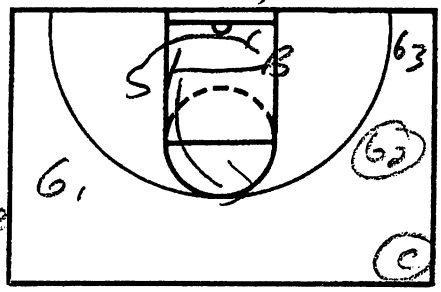


High/Low



OR

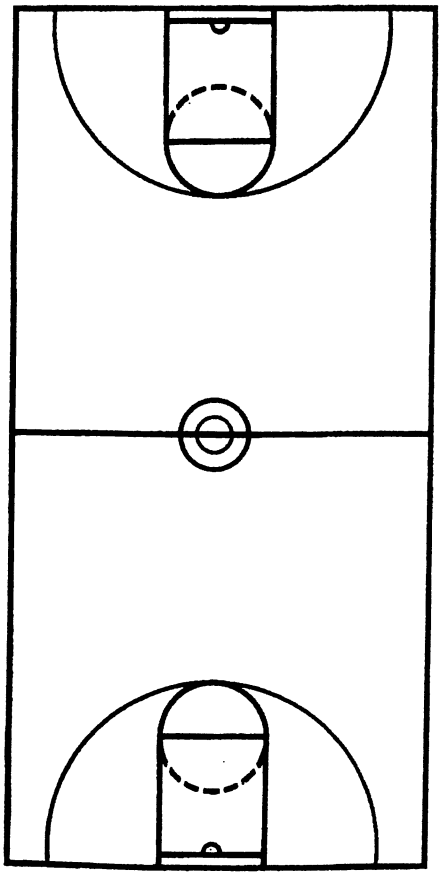
Cross Pick High/Low

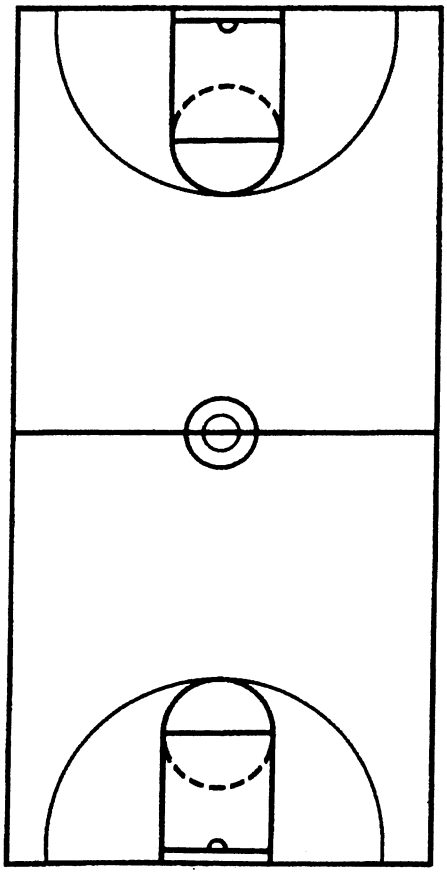


NOTES
Good Catch in High Post

JUST DO IT

NOTES





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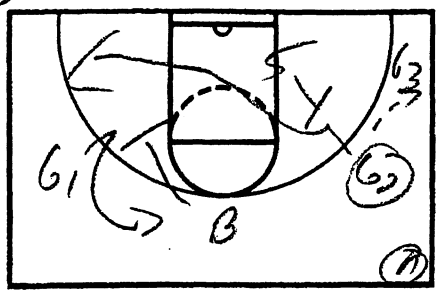
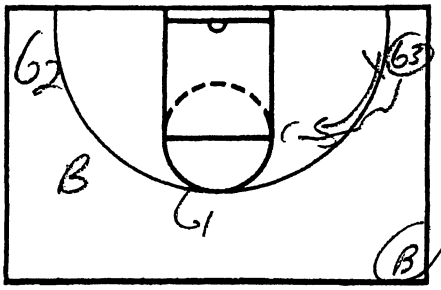
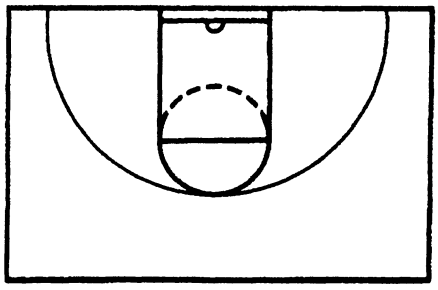
(5)

Pick on Ball







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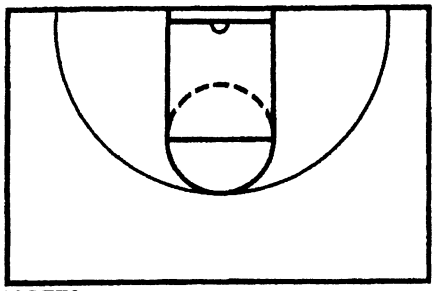
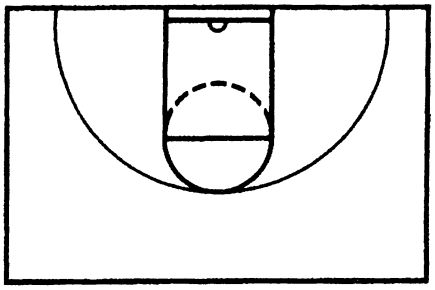
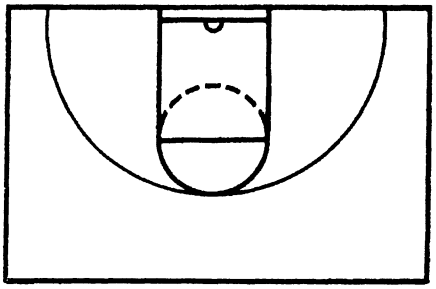
Corner Pass







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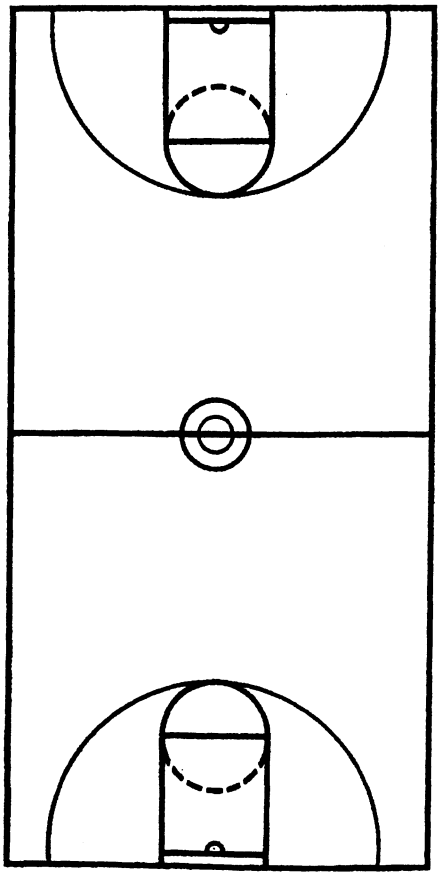

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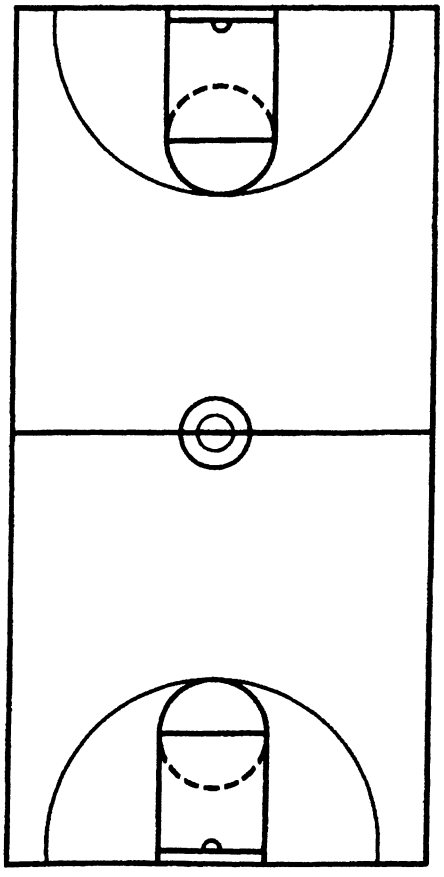

Ernie Kent – University of Oregon

1) You always have to reads and 2 cuts on every screen

2) On screens the cutter must close the gap and cut off the pick with his shoulder on screener's hip

3) Coaching isn't difficult. It is about…
   A) How well you know what you want to teach
   B) How well you teach your philosophy
   C) How you get your players to buy into your philosophy

4) Self Improvement Program - Give your players reality check as often as possible
   A) Dress for success
   B) Study skills
   C) Role modeling
   D) Parenting
   E) Dealing with the past
   F) Communication
   G) Relationship building and maintaining

*Every coach should referee, every parent should coach

5) You should do exit interviews with your players if you really want to know where you are as a coach and where your program is – Most coaches are afraid to do this.

6) If you say I can't coach that kid or those players it is your fault, not their fault

7) Coach is the title, but you are a:
   A) Father
   B) Role model
   C) Motivator
   D) Parent

* Get into their lives! You must have a relationship with them.

8) Compassion and confidence go a long way

9) You must teach your players how to communicate as men!

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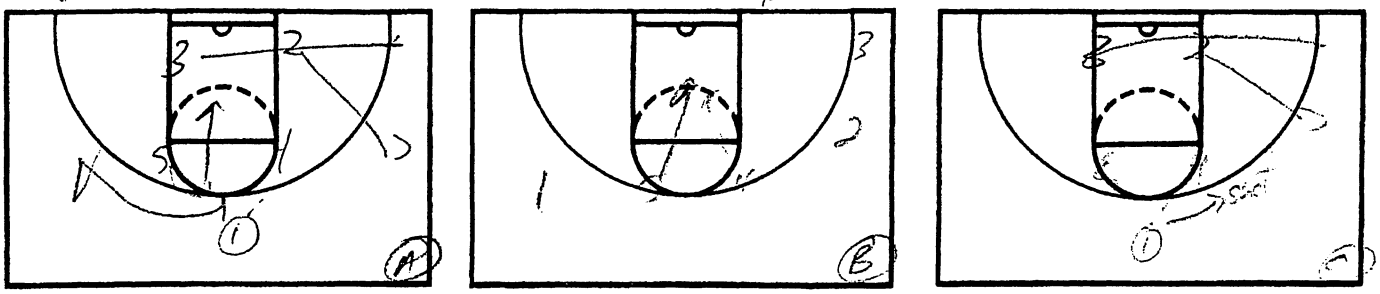
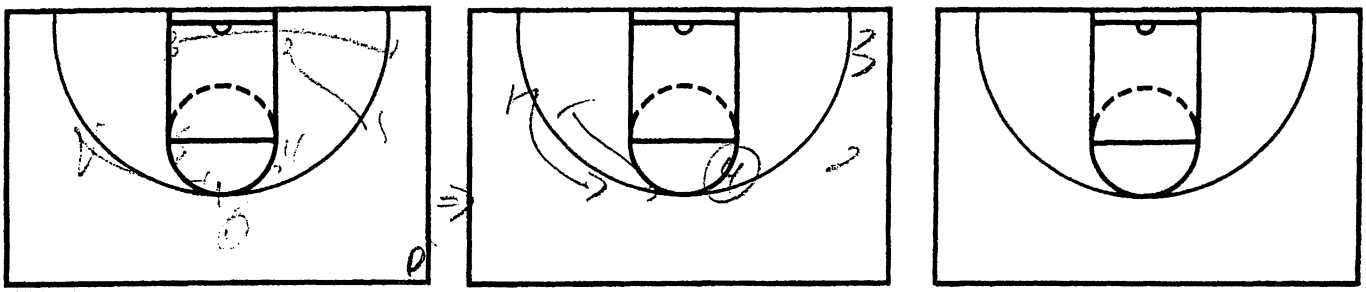
CLINIC Fundamentals
DATE Oregon
Quick Hitters

#2



NOTES

*Throw a Bounce Pass to the Big ON all slips!



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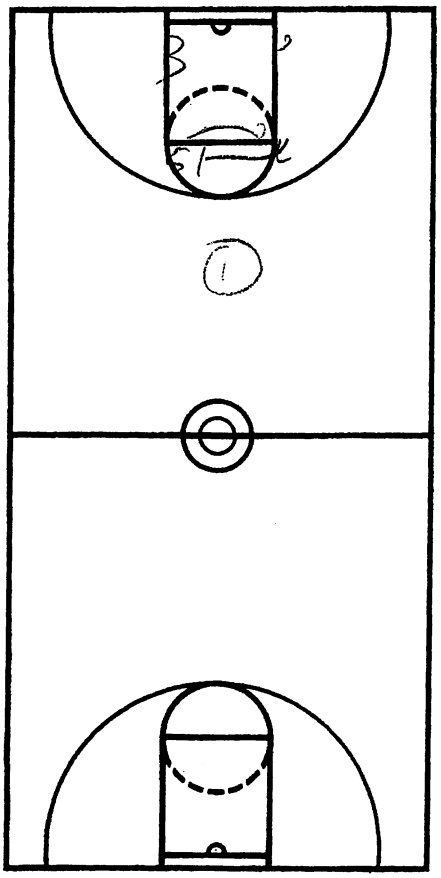
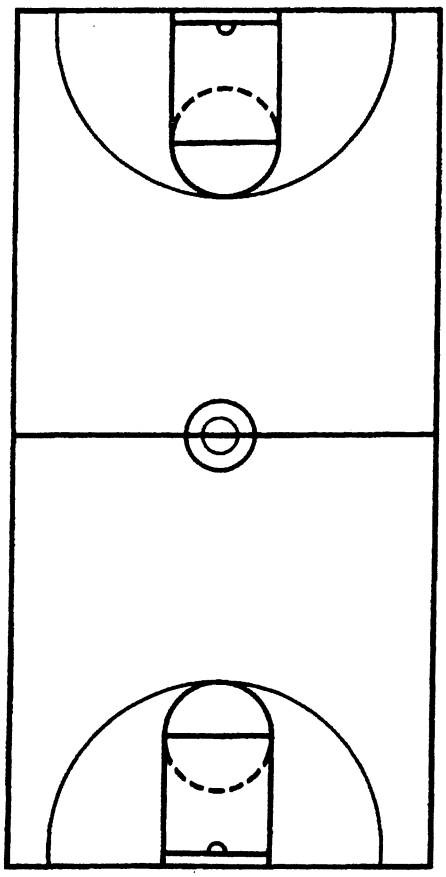
JUST DO IT



NOTES

Biss Crosspick to initiate offense



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CLINIC Fenic Front
DATE Oregon
Quick Hitters

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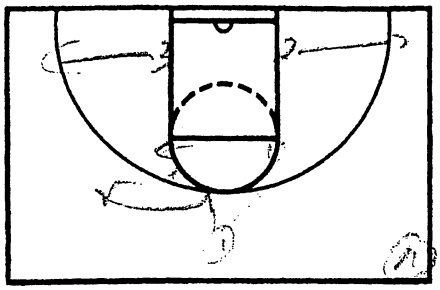
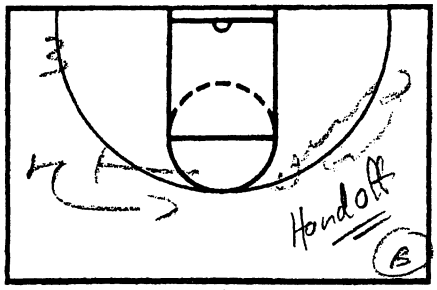
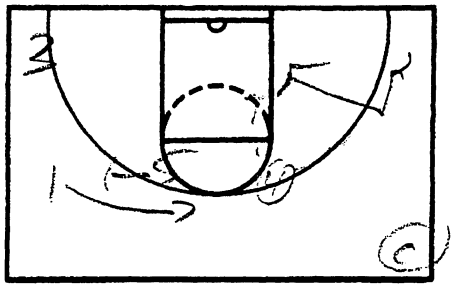




Backdoor



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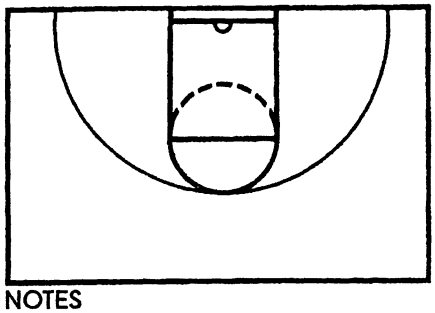

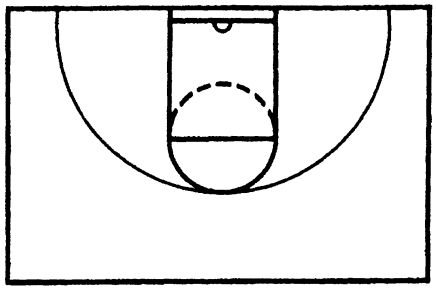

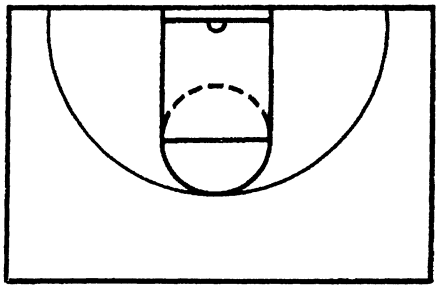

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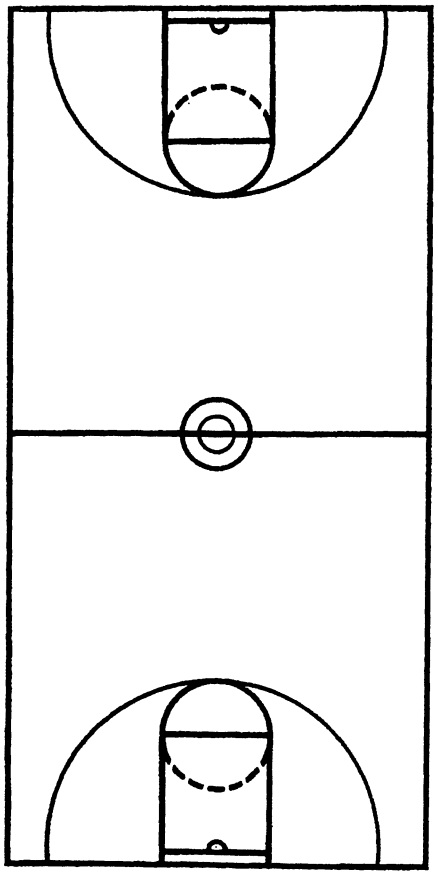

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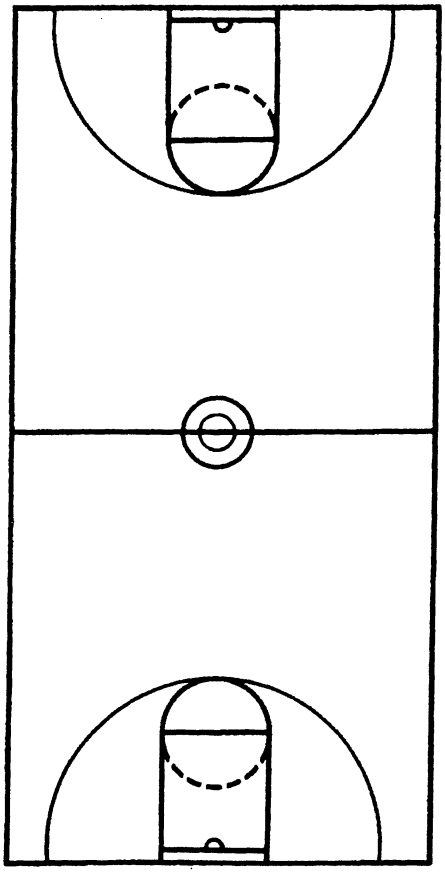

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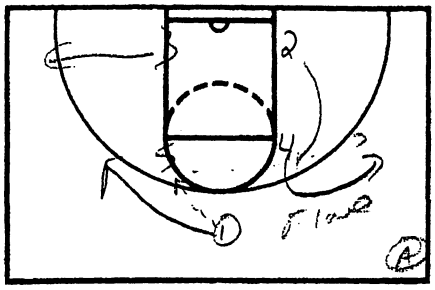
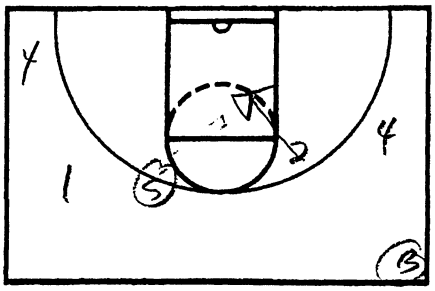
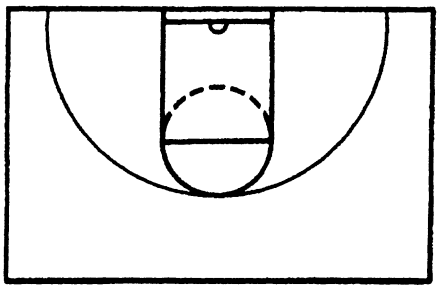
CLINIC Nike Camp
DATE Orlando
Quick Hitters

Flare



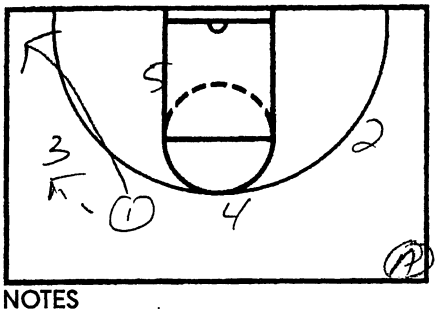


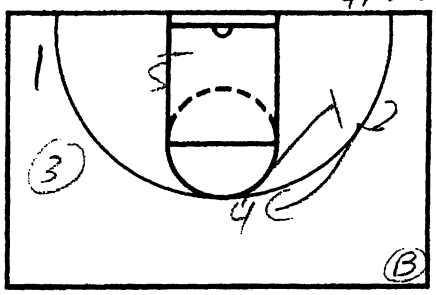


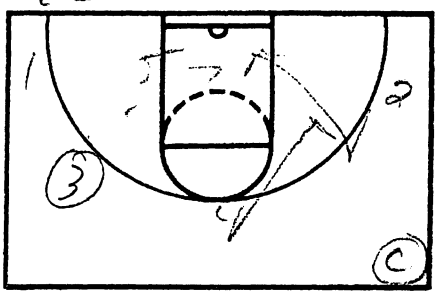
NOTES

"C"

4 Reads on Post
1) Reload = Go to
2) Front Cut
3) Helpside = Hit cutter for Top Shot
4) Backcut = Lob







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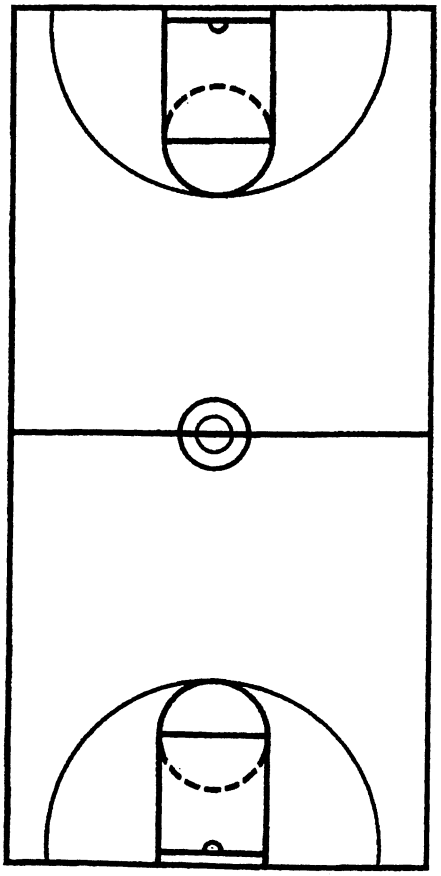

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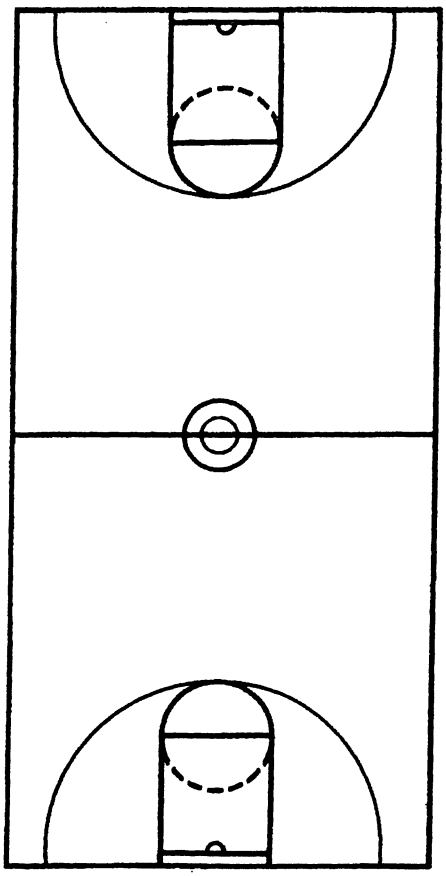

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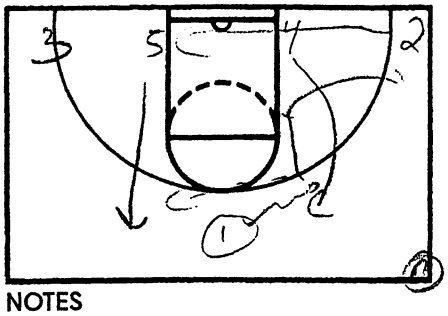
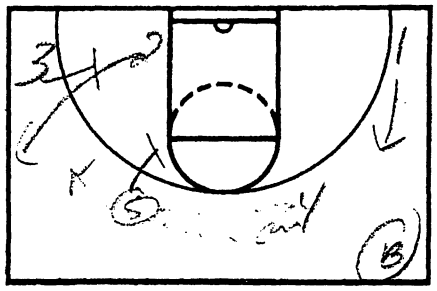
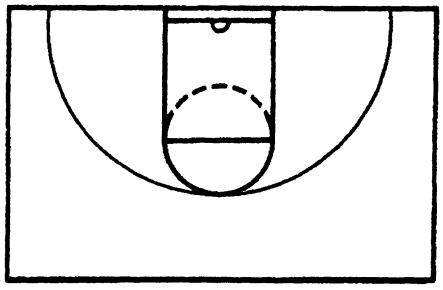
VS 3-2







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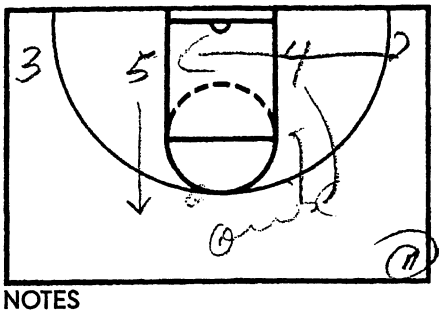
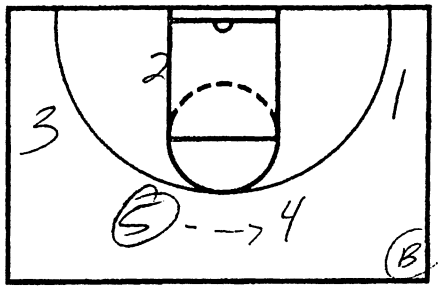
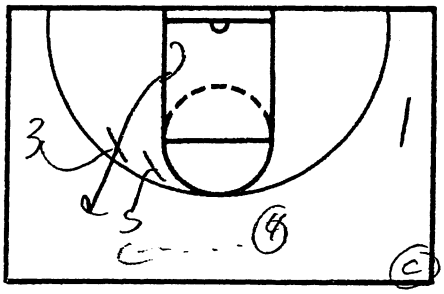
VS 2-3







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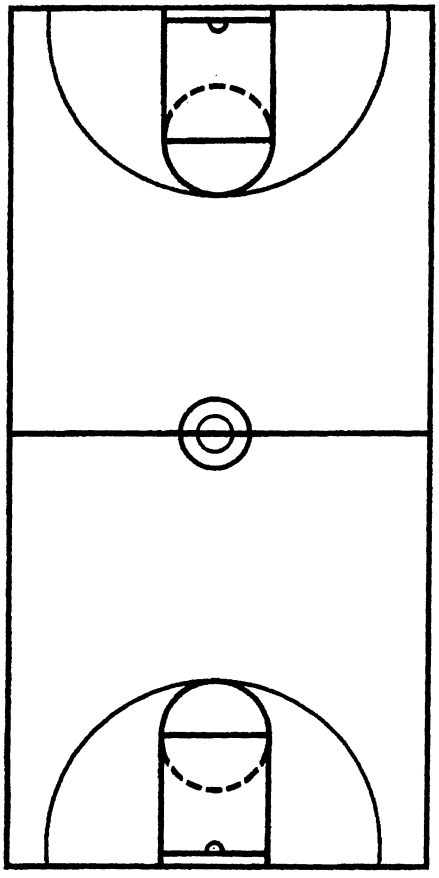

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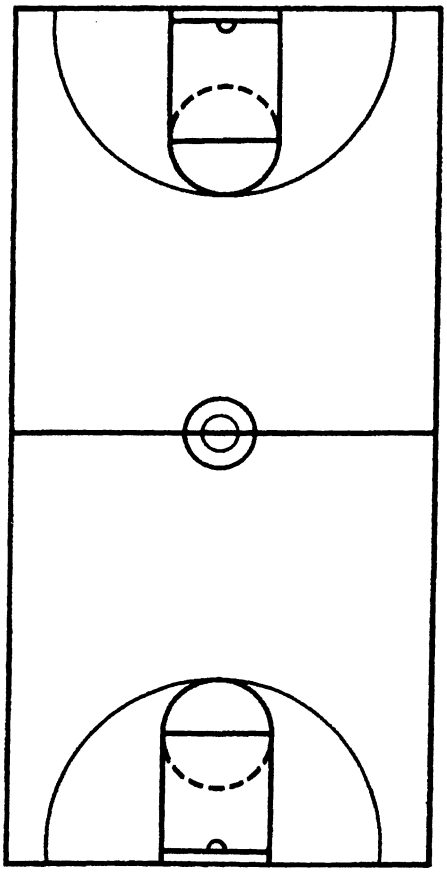

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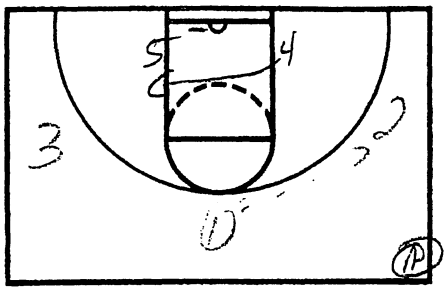
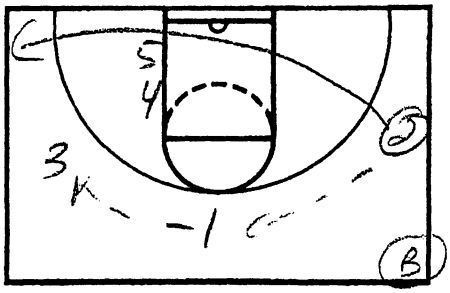
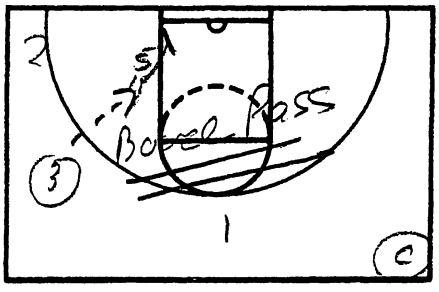
Zone Offense

Stack







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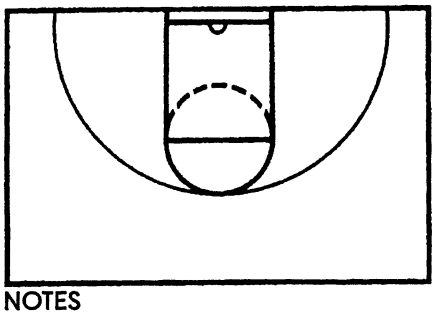

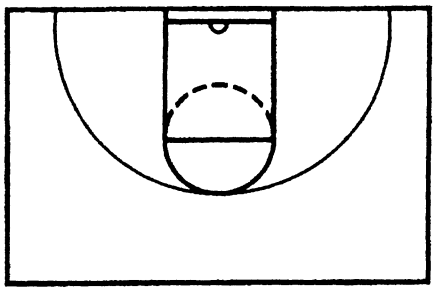

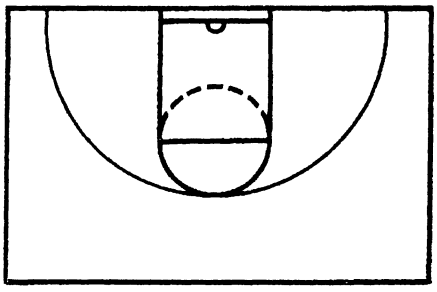

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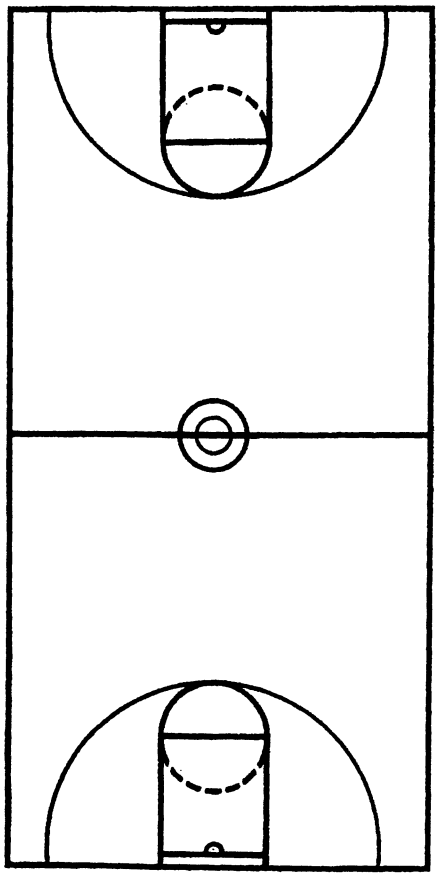
JUST DO IT



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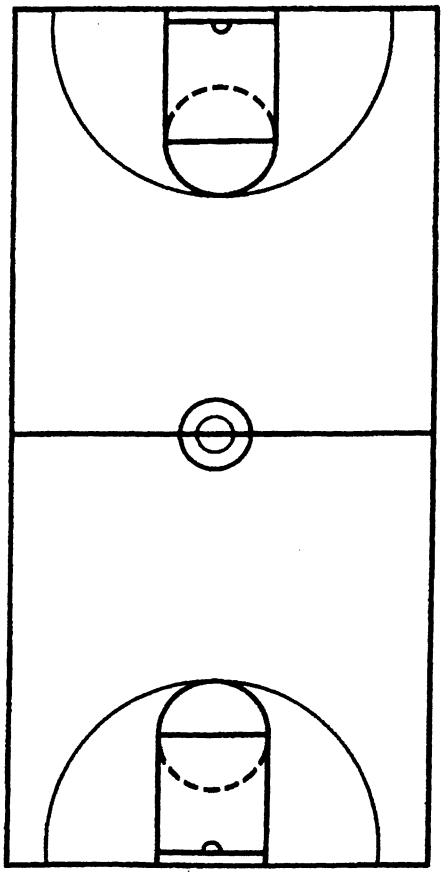


Dana Altman

"The Complete Guide to the High Post Offense vs. Any Defense"

ADVANTAGES FOR THE HIGH POST OFFENSE

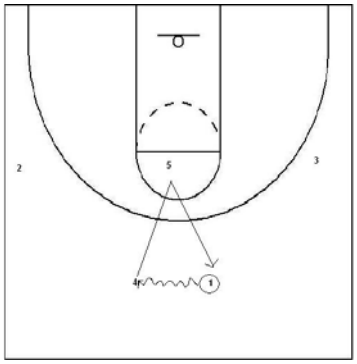
- Team doesn't have dominant post man
- Spacing creates many options
    - Allows for penetration-getting to the rim
    - Back cuts
    - Low block area available for other players
- Very good against pressure
    - Because of the spacing
- Flexible, allowing many options in varied situations
    - Uses against zone or man
    - Uses against box and one (ex. Kyle Korver vs. box-and-1)
    - An offense should be flexible to take advantage of your special players
- Only limited by your imagination
- Establishes set moves for many situations
    - Better idea of where your shots are coming from
    - Know who your 1st and 2nd options are
- Helps rebounding
    - Because floor is spread and they take a lot of 3's…long rebounds
    - Train tough players who go after the ball
- Perimeter spots are interchangeable
    - Tough to scout
- Flows right into spread offense
    - Without bringing it back and setting it up which would allow defense to reset

DISADVANTAGES

- Need 4 guys who can really pass and catch the ball well
- Post who can shoot from 15 feet or can put it on the floor

Base Set (Continuity)

- Run by point guard
- Guards should be 15 to 18 feet apart
- Guards and wings are high and wide
    - Wings are FT LINE EXTENDED
- PG can switch sides of floor anytime by dribbling "over"
    - 4 switches sides by v-cutting off of the 5 (5 doesn't move)



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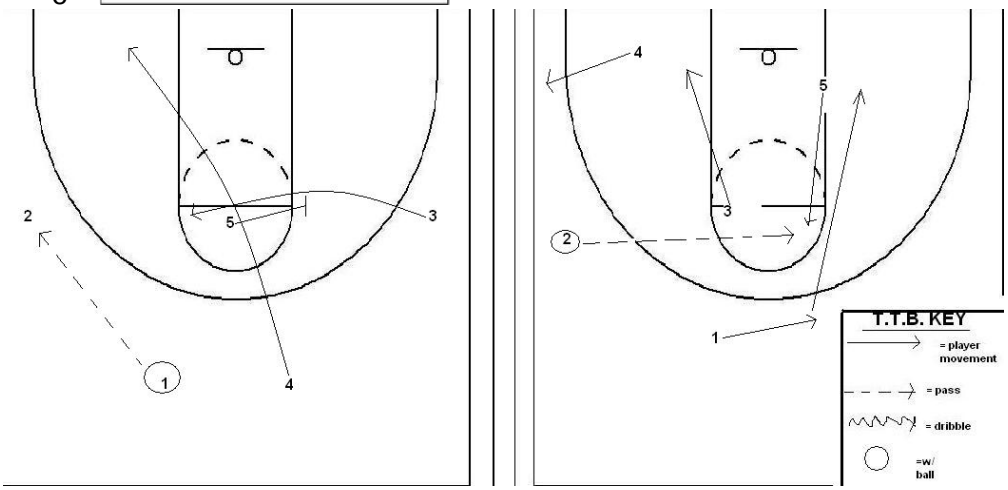
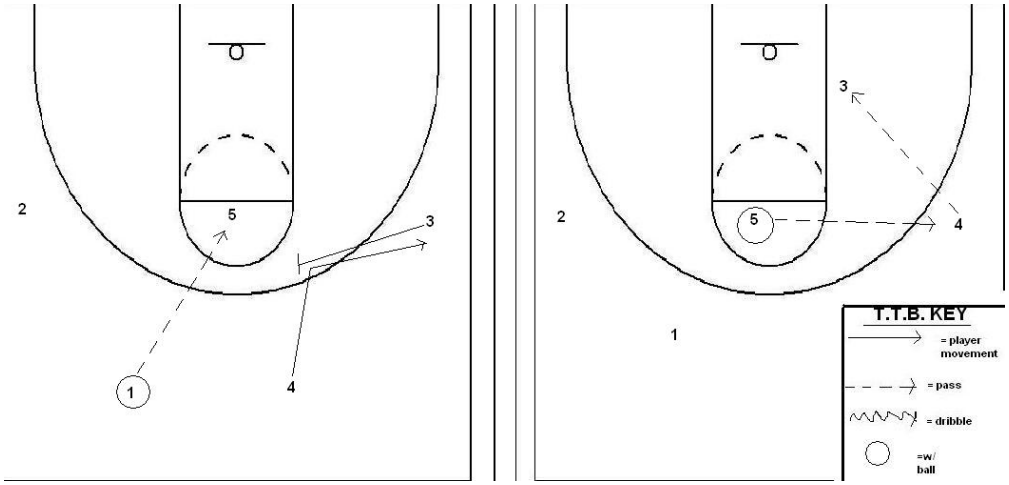


-
  - 1 pass to wing; 4 can go over or under the 5 for the first cut (usually gets 1 or 2 easy buckets a game from this cut)
  - 5 sets the screen for the 3 who can go over or under for the second cut (if defense opens to help, look at 5 near the rim)
  - If first or second cuts aren't open 2 skips to 5
  - PG rim cuts for a handoff from the 5
  - PG can reverse dribble to look for post or can skip it back to the top
- Take advantage of smaller bigs who can shoot by bringing them out with this offense

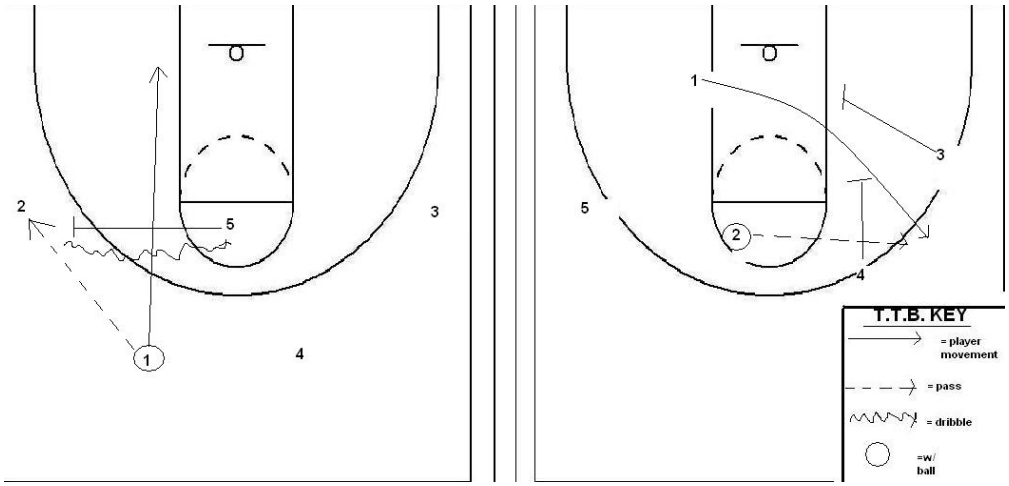
PLAYS PART ONE- SPECIALS

- Flare Pick



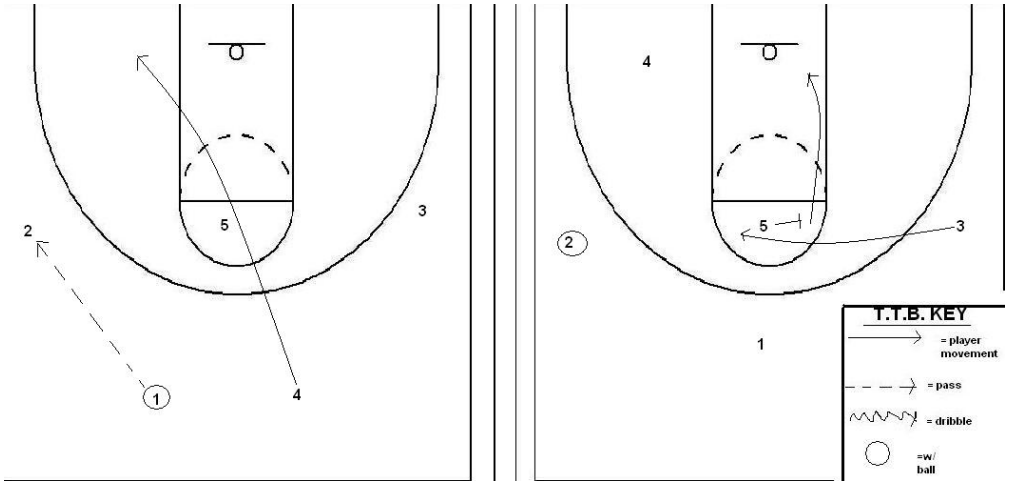
- o
- o Look at 3 in the post(should be a good wing who can post up) if the shot for the 4 (shooter) is not there

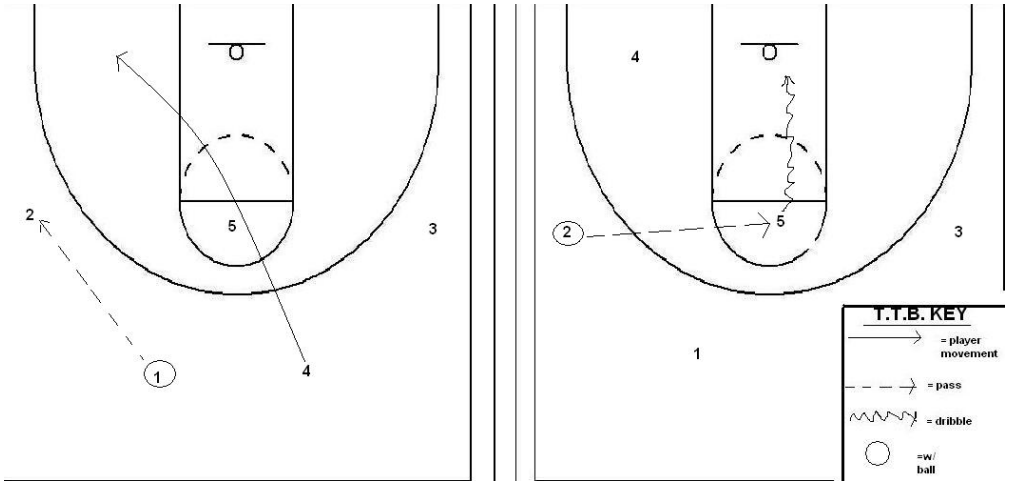
- Pick on the ball



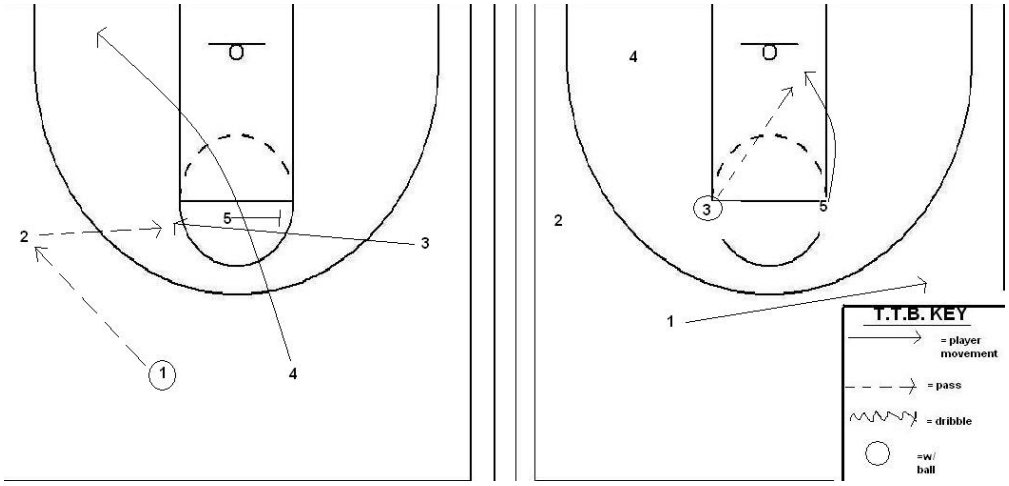
- o
- o Can do the same play for the 4 man (Pick on the ball-4 man)
  - 1 passes to 2; 4 sets the on ball screen for the 2; 5 and 3 screen down for the 1; now the 2 can look at 4 for the pick and roll or still has 1 coming off of the double screen

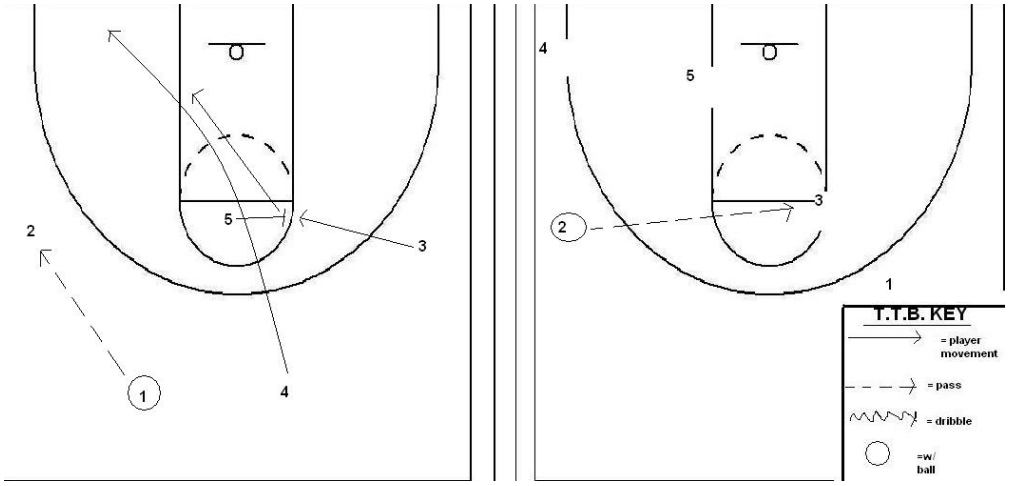
- Drive Play for Forward

- o 

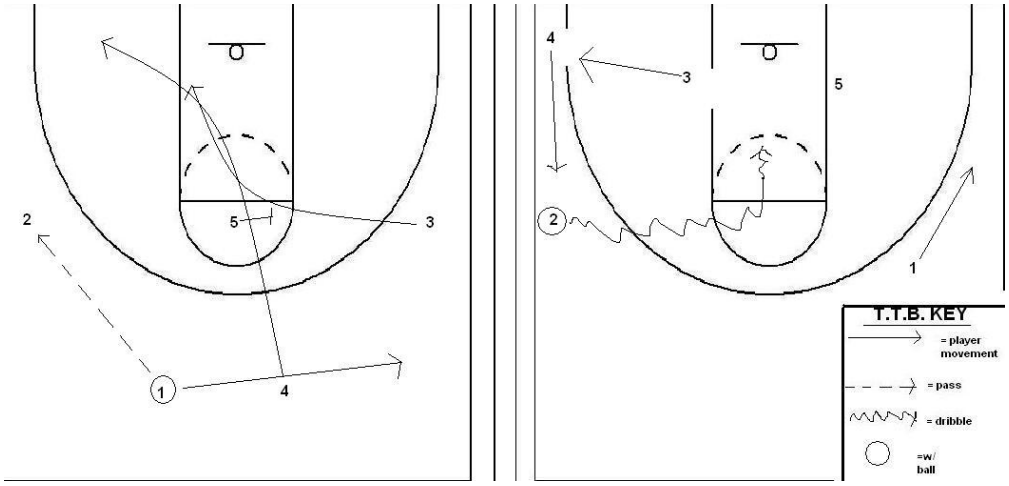
    - 3 can also go on the inside of the screen and set a pick on the 5's defender so that the lob is there…read the defense and react
- GO
    - Get their best post in foul trouble quickly
    - o 

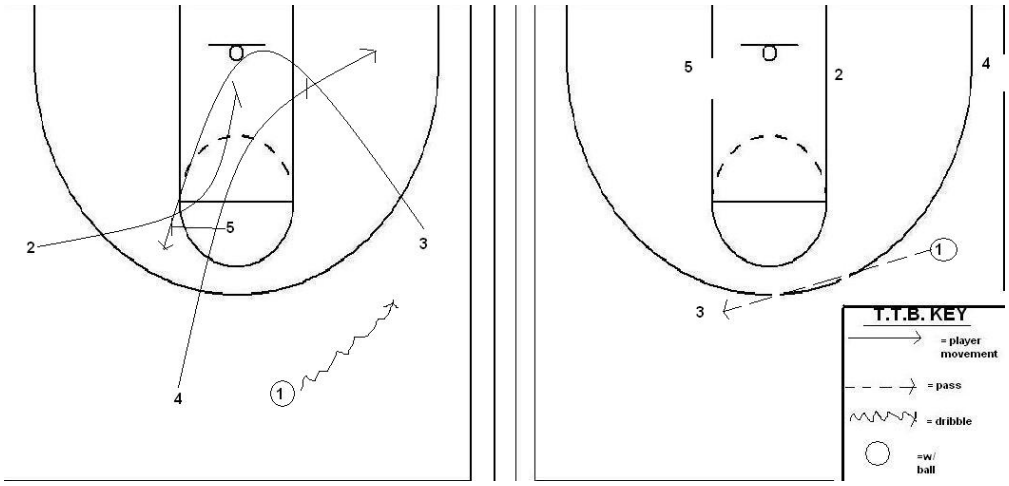
- Look to Post
    - We want ball to get to basket

- o 

- Bumping out the Post Man
  - o 

  - o You can put anyone in that 3 spot who you want to drive at the basket instead of the 5
  - o You can also run a lob play out of this for the 5 by splitting the screen
- Drive to basket
  - o When you are taking too many jump shots
  - o Lets your athletes take it in and make a play
  - o All spots are interchangeable- you can run an over cut to switch the guards

- o 

- What's hard to guard for us?
  - Dribble penetration
  - Refs calling fouls
  - Use what is hard to guard in your offense
  - Get guards who can post up-defenses don't practice for it
- Dribble Option
  - o 

  - Dribbles are just like passes for this-cutters go when dribbling at someone
- Dribble Back pick
  - Same as above except instead of 5 screening down for the 3, the 3 sets a back pick for the 5 looking for the lob
    - If defense bites on the lob; 3 for jump shot

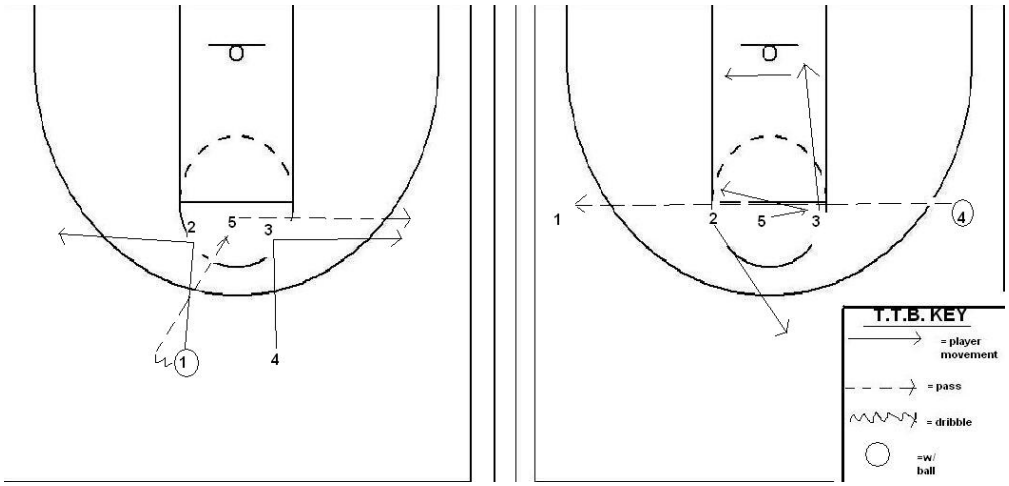
V.S. ZONE

- "Get underneath the zone"
- Runs the base continuity set a lot- looking for gaps
  - Don't get caught standing looking for gaps

  - The continuation helps with that
- Set lots of picks against the zone
- Got to have 2 cutters who really want the ball
  - Not cutting just to cut

SPECIAL PLAYS (CONT.)

- Double Flare- works well vs. the zone



  -
  - Look for skip pass from wing to wing
  - Look for gaps

CONCLUSION

- Only limited by your imagination because of spacing
  - Too many sets just confuses players
- Delay game in certain situations
  - Tailor your offense so that only players you trust with the ball touch it (may only be 2)
  - If you have 3 you can trust, you are set because you can go to 2 sides of the floor
- Transition game
  - Ex. Shuffle cut, back pick, down pick, etc.
  - If it's not there right away- sets back into your offense
- This high post was taken from Iowa State and Altman's staff altered it a bit

"NBA speed, do it right, go from there"

"play w/ it off the toe of where you are going"

"back step" control defender

PICK & ROLL OFFENSE

FOUNDATION & OVERVIEW

1. General Philosophy
   a. Teaching (Footwork, Angles, Pop vs Roll, Punch Pass, Trigger Man)
   b. Lead-Up Drills (Footwork, Drag Ball, Outside foot, etc…)
   c. "Counters" vs P&R Defensive schemes
   d. Implementing the LIVE dribble into sets
   e. Get to the situation from different actions
   f. Fit Your Personnel (Pop vs Roll, Left vs Right, Hide Shooters)

2. Teaching Points (Perimeter/Trigger)
   a. Dragging ball into position
   b. Outside foot up (allows to pass better)
   c. "Step-Slide" footwork (allows you to split trap) ★at point of impact A speeds
   d. "Step Off" with LIVE dribble
   e. Shots that occur (attached sheet)

Series - pic/n roll - transition starting
1 short layup
2 long layup
3 1 hand runner
4 2 hand runner
5 elbow - at nail -
6 short 3
- also w/ "blue" situation

3. Teaching Points (Big/Screener)
   a. Sprint the screen
   b. Get feet set with wide base
   c. Change speeds
   d. Change angles
   e. Roll with EXPLOSION and FORCE
   f. POP into shooting range
   g. Shots that occur (attached sheet)

★gun keeps ball too low★

Finish
"play with ball above your head"
"feel can still finish"

PICK & ROLL OFFENSE

SIDE PICK & ROLL: PERIMETER SERIES

1. Perimeter Skill Development
    a. Lay-up/Pullup Series
        i. Reverse
        ii. Long Lay (6 feet)
        iii. Runner
        iv. Floater
        v. Step-Back
        vi. Pullup at nail
        vii. Pulllup at elbow
        viii. Shoot behind (versus the under)
        ix. Reverse Baseline (glide move/1 foot)
        x. Pullup Baseline

Teaching Emphasis

- Outside foot up at the screen
- Keep shoulder square to basket
- Change speeds at point of impact
- Play with ball in front
- Keep ball above head
- Hand on outside of ball
- Spin the ball off the glass
- Play off 1 foot

Reasons For The Drill

- Create and maintain separation from your man
- Develop and repeat the shots that occur
- Develop the ability to play off 1 foot or 2 feet
- Develop a mid-range game

PICK & ROLL OFFENSE

SIDE PICK & ROLL: POST (BIG) SERIES

1. Post (Big) Skill Development
    a. Lay-up/Shooting Series
        i. Roll for reverse lay-up
        ii. Roll for strong side lay-up (no dribble)
        iii. Roll for strong side lay-up (1 dribble)
        iv. Roll for 15 foot jumper
        v. Roll for reposition jumper
        vi. Roll to range (extended for 3pt shooter)

"step off" = Invert away

Teaching Emphasis

- Sprint the screen
- Get the feet down with wide base
- Change the screening angles (when needed)
- Roll with explosion and force
- Roll wide and stretch to the baseline
- Finish off 1 foot or 2 feet at rim
- Spin the ball off the glass (know angles)
- Get feet down quickly for the jumper

Reasons For The Drill

- Create and maintain separation from the defenders
- Develop and repeat the shots that occur
- Develop the ability to play off 1 or 2 feet
- Develop perimeter shooting (ability to stretch the defense)

PICK & ROLL OFFENSE

SIDE PICK & ROLL: SETS & ACTIONS

TERMINOLOGY

"DOWN" = Designation of side P&R
"8" = Weakside stagger action
"Dallas" = Weakside clear and cut
"X" = Big-Big cross-screen to start the action
"SAC" = Lob play
"LIVE" = Trigger man gets ball off the pass
"20-Series" = Small-Big cross-screen to start action
"Bump" = Small-Big back-screen to start action
"Dive Spot" = Opposite Big in the opposite slot (3pt line)
"Duck-In Spot" = Opposite Big below opposite block

SIDE PICK & ROLL PLAY LIST:

Red = trap or blitz
blue = post zones it

"1 Down"
"1 Down – 8"
"1 Down – Dallas"
"1 Down - X" (versus RED or BLUE)
"1 Down – SAC" (versus RED)
"1 Down – Live" (versus RED)
"1 Drop Down" (versus RED)
"24 Down" (versus RED)
"25 Down" (versus RED)
"24 Down – Live" (versus RED)
"25 Down – Live" (versus RED)
"4-Bump Down" (versus BLUE)
"5-Bump Down" (versus BLUE)

PICK & ROLL OFFENSE

MIDDLE PICK & ROLL: PERIMETER SERIES

1. Perimeter Skill Development
    a. Lay-up overhand
    b. Lay-up underhand
    c. Lay-up outside college lane
    d. Cross-over inside elbow for reverse lay-up
    e. Cross-over inside elbow for long reverse lay-up
    f. Floater inside FT line
    g. Pullup jumper (in the pocket)

Teaching Emphasis

- Maintain angle for screen (elbow extended)
- Keep shoulder square to basket
- Change speeds at point of impact
- Play with ball in front
- Keep ball above head
- Hand on outside of ball
- Spin the ball off the glass

Reasons For The Drill

- Create and maintain separation from your man
- Develop and repeat the shots that occur
- Develop the ability to play off 1 foot or 2 feet
- Develop a mid-range game

PICK & ROLL OFFENSE

MIDDLE PICK & ROLL: POST (BIG) SERIES

1. Post (Big) Skill Development
    a. BIG roll for lay-up (1 foot)
    b. BIG roll for lay-up (2 feet)
    c. BIG roll for step-thru (both hands)
    d. BIG roll and replace (opposite BIG get jumper)
    e. BIG roll > swing > post-up
    f. BIG roll > swing > side P&R

    *Can add the side P&R series (step "f")

Teaching Emphasis

- Maintain angle for screen (back to opposite block)
- Get feet down with wide base
- Roll with explosion and force
- Catch the ball in traffic
- Finish off 1 foot and 2 feet at rim
- Spin the ball off the glass (know angles)

Reasons For The Drill

- Create and maintain separation from your man
- Develop and repeat the shots that occur
- Develop the ability to play off 1 foot or 2 feet
- Develop ability to finish in traffic

PICK & ROLL OFFENSE

MIDDLE PICK & ROLL: SETS & ACTIONS

TERMINOLOGY

"C" = Designation of middle P&R
"Out" = Repick with original screener
"X" = Big-Big cross-screen to start the action
"Clear" = Weak-side baseline clears to strong-side
"Roll" = Screener rolls to the rim
"Pop" = Screener spaces above the 3pt line
"Lift Spot" = Opposite Big in the opposite slot (3pt line)
"Duck-In Spot" = Opposite Big below opposite block

MIDDLE PICK & ROLL PLAY LIST:

"C5 – Roll"
"C5 – Pop"
"C5 – Out" (versus RED)
"C4 – Roll"
"C4 – Pop"
"C4 – Out" (versus RED)
"C – X" (versus RED)
"C – X Hold" (EOQ)
"C – Clear" (versus WEAK)

PICK & ROLL OFFENSE

MULTIPLE BALL SERIES

I. Pick and Roll Skill Set

a. Side Series (2 Balls)

i. BIG roll to reverse
ii. BIG roll for strong side lay-up (1 foot)
iii. BIG roll for strong side lay-up (2 feet)
iv. BIG roll to reposition jumper
v. BIG roll to range jumper
vi. BIG step back outside elbow (vs BLUE)
vii. Guard shoot long lay-up
viii. Guard shoot runner
ix. Guard shoot floater
x. Guard shoot pullup at nail
xi. Guard shoot pullup at elbow (pocket)
xii. Guard shoot pullup baseline (vs BLUE)

b. C-Action Series (2 Balls)

i. BIG roll for lay-up (1 foot)
ii. BIG roll for lay-up (2 feet)
iii. BIG roll for step-thru (both hands)
iv. BIG roll and replace (opposite BIG get jumper)
v. BIG roll > swing > post-up
vi. BIG roll > Swing > side P&R
vii. Guards pass to BIG steps 1-4
viii. Guard shoots floater inside FT line
ix. Guard shoots pullup at elbow

*Use 2 or 3 balls to get most available shots in short amount of time
*Be sure to use both sides of the floor – go in both directions

Dean Cooper: Houston Rockets

Terminology
1. helps maintain
2. hostile / TOs
3. raises communication
4. help make adjustments

(including court)

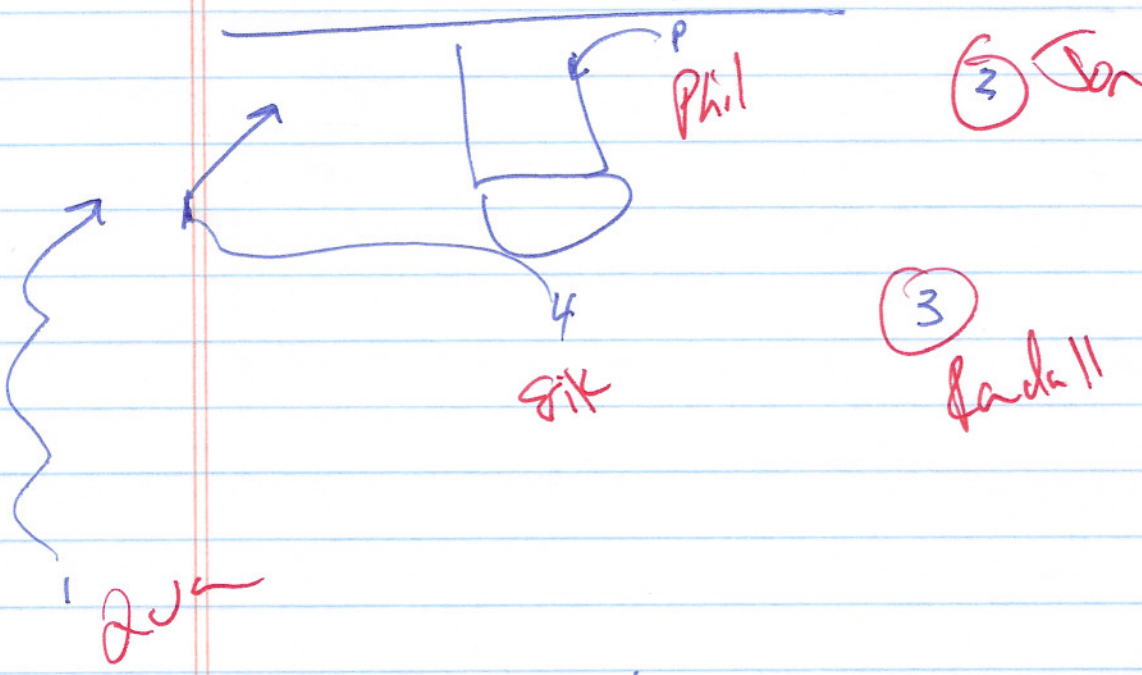
- "pick n roll footwork directly relates to transition footwork"

pick n roll (from transition)
- 1st pick a line - get to ft line extended for example -
  footwork - get outside foot up (why blitz or help = easier to make pass)

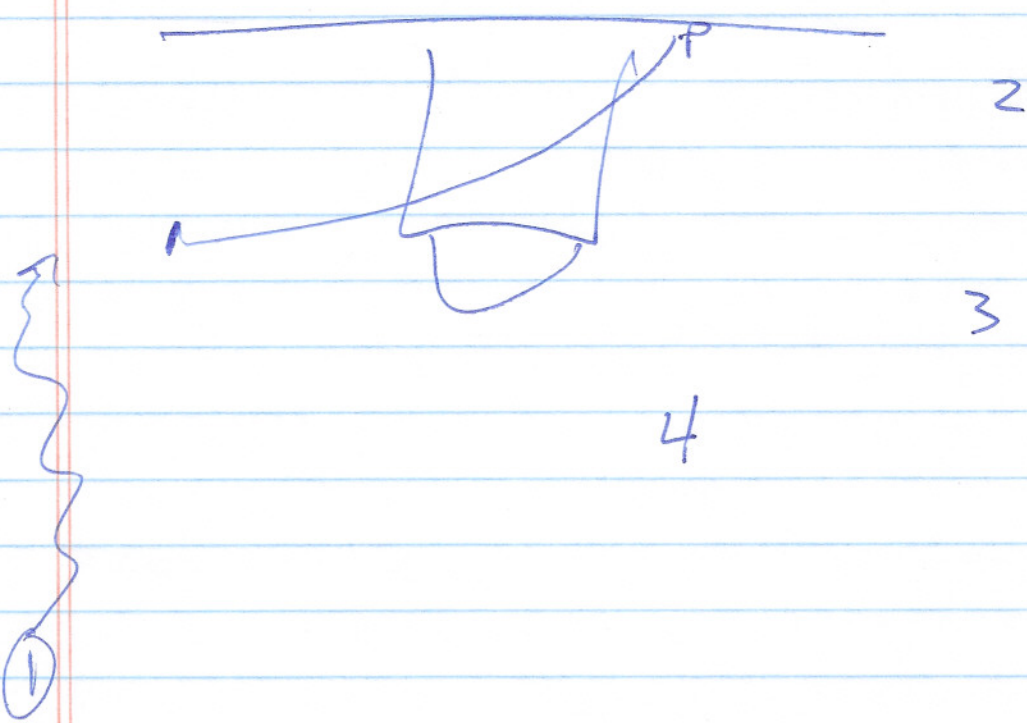
↓

NBA move
(watch Deron Williams dips)

1down, 2down, 3down spacing

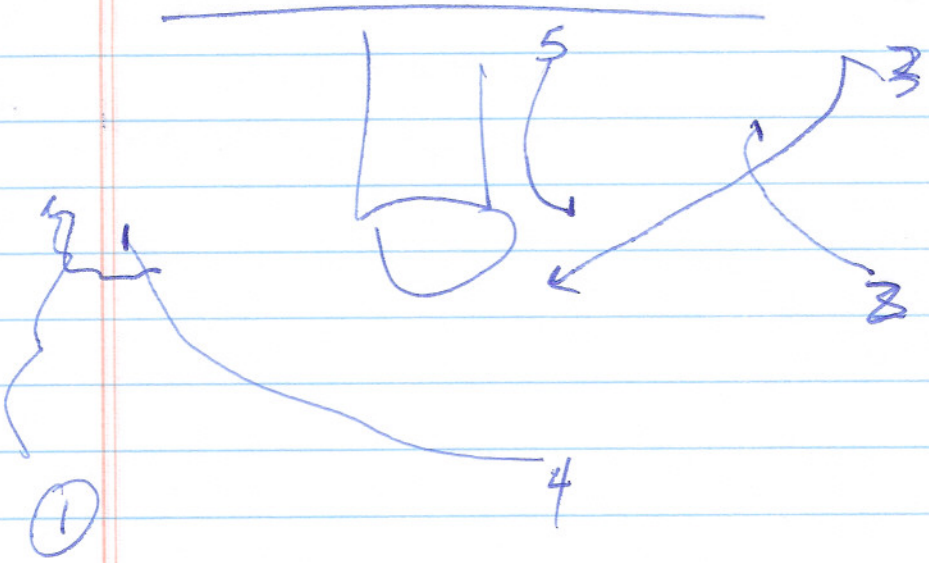


"4lifted" = shooter



1 down "y"

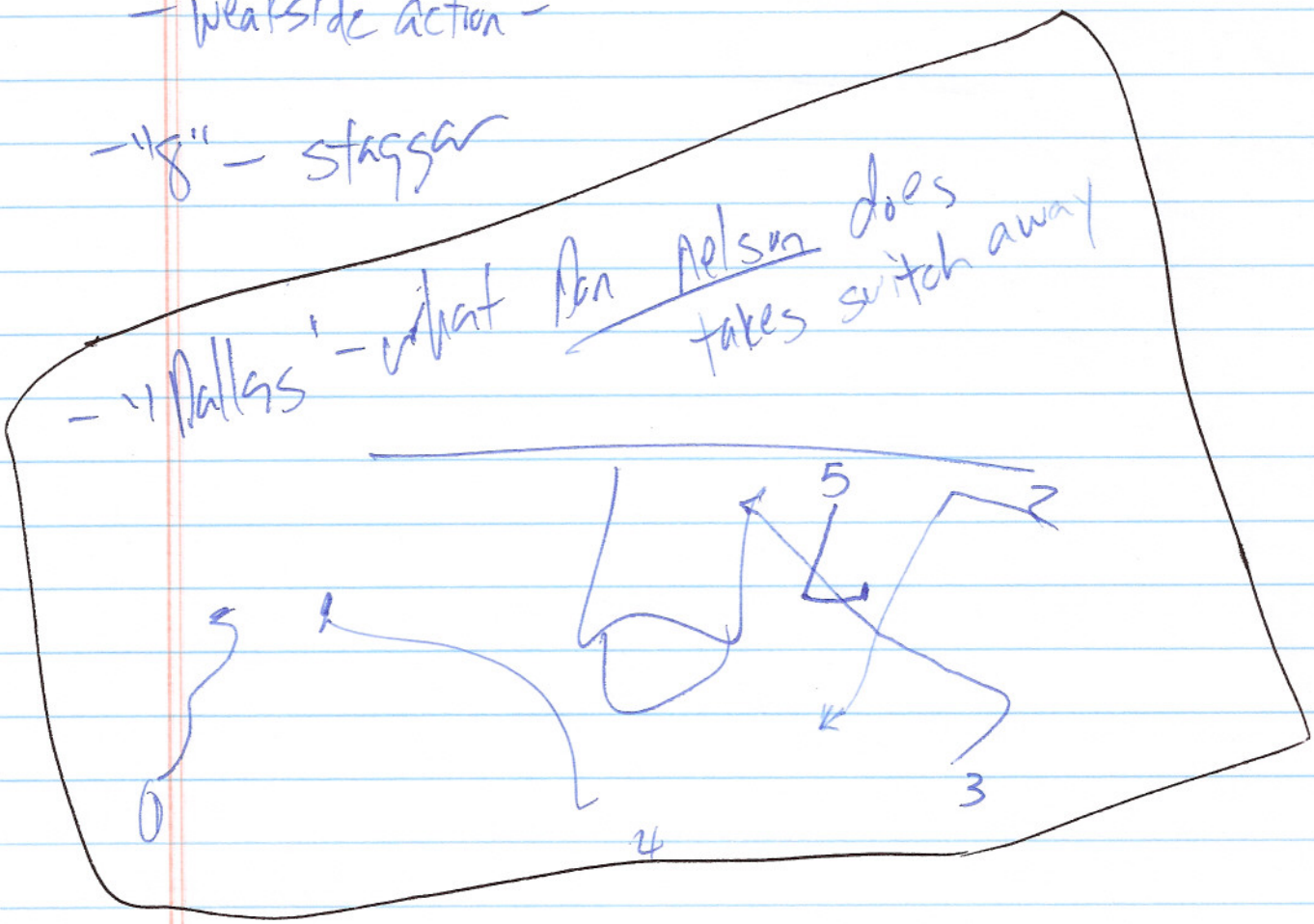
- small cut be last man = switch



- weakside action -

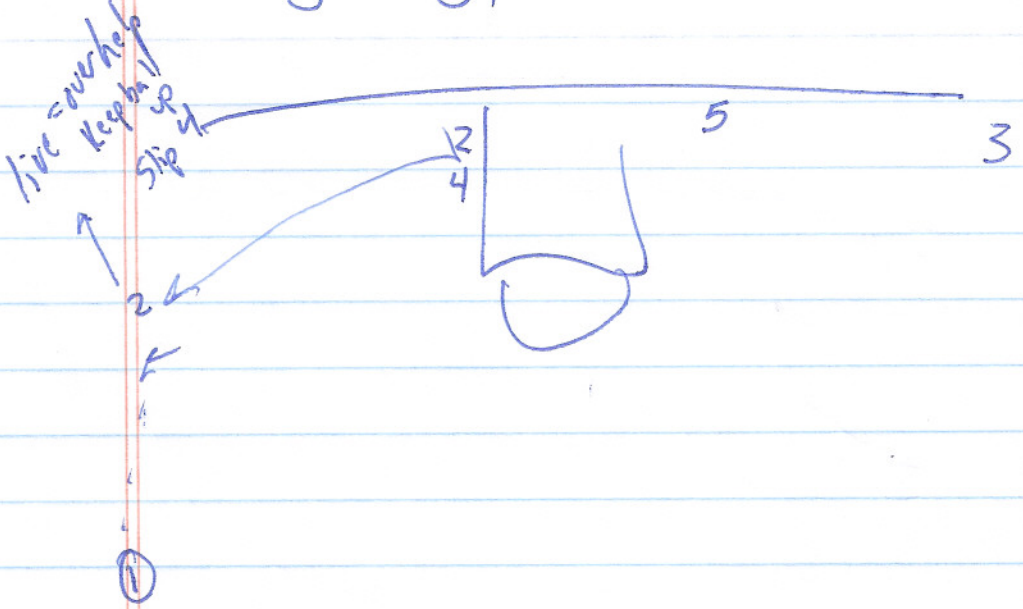
- "y" - stagger

- "Dallas" - what Ron Nelson does takes switch away



-get a guy "live"

"2 down live

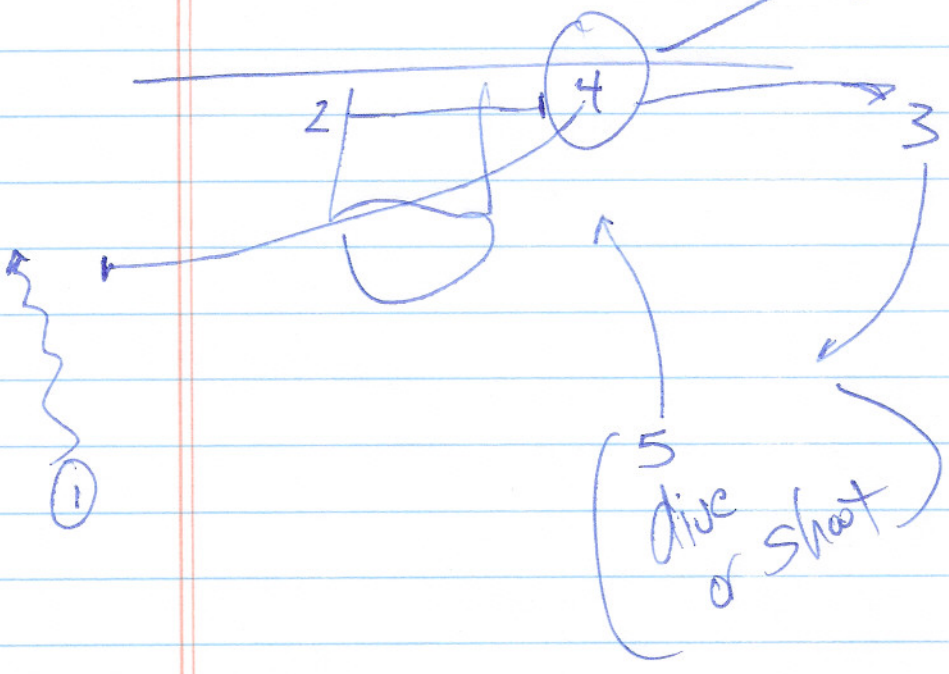


"live" - negates blitz, red, double

allows slips

"20 series" negates blitz

2 man screens



"can easily manipulate your plays w/ terminology"

"point of impact"

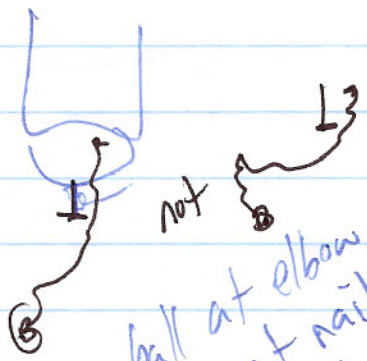
can also run 2 man games - post ups

24 down "five" - gets 2 man blk

five - run same play

Mid pic/n roll = @Center of floor
"C" series

★ - Mistake in Mid pic/n roll = ★
too flat

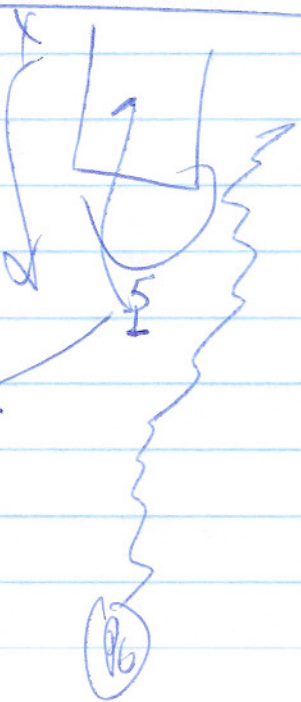


(16) → Keep ball at elbow or better
best at nail - wrist inside foot at elbow
★ best angle of attack

- set screen "back to area of attack"

"roll w/ poise"

3





"always set screen on move"

PISTONS TRAINING CAMP – 1ST SESSION

1. 3 Man Passing – 1 Ball
   Middle man and man on the wing pass it back and forth until they get to halfcourt. Middle man keeps the ball and dribbles to middle and throws the ball to the opposite wing. Scoring pass is a bounce pass.
   - Layup.
   - Pass back to point man at the ballside elbow.

   Opposite wing outlets to point at the old hash mark and the point man throws a baseball pass back to the other end of the court. The next group goes and everyone sprints back.
2. 3 Man Weave – Tight Weave
   - 5 passes.
   - 4 passes.
   - 3 passes.

   No dunks, scoring pass is a bounce pass.
   Missed layup = finish the round and go again.
3. 4 Man Break
   Ball does not touch the ground – on the pass or rebound.
   4 sequences – 4th trip hit the trailer.
   Wings cross after every basket.
4. 5 Man Break
   Same as 4 Man Break only the Big outlets to the other Big who hits the middle man as though he were overplayed. First Big down rebounds and outlets to the trailing Big.
5. 3 on 2, 2 on 1
   Throw the ball off the board and tap it off the glass or rim.
   When the defense gets to the rebound they outlet to a coach. The coach gives it back.
   The player who made the scoring pass for the group of 3 gets back and defends the 2.
   The 2 players coming down against 1 pass the ball back and forth. Do not let the ball touch the ground.
   When you are 2 on 1 don't run so wide.
   "Run for layups"
6. 3 on 2, 2 on 1, 1 on 1
   The man who shoots defends full court 1 on 1.
   "Turn him."
7. 3 Man Shooting, 2 Balls
   - Catch-n-shoot
   - Outside NBA 3 – Catch-n-sweep 1-2 dribble pullups. Time can be anywhere from 2:00 – 1:00.

   When the perimeter players shoot the post players rest.
   When the post players shoot the perimeter players rest.
8. 3 on 3 Full Court – Pass and Screen Away

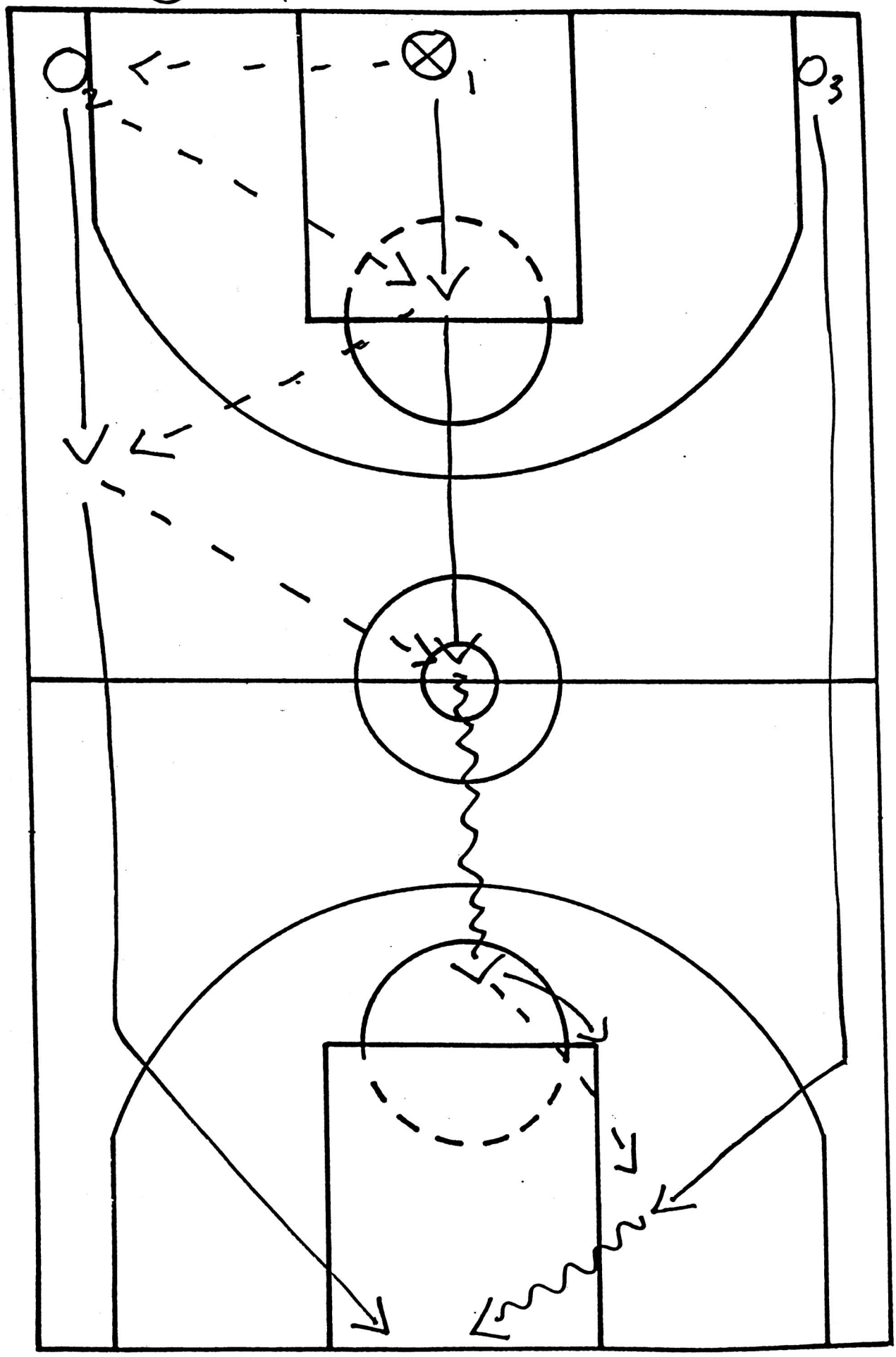
Emphasize getting through, closing out, ballside, helpside.
Offense must set their man up.
When they get to the opposite end the coach calls out "PLAY" – then it is live.
Emphasize play without the dribble.
Start slow and then pick up the tempo.
(Rinse Out)

9. 3 on 3 Halfcourt (Play to 5)
   Stop = 1 point and stay on defense.
   Offensive rebound + stop = -1 point and stay on defense.
   Score or offensive rebound + score = go on defense.
   Offense can either pass and screen away or basket cut.
   "Work to get open."
   Make contact and then go and get the rebound.
   If no one is open drive the ball or dribble handoff.
   No pick-n-rolls.
   On the ball defense – play a yard.
   Losing teams run a ladder/they can also shoot for it.
   Use 1 or 2 coaches in this drill as pressure release players.
10. 3 Man Shooting, 2 Balls
11. 4 on 4 Shell
    If your man has the ball make him a driver.
    If your man has the ball. . .who is your buddy? The help defenders that are 1 pass away.
    "Guard your yard."
    1. Stationary – offense pass and replace yourself
    2. Screen away – screen look for the ball and pop out
    3. Guard – Guard = screen away
    - Guard – Forward = basket cut (UCLA)
    - Defense – when your man cuts and goes through, open up and see what is there.

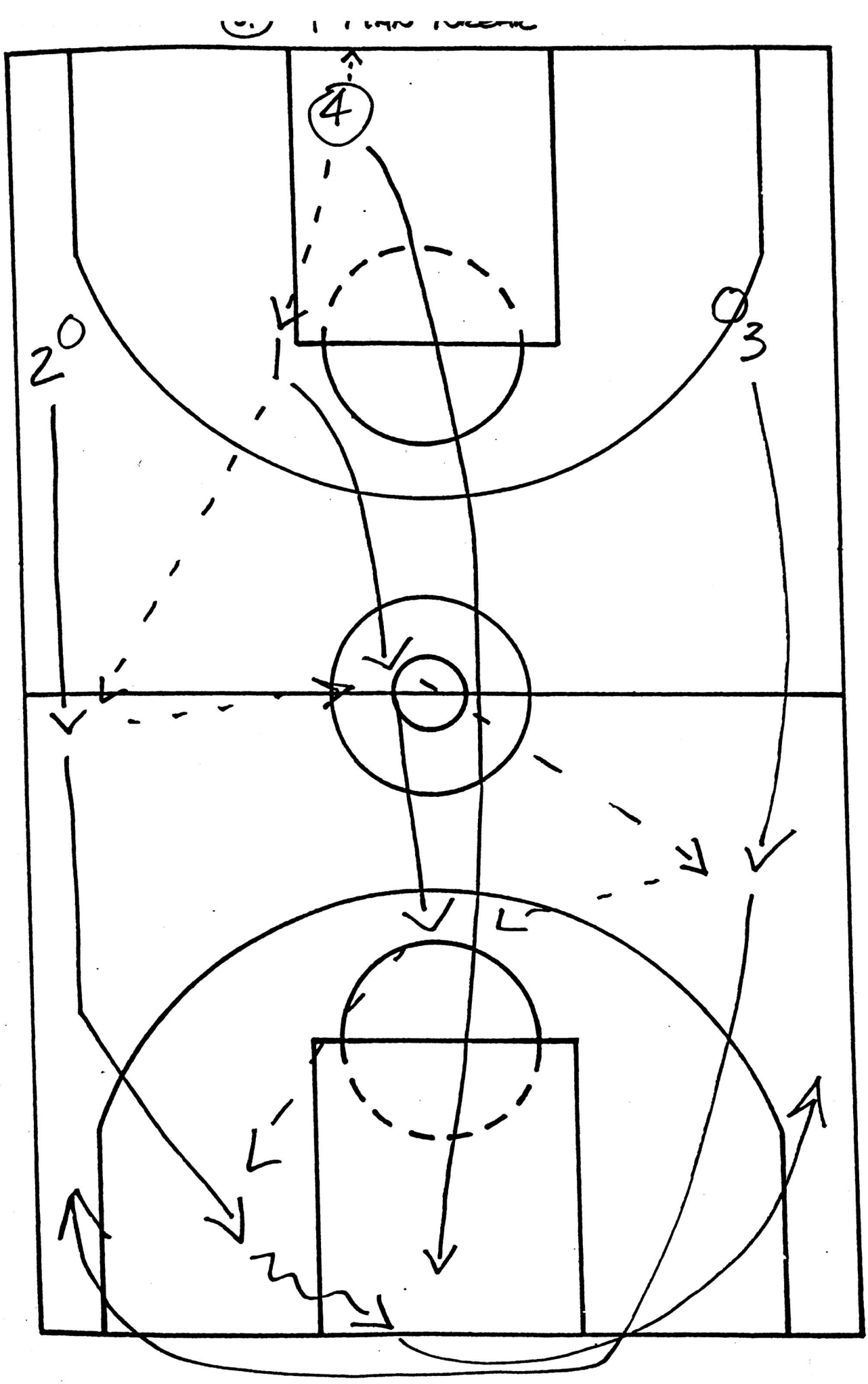
    4. Guard – Guard = screen away
    - Guard – Forward = drive baseline
    - "When we get beat to the baseline and have to help we are probably going to give up a jump shot. Close out with hand up."
    - Drive the ball middle or baseline.
    - "We don't allow middle."

12. Put in a Set – "1"
    Inside pivot whenever ball is entered at the pinch post.
    Run through the set in the halfcourt.
    3 Sequence with the set 5 on 0.
    Pick-n-roll = space out.
    Hit the pinch post = go screen.
13. 3 Ball Drill

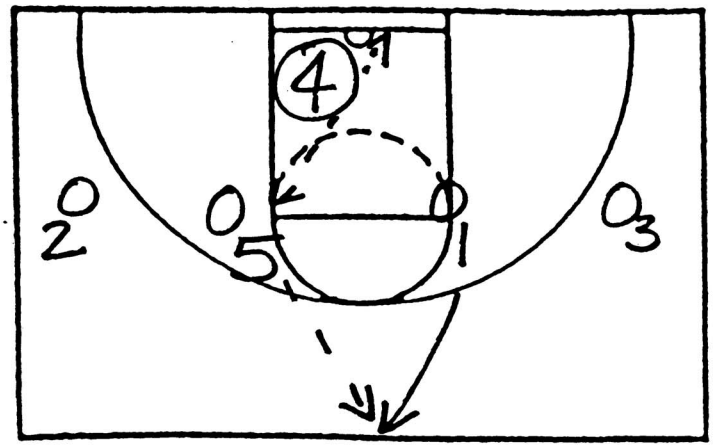
(1.) 3 MAN PASSING

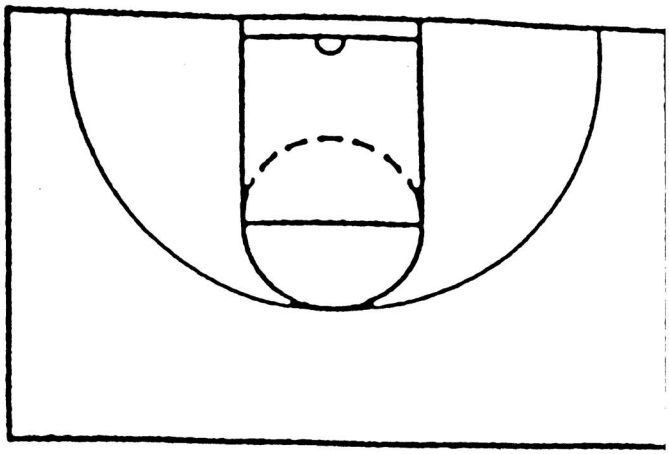


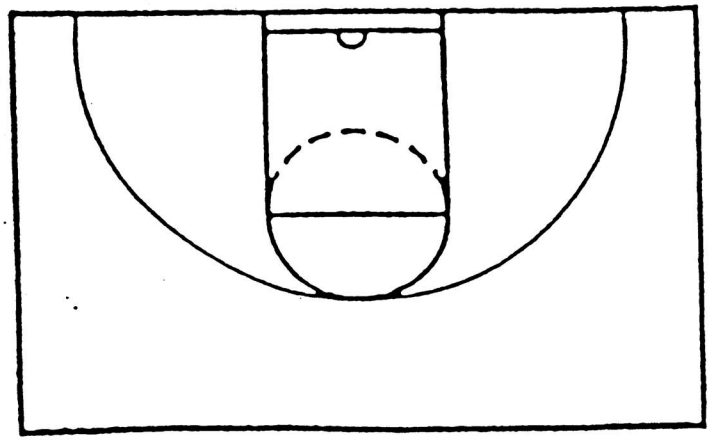
O6
O5
O4
BASEBALL PASS
O1
OUTLET
O3
O2

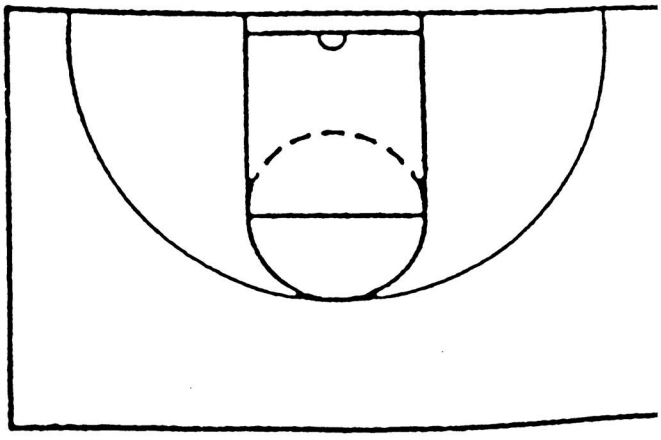

4
2
3

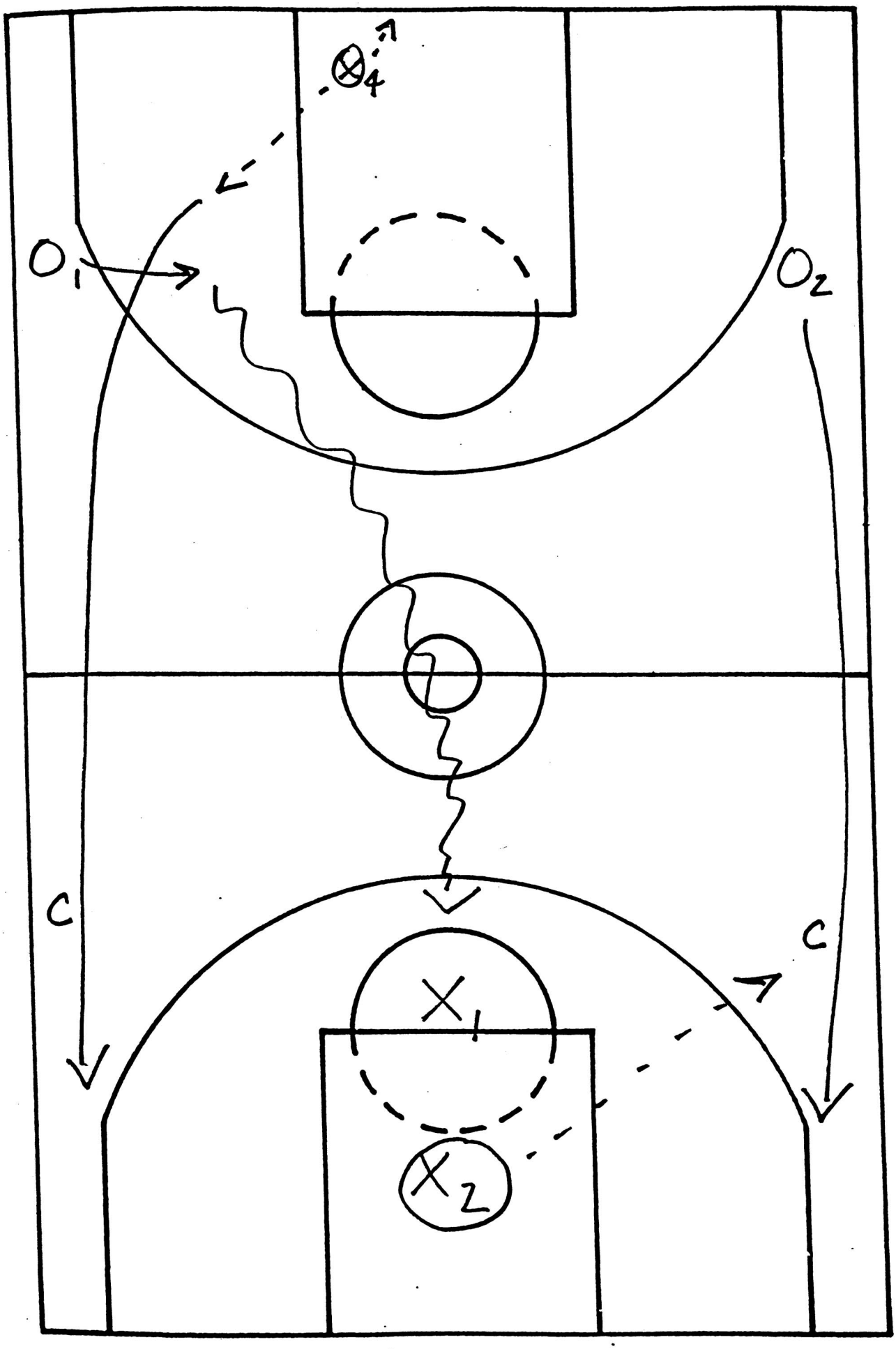
④ 5 Man Break



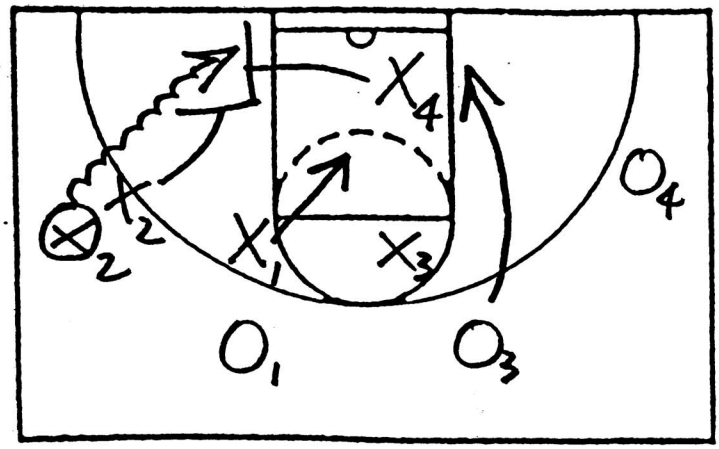




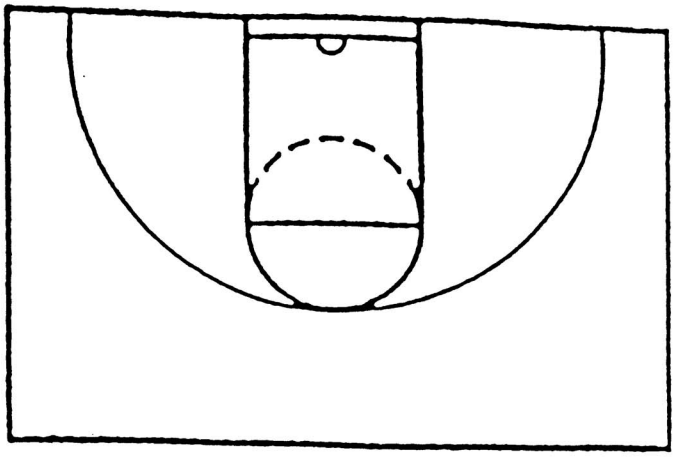


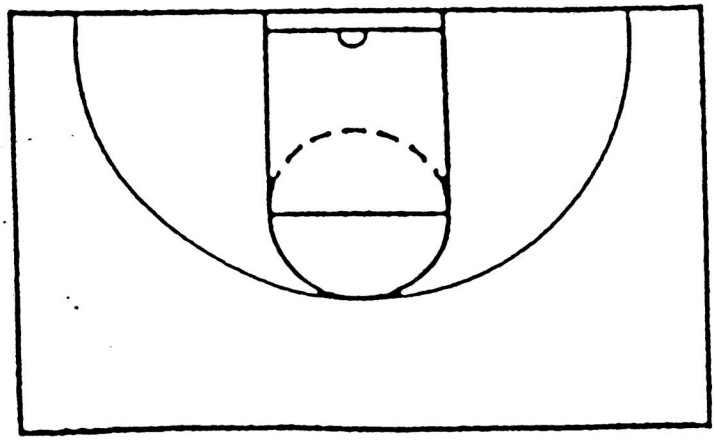

O4
O1
O2
C
C
X1
X2

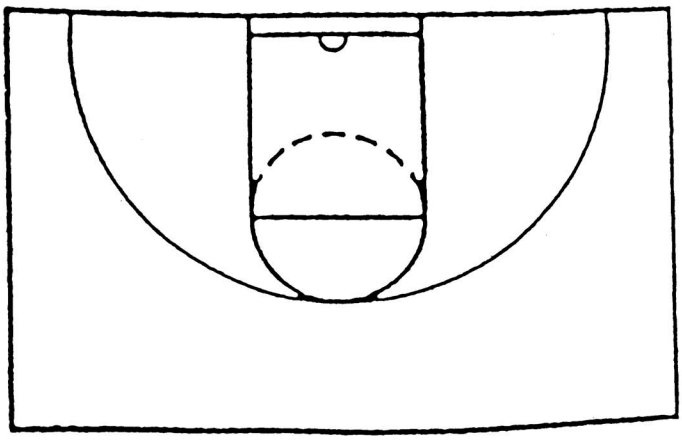
(11.) Beat on a Baseline Drive



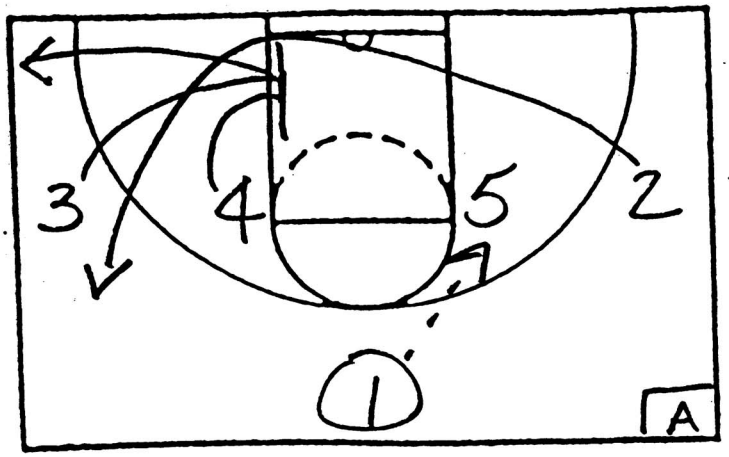
Everyone is to the level of the ball except X_1.

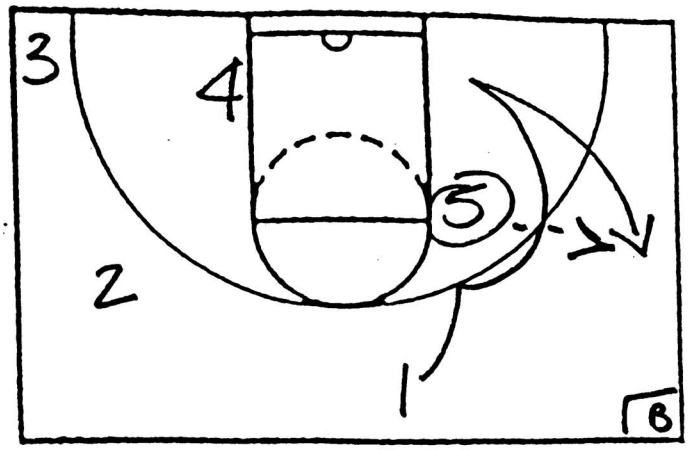


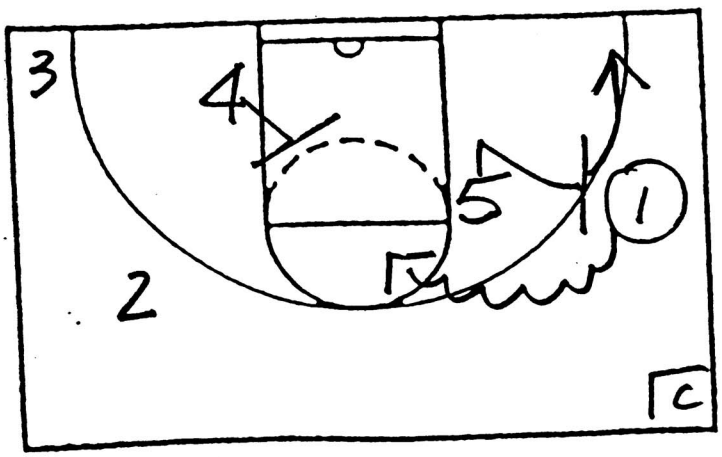


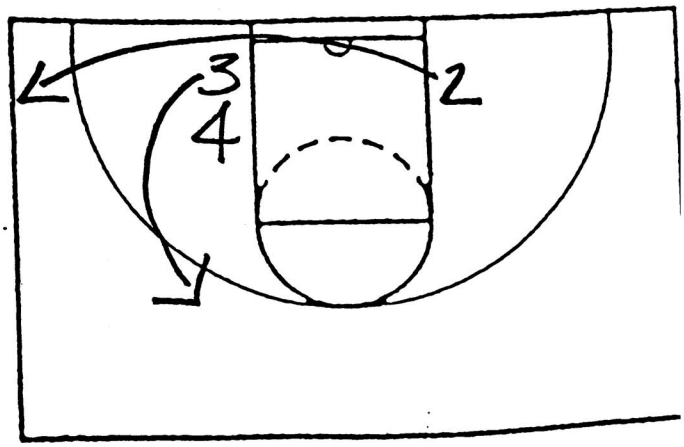


(12.) "I" - Pinch Post Entry



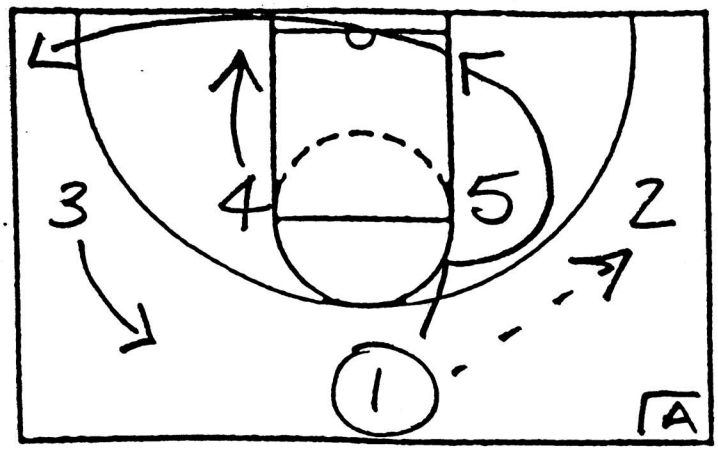


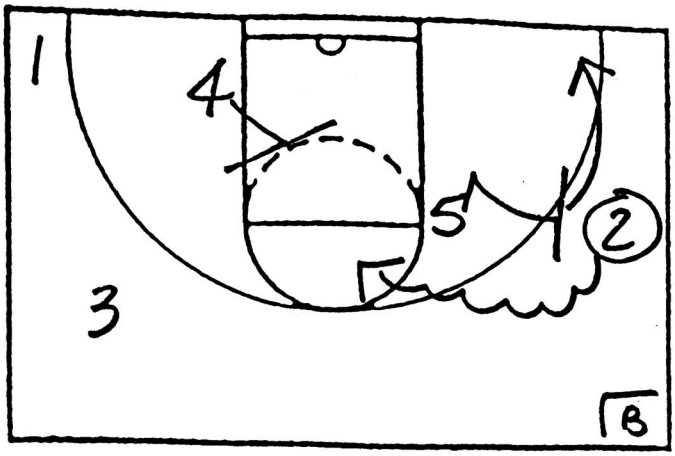


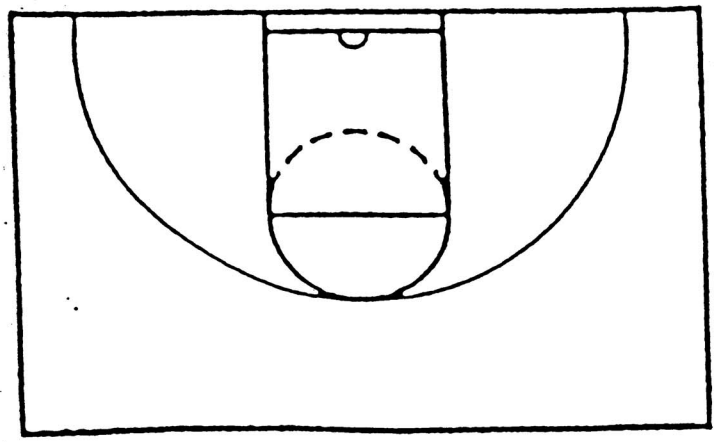


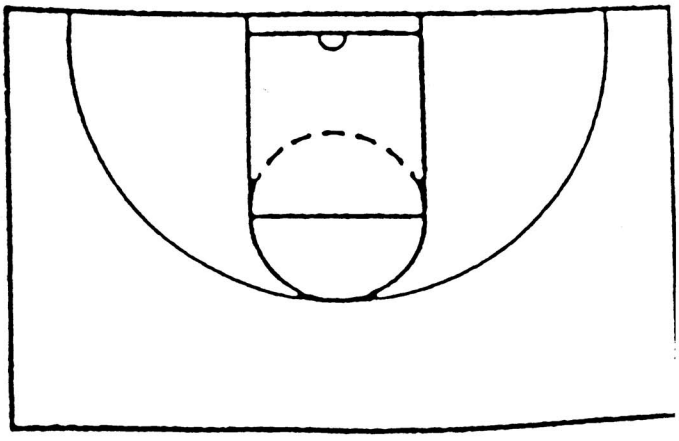
Instead of 2 coming off double 3 can come off.

(12.) "1" - Wing Entry

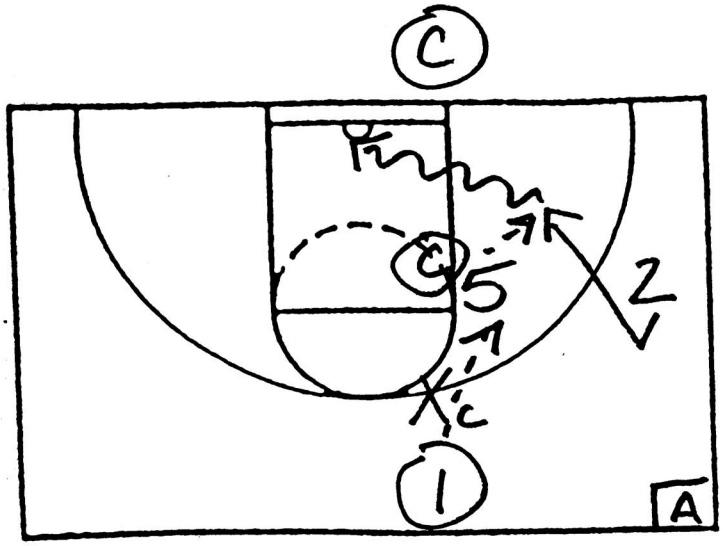


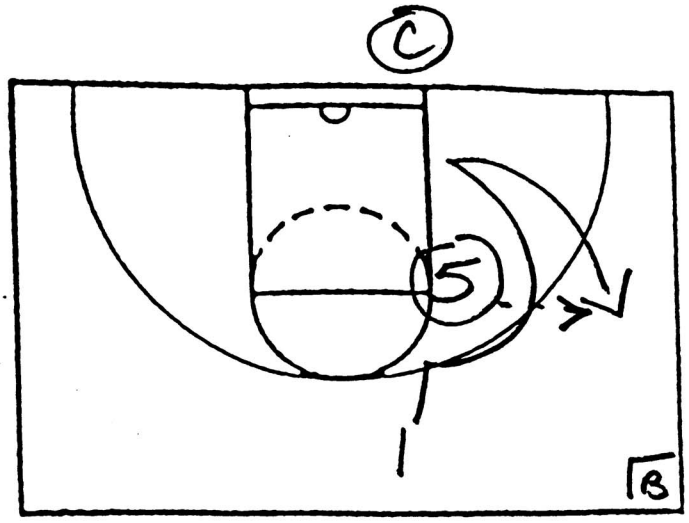




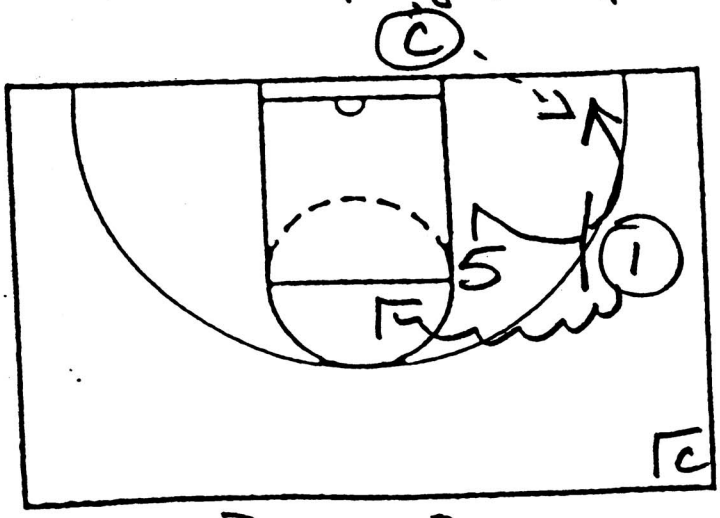


(13.) 3 Ball Drill (Both Sides)



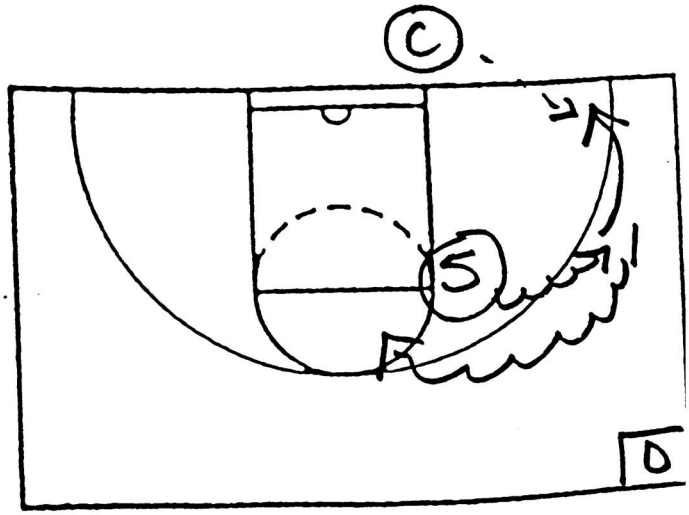


Hit 2 early on backdoor cut.
Perimeters switch lines.
Forwards play all 3 spots.



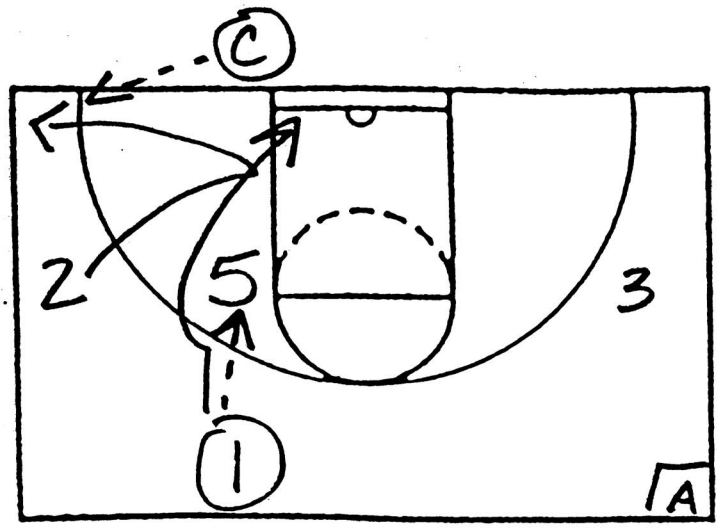
Pick-n-Roll

OR

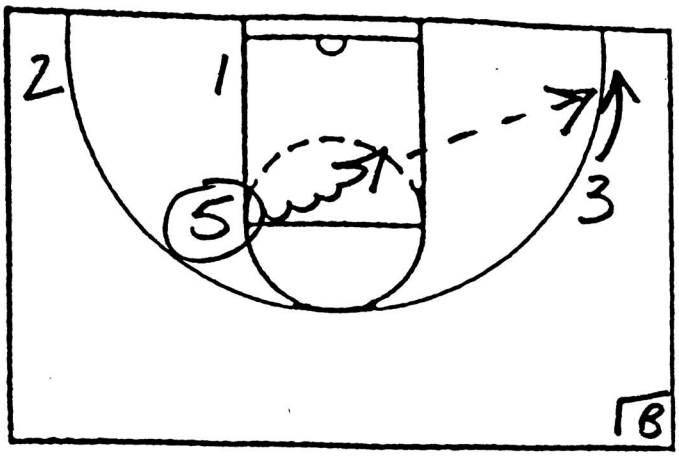


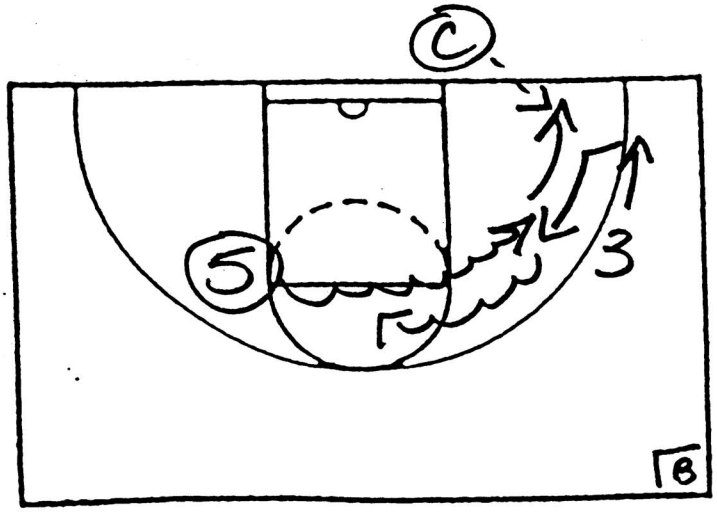
Dribble Handoff

(13.) 3 Ball Drill

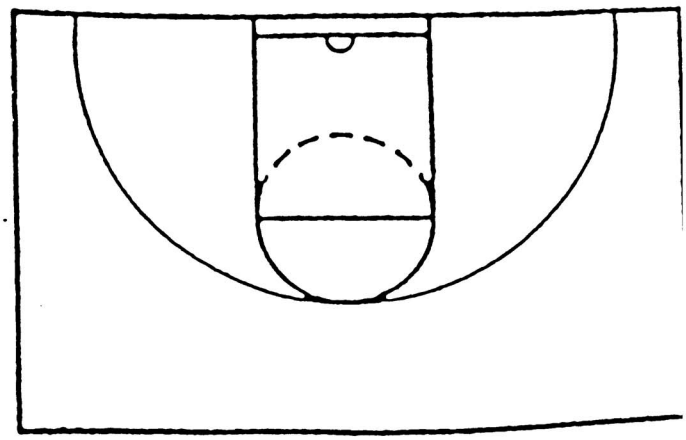


Drive-n-Kick





Drive-n-Handoff



PISTONS TRAINING CAMP – 2ND SESSION

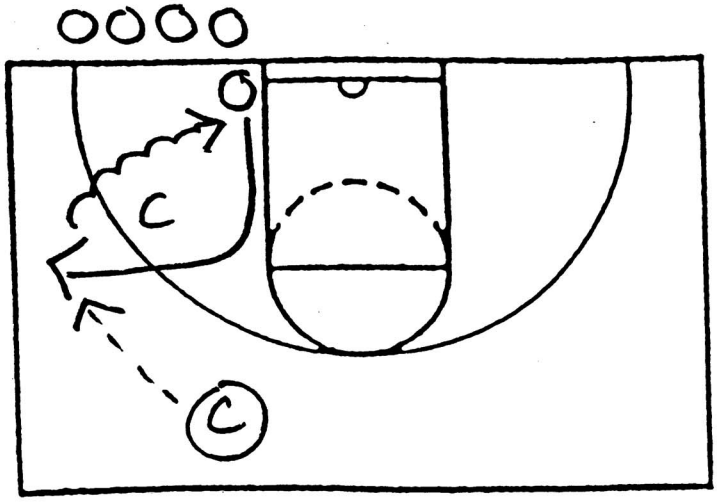
1. 3 Man Passing
2. 3 Man Weave
   - 5 passes
   - 4 passes
   - 3 passes – "Lead him"
3. 3 on 2, 2 on 1
   2 on 1 = "Keep the ball in the air."
4. 3 on 2, 2 on 1, 1 on 1
   In 1 on 1 if you are in trouble hit one of the coaches and get open.
5. 3 Man Shooting, 2 Balls
   - Catch-n-shoot
   - Catch-n-sweep – coaches defend sweep
6. 3 on 3 Full Court – Dribble Handoff
   Man guarding the ballhandler steps off.
   Man guarding the new ballhandler goes under.
   After going full court call out "PLAY" – hit the coach and it is live 3 on 3 Passing Game.
      - Screen away – after you pass look below you and screen.
      - Basket cut.
      - Dribble handoff.

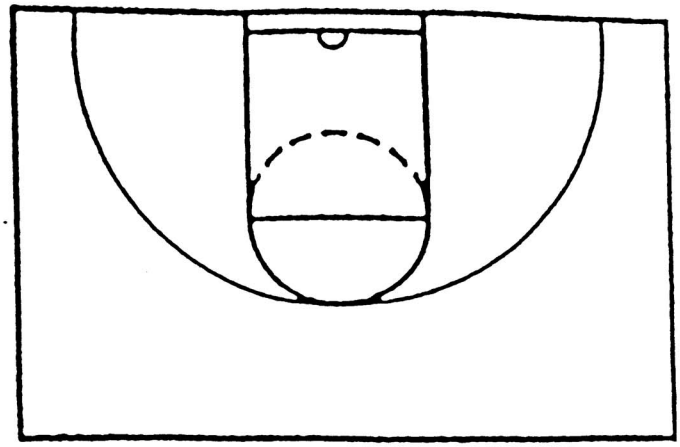
   If one guy has the ball the other 2 pair up and work together = Passing Game.
   When defending in the full court get off on the weak side.
7. Cutting and Shooting (work both sides/each move 1X)
   1. Sweep and go to rim.
   2. Crossover step middle to the rim.
   3. Sweep to pull up
   4. Crossover step middle to pull up – "Sell the baseline."
   5. Sweep to baseline spin to rim.
   6. Crossover step middle spin to rim.
   7. Sweep and go baseline – coach stops drive, reverse pivot, pass out to coach and pop out.
   8. Crossover step to middle and step through – coach stops drive, pick up dribble, step through.
8. 5 on 5 Shell – Defend Situations
   Everyone should play different positions
   On UCLA cuts the defenders who guard the screener must "Contact Show."
   "If the double team is in front of you then you are an INTERCEPTOR."
   "If the 2 interceptors are in front of you then you are a GOALTENDER."
   Go half speed and when the play gets to (D) it is live.
   "SHOW," "BLITZ" = Rotate
   After (D) go into Passing Game – swing it, shoot it, drive it, dribble handoff.
9. 4 on 4 Shell
   1. Guard – Guard = weakside exchange.
      - Guard – Forward = UCLA cut and then drive it baseline. "Trap the box."

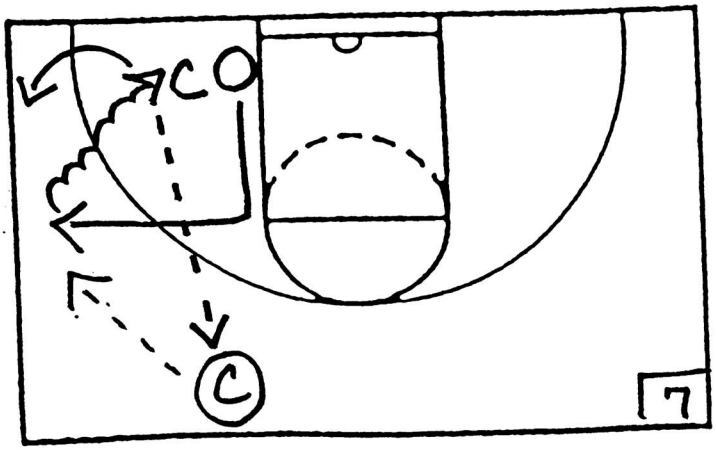
10. 3 Man Shooting, 2 Balls
    - Catch-n-shoot.
    - Catch-n-sweep.

Work with players after practice:
- Go over post defense.
- Get shots up.
- ETC.

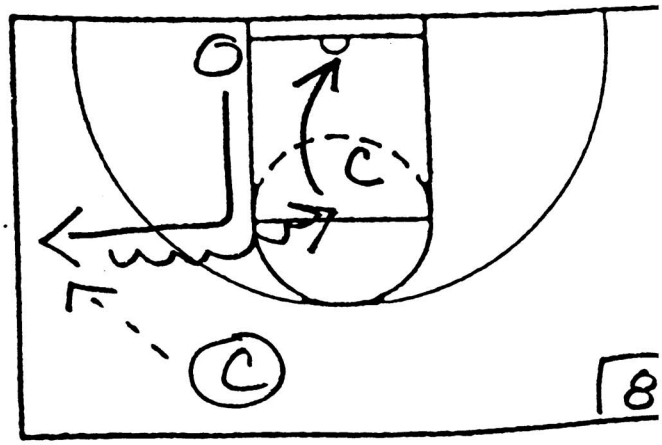
(7.) Cutting and Shooting





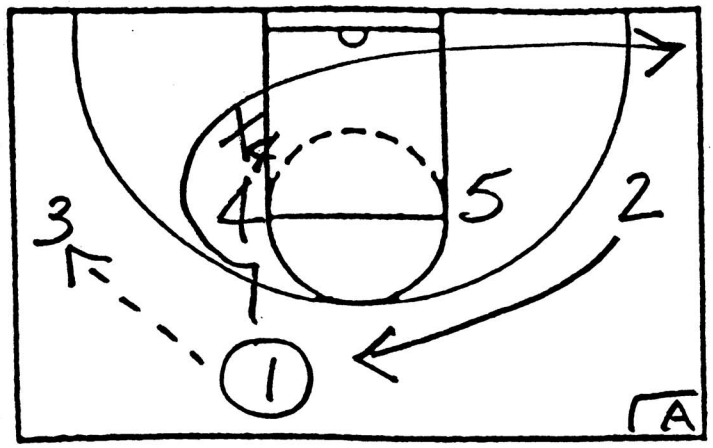


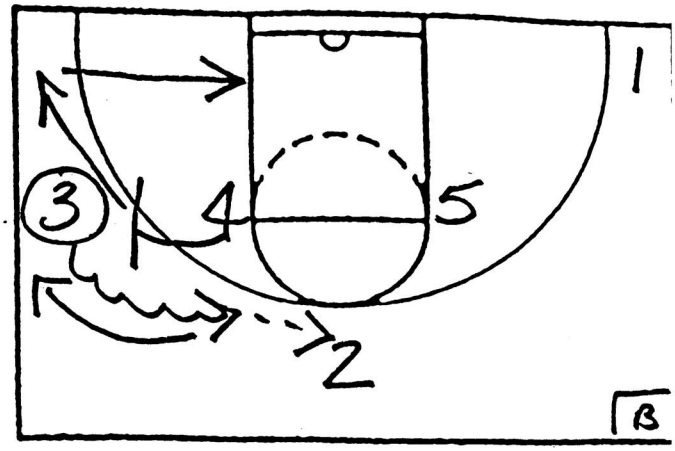
Drive it, jump stop and reverse pivot, pop out for a jump shot.



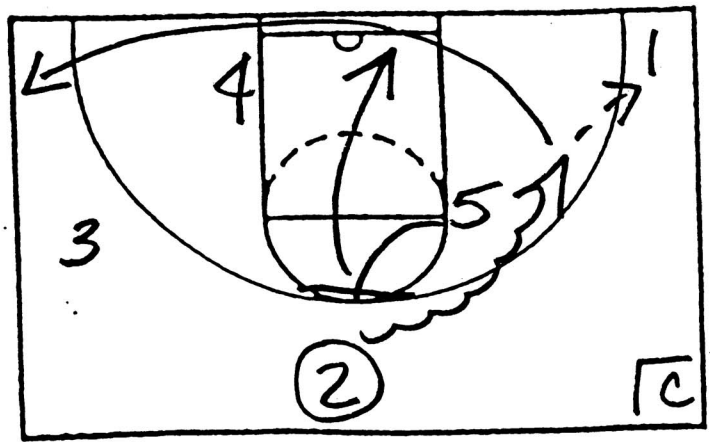
Drive it, pick up dribble, step through and score.

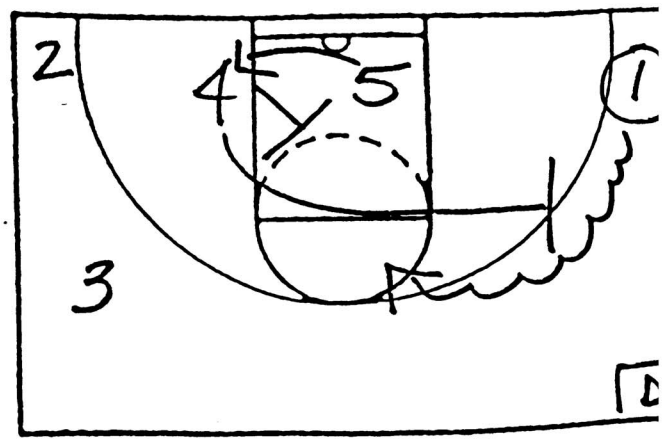
(8.) 5 ON 5 SHELL - DEFEND SITUATION



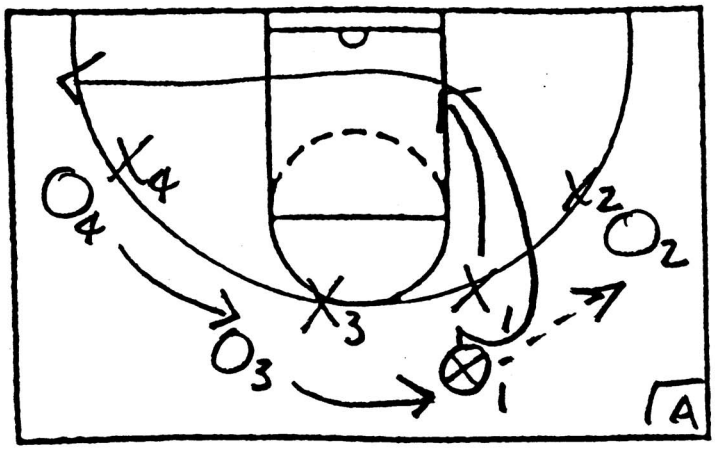


X_4 = "CONTACT SHOW"

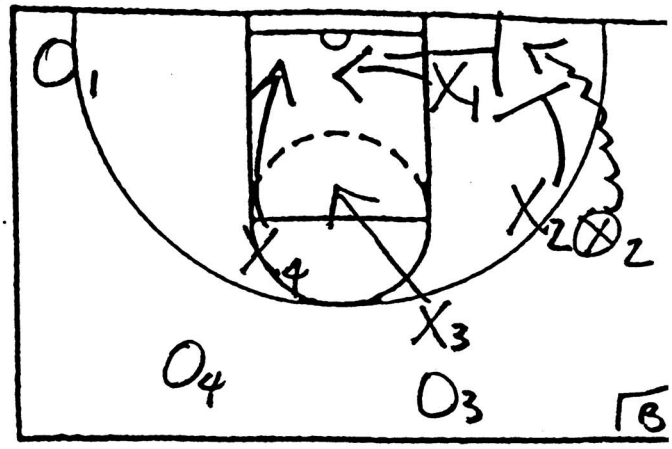




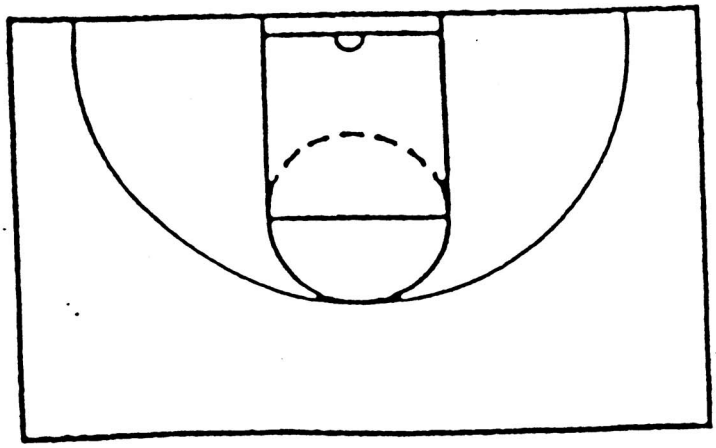
(9.) 4 ON 4 SHELL

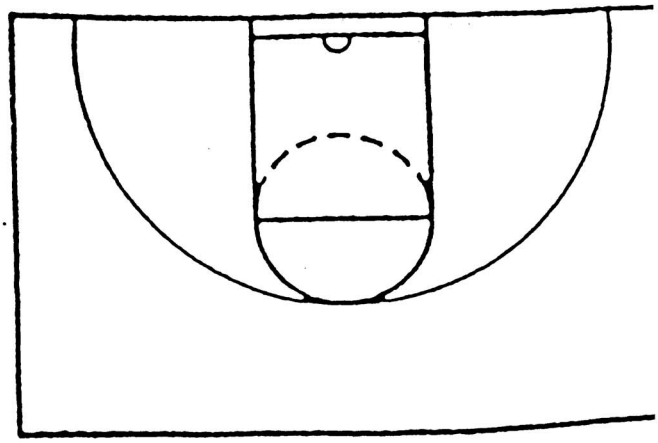


O_1 hits wing and UCLA cuts.
X_1 jumps to the ball and holds while O_1 cuts through.



X_1 and X_2 trap the box on O_2's drive. X_4 sinks to the level of the ball.

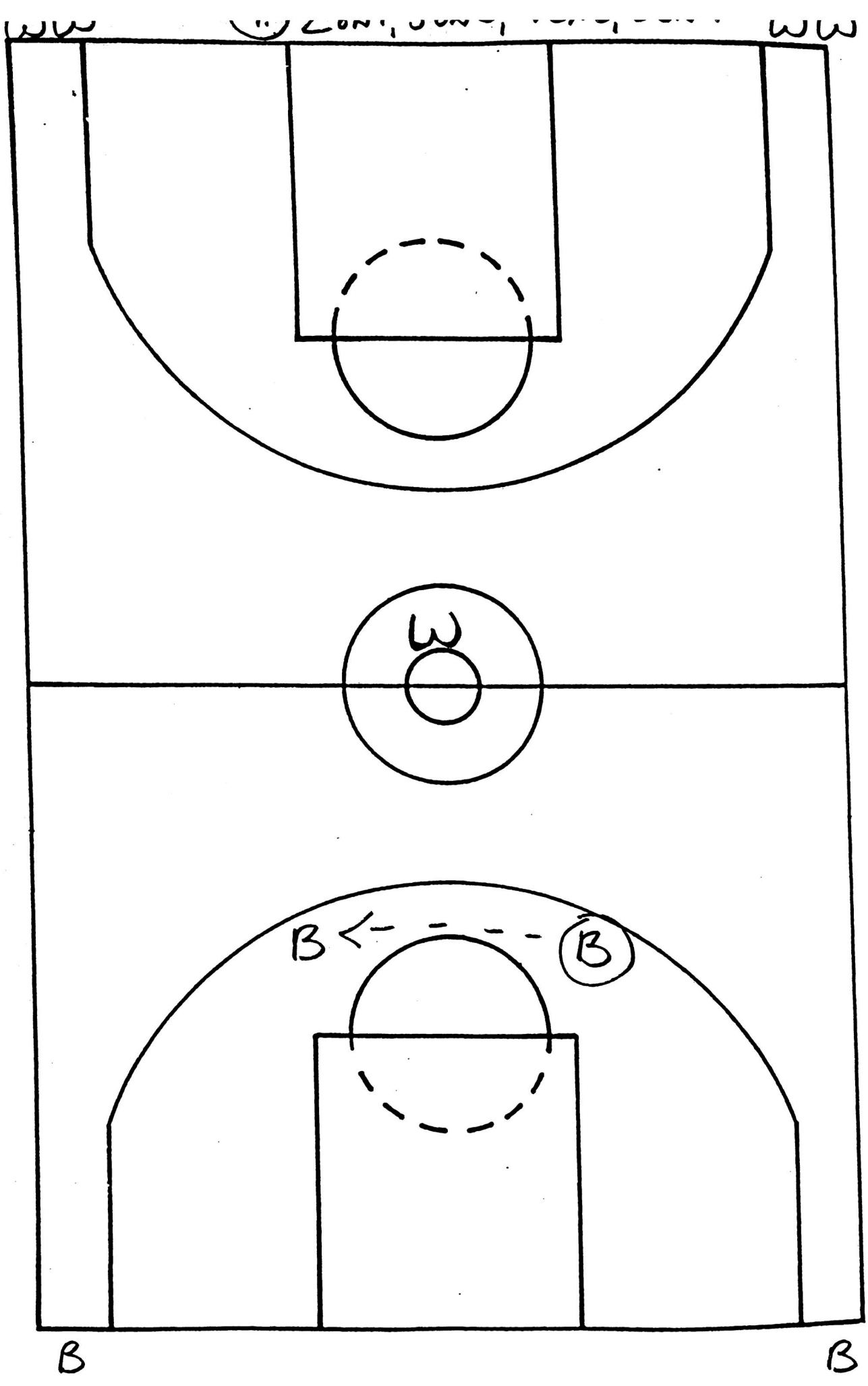




PISTONS TRAINING CAMP – 3RD SESSION

1. 3 Man Passing
2. 3 Man Weave
3. 4 Man Break
   No bounce
   Throw it ahead.
   Wings should stay with the group and not leak out.
4. 5 Man Break
5. 3 Man Weave
   4 passes.
   Make 21 in 2:00 with only 1 ball.
   Run tight. Run on every play.
6. 3 Man Shooting, 2 Balls
7. 2 on 1, 3 on 2, 4 on 3, 5 on 4
   Offense – Swing the ball.
   - Pass and cut.
   - Screen away. Do not stand!
   - Throw the ball ahead.

   Defense – No Zone. Leave the furthest man open.
   2 on 1, 3 on 2 = Layup, short jumper.
   4 on 3, 5 on 4 = Swing the ball.
   Stop the ball/Cover the basket.
   5 on 4 = Side pick-and-roll after you swing it.
8. 3 Man Shooting, 2 Balls
9. 3 on 3 Full Court – Pass and Screen Away
10. Bust Up Shooting (Work both sides/each move 1X)
    1. Layup.
    2. Pull through layup (sweep).
    3. Pull ups.
    4. Pull through pull up.
    5. Spin dribble layup.
    6. Pull through spin layup.
    7. Drive, stop, reverse pivot, pop out.
    - Always use inside pivot foot.
11. 4 on 4 Shell
    1. Guard – Forward = Pick-n-roll. Trap it.
    - No gut passes. Make them throw it out.
    2. Trap the ballhandler.
12. "1 Up," "1 Down," "1 Spin"
    3 Sequence – "1 Up," "1 Down," "1 Up Spin."
13. Free Throw Break Into Sets
    3 Sequence
    Show how to blockout
    Coach shoots the free throw.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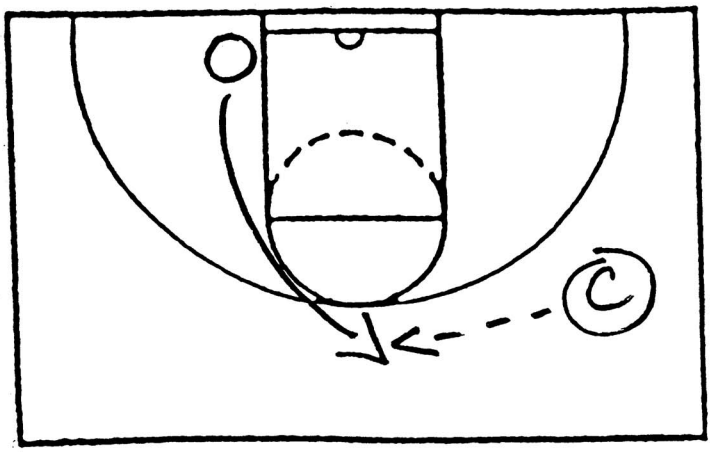
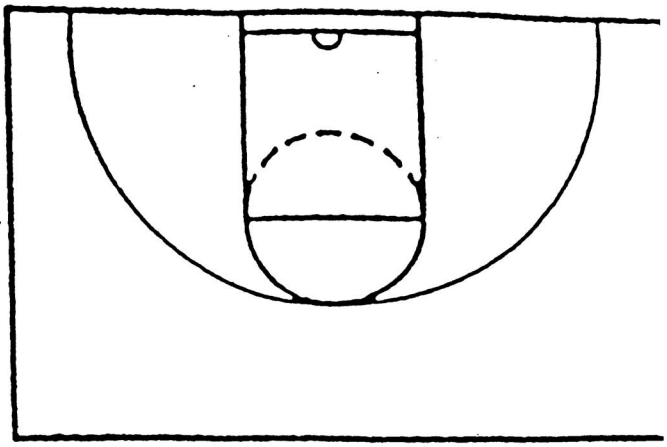
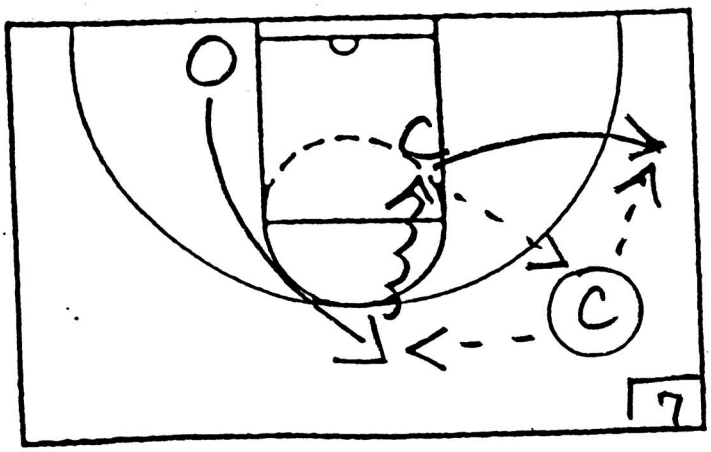
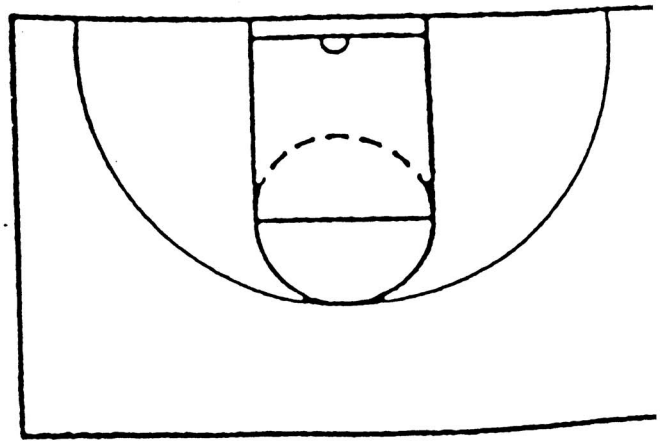
(10.) Bust Up Shooting

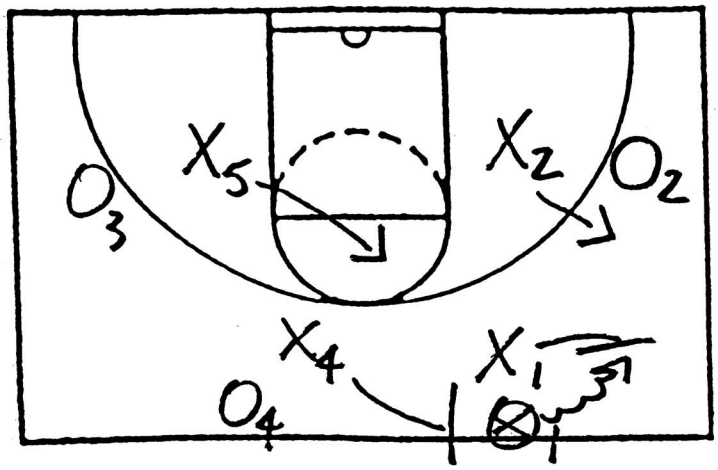


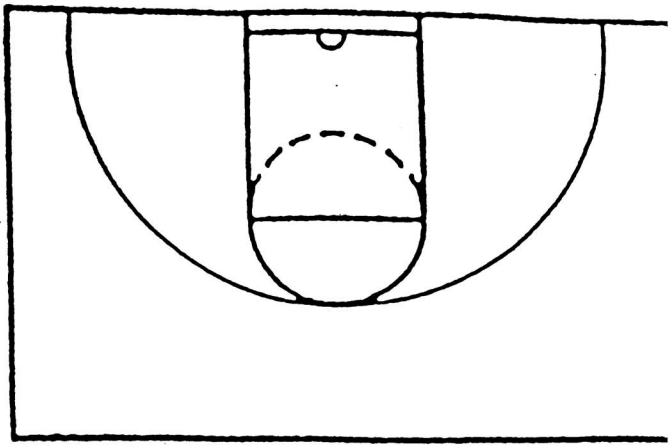






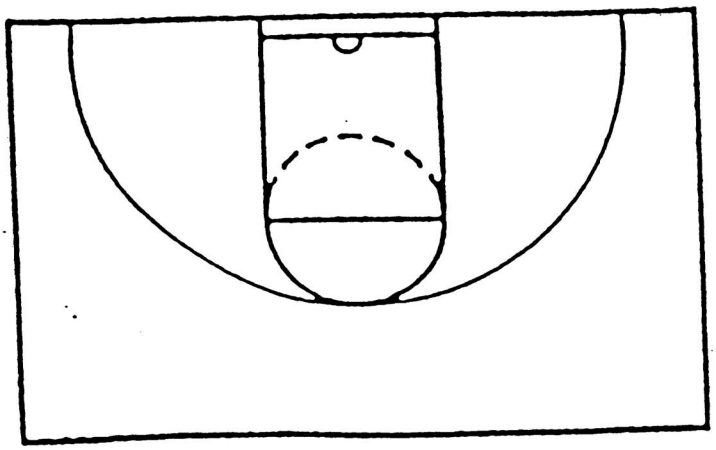
(11.) 4 ON 4 SHELL - TRAP THE BALLHAND

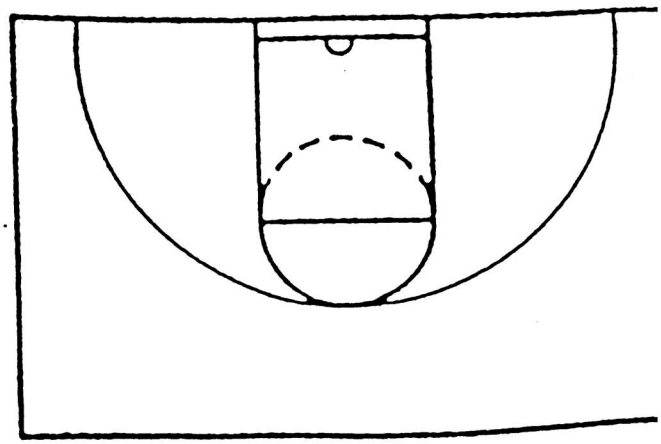




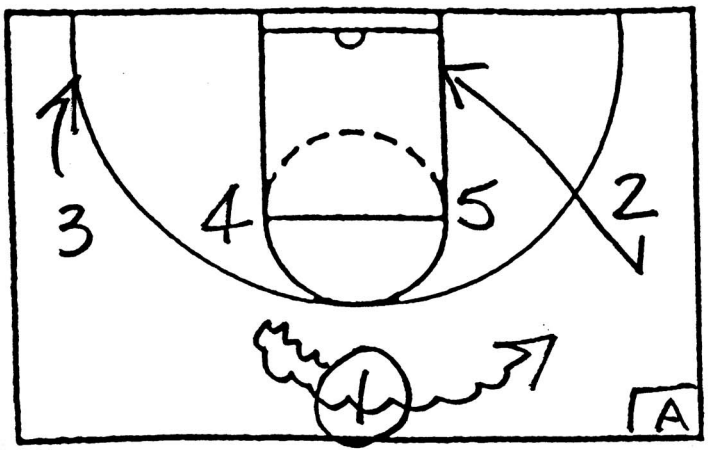
X_5 and X_2 are interceptors.

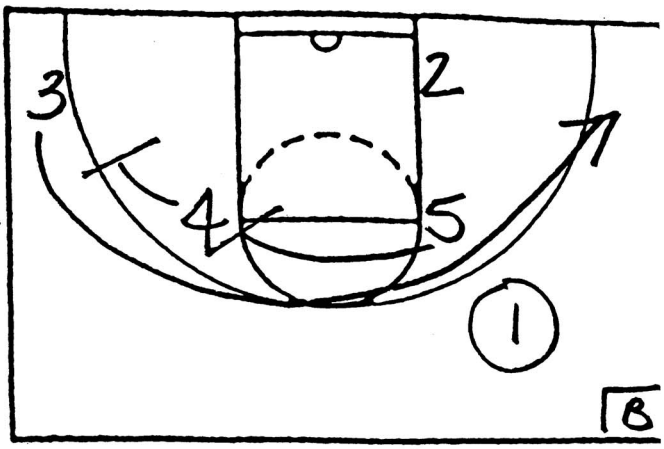
X_5 "You've got the nail."

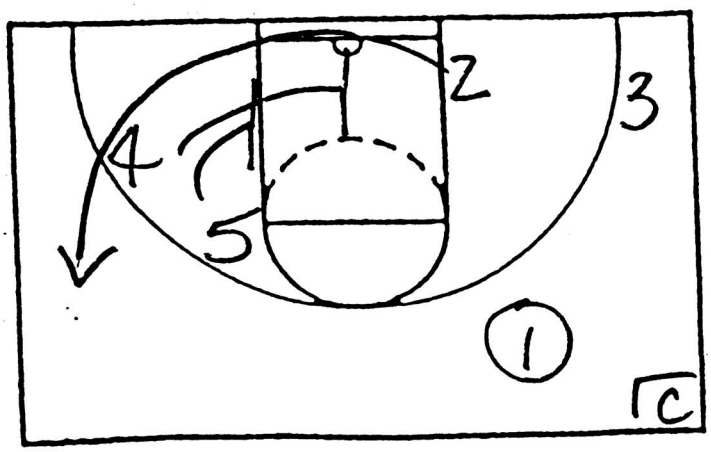


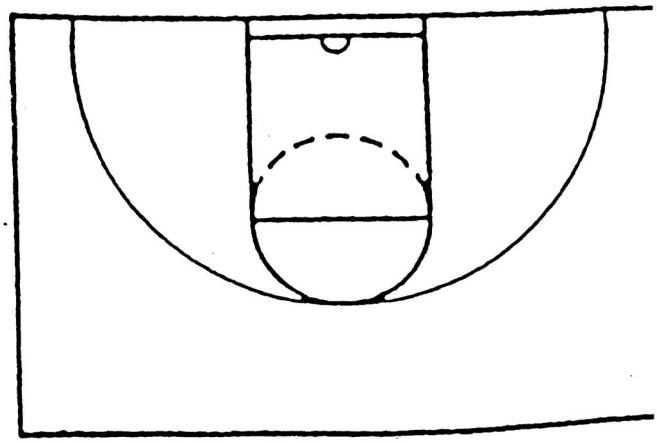


"1 UP SPIN"









PISTONS TRAINING CAMP – 2ND SESSION

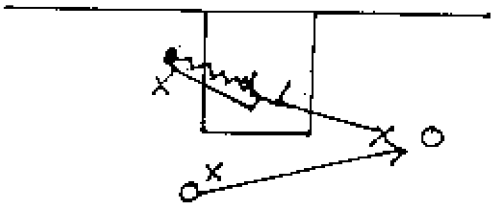
1. 3 Man Passing
2. 3 Man Weave
   - 5 passes
   - 4 passes
   - 3 passes – "Lead him"
3. 3 on 2, 2 on 1
   2 on 1 = "Keep the ball in the air."
4. 3 on 2, 2 on 1, 1 on 1
   In 1 on 1 if you are in trouble hit one of the coaches and get open.
5. 3 Man Shooting, 2 Balls
   - Catch-n-shoot
   - Catch-n-sweep – coaches defend sweep
6. 3 on 3 Full Court – Dribble Handoff
   Man guarding the ballhandler steps off.
   Man guarding the new ballhandler goes under.
   After going full court call out "PLAY" – hit the coach and it is live 3 on 3 Passing Game.
      - Screen away – after you pass look below you and screen.
      - Basket cut.
      - Dribble handoff.

   If one guy has the ball the other 2 pair up and work together = Passing Game.
   When defending in the full court get off on the weak side.
7. Cutting and Shooting (work both sides/each move 1X)
   1. Sweep and go to rim.
   2. Crossover step middle to the rim.
   3. Sweep to pull up
   4. Crossover step middle to pull up – "Sell the baseline."
   5. Sweep to baseline spin to rim.
   6. Crossover step middle spin to rim.
   7. Sweep and go baseline – coach stops drive, reverse pivot, pass out to coach and pop out.
   8. Crossover step to middle and step through – coach stops drive, pick up dribble, step through.
8. 5 on 5 Shell – Defend Situations
   Everyone should play different positions
   On UCLA cuts the defenders who guard the screener must "Contact Show."
   "If the double team is in front of you then you are an INTERCEPTOR."
   "If the 2 interceptors are in front of you then you are a GOALTENDER."
   Go half speed and when the play gets to (D) it is live.
   "SHOW," "BLITZ" = Rotate
   After (D) go into Passing Game – swing it, shoot it, drive it, dribble handoff.
9. 4 on 4 Shell
   1. Guard – Guard = weakside exchange.
      - Guard – Forward = UCLA cut and then drive it baseline. "Trap the box."

Late in the game when behind would play hard against the inbounds - possibly trap the first pass
Then will go to push in halfcourt D.

Fullcourt Man-to-man Press With 3 Defenders:

1) Do not let the ball up the outside
2) Trap the ball in the middle and rotate
3) Sivils note: because the trap is more predictable(?) may be able to rotate up a defender with more ease.
4) The big kid is in a zone protecting the rim

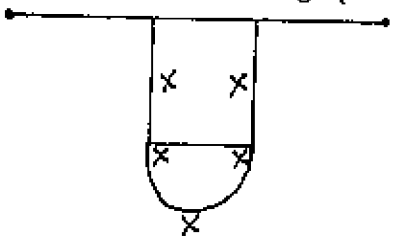


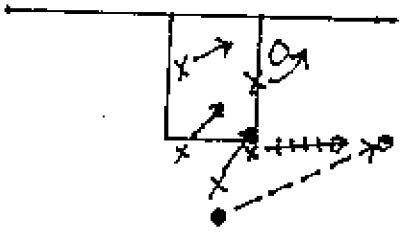
X
X Big Kid

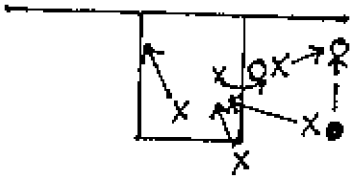
Bennett's 1-2-2 Zone:

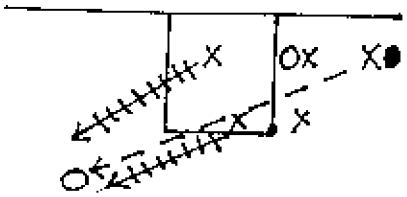
Likes this because it really looks like pack and hard to tell what defense they are in. Loves it when he listens to the television commentators because they are too stupid to tell if they are in pack or zone.

1) Does not need a lot of work in practice.
2) Go push on dead balls
3) Baseline players play out high from the baseline.
4) Point sits on the high post area.









If you give up ball rotation - you must be great at closing out. Must be able to defend the ball.
Point covers the diagonal skip pass until the wing can make it out.

✓ End all practices with a rebounding drill.

If you can:
1) be sound in most possessions
2) eliminate the high percentage cuts for the opponent
you have a chance!

Sometimes you'll do everything right and get beat - just come back tougher - outlast people.

SESSION IV: Offense:

Be boss (sic?) with the basketball- He'd feel good!
Add passing and catching and he'd feel great!

Boss drills - taking care of the ball 1-on-1 play
- 1-on-2 play - this perimeter type play

Bennett doesn't want to build confidence - wants them to struggle (Sivils note: this will build more and better confidence in the end!)

Must know who they are - this gives them two choices - blame everyone or get tougher!

They'll choose Option A at first but Option B is the way to go - makes them and the team tougher.

In order to break most defenses down you have to get the ball from side to top to side and back - this is how you really break down the defense.

Sell your vision of how the game is to be played.

Identify roles for your Players!

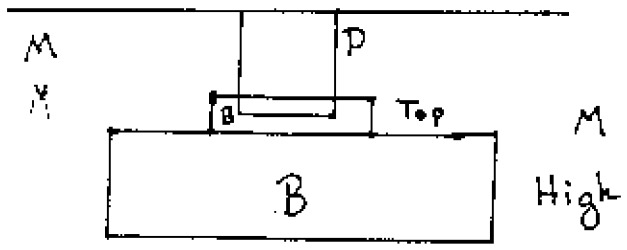
Need 3 screeners against great teams so you can always have two guys always screening.

Two permanent Blockers - designate areas

When a mover gives up the ball - he is for one pass a screener.

Blocker's must be smart:
1) screen and rescreen
2) screen and separate
- both are correct but they must be quick to do it
3) If switching go to the defender and then step into an opening.
4) Blockers are originators

Top-High Blocking With A Permanent Post:



Not sure of anything anymore. Everything Bennett does is subject to question. Constantly looking for a better way of doing things. Thinks it is critical to go through this process. You'll never arrive but the process is important.

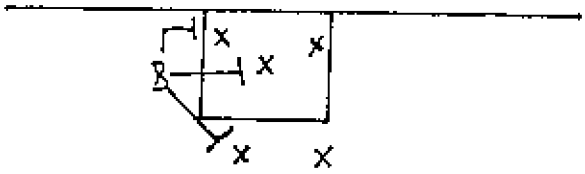
Eight is about all you can play. One of those 8 is a straight up back-up point guard.

If you play a 5 man unit for 2 or 3 minutes in the first half (purple gang at Steven's Point and the green gang at UW-Green Bay) you can do it in the first half. But the second half you cannot do it.

Don't try to make people happy. Take the heat - kids want consistency. Starters need continuity. In the end everyone will accept what you decide if you are consistent.

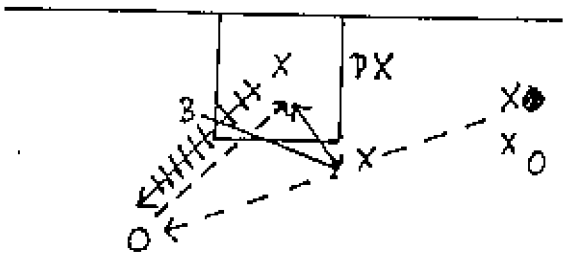
Against great pressure - make them chase early. Blockers stay in area but come out high and really NAIL people early.

VS Zone:
Top Bottom Blocker
The bottom blocker screens in either the top corner, hoop man, or sets a CS screen.



Can have a permanent screener against zones.

Can screen inside out

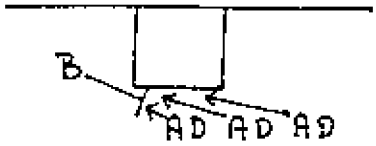


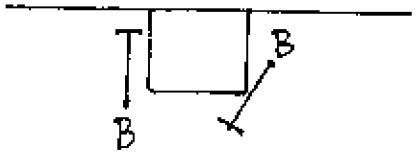
Blockers key the offense. They will seek the mover's man in their area but the mover has to take their man to him.

Blockers key where the opening is.

Blockers should take pride in getting guys open. They can also get shots from their screens.

First Practice:





Have air dummies move into the screener from different angles.

Try tie up the defenders feet, esp. his lead foot.

They can work on shooting off their screens. In practice when working on the mechanics of cutting let the blockers - NOT THE MOVERS - shoot off the second cut. This teaches the blocker he will get open for a shot and force the movers to work on the mechanics of cutting and using the screen. If you let the cutter shoot he will think about shooting and not cutting/using the screen.

Tell them if they do not like the role of blocker that is fine - just do not expect to play at all.

Wide wide is susceptible to switching.

Burn them quick inside on help.

Against a zone the top blocker - a point guard - must stay one pass away.

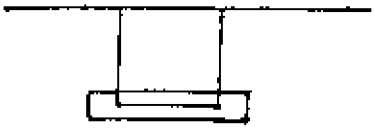
Against a zone or man by bringing the point guard back - it sets him up to penetrate.

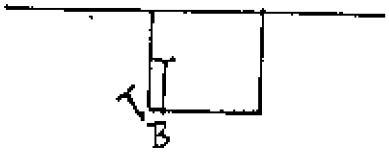
Really good point guard are not concerned with their own stats. They are concerned with winning and fixing the offense -mechanics.

Also keeps your point guard back on Defense!

Top - High

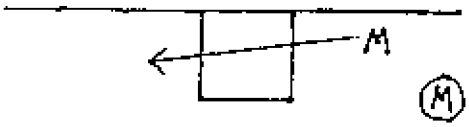
Top blocker works the elbows and sets down screens (Sivils note: could set backscreens for perimeters for a UCLA cut)





Movers move - they hunt the shot. It is their job to score. Must do what it takes to get defense's attention.

Movers must spread out - Esp. important that if a mover has a ball at the wing one must not be below him - exception would be our permanent post man.



Clearout

Dean Smith quote: "If you have great players you can put them in any offense and they will make it work. If you have limited players - they need a great deal of freedom on offense. Then teach them the necessary shot selection to complete plays."

Run In Such A Way As To Win ... I Cor.

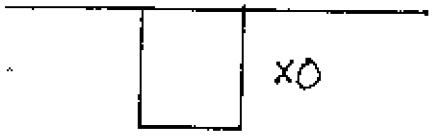
Doesn't worry about criticism - just plays in such a way as to win...

Motivation is an ongoing thing...

Screeners must talk to the movers

Mover has to think about how to get open off the screen.

Getting open is like playing tag.
1) Tell O to get away from him. Play tag.
2) Now add a screener. Tell them to get away and create space. Don't confuse with lots of instruction. Worry about the finished product as compared to the vision.

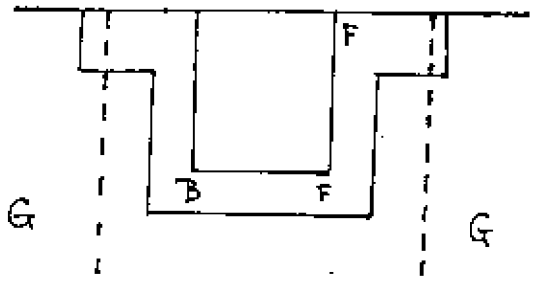


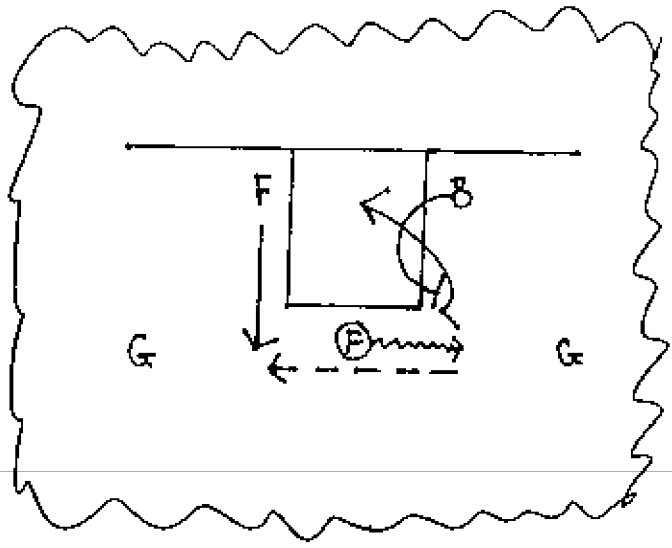
1) Get open
2) Square feet/fight for feet
3) Then catch and shoot

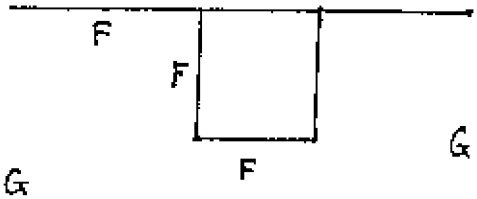
Must learn to fight for your feet. Feet have to be "open" to shoot. You can shoot when you can catch the ball square. - Tony Bennett

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

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





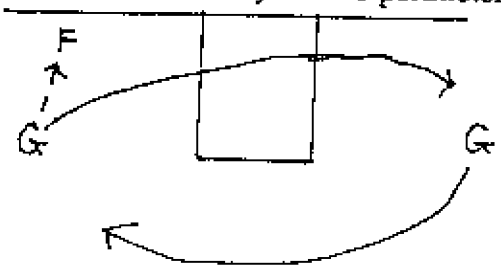


This is great against zones.

Problem is the guards get antsy.

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

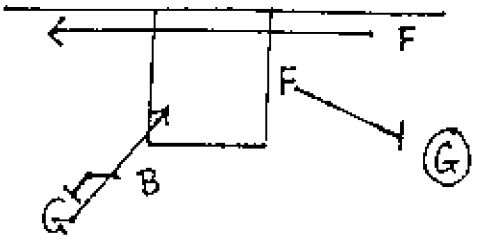
You can shallow cut or screen the interior with your two perimeters.

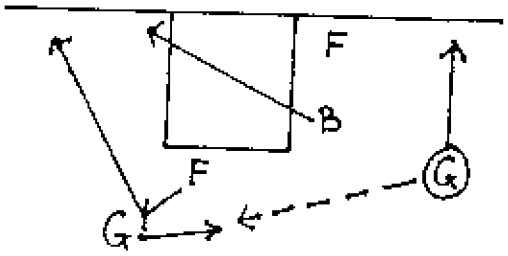


<u>Yellow/Green/Red T Area Motion</u>: this is what he plans to use at U. of W.
Yellow: Regular T Area Motion
Green: Everybody gets the off guard open - everybody off the ball is temporarily a blocker
Red: Under 10 seconds left on shot clock - one of two options

Red continued:

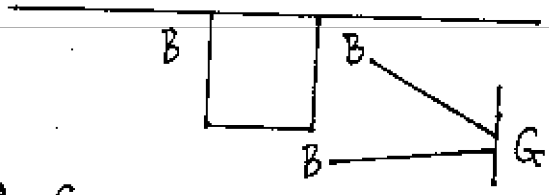
1) come out and set a ball screen
2) get the ball to a guard and flatten out on the baseline with a 4 across

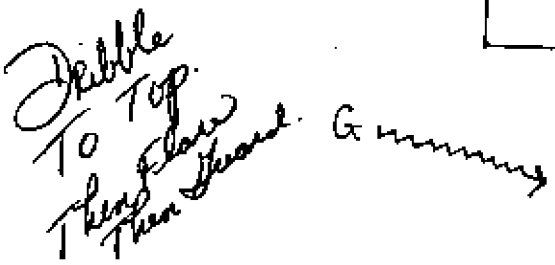




Green Option:

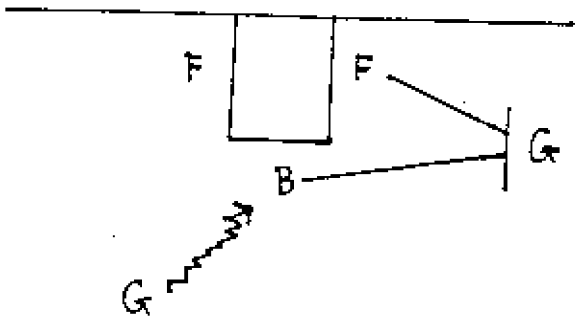
1) When the ball is dribbled up (centered on top) all forwards read this and become blockers for one pass. They must really nail the off-guard's man. Can set a wall or a triple stagger. Just need to nail the defender.
2) Teach the off guard to make good decisions.
3) Blocker's revert back to T Area Motion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





Entering T Area Motion Offense:

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

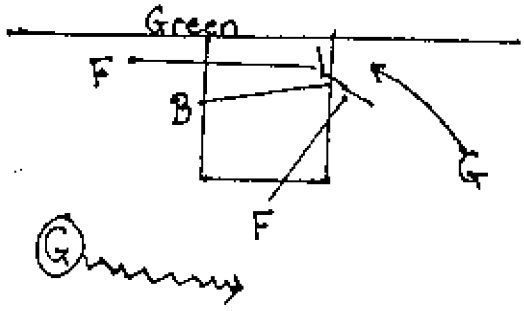


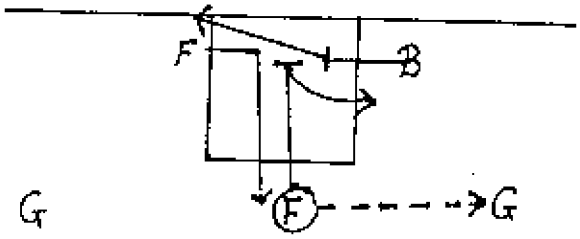
Green #2

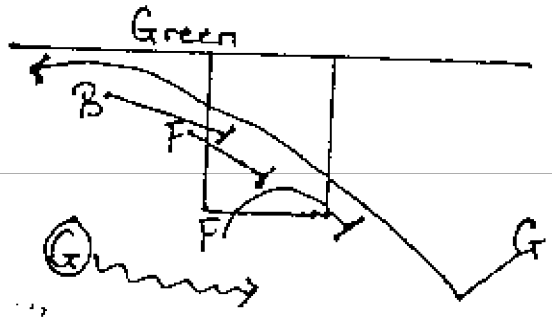
Wants to start the offense with *Green* so he can create a lot of movement fast. Go *Yellow* once your guard has the ball.

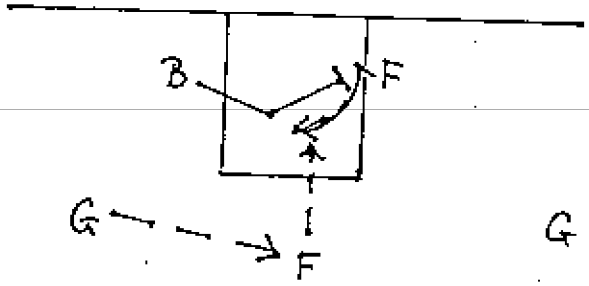
Can also run *Green* if the ball cannot be reversed.

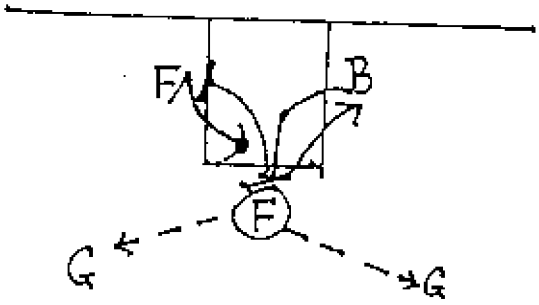
Following are possibilities for T Area Motion. Diagramed from tape Coach Bennett Showed of UW-GB. There is one blocker in the three man motion.

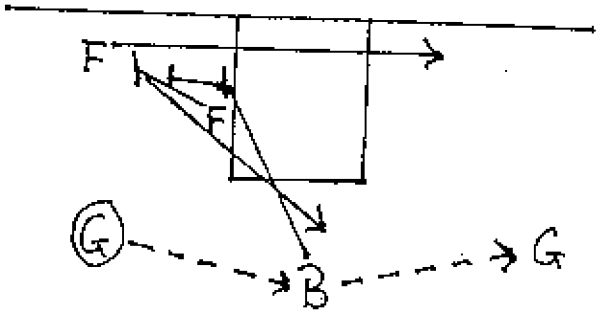


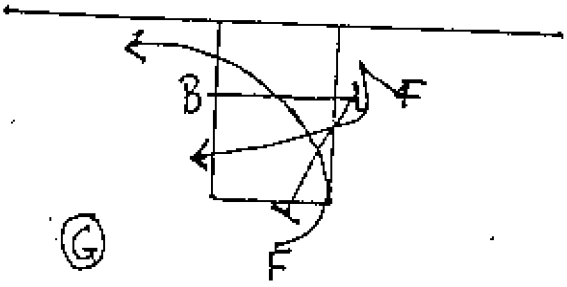


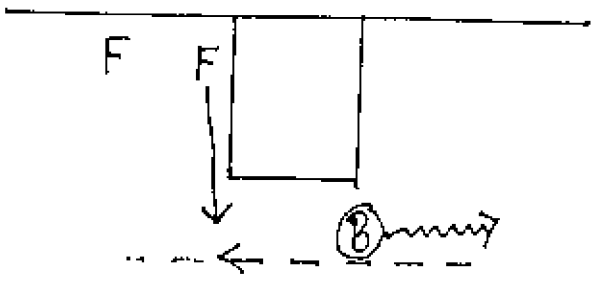




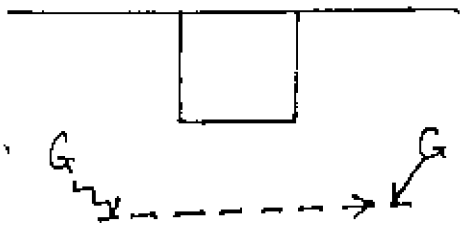


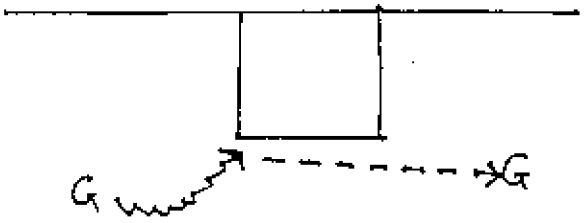


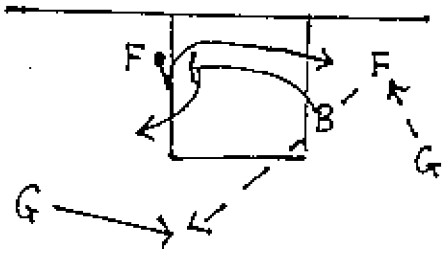


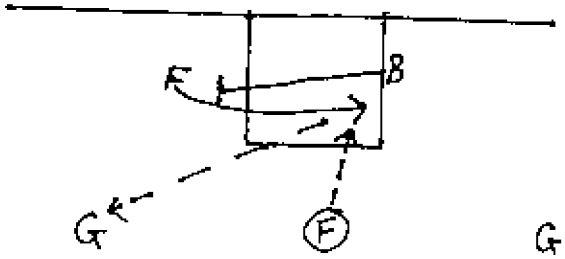


Most guard shots must come off inside/outside play. Following are options diagrammed off Coach Bennett's game film.

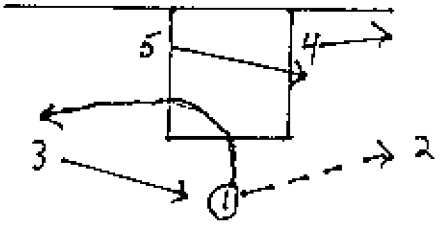


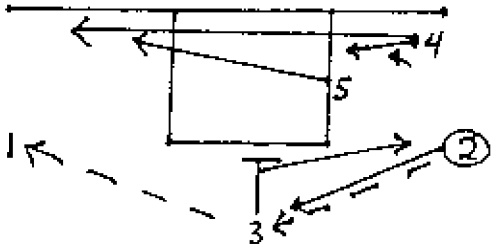


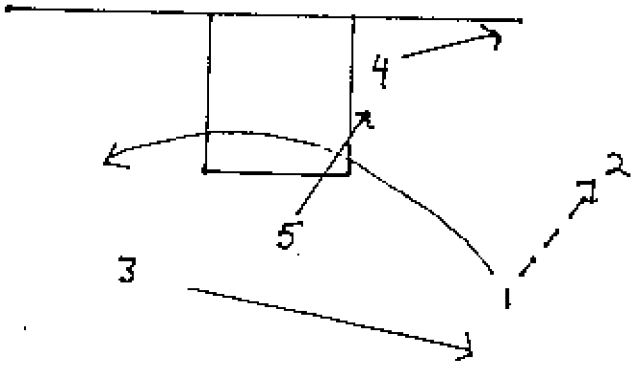




Bennett's Wisconsin Zone Continuity Offense:







Developing Teams Is The Coach's Job!!!
Developing players is the player's responsibility!

Teambuilding Process:
1st step: Training/drilling - good athlete want to skip this part- this is what keeps them from being as as they could be.
2nd step: Competition is vital
- gives you a chance to learn from your failures
3rd step: Evaluation
- tell them how they're doing
- kids tell you how you're doing
- trust involved here

MUST BE WILLING TO GROW FROM FAILURE!!!!

✓ Tape practice - notes to players from practice.

✓ Bennett coaches to fulfill a creative need - not because he wants to be with kids. They are important to him but they are not the main thing.

When the questions stop coming it is time to look at yourself.

Bennett left UW-GB because he needed to question again - needed to struggle.

✓ Doesn't think he is up there with the Knights and Keadys etc. - but will learn to do this. Wants to compete.

Realized how limited he is - has increased his faith in God - Needed vulnerability and to stretch.

Pro's have the players. But the game is at the college and high school level.

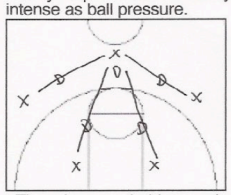
Sivils Note: Coach Bennett was exhausted when he finished the clinic. Had put everything he had into it. Worked hard so the coaches could have a great clinic and have some things to think about.

Was very impressed with his humility. When I introduced myself to him he recognized my name from
my having written to him several times and having talked with him on the telephone as well. Remembered that Runnels was a small school but had had some good play-off success.

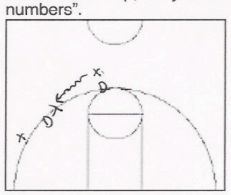
Impressive. Went to the All Star games. Was very excited to see them - even the girls all star game.

Super individual!!!!

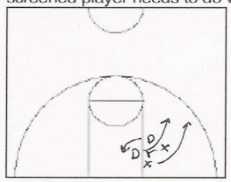
4. Early Help - The earlier the help the better. "You can never help to early"
- Early help is essential for ball pressure. If you know you have help behind you, you can be more aggressive on the ball.
- Early help is made easier by being "On the line, Up the line". Help defense should be as intense as ball pressure.



- There is no such things as helping to early, but you can help to late.
- On dribble help, deny defenders need to show, this defender needs to "show his numbers".



Early Help (On Screens):
- Most important thing in defending screens is TALKING!
- Screeners man must open up and take away the backdoor or slip by the screener. The screened player needs to do what ever he can to get over the screen.



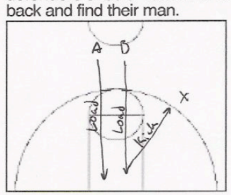
- On block to block screens the screeners man should bump the player that is receiving the screen until the screened player can recover.

Dick Bennett's Man to Man Pressure System

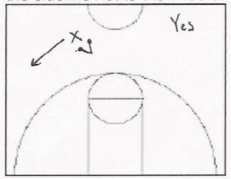
Stop the Ball - This is the main objective of the defense. To achieve this there are 8 things that must be done.

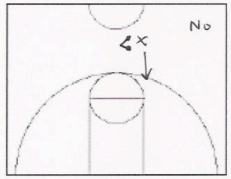
1. Anticipation - This is a frame of mind that our players must have. Our defense should not be reactive, we want to make the offense react to our defense.
- Do not think reaction, think control and force
- All five players should move on the pass, not after the pass.

2. Convert - To be successful we need to get back on defense so the offense is playing against 5 set defenders.
- To be good all five defenders need to sprint back on defense.
- The Man responsible for guarding the ball needs to it as soon as possible. The other four defenders should "load and kick". Slowing down the ball allows the other players to get back and find their man.

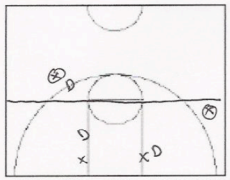


3. Ball Pressure - This defense can not be successful without intense pressure on the basketball.
- Everybody needs to apply ball pressure, EVERYBODY.
- Ball pressure will take away easy perimeter looks, like jump shots and lob passes.
- We also want to take away drives to the middle. It is important to understand forcing to the sideline not to the middle.

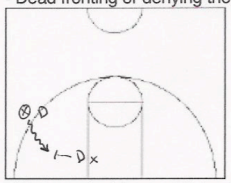




- We want to pick our man up at the mid court stripe.
- Mirror the ball. If the ball is up that is where are hands are, if the ball is low that is where are hands are.



- Doing this will keep the ball out of the post.
- Dead fronting or denying the post makes showing on dribble drive easier.

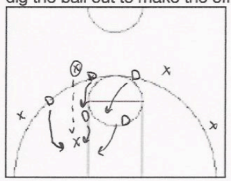


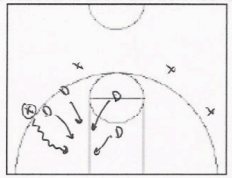
- It is important for post defenders not to lock up with the player they are guarding.

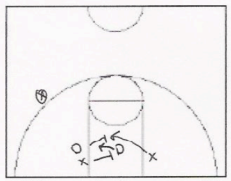
7. Fill and Sink - This is a helpside concept. Fill to baseline and sink to the level of the ball. "Ball side defenders make the defense tough, and the helpside defenders make defense successful."



8. All Sink - When ball is penetrated we want everyone to collapse on the ball.
- When the ball is penetrated wither by pass or by dribble all players get to the paint and dig the ball out to make the offense reset and allow our defense to get organized again.

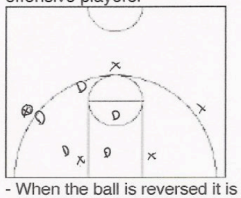




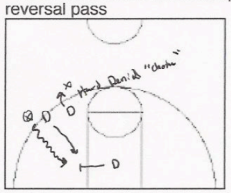


- With early help you need to have early recovery.
- Help is useless if you do not recover to your own man.

5. No ball reversal - Keep the ball on one side of the floor.
- We want to eliminate ball reversal and keep the ball on one side of the floor.
- When we keep the ball on one side we can use 4 or 5 defenders to defend 3 or 4 offensive players.



- When the ball is reversed it is more likely to get our defenders out of position.
- If the ball is drove to the deep corner or short corner and stopped we want to "choke" the reversal pass



- We want to eliminate ball reversal and keep the ball on one side of the floor.

6. Dead Front - Front or 3/4 the post depending on the particular offense threat.
- We want to either dead front the post or 3/4 deny the post. We do this when the ball is under the free-throw line extended. (This may change depending on the post threat we are facing)

Man to Man Defense

Dick Bennett
Washington State

- **Always get back – Start with Transition Defense**

- **Build defense from the inside out**

- **Know the difference between what to emphasize and what to teach**

- **Do not let the ball be entered into the low post from the top of the key**

- **Do not help & recover, just recover**

- **Always keep the ball in front of you, do not influence baseline or middle**

- **Always trap the post**

Pack-Line Defense

Pack Line **– All players stay within a 16 ft. arc of the basket, except the player guarding the ball**

****The exception is if the ball is dead, then everyone should deny***

****The Pack-Line defense does not work w/o great on the ball defense***

Four Defensive Goals

1. **No Baseline Drives**
2. **No Rhythm Shots (make shooters put the ball on the floor)**
3. **No Fouls**
4. **No Offensive Rebounds** ***4/8/06***

Told son to play to win with Charlotte Hornets - not to look good.

Teaching Approach: Has not varied from this in a long time.
Three areas:

✓ 1) *Offensive Fundamentals:*
   a) everything that goes on the offensive end of the floor can be broken down into fundamentals.
   b) passing and catching are big issue with Bennett - thinks they don't get done when things are tough for the offense. Make the situation tough for the opponent on offense and they won't pass and catch.

✓ 2) *Defensive Breakdowns:*
   a) must be broken down and repeated over and over
   b) this repetition teaches anticipation

✓ 3)*Team Offense As A Whole:*
   a) teach the offense as a whole (5-on-5 and/or 5-on-0)
   b) saves time for defense

✓ *Adds one feature to this on the practice floor:* "game situations" works on this at the end of practice.

If Bennett doesn't like the way something works in 5-on-5 he addresses the mechanics of the faulty skill in the other two areas. Again, this is to allow more time for practice on defense.

✓ His son says great shooters are those who fight for their feet (work to set their feet up for the shot when they catch the ball).

✓ When pressing - do not extend your basic defense!
   - really pressure the inbounds
   - trap the first pass
   - then sprint back and get into pack or push defense
     (pack may be better because it stops penetration better!)
   - press only the first part of the court.

BENNETT'S FIVE BIBLICAL PRINCIPLES !:
See Handout!

✓ Has this handout laminated for his players. It is the only handout he gives them. Uses these
✓ principles in EVERYTHING he does as a coach. Applies them to offense and defense!

✓ Started out trying to learn everything as a coach.
✓ Now he tries to do less better and concentrate on learning about what he wants to do with his team.

Think about what you want to have happen.
Your concern must be how your players handle themselves.

HUMILITY:
Easy to teach humility at UW-GB. The players knew they were not great.

Knowing who you are is so vital. This basic concept runs contrary to what goes on today. Kids have an exalted opinion of themselves - inflated.

✓ Know what your limitations are - know who you are. Then you can deal with things.

Help the kids know who they are. Then they can improve and feel comfortable.

PASSION:
✓ Must have it. Find out what the kids feel passionately about!

UNITY:
DO NOT DIVIDE OUR HOUSE!
✓ Conflicts must be resolved - do not leave until it is over.

SERVANTHOOD:
Make teammates better!
✓ Defense - serving one another - screening and helping on defense.
Must get kids to serve one another - The Road To Greatness is in serving one another.

✓ Cutters job is to create action - if he catches and flips the ball off STOP THINGS! - His job is to serve by creating action for others on offense.

THANKFULNESS:
✓ Learn from each circumstance - the ugly stuff is what you learn from.

✓ Really have to be with the kids and piece it together after the tough losses.

✓ Sometimes you have to comeback on Monday.

✓ The wisdom gained from TOUGH EXPERIENCES is the most valuable.

✓ The strength to say THANK YOU when it happens is a blessing.

Must teach kids to ask why they aren't playing.
Ask them if they really want to know why?
-You're not good enough - if the kid accepts this then the learning process can begin.

George Lehman to Dick Bennett - The reason Terry Porter and Tony Bennett (his son) would take all of the abuse was they know Bennett loved them - so they would take all the crap and still listen to it all and learn from it. (Sivils note - They were also great players - were willing to take criticism)

Take the time to listen to criticism and failure.and let it mold what you're doing. Put pride on the backburner and take the desire to learn and improve things and put them on the frontburner.

Wasn't smart enough to get into U. of Wisconsin - now he is the head coach there (Joke)

✓ Teach who you are - <u>TEACH VALUES</u> - It eliminates inconsistency.

✓ Be who you are - want the players to know who you are.

Closing thoughts to Session I:

a) The objectives on the handout may change at UW-Madison - but probably won't
b) Everything is organized around the Objectives part of the handout.

<u>SESSION II - Defensive Approach</u>:

1) Must set the Defense (transition - stopping the ball) This is critical
2) Pressuring the basketball is essential to destroy the comfort zone.
3) Help situations - screens etc.
4) Finish the play defensively - rebound/secure the turnover.

These defensive objectives can be measured.

The players must always have the laminated handout.

Bennett's defensive philosophy has changed with the times!
Based on idea of interrupting motion offense. Don't let people pass and catch - interrupt the ability to pass and catch. This was the push defensive concepts.

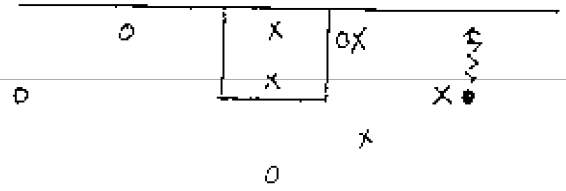
Game is now more of a North and South game instead of a East and West game. People try to get in the lane now - drive and kick it for 3's.

The penetration game is here to stay - it has made the offensive game better.

Has adjusted defensive philosophy to adjust to this. People were beating them because they forced action in their defense and their opponents were good enough to finish the offensive action/play.

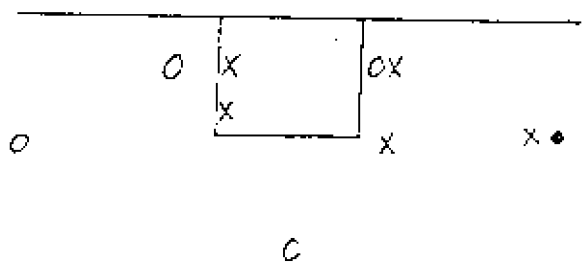
Bennett thinks the 35 second shot clock really helps him and his style of play. The PACK defense really makes it hard to get the ball in the paint. This hurts the opponent's offensive attack and yet has not hurt his offensive attack any.

<u>Push D</u> - push the ball to the outside - contest all passes one pass away - interrupt ball movement
- on the line up the line denial



Pack D - stop all penetration to the middle - line up help positions so recovery is quicker.
- allows ball movement but still places tremendous pressure on the ball.

Push D was very effective against teams that were not explosive. More zone than man-to-man. If was five people really reacting to the ball



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The only man in Push not guarding the ball who was concerned with his man was the man above the ball - his job was to eliminate ball reversal.

Get in pack - then when the ball is on a side get into push - had success with this. us

REASONS FOR CHANGE: due to forced action
1) Weakside rebounding was poor to begin with
2) Rebounding was made more difficult with the help rotation
3) Fouling had become excessive

People couldn't run their offense but that was OK with them because they wanted to make plays.

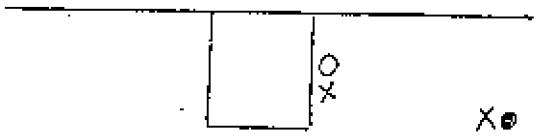
THOUGHTS CONCERNING PACK AND THE CHANGES MADE:
1) Not going to give up the game
2) Offense wants to make the play - defense wants to force the extra/next pass.
3) Not going over the help as much
4) Not going to get beat on the dribble baseline

THOUGHTS ON POST DEFENSE:

The most difficult decision is how you are going to defend the post. This keys everything else.

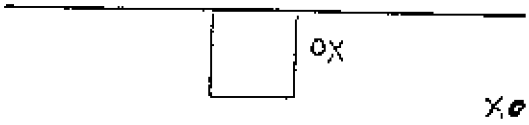
1st Experiment:

1) stayed on top
2) tough offensive post players just created space



2nd Experiment:

1) our guy is bigger and stronger played this way
2) their guy is bigger and stronger dead front.



Now have gone back to just dead front. ; Will get help from on top and behind.
Use high hands to force the lob or bounce pass.

Not going to let the ball in the lane - going to keep the ball in front of us - gives up easy 3's & rhythm shots - the closeouts with high hands is the key to stopping the easy shots.

Must be great at anticipating going from help/recovery to onball defense with a great closeout.

Not Bear on Help But on Recovery

Thoughts on closing out:

Key to closing out is to have your hands up.
1001 count breaks the ball's rhythm -
By coming out with your hands up high you have more cushion for your gap.
After a 1001 count you can drop your upper arms - BUT YOU MUST KEEP YOUR FINGERS UP! THIS IS DONE AS LONG AS THE MAN IS STATIONARY!

When they lost to Colorado State Boyd Grant told him after the game that the reason they lost was poor closeouts. Closeouts are now very important to him.

Closeout technique for feet - run and finish in a defensive slide - at least one slide to get to the ball.

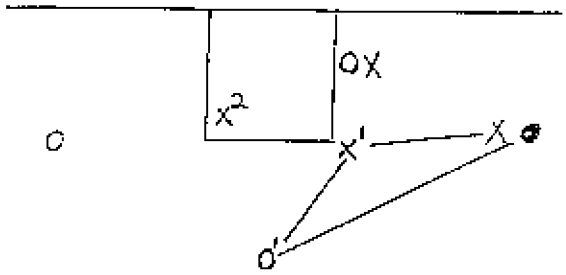
Thinks technique is not as important as results are on defense. The only thing he is really concerned about techniquewise is the high hands.

Know how you want the defense to finish. How they get there is OK - They just have to have high hands.

So much of offense is perception. It is what they see. If I am a shooter and the defender's hands are down I am going to think shot when I catch the ball. Hands up sends a no shot message.

Next to the ball defense:
Putting people in position to take away penetration - pass or dribble - and give you time on defense. The shot clock helps here.

Defense is really about buying time.
- get to post help on the lob
- get to a shooter



x1 no longer has to help - can start recovery sooner - this is his only real concern

Defense needs to feel good about forcing a pass on the perimeter.

x1 & x2 have taken away the seam to drive in diagram above. Go back to servanthood on the handout. Players must get to these spots on the pass! High closeout is critical.

DISCIPLINE IS THE MOST IMPORTANT THING ON DEFENSE!

Put up a picket fence against the great penetrator.

There are ways to stay closer to a great outside shooter and yet help. (Sivils note: did not explain just went on to next thought)

Determine what is going to get you beat - Then stop that one thing.

Doesn't watch film on opponent - watches film of his team.

Are they going to beat us with ball rotation and screens or are they going to beat us with penetration?

Must really work on defending screens if you allow the next pass. They will try to pin you in with screens.

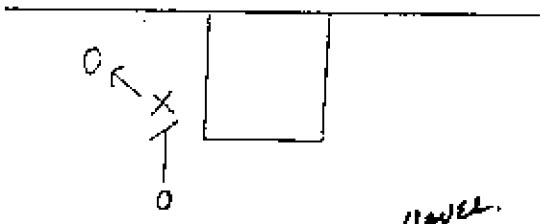
People don't seem to set a lot of screens any more so maybe this will help.

Denial defense does not see as many screens - sees more penetration attempts.

Pack defense - always want the 4 guys off the basketball inside the 3 pt. line.

Handling screens:

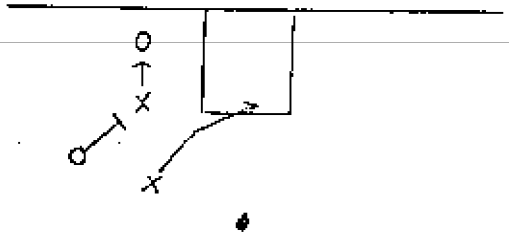
1) When you are being screened the only thing you worry about is chasing your man
2) As soon as you know you are going to be screened get to your man
3) Touch him/tag/him follow his number - do whatever it takes!
4) Automatically forget everything and chase the guy off the screen.



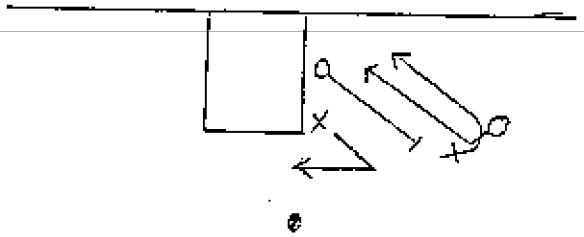
The curl is not as dangerous against pack. Yes. We Curl Down.

If you are guarding the screener you are a one man zone - you open up and guard the basket. Get between the ball and the rim.

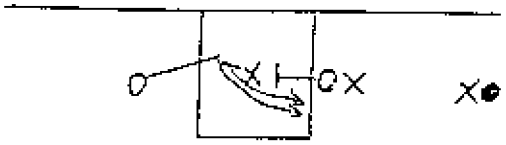
Downscreens



Chase even on back screens.



Crosscreens



lock up on the guy and force him opposite his cut - 1001 and recover

Take an idea so it can be understood and apply it to all situations.

What you want done is more important than how it gets done.

When you are going to be screened - get to your man - it does not matter how.

Closeout with high hands - otherwise just get there in all other aspects.

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- court awareness
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Make the opponent earn whatever they get. You can win the game - but you are going to have to beat us. Take away the easy stuff. Contest every shot and take care of the ball.

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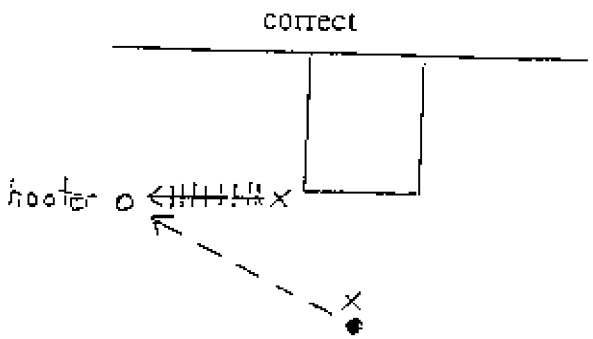

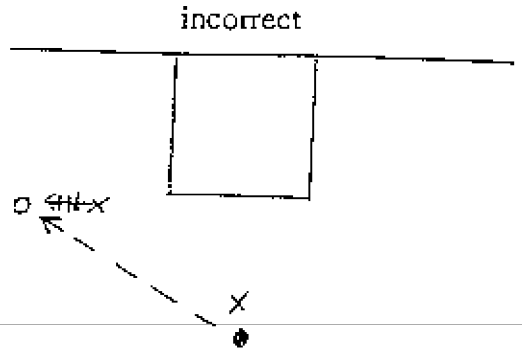

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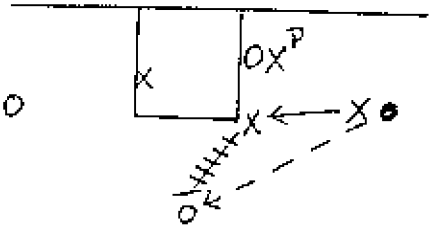
Xp will go over the top if possible on a reversal pass back on top. If he can't he must go underneath and regain correct position. Everyone else will pack.



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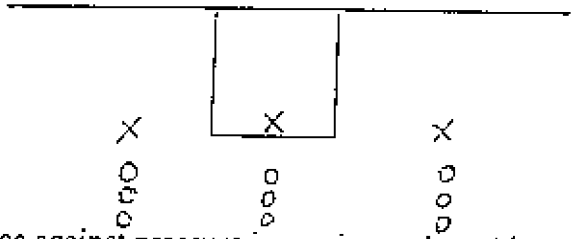


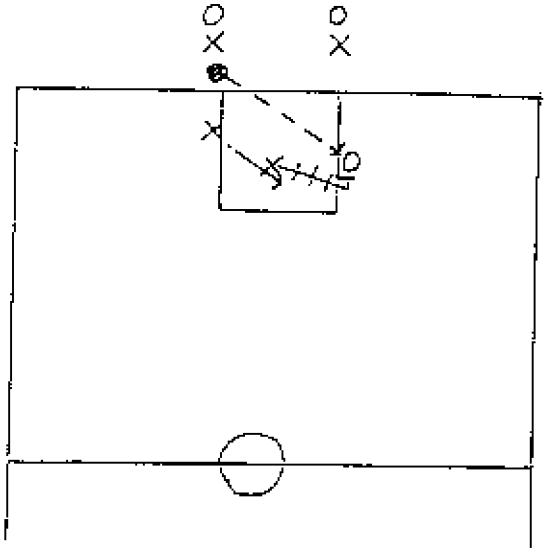
The first thing that goes against pressure is passing and catching.

Have a quick meeting.
Stretch
✓Goes hard with defense right out of stretching (Sivils note: we need to do this after shooting progression)

✓ Defensive Breakdown Segment of Practice:
✓ On ball defense: fullcourt 1-on-1 and/or halfcourt 1-on-1
✓ - the emphasis is on keeping the feet apart and the ball in front of you.
- No one turns the corner!
Will go for as long as 10 minutes. Must practice 1-on-1 defense in order to be able to do it!
Going 1-on-1 everyday teaches the players how to adjust and force the offense to do something.

Fullcourt Help Drill: This drill is done everyday!

1) Line up in groups of 4
2) Get to help position
3) Closeout with high hands
4) Don't let them turn the corner
5) No lay-ups
6) Down & Back - Go for excellence
7) Do it till they get it.
8) Split or turn the corner the defense must scramble back and get the ball stopped. Can stop/freeze and correct.
9) Receivers cannot fly down the court.

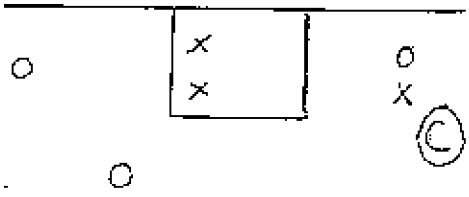


When do you recover?: When the dribbler starts to bring his off hand to the ball start your recovery.

3-on-3 Work off the ball: Coach or Sac Pass

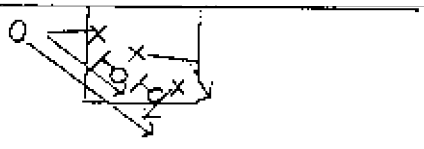
Done for a total of 9 minutes - break the time up with each phase.
Three phases:
1) Freeze - offense catches the ball and freezes - defense corrects - do it a few times.
2) Play it out - offense plays - go without screens and go with screens
3) Finish the play - finishing defensively and adding the rebound
   - Coach will shoot it
   - whoever catches the coach's pass shoots it
   - make big time contact - if they don't fight release and pursue
   - if they fight keep after it.

Set the offense up in the set you want them to start from
(Sivils note: we would need to add outlet to this. Could let them go fullcourt some as a reward - work on primary breaks and transition defense)

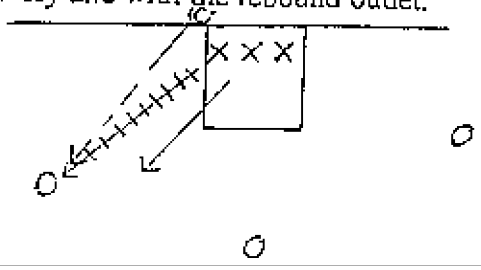


Defending The Double Staggered Screen:

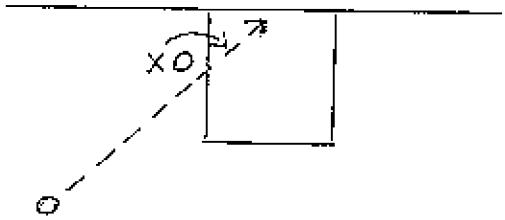
1) The defender guarding the top screener jumps out momentarily to interrupt the pass and if possible force the cutter wide.
2) The defender guarding the bottom screener zones the play. He opens up and guards the rim and moves over/as far as the top screener.
3) The second defender must communicate that this is a double as soon as possible so the bottom defender is aware of it.
4) The defender guarding the cutter must get to his man as soon as possible and chase him.



3-on-3 Closeouts:
Does this drill every 3rd night in place of OnBall and Help and Recover Drill.
Rules:
1) Offense has to stand and catch the ball
2) Offense has it easy getting rhythm shot or driving
3) Builds toughness
4) Can add post
The defense's biggest concern is getting to the shooter in time.
The first time you play the offense cannot shoot unless it gets the shot in the paint. (Sivils note: make this the first time each time we do this drill - then offense can freelance second time)
Second phase the offense can shoot the rhythm shot.
Third phase add post player.
Always finish the play defensively and with the rebound outlet.



Rebounding from a ballside shot when dead fronting the low post:
Experience has taught Bennett that the post defender must go underneath. Seems logical that you would want to go over the top because the rebound will come out that way. What happens is that the offensive post pins the defender out from the goal and seals with good position. By going underneath the defensive post can seals the offensive post player out.



Dead Ball Situations:
When you get a dead call the on ball defender must smother the ball, crowd the pivot foot, and cross this hands high.
All other players *Dead Deny*! This is how you force turnovers in Pack!

Told son to play to win with Charlotte Hornets - not to look good.

Teaching Approach: Has not varied from this in a long time.
Three areas:

✓ 1) *Offensive Fundamentals:*
   a) everything that goes on the offensive end of the floor can be broken down into fundamentals.
   b) passing and catching are big issue with Bennett - thinks they don't get done when things are tough for the offense. Make the situation tough for the opponent on offense and they won't pass and catch.

✓ 2) *Defensive Breakdowns:*
   a) must be broken down and repeated over and over
   b) this repetition teaches anticipation

✓ 3)*Team Offense As A Whole:*
   a) teach the offense as a whole (5-on-5 and/or 5-on-0)
   b) saves time for defense

✓ *Adds one feature to this on the practice floor:* "game situations" works on this at the end of practice.

If Bennett doesn't like the way something works in 5-on-5 he addresses the mechanics of the faulty skill in the other two areas. Again, this is to allow more time for practice on defense.

✓ His son says great shooters are those who fight for their feet (work to set their feet up for the shot when they catch the ball).

✓ When pressing - do not extend your basic defense!
   - really pressure the inbounds
   - trap the first pass
   - then sprint back and get into pack or push defense
     (pack may be better because it stops penetration better!)
   - press only the first part of the court.

BENNETT'S FIVE BIBLICAL PRINCIPLES !:
See Handout!

✓ Has this handout laminated for his players. It is the only handout he gives them. Uses these
✓ principles in EVERYTHING he does as a coach. Applies them to offense and defense!

✓ Started out trying to learn everything as a coach.
✓ Now he tries to do less better and concentrate on learning about what he wants to do with his team.

Think about what you want to have happen.
Your concern must be how your players handle themselves.

HUMILITY:
Easy to teach humility at UW-GB. The players knew they were not great.

Knowing who you are is so vital. This basic concept runs contrary to what goes on today. Kids have an exalted opinion of themselves - inflated.

✓ Know what your limitations are - know who you are. Then you can deal with things.

Help the kids know who they are. Then they can improve and feel comfortable.

PASSION:
✓ Must have it. Find out what the kids feel passionately about!

UNITY:
DO NOT DIVIDE OUR HOUSE!
✓ Conflicts must be resolved - do not leave until it is over.

SERVANTHOOD:
Make teammates better!
✓ Defense - serving one another - screening and helping on defense.
Must get kids to serve one another - The Road To Greatness is in serving one another.

✓ Cutters job is to create action - if he catches and flips the ball off STOP THINGS! - His job is to serve by creating action for others on offense.

THANKFULNESS:
✓ Learn from each circumstance - the ugly stuff is what you learn from.

✓ Really have to be with the kids and piece it together after the tough losses.

✓ Sometimes you have to comeback on Monday.

✓ The wisdom gained from TOUGH EXPERIENCES is the most valuable.

✓ The strength to say THANK YOU when it happens is a blessing.

Must teach kids to ask why they aren't playing.
Ask them if they really want to know why?
-You're not good enough - if the kid accepts this then the learning process can begin.

George Lehman to Dick Bennett - The reason Terry Porter and Tony Bennett (his son) would take all of the abuse was they know Bennett loved them - so they would take all the crap and still listen to it all and learn from it. (Sivils note - They were also great players - were willing to take criticism)

Take the time to listen to criticism and failure.and let it mold what you're doing. Put pride on the backburner and take the desire to learn and improve things and put them on the frontburner.

Wasn't smart enough to get into U. of Wisconsin - now he is the head coach there (Joke)

✓ Teach who you are - <u>TEACH VALUES</u> - It eliminates inconsistency.

✓ Be who you are - want the players to know who you are.

Closing thoughts to Session I:

a) The objectives on the handout may change at UW-Madison - but probably won't
b) Everything is organized around the Objectives part of the handout.

<u>SESSION II - Defensive Approach</u>:

1) Must set the Defense (transition - stopping the ball) This is critical
2) Pressuring the basketball is essential to destroy the comfort zone.
3) Help situations - screens etc.
4) Finish the play defensively - rebound/secure the turnover.

These defensive objectives can be measured.

The players must always have the laminated handout.

Bennett's defensive philosophy has changed with the times!
Based on idea of interrupting motion offense. Don't let people pass and catch - interrupt the ability to pass and catch. This was the push defensive concepts.

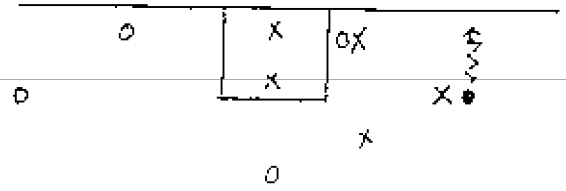
Game is now more of a North and South game instead of a East and West game. People try to get in the lane now - drive and kick it for 3's.

The penetration game is here to stay - it has made the offensive game better.

Has adjusted defensive philosophy to adjust to this. People were beating them because they forced action in their defense and their opponents were good enough to finish the offensive action/play.

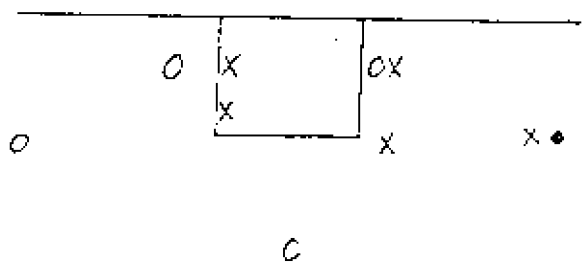
Bennett thinks the 35 second shot clock really helps him and his style of play. The PACK defense really makes it hard to get the ball in the paint. This hurts the opponent's offensive attack and yet has not hurt his offensive attack any.

<u>Push D</u> - push the ball to the outside - contest all passes one pass away - interrupt ball movement
- on the line up the line denial



Pack D - stop all penetration to the middle - line up help positions so recovery is quicker.
- allows ball movement but still places tremendous pressure on the ball.

Push D was very effective against teams that were not explosive. More zone than man-to-man. If was five people really reacting to the ball



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The only man in Push not guarding the ball who was concerned with his man was the man above the ball - his job was to eliminate ball reversal.

Get in pack - then when the ball is on a side get into push - had success with this. us

REASONS FOR CHANGE: due to forced action
1) Weakside rebounding was poor to begin with
2) Rebounding was made more difficult with the help rotation
3) Fouling had become excessive

People couldn't run their offense but that was OK with them because they wanted to make plays.

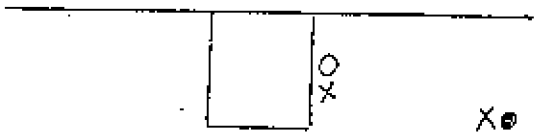
THOUGHTS CONCERNING PACK AND THE CHANGES MADE:
1) Not going to give up the game
2) Offense wants to make the play - defense wants to force the extra/next pass.
3) Not going over the help as much
4) Not going to get beat on the dribble baseline

THOUGHTS ON POST DEFENSE:

The most difficult decision is how you are going to defend the post. This keys everything else.

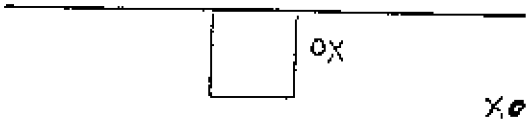
1st Experiment:

1) stayed on top
2) tough offensive post players just created space



2nd Experiment:

1) our guy is bigger and stronger played this way
2) their guy is bigger and stronger dead front.



Now have gone back to just dead front. ; Will get help from on top and behind.
Use high hands to force the lob or bounce pass.

Not going to let the ball in the lane - going to keep the ball in front of us - gives up easy 3's & rhythm shots - the closeouts with high hands is the key to stopping the easy shots.

Must be great at anticipating going from help/recovery to onball defense with a great closeout.

Not Bear on Help But on Recovery

Thoughts on closing out:

Key to closing out is to have your hands up.
1001 count breaks the ball's rhythm -
By coming out with your hands up high you have more cushion for your gap.
After a 1001 count you can drop your upper arms - BUT YOU MUST KEEP YOUR FINGERS UP! THIS IS DONE AS LONG AS THE MAN IS STATIONARY!

When they lost to Colorado State Boyd Grant told him after the game that the reason they lost was poor closeouts. Closeouts are now very important to him.

Closeout technique for feet - run and finish in a defensive slide - at least one slide to get to the ball.

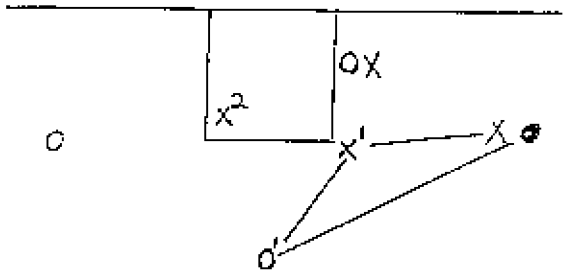
Thinks technique is not as important as results are on defense. The only thing he is really concerned about techniquewise is the high hands.

Know how you want the defense to finish. How they get there is OK - They just have to have high hands.

So much of offense is perception. It is what they see. If I am a shooter and the defender's hands are down I am going to think shot when I catch the ball. Hands up sends a no shot message.

Next to the ball defense:
Putting people in position to take away penetration - pass or dribble - and give you time on defense. The shot clock helps here.

Defense is really about buying time.
- get to post help on the lob
- get to a shooter



x1 no longer has to help - can start recovery sooner - this is his only real concern

Defense needs to feel good about forcing a pass on the perimeter.

x1 & x2 have taken away the seam to drive in diagram above. Go back to servanthood on the handout. Players must get to these spots on the pass! High closeout is critical.

DISCIPLINE IS THE MOST IMPORTANT THING ON DEFENSE!

Put up a picket fence against the great penetrator.

There are ways to stay closer to a great outside shooter and yet help. (Sivils note: did not explain just went on to next thought)

Determine what is going to get you beat - Then stop that one thing.

Doesn't watch film on opponent - watches film of his team.

Are they going to beat us with ball rotation and screens or are they going to beat us with penetration?

Must really work on defending screens if you allow the next pass. They will try to pin you in with screens.

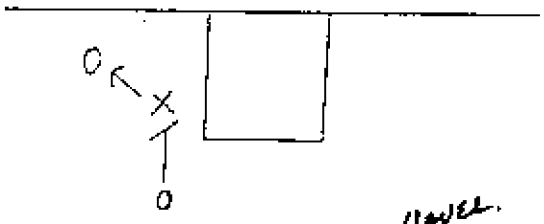
People don't seem to set a lot of screens any more so maybe this will help.

Denial defense does not see as many screens - sees more penetration attempts.

Pack defense - always want the 4 guys off the basketball inside the 3 pt. line.

Handling screens:

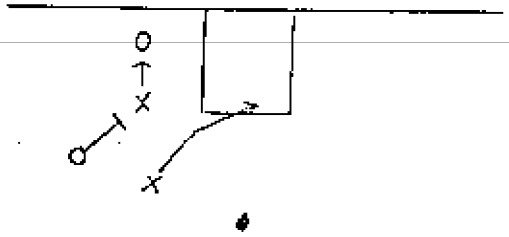
1) When you are being screened the only thing you worry about is chasing your man
2) As soon as you know you are going to be screened get to your man
3) Touch him/tag/him follow his number - do whatever it takes!
4) Automatically forget everything and chase the guy off the screen.



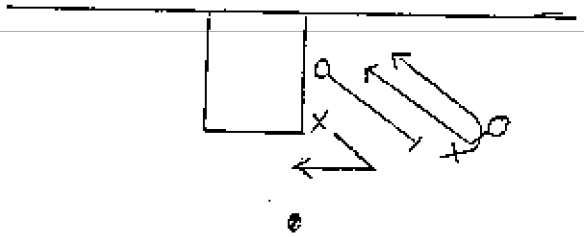
The curl is not as dangerous against pack. Yes. We Curl Down.

If you are guarding the screener you are a one man zone - you open up and guard the basket. Get between the ball and the rim.

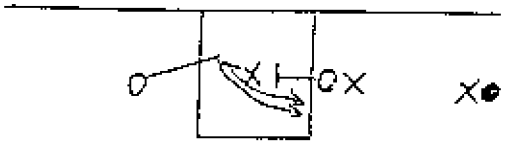
Downscreens



Chase even on back screens.



Crosscreens



lock up on the guy and force him opposite his cut - 1001 and recover

Take an idea so it can be understood and apply it to all situations.

What you want done is more important than how it gets done.

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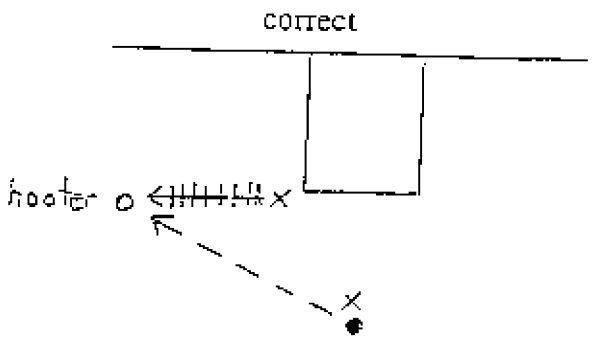

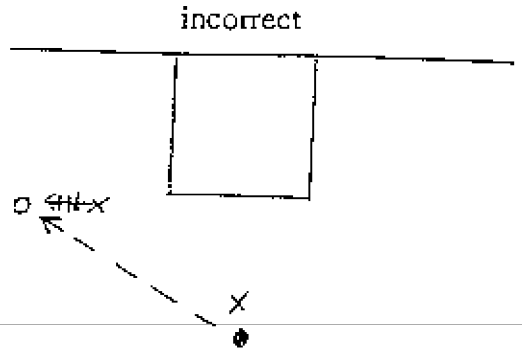

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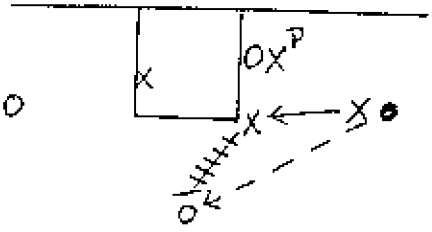

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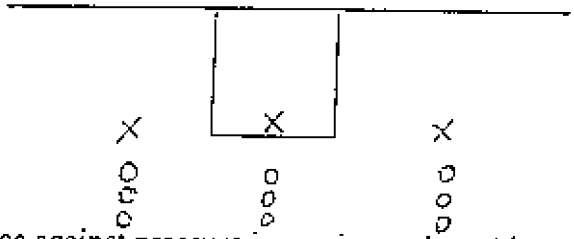

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Fullcourt Help Drill: This drill is done everyday!

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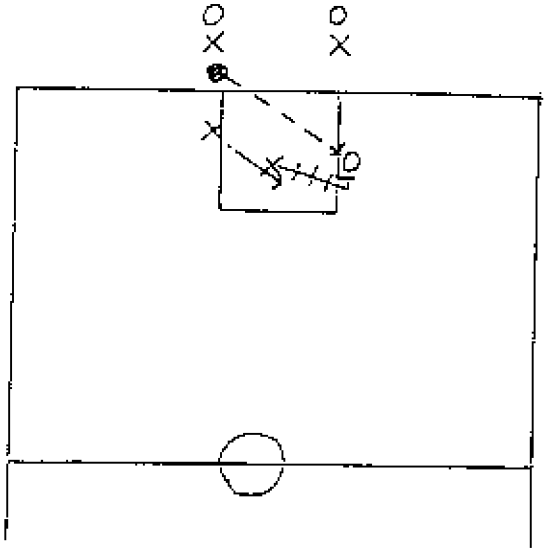
2) Get to help position
3) Closeout with high hands
4) Don't let them turn the corner
5) No lay-ups
6) Down & Back - Go for excellence
7) Do it till they get it.
8) Split or turn the corner the defense must scramble back and get the ball stopped. Can stop/freeze and correct.
9) Receivers cannot fly down the court.

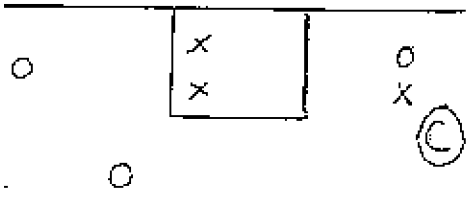


When do you recover?: When the dribbler starts to bring his off hand to the ball start your recovery.

3-on-3 Work off the ball: Coach or Sac Pass

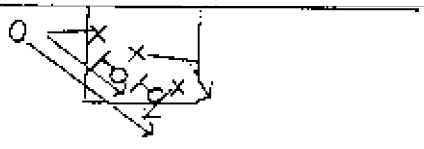
Done for a total of 9 minutes - break the time up with each phase.
Three phases:
1) Freeze - offense catches the ball and freezes - defense corrects - do it a few times.
2) Play it out - offense plays - go without screens and go with screens
3) Finish the play - finishing defensively and adding the rebound
   - Coach will shoot it
   - whoever catches the coach's pass shoots it
   - make big time contact - if they don't fight release and pursue
   - if they fight keep after it.

Set the offense up in the set you want them to start from
(Sivils note: we would need to add outlet to this. Could let them go fullcourt some as a reward - work on primary breaks and transition defense)

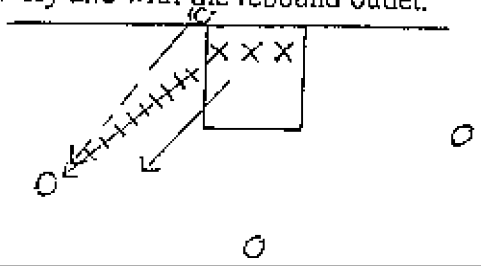


Defending The Double Staggered Screen:

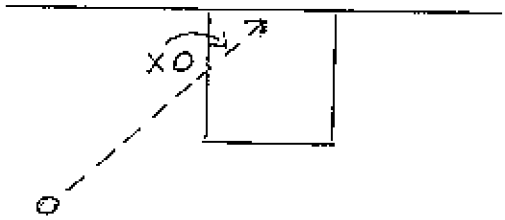
1) The defender guarding the top screener jumps out momentarily to interrupt the pass and if possible force the cutter wide.
2) The defender guarding the bottom screener zones the play. He opens up and guards the rim and moves over/as far as the top screener.
3) The second defender must communicate that this is a double as soon as possible so the bottom defender is aware of it.
4) The defender guarding the cutter must get to his man as soon as possible and chase him.



3-on-3 Closeouts:
Does this drill every 3rd night in place of OnBall and Help and Recover Drill.
Rules:
1) Offense has to stand and catch the ball
2) Offense has it easy getting rhythm shot or driving
3) Builds toughness
4) Can add post
The defense's biggest concern is getting to the shooter in time.
The first time you play the offense cannot shoot unless it gets the shot in the paint. (Sivils note: make this the first time each time we do this drill - then offense can freelance second time)
Second phase the offense can shoot the rhythm shot.
Third phase add post player.
Always finish the play defensively and with the rebound outlet.



Rebounding from a ballside shot when dead fronting the low post:
Experience has taught Bennett that the post defender must go underneath. Seems logical that you would want to go over the top because the rebound will come out that way. What happens is that the offensive post pins the defender out from the goal and seals with good position. By going underneath the defensive post can seals the offensive post player out.



Dead Ball Situations:
When you get a dead call the on ball defender must smother the ball, crowd the pivot foot, and cross this hands high.
All other players *Dead Deny*! This is how you force turnovers in Pack!

DON MEYER'S COACHING ACADECMEY (Featuring RICK MAJERUS)

JUNE 7-9 2007

ABERDEEN, SD

5:00-6:00 Wooden Work and Shooting and Free throw shooting drills:

- **Warm-up:** 1) Easy running- baseline to baseline (carioca, high knee, and butt kicks)
- 2) Change of pace (show hand targets, stay low)
- 3) V-cut: catch and shoot an imaginary ball
- 4) Cutting: curl, fade, flare screen, slip screens. Use your imagination
- 5) Starts, stops, and turns (direct drive, crossover)- no ball. Throw your shoulder through on your pivot. Baseline to Free throw line, to half-court, to other free throw line to other baseline.

- **Grguvich Work**: Closeouts, Push steps, Run to Recover

Coach stands under the basket with a ball. 5 players line up single file in front of the coach. On the slap of the ball all players get in a defensive stance. Coach moves in a direction and the players slide 3 times and then the coach sprints and the players must run to recover and cut off the coach. Coach puts ball over his head- players pressure with both hands up "dead". Then continue in the other direction. Go from the baseline to half-court.

Teaching point: One hand on top of the ball and other hand is your sickle hand (Jerry Sloan).

- **5 spot closeouts:** 5 coaches or players with basketball positioned in five spots around the 3pt. arc: top of the circle, free throw line extended at both wings, and both corners are our positions. All of the players are on the baseline and close out in unison to each of the five spots- five players at a time.

Coaching points:

1. hands up, weight back, thumbs to ears)
2. Arc the closeout: cheat step, cheat step, outside step, 1, 2, fire feet.
3. Stress stance, vision, position and talk.
4. Stress high hands on the closeout and a ball, ball, ball verbal call.
5. Use two running steps and then break down into our patter steps.
6. Guarding up top, we want to square up on the ball and gap the ball so we do not give penetration down the lane.
7. Closeouts to the wing stress sitting on the front leg of the ball with our toes pointed to the sideline and an emphasis on steering the ball to the baseline.
8. Corner closeouts stress not allowing middle drives as we do on wing close outs. You must be alert to arc the dribbler so he does not have a straight line, one dribble drive to the rim.

9. Early success: when you have the ball, take one dribble and simulate a shot, make an air pass the defense will deflect, or make a pseudo pass so the defense jumps ball.
10. Offense rotates to defense and defense rotates to offense.

Partner work:

Charges: One player has a ball out on the wing. The other player is positioned in the lane. The third person is guarding the ball. The player with the ball is forced baseline and dribbles to the basket. The player in the lane sprints outside the lane to take the charge. Work both sides of the court at the same time so 6 people are working at the same time.

Teaching Points in taking the charge:

1. Sit into your stance with weight on your heels
2. Hands up but them must recoil
3. Your rear end hits the floor first
4. Tuck your chin into your chest to avoid a concussion
5. Keep your hands up. Putting a hand down increases your chances of a broken bone. Also if the offensive player pulls up for a shot you can pressure the shot.
6. Take the charge a yard outside the lane if possible.
7. Start by pushing our teammate down and then help him up. After several exchanges of this we walk into our teammate and then progress running into him.

Progress the drill by going 3 def. vs. 1 off. The third player added starts in the high I and fill the low I on the baseline drive. Turn and sprint and get low to the short corner outside the lane line to take away the drift pass.

You can also change the position of the ball from the wing to the corner. Also change the positioning of the players to take away the pass to the post with the low I player. You will need a post player and post defender.

Brick Wall: 2 players. Player on offense is a step or two outside the lane. The defensive players job is to set up a brick wall and keep the offense out of the lane, take a charge one step outside the lane, and stop the offense from scoring. The offensive player spins himself a pass.

Teaching points:

1. Get low and wide
2. Arms up and chin back
3. Use your chest and lower body to absorb contact and do your work
4. Show the referees your hands

Rebound Captures:

2 players in a group with one ball per group. Player with the ball bounces it high and hard off the floor. The other player pursues the ball, jumps up, catches and chins the ball.

4-4-4:

2 players in a group with one ball per group. Pressure for 4 sec., dribble for 4 sec., pick up for 4 sec.- pressure “dead”

Saver-savee:

2 players per group with one ball per group. Player A throws the ball toward the out of bounds line and player B moves to save the ball. Player A moves to open a convenient passing angle for player B and yells his name calling for the ball.

Partner passing:

Two players are 15-18 ft. apart with one basketball to pass. Everything starts from TT, facing each other. They change passes in each drill on an echo yell command.

1. Strong hand flick-air pass
2. Weak hand flick-air pass
3. Strong hand- bounce pass
4. Weak hand- bounce pass
5. High-low top down feed to post
6. Bounce pass feeds the post
7. Two hand chest pass
8. Two hand overhead skip

Lane Passing (sickle drill):

Two players are 15-18 ft. apart with a passer and a receiver. A defender is between them working on his closeouts and high hands to pressure the ball. He may stay in for a specified amount of time, number of passes, or until he gets a touch or deflection.

Power shots:

Players use all available baskets and rotate in a clockwise fashion making power lay-ups on the left side of each basket. To work on the right side power shots go in a counter clockwise direction. If you miss a power shot, you immediately do 5 pushups. If you make the power lay-up but hit the rim, you immediately do 3 push-ups. We want clean power shots.

Teaching points:

1. Quick stop into the power shot.
2. Point 10 toes to the baseline to protect the ball from the defense.

3. Get the ball immediately chinned to protect it from a strip.
4. Add defense or air dummy defensive pressure to increase concentration.
5. Make an offensive move to get to the rim and the power shot. (shot fake, throw off the backboard etc. Guards work on guard moves, bigs work on big moves.)

Pass and quick cut:

Two players per group with one ball. Player A is at the high elbow and player B is at the wing. Player A starts with the ball and passes to player B. Player A makes a quick cut to the rim and receives a pass from player B. Score and get your own rebound and rotate.

Toss back-rip pass:

Two players per group with one ball. Player A is positioned at the high elbow. Player B is positioned deep at the wing. Use big spacing. Player A rips through and makes a pass to Player B. You can start in close and then back up and you can also face both directions.

Teaching points:

1. Inside foot pivot
2. Pass to the outside hand
3. Must throw a chest pass
4. Receive must meet the pass

Tunnel work:

Three offensive players positioned at the top of the key and both wings. Three defenders guard them. Work on defending various screens

A. Offense passes and screens away
B. Flare screen
C. Stagger screens
D. Back screens
E. Rim cuts

Wolfing:

One ball handler beats his defender and attacks another defender. The beaten defender chases from behind and knocks the ball from behind to his teammate.

3 on 3 Trapping:

Work on trapping and shooting the gap at various parts of the court.

Pre-game warm-up:

4-4-4

Pass and quick cut (switch sides)

Charge drill

Feed the post-baseline

Feed the post-high low

Back pin then feed the post (pass top to wing and then wing to top and then begin the back pin after the wing passes to the top)

Half the team shoot, half the team stretch

Closeouts into shell defense (offense pass and stand)

Shell drill live

4-0 big spacing without a post (Dunlap drill)

5-0 with a post on the left side (post-back pin, v-cut, get under the net)

3-3 Ball side (Back pin) curl or pop out

3-0 Ball side (back pin- cutter make a tight curl and rub post defender off)- cutter grab the screeners leg when you curl-shoulder on hip

3-0 Pipe cut (don't use the pin screen. Put your head under the rim and then pipe cut to the middle of the floor and go high low and score.

3-0 Loop to back pin to pipe cut

5-0 run a triple screen

5-0 Flare the stagger screen

When you use big spacing: no flick pass, it has to be a chest pass, step across and pass with your legs. Only flick pass in close quarters.

6:00-7:00 Coach Meyer: A typical season with the Wolves:

- Slow to speak, quick to listen, slow to anger.
- Get mad, then cool down, then act mad.
- Defense: talk to the ball and the man in front of you.

- Be alone with a Dictaphone to capture your thoughts.
- You can tell a lot about people when they lose.
- Teach kids to 1) work 2) compete 3) win.
- Never think about winning, only look for ways to win. Look for the edge.
- Next game mentality: don't linger with a loss.
- Replicate game situations in practice.
- Greatest opponents:

1. Negative attitude
2. Energy sucker
3. Injuries
4. Illness
5. Ineligibility
6. Over training

- Keep a daily journal of things you learn.

- When you take over a program- needs assessment. What is and what should be.
- 2 kids of pain. The pain of discipline and the pain of regret.
- We may not be the best conditioned team but we think we are- John Wooden
- You can pick captains but you can't pick leaders
- 3 things expected of leaders:
  - 1) Work hard
  - 2) Take care of stuff off the floor
  - 3) Let coaches take care of everything else
- See the need, fill the need
- www.hooptactics.com
- Roles:

1. Define
2. Understand
3. Accept
4. Fulfill

- If players write things down it holds them accountable. What can you do to make us better?

- Feel comfortable being uncomfortable
- One minute assessments: what you did well and why. What can we do better?
- Quickness is enhanced by positioning, anticipation, and technique.
- Work this year so you can contribute next year (red shirts, players at the end of the bench.)
- Defense:

1. No fast break shots

2. No threes to a three
3. No rhythm shots
4. No second shots

- Know the number of the player you are guarding and know his game.

- Home is the easiest place to get in trouble.
- Jan-Mar.- less is more. Same concepts done better.
- Put your thoughts of watching the NBA playoffs in writing and give to your players.
- Get all the good ideas but you can't use all the good ideas.
- You can do anything you want but you can't do everything you want.
- Adapt don't adopt. Make it fit you.
- To give something away, you must own it.

7:15-8:15 JERRY KRAUSE: BECOMING A COACH OF SIGNIFICANCE:

- According to Bear Bryant the worst mistake made was giving up teaching to becoming a full time coach. Some coaches today don't even have a teaching degree.
- Make your kids teach the game-it helps them learn it better.
- Have an attitude of gratitude-every morning think of things you're grateful for during your morning meditation.
- Assist or charge taken: point, talk, and touch.
- Become a difference maker.
- Develop a style and philosophy on reaching your potential-not winning
- Don't talk about winning-find a lot of ways to win.
- Focus on reaching your potential-hard to measure but you know it in your heart.
- You can lose and still win- as long as you did your best with class.
- You can win and still lose at the same time
- Get your players to want to do something as opposed to getting them to have to do it.
- Coaches criticize, players encourage.
- Get ups: get knocked down-get up one more time. Never give up.
- Persistance is better than talent- get after it.
- One loss can't destroy your season.
- Its ok to make mistakes- necessary for learning. If you're not making mistakes you are not doing anything, not getting better.
- Positive coaching: teach them what to do not what to avoid. "Don't foul"- negative-plants seed.
- Basketball is an unplanned activity-you better have fundamentals to adapt.
- 80% of shots will be different from practice to games.
- The more you know the simpler you have to make it for your players.
- What you accept is what you tend to get.
- Give more information on mistakes and less emotion.
- Attention getters- whistle, naming drills

- Teach to the fastest learner so he doesn't get bored. Have him coach others to catch them up.
- Best teaching tool: more models, fewer critics.

8:30-10:00 Randy Baruth/Don Meyer: Game sheets, substitutions, Two-out motion offense, Break package, zone attack:

shooting:

- 1) Keep it straight
- 2) Get it up (aim for the back half of the basket-reward swishes in practice)
- 3) Hold a high one second follow through
- 4) Feedback- know where you missed.
- You can't spend too much time on shooting
- Don't shoot fast-get ready to shoot fast (preparation).
- Begin your practice with grooving your shot and finish your practice grooving your shot (cool down) before you stretch.
- Put your whole body into the ball
- Don't bring the ball up from your waist – too much motion.

- You can't want something more for somebody than they want it for themselves.
- Fundraiser idea: buy the players for what they're worth and sell them for what their parents think they're worth.
- Parents- release the kid to the coach.
- Northern runs 2-out, 3-out, or 4-out depending upon their personnel.
- Determine how you want to lose the game (no dunks, no FB, trap, be aggressive)
- Ball pressure: as much as possible without allowing penetration or fouling.
- The better you help, the more you can pressure.
- Middle drives kill your defense- force baseline and rotate. Attack penetration.
- Versus switching teams: get your mismatch and go 1-4 low after you have run motion to get the mismatch you want.
- Guard the middle third of the floor. Keep it out.
- A quiet team is a scared team. Talk your game-cuts and screens etc.
- Balls in the rack: put 3 balls in the rack and take one out for each turnover. Run the team if all three are out of the rack.
- Don't think about winning, only look for ways to win.
- Points of contact- people want to talk about themselves except the smart people.
- 2 Coaches were having a conversation. One was talking the other was listening. The smart one is the one who is listening.
- Need older mentors- talk to them and get ideas
- Need someone your age to give you advice and help you make good decisions
- Need someone younger than you that you can teach.

2-out motion:

- Can’t run plays in March, you must make plays.

- Run special plays for special players

- You must have disciplined players to run motion

- Know your secondary cuts off of your plays in tournament time.

- When you first start building your motion you will struggle. At the end of the year you will be at your best.

- If you can’t run motion in practice your defense is good.

- The best teams in March run motion

Rules:

- Your best player is in the middle of the floor-get him touches-it will make your team look well coached.

- Pipe cut

- Get vertical action not horizontal action-easy to switch

- Down screen for your shooters

- Back screen post man

- Always fill the top

- The top 2 are tandems

- Your two post players and your best player work together

- Back screen for a player and down screen for a shooter.

- Back pin, Pipe cut, Triple screen, flares, pick and roll

- Your posts can cross screen, go high low.

- Introduce actions in practice and they will become a part of your motion

- Put your best player down low and run him off baseline screens. The top two guards work as a tandem. The two posts down low work as a tandem.

- Cutter: move on the pass not the catch.

- Pass on time on target.

- Take giant steps off of picks- Rip Hamilton

- Flare screen- take 2 big steps for separation and then look for the ball.

- You can stack on the baseline-hard to guard

- Put your best players in the stack- take the ball away and then bring it back-pop off the stack and screener posts up.

- Post: level or lower- duck in.

- Best players work together on the same side.

- Your best player can cut off the baseline screens, pipe cut, run off a triple screen, stagger screen, flare screen, back screen, screen the screener, pick and roll, double screens.

- You can also set flares for the top two guards.

- You can back screen for one of the top two guards and he will become the baseline runner.

- Pressure release: the low post flashes to the high post

Defense:

- A selfish defenders always guards his man
- Help the helper
- See the biggest part of the floor
- Go to where your help came from (rotation defense)

Post play:

- Get your work done before you catch
- Occupy the post- don't chase the ball-the ball will find you

Everybody plays but nobody knows how to play (AAU)

Pick and roll:

- Middle pick and roll: hard to guard
- Side pick and roll: hard to guard if the post is empty so you can roll
- Take 2 hard dribbles off the pick with the intent to score

- Limp out on the post and pick
- Versus a trap: Ball screen pick for someone else and then come set the pick and roll
- Only pick and roll with guys who can execute it
- There is too many teams today that pick and roll with players who can not execute it properly.
- You need guards who can make the right decision.
- Come off shoulder to hip
- Set a flat screen and then twist it.

2 on 1:

- Best ball handler handles the ball

- The ball should be a step ahead of the receiver

- The ball handler should dribble with his inside hand

- Split the floor in thirds

- Throw a bounce pass- don't need your balance hand to make the pass.

Wooden Conditioning Drill (2 on 1 with a chaser) then (3 on 2 with a chaser)

- Defense: can't go to your spots until the offense get possession
- The chaser can't go until the ball crosses half court
- No one goes around you. Keep your shoulders parallel to the backboard so you can guard both sides

3 on 2:

- Dribble away from your best finisher.

- Dribble toward your best three point shooter.

- If PG drives, the shooter will crack back

Secondary Break:

- The point guard dribbles like a bat out of hell and tries to crack the shell.
- The post stays away
- The lower the ball gets on the PG drive-the more important it is for the wing to crack back to get a passing angle
- The more people screening, the easier it is to guard (stagger screens).
- The hardest screen to defend is a back screen
- Run one secondary-don't get too complicated. Do it the same and make your reads

Game day preparation:

- Eat 3 hours before the game
- Get to the stadium at the start of the girls game
- Go to the locker room at half-time of the girls game
- Bigs meet separately and guards meet separately
- Go over the team scouting report on the board
- Go over match-ups- coaches quiz the players, “What are you going to do?”
- Pre-game warm-up
- When 8 minutes are left in warm-ups go back to the locker room
- Finish warm-ups going 5 on 5

Halftime:

- What we did well? (Write this on the board)
- What we can do better? (Write this on the board)
- Anybody that is in foul trouble
- Go back out and warm-up with 5 minutes left on the clock

End of the game:

- What we did well
- What we can do better
- Put key notes for the next game on the board
- Stretch, drink Gatorade, eat bananas
- Sometimes they lift weights after games

Friday, June 8:

8:00-8:45: Cycle of the game, winning the game within the game

9:00-12:00: Rick Majerus: Post play

- Karl Malone: greatest seal scorer
- Don’t run your big to the rim on the break-have them circle in and catch under the rim (Karl Malone)
- You never get called for 3 seconds in transition
- Pin and seal-better to be in too long than too early
- If you’re not fast be in great condition
- Post defense: Beat them to the spot, and take away the preferential shoulder.
- Don’t post anyone in junior high
- Everyday in practice: 1) Transition defense 2) Skill development 3) Free throws
- You can’t coach height, heart, and decision making
- Never cut bigs and decision makers in high school

- When you evaluate bigs look at: 1) soft hands that can catch 2) strong hands that don't lose the ball 3) soft touch
- When bigs miss inside it is because: 1) body not low enough 2) eyes not up 3) shot is not high
- All great shooters and post players miss too long
- The great shooters have the same mechanics from 2 ft. that they do at 20 feet.
- Pro ball is where its at
- Best defensive coach: Popovich
- Deny ball side shooters the ball- even on penetration
- Whoever has the chalk last, wins
- Teach slow
- Post- low, slow, and under control
- Mistakes- too straight, too erect, too fast
- Slower is better
- Play small to big
- Most misses occur from being sped up
- Have a go to move, a counter, and a turn and face game
- Teach different moves to different players
- Have a go to block
- Acquire space
- Work draw and kick everyday
- Show your numbers, arms at right angles or L's, sit, meet the ball, get a paint catch if you can, then make the move
- Verbal, vision, hand target, spacing
- Post drills:

    1. McHale drill

    2. Mikan drill
    3. 3 draw and kick angles
    4. go to side and go to move
    5. Counters
    6. Sealing
    7. Re-posting

- McHale drill: best drill

  Tip the ball off the back board and touch the net simultaneously with the other hand. Tip three times and then tip the ball over to the other side and continue. Tip it back over to the first side and tip three times and then chin and dunk the last one. Make sure you jump off of 2 feet.

- Mikan drill:

30 seconds. Stay low, never put the ball below your chest. Heel-toe-hop, high off the glass. Release between 11:00 and 12:00 not 10:00. Release high and don't pull out early. Rotate in, keep your hand up, stay off the balls of your feet. Pivot on your heel for better balance.

- Turnovers from post feeds come from:

    1) Not taking the ball to the defense (letting the defender yo-yo)

    2) Not pass faking

    3) Not passing away from the defense

    4) Not meeting the pass with a jump stop

    5) Post player pulling out of the pass

    6) Bounce passes that are too low

    7) Playing too fast

- Don't bounce pass to a big- the defense travels on the air time and the bounce pass is a slower pass so it allows help side defenders to help

- Post: don't catch and stand, play small and play slow. Catch and look to the dotted line.

- Hook shot: heel-toe-pivot-step-head up-follow thru and land facing the rim

- When passing out of the post take a good look at the diagonal pass.

- Majerus very rarely teaches the same move to each post player.

- Majerus has a defensive game tape, offensive game tape, turnovers tape, transition tape, loose balls tape etc.

- All your questions can be answered in your game tapes.

- Majerus has 3 assistant coaches and one of them will be required to chart rebounding in every drill and every possession.

- You have to take the 3, defend the 3, and rebound the 3.

- Your best fast break is when your PG gets a long rebound

- Teach your post players to: seal, have a power move, and hook shot

- Power move: use your dominant hand on either side going to the baseline. Stay low, meet the pass, and locate the defense. Go away from pressure or bait pressure and then go away. Go away from a crowd but look to draw a crowd. Keep your shoulder blades perpendicular to the baseline. Don't turn your shoulders to the rim, dribble and lift. Shoot with your right hand if you are right handed on both sides of the floor. Don't re-cock.

- Stats conceal as much as they reveal

- Make your bigs play racquetball, tennis, and field ground balls to develop them.

- Majerus always enrolled his bigs in tennis, and racquetball classes.

- Post player: small on the post up, small on the catch, and small when you dribble

- Shot blocking: jump second (Tim Duncan)

- Sealing: Make and maintain contact. Let the ball do the work thru ball reversal and dribbling to improved passing angles. Split the second hash mark-if defense plays high side go baseline to your power move.

- Work on Passing out of the post and re-posting everyday. Gain ground on the pass back out.

- Defensive post play: Always front the mismatch, always front the corner feed, and always front the in and out game. Keep the ball out. ¾ front-deflect or go for position. When he catches and you are playing behind: keep a small space, watch the small of his back, know his preferential shoulder, and jump second. Body up and body out. Don't let them get to their sweet spot. If they cut across the lane-stand them up. Distort help and timing. Player defending the passer: Pressure, yo-yo.

- Always pressure the ball if: 1) you front the post 2) offense has used their dribble when you trap-they have a 4 on 3 advantage.

- Feeding the post up top: 1) lob 2) duck-in

- On your high/low seal-keep both hands up and stay low and leveraged. Better to be late to a lob and not early. Release your seal when the ball crosses your inner ear. Passer throw the lob to an area (front of rim) if on top, or throw the lob to the corner of the backboard if on the wing.

- How it begins is how it ends (go slow and teach the fundamentals)

- Rules tell you how to play

- Don't let kids play zone in the 9th grade

- Don't let post players play with their back to the basket until they get to 9th grade.

- jump hook: go into the defenders body and have your momentum going towards the rim. Don't aim the ball.

- If teams front- Majerus will go to the 1-4 high/low (Bill Self)

- Coaches don't need help coaching from parents

- Get up off the mat when you fail

- If you are playing a post player that is not very good-play behind

- Who am I, Who am I playing?

- Post D: Deflect or get position. Don't let him feel you after he catches. Keep a 6 inch cushion and know his preferential shoulder. Level off the dribble-don't give angles. Jump second perpendicular with your hand up, block out, and rebound.

- Foul shots in practice: no talking for players and coaches

- Yo-yo: the defender guarding the post feeder plays in between the passer and receiver.

- Its not what you do, its that your players know how to do it

- The best post bait: go middle and then come back baseline side

- Versus a strength mismatch: if you are physically weaker than your post defender-turn and face on your inside pivot-negate his strength.

- Post feeding vs. Yo-yo D: Take the ball up to the defender. Shot fake, pass fake- take the defense down low to the floor and pass high and pass away from the defense. Another tactic versus the yo-yo is to have the post player to pick and roll.

- Take the ball down low to the floor versus a trap and when feeding the post.

- The best drive is versus a closeout

- It's all about who has the chalk last.

- Versus sagging defenses: pass fake to the post and throw a skip pass

- When executing a stagger screen- the best player comes off the screen. It could be the first screener in the stagger screen who turns as if he is setting the screen and then turns and comes off the screen (motion principles).

- Play to your personnel: who are you, who am I, who is your teammate, who is my teammate

- 4 post duck-ins (work at least one of these everyday):

1) Explosion- when def. is level or lower than you

2) V-cut duck-in

3) V-cut seal

4) V-cut lob

- 2 for 1 verbal call “55”

- Sealing: don’t pull out, move as the pass comes, eyes to rim, dribble, and come with your power hand

- Best way to take away help defense is a weakside flare (leaves the post open).

- Majerus has no regard for the 3 second call

- In practice work your seals one day and your duck-ins the next day.

- Practice: work the draw and kick everyday

- The ball will find you

- Bait middle and throw your hook, or bait middle and come back with your power move to the baseline. When you bait middle take a big step, stay low, and get your head up early.

- Take the ball into a shot blocker

- Don Nelson: everyday he only did things that were required of him to beat the Celtics. Every practice was designed to beat the Celtics.

- When the shot clock winds down, what is your vocal call?

- Sikma move: move as the ball is in the air. Create separation on the catch. One, two, step, catch and face

- Majerus went back to coaching because, “I wanted one more practice.”

- Versus a pack or sagging defense- have your screener screen his own man. Do this versus switching teams also.

- Your post player can always set a single flare for a perimeter player and then roll to the post or he can double stagger a flare and then roll to the post.

1:00-2:30 Don Meyer: Perimeter Play:

- The hardest thing to do is win the state championship and then be a better coach the next year.
- The kind of kids you work with means everything if you want to coach for a long time.
- Drill: Taking infield (Ozzie Smith drill). Sit into your game.
- Mistakes are your friend-get out of your comfort zone.
- Drill: Dribble and juggle. Dribble without looking at the ball. Scan the floor. Don't stop your dribble when you make a mistake. Dribble between the legs when the ball is in the air. Knee catches- catch the tennis ball off the bounce. Superior players know where every player is and where they're going to be.
- Drill: Dribble and toss.
- Drill: 3 ball catching (2 basketballs, and one tennis ball).
- Drill: Bad pass drill
- Drill: Back to passer drill-turn both ways
- Drill: 2 ball dribbling-be ball quick (pound the ball). Go down and back and get as many changes as you can. Pick out a net to look at full court. Pick out a rim to look at half-court.
- Good players dribble to their shot and dribble to the pass quicker than everyone else.
- Catch the ball in scoring range and look at the rim.
- Drill: Pull back crossover (Power dribble forward, back dribble, then crossover between the legs and go the other direction). Point your toe.
- What separates good players is footwork
- Drill: 3 up and 2 back- use versus pressure. Go up the middle of the floor at a 45 degree angle then go back and crossover if defense turns you.
- Drill: 2 on 1 trapping- try to beat one defender- don't try to split them. Change your pace, and don't turn your back to the defense. Then add a pressure release in the middle of the floor. You can only pass to him when he puts his arms up in the air. Then get open and continue.
- Good guards have 3 speeds (John Stockton)- slow, medium, and fast
- Shooting games: see handout
- Keep personal records so they don't cheat.
- Core strength is critical in playing low to the floor
- Pull out the stuff you can use for you when you are taking notes.

2:45-3:45: Coach Meyer: Perimeter play, fast break package, for man and zone:

- 2 ball dribbling: see handout
- Shooting progression:

    a. Wrist flexion

    b. Shooting pocket-arm swings (lower the pocket for more range, elbow by the ear on follow through, cock wrist, lock the elbow, follow thru)
    c. Lay on back and shoot up in the air- l second follow through
    d. Shoot off the backboard (front or side of backboard)- the peak of your shot should be to the top of the backboard

e. Groove your shot (3 shooters, 2 rebounders, 3 balls)- rotate after each shot to each of the 3 spots. Use one handed shots but simulate the balance hand. This is a good drill to begin practice and a good drill to end practice with.

- Never stand on the 3 point line- space to the NBA 3.
- Drive the front hand not the front foot (Utah Jazz). If you drive the front foot you can't see the rim, post, and action.
- Circle tight, put your body on your defenders body first.
- Direct drive: take a medium step and then a big step and put the defender in jail on the second step. Go from a medium center of gravity to a low center of gravity.
- Crossover: Take a big first step. Put the defender in jail on your first step.
- Michael Jordan: start at a medium center of gravity and move to a lower center of gravity on your drive.
- Drill: 1 on 0 moves- begin on the wing and spin yourself a pass. Always start with a middle drive and your next repetition go to the baseline side. Then move to the opposite wing and repeat.

1 on 0 moves:

1) Direct drive

2) Crossover

3) step across (step thru)

4) Hop back

5) Hesitation

6) Jab to a 3

7) Quick shot (floater off 2 feet)

- Drill: Balance hand pick-up off the dribble (do a couple in a row and then take a shot). The first thing to touch the ball is the non-shooting hand. You can begin the drill by setting the ball on the floor and then picking it up.

- Groove your shot at the end of practice.

- See diagrams for secondary break for man and zone.

4:00-5:00: Coach Budig: Wolves basketball conditioning and strength training:

- Relate your body to a car engine-diesel gas doesn't work for cars.
- 65% of the world is dehydrated

- Never walk past a water fountain without taking a drink of water.
- It takes 30 days to break a habit
- Educate your athletes about nutrition. Have at least one nutritional meeting.
- At half-time give out bananas, Gatorade, apples, or oranges- anything that metabolizes quickly.
- Good basketball lifts:

    1. Squats (back, single leg, overhead, front etc.)

    2. Body weight exercises (pull-ups, dips, pushups, etc.)
    3. Pushing movements (bench press, incline press, etc.)
    4. Pulling movements (rows, pull down, etc.)
    5. Olympic lifts (cleans, snatch)- don't do these in season
    6. Abs/low back
    7. Balance type drills

- its about muscle balance and working opposing muscle groups

- Don't neglect neck strength, wrist, and ankles.
- Do 10 lifts per day but decrease in-season (# of lifts, reps, and sets). However, the intensity is still high because we are trying to get stronger as the season progresses. We want to be better in March than we were in December.
- In season train 3 days per week:

    Sunday- Full body workout, swim

    Monday- off

    Tuesday- Lift total body with a leg emphasis

    Wednesday- Lift total body with an upper body emphasis

    Thursday-off

    Friday- Game

    Saturday- Game

- In-season: full body workout approximately 23 minutes to complete.

6:00-7:15: NSU Wolves: zone attack principles, Point and Talk Match-up rules

- Put your basketball information in your computer but have a back-up in writing example-list of contacts.
- Servant leader: how may I server you?

- The worst moment of your life is when you are no longer productive.
- Enjoy serving others or you are no longer needed.
- When you get out of coaching: 1) you realize how many good people there are in coaching. 2) you realize how much you think about your team. 3) You learn how much you enjoy teaching.
- You miss the pain and suffering.
- Closeouts technique: arc your closeout. Take two cheat steps (cheat step is like leading off of first base), then take a wide step, then one step, two step, and fire feet. When closing out at the top of the key- don't arc your closeout. Versus a dead 3- closeout long. Versus a driver- closeout short and get a late hand up into the shot. Versus a good player- play them straight up. Keep your upper arms parallel to the floor- not straight up in the air. Bring your thumbs to your ears.
- Have a philosophy but change your system based on your personnel.
- Don't trap when the ball can see you. When it turns it back to you-trap.
- Force to the weak hand.
- Keep the offense on the baseline and sideline.
- Every shot missed from the corner is your fast break opportunity.
- When you miss a lay-up the other team will score a lay-up.
- When the offense has the ball in the corner-take advantage.
- Trap all ball screens: makes sense but takes guts
- When Sherri Coale attended the academy the one thing she took from the experience was how important it is to center the ball on offense. Enter to the high post rather than the wing.
- Defensively- deny ball reversal. Keep the ball off the top, front the post.
- Tom Izzo- guard the block and elbow- better for rebounding but less aggressive.
- Determine the trade-offs.
- When running plays 5 on 0 after every basket, turn and sprint 3 steps for transition.
- When to play your Match-up Zone defense:

    1. You can't guard them man-to-man

    2. They can't attack a zone defense
    3. They have a really good post player (sandwich the post)- Adjust your helpside positioning based on who you are playing. For instance, widen out vs. Robert Horry and pack it in vs. Tony Parker.
    4. You can't guard them on the perimeter.

- Match-up zone: you can't determine who you are guarding but you can determine where you are guarding- keep bigs in and smalls out.

- The offense can't put players in the gaps vs. a match-up.
- If you switch you can't determine who you guard or where you guard. If you switch do it out of a zone rather than man-to-man (PAT). A match-up is a man-to-man where you switch. PAT- no gaps to line up in.
- Offensively: get in the pocket of the zone (middle) between the front and back defenders. Flash into the middle.

- Loop to get 2 players to one side of the court.
- It's not what you run its getting the right person to shoot. When you play zone defense you hope the idiot shoots rather than the star player.
- Your worst shooter should have the highest FG %. If your best shooter has the highest % then he is not shooting enough.
- Keep a handler between 2 shooters.
- Good players make plays on the floor-quick stop
- When you shoot a 3 take one step in for the long rebound.
- If you lack athleticism then you must have discipline, fundamentals, and smarts.
- Emphasize pass fakes and shot fakes in your zone attack.
- Put pressure on the zone defense by getting closer to them.
- Versus a 1-3-1: best player in the middle, enter with a pass not a dribble, and keep one man behind the ball. Put your shooters in the corners.
- There is a time in the game where you need to look for a shot that you can't miss.
- Difficult zone to attack: 1-3-1- use when you have long athletic kids.
- Use your match-up after time-outs.
- Ask your players what they want to run defensively- gives them responsibility.
- Rebounding drills: every drill you use is a rebounding drill (have emphasis and goals).
- Versus a great rebounder give up a rebound to make sure he does not get the rebound.
- Tell your players you will stay in the game as long as #32 does not get the rebound.
- John Wooden: don't blockout-check and then pursue.
- Jerry's drill: (use with kids at camp)- 2 players with one ball. Player A bounces the ball hard off the floor and player B rebounds the ball and chins it. Nose to the ball. Want horizontal rebounds not vertical rebounds. Jump like a jet not a rocket.
- 3 on 3 air dummy blockout: work on offensive rebounding. Swim move, get the offensive rebound, score, and sprint 3 steps back in transition and then look for the ball. Work on transition after you score. Get inside or beside the man blocking you out. Then you work defensively by blocking out the offensive air dummies. Get the ball and fast break the other way and the next group comes in.
- 3 on 3 rotate blockout: Same as above but you can't blockout the man you are guarding.
- 3 on 3 cover down on baseline drive, trap, pass out of trap, coach shoots, blockout: Drive baseline and the defense will fill and sink and set a trap. The player with the ball passes out of the trap to the coach who shoots the ball. The players must scramble to find someone to blockout. Have your PG go to the weak side on all shots. You can do this drill 3 on 3, 4 on 4, or 5 on 5.
- Blocking out: forearm in the chest and butt to gut. Get outside the paint on weak side blockouts. When you front the post the shot goes to the weak side. Have your offensive post player roll to the weak side.
- Northern sends 3 to the glass. Tom Izzo sends 4 to the glass-more chance to get the offensive rebound but easier to fast break against. Everything has trade-offs.
- Free-throw rebounding: get the right guys matched up. Two players pinch the most dangerous rebounder and one player blockout the shooter. Most players miss the shot to the right more often than the left. The pros send players from the outside to get the shooter. Northern will x on every free-throw (x-regular and x-slow). Slow x- x when the ball hits the rim. Regular x- when the ball releases from the shooters hand.

- Build tradition and routine in your program. Do it when you win and lose.
- Don Meyer runs motion offense because he plays a lot of players. When you play a lot of players-you can't run plays. Get your best players open-play off your best players.
- You must develop your bench.
- Northern early season practice: 5:30-7:30 am. When games begin: 6:00-7:30. In January: one hour and 15 minutes.
- Incorporate skill work: lets kids know you're on there side.
- As a coach if you don't feel like practicing, don't because they really won't feel like practicing.
- Positioning, anticipation, and technique give you quickness; therefore, you can always get quicker.
- A good player knows where he is on the court.
- A great player knows where everyone is on the court.
- A superb player knows where everyone is on the court and what everyone is going to do.
- Guard the ball side shooter- don't leave the ball side shooter to help on the drive or post feed.
- Practice: disassociate yourself from your problems.
- Majerus- I wanted one more practice
- Wooden- I miss the smell of the gym.

Saturday, June 9

8:00-9:45: Special situations: Don Meyer

- Versus switching defense: whoever pops needs to be able to shoot and whoever cuts to the rim needs to be able to finish.
- Meyer loves the slip versus a switch- you have to feel it when you slip.
- Attacking switches: You can run screens until you get the worst defender on your best player. Or you can dribble hand-off to get the match-up you want and go 1-4 low.
- Attacking switches: quick slip or screen your own man. If the screener holds up his inside hand he is telling you that he is slipping. If the screener holds up his outside hand he is telling you that he is screening. Talk to the ball.
- Timing factor on the slip- don't wait too long, slip when they're stretched out. It's a feel
- Back screen is the hardest screen to defend.
- Delay Game: 5 high. Meyer would teach this first if he was coaching 8th or 9th graders. Screen, exchange, loop, flare, down screen. Everyone is above the free throw line extended. Pass and middle cut, back pin. You need a delay game. Play smart when you have a lead.
- Best way to make kids play defense is make it, take it.
- Great teams can play at any speed.
- Defense dictates speed.
- It's a lot simpler if you can play fast, but you can't always play fast.
- Defending the flex: Don't guard the corner-pack it in. Stop the guard-guard pass. Trap the guard-guard pass.
- Terminology: "walk through"- bad term; "rehearsal"-better term

- Defense vs. delay game offense: zipper- give a straight line drive to the baseline and then trap.
- See the picture, sell the picture, paint the picture
- Signal to foul: grab your wrist
- Defending 1-4 low- Dork trapping: the player guarding the dork leaves to go trap the ball. Off ball players do not rotate to the dork.
- Defending 1-4 low: go to a match-up zone
- Defending 1-4 low: trap up and everyone shades over one man. Force the PG to his weak hand.
- Study your notes during the first week and you will comprehend 80%. Pull stuff out that you like and make a manuscript of what works for you. The younger you are the more you will use. The older you are the less you will use.
- 5 stages of coaching:

    1. Survival- developing your philosophy

    2. Striving for success- respect of peers and players
    3. Satisfaction- ride the wave instead of pedaling
    4. Significance- this is a dangerous time as a coach
    5. Spent- too tired to do it anymore

- Don't just study basketball coaches. Study baseball, football, etc. Vanderbilt baseball practice is phenomenal.

- Jump balls are under taught. Know whether you are a right hand tipper or a left hand tipper. Steal the tip, get in the sandwich.
- BLOB defense: player defending the ball needs to play sideways to guard the basket. Unless the inbounder is a big who will pass and make a quick post up. Trap the ball side corner. If you zone a guard must cover the corner pass.
- SLOB defense: the player defending the inbounder is the free man or safety. Don't faceguard-can't steal what you can't see. Late in a game and we are winning, don't deny, let them have it in and use up time.
- Breaking presses: 1) best inbounder takes it out 2) put your best athlete in the middle of the floor 3) throw over the press 4) you can't throw over an athlete-pass fake.
- If they have to foul inbound the ball to your best FT shooter. Get the right people fouled on your team.
- Versus pressure: get the best player the ball and let him make a play.
- Comeback game: put your shooters in each corner. Look to crack back with two shooters isolated on one side. One in the post and one on the wing. "33"- drive at the post and he crack backs to 3. "66"- Double crack back. Platoon your foulers.
- Giving a foul: with a 3 point lead we will foul in 5 seconds or less. Teach your players how to foul in practice. Know who to foul and who not to foul.
- On the last shot of the game always take one more dribble than you think you can.
- Duke vs. Kentucky: sandwich C. Laettner
- Its not who you play or where you play, its how you play-we control how we play.

- Always have something to write on at all times- capture your ideas.
- Give your players a read and write lesson: give them something to read and have them write about it. This will let you know that they read the material.]
- The journey is better than the destination.
- Have a meeting without having a meeting: Tony LaRussa meets with his players on the field carrying a fungo bat. Don't sit behind the desk-gives you too much power.
- Tony LaRussa: "everyday I have to prove that I'm a MLB coach."
- How to evaluate a game:

1. Turnover margin
2. Rebounding margin
3. FG attempts
4. FG %
5. FT attempts
6. Point total from individual players on other team-no one goes off on you
7. 3 point game (defend the 3, make the 3, rebound the 3)
8. Floor game (charges, loose balls etc.)
9. Assist game (baskets from the pass, and assists from the screen).

Questions and Answers:

- Make the big time where you are.
- There are more small time coaches getting fired today in college.
- Transfers are scum: there's a reason they're transferring
- Better to be too slow than too fast on offense.
- Never kick a kid off the team. Make it so that they quit.
- You have to put your own money into the program. Write everything off (mileage and expenses). The government will screw you. Keep all receipts of more than $25. Keep one credit card to keep your basketball expenses.
- I don't make decisions because they're easy, convenient, or popular. I make them because they are right. Know in your gut.
- Teach kids to do the right thing for the right reasons (pick up trash, say please and thank you, write thank you notes, be humble, defect praise on others etc.)
- Do the next right thing right.
- Root for your own team: easier to do if they are good people
- Don't try and change the world, just influence your circle.
- Good things take time, don't be in a rush.
- Expect the best, prepare for the worst.
- How to lose:

1. Don't play hard
2. Don't play smart
3. Don't play together

4. Don’t have a delay game
5. Don’t know how to defend the delay game
6. No comeback game when behind
7. You don’t simplify the game.

- Film parts of practice

- Find programs to study
- Go to college practices. Find out what they are about in the first 30 minutes. Don’t be judgemental.
- 4-out motion: cut and space, designate a diver on all post feeds. The diver should be a non-shooter and rebounder.
- Post play: go to move to the middle and counter to the baseline side. If you don’t have an angle to the basket then go to your go to move.
- Post play: catch and look:

1. diver

2. opposite
3. pro spot
4. corner

- Don’t pass back out to the corner player who just fed you the ball because it’s a short closeout. Make that your last option.

- Baseline drive: drift, opposite elbow, crack back
- Assistant coaches: the best are players who played for you and then went away to coach or play and then come back to help you.
- As a high school coach with no assistants- see the biggest part of the floor. Stand in a corner of the court.
- When you drive from the high elbow every dribble that gets you closer to the baseline makes it harder for you to kick out to the wing. The wing should crack back to make it an easier pass.
- You have to know when to look away but don’t let them run the show.
- Get your players to take notes
- Energy givers vs. energy drainers
- Strive for pre-season perfection on techniques.
- Bad kids: don’t kick them off the team, give them a set of requirements to meet.
- A good motion offense for high school frosh: determine what kinds of players you have. Teach them to catch and face. Run 4-out or 5-out. Back pick out of the post so everyone will get a chance to play on the perimeter but you will still have an inside presence. Teach guys to post up. Cut, space, and fill the weak side. If you have two good posts go 3-out.
- Meyer likes 4-out vs. zone defenses: have your best player be the only cutter-cut under the basket and go where it feels good. Tight curl, cut behind the zone.
- 1-4 low: drop behind the backboard along the baseline.

- The goal is to play your best basketball in March.
- What you accept in victory, you accept in defeat.
- Good camp drills: Taking infield, dribble and juggle, shooting progression, 2 ball dribbling, and all fundamental drills. Incorporate split breaks (half the campers work and the other half takes a break and then switch groups)
- Developing your staff: give your assistants responsibilities on and off the court. You must then check on them to see if they have fulfilled their responsibilities. You can't have too many voices. Praise-prompt-leave. Give each assistant a small group to work with during pre-practice. Ask questions of your assistants. Give them things to read. Supplement your coaches salary through camps.
- Don Meyer thinks young coaches should stay away from college coaching. He thinks the best job is at a small town where the town closes down when you go to the state tournament.
- Meyers assistant Randy Baruth does all the game substitutions. They sub a lot and Meyer can't keep track of everything.
- On their game sheet the Northern U. coaches have listed their teams best zone offense team, the best press team, etc.
- Ways to get shooters open: fast break, make catches in areas that you can shoot from. Move slow and read without the ball- 3 step set-up (1-2-3 into the screen, pause, and then explode off of the screen). Watch your defender. The screener is the second cutter. Have your shooter set back screens and then pop out. ("33") Pass and cut into an open post. Then drive baseline at the shooter who is posting up. The shooter then goes to 3 (good late in the game.)
- To get the ball into the post: curl screen off the post and rub off the defensive post player.
- Simple motion: Blocker-Mover (2 perimeter screeners, 2 perimeter cutters, and one post player).
- If you like 5-out motion study Harry Parretta.
- What makes Pat Summitt so good? She's paranoid. She wants to change her offense every year.
- Something you can say to a poor offensive player, "your offense begins when the ball goes up in the air" (offensive rebounding).
- Remember where you came from.

Don Meyer- Tape #6 *Developing Your Post Players*

Keys to Post Play

1. Heart
2. Hands
3. Head

*Must have these things

1. Be aggressive
2. Love contact- must like to bruise it up!
3. Want the basketball- have a desire to get the ball in your hands
4. Must want to score (once you receive the ball)
5. Communication- communicate by pointing where you want the ball, demand the ball. Be a director-
6. Be strong, play strong
7. Be in condition- must be able to get up and down the floor
8. Be a worker- the best post players are blue collar posts
9. Be a good free throw shooter- most are weak- Chamberlain 50% FT shooter
10. Play without fear- of injury, missing shot, etc

Basic Post Positioning:

*Wide base, feet wider than shoulders, have your knees bent.
*Get both hands up, have your back straight
*If you want to receive the ball on the bounce, get you hands down
*Passer is telling you where you are open by where he passes the ball
*Whichever side the defender goes to, you want to sit on his front leg

*If defender is fronting the post, get both arms up so the offensive player is not called for a push off.

Getting open in the post:

*Have an inside-outside approach
*Great post players will score without the basketball
*Great post players will score off of a teammates missed shot
*In Meyer's thinking, if his postmen can be guarded one on one and from behind, then they are in serious trouble. They need the kind of post player that is going to make teams double-triple team him.

Don Nelson technique:

***Big man faces the lane (defender usually plays inside) and spins inside and seals him strong.**

*You can also just take the man away (defender goes with you) and then come right back.

*You don't have to move a lot in the post until the ball is across half court. Let the ball get into scoring position.

*If your man is guarding you low toward the baseline, take him lower and then V-cut

*If your man is guarding you higher, take him higher, then V-cut and back cut into the post position.

*Post players that receive a lot of attention:

-Bring the basketball back to the great offensive post player. Take the ball away from the post, then bring it back. From the top, post can duck in. On the swing from top to the wing, post will be open.

-Concept of using the screen to get an outstanding post open. Flare screen, and then seal the next available man

Safety receiving the basketball:

Meyer- "You can hide a lot of things in basketball but you can't hide someone who is not a good receiver of the basketball"

Tennis ball drill – catch the ball with your eyes- Meyer
ball in the air feet in the air

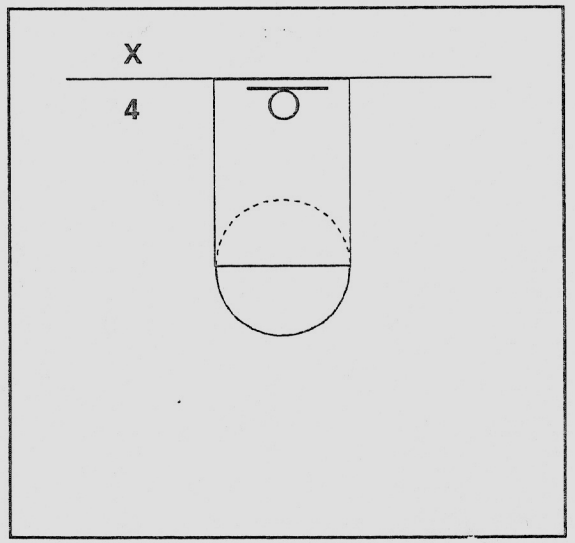
*Use one tennis ball, then two tennis balls. Pass them with a flick pass.
*Then use basketballs- one basketball, two basketballs, also, switch up the basketballs (one is a bounce pass and the other is a flick pass)

Step Slide Drill- use step slide ball rolling ball to the player, make it challenging.
- have a wide base

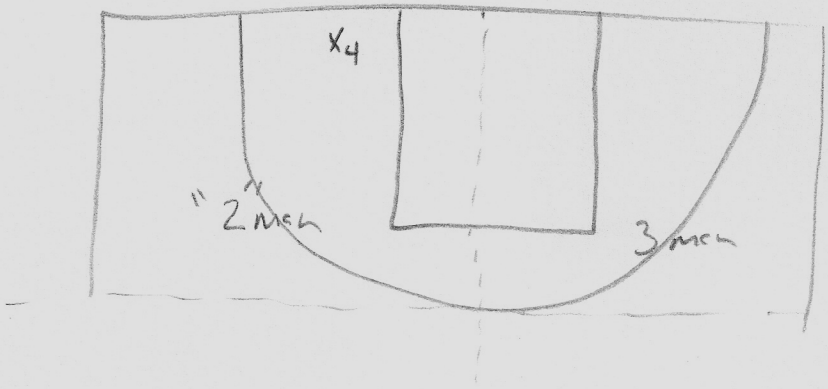
The [4-man]

As the ball enters the net and the opponent jumps out of bounds to make an inbound pass, our 4-man is going to attack the ball. One of the reasons we put the 4-man on the ball is because he is in rebounding position on every play and able to get to the endline quicker than the inbound passer. If the inbounder is beating the 4-man to the spot, then we need a new defensive player. We want our 4-man to get his hands up and touching at the top to deflect the pass and disrupt the inbounder's vision of the court. Another teaching point is that when the 4-man attacks the ball, his body is on the ball, and not on the man. The reason for this is that the inbounder will most often throw the ball with his dominant hand. Most players are right-handed, so we try to attack the right hand because the chances of the pass being thrown on that side are so much greater. He can still throw the ball back to his left, but he won't be as effective with his weak hand. Another reason he is not going to throw the ball back to the left is because the backboard hinders him on that side of the court (Figure 7).

FIG. 7



"2" Man Responsibilities



"2" man - Ball side - Interceptor

(1) Find person in your Area / stand one stride off the pass
and defend first receiver on ball s

(2) Push him baseline / sideline. / Make sure that the "2" is into him be

(3) "2" responsibity for shutting down the sideline. (Dribble penetration)

(4) If you don't have anyone back up.

"3" man - weakside - "Denial"

(1) Read the inbounders shoulders

(2) X_3 is positioned inside the Lane in denial position
(First receiver on weakside) (Plays half between inbounder and

(3) Once the ball is in on strong side / Plays the pass.

We teach the 4-man to line up two feet back from the baseline so he can concentrate on being aggressive on the ball without the worry of stepping on the line for a violation. By getting your 4-man conditioned to being off the line, you'll find that he can play more aggressively. Do our 4-men ever step on the line? Yes, but we work hard in practice trying to avoid it and the more aggressive your players are without committing violations, the better your overall defense will be.

In addition to being active on the ball, the 4-man should watch the eyes of the passer. You will find the passer will look exactly where he's going to throw. Try to have the 4-man learn to read the inbounders eyes, as well as his overall body language, to get a feel for where the basketball is going. Certainly the 5-man and the 1-man getting back on defense are vital, but don't underestimate the importance of having the 4-man attacking the ball.

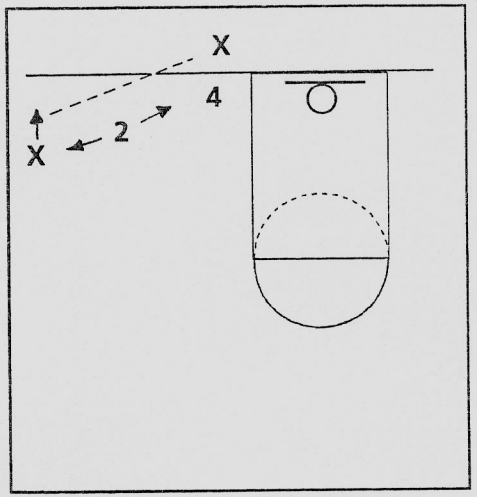


FIG. 8

The 2-man is one step out of the passing lane and his position is "away and towards the ball," seeing both the man and the ball.

The [2-man]

When we go to the first receiver to 4's left, we see our 2-man. His assignment is to pick up the first receiver to the left side of 4 and his position is "away and toward the ball". This means he is down in his stance, away from his man and toward the ball, with the ability to see both the man and the ball. He's got to be down in his defensive stance to do that. We call that " intercept" position. We'd like the 2-man to be one stride out of the passing lane so that if the ball is passed, he can try for the interception. We want to discourage the opponent from throwing over the zone. If the man starts to leave the area, our 2-man would start to retreat. While retreating, he would also be looking to pick up a new man that might come into his area.

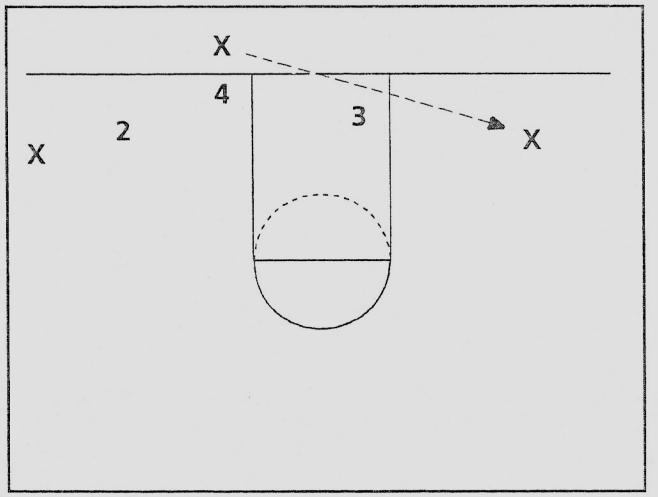
The [3-man]

His responsibility is to pick up the first receiver to the right of the 4. 3 has the same defensive principles as 2. He is positioned in the middle of the lane and he is going to take all receivers to his right. He is playing a zone on that side of the court, staying one step out of the first receivers passing lane. One thing the 3-man must remember is that the backboard is an extra defender preventing the high cross-court pass.

FIG. 9

The 2-man is one step out of the passing lane and his position is "away and towards the ball," seeing both the man and the ball.

When 3-man is helpside, he should be in the paint.



"1" man

(1) first job - no one behind him, exchange with "5"

(2) 1 man - freedom to find nearest receiver.

(3) calls the sets. People up
1 or 2 - more man
3 - more zone concepts

"5" man

(1) he has the last receiver / he as high as possible.

(2) he looks for long and cross-court

Trapping - Sprint in and out!! Try to "trap" ball side

Spacing will not permit a trap every time!!

Don't trap if you can't get a successful trap!!

(1) Take away the direct pass, hands up.

(2) Take away sideline - step foot out of bounds!! Take exchange.

(3) Belly up - hands up!!

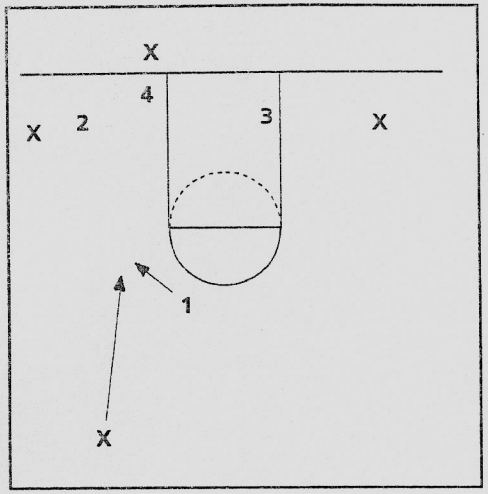


FIG. 10

1-man is "away and towards the ball," seeing both the man and the ball.

The [1-man]

The 1-man is responsible for the next available receiver. As this man comes up from midcourt to be a receiver, the 1-man is reading the eyes of the passer, looking to intercept this pass. If they bring two receivers into the center of the court, you have two defenders left to cover all three of these receivers. Our defender here (1) must split two receivers and read the eyes of the passer. If the passer pivots and starts to look back, 1 will favor the other direction.

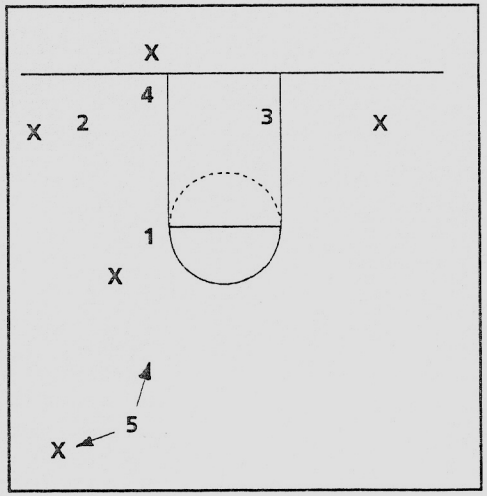


FIG. 11

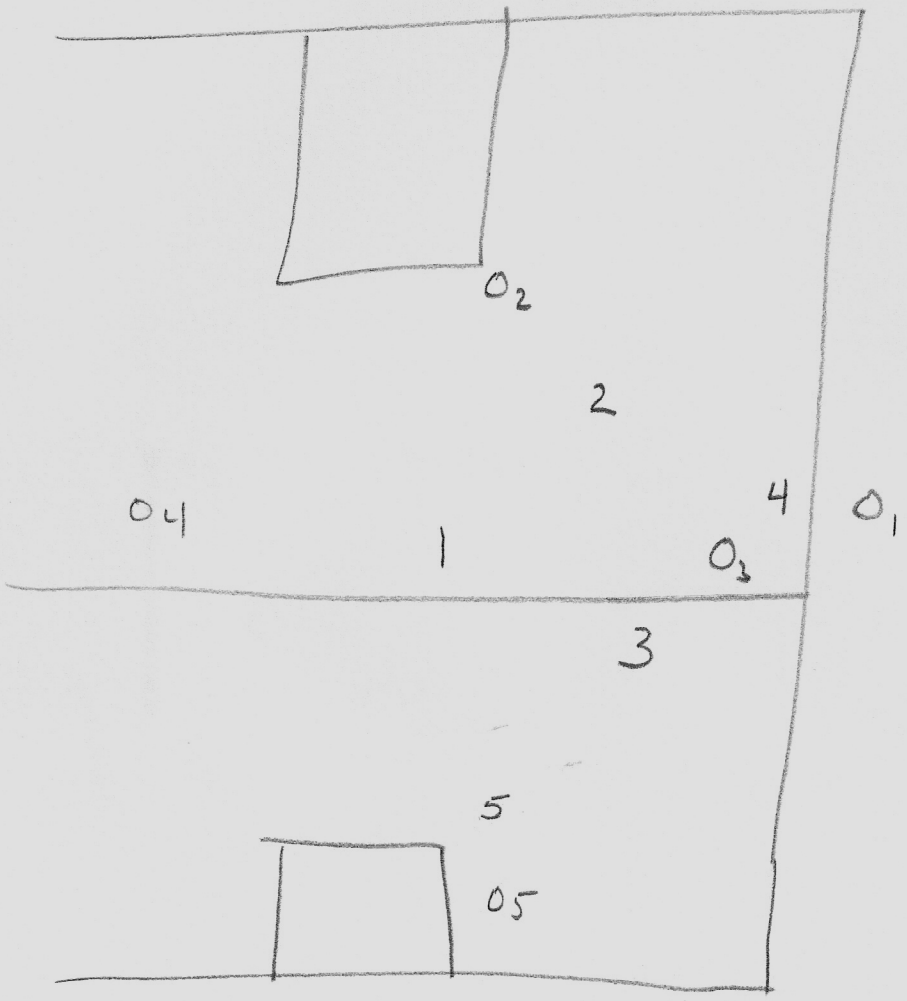
5-man is "away and towards the ball."

The [5-man]

His man is the last available receiver after 2, 3 and 1 have picked up their men. The 5-man is our last line of defense and his main responsibility is to not give up a lay-up. The 5-man should be away from his man and towards the ball in basic intercept position. 5 comes as high as the last receiver comes.

In review, the press is really very simple. (4) attacks the ball, (2) takes the first player to the left of 4, (3) takes the first player to the right of 4, (1) takes the next available player, and (5) takes the player that is remaining.

Side line – Defending Side inbound



MOTIVATION - EPIC MUSSLEMAN

- SUMMERTIME -
  - send notes, motivation to players
  - books / articles to read
  - calls

- QUESTIONS -
  - ask how playing? response? return w/ facts

- send player highlight tape (DVDs)
  send them over summer (7 weeks until training camp (push better)

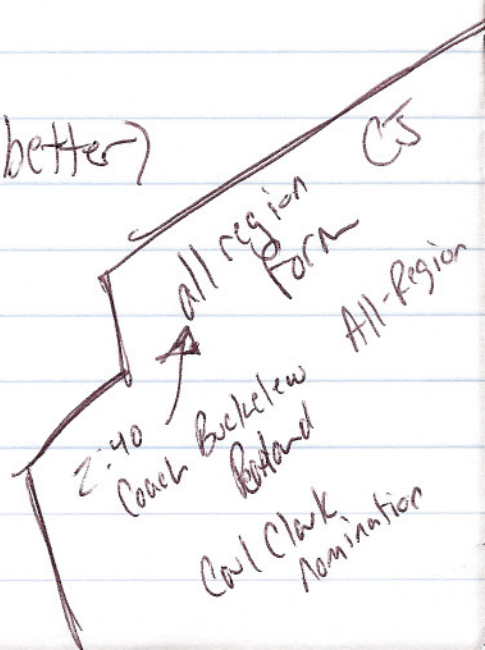
- set goals on paper and send it to player -

- LITTLE THINGS -
  - T-shirts (upcoming themes) → FOR SEASON
    "Pain of Discipline vs. Pain of Regret"

- SEASON THEME -

- CAREER BEST -
  - your career stats (ask them to do better)

- COSMETIC CHANGES -
  - names that reflect team history
  - color / carpet



get players
addresses
cell/phone #'s
email addresses

- PRE-GAME PREP -
  - New Motivation each game
  - 1. outside speaker
    2. Motivational message / theme
    3. Video splice (think of these each game today)
       Dumb/Dumber (always ~~together~~)
       ↳ do I have a chance w/ you 1-1000000

- Motivational messages
  - gas mask (we stunk last night)
  - aspirin for hangover losses
  * - playoff race
      shovel / tape box around it (can not dig a hole)
      put dirt on it

- mailouts w/ purpose
  - Roger Clemens work ethic (for guy who needs to work harder)
  - Tony Gwynn carrying ucr on road to watch swings (commitment)

- "Leaders and Success" Investors Business Daily newspaper

- articles everyday for assistant coaches

- Pre-Game Motivation ideas -
  - draw line in sand w/ stick.
    cross it today if you are willing to cross

- BOOKS - QUESTIONAIRES - VIDEOS -

- Be Like Mike Pat Williams
  How competitive Jordan was
- player questionairres
  - what time practices?
  - what shoes?
  - what warm-ups

What is your Motivation? every player has something that is important to him

- highlight tape of great player
  - Kareem hookshots
  - JJ Redicks jumper
  - Iverson's crossover
  - Bird's / Jordans competitiveness
  - Reggie Miller coming off screens
  - Ray Allen's jumper
  -

- STAFF MOTIVATION -
  - what assistants goals are
  - keep working hard, doing right thing
  - Pat Riley's book
  - Pitino's born to coach ★★★
  - ★ think tank of coaches (all sports)
    - steal ideas
    - trainer, secretary

★ need Self Motivated people = success ★

Sweatbands

(Sweatbands and pens ... play for someone who will help get you there)

- My Motivation - play for something other than self

- a player will not correct his mistakes unless he admits he makes them

MOTIVATING A TEAM

1. give purpose
2. give them challenge (worthy)
3. camaradrie (work hard, together)
4. growth
   build self worth, esteem

ESTABLISHING THE INTERIOR GAME

By
Peter Lonergan, BVCC ITCP Head Coach (Australia)

Whatever system you are running, it is important to establish a solid interior game – to create shots in the "80 per cent land of opportunity". Creating good position in the lane will threaten the defense, increase the opportunity to draw fouls and provide high percentage scoring opportunities.

There are many ways to establish the interior game. The following are just a few hints for making the most out of your "bigs".

1. HAVE YOUR "BIGS" SPRINT THE FLOOR AND ESTABLISH EARLY "DEEP CATCHES"

One of the easiest way for interior players, particularly younger ones learning the game, to get good position for high percentage shots is to have them sprint the middle lane on transition and present. By running hard and establishing a deep catch position at the mouth of the basket, immediate pressure will be placed on the transition defense and consistent early scoring opportunities will be created.

As with most players in offensive transition, offensive players tend to run, not sprint the floor and if you can break this cycle and get your first "big" down the floor to sprint to the "deep catch slot", your transition will improve dramatically.

2. PRESENT "Ls" AND DEMAND THE BALL

The work done at the 2002 Australian Junior Camp by Brian Goorjian and Ken Shields reminded us all that by taking care of the simple details, we can improve the play of our post players dramatically. The concept of "presenting L's" in the post up is one that has made a marked difference in the teaching of post play in our program and is something that we now demand of all players looking to post up.

Watching the AIS men's team on their successful run through the ABL play-offs, it was evident they were able to get maximum value out of their size and interior game by ensuring all players presented well in the post, in a stance, presenting two "L's" and thus catching passes that others may have fumbled or had knocked away.

This is an area that perhaps has not had the attention to detail that it should in the past, yet is so vital if you are looking to establish a worthwhile interior game.

3. ENCOURAGE INTERIOR MOVES OFF TWO FEET

With the size and athleticism of players today, it is so important interior players understand the importance of playing off two feet in the lane.

4. THE "BIGS" PLAYING TOGETHER

This was evident in another ABL finals success story this year – the Kilsyth women's team. Coach Fox worked the interior game to perfection during the finals weekend,

playing the likes of Lange, Kerr and Ameagi together and continually establishing shots in the lane.

A highlight of the Cobras offense was the way the interior players worked together, finding each other with high-low action and back screening to create seals. The Kilsyth guards continually found an interior player at the high post/foul line area and invariably, the next pass was to a player camped deep in the lane for a high percentage “look”.

Whether you are playing out of a 3 out, 2 in, or a 4 out setting, the "bigs" should have a “buddy” mentality and work together through screening and high-low action.

5. USE SCREEN/RE-SCREEN ACTION

An interior player that screens often and effectively will be both hard to guard and will assist with creating high quality action for both perimeter and inside players alike. By encouraging "bigs" to have a “screen-first” mentality in the half court setting, you have a chance to create shots for others, but also to create opportunities deep in the lane by players sealing after the screen.

Many teams back-screen on ball reversal --by bringing the "big" back inside by re-screening and sealing, simple, high quality action can be created.

6. BE PATIENT

As a wiser man than I once said – “You can’t win without the "bigs"”

Be patient!

Flip Saunders – Match-up

Matchup is a switching man-to-man
Credit Bill Musselman as matchup zone pioneer – holds NCAA record for fewest points allowed in a season 39.9 ppg.

Why use the matchup:

1. Ability to stop very good offensive teams
2. Ability to stop an individual player that is a great scorer.
3. Man principles in zone type areas

Key principle → One man on ball and six eyes on that man.
→ Ball pressure w/ 2 helpers

4. Very hard to scout
5. Can be used in different ways depending on your team's abilities
6. Can help your man-to-man defense — helps your ability to communicate.

Players must be good listeners – coachable

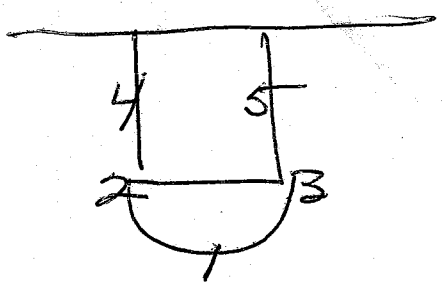
General Rules:

1. Never leave the dribbler – can switch
2. Deny all dribble penetration and passing into the paint.
3. Encourage ball into corners – never into "horse" (lane)
4. Must → Contest every shot (no open 3s)
   → Give up no second shots
   → Give up no layups

** Cheated every jump shot taken – stat: teams hit 11-13% points higher of uncontested shots.

5. Switch all cutters → cutter in front = "KICK DOWN" SITUATION
   → cutter behind = "KICK BACK" SITUATION

** Stop players + correct them – don't allow mistakes to go uncorrected – zone is best learned by playing it.



1-2-2 set

1 – "boss" – matchup off of him

2 & 3 / 4 & 5 > one foot in lane + inside hand is up to protect lane

1 – calls "ball"

2 – takes 1st player to 1's right

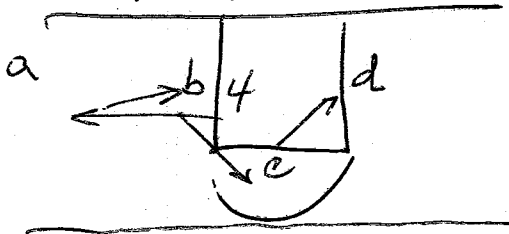
3 – takes 1st player to 1's left

4 – takes 1st player to 2's right – no one in corner, go to low block to find him, no one in low block go to high post to find him, no one in high post, go to opposite low block to find him.

5 – same rules as 4 except look to 3's left, etc.

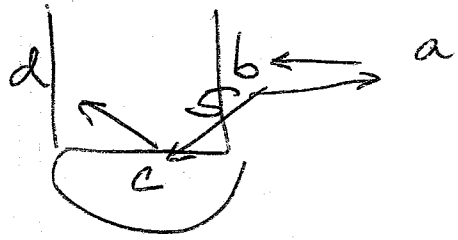
** Teach flat ball-you-men △ further your man is from ball, further you are from him

4's match



4 looks a, b, c and d in order

5's match

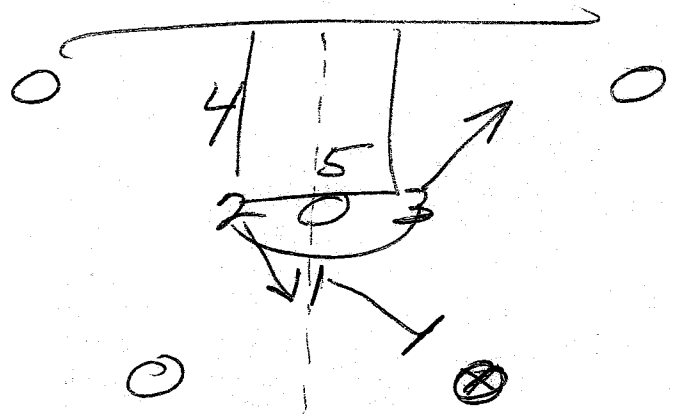


5 looks a, b, c and d in order

2 guard front rules:

– split floor in half and 1 take O on left side w/ inside hand and leg fwd.

– 2 take 1st man to right

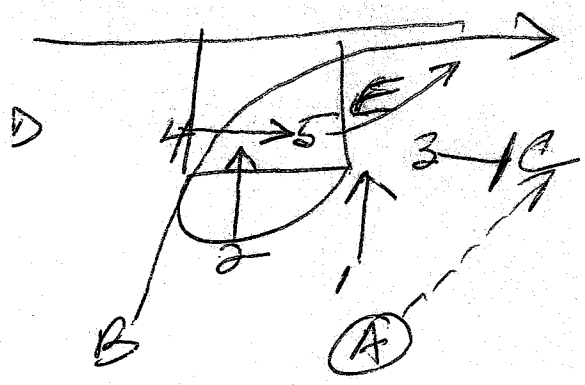


** Teach matchup vs 2-1-2 set and overload – only 3 things they can do out of overload – if cover these can cover anything they do.

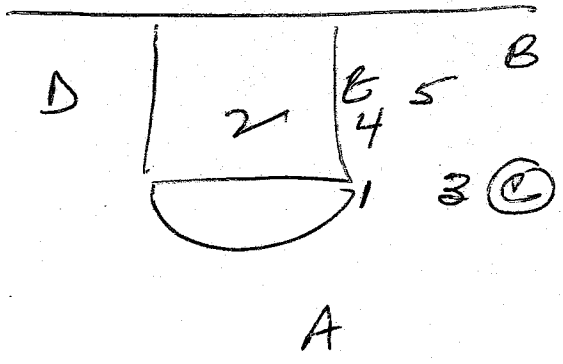
2-1-2 CUTS

CUT 1 → STRONGSIDE

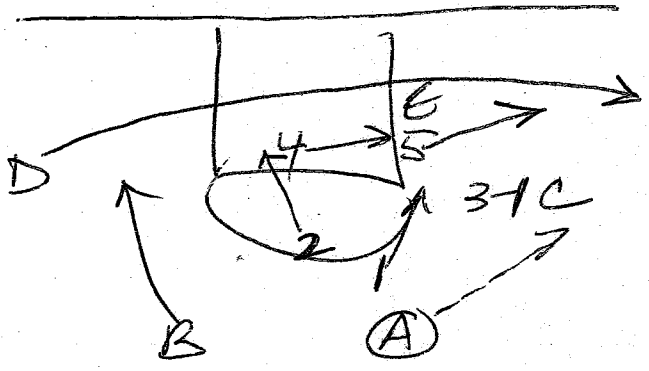
- 2 face cutter behind you into KICK BACK
- 4 & 5 switch (only exception is if E is SHAQ – then keep 5 in post & 4 go out w/ cutter



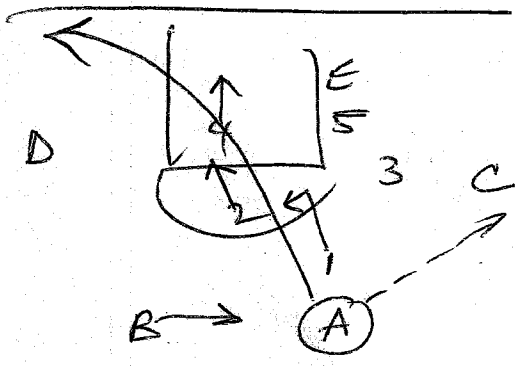
- Anytime ball on wing = EARLY FILL (cover elbow and low post)
- 5 don't deny corner

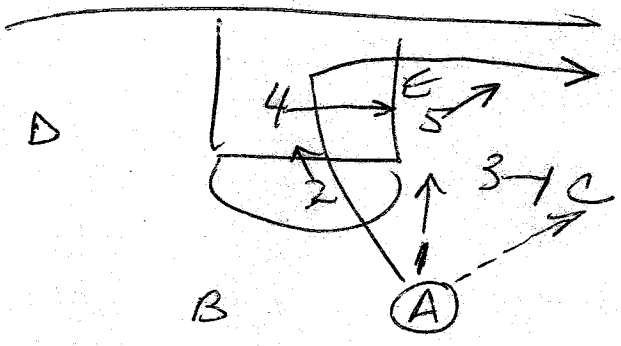


- Opposite fwd cuts 4 & 5 kick BACK



"ABSORB"

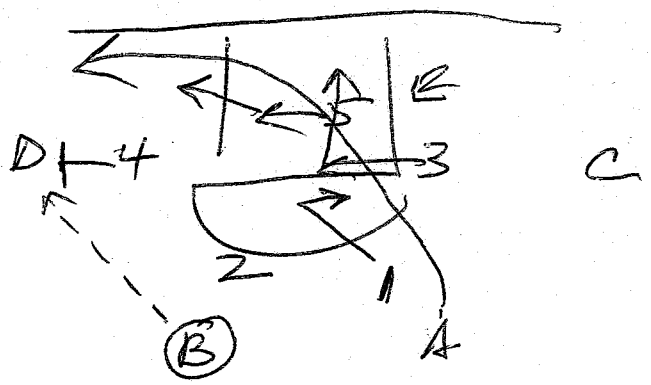




** Do not deny non-penetrating passes

** Should never be screened – always play on top of screen

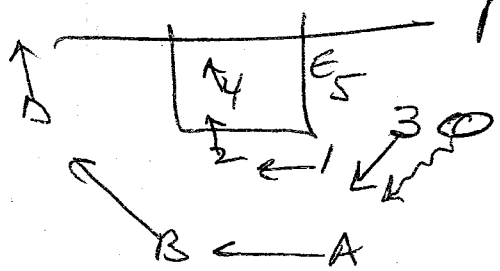
** never turn back on ball – never turn sideways

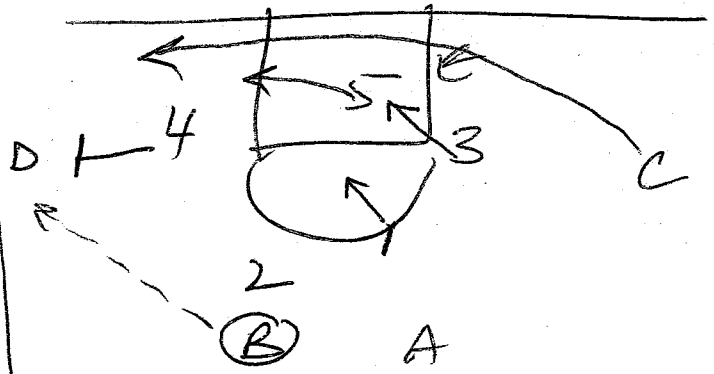


DRIBBLE OUTS

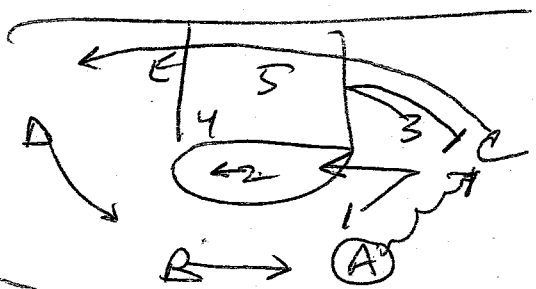
** Dhoff = switch

** Dribble out = stay

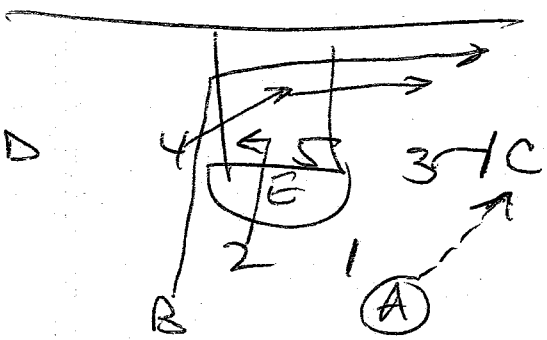


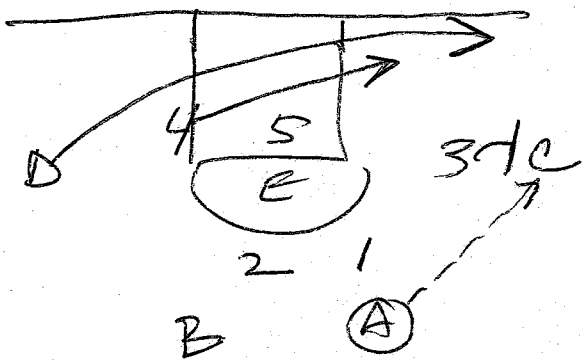


** Dribble Down = switch 3 kicks back



HP = stay w/ him – don't kick back from him





** the quicker you are, the more help you can give + still get back to contest shot

"Gary Williams" "Maryland" - Full court press

(1)

Things to do

(1) Sell your players on how the press will help our team - (condition), easy buckets.

* After Free throws - great time to press *.

(2) You must have good people to be successful - (Great work Ethic
(what wins - character, work ethic)

The 4 men's Role - sets on the basketball after we score.

Two styles of play

One Trap press

(1) Team that likes to setup press-break.

(A) Give the ball to the opponent If they like to setup.
(Point to referee to confuse off. player that the count has started.)

(B) most players - right handed - Attack them.

(2) * Teams that get ball in Quick are tough to press *
(A) Might bounce ball away from player to slow them down.

"2" and "3" men Roles -

(1) Put our "two" men on left side - Trap the first pass.

(13:14

★ Offense - get low to break a trap ★

Dribble Penetration - 2 responsible for sideline
4 responsible for middle.

#1 Point guard's Role - Always looks ballside (look for 3rd on the court)

Priming Look - Ballside

Sec Look - offside

- Don't let the guard trap - see you, but be close enough to make a play.
- Deflections - steal or secure it.

(Never throw ball away from your goal)

(Switch out people)

The 5 man's Role - (1) How close do I have to be to my man back there and make a decision. (1) must be able to get steal it if I go.

Primary Look -

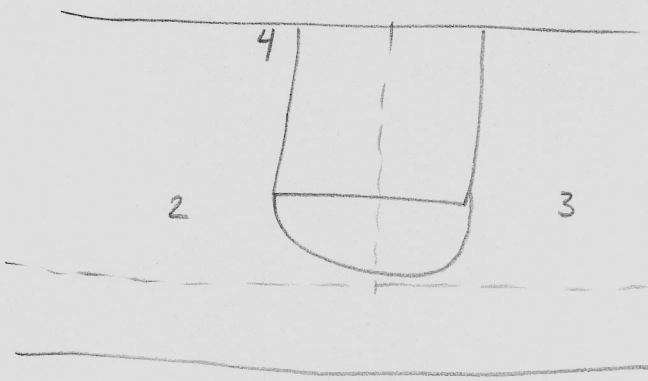
Sec. Look -

★ Always defend one and a half players ★

"2" and "3" - Find first man in my square!!

★ Push him up the baseline / ballside

Make sure 2 is into her hand!!
(4 man looks to deflect/kick ball)



3 men
(1) Plays the pass and look at trap.
(2) Plays ball between inbounder and his man.

Prc

2 men (Ballside)
(1) don't leave anyone - back up
(2) Ride him to sideline

3 men (offside)
(1) looks at inbounder - check over.

Transition Def

★ Know when to get back into half-court Defense ★

Time line - college (good indicator) - 4 men top key ...

★ Stay patient and keep working the press ★

★ Transition Def - Never play dribbler in open court

(1) Behind the ball - sprint toward the lane when behind the ball.

★ To be a good Pressure team - must be good transition Defense team

Transition Defense

★ Never play a dribbler in the middle of the court.

★ Alot of steals come from people coming from behind. Person in front makes him hesitant - People behind steal from him

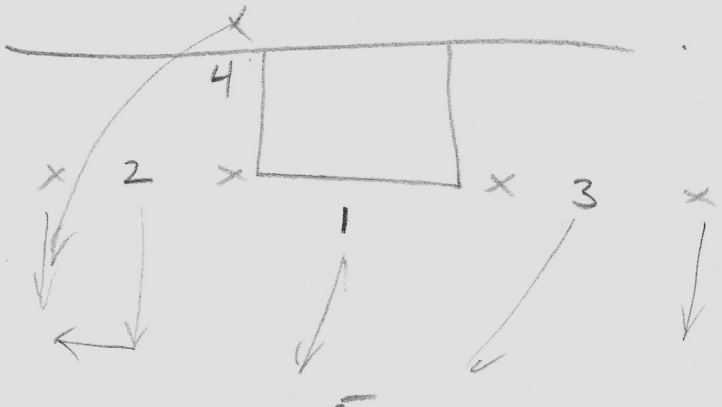
---

Freethrows - If anyone but #5 man shoots freethrow then #5 man is always back.

"The "safety" can't give up a lay-up"

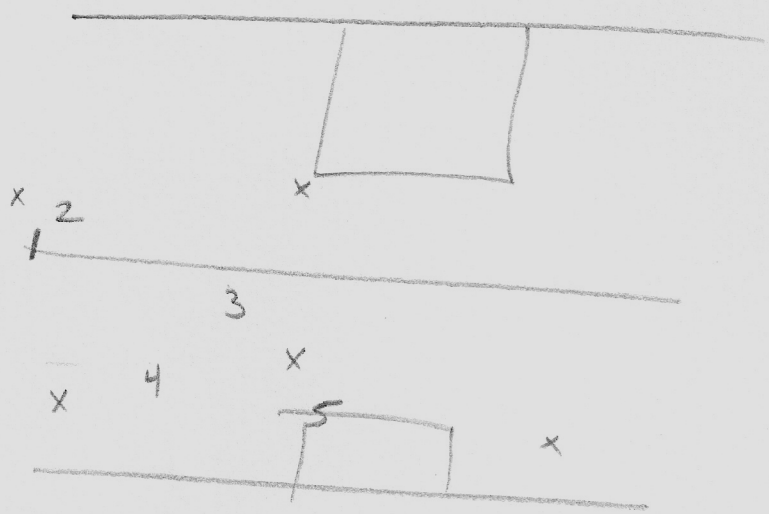
"Match-up before you press"

Question - How do you defend 4 men across?



#1 PG Never Traps

One Trap press — 3/4 ct press



Guys Not in trap - Hide - Bend
(Lean toward what he is looks)

You have to believe in your press!!!

Man to Man Pressure!!

(1) Stay above your man in case of a loose ball

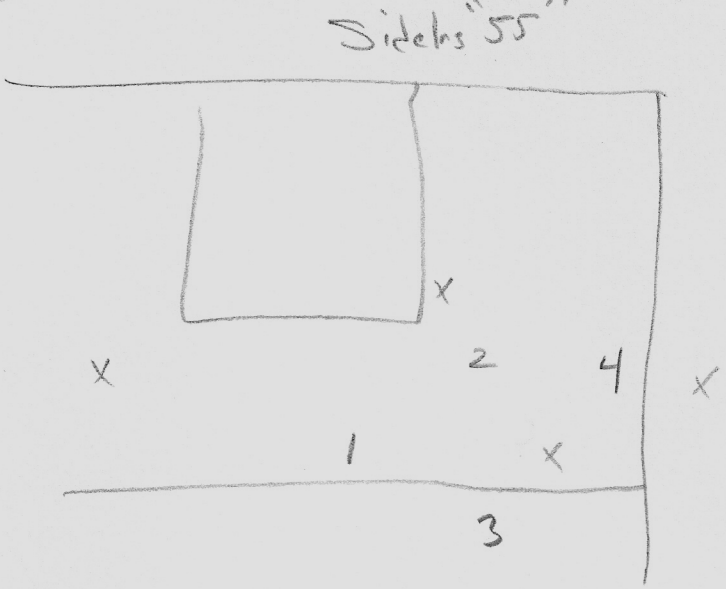
★ Run-Jump

Run-Trap

★ Sometimes - last man cross the 1/2 ct. then he traps ★

Leave the Ball Always

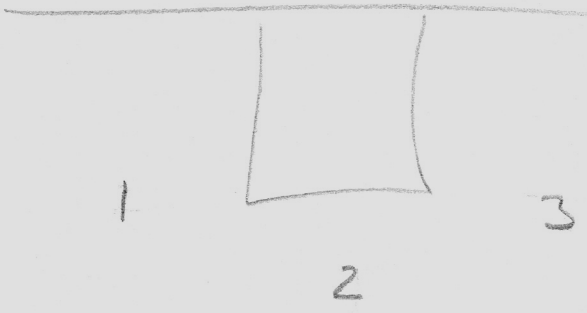
Defending Side inbounds



5

Most teams practice their pressure setup on baseline / not sideline - great thing!!

3/4 ct Press



5 4



GATOR FUNDAMENTALS Print

Shooting off the Dribble

Start with a **spin out and catch** on the perimeter anywhere from 15' to 3-4' outside the arc- use the whole court. Use a variety of set ups- catch and rip, jab, catch and lift, shot fake. Be a quick decision-maker as if in a game situation. In a game you will shoot off the catch, make a quick move, or pass the basketball.

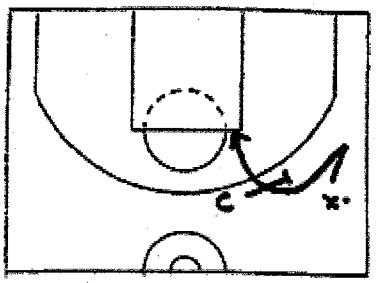
1. Shoot off the spin and catch- **25 shots**.
2. One dribble with the right hand and shoot- **25 shots**.
3. Two dribbles with the right hand and shoot- **25 shots**.
4. One dribble with the left hand and shoot- **25 shots**.
5. Two dribbles with the left hand and shoot- **25 shots**.
6. Three dribble sequence into the shot off the dribble.
    a. Cross over (right- cross dribble with left- another left; alternate with left- cross dribble with right- another right) **25 shots**.
    b. Inside out (right- inside out- another right; alternate with left- inside out- another left) **25 shots**.
    c. Between the legs (right- through- left; alternate with left- through- right) **25 shots**.
    d. Change of pace or step back move- vary the timing- **25 shots**.

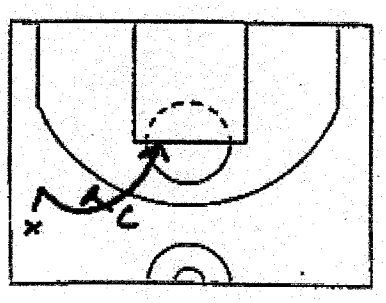
- Shoot 10 free throws after each set of **25 shots**.
- **Total workout**- 225 shots plus 80 free throws.

GATOR FUNDAMENTALS Print

Perimeter Player Work-out #7

- Pick & Roll Shooting (15 footers)

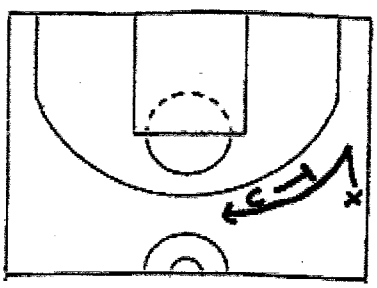


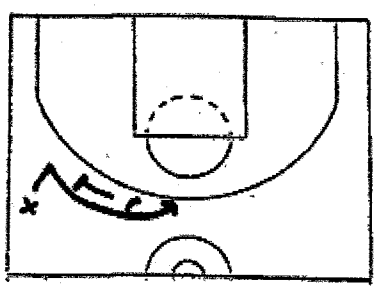


1. Coach sets screen at elbow.
2. Player dribble to level of screen & goes off body to body for a pull up jumper.

- Same on each sides

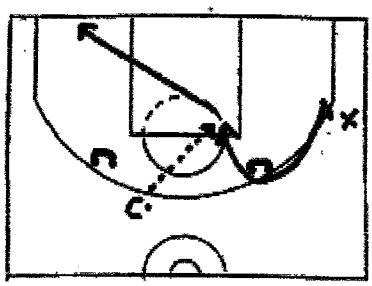
- Pick & Roll Shooting (3's)

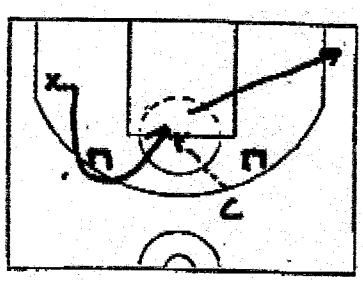




1. Same as above, only shooting 3 pointers.

- Screen Shooting



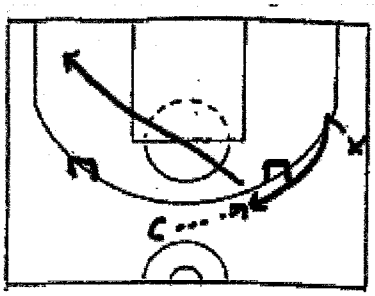


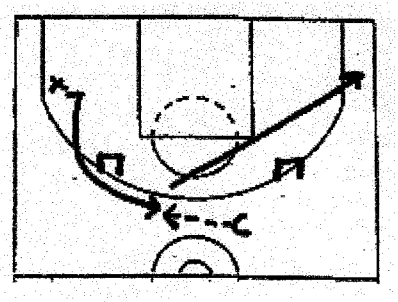
1. Set 2 chairs up at the elbows extended.
2. After the player shoots he will go to the opposite short corner.

1. Curl off the chair on this side now

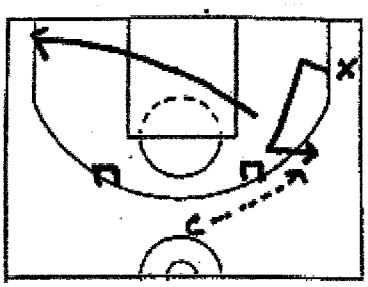
- Go side to side until you achieve your goal. Ex. 8 out of 10 or 6 in a row.

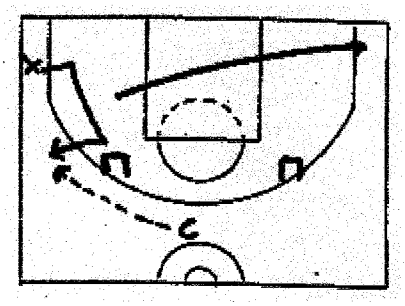
- Screen Shooting





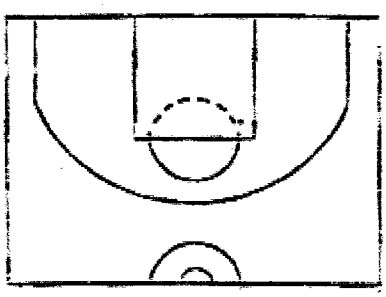
1. Same drill as above, but now the player will shoot 3's

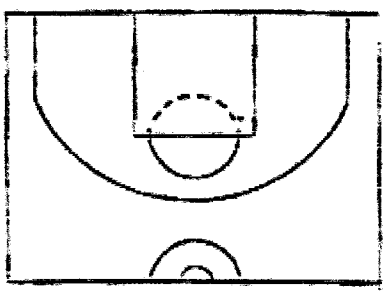


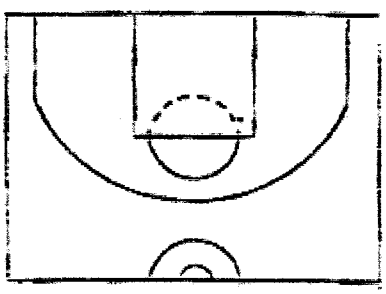


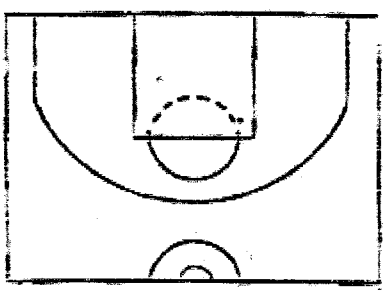
1. Same drill as above, but this time the player will bump back as if his defender went under the screen.

- Same on this side





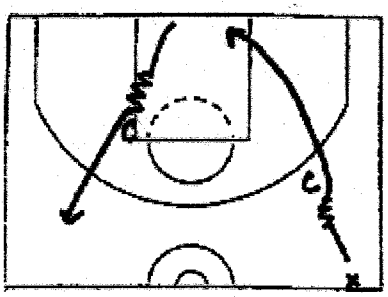


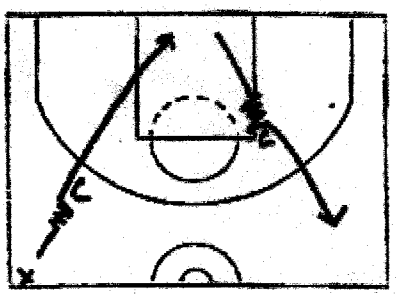


GATOR FUNDAMENTALS Print

Perimeter Player Work-out #2

- Half Court Dribble Moves



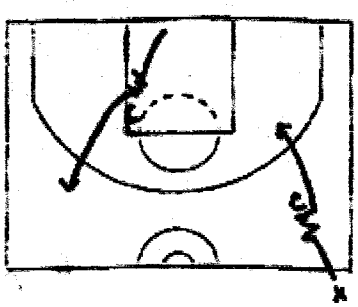


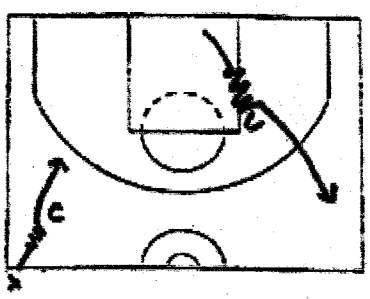
1. Start hard at first coach, then make a ribble move & go body-to-body past coach to the rim.
2. Do same move on your way out to the other side.

SAME THING ON BOTH SIDES
Experiment with different moves.

- Hesitation
- Cross-over
- Inside-out
- Inside-out
- Crossover
- Make up your own

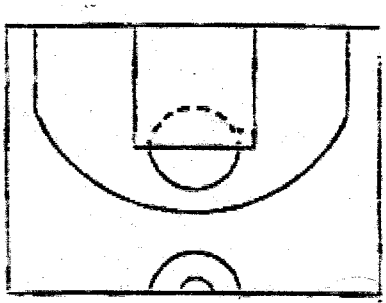
- Half Court Dribble Moves with Pull Up Jumpers

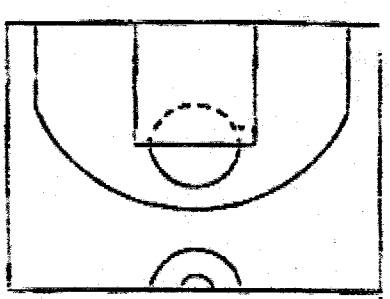




1. The same drill as above, only this time you are pulling up for jumpers. You can shoot 15 footers or 3's.

- Make Up Your Own

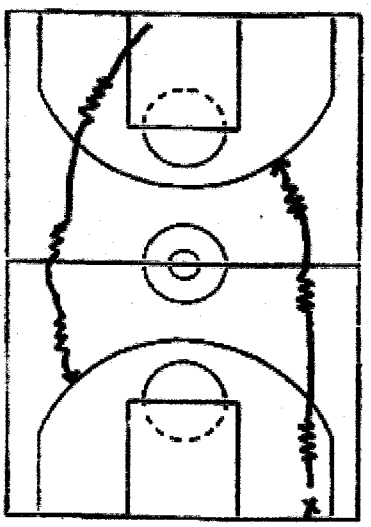


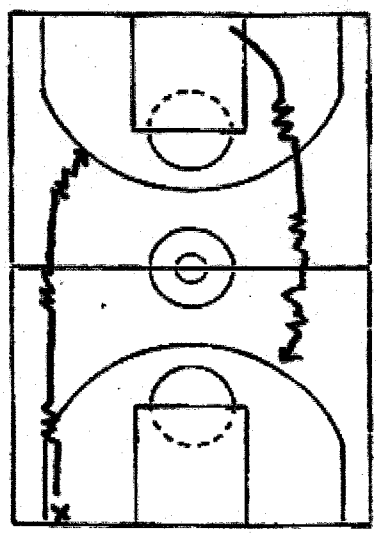


GATOR FUNDAMENTALS Print

Perimeter Player Work-out #1

- Full Court Dribble Moves

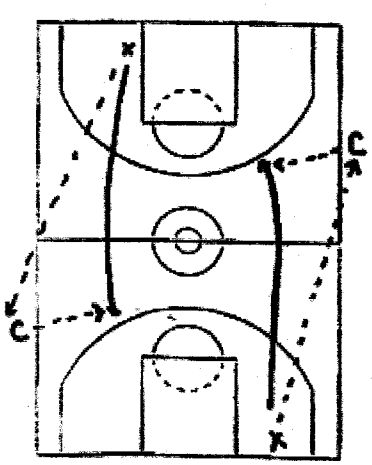


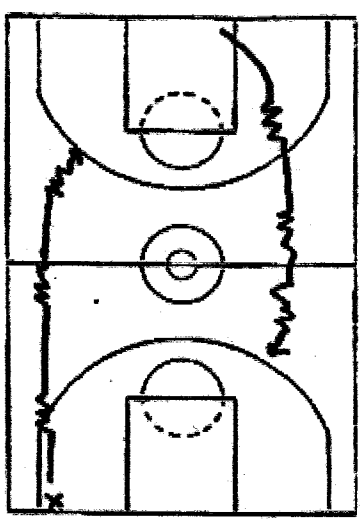


3 dribble moves up each side. Then shoot a 3. Do all the same dribble moves for both trips up the floor. Must make 3 out of 4 to advance to next dribble move.

Now use the other hand.

- Full Court Transition Shooting





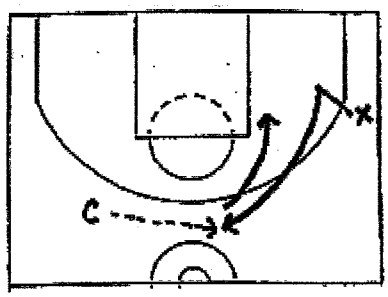
1. Advance pass to coach.
2. Sprint the length of the court & receive pass from coach & shoot a 3.
3. Get your rebound & advance pass to next coach.
4. Follow the pass & shoot another 3.

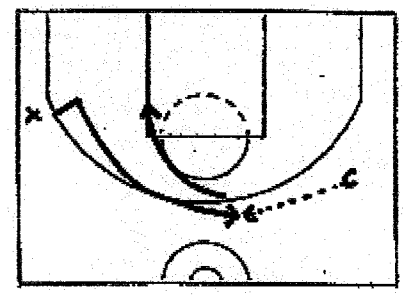
Challenge yourself to make 6 out of 10 or start over!

GATOR FUNDAMENTALS Print

Perimeter Player Work-out #3

- Rip-through Pull-ups

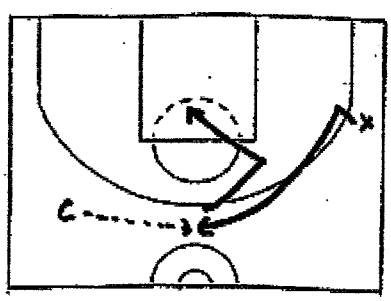


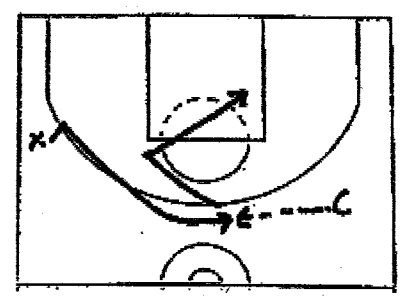


1. Player V-cuts to top of key & catches pass.
2. As he catches it, he Rips the ball through and goes hard in opposite direction for a pull-up

SAME THING ON BOTH SIDES

- Rip-throughs with a change of direction

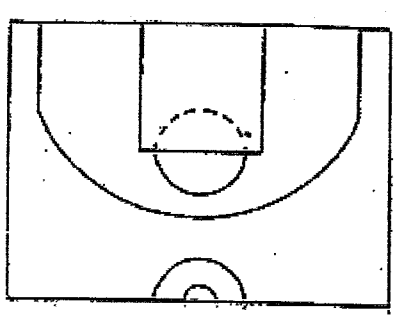


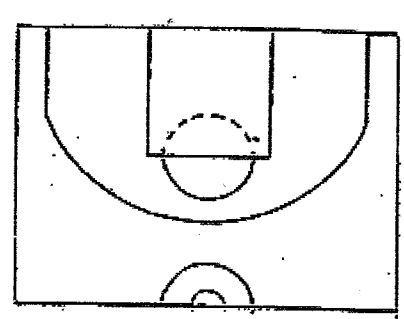


1. Player V-cuts to top of key & catches pass.
2. As he catches it, he rips it through and goes hard in opponents direction.
3. Now the player must change direction, using one of the dribble moves discussed earlier & pull up for a jumper.

SAME THING ON BOTH SIDES

- Make Up Your Own

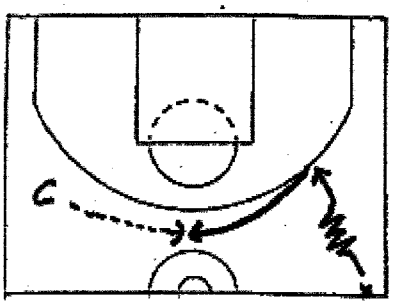


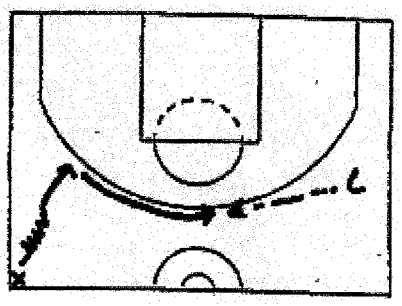


GATOR FUNDAMENTALS Print

Perimeter Player Work-out #4

- 1/2 Court dribble moves & shooting on the move

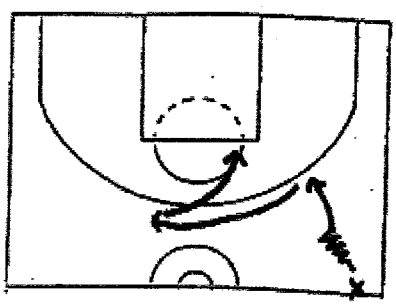


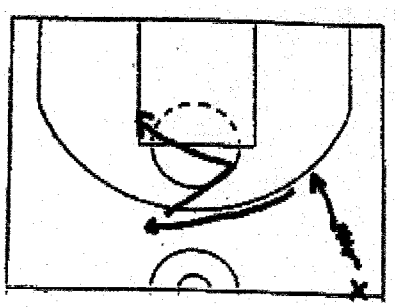


1. Player makes a dribble move, then shoots a 3.
2. Miss or Make, the player sprints to the top of the key & receives a pass for another 3.

- SAME THING ON BOTH SIDES
- Make challenges for yourself, such as you have to make 7 out of 10 or it does not count!

- 1/2 Court dribble moves & pull ups



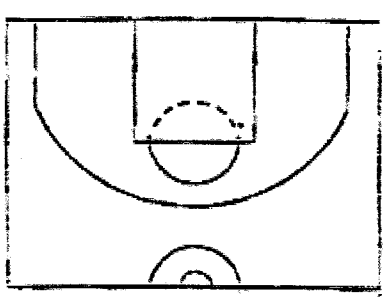


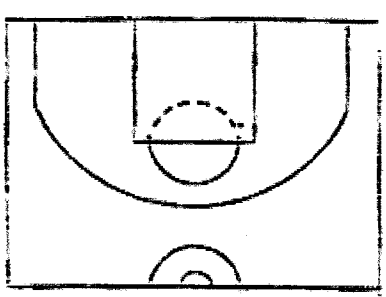
1. Same drill as above, but now after the three, the player sprints to the top of the key & receives pass and rips it thru for a pull up jumper.

Same drill but now you will change direction with a dribble move

- crossover
- between legs
- behind-back

- Make Up Your Own

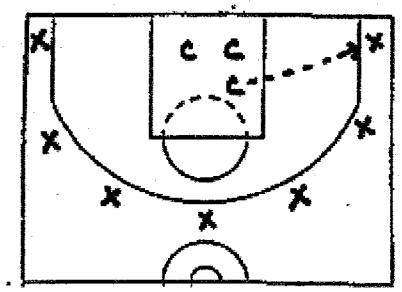


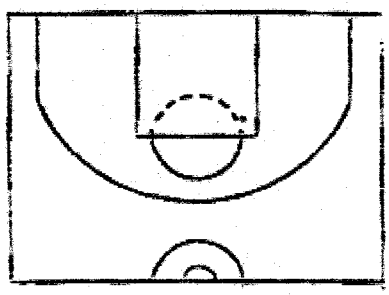


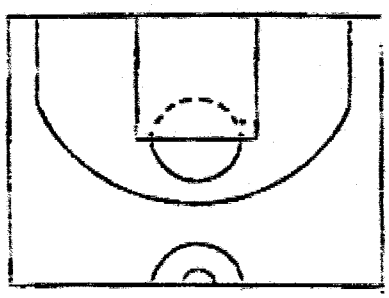
GATOR FUNDAMENTALS Print

Perimeter Player Work-out #5

- Spot Shooting

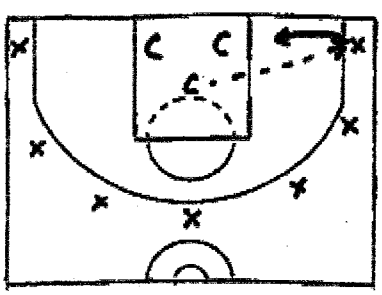


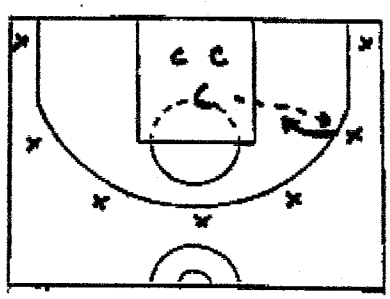


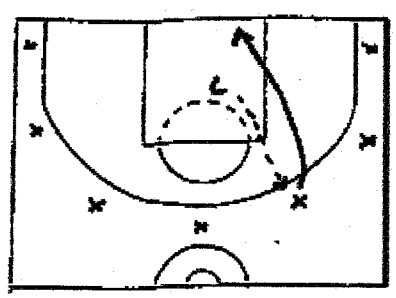


1. Player is in one spot at a time. He can shoot for a minute at a time, or until he makes 10, whatever you want to do.
2. Make sure to keep track of everything to set goals & records to measure improvement.

- 1/2 Court dribble moves & pull ups



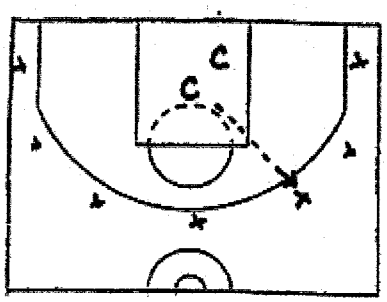


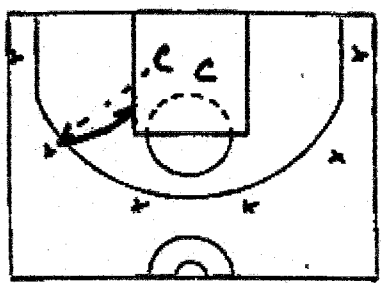


1. In this drill, the player will receive the pass, then ball fake & go right for a pull up jumper. In the same spot he will ball fake & go left for a pull up. Then he will do 2 more ball fakes, right & left, but now getting to the rim.

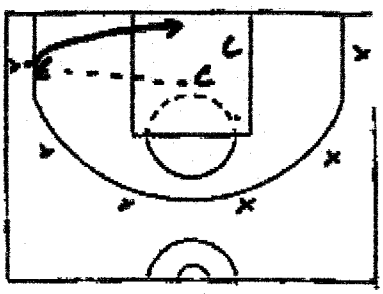
- Once again keep track of everything!

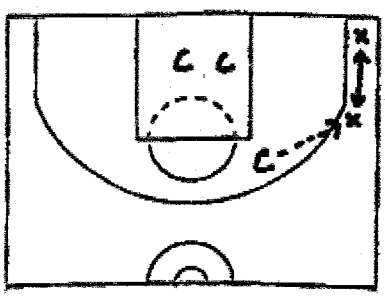
- "21" Shooting Game

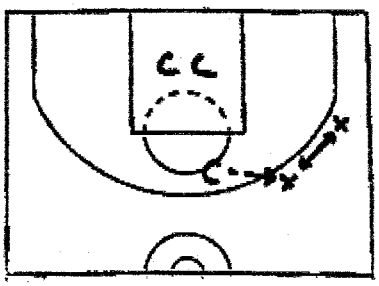




1. Player has to move all around the perimeter. He can't shoot from the same spot twice or shot the same shot twice in a row. 3's are worth 3, ball fake pull-ups are worth 2, and a lay-up is worth one. Go all the way up to 21.

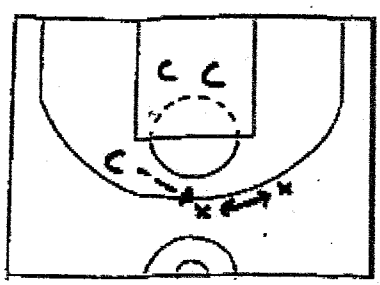






1. Player will move from spot to spot for 1 minute.

- Next spot

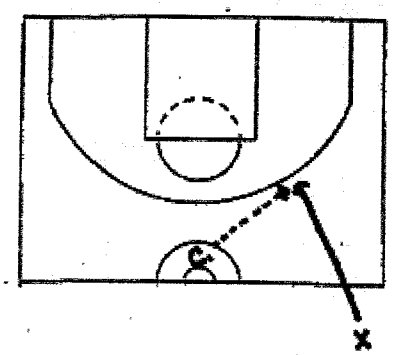


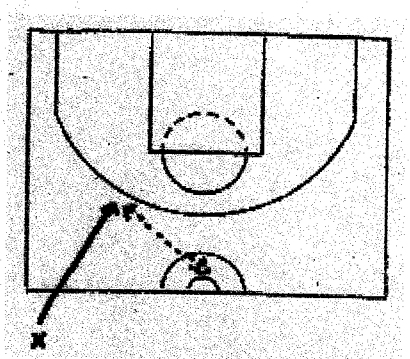
- Next spot

GATOR FUNDAMENTALS Print

Perimeter Player Work-out #6

- Transition Shooting

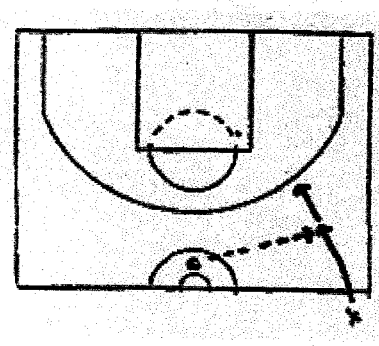




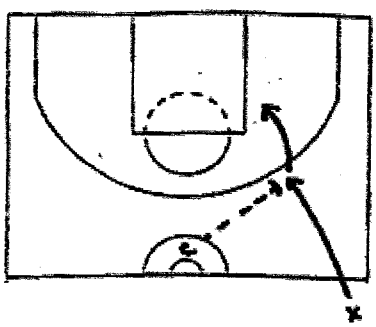
1. Player will sprint in from 3/4 court & receive pass from coach on the run
2. Player will shoot with no dribble

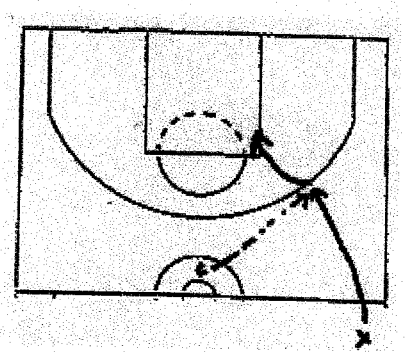
- Same thing on both sides

1. Same drill, but now the player can take a dribble



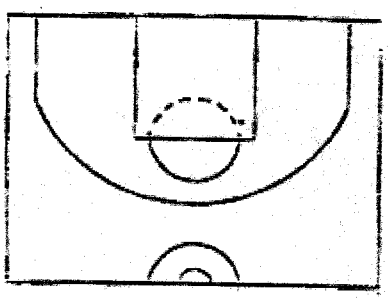
- Transition Shooting with Ball Fake

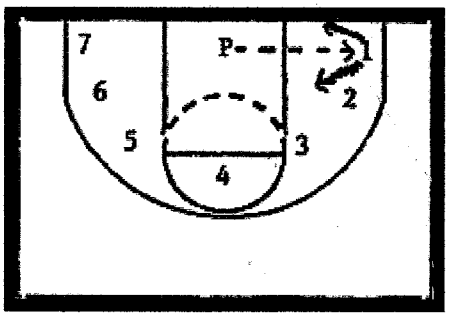




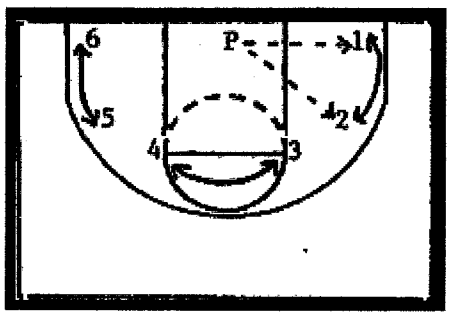
1. Same drill as above, now the player will ball fake, take one dribble right and pull up for a jumper

- Same thing, only this time the player will ball fake & go left.





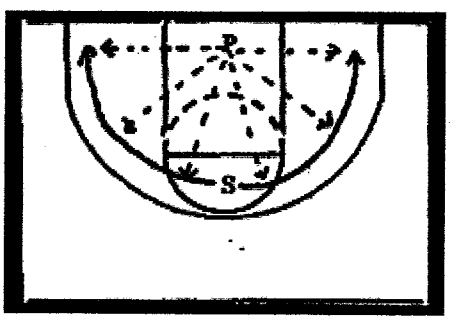
4. Shooter gives good shot fake, drives by body to body.
5. Take one or two dribbles, pull up and shoot jumper.
6. Make five and rotate.



Two Man, Square-up (15 ft. or 3pt.)

1. Shooter gets behind the pass, hands ready, fingers up.
2. Passer delivers ball to outside shoulder.
3. Shooter moves back and forth between spots.
4. Shoot corner to wing (both sides) and elbow to elbow.
5. Make 7 shots, shoot 2 foul shots and rotate.

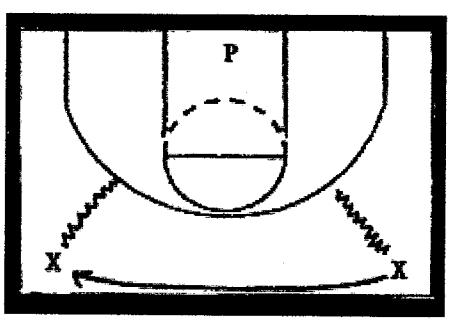
DRILLS FOR IMPROVEMENT
Partner Shooting



Shots on the Move (15 ft. or 3 pt.)

1. Shooter moves along perimeter at game speed.
2. Passer delivers ball to outside shoulder.
3. Player should square, catch and shoot.
4. Make 7 shots shoot 2 foul shots and rotate.

NOTE: This drill has three variations. a. Catch and shoot. b. Catch, shot fake, 1 or 2 dribbles same direction, jumper. c. Catch, shot fake, pull through opposite direction I or 2 dribbles, jumper.



Dribble Series, Jumpshots (15 ft. or 3 pt.)

1. Shooter starts at half court and dribbles at game speed, drops weight down and shoots pull-up jumpshot.
2. The non-shooter rebounds the ball and passes ball to shooter on the other side.
3. Shooter should begin dribbling with right hand on right side and left hand on the left side.

NOTE: Use speed dribble, change of pace, inside-out, hard stutter and inside-out crossover.

GATOR FUNDAMENTALS Print

The Jumpshot

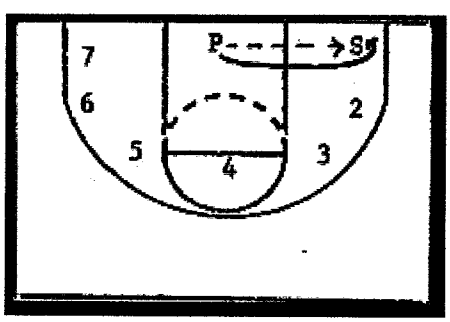
In the game of basketball, great shooters are hard to find. If you want to be a great shooter, all you need to do is decide to get it done. First, you must perfect your fundamentals. All this requires is good coaching and hours of practice. Second, you must practice at game speed. This means you approach your 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 on.

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 in a "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 reverse rotation and make your shot soft on the rim.

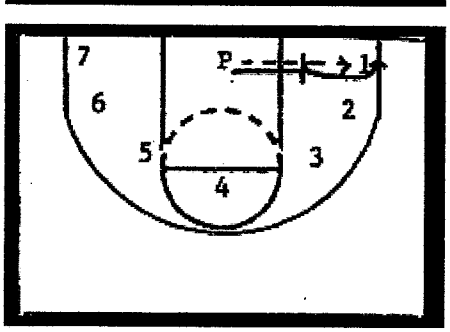
NOTE: A good player must shoot the ball well off both the pass and off the dribble. When shooting off the dribble, make the last dribble hard and high to help you move directly into your shot. When receiving a pass, run the ball into your hands and catch the ball with knees bent.

DRILLS FOR IMPROVEMENT
Partner Shooting



Two Man, Shoot and Follow (15 ft. or 3 pt.)

1. Drill begins with a good, crisp, pass. Follow the pass.
2. Shooter catches ball with knees bent, hands ready, fingers pointed up.
3. Catch and shoot the ball in one smooth motion.
4. Follow your shot, retrieve ball and pass to partner who shoots.
5. Continue alternating until one person makes five shots.
6. Rotate to next spot. Repeat for all seven spots.



Two Man, Shoot and Follow with Contest

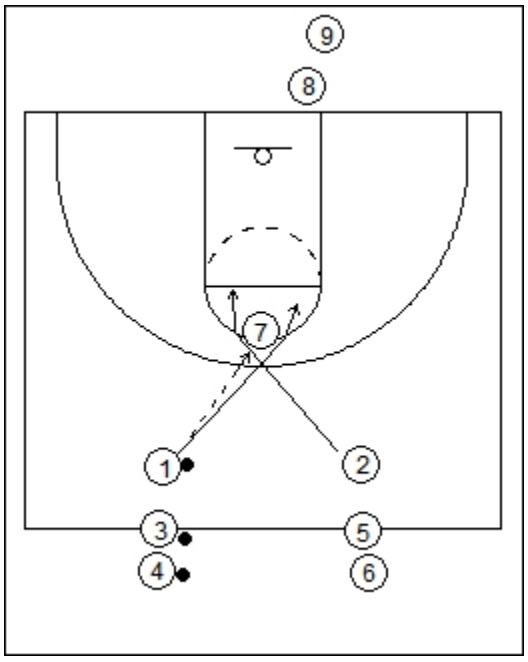
1. Drill is done as one above.
2. Step into your shot as you catch the ball.
3. Elevate and release the ball.
4. Shoot until one person has made five shots.
5. Rotate to next spot. Repeat for all seven spots.

Two Man, Shoot and Follow, Shot Fake

1. 1. Drill is done as those above.
2. Catch ball with knees bent and fingers pointed up.
3. Defender follows pass and contests shot. Do not block.

Geno Auriemma Teaching the High Post/
Triangle Offense
All Drills Are To Be Done On Each Side Of The Floor

Drill 1



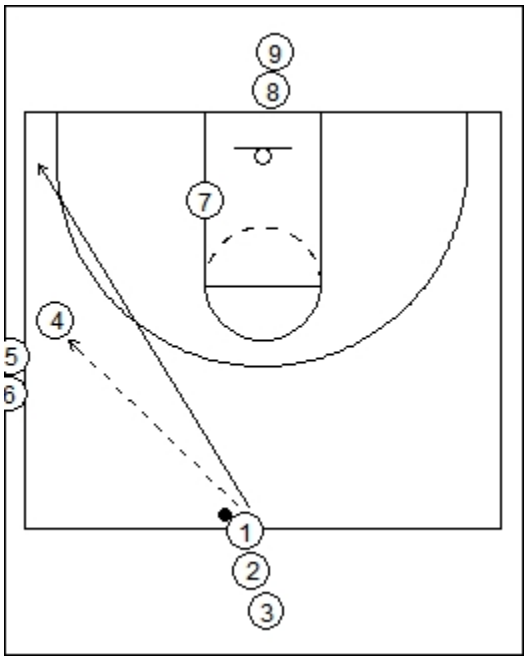
1 passes to 7 and immediately cuts around 7 looking for a handoff. 2 cut off of 7 next also looking for a handoff. 7 makes the handoff and goes to the basket.

The drill continues as 3,4 and 8 step on.

**Options

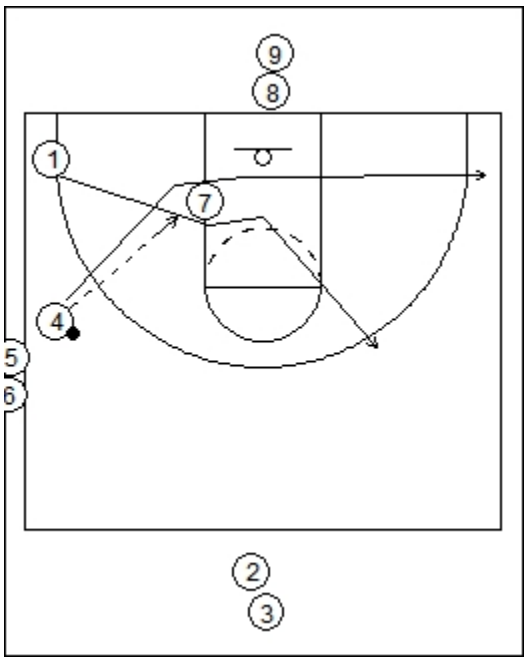
The cutters can pull up for a jump shot
Neither cutter receives the ball and goes to the corners and the post dribble attacks the basket finishes or kicks.

Drill 2



1 passes to 4 then cuts through to form a strong side triangle. 7 is in the MID-POST. That is very important.

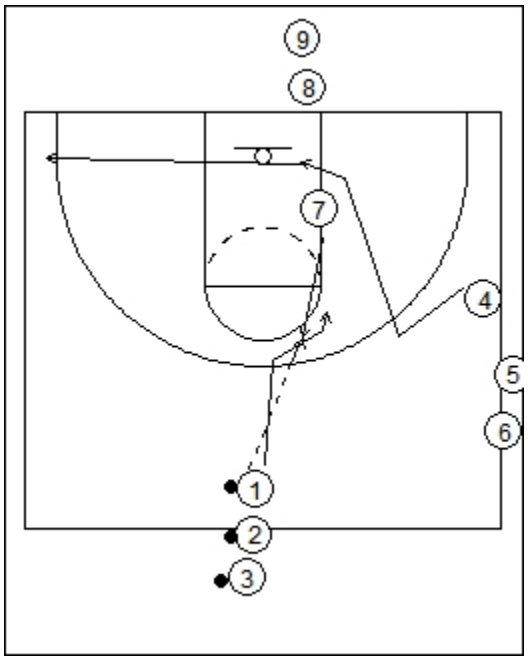
Drill 2 Cont.



4 passes into 7 and then cuts looking for handoff or drop pass. If 4 does not recieve the ball then will continue to the corner. As soon as 4 makes its cut, 1 comes off of 4's rear end over the top of 7. 1 looks for the hand off or drop pass. 1 does not get the ball, will continue to the opposite wing. Now 7 has a post move for a score or a post move and kick opposite.

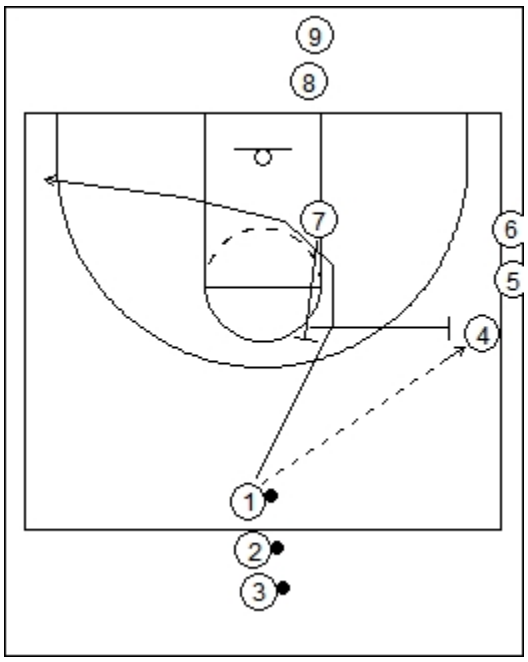
*Options
The wings can do so many things, and it becomes a read and react. Example: As soon as 4 passes to 7, 1's man turns his head and 1 immediately takes off on a back door move. 4 reads what 1 did and can go toward 7 and then fade for a jumpshot, continue on with regular cut and fill opposite. Most teams just learning will stick to basic cut.

Drill 3



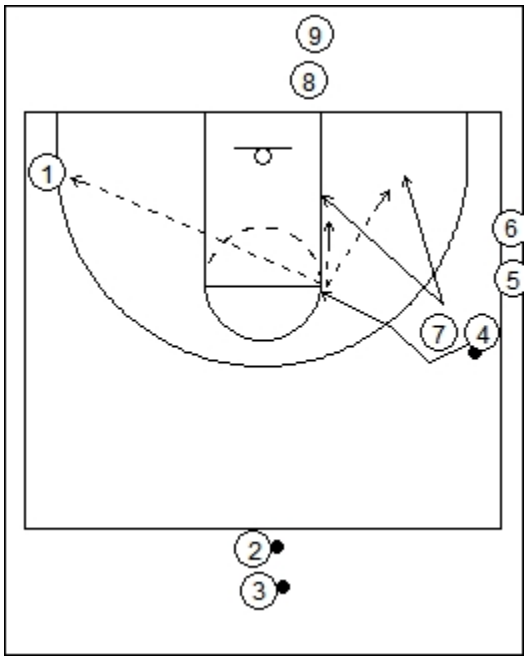
If the wing is overplayed, 7 will pop to the high post area. As this is happening, 4 takes man up higher and cuts hard backdoor as the ball is in the air to 7. 7 looks to pass to 4 on the backdoor cut and continues to the corner. If not there, 1 comes around 7 for a handoff and goes to the basket or pulls up for the jumpshot. 7 can also attack the basket with a jumpshot or dribble move. 1 and 4 are spotted up for the kickout.

Drill 4



On the guard to guard pass, 7 steps up to set a backscreen for 1. 4 looks to 1 coming off of the backscreen. 7 then sets a screen for 4.

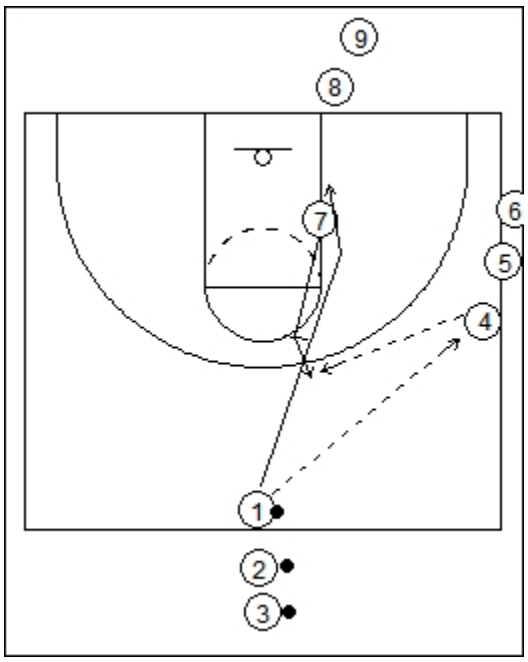
Drill 4 Cont.



4 can use the screen and has options:
a. shoot(we like the ball to get to the elbow)
b. pass to 7 on the
roll to the basket or the pop.
c. pass to 1 for a shot.

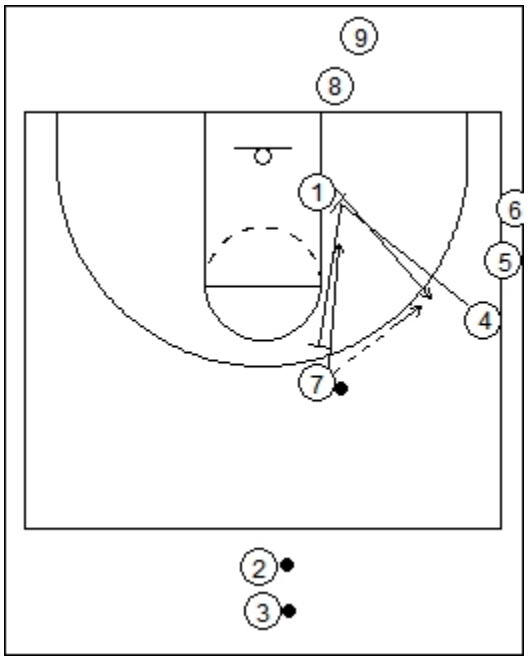
4 does not have to use the screen especially if defender is looking to get over the screen early.

Drill 5



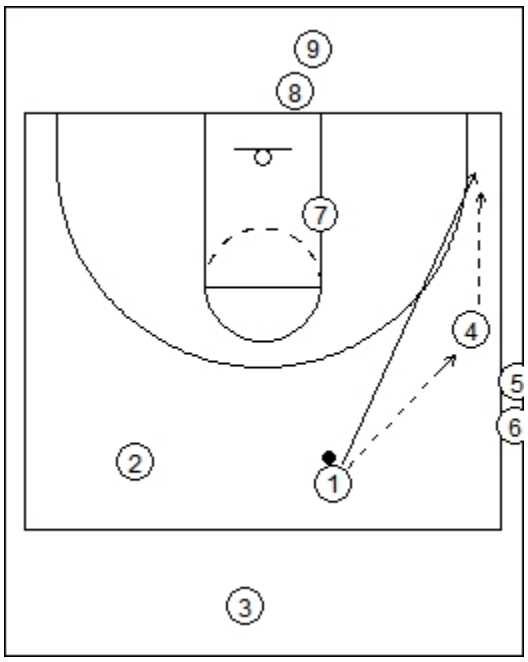
1 passes to 4 and 7 sets the backscreen for 1. This time instead of setting a screen for 4, 7 pops high for a pass back from 4.

Drill 5 Cont.



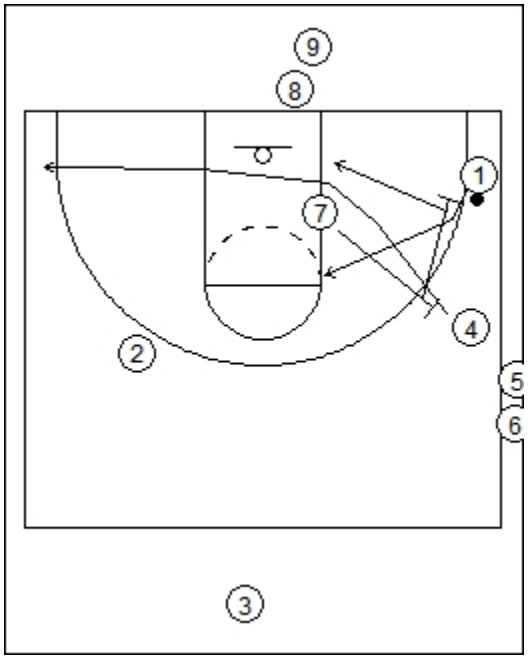
4 sets a downscreen for 1 who goes to the wing. 4 opens up to the ball and looks for the pass from 7. 7 passes to 1 and receives a backscreen from 4. 1 looks to 7 going to the basket or 4 stepping out for the shot.

Drill 6



This is where ball reversal begins. This is also the most used option.
1 passes to 4 and cuts to the corner to form a strong side triangle. 4 looks inside and then passes to 1.

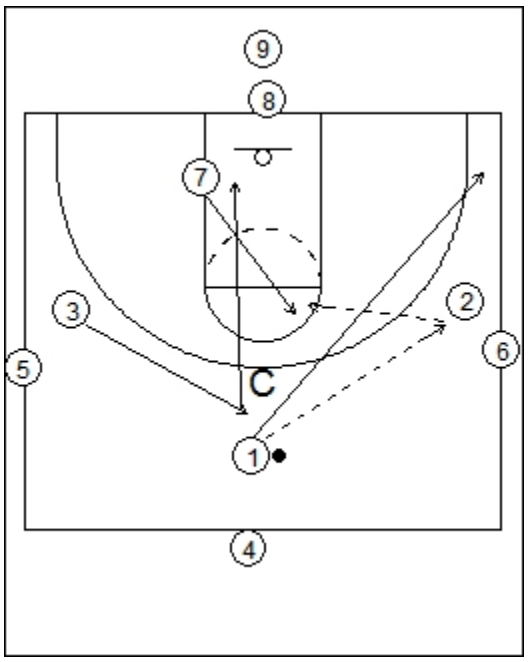
Drill 6 Cont.



7 steps up to set a screen for 4. 4 goes all the way through to the corner if she does not receive pass for layup from 1.

7 then plays screen and role with 1. 1 has the option to:
a. shoot
b. hit 7 on the roll or pop
c. draw and kick to 2
d. draw and kick to 4

Drill 7

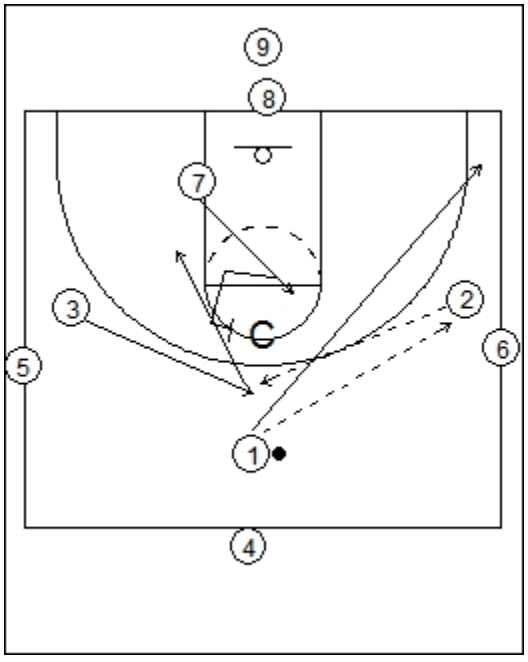


Weakside Play

1 passes to 2 and fills the corner spot. 3 goes to the top of the key area.
<u>If 3's man is above the three point line,</u> the pass goes to 7 who is flashing at the same time. As the ball is in the air to 7, 3 cuts hard backdoor.
7 looks for the backdoor pass. If 3 does not get the ball, she fills to the corner.

For the drill sake, the perimeter players move in a counter clockwise movement from wing to point to wing.

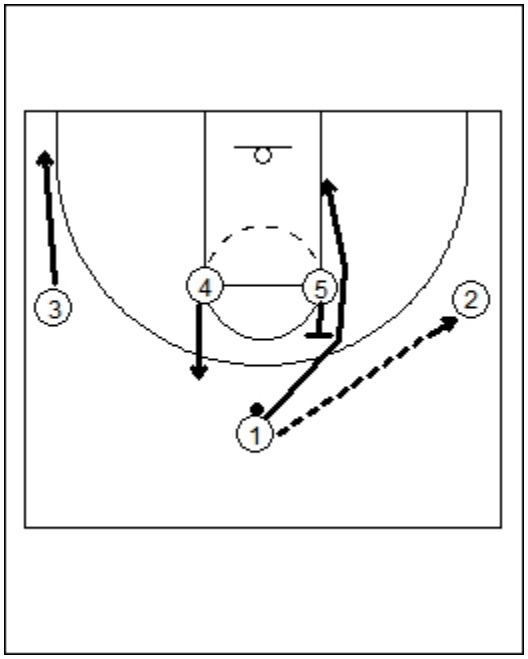
Drill 7 Cont.



<u>If 3's man is inside the three point line,</u> then 2 passes to 3 and 7 will screen for 3 and play pick and roll.

He then goes into sets that he uses to get the team to take advantage of defenses or to get movement.

40 series



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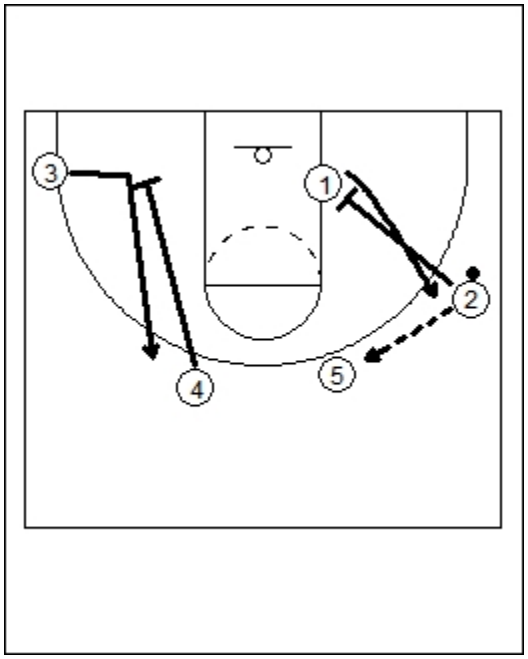
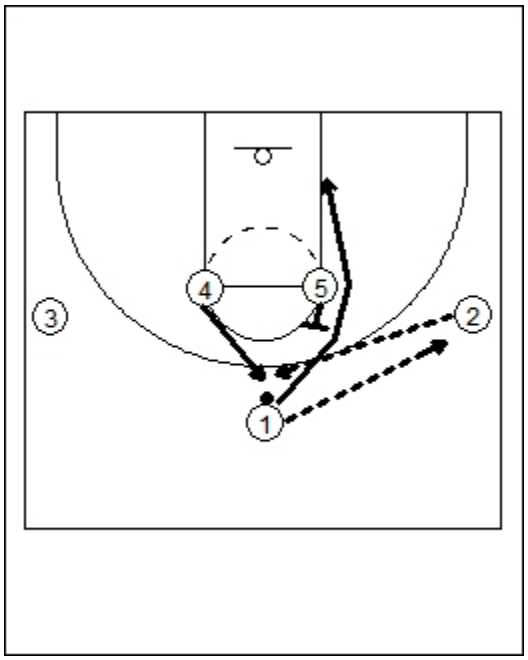
1 passes to 2
5 sets a back screen (UCLA) for and 1 goes to the block
3 slides down toward the corner
4 steps out above the three point line

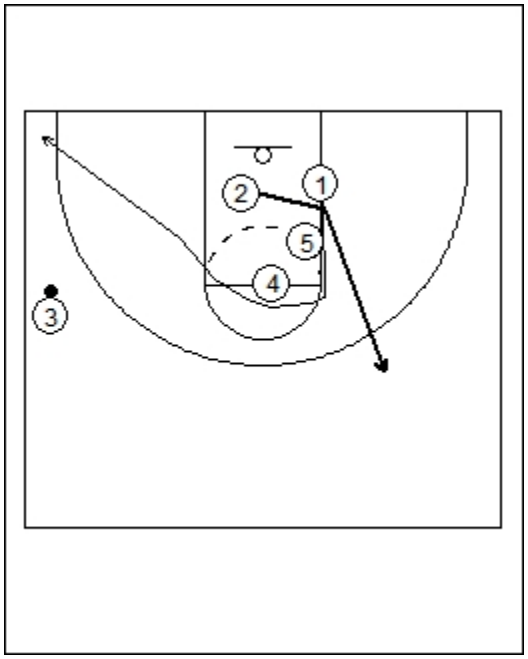


2 downscreens for 1 and opens up or fades to the corner
1 goes to the 3 point line
4 downscreens for 3 and can slip or post
3 can:
curl
tight curl
flex cut
fade

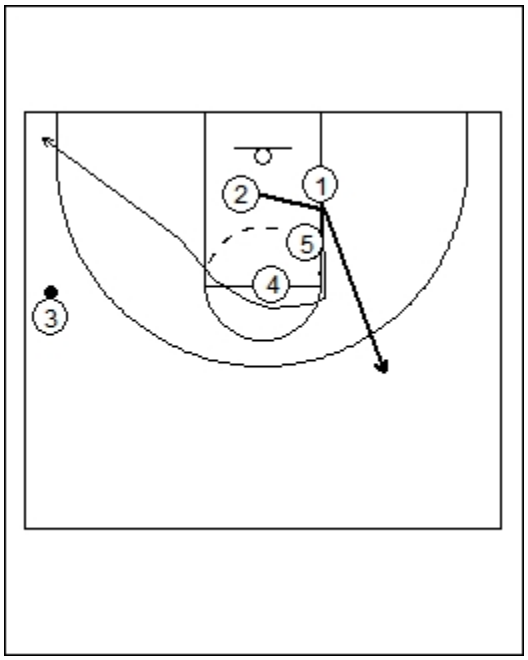
41



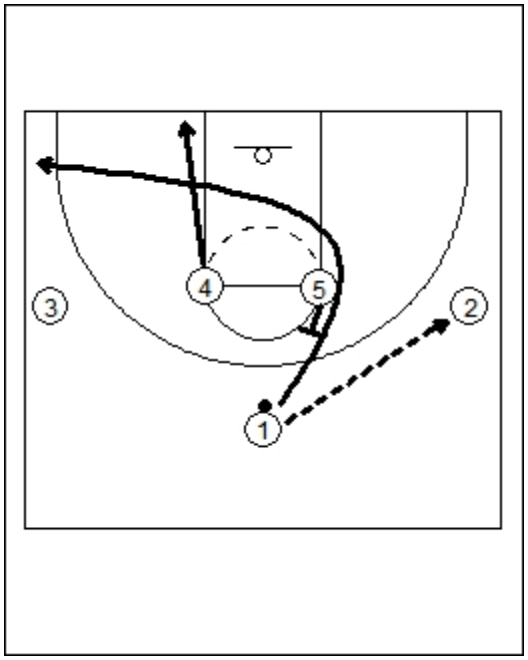
1 passes to 2 and runs off of 5 backscreen.
4 steps out past three point line



4 reverses 3
1 backscreens for 2



5 and 4 set a staggered screen for 1 then 2



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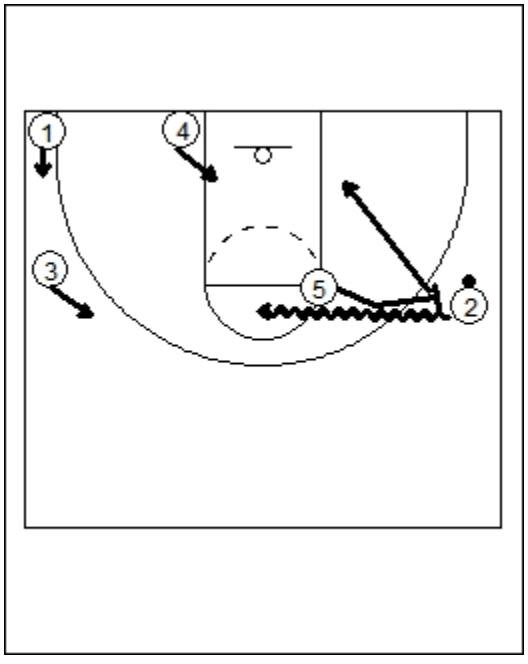
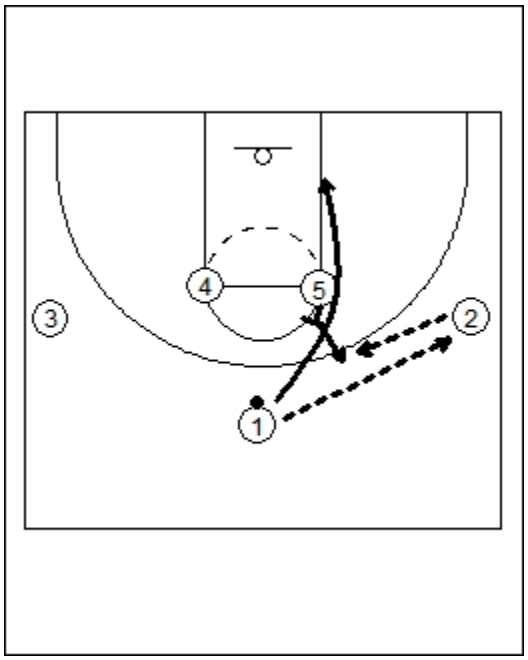
1 passes to 2 and goes off of 5 backscreen and continues to the corner
4 goes to the baseline

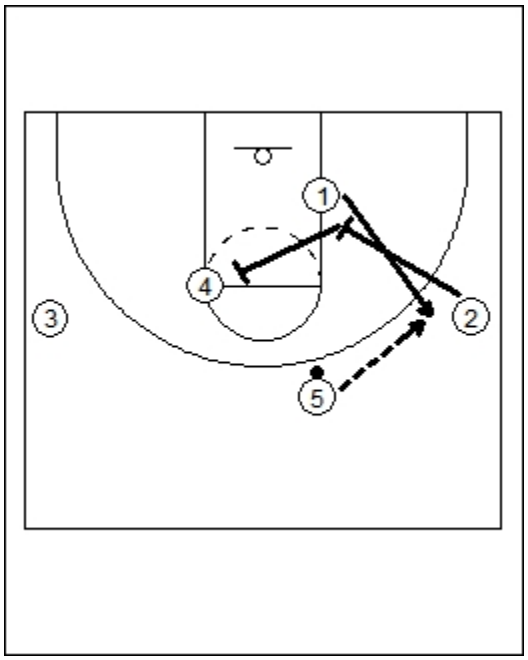


5 screens for 2 and rolls to the basket
4 steps into the gap
1 and 3 slide to open spots

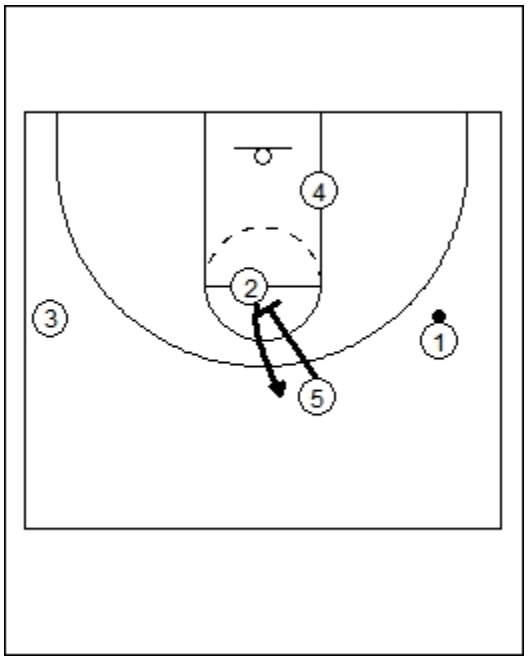
44



1 passes to 2 and goes off of 5 backscreen
5 steps out past three point line for return pass



2 downscreens for 1 then continues to screen for 4
5 passes to 1



5 then downscreens for 2

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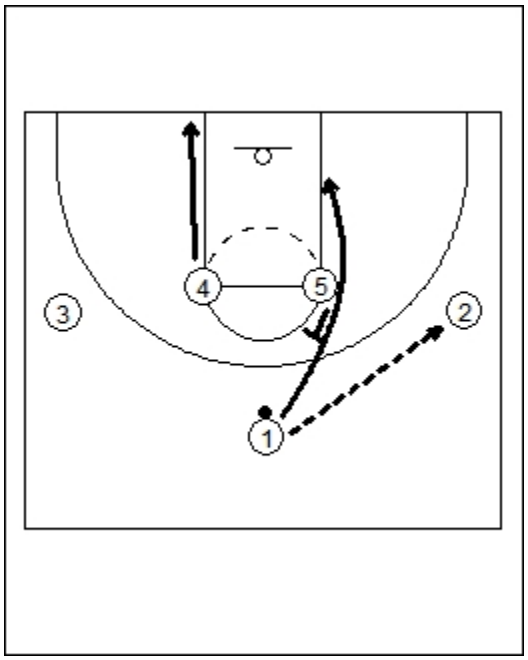
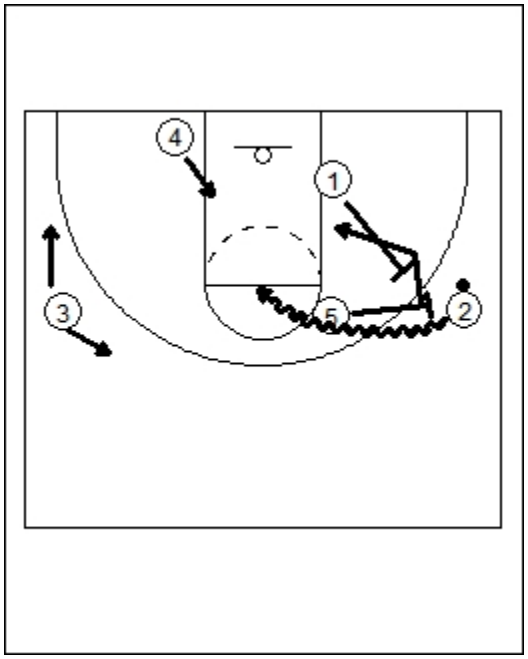
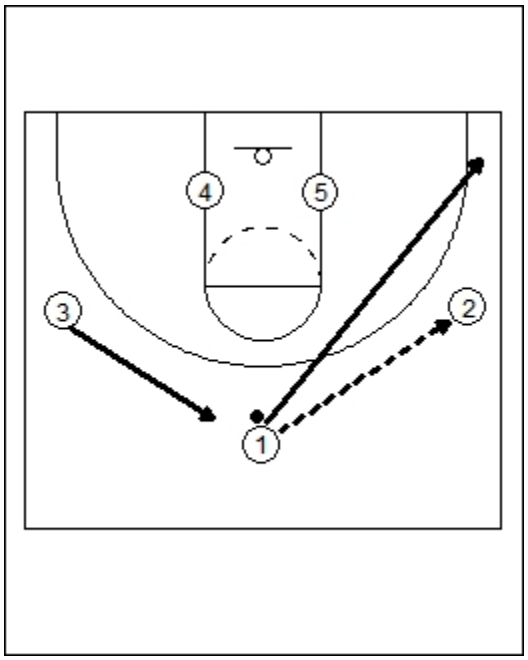


1 passes to 2 and goes off of 5 backscreen
4 goes to the baseline

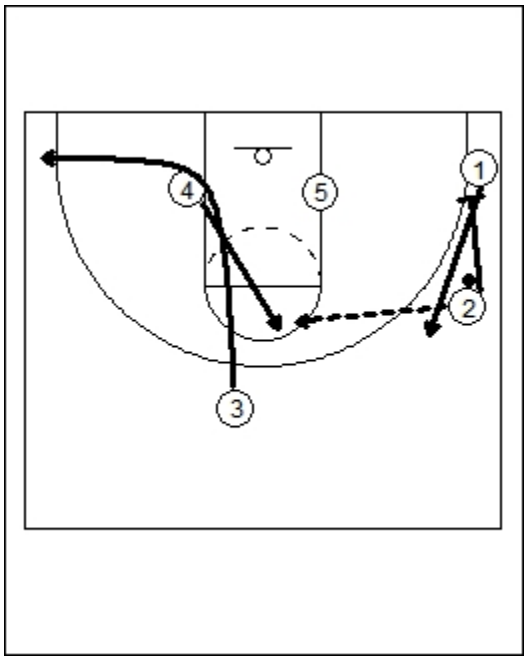


5 screens for 2
1 backscreens for 5

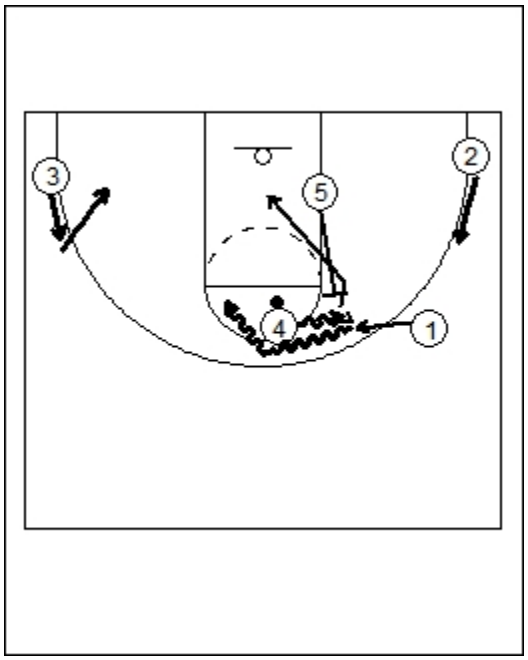
46



1 passes to 2 and cuts to the corner
3 goes to top of the key



4 flashes to the elbow area
2 passes to 4
3 cuts hard backdoor
2 downscreens for 1



4 dribbles handoff with 1
5 backscreen for 4

Gary Williams – University of Maryland

1) Pressing Philosophy
    A) Must pick your spots
    B) 2 types of press offenses
        a) Quick - try to knock the ball to the official or at least loose away from inbounder
        b) Slow - Hand ball to the inbounder
    C) Must stay committed to the press
    D) Open court do not try to trap
    E) If you are behind the ball sprint to the paint
    F) To be a good pressing team you have to be a great transition pressing team
    G) You always have a primary look and a secondary look
    H) Goal
        a) Quick shot
        b) Turnover
        c) Bad shot
    I) Can't allow any time to dribble out of the press/trap
    J) Must match up when we get to half court
    K) Don't allow ball into ballside - make them throw it weakside
    L) Keep press on when ball is on the side because most teams don't practice press offense from the side
    M) Don't have to be quick to press you just have to be committed and have discipline
    N) Give your players confidence with the press
    O) Builds your team as the most aggressive team
    P) Sideline pass must be taken away

*Offense if you are trapped get as low as you possibly can
*Must decide how many traps you want before getting back

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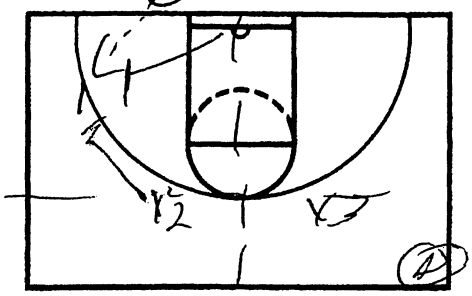
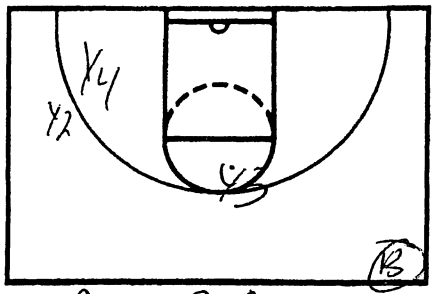
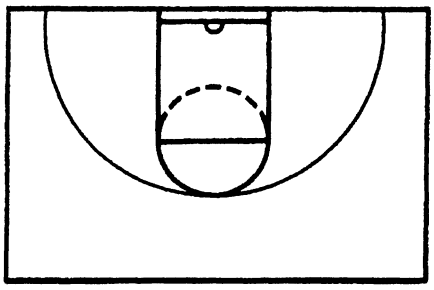
CLINIC Craig Wilkes
DATE Press of Mayland

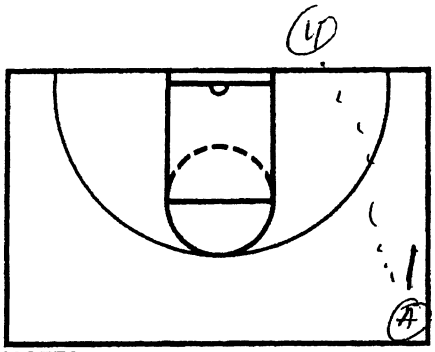


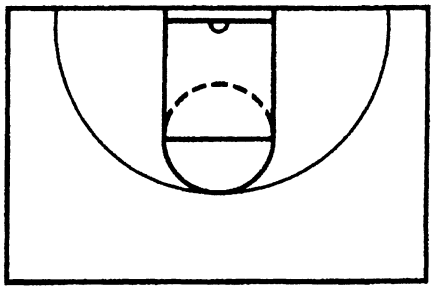


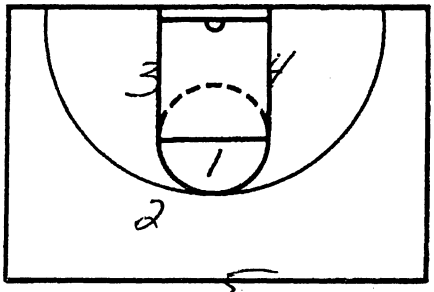


NOTES

v Play 2 Guys



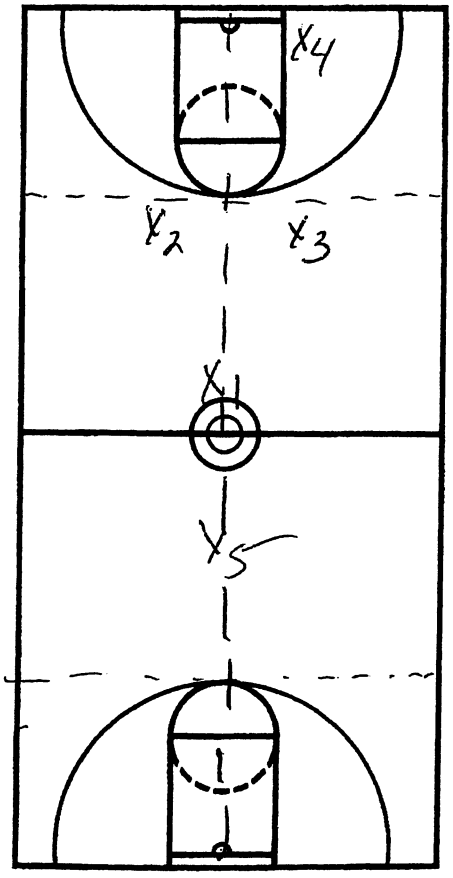




NOTES If target a Cater
Have press is off

JUST DO IT

Primary Cook
Secy Cook



NOTES

X4

1) A little crazy
2) Grab ball & Hold it to throw to take it out
3) Make inbound pass look Try to kick it

X2 & X3

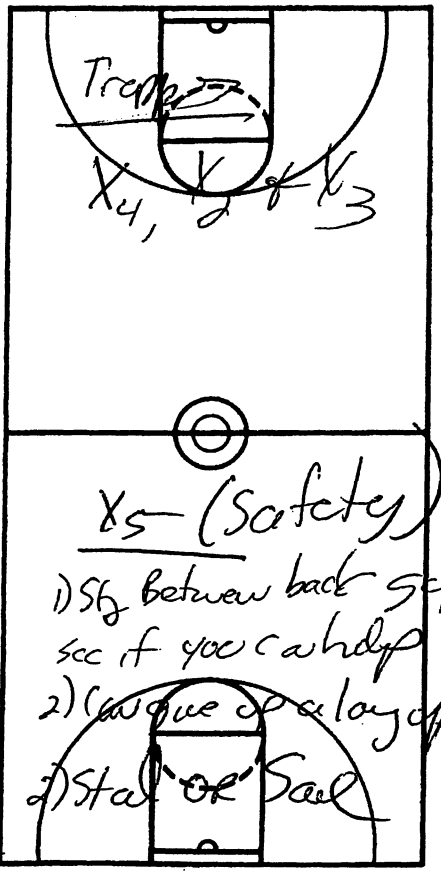
1) Push man to baseline
2) Make tough catch
3) Find Guys

Traps

1) Don't allow man to pivot

X1

1) look for 3rd guy on the Court - Don't let offense see you but be close



X5 (Safety)

1) Sag between back stop & see if you can help
2) Cover a layup
3) Stay or Seal

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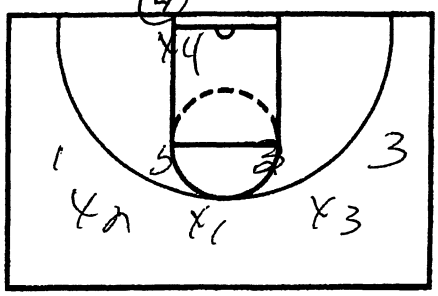
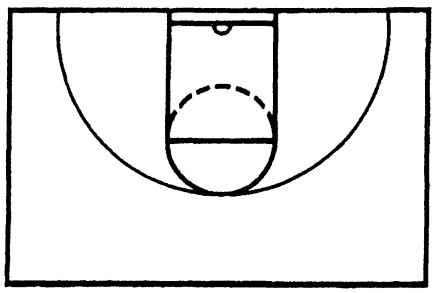
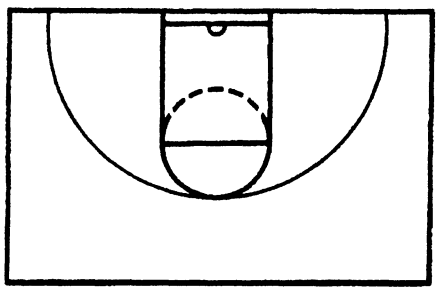
CLINIC Gary Williams
DATE
Maryland

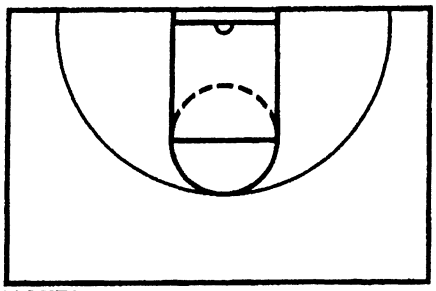


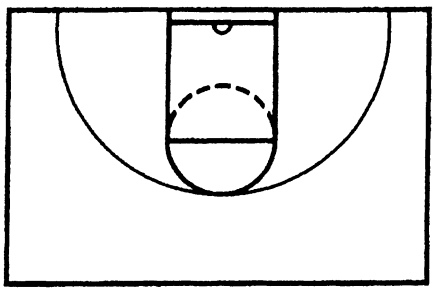


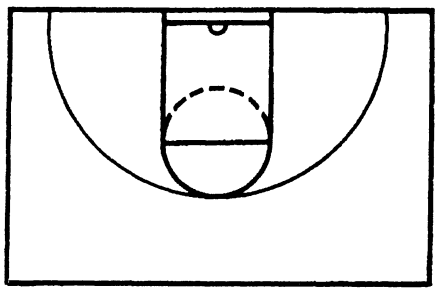


NOTES

X5



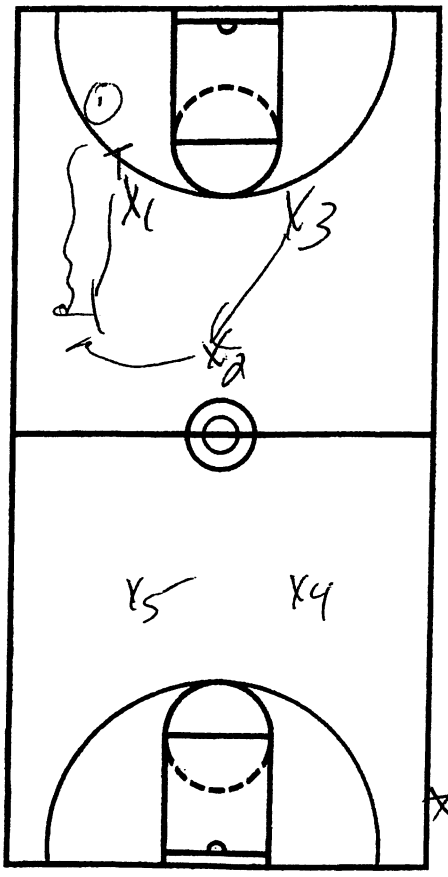




NOTES

JUST DO IT

2-1-2
ITrap Press



NOTES

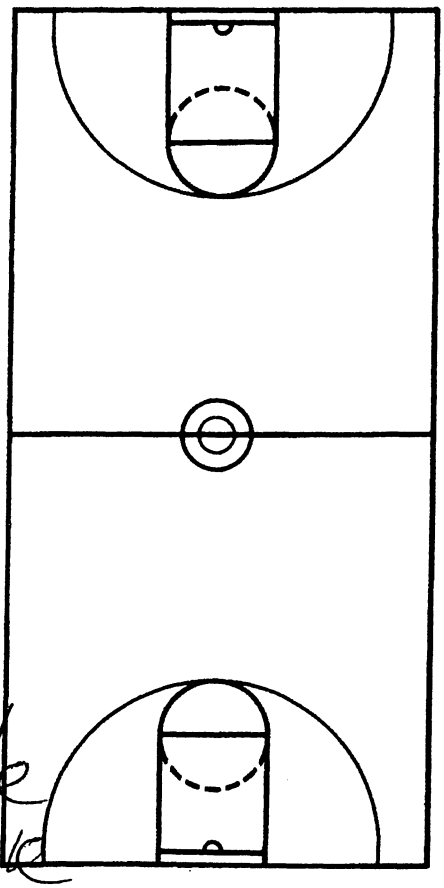
* X1 = Squeeze up ball

X2 = must decide where to
Contrust to the trap

X3 = Take by middle

X5 + X4 - No deep
passes. Hide +
look Steals!

* Trap in the middle
of the floor dribble



North Carolina Philosophy – Roy Williams

1) Play 94 feet Offense
   A) Gives the coach control if you practice it every day
   B) Kids love it
   C) Easy to recruit to
   D) Run make or miss
   E) Outlet - keeps you from getting pressed
      - 2 hands over head
      - baseball pass
      - they chart during practice who is taking the ball out of bounds
   F) 2 and 3 sprint to the other end
   G) Outlet ballside
      - Catch it on the run
      - Pressure - Get wide with butt to sideline
      - Cut and Get pass from other big if denied
      - Cross the court as much as you can!
   H) Other big - look at ball when at the top of key - turn and get catch and hit the man on run, or run to the front of the rim and post up
   I) If 2 or less defenders back then score in 2 or less passes. If more, than 2 defendaers run secondary break.

2) Offense versus a set defense - 3 rules
   - 3 passes unless you have a lay-up
   - Change side of the floor
   - Cutting off screen - Get your shoulder by his hip
   - Post Feeding
     a) Slasher - opposite the direction the post player turns
     b) Screener - get someone open - screen
   - Make your players feel like you are doing everything for them
   - There is only one basketball - must know where it is
   - Make your first 3 steps the fastest on the court - faster than the other teams big first 3 steps
   - What would you do if you were on the playground or in a pick-up game? Ask your kids this a lot
   - Bounce pass, feeding pass only to the post
   - Every possession is total commitment

In Practice Run 6 Times & They have 16 of these Second Breaks

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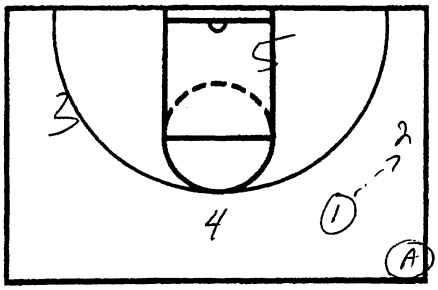
CLINIC Ray Williams
DATE UNC
Secondary Breaks

COUNTER



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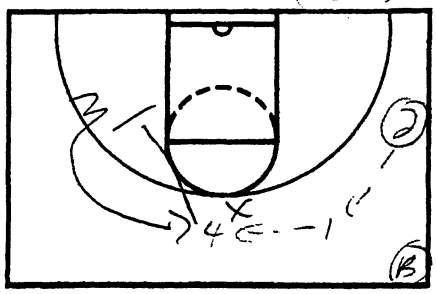
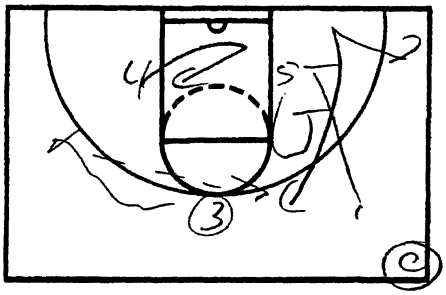
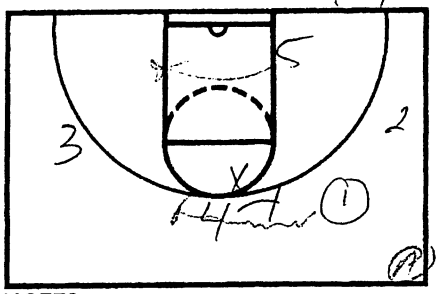


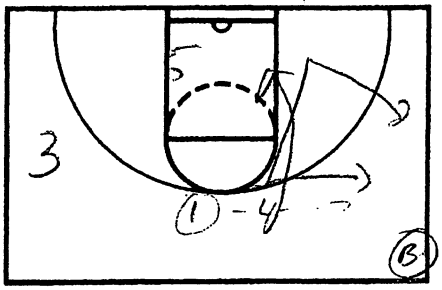


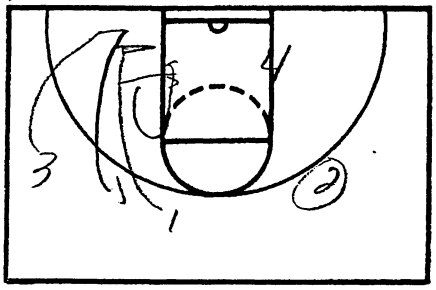
NOTES

(Eye Contact)



(Dribble)

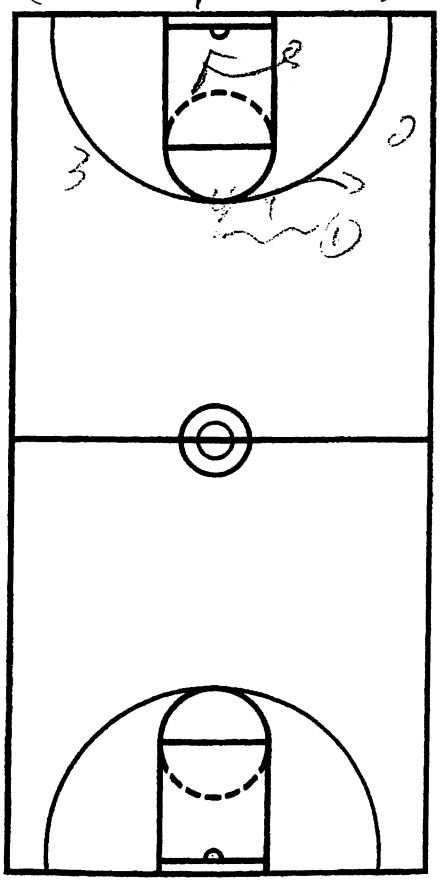




NOTES

JUST DO IT

(Dribble Spin Out)



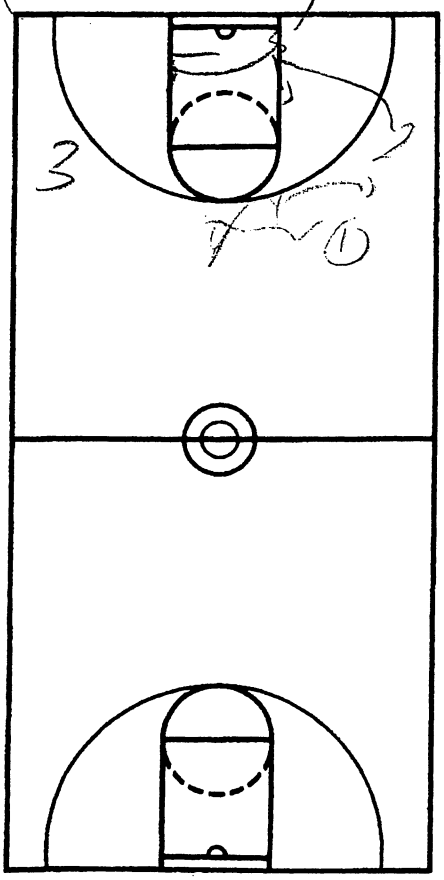
NOTES

1) 1/2 or 5 on 5

2) 3/4 CT 5 on 5

3) Full CT 5 on 5

(Dribble Hand)



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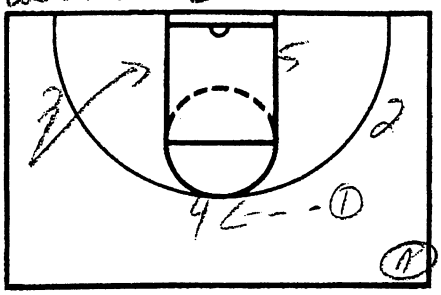
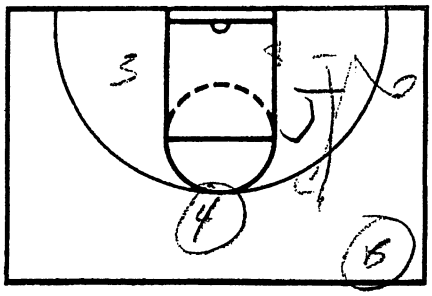
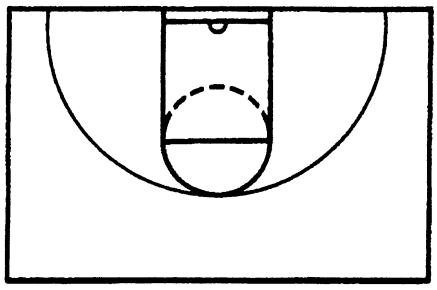
"Baseline Double"

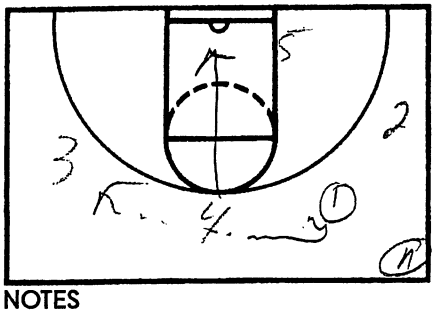


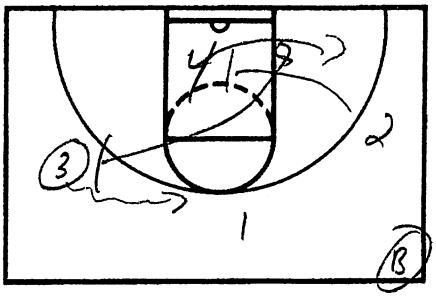


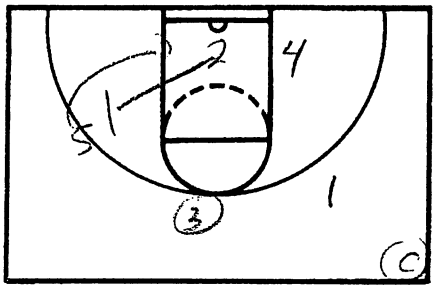


NOTES

"Raise Dribble = Dive"



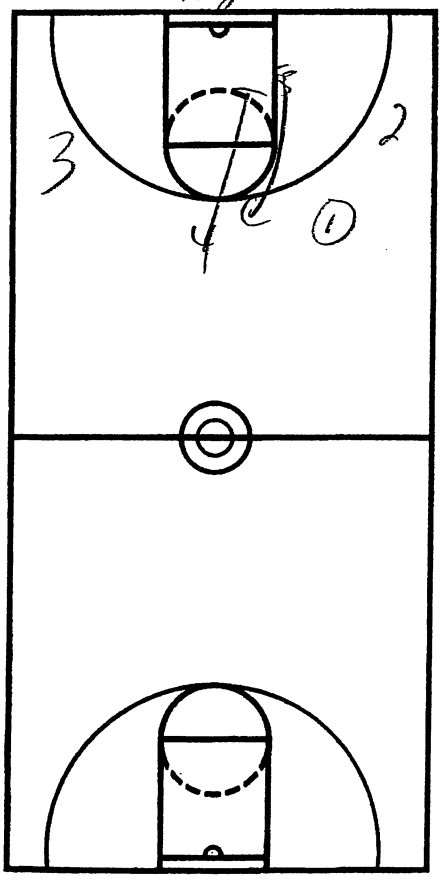




NOTES

JUST DO IT

"Post Entry"



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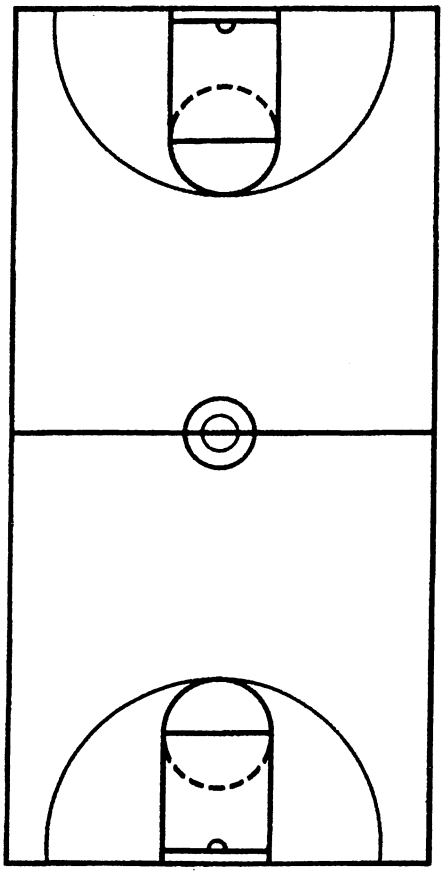

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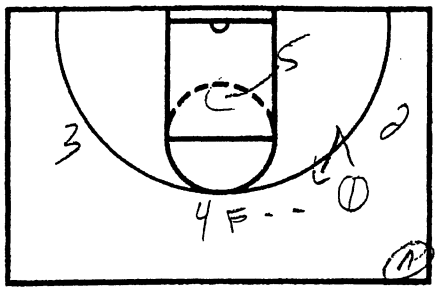
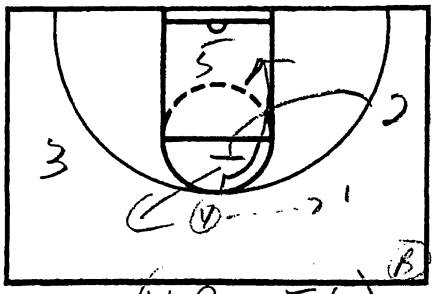
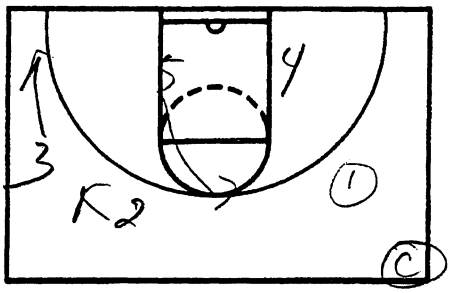
CLINIC Roy Williams
DATE UNC

"kickback"



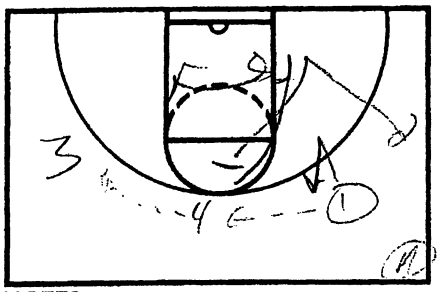


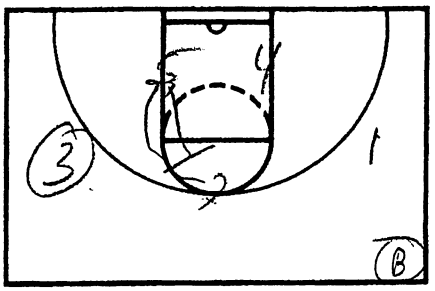


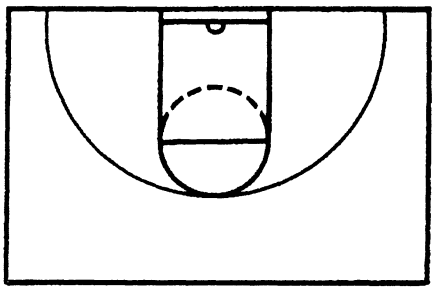
NOTES

(4 Pass Fake)

"Screen the Screen"



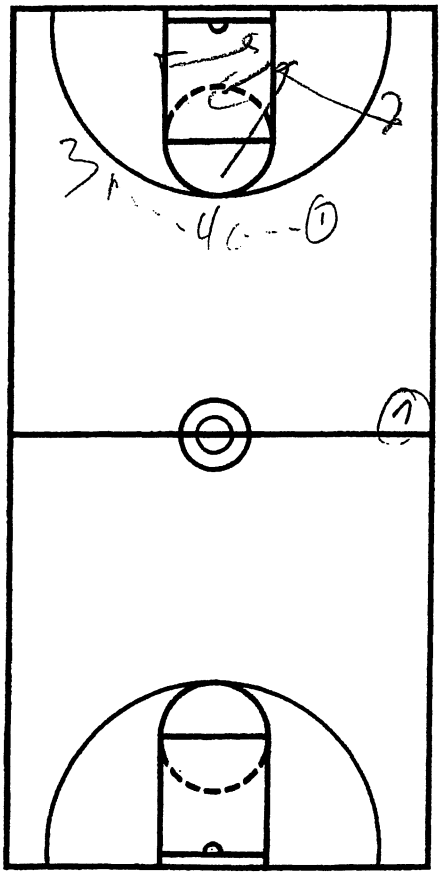




NOTES

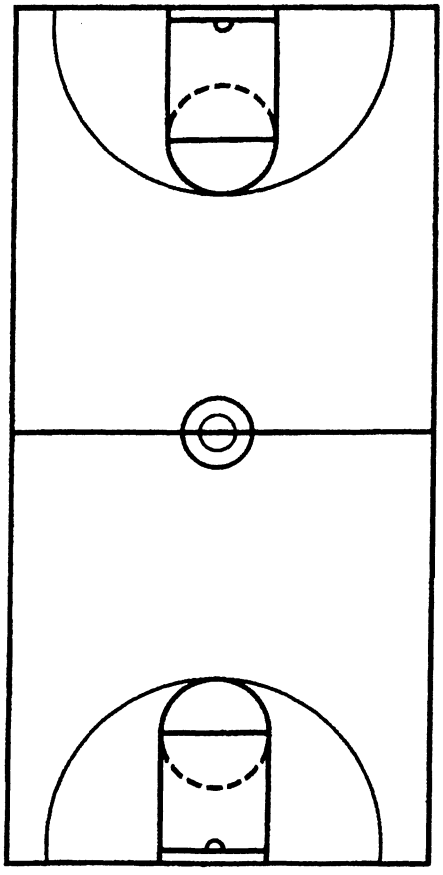
JUST DO IT

1) vs Zone Screen the middle of the zone or flash middle



NOTES 4+4 cut inside
bottom of the zone

2) 2 Get Back Cut
Fake Low



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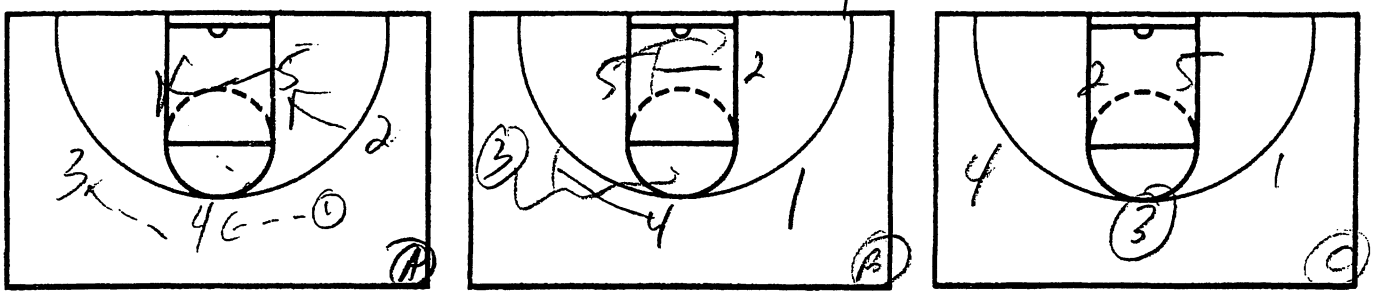
CLINIC Boy White

DATE

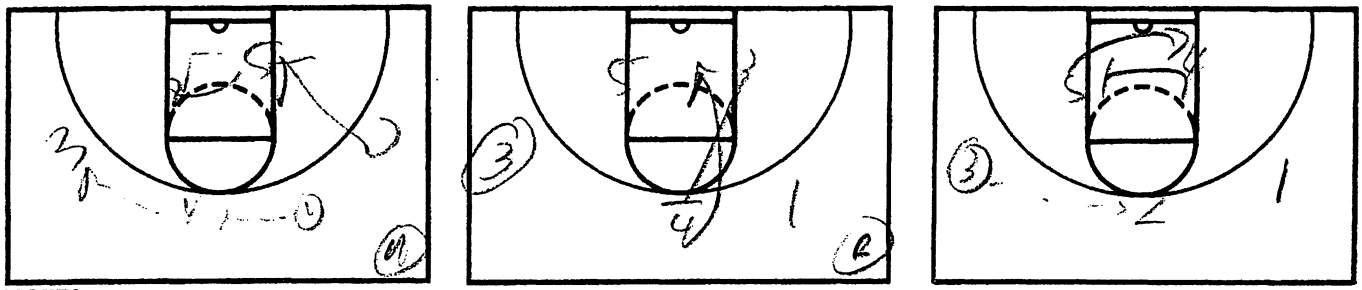
UNC

"Sweep"



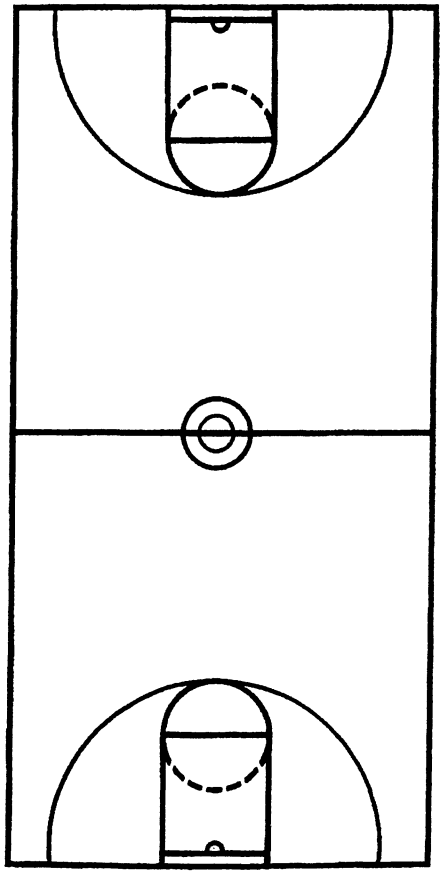
NOTES

"Reads"



NOTES

JUST DO IT



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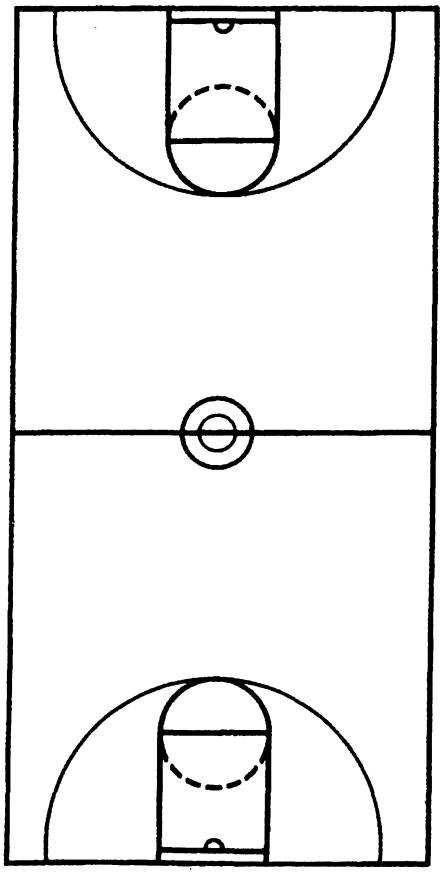

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CLINIC Hayward

DATE

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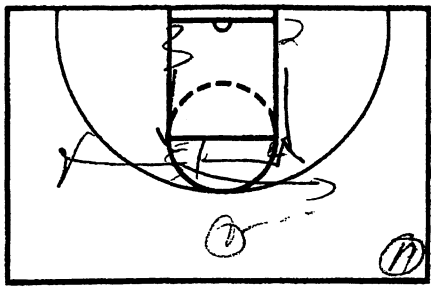

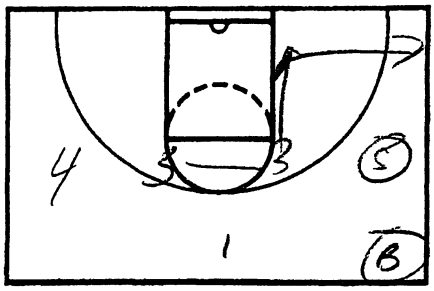

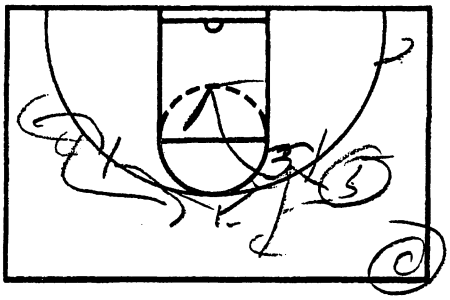

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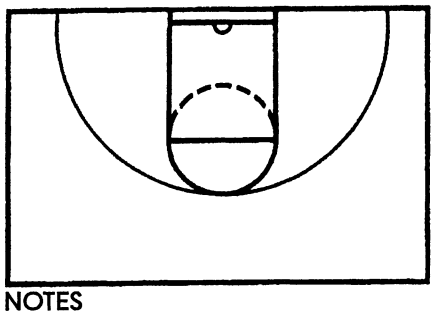

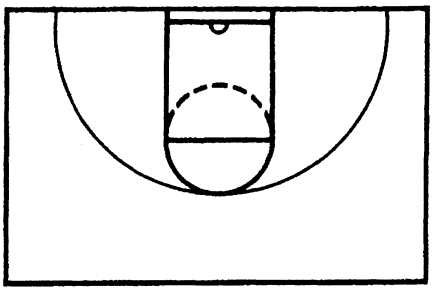

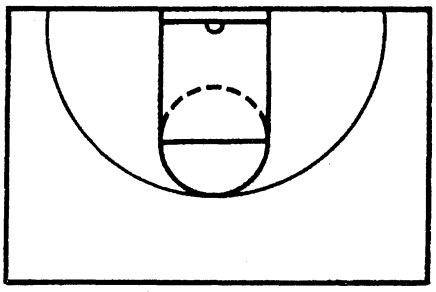

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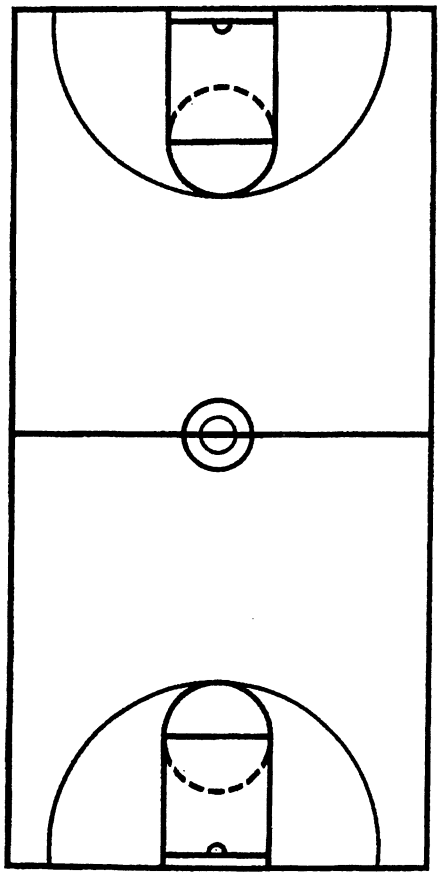

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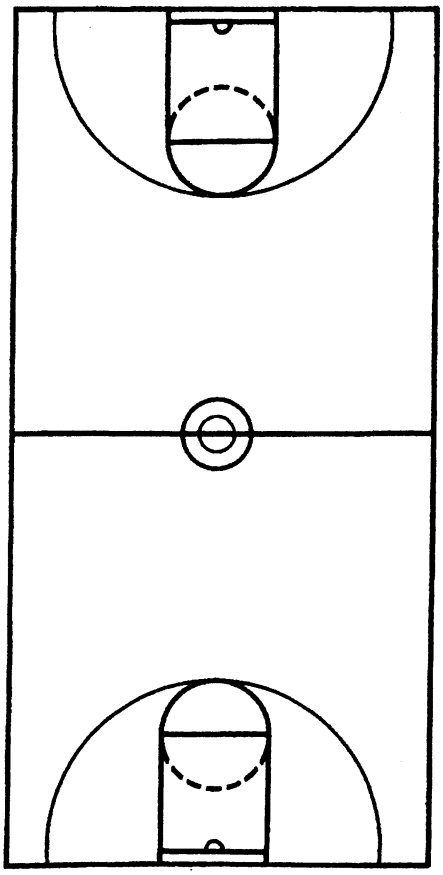

Dave Odom – South Carolina – Attacking Pressure

1) If you don't attack pressure at the point at which it is applied it will continue to come after you
2) You must meet it to beat it
3) Can't make a good pass without a good catch
4) Never allow a bounce pass on the perimeter
5) Post Position - Line up on the line of the ball to the basket
6) The pass should make the receiver of the pass into the post responsible for the catch
7) If can't catch it or pass it you can't play
8) Must teach your kids how to make lay-ups
9) Double teams happen when they happen - must attack it with speed or power at the point at which it occurs
10) Ball Reversal vs. Pressure in half court
    A) Jump shot
    B) Drive

*Defense is reacting and not ready to rebound

11) Always come to the ball and catch it
12) Press Offense
    A) FT's - 1 man take ball out
    B) Cue Ball - Bigs take it out

* Attack pressure where the pressure is applied
* Use a microphone at practice

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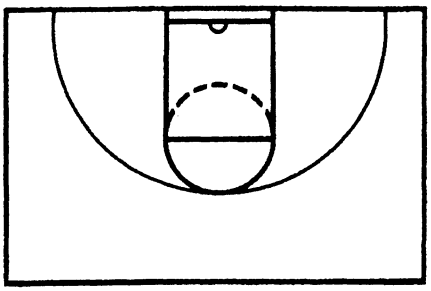

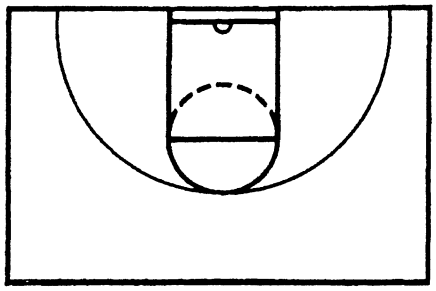

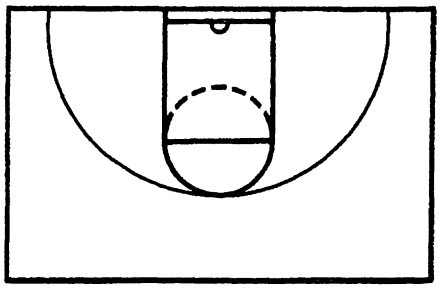

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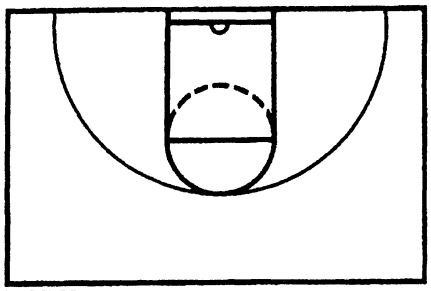

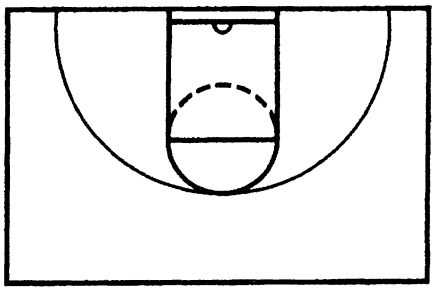

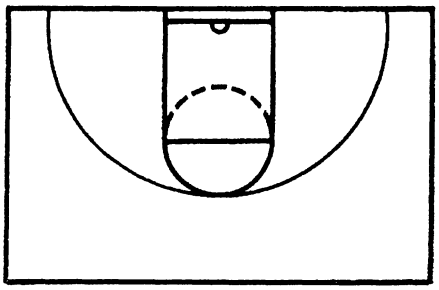

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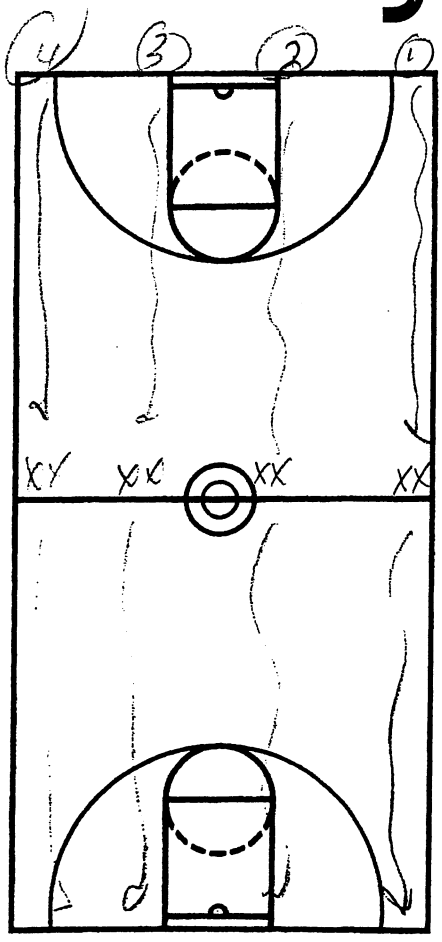
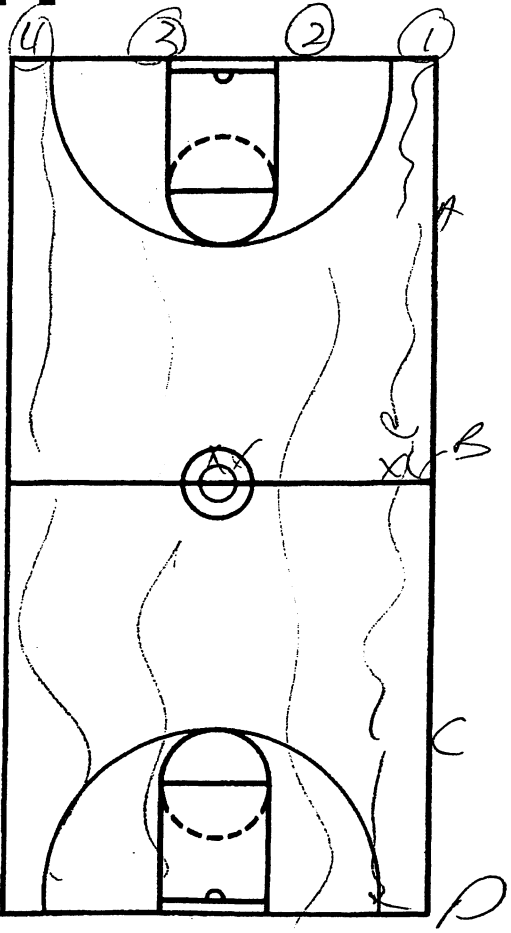


NOTES

1) Respect the trap but don't fear it
2) Look through the double team
3) Fake up & Go Through
4) Fake Through & Go up
5) Must pivot
6) Don't turn your back
7) Don't stand up
8) Attack at the Pressure



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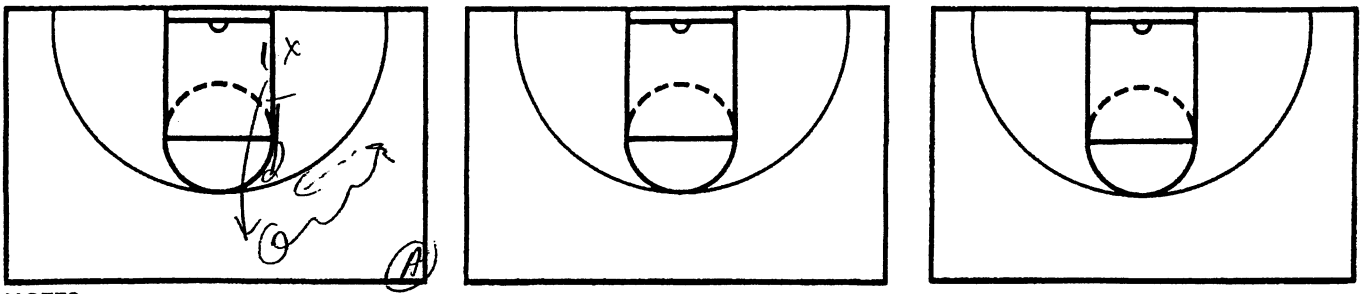
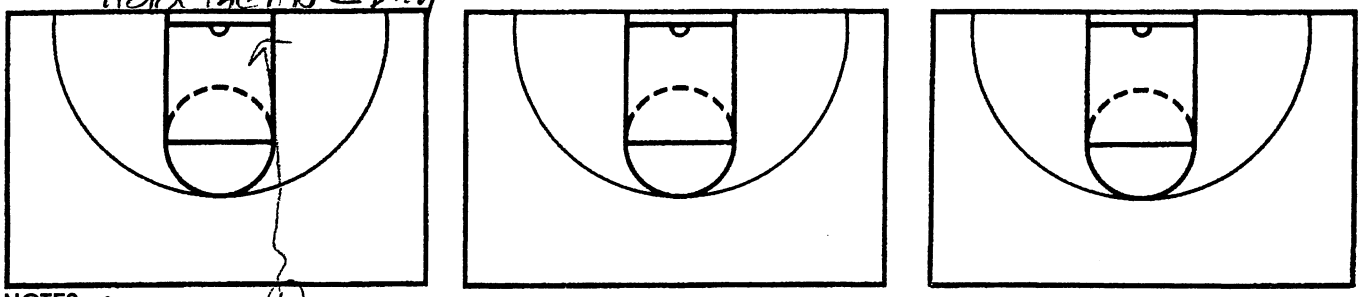


NOTES

✓ Attack arm where it is applied

✓ Hold the low ball



NOTES

✓ Find the Pocket

✓ Hold the line

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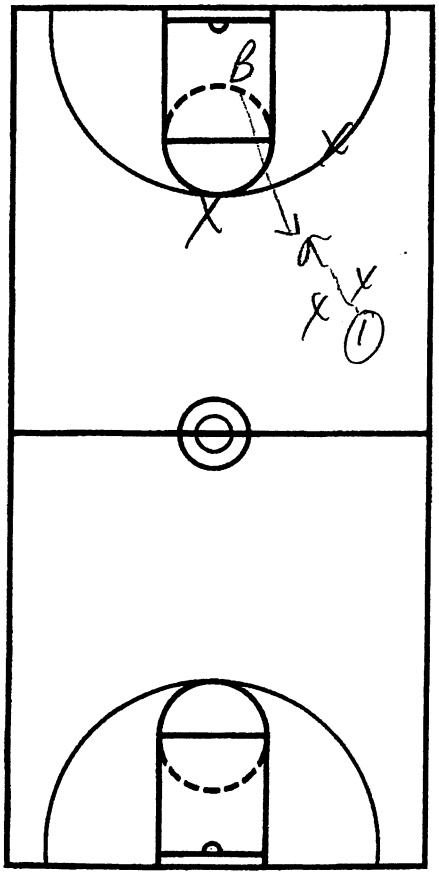
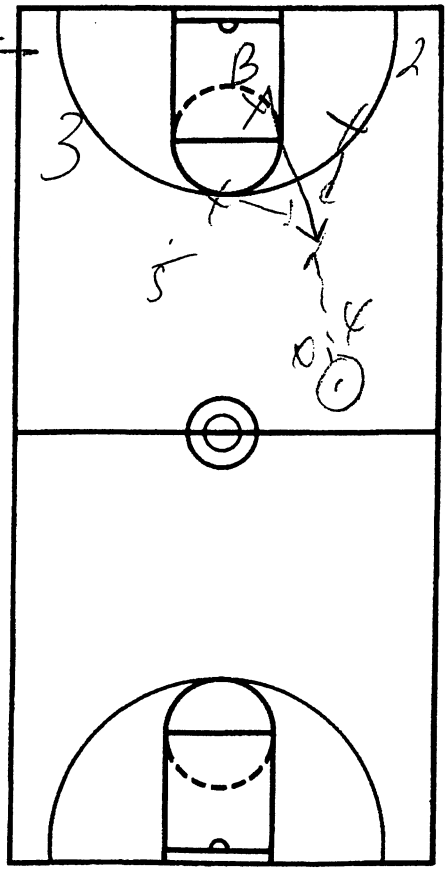


NOTES Catching versus Pressure

1) Get head on line of the ball to the basket

2) Break the line of the 2 Defenders



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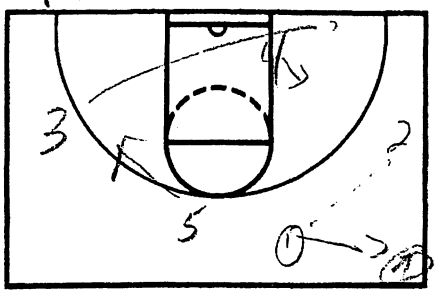

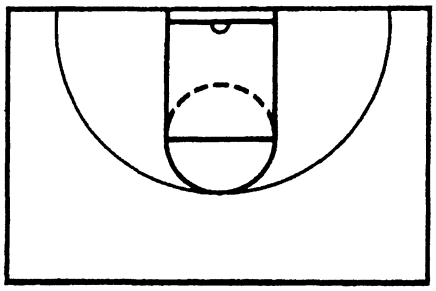

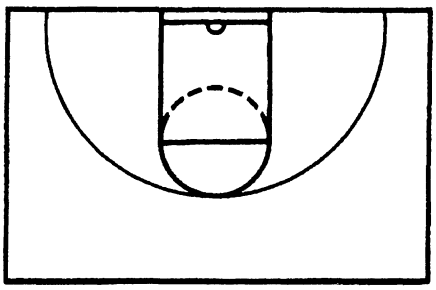

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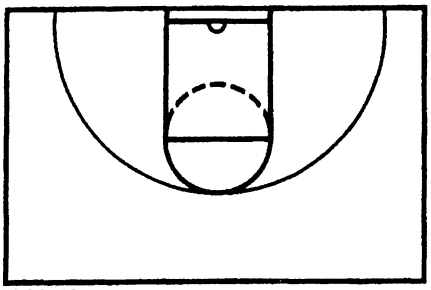

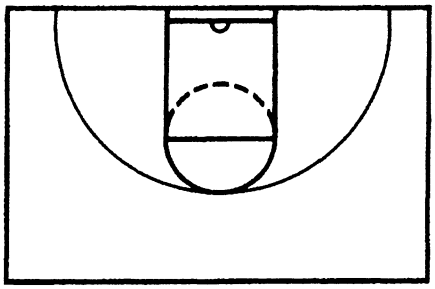

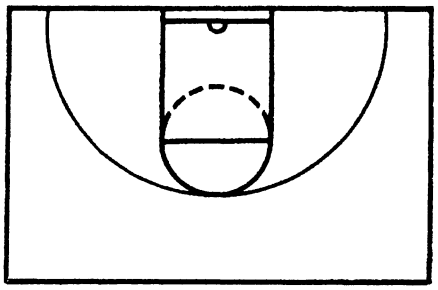

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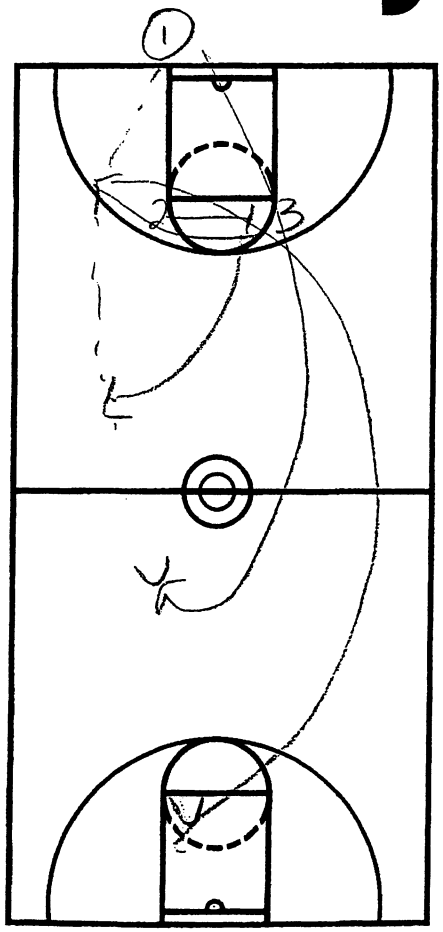
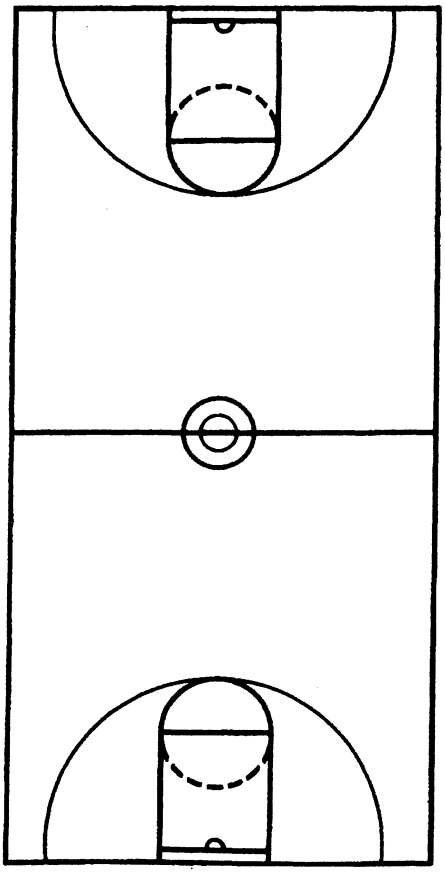


NOTES Press Offense Drill

1) Sprint ahead of Cone Ball
2) 12-15 Feet Spg
3) Keep Cong with the ball cong to your head S



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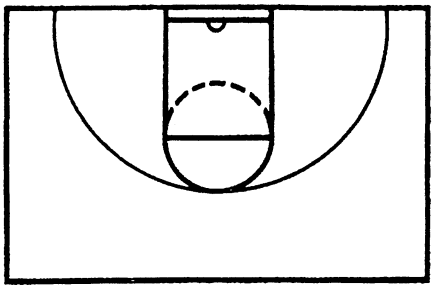

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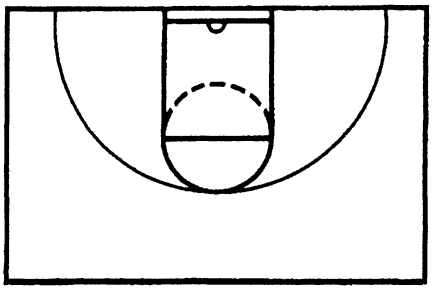

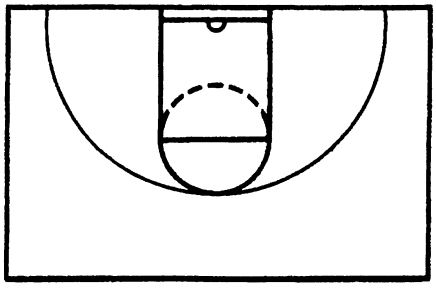

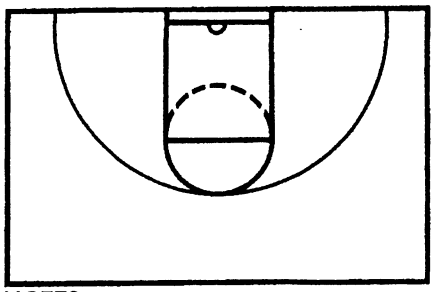

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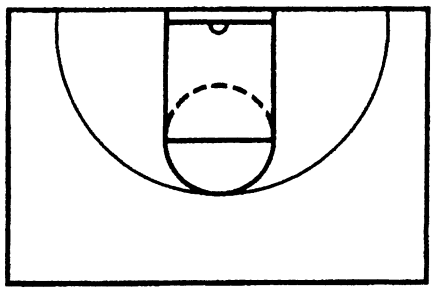

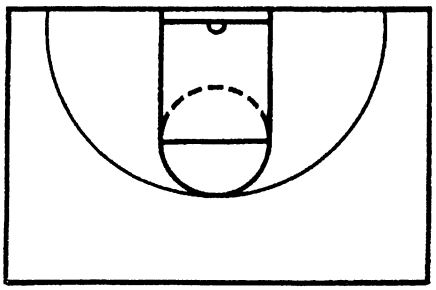

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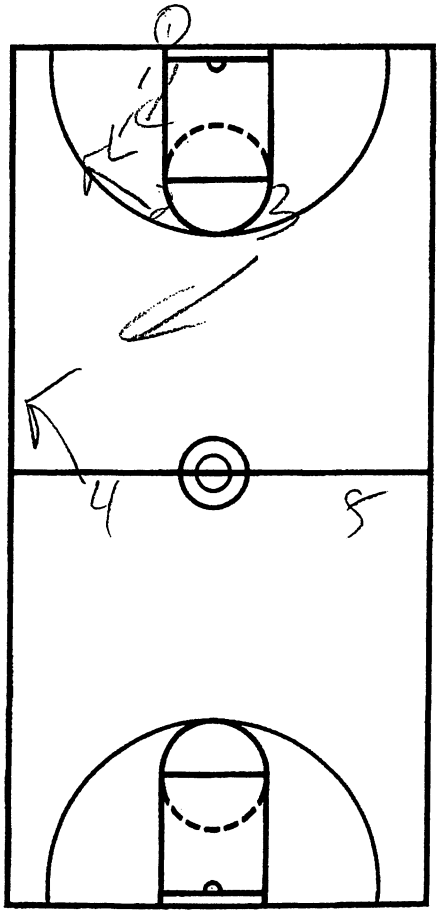
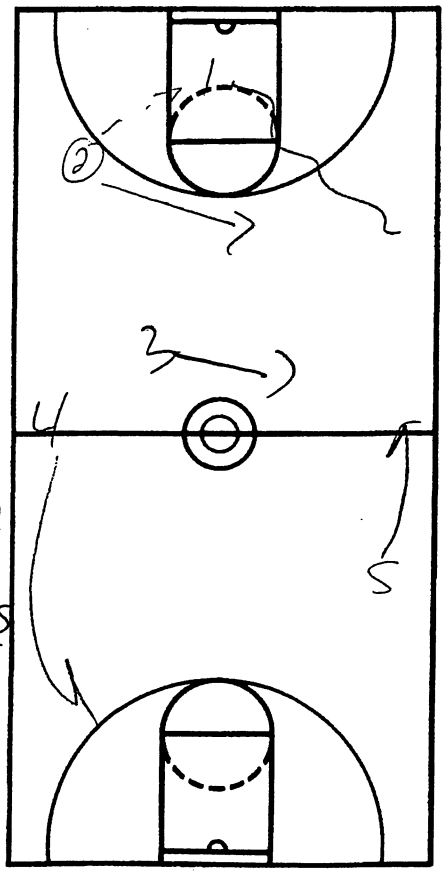


NOTES Press Offense

1) 1 man must come IN Ball side

2) If you can't throw up or middle must throw back

3) ONCE IN the middle IN Press Offense Always IN the middle



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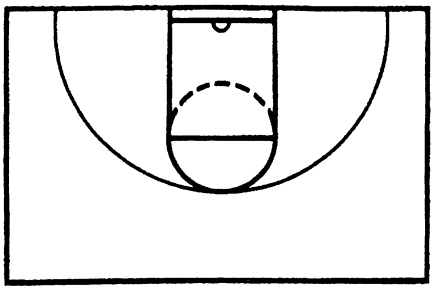

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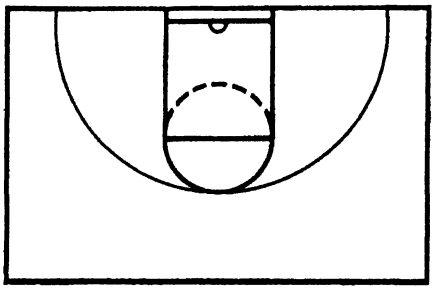

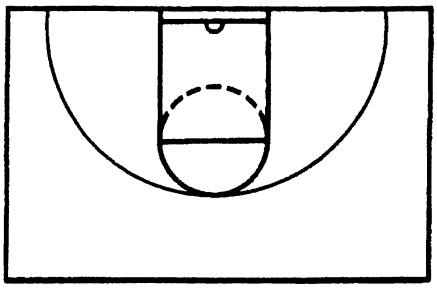

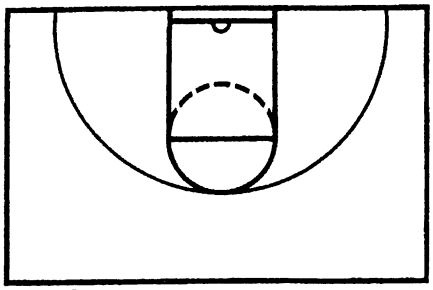

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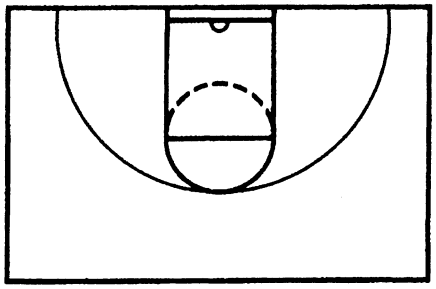

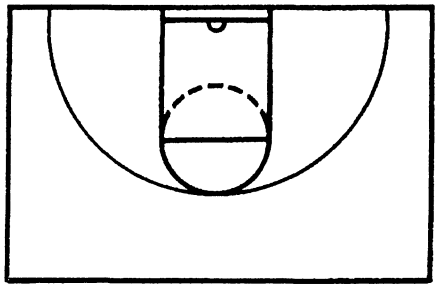

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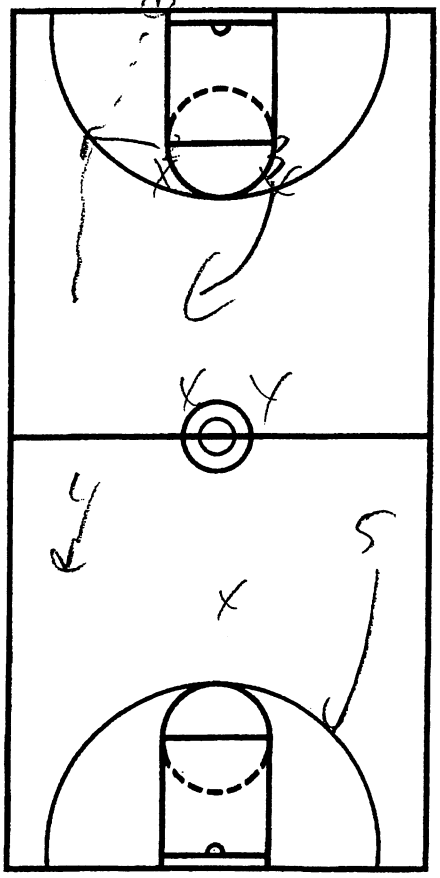
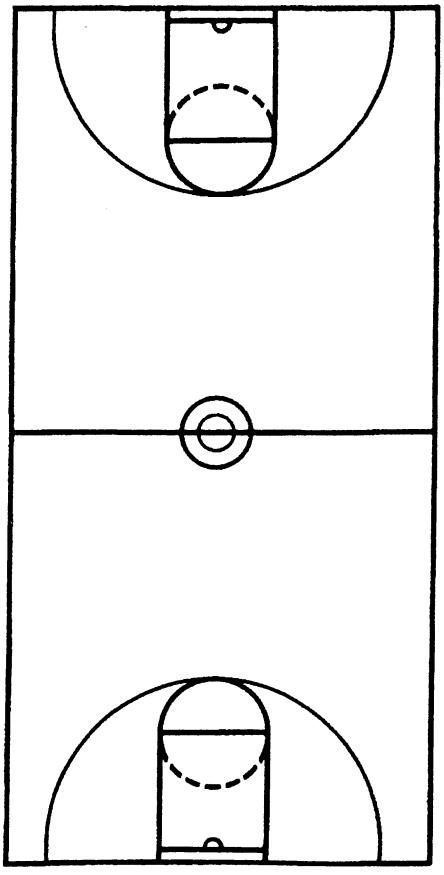


NOTES

~~must~~ take it to the level of the defense



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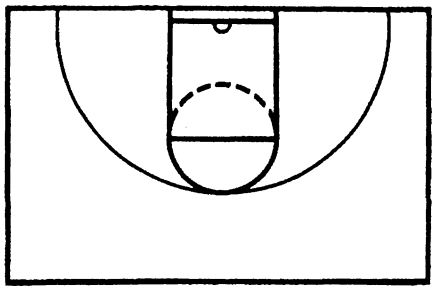

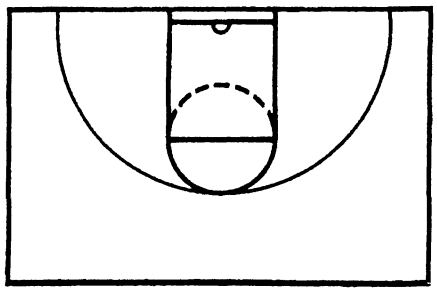

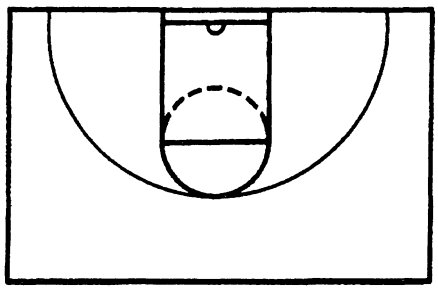

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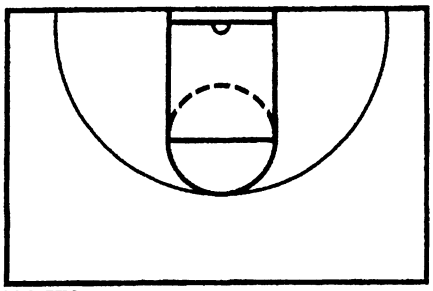

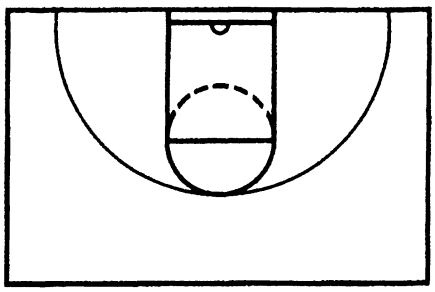

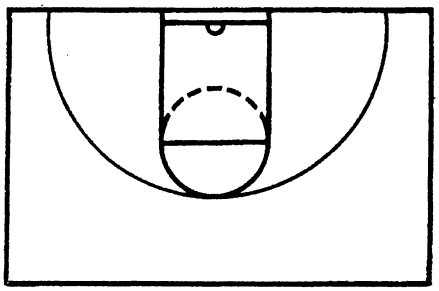

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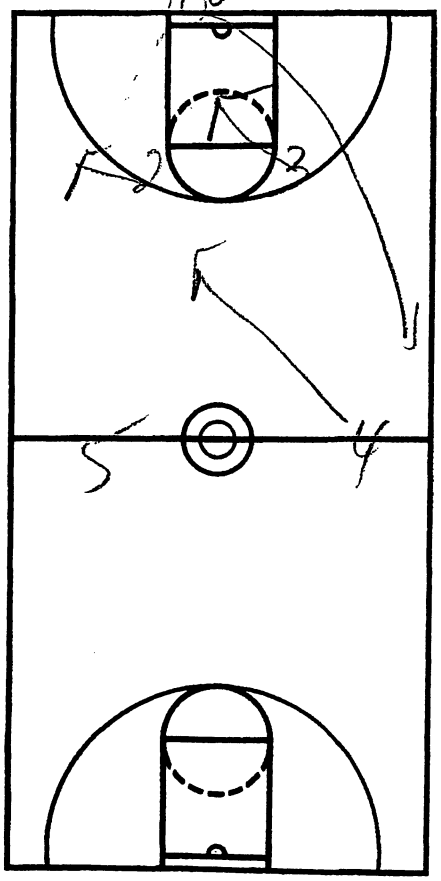


NOTES

Tisen Press Offense

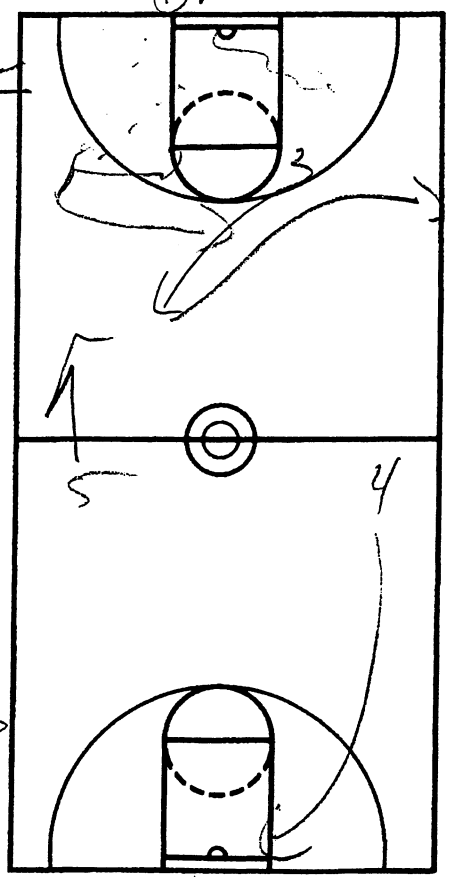
1) 4 goes long & Stays Ly

2) 3 Screens

3) If you can throw it ahead do it

4) Pass & Slice

5) Leave an area fill an area



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CLINIC Dec. 08
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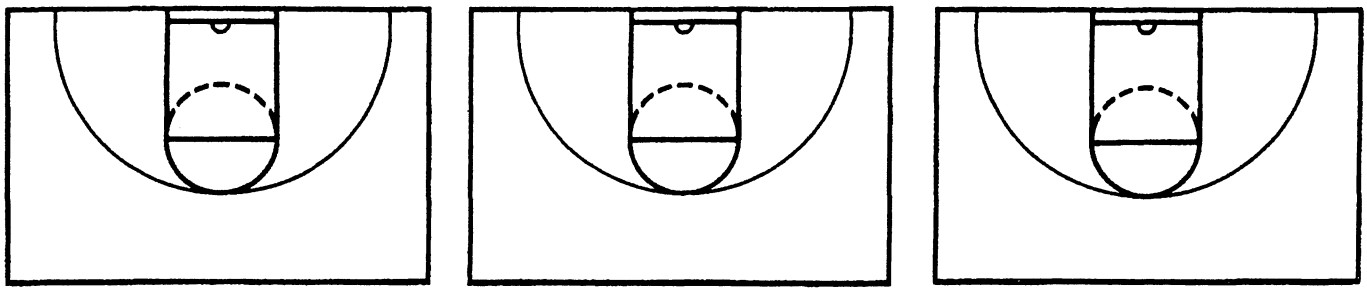
South Carolina



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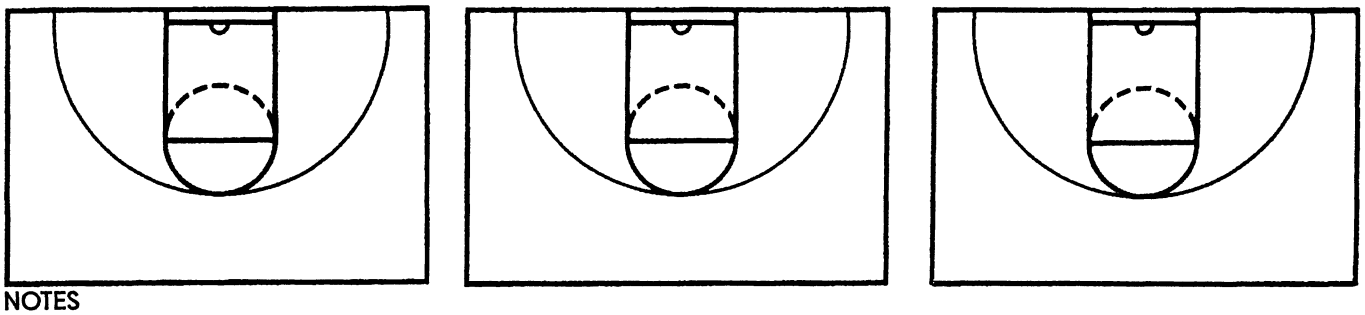
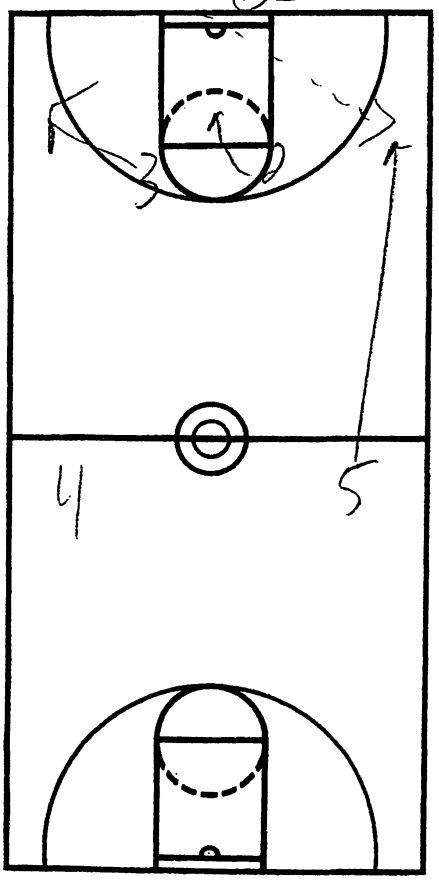


NOTES

JUST DO IT

Long Cross



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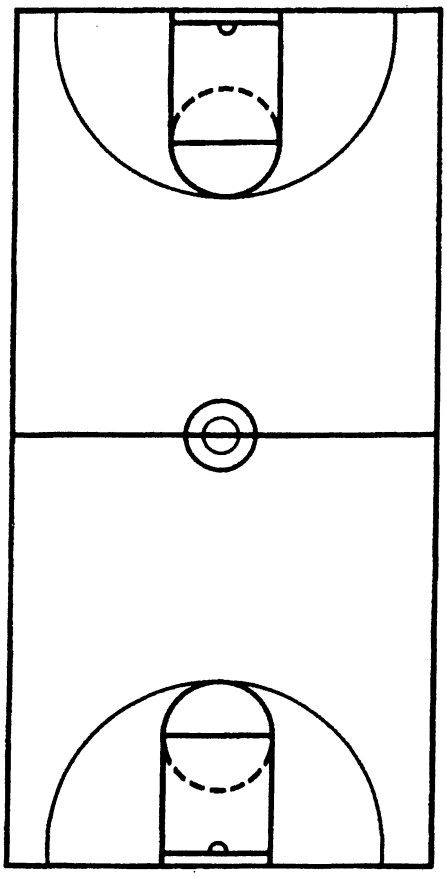

Joe Scott – Princeton University

* The system is based on having good basketball players
    a) Dribble
    b) Pass
    c) Shoot
    d) Gym rats
    e) Want to reach them best – Be as good as they could be as a player
    f) Desire to play together as a team
    g) Desire to improve

1. Why run Princeton system
    a) Take the tension out of the game
        Hardest game to teach and play
            - Team game driven by individual's ability is what makes it hard to teach.
        Maximize each guy's individual ability within a team concept
    b) Allows individuals to maximize ability
    c) Get a good shot at the basket every possession
    d) Beat the best teams in America
2. They don't specialize players – ex)1,2,3,4,5
    a) They want guards – Coach them everyday!
        1) Dribble, Pass, Shoot
        2) Post up and Score
        3) 3 point shooter
        4) Score off dribble
    b) They want forwards
        1) Dribble
        2) Shoot 3's
        3) Post Up
        4) Dribble

* People learn to love things – teach and demand your players to be gym rats
* Your players must know your way to play
* If you work on fundamentals everyday they get better at all the thing important things in basketball

Principles of Princeton Offense

1. You move when the ball moves – player and ball movement
    a) Can't stand still and hold ball
        A) Selfishness – must remove
        B) Blindness – must improve
            1) 4 on 0
            2) yell and correct a lot
    - good players know what to do with the ball before they get it.
    - be hard to guard
2. Watch the guy in front of you – he will tell you what to do
3. Put yourself in position to do the next thing
4. Go where you are open

* They do all things 5 on 5
* Never run or condition without a ball
*You want win late season games, if your plays aren't continuing to get better – 25-30 minutes a day of pass, dribble, etc. (fundamentals)
*Making layups is a sign of toughness
*A coach must get your players to listen not hear.
*Jump hook doesn't get you away for the defense – Jump hook if we have advantage
*Hook gets you away from the defense
*To be a good player must be able to do 2 or 3 things at once
*Great players
    1. Catch and Shoot
    2. Catch and Pass
    3. Pass and Catch

5. Cutter must help the passer know that he is open by talking with his voice and hands
6. Hard cuts and hard screens
7. Be hard to guard with and without the ball
8. Don't tell your guys what to do – they must make good decisions
9. Use your center as a great passer
10. Cheers = Freedom
    - Freedom = Responsibility
    - Responsibility = Discipline

*Must have 4 Layups

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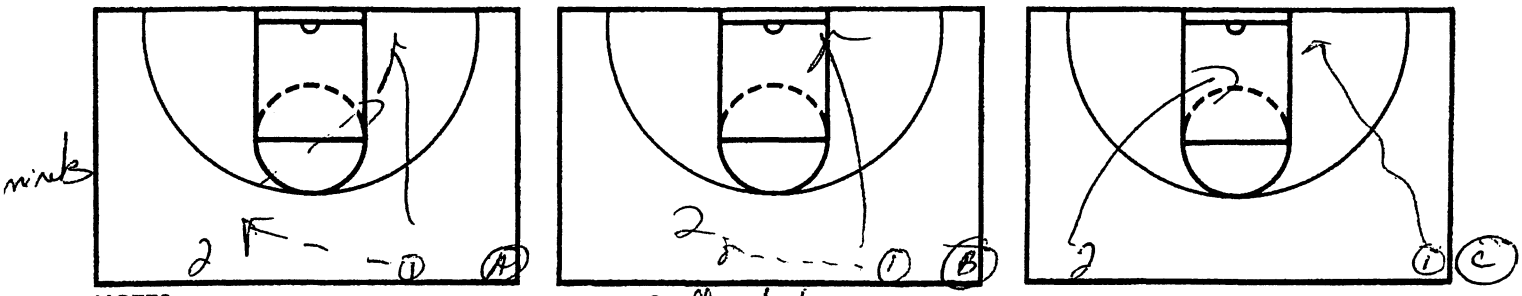
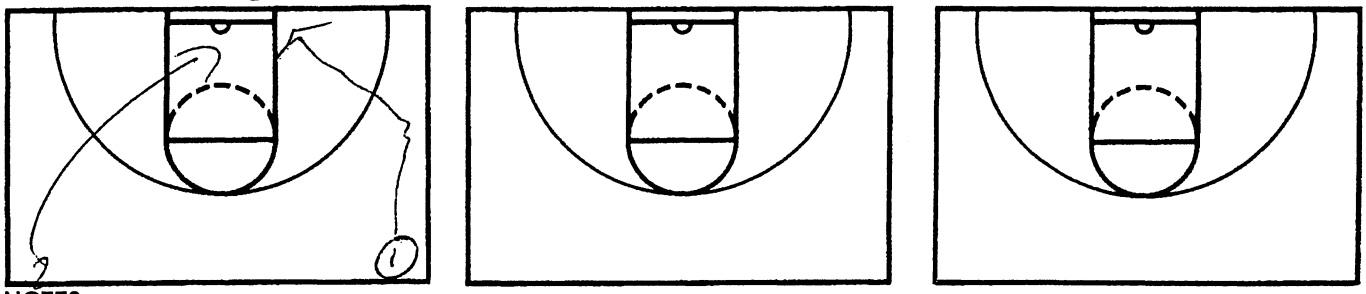


NOTES *All Chest Passss

Diffent Layups

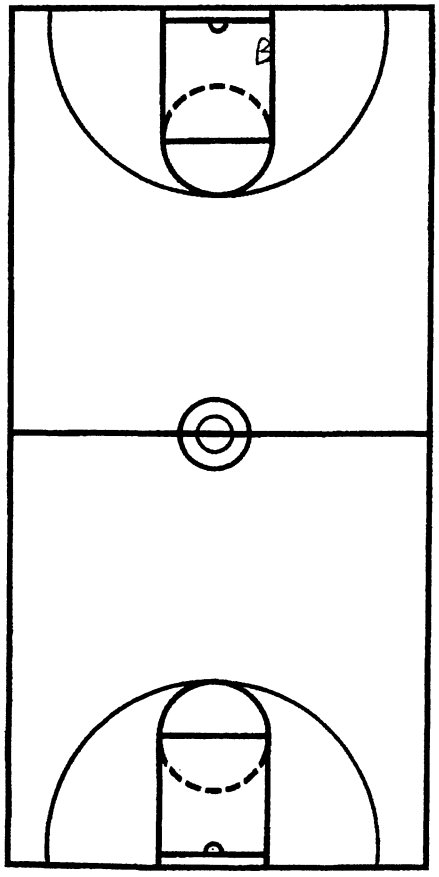
Chge speed / Chge direction



NOTES

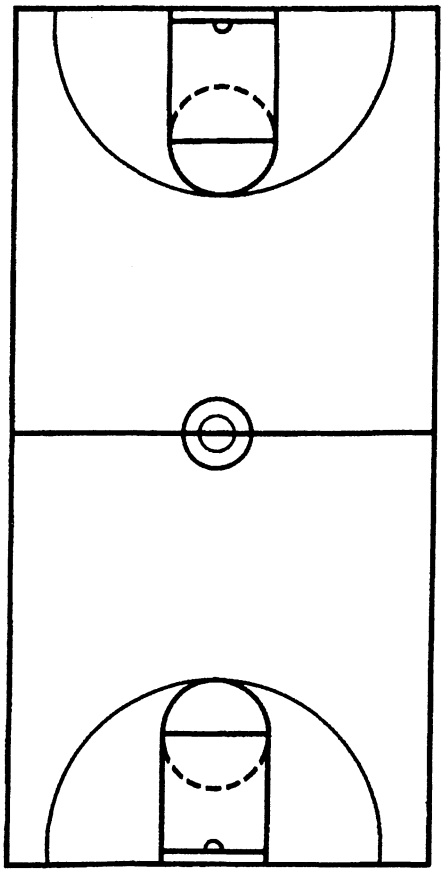
JUST DO IT

~~Mikan~~ Mikan Drill



NOTES

1) Regular
2) Reverse
3) Back to Back



4 Layups

1) Right Hand Regular
2) Right Hd Reverse
3) Left Hd Regular
4) Left Hd Reverse

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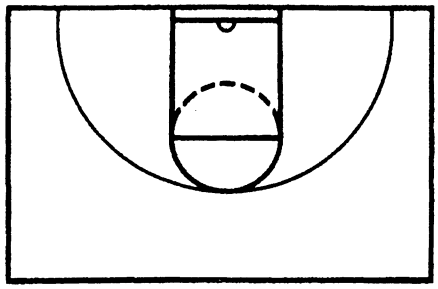

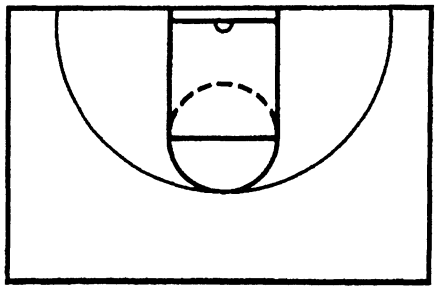

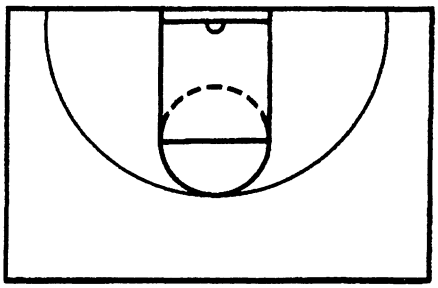

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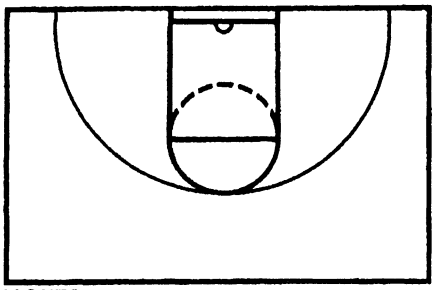

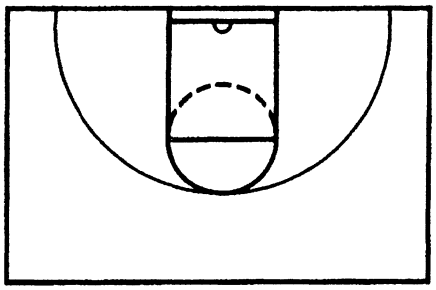

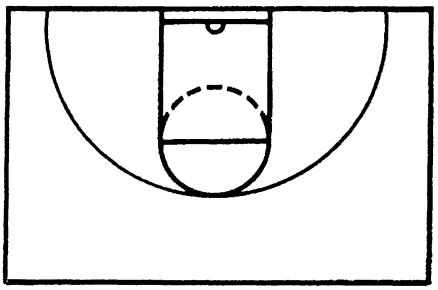

NOTES

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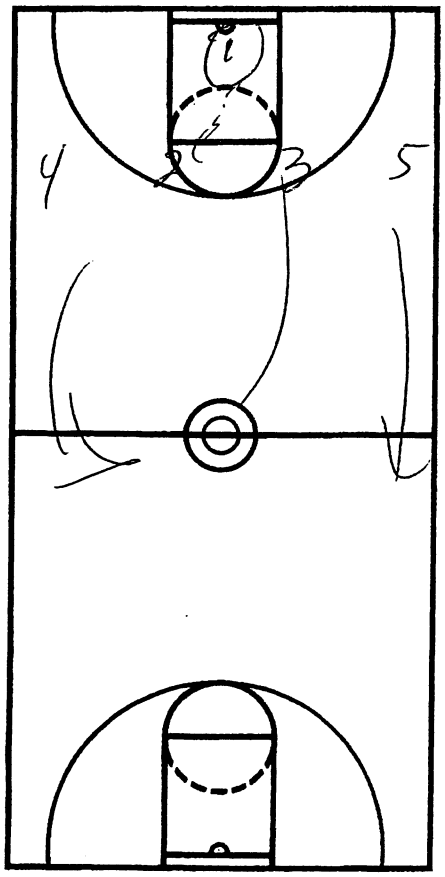
N2 Drill



NOTES

Rules

1) Rebound

2) Outlet

3) Layup no goes opposite

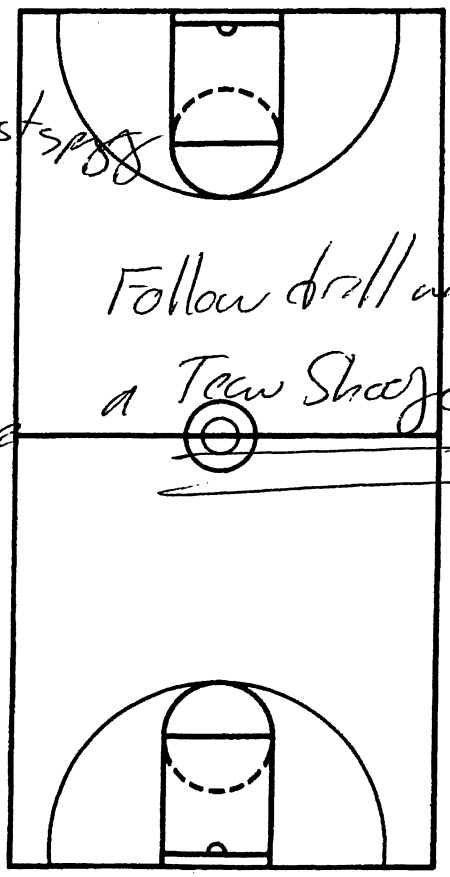
4) Ball can't touch floor

5) Never throw the ball backward.

6) Can't Travel

7) Can dribble for a Layup

8) must ~~spot~~ pass



Follow drill acts as a Team Shoot drill

Coach yells N2 = 2 more if bad pass, dribble etc..

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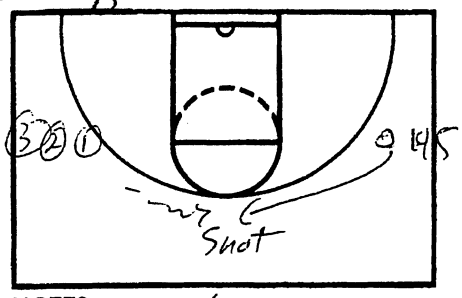
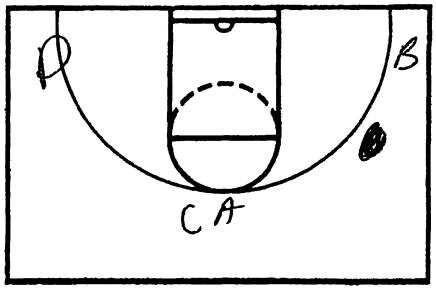
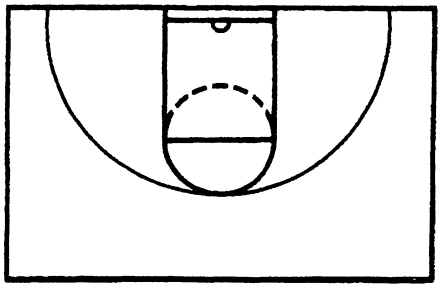
minute Shoots 4 Spots



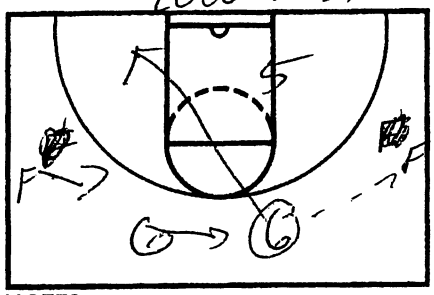


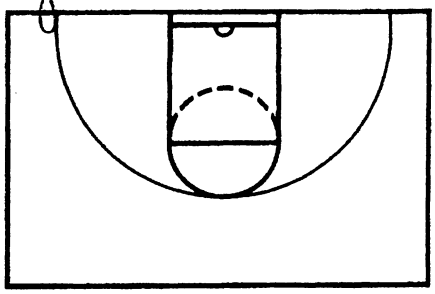


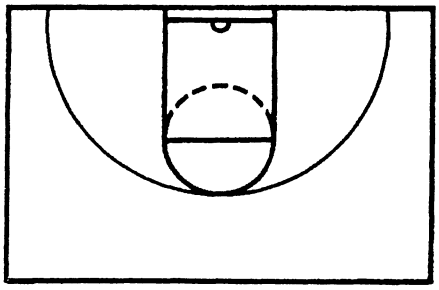
NOTES All 3's

1 minute each = Goal = 80

low Post Play







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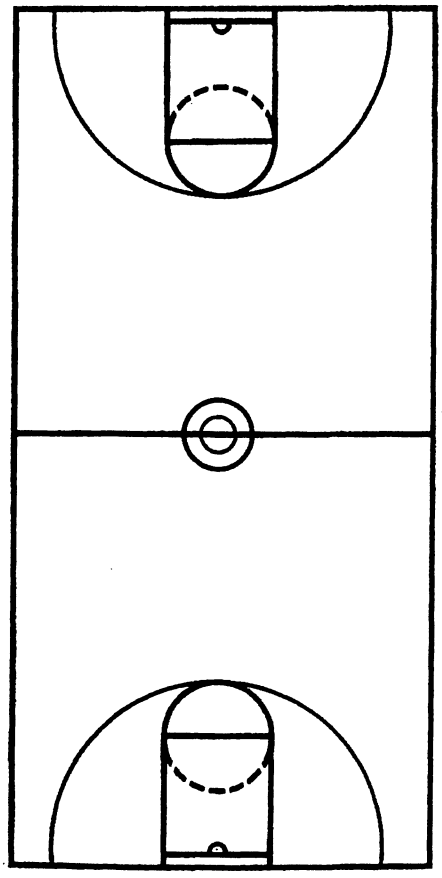

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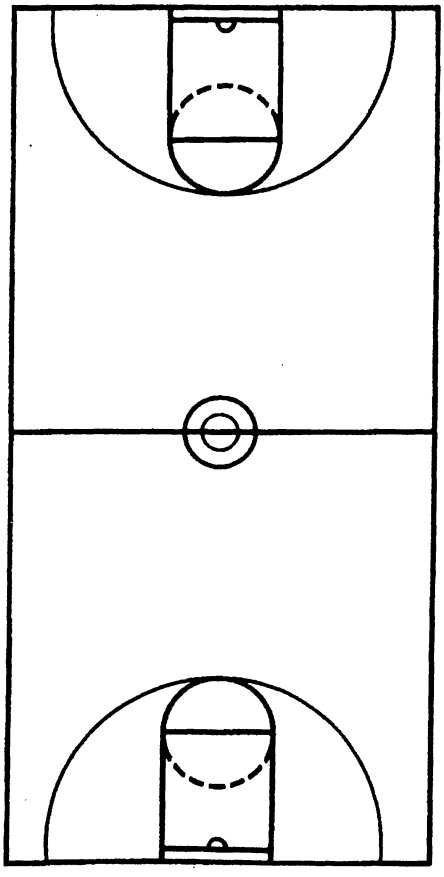

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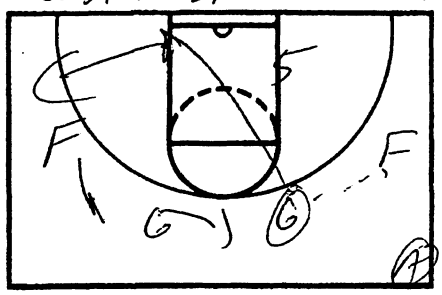
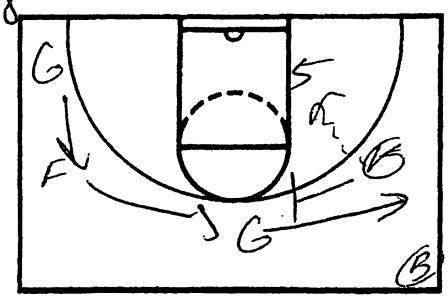
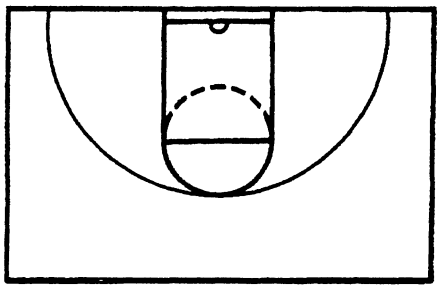
Lost Post Screen Away







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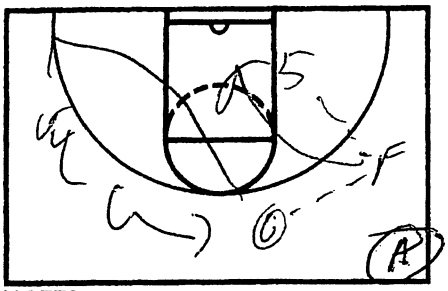

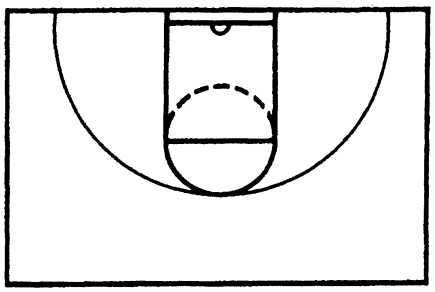

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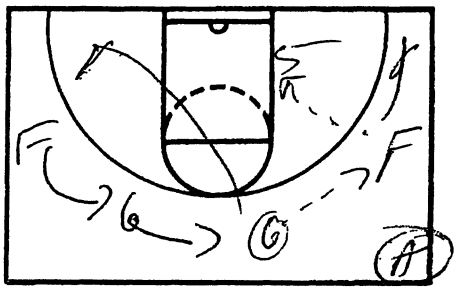

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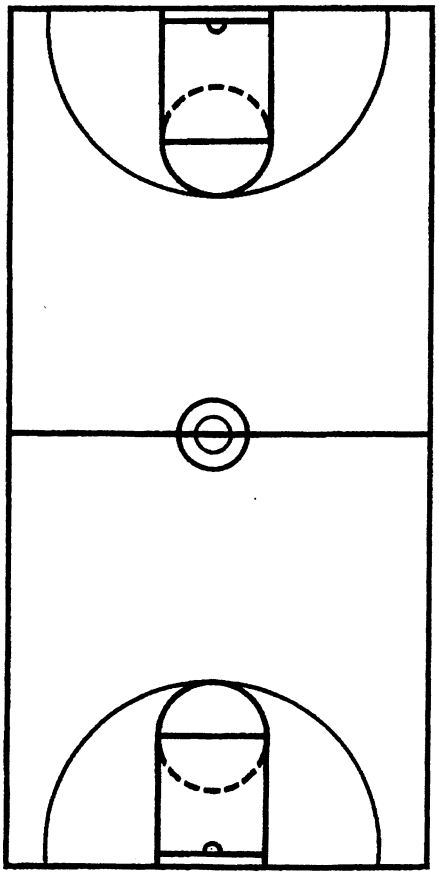

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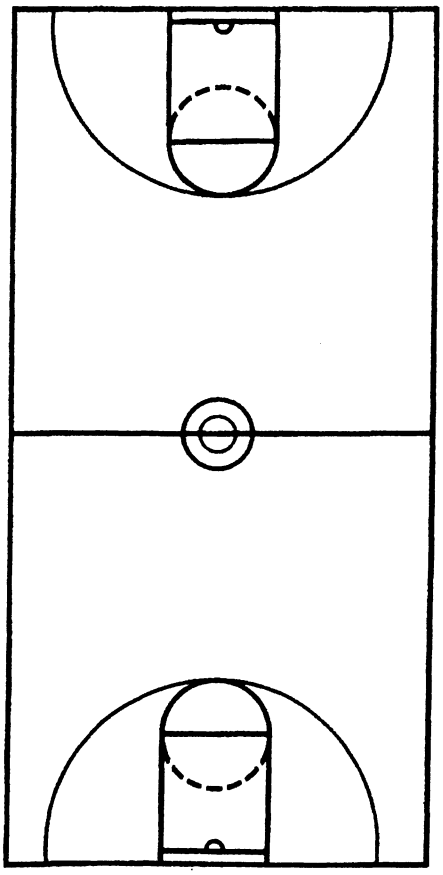

Dick Bennett – Washington State University

1) Don't give up easy shots if you want to win big!

2) Two areas that are vital
   1. If team goes up and down and doesn't have to work = poor transition defense
   2. Refuse to get beat by a great post player

3) Always take a guy out if he loafs during a game

4) Transition Defense - Be in two places at once if you want to be successful

5) Transition Defense
   1) Recognition
   2) Anticipation
   3) Reaction
   4) Communication
   5) Rotation
   6) Stance
   7) Vision

6) The way you defend the post dictates how you play everything else - most people don't have a philosophy with post defense.

   A) ¾ to behind on the pass
   B) No feed from the top
   C) Don't go for steals - Get deflected
   D) No lobs
   E) Behind
   F) Front

* Everything is about time
* Good player have pass and shoot fakes in their game

7) Closeouts – Great teams know how to close out
   A) Short Choppy steps
   B) High heads and then settle into your stance
   C) No rhythm shot is allowed
   D) Level off the dribble - Get him going sideways
   E) Take away the straight drive
   F) Bother the shooter

8) Off Ball Defense
   1) Must be able to get the ball and pressure it.
   2) Your positioning is your help!
   3) Closed stance line of ball is vital

9) When you are doing defense drill you want the defense to score and be aggressive. Make the defense get steps - build toughness and discipline.

10) Rebounding-

A) Bigs - Got to man make and maintain contact.

B) Guards - Go to man make contact and then go find the ball.

*Great coaches do the same thing the 1st day of practice and the last days of practice each year

11) Screens - Chase the guy down!

A) If you touch the guy at all times you will not get screened

B) If you are guarding the screen you will help any and all guys you can but must stay attached - Help in the direction the cutter is going!

12) The more you allow switching the more it will hurt your opponents early in the season but it will handicap your team in the late season.

* You can only switch if you have a very mature team

13) Crosspick

14) Things that make you lose

1. Can't reach if you reach you will lose!
2. Silence
3. Low hands
4. Over helping by the bigs
5. Help and stand - they don't get back to their responsibilities
6. Lateness to trap or choke
7. Lack of floor burns

*Help comes from the guards on defense, not from the bigs

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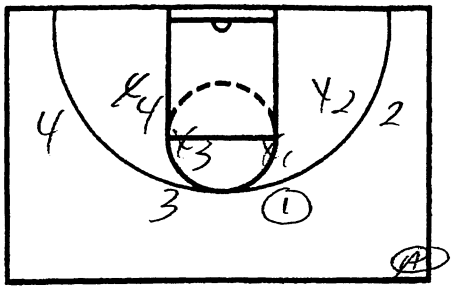
CLINIC Vic Kanell
DATE Washtaw Stal

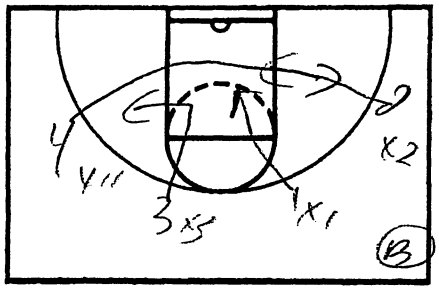
'on 4 Drill

4th 1



NOTES

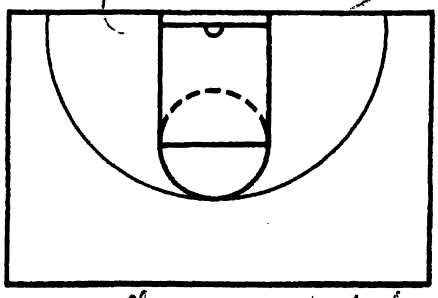
Switch



NOTES

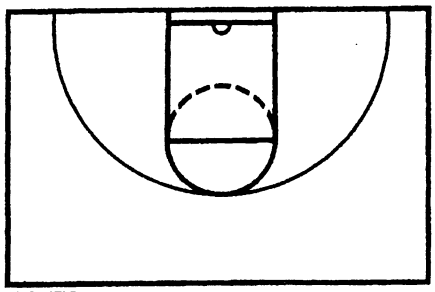
✓ Set the ball down
✓ Offense sprints to the Post

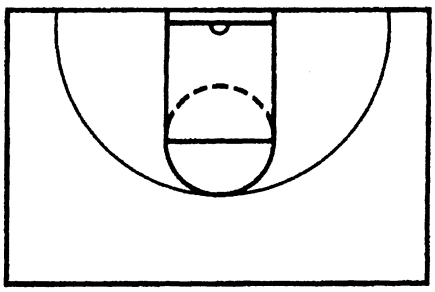
(Must Talk)

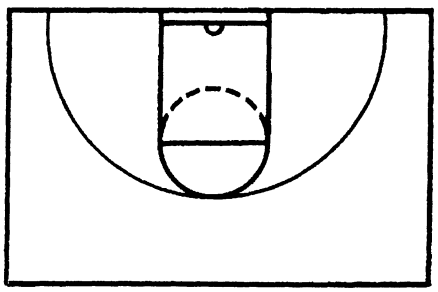


NOTES

✓ Offense must to be a different person who go to defense
✓ cannot allow ball-whistle



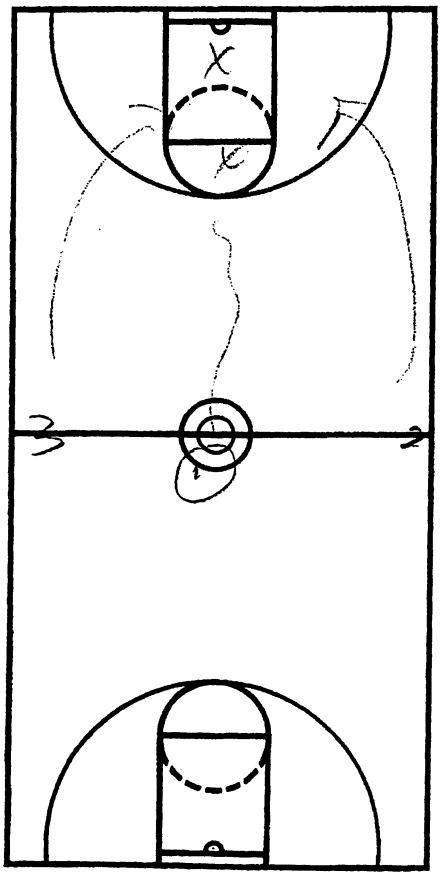




NOTES

JUST DO IT

3 on 2

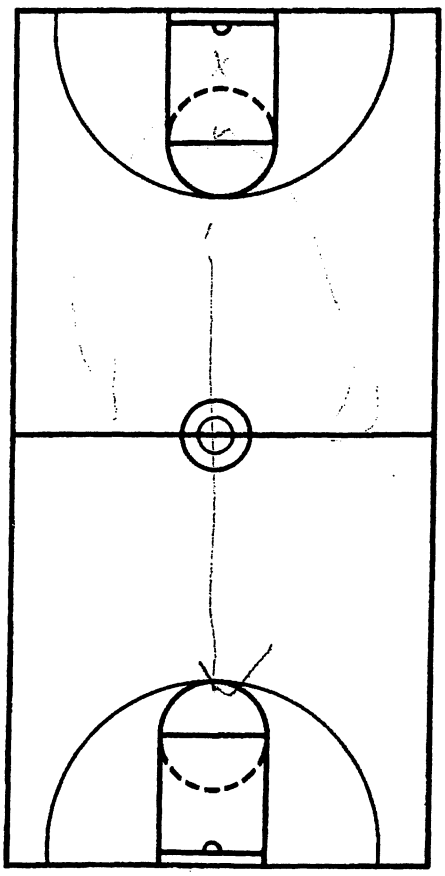


NOTES

1) Shoot for go-back

2) Play 2 Plays at one in the 2 on 1 situation

2 on 1



Feed from top = CRISIS !

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CLINIC Dick Bennett

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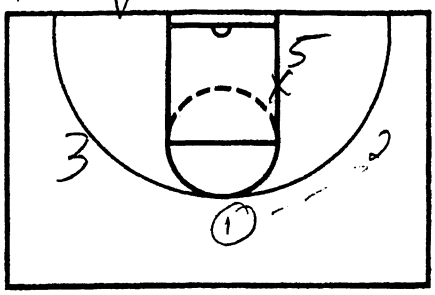
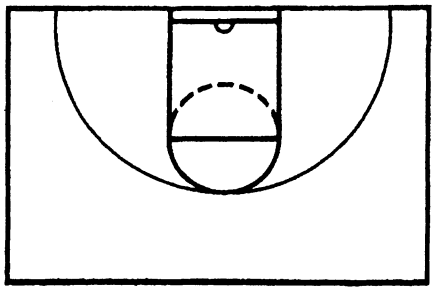
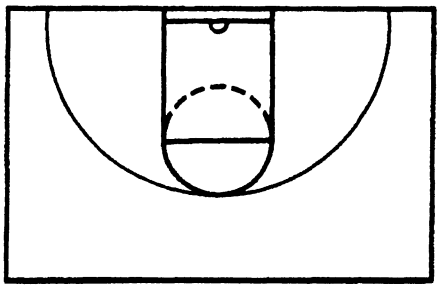
Post Def

3/4 to Behind on the Pass



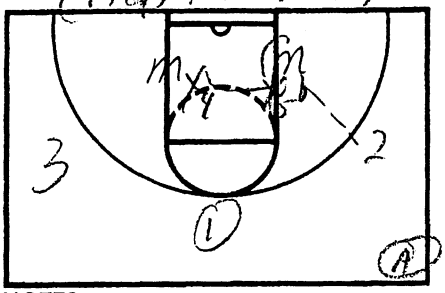




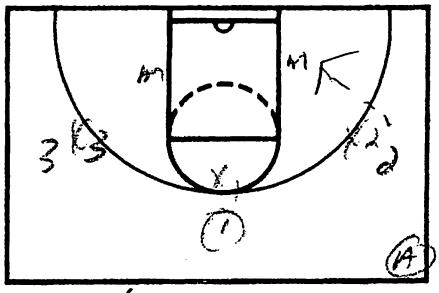
NOTES

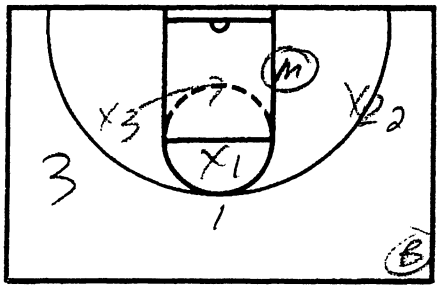
✓ X cannot allow post feed from the top

(Trap The Post)



Quad to Perimeter Trap The Post





NOTES

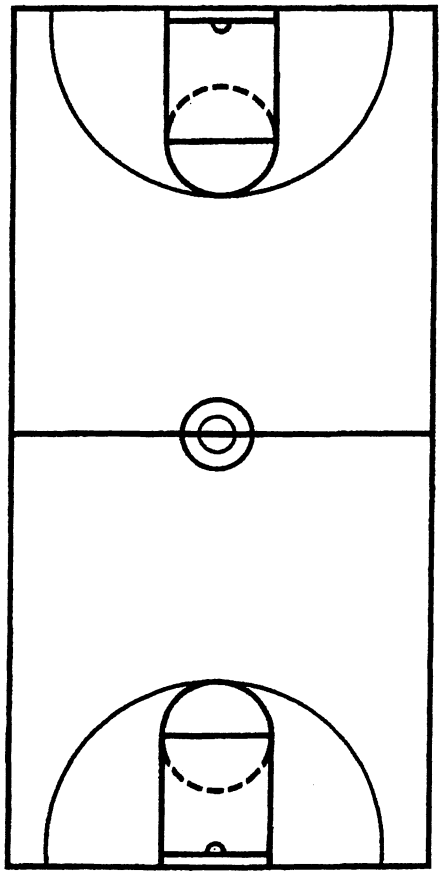
X5 - Gets behind

X4 - Closes the door

X2

JUST DO IT

1) X2 Denied
2) X3 = Basket
3) X1 = Top = man to man



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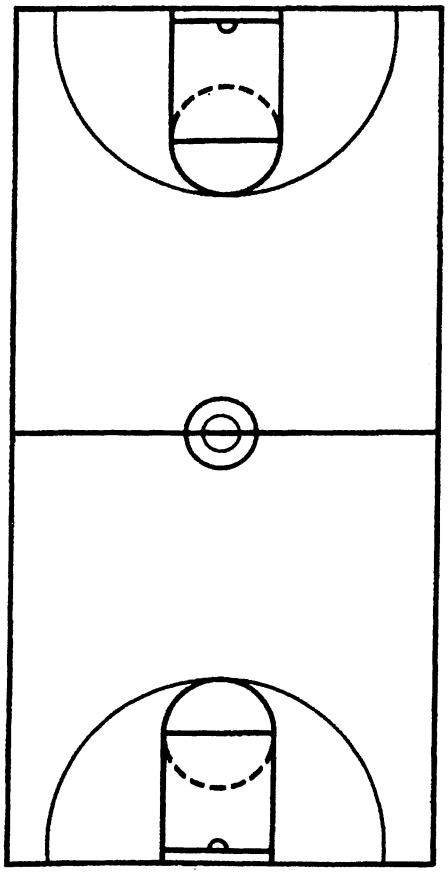

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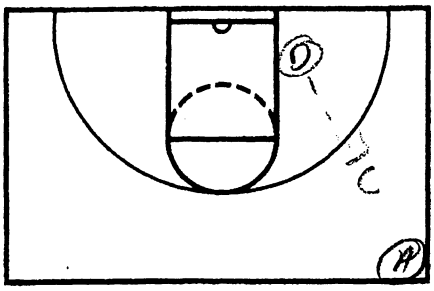
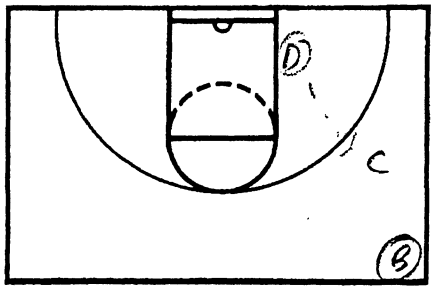
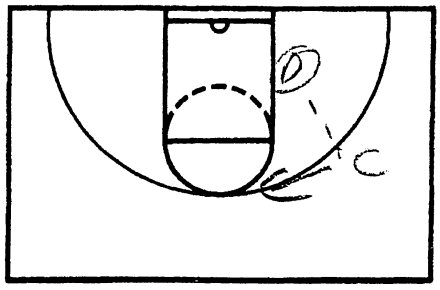
Close Outs



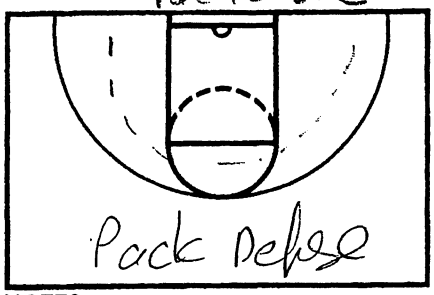




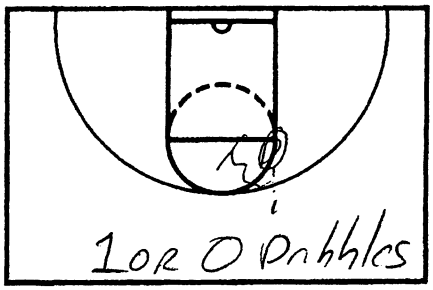
NOTES
- Shuffle Choppy Steps
- Stop Short Hands Up

No Rhythm shot

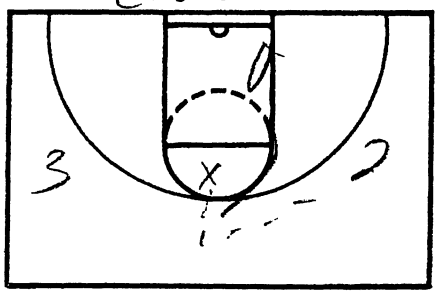
Pac 10 Live



Defend Ball Line



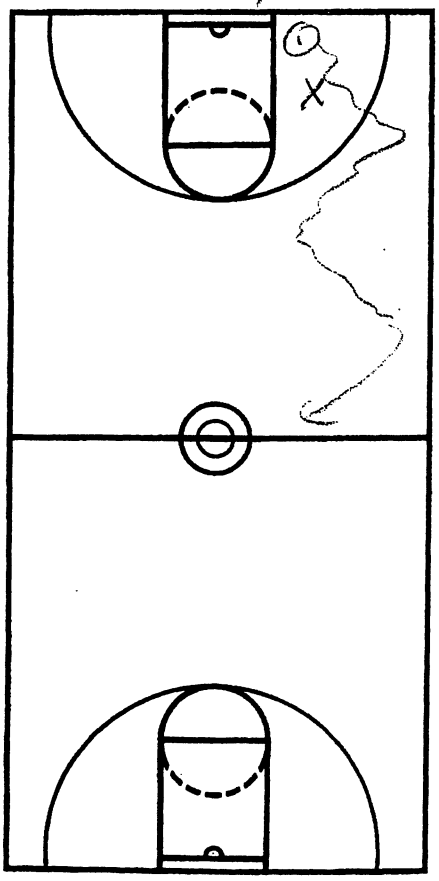
DC Fast Offense



NOTES

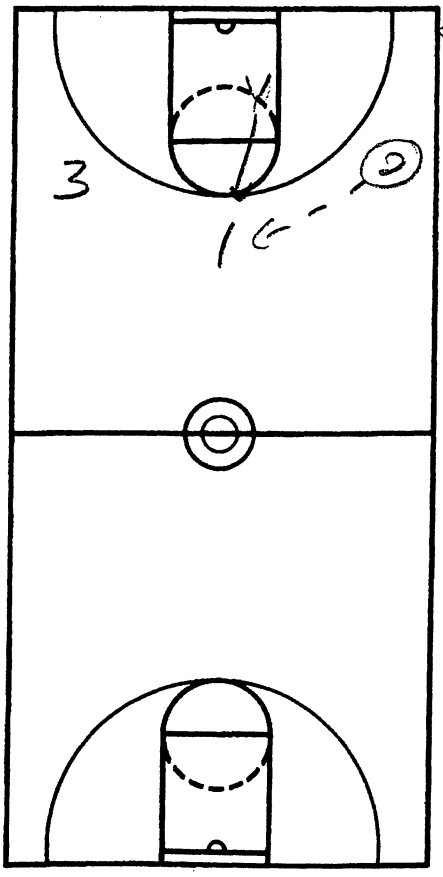
JUST DO IT

* 1 on 1 Zig Zags = Level Off



NOTES
1) Get as many turns as possible going up the court

Close out Pass



Pop
1 Dribble

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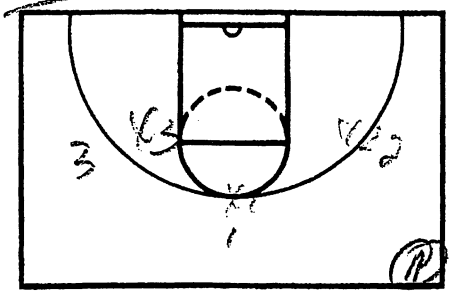
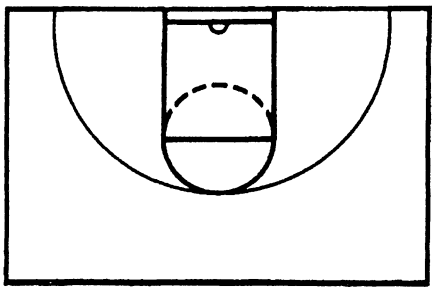
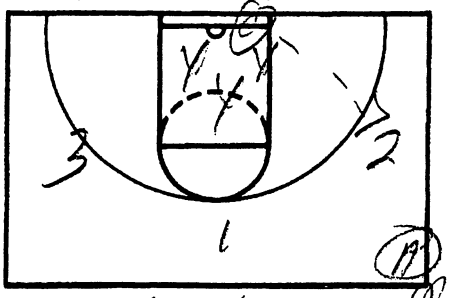
Wash Ten Steps

3 on 3

3 on 3 Closeout

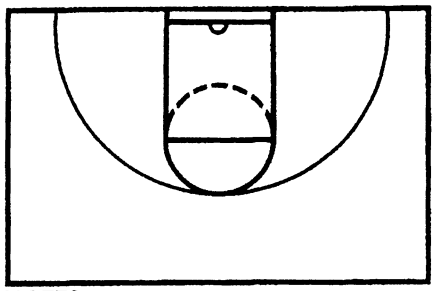


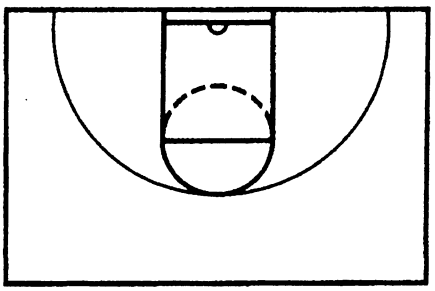


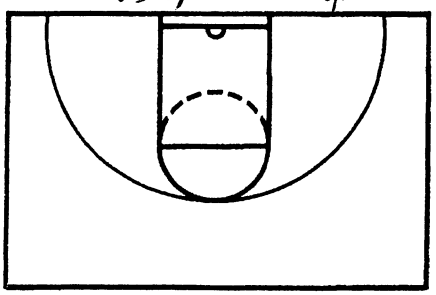


NOTES

* must emphasize off the ball defense positions sets your help defense

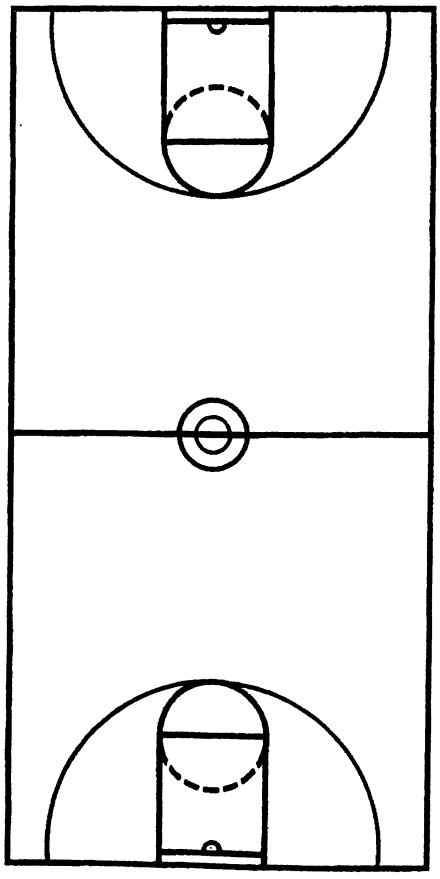






NOTES

JUST DO IT



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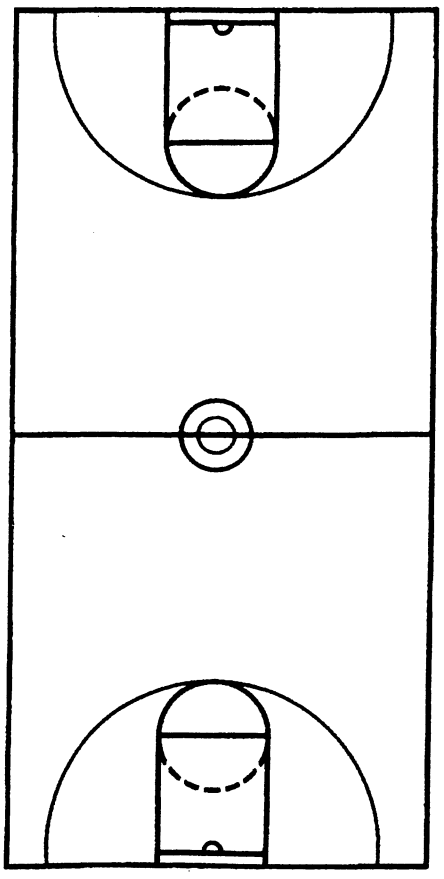

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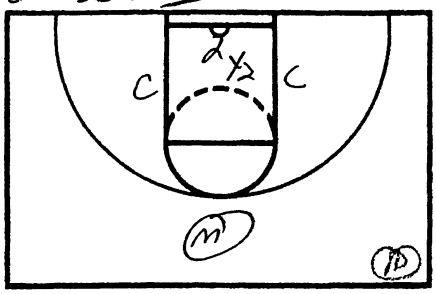
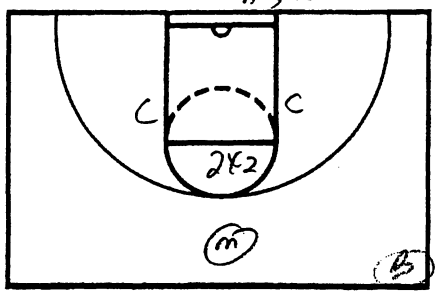
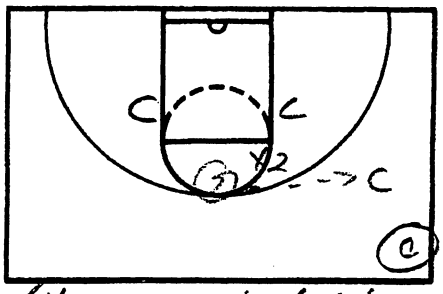
Low Score



Higher Score





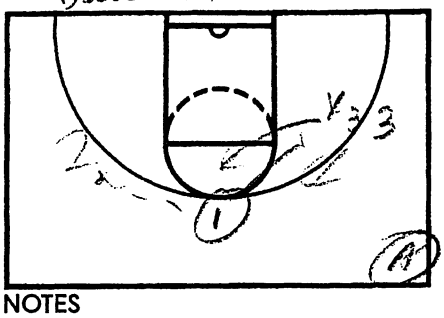
NOTES

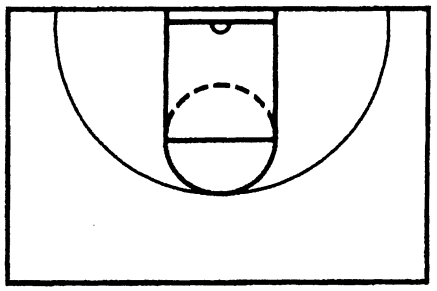
* X2 play tag & chase 2

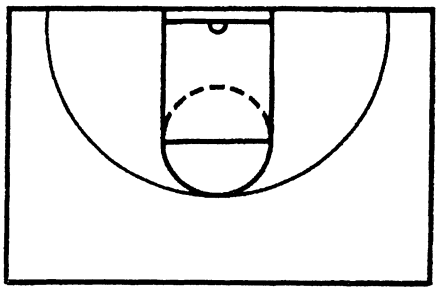
If.

✓ X2 cuts to ball & then finds touch and chase pass

Ballside for the weakside







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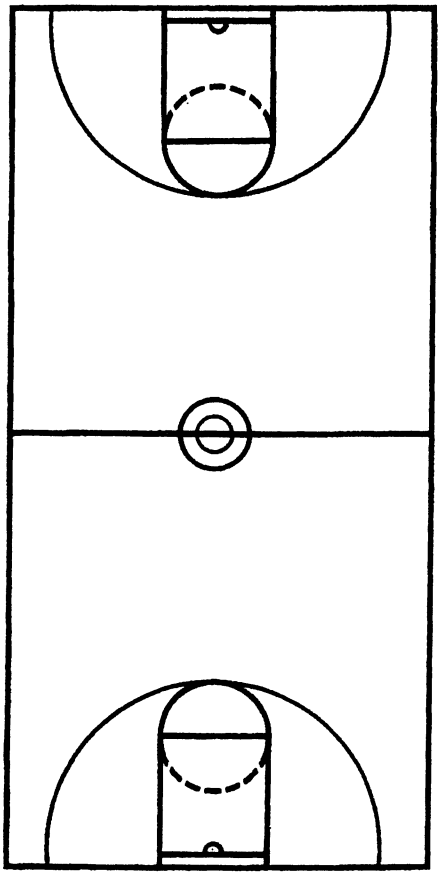

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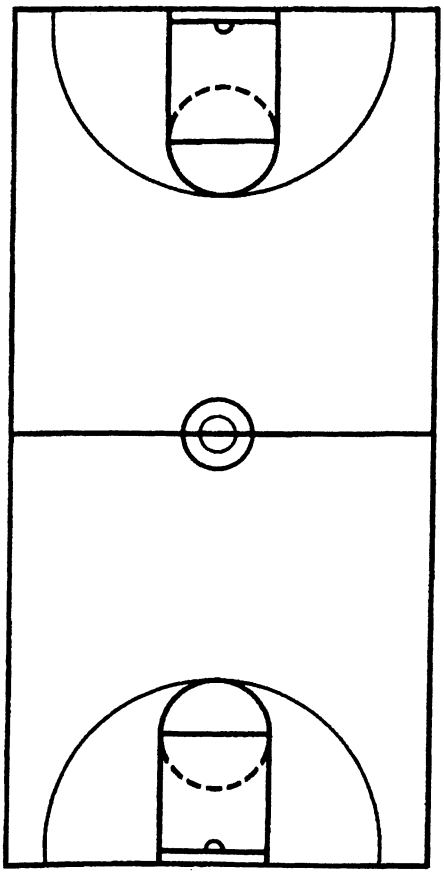

Dennis Felton – University of Georgia

1) High post reverse ball = screen away in the paint

2) 5 man always wants the ball - Low post
   A) Must be aggressive
   B) Must work the entire possession
   C) We must give him a constant look

* Must keep your spacing high and wide!

3) Guard catch in the high post
   A) Shot
   B) Don't hold the ball
   C) Drive reverse the ball-beat him to the elbow and shape up if you can't score

* Must stress the elbow drive – Drive reverse

4) Feeding the Post
   A) Split ballside - screen away weakside

*Emphasize the slip of the screen or backcut

5) Corner Pass - Drive offense

*Must make your players set flares
*Rebounding margin is important in game
   1) They send 4 to the offensive boards
   2) If point guard is on the baseline then send 2 & 3 man to the defensive end transition

6) Can't get ball reversed vs. pressure
   A) Backdoor single side
   B) Get the ball inside vs. pressure
   C) Drive the ball – get to the elbows – Drive reverse
   D) High post denied – screen away

7) Post - Never under throw a lob pass
   1) Post lower body
   2) Contact always favors the offense
   3) vs. Front
      A) Lower body
      B) Both hands up
      C) Release after ball leaves your ear
      D) Catch above your head with 2 hands
      E) Jump high and catch the ball

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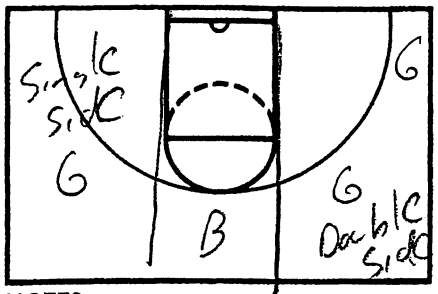
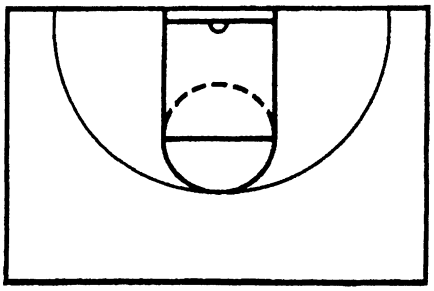
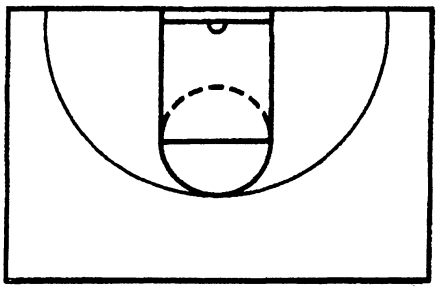
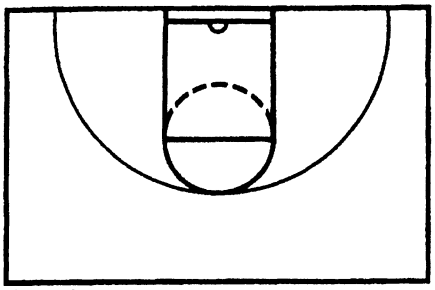
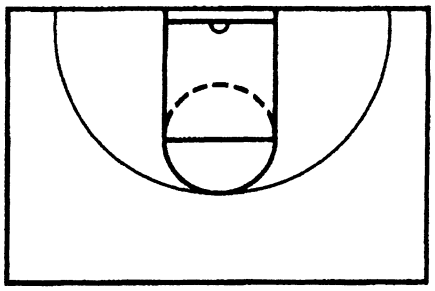


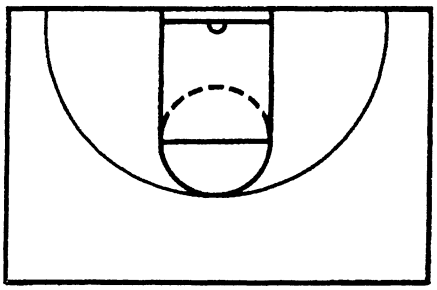




NOTES 4 OUT 1 IN Motion

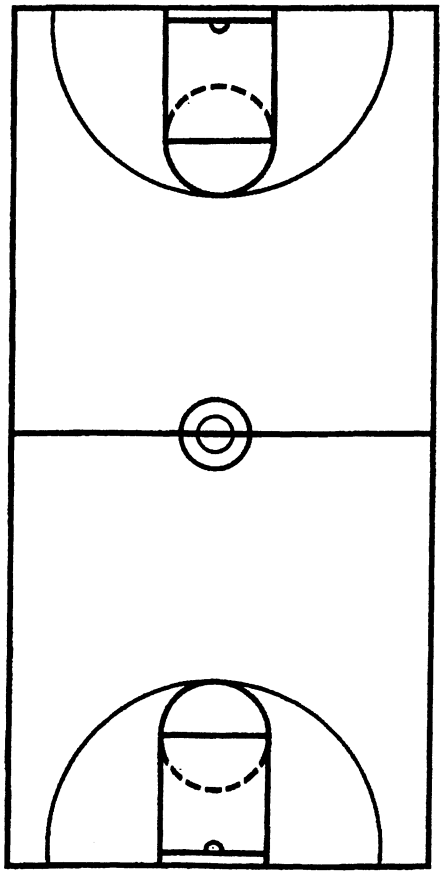






NOTES

JUST DO IT



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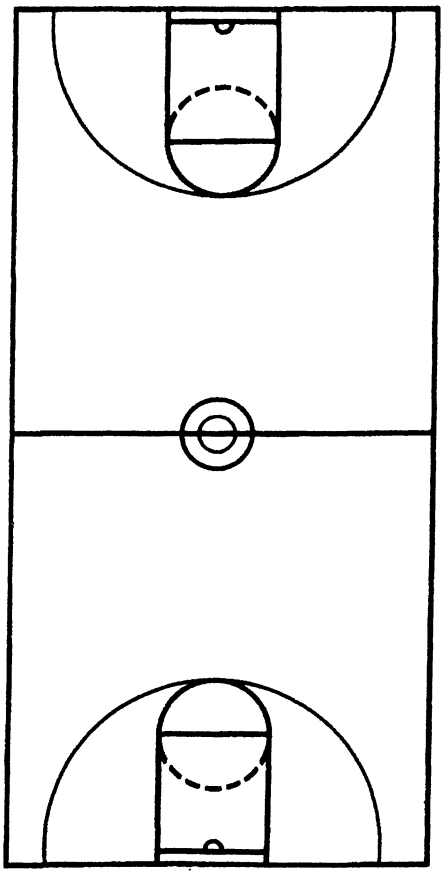

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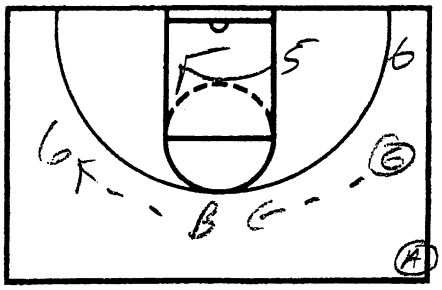
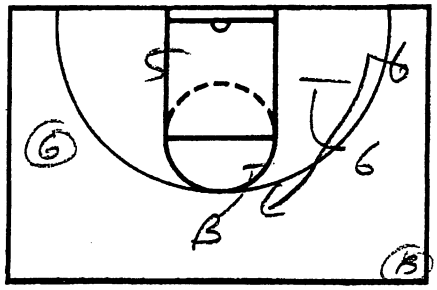
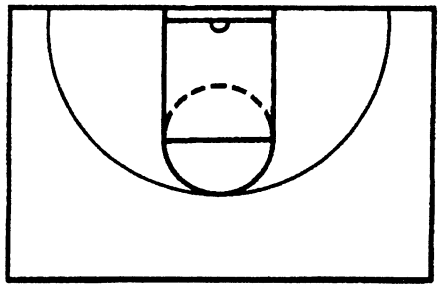
(1)



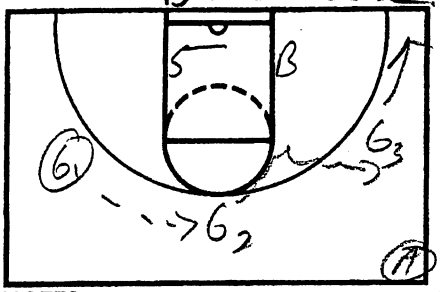




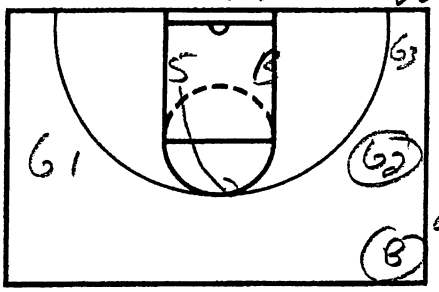
NOTES
High Post Ball Reversal

(3)

Drive Reverse

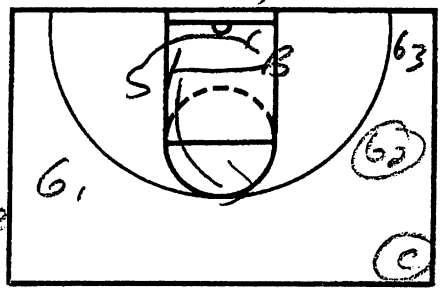


High/Low



OR

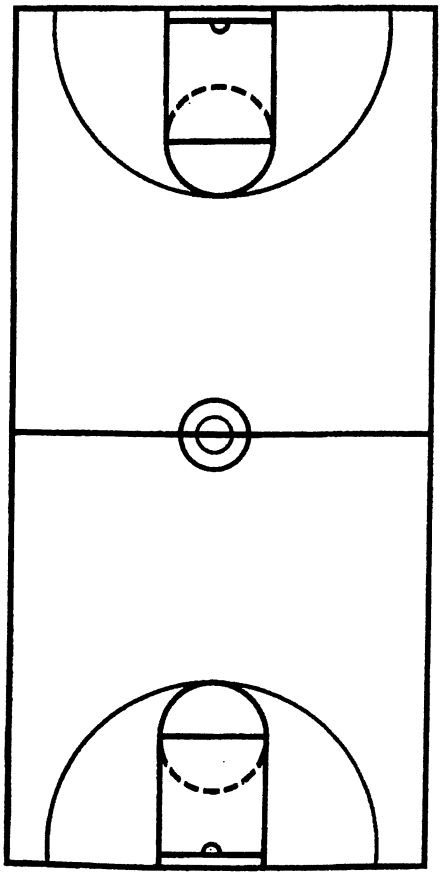
Cross Pick High/Low

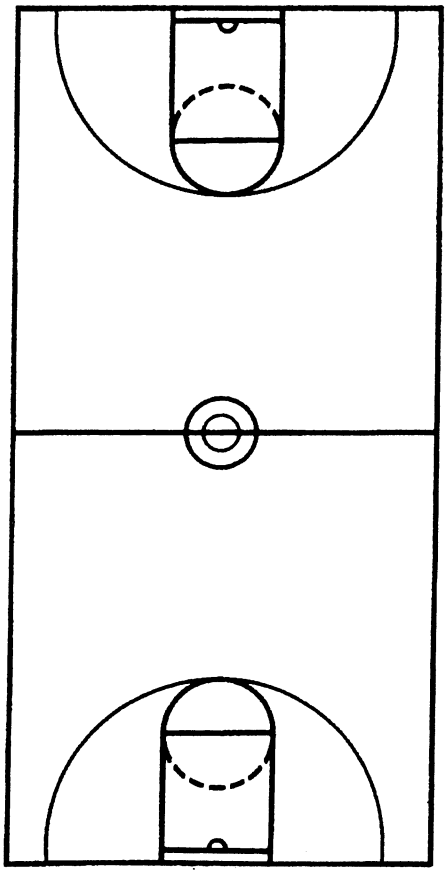


NOTES
Good Catch in High Post

JUST DO IT

NOTES





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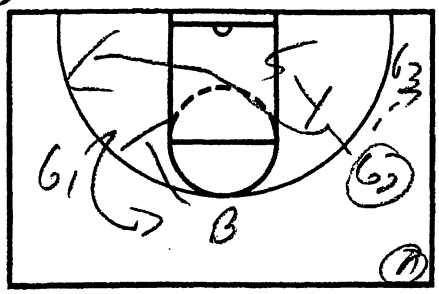
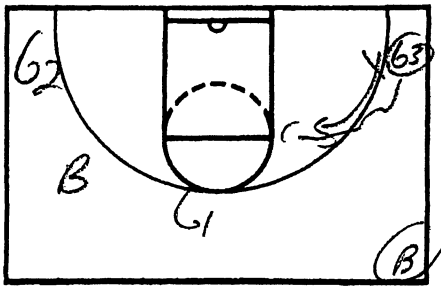
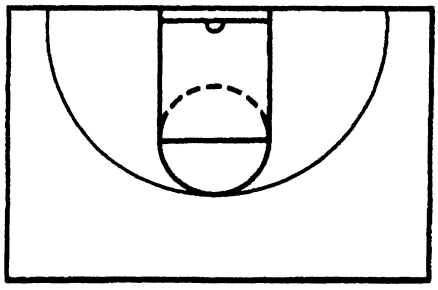
(5)

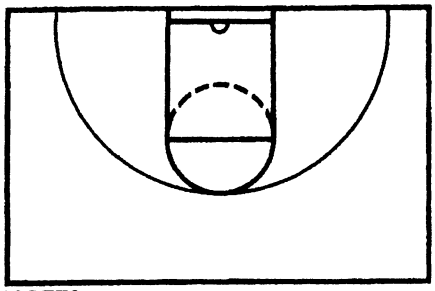
Pick on Ball

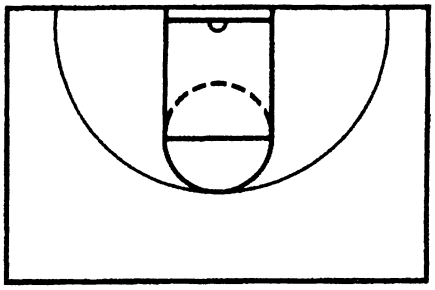


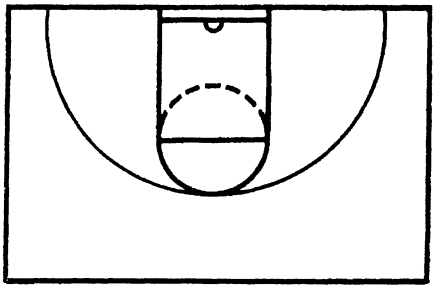




NOTES
Corner Pass







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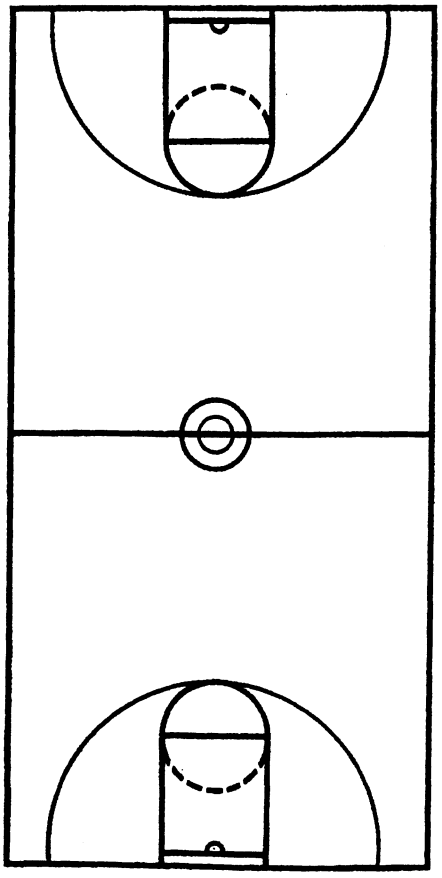

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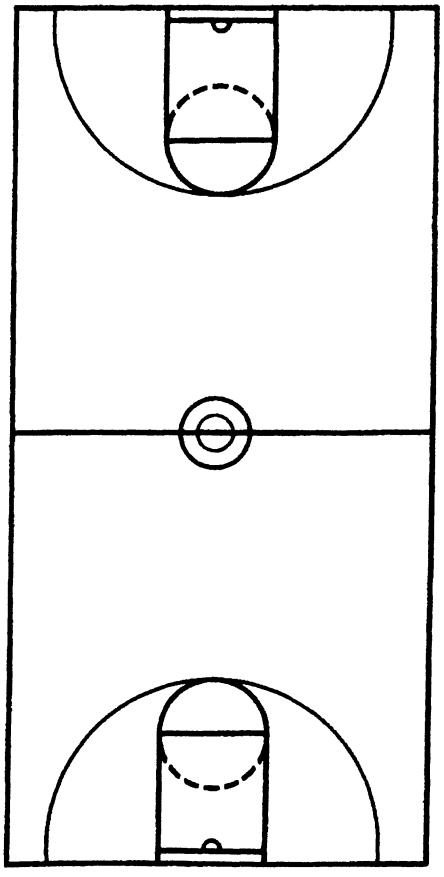

Ernie Kent – University of Oregon

1) You always have to reads and 2 cuts on every screen

2) On screens the cutter must close the gap and cut off the pick with his shoulder on screener's hip

3) Coaching isn't difficult. It is about…
   A) How well you know what you want to teach
   B) How well you teach your philosophy
   C) How you get your players to buy into your philosophy

4) Self Improvement Program - Give your players reality check as often as possible
   A) Dress for success
   B) Study skills
   C) Role modeling
   D) Parenting
   E) Dealing with the past
   F) Communication
   G) Relationship building and maintaining

*Every coach should referee, every parent should coach

5) You should do exit interviews with your players if you really want to know where you are as a coach and where your program is – Most coaches are afraid to do this.

6) If you say I can't coach that kid or those players it is your fault, not their fault

7) Coach is the title, but you are a:
   A) Father
   B) Role model
   C) Motivator
   D) Parent

* Get into their lives! You must have a relationship with them.

8) Compassion and confidence go a long way

9) You must teach your players how to communicate as men!

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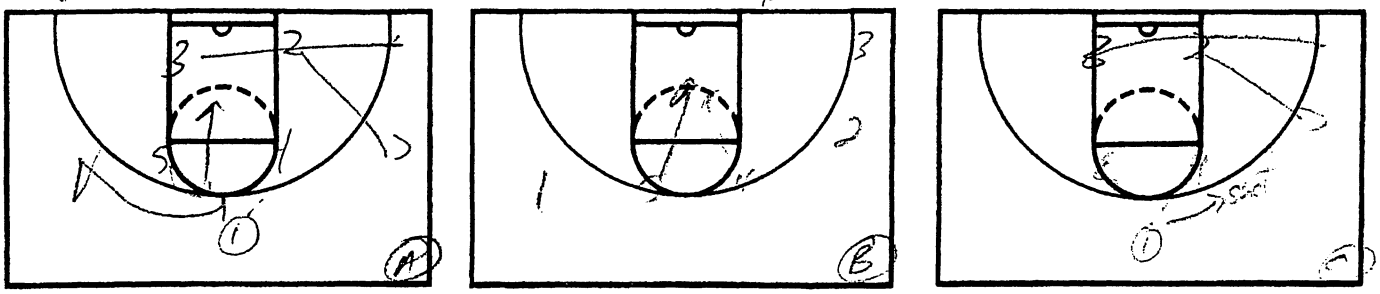
CLINIC Fundamentals
DATE Oregon
Quick Hitters

#2



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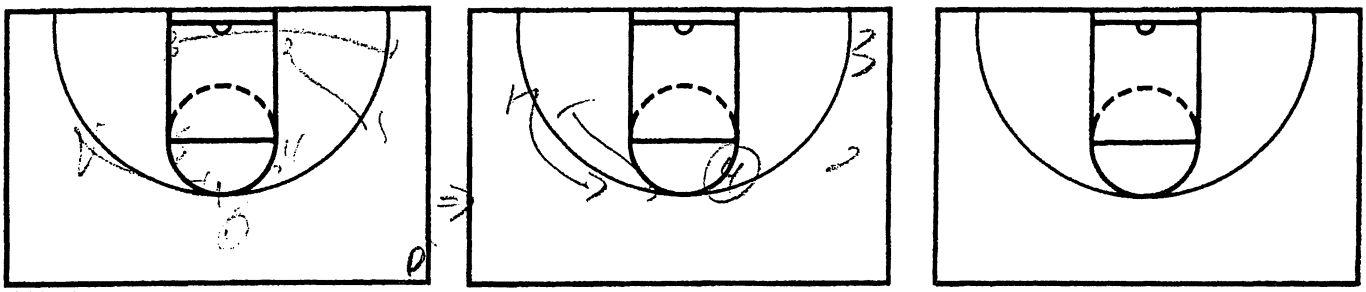
*Throw a Bounce Pass to the Big ON all slips!



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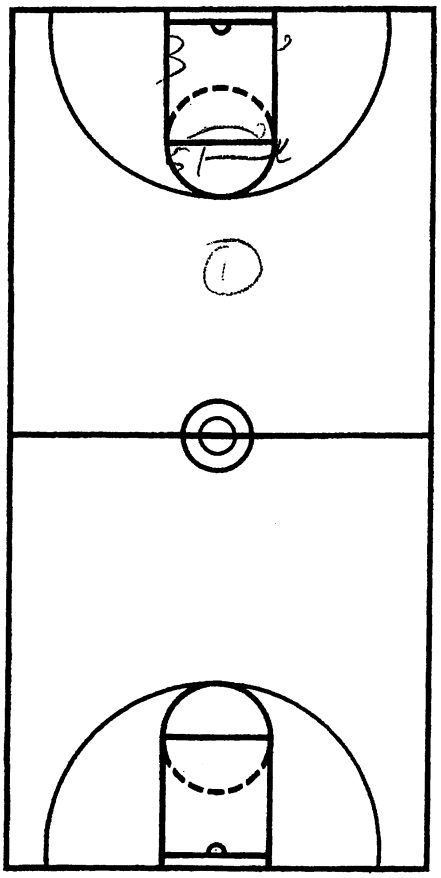

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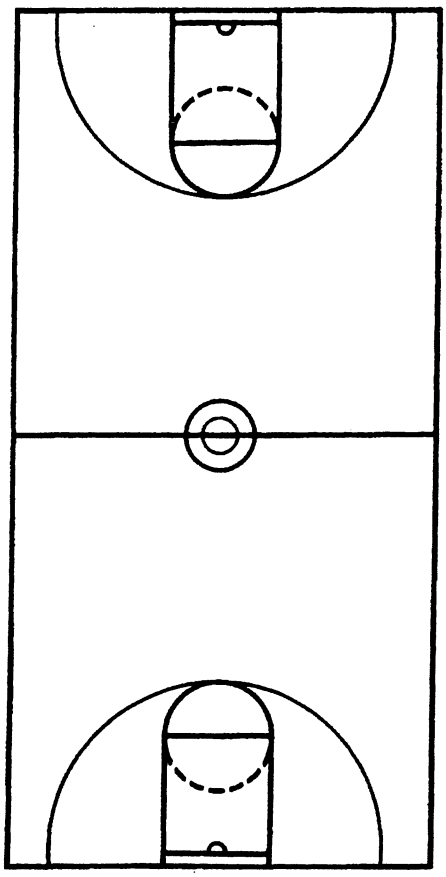
Biss Crosspick to initiate offense



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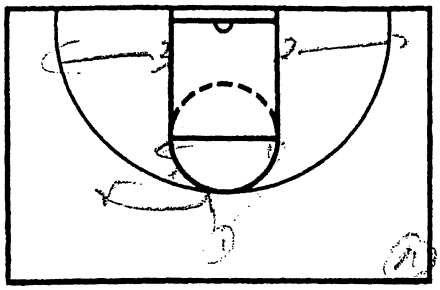
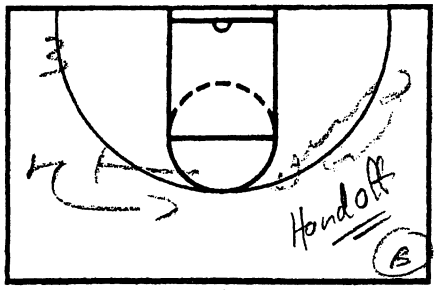
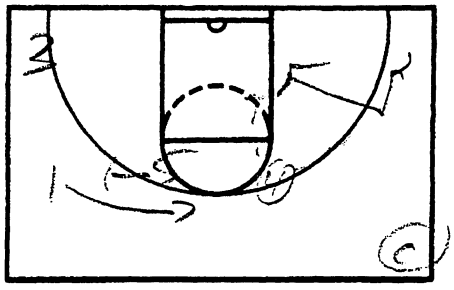
CLINIC Fenic Front
DATE Oregon
Quick Hitters

2↓





Backdoor



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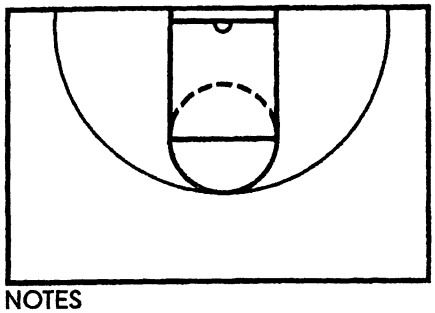

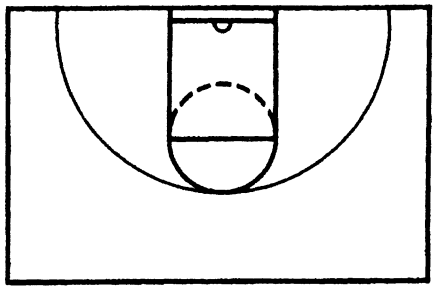

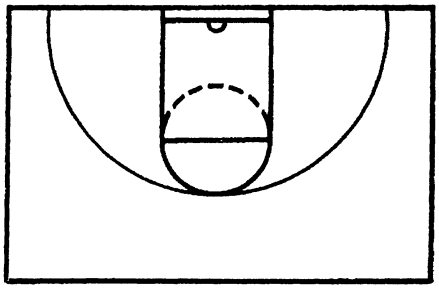

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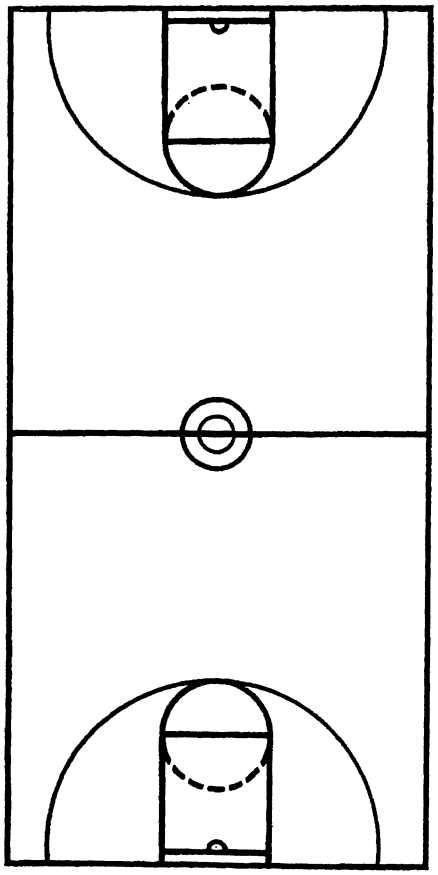

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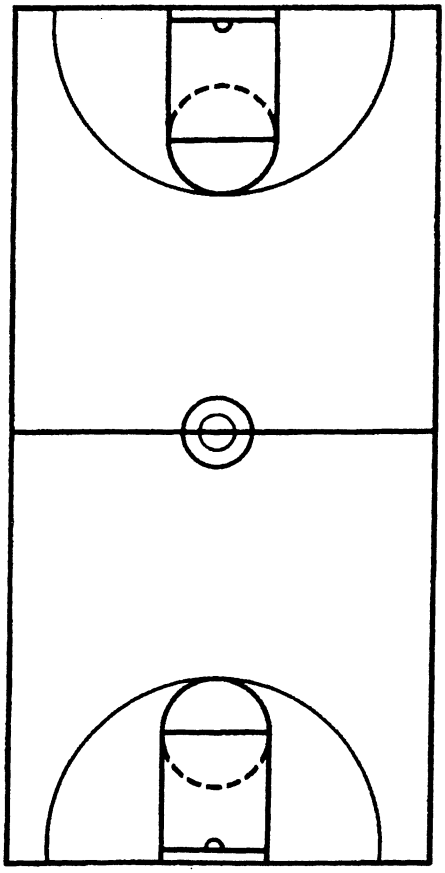

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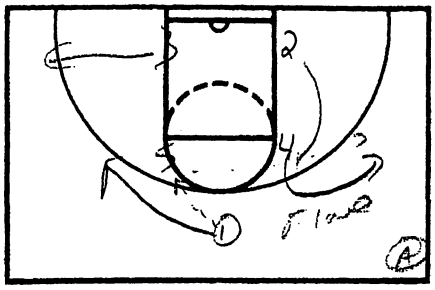
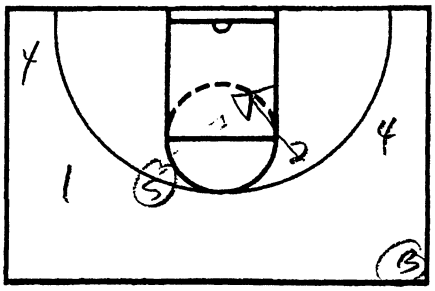
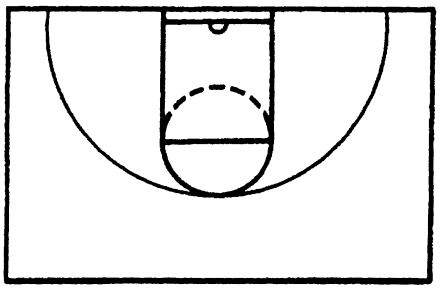
CLINIC Nike Camp
DATE Orlando
Quick Hitters

Flare



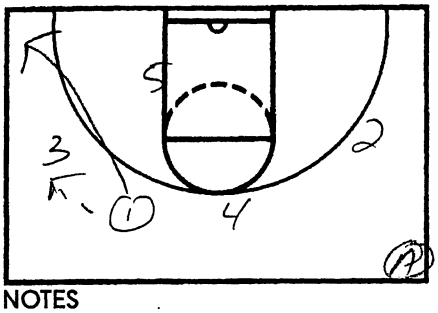


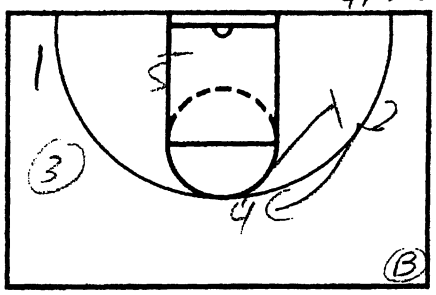


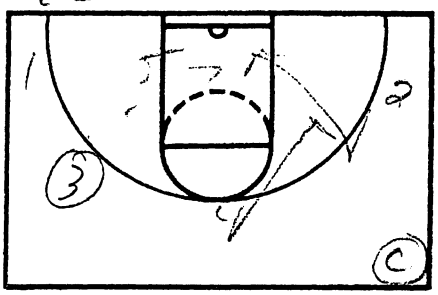
NOTES

"C"

4 Reads on Post
1) Behind = Go In
2) Front Cut
3) Helpside = Hit cutter for Top Shot
4) Backcut = Lob







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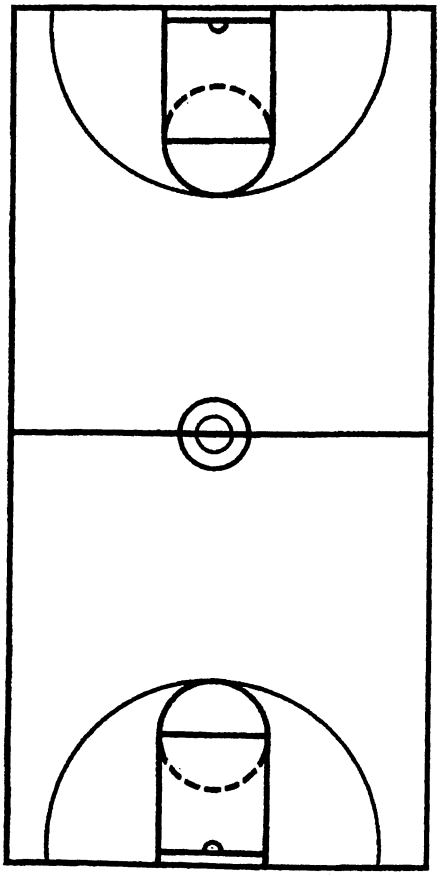

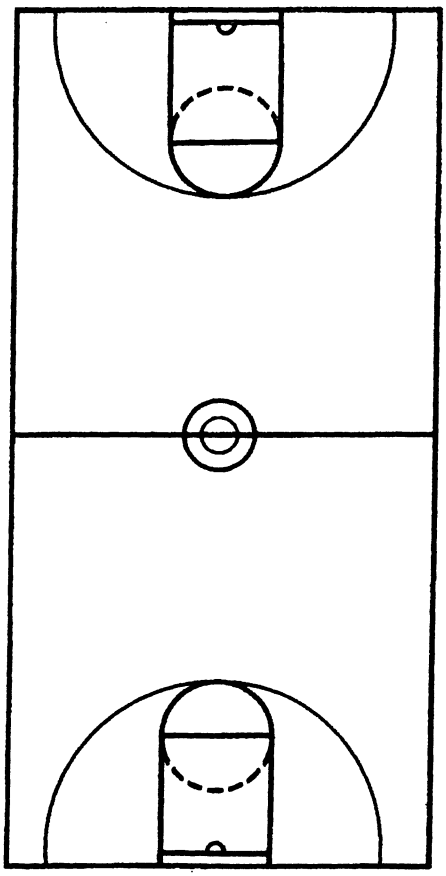

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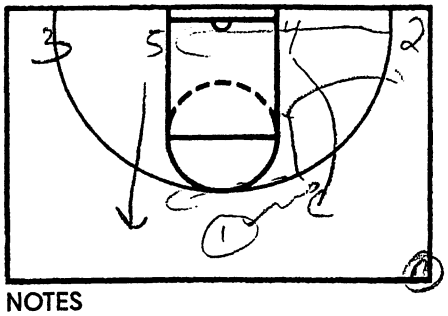
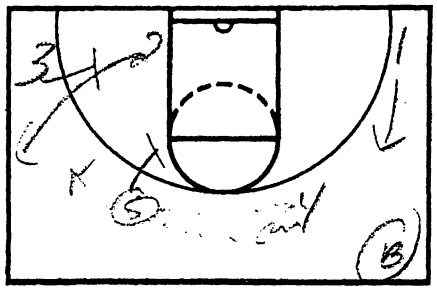
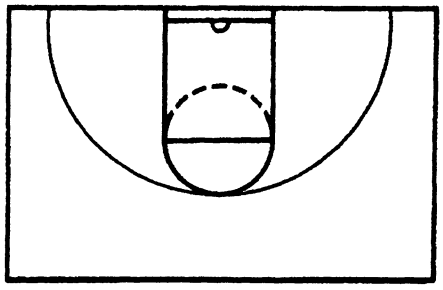
CLINIC rave roo

DATE Oregon
Zone Offense

VS 3-2







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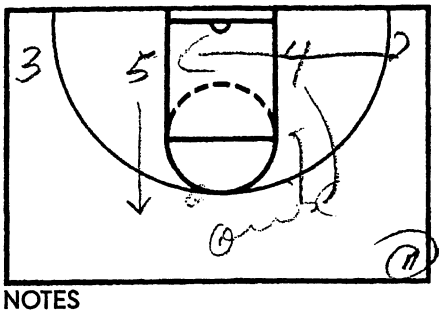
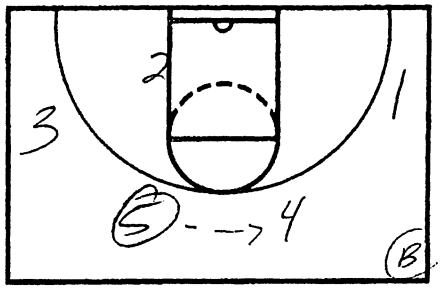
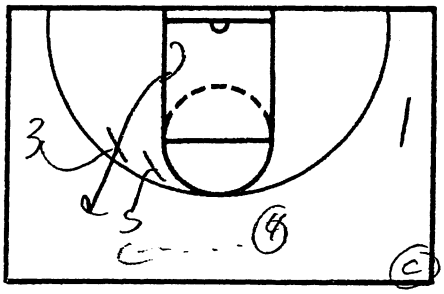
VS 2-3







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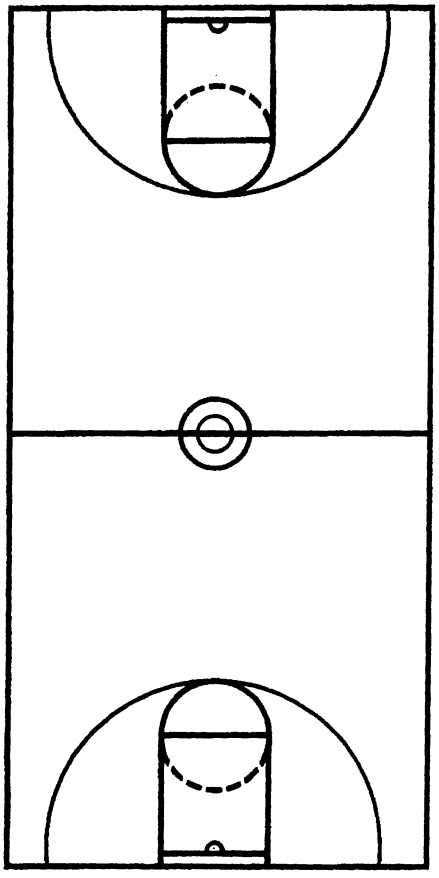

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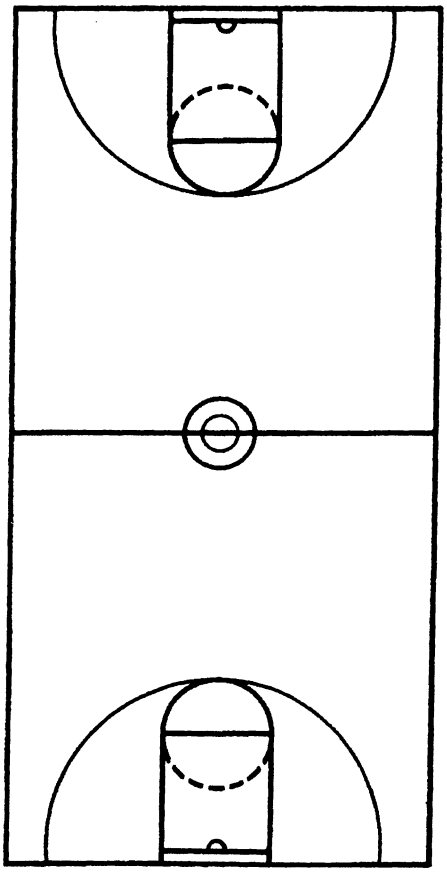

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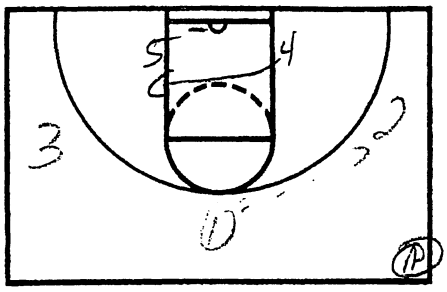
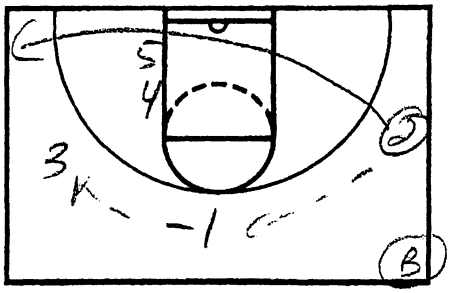
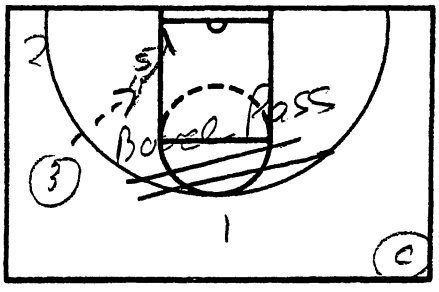
CLINIC Basic Cut
DATE Oregon
Zone Offense

Stack







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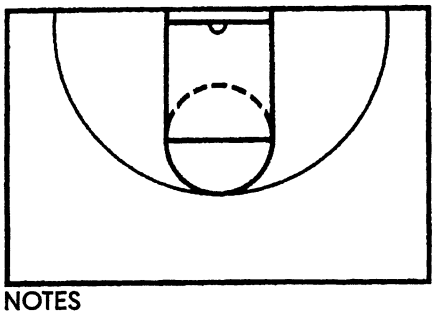

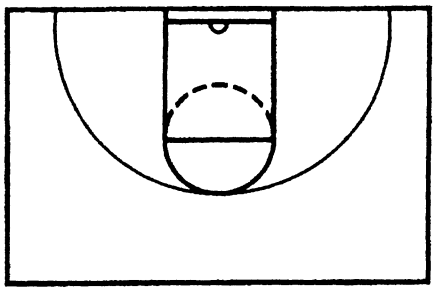

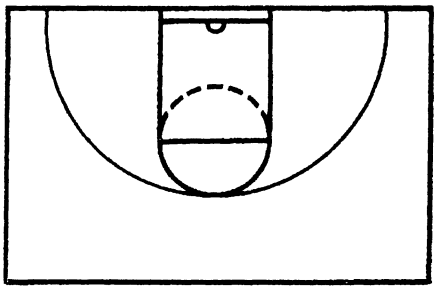

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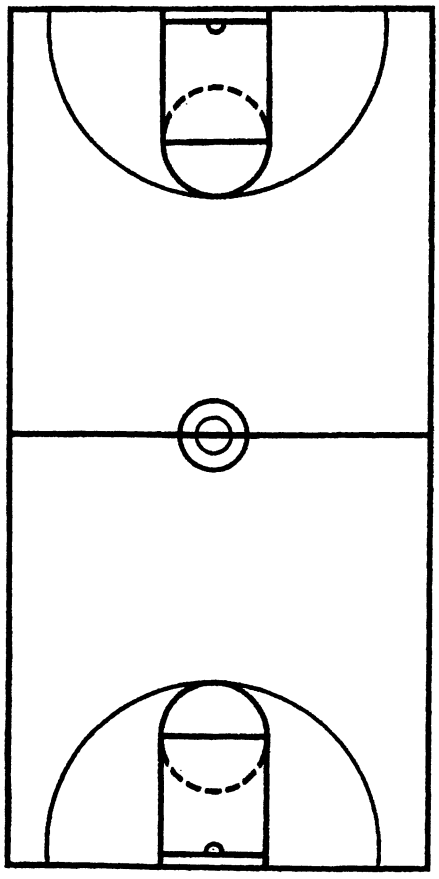

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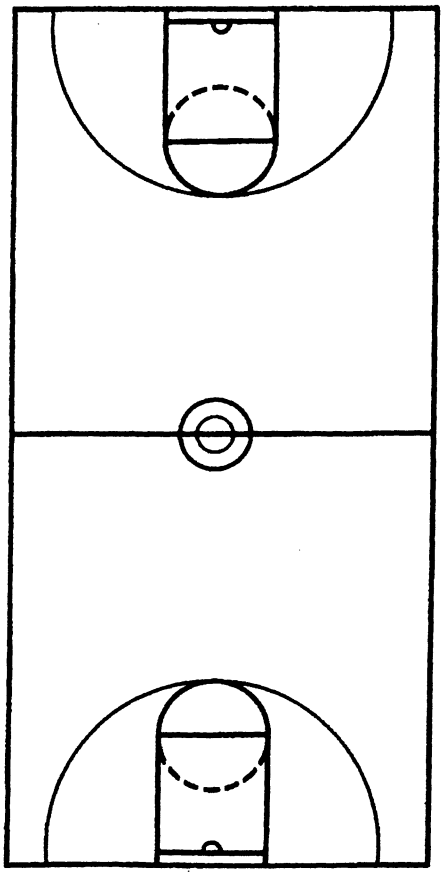
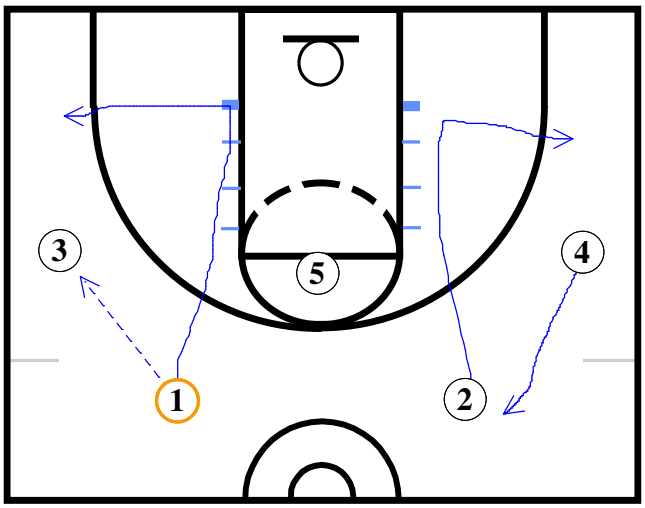


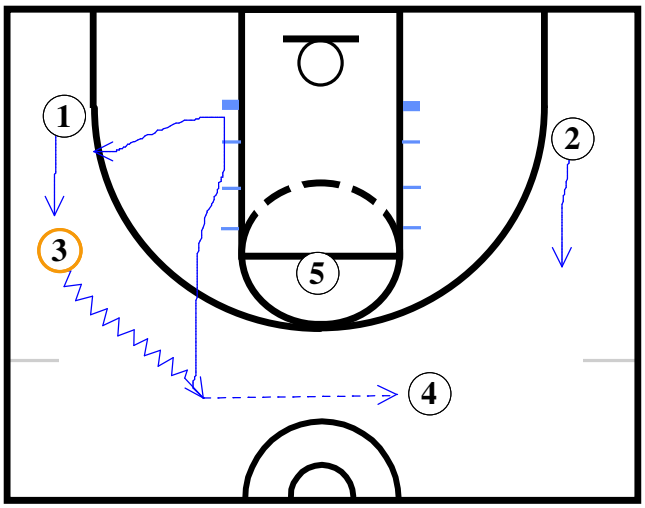
Delay Game

02-03-2006



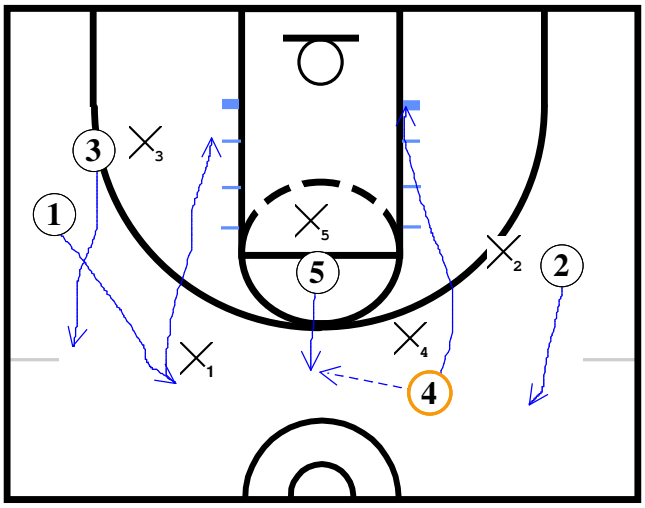
Frame A

1 passes to 3 and cuts to the ballside block. 2 and 4 interchange on the weakside of the floor. 5 is the pressure release man in the middle of the floor.



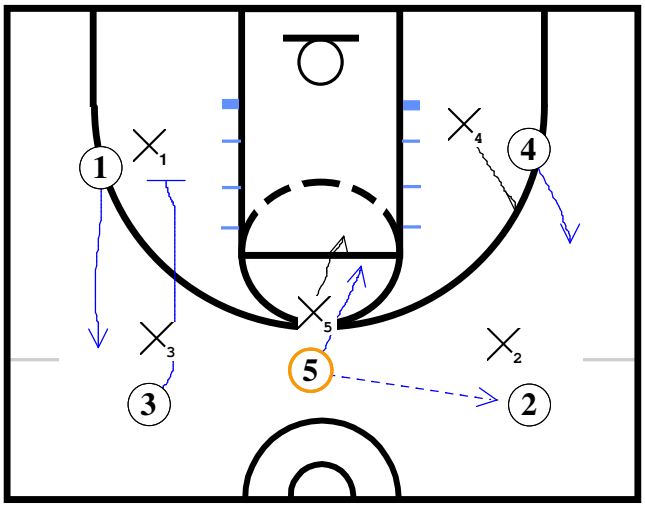
Frame B

If 3 cannot pass to 1 cutting he will dribble up to his spot and pass to 4 on the right side. 5 may have to help if 3 is in trouble.



Frame C

In this frame 4 passes to 5 and cuts to the goal. 3 also cuts to the goal and they are replaced up top by 2 and 1. The players do NOT switch sides of the floor!



Frame D

Here 5 passes to 2 and goes back to the free line area as 3 down screens for 1 to come up top. (The more the players interchange the better this delay game works.)

General Comments

Rules: 1)Keep the four outside spots filled. 2) Every time the ball is passed you interchange with the player below you. 3) If you catch the ball free throw line extended you dribble toward half court to fill the top spot. 4) You are allowed to screen. 5) Meet every pass. 6) Look to score

VILLANOVA MOTION OFFENSE

Coach Harry Perretta

Numbering System for Cuts in the Motion Offense

1. **Basket Cut**
2. **Curl Cut**
3. **Backdoor Cut**
4. **Slip**
5. **Back Screen/Flare Screen**

Numbering System for Options in the Motion Offense

6. **Pick and Roll with the 4 and 5 Players (designated post players)**
7. **Dribble Handoffs**

Offensive Concepts of the Motion Offense

1. To initiate the offense, the ball is on the top (middle) of the floor. With the ball on top, action begins on both sides.

2. There are NO mistakes in this offense. Players play through any spots of confusion or uncertainty.

3. After making a basket cut, you will always fill an open spot. (You must read if the opening is on the ball side or the weak side.)

4. When ball is caught in the middle of floor, always look back to the side of floor from which it was passed.

5. Whenever ball is passed on top, both sides of the floor create action.

6. Whenever you are overplayed and are 1 pass away from the ball, execute an automatic backdoor cut (#3).

7. Slips (#4) can be utilized at any time. (Based on player reads.) (Exception: when cutter is executing a #2 or #3 cut.)

8. When 2 players screen for one another, the screener can execute a #4 cut into a post up if the defenders switch and the match-up is advantageous. (How long post player stays is personnel/philosophy driven.)

9. "Option" call: players play basketball using any of the 5 cuts and 2 options. (We strongly prefer big on small screens and handoffs. Therefore a heavy emphasis is placed on the 4 and 5 players executing #6 and #7 options.)

10. On handoffs and pick and rolls, no action takes place off the ball. (Read your defender and move appropriately.)

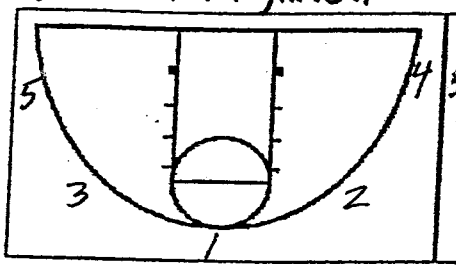
11. On verbal calls such as "25," the call describes 2 types of cuts and actions to be executed on a particular possession. (The first number, in this case "2," would refer to curl cuts. The second number, "5," would refer to back screens. The first number is always executed after the first 2 passes; the second number is executed for the remainder of the possession.)

12. There are occasions when the ball is in the corner, 2 passes will be necessary to continue the offense efficiently. (Get ball back on top/middle of floor.)

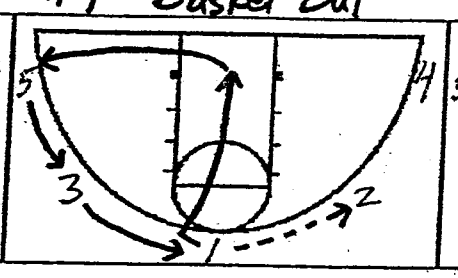
Note: An extra pass may be required in certain situations, in order to create better spacing opportunities. This happens most frequently when the ball is in the corner. Your philosophy must determine when to make extra passes or run specific cuts and actions. (This offense is not a perfect science; it is intended to flow as opposed to follow dictated or pre-determined movement.)

MOTION OFFENSE: INITIAL ALIGNMENT AND NUMBERED CUTS

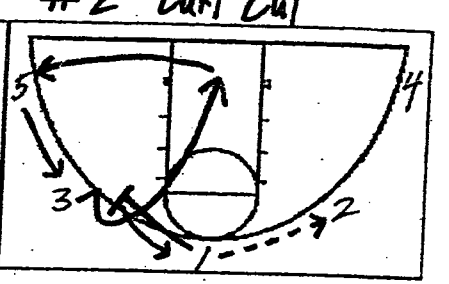
Initial Alignment



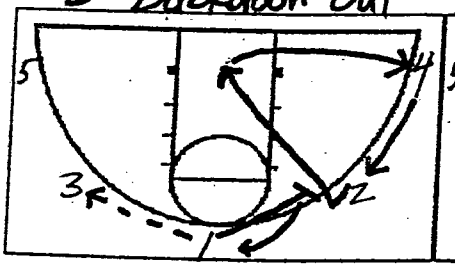
#1 - Basket Cut



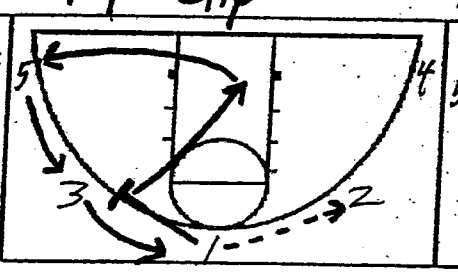
#2 - Curl Cut



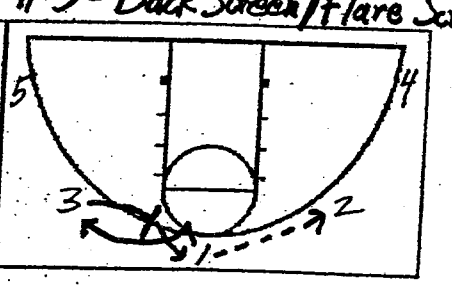
#3 - Backdoor Cut



#4 - Slip

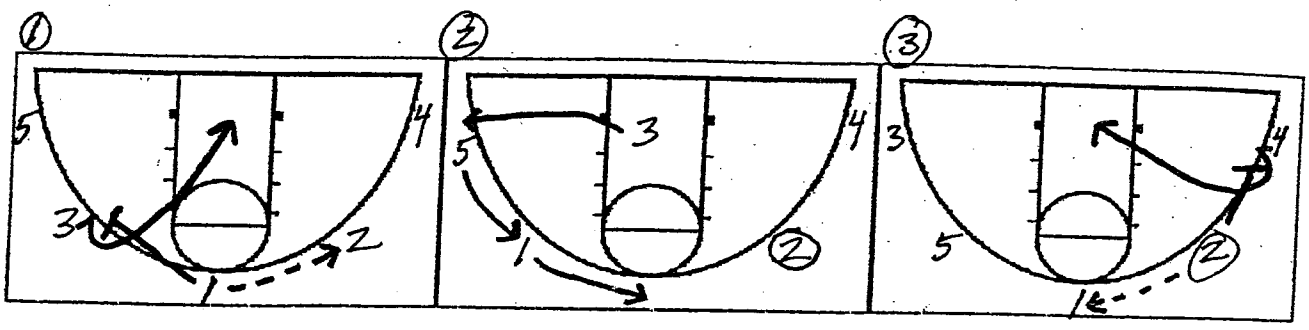


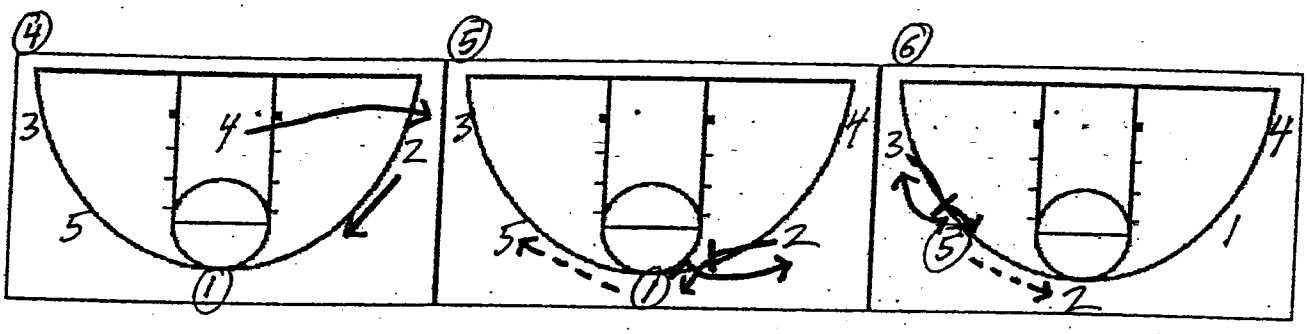
#5 - Back Screen / Flare Screen

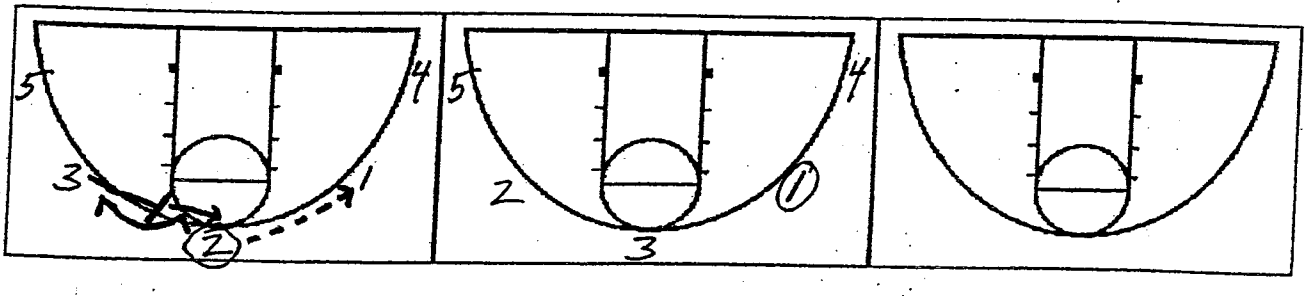


MOTION OFFENSE: DIAGRAM OF A "25" CALL

(The first 2 cuts are curl cuts, the remainder of cuts in possession are off back screens.)







Hubie Brown Notes - Day 1

4 Rules (Hubie has 4 main rules)

1. Be on time
2. Play hard
3. Know your job
4. Do your players know when to pass and shoot? They must know and if they know they should be held accountable.

Keys to being successful offensively

% of scoring on Break
Def. Boards %
2 on 1 advantages
3 on 2 advantages
4 on 3 (want it above 60%)

OTHER THOUGHTS

- Give a guy a chance to grow by asking what is wrong if he is "dogging" it. Let him know you are aware that he is not playing hard. Ask him what is up and if he continues after you give him a chance then put someone else in.
- The team must adjust to us as coaches. It is the coaches way and they must do what we say. Play the guys good/bad that do what you ask.
- When a coach says 1 hour for practice then practice is 1 hour. It just pisses people off (coaches and players) when you say one thing and do another. If things aren't working that day then come back for another try tomorrow.
- X & O Not worth a damn w/out team. If your team isn't with you it doesn't matter what you draw up. The team must respect what the coach is asking them to do.
- Personal congrats after a win. Hubie goes to each individual after the game and looks him in the eye (sometimes grabs their head) and says something positive after a win. THAT IS WHY WE ARE HERE- TO WIN.
- **Nobody is bigger than team!!! Jason Williams didn't want the personal thanks after a win because he was benched and Hubie wanted to suspend him. He made sure that he fined him the max and Jason apologized to the team for thinking of himself. Turning point in their season.**
- "The dogs bark but the caravan moves on" JFK- loves the quote
- Circles around jump circle every day before practice so he can walk around middle and see who is ready for the day- BOTH COACHES AND PLAYERS.
- Who is in charge of your team? ASK YOURSELF
- *Always catch ball & turn to the outside SLOB PLAY*
- *If something works for other school use it. Don't act like you are to good to use other ideas.
- *When coming off screens grab shirt & come off screener



- *Circle/Circle
- *Pick & roll always 2 dribbles past screen & turn corner to score. Teams that trap pick & roll. Replace roll man and something is always open.
- *"We Believe in Scoring"
  -HOW WE SCORE? Steals, off Reb., Block shots to get more shots than you
- Kids must buy into what you do in order for you to be successful.

Hubie – Day 2

- There is always 3 ways to do everything
  -Do what you teach best

Rebounding

Every drill must end with a make!!! Trains you, mental conditioner
Grizzlies rules on rebounding:

- If PG shoots – 3 to glass
- Center shoots - 3 to glass
- If 3/4 shoots from close "softer" shot - 3 to glass
- If forward shoots outside paint he is back

- *Transition D starts On Off Boards*

Post Drills

- Always use a defender for post drills – Trains them to bang
  Post at 1st marker above block- gives room to maneuver
- All teams know how to guard post when on side of lane - Not Duck ins off Flex – type actions Many people know how to guard a post in the paint. Use the circle (charge circle in NBA) as a set point on where to post. Use lines in practice if needed.
- Don't front full – Front w/forearm in chest & outside hand up because you can jump. If you are full fronting it is difficult to jump high.
  Offense- Whenever you are fronted always move up one slot lane line because defender will go with you. If they are told to front most post players don't adjust to you moving higher. Then you have more space for lob over top.
- Feed post to corner of the board when fronted & post goes to get it.

IMPORTANT QUESTIONS TO ASK YOURSELF ABOUT WHAT YOU ARE RUNNING OFFENSIVELY-Did you get high % shot for player, best player? After every game ask yourself. See after a game.

- **Example**: Of the Grizzlies top 6 scorers 3 shot 31% vs Spurs in playoffs. The staff must check to see if got these shots from good spots.



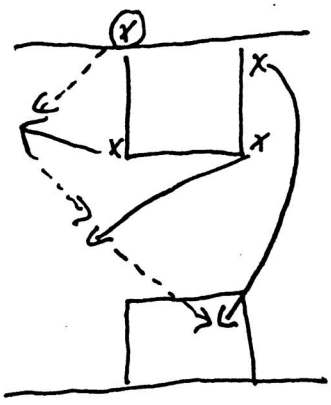
- **ARE YOU RUNNING CONTINUITY?**
  Your best player can only shoot good from 2 areas. Know where they make their shots from? Design your offense to get your shooters shots where they are good from.
- **THOUGHT-** Young teams can never be surprised. It is our job (coach) to put them into situations where they aren't going to be.
- What fits your teaching? Run what is best for your style of teaching and what you are good at teaching.

RULE- If you are scheduled 1 hr. 15 min then be off in 1 hour and 15 minutes.

THOUGHT- X & O's are nothing w/out kid

Make sure you say something to every kid every day!!! It will lead to their effort.





<u>To Start Break</u>

- What are you doing to get ball out to start break?
  Coach shoots it and inside guys rebound
  Rebounder must rebound & turn in air to outside for outlet.

- Have PG FT line extended not 28 ft. pitch out

DRILL Make weak side forward run for layup
- Does he have faith he will get ball? PG MUST DELIVER IF HE IS OPEN
- Weak side forward must run wide

***(This drill does a lot of dimensions of game)

DRILL 5 Man Break – great conditioner instead of suicides.

<u>Stop w/ suicides THEY ACCOMPLISH NOTHING- Hubie once had a player of his get hurt trying to bend over and touch a line.</u>

RULES
- Never pass Back on Break
- 2 hands on pass/catch
- Break is catching and baking
- Always pass ahead

Check "5 MAN BREAK" DIAGRAM ATTACHED

No mistakes REPEAT CYCLE IF ANY MISTAKES

-If you ever pass back it is wrong. Players must run lane hard. You can make adjustments if someone is behind. NEVER PASS BEHIND. ADJUST!!!

-Come back doing same thing – can make adjustments less passes, etc…

CLINIC 5 MAN BREAK
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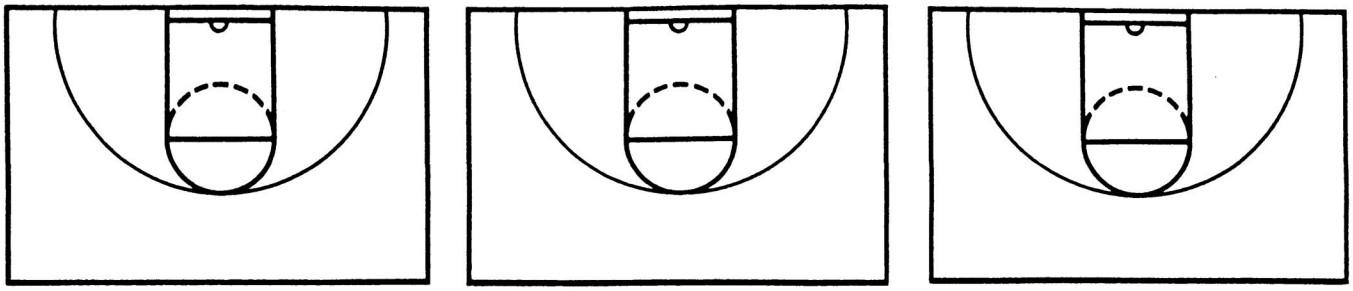
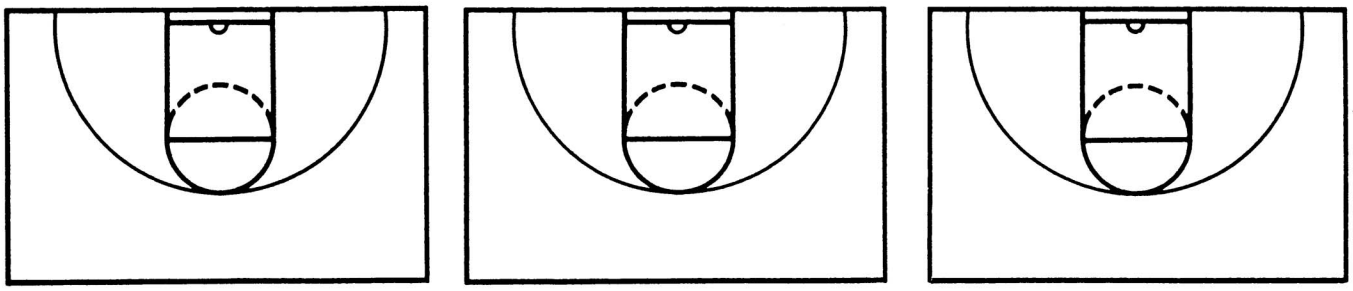


NOTES

* ANY MISTAKES RESTART!!!



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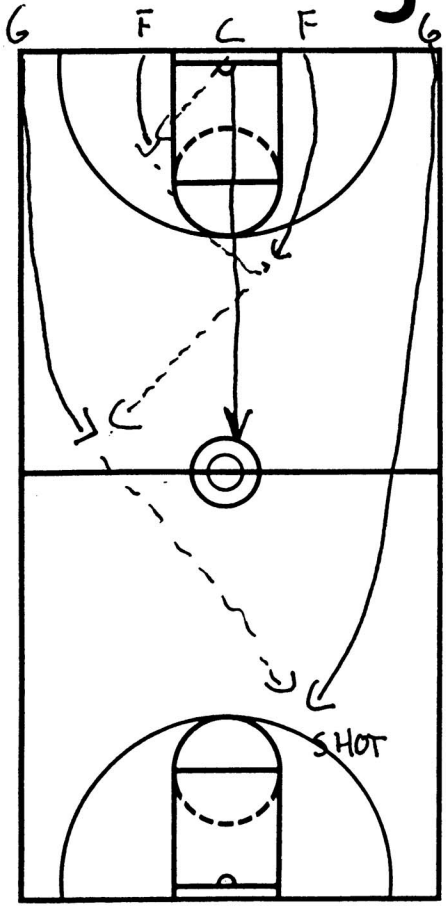
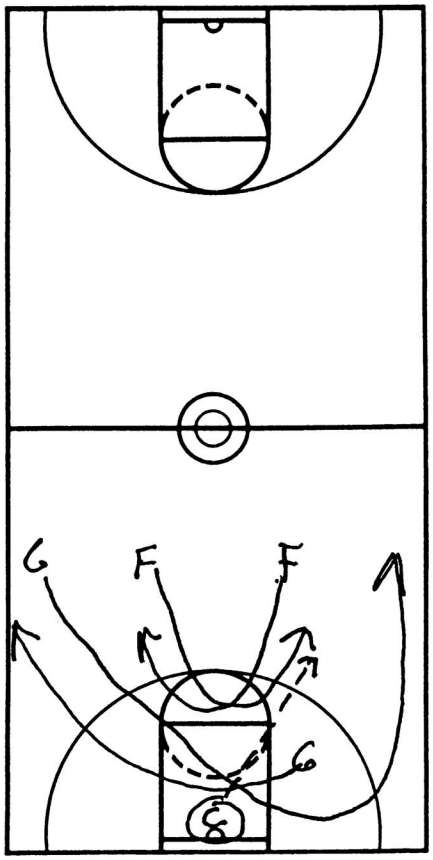


NOTES

- GUARDS MUST CROSS UNDERNEATH
- FORWARDS MUST CROSS at FREE THROW line
- CENTER REBOUNDS + OUTLETS
- UP + BACK IS 1 TRIP. GO UP TO 3 TRIPS EVERYONE CROSS + DO SAME → THING GOING BACK



When pressured on SLOB

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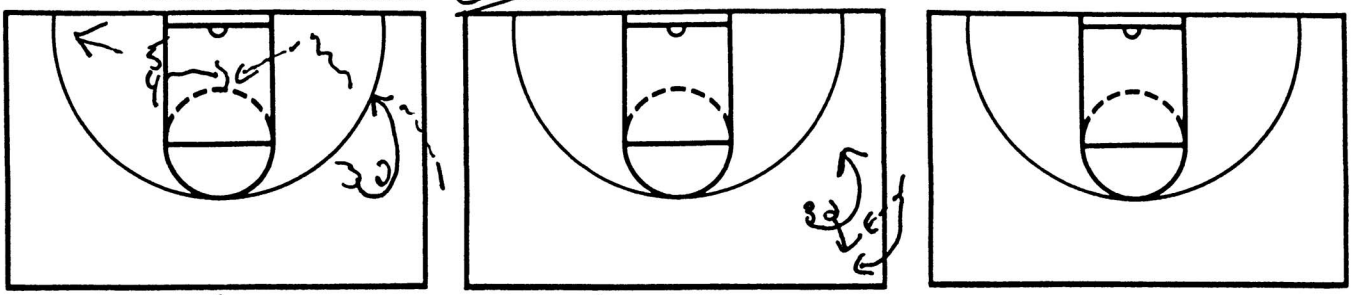
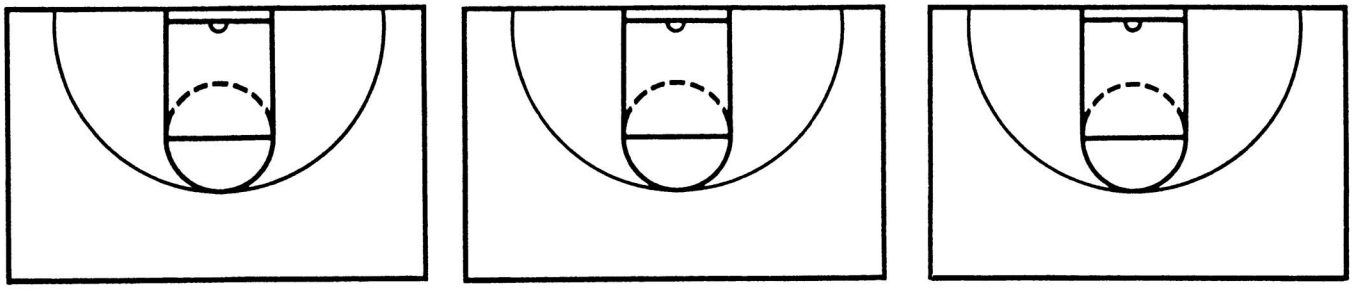
CLINIC Huddle Day 2
DATE



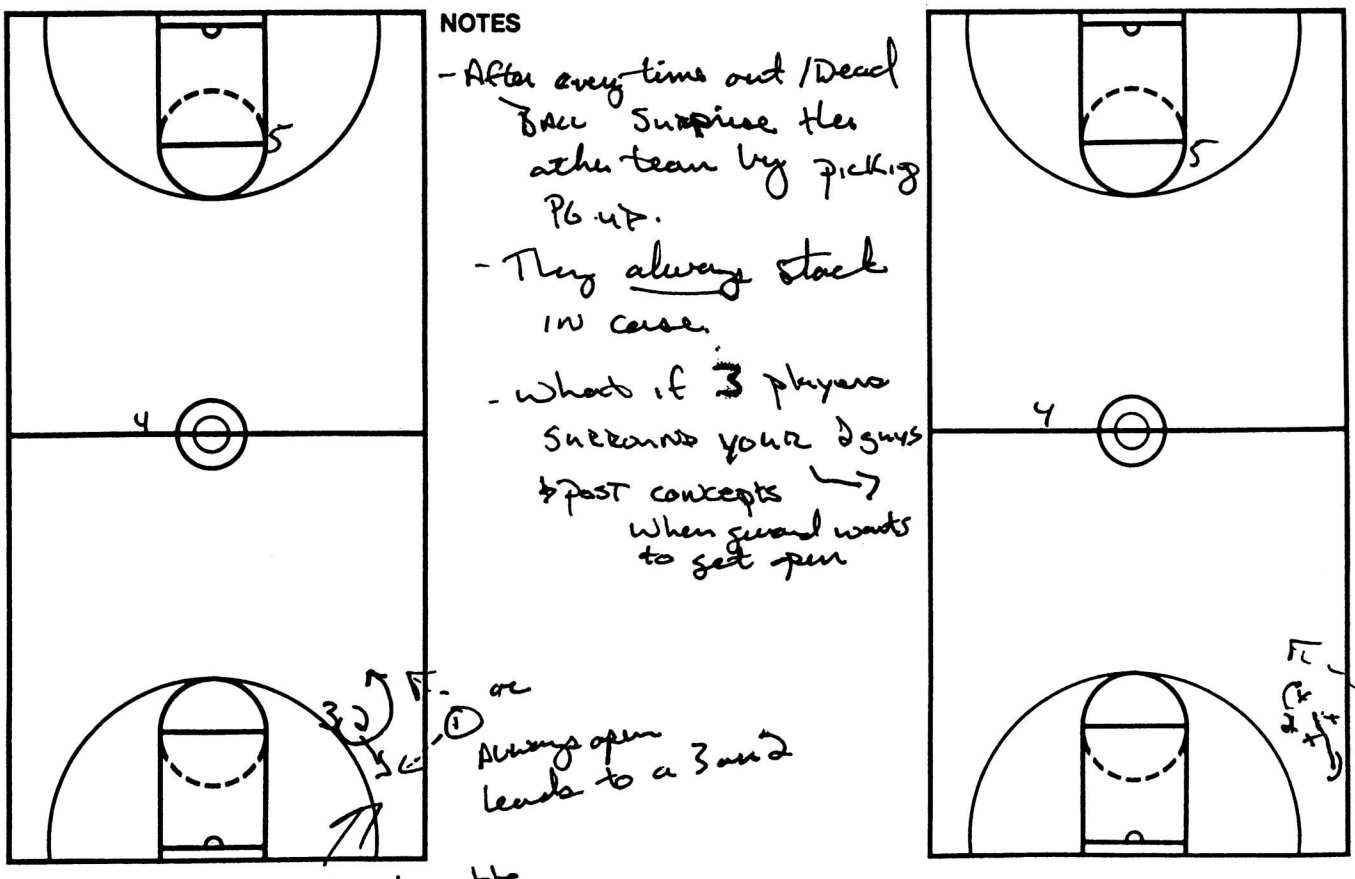
NOTES IF both 3 man DRIFT or midpost open

- #1 hit 2 + come get it.



NOTES

JUST DO IT after every Time Out



NOTES

- After every time out / Dead Ball Surprise the other team by picking P6 up.
- They always stack in case.
- What if 3 players surround your 2 guys & post concepts → When guard wants to get open

Always open leads to a 3 and 2

Interchangable

2 Left with 2 on 1 on cutter

LAKERS PLAY

CLINIC Hubie
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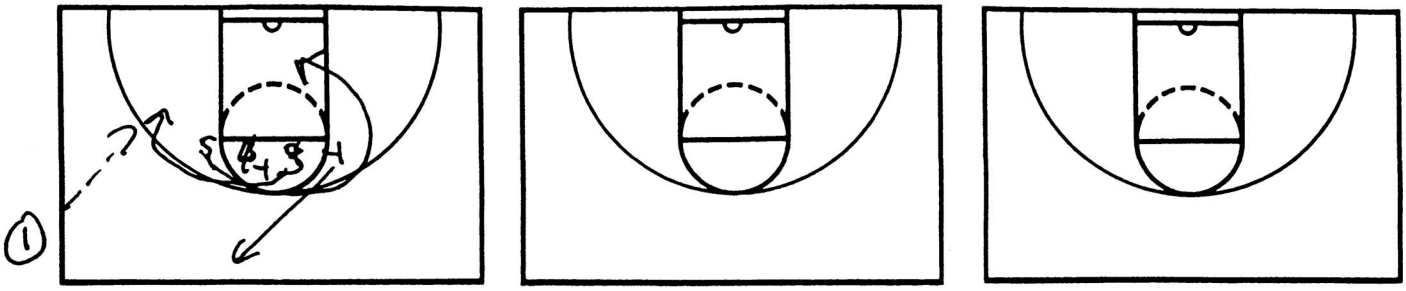

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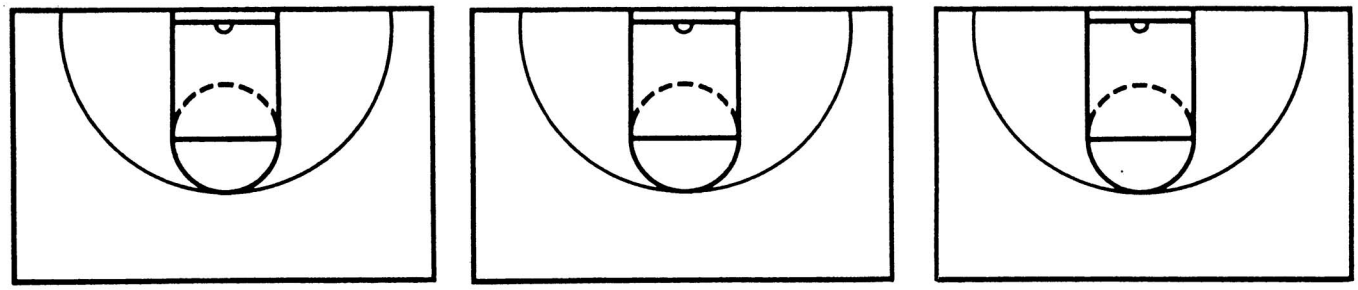

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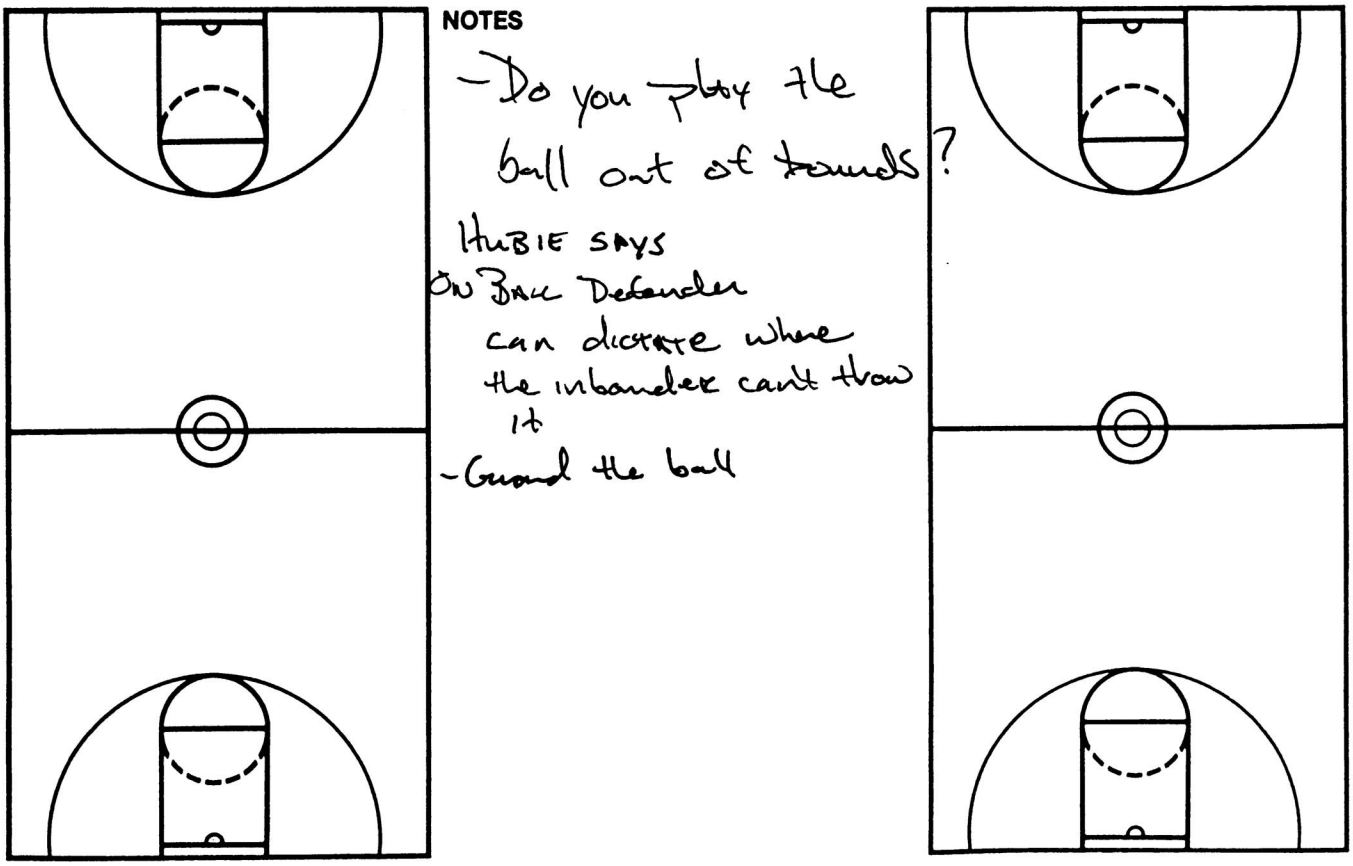

NOTES

- Do you play the ball out of bounds?

HUBIE SAYS
On Ball Defender
can dictate where the inbounder can't throw it
- Guard the ball

SLOB @ for 3

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_____

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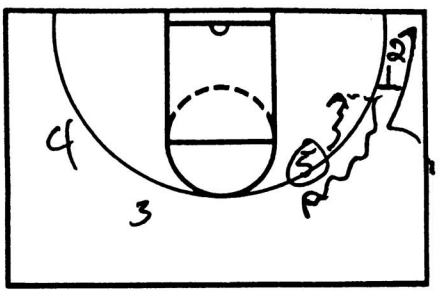
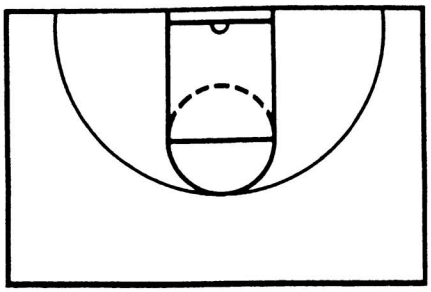
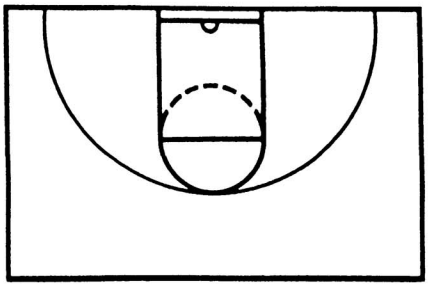
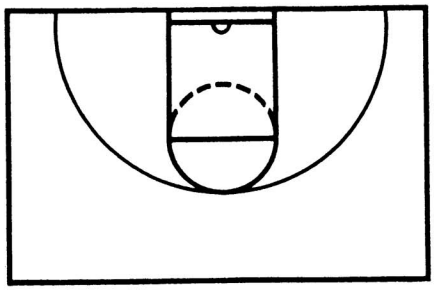
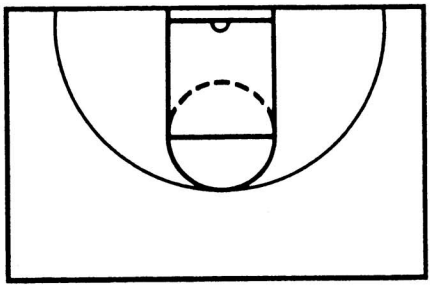


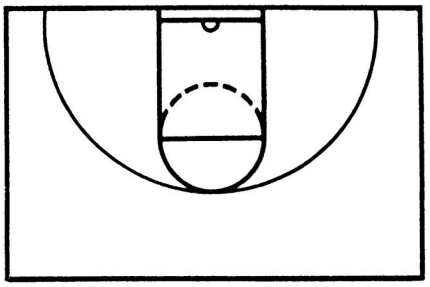




NOTES - DRIBBLE AT Defender + Screen
- Clean screen (2)







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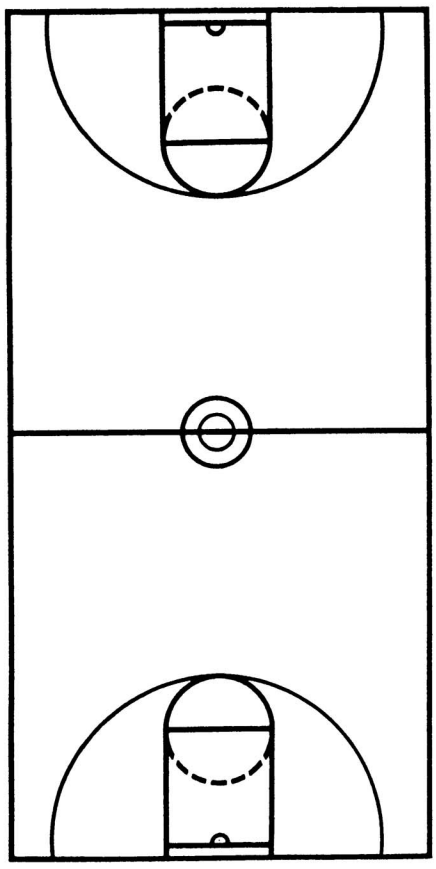

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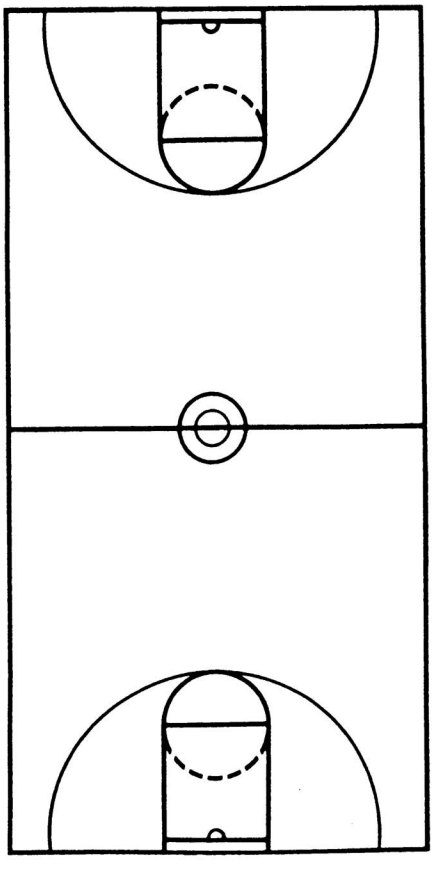

SLOB

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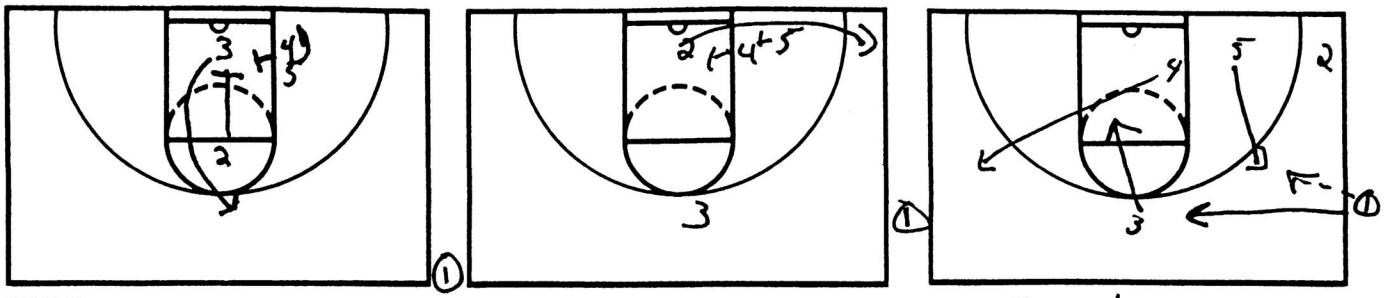
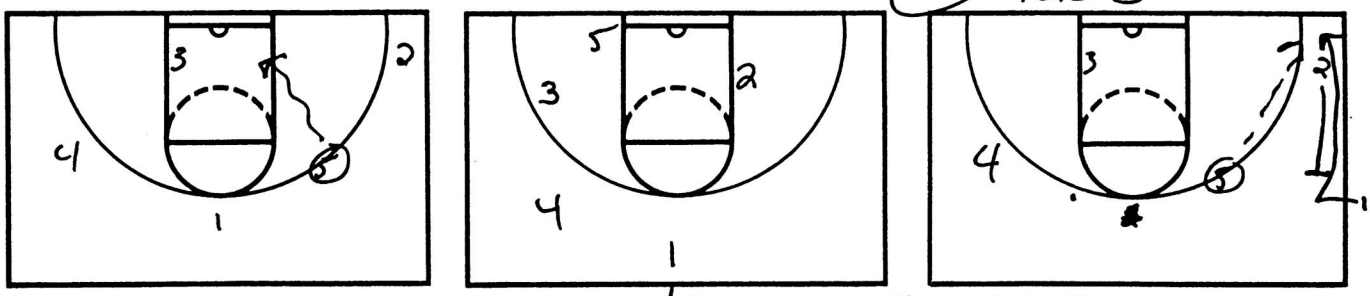
under 10 seconds for quick 2



NOTES
- 2 gets 3

- 3 Backdoor
- 5 must turn + show ball

OR FOR "3"

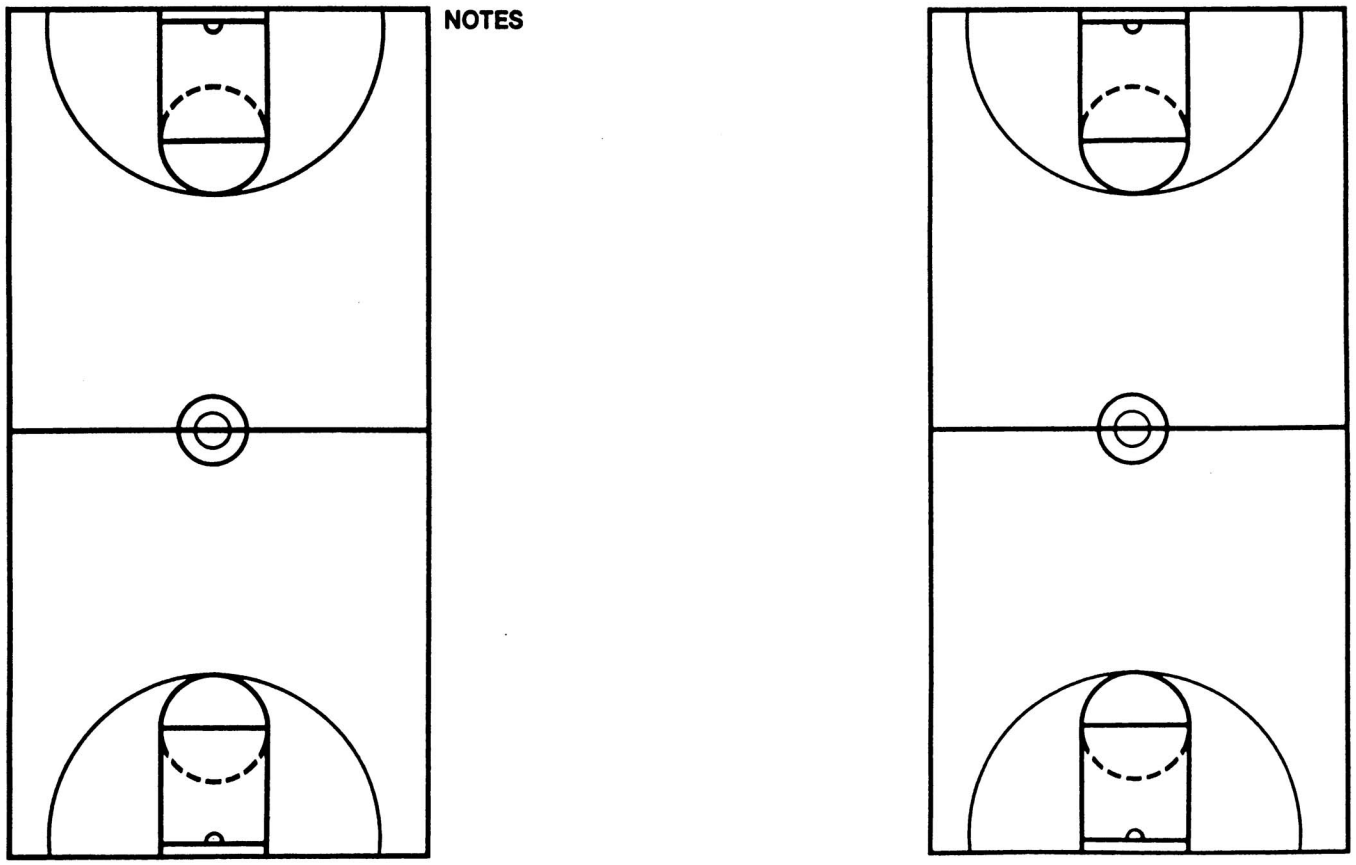


NOTES
- Lay it in + set into press

5 splits 1/d man + the Rest Deny

JUST DO IT

NOTES



Full Court ~~Pod~~ under 5 sec 2 sec

CLINIC Herbie

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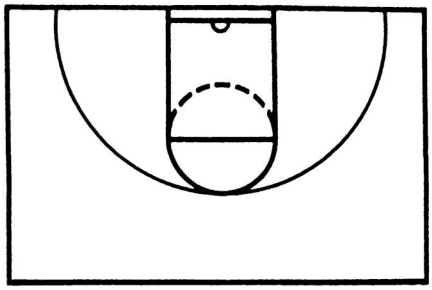

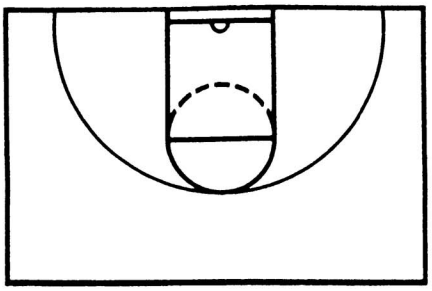

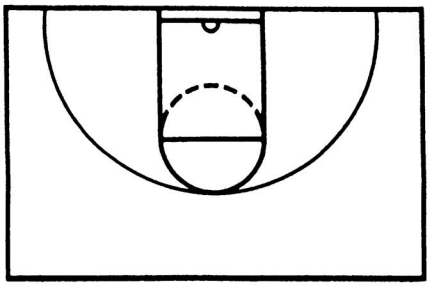

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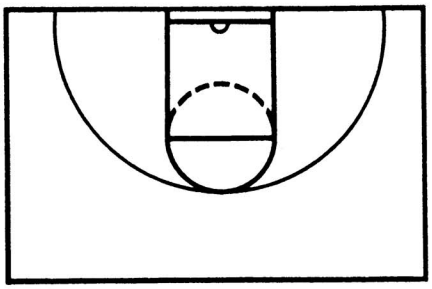

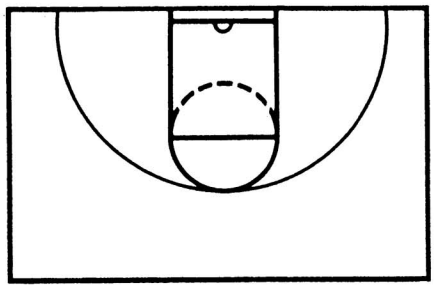

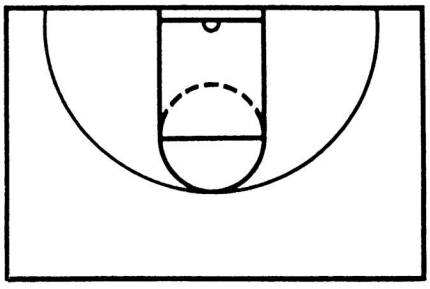

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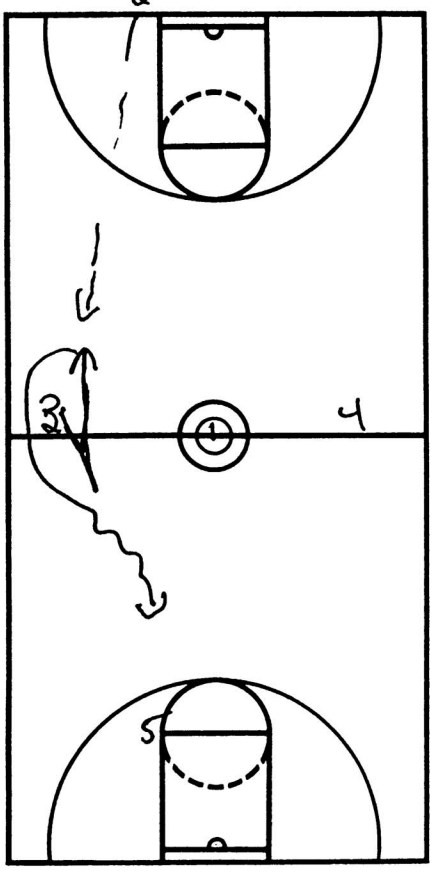
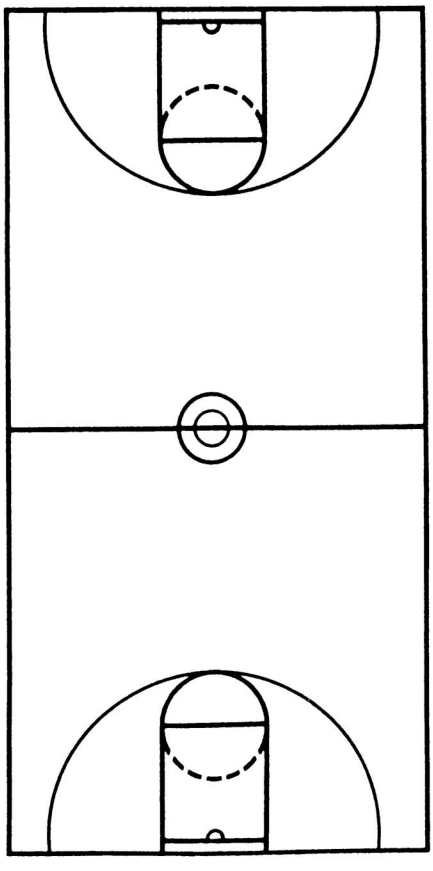


NOTES

- clock management



JCOJ VS MAN ZONE low time

1 SECOND

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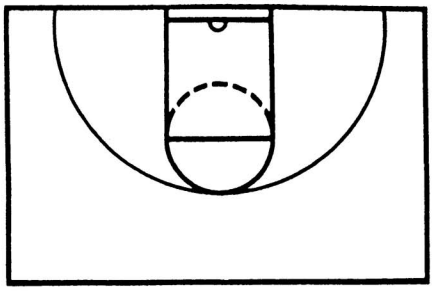

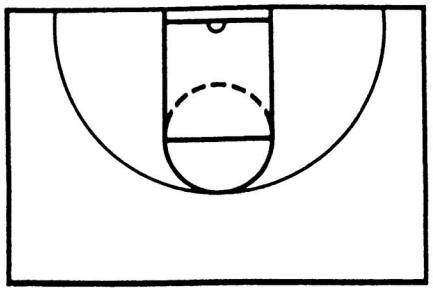

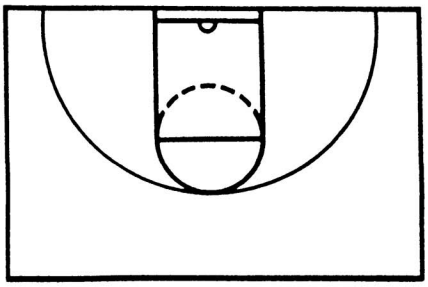

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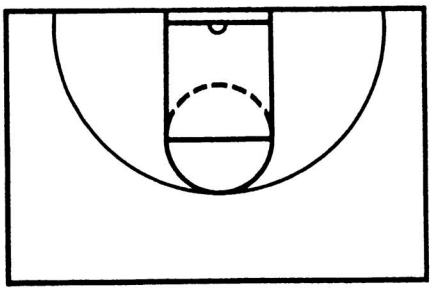

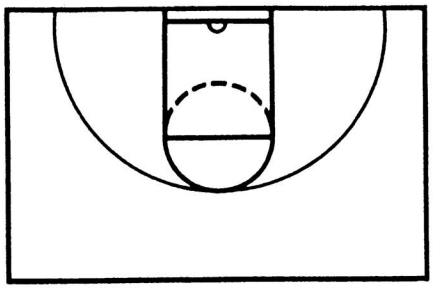

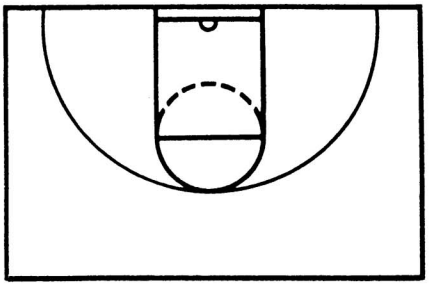

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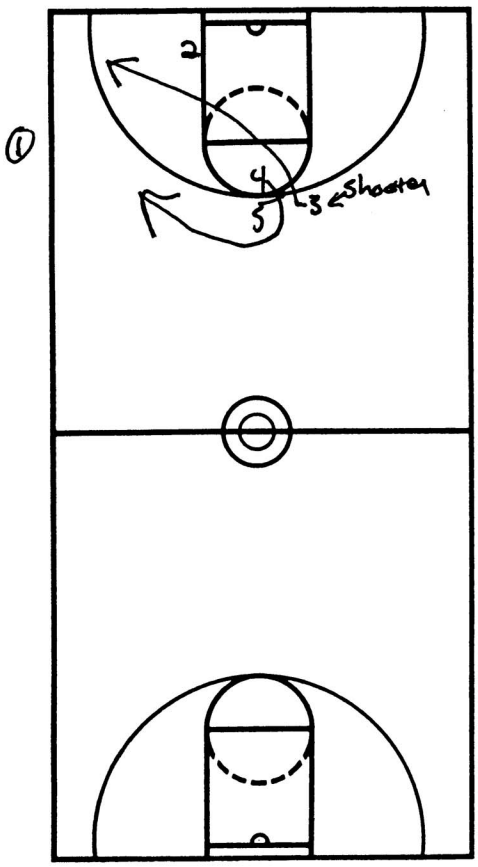
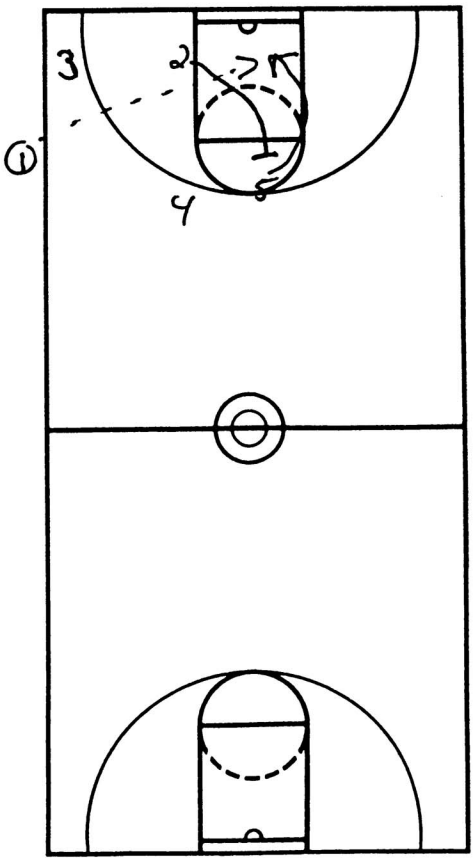


NOTES

- make 4 better shooter
- 5 least to expect



HSCB vs Zone

CLINIC Hubie
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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
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Solon, OH 44139
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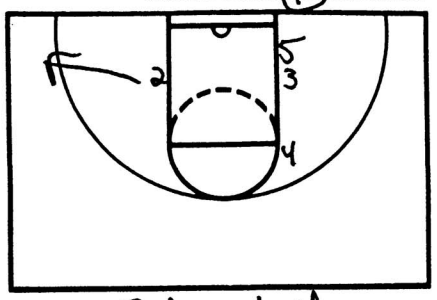
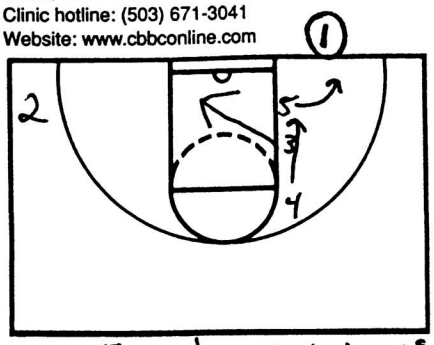
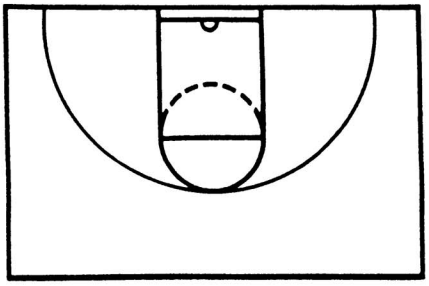
(1) "X"



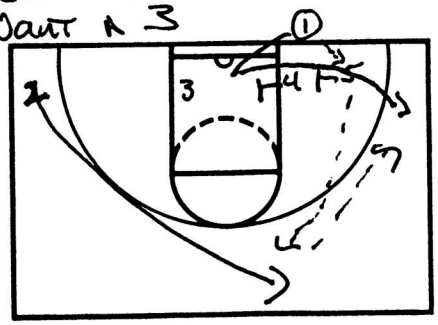


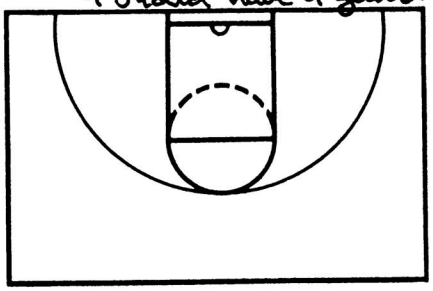


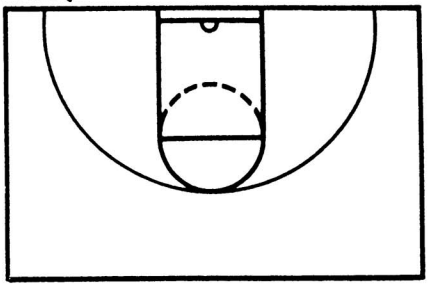
NOTES - Before ball handed to inbounder

- 5 midpoint & turns
- 3 dives to left side looking for Bounce pass
- 4 Dives for pass from 1 4 should have a guard on him

(SAME PLAY)
(2) Want a 3

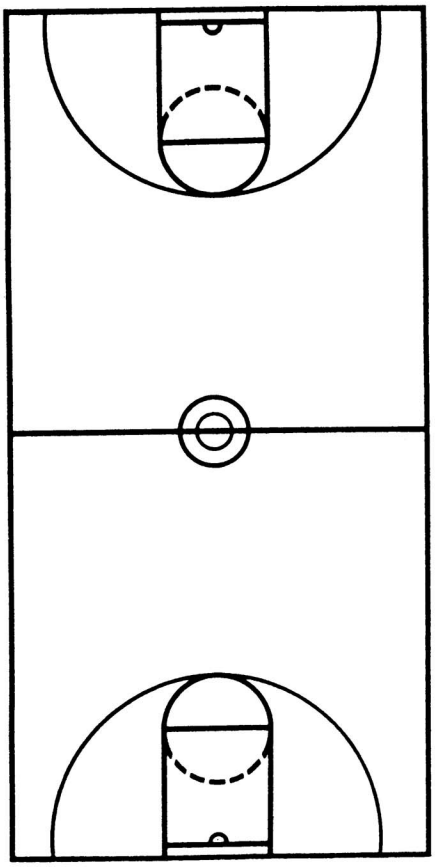






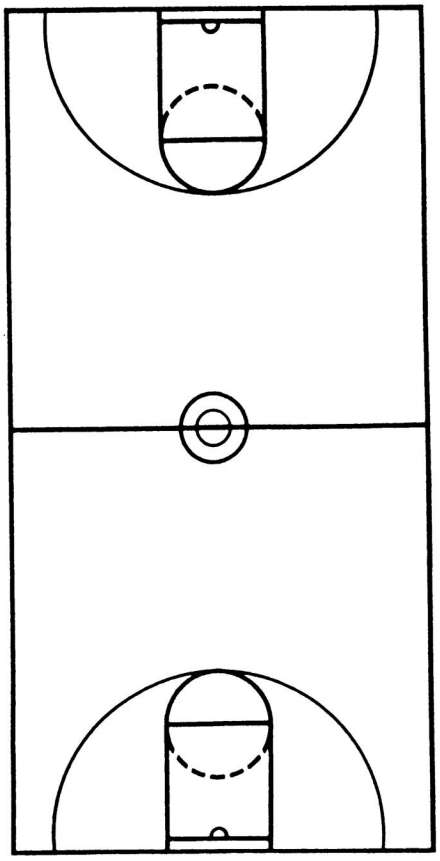
NOTES for a "3"

JUST DO IT



NOTES

1 Space
2 Reverse Ball
3 Need short & long pass
4 When you leave & area replace



Hubie Brown: Playbook For Success

- Do the kids like your style of play?
- Do people want to watch your style of play?
- Are you developing your young talent with the style of play?
    - What are you doing with your style for players 8,9,10,11,12?
- Are you a coach who only wins with talent?
    - Or are you a coach that can compete with young talent
    - inexperienced talent
    - because you are a teacher
    - because you come with a positive attidude
    - because you are going to work and give you kids a chance to win every night.
- There are guys who win a lot of games with talent every year and have no rings because they lose when the talent level is equal.
- Can you win with the kids? That is the test.

Practice Breakdown

- 6 shooting drills: every single shot in the 6 drills comes out of our offense because I do not waste time.
    - If you are only doing 1 and 2 shooting drills I guarantee they get bored.

- Try to do two shooting drills in a 10 minute segment, but don't repeat the drills from one practice to the next.
    - Why practice shots that you don't get in games? How beneficial are your shooting drills
    - Try to limit your drills from 2-5 minutes. Why? Intensity. They will give you intensity when they know how long they are going.
    - Kids get upset when you said you were going to do this drill for 5 minutes and 20 minutes later they are still in the same drill.
    - Early on I made a mistake. "I did too many drills"

- Length of practice. If I go 5 minutes over that time. I take 1000 dollars and put it into the players party fund.
    - If I go over that means that I was disorganized. If I go overtime in practice I leave them not giving me 100%.
    - When I say 1 hr. 30 minutes they know we are done in 1hr 30 minutes.

Shooting Drills

- In our practice every day. We have a ten minute shooting segment and a ten minute defensive segment.
    - In that 10 minute segment we have 10 drills.
    - We do 5 a day for 2 minutes each.
    - So we don't repeat the same drills the next day. Now 10 minutes of offensive drills.
- He did not give the drills, but emphasized not having too many drills.

Fast Break Drills

- Next a fifteen minute fast break block.
  - 3 tight, 3 wide, 3 straight, 4 on 0, 5 on 0. 2 on 1. 3 on 2.
  - Then we do our secondary break. 4 on 3. 5 on 4.
  - Because playing fast is difficult. You must have rules.
  - When you have a young or less experienced team you must be able to score in the open floor.
  - When you're fast-breaking against the powerhouses in your league do you have the secondary break because you have mismatches in your transition game?
  - If you set up they are going to dominate you.

Putting Together an Offense:

- Spacing should be the first thought (against man or zone).
- Will you allow a team to trap you and on the other side of the floor have 2 guys play 3?

- IF the offense keeps the ball on one side the defense only needs to cover 2/3 of the court. But when the ball comes into the middle they have to play sideline to sideline.
- How many guys do you send to the offensive boards?
  - If I have less talent than I must take more shots in order to win?
  - How do you do this?
    - Offensive rebounding.
- Do you have transition defense if you don't get the offensive shot?
  - Can your center and the 2 forwards get to the board from your offense?
- Can you get to the foul line against man to man or zone?
  - If I get fouls on against a more talented team. The sub that comes in has much less talent and the talent level becomes more equal.
- How do you get to the line?
  - Have a post game or a penetration game.
  - You do not need a post up game to get to the foul line.
- Is your offense able to run a play from the opposite side?
- Can you start your offense with a ball reversal or a dribble?

Rebounding

- Anytime our center shoots.
- Every time the shot goes up the guards need to be at mid-court to stop the transition.
- When a forward shoots inside the paint he can get on the glass.
- If a forward takes a 3 he must move out to half court to stop transition. When you take a jumper outside the paint 80% are coming out on the other side.
- If a guard shoots whether it is a layup he must get back to half court or back to the press.

- 9 out of 10 second shots are within 8 to 10 feet and that is when you get fouled.
    - You get fouled more times on a second shot than you do on the first shot.

- Give me the biggest game you lost last year.
    - Do those 3 players up front play the full 32 minutes?

<u>High Percentage Shots</u>

- Can you get high percentage shots for your two best players in their sweet spot?
    - We chart our shooting drills to find out where they shoot best from.
        - Left side of the court.
        - Middle of the court.
        - Right side of the court.
        - Because all players only shoot well in 2 of the 3 areas.
    - Coaches must be aware of what areas are high % for shooters.
        - Knowing this helps at the end of games.

<u>Offense Principles</u>

#1 Can I reverse the ball

#2 Is there a short pass and a long pass. You need to be able to take a short pass and a long pass.

Last second Plays

The alignment is a con.

When you put in your offense you need 3 things

1) Staggered Screens
2) Back Screens
3) Dribble handoffs. If the offense breaks off, weave the ball. Any dribble handoff dribble at the defender, jump stop and hand off because now you force them to switch.

<u>Fast Break</u>

- What's the percentage for you in the fast break?
- If you get 60% of your scores on the fast break that's big.

If you don't do this think about doing it. Every timeout when the ball was in the backcourt.

Never move way from the ball. Come to the ball until he stops you. Put your forearm in his chest call for ball. Never let a gimmick defense hurt you. Don't come over half-court and back it out.

<u>When Facing a 1-3-1 Trap</u>

- The guards should be in tight and in line with the circle at half court.
    - Guard without the ball never be ahead of the guard with the ball because if they trap him he can't see you.
    - Always trail so if they trap he can reverse the ball.
- Ball hits the 5 at high post. Post turns and faces.

- The four who was at the other elbow dives to the front of the rim.
- Against zone coverages, always hit your man in front of the basket because the guy plays behind him. If you don't get it. Go to the first hash in the lane.
- On the first pass the shooter on the block busts to the corner.
- What moves do you teach in the post?
    - Up and under.
    - Drop step.
    - Sikma.
    - One bounce jump hook.
        - If he can catch the ball that deep he will get fouled or make it.
        - If he shoots a fade away we can only score 2. If the player goes to the basket and attacks there is a chance for 2 plus 1. Have the player under the basket drop-step and hook to draw the foul.
- If the pass from high post goes to the corner he busts to the first hash. One thing you can't do is hold the ball.
- If pass to high post is not there and ball is reversed to guard. Guard takes to dribbles attacking the top of the key and jump stops.
- The center then backs up and the 3 goes to the corner.
- On the dribble the 4 drops to the first hash.
    - The guard with the ball has 3 options, corner for jumper 5 above the block or 4 cutting to basket. If he passes to 5 it is a 2 on 1 with the back of the zone. The jumper in the corner is always open.
- The Lakers adjusted by dropping back and covering the corner with a man, the center with a man, and the 4 with a man. This is where the shooting drill comes in. The guard has practiced everyday taking two dribbles and shooting. The 2 must be your second or first best shooter. Any time your center catches the ball he needs to turn inside.

<u>The Zone Attack</u>

- Starts out in a 1-4 High Set
- Must get a high percentage shot
- You want your best shooter shooting from his best area
- You want to be able to reverse th ball
- Get to the foul line.
- Can your zone attack get you on the foul line?
- Can you get to the offensive boards?
- Can you get high percentage shots?
- Guards, always make the zone play you.
- When you hit the wing on either side you must go high-low.
- Anytime you leave an area it must be replaced. When ball hits the low post.High post x cuts and 3 fills for skip pass.
- If ball is passed to the wing. Posts go high low. And then the ball is passed to the high post. Low post ducks in. If low post isn't there reverse the ball by way of pg. or skip pass & have the player follow his pass. This creates a passing lane.

- If ball is thrown to one of the high post. Opposite posts x cuts to front of the rim. Wings go to the corner. Pg. goes opposite of post.
- Our first postup is right in the middle of the lane.

- A great offense will start in one direction and then go the other way.

- On the dribble entry.

    - Pg guard attacks the zone then goes off either side. Post Screens (Still in the 1-4 High Set)
    - We'll say if goes off the right side. The post screen the top of the zone.
    - Pg comes off the screen to score as he penetrates the 2 drifts to the corner and the opposite post flashes to the middle of the lane.
    - If the defense goes out with the wing it is a seal inside.
    - If they stay home if is a shot for 3.
    - If neither are open the screener replaces at the top of the key opposite of the screen. Ball is reversed he then drives the bottom of the zone and the 3 drifts to the corner and makes the bottom defender guard two playes.
- Never pass the ball from behind a screen because you are not a threat.
- When you come off a screen come off to score. After a screen, the screen must open and replace.

<u>The Box and One</u>

- Always start behind the backboard because usually the defender will let you go either way.
- Use the back of the zone to run off screens. Use the other defenders as screeners
- Whenever you play against a zone for the defense to play you. Force them to stop the ball.

<u>The Triangle and Two</u>

- Take the two who are being triangled and send them to the block.
- You have four defenders below the box. If you don't play it, why not?
- Players that are being defended by the triangle Don't pick up the ball unless the defender stops you.
- Try to use plays that are not complicated.

<u>Full Court Press</u>

Playing changing defense to change temp and hide people.

<u>Shooting Drill</u>

- As the player makes the curl have the passer hit him on the inside shoulder.
- How you catch the ball will determine how quick of a shooter you are.

<u>Final Thoughts</u>

- I want to make sure that my coaching staff is organized in our daily lesson plans and that all the players understand that we are not going to waste time.
- Don’t take anything unless you can teach it.
- When you win a game do you thank the kids? In high school and college the coaches win the games and the players lose them. In the pros Hubie says it’s opposite.

- If your team of young kids overachieves you as the coach get all the credit.

- The kids must know that it is we, never I. Early on I took the credit.

- When we win I am fanatical. I shake every guy’s hand. Not everyone is going to look you in the eye.

- They want you to love them.

- If you had a great year what did you do for your assistants?

    - Did you write your assistant a note, take them to dinner? How do you reward your assistants and their family?

- Just don’t be a coach. Be a coaches coach. Don’t cheat them one day out of teaching them to play.

Thoughts on Practice

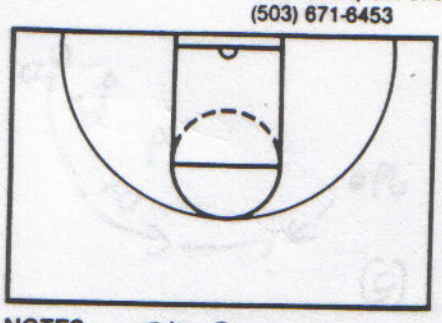
Hubie Brown

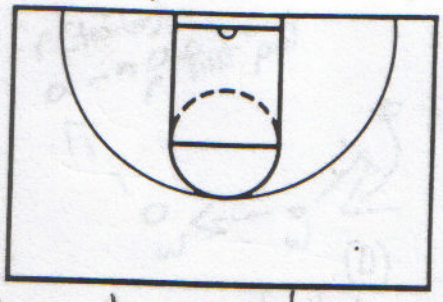
- **Nothing is the Gospel**
- **Do not let practice be boring**
- **Don’t waste time (i.e. talking)**
- **Time all drills (2, 3, or 5 minutes)**
- **Do your players shoot enough?**
- **Do shots come from spots that will be shot from in games?**
- **Do you run enough?**
- **You should score on 60% of fastbreaks**

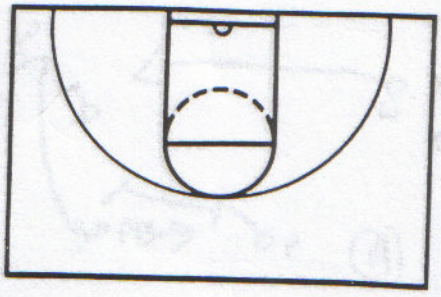
NIKE, INC.
Corporate Headquarters
One Bowerman Drive
Beaverton, OR 97005
(503) 671-6453

CLINIC DATE Jay Wright / Villanova

Plays for Your Player



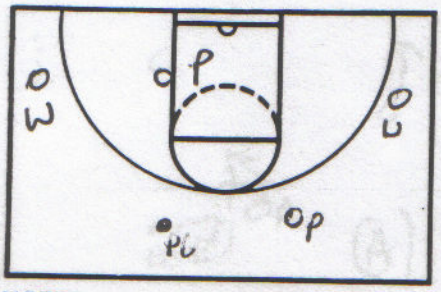


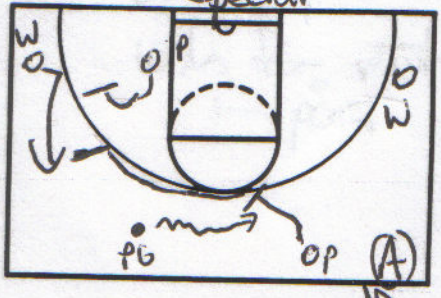


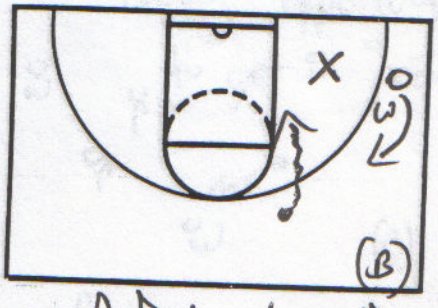
NOTES

Off Seasa → Work a player's weakness
In Season → Find where comfortable at

"Special"







NOTES

4 out 1 In Set

Posts good / We move wings up to 3rd marks

Wing comes off staggered double

Defender plays off Wing comes behind for shot

NOTES

extended Posts post / move down

First post just inside 3pt. line

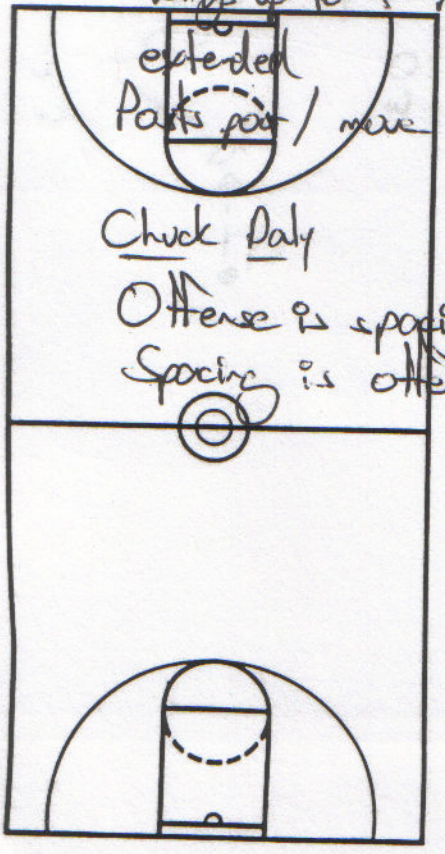
If denies / wing goes backdoor

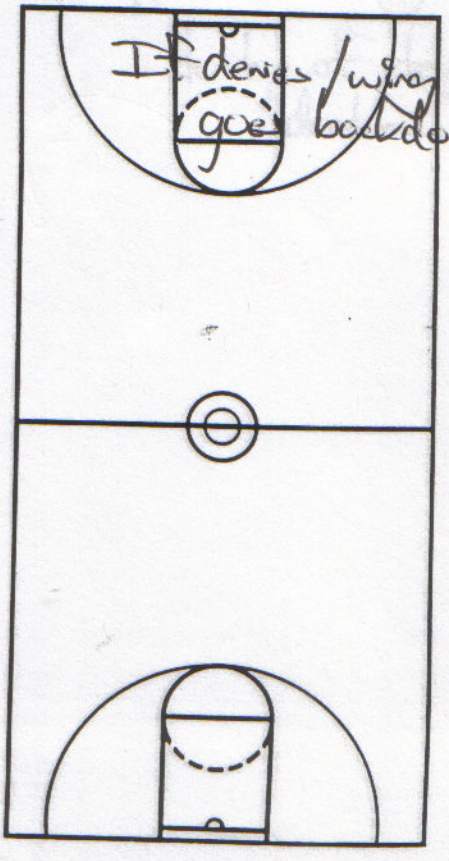
Chuck Daly

Offense is spacing
Spacing is offense

Trail post just outside line

First post cuts to goal
Trailer fades





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Corporate Headquarters
One Bowerman Drive
Beaverton, OR 97005
(503) 671-6453

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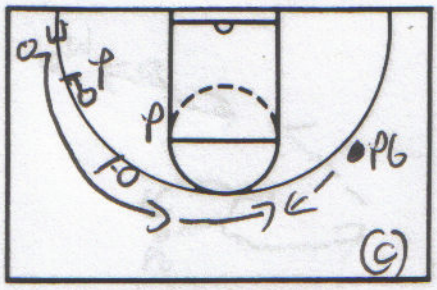
DATE Plays for your Players



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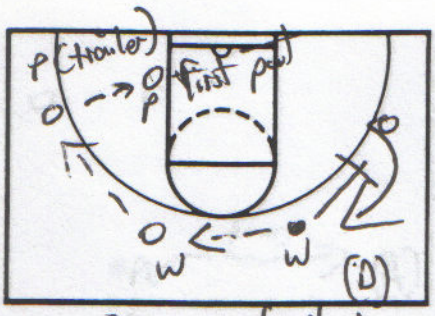
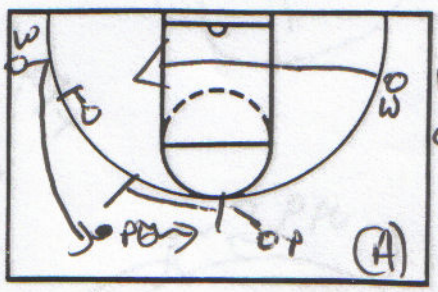
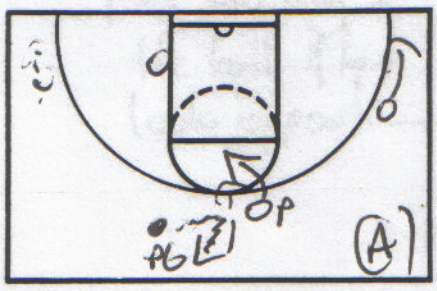


Reverse ball to post handler in corner / post looks for pass in paint



Special Clear
PG goes off point looking opportunity to get in paint



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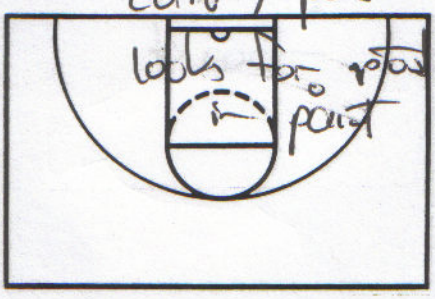
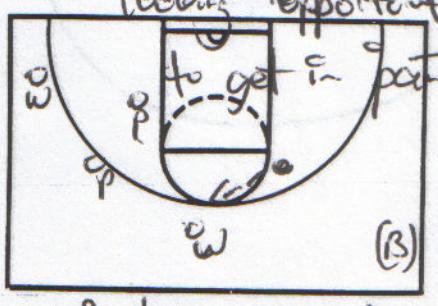
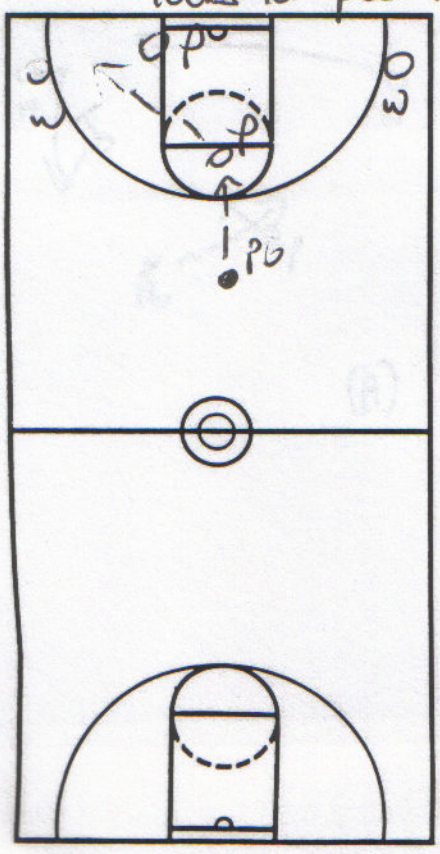




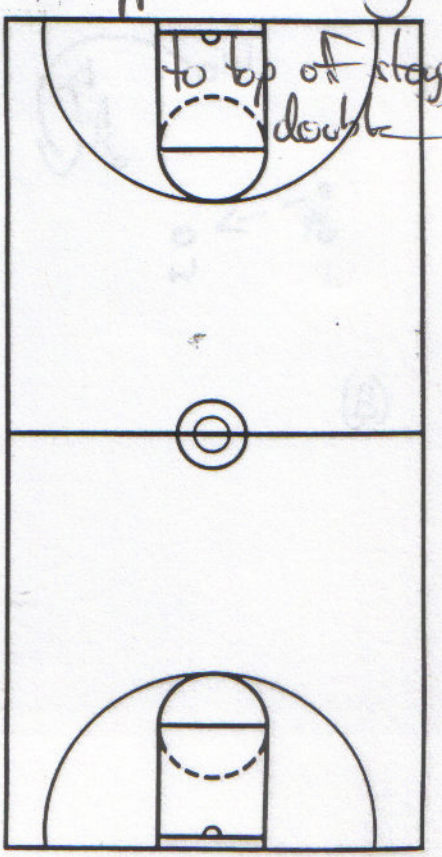
NOTES

If double PG
PG back dribbles looks for post who slips screen



NOTES

Ball wing wing to opp. corner
Opp. corner wing comes to top of staggered double



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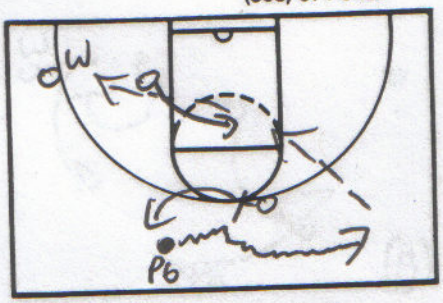
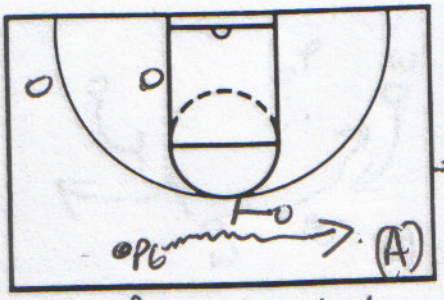
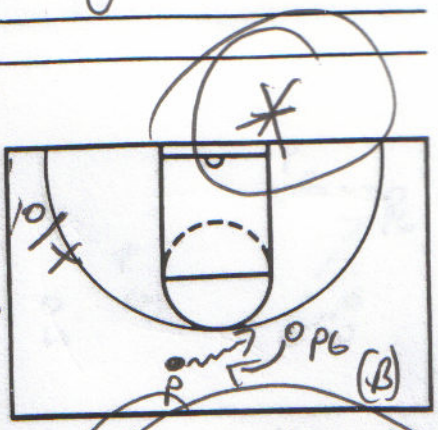




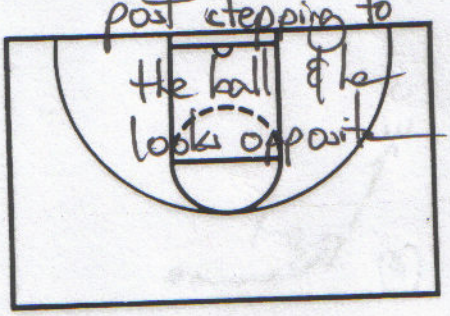


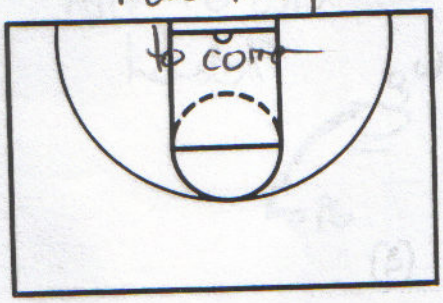
NOTES

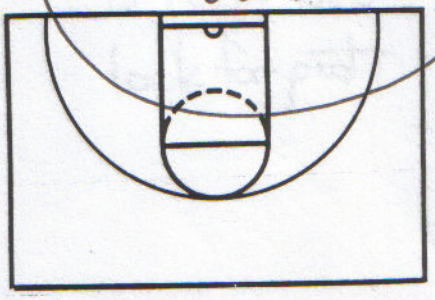
Drag the Blitz
Will look for low post stepping to the ball & he looks opposite

Reverse the ball to post / Cut make this pass to come

Post dribbles at PG for dribble handoff







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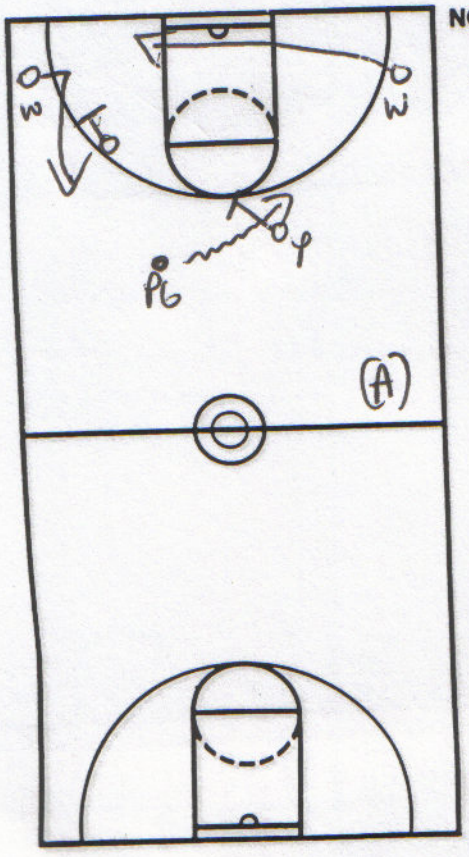
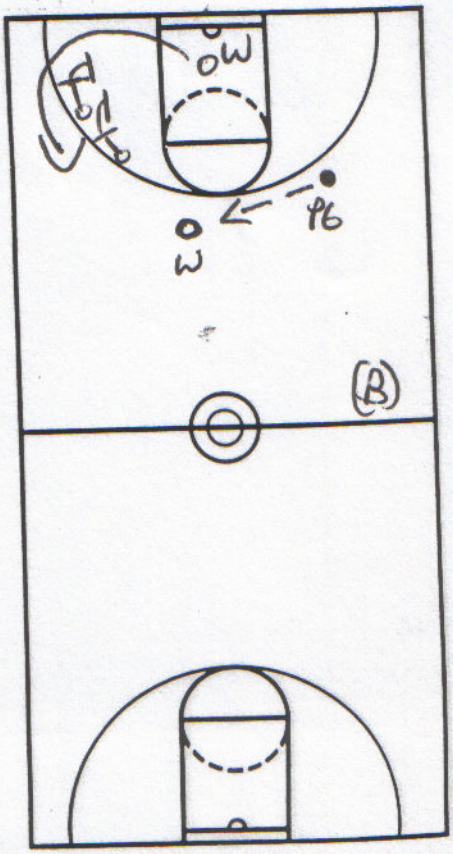


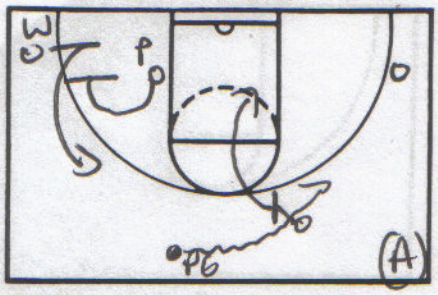
NOTES

Special Drag
Staggered double for corner wing
The double screen for ballside wing who cleared

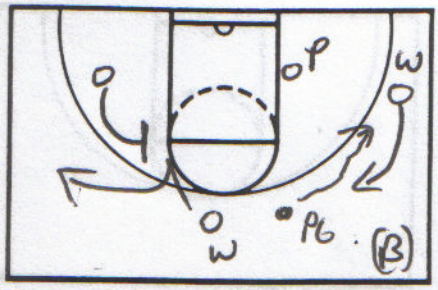


NIKE, INC.
Corporate Headquarters
One Bowerman Drive
Beaverton, OR 97005
(503) 671-6453

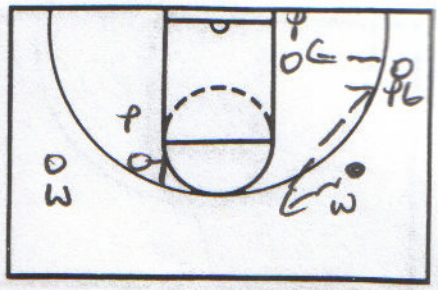
CLINIC Wright / Villaseñor
DATE



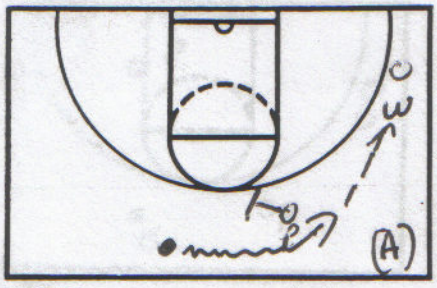
NOTES
Special Fist



Wing flares off post screen
After PG dribble
Hand-off
to PG



Wing dribbles up
can throw back to PG in corner &
look for post



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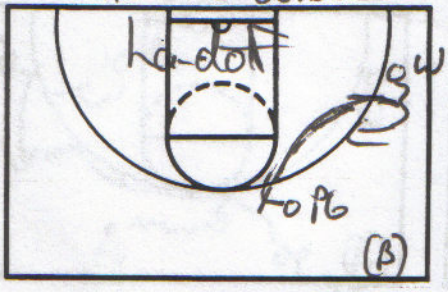

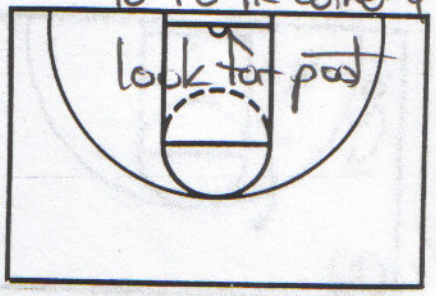

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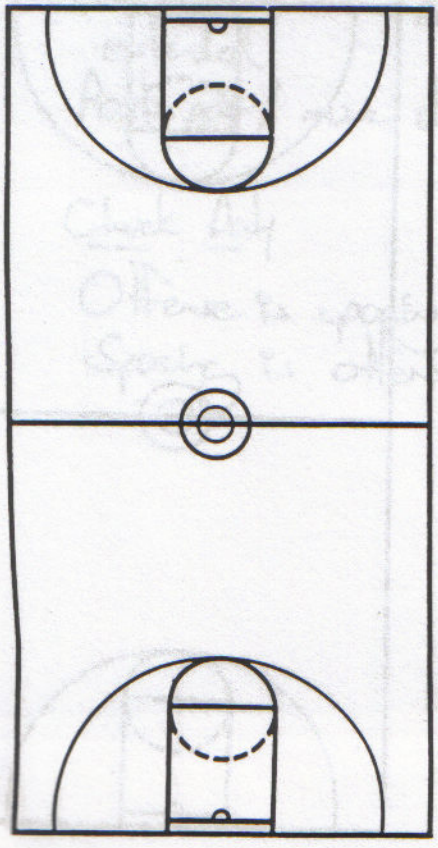
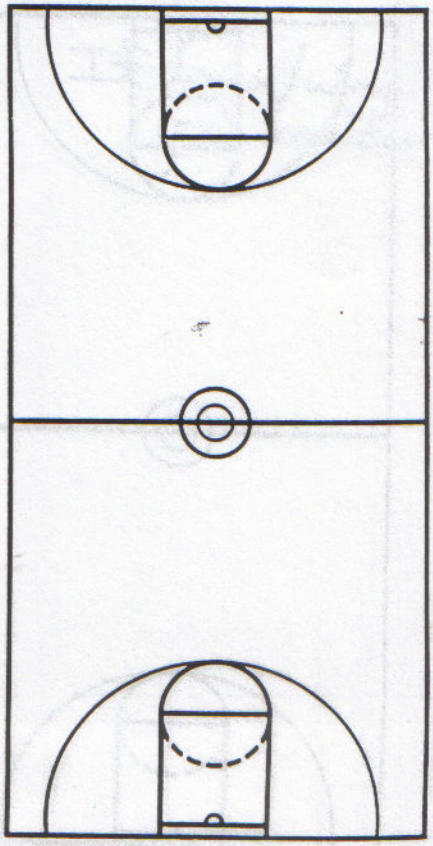




JAY BILAS — The State of the Game

- what do you believe in as a coach, do your players know you believe it, do your players believe in you?

★ send them bball articles ★

↳ (to read)

- put your heads up on defense -

★ Bilas DVD ★

Skills

- ball handling -
  both hands, both sides of floor, bigs/smalls

- Footwork -
  - game is played with your feet
  - balance -
  - catch ball ready to shoot -
  - rebounding footwork -

" habit - what you revert to under stress - "
(drills while guarded)
1on1 ball handling drills

- shooting -
  "if you can't shoot you can always get a good shot"
  "game shots, game situations (spots), game speed"
  "take 'em to make 'em"
  - body balance = most important

- passing -
  - quality of your shot, determined by quality of your pass
  - if man is open = pass it

Jay Bilas thinks is important

- Players -

① Concentration (skill and needs to be worked on)

on what your doing, while your doing it

make everything you do important, while your doing it

*the most

- Coaches -

- teach why, what, and how
- honest, brutally when dealing w/ players
- belief, trust yourself

- Team -

- communication
  - on floor
  - PG and coach (go to me during timeouts) echo commands
  - huddles
  - talk on defense - #1 most important thing
    - call out "ball handles"
      - skill
        - learned
      - "non ball handlers"
  - if you talk your engaged

- mentality -

next play - too fast to worry about what just happened

- if you talk back to refs (your into yourself)
- don't react (+ or -) unless you care

- AAU effect on high school -
  showcase event -- not a real event

- coaching the great - a hole - JB
  thinks coaches have more effect than possible -
  get rid of them → take away chance of being special

- Communication on D
  gives ball defender confidence

-

Pick and Roll Offence
by Jeff Van Gundy, Houston Rockets
This is taken from
"Executing and Defending the Pick & Roll DVD"

This DVD is available for loan for Basketball BC members. Contact Chris Withers at cwithers@basketball.bc.ca or at 604-718-7851.

Van Gundy's reasons for the Pick and Roll offence:

1. Next to a dominant low post it is the most difficult offence to defend.
2. He thinks you should get the best shot available, in the fewest passes, to eliminate turnovers.

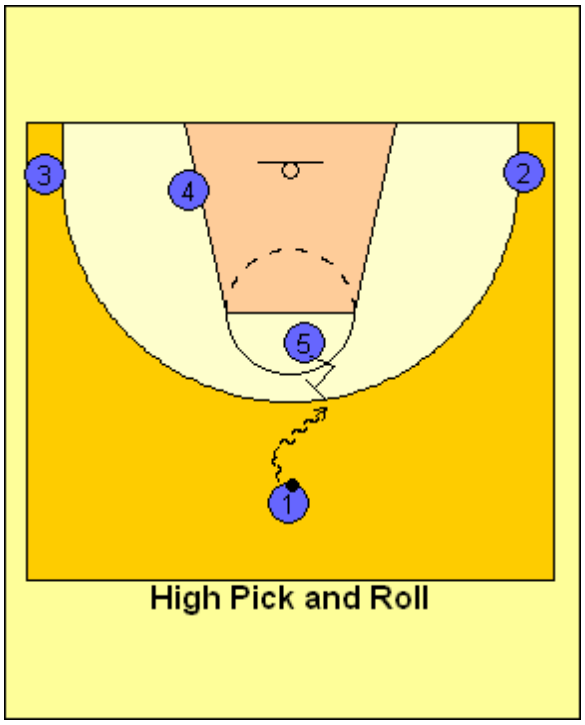
Key Points to Any Pick and Roll:

1. Any good pick and roll starts with the point guard getting separation from his defender.
    a. If the player has a live ball and is pressured then he must sweep and crossover step to get the defender to step back.
    b. If the player is coming off the dribble then the ball-handler will pop back to create separation.
2. The screener must "head-hunt" the on-ball defender to set the screener. The screener's back, as much as possible, is to the basket.
    a. You do not want teams to go under the ball screen; force them over the screen.
    b. With screener's back to basket, if defender goes under he will have a longer route to cut off the ball-handler.
3. When rolling to the basket the best athletes do not roll seeing the ball all the time (as it is traditionally taught).
    a. Van Gundy says the best athletes start going to the basket with their back to the ball-handler – learn from what the best do!!
    b. They can see what is between them and the basket immediately.
    c. It is quicker
4. Sprint to set the screen, then jump stop with left hand over right hand in front of the groin.
5. As much as possible, the screener's must have their chest on back of the defender's shoulder. This will force the defender to chase over top of the pick and roll.
6. He wants the ball-handler to come off with 2 attacking dribbles before making a decision.
7. Ball-handler must come off thinking score first, pass second. The order is 1) drive to the basket, 2) pull up and shoot, 3) hit the roller, and 4) hit any of the other players.

8. Create situations where a defender may not be in a position to hedge on the ball screen:
    a. Set a screen for the ball screener.
    b. Set ball screens in transition.

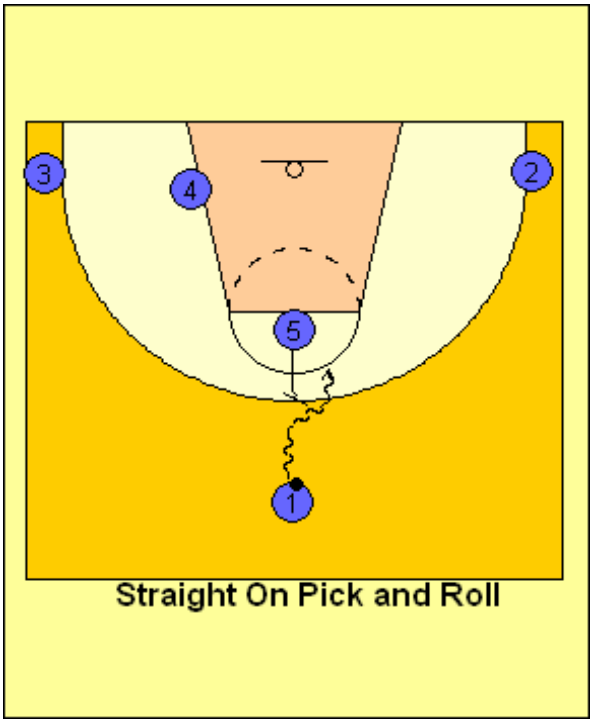
Six Types of Pick and Roll:

1. **High Pick and Roll** – has the ball-handler, screener and 3 flat along the baseline. Screener has their back to a corner.



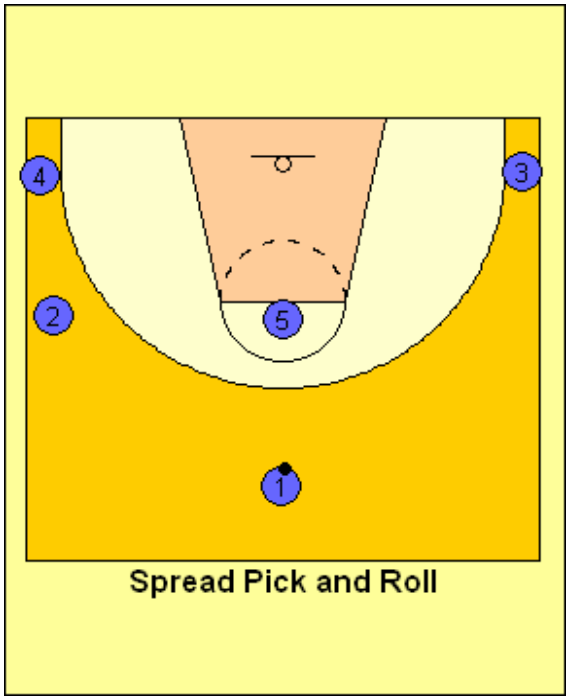
High Pick and Roll

2. **Straight On** – also has the ball-handler, screener and 3 flat along the baseline. In this the screener comes straight up behind the ball defender and then at the last second will change the angle of the ball screen. This is the hardest defend.



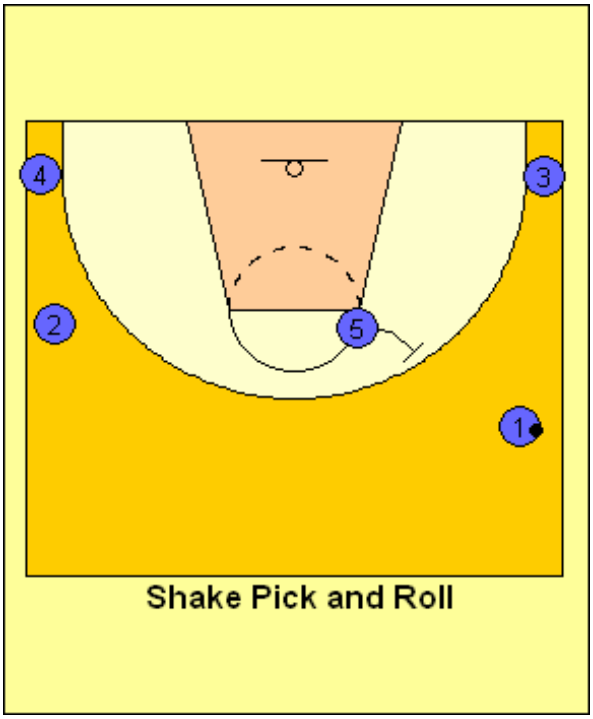
Straight On Pick and Roll

3. **Spread Pick and Roll** – this alignment has 3 players behind the 3 pt. line. This is the hardest pick and roll to guard.



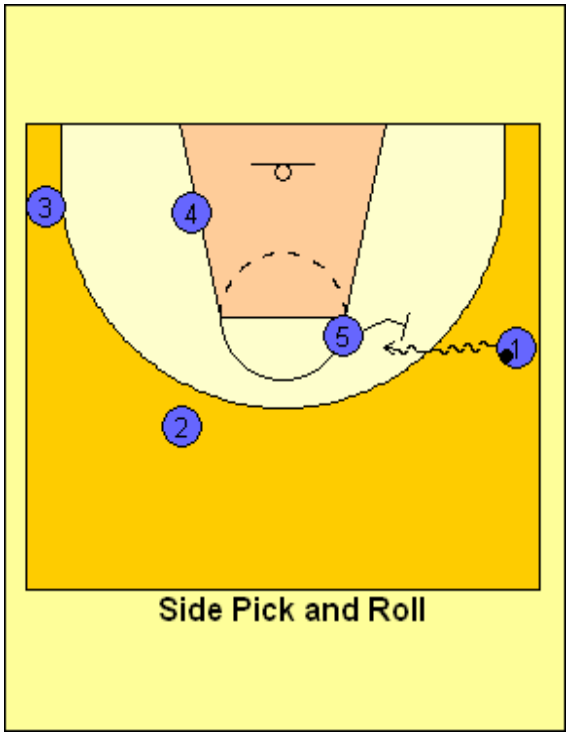
Spread Pick and Roll

4. **Shake Pick and Roll** – the guard starts about the 28' foot hash mark near the sideline and the screener is off the elbow at a 45 degree angle. This creates a lot a space to drive.



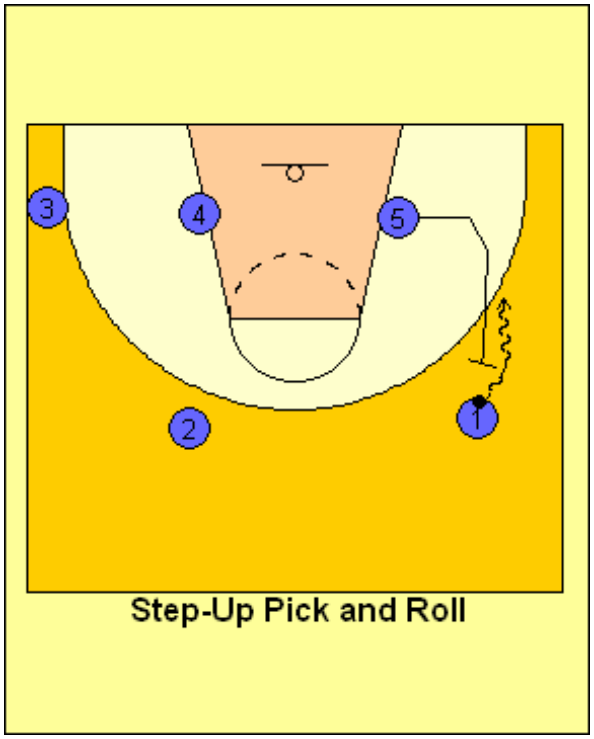
Shake Pick and Roll

5. **Side Pick and Roll** – a pick and roll from the free throw line extended. A weak-side triangle is formed with a post on the weak-side block, a perimeter player in the deep corner weak-side and the other positioned on the edge of the NBA foul lane extended.



Side Pick and Roll

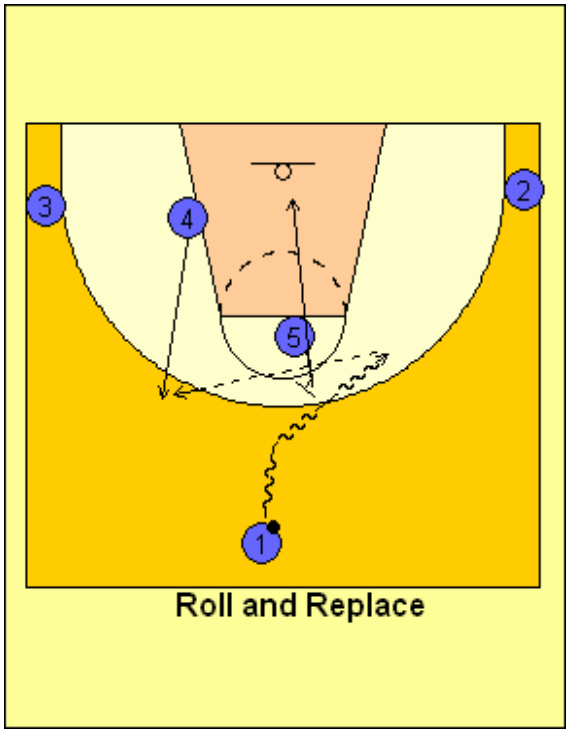
6. **Step-up Pick and Roll** – the screener comes off the baseline and sets a screen to the outside for the ball-handler.



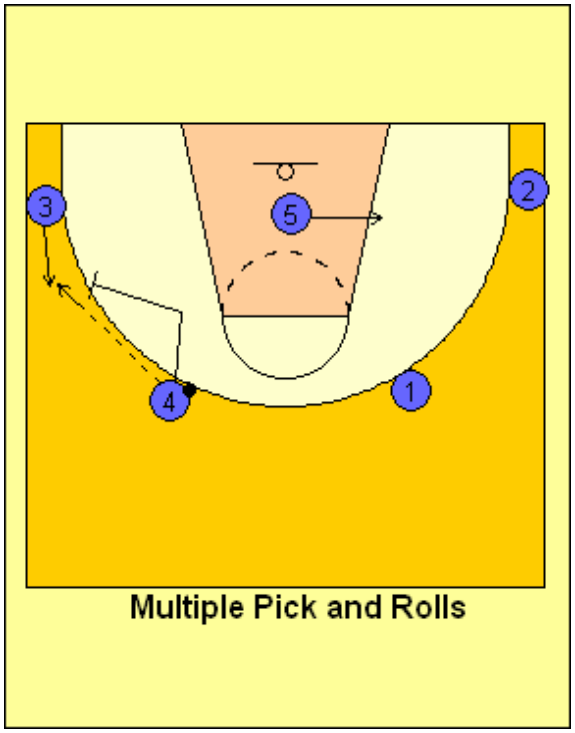
Step-Up Pick and Roll

Concepts:

1. **Multiple Pick and Rolls:**
    a. Most teams can defend the first pick and roll but a second pick and roll is very difficult to defend. An example would be a high pick and roll followed by a side pick and roll (see diagrams Roll and Replace followed by Side Pick and Roll)
    b. Roll and Replace – the other post breaks out high as the roller goes down the lane. If the replacing player receives the ball their look is in order:
        i. Shot
        ii. High-low
    c. Pass to ball-side corner



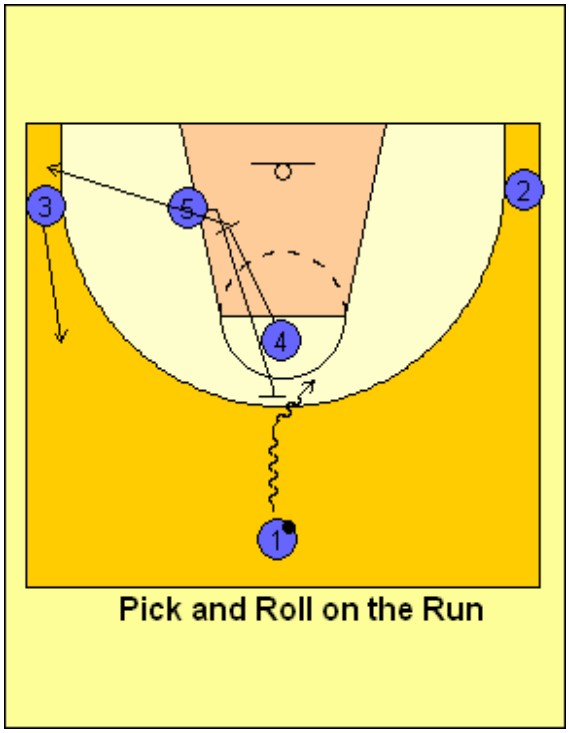
Roll and Replace



Multiple Pick and Rolls

2. **Pick and Roll on the Run:**

This is when you set a screener for the screener – this will allow the screener to be on the run to set the screen. This action makes it difficult for the screener's defender to be in position to show. Usually they will be late hedging on the screen because it takes them time to maneuver around the screen set on them.

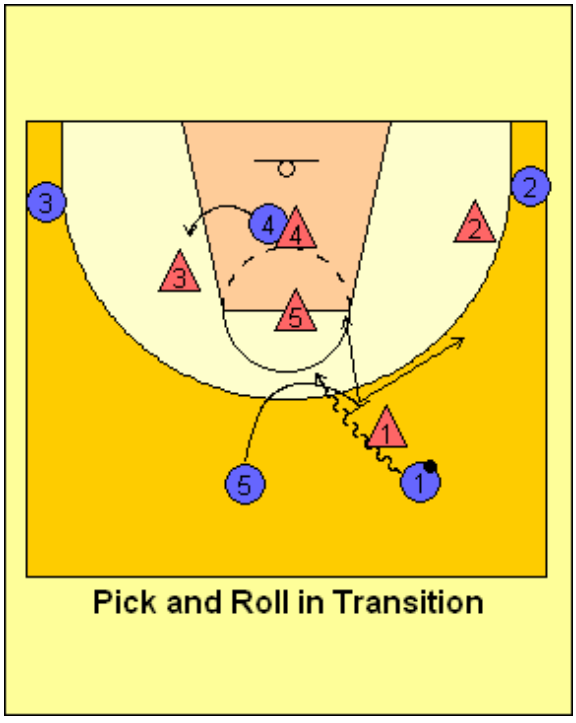


Pick and Roll on the Run

3. **Pick and Roll in Transition:**

The pick and roll in transition is very difficult to defend because most big defenders have been taught to sprint back into the lane in defensive transition. Therefore, it is difficult for the big to hedge on the ball screen.

The trail big gets below the ball-handler, sprints out and "head hunts" the defender guarding the ball. The screen should be set as much as possible with the back to the basket. The ball-handler comes off with a minimum of two dribbles and looks to turn the corner into the middle. The screener may roll to the basket or "pop" to the perimeter if he/she is an effective perimeter shooter.



Pick and Roll in Transition

-24:05- watch this - Jeff VanGundy - ★ make them watch this ★

-if I could have started over again in high school w/what I know now"
"best shot I could get w/ least chance of turnovers "least amount of passes
★ best way is pic/roll "I would not have swung it 6-7 times"

- 6 types of pic and rolls - Angles & why -

1 "high pic and roll": ball handler/screener and 3 flat along baseline
2 "straight on": thinks it is great angle
3 "spread": phoenix - Greece killed the us. - most difficult to guard - causes more help
4 "shake": bigger driving gap - great penetrator
5 "side": great w/ Quan and Eddie/Phil
6 "step ups": like our step up

"football coaches have great terminology"

How can we use other guys as ball handlers? Eddie/Phil?

- biggest change in bball - 3-2posts to 4-1 or 5-0 -

Basics of the Pic/Roll

- seperation & screen -

1. any good pic/roll starts w/ seperation ball handler gets from his man
   - w/out dribble = rip and step thru
   - w/ dribble = dribble below
   - not flat, come off towards the basket
     ↳ better angle
2. screen - "area" or "headhunt"
   - screen back towards basket (as much as can) - keeps teams from going under screen
     (not to sideline)
     ★ if they go under - Eddie/Phil ★ become ball handlers w/ "on the move"

★ "how you screen and how you closeout - everyone on team should look the same" ★
No turnovers on illegal screens!

- Screens -
1. sprint to screen 2. jump step 3. Rt arm over left 4. chest to defenders shoulder

- ball handler must come off 2 dribbles before he makes his decision -
★ come off the pic and roll TO SCORE

- BALL HANDLER - "COME OFF TO SCORE!"
* come off the screen w/ 2 dribbles "ideal shoulder to shoulder" then decide what to Do (1) layup (2) pull up (3) attack the help - shooter (4) hit roll or fake

---

- Most teams guard the initial pic and roll well - have multiple pic and rolls - ex: high to side

---

- roll and replace - key to multiples -
  - 2 dribble → back to replace man (looks shot on the catch - hi/low - weakside)

ex: high to side - by replacing -

"sets" on the run

- use offensive guys to screen others (replace as ball screener) to knock the defense off - "takes away the show"

"on the run" good way to hide poor offensive guy (chase)

- you can do the same thing on any angle -

Pic/Roll in transition

- Same break -
  trail man sets pic/roll guards

"drag" stuff - same as we do - guard on pro lane line -

Calls

"Name" "run (if went r-n)"

PRO GAME

- 6 types of ball screens -
  1. "high" - 3 flat - guard and trailer
  2. "straight" - great angle - guard and trailer
  3. "spread" - Most difficult to guard - guard and post
  4. "shake" - bigger driving gap - guard and post
  5. "side" - 2 man game w/PG and wing - guard and wing
  6. "step up" - our step up - guard and wing -

- Progression Teaching -
  - how to screen - area w/ your back to the area of attack
    1. sprint to screen
    2. jump stop
    3. pivot over left
  - ball handler seperation - be athreat to beat guy away from screen (crossover, jab, w/ dribble) - come off the screen to score
  - ball handler has 2 dribbles to decide what to do
    (1) layup (2) pull up (3) attack the help (4) hit roll or fade (5) hit replace (same autos as trailer)
    ↳ roll below the block

- Multiple screen and rolls
  ex: "high" to "side" (teach how to read the multiples)
  - 2 dribbles - back to replace man

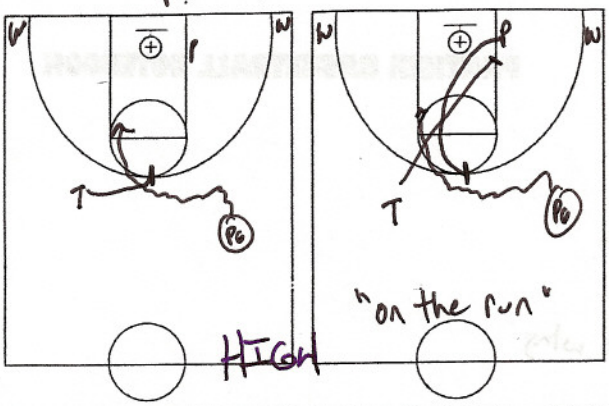
- "gets" on the run
  - use offensive guys to screen others - "takes away the show"
    - good way to hide bad offensive guys
    - if teams are guarding the screen/roll well - get them on the run

- Calls
  "name of screen" "run?" "multiple"

- use the non-offensive guys to set screens/multiples
- ★ great thing about ball screens - Fake action to get you into what you want
- vs. the switch "back up" and go right at the guy (Steve Nash move) then bring the 5 man into pic n roll

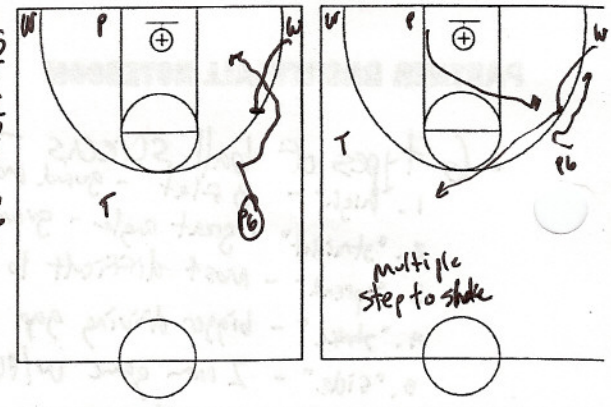
"PRO GAME"

HIGH

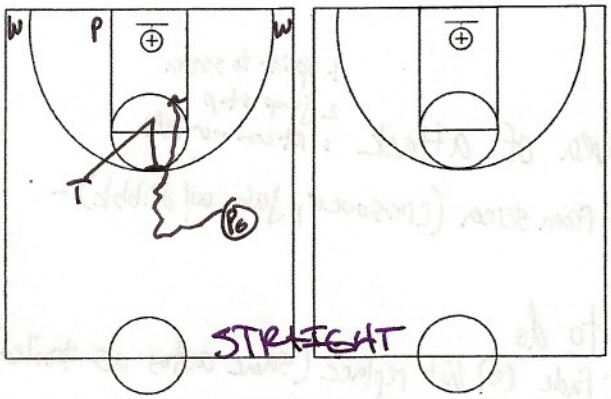


HIGH

STEP UP

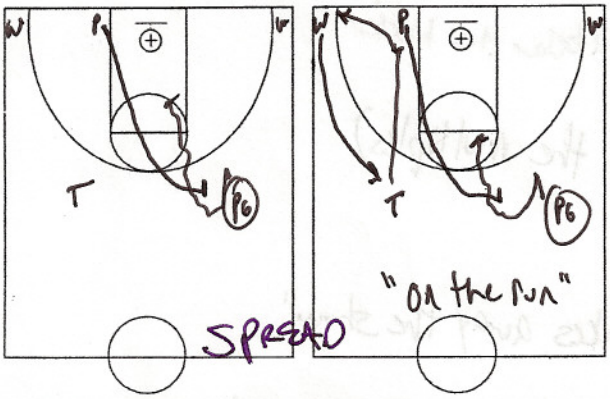


STRAIGHT



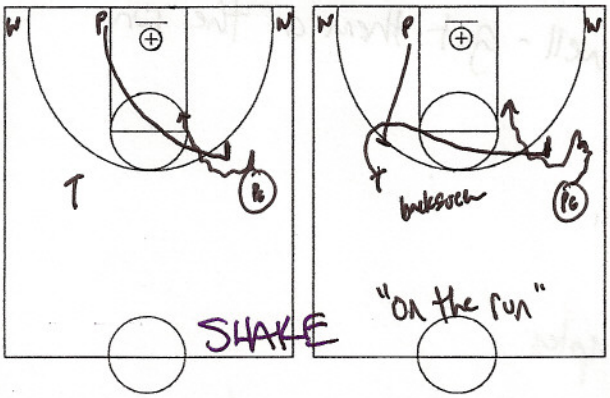
STRAIGHT

SPREAD



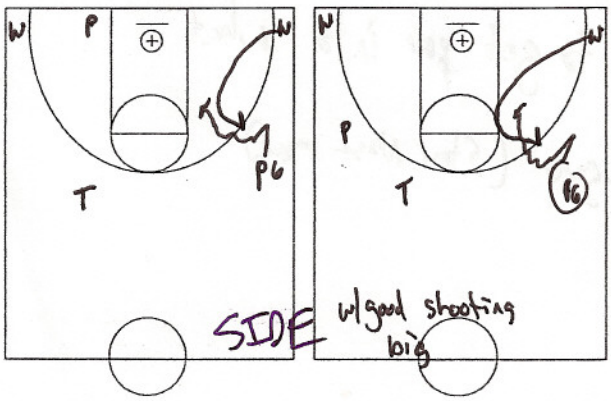
SPREAD

SHAKE



SHAKE

SIDE



SIDE

Syracuse 2 – 3 Zone

Jim Boeheim

4 Rules for the 2 – 3

1. **Guards Keep the Ball out of the High Post**
2. **If there is a man in front of you PLAY HIM!!!**
3. **Center takes the ball in the High Post**
4. **5 players move on every pass**

***Hands out wide instead of straight up**

***Fight over guard screens unless it's a poor shooter**

***Go to the Ball 1st, then wait to be "bumped" to your position**

***There is an automatic trap in the short corner**

***Cut off the 2 open lanes on any trap, farthest back guards 2**

***No Box-Out in the zone**

***Run out to keep teams from hitting the offensive boards**

4/17/04

Jim Larranaga's Halfcourt Scramble

Reasons for the Halfcourt Scramble:

1. Uses the Pressure Man to Man defense as a base.
2. Create or disrupt tempo.
3. Create Turnovers.
4. To force a quick shot.
5. It creates excitement for our defense.
6. To limit the other teams best player.
7. To show the offense another look.
8. Allows for flexibility in who traps and how we trap.

Halfcourt Scramble Basics:

In the Halfcourt scramble you may be one of the following:

1. A trapper - The 2 players in the trap.
2. An interceptor - The 2 players that are anticipating a pass out of the trap, trying to get a steal or a deflection. One interceptor looking to cheat towards the high post and one cheating to the reversal pass.
3. A goaltender - The player defending the basket area and will look to take a charge, block a shot or take away a low post feed.

There are 4 keys to making the Scramble effective:

1. Ball Pressure - We want constant pressure on the ball handler.
2. Surprise - We want our traps to catch the offense off guard.
3. Anticipation - We need to anticipate passes and our next defensive rotation.
4. Hustle - Any defense will be more effective with constant hustle.

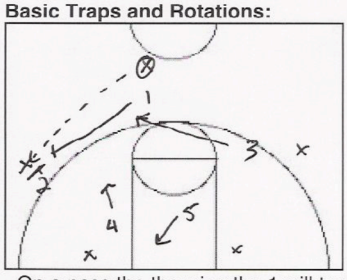
Thumbs Down

"Thumbs Down" is our scramble defense that traps all downward passes.

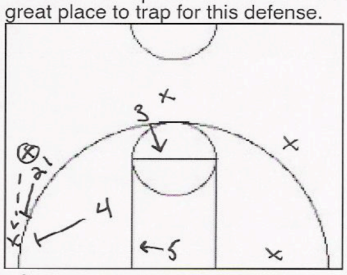
Here are the rules to Thumbs Down:
1. Pressure the Ball.
2. Trap all downward passes
3. Recover to where your help came.
4. Man to Man defense on all reversal or skip passes.

Why Thumbs Down:
1. Easiest scramble to teach
2. Most conservative component of the scramble.
3. The safest version of the scramble.
4. Test other teams passing skills.

Basic Traps and Rotations:

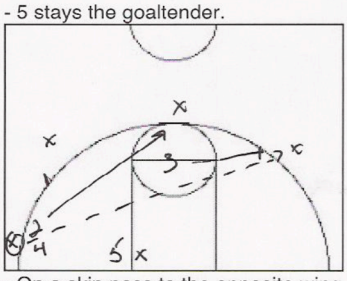


- On a pass the the wing the 1 will trap down on the wing.
- 3 and 4 are interceptors.
- 3 rotates to take away reversal.
- 4 takes away the high post.
- 5 is the goaltender.
- We will allow passes to the stronside corner. This plays into our hands, the corner is a great place to trap for this defense.

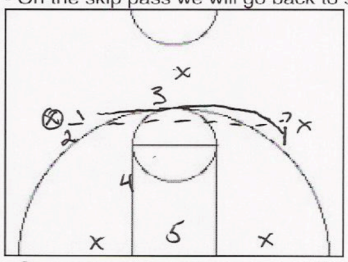


- On a pass to the corner the 2 will be the trapper along with the 4 man.
- 1 and 3 are now the interceptors.
- 1 stays to take away the reversal.
- 3 takes away the high post.

- 5 stays the goaltender.



- On a skip pass to the opposite wing, 1 will go to where the help came from.
- On the skip pass we will go back to straight up man to man.



- On a skip pass out of the corner 3 will closeout the ball and the 2 will leave the trap to find a man.

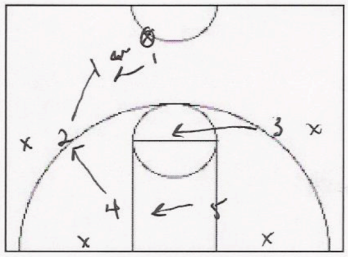
Things to think about:
- The quicker the trap and the quicker we are leaving the trap the better the defense will be.
- Put your best trapper on the other teams point guard.

Thumbs Up

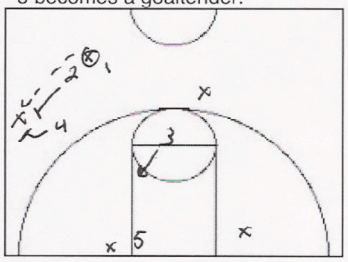
"Thumbs Up" is our scramble defense where we will look to trap the dribbler.

Rules to Thumbs Up:
1. Pressure the ball
2. Surprise the dribbler, Trap up.
3. Recover to where the help came from.
4. Continue Trapping on downward passes.
5. Trap the dribbler on all ball screens.
6. Back to man to man after a reversal or skip.

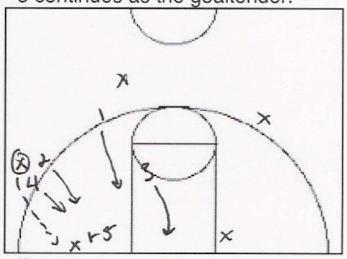
Why and when to use Thumbs Up:
1. To get the ball out of the hands of the other teams best ball handler or best player.
2. To attack a weaker point guard.
3. Take away a dribble or pass entry into the oppositions offense.



- The 1 needs to force the dribbler to one side or the other. Here the 1 forces the ball to the 2's side. 2 traps up.
- 3 and 4 become interceptors.
- 5 becomes a goaltender.



- If a downward pass is made the player that is closest to the receiver becomes the next trapper.
- The 2 and 4 will now be the trappers.
- The 1 and 3 are the new interceptors.
- 5 continues as the goaltender.



- If a pass is made to the baseline the 5 needs to pick the ball up and we need to sink to the hoop.
- 3 needs to backside rotate.

PRACTICE

Jim Calhoun
8/6/04

Rather lose by 10 one way than "love close"
You do what you have done all year.
Do a limited number of things very well.

Do You PRACTICE WITH A PURPOSE?
Can I tell how you like to play basketball?

Do too many things and you do them poorly.

Pete Carril → Do less, do it better.

take care of ball!!!
pass *
pressure ball
hands
talk

What are the four things your team will do exceptionally well?

Positive Conditioning → Repetitions → Habits.
1 drill 15 times vs. 15 drills 1 time.

No adjustments in 18 years at UCONN.

Schedule Wins and forget power rating.

Everything we do has a purpose.
T.V. Exposure
Power Rating
All are sell outs $320,000

*@ WE RUN
MUST GET EASY ~~BASKETS~~
24 MINUTES A DAY
Some days 35 minutes
Fast break primary offense ..... Boston Celtics
Slow but run.
Speed kills.
You can't create quickness — You can create speed.

Post man must sprint middle every time.

② Rebound

9.6 differential

We work on it.
We always go after the ball.

Coaches

One watch watch defense, one watch offense.

* 3 on 2 is 2/1 rebounding !!!!!
It is a number advantage. Get the ball.
Find your man, check your man, get ball.
OR.
" " " " " " , control your man, get ball.

Everyone can be a good rebounding team.

* JVK's drills.
Running & rebounding makes opponents think about getting back.

③ Defend

36.8% FG.
You don't give up lay-ups and open shots.
We contest all shots.

Baseline drive is a double team for us.

④ We Play Hard

We shoot free Throws

Get ourselves going at a teachable speed.

Some individual & partner work.

Stretch out.

Are we ready?

85% of practice is full court.

Pre & Post practice work for skills.

4/4/4

* Time to the second Conductor

Sprints to Mash and Lane.

2.8 – 3.0 seconds.

3.4 foul-line to foul-line!

⑤ WE TAKE GOOD SHOTS

49% FG.

Stat everything in practice.

Either a bad Shooter
or
Good Shooter taking bad Shots } Who is Who? What is What?

29% 3 point Shooter becomes a penetrator.

⑥ EVERYTHING IN PRACTICE COMPETITIVE

INSTIGATE THIS AS A COACH.

Consequences & Penalties.

Create atmosphere to compete.

Zone Attack

Sleeps don't beat you. Playing styles do.

Run → Beat them down the floor.

You can do more things in man to man; flexible.

(*) ① Pressure
② Force
③ Contain
} ④ Rotate out of that

Make slasher fade.
Make shooter cut.

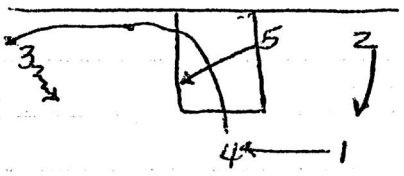
Take away his favorite cut.

SPACING.

Don't let defense play two on penetration

Post Man don't let people see you. (especially vs. Zone)

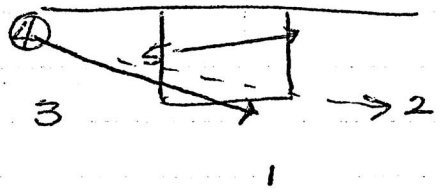
(*)



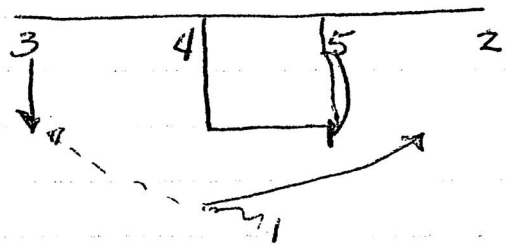
vs. Our Secondary

Ours is pretty good.
Maybe hold 5 ???

Diagonal Pass in our secondary.



(*) Down vs Zone

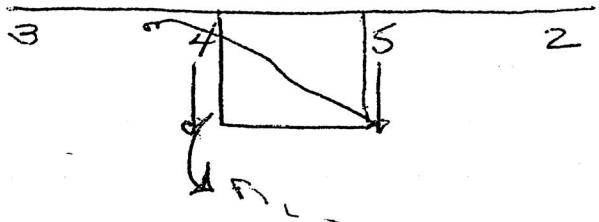


UConn Diagonal
& Short Corner.

Steve Short Corner

Zone defense makes us more organized.

Down Into #1 Zone

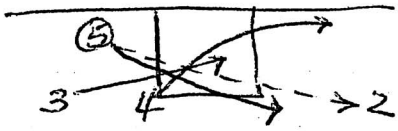


"READ"

5 goes to post & Short corner.
If middle defender takes Short corner, weakside wing flash.
1 Hot away from action for jump Shot.

Very Good For Obe

Diagonal to 2
Weakside wing Shoot the gap.



"DRAG DRIBBLE up" = Take it off.

Middle takes Short corner

Get kids to play in summer.
Have other people coach them.

A guy misses class. TEAM RUNS.

If kid knows you care, he will allow you to take him to go to places he never knew you could go.

Breakfast With team.

Sept 1 to Oct. 5
5 days a week weight train.
* Injury prevention in all we do.
* Slide machine ?????
* No trainer at practice!

Put in Coaching Book

ST.A (C)

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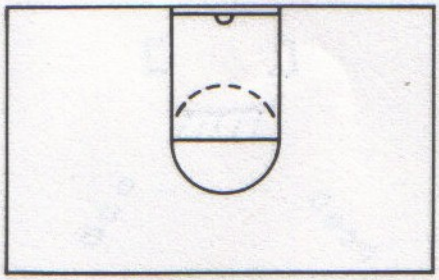
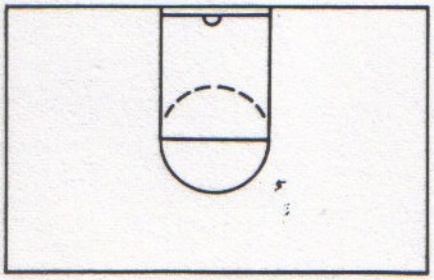
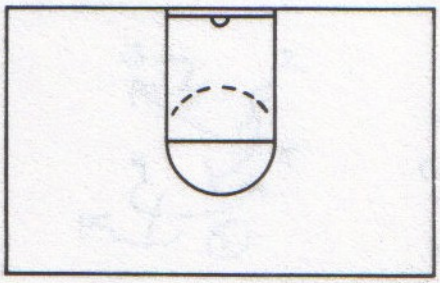
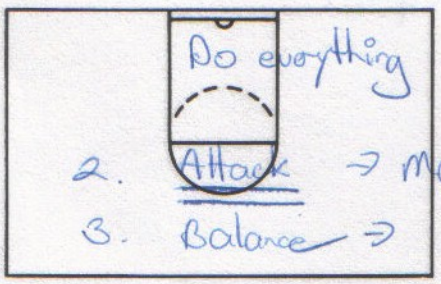
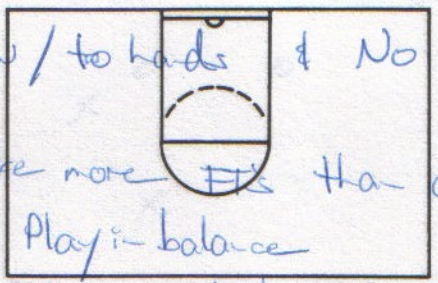
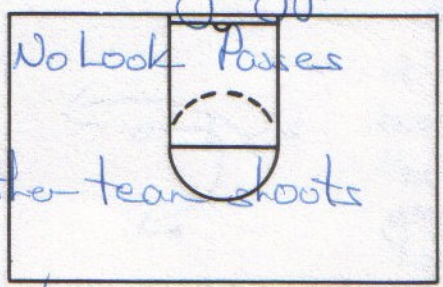
UMass Off. Philosophy

NOTES
1. Play Fast But Not in a Hurry → wat 80-90 ppg, 60-65 shots
"Sprint the floor to explore" - Will have 10-12 TO's a game
Means being aggressive

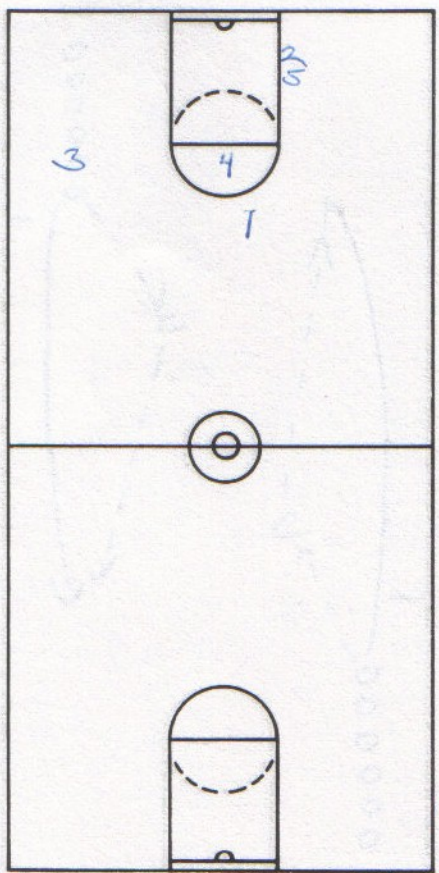




Do everything w/ to hands & No Look Passes
2. Attack → Make more FTs than other team shoots
3. Balance → Play in balance

NOTES
- Have a balanced attack
- Motion & Quick Hitters

4. Simple

Ed Shilling
U Mass
301 Mullins
Amherst, MA
0100



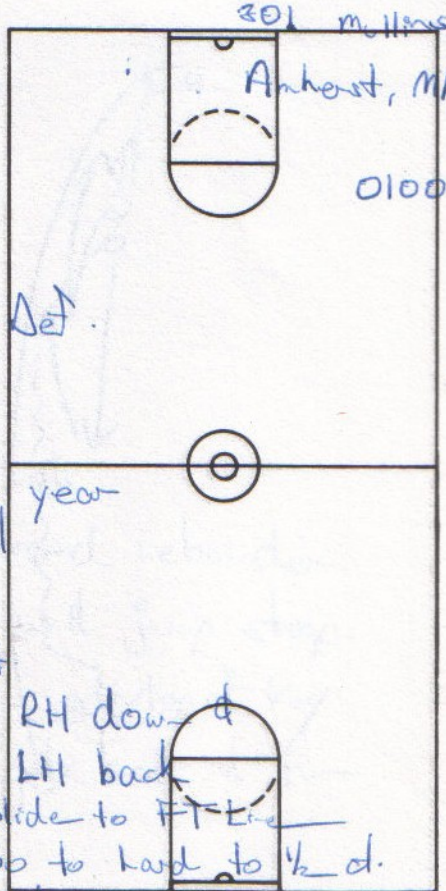
NOTES
Off set U Mass Uses

1. Early Off.
2. motion - to soften Def.
3. Quick hitters
4. Isolation - This year screen on ball

Drills

1. Glide dribble → RH down & LH back
B. Glide & Go → Glide to FT Line Go to Lane to ½ ct.
C. Glide & Backoff

Glide / Backdoor / Crossover



Glide to FT Line

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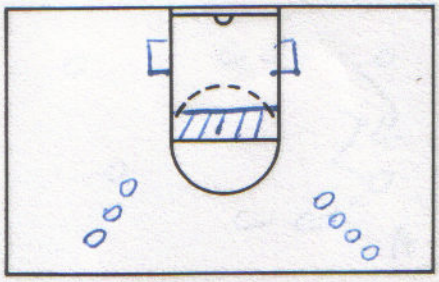
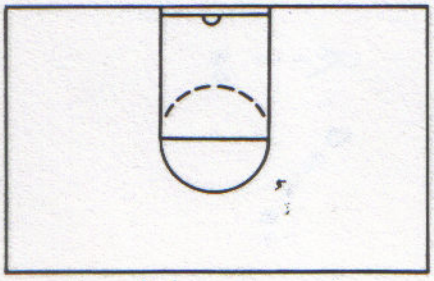
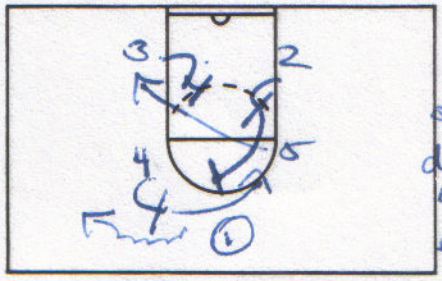


NOTES Jump Stop → Want to be able to drive into one of three boxes, jump stop, shot



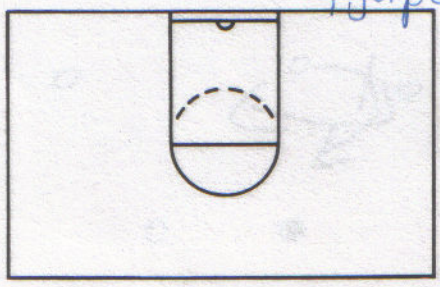
Rebound ball
Glide dribble to ½ ct go to other line



2&3 stagger double 4 ball screen

Wing → Last second

On switch 3 step back 2 will back screen for 4 going to hole



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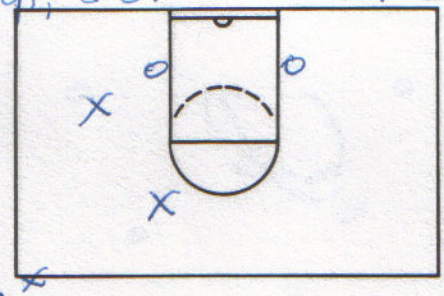
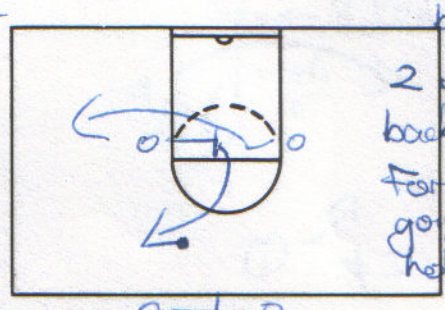
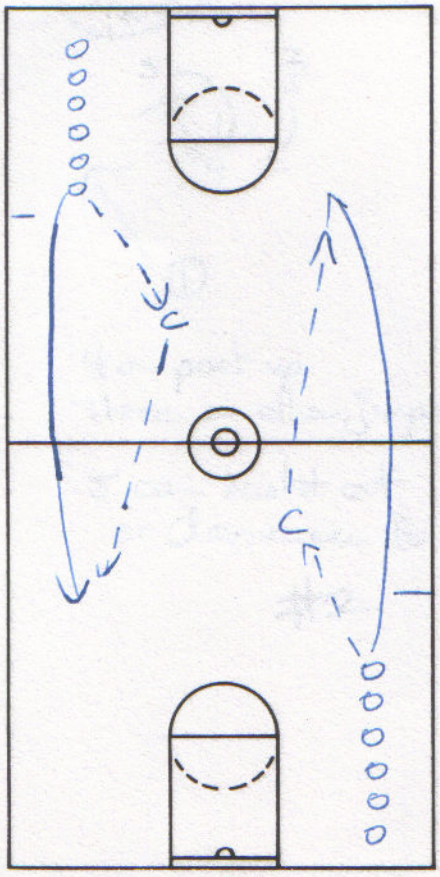




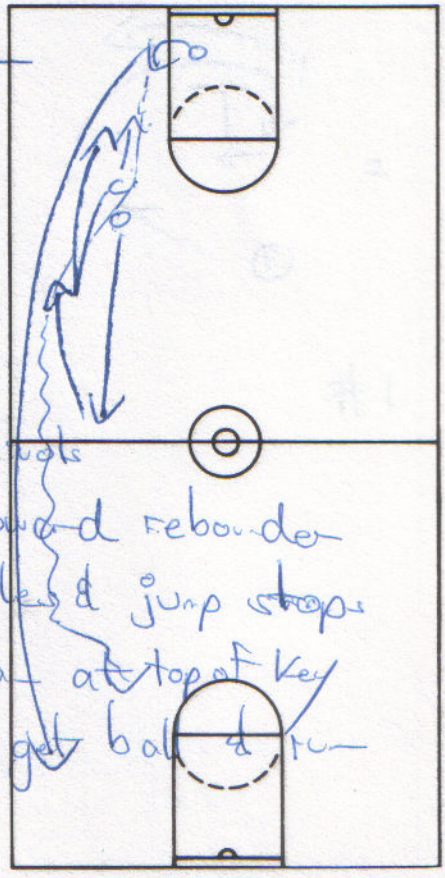
"Dummy"



NOTES

Sit → Throw to coach
Sprint, Sit Down, Make a play

Bust Out →
Rebounder throws ball off glass & pivots
Coach Runs toward rebounder
Rebounder dribbles & jump stops
Hit open man at top of key
Comes back to get ball & run break



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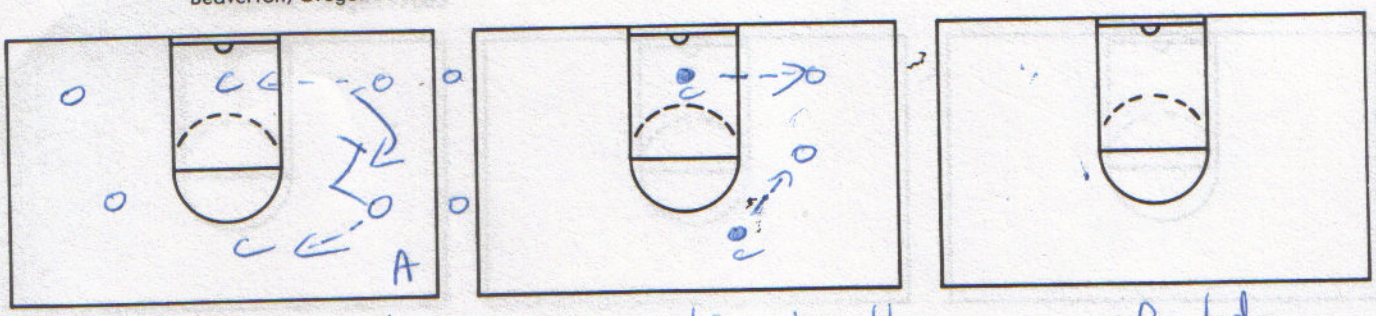
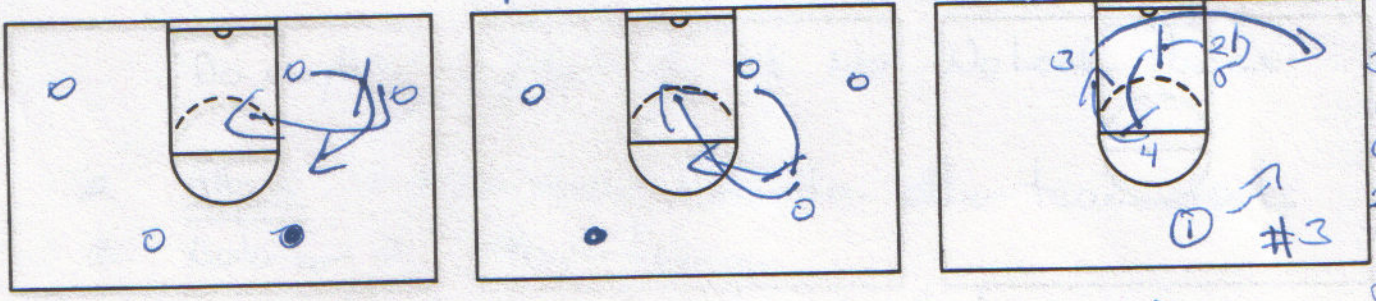


NOTES Buddy Basketball → TWO working together
Both have ball / Both throw to coaches
Mix cuts up

Backdoor
Screen
Curl
Screen & Fade

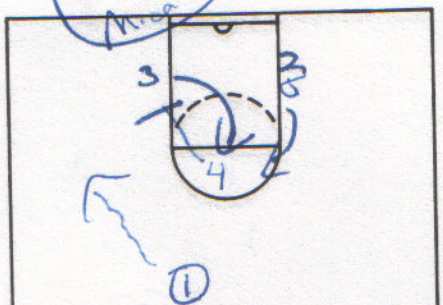


3 off
staggered
double
2 backscreen
for 4
5 pops up
2 gets ball
at top
for 2nd
game w/ 4
man

NOTES Motion → Want 4 around 1

Good idea for Mid

* Have trouble getting open set backpick & Follow cutter back --



4 on post up
Three on elbow jumper
5 can basket cut
or downscreen for (2)

#2

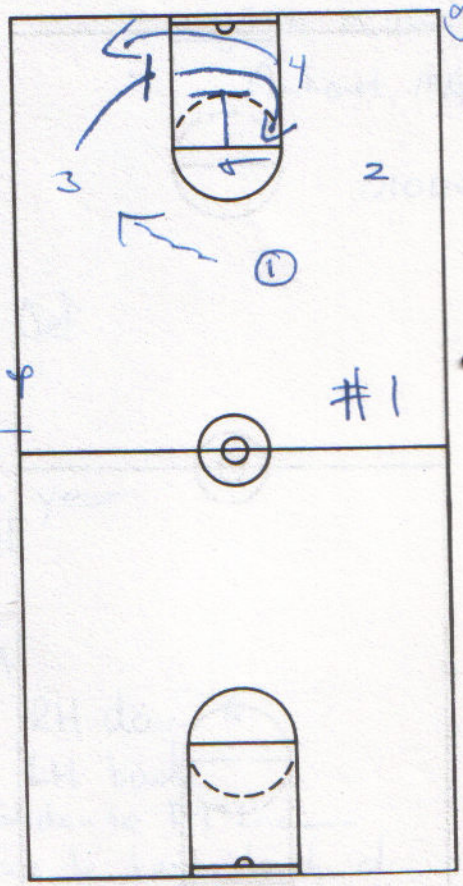
NOTES

Rules

Quick Hitters →

Kansas →

Can hit 4 on post up
Three off 5's screen
5 on post up
2 on skip



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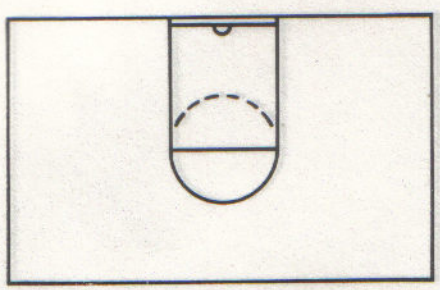
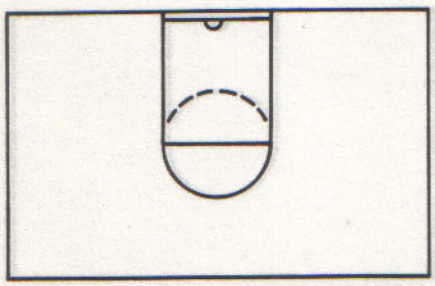
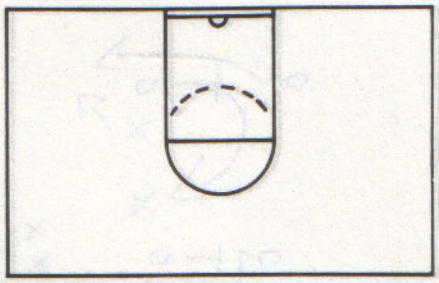




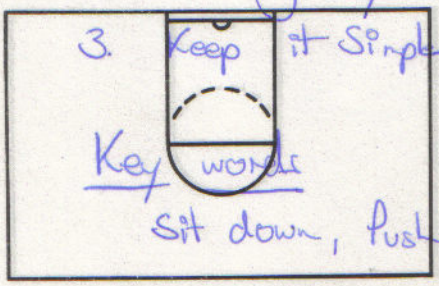


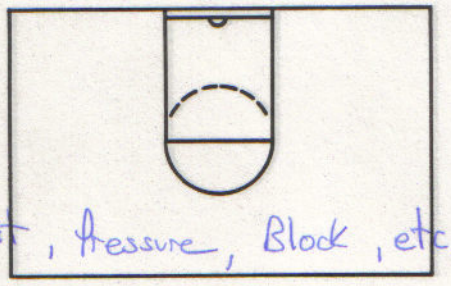
NOTES Play hard, play fast, but don't be in a hurry

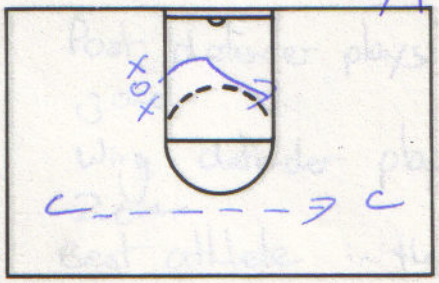
1. Balance
2. Attacking style
3. Keep it Simple

Key words
Sit down, Push it, Pressure, Block, etc.

Pet Peeves
1. Use two hands
2. Look-away passes

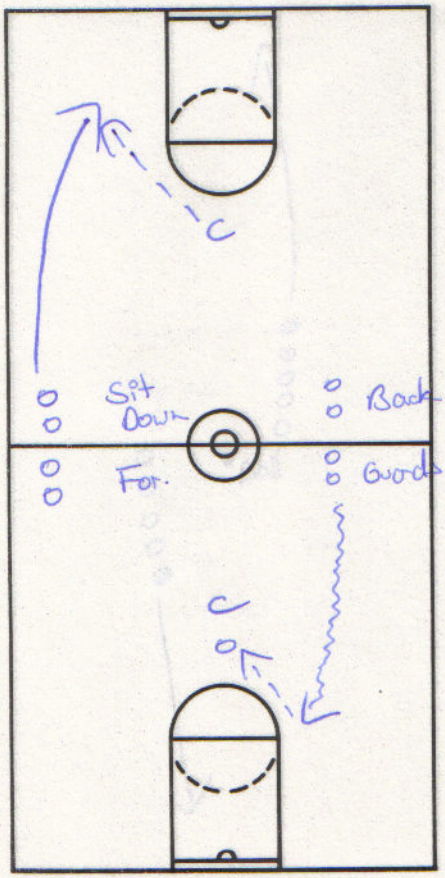






NOTES

Post catching ball against two defenders. If doubled, throws to opposite, cuts to ball & posts up

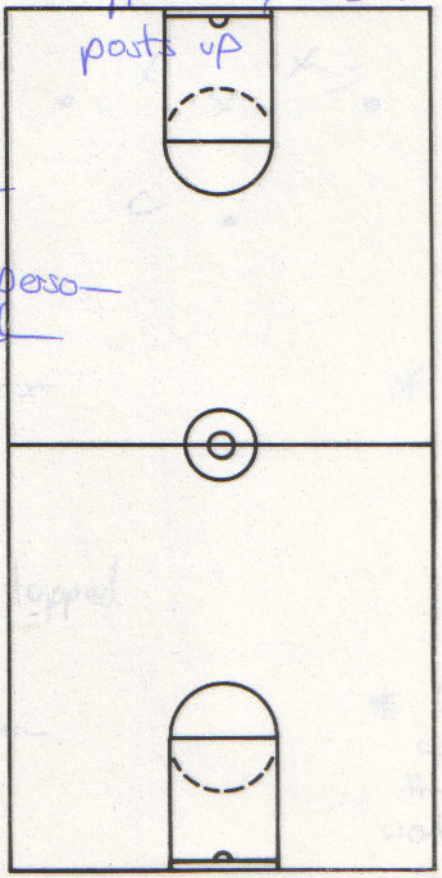


NOTES

Forwards → Dead
Sprint, Sit Down
(Jump stop) Balance

* 3 times each pos & groups switch

Guard drives hard to line, backs off & hits coach
2nd time, back off & square, straight drive or crossover



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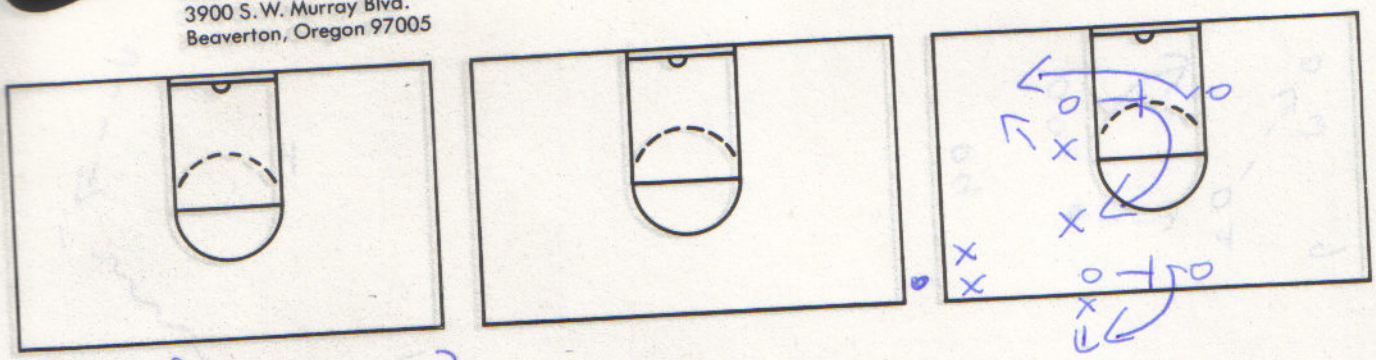
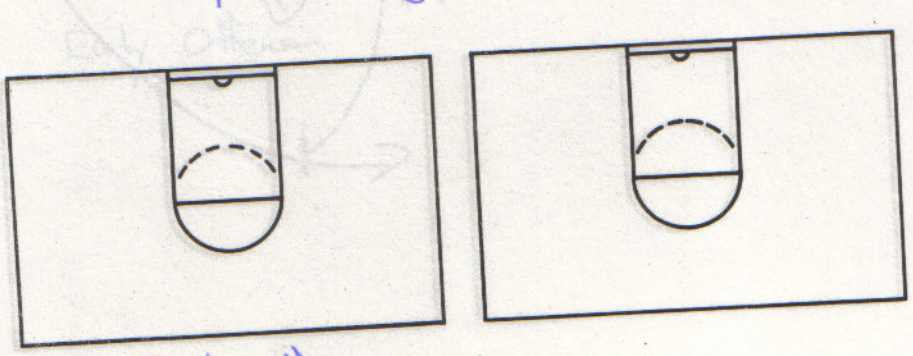


NOTES Peer pressure, Competitive } In practice

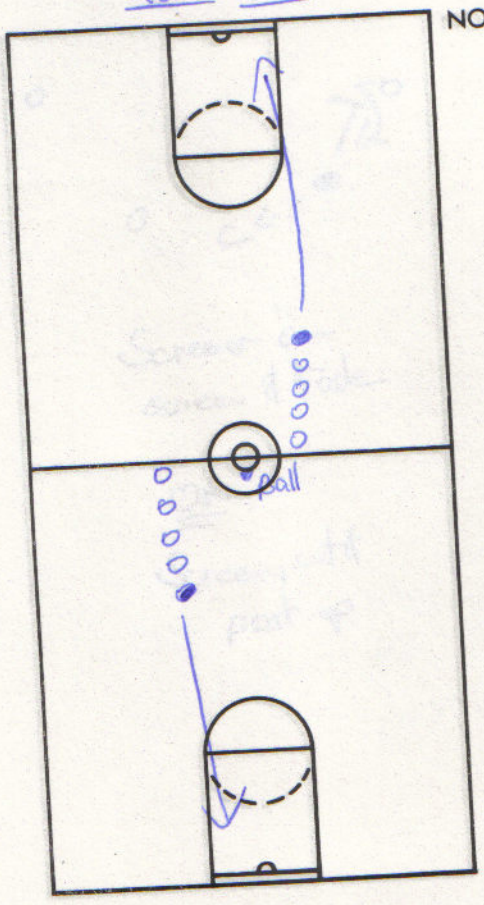
Two biggest players on throw-in man



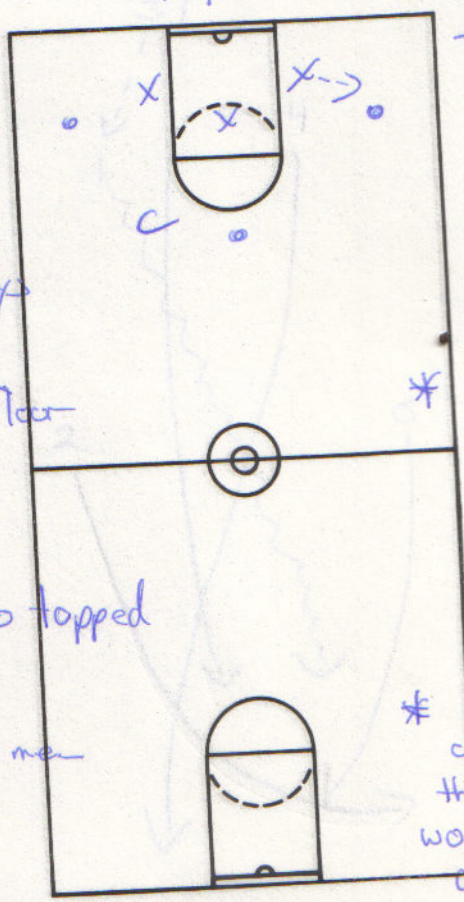
Post defender plays one
Wing defender plays zone
Best athlete in the middle

NOTES Early Off.
Motion → 4 out / 1 in (mismatch)
Quick Hitters

* U Mass System – Have to be able to play low 2



NOTES Tap drill → Tap ball & sprint to opposite line.
Ball in middle stays around half court
If any ball hits floor we start over
5 minute drill
3 Balls → Two topped
Ball in middle
Usually → 13-14 men
5 too many



These 3 sp usual when you ball

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* Ca coach throw work o defe

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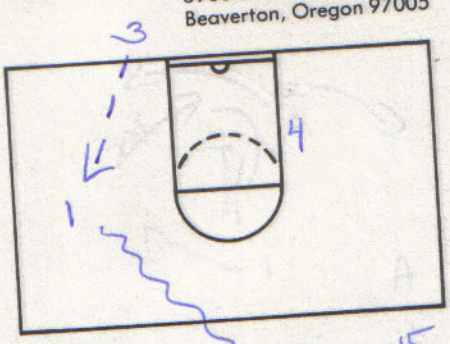
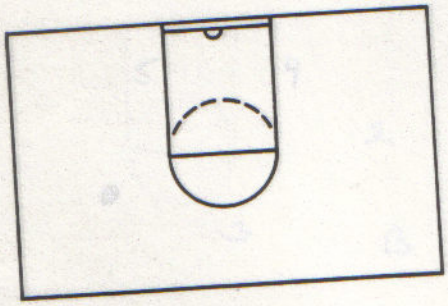
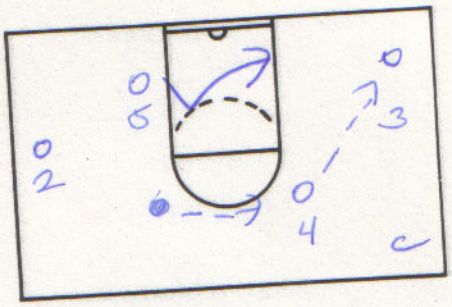
Court Products Division
3900 S.W. Murray Blvd.
Beaverton, Oregon 97005





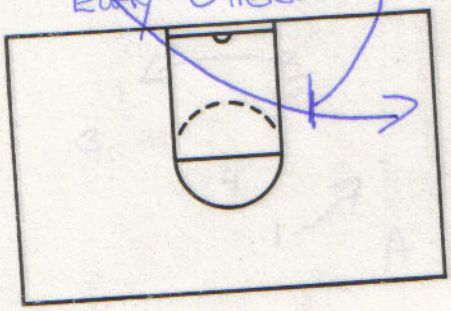


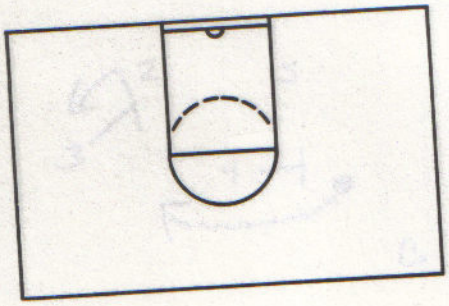
NOTES

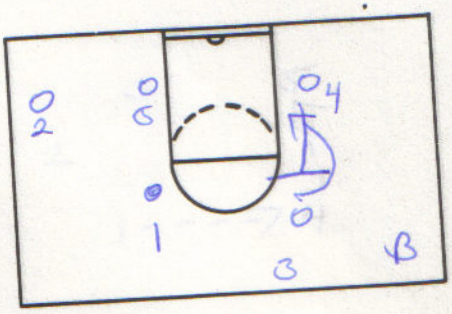
2

Early Offense

5 Post post player







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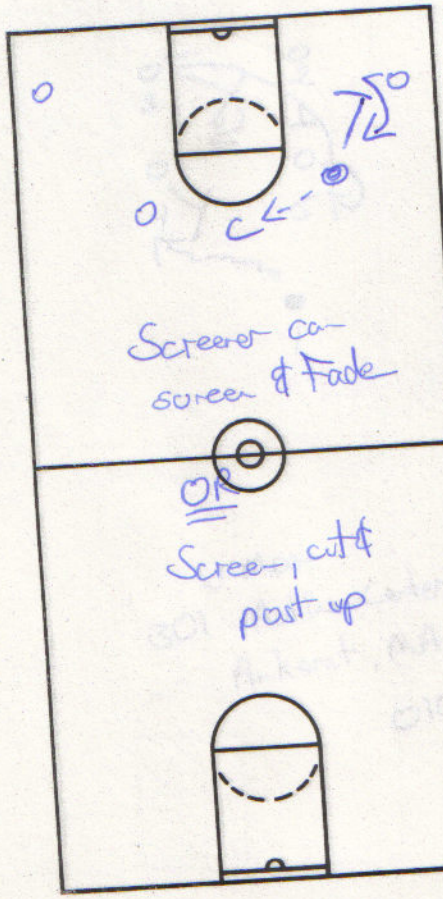


Screener can screen & Fade

OR

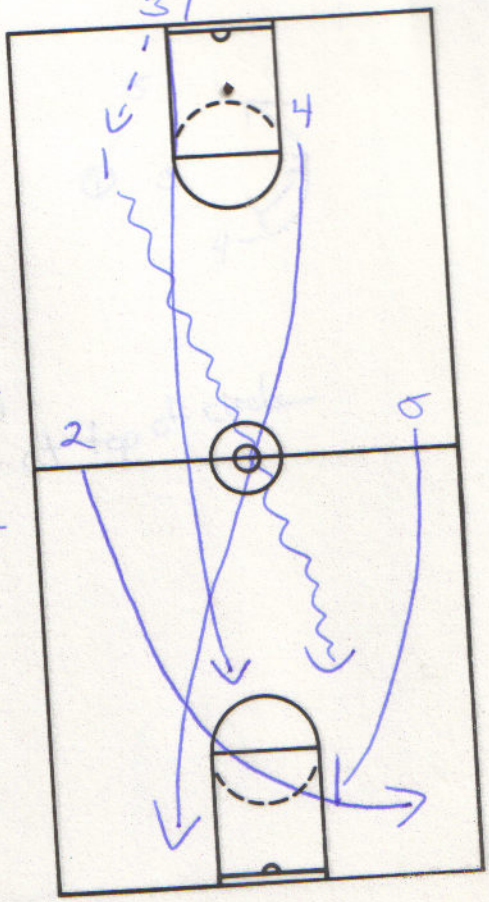
Screen, cut & post up

NOTES

2 on 2 → Teaches 4 out / 1 in play in motion

If you score ball goes to other side Spacing key

Don't score → def to off.



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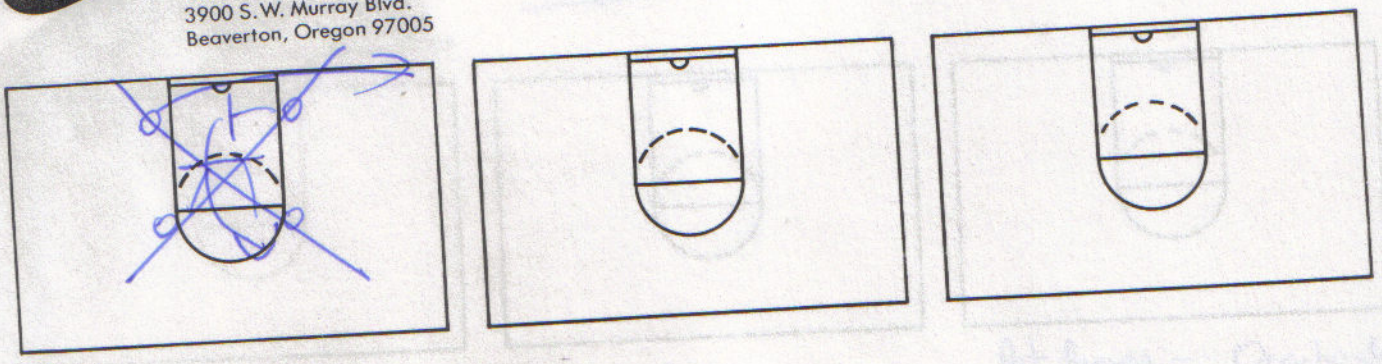

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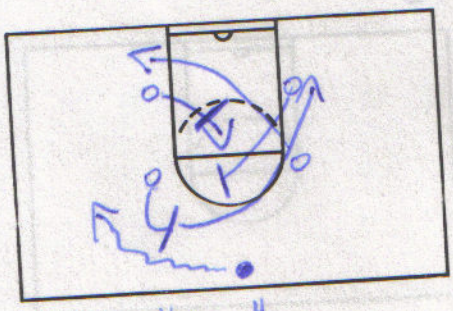
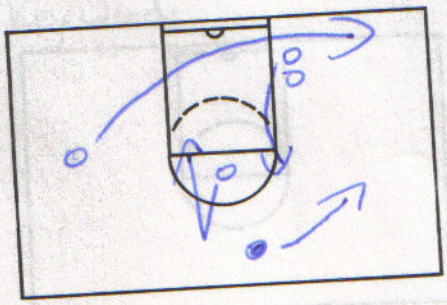
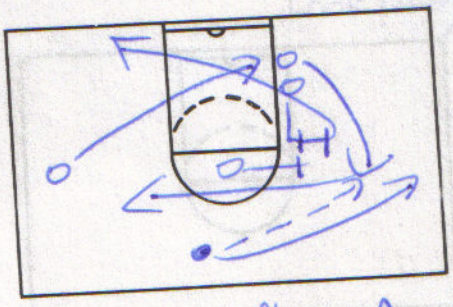
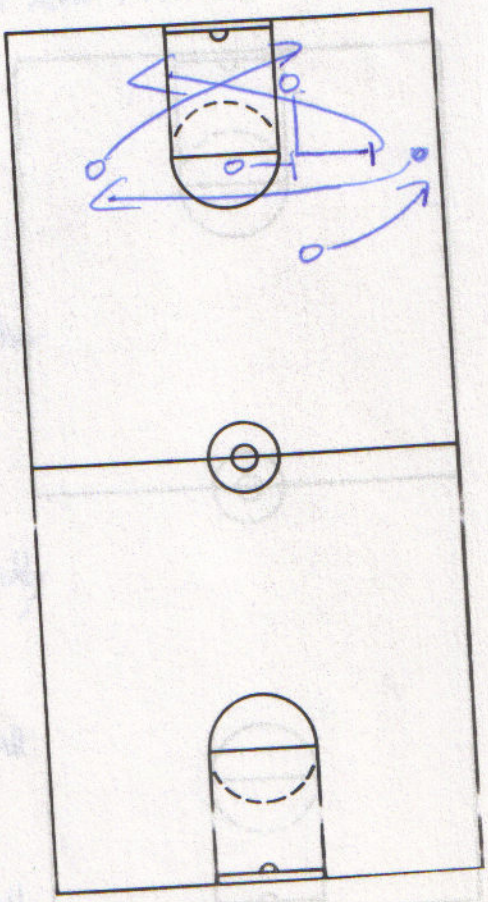


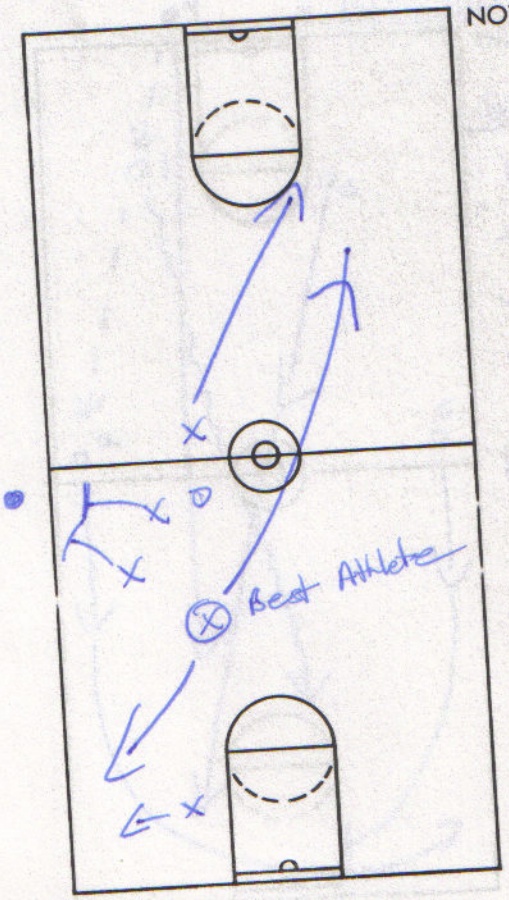
NOTES "Box"





European Play





NOTES

301 Mullin Center
Basketball Office
Amherst MA
01003

INDIVIDUAL DEVELOPMENT WORKOUT

John Calipari
University of Memphis

Four main objectives for guards on drives:

1. Create space between themselves and their defender.

2. Go north and south on drives don't belly out (straight to hoop).

3. Put your body on the defenders body on the start step.

4. Take your dribble moves right at the defender get them on their heels. If you get beside them or get them on their heels, they are yours.

Guard Workout

1. Warm up with 2 ball dribbling.

- Stationary dribbling - Eyes up, be ball quick.
- Control - both low below knees (rhythm/non - rhythm)
- Speed - both balls high (rhythm/non - rhythm)
- High-Low - one ball control dribble, one ball speed dribble
- Add down the floor dribbling (same as above) with a change of hands.

2. 2 free throws.

3. 10 X-Out Lay-ups.

- Start on the right elbow
- One ball control dribble lay-up/dunk on the right side
- Grab your own rebound
- Sprint to the left elbow
- One control dribble lay-up/dunk from the left side using the left hand
- Grab your rebound and sprint to the right elbow
- Continue until 10 lay-ups/dunks are made

4. 2 free throws.

5. Do the 7 dribble moves with a finish at the basket.

- Start with a low body balance base of support.
- Have a compact economy of motion.
- You make each move one from the right side then one from the left side.
- Start by spinning yourself a pass and catch down low.
- From here you circle tight and make a good direct or crossover move.
- Start from just outside the edge of the half court circle.
- After your finish at the basket you spin a pass and open to the big part of the floor while you catch facing.
- Then using the same move you break a press up the middle to half court.
- Then make the same move on other side.
- Then go back to the right side and make the next move.
- Do this until you have made all 7 moves on both sides.

Seven dribble moves:

a. Speed dribble - throw the ball out, get their, straight line drive as quick as possible.
b. Hesitation dribble - fast, slow (higher dribble stand up a little), fast, straight line drive.
c. In and out - head and shoulder, fake a crossover move, take ball over and back, keep ball in same hand.
d. Stutter step - at 3 pt. line, squeak feet with a wide stance if defender is off you shoot a 3 pointer, if not go to basket.
e. Stutter crossover - right to left hand, crossover low, look at basket on stutter, explode after crossover.
f. Between legs - from right side you drive middle the defense turns you so you go between the legs left to right hand, the angle you go through the legs is important, the ball needs to go from back to front toward the basket slightly.
g. Pull back crossover - using a ball screen by the 3 point line, go in hard to wing then use 2 pull back dribbles 1 crossover dribble, right to left hand, then explode to basket, rub shoulders with screen.

Key coaching points on dribble moves:

1. When you get to the 3 pt. line use 1 dribble to get to the basket unless you hesitate to take the help out.
2. Do the moves at full speed game like conditions.
3. Chin ball when shooting lay-ups.
4. Circle tight with the ball on direct and crossover drives. Tighten up your game. Don't be loose with the ball. Be compact and have an economy of motion.
5. Start and finish all moves from a low body balance base of support.
6. Use all moves, but develop a go to and counter move.
7. After move go straight to the basket don't belly out.
8. Make moves right at an imaginary defender. Get the defender on their heels.
9. Go -when you first catch a pass, your the most open.
10. Use your right hand when going right, and use your left when going left.

6. 2 free throws.

7. 7 dribble moves pull up and shoot jump shot.

- On all shots off the dribble landing on balance and low is a must before you shoot the ball.
- Do not float on the jump shot. Straight up and straight down.

8. 2 free throws.

9. 32 point shooting.

- Five spots on the floor: baseline, wing, on top, opposite wing, and opposite baseline.
- You make 3 moves from each spot.
- The first is a 3 point shot (worth 3 points), the second is a shot fake one dribble drive to middle shoot jumper (worth 2 points) , and the third move is a shot fake one dribble drive to middle lay up (worth 1 point).
- So each spot is worth 6 points.
- At the end you shoot 2 free throws (worth 1 point each) for a total of 32 points.
- You compete against yourself.
- Make the moves at game speeds be tight with your game.
- The drives to the middle you will be using direct and crossover moves so step with the same foot each time.
- The moves from the top you can go either way, but be able to go both ways.

10. 2 free throws.

11. 32 point shooting again (spin pass catch facing low and in triple threat on balance, shoot and rebound own shot, shoot 20 shots from game spots at game speeds).

12. 2 free throws.

BUILDING MAN TO MAN DEFENSE
by
Ken Shields

A coach can make a great deal of difference on Defense-------not as much on Offense . Therefore start with defense.--------Winning and quality defense go hand in hand. Defense is played against he ball.

Must develop a **"DEFENSIVE MINDSET" -------- "NO EASY BASKETS"**

1. Transition .
2. Stop penetration.
3. Rebound---Loose ball situations----a missed shot is a loose ball----one shot per posession.
4. Contest Shots------rotate to the open threat------must have a method.
5. Force the extra play-----must know all 2 or 3 man exercises and how to handle them.
6. Don't foul------pressure without fouling-------must have good technique.

Must sell the defensive program to the players------must motivate them to **talk, help, and develop the courage to play physical. "I am going to guard my man and help against the ball!"**

Must develop and use drill to accomplish the following.

1. Transition Defense---eliminate advantage situations and force 5 on 5 play.
2. Influence the ball to the sideline.
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4. Stop penetration.-----pass or dribble.....Attack all dribble pentetration.
5. Control the low post
6. Rotate to the open threat------goal to contest all shots.
7. Rebound \ Loose ball situations.
8. 2 and three man plays---screening, cutting etc.

(emphasis must be placed on **technique to eliminate fouling** in all of the above)

1. TRANSITION DEFENSE "defense begins when we shoot the ball"

- Halfcourt defense begins full court--or--Transition defense sets up front court defense.
- Therefore you must have an offensive plan for good shots and a plan for offensive rebounding
- Must develop our offensive rebounding game as well as we can--must plan for the long rebound off the 3 point shot-----long rebounds are key.
- Corner shooter must rotate to long rebounder.
- When the shot goes up we must get 1-2-2 spots filled or 1-1-3 if three men are inside.

- Pt must rotate to safety-----if he drives 2 man is**"safety".** He is the safety until he is released by a sprinter to take the first open man up the sideline.

- Closest man pressures outlet on a missed shot, or an a made shot trys to delay the inbounds pass so that his teammates can get more time in their transition defense. **"Jammer"** He then supports the defender on the ball against middle penetration by forming a middle triangle between the ball, himself and his man.

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- At this point you must have :
  1. Basket covered---by a sprinter
  2. Ball contained---by the outlet
  3. Triangle coverage up court by jammer, safety, two sprinters
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- This system may be employed at full court, three quarter court or half court.

2. INFLUENCE THE BALL TO THE SIDELINE --- the above system allows you to establish a strong and weakside early and your halfcourt defense has been set up.

- Now you must establish a Defensive Perimeter---or how far out you want to operate----3 feet outside the 3 point line.

- Must make a decision on overplays----**"fan"** to the baseline----or **"Funnel"** to the middle.

3. SLOW BALL REVERSALS

- **Prevent easy reversal.** The man guarding the reversal pass on top must **extend** to prevent the quick swing--- he is not required to attack middle penetration by the wing. If his man does catch on the point he should try to influence the ball back to where it came without getting beat on middle pentetration.

- **We must not allow any catches in the high post when the ball is on the wing.**

- When a wing defender takes the ball over his head he must be pressured to prevent the skip pass which is a quick reversal.

- Deny the reversal pass out of the corner.

4. STOP PENETRATION

- **Prevent middle penetration.** While we want to fan the ball to the baseline we tell them **"don't get beat too quickly baseline and don't get beat middle at all".** We must judge how much you can force baseline on an individual basis. (If the offense has a high post we may look at forcing the ball at the high post where the help is.)
- Any middle penetration must bring about a **panic reaction and therefore must be attacked aggressively by either the weakside wing or he weakside low post.** Rotations must be drilled.

- Middle penetration from the top is a killer. Defenders at the top must not allow direct drives down he middle of the lane. Again in the event that this happens it must be drilled for and the rotations practiced

- Wing defenders must influence baseline with the goal being to **cut off baseline pentetration one step outside the international key.**

- If there is a ballside lowpost the defender must get to the baseline side or be in a total front in order to attack any quick baseline drives. We may want to trap any baseline drives in this situation.

- The weakside wing defender must be on the ballside of the basket if the ball is below the foul line and there is no strongside low post. He must be in a pistols stance ready to attack the quick baseline drive. Weakside defenders must not attack drives if the defender on the ball has contained the dribble---this exposes an offensive player.

- Quick baseline pentetration must be be attacked as we **build the baseline wall.** Rotations to shooters and blockouts must be drilled out of this process.

- Penetrating passes to players flashing into the lane must be denied. No direct passes must be allowed from the top into the low post.

- Play early defense in the post. Any cuts from high to the low post must be "bumped" legally in order to prevent a catch in or on the lane. "Bump and Release" technique is used to either force the cutter to go behind and be fronted in the lane or be bumped off the lane when he gets to the low post.

- Front the low post mismatch. We use **"white"** as a call when fronting the post in or on the lane. This is a signal for maximal pressure on the ball to prevent the lob pass and also for sagging on the weakside to assist against the lob if it occurs. If there is a catch by a mismatch which is not fronted in or on the lane we must trap it on the catch.

- Deny all flashes in the paint.

- No direct passes from the top to the low post.

- When the line of 45 is broken you must get to the baseline side of the low post.

- Have a plan to trap any great players who catch in the low post.

6. ROTATE TO THE OPEN THREAT---GOAL TO CONTEST ALL SHOTS

- **"Closest man concept"** the defender closest to the open man on offense is responsible to closeout to him and contest any shot. Other players must rotate to the appropriate men.

7. REBOUND AND LOOSE BALL SITUATIONS

- Rebounding completes the defense. Great defense doesn't occur without a defensive rebound.

- Make the first hit or contact --- if you make the first contact you will create space. To many people wait until the ball is half way to the hoop before making contact. Get position when you anticipate the shot going up.

- Box out outside the lane if possible and attack the rebound.

- Must be very hungry for loose balls.

8. TWO AND THREE MAN PLAYS

- **Early communication is essential in all two and three man plays.**

- Players must have the courage to be physical and not quit when they encounter a screen.

- Switching rules
  1. Equals ---- same size may switch
  2. Big in Little out --- especially true on weakside screens and exchanges
  3. Screens on the ball 15' and in ---- switch. (we will trap the mismatch)
  4. Emergency --- to cover an open man.

- If you switch both people must **"Switch and deny"** so that both the cutter and the screener are denied.

- Always use a straight arm to keep the screener away from your body.

- **Pick and roll** --- now very important because of the three point shot. Must have at least two or three methods of defending this action based on the skills of the offensive players and where it occurs on the floor. Must know how you will start the game against the pick and roll.

- It takes five players to defend the pick and roll --- other players step off their men two steps and are ready to rotate to open men.

- **High pick and roll outside of 3 point range** --- squeeze and go under. Defender on screener bodies his man up and out to extend the screen. The defender on the ball must go under the screen to cut off dribble penetration. Good against pick and pop shooter.

- **Pick and roll inside three point range** --- screener's defender must **"show"** or step out in the driving lane off the screen to slow down the man with the ball and influence him to come off the screen away from the basket. Weakside big man is responsible to cover the screener if he slips the screen to the basket. T he man guarding the screener directs the ball handler into the screen , then recovers to containg penetration.

- Trap the pick and roll either early or late. Three other defenders must get in spots to help and may have to rotate to an open player on the pass out of the trap.

- **"Fan"**--- Screener's defender drops off the screener into the driving lane to the basket. Ballhandler's defender forces the ballhandler away from the screen towards the screener's defender.

- **Cross Screens** --- stay with the cutter if he goes low --- prevents layups. May switch and deny if he goes high.

- **Back Screens** --- Cutter must fight over or under the screen --- the defender on the screener must "see his partner through the screen" and then recover to his man.

- **Down Screens --- Ballside** --- Cutter's man must trail out or go overtop of the screen depending on how low the screen is set. On a trailout the defender must get to the cutter's baseline shoulder as the cutter reaches the screen so that he does not contact the screen. The screener's defender must bump any curling action by the cutter. If the screen is set low on the lane the screener's defender loosens and helps the cutter's defender over the screen.

- **Down Screens --- weakside** --- Screeners defender loosens and helps the cutter's defender over the screen.

- **Double Screens and Staggered screens are covered in the above principles.**

I HAVE NOT DEALT WITH INDIVIDUAL DEFENSIVE FUNDAMENTALS HERE DUE TO TIME CONSTRAINTS. PROPER STANCES AND FOOTWORK ARE ABSOLUTELY ESSENTIAL IN ACCOMPLISHING THE ABOVE DEFENSIVE SCHEMES. THE ABILITY TO CHANGE DEFENSIVE STANCES QUICKLY AND WITH GOOD TECHNIQUE IS CRITICAL TO SOUND DEFENSIVE PLAY.

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- Quick baseline pentetration must be be attacked as we **build the baseline wall.** Rotations to shooters and blockouts must be drilled out of this process.

- Penetrating passes to players flashing into the lane must be denied. No direct passes must be allowed from the top into the low post.

- Play early defense in the post. Any cuts from high to the low post must be "bumped" legally in order to prevent a catch in or on the lane. "Bump and Release" technique is used to either force the cutter to go behind and be fronted in the lane or be bumped off the lane when he gets to the low post.

- Front the low post mismatch. We use **"white"** as a call when fronting the post in or on the lane. This is a signal for maximal pressure on the ball to prevent the lob pass and also for sagging on the weakside to assist against the lob if it occurs. If there is a catch by a mismatch which is not fronted in or on the lane we must trap it on the catch.

- Deny all flashes in the paint.

- No direct passes from the top to the low post.

- When the line of 45 is broken you must get to the baseline side of the low post.

- Have a plan to trap any great players who catch in the low post.

6. ROTATE TO THE OPEN THREAT---GOAL TO CONTEST ALL SHOTS

- **"Closest man concept"** the defender closest to the open man on offense is responsible to closeout to him and contest any shot. Other players must rotate to the appropriate men.

7. REBOUND AND LOOSE BALL SITUATIONS

- Rebounding completes the defense. Great defense doesn't occur without a defensive rebound.

- Make the first hit or contact --- if you make the first contact you will create space. To many people wait until the ball is half way to the hoop before making contact. Get position when you anticipate the shot going up.

- Box out outside the lane if possible and attack the rebound.

- Must be very hungry for loose balls.

8. TWO AND THREE MAN PLAYS

- **Early communication is essential in all two and three man plays.**

- Players must have the courage to be physical and not quit when they encounter a screen.

- Switching rules
  1. Equals ---- same size may switch
  2. Big in Little out --- especially true on weakside screens and exchanges
  3. Screens on the ball 15' and in ---- switch. (we will trap the mismatch)
  4. Emergency --- to cover an open man.

- If you switch both people must **"Switch and deny"** so that both the cutter and the screener are denied.

- Always use a straight arm to keep the screener away from your body.

- **Pick and roll** --- now very important because of the three point shot. Must have at least two or three methods of defending this action based on the skills of the offensive players and where it occurs on the floor. Must know how you will start the game against the pick and roll.

- It takes five players to defend the pick and roll --- other players step off their men two steps and are ready to rotate to open men.

- **High pick and roll outside of 3 point range** --- squeeze and go under. Defender on screener bodies his man up and out to extend the screen. The defender on the ball must go under the screen to cut off dribble penetration. Good against pick and pop shooter.

- **Pick and roll inside three point range** --- screener's defender must **"show"** or step out in the driving lane off the screen to slow down the man with the ball and influence him to come off the screen away from the basket. Weakside big man is responsible to cover the screener if he slips the screen to the basket. T he man guarding the screener directs the ball handler into the screen , then recovers to containg penetration.

- Trap the pick and roll either early or late. Three other defenders must get in spots to help and may have to rotate to an open player on the pass out of the trap.

- **"Fan"**--- Screener's defender drops off the screener into the driving lane to the basket. Ballhandler's defender forces the ballhandler away from the screen towards the screener's defender.

- **Cross Screens** --- stay with the cutter if he goes low --- prevents layups. May switch and deny if he goes high.

- **Back Screens** --- Cutter must fight over or under the screen --- the defender on the screener must "see his partner through the screen" and then recover to his man.

- **Down Screens --- Ballside** --- Cutter's man must trail out or go overtop of the screen depending on how low the screen is set. On a trailout the defender must get to the cutter's baseline shoulder as the cutter reaches the screen so that he does not contact the screen. The screener's defender must bump any curling action by the cutter. If the screen is set low on the lane the screener's defender loosens and helps the cutter's defender over the screen.

- **Down Screens --- weakside** --- Screeners defender loosens and helps the cutter's defender over the screen.

- **Double Screens and Staggered screens are covered in the above principles.**

I HAVE NOT DEALT WITH INDIVIDUAL DEFENSIVE FUNDAMENTALS HERE DUE TO TIME CONSTRAINTS. PROPER STANCES AND FOOTWORK ARE ABSOLUTELY ESSENTIAL IN ACCOMPLISHING THE ABOVE DEFENSIVE SCHEMES. THE ABILITY TO CHANGE DEFENSIVE STANCES QUICKLY AND WITH GOOD TECHNIQUE IS CRITICAL TO SOUND DEFENSIVE PLAY.

"if you think it is about you, you better be top 1%."

Position Weakness

"get ball off backboard as fast as you ca"

Bigs

1 - post up too deep "not up; but across (tape mini lane)
2 - screen a body - "get your shooters open" "screen then score"
3 - go after more rebounds "more you go after the more you can get"
(get 2 of the 3 sides of rim to rebound)
4 - Kick it back out

Guards

1 - pass ahead (cant handle; dont pass)
2 - pen and Kick (not Force)
(more layups are missed if you have to double pump)
3 - dont turn a good shot into a bad play (Ft line pull up)
4 - defend the full court

Wings

1. sprint the floor "its your way out of a good scholarship"
2. "prepare for the next play" before you get the ball
(more shots are made when you step into the shot)
low w/ foot back
3. post feed and cut (see back of his head cut to front of rim)
(see ball entire cut)

Everyone

1. move the ball (can you play w/ 4 other guys -- know you can piss off 4 other guys)
2. body language
3. energy

F.

1. "hard work is the price of admission"
2. "want to win, but not in own self improvement" (Wills)
3. are you committed? the real seperator

1000 shots a day 5 days a week

24 hours on weak hand development

5 Musts Skill development

1. hand dribble (if we know you have a soft dribble we trap you on the dribble) ★add a pound dribble to your drills★
2. get your shoulders to his hips -- on dribble penetration (★ big key for Erik ★)
3. low to high
4. be ready on the catch

"ball above the shoulders" "wing baseline foot up to get better angle" → it's a shoulders game

Moves to Master

B.

"post up w/ foot or first line"

Bigs

1. big jump hook
2. drop step - dribble/drop
3. up and under
4. quick spin
5. perpindicular post (turn and face)

"shot fake" to get guards off your back

Guards

1. catch and shoot
2. catch shot - (dribble pull
3. catch - quick penetration

Kevin O'Neill
The University of Arizona, 6/24/2007
Defensive Thoughts

- Blitz or show screens
- "Only time to switch is on ball screens for a small to small change or a big to big change"
- Help
  - See him with your hand
- Shrink the defense
  - Defenders are almost one foot in the paint at all times
  - Not a zone
  - Follow man to midline
- Practice special teams segments every couple practices
  - Ex. Fouling up three (K.O. is for it)
  - If you don't practice the situation they won't do what you want
  - Last few seconds in a game=contact switching on defense
    - Defender makes contact with screener without running through him
  - Late game fouls should be a two arm chop before half court
    - Doesn't let a shot get off
- Rebounding
  - Likes Izzo's War Drill
    - DRILL: 5 v 5 War
      - Can do as a game, fastbreak, etc. →many variations to do it
      - No fouls-be aggressive
      - Defense starts under hoop, shot goes up they all find someone to hit, find, and get
      - Defense has got to make first contact outside the paint and then go get it
        - (don't lunge at them, stay low & make contact)
        - Low man usually wins
      - Play to 3; defense gets it they become offense—if offense gets rebound put it in for 1 point
  - 3 on 3 Rebounding Drill
    - Can't block out your own man
    - Go find someone to screen out and go get the ball!
  - Hit first mentality
    - Once they get hit once most will be soft the rest of the game
- Up 6 or more late in a game
  - Sends 5 guys back
- Work on your end of game defense
- You have to have certain ways of guarding iso's
  - Some way to get it out of their star player's hands
- Most teams send their point guards back

    - your PG should get tons of defensive rebounds
- Zone vs Man Defense
    - Best teams don't mind being held accountable
        - Ex. San Antonio Spurs
    - Zone is a cop out
    - Know your personnel!
- How to make up for lack of athleticism within man defense
    - Make the man d like a zone
    - Get to center line
- Different adjustments for different guys
- Best man defense has zone principles, best zone has man principles
- If you play multiple defenses you increase your chances of mess-ups
- KO is a one defense coach except in certain situations (after a time out, etc.)
- If anything, KO likes a box and one defense late in games to keep ball out of star's hands

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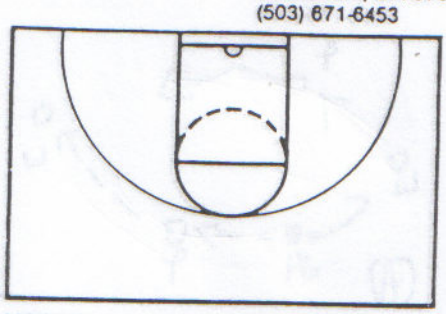
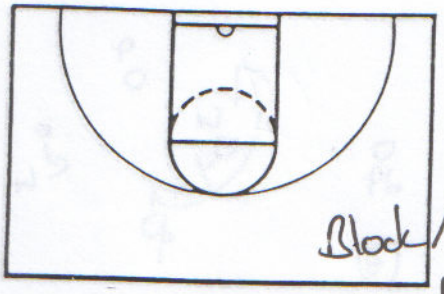
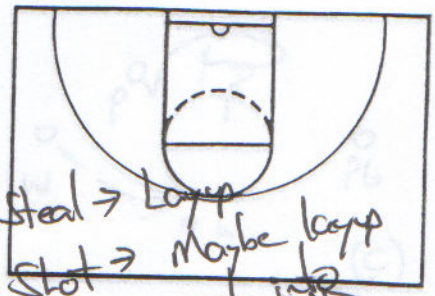
CLINIC Larry Brown
DATE Early Offense



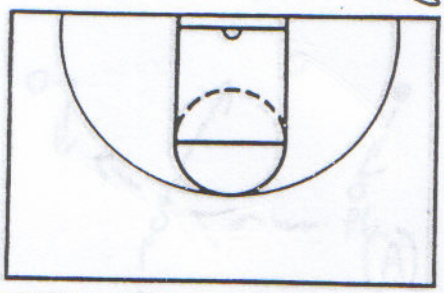


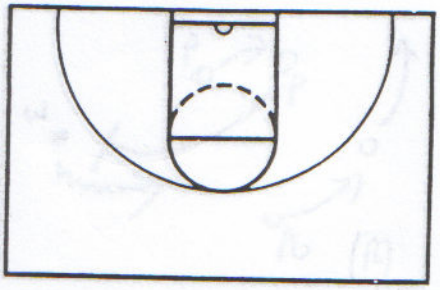
Block / Steal → Layup
Missed Shot → Maybe layup
post into early off.

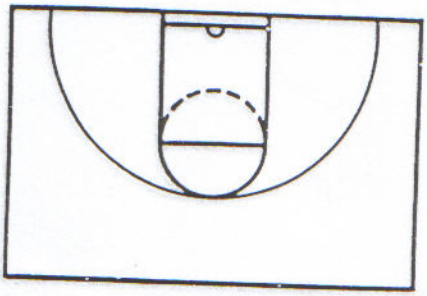


NOTES

3 man-weave → 5 passes
4 passes
3 passes

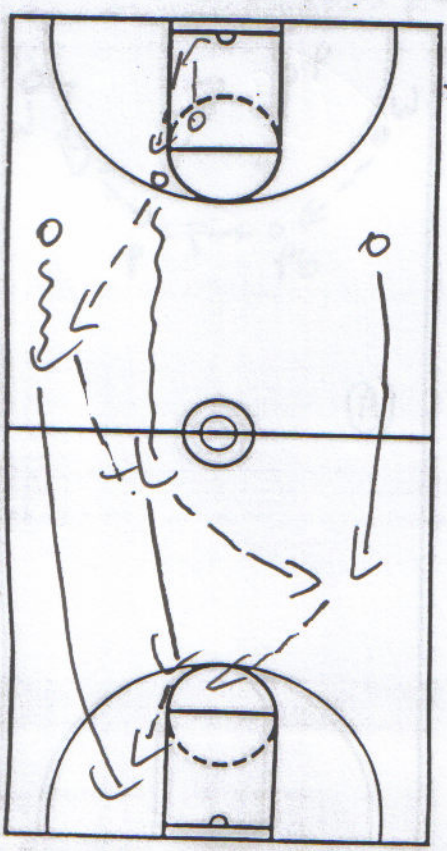






NOTES

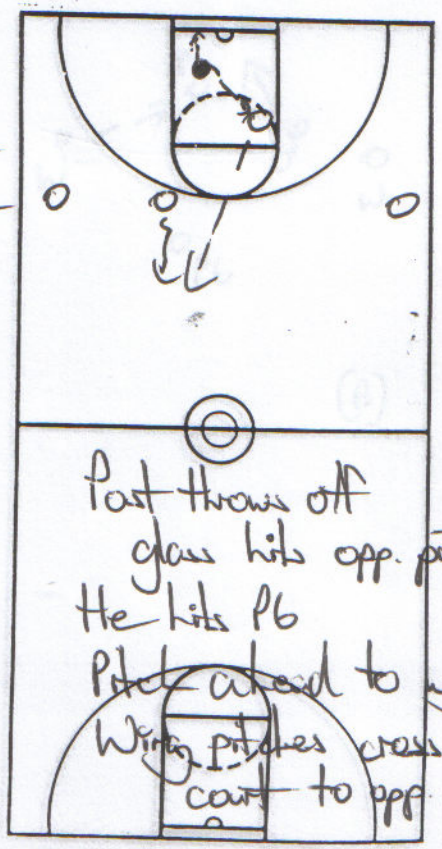
4 man-break



NOTES

* Wings have to cross deep underneath
* PG FT line to FT line
* Post doesn't let ball hit the floor

5 man-break



Post throws off glass hits opp. post He hits PG
Pitch ahead to wing
Wing pitches cross court to opp. wing

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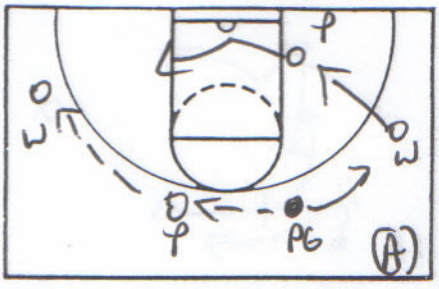
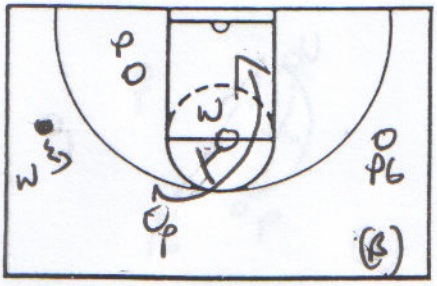
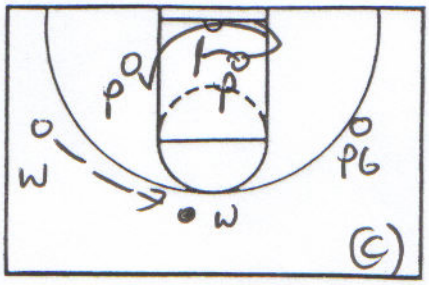
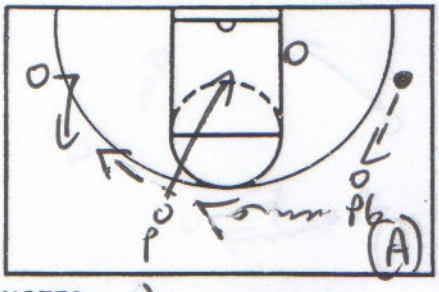


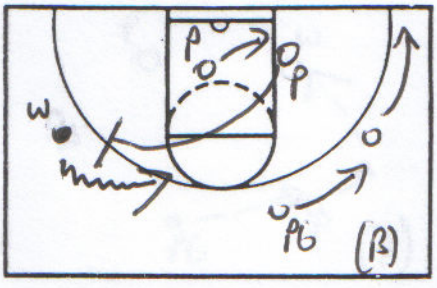


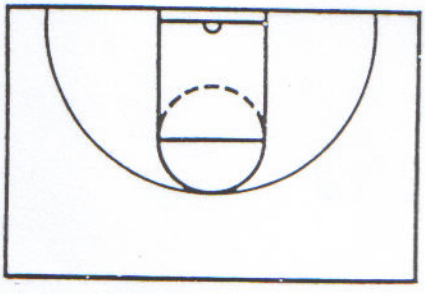


NOTES

Carolina
Secondary Break



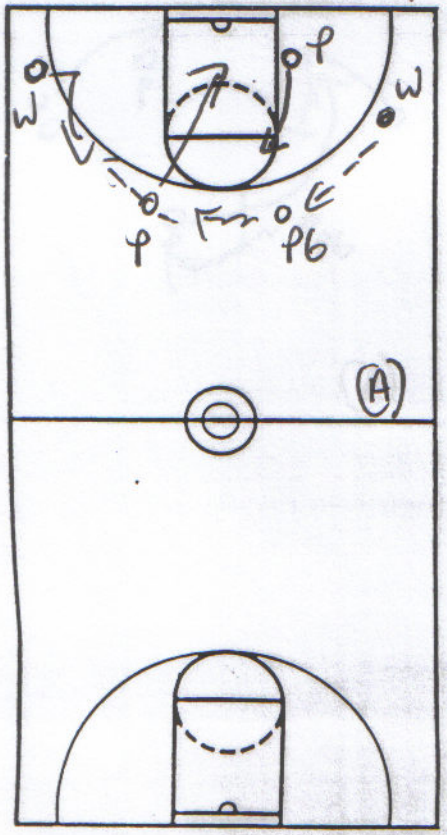




NOTES

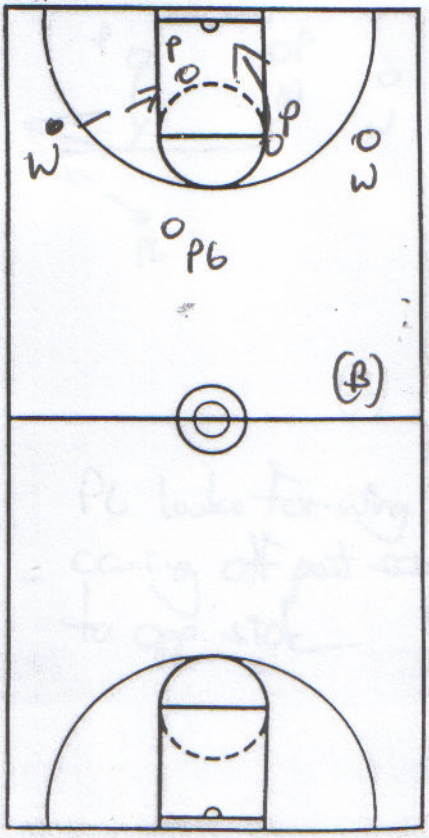
Dive →
Wing back to PG
PG dribbles at post

PG hits wing
Opp post sets ball screen
for wing



NOTES

PG dribbles at post
Post cuts backdoor
Opp post steps high
PG hits wing
Wing looks for
post who dived
Post gets ball, he
looks for high
post diving



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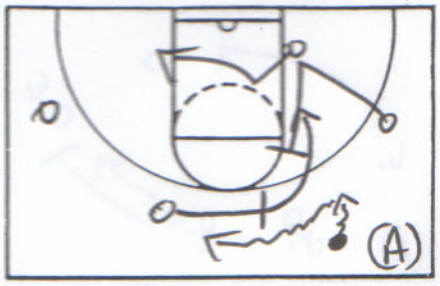
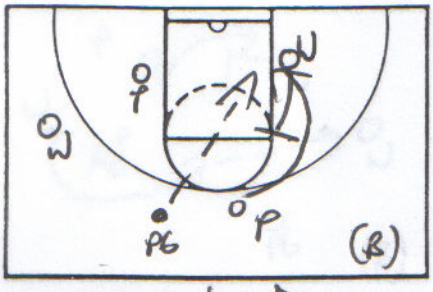
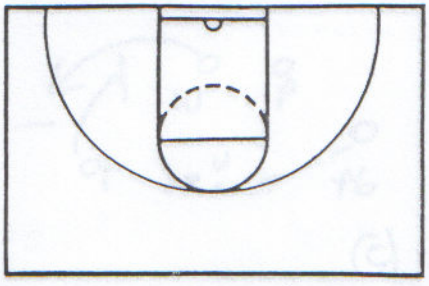
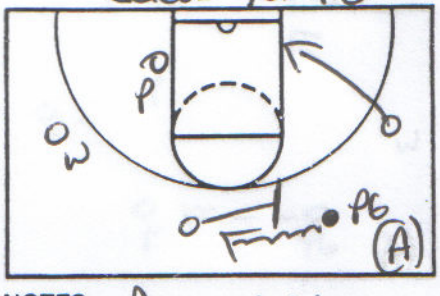


NOTES
Drag → Post
trailer sets ball screen for PG

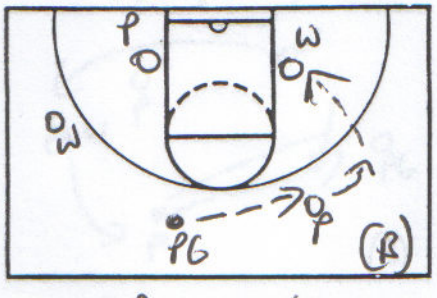


PG looks for Post on lob like sec. break

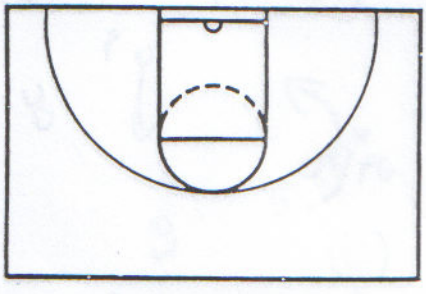


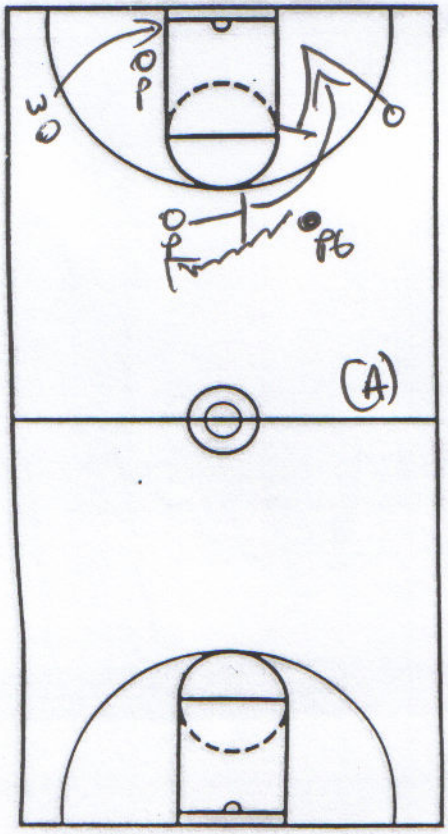


NOTES
Drag Hold
Same as above

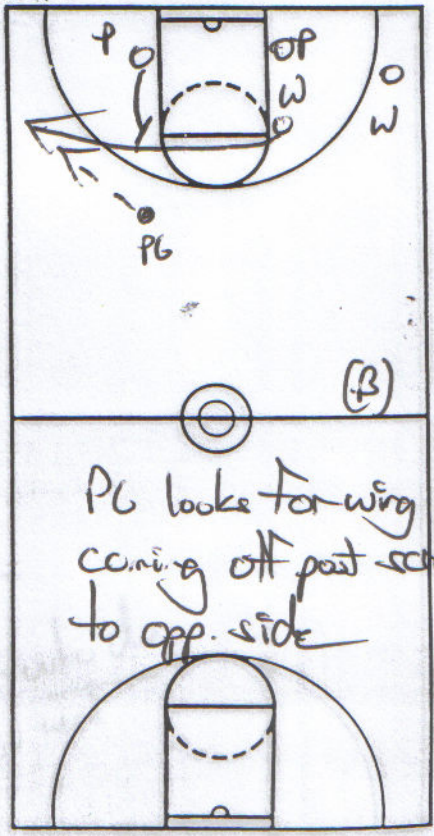


Post looks wing on post up instead backscreen lob





NOTES
Drag Special
Same as above



PG looks for wing coming off post screen to opp. side

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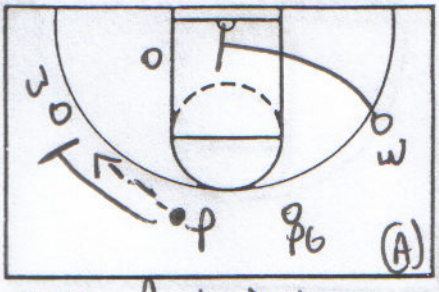
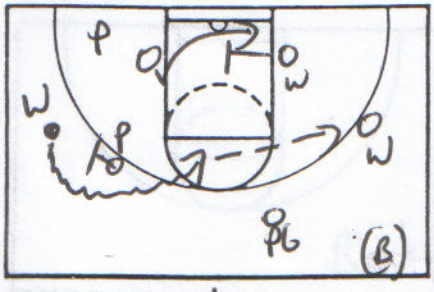
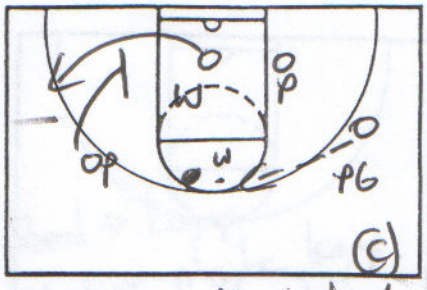


NOTES

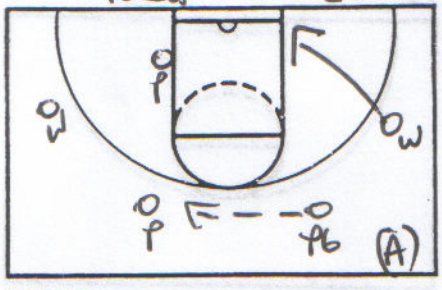
Post follow
pass to wing
to set ball screen



Wing drives middle
Wing sets cross screen
for post / look inside

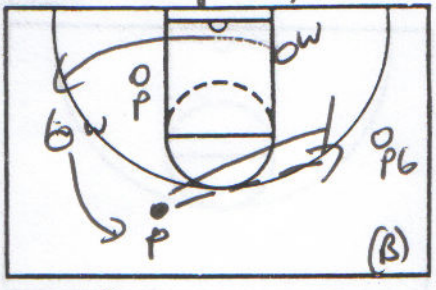


on throw back
to wing post down screens
for wing

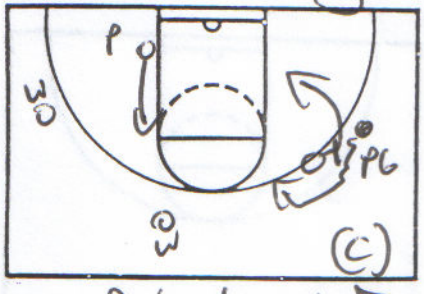


NOTES

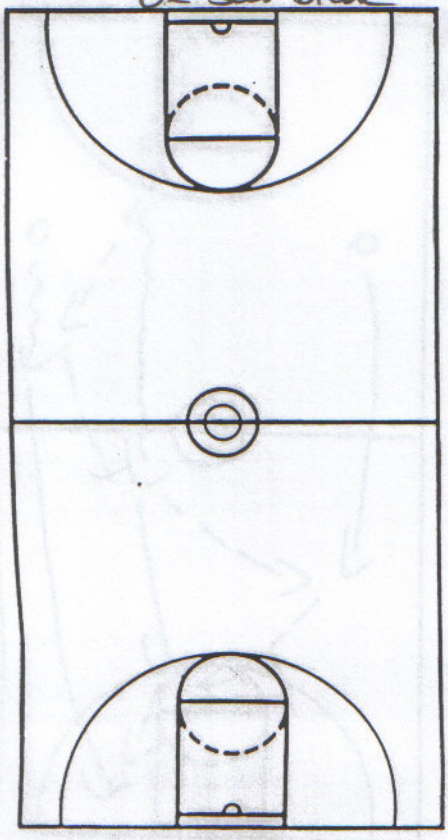
Kick back
Reverse the ball
w/ screen break



Post will throw
back to PG
Wing clears out
to set up
two man pick
& roll



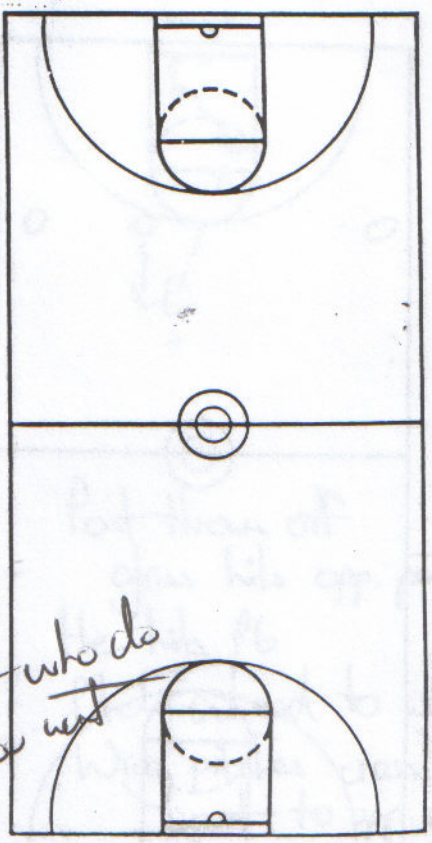
Pick & roll For
PG



NOTES

Play hard
Play unselfish
Get a stop

Guard
Rebound the ball
Reward people who do
what you want



Lawrence Frank - Early offense

- 7 Characteristics of good offense -

1. Can your offense flow for 94 ft
2. Spacing 15-18 ft
3. do you have ball movement
4. do you have player movement
5. do you have multiple passing outlets → and flow off them
6. ☆ Can you guard dribble penetration - hardest to guard
7. do you have rebounding opportunities

Transition

1. - great runners - personnel is #1
2. technique - first 3 steps - "race to 1/2 court = numbers"
   ↳ push - pull = make movement by court ←

- wings sprint hard to 28ft line - look over inside shoulder for pass ahead - turn in at 28ft line opposite for layups - no pass ahead = cross to opposite corners

- PG have middle 1/3 to push w/ dribble

- to feed post - look defense off - "play games"

FASTBREAK to "get game"

"gets"

I Initial break
- No #'s - no pass ahead

1. wings sprint hard to 28ft line - look over inside shoulder for pass ahead - turn in at 28 ft line opposite for layups - no pass ahead = cross to opposite corners (takes away help)
2. PGs have middle 1/3 to attack w/ dribble - at 1/2 court = pick side (Grander block)
3. bigs get ahead of ball to middle of paint = early post w/ pass ahead → get opposite ball
4. X = trail opposite - auto blur and fill opposite (ball screen)

"Get game"

★ Make this a PG break → ~~ATTACK~~ ★

- PG attack the help - wins
  - help across = EURO
  - help up = backdoor
- PG throw back to pop (shoot 3 if your a quick 3 shooter)
  - look quick dump to post "post line of the ball"
  - to side get "pass - follow - get to a fake
    wing from corner - sprint to wishes tit (3 angle)

(sidegets on teams that trap - we take it higher)

Pick and Roll

- "threat to beat guy away" → under screen
  - crossover step
  - jab
  - dribble below

II Pass Ahead

- look to attack rim - post up - skip 3 (Eddie/Phil only)
- pass ahead PG can cut "strong" or "weak"

  weak = "side set"

  Strong = "post up set" like phoenix → Have the help to get good 3 ← For Phil / Eddie

"the more we gave our guys early offense, the less we ran"

III Rub Set - quick action - (if we need it go back to it)

Post Rules

Direct feed

1. 2 feet in paint = score
2. digging 1 foot in = kick out = repost (help)
3. feed post and tough pressure on feeder = auto basket cut

4. skip = flex cut and duck in

"What's the play? only the defense knows"

- cut to be free - don't cut to be guarded -

★ get Phil and Eddie paint touches on early offense ★

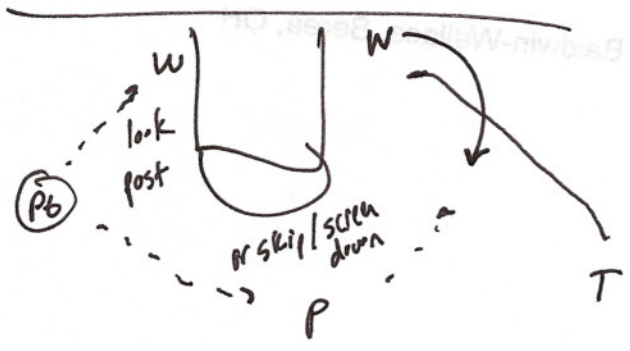
1 Petey
2 Eddie
3 Phil
4 Erik
X Chase

w/ Petey

Lawrence Frank cont'd.

Early offense - (another option)

- cross option - w/ organized early post up for wings - → post in line w/ ball
- Power game break -

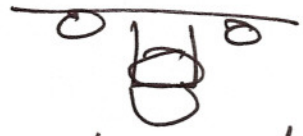


"baseline drive / baseline drift"

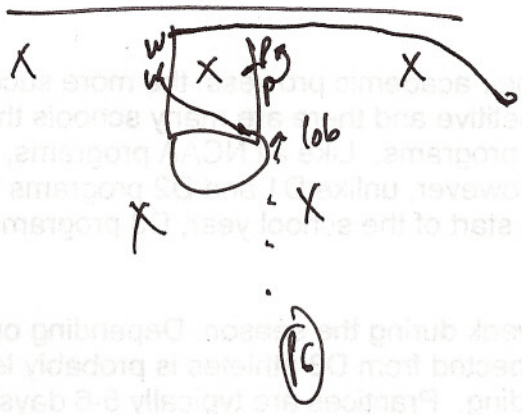
ZONE OFFENSE

- Make 2 play 1
- areas of court you like to attack -

#1 thing hurts = dribble penetration



- want wings to guard up -
- place your players - make your best attack their worst -



lob play vs. zone

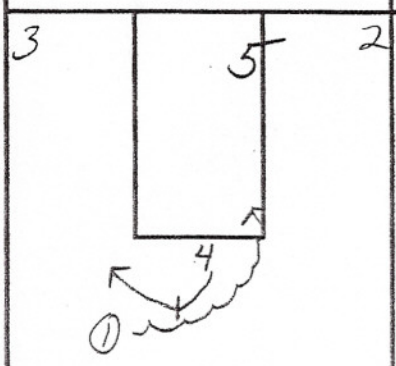
run my play vs. zone

w/flare tip

Closing Comments - Lawrence Frank

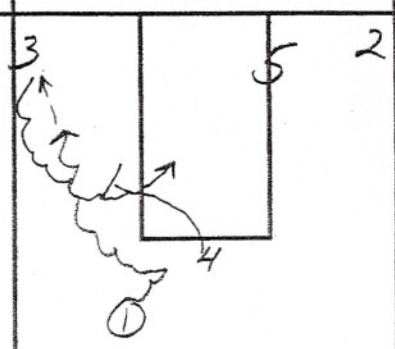
UNLV Playbook

18



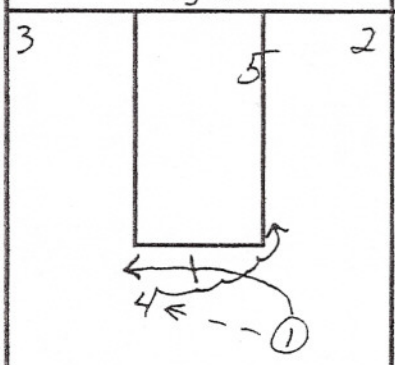
- point guard comes off hi ball screen
- 4 man pops and point probes to make shot for teammate

Weave 7



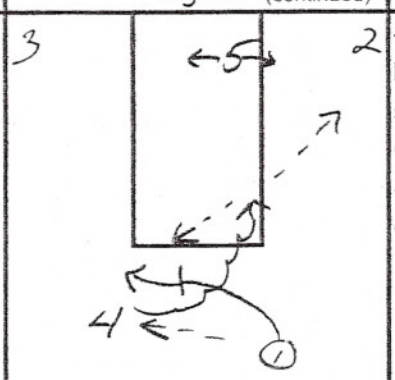
- in "18" look, if point goes from the ball screen
- point weaves ball to wing and 4 follows weave with "7" action

Big 18



- point guard swings ball to 4
- point follows his pass with ball screen for 4 man

Big 18 (continued)

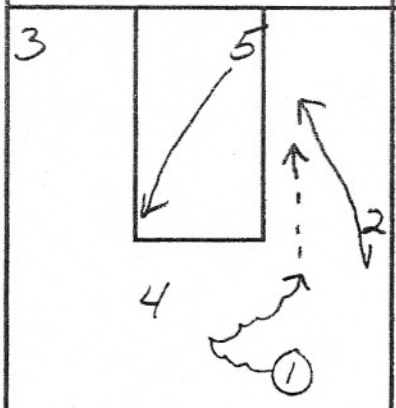


- 4 comes off ball screen looking to create shot for shooter in corner

OR

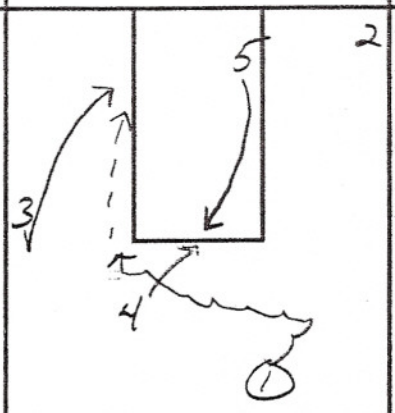
- throw back to point stepping out of screen

19

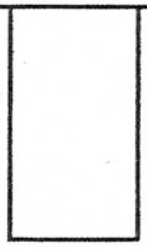


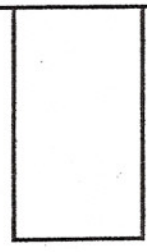
- point guard acts as if to use hi ball screen
- 5 flashes to opposite elbow
- on reverse dribble by point wing pops to catch setting his defender for backdoor cut

29



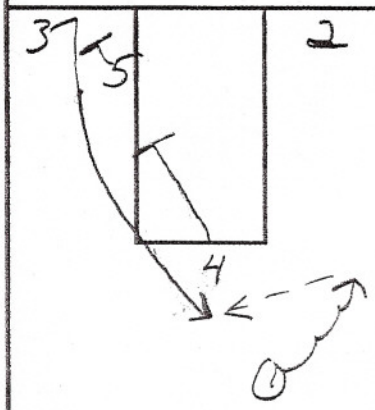
- backdoor on second side
- 4 gets to nail
- 5 flashes to opposite elbow
- point changes sides of floor as opposite wing sets man for the back door





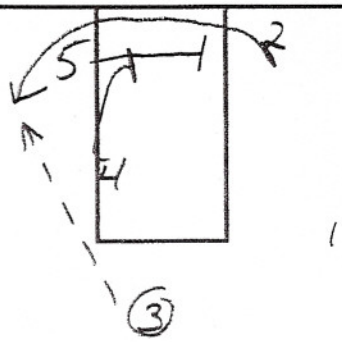
UNLV Playbook

Gator



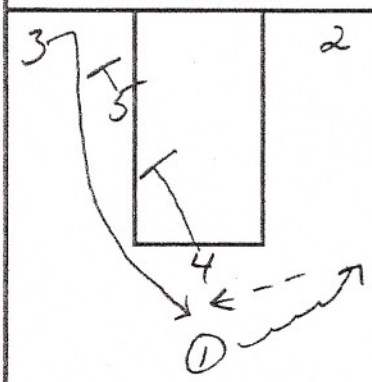
Can be run to either side
- point pushes ball down one one side of floor
- ball side wing walks to post trying to post his man
- 4 and 5 "stagger" away for opposite wing

Gator (continued)

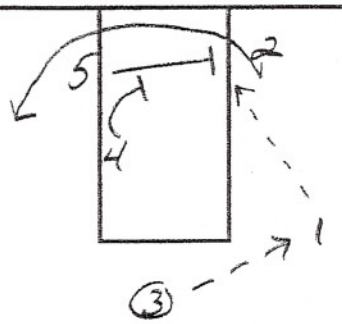


- as 3 catches at top 5 and 4 "stagger" screen across for 2
- 2 reads defense and can curl or catch and "drive and kick "to create jumper for teammate

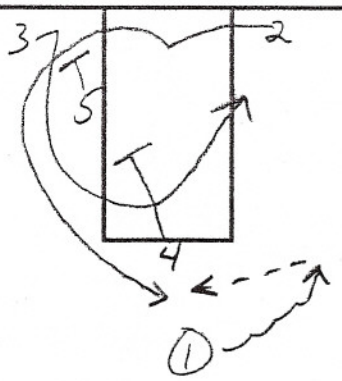
Gator Counter



- action is same as "Gator" EXCEPT
- instead of 3 reversing ball to 2 on the "stagger" across
- 3 throws back to point and we look to post 5

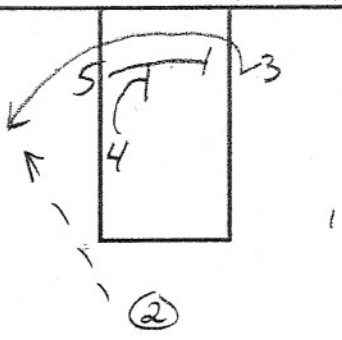


Circle



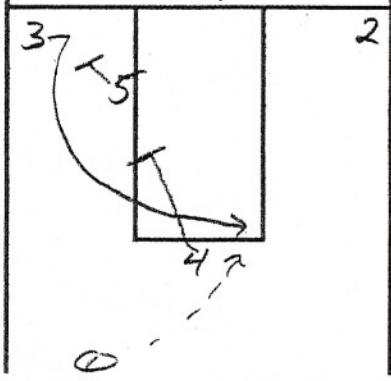
"gator action"
- wing that receives 1st stagger out of corner curls his cut off the top
- wing that was posted ball side cuts low under the stagger and comes to top to catch

Circle (continued)



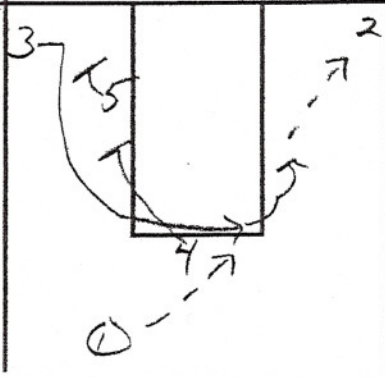
- 1st cutter gets the "stagger" across

Loop



- 4 and 5 stagger ball side for wing out of short corner

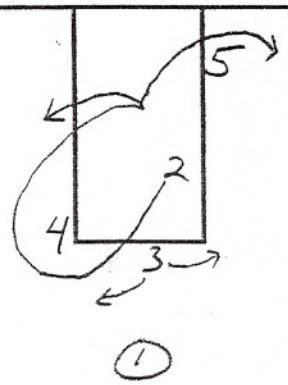
Loop (continued)



- if wing catches on "loop" action he tries to turn corner and create shot for wing in opposite corner
OR
- 5 "bounces" 4 to corner with screen

UNLV Playbook

Detroit



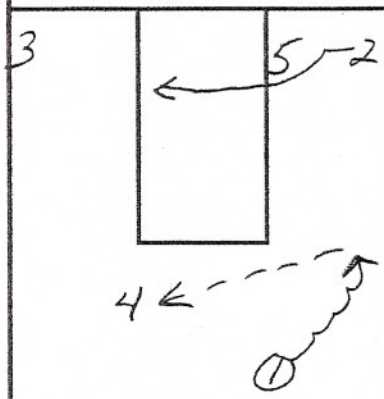
- call is made by point to run "Detroit 2" or "Detroit 3"
- 5 starts on block
- 4 starts elbow
- wing not in call starts nail (must watch wing in call to stay opposite his movement)

Detroit (continued)



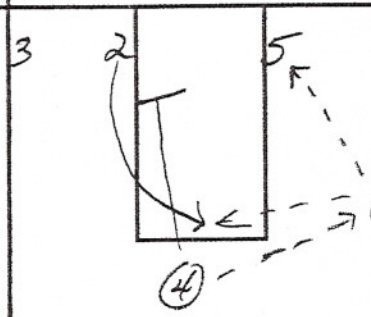
- wing in call uses screens by 4 and 5 to get free of his defender
- key is reading his defender

Power



- point guard reverses ball to trailing 4
- on the pass, wing ball side shuffle cuts off 5 to catch

Power (continued)

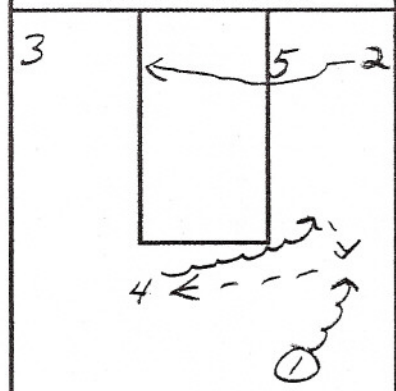


- if wing does not catch on on shuffle cut
- 4 throws back to the point looking to post 5

OR

- looks for wing coming to nail off down screen by 4

Power Weave



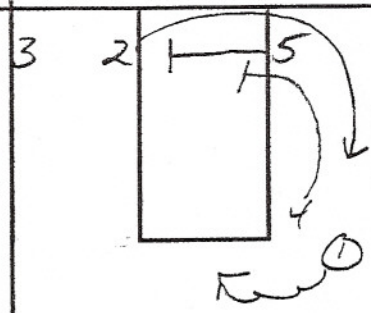
IN POWER ACTION

- if 4 does not pass ball back to point

BUT

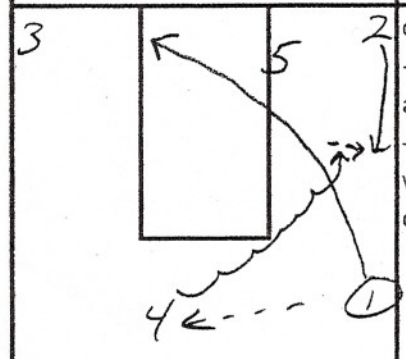
- dribble weaves it back to the point
- point will center the ball on dribble

Power Weave (continued)



- as point centers ball on dribble
- the wing that shuffle cut comes off "stagger" by 5 and 4

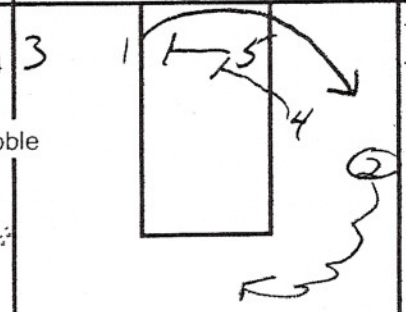
Sideline



our SOB but on 1/2 court

- point reverse ball to trailing 4 and cuts block opposite
- 4 ball fakes reversal and dribble weaves ball back to wing on 1st side

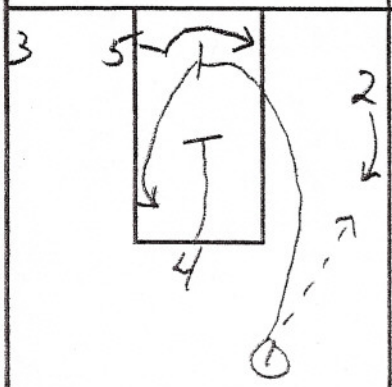
Sideline (continued)



- wing centers ball on dribble
- 5 and 4 "stagger" for point

UNLV Playbook

Cross



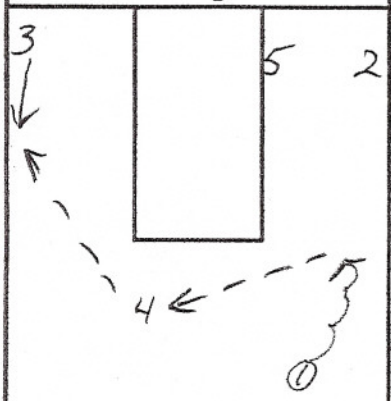
- point hit wing ball side
- point dives thru paint to set "cross" screen for 5

Cross (continued)



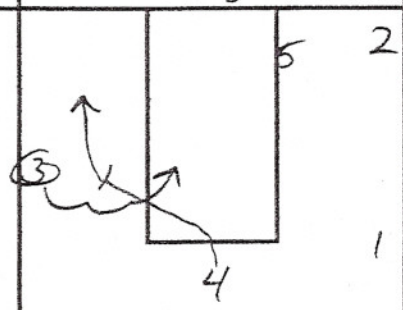
- 4 screens down for point

Swing 7



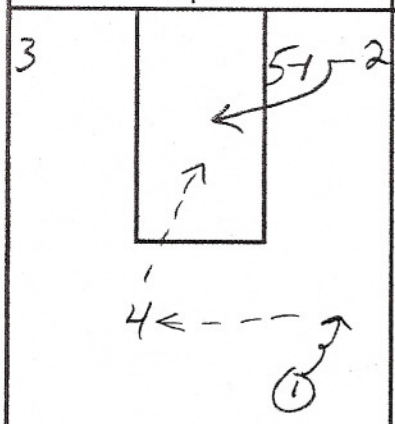
- point reverses ball thru 4
- 4 swings ball to opposite wing

Swing 7 (continued)



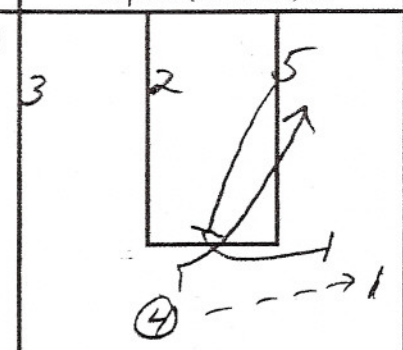
- 4 follows pass for ball screen
- 4 pops and wing probes to create shot for teammate

Open



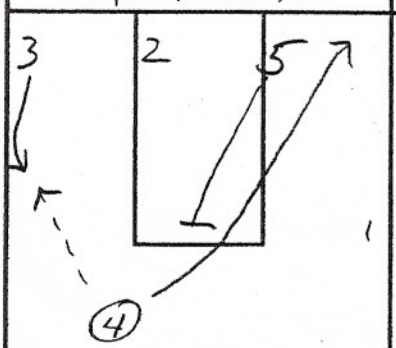
- point reverses ball to trailing 4
- first side wing shuffle cuts out off corner
- 4 looks to feed cutter for jumper in paint
- if does not hit cutter 4 can throw out either way

Open (continued) 1a



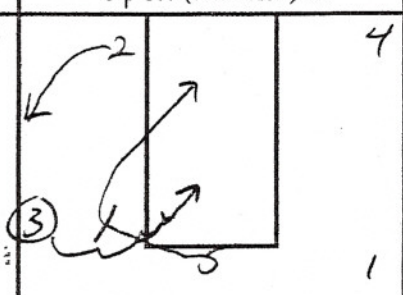
- if 4 passes back to point
- 5 flashes nail
- 4 hawk cuts off 5 looks to catch
- if no catch by 4, 5 sets ball screen for point

Open (continued) 2a



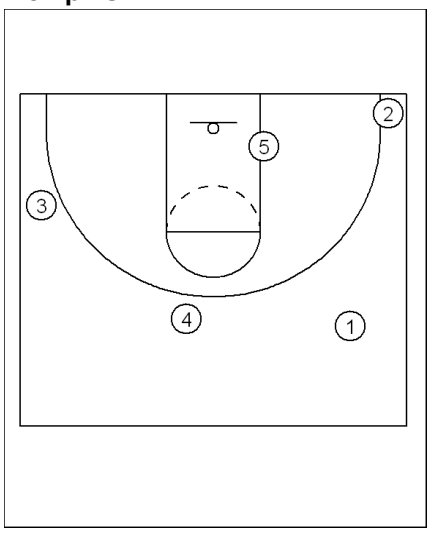
- if 4 reverses ball to opposite wing
- 5 flashes nail
- 4 cuts opposite

Open (continued) 2b



- 5 ball screens rolls
- wing steps behind

Memphis



The 4-1 drive and kick offense is something that we picked up from The University of Memphis, and have absolutly fallen in love with. It fits in to what we want to do, and the personel that we have. Make sure to read the literature page for more info on what we have found through research.

Here is our alignment out of our primary transition. This is the only time that the 5 will be on the ballside block, as once penetration starts, 5 will bail backside to create a lane for the ball.

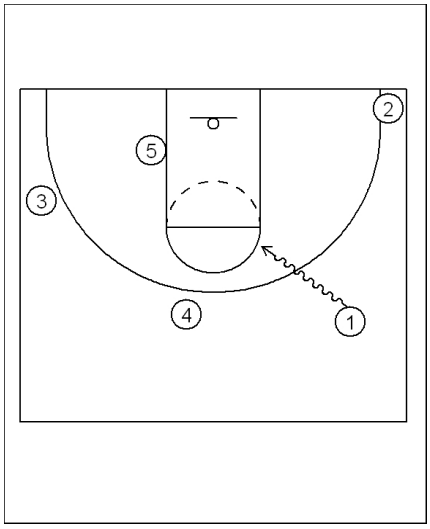
Players
1) Pt guard: Attacks off the dribble well, good playmaking ability, and able to get to the rim out of transition.

2) Shooting guard: Decent shooter, but real good about getting to the rim off of penetration. Almost a slasher type of player, but can hit an occasional 3 on a kick out.

3) Off guard: Terminology is probably backwards but this needs to be your best shooter, as they get a lot of skips on penetration over the top.

4) Trail: Usually a decent post player who can handle the ball. Bigger person, but one you feel confident can take a defender off of the dribble.

5) Post: Doesnt have to be a great back to the basket player, just someone who is big, physical, and has a soft touch around the basket. Needs to be your best rebounder

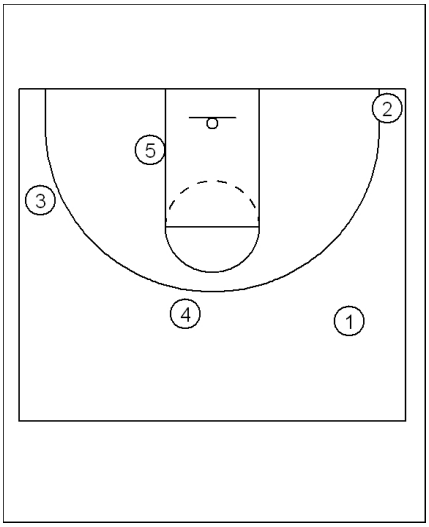


In this sequence you can see that once the ball has started penetration inside the perimeter, the 5 will bail to the backside block.

This will do two things.
A) open a lane of penetration to the rim. Let the ball have a clear path

B) Put the 5 defender in a bind help wise.

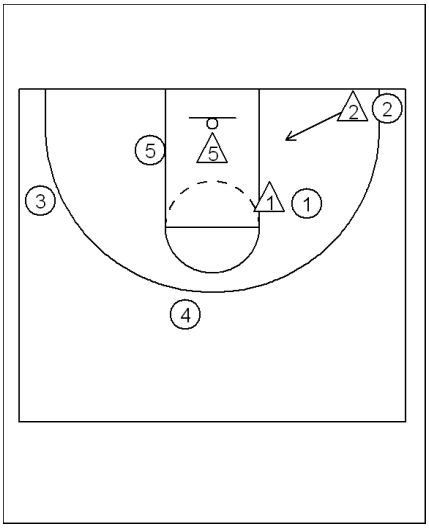
Notice the spacing. Athletes need to be about 15-18 feet apart at all times



Rules for this offense:

Guards:

Penetration:
1) Any penetration to the basket, needs to be just that, penetration with the mindset that you are going to get to the rim. Players will want to try to go side to side with the dribble at first. The key to this is to get the guard in the mindset that they are getting to point A from B in a straight line. It is the person with the ball responsible for getting their teammate open. This is different from traditional methods when it is the cutters responsibility to get open. Here we want enough penetration to where we create a help situation

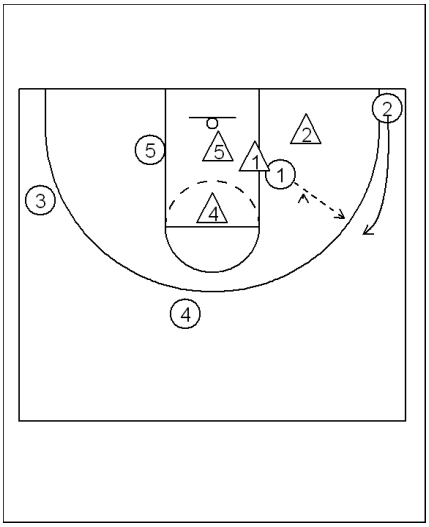


Guards Rules Ctd:

Penetration Ctd.

On penetration, penetrate until you are cut off by a help defender. The help defender needs to CUT you off, almost to where they are going to take a charge if you keep going. Reason being is that we are trying to put pressure on the defense by attacking the rim. The results should be the following, either a lay up, or get fouled shooting the layup.

Notice how in this we show how much help is needed before a guard stops their dribble.



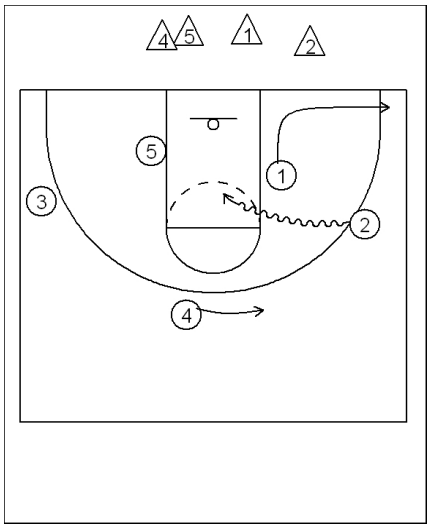
Guards Rules CTD:

Penetration:

On penetration, as soon as the help goes, the nearest guard will rotate over the top of the ball. We make sure to tell them to stay outside of the perimeter on this to create spacing, and a longer recovery on help.

On the kick out we tell the 2 one of two things. If they are a shooter, who you feel confident shooting the ball, tell them to fire away. If they arent a great shooter, as soon as they catch the ball, tell them to rip, and drive right back over the top looking to get to the rim.

The two players who are backside (4 and 3) are just to stand there to help tie down helpside



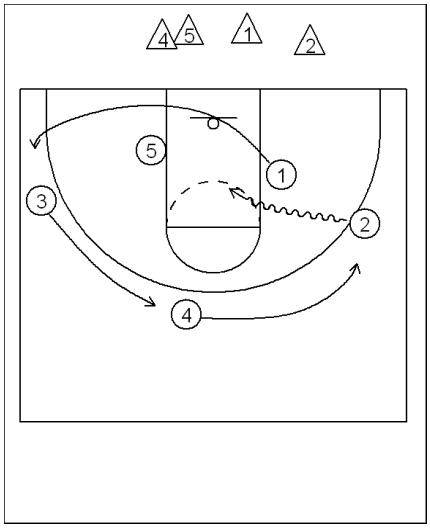
Guard Rules CTD

Penetration:

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

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

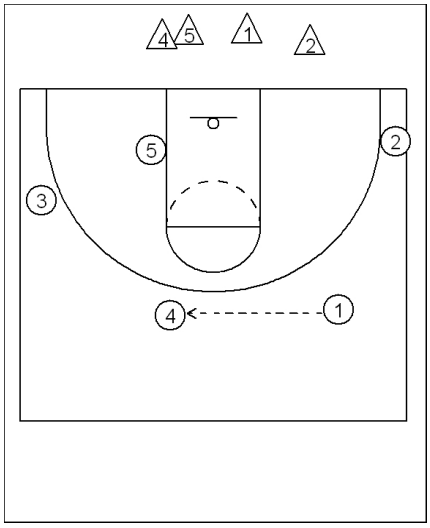
Notice here that the guard rules stay the same on penetration. 2 is attacking the rim, the 4 will rotate over the top of the 2, (a little exxageratted here) to make a longer recovery for the defender. What we are telling our 2 to do here, is mainly keep your head up and your goal is to get to the rim,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



Guard Rules CTD:

Penetration:

Here you see what happens if the 1 had cycled out to the weakside. In this case to keep spacing integrity, the 4, and 3 would replace each other, and the 1 would sprint to replace the 3. We dont get this a lot due to the fact that it isnt real natural for a kid

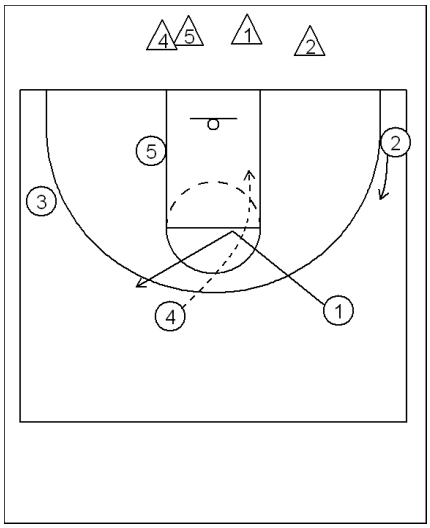


Guard Rules CTD:

Reversals:

BLUR SCREEN

We get this a lot during our secondary where we have a slot to slot pass. We will also do this most times in our offense once we get into it. This screen is very effective just becuase of the misdirection that it causes.



Guard Rules CTD:

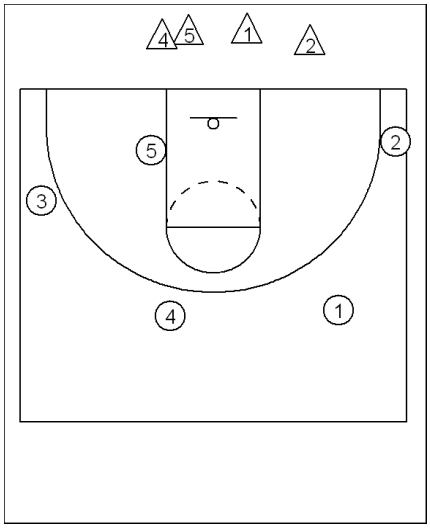
Reversals:

BLUR SCREEN

After the ball has been reversed to the 4, the 1 will dive to the middle of the free throw line. Timing is the key element to this, as the 4 must time this out to where they are rubbing off of the 1's butt as they attack the rim off of the dribble. As soon as the 4 clears the 1 with the dribble, the 1 will flare out to the backside slot. The 4 is rounding the corner heading downhill trying to get to the rim or draw help.

Notice we are still following our rules here as the 2 is coming over the top of the 4, because they are the nearest guard

FOR MORE GUARD INFO SEE BREAKDOWN DRILLS, AND INFO SHEET. THESE ARE OUR BASIC RULES THOUGH

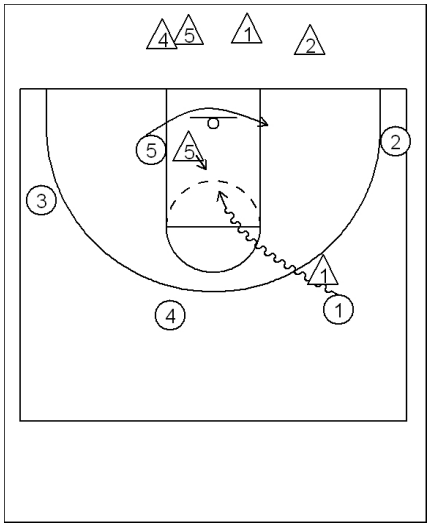


POST RULES:

What to do on penetration.

1) Penetration over the top:

It is very important for your 5 to understand two things. First where the penetration is coming from, is it over the top, or is it baseline penetration. And second would I be better to stay put, or should I follow circle shooting rules that you will see in the next few sequences.

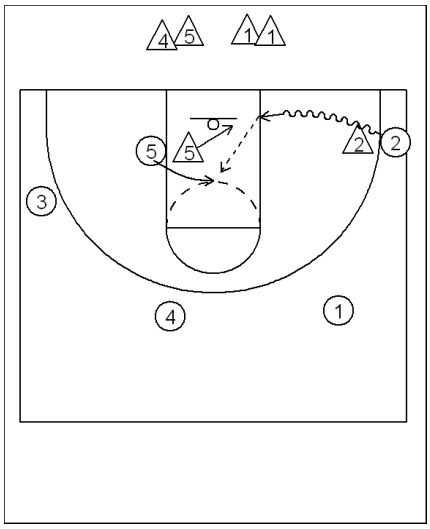


POST RULES CTD:

PENETRATION OVER THE TOP

On penetration over the top, the rule of the 5 is simple, circle under the basket to the opposite block. We are still following our basic concepts of make the defense have a longer recovery, and also give the ball a lane to the rim.

Where the 5 has to read this is that if their defender leaves early, they may be better suited to just sit and stay, and recieve the dump off from the 1.

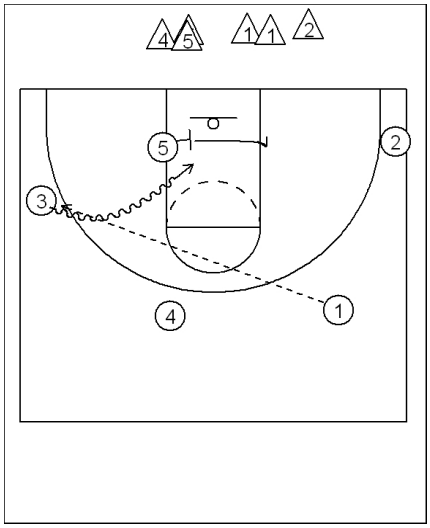


POST RULES CTD

PENETRATION

In this sequence you can see that we are having a baseline penetration. Normally I hate this move offensively, we either get trapped or kick the ball out of bounds. However, with this offense I am starting to allow my guards to do this because of the rules of the 5.
In the case of baseline penetration, the rule of the 5 is to circle over the top, and get to the bottom of the dots, hands ready for any quick pass. We try to make this pass quick, and high so the post can go get it and score. I know Calipari said a lot of times that was a lob for a dunk. Well I coach girls so we just tell them catch it high and keep it high.

In the case of the guards here, the 1 would be the nearest guard so they would rotate over the top of the 2, and the two would get out to the perimeter on any pass. It could be either playside or weakside, but more than likely weakside.



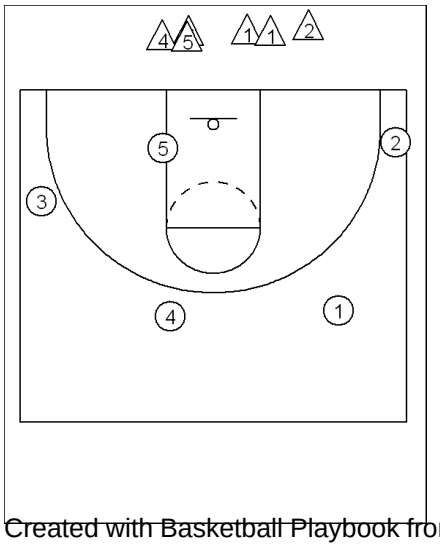
POST RULES CTD:

WHEN TO POST UP.

There are two times that the 5 should post up on the ball side block. The first as we stated early is in primary transition, only to bail as soon as we start penetration. This is simply to clear a lane for the ball to get to the rim.

The second time is on any quick skip from side to side when the post was already backside as you see in this sequence.

We will tell the 5 on a skip duck in and pin. We will try to get you the ball, but if we don't, as soon as penetration inside the perimeter happens get to the backside block quickly.



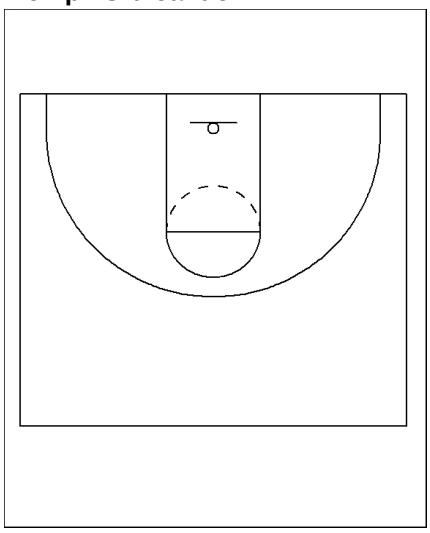
Those are the basic rules to the offense. We try to make sure of the following things.

1) Get to the rim, either get the lay up or get fouled. This will put pressure on the defense constantly

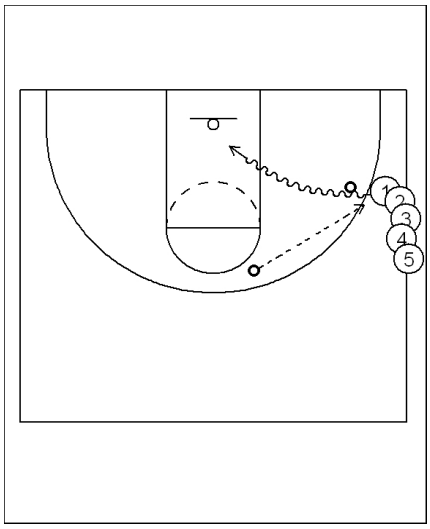
2) If you are a shooter on the kickout, then shoot. We dont mind it, we have plenty of people for backside rebounding purposes.

3) If you are not shooting attack on the kickout, dont hesitate, drive the helper over the top

Memphis breakdown



To install this offense we are working a lot on dribble penetration, and getting kids in the habit of explosive first steps. Our goal here is to get to the rim for a lay up, a foul, or to create a help situation for a kick out, or dump into the post. With that in mind, footwork is a big thing we are working on to better our players. In the next few pages you will see some breakdown drills that we are working on. Some are individual, some are team. I hope they can help you.



Rip Drill

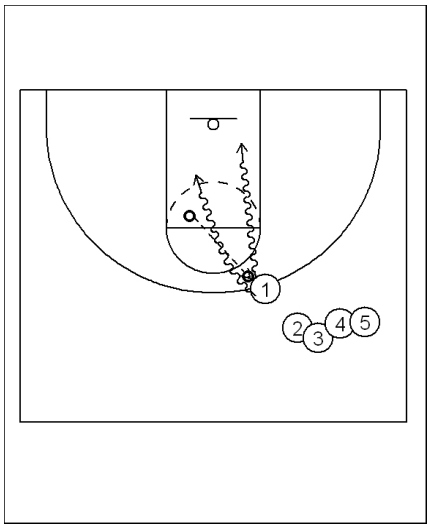
Rip drill is something we will do daily in order to get the kids used to attacking the rim. During this drill things you will need are a ball, a passer, and a chair.

Here the circle near the top of the key is a coach who will be our passer. The circle near the seam is where the chair needs to be.

We start this drill with the passer, passing down the floor to the first person in line. We make sure the reciever has their hands in ready position to catch and shoot, or in this case drive over the top. We will work three footwork moves on this side of the floor. 1) Rip over, 2) Rip Under 3) Jab Cross Over.

On the catch we work in that order. First time through catch rip over the top, big first cross over step, and attack the rim for the layup. After all have gone, we will go to the rip under, and then the Jab Cross Over.

Usually try to speed up the pace by telling the passer to get the next pass moving when the 1st person starts their dribble. We want a layup here Make sure the guards are attacking hard, and getting to the rim in as few dribbles as possible



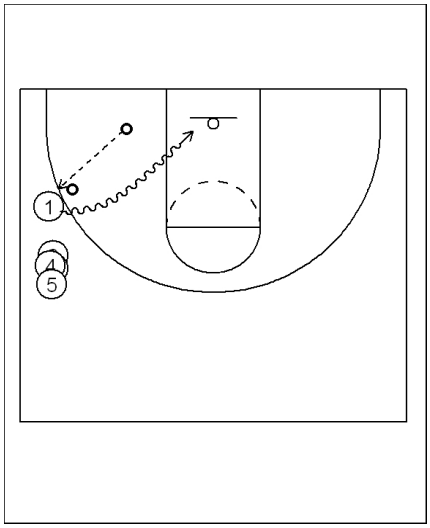
As we move up the floor, we will work the right slot a little bit. We will work two moves up here. The drawing might be a bit confusing so I will try to explain a little better. I have done a better job with filming practices this year, so if you need to see anything, just let me know.

Here we move the coach to the left elbow, and tell them to do the same thing give a pretty hard pass that isnt perfect for the guard to catch.

The first time through we will rip and drive over the right side of the floor, just making a one step move to attack the rim. Same thing, to keep pace, we will tell the passer to hit the second person as soon as the first takes their first dribble towards the rim.

The second time through we will just work a catch and cross over to attack the left side of the floor.

Make sure footwork is good, and that your kids are attacking full speed. Get to the rim for the layup.

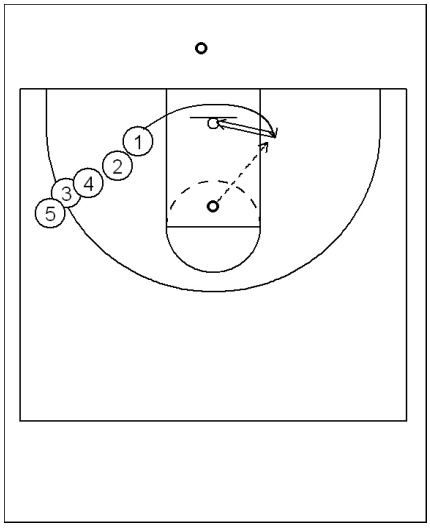


The third and final place we will work is the left seam. Just two moves from here.

Same sequence as earlier. Coach as a passer, and a line behind the chair.

The first time through we will just work a one step off of the catch, with a right hand dribble to the rim. we are similating a kick out and a drive back over the top while the defender is recovering. We will tell them either to go around the rim and work on a lay back, or cross over after the first dribble and left hand lay up.

The second time through we work on a sweep fake baseline side, then drive right back over the top following the same rules as above with the one step.



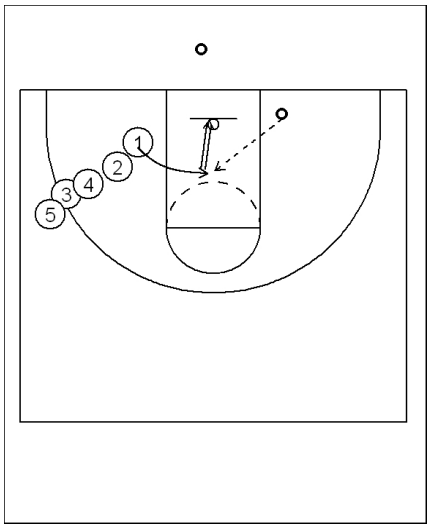
Circle Shooting

Circle shooting is a post drill, and the first one that we work on. We try to work on our kids getting used to looping under or over to get used to penetration rules for posts.

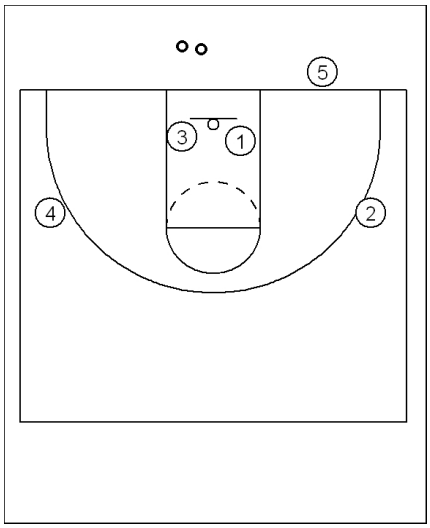
The first few mins we will work on looping under the basket, as we tell them this is what they will do in the case of a guard penetrating over the top.

The passer will be right below the free throw line where the guard should be, and will just dump the ball to the post. In this case we will give them all kind of passes. Bounce, direct, and lobs. This is just so they can get used to catching in different surroundings.
To speed up we tell second perso to go as soon as the pass is in the air to the person in front of them. We will usually do this for about 5 mins, working both

the left and right side of the floor

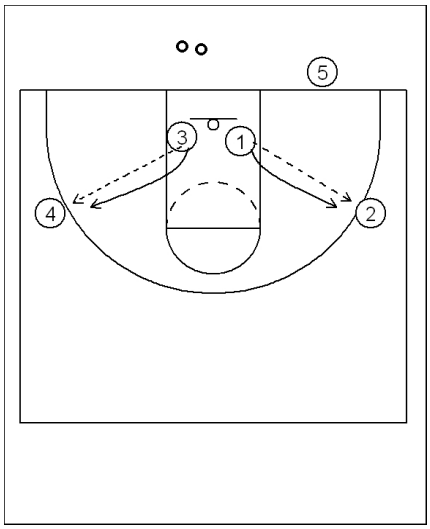


In this case after the first five mins we will switch and work shooting as if there were a baseline penetration, and the post is looping to the bottom of the dots. Same thing here just the passer is moved to the short corner. We work several things as far as passes just in case, but we want a high pass thrown here. We will work both the left and right side of the floor. Tell second person in line to go as soon as the pass is in the air for the person in front of them

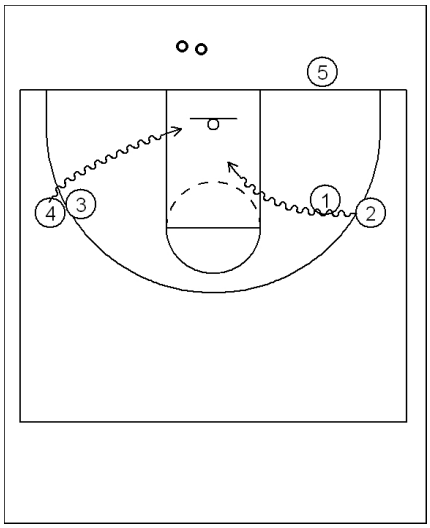


1 on 1 Closeout

We will work this drill with everyone but the 5's. All we are working on here is dribble penetration 1 on 1 with a closeout coming at them. We will run this on both sides of the floor. here 1 would be working with the 2, while 3 would be working with 4.

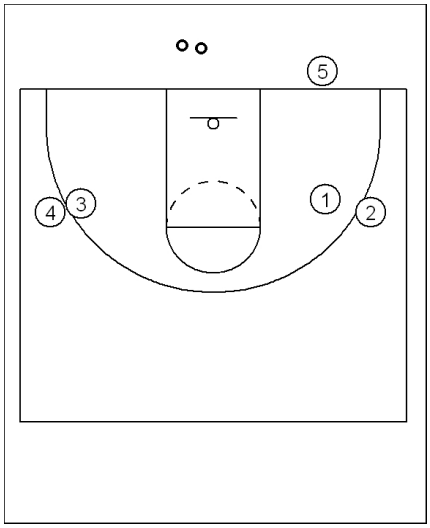


What we will start with is to tell the defender, in this case the 1 to pass the ball out to the 2, and then close out hard. When the season gets here we will try to do what the opponents do on closeouts. (Are they aggressive, do they lay off, do they run and jump to block the shot), but early we just work on getting the defender out there and putting a lot of pressure on the ball. Early we will tell the defender to handcheck, foul slap, and body up so we can get into the mindset of attacking through physical play.



Once the guard on the perimeter catches the ball in this we tell them to attack the rim. Dont wait on the closeout to get there. This does two things. A it works on our offense, we want to go on the catch. B it works on our defense as we work closeouts, and recovering to defened penetration.

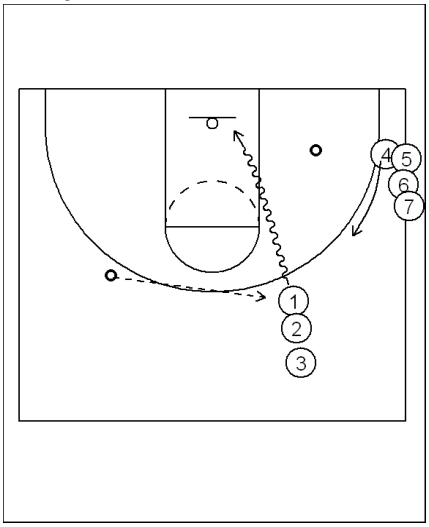
As you can see here we show two different types of penetration. The 2 is driving over the top, while the 4 is utilizing baseline penetration. I dont care what they do, but I do tell them dont do the same thing every time. Switch it up, and get to the rim. They can go at the same time. Have defense go to offense, and offense step off. New person rotating in will be a defender.



Things to look for in 1 on 1 Closeout

- Make your guards take an explosive first step, always beat your defender with this step.
- When they feel pressure dont let them dribble spin, just get lower than the pressure, and keep attacking. Stay lower than the defender.
- Get to the rim, either take a lay up or get fouled. As a coach get excited, when they get fouled if they miss the layup just reconfirm "good now go beat them from the line" if they get the And 1, let them know. Kids will do what they think pleases you
- Dont stop until you get there. This will look ugly at first but let them know they are getting better

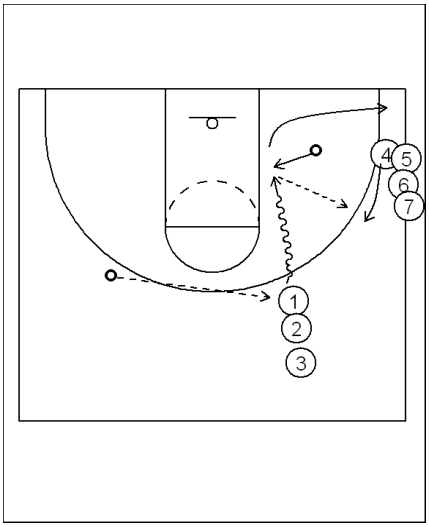
Memphis breakdown 2



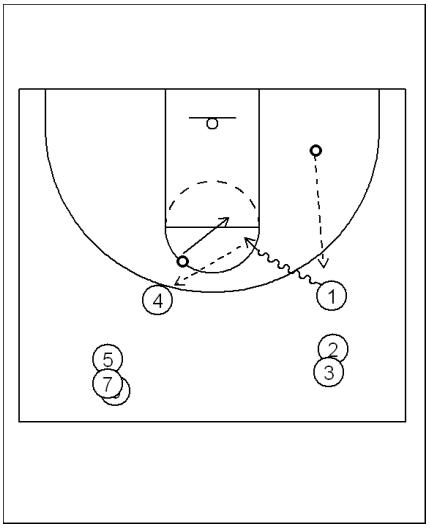
Just to help ease the downloading, I am just breaking this down so the PDF files wont be so big.

2-0 Penetrate and Kick Shooting

Put a line at the slot, and a line at the seam. Here the two circles represent the following. The one on the perimeter is a coach who will be the passer. The one inside the perimeter near the lane is another coach serving as a helpside defender. Here we are going to recieve the pass in the slot, and they are to attack the rim with the dribble looking for the layup. I tell the help defender sometimes go, sometimes stay, make the guard read this. The person in the slot will follow our penetration rules, as the nearest guard will rotate over the top.

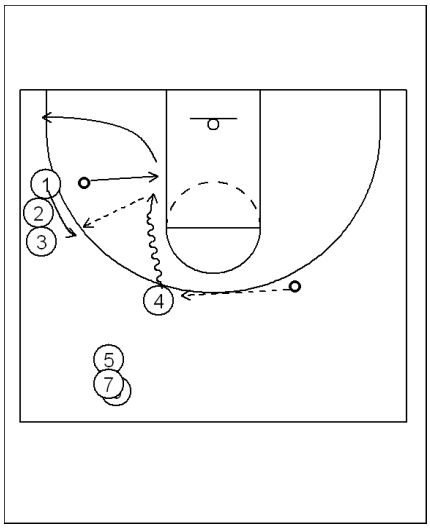


Here the helpside defender went to help, and we tell them get to where they are about to run you over. In this case there will be a pitch out to the person looping over the ball. We tell the person recieving the pass as soon as you catch it attack the rim just as in rip drill for a lay up. Once your kids get the hang of attacking the rim hard, you can allow your better shooters to spot up on the kick out and hit the three. The 1 here on the kick out would work on looping out to the playside corner



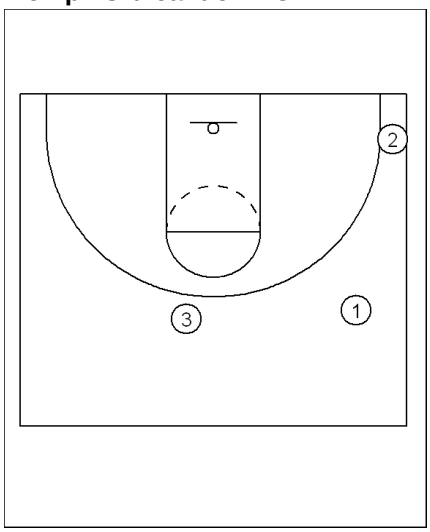
We will work this drill in different areas of the floor to make sure that we are understanding the concept.

As you see here we are slot to slot. Still a passer and a help defender. On the catch, we will tell the reciever to drive the ball either towards the midline, or towards the sideline, but get to the rim. On the kick out, the 1 would cycle out either playside or weakside. We usually call this Guard/Trail 2-0 Penetrate and Kick Shooting. Once again as you get better at this allow your shooters to spot up every once in a while



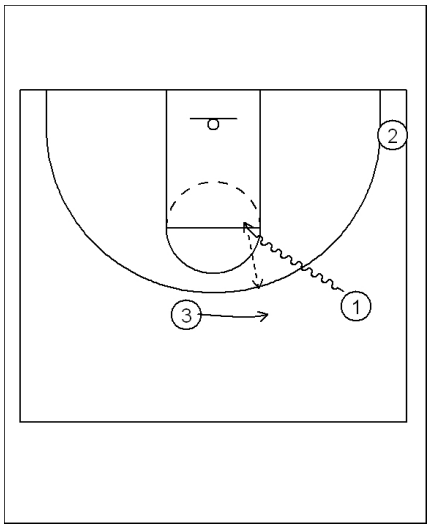
Here the same as before just moving to a different set of spots.

Memphis breakdown 3



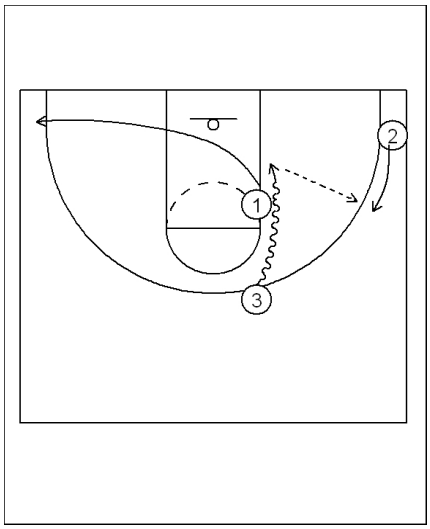
3-0 Penetrate and Kick Shooting. 2 passes.

Here we just work the same drill we just did with 2 on 0 P&K shooting, but just start adding people to it. We also make sure that we add a pass. We still want to make sure that we are following our rules, and that we are attacking the rim. Nothing but layups the first part of the year.

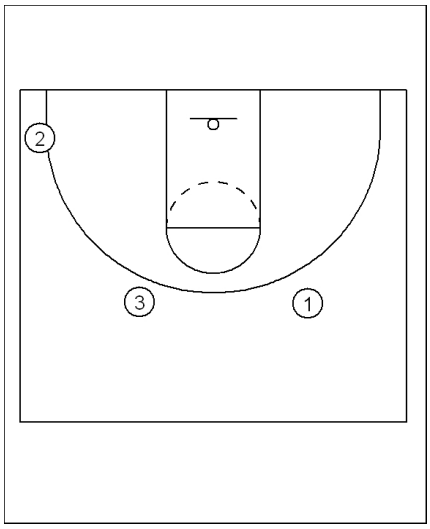


We tell the guard we dont care which side they penetrate to but we dont want to get into a habit of penetrating to the same side everytime.

Here the 1 chose to penetrate over the top, makin the 3 the nearest guard. Thus 3 will loop over the top of the 1 to recieve the kick out.

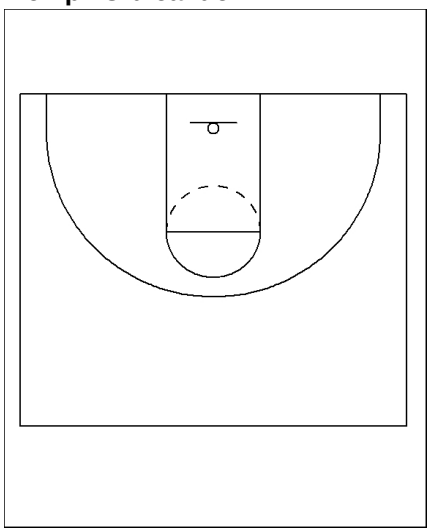


After 1 has kicked out they will sprint out to a side. I dont care if it is playside, or weakside, but they must get there in a hurry.
On the kick out that 3 recieves, tell them to attack the rim hard as soon as they catch the ball. 2 being the nearest guard will loop over the top ready to recieve the second pass. As soon as they catch the second kick out, the 2 will drive back over the top to get the layup at the rim. The 3 will loop out to a side on the kick out. As your kids get better you can allow the last person to catch to shoot the three. We tell the person who started in the 1 position to get safety on the shot, and the other two to crash the boards hard



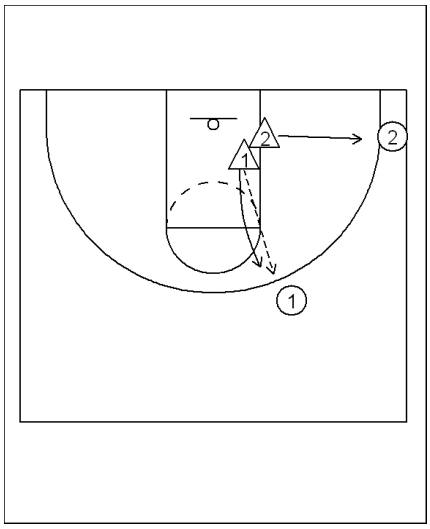
Just another variation of this with guards. Here same things are involved, penetration with a kick and a drive. We still want two passes so that we get in a rhythm of moving the ball side to side, and getting to the rim.

Memphis breakdown 4

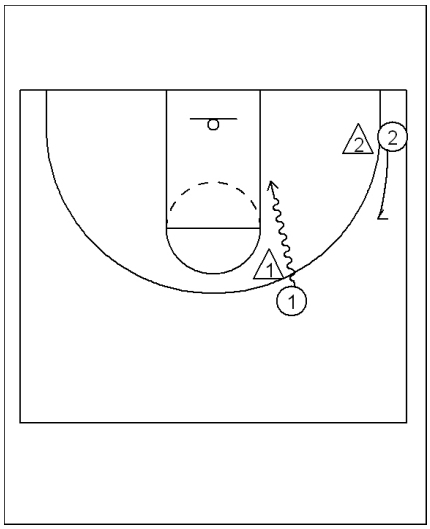


2 on 2 Closeout.

This is a drill we will work in order to get a lot of live action where we have to read. We will tell the defense to pick what they are going to do. Either play tight and physical. Heavy help or little help. Switch on interchanges or stay. Or sag off and make them attack you. Whatever you do have them be physical at the rim.

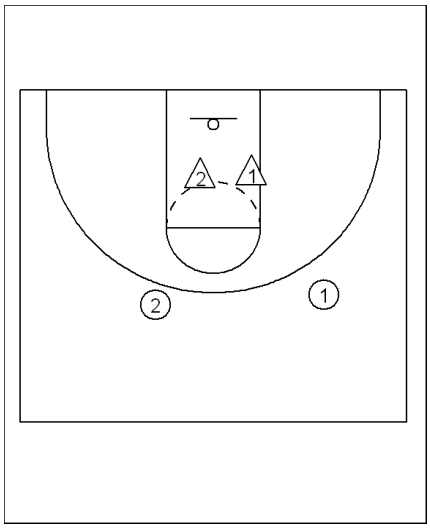


Here we are working just 2 on 2 with slot and seam for our guards. Two defenders start in the paint and pitch out to one of the guards, it doesnt matter who. As soon as they pitch out, close out hard.

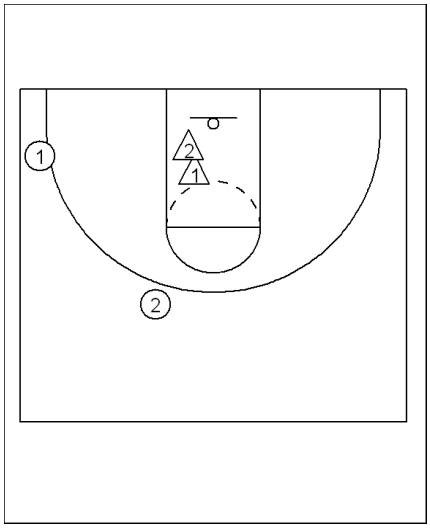


After the closeout we are live until we either get a score, or foul, or the defense has the ball. We really enforce the ideas of getting to the rim. If you have the ball get your teammate open. It is not their job to get open with a v cut or l cut. If the defense doesnt help get to the rim and get fouled. Point A to Point B as quick as possible. Try not to dribble spin.

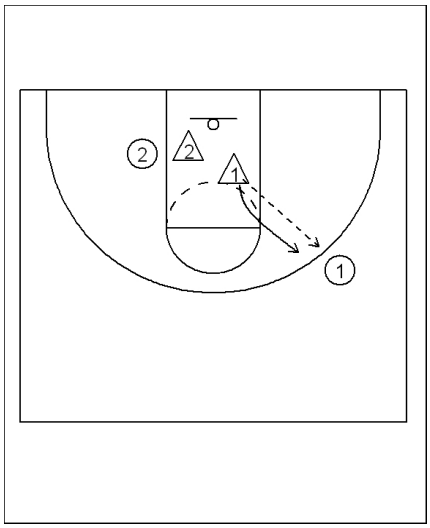
On any pitch out we are live. Early in the year I tell my guards to attack the rim, we will shoot later. Also on the pitch out tell the 1 to get to the corner either playside or weakside.



Here we will go slot to slot 2 on 2. We can work our blur screen stuff here, as well as just regular penetrate and kick.

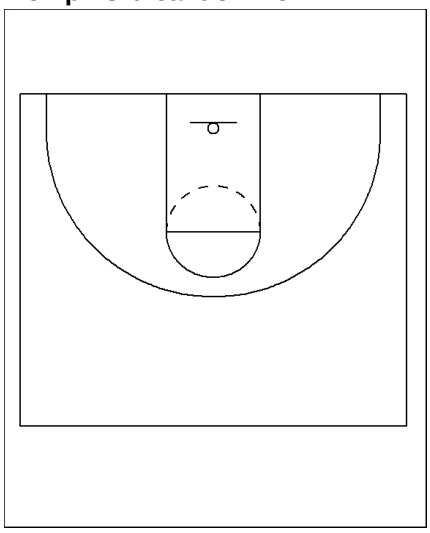


Here you see that we just moved this to a side



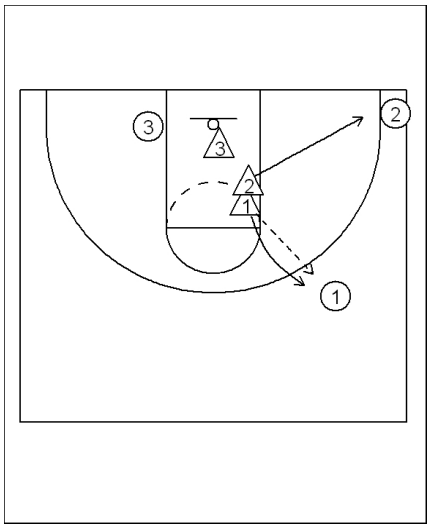
We will also work this with our posts from different areas. Here we are working from the slot area with the post backside. We will switch up areas on the floor to get them different looks

Memphis breakdown 5



3 on 3 Closeout

This is the exact same as 2 on 2 closout but we will make sure that we work with the post every time here.

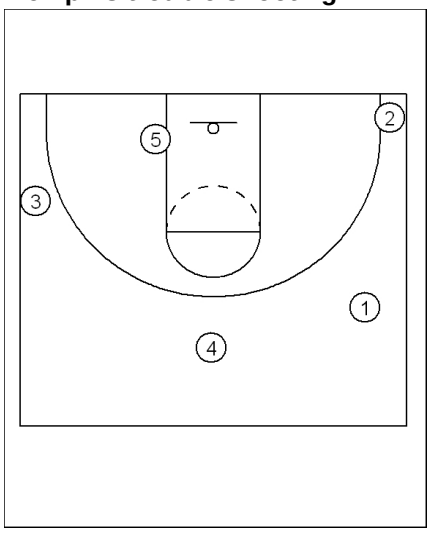


Here you can see where we work slot seam, with backside posts. You can use your imagination and put people anywhere you would like to work different areas on the floor. We always tell our kids early in the year we don't want a 3 yet. Get to the rim at all costs.

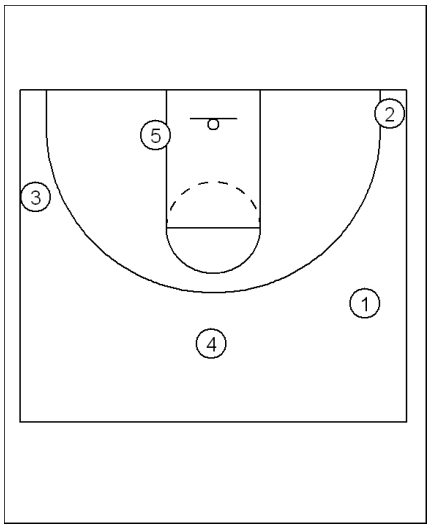
We will tell our kids to not be afraid to make mistakes. Dont be timid, attack attack attack.

We will also work up in sequences of 4-4 where we work just perimeter kids. 4-4 where we will put a post in, and 5 on 5 work later in the year.

Memphis trouble shooting

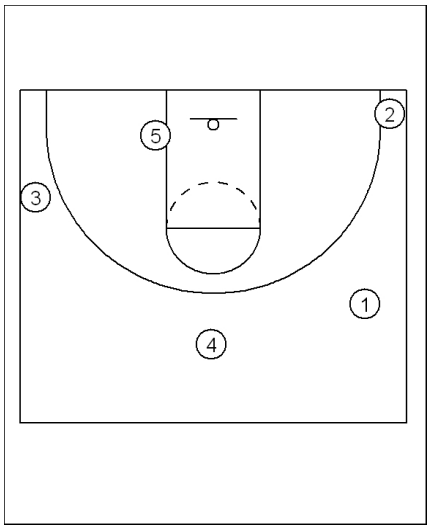


Many times we will run into problems as we did last spring, and here are somethings we have done to correct those problems. IF you have any questions feel free to pm call or email me at any time.



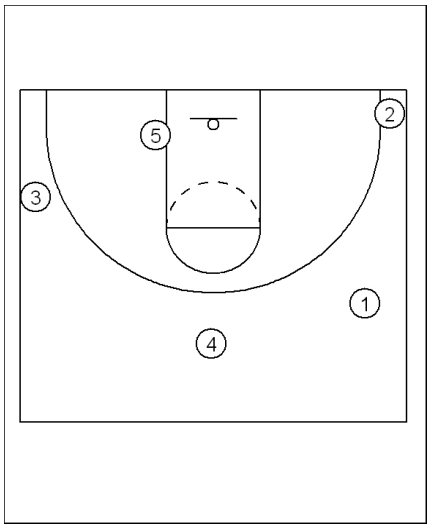
Too much pressure and we can't get around them!

- This came up a few times last spring and we would work a few things. Either allow the ball screen, or dribble hand off.
- In the dribble handoff, let the reciever catch the pass off of the bounce. Dont jump stop to hand off. Try not to work on this early, as your kids will want to do this all of the time.
- If the defenders jump the handoff, we will back cut to the rim. We have an open lane to the basket, so we will be ok.



My kids are too quick to pitch out!

- Drill, Drill, Drill them on attacking the rim on 1 on 1 work. We emphasize this so much, my kids probably think these are the only words that I can speak.
- Work a lot of 1-0 situations to where they are attacking the rim, and you are watching their footwork.
- Have a pad during 1-0 work where you bump them when they get into the lane. Make them take the layup while getting fouled.



We seem to be in too big of a rush.

- Work with them during 2 on 2 to work out timing and spacing issues. Make them understand that they have to keep spacing to make this effectice.
- Dont worry too much, being in a big rush is better than being too slow.
- Make them keep their heads up to see the help and where it is coming from

MICHIGAN STATE UNIVERSITY

Spartan Basketball

Strength – Conditioning – Agility

LADDER DRILLS:

(15" x 15" squares – 18 total squares)

Imagination is the only limitation – used a nylon ladder but most of us have it taped to the floor somewhere. We emphasize to our players that they need to imagine they're jumping over a pencil. Feet hit and leave the ground as quickly as possible!

STANDARD DRILLS –

- R/L Single Leg Hops – side/side
- R/L Single Leg Hops – front/back
- Both Feet in Each Hole – side/side - - front/back
- Both Feet in Every Other Hole – side/side - - front/back
- Bunny Hops – hit the hole, jump outside ladder, back in hole, jump opposite side of ladder
- Hip Twister – same as grapevine runs
- Zig-Zag – skip a hole to cover quick ground
- W – jumping front/back in W shape
- Slalom – just like snow skiing, quick 2 feet
- FINISH – every trip w/ a 5 yd. burst

"Practice is for real"!

~Mike Vorkapich, MSU Strength Coach

WARM UP & COOL DOWN ACTIVITIES –

I was amazed how simple yet effective their work day was. Many times we over think these phases of our workouts but it's vital to the success of your plan. Anything you can do to get your players heart rate up and core temp elevated. Don't complicate warm ups or cool downs.

- Bear Crawls – we've all done this one, great total body exercise
- Jump Ropes – we do 10 sets of 15 – 25 reps (R/L, boxers feet, both feet)
- Line Jumps – standard Foot Fire drills
- Dots – any patterns you can imagine
- Lunge Matrix – clock steps (12, 3, 6, 9 o'clock) - - step lunges at each # on the dial, 3 sets w/ each foot
- Ab Work – if it works the core (abs/lower back) they do it !!

"Positive Peer Pressure"

~ Coach Vorkapich

(Eluding to coaching a TEAM Mate)

SAND BAGS –

This was the best part of the entire workout! The intensity it brought out in the TEAM was amazing to me. Mental, physical and TEAM toughness is a big focus and can be built when the bags come out. Rogers Company (football catalog) makes these and they would be well worth the investment. You can get them in 25, 35, 50, 75 or 100#. Ours are on the way!

EXERCISES:

- Wall Sits – MSU would start w/ 300# sitting on the lap of each player. At 1 minute they would peel some weight off, then more weight as time went along.
- Split Squats – hold the bag however you'd like, if you dropped it you had a consequence.
- Farmer's Walk – hold bags by handles and walk high on toes, great competition drill
- Roman Dead Lift – for hamstrings
- Lunge Matrix – w/ bags!

"Lifting is 100% Manual Labor."
~ Coach Vorkapich
(Commented to Spartan Players)

WEIGHT LIFTING SESSIONS –

I was able to catch an upper & lower body workout. Again, amazed at the few number of different lifts executed – it was the work put in by the coaches and players that was eye opening to me! Every TEAM session I attended seemed to be more spirited than the next. Here are a few of the exercises that caught my attention.

LIFTS/EXERCISES:

- Rope or Towel Pull-Ups – great for hand strength and overall tuffness! 40 sec.
- Single Leg Lifts – especially dumb bell lifts for shoulders/upper body, balance
- Internal/External Rotation – w/ thera-bands or light dumb bells
- Military Press – arms parallel vs. touch chest, especially for BIGS
- Primary Lifts – 8/6/4 reps this time of year
- Focused On – pushing & pulling muscles the same
- Push Press – split stance or parallel stance
- Shoulder Shrugs – exploded thru up onto toes!

*P*layers *P lay* - - *T*uff *P*layers *W*in!
PPTPW
~ MSU Spartans
(Players said this to one another)

"Getting a kid to do something they don't want to do", that's they key to success in the weight room.
~ Coach Vorkapich, MSU Strength Coach

MICHIGAN STATE UNIVERSITY
Spartan Basketball
Notes from Coaches



TRANSITION THOUGHTS:

OUTLET PROGRESSION –
Watching MSU film I was amazed on the % of times that the PG was in the same position to receive the outlet and advance the ball quickly. This is the first phase of their running game and the entire Spartan Staff emphasizes it extremely hard.

- 1/0 – PG **sprints** to sideline hash, back to sideline. Turns to **immediate** look up floor – preferably to wing opposite.
- 2/0 – PG & Wing
- 3/0 – PG, Wing & BIG
- ***"Bite the Rim"*** – BIGs always run the tube and establish position that defender opens them to

T S P
Time – **S**core – **P**ossession
~Drew Neitzel, Soph. PG
(Most important thing to know when playing for Coach Izzo)

DEFENSE & REBOUNDING –
Emphasized – Demanded – Drilled – Re-emphasized – Commanded – Preached - - - any word or phrase that can be thought up to get this point across was mentioned. They just seem to walk a little tuffer than most TEAMS. They are groomed to do things that other TEAMS aren't – and when you break it down that's all the Defense & Rebounding is!

DEFENSE –
- Defend the Elbow & the Block – NO matter where the ball is!!
- Help in the Nail = helpside (nail hole @ FT line as reference)
- Everyone Guards the Dribble – Play a ½ man off the line and a man ½ to the ball
- 4 to the Offensive Boards – especially when you can play 8 – 10 people
- Post Defense – Keep the ball out of the box – NO matter where the ball is at on the court *(MSU tapes a box that it a 3' rectangle spacing from 1' outside each low post block and runs thru the lane)*

REBOUNDING –
- WAR – Any # of players, Any dimension, Any spot on court, Many times during practice
- A Clean Rebound – leads to quicker breaks
- WAR – to fast break drills (3 TEAMs – Cut Throat format)
- Shorten Shot Clock during practice = more critical possessions during practice!

"Get the BEST fit for your program, NOT the most talent for it."
~ Coach Izzo, MSU Basketball

MICHIGAN STATE UNIVERSITY
Spartan Basketball
Individual Skills/Thoughts

MSU Assistant Coach Jim Boylen did a lot of individual skill work with the Spartan players. Coach Boylen is in his first year at MSU, he spent 13 prior years as an assistant in the NBA. His ability to simplify the game and his terminology was excellent! I could have listened to him for ever – he was worth the trip alone.

INDIVIDUAL SKILLS/THOUGHTS:

PERIMETER PLAY:

- Skip into ball moves
- Push dribbles! First dribble after ball move or ball screen
- Zig-Zag Shooting – 12 spots around arc, never shoot the same shot from the same distance 2x in a row
- Long Lay-ups – extending the drive & shot
- 25 'Pro-Spot' Shooting – Start in the corner (on a make) and shoot 5 shots at the corner, wing, top, wing corner
- Pocket Shot – area behind the ball screen
- Drag Dribble – protected dribble, to get into a offensive set or scoring position
- Don't drive for lay-ups – Drive for pull-ups!
- Transition Offense – flatten wings to extended blocks = better drive lanes in break
- Vs. Zone Defense – shrink the seam = get 2 to guard 1
- Tighter Ball Fakes
- 1 on 1 'Read' Moves – play more 1/1 – 2/2 – 3/3 half court

INTERIOR PLAY:

- Shuffle Dribble = multiple bounces to gain position & set up moves
- Hook & Combo Moves = 2 primary post moves emphasized
- 2 Feet in Paint – best position to receive ball from any spot on the floor
- Range Rebounds = getting rebounds (especially ORB) out of your range
- Clean Rebounds – lead to quicker offensive transition

FREE THROWS:

- Minimize any extra movement – condense the shot
- Use shooting muscles ONLY – NO shoulders, back
- Don't suck it out = Don't pull your shoulders
- If a player doesn't meet your standard/TEAM standard (ie. 70%) – you have a coaches right to change their routine

REBOUND % FORMULA

(Used to determine offensive rebound %)

Your ORB + Opponents DRB = ?

Divide your ORB by ?

35% is acceptable & 40% is good



BOOMERS COACHING CLINIC

Conducted by Mike Dunlap (Head Coach Metro State University)
Venue: Cranbrook College, NSW
Date: 26/06/06
(Notes prepared by Michael D'Agostino – BNSW Participation and Development Officer)

Coaching

Teaching Methodology

1. Tell them what to do
2. Show them what to do
3. Have them show you
4. Correct them
5. Repetition

"The biggest mistake made by teachers is spending their time with the negative children. We must spend most of our time with the children who are displaying the behavior we want."

"Basketball is a privilege. There is no negotiation with behavior."

If you want discipline, don't tell players **twice**. After the first time, reprimand them (correct their behavior). "This is what I want you to do."

"You have to get on top of that or that is going to cost you down the road"

When they do something good **tell** them. If you see a **repetition of a mistake** let them know.

If players cannot do what you want them to do, (counter instruction), take the privilege away from them. E.g. if players are stationary when they catch and shoot (and make the shot) do not count the score they just made, and have them now play defence.

Re-enact the crime
When a player makes a repetition of errors, stop the play, and have the players re-enact exactly what they did. At the point of the error "freeze" the play and have them correct their actions.
It's O.K. to miss a shot but it's not O.K. to be down on yourself about it – be a poker player and play through mistakes."

"Never dribble the steal" – instead run lanes, and play slow off a fast situation.

"Know your confines and limitations (your constraints)"

1. Time
2. Players
3. Facilities

"You need to make complex things seem simple, with common denominators."

When teaching drills

1. Drills should be of short duration – 5 to 10 minutes
2. Label the rotation – Offence to defence, and then to the end of the line (players should rotate on their own)
3. Art of confusion – unpredictability to the drill (game like)
4. Time / Score
5. Brief and debrief (give feed back) ask players questions "what did you get from that?), and encourage self correction.
6. Prompt them to the next thing to do (e.g. we will shortly this 2 on 2)
7. "Flip Flop" change sides of the court in the drill

Slowing down

Players must learn how to slow down - to change speed you first have to slow down. Perform a stutter step, dribble move and then explode pass your defender. On penetration, players must look up on their second dribble to be able to score.

Jump Stops

When dribbling, make a stride stop a **jump stop**. From a jump stop, players can forward and reverse pivot, use fakes and step throughs, and by slowing down this enables more time to make a passing / scoring decision.

Bounce Passes

Fast passes made when dribbling at speed can often miss players' hands or be fumbled, as the ball is moving extremely quickly. Make these passes bounce passes to take the speed off the ball to assist team mates catch the pass.

Players **must practice** to gain a conditional response (offence to defence) – repetition.

"Good habits are hard to break. Get rid of the basketball while you are teaching and then introduce it in the drill" Have players use their imagination, and then add the ball (e.g. dribbling, passing, shooting drills).

"Make players go hard at everything."

"Ensure your players have routine." E.g. from the start of training, activities bring them in to focus on the job at hand.

"A great culture / team have trademarks." Mike Dunlap's team does not dribble a ball for 6 weeks of training as he wanted them to be the best team at passing and catching, and moving the ball by keeping it off the floor.

Important things to teach:

1. Passing and catching
2. Integrity of spacing (keep players far apart)

Have players start their own activity to promote communication. E.g. have three lines of players on the baseline. The middle player tells their line when to start, and when they have passed the foul line, the player in the middle of the next line tells their group when to start.

Communication

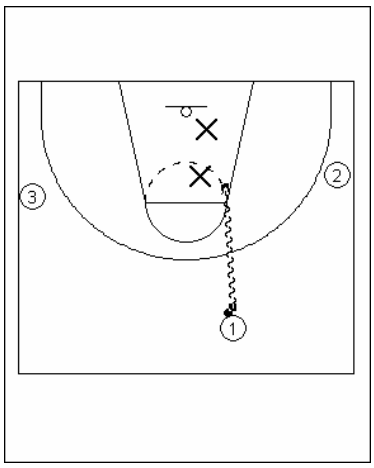
1. Get rid of the word **don't**. Instead, tell then what you **want** them to do.
2. Use inflection in your voice when speaking.
3. Ask player's questions "to do this, what do you have to do?"
4. Use reverse psychology – If a player doesn't shoot when they are supposed to – bench them. "I want you to shoot that shot because…"
5. Where you place yourself on the practice court is important. Try to be in the centre circle – or on the sideline at the middle of the court as players are performing activities, so you can see them all.
6. Do not stick yourself at one end of the court.

Scoring

"You must allow the best scorers to receive the ball and score. The best scorers must have the most shots." E.g. ask your players – who is the best player at cutting on our team. When we run our offence, who do we want to cut and receive the ball? Players need to recognize each others strengths and provide opportunities for these players to use their strengths during games.

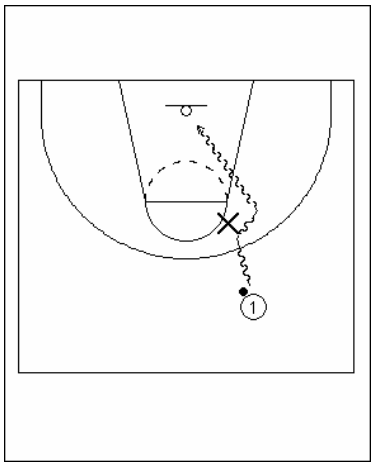
Defensive Transition

"On defence you have to "choke" the ball and get under the ring to stop the lay up."



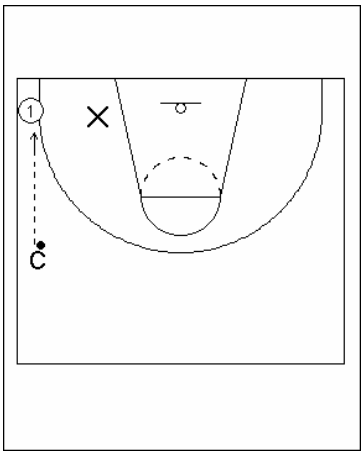
3 on 2

Dribble through the elbow to move the defence and open up passing and scoring lanes

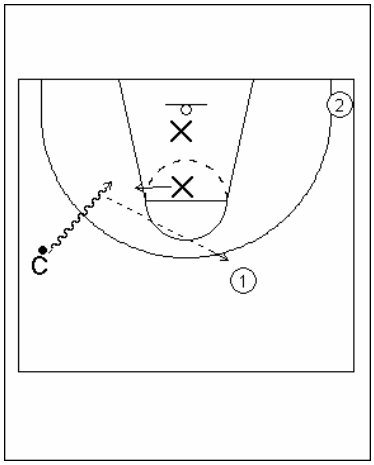


1 on 1 off the dribble

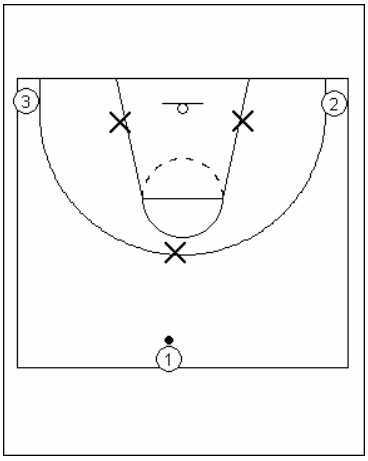
Use 1 dribble move only to beat the defender:
From fast speed to stutter step, dribble move and then look to score



1 on 1 off the dribble off a pass
Use 1 dribble move only to beat the defender:
From fast speed to stutter step, dribble move and then look to score



2 on 2 off the pass
Coach dribbles into key to commit a defender and then passes to a player.
Players are now in a 2 on 2 game.



3 on 3 from ½ way

The Freethrow

By Mike Dunlap
Assistant Coach, USC

Let's go to work! First, understand that in any given game freethrows make up 25% of the total score. Do you spend an equivalent amount of practice time on freethrows? If not, you can expect to see your team shoot under 70%, an unacceptable standard.

The following suggestions might assist in your team's improvement with freethrow shooting:

1) Get a philosophy.
   a) Know how you want your players to shoot freethrows and insist that they shoot them a particular way (i.e. if they shoot over 80% then leave them alone).

   b) Points of emphasis physically
      1) Legs - you shoot with your legs (i.e. every shot finished with player on tip toes).
      2) Follow through - elbow points to rim and hold gooseneck for count of two EVERYTIME.
      3) Eyes - on target at all times.

   c) Points of emphasis mentally
      1) Breathing - teach your players that breathing is an important vehicle in relaxation.
      2) Visualization - the player should see himself making the shot before he steps to the line.

2) Get a system that you can incorporate into your daily practice.
   a) Post a list of your players in the gym weekly. Require them to make a minimum of 25 freethrows before and after each practice. Each player must record how many shots it took him to make 25 shots; the players begin to take responsibility right from the first practice; the players can all quickly see the progress they are making; certain players will ultimately realize that they need your assistance.

3) Practice time allotment to freethrows must remain consistent.
    a) Be committed to shooting freethrows for a certain time each practice; be committed to demanding absolute concentration as players and coaches have a tendency to relax during freethrow segments in practice; be committed to varying your freethrows, constantly competing against others and themselves, and have some freethrow games thrown in there so that your players have some <u>fun</u>.

4) Make a big deal out of freethrows.
    a) Pick times during practice to stop everything and put a player at the freethrow line. Tell the team that there is no time on the clock, one and one, and your team needs to hit both in order to beat your biggest rival. If he should miss, make the whole team run a suicide. The team quickly understands that a missed freethrow hurts the entire squad.

    b) Occasionally bring in a reward for the best freethrow shooter of the day. The point here is to spice up freethrow shooting while stressing its importance.

    c) In your locker room you can post previous outstanding freethrow shooters as freethrow shooting should become part of your tradition.

We all have our own ideas about how a freethrow should be shot. All I am suggesting is that it is an area we can improve on with a little more thought, and certainly the rewards will be worth the toil. Regardless of your talent this is an area where a coach can have a tremendous influence and can steal a few extra wins.

<u>Drills</u>

As a coach you must teach your players how to concentrate and constantly challenge them. Hence, we set up drills that put them at a disadvantage or pressure situation.

Drill #1

1) <u>5 point game</u>
    a) 5 points for a swish (no rim)

b) 4 points when ball hits any part of rim
c) 3 points when ball hits both sides of rim
d) 2 points when ball hits rim three times, rattles, ect.
e) 1 point when ball rolls around rim or hits backboard
f) 0 points for a miss

*Now the shooter must concentrate not only on making the shot but also on <u>how</u> he puts the ball through the cylinder.

Drill #2

2) <u>The lap game</u>
   a) Divide your team into two, three, four, ect. groups
   b) Each player gets one shot
   c) If the first player makes his shot and the second player misses, then the player who misses must sprint a lap
   d) If the first two players make their shots but the third misses then he runs two laps ... and so forth

*A good game because pressure steadily increases on the players as shots are made.

Drill #3

3) <u>The basket game</u>
   a) Each player must make a freethrow at each basket in the gym consecutively or he must start over (i.e. you can name any number you want).

* Breaks the routine of the shooter and forces the players to adjust.

Building Your Practice Plan

By Mike Dunlap
Metropolitan State College of Denver

1) **TIME ALLOTMENT**
   a. KNOW YOUR TIME BLOCKS
   b. DO NOT BECOME A SLAVE TO TIME
   c. TIME AND SCORE THROUGHOUT PRACTICE
   d. ADJUST TO TEAM NEEDS

2) **TEMPO**
   a. USE TIME BLOCKS TO MOVE PRACTICE ALONG
   b. SET ASIDE TEACHING TIME
   c. KNOW DRILLS THAT LIMIT TALKING BY COACHES
   d. PARTS OF PRACTICE SHOULD HAVE GAME TEMPO

3) **TEACHING VERSUS DRILLING**
   a. METHODOLOGY IS EVERYTHING
   b. WHOLE VERSUS PART
   c. INGREDIENTS OF A QUALITY DRILL
   d. CUT YOUR LOSSES

4) **YOU ARE WHAT YOU EMPHASIZE**
   a. SIMPLICITY W/ DETAIL
   b. FOLLOW THROUGH
   c. USE THE WHISTLE TO CORRECT
   d. VERBAL KEYS

5) **PHYSICAL VERSUS MENTAL**
   a. KNOW LEGS AND HEART RATES
   b. ASK QUESTIONS
   c. TEACH PHYSICAL PLAY THROUGH CONTACT DRILLS
   d. FEEDBACK SHOULD BE OBJECTIVE, NOT PERSONAL

6) **COMPETITION**
   a. TIME AND SCORE
   b. REWARD/ PUNISHMENT SYSTEM
   c. ACKNOWLEDGE THE VICTORY
   d. PROCESS VERSUS RESULTS

7) **BRIEF AND DEBRIEF**
   a. USE A WHITEBOARD
   b. PLAYER NOTEBOOKS
   c. VIDEO MACHINE
   d. PLAYERS AS TEACHERS

8) **PEER PRESSURE**
   a. SMALL GROUP/ BIG GROUP EXPECTATIONS
   b. PLAYER VOICE MORE POWERFUL
   c. TEACHER AS MODERATOR
   d. BODY LANGUAGE

9) **HABIT PATTERNS**
   a. GOOD HABITS ARE HARD TO BREAK
   b. MOVING FROM SPOT TO SPOT
   c. COMMUNICATION
   d. HOW YOU START IS HOW YOU SHOULD FINISH

10) **BRUTAL REALITY VERSUS THE END LINE**
   a. TEACHER MUST HAVE 20/20 VISION
   b. ADJUST AS YOU GO
   c. ALWAYS ADDRESS YOUR STRUGGLES ON THE DAY
   d. KNOW WHERE YOU ARE GOING EACH DAY EVEN IF YOU DON'T GET THERE

MIKE DUNLAP (METRO STATE)

OHLONE J.C. CLINIC 2005

- The most important aspects of offense are spacing, ball movement, and player movement.
- You need to make a choice if you are a cutting guy or a screening guy.
- Screening kills spacing.
- To be a good game coach, do not look at the ball. Look at off ball movement.
- You must collapse the defense (post entry, penetration, offensive rebounding) versus superior teams. You can't win just by shooting three's. Those that play closest to the rim, win games.
- If the ball is constantly moving the defense will have trouble seeing the ball.
- Your players must be able to read and react (speed reading). Teach less for quicker reaction.
- Likes to use an even man front because it allows for better spacing.
- Turnover differential: if you have 12 turnovers and your opponent has 20 turnovers that is a +8 differential in your favor. +8 and you will win 65% of your games.
- Bad spacing leads to turnovers, don't allow your players to turn the ball over. Angles of passing are important. Don't throw passes across your body, no skip passes in transition, no passes on a straight plane. The high/low pass is low %. Every pass should be made after a jump stop.
- Use big spacing and hard passes. No limp dick passes.
- Take screening away from your players for the first 2 weeks and see what happens.
- Most important decision you have to make with your offense is whether you are going to use an open or closed post.
- Dunlap likes using an open post and has his post player slash across the lane.
- Make sure there aren't 4 players inside the arc because that will cause turnovers.
- When you don't have the ball you need to make space for driving lanes.
- Study the movement of off ball players and praise those who do not have the ball.
- The best defensive teams have great off ball defenders that stay in defensive stances.
- Study teams at the top and look for signatures.
- Speak in a precise language: the ball is a baby, take care of it.
- Cutters need to wait until the screener jump stops before cutting. Go to the screener's hip, wrap your arm around his waist, stick your butt into the defender and look to curl. Stop and go when you get level with the screen. Play peek-a-boo with the defender.
- Create a mechanism for teaching. If it is not being done well it is bad teaching.
- Don't have your players move too fast on offense. Slow them down.
- Let off ball players know their roles. You are either a catch and shoot guy or a catch and drive guy.
- Use advantage/disadvantage drills when teaching offense (5 on 2, 5 on 3).
- In the first week of practice pick 2-3 things to teach on both offense and defense.
- Don't deny the wing because you can overload on defense when the offense has the ball on the wing. Defense has a 5 vs. 3 advantage.
- Teach defensive spacing (jump to the ball).

- Jumping to the ball with all 5 guys should be a priority. Jump in unison. You lose when players come out of their stance and don't jump to the ball. Jump with your hands out.
- Don't be sarcastic with your players because you will lose them in February.
- Use the cadence of your voice as a tool. Change your instruction.
- Kids want consistency. No gray areas.
- 3-out 2-in has bad spacing and bad passing angles. Use 4-out 1-in instead.
- Choreograph post action and dribble penetration. Whatever you do with post action, do the same with dribble penetration. (Open post opposite the ball, wings to the corners, and one player behind the ball). Spot up and move to gaps.
- Every day kids should play 1 on 1, 2 on 2, and 3 on 3.
- Have your screener screen twice in a row.
- Use a bounce pass on anything 14 feet and closer. Receivers should have their fingers pointed toward the ground.
- Prefers a drop pass rather than a bounce pass. Drop Pass: wrist below your knee and flick your wrist without using your elbow.
- The "why" is important but the "when" is also important for timing purposes.
- Create your own rules within your offense.
- Dunlap's favorite drill: tight space passing drill with cutthroat rules. Three on three on one side of the court. One player positioned at the high elbow, one at the wing, and one at the post. There is no dribble and you must complete a certain number of passes to get point. If you score its double points.
- Have fun with your players. Make them laugh.
- Let the whistle do your teaching. It creates pace.
- Use overloads (2 vs. 3) to teach defensive rotations.
- Prevent player rebellion by putting consequences back on the player. Remove the privilege from him by kicking him out of practice so he won't be a distraction to the other players. Reinforce positive behavior.
- Keep records on all shooting drills and make them competitive.
- Have measurements and assessments to see who shoots well.
- Inbounding the ball: inbounder needs to step back from the baseline for better depth of view and better passing angles.
- Run out of bounds plays to score on the weak side. You can't score on the strong side versus good teams.
- Don't put you out of bounds set where you want to get the ball. For example, a box set in the key.
- Inbound versus pressure: 1-4 flat along the baseline.
- Your best decision maker should inbound the ball. Most mistakes come with a poor inbounds pass.
- Idea: send 5 to the glass on all out of bounds possessions. Script your possession.
- You become a master coach when you get away from your practice plan. Have 3 things in practice you warm up with that you want to accomplish. Then have a 2-6 minute scrimmage to see what you need to work on. Structure your practice based on your mini-scrimmage. Use quick hitter drills to work on your problem areas based on your scrimmage. Give the players the discovery. Study your player's everyday.

- The more things you try to do in practice the worse you get. Write out your practice plan 3 times. Each time you write it, don't add anything but take something away. That will make your emphasis clear.
- Build your defense to come back quickly from a point deficit. You must be able to trap and rotate.
- Look at your methodology of teaching and evaluate it. Don't just worry about drills and plays.
- Investigate the science of learning and teaching. Tools for teaching- Fred Jones.
- The game is evolving. Be innovative.
- Every time a shot is taken, balance the floor in a 2-1-2 set.
- Jam the rebounder and pick up the point guard immediately. The biggest decision you make defensively is where you pick the ball up at. Don't allow the PG to vision. Have floor balance on all shots so you don't get beat back. You must get 2nd shots.
- If you have a bad shooter spotting up, tell him to get ready to drive.
- You must have offensive objectives and a system of measurements.
- On ball defense: have a pressure hand and a deflector hand. On closeouts, put your nose to his chest with your head level with the ball. Closeout hard and stick your pressure hand to the offensive players chin. The deflector hand is straight out. Push off for a cushion. Your feet and hands always need to be in motion.
- Off ball defenders should have their arms out straight. Your feet have eyes; point them at the ball and your man.
- During practice label one or two players with four fouls and have them wear pennies. If they pick up their 5th foul make them do push-ups.
- What kills good defense? Dribble penetration. Have a system to attack dribble penetration. Metro State rotates rather than helps and recovers.
- Best rebounding drill- cap your rim. Necessity creates opportunity.
- Rebounding technique: Face your man, keep him in front of you, reverse pivot when the ball hits the rim. Corral the player with your hands first, then drive your hands up high with your fingers to the sky and go get the ball.
- At the end of the game, don't tell kids not to foul, tell them to be aggressive. Trap early so you can get the ball back if they score. Versus 1-4 flat, trap immediately. That is assertive coaching.
- Label your drills.
- Swing into your shot rather than being squared up. Heel-toe for inertia or ball in the air, feet in the air.
- Have one out of bounds play for the first 3 games. The most important thing is to set up your formation quickly.
- Are you a change and surprise guy or simplicity and execution?
- Practice your press break 5 on 5 with no dribble.
- You beat the press by throwing back to your inbounder and swinging the ball to the other side. The trailer is most important versus the press.
- Great drill: 3 on 3 full court with no dribble to one or two baskets. Great conditioner. Have a winners and losers court. Dunlap hates the dribble early in the year but loves the dribble late in the year. Keep track of wins and losses for each player.
- Trap the post because they are poor passers.

- Don’t change your system when you lose, change behaviors in practice.
- Use a 2-2-1 press vs. running teams. You control the tempo. Not trying to steal the ball but change the personality. The 2-2-1 is high reward and high return. Only the guards trap so that the goalie can stay. Push the ball to the middle. Don’t allow any splits. Red- 2 traps, Blue- 1 trap. Always have 2 trappers, 2 gamblers, and 1 goalie.
- Trap all on ball screens.
- Mismatches are over rated.
- When your defense is bad your ball pressure sucks. When you allow low post passes your ball pressure sucks.
- Do a better job of coaching defensive hand position. High hands on ball, hands out wide when off the ball.
- Don’t have multiple transitions in practice.
- Science of learning: there will be 40% more retention if you teach out of the whole rather than the part method.
- Liberate yourself to different ideas.
- Don’t teach fast. Allow your players to play slow. Don’t get anxious as a coach. Go slow to get what you want.
- When using boring drills only drill for 1-2 minutes.
- Measurements should be taken when you are under pressure. Don’t come to conclusions unless you have measurements. Put your players in competitive situations.
- Only shoot free throws in practice under pressure. Get away from volume shooting and put more pressure on them. Shoot 1-4 at a time.
- Good website-startsmartbasketball.com

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Corporate Headquarters
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Beaverton, OR 97005
(503) 671-6453

CLINIC Mike Montgomery
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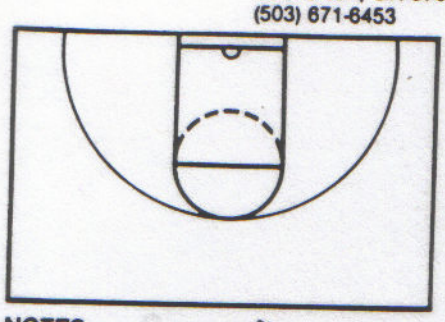
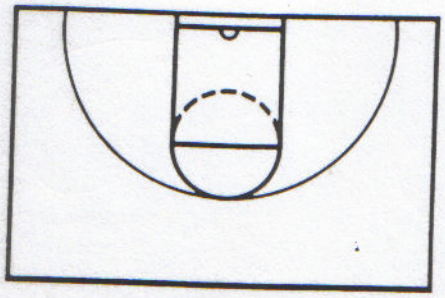
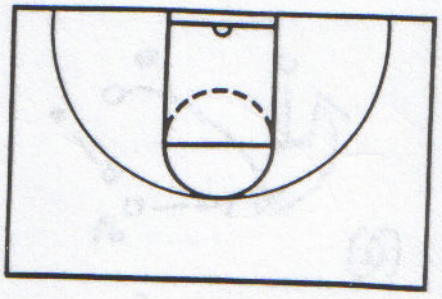
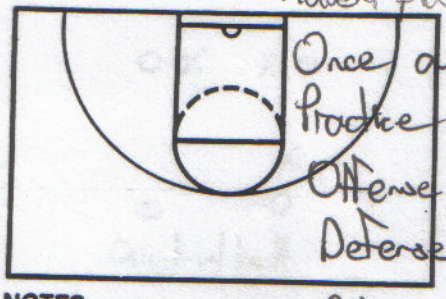
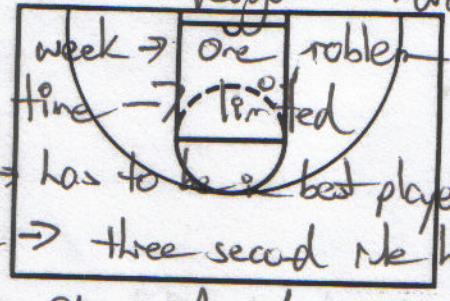
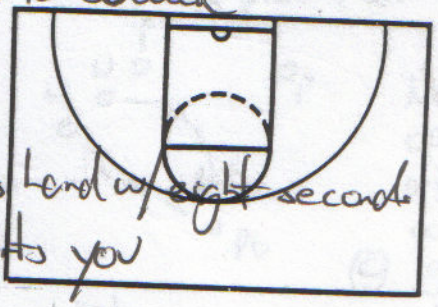




NOTES

NBA → Player's game
Manage your best players
Haven't played in the league - hard to succeed

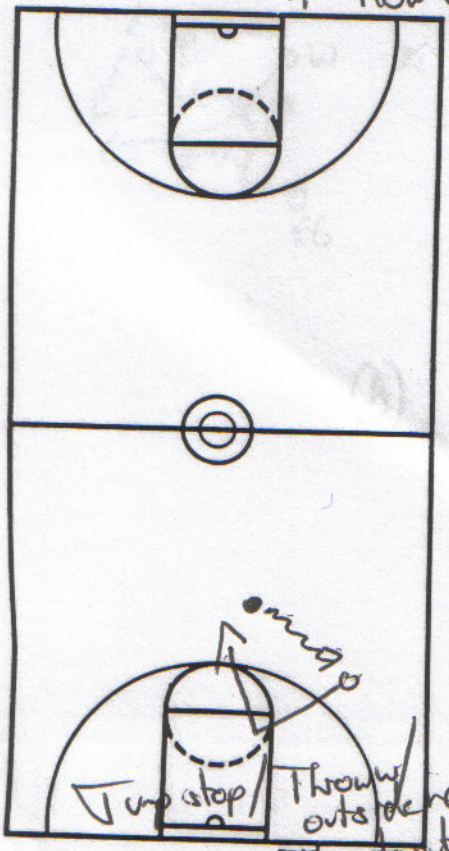
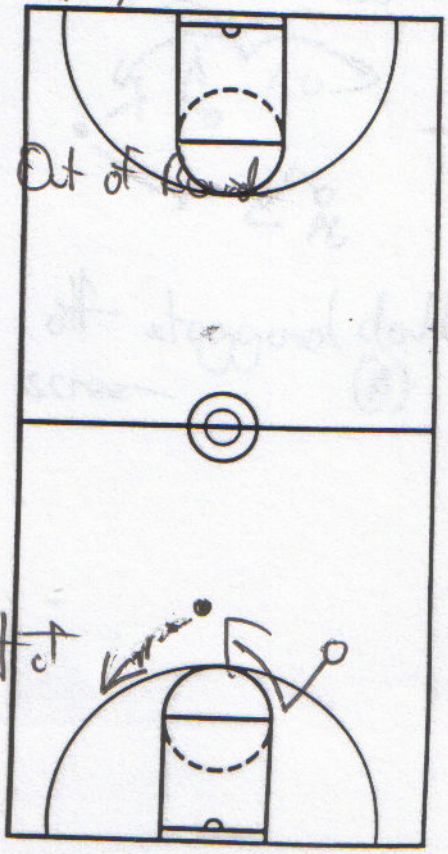
Once a week → one roblem
Practice time - limited
Offense → has to be best players Land w/ eight seconds
Defense → three second Me hurts you

NOTES

Rules → Charge Arc / 3 pt. line
Lack of fundamentals

* How you lead & what you ask your players to do

NOTES

Warm up → Dribble Tag
Lanes / Circle → Out of Bound

3 minute drill

Dribble at you
Cut & loop in front of
Dribble away
Cut & pop
Add defedo

Jump stop / Throw to outside
Throw over head

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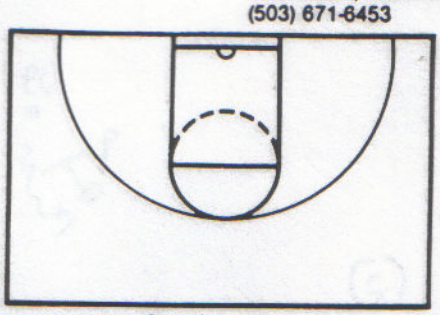
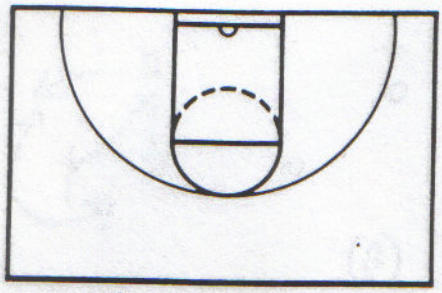
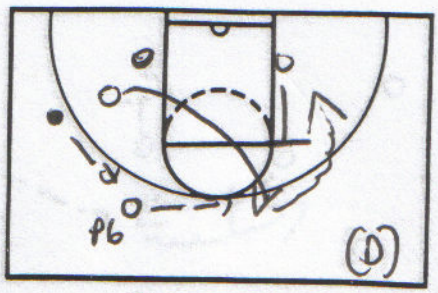
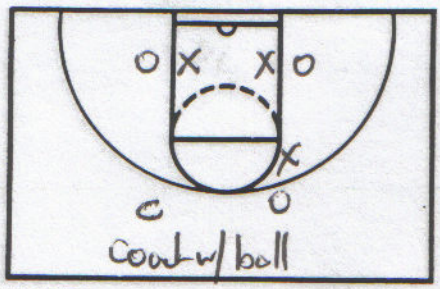


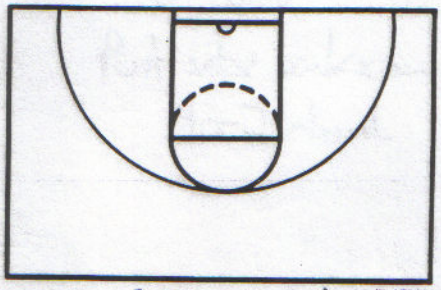


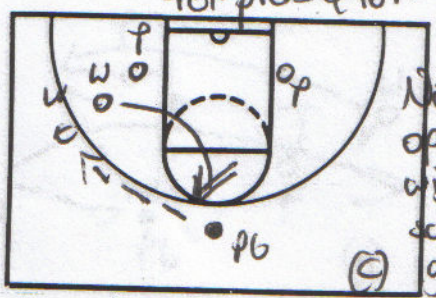


NOTES Passing w/pairs w/defedo
Add one dribble

Reverse the ball
Post sets step up screen
for pick & roll



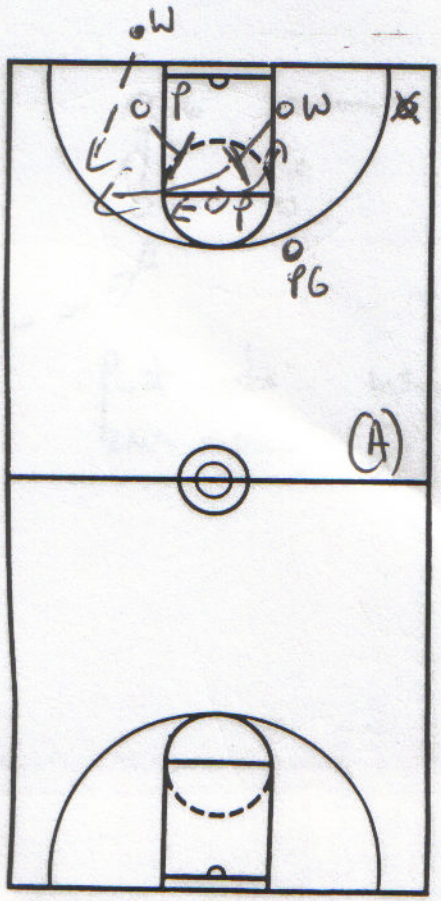




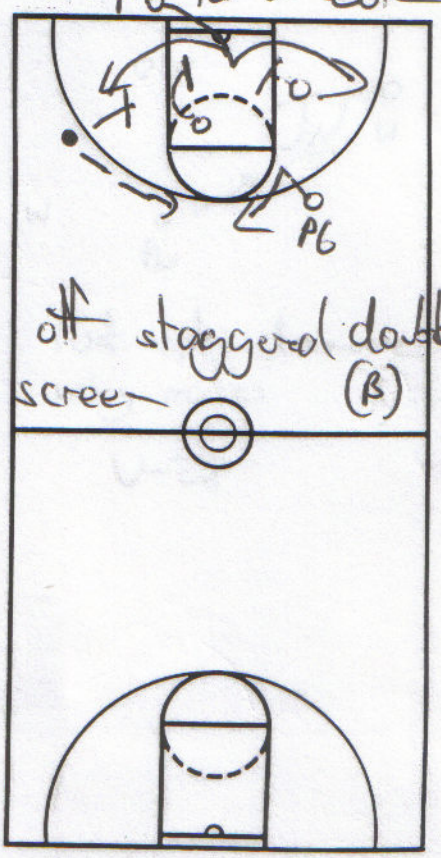
Not open wing screener goes opp

NOTES War → Rebounding Drill → Def. 4 rebounds your out
Off 2 rebounds
Lose → Penalty

2 pts. for a board
1 pt. for a score



NOTES
Out of Bounds
Screen the screener
PG follows ball
Inbounder can go
or single



off staggered double screen

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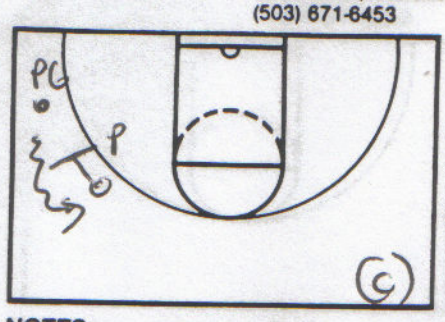
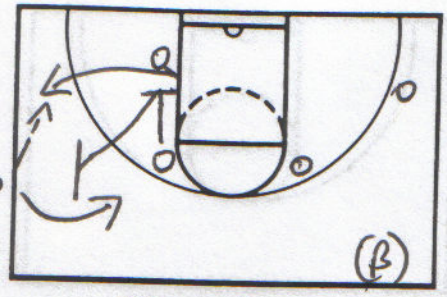
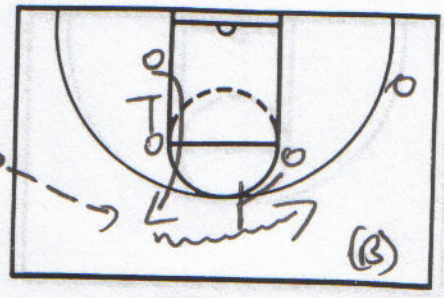


NOTES

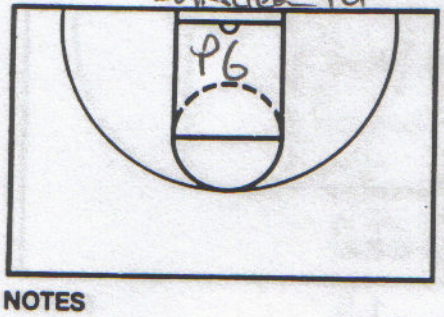
Fist Cone
Post then sets ball-screen for PG



Fist Cone
Downscreen / PG goes to cone
Post sets back screen for inbound



Fist Up
PG goes off ball screen



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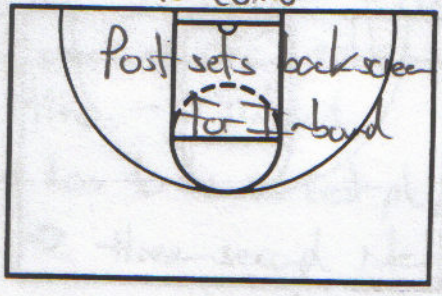
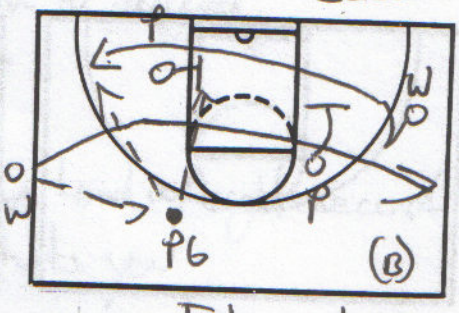
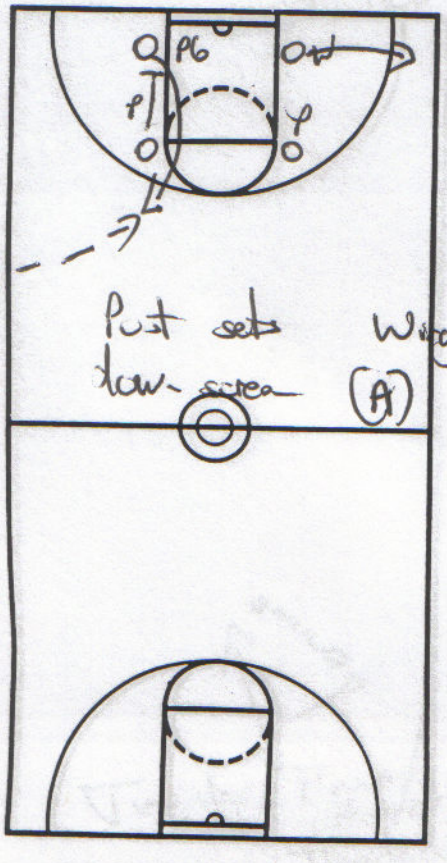




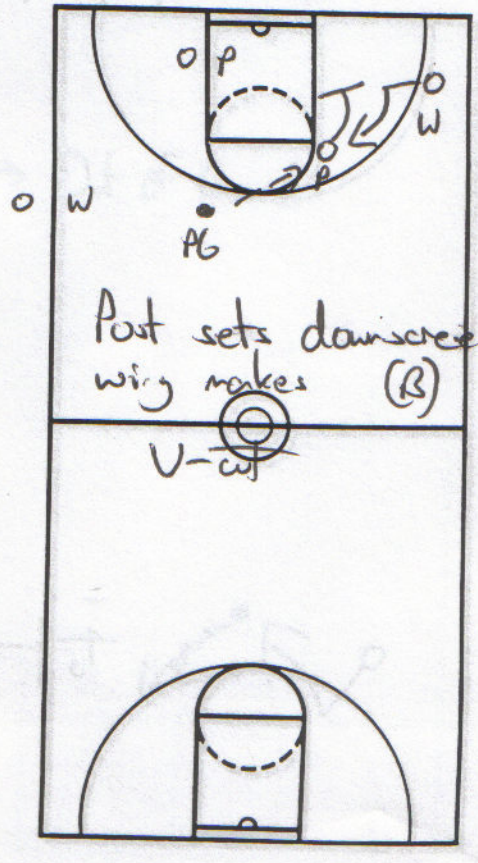
Fist counter



NOTES

Side OR

Post sets low-screen
Wing step out & up



Post sets downscreen
wing makes V-cut

Mike Fratello

+3.7 point differential
6th in NBA

- Developing a defensive philosophy -

- have one be committed to it - spend time and be committed to it
- have drills for it - create on our
- adjustments?
- what is your best style of play?
- what stats do you care about?

- Dog Mac -

★ +FGA vs opponent ★

- Must Develop 3 Systems -

1. offensive
2. Defensive
3. system of communication (make vocab sheet)

★ how to breakdown our defense ★

1. start w/ stance

1-0	2-1	3-2	4-3
1-1	2-2	3-3	4-4

breakdowns

2. covering how to guard areas (terminology)

Defensive Breakdown - Build your defense

1. stances
   - follow the leader (warmup drill) ∆ up what they do - add communication to it
     up court hands up - backpedals - slides
2. Individual stuff
   - emphasize how you want stances - hands - etc.
   - def slides - zig zag drills - off head start "head on off" - add a passer
   - build up speeds 1/2 3/4 Full
   - change drills - how to take - fake/flop - how to land

* take 3 charges ★ do to send message ★

2. lonl cont.

• Closeout drills - based on our closeouts

- Utilizing the 3pt Shot -

- name your 3pt shooters -

37% as team - 8th best

19 per game 48 min - 6th most

7.2 5th most

- 33% - 50% -

key

37%

- drills and time for 3pt shooting (yes) - Competition & extra (ye

- how do you determine who shoots them? -

- 3pt game - warm up (game days) ✡ make a game on game day ✡

2 spots - 2

3 spots - 3

every team in league

(% of offense)

Phoenix

18.1% of offense from 3

25.7% FTs

rest 2s 56%

- 3pt shooting -

1. how does it affect your off rebounding?
2. Court balance?
3. free throw attempts?

⇒ key w/ w/out time outs

Special situations -

1. w/ time out 3 play sub? BLOB
2. w/out time out 3 play

1. end of game opp end of floor
2.

1. in flow
2. off jump ball

- pie chart of offense -

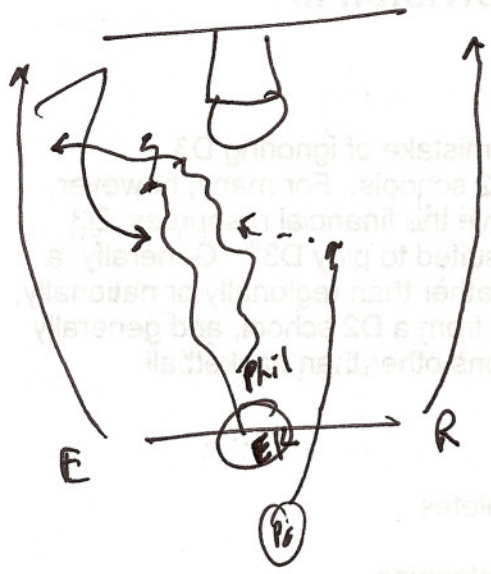
where you get your offense from

% FTs % of offense

% 2pt

% 3pts

Jump Ball 3pt play



- run to corners

- tip ball back - call for Eddie | Phil or trail guy and skip

* Eddie shoots best early*

* get 3pt plays w/ Frafello if need *

Mike Moran - Platooning → email him ★ switch JB / Josh? ★

Platooning

chemistry
PG = best post

- ★ - possessions = certain # of possessions
  - time - certain amount of time for certain players/groups
  - scoring - "bandits" your in for "4 points" on other team, will play their butts off

- have 10 players mentally ready to play (so need more than 10 players)

John Carroll U.

- set the rotations before the game (true game plan)

- Crunch time = "who is playing good basketball that evening?" Free Throws Team // Conservative at end of game?

★ bitch about playing time: 56 secs in 8 times = not exhausted your time will increase

- the units make adjustments themselves on court - call subs / subs together (including 1/2 time adjustments)

- Coach the unit - make unit adjustments = 10 time outs
  make units based on strengths

- SCOUTING REPORTS -
  - Classify players and guard them accordingly
  - press attacks
  - (look at tape)

HELL WEEKS
total conditioning

SNEO

Mike Moran
(transpeeches)

27 wins
12 down at 1/2

PHILOSOPHY

- makes opponent use their entire team
- makes opponent play at uncomfortable pace
- make non-ball handlers handle the ball & make decisions
- take ball out of hands of ball handlers
- force teams out of set offenses
- force teams to waste time outs
- make opponents prep difficult
  - personnel assignments (10 players)
  - practice time dilemma
  - tempo game

Advantages

- uniqueness of system creates fatigue problems
- more players contributing to success
- more players actively and mentally prepare for game
- injuries have lesser impact
- players compete harder / limited time and fatigue
- practices are more competitive
- continued pressure (off & def) entire game
- allows more coaching by players during games / coaches as well (less about substitution)
- all the units make adjustments together
- each group presents a new style of play
- 1/2 time more meaningful as groups work together

DEFENSE

GAME PREP → SCOUTING OPPONENTS ←

- Categorize Players

Back Court

ball handler - can handle

non-ball handlers - big guys / throw ball in

Frontcourt:

Shooter -

slasher -

(Δ name) plumber - role player not offensive threat

-Press Breakers-

- Most teams have only few full court offensive schemes

-Alignment-

-who takes ball out (ball or non-ball)

(one assigned player or closest to ball

-who is trigger man? (normally PG)

-do players run to set spots?-

-will opponent attack basket vs. pressure?)

-will opponent slow it down and run set offense?

PRESS DEFENSE

Positions

X_1 - centerfield (protects home runs) (catches inbounder)
X_2 & X_3 - covers the ball handlers (PGs, SGs, 3s)
X_4 - most aggressive player
X_5 - safety

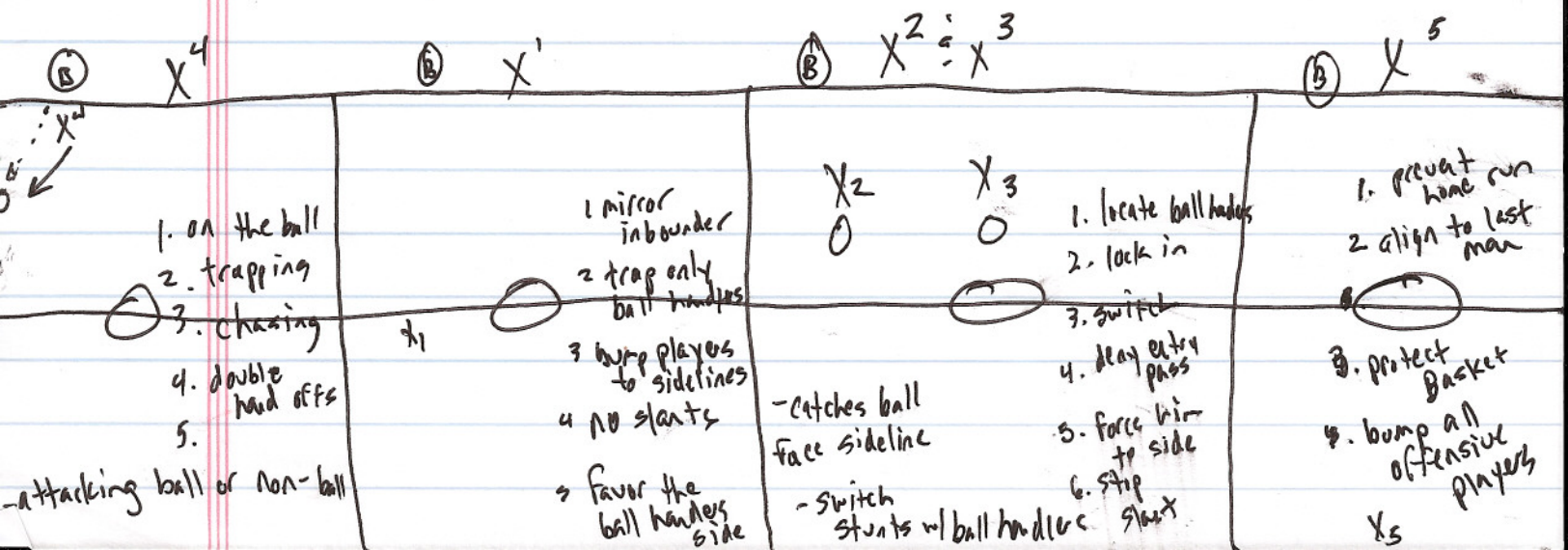
Alignment and Responsibilities

X_4 - on the ball; shadowing the throwing arm; crowding the baseline; mirroring the inbounder; deflections

X_2 & X_3 - sprint to pickup zone - locate ball handler - lock in - alignment is determined by depth and width of ball handlers

X_1 - centerfield; mirror the inbounder

X_5 - last position of offensive man; protect lane



PRESSES

"Hot" - diamond pressure
rotate to take away reversal to ball handler

"Cold" lock in pressure

"called by X⁴ based on who throws ball in"
Hot = bump to ball handlers
Cold = trap ball handlers w/ 4 man because inbounder is non ball handler

"BLUE" 4 man retreating and trapping
very aggressive ball handler inbounding ★ safety press ★

"WHITE" 1 man retreating and trapping
passive ball handler inbounding

ball handler - doubled

non-ball handler - not doubled
↳ can take ball to ½ court (trap all hand offs)

(If bigs can handle = must A press)

"blue call" = 4 man sprints to ½ court
then moves up to trap ball handlers
slows down quick traps

Mike Dunlap Metro State (now with Denver Nuggets)

DEFENSIVE PHILOSOPHY

A.Corner stones

1. Ball pressure – no free looks
2. Rotation-stop the ball
3. Basket protection (no easy baskets)
4. Rebounding – completes the defense
    - In brief, we want pressure on the ball the entire game. We do not want our opponent to have " free looks." The ball is the most important thing in the game and consequently we should give it the appropriate emphasis.

B.Pressure Points

1. Alleys – we want the ball pinned on a sideline as much as possible. Limited space and difficult reversals of the ball, make it particularly difficult for a team to run their designated offense.
2. Turning The Ball – before the ball crosses half court line we want to turn the basketball 2 to 3 times and then keep the ball on the nearest sideline or what we call the "alley"
3. Wing position – when the ball is pinned on the sideline alley at the wing position we will either front or side post the post while using help side defender to play the split line. In brief, we play the ball hard, deny one pass away, and play basket protection two passes away.
4. Post Position – once the ball goes into the post e like to force the post player baseline and rotate our lowest basket protection underneath to double the post position. The defense is vulnerable when the ball goes inside and therefore the defense should address the fire in the house.
5. Screens – we trap screens on the ball and rotate from that point. We see a golden opportunity when two offensive players come to the ball. This allows us to keep maximum pressure on the ball while we have our players in an optimum position to rotate for help.
6. Rebounding - I have stated to our players many times, you can make every defensive mistake known to man but blocking out and getting the rebound rights all wrongs. Defensive boards complete your defense and a team must execute this consistently in order to be any good. While blocking out is important, ball pursuit off the shot is most important. We must be warriors in this area.

C.Defensive Transition

1. Fundamental to our success as a basketball team will be in direct relation to the number of easy baskets we allow. I believe defensive transition is paramount in our system.
2. In order to understand sound defensive transition, we first must analyze the fast break.

Made or missed, the fast break team is trying to:

a. Get a quick outlet pass as far up the court as possible.
b. Transfer the ball to a shooter at the other end of the court.
c. Get an uncontested three point shot or lay-up off after the second pass.
d. Immediate ball reversal to the opposite wing and /or trailer as it is very tough for the defense to go from ball side pressure to help side closeout.

3. Numbered Defensive Break
   a. Concept
      1. Players roles- each player will have a designated lane (i.e the same lanes as our numbered fast break)
      2. Emphasis – pressure the basketball while covering fundamental fast break lanes.
   b. Rules
      1. Stop the ball
         a. Meet the outlet pass and get the guard to turn as many times as possible- slow the ball down, at least.
      2. Sprint the lanes
         a. The first three steps are the most important because that is when the break generally takes place.
         b. Once players reach the half court line, vision on the ball and man should be a pint of emphasis.
         c. The key is to get below the level of the ball.
      3. Match Up/ Rotation
         a. Match up to the offensive man in your lane.
         b. However, if there is not a man in your lane, rotate to the nearest offensive player: at no time should the defensive player be solely responsible for his lane.
   4. Help on Penetration
      a. The ball and its penetration is the single most important thing to defend. Therefore, the emphasis should be keeping the ball in front of you. Since that does not always happen, immediate rotation to the ball cannot be stressed enough.

b. Two points should be mentioned – first, quick rotation will not occur unless there is proper defensive spacing (“ play up the line,” or to the ball): secondly, whenever a player is beaten by penetration you can double the ball with the chaser as a rule of thumb.

5. Contest all shots
    a. Hands are essential in all phases of defense, especially when it comes to defending the shot.
    b. It is imperative that all shots be pressured with the hands up on the closeout.
6. Rebounding - Completes All Defensive Series

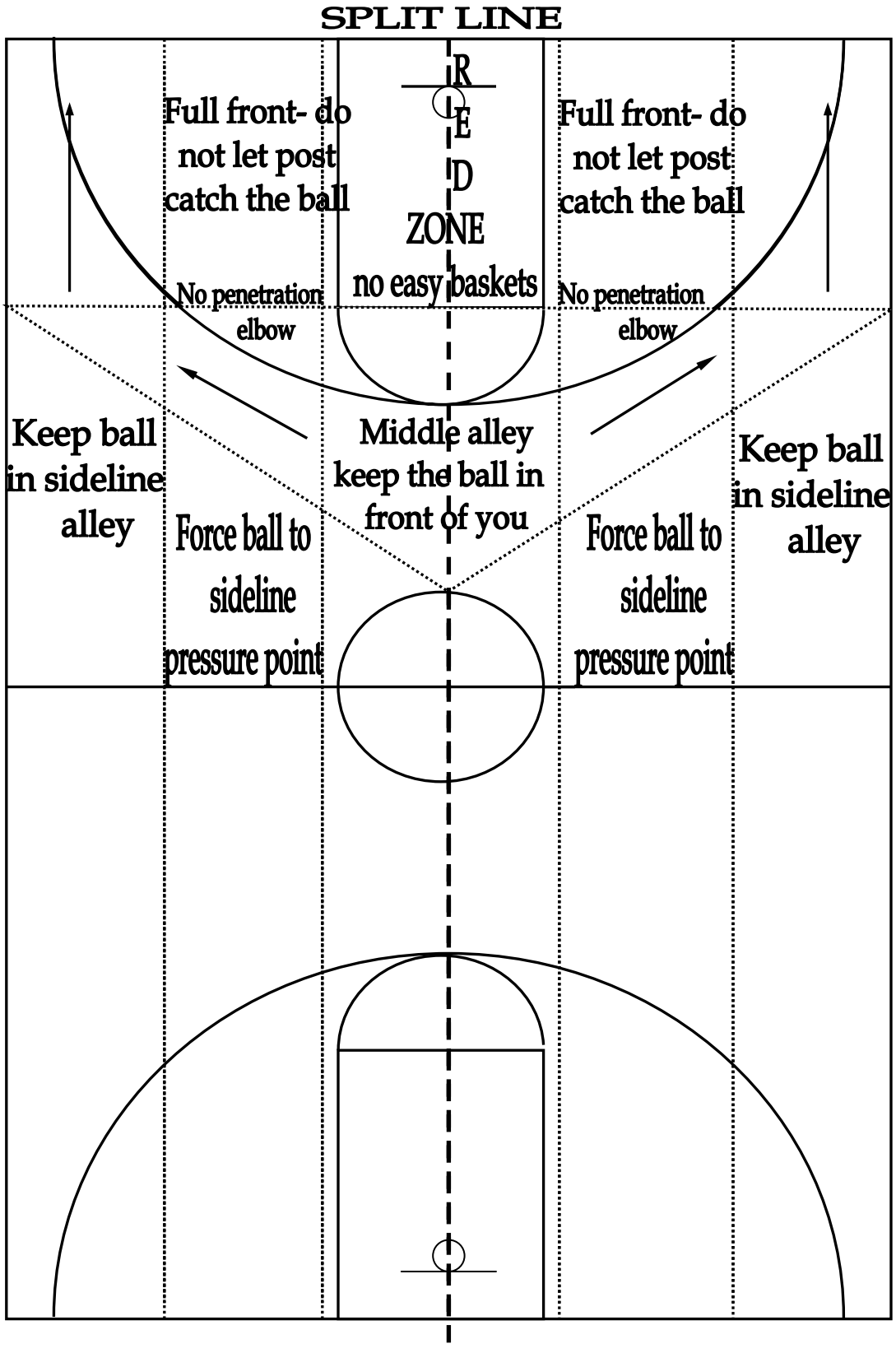
c. Responsibilities
1. “1”- a free safety
    a. Must get to the initial outlet immediately – made or missed (i.e. fast break teams want the ball inbounded / outletted quickly). If you condition your “1” man to jump to the ball instantly it will slow the break down.
    b. In situations where the “1” man cannot get to the ball (definitely the exception) , he will fill the “2” or “3” lane, which ever is open
2. “2” – sprints the right sideline lane. In cases where “1” cannot get to the ball quickly enough “2” will assume his responsibilities.
3. “3” – sprints the left sideline lane. Occasionally, he will take the initial outlet pass.
4. “4” – sprints inside lane nearest the “3” man and is responsible for any trailer. Additionally, he we assist on middle penetration should his man be dragging up the court.
5. “5” – sprints to paint and will be responsible for the first cutter through the paint- he protests the paint.

D.Defensive Sets

1. The Press- While we use a specific number system (e.g. 2-2-1press is called “22”) the concepts remain the same. Hence we use different sets according to numbers. It makes our system flexible, yet we can keep our defensive constants.
2. Soft Pressure versus Hard Pressure
    a. We never compromise pressure on the ball but we do adjust our pressure one and two passes away. Why? We can give more help with the ball defender.
3. The Zone – In brief, the better the man defense you have the better you are in the zone.

E.Attitude

1. Statement- hard nosed attitude and approach to defense says it all about the Roadrunners. We need to invest in a few simple concepts, execute the philosophy, and know down to our bones that defense wins championships.
2. Conclusion – Defense is like insurance: you better have it. The Roadrunners will be the BEST defensive team (as ranked by RMACstats) in the RMAC. We take pride in our defense.


SPLIT LINE
R
E
D
ZONE
no easy baskets
Full front- do not let post catch the ball
Full front- do not let post catch the ball
No penetration elbow
No penetration elbow
Keep ball in sideline alley
Middle alley keep the ball in front of you
Keep ball in sideline alley
Force ball to sideline pressure point
Force ball to sideline pressure point

Defensive Drills

A. Objective – We believe the ability to maintain a low and balanced stance will determine how successful we will be. Therefore, we stress the "defensive stance" and the ability to hold the stance for long periods of time.
B. Drills – We know that our teaching should be based on situation play. In other words, the drills all should have time, score, and competition in mind : this alleviates the monotony of the task.
C. Full Court Drills
    1. 1- 0 (stance , slide, closeouts)
    2. 1 on 1
    3. 1 on 2
    4. 2 on 2
    5. 2 on 3
    6. 3 on 2 rotation
    7. 3 on 3
    8. 3 on 4
    9. 4 on 3
    10. 4 on 4
    11. 4 on 5
    12. 5 on 4
    13. 5 on 5
    14. 5 on 6
D. Half Court Drills
    1. 1 on 0 (Stance, slide, closeout, post defense & reaction)
    2. 1 on 1
    3. 2 on 1
    4. 2 on 2
    5. 2 on 3 (Rotation, post denial & reaction, fighting and switching screens)
    6. 3 on 2
    7. 3 on 3
    8. 3 on 4
    9. 4 on 3 (trap and rotate)
    10. 4 on 4
    11. 4 on 5(rotation)
    12. 5 on 4

13. 5 on 5
14.5 on 6 (rotation)

E. Defensive spacing
   1. 4 on 5
      a. Close outs and ball pressure
      b. Communication
      c. Rotation
      d. Reaction
      e. Stop penetration
      f. Blocking off
   2. 4 on 4
      a. Channel ball to areas
      b. Denial
      c. Post denial and reaction
      d. Stunt penetration
      e. Blocking off

      ** Mouth, hands, bumping, spacing are keys

      *** We never compromise hard ball pressure and stance
   3. 4 on 5 ¾ court
      a. Channel ball after turning it in the back court
      b. Rotation
      c. Blocking out
      - We want to contest the shots and teach anticipation here: absolutely depend on each other – no other way.
   4. 5 on 5
      a. Dead ball full (Press 22/5)
      b. Made – match up zone
      c. Miss- man to man
      d. 1-3-1 ½ court trap
      e. No switch/ switching
   5. 5 on 5 ½ court – blocking off at the free throw line – one of the most overlooked areas in the game. A very important detail.
   6. 5 on 5 situation play – We believe that situation play must be taught with time and score three times per week.

Lorenzo Romar "Washington Huskie Basketball"
Up tempo

1. Defense- less that 40% fg
2. 2. Rebound- out rebound
3. 3. Share-Assits-15-20 a game
4. 4. Compete

Play up tempo style of basketball
Fun
Advantages-
Recruiting
Conditioning
Hard to prepare for

Defending and rebounding are the key to playing up tempo
Force as many turnovers as possible
Force as many hurried shots
Pick up full as soon as it changes
Hands
Ball pressure asap
Attempt to not allow penetrating direct passes
Front the post (no penetrating passes)
Rebound –you need finishers- inside or outside finishers, can catch, pass and finish
(80s Lakers, 83 Six strengths-build confidence in those areas, acknowledge it during practice (shooters, slashers)-give those guys confidence (Jim Harrick very good at giving them confidence)
If they think they know their role and we think differently, we let them hang themselves with their game, if they do produce with what they think their role is we give evidence of lack of success, and give directions as to where they will be successful

Bottom line you have got demand it, Demand what you want, don't accept anything less

Basic Shell of what we do in transition
(not a lot of secrets, the key is to demand it, be convicted in what you do)

Ball Handler
Sideline runners
Trailer (rebounder)
Post-they call their post the "runner"

Ball handler gets out to the sideline but to the sideline with a jump stop-and gone, without hesitation you can see it all
Runner/post – sprints to half and finds the ball at half goes to the rim first and then the paint (seal opportunity)
Fill the wings – stay wide unless no defense, settle in the corner if the ball goes away
Trailer- runs to 3point line if not guarded
Point guard- 1 get to the rim, if someone is open give the up, if it is passes you go opposite
If trailer is guarded-down screens for reverse the ball-gets us in our motion

Don't let the ball stick in your hands, the defense can load up on you. Be aggressive, look inside.

From the shell (4 out 1 in) we want to attack, no standing, make your play (post feed, shoot drive, pass) relentless pressure

What a terrible shot!

- if you are competing, getting after it, helping we will accept a mistake or 2.

Drills Full Court Uptempo
First 3 drills are everyday drills
Full speed passing, and finishing.
To gain any advantage against our opponents you must go full speed.

3 man weave- 3 passes, no hitting the floor, straight pases vs lobs, make 16-18 consecutive before going on to the next drill –stride stop in weave ½ steps and freeze, up and back 1 ball, 2 layups, count them out, has to be the correct hand or start over, even on the rebound

2nd Drill "RUSH"
3 Lines – no weave 3 passes to finish
Passer(middle) follows his pass to the corner and becomes the outlet, finisher is opposite wing, Rebounder outlets to the finisher, back to rebounder on the way back and the middle who passed opposite and followed his pass

Drill 3 Weave Rush
1st 6 Weave
2nd 6 Rush
Force them to communicate
Force them to pass, finish

3 Lanes (1/2 times a week)
5 segments (all start with rebound outlet)
1. 3 bounce passes before ½ court
Bank shot from the wing, catches need to be before half court, 3 catch is middle, all 3 get in the middle, all cover the boards, then the next sequence
2. Pass pass – get 3 passes before half court and get the wing bank jump shot (same rules as above).
3. Pass and break-rebound outlet, long diagnol pass for the bank shot, rebounder needs to get the board at the other end
4. 2 on 1 – react to the defense `let the defender tell you what to do'
5. Long pass – reounder outlet, 1 dribble, up over the top of the defense, working on your long pass, put a coach at the top of the key.

Get used to playing and passing full speed.

Drill
5 defenders across the FT line
5 on the baseline (numbers game setup)
-run your 5 man break
-you are allowed only 2 passes
-position yourself for draw and kick
-always asking your team who is open?

Trent Johnson Half Court Man Offense
Facts are what I base comments on

You have to be able to execute ½ court level
Better the player, the better the coach, the better system. Have a system that applies.

Put a system together to play against all levels and all kinds of players.
Every program has signature of the way the play.
Cards system – every time we come down the floor, we have a quit hitter,
Why?

1. Give opportunity to get guys to make plays.
2. 2. They need help end of game.

4 A's
Attitude
Aggressive
Angles
Adjust to (___ fill in the blank)

1 Set "Basic"
Stacks at the mid post, before he gets to half, get space, be aggressive
Wing entry – post position, 1 man sprints opposite FT. setting up the shuffle cut.

Counters on offense if they are fronting the post.

Tubby Smith Defensive Phil
HS Coach 6 years
Ast Coach Rick Pitno
Story
Young lad, somethings you pickup and somethings don't.
Working in the fields in the Delta Mississippi fields, mid morning, man said to the boy, take a break, go get some water, alligator jumped up at him, dropped the pail, man said where is the water? Alligator was scared as you, well if that is the case that water wasn't fit to drink

Show the kids you care.
Family. Share sacrifice
Discipline

Defense philos

1. Pressure – full court Balleyed defense

Ball eyed principles
No Layups
No Second Shots
Contest all shots
Make people make plays

Ball up, ball down –mirror, step back when down

1. Constant ball pressure
2. denial defense in a boxer stance
3. See man and ball and man at all times

4. Allow non penetrating passes
5. Keep him out of the middle
6. Steal all lob passes and all bounce passes
7. You are always quicker when you are in the right spot
8. In transition deny all penetrating passes
9. We trap automatically in some places. Post with nearest man. Any time the ball gets penetrated in the paint we trap.

Press Defense.
We have certain areas we want to trap
Corners and cross half court, it is an AUTOMATIC trap in any of the corners
Trap hard make them pivot backward/turn their back
No side line pass
Steal lobs and bounce passes
Get them in a uncontrolled dribble.
Trap in the areas.

Half time stat.
What is our percentage of contested shots? If it is 100% we win every game.
Drills
3 on 3
4 on 4
3 on 4 Contest the shot get 2 in row, 4 pass max

Bruce Weber University of Illinois
A year round sport
Work with your guys, getting to know them

1. Give them goals, it is important for the kids
2. Developing leaders-best players have to buy in
3. Developing roles – why
4. Work at fundamentals, weights, conditioning. They will work, they just want to know why
5. You can always win if you can defend and compete.

Attacking a press.
We want continuity and consistency.
Everyday work on your press offense.

Warm-up,press O into a play

We do not want the ball to go through the net and hit the floor, nearest if it is guard he flips it to nearest big.

3.5 seconds to get to the other end

Either big gets it
Point goes sideline, butt to sideline, to see both ways and get it going quickly, you want momentum to go up the court..top of the key extended.

Numbered break-get it out, look ahead if you can pitch it or skip it we do it.

How do we practice

18 seconds-make 4 layup in 18 seconds
6 trips drill, trailer must touch the top of the key.

6 trips 35 seconds
2 big layups
2 guard layups-wing catch and drive
2 3's

Press offense
Same numbered break
3 man flashes middle if they need it
On reversal 2 flashes middle 3 takes sideline.

Always have sideline, reversal, basket middle, opposite

If we can't get it into the point guard, the long opposite flashes and on his catch 1 flashes middle.
If all that is guarded, point makes a second cut

Dead ball press offense
Point guard takes it out
Best big man ball handler top of key
2 ball side wing half court
5 half court opposite
3 and 4 stacked 4 screens 2 times.
1st screen is up in the stack for the 3, and then screens for the sideline 2, and then opens and comes back to the ball (like triangle screen)
Point guard passes it in and flashes middle to get the ball, set up sideline opposite, basket, reversal..

Press offense where you flash people in the middle.
Drill it by running your dummy offense with

Stop a good pressing team?
Don't let them score.

Fundamentals
1 on 2 if trapped you can throw it to the coach. Add 2 balls
2 on 2 deny and cut the inbounder through, make 2nd cuts
3 on 3 press offense, no dribbles until half court forces the middle flasher
3 on 4 press offense, no dribble until half court and deal with getting trapped
5 on 6 or 5 on 7 –press offense

5 on 0 dummy offense and the second team is at half court and presses them, to force to beat press offense

Kaos – games cut throat teams
Pressing team, half court team, offense
You go from offense to defense to pressing 5 minutes on the clock regularly scoring ..it with trailers.. press defense ..you rotate consistently and keep score

Attacking 1-3-1

Time outs in practice the kids need

Closer your screens are to the basket the more physical your screens can be

Spacing –correlation between ball reversal and defensive breakdown..
3 or more-at the pro level score 60% of the time (figure it out at your level)
1 pass
0 pass

Coaches have to like the players
Players have to like the coaches
Players have to like each other
Coaches have to like each other
3 out of 4 championship

Teaching spacing
3 on 3 motion inside the circle by the FT line, start with teaching terrible spacing, tough rules
Teaching the extra pass
3 on 3 spacing – on 1 pass to score, to make the point

1ive practice,

2. Eliminate the 2 workout killers 1. Fatigue, 2. Bordom
3. 4. Write out workouts (22 perimeter drills, 22 post in sequence)

3 things to work on everyday
Conditioning
Dribbling
Shooting

6. 2 minutes, 2 weeks become comfortable, 2 months you can use it in a game
7. Bobby whos team are you on? Coach they are giving me the shot, shot fake and go to the corner

In your drill work
Weekend development (6 minutes a day)
Footwork and balance emphasis

Your eyes make layups
Your feet make jumpers (stepping into the shot) quickly, your feet need to remember what you are doing.
Standard court 6 boards between court
Play through contact –push them as they drive
Contesting shots
Simple contest
Foul after release- to maintain concentration
Anything goes-foul anywhere, go towards his eyes

6 keys to quality workout
1. catch shoot shots (good and bad passes)
2. catch cut shoot
3. cut catch 1 dribble shot
4. perfect form on all shooting dribbles (elbow needs to be in at the top of the shot)

5. contest shots
6. game shots, game spots, game speed

9 important teaching points for your drills.
1. It is a game of inches (early in the game attack feet, make them change their stance, 1 direction they have to change their stance, 1 they don't) John Stockton –attack the ankles, attack the hip – flop between ankle a hip inches
2. Pound dribble – get the ball quicker, if you aren't quick you better have quick ball. If you pound the ball it will be in your hand more, you be able more with it, if you are able do more with it you will be able to play more.
3. Play the game low to high – avoid dipping the ball.
4. It's a shoulders game- posting get your shoulders below the guy guarding you, I want my elbow into his elbow. On defense, get your shoulders below offense on ball, one on one get your shoulders below the defense.
3 things you want when you beat a player.
1. It creates 1 more dribble and the floor shrinks and allows you to power into the gap.
2. It gets your feet first ball second
Your feet give you the advantage shoulders feet give you power, your ball gives you separation and advantages

5. Feet first ball second
6. 7. Find your feet – same footwork every time you shoot the ball on every drill
7. 8. Use your eyes more EYE GAME-look at the rim, it gets your defender to lift, use your eyes more, set them up …to get defense thinking, if you see the defender look away, cut to the rim..we call it the "oh crap, cut", on post feed, post pass fakes when he has the helps defenders eyes he

8. Get ready for the next play, get ready on the catch

Drills
Pass cut catch drill – always through to the guy on right.. point at the guy across from you and cut to his spot after you passes …start the ball opposite matchups….screwed up drill is full court Pass and cut get your head up GREAT Way to get your attention early.

Left hand layup drill.
Wing, top, top – line on wing ball reversal – follow your pass and last guy sweeps into a layup

Intensity layups 4 in 15 seconds
Chair layups- 2 chairs on the chairs, a ball on each chair, a chair person and a rebounder to pass to the chair person to put the ball back o nthe chair,
Change it with the posts and back pedal to the chair and get the layup

Chairs at half court- inside defense outside chair offense –both guys go 1 with the ball.. move the defense chair in based on speed

Change the chairs to the elbows for bigs

Chairs on wings- defense and offense go around the chairs, and power slide dribble (shoulders game)

Mikan style with the chairs to teach the jump hook –ten toes to the sideline, continious jump hooks, move the chairs out continious drop steps

Chairs at the elbow- player at the top of the key, fake left, go right right, pick up the ball and shoot

Reverse elbow pickup, same drill go past the chair, touch the elbow and shoot it in the middle

2 on 2 on the block stacked both ends- 1 on 1 into 3 on 3, 12 players active at one time, zig zag and then pop out…catch post feed and basket cut
“give up position for possession”

1. It is not what you teach it is what you bring to the floor (bring enthusiasm and intensity for getting better).
2. 2. At some point- we have got fix this thing, get on the floor with your players, teach them the game, every profession has continuing education, coaches need to teach more than just letting them play, teach with a passion
3. 3. Make sure they feel what is in your heart, and they see what is your eyes and be willing to sweat with them. Your into they will be into it.

FILE 4
Gary Williams Flex Offense
55 Press – point guard gets back bc he transition defense back, zone press, fist trap, same thing on the sideline inbounds, get the inbounder to pressure the ball tight

Flex and its variations
It is an inside offense
We are trying to get to the foul line
85% of the games won in ncaa are teams that shot the most foul shots, you don’t get fouled shooting 3s

Flex offense – teach the ablity to pass and catch, problems don’t look inside or when they do they can’t tell if he is open

To teach
Show the 5 man thing and then go back and work on them in a smaller picture
Tom Davis – now at Drake

Triangle arrangement
Wing entry to post feed – we like the bounce pass, to lead the post into an area where he can score vs throwing it right to him.
Bowling pass- to post feed, and if they take it away, use it as a pass fake
1 Dribble move- up to pivot and pass down
“we have to be able to get it to our inside players”

Everyday in practice
Split the court in half and play 3 on 3 triangle to teach the players to post feed

Dribble off moves to feed the post
Loop the wing to post feed
Over play on the wing post feed and back cut the wing
Europeans-drive the top into a sagging defense

“Any times the ball gets into the post we move”
Dive-based on what the defender does, look at the defense an move to an area to make an easy pass from the post

5 on 5 1st day of practice
We work on this until we are good at it
Players need to buy into the offense, sell it, we have been in the top 10 in scoring the last 13years, who knows if it is true, We have to the best conditioned team in America. Who checks this.

Great comeback offense
You get calls better when you are behind.
Go inside
You get beat if you are down 6 with 3 minutes to go and shoot all 3s. You have to get the clock stopped.

Spacing for the flex offense 4 out around 1.
Everyone above the FT line
Flex cutter – go if your guy is jumping to the ball and see if you can make the backscreeners man show a little help
Step up, show, and cut when the ball leaves his hand.
Reverse the ball
Flex cutter if his man goes over the top of the defense, reversal should from the weakside top forward to weakside guard, allows a post up sealing the defense on the top side if defense went over the screen

On reversal across the top
Downscreen – allows a curl
Backscreen – allows the lob
And allows isoloation on the other wing with the post
Wings – just be ready to cut

On defender who jams
Get to the backscreen – get yourself and the jammer below the screen and cut over the top.

Your offense isn't any good unless the passers know what they are looking for

Throw it to the wing, so we can post feed

Third thing on the flex cutter
-flair back to the corner

You need to love to learn the game.
After several years of this you get a lot better at reading it

Practice vs switching – just go to the ball don't worry about screening just immediately go to the ball, cutter still goes but it is his man is the guy switching on the post

On a skip pass – it is the same cut
On a back to the corner to no reversal- post gets screens out and treated like a skip pass

On teams that over play
-back cut-exchange
-back cut-go opposite and dribble over and roated up from the wing
On wing catch overplay
-try to score on the drive
-try to score drive and quick for 3

Teach it
2 on 2, 3 on 3, half court

I have great center and I want to get him the ball
Use a hold on the duck in which is denied and you have seal from the skip to the wing "we call the play, HOLD"
Bc the post holds.. can be feed from opposite or guard to guard can make the pass

Forward to forward skip pass is great bc the race is won by the passer

UCLA drive- clear out the post

Screen and roll- pick and pop

You can go the year and keep adding stuff

The duckin guy can come and screen and roll with the the guard who caught reversed the ball

If we feel teams learn our call, we call what we call but change the play in the huddle

Run the flex cutter off both baselines screes for the shooter who is hot, post slips after the cutter goes.. cutter can also try to flair, or tries to curl

You can drop the point who reversed it to double stack for the cutter to come off and then after the double screen can go opposite.

After the season you question everything. You have to not to that, believe it and convince your players to do it.

Penetration
-UCLA
-Screen and roll
-Guards learn when to and when not top penetration is the best when the guards know it through experience

FILE 5
Lenard Hamilton Defensive System
9 things we hold our kids accountable
Defensive Check sheet to see it is getting done

1. Everybody should be able to get to the helpside
2. Everybody -Closeout
3. Everybody -Contain dribble
4. Everybody -contest shot
5. Everybody -fight through screens
6. Everybody -blockout
7. Everybody -cut off gaps
8. Everybody -

Find a way to hold them accountable
Find a way to make it easy to remember and understand

4 Sets of Defense drills
A B C D
3 drills in each set
9 minutes on the clock
End of 2 minutes, most end in 2 on 2
Everyday we teach a different set

Another set of 3 on 3 drills
Then break it down to be a little more specific with regard to opponents

5 Things
I represent the average. I have always been to the places where I have to help them to win. We need to defend, take good shots, and overcome the talent.

Mentally you have to sell out

1. Defend to keep them from easy baskets
2. Keep people out of the red zone (keep people out of the top of the key to the short corner)
3. Only 1 shot opportunity
4. Contest all shots
5. Create offense with your defense.

Start with building our defense from the beginning
Tweak your system to what you and opponents do.

Point guard- arrives on defense when the ball arrives, they need to be recognized by the defense
Guarding the inbounder – up on him so no free look

We don't want them to catch it vs the press and get a full head of steam and head down the court.

Drill thought – zig zag start with an inbounder

"get the kids to buy into the team defense vs individual defense"

Fireman award-? Put out fires best…defensive assist, charges, deflections

5 on 5
4 out around 1 allignment
Keep as much pressure on the ball as possible. Defend the delivery point. On the line up the line,(shrinking the gaps in our defense) give the illusion they are open, work on anticipation.

5 man shell drill (assistant coach)
If you are not guarding the ball you are 1 pass away or more than away. Shrink the gap and control the gap.
Give the illusion that there are no gaps. Ass to the ball, hand in passing lane, teach that recovery is key.
On and up the line to the basketball.
Beyond 2 steps from the 3 point line he no longer has to be on the line just up the line, protecting penetration

Third thing – the post has to be on the line up the line chin on shoulders ass to the ball fronting the post

Helpside position – apex of a triangle FT line or below, the help needs to be on the midline, wing needs to ball pressure, closeout 1 thousand 1 up with hands, we are toying with the lane line, and have heavier pressure on the ball wing, more level off position on the wing vs force baseline ball-you-basket defense.

Low post is defined as – midpost and down, ball below the FT line on the wing. Understand the position that is defined as post.

Defenders must be at the level of level of the basketball

High post is 1 pass away – on the line up the line Deny

Why front the post?

1. Keep it out of red zone
2. Give early help on penetration
3. If you are not stronger, no fighting his body to get around a seal. Go post defense start when the ball is up top.

2 guard front, 2 wings, post player
Anticipation is a learned skill.
It is easy when just the basketball moves. Move bodies and ball.

5 on 5 cutter drill
Posts can stay or flash
Stay on guard to guard, basket cut on guard to wing.
“vision is the key to quickness, you can’t move to it bc you didn’t see it.” John Wooden

Teach the team to be Ball oriented vs man oriented.

Shell drill
4 man – weakside exchange, on wing entry exchange on weakside, post fronts and people have to get to help vs the post and penetration. Toughest part of the defense.

You have to take away vision and this helps evry body get to position, no direct passes.

Great technique and great toughness.
Skinny in and out of help position to avoid the collision between defenders.

Post defense-toughness survival of the fittest, on high low the low needs to sit and fight to knock the defender back.

Usually the weakest thing a team does is pass the ball.

4 groups of drills (from above)
Each one teaches different skill, everyday have the 9 minutes of these skills, after these 1 on 1, then 3 on 3s, then 4 on 4s, then 5 on 5s. 1 skill at time.

2 on 2 Help in recover – we teach 1 skill in drill (Dick Bennett) in building.
Drill – drive the gap, back dribble 2 x’s and then on the 3rd penetrate and recover. Never help up, help over, you help with the ability to recover. 1st day it takes 6 minutes to teach and after that it is a 2 minute drill.

2 on 2 –Forward Center help and recover
Wing penetrate 2 times and back dribble out. On the third try to turn the quarter. Early help leads to early recover. Leaders in steals get help in helping situations. When you think the ball is stopped and then recovered to your man. Read the situation.

3 on 3 Cross screen, down screen
50 or 60 terms and phrases in your program to teach and call out over the course of a game. After 6 weeks everyone is speaking the same language.
In all screen situations. The man guarding the screen is responsible for stopping the basketball.

Wing entry- post fronted. Cross screen, the fronter is going stay low and absorb the cutter if he comes low. The man defending the cutter always goes over the top and moves to front.
On the downscreen they are going to skinny up and get through.

Defeding backdoor is about position

FILE 6

Tara VanderVeer Stanford Triangle Offense
Postions
Top spot-point
Trigger spot – wing FT line extended
Corner- wing in the corner
Post-ball side post
Short spot- mid post opposite

All positions are interchangeable
Pass to trigger, everyone picks a spot
Options for trigger

1. Look inside
2. Pass it inside
3. Screen away
4. Corner runs the baseline
5. Split off the post
6. Option from trigger to top or trigger to the corner

If the trigger is denied top passes to the low post cutting to the high post and high post passes to the trigger going back door

You can’t set screens too much

If top spot is denied, short spot cuts high post and top spot back cuts

Players 1 goes to 2, 2 to 3, 3 to 4, 4 to 1 can be run on both halves of the floor
1top spot
2trigger
3corner
4short spot
5post

FILE 7

Roy Williams North Carlonia Fastbreak
You are getting ahead of the guys who haven't been there.
2-19 1st year Drexel – we beat 2 times

Give you kid some enthusiasm about basketball. Brad Daugherty was in our little kids program. Make the lower levels fun. I want to work so hard that we crawl of the court, cant work everyday. Structure it to have fun balanced. Winning is the most fun. It may pay dividends later. Pilot of the plan. Kyle Ballard – I always remember the real good guys and real bad guys you figure out which one you are.

I played at August National. Coach Williams – I am drawing a blank.. He was a camper. He had great camp experience. You made it fun for me at camp. All the kids, somebody son, camp will be pretend they are you sons.

We try to have fun.
Last 30 minutes of practice, we did relay races. We 3 out of 4 at practice, we couldn't do anything. Hold on right now. We are going to be ok. We are good we are talented, it is going to be ok. Do not worry about what others think, newspaper. Really good kids do. Bad kids may not care what others think.

Tyler-after scoring 40, he spent the next day, the day off, working so hard, shooting for 2 hours. Size and work ethic send them to me.

Running
Decisions
It could be helter skelter
Kids like to play
Fans
Coaches can get unbeiveable control. What kind shot, and do we have the boards covered.

Defend
Rebound
Run
Share the ball.
We can ask our kids if you did this. If they didn't they don't play.

Run –vs the defense to get set.
Are you really going to run being so young? My feeling was we might never get a shot. So I am going to go even faster. Are you sure?

With each pass you make the defense gets a little weaker.
Run and read the defense – if 2 or fewer are back, we are going to shoot with 2 our less passes.
If there are more than 2 we are going into our secondary.
Run after made baskets.
Get a commitment. We had players who have that commitment to run.
If we don't score 90 we are going to track practice in the spring.
If you do not run I will be on you the first time and if you do not run the second time. You are not playing. Get commitment. It is not easy.

We start with outlet passes and getting the ball out of the net.
Big guys-making a good outlet 2 hands
If it goes through the pressure is on the inbounder to read the defense, he sees it easier. Opposite big guy goes as hard as possible to the top of the key and looks to see if the point guard has the ball, he is the emergency outlet and needs to come back.

Made or miss – rebound, guard ideally is back to the sideline top of the key. We switch sides with it.
When it comes out of the net RUN out of bounds.

Drill Coachs shoots, make or miss rebounder outlets.

1. No defense on the wing
2. Defend the outlet, run towards the ball if they can't get it to you.
3. Rebounder outlets, runs and comes back if the point guard can't get it.

2s and 3s are going to the the wings as fast as you can if they are on the same side the guy behind yells clear to the guy in front

We start practice
Fast break drill #1- 3 line push bounce pass, and move into outlet and through to the 3 guys in line at the other end, they change lines so they all do each spot. 30 seconds. They are in all running the middle. Passer goes to outlet on the side he passed to.

Big gets the rebund. 1 dribble means better angle to pass, 2 dribbles is a dribble bust out, get up the court.

Pitch ahead drill – Rebound it – 1 dribble pitch ahead with the post over the head of the defense. Duke Fastbreak series setup.

3 on 2 down 2 on 1 back
Start with 3 on 3 block out the 3rd O is the coach, Block out, quick outlet, Designate the the 1 that gets back, and go 2 on 1 with the defense designating a guy. Middle man is the guy that gets back.

5 on 0- primary break
Get it out and score quickly 1 trip
-make sure the point guard is back on the drill, big guys run every single time.

5-0 Secondary break More than 2 back
Post runs to the front of the rim
Carolina secondary, the post chase the ball and he must get it done.
Backscreen waits until it leaves the trailers hands, and then cuts to set it for the lob. Both bigs in, and cross screen in the post, the poster must go low side and get inside the defenders.

Tons of options off secondary.
The guy who runs to the rim gets more options.
Overplay the trailer – screens down and the wing cuts catches rips and goes to that side for a post up, staggered double on the other side.

Option
Point at the ground, balls screen and back screen for the ballscreener with the big guy.

5 on 5 rebound and outlet
Run through the primary, secondary options into free lance
5 on 5 live play
How does everybody feel?

Point guard if you cant pitch it ahead, you slash dribble to the other side to get the post more open
If there is no one infront of you, you dribble it to the corner.
Posts always need to take it inbounds

On post feeds
-basketcut
-elbow screen and dive

How do you get them to run?
We practice it

If we are working on ½ court offense we are running to the other end everytime.. made or miss we always change ends

Start at half court,
Then we go into freelance offense

Big guys route is in the middle, unless he is ahead of the 2 and 3 men wings.

They can't press us bc we get it out so quick. Best press offense get the ball out of the bounds quickly. If you are running great, they send everyone back.

FILE 8
Jay Wright Special Situations
Press Offense
¾ court press offense
Foul shots
End of game
Time and score
BOB, SLOB, Backcourt SOB

Press Offense
Anytime there is a lot of pressure on the players it is important for us to keep it simple, so they can read the situation. Do it considering we don't have timeouts bc we always can adjust if we do have timeout. It is what the players know what they are doing and each other are doing.

Keep the concept of
Spacing is offense and offense is spacing..anytime there is pressure. Teach them how to play and give them space they will learn how to be good basketball players. Bc we want them to be better players, not better cutters, screens, play runners, give them space and get out of their way.

Press offense
2 guard alignment 5 ball side ½ court goes deep, 4 and 2 exchange, give the 1 man space to get open
Keep your inbound above the first marker, or you are inviting too easy of a trap.

If the ball goes to 3 (2 is the inbounder) 1 then flashes middle

Use the whole floor, get away from each other and then come back if they need you.

5 comes back from the rim to a wing after the ball gets in, for an additional sideline reciver

Press Offense if they are guarding our 1

When they are not denying our 1
Vs ¾ court pressure
2 1 2 –great spacing

3 ways to attack
1. Pass middle and look opposite
2. Pass middle and drive it
3. Drive middle
Make basketball plays
Never want our 4 or 5 man to catch it at the end of it and look backwards.
Always advance and attack.
Drive it after a couple passes, whatever guy drives at the middle you take his spot.
Teach your players to mix it up. Do something differt within the same play.

Foul line situations
Down 1 opponent shooting the FT, no Timeouts
We have to have play if he misses as well as make.
3 second plays
2 man is off the line, top of the key at the other end 3 blocking out
1 is blocking out the shooter from the top of the keep.
They need to say to each other, foul line make or miss- they need to say it..at least every other day..
5-0 at the beginning of practice-
Scrimmages end in situation
Time and score within practice

1 pass is a sec
1 dribble is a sec
1 fake is sec
1 sec for a shot to get off
We make them count in their mind

Point sets his man up for whatever side he wants to go to for the rebound, 2 man deep takes his man to sideline, a TO in this situation is no problem, it has to work or we lose anyway, 2 is popping hard

On a make FT –more than 7 seconds
4 and 5 boxing out low, 2 and 3 next spot, 4 man runs to take it out, 5 sprints to the rim, ballside gd sprints opposite, 3 goes middle if there is trouble, 4 trailer, 3 goes to foul line extended opposite, 1 drives it hard at the basket, as the 1 cross the foul line he drops to the rim, 4 and 5 stagger for 3 pt shot (European feel).

It is more important that you make contact on screens at the end of the game, than worrying about making a moving screen foul.

Time and score we only run it in these situations
We need a play for 1- 3 seconds for each of the plays WHITE is the call

We need a play for 4-7 seconds for each of the plays BLUE is the call

Have to have play just to enter the ball to win the game plays

BLOB-Blue (4-7 seconds)
4 at opposite elbow
3 block
1 and 5 stack ft line exended 1 on top

4-3 3 sets a backscreen small on big to create some action to score on
5 pops to the wing and 1 stays ..

Add flair screen with 5 if it goes to 3

If we cant get to 3 or 4
5 comes in and screens for 1 on the wing, stagger opposite for the inbounder screen and roll with 5.

SLOB-White always line up the elbow on SLOB's 5432 four ft apart on FT line,
5 steps out for the ball and the 4 backscreens for him as he curls back, 3 man fakes low to cut to top of the key, if open catch pop out and go, if 3 doesn't get it, 2 backscreens and he steps out and catch for the drive to rim. 5 after the backscreen lob goes to the short corner.

In the corner – run the same as SLOB White `line down'- both backscreeners can step out and make the shot

Backcourt OB- need to get it in to the FT shooter play called .. best FT lines at the back of the line 4 and 5 cut opposite, 2 and 3 backscreeen for each other to get it one of them, screener is the best player

EndLine OB
2 deep press offense (same)
4 and 1 are partners
5 and 3 are partners
Know where each other is..
Same cutting
Ball screen for the dribbler and the guys down the court are down screen for each other. ..

If they face guard 1

KISS and help them to know the situation and help the players play with confidence, bite the urge to go with a cute play, and make a simple play that you have practiced

800-344-cats
Open practice.

Tim Floyd USC Playing without size.
Build belief systems
Start with rebounding –start here with you think… more possessions, more pace you need more talent
Small guys can rebound
90% of all rebounds come below the rim

3 in the paint, 3 lines around the top of the key
Everyday with a small team
3 in the paint have to get 3 rebounds consecutive to get out. A rebound needs to be a 2 hand rebound, make contact/impeade progress, and outlet it – counts as a rebound, no out of bounbs – we are not building on our practice plan unitil this is done, the group that gets it done in the least amount of numbers, sits out and they run
This is an every day thing

Every day we play 4 on 4 full court and build it around rebounding
2 baskets, +2 for and offensive rebound, 1+ for defensive rebound, -1 for a TO, -1 for foul.

Opponents may try to lure you into outside shots. That's ok.. Best player needs to shoot it the most amount of times, 2nd player most get the next amout of shots, 3rd..etc.
The ball must still go inside, throw it in or drive it in. You must drive it in.
4 Areas of easy baskets
1. put backs
2. foul shots
3. Transition
4.
Flairs, flairs with a slip, staggers, backscreen – best offense

Offensive reb with 3, basket protect with 2.

Defense
Get in stance, that is appropriate for
Shadow boxing to illustrate
I believe stay between your man and the basket or are coming out, shadow box to illustrate jumping to the ball to create space vs dribbler

5 on 5
When you are doing the shell, yes you can press, if you can rebound, and if you do press you may give up some rebounding, small guys can guard bigs but big guys cant guard smalls.
Extend shell drill to the half court line, bc of game slippage, make the helpside come over and touch the low post

5 on 5 shell long passes extended to half court –post flashes
Sprint the ball-
Exchange
Skip pas

Drill "designated screener"
Create screening, create talking

Measure guys – willingsness to run the floor, how they receive screens

Pick a defender that you are gointg ot screen for the possession..and put every guy in the drill

How many off guard rebounds does your player get? Leader had 5, if half are offensive, it still is not enough if they average 9 transition bucks a game.
2 on 5, guards are transition defense after shot, they started a ball screen, and sprinting, closest guard to the basket is taking the basket, 2nd guy is at the half court

Give your assistant a specific instruction for what to do during each drill.."you are watching for these 1 are 2 things"

4 on 5 defensive transition
Ballscreen, backscreen

90% of the game it is not what you are doing ½ court it is what you are doing in conversion/transition

FILE 3Call time outs in practice the kids need

Closer your screens are to the basket the more physical your screens can be

Spacing –correlation between ball reversal and defensive breakdown..
3 or more-at the pro level score 60% of the time (figure it out at your level)
1 pass
0 pass

Coaches have to like the players
Players have to like the coaches
Players have to like each other
Coaches have to like each other
3 out of 4 championship

Teaching spacing
3 on 3 motion inside the circle by the FT line, start with teaching terrible spacing, tough rules
Teaching the extra pass
3 on 3 spacing – on 1 pass to score, to make the point

1. Practice at rate equal to or faster than which will occur in a game
2. Understand it is process to improve, effective practice,
3. Eliminate the 2 workout killers 1. Fatigue, 2. Bordom
4. Write out workouts (22 perimeter drills, 22 post in sequence)

3 things to work on everyday
Conditioning
Dribbling
Shooting

5. 2 minutes, 2 weeks become comfortable, 2 months you can use it in a game
6. Bobby whos team are you on? Coach they are giving me the shot, shot fake and go to the corner

In your drill work
Weekend development (6 minutes a day)
Footwork and balance emphasis

Your eyes make layups
Your feet make jumpers (stepping into the shot) quickly, your feet need to remember what you are doing.
Standard court 6 boards between court
Play through contact –push them as they drive
Contesting shots
Simple contest
Foul after release- to maintain concentration
Anything goes-foul anywhere, go towards his eyes

6 keys to quality workout

1. catch shoot shots (good and bad passes)
2. catch cut shoot
3. cut catch 1 dribble shot
4. perfect form on all shooting dribbles (elbow needs to be in at the top of the shot)
5. contest shots
6. game shots, game spots, game speed

9 important teaching points for your drills.
1. It is a game of inches (early in the game attack feet, make them change their stance, 1 direction they have to change their stance, 1 they don't) John Stockton –attack the ankles, attack the hip – flop between ankle a hip inches
2. Pound dribble – get the ball quicker, if you aren't quick you better have quick ball. If you pound the ball it will be in your hand more, you be able more with it, if you are able do more with it you will be able to play more.
3. Play the game low to high – avoid dipping the ball.
4. It's a shoulders game- posting get your shoulders below the guy guarding you, I want my elbow into his elbow. On defense, get your shoulders below offense on ball, one on one get your shoulders below the defense.
3 things you want when you beat a player.
1. It creates 1 more dribble and the floor shrinks and allows you to power into the gap.
2. It gets your feet first ball second
Your feet give you the advanatage shoulders feet give you power, your ball gives you separation and advantages

7. Feet first ball second
8. 7. Find your feet – same footwork everytime you shoot the ball on every drill
9. 8. Use your eyes more EYE GAME-look at the rim, it gets your defender to lift, use your eyes more, set them up …to get defense thinking, if you see the defender look away, cut to the rim..we call it the "oh crap, cut", on post feed, post pass fakes when he has the helps defenders eyes he

10. Get ready for the next play, get ready on the catch

Drills
Pass cut catch drill – always through to the guy on right.. point at the guy across from you and cut to his spot after you passes …start the ball opposite matchups….screwed up drill is full court Pass and cut get your head up GREAT Way to get your attention early.

Left hand layup drill.
Wing, top, top – line on wing ball reversal – follow your pass and last guy sweeps into a layup

Intensity layups 4 in 15 seconds
Chair layups- 2 chairs on the chairs, a ball on each chair, a chair person and a rebounder to pass to the chair person to put the ball back o nthe chair,
Change it with the posts and back pedal to the chair and get the layup

Chairs at half court- inside defense outside chair offense –both guys go 1 with the ball.. move the defense chair in based on speed

Change the chairs to the elbows for bigs

Chairs on wings- defense and offense go around the chairs, and power slide dribble (shoulders game)

Mikan style with the chairs to teach the jump hook –ten toes to the sideline, continious jump hooks, move the chairs out continious drop steps

Chairs at the elbow- player at the top of the key, fake left, go right right, pick up the ball and shoot

Reverse elbow pickup, same drill go past the chair, touch the elbow and shoot it in the middle

2 on 2 on the block stacked both ends- 1 on 1 into 3 on 3, 12 players active at one time, zig zag and then pop out…catch post feed and basket cut
"give up position for possession"

1. It is not what you teach it is what you bring to the floor (bring enthusiasm and intensity for getting better).
2. 2. At some point- we have got fix this thing, get on the floor with your players, teach them the game, every profession has continuing education, coaches need to teach more than just letting them play, teach with a passion
3. 3. Make sure they feel what is in your heart, and they see what is your eyes and be willing to sweat with them. Your into they will be into it.
4.

The Definite Dozen

The Definite Dozen is Coach Pat Head Summitt's blueprint for success. These principles have provided the foundation for Summitt in managing the University of Tennessee Women's Basketball program and her daily life. These 12 lessons were passed down to Summitt by her parents, Richard and Hazel Head, while she was growing up on a dairy farm in Henrietta, Tennessee.

1. Respect Yourself and Others
2. Take Full Responsibility
3. Develop and Demonstrate Loyalty
4. Learn to Be a Great Communicator
5. Discipline Yourself So No One Else Has To
6. Make Hard Work Your Passion
7. Don't Just Work Hard, Work Smart
8. Put the Team Before Yourself
9. Make Winning an Attitude
10. Be a Competitor
11. Change Is a Must
12. Handle Success Like You Handle Failure

TENNESSEE BASKETBALL

2006 COACHES CLINIC

"Lady Vols Individual Workouts"

Drill

Same Side Passing

A. Full Court 3 Player Passing
B. Lay-up/ Bank Shot/ Middle Drive

Transition Drills

2 Man

A. Hit the Fly (add cones)
B. Outside Lanes

3 Man

A. Outlet/Middle/Opposite
B. Outside Lanes/ Skip
C. Slice
D. Half Slice

3 player 2 Ball Shooting

A. Player 1 passes to player 2 for a shot. Player 2 follows her shot.
B. Player 3 passes to player 1 for a shot. Player 1 follows her shot.
C. Player 2 rebounds and passes to player 3, player 3 follows shot.
D. This drill is a continuous drill that is often done for time and or made baskets.
E. Within this drill you can incorporate Shots off the dribble.

Bungle Drill

A. 3 teams of 3 players
B. Continuous 3 on 2 drill until the ball crosses ½ court.
C. When the ball crosses ½ ct a third defender sprints to the middle of the court, touches the middle circle then recovers into the play.
D. On all made baskets the ball is taken out of bounds.
E. Each team keeps score: 2's count as 2 points, 3's as 3 points, fouls result in a deduction of a point from the team committing the foul.

Defending Ball Screens

A. Trap
B. Numbers
C. Switch
D. Velcro

Circle Close-Out

A. 3 defensive players start in the paint. 3 offensive players start outside the arc. One player at the point and one at each wing.
B. Players move in a circle in the paint until ball is passed into play from a coach.
C. On the pass, the drill becomes live 3 on 3 with an emphasis on Closing Out, Denial and Help-Side Defense.
D. On the shot, each player boxes out. Once the ball is rebounded, then they go 3 on 2 on the other end of the court.

Persistence Drill (See Handout)

Position Shooting

Two Line Shooting

A. Everyone in line has a ball except one player in the front of the line A.
B. The 1st player in line B will throw to line A, then A shoots.
C. The next person in line A will pass to line B, etc.
D. Follow shot & finish, then change lines.

Toss Back Shooting

A. The toss back can be placed in a variety of different spots on the floor depending on where you want your shots to come from.
B. Have players work on passing and cutting to the basketball.
C. Work on Catch and Shoot, Swing Thru, Shot Fakes and Jab steps.

Tennessee Transition

A. Start this drill with a rebound/outlet or RAPS.
B. Sprint floor and Seal
C. Sprint floor with Seal, Catch Turn and Pivot (on inside foot)
D. Sprint floor with Seal, Catch Turn, Pivot and Score
E. Add Follow, Finish and Defender

Eastern Lay-ups

Repetitive Scoring

"DEFENSIVE PERSISTENCE DRILL"

Objective: Play a perfect possession or series of possessions of defense until clock expires. A perfect defensive possession consists of creating a turnover or securing a defensive rebound.

Scoring System:

Offense - On a made FG or drawing a foul, a new offensive team enters and clock is reset.

Defense - Defensive team stays in until clock expires and they have achieved a clean stop or series of stops.

Additional Items:

1. Start by setting clock at 35 seconds. Eventually move to 45 seconds and then to 1 minute.

2. Clock starts every time ball is put into play and stops if and when the defense achieves a clean stop. Whatever time is left on the clock is played on the next possession.

3. If offense scores, gets fouled, or secures an offensive rebound, clock is reset. The same defensive team stays in until they get the clock to 0:00. New offensive team comes in on each new possession.

4. All fouls are treated as a made FG. Offensive rebounds are also a "win" for the offense and the clock is reset.

5. With under 10 seconds remaining on clock, you can play out the last possession or work on situations.

TENNESSEE Lady Vols

TENNESSEE LADY VOLS SKILL DEVELOPMENT PROGRAM

POST PLAYER WORKOUT

BALLHANDLING (5-6 minutes)

1. Ball slaps
2. Circles (head, waist, knees, ankles, entire body)
3. Figure 8 (w/ and w/o dribble)
4. Spider dribble
5. Flip/Flop (hand quickness)

QUICKNESS & EXPLOSION (5-6 minutes)

1. Line drills (foot quickness)
2. Rope jumping (vary footwork & speed)
3. Explosion jumps
    a. drop step and slap backboard (2 hands)
    b. drop step, slap backboard with 5 quick, repetitive jumps (2 hands)
    c. same as a and b, using weighted ball (score)
4. Tips, taps & raps

FOOTWORK & FINISHING (4-5 minutes)

1. Mikan drill
    a. make 20 in a row
    b. transition on last make (touch cone, finish w/ layup)
2. Mikan hops
    a. make 20 in a row
    b. transition on last make (touch cone, finish w/ layup)

EXPLOSION LAYUPS (7-8 minutes: use time of :30/:45 or 10/12 makes)

1. X layups
2. X crossover layups
3. Eastern layups
    a. w/ workout partner or alone
    b. vary spots on the floor
4. 2 Ball pick-ups
    a. block to block (facing backboard: power move; add shot fake)
    b. block to block (facing high sideline: jump hooks)
    c. block to block (facing corner: step, dribble, hop)
5. 2 Ball pick-ups from elbows
6. 5 Spot layup drill
    a. power slides from corner spots
    b. reverse layups from corner spots

SHOOTING (25-30 minutes)

1. Shooting warm-up drill
2. Tip-toe jumpshots
    a. make 5 in a row
    b. vary spots
3. Spot shooting (always have a goal: make 15, make 20; make 5 in a row, etc.)
    a. elbows
    b. bank shots
    c. short corners
    d. additional spots
4. Groove spots (7 spots in 5 minutes/8 spots in 6 minutes)
5. 2 Player shooting/3 Player shooting
    a. 1 shooter
    b. alternate shooters
6. Hawks shooting drill (stationary and moving)
7. Sideline touch shooting (can add offensive moves)
8. Tossback shooting (can add offensive moves)
9. Celtics shooting drill
10. Celtics post drill
11. Competitive shooting drills
    a. make 5 in a row, putbacks count (ball can't touch floor)
    b. make 10, can't miss 2 in a row
    c. "Beat the Pro"

SCORING & OFFENSIVE MOVES (20-25 minutes)

1. Drop step & score (start in front of rim; start just to side of rim)
    a. turn & score
    b. add shot fake
    c. go both sides of rim (use L & R hands)
2. Low/Mid post scoring moves (from L & R sides, use both hands; use self-pass)
    a. drop step & score
    b. jump hook/jump shot to middle
    c. up & under
    d. crab dribble
    e. fake middle, pivot & shoot bank shot
3. Sikma move
    a. pivot & shoot
    b. pivot, fake & drive
    c. crab move
4. 10 Across
    a. power move (w/o and w/ shot fake)
    b. one foot finish
    c. triple threat into power slide

Perimeter Shooting Drills:
GAME TEMPO

Warm Up Series

- Triangle Drill — 21

Transition Series – both sides, left and right

- Lay ups — 4
- Bank Shot — 4
- Middle Drive — 4

Mid Range Series

- Off Pass
  - 60 Second Perimeter Drill (15) — (vary based on your makes)
  - 7 Spot Drill — 49
  - Continuous Drill — 18
  - Beat the Ghost — 21
  - Pin Down Drill (pocket, curl, flare) — 60
- Off Dribble
  - 5 Spot Drill (pull up/step back) — 50
  - Ball Screen Drill — 30
  - Philly (pull up/step back) — 20
  - Triangle Shooting Drill — 20

33 Point Shooting Drill — 30

Flare Series (make 3 at ea. spot both left and right) — 18

- 3
- Rip to jumper
- Rip to step back

3 Pointers

- Transition (3 spots, 5 makes) — 15
- 5 Spot Drill — 25
- Beat the Ghost — 21
- 90 Seconds Perimeter Drill (15) — (vary based on your makes)
- 2 Minute Drill (25) — (vary based on your makes)
- M Shooting Drill (6) — (vary based on your makes)

Motion Series (make 3 at ea. spot both left and right) — 24

- Pocket
- Pocket 3
- Flare
- Curl (emphasis on post move)

Free Throws — 50

Shooting Drills:

Warm Up Series – Make 7 in a row in order to move to next spot, start at low block, middle, low block.

MID RANGE

60 Sec. Perimeter Drill – Start in corner with 60 sec. on clock. Make 3 shots from that spot to rotate to next spot. Next spots are elbow, free throw, elbow and corner.
Purpose: Develop speed shooting from different spots.

7 Spot Drill: - Start in corner and make 5 shots, then move back to 3 pt. line and make2. Continue same drill from the 7 spots on the floor.
Purpose: Develop shooting with precision, to build confidence and stamina.

Continuous Drill – Start on the baseline - spot #1 and move to wing – spot #2, go back and forth till you've made 6. Advance back and forth from elbow to elbow, which are spots #3 and #4 and make 6, advance to other wing and baseline, spots#5 and #6.
Purpose: Develop shooting with precision and stamina.

Beat the Ghost – You must make 21 shots before you miss seven. You cannot shoot from the same spot. If you lose, continue till you have made 21 shots. Each make counts as 1 point for you and each miss counts as 3 points for the ghost.
Purpose: Develop competition within yourself.

Pin Down Drill – Start on low block and come off of down screen from wing which is screen #1. Make 5 shots pocket, make 5 shots curl, and make 5 shots flare. Then start on wing and come off screen set at elbow which is screen #2. Make 5 pocket, 5 curl, and 5 flare. Same shots on other side.
Purpose: Develop change of speed and using screens.

OFF THE DRIBBLE

5 Spot Drill – Start in corner and make 5 from each spot with a pull up jumper and step back move. Next spot wing, top of key, opposite wing, and opposite corner.
Purpose: Develop going by the defender and having a counter attack.

Ball Screen Drill – Start on wing, which is spot #1 and attack middle then baseline. Make 5 going both ways. Same at top of key - spot #2 and other wing – spot #3.
Purpose: Develop ball handling and using screens.

Philly Drill – Start in the chute, which is spot #1 and attack with pull up (make 5) then shoot a step back (make 5). Same in other chute – spot #2.
Purpose: Develop ball handling and shooting off the dribble.

Triangle Shooting Drill – Start underneath basket and dribble out to left wing. Turn crossover back inside and shoot. Make 10 then go to right wing.
Purpose: Develop ball handling and precision.

90 Sec. Perimeter Drill – Shooting all 3's. Start in corner with 90 sec. on clock. Make 3 shots from that spot to rotate to next spot. Next spots are sweet spot, top of key, other sweet spot, and other corner.
Purpose: Develop speed shooting from different spots.

2 Minute Drill – Shooting all 3's. Start in corner with 2 minutes on clock. Make 5 shots from that spot to rotate to next spot. Nest spots are wing, top of key, other wing, and other corner.
Purpose: Develop speed shooting from different spots.

33 Point Shooting Drill - Start in the corner. Shoot a 3 pt. shot off a spin back toss, follow and rebound the ball and sprint back and touch the 3 point line where shot was just taken from and pivot toward basket, take 1 hard dribble covering as much space as possible and shot jump shot off the dribble. Follow shot and rebound. Sprint back to the original 3 pt. spot, pivot and shoot a driving lay-up on side you are facing.
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3 POINTERS

5 Spot Drill – Start in corner and make 5 three pointers from each spot. Next spot wing, top of key, opposite wing, and opposite corner.
Purpose: Develop range and precision.

90 Sec. Perimeter Drill – Start in corner with 90 sec. on clock. Make 3 three pointers before moving to next spot, start in corner, wing, top of key, opposite wing, and opposite corner.
Purpose: Develop speed shooting from different spots.

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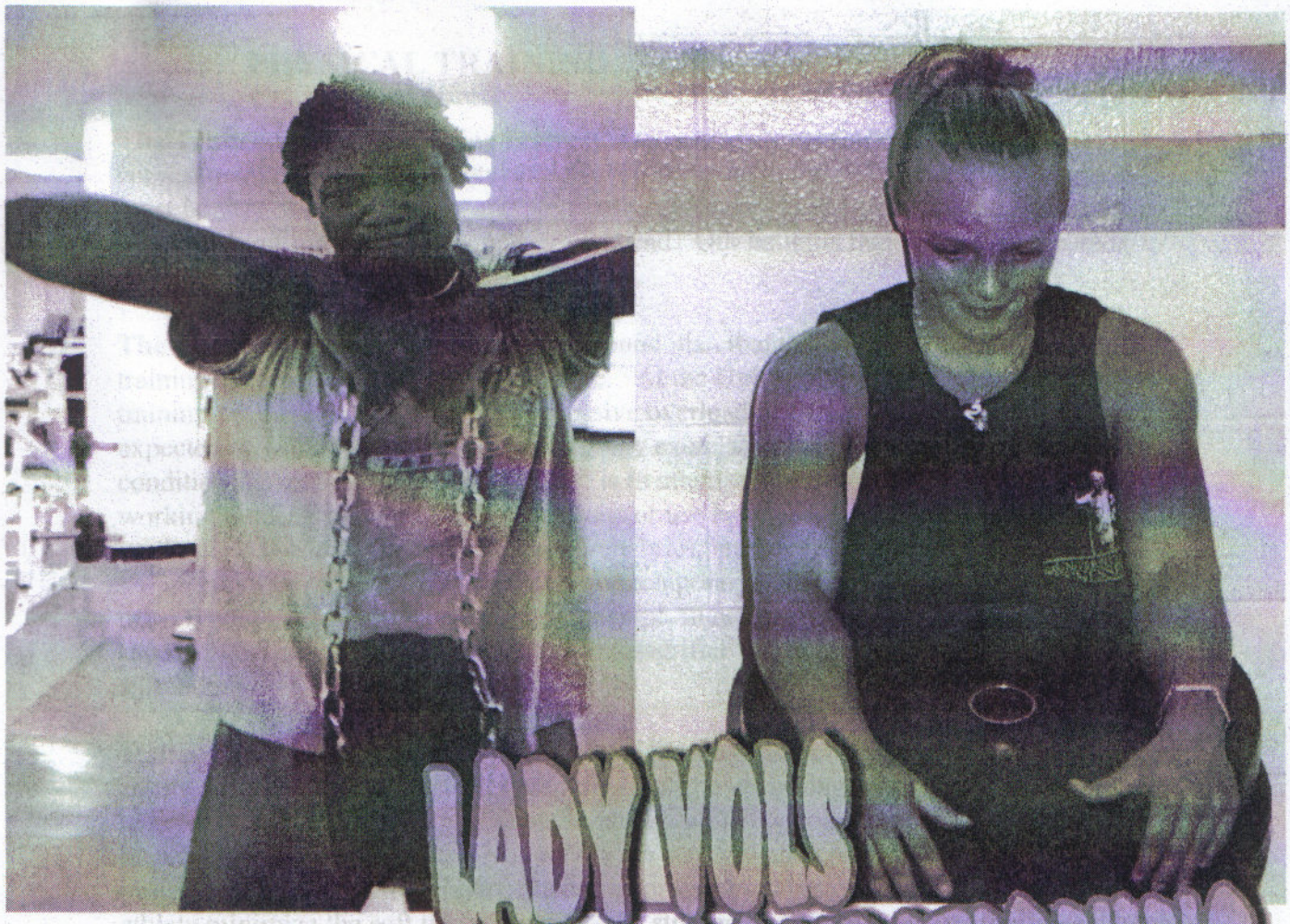
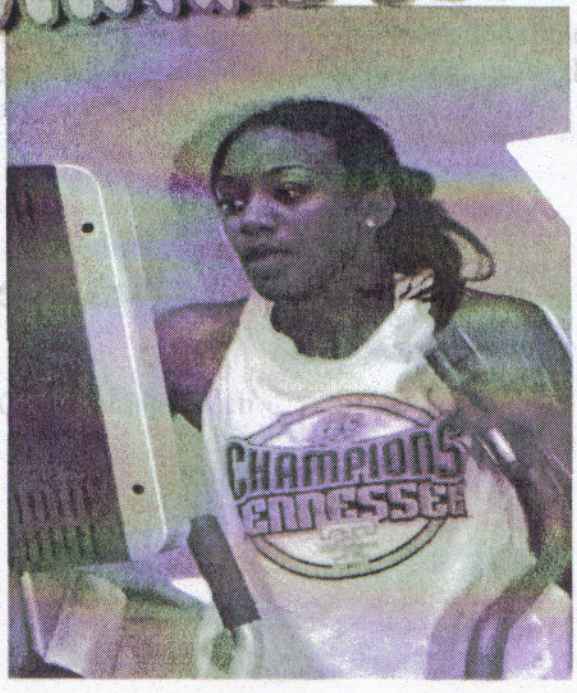
M Drill – Start at half court corner and sprint to wing and shoot a 3 pointer on the pass. From the wing, sprint to middle of half court, touch and sprint to top of key for a 3 pointer. From the top of key, sprint to other corner at half court, touch and sprint to wing for a 3 pointer. Make a M in this shooting drill. Repeat each spot going the opposite direction.
Purpose: Develop range and stamina.



LADY VOLS STRENGTH AND CONDITIONING



Lady Volunteers

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PHYSICAL TRAINING "THE TENNESSEE WAY"

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Training the mind and body for the rigors of the season can be physically and emotionally draining. Physically preparing, for the upcoming season, will allow the basketball athlete to participate at and sustain a high level of competitiveness, as well as increase one's work capacity. Not only is the strength and conditioning program designed for performance enhancement, the program makes every effort to help the athlete minimize the soft tissue injuries. The stronger the muscles are surrounding a joint, the stronger the joint integrity will be. Thus, the muscles will withstand the trauma of the constant pounding through the duration of the season and will act as the shock absorbers of the body. Proper strength training will provide the Volunteer with both a physical and mental edge over the opponent.

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Heather L. Mason

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Head Strength and Conditioning Coach

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1. Muscular Strength
2. Power
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4. Anaerobic Fitness
5. Flexibility
6. Agility Training
7. Speed Training
8. Nutrition
9. Rest

Shooting Drills:

Warm Up Series – Make 7 in a row in order to move to next spot, start at low block, middle, low block.

MID RANGE

60 Sec. Perimeter Drill – Start in corner with 60 sec. on clock. Make 3 shots from that spot to rotate to next spot. Next spots are elbow, free throw, elbow and corner.
Purpose: Develop speed shooting from different spots.

7 Spot Drill: - Start in corner and make 5 shots, then move back to 3 pt. line and make2. Continue same drill from the 7 spots on the floor.
Purpose: Develop shooting with precision, to build confidence and stamina.

Continuous Drill – Start on the baseline - spot #1 and move to wing – spot #2, go back and forth till you've made 6. Advance back and forth from elbow to elbow, which are spots #3 and #4 and make 6, advance to other wing and baseline, spots#5 and #6.
Purpose: Develop shooting with precision and stamina.

Beat the Ghost – You must make 21 shots before you miss seven. You cannot shoot from the same spot. If you lose, continue till you have made 21 shots. Each make counts as 1 point for you and each miss counts as 3 points for the ghost.
Purpose: Develop competition within yourself.

Pin Down Drill – Start on low block and come off of down screen from wing which is screen #1. Make 5 shots pocket, make 5 shots curl, and make 5 shots flare. Then start on wing and come off screen set at elbow which is screen #2. Make 5 pocket, 5 curl, and 5 flare. Same shots on other side.
Purpose: Develop change of speed and using screens.

OFF THE DRIBBLE

5 Spot Drill – Start in corner and make 5 from each spot with a pull up jumper and step back move. Next spot wing, top of key, opposite wing, and opposite corner.
Purpose: Develop going by the defender and having a counter attack.

Ball Screen Drill – Start on wing, which is spot #1 and attack middle then baseline. Make 5 going both ways. Same at top of key - spot #2 and other wing – spot #3.
Purpose: Develop ball handling and using screens.

Philly Drill – Start in the chute, which is spot #1 and attack with pull up (make 5) then shoot a step back (make 5). Same in other chute – spot #2.
Purpose: Develop ball handling and shooting off the dribble.

Triangle Shooting Drill – Start underneath basket and dribble out to left wing. Turn crossover back inside and shoot. Make 10 then go to right wing.
Purpose: Develop ball handling and precision.

90 Sec. Perimeter Drill – Shooting all 3's. Start in corner with 90 sec. on clock. Make 3 shots from that spot to rotate to next spot. Next spots are sweet spot, top of key, other sweet spot, and other corner.
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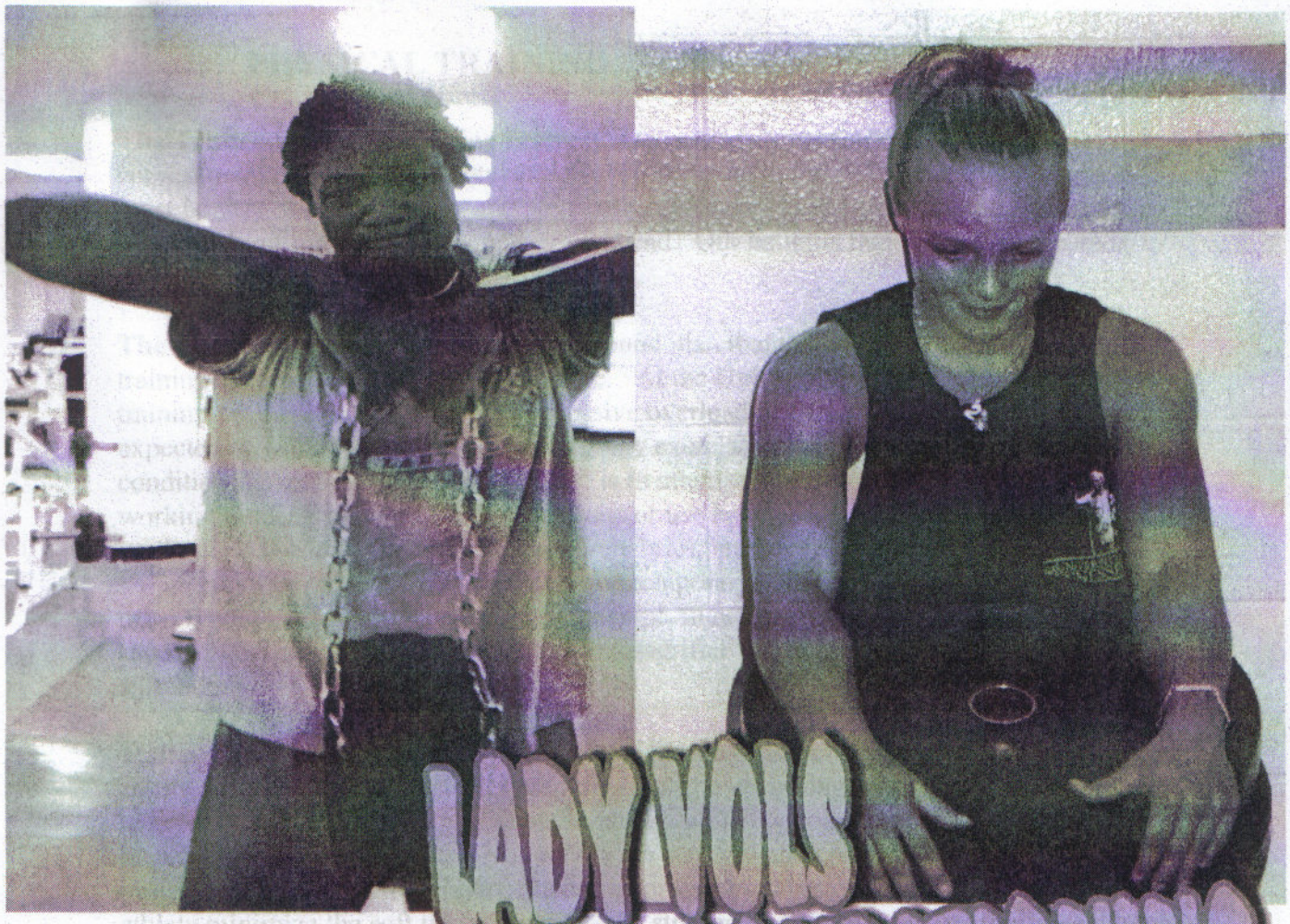

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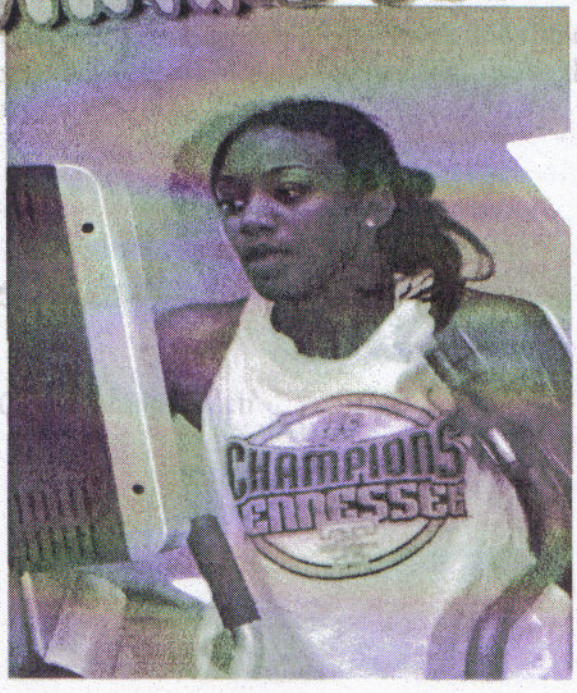

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WARM-UP & FLEXIBILITY

Prior to every training session, whether a strength and conditioning session or practice / game, a complete warm-up and flexibility session is a necessity. A proper warm-up will:

- *Increase the body temperature prior to training*
- *Prepare the major joints for strenuous activity through all ranges of motion*
- *Increase flexibility of specific joints for increased range of motion*
- *Mentally prepare an athlete for training*

General Warm-Up

One of the following activities should precede the flexibility session:

Light Jog - 5-10 minutes of continuous jogging at a moderate pace

Jump Rope - 5-7 minutes of continuous jumping or interval program (see Agility/Footwork Section for specific jump rope programs)

Bike/Stairmaster/Cross Trainer - 5-10 minutes at a moderate intensity and pace

Flexibility

Analyzing athletic development, flexibility is an important variable that can aid in the improvement of speed, power, agility, and strength. As the athlete performs strenuous activities, an increase of flexibility (range of possible movement in a joint and its surrounding muscles) will assist in the efficiency of the muscles, ligaments, and tendons during these activities. Having a greater efficiency and improved joint integrity will help increase the athlete's potential for strength / power development, speed / foot quickness, and agility / sport-specific movements.

Flexibility is a key component in the prevention of injuries. By increasing the range of motion about the joint, the joint integrity is improved. Adequate warm-up and stretching will elevate the athlete's heart rate and therefore, increases volume of blood flow. Thus, the possibility of muscle tears, ligament strains, and connective tissue injuries will be reduced.

In order to maximize these benefits-increase muscle and ligament efficiency and prevent soft tissue injuries-the flexibility program must affect every major joint structure. Thus, all athletes should perform a static or dynamic stretching program before any training session. In addition to static and dynamic stretching programs, proper strength training may increase flexibility. Current research demonstrates that strength training through a full and safe range of motion can lead to increases in joint flexibility and integrity.

Points of Emphasis for Static Stretching:

1. Always perform a general warm-up prior to stretching.
2. Be relaxed while stretching.
3. Begin all stretches slowly; ease into position, hold, ease out of stretch.
4. Hold all stretches for 10-15 seconds.
5. Do not bounce. Extreme ballistic movement could cause injury by not allowing the active muscle group to relax.
6. If athlete overstretches a muscle group, joint pain will arise.
7. Always stretch before and after workouts. Post-exercise stretching will minimize soreness and accelerate recovery.

Dynamic Warm-up

Upper Body Warm-up

1. **Shoulder Rolls**- Arms are straight, out to the side, parallel with the ground. The motion is circular and full range of motion.
   10 Repetitions forward and 10 repetitions backwards.

2. **Bear Crawl (Forward)**- Hands and feet are on the floor. Keep the buttocks above the shoulders. Walk with hands and feet. 2 x 20 yards.

3. **Bear Crawl (Backward)**- Same principles as #2 but backward. 2 x 20 yards.

4. **Bear Crawl (Side)**- Same principles as #2. Hands do not cross when moving laterally. Left and Right 2 x 20 yds.

Shoulder Flexibility Routine (Static Stretches)

Lower Body Warm-up

1. **Shuffle**- Body position: Forehead over knees, knees over toes, bent knees, buttocks down, on balls of the feet. Movement: Feet never come together, short steps. Body should be balanced and not galloping.

2. **Shuffle / Squat**- Shuffle three times then sit and squat. Hold the squatting position, for 5 seconds, and then proceed to shuffle three more repetitions. Continue for 20 yards. Repeat shuffling 20 yards in the opposite direction.

3. **Carioca**- Body position: Forehead over knees, knees over toes, bent knees, buttocks down, on balls of the feet, shoulders and hips square. Movement: Keep head up and shoulders square, punch left foot across body and cross over, bring right foot up beside left foot. Next bring the left foot behind the right…repeat for 20 yards. Repeat facing same direction, but right foot will lead.

4. **Forward Shuffle / Lunge**- Forward shuffle three steps with the right leg then lunge. The front knee should not be bent over the toe when sitting in the lunge position. Do not bend at the waist. Chest should be out; back should be flat; eyes focused forward. Hold lunge position for 5 seconds, then stand and proceed to shuffle 3 steps with the left leg. Continue for 20 yards. Repeat shuffle / lunge for 20 yards in opposite direction.

5. **Brazilian Dance**- Forward shuffle 3 times with the right leg leading, then drive left knee up into body and circle out. Alternate legs having left leg lead forward shuffle and right leg will circle out. Continue for 20 yards. Repeat 20 yards.

6. **Lateral Shuffle / Sprint**- shuffle laterally 5 steps and sprint. Make sure the athlete drives off the power leg (the leg that is leading), not off back foot.

7. **Backpedal / Sprint**- Backpedal 5 yards (forehead over knees, knees over toes, arms fixed at 90 degrees, rotating at the shoulder), plant with right leg, turn and sprint. Make sure athlete rotates with the hips 180 degrees and no extra steps are taken.

Lower Body Flexibility Routine (Static Stretches)

Strength Training "The Tennessee Way"

Guidelines

Warm-up Every strength training workout should be proceeded by a warm-up and stretching session (see warm-up section of this manual). The warm-up should take a minimum of 5 minutes and the athlete should break a sweat. Follow the full stretching program given in this manual.

Frequency/ Duration- Post season 3 x week, off season 3x week, pre season 3 x week, in season 2 x week on non-consecutive days. The second strength training workout should be at least 48 hours pre competition. Workout length during the off season should not exceed 1 hour, inseason training may only last 30 minutes. Each major body part should be trained 2-3 x week on non consecutive days, 8-12 exercises per day, 1-3 work sets per exercise, 10-20 total work sets per workout.

Full range exercise- Every rep of every exercise should be performed through a full range of motion (all the way up, all the way down). This will strengthen the whole length of the muscle as well as adding functional flexibility.

Use strict exercise form on all exercises- Make the muscles do the work. Eliminate all bouncing, arching and throwing the weight. If you have to cheat to perform a rep then the weight is momentarily too heavy. do not count cheated reps.

Emphasize the lowering of the weight- It should take you twice as long to lower a weight as it did to raise it. The same muscle that lifts a weight also lowers it. You can lower approximately 40% more than you can raise so do not waste this part of the exercise.

Record all workouts- in order for you to get stronger you must attempt to do more repetitions with a given weight or increase the weight. This must be done on a regular basis for you to achieve results. Recording workouts allows you to challenge yourself and keep progress of your gains, otherwise your training will be haphazard and unproductive.

How many reps? Any repetition range from 2-20 will work well as long as you are consistent in your form and effort. Avoid changing rep ranges too frequently, as this will not allow your body to adapt to a specific stimulus. On the other hand a change in reps may be all you need to break out of a strength plateau.

How much weight? As much weight as possible. The weight used should be heavy enough to make the set very hard but not too heavy where you are unable to reach the goal number without assistance or cheating on a rep.

How many sets? The number of work sets can vary from 1-6. This does not include warm-up sets. We use a wide variety of sets and reps to achieve variety and different adaptations. The key ingredient in each is perfect form and intensity.

How much time between sets and exercises? Rest 1:00-2:00 minutes between sets of the same exercise. Rest between exercises should be minimal but allow enough time to mentally prepare for a maximum effort. Do not waste time chatting or socializing during a workout. This reduces intensity and negates the conditioning effect.

How many workouts per week? Superior results can be obtained from strength training every other day. You may split your workouts into lower and upper body but no more than 4 strength training sessions per week are necessary. Train each part of the body 2 x week. Remember that strength training is only one part of developing the total athlete.

What exercises and in what order should they perform? Perform exercises for the entire body, done in a balanced fashion. An exercise where you "push" should be complimented with one where you"pull". In general, you should exercise larger muscle groups before small ones. Perform exercises for the hips, thighs, back, chest and shoulders before working the calves, arms, forearms and grip.

ANAEROBIC TRAINING

Examples:

800's: Run two times around a quarter mile track.

400's: Run once around a quarter mile track.

200's: Run around half of a quarter mile track.

Suicide Run: Start at the baseline-sprint to the near foul line- touch, turn, and sprint back to baseline- sprint to half-court-touch, turn, and sprint back to baseline-sprint to the far foul line- touch, turn, and sprint back to baseline-sprint to full court-touch, turn, and sprint back to baseline. Finish in 30 seconds or less with 90 seconds rest between repetitions.

30 Second Suicide: Starting on one baseline, sprint to the opposite baseline, touch the line with your foot, turn and sprint back to the starting baseline. Continue the drill for the prescribed amount of time. Try to cross the entire length of the court 6 times in 30 seconds with 90 seconds rest between repetitions.

17 in 60 Seconds: Start at the width of the court- sprint across the court- touch sideline- turn and sprint back to the starting baseline. Continue the drill for the prescribed amount of time. Try to cross the entire length of the court 6 times in 30 seconds with 90 seconds rest between repetitions.

22's: Start at baseline- sprint to opposite baseline- touch, turn, and sprint back to start- touch, turn, and sprint to opposite baseline- touch, turn and sprint back to start. Four lengths of the court = (1) 22 sprint. Finish in 22 seconds or less.

BASKETBALL AGILITY

Agility is the ability of the body to change direction quickly and under control moving from one point to another. Significant improvements in agility activities will have a direct effect on your game. Basketball involves many different components of fitness. Short bursts of running, jumping, shifting, and rotating are all part of the game.

These specific agilities were designed to help put the athlete in the best position to react and make a play. All drills are to be done in an athletic position, (knees bent, back flat, low center of gravity, balls of feet). This position will close the gap between you and your opponent.

BASKETBALL CONDITIONING

The conditioning program is designed to meet the specific needs of a basketball player. The game of basketball is mainly an anaerobic sport, (i.e. the duration of activity lasts from 3 to 60 seconds). The aerobic system is just as important though, as the condition of this system is crucial to the overall physical condition of the athlete. The anaerobic system is dependent of the aerobic system so it is very important to build a good aerobic base before interval or anaerobic training begins. The off-season will involve mainly an aerobic program to:

1. Increase the oxygen storing component of the muscle.
2. Decrease body fat percentage.
3. Increase ATP-PC stores in the muscle, (the primary energy for basketball).
4. Help in the recovery of the anaerobic system.

The main philosophy of the pre-season conditioning program is interval training; high intensity running followed by short rest periods. Distances covered will be 800 yards tapering toward 30 yards, (the length of a basketball court). Interval training is done 2-3 times per week. Also during the pre-season, we use "on court" functional agility drills to help develop the athletes' quickness, jumping ability, movement skills, and body awareness. These drills will also prepare the athletes' hips, knees, ankles, and low back for the rigors of practice.

AEROBIC CONTINUOUS TRAINING

Examples:
Timed Runs: (12,15,18,20+ minutes) Run for the required time and record your distance.

Stairclimber: 20-60 minutes of continuous training at 70-85% of your max heart rate.
Finding your HR max:

220-age=HR max

HR max multiplied by .70 and .85 will give your training range.

Stationary Bike: 20-60 minutes of continuous training at 70-85% of your max heart rate.



Strength and Conditioning Manual

ORDER FORM

Name_____

Address_____

City, State, Zip Code_____

Phone_____

Email_____

Amount: $20.00
Checks Payable to : Heather Mason
Or
Cash (accepted if order form is dropped off in Stokely Weight Room)

Mail Order Form to:
Heather Mason
Head Strength and Conditioning Coach
Women's Athletics
University of Tennessee
117 Stokely Athletics Center
Knoxville, TN 37996

Drop off Order Form:
163 Stokely Athletic Center (Weight Room)

PAT KNIGHT: MOTION OFFENSE

- can with w/ both talented and less talented players -
- 3 KEYS -
  1 passing
  2 cutting
  3 screening

- 5 POINTS -
  1 Shot selection - try not to take too many jumpers -
  2 handle ball w/out making mistakes
  3 movement w/out ball (read your man)
  4 spacing 15-18ft (4 out in or 5 out)
  5 screening - 3 main screens & downscreens

- scrimmage every 3 days - gives them 2 game films to watch a week! (full games or 3½s) (coaches shut up and film)

- "defense read the ball" "offense read your man"
- 2 to 3 hand steps in practice on "V-cut"

SCREENS

- downscreens set on wing only (have 2 options from wing)
- flare screens
- backscreens from the block -
- added the ball screen (random) -

- after you pass the ball -
cut, fill, or replace, screen somebody

- like to keep ball at top of key -

- ball not on baseline unless shot -

- 2 count -
post, hold the ball

- RUN "REGULAR" - w/ guy in post (off transition) → misses

- RUN "HIGH" -
everything above FT line → off timeouts / makes

- HOW TEACH -

- boring and monotonous to teach // hgve to break it down
- 2-0 → all the way thru
work all screens (2-0 2 balls both shoot)
don't teach fundamentals of screening - "go nail him"
work both sides
- 2-1 defender or cutter - run time & score situations - competitions
- 2-2 - live, make it take it - all on same side
- 3-3 on side
- 4-4 - ½ court and full -
- 5-5 - "no dribble" // also full - passing rules -

* all teaching is pre-season *

Conditions in 5on5

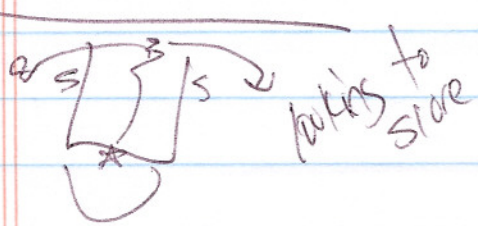
- "only the screeners can shoot"
  ↳ always most open

- "only certain players can shoot" keep them from watching best player (Phil/Sik)

- ENTRIES INTO MOTION -

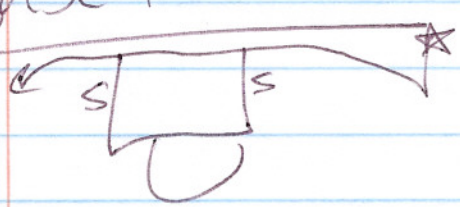
- "easiest team to prepare but hardest to guard"
- just to change up pace w/ other teams

- Run to T - formation quick into Motion



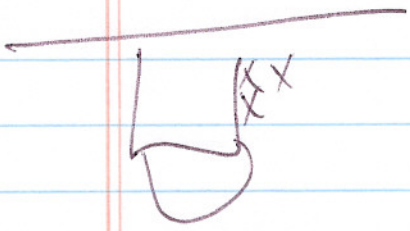
(B)

- Baseline - formation quick into Motion



(B)

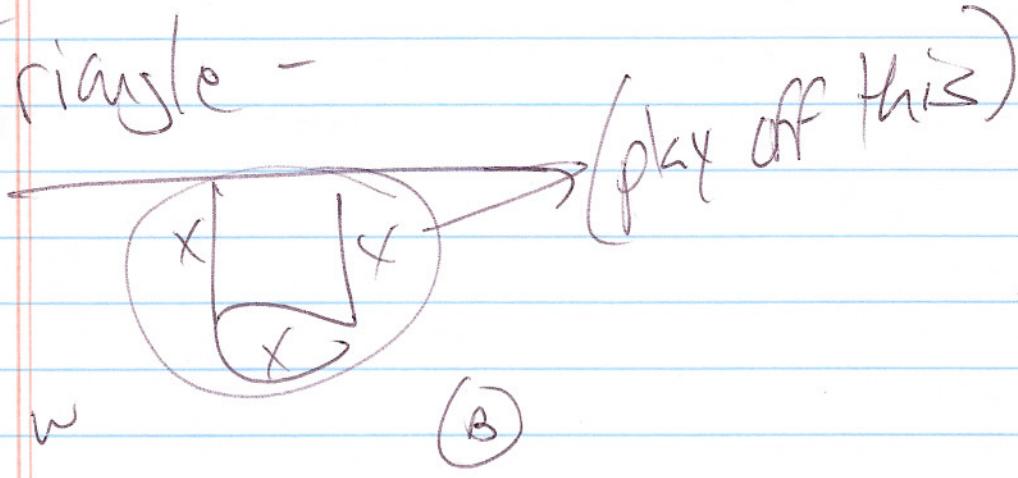
- Stack - double or triple
and read - play off it



W (B)

- play 3 on 3 out of "formations" -
w/ coach handling the ball

- Triangle -



- "best way to play Motion is switch everything" -
  - hawk slip practice -

"never shifty motion is good motion"

- Changes vs. Zone -

- top 3 Move -
- bottom [illegible]
  (2 play behind defense)

(break it down)
bottom 2 vs bottom 3
top 3 vs top 2

> zone breakdown

---

806 742 7600
ext 292 Pat Knight

> pknight01@msn.com

(practices open)

PAT SUMMITT

UNIVERSITY OF TENNESSEE

Keep it simple — don't try to teach to many things Not what you teach...it's what you emphasize.

EMPHASIZE : **Pressure Defense (first and foremost)**
Personnel gave opportunity to extend defense, add pressure
Pressure can be 1/2 court, 3/4 court, full court We want to
influence how the other team plays Should never be an off
night on defense

EMPHASIZE: Rebounding Shoot-follow-finish in all
shooting drills Finish shell series with board coverage
Triangle rebounding/2 man follow ball on the offensive glass
Defensive rebounding — use lid to work on it All defensive
drills are finished with a blockout Find rebounding incentive
awards for players Rebounding wins championships

EMPHASIZE: Take Care Of The Ball
Goal: 15 or less turnovers last year/12 or less next year
Work on ball handling and passing every day
Greatest improvement in last 3 years of UT basketball is ball handling
Every player but 1 could bring ball up and get us in offense
Opponents 4 has to pick up our 4 bringing it up the floor

EMPHASIZE: Shot Selection
Emphasize daily
Transition: 1st shot is lay-up; 2nd is post up; 3rd is open shot w/board coverage
Numbers plus board coverage equals green light in transition
Ball reversal, back to middle, must have board coverage

Make free throws and lay-ups

PS goes nuts in practice on missed lay-ups
"Primary break shooting" transition shooting drills
Keep stats — want 60% or teams runs (start at 50% and build)
Free throw goal is 75% — Players understand stats
Use stats to discipline players thoughts
Stats - FG% 1/2 court & transition (different)
Break your offense down statistically
Don't stretch as a team/stretch on own

Stationary Ball-handling - 10 minutes

Down The Floor Players must stay in "ready" position
Toss over head and catch behind
Ricochet
Side dribble
Slaps

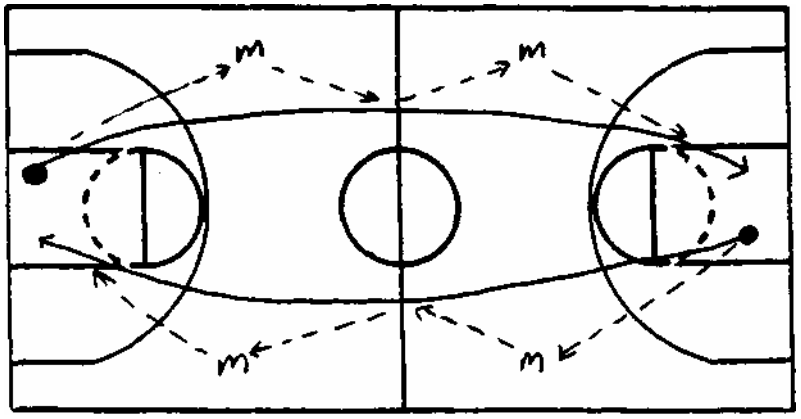
Change speed/change levels

Dribbling down left/back right (hesitate & excelerate)
Dribble pull - teach point guards (right and left hand)
— for shot or set up to cross over
—good vs. traps
Dribble pull/cross over
Between legs down/behind back back - OK as long as they don't turn it over
Players must know what they do with the ball without turning it over

"If you don't mind your players turning the ball over, I won't".

Dribbling, passing, playing under control — drills need to be offensive specific.

"Every time you pass, be the hardest player on the floor to guard."

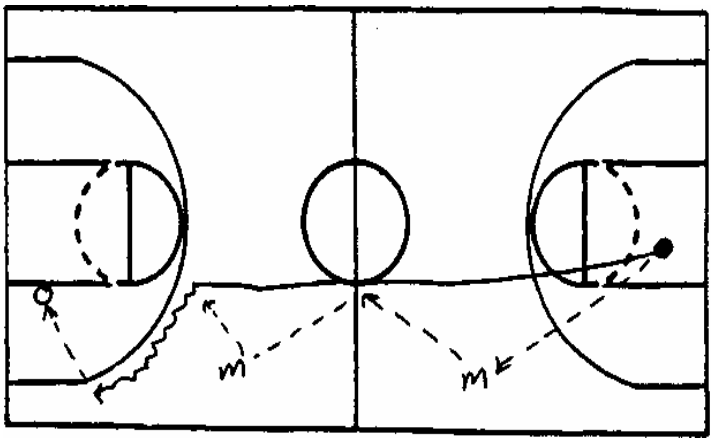


Dribble-Pass-Catch

Start w/throw on glass
Work both sides

"Speed all the way" Pass on the dribble

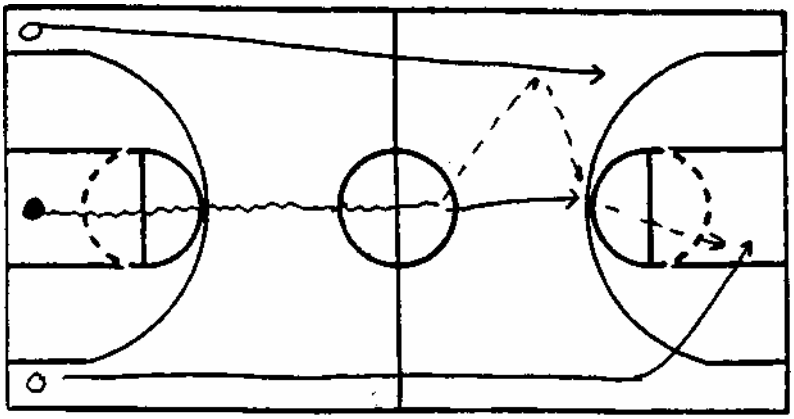
Use managers as passers



Same drill as previous except now feeding the post and relocating.

2/0 Slide & Pass Drill
—also works on defensive slides
— "hit 'em in the numbers"
—chest pass down, bounce pass back

2/0 Run & Pass Drill (PS calls out)
— pass only (chest & bounce)
—allow one dribble and pass (chest & bounce)

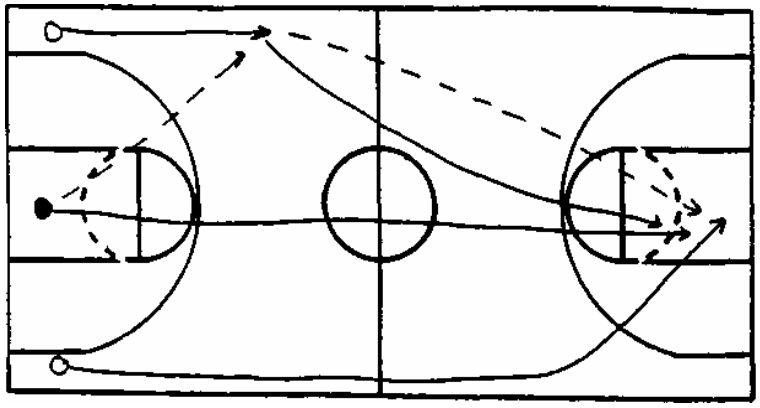


10 minutes non-stop (pass-run-cut) side-center-side

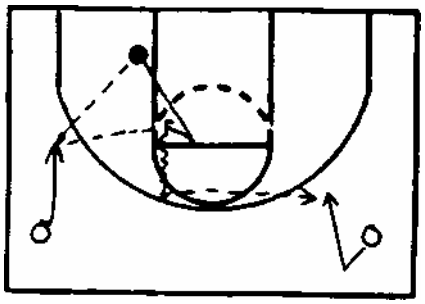
"don't miss lay-up"

"Run on sideline... touch the line

Same drill as above...no dribble end with jumpers/board coverage Same drill as above...end with skip pass wing to wing for lay-up Teaching Point: wings, if you don't get the ball initially, get to the basket. Also do cross-court and baseball pass.



3 LANE PRESS BREAK DRILLS



Use on dribble...jump stop...triple threat
Come back to ball (talk) All the way down the floor

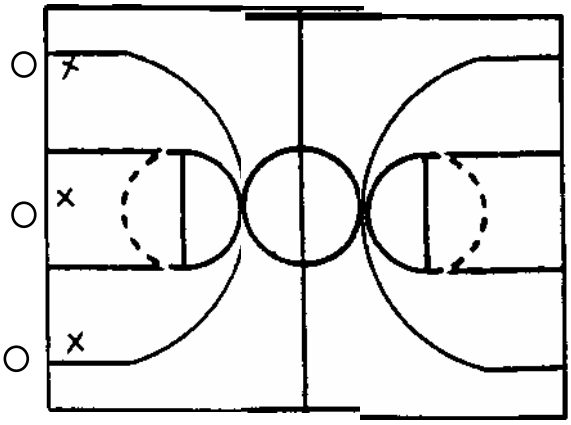
1st: one dribble
2nd: two dribbles (pass off dribble)
3rd: cross court pass

Add 4 players to inbound/then add defense
"Always attack the basket"

"If the players hate the drill, it must be good."

Players have to learn to play without the ball

They'll play 1/1 in the summer...when I get 'em they have to work without the ball.



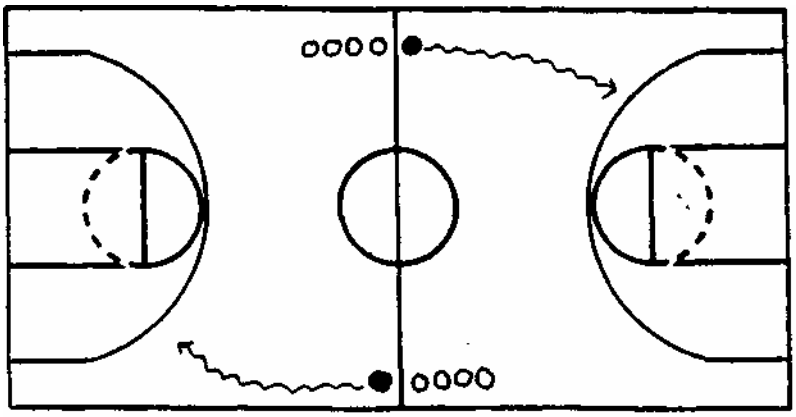
PS loves this drill!

Offense-1 dribble only No long passes
No skip passes. Must stay in lanes 3 sets
Players switch lanes
Works on discipline & toughness

Likes to put post players in the middle
Talk: "ball" "deny" "help"
Don't take timeouts at practice
Give 90 seconds breaks (same as a game)
Players grab water during scrimmage and drills
Keep practice moving
"I'm a three hour practice coach"

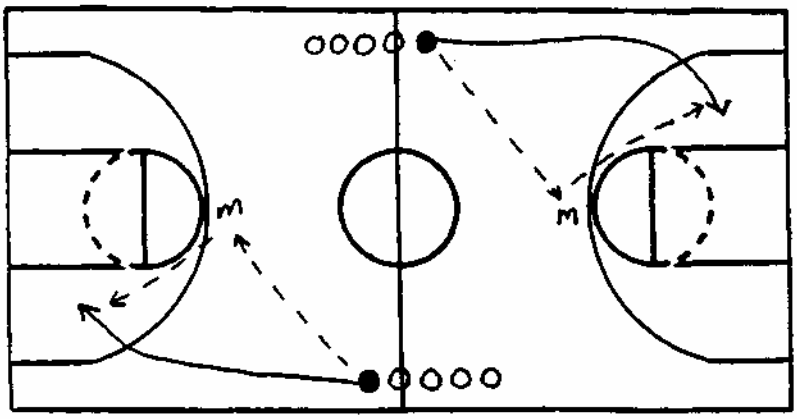
PRIMARY BREAK DRILLS

Doesn't like free shooting (game tempo shooting only)
50 shots from 5 spots — Slumps are all mental

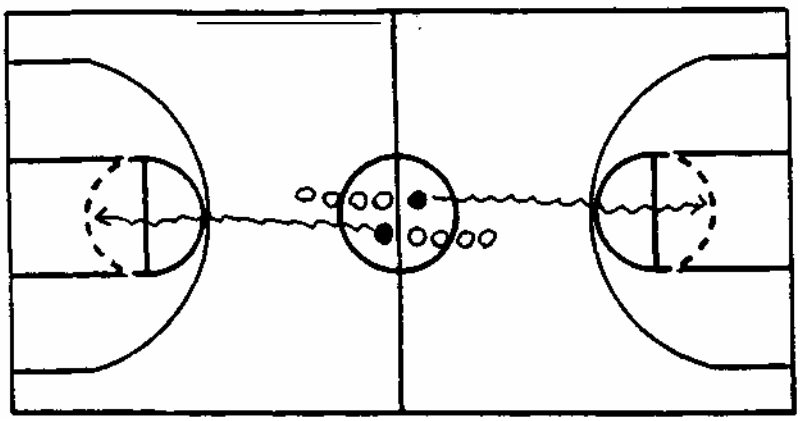


Use Dribble

Lay-up Bank shot
Jumper 3-Pointer
Change Direction



Same drill as above with same options except you are feeding managers with pass and getting return pass.



Go at both ends down the middle...

Lay-ups Elbow jumpers

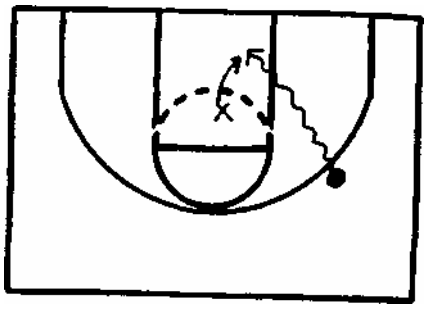
Allows finger roll but you better make 'em

Passing creates a more quicker tempo than dribbling.

Defense - start out teaching it 94 feet — more committed

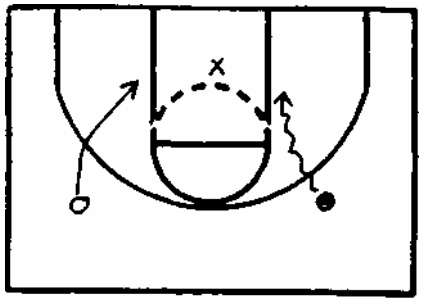
Convert to defense in drills on everything — even 1/1 or 2/2 — everything!

"And One Plays" — attacking goal to draw foul



1/1

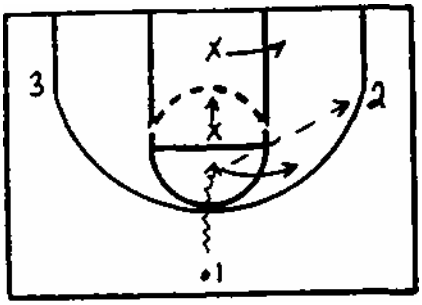
Keep stats - if draw foul



2/1

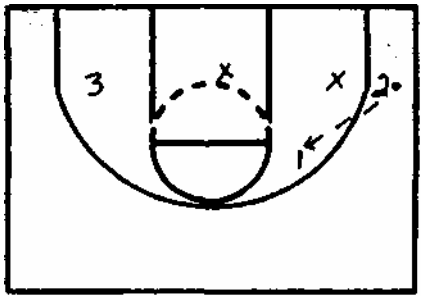
Make the defender play you
If defender hands back, green light for jumper with board coverage

Progress to 3/2



Attack the top man/ turn into 2/1; fan the point to the elbow „____ballside

On return pass to point, think "shot" or "opposite"



3/2 on made shot - 3 man into press set up
—on steal, convert back

1-2-1-1 - no set spots/ make inside shot = you're on the ball

made jump shot = closest man is on the ball

Better the players, the more you expand coaching

Meet with players all the time
—Family night — they bring family photos
—Kids must know you really care
—9 of 12 UT players from single homes

"How do you want to be perceived as a player/team?"
—PS asks players
—"we want to run" PS - we must be in condition
—"we want to be unselfish" PS - we must learn to pass
—Asking this question and letting them answer creates ownership
—make them think it was their idea

Do conditioning on the court (make them comfortable where they play - on the court)

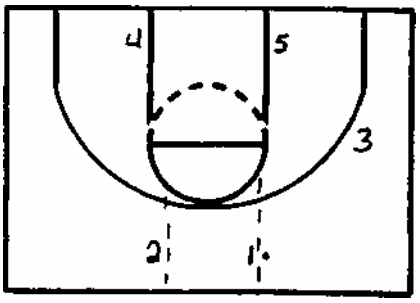
UT brought in speed and quickness instructor.

Coach must maintain and build level of conditioning

Writing book was best thing I ever did
—wanted to share
—can't give away too many secrets

Coach Pat Summitt
on
Tex Winter's
Triple Post Offense

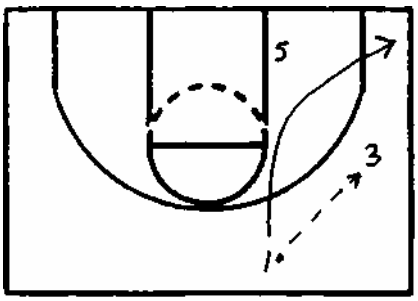
Triple Post Offense - not for every team
Good to prepare for defensive play
Equal opportunity offense - Jordan/Holdsclaw still get most opportunities
Can use flexibility
Likes to teach whole/part/whole
1st thing to decide is how do you want to position your players



Spacing is critical to offensive success Constantly

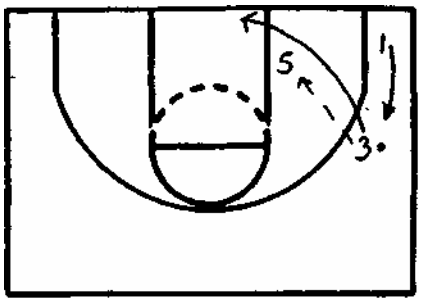
working in triangle or two man game

How much 2 man game can you run? A lot
How much Triangle can you run? A lot
How much 5 player offense can you run? Not much

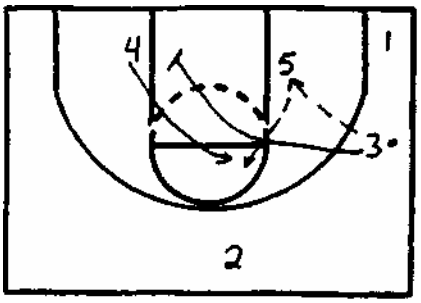


Short pass
entry to wing

1st Option - Feed Post
Post 1st look is
to score Pass is
1st cutter



Once ball is fed to low post, high post drops down for board coverage.

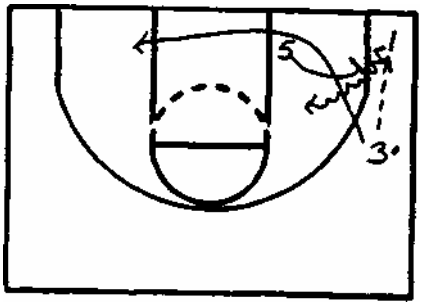


Option #2:

Read defense on cutter
If not open re-screen

Anytime you have the backdoor, take it — automatic.

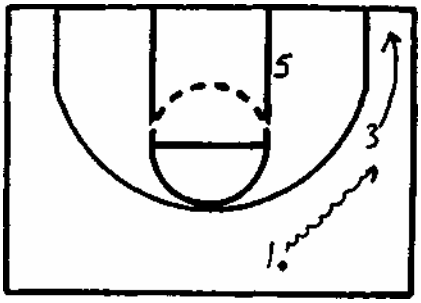
Remember — "When I pass, I cut"



When entry is not available to post,
screen and roll

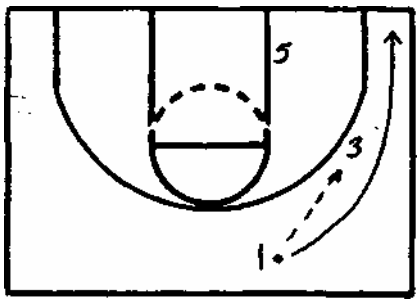
(2 man game)

Last option is to pass to corner;
PS doesn't like corner (trapping/spacing)

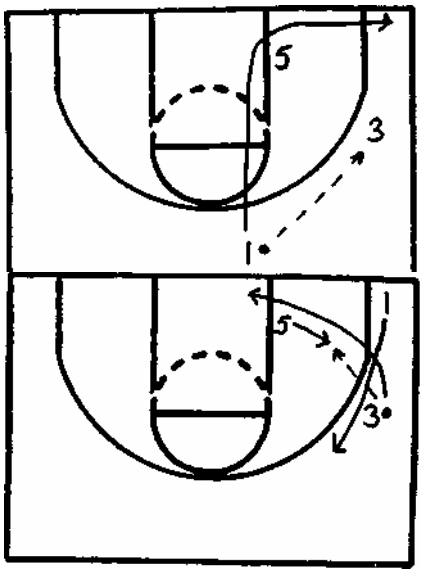


Dribble
entry into

Pass & Go Behind
(can bring defense
to the ball)



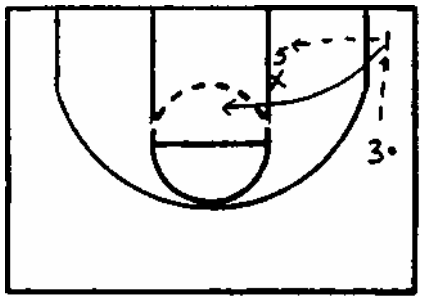
Before you run any offense, look at the basket.



Cut behind low post to get into offense

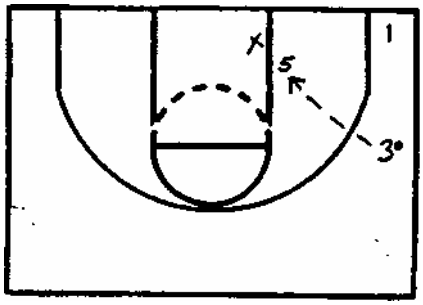
Triangle Ball Option

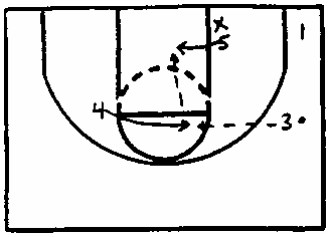
How do you decide what option to run? Read the defense



Defense on high side—corner cut high

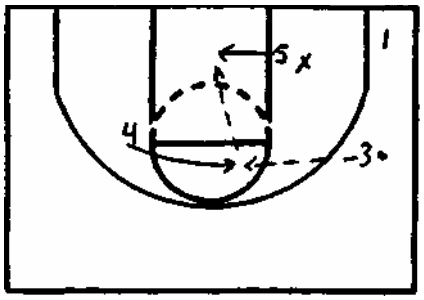
Defense behind post





Defense on baseline- Post players are connected - buddies

Defense fronting — Low post reverse pivot on seal



Tell guards to feed post without bring the post player out of her stance.

You have to make the defense pay for helping

Breakdown offense everyday.

Triangle options (against no defense/against defense) Two man options (against no defense/against defense)

Must video practice — PS believes she is a better teacher because of it

Make your managers feel good

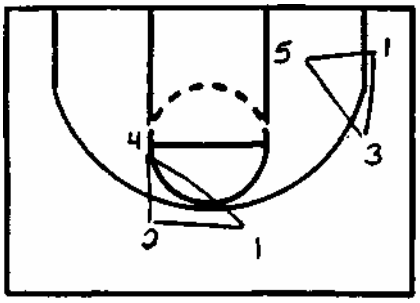
One of the hardest things to do is to teach yourself.

Big games won in practice — it is about preparation.

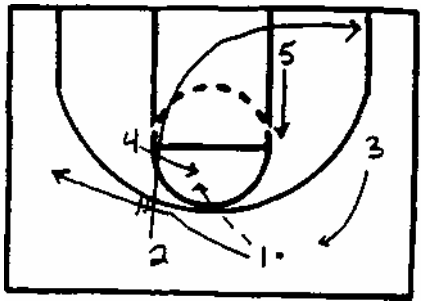
Have to simulate game conditions in practice

"If I had to guard us, what would I do?"

Hit the first open man — players lose sight of this simple thing.



Triple post offense is aperies of triangles



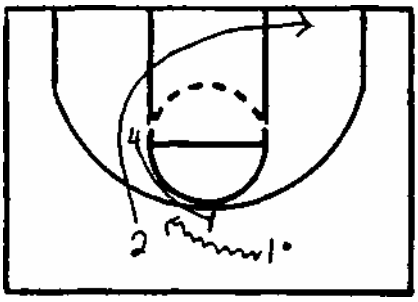
Great way to break down pressure on guards

1 - automatic backdoor

2 - handoff

Defender trails it is automatic pass to create a 2/1

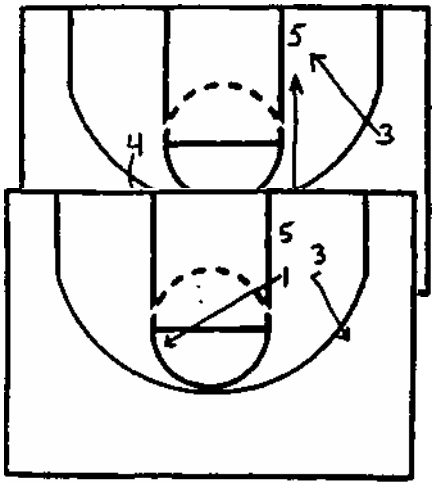
Two man game



Roll or open for shot

Two man game

Must teach fundamentals in all the options



1st Option: Pick &

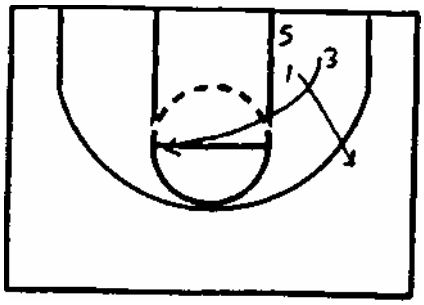
Roll Two man game

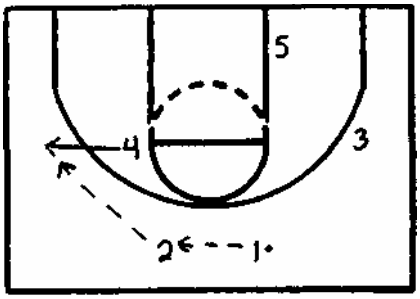
Weakside Triangle

low man talks
"go" or "cut"

•Go

Cut

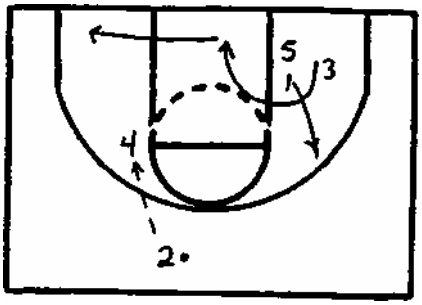


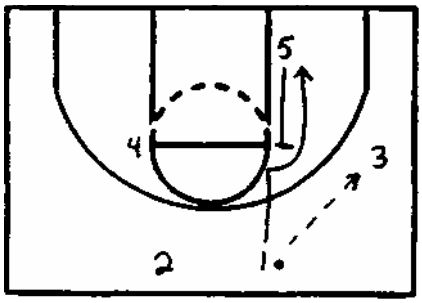


Read flash on weakside board coverage
"Step Out" option

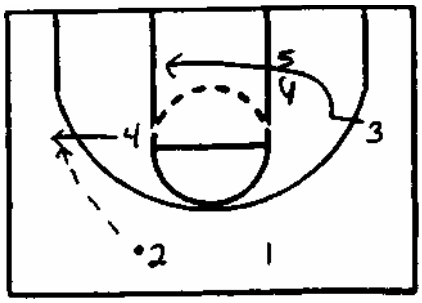
If defender players wing tight, back cut

Curl cut option off weakside triangle





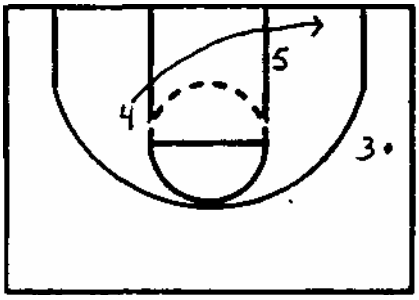
UCLA Cut to Triple Post



Flex Cut entry into Triple Post

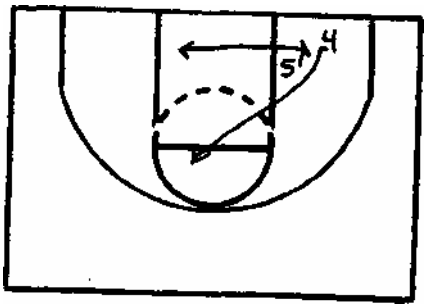
PS philosophy against a zone, treat it like a man.
Attack the defense.

Post players find a man and make them play man-to-man



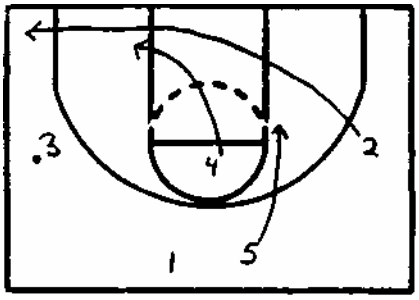
Attack short corner vs. zone

Corner cuts high, post goes low/corner cuts low, post goes high



Practice (go against a lot of different looks)

Fill spots in transition...big guy at 4 or 5 spot only



Got a lot of action from weakside fill

Sometimes PS tells players to figure it out — they might teach you something.

Must dribble, pass and make decisions

Don't have to have great shooters; can get great shots from passing and cutting

You'll know what we are going to do — but we'll do it with passion.
Remember that passion starts with coach.

Teach concepts — teach the games
Teach how to play — not plays

TENNESSEE DEFENSE

All starts with half-court principles

Defense and rebounding must be a priority

Must understand it is a game of transition...transition comes from practice preparation.

On ball specialist pick up ball in transition (might use closest man to ball)
— other 4 retreat to defense

5/5 Change Drill
#1 Priority - stop ball early
Divide court — "keep it out of the kitchen" (middle)
Offense - "get ball in the kitchen and feed everyone on the team
Goal - only defend 1/2 the court
In transition, must see the ball (all 5 defenders)
All players must be ballside of rim
Turn ball at least twice in the backcourt
Influence ball handler to change directions
Ballside defense = 5 defenders vs. 3 offensive players
On the line, up the line (Meyer/Dick Bennett - best upline coverage)
No touch defense (except post)
Arm bar in post/not body up
Teach them to play with feet, not hands
Keep opponents off the line (we want 30 FTA to opponents 1 5 FTA)
— this is done with defense Halftime: PS
asks about FT trips on stat sheet High hands, low
hips, quick feet Thumbs to our ears, mirror the ball
Stat — 23 deflections a game (goal)

Hands to the ball = deflections
Ball above free throw line — up hill — arm bar the post
Step through move to front
Ball below free throw line — help on ballside of rim
One pass away denial
Man-to-man has flexibility
Open denial - trap 1st pass
Teach system and then make changes
Wing-Guard pass, must come up and take away drive to middle
Force to baseline (not basket)
Drill side line defense (closeout/denial)
Drive to middle (early help)
Recover up the ball line — the pass not your man

"Ball - Man - Defense" is what PS calls UT defense (importance of terminology)
—responsible for ball and my player — eliminates selfishness

High hands by ball defender makes skip tough

In November & December PS doesn't make changes in her defense — builds system "Coach for March"

Ball moves — we move — shift when ball is in the air

"Everybody guard the ball"

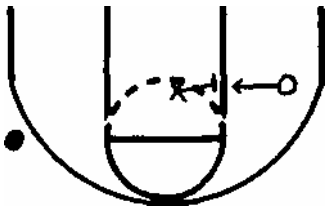
Arm bar ball cuts — make cutter change direction

Jump to the pass (give & go)

Ownership — must communication as a team to be great

3/3 always convert

Basket cut — take cutter on immediately and force away from bar

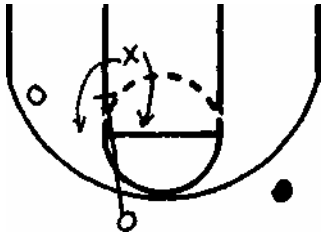


Arm bar — don't force high or low,
just make cutter change directions

Cuts away - "don't let them cross your face"

SCREENS OFF BALL

If defender is running into the screen then he is giving "false effort".

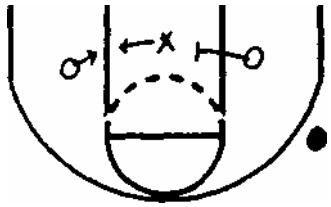


UT rule — take the biggest gap

Vs. great player, go on cutter's side of screen

POST SCREENS

Easiest thing to do is to switch..if you do decided to do it the hard way, it will eventually work.



Turn back to ball and keep between him and the ball. Screen defender can help.

Sometimes will switch if caught. Man closest to the bail calls the

switch. Communication eliminates confusion.

BALL SCREENS

Above 3-point arc, slide through

On ball screens from wing —

— Make them use it (force the action) — you wanted it, you use it
— take away baseline

Screen defender (Great Teaching Point: touch it, show it)

— if he slips, go with him
—force ball high, arc
— dead front the roll

Like to have help in breakdown drills so defender knows it will be there.

TRAPPING ON SCREENS

Like to do a lot

—same technique
— make 'em beat us vs. trap
— help must pick up slip
— trap can not give ball the drive
— do not foul on a trap
— angle to make dribbler step out

On switch, defender must get below roll man.

Before game, go over game goals — always address ball screen defense.

Time out — like to change defenses (ball screen defense) — make players repeat

Switch all back screens to basket (no lay-ups)

Don't switch UCLA cut because we have help

Teach your team the game

Can scout at all levels

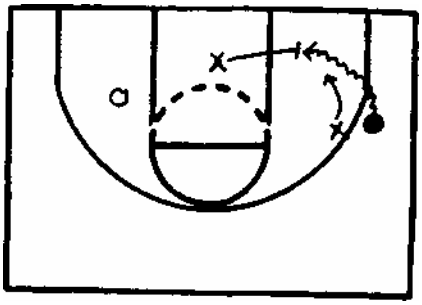
Closeout drill - everyday — convert

— label offense on closeout: 3-point shooter, driver, both
— defense adjusts accordingly

Teach everyday to defend different type players

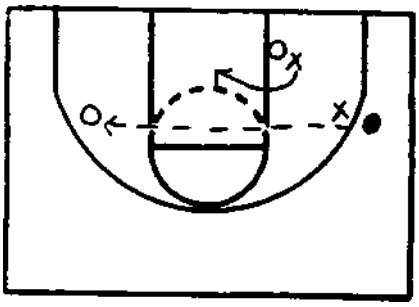
Must help — must help the helper (teach rotation everyday)

Players don't like to be selfish — show selfish examples on defense



If you help, help outside the paint
Closeout - drill everyday

Must learn to scramble with man-to-man



When fronting low post, on skip pass
avoid contact and beat him to the ball

UT fronted low post 37 times our 39 games

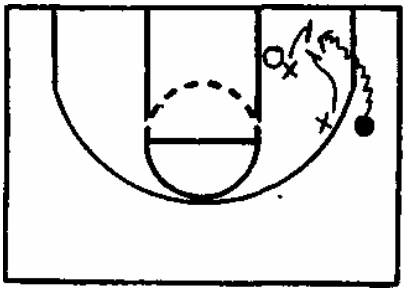
If you don't give them to
many things to think about,
they play a little better.

On handoffs:

trap, switch, slide through
PS likes trapping
handoffs to maintain
pressure -
handoff to best player
— automatic trap

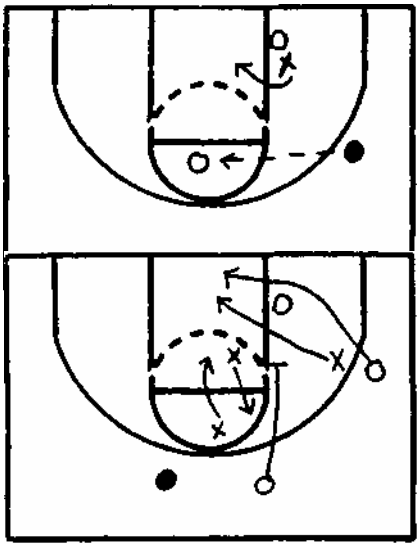
If you front the low post, and
can't get inside him to

blockout, slide to the middle
of the paint.



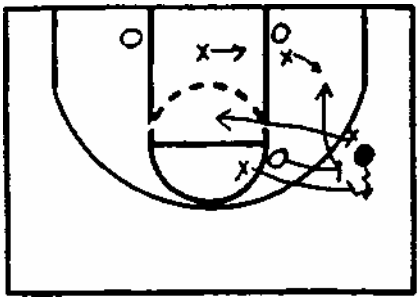
Trap baseline penetration Or

show, help, and recover



Fronting low post and ball fed to high post-
avoid contact and try to get on high side

Screen defender — man hunt on recovery



Defending Flex Cut Easiest
way is to switch

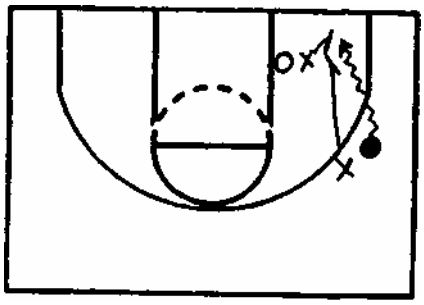
You can also slide through the biggest gap

Arm bar tough off-side rebounder and keep your defender a little closer to him than normal.

Contest all shots (call "shot")
— don't try to block shot
— last thing shooter hears is your voice
— last thing shooter sees is your hand

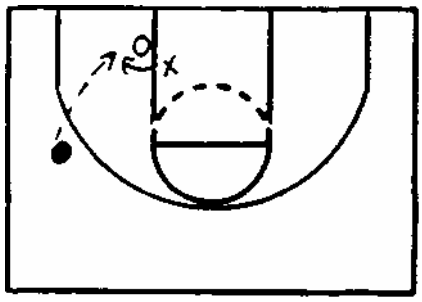
Scouting dictates changes
—will force to weak hand (away from baseline)

Vs. Alabama 1-4 Low (Bama wants 1/1 instead of 5/5)
— rotate to match-up
— or use a designated trap



Wing get high and force ball to baseline for automatic trap

Use special call



Open denial to get steal attempt in post

"Why am I the most enthusiastic person in the gym? It's your team!" PS hates the word "girls" — too emotional PE Building Mentality — "keep the court"

Personality Profile — know what button to push

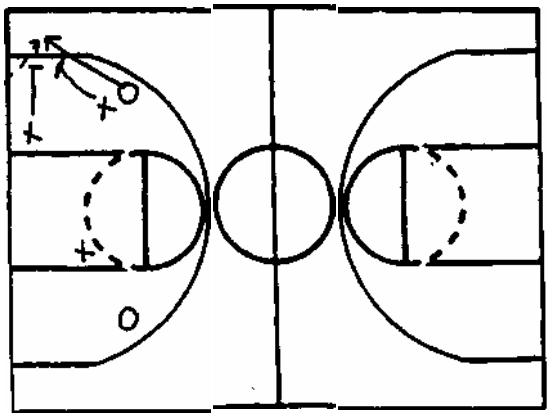
— gave guards notebook with all profiles — "learn them"

— not every kid is alike

Jackie Aisly (423) 966-4171 (Conditioning program)

Coach Summitt's office (423) 974-1111

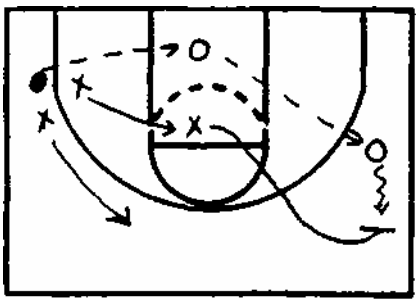
TENNESSEE PRESS



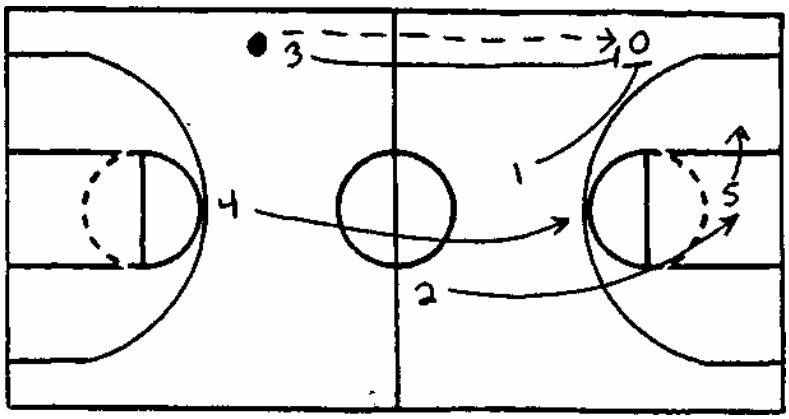
Make entry a short pass
(push to baseline)

Work on sprinting out of traps; key concept: cover middle of floor and cover diagonals.

Deep man — don't give up lay-ups



Cut off sidelines



Press Conversion

Get another trap-stay in it even after ball crosses 1/2 court

Rotation vs. Skip
—ball
— up ball line
— diagonal
—diagonal long

If you press, you must live with giving up some lay-ups

"What did I learn from winning championships? That you win with people. Appreciate you staff. Do everything you can for them and they will repay you with hard work, passion and loyalty. Above all, love your kids. I have high aspirations for them — so high that I hope their four best years of their life aren't with me."

GEORGIA TECH BASKETBALL



MOTION OFFENSE

Components of a Good Offense

- Good shot selection (highest percentage shot)
- Everything revolves around pivot (control block, catch-chin-check)
- Enter to the A-spot, reverse to D-spot, see lane (pivot the whole time)
- See-Think-Do (good quick decisions, read and react)
- Spacing (15 - 17 feet)
- Hard, deep cuts (sprint through/below the block-pivots can post)
- Move ball with the pass (dribble only with a purpose)
- Gap to score, spot up to score (create visible passing lanes)
- Catch to score (clear space, see lane)
- Catch in scoring area
- Block and Pop (Screen and separate-flash to the ball)
- Block and Slip (Ball, Fade, Down screens)
- Strong with ball
- Get yourself or someone else open
- Catch the ball cleanly, good crisp passes
- Curl when trailed or go back door
- Drive baseline to score not to explore
- Set good, wide, quick screens
- Separate hard off screens (spacing 15 - 17 feet)
- Know what we are doing (communicate)
- Sacrifice
- Share (be unselfish)
- Adjust (learn from mistakes/be alert)
- Learn, care, and want to get better within structure
- KYP
- Disciplined, structured, organized, together
- When dribbled at, you can ball screen, go back door, or take a dribble hand off
- Feed post then move effectively
- To the boards or get back when shot is taken
- Shorten your passes (no 3 foot passes)
- Timing
- Ball fakes, shot fakes
- 2 second rule (move effectively after 2 seconds)
- Screen and roll or screen and fade
- Set man up, rub off or refuse screens
- Active pivots
- Conditioning

Georgia Tech 3-0 SERIES

14 (1-4 set: wing entry)

1. Layup
2. Stop at block, backscreen/downscreen – pivot block & pop or drop
3. Thru, downscreen – pivot block & pop or drop
4. Corner, downscreen – pivot block & pop or drop
5. Shirt

15 (1-4 set: high post entry)

1. Backdoor
2. Fake backdoor, handoff – pivot block & pop or drop
3. Fake backdoor, fake handoff, downscreen – pivot block & pop or drop

High (1-4 set: any entry)

1. Spin into 14/15/Shirt

Fist (dribble at wing)

1. Zipper cut, backscreen for layup
2. Backscreen/fadescreen, pass-cut for layup
3. Backscreen/fadescreen, dribble hand-off, back to pivot for layup
4. Backscreen/fadescreen, dribble hand-off, step behind for shot
5. Backscreen/fadescreen, dribble hand-off, reverse ball, fade-slip-flare, feed post
6. "Open" – pivot fills for reversal

Shallow Cut &
Tap the Head (guard to wing handoff)

1. Dribble out (don't have to spin) - hit guard in corner, feed post
2. Spin-back, hit corner, backscreen/shirt
3. Spin-back, hit pivot at mid-post, backdoor
4. Spin-back, hit pivot at mid-post, backdoor, fill or post move

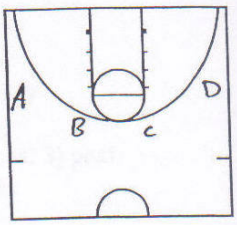
13 ("chin": opposite pivot step out for high ball screen)

1. Pick and pop, hit wing, C-fade, downscreen
2. Pick and pop, spin back, fade for guard, slip, backscreen for pivot, feed post

Thumbs-up (1-4 set: wing entry, opposite guard curls off pivot)

1. Curl, pop, reverse, backscreen for post

Offensive Terms



1. "A" Spot: Wing spot -- strong side
2. "B" Spot: Elbow or Elbow extended to 3 point line - strong side
3. "C" Spot: Elbow or Elbow extended to 3 point line - weak side
4. "D" Spot: Wing spot - weak side

(Spots can change during a possession to either side of the court based on location of ball)

(Diag A.)

"C" Spot Fade: Flare screen set by player at "C" spot for teammate at "B" spot. Only way a post player on the weak side can get to the "B" spot.

(Diag B)

Motion Entries:

1. Wrap –
   Pt. Guard (B spot) dibbles at wing (A spot). Wing (A spot) makes a wrap cut around ball side post and continues on to (B spot). On pass from Pt. Guard (B spot) to Wing (A spot), Wing (D spot) sets a fade screen for (C spot).

2. Back door to a Post Up –
   (B spot) dribbles at (C spot). (C spot) goes back door to a post up. (B spot) passes to (D spot), who looks to enter ball to post.

3. Post up to Fade –
   (B spot) passes to (A spot). Post sets back screen on (B spot). As that action is taking place; (D spot) sets fade screen for (C spot).

GEORGIA TECH BASKETBALL

Motion Offense

- Stress spacing to create slashing opportunities
- Post players must set flare screens prior to going to top of key
- Rest Outside the "3" point line
- Motion offense should stress 1) ball reversals; 2) backscreens; 3) post ups from perimeter players; 4) incorporate dribble hand offs

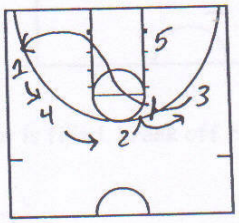
Motion Rules

1. Screen Away
2. Basket Cuts
3. Pass and Replace
4. Shallow Cuts
5. Backscreens
6. Pick & Rolls
7. Dribble Hand-offs
8. Never Cut into occupied post
9. Backdoor on overplays
10. Do not chase your pass
11. Never rest inside "3" point line
12. Keep one block open

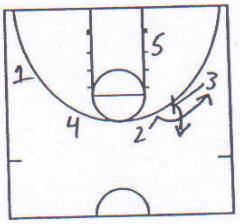
Spacing outside 3 point line if you see driving opportunities

Post Feed & Cut

Passer screens above the elbow
And 1) cuts to opposite side of rim



or 2) screens and bumps back



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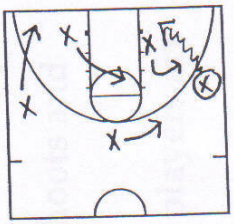
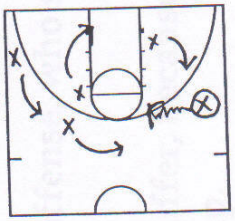
GEORGIA TECH BASKETBALL

Baseline Drive Alignment
- Perimeter player fills corner
- Weak side post player should move to below foul line area
- Strong side post shape up

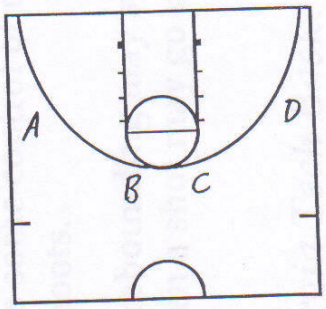


Middle Drive Alignment
- Perimeter player fills corner
- Weak side post player should move to below foul line area
- Strong side post shape up



Motion Areas - Spacing

Mark floor with A,B,C.D spots
A and B are always on the strong side



For Post player to fill top spot he must first set a Flare screen for strong side perimeter player.

Strong side low post player will always back screen on ball reversals

Perimeter players should read screens, if spot is filled, break off cut and fill another open spot

Zone Offense
- **4 Motion:**
  - Pass Fakes
  - Ball Fakes
  - Pick & Rolls (4 man screen on the ball)
  - Must Attack from inside out
  - Ball Movement

Page 6

Motion Offense

Advantages of a Motion Offense

- Teaches players how to play the game. Reading screens and moving without the ball.
- Difficult to scout and defend.
- Good ball reversal will create driving opportunities because of poor defensive closeouts.

Disadvantages of a Motion Offense

- Coach loses some control of offense, who shoots and when he shoots.
- Offensive rebounding may suffer, because players are unsure when a shot may go up.



Georgia Tech Basketball



Motion Offense

7 Moves You Can Make After You Pass The Ball

A. Pass and Stand Still
B. Pass and Screen For Ball
C. Pass and Go Behind

We do not do A,B, or C

D. Pass and Basket Cut
E. Pass and Inside Cut
F. Pass and Screen Away
G. Pass and Replace Yourself



Georgia Tech Basketball



Motion Offense

Basic Motion Rules
Perimeter Players

A. You Must Maintain 15 – 18 feet spacing at all times

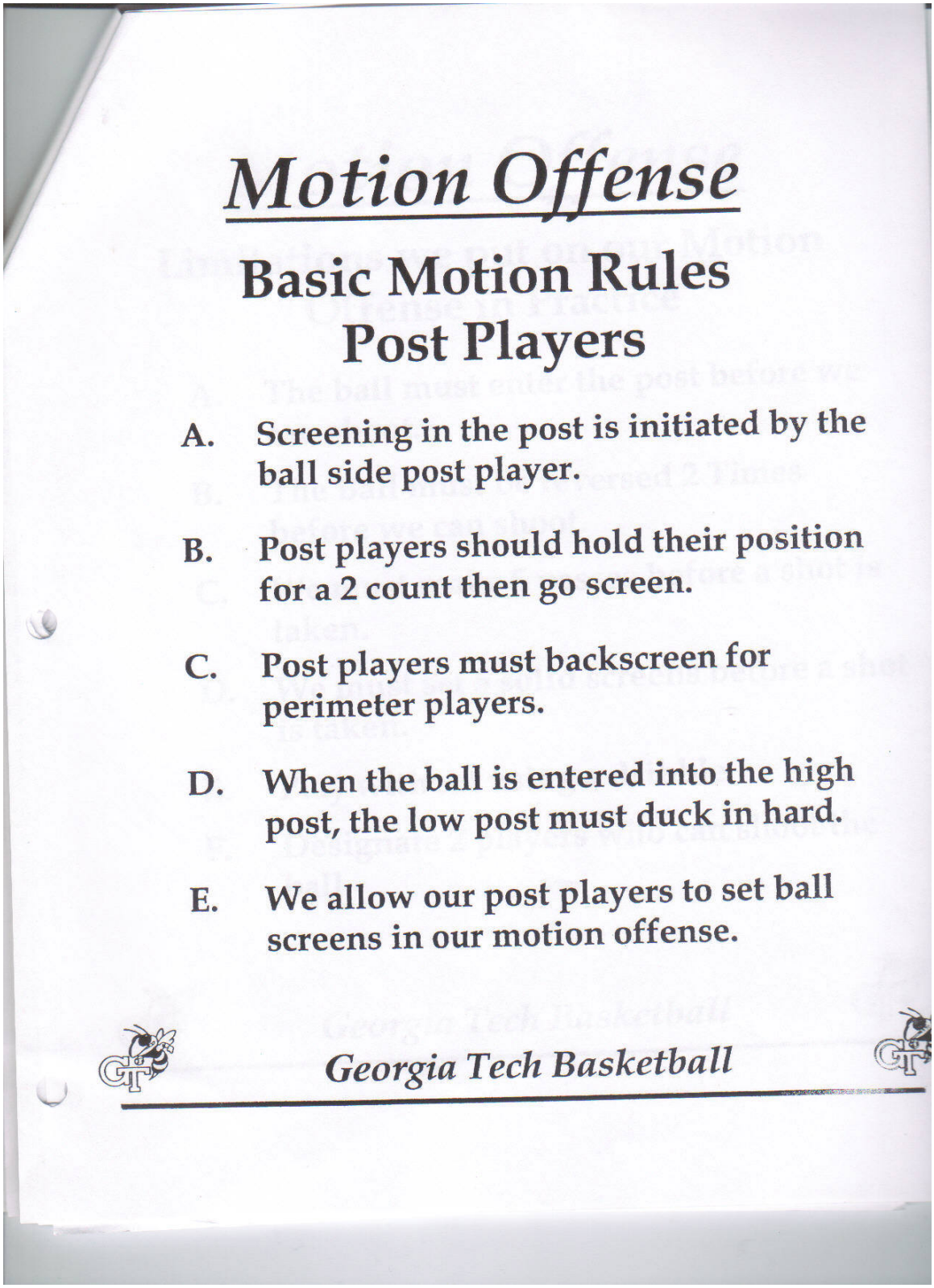
B. If there is a man below you go screen for him.
(Screen with your back to the ball)

If you are in the post and there is a man outside of you go backscreen for him.
(Screen with your back to the Basket)

C. Do not cut into an occupied post

D. Use your dribble for the following reasons:
a) Drive to the Basket
b) Improve your passing angle
c) To get out of trouble
d) To reverse the ball if passing lanes overplayed

Georgia Tech Basketball



Motion Offense

Basic Motion Rules
Post Players

A. Screening in the post is initiated by the ball side post player.

B. Post players should hold their position for a 2 count then go screen.

C. Post players must backscreen for perimeter players.

D. When the ball is entered into the high post, the low post must duck in hard.

E. We allow our post players to set ball screens in our motion offense.

Georgia Tech Basketball

Motion Offense

Limitations we put on our Motion Offense in Practice

A. The ball must enter the post before we can shoot.

B. The Ball must be reversed 2 Times before we can shoot.

C. We must make 5 passes before a shot is taken.

D. We must set 5 solid screens before a shot is taken.

E. Play without using a dribble.

F. Designate 2 players who can shoot the ball.

Georgia Tech Basketball

PRESS PACKAGE:

"THE SYSTEM"

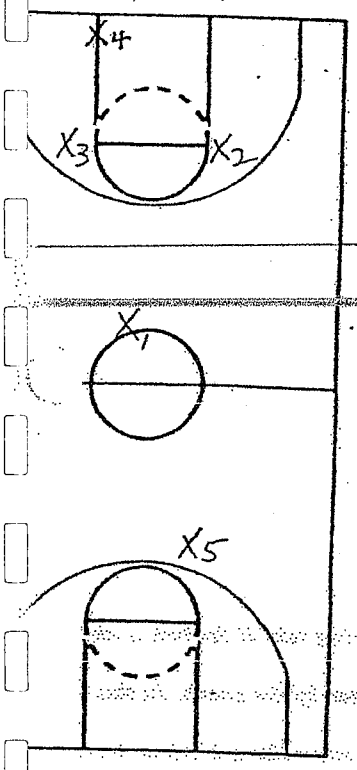
BOX-DIAMOND

ON MISSED AND MADE SHOTS

ZONE PRESS VARIATIONS - A SYSTEMATIC APPROACH

BASIC ALIGNMENT

The basic alignment is a 1-2-1-1 set. This, however, will change according to the offensive attack alignment and various "calls" that the coach may want to make. We always try to give the the same "look" after made baskets with this alignment.



PERSONNEL

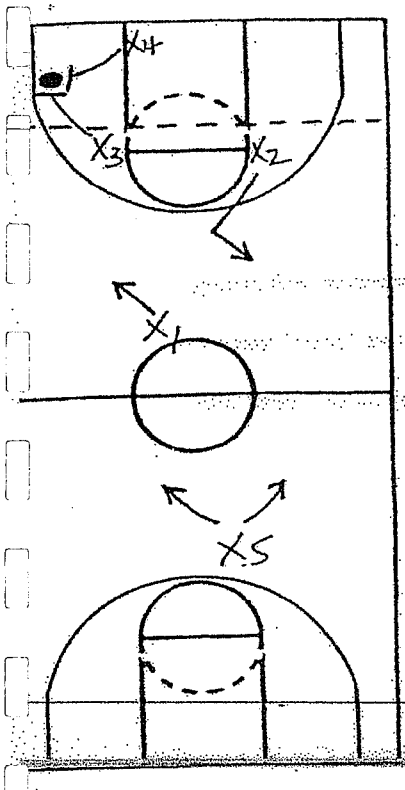
X4 – this player is the "heart and soul" of the system. Can be a smaller Player, but, preferably, a taller, mobile player with an aggressive, relentless attitude. Competitive spirit at this position, along with tremendous footwork are of paramount importance. This position is filled first in the selection of personnel.

X3 – a taller wing player is desirable at this spot since it will involve numerous possible "first traps". Must be very good with left hand. "Lefties" have been very nice players at this spot.

X2 – smaller of the two wing players. Weaker of the two wings in regard to defending "on the ball". Must exert patience when the ball is reversed, hence, players who find it difficult to play hard for extended spurts fit nicely here. Anticipation should be better than X3 since this player will play more passes than the other wing.

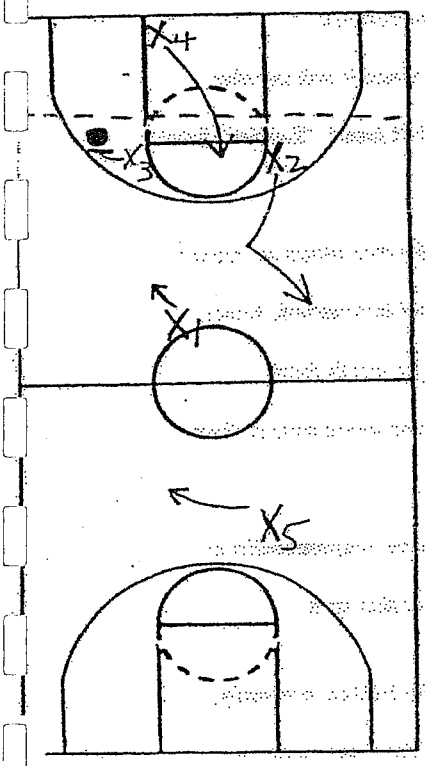
X1 – point guard. Often called "interceptor" since basic responsibility is to play passes. Quickness and anticipation are of great value at this spot.

X5 – Center or bigger of the two posts. Must protect the basket, normally, and become adept at defensive faking and "buying some time" for teammates to recover in defensive transition. Must communicate with teammates as this player can see the entire press attack of the opponent.



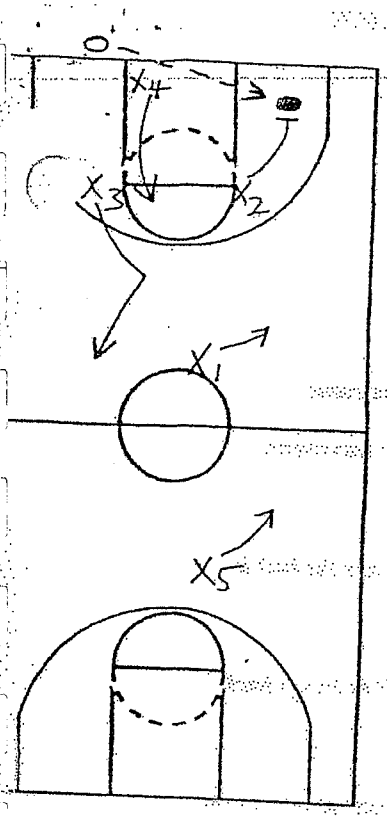
1ST TRAP AREA

This is the area below the volleyball line in most gymnasiums. It is a "poin of reference" for X4 as this player makes the "read". X4 will normally influence ball to be thrown in to his left. If we are in a "read" call, this line will determine w or not X4 will trap with the ballside wing player, X3 or X2. We will not trap if the b thrown in above the volleyball line, unless we are in a "TRAP" call designated by th



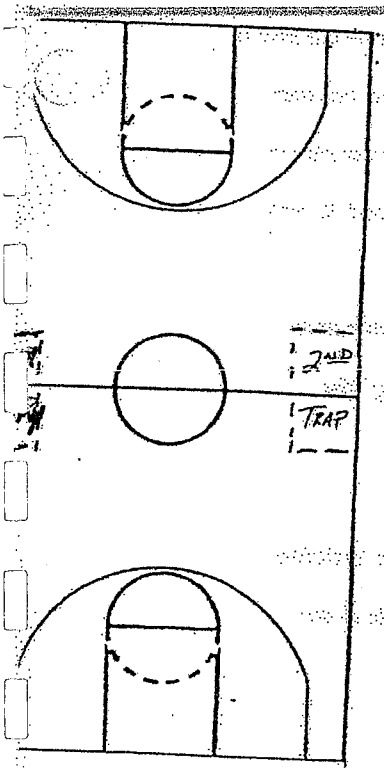
ROTATE POSITION

This refers to the position that X4 and the weakside wing take if the ball is ent either above the volleyball line or a "ROTATE" call is designated by the coach. In this s the weakside wing is "bumped back" by X4 and the press looks more like a 2-2-1 or 2-1-2 The ballside wing, usually X3, will "lock on" to the ball as X4 and X2 assume a "rotate' p X4 will also assume a "rotate" position automatically if the ball is entered by th it across the lane. However, if the opponent runs the baseline, this rule does not apply.



"ROTATE" POSITION – (THROW- IN ACROSS LANE)

As previously mentioned, X4 will assume an automatic "rotate" position if the ball is thrown in across the lane. We feel that this would be too far to get a "first trap" under normal circumstances. (The coach may want to make a "TRAP" call, how which will send X4 to trap wherever the ball is thrown in.) X4 will bump back the weak wing when the ball is entered across the lane. X4 must be patient until the ball is back middle of the floor, and then reapply pressure.



2ND TRAP AREA

This is the area located about six feet on either side of mid-court that we feel is a prime area for trapping our opponent. We work very hard at staying with the press past the point of the first trap area. There are drills help us do this which will be mentioned later in this booklet.

VARIATIONS - COACH'S "CALLS"

The coach will need to make adjustments with the press as the game progresses due to different press attacks used by the opponent. The following variations, or "calls" may be used to counter the moves of the opponent.

1. TRAP – this is a designated 1st trap. X4 will disregard where the ball is thrown in and go trap.

2. ROTATE – this is a designated rotate which will send X4 to bump back the weakside wing.

3. SQUEEZE – this is a call for the weakside wing to move up and cover the player who threw the ball in. It is also an automatic trap for X4.

4. STAY - this is a call for X4 to stay on the player who threw the ball in and deny him the return pass. X4 will release him if he cuts beyond the top of the key area.

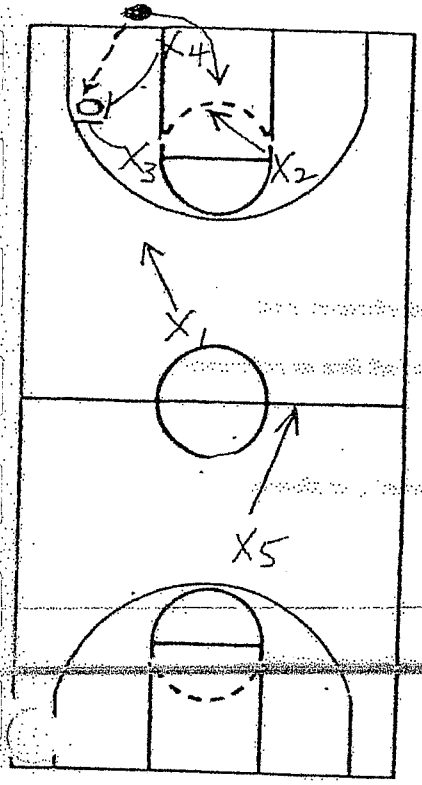
5. FACE - this is a call for both wings to face guard the nearest player and encourage the player throwing the ball in to lob it. If the players cross, X3 and X2 will switch.

6. READ - is the call that we begin each game with that allows us to determine how the opponent is trying to attack the press. It involves X4 "reading" the position of the 1st pass and reacting accordingly.

7. SLIDE – this is a call for X4 to bump back the strongside (ballside) wing. This gives the press a 2-2-1 look and involves X5 rolling up on the weakside to the mid-court area and X1 moving back to the area that X5 vacates.

8. X – this is a call for X4 to bump back the strongside wing, also. However, X1 now stays in the middle as X5 rolls up, giving the press a 2-1-2 look.

VARIATION ILLUSTRATIONS



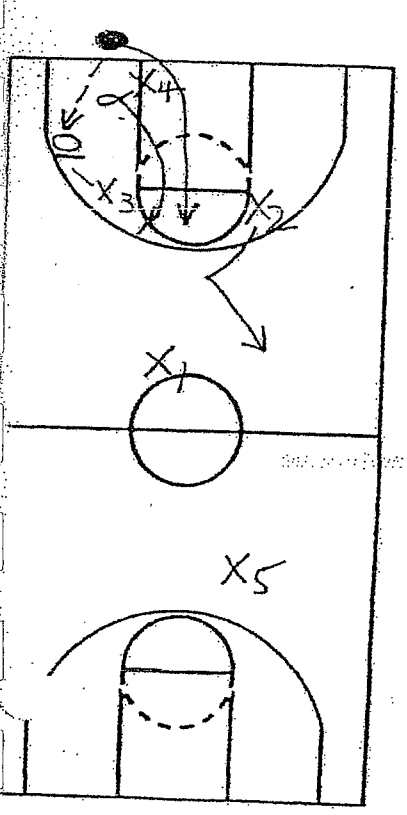
SQUEEZE

a.) X4 traps first pass

b.) weakside wing rolls up to cover possible return pass to inbounder

c.) X1 moves forward and anticipates pass

d.) X5 moves forward to cover weakside diagonal pass

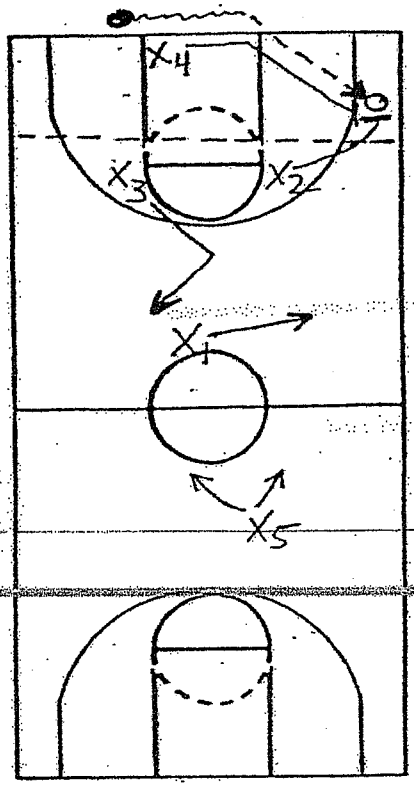


STAY

a.) X4 fakes trap of inbounds pass and "stays" on inbounder, denying return pass

b.) If inbounder cuts up the middle of the court, X4 releases this player as player clears the top of the key area, where X1 will cover

VARIATION ILLUSTRATIONS



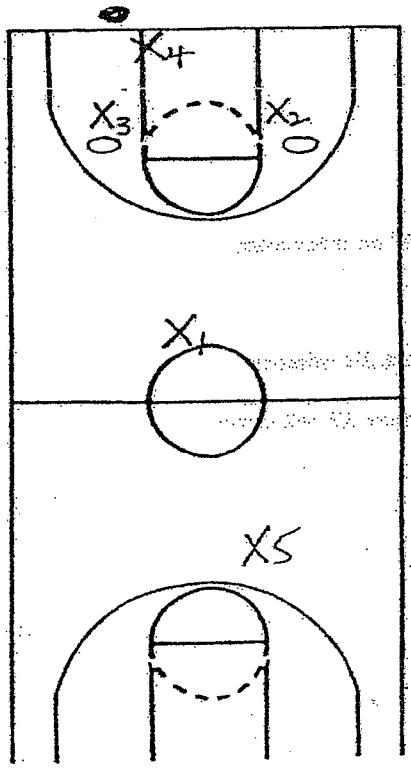
READ

a.) X4 runs baseline as shown if inbounder chooses, and "reads" the floor as to trap or not, using the volleyball line as reference point, as previously described.

b.) weakside wing covers "middle to diagonal", as shown, as ballside wing closes hard.

c.) X1 plays ballside pass up the floor

d.) X5 reads situation and plays people, not air or wood.

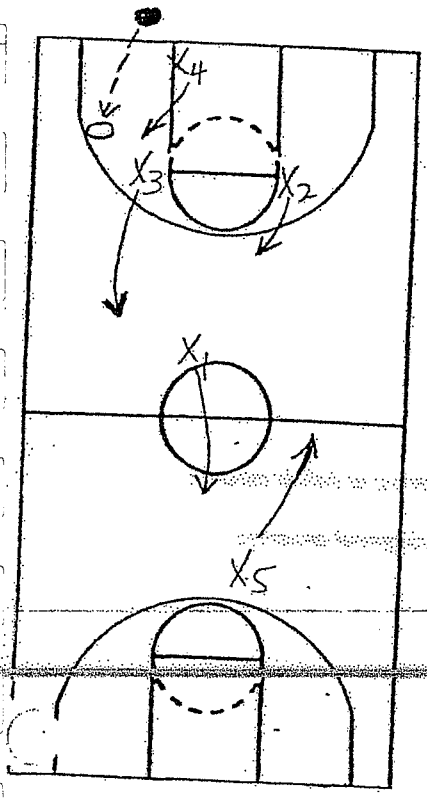


FACE

a.) wings "face guard" opponents and try to force lob

b.) X1 cheats up, looking for lob

VARIATION ILLUSTRATIONS



SLIDE

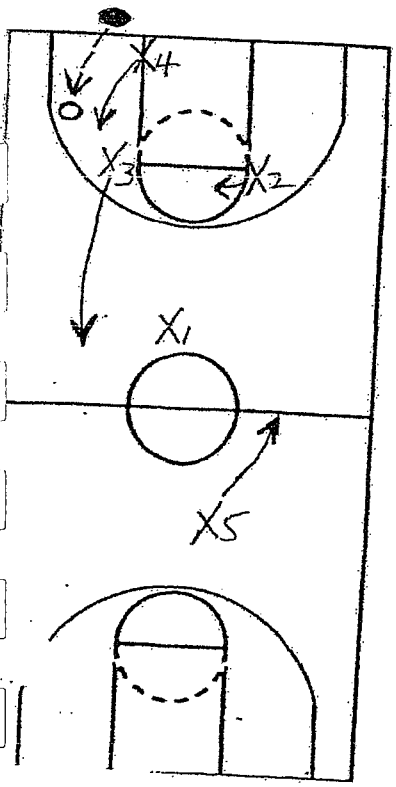
a.) X4 will bump back X3 as ball is thrown inbounds

b.) X3 will retreat to midcourt area

c.) X1 will replace X5

d.) X5 will move to midcourt area as shown

e.) X2 covers middle, but does not have diagonal coverage, as X5 has moved to that coverage area



"X"

a.) X4 will bump back X3

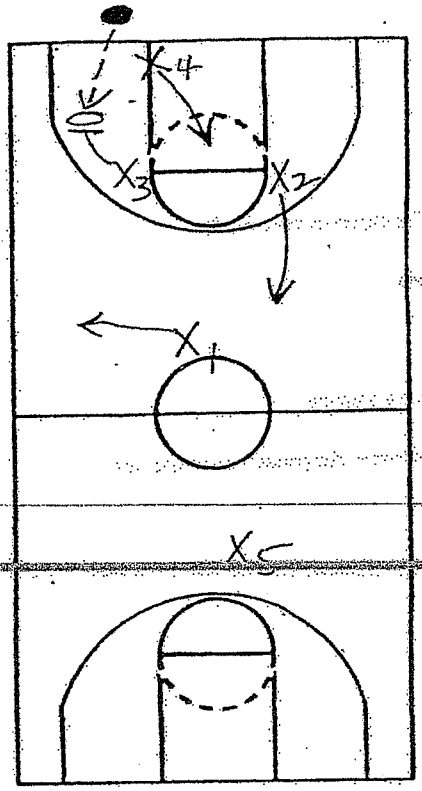
b.) X3 retreats to midcourt area

c.) X1 stays in middle

d.) X5 moves to right side and may move up slightly

e.) X2 stays up, although aware of short diagonal "soft spot"

VARIATION ILLUSTRATIONS



ROTATE

a.) X4 bumps back weakside wing as ball is entered

b.) weakside wing retreats to diagonal coverage

TEACHING POINTS

X4

a.) *influence inbounds pass to near sideline by positioning at an angle with feet at about 45% to sideline- never line up square to the ball when it is out of bounds*

b.) *keep hands "up and off"*

c.) *sprint to teammate when trapping, form an "L" trap, and trace the ball without reaching*

d.) *when the ball is thrown out of trap, open up shoulder and hips to direction ball is thrown and get ahead of ball quickly*

e.) *when ball is thrown back towards our basket for reversal, don't chase it; instead, get back to the middle of the floor before reapplying pressure*

f.) *BE RELENTLESS – YOU MAKE IT ALL WORK !!*

X2 and X3

a.) *if on ballside, close hard on ball with hands high, unless a called variation requires otherwise*

b.) *if on weakside, retreat "middle to diagonal", unless a called variation requires otherwise*

c.) *when ball is thrown out of trap, open up shoulder and hips to direction ball is thrown and get ahead of ball quickly*

d.) *do not get beat with dribble easily; play as if you will have no help!*

e.) *be ready to rebound the weakside boards*

f.) *CONTAIN THE DRIBBLE ! PLAY PASSES ON WEAKSIDE !*

X1

a.) ANTICIPATE where the ball may go next !!

b.) stay alert and on toes – lateral movement at this position is the key to success

c.) be prepared to cut off dribbler at sideline, especially in the 2ND trap area neart midcourt

d.) READ THE EYES OF THE PASSER ! !

X5

a.) get back to position in press quickly as this spot is the last line of defense most of the time

b.) communicate and direct teammates as this postion can observe the entire attack of the opponent

c.) "buy some time" with defensive faking when outnumbered and be prepared to "take a hit". Use fouls wisely.

d.) REBOUND THE BALL !!

PRESS DRILLS

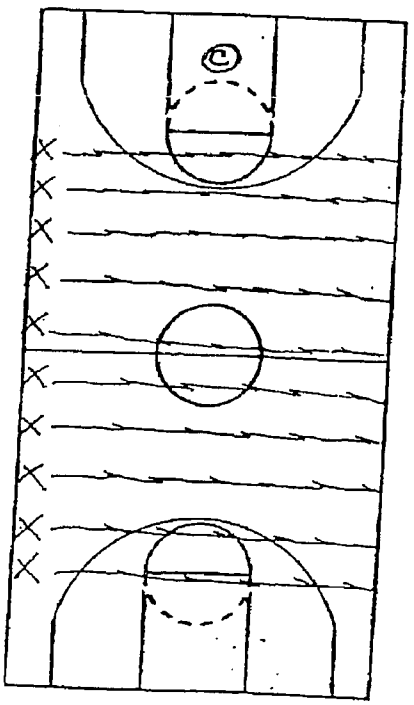
Here are some important drills that we use in teaching the various aspects of our pressing system. As with any system, it will only be as efficient as its weakest part will allow it to be; therefore, many of these are used often.

STANCE – PUSH – RUN DRILL

Hands like a Spider. Knees bent.

This drill is done in mass with all players lined up on the sideline with left foot on sideline while facing coach. Coach says "STANCE" loudly and players respond with "DEFENSE" loudly while getting into a stance with wide base and hands above shoulders. Coach then says "PUSH" loudly and players respond with "PUSH" as they push with left leg and step- slide while remaining in stance. Coach repeats this as players progress to other side of floor. Players relax when they reach other sideline and put right foot on sideline, waiting to return to point of origin in same manner. After players return, coach repeats commands and adds "RUN" to the push – slide, whereby players square up shoulders to opposite sideline before running to get to it. Once there, they line up again with right foot in line and wait for commands.

This is a great way to teach stance and footwork and must be repeated until good habits are formed. We emphasize to our players that when they get out of their stance, they are beaten. Early in the season, this is done every day.



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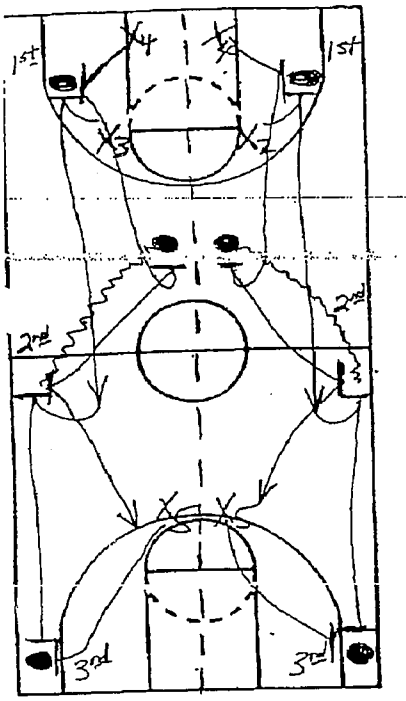
ZONE PRESS VARIATIONS - A SYSTEMATIC APPROACH

Hands up/ Hands off
Don't negate hustle
by Scaling.



TRAP – TRACE – TURN DRILL

This particular drill is to teach how to set a proper trap, and also how to to retreat out of a trap. It also emphasizes fottwork when guarding the dribble.

It begins with an X4 on both sides of the court as we are working strong side play only in this drill. The ball will be thrown in to the 1ST trap area where both X4 players will run and set a good trap with the strongside wing. The coach starts the drill by saying "TRAP" loudly, then the ball is entered as described above The wing should get to the ball first, then X4 "locks the door" on the trap. Both play are checked by coach for good trap stance before coach says "TRACE" upon which both players trace the ball without reaching. Coach then says "TURN" upon which players sprint out of trap- X4 at angle back to middle of floor and wing back to midi midcourt area to wait for 2ND trap. Coach then says "TRAP" once again, and th X4s on both sides imagine guarding a dribbler who chooses to go to sideline. X4 wi execute step-slide footwork and push dribbler into 2ND trap area for trap with wing. Coach then says "TRAP" once more and a godd 2ND trap is set along with a "TRAC

The last phase of the drill involves the retreat out of a 2ND trap when the coac says "TURN". Upon hearing this, X4 runs to elbow area, and wing runs to corner trap area) and traps with X5, and "TRACE" once again.

Drill is complete when coach says "SHOT" and all players (both sides of flo simulate a rebound near basket and outlet pass.

** (NOTE: X4s should work both sides in this drill as should X5s . X1s may p X4 spot just to work on trapping some.)*

This is another great fundamental drill which should be used frequently.

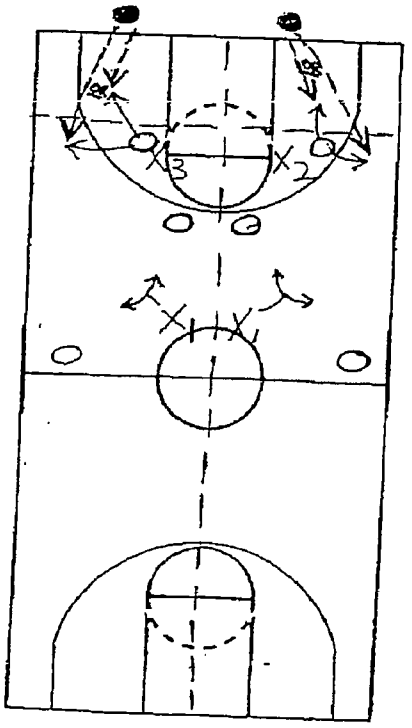
READ DRILL (1ST TRAP)

This drill is designed to work the X4, strongside wing, and X1 together Both sides of the floor are worked as strong sides in this drill. X4s will assume positions with ball out of bounds as will X3, X2 and X1s. Ball will either be thrown in above or below volleyball line and X4s have to "read " whether to trap or to retreat to a "rotate" position. Wings work on closing hard with hands up. X1s work on anticipating where the next pass will be thrown (either to a player in middle or up the sideline.) If ball is dribbled by the wing up the sideline, wing and X1 will form a 2ND trap at midcourt and X4 will retreat to middle deeper than the ball.

*(NOTE: X5s may be used on offense in this drill or to relieve X4s in order to work on footwork and agility.)

Coach may also want to work on different calls while in this drill which will require strongside play. (EXAMPLE: STAY, SLIDE, X)

*(NOTE: we always end a segment of a drill with the conversion of a a turnover into points.) WE ARE POSITIVE ABOUT OUR PRESS !!

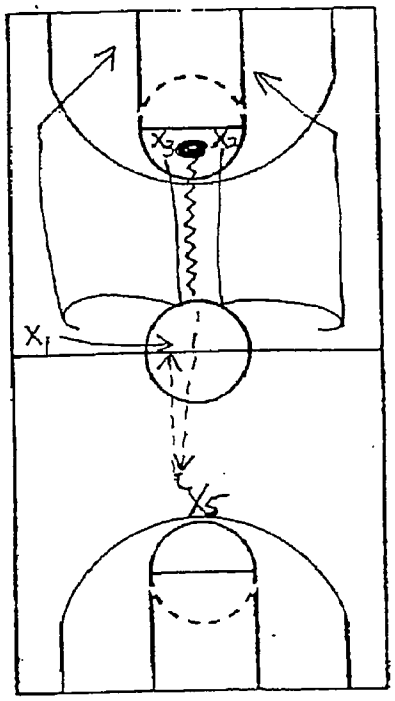


ZONE PRESS VARIATIONS - A SYSTEMATIC APPROACH

TIP DRILL

This is a great multi-purpose drill that may be run in a variety of ways. A couple of those ways will be shown here. Many times we run it early in the practice period as a "peer pressure" drill.

It may begin with a dribbler at the free throw line with two defensive trailers in a "tip" position. X4s, X3s, and X2s will occupy these spots. X1 will be located on sideline until ball is recovered by X5, who is located deep. Dribbler starts a speed dribble up the court, without switching hands with ball. Tippers chase and "run through the tip", making sure to tip with near hand. X5 then recovers loose ball and passes ahead to X1, who has come onto court to get ball and convert turnover into points. Wings make sure of recovery, then get wide into fast break lanes to score. The coach has given the team a "magic number", which is the number of layups needed to be made consecutively before the drill ends. Once the dribbler loses possession, he is dead and does not remain involved when this is run as a "peer pressure" drill. The coach may want to call out the number of the player that the coach wants to shoot the ball each time that X1 gets the ball to promote listening and quick decision- making.



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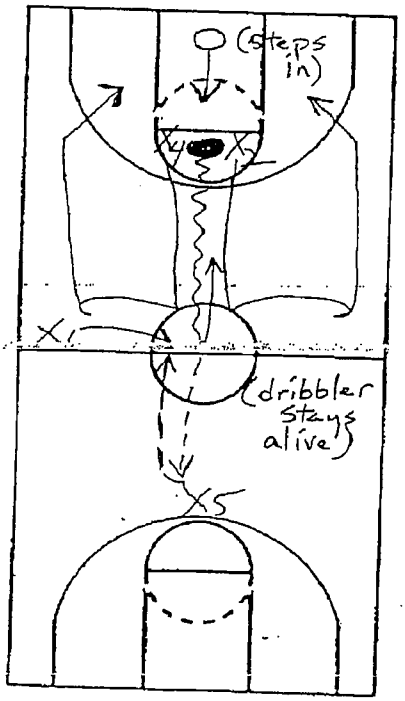
Another way that the TIP DRILL may be run is to add defensive players after the recovery of the tipping team. This is a good way to work on 3 on 2 or 2 on 1 conversions and may be built up to whatever the coach may choose.

It is important to stress during this drill that we are always looking to convert quicker than the other team, both offensively and defensively.



Coaching Points :

a.) tippers "run through" the tip and make sure you stay opened up to the ball to assure recovery.

b.) X5 recover the loose ball with both hands and give a snappy pass to X1 for conversion, then RUN THE FLOOR!

c.) X1 go meet the pass from X5 and do not drift up the floor away from him and possibly greet a turnover with a turnover. Then snap your head around and READ THE DEFENSE BEFORE DRIBBLING!

WE PRESS FOR POINTS ! !

[redacted]

ZONE PRESS VARIATIONS - A SYSTEMATIC APPROACH

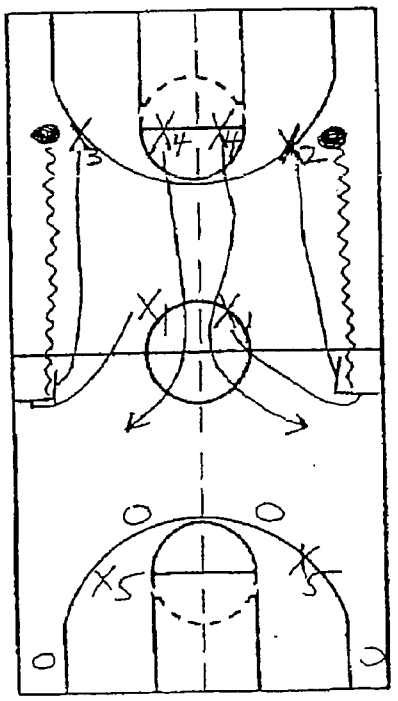
2ND TRAP DRILL

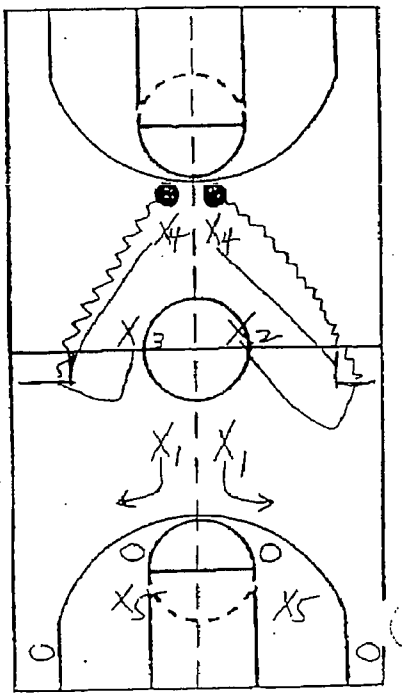
This drill is for the benefit of teaching play in regard to 2ND trap situations. Once again, the floor is divided down the middle in order to drill both sides at the same time. The ball may be placed on the sideline or in the middle of the floor.

If the ball is placed on the sideline, the wing will start beside the ball, for the sake of the, drill to simulate a sideline dribble situation. The dribbler will go up the sideline, and the wing and the interceptor (X1) will get a 2ND trap.

If the ball is placed in the middle, X4 will defend the dribbler to the 2ND trap area in order to trap with the wing.

**(Note: It is extremely important to critique and correct the little things in regard to footwork and trapping in each of these drills!)*





ZONE PRESS VARIATIONS - A SYSTEMATIC APPROACH

WEAKSIDE WING DRILL

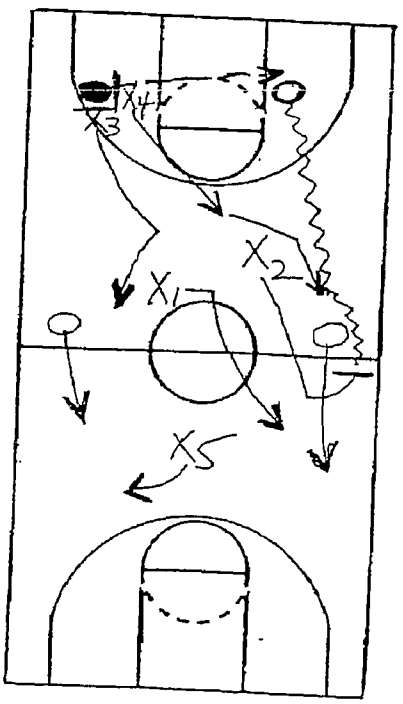
This drill is designed to work on weakside wing play. One of the most important team attributes of great pressing teams is PATIENCE. Traps and high tempo are not always in order.

The drill begins with the ball in a 1ST trap situation with X3 and X4. The ball is then reversed to the middle of the floor and dribbled hard at the weakside wing or held for a two count as some teams like to do against pressure. In either case, the wing must exercise patience in order to allow teammates to recover to proper spots. If the wing comes up too fast, the opponent will "dump" it right over the top and create a numerical advantage. BE PATIENT ON BALL REVERSAL!!

*(NOTE: X4 and X3 must open hips and shoulders to direction ball is thrown and get to spots shown in diagram. Wing sprinting out of trap must be ready to cover diagonal pass. X1 must cross floor quickly to ballside. X5 must move to weakside normally.)

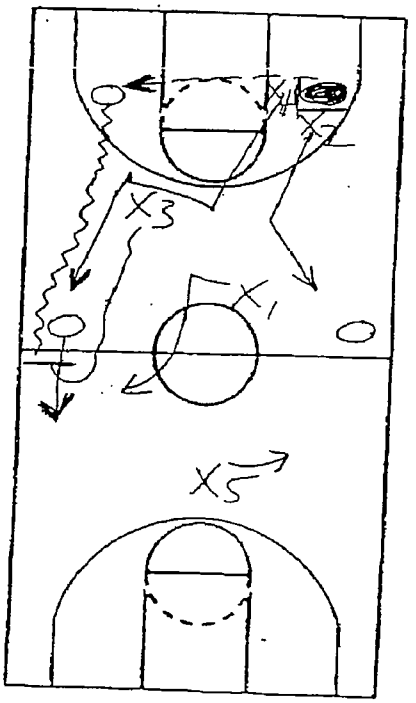
Run Both ways

**AGAINST PATIENT, METHODICAL OPPONENTS WE ARE LOOKING FOR 2ND TRAP OPPORTUNITIES.



If ball is brought up slowly!

Wing/middle or wing/back trap if ball is brought up quick.



ZONE PRESS VARIATIONS - A SYSTEMATIC APPROACH

WING RECOVERY DRILL

This drill was devised to promote good play between the weakside wing and X5. It must be done periodically to emphasize the importance of defensive transition to the wings as well as work with X5 on playing defense when outnumbered.

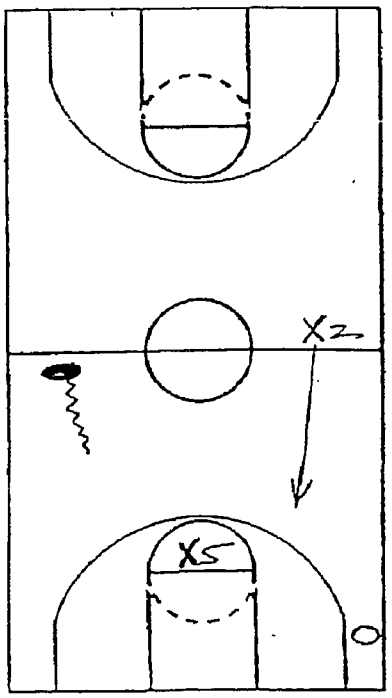
It begins as a 2 on 1 situation with two opponents going against X5. The weakside wing will sprint from a defensive trailer position to become involved as X5 will "buy some time" for this to occur.

The objective for X5 is to make the opponent take a jump shot, if a shot is taken.

The wing has the responsibility of getting "back in the hunt".

The coach may add as many players as desired to create game situations.

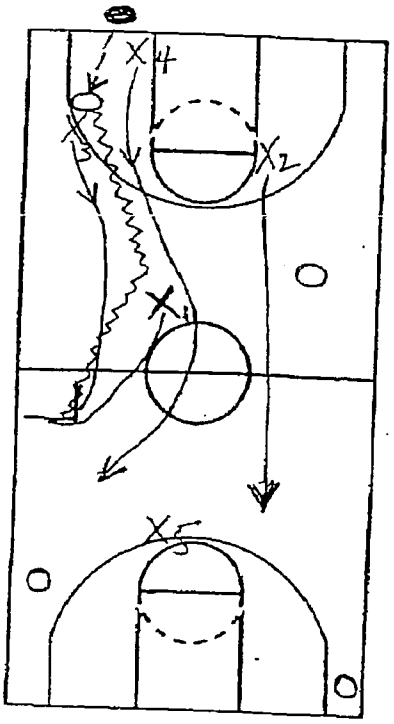
*(**NOTE: Weakside wing begins behind ball. We will work both sides so as to work all players, including X4 and X1, whom we want to run the middle of the floor. We normally build this up to three defensive trailers. Drill ends when defense gains possession and begins offensive transition.)*

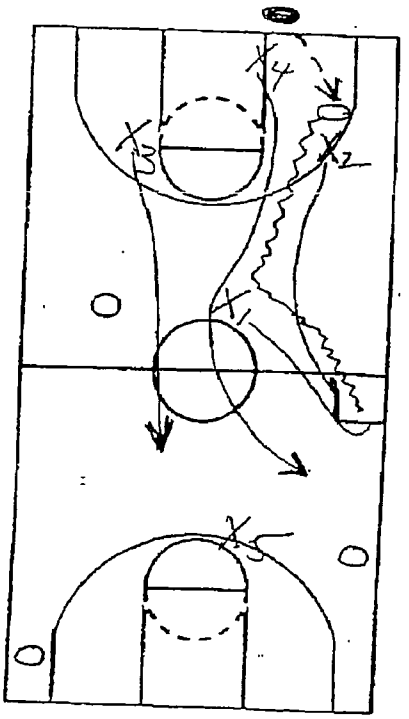


FIRE DRILL

This drill is used to practice defending a quick attack with the dribble which some teams deploy to avoid getting trapped. It begins with the ball out of bounds as and the call is "read". X4 and strongside wing close for trap, but are beaten quickly with dribble. They now become "tippers" as they attempt to tip the ball from behind the dribbler. X1 will attempt to "funnel" the dribbler to the 2ND trap area for a trap with the wing. X4 will most likely replace X1 in middle of floor, while weakside wing sprints to get deeper than the ball, reading the floor as he retreats. X5 reads the floor as play advances toward him, and reacts accordingly.

(NOTE: X1 must not try to stop dribbler in middle of floor; IT WON'T HAPPEN! He must influence the dribble to the side from which it came.)





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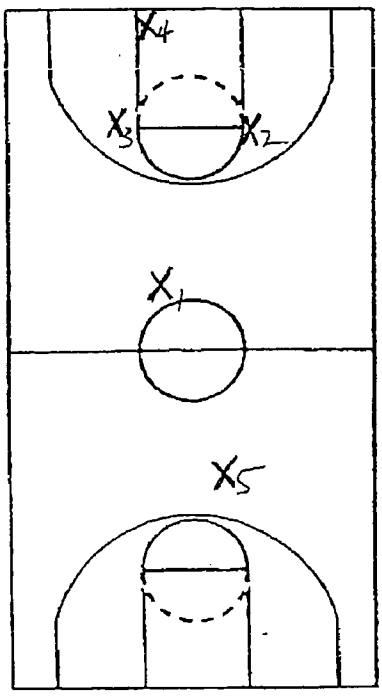
ZONE PRESS VARIATIONS - A SYSTEMATIC APPROACH

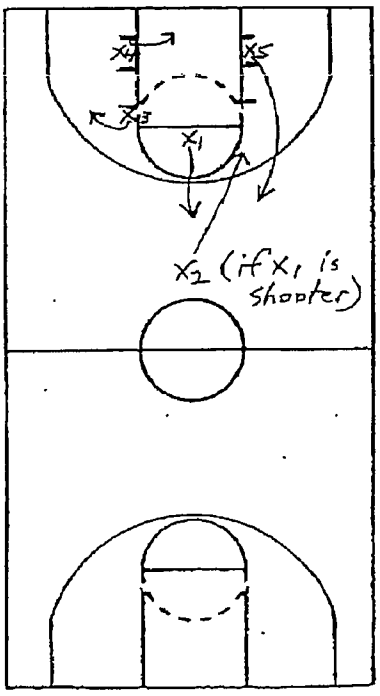
PRESS SUCCESS DRILL

This is a constant on game day for us. It allows us to "fine tune" our press variations as we will go through all of them. We run it with two units against the scout team or JV, who are knowledgeable of our opponent's press attack(s). The coach will call out or hand signal the call and the scout team will inbound the ball and attack until the scout team hears "BALL", upon which time they will drop it and the defense will recover and convert. Once the defense has gained possession of the ball, the scout team stops playing while the defense converts, so as to avoid possible injury on game day.

Often we will set up a free throw situation to begin this drill to work on pressing after misses, also.

*** This is a high intensity drill and is promoted as our "BREAD AND BUTTER"***





DEFENDING DIFFERENT PRESS ATTACKS

Over the years, this pressing system has encountered almost every imaginable type of set devised by man to attack it. It is extremely important to prepare for any type of conceiveable pressbreaker. Here are some we've run across over the years, and what we attempted to do against them.

1 – STACK 2 – 1- 1 alignment

This is a popular one in which guards are stacked at the free throw line area and break different ways. We normally allow the inbounds pass to be completed anywhere in front of the wings EXCEPT the middle of the floor, so this not disrupt our press. Any variation is suitable to attack this set, we feel.

1-2-2 alignment (side-middle-side) concept

This is a very popular set used to attack a standard 1-2-1-1 press. We normally went to variations such as Rotate, Stay, or X; once the tempo we liked was established.

4 – ACROSS alignment

We turned" up the heat" and became very excited that our opponent wanted to play basketball on our end of the court. TRAP and SQUEEZE were common calls against this set.

1 – 1 – 3 alignment

This is a tough one as your wings must back up before the inbounds pass. ROTATE, STAY, and X seemed to be most effective. Your wings must know how many people are behind them.

1 – 1 – 1- 1 -1 alignment

This is one in which there may be an attempt to overload a sideline, forces everyone but the weakside wing to play passes. SQUEEZE seemed to be the best possible solution.

[redacted]

ZONE PRESS VARIATIONS - A SYSTEMATIC APPROACH

SELECTING AN OFFENSE TO FIT THE SYSTEM

It is very important to select an offense that will allow your team to make a quick, smooth, defensive transition that will get it into the press. As mentioned previously, we have found pressing after missed shots to be just as effective, if not more, than our pressing after made baskets.

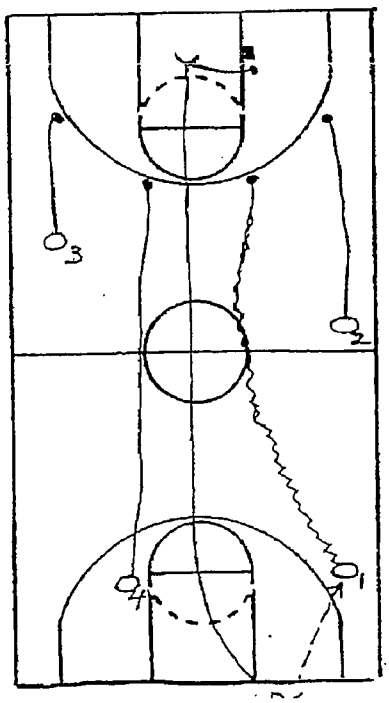
Concerning this matter, we have found it VERY CRUCIAL to have an offense which does not allow the wings (X2 and X3) to make long cuts and/or change sides of the floor. If we allowed this to occur, we feel we could not press after misses as effectively.

Since our overall style is UPTEMPO , we choose to push the ball in a numbered fast break set, which designates spots for players to run, which coordinates with each of their press spots.

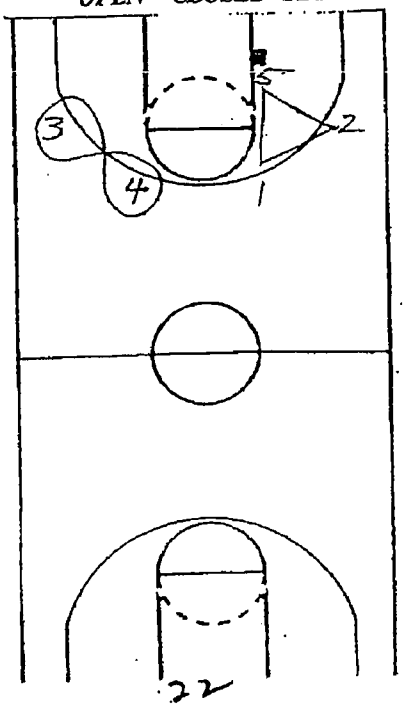
Shown below are the numbered break which we deploy, as well as a couple of sets that allow us to maintain being "SOLID AS A ROCK" with our press.

We truly believe that THE PRESS IS OUR BEST OFFENSE ! !

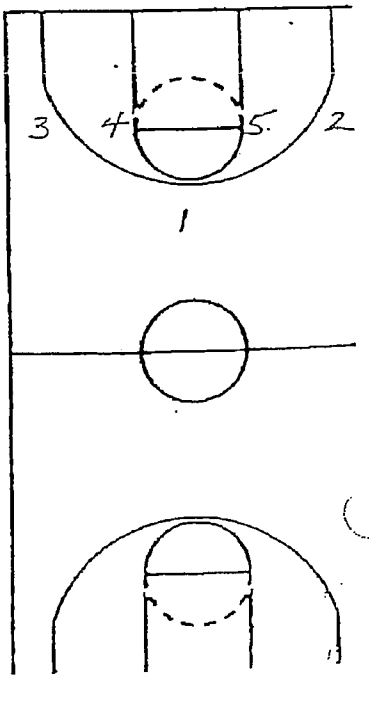
NUMBERED BREAK



OPEN – CLOSED SET



1 – 4 SET



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GENERAL PRESS COACHING POINTS

1.) Ball pressure is crucial at all times– "press" means ball pressure.

2.) Be patient – good things take time. It may work for long spurts or short spurts, but, it will work, and it will be in spurts. Stay with it, as there are some intangibles that are constantly in your favor, if you allow them to be.

3.) Set good traps and DON'T REACH ! Run to your teammate when trapping.

4.) HANDS UP ! HANDS OFF !

5.) SPRINT out of traps ! Square shoulders to point to which you're running.

6.) Look to tip from behind when you are behind the ball.

7.) Anticipate the next move of the opponent.

8.) REBOUND and RUN !

9.) Make opponents take jump shots. Be there when they shoot it- be there when they miss. Give them one shot or less.

10.) HAVE FUN – winning is lots of fun!

THINGS TO KEEP IN MIND TO KEEP FROM LOSING IT

1.) This is an "all or nothing" system- it requires constant attention.

2.) It very often will seem "bad" early on; be patient with it and teach it well.

3.) Sell the players on it by promoting it as "OUR BEST OFFENSE"- explain that the harder they play on defense, the more shots they will get. If they can't handle that, find someone who can.

4.) It will be described as "hully gully", "jungle ball", and various other terms and phrases, especially when it is very good or very bad; by both opponents and your school board (who are, sometimes, also opponents). Stick to it and see what they have to say at season's end.

5.) If you have a dog, he will still love you no matter what happens with it- if you don't have a dog, GET ONE!

Princeton Part II

High Post Options

Why go to the High post?
1) Spreads the defense
2) Hard for opposing centers to guard the perimeter
3) Easier to reverse the ball

Problems:
Need a center that is skillful can pass shot and dribble.

Turn-out cut:
When guards cut they need to stop at the block and hold for a 1 or 2 count.
Center needs to replace cut to get open
Guard closest to the ball needs to look for the ball.

Turn-out cut if entry pass is denied
Reverse
If reverse is denied opposite guard shuffle cuts

Picks on Turnout cut be too low, too low will not allow for backcuts or fades. this is also why Guards need to be patient

Passing to the side is the last entry pass

Dribble entry

1) Back door
2) Center pops out

Back door cuts

Every little thing you do counts
When ever you cut you look for the ball.

From High Post to low post

Dribble entry

Sagging defense

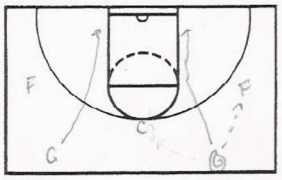
High post Drill

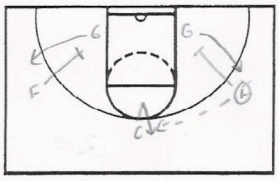
keep going work on pivots and moves
High post guy beats with his legs not his rear end
Center has to make himself available

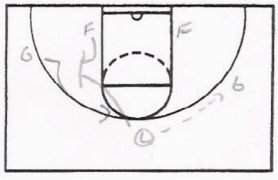
Final thought

good spacing creates opportunities

Princeton Part II







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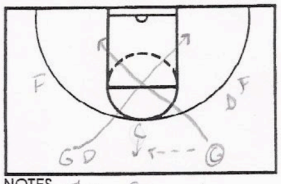

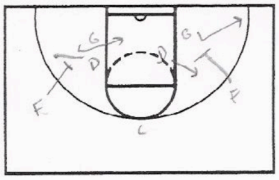

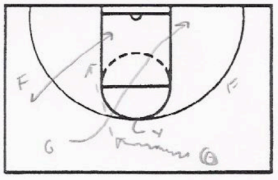

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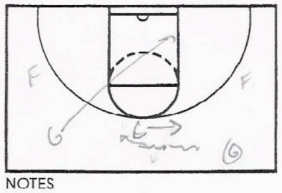

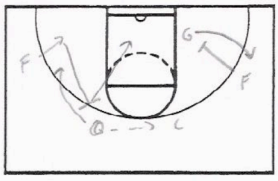

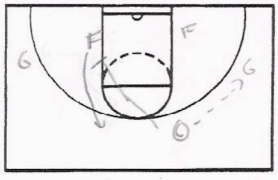

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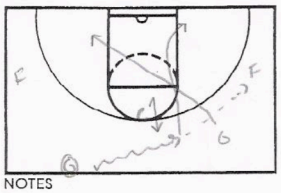

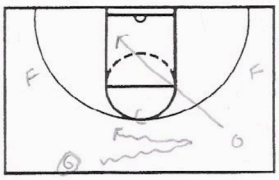

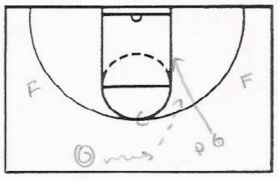

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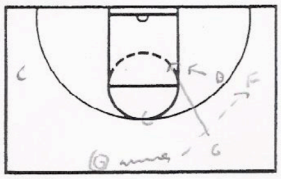
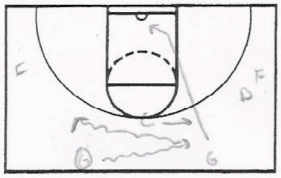
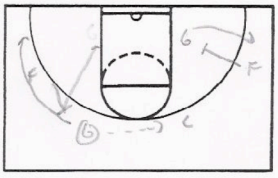
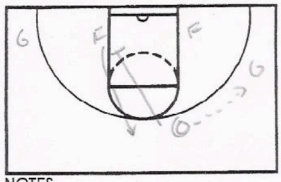
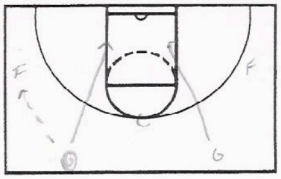


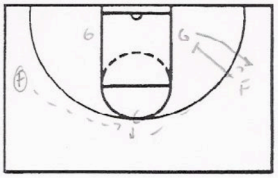




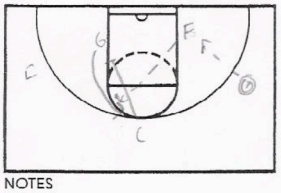
NOTES Opens up pass

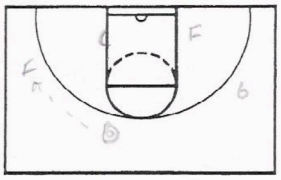


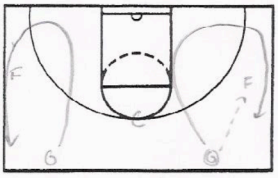




NOTES Into low post play







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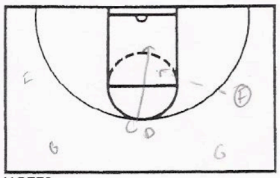
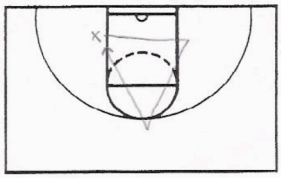
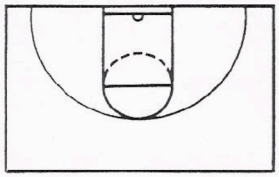
Start from here







NOTES

Princeton Part 1

Basic Offense
1) Cutting (Hard cuts)
2) Screening
3) Passing
4) Shooting

- Always trying to help someone out. Help a teammate get a shot

- It is a series of 2, 3 and 1v1 plays

- The center is the hub of the offense. He is the guy that sees everything. He needs to be a great passer and needs to be unselfish. He will score more by passing more.

No numbers 1, 2, 3, 4, 5. There are Guards, Fowards and a Center

Low Post Play
Spacing is crucial almost 45° angles between guards and wings

- Always watch the player in front of you he tells you where to go. (dia 2)
3 options after the ball is entered to the post:
1.) Go to the corner (dia 3)
2) Cut to the center (dia 4)
3) Set a screen for the guard (dia 5)

Plays off the Upscreen
1.) Guard uses the screen (dia 6)
2) After the screen foward pops for a pass from the guard. (dia 7)
3.) After the screen center kicks ball out to foward (dia 7)

When closely guarded go backdoor
4.) Guard goes backdoor off the screen (dia 8)
5.) Guard goes backdoor screener gets a return pass (dia 9)

Execution and timing critical

Getting into the offense
Guard without the ball should stay a little behind
Guard with the ball for a swing (dia 10)

Backdoor is effective because you create a layup or help which allows your teammate to get open (dia 13)

"Offensive skills dictate what happens, but without skills the defense dictates."

Going Crosscourt
Prepare yourself for what defense is going to do to you. overplay, sag, etc
Low post passes to opposite wing (Dia 15)

What do we do with guys on weakside:

1) Swing (dia 16)
   - for a shot
   - or a drive and pitch
2) Back door
   - For a layup (dia 16)
   - or corner guy gets open for a swing

Backdoor man can looke to post up after cut.

Getting into 1 guard front

1st guard goes through and center will cut off this guard (dia 25

On a pass to the center the guard has 3 options

1) Screen towards the ball (dia 27)
2) Go back door (dia 28)
3) Screen away from the ball (dia 29)

Options are done based on how you are being played.

Screening Techniques

Dont release from the pick to early
Keep elbows down
Cant slide to hit defender
Dont move
Protect yourself
After pick is set seperate (pop back)

Screening Towards the ball

1.) Towards comes off for a shot.

2.) Toward skips for a shot in the corner

Hard cuts to the middle draw the defense in...
which opens up the perimeter.

3.) Center pops out to the top

4.) Center goes backdoor

Easier to pass with a live ball

"There are very few things in basketball that we say always or never, very few. That one comes as close to always as you can and be right, try to keep your dribble because it is easier to pass with a live ball."

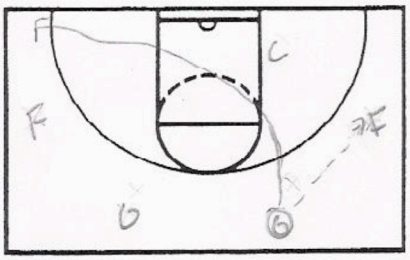
5.) Center spins and drives

6.) Toward goes backdoor

Guard goes backdoor

Can go on a screen away or screen towards the ball

"In this game your a surgeon or a meat cutter"



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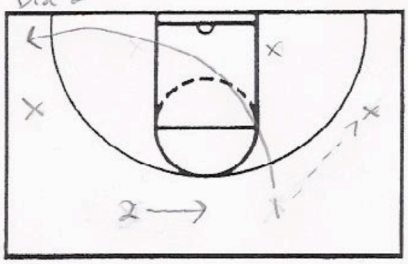
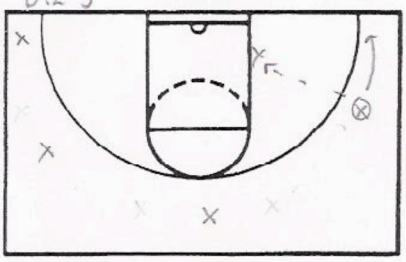
Dia 2



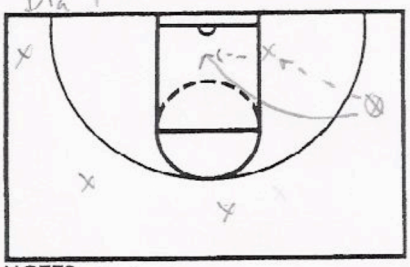
1 is in front of 2 and tells him where to go by his cut.

Dia 3



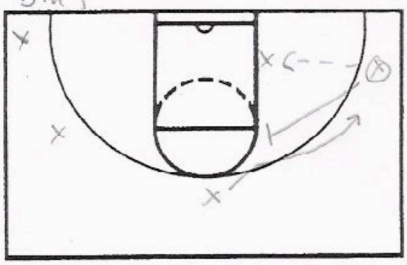
Opt 1
Cut to the corner for a kick out by the center

Dia 4



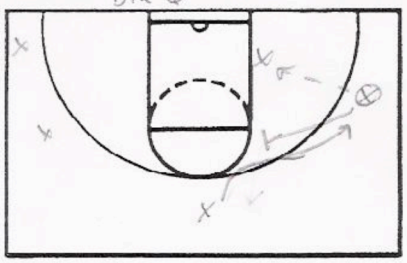
NOTES Opt 2
Cut to the middle for a layup

Dia 5

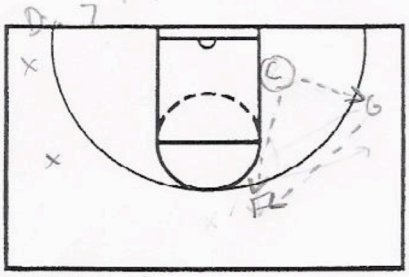


Opt 3
Set a screen for the guard (up screen)

Dia 6

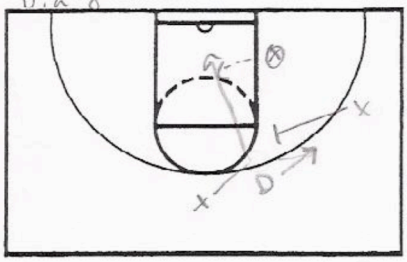


Dia 7



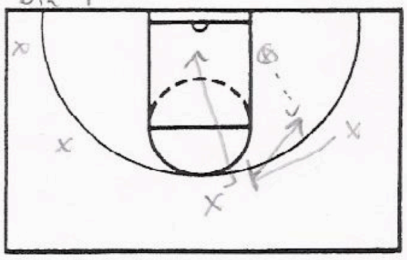
NOTES Both options occur after an upscreen

Dia 8

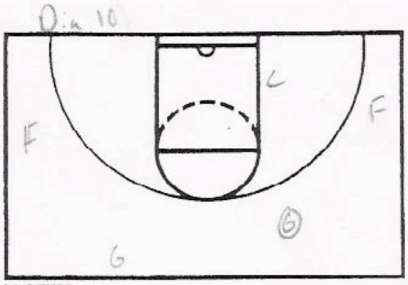


Defense overplays and trys to get over the screen

Dia 9



Dia 10



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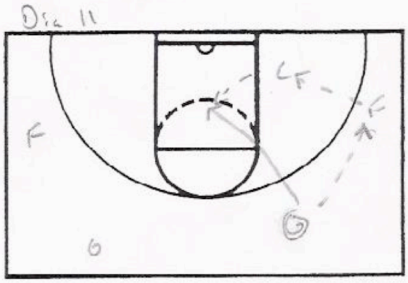
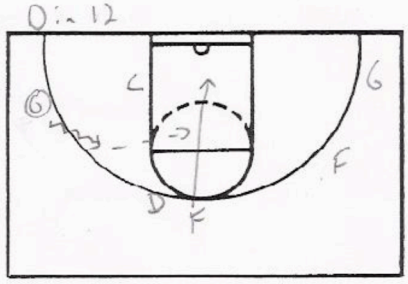
Dia 11



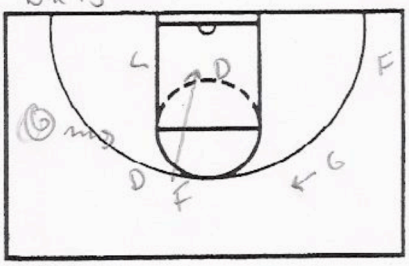
If the guard who is cutting defender turns his head you may get this

Dia 12



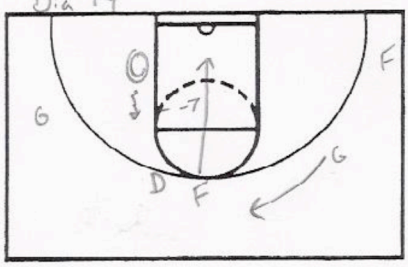
Guard dribbles at the fowards defender. The foward backdoors. This occurs after the foward/guard screen

Dia 13



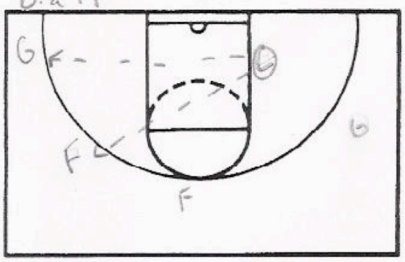
NOTES If the opposite Guards man helps than he will be open for a swing pass

Dia 14

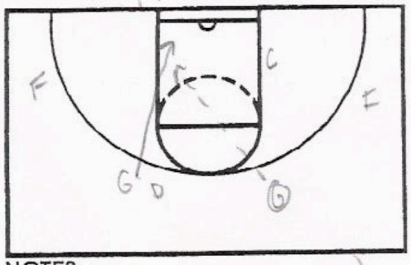


Center can take 1 dribble up Foward sees this and backdoor cuts. This also allows the guard to get open

Dia 15

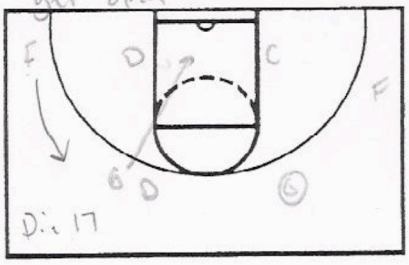


Dia 16

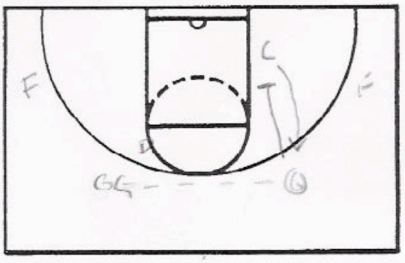


NOTES Swing pass denied go backdoor

Dia 17

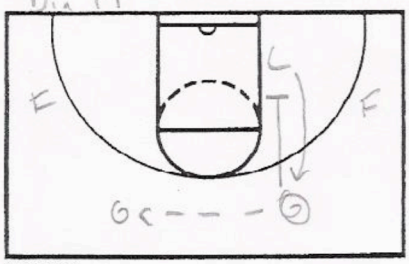


Dia 18



On this swing Guard will screen down for the Center

Dia 19



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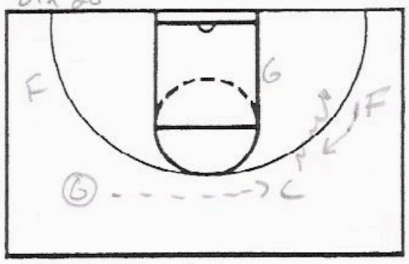
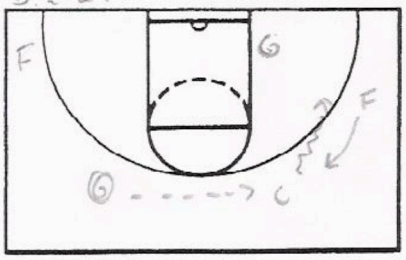
Dia 20



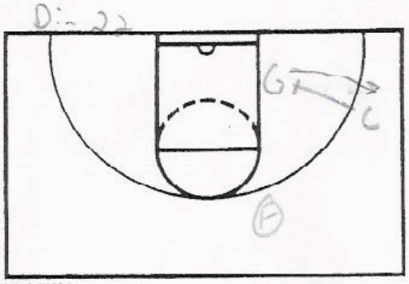
Handoff for a shot

Dia 21



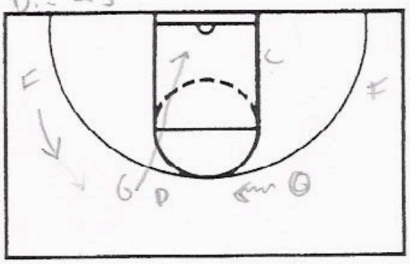
Handoff no shot Center screens down

Dia 22



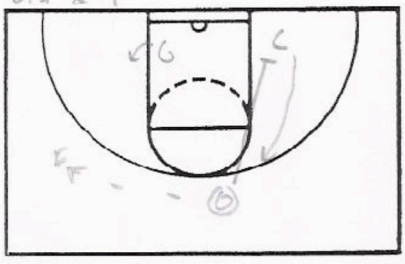
NOTES Center seals for a layup

Dia 23



Guard posts up

Dia 24



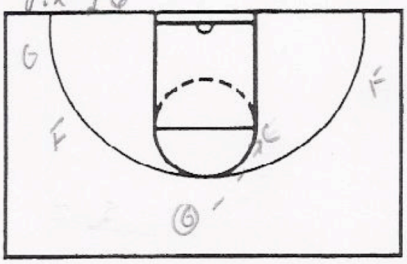
Screen for the center

dia 25



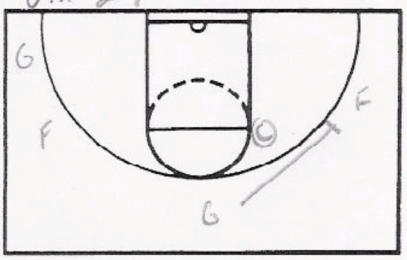
NOTES

dia 26



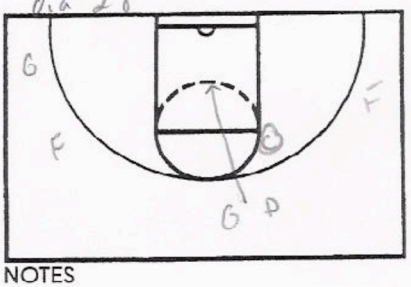
On this pass he has 3 options

dia 27



Opt. 1
Screen towards the ball

dia 28



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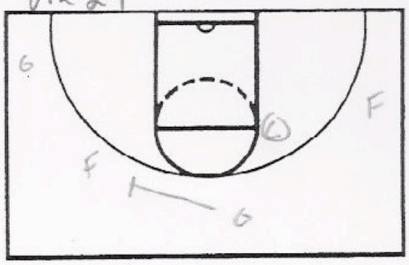
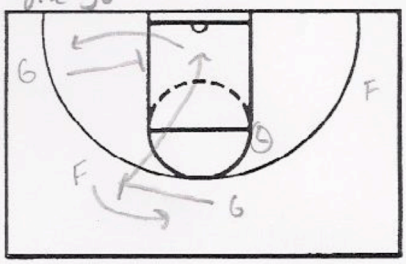
Opt. 2
Go backdoor

dia 29



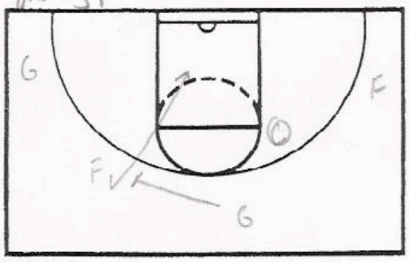
Opt. 3
Screen away

dia 30



Slip and Guard will down screen

dia 31



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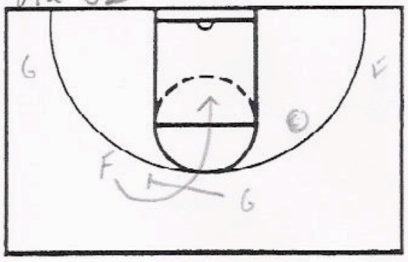
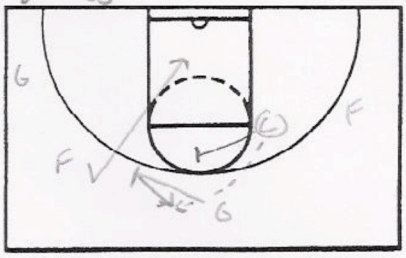
dia 32

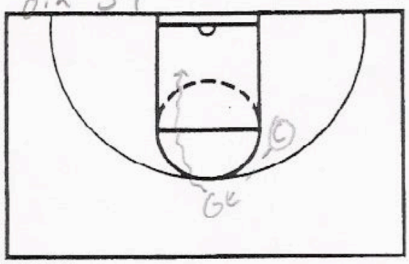


dia 33



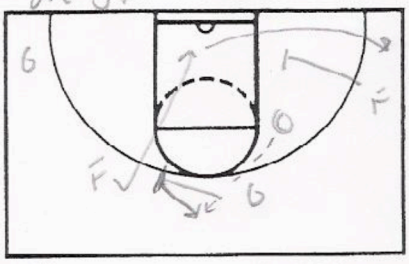
Pass back to the Guard. Center will set a ball screen

dia 34



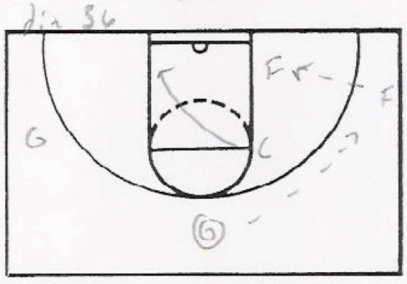
NOTES Guard can also look to rip and go middle

dia 35

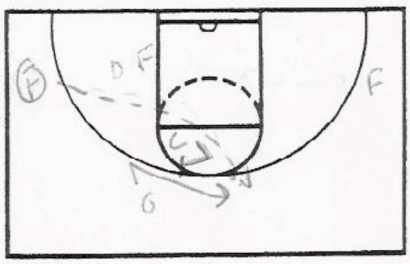


Down screener posts

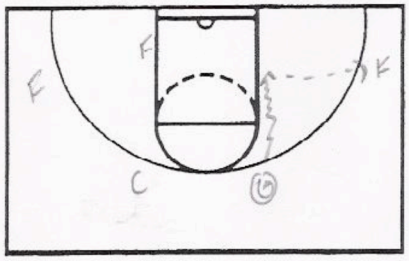
dia 36



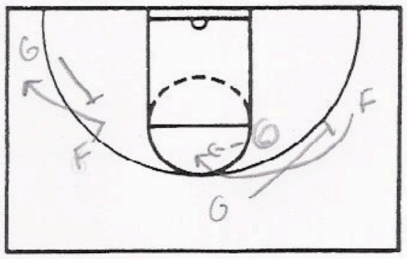
Center backcuts for a layup also look for opposite guard.



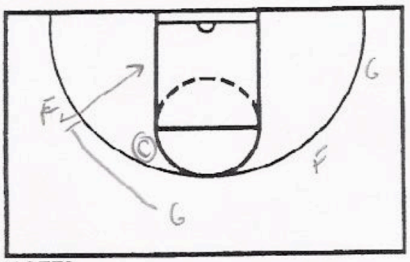
NOTES No post Flare Screen. Guard



Guard can drive to score or pitch



Opposite G/F can also screen down



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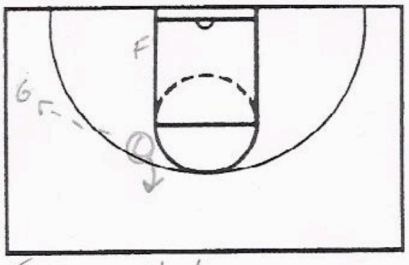
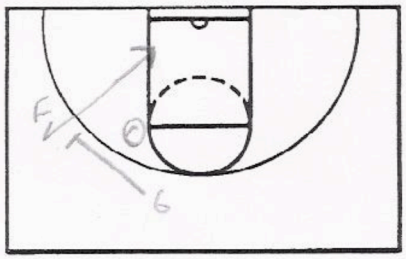
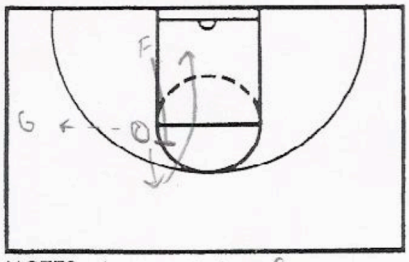
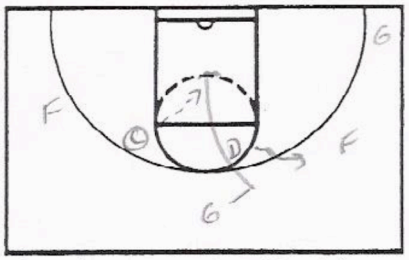


For a shot

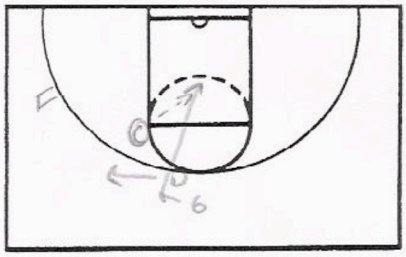




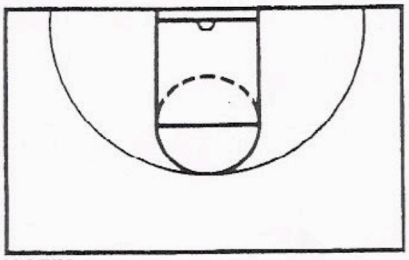
NOTES No shot for the guard foward up screens.



Guard backcuts if defense anticipates screen away



Guard backcuts if defense anticipates screen towards the ball



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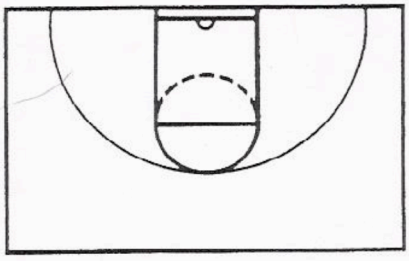
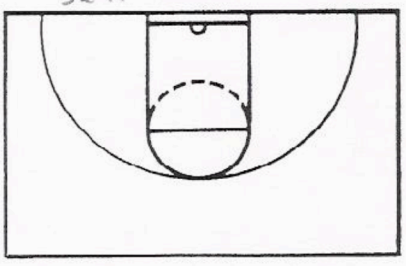




Princeton Part II

High Post Options

Why go to the High post?
1) Spreads the defense
2) Hard for opposing centers to guard the perimeter
3) Easier to reverse the ball

Problems:
Need a center that is skillful can pass shot and dribble.

Turn-out cut:
When guards cut they need to stop at the block and hold for a 1 or 2 count.
Center needs to replace cut to get open
Guard closest to the ball needs to look for the ball.

Turn-out cut if entry pass is denied
Reverse
If reverse is denied opposite guard shuffle cuts

Picks on Turnout cut be too low, too low will not allow for backcuts or fades. this is also why Guards need to be patient

Passing to the side is the last entry pass

Dribble entry

1) Back door
2) Center pops out

Back door cuts

Every little thing you do counts
When ever you cut you look for the ball.

From High Post to low post

Dribble entry

Sagging defense

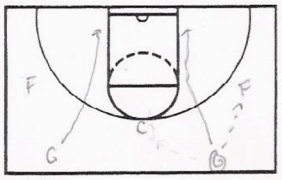
High post Drill

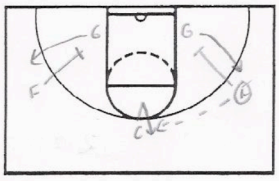
keep going work on pivots and moves
High post guy beats with his legs not his rear end
Center has to make himself available

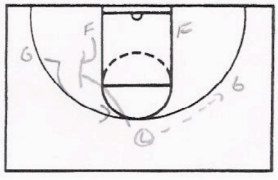
Final thought

good spacing creates opportunities

Princeton Part II







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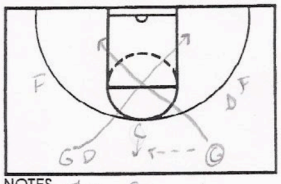

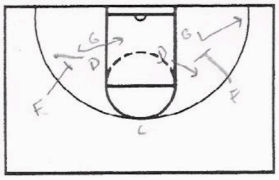

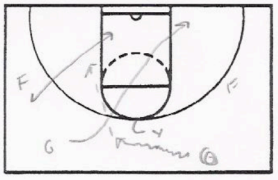

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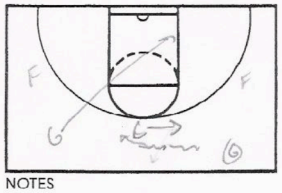

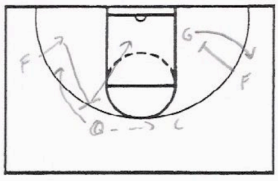

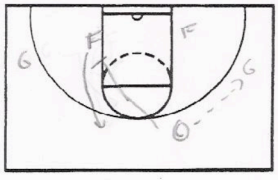

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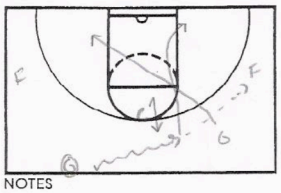

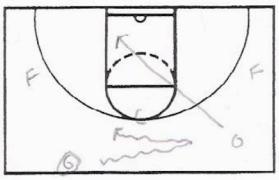

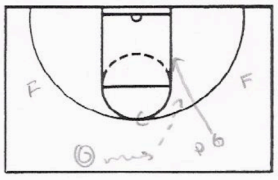

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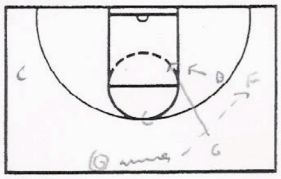
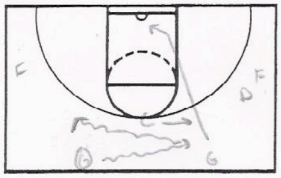
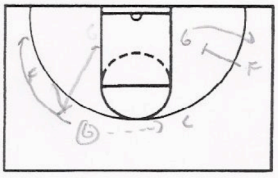
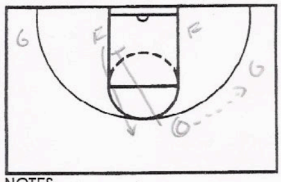
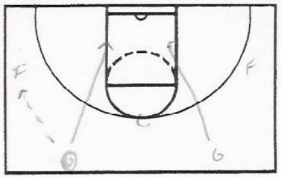


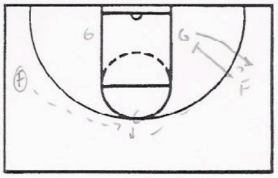




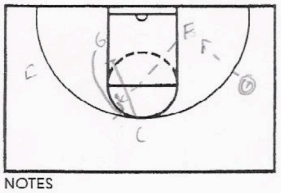
NOTES Opens up pass

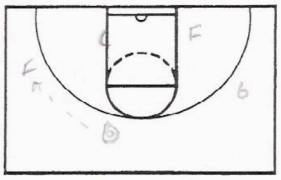


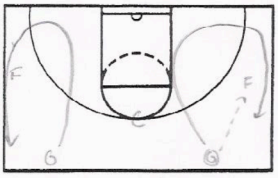




NOTES Into low post play

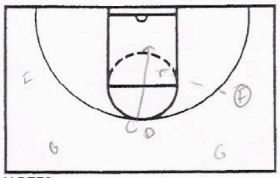


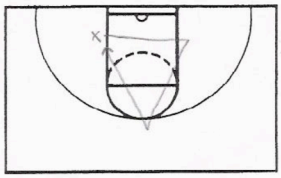


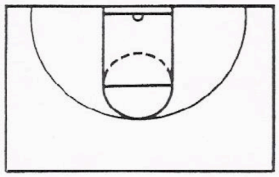


NOTES

Start from here







NOTES

Chin Series

Started with the second unit in practice trying to keep 1st unit on three days.

Shuffle Cuts.

(dia 1) ← As soon as Center sees the signal for chin Center comes up above Spt Line and in line with lane Line. Cutter should go behind because defender is usually towards the ball. (dia 2)
In practice going 5v0 Skeleton make sure players throw passes they will in a game.

Cutter denied

If shuffle cut is denied.
Only cut in Princeton offense that cutter goes to ball side corner. (dia 3)
Post always goes to the ball. (dia 3)
If Post is denied also forward can pass out guard dribbles to opposite side to fill that spot. (dia 4)

Wing dribbles back up top:

Guard is denied on reversal. Forward dribbles out
dia 6 Guard cuts hard towards hoop and opposite forward cuts back up top. Center sets shuffle cut on opposite side that he started (dia 7)

Importance of Good Screens

Don't move on picks

Skip pass to the wing:
On shuffle cut if wing defender helps out skip pass is open (dia 8)

Center turns and drives:
On Center cuts to elbow cut hard, catch rip and score or he can look to pitch out to the forward (dia 9 & 10)

Center goes back door:
When center cuts after shuffle screen this is a good chance to go back door. (dia 11)

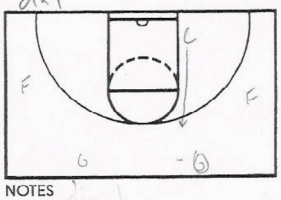
Center goes back door 2:
After a reversal Center goes backdoor

UCLA Cut
When the forward on a reversal dribble sends the guard through he can throw back to the same side for a UCLA cut (dia 12)

Princeton Offense Part III

Chin Series

dia 1



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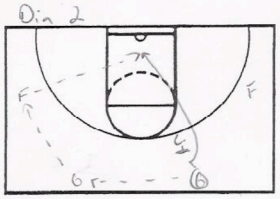
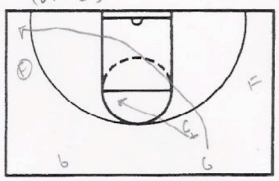
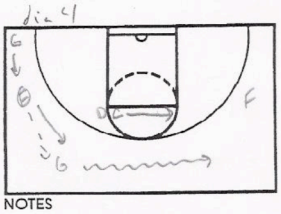
Dia 2



(dia 3)



dia 4



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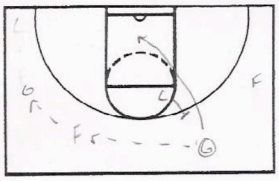
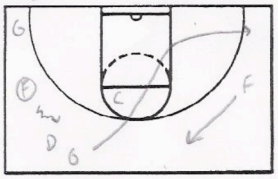
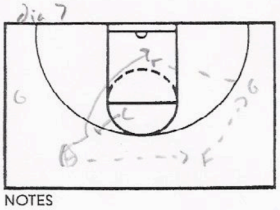


(dia 6)



dia 7



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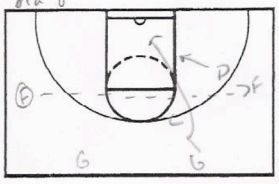
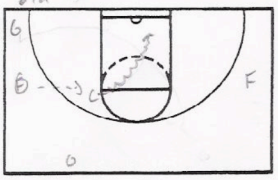
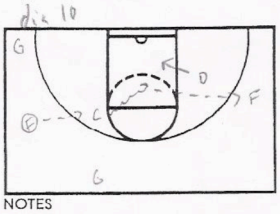
dia 8



dia 9



dia 10



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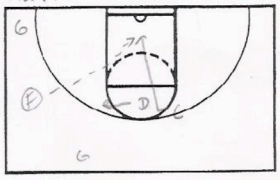
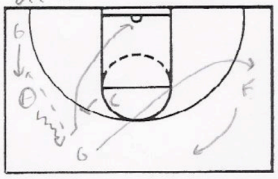
dia 11



dia 12



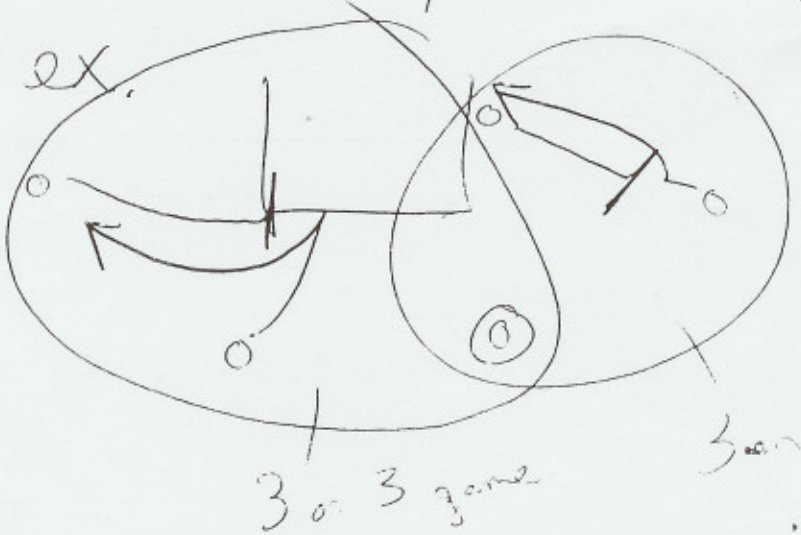
2 times when Drisdom/Chaney/Markesson always screen:

① Flare
   a) as ball comes to you
   b) as ball goes away from you

② Split
   - after post feed

Look to play 6 on 5 game

ex.

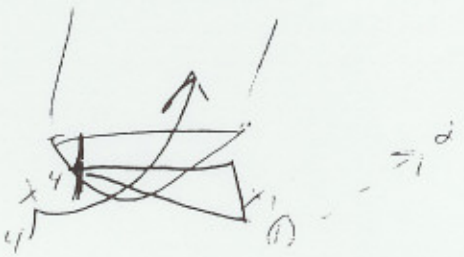


* 2 3 on 3 games going on simultaneously

Backpick - Repick

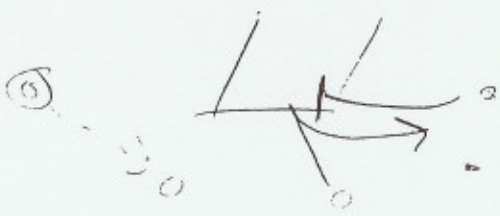
Motion Concepts:

- Never set elbow to elbow screen except in one occasion
  - a slow, lumbering big is guard. our 4 man

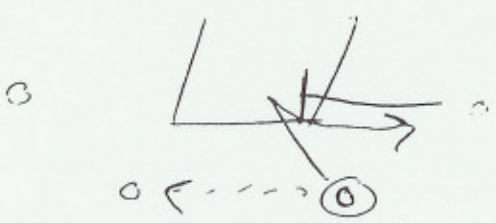


Flare Screen

① as the ball comes to you
  - toughest to guard



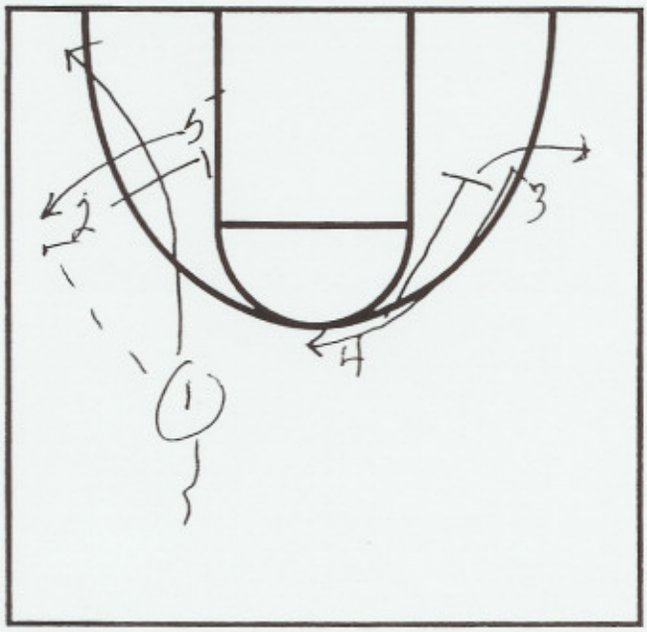
② as the ball goes away from yo



OPPONENT CALL _____ FREQ _____

UTAH CALL THRU 5 - SCREEN AWAY - STRETCH

1



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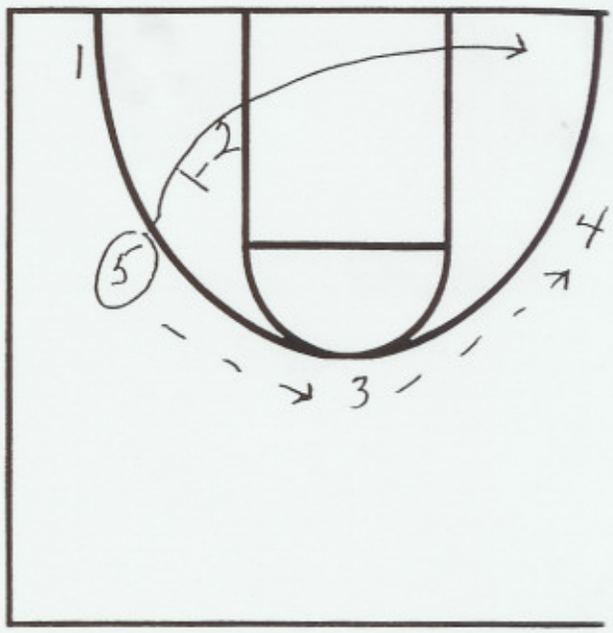

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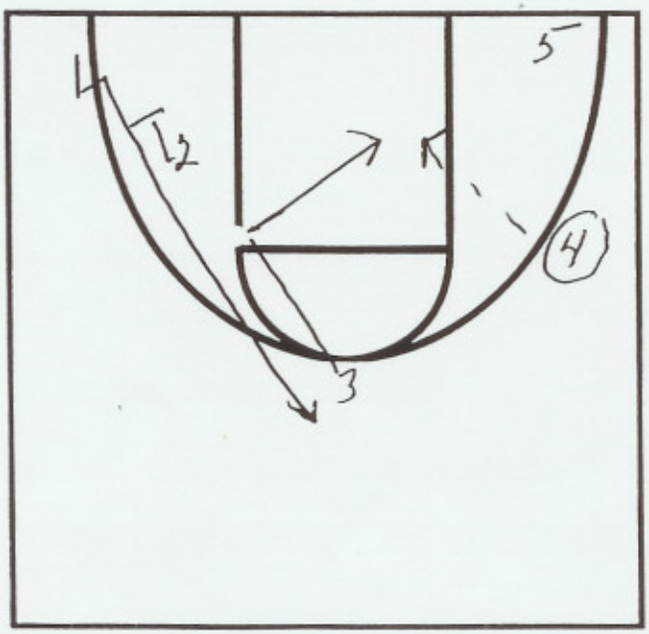

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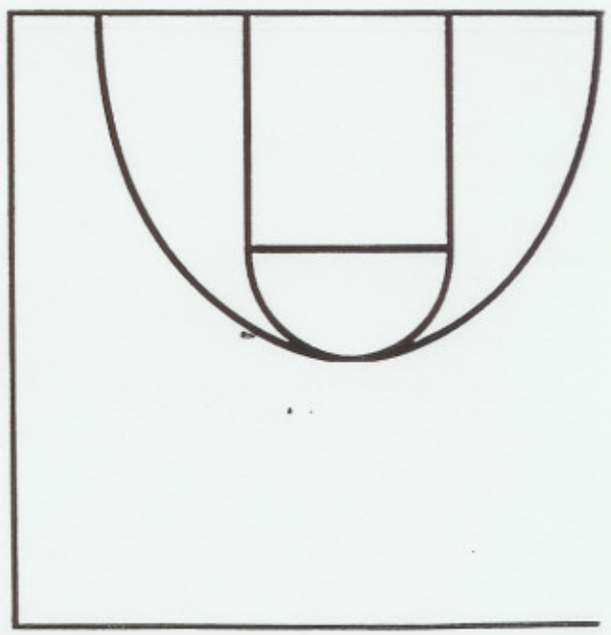
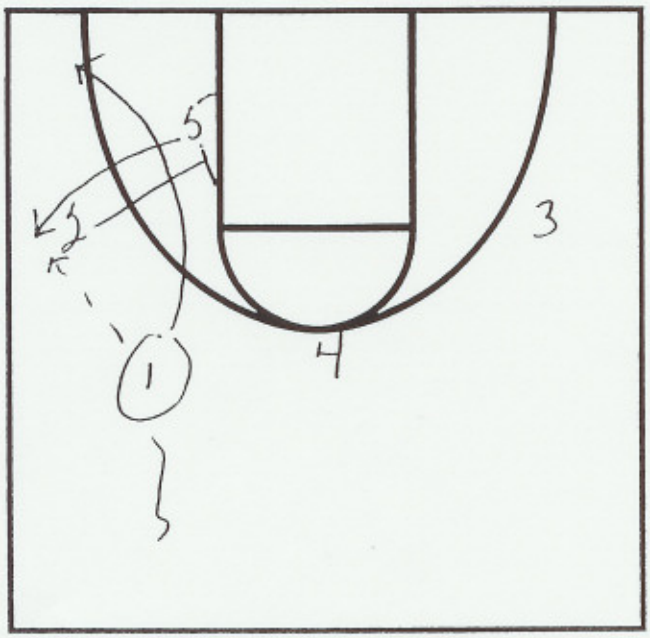


OPPONENT CALL _____ FREQ _____

UTAH CALL THRU 5 - SNAP

1



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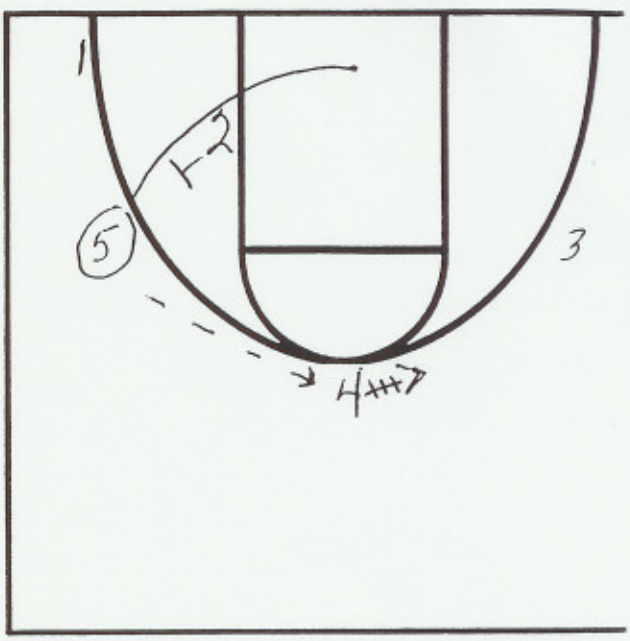

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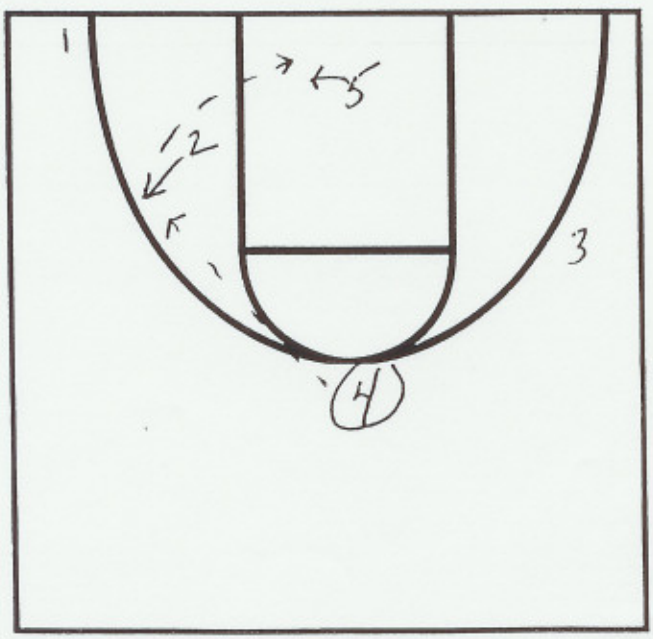

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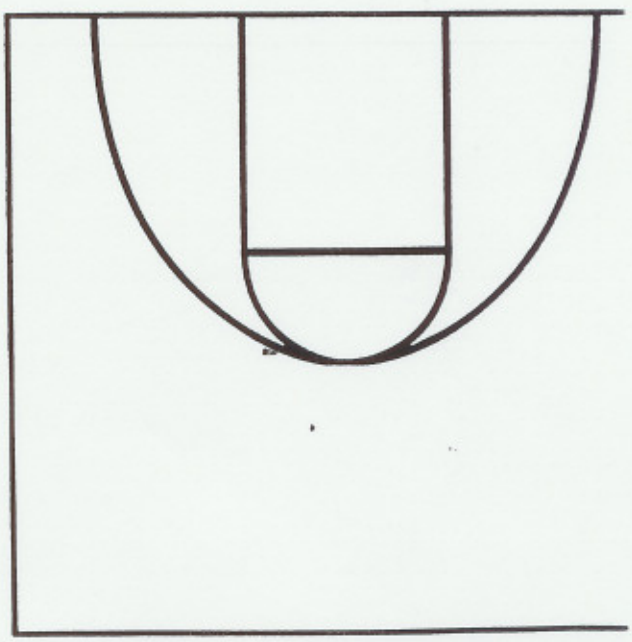
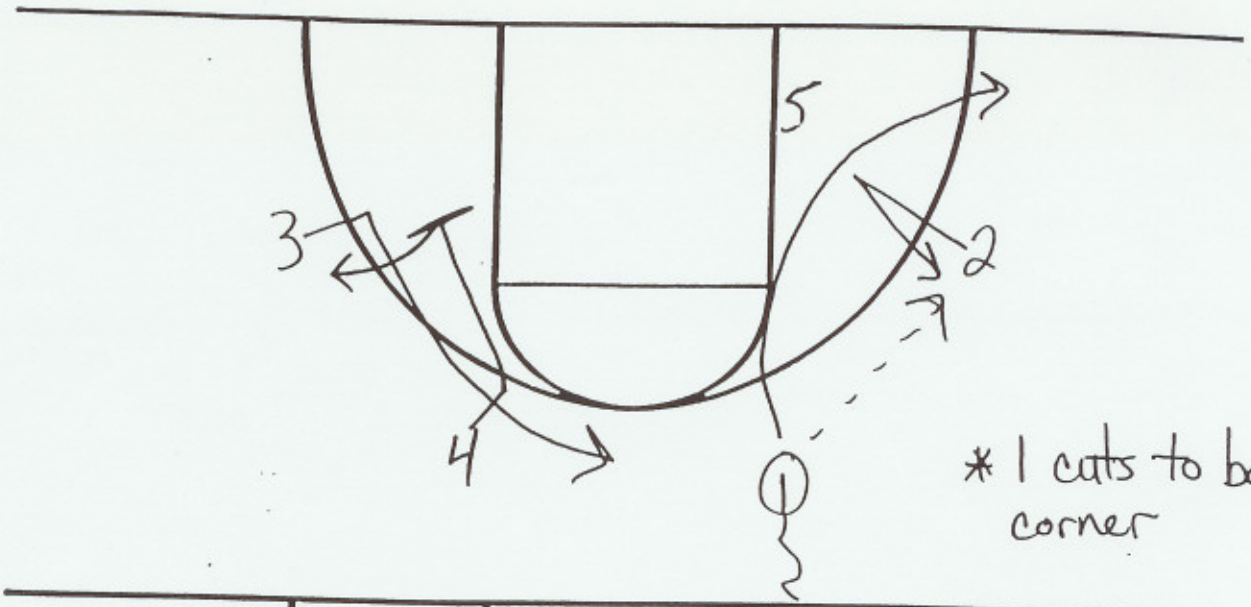
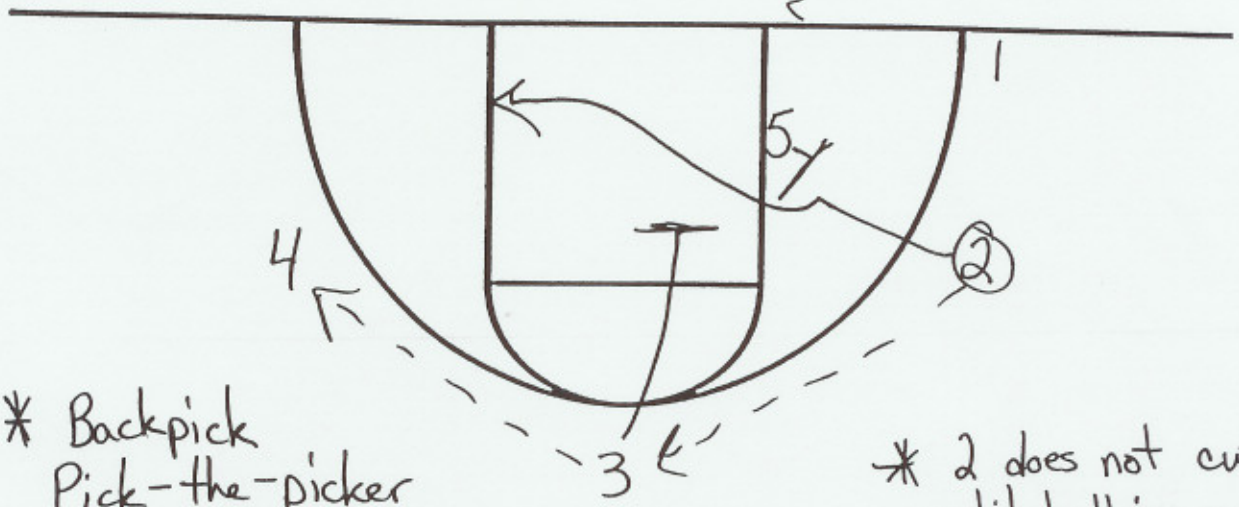


OPPONENT CALL _____ UTAH CALL Thru

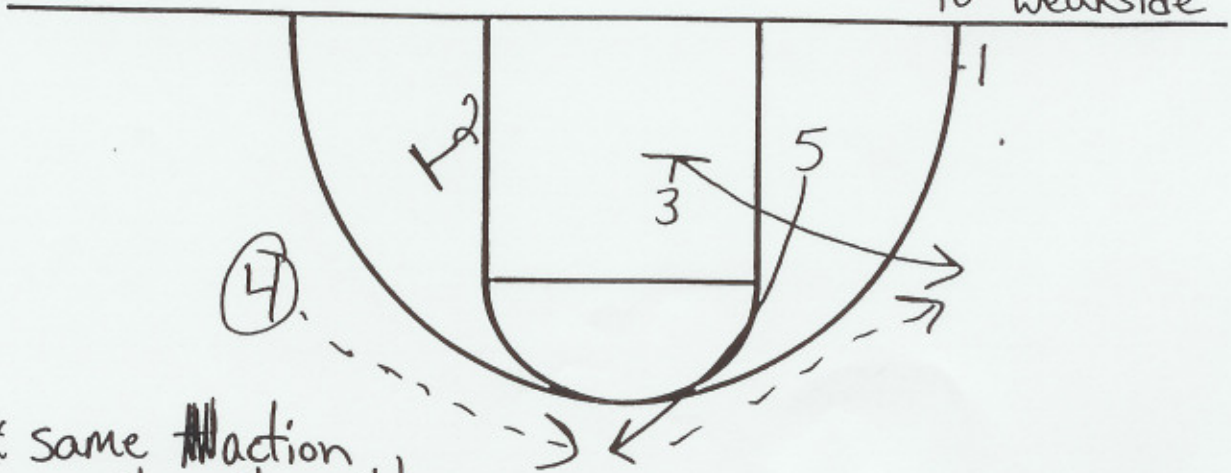


* 1 cuts to ball corner



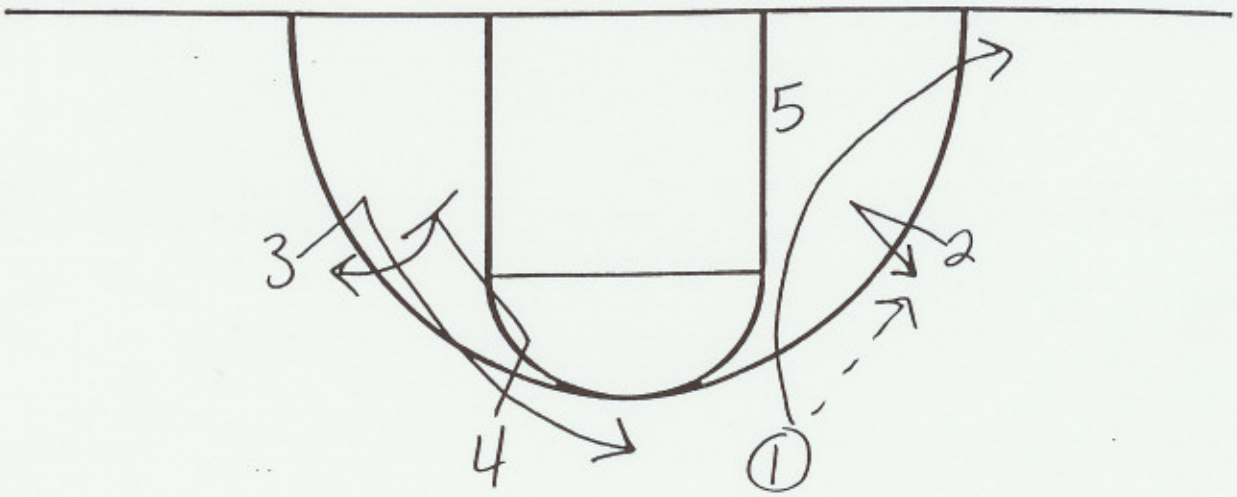
* Backpick
Pick-the-picker
action

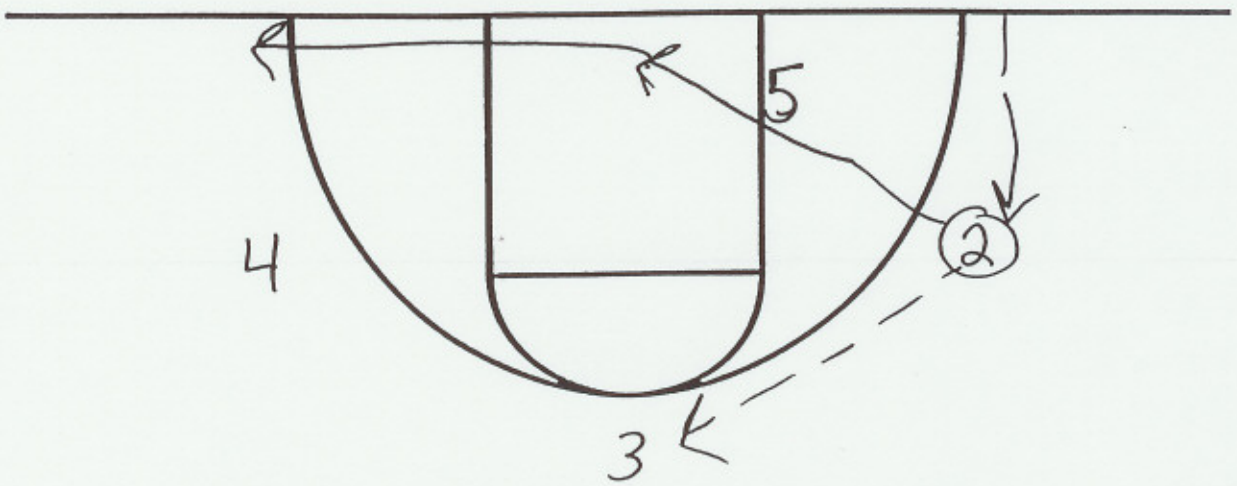
* 2 does not cut until ball is reverse to weakside

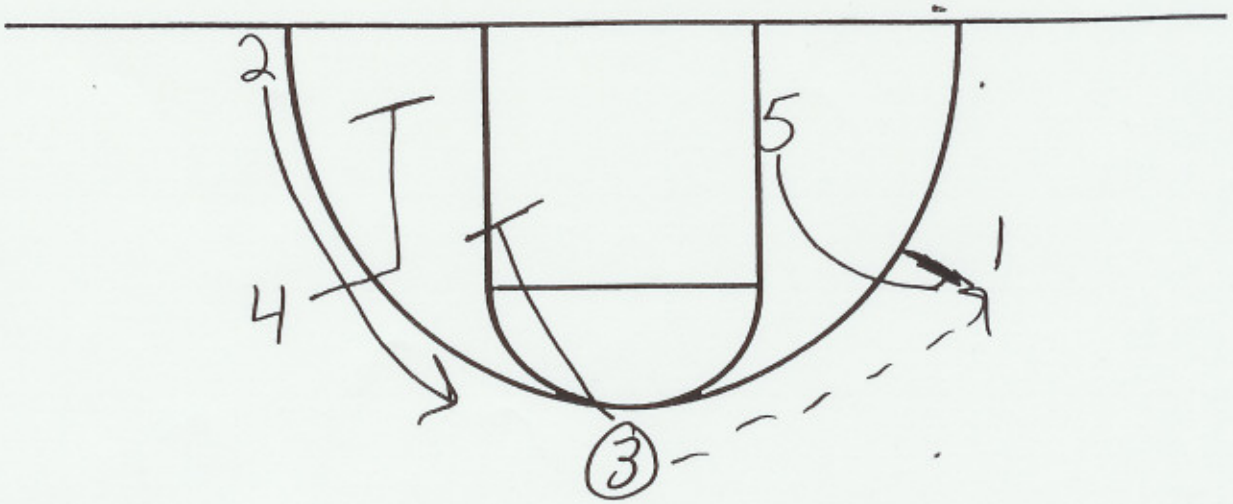


* same action on the other side
Backpick Pick-the-Picker

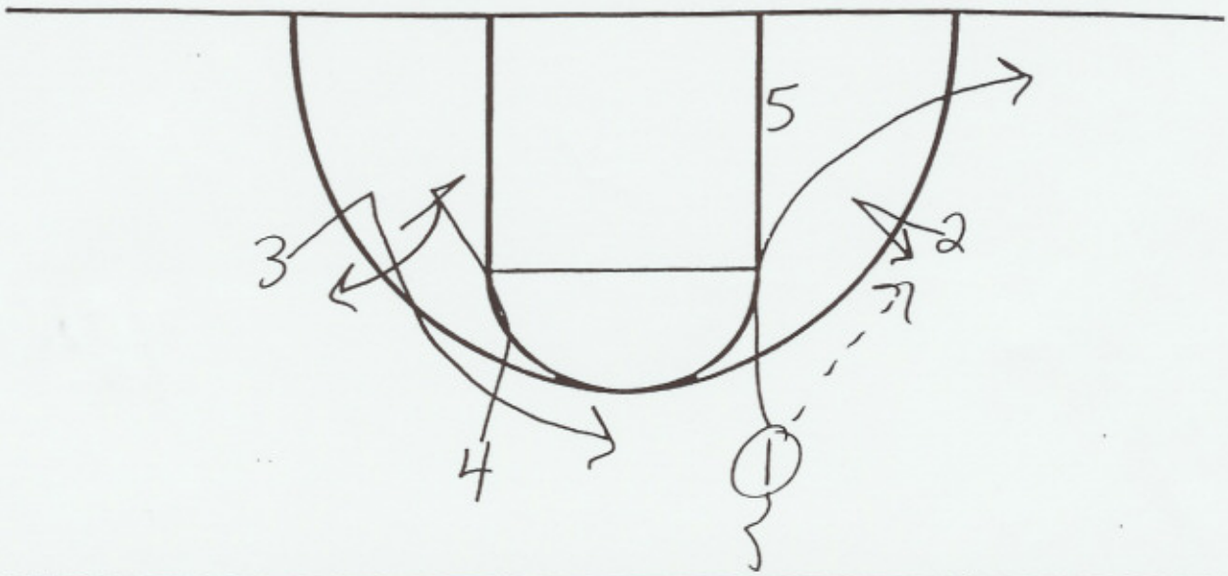
OPPONENT CALL _____ UTAH CALL Thru C ↓

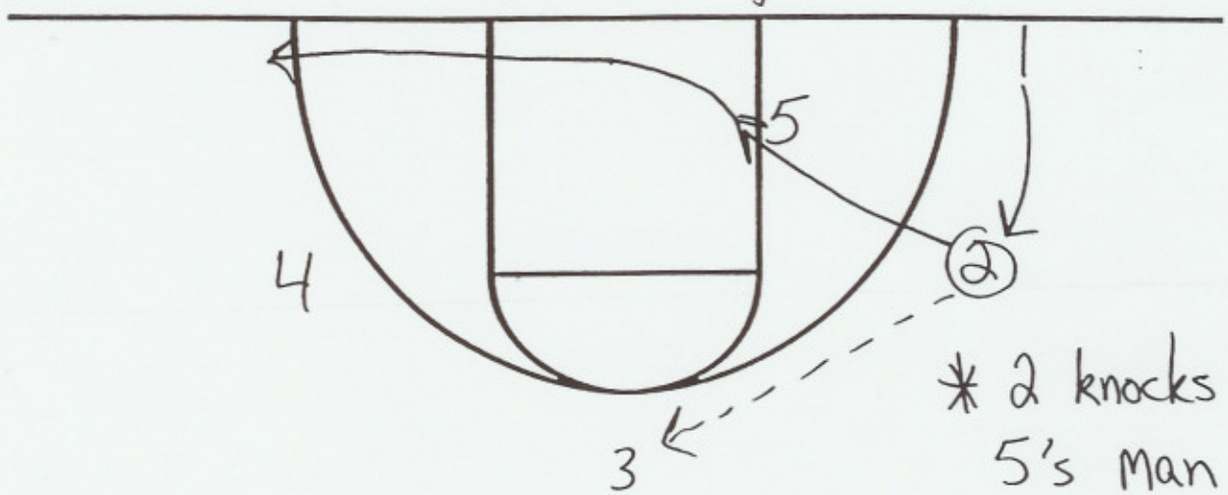




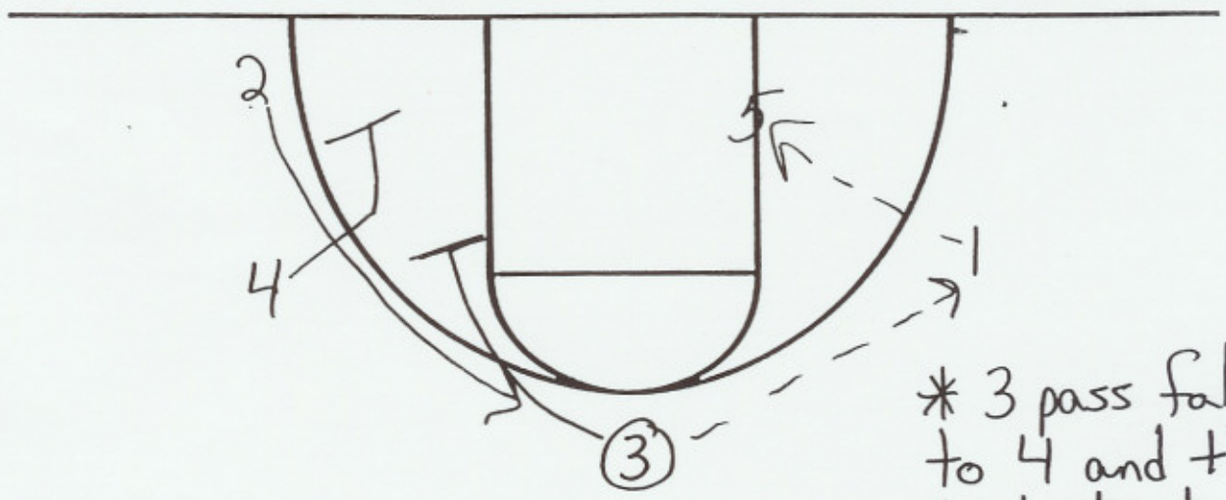


OPPONENT CALL _____ UTAH CALL Thru C





* 2 knocks off 5's man

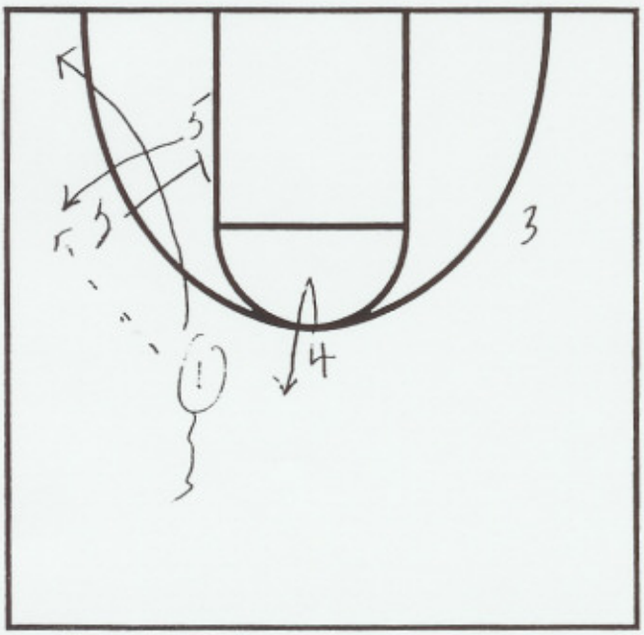


* 3 pass fakes to 4 and throws back to 1

OPPONENT CALL _____ FREQ _____

UTAH CALL Thru 5

1



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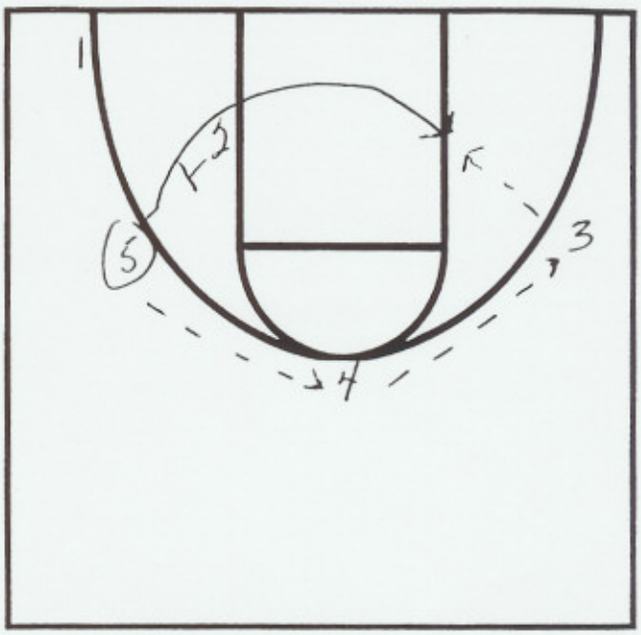

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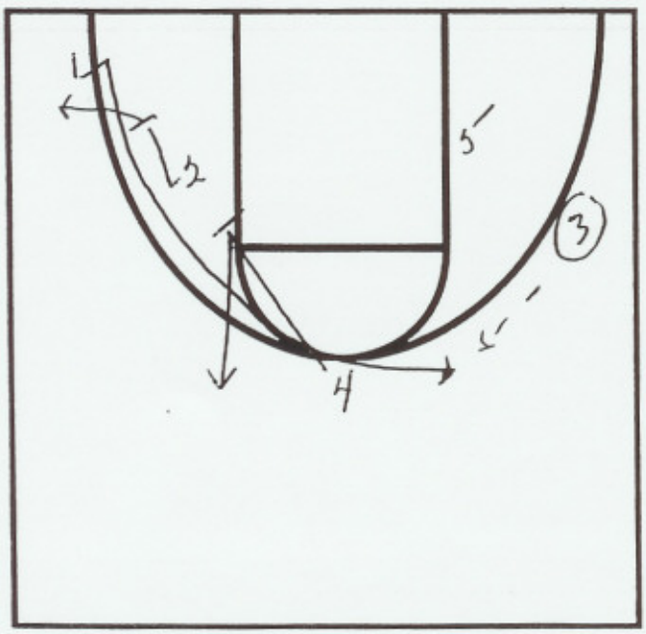

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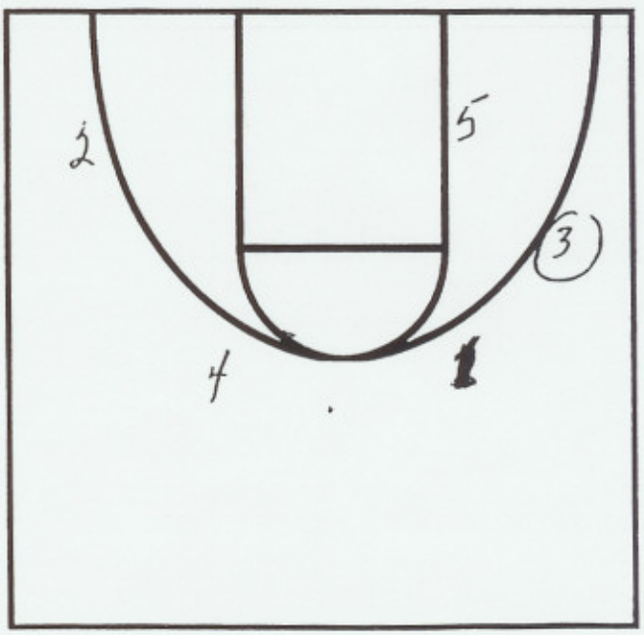
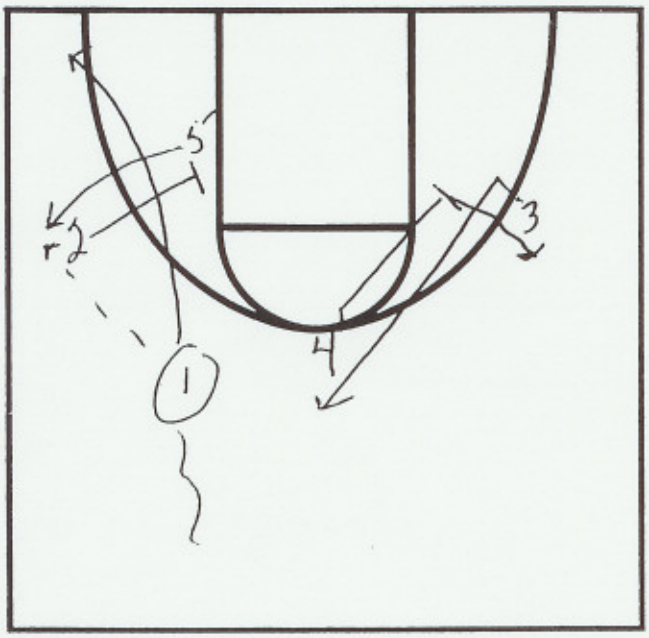


OPPONENT CALL _____ FREQ _____

UTAH CALL THRU 5 Screen - Away

1



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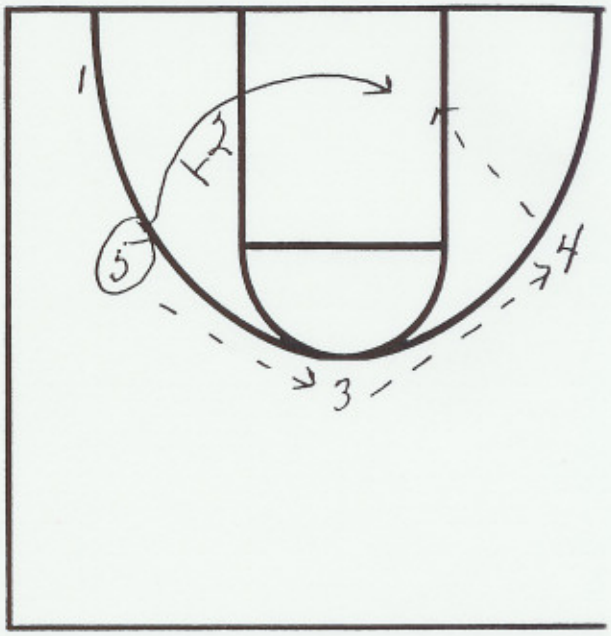

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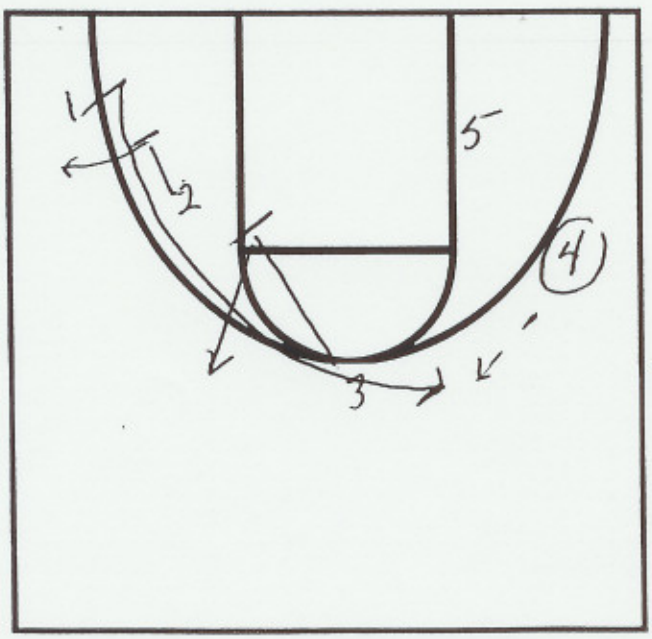

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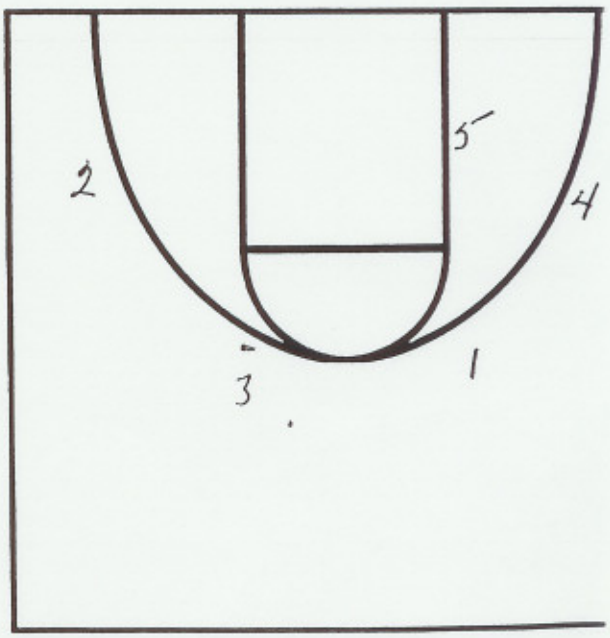
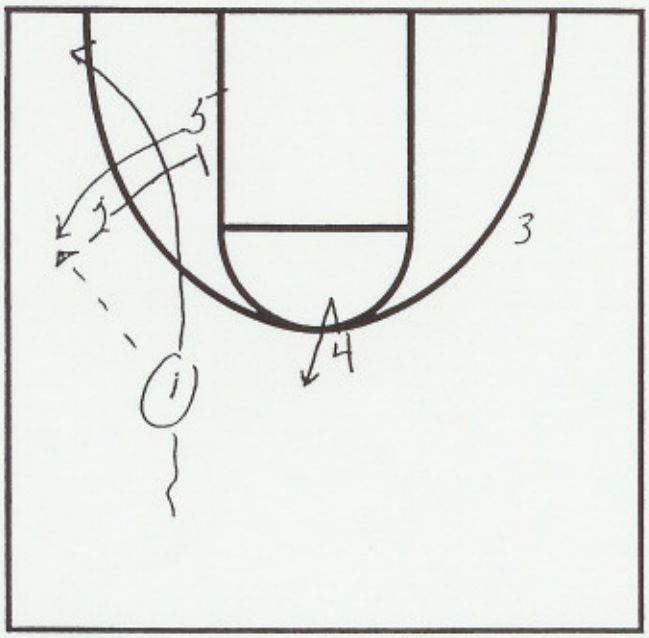


OPPONENT CALL _____ FREQ _____

UTAH CALL THRU 5 - STRETCH

1



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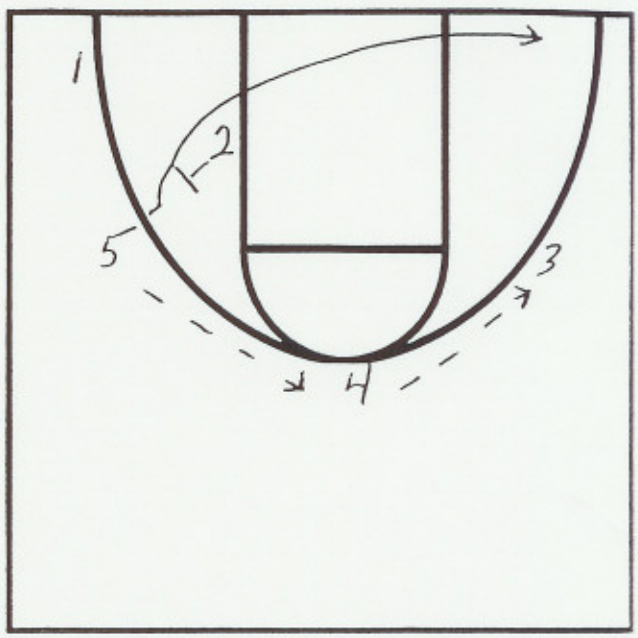

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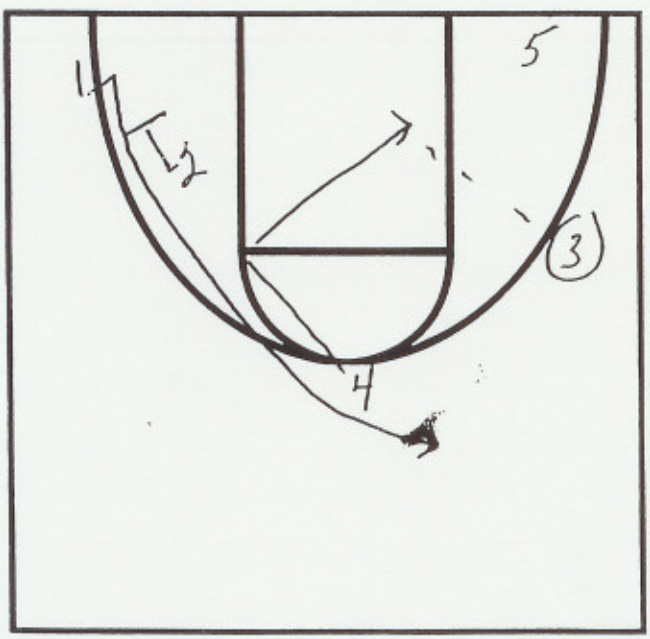

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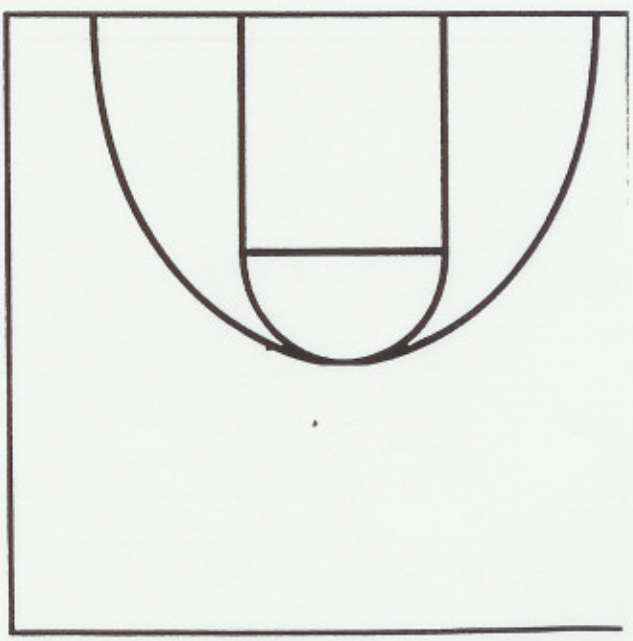
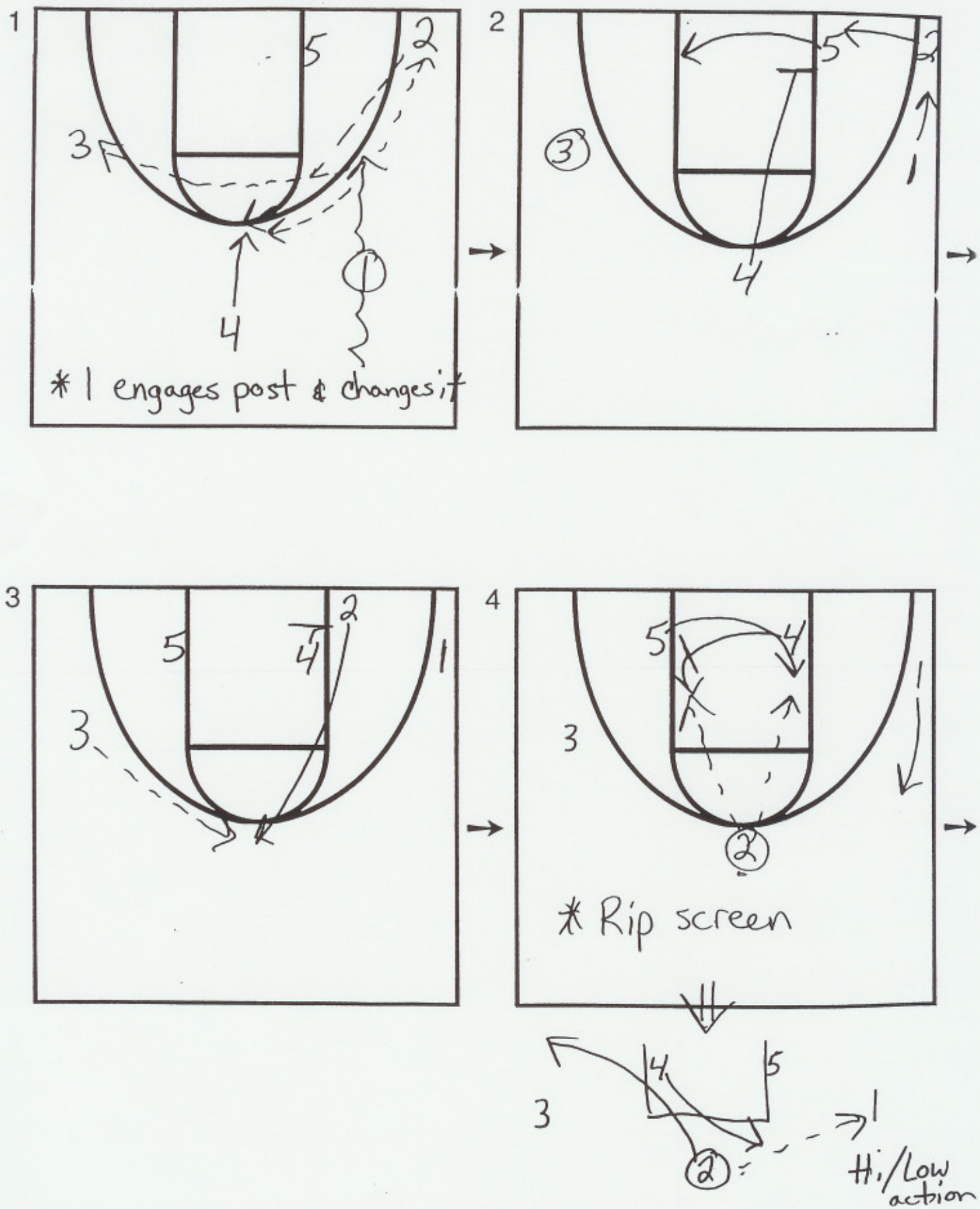


OPPONENT CALL _____ FREQ _____

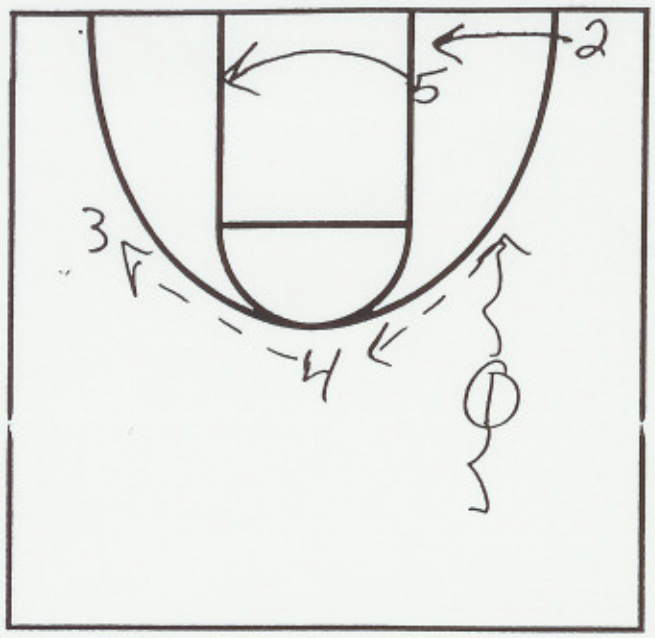
UTAH CALL Invert



OPPONENT CALL _____ FREQ _____

UTAH CALL Invert Slip

1



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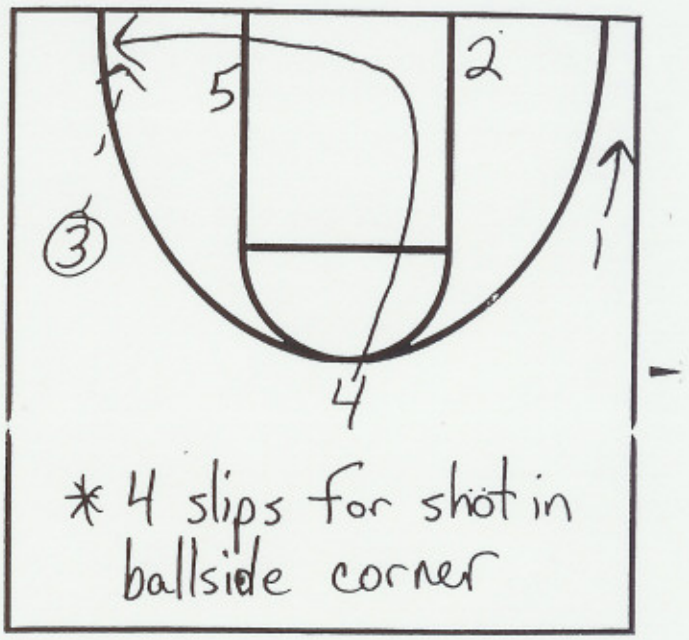

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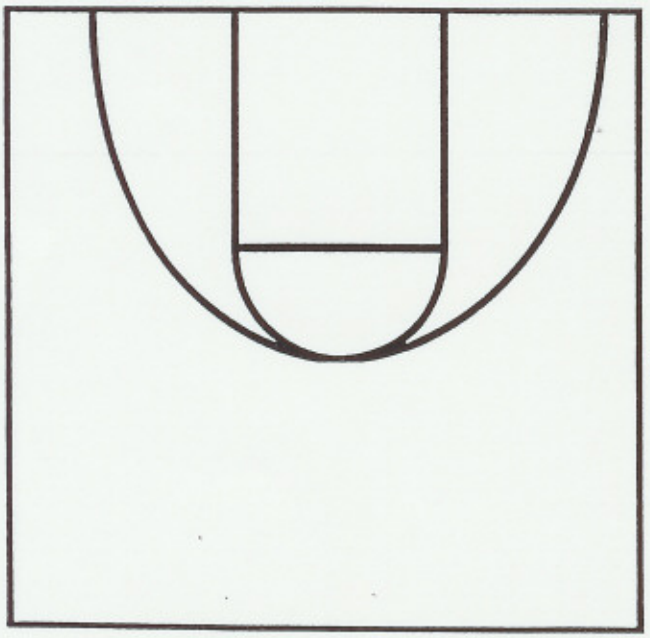

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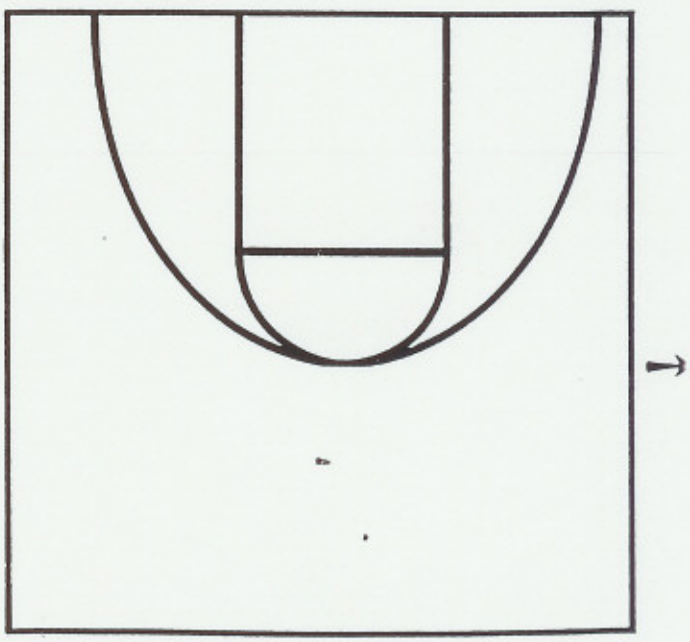
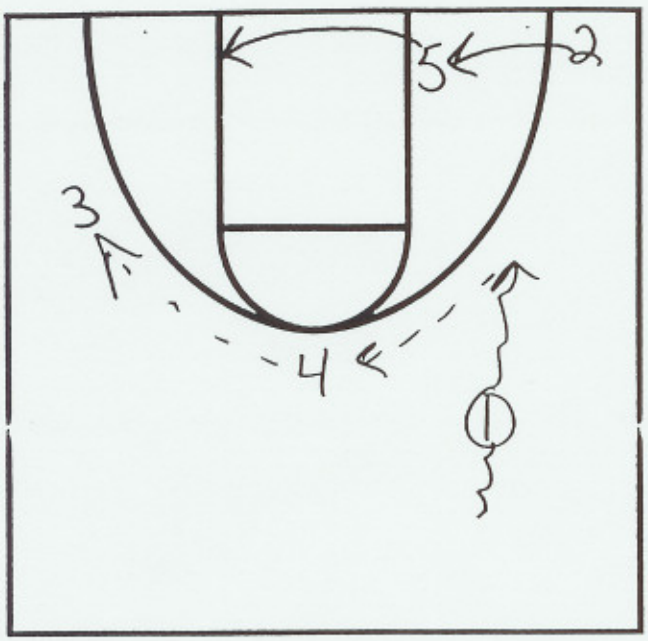


OPPONENT CALL _____ FREQ _____

UTAH CALL Invert Backcut

1



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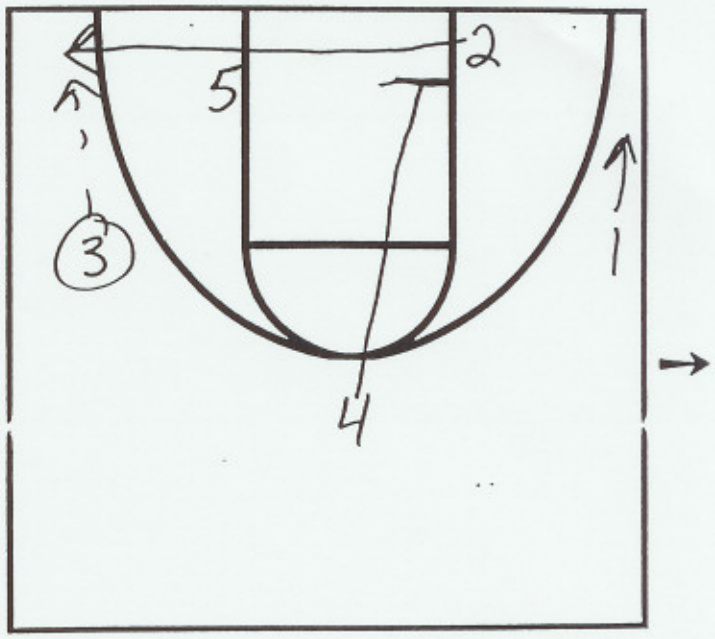

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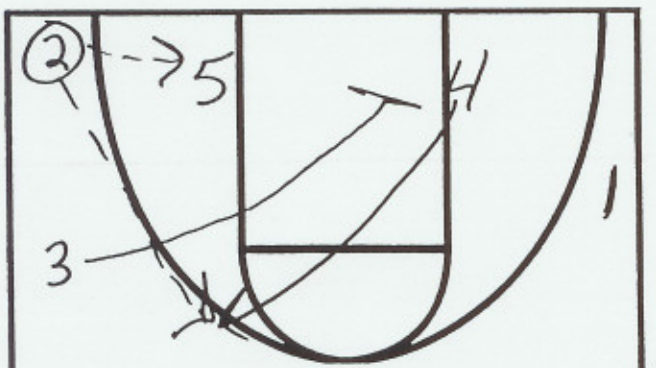
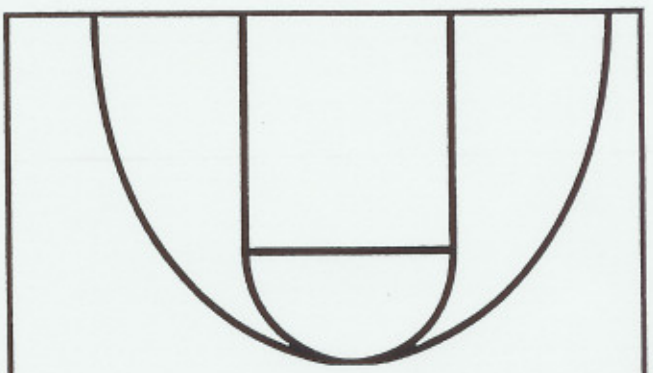


* 2 looks shot, post feed, or Hi/Low

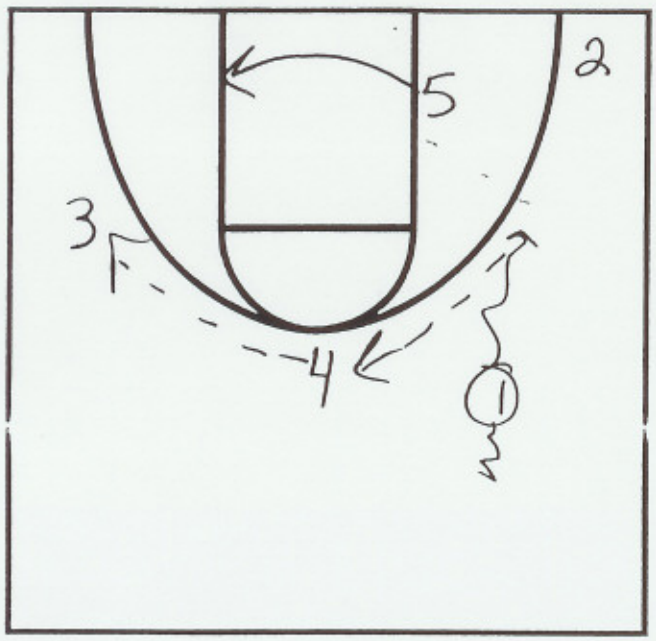
4



OPPONENT CALL _____ FREQ _____

UTAH CALL Utah

1



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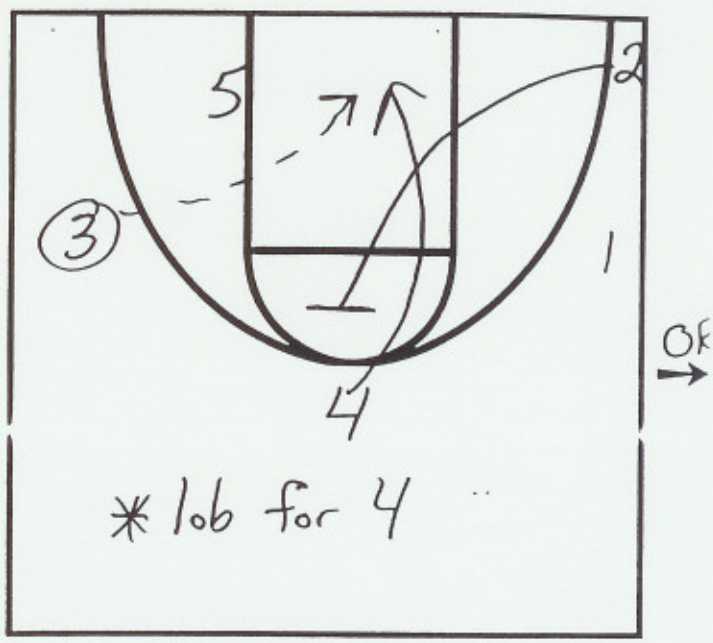

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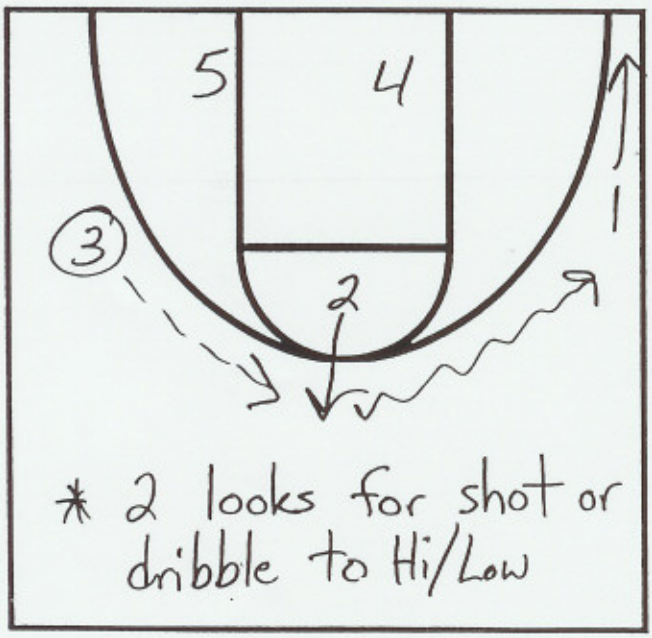

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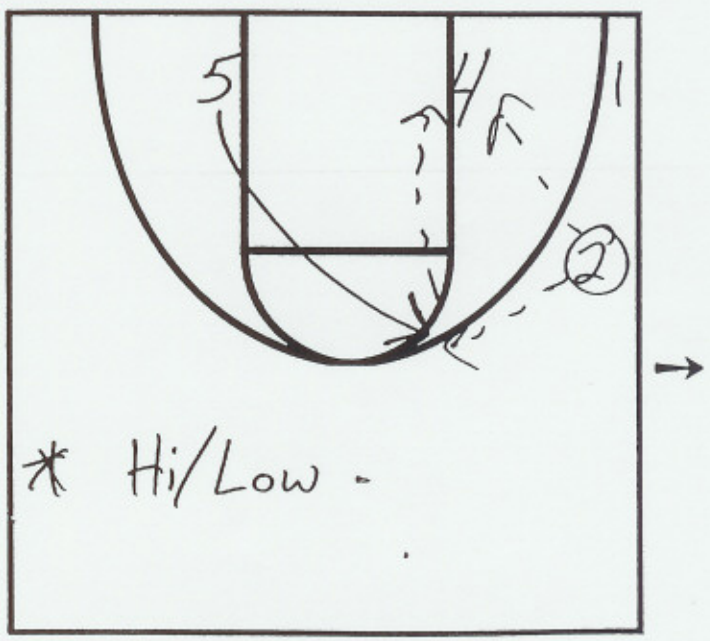
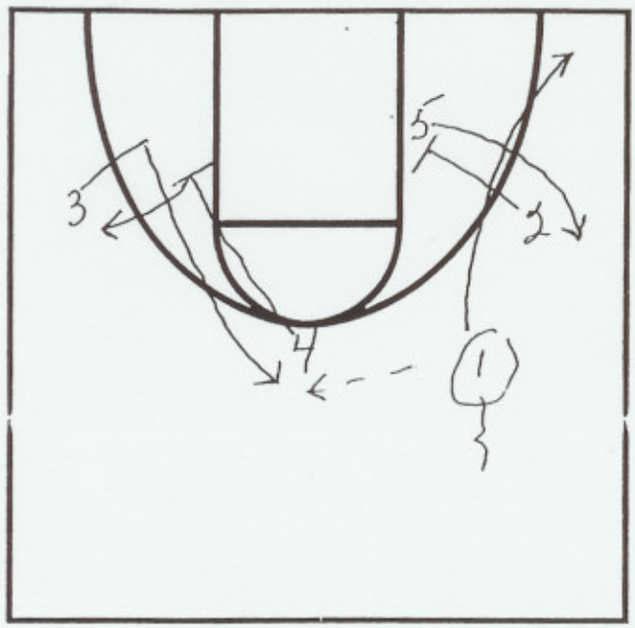


OPPONENT CALL _____ FREQ _____

UTAH CALL Invert Screen Away To Thru

1



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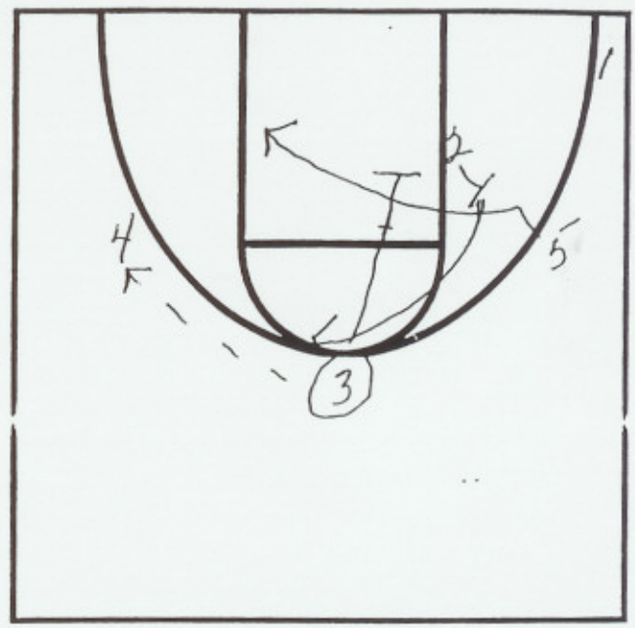

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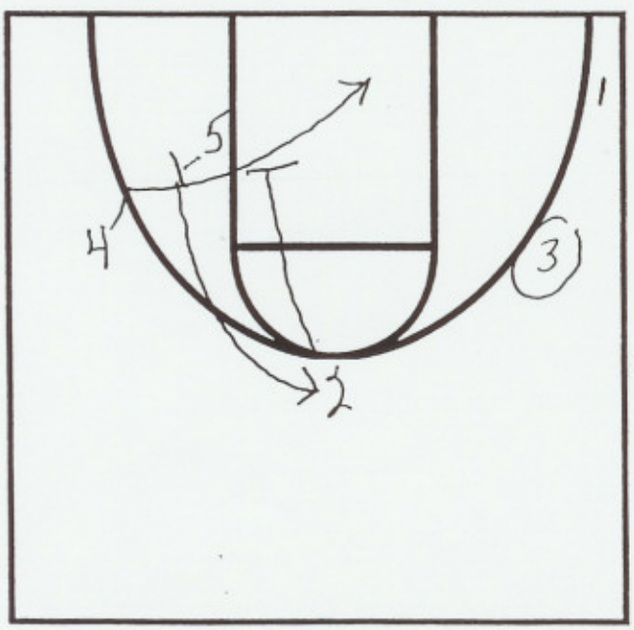

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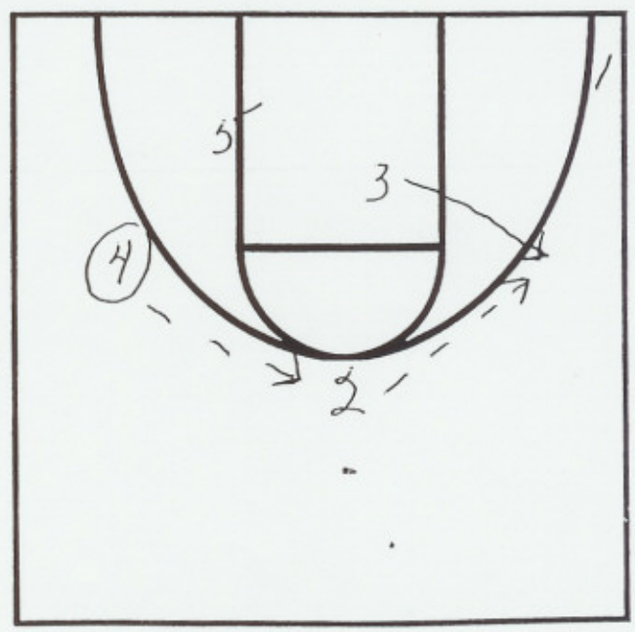
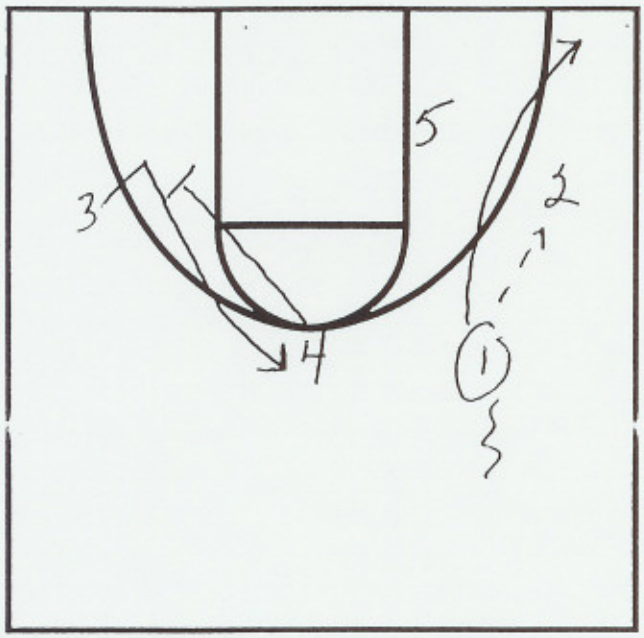


OPPONENT CALL _____ FREQ _____

UTAH CALL Invert Screen Away - Pig

1



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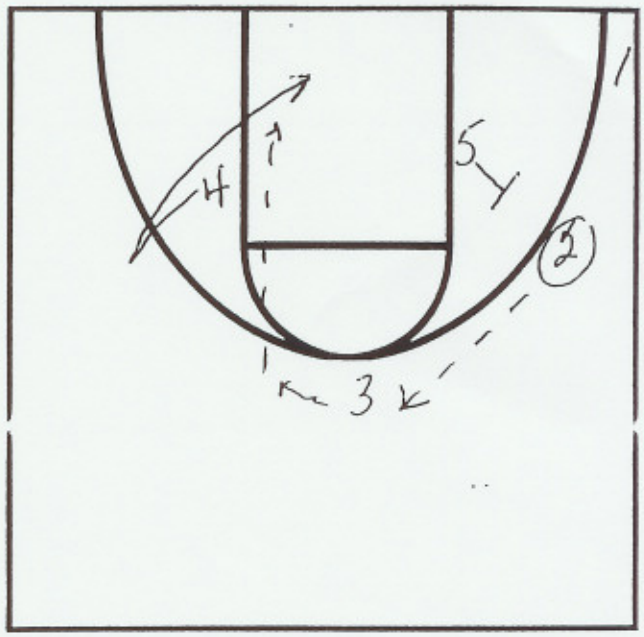

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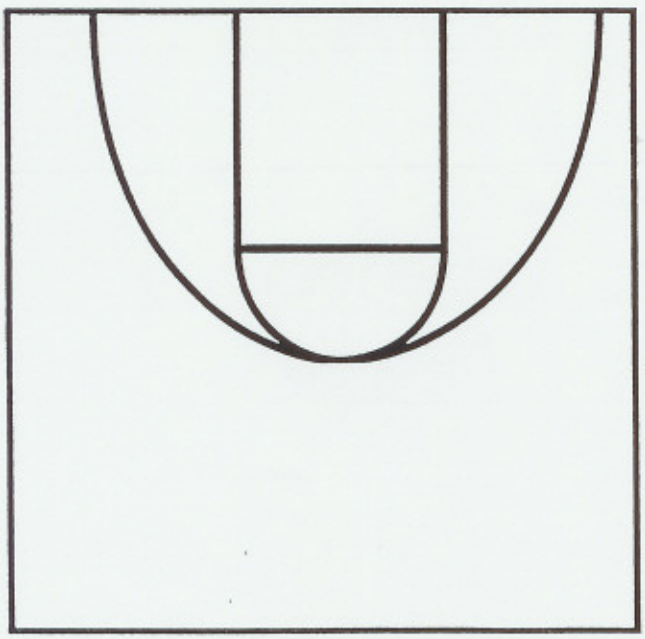
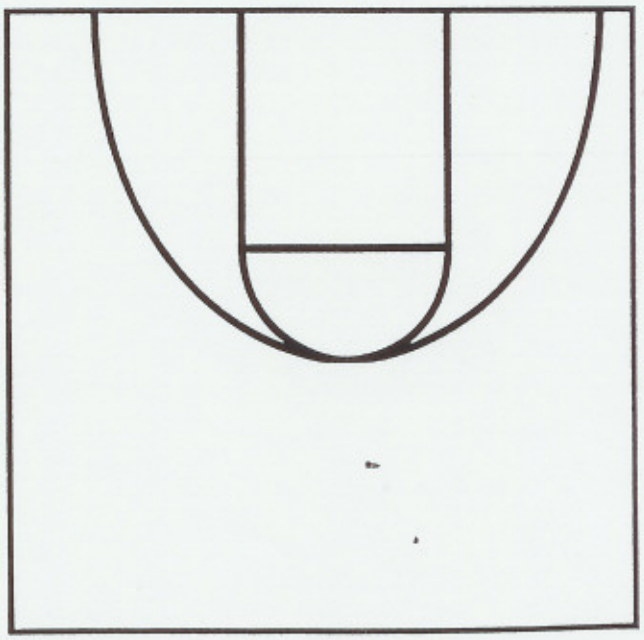


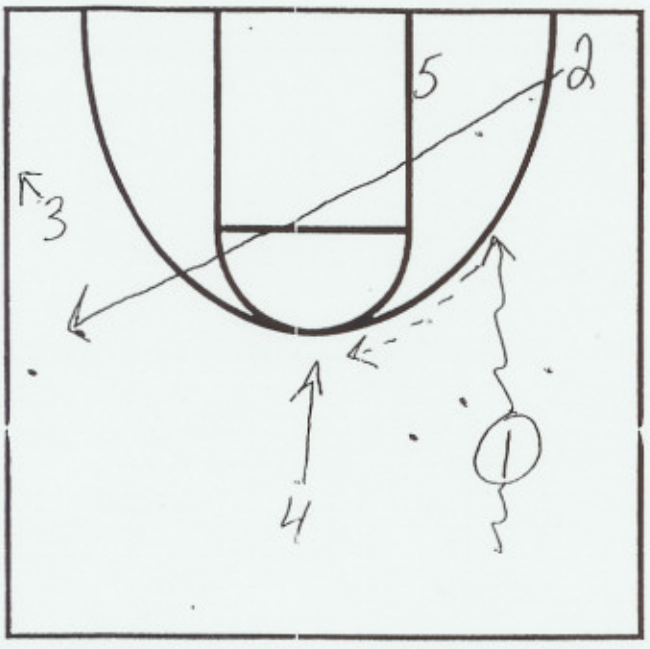
4



OPPONENT CALL _____ FREQ _____

UTAH CALL Invert Snap

1



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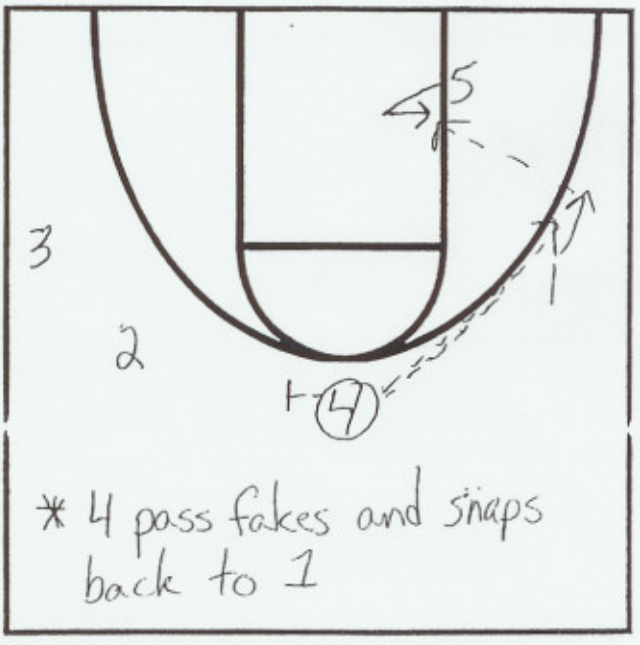

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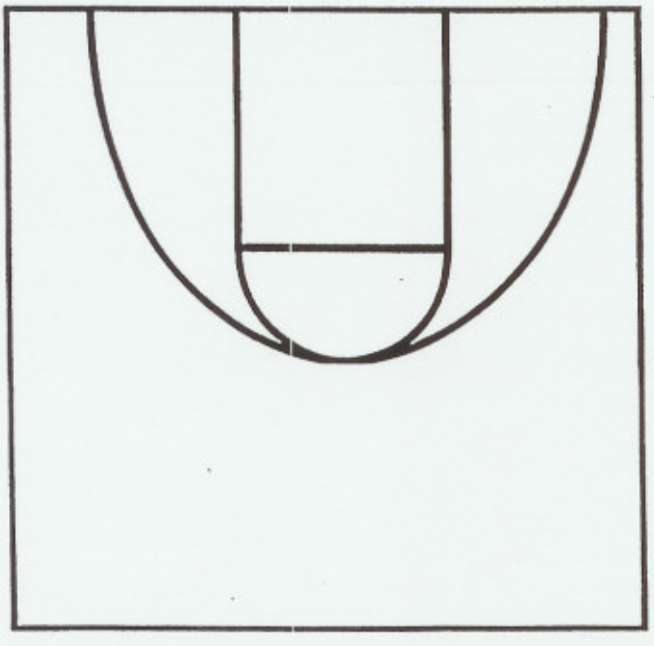

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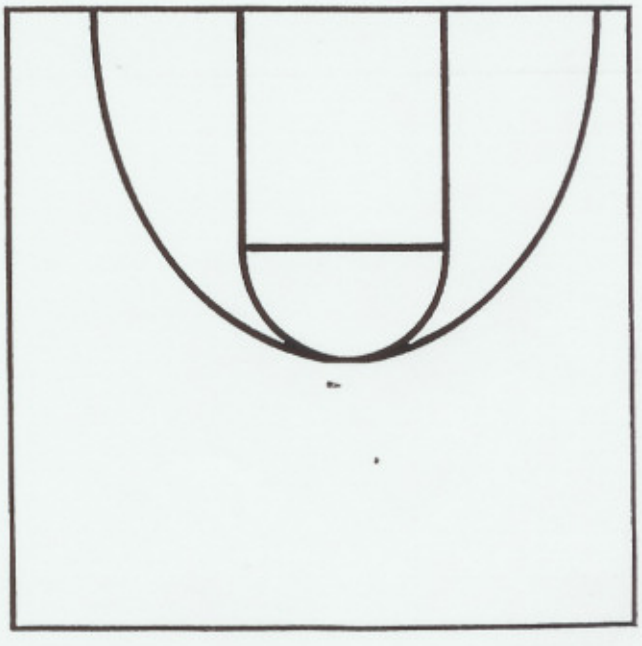
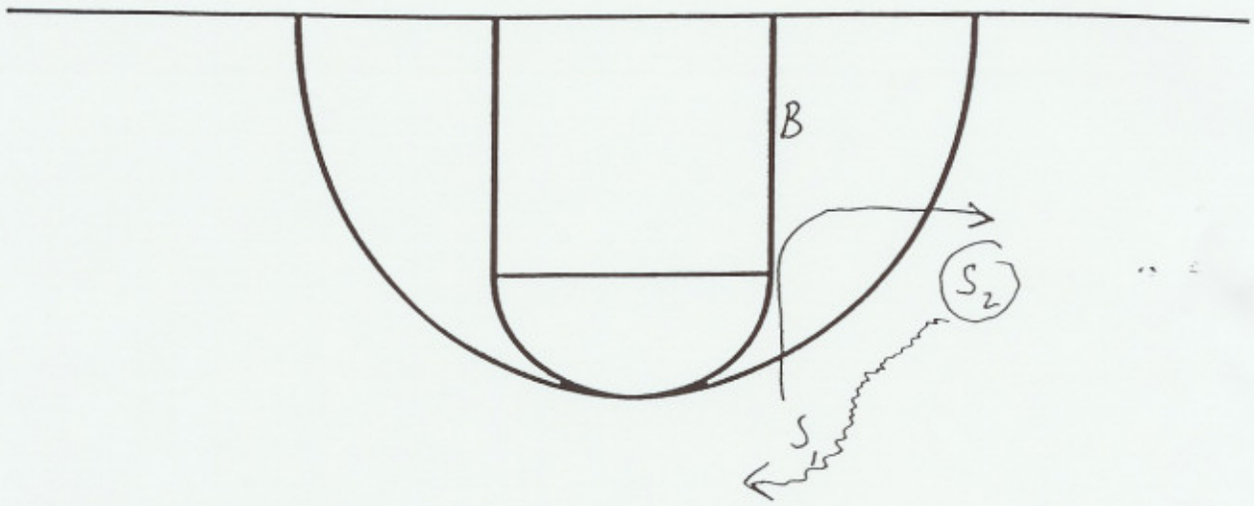
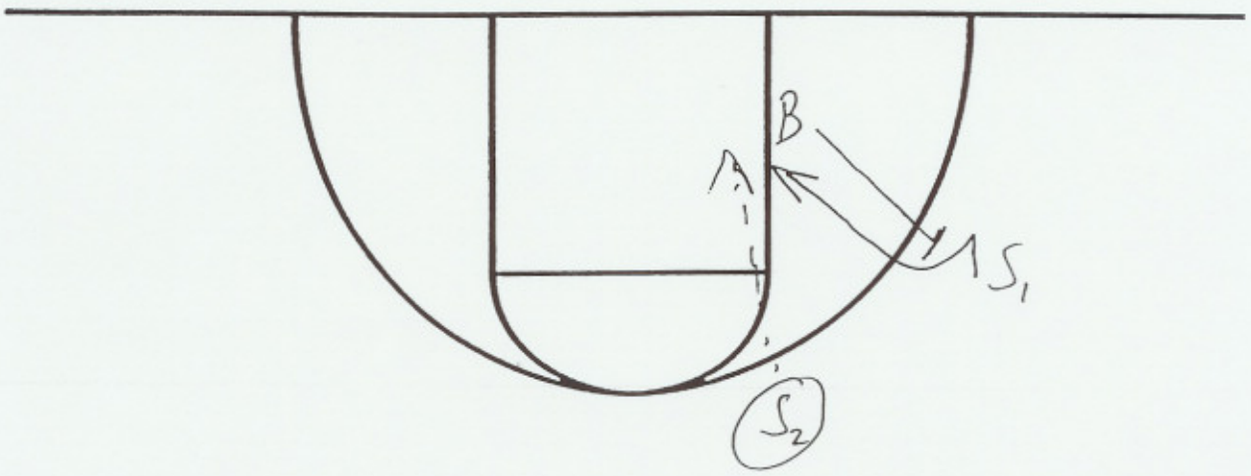
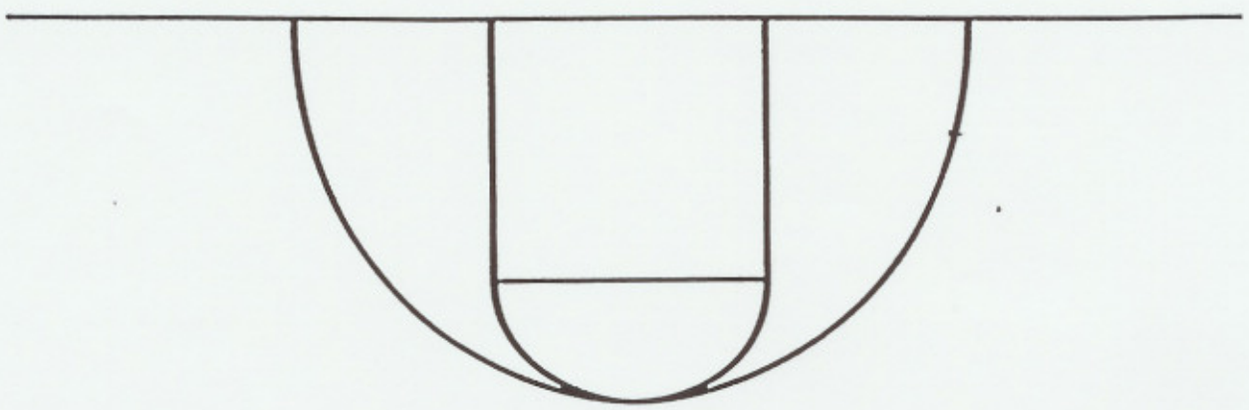


Loop TO Backpick

OPPONENT CALL _____ UTAH CALL _____



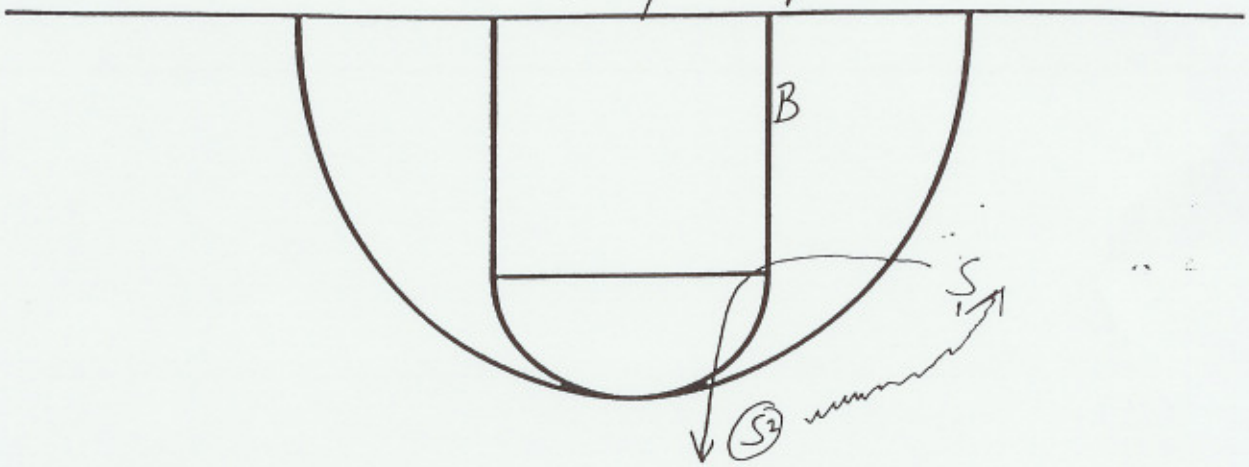


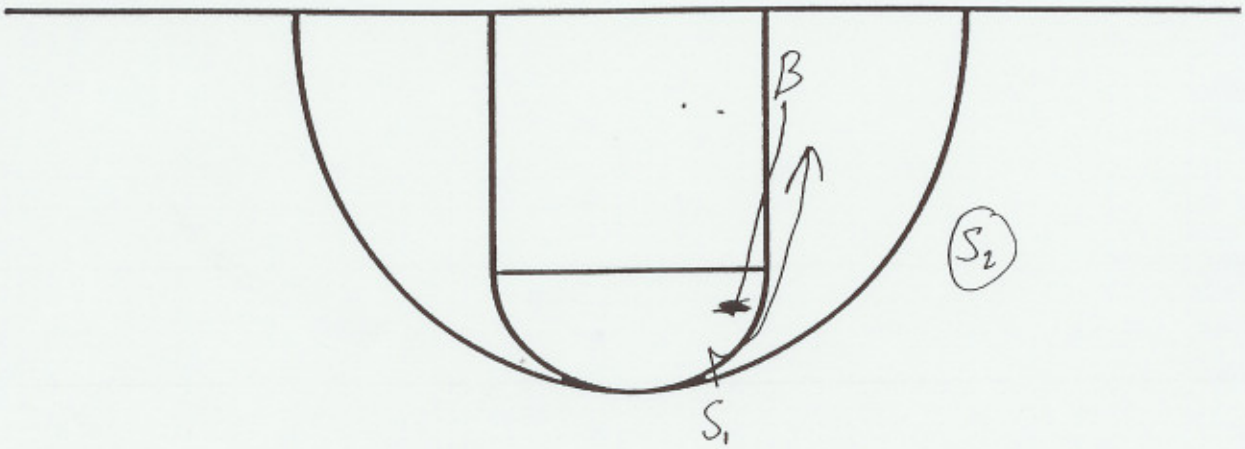


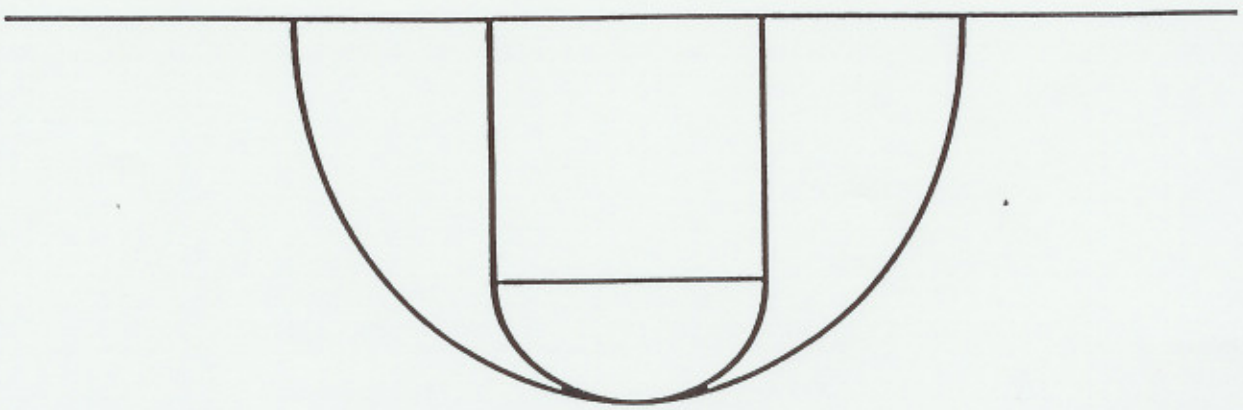
Loop - QP

OPPONENT CALL _____ UTAH CALL _____

Loop Lyr



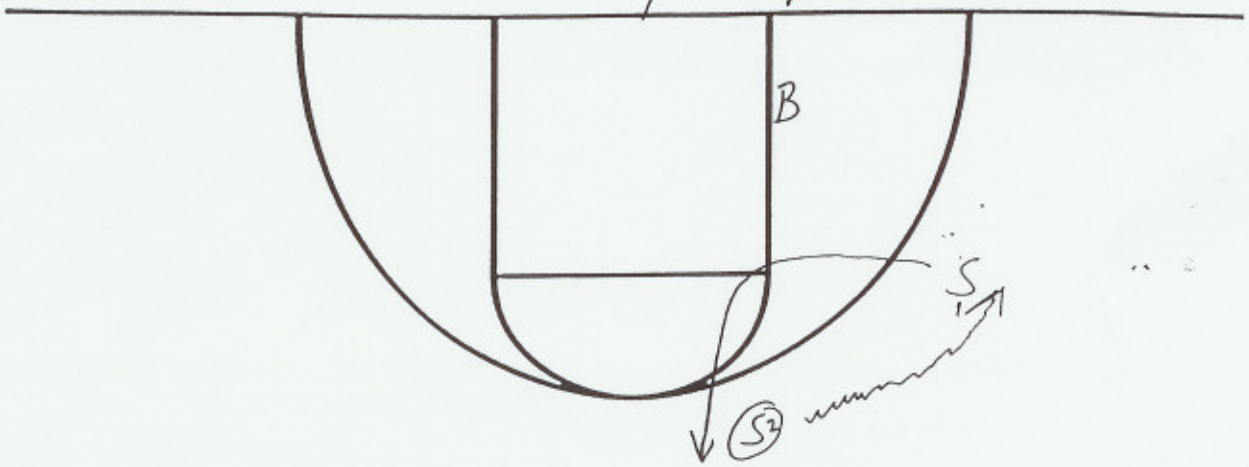


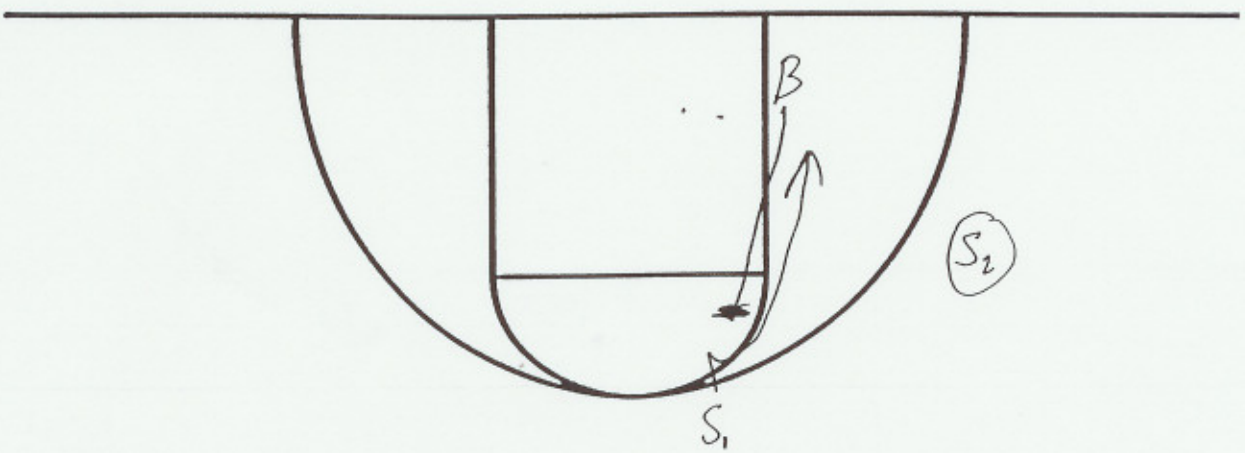


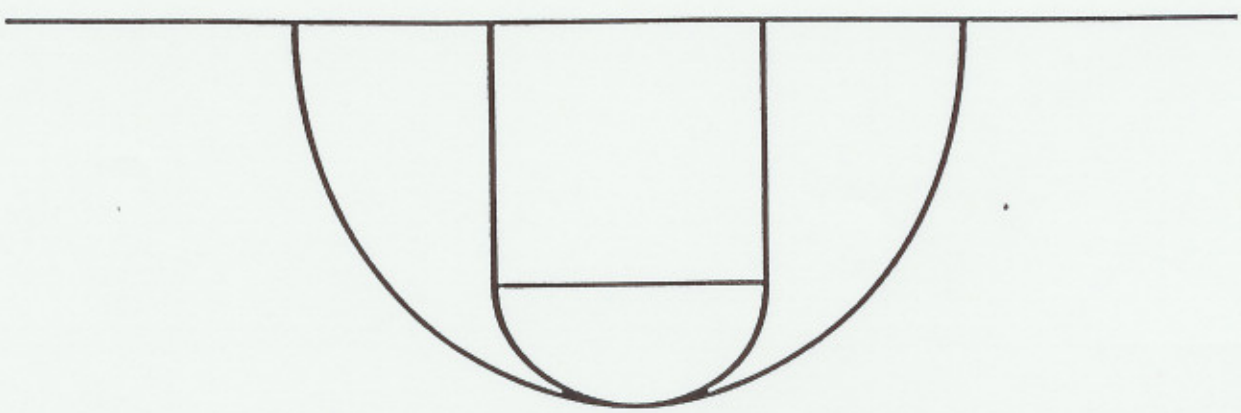
Loop - BP

OPPONENT CALL _____ UTAH CALL _____

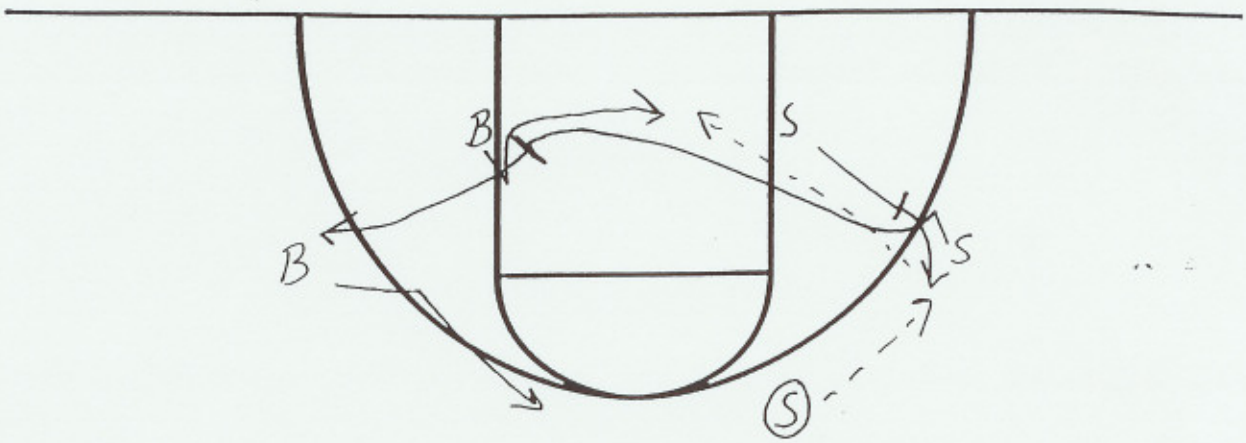
Loop Up

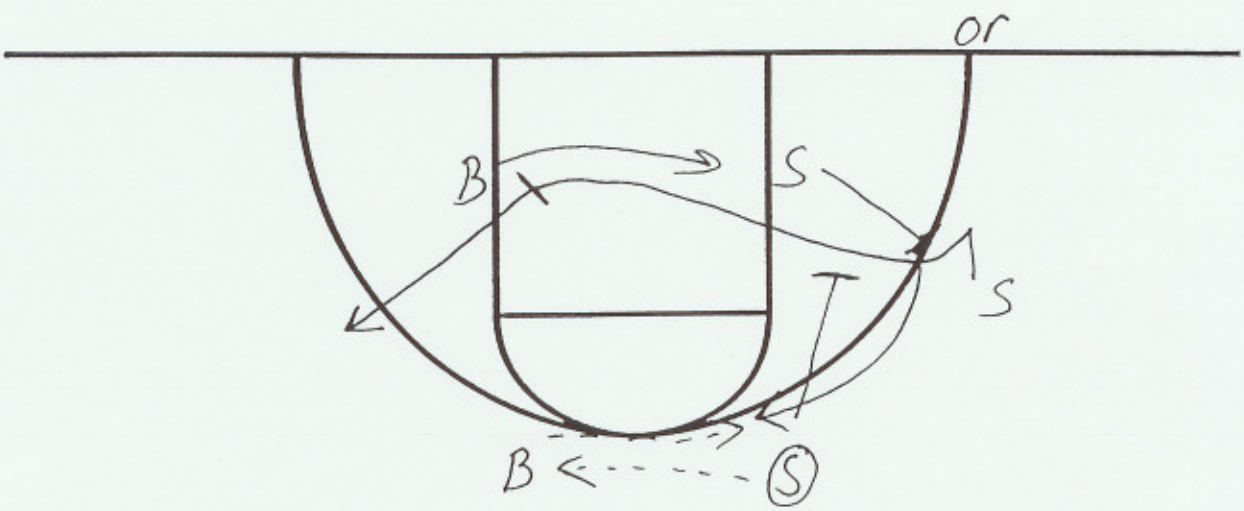


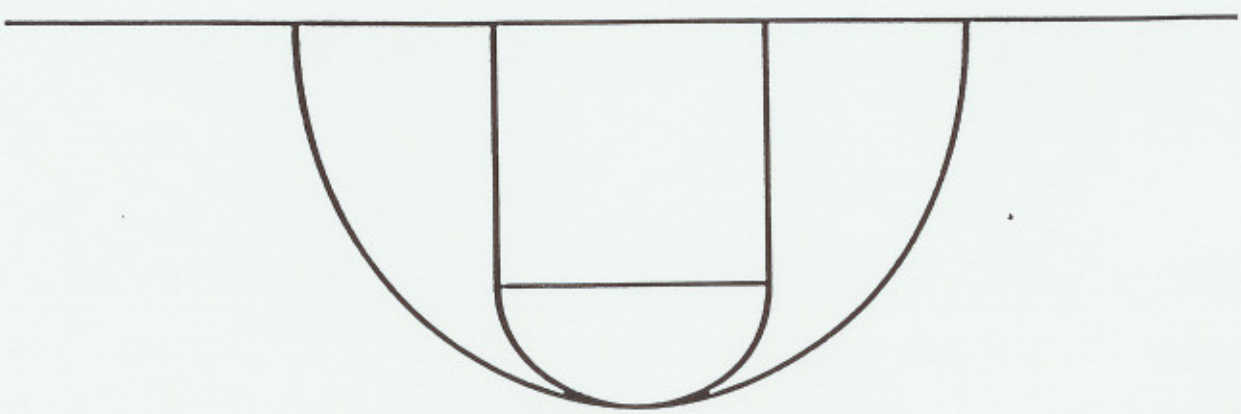




OPPONENT CALL _____ UTAH CALL Reverse Action to Pick the Picker



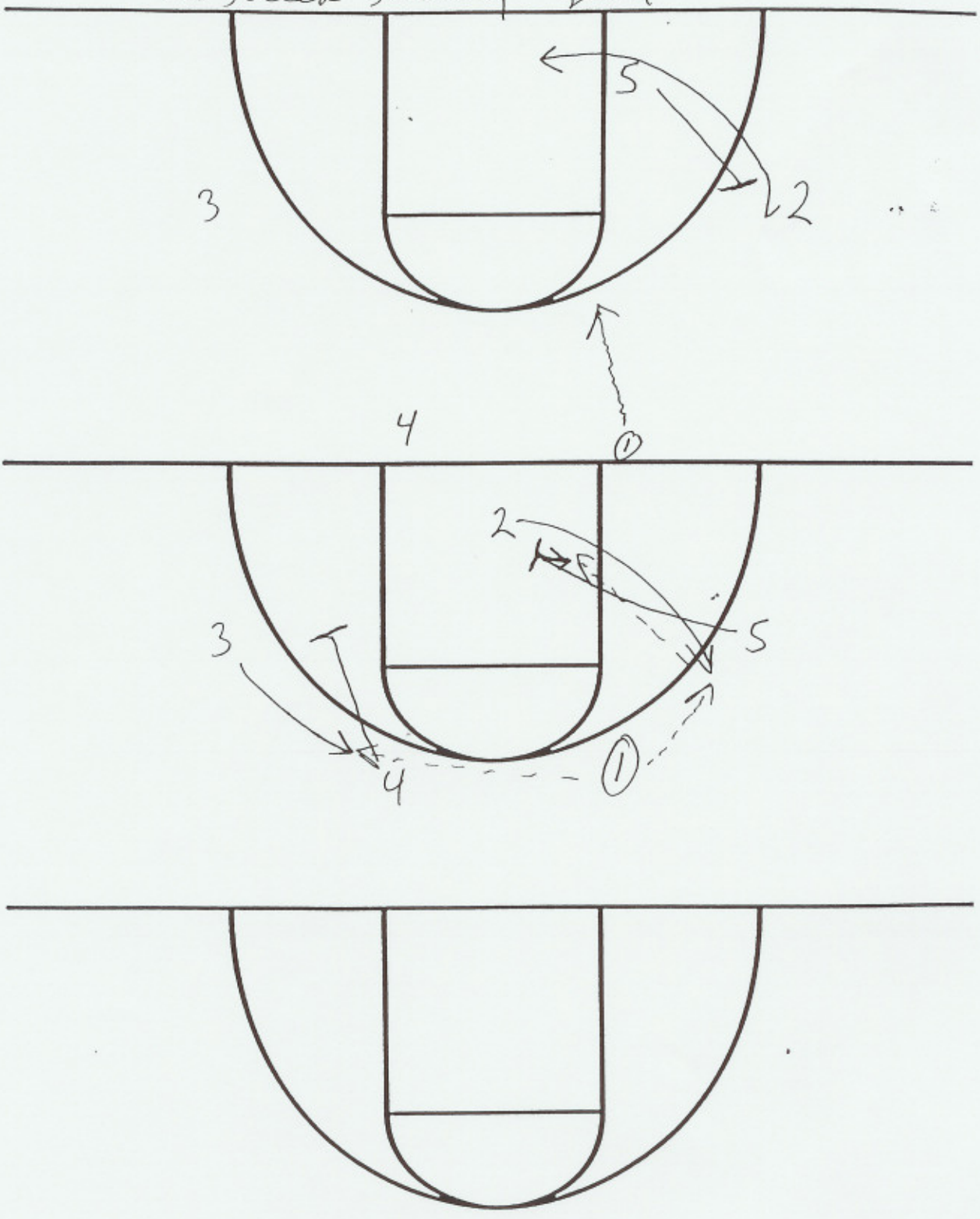




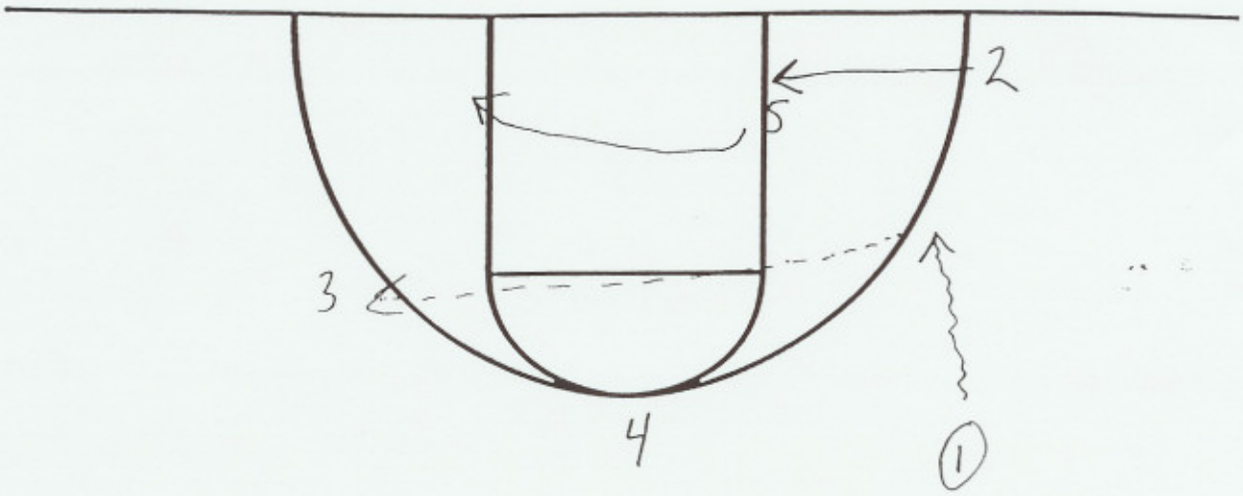
Back Screen - Motion Entry

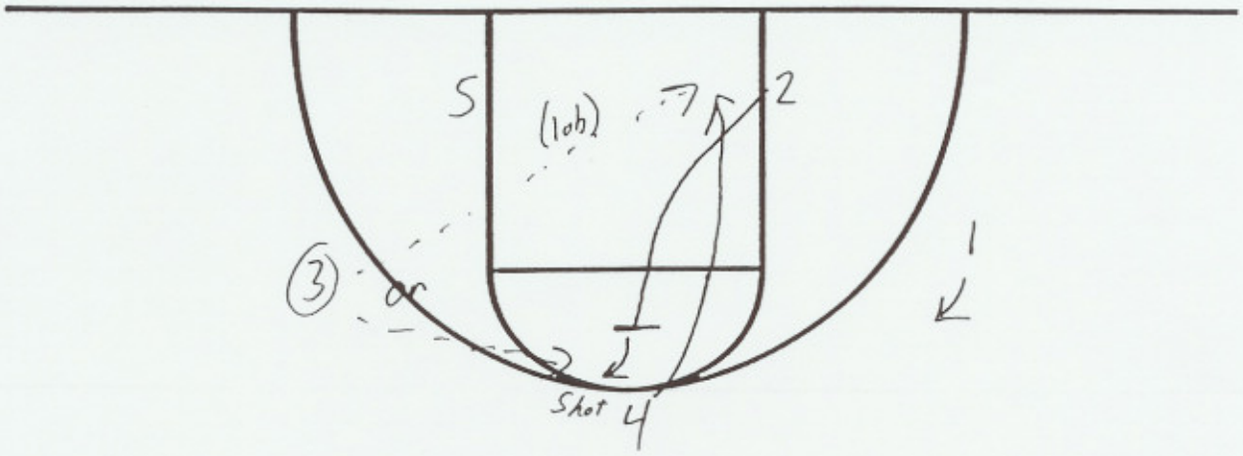
OPPONENT CALL _____ UTAH CALL _____

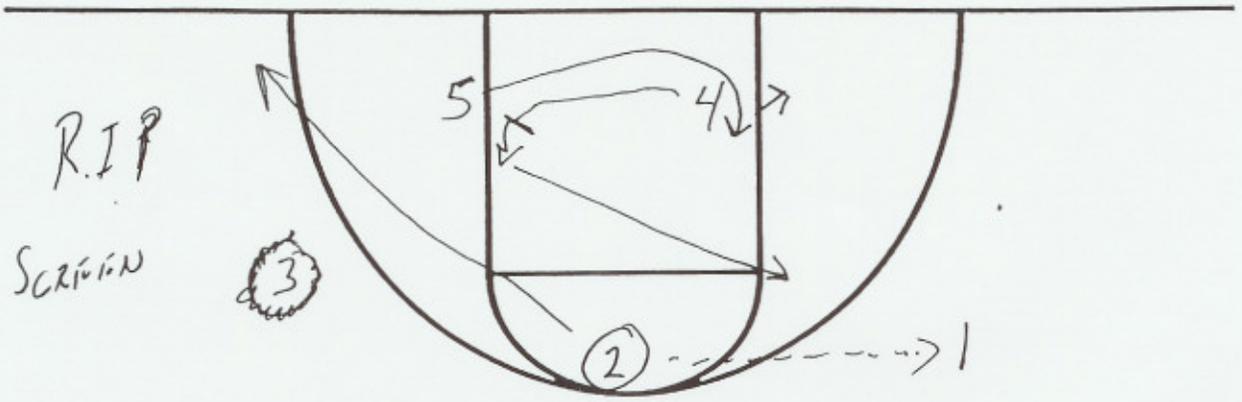
Down screen w/ inside
Re Screen sitting side



OPPONENT CALL _____ UTAH CALL ~~Boot~~ Utah



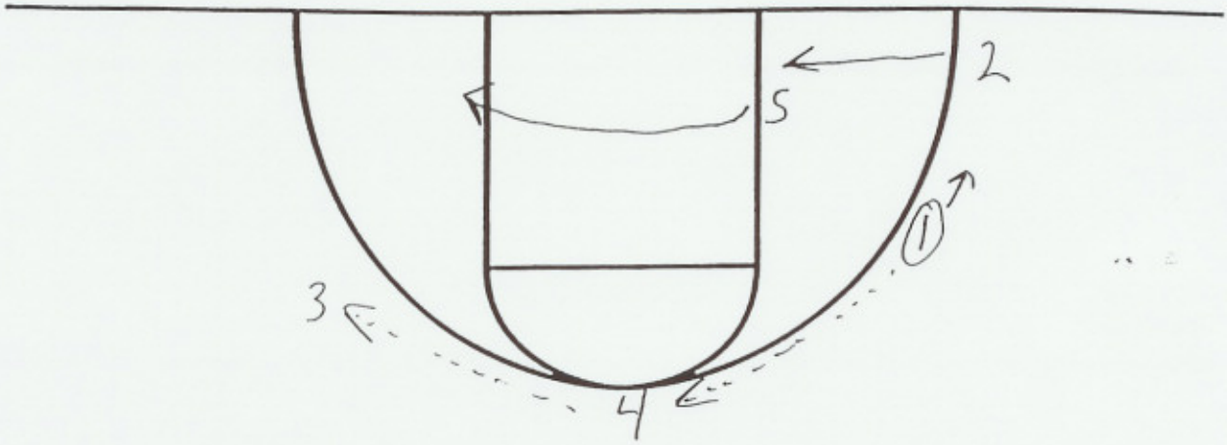


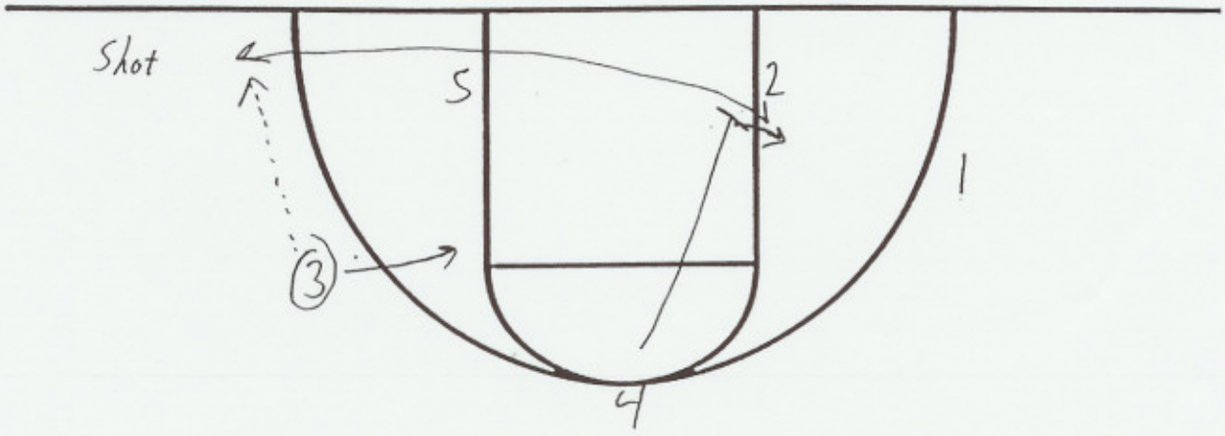


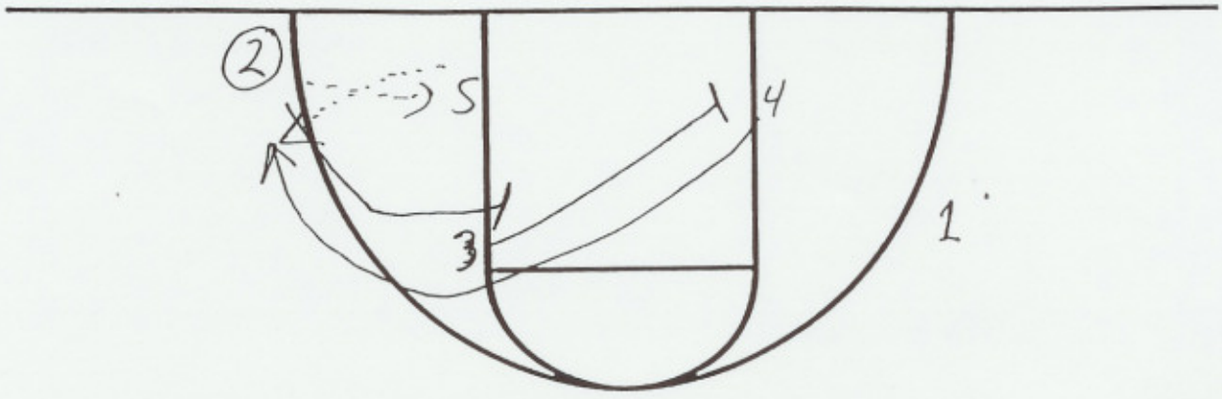
No R.I.P

Screen

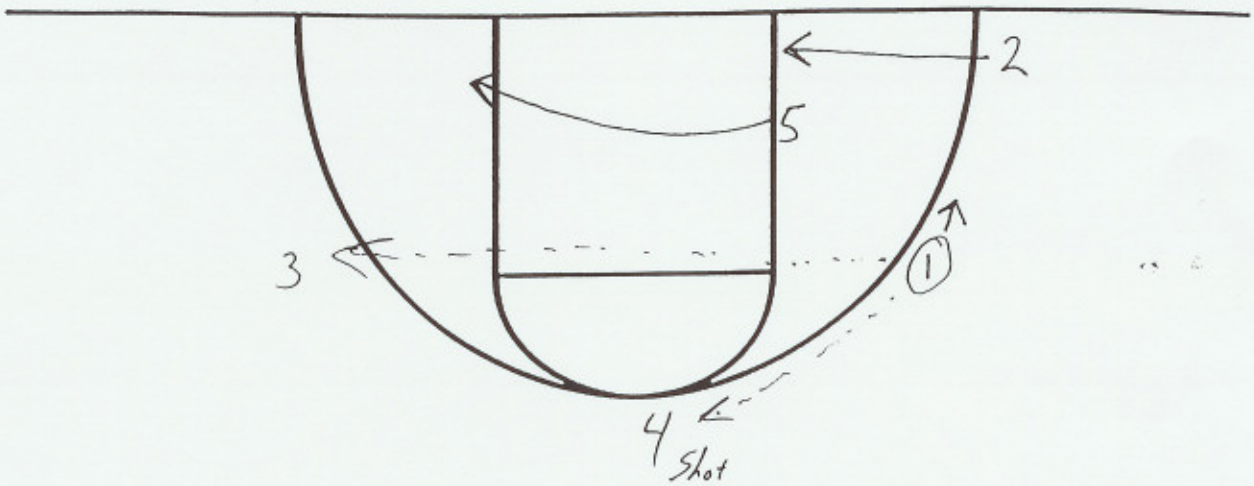
OPPONENT CALL _____ UTAH CALL Invert Backcut Split

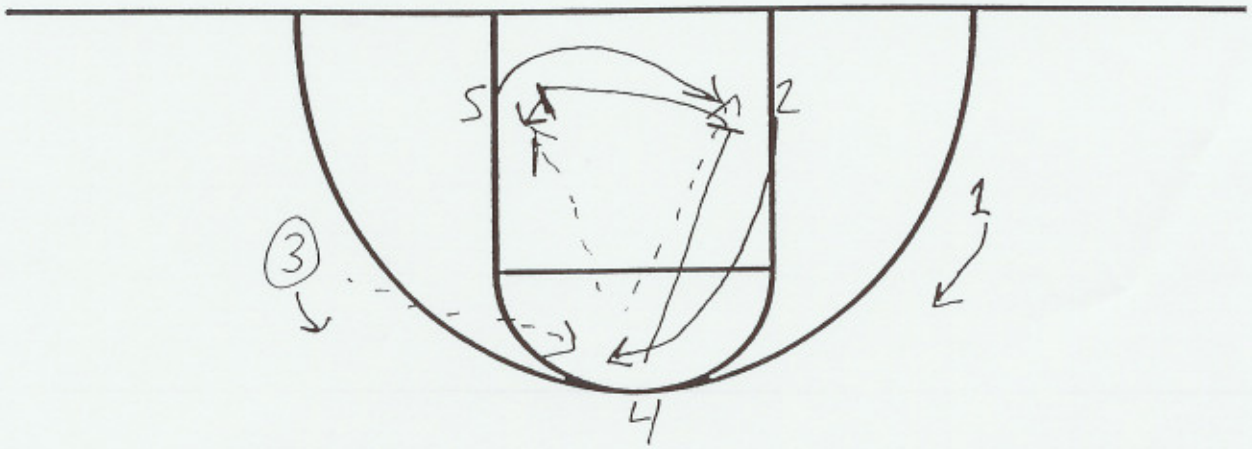






OPPONENT CALL _____ UTAH CALL Invert





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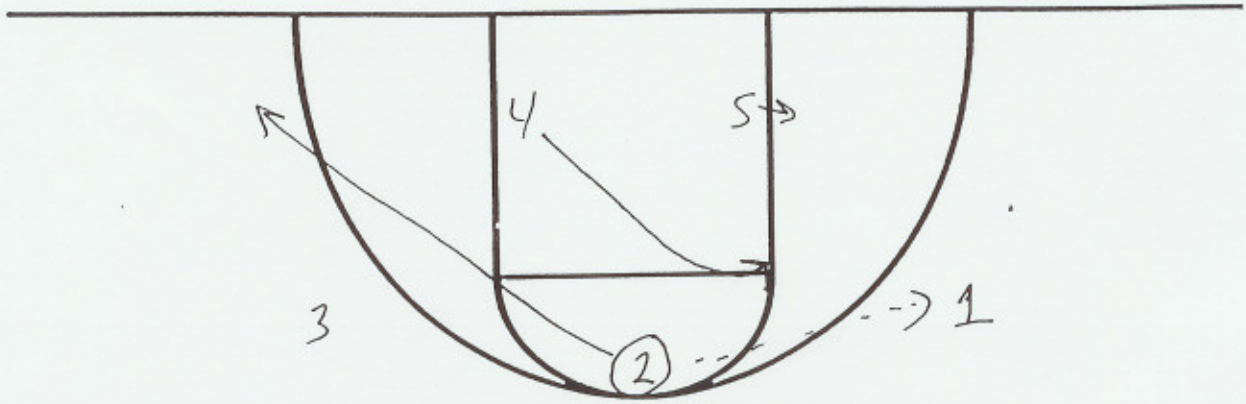


Invert

- weakside wing must space up to give space to big
- go inside-first side everytime in transition

* Anytime you receive a screen, you can backcut

Diagrams of Invert
For Frost, Marc, & Freshm.

Be Decisive vs closeouts
clips of Andre driving closeouts

Transition Def.
- Ball & Hole

Small/Big screens - splits/flares, etc.
- never split w/ a 5 man on top

Switching

2 Concepts vs. Switching:

1. Be Decisive
2. Be Aggressive

* Don't come together
  - ① screener dives early
  - ② receiver dives
  - ③ pass & cut ← This is the best thing
    - exception is on a tight curl
      - you can come together

Flare Screen

- Receiver can:
  1) Dive it
  2) Take it & bump down
  3) Pop

- Defensively we:
  1) go with the body
  2) Switch it if it is 1/2/3 flare

Passing

* Pass the way you want to be passed to

Receiving a screen - Diagonal Downscreen

1) Set your defender up
2) Wait for screen
3) watch your man / read your man

First thing you look for is backcut

You can: (in priority)

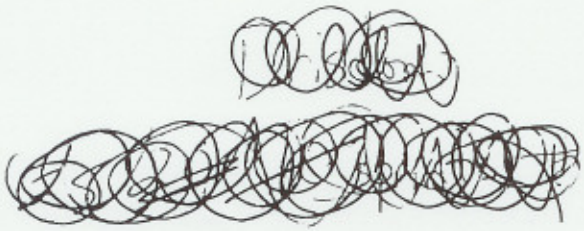
1) Backcut
2) Curl / Horny Curl / Fade
3) Straight Cut

* Your mind enters the game before your body
  - watch how the defense is playing befor you enter game

1/2/3 - 4 screens
1 - 3 screens
> can't have enough

Setting a screen
- cut defender's shoulder on a perpendicular w/ your chest

Backpick - pick the pick



3 options on backp
1. cutter
2. screener
3. change it & pick the backp

Defending Downscreens

1) Ball Side Downscreen
   - Trail the screen
   - "Stay attached"
   - get on the outside hip
   - extend the screen
2) Downscreen away from the ball
   - go up the middle
   - see your man through & exte the screen

* Nobody cuts below us to the rim
  - key as your man sets you up

- Extender of screen
- talk it
  - vision of the ball
  - throw an arm
  - extends it
  - see your man through
  - get back to your own

~~Biggest keys to weakside defense~~
~~or defense off~~

Biggest keys to defense off th
ball:
- Stance
- Vision (man & ball)

Defensively we always switch small/sma
2 - • picks on the ball
• dribble handoffs
• flares
• splits

Rules for Switching:
Talk it
Touch it
Switch it
Deny it

Hand up late to a shooter
- the only exception would be a gre
- a great shooter - make him dribble to a s

3 pt. Rules

1. Defend the 3-
2. Rebound the 3-
3. Shoot the 3-

- dig hand is the hand that goes up
- fingers to the ceiling

Blockout - come with forearms
- low - ass into thighs
- high hands (hands up to ears)

Denial (Full Denial)
- come to penetration on drive from the top
- not expected to come to penetration if you are outside 3
- keep vision
- high hand

7 Cut to Open Post -
- look to go screen away
  - read defense is level or lower OR above you extending



Transition

1st Big - runs to the rim as hard as he can head on the rim

2nd Big - runs hard but needs to keep space from 1 and be ready to rhythm up to trail jump shot

Cutting

* Take all cuts to the rim and finish all cuts outside the 3 pt. lin
  - cut & replace would be the excepti
    - use this when you are lost in motion

V-cut
- defense jumps to ball or pass



Bigs should look to post after cuts

Small / Big Handoff

- always go under unless the Big is a great shooter



Small/Small Handoff w/ our Big

Denial

* always deflect/steal with denial hand, never with inside hand
* when backdoored, you must snap your head and get vision right away

Transition

* Wings must run wide
  - do not crowd the point guard
* 2 wings on same side
  - second wing calls "Through"
  - first wing runs harder and faster & runs out to other side

Off

Middle Cut
- pick up your inside foot and ta
  a long step

Off

V-Cut
- take set up steps towards t
  ball

Off

Catch & Drive
- always try and drive ana
  from where the ball came
  from

Switching Defensively
Talk it, Touch it, Switch it, Deny it
- switch to deny or deflect

Always Switch small-small:
1. Pick or Ball-
2. Dribble Hand off -
3. Flare -
4. Split -

Def

Key words when two player
come together:
"Switch"
"Stay"

Post Feed

- never feed to the middle third o the post's body
  - pass away from the defense
- the best post feed is the In-out & reposition

Screening

- the most open guy in the game is the guy who screens the most
- take your screen to the man & set your angle every time
- "size up the defender and lay the lum to him"
- receiver must wait for the screen and set his man up

"High Curl"

- ~~turn~~ horny curl looking for shot
- keep turning & cut to rim looki for lay-up

* slow down & look fo elbow jump shot firs before taking cut to r

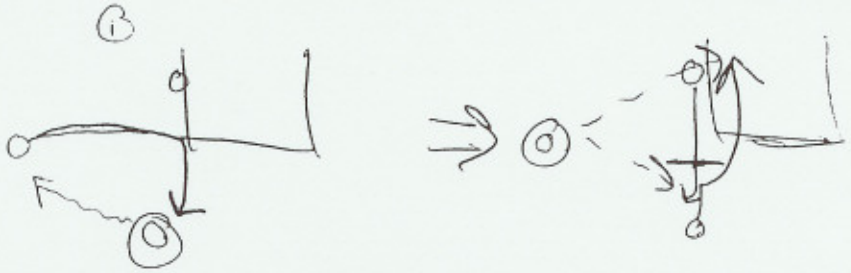


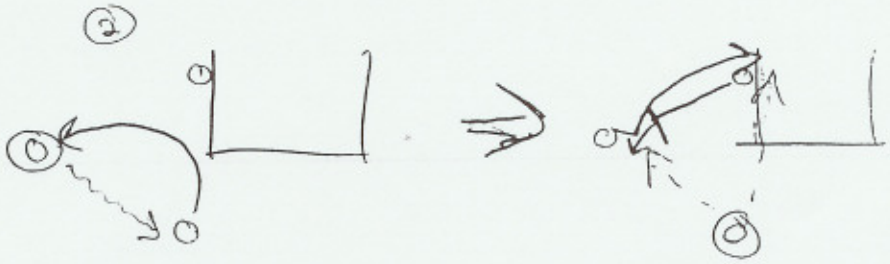
Shooting on your own

! "Game shots, Game ~~spots~~, Game spee

Screening
- on a backcut or a curl - go back to where you came from

Loop
- vs. denial / pressure
- always look to backpick out of a loop when post is occupied

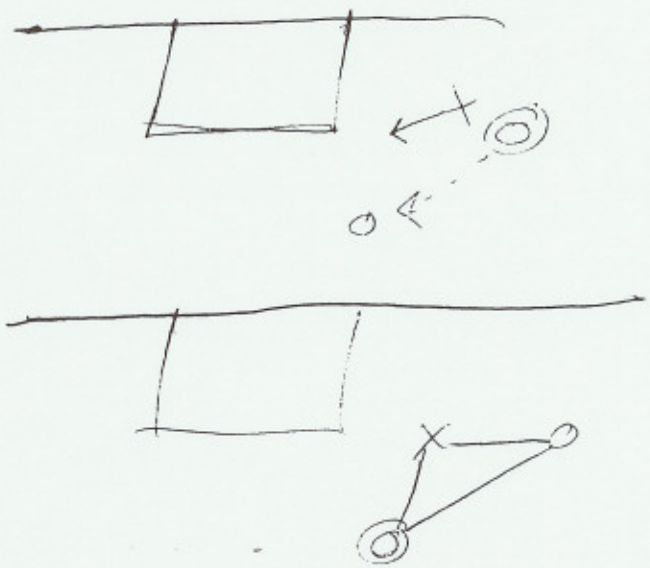




- looper must keep space from ball handler
- square off your loops

Jump to Ball on pass

- jump on a diagonal - become the point of the triangle



- only cut available to offense is a v-cut



On Ball Stance

- keep a high active hand to discou pass

"The best way to defend the post is to keep the ball out of the post"

Defending the Downscreen or Strongside
- Screener's Defende has 4 responsibilities
  1. Extend the screen
  2. Bump the curl
  3. Throw your arm
  4. See your man through

Most Important Blockout in the game
- Blockout the man who shoots a shot off the dribble drive after getting a hand up to his shot

Dead ball
- Keep the crack of your ass and the back of your head to the basket
- Stay down in stance
- Trace the ball w/ 2 hands

Backcuts & Curls
- screener goes back to where he came from

Loops
- only take place wing to elbow or elbow to wing - never elbow to elbow
- keep your eyes on the rim while dribbling - see the floor

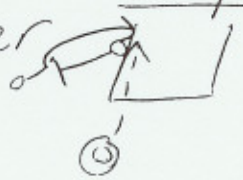
Pick the Picker action after backpic



important

3 things to read on backpick (in orde

① Hit the cutter



② Hit the Pop



③ Pick the Picker (after changing ball



vs. Switching Defense (2 keys)

1) Be Decisive
2) Be Aggressive

"Offense is Spacing & Spacing is Offense

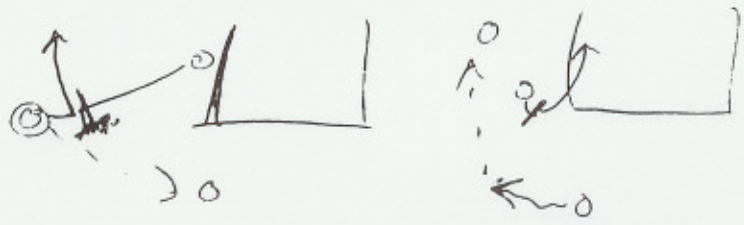
Mantra of How to Play Basketball in all Situations

Who Am I?
Who Is My Teammate?
Who Is Guarding Me?
Who Is Guarding My Teammate

Receiving a screen
- You must take your man deeper on the set up the closer he is to you

Fade and Flare (F & F)
- Take an improved passing angle
  - dribble to it

Fade the Backpick
- defense gets over backpick early
- fade it
- passer must dribble to an improved passing angle
- be ready to shoot or the catch
- screen try to get a second hit after the fade



Seal - Bigs

- Make and maintain contact
- Go perpendicular to the pass (don't pull o
- Catch & score - feel where the defers

Always fill corner when a Big turn to baseline



- We must go inside to the post in our motion
  - Inside, Inside, & Inside some mor

Bigs always screen in when they are outside

- 5 men

Bigs (5 men) always roll when they pick on the ball

Helpside Defense

- nobody cuts below you to the rim

When your man cuts to lane and goes out to weakside, you must yell "Clear"



Defending a cutter to the post
- never let your man cut in front of you
- take the cutter on & move to denial stance

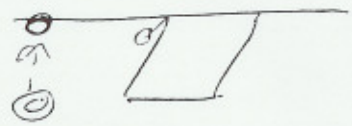
Dribble Handoffs - 2 ways to play it
① Switch small/small or big/big
② Go over the top w/ small & big protects or small/big handoff

Shooting
- you must get your eyes up ea to your shot - find your target ea
- stay with your shot - never compromis your shot to get back on defense

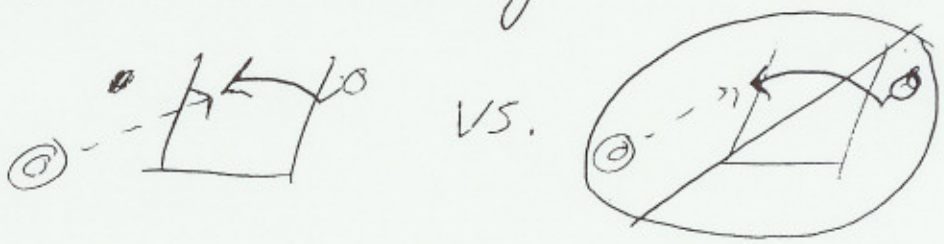
~~Make Corner Cut Hook~~

Pass to corner in motion for 2 rea

1) shot
2) post feed



Post players should never overrun t
paint when coming across the lane



Receiving the Flare

- Set it up
- run off the flare
- create space on the run off outside the 3
- bump down or backcut

3 Reasons to Dribble, (Rules)

1. Make the Dribble take you somew
2. ~~Regain~~ Aquire Balance
3. Break the 5 second count

Receiving a flare:

- Dive = defender goes over or under early
- Take it = defender goes with your b over the screen (trails yo
- Pop = defender goes under scree as you start to run off

Rebounding vs. Mismatch

- you have a "no rebound respos bil
  - make sure you man does not g the rebound even if you don't ge it

5 keys to defense:

Stance
Vision
Hand up on a shot
Blockout
Traveling on the air time of the ball

Never attack a backdribble defensively

- anytime an offensive player backdribbles he is going to re-attack
- get lower

Backpick Pop -

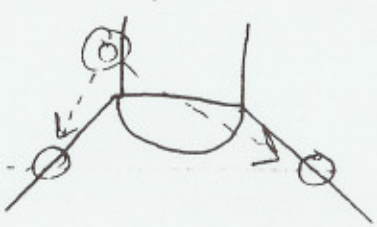
- Speed to the screen
- Set your angle to the screen getting as much body mass as possible (give your body up)
- give proper footwork to your pop to create space from your defender
- have your hand targets ready for the pass
- get your eyes up early into your shot
- low on your screen & low on your po

* The key is setting a good screen and holding your screen

In transition, the first 3 steps are most important offensively and defensively

- this is where you beat guys down the floor
- it is one of the few times you lose vision of the ball, [illegible]

When the ball is in the post, we want 2 players filling the funnel lines for the pass out of the post (get in the post's line of vision)



At "Balls" (9 seconds left on the shot clock), we will switch everything defensively unless told differently (1 through 4 only)

Defense is played in multiples of 2's and 3's

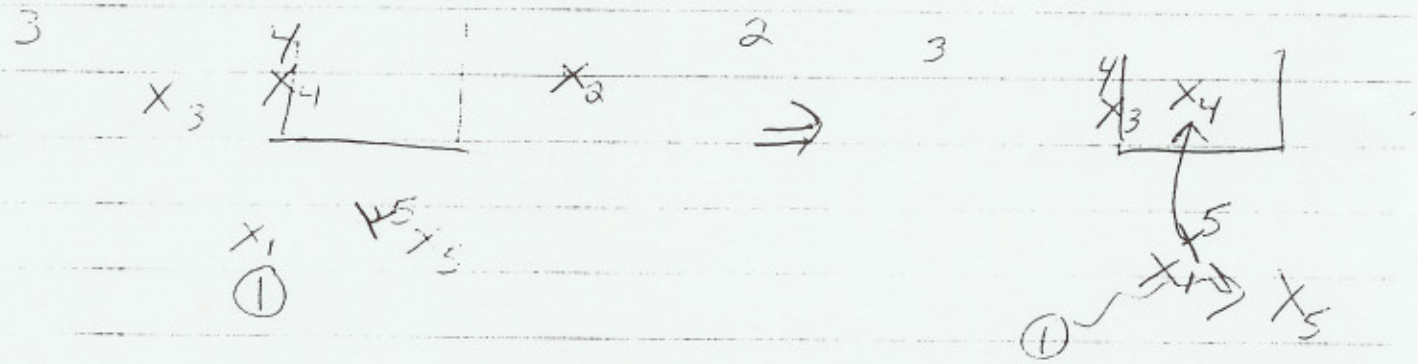
Shadow in Conversion Defense
- 2nd Big down
- Protect into and out of any screen
- Be aligned belly button to belly button with the ball handler
- Talk - call "Shadow" loud so point guard can hear you
- heals to 3pt. line

Conversion Defense
- 1st 3 steps are critical
  - do not compromise offensive rebounding to get back
- 1st Big runs on top of big in transition
- 2nd Big is the shadow and sets shot with heals to 3 pt. line
  - hands go from wide to high as you protect point guard
- Point guard is driving line two steps across ½ court
  - stop the ball and get it to a side

Defensively, you must travel with stance and vision on the air time of the ball

Defending 1 Down (High POB)

- never leave a ball side small
- Hard show or Red - the weakside big picks up the roll, the weakside wing is the V-back
- "ball must be forced into pick



All Picks on Ball must be called/talked in several ways

1) "Pick"
2) "Left" or "Right"
3) "Red" or "Hard Show" or "Squeeze"

ex: "Pick Right Red"
"Pick Left Hard Show"

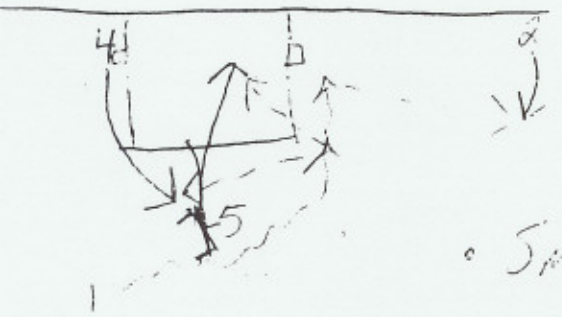
When we Red or Hard Show a POB

- Big protects Big & Small protects Big protecting Big
- Big gets out to the show or Red early - allow the early roll

Defending POB:
- we want to get beat by the Big
- we must force the Small in the pick
- never leave the ball side small (shooter) - deny as the ball comes to your side of the floor

3 times in the game to be selfish
- Coming off the Pick on Ball
- Get the ball in the post
- Get an offensive rebound:

1 Down
- Point looks to: ① take it away from pick ② turn the corner ③ hit big on the roll ④ hit the big on the fill or replace



- Smalls in corners are aligned deep/b the block - 2 reads:
  ① space up for drive & kick
  ② backdoor when ball is in 3pt area & you are denied
- Big screener rolls to the rim
- Big weakside replaces near top of key

Never attack a backdribble
- against a great shooter you must attack it very cautiously

Ball handler on a pick on ball
- must set up the angle to attack the pick
- must have a change of pace
- must come off the screen shoulder to shoulder & hip to hip

A 5 man on the perimeter should pass and Pick on the Ball
- especially when the defender is packing off the 5 w/ the ball

Passing from perimeter to post or basket cutter
- always try and take the defense down

Defensive Mismatch
- small should pressure a big on the perimeter and white a big in the post
- big should gap a small on perime unless it is a great shooter

Give your eyes to every pass

Invert Downscreen

- small corn horny curl, backcut, or fade
- I should space down towards corner for skip if his man sags in



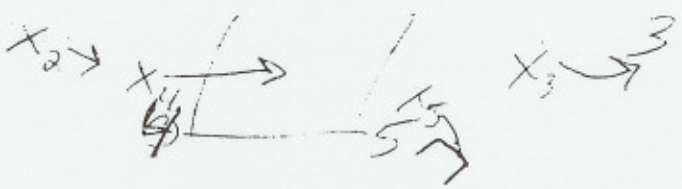
Defending POB

- "Go" - Big protecting Big goes early to get to pop



- "Get beat by the Big and not by the Ball"
- Force ball into pick on Red
- Get out early on Red

Defend V-Play



D

- Red - as soon as the ball goes one step to either side of midline defender must move to their position for ke

On a post feed the perimeter defenders always drop

1) Drop
2) Drop & Cover down
3) Drop & Cover down on 1st or 2nd dr
4) Drop & Deny back (on a great sh

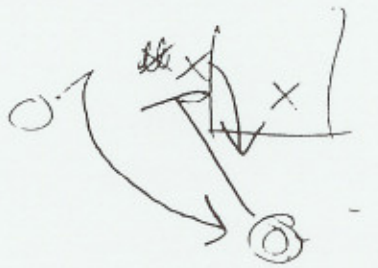
* always drop otherwise the off will cut off the post feed
* drop w/ butt to the baseline

Red vs. POB

- the Big who is Redding must come out of his Red and sprint to the rim to pick up (build out fro the rim)

Defending Diagonal Downscreen

- go up the middle when at all possible



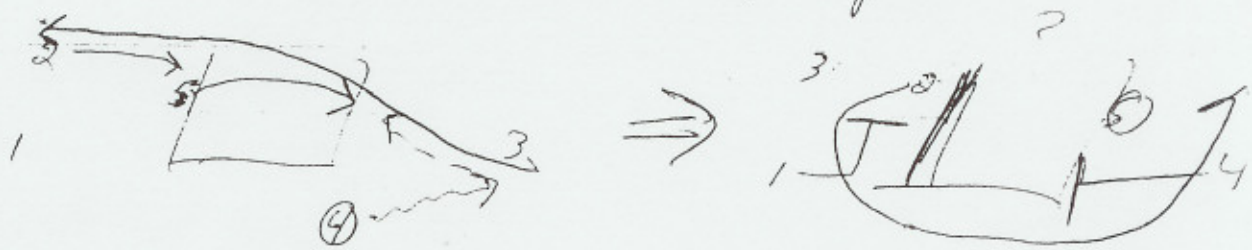
- Extender must see his man throug and get back to his own
  - Extender must keep vision of th ball

Anytime you receive a skip pass again
a man to man defense you are
thinking shot or drive vs. a close o

Invert Backdoor

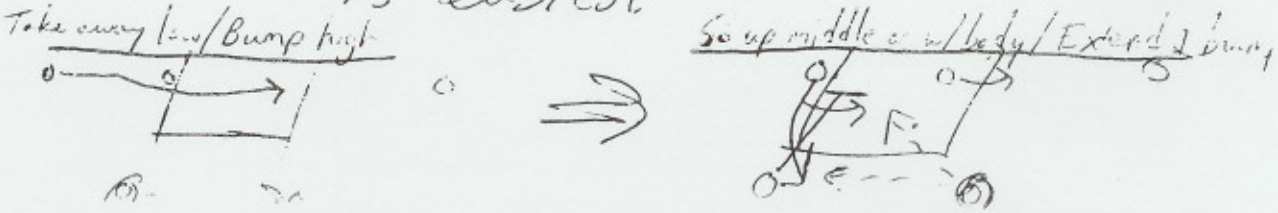


• if backdoor is not open



Defending Flex

- take away low cut (go w/ body or flip
- bump high
- on downscreen extender must se
  his man through and be ready
  to bump -- we go up the middle
  or w/ the body depending on wha
  is easiest

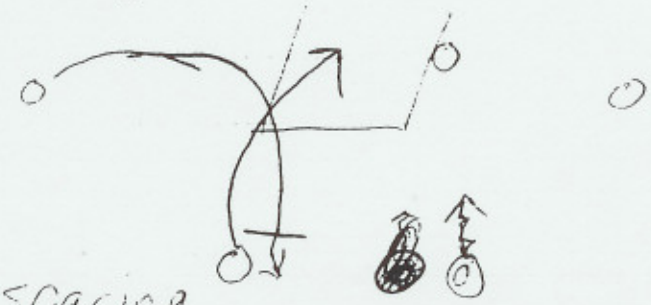


On a foot fake, the defense needs to jump straight back
- stay down / low
- ~~or~~ stay on balance / on balls of fe
- creep back slowly

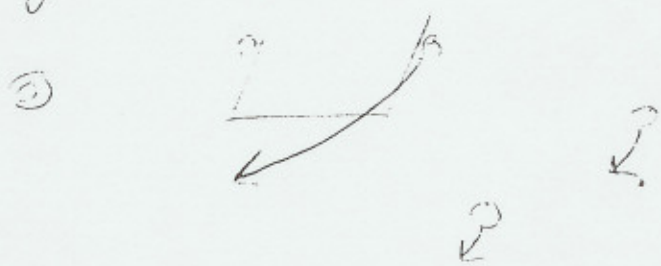
Defending Flex
- ~~the~~ extender must talk
  - "Backpick - Stay"
  - "Backpick - Switch"
- we can switch small-small or the backpick

Never spin dribble in the backcourt vs. a press
- use a pull back dribble to keep vision of the floor

"Horns"
- high early backpic entry to motion when the trailer is being pressured and denied

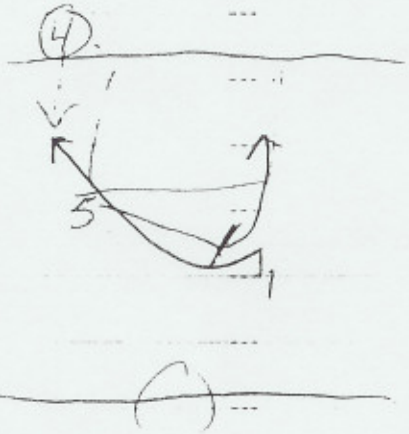


H./Low spacing
- weakside guards want to lift higher

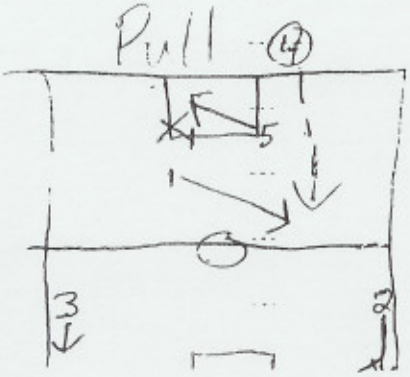


Guards shoulds never pick up their dribble until they are ready to pass, and should always dribble with a purpose.

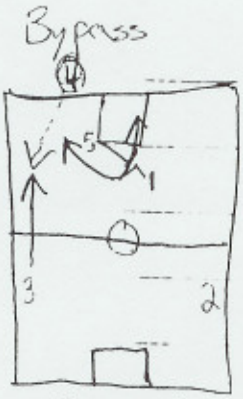
Press Offense

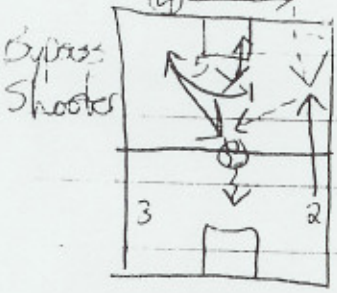


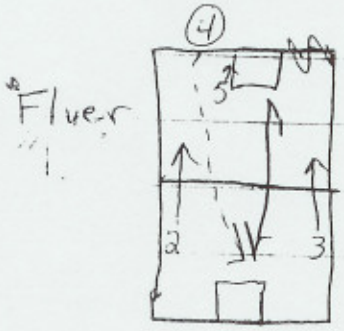
- look to score, but don't get sped up
- know whether or not the inbounder has a dead ball or can run the baseline
- inbounder must know the 5 second count
- always look to bypass with wings
- 10 seconds is a long time
- No 5 second count in the backcou
- Every player who catches should catch with his ass to the sideline looking up the floor
- ~~Don't ever catch~~
- Priority looks
  1. Up the sideline
  2. Middle (Fall into Deep Diagona
  3. Crackback

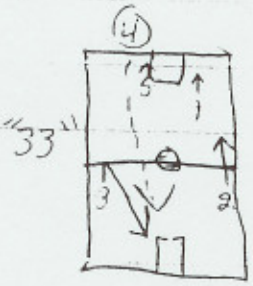


- "Pull"
  - called by wings
  - point guard defender is between h and ball & off
  - 5 goes opposite of pull
  - wing goes deep on pull side to



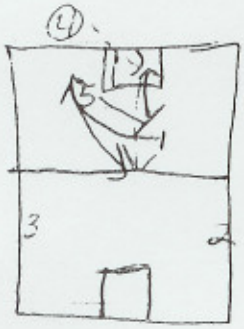






- "Bypass"
  - wing comes up for catch from inbo
  - catch with pass to the sidelin
- "Bypass Shooter"
  - hit bypass and 1 guard shoots to middle of floor
- "Flyer"
  - defense is face fronting
  - the flyer takes 1 step at 4 ball and goes deep for baseb pass
  - all other players come up to ball

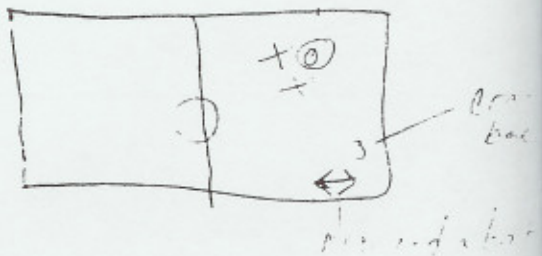
- Always meet the ball on every pa and turn middle to make an observation
- "Shooter"
  - hit 5 man and 1 guard shoo to middle of the floor



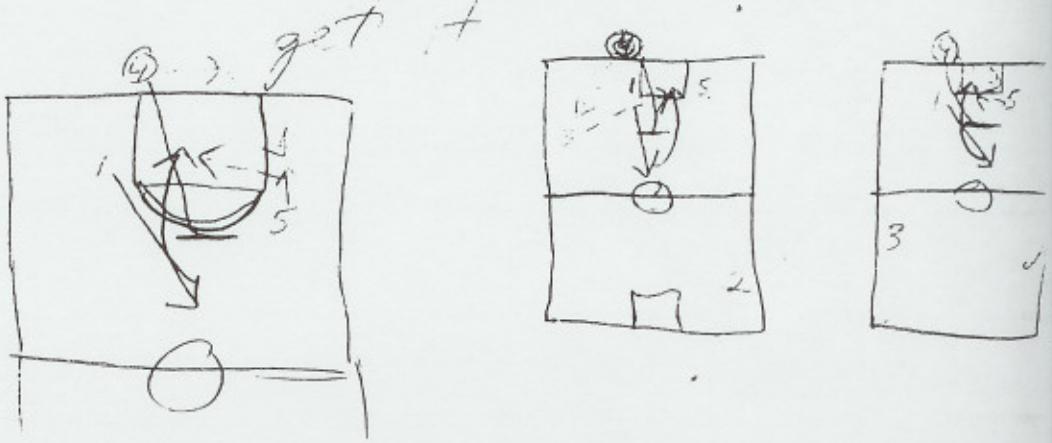
- Point guard must move a second and third time to get a catch

Press Offense

- Ball side Bypass should be your first look or inbounds
- Weakside Bypass would be your second look
  - always get an improved passing angle if you can run
- "Crack Back"
  - always have a crack back if there is a double team
  - come behind the line of the ball (man and a half)



- "Comeback"
  - backpick for 1 guard after he shoots and does not get it



- Pick by a Big in the backcour
  - Big circles back and sets r
    between half court and t
    of the key in the middle of
    the floor giving the guard
    space to play with

*45° angle w/ screen

: Never get speeded up against a press

- "11", "22", & "33"
  - player who is flying must cor
    towards the ball hard at le
    3 steps before releasing ge

Be tight with your game / Economy of motion

- these are the watchwords of the NBA

Be decisive and aggressive without getting sped up

We want to be spaced offensively outside the NBA 3 pt. line

~~Defending Dribble Handoffs~~

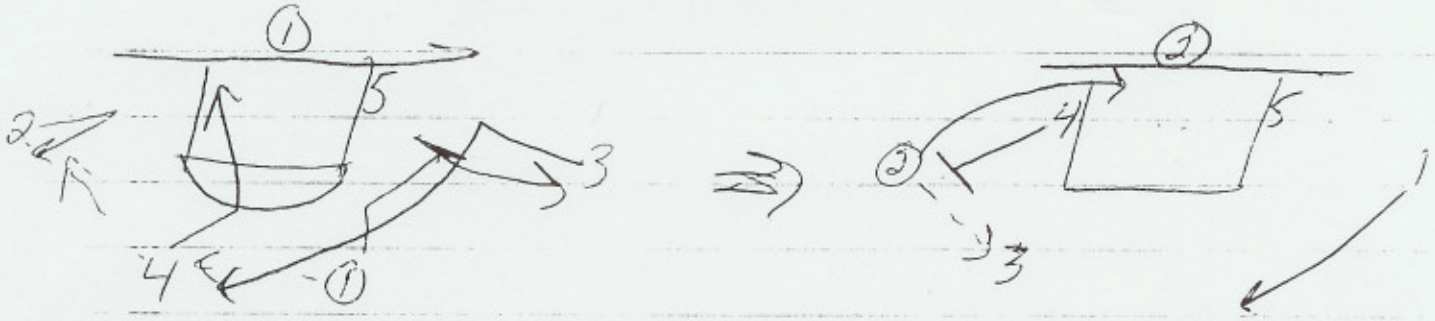
Defending the Double Stagger (creating a fence)

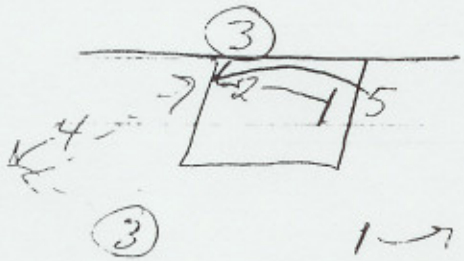
- Bottom of the fence takes all step ups / break offs
- Top of the fence ~~reads~~ ext. and sees his man through
- Defender of receiver can go up the middle or with the body
- Bottom of fence must communicate "Fence

Face the Rim, Look at the Rim, Square up to the basket on every catch

"Motion 7"

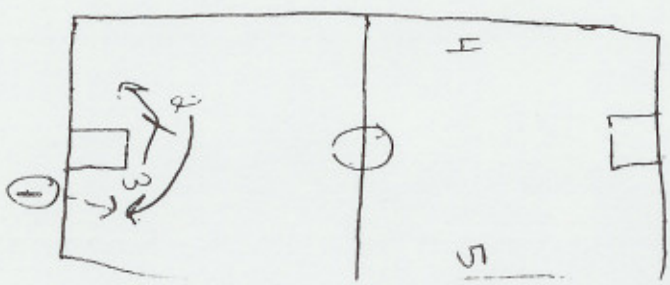
- cut to an open post and get to a reverse action



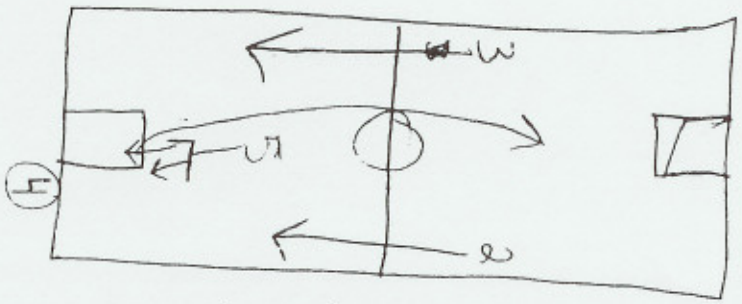


All Smalls Press Break

- 1 man takes inbounds pass
- screen is set for the best ball handler

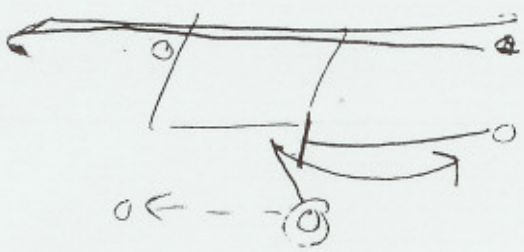


Kentucky Press Break

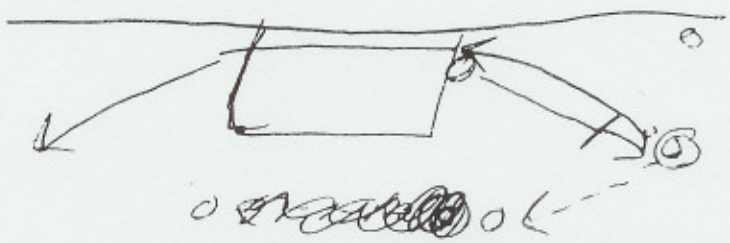


- vs. hard man to man pressu

When you are in the corner in motion there is only 1 action ~~you~~ where you vacate the corner.
- the Flare



- Hold corner on the backpick

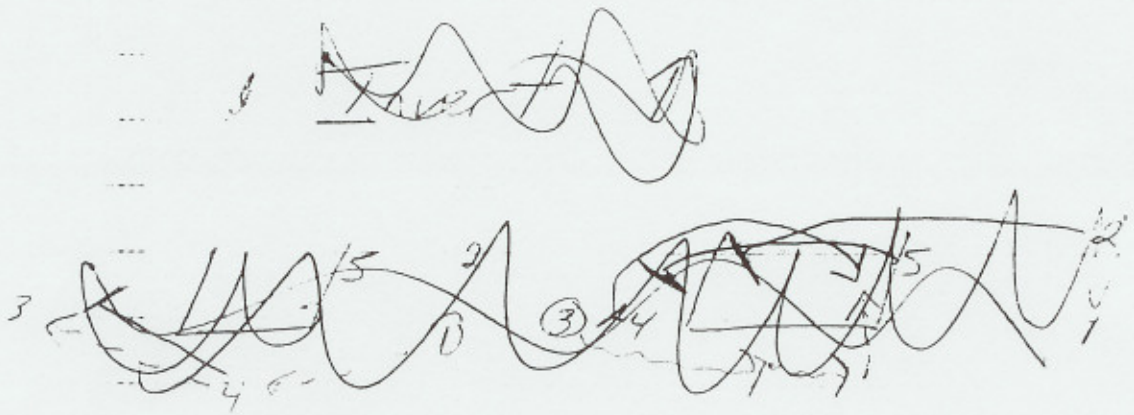


- When you vacate corner, anticipate a baseline drive/baseline drift off the flare

~~Head Nickels~~

Conversion Defense

- driving ~~wouldn't~~ line wants to keep the ball on 1 side of the floor once it crosses ½ court
- shadow has ~~the~~ his hands out wide until the ball gets into the attack area - then the hands go high
  - keep the shadow longer or shorter depending on how good a shooter the trail big is



Invert ↑ ("Up")

- 5 holds or ball reversal



Invert ↓ ("Down")



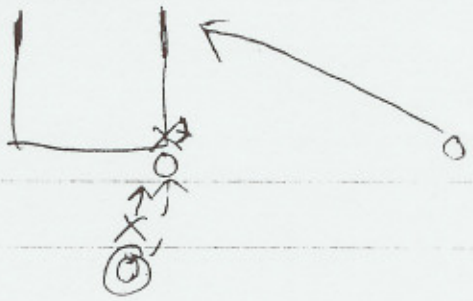
Invert Slip

- 4 keeps running to corner



Defend UCLA Cut

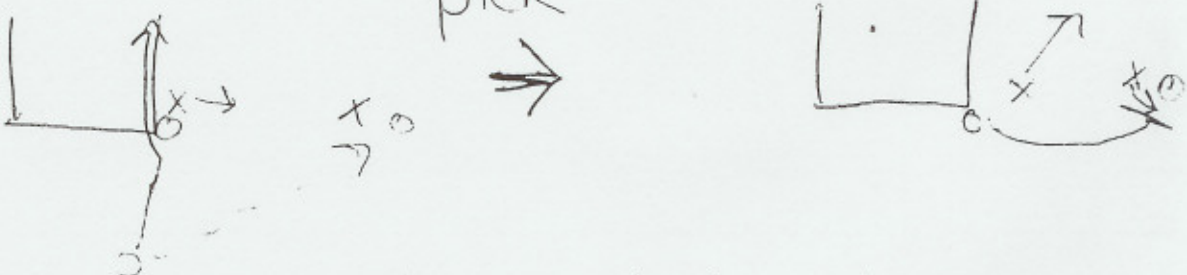
- Guard drops on high post feed a
  Big plays ½ a man outside to prot
  backdoor



- on pass to wing, Big & guard
  jump to ball if we are Black on P
  - guard goes over the top
    must be aware of the duck
    back

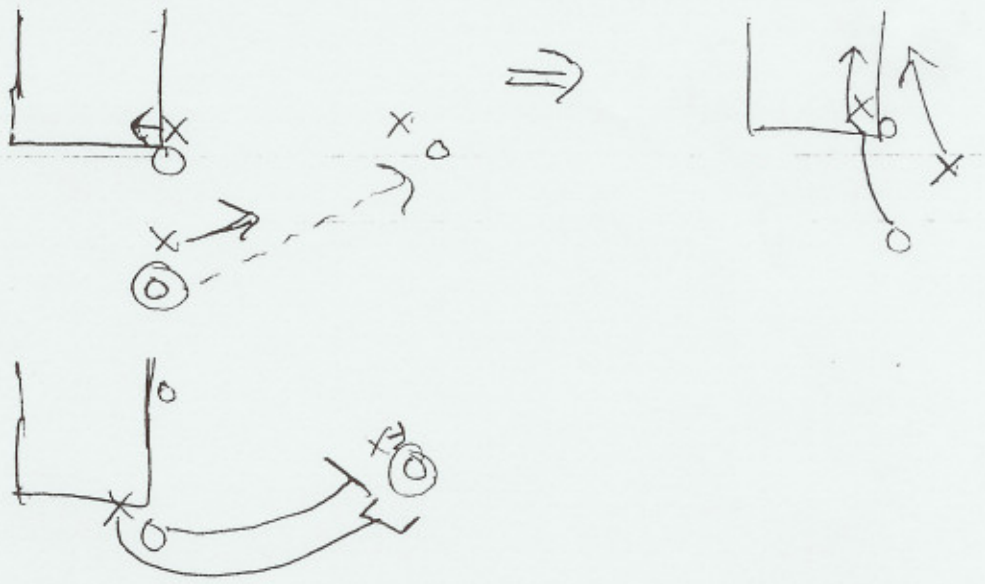


- Black the UCLA POB
  - push the ball away from the
    pick



- Big protects drive

On Pass to wing, Big takes away (fr
low cut & small ⓪ jumps to ball
and goes over the top if we
are Red on the POB



Zone Offense

- Bigs play below the zone and post lower on the block
- Gap dribble to draw two defenders and lay off bounce passes to draw & kick outlets (stay low & step through top
- Attack a zone and look to score
- always gap dribble aggressive with the intent to score + usually a jump shot
- if the zone traps we need 3 outlets (crackback, up the floor, & middle)



3 outlets



- Rebound against the zone
- Short pass fakes
- Weakside wing stay on a diagonal when the b is opposite side of floor
- Look to go inside via the pas or the flash (penetrate the zone)

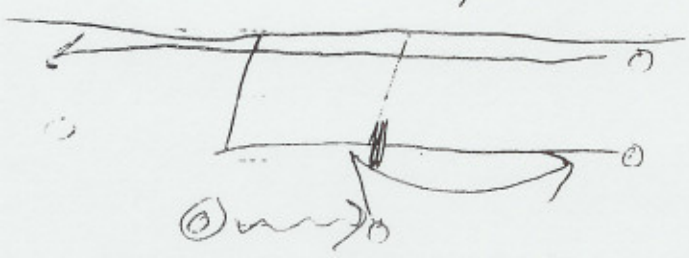
Motion -

- anytime you are in the corner receiving a pick or the baseline is a great time to backcut



- 2nd screener on a double stagger "cleans up" the first screen there
  - he must be outside or inside the 1st screener depending on which way the defense goes around the 1st screen

- If you are in the corner while a flare is taking place on your side (flare is coming to you) you want to backcut to the other corner or to the post if you are a post player



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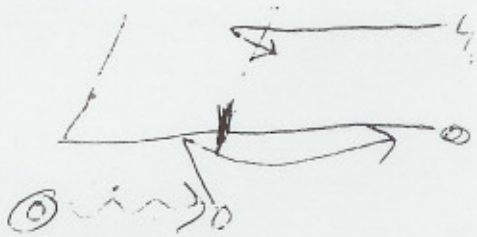
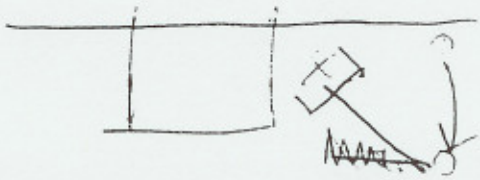
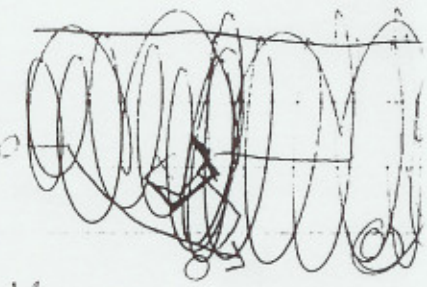


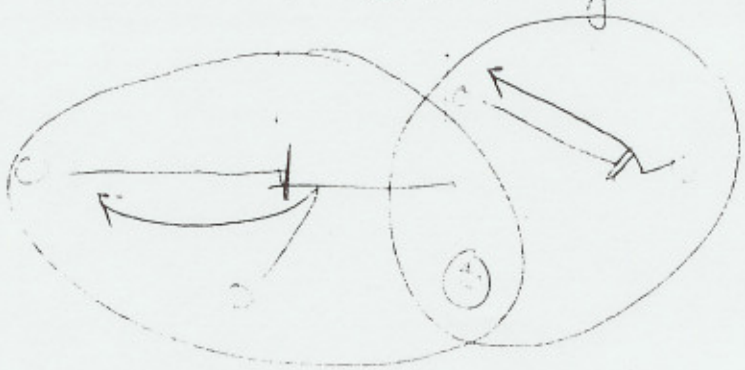
- Receiver of the screen wants to come/settle right behind the scree... ass on a downscreen





- when you come up the court, you want to get the ball entered early, easy & get the motion turning
  - the easy scoring opportunities come on the 3rd and 4th side

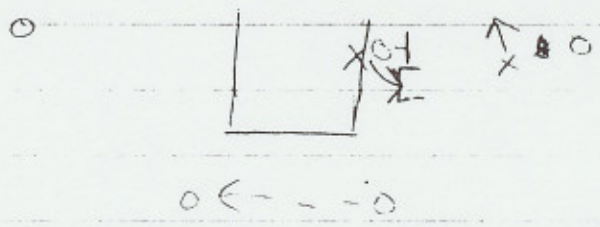
- want to get to a 6 on 5 situation in motion
  - 2 3 on 3 games



- playing vs. mismatch
  - small should drive big on perimeter and big should pound small on the boards ("Double Mismatch")
  - big should post up on small

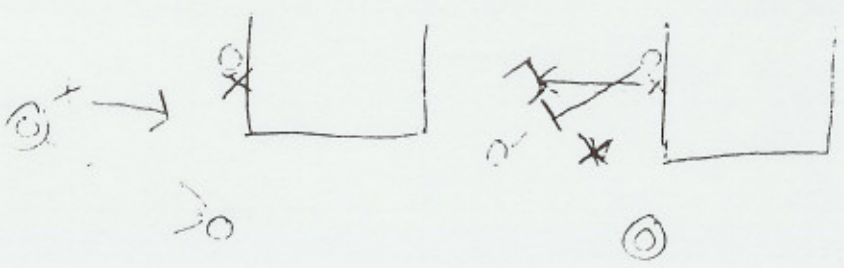
Defending a man in the corner
- we are in a pack stance most
  the time
- we will deny a great shooter in corn

Defending Flex
- take away low cut and bump hig



Trailing your man through a screen
- no seperation
- stay attached
- go with his body
- screener's defender is responsible
  for bumping the cut

Defending backpick on wing
- take away high cut after jump
  to ball and bump low



- fall into your gap or drive or pass fake

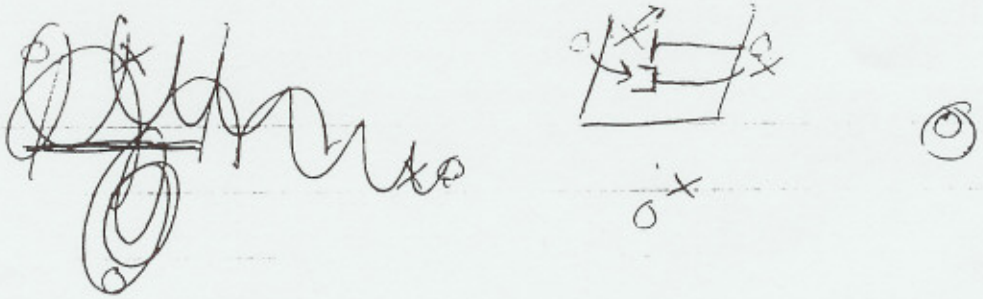
- "Jordan Cut"
  - flash by a perimeter player into the free throw line area

Zone Offense

- When you pass from the wing to the top of the key you can either space away or pinch in
- look to shoot on every catch
  - fall into your gap dribble or pass fake
- "Jordan Cut"
  - flash by a perimeter player into the free throw line area

Defending Triangle action

- Bump the cross, pick high & take away low, cut
- go up the middle or downscreen



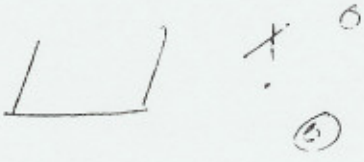


- extend and go up the middle

Receiving a skip pass, you want to think shot or drive

- almost never use a shot fake because you are playing against a closeout
- be decisive and aggressive

We always play a pack stance in the corner unless told differently



A small or big on the block away from the ball is the most dangerous man in the game
- he is coming to the ball

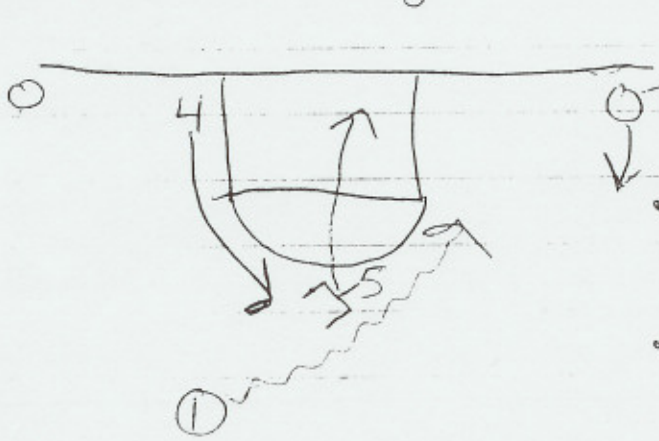
Wings in transition want to run wide, and cut their angle to the rim just below the 28 foot mark and above the block

Zone Offense
- we want to look inside
- take the ball up to the defense
- don't be tentative
- don't speed up
- create 1 on 2 situations (draw 2 defe by gap dribbling
- Rebound the zone
- Bigs are looking to flash, post, rebound
- create a wing out on ball reversa after gap dribbling and collapsing defense
- receiving a skip pass you look to: ① shoot ② drive

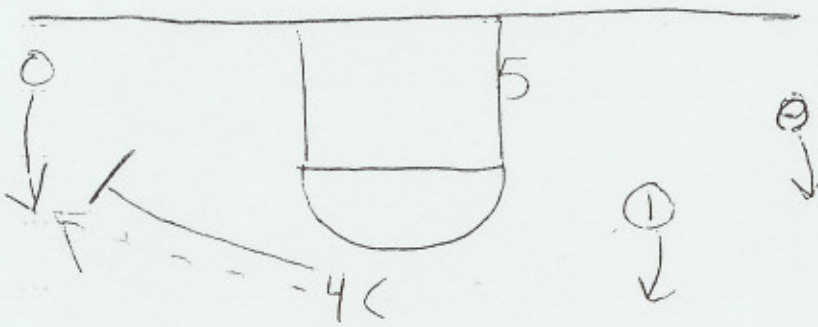
Press Offense

- if 1 guard has nothing or gets trapped - look to crack-back
- Double Crackback
  - a play must be made becau you are fighting time - no third crackback

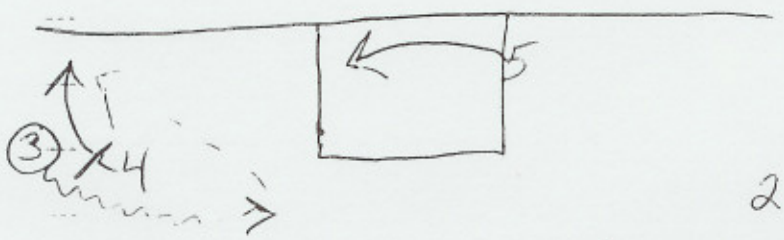
1 Down (High Pick & Roll)



- 5 sets pick at 45° angle
- 5 rolls and 4 replaces after 1 clears 5's scree
- 4 tries to goun ground to the oth side of the fie when he replac



- 1 and 2 until 1 left and space with POB
- 3 and 4 want t create separation



2 Pick & Pop - 5 show come across and set

Post Play

- Play Small to Smaller throughout the entirety of the move
- Get head around and your eyes up early to your shot
- Find or feel the defense and counter the pressure
- Play Small to Big in the post
- Get your toes to the ball when you post up
- Bar your arms at right angles or L's when posting up
  - forearms parallel to the floor

All Championships are won defensively

- you must play with a physical presence
  - bumping cuts, blocking out, V-backs, taking charges, etc.

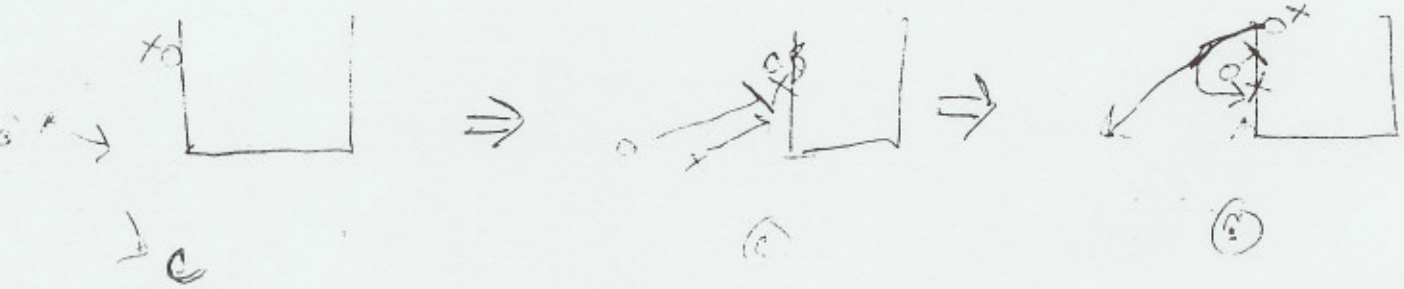
Defending the Flare

receiver's defender →
- Move to the receivers hip and chase over the scree

screener's defender →
- protect into and out of the flare

You always want to play within the pla
of your body with the ball on
offense
- short fakes, bent arms

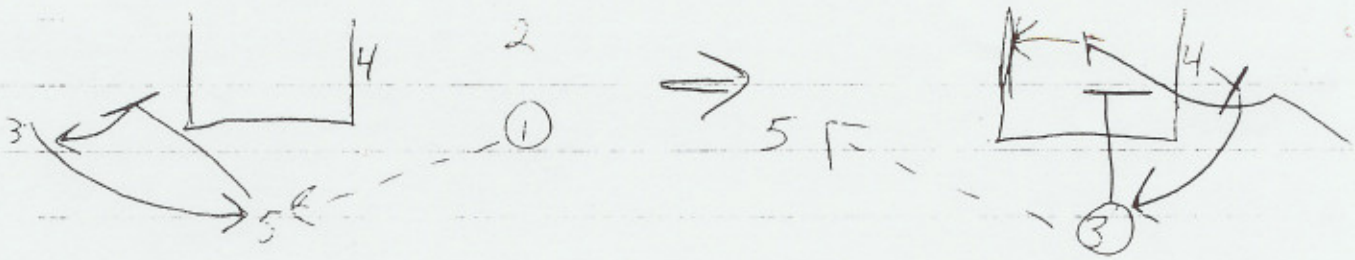
Defend Downscreen on the ballside of
the floor (wing to block)
- jump to the ball and open up to
extend the screen (throw your arr
- give a shoulder high extensio
and be ready to bump the
cut (do not give any space)
- trail & go w/ the body of the
receiver
* stay attached
- extender must take the step up
- Talk ("Downscreen")

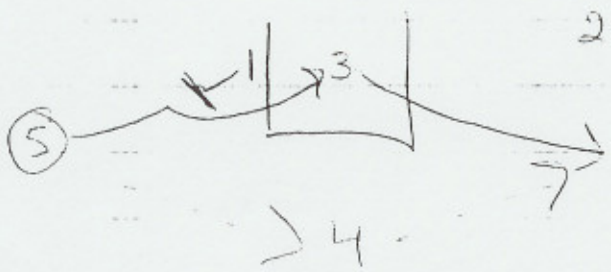


Always give your eyes to the ball
reverse pass

Invert Screen Away options:

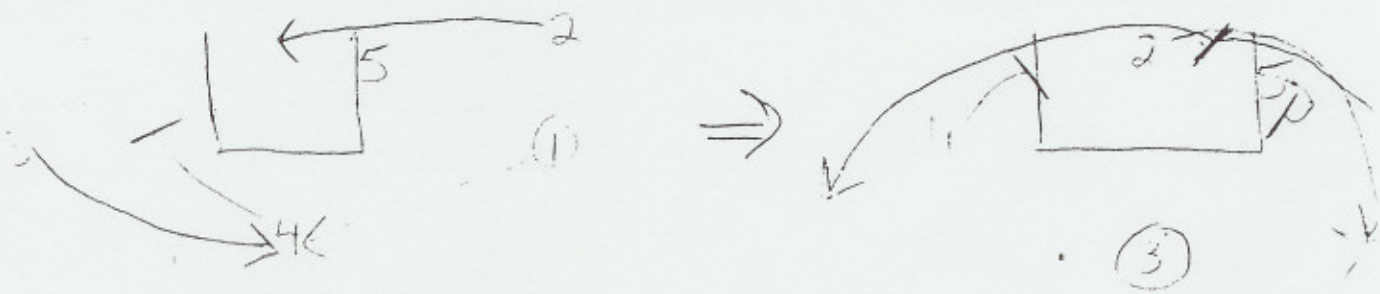
1) 5 is trailer = "Knock" (#Thr

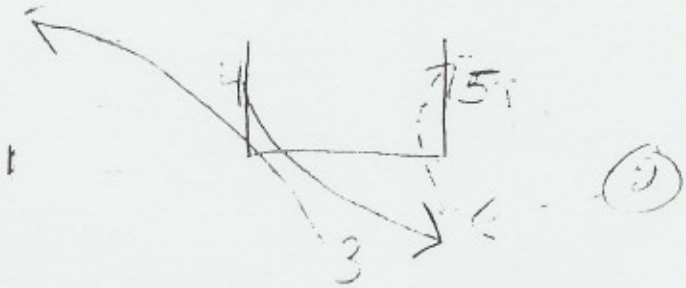




> 4

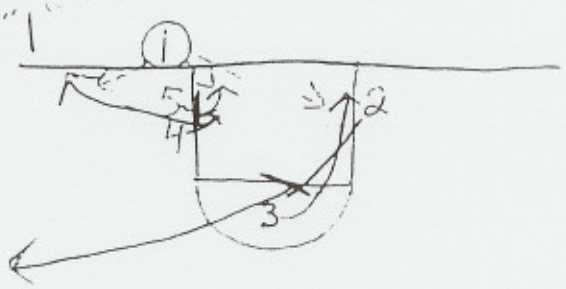
2) 4 is trailer = "Sonic" (Single/Dou





Endarts

"1"



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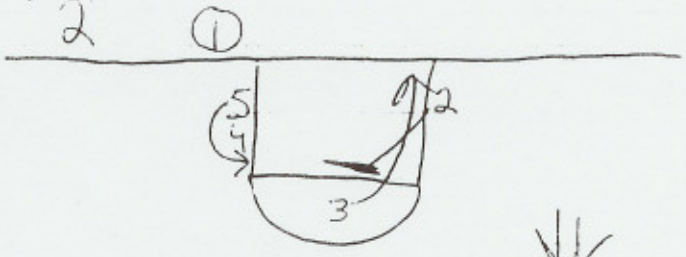
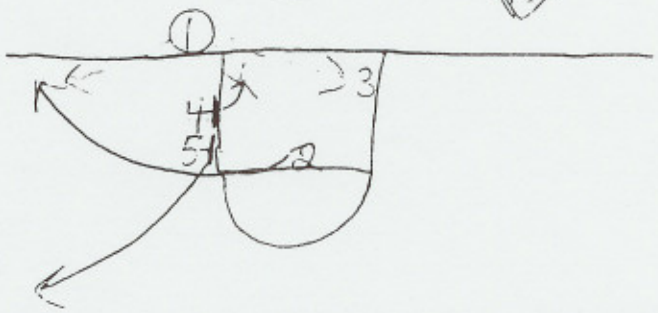
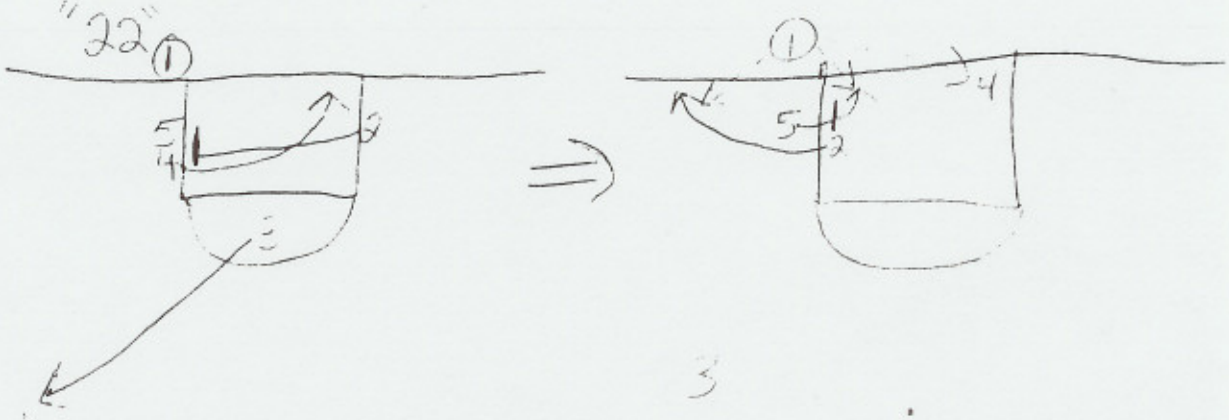


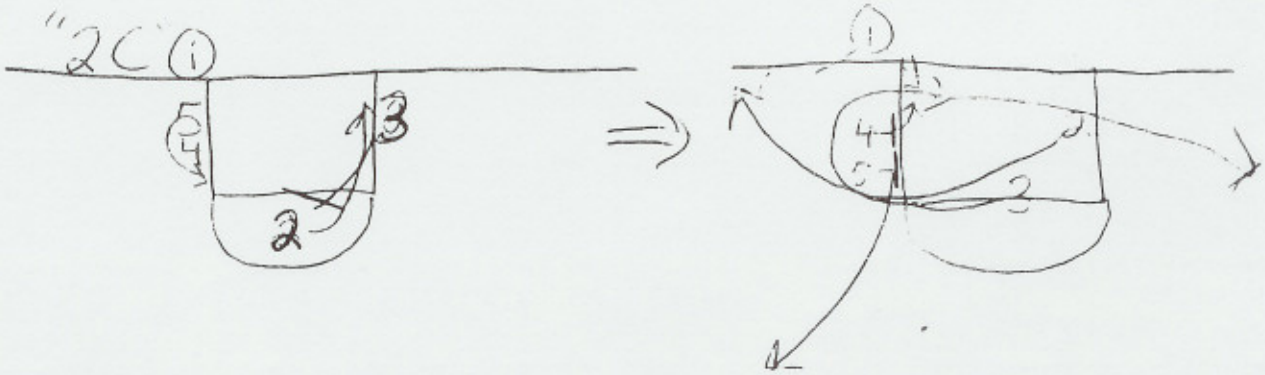


"22"



3

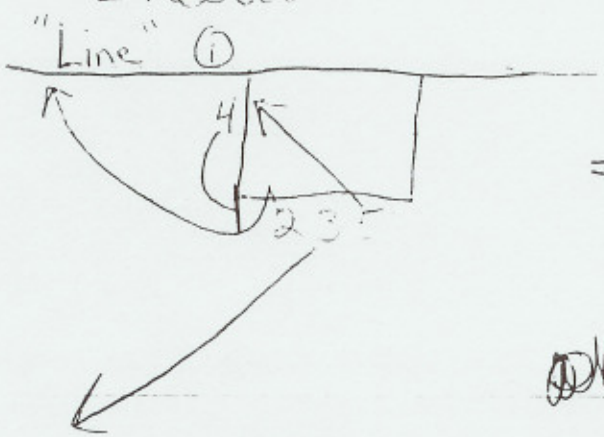
"2C"

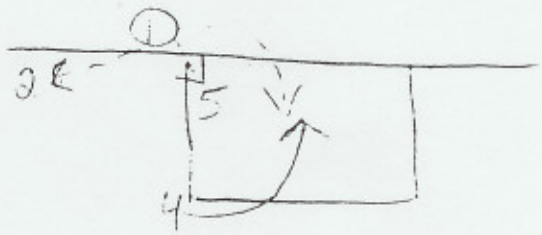


Endouts

"Line" ①

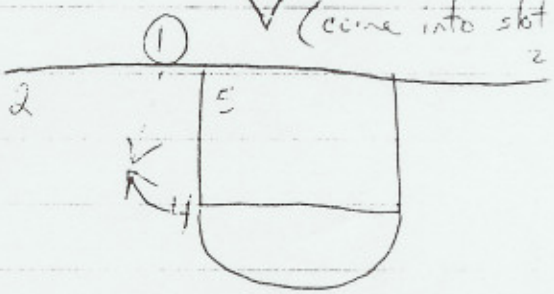
Zone of Influence





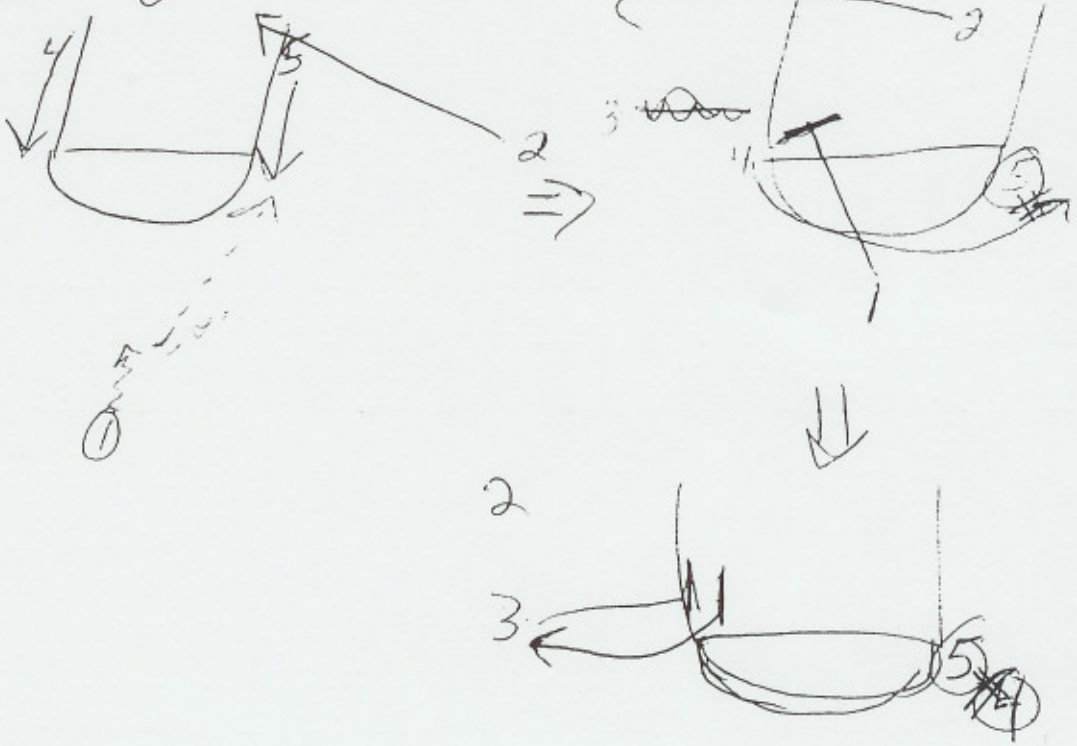
3

OR (come into slot 2)

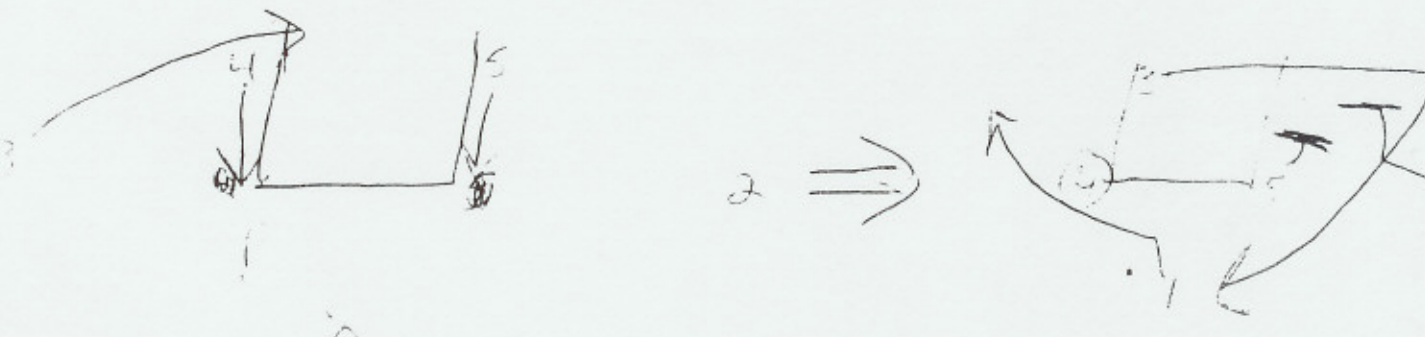


3

T - Pig (Backdoor)

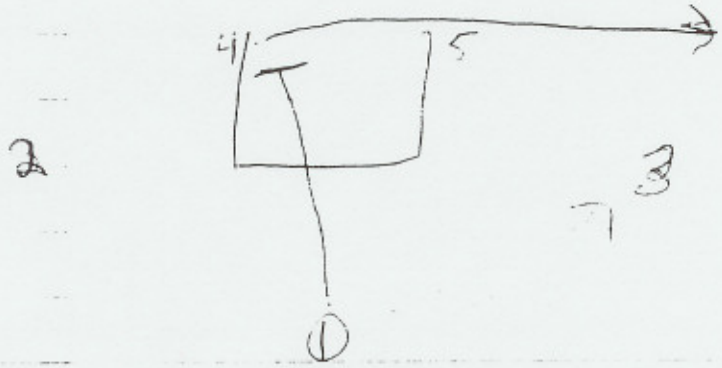


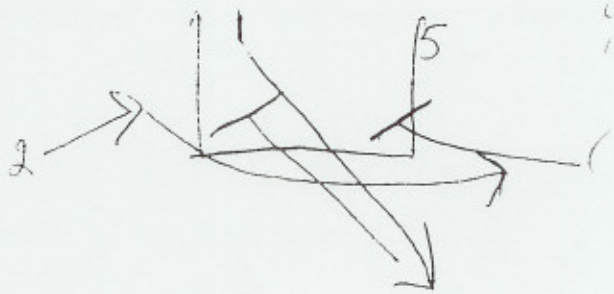
OR - hit the 4



• if 4 hands th to
1. they are playi
2 man gard basket

T - the 4 backcarts



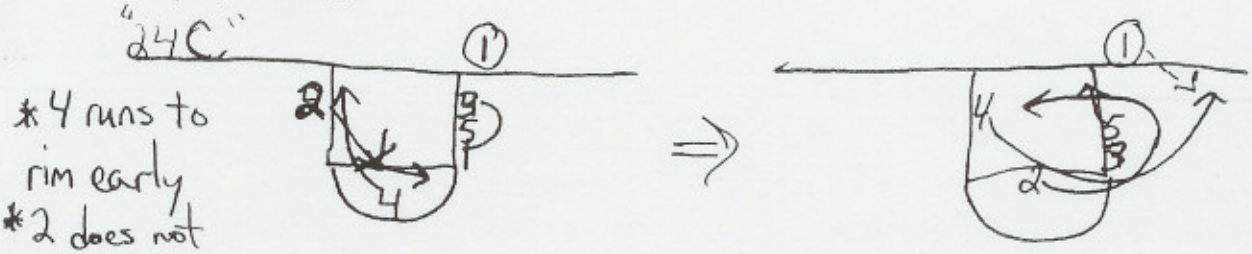


Big protects into and out of (belly button to belly button):
- Flare screen
- Shadow
- Pick on Ball outside of scoring area
- Black vs. POB

Pick on Ball outide of scoring area:
- force into the pick and go under
- protect into and out of pick-belly button to belly button

Endouts

"24C"



*4 runs to rim early
*2 does not set pick

"24C Flop"



"2C Flop"



Press "13" vs. 2-2-1

"Weber" vs. 1-2-1-1 or 1-2-2

"Big Up" vs. Man to Man

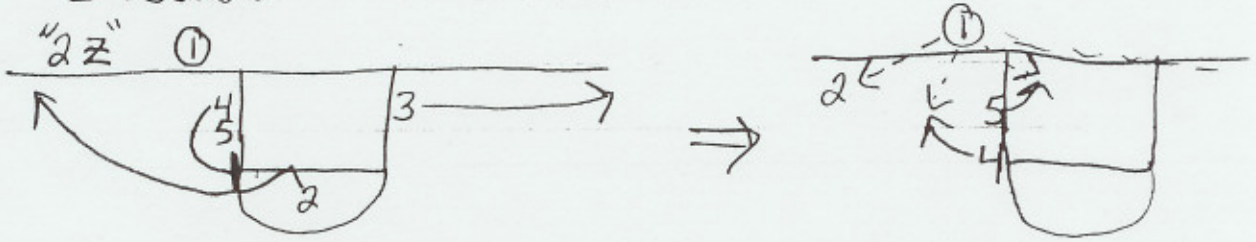
vs any full court press to get the ball in

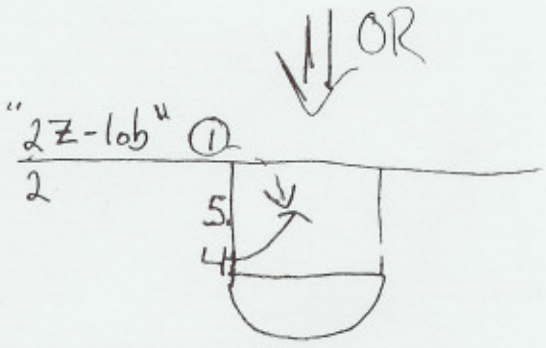
"Kentucky" vs. face front, hard man to ma

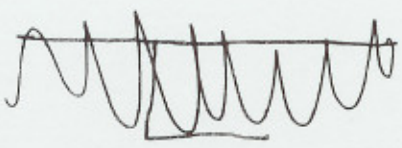
"All Smalls" vs. man to man

vs. any full court press to get the ball in

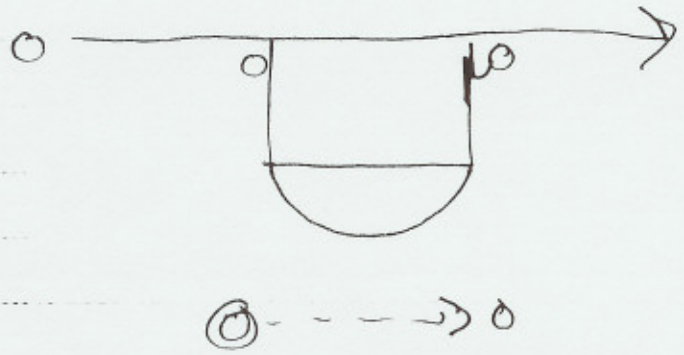
Endouts







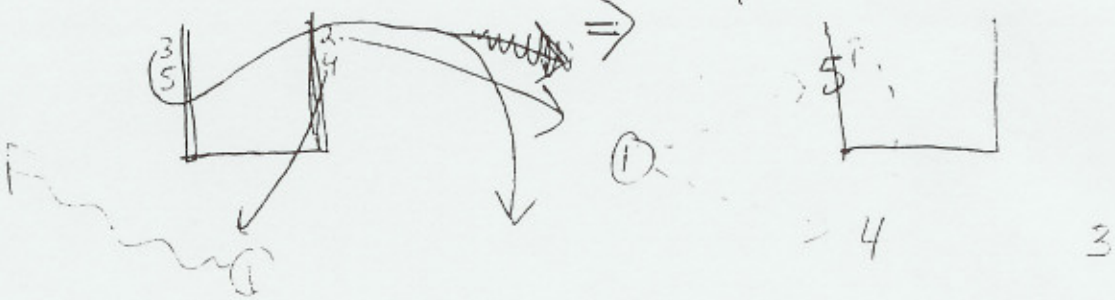
Baseline Runner vs. 3-2 or 1-2-2 ½ court zone



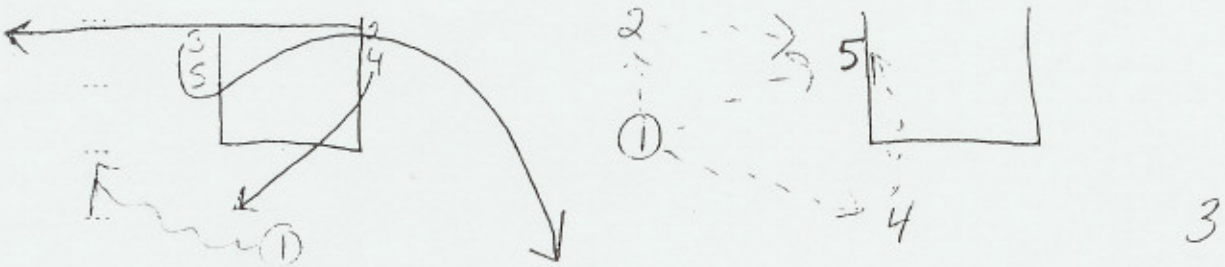
- Bigs can have a "delayed flash" when guard pass fakes to corner and then bigs come to flash
- Ball side big should screen and post once runner catches in corner

- Runner is the best shoot
- Bigs screen in and step up
- Smalls split the to and look to gap dri pass fake, or shoot
- Bigs can flash u ball on top or in cor
- Runner can duck back - usually 2nd 3rd side

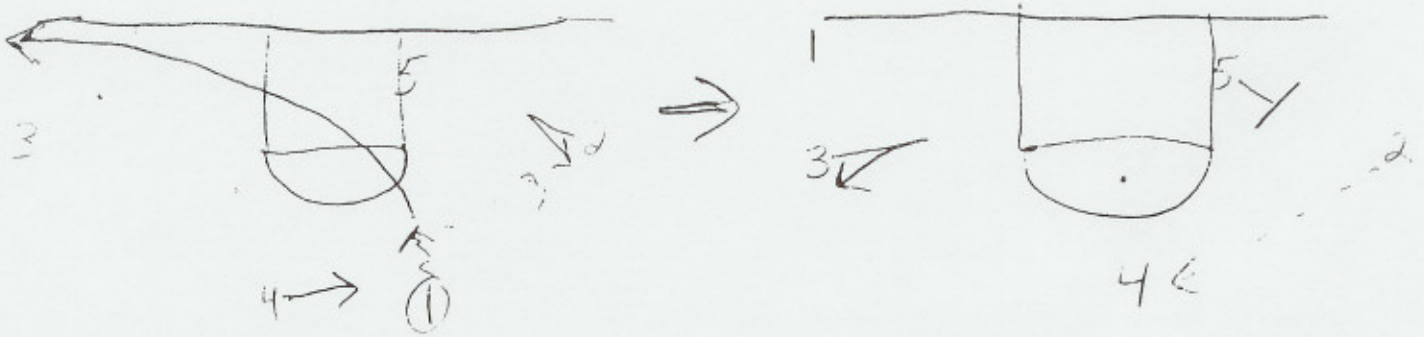
TC (curl) - knockoff play to H./Low



T Corner - knockoff play to triangle post feed



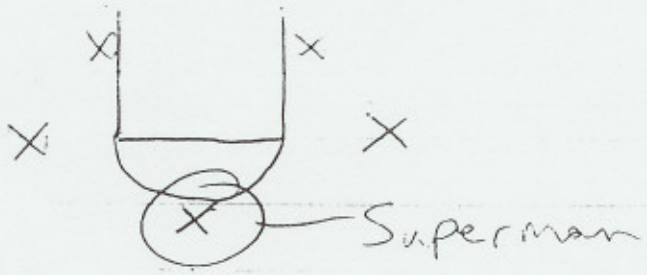
Thru





3-2 Zone Defense

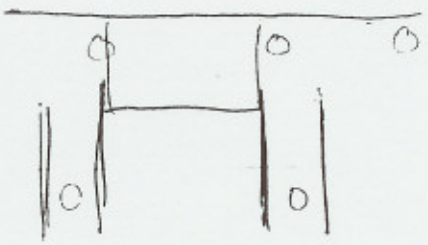
Keys - 1) High Hands
2) Ball Pressure
3) Rebound
4) Keep the b
out of the f
5) No dribble
penetration



- ball in corner - superman fronts the post

Baseline Runner

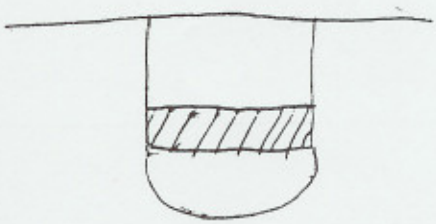
- runner should never duck back on the first side
- top 2 guys should play off the elbows outside the lane line



Dayton

- we must have flashes and jorda to the free throw area



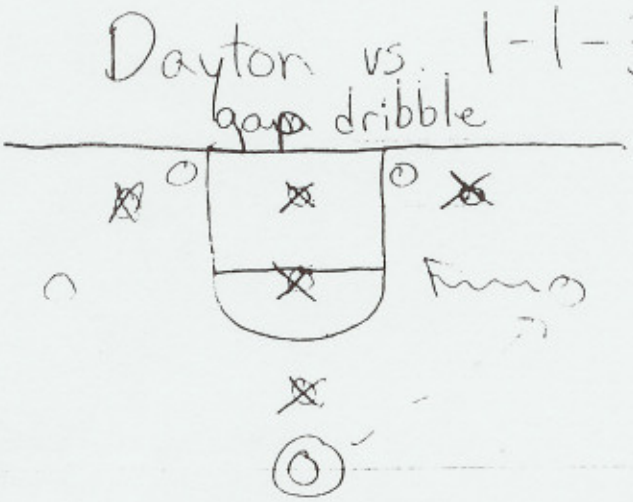


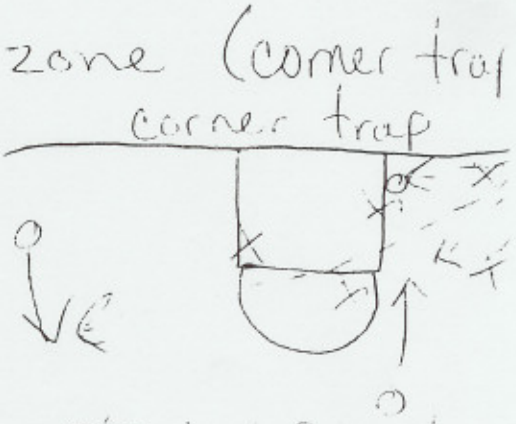
- "I





Dayton vs. 1-1-3 zone (corner trap

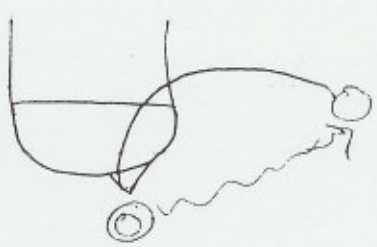


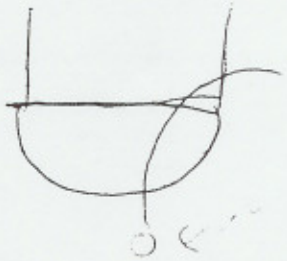


① Jordan from top the key
② Post feed
③ Skip pass

Press Offense
- 13 vs. 2-2-1 press

Dayton Zone Offense
"Cuda" - similar to a loop around



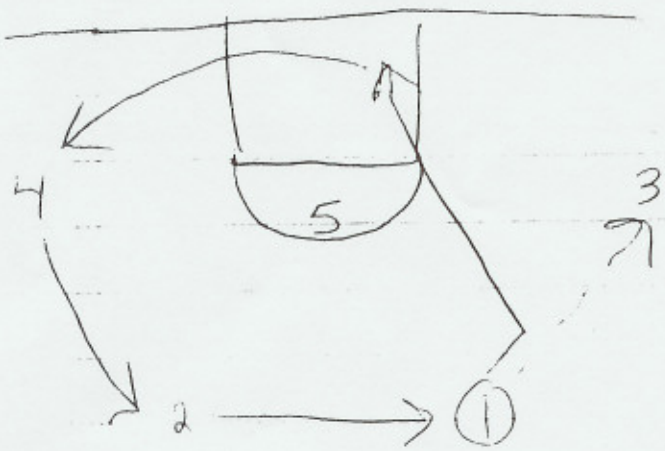


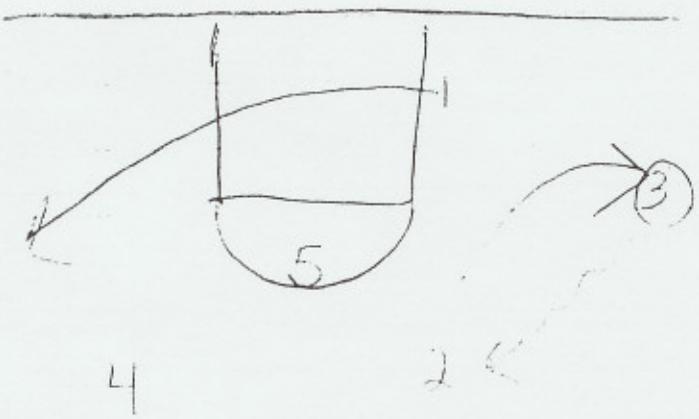
- point guard should always tak on one guy at the top of the 2-1 zone and make an early easy entry to a wing
  - nothing fancy early
  - get the zone moving back fo
  - look to gap dribble then h comes back to you
- when there is a trap we need a crossback, a flash, and a skip pass available

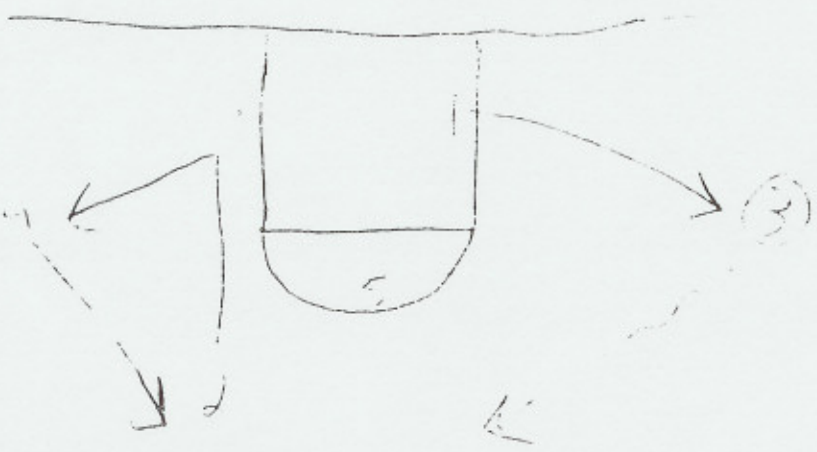
Press Offense
- as the ball moves to you, you spr away
- if the gets picked up, you ma have the cone up and get a cat

Motion High

- Run time off the clock with the lead (Delay game)







* 5 [illegible]
  - can backcut if [illegible]
* look to pass & cut
  (v-cut should be avoided)
* cut & fill
* pass, cut & fill
* keep all 4 spots filled
* use 5 man as a save or safety
* do not come together
  - avoid a trap
* look to exchange on the weakside
* look for [illegible]

Outlet Passing

- Turn/Pivot Low toward the sideline on the side of the floor in which you get the rebound

Post Defense - 3/4 front

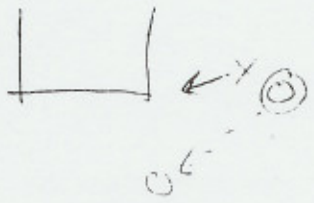
- 3/4 to deflection or position
- if you go to position you must make the offense scores through you and over you - hold your ground
- travel to deflection or position on the air time of the ball (po

important (Post Defense) White (full front)

By
- butt front or (face front) small
- 3 times to White are:
  1) you are mismatched
  2) the goes below the first has mark towards corner
  3) In/Out game (post passes back
- on the air time of the ball (pass) y must jump out of your White to try and deflect the ball - help comes from the bottom of the I coming to lock up the lob pass

White w/ out

Jump on a diagonal to the ball on every pass (be the top/point of triang



vs. Switching Defense

- Pass & Cut
- Do not Core together
  - only exception would be a tight cut
- Read backcuts as receiver of a screen
- Read pass & cut as the screener
- Recognize mismatches
- Backcut Downscreens
- Dive Flares or tight cut flares if you are a big target
- Elbow to Elbow pass and basket cut with a fill cut



- Fade backpicks



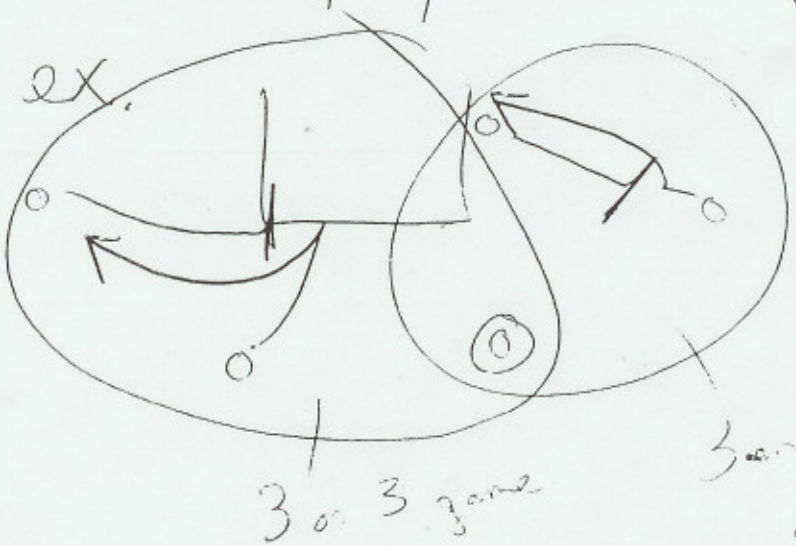
- Low set flares and backcut

2 times when Drisdom/Chaney/Markeson always screen:

① Flare
- a) as ball comes to you
- b) as ball goes away from you

② Split
- after post feed

Look to play 6 on 5 game



* 2 3 on 3 games going on ~~at the~~ simultaneously

Backpick - Repick

Offensive Post Play Thoughts

Rick Majerus

1. **Post must want the ball.**
2. **Wide body post players are hard to guard.**
3. **Strength is everything in the low block.**
4. **Shoot hook at 11-12 o'clock position.**
5. **Sight the target through mechanics of shot.**
6. **LOW, SLOW, IN-CONTROL.**
7. **If you want to have a lot of success, you need to have a lot of failure.**
8. **Do not worry about block shots. Take it at them and get some body.**
9. **Don't compromise technique for speed.**
10. **Sit into post. Low and wide is better**
11. **Small to big in the post.**
12. **When you meet the ball, you should be smaller.**
13. **Meet the ball, make the move.**
14. **Catch at 10 shoot at 8. Catch at 8 shot at 6.**
15. **Every shot is a potential pass to you off the backboard.**
16. **Post goal. We need to shoot more free throws than our opponents.**
17. **Be physical and play with power.**
18. **Wider, lower, longer.**
19. **Communicate to your teammates. Ask for the ball and call screens.**
20. **Have a go-to move, a counter and a third shot. Enough to get it done.**

Rick Pitino - Matchup Press

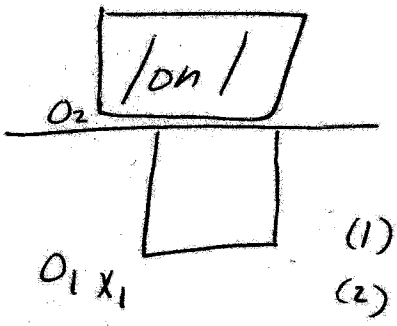
Why Press?

(1) Fatigue opponent
(2) Force tempo
(3) Get more shot attempts.

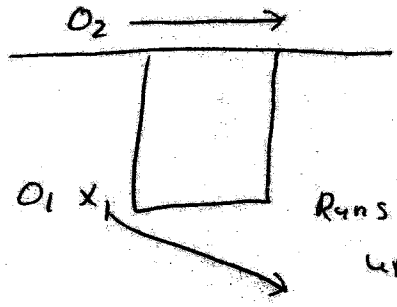
Change our presses.

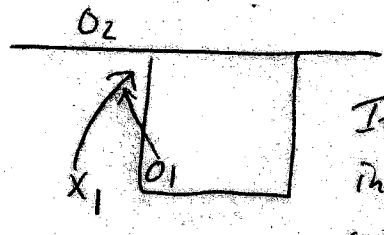
(1) Jump shots - Matchup press
(2) Inside play / Layup - 1-2-1-1 all out steal press
(3) 3pt shot - Half-court trap

"Fouling negates hustle"



(1) Never 3/4 Front
(2) Play the ball not the man.
(3) Play Man till Ball comes inbounds.



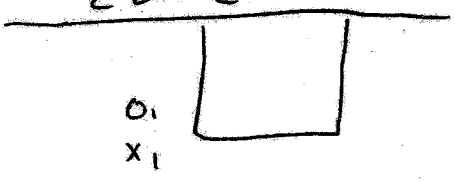


If O1 plays inside, X1 plays outside

"Play the ball see the man"

Rick Pitino - Pressing System

"2 on 2"



O_2 X_2

X_1 - Tries to set O_1 into a speed dribble

X_2 - Reads the speed dribble / Trap it.

Keys to trapping

(1) Read the basketball

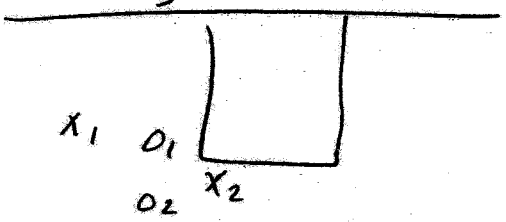
(2) Trap the uncontrolled Dribber.

(3) Try for a deflection

(4) How quickly can leave the trap.

"When a player is in an "uncontrolled" state, that is when you trap the man"

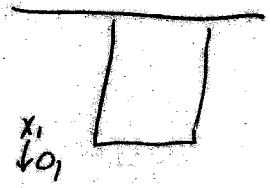
If they run random set



X_1 / X_2 - Both move with the first player

(Person on sideline (X_1) cheats to the ball

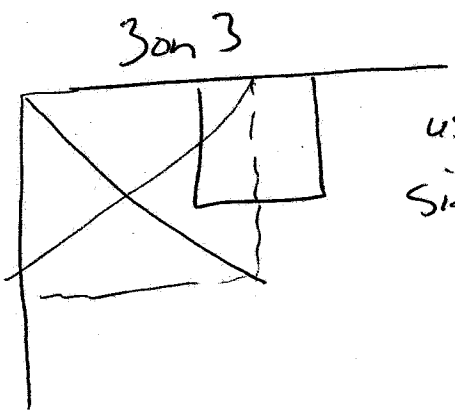
If the man beats you completely and trip. Your trapping partner looks to slow down the ball.



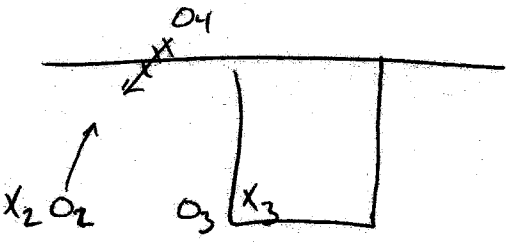
O_2 X_2

Rick Pitino - Pressing System

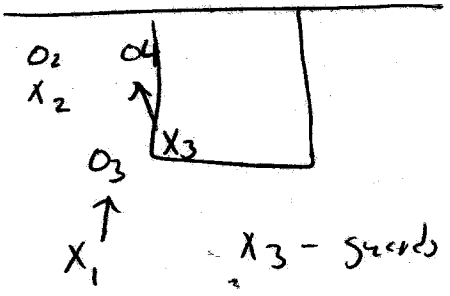
After the player tips the ball - Release to the sideline for a 3pt shot.



use the rim to sideline to play 3on3.



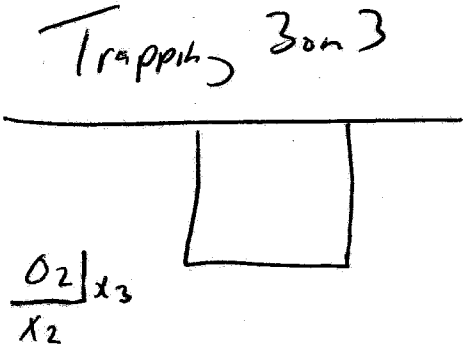




X3 - guards O4

X1 - guards O3

(When ball is thrown inbounds)



$O_3 \leftarrow X_1 \rightarrow O_4$

(X_1 - Plays the ball, guards two people)

① Take away advance pass first!!

② Take away middle pass second!!

X_1 - Counts two then checks sideline.

(If they haven't thrown sideline after two count, check middle)

Rick Pitino - Pressing System

(Trap Sideline / Tip middle)

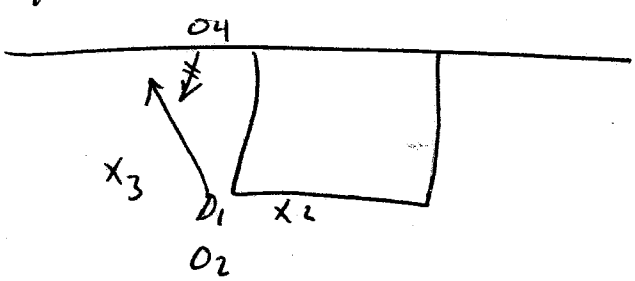
1-2-1-1 press - "White Press"

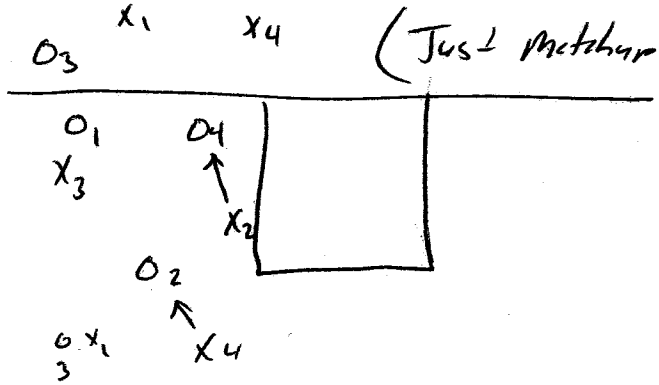
Press Alignment

Ball sideline - Box

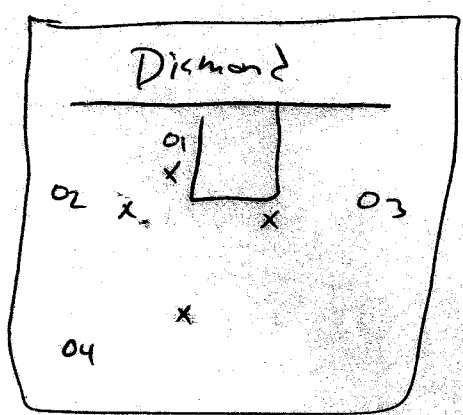
Ball middle - Diamond

Man 4 matchup Press

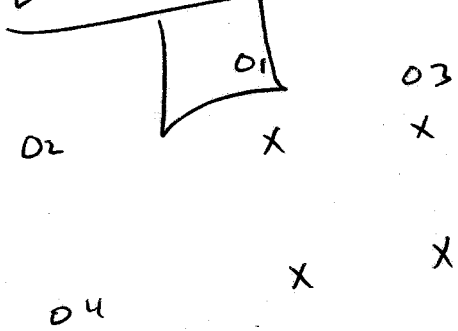




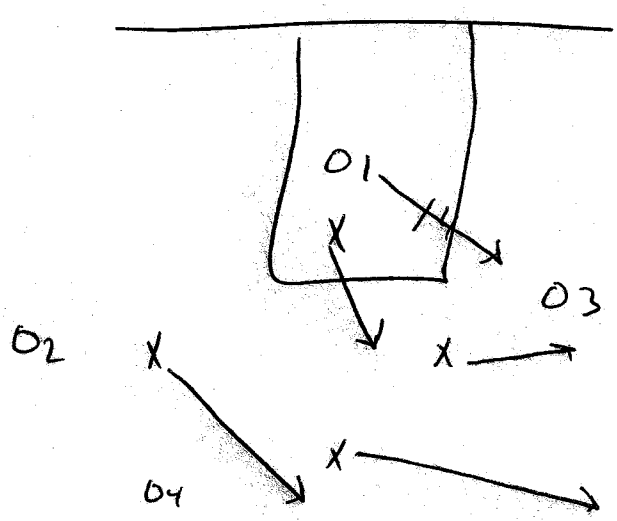
(Just matchup with someone)



Looks like this



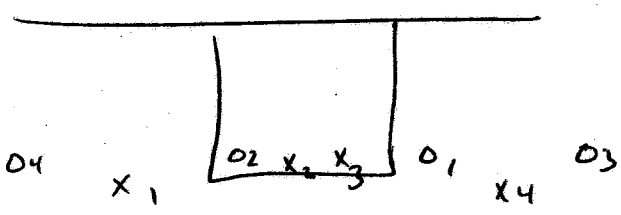
Rotating from Diamond to Box



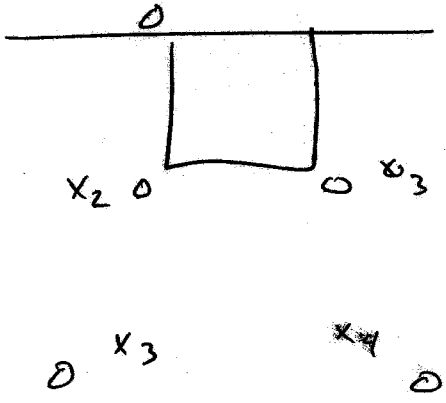
Rick Pitino - Pressing System

"Fatigue makes cowards of us"

"4 Across"



2 men up



(All 4 people have to be interchangable)

Clecrouts

Great PS - Trap him right away to get ball out of his hands

(When the "great PS" throws ball away / we over play great PS.)

"Beauty of Matchup Press" - Two people are not playing one man

(Only trap - Speed dribble)

Rick Pitino - Press System

White press - 1-2-1-1 press

White press - Dead Ball

(Sideline - white press)

"On a steal - Advance it forward"

"3" - 2-3 zone "Normal Bumps"

"Red" - 1/2 Trap

"22" - Trap out of 2-3 zone (All out way trap)

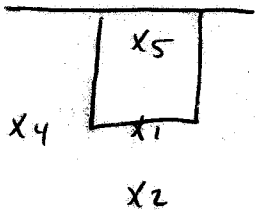
(Best - PG goes through / End of quarters / Games / End of)

(If Ball is above foul-line - No trap
If Ball below ~~footline~~ foul-line - Trap)

(Try to speed up the offense)

"24" - Ball in corner / Deny Reverse / / Block player - looks for steal on the cross press.

"5" - 1-3-1 Trap zone / Play like white press



(Lateral Dribble - way trap
Dribble to basket - middle trap)

Rick Pitino - Pressy system

Talent doesn't always prevail"

Keep Attacking them all game"

National Championship Coach UNC Roy Williams on Leadership

As part of the cutting edge Carolina Leadership Academy, UNC national champion men's basketball coach Roy Williams recently shared his insights on leadership and team building as well as some behind the scenes stories during Carolina's run to the 2005 National Championship.

Here are some of the highlights from Coach Williams talk with the Tar Heels captains and coaches:

1. Trust is the foundation of leadership.
Coach William's first goal when he made the transition from Kansas to Carolina was to establish a sense of trust with the UNC players. "You've got to get your players to believe in you." Coach Williams immediately scheduled individual meetings with each of the players to begin the trust-building process. Because first impressions are so important, especially when taking over a different program, Coach Williams wanted to start off on the right foot with each of the players.

2. We'll have a chance to win it all next year...
Coach Williams told the UNC players that if they did exactly what he and his staff asked them to do, they would make the NCAA tournament in the first year and have a chance to win it all in the second year. This inspiring vision gave the players an exciting goal to shoot for as well as a realistic timeline to accomplish it. It set the program's expectations from the onset and gave them a motivating reason for the daily work they would need to do.

3. Coaching is about adjustments. Your game plan is only good for the first six minutes - the rest is all about adjustments. According to Coach Williams, coaching (and playing for that matter) is all about adjustments. You can and should formulate a game plan going in, but much of your team's success depends on your ability to make efficient and effective adjustments. As a coach you must be able make the strategically adjustments, but just as important, you must help your team make the mental adjustments that need to be made to manage the momentum of competition.

4. You can push them but you can't go personal.
Many thought former North Carolina coach Matt Doherty was excused because the Tar Heel players thought he was too tough on them. Interestingly, most Carolina insiders note

that Coach Williams is much more demanding of his players than was Coach Doherty. The primary difference lies in how Coach Williams is tough on them. Coach Williams insists that you can and must push your players - but you can't make it personal. Much like effective parenting, coaches should criticize the behavior, not the person.

5. Regardless of how hard you work, I will be working harder. It all starts at the top. Coach Williams talked about how his passion, commitment, and work ethic must set the tone for everyone in the program. He has to continually demonstrate in his actions the standard necessary to achieve success. The players see how much he invests in them and the program and are naturally inspired to give a high level of commitment back to him.

6. I'll take a person who is a little short on ability and academics, but I will not take anyone who is short on character. For Coach Williams, character in recruiting is a non-negotiable factor. He flat out refuses to sign anyone who is not a person of character. "You can't consistently win that way, and it certainly is not as much fun." This bedrock principle was especially satisfying to hear in light of today's Terrell Owens-type athletes.

7. Be on the lookout for the little things in recruiting. While he is a very personable guy, Coach Williams directly tells people not to chit-chat with him over the summer when he is recruiting. From the time he walks into the gym before games start to the end of the day, he is on a mission. Coach Williams meticulously watches EVERYTHING a potential Carolina recruit does. He especially watches how kids act before and after games, how they interact with coaches, teammates, parents, and officials. He even watches water breaks closely.

He related a story about current Atlanta Hawk and last season's ACC Freshman of the Year Marvin Williams: Marvin fouled out near the end of a close AAU game. His coach called a time out to talk with the rest of the players. Marvin ran to the end of the bench and filled cups of water for each of his teammates who were still in the game as a way to contribute even though he was on the bench with five fouls. "I don't want the kids who are too cool. I want guys who are focused on how they can help the team. I absolutely love it when the best player on the team is also the best leader."

8. Winning TEAMS get the individual awards and rewards. Coach Williams continuously stressed to his players that the end of the year individual awards and rewards go to the teams that win the most games. Player of the Year and All-Conference Awards almost always go to players on the teams that win the most. Thus, Coach Williams team approach would yield the collective rewards of a championship season as well as the individuals awards.

9. Team vs. Talent - that's a welcomed insult. The media billed the Illinois vs. Carolina national championship game as Team vs. Talent. Coach Williams took great offense to this characterization and bombarded his team with it in the 48 hours before the game. "Everyone thinks we're too selfish to win a championship. They think we are just a bunch of superstars who aren't willing to play together to win. Let's show them that they're wrong and we can win this thing as a team."

10. Illinois is too good of a team not to make a run - I've got to be the calmest person in the crowd when they do. Going into the championship game against the #1 ranked Illinois' high-octane offense, Coach Williams realized that there would be a point when Illinois would get on a roll. He knew that his composure during this run might be a critical factor in the game and prepared himself ahead of time to deal with it.

Sure enough, during a nine-minute span in the second half of the championship game, Illinois made 60% of their three-pointers to close within one of Carolina. As his panicked players came to the bench for the media time out, Coach Williams got their attention and calmly reminded them that everything was okay. "Hey guys, we're fine. Illinois is a great team; they've been ranked #1 most of the year. You have to expect them to hit some shots. But as the game goes on and the pressure mounts, they'll start to tighten up. And there's no way that they will make those jump shots." By preparing for and remaining calm in a potential crisis, Coach Williams effectively refocused his team and helped them weather the inevitable storm of adversity that too often spooks other teams.

11. You can coach someone and still see 30 years later the impact you had - whether good or bad. Not many outside of Asheville, NC have ever heard of high school basketball

coach Buddy Baldwin. But without his example and influence decades ago on an impressionable high school hoopster named Roy Williams, Coach Williams would likely not be coaching today. "Coach Baldwin was the first person to give me confidence that I could do something. And I really enjoyed how good he made me feel. And I thought that coaching would allow me the opportunity to help other people feel as good as Coach Baldwin made me feel about myself." Although seemingly insignificant perhaps at the time, Coach Baldwin's leadership legacy lives on through Coach Williams - who has made thousands of Kansas and Carolina players and alums feel good about themselves.

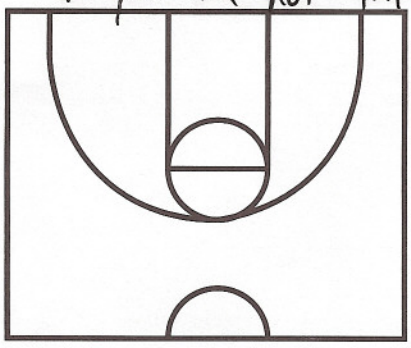
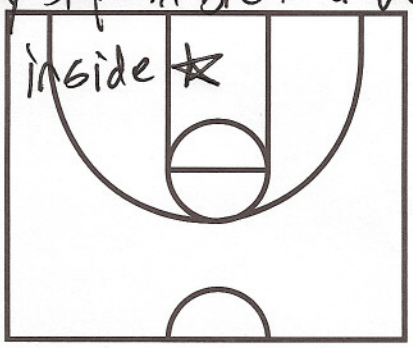
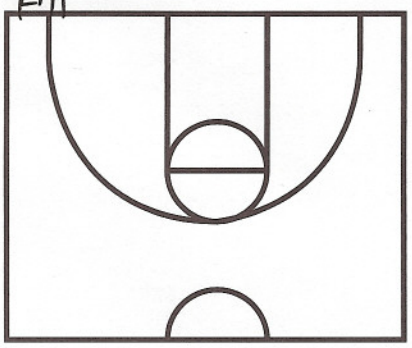
Finally, all coaches will take some comfort in knowing that Coach Williams' first season as a high school coach his team went 2-19. Ouch! From an inauspicious start to the pinnacle of Division I men's college basketball, Coach Roy Williams has always stayed true to himself and his roots and is clearly one of the class acts in coaching today.

ROY WILLIAMS 5/5/05

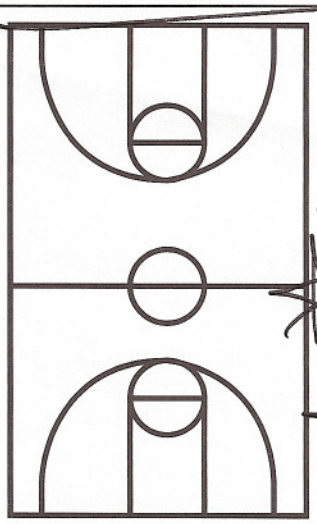
TABC NOTES

PROMOTE TABC BASKETBALL

☆ you can not take away skips in break or we will kill you inside ☆

Roy Williams: 1 RULE: "DO WHAT I TELL YOU TO DO"
"and you will be successful" (do not let them do it themselves)

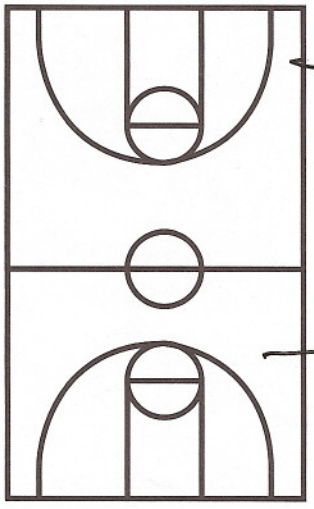


- Teams that win - players get rewards -
who led Houston is scoring? who won state championship?

what do you need to do? Do 3 Things to Tell them what I think? do this summer ☆

↓ in writing for this summer

- 4 weeks before practice -
- run 3 days a week (2 open gyms)
- talk to them about there goals (did you do them?)



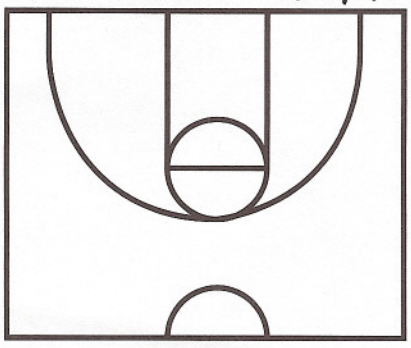
Rex Walters: "everytime you point your finger at someone else, you point 3 at yourself"

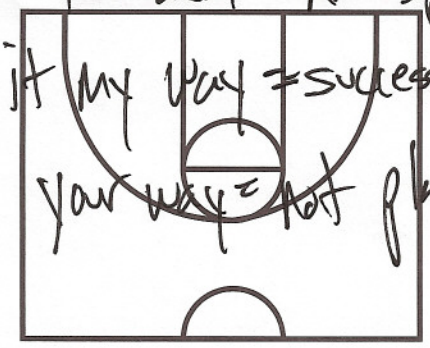
"The Voice of Texas Basketball"

TABC NOTES

PROMOTE TABC BASKETBALL

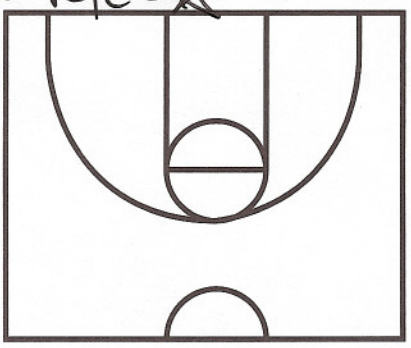
★Make sure the break has specific rules★



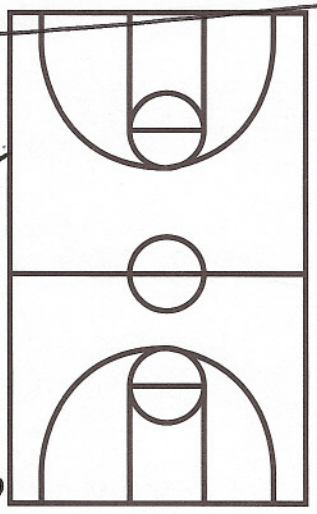


do it my way = successful

your way = not play



"The Pit" - took rims off and straight defense → then back to practice



Primary Break

★ 2 or fewer defenders

2 or fewer passes

★offense good shot -- guy who can shoot -- board covered ★

Danny Manning

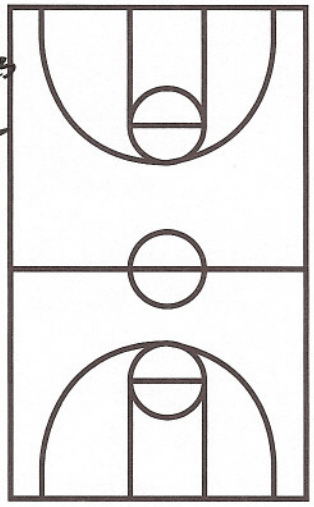
"first 3 steps" faster than other guy & both ways

post to post screen

"go underneath"

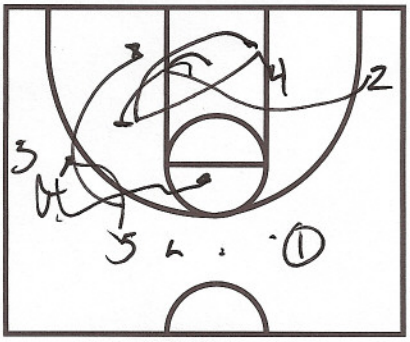
"PLUS POINTS" 5 at a time

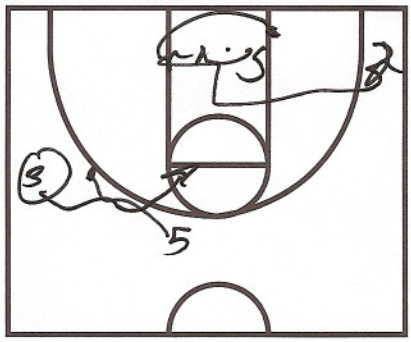
Martin Chart practices

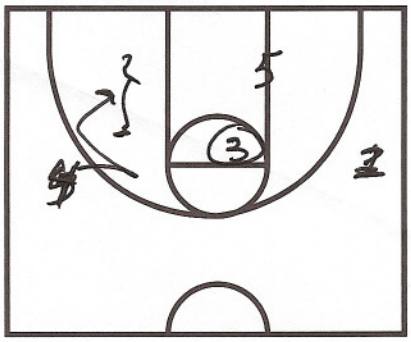


TABC NOTES

~~[illegible] DEFENSE~~

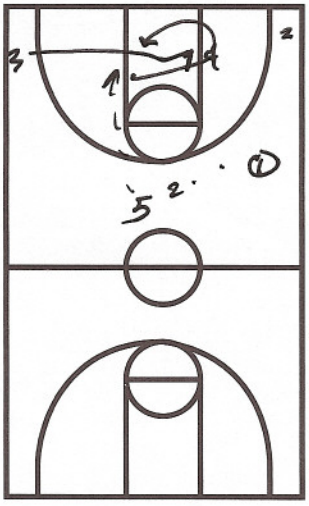






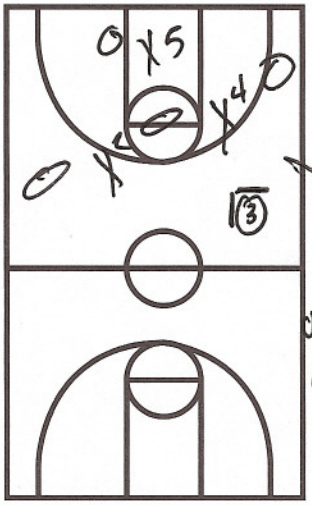
"point at ground" = ball screen

SCRAMBLE DEFENSE



- closest interceptor to ball must contain

"corral the dribble"
"double hip to hip"



out of trap break down recovery

★ break down ★
scrambles

ballscreen all him offenses "Todd Lichliter"

BAYLOR UNIVERSITY

"get cores and heavy balls" "toss back"

"players make plays"

- Eric Musselman"

When you bring ball up floor 8 sec of dock

"How to make your offense better"

Find shots you take in game / make those your shooting drills

"-beat guys w/pad and go live" -baylor

★★ Make cut-ups of NBA / college guys ★

Catch/shoot
offscreens
dribble pull ups

dribble drive up/under
dribble drive floaters

John Wooden
"less quick is better than more slow"

DRILLS	2 quick not to slow

- "Ball handling" - you are only getting better if you lose the ball"
- ★ "Make sure hand catching the ball is below your ★ knees"
- behind the back w/at (balance dribble) to behind the back

"the more the defense is touching you, the better off you are"

"GETTING OPEN" - ★ Read the ball handler when getting open ★

"Pound the dribble hard last time before you shoot"

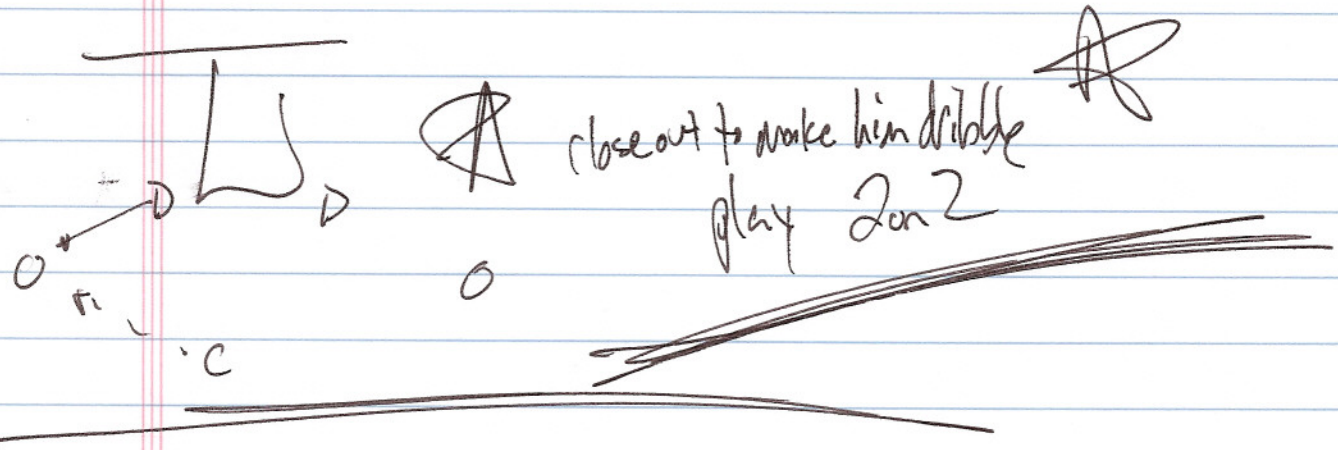
w/pad pound shoulder - / - catch and rip - low and long ball thru knee

Floater - lock your elbow (high); pull the string hi-arc → great touch; if you don't lock no touch on lay-ups

"penetrate the penetrator"

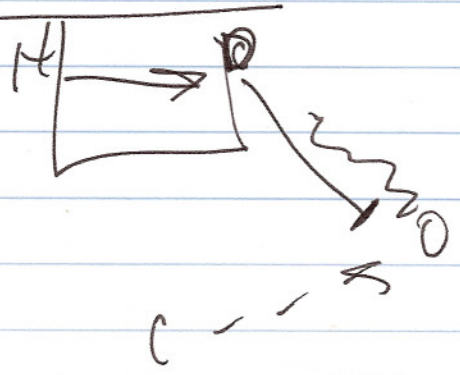
★ make films (from our film) our the shots our guys get in games ★

"Score you stop, stop you play"

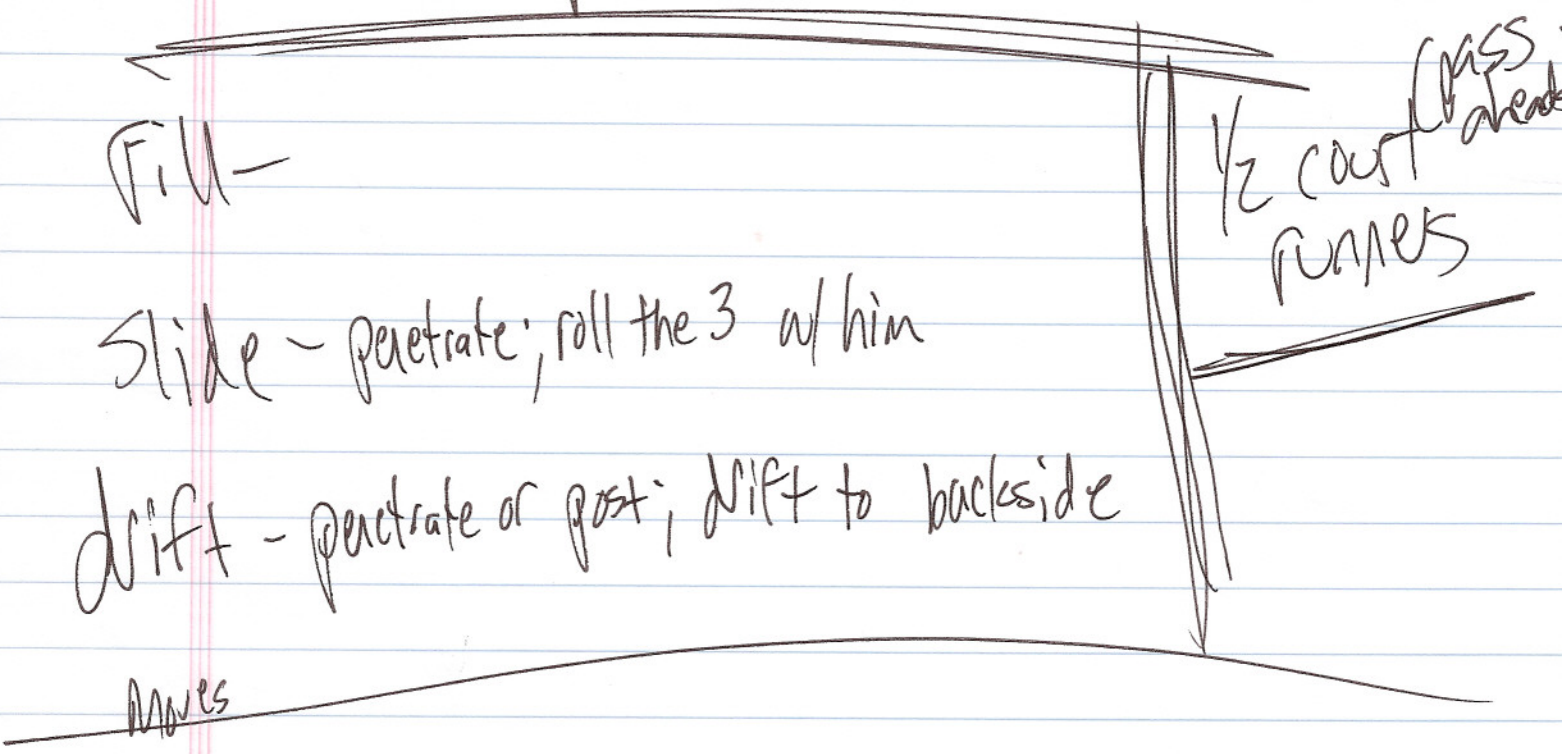


★ 1on2 - beat first guy off dribble; beat help guy (live) ★

1vs2 drill



"escape" from post (instead of L cut)



Teaching On-Ball Screens

KEY OFFENSIVE CONCEPTS

Make the defence guard the whole court

Offensive players must establish spacing that makes the defence have to guard the whole court.

Watch and Read

Watch you team mates they tell you where to go, read the defence to determine what to do.

Make the defence decide

Get distance from team mates so the defence have to make a decision to help on ball or stay with their player. For example by getting distance between the screener and the ball carrier following an on-ball screen the defence have to make a decision who and what they are going to guard.

Take a defender out of play

Attack until a help defender commits, this takes them out of the play leaving an open player

KEY ON-BALL SCREENING CONCEPTS

Take out the a defender 3+ Reads

Eliminate 'shows' from the screenrs defender by three methods.

1. Sprint to screen (leave the defender behind)
2. Late pivots (determine the screeners side late not early)
3. Screeners back to baseline

Players have '4+' reads when executing an on-ball screening action.

1. 'Corner Dribble' equivalent to a curl cut; turn the corner and get in the lane
2. 'Distance Dribble' equivalent to a straight cut; get separation from the screen make the defense decide
3. 'Stop and pop' equivalent to a flare cut; step back behind the screen for a shot
4. 'On side' Fake using the screen and make an on-side dribble

Plus: The screener can 'slip' the action; the ball handler can 'onside' (fake using the screen).

One in, one out

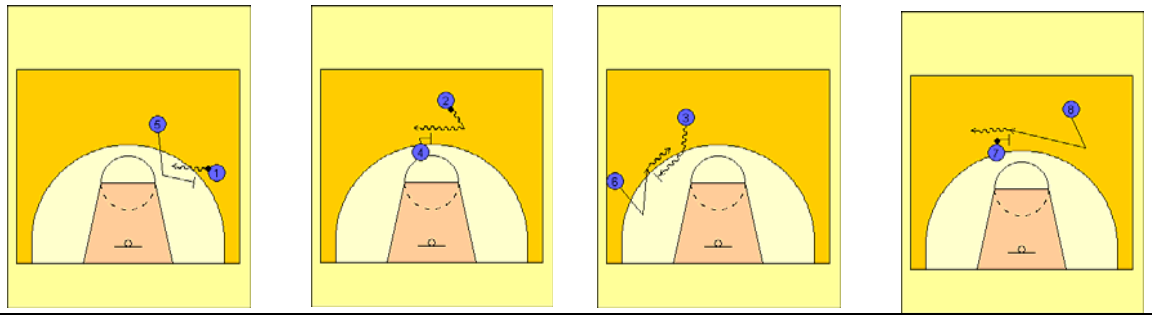
Following the screening action one player should attack the basket ('one in') one should pop to the perimeter (out).

KEY POINTS OF EMPHASIS

'Whole Court'	Make the defence guard the whole court
'Stretch'	On penetration help defenders players must stretch the defence
'Watch your team mates'	This dictates where to go
'Read the defence'	This dictates what to do, including challenging the defence

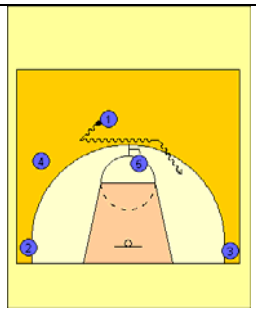
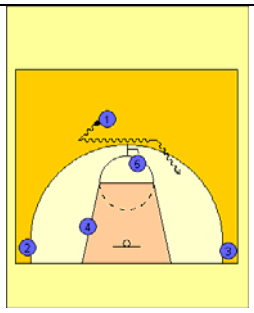
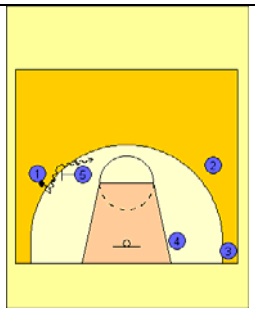
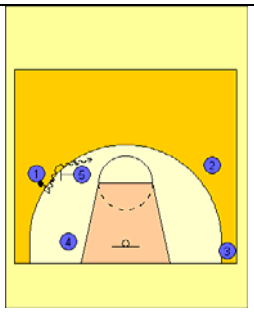
'2 Paces'	Work at two paces to beat the defence
'Foot advantage'	Get your foot (+head and shoulders) past the defenders foot
'Distance dribble'	Cover ground with your first dribble after a move *Most effective if the screener's defender 'shows hard' or the on-ball defender 'gaps' the screen (defends one man removed)*
'Turn the corner'	Turn tight on the screener and get foot advantage over the defender *Most effective if the defender trails the ball handler; Also effective if there is a switch made to defend the screen or if the ball handler can split and/or beat the defender*
'Pop back'	Stop behind the screen looking to shoot over the screener *Most effective if the defender goes under the screen*
'Slip'	Screener slips the action *Most effective if the defender shows hard too early*
'Onside'	Ball handler fakes using the screen and attacks the onside *Most effective if the on ball defender cheats over the screen early*
'1 In; 1 Out'	Following the screening action one player should attack the basket the other becomes a perimeter threat
Stretch the help	If a third defender helps guard the screening action the player they are guarding must stretch out the help

i. Utilising on-ball screening actions



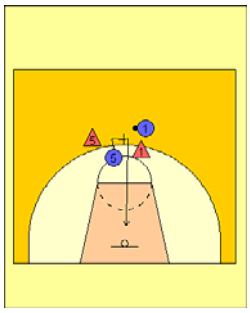
The tactical understanding of how to utilise an on-ball screen applies in all on ball screening scenarios. Including when the screen comes to the ball (05 screening for 01), when the ball comes to the screen (04 screening for 02), when the ball handler screens for a cutter in a dribble rub (03 screening for 06) or dribble hand-offs (07 screening for 08).

These screens can be set early (traditional) or with the screener moving before the screen (sprint screen, late pivots, late step-outs)

There are basically four types of on-ball screens:

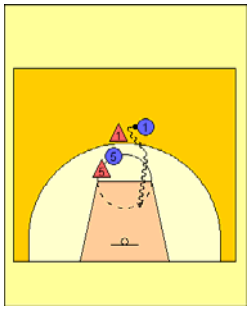
1. Screen at the top with no post
2. Screen at the top with a post
3. Screen on the wing no post/corner
4. Screen on the wing with a post/corner



Reads before the screening action

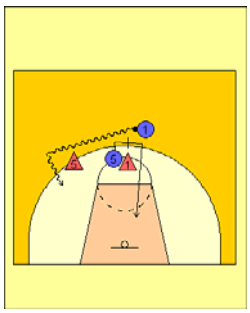
'Slip'

If the player defending the screen (X5) shows hard the screener has an open cutting lane and should look to 'slip' to the basket receiving an early pass or establishing inside positioning.



'Onside'

If the player defending the ball carrier (X1) cheats over the screening action the ball handler (01) has an open driving lane, they can fake using the screen and attack the on side.



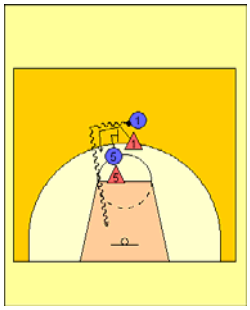
Reads after using the screening action

'Distance'

If the player defending the screener (X5) shows to help defend the ball or if the defenders switch on the screen the ball carrier should look take a distance dribble putting space between the ball and the screener.

This will force the defence to make a decision between guarding the ball or the screener quite possibly forcing a 'big-little' mismatch for 05 to post up X1 or allowing 01 to penetrate against the bigger X5.

If the defenders choose to stay with their man and fight over the screen 01 should have an open jump shot/pentration (a hesitation dribble may be effective in this situation).

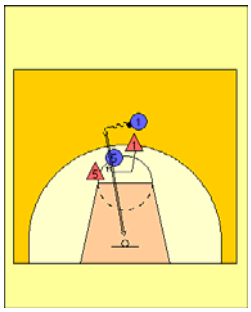


‘Turn the corner’

If the player defending the ball (X1) trails the screen. The ball carrier (01) may have the opportunity to ‘turn the corner’ and penetrate off the screening action. The key in this situation is for the ball carrier to get ‘foot advantage’ on the defender.

This is more likely if the player defending the screen (X5) ‘squeezes’ the screener (stays tight on the screen trying to push the screen as high as possible).

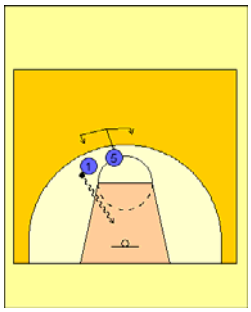
If the player defending the screener (X5) does show hard (as in the diagram above) the ball carrier may be able to get ‘foot advantage’ by splitting the two defenders or by ‘turning the corner’ outside X5.



‘Stop and pop’

If the player defending the ball (X1) goes under the screen (one or two man removed) the ball carrier may have the opportunity to stop behind the screener and shoot the ball.

If the screener pivots toward the basket may help the ball carrier get free for this shot.

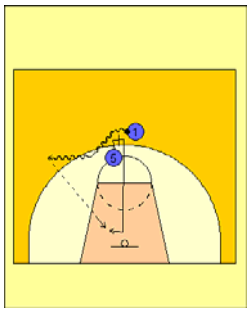


Following the screening action

‘1 In; 1 Out’

Following any screening action one player should attack the basket (In) and one should become a threat on the perimeter (Out). In this situation players should watch their team mates as this will show them where to go.

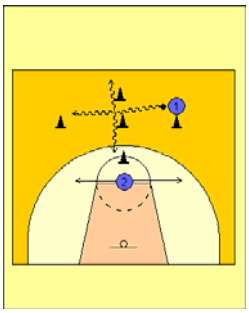
For example if the ball carrier 01 turns the corner (In) the screener 05 should clear that space and establish a perimeter threat by spotting up (1 Out).

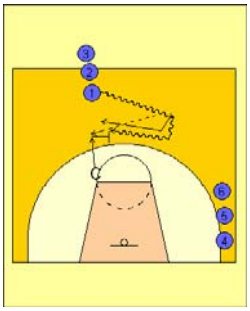


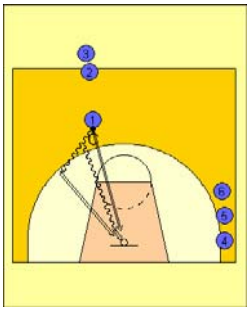
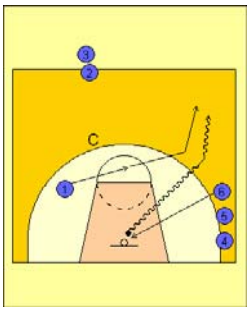
However if the ball carrier (01) distance dribbles (Out) that creates space for the screener to dive to the basket (In).

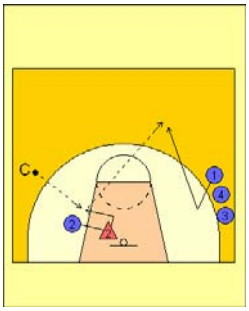
This read may create an early pass to the screener (05) usually off the dribble; a post entry to the screener (05); or a jump shot for the ball carrier (01).

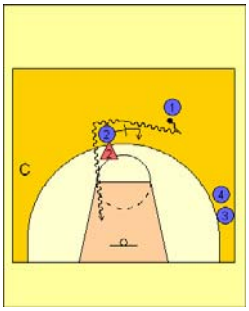
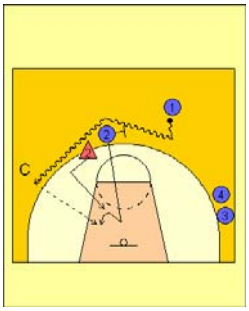
BUILD UP SEQUENCE – ON BALL SCREENING ACTION

Cross Ball handling	
Purpose	The purpose of this drill is to work on the ball handling skills players require to effectively use on-ball screening actions.
	Ball handler works between the cones for 30 second block. Player should 'hold up d' at middle cone then work on the ball handling move to make the 'reads' off an on ball screen (on-side, cross over and step back then distance dribbles or turning the corner). Players move depends on the coach's calls. Defensive player mirrors the offensive players movement.
Transition and Rebounding Element	• When coach call's live the drill becomes 1 v 1. • On getting the rebound the defensive player breaks to halfway again in a 1 v 1 situation.
Scoring and Timing System	• Players get 1 point for each made shot and each rebound • Defensive players can also get 1 point for each time they turn the offensive player in the transition phase, offensive players for getting to the jump circle in three dribbles or less.
Player Cues	• On ball defence during the transition phase – 'ball' • After shot – 'shot' & 'box'
Coaching Cues & Key Teaching Points:	*Ball Carrier* '2 Paces' – Work at two paces to beat the defence 'Foot advantage' – Past the defence 'Distance dribble' – Cover ground with your first dribble after a move; 'Turn the corner' – Turn tight on the screener -get foot advantage 'Stop and pop' – Stop behind the screen looking to shoot

Ball Carrier Breakdowns	
Purpose	The purpose of this drill is to teach players the reads off on-ball screening action as well as to read to verbal cues.
	1 line of players start at halfway with a ball, rebounding line starts in the long corner. Active coach starts at the pinch post area. Drill starts with the offensive player dribbling away from coach. Following this action the coach will call out 'on-ball' or 'rub'. When an 'on-ball' screen is called the ball carrier dribbles the ball to the screen. When a 'hand-off' rub is called the ball carrier passes the ball to the coach, fakes a back cut and gets a hand-off screen from the coach.

	Following the on-ball screening action (screen or rub) the coach calls one of four cues and the ball carrier reads accordingly: 'Distance' – Ball carrier distance dribbles into a jump shot 'Corner' – Ball carrier turns the corner and attacks the rim 'Distance Corner' – Ball carrier gets distance then turns the corner 'Pop' – Stop and pop behind the screen 'Re-screen (plus cue)' – Coach re-screens <u>Variation</u> Coach steps into a receiver position (1 In; 1 Out) after the screening action with the option to call for a pass; this allows players to practice reads after a screen.
	Once the player shoots the ball they fill their rebounding coverage responsibility; At this time the rebounding line enters the drill and the transition element becomes live.
Transition and Rebounding Element	• Ball carrier fills rebounding responsibilities – long rebounder on jump shot; rebounding triangle on penetration • Rebounding line competes for the ball, shooter and rebounder compete 1 v 1 to halfway
Scoring and Timing System	• Players get 1 point for each made shot • Players can also get 1 point for each time they turn the offensive player in the transition phase
Player Cues	• Following the screening action: if the player attacks the ring they call 'In'; if the player goes the perimeter the call 'out' • On ball defence during the transition phase – 'ball'
Coaching Cues & Key Teaching Points:	*Ball Carrier* '2 Paces' Work at two paces to beat the defence 'Foot advantage' Past the defence 'Distance dribble' Cover ground with your first dribble after a move; 'Turn the corner' Turn tight on the screener -get foot advantage 'Stop and pop' Stop behind the screen looking to shoot

<u>3 v 2 – Screening Drill</u>	
Purpose	This drill primarily focuses on separating the ball carriers & screener's role in on-ball screening actions; players will also work on sealing and post offence fundamentals
	The drill is set up with an offensive and defensive player in the post and a line of ball carriers on the opposite wing. The drill starts with the offensive player looking to establish position in the post in order to receive a pass from the coach. Once the post player (02) receives the ball he turns and makes a skip pass to the perimeter player on the opposite wing. Following this action the post player (02), while still defended, flashes to the high pinch post. The ball carrier can pass the ball to the post player (this initiates a hand-off action) or keep the ball alive on the dribble (this initiates a screening action)

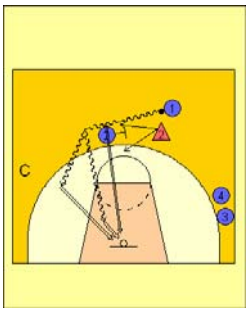
<table>
<tr>
<td>
</td>
<td>Phase 1: Screener Defended

In the following phases of the drill only the screener can score. It may be necessary for the coach to nominate the way that the defender guards the screen (‘squeeze’, ‘show’ or ‘switch’)

The player defending the screen is the key to the drill as their defensive reads determines the actions of the offensive players.

If the defender ‘squeezes’ the screen high the ball carrier should turn the corner; the screener then steps to the perimeter.

If the defender ‘shows’ the ball carrier should distance dribble, this creates space for the screener to slip to the basket.

If the defender shows too early the screener can slip before the screening action takes place.</td>
</tr>
<tr>
<td></td>
<td>Phase 2: Ball Carrier Defended
The set up for the drill is the same as previously however the defender guards the weak side offensive player (01). When guarding the screen the defence has two choices: go ‘over’ or ‘under’ the screener (again it may necessary for the coach nominate the method).

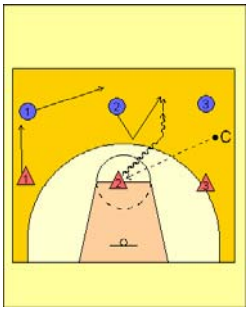
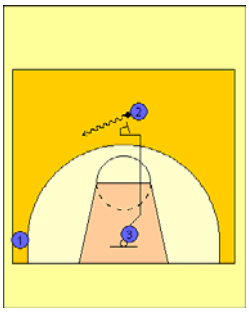
The offensive player has 3+reads to score:

1. ‘Distance Dribble’
2. ‘Corner Dribble’
3. ‘Stop and pop’

Plus: The screener can ‘slip’ the action; the ball handler can ‘onside’ (fake using the screen)

Phase 3: 2 v2

Add a second defender to the initial set-up making the drill 2 v 2.</td>
</tr>
<tr>
<td>Extension</td>
<td>• Quite quickly a second defensive player should be added on the weakside. This simulates a ‘hard show’ and double switch situation or a single ‘switch’</td>
</tr>
<tr>
<td>Transition Element</td>
<td>• On a change of possession the original defensive player (X1) attempts to advance the ball over half way against the two defenders (01 & 02).
• If the offensive team score the coach inbounds the ball to re-create a game situation.</td>
</tr>
<tr>
<td>Scoring & Timing System</td>
<td>• 1 point for each basket scored (team)
• 1 point for each knock down or steal in the transition phase</td>
</tr>
<tr>
<td>Player Cues</td>
<td>• Prior to the screening action: ‘On ball’ (for an on-ball screen) ‘Rub’ (for a dribble rub or hand-off)
• Following the screening action: player attacking the ring ‘In’; player creating a perimeter threat ‘Out’</td>
</tr>
<tr>
<td>Coaching Cues & Key Teaching Points:</td>
<td>‘Read to the defence’ — This determines action
‘Watch you team mates’ — This determines movement
‘Slip’ — Screener slips the action
‘1 In; 1 Out’ — Following the screening action one player should attack the basket the other becomes a perimeter threat</td>
</tr>
</table>

Screening Help Drill (3 v 3/4 v 4)	
Purpose	The purpose of this drill is to work on offensive reads when the defensive team rotate a third player to help guard on-ball screening actions.
	Drill sets up in a 3 v 3 or 4 v 4 alignment; one team starts at foul line extended the other at three quarter court. The drill begins when the coach inbounds the ball to the team at the foul line, they then look to progress the ball to the opposite end. When the coach calls 'change' (or there is a turn over) the teams change possession and the original defensive team now attacks the opposite basket however they are not permitted to score until they have executed one on ball screening action.
	During this part of the team the three offensive players should be encouraged to work on transition offence principles. The first big down the floor runs to the rim (03), the first wing player sprints ahead and outside the ball (01), the ball carrier (02) middles the ball. Following the first action (wing entry or dribble exit) the post player (03) sets a sprint screen for the ball (01). The sprint screen adds variables to the drill in a 3 on 3 situation as the help defender can come from either side. The 'open' perimeter player must get to a position to stretch the defence (deep corner). The goal of the on ball action is engage this players defender either with dribble penetration or a post slip.
Extension	Add a fourth offensive player and fourth offensive player, the second offensive player can space on the strongside (1 player away from the screen) or weakside (2 players away from the screen.
Transition Element	• Quick transition between offence and defence (on coaches cue 'change') • Following a shot from the on-ball action screening action the defence must secure the ball outlet it to the coach a receive a return pass to finish the drill.
Scoring System	• Offensive players get 1 point for every perimeter shot and two points for every interior score (this encourages the inside action) This also encourages the defence to help on pass or dribble penetration. • Potential to have a 10 second shot clock – this teachers decision making under pressure as well the necessity to score of the screening action.
Player Cues	• Communicate method to defend screen – 'over', 'under' or 'trap' • Following the screening action: player attacking the ring 'In'; player creating a perimeter threat 'Out'
Coaching Cues & Key Teaching Points:	'Whole Court' Make the defence guard the whole court 'Stretch' On penetration help defenders players must stretch the defence 'Commit a defender' Attack until a help defender commits, this takes them out of the play leaving an open player

Special Teams For Championship Teams

Tom Izzo
Michigan State

As the head basketball coach at Michigan State University, I have never hidden my fondness for the gridiron. Football and its strategies have always played a big part in my coaching philosophy. My best friend since childhood is San Francisco 49er coach, Steve Mariucci, and I find nothing more enjoyable than watching a "Green and White" victory on a fall Saturday in Spartan Stadium. Therefore, it seems only appropriate that one of the areas that I feel has led to the success of our championship program is an area emphasized by all great football teams. Hall of Fame coaches, from Vince Lombardi to Mike Ditka, have all stressed the importance and impact that "Special Teams" have on the outcome of battles waged on the football field. In the Michigan State basketball program, we firmly believe that our "Special Teams" have been a key ingredient in our four consecutive Big Ten titles, three consecutive Final Four appearances, and the 2000 National Championship.

Knowing that so many games are decided by six points or less, and that the majority of NCAA Tournament games are decided by even less, we decided to focus on five areas that would make up our "Special Teams." It is our goal to have our "Special Teams" produce fifteen to twenty points per game. If we can achieve this goal, close games can become very comfortable wins and, more importantly, devastating losses can be turned into exciting victories.

The Five Areas of Our "Special Teams" are:

1. Jump ball situations
2. Baseline out-of-bounds
3. Sideline out-of-bounds
4. Free throw situations
5. After time-out plays

Jump Ball – Get the Game Started Right

We want to set the tone and tempo of the game from the opening tip. Our scouting report will cover if we can control the tip or, if we lose the tip, which direction our opponent tends to tip the ball. For example, if we feel that we cannot win the tip and our opponent consistently tips the ball to the backcourt, then we will set up a play to steal the tip and run a set action in order to get a high percentage shot immediately. Our mindset is to begin every game in the "attack mode" and score our first basket before the defense has time to set up. You would be surprised at how many times a defense can be caught off guard on the very first possession of the game. If you can control the tip, I would suggest coming up with two different quick hitters your team can run and feels confident in. We end every game-day shoot around executing our tip play, always concluding the practice on a made basket. It's great for a team's confidence to know that they have a plan to start every game with a quick lead.

Baseline Out-of-Bounds – Attack When They Relax

We take great pride in scoring on what we call our "BLOBS" (baseline out-of-bounds). You will be pleasantly surprised at how many baskets you will score if your team develops the mentality that they have a great offensive advantage when taking the ball out along the baseline. We work on our BLOBS every day, spending ten minutes of practice time. We execute our BLOBS at game speed, calling out which option we want the shot coming from. We will also scrimmage live on BLOBS, with each team getting five opportunities to score. Again, we constantly emphasize how important this aspect of the game is to our team's success. In many cases we will put in special plays for each opponent. If our opponent had a difficult time guarding a BLOB in their previous game, we may "steal" that play and put it in for that specific game. One thing we always do in this situation is review that play on game day and inform our players that we will run that BLOB on the first out-of-bounds opportunity.

Sideline Out-of-Bounds – Get an Open Three

Many teams' main objective in their sideline out-of- bounds (we call them SLOBS) is to get the ball into play safely. Again we differ in this philosophy because we want to use every potential scoring opportunity to attack the defense in a situation that they might not spend a lot of practice time on. At Michigan State, we try to run our variety of SLOBS to get a quick, open three-point shot. Many teams defend SLOBS by flattening their defense and we have found great success in screening this defensive set and bringing our shooters to an open area for a high-percentage three-point shot. SLOBS are a great time to catch the defense relaxing and reward your offensive execution with a great-looking shot from the three-point line.

Free Throw Situations – Turning a Miss into Points

A main emphasis in our championship program has been on dominating our offensive backboards. In many games, our best offense has been the missed shot. Obviously, it would be great if our team never missed a free throw, but since even the best teams only shoot 75 percent from the free throw line, we decided to also emphasize attacking the offensive glass during a free throw situation. I'm sure every coach can recall a game that was won or lost on an offensive put back off a missed free throw. Although there are many different techniques or actions you could use to attack the glass on free throw situations, the most important point is that you get your players to go to the boards and go hard. Just like the chart we use to determine the percentage of how often we go to the offensive boards in our offensive sets, we also use the same chart for our free throw situations.

After Time-Out Plays – Execution and Discipline

There may be nothing more frustrating for a coach than to call or diagram a play during a time-out only to have it improperly executed on the floor. To combat this problem and to increase the focus and execution of our after-time-out plays, we will periodically call time-out during practice to diagram and set up a play. We will do this at any time during practice, during a drill, after sprints, or even when the team is shooting free throws. The players grow accustomed to increasing their concentration and executing a play during this important time. We have had great results because of this practice habit. In our 2001 regional final game versus Temple this past year, our players executed and scored on seven out of our nine time-out plays. All the credit

should go to the players because they conditioned themselves to be successful in those important situations.

There is no doubt that one of the reasons why our team has been so successful in these “Special Teams” areas is because we emphasize them in practice. We will work on at least two areas of our “Special Teams” every day in practice and also cover all five areas during our game-day shoot around. Our players are highly motivated and take great pride in turning what some would consider boring aspects of the game into exciting opportunities. Just like in the great game of football, “Special Team” can have a major impact in the game of basketball as well.

Tom Crean (Marquette University): "Individual Workouts"

- 2-man Jumper Drill:
  - Top 3 focal points or keys:
    1. Mental Preparation
    2. Energy and Enthusiasm
    3. Competitiveness
  - Player 1 shoots and follows his own shot
  - Player 2 rebounds for player 1
  - Each player shoots 25 shots (2's and 3's) before alternating
  - Shooter must move and shoot from a variety of spots.
  - Mix in shots off the dribble, not just shots off the pass
  - This can be made into a game by players keeping score for each other.
  - This drill is good for the following areas:
    1. spacing
    2. passing
    3. communication
    4. catching and shooting
    5. shooting off the dribble

- 3,2,1 Drill (with a passer and rebounder):
  - Player 1 shoots from 7 spots around the court's perimeter
  - Start by shooting a 3-pt shot, follow shot.
  - Player 2 rebounds and passes back to player 1
  - Shoot a 2 pt shot, follow shot (one dribble left or right)
  - Player 2 rebounds and passes to player 1
  - Player 1 shoots a lay-up
  - Players keep track of their scores.
  - *Players should be making game like moves and shots at game speed!*

- 4 Minute Team Shooting Drill:
  - Team must make 10 shots from 5 spots around perimeter (50 points)
  - Drill starts in the corner > wing > top > wing > corner
  - Each player must follow their own shot and outlet pass to next player in line.
  - You can split the group up to compete against each other
  - Teams have 4 minutes to make as many shots as they can.

Tom Crean
Marquette University
Al McQuire Center
Suite 111
North 12st
Milwaukee, Wisconsin 53233
Phone : 1-800-373-4668

Tom Izzo (Michigan State): "Defense and Rebounding"

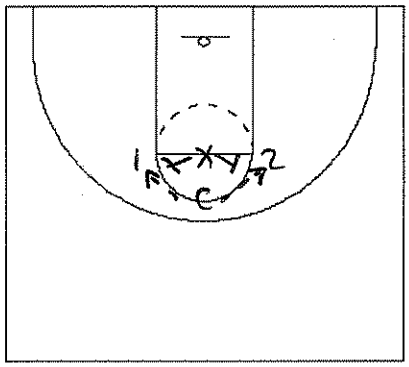
- Man to Man Defense Key Points:
  1. Constant ball pressure
  2. In-side – Out defense- "elbow help" and "block help"
  3. 1 pass away = 2 steps off in help position
     2 passes away = 1 foot in the paint
  4. Penetration kills defense and decreases rebounding opportunities
  5. Posts – always ¾ deny
  6. Move on the pass, not the catch by jumping to the ball

    - Screening:
      - Switching screens- not done very often, but should be done more.
      - Always switch with 1,2 or 3 only; 4's and 5's only

- Rebounding:
  - Requires strength and right mentality – team philosophy
  - Always send 4 guys to the boards – pt guard to half-court
    - Forces teams to have to adjust games and practice preparation
  - 70 % of all rebounds go in the opposite direction
  - "The Low man Wins" – players must stay in a low/ athletic position

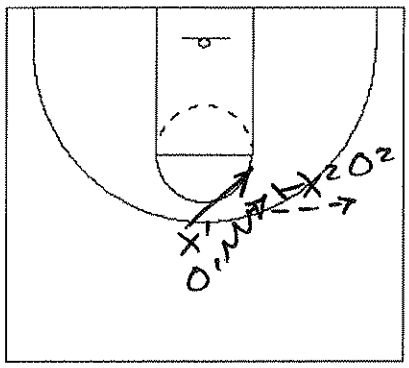
- Drills:

"Beat the Pass"



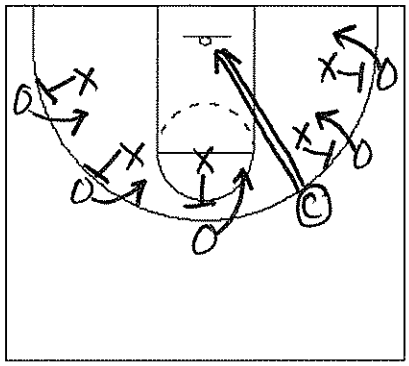
- Coach has the ball with 2 receivers on each side.
- Defensive player must try to deflect the pass from the coach to one of the receivers.

"Help & Recover Drill"



- 2 man defensive drill
- Offensive player 1 dribbles and attacks the elbow, defensive player 1 shuffles with him.
- Defensive player 2 must step in to stop dribble penetration before the dribbler reaches the paint.
- Player 1 kicks out to offensive player 2 on the wing and defensive player 2 must recover back.
- This drill can go back and forth by offensive player 2 now attacking the middle and kicking back to player 1.
- Now, defensive player 1 must step in and help and recover on the dribble penetration.

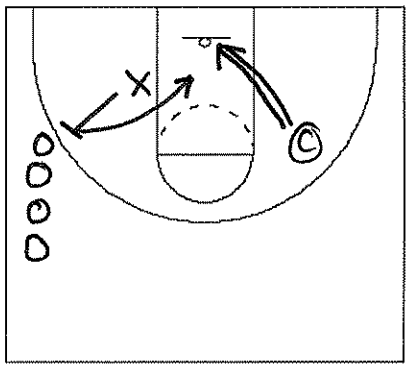
"Warrior Drill"



- Team rebounding drill
- Offensive and defensive players line around the perimeter.
- Coach shoots the ball
- Players must "hit, find and go
- Rebounder attempts to get the ball at it's highest point

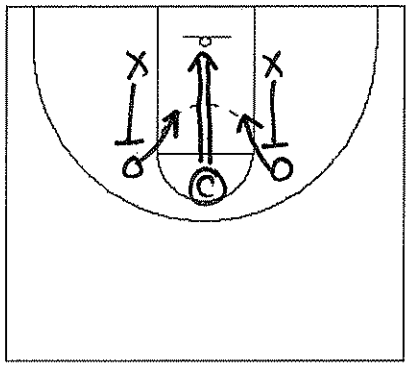
** Drill can be done in tight by moving players onto the low post positions.

"Hit, Find & Get"



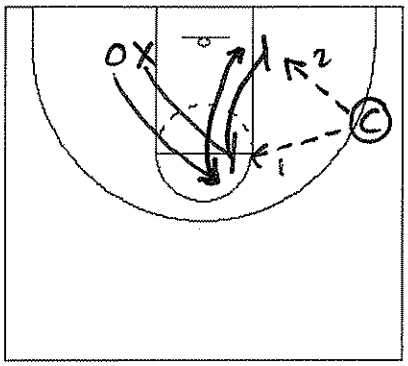
- Coach shoots the ball at the rim.
- Player must hit, find and then go get the rebound
- Do not hold – must release quickly
- Rebound and then "chin" the ball

"2 on 2 Rebounding"



- Coach starts by shooting ball at the rim.
- Defenders try to hit the offensive players outside of the lane
- Offensive players must attempt to get the rebound
- Works on both offensive and defensive rebounding.
- If the offense gets the ball, it is live.

"Beat and Belt" Defensive drill

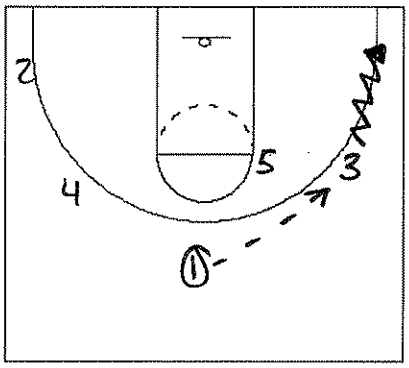


- You have one offensive player and a defensive player.
- The goal is to deflect two passes, a top pass and then a backdoor pass
- Defender tries to bump the cutter.

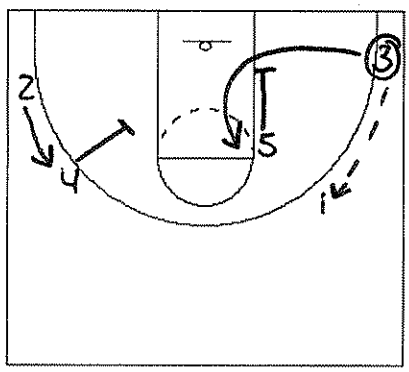
- Defending the screen and Roll:
  - "Jam": Defender must "jam" the screener and the other defender goes under the screen.
  - "Up & Under": Defender who is guarding the man setting the screen, steps up and the other defender goes under the screen. Defender who is moving "up" on the screener tries to force the ball-handler outside
  - "Trail": a.k.a. "outside-inside"; defender steps outside of the screen and then goes inside. Try to avoid contact with the screener.

- Zone Quick Hitters:

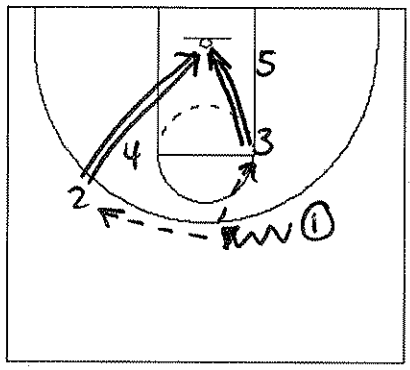
"Fist Down" vs. 2-3 zone



- 4 out 1 in set.
- 5 in ball-side high post
- 3 & 4 at wings
- 2 in opposite corner
- 1 passes to 3 who dribbles to corner.

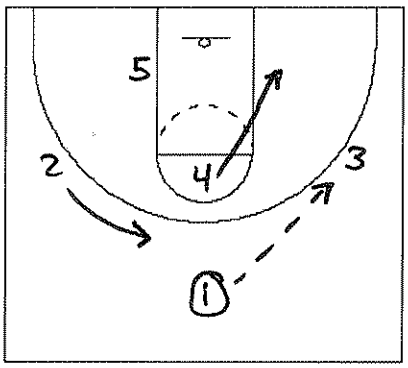


- 3 reverses back to 1 and then cuts baseline and curls off of 5's screen back to the ball
- 4 sets screen on weakside guard for 2 for possible 3-pt shot.

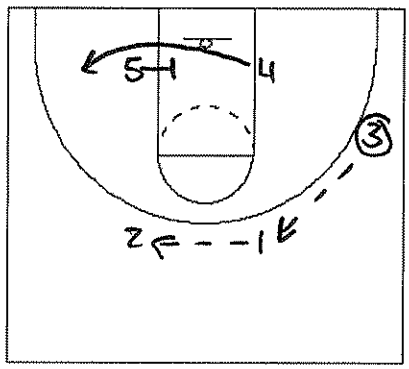


- 1 will have 2 options:
  1. pass to 3 in the middle
  2. pass to 2 for 3-pt shot.

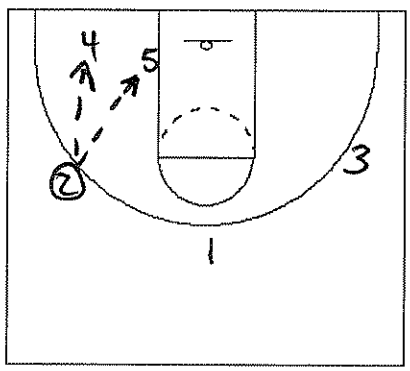
"Special" vs. 2-3 zone



- Starts in a 1-3-1 set.
- 1 is at top, 2 & 3 on wings and 4 in high post, 5 in low post
- 1 passes to 3 on the wing and 4 dives to the low post on ball side.

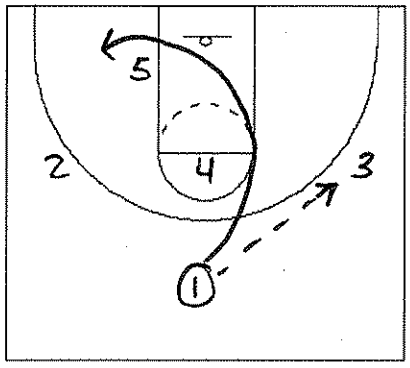


- When ball is reversed from 3 to 1 then to 2, 5 sets a screen on the bottom defender for 4 who cuts along the baseline to corner.

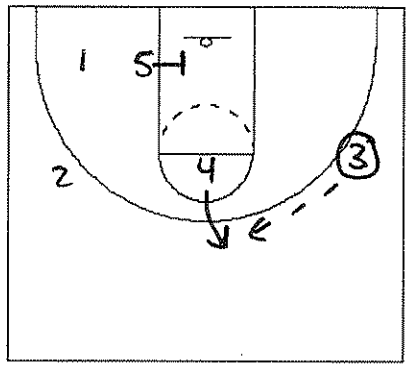


- 2 will look for 4 for a shot in short corner
- 2 can also look for 5 sealing in the low post after setting the screen.

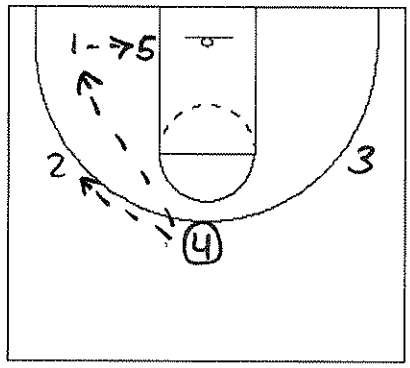
"Special" with PG option vs. 2-3



- 1 passes to 3 and cuts through to short corner or 3-pt line.
- 4 steps out and becomes reverse man and swings the ball to 2.
- 2 passes to 1 for shot.
- If 1 does not have the shot, he can dump down

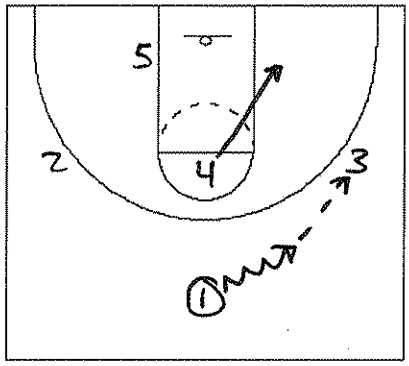


- 4 steps out and becomes reverse man and swings the ball to 2.
- 4 can also pass directly to 1 for shot in short corner.

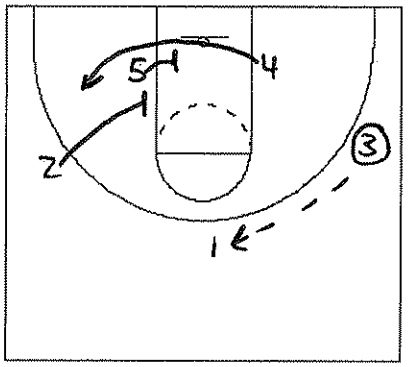


- 4 immediately reverses to 2 on the wing.
- 4 can also pass directly to 1 for shot in short corner.
- If 1 does not have the shot, he can dump down to 5 in the low post sealing on the screen.

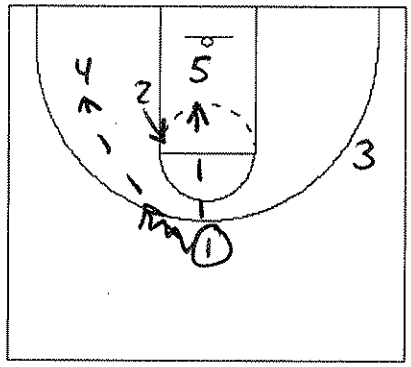
"Double" vs. 2-3 zone



- Start in a 1-3-1 set with 1 at top, 2 and 3 on wings, 4 in high post and 5 in low post opposite each other.
- 1 passes to 3 on the wing and 4 dives to the ball-side low post.



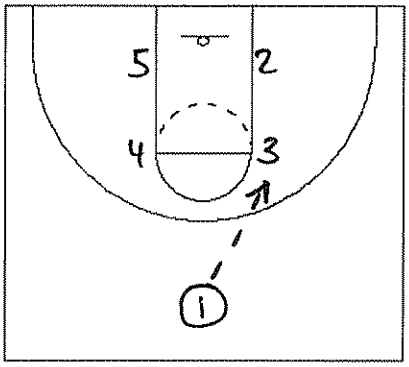
- Ball is reversed back to 1 from 3.
- 2 and 5 set a double staggered screen for 4 along baseline.



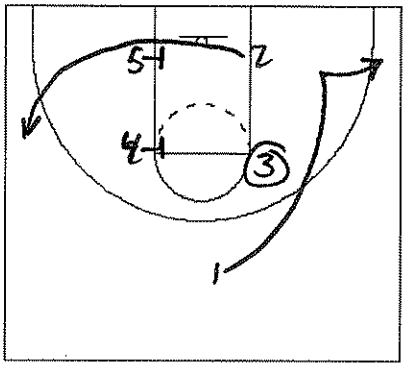
- 1 quickly passes to 4 for the open shot.
- 5 looks for possible entry pass from 1 if defenders jump to guard 4.
- 2 seals to the middle after setting screen.

** 1 must get a good passing angle and may need to dribble.

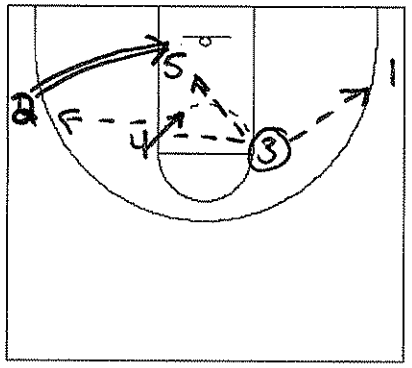
"33" vs. 2-3 zone



- starts out of a 1-2-2 set with 1 at top, 2 & 3 in the high posts and 4 & 5 in the low posts.
- 1 passes to 3 in the high post



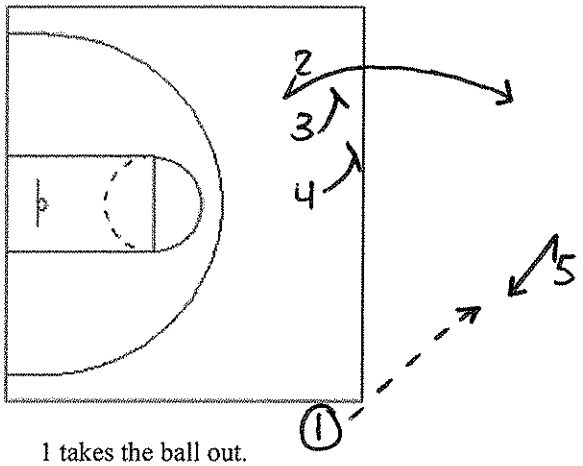
- 3 fakes a dribble hand-off to 1 to force the zone to shift or move.
- 1 continues to the corner or wing.
- 5 and 2 set up a dbl. screen for 4, who cuts to the corner.
- 3 looks to skip to 4 in corner for shot.



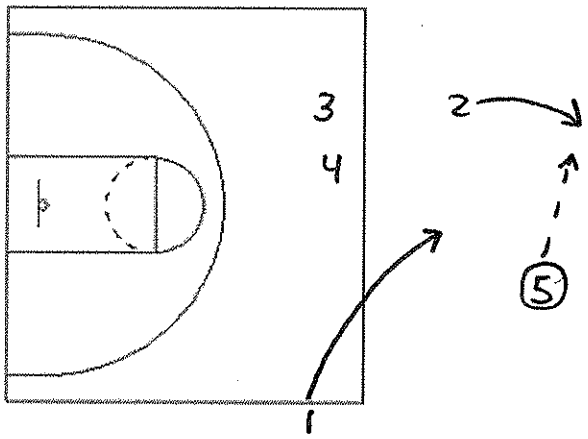
- 3 actually has 4 options:

1. Pass to corner for shot
2. Pass to 2 diving into the middle
3. Lob to 5
4. Kick out to 1 in the ball-side corner.

"Wizards" : Sideline Out of Bounds Play vs. Man to Man

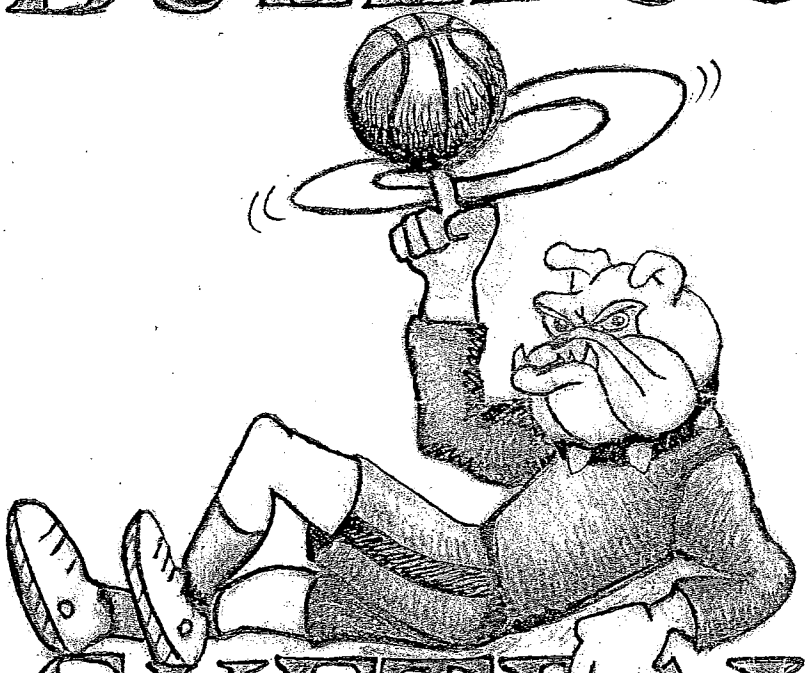


- 1 takes the ball out.
- 4, 3, and 2 line up vertically facing the ball.
- 5 isolates on the low block opposite the ball.
- 4 and 3 set up a dbl. screen for 2
- 2 fakes and goes toward the basket.
- 5 v-cuts to get open and 1 passes to 5.



- Once 5 catches the ball, he turns and hits 2 who is cutting towards the basket

University of Redlands BULLDOG



BASKETBALL

2004-2005 SEASON

The Redlands System

2004-05

1- PRESS

a- Press on Made Field Goals and Free Throws; *deny* inbound passes.
b- Press on Missed Field Goals & Free Throws; *trap* and *scurry.*
c- Full court traps and gamble for steals. Anticipate, think ahead.
d- Trade quick shot by opponents for opportunity at steals and to create a furious pace.
e- Half court defense: create chaos with traps, denials of reversals and skips, force opponents to shoot early.

2- THREE POINT FIELD GOAL ATTEMPTS

a- Play the 3 for 2 game most of the time.
b- Early shots (60% 3's within 7 to 10 seconds) on made & missed field goals, free throws & turnovers.
c- Off of offensive rebounds with "kick out" pass.
d- Drive, jump stop, reverse pivot & pass back outside for open 3's. *"Cut the arc." "Back side screens." "4 men read 'drop'."*

3- OFFENSIVE REBOUNDING

a- Send 4 players to the boards on every shot.
b- Make contact, wedge them under and play for the long rebound.
c- Shoot it early before defense is organized to block out effectively.
d- Offensive rebound & kick out for a 3 point shot by teammate.

4- UTILIZE DEPTH

a- Short shifts, substitute often.
b- Create maximum effort, thus speed & *PACE!*

All of the above create *** More Possessions ***

and thus *** More Shots *** than our opponents.

REDLANDS FAST BREAK

INSTANT OUTLETS

Fast OB w/ long outlets.

FAST PUSH OF THE BALL

"Attack" opponents point guard.
"Straight lines" "Faster than a speeding bullet."

SPRINT LANES

Turn, thrust, pull.
Accelerate to fill lane wide. 2 right, 3 & 4 left.
Shooters spot up and show hands.

ATTACK

With 3's or lay ups within seven to ten seconds.
Catch and shoot.
Immediate drive, jump stop, reverse pivot and pitch to teammate for a 3.

REBOUND

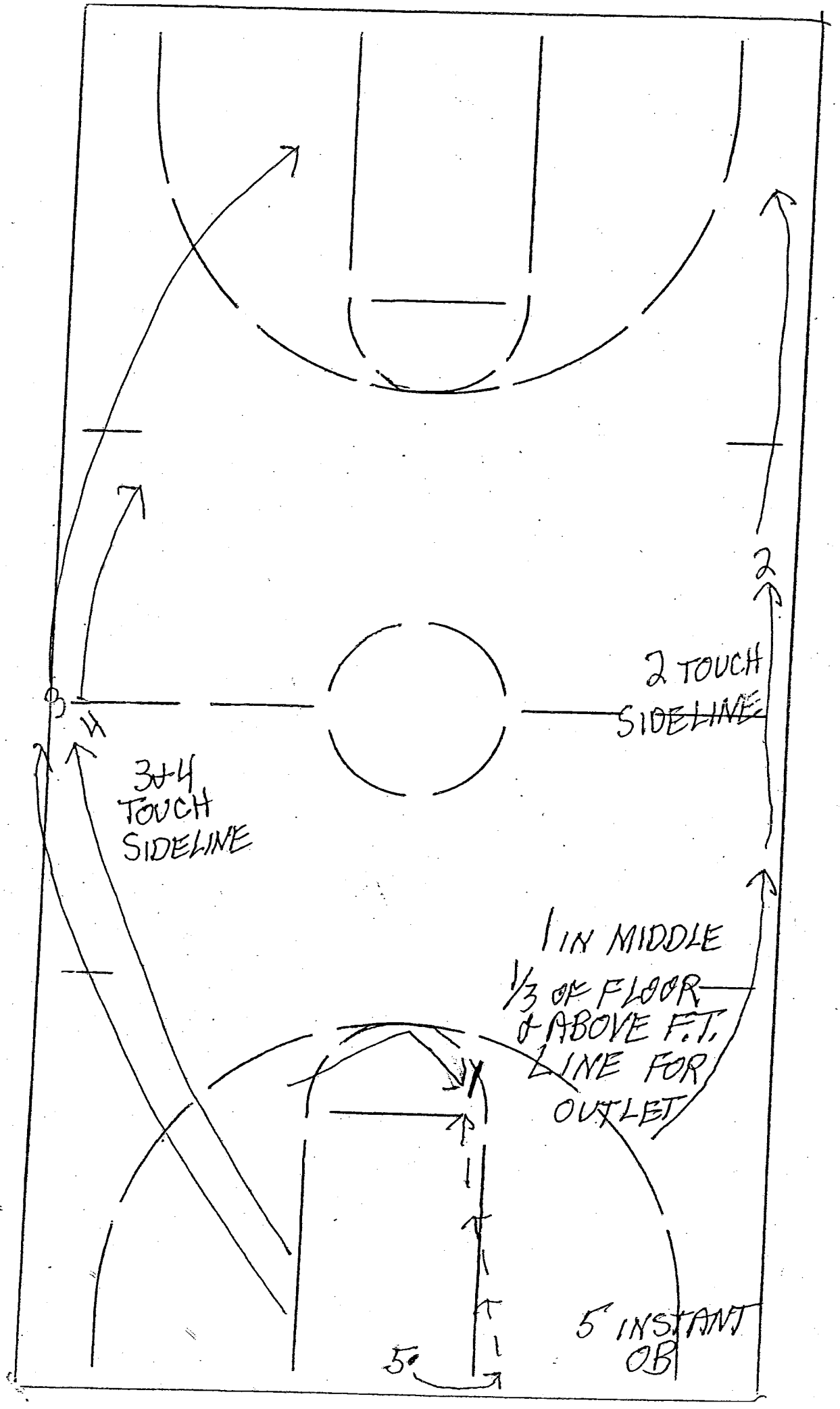
Relentless offensive rebounding.
Four to the boards, surround the ball.
Wedge 'em under with legs and inside arm up.
Be the best offensive rebounding team on the west coast.

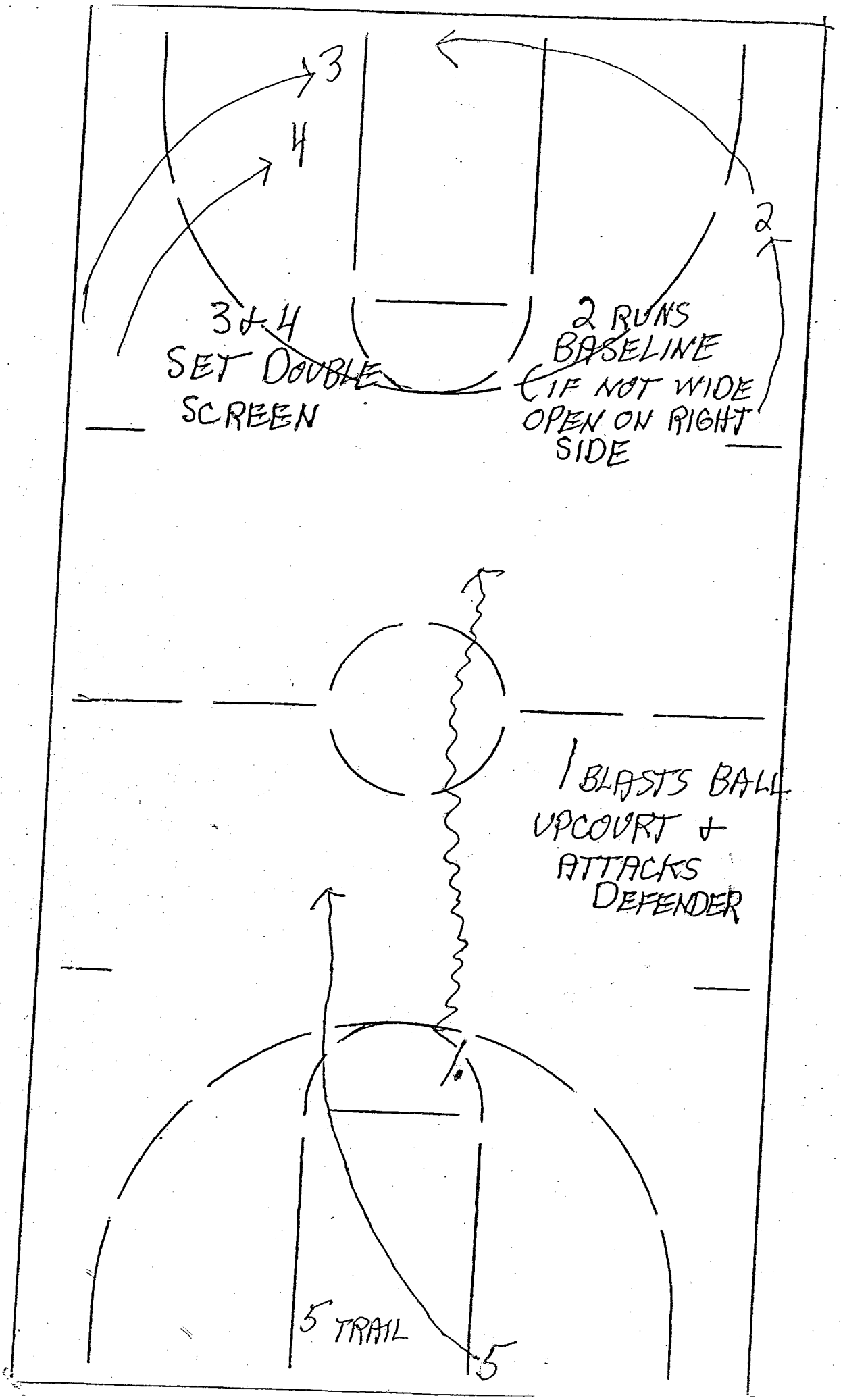
PASSES

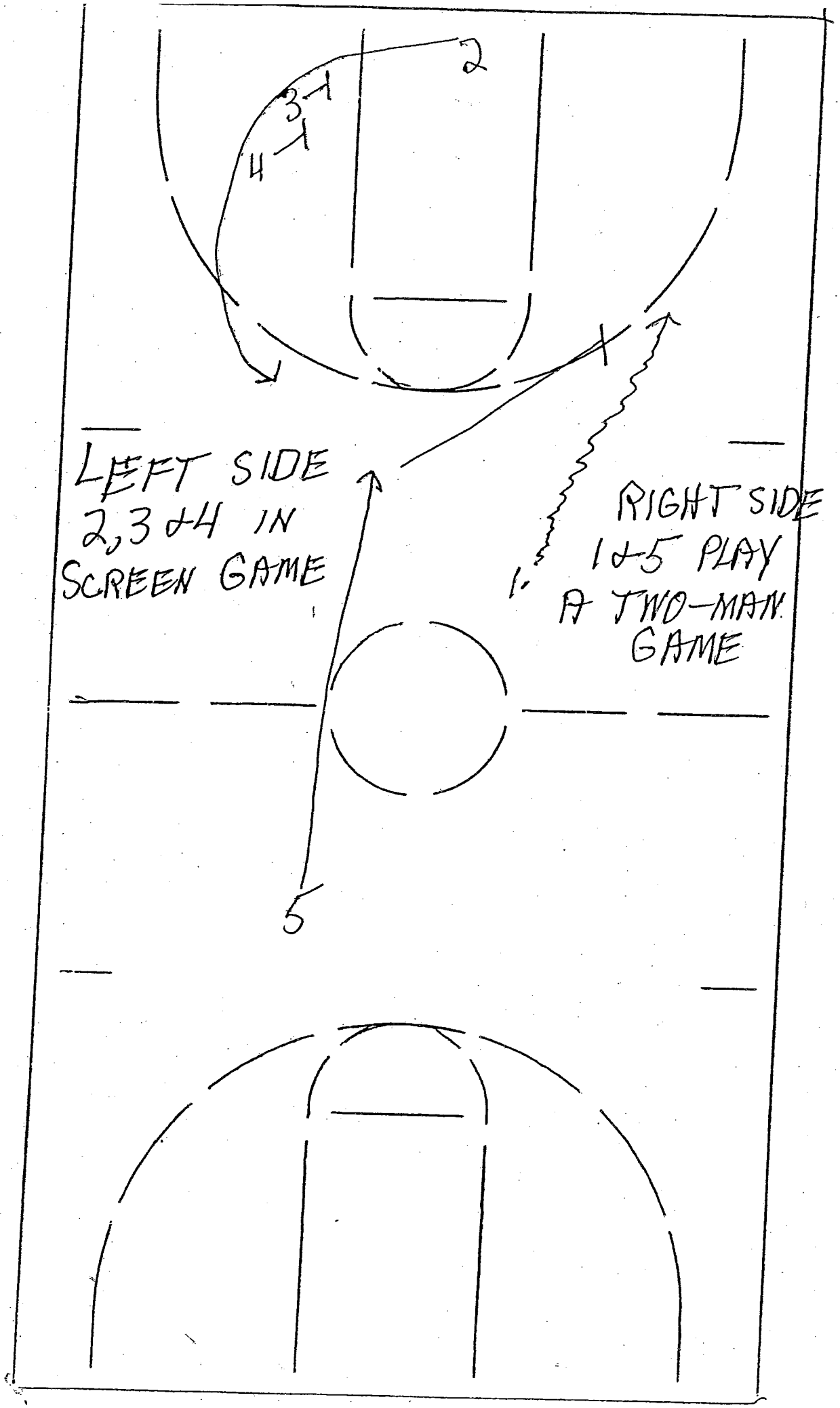
At the chin.
On time.

SHOOTERS

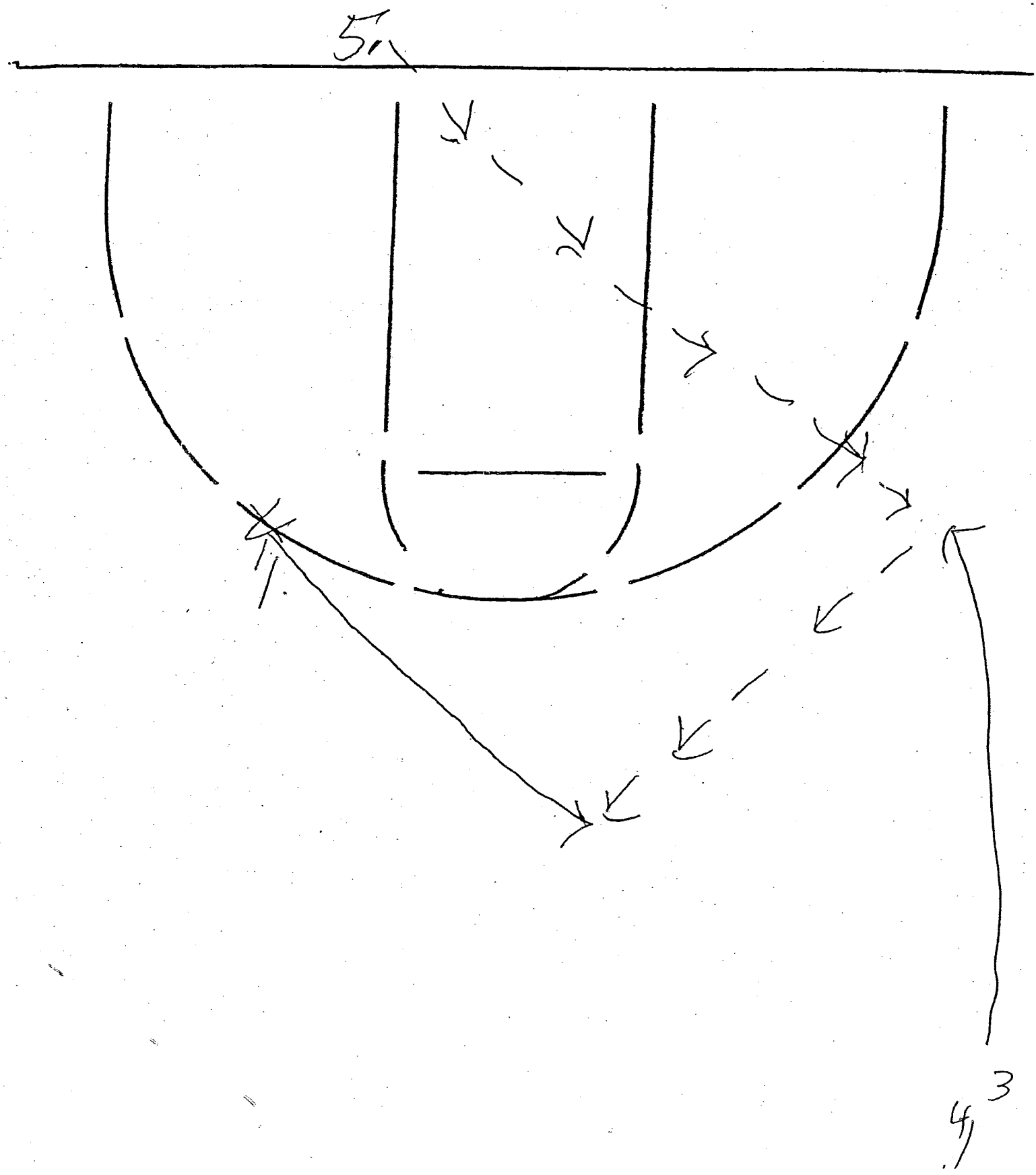
Measured steps. Hands up. Bunny hop (ball in air, feet in air).
No dip. Jump straight up & straight down. 6" or more behind arc.


2
2 TOUCH
SIDELINE
3
4
3 & 4
TOUCH
SIDELINE
1 IN MIDDLE
1/3 OF FLOOR
& ABOVE F.T.
LINE FOR
OUTLET
1
1
1
5'
5' INSTANT
OB


3
4
2
3 & 4
SET DOUBLE
SCREEN
2 RUNS
BASELINE
(IF NOT WIDE
OPEN ON RIGHT
SIDE
1 BLASTS BALL
UPCOURT &
ATTACKS
DEFENDER
5 TRAIL
5


2
3
1
4
1
LEFT SIDE
2, 3 & 4 IN
SCREEN GAME
RIGHT SIDE
1 & 5 PLAY
A TWO-MAN
GAME
1
5

VS. INBOUND DENIAL
5-3-1



Seven Ways Teams May Try to Defend the Bulldogs

1) Lock-on to shooters and chase (follow) the 2 man
2) Switch screens
3) Help off of out 4 man, post defender sags to help on drives while everyone else locks-on to shooters
4) Zone defense
5) Picket Fence. 1 and 5's defenders sprint back to top of key to prevent penetration by point guard. 4's defender might help with this also.
6) Force our point guard to the outer 1/3 of the court
7) Denial of inbound pass-front and back our 1 man

DO YOU KNOW HOW TO COUNTER EACH OF THESE APPROACES?

UNIVERSITY OF REDLANDS MEN'S BASKETBALL
DRILL LIST

SKELETON: 5 on 0 no defense some of these into simulated press, some "perfect" style.

- One Cycle Break
- Fast Break Lanes
- Run the Floor

SHOOTING

* Spot Up 4 spots w/ partner / catch & shoot, on the move, create shot
* Fade – Curl 14 seconds, 1 ball, 3 or 4 per station
*11 1 ball, 1 minute or until 0 or 21, 3 or 4 per station
* 6 Lines 2 ends
*5 Ball full court drill 3 min. usually
* Circle Shooting practice & pre game
* Free Throws streak style, golf style, star drill style,
* Win the Game Free Throws
* 1 & 5 end of break options

DRIVE & PITCH:

- 3 on 0 Drive & Pitch.
- Rapid Fire Curl
- Rapid Fire Fade
-

SCRIMMAGE

- 5 on 5 on 5 (5 on 4 + 1) (make it & take it) (defense goes w/ ball) (offense stays on for X # of trips) (press to half court & other end defense traps in half court)
- 5 on 5 No Press
- 5 on 5 One Team Press
- 5 on 6 or 5 on 7
- 3 on 5 on 5
- 5 on 5 situations
- Possible rules for any of these: 6 pts for successful kick out & made 3, 3 points for a good shot (irregardless of make or miss), minus X # of points for fouls & turnovers
- 5 on 5 2 or 3 basket games
- 5 on 5 on 5 Continuous Half Court*
- 5 on 5 on 5 Continuous Full Court*

OFFENSIVE REBOUNDING

- Triangle 3 on 3
- Scramble 4 on 3
- 5 on 5 Offensive Rebounding and Kick Out

- Kick out shooting (1 shooter & 3 rebounders)
- Rebound & outlet

ADVANTAGE / DISADVANTAGE
* 5 on 0 / 5 on 5 (or 5 on 0 / 5 on 4)
* Progressive fast break 3 on 0, 3 on 1, 3 on 2, 3 on 3, 3 on 4, 3 on 5

WARM UP
- Foot skill running. Also called Racing Form.
- 3 Line Full Court Lay Ups / 3 Man Weave (regular, wide, tight).
- One Cycle Break.

DEFENSE:
- Mass Stance
- 3 on 4 Denial
- One Cycle Break into simulated press
- 5 on 5 One Team Press
- 5 on 5 on 5 Continuous half court / 5 on 5 on 5 Continuous Full Court
- 5 on 5 on 5 (press to half court & other end defense traps in half court)
- Back tip drill.
- 5 on 5 Half Court Defense & 1 or 2 cycles.
- Simulation trap drills (in half & full court).

UP-TEMPO DRILLS USED IN PREVIOUS YEARS:
5 on 2 / 5 on 3
5 on 3 / 5 on 4
3 on 2 / 2 on 1
1 on 1 full court
Pairs shooting
Pantomine shooting
Snap back shooting W shooting
5 – 1 inbounds drill
Team Trail Post
5 -1 – 1 – 5
5 – 1 – 3 long

BULLDOG BASKETBALL PRESS CONCEPTS:

Made Basket Press: *OBJECTIVE is to force the pass over our head; go for deflections and steals and create PACE.*

1- Immediate pick up of "near man".
2- 4 man get up on OB man's throwing hand. Alternate cadence jump with arms extended – distort vision and force a lofted pass.
3- 1, 2 & 3 men turn and deny the "near man" (the closest man to you after basket is made). Point at this man and call out (talk) his jersey number.
4- 5 man is deep but has a man, he attempts to pick up the opponents deepest man. Seldom will our 5 cross half court in the initial phase of our press. If 5's man comes up this will force someone else (1,2or3) to become deep as 5 will continue to deny. 5 is a gambler, get up and go for steals.

Denial Fundamentals:

a- Vision w/ ball and man, b- wide base, keep feet apart (6" wider than than shoulders) and use small push-steps to move horizontally or vertically, c- when necessary use a complete "crossover" move to catch up to man (turn hips and run) and then get back into denial stance, d- keep a small "gap" between you and opponent, e- stay in a "quiver".

If an inbound pass is completed in front of you: *OBJECTIVE is to force a long diagonal pass down court.*

- Near men look to trap. "Run to your teammate" w/ active feet & hands. Do not allow the trap to be split.
- Get into lag lane (1st reversal) and the middle &/or sideline lane.
- Our "deep" player (often the 5) must get up to gamble and anticipate lanes also.
- Keep vision so you can "anticipate" – distance and speed are key ingredients. Move the instant the passer releases the ball, anticipate his pass.

Missed Basket Press: *OBJECTIVE is to apply immediate full court pressure, go for steals and create pace.*

1- Our "deep" player is whoever took the 3 point shot (or in the event of a 2 point attempt whoever is the deepest man on the floor at that time). This man is responsible for deep but gambles and anticipates immediately.
2- The two closest defenders to the rebounder will immediately trap him. The other two defenders will "scurry". They get up on the floor, anticipate passing lanes, go for steals and apply intense pressure.
3- If the ball is successfully passed out of this trap, the next trap in the backcourt is up to the near defenders.

KEYS:

- Immediate transition from offense to defense.
- "All out" effort.
- "Aggressive" full court mentality.
- "Anticipation" and thinking ahead.

DAWG TERMS Summer 2004

Pace
Keep the clock running.
Thievery in your soul.
Deflections.
Skip lane.
Trap with active hands.
Sprint outs.
Quick pick ups. Point.
Read "quality of trap".
Run & cut – re-trap.
Run to teammate.
Anticipate & gamble.

Fouls negate hustle.
Active feet, chop steps.
Lag lane.
No overruns.
No splits.
Back tip.
Hard denial.
Close trap together.
Inside-out / Outside-in.
Vision.
Think 2 passes ahead.

Instant outlets.
Attack opponents point guard.
First three steps.
Accelerate wide.
Run for your teammates.
Catch it shooting.
No dip.
ATTACK
Talk and signal the cut.
Feather pass at shooting pocket.
Jump stop and reverse pivot.
Kick outs.
Pick and roll.
Cut the spot.

Faster than a speeding bullet.
Middle 1/3 of court.
Turn, thrust, pull.
Keep middle of floor clear.
Message of the pass.
Bunny hop.
4-7 seconds, 7-12 seconds.
Curl / fade / trail / slip / dive.
Carry hands high.
2 dribble drive.
Float.
Pick and pop.
4 to boards.
Balance deep.

Fade—curl—trail—fade.
Spot up.
Pairs
5 on 5 Continuous
5 on 0 / 5 on 5.
5 on 5 on 5 make & take.

Mass Defense Denial
3 on 4 Denial Drill
5 on 5 One Team Press.

Platoons

6 Lines.
5 Ball Shooting
2 Ball Shooting
Fast break lanes.
One Cycle Break
5 on 5 no press.

Mass Defense Trap
5 on 5 Continuous ½ ct. & full court.

Shifts

Our half court defense is also designed to create pace. Here we trap most everywhere on the floor and send one defender to lag lane while another has either the skip pass lane or the corner lane (usually the skip pass lane). The 5th guy is our deep man assigned to the key. He is not there just for basket protection as we want him gambling with passing lanes. We have additional rules in the half court but very generally this describes it.

I hope this material has been helpful to you in understanding the very basic concepts of the "system" as we run it at Redlands.

Sincerely,

Gary Smith
Men's Basketball Coach

Vance Walberg

Pepperdine University

San Jose City College Coaching Clinic

5/19/07

Topics: General Philosophy and Offense

#1 suggestion: Talked about going and visiting a college coach and watching practice every October. Spent 1 week watching practice as he learned more by watching practice, instead of going to clinics. Started with Bobby Knight and saw various coaches throughout the years.

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Never starts his 5 best players. 5 best players all want to score must have role players. He loves to bring in some of his best players off the bench.

High intensity shooting drills are the key. At Clovis, he had players in from 6:30 to 7:30 in the morning. Tried to make it as fun as possible.

Open Gym in the Spring/Summer/Fall- Have the games go to 8, playing by 2's and 3's. Teaches his players to play hard and makes each possession important.

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VANCE WALBERG-WEST VALLEY J.C. CLINIC 2006

- You get better as a coach by watching other teams practice. Watch 3-4 practices not just one. He started doing this in 1986 when he attended Bob Knights practice.
- Have your team shoot for one hour before school during the season (6:30-7:40)-not mandatory.
- AASAA (attack, attack, skip, attack, attack
- 3-out: better to penetrate the perimeter but harder to finish
- 4-out: harder to penetrate the perimeter but easier to finish.
- 4-out: tough to drive when the wings are free-throw line extended and above. Move them to the corners and it becomes easier to drive.
- Look for a good gap to drive.
- Teach penetration principles
- Most important aspect of offense is shot selection
- Biggest secret: “3 or key”.
- Points per possession

  Lay-ups = 1.2 points per possession

  33% 3’s = 1 point per possession

  38% 3’s = 1.3 points per possession

  70% FT = 1.4 points per possession

  40% mid range = 0.8 points per possession (lowest points per possession)

- End of game philosophy is to get to the rim. Walberg’s philosophy is the same the entire game. Get to the rack everytime.
- Walberg’s teams went from good to great by applying ball pressure and playing high side.
- They will press on every made, miss, or out of bounds situation.
- Walberg will blitz and double so teams have to prepare for him. He does not worry about other teams. Instead of preparing for other teams he has his players shoot and get better individually.
- Doesn’t like to call time-outs because it gives the other team a chance to rest. Instead of calling a time-out yell, “streak”, this tells the team to slow down a little and only the best player can shoot. Stop the streak. Have a set play they can run when you call out “streak”. Change your streak play at half-time.
- *Conditioning*:

  1. Emphasize conditioning in all your shooting drills

  2. Don’t make them run sprints unless they screw up (bad attitude, lose competitive drill, etc.)
  3. All sprints down and back in 10 seconds.

4. If they screw that up down and back 2 times in 21 seconds.
5. If they can't do that right- 10 liner day: have 2 groups at opposite ends of the floor. Have one group run a suicide in 30 seconds and then the other group goes.

- *Special Situations in practice:*

Down 8 points with 3 minutes to go in the game. Will do this everyday in the pre-season. During league play he will practice various other situations.

- The most important thing on offense is shot selection. Make the extra pass.
- Will not closeout against a good shooter. Will fly by and yell at him. Versus a non-shooter they will walk out towards him.
- *Shooting drills:*

1. Olympic shooting (2 balls, 3 shooters) shoot, follow, and pass to the open man. Call for the ball and get your feet set. Shoot only 3's.

2. 5 spot shooting drill: put you best shooters together. Have 3 to a group and you must make 10 shots before moving on to the next spot. The five spots include: both corners, both wings, and the top of the key. Make it competitive. Four minute drill.
3. Bird drill: three players to a group with one shooter at a time and one rebounder, and one passer. Use the same 5 spots as the drill above. The shooter must make 2 in a row before moving to the next spot. Go all the way around and back to the beginning-good shooter make it every time. Two minutes and then rotate shooters.
4. 26: 3 players to a group. One shooter at a time. Make 5 three's in 2 minutes at each of the 5 spots. If you miss your shot, you can grab the rebound and make a lay-up and it will count. However, when you miss the other players in your group cannot rebound for you. You have to chase the ball down yourself. If you make your 3 point shot your group members will rebound and pass the ball to you.

- Scramble drill: 3 on 2 continuous drill. This drill is working on the beginning phases of the offense. Sweep the outlet, take a blow out dribble, and pass ahead to a side. When you receive the outlet and get to half-court (that is called the blow out zone). When you pass half court toward your basket that is the breakdown zone. Pass to a wing and the opposite wing cuts to the opposite block. The point moves to the ball side high elbow. If the wing drives, the point guard drags behind the ball. The player on the opposite block will T-up (move to the dotted line) to allow a baseline pass to the opposite corner (drift pass). Teams that shoot the mid-range shot don't get fouled. The mid-range shot is a soft shot. Get to the rack.

- In defending a 3 on 2 break, Walberg has his two defenders cheat up and cover the wings so the point can't pass ahead. He would rather have the point speed dribble down the middle and take a pull-up jump shot. If the opposing team is shooting pull up jump shots against his press, he knows they are in trouble.
- Likes to press because dribbling versus pressure is the toughest and most tiring thing to do.

- Want to create more possessions.
- They don’t work on closing out, just get there.
- Never starts his 5 best players at a time. He will have 3 of his best offensive players on the floor at a time. The other 2 players will bust their ass. At the end of the game he will play his 5 best players.
- At the 18 minute mark the first wave of subs comes into the game. He will bring in 3 at a time. His best player will play three and a half minutes at a time.
- Driver: take a bump, take the next bump, and take a third bump. One guy cannot stop you.
- Open gym: play 5 on 5 to 8 and count 2’s and 3’s. This teaches them time and score. When a team gets to 8 they must validate with a free throw. If he misses the other team rebounds and takes it the other way. If you get to 8 again and you miss the free throw to validate a second time then you team automatically loses.
- They do not shoot free throws except to validate in their drills. The players need to shoot free throws on their own time. Chris Hernandez shot 10,000 free throws in one summer.
- Every drill has a purpose. Make them fast and get everyone involved. Work offense and defense at the same time. His fastbreak drills also work on his press defense.
- 310-506-4161, vance.walberg@pepperdine.edu. Come to 3-4 of his practices to find out the little things that matter.

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Pepperdine University
San Jose City College Coaching Clinic
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VANCE WALBERG-UC DAVIS COACHES CLINIC MAY 2006:

- Walberg went over various drills that he uses with his team. All drills are diagrammed and outlined in the booklet

- Go and visit head coaches and watch their practices. In 1987 he began attending college practices. Stay 2-3 days. Every year write a different coach to go see.
- Have a pressure defense and a pressure offense.
- Will play 10-11 players per game.
- If you jog, you come out of the game.
- Invited all the coaches in attendance to watch his practices (vance.walberg@pepperdine.edu).
- Warm-up drill: Olympic shooting- 2 balls, 3 shooters. *No negative passes*- receiving the ball with your weight going away from the basket. This is an automatic turnover in practice. Wait until the receiver is square to the basket.
- Does not allow his players to take 15-17 foot shots.
- The biggest secret to his success, "3 or key". Only shoot three point shots or shots in the key. If you shoot a lot of 3's you must shoot high percentage shots in the key.
- 5 spot shooting drill: 2 balls, 3 shooters. 4 minutes total. Must make 10 shots at each spot. Take stats on all shooting drills.
- Lay-up drill: Don't rock the ball when shooting lay-ups. Keep the ball on the outside hip.
- Scramble drill (Walberg says this is his best drill): Sweep and go on the outlet. If the wing penetrates, the point man drags behind the ball.
- Texas 111

- Texas 22
- Keep score on every drill. The team that loses sprints to the baseline and sprints down and back (baseline to baseline in 10 seconds). The team that wins has a player shoot a free throw and if he misses, his team has to run. If he makes, his team wins and they don't run.
- "Wolf"- term used to alert his team that a defender is coming behind the ball handler.
- "Blood"- term used to tell his players to attack the rim.
- *Defense:*

  2-2-1 press alignment but they will match-up with whoever is in their area.

  Ball side: Control takes the ball, taker takes away the up the sideline pass.

  Help side: Gap plays one pass away, and reader plays behind the gap man.

  Teaser is basket protector.

  When the ball is swung the roles are reversed. Pressure but contain and switch everything in the back court. The gap man is one pass away and he can run and jump at any opportune time. If the ball handler dribbles to the gap and passes to the player who the gap defender is guarding, then the control rotates and picks up the gap players man. The taker denies the up the court pass on the ball side. The reader takes away the lob pass on the inbound and will then read and rotate. The teaser will tease the long pass but will take it away. He is the goal tender.

  Inbound situation: side front from the inside out. Force a catch in the corner. Force the ball handler to his weak hand.
- *Half-court defense:*

Pressure the ball and deny one pass away. Force to the sideline and front the post.

Trap the on ball screens and all help side defenders will take a step up the lane.

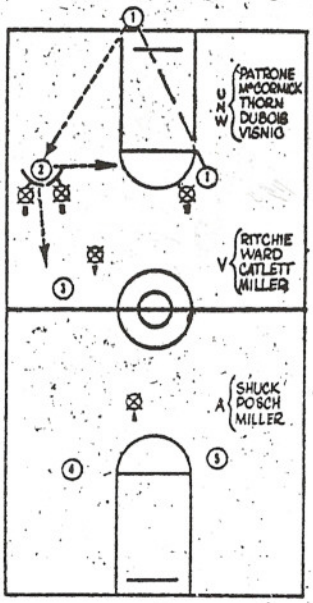
Will rotate versus drive and kick rather than help and recover.

Press Is WVU's Ace in Hole

By Steve Guback

West Virginia lately has uncorked more thrilling comebacks than Maverick with what coach George King calls "the ole ace in the hole."

Put the Mountaineers 10 points behind with 10 minutes left to play and if West Virginia DOESN'T win, you've got yourself a surprise. Last night's triumph over NYU was just the latest example.



—Staff Diagram

FULL-COURT — Here's a simplified version of how WVU's full-court zone press works. After in-bounds pass from No. 1 to No. 2, WVU sends two men after the ball, arms up and applying constant pressure. If No. 2 tries a pass back to No. 1, WVU's "W" is in position for interception. If No. 2 tries a down-court pass to No. 3, WVU's "V" is in position for interception. Mountaineers hope to pressure No. 2 into throwing lob passes, which are easy to pick off. Names to right indicate which WVU men play lettered position.

En route to six successive Southern Conference titles — and possibly an upcoming seventh — the Mountaineers have put two players on all-America lists and added two words to the game's technical jargon: zone press.

What is the zone press? How does it work? What makes it successful? And how do you stop it?

The latest to rassle with those questions is Richmond skipper Les Hooker, whose club meets the Mountaineers at the Arena tomorrow night. He'd almost welcome another look at the press, if for only one reason. It'd mean that his club is leading.

After that . . .? Well, W&M led WVU by 11 points in the second half recently. And N. C. State led the Mountaineers by 13. Both times WVU turned on the zone-press clamps and rode home the winner. Fact is, in 1959, the year the Mountaineers (29-5) went to the national finals, they came from behind in the second half to win an amazing number of games—14.

The key to the zone press? "Personnel," says WVU coach George King. "You must have real quick boys to play the guard and cut-off positions. And you must have desire. Like any chain, if there are a couple of weak links it'll ruin you."

Destroys Game Tempo

The Mountaineers use the zone press to destroy the tempo of the game and fluster the opposition into errors or panic. They send two men after the ball (see simplified diagrams), zone the rest and hope to apply such pressure that a lob pass — which can be intercepted — will result.

The Mountaineers work two variations chiefly: full-court and half-court. Hooker figures the latter variation is most effective. "They have you pinned over the 10-second line where you can't go back," he says. "If you become so intent on working the ball, you are likely to forget about shooting. Eventually, you will lose the ball.

"Next," he continues, "if you do get a shot, you are likely to hurry it. And because you have your men spaced for passes, they are not in good rebounding position."

All of this became painfully clear to W&M and N. C. State recently. Against the zone press, the Tribe made only one field goal in a 10-minute spell; State made only one field goal the last 9:30 of play.

A Gambling Maneuver

The way WVU works it, the zone press is a daring, gambling maneuver. It can be overdone and it can be whipped with poised, experienced opposition. "If you get the ball to a big man behind the front line," says W&M's Bill Chambers, "then the strength of the press is lost."

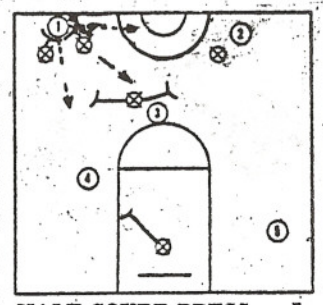
The Tribe proved that a year ago when it snapped WVU's 56-game SC win streak. Chambers had 6-7 Jeff Cohen play the No. 2 position (see full-court diagram). He was tall enough to receive the in-bounds pass and strong enough to fire it, football fashion without a lob, over the outstretched hands to the No. 3 man, Tom Farrington. That set up a three-on-one down-court situation with Bev Vaughan (No. 4) and Chuck Sanders (No. 5) going in for layups.

Although King joined WVU as an assistant under Fred Schaus about the time the zone press became a major Mountaineer weapon, he has no ready explanation for its birth. He calls it an offshoot of other presses, this one perfected by the Mountaineers.

Hooker seems to recall it first being used against his Spiders in Schaus' third season. "It was in a game at Morgantown. Although they were ahead of us, they tried it late in the game. Afterwards Schaus apologized for rolling up the score (105-74), but he said he had something new he wanted to try."

King estimates that WVU has used the zone press about six or seven times this year, after all but discarding it a year ago. "Last year," he says, "we weren't exactly suited for it. We tried it a couple or three times, but it wasn't particularly effective. We didn't have the speed."

Now WVU has the speed to apply constant pressure, plus a strong enough bench to keep fresh troops moving in. The theory is run, run, run. And more times than not, the Mountaineers make their own breaks. With the zone press, they hardly need a running start.



HALF-COURT PRESS — In this version of the zone press, WVU forces No. 1 into corner near 10-second line. His pass to No. 2, No. 3 or No. 4 runs risk of being intercepted by WVU's right-side defensive guard or its middle man, who plays just above keyhole. Mountaineers depend on their players anticipating the passes to make interceptions.

THE WEST VIRGINIA UNIVERSITY ZONE PRESS

The press alignment is shown in the first diagram which follows. This alignment assumes that the opponents have the ball out-of-bounds under our basket. The basic idea of the press is to two-time the ball continually, so as to cause erratic, uncontrolled play by the opposition.

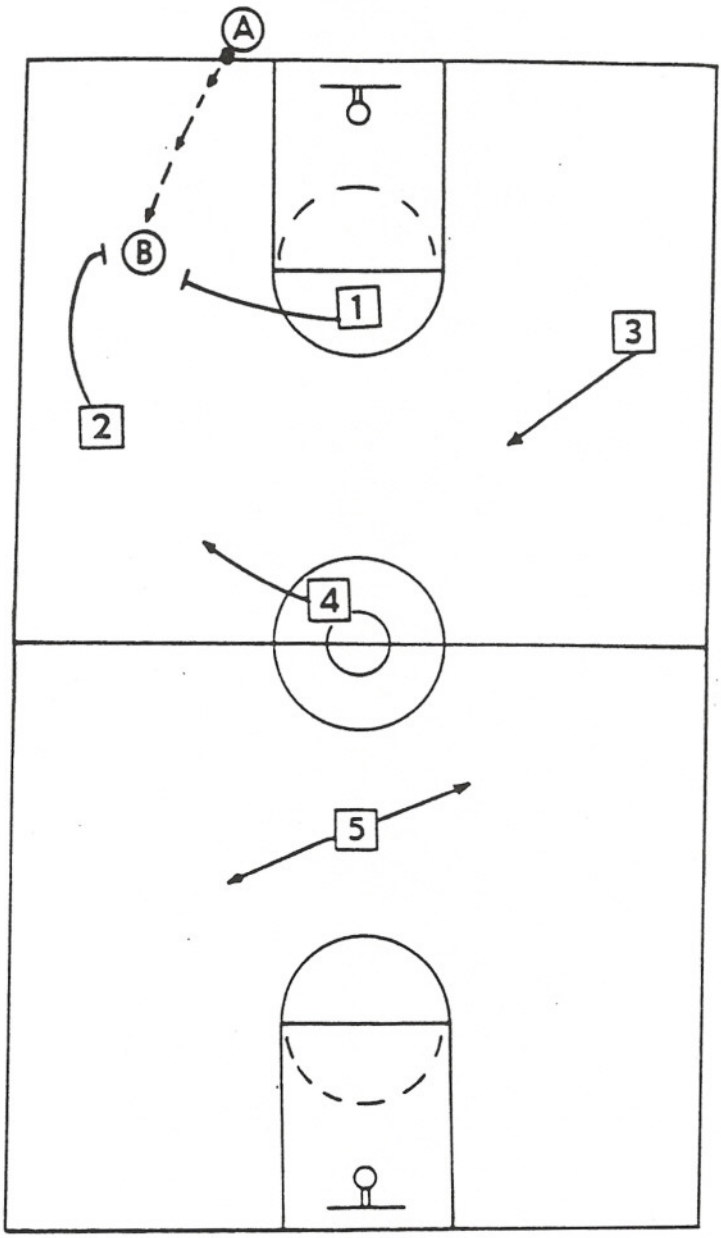


Diagram 1. It is important that the first pass by the opponents from out-of-bounds be received in front of the first line of defense. In the accompanying diagram, defensive players 1 and 2 are attacking the ball. The weak side wing man (3) begins his move back to cover the weak side half-court area. The number 4 player will normally cut off the pass to the strong side of the court. Defensive player 5 is responsible for the deep court and might possibly be used as a cut-off man for the weak side half-court area.

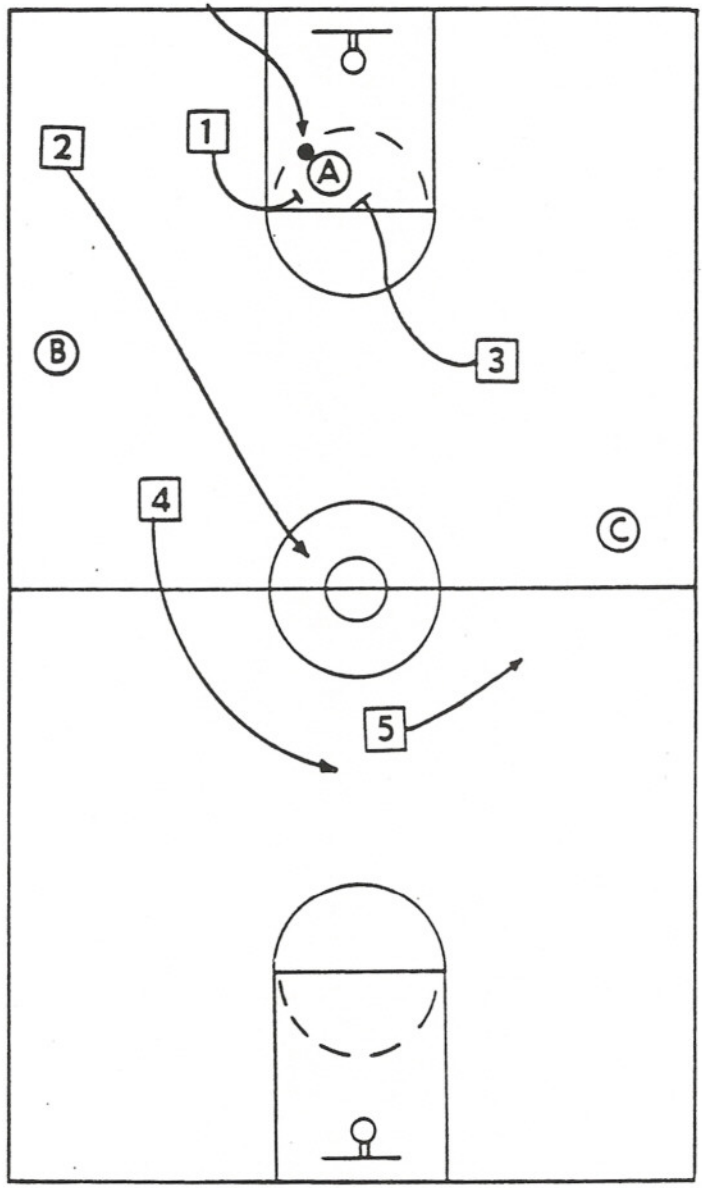


Diagram 2. Assuming the ball was returned to the original opponent who passed the ball inbounds to the first receiver, defensive player 3 now advances to block further progress and defensive teammate 1 becomes the chaser in attempting to help player 3 double-team the ball. Defensive player 2 releases back to half-court and teammate 5 becomes the half-court cut-off man. Defensive player 4 releases to cover the deep area.

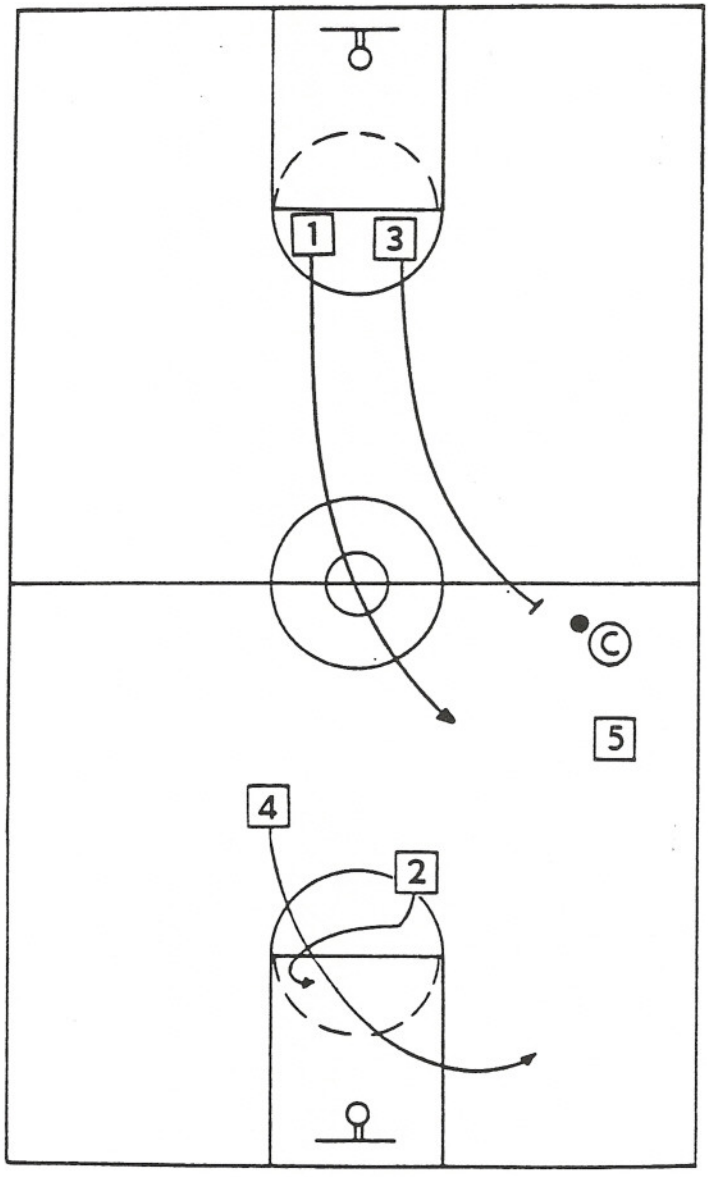


Diagram 3. Defensive player 5 blocks the progress of the ball. Teammate 3, the strong side wing man, chases to double-team the ball. Defensive 1 releases to become the point man in the forecourt. Defensive player 2 continues to retreat to his original position as the weak side wing man and teammate 4 moves into position in the deep area to become the baseline roamer.

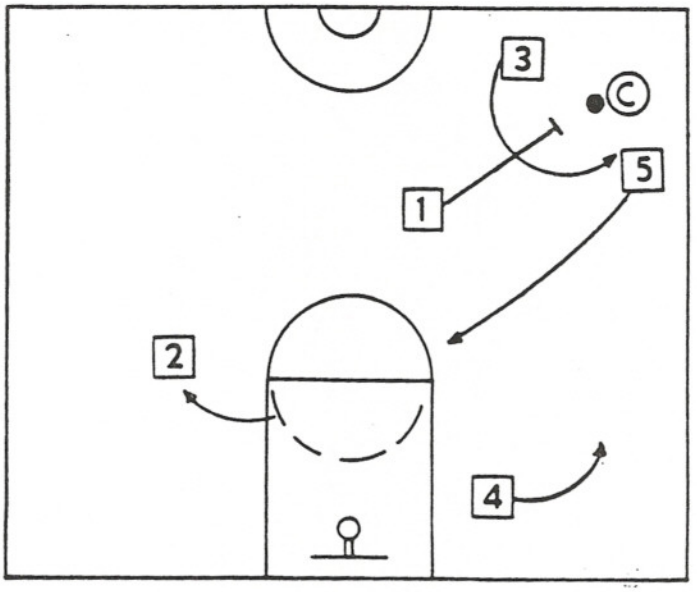


Diagram 4. Defensive player 5 releases to his defensive pivot position and defensive teammates 1 and 3 become the double-teaming combination. Defensive players 2 and 4 retain their original positions.

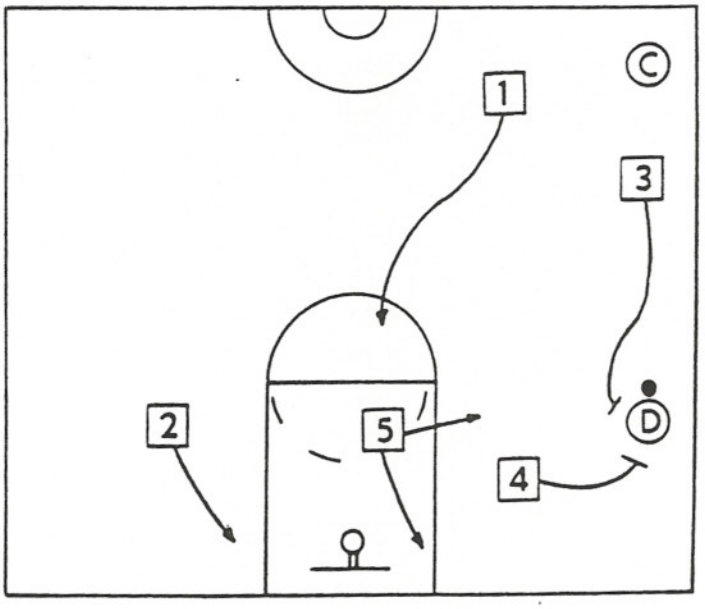


Diagram 5. With the ball moved to the corner (D), defensive player 4, who roams the entire base line, moves out to block the progress of the ball. Defensive player 3, the strong side wing man, chases in order to double-team the ball. Defensive player 1 releases to his point position and teammate 5 maintains his defensive pivot position. Defensive player 2, the weak side wing man, moves into position between the ball and the corner opposite the ball.

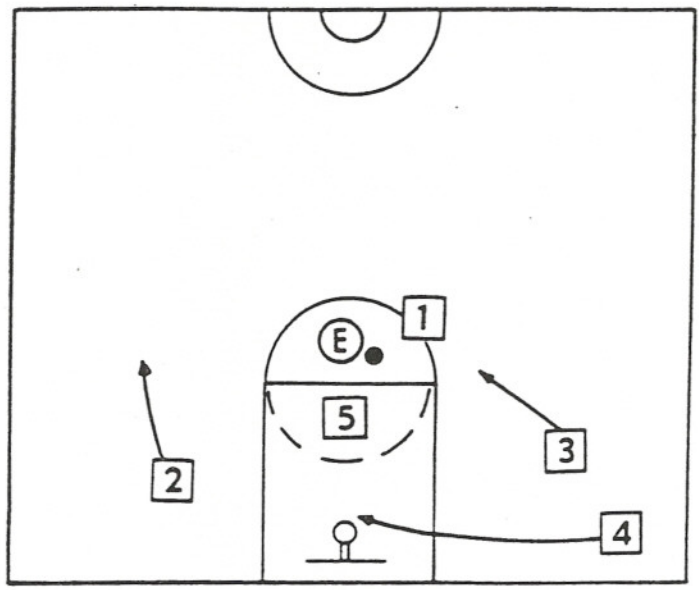


Diagram 6. With the ball centered in the key, defensive players 1 and 5 become the double-team combination. Defensive players 2 and 3 assume their normal wing positions between the ball and the corner opposite the ball and teammate 4 returns to his deep position under the basket.

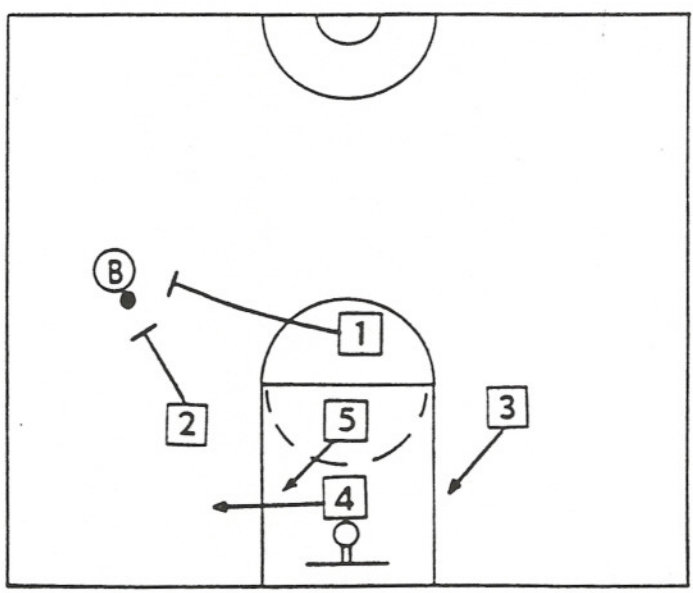


Diagram 7. The point man, defensive player 1, and the strong side wing man (2) combine to double-team the ball. Defensive player 5 holds his defensive pivot position and teammate 3 begins his move toward the baseline in order to maintain a position between the ball and the corner opposite the ball. Defensive player 4, who roams the baseline, begins his move toward the strong side corner.

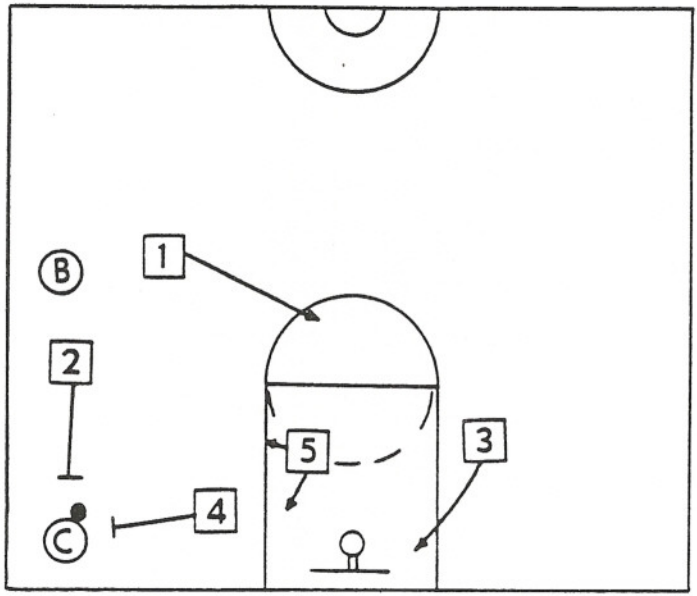


Diagram 8. Defensive players 2 and 4, the strong side wing men, become the double-team combination. Defensive player 1 returns to a point position and teammate 5 continues to maintain his defensive pivot position. Defensive player 3, the weak side wing man, moves to the baseline to maintain a position between the ball and the corner opposite the ball.